



About The GNAC

With members in five states and the province of British Columbia, and with a strong presence in or near the largest city of each, the Great Northwest Athletic Conference has established itself as one of the top Division II athletic conferences in the NCAA during its 21-year history.

Founded in July 2001, GNAC teams have had over 100 Division II top-10 national team finishes in the 16 sports that it sponsors.

The 2023 indoor season was punctuated by the women's 800-meter title for Seattle Pacific's Vanessa Aniteye. Simon Fraser's Marie-Éloïse Leclair was an All-American in the 60 meters and 200 meters as did Northwest Nazarene's Steven Schmidt and the Western Washington men's distance medley relay team.

On the basketball floor, Northwest Nazarene and Saint Martin's advanced to the NCAA Men's Basketball West Regional while Central Washington, Montana State Billings and Western Washington advanced in the women's West Regional.

The Western Washington women's soccer team owns the marquee highlight of the 2022-23 season, winning the Division II title in front of a friendly crowd in Seattle as part of the Division II Championships Festival hosted by Seattle Pacific. The conference has also had two Division II Athletes of the Year in Alaska Anchorage's Eve Stephens (volleyball) and Central Washington's Samantha Bowman (women's basketball).

GNAC teams have won six national titles: Seattle University women's soccer in 2004, Seattle Pacific women's soccer in 2008, Western Washington men's basketball in 2012, Western Washington women's soccer in 2016 and 2022 and Central Oklahoma women's rowing in 2021.

Conference/National Meet Qualifying Standards

MEN		EVENT	WOMEN		
GNAC	NCAA Provisional		GNAC	NCAA Provisional	
10.88	10.52	100 Meters	12.19	11.85	
22.06	21.26	200 Meters	25.14	24.34	
48.62	47.83	400 Meters	57.54	56.00	
1:53.88	1:51.48	800 Meters	2:13.08	2:12.23	
3:52.12	3:49.46	1,500 Meters	4:30.39	4:32.09	
14:57.87	14:25.34	5,000 Meters	17:17.36	17:07.10	
31:53.17	30:28.78	10,000 Meters	37:32.88	36:28.87	
15.00	14.49	110/100m Hurdles	14.62	14.24	
55.23	53.32	2 400m Hurdles 1:03.43		1:02.33	
9:13.88	9:12.36	Steeplechase	11:11.32	11:01.26	
1.95 / 6-4.75	2.04 / 6-8.25	High Jump	1.61 / 5-3.25	1.68 / 5-6	
4.51 / 14-9.5	4.82 / 15-9.75	Pole Vault 3.35 / 10-11.75		3.74 / 12-4.75	
6.88 / 22-7	7.27 / 23-10.25	Long Jump 5.55 / 18-2.5		5.83 / 19-1.5	
13.82 / 45-4.25	14.69 / 48-2.25	Triple Jump	11.56 / 37-11.25	11.96 / 39-3	
15.47 / 50-9.25	16.57 / 54-4.5	Shot Put	12.63 / 41-5.25	13.95 / 45-9.25	
48.57 / 159-4	50.41 / 165-4	Discus	41.00 / 134-6	45.70 / 149-11	
54.43 / 178-7	56.77 / 186-3	Hammer	49.58 / 162-0	52.34 / 171-9	
58.14 / 190-9	58.46 / 191-9	Javelin	44.71 / 146-8	42.03 / 137-10	
6,452	6,354	Dec./Hep.	4,593	4,510	
NA	40.99	4x100 Relay	NA	46.73	
NA	3:14.07	4x400 Relay	NA	3:49.58	

On The Cover: The GNAC Outdoor Championships return to Monmouth, Oregon with the conference's top athletes competing for titles. Clockwise from top left: Kevin McDermott (Western Washington), Gabriela Cintron (Saint Martin's), Amari Hendrix (Western Oregon), Kailee Stoppel (Montana State Billings), Isaiah Webster (Central Washington), Blanca De Arvizu Sarrias (Alaska Anchorage), Brayden Durfee (Northwest Nazarene), Aniya Green (Seattle Pacific) and Marie-Éloïse Leclair (Simon Fraser).

Vikings, Wolves Primed For Title Defense In Oregon Sun

MONMOUTH, Ore. – As the GNAC Outdoor Track and Field Championships return to Western Oregon University's McArthur Field, the Wolves are in position to do something special for the home crowd.

The Wolves are the defending women's champions and swept both the men's and women's championships at February's GNAC Indoor Championships. The win on the men's side ended a four-year streak where Western Washington had swept the indoor and outdoor titles. Both teams are title contenders this week.

Western Oregon was 25 points clear of second-place Western Washington in the women's team competition last year. The Wolves return three individual champions, all in the field events. In all, title defenses will



Junior Charlie Dannatt of Simon Fraser owns the No. 2 time in Division II in the men's 1,500 meters. He is the defending champion in the event.

be mounted in 11 women's events and six men's events.

With sunny conditions and temperatures expected to soar into the 90s, the conditions for a fast and exciting meet are in place.

MEN

Western Washington has the depth to make four in a row outdoors. That depth is particularly present in the distances where WWU owns the GNAC's top-five times in the 10,000 meters and five of the top six in the 5,000 meters. Sophomore Kevin McDermott leads the conference in the 5,000 (14:09.26) and sophomore George Karamitsos leads the way in the 10,000 (29:40.69).

Sophomore Drew Weber has the GNAC's leading time in the 800 meters (1:49.34) and is second in the 1,500 meters (3:44.83) while sophomore Jeret Gillingham leads the way in the steeplechase (8:55.62). All four athletes own NCAA Championships provisional qualifying times.

Senior Drew Johnson leads the conference in the 100 meters (10.58) after placing second last year. In the field events, junior Ryan Greenwalt has the GNAC's top mark in the long jump (23-4.75) and sophomore Miller Campbell leads the way in the hammer (181-1).

To win its first outdoor title since 2011, Western Oregon will lean on the distances and throws. Senior Dayne Gordien leads the GNAC in the shot put (54-9.5) after winning the event at the GNAC Indoor Championships. He also leads the conference in the discus (163-5). Sophomore Mark Warren ranks fourth in the hammer (176-3) after placing third in the event last year.

Senior JJ Walker provided eight points with his second-place finish in last week's decathlon (6,680 points) and ranks fourth in GNAC in the pole vault (14-11.5). Junior Marlon Harrison is ranked third in the triple jump (46-0.75).

Junior Hunter Hutton ranks third in the conference in the 1,500 meters (3:46.67) and is among five GNAC athletes in the event with an NCAA provisional qualifying mark. Junior Justin Conklin will contend for the 110-meter hurdles title, ranking third in the conference (14.79).

Northwest Nazarene is in the title conversation thanks in great part to Steven Schmidt. The sophomore defended his decathlon title last week (7,046 points), becoming just the sixth 7,000-plus point decathlete in GNAC history. During the event, Schmidt cleared 7 feet, 0.5 inches in the high jump, tying him for the second-best mark on the GNAC all-time list and seventh in Division II this season.

Schmidt also owns the top mark in the conference in the pole vault (15-11) and ranks sixth in the 110-meter hurdles (15.09) and the javelin (179-7).

The Nighthawks have the top three marks in the high jump with sophomore Gerohm Rihari ranked second (6-7.5) and freshman Jonah Groce



Senior Jenelle Hurley of Western Oregon has the women's heptathlon title in her bag and is the defending champion in the long jump.

ranked third (6-5). Sophomore William Koenig ranks third in the pole vault (15-0.25) after placing second last year. Senior Dylan Hendry ranks third in the shot put (48-9). In the sprints, sophomore Hunter Braseth is second in the 200 meters (21.39) and fifth in the 100 meters (10.69).

Simon Fraser is led by junior Charlie Dannatt. The defending champion in the 1,500 meters, his season-best time of 3:41.38 is second in Division II this season. He is also provisionally qualified for the NCAA Championships in the 800 meters (1:50.95). Sophomore Sebastian Brinkman owns the No. 2 time in the GNAC in the 5,000 meters (14:15.45) and sophomore Jordan Schmidt is second in the 800 meters (1:50.43).

In the sprints, sophomore Jesaiah 3) and is third in the 100 meters

Penson-McCoy leads the 200 meters (21.43) and is third in the 100 meters (10.63). Senior Bryan Cortes leads the GNAC in the javelin (198-5), reaching the mark alone at a meet in Canada last weekend.

Central Washington is led by senior Austin Albertin, who owns the GNAC's top time in the 400-meter hurdles (53.54). Senior Braydon Maier ranks second in the pole vault (15-5.5) and is looking for his fourth title in five years. In the jumps, freshman Isaiah Webster is second in the triple jump (46-0.75) and junior Christopher Hines is third in the long jump (22-11.75).

Freshman Logan Martin ranks second in the hammer (179-3) while sophomore Wyatt Franklin is third in the discus (149-9) and junior Branden Wise is third in the javelin (193-8). Sophomore Drew Klein carries six points into the meet with his third-place finish in the decathlon (6,538).

Junior Joshua Wagner leads Alaska Anchorage as the defending champion in the 110-meter hurdles. He leads the conference this season with a time of 14.73 seconds. Junior Kevin Angarita has the top time and an NCAA Championships provisional qualifying mark in the 400 meters (47.81). Sophomore Enrique Campbell is ranked third in the 200 meters (21.55).

WOMEN

Western Oregon enters the GNAC Championships as the defending champion and doubled down on that trophy by winning the indoor title in February.

Senior Jenelle Hurley brings 10 points into the meet with her title in the heptathlon last week (4,803). The defending champion in the long jump, she has the second-best mark in the conference this season (18-10) behind teammate Ujunwa Nwokoma, who has an NCAA provisional qualifying mark of 19 feet, 6.75 inches. Hurley also ranks second in the GNAC in the high jump (5-5.75), eighth in the 400-meter hurdles (1:05.22) and 10th in the 100-meter hurdles (14.94).

Senior Ana Popchock is the defending champion in the triple jump and ranks eighth this season (37-5) after winning the indoor title in February. Freshman Amariyah Clay ranks second in the event (39-3.25). Senior Kaylee Wright will defend her championship in the javelin with a GNAC-best mark of 146 feet, 1 inch.

In the distances, senior Caitlin Heldt leads the conference in the 10,000 meters (36:20.29) and is second in the 5,000 meters (17:06.05). She placed third last year in both events.

Western Washington has three defending champions and stands to make a run at the team title. Sophomore Ila Davis won both the steeplechase and the 5,000 meters last year. She owns an NCAA provisional qualifying mark to lead the steeplechase (10:21.10) and ranks third in the 5,000 (17:08.91).

Continued Next Page

Sophomore Raine Westfall will defend her title in the hammer with the top mark in the conference this season (165-8). Sophomore Katie Potts leads the GNAC in the discus (153-1) after placing second last year. Junior Matty Lagerwey added eight points to the WWU total with her second-place finish in the heptathlon (4,495). She also ranks third in the long jump (18-4.25).

The Vikings own three of the top four times in the 800 meters, led by junior Marian Ledesma's NCAA provisional qualifying time of 2:08.98. Freshman Meaera Shannon ranks second in the 10,000 meters (36:56.79).

Simon Fraser is led by the most dynamic athlete in the conference in sophomore Marie-Éloïse Leclair. The defending champion in the 100 and 200 meters, Leclair set meet records in both events last year. She has broken her own GNAC records again this year with times of 11.45 seconds in the 100 and 23.42 in the 200, both of which rank in the top 10 in Division II. Leclair also has the conference's top time in the 400 meters by three seconds (54.38).

Junior Diana Voloshin is the defending champion in the 100-meter hurdles and is No. 2 in the GNAC this season (14.33). Sophomore Erika Binder ranks second in the 400-meter hurdles (1:02.54). Junior Megan Roxby leads the GNAC in the 1,500 (4:24.56) and ranks second in the 800 meters (2:09.34), both in NCAA provisional qualifying times.

In the field events, sophomore Zuzanna Liniewski is second in the hammer (163-9) after placing second in the event last year while junior Sydney Kania is tied for third in the high jump (5-4.5).

Senior Lauryn Chandler leads Central Washington. The indoor 60-meter hurdles champion, she leads the conference with a time of 13.99 seconds in the 100-meter hurdles. Senior McCall DeChenne is the defending champion in the 400-meter hurdles and leads the GNAC with a time of 1:02.19. Junior E'lexis Hollis owns the second-fastest time in GNAC history in the 100 meters, a time of 11.63 seconds that trails only Leclair.

Senior Juliette Williams ranks third in the 200 meters (24.72). In the jumps, junior Erica Cabanos ranks sixth in both the long jump (17-10.75) and the triple jump (37-10.5). She placed third in the triple jump last year.

Northwest Nazarene senior Abbey Wood will contend to score in both sprints after having set Nighthawks records in the 100 meters (11.93) and the 200 meters (24.42) this season. She ranks second in the 200 and third in the 100. Junior Laine DeJong ranks second in the 400 meters (57.15).

Sophomore Kinsey Yenor is the defending champion in the pole vault. Her leading mark of 13 feet, 0.75 inches ranks No. 3 on the GNAC all-time list. Sophomore Miya Koch has the leading mark in the high jump (5-6) while junior Destany Herbert leads the shot put (47-1.5).

Seattle Pacific sophomore Annika Esvelt will contend for the 5,000-meter title with the top time in the conference (16:52.91). In the sprints, freshman Marissa Crane ranks fifth in the 400 meters (57.81) while sophomore Aniya Green is sixth in the 400 meters (57.99).

Freshman Hannah Chang provided five points with her fourth-place finish in the heptathlon (4,523). She also ranks third in the 100-meter hurdles (14.50). Juniors Lizzy Daugherty and Emily Thomason are tied for second in the pole vault with NCAA provisional qualifying marks of 12 feet, 4 inches.

Montana State Billings junior Kendall Lynn leads the conference in the triple jump (39-4) and ranks fourth in the long jump (18-3). Sophomore Ryann Moline is second in the javelin (136-6) and third in the discus (134-5). Senior Kailee Stoppel is also a scoring threat, ranking third in the steeplechase (11:28.96).

Sophomore Cassidy Walchak-Sloan of Saint Martin's has an NCAA provisional time in the 1,500 meters and ranks second in the GNAC (4:27.97). She also ranks fifth in the 800 meters (2:13.88) while sophomore Sara Sabra ranks third in the 10,000 meters (37:27.60).

Senior Alfin Nyamasyo leads Alaska Anchorage, ranking fourth in the steeplechase (11:24.05). Sophomore Carlotta Duenninger placed third in the heptathlon (4,281) and ranks sixth in the javelin (123-11). Junior Mikayla Mader is tied for third in the high jump (5-4.5).

Alaska Anchorage SEAWOLVES



Sample

McWilliams Duenninger

Alaska Anchorage enters the GNAC Championships with three athletes provisionally qualified for the NCAA Championships. Kevin Angarita has the conference's leading time in the men's 400 meters and his time of 47.81 seconds is No. 7 on the GNAC alltime list. Drew Johnson ranks 37th in Division II in the men's 1,500 meters (3:47.66) while Michael Zapherson is among six qualified GNAC athletes in the men's 10,000 meters (30:09.56).

Joshua Wagner is the defending champion in the men's 110-meter hurdles. He owns the top time in the GNAC this season at 14.73 seconds. Angarita is followed in the 400 meters by Maximilian Kresmer and his time of 47.87 seconds while Enrique Campbell ranks third in the men's 200 meters (21.55).

Alfin Nyamasyo leads the UAA women, ranking fourth in the steeplechase (11:24.05) and 10th in the 5,000 meters (17:55.96). Mikayla Mader is tied for third in the high jump (5-4.5) and Blanca De Arvizu Sarrias ranks fifth in the 100-meter hurdles (14.68). Carlotta Duenninger placed third in the heptathlon and is ranked sixth in the javelin (123-11).

MEN	
Name	Yr.
Kevin Angarita	Jr.
Jacob Belanger	Sr.
Enrique Campbell	Sr.
Timothy Hunter	Jr.
Drew Johnson	Sr.
Maximilian Kresmer	Jr.
John Peckham	So.
Felix Robertson	So.
Wyatt Rohde	So.
Collin Sample	Sr.
Ries Tveit	So.
Joshua Wagner	Jr.
Michael Zapherson	Jr.

Hometown Cali, Colombia Anchorage, Alaska St. Catherine. Jamaica Salinas, Calif. Littleton, Colo. Solingen, Germany Sisters, Ore. Wasilla, Alaska Eagl<mark>e River, Alas</mark>ka Lake Elsinore, Calif. Salt Lake City, Utah Niederahr, Germany Asheville, N.C.

WOMEN	
Name	Yr.
Kaitlyn Backman	Jr.
Nell Baker	Jr.
Sophia Cvancara	Fr.
Blanca	
De Arvizu Sarrias	So.
Carlotta Duenninger	Jr.
Leonie Flad	So.
Jayden Glaze	Fr.
Arielle Himelbloom	Sr.
Mikayla Mader	Sr.
Alfin Nyamasyo	Sr.
Bailey Roe	Jr.
Monica Ruelas	Sr.
Essence Slate	Fr.
Sofija Spaic	So.
Jordan Strausbaugh	Fr.
Joei Vidad	Jr.
Avery Williamson	Fr.
Tressa Wood	Er.

Seattle, Wash. Anchorage, Alaska Huarte, Spain Ratingen, Germany Gomaringen, Germany Nampa, Idaho Kodiak, Alaska Anchorage, Alaska Makueni, Kenva Fairbanks, Alaska Hollister, Calif. Fairbanks, Alaska Palmer, Alaska Soldotna, Alaska Sitka, Alaska Haines, Alaska

The Dalles, Ore.

Hometown Anchorage, Alaska

Head Coach: Ryan McWilliams Assistants: Ray Shadowens, Chas Davis, Danielle Patterson

Yr.

Sr.

Sr.

Sr.

Sr.

Fr.

Jr.

Sr.

Jr.

Fr.

Jr.

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Fr.

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Fr.

Jr.

Fr.

WOMEN

Central Washington



Albertin

Adkisson

Central Washington looks once again to the sprints and field events for its best point-scoring opportunities.

Chandler

Lauryn Chandler is the favorite in the women's 100-meter hurdles winning the 60-meter edition indoors. Her 13.99 seconds ranks 22nd in Division II. E'lexis Hollis owns the No. 2 time in GNAC history in the women's 100, running 11.62 seconds late in April. McCall DeChenne, meanwhile, aims to defend her title in the 400-meter hurdles. She leads the GNAC with a time of 1:02.19.

Austin Albertin hopes to build on his second-place finish last year in the men's 400-meter hurdles. He leads the GNAC with a time of 53.54 seconds. Aiden Wise is second in the 110-meter hurdles with a time of 14.74 seconds. Braydon Maier ranks second in the men's pole vault (15-5.5) while Drew Klein, who placed third in the decathlon, is tied for fourth (14-11.5).

Isaiah Webster ranks second in the GNAC in the triple jump (46-3.25) while Chris Hines is tied for third in the long jump (22-11.75).

Austin Albertin
Angus Beaton
Steiner Christensen
Ethan Coon
Logan Easley
Wyatt Franklin
Chris Hines
Garrett Hough
Sam Katsuda
Drew Klein
Braydon Maier
Joshua Manwell
Logan Martin
Hudson Moore
Deylan Okinaka
Jack Pratapas
Cameron Ramsey
Ty Savely
Tre Silva
Zack Sundt
Cantrell Thomas
Isaiah Webster
Reilly Williams
Aiden Wise
Branden Wise

MEN

Name

Yr.

Sr.

Sr.

Fr.

Fr.

Jr.

Sr.

Sr. Jr.

Jr.

So.

Sr.

Jr.

Fr.

Fr.

Jr.

Fr.

Fr.

Jr.

Sr.

Jr.

Fr.

Fr.

So

So.

Jr.

Hometown	
Finley, Wash.	
Olympia, Wash.	
Tacoma, Wash.	
Yelm, Wash.	
E. Wenatchee, Wash.	
Ellensburg, Wash.	
Steilacoom, Wash.	
Dana Point, Calif.	
Portland, Ore.	
Auburn, Wash.	
Selah, Wash.	
Aberdeen, Wash.	
Coupeville, Wash.	
Bellevue, Wash.	
Hilo, Hawaii	
Snoqualmie, Wash.	
Puyallup, Wash.	
Mission Viejo, Calif.	
Nooksack, Wash.	
Olympia, Wash.	
South Hill, Wash.	
Bellevue, Wash.	
Prosser, Wash.	
Ridgefield, Wash.	
Ridgefield, Wash.	
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Name Brenna Board Frica Cabanos Lauryn Chandler McCall DeChenne Ellie DeGroot Payton Elenbaas **Kiarra** Green Kylie Griffin **Donna Marie Harris** E'lexis Hollis Isabella Holmes Elise Hopper **Carley Huber** Zoie McDevitt Rose Melville Jazmin Mendoza Tehya Moore Alexa Neff Sarah Sewell Jancy Sykes Madison Thompson Grace Twiss Juliette Williams Olivia Wyatt

<u>Hometown</u> Mill Creek, Wash. Puvallup, Wash. Bremerton, Wash. Ephrata, Wash. Enumclaw, Wash. Lynden, Wash. Marvsville, Wash. Oregon City, Ore, Lynnwood, Wash. Ellensburg, Wash. Rainier, Wash. Port Orchard, Wash. Puyallup, Wash. Peshastin, Wash. Lamont, Wash. Stevenson, Wash. Nooksack, Wash. Pasco, Wash. Mill Creek, Wash. Tahoma, Wash. Ellensburg, Wash. Vancouver, Wash. Arlington, Wash. Arlington, Wash.

WILDCATS

Head Coach: Kevin Adkisson Assistants: Brittany Hall, Bryan Contreras, JT Statler, Ben Malquist, Randy Stevenson

MEN WOMEN Name Yr. Hometown Hometown Name Yr Ase Ackerman Annelise Clark Glenrock, Wyo. Sr. Glendive, Mont. So. Benton Carlson So. Billings, Mont. Jordan Cookman Forsyth, Mont. Jr. Forrest Cross Sr. Sundance, Wyo. Kaylee Dalling Fr. Hamer, Idaho Bryant Edgerton Jr. Townsend, Mont. Jaida Green Helena, Mont. Fr. Brandon Geck Huntley, Mont. Katelyn Hamill Helena, Mont. So. So. Bradlev Graves Brynn Jolma Winnett, Mont. Ballantine, Mont. So. So. Kevin Graves Fr. Ballantine, Mont. Grace Jones Jr. Helena, Mont. Lucas Harper Sr. Billings, Mont. Bella Klein Fr. Roundup, Mont. Carson Jessop Sr. Pinesdale, Mont. Kendall Lynn Jr. Three Forks, Mont. Ryder Klein Ryann Moline Brockway, Mont. Jr. Roundup, Mont. So. Wyatt May Fr. Bozeman, Mont Mya Richardson Twin Falls, Idaho Fr. Favor Okere Jr. Rock Springs, Wyo. Alyssa Sanchez Fr. Albuquerque, N.M. Bryce Olson Jr. Three For<mark>ks, M</mark>ont. Madeline Severson So. Manhattan, Mont. Woehl Isaac Perkins Rapid City, S.D. Fr. Kailee Stoppel Sr. Billings, Mont. Benjamin Ralston So. Boise, Idaho Madison Thompson Sr. Fort Benton, Mont. Jon Rocha Othello, Wash. Aspen Tolman Westminster, Colo. So. So. Cort Sandefur Wasilla, Alaska, Danara Tulimaiau Billings, Mont. Fr. So. Logan Straus Sr. Billings, Mont. Ally Whitmer Sr. Pocatello, Idaho

Montana State Billings YELLOWJACKETS



Jones

Cross

Wo

The Yellowjackets have set numerous school records this season. Kendall Lynn set records in the women's triple jump and long jump. Her best of 39 feet, 4 inches in the triple jump is an NCAA Championships provisional qualifier and ranks 37th in Division II. She ranks fourth in the GNAC in the long jump with a record leap of 18 feet, 3 inches.

Other record-setters include Benjamin Ralston, who ranks seventh in the GNAC in the 200 meters (22.00), and Ase Ackerman with his time of 3:50.75 in the men's 1,500 meters that ranks sixth in the conference.

Forrest Cross is the defending champion in the discus and his season-best of 156 feet, 5 inches is second in the GNAC this season. He is also third in the shot put and seventh in the hammer. In the women's throws, Ryann Moline ranks second in the javelin (136-6) and third in the discus (134-5) while Grace Jones is fifth in the hammer (152-9).

Carson Jessop ranks second in the men's steeplechase with an NCAA provisional qualifying time of 9:10.36 while Kailee Stoppel is third in the women's steeplechase in a time of 11:28.96.

Head Coach: Jonathan Woehl Assistants: Kevin Bjerke, Nels Flanagan, Zachary Girard, Taylor Stringari, Jay Graves, Mike Lee

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Northwest Nazarene NIGHTHAWKS



Schmidt

Bowman

The Nighthawks bring 10 points into the meet thanks to Steven Schmidt defending his title in the decathlon. Schmidt is tied for seventh in Division II and No. 2 in GNAC history in the men's high jump, 7-0.5). Schmidt also has the GNAC's leading mark in the pole vault (15-11). In all, NNU has the top three marks in the men's high jump and two of the top three marks in the pole vault.

In the women's pole vault, Kinsey Yenor owns the No. 3 mark in GNAC history and No. 16 mark in Division II this season at 13 feet, 0.75 inches. Miya Koch leads the conference and is tied for 23rd in Division II in the high jump at 5 feet, 6 inches.

Abbey Wood has set NNU records in the women's 100 meters (11.93) and 200 meters (24.42), ranking in the GNAC's top three in both events. Laine DeJong ranks second in the women's 400 meters (57.15).

Hunter Braseth has the top time in the men's 200 meters, a time of 21.39 seconds that is No. 9 on the GNAC all-time list. Brayden Durfee ranks fourth in the 200 in 21.58 seconds.

Saint Martin's SAINTS



Cortes

Walchak-Sloan Carter

Saint Martin's biggest strength areas are in distances and hurdles. Cassidy Walchak-Sloan o an NCAA provisional qualifying time in the wo 1,500 meters. Her 4:27.97 ranks second in the C She is also fifth in the GNAC in the 800 meters (2:13.88).

Sara Sabra ranks third in the GNAC in the women's 10,000 meters in 37:27.60 and eighth in the 5,000 meters (17:43.67). Alauna Carstens is sixth in the GNAC in the 5,000 meters (17:39.69). In the women's sprints, Gabriela Cintron ranks eighth in the 100-meter hurdles (14.79).

Andrew Boyd leads the men's hurdlers, ranking fourth in the conference with a time of 15.01 seconds. Kainalu Pagente is sixth in the men's steeplechase with a time of 9:28.51. Isaac Cortes has scoring potential in the 10,000 meters, ranking eighth in a time of 31:11.36.

The men also have strength in the javelin with Ethan Guidry ranked fourth (186-2) and Landon Armstrong ranked fifth (182-6).

MEN			WOMEN		
Name	Yr.	<u>Hometown</u>	Name	Yr.	Hom
Carter Alberts	So.	Cashmere, Wash.	Ellie Alberts	Jr.	Cash
Trevor Ames	Fr.	Nampa, Idaho	Katie Baniaga	So.	Boise
Hunter Braseth	So.	Boise, Idaho	Kayla Baniaga	So.	Boise
Brayden Durfee	Sr.	Bend, Ore.	Kalli Brence	So.	Midd
Quincy Ellis	So.	Boise, Idaho	Nizhoni Buckway	So.	Coal
Dallin Garner	Jr.	Nampa, Idaho	Emma Clark	Jr.	Melb
Jonah Groce	Fr.	Cashmere, Wash.	Jordan Crawford	So.	Merie
Dylan Hendry	Sr.	New Plymouth, Idaho	Lain <mark>e D</mark> eJong	So.	Lynd
Sylvanus Hunt	So.	Kennewick, Wash.	Morgan Erler	Fr.	Misa
Brody Kemble	Fr.	Middleton, Idaho	Ale <mark>jan</mark> dra Gomez	So.	Cabo
Derek Knight	Jr.	Nampa, Idaho	Hailey Graham	So.	Kelso
William Koenig	So.	Yakima, Wash.	De <mark>sta</mark> ny Herbert	Jr.	Pome
Anderson Kron	Fr.	Meridian, Idaho	Olivia Klein	So.	Merie
Lars Lamb 📃 📐	So.	Bothell, Wash.	Miya Koch	So.	Boise
Turner Nye	Jr.	Medford, Ore.	Emily McMahon	So.	Pres
Gerohm Rihari	So.	Sugar City, Idaho	Elizabeth McMullen	So.	llwad
Steven Schmidt	So.	Battle Ground, Was <mark>h.</mark>	Sierra Newell	Fr.	Selah
Jacob Steele	So.	Nampa, Idaho	Emily Powers	Fr.	Portl
Braden Swaney	So.	Kennewick, Wash.	Mattea Sedlacek	Fr.	Parm
Shalkar Wilkins	So.	Hillsboro, Ore.	Keelin Stewart	Fr.	Meri
			Shayna Williams	So.	Nam

netown hmere, Wash. e. Idaho se. Idaho dleton, Idaho lville, Utah ba, Idaho ridian, Idaho den, Wash. awa, Japan o, Mexico so, Wash. neroy, Wash. ridian. Idaho se. Idaho scott, Ariz. ico, Wash. ah, Wash. tland, Ore. ma. Idaho ridian, Idaho Nampa, Idaho Ontario, Ore. Meridian, Idaho

GHTHAW

Abbey Wood

Kinsey Yenor

Sr.

So

Head Coach: Danny Bowman

Assistants: Shane Peterson, Jeff Eastman, Terry Cantrell, Greg Mitchell, John Mahr, Emily Ziegler, Colton Burr

MEN			WOMEN		
Name	Yr.	<u>Hometown</u>	Name	Yr.	Hometown
Landon Arms	trong Jr.	Seattle, Wash.	Cree Bell	Jr.	Hamilton, Ont.
Steven Baltz	So.	Puyallup, Wash.	Annika Briggs	Jr.	Spokane, Wash.
Andrew Boyd	Jr.	Olympia, Wash.	Alauna Carstens	Fr.	Shelton, Wash.
Noah Boyd	So.	Olympia, Wash.	Gabriela Cintron	Jr.	Puyallup, Wash.
Kenneth Cart	er Fr.	Bremerton, Wash.	Hannah Cook 🖊 🗸	Jr.	Raymond, Wash.
Isaac Cortes	So.	Granite Falls, Wash.	Alyssa Duncan	Fr.	Tumwater, Wash.
Ryan Doidge	Fr.	Rainier, Wash.	Quinci Flowers	Fr.	Mukilteo, Wash.
Zach Franco	Jr.	Lakewood, Wash.	Naomi Hartley	Jr.	Puyallup, Wash.
Nicholas Geo	rgia Fr.	Honolulu, Hawaii	Sarah Nielsen	Sr.	Shoreline, Wash.
Ethan Guidry	Fr.	Beaver, Ore.	Kya Ramirez	So.	Yelm, Wash.
Michael Harv	vell Fr.	Freeland, Wash.	Sara Sabra	So.	Lincoln, Calif.
Christian Le	Fr.	Tumwater, Wash.	Jocelyn Saribay	So.	Waipahu, Hawaii
Hewie Nguye	n Fr.	Longview, Wash.	Alisha Saucedo	So.	Federal Way, Wash
Kainalu Page	nte So.	Pearl City, Hawaii	Grace Sills	Fr.	Olympia, Wash.
Rudu Wani	So.	Tacoma, Wash.	Claire Skaggs	So.	Bellingham, Wash.
Jacob Warre	n Fr.	Lake Stevens, Wash.	Maddy Vu	So.	Olympia, Wash.
			Cassidy		
			Walchak-Sloan	So.	Olympia, Wash.
			Shy Yamasaki	Fr.	Honolulu, Hawaii
			Margaret Zilla	Jr.	Olympia, Wash.

Head Coach: Scott Carter Assistants: Matt Lowe, Dwight Midles, Marc Fish, Kaycee Selga, John Schultz, Mikel Hildebrandt, Dylan Chism

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Yr.

So.

Fr.

Fr.

Jr.

Jr.

Fr.

So.

Fr.

Jr.

Fr.

So.

Sr.

Fr.

Jr.

Jr.

Seattle Pacific



Archer

Daugherty Lerum

A distance-heavy program in past seasons, Seattle Pacific will score most of its points in the jumps and sprints.

David Njeri won the 2021 title in the men's triple jump. His NCAA provisional qualifying mark of 49 feet, 7.25 inches is tied for 15th in Division II. The Falcons have two of the top three women's pole vaulters with Lizzy Daugherty and Emily Thomason both having cleared 12 feet, 4 inches this season.

Marissa Crane leads the women's sprints, ranking fifth in the GNAC in the 400 meters in 57.81 seconds. Aniya Green ranks sixth in the 400 meters (57.99) and eighth in the 200 meters (25.35). Annika Esvelt provides a distance standout. Her time of 16:52.91 in the 5,000 meters leads the GNAC and is 38th in Division II.

Isaiah Archer leads the men's sprints, ranking third in the 400 meters in 48.24 seconds. Jeff Gordon ranks eighth in the 200 meters (22.06).

Simon Fraser RED LEAFS



Roxby

Dannatt

Townsend

When Simon Fraser takes the track, all eyes will be on Marie-Éloïse Leclair. The sprint phenom owns the GNAC records in both the 100 meters in 11.45 seconds and the 200 meters in 23.42 seconds. She is the defending champion and meet record holder in both events.

Charlie Dannatt is the defending champion in the men's 1,500 meters. His season best of 3:41.38 ranks No. 3 in GNAC history and No. 2 in Division II this season. Dannatt also owns a provisional time in the 800 meters (1:50.95) as does Jordan Schmidt (1:50.43), who ranks second in the GNAC and 26th in Division II.

Jesaiah Penson-McCoy has the conference's leading time in the men's 200 meters in 21.43 seconds. In the men's javelin, Bryan Cortes threw the GNAC's best mark last week at 198 feet, 5 inches.

Megan Roxby leads the GNAC in the women's 1,500 meters (4:24.56) and is second in the 800 meters (2:09.34) and has NCAA provisional qualifiers in both event events. Diana Voloshin is the defending champion in the women's 100-meter hurdles and is second in the GNAC at 14.33 seconds.

Name
Isaiah Archer
Colin Boutin
Brad Bowman
Evan Carpenter
Gabe Endresen
Jeff Gordon
Brennan LeBlanc
Kainoa Lee
David Njeri
Jon Owen
Julius Shepherd
Nate Thomas
Isaac Venable

Yr.

So.

Sr.

Jr.

Jr.

So.

Jr.

So.

Jr.

Sr.

Jr.

Jr.

Fr.

Fr.

MEN

Hometown
Silverdale, Wash.
Valrico, Fla.
Tacoma, Wash.
Bellevue, Wash.
Mill Creek, Wash.
Stafford, Va.
Duvall, Wash.
San Leandro, Calif.
Tacoma, Wash.
Valrico, Fla.
Fairfield, Calif.
Bellevue, Wash.
Tacoma, Wash.

<u>Name</u> Johanna Brown Hannah Chang Marissa Crane Lizzy Daugherty Annika Esvelt Maya Ewing McKenzie Fletcher Katelyn Flolo Aniya Green Maliyah Hicks **Charlie Hill** Libby Michael Matise Mulch Charisma Smith **Emily Thomason**

WOMEN

Hometown
Enumclaw, Wash.
Richland, Wash.
Port Orchard, Wash.
Lake Stevens, Wash.
Spokane, Wash.
Lynden, Wash.
Coeur d'Alene, Idaho
Camas, Wash.
Dupont, Wash.
Great Falls, Mont.
Oregon City, Ore.
Nine Mile Falls, Wash.
Nine Mile Falls, Wash.
Fife, Wash.
Gold Hill, Ore.

Head Coach: Karl Lerum Associate Head Coach: Chris Reed Assistant: Kate Carlson

MEN Name	Yr.	Hometown	WOMEN Name	Yr.	Hometown
Braden Ahl	So.	Calgary, Alta.	Erika Binder	So.	Calgary, Alta.
Jeremy Belcher	So.	New Westminster, B.C.	Claire Bosma	So.	Richmond, B.C.
Kirubel Bogale	So.	Delta, B.C.	Kate Cameron	So.	Nanaimo, B.C.
Sebastian Brinkman	So.	Bellevue, Wash.	Emma Cannan	Fr.	Kelowna, B.C.
Jose Castro	So.	Brampton, Ont.	Emily Chilton	Sr.	New Westminster, B.
Tomas Chapman	So.	Vancouver, B.C.	Larissa Cote	Fr.	Chilliwack, B.C.
Bryan Cortes	Jr.	Port Coquitlam, B.C.	Jaeland Cummings	Fr.	Vancouver, B.C.
Charlie Dannatt	Jr.	North Vancouver, B.C.	Kaitlyn Hanger	So.	Burnaby, B.C.
Blake Furtado	So.	Saanich, B.C.	Sydney Kania	Jr.	Sydney, Australia
Mitchell Gibbs	So.	Surrey, B.C.	Marie-Éloïse Leclair	So.	Candiac, Que.
Aiden Good	So.	Carstairs, Alta.	Zuzanna Liniewski	So.	Burnaby, B.C.
Kaelan House	So.	Surrey, B.C.	Ella Marion	So.	Calgary, Alta.
Jorrin Lenton	So.	Maple Ridge, B.C.	Maddy Paugh	So.	Nanaimo, B.C.
Caysen McDiarmid	Fr.	Haida <mark>Gwaii, B.C</mark> .	Charlotte Prangley	So.	North Vancouver, B.C
Nicholas Monro	Fr.	Langley, B.C.	Kennedy Primrose	So.	Surrey, B.C.
Jesaiah			Dominique Ronse	So.	Langley, B.C.
Penson-McCoy	So.	Surrey, B.C.	Megan Roxby	Jr.	North Vancouver, B.C
Zach Salisbury	Fr.	Langley, B.C.	Kyra Stewart	So.	San Clemente, Calif.
Jordan Schmidt	So.	Langley, B.C.	Selin Tasdemir	Fr.	Richmond, B.C.
Kaito Suzuki	Jr.	Tokyo, Japan	Elizabeth Vanderput	So.	Calgary, Alta.
Andrew Thomson	So.	Abbotsford, B.C.	Diana Voloshin	Jr.	Vancouver, B.C.
			Rachael Watkins	Fr.	West Vancouver, B.C.
			Olivia Windbiel	Fr.	Surrey, B.C.

Head Coach: Brit Townsend

Assistants: Tom Dickson, Jerrold Jones, Kevin Smith, Dana Townsend, Lindsey Butterworth, Cameron Proceviat, Addy Townsend, Alison Andrews-Paul

Western Oregon WOLVES



Gordien

Gillespie-Bennett

The defending women's champions, Western Oregon hopes to build on that victory plus a team victory at the GNAC Indoor Championships last February.

Jenelle Hurley won the heptathlon for 10 points for the Wolves. She enters the meet with the No. 2 marks in the GNAC in both the high jump (5-5.75) and the long jump (18-10), where she is the defending champion. Ana Popchock will aim to defend her triple jump title as will Kaylee Wright in the jayelin. Wright leads the GNAC with a throw of 146 feet, 1 inch.

Caitlin Heldt leads the GNAC in the women's 10 000 meters (36:20.29) and is second in the 5,000 meters (17:06.05). She placed second last year in both events.

Dayne Gordien leads the GNAC in the men's shot put. His NCAA provisional mark of 54 feet, 9.5 inches is No. 9 on the GNAC all-time list. He also leads in the discus at 163 feet, 5 inches. Hunter Hutton has an NCAA provisional time in the men's 1,500 meters and ranks third in the GNAC at 3:46.67.

Justin Conklin ranks third in the men's 110-meter hurdles (14.79) and Bailey Smith is fifth in the steeplechase (9:21.09). Amari Hendrix adds additional depth in the sprints.

Western Washington VIKINGS



The three-time defending men's champions, Western Washington has the depth to challenge for a fourth straight title.

Much of that strength is in the distances. The Vikings have the top five times in the GNAC this season in the 10,000 meters, led by George Karamitsos' time of 29:40.69. They also have five of the top six times in the 5,000, led by Kevin McDermott's time of 14:09.26. Drew Weber leads the GNAC in the 800 meters (1:49.34) and is second in the 1,500 meters (3:44.83).

Noah Johnson leads the way in the 100 meters (10.58). Ryan Greenwalt leads the long jump (23-4.75) and Miller Campbell tops the conference in the hammer (181-1).

Ila Davis is the defending champion in both the women's steeplechase and 5,000 meters. She leads the GNAC this season in the steeplechase in 10:21.20 and is third in the 5,000 meters (17:08.91). Marian Ledesma leads the conference in the 800 meters (2:08.98). In the throws, Raine Westfall looks to defend her title in the hammer (165-8) while Katie Potts leads the discus (153-1).

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MEN			WOMEN		
Name	Yr.	Hometown	Name	Yr.	Hometown
Gabe Arce-Torres	Sr.	Lincoln City, Ore.	Bethanie Altamirano	Sr.	Independence, Ore.
Gabriel Burchfield	So.	Grants Pass, Ore.	Krystal Andres	Jr.	Salem, Ore.
Justin Conklin	Jr.	The Dalles, Ore.	Hailey Blue	So.	Sherwood, Ore.
Cedar			Emellia Carpenter	So.	Elmira, Ore.
Davis-Frankfort	So.	Grants Pass, Ore.	Rilee Carstensen	Jr.	Newberg, Ore.
Rami Dear	So.	Beaverton, Ore.	Amariyah Clay	Fr.	Beaverton, Ore.
Alex Driesner	So.	Reno, Nev.	Danielle Clem	Sr.	Sherwood, Ore.
Dayne Gordien	Sr.	Sandy, Ore.	Macy Clemens	So.	Klamath Falls, Ore.
Marlon Harrison	Jr.	Las Vegas, Nev.	Ali Clifton	Fr.	Shelton, Wash.
Amari Hendrix	So.	Hillsboro, Ore.	Amity Deters	Jr.	Amity, Ore.
Michael House	So.	Molalla, Or <mark>e.</mark>	Olivia Flack	So.	La Pine, Ore.
Hunter Hutton	Jr.	Bandon, Ore.	Madison Hargett	Jr.	Newport, Ore.
Emmett Klus	So.	Burns, Ore.	Jessy Hart	So.	Sweet Home, Ore.
Ping Ko <mark>onan</mark> tha	Fr.	Silverton, Ore.	Caitlin Heldt	Sr.	Savannah, Ga.
Dominiq <mark>ue L</mark> oggi <mark>ns</mark>	Jr.	Tualatin, Ore.	Maya Hopwood	Sr.	Bend, Ore.
Dustyn <mark>McKenney</mark>	So.	Buchanan, Calif.	Jenelle Hurley	Sr.	Grants Pass, Ore.
Bryce Mefford	Jr.	Lake Stevens, Wash.	Holly Hutton	Fr.	Bandon, Ore.
Eli Nafziger	Jr.	Albany, Ore.	Madeline Lambing	Jr.	Hillsboro, Ore.
Justin Parnell	Fr.	Dallas, Ore.	Lindie Larson	So.	Redding, Calif.
Easton Pomrankey	So.	Kettle Falls, Wash.	Josie Lavato	So.	Buffalo, Minn.
Timothy Rambo	So.	Auburn, Wash.	Liliana Lyness-Morale	s Jr.	Mill City, Ore.
Keeton Sanchez	So.	Buckeye, Ariz.	Lyndee McLauchlin	Sr.	Klamath Falls, Ore.
Bailey Smith	Sr.	Cody, Wyo.	Kalulusno Ngaida	Sr.	Aumsville, Ore.
Wyatt Smith	So.	Oakland, Ore.	Ujunwa Nwokoma	Jr.	Clackamas, Ore.
Brennen Sorah	Jr.	Adair, Ore.	Natalie Perez	Fr.	Alameda, Calif.
Kolby Spink	So.	Newport, Ore.	Ana Popchock	Sr.	Maupin, Ore.
Deshaun Stevens	Jr.	Peyton, Colo.	Abigail Sanders	Fr.	Paisley, Ore.
Jake Thompson	Jr.	Newberg, Ore.	Riley Smith	Fr.	Cody, Wyo.
JJ Walker	Sr.	Everett, Wash.	Maliyah Thompson	Jr.	Salem, Ore.
Mark Warren	So.	Warrenton, Ore.	Kaylee Wright	Sr.	John Day, Ore.
Tyler White	So.	Houston, Texas	Peyton Young	Fr.	Salem, Ore.
Joel Yasin	So.	Gresham, Ore.			

Head Coach: Octaious Gillespie-Bennett

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Assistants: Zach Holloway, Emily Vala-Haynes, Cody Warner, Matt Lydum, Max Lydum, Branko Djuricic, Moana Gianotti

MEN Name Jason Blinn Jonah Bloom Lucas Brenek Miller Campbell Ryan Clough Seren Dances Jaden Edwards lan Eifert Aaron Fairbanks Jeret Gillingham Manu Greenlee Ryan Greenwalt Will Henry Jalen Javurek Ethan Johnson Jaden Johnson Noah Johnson George Karamitsos Ryan Kenny Trent Kibler Aiden Klein Kaleb Korta Brian Le Sean Martelles Kevin McDermott Jaelin McOueen Gabe Menicke Nolan Mickenham Kurt Montero Anders Norman Andrew Oslin Connor Palmen Kacev Provo Angelo Ramos Alec Ritter Matthew Salazar Sean Sands Nathan Simicich Eric Anthony Souza-Ponce Jaydon Tryon Anouthai Vongphet Drew Weber Tvrone Woodard Maurice Woodring

Hometown Mukilteo, Wash. Spokane, Wash. Honolulu, Hawaii Bremerton, Wash Port Orchard Wash Port Townsend, Wash. Ladera Ranch. Calif. Wenatchee, Wash. Reno, Nev. Sandy, Ore. Newcastle, Wash. Kirkland, Wash. Park City, Utah Portland, Ore. Bellingham, Wash. Bellingham, Wash. Bellingham, Wash. Arlington, Va Everett, Wash Tumwater, Wash. Seattle, Wash. Galena, Alaska Tumwater, Wash. Lake Stevens, Wash. Port Orchard, Wash. Bonney Lake, Wash Whitefish, Mont. Brush Prairie, Wash. Renton, Wash. Yakima, Wash. Puyallup, Wash Medical Lake, Wash. Auburn, Wash. Auburn, Calif. Enumclaw, Wash. Phoenix, Ariz, Pine, Colo. Snohomish, Wash. Seattle. Wash. Woodinville, Wash. Everett, Wash. Vancouver, Wash Bothell. Wash.

Puyallup, Wash.

Nicole Avery Elle Bassett Naomi Bates Caitlyn Cheney Kaylee Coble Evelyn Collins-Winn Mia Crocker lla Davis Maddy Grandbois Laura Halsell Emmy Kroontje Matty Lagerwey Marian Ledesma Brooke Mansfield Anna Miller Alanna Parker Mara Parks Hannah Polkinghorn Isabella Porter Katie Potts Ashley Reeck Meaera Shannon Emma Smith Annie Tran Raine Westfall Sophie Wright

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Name

Hometown Pullman, Wash. Granite Falls. Wash. Honolulu, Hawaii Ellensburg, Wash Wenatchee, Wash. Port Orchard, Wash. Sammamish, Wash, Spokane, Wash. Marysville, Wash. Bellingham, Wash. Lyndsn, Wash. La Conner, Wash. Lakewood, Calif. Bonney Lake, Calif. Beaverton, Ore. Spokane, Wash. Missoula, Mont. White Salmon, Wash. Shelton, Wash. Everett, Wash. Lake Stevens, Wash. Conneaut Lake, Pa. Portland. Ore. Everett, Wash. Port Angeles, Wash. Palmer, Alaska

Interim Head Coach: Ben Stensland Assistants: T.J. Garlatz, Damien Fisher, Daphne Scott, Haley O'Connor

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GNAC Outdoor Track & Field Records

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MEN

ALL MEET	'S	
100 Meters	s 10.22	1
200 Meters	s 20.93	ŀ
400 Meter	s 47.51	
800 Meter	s 1:47.58	
1,500 Mete	rs 3:37.35	
3,000 Mete	ers 8:24.61	Jo
5,000 Mete	ers 13:41.99	
10,000 Met	ters 28:37.75	
110m Hurdl	es 14.19	Tra
400m Huro	dles 51.48	
Steeplecha	se 8:45.63	
4x100 Rela	y 41.10	
4x400 Rela	ay 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	0 15.50/50-10.25	
Shot Put	18.55/60-10.5	
Discus	55.78/183-0	
Hammer	62.89/206-4	
Javelin	77.98/255-10	
Decathlon	7,872	

Alex Donigian, Western Washington (2015) Alex Donigian, Western Washington (2016) Ethan Hewitt, Alaska Anchorage (2011) Badane Sultessa, Western Oregon (2015) David Ribich, Western Oregon (2018) ordan Welling, Western Washington (2014) Micah Chelimo, Alaska Anchorage (2014) Micah Chelimo, Alaska Anchorage (2014) avis Milbrandt, Western Washington (2016) Vladislav Tsygankov, Simon Fraser (2017) Micah Chelimo, Alaska Anchorage (2012) Central Washington (2010) Alaska Anchorage (2016) Mikel Smith, Saint Martin's (2016) Ryan Brown, Western Washington (2010) David Registe, Alaska Anchorage (2009) Wesley Gray, Western Oregon (2017) Frank Catelli, Western Washington (2014) Jake Knight, Northwest Nazarene (2019) Pro Escobedo, Western Oregon (2003) Cody Parker, Alaska Anchorage (2013) Chris Randolph, Seattle Pacific (2006)

MEN'S CONFERENCE MEET RECORDS

100 Meters	10.43	Anthony Wright, Central Washington (2010)
200 Meters	21.32	Rimar Christie, Northwest Nazarene (2013)
200 110:013	21.32	Tyrell Williams, Western Oregon (2014)
400 Meters	47.55	Ethan Hewitt, Alaska Anchorage (2012)
400 Meters		
	47.55	Kodiak Landis, Central Washington (2018)
800 Meters	1:49.31	Paul Mach, Seattle Pacific (2005)
1,500 Meters	3:47.37	David Ribich, Western Oregon (2017)
5,000 Meter	s 14:29.41	Micah Chelimo, Alaska Anchorage (2011)
10,000 Mete	rs 30:25.75	Jordan Walling, Western Washington (2011)
110m Hurdles	s 14.15	Joshua Wagner, Alaska Anchorage (2022)
400m Hurdle	es 51.77 (Cordell Cummings, Western Washington (2019)
Steeplechase		Ryan Brockerville, Simon Fraser (2012)
4x100 Relay	41.10	Central Washington (2010)
Bryan Mac	k, Anthony W	right, Anthony Hogan, Kincaid Nichols
4x400 Relay		Simon Fraser (2015)
Stuart Eller	nwood, Came	ron 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	15.50/50-10.2	5 Wesley Gray, Western Oregon (2017)
Shot Put	18.20/59-8.7	
Discus	55.74/182-10	Jake Knight, Northwest Nazarene (2019)
Hammer	61.61/202-1	Michael Hoffman, Western Washington (2008)
Javelin	71.19/233-7	Beau Ackerman, Montana State Billings (2022)
Decathlon	7,201	Cody Thomas, Alaska Anchorage (2016)
High Jump Pole Vault Long Jump Triple Jump Shot Put Discus Hammer Javelin	2.11/6-11 5.14/16-10.75 7.52/24-8.25 15.50/50-10.2 18.20/59-8.74 55.74/182-10 61.61/202-1 71.19/233-7	 Ryan Brown, Western Washington (2010) David Registe, Alaska Anchorage (2008) Wesley Gray, Western Oregon (2017) Josh Koch, Concordia (2016) Jake Knight, Northwest Nazarene (2019) Michael Hoffman, Western Washington (2008) Beau Ackerman, Montana State Billings (2022)

+ - Division II All-Time Record

	WOMEN		
	ALL MEETS		
	100 Meters	11.45	Marie-Éloïse Leclair, Simon Fraser (2023)
	200 Meters	23.42	Marie-Éloïse Leclair, Simon Fraser (2023)
	400 Meters	53.56	Mary Pierce, Alaska Anchorage (2007)
	800 Meters	2:01.43	Alison Andrews-Paul, Simon Fraser (2022)+
	1,500 Meters	s 4:11.06	Jessica Pixler, Seattle Pacific (2010)+
	3,000 Meter		Sarah Porter, Western Washington (2011)
	5,000 Meter	rs 14:40.45	Caroline Kurgat, Alaska Anchorage (2019)
	10,000 Mete	rs 32:08.09	Caroline Kurgat, Alaska Anchorage (2019)+
	100m Hurdle	es 13.64 Mai	riyah Vongsaveng, Central Washington (2018)
	400m Hurdl	es 58.22	Sidney Trinidad, Central Washington (2019)
	Steeplechas	e 10:02.45	Julia Howley, Simon Fraser (2019)
	4x100 Relay	45.88	Seattle Pacific (2022)
			ssa Aniteye, Aniya Green, Jenna Bouyer
	4x400 Relay	3:41.80	Western Oregon (2018)
		urke, Megan Ro	se, Suzie Van De Grift, Olivia Woods
	High Jump	1.78/5-10	Teona Perkins, Seattle Pacific (2007)
	Pole Vault	4.04/13-3	Scout Cai, Seattle Pacific (2021)
	Long Jump	6.22/20-5	Renick Meyer, Seattle Pacific (2018)
1	Triple Jump	12.60/41-4.25	Chrisalyn Johnson, Alaska Anchorage (2019)
	Shot Put	17.39/57-0.75	McKenzie Warren, Concordia (2017)
	Discus	55.74/182-10	Melissa Ausman, Concordia (2018)
	Hammer	62.42/204-9	Christina MacDonald, Concordia (2018)
	Javelin	54.18/177-9	Bethany Drake, Western Washington (2016)
	Heptathlon	5,606 Da	anielle Ayers-Stamper, Seattle Pacific (2005)

WOMEN'S CONFERENCE MEET RECORDS

100 Meters	11.66	Marie-Éloïse Leclair, Simon Fraser (2022)
200 Meters	23.88	Marie-Éloïse Leclair, Simon Fraser (2022)
400 Meters	54.19	Vanessa Aniteye, Alaska Anchorage (2019)
800 Meters	2:06.38	Jessica Pixler, Seattle Pacific (2010)
1,500 Meters	s 4:23.02	Caroline Kurgat, Alaska Anchorage (2019)
3,000 Meter	s 9:53.80	Jessica Pixler, Seattle Pacific (2007)
5,000 Meter	rs 16:35.10	Caroline Kurgat, Alaska Anchorage (2019)
10,000 Mete	ers 34:49.33	Caroline Kurgat, Alaska Anchorage (2018)
100m Hurdle	es 13.82 D	Panielle Ayers-Stamper, Seattle Pacific (2005)
400m Hurdl	es 58.22	Sidney Trinidad, Central Washington (2019)
Steeplechas	the straight the second	Julia Howley, Simon Fraser (2019)
4x100 Relay	45.88	Seattle Pacific (2022)
		ssa Aniteye, Aniya Green, Jenna Bouyer
4x400 Relay		Simon Fraser (2022)
		ws-Paul, Marie-Éloïse Leclair, Emily Lindsay
High Jump	1.77/5-9.75	Tayler Fettig, Central Washington (2016)
Pole Vault	3.91/12-10	Scout Cai, Seattle Pacific (2019)
Long Jump	5.99/19-8	Ali Worthen, Seattle Pacific (2013)
Triple Jump	12.58/41-3.25	Chrisalyn Johnson, Alaska Anchorage (2019)
Shot Put	16.55/54-3.75	McKenzie Warren, Concordia (2017)
Discus	53.01/173-11	Melissa Ausman, Concordia (2018)
Hammer	59.62/195-7	Christina MacDonald, Concordia (2018)
	52.40/171-11.25	Bethany Drake, Western Washington (2017)
Heptathlon	5,390	Ali Worthen, Seattle Pacific (2013)

GNAC Outdoor Track & Field Men's Yearly Champions (2007-2022)

100 M						OCI.		-	
0007	leters		2016	Michel Ramirez, UAA	14:56.03	4x40	D Meter Relay	2016 Josh Koch, CU 59-8.75	5 (16.12)
2007	Michael Madrid, UAA	11.12	2017	Isaac Derline, WWU	15:49.49		Central Washington 3:20.48	2017 Caleb Bridge, CU 54-4.75	
2008	Michael Madrid, UAA	10.84	2018	Jorey Egeland, MSUB	14:47.88	2008	0	2018 Josh Koch, CU 58-7.25	
2010	Anthony Wright, CWU	10.43	2019	Sean Miller, SFU	14:46.49	2010	Alaska Anchorage 3:16.10	2019 Jake Knight, NNU 59-1.25	• •
2011	David Registe, UAA	10.76	2021	Eric Hamel, WWU	14:39.87	2011	Alaska Anchorage 3:17.93		(16.76)
2012	Rimar Christie, NNU	10.79	2022	Coleman Nash, UAA	14:32.00	2012 2013	Alaska Anchorage 3:15.03 Western Washington 3:15.17	2022 Ben Malquist, WWU 51-2.25	(15.60)
2013	Rimar Christie, NNU	10.64	10 00	0 Meters		2013	Western Washington 3:15.48	Discus	
2014 2015	Rimar Christie, NNU Alex Donigian, WWU	10.64 10.44	2007		31:11.98	2014	Simon Fraser 3:13.84	2007 Cameron Neel, CWU 166-2 ((50.66)
2015	Alex Donigian, WWU	10.44	2008	Kevin Lambert, NNU	31:31.32	2016	Simon Fraser 3:15.61	,	(51.67)
2010	Sam Zook, MSUB	10.84	2010	Marko Cheseto, UAA	31:23.03	2017	Alaska Anchorage 3:17.21	3	(48.20)
2017	Carlos Ortiz, CU	10.55	2011	Jordan Welling, WWU	30:25.75	2018	Alaska Anchorage 3:14.21		(50.92)
2019	Sam Zook, MSUB	11.01	2012	Barak Watson, NNU	30:43.83	2019	Western Washington 3:15.54	2012 Michael Hoffman, WWU 160-9	
2021	Dominique Loggins, WOU	10.73	2013	Yonatan Yilma, UAA	32:25.74	2021	Western Washington 3:15.93	2013 Troy Martin, CWU 160-8 ((48.98)
2022	Dominique Loggins, WOU	10.61	2014	Victor Samoei, UAA	31:14.59	2022	Western Washington 3:15.86	2014 Ryan Macdonald, WWU 159-11	(48.74)
			2015	Victor Samoei, UAA	31:46.09			2015 Ryan Macdonald, WWU 166-1	
200 M	leters		2016	Victor Samoei, UAA	31:38.86	High J		2016 Josh Koch, CU 165-11.5	. ,
	Michael Madrid, UAA	22.51	2017	Edwin Kangogo, UAA	31:43.65	2007	, , , , , , , , , , , , , , , , , , , ,	2017 Caleb Bridge, CU 176-6.5	
	Michael Madrid, UAA	21.83	2018	Josh Boston, CWU	32:08.40	2008	, , , , , , , , , , , , , , , , , , , ,	2018 Jakob Chamberlin, CU 174-5	• •
2010	Anthony Wright, CWU	21.36	2019	Edwin Kangogo, UAA	31:56.62	2010	Keefe Brockman, WWU 6-6.75 (2.00)	0 ,	(57.75)
2011	David Registe, UAA	21.69	2021	Eric Hamel, WWU Coleman Nash, UAA	31:11.96 31:11.39	2011	Brennan Boyes, CWU 6-7 (2.01)	2021 Karsten Collins, WOU 150-5 2022 Forrest Cross, MSUB 159-0	
2012	Shane Gruger, WWU	22.21	2022	Coleman Nash, OAA	31:11.39	2012 2013	Brennan Boyes, CWU 6-9 (2.06) Brett Watson, WWU 6-7 (2.01)	2022 Forrest Cross, MSUB 159-0	(40.47)
2013	Rimar Christie, NNU	21.47	110 M	eter Hurdles		2013	Brett Watson, WWU 6-8.25 (2.04)	Hammer	
2014 2015	Tyrell Williams, WOU Alex Donigian, WWU	21.32 21.56		Robert Edwards, CWU	15.10	2014	Brett Watson, WWU 6-7 (2.01)	2007 Anthony Marin, WOU 192-3 ((58 60)
2015	Alex Donigian, WWU	21.82	2008		14.97	2016	Cole Hoberg, NNU 6-7 (2.01)		(53.97)
2010	Sam Zook, MSUB	21.86	2010	Anthony Hogan, CWU	15.36	2017	Tevin Gladden, UAA 6-11 (2.11)	2010 Michael Hoffman, WWU 195-2	
2017	Carlos Ortiz, CU	21.50	2011	Brett Campbell, WOU	15.49	2018	Chris Brake, UAA 6-7.5 (2.02)	2011 Michael Hoffman, WWU 179-9	· · ·
2019	Adam Brown, CU	22.07	2012	Kody Rhodes, WOU	14.95	2019	Isaiah Girard, MSUB 6-8.75 (2.08)	,	-1 (61.61)
2021	Bryant Welch, WWU	21.72	2013	Logan Myers, WWU	14.65	2021	Isaiah Girard, MSUB 6-7 (2.01)	2013 Quinton Agosta, CWU 185-11	• •
2022	Bryant Welch, WWU	21.70	2014	Logan Myers, WWU	14.70	2022	Steven Schmidt, NNU 6-8.25 (2.04)	2014 Kevin Stanley, CWU 179-8	
2022	Di yane troion, trito	2 0	2015	Travis Milbrandt, WWU	14.38				(59.17)
400 M	leters		2016	Travis Milbrandt, WWU	14.38	Pole V	/ault	2016 Tyler Lamott, CU 191-8.75	(58.43)
	Matt Rogstad, CWU	48.73	2017	Travis Turner, UAA	14.83	2007	Tyler Thornbrue, WWU 15-9.75 (4.82)	2017 K. Vanderpoel, SMU 188-7.75	(57.49)
2008	Ashtin Mott, WOU	48.11	2018	Cordell Cummings, WWU		2008	Zeb Udell, WOU 16-4 (4.98)	2018 Jacob Slate, CU 196-10	(60.01)
2010	Ethan Hewitt, UAA	48.15	2019	Cordell Cummings, WWU		2010	Ryan Brown, WWU 16-10.75 (5.15)		(57.75)
2011	Matt Kaino, WOU	48.48	2021	Cordell Cummings, WWU		2011	Ray Zoellick, SPU 14-11 (4.55)	2021 Andrew Harris, CWU 194-1	
2012	Ethan Hewitt, UAA	47.55	2022	Joshua Wagner, UAA	14.15	2012	Tim Lundy, WOU 14-8.25 (4.48)	2022 Colton Burr, NNU 182-1	(55.51)
2013	Jonathon Poolman, WWU	47.82				2013	Joseph Keeton, SMU 14-1.25 (4.30)		
2014	Ethan Hewitt, UAA	47.94		Aeter Hurdles	F0 77	2014	Brandon Roddewig, CWU 15-3.5 (4.66)	Javelin	(01.00)
2015	Daniel Kelloway, SFU	47.62	2007	Lloyd Massey, WOU	53.77	2015	Payton Lewis, NNU 16-4.75 (5.00)	2007 Michael Ingman, CWU203-4	
2016	Daniel Kelloway, SFU	48.02	2008 2010	Kevin Myhre, WWU Maurus Hope, NNU	53.75	2016	Payton Lewis, NNU 16-1.25 (4.91)	2008 Josh Heidegger, NNU 199-1 (
2017	Aaron Whitaker, WOU	47.59	2010	Shaun Ward, UAA	53.54 52.23	2017 2018	Payton Lewis, NNU 16-3.25 (4.96) Braydon Maier, CWU 15-6.25 (4.73)	2010 Alex Harrison, WWU 208-5 2011 Will Crook, WOU 196-1	(59.78)
2018	Kodiak Landis, CWU	47.55	2012	Shaun Ward, UAA	53.35	2018	Braydon Maier, CWU 15-0.23 (4.73) Braydon Maier, CWU 15-10 (4.83)		(65.54)
2019 2021	Logan Blake, NNU Logan Blake, NNU	47.88 48.41	2012	Elliott Bauer, UAA	54.06	2013	Braydon Maier, CWU 15-6.25 (4.73)	2012 Cody Farker, OAA 213-0 2013 Franz Burghagen, UAA 228-0	
2021		47.75	2014	Elliott Bauer, UAA	53.20	2022	Jacob Thompson, CWU 15-2.25 (4.63)	2014 Franz Burghagen, UAA 218-7	
2022	Bi yant weich, wwo	47.75	2015	Elliott Bauer, UAA	52.90			2015 Franz Burghagen, UAA 222-10	. ,
800 M	leters		2016	Kaleb Dobson, WOU	53.96	Long.	Jump	2016 Cody Parker, UAA 214-3.25	
2007		1:53.71	2017	Cordell Cummings, WWU	53.97	2007	David Registe, UAA 23-3.25 (7.09)	2017 Alex Barry, WWU 198-11.75	(60.64)
2008		1:55.68	2018	Vladislav Tsygankov, SFU		2008	David Registe, UAA 24-8.25 (7.52)	2018 Beau Ackerman, MSUB 223-1	
2010	Alfred Kangogo, UAA		2019	Cordell Cummings, WWU	51.77	2010			
		1:54.51					Demietrius Preston, UAA 24-4.25 (7.42)	2019 Dalton Rasmussen, CU 220-3	· · ·
2011	Kyle Larson, WOU	1:54.51 1:56.09	2021	Cordell Cummings, WWU	52.75	2011	David Registe, UAA 24-6.25 (7.47)	2021 Beau Ackerman, MSUB 233-	7 (71.19)
2012	Nathan Seely, SPU	1:56.09 1:50.61	2021	Cordell Cummings, WWU Joshua Wagner, UAA		2011 2012	David Registe, UAA 24-6.25 (7.47) Matson Hardie, WOU 24-1 (7.34)	2021 Beau Ackerman, MSUB 233-	· · ·
2012 2013	Nathan Seely, SPU Chris Olsen, WOU	1:56.09 1:50.61 1:51.08	2021 2022	Joshua Wagner, UAA	52.75	2011 2012 2013	David Registe, UAA 24-6.25 (7.47) Matson Hardie, WOU 24-1 (7.34) Bryan Mack, CWU 23-4 (7.11)	2021 Beau Ackerman, MSUB 233- 2022 L. Waldbauer, NNU 215-3	7 (71.19)
2012 2013 2014	Nathan Seely, SPU Chris Olsen, WOU Scott Commandeur, UAA	1:56.09 1:50.61 1:51.08 1:52.97	2021 2022 Steep	Joshua Wagner, UAA lechase	52.75 53.77	2011 2012 2013 2014	David Registe, UAA 24-6.25 (7.47) Matson Hardie, WOU 24-1 (7.34) Bryan Mack, CWU 23-4 (7.11) Kevin Yates, WWU 23-1.25 (7.04)	2021 Beau Ackerman, MSUB 233- 2022 L. Waldbauer, NNU 215-3 Decathlon	7 (71.19) (65.62)
2012 2013 2014 2015	Nathan Seely, SPU Chris Olsen, WOU Scott Commandeur, UAA Badane Sultessa, WOU	1:56.09 1:50.61 1:51.08 1:52.97 1:52.41	2021 2022 Steep 2007	Joshua Wagner, UAA lechase Andy Peters, NNU	52.75 53.77 9:12.8	2011 2012 2013 2014 2015	David Registe, UAA 24-6.25 (7.47) Matson Hardie, WOU 24-1 (7.34) Bryan Mack, CWU 23-4 (7.11) Kevin Yates, WWU 23-1.25 (7.04) Brett Watson, WWU 24-1.75 (7.36)	2021 Beau Ackerman, MSUB 233- 2022 L. Waldbauer, NNU 215-3 Decathlon 2007 Zeb Udell, WOU	7 (71.19) (65.62) 6,358
2012 2013 2014 2015 2016	Nathan Seely, SPU Chris Olsen, WOU Scott Commandeur, UAA Badane Sultessa, WOU Badane Sultessa, WOU	1:56.09 1:50.61 1:51.08 1:52.97 1:52.41 1:54.39	2021 2022 Steep 2007 2008	Joshua Wagner, UAA lechase Andy Peters, NNU Richie Pemberton, MSUB	9:12.8 9:12.0	2011 2012 2013 2014 2015 2016	David Registe, UAA 24-6.25 (7.47) Matson Hardie, WOU 24-1 (7.34) Bryan Mack, CWU 23-4 (7.11) Kevin Yates, WWU 23-1.25 (7.04) Brett Watson, WWU 24-1.75 (7.36) Peyton Harris, SPU 23-5.5 (7.15)	2021 Beau Ackerman, MSUB 233- 2022 L. Waldbauer, NNU 215-3 DecathIon 2007 Zeb Udell, WOU 2008 Zeb Udell, WOU	7 (71.19) (65.62) 6,358 6,181
2012 2013 2014 2015 2016 2017	Nathan Seely, SPU Chris Olsen, WOU Scott Commandeur, UAA Badane Sultessa, WOU Badane Sultessa, WOU David Ribich, WOU	1:56.09 1:50.61 1:51.08 1:52.97 1:52.41 1:54.39 1:52.71	2021 2022 Steep 2007 2008 2010	Joshua Wagner, UAA lechase Andy Peters, NNU Richie Pemberton, MSUB Micah Chelimo, UAA	9:12.8 9:12.0 9:02.79	2011 2012 2013 2014 2015 2016 2017	David Registe, UAA 24-6.25 (7.47) Matson Hardie, WOU 24-1 (7.34) Bryan Mack, CWU 23-4 (7.11) Kevin Yates, WWU 23-1.25 (7.04) Brett Watson, WWU 24-1.75 (7.36) Peyton Harris, SPU 23-5.5 (7.15) Alani Troutman, WOU23-2.75 (7.08)	2021 Beau Ackerman, MSUB 233- 2022 L. Waldbauer, NNU 215-3 Decathion 2007 Zeb Udell, WOU 2008 Zeb Udell, WOU 2009 Zeb Udell, WOU	7 (71.19) (65.62) 6,358 6,181 6,286
2012 2013 2014 2015 2016 2017 2018	Nathan Seely, SPU Chris Olsen, WOU Scott Commandeur, UAA Badane Sultessa, WOU Badane Sultessa, WOU David Ribich, WOU David Ribich, WOU	1:56.09 1:50.61 1:51.08 1:52.97 1:52.41 1:54.39 1:52.71 1:52.07	2021 2022 Steep 2007 2008 2010 2011	Joshua Wagner, UAA lechase Andy Peters, NNU Richie Pemberton, MSUB Micah Chelimo, UAA Micah Chelimo, UAA	9:12.8 9:12.0 9:02.79 9:03.22	2011 2012 2013 2014 2015 2016 2017 2018	David Registe, UAA 24-6.25 (7.47) Matson Hardie, WOU 24-1 (7.34) Bryan Mack, CWU 23-4 (7.11) Kevin Yates, WWU 23-1.25 (7.04) Brett Watson, WWU 23-1.75 (7.36) Peyton Harris, SPU 23-5.5 (7.15) Alani Troutman, WOU23-2.75 (7.08) Alani Troutman, WOU	2021 Beau Ackerman, MSUB 233- 2022 L. Waldbauer, NNU 215-3 Decathion 2007 Zeb Udell, WOU 2008 Zeb Udell, WOU 2009 Zeb Udell, WOU 2010 Alex Harrison, WWU	7 (71.19) (65.62) 6,358 6,181 6,286 6,474
2012 2013 2014 2015 2016 2017 2018 2019	Nathan Seely, SPU Chris Olsen, WOU Scott Commandeur, UAA Badane Sultessa, WOU Baidane Sultessa, WOU David Ribich, WOU David Ribich, WOU Jesse Phan, SPU	1:56.09 1:50.61 1:51.08 1:52.97 1:52.41 1:54.39 1:52.71 1:52.07 1:53.99	2021 2022 Steep 2007 2008 2010 2011 2012	Joshua Wagner, UAA lechase Andy Peters, NNU Richie Pemberton, MSUB Micah Chelimo, UAA Micah Chelimo, UAA Ryan Brockerville, SFU	9:12.8 9:12.0 9:02.79 9:03.22 8:47.26	2011 2012 2013 2014 2015 2016 2017 2018 2019	David Registe, UAA 24-6.25 (7.47) Matson Hardie, WOU 24-1 (7.34) Bryan Mack, CWU 23-4 (7.11) Kevin Yates, WWU 23-1.25 (7.04) Brett Watson, WWU 23-5.5 (7.15) Alani Troutman, WOU23-2.75 (7.08) Alani Troutman, WOU Seren Dances, WWU 23-7.5 (7.20)	2021Beau Ackerman, MSUB233-2022L. Waldbauer, NNU215-3Decathlon2007Zeb Udell, WOU2008Zeb Udell, WOU2009Zeb Udell, WOU2010Alex Harrison, WWU2011Nate Johnson, SPU	7 (71.19) (65.62) 6,358 6,181 6,286 6,474 6,373
2012 2013 2014 2015 2016 2017 2018 2019 2021	Nathan Seely, SPU Chris Olsen, WOU Scott Commandeur, UAA Badane Sultessa, WOU Badane Sultessa, WOU David Ribich, WOU David Ribich, WOU Jesse Phan, SPU Mac Franks, WWU	1:56.09 1:50.61 1:51.08 1:52.97 1:52.41 1:54.39 1:52.71 1:52.07 1:53.99 1:53.51	2021 2022 Steep 2007 2008 2010 2011	Joshua Wagner, UAA lechase Andy Peters, NNU Richie Pemberton, MSUB Micah Chelimo, UAA Micah Chelimo, UAA	9:12.8 9:12.0 9:02.79 9:03.22	2011 2012 2013 2014 2015 2016 2017 2018	David Registe, UAA 24-6.25 (7.47) Matson Hardie, WOU 24-1 (7.34) Bryan Mack, CWU 23-4 (7.11) Kevin Yates, WWU 23-1.25 (7.04) Brett Watson, WWU 23-1.75 (7.36) Peyton Harris, SPU 23-5.5 (7.15) Alani Troutman, WOU23-2.75 (7.08) Alani Troutman, WOU	2021 Beau Ackerman, MSUB 233- 2022 L. Waldbauer, NNU 215-3 . Decathion 2007 Zeb Udell, WOU 2008 Zeb Udell, WOU 2009 Zeb Udell, WOU 2010 Alex Harrison, WWU 2011 Nate Johnson, SPU	7 (71.19) (65.62) 6,358 6,181 6,286 6,474
2012 2013 2014 2015 2016 2017 2018 2019	Nathan Seely, SPU Chris Olsen, WOU Scott Commandeur, UAA Badane Sultessa, WOU Baidane Sultessa, WOU David Ribich, WOU David Ribich, WOU Jesse Phan, SPU	1:56.09 1:50.61 1:51.08 1:52.97 1:52.41 1:54.39 1:52.71 1:52.07 1:53.99	2021 2022 Steep 2007 2008 2010 2011 2012 2013	Joshua Wagner, UAA lechase Andy Peters, NNU Richie Pemberton, MSUB Micah Chelimo, UAA Micah Chelimo, UAA Ryan Brockerville, SFU Brady Beagley, WOU	52.75 53.77 9:12.8 9:12.0 9:02.79 9:03.22 8:47.26 9:17.42	2011 2012 2013 2014 2015 2016 2017 2018 2019 2021	David Registe, UAA 24-6.25 (7.47) Matson Hardie, WOU 24-1 (7.34) Bryan Mack, CWU 23-4 (7.11) Kevin Yates, WWU 23-1.25 (7.04) Brett Watson, WWU 24-1.75 (7.36) Peyton Harris, SPU 23-5.5 (7.15) Alani Troutman, WOU23-2.75 (7.08) Seren Dances, WWU 22-5 (6.83) Seren Dances, WWU 23-4.5 (7.12)	2021Beau Ackerman, MSUB233-2022L. Waldbauer, NNU215-3Decathlon2007Zeb Udell, WOU2008Zeb Udell, WOU2009Zeb Udell, WOU2010Alex Harrison, WWU2011Nate Johnson, SPU2012Alex Harrison, WWU	7 (71.19) (65.62) 6,358 6,181 6,286 6,474 6,373 6,598
2012 2013 2014 2015 2016 2017 2018 2019 2021 2022	Nathan Seely, SPU Chris Olsen, WOU Scott Commandeur, UAA Badane Sultessa, WOU David Ribich, WOU David Ribich, WOU Jesse Phan, SPU Mac Franks, WWU Aaron Ahl, SFU	1:56.09 1:50.61 1:51.08 1:52.97 1:52.41 1:54.39 1:52.71 1:52.07 1:53.99 1:53.51	2021 2022 Steep 2007 2008 2010 2011 2012 2013 2014	Joshua Wagner, UAA lechase Andy Peters, NNU Richie Pemberton, MSUB Micah Chelimo, UAA Micah Chelimo, UAA Ryan Brockerville, SFU Brady Beagley, WOU Oliver Jorgensen, SFU	52.75 53.77 9:12.8 9:12.0 9:02.79 9:03.22 8:47.26 9:17.42 9:17.20	2011 2012 2013 2014 2015 2016 2017 2018 2019 2021	David Registe, UAA 24-6.25 (7.47) Matson Hardie, WOU 24-1 (7.34) Bryan Mack, CWU 23-4 (7.11) Kevin Yates, WWU 23-1.25 (7.04) Brett Watson, WWU 24-1.75 (7.36) Peyton Harris, SPU 23-5.5 (7.15) Alani Troutman, WOU23-2.75 (7.08) Alani Troutman, WOU 22-5 (6.83) Seren Dances, WWU 23-7.5 (7.20) Jalon Fields, WOU 23-4.5 (7.12) Ethan Sterkel, WWU 23-11 (7.29)	2021Beau Ackerman, MSUB233-2022L. Waldbauer, NNU215-3DecathIon2007Zeb Udell, WOU2008Zeb Udell, WOU2009Zeb Udell, WOU2010Alex Harrison, WVU2011Nate Johnson, SPU2012Alex Harrison, WVU2013Cody Thomas, UAA	7 (71.19) (65.62) 6,358 6,181 6,286 6,474 6,373 6,598 6,392
2012 2013 2014 2015 2016 2017 2018 2019 2021 2022 1,500	Nathan Seely, SPU Chris Olsen, WOU Scott Commandeur, UAA Badane Sultessa, WOU David Ribich, WOU David Ribich, WOU Jesse Phan, SPU Mac Franks, WWU Aaron Ahl, SFU Meters	1:56.09 1:50.61 1:51.08 1:52.97 1:52.41 1:54.39 1:52.71 1:52.07 1:53.99 1:53.51 1:50.23	2021 2022 Steep 2007 2008 2010 2011 2012 2013 2014 2015	Joshua Wagner, UAA Andy Peters, NNU Richie Pemberton, MSUB Micah Chelimo, UAA Micah Chelimo, UAA Ryan Brockerville, SFU Brady Beagley, WOU Oliver Jorgensen, SFU Oliver Jorgensen, SFU	52.75 53.77 9:12.8 9:12.0 9:02.79 9:03.22 8:47.26 9:17.42 9:17.20 9:08.42	2011 2012 2013 2014 2015 2016 2017 2018 2019 2021 2022 Triple	David Registe, UAA 24-6.25 (7.47) Matson Hardie, WOU 24-1 (7.34) Bryan Mack, CWU 23-4 (7.11) Kevin Yates, WWU 23-1.25 (7.04) Brett Watson, WWU 24-1.75 (7.36) Peyton Harris, SPU 23-5.5 (7.15) Alani Troutman, WOU23-2.75 (7.08) Alani Troutman, WOU 22-5 (6.83) Seren Dances, WWU 23-7.5 (7.20) Jalon Fields, WOU 23-4.5 (7.12) Ethan Sterkel, WWU 23-11 (7.29)	2021 Beau Ackerman, MSUB 233- 2022 L. Waldbauer, NNU 215-3 Decathlon 2007 Zeb Udell, WOU 2008 Zeb Udell, WOU 2009 Zeb Udell, WOU 2010 Alex Harrison, WWU 2011 Nate Johnson, SPU 2012 Alex Harrison, WWU 2013 Cody Thomas, UAA 2014 Cody Thomas, UAA	7 (71.19) (65.62) 6,358 6,181 6,286 6,474 6,373 6,598 6,392 6,617
2012 2013 2014 2015 2016 2017 2018 2019 2021 2022 1,500	Nathan Seely, SPU Chris Olsen, WOU Scott Commandeur, UAA Badane Sultessa, WOU David Ribich, WOU David Ribich, WOU Jesse Phan, SPU Mac Franks, WWU Aaron Ahl, SFU Meters Anthony Tomsich, WWU	1:56.09 1:50.61 1:51.08 1:52.97 1:52.41 1:54.39 1:52.71 1:52.07 1:53.99 1:53.51	2021 2022 Steep 2007 2008 2010 2011 2012 2013 2014 2015 2016	Joshua Wagner, UAA lechase Andy Peters, NNU Richie Pemberton, MSUB Micah Chelimo, UAA Micah Chelimo, UAA Ryan Brockerville, SFU Brady Beagley, WOU Oliver Jorgensen, SFU Oliver Jorgensen, SFU Robert Peterson, MSUB Kaleb Korta, UAA Jorey Egeland, MSUB	52.75 53.77 9:12.8 9:12.0 9:02.79 9:03.22 8:47.26 9:17.42 9:17.20 9:08.42 8:59.23	2011 2012 2013 2014 2015 2016 2017 2018 2019 2021 2022 Triple	David Registe, UAA 24-6.25 (7.47) Matson Hardie, WOU 24-1 (7.34) Bryan Mack, CWU 23-4 (7.13) Kevin Yates, WWU 23-1.25 (7.04) Brett Watson, WWU 23-1.25 (7.04) Brett Watson, WWU 23-5.5 (7.15) Alani Troutman, WOU 22-5 (6.83) Seren Dances, WWU 23-4.5 (7.12) Ethan Sterkel, WWU 23-11 (7.29) Jump Greg Hamm, NNU 45-4.5 (13.83)	2021Beau Ackerman, MSUB233-2022L. Waldbauer, NNU215-3Decathion2007Zeb Udell, WOU2008Zeb Udell, WOU2009Zeb Udell, WOU2009Zeb Udell, WOU2010Alex Harrison, WWU2011Nate Johnson, SPU2012Alex Harrison, WWU2013Cody Thomas, UAA2014Cody Thomas, UAA2015Payton Lewis, NNU2017Payton Lewis, NNU	7 (71.19) (65.62) 6,358 6,181 6,286 6,474 6,373 6,598 6,392 6,617 6,595
2012 2013 2014 2015 2016 2017 2018 2019 2021 2022 1,500 2007	Nathan Seely, SPU Chris Olsen, WOU Scott Commandeur, UAA Badane Sultessa, WOU David Ribich, WOU David Ribich, WOU Jesse Phan, SPU Mac Franks, WWU Aaron Ahl, SFU Meters Anthony Tomsich, WWU	1:56.09 1:50.61 1:51.08 1:52.97 1:52.41 1:52.71 1:52.71 1:52.07 1:53.99 1:53.51 1:50.23 3:50.25	2021 2022 Steep 2007 2008 2010 2011 2012 2013 2014 2015 2016 2017 2018 2019	Joshua Wagner, UAA lechase Andy Peters, NNU Richie Pemberton, MSUB Micah Chelimo, UAA Micah Chelimo, UAA Ryan Brockerville, SFU Brady Beagley, WOU Oliver Jorgensen, SFU Oliver Jorgensen, SFU Robert Peterson, MSUB Kaleb Korta, UAA Jorey Egeland, MSUB Wesley Kirui, UAA	52.75 53.77 9:12.8 9:12.0 9:02.79 9:03.22 8:47.26 9:17.42 9:17.20 9:08.42 8:59.23 9:06.59 8:55.30 9:03.95	2011 2012 2013 2014 2015 2016 2017 2018 2019 2021 2022 Triple 2007 2008 2010	David Registe, UAA 24-6.25 (7.47) Matson Hardie, WOU 24-1 (7.34) Bryan Mack, CWU 23-4 (7.18) Kevin Yates, WWU 23-1.25 (7.04) Brett Watson, WWU 23-1.25 (7.04) Brett Watson, WWU 23-5.5 (7.15) Alani Troutman, WOU23-2.75 (7.08) Alani Troutman, WOU 22-5 (6.83) Seren Dances, WWU 23-4.5 (7.12) Ethan Sterkel, WWU 23-11 (7.29) Jump Greg Hamm, NNU 45-4.5 (13.83) Greg Hamm, NNU 45-4.5 (13.23) Matson Hardie, WOU47-7.25 (14.29) Matson Hardie, WOU47-7.25 (14.51)	2021Beau Ackerman, MSUB233-2022L. Waldbauer, NNU215-3Decathion2007Zeb Udell, WOU2008Zeb Udell, WOU2009Zeb Udell, WOU2010Alex Harrison, WVU2011Nate Johnson, SPU2012Alex Harrison, WVU2013Cody Thomas, UAA2014Cody Thomas, UAA2015Payton Lewis, NNU2016Cody Thomas, UAA2017Payton Lewis, NNU2018Braydon Maier, CWU	7 (71.19) (65.62) 6,358 6,181 6,286 6,474 6,373 6,598 6,392 6,617 6,595 7,201 6,815 6,815 6,751
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2012 2013 2014 2015 2016 2017 2018 2019 2021 2022 1,500 2007 2008 2010	Nathan Seely, SPU Chris Olsen, WOU Scott Commandeur, UAA Badane Sultessa, WOU David Ribich, WOU David Ribich, WOU David Ribich, WOU Jesse Phan, SPU Mac Franks, WWU Aaron Ahl, SFU Meters Anthony Tomsich, WWU Zeke VanPatten, WOU Alfred Kangogo, UAA	1:56.09 1:50.61 1:51.08 1:52.97 1:52.41 1:54.39 1:52.71 1:52.07 1:53.99 1:53.51 1:50.23 3:50.25 3:55.74 3:49.03	2021 2022 Steep 2007 2008 2010 2011 2012 2013 2014 2015 2016 2017 2018 2019	Joshua Wagner, UAA lechase Andy Peters, NNU Richie Pemberton, MSUB Micah Chelimo, UAA Micah Chelimo, UAA Ryan Brockerville, SFU Brady Beagley, WOU Oliver Jorgensen, SFU Oliver Jorgensen, SFU Robert Peterson, MSUB Kaleb Korta, UAA Jorey Egeland, MSUB Wesley Kirui, UAA	52.75 53.77 9:12.8 9:12.0 9:02.79 9:03.22 8:47.26 9:17.42 9:17.20 9:08.42 8:59.23 9:06.59 8:55.30 9:03.95	2011 2012 2013 2014 2015 2016 2017 2018 2019 2021 2022 Triple 2007 2008 2010 2011 2012	David Registe, UAA 24-6.25 (7.47) Matson Hardie, WOU 24-1 (7.34) Bryan Mack, CWU 23-4 (7.13) Kevin Yates, WWU 23-1.25 (7.04) Brett Watson, WWU 23-1.25 (7.04) Brett Watson, WWU 23-5.5 (7.15) Alani Troutman, WOU 22-5 (6.83) Seren Dances, WWU 23-4.5 (7.12) Ethan Sterkel, WWU 23-11 (7.29) Jump Greg Hamm, NNU 45-4.5 (13.83) Greg Hamm, NNU 46-10.75 (14.29) Matson Hardie, WOU47-7.25 (14.51) Tim Clendaniel, WU4 48-0.75 (14.55) Bryan Mack, CWU 49-0.75 (14.95)	2021 Beau Ackerman, MSUB 233- 2022 L. Waldbauer, NNU 215-3 (Decathlon 2007 Zeb Udell, WOU 2008 Zeb Udell, WOU 2009 Zeb Udell, WOU 2010 Alex Harrison, WWU 2011 Nate Johnson, SPU 2012 Alex Harrison, WWU 2013 Cody Thomas, UAA 2014 Cody Thomas, UAA 2015 Payton Lewis, NNU 2016 Cody Thomas, UAA 2017 Payton Lewis, NNU 2018 Braydon Maier, CWU 2020 Braydon Maier, CWU	7(71.19) (65.62) (6,358 6,181 6,286 6,474 6,373 6,598 6,392 6,617 6,595 7,201 6,815 6,751 7,007 6,849
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GNAC Outdoor Track & Field Women's Yearly Champions (2007-2022)

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100 M	leters		2016	Shannon Porter, SMU	16:42.14	4x40	D Meter Relay	2	2016 Emmi Collier, WOU 45-4 (13.81)
2007	NyEma Sims, SPU	12.46	2017	Zennah Jepchumba, UAA			Central Washington 3:51		2017 McKenzie Warren, CU 54-3.25 (16.55)
	,	12.82	2018	Caroline Kurgat, UAA	16:53.43		Northwest Nazarene 3:51		2018 Christina MacDonald, CU 48-4.5 (14.74)
2010	Latasha Essien, SPU Kishia Mitchell, SPU	12.16	2019 2021	Caroline Kurgat, UAA Dania Holmberg, SPU	16:35.10 17:43.57	2010 2011	Seattle Pacific 3:53 Simon Fraser 3:46		2019 Katrina Linenko, CU 45-5.25 (13.85) 2021 Moana Gianotti, WOU 45-0.5 (13.73)
2011 2012	Grace Morgan, UAA	12.39 11.91	2021		17:13.78	2011	Seattle Pacific 3:48		2022 Moana Gianotti, WOU 45-3.5 (13.80)
2012	Grace Morgan, UAA	12.12				2013	Seattle Pacific 3:4		
2014	Jamie Ashcroft, UAA	11.99	10,00	0 Meters		2014	Seattle Pacific 3:50		Discus
2015	Jamie Ashcroft, UAA	11.84		Alee Rowley, WOU	38:51.17	2015	Simon Fraser 3:45		2007 Erica Rance, WWU 140-5 (42.80)
2016	Jamie Ashcroft, UAA	12.15	2008	Sarah Porter, WWU	36:31.85	2016	Simon Fraser 3:50		2008 Erica Rance, WWU 140-9 (42.90)
2017	Katherine Lucas, SFU	12.13	2010 2011	Lauren Breihof, WWU Sarah Porter, WWU	36:16.89 36:33.87	2017 2018	Simon Fraser 3:46 Simon Fraser 3:44		2010 Alexi Halvorson, MSUB 135-8 (41.36) 2011 Torrie Self, CWU 143-8 (43.78)
2018 2019	Renick Meyer, SPU Macie Allen, CU	12.16 12.08	2012	Ruth Keino, UAA	36:37.97	2018	Central Washington 3:45		2012 Jade Richardson, SFU139-6 (42.53)
2013	Jenna Bouyer, SPU	11.93	2013	Ruth Keino, UAA	36:02.00	2021	Seattle Pacific 3:52		2013 Jade Richardson, SFU 141-1 (43.01)
2022	Marie-Éloïse Leclair, SFU	11.66	2014	Joyce Kipchumba, UAA	35:43.38	2022	Simon Fraser 3:43	50 2	2014 Corrie Holm, MSUB 143-4 (43.70)
			2015	Anna Patti, SPU	37:00.42				2015 Megan Mortensen, WWU 142-10 (43.55)
200 N			2016	Joyce Chelimo, UAA	36:02.39	High			2016 Megan Mortensen, WWU 151-2.5 (46.08)
	NyEma Sims, SPU	25.12	2017 2018	Alexa Shindruk, CWU Caroline Kurgat, UAA	35:58.99 34:49.33	2007 2008	, , , , , , , , , , , , , , , , , , , ,	,	2017 McKenzie Warren, CU 157-11.25 (48.13) 2018 Melissa Ausman, CU 173-11 (53.01) 2018 173-11 (53.01) 2018 173-11 (53.01) 2018 173-11 (53.01) 2018 173-11 (53.01) 2018 173-11 (53.01) 2018 173-11 (53.01) 2018 173-11 (53.01) 2018 173-11 (53.01) 2018 173-11 (53.01) 2018 173-11 (53.01) 2018 173-11 (53.01) 2018 173-11 (53.01) 2018 173-11 (53.01) 173-11 (53.01)
2008 2010	Latoya Tidwell, NNU Latasha Essien, SPU	26.00 25.23	2018	Caroline Kurgat, UAA	38:03.64	2000	Amanda Overdick, WWU 5-3 (1.		2019 Katrina Linenko, CU 146-0 (44.51)
2010	Kishia Mitchell, SPU	25.52	2021	Bethany Danner, NNU	37:09.29	2011	Ali Worthen, SPU 5-5.75 (1.		2021 Avery Fisk, CWU 141-10 (43.24)
2012	Grace Morgan, UAA	24.61	2022	Annika Esvelt, SPU	36:32.30	2012	Brittany Grandy, WWU 5-6.5 (1.	69) 2	2022 Avery Fisk, CWU 142-7 (43.47)
2013	Grace Morgan, UAA	24.44				2013	Karolin Anders, UAA 5-5.75 (1.		
2014	Jamie Ashcroft, UAA	24.62		leter Hurdles	45.00	2014	Tayler Fettig, CWU 5-8.5 (1.		Hammer
2015	Jamie Ashcroft, UAA	24.45	2007 2008	Jacque Postlewait, WOU Jacque Postlewait, WOU		2015	Karolin Anders, UAA 5-5.75 (1.	,	2007 Sabrina Freed, WOU 164-3 (50.06)
2016	Jamie Ashcroft, UAA Katherine Lucas, SFU	25.01	2008	Michelle Howe, WWU	14.73	2016 2017	Tayler Fettig, CWU 5-9.75 (1. Tori Johnson, CU 5-6.5 (1.		2008 Sabrina Freed, WOU 168-9 (51.44) 2010 Torrie Self, CWU 176-1 (53.68)
2017 2018	Grace Bley, SPU	24.58 24.70	2010	Crystal Sims, SPU	14.73	2017	Maddie Taylor, WWU 5-5.25 (1.	· ·	2011 Torrie Self, CWU 175-5 (53.48)
2018	Grace Bley, SPU	24.70	2012	Haleigh Lloyd, UAA	14.23	2019	HarLee Ortega, CWU 5-5.75 (1.		2012 Lindsay Wells, WWU 166-6 (50.76)
2021	Grace Bley, SPU	24.52	2013	Ali Worthen, SPU	14.24	2021	Aliyah Dawkins, WWU 5-8 (1.		2013 Lindsay Wells, WWU 170-8 (52.03)
2022	Marie-Éloïse Leclair, SFU	23.88	2014	Tanya Bjornsson, WWU	14.21	2022	Jessica Neal, WWU 5-4.5 (1.		2014 Lindsay Wells, WWU 173-7 (52.92)
			2015	Rosie Smith, UAA	14.18				2015 Caitlin Curtis, NNU 169-3 (51.59)
400 N			2016	Maliea Luquin, SPU	14.07	Pole V			2016 Kirby Neale, SMU 163-5.25 (49.81)
2007	Mary Pearce, SPU	55.45	2017 2018	Mariyah Vongsaveng, CV Mariyah Vongsaveng, CV		2007 2008	Tracie Lundsten, SPU 11-7.75 (3. Melissa Peaslee, SPU 11-9 (3.		2017 McKenzie Warren, CU 190-9.25 (58.14) 2018 Christina MacDonald, CU 195-7 (59.62)
2008 2010	Lindsay Brady, NNU Emily Quatier, SPU	57.47 57.23	2019	Mariyah Vongsaveng, CV		2000	Melissa Peaslee, SPU 11-9.75 (3.		2019 Liz Larson, SMU 180-0 (54.86)
2010	Helen Crofts, SFU	55.25	2021	Renick Meyer, SPU	13.97	2010	Kati Davis, CWU 11-11.75 (3.	,	2021 Meagan Smallbeck, CWU 175-8 (53.54)
2012	Eleanor Siler, WWU	55.73	2022	Diana Voloshin, SFU	14.28	2012	Karis Anderson, WWU 12-6.75 (3.		2022 Raine Westfall, WWU 170-1 (51.84)
2013	Helen Crofts, SFU	54.46				2013	Cheyanna Pinley, WWU11-8.5 (3.	57)	
2014	Kishia Mitchell, SPU	56.54		Aeter Hurdles		2014	Alison Silva, NNU 11-0.25 (3.		Javelin
2015	Jahzelle Ambus, SPU	55.91	2007		1:02.94	2015	Michaella Kahns, SPU 11-9.75 (3.		2007 Katie McMeel, CWU 147-0 (44.82)
2016	Jahzelle Ambus, SPU	56.80	2008 2010	Heidi Dimmitt, WWU Ardrienna Everett, UAA	1:01.78 1:02.45	2016 2017	Anna Paradee, WWU 11-7 (3. McKenna Emmert, CWU12-0 (3.		2008 Brittany Aanstad, SPU 147-10 (45.07) 2010 Carolanne Powers, WOU 154-9 (47.16)
2017 2018	Vanessa Aniteye, UAA Vanessa Aniteye, UAA	54.88 55.22	2010	Kaitlyn Reid, WOU	1:02.94	2017	Halle Irvine, CWU 12-0.75 (3.		2011 M. Gruszecki, WWU 156-11 (47.83)
2019	Vanessa Aniteye, UAA	54.19	2012	Michelle Howe, WWU	1:03.06	2019	Scout Cai, SPU 12-10 (3		2012 A. Schumaker, WOU 154-1 (46.97)
2021	Tylantiss Atlas, UAA	55.44	2013	Haleigh Lloyd, UAA	1:01.21	2021	Scout Cai, SPU 12-3.5 (3.	75) 2	2013 A. Schumaker, WOU 153-6 (46.79)
2022	Vanessa Aniteye, SPU	54.62	2014	Irene Moore, SMU	1:02.01	2022	Kinsey Yenor, NNU 11-11.75 (3.	,	2014 Katie Reichert, WWU 156-4 (47.65)
			2015	Haleigh Lloyd, UAA	1:00.29	4			2015 Kathryn Walker, SMU 148-3 (45.19)
	leters	0.10.00	2016 2017	Yvonne Jeschke, UAA Emily Bland, CWU	1:01.95 1:00.58	Long	Kim Brady, UAA 18-0.5 (5.		2016 Katie Reichert, WWU 164-8.25 (50.19) 2017 Bethany Drake, WWU 171-11.25 (52.40)
2007	Jessica Pixler, SPU Ashley Puga, NNU	2:10.93 2:13.10	2018	Erykah Weems, CWU	1:00.10		Kim Brady, UAA 18-3 (5.	,	2018 Ellie Logan, NNU 162-3 (49.45)
2010	Jessica Pixler, SPU	2:06.38	2019	Erykah Weems, CWU	59.08	2010	Ashley Potter, WOU 18-4.25 (5.	,	2019 Ellie Logan, NNU 157-4 (47.97)
2011	Jessica Smith, SFU	2:09.21	2021	McCall DeChenne, CWU	1:01.95	2011	Ali Worthen, SPU 18-5 (5		2021 Natalie Vetto, WWU 146-8 (44.71)
2012	McKayla Fricker, SPU	2:11.79	2022	McCall DeChenne, CWU	1:01.59	2012	Emily Warman, WWU 19-1.5 (5.		2022 Kaylee Wright, WOU 149-6 (45.57)
2013	McKayla Fricker, SPU	2:10.24	Stoon	lashasa		2013	Ali Worthen, SPU 19-8 (5.	99) 70) T	Heptathlon
2014	McKayla Fricker, SPU	2:09.15	2007	lechase Karin Rohde, SPU	11:01.6	2014	Tanya Bjornsson, WWU 18-11.75 (5 Kyra Brannan, SPU 18-4.5 (5.	(0) E	2007 Jacque Postlewait, WOU 4,529
2015 2016	Lindsey Butterworth, SFU Sophie Dodd, SFU	2:06.67	2008		10:57.0		Maliea Luquin, SPU 18-3.25 (5.		2008 Jacque Postlewait, WOU 4,615
2010	Addy Townsend, SFU	2:07.96	2010	Courtney Olsen, WWU	10:50.62	2017	Kyra Brannan, SPU 18-11.25 (5.		2009 Mandy Keifer, WOU 4,588
2018	Danielle McCormick, UAA		2011	Jaclyn Puga, NNU	10:59.37	2018	Renick Meyer, SPU 19-4.75 (5	91) 2	2010 Crystal Sims, SPU 4,769
2019	Danielle McCormick, UAA	2:08.67	2012	Susan Tanui, UAA	10:24.44	2019	HarLee Ortega, CWU18-11.25 (5.		2011 Ali Worthen, SPU 4,904
2021	Ellie Rising, SPU	2:12.76	2013	Susan Tanui, UAA	10:41.88	2021	Renick Meyer, SPU 19-7.5 (5.		2012 Ali Worthen, SPU 5,199
2022	Alison Andrews-Paul, SFU	2:07.63	2014 2015	Katelyn Steen, WWU Katelyn Steen, WWU	10:34.40 10:14.76	2022	Jenelle Hurley, WWU 19-5.5 (5.	,	2013Ali Worthen, SPU5,3902014Karolin Anders, UAA4,997
1500	Meters		2015	Dani Eggleston, CWU	10:23.58	Trinle	Jump		2015 Karolin Anders, UAA 5,162
2007		4:32.80	2017	Brittany Grant, WWU	10:43.79	2007	-		2016 Maliea Luguin, SPU 4,738
2008		4:29.66	2018	Reta Dobie, SFU	10:43.88	2008	Kim Brady, UAA 39-3.75 (11.)	98) 2	2017 Karolin Anders, UAA 5,032
2010	Jessica Pixler, SPU	4:24.01	2019	Julia Howley, SFU	10:02.45	2010	Amanda Alvarez, SPU39-1.25 (11.		2018 Renick Meyer, SPU 5,114
2011	Helen Crofts, SFU	4:25.80	2021	Talia Dreicer, WWU	11:04.04	2011	Ashley Potter, WOU 38-9.5 (11.	,	2019 HarLee Ortega, CWU 5,212
2012	Lindsey Butterworth, SFU		2022	lla Davis, WWU	10:31.55	2012	Ashley Potter, WOU 40-9 (12.	,	2021 Renick Meyer, SPU 4,903
2013	Helen Crofts, SFU	4:26.85	/1-100) Meter Relay		2013 2014	Emily Warman, WWU 38-10.5 (11. Rebecca Laible, WOU 37-10 (11.		2022Elena Cano, UAA4,9362023Jenelle Hurley, WOU4,803
2014 2015	McKayla Fricker, SPU Lynelle Decker, SPU	4:28.19 4:29.60	2007		48.17	2014	Rebecca Laible, WOU 38-8.25 (11.		2023 Jenene Hurley, WOO 4,803
2015	Lynelle Decker, SPU	4:29.68	2008		48.49	2016	Jasmine McMullin, WWU 38-9.75 (11		No meet in 2020 due to COVID-19
2017	Miryam Bassett, SFU	4:35.85	2010	Western Oregon	47.81	2017	Jasmine McMullin, WWU 39-6.5 (12		pandemic.
2018	Addy Townsend, SFU	4;24.59	2011	Seattle Pacific	47.23	2018	HarLee Ortega, CWU 39-8 (12.		
2019	Caroline Kurgat, UAA	4:23.02	2012	Seattle Pacific	47.22	2019	Chrisalyn Johnson, UAA 41-3.25 (12	,	The full list of all-time GNAC Outdoor
2021	Dania Holmberg, SPU	4:27.31	2013	Seattle Pacific	46.77	2021	Karlie Hurley, WWU 38-7 (11.		Track and Field Championships results and
2022	Alison Andrews-Paul, SFU	4:31.94	2014 2015	Alaska Anchorage Seattle Pacific	46.68 46.82	2022	Ana Popchock, WOU 38-11.75 (11.		champions can be viewed at GNACSports.com.
6000	Meters		2015	Central Washington	40.82	Shot l	Put		
	Laura Carr, UAA	18:30.56	2017	Alaska Anchorage	46.76		Krissy Tandle, CWU 45-8 (13.	92)	
	Laura Carr, UAA	17:44.74	2018	Seattle Pacific	46.60	2008	Shaina Afoa, CWU 42-7.5 (12.		
2010	Sarah Porter, WWU	16:39.39	2019	Seattle Pacific	46.32	2010	Joy Warrington, NNU44-0.5 (13.	42)́	
2011	Ruth Keino, UAA	17:23.81	2021	Seattle Pacific	46.68	2011	Anica Knispel, MSUB 46-0.75 (14.		
2012	Susan Tanui, UAA	17:31.67	2022	Seattle Pacific	45.88	2012	Joy Warrington, NNU 45-10.75 (13.		
2013	Ruth Keino, UAA	17:35.97				2013 2014	Vessie Umu, NNU 45-7 (13. Vessie Umu, NNU 44-3.5 (13.		
2014 2015	Katelyn Steen, WWU Jennifer Johnson, SFU	17:03.91 17:04.46				2014 2015	Emmi Collier, WOU 44-3.5 (13.		
2010	Sommer Johnsoll, SPU	.7.04.40				2010		-,	

Meet Schedule

FRI., MAY 12		SAT., MAY 1	
Field Events	(Finals)	Field Events	
1:15 p.m.	Men's Hammer	11:30 a.m.	Men's Javelin
1:30 p.m.	Women's Long Jump	11:55 a.m.	Men's Triple Jump
2 p.m.	Women's Shot Put	Noon	Women's Discus
3 p.m.	Men's Pole Vault	2 p.m.	Women's Javelin
4 p.m.	Women's High Jump	2:45 p.m.	Women's Pole Vault
4:30 p.m.	Women's Hammer	3 p.m.	Men's Discus
5 p.m.	Men's Long Jump	3:10 p.m.	Men's High Jump
5:05 p.m.	Men's Shot Put	3:15 p.m.	Women's Triple Jump
Running Eve	nts (Preliminaries Unless Noted)	Running Eve	ents (Finals)
2 p.m.	National Anthems	1:30 p.m.	National Anthems
2:15 p.m.	Men's Steeplechase (Final)	1:40 p.m.	Men's 4x100-Meter Relay
2:35 p.m.	Women's Steeplechase (Final)	1:50 p.m.	Women's 4x100-Meter Relay
2:55 p.m.	Men's 110-Meter Hurdles	2 p.m.	Men's 1,500 Meters
3:10 p.m.	Women's 100-Meter Hurdles	2:15 p.m.	Women's 1,500 Meters
3:25 p.m.	Men's 400 Meters	2:25 p.m.	Men's 110-Meter Hurdles
3:35 p.m.	Women's 400 Meters	2:35 p.m.	Women's 100-Meter Hurdles
3:50 p.m.	Men's 100 Meters	2:45 p.m.	Men's 400 Meters
4 p.m.	Women's 100 Meters	2:55 p.m.	Women's 400 Meters
4:15 p.m.	Men's 800 Meters	3:05 p.m.	Men's 100 Meters
4:25 p.m.	Women's 800 Meters	3:10 p.m.	Women's 100 Meters
4:45 p.m.	Men's 400-Meter Hurdles	3:15 p.m.	Men's 800 Meters
5 p.m.	Women's 400-Meter Hurdles	3:20 p.m.	Women's 800 Meters
5:15 p.m.	Men's 200 Meters	3:30 p.m.	Men's 400-Meter Hurdles
5:25 p.m.	Women's 200 Meters	3:40 p.m.	Women's 400-Meters Hurdles
5:45 p.m.	Men's 10,000 Meters (Final)	3:50 p.m.	Men's 200 Meters
6:30 p.m.	Women's 10,000 Meters (Final)	3:55 p.m.	Women's 200 Meters
		4:05 p.m.	Men's 5,000 Meters
NOTE: Meet	schedule is subject to change.	4:25 p.m.	Women's 5,000 Meters
		4:55 p.m.	Men's 4x400-Meter Relay
		5 p.m.	Women's 4x400-Meter Relay
		5:15 p.m.	Awards Ceremony

Team Champions & Special Award Winners

MEN

Team	Champion	
2002	Western Oregon	206.5
2003	Western Oregon	259.5
2004	Western Oregon	253.5
2005	Western Washington	221
2006	Central Washington	222
2007	Central Washington	238
2008	Western Oregon	166.5
2009	No Meet	
2010	Western Washington	221.5
2011	Western Oregon	203
2012	Western Washington	205
2013	Western Washington	183.5
2014	Western Washington	186
2015	Western Washington	176
2016	Alaska Anchorage	163.5
2017	Alaska Anchorage	134
2018	Concordia	138
2019	Western Washington	173
2020	No Meet	
2021	Western Washington	289
2022	Western Washington	240

Outstanding Performer (GNAC Meet) 2002 Mike Hinshaw, Western Oregon 2003 Isaac Frederick, Western Oregon 2004 Isaac Frederick, Western Oregon 2005 Adam Neff, Western Washington 2006 Cresap Watson, C. Washington 2007 Evan Ruud, Central Washington 2008 Michael Madrid, Alaska Anchorage 2009 No Meet

Alfred Kangogo, Alaska Anchorage 2010 David Registe, Alaska Anchorage 2011

	Rimar Christie, Northwest Nazarene			
	Cody Thomas, Alaska Anchorage			
	Brett Watson, Western Washington			
	Cody Thomas, Alaska Anchorage			
	Payton Lewis, Northwest Nazarene			
C Championships				

Micah Chelimo, Alaska Anchorage

GNA

2012

2013

2014

2015

2016

2017

- Track Athlete Of The Meet 2018 David Ribich, Western Oregon Cordell Cummings, W. Washington 2019
- 2020 No Meet
- Cordell Cummings, W. Washington 2021 2022 Joshua Wagner, Alaska Anchorage

GNAC Championships

Field Athlete Of The Meet

- 2018 Braydon Maier, Central Washington 2019 Jake Knight, Northwest Nazarene
- 2020 No Meet
- 2021 Braydon Maier, Central Washington
- 2022 Steven Schmidt, NW Nazarene
- **GNAC Championships**

Performance Of The Meet

- Jorey Egeland, Mont. St. Billings 2018 Vladislav Tsygankov, Simon Fraser 2019 Dalton Rasmussen, Concordia
- 2020 No Meet
- 2021 Beau Ackerman, Mont. St. Billings 2022 Joshua Wagner, Alaska Anchorage

WOMEN				
Team Champion				
	Seattle Pacific			
	Western Oregon			
	Western Oregon			
	Western Oregon			
2006	Seattle Pacific			
2007	Seattle Pacific			
2008	Western Oregon			
2009	No Meet			
2010	Seattle Pacific			
2011	Seattle Pacific			
2012	Seattle Pacific			
2013	Alaska Anchorage			
2014	Alaska Anchorage			
2015	Seattle Pacific			
2016	Seattle Pacific			
2017	Alaska Anchorage			
2018	Seattle Pacific			
2019	Seattle Pacific			
2020	No Meet			
2021	Seattle Pacific			
2022	Western Oregon			

226

210.5

231.5

217.5

203

200

162

224

188

175

137

183

158

166

208

155

2020

2021

No Meet

148.5

154.5

206.5

Outstanding Performer (GNAC Meet)

- 2002 Stephanie Huffman, SPU 2003
- Sarah Kraybill, Seattle Pacific 2004 Monica Smith, Western Oregon
- 2005 Monica Smith, Western Oregon Danielle Ayers-Stamper, SPU
- 2006 Mary Pearce, Alaska Anchorage
- 2007 Jessica Pixler, Seattle Pacific 2008 Ashley Puga, Northwest Nazarene
- 2009 No Meet

2010	Crystal Sims, Seattle Pacific				
2011	Helen Crofts, Simon Fraser				
2012	Ali Worthen, Seattle Pacific				
2013	Ali Worthen, Seattle Pacific				
2014	Katelyn Steen, W. Washington				
2015	Jamie Ashcroft, Alaska Anchorage				
2016	Maliea Luquin, Seattle Pacific				
2017	McKenzie Warren, Concordia				
GNAC	Championships				
Track	Athlete Of The Meet				
2018	Caroline Kurgat, Alaska Anchorage				
2019	Caroline Kurgat, Alaska Anchorage				
2020	No Meet				
2021	Dania Holmberg, Seattle Pacific				
2022	Marie-Éloïse Leclair, Simon Fraser				
GNAC	Championships				
Field .	Athlete Of The Meet				
2018	Ellie Logan, Northwest Nazarene				
	Renick Meyer, Seattle Pacific				
2019	Sidney Trinidad, C. Washington				
2020	No Meet				
2021	Renick Meyer, Seattle Pacific				
2022	Jenelle Hurley, Western Oregon				
GNAC	GNAC Championships				
Perfor	mance Of The Meet				
2018	Ellie Logan, Northwest Nazarene				
	Renick Meyer, Seattle Pacific				
2019	Sidney Trinidad, C. Washington				

2022 Seattle Pacific 4x100 Relay Team

Renick Meyer, Seattle Pacific