



TRACK & FIELD WEEKLY REPORT

gnac
Great Northwest Athletic Conference

Apr. 18, 2018 • Week 14

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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Wed., Apr. 18 - Fri., Apr. 20

Alaska Anchorage, Central Washington, Concordia, Saint Martin's, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at Bryan Clay Invitational, Azusa, Calif.

Thurs., Apr. 19 - Sat., Apr. 21

Alaska Anchorage, Central Washington, Concordia, Northwest Nazarene, Saint Martin's at Mt. SAC Relays, Walnut, Calif.

Fri., Apr. 20 - Sat., Apr. 21

Central Washington, Seattle Pacific, Simon Fraser, Western Washington at Beach Invitational, Long Beach, Calif.

Fri., Apr. 20

Montana State Billings at Blue Hawk Games, Dickinson, N.D.

Sat., Apr. 21

Concordia at Cougar Open, Canby, Ore.

LAST WEEK'S MEETS

Fri., Apr. 13 - Sat., Apr. 14

Triton Invitational

Triton Track & Field Stadium, La Jolla, Calif.

All Events Non-Division I Flights Unless Indicated

Women (Top 3 GNAC Finishers): 400 Meters - 1, Vanessa Aniteye, UAA, 55.26; 2, Renate Bluschke, SFU, 56.63. 800 Meters - 1, Danielle McCormick, UAA, 2:06.17; 2, Addy Townsend, SFU, 2:06.82; 3, Yemi Knight, UAA, 2:08.38. Steeplechase - 1, Dana Townsend, SFU, 11:26.02. 4x400 Relay - 1, Simon Fraser, 3:47.82. Shot Put - 1, Tasha Willing, CU, 47-3; 2, Katrina Linenko, CU, 46-3.5. Discus - 3, Katrina Linenko, CU, 137-4. Hammer (Invitational Non-DI) - 1, Christina MacDonald, CU, 194-10; 3, Tasha Willing, CU, 187-11.

Men (Top 3 GNAC Finishers): 400 Meters - 1, Joel Webster, SFU, 48.04; 2, Liam Lindsay, UAA, 48.61. 400m Hurdles - 1, Vladislav Tsygankov, SFU, 52.15. Shot Put - 2, Josh Koch, CU, 55-2. Discus - 1, Jakob Chamberlin, CU, 178-5; 2, Caleb Bridge, CU, 163-7; 3, Sam Nichols, CU, 162-9. Hammer (Invitational Non-DI) - 3, Jacob Slate, CU, 195-2.

NUU Invitational

at Brian & Nichole Bohner Track, Nampa, Idaho

Women (Top 3 GNAC Finishers): 400 Meters - 1, MaKenna Conley, NNU, 1:01.32. 100m Hurdles - 1, Ally Miran, NNU, 15.38; 2, Katie Conklin, NNU, 15.55. 400m Hurdles - 2, Ally Miran, NNU, 1:07.82. 4x100 Relay - 2, Northwest Nazarene, 51.84. High Jump - 1, Katie Conlin, NNU, 5-1.75. Pole Vault - 2, Kourtney Gwin, NNU, 10-4. Long Jump - 1, Nice Loufoua, NNU, 17-6.75; 2, Jackie Mahowald, NNU, 17-2; 3, Katie Conklin, NNU, 16-5.75. Triple Jump - 1, Nice Loufoua, NNU, 37-7.75; 2, Jackie Mahowald, NNU, 37-5.75. Shot Put - 3, Sasha Korolenko, NNU, 39-10.5. Javelin - 1, Ellie Logan, NNU, 147-10.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Ebu Camara, NNU, 10.87; 3, Logan Blake, NNU, 10.98. 200 Meters - 2, Ebu Camara, NNU, 21.90. 400 Meters - 2, Zachary Magee, NNU, 49.87. 110m Hurdles - 3, Dakota Tidwell, NNU, 15.95. 400m Hurdles - 3, Ryan Chism, NNU, 58.77. 4x100 Relay - 1, Northwest Nazarene, 41.63. 4x400 Relay - 2, Northwest Nazarene, 3:21.69. High Jump - 1, Micah Tranch, NNU, 6-6.25. Pole Vault - 1, Payton Lewis, NNU, 15-9; 2, Phillip Gwin, NNU, 15-3. Shot Put - 1, John Van Beuren, NNU, 49-5. Discus - 1, John Van Beuren, NNU, 154-8; 2, Canyon Anderson, NNU, 153-10. Hammer - 1, John Van Beuren, NNU, 175-0; 2, Brayden Eiland, NNU, 167-8. Javelin - 2, Micah Tranch, NNU, 179-2.

Montana Open

at Dornblasser Field, Missoula, Mont.

Women (Top 3 GNAC Finishers): 100m Hurdles - 2, Michaela Johnson, MSUB, 14.61. Steeplechase - 1, Nikki Aiken, MSUB, 11:38.54. 4x100 Relay - 2, Montana State Billings, 51.29. High Jump - 3, Shaniah Schwend, MSUB, 4-11.75.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Sam Zook, MSUB, 10.73; 3, Mason Schram, MSUB, 10.91. 200 Meters - 1, Sam Zook, MSUB, 21.75; 3, Lamont Frisby, MSUB, 22.13. 5,000 Meters - 1, Jorey Egeland, MSUB, 14:48.78. Steeplechase - 1, Carson Jessop, MSUB, 10:11.36. 4x100 Relay - 1, Montana State Billings, 41.37. Hammer - 1, Nels Flanagan, MSUB, 174-4. Shot Put - 3, Brady Ostermiller, MSUB, 47-3.75. Discus - 3, Nels Flanagan, MSUB, 138-10. Javelin - 2, Beau Ackerman, MSUB, 207-10. Triple Jump - 1, Marcus Lindquist, MSUB, 41-7.75. High Jump - 1, Isaiah Girard, MSUB, 6-6.

Pelluer Invitational

at Roos Field, Cheney, Wash.

Women (Top 3 GNAC Finishers): 400 Meters - 1, Ali Anderson, CWU, 56.84. 100m Hurdles - 1, Mariyah Vongsaveng, CWU, 14.87; Sidney Trinidad, CWU, 16.12. 400m Hurdles - 1, Katie Collins, CWU, 1:03.03; 2, Sidney Trinidad, CWU, 1:04.53; 3, Erykah Weems, CWU, 1:04.76. Triple Jump - 1, Brooke Williams, CWU, 39-4.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Kodiak Landis, CWU, 11.15. 110m Hurdles - 3, Ryan Gunther, CWU, 15.70. 400m Hurdles - 3, Ryan Gunther, CWU, 57.89. Long Jump - 3, Kodiak Landis, CWU, 23-1.75.

Sat., Apr. 14

SMU Jay Hammer Meet

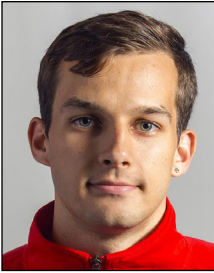
at SMU Track, Lacey, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Becca Houk, SPU, 12.47; 3, Savannah Smith, WWU, 12.70. 200 Meters - 1, Julia Stepper, SPU, 25.03; 2, Savannah Smith, WWU, 25.32; 3, Emily Systma, WWU, 25.50. 400 Meters - 1, Grace Bley, SPU, 58.27; 2, Jasmyne Neria, CWU, 58.38; 3, Julia Inderbitzin, CWU, 1:00.11. 800 Meters - 1, Shawnee Konrad, WWU, 2:21.48; 2, Elizabeth Thompson, SPU, 2:22.06. 1,500 Meters - 1, Jordan McPhee, SPU, 4:45.43; 3, Dania Holmberg, SPU, 4:46.69. 3,000 Meters - 1, Nicole Soleim,

CWU, 10:29.80. 5,000 Meters - 1, Sedona McNerney, SPU, 18:40.94. 10,000 Meters - 2, Tovah Swartz-Ireland, WWU, 39:11.94. 100m Hurdles - 1, Renick Meyer, SPU, 14.67; 2, Claire Hansen, WWU, 14.96; 3, Scout Cai, SPU, 15.28. 400m Hurdles - 2, Molly House, WWU, 1:07.82; 3, Artresa Nickelson, SMU, 1:09.07. Steeplechase - 2, Bailey Fjelstul, CU, 11:39.52; 3, Aysia Killingbeck, CU, 12:01.69. 4x100 Relay - 1, Seattle Pacific, 46.83; 2, Saint Martin's, 49.55. High Jump - 1, Maddie Taylor, WWU, 5-3.25; 2, Shaddia Meadows, CWU, 5-1.25. Pole Vault - 1, Jewels Oliquiano, WWU, 10-5.5; Tie 2, Rachael Roberts, WWU, 9-11.75; Tie 2, Hannah Dodson, WWU, 9-11.75. Long Jump - 1, Keeley Phommathiath, CWU, 17-9; 3, Geneva Lehnert, SPU, 16-10.75. Triple Jump - 1, Emma Hill, CU, 36-2.25; 2, Rose Walts, CWU, 34-11.25. Shot Put - 1, Rachel Bring, CU, 41-1; 2, Chanelle Eddy, WWU, 40-11.5. Discus - 1, Rachel Bring, CU, 141-10; 2, Chanelle Eddy, WWU, 132-2; 3, Megan Vernoy, SMU, 131-2. Hammer - 1, Liz Larson, SMU, 172-4; 2, Joselynn Tensley, CU, 171-7; 3, Kori Sprague, CU, 166-4. Javelin - 2, Deanna Avalos, SMU, 138-5; 3, Elizabeth Stottlemire, CU, 133-10.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Carlos Ortiz, CU, 10.68. 200 Meters - 2, Jackson Hand, SMU, 21.92. 400 Meters - 1, Daniel Calderon, CWU, 49.37. 800 Meters - 1, Doc Porter, CWU, 1:57.25; 2, Macauley Franks, WWU, 1:57.34; 3, James Jasperson, WWU, 1:57.67. 1,500 Meters - 1, Tyler Sager, WWU, 3:57.60; 2, Ian Fay, WWU, 4:00.32; 3, Corbin Carlton, CWU, 4:01.43. 3,000 Meters - 1, Trevor Allen, CWU, 8:50.23; 2, Josh Boston, CWU, 8:50.70; 3, Shad Galloway, SPU, 8:55.74. 5,000 Meters - 2, Ben Jacot, WWU, 15:20.56. 110m Hurdles - 3, Giovanni Brown, CU, 15.35. 400m Hurdles - 1, Cordell Cummings, WWU, 55.94; 3, Reid Lovercamp, WWU, 57.17. Steeplechase - 2, Henry Milodragovich, CWU, 9:51.47; 3, Porter McMichael, WWU, 9:56.28. 4x100 Relay - 1, Saint Martin's, 42.37; 3, Western Washington, 43.23. 4x400 Relay - 1, Saint Martin's, 3:33.72; 3, Western Washington, 3:35.81. High Jump - 2, Tupre Wickliff, WWU, 6-4. Pole Vault - 1, Austin Matzelle, SPU, 12-11.5; 3, Cyrus Marshall, SMU, 11-11.75. Long Jump - 1, Josh Schulz, SMU, 21-10.25; 3, Guillaume Tabary, SMU, 21-0. Triple Jump - 2, Zach Whittaker, CWU, 46-0.5; 3, Giovanni Brown, CU, 44-7. Shot Put - 1, Bryce Bryant-Leat, WWU, 49-0.5; 2, Seth Bridge, CU, 47-2.25; 3, Aidan Cain, CWU, 46-8. Discus - 1, Seth Bridge, CU, 140-3; 2, Connor Jensen, CU, 137-2; 3, Brandon Pless, WWU, 137-1. Hammer - 1, Kauanoe Vanderpoel, SMU, 180-2; 2, Brandon Pless, WWU, 173-3; 3, Joe Denniston, CU, 165-0. Javelin - 2, Alex Barry, WWU, 189-0; 3, Cooper McNatt, WWU, 171-11.

GNAC Track & Field Athletes Of The Week



MEN'S TRACK

Vladislav Tsygankov, Simon Fraser
Senior • Moscow, Russia

Tsygankov improved his season-best in the 400-meter hurdles at the Triton Invitational. He won the non-Division I section of the race and had the second-fastest time of the day with a time of 52.15 seconds. The performance leads the GNAC and is now seventh in Division II this season.

Also Nominated: Carlos Ortiz (Concordia), Sam Zook (Montana State Billings), Jackson Hand (Saint Martin's).



WOMEN'S TRACK

Danielle McCormick, Alaska Anchorage
Senior • Soldotna, Alaska

McCormick automatically qualified for the NCAA Championships in the 800 meters at the Triton Invitational. She won the non-Division I flights of the event with a time of 2:06.17. She set an Alaska Anchorage record, moved to No. 7 on the GNAC All-Time List and recorded the third-fastest time in Division II this season.

Also Nominated: Bailey Fjelstul (Concordia), Michaela Johnson (Montana State Billings), Artresa Nickelson (Saint Martin's), Julia Stepper (Seattle Pacific), Addy Townsend (Simon Fraser), Savannah Smith (Western Washington).



MEN'S FIELD

John Van Beuren, Northwest Nazarene
Senior • Boise, Idaho

Van Beuren won three of the throw throwing events at the NNU Invitational. He won his first outdoor shot put of the season with a mark of 49 feet, 5 inches. Van Beuren won the hammer with a mark of 175 feet, 13 inches off of his school record and No. 4 in the GNAC this season. He capped the meet with his fourth victory of the season in the discus

with a mark of 154 feet, 8 inches.

Also Nominated: Jakob Chamberlin (Concordia), Nels Flanagan (Montana State Billings), Kauanoie Vanderpoel (Saint Martin's), Brandon Pless (Western Washington).



WOMEN'S FIELD

Melissa Ausman, Concordia
Senior • Nyssa, Ore.

Ausman was selected for the second consecutive week after she broke the GNAC record in the discus for the second time in as many meets. She placed fourth in the event at the Triton Invitational with a mark of 182 feet, 10 inches, which shattered her record-mark from last week by 12 feet. The NCAA Championships automatic qualifying mark is second

in Division II this season. Ausman also hit an NCAA Championships provisional qualifier in the shot put with a mark of 48 feet, 2.5 inches, ranking her No. 4 on the GNAC All-Time List and 13th in Division II this season.

Also Nominated: Hannah Nesson (Montana State Billings), Liz Larson (Saint Martin's), Chanelle Eddy (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
Mar. 26-Apr. 1	David Ribich, WOU	Alani Troutman, WOU	Caroline Kurgat, UAA	Raquel Pellecer, WWU
Apr. 2-8	Jorey Egeland, MSUB	Jacob Slate, CU	Olivia Woods, WOU	Melissa Ausman, CU
Apr. 9-15	Vladislav Tsygankov, SFU	John Van Beuren, NNU	Danielle McCormick, UAA	Melissa Ausman, CU

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

Around The GNAC

ALASKA ANCHORAGE



- Another school record and an NCAA Championships automatic qualifier for **Danielle McCormick** led Alaska Anchorage at the Triton Invitational.
- McCormick won the women's 800 meters at the meet. Her time of 2:06.17 broke her own UAA record and moved her to No. 6 on the GNAC All-Time List. The mark is also the third fastest in Division II this season.
- McCormick was one of three Seawolves' women's athletes to improve their NCAA qualifying marks in the 800 meters. Junior **Yemi Knight** placed third in a time of 2:08.38 to move to No. 6 in Division II this season while senior **Tamara Perez** placed fourth in 2:09.75 to move to No. 11 in Division II this season.
- Sophomore **Vanessa Aniteye** won the non-Division I sections of the women's 400 meters in a time of 55.26 seconds. Aniteye owns the top time in the GNAC this season of 55.17 seconds, which is also No. 8 in Division II.
- Senior **Liam Lindsay** led the Alaska Anchorage men with his second-place finish in the 400 meters in a time of 48.61 seconds. The mark is No. 2 in the GNAC this season.
- The Alaska Anchorage women dropped one spot to No. 6 in the USTFCCCA Division II Outdoor Rankings. The Seawolves have been ranked in four of the five polls this spring.
- The Seawolves are back in Southern California this weekend to participate in the Mount SAC Relays, the Bryan Clay Invitational and the Beach Invitational.

CENTRAL WASHINGTON



- Central Washington picked up 10 event winners as the Wildcats participated in both the SMU Jay Hammer Meet and the Pelluer Invitational in Cheney, Wash.
- The Wildcats swept the top spots in the women's hurdles at the Pelluer. Junior **Mariyah Vongsaveng** won the 100-meter hurdles in 14.87 seconds while junior **Katie Collins** won the 400-meter hurdles in 1:03.03.
- Junior **Brooke Williams** earned an NCAA Championships provisional qualifying mark as she won the women's triple jump with a mark of 39 feet, 4 inch. The mark is No. 7 on the GNAC All-Time List and No. 13 in Division II this season.
- Senior **Ali Anderson** was a winner in the women's 400 meters at the Pelluer with a season-best time of 56.84 seconds. Senior **Kodiak Landis**, meanwhile, won the men's 100 meters in 11.15 seconds.
- Sophomore **Halle Irvine** improved her NCAA provisional qualifying mark in the women's pole vault in Cheney, finishing fourth with a mark of 12 feet, 2.75 inches. The clearance is tied for 16th in Division II this season.
- Sophomore **Daniel Calderon** led three CWU men's event winners at the SMU Jay Hammer Meet, winning the 400 meters in 49.37 seconds. Sophomore **Doc Porter** captured the 800 meters in 1:57.25 while freshman **Trevor Allen** won the 3,000 meters in a time of 8:50.70.
- Sophomore **Keeley Phommathirath** won the women's long jump at the Jay Hammer Meet with a season-best mark of 17 feet, 9 inches. Freshman **Nicole Soleim** won the women's 3,000 meters in a time of 10:29.80.
- Central Washington will join the rest of the West in Southern California this weekend, taking part in the Mount SAC Relays, the Bryan Clay Invitational and the Beach Invitational.

CONCORDIA



- A pair of GNAC records in the women's throwers led Concordia's performances at the Triton Invitational and the SMU Jay Hammer Meet.
- Both record efforts came at the Triton Invitational. Senior **Melissa Ausman** smashed the GNAC record she set in the women's discus last week as she placed fourth with a mark of 182 feet, 10 inches. That not only was a 12-foot improvement, but automatically qualified Ausman for the NCAA Championships. It is No. 2 in Division II. In addition, Ausman provisionally qualified in the shot put with a mark of 48 feet, 2.5 inches, ranking 13th in Division II. Ausman was named the GNAC Women's Field Athlete of the Week for the second straight week.
- Senior **Christina MacDonald** set the GNAC record in the women's hammer as she won the event with a mark of 194 feet, 10 inches, surpassing the 194 feet, 8 inches set by Saint Martin's Kirby Neale last year. The mark is No. 4 in Division II this season.
- Sophomore **Tasha Willing** and junior **Katrina Linenko** notched provisional qualifying marks in the women's shot put at the Triton Invitational. Willing had a mark of 47 feet, 3 inches, tying her for 16th in Division II, while Linenko registered 43 feet, 3.5 inches, 21st in Division II.
- Sophomore **Jakob Chamberlin** won the men's discus at the Triton and moved to No. 5 in Division II this season with his mark of 178 feet, 5 inches. Senior **Josh Koch** improved his provisional mark in the men's shot put, placing second with a mark of 55 feet, 2 inches, that is 20th in Division II.
- Freshman **Rachel Bring** won two throwing events for the Cavaliers at the Jay Hammer Meet. Bring finished with a mark of 141 feet, 10 inches, in the discus and won the shot put with a mark of 41 feet, 1 inch. Senior **Emma Hill** added a victory in the women's triple jump with a mark of 36 feet, 2.25 inches.
- Senior **Carlos Ortiz** won the men's 100 meters at the Jay Hammer Meet with a time of 10.68 seconds. Freshman **Seth Bridge** won the men's discus with a mark of 140 feet, 3 inches, and placed second in the shot put with a mark of 47 feet, 2.25 inches.
- Concordia's women jumped two spots to No. 12 in this week's USTFCCCA Division II Outdoor Team Rankings. The Cavaliers have been ranked in all five polls this outdoor season.
- Concordia will be in Southern California this weekend for the Mount SAC Relays and the Bryan Clay Invitational. Some Concordia athletes will stick close to home to compete in the Cougar Invitational in Oregon City.

Around The GNAC

MONTANA STATE BILLINGS



- Montana State Billings had eight men's event winners to lead efforts at the Montana Open in Missoula.
- Senior **Sam Zook** won both men's sprint events in season-best times. Zook won the 100 meters in a time of 10.73 seconds and the 200 meters in 21.75 seconds. He currently has the top time in the GNAC in the 200 meters and is third

in the 200.

- The men's 4x100-meter relay team set a school record as it won with a time of 41.37 seconds, which is also a GNAC season-best and is No. 4 on the GNAC All-Time List.
- Senior **Jorey Egeland** won the men's 5,000 meters for the second straight meet, clocking a season-best time of 14:48.78. Freshman **Carson Jessup** won the men's steeplechase with a time of 10:11.36.
- In the men's field events, senior **Nels Flanagan** won the hammer with a mark of 174 feet, 4 inches, and took third in the discus with a mark of 138 feet, 10 inches. Sophomore **Marcus Lindquist** won the triple jump at 41 feet, 7.75 inches, and sophomore **Isaiah Girard** won the high jump with a mark of 6 feet, 6 inches.
- Sophomore **Michaela Johnson** broke her own school record in the women's 100-meter hurdles, placing second with a time of 14.61 seconds. The time is second in the GNAC this season.
- Montana State Billings will compete in its final meet prior to the GNAC Championships this weekend, taking part in the Blue Hawk Games in Dickinson, N.D., on Saturday.

NORTHWEST NAZARENE



- A trio of event wins for senior **John Van Beuren** led 11 total winners for Northwest Nazarene at their own NNU Invitational.
- Van Beuren was named the GNAC Men's Field Athlete of the Week for the three wins. In his first outdoor shot put competition, Van Beuren was a winner in 49 feet, 5 inches. He also won the discus in 154 feet, 8 inches, and the

hammer with a mark of 175 feet.

- Junior **Ellie Logan** earned an NCAA Championships provisional mark in the women's javelin despite not being expected to compete this season due to a knee injury. Logan's winning mark of 147 feet, 10 inches, is No. 9 in Division II this season.
- Freshman **Elijah Castro** broke his own school record in the men's long jump with a mark of 23 feet, 5 inches. The mark is No. 2 in the GNAC this season and just short of the NCAA provisional qualifying mark of 23 feet, 9 inches.
- Junior **Nice Loufoua** led a three-place sweep for the Nighthawks in the women's long jump with a mark of 17 feet, 6.75 inches. She also won the triple jump with a season-best mark of 37 feet, 7.75 inches. Junior **Katie Conklin** won the women's high jump with a clearance of 5 feet, 1.75 inches.
- In the men's field events, senior **Payton Lewis** won the pole vault with a clearance of 15 feet, 9 inches while sophomore **Phillip Gwin** placed second at 15 feet, 3 inches. Junior **Micah Tranch** won the high jump with a mark of 6 feet, 6.25 inches.
- Junior **Makenna Conley** won the women's 400 meters in a time of 1:01.32 while sophomore **Ally Miran** took the women's 100-meter hurdles in 15.38 seconds. In the men's sprints, senior **Ebu Camara** won the 100 meters in 10.87 seconds.
- Northwest Nazarene will head south as well this weekend, taking part in the Mount SAC Relays in Walnut, Calif.

SAINT MARTIN'S



- There was no place like home for Saint Martin's as the Saints finished with three individual winners and two relay winners at their own Jay Hammer Meet.
- Two of the three individual victories were in the men's field events. Sophomore **Josh Schulz** led the way as he won the long jump with a mark of 21 feet, 10.25 inches.

- Senior **Kauanoë Vanderpoel** took home top honors in the men's hammer with his mark of 180 feet, 2 inches, winning the event for the third straight meet.
- Junior **Liz Larson** won the women's hammer as she finished with a mark of 172 feet, 4 inches. Her season-best of 182 feet, 8 inches, is No. 15 in Division II this season.
- The Saints also won both men's relays. The 4x100-meter relay won with a time of 42.37 seconds while the 4x400-meter relay squad cruised home with the win in a time of 3:33.72.
- Freshman **Cyrus Marshall** added third in the men's pole vault with a mark of 11 feet, 11.75 inches, while freshman **Artresa Nickelson** was third in the women's 400-meter hurdles in a time of 1:09.87. Senior **Deanna Avalos** placed second in the women's javelin with a mark of 138 feet, 5 inches.
- Saint Martin's joins the track and field party in Southern California this weekend, participating in both the Mount SAC Relays and the Bryan Clay Invitational.

SEATTLE PACIFIC



- The Falcons posted seven event winners as Seattle Pacific took part in the SMU Jay Hammer Meet.
- The Seattle Pacific women had four individual winners in the sprints. Senior **Becca Houk** posted a season-best in the 100 meters with a time of 12.35 seconds that is fourth-best in the GNAC this season.

- Freshman **Julia Stepper** added a first-place finish in the 200 meters with her GNAC-leading time of 25.03 seconds. Sophomore Grace Bley won the 400 meters as she posted a season-best time of 58.27 seconds.
- Freshman **Renick Meyer**, meanwhile, posted a season-best in the 100-meter hurdles with a time of 14.67 seconds. The mark is tied for third-best in the GNAC this season.
- The Falcons earned an NCAA Championships provisional qualifying mark in the women's 4x100-meter relay. Their time of 46.83 seconds is No. 8 on the GNAC All-Time List and is No. 15 in Division II this season.
- Seattle Pacific also had a rare event winner in the men's field events. Freshman **Austin Matzelle** won the pole vault with a mark of 12 feet, 11.5 inches.
- Freshman **Shad Galloway** was the Falcons' top men's running event finisher, placing third in the 3,000 meters in a time of 8:55.74.
- Seattle Pacific will be in Southern California this weekend, competing in the Bryan Clay Invitational and the Beach Invitational.

Around The GNAC



SIMON FRASER

- An NCAA Championships automatic qualifying mark for junior **Addy Townsend** led Simon Fraser's efforts at the Triton Invitational.
- Townsend placed second behind UAA's Danielle McCormick in the women's 800 meters. Her time of 2:06.82 is the fifth-best time in Division II this season. She was one of four GNAC athletes to add or improve nationals qualifying marks in the 800 at the meet.
- Senior Vladislav Tsygankov improved his NCAA provisional mark in the men's 400-meter hurdles, winning the event with his GNAC-leading time of 52.15 seconds. For his effort, Tsygankov was named the GNAC Men's Track Athlete of the Week.
- The Clan women's 4x400-meter relay notched an NCAA provisional qualifying mark. The first-place time of 3:47.82 is No. 15 in Division II this season.
- Senior **Joel Webster** was a winner in the men's 400 meters as he ran a GNAC-leading time of 48.04 seconds. Senior **Oliver Jorgensen** added a fourth-place finish in the 1,500 meters in 3:52.42 while sophomore **Nathan Mah** was fourth in the men's 200 meters in 21.98 seconds.
- Senior **Dana Townsend** added a victory in the women's steeplechase with a time of 11:26.02, ranking her sixth in the GNAC this season. Freshman **Renate Bluschke** added a second-place finish in the women's 400 meters in 56.63 seconds, ranking third in the GNAC.
- Simon Fraser will make the rounds in Southern California this weekend, participating in the Mount SAC Relays, the Bryan Clay Invitational and the Beach Invitational.

WESTERN OREGON



- Western Oregon was the only GNAC team not to compete last week, taking the originally-scheduled trip to the L&C Invitational off the schedule. The Wolves will be in Southern California this weekend, competing at the Bryan Clay Invitational.
- The Wolves enter the week with eight athletes that have qualifying marks for the NCAA Championships. Senior **David Ribich** leads the way with his automatic qualifying mark in the 800 meters. He is ranked third nationally with a time of 1:48.09.
- Junior **Dustin Nading** has the fifth-best time in Division II this season in the men's 1,500 meters with a time of 3:45.91. Senior **Josh Dempsey** is 17th in the event with his time of 3:48.93.
- Sophomore **Alani Troutman** is provisionally qualified in the men's long jump and is tied for eighth in Division II with a mark of 24 feet, 3.5 inches.
- Western Oregon has three athletes provisionally qualified in the women's 800 meters. Senior **Suzie Van De Grift** is eighth in Division II with a time of 2:08.89. Senior **Megan Rose** is ranked 10th with a time of 2:09.30 and junior **Olivia Woods** is 12th with her time of 2:09.78.
- Freshman **Darian Wilson** is one of 10 GNAC athletes provisionally qualified for nationals in the women's javelin. Wilson is ranked 16th with her mark of 144 feet, 5 inches.
- The WOU men are ranked No. 23 in the USTFCCCA Division II Team Rankings for the second straight week. They are the only GNAC squad in the men's top-25.

WESTERN WASHINGTON



- Western Washington finished with seven event winners as the Vikings competed in the SMU Jay Hammer Meet.
- Sophomore **Cordell Cummings** led four WWU men's event winners as he cruised to victory in the men's 400-meter hurdles in a time of 55.94 seconds.
- Junior **Kyler Sager** led a one-two finish for the Vikings in the men's 1,500 meters, clocking a time of 3:57.60. Freshman **Ian Fay** placed second in a time of 4:03.32.
- Freshman **Bryce Bryant-Leat** was a winner in the men's shot put, posting a mark of 49 feet, 0.25 inches.
- Sophomore **Jewels Oliquiano** led a top-three sweep for the Vikings in the women's pole vault, posting a winning clearance of 10 feet, 5.5 inches. Junior **Rachael Roberts** and freshman **Hannah Dodson** tied for second at 9 feet, 9.75 inches.
- Freshman **Shawnee Konrad** scored a first-place finish in the women's 800 meters with a time of 2:21.48.
- In the women's field events, junior **Maddie Taylor** won the high jump with a mark of 5 feet, 3.25 inches. Taylor leads the GNAC with a season-best of 5 feet, 5.25 inches.
- Western Washington will also head south for the weekend, taking part in both the Bryan Clay Invitational and the Beach Invitational.

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. 16, 2018

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

MEN PROVISIONAL QUALIFIERS AS OF APR. 16, 2018

Event	Athlete	Mark	Rank	Date
1,500 Meters	Dustin Nading, WOU	3:45.91	5th	3/30/18
	Josh Dempsey, WOU	3:48.83	17th	3/30/18
400m Hurdles	Vladislav Tsygankov, SFU	52.15	7th	4/13/18
Steeplechase	Oliver Jorgensen, SFU	8:58.72	8th	3/30/18
	Aaron Ahl, SFU	9:15.28	18th	3/30/18
Pole Vault	Payton Lewis, NNU	4.95/16-2.75	17th	3/24/18
Long Jump	Alani Troutman, WOU	7.40/24-3.5	T-8th	3/30/18
Shot Put	Josh Koch, CU	16.81/55-2	20th	4/13/18
Discus	Jakob Chamberlin, CU	54.39/178-5	5th	4/13/18
	Caleb Bridge, CU	50.18/164-7	27th	3/16/18
Hammer	Jacob Slate, CU	61.08/200-5	8th	4/6/18
	Jakob Chamberlin, CU	56.76/186-3	25th	3/24/18
Javelin	Kauano'e Vanderpoel, SMU	55.21/181-2	37th	3/16/18
	Brian Chalkley, SMU	65.20/213-11	7th	3/3/18
Decathlon	Alex Barry, WWU	64.77/212-6	9th	4/6/18
	Beau Ackerman, MSUB	63.88/209-7	11th	3/30/18
	Easton Christensen, CU	63.49/208-4	13th	4/6/18
	Spencer Claeys, WWU	63.05/206-10	15th	3/3/18
Decathlon	Kodiak Landis, CWU	7,098	5th	3/22/18
	Braydon Maier, CWU	6,562	15th	3/22/18
	Michael Forster, CWU	6,491	16th	3/22/18
	Giovanni Brown, CU	6,376	21st	3/27/18

WOMEN AUTOMATIC QUALIFIERS AS OF APR. 16, 2018

Event	Athlete	Mark	Rank	Date
800 Meters	Danielle McCormick, UAA	2:06.17	3rd	4/13/18
	Addy Townsend, SFU	2:06.82	5th	4/13/18
10,000 Meters	Caroline Kurgat, UAA	32:33.24	1st	3/30/18
Discus	Melissa Ausman, CU	55.74/182-10	2nd	4/13/18

WOMEN PROVISIONAL QUALIFIERS AS OF APR. 16, 2018

Event	Athlete	Mark	Rank	Date
400 Meters	Vanessa Aniteye, UAA	55.17	8th	3/30/18
800 Meters	Yemi Knight, UAA	2:08.38	6th	4/13/18
	Suzie Van De Grift, WOU	2:08.89	8th	3/30/18
	Megan Rose, WOU	2:09.30	10th	3/30/18
	Tamara Perez, UAA	2:09.75	11th	4/13/18
	Olivia Woods, WOU	2:09.78	12th	3/30/18
1,500 Meters	Caroline Kurgat, UAA	4:26.16	6th	3/24/18
	Addy Townsend, SFU	4:26.94	7th	3/30/18
	Tamara Perez, UAA	4:30.87	14th	3/24/18
	Kate Lilly, SPU	4:33.34	28th	4/6/18
5,000 Meters	Alexa Shindruk, CWU	17:00.79	11th	4/6/18
	Ally Ginther, SFU	17:10.90	17th	3/30/18
	Emmah Chelimo, UAA	17:14.06	25th	3/24/18
400m Hurdles	Ali Anderson, CWU	1:00.95	13th	3/17/18
Steeplechase	Reta Dobie, SFU	10:40.12	8th	3/30/18
	Mariah Burroughs, UAA	10:51.76	13th	3/30/18
	Emmah Chelimo, UAA	11:00.09	18th	3/30/18
4x100 Relay	Seattle Pacific	46.83	15th	4/14/18
4x400 Relay	Alaska Anchorage	3:43.01	5th	3/30/18
	Simon Fraser	3:47.82	15th	4/13/18
Pole Vault	Anna Paradee, WWU	3.97/13-0.25	5th	4/6/18
	Halle Irvine, CWU	3.73/12-2.75	T-16th	4/13/18
	Scout Cai, SPU	3.67/12-0.5	T-24th	4/6/18
Triple Jump	Brooke Williams, CWU	11.99/39-4	13th	4/13/18
	Emma Hill, CU	11.91/39-1	17th	3/24/18
Shot Put	Christina MacDonald, CU	14.73/48-4	12th	4/6/18
	Melissa Ausman, CU	14.69/48-2.5	13th	4/13/18
	Tasha Willing, CU	14.40/47-3	T-16th	4/13/18
	Katrina Linenko, CU	14.11/46-3.5	21st	4/13/18
Discus	Rachel Bring, CU	44.65/146-6	42nd	4/6/18
	Christina MacDonald, CU	59.40/194-10	4th	4/13/18
Hammer	Tasha Willing, CU	57.41/188-4	9th	3/16/18
	Joselynn Tensley, CU	55.79/183-0	14th	4/6/18
	Liz Larson, SMU	55.69/182-8	15th	4/6/18
Javelin	Raquel Pellecer, WWU	47.91/157-2	4th	3/30/18
	Elie Logan, NNU	45.06/147-10	9th	4/13/18
	Natalie Vetto, WWU	44.61/146-3	11th	4/6/18
	Deanna Avalos, SMU	44.52/146-1	13th	4/6/18
	Elizabeth Stottlemire, CU	44.45/145-10	14th	4/6/18
	Darian Wilson, WOU	44.03/144-5	16th	4/6/18
	Jona Spiller, SMU	42.85/140-7	20th	3/3/18
	Nicole Nobbs, NNU	42.73/140-2	20th	3/17/18
	Hannah Nienaber, WWU	42.31/138-10	25th	3/30/18
	Chelsea Bone, CU	41.89/137-5	29th	3/27/18
Heptathlon	HarLee Ortega, CWU	4,875	9th	3/22/18
	Chelsea Bone, CU	4,736	14th	3/27/18
	Scout Cai, SPU	4,710	17th	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
Apr. 10	—	—	23rd
Apr. 17	—	—	23rd

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 5 - Apr. 17, 2018

Rk	School	Pts.	Prev.
1.	Pittsburg State	211.27	1
2.	Texas A&M-Kingsville	175.31	2
3.	Texas A&M-Commerce	156.52	4
4.	Angelo State	147.52	3
5.	Colorado Mines	144.10	5
6.	Tiffin	109.19	12
7.	Chico State	102.20	6
8.	Adams State	101.85	9
9.	CSU-Pueblo	101.01	7
10.	Saint Augustine's	95.51	8
11.	Grand Valley State	86.83	10
12.	Ashland	84.12	17
13.	Fort Hays State	78.02	16
14.	West Texas A&M	73.00	13
15.	Cal State LA	65.85	11
16.	Queens (N.C.)	60.54	14
17.	Academy of Art	55.98	19
18.	Mount Olive	55.58	15
19.	Alabama-Huntsville	52.70	24
20.	UC San Diego	48.14	18
21.	Minnesota State	47.39	52
22.	Azusa Pacific	42.91	20
23.	Western Oregon	42.26	23
24.	Saginaw Valley State	41.55	64
25.	Central Missouri	40.98	21

USTFCCCA WEST REGION TEAM INDEX

Week 5 - Apr. 16, 2018

Rk	School	Pts.	Prev.
1.	Chico State	492.42	1
2.	UC San Diego	316.82	2
3.	Azusa Pacific	277.25	3
4.	Concordia (Ore.)	241.82	4
5.	Academy of Art	198.12	8
6.	Cal Poly Pomona	196.52	7
7.	Cal State LA	193.83	5
8.	Central Washington	179.55	10
9.	Western Washington	177.70	6
10.	Fresno Pacific	143.45	9

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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	—
Apr. 10	5th	—	14th	—	—	23rd
Apr. 17	6th	—	12th	—	—	—

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 5 - Apr. 17, 2018

Rk	School	Pts.	Prev.
1.	West Texas A&M	182.05	3
2.	Grand Valley State	149.38	4
3.	Angelo State	148.27	1
4.	Pittsburg State	125.84	2
5.	San Francisco St.	108.07	6
6.	Alaska Anchorage	103.55	5
7.	Lincoln (Mo.)	102.18	48
8.	Saint Augustine's	97.70	13
9.	Texas A&M-Commerce	84.39	7
10.	Azusa Pacific	81.67	8
11.	Fort Hays State	80.67	12
12.	Concordia (Ore.)	69.25	14
13.	New Mexico Highlands	67.13	9
14.	Walsh	67.03	15
15.	UC-Colorado Springs	66.71	10
16.	Wayne State (Neb.)	62.65	18
17.	Cal State LA	56.43	17
18.	Missouri Southern	55.89	19
19.	Fresno Pacific	50.22	11
20.	Mount Olive	49.65	22
21.	Cal Baptist	47.20	138
22.	Cal State San Marcos	45.97	21
23.	Chico State	45.81	20
24.	Southwest Baptist	45.37	50
25.	Ursuline	40.97	61

USTFCCCA WEST REGION TEAM INDEX

Week 5 - Apr. 16, 2018

Rk	School	Pts.	Prev.
1.	San Francisco St.	322.70	2
2.	Azusa Pacific	318.31	1
3.	Concordia (Ore.)	250.97	3
4.	Fresno Pacific	216.04	4
5.	UC San Diego	209.59	5
6.	Alaska Anchorage	201.44	6
7.	Chico State	174.55	7
8.	Central Washington	169.65	12
9.	Stanislaus State	149.92	8
10.	Western Washington	134.44	9

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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

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

MEN'S CONFERENCE MEET RECORDS

100 Meters	10.43	Anthony Wright, Central Washington (2010)
200 Meters	21.32	Rimar Christie, Northwest Nazarene (2013)
	21.32	Tyrell Williams, Western Oregon (2014)
400 Meters	47.55	Ethan Hewitt, Alaska Anchorage (2012)
800 Meters	1:49.31	Paul Mach, Seattle Pacific (2005)
1,500 Meters	3:47.37	David Ribich, Western Oregon (2017)
5,000 Meters	14:29.41	Micah Chelimo, Alaska Anchorage (2011)
10,000 Meters	30:25.75	Jordan Walling, Western Washington (2011)
110m Hurdles	14.21	Travis Milbrandt, Western Washington (2015)
400m Hurdles	52.23	Shaun Ward, Alaska Anchorage (2011)
Steeplechase	8:47.26	Ryan Brockerville, Simon Fraser (2012)
4x100 Relay	41.10	Central Washington (2010)
		Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols
4x400 Relay	3:13.84	Simon Fraser (2015)
		Stuart Ellenwood, Cameron Proceviat, Joel Webster, Daniel Kelloway
High Jump	2.11/6-11	Tevin Gladden, Alaska Anchorage (2017)
Pole Vault	5.14/16-10.75	Ryan Brown, Western Washington (2010)
Long Jump	7.52/24-8.25	David Registe, Alaska Anchorage (2008)
Triple Jump	15.50/50-10.25	Wesley Gray, Western Oregon (2017)
Shot Put	18.20/59-8.75	Josh Koch, Concordia (2016)
Discus	53.80/176-6.5	Caleb Bridge, Concordia (2017)
Hammer	61.61/202-1	Michael Hoffman, Western Washington (2008)
Javelin	69.49/228-0	Franz Burghagen, Alaska Anchorage (2013)
Decathlon	7,201	Cody Thomas, Alaska Anchorage (2016)

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
	5.99/19-8
Triple Jump	12.42/40-9
Shot Put	17.39/57-0.75
Discus	55.74/182-10
Hammer	59.40/194-10
Javelin	54.18/177-9
Heptathlon	5,606

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

WOMEN'S CONFERENCE MEET RECORDS

100 Meters	11.81	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	24.30	Grace Morgan, Alaska Anchorage (2013)
400 Meters	54.46	Helen Crofts, Simon Fraser (2013)
800 Meters	2:06.38	Jessica Pixler, Seattle Pacific (2010)
1,500 Meters	4:24.01	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:53.80	Jessica Pixler, Seattle Pacific (2007)
5,000 Meters	16:39.39	Sarah Porter, Western Washington (2010)
10,000 Meters	35:43.38	Joyce (Chelimo) Kipchumba, Alaska Anchorage (2014)
100m Hurdles	13.82	Danielle Ayers-Stamper, Seattle Pacific (2005)
400m Hurdles	1:00.29	Haleigh Lloyd, Alaska Anchorage (2015)
Steeplechase	10:14.15	Katelyn Steen, Western Washington (2015)
4x100 Relay	46.68	Alaska Anchorage (2014)
		Mackenzie Harsch, Rosie Smith, Sasha Halfyard, Jamie Ashcroft
4x400 Relay	3:44.11	Seattle Pacific (2013)
		Kishia Mitchell, Emily Quatier, Jasmine Johnson, McKayla Fricker
High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2016)
Pole Vault	3.83/12-6.75	Karis Anderson, Western Washington (2012)
Long Jump	5.99/19-8	Ali Worthen, Seattle Pacific (2013)
Triple Jump	12.42/40-9	Ashley Potter, Western Oregon (2012)
Shot Put	16.55/54-3.75	McKenzie Warren, Concordia (2017)
Discus	48.13/157-11.25	McKenzie Warren, Concordia (2017)
Hammer	58.14/190-9.25	McKenzie Warren, Concordia (2017)
Javelin	52.40/171-11.25	Bethany Drake, Western Washington (2017)
Heptathlon	5,390	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 Frehofer, 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.

Fri., Apr. 6

John Knight Twilight

at McArthur Field, Monmouth, Ore.

Women (Top 3 GNAC Finishers): 400 Meters - 1, Olivia Woods, WOU, 56.01; 2, Megan Rose, WOU, 57.19; 3, Suzie Van De Grift, WOU, 57.24. 800 Meters - Rachel Bayly, WOU, 2:23.45. 1,500 Meters - 1, Kennedy Rufener, WOU, 4:38.79. 400m Hurdles - 2, Sara Madden, WOU, 1:03.62. 4x100 Relay - 3, Western Oregon, 50.70. 4x400 Relay - 1, Concordia, 4:01.20. High Jump - 1, Tori Johnson, CU, 5-5. Long Jump - 1, Chelsea Bone, CU, 17-7.5. Triple Jump - 1, Emma Hill, CU, 38-6.75; 3, Chase Stephens, CU, 36-9.5. Hammer - 1, Christina MacDonald, CU, 190-3; 2, Joselynn Tensley, CU, 183-0; 3, Tasha Willing, CU, 176-10. Discus - 1, Melissa Ausman, CU, 170-10; 2, Rachel Bring, CU, 146-6; Katrina Linenko, CU, 141-1. Shot Put - 2, Christina MacDonald, CU, 48-4; 3, Melissa Ausman, CU, 45-7.75. Javelin - 2, Elizbaeth Stottlemire, CU, 145-10; 3, Darian Wilson, WU, 144-5.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Carlos Ortiz, CU, 10.74. 200 Meters - 3, Codi Blodgett, WOU, 22.36. 400 Meters - 2, AJ Holmberg, WOU, 50.15. 800 Meters - 1, Neal Cranston, WOU, 1:55.42; 3, Dominik Marshall, WOU, 1:57.61. 1,500 Meters - 1, Justin Crosswhite, WOU, 3:54.72; 2, Tyler Jones, WOU, 3:55.88. 110m Hurdles - 2, James Phillips, CU, 15.50. 400m Hurdles - 3, Robert Bierly, CU, 57.61. Steeplechase - 3, Judd Lewis, CU, 9:23.46. 4x100 Relay - 2, Western Oregon, 42.84. 4x400 Relay - 2, Western Oregon, 3:20.69. Pole Vault - 1, Jackson Stallard, WOU, 14-3.25. Triple Jump - 1, Jalon Fields, 45-7.75; 3, Kolton Rhode, WOU, 42-6.25. Hammer - 1, Jacob Slate, WOU, 200-5; 2, Joe Denniston, CU, 174-0; 3, Logan Barker, WOU, 143-10. Discus - 2, Jakob Chamberlin, CU, 170-4; 3, Caleb Bridge, CU, 159-6. Shot Put - 2, Sam Nichols, CU, 51-9.75; 3, Seth Bridge, CU, 51-8.25. Javelin - 1, Easton Christensen, CU, 208-4.

2018 GNAC Outdoor Meet Summaries

Fri., Apr. 6

WWU Quad Meet

at Civic Stadium, Bellingham, Wash.

Women's Team Scores: Western Washington 180, British Columbia 173, Seattle Pacific 152, Saint Martin's 61.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Julia Stepper, SPU, 12.43; 2, Becca Houk, SPU, 12.52. 200 Meters - 1, Grace Bley, SPU, 25.25; 2, Savannah Smith, WWU, 25.39. 400 Meters - 1, Lani Taylor, SPU, 56.94; 3, Emily Systma, WWU, 58.34. 5,000 Meters - 2, Katherine Walter, SPU, 17:38.85; 3, Sophia Galvez, WWU, 17:49.05. 100m Hurdles - 1, Renick Meyer, SPU, 14.81; 2, Claire Hansen, WWU, 14.98; 3, Ariya Kendrick, SMU, 15.2. 400m Hurdles - 2, Molly House, WWU, 1:08.96; 3, Ashley Vest, SMU, 1:16.15. Steeplechase - 2, Peyton Shinnick, WWU, 11:26.83; 3, Hailey Kettel, SPU, 11:40.40. 4x100 Relay - 1, Seattle Pacific, 47.09; 3, Western Washington, 48.08. 4x400 Relay - 1, Seattle Pacific, 3:52.64; 3, Western Washington, 4:10.54. 4x800 Relay - 2, Seattle Pacific, 9:13.62; 3, Western Washington, 9:55.86. High Jump - 2, Maddie Taylor, WWU, 5-5.25. Pole Vault - 1, Anna Paradee, WWU, 13-0.25; 2, Scout Cai, SPU, 12-0.5; 3, Jewels Oliquano, WWU, 11-6.5. Long Jump - 1, Renick Meyer, SPU, 18-8.5; 2, Kellie May, SPU, 18-1. Triple Jump - 2, Kellie May, SPU, 36-11.5. Shot Put - 1, Chanelle Eddy, WWU, 34-5. Discus - 1, Chanelle Eddy, WWU, 143-11; 2, Kiana Schwendeman, WWU, 128-10. Hammer - 1, Liz Larson, SMU, 182-8; 3, Chanelle Eddy, WWU, 128-5. Javelin - 1, Raquel Pellecer, WWU, 154-7; 2, Natalie Vetto, WWU, 146-4; 3, Deanna Avalos, SMU, 146-1.

Men's Team Scores: Western Washington 223, British Columbia 160, Saint Martin's 111, Seattle Pacific 81.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Logan Armstrong, SMU, 11.36; 2, Alex Taylor, WWU, 11.38; 3, Stedman Knox, WWU, 11.51. 200 Meters - 1, Daniel Jones, 22.89; 3, Andrew Kier, SMU, 23.12. 400 Meters - 2, Bryant Welch, WWU, 49.52; 3, Jackson Hand, SMU, 50.22. 1,500 Meters - 2, James Jaspersen, WWU, 4:00.22. 110m Hurdles - 3, Cordell Cummings, WWU, 15.44. 400m Hurdles - 3, Cordell Cummings, WWU, 55.67. Steeplechase - 3, Dario Ciriincione, WWU, 9:57.60. 4x100 Relay - 2, Saint Martin's, 42.33; 3, Western Washington, 42.54. 4x400 Relay - 1, Western Washington, 3:19.11; 3, Saint Martin's, 3:27.35. 4x800 Relay - 2, Seattle Pacific, 8:04.53; 3, Western Washington, 8:07.09. High Jump - 1, Tupre Wickliff, WWU, 6-6.25; 2, Garrett Davies, WWU, 6-2.25; 3, Seren Dances, WWU, 6-0.5. Pole Vault - 1, Adam Thomas, WWU, 15-1.75; 2, Davis Flintoff, SPU, 13-8.25; 3, Cyrus Marshall, SMU, 13-2.25. Long Jump - 1, Seren Dances, WWU, 22-11.25; 3, Peyton Harris, SPU, 21-9. Triple Jump - 1, Jacob Ringold, WWU, 44-6.25; 2, Seren Dances, WWU, 43-9.75; 3, Josh Schulz, SMU, 40-7. Shot Put - 1, Bryce Bryant-Leat, WWU, 51-9.25; 2, Brandon Pless, WWU, 48-2.75; 3, Ben Malquist, WWU, 47-5.75. Discus - 1, Brandon Pless, WWU, 151-0; 2, Bryce Bryant-Leat, WWU, 146-7; 3, Ben Malquist, 138-0. Hammer - 1, Kauanoe Vanderpoel, SMU, 180-11; 2, Brandon Pless, WWU, 169-7; 3, Avery Lux, WWU, 165-10. Javelin - 1, Alex Barry, WWU, 212-6; 3, Cooper McNatt, WWU, 185-9.

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

War XI Meet

at Spokane Falls Track Complex, Spokane, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Aujanique Doss, CWU, 12.65. 200 Meters - 1, Aujanique Doss, CWU, 25.25. 5,000 Meters - 1, Alexa Shindruk, CWU, 17:00.79. 10,000 Meters - 3, Delaney Clem, CWU, 38:42.87. 100m Hurdles - 1, Mariyah Vongsaveng, CWU, 14.78; 3, Michaela Johnson, MSUB, 15.18. 400m Hurdles - 1, Ali Anderson, CWU, 1:01.65; 3, Katie Collins, CWU, 1:03.41. Steeplechase - 2, Nicole Soleim, CWU, 11:16.81. 4x100 Relay - 2, Central Washington, 49.60. 4x400 Relay - 2, Montana State Billings, 4:21.96. Long Jump - 1, Brooke Williams, CWU, 17-9.5; 2, Nice Loufoua, NNU, 17-2.75; 3, Jackie Mahowald, NNU, 16-10. Triple Jump - 2, Brooke Williams, CWU, 37-10.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Lamont Frisby, MSUB, 11.22. 200 Meters - 1, Kodiak Landis, CWU, 21.86; 2, San Zook, MSUB, 21.87; 3, Logan Blake, NNU, 22.14. 400 Meters - 2, Daniel Calderon, CWU, 49.14; 3, Zachary Magee, NNU, 49.23. Steeplechase - 1, Jorey Egeland, MSUB, 9:19.96; 3, Nick Hamilton, NNU, 9:45.80. 4x100 Relay - 1, Montana State Billings, 42.55; 2, Northwest Nazarene, 42.86. 4x400 Relay - 1, Central Washington, 3:17.66; 3, Northwest Nazarene, 3:22.70. High Jump - 3, Micah Tranch, NNU, 6-2.75. Triple Jump - T-2nd, Zach Whittaker, CWU, 42-6.75. Shot Put - 3, Brady Ostermiller, MSUB, 47-1.5. Discus - 1, John Van Beuren, NNU, 158-11. Javelin - 2, Beau Ackerman, MSUB, 200-3.

Sat., Apr. 7

Emilie Mondor Invitational

at Terry Fox Field, Burnaby, B.C.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Meyer Quaynor, SFU, 12.60; 2, Bryce West, SFU, 12.76. 400 Meters - 1, Renate Bluschke, SFU, 57.67; 2, Nicole Lindsay, SFU, 59.47. 800 Meters - 2, Paige Nock, SFU, 2:16.20. 1,500 Meters - 3, Ally Ginther, SFU, 4:45.50. 400m Hurdles - 2, Sophie Dodd, SFU, 1:05.18; 3, Megan Notting, SFU, 1:06.87. 2,000m Steeplechase - 1, Julia Howley, SFU, 6:50.11; 3, Reta Dobie, SFU, 7:04.53. High Jump - 1, Mackenzie Stewart, SFU, 5-3.75. Discus - 2, Holly Taylor, SFU, 123-4. Hammer - 2, Holly Taylor, SFU, 161-3. Javelin - 1, Holly Taylor, SFU, 116-2. Shot Put - 1, Holly Taylor, SFU, 39-7.25.

Men (Top 3 GNAC Finishers): 200 Meters - 2, Joel Webster, SFU, 22.51. 1,500 Meters - 1, Oliver Jorgensen, SFU, 3:56.16; 3, Sean Miller, SFU, 4:02.33. 5,000 Meters - 1, Mateo de Dalmases, SFU, 15:07.89. 400m Hurdles - 1, Joshua Adehmar, SFU, 57.65. 2,000m Steeplechase - 1, Braeden Charlton, SFU, 6:07.81. 4x100 Relay - 1, Simon Fraser, 42.99. 4x400 Relay - 1, Simon Fraser, 3:35.62. Long Jump - 1, Mackenzie Riddell, SFU, 14-11.25. Hammer - 1, Tiger Wu, SFU, 145-11.

Linfield Jenn Boyman Memorial Invitational

at Maxwell Field, McMinnville, Ore.

Women (Top 3 GNAC Finishers): Hammer - 1, Alecia Falck, WOU, 149-4; 2, Sylvia Dean, WOU, 148-5.

Men (Top 3 GNAC Finishers): None.

Fri., Apr. 13 - Sat., Apr. 14

Triton Invitational

Triton Track & Field Stadium, La Jolla, Calif.

All Events Non-Division I Flights Unless Indicated

Women (Top 3 GNAC Finishers): 400 Meters - 1, Vanessa Aniteye, UAA, 55.26; 2, Renate Bluschke, SFU, 56.63. 800 Meters - 1, Danielle McCormick, UAA, 2:06.17; 2, Addy Townsend, SFU, 2:06.82; 3, Yemi Knight, UAA, 2:08.38. Steeplechase - 1, Dana Townsend, SFU, 11:26.02. 4x400 Relay - 1, Simon Fraser, 3:47.82. Shot Put - 1, Tasha Willing, CU, 47-3; 2, Katrina Linenko, CU, 46-3.5. Discus - 3, Katrina Linenko, CU, 137-4. Hammer (Invitational Non-DI) - 1, Christina MacDonald, CU, 194-10; 3, Tasha Willing, CU, 187-11.

Men (Top 3 GNAC Finishers): 400 Meters - 1, Joel Webster, SFU, 48.04; 2, Liam Lindsay, UAA, 48.61. 400m Hurdles - 1, Vladislav Tsygankov, SFU, 52.15. Shot Put - 2, Josh Koch, CU, 55-2. Discus - 1, Jakob Chamberlin, CU, 178-5; 2, Caleb Bridge, CU, 163-7; 3, Sam Nichols, CU, 162-9. Hammer (Invitational Non-DI) - 3, Jacob Slate, CU, 195-2.

2018 GNAC Outdoor Meet Summaries

Fri., Apr. 13 - Sat., Apr. 14

NUU Invitational

at Brian & Nichole Bohner Track, Nampa, Idaho

Women (Top 3 GNAC Finishers): 400 Meters - 1, MaKenna Conley, NNU, 1:01.32. 100m Hurdles - 1, Ally Miran, NNU, 15.38; 2, Katie Conklin, NNU, 15.55. 400m Hurdles - 2, Ally Miran, NNU, 1:07.82. 4x100 Relay - 2, Northwest Nazarene, 51.84. High Jump - 1, Katie Conlin, NNU, 5-1.75. Pole Vault - 2, Kourtney Gwin, NNU, 10-4. Long Jump - 1, Nice Loufoua, NNU, 17-6.75; 2, Jackie Mahowald, NNU, 17-2; 3, Katie Conklin, NNU, 16-5.75. Triple Jump - 1, Nice Loufoua, NNU, 37-7.75; 2, Jackie Mahowald, NNU, 37-5.75. Shot Put - 3, Sasha Korolenko, NNU, 39-10.5. Javelin - 1, Ellie Logan, NNU, 147-10.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Ebu Camara, NNU, 10.87; 3, Logan Blake, NNU, 10.98. 200 Meters - 2, Ebu Camara, NNU, 21.90. 400 Meters - 2, Zachary Magee, NNU, 49.87. 110m Hurdles - 3, Dakota Tidwell, NNU, 15.95. 400m Hurdles - 3, Ryan Chism, NNU, 58.77. 4x100 Relay - 1, Northwest Nazarene, 41.63. 4x400 Relay - 2, Northwest Nazarene, 3:21.69. High Jump - 1, Micah Tranch, NNU, 6-6.25. Pole Vault - 1, Payton Lewis, NNU, 15-9; 2, Phillip Gwin, NNU, 15-3. Shot Put - 1, John Van Beuren, NNU, 49-5. Discus - 1, John Van Beuren, NNU, 154-8; 2, Canyon Anderson, NNU, 153-10. Hammer - 1, John Van Beuren, NNU, 175-0; 2, Brayden Eiland, NNU, 167-8. Javelin - 2, Micah Tranch, NNU, 179-2.

Montana Open

at Dornblasser Field, Missoula, Mont.

Women (Top 3 GNAC Finishers): 100m Hurdles - 2, Michaela Johnson, MSUB, 14.61. Steeplechase - 1, Nikki Aiken, MSUB, 11:38.54. 4x100 Relay - 2, Montana State Billings, 51.29. High Jump - 3, Shaniah Schwend, MSUB, 4-11.75.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Sam Zook, MSUB, 10.73; 3, Mason Schram, MSUB, 10.91. 200 Meters - 1, Sam Zook, MSUB, 21.75; 3, Lamont Frisby, MSUB, 22.13. 5,000 Meters - 1, Jorey Egeland, MSUB, 14:48.78. Steeplechase - 1, Carson Jessop, MSUB, 10:11.36. 4x100 Relay - 1, Montana State Billings, 41.37. Hammer - 1, Nels Flanagan, MSUB, 174-4. Shot Put - 3, Brady Ostermiller, MSUB, 47-3.75. Discus - 3, Nels Flanagan, MSUB, 138-10. Javelin - 2, Beau Ackerman, MSUB, 207-10. Triple Jump - 1, Marcus Lindquist, MSUB, 41-7.75. High Jump - 1, Isaiah Girard, MSUB, 6-6.

Pelluer Invitational

at Roos Field, Cheney, Wash.

Women (Top 3 GNAC Finishers): 400 Meters - 1, Ali Anderson, CWU, 56.84. 100m Hurdles - 1, Mariyah Vongsaveng, CWU, 14.87; Sidney Trinidad, CWU, 16.12. 400m Hurdles - 1, Katie Collins, CWU, 1:03.03; 2, Sidney Trinidad, CWU, 1:04.53; 3, Erykah Weems, CWU, 1:04.76. Triple Jump - 1, Brooke Williams, CWU, 39-4.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Kodiak Landis, CWU, 11.15. 110m Hurdles - 3, Ryan Gunther, CWU, 15.70. 400m Hurdles - 3, Ryan Gunther, CWU, 57.89. Long Jump - 3, Kodiak Landis, CWU, 23-1.75.

Sat., Apr. 14

SMU Jay Hammer Meet

at SMU Track, Lacey, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Becca Houk, SPU, 12.47; 3, Savannah Smith, WWU, 12.70. 200 Meters - 1, Julia Stepper, SPU, 25.03; 2, Savannah Smith, WWU, 25.32; 3, Emily Systma, WWU, 25.50. 400 Meters - 1, Grace Bley, SPU, 58.27; 2, Jasmyne Neria, CWU, 58.38; 3, Julia Inderbitzin, CWU, 1:00.11. 800 Meters - 1, Shawnee Konrad, WWU, 2:21.48; 2, Elizabeth Thompson, SPU, 2:22.06. 1,500 Meters - 1, Jordan McPhee, SPU, 4:45.43; 3, Dania Holmberg, SPU, 4:46.69. 3,000 Meters - 1, Nicole Soleim, CWU, 10:29.80. 5,000 Meters - 1, Sedona Mc Nerney, SPU, 18:40.94. 10,000 Meters - 2, Tovah Swartz-Ireland, WWU, 39:11.94. 100m Hurdles - 1, Renick Meyer, SPU, 14.67; 2, Claire Hansen, WWU, 14.96; 3, Scout Cai, SPU, 15.28. 400m Hurdles - 2, Molly House, WWU, 1:07.82; 3, Artresa Nickelson, SMU, 1:09.07. Steeplechase - 2, Bailey Fjelstul, CU, 11:39.52; 3, Aysia Killingbeck, CU, 12:01.69.

4x100 Relay - 1, Seattle Pacific, 46.83; 2, Saint Martin's, 49.55. High Jump - 1, Maddie Taylor, WWU, 5-3.25; 2, Shaddia Meadows, CWU, 5-1.25. Pole Vault - 1, Jewels Oliquiano, WWU, 10-5.5; Tie 2, Rachael Roberts, WWU, 9-11.75; Tie 2, Hannah Dodson, WWU, 9-11.75. Long Jump - 1, Keeley Phommathiath, CWU, 17-9; 3, Geneva Lehnert, SPU, 16-10.75. Triple Jump - 1, Emma Hill, CU, 36-2.25; 2, Rose Walts, CWU, 34-11.25. Shot Put - 1, Rachel Bring, CU, 41-1; 2, Chanelle Eddy, WWU, 40-11.5. Discus - 1, Rachel Bring, CU, 141-10; 2, Chanelle Eddy, WWU, 132-2; 3, Megan Vernoy, SMU, 131-2. Hammer - 1, Liz Larson, SMU, 172-4; 2, Joselynn Tensley, CU, 171-7; 3, Kori Sprague, CU, 166-4. Javelin - 2, Deanna Avalos, SMU, 138-5; 3, Elizabeth Stottlemire, CU, 133-10.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Carlos Ortiz, CU, 10.68. 200 Meters - 2, Jackson Hand, SMU, 21.92. 400 Meters - 1, Daniel Calderon, CWU, 49.37. 800 Meters - 1, Doc Porter, CWU, 1:57.25; 2, Macauley Franks, WWU, 1:57.34; 3, James Jasperson, WWU, 1:57.67. 1,500 Meters - 1, Tyler Sager, WWU, 3:57.60; 2, Ian Fay, WWU, 4:00.32; 3, Corbin Carlton, CWU, 4:01.43. 3,000 Meters - 1, Trevor Allen, CWU, 8:50.23; 2, Josh Boston, CWU, 8:50.70; 3, Shad Galloway, SPU, 8:55.74. 5,000 Meters - 2, Ben Jacot, WWU, 15:20.56. 110m Hurdles - 3, Giovanni Brown, CU, 15.35. 400m Hurdles - 1, Cordell Cummings, WWU, 55.94; 3, Reid Lovercamp, WWU, 57.17. Steeplechase - 2, Henry Milodragovich, CWU, 9:51.47; 3, Porter McMichael, WWU, 9:56.28. 4x100 Relay - 1, Saint Martin's, 42.37; 3, Western Washington, 43.23. 4x400 Relay - 1, Saint Martin's, 3:33.72; 3, Western Washington, 3:35.81. High Jump - 2, Tupre Wickliff, WWU, 6-4. Pole Vault - 1, Austin Matzelle, SPU, 12-11.5; 3, Cyrus Marshall, SMU, 11-11.75. Long Jump - 1, Josh Schulz, SMU, 21-10.25; 3, Guillaume Tabary, SMU, 21-0. Triple Jump - 2, Zach Whittaker, CWU, 46-0.5; 3, Giovanni Brown, CU, 44-7. Shot Put - 1, Bryce Bryant-Leat, WWU, 49-0.5; 2, Seth Bridge, CU, 47-2.25; 3, Aidan Cain, CWU, 46-8. Discus - 1, Seth Bridge, CU, 140-3; 2, Connor Jensen, CU, 137-2; 3, Brandon Pless, WWU, 137-1. Hammer - 1, Kauanoe Vanderpoel, SMU, 180-2; 2, Brandon Pless, WWU, 173-3; 3, Joe Denniston, CU, 165-0. Javelin - 2, Alex Barry, WWU, 189-0; 3, Cooper McNatt, WWU, 171-11.