



GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Apr. 6

Saint Martin's, Seattle Pacific, Western Washington at WWU Quad Meet, Bellingham, Wash.
Concordia, Western Oregon at John Knight Twilight, Monmouth, Ore.

Fri., Apr. 6 - Sat., Apr. 7

Central Washington, Montana State Billings, Northwest Nazarene at War IX Meet, Spokane, Wash.

Sat., Apr. 7

Simon Fraser at Emilie Mondor Invitational, Burnaby, B.C.
Western Oregon at Linfield Jenn Boyman Invitational, McMinnville, Ore.

LAST WEEK'S MEETS

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

Boxer Combined Event

at Hanson Stadium, Forest Grove, Ore.

Women's Heptathlon: 1, Chelsea Bone, CU, 4,736; 7, Ashley Vest, SMU, 3,769; 8, Tiffany Pott, SMU, 3,607; 9, Chase Stephens, CU, 3,606.

Men's Decathlon: 3, Giovanni Brown, CU, 6,376; 7, Mitch Kruse, WOU, 4,848; 8, Emmy Carrizales, CU, 4,739; 9, Jackson Stallard, WOU, 4,280; 10, Anthony Pablo, WOU, 4,183; 11, Craig Boyle, SMU, 4,181.

Fri., Mar. 30

Battlin' Bears/Yellowjacket Open

at Laurel Sports Complex, Laurel, Mont.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Michaela Johnson, MSUB, 13.14. 200 Meters - 3, Jewlz Collins, MSUB, 26.58. 5,000 Meters - 2, Nikki Aiken, MSUB, 19:43.01. 100m Hurdles - 1, Michaela Johnson, MSUB, 15.07. 400m Hurdles - 3, Josey Smiedala, MSUB, 1:07.35. 4x100 Relay - 2, Montana State Billings A, 49.65; 3, Montana State Billings B, 51.53. Long Jump - 3, Brenna Beckett, MSUB, 15-8.75. Triple Jump - 2, Jannessa Williams, MSUB, 35-3.75; 3, Shaniah Schwend, MSUB, 34-6.75. Discus - 1, Hannah Nesson, MSUB, 129-1.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Sam Zook, MSUB, 11.05; 2, Lamont Frisby, MSUB, 11.19; 3, Mason Schram, MSUB, 11.34. 200 Meters - 1, Lamont Frisby, MSUB, 22.40; 3, Mason Schram, MSUB, 22.65. 400 Meters - 1, Rahkei Eyer, MSUB, 49.77. 800 Meters - 3, Jorey Egeland, MSUB, 1:59.69. 1,500 Meters - 2, Jorey Egeland, MSUB, 4:00.08. 5,000 Meters - 1, Jorey Egeland, MSUB, 16:22.78. 4x100 Relay - 1, Montana State Billings, 41.62. High Jump - 1, Isaiah Girard, MSUB, 6-4.25. Long Jump - 2, Isaiah Girard, MSUB, 21-6.25; 3, Marcus Lindquist, MSUB, 21-5.25. Triple Jump - Marcus Lindquist, MSUB, 45-3. Shot Put - 2, Brady Ostermiller, MSUB, 48-10. Discus - 2, Brady Ostermiller, MSUB, 145-3. Hammer - 1, Nels Flanagan, MSUB, 156-5. Javelin - 1, Beau Ackerman, MSUB, 209-7.

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

Stanford Invitational

at Cobb Track, Palo Alto, Calif.

Women (Top 3 GNAC Finishers): Javelin (Collegiate) - 2, Raquel Pellecer, WWU, 157-2.

Men (Top 3 GNAC Finishers): 800 Meters - 2, David Ribich, WOU, 1:48.09. 1,500 Meters (Section 2) - 2, Dustin Nading, WOU, 3:45.91. Long Jump (Invitational) - 2, Alani Troutman, WOU, 24-3.5.

San Francisco State Distance Carnival

at Chabot College, Hayward, Calif.

Women (Top 3 GNAC Finishers): 400 Meters - 1, Vanessa Aniteye, UAA, 55.17; 3, Savannah Smith, WWU, 57.24. 800 Meters - 3, Yemi Knight, UAA, 2:10.47. Mile - 3, Ally Ginther, SFU, 4:57.37. 400m Hurdles - 3, Sara Madden, WOU, 1:04.70. 4x100 Relay - 3, Alaska Anchorage, 48.44. 4x400 Relay - 1, Alaska Anchorage, 3:43.01. High Jump - 1, Yvonne Jeschke, UAA, 5-4.25; 2, Mackenzie Stewart, SFU, 5-4.25. Long Jump - 1, Darian Wilson, WOU, 18-3.

Men (Top 3 GNAC Finishers): 400 Meters - 1, Liam Lindsay, UAA, 48.75; 3, Nicholas Taylor, UAA, 49.21. Mile - 2, Braeden Charlton, SFU, 4:18.32. 4x100 Relay - 1, Alaska Anchorage, 41.84. 4x400 Relay - 1, Alaska Anchorage, 3:16.66. High Jump - 1, Chris Brake, UAA, 6-6.25. Triple Jump - 3, Brandon Nicholson, UAA, 47-5.25. Shot Put - 1, Chris Steffey, WOU, 48-6.25; 2, Brandon Pless, WWU, 47-10; 3, Mont Child, WOU, 47-5.25. Hammer - 2, Brandon Pless, WWU, 165-8.

UBC Open

at Dhillon Track, Vancouver, B.C.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Julia Stepper, SPU, 12.21; 2, Renick Meyer, SPU, 12.31. 200 Meters - 2, Lani Taylor, SPU, 25.78; 3, Julia Stepper, SPU, 25.83. 400 Meters - 1, Becca Houk, SPU, 58.33; 2, Scout Cai, SPU, 58.43; 3, Chynna Phan, SPU, 58.52. 800 Meters - 3, Chynna Phan, SPU, 2:13.01. 1,500 Meters - 2, Katherine Walter, SPU, 4:52.33; 3, Rebecca Bassett, SFU, 4:52.60. 100m Hurdles - 2, Claire Hansen, WWU, 15.05. 4x100 Relay - 1, Seattle Pacific, 47.41; 3, Western Washington, 49.43. Pole Vault - 1, Jewels Oliquiano, WWU, 11-1.75; 2, Hannah Dodson, WWU, 10-10; 3, Mariah Brelsford, WWU, 10-6. Long Jump - 3, Kellie May, SPU, 17-6.75. Triple Jump - 2, Kellie May, SPU, 36-0. Shot Put - 3, Chanelle Eddy, WWU, 35-0.5. Discus - 1, Chanelle Eddy, WWU, 131-9; 2, Holly Taylor, SFU, 125-10; 3, Kiana Schwendeman, WWU, 122-4. Hammer - 2, Holly Taylor, SFU, 159-9; 3, Kiana Schwendeman, WWU, 123-7. Javelin - 1, Hannah Nienaber, WWU, 138-9.

Men (Top 3 GNAC Finishers): 10,000 Meters - 1, Ben Jacot, WWU, 32:33.97; 2, Kevin Mullin, Jr., 33:38.50. 400m Hurdles - 3, Aaron Bosscher, WWU, 58.95. 4x100 Relay - 2, Seattle Pacific, 44.99. High Jump - 3, Mackenzie Riddell, SFU, 5-10.75. Pole Vault - 2, Davis Flintoff, SPU, 12-9.5. Shot Put - 2, Bryce Bryant-Leat, WWU, 46-11.75; 3, Ben Malquist, WWU, 46-10.25. Discus - 2, Ben Malquist, WWU, 129-6. Javelin - 2, Cooper McNatt, WWU, 185-1. Decathlon - 1, Rudy Mataya, WWU, 5,570; 2, Nick Makrakis, WWU, 5,544; 3, Seren Dances, WWU, 5,535.

Sat., Mar. 31

Boxer Open

at Hanson Stadium, Forest Grove, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Hailey Sears, WOU, 13.16. 200 Meters - 2, Hailey Sears, WOU, 26.63. 400 Meters - 2, Meghan Drader, WOU, 1:08.36. Discus - 2, Moana Gianotti, WOU, 120-0; 3, Halie Korff, WOU, 115-3. Hammer - 1, Alecia Falck, WOU, 154-5.2. Sylvia Dean, WOU, 148-1. Javelin - 1, Halie Korff, WOU, 115-10.

Men (Top 3 GNAC Finishers): 400 Meters - 2, Emmett Bailor, WOU, 52.62. Shot Put - 2, Nick Sieber, WOU, 49-3. Discus - 2, Nick Sieber, WOU, 149-1. Hammer - 3, Owen Collins, WOU, 134-10.

Shotwell Invitational

at Baker Stadium, Tacoma, Wash.

Women's Team Scores: Central Washington 175, Spokane CC 133.5, Whitworth 83, Saint Martin's 70, Puget Sound 49, Olympic CC 34, Pacific Lutheran 22, Alaska 15, Everett CC 11, FTD 10, Green River CC 9, Club Northwest 6, Guerilla RC 5, Western Washington 2.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Aujanique Doss, CWU, 12.69. 200 Meters - 1, Aujanique Doss, CWU, 25.67. 400 Meters - 1, Jasmyn Neria, CWU, 59.63; 2, Julia Inderbitzin, CWU, 1:00.69. 1,500 Meters - 1, Alexa Shindruk, CWU, 4:39.46; 2, Nicole Soleim, CWU, 4:48.12; 3, Yadir Lopez, SMU, 4:49.48. 4x100 Relay - 1, Central Washington, 49.07. 4x400 Relay - 2, Central Washington, 4:09.67. High Jump - 1, Keeley Phommathirath, CWU, 4-10.50; 2, Cassidy Apo, SMU, 4-10.50. Pole Vault - 1, Halle Irvine, CWU, 11-2.25. Long Jump - 1, Ashleigh Fraser, SMU, 17-2.25; 2, Halle Irvine, CWU, 16-11.25. Triple Jump - 1, Brooke Williams, CWU, 37-2.25; Rose Walts, CWU, 35-5.25; 3, Ashleigh Fraser, SMU, 33-2.5. Shot Put - 1, Samantha La Rue, CWU, 40-7.75. Discus - 1, Megan Vernoy, SMU, 131-2; 3, Samantha La Rue, CWU, 119-10. Javelin - 1, Deanna Avalos, SMU, 144-2.

Men's Team Scores: Central Washington 155.5, Spokane CC 89, Whotworth 85, Everett CC 62.5, Saint Martin's 56, Puget Sound 50.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Bobby Widmar, CWU, 11.15. 200 Meters - 1, Bobby Widmar, CWU, 22.85; 2, Harry Horwarth, CWU 22.86. 400 Meters - 1, Daniel Calderon, CWU, 49.19; 2, Doc Porter, CWU, 49.72; 3, Guillaume Tabary, SMU, 50.87. 800 Meters - 1, Myles Smith, WWU, 1:59.24; 3, Trevor Allen, CWU, 1:59.94. 1,500 Meters - 1, Corbin Carlton, CWU, 4:01.36. 400m Hurdles - 3, Corbin Carlton, CWU, 59.69. Steeplechase - 2, Jasper Heckman, SMU, 9:43.58; 3, Henry Miledragovich, CWU, 10:07.71. 4x400 Relay - 1, Central Washington, 3:23.88. High Jump - 2, Garrett Davies, CWU, 6-5.5. Pole Vault - 3, Bryan Cadena, CWU, 13-8.25. Long Jump - 2, Josh Schulz, SMU, 22-0.75; 3, Guillaume Tabary, SMU, 21-4.25. Triple Jump - 2, Zach Whittaker, CWU, 43-7.25. Shot Put - 1, Alberto Tafoya, CWU, 49-9.75. Discus - 3, Aidan Cain, CWU, 137-4.

GNAC Track & Field Athletes Of The Week



MEN'S TRACK
David Ribich, Western Oregon
 Senior • Enterprise, Ore.

Ribich automatically qualified for the NCAA Championships as he placed second in the 800 meters at the Stanford Invitational. His time of 1:48.09 is also the second-fastest time in GNAC and Western Oregon history.

Also Nominated: Liam Lindsay (Alaska Anchorage), Lamont Frisby (Montana State Billings), Guillaume Tabary (Saint Martin's), Isaac Derline (Western Washington).



MEN'S FIELD
Alani Troutman, Western Oregon
 Sophomore • Redmond, Ore.

Troutman finished second in the long jump at the Stanford Invitational. His mark of 24 feet, 3.5 inches leads the GNAC and is No. 5 on the GNAC All-Time List. The performance is also an NCAA Championships provisional qualifier and is current seventh-best in Division II this season.

Also Nominated: Brandon Nicholson (Alaska Anchorage), Giovanni Brown (Concordia), Beau Ackerman (Montana State Billings), Josh Schulz (Saint Martin's), Alex Barry (Western Washington).



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

Kurgat shattered the GNAC and Alaska Anchorage records in the 10,000 meters at the Stanford Invitational. Kurgat placed seventh in the meet's invitational race with a time of 32:33.64. The NCAA Championships automatic qualifying time is the second-fastest in Division II history, trailing only the 32:28.57 run by Sylvia Mosqueda of Cal State LA

in 1988. The time shattered the GNAC record of 33:14.41 set by UAA's Joyce Chelimo in 2016.

Also Nominated: Michaela Johnson (Montana State Billings), Yadira Lopez (Saint Martin's), Suzie Van De Grift (Western Oregon), Savannah Smith (Western Washington).



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

Pellecer improved her NCAA Championships provisional qualifying mark in the javelin at the Stanford Invitational, placing second in the women's collegiate section with a mark of 157 feet, 2 inches. The performance moves Pellecer to No. 4 in Division II this season and she becomes the first GNAC athlete to throw over 150 feet this season.

Also Nominated: Yvonne Jeschke (Alaska Anchorage), Chelsea Bone (Concordia), Hannah Nesson (Montana State Billings), Ashleigh Fraser (Saint Martin's), Darian Wilson (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
Mar. 19-25	Carlos Ortiz, CU	Kodiak Landis, CWU	Caroline Kurgat, UAA	HarLee Ortega, CWU
Mar. 26-Apr. 1	David Ribich, WOU	Alani Troutman, WOU	Caroline Kurgat, UAA	Raquel Pellecer, WWU

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

Around The GNAC

ALASKA ANCHORAGE



- Alaska Anchorage posted or improved seven NCAA Championships qualifying marks at both the Stanford Invitational and the San Francisco State Distance Carnival.
- Senior **Caroline Kurgat** automatically qualified for nationals after finishing seventh in the invitational section of the 10,000 meters at Stanford. She ran a UAA and GNAC record time of 32:33.64, which is also the second-fastest

time in Division II history. The performance earned Kurgat selection as the GNAC Women's Track Athlete of the Week.

- Sophomore **Vanessa Aniteye** added a provisional qualifying mark in the women's 400 meters at SF State, winning in a time of 55.17 seconds. She leads the GNAC and is ranked No. 3 in Division II.

- Seniors **Danielle McCormick** and **Tamara Perez** added provisional marks in the 800 meters at Stanford. McCormick was 16th in 2:08.82, which is No. 6 in Division II, while Perez finished with a time of 2:11.31 that is 20th in Division II. Sophomore **Yemi Knight** ran 2:10.47 at SF State, placing third and ranking her 13th in Division II.

- Senior **Mariah Burroughs** was one of two provisional qualifiers in the women's steeplechase. She placed 16th in the event at SF State with a time of 10:51.76, which is No. 10 in Division II. Sophomore **Emmah Chelimo** finished with a time of 11:00.19, ranking her No. 16 in Division II.

- The women's 4x400-meter relay team also hit an NCAA provisional qualifying mark at SF State. Their time is 3:43.01 is No. 4 on the GNAC All-Time List and No. 4 in Division II this season.

- Four other UAA athletes finished with GNAC-best marks. Junior **Jorge Sanchez** ran the GNAC's top time in the men's 10,000 meters in 31:20.37. Senior **Liam Lindsay** won the men's 400 meters at SF State in 48.75 seconds. Freshman **Brandon Nicholson** placed third at SF State in the men's triple jump at 47-5.25 while junior **Yvonne Jeschke** took the GNAC lead in the women's jump, winning at SF State with a mark of 5 feet, 4.25 inches.

- The Alaska Anchorage women leaped to No. 5 in the USTFCCCA Division II Women's Outdoor Team Rankings after being ranked 19th last week.

- The Seawolves are not scheduled to compete again until the weekend of Apr. 19, traveling to southern California to compete in the Mount SAC Relays, the Bryan Clay Invitational and the Beach Invitational.

CENTRAL WASHINGTON



- Central Washington finished with 12 event winners as the Wildcats competed at the Shotwell Invitational in Tacoma, Wash. The Wildcats won the meet with scores of 175 points for the women and 155.5 points for the men.

- The Wildcats had a pair of two-event winners in the sprints. Junior **Aujanique Doss** won the women's 100 meters in 12.69 seconds and the 200 meters in 25.67 seconds. Freshman **Bobby Widmar** won the men's 100 meters in 11.15 seconds and the 200 meters in 22.85 seconds.

- Central also had both champions in the 400 meters. Freshman **Jasmyne Neria** won the women's 400 in 59.63 seconds while junior **Julia Inderbitzin** was second in 1:00.69. Sophomore **Daniel Calderon** captured the men's 400 in a time of 49.19 seconds that is third best in the GNAC this season.

- In the 1,500 meters, junior **Alexa Shindruk** was the winner of the women's race in a time of 4:39.46 while junior **Corbin Carlton** won the men's race in a time of 4:01.36. Carlton was also third in the 400-meter hurdles in 59.69 seconds.

- The CWU women had three event winners in the field events. Sophomore **Halle Irvine** won the pole vault with a mark of 11 feet, 2.25 inches, and also placed second in the long jump at 16-11.25. Junior **Brooke Williams** won the triple jump with her mark of 37 feet, 2.25 inches. Sophomore **Samantha La Rue** won the shot put with a mark of 40 feet, 7.75 inches and was third in the discus at 119-10.

- Sophomore **Alberto Tafoya** won the men's shot put with a mark of 49 feet, 9.75 inches.

- The Wildcats also won the women's 4x100-meter relay team with a time of 49.07 seconds while the men's 4x400-meter relay was a winner in a time of 3:23.88.

- Central Washington is back to competition this weekend in Spokane, taking part in the War IX Meet on Friday and Saturday.

CONCORDIA



- Concordia did not compete last weekend, except for a select group of athletes that took part in the Boxer Combined Event. The Cavaliers return to competition this Friday at Western Oregon's John Knight Twilight.

- Junior **Chelsea Bone** won the women's heptathlon and earned an NCAA Championships provisional qualifier with a score of 4,736 points, eighth best in Division II. She won the shot put with a mark 33 feet, 11.25 inches, and the javelin with a mark of 137 feet, 5 inches, that is also an NCAA provisional qualifier.

- Junior **Giovanni Brown** finished third in the men's decathlon and earned an NCAA provisional qualifier with a score of 6,376 points. The performance is 15th in Division II this season. Brown won the 1,500 meters in 4:21.76 and the 110-meter hurdles (15.34).

- The Concordia women dropped five spots in this week's USTFCCCA Division II Team Rankings to No. 15.

MONTANA STATE BILLINGS



- Montana State Billings had nine event winners as it opened the outdoor season at its own Battlin Bears/Yellowjacket Invitational.

- Junior **Beau Ackerman** led the way with his win in the men's javelin. He became the third GNAC athlete to break 200 feet this season with a mark of 209 feet, 7 inches. The

NCAA Championships provisional qualifier is eighth in Division II.

- Senior **Jorey Egeland** won the men's 5,000 meters in 16:22.78 to complete an impressive triple. Egeland was also second in the 1,500 meters in 4:00.08 and was third in the 800 meters in 1:59.69.

- Senior **Sam Zook** led a top-three sweep for MSUB in the men's 100 meters with a time of 11.05 seconds. Freshman **Lamont Frisby** took second in 11.19 seconds and won the 200 meters in 22.40 seconds. Sophomore **Rahkei Eyer** won the men's 400 meters in 49.77 seconds.

- In the men's field events, sophomore **Isaiah Girard** won the high jump with a mark of 6 feet, 4.75 inches while senior **Nels Flanagan** took the men's hammer with a mark of 156 feet, 5 inches.

- The MSUB women had two event winners. Sophomore **Michaela Johnson** won the 100-meter hurdles in 15.07 seconds while freshman **Hannah Nesson** won the discus with a throw of 129 feet, 1 inch.

- The men's 4x100-meter relay was a winner with a time of 41.62 seconds. With conversion to 41.74 seconds for altitude, the mark is best in the GNAC this season.

- The Yellowjackets are back in action this weekend at the War IX Meet in Spokane, Wash.

Around The GNAC

NORTHWEST NAZARENE



• Northwest Nazarene did not compete last weekend. The Nighthawks will be one of three GNAC teams competing in the War IX Meet on Friday and Saturday in Spokane, Wash.

• The Nighthawks enter the meet with two NCAA Championships provisional qualifiers. Senior **Payton Lewis** has the 13th best mark in the men's pole vault at 16 feet, 2.75 inches. Junior **Nicole Nobbs** is one of nine GNAC athletes to be provisionally qualified in the women's javelin. Her mark of 140 feet, 2 inches, is 15th in Division II.

SAINT MARTIN'S



• A solid showing in the women's field events led Saint Martin's performances at the Shotwell Invitational.

• Senior **Deanna Avalos** bettered her NCAA Championships provisional qualifying mark in the women's javelin, winning at the Shotwell with a mark of 144 feet, 2 inches. She is now No. 3 in the GNAC and No. 10 in Division II.

• Sophomore **Ashleigh Fraser** won the women's long jump for the second straight week at Baker Stadium with a mark of 17 feet, 2.25 inches. She was also third in the triple jump with her leap of 33 feet, 2.5 inches.

• Junior **Megan Vernoy** was the winner of the women's discus with her throw of 131 feet, 2 inches.

• Sophomore **Josh Schulz** finished second in the men's long jump with a mark of 22 feet, 0.75 inches, while freshman **Guillaume Tabary** was third with a leap of 21 feet, 4.25 inches.

• Senior **Yadira Lopez** led the SMU women's runner with a third-place finish in the 1,500 meters in 4:49.48 and also finished fourth in the 800 meters in 2:25.43. Freshman **Artresa Nickelsen** was fifth in the 400-meter hurdles in 1:10.19. Senior **Jasper Heckman** was the lone top-three finisher for SMU's men's runners, taking second in the steeplechase in 9:43.58.

• Saint Martin's heads north on Friday to take part in the WWU Quad Meet in Bellingham, Wash.

SEATTLE PACIFIC



• Seattle Pacific's women's sprinters led the way as the Falcons sent athletes to both the UBC Invitational in Vancouver, B.C., and the San Francisco State Distance Carnival.

• Freshman **Julia Stepper** won the women's 100 meters at the UBC Invitational with her GNAC-leading time of 12.21 seconds. She then finished second in the 200 meters in 25.83 seconds.

• Freshman **Renick Meyer** placed second in the women's 100 meters with a time of 12.31 seconds that is third best in the GNAC. Sophomore **Lani Taylor** placed second in the 200 meters with a time of 25.78 seconds.

• Senior **Becca Houk** led a top-four sweep in the women's 400 meters at the UBC Invitational. Houk won in a time of 58.33 seconds while sophomore **Scout Cai** was second in 58.43 seconds. Sophomore **Katherine Walter** finished second in the women's 1,500 meters at UBC with her time of 4:52.33.

• In the men's sprints, junior **Jesse Phan** led the way with a fifth-place finish in the 400 meters in 52.07 seconds.

• Freshman **Kellie May** had top-three finishes in both women's horizontal jumps. She was second in the triple jump with a mark of 37 feet, 1.25 inches, and placed third in the long jump at 17 feet, 5.5 inches. Freshman **Davis Flintoff** was the only top-three men's field-event placer, taking second in the pole vault at 12 feet, 9 inches.

• The Falcons also won both 4x100-meter relays. The women's relay posted a time of 47.41 seconds, which ranks as the top time in the GNAC this season. The men picked up the victory with a time of 44.99 seconds.

• Seattle Pacific will be one of three GNAC teams competing on Friday at the WWU Quad Meet in Bellingham, Wash.

SIMON FRASER



• Simon Fraser notched five more NCAA Championships provisional qualifiers as the Clan competed at the Stanford Invitational, the San Francisco State Distance Carnival and the UBC Invitational.

• Senior **Oliver Jorgensen** and freshman **Aaron Ahl** both earned provisional qualifying marks in the men's steeplechase at San Francisco State. Jorgensen placed fifth with a time of 8:58.72, which is No. 5 on the GNAC All-Time List and sixth in Division II this season. Ahl ran 9:15.28, a time that is 14th in Division II.

• Junior **Addy Townsend** added a provisional qualifying mark in the women's 1,500 meters at Stanford. She was fourth in the sixth section of the race with a time of 4:26.94. That is second-best in the GNAC and No. 6 in Division II.

• Senior **Reta Dobie** is a provisional qualifier with her seventh-place time of 10:40.12 in the women's steeplechase at San Francisco State. That leads the GNAC and is seventh in Division II this season.

• Senior **Ally Ginther** notched a provisional qualifying mark in the women's 5,000 meters at San Francisco State with a time of 17:10.90 that leads the GNAC and is 10th in Division II. Ginther also placed third in the mile with a time of 4:57.37.

• In the men's sprints at Stanford, senior **Vladislav Tsygankov** finished fourth in the 400-meter hurdles with a time of 52.30 seconds while senior **Joel Webster** was 10th in the 400 meters with a time of 48.82 seconds that ranks second in the GNAC.

• Junior **Mackenzie Stewart** placed second in the women's high jump at San Francisco State. Her mark of 5 feet, 4.25 inches, is No. 2 in the GNAC this season.

• At the UBC Invitational, freshman **Holly Taylor** led the way with a second-place finish in the women's discus at 125 feet, 10 inches, and the hammer with a mark of 159 feet, 9 inches.

• The Simon Fraser women are ranked nationally for the first time in the outdoor season, emerging at No. 25 in this week's USTFCCA Division II Women's Team Rankings.

• The Clan will be home this weekend, hosting the Emilie Mondor Invitational on Saturday at Terry Fox Field.

Around The GNAC

WESTERN OREGON



- **David Ribich's** automatic qualifying mark in the men's 800 meters at the Stanford Invitational led Western Oregon as the Wolves raced at Stanford, the San Francisco Distance Carnival and the Pacific Open in Forest Grove, Ore.
- Ribich placed second in the event with a time of 1:48.09. The performance is No. 2 on both the GNAC and WOU all-time lists and is the second-fastest time in Division II this season. For his effort, Ribich was named the GNAC Men's Track Athlete of the Week.
- Sophomore **Alani Troutman** was selected as the GNAC Men's Field Athlete of the Week after he placed second in the long jump at Stanford. His mark of 24 feet, 3.5 inches is No. 5 on the GNAC All-Time List, leads the GNAC and is No. 7 in Division II this season.
- The Wolves had a pair of NCAA provisional qualifying times in the men's 1,500 meters at Stanford. Junior **Dustin Nading** was second in the second section of the race. His time of 3:45.91 is No. 4 on the GNAC All-Time List and ninth in Division II. Senior **Josh Dempsey's** time of 3:48.83 in the fourth section is No. 9 on the GNAC All-Time List and No. 9 in Division II.
- Senior **Suzie Van De Grift** notched an NCAA provisional qualifier in the women's 800 meters at Stanford. Her time of 2:08.89, good for 17th place, is No. 3 in the GNAC and No. 7 in Division II this season. Also earning provisional qualifying marks in the race were senior **Megan Rose** (2:09.30, No. 9 in Division II) and junior **Olivia Woods** (2:09.78, No. 10 in Division II).
- At the San Francisco State Distance Carnival, freshman **Darian Wilson** won the women's long jump with a mark of 18 feet, 3 inches. She was second in the javelin with a mark of 137 feet. The NCAA Championships provisional qualifying mark is seventh in the GNAC and No. 20 in Division II.
- At the Pacific Open, junior **Hailey Sears** won the women's 100 meters in 13.16 seconds and was second in the 200 meters in 26.63 seconds.
- The WOU men are in the USTFCCA Division II Team Rankings for the first time in the outdoor season, emerging this week at No. 19.
- Western Oregon hosts its lone regular-season home meet of the season on Friday with the John Knight Twilight. Athletes will also travel to McMinnville, Ore., on Saturday for the Linfield Jenn Boyman Invitational.

WESTERN WASHINGTON



- Wherever there was a meet, Western Washington was there. The Vikings sent athletes to the Bay Area for the Stanford Invitational and San Francisco State Distance Carnival as well closer to home at the Shotwell Invitational and the UBC Invitational.
 - The Vikings' top performances came at Stanford.
- Sophomore **Raquel Pellecer** led the way as she placed second in the women's collegiate javelin with a mark of 157 feet, 2 inches. That allowed Pellecer to remain at No. 4 in Division II and earned her GNAC Women's Field Athlete of the Week honors.
- Senior **Alex Barry** also improved his season-best and NCAA provisional qualifying mark in the men's javelin, placing eighth in the invitational section with a mark of 203 feet, 1 inch. That allowed Barry to remain at No. 15 on the Division II seasonal best list.
 - Senior **Anna Paradee** improved her provisional qualifying mark in the women's pole vault at Stanford with her mark of 12 feet, 11.5 inches. She is now No. 2 in Division II this season.
 - At the San Francisco State Distance Carnival, junior Isaac Derline ran the fastest time in the GNAC this season in the men's 5,000 meters with his time of 14:47.99.
 - Senior **Brandon Pless** took second in a pair of throwing events. He was runner-up in the shot put with a mark of 47 feet, 10 inches, and was second in the hammer with a throw of 165 feet, 8 inches.
 - The Vikings had four event winners at the UBC Invitational. Junior **Rudy Mataya** led a top-three sweep in the men's decathlon with his score of 5,570 points. Sophomore **Nick Makrakis** was second with 5,544 points and senior **Somit Chhim** was third with 5,535 points.
 - Freshman **Ben Jacot** won the men's 10,000 meters at the UBC Invitational in a time of 33:38.50. Sophomore **Jewels Oliquiano** won the women's pole vault with her mark of 11 feet, 1.75 inches.
 - Freshman **Myles Smith** was the Vikings' lone event winner at the Shotwell Invitational, taking the men's 800 meters in 1:59.24.
 - Western Washington will host one of its two home meets of the season, the WWU Quad Meet on Friday.

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.

GNAC Qualifiers For NCAA Outdoor Championships

MEN'S AUTOMATIC QUALIFIERS AS OF APR. 3, 2018

Event	Athlete	Mark	Rank	Date
800 Meters	David Ribich, WOU	1:48.09	2nd	3/30/18

MEN PROVISIONAL QUALIFIERS AS OF APR. 3, 2018

Event	Athlete	Mark	Rank	Date
1,500 Meters	Dustin Nading, WOU	3:45.91	4th	3/30/18
	Josh Dempsey, WOU	3:48.83	9th	3/30/18
400m Hurdles	Vladislav Tsygankov, SFU	52.21	5th	3/16/18
	Oliver Jorgensen, SFU	8:58.72	6th	3/30/18
Steeplechase	Aaron Ahl, SFU	9:15.28	14th	3/30/18
	Payton Lewis, NNU	4.95/16-2.75	13th	3/24/18
Pole Vault	Alani Troutman, WOU	7.40/24-3.5	T-7th	3/30/18
Shot Put	Josh Koch, CU	16.32/53-6.5	T-23rd	3/24/18
Discus	Jakob Chamberlin, CU	53.15/174-4	5th	3/16/18
	Caleb Bridge, CU	50.18/164-7	17th	3/16/18
Hammer	Jacob Slate, CU	59.64/195-8	7th	3/24/18
	Jakob Chamberlin, CU	56.76/186-3	18th	3/24/18
Javelin	Kauano'e Vanderpoel, SMU	55.21/181-2	30th	3/16/18
	Brian Chalkley, SMU	65.20/213-11	6th	3/3/18
	Beau Ackerman, MSUB	63.88/209-7	8th	3/30/18
Decathlon	Spencer Claeys, WWU	63.05/206-10	10th	3/3/18
	Alex Barry, WWU	60.05/197-0	15th	3/10/18
	Kodiak Landis, CWU	7,098	2nd	3/22/18
	Braydon Maier, CWU	6,562	10th	3/22/18
	Michael Forster, CWU	6,491	11th	3/22/18
	Giovanni Brown, CU	6,376	15th	3/27/18

WOMEN AUTOMATIC QUALIFIERS AS OF APR. 3, 2018

Event	Athlete	Mark	Rank	Date
10,000 Meters	Caroline Kurgat, UAA	32:33.24	1st	3/30/18

WOMEN PROVISIONAL QUALIFIERS AS OF APR. 3, 2018

Event	Athlete	Mark	Rank	Date
400 Meters	Vanessa Aniteye, UAA	55.17	3rd	3/30/18
	Addy Townsend, SFU	2:08.55	5th	3/16/18
800 Meters	Danielle McCormick, UAA	2:08.82	6th	3/30/18
	Suzie Van De Grift, WOU	2:08.89	7th	3/30/18
	Megan Rose, WOU	2:09.30	9th	3/30/18
	Olivia Woods, WOU	2:09.78	10th	3/30/18
	Yemi Knight, UAA	2:10.47	13th	3/30/18
	Tamara Perez, UAA	2:11.31	15th	3/30/18
1,500 Meters	Caroline Kurgat, UAA	4:26.16	5th	3/24/18
	Addy Townsend, SFU	4:26.94	6th	3/30/18
	Tamara Perez, UAA	4:30.87	10th	3/24/18
	Ally Ginther, SFU	17:10.90	10th	3/30/18
5,000 Meters	Emmah Chelimo, UAA	17:14.06	16th	3/24/18
	Ali Anderson, CWU	1:00.95	8th	3/17/18
400m Hurdles	Reta Dobie, SFU	10:40.12	7th	3/30/18
	Mariah Burroughs, UAA	10:51.76	10th	3/30/18
Steeplechase	Emmah Chelimo, UAA	11:00.09	14th	3/30/18
	Alaska Anchorage	3:43.01	4th	3/30/18
4x400 Relay	Anna Paradee, WWU	3.95/12-11.5	2nd	3/30/18
Pole Vault	Halle Irvine, CWU	3.66/12-0	12th	3/17/18
	Emma Hill, CU	11.91/39-1	8th	3/24/18
Triple Jump	Christina MacDonald, CU	14.49/47-6.5	T-10th	3/24/18
	Katrina Linenko, CU	13.83/45-4.5	20th	3/24/18
Shot Put	Melissa Ausman, CU	47.78/156-9	9th	3/24/18
	Christina MacDonald, CU	58.04/190-5	5th	3/16/18
Discus	Tasha Willing, CU	57.41/188-4	6th	3/16/18
	Liz Larson, SMU	53.21/174-7	17th	3/16/18
Hammer	Joselynn Tensley, CU	52.35/171-9	22nd	3/24/18
	Raquel Pellecer, WWU	47.91/157-2	4th	3/30/18
Javelin	Natalie Vetto, WWU	43.97/144-3	9th	3/30/18
	Deanna Avalos, SMU	43.95/144-2	10th	3/31/18
	Jona Spiller, SMU	42.85/140-7	13th	3/3/18
	Nicole Nobbs, NNU	42.73/140-2	15th	3/17/18
	Hannah Nienaber, WWU	42.31/138-10	18th	3/30/18
	Chelsea Bone, CU	41.89/137-5	19th	3/27/18
	Darian Wilson, WOU	41.76/137-0	20th	3/30/18
	Elizabeth Stottlemire, CU	41.30/135-6	24th	3/16/18
Heptathlon	HarLee Ortega, CWU	4,875	5th	3/22/18
	Chelsea Bone, CU	4,736	8th	3/27/18
	Scout Cai, SPU	4,710	10th	3/16/18

Men's Outdoor Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	CWU	CU	WOU
Mar. 20	—	9th	—
Mar. 27	21st	13th	—
Apr. 3	—	—	19th

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 2 - Apr. 3, 2018

Rk	School	Pts.	Prev.
1.	Pittsburg State	193.62	8
2.	Texas A&M-Kingsville	155.89	1
3.	Colorado Mines	140.02	9
4.	Chico State	123.47	2
5.	Angelo State	122.24	3
6.	Saint Augustine's	108.62	4
7.	CSU-Pueblo	98.90	25
8.	Texas A&M-Commerce	98.66	11
9.	Tiffin	89.79	NR
10.	West Texas A&M	88.92	5
11.	Grand Valley St.	78.30	NR
12.	Cal State LA	75.68	15
13.	Queens (N.C.)	70.60	17
14.	Academy of Art	66.32	19
15.	Azusa Pacific	61.28	7
16.	Adams State	60.84	16
17.	Lee (Tenn.)	57.78	18
18.	UC San Diego	55.39	14
19.	Western Oregon	55.25	101
20.	Eastern New Mexico	52.65	24
21.	Ashland	51.65	10
22.	Alabama-Huntsville	50.07	6
23.	Central Missouri	45.70	92
24.	Mount Olive	43.45	35
25.	Fort Hays State	40.55	52

USTFCCCA WEST REGION TEAM INDEX

Week 3 - Apr. 2, 2018

Rk	School	Pts.	Prev.
1.	Chico State	469.52	1
2.	UC San Diego	328.58	2
3.	Azusa Pacific	263.29	3
4.	Concordia (Ore.)	244.87	4
5.	Cal Poly Pomona	232.79	5
6.	Western Washington	192.47	8
7.	Academy of Art	182.65	10
8.	Cal State LA	178.59	9
9.	Central Washington	172.70	6
10.	Cal State San Marcos	167.79	22

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Women's Outdoor Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	CWU	CU	SPU	SFU	WWU
Mar. 20	—	8th	6th	12th	—	17th
Mar. 27	19th	13th	10th	—	—	21st
Apr. 3	5th	—	15th	—	25th	—

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 3 - Apr. 3, 2018

Rk	School	Pts.	Prev.
1.	West Texas A&M	170.39	2
2.	Angelo State	146.52	3
3.	Pittsburg State	132.90	22
4.	San Francisco St.	118.72	1
5.	Alaska Anchorage	113.20	19
6.	Azusa Pacific	112.31	8
7.	Grand Valley St.	95.54	NR
8.	UC-Colorado Springs	84.05	5
9.	Fresno Pacific	82.54	4
10.	Missouri Southern	72.20	7
11.	Fort Hays State	71.84	12
12.	Saint Augustine's	67.53	6
13.	Texas A&M-Commerce	65.75	11
14.	New Mexico Highlands	61.71	58
15.	Concordia (Ore.)	61.06	10
16.	Walsh	59.45	61
17.	Wayne State (Neb.)	59.38	14
18.	Cal State LA	58.74	9
19.	Cal State San Marcos	57.71	122
20.	Colorado Mines	56.40	30
21.	Chico State	55.14	28
22.	Academy of Art	53.08	17
23.	Ashland	52.13	15
24.	UC San Diego	49.02	16
25.	Simon Fraser	48.69	44

USTFCCCA WEST REGION TEAM INDEX

Week 3 - Apr. 2, 2018

Rk	School	Pts.	Prev.
1.	San Francisco St.	317.27	1
2.	Azusa Pacific	278.99	3
3.	Fresno Pacific	231.11	2
4.	Concordia (Ore.)	228.97	4
5.	UC San Diego	205.04	5
6.	Alaska Anchorage	199.24	17
7.	Central Washington	159.26	6
8.	Chico State	150.09	11
9.	Academy of Art	148.39	13
10.	Stanislaus State	146.20	8

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GNAC Indoor Track & Field Records

MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
200 Meters	21.56	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	32:33.64
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)
Caroline Kurgat, Alaska Anchorage (2018)
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, 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.

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.

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

Boxer Combined Event

at Hanson Stadium, Forest Grove, Ore.

Women's Heptathlon: 1, Chelsea Bone, CU, 4,736; 7, Ashley Vest, SMU, 3,769; 8, Tiffany Pott, SMU, 3,607; 9, Chase Stephens, CU, 3,606.

Men's Decathlon: 3, Giovanni Brown, CU, 6,376; 7, Mitch Kruse, WOU, 4,848; 8, Emmy Carrizales, CU, 4,739; 9, Jackson Stallard, WOU, 4,280; 10, Anthony Pablo, WOU, 4,183; 11, Craig Boyle, SMU, 4,181.

Fri., Mar. 30

Battlin' Bears/Yellowjacket Open

at Laurel Sports Complex, Laurel, Mont.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Michaela Johnson, MSUB, 13.14. 200 Meters - 3, Jewl Collins, MSUB, 26.58. 5,000 Meters - 2, Nikki Aiken, MSUB, 19:43.01. 100m Hurdles - 1, Michaela Johnson, MSUB, 15.07. 400m Hurdles - 3, Josey Smiedala, MSUB, 1:07.35. 4x100 Relay - 2, Montana State Billings A, 49.65; 3, Montana State Billings B, 51.53. Long Jump - 3, Brenna Beckett, MSUB, 15-8.75. Triple Jump - 2, Janessa Williams, MSUB, 35-3.75; 3, Shaniah Schwend, MSUB, 34-6.75. Discus - 1, Hannah Nesson, MSUB, 129-1.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Sam Zook, MSUB, 11.05; 2, Lamont Frisby, MSUB, 11.19; 3, Mason Schram, MSUB, 11.34. 200 Meters - 1, Lamont Frisby, MSUB, 22.40; 3, Mason Schram, MSUB, 22.65. 400 Meters - 1, Rahkei Eyer, MSUB, 49.77. 800 Meters - 3, Jorey Egeland, MSUB, 1:59.69. 1,500 Meters - 2, Jorey Egeland, MSUB, 4:00.08. 5,000 Meters - 1, Jorey Egeland, MSUB, 16:22.78. 4x100 Relay - 1, Montana State Billings, 41.62. High Jump - 1, Isaiah Girard, MSUB, 6-4.25. Long Jump - 2, Isaiah Girard, MSUB, 21-6.25; 3, Marcus Lindquist, MSUB, 21-5.25. Triple Jump - Marcus Lindquist, MSUB, 45-3. Shot Put - 2, Brady Ostermiller, MSUB, 48-10. Discus - 2, Brady Ostermiller, MSUB, 145-3. Hammer - 1, Nels Flanagan, MSUB, 156-5. Javelin - 1, Beau Ackerman, MSUB, 209-7.

2018 GNAC Outdoor Meet Summaries

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

Stanford Invitational

at Cobb Track, Palo Alto, Calif.

Women (Top 3 GNAC Finishers): Javelin (Collegiate) - 2, Raquel Pellecer, WWU, 157-2.

Men (Top 3 GNAC Finishers): 800 Meters - 2, David Ribich, WOU, 1:48.09. 1,500 Meters (Section 2) - 2, Dustin Nading, WOU, 3:45.91. Long Jump (Invitational) - 2, Alani Troutman, WOU, 24-3.5.

San Francisco State Distance Carnival

at Chabot College, Hayward, Calif.

Women (Top 3 GNAC Finishers): 400 Meters - 1, Vanessa Aniteye, UAA, 55.17; 3, Savannah Smith, WWU, 57.24. 800 Meters - 3, Yemi Knight, UAA, 2:10.47. Mile - 3, Ally Ginther, SFU, 4:57.37. 400m Hurdles - 3, Sara Madden, WOU, 1:04.70. 4x100 Relay - 3, Alaska Anchorage, 48.44. 4x400 Relay - 1, Alaska Anchorage, 3:43.01. High Jump - 1, Yvonne Jeschke, UAA, 5-4.25; 2, Mackenzie Stewart, SFU, 5-4.25. Long Jump - 1, Darian Wilson, WOU, 18-3.

Men (Top 3 GNAC Finishers): 400 Meters - 1, Liam Lindsay, UAA, 48.75; 3, Nicholas Taylor, UAA, 49.21. Mile - 2, Braeden Charlton, SFU, 4:18.32. 4x100 Relay - 1, Alaska Anchorage, 41.84. 4x400 Relay - 1, Alaska Anchorage, 3:16.66. High Jump - 1, Chris Brake, UAA, 6-6.25. Triple Jump - 3, Brandon Nicholson, UAA, 47-5.25. Shot Put - 1, Chris Steffey, WOU, 48-6.25; 2, Brandon Pless, WWU, 47-10; 3, Mont Child, WOU, 47-5.25. Hammer - 2, Brandon Pless, WWU, 165-8.

UBC Open

at Dhillon Track, Vancouver, B.C.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Julia Stepper, SPU, 12.21; 2, Renick Meyer, SPU, 12.31. 200 Meters - 2, Lani Taylor, SPU, 25.78; 3, Julia Stepper, SPU, 25.83. 400 Meters - 1, Becca Houk, SPU, 58.33; 2, Scout Cai, SPU, 58.43; 3, Chynna Phan, SPU, 58.52. 800 Meters - 3, Chynna Phan, SPU, 2:13.01. 1,500 Meters - 2, Katherine Walter, SPU, 4:52.33; 3, Rebecca Bassett, SFU, 4:52.60. 100m Hurdles - 2, Claire Hansen, WWU, 15.05. 4x100 Relay - 1, Seattle Pacific, 47.41; 3, Western Washington, 49.43. Pole Vault - 1, Jewels Oliquiano, WWU, 11-1.75; 2, Hannah Dodson, WWU, 10-10; 3, Mariah Brelsford, WWU, 10-6. Long Jump - 3, Kellie May, SPU, 17-6.75. Triple Jump - 2, Kellie May, SPU, 36-0. Shot Put - 3, Chanelle Eddy, WWU, 35-0.5. Discus - 1, Chanelle Eddy, WWU, 131-9; 2, Holly Taylor, SFU, 125-10; 3, Kiana Schwendeman, WWU, 122-4. Hammer - 2, Holly Taylor, SFU, 159-9; 3, Kiana Schwendeman, WWU, 123-7. Javelin - 1, Hannah Nienaber, WWU, 138-9.

Men (Top 3 GNAC Finishers): 10,000 Meters - 1, Ben Jacot, WWU, 32:33.97; 2, Kevin Mullin, Jr., 33:38.50. 400m Hurdles - 3, Aaron Bosscher, WWU, 58.95. 4x100 Relay - 2, Seattle Pacific, 44.99. High Jump - 3, Mackenzie Riddell, SFU, 5-10.75. Pole Vault - 2, Davis Flintoff, SPU, 12-9.5. Shot Put - 2, Bryce Bryant-Leat, WWU, 46-11.75; 3, Ben Malquist, WWU, 46-10.25. Discus - 2, Ben Malquist, WWU, 129-6. Javelin - 2, Cooper McNatt, WWU, 185-1. Decathlon - 1, Rudy Mataya, WWU, 5,570; 2, Nick Makrakis, WWU, 5,544; 3, Seren Dances, WWU, 5,535.

Sat., Mar. 31

Boxer Open

at Hanson Stadium, Forest Grove, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Hailey Sears, WOU, 13.16. 200 Meters - 2, Hailey Sears, WOU, 26.63. 400 Meters - 2, Meghan Drader, WOU, 1:08.36. Discus - 2, Moana Gianotti, WOU, 120-0; 3, Halie Korff, WOU, 115-3. Hammer - 1, Alecia Falck, WOU, 154-5. 2, Sylvia Dean, WOU, 148-1. Javelin - 1, Halie Korff, WOU, 115-10.

Men (Top 3 GNAC Finishers): 400 Meters - 2, Emmett Bailor, WOU, 52.62. Shot Put - 2, Nick Sieber, WOU, 49-3. Discus - 2, Nick Sieber, WOU, 149-1. Hammer - 3, Owen Collins, WOU, 134-10.

Shotwell Invitational

at Baker Stadium, Tacoma, Wash.

Women's Team Scores: Central Washington 175, Spokane CC 133.5, Whitworth 83, Saint Martin's 70, Puget Sound 49, Olympic CC 34, Pacific Lutheran 22, Alaska 15, Everett CC 11, FTD 10, Green River CC 9, Club Northwest 6, Guerilla RC 5, Western Washington 2.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Aujanique Doss, CWU, 12.69. 200 Meters - 1, Aujanique Doss, CWU, 25.67. 400 Meters - 1, Jasmyne Neria, CWU, 59.63; 2, Julia Inderbitzin, CWU, 1:00.69. 1,500 Meters - 1, Alexa Shindruk, CWU, 4:39.46; 2, Nicole Soleim, CWU, 4:48.12; 3, Yadira Lopez, SMU, 4:49.48. 4x100 Relay - 1, Central Washington, 49.07. 4x400 Relay - 2, Central Washington, 4:09.67. High Jump - 1, Keeley Phommathirath, CWU, 4-10.50; 2, Cassidy Apo, SMU, 4-10.50. Pole Vault - 1, Halle Irvine, CWU, 11-2.25. Long Jump - 1, Ashleigh Fraser, SMU, 17-2.25; 2, Halle Irvine, CWU, 16-11.25. Triple Jump - 1, Brooke Williams, CWU, 37-2.25; Rose Walts, CWU, 35-5.25; 3, Ashleigh Fraser, SMU, 33-2.5. Shot Put - 1, Samantha La Rue, CWU, 40-7.75. Discus - 1, Megan Vernoy, SMU, 131-2; 3, Samantha La Rue, CWU, 119-10. Javelin - 1, Deanna Avalos, SMU, 144-2.

Men's Team Scores: Central Washington 155.5, Spokane CC 89, Whotworth 85, Everett CC 62.5, Saint Martin's 56, Puget Sound 50.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Bobby Widmar, CWU, 11.15. 200 Meters - 1, Bobby Widmar, CWU, 22.85; 2, Harry Horwarth, CWU 22.86. 400 Meters - 1, Daniel Calderon, CWU, 49.19; 2, Doc Porter, CWU, 49.72; 3, Guillaume Tabary, SMU, 50.87. 800 Meters - 1, Myles Smith, WWU, 1:59.24; 3, Trevor Allen, CWU, 1:59.94. 1,500 Meters - 1, Corbin Carlton, CWU, 4:01.36. 400m Hurdles - 3, Corbin Carlton, CWU, 59.69. Steeplechase - 2, Jasper Heckman, SMU, 9:43.58; 3, Henry Milodragovich, CWU, 10:07.71. 4x400 Relay - 1, Central Washington, 3:23.88. High Jump - 2, Garrett Davies, CWU, 6-5.5. Pole Vault - 3, Bryan Cadena, CWU, 13-8.25. Long Jump - 2, Josh Schulz, SMU, 22-0.75; 3, Guillaume Tabary, SMU, 21-4.25. Triple Jump - 2, Zach Whittaker, CWU, 43-7.25. Shot Put - 1, Alberto Tafoya, CWU, 49-9.75. Discus - 3, Aidan Cain, CWU, 137-4.