



Feb. 7, 2018 • Week 4  
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## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

**Fri., Feb. 9-Sat., Feb. 10**

Alaska Anchorage, Central Washington, Concordia, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at Husky Classic, Seattle, Wash.

**Sat., Feb. 10**

Northwest Nazarene at Bronco Challenge, Nampa, Idaho

**Sun., Feb. 11**

Alaska Anchorage, Central Washington, Saint Martin's, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at UW Indoor Open, Seattle, Wash.

### LAST WEEK'S MEETS

**Fri., Feb. 2**

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

**Women (Top 3 GNAC Finishers):** 60m Hurdles - 2, Michaela Johnson, MSUB, 8.89. High Jump - 1, Jamie Orme, MSUB, 4-10.25; 2, Shaniah Schwend, MSUB, 4-8.25. Triple Jump - 1, Brenna Beckett, MSUB, 33-8.75; 2, Shaniah Schwend, MSUB, 33-3. Shot Put - 3, Hannah Nesson, MSUB, 37-1.75. Weight Throw - 3, Hannah Nesson, MSUB, 43-6.5.

**Men (Top 3 GNAC Finishers):** 60 Meters - 1, Lamont Frisby, MSUB, 6.96; 2, Mason Schram, MSUB, 7.01. 400 Meters - 2, Rahkei Ever, MSUB, 50.86. High Jump - Tie 2, Isaiah Girard, MSUB, 6-4.75. Triple Jump - 2, Marcus Lindquist, MSUB, 41-0.5. Weight Throw - 3, Brady Ostermiller, MSUB, 44-2.75.

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

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

**Women (Top 3 GNAC Finishers):** Triple Jump - 1, Nice Loufoua, NNU, 37-5.75; 2, Jackie Mahowald, NNU, 37-0.5.

**Men (Top 3 GNAC Finishers):** 200 Meters - 2, Ebu Camara, NNU, 22.09. 400 Meters - 1, Ebu Camara, NNU, 48.96. High Jump - 1, Micah Tranch, NNU, 6-5. Pole Vault - 1, Jared Webster, NNU, 16-0.75. Long Jump - 2, Elijah Castro, NNU, 22-11. Triple Jump - 3, Elijah Castro, NNU, 41-7. Shot Put - 2, John Van Beuren, NNU, 53-7. Weight Throw - 1, John Van Beuren, NNU, 60-5.25.

### Cougar Indoor

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

**Women (Top 3 GNAC Finishers):** 200 Meters - 1, Erykah Weems, CWU, 26.00. 400 Meters - 2, Katie Collins, CWU, 59.74. 60m Hurdles - 1, Mariyah Vongsaveng, CWU, 8.68. 4x400 Relay - 3, Central Washington A, 4:07.43. High Jump - Tie 3, Keeley Phommathirath, CWU, 5-1; Shaddia Meadows, CWU, 5-1. Long Jump - 2, Ali Anderson, CWU, 18-0.25; 3, Rose Walts, CWU, 16-11.25. Shot Put - 2, Samantha La Rue, CWU, 42-6.25; 3, Aiyana Homer, CWU, 41-11.5. Weight Throw - 3, Aiyana Homer, CWU, 52-0.5. Pentathlon - 2, HarLee Ortega, CWU, 3,630; 3, Ali Anderson, CWU, 3,583.

**Men (Top 3 GNAC Finishers):** 60 Meters - Tie 3, Bobby Widmar, CWU, 7.01. 400 Meters - 1, Daniel Calderon, CWU, 51.88. 800 Meters - 2, Trevaughn Scott, CWU, 1:59.03. 60m Hurdles - 3, Cordell Cummings, WWU, 8.46. 4x400 Relay - 1, Central Washington A, 3:27.66. Shot Put - 2, Armando Tafoya, CWU, 51-0. Weight Throw - 3, Armando Tafoya, CWU, 57-10.5.

### Hillsdale Wide Track Classic

**at Margot V. Biermann Athletic Center, Hillsdale, Mich.**

**Women (Top 3 GNAC Finishers):** 800 Meters - 1, Alana Mussatto, SFU, 2:11.18.

**Men (Top 3 GNAC Finishers):** 400 Meters - 1, Vladislav Tsygankov, SFU, 48.78. Long Jump - 2, Vladislav Tsygankov, SFU, 23-2.75.

**Sat., Feb. 3**

**Bruce Lehane Scarlet & White Invite at Boston University, Boston, Mass.**

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

**Men (Top 3 GNAC Finishers):** 3,000 Meters - 2, Mateo de Dalmases, SFU, 8:16.16; 3, Sean Miller, SFU, 8:27.20.

### Colorado Invitational

**at Colorado Indoor Practice Facility, Boulder, Colo.**

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

**Men (Top 3 GNAC Finishers):** None.

## #GNACTF in 140

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**#RecordWrecker** Northwest Nazarene's **John Van Beuren** broke both school records in the men's shot put and weight throw at the Jacksons Invitational, which also earned spots on the GNAC All-Time Best Lists.

**#CanadianMiler** Simon Fraser's **Oliver Jorgensen** ran the third fastest mile in GNAC history and provisionally qualified for nationals with a time of 4:06.82 in Boston at the Bruce Lehane Scarlet & White Classic.

**#FastVlad** The Clan's **Vladislav Tsygankov** earned a pair of top-two finishes at the Hillsdale Wide Track Classic, winning the men's 400 meters and placing second in the long jump.

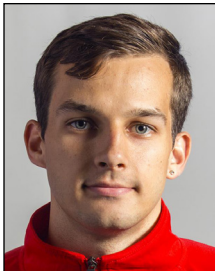
**#FinalTuneUps** Eight of the conference's 10 teams will be in Seattle this weekend at the Husky Classic and the UW Indoor Open. It is the final weekend of competition before the GNAC Indoor Track & Field Championships.

## 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

**Vladislav Tsygankov, Simon Fraser**  
Senior • Moscow, Russia

Tsygankov established NCAA Championships provisional qualifying marks in both the 400 meters and the long jump at the Hillsdale Wide Track Classic. He won the 400 meters by nearly a second with a time of 48.78 seconds. After conversion to 48.02 for track size, he ranks No. 14 in Division II this season.

Tsygankov then placed second in the long jump, his

first competition in the event this season, with a mark of 23 feet, 2.75 inches.

The performance is 38th in Division II this season.

**Also Nominated:** Daniel Calderon (Central Washington), Sam Zook (Montana State Billings), Cordell Cummings (Western Washington).



## WOMEN'S TRACK

**Alana Mussatto, Simon Fraser**  
Senior • North Vancouver, B.C.

Mussatto moved up to No. 5 on the Division II season-best list as she set a meet record in the women's 800 meters at the Hillsdale Wide Track Classic. She won the race by over three seconds with a time of 2:11.18. After conversion for track size to 2:09.69 for track size, Mussatto is just short of the automatic qualifying mark for the NCAA Championships.

**Also Nominated:** Mariyah Vongsaveng (Central Washington), Michaela Johnson (Montana State Billings), Hannah Bradley (Western Washington).



## MEN'S FIELD

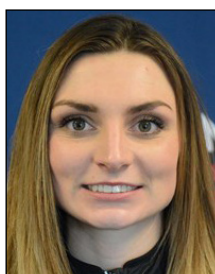
**John Van Beuren, Northwest Nazarene**  
Senior • Boise, Idaho

Van Beuren hit school records in both the shot put and weight throw to lead the Nighthawks at the Jacksons Invitational. On Friday, Van Beuren won the weight throw with a record mark of 60 feet, 5.25 inches. The performance is also No. 5 on the GNAC All-Time List and No. 22 in Division II this season.

He added a second-place finish in the shot put. His

school-record mark of 53 feet, 7 inches, is No. 4 on the GNAC All-Time List. Both marks are NCAA Championships provisional qualifiers.

**Also Nominated:** Armando Tafoya (Central Washington), Nels Flanagan (Montana State Billings), Peter Behncke (Simon Fraser).



## WOMEN'S FIELD

**HarLee Ortega, Central Washington**  
Senior • Payette, Idaho

Ortega improved her NCAA Championships provisional qualifying mark in the pentathlon, placing second in the event at the Cougar Indoor. Her score of 3,630 points moves her up to No. 7 in Division II this season and No. 5 on the GNAC All-Time List. In the process, Ortega placed second in the long jump (18-3) and third in the shot put (34-0), 60-meter

hurdles (8.57) and high jump (5-3).

**Also Nominated:** Hannah Nesson (Montana State Billings), Holly Taylor (Simon Fraser), Chantelle Eddy (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
Jan. 29-Feb. 4	Vladislav Tsygankov, SFU	John Van Beuren, NNU	Alana Mussatto, SFU	HarLee Ortega, CWU

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

# Around The GNAC

## ALASKA ANCHORAGE



- Alaska Anchorage took last weekend off and will return to Seattle this weekend to compete in the Husky Classic on Friday and Saturday and the UW Indoor Open on Sunday.
- The Seawolves have three individual provisional qualifiers for the NCAA Championships to date. Junior **Danielle McCormick** leads the list as she has the 11th best time in Division II in the women's 800 meters at 2:11.17.
- Sophomore **Chris Brake** is qualified in the men's high jump and is tied for 27th in Division II with a mark of 6 feet, 8.75 inches. Brake also leads the GNAC in the triple jump with a best of 45 feet, 5.25 inches. Sophomore **David Sramek** is tied for 41st in the men's heptathlon with his score of 4,692 points.
- The women's DMR team of **Danielle McCormick, Vanessa Aniteye, Tamara Perez** and **Emmah Chelimo** ran 11:54.45 at the UW Invitational and currently ranks eighth in Division II this season.
- The men's 4x400-meter relay team of **Nicholas Taylor, Darrion Gray, Daniel Remington** and **Liam Lindsay** leads the GNAC with a time of 3:18.41 at the UW Invitational.
- Sophomore **Marie Ries** is tied for second in the GNAC in the 60 meters with a best of 7.94 seconds.

## CENTRAL WASHINGTON



- Central Washington put together a number of solid performances, including for event winners, at the Cougar Indoor.
- Sophomore **HarLee Ortega** was named the GNAC Women's Field Athlete of the Week after she finished second in the pentathlon with a score of 3,630 points. The mark moved her to No. 5 on the GNAC All-Time List and ranks No. 7 in Division II this season. In the process, Ortega placed in the top-three in four of the five events, led by a second-place finish in the long jump (18-3).
- Junior **Mariyah Vongsaveng** improved her NCAA Championships provisional qualifying mark in the 60-meter hurdles with a finals time of 8.68 seconds. The time leads the GNAC and is 14th in Division II this season.
- Sophomore **Erykah Weems** won the women's 200 meters in a time of 26.00 seconds.
- Sophomore **Daniel Calderon** was a winner in the men's 400 meters, clocking a time of 51.88 seconds. The men's 4x400-meter relay picked up a two-second victory with a time of 3:27.66.
- Senior **Ali Anderson** improved her provisional qualifying mark in the 800 meters, running 2:14.35 during the pentathlon. Converted to 2:12.82 for track size, the mark ranks 21st in Division II this season. She placed third overall in the pentathlon with a score of 3,583 points that is No. 6 on the GNAC All-Time List.
- Central Washington will compete in both the Husky Classic and UW Indoor Open this weekend in a final tune-up before the GNAC Indoor Track and Field Championships.

## CONCORDIA



- Concordia did not compete last weekend. The Cavaliers will complete their run-up to the GNAC Indoor Championships this weekend at the Husky Classic and the UW Indoor Open.
  - The Concordia women are ranked No. 24 in this week's USTFCCA Division II Women's Computer Rankings. The Cavaliers have seven women provisionally qualified for the NCAA Championships in five events.
  - The Cavaliers have four provisional qualifiers in the women's shot put. Junior **Melissa Ausman** leads the list as she is fifth in Division II with a mark of 49 feet, 11 inches. Ausman is also qualified in the weight throw, ranking 19th with a mark of 58 feet, 4 inches.
  - Senior **Christina MacDonald** has the GNAC record and the ninth-best mark in Division II this season in the women's weight throw with a best of 61 feet, 8.25 inches. She also ranks 13th in the shot put with a mark of 47 feet, 11.75 inches.
  - Junior **Tori Johnson** leads the GNAC and is tied for ninth in Division II in the women's high jump with a clearance of 5 feet, 7 inches. Senior **Emma Hill** is 20th in Division II with a mark of 38 feet, 7 inches, in the women's triple jump.
  - The Concordia men have seven athletes provisionally qualified for the NCAA Championships in four events. Junior **James Phillips** leads the way as he is 19th in the heptathlon with a score of 4,968 points. Freshman **Noah Wallace** leads the GNAC and is 28th in Division II in the 800 meters with a time of 1:53.19.
  - Sophomore **Jakob Chamberlin** is provisionally qualified in both the men's shot put and weight throw. He leads the GNAC and is 21st in Division II in the weight throw with a mark of 60 feet, 6 inches. Junior **Josh Koch** leads the GNAC and is tied for 26th in Division II in the shot put at 55 feet, 3 inches.
- ## MONTANA STATE BILLINGS
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- The logo for Montana State Billings Bobcat, featuring a yellow and black bobcat head with a large blue 'B' on its chest.
- Montana State Billings went split squad last week, sending select athletes to the Colorado Invitational in Boulder with the rest of the team competing at the Bobcat Invitational in Bozeman, Mont.
  - Senior **Sam Zook** set the MSUB record in the men's 200 meters in Boulder. His fourth-place time of 21.65 seconds is an NCAA Championships provisional qualifier and is No. 3 on the GNAC All-Time List. Zook also took fifth in the 60 meters in 6.85 seconds.
  - Freshman **Lamont Frisby** and sophomore **Mason Schram** finished 1-2 in the men's 60 meters at the Bobcat Invitational. Frisby won with a time of 6.96 seconds while Schram was right behind in 7.01 seconds. The times rank third and fifth, respectively, in the GNAC this season.
  - The MSUB women had two event winners in the field events at Bozeman. Sophomore **Jamie Orme** won the high jump with a mark of 4 feet, 10.25 inches. Sophomore **Brenna Beckett** took the triple jump with a mark of 33 feet, 8.75 inches.
  - Senior **Nels Flanagan** continues to perform well in the throws. Competing at the Colorado Invitational, Flanagan placed third in the men's weight throw with a mark of 58 feet, 7.75 inches.
  - The Yellowjackets will be the one GNAC team taking this weekend off. Montana State Billings competes next at the GNAC Indoor Track and Field Championships, Feb. 16 & 17 in Nampa, Idaho.

# Around The GNAC

## NORTHWEST NAZARENE



- Two school records in the men's throws for senior **John Van Beuren** led Northwest Nazarene's performances at the Jacksons Invitational.
- On Friday, Van Beuren broke the NNU record in the weight throw with a winning mark of 60 feet, 5.25 inches. The performance ranks No. 5 on the GNAC All-Time List. The next day, Van Beuren broke the school record in the shot put with a second-place mark of 53 feet, 7 inches, which also earned him No. 4 on the GNAC All-Time List. The performances, both NCAA Championships provisional qualifiers, earned Van Beuren GNAC Men's Field Athlete of the Week honors.
- The Nighthawks also earned two provisional qualifiers in the men's pole vault. Junior **Jared Webster** won the event with a clearance of 16 feet, 0.75 inches, which is second best in the GNAC and 19th in Division II this season. Sophomore **Phillip Gwin** placed fourth at 15 feet, 7 inches, which is the 34th best mark in the nation this season.
- Northwest Nazarene also had the top-two finishers in the women's triple jump. Junior **Nice Loufoua** won with a leap of 37 feet, 5.75 inches, while sophomore **Jackie Mahowald** was second with 37 feet, 0.5 inches. The marks are the fifth and sixth best, respectively, in the GNAC this season.
- Senior **Ebu Camara** led the NNU sprinters, winning the men's 400 meters in 48.96 seconds and taking second in the 200 meters in 22.09 seconds after running 21.97 in the prelims.
- Northwest Nazarene finishes its preparations for the GNAC Indoor Championships in Nampa on Saturday, competing in the Bronco Challenge.

## SAINT MARTIN'S



- Saint Martin's did not compete last weekend. The Saints will return to action on Sunday at the UW Indoor Open.
- Junior **Jackson Hand** enters the week with the fourth-best mark in the GNAC in the men's 200 meters at 22.01 seconds.
- Sophomore **Josh Schultz** is just short of an NCAA Championships provisional qualifier in the men's long jump with a best of 23 feet that ranks him third in the GNAC. Senior **Matt DeHan** has the fifth-best mark in the men's pole vault, having cleared 15 feet, 1 inch, at December's Jacksons Open.
- Sophomore **Tiffany Pott** and freshman **Ashley Vest** are looking to improve on season-bests of 5 feet, 1 inch, in the women's high jump that are tied 10th best in the GNAC this season. Sophomore **Ashleigh Fraser** ranks 12th in the GNAC in the women's long jump with her mark of 17 feet.

## SEATTLE PACIFIC



- Seattle Pacific did not compete last weekend. The Falcons will complete their run-up to the GNAC Championships at the Husky Classic and the UW Indoor Open.
- Sophomore **Scout Cai** leads three SPU provisional qualifiers for the GNAC Championships. Her score of 3,709 points in the pentathlon is fourth in Division II this season and No. 4 on the GNAC All-Time List.
- Sophomore **Alyssa Foote** finds herself ranked No. 13 in Division II in the women's 5,000 meters with her season-best of 17:09.71 run at the UW Invitational. Freshman **Renick Meyer** is ranked No. 25 in Division II in the women's 60-meter hurdles with her time of 8.76 seconds from the UW Invitational.
- Freshman **Julia Steppner** continues to lead the GNAC in the women's 60 meters with her time of 7.80 seconds run at the UW Preview in January. Steppner is also fifth in the GNAC with a time of 25.99 seconds in the 200 meters and sophomore **Kate Lilly** is third in the mile with a time of 5:05.36.
- Junior **Peyton Harris** is looking to improve on his fifth-best time in the GNAC this season in the men's 60-meter hurdles. He ran 8.58 seconds at the UW Preview in January.

## SIMON FRASER



- Simon Fraser athletes took a pair of trips back east to the Hillsdale Wide Track Invitational in Michigan and the Bruce Lehane Scarlet & White Invite in Boston.
- Senior **Vladislav Tsygankov** was named the GNAC Men's Track Athlete of the Week for a pair of top-two finishes at Hillsdale. He won the 400 meters in a time of 48.78 seconds, ranking him 14th in Division II this season. He also picked up a second-place finish in the long jump with a mark of 23 feet, 2.75 inches. That leap ties him for 38th in Division II this season.
- Senior **Alana Mussatto** earned GNAC Women's Track Athlete of the Week after she set the meet record in the 800 meters at Hillsdale. Her winning time of 2:11.18 is fifth in Division II this season after conversion to 2:09.69 for track size.
- Senior **Oliver Jorgensen** picked up an NCAA Championships provisional qualifier in the men's mile in Boston. He placed sixth in a time of 4:06.82 that is 14th in Division II this season and No. 3 on the GNAC All-Time List.
- Senior **Mateo de Dalmases** also notched a provisional qualifying mark in the men's 3,000 meters in Boston, finishing second with a time of 8:16.16. The performance ranks 19th in Division II and No. 9 on the GNAC All-Time List. Junior **Sean Miller** finished third in the race in 8:27.20.
- Senior **Reta Dobie** added a provisional qualifier in the women's 3,000 meters at Hillsdale in the women's 3,000 meters. Placing fifth in a time of 9:41.58, she ranks sixth in Division II this season.
- The SFU women continue to rank in the top-10 of the USTFCCA Division II Women's Computer Rankings, slipping this week to No. 8
- The Clan returns west for its final tune-ups before the conference indoor meet, competing in both the Husky Classic and the UW Indoor Open.



# Around The GNAC

## WESTERN OREGON



• Western Oregon did not compete last week, but returns to competition this weekend at the Husky Classic and UW Indoor Open.

• The Wolves have two automatic qualifying marks for the NCAA Championships. Senior **David Ribich** leads Division II with his time of 3:58.88 in the men's mile, making him the

501st athlete in U.S. history to run a sub-4 minute mile. Additionally, the Wolves' men's distance medley relay is automatically qualified with a time of 9:47.56 that ranks third in Division II.

• Junior **Dustin Nading** has NCAA Championships provisional qualifiers in two events. He has the ninth-best time in Division II in the men's mile with a time of 4:04.50 and has the 15th best time in the 3,000 meters in a time of 8:11.67.

• Junior **Olivia Woods** enters the week with the eighth best time in Division II in the women's 800 meters, having run 2:10.62 at the US Invitational. Senior **Suzie Van De Grift** is also provisionally qualified in the 800 with her time of 2:11.80 ranking 13th.

• Senior **Kennedy Rufener** has a provisional qualifying mark in the women's 3,000 meters. Her time of 9:56.05 from the UW Invitational is 22nd in Division II.

• The Western Oregon men enter the week ranked No. 15 in the USTFCCA Division II Men's Computer Rankings.

## WESTERN WASHINGTON



• Western Washington sent a limited roster of athletes to Pullman last weekend to compete in the WSU Cougar Indoor.

• Sophomore **Cordell Cummings** was the Vikings' leading performer, placing third in the men's 60-meter hurdles in a time of 8.46 seconds. It is the best mark in the GNAC this

season.

• Sophomore **Hannah Bradley** picked up a sixth-place finish in the women's 60 meters with a time of 8.04 seconds. She ran 7.98 in the preliminary heats, a time that is fifth in the GNAC this season. Sophomore **Kelsey McLean** was seventh with a time of 8.05 seconds after running 8.02 seconds in the prelims.

• Sophomore **Jewels Oliquiano** placed ninth in the women's pole vault. Her mark of 11 feet, 3.75 inches in No. 7 on the WWU All-Time List. Sophomore **Chanelle Eddy's** mark of 35 feet, 10 inches in the women's shot put is tied for sixth on the WWU All-Time List.

• The full Vikings' roster will be in action this weekend at 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 FEB. 6, 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 FEB. 6, 2018

Event	Athlete	Mark	Rank	Date
<b>60 Meters</b>	Sam Zook, MSUB	6.80	T-8th	12/2/17
<b>200 Meters</b>	Sam Zook, MSUB	21.72	T-26th	2/1/18
<b>400 Meters</b>	Vladislav Tsygankov, SFU	48.02c	14th	2/2/18
<b>800 Meters</b>	Noah Wallace, CU	1:53.19	28th	1/26/18
<b>Mile</b>	Dustin Nading, WOU	4:04.50	9th	1/26/18
	Oliver Jorgensen, SFU	4:06.82	14th	2/3/18
	Rowan Doherty, SFU	4:09.50	27th	1/26/18
	Carlos Vargas, SFU	4:09.79	29th	2/3/18
<b>3,000 Meters</b>	Oliver Jorgensen, SFU	8:11.36	14th	1/26/18
	Dustin Nading, WOU	8:11.67	15th	1/13/18
	Mateo de Dalmases, SFU	8:16.16	19th	2/3/18
	Rowan Doherty, SFU	8:20.90	25th	1/13/18
<b>5,000 Meters</b>	Mateo de Dalmases, SFU	14:38.10	28th	1/26/18
<b>DMR</b>	Simon Fraser	9:55.59	11th	1/26/18
<b>High Jump</b>	Chris Brake, UAA	2.05/6-8.75	T-27th	1/13/18
<b>Pole Vault</b>	Payton Lewis, NNU	5.00/16-4.75	T-11th	1/12/18
	Jared Webster, NNU	4.90/16-0.75	T-19th	2/2/18
	Kodiak Landis, CWU	4.85/15-11	T-25th	12/1/17
	Phillip Gwin, NNU	4.75/15-7	T-34th	2/2/18
<b>Long Jump</b>	Elijah Castro, NNU	7.23/23-8.75	T-18th	1/20/18
	Vladislav Tsygankov, SFU	7.08/23-2.75	T38th	2/2/18
<b>Shot Put</b>	Josh Koch, CU	16.84/55-3	T-26th	1/26/18
	John Van Beuren, NNU	16.33/53-7	36th	2/2/18
	Jakob Chamberlin, CU	16.05/52-8	44th	1/13/18
	Caleb Bridge, CU	16.02/52-6.75	46th	1/26/18
<b>Weight Throw</b>	Jakob Chamberlin, CU	18.44/60-6	21st	1/26/18
	John Van Beuren, NNU	18.42/60-5.25	T-22nd	2/2/18
	Nels Flanagan, MSUB	17.88/58-8	T-36th	1/26/18
	Armando Tafoya, CWU	17.81/58-5.25	37th	1/26/18
<b>Heptathlon</b>	James Phillips, CU	4,968	19th	1/26/18
	Brandon Maier, CWU	4,884	24th	12/1/17
	David Sramek, UAA	4,692	T-41st	1/26/18
	Dakota Tidwell, NNU	4,671	T-45th	1/12/18

c - Mark Converted For Track Size

## WOMEN'S PROVISIONAL QUALIFIERS AS OF FEB. 6, 2018

Event	Athlete	Mark	Rank	Date
<b>400 Meters</b>	Ali Anderson, CWU	56.08	9th	1/26/18
<b>800 Meters</b>	Alana Mussatto, SFU	2:09.69c	5th	2/2/18
	Olivia Woods, WOU	2:10.62	8th	1/26/18
	Danielle McCormick, UAA	2:11.17	11th	1/13/18
	Suzie Van De Grift, WOU	2:11.80	13th	1/26/18
	Ali Anderson, CWU	2:12.82c	21st	2/2/18
<b>Mile</b>	Julia Howley, SFU	4:50.46	8th	1/26/18
	Miryam Bassett, SFU	4:55.83	17th	1/26/18
<b>3,000 Meters</b>	Julia Howley, SFU	9:32.78	2nd	1/13/18
	Reta Dobie, SFU	9:41.58	6th	2/3/18
	Miryam Bassett, SFU	9:53.87	15th	1/13/18
	Kennedy Rufener, WOU	9:56.05	22nd	1/26/18
<b>5,000 Meters</b>	Alyssa Foote, SPU	17:09.71	13th	1/26/18
<b>60m Hurdles</b>	Mariah Vongsaveng, CWU	8.68	14th	2/3/18
	Renick Meyer, SPU	8.76	25th	1/26/18
	Diana Voloshin, SFU	8.81	30th	2/2/18
<b>DMR</b>	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
<b>High Jump</b>	Tori Johnson, CU	1.70/5-7	T-9th	1/26/18
<b>Pole Vault</b>	Halle Irvine, CWU	3.70/12-1.5	T-14th	2/2/18
<b>Triple Jump</b>	Jasmine McMullin, WWU	12.00/39-4.5	10th	1/13/18
	HarLee Ortega, CWU	11.80/38-8.75	18th	12/9/17
	Emma Hill, CU	11.76/38-7	20th	1/26/18
<b>Shot Put</b>	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	30th	1/20/18
	Tasha Willing, CU	13.72/45-0.25	33rd	1/26/18
<b>Weight Throw</b>	Christina MacDonald, CU	18.80/61-8.25	9th	1/20/18
	Melissa Ausman, CU	17.78/58-4	19th	1/26/18
<b>Pentathlon</b>	Scout Cai, SPU	3,709	4th	1/26/18
	HarLee Ortega, CWU	3,651c	7th	2/2/18
	Ali Anderson, CWU	3,605c	9th	2/2/18
	Chelsea Bone, CU	3,316	21st	1/26/18

c - Mark Converted For Track Size

# Men's Indoor Regional & National Polls

## GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	WOU
Preseason	12th
Jan. 23	—
Jan. 30	11th
Feb. 6	15th

## USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS

Week 3 - Feb. 6, 2018		Pts.	Prev.
Rk	School		
1.	Colorado Mines	207.85	1
2.	Grand Valley State	144.56	4
3.	Tiffin	140.48	2
4.	Ashland	124.75	3
5.	Texas A&M-Commerce	116.99	7
6.	Adams State	100.55	10
7.	CSU-Pueblo	96.60	8
8.	Pittsburg State	94.81	5
9.	Findlay	82.55	6
10.	Minnesota State	74.67	21
11.	Missouri Southern	71.33	9
12.	Texas A&M-Kingsville	70.28	14
13.	Academy of Art	68.97	12
14.	Saint Augustine's	57.15	15
15.	<b>Western Oregon</b>	<b>47.82</b>	<b>11</b>
16.	West Texas A&M	45.28	26
17.	Colorado Christian	43.88	20
18.	Colorado Mesa	42.82	18
19.	Fort Hays State	37.12	23
20.	Wingate	36.65	16
21.	American International	35.74	13
22.	Queens (N.C.)	34.59	13
23.	Mary	34.00	19
24.	Emporia State	33.64	17
25.	Eastern New Mexico	33.29	32

## USTFCCCA WEST REGION TEAM INDEX

Week 3 - Feb. 6, 2018		Pts.	Prev.
Rk	School		
1.	Concordia (Ore.)	319.43	1
2.	Northwest Nazarene	300.73	3
3.	Academy of Art	285.07	2
4.	Simon Fraser	271.89	5
5.	Central Washington	222.08	4
6.	Azusa Pacific	214.48	7
7.	Montana State Billings	192.72	10
8.	Western Oregon	185.01	6
9.	Western Washington	177.57	8
10.	Alaska Anchorage	155.71	9

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# Women's Indoor Regional & National Polls

## GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	CU	CWU	SFU
Preseason	—	—	23rd
Jan. 23	—	24th	15th
Jan. 30	25th	—	3rd
Feb. 6	23rd	—	8th

## USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS

Week 3 - Feb. 6, 2018		Pts.	Prev.
Rk	School		
1.	Grand Valley State	177.44	1
2.	Adams State	110.01	9
3.	West Texas A&M	98.47	6
4.	Pittsburg State	88.85	2
5.	Angelo State	86.63	5
6.	Bellarmine	85.68	11
7.	San Francisco St.	83.51	4
8.	<b>Simon Fraser</b>	<b>75.44</b>	<b>3</b>
9.	Walsh	68.52	7
10.	UC-Colorado Springs	68.21	8
11.	Hillsdale	67.79	12
12.	Azusa Pacific	65.26	13
13.	Mary	61.58	28
14.	New Mexico Highlands	60.25	10
15.	American International	59.33	41
16.	Minnesota State	56.27	15
17.	Missouri Southern	48.64	14
18.	Western State	48.02	16
19.	Ursuline	43.83	19
20.	Wayne State (Neb.)	37.64	24
21.	Southern Connecticut	34.12	22
22.	McKendree	32.73	17
23.	Millersville	32.55	23
24.	<b>Concordia (Ore.)</b>	<b>30.34</b>	<b>25</b>
25.	Roberts Wesleyan	30.12	29

## USTFCCCA WEST REGION TEAM INDEX

Week 3 - Feb. 6, 2018		Pts.	Prev.
Rk	School		
1.	San Francisco St.	322.09	1
2.	Azusa Pacific	292.26	2
3.	Central Washington	277.40	3
4.	Simon Fraser	288.80	5
5.	Seattle Pacific	218.04	4
6.	Academy of Art	211.85	7
7.	Concordia (Ore.)	190.33	6
8.	Stanislaus State	135.09	10
9.	Western Washington	127.02	9
10.	Concordia (Calif.)	125.04	8

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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)
<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 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.

**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.

**Fri., Feb. 2**

**Bobcat Invitational**

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

**Women (Top 3 GNAC Finishers):** 60m Hurdles - 2, Michaela Johnson, MSUB, 8.89. High Jump - 1, Jamie Orme, MSUB, 4-10.25; 2, Shaniah Schwend, MSUB, 4-8.25. Triple Jump - 1, Brenna Beckett, MSUB, 33-8.75; 2, Shaniah Schwend, MSUB, 33-3. Shot Put - 3, Hannah Nessian, MSUB, 37-1.75. Weight Throw - 3, Hannah Nessian, MSUB, 43-6.5.

**Men (Top 3 GNAC Finishers):** 60 Meters - 1, Lamont Frisby, MSUB, 6.96; 2, Mason Schram, MSUB, 7.01. 400 Meters - 2, Rahkei Ever, MSUB, 50.86. High Jump - Tie 2, Isaiah Girard, MSUB, 6-4.75. Triple Jump - 2, Marcus Lindquist, MSUB, 41-0.5. Weight Throw - 3, Brady Ostermiller, MSUB, 44-2.75.

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

**Jacksons Invitational**

**at Jacksons Track, Nampa, Idaho**

**Women (Top 3 GNAC Finishers):** Triple Jump - 1, Nice Loufoua, NNU, 37-5.75; 2, Jackie Mahowald, NNU, 37-0.5.

**Men (Top 3 GNAC Finishers):** 200 Meters - 2, Ebu Camara, NNU, 22.09. 400 Meters - 1, Ebu Camara, NNU, 48.96. High Jump - 1, Micah Tranch, NNU, 6-5. Pole Vault - 1, Jared Webster, NNU, 16-0.75. Long Jump - 2, Elijah Castro, NNU, 22-11. Triple Jump - 3, Elijah Castro, NNU, 41-7. Shot Put - 2, John Van Beuren, NNU, 53-7. Weight Throw - 1, John Van Beuren, NNU, 60-5.25.

**Cougar Indoor**

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

**Women (Top 3 GNAC Finishers):** 200 Meters - 1, Erykah Weems, CWU, 26.00. 400 Meters - 2, Katie Collins, CWU, 59.74. 60m Hurdles - 1, Mariyah Vong-saveng, CWU, 8.68. 4x400 Relay - 3, Central Washington A, 4:07.43. High Jump - Tie 3, Keeley Phommathirath, CWU, 5-1; Shaddia Meadows, CWU, 5-1. Long Jump - 2, Ali Anderson, CWU, 18-0.25; 3, Rose Walts, CWU, 16-11.25. Shot Put - 2, Samantha La Rue, CWU, 42-6.25; 3, Aiyana Homer, CWU, 41-11.5. Weight Throw - 3, Aiyana Homer, CWU, 52-0.5. Pentathlon - 2, HarLee Ortega, CWU, 3,630; 3, Ali Anderson, CWU, 3,583.

**Men (Top 3 GNAC Finishers):** 60 Meters - Tie 3, Bobby Widmar, CWU, 7.01. 400 Meters - 1, Daniel Calderon, CWU, 51.88. 800 Meters - 2, Trevaughn Scott, CWU, 1:59.03. 60m Hurdles - 3, Cordell Cummings, WWU, 8.46. 4x400 Relay - 1, Central Washington A, 3:27.66. Shot Put - 2, Armando Tafoya, CWU, 51-0. Weight Throw - 3, Armando Tafoya, CWU, 57-10.5.

**Hillsdale Wide Track Classic**

**at Margot V. Biermann Athletic Center, Hillsdale, Mich.**

**Women (Top 3 GNAC Finishers):** 800 Meters - 1, Alana Mussatto, SFU, 2:11.18.

**Men (Top 3 GNAC Finishers):** 400 Meters - 1, Vladislav Tsygankov, SFU, 48.78. Long Jump - 2, Vladislav Tsygankov, SFU, 23-2.75.

**Sat., Feb. 3**

**Bruce Lehane Scarlet & White Invite**

**at Boston University, Boston, Mass.**

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

**Men (Top 3 GNAC Finishers):** 3,000 Meters - 2, Mateo de Dalmasas, SFU, 8:16.16; 3, Sean Miller, SFU, 8:27.20.

**Colorado Invitational**

**at Colorado Indoor Practice Facility, Boulder, Colo.**

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

**Men (Top 3 GNAC Finishers):** None.