



Apr. 25, 2018 • Week 15  
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## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

**Thurs., Apr. 26 - Sat., Apr. 28**  
Montana State Billings at Drake Relays,  
Des Moines, Iowa.

**Fri., Apr. 27**  
Concordia at Pacific Twilight, Forest Grove, Ore.  
Montana State Billings at Carroll College Open,  
Helena, Mont.

**Fri., Apr. 20 - Sat., Apr. 28**  
Concordia, Saint Martin's, Seattle Pacific, Simon Fraser,  
Western Oregon at OSU High Performance Meet,  
Corvallis, Ore.  
Northwest Nazarene at Idaho/Utah Border Clash,  
Boise, Idaho

**Sat., Apr. 28**  
Central Washington, Saint Martin's, Seattle Pacific,  
Western Washington at Ralph Vernacchia Invitational,  
Bellingham, Wash..

### LAST WEEK'S MEETS

**Wed., Apr. 18 - Thurs., Apr. 19**  
Bryan Clay Invitational Multi-Events  
at Cougar Stadium, Azusa, Calif.  
**Heptathlon (GNAC Finishers):** Group 1 - 1, Renick Meyer,  
SPU, 4,852. 5, Ali Anderson, CWU, 4,523. 7, Kellie May,  
SPU, 4,482. 14, HarLee Ortega, CWU, 2,860. Group 2 - 5,  
Scout Cai, SPU, 4,921.  
**Decathlon (GNAC Finishers):** Group 1 - 6, Seren Dances,  
WWU, 6,151. Group 3 - 2, Kodiak Landis, CWU, 7,187.

**Thurs., Apr. 19 - Sat., Apr. 21**  
Bryan Clay Invitational  
at Cougar Stadium, Azusa, Calif.  
**Women (Top 3 GNAC Finishers):** 5,000 Meters - Heat 1 - 2,  
Caroline Kurgat, UAA, 15:43.95. Heat 4 - 3, Emmah Chelimo,  
UAA, 16:59.71. Javelin - 1, Raquel Pellecer, WWU, 153-11;  
2, Natalie Vetto, WWU, 147-5.  
**Men (Top 3 GNAC Finishers):** 5,000 Meters - Heat 8 - 1,  
Edward Kiolbas, WWU, 14:56.46. Javelin - 2, Alex Barry,  
WWU, 209-4.

**Thurs., Apr. 19 - Sat., Apr. 21**  
Mount SAC Relays  
at El Camino College, Torrance, Calif.  
**Women (Top 3 GNAC Finishers):** None  
**Men (Top 3 GNAC Finishers):** 400 Meters Open - Section  
4 - 2, Ebu Camara, NNU, 48.36. Section 6 - 1, Logan Blake,  
NNU, 49.16.  
**Fri., Apr. 20**

### Blue Hawk Games

at Dickinson State Univ., Dickinson, N.D.  
**Women's Team Scores:** Black Hills State 74.5, Dickinson  
State 65.5, Mary 49.5. South Dakota Mines 28, Montana  
State Billings 24.5. Minot State 22, Bemidji State 21, Valley  
City State 8.  
**Women (Top 3 GNAC Finishers):** 100 Meters - 3, Michaela  
Johnson, MSUB, 12.39. 100m Hurdles - 1, Michaela John-  
son, MSUB, 14.71. 4x100 Relay - 2, Montana State Billings,  
50.21. 4x800 Relay - 3, Montana State Billings, 10:41.29.  
Discus - 1, Hannah Nesson, MSUB, 140-1.  
**Men's Team Scores:** Black Hills State 63.5, Montana State  
Billings 63, Dickinson State 53, Mary 50, South Dakota  
Mines 49, Minot State 15, Valley City State 3.5.  
**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Sam  
Zook, MSUB, 10.41; 3, Lamont Frisby, MSUB, 10.74. 200  
Meters - 1, Sam Zook, MSUB, 21.08. 800 Meters - 3, Mark  
Hovland, MSUB, 2:00.28. 5,000 Meters - 3, Ronald Venema,  
16:08.95. Steeplechase - 1, Tyus Mendoza, MSUB, 9:55.70.  
Shot Put - 1, Brady Ostermiller, MSUB, 50-5.5. Discus - 1,  
Nels Flanagan, MSUB, 153-11; 2, Brady Ostermiller, MSUB,  
147-2. Javelin - 2, Beau Peaslee, MSUB, 173-8. Hammer -  
1, Nels Flanagan, MSUB, 171-4.

**Fri., Apr. 20 - Sat., Apr. 21**  
Beach Invitational  
at Long Beach State, Long Beach, Calif.  
**Women (Top 3 GNAC Finishers):** None.  
**Men (Top 3 GNAC Finishers):** None.

**Sat., Apr. 21**  
Cougar Open  
at Canby High School, Canby, Ore.  
**Women (Top 3 GNAC Finishers):** 800 Meters - 3, Shayla  
Solomon, WOU, 2:18.62. 1,500 Meters - 3, Bailey Fjelstul,  
CU, 4:51.72. 100m Hurdles - 2, Michaela Yonkman, WOU,  
15.83. 400m Hurdles - 3, Nicole Niskanen, WOU, 1:06.83.  
4x400 Relay - 1, Concordia, 4:07.12. Triple Jump - 2, Emma  
Hill, CU, 38-5. Shot Put - 1, Christina MacDonald, CU, 49-  
1.75; 2, Melissa Ausman, CU, 47-8.5; 3, Tasha Willing, CU,  
46-9.5. Discus - 1, Melissa Ausman, CU, 168-8; 2, Rachel  
Bring, CU, 148-10; 3, Katrina Linenko, CU, 145-9. Hammer  
- 1, Christina MacDonald, CU, 203-6; 2, Tasha Willing, CU,  
191-0; 3, Liz Larson, SMU, 176-4. Javelin - 1, Elizbaeth  
Stottlemire, CU, 140-7; 3, Chelsea Bone, CU, 131-1.  
**Men (Top 3 GNAC Finishers):** 400m Hurdles - 2, Giovanni  
Brown, CU, 54.86. 4x100 Relay - 2, Concordia, 42.72.  
4x400 Relay - 1, Concordia, 3:24.71. Pole Vault - 3, Jacob  
Collins, WOU, 13-7.25. Triple Jump - 3, Emmy Carrizales,  
CU, 42-1.25. Shot Put - 1, Josh Koch, CU, 57-9.5; 2, Sam  
Nichols, CU, 52-3.75; 3, Jakob Chamberlin, CU, 52-1.25.  
Discus - 1, Jakob Chamberlin, CU, 169-6; 2, Sam Nichols,  
CU, 164-3; 3, Josh Koch, CU, 152-1. Hammer - 1, Jacob  
Slate, CU, 198-6; 2, Jakob Chamberlin, CU, 181-9; 3, Joe  
Denniston, CU, 179-9. Javelin - 1, Easton Christensen, CU,  
206-1.

## #GNACTF in 140 @GNACsports

**#WorldClass** Western Oregon's David Ribich set the Division II all-time record in the men's 1,500 meters at the Bryan Clay Invitational in a time of 3:37.35. At the time, the time was the 14th in the world. Ribich was honored by the USTFCCCA as its Division II Male Athlete of the Week.

**#ClassOfHerOwn** Alaska Anchorage's Caroline Kurgat set her second GNAC record of the season, the women's 5,000 meters, at the Bryan Clay Invitational. She earned NCAA Championships automatic qualifying times in both the 1,500 and the 5,000 to earn USTFCCCA Division II Female Athlete of the Week accolades.

**#WeightClass** Concordia's Christina MacDonald smashed her own GNAC record in the women's hammer, and became the first GNAC women's athlete to surpass 200 feet in the distance.

**#ClassAction** Central Washington's Kodiak Landis scored 7,187 points in the decathlon at the Bryan Clay Invitational. He moved to No. 3 on the GNAC All-Time List, No. 3 in Division II this season, and became just the third athlete in GNAC history to score of 7,000 points.

## Get Social

### Twitter Accounts/Hashtags For GNAC Track & Field Programs

GNAC	@GNACsports	#GNACTF
Alaska Anchorage	@UAASeawolves	#UAASeawolves
Cent. Washington	@CWUathletics	#CWUWildcats
Concordia	@gocugo	#gocugotf
MSU Billings	@MSUBSports	#MSUBTF
NW Nazarene	@NNUSports	
Saint Martin's	@SMUSaints	#SaintsAlive
Seattle Pacific	@SPUFalcons	
Simon Fraser	@SFUClan	#NCAAeh
W. Oregon	@WOUWolves	#WOUHOO
W. Washington	@WWUathletics	#GoViks



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# GNAC Track & Field Athletes Of The Week



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

Ribich set the NCAA Division II record and the 14th fastest time in the world this year in the 1,500 meters at the Bryan Clay Invitational. He placed sixth with a time of 3:37.35, which eclipsed the previous Division II record of 3:38.91 set by Kip Cheruiyot of Mount St. Mary's in 1987. Ribich is now automatically qualified for the NCAA Championships in both the

800 meters and 1,500 meters.

**Also Nominated:** Carlos Ortiz (Concordia), Jasper Heckman (Saint Martin's), Kyler Sager (Western Washington).



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

Kurgat set the GNAC record in the 5,000 meters and posted NCAA Championships in both the 5,000 meters and the 1,500 meters at the Bryan Clay Invitational. On Thursday, Kurgat placed second in the first section of the 5,000 with a time of 15:43.95, eclipsing the former GNAC record of 15:44.07 set by Jessica Pixler of Seattle Pacific in 2010. It is the

best time in Division II this season. On Friday, Kurgat set the UAA record in the 1,500 meters as she ran 4:21.18, which is No. 4 on the GNAC All-Time List and No. 2 in Division II this season.

**Also Nominated:** Alexa Shindruk (Central Washington), Renick Meyer (Seattle Pacific), Olivia Woods (Western Oregon), Savannah Smith (Western Washington).



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

Landis moved up to No. 3 in the nation this season and broke the CWU school record in the decathlon at the Bryan Clay Invitational. Landis placed second in group three of the competition with a score of 7,187 points, a total which ranks No. 3 on the GNAC All-Time List. In the process, Landis won both the 100 meters (10.74) and the 400 meters (47.87). His

time in the 400 meters is No. 6 on the GNAC All-Time List while his mark of 23 feet, 11 inches, in the long jump is No. 10 on the GNAC All-Time List.

**Also Nominated:** Jakob Chamberlin (Concordia), Payton Lewis (Northwest Nazarene), Josh Schulz (Saint Martin's), Tupre Wickliff (Western Washington).



**WOMEN'S FIELD**  
**Christina MacDonald, Concordia**  
 Senior • Myrtle Creek, Ore.

MacDonald broke the GNAC record in the women's hammer and became the first woman in conference history to surpass 200 feet in the event at the Cougar Open. MacDonald won the event with a mark of 203 feet, 6 inches, which is No. 3 in Division II this season and is an NCAA Championships automatic qualifier. MacDonald also won the shot put with a

season-best mark of 49 feet, 1.75 inches, which is No. 3 on the GNAC All-Time List.

**Also Nominated:** Erykah Weems (Central Washington), Scout Cai (Seattle Pacific), Maddie Taylor (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
Apr. 16-22	David Ribich, WOU	Kodiak Landis, CWU	Caroline Kurgat, UAA	Christina MacDonald, CU

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

# Around The GNAC

## ALASKA ANCHORAGE



- A pair of NCAA Championships automatic qualifiers and a GNAC record for **Caroline Kurgat** led Alaska Anchorage at the Mount SAC Relays, The Bryan Clay Invitational and the Beach Invitational.
- The senior was named the GNAC Women's Track Athlete of the Week and the USTFCCA Division II Women's Athlete of the Week. She set the GNAC record in the 5,000 meters at the Bryan Clay Invitational. Her time of 15:43.95 is also the best in Division II this season. Kurgat also ran 4:21.18 in the 1,500 meters, No. 4 on the GNAC All-Time List and No. 2 in Division II this season. To date, Kurgat has automatically qualified for nationals in the 1,500, 5,000 and 10,000.
- Sophomore **Vanessa Aniteye** ran the women's 400 meters at both the Bryan Clay and the Beach Invitational. She placed fifth in the race at the Beach Invite with a time of 55.24 that is a provisional qualifier for nationals and 10th in Division II this season.
- Seniors **Tamara Perez** and **Danielle McCormick** each improved their provisional qualifying times in the 1,500 meters at the Bryan Clay. Perez ran 4:26.64, ranking 10th in Division II, while McCormick ran 4:31.33.
- Sophomore **Emmah Chelimo** improved provisional qualifying time in the women's 5,000 at the Bryan Clay. She was third in her heat with a time of 16:59.71, which is 20th in Division II. Sophomore **Mariah Burroughs** improved her provisional time in the women's steeplechase at the Bryan Clay, running a time of 10:49.95 that is 20th in Division II.
- Sophomore **Chris Brake** led the UAA men as he placed 19th in the triple jump at the Bryan Clay with a mark of 46 feet, 11 inches. Freshman **Felix Kemboi** was 20th in the 1,500 meters at the Beach Invitational with a time of 3:54.27.
- The three California meets were the last for the Seawolves before the GNAC Combined Event Championships on Apr. 30 and May 1 and the GNAC Championships on May 11 and 12.

## CENTRAL WASHINGTON



- Senior **Kodiak Landis'** impressive performance in the decathlon led Central Washington's efforts at the Mount SAC Relays, the Bryan Clay Invitational and the Beach Invitational.
- Landis was named the GNAC Men's Field Athlete of the Week after he placed second in the second group of the decathlon at the Bryan Clay. His score of 7,187 points is No. 3 on the GNAC All-Time List. He is just the third athlete in conference history to surpass 7,000 points. Landis was a winner in both the 100 meters and 400 meters. His time of 47.87 seconds in the 400 is No. 6 on the GNAC All-Time List. In addition, his mark of 23 feet, 11 inches, is an NCAA Championships provisional qualifier.
- Senior **Alexa Shindruk** set the CWU school record in the 10,000 meters at the Mount SAC Relays. Her ninth-place time of 34:57.08 is No. 7 on the GNAC All-Time List and 10th in Division II this season.
- Senior **Ali Anderson** led Central Washington in the Bryan Clay heptathlon. She placed fifth in the competition's first group with a score of 4,523 points, which ranks 28th in Division II this season. Anderson won the final event of the competition, the 800 meters, in 2:18.06.
- Sophomore **Erykah Weems** moved up to No. 5 on the GNAC All-Time List after she placed 11th in the 400-meter hurdles at the Beach Invitational. Her time of 1:00.77 is an NCAA Championships provisional qualifier and is 13th in Division II this season.

- Junior **Mariyah Vongsaveng** improved her provisional qualifying time in the 100-meter hurdles at the Bryan Clay, placing 18th with a time of 14.34 seconds. Sophomore **Halle Irvine** posted an improvement in her provisional qualifying mark in the pole vault at the Beach Invitational. Her mark of 12 feet, 3.5 inches ties her for 17th in Division II this season.
- Junior **Corbin Carlton** notched an NCAA Championships provisional qualifier in the men's steeplechase at the Mount SAC Relays. His time of 9:09.17 third in the GNAC this season and 23rd in Division II.
- The Wildcats will participate in the Ralph Vernacchia Invitational in Bellingham, Wash., on Saturday, and will try to earn their first points of the championships at the GNAC Combined Event Championships on Monday and Tuesday in Nampa, Idaho.

## CONCORDIA



- A big record for senior **Christina MacDonald** in the women's hammer led Concordia's performances at the Bryan Clay Invitational and at the Cougar Open in Canby, Ore.
- MacDonald was named the GNAC Women's Field Athlete of the Week as she became the first women's athlete to surpass 200 feet in the hammer at the Cougar Open. She won the event with a mark of 203 feet, 6 inches, which smashed the previous record mark of 194 feet, which she set last week. She is now an NCAA Championships automatic qualifier in the event. MacDonald also won the shot put with a mark of 49 feet, 1.75 inches, which ranks No. 3 on the GNAC All-Time List.
- Three other Concordia throwers improved GNAC All-Time List marks at the Cougar Open. Sophomore **Tasha Willing** moved into third on the hammer list with her mark of 191 feet. Freshman **Rachel Bring** moved to No. 7 on the list and provisionally qualified for nationals with a mark of 148 feet, 10 inches, in the discus. Junior **Katrina Linenko** moved into No. 10 on the discus list with her mark of 145 feet, 9 inches.
- Concordia had both winners in the javelin at the Cougar Open. Freshman **Elizabeth Stottlemyre** won the women's competition with a mark of 140 feet, 7 inches, while sophomore **Easton Christensen** won the men's event with a mark of 206 feet, 1 inch.
- Concordia swept top honors in the four men's throwing events at the Cougar Open. Junior **Josh Koch** won the shot put with a mark of 57 feet, 9 inches. Sophomore **Jakob Chamberlin** won the discus with a mark of 168 feet, 6 inches, while freshman **Jacob Slate** won the hammer with a mark of 198 feet, 6 inches.
- Senior **Carlos Ortiz** led a select group of Concordia athletes that traveled to the Bryan Clay Invitational. Ortiz placed fifth in the men's 100 meters with a time of 10.72 seconds. He then placed 15th in the 200 meters with a time of 21.45 seconds that ranks No. 10 on the GNAC All-Time List.
- Concordia will run split squad this weekend, traveling to both the Pacific Twilight on Friday and the Oregon State High Performance Meet on Friday and Saturday.

# Around The GNAC

## MONTANA STATE BILLINGS



- Eight event victories, along with a pair of NCAA Championships provisional qualifiers for **Sam Zook**, led Montana State Billings' performances at the Blue Hawk Games.
- The senior men's sprinter won the 100 meters in a time of 10.41 seconds, which moves him to No. 3 on the GNAC All-Time List and ties him for 10th in Division II this season. Zook also took the win in the 200 meters with a time of 21.08 seconds that ties him for 11th in Division II.
- Senior **Nels Flanagan** won a pair of throwing events, capturing the men's discus with a mark of 153 feet, 11 inches, and the hammer with a mark of 171 feet, 4 inches. Flanagan enters the week ranked seventh in the GNAC in the hammer.
- Junior **Brady Ostermiller** added a win in the men's shot put. His mark of 50 feet, 5.5 inches, is seventh in the GNAC this season. Junior **Tyus Mendoza** also collected a victory in the men's steeplechase with a time of 9:55.70.
- Sophomore **Michaela Johnson** was the women's 100-meter hurdles in a time of 14.71 seconds and also placed third in the 100 meters with a time of 12.39 seconds. Freshman Hannah Nesson was the lone women's event winner as she won the discus with a throw of 140 feet, 1 inch.
- Montana State Billings added two meets to the schedule this weekend. A group of six athletes will compete at the prestigious Drake Relays in Des Moines, Iowa, while the rest of the squad will compete at the Carroll College Open in Helena, Mont.

## NORTHWEST NAZARENE



- A handful of Northwest Nazarene's top athletes traveled to Southern California to take part in the Mount SAC Relays.
- Senior **Payton Lewis** improved his NCAA Championships provisional qualifying mark in the men's pole vault as he took third in the first flight of the event with a mark of 16 feet, 6.75 inches. The mark ties him for 13th in Division II this season.
- Senior **John Van Beuren** improved both NCAA Championships provisional qualifying marks in the men's hammer and the discus. He placed fifth in the second section of the invitational hammer with a throw of 186 feet, 3 inches. That is second in the GNAC and 26th in Division II this season. Van Beuren then placed fourth in the first flight of the discus with a mark of 163 feet, ranking him 39th in Division II.
- Senior **Ebu Camara** performed well in his two sprint races. He placed second in the fourth section of the men's 400 meters with a time of 48.36 seconds and took seventh in the seventh section of the 200 meters in 22.26 seconds. Sophomore **Logan Blake** placed sixth in the first section of the 400 with a time of 49.16 seconds. Camara is now fourth in the GNAC in the 400 this season.
- Sophomore **Godfrey Kemboi** posted a season-best in the men's 5,000 meters, placing 27th in race's first section with a time of 14:50.86. The performance is sixth-best in the GNAC this season.
- Northwest Nazarene's final tune-up prior to the GNAC Championships will be close to home with the Nighthawks competing at the Idaho/Utah Border Clash on Friday and Saturday in Boise, Idaho.

## SAINT MARTIN'S



- A handful of Saint Martin's athletes headed to Southern California to compete at the three big SoCal meets.
- Senior **Jasper Heckman** had the highest individual finish for the Saints as he placed fifth in the men's steeplechase at the Beach Invitational with a time of 9:29.30. The time ranks Heckman ninth in the GNAC this season.
- Sophomore **Josh Schulz** improved his season-best in the men's long jump at the Bryan Clay Invitational. Schulz placed 19th with a mark of 22 feet, 10.5 inches, which ranks fifth in the GNAC this season.
- Senior **Deanna Avalos** competed in the women's javelin at the Beach Invitational, placing 21st with a best of 141 feet, 8 inches.
- Senior **Ashleigh Fraser** placed 25th in the women's long jump at the Bryan Clay Invitational as she turned in a leap of 17 feet, 8 inches.
- The Saints will go split squad this weekend, sending athletes to both the Ralph Vernacchia Invitational in Bellingham, Wash., and the OSU High Performance Meet in Corvallis, Ore.

## SEATTLE PACIFIC



- A trio of solid performances in the heptathlon led Seattle Pacific's performances at the Bryan Clay Invitational and the Beach Invitational.
- Sophomore Scout Cai led the way as she placed fifth in group two at the Bryan Clay. Her score of 4,921 points is No. 8 in Division II this season. She won the final event, the 800 meters, with a time of 2:17.70.
- Freshman **Renick Meyer** won group one of the heptathlon with a score of 4,852 points that is a provisional qualifier for the NCAA Championships and ranks her No. 12 in Division II this season. Meyer won the 100-meter hurdles in a time of 14.83 seconds.
- Freshman **Kellie May** also earned an NCAA provisional qualifying mark in the heptathlon as she placed seventh in group one with a score of 4,523 points. She enters the week ranked 31st in Division II.
- Senior **Chynna Phan** earned a provisional mark in the women's 800 meters at the Bryan Clay, running 2:11.99 to rank 26th in Division II. Sophomore **Lani Taylor** also scored a provisional qualifier, running 55.93 seconds in the 400 meters at the Beach Invitational to rank 24th in Division II.
- In the distance events, senior **Mary Charleson** improved provisional marks in the 1,500 and 5,000 meters at the Bryan Clay. Charleson ran 17:13.91 in the 5,000 to rank 36th in Division II while her time of 4:32.51 in the 1,500 ranks 40th. Sophomore **Kate Lilly** also hit a provisional qualifier in the 1,500 meters with a time of 4:30.30 that ranks 23rd in Division II.
- Junior **Geneva Lehnert** improved her provisional qualifying mark in the women's high jump, placing 10th at the Bryan Clay with a mark of 5 feet, 5.75 inches. She is now tied for 28th in Division II this season.
- Senior **Peyton Harris** led the SPU men as he placed 30th in the 110-meter hurdles with a season-best of 15.16 seconds that ranks third in the GNAC. Freshman **Elius Graff** was 29th in his section of the 5,000 in a time of 15:44.82.
- Seattle Pacific will compete at both at the OSU High Performance Meet in Corvallis, Ore., on Friday and Saturday and at the Ralph Vernacchia Invitational in Bellingham, Wash., on Saturday.

# Around The GNAC



## SIMON FRASER

- Upward movements for **Vladislav Tsygankov** and **Addy Townsend** on the Division II best lists led Simon Fraser's performances at the big three SoCal meets.

- At the Bryan Clay Invitational, Tsygankov posted a season-best as he placed fifth in 400-meter hurdles with a time of 52.06 seconds. That time is seventh in Division II this season. Tsygankov also ran the 400 meters at the Beach Invitational with his time of 47.91 moving him to No. 8 on the GNAC All-Time List.

- Townsend, meanwhile, improved to No. 5 on the GNAC All-Time List and third in Division II this season in the women's 1,500 meters at the Bryan Clay with a time of 4:22.26.

- Senior **Sophie Dodd** notched an NCAA Championships provisional qualifying mark in the women's 400-meter hurdles at the Beach Invitational. Her time of 1:01.67 is 24th in Division II and No. 8 on the GNAC All-Time List.

- Senior **Reta Dobie** ran the 10th fastest time in Division II this season in the women's steeplechase at the Bryan Clay, clocking a time of 10:33.81, while sophomore **Chelsea Ribeiro** ran 10:58.72 to rank 28th in Division II. Freshman **Ally Ginther** ran the conference's fastest time and the ninth fastest time in Division II this season in the women's 5,000 meters with a time of 16:43.39.

- Senior **Braeden Charlton** provisionally qualified for nationals in the men's steeplechase at the Bryan Clay. His time of 9:09.31 is 24th in Division II this season.

- Senior **Joel Webster** placed 15th in the men's 400 meters at the Bryan Clay with a time of 48.42 seconds. He then placed 35th in the same event at the Beach Invitational, clocking 49.28 seconds.

- Simon Fraser will compete this weekend at both the OSU High Performance Meet in Corvallis, Ore., and the Ralph Vernacchia Invitational in Bellingham.

## WESTERN OREGON



- A Division II national record for senior **David Ribich** led performances for Western Oregon as they split between the big three SoCal meets and the Cougar Open.

- Ribich was named both the GNAC Men's Track Athlete of the Week and the USTFCCCA Division II Men's Athlete of the Week after he ran a Division II-record time of 3:37.35

at the Bryan Clay Invitational. That eclipsed the previous Division II record of 3:38.91 set by Kip Cheruiyot of Mount St. Mary's in 1987. The time is also the 14th fastest in the world this season. Ribich was sixth in the race's fastest heat with the winner, Josh Kerr of New Mexico, setting a Division I record in 3:35.01. Ribich is now automatically qualified for the NCAA Championships in both the 800 meters and 1,500 meters.

- Senior **AJ Holmberg**, meanwhile, notched an NCAA provisional mark in the men's 800 meters at the Bryan Clay. His time of 1:51.39 is 28th fastest in Division II this season.

- Junior **Olivia Woods** placed 17th in the women's 800 meters at the Bryan Clay with a season-best of 2:07.76, which ranks eighth in Division II. Senior **Megan Rose**, meanwhile, improved to No. 11 in Division II this season in the women's 800 meters with a time of 2:09.05.

- At the Mount SAC Relays, senior **Kennedy Rufener** improved her NCAA Championships provisional qualifying time in the women's 10,000 meters. Her time of 35:10.65 is 12th in Division II this season.

- Junior **Tyler Jones** ran the second-fastest time in the GNAC this season in the men's 5,000 meters at the Bryan Clay. Jones placed 11th in the fourth section of the race with a time of 14:40.20.

- At the Cougar Invitational, freshman **Jacob Collins** led the Wolves with a third-place finish in the men's pole vault, clearing 13 feet, 7.25 inches. Freshman **Shayla Solomon** was third in the 800 meters in 2:18.62 and sophomore **Nicole Niskanen** was third in the 400-meter hurdles in a time of 1:06.83

- Western Oregon returns to competition at the OSU High Performance Meet in Corvallis, Ore., on Friday and Saturday.

## WESTERN WASHINGTON



- Junior **Maddie Taylor's** NCAA Championships provisional qualifying mark in the women's high jump led Western Washington's performances at the Bryan Clay Invitational and the Beach Invitational.

- Taylor placed ninth in the event at the Beach Invitational. Her mark of 5 feet, 7 inches, ties her for No. 10 on the GNAC

All-Time List and is tied for the 11th-best mark in Division II this season.

- Junior **Tupre Wickliff** also earned a provisional qualifying mark in the men's high jump at the Bryan Clay. His mark of 6 feet, 9 inches, placed fifth and ranks him in a tie for 24th in Division II this season.

- Junior **Kyler Sager** earned an NCAA Championships provisional mark in the men's 800 meters at the Bryan Clay. His time of 1:51.94 ranks 36th in Division II this season.

- The Vikings took the top-two spots at the Bryan Clay in the women's javelin. Sophomore **Raquel Pellecer** won with a mark of 153 feet, 11 inches, while freshman **Natalie Vetto** was second with a season-best mark of 147 feet, 5 inches, that improves her to No. 11 in Division II this season.

- In the men's javelin at the Bryan Clay, junior **Alex Barry** surpassed 200 feet once again as he placed second with a mark of 209 feet, 4 inches.

- Freshman **Seren Dances** represented the Vikings in the Bryan Clay Invitational decathlon. He placed sixth in group one of the event with a score of 6,151 points, which ranks him fifth in the GNAC this season.

- Sophomore **Cordell Cummings** notched season-bests in both the men's 110-meter hurdles and the 400-meter hurdles at the Beach Invitational. His time of 15.01 seconds in the 110-meter hurdles leads the GNAC while his 54.28 seconds in the 400-meter hurdles is second.

- Western Washington is home this weekend, hosting the annual Ralph Vernacchia Invitational at Bellingham's Civic Stadium.

# 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	<b>100 Meters</b>	12.47	11.94	11.50
22.27	21.38	20.74	<b>200 Meters</b>	25.39	24.46	23.56
48.62	47.81	46.36	<b>400 Meters</b>	57.79	55.93	53.15
1:54.19	1:52.16	1:48.75	<b>800 Meters</b>	2:13.14	2:12.47	2:07.51
3:54.86	3:50.90	3:44.89	<b>1,500 Meters</b>	4:33.30	4:33.86	4:22.08
14:56.91	14:34.89	13:56.89	<b>5,000 Meters</b>	16:50.38	17:14.52	16:16.33
31:28.02	30:41.36	29:17.64	<b>10,000 Meters</b>	37:08.97	36:37.02	34:34.33
15.24	14.56	13.89	<b>110/100m Hurdles</b>	14.85	14.23	13.45
54.84	53.55	51.50	<b>400m Hurdles</b>	1:03.43	1:02.09	58.92
9:22.09	9:17.36	8:53.80	<b>Steeplechase</b>	11:13.04	11:04.19	10:19.33
1.96 / 6-5	2.04 / 6-8.25	2.16 / 7-1	<b>High Jump</b>	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	<b>Pole Vault</b>	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	<b>Long Jump</b>	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	<b>Triple Jump</b>	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	<b>Shot Put</b>	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	<b>Discus</b>	40.34 / 132-4	44.65 / 146-6	51.73 / 169-8
52.79 / 173-2	54.65 / 179-3	65.74 / 215-8	<b>Hammer</b>	49.38 / 162-0	51.53 / 169-0	60.48 / 198-5
59.10 / 193-11	58.42 / 191-8	67.87 / 222-8	<b>Javelin</b>	41.72 / 136-10	41.24 / 135-4	50.03 / 164-1
6,280	6,255	7,286	<b>Dec./Hep.</b>	4,520	4,475	5,237
NA	41.10	40.19	<b>4x100 Relay</b>	NA	46.85	45.41
NA	3:14.00	3:08.47	<b>4x400 Relay</b>	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. 22, 2018

Event	Athlete	Mark	Rank	Date
800 Meters	David Ribich, WOU	1:48.09	3rd	3/30/18
1,500 Meters	David Ribich, WOU	3:37.85	1st	4/19/18

## MEN PROVISIONAL QUALIFIERS AS OF APR. 22, 2018

Event	Athlete	Mark	Rank	Date
100 Meters	Sam Zook, MSUB	10.41	T-10th	4/20/18
200 Meters	Sam Zook, MSUB	21.08	T-11th	4/20/18
800 Meters	AJ Holmberg, WOU	1:51.39	28th	4/19/18
	Kyler Sager, WWU	1:51.94	36th	4/19/18
1,500 Meters	Dustin Nading, WOU	3:45.23	7th	4/19/18
	Josh Dempsey, WOU	3:48.83	24th	3/30/18
400m Hurdles	Vladislav Tsygankov, SFU	52.06	7th	4/19/18
Steeplechase	Oliver Jorgensen, SFU	8:58.72	11th	3/30/18
	Aaron Ahl, SFU	9:06.30	19th	3/30/18
	Corbin Carlton, CWU	9:09.17	23rd	4/19/18
	Braeden Charlton, SFU	9:09.31	24th	4/19/18
High Jump	Tupre Wickliff, WWU	2.06/6-9	T-24th	4/19/18
Pole Vault	Payton Lewis, NNU	5.05/16-6.75	T-13th	4/19/18
Long Jump	Alani Troutman, WOU	7.40/24-3.5	T-11th	3/30/18
	Kodiak Landis, CWU	7.29/23-11	T-21st	4/19/18
Shot Put	Josh Koch, CU	17.61/57-9.5	11th	4/21/18
Discus	Jakob Chamberlin, CU	54.39/178-5	6th	4/13/18
	Caleb Bridge, CU	50.18/164-7	31st	3/16/18
	Sam Nichols, CU	50.07/164-3	32nd	4/21/18
	John Van Beuren, NNU	49.68/163-0	39th	4/19/18
Hammer	Jacob Slate, CU	61.08/200-5	11th	4/6/18
	John Van Beuren, NNU	56/77/186-3	26th	4/19/18
	Jakob Chamberlin, CU	56.76/186-3	27th	3/24/18
	Kauanoë Vanderpoel, SMU	55.21/181-2	40th	3/16/18
Javelin	Brian Chalkley, SMU	65.20/213-11	7th	3/3/18
	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	7,187	3rd	4/19/18
	Braydon Maier, CWU	6,562	17th	3/22/18
	Michael Forster, CWU	6,491	18th	3/22/18
	Giovanni Brown, CU	6,376	24th	3/27/18

## WOMEN AUTOMATIC QUALIFIERS AS OF APR. 22, 2018

Event	Athlete	Mark	Rank	Date
800 Meters	Danielle McCormick, UAA	2:06.17	3rd	4/13/18
	Addy Townsend, SFU	2:06.82	6th	4/13/18
1,500 Meters	Caroline Kurgat, UAA	4:21.18	2nd	4/19/18
5,000 Meters	Caroline Kurgat, UAA	15:43.95	1st	4/19/18
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
Hammer	Christina MacDonald	62.04/203-6	3rd	4/21/18

## WOMEN PROVISIONAL QUALIFIERS AS OF APR. 22, 2018

Event	Athlete	Mark	Rank	Date
400 Meters	Vanessa Aniteye, UAA	55.03	10th	4/20/18
	Lani Taylor, SPU	55.93	24th	4/19/18
800 Meters	Olivia Woods, WOU	2:07.76	8th	3/30/18
	Yemi Knight, UAA	2:08.38	9th	4/13/18
	Suzie Van De Grift, WOU	2:08.89	10th	3/30/18
	Megan Rose, WOU	2:09.05	11th	4/19/18
	Tamara Perez, UAA	2:09.75	14th	4/13/18
	Chynna Phan, SPU	2:11.99	26th	4/19/18
1,500 Meters	Addy Townsend, SFU	4:22.26	3rd	4/19/18
	Tamara Perez, UAA	4:26.64	10th	4/19/18
	Suzie Van De Grift, WOU	4:28.10	14th	4/19/18
	Kate Lilly, SPU	4:30.30	23rd	4/19/18
	Danielle McCormick, UAA	4:31.33	30th	4/19/18
	Reta Dobie, SFU	4:32.88	36th	4/20/18
	Mary Charleson, SPU	4:32.51	40th	4/19/18
5,000 Meters	Ally Ginther, SFU	16:43.39	9th	4/19/18
	Emmah Chelimo, UAA	16:59.71	20th	4/19/18
	Alexa Shindruk, CWU	17:00.79	22nd	4/6/18
	Alyssa Foote, SPU	17:01.51	23rd	4/19/18
	Mary Charleson, SPU	17:13.91	36th	4/19/18
10,000 Meters	Alexa Shindruk, CWU	34:57.08	10th	4/19/18
	Kennedy Rufener, WOU	35:10.65	12th	4/19/18
100m Hurdles	Mariyah Vongsaveng, CWU	14.15	T-29th	4/20/18
400m Hurdles	Erykah Weems, CWU	1:00.77	13th	4/20/18
	Ali Anderson, CWU	1:00.95	T-17th	3/17/18
	Sophie Dodd, SFU	1:01.67	24th	4/20/18
	Sidney Trinidad, CWU	1:01.97	27th	4/19/18
Steeplechase	Reta Dobie, SFU	10:33.81	10th	4/19/18
	Nicole Soleim, CWU	10:48.96	19th	4/19/18
	Mariah Burroughs, UAA	10:49.95	20th	4/19/18
	Chelsea Ribeiro, SFU	10:58.72	28th	4/19/18
	Emmah Chelimo, UAA	11:00.09	31st	3/30/18
4x100 Relay	Seattle Pacific	46.83	23rd	4/14/18
4x400 Relay	Alaska Anchorage	3:43.01	7th	3/30/18
	Simon Fraser	3:47.82	18th	4/13/18
High Jump	Maddie Taylor, WWU	1.70/5-7	T-11th	4/20/18
	Geneva Lehnert, SPU	1.67/5-5.75	T-28th	4/19/18
Pole Vault	Anna Paradee, WWU	3.97/13-0.25	T-5th	4/6/18
	Halle Irvine, CWU	3.75/12-3.5	T-17th	4/20/18
	Scout Cai, SPU	3.67/12-0.5	T-30th	4/6/18
Triple Jump	Brooke Williams, CWU	11.99/39-4	24th	4/13/18
	Emma Hill, CU	11.91/39-1	28th	3/24/18
Shot Put	Christina MacDonald, CU	14.98/49-1.75	7th	4/21/18
	Melissa Ausman, CU	14.69/48-2.5	14th	4/13/18
	Tasha Willing, CU	14.40/47-3	T-17th	4/13/18
	Katrina Linenko, CU	14.11/46-3.5	22nd	4/13/18
Discus	Rachel Bring, CU	45.37/148-10	35th	4/21/18
Hammer	Tasha Willing, CU	58.23/191-0	9th	4/21/18
	Joselynn Tensley, CU	55.79/183-0	15th	4/6/18
	Liz Larson, SMU	55.69/182-8	16th	4/6/18
	Kori Sprague, CU	53.50/175-6	26th	4/21/18
Javelin	Raquel Pellecer, WWU	47.91/157-2	4th	3/30/18
	Ellie Logan, NNU	45.06/147-10	10th	4/13/18
	Natalie Vetto, WWU	44.94/147-5	11th	4/19/18
	Deanna Avalos, SMU	44.52/146-1	15th	4/6/18
	Elizabeth Stottlemire, CU	44.45/145-10	16th	4/6/18
	Darian Wilson, WOU	44.03/144-5	18th	4/6/18
	Jona Spiller, SMU	42.85/140-7	22nd	3/3/18
	Nicole Nobbs, NNU	42.73/140-2	24th	3/17/18
	Hannah Nienaber, WWU	42.31/138-10	27th	3/30/18
	Chelsea Bone, CU	41.89/137-5	34th	3/27/18
Heptathlon	Scout Cai, SPU	4,921	8th	4/19/18
	HarLee Ortega, CWU	4,875	11th	3/22/18
	Renick Meyer, SPU	4,852	12th	4/19/18
	Chelsea Bone, CU	4,736	18th	3/27/18
	Ali Anderson, CWU	4,523	28th	4/19/18
	Kellie May, SPU	4,482	31st	4/19/18

# 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
Apr. 24	—	—	18th

## USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 6 - Apr. 24, 2018		
Rk	School	Pts.
1.	Pittsburg State	190.35
2.	Texas A&M-Kingsville	175.53
3.	Texas A&M-Commerce	159.80
4.	Adams State	153.77
5.	Tiffin	149.69
6.	Angelo State	128.43
7.	Chico State	98.67
8.	CSU-Pueblo	97.03
9.	Grand Valley State	96.96
10.	Ashland	84.26
11.	Colorado Mlnes	84.22
12.	Fort Hays State	81.86
13.	Alabama-Huntsville	80.25
14.	Saint Augustine's	72.77
15.	Central Missouri	72.41
16.	West Texas A&M	70.82
17.	Minnesota State	70.42
18.	<b>Western Oregon</b>	<b>58.60</b>
19.	Cal State LA	56.36
20.	Academy of Art	51.77
21.	Lee (Tenn.)	47.96
22.	Mount Olive	45.02
23.	UC San Diego	40.96
24.	Colorado Mesa	38.774
25.	Queens (N.C.)	37.30

## USTFCCCA WEST REGION TEAM INDEX

Week 6 - Apr. 23, 2018			
Rk	School	Pts.	Prev.
1.	Chico State	495.51	1
2.	UC San Diego	310.46	2
3.	<b>Concordia (Ore.)</b>	<b>256.01</b>	<b>4</b>
4.	Azusa Pacific	255.00	3
5.	Academy of Art	214.03	5
6.	Cal Poly Pomona	192.52	6
7.	<b>Western Washington</b>	<b>178.34</b>	<b>9</b>
8.	<b>Central Washington</b>	<b>176.76</b>	<b>8</b>
9.	Cal State LA	174.60	7
10.	<b>Western Oregon</b>	<b>161.46</b>	<b>11</b>

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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	—	—	—
Apr. 24	6th	—	14th	—	—	—

## USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 6 - Apr. 24, 2018		
Rk	School	Pts.
1.	Grand Valley State	151.41
2.	West Texas A&M	147.63
3.	Angelo State	126.45
4.	Adams State	116.18
5.	Azusa Pacific	113.72
6.	<b>Alaska Anchorage</b>	<b>107.08</b>
7.	San Francisco St.	106.40
8.	Saint Augustine's	105.75
9.	Lincoln (Mo.)	105.69
10.	Pittsburg State	100.47
11.	Western State	74.79
12.	Walsh	70.82
13.	Fort Hays State	70.69
14.	<b>Concordia (Ore.)</b>	<b>70.07</b>
15.	Mary	62.99
16.	UC-Colorado Springs	61.15
17.	Texas A&M-Commerce	60.05
18.	Wayne State (Neb.)	58.95
19.	Lewis	55.72
20.	New Mexico Highlands	54.16
21.	Minnesota State	50.24
22.	Cal State LA	48.23
23.	Missouri Southern	47.29
24.	Mount Olive	46.08
25.	Shorter	45.56

## USTFCCCA WEST REGION TEAM INDEX

Week 6 - Apr. 23, 2018			
Rk	School	Pts.	Prev.
1.	San Francisco St.	327.07	1
2.	Azusa Pacific	321.31	2
3.	<b>Concordia (Ore.)</b>	<b>249.80</b>	<b>3</b>
4.	<b>Alaska Anchorage</b>	<b>229.96</b>	<b>6</b>
5.	Fresno Pacific	216.22	4
6.	<b>Central Washington</b>	<b>184.08</b>	<b>8</b>
7.	UC San Diego	180.81	5
8.	Academy of Art	178.28	11
9.	<b>Seattle Pacific</b>	<b>176.20</b>	<b>14</b>
10.	Chico State	168.84	7

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# GNAC Indoor Track & Field Records

## MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
<b>200 Meters</b>	<b>21.56</b>	<b>Carlos Ortiz, Concordia (2018)</b>
400 Meters	47.61	Vladislav Tsygankov, Simon Fraser (2017)
800 Meters	1:49.68	Badane Sultessa, Western Oregon (2016)
<b>Mile</b>	<b>3:58.88</b>	<b>David Ribich, Western Oregon (2018)</b>
3,000 Meters	<b>7:50.81</b>	<b>David Ribich, Western Oregon (2018)</b>
5,000 Meters	13:47.73	Micah Chelimo, Alaska Anchorage (2014)
60m Hurdles	8.08	Travis Milbrandt, Western Oregon (2015)
4x400 Relay	3:12.45	Alaska Anchorage (2016)
Nicholas Taylor, Liam Lindsey, Adam Commandeur, Cody Thomas		
Distance Medley	9:40.15	Western Oregon (2017)*
Dustin Nading, AJ Holmberg, Josh Dempsey, David Ribich		
High Jump	2.22/7-3.25	Mikel Smith, Saint Martin's (2017)
Pole Vault	5.31/17-5	Ryan Brown, Western Washington (2011)
Long Jump	7.46/24-5.75	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015/2017)
Shot Put	17.94/58-10.75	Cameron Neel, Western Washington (2007)
Weight Throw	18.82/61-9	Anthony Marin, Western Oregon (2007)
Heptathlon	5,508	Chris Randolph, Seattle Pacific (2006)

## MEN'S CONFERENCE MEET RECORDS

60 Meters	6.75	Alex Donigian, Western Washington (2014)
<b>200 Meters</b>	<b>21.56</b>	<b>Carlos Ortiz, Concordia (2018)</b>
400 Meters	47.80	Joel Webster, Simon Fraser (2016)
<b>800 Meters</b>	<b>1:50.83</b>	<b>David Ribich, Western Oregon (2018)</b>
Mile	4:10.01	David Ribich, Western Oregon (2017)
3,000 Meters	8:27.83	Henry Cheseto, Alaska Anchorage (2015)
5,000 Meters	14:36.06	Dominik Notz, Alaska Anchorage (2016)
60m Hurdles	8.08	Travis Milbrandt, Western Washington (2015)
4x400 Relay	3:14.10	Alaska Anchorage (2017)
Liam Lindsay, Darrior Gray, Nicholas Taylor, Adam Commandeur		
Distance Medley	10:04.58	Simon Fraser (2012)
Ryan Brockerville, Stuart Ellenwood, Keir Forster, Adam Reid		
High Jump	2.21/7-3	Mikel Smith, Saint Martin's (2017)
Pole Vault	5.16/16-11	Payton Lewis, Northwest Nazarene (2011)
Long Jump	7.38/24-2.5	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015/2017)
Shot Put	17.47/57-3.75	Cameron Neel, Central Washington (2007)
Weight Throw	18.63/61-1.75	Tyler Lamott, Concordia (2016)
Heptathlon	5,269	Kodiak Landis, Central Washington (2017)

## CONFERENCE MEET HEPTATHLON EVENTS

<b>60 Meters</b>	<b>7.03</b>	<b>Kodiak Landis, Central Washington (2018)</b>
<b>Long Jump</b>	<b>6.95/22-9.75</b>	<b>James Phillips, Concordia (2018)</b>
<b>Shot Put</b>	<b>13.28/43-7</b>	<b>James Phillips, Concordia (2018)</b>
High Jump	2.01/6-7	Micah Tranch, Northwest Nazarene (2017)
60m Hurdles	8.28	Travis Turner, Alaska Anchorage (2017)
Pole Vault	5.05/16-6.75	Payton Lewis, Northwest Nazarene (2016)
1,000 Meters	2:43.00	Colin Alexander, Central Washington (2012)

## WOMEN - ALL MEETS

60 Meters	7.54	Jamie Ashcroft, Alaska Anchorage (2017)
200 Meters	24.09	Jamie Ashcroft, Alaska Anchorage (2017)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:04.94	Helen Crofts, Simon Fraser (2011)
Mile	4:32.88	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:17.97	Joyce Chelimo, Alaska Anchorage (2016)
5,000 Meters	16:10.32	Joyce Chelimo, Alaska Anchorage (2016)
60m Hurdles	8.51	Mariyah Vongsaveng, Central Washington (2017)
4x400 Relay	3:42.44	Seattle Pacific (2016)
Jalen Tims, Lynelle Decker, Cheryl Hong, Jahzelle Ambus		
Distance Medley	11:28.28	Simon Fraser (2015)
Rebecca Bassett, Monique Lisek, Paige Nock, Lindsey Butterworth		
High Jump	1.77/5-9.75	Danielle Ayers-Stamper, Seattle Pacific (2005)
Pole Vault	3.92/12-10.25	McKenna Emmert, Central Washington (2017)
Anna Laradee, Western Washington (2017)		
Long Jump	5.93/19-5.5	Danielle Ayers-Stamper, Seattle Pacific (2005)
<b>Triple Jump</b>	<b>12.68/41-7.25</b>	<b>Jasmine McMullin, Western Washington (2018)</b>
Shot Put	17.62/57-9.75	McKenzie Warren, Concordia (2017)*
Weight Throw	<b>19.52/64-0.5</b>	<b>Christina MacDonald, Concordia (2018)</b>
Pentathlon	4,007	Danielle Ayers-Stamper, Seattle Pacific (2005)

## WOMEN'S CONFERENCE MEET RECORDS

60 Meters	7.55	Jamie Ashcroft, Alaska Anchorage (2017)
200 Meters	24.09	Jamie Ashcroft, Alaska Anchorage (2017)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:08.28	Jessica Pixler, Seattle Pacific (2010)
Mile	4:40.39	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:47.64	Jennifer Johnson, Simon Fraser (2015)
5,000 Meters	16:47.07	Sarah Porter, Western Washington (2010)
60m Hurdles	8.51	Mariyah Vongsaveng, Central Washington (2017)
4x400 Relay	3:46.41	Simon Fraser (2016)
Distance Medley	11:36.32	Seattle Pacific (2010)
Kate Harline, Jennifer Pike, Jane Larson, Jessica Pixler		
High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2014)
Pole Vault	3.91/12-10	Alison Silva, Northwest Nazarene (2014)
Long Jump	5.82/19-1.25	Tanya Bjornsson, Western Washington (2014)
<b>Triple Jump</b>	<b>12.68/41-7.25</b>	<b>Jasmine McMullin, Western Washington (2018)</b>
Shot Put	17.02/55-10.25	McKenzie Warren, Concordia (2017)
Weight Throw	<b>18.29/60-0.25</b>	<b>Christina MacDonald, Concordia (2018)</b>
Pentathlon	3,761	Karolin Anders, Alaska Anchorage (2015)

## CONFERENCE MEET PENTATHLON EVENTS

60m Hurdles	8.75	Rosie Smith, Alaska Anchorage (2016)
High Jump	1.69/5-6.5	Taylor Fettig, Central Washington (2014 & 2015)
Karolin Anders, Alaska Anchorage (2015)		
Geneva Lehnert, Seattle Pacific (2017)		
Shot Put	11.96/39-3	Charlene Harber, Western Oregon (2012)
Long Jump	5.68/18-7.75	Karolin Anders, Alaska Anchorage (2016)
800 Meters	2:15.88	Ali Anderson, Central Washington (2017)

\* - NCAA Division II record

# GNAC Outdoor Track & Field Records

## MEN - ALL MEETS

100 Meters	10.22
200 Meters	20.93
400 Meters	47.51
800 Meters	1:47.58
1,500 Meters	<b>3:37.35</b>
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)

+ - Division II Record.

## 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	<b>15:43.95</b>
10,000 Meters	<b>32:33.64</b>
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	<b>55.74/182-10</b>
Hammer	<b>62.04/203-6</b>
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 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, Kyler 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.

**Wed., Apr. 18 - Thurs., Apr. 19**

## **Bryan Clay Invitational Multi-Events**

**at Cougar Stadium, Azusa, Calif.**

**Heptathlon (GNAC Finishers):** Group 1 - 1, Renick Meyer, SPU, 4,852. 5, Ali Anderson, CWU, 4,523. 7, Kellie May, SPU, 4,482. 14, HarLee Ortega, CWU, 2,860. Group 2 - 5, Scout Cai, SPU, 4,921.

**Decathlon (GNAC Finishers):** Group 1 - 6, Seren Dances, WWU, 6,151. Group 3 - 2, Kodiak Landis, CWU, 7,187.

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

## **Bryan Clay Invitational**

**at Cougar Stadium, Azusa, Calif.**

**Women (Top 3 GNAC Finishers):** 5,000 Meters - Heat 1 - 2, Caroline Kurgat, UAA, 15:43.95. Heat 4 - 3, Emmah Chelimo, UAA, 16:59.71. Javelin - 1, Raquel Pellecer, WWU, 153-11; 2, Natalie Vetto, WWU, 147-5.

**Men (Top 3 GNAC Finishers):** 5,000 Meters - Heat 8 - 1, Edward Kiolbas, WWU, 14:56.46. Javelin - 2, Alex Barry, WWU, 209-4.

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

## **Mount SAC Relays**

**at El Camino College, Torrance, Calif.**

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

**Men (Top 3 GNAC Finishers):** 400 Meters Open - Section 4 - 2, Ebu Camara, NNU, 48.36. Section 6 - 1, Logan Blake, NNU, 49.16.



# 2018 GNAC Outdoor Meet Summaries

**Fri., Apr. 20**

## **Blue Hawk Games**

**at Dickinson State Univ., Dickinson, N.D.**

**Women's Team Scores:** Black Hills State 74.5, Dickinson State 65.5, Mary 49.5, South Dakota Mines 28, Montana State Billings 24.5, Minot State 22, Bemidji State 21, Valley City State 8.

**Women (Top 3 GNAC Finishers):** 100 Meters - 3, Michaela Johnson, MSUB, 12.39. 100m Hurdles - 1, Michaela Johnson, MSUB, 14.71. 4x100 Relay - 2, Montana State Billings, 50.21. 4x800 Relay - 3, Montana State Billings, 10:41.29. Discus - 1, Hannah Nesson, MSUB, 140-1.

**Men's Team Scores:** Black Hills State 63.5, Montana State Billings 63, Dickinson State 53, Mary 50, South Dakota Mines 49, Minot State 15, Valley City State 3.5.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Sam Zook, MSUB, 10.41; 3, Lamont Frisby, MSUB, 10.74. 200 Meters - 1, Sam Zook, MSUB, 21.08. 800 Meters - 3, Mark Hovland, MSUB, 2:00.28. 5,000 Meters - 3, Ronald Venema, 16:08.95. Steeplechase - 1, Tyus Mendoza, MSUB, 9:55.70. Shot Put - 1, Brady Ostermiller, MSUB, 50-5.5. Discus - 1, Nels Flanagan, MSUB, 153-11; 2, Brady Ostermiller, MSUB, 147-2. Javelin - 2, Beau Peaslee, MSUB, 173-8. Hammer - 1, Nels Flanagan, MSUB, 171-4.

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

## **Beach Invitational**

**at Long Beach State, Long Beach, Calif.**

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

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

**Sat., Apr. 21**

## **Cougar Open**

**at Canby High School, Canby, Ore.**

**Women (Top 3 GNAC Finishers):** 800 Meters - 3, Shayla Solomon, WOU, 2:18.62. 1,500 Meters - 3, Bailey Fjelstul, CU, 4:51.72. 100m Hurdles - 2, Michaela Yonkman, WOU, 15.83. 400m Hurdles - 3, Nicole Niskanen, WOU, 1:06.83. 4x400 Relay - 1, Concordia, 4:07.12. Triple Jump - 2, Emma Hill, CU, 38-5. Shot Put - 1, Christina MacDonald, CU, 49-1.75; 2, Melissa Ausman, CU, 47-8.5; 3, Tasha Willing, CU, 46-9.5. Discus - 1, Melissa Ausman, CU, 168-8; 2, Rachel Bring, CU, 148-10; 3, Katrina Linenko, CU, 145-9. Hammer - 1, Christina MacDonald, CU, 203-6; 2, Tasha Willing, CU, 191-0; 3, Liz Larson, SMU, 176-4. Javelin - 1, Elizbaeth Stottlemire, CU, 140-7; 3, Chelsea Bone, CU, 131-1.

**Men (Top 3 GNAC Finishers):** 400m Hurdles - 2, Giovanni Brown, CU, 54.86. 4x100 Relay - 2, Concordia, 42.72. 4x400 Relay - 1, Concordia, 3:24.71. Pole Vault - 3, Jacob Collins, WOU, 13-7.25. Triple Jump - 3, Emmy Carrizales, CU, 42-1.25. Shot Put - 1, Josh Koch, CU, 57-9.5; 2, Sam Nichols, CU, 52-3.75; 3, Jakob Chamberlin, CU, 52-1.25. Discus - 1, Jakob Chamberlin, CU, 169-6; 2, Sam Nichols, CU, 164-3; 3, Josh Koch, CU, 152-1. Hammer - 1, Jacob Slate, CU, 198-6; 2, Jakob Chamberlin, CU, 181-9; 3, Joe Denniston, CU, 179-9. Javelin - 1, Easton Christensen, CU, 206-1.