



Feb. 21, 2018 • Week 6
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Sat., Feb. 25

Alaska Anchorage, Central Washington, Concordia, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at SPU Final Qualifier, Seattle, Wash.

LAST WEEK'S MEETS

Fri., Feb. 16- Sat., Feb. 17

GNAC Indoor Track & Field Championships at Jacksons Track, Nampa, Idaho

Women's Team Scores: Central Washington 136, Seattle Pacific 136, Concordia 93, Alaska Anchorage 83, Western Washington 78, Simon Fraser 67, Western Oregon 43, Saint Martin's 11, Northwest Nazarene 10, Montana State Billings 5.

Women's Champions: 60 Meters - Meyer Renick, SPU, 7.71. 200 Meters - Ali Anderson, CWU, 25.00. 400 Meters - Ali Anderson, CWU, 55.68. 800 Meters - Danielle McCormick, UAA, 2:09.19. Mile - Tamara Perez, UAA, 5:00.52. 3,000 Meters - Julia Howley, SFU, 9:47.83. 5,000 Meters - Kennedy Rufener, WOU, 17:18.64. 60m Hurdles - Mariyah Vongsaveng, CWU, 8.58. 4x400 Relay - Central Washington (Trinidad, Collins, Weems, Anderson), 3:50.64. DMR - Simon Fraser (Nock, Bluschke, Mussatto, Howley), 11:37.88. High Jump - Tori Johnson, CU, 5-7.25. Pole Vault - Scout Cai, SPU, 12-4.75. Long Jump - Jasmine McMullin, WWU, 18-9.75. Triple Jump - Jasmine McMullin, WWU, 41-7.25 (Meet & GNAC Record). Shot Put - Melissa Ausman, CU, 50-1.75. Weight Throw - Christina MacDonald, CU, 60-0.25 (Meet Record). Pentathlon - Scout Cai, SPU, 3,610.

Men's Team Scores: Concordia 114, Alaska Anchorage 108, Western Oregon 91, Northwest Nazarene 84, Western Washington 76.5, Central Washington 64.5, Simon Fraser 56, Montana State Billings 39.5, Saint Martin's 17.5, Seattle Pacific 7.

Men's Champions: 60 Meters - Carlos Ortiz, CU, 6.85; 200 Meters - Carlos Ortiz, CU, 21.56 (Meet & GNAC Record). 400 Meters - Liam Lindsay, UAA, 48.50. 800 Meters - David Ribich, WOU, 1:50.83 (Meet Record). Mile - David Ribich, WOU, 4:11.08. 3,000 Meters - Rowan Doherty, SFU, 8:28.48. 5,000 Meters - Felix Kemboi, UAA, 15:12.63. 60m Hurdles - James Phillips, CU, 8.30. 4x400 Relay - Alaska Anchorage (Taylor, Gray, Remington, Lindsay), 3:16.44. DMR - Simon Fraser (Vargas, Adehmar, Ahl, Doherty), 10:08.40. High Jump - Tupre Wickliff, WWU, 6-7. Pole Vault - Jared Webster, NNU, 15-11. Long Jump - Vladislav Tsygankov, SFU, 23-11.5. Triple Jump - Chris Brake, UAA, 47-7.25. Shot Put - Josh Koch, CU, 55-4.5. Weight Throw - John Van Beuren, NNU, 58-7. Heptathlon - Braydon Meier, CWU, 5,006.

#GNACTF in 140

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#DownToTheWire Thanks to an exciting finish in the 4x400-meter relay, both Central Washington and Seattle Pacific claimed a share of the GNAC women's indoor track and field championship with scores of 136 points.

#FirstTimers In its first full season as a Division II member, Concordia beat Alaska Anchorage by six points for the school's first GNAC men's indoor track and field title.

#FourTimer Simon Fraser senior **Vladislav Tsygankov** became a rare four-time champion as he claimed his four consecutive men's long jump title with a mark of 23 feet, 11.5 inches.

#BestAtTheRightTimer Western Washington's **Jasmine McMullin** was named the Women's Field Athlete of the Meet after she won the long jump and claimed her third triple jump title with a GNAC record mark of 41 feet, 7.25 inches.

#AllTimer Western Oregon's **David Ribich** was named the Men's Track Athlete of the Meet for his two titles in the 800 meters and the mile. The senior's time of 1:50.83 in the 800 meters was a meet record.

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GNAC Indoor Track & Field Championships Athletes of the Meet



MEN'S TRACK ATHLETE OF THE MEET
David Ribich, Western Oregon
 Senior • Enterprise, Ore.

Ribich was a two-event winner for Western Oregon. Early in the meet on Saturday, Ribich repeated as champion in the mile with a time of 4:11.08. He then won the 800-meter title with a meet record time of 1:50.83 and beat the field by three seconds. The performance in the 800 was also selected by the coaches as the Men's Performance of the Meet.



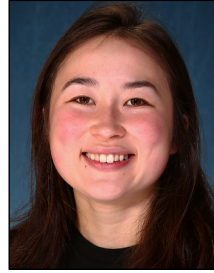
WOMEN'S TRACK ATHLETE OF THE MEET
Ali Anderson, Central Washington
 Senior • Camano Island, Wash.

Anderson was a two-event winner for the Wildcats. She won the 400 meters in a time of 55.68 seconds and turned around to win the 200 meters later in the meet with a time of 25.00 seconds. Anderson also ran the anchor leg of CWU's winning 4x400-meter relay team, which secured the Wildcats a tie for the team title with Seattle Pacific.



MEN'S FIELD ATHLETE OF THE MEET
Chris Brake, Alaska Anchorage
 Sophomore • Nelson, New Zealand

Brake won his first GNAC championship in the men's triple jump, taking the title by over a foot with a mark of 47 feet, 7.25 inches. Brake also took second in the high jump with a mark of 6 feet, 7 inches, and third in the long jump with a leap of 22 feet, 9.25 inches.



WOMEN'S FIELD
Jasmine McMullin, Western Washington
 Senior • Sequim, Wash.

McMullin was the winner of both horizontal jumps. On Friday, McMullin took the championship in the long jump with a mark of 18 feet, 9.75 inches. On Saturday, she set a GNAC and meet record in the triple jump with a mark of 41 feet, 7.25 inches that automatically qualified her for the NCAA Championships. McMullin's performance in the triple jump earned her the Women's Performance of the Meet.

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 |
| Feb. 5-11 | David Ribich, WOU | Josh Koch, CU | Danielle McCormick, UAA | Halle Irvine, CWU |

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

GNAC Indoor Track & Field Championships Recaps

WOMEN

NAMPA, Idaho – Thanks to an impressive victory in the final event, the 4x400-meter relay, Central Washington and Seattle Pacific both claimed a share of the team title at the GNAC Women's Indoor Track and Field Championships, which concluded Saturday at the Jacksons Track.

The Wildcats overtook Alaska Anchorage midway through the relay and held off a surge in the final 200 meters by Simon Fraser to win the event and pull into the tie with the Falcons. The team of **Sydney Trinidad, Katie Collins, Erykah Weems and Ali Anderson** won in a time of 3:50.24, just ahead of Simon Fraser's 3:50.68.

With both scoring 136 points, Seattle Pacific claimed its 12th women's indoor title Central Washington became the first team other than SPU and Alaska Anchorage to win a GNAC women's indoor track team title.

Anderson was selected by coaches the Women's Track Athlete of the Meet for her victories in the 200 meters and 400 meters as well as her efforts in the 4x400-meter relay. Anderson won the 200 in a time of 25.00 seconds, charging ahead of Seattle Pacific's **Grace Bley** (25.08) over the final 50 meters. Anderson claimed the 400-meter title with a time of 55.68 seconds.

Western Washington's **Jasmine McMullin** was named the Women's Field Athlete of the Meet after she claimed the title in both the long jump and triple jump. After winning the long jump on Friday, McMullin set both the GNAC and meet record to win her third championship in the triple jump with a mark of 41 feet, 7.25 inches. The performance was recognized by coaches as the Women's Performance of the Meet.

Seattle Pacific's **Scout Cai** scored 28 points for the Falcons on Friday with her second consecutive championship in the pentathlon (3,610 points), her first title in the pole vault (12-4.75) while also finishing second in the high jump (5-5). In addition to Cai's two victories, freshman **Renick Meyer** won the 60 meters with a time of 7.71 seconds.

For Central Washington, Anderson was joined on the victory stand by **Mariyah Vongsaveng**, who became a two-time champion in the 60-meter hurdles with a season-best time of 8.58 seconds.

Concordia finished third in the team competition with 93 points. The Cavaliers received a meet-record victory on Friday from **Christina MacDonald** in the weight throw (60-0.25) while **Melissa Ausman** won the Cavaliers' third straight title in the shot put (50-1.75). The Cavs also received a title on Friday from **Tori Johnson** in the high jump (5-7.25).

Alaska Anchorage finished fourth with 83 points. The Seawolves received a championship in the 800 meters from **Danielle McCormick**, who posted a nearly two-second victory with her time on 2:09.19. **Tamara Perez** gave UAA its third consecutive champion in the mile as she won in a time of 5:00.52.

Western Washington was fifth with 78 points, followed by Simon Fraser (67 points), Western Oregon (43 points), Saint Martin's (11 points), Northwest Nazarene (10 points) and Montana State Billings (5 points).

Simon Fraser claimed two titles in the meet. The distance medley relay won on Friday night in a time of 11:37.88 and **Julia Howley** won the 3,000 meters in a time of 9:47.83. Western Oregon's **Kennedy Rufener** won the title in the 5,000 meters in a time of 17:81.64.



MEN

NAMPA, Idaho – A pair of championships in the sprints by **Carlos Ortiz**, along with victories by **James Phillips** in the hurdles and **Josh Koch** in the shot put, gave Concordia its first men's conference championship as they won the GNAC Men's Indoor Track and Field Championships on Saturday at the Jacksons Track.

In its first season as a full NCAA Division II member, the Cavaliers parlayed the four individual titles into a team title as they finished with a score of 114 points to finish six points of three-time champion Alaska Anchorage.

Ortiz led the way with his two titles for the Cavaliers. The senior opened his Saturday with the title in the 60 meters with a time of 6.85 seconds. He later laid claim to the meet record in the 200 meters as he pulled out the close victory over Alaska Anchorage's **Darrion Gray** with an NCAA Championships provisional qualifying time of 21.56 seconds.

Phillips emerged in a very close race in the 60-meter hurdles, winning with a time of 8.30 seconds while Northwest Nazarene freshman **Elijah Castro** was second with a time of 8.32 seconds. In all, the top-five finishers were divided by nine-thousandths of a second. In addition, Phillips placed second in the heptathlon with a score of 4,981 points. Koch, meanwhile, won his second title in three years in the shot put by just under two feet with a mark of 55 feet, 4.25 inches.

Alaska Anchorage was second with 108 points while Western Oregon placed third with 91 points. The Wolves were followed by Northwest Nazarene (84 points), Western Washington (76.5 points), Central Washington (64.5 points), Simon Fraser (56 points), Montana State Billings (39.5 points), Saint Martin's (17.5 points) and Seattle Pacific (7 points).

The Wolves' **David Ribich** was named the Track Athlete of the Meet after he won both the mile and the 800 meters. The Division II leader in the mile coasted to the victory with a time of 4:11.08. He led a pack of five WOU athletes in the top-eight in the event. Ribich later won the 800 meters in a meet record time of 1:50.83 that was recognized as the Men's Performance of the Meet.

Alaska Anchorage's **Chris Brake** was selected by coaches as the Field Athlete of the Meet after he placed in the top-three in three different events. Brake won the triple jump with a mark of 47 feet, 7.25 inches, was second in the high jump with a mark of 6 feet, 7 inches, and third in the long jump with a mark of 22 feet, 9.25 inches.

Brake was one of three UAA champions in the meet. On Friday, **Felix Kemboi** won the 5,000 meters in a time of 15:12.63 and **Liam Lindsay** added the 400-meter title on Saturday in a time of 48.50 seconds. In addition, the Seawolves' 4x400-meter relay team won in a time of 3:16.44.

Northwest Nazarene picked up two individual titles. On Friday, **John Van Beuren** won the weight throw with a mark of 58 feet, 6.75 inches. **Jared Webster**, meanwhile, led a top-three sweep for Nighthawks in the pole vault with a clearance of 15 feet, 11 inches. **Payton Lewis**, the three-time defending champion in the event, also cleared 15-11, but passed at 16-2.75 before failing on all three attempts at 16-6.75.

Simon Fraser also won two titles. **Vladislav Tsygankov** became a four-time champion in the long jump on Friday with his mark of 23 feet, 11.5 inches. The top qualifier in the 400 meters, Tsygankov was forced to withdraw on Saturday due to illness. **Rowan Doherty** won the conference title in the 3,000 meters in a time of 8:28.48. The Clan also won the distance medley relay on Friday with a time of 10:08.40.

Western Washington's **Tupre Wickliff** won the high jump with a mark of 6 feet, 7 inches. Central Washington's **Braydon Meier** won the pentathlon with a score of 5,006 points that ranks him No. 6 on the GNAC All-Time List. Teammate Kodiak Landis, the defending champion in the event, withdrew after falling in the 60-meter hurdles.

Around The GNAC

ALASKA ANCHORAGE



- Alaska Anchorage ended the GNAC Indoor Track and Field Championships with four individual champions. The Seawolves' men placed second with 108 points while the women placed fourth with 83 points.
- Sophomore **Chris Brake** was named the Men's Field Athlete of the Week for a trio of top-three finishes in the jumps. Brake won the triple jump with a mark of 47 feet, 7.25 inches, placed second in the high jump with a clearance of 6 feet, 7 inches, and was third in the long jump with a mark of 22 feet, 9.25 inches.
- Junior **Danielle McCormick** came through, as expected, with the title in the women's 800 meters as she won with a time of 2:09.19. Her season best of 2:07.63 in the event is an automatic qualifier for the NCAA Championships.
- Senior **Tamara Perez** gave Alaska Anchorage its third straight women's mile champion, winning in a time of 5:00.52. During the prelims of the women's 800, Perez ran an automatic qualifying time of 2:08.65.
- Senior **Liam Lindsay** was the champion in the men's 400 meters with a time of 48.50 seconds that earned him an NCAA Championships provisional qualifier.
- Freshman **Felix Kemboi** gave UAA its sixth straight champion in the men's 5,000 meters. Kemboi was a winner by four seconds with a time of 15:12.63.
- Senior **Darrion Gray** placed second in both sprint events, taking second in the 60 meters in 6.92 seconds and the 200 meters in 21.60 seconds.
- The men's 4x400-meter relay team of **Nicholas Taylor**, Gray, **Daniel Remington** and Lindsay won by four seconds, claiming the title in a time of 3:16.44.
- Alaska Anchorage's women enter the week ranked No. 11 in the USTFCCCA Division II Computer Rankings.
- The Seawolves will participate in the SPU Final Qualifier on Saturday in the last tuneup for the NCAA Division II Indoor Championships.

CENTRAL WASHINGTON



- A dramatic win by the women's 4x400-meter relay team allowed Central Washington to claim its first women's indoor track title with a score of 136 points, tying for the crown with Seattle Pacific.
- The team of **Sidney Trinidad**, **Katie Collins**, **Erykah Weems** and **Ali Anderson** held off Simon Fraser for the win with a time of 3:50.64. The Clan was second in 3:50.68.
- Anderson was named the Women's Track Athlete of the Meet after she won both the 200 and 400 meters and anchored the 4x400-meter relay team. Anderson edged out Seattle Pacific's Grace Bley title in 25.00 seconds and took the 400 meters in 55.68 seconds.
- Junior **Mariyah Vongsaveng** won her second women's 60-meter hurdles title in three years with a time of 8.58 seconds that ranks seventh in Division II.
- The Central Washington men finished sixth with a score of 64.5 points. Freshman **Braydon Maier** was the Wildcats' one individual title winner, taking the heptathlon with a score of 5,006 points. He took the title won last year by senior **Kodiak Landis**, who had to withdraw from the event due to injury on day two. Landis went on to place third in the 200 meters in 21.93 seconds.
- Senior **Armando Tafoya** took second place in both throws. He took second in the shot put with a season-best mark of 53 feet, 6.5 inches and second in the weight throw with a mark of 58 feet, 5.5 inches.
- The Wildcats will close the indoor track regular season by participating in the SPU Final Qualifier in Seattle.

CONCORDIA



- Four individual event winners led the Concordia men to their first GNAC indoor team title, placing six points ahead of Alaska Anchorage with 114 points.
- Senior **Carlos Ortiz** won both sprints to lead the way for the Cavaliers. He won the 60 meters in a time of 6.85 seconds and then set a GNAC and meet record in the 200 meters with a time of 21.56 seconds. Ortiz is tied for 15th in Division II in the 60 meters and 19th in the 200 meters.
- Thirty-four of the Cavaliers' 114 points came in the throws. Senior **Josh Koch** earned his second GNAC title in the shot put, posting a two-foot win with a mark of 55 feet, 4.5 inches. **Jakob Chamberlin** was third in 52-8.5. **Joe Denniston** led four CU placers in the weight throw, taking fourth in 54-10.25.
- Junior **James Phillips** collected the championship in the 60-meter hurdles in 8.30 seconds and was second in the heptathlon with a score of 4,981 points.
- The Concordia women had a great meet as well with two individual champions and a third-place team finish with 93 points.
- Junior **Tori Johnson** earned her second GNAC championship in the high jump, improving her season best with a mark of 5 feet, 7.25 inches. The mark is tied for ninth best in Division II this season. Johnson also took sixth in the 60 meters.
- Much like the men, Concordia scored an impressive 62 points in the two throws. Senior **Christina MacDonald** set a meet record as she won the weight throw with a mark of 60 feet, 0.25 inches. She also took second in the shot put (47-9.5).
- Senior **Melissa Ausman** gave CU its third straight title in the shot put with a mark of 50 feet, 1.75 inches. She was also second in the weight throw with a mark of 59 feet, 1 inch.
- Concordia's women enter the week ranked No. 24 in the latest USTFCCCA Division II Computer Rankings.
- The Cavaliers will look to shore up NCAA Championships qualifying marks on Saturday at the SPU Final Qualifier in Seattle.

MONTANA STATE BILLINGS



- Montana State Billings finished eighth in the men's competition at the GNAC Championships with 39.5 points. The MSUB women were 10th with five points.
- Senior **Jorey Egeland** was the Yellowjackets' top point-scorer. Egeland placed second in the men's 5,000 meters, finishing four seconds off the pace in a time of 15:16.78. The day before, Egeland was third in the 3,000 meters in 8:38.56.
- Freshman **Lamont Frisby** placed in both men's sprints, taking third in the 60 meters in 6.97 seconds and seventh in the 200 meters in 22.23 seconds. Absent from the sprint finals was senior **Sam Zook**, who pulled up with an apparent injury in the preliminaries of the 60 meters.
- Sophomore **Isaiah Girard** placed third in the men's high jump with a mark of 6 feet, 5 inches while senior **Nels Flanagan** was third in the weight throw with a mark of 56 feet, 2 inches.
- Sophomore **Michaela Johnson** accounted for all five of MSUB's women's points, placing fourth in the 60-meter hurdles in a time of 8.76 seconds.
- Barring nationals selections, the GNAC Championships was the last indoor meet of the season for MSUB. The Yellowjackets will open the outdoor season on Fri., Mar. 30, hosting the MSUB Invitational in Billings.

Around The GNAC

NORTHWEST NAZARENE



• A pair of individual champions led the Northwest Nazarene men to a fourth-place finish at the GNAC Championships with 84 points. The Nighthawks' women placed ninth with 10 points.

• Junior **Jared Webster** gave NNU its fourth straight championship in the men's pole vault, clearing 15 feet, 11 inches. The Nighthawks swept the top-three as senior

Payton Lewis was second, also clearing 15-11, and sophomore **Phillip Gwin** finished third with a height of 14-9.

• Senior **John Van Beuren** picked up the conference title in the men's weight throw with a mark of 58 feet, 6.75 inches. He also placed fifth in the shot put with a mark of 51 feet, 7.5 inches.

• Freshman **Elijah Castro** placed second in the men's long jump in his first conference meet with a mark of 23 feet, 6 inches. The GNAC leader in the triple jump, Castro had only one fair jump in the preliminaries and failed to qualify for the final. In addition, Castro finished a close second in the 60-meter hurdles in a time of 8.32 seconds.

• Northwest Nazarene's women's points came in the jumps. Sophomore **Jackie Mahowald** finished fourth in the triple jump with a mark of 37 feet, 10 inches while junior **Nice Laofoua** placed eighth in 36-11. Junior **Katie Conklin** placed sixth in the high jump, clearing 5 feet, 1 inch.

• The GNAC Championships was NNU's last scheduled indoor meet prior to the NCAA Championships. The outdoor season for the Nighthawks will begin on Fri., Mar 16, at the Homet Invitational in Sacramento, Calif.

SAINT MARTIN'S



• Saint Martin's ended the GNAC Championships in eighth place in the women's team competition with 11 points while the men placed ninth with 19.5 points.

• The Saints had a pair of placers in the men's pole vault. Senior **Matt DeHan** finished third with a clearance of 14 feet, 9 inches, while senior **Chris Rickard** placed eighth with a

clearance of 13 feet, 3.5 inches.

• In the long jump, senior **Anthony Manago** placed fifth with a mark of 22 feet, 6.5 inches while sophomore **Josh Schulz** was seventh with a mark of 22 feet, 3 inches.

• The men's 4x400-meter relay team of **Guillaume Tabary**, Schulz, **Zach Anguay** and **Jackson Hand** placed fourth with a time of 3:24.25, picking up five points for the Saints.

• Junior **Liz Larson** was the top point-scorer for the SMU women, placing third in the weight throw with a mark of 53 feet, 2.75 inches. Sophomore **Ashleigh Fraser** finished sixth in the long jump with a leap of 17 feet, 9.75 inches.

• The Saints will wrap up the indoor portion of the schedule this Saturday at the SPU Final Qualifier in Seattle.

SEATTLE PACIFIC



• Seattle Pacific benefitted from three event winners to claim a share of the women's team championship, tying with Central Washington with 136 points. It was the Falcons' 12th women's indoor track title.

• Sophomore **Scout Cai** won two events and was second in a third, all on the first day of competition. Cai repeated as the champion in the pentathlon with a score of 3,610 points and earned her first title in the pole vault with a lifetime-best clearance of 12 feet, 4.75 inches. Cai then placed second in the high jump with a clearance of 5 feet, 5 inches.

• Freshman **Renick Meyer** won the 60 meters in her first GNAC championship, outdistancing fellow freshman Meyer Quaynor of Simon Fraser in 7.71 seconds. The Falcons' other freshman sprinter, **Julia Stepper**, finished third in 7.92 seconds. Meyers also placed second in the 60-meter hurdles in 8.76 seconds.

• Sophomore **Grace Bley** picked up a second place finish in the 200 meters with a time of 25.08 seconds as the Falcons scored 19 points in the event.

• Senior **Mary Charleson** had top-four finishes in two distance events, placing third in the 3,000 meters in a time of 9:59.22 and fourth in the mile in 5:02.84.

• In addition to Cai's second-place finish in the high jump, junior **Geneva Lehnert** placed third as she also cleared 5 feet, 5 inches.

• The Seattle Pacific men placed 10th with a score of seven points. Senior **Peyton Harris** led the way, placing fifth in the 60-meter hurdles in a time of 8.39 seconds.

• Seattle Pacific will look to improve NCAA Championships marks on Saturday at the SPU Final Qualifier at the Dempsey Indoor Center.

SIMON FRASER



• Simon Fraser finished the GNAC Championships with two men's individual titles and one women's title. The SFU women placed sixth with 67 points while the men were seventh with 56 points.

• The Clan won titles in both the men's and women's 3,000 meters. Senior **Julia Howley** captured the women's 3,000 meters with a time of 9:47.83. Junior **Rowan Doherty** laid claim to the men's 3,000-meter title in a time of 8:28.48.

• Senior **Vladislav Tsygankov** became a four-time champion in the men's long jump, taking the title on his fifth jump with a mark of 23 feet, 11.5 inches. Tsygankov also had the top qualifying time in the 400 meters in 48.83 seconds, but withdrew from the race due to illness.

• The Clan repeated as champion in both distance medley relays. The women's squad of **Paige Nock**, **Renate Bluschke**, **Alana Mussatto** and Howley gave SFU a fourth consecutive title in a time of 11:37.88. The men's team of **Carlos Vargas**, **Joshua Adhemar**, **Aaron Ahl** and Doherty surged past Western Oregon in the final leg to win in a time of 10:08.40.

• Senior **Oliver Jorgensen** picked up a third-place finish in the men's 5,000 meters with a time of 15:16.84.

• Freshman **Meyer Quaynor** was the runner-up in the women's 60 meters in a time of 7.76 seconds while Mussatto was second in the 800 meters in a time of 2:10.89. Senior **Reta Dobie** was runner-up to Howley in the 3,000 meters with a time of 9:57.20

• The SFU women retained their No. 16 ranking in this week's USTFCCCA Division II Computer Rankings. The Clan is the only GNAC team, men or women, to be ranked in every poll this season.

• Simon Fraser will look to improve NCAA Championships marks this weekend at the SPU Final Qualifier in Seattle.

Around The GNAC

WESTERN OREGON



• Senior **David Ribich's** two individual victories led Western Oregon's men to a third-place finish at the GNAC Championships with 91 points. The WOU women placed seventh with a score of 43 points.

• Ribich was named the Men's Track Athlete of the Meet for his titles in the 800 meters and the mile. He won his second

straight title in the mile and led a top-four sweep for the Wolves in a time of 4:11.08. Ribich then won the 800 meters in a meet record time of 1:50.83. The latter performance was selected as the Men's Performance of the Meet.

• Behind Ribich in the mile was junior **Dustin Nading** in second place in 4:11.72. Sophomore **Justin Crosswhite** was third 4:14.39 and senior **Parker Marson** was fourth in 4:14.90. In all, 63 of the Wolves' men's points came in the 800 meters, the mile and 3,000 meters.

• Senior **Kennedy Rufener** was the Wolves' lone women's champion, taking the 5,000 meters in a time of 17:18.64. Senior **Suzie Van De Grift** added a second place finish in the women's mile with her time of 5:01.85.

• The Wolves took second place in both distance medley relays. The men's team of Crosswhite, **Trey Reed**, Marson and **Tyler Jones** ran a time of 10:13.68 while the women's team of Van De Grift, **Grayson Burke**, **Olivia Wood** and **Nicole Maurmann** ran a time of 11:52.14.

• The Western Oregon men moved up two spots to No. 10 in this week's USTFCCCA Division II Computer Rankings.

• The Wolves will conclude the indoor regular season on Saturday with the SPU Final Qualifier in Seattle.

WESTERN WASHINGTON



• **Jasmine McMullin's** individual titles in the horizontal jumps led Western Washington to a fifth-place GNAC Championships women's team finish with 78 points. The men also placed fifth with 76.5 points.

• McMullin was named the Women's Field Athlete of the Meet after she won both the long jump and triple jump.

On Friday, she won the long jump with a mark of 18 feet, 9.75 inches. She then popped a GNAC and meet record to win the triple jump with an NCAA Championships automatic qualifying mark of 41 feet, 7.25 inches for her third title in the event. The record was named the Women's Performance of the Meet.

• Junior **Tupre Wickliff** outdueled Alaska Anchorage's Chris Brake to win the men's high jump title with a clearance of 6 feet, 7 inches. Both athletes cleared 6-7, but Wickliff cleared on his second attempt to clinch the championship.

• Sophomore **Cordell Cummings** finished third in the men's 60-meter hurdles with a time of 8.35 seconds.

• The WWU women picked up 20 points in the women's pole vault, taking third through eighth places. Junior **Rachael Roberts** led the way with her third place clearance of 11 feet, 6.25 inches.

• The men's 4x400-meter relay team of **Bryant Welch**, **Reid Lovercamp**, **Wyatt Longley** and **Ryan McArthur** placed second in a time of 3:20.49.

• Western Washington will look to improve or add to nationals qualifiers on Saturday at the SPU Final Qualifier at the Dempsey Indoor Center.

2018 NCAA DIVISION II INDOOR TRACK AND FIELD CHAMPIONSHIPS QUALIFYING STANDARDS

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

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

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

Top Performances Lists (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. 20, 2018

| Event | Athlete | Mark | Rank | Date |
|--------------|--------------------|---------|------|---------|
| Mile | David Ribich, WOU | 3:58.88 | 1st | 1/26/18 |
| 3,000 Meters | David Ribich, WOU | 7:50.81 | 1st | 2/9/18 |
| DMR | Western Oregon | 9:47.56 | 4th | 1/26/18 |
| Heptathlon | Kodiak Landis, CWU | 5,407 | 4th | 1/26/18 |

MEN PROVISIONAL QUALIFIERS AS OF FEB. 20, 2018

| Event | Athlete | Mark | Rank | Date |
|--------------|--------------------------|---------------|--------|---------|
| 60 Meters | Sam Zook, MSUB | 6.80 | T-15th | 12/2/17 |
| | Carlos Ortiz, CU | 6.80 | T-15th | 2/16/18 |
| 200 Meters | Carlos Ortiz, CU | 21.56 | 19th | 2/16/18 |
| | Darrion Gray, UAA | 21.60 | 21st | 2/16/18 |
| 400 Meters | Sam Zook, MSUB | 21.72 | T-39th | 2/1/18 |
| | Vladislav Tsygankov, SFU | 48.02c | 18th | 2/2/18 |
| | Liam Lindsay, UAA | 48.50 | 37th | 2/16/18 |
| 800 Meters | David Ribich, WOU | 1:50.83 | 12th | 2/16/18 |
| | Noah Wallace, CU | 1:53.19 | 42nd | 1/26/18 |
| Mile | Dustin Nading, WOU | 4:04.50 | 9th | 2/9/18 |
| | Oliver Jorgensen, SFU | 4:06.82 | 18th | 2/3/18 |
| | Rowan Doherty, SFU | 4:09.50 | 34th | 1/26/18 |
| 3,000 Meters | Carlos Vargas, SFU | 4:09.79 | 36th | 2/3/18 |
| | Dustin Nading, WOU | 8:10.82 | 19th | 1/13/18 |
| | Oliver Jorgensen, SFU | 8:11.36 | 22nd | 1/26/18 |
| | Mateo de Dalmases, SFU | 8:16.16 | 29th | 2/3/18 |
| 5,000 Meters | Rowan Doherty, SFU | 8:20.90 | 38th | 1/13/18 |
| | Tyler Jones, WOU | 8:21.20 | 40th | 2/11/18 |
| | Mateo de Dalmases, SFU | 14:38.10 | 38th | 1/26/18 |
| 4x400 Relay | Alaska Anchorage | 3:14.20 | T-17th | 2/9/18 |
| DMR | Simon Fraser | 9:55.59 | 19th | 1/26/18 |
| High Jump | Chris Brake, UAA | 2.05/6-8.75 | T-30th | 1/13/18 |
| | Micah Tranch, NNU | 2.05/6-8.75 | T-30th | 2/10/18 |
| Pole Vault | Payton Lewis, NNU | 5.00/16-4.75 | T-13th | 1/12/18 |
| | Jared Webster, NNU | 4.90/16-0.75 | T-22nd | 2/2/18 |
| | Kodiak Landis, CWU | 4.85/15-11 | T-28th | 12/1/17 |
| | Phillip Gwin, NNU | 4.75/15-7 | T-35th | 2/2/18 |
| | Brandon Maier, CWU | 4.73/15-6.25 | T-38th | 2/11/18 |
| | J.T. Konrad, WWU | 4.73/15-6.25 | T-39th | 2/11/18 |
| Long Jump | Vladislav Tsygankov, SFU | 7.30/23-11.5 | 16th | 2/16/18 |
| Triple Jump | Elijah Castro, NNU | 7.23/23-8.75 | T-22nd | 1/20/18 |
| | Chris Brake, UAA | 14.51/47-7.25 | 34th | 2/16/18 |
| Shot Put | Josh Koch, CU | 17.82/58-5.75 | 11th | 2/9/18 |
| | John Van Beuren, NNU | 16.33/53-7 | 39th | 2/2/18 |
| | Armando Tafoya, CWU | 16.32/53-6.4 | T-40th | 2/16/18 |
| | Jakob Chamberlin, CU | 16.06/52-8.25 | T-47th | 1/13/18 |
| | Sam Nichols, CU | 16.06/52-8.25 | T-47th | 2/9/18 |
| | Caleb Bridge, CU | 16.02/52-6.75 | 50th | 1/26/18 |
| | Bryce Bryant-Leaf, WWU | 15.99/52-5.5 | 52nd | 2/16/18 |
| | Jakob Chamberlin, CU | 18.44/60-6 | 23rd | 1/26/18 |
| Weight Throw | John Van Beuren, NNU | 18.42/60-5.25 | T-24th | 2/2/18 |
| | Armando Tafoya, CWU | 18.06/59-3 | 34th | 2/11/18 |
| | Nels Flanagan, MSUB | 17.88/58-8 | 40th | 1/26/18 |
| Heptathlon | Brandon Maier, CWU | 5,006 | 20th | 2/16/18 |
| | James Phillips, CU | 4,981 | 23rd | 2/16/18 |
| | Giovanni Brown, CU | 4,945 | 25th | 2/16/18 |
| | Dakota Tidwell, NNU | 4,766 | 40th | 2/16/18 |
| | David Sramek, UAA | 4,692 | T-49th | 1/26/18 |

c - Mark Converted For Track Size

WOMEN'S AUTOMATIC QUALIFIERS AS OF FEB. 20, 2018

| Event | Athlete | Mark | Rank | Date |
|-------------|-------------------------|---------------|------|---------|
| 800 Meters | Danielle McCormick, UAA | 2:07.13 | 3rd | 2/11/18 |
| | Tamara Perez, UAA | 2:08.65 | 4th | 2/16/18 |
| DMR | Alaska Anchorage | 11:32.96 | 2nd | 2/9/18 |
| Triple Jump | Jasmine McMullin, WWU | 12.68/41-7.25 | 3rd | 2/16/18 |

WOMEN'S PROVISIONAL QUALIFIERS AS OF FEB. 20, 2018

| Event | Athlete | Mark | Rank | Date |
|--------------|-------------------------|----------------|--------|---------|
| 400 Meters | Ali Anderson, CWU | 55.68 | 12th | 2/16/18 |
| | Vanessa Aniteye, UAA | 56.03 | 17th | 2/16/18 |
| | Lani Taylor, SPU | 56.30 | 23rd | 2/16/18 |
| 800 Meters | Erykah Weems, CWU | 56.62 | 31st | 2/16/18 |
| | Olivia Woods, WOU | 2:09.10 | 6th | 2/16/18 |
| | Alana Mussatto, SFU | 2:09.69c | 8th | 2/2/18 |
| Mile | Akeilia Knight, UAA | 2:09.85 | 9th | 2/16/18 |
| | Ruth Cvancara, UAA | 2:11.34 | 16th | 2/16/18 |
| | Suzie Van De Grift, WOU | 2:11.80 | 19th | 1/26/18 |
| | Megan Rose, WOU | 2:11.98 | 21st | 2/16/18 |
| | Ali Anderson, CWU | 2:12.82c | 35th | 2/2/18 |
| | Suzie Van De Grift, WOU | 4:48.95 | 9th | 2/9/18 |
| 3,000 Meters | Julia Howley, SFU | 4:50.46 | 12th | 1/26/18 |
| | Miryam Bassett, SFU | 4:51.92 | 16th | 2/9/18 |
| | Paige Nock, SFU | 4:56.99 | 30th | 2/9/18 |
| | Tamara Perez, UAA | 4:57.83 | 36th | 2/11/18 |
| | Julia Howley, SFU | 9:32.78 | 6th | 1/13/18 |
| | Reta Dobie, SFU | 9:41.58 | 11th | 2/3/18 |
| | Miryam Bassett, SFU | 9:53.87 | 25th | 1/13/18 |
| | Kennedy Rufener, WOU | 9:56.05 | 30th | 1/26/18 |
| | Olivia Willett, SFU | 9:58.18 | 39th | 2/11/18 |
| | Mariah Burroughs, UAA | 9:58.44 | 41st | 2/11/18 |
| 5,000 Meters | Mary Charleson, SPU | 9:59.22 | 44th | 2/16/18 |
| | Kennedy Rufener, WOU | 16:53.96 | 11th | 2/9/18 |
| | Aleza Shindruk, CWU | 17:06.76 | 21st | 2/9/18 |
| | Alyssa Foote, SPU | 17:09.71 | 22nd | 1/26/18 |
| 60m Hurdles | Mariah Vongsaveng, CWU | 8.58 | 7th | 2/16/18 |
| | Renick Meyer, SPU | 8.72 | 25th | 2/16/18 |
| 4x400 Relay | Diana Voloshin, SFU | 8.81 | 39th | 2/2/18 |
| | Simon Fraser | 3:50.30 | 18th | 2/9/18 |
| DMR | Central Washington | 3:50.64 | 20th | 2/16/18 |
| | Simon Fraser | 11:36.85 | 3rd | 1/26/18 |
| High Jump | Western Oregon | 11:48.58 | 18th | 1/26/18 |
| | Seattle Pacific | 11:50.93 | 20th | 2/9/18 |
| | Tori Johnson, CU | 1.70/5-7 | T-9th | 1/26/18 |
| Pole Vault | Geneva Lehnert, SPU | 1.69/5-6.5 | T-19th | 2/9/18 |
| | Scout Cai, SPU | 3.78/12-4.75 | 12th | 2/16/18 |
| Long Jump | Halle Irvine, CWU | 3.70/12-1.5 | T-17th | 2/2/18 |
| | Jasmine McMullin, WWU | 5.73/18-9.75 | T-23rd | 2/16/18 |
| Triple Jump | Emma Hill, CU | 12.16/39-10.75 | 10th | 2/16/18 |
| | HarLee Ortega, CWU | 11.80/38-8.75 | 22nd | 12/9/17 |
| Shot Put | Melissa Ausman, CU | 15.28/50-1.75 | 5th | 2/16/18 |
| | Christina MacDonald, CU | 14.62/47-11.75 | 15th | 1/20/18 |
| | Katrina Linenko, CU | 14.41/47-3.5 | 19th | 2/16/18 |
| Weight Throw | Tasha Willing, CU | 13.72/45-0.25 | 35th | 1/26/18 |
| | Christina MacDonald, CU | 18.80/61-8.25 | 9th | 1/20/18 |
| | Melissa Ausman, CU | 18.00/59-0.75 | 17th | 2/16/18 |
| | Scout Cai, SPU | 3,709 | 5th | 1/26/18 |
| Pentathlon | HarLee Ortega, CWU | 3,651c | 9th | 2/2/18 |
| | Ali Anderson, CWU | 3,605c | 11th | 2/2/18 |
| | Chelsea Bone, CU | 3,316 | 22nd | 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 |
| Feb. 13 | 12th |
| Feb. 20 | 10th |

USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS

| Week 5 - Feb. 20, 2018 | | Pts. | Prev. |
|------------------------|------------------------|--------------|-----------|
| Rk | School | | |
| 1. | Tiffin | 176.55 | 2 |
| 2. | Colorado Mines | 159.85 | 1 |
| 3. | Adams State | 147.12 | 3 |
| 4. | Grand Valley State | 117.69 | 4 |
| 5. | Ashland | 114.73 | 6 |
| 6. | Texas A&M-Commerce | 112.50 | 5 |
| 7. | Pittsburg State | 107.53 | 7 |
| 8. | CSU-Pueblo | 81.16 | 8 |
| 9. | Findlay | 70.53 | 9 |
| 10. | Western Oregon | 69.61 | 12 |
| 11. | Academy of Art | 66.17 | 11 |
| 12. | Texas A&M-Kingsville | 65.28 | 10 |
| 13. | Emporia State | 58.86 | 14 |
| 14. | Missouri Southern | 55.14 | 13 |
| 15. | Saint Augustine's | 53.14 | 18 |
| 16. | Minnesota State | 46.70 | 15 |
| 17. | American International | 45.53 | 17 |
| 18. | West Texas A&M | 45.13 | 16 |
| 19. | Colorado Mesa | 41.6 | 19 |
| 20. | Limestone | 41.35 | 39 |
| 21. | Colorado Christian | 38.48 | 20 |
| 22. | Eastern New Mexico | 36.10 | 28 |
| 23. | Wingate | 34.33 | 21 |
| 24. | Oklahoma Christian | 27.83 | 73 |
| 25. | Fort Hays State | 27.13 | 22 |

USTFCCCA WEST REGION TEAM INDEX

| Week 5 - Feb. 20, 2018 | | Pts. | Prev. |
|------------------------|------------------------|--------|-------|
| Rk | School | | |
| 1. | Concordia (Ore.) | 354.71 | 1 |
| 2. | Academy of Art | 287.80 | 2 |
| 3. | Northwest Nazarene | 262.55 | 3 |
| 4. | Western Oregon | 260.46 | 6 |
| 5. | Simon Fraser | 253.11 | 4 |
| 6. | Alaska Anchorage | 219.55 | 8 |
| 7. | Central Washington | 219.45 | 5 |
| 8. | Western Washington | 206.95 | 9 |
| 9. | Azusa Pacific | 170.64 | 7 |
| 10. | Montana State Billings | 138.31 | 10 |

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Women's Indoor Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

| National | UAA | CU | CWU | SFU |
|-----------|------|------|------|------|
| Preseason | — | — | — | 23rd |
| Jan. 23 | — | — | 24th | 15th |
| Jan. 30 | — | 25th | — | 3rd |
| Feb. 6 | — | 23rd | — | 8th |
| Feb. 13 | 21st | — | — | 16th |
| Feb. 20 | 11th | 24th | — | 16th |

USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS

| Week 5 - Feb. 20, 2018 | | Pts. | Prev. |
|------------------------|-------------------------|--------------|-----------|
| Rk | School | | |
| 1. | Grand Valley State | 153.38 | 1 |
| 2. | West Texas A&M | 120.49 | 2 |
| 3. | Adams State | 114.02 | 3 |
| 4. | Western State | 101.17 | 5 |
| 5. | Pittsburg State | 83.24 | 4 |
| 6. | Angelo State | 78.95 | 6 |
| 7. | Azusa Pacific | 73.70 | 9 |
| 8. | Mary | 71.08 | 10 |
| 9. | San Francisco St. | 65.69 | 7 |
| 10. | Bellarmino | 64.89 | 8 |
| 11. | Alaska Anchorage | 63.17 | 21 |
| 12. | Walsh | 63.05 | 11 |
| 13. | Hillsdale | 55.65 | 12 |
| 14. | Minnesota State | 51.18 | 13 |
| 15. | Saint Augustine's | 48.82 | 40 |
| 16. | Simon Fraser | 46.09 | 16 |
| 17. | UC-Colorado Springs | 45.26 | 14 |
| 18. | Missouri Southern | 43.90 | 18 |
| 19. | Lewis | 43.26 | 20 |
| 20. | American International | 43.17 | 17 |
| 21. | Ursuline | 41.32 | 19 |
| 22. | New Mexico Highlands | 39.43 | 15 |
| 23. | Wayne State (Neb.) | 35.21 | 22 |
| 24. | Concordia (Ore.) | 34.55 | 31 |
| 25. | Millersville | 32.15 | 24 |

USTFCCCA WEST REGION TEAM INDEX

| Week 5 - Feb. 20, 2018 | | Pts. | Prev. |
|------------------------|--------------------|--------|-------|
| Rk | School | | |
| 1. | Seattle Pacific | 300.88 | 3 |
| 2. | Central Washington | 289.50 | 4 |
| 3. | Azusa Pacific | 248.71 | 2 |
| 4. | San Francisco St. | 244.07 | 1 |
| 5. | Simon Fraser | 225.66 | 5 |
| 6. | Concordia (Ore.) | 195.09 | 7 |
| 7. | Alaska Anchorage | 181.11 | 12 |
| 8. | Academy of Art | 177.41 | 6 |
| 9. | Western Washington | 137.26 | 11 |
| 10. | Western Oregon | 123.78 | 9 |

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[Complete Poll Online](#)

GNAC Indoor Track & Field Records

MEN - ALL MEETS

| | | |
|---|----------------|--|
| 60 Meters | 6.72 | Alex Donigian, Western Washington (2015) |
| 200 Meters | 21.56 | Carlos Ortiz, Concordia (2018) |
| 400 Meters | 47.61 | Vladislav Tsygankov, Simon Fraser (2017) |
| 800 Meters | 1:49.68 | Badane Sultessa, Western Oregon (2016) |
| Mile | 3:58.88 | David Ribich, Western Oregon (2018) |
| 3,000 Meters | 7:50.81 | David Ribich, Western Oregon (2018) |
| 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 | 21.56 | Carlos Ortiz, Concordia (2018) |
| 400 Meters | 47.80 | Joel Webster, Simon Fraser (2016) |
| 800 Meters | 1:50.83 | David Ribich, Western Oregon (2018) |
| 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 | 7.03 | Kodiak Landis, Central Washington (2018) |
| Long Jump | 6.95/22-9.75 | James Phillips, Concordia (2018) |
| Shot Put | 13.28/43-7 | James Phillips, Concordia (2018) |
| 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 | 12.68/41-7.25 | Jasmine McMullin, Western Washington (2018) |
| Shot Put | 17.62/57-9.75 | McKenzie Warren, Concordia (2017)* |
| Weight Throw | 18.80/61-8.25 | Christina MacDonald, Concordia (2018) |
| Pentathlon | 4,007 | Danielle Ayers-Stamper, Seattle Pacific (2005) |

WOMEN'S CONFERENCE MEET RECORDS

| | | |
|--|----------------------|--|
| 60 Meters | 7.55 | Jamie Ashcroft, Alaska Anchorage (2017) |
| 200 Meters | 24.09 | Jamie Ashcroft, Alaska Anchorage (2017) |
| 400 Meters | 54.87 | Jahzelle Ambus, Seattle Pacific (2016) |
| 800 Meters | 2:08.28 | Jessica Pixler, Seattle Pacific (2010) |
| Mile | 4:40.39 | Jessica Pixler, Seattle Pacific (2010) |
| 3,000 Meters | 9:47.64 | Jennifer Johnson, Simon Fraser (2015) |
| 5,000 Meters | 16:47.07 | Sarah Porter, Western Washington (2010) |
| 60m Hurdles | 8.51 | Mariyah Vongsaveng, Central Washington (2017) |
| 4x400 Relay | 3:46.41 | Simon Fraser (2016) |
| Distance Medley | 11:36.32 | Seattle Pacific (2010) |
| Kate Harline, Jennifer Pike, Jane Larson, Jessica Pixler | | |
| High Jump | 1.77/5-9.75 | Taylor Fettig, Central Washington (2014) |
| Pole Vault | 3.91/12-10 | Alison Silva, Northwest Nazarene (2014) |
| Long Jump | 5.82/19-1.25 | Tanya Bjornsson, Western Washington (2014) |
| Triple Jump | 12.68/41-7.25 | Jasmine McMullin, Western Washington (2018) |
| Shot Put | 17.02/55-10.25 | McKenzie Warren, Concordia (2017) |
| Weight Throw | 18.29/60-0.25 | Christina MacDonald, Concordia (2018) |
| 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 |

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|---|
| 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 |

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| 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 |

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| 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 |

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| 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.

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

Husky Classic

at Dempsey Indoor Center, Seattle, Wash.

Women (Top 3 GNAC Finishers): DMR - 2, Alaska Anchorage, 11:32.96. High Jump - 3, Geneva Lehnert, SPU, 5-6.5. Weight Throw - 3, Christina MacDonald, CU, 60-10.

Men (Top 3 GNAC Finishers): 4x400 Relay - 2, Alaska Anchorage, 3:14.20. DMR - 2, Simon Fraser, 9:58.09.

2017-18 GNAC Indoor Meet Summaries

Sat., Feb. 10

Bronco Challenge

at Jacksons Track, Nampa, Idaho

Women (Top 3 GNAC Finishers): Long Jump - 3, Nice Loufoua, NNU, 17-5.25.

Triple Jump - 2, Jackie Mahowald, NNU, 37-6.5.

Men (Top 3 GNAC Finishers): 400 Meters - 3, Logan Blake, NNU, 49.99. 4x400

Relay - 1, Northwest Nazarene, 3:20.07. High Jump - 2, Micah Tranch, NNU,

6-8.75.

Sun., Feb. 11

UW Indoor Open

at Dempsey Indoor Center, Seattle, Wash.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): 200 Meters - 3, Darrion Gray, UAA, 22.15. Long

Jump - 2, Josh Schulz, SMU, 22-11.75. Weight Throw - 2, Armando Tafoya,

CWU, 59-3.

Fri., Feb. 16- Sat., Feb. 17

GNAC Indoor Track & Field Championships

at Jacksons Track, Nampa, Idaho

Women's Team Scores: Central Washington 136, Seattle Pacific 136, Concordia 93, Alaska Anchorage 83, Western Washington 78, Simon Fraser 67, Western Oregon 43, Saint Martin's 11, Northwest Nazarene 10, Montana State Billings 5.

Women's Champions: 60 Meters - Meyer Renick, SPU, 7.71. 200 Meters - Ali Anderson, CWU, 25.00. 400 Meters - Ali Anderson, CWU, 55.68. 800 Meters - Danielle McCormick, UAA, 2:09.19. Mile - Tamara Perez, UAA, 5:00.52. 3,000 Meters - Julia Howley, SFU, 9:47.83. 5,000 Meters - Kennedy Rufener, WOU, 17:18.64. 60m Hurdles - Mariyah Vongsaveng, CWU, 8.58. 4x400 Relay - Central Washington (Trinidad, Collins, Weems, Anderson), 3:50.64. DMR - Simon Fraser (Nock, Bluschke, Mussatto, Howley), 11:37.88. High Jump - Tori Johnson, CU, 5-7.25. Pole Vault - Scout Cai, SPU, 12-4.75. Long Jump - Jasmine McMullin, WWU, 18-9.75. Triple Jump - Jasmine McMullin, WWU, 41-7.25 (Meet & GNAC Record). Shot Put - Melissa Ausman, CU, 50-1.75. Weight Throw - Christina MacDonald, CU, 60-0.25 (Meet Record). Pentathlon - Scout Cai, SPU, 3,610.

Men's Team Scores: Concordia 114, Alaska Anchorage 108, Western Oregon 91, Northwest Nazarene 84, Western Washington 76.5, Central Washington 64.5, Simon Fraser 56, Montana State Billings 39.5, Saint Martin's 17.5, Seattle Pacific 7.

Men's Champions: 60 Meters - Carlos Ortiz, CU, 6.85; 200 Meters - Carlos Ortiz, CU, 21.56 (Meet & GNAC Record). 400 Meters - Liam Lindsay, UAA, 48.50. 800 Meters - David Ribich, WOU, 1:50.83 (Meet Record). Mile - David Ribich, WOU, 4:11.08. 3,000 Meters - Rowan Doherty, SFU, 8:28.48. 5,000 Meters - Felix Kemboi, UAA, 15:12.63. 60m Hurdles - James Phillips, CU, 8.30. 4x400 Relay - Alaska Anchorage (Taylor, Gray, Remington, Lindsay), 3:16.44. DMR - Simon Fraser (Vargas, Adehmar, Ahl, Doherty), 10:08.40. High Jump - Tupre Wickliff, WWU, 6-7. Pole Vault - Jared Webster, NNU, 15-11. Long Jump - Vladislav Tsygankov, SFU, 23-11.5. Triple Jump - Chris Brake, UAA, 47-7.25. Shot Put - Josh Koch, CU, 55-4.5. Weight Throw - John Van Beuren, NNU, 58-7. Heptathlon - Braydon Meier, CWU, 5,006.