



Mar. 21, 2018 • Week 10
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Sat., Mar. 24

Alaska Anchorage, Central Washington, Concordia, Western Oregon at Willamette Invitational, Salem, Ore. Central Washington, Seattle Pacific, Western Washington at Doris Heritage Track Festival, Seattle, Wash. Central Washington, Saint Martin's at Peyton Scoring Meet, Tacoma, Wash. Northwest Nazarene at NNU Open, Nampa, Idaho

LAST WEEK'S MEETS

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

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

Hornet Invitational

at **Hornet Stadium, Sacramento, Calif.**

Women (Top 3 GNAC Finishers): 800 Meters - 1, Addy Townsend, SFU, 2:08.55. Heptathlon - 2, Scout Cai, SPU, 4,710.

Men (Top 3 GNAC Finishers): 400m Hurdles - 1, Vladislav Tsygankov, SFU, 52.21. High Jump - 2, Chris Brake, UAA, 6-6.75.

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

L&C Spring Break Open

at **Eldon Fix Track, Portland, Ore.**

Women (Top 3 GNAC Finishers): 400 Meters - 1, Grayson Burke, WOU, 58.47. 5,000 Meters - 2, Yadira Lopez, SMU, 17:44.40. 400m Hurdles - 2, Sara Madden, WOU, 1:05.87; 3, Nicole Niskanen, WOU, 1:06.67. Steeplechase - 2, Gabby Hobson, CU, 11:38.38. Triple Jump - 1, Emma Hill, CU, 38-10.25. Shot Put - 3, Tasha Willing, CU, 44-1.25. Discus - 1, Melissa Ausman, CU, 151-11. Hammer - 1, Christina MacDonald, CU, 190-5.25; 2, Tasha Willing, CU, 188-4.5; 3, Liz Larson, SMU, 174-7.25.

Men (Top 3 GNAC Finishers): 200 Meters - 2, Codi Blodgett, WOU, 22.57. 400 Meters - 2, Jackson Hand, SMU, 50.37. 800 Meters - 2, Curt Knott, WOU, 1:55.70; 3, Dominick Marshall, WOU, 1:56.89. 1,500 Meters - 1, Justin Crosswhite, WOU, 3:57.40; 2, Thomas Normandeau, WOU, 3:59.17. 110m Hurdles - 1, Ryan Gunther, CWU, 15.75; 3, Jackson Stallard, WOU, 16.89. 400m Hurdles - 2, Ryan Gunther, CWU, 57.78. 4x100 Relay - 1, Saint Martin's, 42.77. Pole Vault - 3, Jackson Stallard, WOU, 13-8.25. Long Jump - 2, Alani Troutman, WOU, 22-1.75. Triple Jump - 3, Jalon Fields, WOU, 44-10.75. Shot Put - 1, Caleb Bridge, CU, 51-3.75; 2, Sam Nichols, CU, 50-11; 3, Seth Bridge, CU, 49-7.75. Discus - 2, Jakob Chamberlin, CU, 174-4.75; 3, Caleb Bridge, CU, 164-7.75. Hammer - 1, Jacob Slate, CU, 191-9.75; 2, Jakob Chamberlin, CU, 185-11; 3, Kauanoie Vanderpoel, SMU, 181-2. Javelin - 1, Easton Christensen, CU, 189-2.

Sat., Mar. 17

EOU Team Challenge

at **Kennison Field, Hermiston, Ore.**

Women (Top 3 GNAC Finishers): 100 Meters - 1, Troi Carter, CWU, 12.63; 2, Alexia Thomas, CWU, 12.83. 200 Meters - 3, Troi Carter, CWU, 27.64. 400 Meters - 1, Jasmyne Neria, CWU, 59.35; 2, Julia Inderbitzin, CWU, 1:01.96. 1,500 Meters - 3, Miranda Nelson, CWU, 5:13.24. 5,000 Meters - 1, Bethany Danner, NNU, 19:19.99; 2, Emily Hammons, NNU, 19:48.34. 100m Hurdles - 1, Sidney Trinidad, CWU, 14.94; 2, Ally Miran, NNU, 15.47; 3, HarLee Ortega, CWU, 15.57. 400m Hurdles - 1, Ali Anderson, CWU, 1:00.95; 2, Katie Collins, CWU, 1:04.04; 3, Sidney Trinidad, CWU, 1:05.23. Steeplechase - 2, Kiersten Kimminau, CWU, 12:44.61. 4x100 Relay - 3, Northwest Nazarene, 54.42. 4x400 Relay - 1, Central Washington, 4:13.16; 3, Northwest Nazarene, 4:22.42. High Jump - 1, Katie Conklin, NNU, 5-3; 2, Shaddia Meadows, CWU, 5-1; 3, Katie Collins, CWU, 4-11. Pole Vault - 1, Halle Irvine, CWU, 12-0; 2, Kayla Wyatt, CWU, 10-6; 3, Kourtney Gwin, NNU, 10-0. Long Jump - 2, Jackie Mahowald, NNU, 17-6.75; 3, Nice Loufoua, NNU, 16-8. Triple Jump - 1, Jackie Mahowald, NNU, 37-8.75; 2, Rose Walts, CWU, 36-2.25. Shot Put - 2, Sasha Korolenko, NNU, 40-11.5. Javelin - 1, Nicole Nobbs, NNU, 140-2.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Bobby Widmar, CWU, 10.93; 2, Isaiah Kahut, NNU, 11.19; 3, Harry Horwath, CWU, 11.27. 200 Meters - 1, Logan Blake, NNU, 22.21; 3, Bobby Widmar, CWU, 22.76. 400 Meters - 1, Logan Blake, NNU, 49.35; 2, Doc Porter, CWU, 49.65; 3, Daniel Calderon, CWU, 49.94. 800 Meters - 3, Ron Leaf, CWU, 2:04.50. 1,000 Meters - 1, Nick Hamilton, NNU, 32:23.38. 110m Hurdles - 2, Elijah Castro, NNU, 15.23; 3, Braydon Maier, CWU, 15.36. 4x100 Relay - 2, Northwest Nazarene, 44.69. 4x400 Relay - 1, Central Washington A, 3:18.31; 2, Central Washington B, 3:32.73. High Jump - Tie 1, Jeremy Bade, CWU, 6-3.5; Tie 1, Micah Tranch, NNU, 6-3.5; 3, Justin Peterson, CWU, 6-1.5. Pole Vault - 1, Jared Webster, NNU, 15-1; 3, Braydon Maier, CWU, 14-7.25. Long Jump - 1, Elijah Castro, NNU, 23-0.5; 3, Nathan Moore, NNU, 20-9. Shot Put - 1, Ethan Tonder, CWU, 47-11.75. Discus - 1, John Van Beuren, NNU, 154-6; 3, Canyon Anderson, NNU, 144-4. Hammer - 3, John Van Beuren, NNU, 162-10. Javelin - 2, Tyree Rutter, CWU, 178-3.

#GNACTF in 140

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#HotStarts Simon Fraser swept the Track Athlete of the Week awards thanks to a pair of solid opening performances at the Hornet Invitational. **Addy Townsend** won the women's 800 meters in her first track competition of the season while **Vladislav Tsygankov** won the men's 400-meter hurdles in his outdoor opener.

#ThrowDown Concordia swept the Field Athlete of the Week awards for a pair of NCAA Championships provisional qualifiers. **Christina MacDonald** had Division II's best mark of the season in the women's hammer and **Jakob Chamberlin** provisionally qualified in both the discus and hammer.

#NoBarriers Central Washington's **Ali Anderson** opened her outdoor season by running 1:00.95 in the women's 400-meter hurdles, ranking her No. 5 on the GNAC All-Time List.

#ProgressTowardsRanks In the first USTFCCCA Division II Women's Outdoor National Rankings of the season, Concordia is ranked No. 6. Seattle Pacific is No. 12 and Western Washington is ranked No. 19. The Concordia men are No. 9 in the first men's ranking of the season.

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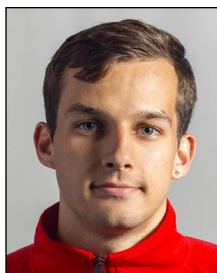
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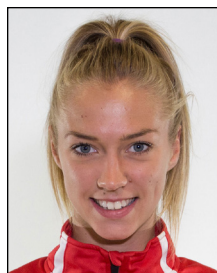
GNAC Track & Field Athletes Of The Week



MEN'S TRACK

Vladislav Tsygankov, Simon Fraser
Senior • Moscow, Russia

Tsygankov opened his outdoor season with a win in the 400-meter hurdles at the Hornet Invitational. He won the top heat in the event with a time of 52.21 seconds, which is an NCAA Championships provisional qualifier and ranks third in Division II this season.



WOMEN'S TRACK

Addy Townsend, Simon Fraser
Junior • Coquitlam, B.C.

Townsend opened her outdoor season by winning the 800 meters at the Hornet Invitational. Her time of 2:08.55 is an NCAA Championships provisional qualifier and is No. 2 in Division II this season.

Also Nominated: Yadira Lopez (Saint Martin's), Grayson Burke (Western Oregon).

Also Nominated: Codi Blodgett (Western Oregon).



MEN'S FIELD

Jakob Chamberlin, Concordia
Sophomore • Bellingham, Wash.

Chamberlin hit NCAA Championships provisional qualifying marks in a pair of throwing events at the L&C Spring Break Open. Chamberlin placed second in the discus with a mark of 174 feet, 4.75 inches, a mark that leads the GNAC and is No. 2 in Division II this season. Chamberlin also finished second in the hammer with a mark of 185 feet, 11 inches. The

mark is second in the GNAC (to teammate Jacob Slate) and is currently No. 6 in Division II.

Also Nominated: Kauanoe Vanderpoel (Saint Martin's), Alani Troutman (Western Oregon).



WOMEN'S FIELD

Christina MacDonald, Concordia
Senior • Myrtle Creek, Ore.

MacDonald put herself on top of the Division II best list and notched an NCAA Championships provisional qualifier in the hammer at the L&C Spring Break Open. MacDonald won with a mark of 190 feet, 5.25 inches, which also moves her to No. 3 on the GNAC All-Time List in the event. It is also No. 3 on Concordia's All-Time List.

Also Nominated: Liz Larson (Saint Martin's), Sylvia Dean (Western Oregon).

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
Mar. 12-18	Vladislav Tsygankov, SFU	Jakob Chamberlin, CU	Addy Townsend, SFU	Christina MacDonald, CU

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

Around The GNAC

ALASKA ANCHORAGE



- Alaska Anchorage opened its outdoor season with four GNAC-leading performances at the Hornet Invitational.
- Two of those leading marks came in the high jump. Sophomore **Chris Brake** placed second in the men's high jump with a mark of 6 feet, 6.75 inches.
- Junior **Yvonne Jeschke**, meanwhile, went 5 feet, 3.25 inches in the women's heptathlon high jump. She tied for sixth in the event and went on to place 12th overall with 4,085 points. Jeschke's top finish was in the 800 meters, finishing second in 2:20.15.
- Freshman **Felix Kemboi** took the GNAC lead in in the men's 1,500 meters in his first collegiate outdoor meet, placing 11th in a time of 3:54.22.
- In the sprints, sophomore **Oshane Hylton** placed seventh in the men's 100 meters with a GNAC-leading time of 10.81 seconds. Sophomore **Vanessa Aniteye** placed seventh in the women's 400 meters. Her time of 57.38 seconds is second best in the GNAC this season.
- Alaska Anchorage will compete in Oregon this weekend as one of four GNAC teams scheduled to compete at the Willamette Invitational in Salem.

CENTRAL WASHINGTON



- Central Washington finished with eight individual event winners and two NCAA Championships provisional qualifiers at the EOU Team Challenge.
- Senior **Ali Anderson** won the women's 400-meter hurdles and hit an NCAA Championships provisional qualifier with a time of 1:00.95. The mark is No. 5 on the GNAC All-Time List and currently No. 3 in Division II this season.
- Sophomore **Halle Irvine** led the Wildcats' field-event placers as she won the women's pole vault with a mark of 12 feet. The NCAA Championships provisional qualifying mark is second in the GNAC this season and fourth in Division II.
- The Wildcats also won both high hurdles races. Freshman **Sidney Trinidad** took the women's 100-meter hurdles in 14.94 seconds. She also took third in the 400-meter hurdles in 1:05.23. Freshman **Braydon Maier** won the men's 110-meter hurdles in 15.36 seconds.
- In the women's sprints, sophomore **Troi Carter** won the 100 meters in 12.63 seconds and placed third in the 200 meters in 27.64 seconds. Freshman **Jasmine Neria** won the 400 meters in a time of 59.35 seconds. The men's sprints saw freshman **Bobby Widmar** win the 100 meters in 10.93 seconds and place third in the 200 meters in 22.76 seconds. His time in the 100 is second-best in the GNAC.
- Junior **Ryan Gunther** competed at the L&C Spring Break Open in Portland and managed to win the men's 110-meter hurdles in 15.75 seconds.
- Freshman **Jeremy Bade** tied for first in the men's high jump with a mark of 6 feet, 3.5 inches. Sophomore **Tyree Rutter**, meanwhile, was second in the men's javelin with a mark of 178 feet, 3 inches.
- The Wildcats also win both 4x400-meter relays. The women finished in a time of 4:13.61 while the men crossed the finish line in 3:18.31.
- Central Washington will split its squad three ways this weekend. The Wildcats will send some athletes to the Willamette Invitational in Salem, some to the Doris Heritage Track Festival in Seattle and others to the Peyton Scoring Meet in Tacoma.

CONCORDIA



- Concordia turned in nine NCAA Championships provisional qualifying marks and eight GNAC-leading marks at the L&C Spring Break Open.
- Senior **Christina MacDonald** led the way. She was named the GNAC Women's Field Athlete of the Week after she won the hammer with a mark of 190 feet, 5.25 inches. That is No. 3 on the GNAC All-Time List and the top mark in Division II this season.
- Sophomore **Jakob Chamberlin** was named the GNAC Men's Field Athlete of the Week after hitting NCAA provisional qualifying marks in both the discus and hammer. Chamberlin placed second in the discus with a mark of 174 feet, 4.75 inches, which leads the GNAC and is No. 2 in Division II this season. He also placed second in the hammer at 185 feet, 11 inches, second in the GNAC and sixth in Division II this season.
- Freshman **Jacob Slate** won the men's hammer with his throw of 191 feet, 9.75 inches. That mark is No. 8 on the GNAC All-Time List, an NCAA Championships provisional qualifier and is No. 3 in Division II. Sophomore **Caleb Bridge** placed third in the discus in 164 feet, 7.75 inches, an NCAA provisional qualifier and No. 7 in Division II this season.
- Senior **Melissa Ausman** won the discus with a mark of 151 feet, 11 inches. That NCAA provisional qualifying mark is No. 5 in Division II this season and No. 6 on the GNAC All-Time List.
- Sophomore **Tasha Willing** moved to No. 4 on the GNAC All-Time List in the women's hammer throw. Her second place mark of 188-4.5 is No. 3 in Division II this season. Willing also leads the GNAC in the shot put as she placed third with a mark of 44 feet, 1.25 inches.
- Freshman **Elizabeth Stottlemyre** became the sixth GNAC athlete this season to earn a provisional qualifying mark in the women's javelin. She placed sixth with a mark of 135 feet, 6 inches.
- Senior **Emma Hill** also provisionally qualified her nationals in the women's triple jump. Her winning mark of 38 feet, 10.25 inches is sixth in Division II this season and ties her for No. 10 on the GNAC All-Time List.
- In its first year as a full Division II member, Concordia finds itself in the top-10 of both of the first USTFCCA Division II Outdoor National Rankings. The Cavaliers' women open at No. 6 while the men are No. 9.
- Concordia will compete close to home this weekend, taking part in the Willamette Invitational on Saturday in Salem.

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.

Around The GNAC

NORTHWEST NAZARENE



- The Nighthawks opened their outdoor schedule with 12 event winners at the EOU Team Challenge in Hermiston.
- Sophomore **Logan Blake** was a two-event winner in the men's sprints, capturing the 200 meters in 22.21 seconds and the 400 meters in a GNAC-leading time of 49.35 seconds.
- Freshman **Elijah Castro** had a school-record performance in the men's long jump with his winning mark of 23 feet, 0.5 inches. The mark leads the GNAC and bettered the previous longtime NNU record of 22 feet, 11.75 inches set by Steve Wolfe in 1974. Castro also ran the GNAC's top time in the 110-meter hurdles this season with a second-place time of 15.23 seconds.
- Junior **Jared Webster** took the GNAC lead in the pole vault with his winning performance of 15 feet, 1 inch. Senior **John Van Beuren** added an NNU field-event victory in the men's discus with a mark of 154 feet, 6 inches and junior **Micah Tranch** won the high jump with a clearance of 6 feet, 3.5 inches.
- Junior **Nicole Nobbs** earned an NCAA Championships provisional qualifier in the women's javelin as she won with a mark of 140 feet, 2 inches. The mark is fifth in the GNAC and 13th in Division II this season.
- Among other women's field-event winners, sophomore **Jackie Mahowald** won the triple jump with a mark of 37 feet, 8.75 inches while junior **Katie Conklin** won the high jump with a mark of 5 feet, 3 inches.
- The Nighthawks had three winners in the distance races. Sophomore **Godfrey Kemboi** won the men's 5,000 meters with a GNAC-leading time of 15:16.48 while senior **Nick Hamilton** won the men's 10,000 meters in 32:23.38. Sophomore **Bethany Danner** won the women's 5,000 meters in a time of 19:99.99.
- The Nighthawks are home this weekend, hosting the NNU Open on Saturday at the Brian & Nichole Bohner Track.

SAINT MARTIN'S



- Saint Martin's throwers netted a pair of NCAA Championships provisional qualifying marks to lead the Saints' efforts at the L&C Spring Break Open.
- Junior **Liz Larson** placed third in the women's hammer with a mark of 174 feet, 7 inches. The performance ranks third in the GNAC and is sixth in Division II this season.
- Senior **Kauanoë Vanderpoel** also hit a provisional qualifying mark in the men's hammer as he placed third at 181 feet, 2 inches. The mark also ranks third in the GNAC and is No. 9 in Division II this year.
- Senior **Yadira Lopez** ran the conference's fastest time this season in the women's 5,000 meters, taking second with a time of 17:44.40.
- In the men's sprints, senior **Jackson Hand** led the way with a second-place finish in the 400 meters in 50.37 seconds. Freshman **Guillaume Tabary** was not far behind, placing sixth in 51.32 seconds. The men's 4x400-meter relay was a winner with a time of 42.77 seconds.
- In the women's sprints, sophomore **Ariya Hendrick** finished fourth in the 100-meter hurdles with a time of 15.56 seconds.
- Saint Martin's will be in action in Tacoma this weekend, taking part in the Peyton Scoring Meet. It will be the first of two consecutive meets that the Saints will take part in at the University of Puget Sound's Baker Stadium.

SEATTLE PACIFIC



- An NCAA Championships provisional qualifying mark for sophomore **Scout Cai** led the Falcons at the Hornet Invitational in Sacramento.
- A week after earning All-American honors in the women's indoor pentathlon, Cai placed second in a Division-I laden field in the heptathlon with a score of 4,710 points. The score leads the GNAC and is third in Division II this season. Cai's top finish was third place in the 800 meters (2:23.37) while she also took fourth in the javelin (117-2).
- Freshman **Kellie May** took seventh in her first heptathlon with 4,167 points. She tied for fifth in the long jump with her leap of 17 feet, 4.75 inches ranking her third in the GNAC. Freshman **Renick Meyer** was 11th with a score of 4,105 points. She was a top-three finisher in three events, winning the 200 meters in a GNAC-leading time of 25.15 seconds and placing second in the long jump with a GNAC-best of 17 feet, 8 inches.
- Sophomore **Lani Taylor** ran the GNAC's top time in the women's 400 meters, placing fifth with a time of 56.71 seconds.
- In the distances, sophomore **Alyssa Foote** ran the GNAC's top time in the 1,500 meters, placing ninth with a time of 4:39.57.
- Freshman **Elius Graff** led the way for SPU men, running the GNAC's second-best time in the 5,000 meters. He placed 20th in Sacramento with a time of 15:20.81. Senior **Peyton Harris**, meanwhile, finished 11th in the 110-meter hurdles with a time of 15.50 seconds.
- Seattle Pacific's women are ranked No. 12 in the first USTFCCA Division II Outdoor National Rankings.
- Seattle Pacific will host its lone home meet of the season, the Doris Heritage Track Festival, on Saturday at West Seattle Stadium.

SIMON FRASER



- Simon Fraser opened its outdoor season with a pair of NCAA Championships provisional qualifiers as the Clan sent a limited roster to the Hornet Invitational in Sacramento.
- After sitting out the indoor season, junior **Ady Townsend** won her season debut in the women's 800 meters to earn GNAC Women's Track Athlete of the Week honors. Townsend ran a time of 2:08.88, which is an NCAA Championships provisional qualifier and is No. 2 in Division II this season.
- Senior **Vladislav Tsygankov** was named the GNAC Men's Track Athlete of the Week after he won the 400-meter hurdles with a time of 52.71 seconds. That time is an NCAA provisional qualifier and ranks No. 3 in Division II this season.
- Freshman **Renate Bluschke** was the Clan's other top placer at the meet. She finished 10th in the women's 400 meters with a time of 57.84 seconds, ranking her third in the GNAC this season.
- Simon Fraser is not scheduled to compete against until Mar. 30 and 31, heading south to participate in both the Stanford Invitational and the San Francisco State Distance Carnival.

Around The GNAC

WESTERN OREGON



- Western Oregon notched two event winners and one GNAC best at the L&C Spring Break Open in Portland.
- Sophomore **Justin Crosswhite** was the event winner as he took top honors in the men's 1,500 meters in a time of 3:57.40. The time is No. 2 in the GNAC this season. Teammate **Thomas Normandeau** was second in a time of

3:59.17.

- Sophomore **Grayson Burke** won the women's 400 meters in a time of 58.47 seconds and also took fourth in the 200 meters with a time of 26.24 seconds.
- Sophomore **Jalon Fields** finished with the GNAC's top mark in the men's triple jump as he placed third with a mark of 44 feet, 10.75 inches.
- Junior **Codi Blodgett** ran the GNAC's No. 3 time this season in the men's 200 meters, placing second in 22.57 seconds. Blodgett also placed fourth in the 100 meters in 11.09 seconds.
- Senior **Sara Madden** and sophomore **Nicole Niskanen** went second and third in the women's 400-meter hurdles. Madden finished with a time of 1:05.87 while Niskanen ran 1:06.67.
- In the men's field events, sophomore **Alani Troutman** placed second in the long jump with a leap of 22 feet, 1.75 inches, that ranks second in the GNAC. Freshman **Jackson Stallard** was third in the pole vault with a mark of 13 feet, 8.25 inches.
- Western Oregon is right back in action this weekend, competing at the Willamette Invitational in Salem.

WESTERN WASHINGTON



- Western Washington did not compete last week. The Vikings return to the outdoor oval on Saturday at the Doris Heritage Track Festival in Seattle.
- The Vikings enter the week with the top-two GNAC performers in the women's javelin. Sophomore **Racquel Pellecer** is fourth in Division II with her mark of 147 feet, 8 inches, while freshman **Natalie Vetto** is 10th in Division II with a mark of 142 feet, 5 inches. Both marks are NCAA Championships provisional qualifiers.
- Western Washington also has two NCAA provisional qualifiers in the men's javelin. Sophomore **Spencer Claeys** is eighth in Division II with his mark of 206 feet, 10 inches, and sophomore **Alex Barry** is 11th in Division II with his mark of 197 feet.
- Senior **Anna Paradee** leads the GNAC and has an NCAA provisional qualifier in the women's pole vault. Her season-best of 12 feet, 3.5 inches, is second in Division II this season.
- Western Washington's women are ranked No. 17 in the first USTFCCA Division II Outdoor National Rankings of the season.

GNAC Qualifiers For NCAA Outdoor Championships

MEN PROVISIONAL QUALIFIERS AS OF MAR. 20, 2018

Event	Athlete	Mark	Rank	Date
400m Hurdles	Vladislav Tsygankov, SFU	51.66	3rd	3/16/18
Discus	Jakob Chamberlin, CU	53.15/174-4	2nd	3/16/18
	Caleb Bridge, CU	50.18/164-7	7th	3/16/18
Hammer	Jacob Slate, CU	58.46/191-9	3rd	3/16/18
	Jakob Chamberlin, CU	56.66/185-11	6th	3/16/18
	Kauanoe Vanderpoel, SMU	55.21/181-2	9th	3/16/18
Javelin	Brian Chalkley, SMU	65.20/213-11	5th	3/3/18
	Spencer Claeys, WWU	63.05/206-10	8th	3/3/18
	Alex Barry, WWU	60.05/197-0	11th	3/10/18

WOMEN PROVISIONAL QUALIFIERS AS OF MAR. 20, 2018

Event	Athlete	Mark	Rank	Date
800 Meters	Addy Townsend, SFU	2:08.55	2nd	3/16/18
400m Hurdles	Ali Anderson, CWU	1:00.95	3rd	3/17/18
Pole Vault	Anna Paradee, WWU	3.75/12-3.5	2nd	3/3/18
	Halle Irvine, CWU	3.66/12-0	4th	3/17/18
Triple Jump	Emma Hill, CU	11.84/38-10.25	6th	3/16/18
Discus	Melissa Ausman, CU	46.30/151-11	5th	3/16/18
Hammer	Christina MacDonald, CU	58.04/190-5	1st	3/16/18
	Tasha Willing, CU	57.41/188-4	3rd	3/16/18
	Liz Larson, SMU	53.21/174-7	6th	3/16/18
Javelin	Raquel Pellecer, WWU	45.00/147-8	4th	3/10/18
	Natalie Vetto, WWU	43.42/142-5	10th	3/3/18
	Deanna Avalos, SMU	42.85/140-7	T-11th	3/3/18
	Jona Spiller, SMU	42.85/140-7	T-11th	3/3/18
	Nicole Nobbs, NNU	42.73/140-2	13th	3/17/18
	Elizabeth Stottlemyre, CU	41.30/135-6	17th	3/16/18
Heptathlon	Scout Cai, SPU	4,710	3rd	3/16/18

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 Outdoor Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National
Mar. 20

CU
9th

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 1 - Mar. 20, 2018

Rk	School	Pts.	Prev.
1.	Chico State	259.79	8
2.	Texas A&M-Kingsville	150.49	NR
3.	Pittsburg State	127.87	12
4.	Angelo State	127.52	10
5.	UC San Diego	118.74	NR
6.	Alabama-Huntsville	101.47	62
7.	UNC Pembroke	93.07	NR
8.	Saint Augustine's	89.97	1
9.	Concordia (Ore.)	85.60	NR
10.	Queens (N.C.)	80.43	NR
11.	Adams State	80.18	16
12.	Academy of Art	79.03	19
13.	Southern Arkansas	78.19	NR
14.	Columbus State	71.36	59
15.	Slippery Rock	67.71	NR
16.	Cal State LA	67.01	38
17.	Lee (Tenn.)	65.53	21
18.	Humboldt State	61.75	NR
19.	Albany State	61.54	8
20.	UC-Colorado Springs	58.59	30
21.	Stanislaus State	57.99	NR
22.	Cal Poly Pomona	57.37	46
23.	Cal Baptist	53.60	38
24.	Concord	50.71	NR
25.	Benedict	50.62	46

USTFCCCA WEST REGION TEAM INDEX

Week 1 - Mar. 20, 2018

Rk	School	Pts.	Prev.
1.	Chico State	587.59	—
2.	UC San Diego	425.09	—
3.	Cal Poly Pomona	266.92	—
4.	Fresno Pacific	238.18	—
5.	Azusa Pacific	222.24	—
6.	Western Washington	211.17	—
7.	Concordia (Ore.)	196.64	—
8.	Cal State San Marcos	189.26	—
9.	Academy of Art	165.37	—
10.	Cal State LA	151.84	—

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Women's Outdoor Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National
Mar. 20

CU SPU WWU
6th 12th 17th

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 1 - Mar. 20, 2018

Rk	School	Pts.	Prev.
1.	San Francisco St.	199.72	6
2.	Angelo State	155.66	13
3.	Fresno Pacific	114.90	56
4.	Chico State	95.71	7
5.	Academy of Art	91.25	50
6.	Concordia (Ore.)	90.59	NR
7.	UC San Diego	90.24	60
8.	Central Washington	85.52	NR
9.	Fort Hays State	83.50	NR
10.	Embry-Riddle (Fla.)	82.62	NR
11.	Cal State LA	82.54	NR
12.	Seattle Pacific	81.72	NR
13.	Edinboro	75.99	NR
14.	Saint Augustine's	73.41	9
15.	Pittsburg State	72.65	4
16.	Stanislaus State	69.20	NR
17.	Western Washington	64.94	27
18.	Azusa Pacific	63.21	NR
19.	Point Loma	61.20	NR
20.	Emporia State	59.50	NR
21.	Nova Southeastern	59.30	37
22.	Harding	58.59	NR
23.	Saint Leo	58.86	31
24.	Concordia (Calif.)	58.01	NR
25.	Alabama-Huntsville	57.84	NR

USTFCCCA WEST REGION TEAM INDEX

Week 1 - Mar. 20, 2018

Rk	School	Pts.	Prev.
1.	San Francisco St.	289.49	—
2.	Fresno Pacific	272.16	—
3.	UC San Diego	241.59	—
4.	Chico State	212.54	—
5.	Concordia (Calif.)	188.08	—
6.	Central Washington	179.75	—
7.	Stanislaus State	173.73	—
8.	Seattle Pacific	170.85	—
9.	Point Loma	168.36	—
10.	Academy of Art	166.43	—

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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	19.52/64-0.5	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

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, 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.

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

Hornet Invitational

at Hornet Stadium, Sacramento, Calif.

Women (Top 3 GNAC Finishers): 800 Meters - 1, Addy Townsend, SFU, 2:08.55. Heptathlon - 2, Scout Cai, SPU, 4,710.

Men (Top 3 GNAC Finishers): 400m Hurdles - 1, Vladislav Tsygankov, SFU, 52.21. High Jump - 2, Chris Brake, UAA, 6-6.75.

2018 GNAC Outdoor Meet Summaries

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

L&C Spring Break Open

at Eldon Fix Track, Portland, Ore.

Women (Top 3 GNAC Finishers): 400 Meters - 1, Grayson Burke, WOU, 58.47. 5,000 Meters - 2, Yadira Lopez, SMU, 17:44.40. 400m Hurdles - 2, Sara Madden, WOU, 1:05.87; 3, Nicole Niskanen, WOU, 1:06.67. Steeplechase - 2, Gabby Hobson, CU, 11:38.38. Triple Jump - 1, Emma Hill, CU, 38-10.25. Shot Put - 3, Tasha Willing, CU, 44-1.25. Discus - 1, Melissa Ausman, CU, 151-11. Hammer - 1, Christina MacDonald, CU, 190-5.25; 2, Tasha Willing, CU, 188-4.5; 3, Liz Larson, SMU, 174-7.25.

Men (Top 3 GNAC Finishers): 200 Meters - 2, Codi Blodgett, WOU, 22.57. 400 Meters - 2, Jackson Hand, SMU, 50.37. 800 Meters - 2, Curt Knott, WOU, 1:55.70; 3, Dominick Marshall, WOU, 1:56.89. 1,500 Meters - 1, Justin Crosswhite, WOU, 3:57.40; 2, Thomas Normandeau, WOU, 3:59.17. 110m Hurdles - 1, Ryan Gunther, CWU, 15.75; 3, Jackson Stallard, WOU, 16.89. 400m Hurdles - 2, Ryan Gunther, CWU, 57.78. 4x100 Relay - 1, Saint Martin's, 42.77. Pole Vault - 3, Jackson Stallard, WOU, 13-8.25. Long Jump - 2, Alani Troutman, WOU, 22-1.75. Triple Jump - 3, Jalon Fields, WOU, 44-10.75. Shot Put - 1, Caleb Bridge, CU, 51-3.75; 2, Sam Nichols, CU, 50-11; 3, Seth Bridge, CU, 49-7.75. Discus - 2, Jakob Chamberlin, CU, 174-4.75; 3, Caleb Bridge, CU, 164-7.75. Hammer - 1, Jacob Slate, CU, 191-9.75; 2, Jakob Chamberlin, CU, 185-11; 3, Kauanoe Vanderpoel, SMU, 181-2. Javelin - 1, Easton Christensen, CU, 189-2.

Sat., Mar. 17

EOU Team Challenge

at Kennison Field, Hermiston, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Troi Carter, CWU, 12.63; 2, Alexia Thomas, CWU, 12.83. 200 Meters - 3, Troi Carter, CWU, 27.64. 400 Meters - 1, Jasmyne Neria, CWU, 59.35; 2, Julia Inderbitzin, CWU, 1:01.96. 1,500 Meters - 3, Miranda Nelson, CWU, 5:13.24. 5,000 Meters - 1, Bethany Danner, NNU, 19:19.99; 2, Emily Hammons, NNU, 19:48.34. 100m Hurdles - 1, Sidney Trinidad, CWU, 14.94; 2, Ally Miran, NNU, 15.47; 3, HarLee Ortega, CWU, 15.57. 400m Hurdles - 1, Ali Anderson, CWU, 1:00.95; 2, Katie Collins, CWU, 1:04.04; 3, Sidney Trinidad, CWU, 1:05.23. Steeplechase - 2, Kiersten Kimminau, CWU, 12:44.61. 4x100 Relay - 3, Northwest Nazarene, 54.42. 4x400 Relay - 1, Central Washington, 4:13.16; 3, Northwest Nazarene, 4:22.42. High Jump - 1, Katie Conklin, NNU, 5-3; 2, Shaddia Meadows, CWU, 5-1; 3, Katie Collins, CWU, 4-11. Pole Vault - 1, Halle Irvine, CWU, 12-0; 2, Kayla Wyatt, CWU, 10-6; 3, Kourtney Gwin, NNU, 10-0. Long Jump - 2, Jackie Mahowald, NNU, 17-6.75; 3, Nice Loufoua, NNU, 16-8. Triple Jump - 1, Jackie Mahowald, NNU, 37-8.75; 2, Rose Walts, CWU, 36-2.25. Shot Put - 2, Sasha Korolenko, NNU, 40-11.5. Javelin - 1, Nicole Nobbs, NNU, 140-2.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Bobby Widmar, CWU, 10.93; 2, Isaiah Kahut, NNU, 11.19; 3, Harry Horwath, CWU, 11.27. 200 Meters - 1, Logan Blake, NNU, 22.21; 3, Bobby Widmar, CWU, 22.76. 400 Meters - 1, Logan Blake, NNU, 49.35; 2, Doc Porter, CWU, 49.65; 3, Daniel Calderon, CWU, 49.94. 800 Meters - 3, Ron Leaf, CWU, 2:04.50. 10,000 Meters - 1, Nick Hamilton, NNU, 32:23.38. 110m Hurdles - 2, Elijah Castro, NNU, 15.23; 3, Braydon Maier, CWU, 15.36. 4x100 Relay - 2, Northwest Nazarene, 44.69. 4x400 Relay - 1, Central Washington A, 3:18.31; 2, Central Washington B, 3:32.73. High Jump - Tie 1, Jeremy Bade, CWU, 6-3.5; Tie 1, Micah Tranch, NNU, 6-3.5; 3, Justin Peterson, CWU, 6-1.5. Pole Vault - 1, Jared Webster, NNU, 15-1; 3, Braydon Maier, CWU, 14-7.25. Long Jump - 1, Elijah Castro, NNU, 23-0.5; 3, Nathan Moore, NNU, 20-9. Shot Put - 1, Ethan Tonder, CWU, 47-11.75. Discus - 1, John Van Beuren, NNU, 154-6; 3, Canyon Anderson, NNU, 144-4. Hammer - 3, John Van Beuren, NNU, 162-10. Javelin - 2, Tyree Rutter, CWU, 178-3.