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Great Northwest Athletic Conference

TRACK & FIELD WEEKLY REPORT

Mar. 21, 2018 • Week 10

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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Tues., Mar. 27-Wed., Mar. 28

Concordia at Boxer Combined Event, Forest Grove, Ore.

Fri., Mar. 30

Montana State Billings at MSUB Invitational, Billings, Mont.

Seattle Pacific, Simon Fraser, Western Washington at UBC Invitational, Vancouver, B.C.

Fri., Mar. 30-Sat., Mar. 31

Alaska Anchorage, Northwest Nazarene, Simon Fraser, Western Oregon, Western Washington at Stanford Invitational, Palo Alto, Calif.

Alaska Anchorage, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at San Francisco Distance Carnival, San Francisco, Calif.

Central Washington, Saint Martin's, Western Washington at Shotwell Invitational, Tacoma, Wash.

Western Oregon at Pacific Open, Forest Grove, Ore.

LAST WEEK'S MEETS

Fri., Mar. 23 & Sat., Mar. 24

Willamette Invitational

at Charles Bowles Track, Salem, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Marie Ries, UAA, 12.52. 200 Meters - 2, Marie Ries, UAA, 25.84; 3, Meyer Quaynor, SFU, 26.55. 400 Meters - 1, Renate Bluschke, SFU, 57.82; 2, Megan Rose, WOU, 58.11; 3, Bryce West, SFU, 58.74. 800 Meters - 1, Yemi Knight, UAA, 2:16.22; 2, Grayson Burke, WOU, 2:17.36; 3, Emily Chilton, SFU, 2:17.54. 1,500 Meters - 1, Caroline Kurgat, UAA, 4:26.16; 2, Tamara Perez, UAA, 4:30.87. 5,000 Meters - 1, Emmah Chelimo, UAA, 17:14.06; 2, Zannah Jephumba, UAA, 17:14.40; 3, Alexa Shindruck, CWU, 17:26.81. 400m Hurdles - 1, Sophie Dodd, SFU, 1:03.35. Steeplechase - 1, Chelsea Ribeiro, SFU, 11:21.61; 2, Jules Ward, UAA, 11:30.90. 4x100 Relay - 1, Simon Fraser, 48.26. 4x400 Relay - 1, Western Oregon, 3:49.89; 2, Simon Fraser, 3:51.11; 3, Alaska Anchorage, 3:57.87. High Jump - 1, Tori Johnson, CU, 5-4.25. Long Jump - 1, Chelsea Bone, CU, 17-8. Triple Jump - 1, Emma Hill, CU, 39-1. Shot Put - 2, Christina MacDonald, CU, 47-6.5; 3, Katrina Linenko, CU, 45-4.5. Discus - 1, Melissa Ausman, CU, 156-9.25. Hammer - 1, Christina MacDonald, CU, 182-11.5; 2, Tasha Willing, CU, 175-0. Javelin - 2, Darian Wilson, WOU, 135-8.5; 3, Chelsea Bone, CU, 132-1.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Carlos Ortiz, CU, 10.62; 2, Nathan Mah, SFU, 10.85; 3, Codi Blodgett, WOU, 10.87. 200 Meters - 2, Oshane Hylton, UAA, 22.66; 3, Devon Fortier, WOU, 22.74. 400 Meters - 1, Joel Webster, SFU, 49.43; 2, Daniel Remington, UAA, 50.38; 3, Cody Warner, WOU, 50.41. 800 Meters - 1, Noah Wallace, CU, 1:54.62; 2, Curt Knott, WOU, 1:54.77; 3, Dylan Freihofer, SFU, 1:54.90. 1,500 Meters - 1, Parker Marson, WOU, 3:57.24; 3, Felix Kemboi, UAA, 3:59.51. 400m Hurdles - 1, Andrey Gamza, CU, 56.35; 2, Joshua Adhemar, SFU, 56.61. Steeplechase - 2, Corbin Carlton, CWU, 9:18.98; 3, Aaron

Ahl, SFU, 9:25.88. 4x100 Relay - 1, Alaska Anchorage, 41.91; 2, Simon Fraser, 42.20. 4x400 Relay - 1, Simon Fraser, 3:24.06; 3, Western Oregon, 3:26.46. High Jump - 3, Brandon Nicholson, UAA, 5-10. Triple Jump - 2, Chris Brake, UAA, 45-10.5. Shot Put - 1, Josh Koch, CU, 53-6.5; 2, Caleb Bridge, CU, 51-6.5; 3, Jakob Chamberlin, CU, 49-8.5. Discus - 1, Jakob Chamberlin, CU, 167-3.25; 2, Caleb Bridge, CU, 163-8.75; 3, Josh Koch, CU, 160-11.25. Hammer - 1, Jacob Slate, CU, 195-8.25; 2, Jakob Chamberlin, CU, 186-3; 3, Josh Koch, CU, 175-0. Javelin - 1, Easton Christensen, CU, 182-9.25.

Sat., Mar. 24

Doris Heritage Track Festival
at West Seattle Stadium, Seattle, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Renick Meyer, SPU, 12.49; 2, Julia Stepper, SPU, 12.68; 3, Scout Cai, SPU, 13.03. 200 Meters - 1, Julia Stepper, SPU, 25.97; 2, Scout Cai, SPU, 26.32; 3, Brooke Benner, SPU, 26.70. 400 Meters - 1, Becca Houk, SPU, 58.78; 2, Brooke Benner, SPU, 1:01.10. 800 Meters - 1, Waverly Shreffler, WWU, 2:27.18. 1,500 Meters - 1, Mary Charleson, SPU, 4:40.07; 2, Kate Lilly, SPU, 4:43.07; 3, Alyssa Foote, SPU, 4:43.96. 5,000 Meters - 1, Tracy Melville, WWU, 18:09.41; 2, Peyton Shinnick, WWU, 18:27.71; 3, Tovah Swartz-Ireland, WWU, 18:33.79. 4x400 Relay - 1, Seattle Pacific C, 4:09.89; 2, Seattle Pacific A, 4:10.55; 3, Seattle Pacific B, 4:12.68. High Jump - 1, Geneva Lehnert, SPU, 5-2.25; 2, Amy Petz, SFU, 5-2.25; 3, Erin Fortune, SFU, 4-10.25. Pole Vault - 2, Anna Paradee, WWU, 12-6.25. Long Jump - 1, Renick Meyer, SPU, 18-0.25; 2, Scout Cai, SPU, 17-3.25; 3, Kellie May, SPU, 17-3.25. Triple Jump - 1, Kellie May, SPU, 37-2.25. Shot Put - 1, Holly Taylor, SFU, 40-11.75; 2, Chanelle Eddy, WWU, 35-0.25; 3, Clare Lytle, CWU, 33-5.25. Hammer - 1, Liz Larson, SMU, 167-7; 2, Holly Taylor, SFU, 14-610; 3, Kiana Schwendman, WWU, 136-7. Javelin - 1, Raquel Pellecer, WWU, 148-1; 2, Natalie Vetto, WWU, 143-1.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Seren Dances, WWU, 11.83; 2, Stedman Knox, WWU, 11.92; 3, Shayne Carpenter, SPU, 12.09. 200 Meters - 2, Peyton Harris, SPU, 23.38; 3, Stedman Knox, WWU, 23.85. 400 Meters - 2, Reid Loverkamp, WWU, 50.91; 3, Tyler Sager, WWU, 51.27. 800 Meters - 1, Richard Torres, SFU, 1:58.30; 2, Jesse Phan, SPU, 1:58.87; 3, Brysten James, SPU, 2:00.11. 1,500 Meters - 3, James Jespersion, WWU, 3:59.76. 5,000 Meters - 2, Edward Kiolbas, WWU, 15:16.46; 3, Bentley Wilson, WWU, 15:27.35. Steeplechase - 1, Ian Fay, WWU, 9:32.99; 2, Jackson McIlroy, WWU, 9:52.40. 4x400 Relay - 1, Western Washington, 3:30.46; 2, Seattle Pacific C, 3:39.83; 3, Seattle Pacific A, 3:40.06. High Jump - 1, Tupre Wickliff, WWU, 6-8; 2, Seren Dances, WWU, 5-10. Long Jump - 1, Seren Dances, WWU, 22-9; 2, Somit Chhim, WWU, 21-10.75; 3, Cyrus McAllister, WWU, 21-0. Triple Jump - 2, Jacob Ringold, WWU, 42-0.5. Hammer - 1, Kauanoe Vanderpoel, SMU, 170-6; 2, Avery Lux, WWU, 163-3; 3, Tiger Wu, SFU, 148-3. Javelin - 1, Cooper McNatt, WWU, 181-5; 2, Tyree Rutter, CWU, 172-1; 3, Mason Salley, WWU, 170-1.

Peyton Scoring Meet

at Baker Stadium, Tacoma, Wash.

Women's Team Scores: Pacific (Ore.) 124, Puget Sound 121, Saint Martin's 116, Olympic CC 75, Pacific Lutheran 62, Green River CC 32, Multnomah 19.

Women (Top 3 GNAC Finishers): 200 Meters - 2, Taylor Tandecki, SMU, 26.71. 100m Hurdles - 1, Ariya Kendrick, SMU, 15.12. 400m Hurdles - 2, Artressa Nickelson, SMU, 1:11.39. Steeplechase - 1, Lindsey Dorney, SMU, 12:15.75; 3, Sadie Dalgleish, SMU, 12:38.07. 4x100 Relay - 1, Saint Martin's, 49.78. High Jump - 2, Cassidy Apo, SMU, 4-10.5; 3, Ashley Vest, SMU, 4-10.5. Long Jump - 1, Ashleigh Fraser, SMU, 17-4.75. Discus - 1, Megan Vernoy, SMU, 135-1. Javelin - 3, Sarah Howaden, SMU, 110-7.

Men's Team Scores: Saint Martin's 128, Pacific (Ore.) 114, Puget Sound 67, Olympic CC 66, Multnomah 65, Central Washington 47, Green River CC 21, Pacific Lutheran 6.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Jackson Hand, SMU, 11.04; 3, Harry Howarth, CWU, 11.22. 200 Meters - 1, Jackson Hand, SMU, 21.92; 2, Harry Howarth, CWU, 22.55; 3, Guillaume Tabary, SMU, 22.89. 400 Meters - 3, Josh Anguay, SMU, 54.30. 1,500 Meters - 3, Jasper Heckman, SMU, 4:12.48. 400m Hurdles - 3, Andrew Walter, SMU, 1:02.09. Steeplechase - 2, Miguel De LaMalena, SMU, 10:29.02; 3, Derrick Howlett, SMU, 10:48.03. 4x100 Relay - 1, Saint Martin's, 42.67. Long Jump - 1, Josh Schulz, SMU, 22-1; 2, Guillaume Tabary, SMU, 21-4.35. Shot Put - 1, Aidan Cain, CWU, 48-7.25.

NUU Open

at Bohner Track, Nampa, Idaho

Women (Top 3 GNAC Finishers): 100 Meters - 3, Nice Loufoua, NNU, 13.93. 200 Meters - 1, Katie Conklin, NNU, 28.36. 400 Meters - 1, MaKenna Conley, NNU, 1:02.09. 1,500 Meters - 2, Sierra Manzer, NNU, 5:13.10. 100m Hurdles - 1, Ally Miran, NNU, 15.58; 2, Katie Conklin, NNU, 15.61. 400m Hurdles - 3, Ally Miran, NNU, 1:08.64. 4x100 Relay - 1, Northwest Nazarene, 53.42. 4x400 Relay - 2, Northwest Nazarene, 4:14.68. High Jump - 1, Katie Conklin, NNU, 5-3.75. Pole Vault - 1, Kourtney Gwin, NNU, 10-2. Triple Jump - 1, Nice Loufoua, NNU, 38-4; 2, Jackie Mahowald, NNU, 37-5. Hammer - 2, Sasha Korolenko, NNU, 149-0.75.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Isaiah Kahut, NNU, 11.12. 200 Meters - 1, Logan Blake, NNU, 22.18; 3, Isaiah Kahut, NNU, 23.02. 400 Meters - 2, Zachary Magee, NNU, 50.36. 1,500 Meters - 2, Godfrey Kemboi, NNU, 4:02.61. 110m Hurdles - 1, Dakota Tidwell, NNU, 1:02.09; 2, Ryan Chism, NNU, 16.15; 3, David Blum, NNU, 17.54. 400m Hurdles - 3, Ryan Chism, NNU, 1:00.16. 4x100 Relay - 1, Northwest Nazarene, 42.57. 4x400 Relay - 2, Northwest Nazarene A, 3:30.41; 3, 3:35.21. High Jump - 1, Micah Tranch, NNU, 6-6.75; 2, Keffrey Stellway, NNU, 6-2.25. Pole Vault - 1, Payton Lewis, NNU, 16-2.75; 2, Dakota Tidwell, NNU, 14-9. Discus - 1, John Van Beuren, NNU, 162-9.75; 2, Canyon Anderson, NNU, 159-4.75. Hammer - 1, John Van Beuren, NNU, 170-0.5; 2, Brayden Eiland, NNU, 159-4; 3, Canyon Anderson, NNU, 156-1.5. Javelin - 1, Micah Tranch, NNU, 181-5.75.

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GNAC Track & Field Athletes Of The Week



MEN'S TRACK
Carlos Ortiz, Concordia
 Senior • Salem, Ore.

Ortiz won the 100 meters at the Willamette Invitational in a school-record and GNAC-leading time of 10.62 seconds. The performance just missed the provisional qualifying mark for the NCAA Championships (10.59 seconds) and ranks No. 7 on the GNAC All-Time List.

Also Nominated: Jackson Hand (Saint Martin's), Parker Marson (Western Oregon).



WOMEN'S TRACK
Caroline Kurgat, Alaska Anchorage
 Senior • Eldoret, Kenya

Making her first appearance on the track this season, indoor or outdoors, Kurgat won the 1,500 meters at the Willamette Invitational with a time of 4:26.16. The performance is the second-fastest in UAA history and moves her into No. 10 on the GNAC All-Time List. An NCAA Championships provisional qualifier, Kurgat's performance is the second-best in Division II this season.

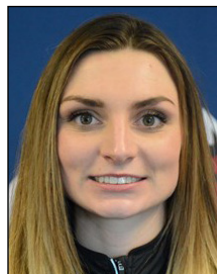
Also Nominated: Ariya Kendrick (Saint Martin's), Renick Meyer (Seattle Pacific), Grayson Burke (Western Oregon), Sophia Galvez (Western Washington).



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

Landis won the decathlon at the Sam Adams Classic with an NCAA Championships provisional qualifying and Division II leading score of 7,098 points. The performance broke the CWU school record and is No. 3 on the GNAC All-Time List. Landis won four of the 10 events, the shot put (41-8), the long jump (22-0.25), the pole vault (15-5.75) and the 400 meters. His time of 49.29 seconds in the 400 leads the GNAC this season.

Also Nominated: Brandon Nicholson (Alaska Anchorage), Jacob Slate (Concordia), Kauanoe Vanderpoel (Saint Martin's), Chris Steffey (Western Oregon), Tupre Wickliff (Western Washington).



WOMEN'S FIELD
HarLee Ortega, Central Washington
 Senior • Payette, Idaho

Ortega won the heptathlon at the Sam Adams Classic with an NCAA Championships provisional qualifying score of 4,875 points. The performance is a school record and ranks fourth in Division II this season. Ortega won the long jump with a GNAC-best mark of 18 feet, 5.25 inches, and the high jump at 5 feet, 2.25 inches.

Also Nominated: Christina MacDonald (Concordia), Ashleigh Fraser (Saint Martin's), Darian Wilson (Western Oregon), Anna Paradee (Western Washington).

Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Nov. 27-Dec. 3	Sam Zook, MSUB	Kodiak Landis, CWU	Michaela Johnson, MSUB	Ali Anderson, CWU
Dec. 4-10	Jackson Hand, SMU	John VanBeuren, NNU	Ali Anderson, CWU	HarLee Ortega, CWU
Jan. 8-14	Dustin Nading, WOU	Chris Brake, UAA	Julia Howley, SFU	Christina MacDonald, CU
Jan. 15-21	Carlos Ortiz, CU	Elijah Castro, NNU	Nikki Aiken, MSUB	Christina MacDonald, CU
Jan. 22-28	David Ribich, WOU	Kodiak Landis, CWU	Olivia Woods, WOU	Scout Cai, SPU
Jan. 29-Feb. 4	Vladislav Tsygankov, SFU	John Van Beuren, NNU	Alana Mussatto, SFU	HarLee Ortega, CWU
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
Mar. 19-25	Carlos Ortiz, CU	Kodiak Landis, CWU	Caroline Kurgat, UAA	HarLee Ortega, CWU

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

Around The GNAC

ALASKA ANCHORAGE



- Alaska Anchorage athletes posted four GNAC-leading performances and notched three NCAA Championships provisional qualifiers at the Willamette Invitational.
- Senior **Caroline Kurgat** was named the GNAC Women's Track Athlete of the Week after she hit an NCAA provisional qualifier in the 1,500 meters. Her winning time of 4:26.16 was the second-fastest time in UAA history, is No. 10 on the GNAC All-Time List and is No. 2 in Division II this season.
- Senior **Tamara Perez** hit an NCAA provisional mark in the same race, finishing second to Kurgat in 4:30.87. The time ranks No. 5 in Division II this season.
- Sophomore **Emmah Chelimo** hit an NCAA provisional qualifier in the women's 5,000 meters, winning at Willamette in a time of 17:14.06. The performance is the 10th best in Division II this season. Junior **Zannah Jepchumba**, meanwhile, just missed the provisional qualifier as she finished second in 17:14.70.
- Junior **Jorge Sanchez** ran the top time in the GNAC in the men's 5,000 meters this season, placing fifth in a time of 15:04.71.
- Freshman **Brandon Nicholson** posted the conference's best mark this season in the men's triple jump, finishing second with a mark of 45 feet, 10.5 inches.
- In the sprints, junior **Yemi Knight** won the women's 800 meters in a time of 2:16.22. Sophomore **Oshane Hylton** was second in the men's 200 meters in 22.60 seconds while junior **Daniel Remington** was second in the men's 400 meters in 50.38 seconds.
- The Alaska Anchorage women are ranked for the first time this season in the USTFCCCA Division II Team Rankings at No. 19.
- Alaska Anchorage will compete in the Bay Area this weekend at the Stanford Invitational and the San Francisco State Distance Carnival.

CENTRAL WASHINGTON



- School records in the two multi-event disciplines led Central Washington's efforts in a trio of meets.
- At the Sam Adams Classic in Spokane, senior **Kodiak Landis** won the men's decathlon with a school-record score of 7,098 points. He won five of the 10 events, led by a GNAC-leading time of 49.29 seconds in the 400 meters. The score is No. 3 on the GNAC All-Time List, is an NCAA Championships provisional qualifier and the top mark in Division II this season. The performance earned Landis GNAC Men's Field Athlete of the Week honors.
- Senior **HarLee Ortega** also scored a school-record performance in the women's heptathlon, winning with a score of 4,875 points. She won two of the seven events, including the long jump with a GNAC-leading leap of 18 feet, 5.25 inches. The mark is an NCAA Championships provisional qualifier and is No. 4 in Division II this season. The performance earned Ortega GNAC Women's Field Athlete of the Week selection.
- The Wildcats had two more provisional qualifiers in the men's decathlon. Freshman **Braydon Maier** placed second with a score of 6,562 points, which is No. 8 on the GNAC All-Time List and No. 9 in Division II this season. Maier was second in the 110-meter hurdles with a GNAC best time of 15.11 seconds. Junior **Michael Forster** was third with his score of 6,491 points, ranking 10th in Division II this season.

- During the women's heptathlon, sophomore **Erykah Weems** ran a GNAC-leading time of 14.64 seconds in the 100-meter hurdles.
- Distance runners led the Wildcats' performances at the Willamette Invitational. Junior **Corbin Carlton** placed second in the men's steeplechase with a GNAC-leading time of 9:18.98 while senior **Josh Boston** was third in the men's 5,000 meters in 15:26.44. Junior **Alexa Shindruk** was third in the women's 5,000 meters in 17:26.81.

- Both of Central Washington's teams are among the top-25 in this week's USTFCCCA Division II National Team Rankings. The CWU women are ranked No. 13 while the men are Ranked No. 21.
- Central Washington competes in just one meet this weekend, participating in the Shotwell Invitational in Tacoma.

CONCORDIA



- A school-record performance by senior **Carlos Ortiz** in the men's 100 meters led Concordia's performances at the Willamette Invitational.
- Ortiz won the event with a time of 10.62 seconds. The performance leads the GNAC this season, is No. 7 on the GNAC All-Time List and just missed the NCAA Championships provisional qualifier of 10.59 seconds. The sprint earned Ortiz selection as GNAC Men's Track Athlete of the Week.
- The Cavaliers were dominant, once again, in the throws. Senior **Melissa Ausman** posted a five-foot personal best to win the women's discus with a throw of 156 feet, 9.25 inches. That mark is No. 4 on the GNAC All-Time List and is sixth-best in Division II this season.
- Senior **Christina MacDonald** won the women's hammer with a mark of 182 feet, 11.5 inches, improving her to No. 4 in Division II this season. She also notched a new NCAA provisional qualifier in the shot put, placing second in 47 feet, 6.5 inches. The mark is No. 6 in Division II this season. Junior **Katrina Linenko** provisionally qualified for the shot put as well with a mark of 45 feet, 4.5 inches.
- Freshman **Jacob Slate** hit an NCAA provisional qualifying mark in the men's hammer, winning with a mark of 195 feet, 8.25 inches. The throw is No. 4 on the GNAC All-Time List and is No. 4 in Division II this season. Sophomore **Jakob Chamberlin** also provisionally qualified in the event, placing second at 186 feet, 3 inches. Chamberlin also won the discus with a mark of 167 feet, 3.25 inches.
- Junior **Josh Koch** won the men's shot put and hit the NCAA provisional qualifier with an effort of 53 feet, 6.5 inches. The GNAC-leading mark is tied for 16th in Division II this season.
- Senior **Emma Hill** improved her provisional qualifying mark in the women's triple jump, winning with a mark of 39 feet, 1 inch. The performance is No. 8 on the GNAC All-Time List and is sixth in Division II this season.
- The Concordia women also had field event winners in junior **Tori Johnson**, who won the high jump with a GNAC-leading mark of 5 feet, 4.25 inches, and junior **Chelsea Bone**, who took the long jump at 17 feet, 8 inches.
- In the men's sprints, freshman **Noah Wallace** won the 800 meters with a GNAC-leading time of 1:54.62 while sophomore **Andrey Gamza** won the 400-meter hurdles in a time of 56.35 seconds.
- Both Concordia teams continue to be ranked in the USTFCCCA Division II National Team Rankings. The Cavaliers' women are ranked No. 10 while the men are ranked No. 13.
- Concordia's multi-event performers are competing on Tuesday and Wednesday at the Boxer Combined Event. The full team does not compete again until the John Knight Twilight on Apr. 6.

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



• Northwest Nazarene athletes notched two GNAC-leading performances and an NCAA Championships provisional qualifier at home at the NNU Open.

• Senior **Payton Lewis** had the provisional qualifier, winning the men's pole vault with a mark of 16 feet, 2.75 inches. The mark leads the GNAC and is No. 11 in Division II this season. Lewis led a day that saw NNU take five of the top

six places in the event.

• Junior **Micah Tranch** won the men's high jump with a GNAC-leading effort of 6 feet, 6.75 inches. Tranch also won the long jump with a mark of 20 feet, 11.25 inches, and the javelin with a mark of 181 feet, 5.75 inches.

• The NNU men also had three event winners in the sprints. Sophomore **Isaiah Kahut** won the 100 meters in a time of 11.12 seconds. Sophomore **Logan Blake** won the 200 meters in 22.18 seconds and freshman **Dakota Tidwell** won the 110-meter hurdles in 16.05 seconds.

• Junior **Katie Conklin** led the NNU women with two event victories. She won the high jump with a mark of 5 feet, 1.75 inches, which is the No. 2 mark in the GNAC this season. Conklin also won the 200 meters in 28.36 seconds.

• In the women's sprints, junior **MaKenna Conley** won the 400 meters in 1:02.09 while sophomore **Ally Miran** won the 100-meter hurdles in 15.58 seconds. In the field events, junior **Nice Loufoua** won the triple jump with a mark of 38 feet, 4 inches, the second-best mark in the GNAC this season, while sophomore **Kourtney Gwin** won the pole vault with a mark of 10 feet, 2 inches.

• The Nighthawks will be in the Bay Area this weekend, competing in the Stanford Invitational and the San Francisco State Distance Carnival.

SAINT MARTIN'S



• Saint Martin's saw athletes win 11 events and break a pair of school records in performances at the Peyton Scoring Meet and the Doris Heritage Track Festival.

• Junior **Jackson Hand** won two sprint events and set the school record in the men's 200 meters at the Peyton Scoring Meet. His record time of 21.92 seconds also leads the GNAC

this season. Hand also won the 100 meters in a time of 11.04 seconds.

• Sophomore **Ashleigh Fraser** set a school record in the women's long jump, winning the event at the Peyton Scoring Meet with a mark of 17 feet, 4.75 inches.

• The Saints took the top mark in both hammer competitions at the Doris Heritage Track Festival. Junior **Liz Larson** won the women's event with a mark of 167 feet, 7 inches, while senior **Kauanoë Vanderpoel** won the men's with a mark of 170 feet, 6 inches.

• Sophomore **Ariya Hendrick** won the women's 100-meter hurdles at the Peyton Scoring Meet with her time of 15.12 seconds. Junior **Lindsey Dorney** captured the women's steeplechase in a time of 12:15.75 while the women's 4x100-meter relay team also won in a time of 49.78 seconds. Junior Megan Vernoy was the Saint's other women's field event winner, taking the discus with a mark of 135 feet, 1 inch.

• Sophomore **Josh Schulz** won the men's long jump with a mark of 22 feet, 1 inch, while the men's 4x100-meter relay team was a winner in a time of 42.67 seconds.

• Saint Martin's returns to Baker Stadium on Saturday, taking part in the Shotwell Invitational.

SEATTLE PACIFIC



• Hosting its only home meet of the season, Seattle Pacific posted eight event wins at the Doris Heritage Track Festival.

• Freshman **Renick Meyer** led the way with two event wins. She took the women's 100 meters in a time of 12.49 seconds and also won the long jump with a meet-record mark of 18 feet, 0.25 inches.

• Freshman **Julia Stepper** captured the women's 200 meters in a time of 25.97 seconds and placed second to Meyer in the 100 meters with a time of 12.68 seconds. Senior **Becca Houk** won the 400 meters with a time of 58.78 seconds.

• Senior **Mary Charleson** led a sweep of the top six places for the Falcons in the women's 1,500 meters. Charleson won with a time of 4:40.07 while sophomore **Kate Lilly** was second with a time of 4:43.07.

• The Falcons' women also won the 4x400-meter relay with a time of 4:09.89.

• In the field events, junior **Geneva Lehnert** won the women's high jump with a mark of 5 feet, 2.25 inches while freshman **Kellie May** won the triple jump with a mark of 37 feet, 2.25 inches.

• Senior **Peyton Harris** led the SPU men with his second-place finish in the 200 meters in a time of 23.38 seconds. Junior **Jesse Phan** placed second in the 800 meters with a time of 1:58.87. The Falcons' 4x400-meter relay also took second with a time of 3:39.83.

• Seattle Pacific will send select athletes to the Stanford Invitational on Friday and Saturday, with the rest of the squad traveling north to take part in the UBC Invitational in Vancouver, B.C.

SIMON FRASER



• Simon Fraser eight event winners as the Clan split its team between the Willamette Invitational and the Doris Heritage Track Festival.

• The Clan notched GNAC-leading times in a pair of relays. The men's 4x400-meter relay won with a time of 3:24.06

while the women's 4x100-meter relay crossed the line in a winning time of 48.26 seconds.

• Senior **Joel Webster** was one of two individual event winners for the SFU men, taking the 400 meters at Willamette with a time of 50.38 seconds. Sophomore **Richard Torres** won the 800 meters at the Doris Heritage Track Festival with his time of 1:58.30.

• Freshman **Renate Bluschke** led three SFU women to finish in the top-four of the 400 meters at Willamette. Bluschke won with a time of 57.82 seconds.

• Senior **Sophie Dodd** won the women's 400-meter hurdles at Willamette with a time of 1:03.35 while sophomore **Chelsea Ribeiro** won the women's steeplechase in a time of 11:21.61.

• At the Doris Heritage Track Festival, freshman **Holly Taylor** earned top-two finishes in a pair of field events. She won the shot put with a mark of 40 feet, 11.75 inches and placed second in the hammer at 146 feet, 10 inches. Senior **Amy Petz** was second in the high jump with a mark of 5 feet, 2.25 inches.

• Simon Fraser will participate in both the Stanford Invitational and the San Francisco State Distance Carnival this weekend and will send some athletes to the UBC Invitational in Vancouver.

Around The GNAC

WESTERN OREGON



- An NCAA Championships provisional qualifier for freshman **Darian Wilson** in the women's javelin led Western Oregon's performances at the Willamette Invitational.
- Wilson took second in the javelin with a mark of 135 feet, 8.5 inches. The mark currently ranks sixth in the GNAC this season and 18th in Division II.
- The Wolves finished with two event-winners. Senior **Parker Marson** won the men's 1,500 meters in a time of 3:57.24 while sophomore **Stephen Fey** was second in the race's second heat with a time of 4:03.32. The Wolves' women's 4x400-meter relay team was the other winner in a time of 3:49.89.
- Sophomore **Kurt Knott** placed second in the men's 800 meters, running the second-fastest time in the GNAC this season in 1:54.77. Freshman **Jacob Collins** added a second-place finish in the men's pole vault with his mark of 13 feet, 0.25 inches.
- Sophomore **Grayson Burke** led two Western Oregon women's track runners-up, taking second in the 800 meters in a time of 2:17.36. Senior **Megan Rose** was second in the 400 meters in a time of 58.11 seconds.
- Western Oregon will send its multi-event performers to the Boxer Combined Events in Forest Grove on Tuesday and Wednesday. The rest of the Wolves' full squad will split this weekend between the Stanford Invitational, the San Francisco Distance Carnival and the Pacific Open.

WESTERN WASHINGTON



- Western Washington finished with nine event winners at the Doris Heritage Track Classic in Seattle.
- Freshman **Seren Dances** was a winner in the two events. He took the men's 100 meters in a time of 11.83 seconds and captured the long jump with a mark of 22 feet, 9 inches.
- Freshman **Ian Fay** won the men's steeplechase with a time of 9:32.99 while the men's 4x400-meter relay team was a winner with a time of 3:30.46.
- The Vikings had a pair of women's track winners. Junior **Tracy Melville** led a top-three sweep in the 5,000 meters, winning with a time 18:09.41. Sophomore **Waverly Shreffler** won the 800 meters with her time of 2:27.18.
- Sophomore **Raquel Pellecer** led the WWU women's field event performers, winning the javelin with a mark of 148 feet, 1 inch. Senior **Anna Paradee** placed second in the pole vault with her clearance of 12 feet, 6.25 inches.
- In the men's field events, junior **Tupre Wickliff** won the high jump with a GNAC-leading mark of 6 feet, 8 inches. Freshman **Cooper McNatt** was a winner in the javelin with his mark of 181 feet, 5 inches.
- Western Washington's women remained ranked in the USTFCCA Division II Outdoor Team Rankings, coming in this week at No. 21.
- The Vikings will split their squad this weekend, sending athletes to the Stanford Invitational, the San Francisco State Distance Carnival and the UBC Invitational.

GNAC Qualifiers For NCAA Outdoor Championships

MEN PROVISIONAL QUALIFIERS AS OF MAR. 26, 2018

Event	Athlete	Mark	Rank	Date
400m Hurdles	Vladislav Tsygankov, SFU	52.21	3rd	3/16/18
Pole Vault	Payton Lewis, NNU	4.95/16-2.75	11th	3/24/18
Shot Put	Josh Koch, CU	16.32/53-6.5	T-16th	3/24/18
Discus	Jakob Chamberlin, CU	53.15/174-4	2nd	3/16/18
	Caleb Bridge, CU	50.18/164-7	9th	3/16/18
Hammer	Jacob Slate, CU	59.64/195-8	4th	3/24/18
	Jakob Chamberlin, CU	56.76/186-3	12th	3/24/18
	Kauanoë Vanderpoel, SMU	55.21/181-2	17th	3/16/18
Javelin	Brian Chalkley, SMU	65.20/213-11	6th	3/3/18
	Spencer Claeys, WWU	63.05/206-10	9th	3/3/18
	Alex Barry, WWU	60.05/197-0	13th	3/10/18
Decathlon	Kodiak Landis, CWU	7,098	1st	3/22/18
	Braydon Maier, CWU	6,562	9th	3/22/18
	Michael Forster, CWU	6,491	10th	3/22/18

WOMEN PROVISIONAL QUALIFIERS AS OF MAR. 26, 2018

Event	Athlete	Mark	Rank	Date
800 Meters	Addy Townsend, SFU	2:08.55	2nd	3/16/18
1,500 Meters	Caroline Kurgat, UAA	4:26.16	2nd	3/24/18
	Tamara Perez, UAA	4:30.87	5th	3/24/18
5,000 Meters	Emmah Chelimo, UAA	17:14.06	10th	3/24/18
400m Hurdles	Ali Anderson, CWU	1:00.95	4th	3/17/18
	Anna Paradee, WWU	3.82/12-6.25	2nd	3/24/18
Pole Vault	Halle Irvine, CWU	3.66/12-0	6th	3/17/18
Triple Jump	Emma Hill, CU	11.91/39-1	6th	3/24/18
Shot Put	Christina MacDonald, CU	14.49/47-6.5	T-6th	3/24/18
	Katrina Linenko, CU	13.83/45-4.5	13th	3/24/18
Discus	Melissa Ausman, CU	47.78/156-9	7th	3/24/18
Hammer	Christina MacDonald, CU	58.04/190-5	4th	3/16/18
	Tasha Willing, CU	57.41/188-4	6th	3/16/18
	Liz Larson, SMU	53.21/174-7	14th	3/16/18
Javelin	Joselynn Tensley, CU	52.35/171-9	15th	3/24/18
	Raquel Pellecer, WWU	45.14/148-1	5th	3/24/18
	Natalie Vetto, WWU	43.62/143-1	9th	3/24/18
	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	14th	3/17/18
	Darian Wilson, WOU	41.36/135-8	18th	3/24/18
Heptathlon	Elizabeth Stottlemire, CU	41.30/135-6	19th	3/16/18
	HarLee Ortega, CWU	4,875	4th	3/22/18
	Scout Cai, SPU	4,710	7th	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	CWU	CU
Mar. 20	—	9th
Mar. 27	21st	13th

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 1 - Mar. 27, 2018

Rk	School	Pts.	Prev.
1.	Texas A&M-Kingsville	172.83	2
2.	Chico State	166.96	1
3.	Angelo State	160.38	4
4.	Saint Augustine's	100.23	8
5.	West Texas A&M	97.45	NR
6.	Alabama-Huntsville	92.79	6
7.	Azusa Pacific	90.14	29
8.	Pittsburg State	87.95	3
9.	Colorado Mines	83.26	27
10.	Ashland	82.53	NR
11.	Texas A&M-Commerce	80.64	46
12.	UNC Pembroke	71.18	7
13.	Concordia (Ore.)	75.70	9
14.	UC San Diego	70.94	5
15.	Cal State LA	65.76	16
16.	Adams State	64.08	11
17.	Queens (N.C.)	63.78	10
18.	Lee (Tenn.)	56.44	17
19.	Academy of Art	54.47	12
20.	Stanislaus State	52.95	21
21.	Central Washington	52.35	78
22.	UC-Colorado Springs	51.53	20
23.	Columbus State	51.34	14
24.	Eastern New Mexico	46.87	NR
25.	CSU-Pueblo	46.22	28

USTFCCCA WEST REGION TEAM INDEX

Week 2 - Mar. 27, 2018

Rk	School	Pts.	Prev.
1.	Chico State	429.76	1
2.	UC San Diego	365.30	2
3.	Azusa Pacific	301.16	5
4.	Concordia (Ore.)	259.96	7
5.	Cal Poly Pomona	257.77	3
6.	Central Washington	217.30	13
7.	Fresno Pacific	178.49	4
8.	Western Washington	178.29	6
9.	Cal State LA	164.18	10
10.	Academy of Art	145.98	9

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Women's Outdoor Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	CWU	CU	SPU	WWU
Mar. 20	—	8th	6th	12th	17th
Mar. 27	19th	13th	10th	—	21st

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 2 - Mar. 27, 2018

Rk	School	Pts.	Prev.
1.	San Francisco St.	159.62	1
2.	West Texas A&M	149.22	NR
3.	Angelo State	136.97	2
4.	Fresno Pacific	103.24	3
5.	UC-Colorado Springs	100.68	38
6.	Saint Augustine's	96.40	14
7.	Missouri Southern	91.71	NR
8.	Azusa Pacific	89.50	18
9.	Cal State LA	74.72	11
10.	Concordia (Ore.)	72.82	6
11.	Texas A&M-Commerce	72.69	53
12.	Fort Hays State	68.32	9
13.	Central Washington	67.96	8
14.	Wayne State (Neb.)	63.71	NR
15.	Ashland	62.04	NR
16.	UC San Diego	61.05	7
17.	Academy of Art	54.28	5
18.	Alabama-Huntsville	51.61	25
19.	Alaska Anchorage	51.26	70
20.	Saint Leo	51.18	23
21.	Western Washington	49.90	17
22.	Pittsburg State	49.20	15
23.	Point Loma	49.06	19
24.	Harding	48.86	22
25.	Embry-Riddle (Fla.)	48.83	10

USTFCCCA WEST REGION TEAM INDEX

Week 2 - Mar. 27, 2018

Rk	School	Pts.	Prev.
1.	San Francisco St.	326.85	1
2.	Fresno Pacific	272.07	2
3.	Azusa Pacific	254.77	14
4.	Concordia (Ore.)	219.31	12
5.	UC San Diego	215.95	3
6.	Central Washington	196.82	6
7.	Point Loma	152.70	9
8.	Stanislaus State	148.97	7
9.	Cal State LA	145.15	11
10.	Concordia (Calif.)	144.50	5

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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)

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, Mariah 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.

Fri., Mar. 23

Sam Adams Classic

at Boppell Track, Spokane, Wash.

Women (Top 3 GNAC Finishers): Pentathlon - 1, HarLee Ortega, CWU, 4,875.

Men (Top 3 GNAC Finishers): Decathlon - 1, Kodiak Landis, CWU, 7,098; 2, Braydon Maier, CWU, 6,562; 3, Michael Forster, CWU, 6,491.

Fri., Mar. 23 & Sat., Mar. 24

Willamette Invitational

at Charles Bowles Track, Salem, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Marie Ries, UAA, 12.52. 200 Meters - 2, Marie Ries, UAA, 25.84; 3, Meyer Quaynor, SFU, 26.55. 400 Meters - 1, Renate Bluschke, SFU, 57.82; 2, Megan Rose, WOU, 58.11; 3, Bryce West, SFU, 58.74. 800 Meters - 1, Yemi Knight, UAA, 2:16.22; 2, Grayson Burke, WOU, 2:17.36; 3, Emily Chilton, SFU, 2:17.54. 1,500 Meters - 1, Caroline Kurgat, UAA, 4:26.16; 2, Tamara Perez, UAA, 4:30.87. 5,000 Meters - 1, Emmah Chelimo, UAA, 17:14.06; 2, Zannah Jepchumba, UAA, 17:14.40; 3, Alexa Shindruk, CWU, 17:26.81. 400m Hurdles - 1, Sophie Dodd, SFU, 1:03.35. Steeplechase - 1, Chelsea Ribeiro, SFU, 11:21.61; 2, Jules Ward, UAA, 11:30.90. 4x100 Relay - 1, Simon Fraser, 48.26. 4x400 Relay - 1, Western Oregon, 3:49.89; 2, Simon Fraser, 3:51.11; 3, Alaska Anchorage, 3:57.87. High Jump - 1, Tori Johnson, CU, 5-4.25. Long Jump - 1, Chelsea Bone, CU, 17-8. Triple Jump - 1, Emma Hill, CU, 39-1. Shot Put - 2, Christina MacDonald, CU, 47-6.5; 3, Katrina Linenko, CU, 45-4.5. Discus - 1, Melissa Ausman, CU, 156-9.25. Hammer - 1, Christina MacDonald, CU, 182-11.5; 2, Tasha Willing, CU, 175-0. Javelin - 2, Darian Wilson, WOU, 135-8.5; 3, Chelsea Bone, CU, 132-1.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Carlos Ortiz, CU, 10.62; 2, Nathan Mah, SFU, 10.85; 3, Codi Blodgett, WOU, 10.87. 200 Meters - 2, Oshane Hylton, UAA, 22.66; 3, Devon Fortier, WOU, 22.74. 400 Meters - 1, Joel Webster, SFU, 49.43; 2, Daniel Remington, UAA, 50.38; 3, Cody Warner, WOU, 50.41. 800 Meters - 1, Noah Wallace, CU, 1:54.62; 2, Curt Knott, WOU, 1:54.77; 3, Dylan Freihofer, SFU, 1:54.90. 1,500 Meters - 1, Parker Marson, WOU, 3:57.24; 3, Felix Kemboi, UAA, 3:59.51. 400m Hurdles - 1, Andrey Gamza, CU, 56.35; 2, Joshua Adhemar, SFU, 56.61. Steeplechase - 2, Corbin Carlton, CWU, 9:18.98; 3, Aaron Ahl, SFU, 9:25.88. 4x100 Relay - 1, Alaska Anchorage, 41.91; 2, Simon Fraser, 42.20. 4x400 Relay - 1, Simon Fraser, 3:24.06; 3, Western Oregon, 3:26.46. High Jump - 3, Brandon Nicholson, UAA, 5-10. Triple Jump - 2, Chris Brake, UAA, 45-10.5. Shot Put - 1, Josh Koch, CU, 53-6.5; 2, Caleb Bridge, CU, 51-6.5; 3, Jakob Chamberlin, CU, 49-8.5. Discus - 1, Jakob Chamberlin, CU, 167-3.25; 2, Caleb Bridge, CU, 163-8.75; 3, Josh Koch, CU, 160-11.25. Hammer - 1, Jacob Slate, CU, 195-8.25; 2, Jakob Chamberlin, CU, 186-3; 3, Josh Koch, CU, 175-0. Javelin - 1, Easton Christensen, CU, 182-9.25.

2018 GNAC Outdoor Meet Summaries

Sat., Mar. 24

Doris Heritage Track Festival at West Seattle Stadium, Seattle, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Renick Meyer, SPU, 12.49; 2, Julia Stepper, SPU, 12.68; 3, Scout Cai, SPU, 13.03. 200 Meters - 1, Julia Stepper, SPU, 25.97; 2, Scout Cai, SPU, 26.32; 3, Brooke Benner, SPU, 26.70. 400 Meters - 1, Becca Houk, SPU, 58.78; 2, Brooke Benner, SPU, 1:01.10. 800 Meters - 1, Waverly Shreffler, WWU, 2:27.18. 1,500 Meters - 1, Mary Charleson, SPU, 4:40.07; 2, Kate Lilly, SPU, 4:43.07; 3, Alyssa Foote, SPU, 4:43.96. 5,000 Meters - 1, Tracy Melville, WWU, 18:09.41; 2, Peyton Shinnick, WWU, 18:27.71; 3, Tovah Swartz-Ireland, WWU, 18:33.79. 4x400 Relay - 1, Seattle Pacific C, 4:09.89; 2, Seattle Pacific A, 4:10.55; 3, Seattle Pacific B, 4:12.68. High Jump - 1, Geneva Lehnert, SPU, 5-2.25; 2, Amy Petz, SFU, 5-2.25; 3, Erin Fortune, SFU, 4-10.25. Pole Vault - 2, Anna Paradee, WWU, 12-6.25. Long Jump - 1, Renick Meyer, SPU, 18-0.25; 2, Scout Cai, SPU, 17-3.25; 3, Kellie May, SPU, 17-3.25. Triple Jump - 1, Kellie May, SPU, 37-2.25. Shot Put - 1, Holly Taylor, SFU, 40-11.75; 2, Chanelle Eddy, WWU, 35-0.25; 3, Clare Lytle, CWU, 33-5.25. Hammer - 1, Liz Larson, SMU, 167-7; 2, Holly Taylor, SFU, 14-610; 3, Kiana Schwendman, WWU, 136-7. Javelin - 1, Raquel Pellecer, WWU, 148-1; 2, Natalie Vetto, WWU, 143-1.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Seren Dances, WWU, 11.83; 2, Stedman Knox, WWU, 11.92; 3, Shayne Carpenter, SPU, 12.09. 200 Meters - 2, Peyton Harris, SPU, 23.38; 3, Stedman Knox, WWU, 23.85. 400 Meters - 2, Reid Loverkamp, WWU, 50.91; 3, Tyler Sager, WWU, 51.27. 800 Meters - 1, Richard Torres, SFU, 1:58.30; 2, Jesse Phan, SPU, 1:58.87; 3, Brysten James, SPU, 2:00.11. 1,500 Meters - 3, James Jespersen, WWU, 3:59.76. 5,000 Meters - 2, Edward Kiolbas, WWU, 15:16.46; 3, Bentley Wilson, WWU, 15:27.35. Steeplechase - 1, Ian Fay, WWU, 9:32.99; 2, Jackson McIlroy, WWU, 9:52.40. 4x400 Relay - 1, Western Washington, 3:30.46; 2, Seattle Pacific C, 3:39.83; 3, Seattle Pacific A, 3:40.06. High Jump - 1, Tupre Wickliff, WWU, 6-8; 2, Seren Dances, WWU, 5-10. Long Jump - 1, Seren Dances, WWU, 22-9; 2, Somit Chhim, WWU, 21-10.75; 3, Cyrus McAllister, WWU, 21-0. Triple Jump - 2, Jacob Ringold, WWU, 42-0.5. Hammer - 1, Kauanoe Vanderpoel, SMU, 170-6; 2, Avery Lux, WWU, 163-3; 3, Tiger Wu, SFU, 148-3. Javelin - 1, Cooper McNatt, WWU, 181-5; 2, Tyree Rutter, CWU, 172-1; 3, Mason Salley, WWU, 170-1.

Peyton Scoring Meet at Baker Stadium, Tacoma, Wash.

Women's Team Scores: Pacific (Ore.) 124, Puget Sound 121, Saint Martin's 116, Olympic CC 75, Pacific Lutheran 62, Green River CC 32, Multnomah 19.

Women (Top 3 GNAC Finishers): 200 Meters - 2, Taylor Tandecki, SMU, 26.71. 100m Hurdles - 1, Ariya Kendrick, SMU, 15.12. 400m Hurdles - 2, Artressa Nickelson, SMU, 1:11.39. Steeplechase - 1, Lindsey Dorney, SMU, 12:15.75; 3, Sadie Dalgleish, SMU, 12:38.07. 4x100 Relay - 1, Saint Martin's, 49.78. High Jump - 2, Cassidy Apo, SMU, 4-10.5; 3, Ashley Vest, SMU, 4-10.5. Long Jump - 1, Ashleigh Fraser, SMU, 17-4.75. Discus - 1, Megan Vernoy, SMU, 135-1. Javelin - 3, Sarah Howaden, SMU, 110-7.

Men's Team Scores: Saint Martin's 128, Pacific (Ore.) 114, Puget Sound 67, Olympic CC 66, Multnomah 65, Central Washington 47, Green River CC 21, Pacific Lutheran 6.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Jackson Hand, SMU, 11.04; 3, Harry Howarth, CWU, 11.22. 200 Meters - 1, Jackson Hand, SMU, 21.92; 2, Harry Howarth, CWU, 22.55; 3, Guillaume Tabary, SMU, 22.89. 400 Meters - 3, Josh Anguay, SMU, 54.30. 1,500 Meters - 3, Jasper Heckman, SMU, 4:12.48. 400m Hurdles - 3, Andrew Walter, SMU, 1:02.09. Steeplechase - 2, Miguel De LaMalena, SMU, 10:29.02; 3, Derrick Howlett, SMU, 10:48.03. 4x100 Relay - 1, Saint Martin's, 42.67. Long Jump - 1, Josh Schulz, SMU, 22-1; 2, Guillaume Tabary, SMU, 21-4.35. Shot Put - 1, Aidan Cain, CWU, 48-7.25.

NUU Open

at Bohner Track, Nampa, Idaho

Women (Top 3 GNAC Finishers): 100 Meters - 3, Nice Loufoua, NNU, 13.93. 200 Meters - 1, Katie Conklin, NNU, 28.36. 400 Meters - 1, MaKenna Conley, NNU, 1:02.09. 1,500 Meters - 2, Sierra Manzer, NNU, 5:13.10. 100m Hurdles - 1, Ally Miran, NNU, 15.58; 2, Katie Conklin, NNU, 15.61. 400m Hurdles - 3, Ally Miran, NNU, 1:08.64. 4x100 Relay - 1, Northwest Nazarene, 53.42. 4x400 Relay - 2, Northwest Nazarene, 4:14.68. High Jump - 1, Katie Conklin, NNU, 5-3.75. Pole Vault - 1, Kourtney Gwin, NNU, 10-2. Triple Jump - 1, Nice Loufoua, NNU, 38-4; 2, Jackie Mahowald, NNU, 37-5. Hammer - 2, Sasha Korolenko, NNU, 149-0.75.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Isaiah Kahut, NNU, 11.12. 200 Meters - 1, Logan Blake, NNU, 22.18; 3, Isaiah Kahut, NNU, 23.02. 400 Meters - 2, Zachary Magee, NNU, 50.36. 1,500 Meters - 2, Godfrey Kemboi, NNU, 4:02.61. 110m Hurdles - 1, Dakota Tidwell, NNU, 1:02.09; 2, Ryan Chism, NNU, 16.15; 3, David Blum, NNU, 17.54. 400m Hurdles - 3, Ryan Chism, NNU, 1:00.16. 4x100 Relay - 1, Northwest Nazarene, 42.57. 4x400 Relay - 2, Northwest Nazarene A, 3:30.41; 3, 3:35.21. High Jump - 1, Micah Tranch, NNU, 6-6.75; 2, Keffrey Stellway, NNU, 6-2.25. Pole Vault - 1, Payton Lewis, NNU, 16-2.75; 2, Dakota Tidwell, NNU, 14-9. Discus - 1, John Van Beuren, NNU, 162-9.75; 2, Canyon Anderson, NNU, 159-4.75. Hammer - 1, John Van Beuren, NNU, 170-0.5; 2, Brayden Eiland, NNU, 159-4; 3, Canyon Anderson, NNU, 156-1.5. Javelin - 1, Micah Tranch, NNU, 181-5.75.