



50th Anniversary

GREAT NORTHWEST ATHLETIC CONFERENCE



gnac CHAMPIONSHIPS

2023 OUTDOOR TRACK & FIELD
MAY 12-13 • MONMOUTH, OR

Official Championships Program Presented By
 PACIFIC OFFICE AUTOMATION
— PROBLEM SOLVED —



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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	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 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



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.



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 Person-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 Popchok 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).

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2023 GNAC Outdoor Track & Field Championships

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 Lagerwerf 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 Meera 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 Duenninger McWilliams

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 all-time 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			WOMEN		
Name	Yr.	Hometown	Name	Yr.	Hometown
Kevin Angarita	Jr.	Cali, Colombia	Kaitlyn Backman	Jr.	Anchorage, Alaska
Jacob Belanger	Sr.	Anchorage, Alaska	Nell Baker	Jr.	Seattle, Wash.
Enrique Campbell	Sr.	St. Catherine, Jamaica	Sophia Cvancara	Fr.	Anchorage, Alaska
Timothy Hunter	Jr.	Salinas, Calif.	Blanca		
Drew Johnson	Sr.	Littleton, Colo.	De Arvizu Sarrias	So.	Huarte, Spain
Maximilian Kresmer	Jr.	Solingen, Germany	Carlotta Duenninger	Jr.	Ratingen, Germany
John Peckham	So.	Sisters, Ore.	Leonie Flad	So.	Gomaringen, Germany
Felix Robertson	So.	Wasilla, Alaska	Jayden Glaze	Fr.	Nampa, Idaho
Wyatt Rohde	So.	Eagle River, Alaska	Arielle Himelbloom	Sr.	Kodiak, Alaska
Collin Sample	Sr.	Lake Elsinore, Calif.	Mikayla Mader	Sr.	Anchorage, Alaska
Ries Tveit	So.	Salt Lake City, Utah	Alfin Nyamasyo	Sr.	Makueni, Kenya
Joshua Wagner	Jr.	Niederahr, Germany	Bailey Roe	Jr.	Fairbanks, Alaska
Michael Zapherson	Jr.	Asheville, N.C.	Monica Ruelas	Sr.	Hollister, Calif.
			Essence Slate	Fr.	Fairbanks, Alaska
			Sofija Spaic	So.	Palmer, Alaska
			Jordan Strausbaugh	Fr.	Soldotna, Alaska
			Joei Vidad	Jr.	Sitka, Alaska
			Avery Williamson	Fr.	Haines, Alaska
			Tressa Wood	Fr.	The Dalles, Ore.

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

Central Washington WILDCATS



Albertin Chandler Adkisson

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

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).

MEN			WOMEN		
Name	Yr.	Hometown	Name	Yr.	Hometown
Austin Albertin	Sr.	Finley, Wash.	Brenna Board	Sr.	Mill Creek, Wash.
Angus Beaton	Sr.	Olympia, Wash.	Erica Cabanos	Sr.	Puyallup, Wash.
Steiner Christensen	Fr.	Tacoma, Wash.	Lauryn Chandler	Sr.	Bremerton, Wash.
Ethan Coon	Fr.	Yelm, Wash.	McCall DeChenne	Sr.	Ephrata, Wash.
Logan Easley	Jr.	E. Wenatchee, Wash.	Ellie DeGroot	Fr.	Enumclaw, Wash.
Wyatt Franklin	Sr.	Ellensburg, Wash.	Payton Elenbaas	Jr.	Lynden, Wash.
Chris Hines	Sr.	Steilacoom, Wash.	Kiarra Green	Sr.	Marysville, Wash.
Garrett Hough	Jr.	Dana Point, Calif.	Kylie Griffin	Jr.	Oregon City, Ore.
Sam Katsuda	Jr.	Portland, Ore.	Donna Marie Harris	Fr.	Lynnwood, Wash.
Drew Klein	So.	Auburn, Wash.	E'lexis Hollis	Jr.	Ellensburg, Wash.
Braydon Maier	Sr.	Selah, Wash.	Isabella Holmes	Fr.	Rainier, Wash.
Joshua Manwell	Jr.	Aberdeen, Wash.	Elise Hopper	Fr.	Port Orchard, Wash.
Logan Martin	Fr.	Coupeville, Wash.	Carley Huber	So.	Puyallup, Wash.
Hudson Moore	Fr.	Bellevue, Wash.	Zoie McDevitt	So.	Peshastin, Wash.
Deylan Okinaka	Jr.	Hilo, Hawaii	Rose Melville	So.	Lamont, Wash.
Jack Pratas	Fr.	Snoqualmie, Wash.	Jazmin Mendoza	So.	Stevenson, Wash.
Cameron Ramsey	Fr.	Puyallup, Wash.	Tehya Moore	Fr.	Nooksack, Wash.
Ty Savely	Jr.	Mission Viejo, Calif.	Alexa Neff	Jr.	Pasco, Wash.
Tre Silva	Sr.	Nooksack, Wash.	Sarah Sewell	So.	Mill Creek, Wash.
Zack Sundt	Jr.	Olympia, Wash.	Jancy Sykes	So.	Tahoma, Wash.
Cantrell Thomas	Fr.	South Hill, Wash.	Madison Thompson	So.	Ellensburg, Wash.
Isaiah Webster	Fr.	Bellevue, Wash.	Grace Twiss	Fr.	Vancouver, Wash.
Reilly Williams	So.	Prosser, Wash.	Juliette Williams	Jr.	Arlington, Wash.
Aiden Wise	So.	Ridgefield, Wash.	Olivia Wyatt	Fr.	Arlington, Wash.
Branden Wise	Jr.	Ridgefield, Wash.			

WILDCATS

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

Montana State Billings YELLOWJACKETS



Cross Jones Woehl

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.

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

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

2023 GNAC Outdoor Track & Field Championships

Northwest Nazarene

NIGHTHAWKS



Schmidt



Wood



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.

MEN

Name	Yr.	Hometown
Carter Alberts	So.	Cashmere, Wash.
Trevor Ames	Fr.	Nampa, Idaho
Hunter Braseth	So.	Boise, Idaho
Brayden Durfee	Sr.	Bend, Ore.
Quincy Ellis	So.	Boise, Idaho
Dallin Garner	Jr.	Nampa, Idaho
Jonah Groce	Fr.	Cashmere, Wash.
Dylan Hendry	Sr.	New Plymouth, Idaho
Sylvanus Hunt	So.	Kennewick, Wash.
Brody Kemble	Fr.	Middleton, Idaho
Derek Knight	Jr.	Nampa, Idaho
William Koenig	So.	Yakima, Wash.
Anderson Kron	Fr.	Meridian, Idaho
Lars Lamb	So.	Bothell, Wash.
Turner Nye	Jr.	Medford, Ore.
Gerohm Rihari	So.	Sugar City, Idaho
Steven Schmidt	So.	Battle Ground, Wash.
Jacob Steele	So.	Nampa, Idaho
Braden Swaney	So.	Kennewick, Wash.
Shalkar Wilkins	So.	Hillsboro, Ore.

WOMEN

Name	Yr.	Hometown
Ellie Alberts	Jr.	Cashmere, Wash.
Katie Baniaga	So.	Boise, Idaho
Kayla Baniaga	So.	Boise, Idaho
Kalli Brence	So.	Middleton, Idaho
Nizhoni Buckway	So.	Coalville, Utah
Emma Clark	Jr.	Melba, Idaho
Jordan Crawford	So.	Meridian, Idaho
Laine DeJong	So.	Lynden, Wash.
Morgan Eler	Fr.	Misawa, Japan
Alejandra Gomez	So.	Cabo, Mexico
Hailey Graham	So.	Kelso, Wash.
Destany Herbert	Jr.	Pomeroy, Wash.
Olivia Klein	So.	Meridian, Idaho
Miya Koch	So.	Boise, Idaho
Emily McMahon	So.	Prescott, Ariz.
Elizabeth McMullen	So.	Ilwaco, Wash.
Sierra Newell	Fr.	Selah, Wash.
Emily Powers	Fr.	Portland, Ore.
Mattea Sedlacek	Fr.	Parma, Idaho
Keelin Stewart	Fr.	Meridian, Idaho
Shayna Williams	So.	Nampa, Idaho
Abbey Wood	Sr.	Ontario, Ore.
Kinsey Yenor	So.	Meridian, Idaho

NIGHTHAWKS

Head Coach: Danny Bowman

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

Saint Martin's

SAINTS



Cortes



Walchak-Sloan



Carter

Saint Martin's biggest strength areas are in the distances and hurdles. Cassidy Walchak-Sloan owns an NCAA provisional qualifying time in the women's 1,500 meters. Her 4:27.97 ranks second in the GNAC. 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

Name	Yr.	Hometown
Landon Armstrong	Jr.	Seattle, Wash.
Steven Baltz	So.	Puyallup, Wash.
Andrew Boyd	Jr.	Olympia, Wash.
Noah Boyd	So.	Olympia, Wash.
Kenneth Carter	Fr.	Bremerton, Wash.
Isaac Cortes	So.	Granite Falls, Wash.
Ryan Doidge	Fr.	Rainier, Wash.
Zach Franco	Jr.	Lakewood, Wash.
Nicholas Georgia	Fr.	Honolulu, Hawaii
Ethan Guidry	Fr.	Beaver, Ore.
Michael Harwell	Fr.	Freeland, Wash.
Christian Le	Fr.	Tumwater, Wash.
Hewie Nguyen	Fr.	Longview, Wash.
Kainalu Pagente	So.	Pearl City, Hawaii
Rudu Wani	So.	Tacoma, Wash.
Jacob Warren	Fr.	Lake Stevens, Wash.

WOMEN

Name	Yr.	Hometown
Cree Bell	Jr.	Hamilton, Ont.
Annika Briggs	Jr.	Spokane, Wash.
Alauna Carstens	Fr.	Shelton, Wash.
Gabriela Cintron	Jr.	Puyallup, Wash.
Hannah Cook	Jr.	Raymond, Wash.
Alyssa Duncan	Fr.	Tumwater, Wash.
Quinci Flowers	Fr.	Mukilteo, Wash.
Naomi Hartley	Jr.	Puyallup, Wash.
Sarah Nielsen	Sr.	Shoreline, Wash.
Kya Ramirez	So.	Yelm, Wash.
Sara Sabra	So.	Lincoln, Calif.
Jocelyn Saribay	So.	Waipahu, Hawaii
Alisha Saucedo	So.	Federal Way, Wash.
Grace Sills	Fr.	Olympia, Wash.
Claire Skaggs	So.	Bellingham, 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

Seattle Pacific FALCONS



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).

MEN			WOMEN		
Name	Yr.	Hometown	Name	Yr.	Hometown
Isaiah Archer	So.	Silverdale, Wash.	Johanna Brown	So.	Enumclaw, Wash.
Colin Boutin	Sr.	Valrico, Fla.	Hannah Chang	Fr.	Richland, Wash.
Brad Bowman	Jr.	Tacoma, Wash.	Marissa Crane	Fr.	Port Orchard, Wash.
Evan Carpenter	Jr.	Bellevue, Wash.	Lizzy Daugherty	Jr.	Lake Stevens, Wash.
Gabe Endresen	So.	Mill Creek, Wash.	Annika Esvelt	Jr.	Spokane, Wash.
Jeff Gordon	Jr.	Stafford, Va.	Maya Ewing	Fr.	Lynden, Wash.
Brennan LeBlanc	So.	Duvall, Wash.	McKenzie Fletcher	So.	Coeur d'Alene, Idaho
Kainoa Lee	Jr.	San Leandro, Calif.	Katelyn Flolo	Fr.	Camas, Wash.
David Njeri	Sr.	Tacoma, Wash.	Aniya Green	Jr.	Dupont, Wash.
Jon Owen	Jr.	Valrico, Fla.	Malyiah Hicks	Fr.	Great Falls, Mont.
Julius Shepherd	Jr.	Fairfield, Calif.	Charlie Hill	So.	Oregon City, Ore.
Nate Thomas	Fr.	Bellevue, Wash.	Libby Michael	Sr.	Nine Mile Falls, Wash.
Isaac Venable	Fr.	Tacoma, Wash.	Matise Mulch	Fr.	Nine Mile Falls, Wash.
			Charisma Smith	Jr.	Fife, Wash.
			Emily Thomason	Jr.	Gold Hill, Ore.

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

Simon Fraser RED LEAFS



Dannatt Roxby 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.

MEN			WOMEN		
Name	Yr.	Hometown	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.C.
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.
Jorin Lenton	So.	Maple Ridge, B.C.	Maddy Paugh	So.	Nanaimo, B.C.
Caysen McDiarmid	Fr.	Haida Gwaii, B.C.	Charlotte Prangley	So.	North Vancouver, B.C.
Nicholas Monro	Fr.	Langley, B.C.	Kennedy Primrose	So.	Surrey, B.C.
Jesaiah Penson-McCoy	So.	Surrey, B.C.	Dominique Ronse	So.	Langley, B.C.
Zach Salisbury	Fr.	Langley, B.C.	Megan Roxby	Jr.	North Vancouver, B.C.
Jordan Schmidt	So.	Langley, B.C.	Kyra Stewart	So.	San Clemente, Calif.
Kaito Suzuki	Jr.	Tokyo, Japan	Selin Tasdemir	Fr.	Richmond, B.C.
Andrew Thomson	So.	Abbotsford, B.C.	Elizabeth Vanderput	So.	Calgary, Alta.
			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

2023 GNAC Outdoor Track & Field Championships

Western Oregon

WOLVES



Gordien

Hurley

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 javelin. 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.

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 Davis-Frankfort	So.	Grants Pass, Ore.	Emellia Carpenter	So.	Elmira, Ore.
Rami Dear	So.	Beaverton, Ore.	Rilee Carstensen	Jr.	Newberg, Ore.
Alex Driesner	So.	Reno, Nev.	Amariyah Clay	Fr.	Beaverton, Ore.
Dayne Gordien	Sr.	Sandy, Ore.	Danielle Clem	Sr.	Sherwood, Ore.
Marlon Harrison	Jr.	Las Vegas, Nev.	Macy Clemens	So.	Klamath Falls, Ore.
Amari Hendrix	So.	Hillsboro, Ore.	Ali Clifton	Fr.	Shelton, Wash.
Michael House	So.	Molalla, Ore.	Amity Deters	Jr.	Amity, Ore.
Hunter Hutton	Jr.	Bandon, Ore.	Olivia Flack	So.	La Pine, Ore.
Emmett Klus	So.	Burns, Ore.	Madison Hargett	Jr.	Newport, Ore.
Ping Koonantha	Fr.	Silverton, Ore.	Jessy Hart	So.	Sweet Home, Ore.
Dominique Loggins	Jr.	Tualatin, Ore.	Caitlin Heldt	Sr.	Savannah, Ga.
Dustyn McKenney	So.	Buchanan, Calif.	Maya Hopwood	Sr.	Bend, Ore.
Bryce Mefford	Jr.	Lake Stevens, Wash.	Jenelle Hurley	Sr.	Grants Pass, Ore.
Eli Nafziger	Jr.	Albany, Ore.	Holly Hutton	Fr.	Bandon, Ore.
Justin Parnell	Fr.	Dallas, Ore.	Madeline Lambing	Jr.	Hillsboro, Ore.
Easton Pomrankey	So.	Kettle Falls, Wash.	Lindie Larson	So.	Redding, Calif.
Timothy Rambo	So.	Auburn, Wash.	Josie Lavato	So.	Buffalo, Minn.
Keeton Sanchez	So.	Buckeye, Ariz.	Liliana Lyness-Morales	Jr.	Mill City, Ore.
Bailey Smith	Sr.	Cody, Wyo.	Lyndee McLaughlin	Sr.	Klamath Falls, Ore.
Wyatt Smith	So.	Oakland, Ore.	Kalulusno Ngaida	Sr.	Aumsville, Ore.
Brennen Sorah	Jr.	Adair, Ore.	Ujunwa Nwokoma	Jr.	Clackamas, Ore.
Kolby Spink	Jr.	Newport, Ore.	Natalie Perez	Fr.	Alameda, Calif.
Deshaun Stevens	So.	Peyton, Colo.	Ana Popchock	Sr.	Maupin, Ore.
Jake Thompson	Jr.	Newberg, Ore.	Abigail Sanders	Fr.	Paisley, Ore.
JJ Walker	Sr.	Everett, Wash.	Riley Smith	Fr.	Cody, Wyo.
Mark Warren	So.	Warrenton, Ore.	Maliyah Thompson	Jr.	Salem, Ore.
Tyler White	So.	Houston, Texas	Kaylee Wright	Sr.	John Day, Ore.
Joel Yasin	So.	Gresham, Ore.	Peyton Young	Fr.	Salem, Ore.

Head Coach: Octaious Gillespie-Bennett

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

Western Washington

VIKINGS



Weber

Davis

Stensland

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).

MEN			WOMEN		
Name	Yr.	Hometown	Name	Yr.	Hometown
Jason Blinn	So.	Mukilteo, Wash.	Nicole Avery	Fr.	Pullman, Wash.
Jonah Bloom	So.	Spokane, Wash.	Elle Bassett	Fr.	Granite Falls, Wash.
Lucas Brenek	Jr.	Honolulu, Hawaii	Naomi Bates	So.	Honolulu, Hawaii
Miller Campbell	So.	Bremerton, Wash.	Caitlyn Cheney	So.	Ellensburg, Wash.
Ryan Clough	So.	Port Orchard, Wash.	Kaylee Coble	So.	Wenatchee, Wash.
Seren Dances	Sr.	Port Townsend, Wash.	Evelyn Collins-Winn	So.	Port Orchard, Wash.
Jaden Edwards	So.	Ladera Ranch, Calif.	Mia Crocker	So.	Sammamish, Wash.
Ian Eifert	Fr.	Wenatchee, Wash.	Ila Davis	So.	Spokane, Wash.
Aaron Fairbanks	Fr.	Reno, Nev.	Maddy Grandbois	So.	Marysville, Wash.
Jeret Gillingham	So.	Sandy, Ore.	Laura Halsell	Fr.	Bellingham, Wash.
Manu Greenlee	So.	Newcastle, Wash.	Emmy Kroontje	Fr.	Lyndsn, Wash.
Ryan Greenwalt	Jr.	Kirkland, Wash.	Matty Lagerwey	Jr.	La Conner, Wash.
Will Henry	So.	Park City, Utah	Marian Ledesma	Jr.	Lakewood, Calif.
Jalen Javurek	So.	Portland, Ore.	Brooke Mansfield	Fr.	Bonney Lake, Calif.
Ethan Johnson	Jr.	Bellingham, Wash.	Anna Miller	Fr.	Beaverton, Ore.
Jaden Johnson	Fr.	Bellingham, Wash.	Alanna Parker	Fr.	Spokane, Wash.
Noah Johnson	Sr.	Bellingham, Wash.	Mara Parks	Fr.	Missoula, Mont.
George Karamitsos	So.	Arlington, Va.	Hannah Polkinghorn	Fr.	White Salmon, Wash.
Ryan Kenny	So.	Everett, Wash.	Isabella Porter	So.	Shelton, Wash.
Trent Kibler	So.	Tumwater, Wash.	Katie Potts	So.	Everett, Wash.
Aiden Klein	So.	Seattle, Wash.	Ashley Reeck	Fr.	Lake Stevens, Wash.
Kaleb Korta	Sr.	Galena, Alaska	Meaera Shannon	Fr.	Conneaut Lake, Pa.
Brian Le	So.	Tumwater, Wash.	Emma Smith	So.	Portland, Ore.
Sean Martelles	Fr.	Lake Stevens, Wash.	Annie Tran	So.	Everett, Wash.
Kevin McDermott	So.	Port Orchard, Wash.	Raine Westfall	So.	Port Angeles, Wash.
Jaelin McQueen	Fr.	Bonney Lake, Wash.	Sophie Wright	So.	Palmer, Alaska
Gabe Menicke	Fr.	Whitefish, Mont.			
Nolan Mickenham	So.	Brush Prairie, Wash.			
Kurt Montero	Fr.	Renton, Wash.			
Anders Norman	Fr.	Yakima, Wash.			
Andrew Oslin	Jr.	Puyallup, Wash.			
Connor Palmen	Fr.	Medical Lake, Wash.			
Kacey Provo	So.	Auburn, Wash.			
Angelo Ramos	Fr.	Auburn, Calif.			
Alec Ritter	Jr.	Enumclaw, Wash.			
Matthew Salazar	Fr.	Phoenix, Ariz.			
Sean Sands	Jr.	Pine, Colo.			
Nathan Simicich	Fr.	Snohomish, Wash.			
Eric Anthony Souza-Ponce	Fr.	Seattle, Wash.			
Jaydon Tryon	Jr.	Woodinville, Wash.			
Anouthai Vongphet	Fr.	Everett, Wash.			
Drew Weber	So.	Vancouver, Wash.			
Tyrone Woodard	So.	Bothell, Wash.			
Maurice Woodring	Fr.	Puyallup, Wash.			

Interim Head Coach: Ben Stensland

Assistants: T.J. Garlatz, Damien Fisher, Daphne Scott, Haley O'Connor

GNAC Outdoor Track & Field Records

MEN			WOMEN		
ALL MEETS			ALL MEETS		
100 Meters	10.22	Alex Donigian, Western Washington (2015)	100 Meters	11.45	Marie-Éloïse Leclair, Simon Fraser (2023)
200 Meters	20.93	Alex Donigian, Western Washington (2016)	200 Meters	23.42	Marie-Éloïse Leclair, Simon Fraser (2023)
400 Meters	47.51	Ethan Hewitt, Alaska Anchorage (2011)	400 Meters	53.56	Mary Pierce, Alaska Anchorage (2007)
800 Meters	1:47.58	Badane Sultessa, Western Oregon (2015)	800 Meters	2:01.43	Alison Andrews-Paul, Simon Fraser (2022)+
1,500 Meters	3:37.35	David Ribich, Western Oregon (2018)	1,500 Meters	4:11.06	Jessica Pixler, Seattle Pacific (2010)+
3,000 Meters	8:24.61	Jordan Welling, Western Washington (2014)	3,000 Meters	9:35.75	Sarah Porter, Western Washington (2011)
5,000 Meters	13:41.99	Micah Chelimo, Alaska Anchorage (2014)	5,000 Meters	14:40.45	Caroline Kurgat, Alaska Anchorage (2019)
10,000 Meters	28:37.75	Micah Chelimo, Alaska Anchorage (2014)	10,000 Meters	32:08.09	Caroline Kurgat, Alaska Anchorage (2019)+
110m Hurdles	14.19	Travis Milbrandt, Western Washington (2016)	100m Hurdles	13.64	Mariyah Vongsaveng, Central Washington (2018)
400m Hurdles	51.48	Vladislav Tsygankov, Simon Fraser (2017)	400m Hurdles	58.22	Sidney Trinidad, Central Washington (2019)
Steeplechase	8:45.63	Micah Chelimo, Alaska Anchorage (2012)	Steeplechase	10:02.45	Julia Howley, Simon Fraser (2019)
4x100 Relay	41.10	Central Washington (2010)	4x100 Relay	45.88	Seattle Pacific (2022)
4x400 Relay	3:10.60	Alaska Anchorage (2016)	Peace Igbonagwam, Vanessa Aniteye, Aniya Green, Jenna Bouyer		
High Jump	2.16/7-1	Mikel Smith, Saint Martin's (2016)	4x400 Relay	3:41.80	Western Oregon (2018)
Pole Vault	5.40/17-8.5	Ryan Brown, Western Washington (2010)	Grayson Burke, Megan Rose, Suzie Van De Grift, Olivia Woods		
Long Jump	7.91/25-11.5	David Registe, Alaska Anchorage (2009)	High Jump	1.78/5-10	Teona Perkins, Seattle Pacific (2007)
Triple Jump	15.50/50-10.25	Wesley Gray, Western Oregon (2017)	Pole Vault	4.04/13-3	Scout Cai, Seattle Pacific (2021)
Shot Put	18.55/60-10.5	Frank Catelli, Western Washington (2014)	Long Jump	6.22/20-5	Renick Meyer, Seattle Pacific (2018)
Discus	55.78/183-0	Jake Knight, Northwest Nazarene (2019)	Triple Jump	12.60/41-4.25	Chrisalyn Johnson, Alaska Anchorage (2019)
Hammer	62.89/206-4	Pro Escobedo, Western Oregon (2003)	Shot Put	17.39/57-0.75	McKenzie Warren, Concordia (2017)
Javelin	77.98/255-10	Cody Parker, Alaska Anchorage (2013)	Discus	55.74/182-10	Melissa Ausman, Concordia (2018)
Decathlon	7,872	Chris Randolph, Seattle Pacific (2006)	Hammer	62.42/204-9	Christina MacDonald, Concordia (2018)
			Javelin	54.18/177-9	Bethany Drake, Western Washington (2016)
			Heptathlon	5,606	Danielle Ayers-Stamper, Seattle Pacific (2005)
MEN'S CONFERENCE MEET RECORDS			WOMEN'S CONFERENCE MEET RECORDS		
100 Meters	10.43	Anthony Wright, Central Washington (2010)	100 Meters	11.66	Marie-Éloïse Leclair, Simon Fraser (2022)
200 Meters	21.32	Rimar Christie, Northwest Nazarene (2013)	200 Meters	23.88	Marie-Éloïse Leclair, Simon Fraser (2022)
	21.32	Tyrell Williams, Western Oregon (2014)	400 Meters	54.19	Vanessa Aniteye, Alaska Anchorage (2019)
400 Meters	47.55	Ethan Hewitt, Alaska Anchorage (2012)	800 Meters	2:06.38	Jessica Pixler, Seattle Pacific (2010)
	47.55	Kodiak Landis, Central Washington (2018)	1,500 Meters	4:23.02	Caroline Kurgat, Alaska Anchorage (2019)
800 Meters	1:49.31	Paul Mach, Seattle Pacific (2005)	3,000 Meters	9:53.80	Jessica Pixler, Seattle Pacific (2007)
1,500 Meters	3:47.37	David Ribich, Western Oregon (2017)	5,000 Meters	16:35.10	Caroline Kurgat, Alaska Anchorage (2019)
5,000 Meters	14:29.41	Micah Chelimo, Alaska Anchorage (2011)	10,000 Meters	34:49.33	Caroline Kurgat, Alaska Anchorage (2018)
10,000 Meters	30:25.75	Jordan Walling, Western Washington (2011)	100m Hurdles	13.82	Danielle Ayers-Stamper, Seattle Pacific (2005)
110m Hurdles	14.15	Joshua Wagner, Alaska Anchorage (2022)	400m Hurdles	58.22	Sidney Trinidad, Central Washington (2019)
400m Hurdles	51.77	Cordell Cummings, Western Washington (2019)	Steeplechase	110:02.45	Julia Howley, Simon Fraser (2019)
Steeplechase	8:47.26	Ryan Brockerville, Simon Fraser (2012)	4x100 Relay	45.88	Seattle Pacific (2022)
4x100 Relay	41.10	Central Washington (2010)	Peace Igbonagwam, Vanessa Aniteye, Aniya Green, Jenna Bouyer		
		Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols	4x400 Relay	3:43.50	Simon Fraser (2022)
4x400 Relay	3:13.84	Simon Fraser (2015)	Erika Binder, Alison Andrews-Paul, Marie-Éloïse Leclair, Emily Lindsay		
		Stuart Ellenwood, Cameron Proceviat, Joel Webster, Daniel Kelloway	High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2016)
High Jump	2.11/6-11	Tevin Gladden, Alaska Anchorage (2017)	Pole Vault	3.91/12-10	Scout Cai, Seattle Pacific (2019)
Pole Vault	5.14/16-10.75	Ryan Brown, Western Washington (2010)	Long Jump	5.99/19-8	Ali Worthen, Seattle Pacific (2013)
Long Jump	7.52/24-8.25	David Registe, Alaska Anchorage (2008)	Triple Jump	12.58/41-3.25	Chrisalyn Johnson, Alaska Anchorage (2019)
Triple Jump	15.50/50-10.25	Wesley Gray, Western Oregon (2017)	Shot Put	16.55/54-3.75	McKenzie Warren, Concordia (2017)
Shot Put	18.20/59-8.75	Josh Koch, Concordia (2016)	Discus	53.01/173-11	Melissa Ausman, Concordia (2018)
Discus	55.74/182-10	Jake Knight, Northwest Nazarene (2019)	Hammer	59.62/195-7	Christina MacDonald, Concordia (2018)
Hammer	61.61/202-1	Michael Hoffman, Western Washington (2008)	Javelin	52.40/171-11.25	Bethany Drake, Western Washington (2017)
Javelin	71.19/233-7	Beau Ackerman, Montana State Billings (2022)	Heptathlon	5,390	Ali Worthen, Seattle Pacific (2013)
Decathlon	7,201	Cody Thomas, Alaska Anchorage (2016)			

+ - Division II All-Time Record

Meet Schedule

FRI., MAY 12

Field Events (Finals)

1:15 p.m.	Men's Hammer
1:30 p.m.	Women's Long Jump
2 p.m.	Women's Shot Put
3 p.m.	Men's Pole Vault
4 p.m.	Women's High Jump
4:30 p.m.	Women's Hammer
5 p.m.	Men's Long Jump
5:05 p.m.	Men's Shot Put

Running Events (Preliminaries Unless Noted)

2 p.m.	National Anthems
2:15 p.m.	Men's Steeplechase (Final)
2:35 p.m.	Women's Steeplechase (Final)
2:55 p.m.	Men's 110-Meter Hurdles
3:10 p.m.	Women's 100-Meter Hurdles
3:25 p.m.	Men's 400 Meters
3:35 p.m.	Women's 400 Meters
3:50 p.m.	Men's 100 Meters
4 p.m.	Women's 100 Meters
4:15 p.m.	Men's 800 Meters
4:25 p.m.	Women's 800 Meters
4:45 p.m.	Men's 400-Meter Hurdles
5 p.m.	Women's 400-Meter Hurdles
5:15 p.m.	Men's 200 Meters
5:25 p.m.	Women's 200 Meters
5:45 p.m.	Men's 10,000 Meters (Final)
6:30 p.m.	Women's 10,000 Meters (Final)

NOTE: Meet schedule is subject to change.

SAT., MAY 13

Field Events (Finals)

11:30 a.m.	Men's Javelin
11:55 a.m.	Men's Triple Jump
Noon	Women's Discus
2 p.m.	Women's Javelin
2:45 p.m.	Women's Pole Vault
3 p.m.	Men's Discus
3:10 p.m.	Men's High Jump
3:15 p.m.	Women's Triple Jump

Running Events (Finals)

1:30 p.m.	National Anthems
1:40 p.m.	Men's 4x100-Meter Relay
1:50 p.m.	Women's 4x100-Meter Relay
2 p.m.	Men's 1,500 Meters
2:15 p.m.	Women's 1,500 Meters
2:25 p.m.	Men's 110-Meter Hurdles
2:35 p.m.	Women's 100-Meter Hurdles
2:45 p.m.	Men's 400 Meters
2:55 p.m.	Women's 400 Meters
3:05 p.m.	Men's 100 Meters
3:10 p.m.	Women's 100 Meters
3:15 p.m.	Men's 800 Meters
3:20 p.m.	Women's 800 Meters
3:30 p.m.	Men's 400-Meter Hurdles
3:40 p.m.	Women's 400-Meters Hurdles
3:50 p.m.	Men's 200 Meters
3:55 p.m.	Women's 200 Meters
4:05 p.m.	Men's 5,000 Meters
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		WOMEN	
Team Champion		Team Champion	
2002	Western Oregon 206.5	2002	Seattle Pacific 226
2003	Western Oregon 259.5	2003	Western Oregon 210.5
2004	Western Oregon 253.5	2004	Western Oregon 231.5
2005	Western Washington 221	2005	Western Oregon 217.5
2006	Central Washington 222	2006	Seattle Pacific 203
2007	Central Washington 238	2007	Seattle Pacific 200
2008	Western Oregon 166.5	2008	Western Oregon 162
2009	No Meet	2009	No Meet
2010	Western Washington 221.5	2010	Seattle Pacific 224
2011	Western Oregon 203	2011	Seattle Pacific 206.5
2012	Western Washington 205	2012	Seattle Pacific 188
2013	Western Washington 183.5	2013	Alaska Anchorage 175
2014	Western Washington 186	2014	Alaska Anchorage 137
2015	Western Washington 176	2015	Seattle Pacific 183
2016	Alaska Anchorage 163.5	2016	Seattle Pacific 148.5
2017	Alaska Anchorage 134	2017	Alaska Anchorage 158
2018	Concordia 138	2018	Seattle Pacific 154.5
2019	Western Washington 173	2019	Seattle Pacific 166
2020	No Meet	2020	No Meet
2021	Western Washington 289	2021	Seattle Pacific 208
2022	Western Washington 240	2022	Western Oregon 155
Outstanding Performer (GNAC Meet)		Outstanding Performer (GNAC Meet)	
2002	Mike Hinshaw, Western Oregon	2002	Stephanie Huffman, SPU
2003	Isaac Frederick, Western Oregon	2003	Sarah Kraybill, Seattle Pacific
2004	Isaac Frederick, Western Oregon	2004	Monica Smith, Western Oregon
2005	Adam Neff, Western Washington	2005	Monica Smith, Western Oregon
2006	Cresap Watson, C. Washington	2006	Danielle Ayers-Stamper, SPU
2007	Evan Ruud, Central Washington	2006	Mary Pearce, Alaska Anchorage
2008	Michael Madrid, Alaska Anchorage	2007	Jessica Pixler, Seattle Pacific
2009	No Meet	2008	Ashley Puga, Northwest Nazarene
2010	Alfred Kangogo, Alaska Anchorage	2009	No Meet
2011	David Registe, Alaska Anchorage		
2012	Micah Chelimo, Alaska Anchorage		
2013	Rimar Christie, Northwest Nazarene		
2014	Cody Thomas, Alaska Anchorage		
2015	Brett Watson, Western Washington		
2016	Cody Thomas, Alaska Anchorage		
2017	Payton Lewis, Northwest Nazarene		
GNAC Championships		GNAC Championships	
Track Athlete Of The Meet		Track Athlete Of The Meet	
2018	David Ribich, Western Oregon	2018	Caroline Kurgat, Alaska Anchorage
2019	Cordell Cummings, W. Washington	2019	Caroline Kurgat, Alaska Anchorage
2020	No Meet	2020	No Meet
2021	Cordell Cummings, W. Washington	2021	Dania Holmberg, Seattle Pacific
2022	Joshua Wagner, Alaska Anchorage	2022	Marie-Eloise Leclair, Simon Fraser
GNAC Championships		GNAC Championships	
Field Athlete Of The Meet		Field Athlete Of The Meet	
2018	Braydon Maier, Central Washington	2018	Ellie Logan, Northwest Nazarene
2019	Jake Knight, Northwest Nazarene		Renick Meyer, Seattle Pacific
2020	No Meet	2019	Sidney Trinidad, C. Washington
2021	Braydon Maier, Central Washington	2020	No Meet
2022	Steven Schmidt, NW Nazarene	2021	Renick Meyer, Seattle Pacific
GNAC Championships		2022	Jenelle Hurley, Western Oregon
Performance Of The Meet		GNAC Championships	
2018	Jorey Egeland, Mont. St. Billings	Performance Of The Meet	
	Vladislav Tsygankov, Simon Fraser	2018	Ellie Logan, Northwest Nazarene
2019	Dalton Rasmussen, Concordia		Renick Meyer, Seattle Pacific
2020	No Meet	2019	Sidney Trinidad, C. Washington
2021	Beau Ackerman, Mont. St. Billings	2020	No Meet
2022	Joshua Wagner, Alaska Anchorage	2021	Renick Meyer, Seattle Pacific
		2022	Seattle Pacific 4x100 Relay Team