



Jan. 31, 2018 • Week 3  
 GNACSports.com • @GNACSports

Contact: Blake Timm, Assistant Commissioner For Communications  
 503-805-8756 • btimm@gnacsports.com

## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

**Fri., Feb. 2**

Montana State Billings at Bobcat Invitational, Bozeman, Mont.

**Fri., Feb. 2-Sat., Feb. 3**

Central Washington, Northwest Nazarene, Saint Martin's at Cougar Indoor, Pullman, Wash.

Northwest Nazarene at Jacksons NB Invitational, Nampa, Idaho

Simon Fraser at Hillsdale Wide Track Classic, Hillsdale, Mich.

### LAST WEEK'S MEETS

**Fri., Jan. 26 - Sat., Jan. 27**

Colorado Mines DII Invite & Multis at Steinhauser Fieldhouse, Golden, Colo.

**Women's Team Scores:** UC-Colorado Springs 158.5, New Mexico Highlands 96, Colorado Mines 93, Nebraska-Kearney 80, CSU-Pueblo 60.5, Colorado Mesa 54, Western State 42, Metro State 27, Montana State Billings 14, Chadron State 11, Colorado Christian 10.

**Women (Top 3 GNAC Finishers):** 60m Hurdles - 1, Michaela Johnson, MSUB, 9.10.

**Men's Team Scores:** Colorado Mines 134, UC-Colorado Springs 131, CSU-Pueblo 117, Nebraska-Kearney 79, Colorado Mesa 56, Metro State 48, Montana State Billings 29, Western State 18, Chadron State 14, Colorado Christian 11.

**Men (Top 3 GNAC Finishers):** Weight Throw - 1, Nels Flanagan, MSUB, 58-8.

### UW Invitational

at Dempsey Indoor Center, Seattle, Wash.

**Women (Top 3 GNAC Finishers):** High Jump - 2, Tori Johnson, CU, 5-7. Shot Put - 3, Melissa Ausman, CU, 49-11. Pentathlon - 3, Scout Cai, SPU, 3,709.

**Men (Top 3 GNAC Finishers):** 400 Meters - 3, Vladislav Tsygankov, SFU, 48.42. Mile - 3, David Ribich, WOU, 3:58.88. Distance Medley Relay - 1, Western Oregon, 9:47.56. Heptathlon - 1, Kodiak Landis, CWU, 5,407; 2, James Phillips, CU, 4,968.

## #GNACTF in 140

@GNACSports

**#4MinuteMan** Western Oregon's **David Ribich** became part of the elite four-minute mile club, running 3:58.88 at the UW Invitational. The senior was named both the GNAC Men's Track Athlete of the Week and the USTFCCA Division II Male Athlete of the Week.

**#SevenUp** Central Washington's **Kodiak Landis** automatically qualified for the NCAA Championships by winning the heptathlon at the UW Invitational. He also won four of the seven individual events and was named the GNAC Men's Field Athlete of the Week.

**#GimmeFive** Seattle Pacific's **Scout Cai** opened her indoor season by placing third in the pentathlon at the UW Invitational. Her 3,709 points is No. 4 on the GNAC All-Time List and earned GNAC Women's Field Athlete of the Week honors.

**#GoingTheDistance** Western Oregon's men's distance medley relay team won the event at UW Invitational and automatically qualified for the national meet. Simon Fraser's men's team and women's teams from Simon Fraser, Western Oregon and Alaska Anchorage hit provisional qualifying marks.

## Get Social

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

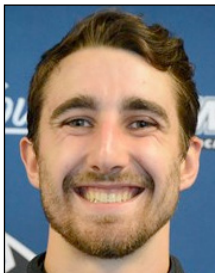


**MEN'S TRACK**  
**David Ribich, Western Oregon**  
 Senior • Enterprise, Ore.

The senior became the 501st person in U.S. history to break the four-minute mile, placing third in the elite heat of the mile at the UW Invitational in a time of 3:58.88. He finished less than two seconds behind winner Yomif Kejelcha of the Nike Oregon Project (3:56.95) and a second ahead of 2008 Olympian Lopez Lomong. The mark, a GNAC record,

and NCAA Championships automatic qualifier, is the fourth fastest in the mile in Division II history and is the third fastest mile run in the U.S. this year. Ribich also ran the anchor leg on Western Oregon's winning distance medley relay team, which automatically qualified for nationals with a time of 9:47.56.

**Also Nominated:** Noah Wallace (Concordia), Mason Schram (Montana State Billings), Jackson Hand (Saint Martin's), Oliver Jorgensen (Simon Fraser), Tupre Wickliff (Western Washington).



**MEN'S FIELD**  
**Kodiak Landis, Central Washington**  
 Senior • Snohomish, Wash.

Landis outlasted the Division I competition to win the heptathlon at the UW Invitational. His score of 5,407 points is an NCAA Championships automatic qualifier, is the fourth best mark in Division II this season and improved his No. 3 mark on the GNAC All-Time List. Landis won four of the heptathlon's seven events, capturing the shot put (43-1), pole

vault (15-5), long jump (22-7.25) and the 60 meters (7.05).

**Also Nominated:** David Sramek (Alaska Anchorage), Jakob Chamberlin (Concordia), Nels Flanagan (Montana State Billings), Josh Shultz (Saint Martin's), Eric Hamel (Western Washington).



**WOMEN'S TRACK**  
**Olivia Woods, Western Oregon**  
 Junior • Troutdale, Ore.

Woods ran the top time in the GNAC this season and notched an NCAA Championships provisional qualifying time in the 800 meters at the UW Invitational, placing 11th in a time of 2:10.62. Woods was the top Division II finisher in the event and the time is sixth best in Division II this season. Woods also ran the third leg on the Wolves' distance medley

relay team that hit an NCAA Championships provisional qualifying mark.

**Also Nominated:** Danielle McCormick (Alaska Anchorage), Alexa Shindruk (Central Washington), Michaela Johnson (Montana State Billings), Artresa Nichelson (Saint Martin's), Reta Dobie (Simon Fraser), Jasmine McMullin (Western Washington).



**WOMEN'S FIELD**  
**Scout Cai, Seattle Pacific**  
 Sophomore • Colfax, Wash.

In her first competition of the season, Cai notched an NCAA Championships provisional qualifier in the pentathlon, placing third with 3,709 points at the UW Invitational. The mark is No. 2 in Division II this season and moved her to No. 4 on the GNAC All-Time List. Cai set personal bests in four of the event's five disciplines and her third-place mark of

18 feet, 3 inches, in the long jump leads the GNAC. Cai also placed second in the high jump (5-5) and the 800 meters (2:21.37).

**Also Nominated:** Tori Johnson (Concordia), Kassadee Kuoha (Montana State Billings), Ashleigh Fraser (Saint Martin's), Savannah Smith (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
Jan. 15-21	Carlos Ortiz, CU	Elijah Castro, NNU	Nikki Aiken, MSUB	Christina MacDonald, CU
Jan. 22-28	David Ribich, WOU	Kodiak Landis, CWU	Olivia Woods, WOU	Scout Cai, SPU

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

# Around The GNAC

## ALASKA ANCHORAGE



- NCAA Championships provisional qualifiers for sophomore **David Sramek** in the heptathlon and the women's distance medley relay led Alaska Anchorage at the UW Invitational.
- Sramek finished sixth in the heptathlon with a score of 4,692 points. His best individual finish came in the pole vault where he was fifth with a clearance of 14 feet, 5.25 inches. Sramek's point total is tied for 34th in Division II this season.
- The women's DMR team of **Danielle McCormick**, **Vanessa Aniteye**, **Tamara Perez** and **Emmah Chelimo** finished ninth with a time of 11:54.45. The Seawolves were third among Division II teams and ranks as the eighth best time in Division II this season.
- The men's 4x400-meter relay team of **Nicholas Taylor**, **Darrion Gray**, **Daniel Remington** and **Liam Lindsay** placed fourth, and first among Division II teams in the meet, with a time of 3:18.41.
- Gray was the Seawolves' top track performer. He ran 7.16 seconds in the qualifying heats of the men's 60 meters and placed 12th in the 200 meters with a GNAC best time of 22.40 seconds. Lindsay just missed an NCAA Championships provisional qualifier as he placed 10th in the 400 meters in 49.06 seconds.
- The Seawolves are off this week and return to competition on Feb. 9 at the Husky Classic.

## CENTRAL WASHINGTON



- An NCAA Championships automatic qualifying mark for senior **Kodiak Landis** led Central Washington's efforts at the UW Invitational.
- Landis was named the GNAC Men's Field Athlete of the Week after he won the heptathlon with a score of 5,407 points. The performance is third best on the GNAC All-Time List and is fourth in Division II this season. He won three of the disciplines seven events, the shot put (43-1), the long jump (22-7.25) and the 60 meters (7.05), and tied for first in the pole vault (15-5).
- Senior **Ali Anderson** improved her NCAA Championships provisional qualifier in the women's 400 meters, placing 10th in a time of 56.08 seconds. The GNAC-leading mark is No. 8 on the GNAC All-Time List and is sixth best in Division II this season.
- Senior **Armando Tafoya** earned an NCAA Championships provisional qualifying mark in the men's weight throw. His eighth-place mark of 58 feet, 5.25 inches, is currently 36th in Division II and is the third-best mark in the GNAC this season.
- Freshman **Bobby Widmar** ran the GNAC's top time at the UW Invitational in the 60 meters, running 7.02 seconds in the men's 60 meters. The time ranks seventh in the GNAC this season.
- Central Washington returns to competition this weekend, competing at the Cougar Indoor in Pullman, Wash.

## CONCORDIA



- Concordia saw nine athletes pick up or improved NCAA Championships provisional marks at the UW Invitational. For its solid team all-around effort, the Cavaliers earned the Red Lion/GNAC Team of the Week award.
- Senior **Melissa Ausman** moved up to No. 2 on the GNAC All-Time Lists in both the women's shot put and weight throw. She placed third in the shot put with a mark of 49 feet, 11 inches, a mark which is fifth in Division II this season. Ausman also placed ninth in the weight throw at 58 feet, 4 inches, which is 18th in Division II this season.
- Junior **Tori Johnson** hit the provisional qualifying mark in the women's high jump, placing second with a clearance of 5 feet, 7 inches. Her mark is tied for seventh in Division II this season and leads the GNAC.
- Senior **Emma Hill** improved her provisional qualifying mark in the women's triple jump, placing ninth with a mark of 38 feet, 7 inches. The mark is No. 7 on the GNAC All-Time List and is 17th in Division II this season.
- Sophomore **Jakob Chamberlin** improved his provisional qualifying mark in the men's weight throw. His mark of 60 feet, 6 inches, is No. 4 on the GNAC All-Time List and ranks 19th in Division II this season. Junior **Josh Koch**, meanwhile, improved his GNAC leading mark in the men's shot put as he placed 12th at 55 feet, 3 inches. That is tied for 24th in Division II.
- Junior **James Phillips** provisionally qualified for nationals in the heptathlon, placing second with a score of 4,968 points. The performance ranks No. 6 on the GNAC All-Time List and is 17th in Division II this season.
- Also earning NCAA Championships provisional qualifying marks was freshman **Noah Wallace** in the men's 800 meters (1:53.19, 20th), sophomore **Caleb Bridge** in the men's shot put (52-6.75, 43rd) and sophomore **Tasha Willing** in the women's shot put (45-0.25, 31st).
- Concordia will not compete again until the weekend of Feb. 9, returning to Seattle for the Husky Classic and UW Indoor Open.

## MONTANA STATE BILLINGS



- Two individual event victories and seven top-10 placers paced Montana State Billings at the Colorado Mines DII Invite & Multis.
- Senior **Nels Flanagan** improved his MSUB record in winning the men's weight throw. His mark of 58 feet, 8 inches, is No. 9 on the GNAC All-Time List and is tied for the 34th best mark in Division II this season.
- Sophomore **Michaela Johnson** won the women's 60-meter hurdles with her time of 9.10 seconds. She was two-hundredths of a second ahead of Alexis Carrol of UC-Colorado Springs. The season-best time is fifth best in the GNAC this season.
- Freshman **Lamont Frisby** made the finals in the men's 60 meters yet again, placing fifth with a time of 6.98 seconds. He ranks third in the GNAC this season as Yellowjackets own three of the event's top-five times. Senior **Sam Zook** leads the GNAC with his NCAA Championships provisional qualifying time of 6.80 seconds.
- Sophomore **Isaiah Girard** placed fifth in the men's high jump, clearing 6 feet, 7.5 inches. The performance is second best in the GNAC this season. Junior **Brady Ostermiller** was sixth in the men's shot put with a mark of 48 feet, 7.5 inches.
- Montana State Billings returns to action this weekend in Bozeman, Mont., taking part in the Bobcat Invitational.

# Around The GNAC

## NORTHWEST NAZARENE



- Northwest Nazarene was the only GNAC team not to compete last weekend. The Nighthawks return to the track on Friday and Saturday at the Jacksons NB Invitational.
- Senior **Payton Lewis** has already notched a NCAA Championships provisional qualifier in the men's pole vault. His best of 16 feet, 4.75 inches, at the Jan. 12 Ed Jacoby Invitational, is tied for eighth best in Division II this season.
- Freshman **Elijah Castro** placed second with a mark of GNAC best 23 feet, 8.75 inches, at the Jan. 20 Bronco Invite. The performance was an NNU school record, an NCAA Championships provisional qualifier, is tied for 17th in Division II this season and is No. 4 on the GNAC All-Time List.
- Senior **John Van Beuren** is one of four GNAC athletes provisionally qualified for nationals in the men's weight throw. His season-best mark of 57 feet, 9 inches, is 39th in Division II this season.
- Senior **Rachel Bartlow** and junior **Katie Conklin** are tied for the fifth-best mark in the GNAC this season in the women's high jump with a season bests of 5 feet, 3.25 inches.
- Junior **Nice Loufoua** has the conference's fifth-best mark in the women's long jump, having posted a mark of 17 feet, 6.25 inches, at the Bronco Invite on Jan. 20.

## SAINT MARTIN'S



- Efforts by the team's top jumpers led efforts for Saint Martin's at the UW Invitational.
- Sophomore **Josh Schultz** placed seventh in the men's long jump with a mark of 23 feet. He was the top GNAC finisher in the event and ranks him second in the GNAC this season.
- Sophomore **Ashleigh Fraser** was the top GNAC finisher in the women's long jump, placing 21st with a mark of 17 feet. The performance ranks 11th in the GNAC this season.
- Junior **Jackson Hand** finished short of his season best in the men's 200 meters, placing 15th with a time of 22.56 seconds. Hand has the second-best time in the GNAC this season with a time of 22.01 seconds at December's Jacksons Open.
- Sophomore **Artresa Nickelson** improved her season best in the women's 200 meters with a time of 27.22 seconds.
- The Saints return to action this weekend at the Cougar Indoor in Pullman, Wash.

## SEATTLE PACIFIC



- Sophomore **Scout Cai**'s season-opening performance in the women's pentathlon paced Seattle Pacific's output at the UW Invitational.
- Cai placed third in the pentathlon with a score of 3,709 points, earning her selection as the GNAC Women's Field Athlete of the Week. The NCAA Championships provisional qualifying mark moves her to No. 4 on the GNAC All-Time List and ranks second in Division II this season. Cai notched three second-place finishes in the high jump (5-5) and the 800 meters (2:21.37) and was third in the long jump (18-3).
- Freshman **Renick Meyer** picked up an NCAA Championships provisional qualifier in the women's 60-meter hurdles during the pentathlon. Her time of 8.76 seconds is tied for 18th in Division II this season and puts her at No. 9 on the GNAC All-Time List. Meyer was 17th in her first pentathlon with a score of 3,192 points.
- Freshman **Julia Steppner** ran the top times by a GNAC athlete in both the women's 60 meters and 200 meters. Steppner ran 8.10 seconds in the qualifying heats of the 60 meters. She has the GNAC's top time in the event this season, having run 7.80 seconds at the Jan. 13 UW Preview. Steppner ran a GNAC-best 25.99 seconds in the 200 meters at the UW Invitational. Sophomore **Grace Bley** was close behind with a time of 26.01 seconds.
- Sophomore **Alyssa Foote** hit an NCAA Championships provisional qualifying time in the women's 5,000 meters. She placed 24th in the event with a time of 17:09.71, which leads the GNAC and 13th in Division II this season.
- Seattle Pacific will not compete again until the weekend of Feb. 9, competing in both the Husky Classic and the UW Indoor Open.

## SIMON FRASER



- Simon Fraser finished with 10 new or improved NCAA Championships provisional qualifiers at the UW Invitational.
- The women's distance medley relay team of **Paige Nock, Renate Bluschke, Alana Mussatto** and **Julia Howley** took fourth with a time of 11:36.85. That provisional qualifying time is ninth on the GNAC All-Time List and is the second-best mark in Division II this season.
- Howley also picked up a provisional qualifier in the women's mile, placing 16th in 4:50.46. The performance is No. 8 on the GNAC All-Time List and is fifth in Division II this season. Senior **Miryam Bassett** ran 4:55.83, a provisional qualifier and 14th best in Division II.
- Senior **Reta Dobie** provisionally qualified for nationals in the women's 3,000 meters, placing 24th in 9:47.15. The time leads the GNAC and is fourth in Division II this season. In all, SFU has provisionally qualified three athletes in the 3,000 meters.
- Mussatto also earned a provisional qualifying mark in the women's 800 meters. Her time of 2:11.19 is 10th best in Division II this season.
- The men's DMR team of **Rowan Doherty, Vladislav Tsygankov, Carlos Vargas** and **Oliver Jorgensen** earned an NCAA Championships provisional qualifier, placing fifth in 9:55.59. The time is No. 9 on the GNAC All-Time List and is seventh in Division II this season.
- Tsygankov provisionally qualified in the men's 400 meters. His third-place time of 48.72 seconds is tied for 20th in Division II this season. Doherty posted a provisional qualifying mark in the mile in 4:09.50, 18th best in Division II, while Jorgensen hit a qualifier in the 3,000 meters with a time of 8:11.36, ninth in Division II.
- Simon Fraser heads east this weekend, taking part in the Hillsdale Wide Track Invitational in Hillsdale, Mich.



# Around The GNAC

## WESTERN OREGON



- Senior **David Ribich's** historic performance in the men's mile paced Western Oregon at the UW Invitational.
- Ribich became the 501st athlete in U.S. history to run a mile in under four minutes, placing third in the event in a time of 3:58.88. It is the fourth fastest time in NCAA Division II history, an NCAA Championships automatic qualifier, a

GNAC record and earned the senior GNAC Men's Track Athlete of the Week and USTFCCCA Division II Male Athlete of the Week awards. The time is the third-best run by a U.S. athlete and 20th in the world this season.

- Ribich also teamed with **Dustin Nading, Aaron Whitaker and AJ Holmberg** to win the men's distance medley relay with a time of 9:47.57. The NCAA Championships automatic qualifier leads Division II this season and is the third best time in GNAC history.
- Junior **Olivia Woods** was named GNAC Women's Track Athlete of the Week after earned an NCAA Championships provisional qualifier in the 800 meters. She placed 11th in 2:10.62. The time leads the GNAC and is sixth in Division II this season.
- Joining Ribich in the mile was Nading, who placed 16th with a time of 4:04.50. The second best time in GNAC history, the mark is an NCAA Championships provisional qualifier and is third in Division II this season.
- Senior Suzie Van De Grift earned a provisional qualifying mark in the women's 800 meters (2:11.80, 12th) while senior Kennedy Rufener also hit a provisional mark in the women's 3,000 meters (9:56.05, 12th).
- Western Oregon is off this weekend, competing again on the weekend of Feb. 9 at the Husky Classic and UW Indoor Open.

## WESTERN WASHINGTON



- Western Washington saw three athletes put up the top GNAC marks in their respective events at the UW Invitational.

• Junior **Tupre Wickliff** finished 14th in the men's high jump with a mark of 6 feet, 6.75 inches. The mark moved Wickliff up to No. 4 on the WWU All-Time List and is the third-best mark in the GNAC this season.

• Junior **J.T. Konrad** was the top conference performer in the men's pole vault, finishing 14th with his clearance of 14 feet, 8.25 inches. A season best, the mark is seventh best in the league this season.

• Sophomore **Cordell Cummings** was 15th in the qualifying heats for the men's 60-meter hurdles, clocking a time of 8.68 seconds. The top GNAC performer in the event, Cummings' season best of 8.61 seconds is tied for sixth best in the GNAC this season.

• Senior **Jasmine McMullin** placed 11th in the women's triple jump with a mark of 38 feet, 3.5 inches. The GNAC leader in the event, McMullin's season-best of 39 feet, 4.5 inches, set at the UW Preview, is currently eighth in Division II this season.

• The Vikings will not compete this week and will return to Seattle on Feb. 9 to compete in the Husky Classic and the UW Indoor Open.

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

# GNAC Qualifiers For NCAA Indoor Championships

## MEN AUTOMATIC QUALIFIERS AS OF JAN. 30, 2018

Event	Athlete	Mark	Rank	Date
Mile	David Ribich, WOU	3:58.88	1st	1/26/18
DMR	Western Oregon	9:47.56	3rd	1/26/18
Heptathlon	Kodiak Landis, CWU	5,407	4th	1/26/18

## MEN PROVISIONAL QUALIFIERS AS OF JAN. 30, 2018

Event	Athlete	Mark	Rank	Date
60 Meters	Sam Zook, MSUB	6.80	T-6th	12/2/17
400 Meters	Vladislav Tsygankov, SFU	48.42	T-20th	1/26/18
800 Meters	Noah Wallace, CU	1:53.19	20th	1/26/18
Mile	Dustin Nading, WOU	4:04.50	3rd	1/26/18
	Rowan Doherty, SFU	4:09.93	18th	1/26/18
3,000 Meters	Oliver Jorgensen, SFU	8:11.36	9th	1/26/18
	Dustin Nading, WOU	8:11.67	11th	1/13/18
	Rowan Doherty, SFU	8:20.90	18th	1/13/18
5,000 Meters	Mateo de Dalmases, SFU	14:38.10	28th	1/26/18
DMR	Simon Fraser	9:55.59	7th	1/26/18
High Jump	Chris Brake, UAA	2.05/6-8.75	T-24th	1/13/18
Pole Vault	Payton Lewis, NNU	5.00/16-4.75	T-8th	1/12/18
	Kodiak Landis, CWU	4.85/15-11	20th	12/1/17
Long Jump	Elijah Castro, NNU	7.23/23-8.75	T-17th	1/20/18
Shot Put	Josh Koch, CU	16.84/55-3	T-24th	1/26/18
	Jakob Chamberlin, CU	16.05/52-8	41st	1/13/18
	Caleb Bridge, CU	16.02/52-6.75	43rd	1/26/18
Weight Throw	Jakob Chamberlin, CU	18.44/60-6	19th	1/26/18
	Nels Flanagan, MSUB	17.88/58-8	T-34th	1/26/18
	Armando Tafoya, CWU	17.81/58-5.25	36th	1/26/18
	John VanBeuren, NNU	17.60/57-9	39th	12/9/17
Heptathlon	James Phillips, CU	4,915	17th	1/26/18
	Brandon Maier, CWU	4,884	21st	12/1/17
	David Sramek, UAA	4,692	T-34th	1/26/18
	Dakota Tidwell, NNU	4,671	T-38th	1/12/18

## WOMEN'S PROVISIONAL QUALIFIERS AS OF JAN. 30, 2018

Event	Athlete	Mark	Rank	Date
400 Meters	Ali Anderson, CWU	56.08	6th	1/26/18
800 Meters	Olivia Woods, WOU	2:10.62	6th	1/26/18
	Danielle McCormick, UAA	2:11.17	9th	1/13/18
	Alana Mussatto, SFU	2:11.19	10th	1/26/18
	Suzie Van De Grift, WOU	2:11.80	12th	1/26/18
Mile	Julia Howley, SFU	4:50.46	5th	1/26/18
	Miryam Bassett, SFU	4:55.83	14th	1/26/18
3,000 Meters	Julia Howley, SFU	9:32.78	1st	1/13/18
	Reta Dobie, SFU	9:47.15	4th	1/26/18
	Miryam Bassett, SFU	9:53.87	7th	1/13/18
	Kennedy Rufener, WOU	9:56.05	12th	1/26/18
5,000 Meters	Alyssa Foote, SPU	17:09.71	13th	1/26/18
60m Hurdles	Mariah Vongsaveng, CWU	8.71	14th	12/9/17
	Renick Meyer, SPU	8.76	T-18th	1/26/18
DMR	Simon Fraser	11:36.85	2nd	1/26/18
	Western Oregon	11:48.58	7th	1/26/18
	Alaska Anchorage	11:54.45	8th	1/26/18
High Jump	Tori Johnson, CU	1.70/5-7	T-7th	1/26/18
Triple Jump	Jasmine McMullin, WWU	12.00/39-4.5	8th	1/13/18
	HarLee Ortega, CWU	11.80/38-8.75	15th	12/9/17
	Emma Hill, CU	11.76/38-7	17th	1/26/18
Shot Put	Melissa Ausman, CU	15.21/49-11	5th	1/26/18
	Christina MacDonald, CU	14.62/47-11.75	13th	1/20/18
	Katrina Linenko, CU	13.83/45-4.5	T-27th	1/20/18
	Tasha Willing, CU	13.72/45-0.25	31st	1/26/18
Weight Throw	Christina MacDonald, CU	18.80/61-8.25	9th	1/20/18
	Melissa Ausman, CU	17.78/58-4	18th	1/26/18
Pentathlon	Scout Cai, SPU	3,709	2nd	1/26/18
	Ali Anderson, CWU	3,501	9th	12/1/17
	HarLee Ortega, CWU	3,489	11th	12/1/17
	Chelsea Bone, CU	3,316	21st	1/26/18

## Men's Indoor Regional & National Polls

### GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	WOU
Preseason	12th
Jan. 23	—
Jan. 30	11th

### USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS

Week 2 - Jan. 30, 2018		Pts.	Prev.
Rk	School		
1.	Colorado Mines	232.76	1
2.	Tiffin	151.74	2
3.	Ashland	130.93	3
4.	Grand Valley State	100.04	4
5.	Pittsburg State	97.42	8
6.	Findlay	96.22	6
7.	Texas A&M-Commerce	82.25	12
8.	CSU-Pueblo	78.61	14
9.	Missouri Southern	72.99	9
10.	Adams State	70.27	5
11.	<b>Western Oregon</b>	<b>64.05</b>	<b>63</b>
12.	Academy of Art	62.73	11
13.	American International	60.01	29
14.	Texas A&M-Kingsville	59.19	13
15.	Saint Augustine's	58.60	10
16.	Wingate	43.70	17
17.	Emporia State	42.89	19
18.	Colorado Mesa	42.28	34
19.	Mary	41.30	15
20.	Colorado Christian	36.88	18
21.	Minnesota State	36.76	16
22.	Limestone	34.39	25
23.	Fort Hays State	32.79	28
24.	Adelphi	30.78	88
25.	Central Missouri	28.87	23

### USTFCCCA WEST REGION TEAM INDEX

Week 2 - Jan. 29, 2018		Pts.	Prev.
Rk	School		
1.	<b>Concordia (Ore.)</b>	<b>346.81</b>	<b>2</b>
2.	Academy of Art	273.72	5
3.	<b>Northwest Nazarene</b>	<b>266.88</b>	<b>1</b>
4.	<b>Central Washington</b>	<b>234.84</b>	<b>4</b>
5.	<b>Simon Fraser</b>	<b>228.76</b>	<b>8</b>
6.	<b>Western Oregon</b>	<b>205.15</b>	<b>6</b>
7.	Azusa Pacific	199.60	9
8.	<b>Western Washington</b>	<b>180.05</b>	<b>10</b>
9.	<b>Alaska Anchorage</b>	<b>177.87</b>	<b>7</b>
10.	<b>Montana State Billings</b>	<b>172.20</b>	<b>3</b>

[View Complete Regional Index Online](#)



[Complete Poll Online](#)

## Women's Indoor Regional & National Polls

### GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	CU	CWU	SFU
Preseason	—	—	23rd
Jan. 23	—	—	24th
Jan. 30	25th	—	3rd

### USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS

Week 2 - Jan. 30, 2018		Pts.	Prev.
Rk	School		
1.	Grand Valley State	173.60	1
2.	Pittsburg State	108.46	4
3.	<b>Simon Fraser</b>	<b>88.92</b>	<b>15</b>
4.	San Francisco St.	87.27	5
5.	Angelo State	84.54	20
6.	West Texas A&M	81.36	17
7.	Walsh	76.35	9
8.	UC-Colorado Springs	73.77	8
9.	Adams State	73.71	3
10.	New Mexico Highlands	70.72	7
11.	Bellarmino	67.36	6
12.	Hillsdale	64.68	27
13.	Azusa Pacific	59.68	33
14.	Missouri Southern	49.71	11
15.	Minnesota State	49.16	10
16.	Western State	49.09	18
17.	McKendree	43.36	16
18.	Lewis	41.60	13
19.	Ursuline	41.30	23
20.	Southwest Baptist	39.21	12
21.	Saint Augustine's	38.60	22
22.	Southern Connecticut	35.87	26
23.	Millersville	35.44	42
24.	Wayne State (Neb.)	35.04	25
25.	<b>Concordia (Ore.)</b>	<b>33.52</b>	<b>31</b>

### USTFCCCA WEST REGION TEAM INDEX

Week 2 - Jan. 29, 2018		Pts.	Prev.
Rk	School		
1.	San Francisco St.	343.31	2
2.	Azusa Pacific	297.10	3
3.	<b>Central Washington</b>	<b>248.58</b>	<b>1</b>
4.	<b>Seattle Pacific</b>	<b>234.89</b>	<b>11</b>
5.	<b>Simon Fraser</b>	<b>224.60</b>	<b>7</b>
6.	<b>Concordia (Ore.)</b>	<b>195.71</b>	<b>6</b>
7.	Academy of Art	176.31	5
8.	Concordia (Calif.)	135.15	10
9.	<b>Western Washington</b>	<b>128.54</b>	<b>12</b>
10.	Stanislaus State	123.25	4

[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)
<b>Mile</b>	<b>3:58.88</b>	<b>David Ribich, Western Oregon (2018)</b>
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 Brat 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.

**Fri., Jan. 26 - Sat., Jan. 27**

**Colorado Mines DII Invite & Multis**

**at Steinhauser Fieldhouse, Golden, Colo.**

**Women's Team Scores:** UC-Colorado Springs 158.5, New Mexico Highlands 96, Colorado Mines 93, Nebraska-Kearney 80, CSU-Pueblo 60.5, Colorado Mesa 54, Western State 42, Metro State 27, Montana State Billings 14, Chadron State 11, Colorado Christian 10.

**Women (Top 3 GNAC Finishers):** 60m Hurdles - 1, Michaela Johnson, MSUB, 9.10.

**Men's Team Scores:** Colorado Mines 134, UC-Colorado Springs 131, CSU-Pueblo 117, Nebraska-Kearney 79, Colorado Mesa 56, Metro State 48, Montana State Billings 29, Western State 18, Chadron State 14, Colorado Christian 11.

**Men (Top 3 GNAC Finishers):** Weight Throw - 1, Nels Flanagan, MSUB, 58-8.

**UW Invitational**

**at Dempsey Indoor Center, Seattle, Waash.**

**Women (Top 3 GNAC Finishers):** High Jump - 2, Tori Johnson, CU, 5-7. Shot Put - 3, Melissa Ausman, CU, 49-11. Pentathlon - 3, Scout Cai, SPU, 3,709.

**Men (Top 3 GNAC Finishers):** 400 Meters - 3, Vladislav Tsygankov, SFU, 48.42. Mile - 3, David Ribich, WOU, 3:58.88. Distance Medley Relay - 1, Western Oregon, 9:47.56. Heptathlon - 1, Kodiak Landis, CWU, 5,407; 2, James Phillips, CU, 4,968.