



Mar. 14, 2018 • Week 9  
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## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

**Fri., Mar. 16 - Sat., Mar. 17**

Alaska Anchorage, Northwest Nazarene, Seattle Pacific  
 at Hornet Invitational, Sacramento, Calif.

**Sat., Mar. 17**

Central Washington at EOU Team Challenge,  
 Hermiston, Ore.  
 Concordia, Saint Martin's, Western Oregon at L&C  
 Spring Break Classic, Portland, Ore.

### LAST WEEK'S MEETS

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

**NCAA Division II Indoor Track & Field Championships  
 at Robert W. Plaster Center, Pittsburg, Kan.**

**Women's Team Scores:** 1, West Texas A&M 53. 2, Western State, 40. 3, Lincoln (Mo.), 36. Tie 17, Alaska Anchorage, 10. Tie 24, Seattle Pacific, 8. Tie 29, Concordia, 7. Tie 32, Simon Fraser, 6. Tie 32, Western Oregon, 6. Tie 36, Central Washington, 5. Tie 36, Western Washington, 5.

**Women's Results (GNAC Athletes):** 400 Meters - 8, Ali Anderson, CWU, 56.02. 800 Meters - 1, Danielle McCormick, UAA, 2:07.79; 6, Olivia Woods, WOU, 2:11.24; 9, Alana Mussatto, SFU, 2:10.82; 14, Tamara Perez, 2:11.90; 16, Akellia Knight, UAA, 2:13.15; 19, Ruth Cvancara, UAA, 2:13.76. Mile - 7, Suzie Van De Grift, WOU, 4:50.75; 14, Miryam Bassett, 4:58.80; 20, Paige Nock, SFU, 5:13.81. 3,000 Meters - 10, Reta Dobbie, SFU, 9:41.24; 11, Kennedy Rufener, WOU, 9:41.54; 12, Julia Howley, SFU, 9:42.12. 5,000 Meters - 8, Kennedy Rufener, WOU, 16:49.68. 60m Hurdles - 15, Mariyah Vongsaveng, CWU, 8.66. DMR - 3, Simon Fraser (Bassett, Bluschke, Mussatto, Howley), 11:30.49; 5, Seattle Pacific (Lilly, Taylor, Phan, Charleson), 11:31.69; 9, Alaska Anchorage (McCormick, Aniteye, Knight, Perez), 11:55.60. High Jump - 14, Tori Johnson, CU, 5-5.75. Pole Vault - 6, Halle Irvine, CWU, 12-6.25; 16, Scout Cai, SPU, 11-8.5. Triple Jump - 4, Jasmine McMullin, WWU, 41-1.5; 13, Emma Hill, CU, 39-5.75. Shot Put - 7, Christina MacDonald, CU, 49-10; 18, Melissa Ausman, CU, 45-10.75; 20, Katrina Linenko, CU, 42-9. Weight Throw - 4, Christina MacDonald, CU, 63-2.75. Pentathlon - 5, Scout Cai, SPU, 3,790; 8, HarLee Ortega, CWU, 3,702; 11, Ali Anderson, CWU, 3,610.

**Men's Team Scores:** 1, Pittsburg St., 49. 2, Tiffin, 48. 3, Adams State, 44. Tie 6, Western Oregon 26. Tie 29, Central Washington, 6.

**Men's Results (GNAC Athletes):** Mile - 1, Dustin Nading, WOU, 4:13.30; 13, Oliver Jorgensen, SFU, 4:12.93. 3,000 Meters - 3, David Ribich, WOU, 8:01.55. DMR - 1, Western Oregon (Nading, Whitaker, Holmberg, Ribich), 9:41.40. Shot Put - 11, Josh Koch, CU, 57-2. Heptathlon - 3, Kodiak Landis, CWU, 5,508.

**Sat., Mar. 10**

**PLU Open  
 at PLU Track, Tacoma, Wash.**

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Emily Systma, WWU, 13.04; 2, Julia Inderbitzin, CWU, 13.15. 200 Meters - 1, Grace Bley, SPU, 25.28; 2, Savannah Smith, WWU, 25.39; 3, Erykah Weems, CWU, 25.47. 400 Meters - 1, Erykah Weems, CWU, 58.22; 2, Katie Collins, CWU, 58.90. 800 Meters - 1, Jane Barr, WWU, 2:19.01. 1,500 Meters - 1, Dania Homberg, SPU, 4:49.38; 2, Alexandra Laiblin, WWU, 4:52.72; 3, Katherine Walter, SPU, 4:53.88. 5,000 Meters - 1, Sophia Galvez, WWU, 17:45.53. 10,000 Meters - 1 Alexa Shindruk, CWU, 36:46.70; 2, Delaney Clem, CWU, 39:57.78. 100m Hurdles - 1, Claire Hansen, WWU, 15.10; 2, Rose Walts, CWU, 15.52. 400m Hurdles - 1, Molly House, WWU, 1:08.88. Steeplechase - 1, Nicole Soleim, CWU, 11:21.29. 4x100 Relay - 1, Western Washington, 49.07; 2, Central Washington, 49.64. 4x400 Relay - 1, Seattle Pacific, 3:54.51; 2, Central Washington, 3:54.51. High Jump - 2, Heather Faretta, WWU, 5-0.5. Pole Vault - 1, Anna Paradee, WWU, 11-11.25; Tie 2, Jewels Oliquiano, WWU, 10-11.5; Tie 2, Rachael Roberts, WWU, 10-11.5. Long Jump - 1, Brooke Williams, CWU, 17-6.25; 3, Devon Olson, WWU, 15-9. Triple Jump - 1, Brooke Williams, CWU, 36-5; 3, Rose Walts, CWU, 34-9.75. Shot Put - 1, Samantha La Rue, CWU, 40-7. Discus - 1, Shaddia Meadows, CWU, 130-4; 2, Chanelle Eddy, WWU, 130-2. Hammer - 1, Liz Larson, SMU, 167-6; 3, Samantha La Rue, CWU, 153-8. Javelin - Raquel Pellecer, WWU, 147-8; 3, Natalie Vetto, WWU, 136-5.

**Men (Top 3 GNAC Finishers):** 100 Meters - 2, Bobby Widmar, CWU, 11.09; 3, Bryant Welch, WWU, 11.28. 200 Meters - Bryant Welch, WWU, 22.12; 3, Harry Horwath, CWU, 22.73. 400 Meters - 1, Daniel Calderon, CWU, 49.43; 2, Doc Porter, CWU, 49.50. 800 Meters - 1, Liam Cossette, WWU, 1:55.11; 2, Kyler Sager, WWU, 1:55.19. 1,500 Meters - 1, Isaac Derline, WWU, 4:01.76; 3, Elius Graff, SPU, 4:03.74. 5,000 Meters - 2, Tyler Humphries, CWU, 15:39.69. 110m Hurdles - Cordell Cummings, WWU, 15.80; 2, Michael Forster, CWU, 16.36; 3, Seren Dances, WWU, 16.49. 400m Hurdles - 1, Cordell Cummings, 56.42; 2, Aaron Bosscher, WWU, 58.29; 3, Justin Wendling, CWU, 58.73. Steeplechase - 1, Corbin Carlton, CWU, 9:37.60. 4x100 Relay - 1, Western Washington A, 42.97; 2, Western Washington B, 44.17; 3, Seattle Pacific, 45.94. 4x400 Relay - 1, Western Washington, 3:24.22; 2, Central Washington, 3:26.08. High Jump - 1, Tupre Wickliff, WWU, 6-6; 3, Justin Peterson, CWU, 6-4. Pole Vault - 1, Adam Thomas, WWU, 14-5.25; 3, D'Andre Daniels, 13-11.25. Long Jump - 1, Somit Chhim, WWU, 20-10; 2, Jacob Ringold, WWU, 20-7.75. Triple Jump - 1, Somit Chhim, WWU, 44-10.25; 3, Justin Peterson, CWU, 44-4. Shot Put - 1, Ethan Tonder, CWU, 48-7.25; 2, Aidan Cain, CWU, 48-0; 3, Alberto Tafoya, CWU, 46-4.75. Discus - 2, Aidan Cain, CWU, 145-10; 3, Alberto Tafoya, CWU, 142-10. Hammer - 2, Kauanoe Vanderpoel, SMU, 173-3; 3, Avery Lux, WWU, 156-11. Javelin - 1, Alex Barry, WWU, 197-0; 2, Tyree Rutter, CWU, 191-3; 3, Mason Salley, WWU, 183-0.

## #GNACTF in 140 @GNACSports

**#TopDogs** Western Oregon's men's distance medley relay team repeated as the Division II men's champion, taking the title at the NCAA Division II Championships in 9:41.40.

**#MasterMiler** Western Oregon's **Dustin Nading** won the Division II title in the men's mile, taking a strategic race in a time of 4:13.30.

**#HalfFinatic** Alaska Anchorage's **Danielle McCormick** won the national championship in the women's 800 meters in a time of 2:07.79. She is the first women's indoor national champion in UAA history.

**#WeeklyHonors** Three of the GNAC Track and Field Athlete of the Week awards went to Western Washington athletes for top performances at the PLU Open, including sprinter **Bryant Welch** and javelin throwers **Alex Barry** and **Raquel Pellecer**.

## 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	@SFUCfan	
W. Oregon	@WOUWolves	#NCAAeh
W. Washington	@WWUathletics	#WOUHOO
		#GoViks

# GNAC Track & Field Athletes Of The Week



**MEN'S TRACK**  
**Bryant Welch, Western Washington**  
 Freshman • Burien, Wash.

Competing in his first collegiate meet, Welch placed second in the 200 meters at the PLU Open with a GNAC-best time of 22.12 seconds. He also placed third in the 100 meters in 11.28 seconds and ran the anchor leg on the Vikings' winning 4x400-meter relay team (42.97 seconds).



**WOMEN'S TRACK**  
**Alexa Shindruk, Central Washington**  
 Junior • Bellingham, Wash.

Shindruk won the 10,000 meters at the PLU Open by three minutes, crossing the line in 36:46.70. She currently leads the GNAC and Division II and is just 11 seconds off of the NCAA Championships provisional qualifying time.

**Also Nominated:** Sophia Galvez (W. Washington).



**MEN'S FIELD**  
**Alex Barry, Western Washington**  
 Junior • Sequim, Wash.

Barry won the javelin at the PLU Open with a mark of 197 feet, defeating a field of 13 competitors. The mark currently ranks third in the GNAC and No. 5 in Division II this season. The mark is also an NCAA Championships provisional qualifier and helped WWU win the men's team competition.



**WOMEN'S FIELD**  
**Raquel Pellecer, Western Washington**  
 Sophomore • Sandy, Ore.

Pellecer earned her second-straight Athlete of the Week selection after she won the javelin at the PLU Open. Her mark of 147 feet, 8 inches, was a five-foot improvement on the season and is the leading mark in Division II this year. Pellecer helped lead WWU to a first-place finish in the team competition.

## 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
Feb. 19-25	Darrion Gray, UAA	J.T. Konrad, WWU	Kennedy Rufener, WOU	Christina MacDonald, CU
Feb. 26-Mar. 4	Josh Dempsey, WOU	Brian Chalkley, SMU	Yadira Lopez, SMU	Raquel Pellecer, WWU
Mar. 5-11	Bryant Welch, WWU	Alex Barry, WWU	Alexa Shindruk, CWU	Raquel Pellecer, WWU

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

# Around The GNAC

## ALASKA ANCHORAGE



- **Danielle McCormick's** national title in the women's 800 meters led Alaska Anchorage's performances at the NCAA Division II Indoor Track and Field Championships.
- McCormick edged out Rachael Walters of Grand Valley State by a little under a second for the win, crossing the line in a time of 2:07.79. She is the first woman in program history to win an indoor national title and the second overall.
- The women's distance medley relay team placed ninth on Friday with a fourth-place finish. The team of McCormick, **Vanessa Aniteye**, **Akeilia Knight** and **Tamara Perez** ran a time of 11:58.67.
- Alaska Anchorage had four athletes in the women's 800 meters. Perez finished 14th in 2:11.90, Knight was 16th in 2:13.15 and **Ruth Cvancara** was 19th in 2:13.76.
- The Seawolves also had a team in the men's 4x400-meter relay, but did not finish Saturday's final.
- With McCormick's win, the UAA women tied for 17th place in the team competition with 10 points.
- Alaska Anchorage will jump right into outdoor competition, taking part in the Hornet Invitational on Friday and Saturday in Sacramento, Calif.

## CENTRAL WASHINGTON



- A third-place finish in the men's heptathlon for senior **Kodiak Landis** led Central Washington at the NCAA Division II Indoor Track and Field Championships.
- Landis earned All-American honors with a score of 5,508 points, tying him for No. 2 on the GNAC All-Time List. He was second in the 60 meters (6.99) and the pole vault (15-9) and fourth in the long jump (23-10.5), shot put (41-7) and 1,000 meters (2:43.08). The CWU tied for 29th place with six points.
- Senior **HarLee Ortega** earned a trophy with an eighth-place finish in the women's pentathlon. Her score of 3,702 points is No. 5 on the GNAC All-Time List. Her top finish was fifth place in the long jump (18-7.25).
- Senior **Ali Anderson** earned All-American honors with an eighth-place finish in the women's 400 meters. She ran 54.98 in the prelims, the second-fastest time in GNAC history, and ran 56.02 seconds in the finals. Anderson also placed 11th in the pentathlon with 3,610 points.
- Sophomore **Halle Irvine** earned All-American honors in the pole vault as she placed sixth with a mark of 12 feet, 6.25 inches. The mark moves Irvine up to No. 6 on the GNAC All-Time List. The CWU women tied for 36th with five points.
- Junior **Mariyah Vongsaveng** placed 15th in the preliminaries of the women's 60-meter hurdles with a time of 8.66 seconds.
- Those CWU athletes not competing at the indoor nationals took part outdoors at the PLU Open. Junior **Alexa Shindruk** was named the GNAC Women's Track Athlete of the Week after she won the 10,000 meters in a Division II-nest time of 36:46.70.
- Junior **Brooke Williams** won both of the women's horizontal jumps, capturing the long jump in 17-6.25 and the triple jump in 36-5. Sophomore **Erykah Weems** won the women's 400 meters in 58.22 and freshman **Nicole Soleim** won the steeplechase in 11:21.29.
- Sophomore **Daniel Calderon** won the men's 400 meters in 49.43 seconds. Freshman **Ethan Tonder** led a top-three sweep for the Wildcats in the men's shot put with a mark of 48 feet, 7.25 inches.
- Central Washington will not compete again until Sat., Mar 24, when the team goes to both the Doris Heritage Distance Carnival and the Peyton Scoring Meet.

## CONCORDIA



- Senior **Christina MacDonald** earned All-American honors in two events to lead Concordia at the NCAA Division II Indoor Track and Field Championships.
- MacDonald finished fourth in the women's weight throw with a mark of 63 feet, 2.75 inches, and added a seventh-place finish in the shot put at 49 feet, 10 inches. The finishes allowed the Cavaliers' women to tie for 29th place with 7 points.
- Senior **Melissa Ausman** placed 18th in the women's shot put with her mark of 45 feet, 10.75 inches, while junior **Katrina Linenko** was 20th with a mark of 42 feet, 9 inches.
- Senior **Josh Koch** earned Second Team All-American honors with his 11th place finish in the shot put with a mark of 57 feet, 2 inches.
- Senior **Emma Hill** wrapped her indoor career with a 13th place finish in the women's triple jump with a mark of 39 feet, 5.75 inches.
- Two members of Concordia's coaching staff earned regional awards from the USTFCCCA. Head coach **Jarret Mantalas** was named the West Region Men's Coach of the Year after he led the Cavaliers to the GNAC indoor track and field championship. Associate head coach **Jarred Rome** was named the Women's Assistant Coach of the Year for his work with the Cavaliers' throwers.
- Concordia will transition right away to outdoor competition, competing at the L&C Spring Break Open on Saturday.

## MONTANA STATE BILLINGS



- Montana State Billings did not have any competitors at the Division II Indoor Track and Field Championships. The Yellowjackets are in the midst of a long five-week break. They do not open the outdoor season until Mar. 30 when they host the MSUB Invitational in Billings.

## NORTHWEST NAZARENE



- It was not the finish that senior **Payton Lewis** wanted for his indoor career as he failed to clear a height in the men's pole vault at the NCAA Division II Indoor Track and Field Championships.
- Lewis missed on three attempts at 15 feet, 9 inches. The senior had placed second in the event at the GNAC Championships.
- Prior to the indoor nationals, NNU assistant coach **Nick Collins** was named the USTFCCCA Division II West Region Men's Assistant Coach of the Year. He was singled out for his work with the Nighthawks' vaulters.
- The Nighthawks will open their outdoor season this weekend at the Hornet Invitational in Sacramento, Calif.

# Around The GNAC

## SAINT MARTIN'S



- Saint Martin's took part in its second weekend of outdoor competition, sending a limited roster at the PLU Open in Tacoma.
- Junior **Liz Larson** was the top placer for the Saints as she won the women's hammer with a mark of 167 feet, 6 inches. She won by 11 feet over second-place Madisen Doepker of Eastern Washington. The mark is currently No. 2 in Division II this season and is just short of the NCAA Championships provisional qualifying mark.
- Senior **Kauanoë Vanderpoel** placed second in the men's hammer throw with a mark of 173 feet, 3 inches. The mark is currently the fourth best in Division II this season.
- Senior **Brian Chalkley** continues to own the top Division II mark in the men's javelin with a throw of 213 feet, 11 inches at the Ed Boitano Invitational. Senior **Deanna Avalos** and junior **Jona Spiller** are tied for fourth in Division II in the women's javelin, both with marks of 140 feet, 7 inches.
- Saint Martin's will be in action this action at the L&C Spring Break Invitational in Portland.

## SEATTLE PACIFIC



- Fifth place finishes for sophomore **Scout Cai** in the women's pentathlon and for the women's distance medley relay led Seattle Pacific at the NCAA Division II Indoor Track and Field Championships.
- Cai finished fifth in the pentathlon, earning All-American honors with a score of 3,790 points that ranks her No. 3 on the GNAC All-Time List. Her top individual finish was in the shot put where Cai was fourth at 35-3.75. In addition to the pentathlon, Cai placed 16th in the pole vault with a mark of 11 feet, 8.5 inches. Prior to the NCAA meet, Cai was named as the USTFCCA West Region Women's Field Athlete of the Year.
- The women's distance medley relay of **Kate Lilly, Lani Taylor, Chynna Phan** and **Mary Charleson** placed fifth in a time of 11:31.69, a time that ranks No. 5 on the GNAC All-Time List and is the second-fastest time by a GNAC team this season. The SPU women finished tied for 24th in the team race with eight points.
- Those SPU athletes not competing at nationals continued the outdoor season at the PLU Open in Tacoma, Wash.
- Sophomore **Grace Bley** led the Falcons' performances with her win in the women's 200 meters, clocking in at 25.28 seconds. Freshman **Dania Holmberg** collected the win in the women's 1,500 meters in a time of 4:49.38. Sophomore **Katherine Walter** was third in 4:53.88.
- Freshman **Elius Graff** was SPU's top finisher on the men's side at the PLU Open, placing third in the 1,500 meters in a time of 4:03.74.
- Seattle Pacific continues the outdoor season this weekend, taking part in the Hornet Invitational in Sacramento, Calif.

## SIMON FRASER



- The third-place finish for the women's distance medley relay led Simon Fraser's performances at the NCAA Division II Indoor Track and Field Championships.
- The team of **Miryam Bassett, Renate Bluschke, Alana Mussatto** and **Julia Howley** clocked a time of 11:30.49, the third fastest women's DMR time in GNAC history. The Clan was just edged out by Walsh (11:30.22) for second place).
- Mussatto just missed qualifying for the finals in the women's 800 meters. She earned Second Team All-America honors with a ninth-place finish of 2:10.82.
- Seniors **Reta Dobie** and Howley earned Second Team All-America honors in the women's 3,000 meters. Dobie placed 10th in a time of 9:41.24 while Howley was 12th in 9:42.12. In the women's mile, Bassett placed 14th in 4:58.80 while junior **Paige Nock** was 20th in 5:13.81. The SFU women tied for 32nd place with six points.
- Simon Fraser's lone men's competitor at nationals, senior **Oliver Jorgensen**, placed 13th in the men's mile with a time of 4:12.93.
- Simon Fraser will open its outdoor season on Mar. 30 and 31, heading to the Bay Area to compete at the Stanford Invitational and the SF State Distance Carnival.

## WESTERN OREGON



- National titles for the men's distance medley team and junior **Dustin Nading** in the men's mile led the Wolves' performances at the NCAA Division II Indoor Track and Field Championships.
- The relay squad of Nading, **Aaron Whitaker, AJ Holmberg** and **David Ribich** won by almost a half-second in a facility-record time of 9:41.40. Ribich ran 3:54 over the final 1,600-meter leg to secure the repeat win.
- Nading, meanwhile, captured the men's mile as he surged over the final two laps to take the win in a time of 4:13.30. He edged out Brett Meyer of Fort Hays State (4:13.66) and George Kelly of Adams State (4:13.71) for the win. Nading took the title after advancing as the second of three time qualifiers in the preliminaries in 4:07.20.
- Ribich, meanwhile, made a push over the final lap to place third in the men's 3,000 meters in a time of 8:01.55. After letting others lead most of the way, Ribich was edged at the finish by champion Sydney Gadabuday of Adams State (8:01.26) and Nehemia Too of Harding (8:01.34). The three finishes allowed the Wolves' men to tie for sixth place in the team race with Grand Valley State at 26 points. Prior to the meet, Ribich was named the USTFCCA West Region Men's Track Athlete of the Year.
- Senior **Olivia Woods** earned All-American honors with her sixth-place finish in the women's 800 meters with her time of 2:11.24.
- Senior **Suzie Van De Grift** earned All-American honors in the women's mile, leading all GNAC competitors in the event with her time of 4:50.75.
- Senior **Kennedy Rufener** earned an All-American trophy in the women's 5,000 meters, placing eighth in 16:49.68. That time is No. 10 on the GNAC All-Time List. Rufener received Second Team All-America honors with an 11th place finish in the 3,000 meters at 9:41.54. The WOU tied for 32nd in the team race with six points.
- Western Oregon returns to outdoor competition this weekend, competing in the L&C Spring Break Open in Portland.

## WESTERN WASHINGTON



- Senior **Jasmine McMullin's** fourth-place finish in the women's triple jump provided for Western Washington's points at the NCAA Division II Indoor Track and Field Championships.
- McMullin earned her All-American trophy with a mark of 41 feet, 1.5 inches. She was one of four athletes in the field to finish with marks of over 41 feet. The performance allowed the Vikings to tie for 36th place with five points.
- On the outdoor oval, the Vikings landed three GNAC Athletes of the Week thanks to performances at the PLU Open in Tacoma, Wash.
- Sophomore **Raquel Pellecer** was named the GNAC Women's Field Athlete of the Week for the second straight week as she improved her NCAA Championships provisional qualifying mark in the javelin. She won with a mark of 147 feet, 8 inches, which leads Division II.
- Junior **Alex Barry** was named the GNAC Men's Field Athlete of the Week after he won the men's javelin with a mark of 197 feet. The performance is an NCAA Championships provisional qualifier and ranks fifth in Division II this season.
- Freshman **Bryant Welch** was selected as the GNAC Men's Track Athlete of the Week for a trio of top-three finishes. He won the 200 meters in a time of 22.12 seconds, placed third in the 100 meters in 11.28 seconds and ran on the Vikings' winning 4x100-meter relay team (42.97).
- The Vikings had a total of seven individual event winners in the women's meet. Sophomore **Sophia Galvez** led track winners as she took the 5,000 meters in a time of 17:45.53. Senior **Anna Paradee** paced other field-event winners with her mark of 11 feet, 11.25 inches in the pole vault.
- Western Washington also had 10 men's individual event winners, including two athletes winning two events each. Sophomore **Cordell Cummings** won both hurdles events, taking the 110-meter hurdles in 15.80 seconds and the 400-meter hurdles in 56.42 seconds. Senior **Somit Chhim** won the long jump with a mark of 20 feet, 10 inches, and the triple jump in 44 feet, 10.25 inches.
- Western Washington is off this weekend and will return to competition on Sat., Mar. 24, at the Doris Heritage Distance Carnival.

# GNAC Qualifiers For NCAA Outdoor Championships

## MEN PROVISIONAL QUALIFIERS AS OF MAR. 12, 2018

Event	Athlete	Mark	Rank	Date
Javelin	Brian Chalkley, SMU	65.20/213-11	1st	3/3/18
	Spencer Claeys, WWU	63.05/206-10	4th	3/3/18
	Alex Barry, WWU	60.05/197-0	5th	3/10/18

## WOMEN PROVISIONAL QUALIFIERS AS OF MAR. 12, 2018

Event	Athlete	Mark	Rank	Date
Pole Vault	Anna Paradee, WWU	3.75/12-3.5	1st	3/3/18
Javelin	Raquel Pellecer, WWU	45.00/147-8	1st	3/10/18
	Natalie Vetto, WWU	43.42/142-5	3rd	3/3/18
	Deanna Avalos, SMU	42.85/140-7	T-4th	3/3/18
	Jona Spiller, SMU	42.85/140-7	T-4th	3/3/18

# GNAC Outdoor Championships/National Qualifying Standards

MEN			EVENT	WOMEN		
GNAC	NCAA Prov.	NCAA Auto		GNAC	NCAA Prov.	NCAA Auto.
10.99	10.59	10.28	100 Meters	12.47	11.94	11.50
22.27	21.38	20.74	200 Meters	25.39	24.46	23.56
48.62	47.81	46.36	400 Meters	57.79	55.93	53.15
1:54.19	1:52.16	1:48.75	800 Meters	2:13.14	2:12.47	2:07.51
3:54.86	3:50.90	3:44.89	1,500 Meters	4:33.30	4:33.86	4:22.08
14:56.91	14:34.89	13:56.89	5,000 Meters	16:50.38	17:14.52	16:16.33
31:28.02	30:41.36	29:17.64	10,000 Meters	37:08.97	36:37.02	34:34.33
15.24	14.56	13.89	110/100m Hurdles	14.85	14.23	13.45
54.84	53.55	51.50	400m Hurdles	1:03.43	1:02.09	58.92
9:22.09	9:17.36	8:53.80	Steeplechase	11:13.04	11:04.19	10:19.33
1.96 / 6-5	2.04 / 6-8.25	2.16 / 7-1	High Jump	1.62 / 5-3.75	1.67 / 5-5.75	1.77 / 5-9.75
4.51 / 14-9.5	4.80 / 15-9	5.19 / 17-0.5	Pole Vault	3.22 / 10-6.75	3.64 / 11-11.25	4.07 / 13-4.25
6.89 / 22-7.25	7.24 / 23-9	7.66 / 25-1.75	Long Jump	5.38 / 17-8	5.79 / 19-0	6.25 / 20-6.25
13.93 / 45-8.5	14.63 / 48-0	15.58 / 51-1.5	Triple Jump	11.42 / 37-5.25	11.81 / 38-9	12.75 / 41-10
15.03 / 49-3.5	16.08 / 52-9.25	18.36 / 60-3	Shot Put	12.82 / 42-0.75	13.63 / 44-8.75	15.68 / 51-5.5
45.47 / 149-2	49.67 / 162-11	55.83 / 183-2	Discus	40.34 / 132-4	44.65 / 146-6	51.73 / 169-8
52.79 / 173-2	54.65 / 179-3	65.74 / 215-8	Hammer	49.38 / 162-0	51.53 / 169-0	60.48 / 198-5
59.10 / 193-11	58.42 / 191-8	67.87 / 222-8	Javelin	41.72 / 136-10	41.24 / 135-4	50.03 / 164-1
6,280	6,255	7,286	Dec./Hep.	4,520	4,475	5,237
NA	41.10	40.19	4x100 Relay	NA	46.85	45.41
NA	3:14.00	3:08.47	4x400 Relay	NA	3:47.90	3:40.11

**GNAC Championships:** The top-20 performers as listed in TFRRS will qualify for the championship meet in addition to any performers who meet the GNAC standard.

# Men's Indoor Regional & National Polls

## GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	
Preseason	
Jan. 23	
Jan. 30	
Feb. 6	
Feb. 13	
Feb. 20	
Feb. 27	12th
Mar. 4	

WOU	
12th	
—	
11th	
15th	
12th	
10th	
18th	

## USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS

Week 7 - Mar. 4, 2018

Rk	School	Pts.	Prev.
1.	Colorado Mines	164.80	3
2.	Tiffin	156.68	2
3.	Adams State	154.43	1
4.	Texas A&M-Commerce	150.51	4
5.	Pittsburg State	139.92	5
6.	Ashland	138.43	6
7.	Grand Valley State	98.25	6
8.	Academy of Art	82.79	8
9.	Texas A&M-Kingsville	75.54	9
10.	Missouri Southern	73.61	10
11.	Findlay	62.12	13
12.	CSU-Pueblo	58.93	11
13.	Eastern New Mexico	57.37	14
14.	West Texas A&M	53.65	18
15.	American International	53.27	15
16.	Minnesota State	53.17	17
17.	Emporia State	52.74	16
18.	<b>Western Oregon</b>	<b>49.57</b>	<b>12</b>
19.	Colorado Mesa	44.10	19
20.	Colorado Christian	43.17	20
21.	Central Missouri	36.67	22
22.	Lincoln (Mo.)	31.82	21
23.	Saint Augustine's	30.18	23
24.	Fort Hayes State	28.93	27
25.	Wingate	27.39	25

## USTFCCCA WEST REGION TEAM INDEX

Final - Feb. 27, 2018

Rk	School	Pts.	Prev.
1.	<b>Concordia (Ore.)</b>	<b>352.05</b>	<b>1</b>
2.	Academy of Art	310.68	2
3.	<b>Western Oregon</b>	<b>269.56</b>	<b>4</b>
4.	<b>Northwest Nazarene</b>	<b>255.07</b>	<b>3</b>
5.	<b>Simon Fraser</b>	<b>237.36</b>	<b>5</b>
6.	<b>Alaska Anchorage</b>	<b>216.47</b>	<b>6</b>
7.	<b>Central Washington</b>	<b>214.11</b>	<b>7</b>
8.	<b>Western Washington</b>	<b>210.34</b>	<b>8</b>
9.	Azusa Pacific	167.89	9
10.	<b>Montana State Billings</b>	<b>136.48</b>	<b>10</b>

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[Complete Poll Online](#)



# 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	
Feb. 27	15th	—	—	24th	
Mar. 4	14th	—	—	22nd	

## USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS

Week 7 - Mar. 4, 2018

Rk	School	Pts.	Prev.
1.	West Texas A&M	141.00	2
2.	Grand Valley State	120.86	1
3.	Pittsburg State	112.24	4
4.	Western State	108.48	5
5.	Adams State	103.26	3
6.	Angelo State	96.78	6
7.	San Francisco St.	86.73	7
8.	Lincoln (Mo.)	79.54	8
9.	Azusa Pacific	65.91	10
10.	Walsh	63.06	12
11.	Mary	58.09	11
12.	Missouri Southern	57.47	14
13.	Lewis	55.56	16
14.	<b>Alaska Anchorage</b>	<b>54.85</b>	<b>15</b>
15.	Hillsdale	54.31	13
16.	Winston-Salem State	52.22	108
17.	Wayne State (Neb.)	48.81	17
18.	Bellarmine	47.01	9
19.	Saint Augustine's	42.88	19
20.	Minnesota State	42.77	18
21.	UC-Colorado Springs	41.58	21
22.	<b>Simon Fraser</b>	<b>39.20</b>	<b>24</b>
23.	Southwest Baptist	38.76	20
24.	Ursuline	35.58	26
25.	American International	34.76	23

## USTFCCCA WEST REGION TEAM INDEX

Final - Feb. 27, 2018

Rk	School	Pts.	Prev.
1.	<b>Seattle Pacific</b>	<b>293.33</b>	<b>1</b>
2.	<b>Central Washington</b>	<b>278.92</b>	<b>2</b>
3.	San Francisco St.	255.90	4
4.	Azusa Pacific	245.19	3
5.	<b>Simon Fraser</b>	<b>216.33</b>	<b>5</b>
6.	<b>Concordia (Ore.)</b>	<b>194.36</b>	<b>6</b>
7.	Academy of Art	193.23	8
8.	<b>Alaska Anchorage</b>	<b>173.81</b>	<b>7</b>
9.	<b>Western Washington</b>	<b>136.69</b>	<b>9</b>
10.	<b>Western Oregon</b>	<b>126.31</b>	<b>10</b>

[View Complete Regional Index Online](#)

[Complete Poll Online](#)



# GNAC Indoor Track & Field Records

## MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
<b>200 Meters</b>	<b>21.56</b>	<b>Carlos Ortiz, Concordia (2018)</b>
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	<b>7:50.81</b>	<b>David Ribich, Western Oregon (2018)</b>
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)
<b>200 Meters</b>	<b>21.56</b>	<b>Carlos Ortiz, Concordia (2018)</b>
400 Meters	47.80	Joel Webster, Simon Fraser (2016)
<b>800 Meters</b>	<b>1:50.83</b>	<b>David Ribich, Western Oregon (2018)</b>
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

<b>60 Meters</b>	<b>7.03</b>	<b>Kodiak Landis, Central Washington (2018)</b>
<b>Long Jump</b>	<b>6.95/22-9.75</b>	<b>James Phillips, Concordia (2018)</b>
<b>Shot Put</b>	<b>13.28/43-7</b>	<b>James Phillips, Concordia (2018)</b>
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)
<b>Triple Jump</b>	<b>12.68/41-7.25</b>	<b>Jasmine McMullin, Western Washington (2018)</b>
Shot Put	17.62/57-9.75	McKenzie Warren, Concordia (2017)*
Weight Throw	<b>19.52/64-0.5</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)
<b>Triple Jump</b>	<b>12.68/41-7.25</b>	<b>Jasmine McMullin, Western Washington (2018)</b>
Shot Put	17.02/55-10.25	McKenzie Warren, Concordia (2017)
Weight Throw	<b>18.29/60-0.25</b>	<b>Christina MacDonald, Concordia (2018)</b>
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.

**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.

**Sat., Feb. 24**

## **SPU Final Qualifier**

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

**Women (Top 3 GNAC Finishers):** 400 Meters - 2, Ali Anderson, CWU, 55.85; 3, Erykah Weems, CWU, 56.51. 800 Meters - 1, Suzie Van De Grift, WOU, 2:12.41; 2, Ruth Cvancara, UAA, 2:12.58; 3, Megan Rose, WOU, 2:12.81. Mile - 2, Tamara Perez, UAA, 4:55.96; 3, Nicole Maurmann, WOU, 4:58.94. 3,000 Meters - 1, Kennedy Rufener, WOU, 9:46.27. 60m Hurdles - 1, Renick Meter, SPU, 8.75; 2, Scout Cai, SPU, 9.11; 3, Ariya Kendrick, SMU, 9.23. 4x400 Relay - 1, Simon Fraser, 3:51.96; 2, Central Washington, 3:51.97. DMR - 1, Seattle Pacific, 11:39.11. High Jump - 1, Geneva Lehnert, SPU, 5-3.25; 2, HarLee Ortega, CWU, 5-1.25. Long Jump - 2, Jasmine McMullin, WWU, 17-10.25. Triple Jump - 2, HarLee Ortega, CWU, 39-0.25. Shot Put - 1, Melissa Ausman, CU, 49-9.25; 2, Christina MacDonald, CU, 48-3.25; 3, Katrina Linenko, CU, 46-10.75. Weight Throw - 2, Christina MacDonald, CU, 64-0.5.

**Men (Top 3 GNAC Finishers):** 400 Meters - 3, Trevaughn Scott, CWU, 50.10. 800 Meters - 3, AJ Holmberg, WOU, 1:54.68. Mile - 2, Justin Crosswhite, WOU, 4:08.79; 3, Rowan Doherty, SFU, 4:08.82. 3,000 Meters - 1, Felix Kemboi, UAA, 8:25.23. 60m Hurdles - 2, Ryan Gunther, CWU, 8.58. High Jump - 3, Tupre Wickliff, WWU, 6-5.5. Pole Vault - 3, J.T. Konrad, WWU, 15-11.75. Long Jump - 1, Anthony Manago, SMU, 22-9; 3, Josh Schulz, SMU, 21-7.25. Triple Jump - 2, Brandon Nicholson, UAA, 46-2.5; 3, Chris Brake, UAA, 45-7.25. Weight Throw - 1, Jacob Slate, CU, 55-10.5; 2, Jakob Chamberlin, CU, 55-2.25; 3, Joe Denniston, CU, 53-7.5.

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

## **NCAA Division II Indoor Track & Field Championships**

**at Robert W. Plaster Center, Pittsburg, Kan.**

**Women's Team Scores:** 1, West Texas A&M 53. 2, Western State, 40, 3, Lincoln (Mo.), 36. Tie 17, Alaska Anchorage, 10. Tie 24, Seattle Pacific, 8. Tie 29, Concordia, 7. Tie 32, Simon Fraser, 6. Tie 32, Western Oregon, 6. Tie 36, Central Washington, 5. Tie 36, Western Washington, 5.

**Women's Results (GNAC Athletes):** 400 Meters - 8, Ali Anderson, CWU, 56.02. 800 Meters - 1, Danielle McCormick, UAA, 2:07.79; 6, Olivia Woods, WOU, 2:11.24; 9, Alana Mussatto, SFU, 2:10.82; 14, Tamara Perez, 2:11.90; 16, Akeilia Knight, UAA, 2:13.15; 19, Ruth Cvancara, UAA, 2:13.76. Mile - 7, Suzie Van De Grift, WOU, 4:50.75; 14, Miryam Bassett, 4:58.80; 20, Paige Nock, SFU, 5:13.81. 3,000 Meters - 10, Reta Dobie, SFU, 9:41.24; 11, Kennedy Rufener, WOU, 9:41.54; 12, Julia Howley, SFU, 9:42.12. 5,000 Meters - 8, Kennedy Rufener, WOU, 16:49.68. 60m Hurdles - 15, Mariyah Vongsaveng, CWU, 8.66. DMR - 3, Simon Fraser (Bassett, Bluschke, Mussatto, Howley), 11:30.49; 5, Seattle Pacific (Lilly, Taylor, Phan, Charleson), 11:31.69; 9, Alaska Anchorage (McCormick, Aniteye, Knight, Perez), 11:55.60. High Jump - 14, Tori Johnson, CU, 5-5.75. Pole Vault - 6, Halle Irvine, CWU, 12-6.25; 16, Scout Cai, SPU, 11-8.5. Triple Jump - 4, Jasmine McMullin, WWU, 41-1.5; 13, Emma Hill, CU, 39-5.75. Shot Put - 7, Christina MacDonald, CU, 49-10; 18, Melissa Ausman, CU, 45-10.75; 20, Katrina Linenko, CU, 42-9. Weight Throw - 4, Christina MacDonald, CU, 63-2.75. Pentathlon - 5, Scout Cai, SPU, 3,790; 8, HarLee Ortega, CWU, 3,702; 11, Ali Anderson, CWU, 3,610.

**Men's Team Scores:** 1, Pittsburg St., 49. 2, Tiffin, 48. 3, Adams State, 44. Tie 6, Western Oregon 26. Tie 29, Central Washington, 6.

**Men's Results (GNAC Athletes):** Mile - 1, Dustin Nading, WOU, 4:13.30; 13, Oliver Jorgensen, SFU, 4:12.93. 3,000 Meters - 3, David Ribich, WOU, 8:01.55. DMR - 1, Western Oregon (Nading, Whitaker, Holmberg, Ribich), 9:41.40. Shot Put - 11, Josh Koch, CU, 57-2. Heptathlon - 3, Kodiak Landis, CWU, 5,508.

# 2018 GNAC Outdoor Meet Summaries

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

**Linfield Erik Anderson Memorial Icebreaker**

**at Maxwell Field, McMinnville, Ore.**

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

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

**Sat., Mar. 3**

**Willamette Opener**

**at Charles Bowles Track, Salem, Ore.**

**Women (Top 3 GNAC Finishers):** 400 Meters - 1, Grayson Burke, WOU, 59.25.

100m Hurdles - 2, Michaela Yonkman, WOU, 16.46; 3, Darian Wilson, WOU, 16.52. Long Jump - 2, Darian Wilson, WOU, 16-5. Shot Put - 2, Moana Gianotti, WOU, 37-5.25; 3, Mariah Gronbach, WOU, 35-0.5. Discus - 2, Halie Korff, WOU, 123-3.5; 3, Moana Gianotti, WOU, 109-0.25. Hammer - 1, Mariah Gronbach, WOU, 153-6.5; 3, Sylvia Dean, WOU, 145-1.5. Javelin - 2, Halie Korff, WOU, 125-7.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Devon Fortier, WOU, 11.20; 2, Codi Blodgett, WOU, 11.20. 400 Meters - 2, Cody Warner, WOU, 49.79. 800 Meters - 1, Curt Knott, WOU, 1:55.80; 2, Stephen Fey, WOU, 1:57.38; 3, Dominic Marshall, WOU, 1:57.72. 1,500 Meters - 1, Josh Dempsey, WOU, 3:50.81; 3, Thomas Normandeau, WOU, 3:58.83. Long Jump - 2, Alani Troutman, WOU, 21-7.5. Triple Jump - 1, Jalon Fields, WOU, 42-3.5. Shot Put - 1, Brandon Bowen, WOU, 48-4.75; 2, Mont Child, WOU, 47-1; 3, Nick Sieber, WOU, 45-6.5. Discus - 3, Chris Steffey, WOU, 140-9.25. Hammer - 1, Nick Sieber, WOU, 139-9.5.

**Ed Boitano Invitational**

**at Baker Stadium, Tacoma, Wash.**

**Women's Team Scores:** Whitworth 180, Western Washington 134, Saint Martin's 90, Seattle Pacific 72.5, Lewis & Clark 72.5, Puget Sound 48, Central Washington 30.

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Renick Meyer, SPU, 12.41; 2, Grace Bley, SPU, 12.81. 200 Meters - 2, Taylor Tandecki, SMU, 26.55. 400 Meters - 1, Becca Houk, SPU, 58.98; 2, Julia Stepper, SPU, 1:00.82. 800 Meters - 3, Elizabeth Thompson, SPU, 2:21.92. 1,500 Meters - 3, Jane Barr, WWU, 4:45.26. 10,000 Meters - 1, Yadira Lopez, SMU, 36:53.91; 2, Alexandra Laiblin, WWU, 37:16.26; 3, Peyton Shinnick, WWU, 38:58.04. 100m Hurdles - 1, Mariyah Vongsaveng, CWU, 14.67; 2, Sidney Trinidad, CWU, 15.22. 400m Hurdles - 1, Sidney Trinidad, CWU, 1:03.41. 4x400 Relay - 1, Seattle Pacific, 4:00.52. High Jump - 2, Ashley Vest, SMU, 4-11; 3, Bridget Henry, WWU, 4-11. Pole Vault - 1, Anna Paradee, WWU, 12-3.5; 2, Rachael Roberts, WWU, 10-4. Long Jump - 2, Devon Olson, WWU, 16-7.25; 3, Malea Munoz, WWU, 16-4.25. Triple Jump - 3, Devon Olson, WWU, 33-6.75. Shot Put - 1, Chanelle Eddy, WWU, 38-10.5; 2, Megan Vernoy, SMU, 38-10.25. Discus - 1, Megan Vernoy, SMU, 142-3; 2, Chanelle Eddy, WWU, 134-6; 3, Kiana Schwendman, WWU, 127-5. Javelin - Tie 1, Raquel Pellecer, WWU, 142-5; Tie 1, Natalie Vetto, WWU, 142-5; Tie 3, Deanna Avalos, SMU, 140-7; Tie 3 - Jona Spiller, SMU, 140-7.

**Men's Team Scores:** Whitworth 203, Western Washington 134.5, Puget Sound 100, Lewis & Clark 82.5, Seattle Pacific 52, Saint Martin's 34, Central Washington 25.

**Men (Top 3 GNAC Finishers):** 200 Meters - 3, Guillaume Tabary, SMU, 22.89. 400 Meters - 2, Jesse Phan, SPU, 52.65; 3, Miles Flett, SPU, 54.90. 800 Meters - 3, James Jaspersen, WWU, 1:58.01. 1,500 Meters - 1, Kyler Sager, WWU, 3:59.31; 2, James Jaspersen, WWU, 4:02.16; 3, Eric Hamel, WWU, 4:04.47. 10,000 Meters - 1, Edward Kiolbas, WWU, 31:57.70. 110m Hurdles - 2, Braydon Maier, CWU, 15.43; 3, Peyton Harris, SPU, 15.59. Long Jump - 1, Seren Dances, WWU, 22-6.25; 2, Somit Chhim, WWU, 21-6. Triple Jump - 1, Somit Chhim, WWU, 44-0.75; 3, Jacob Ringold, WWU, 42-6. Discus - 2, Avery Lux, WWU, 124-8. Javelin - 2, Brian Chalkley, SMU, 213-11; 3, Spencer Claeys, WWU, 206-10.

**Sat., Mar. 10**

**PLU Open**

**at PLU Track, Tacoma, Wash.**

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Emily Systma, WWU, 13.04; 2, Julia Inderbitzin, CWU, 13.15. 200 Meters - 1, Grace Bley, SPU, 25.28; 2, Savannah Smith, WWU, 25.39; 3, Erykah Weems, CWU, 25.47. 400 Meters - 1, Erykah Weems, CWU, 58.22; 2, Katie Collins, CWU, 58.90. 800 Meters - 1, Jane Barr, WWU, 2:19.01. 1,500 Meters - 1, Dania Homberg, SPU, 4:49.38; 2, Alexandra Laiblin, WWU, 4:52.72; 3, Katherine Walter, SPU, 4:53.88. 5,000 Meters - 1, Sophia Galvez, WWU, 17:45.53. 10,000 Meters - 1, Alexa Shindruk, CWU, 36:46.70; 2, Delaney Clem, CWU, 39:57.78. 100m Hurdles - 1, Claire Hansen, WWU, 15.10; 2, Rose Walts, CWU, 15.52. 400m Hurdles - 1, Molly House, WWU, 1:08.88. Steeplechase - 1, Nicole Soleim, CWU, 11:21.29. 4x100 Relay - 1, Western Washington, 49.07; 2, Central Washington, 49.64. 4x400 Relay - 1, Seattle Pacific, 3:54.51; 2, Central Washington, 3:54.51. High Jump - 2, Heather Faretta, WWU, 5-0.5. Pole Vault - 1, Anna Paradee, WWU, 11-11.25; Tie 2, Jewels Oliquiano, WWU, 10-11.5; Tie 2, Rachael Roberts, WWU, 10-11.5. Long Jump - 1, Brooke Williams, CWU, 17-6.25; 3, Devon Olson, WWU, 15-9. Triple Jump - 1, Brooke Williams, CWU, 36-5; 3, Rose Walts, CWU, 34-9.75. Shot Put - 1, Samantha La Rue, CWU, 40-7. Discus - 1, Shaddia Meadows, CWU, 130-4; 2, Chanelle Eddy, WWU, 130-2. Hammer - 1, Liz Larson, SMU, 167-6; 3, Samantha La Rue, CWU, 153-8. Javelin - 1, Raquel Pellecer, WWU, 147-8; 3, Natalie Vetto, WWU, 136-5.

**Men (Top 3 GNAC Finishers):** 100 Meters - 2, Bobby Widmar, CWU, 11.09; 3, Bryant Welch, WWU, 11.28. 200 Meters - 1, Bryant Welch, WWU, 22.12; 3, Harry Horwath, CWU, 22.73. 400 Meters - 1, Daniel Calderon, CWU, 49.43; 2, Doc Porter, CWU, 49.50. 800 Meters - 1, Liam Cossette, WWU, 1:55.11; 2, Kyler Sager, WWU, 1:55.19. 1,500 Meters - 1, Isaac Derline, WWU, 4:01.76; 3, Elius Graff, SPU, 4:03.74. 5,000 Meters - 2, Tyler Humphries, CWU, 15:39.69. 110m Hurdles - Cordell Cummings, WWU, 15.80; 2, Michael Forster, CWU, 16.36; 3, Seren Dances, WWU, 16.49. 400m Hurdles - 1, Cordell Cummings, 56.42; 2, Aaron Bosscher, WWU, 58.29; 3, Justin Wendling, CWU, 58.73. Steeplechase - 1, Corbin Carlton, CWU, 9:37.60. 4x100 Relay - 1, Western Washington A, 42.97; 2, Western Washington B, 44.17; 3, Seattle Pacific, 45.94. 4x400 Relay - 1, Western Washington, 3:24.22; 2, Central Washington, 3:26.08. High Jump - 1, Tupre Wickliff, WWU, 6-6; 3, Justin Peterson, CWU, 6-4. Pole Vault - 1, Adam Thomas, WWU, 14-5.25; 3, D'Andre Daniels, 13-11.25. Long Jump - 1, Somit Chhim, WWU, 20-10; 2, Jacob Ringold, WWU, 20-7.75. Triple Jump - 1, Somit Chhim, WWU, 44-10.25; 3, Justin Peterson, CWU, 44-4. Shot Put - 1, Ethan Tonder, CWU, 48-7.25; 2, Aidan Cain, CWU, 48-0; 3, Alberto Tafoya, CWU, 46-4.75. Discus - 2, Aidan Cain, CWU, 145-10; 3, Alberto Tafoya, CWU, 142-10. Hammer - 2, Kauanoie Vanderpoel, SMU, 173-3; 3, Avery Lux, WWU, 156-11. Javelin - 1, Alex Barry, WWU, 197-0; 2, Tyree Rutter, CWU, 191-3; 3, Mason Salley, WWU, 183-0.