



Apr. 21, 2021 • Week 7
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Apr. 23

Montana State Billings at Drake Relays, Des Moines, Iowa
 Alaska Anchorage, Western Oregon at Western Oregon
 Pop-Up, Monmouth, Ore.

Fri., Apr. 23-Sat., Apr. 24

Montana State Billings at Trudnowski Open, Helena, Mont.
 Western Oregon at Oregon Relays, Eugene, Ore.
 Northwest Nazarene at BYU Robison Invitational,
 Provo, Utah

Sat., Apr. 24

Central Washington, Saint Martin's, Seattle Pacific,
 Western Washington at Peyton-Shotwell Invitational,
 Tacoma, Wash.
 Western Oregon at Linfield Invitational, McMinnville, Ore.

LAST WEEK'S MEETS

Fri., Apr. 16-Sat., Apr. 17

CWU Wildcat Invitational

at CWU Recreation & Sport Complex, Ellensburg, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Grace Bley, SPU, 12.26; 2, Jenna Bouyer, SPU, 12.37. 200 Meters - 2, Grace Bley, SPU, 25.04; 3, Julia Stepper, SPU, 25.22. 400 Meters - 1, Jasmyne Neria, CWU, 59.2; 2, Dani Taylor, CWU, 59.97. 800 Meters - 2, Annika Esvelt, SPU, 2:24.87. 1,500 Meters - 3, Madison Child, CWU, 4:58.57. 3,000 Meters - 1, Molly Mattson, CWU, 10:39.73; 2, Kate Lilly, SPU, 10:46.64; 3, Zoie Mastin, CWU, 11:05.70. 5,000 Meters - 1, Tailer Cochran, CWU, 21:19.60. 100m Hurdles - 1, Aliyah Dawkins, WWU, 14.61; 2, Lauryn Chandler, CWU, 14.70. 400m Hurdles - 1, Rachel Krill, CWU, 1:04.56. 4x100 Relay - 1, Central Washington A, 48.17; 2, Central Washington B, 52.65. 4x400 Relay - 1, Central Washington, 4:02.46. High Jump - 1, Aliyah Dawkins, WWU, 5-5.75; 2, Rachelle Hamilton, CWU, 5-3.75. Pole Vault - 1, Scout Cai, SPU, 12-1.5; Tie 2, Lexi Perry, WWU, 11-1.75; Tie 2, Lizzy Daugherty, SPU, 11-1.75. Long Jump - 1, Aliyah Dawkins, WWU, 18-2.5; 2, Jamie Sanford, WWU, 17-9; 3, Devon Olson, WWU, 17-8.25. Triple Jump - 1, Karlie Hurley, WWU, 38-7.5; 2, Devon Olson, WWU, 37-5; 3, Jamie Sanford, WWU, 36-9. Shot Put - 3, Carmen Cleveland Barrera, WWU, 40-5. Discus - 1, Avery Fisk, CWU, 144-11; 3, Taliah Coe, WWU, 130-10. Hammer - 1, Meagan Smallbeck, CWU, 160-2. Javelin - 1, Hannah Nienaber, WWU, 148-10; 3, Natalie Vetto, WWU, 130-9. Heptathlon - 1, Renick Meyer, SPU, 4,629; 2, Jenelle Hurley, WOU, 4,596; 3, McCall DeChenne, CWU, 4,479.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Zachary Davis, CWU, 11.17; 3, Ryan Greenwalt, WWU, 11.18. 200 Meters - 2, Bryant Welch, WWU, 22.21; 3, Harry Horwath, CWU, 22.43. 400 Meters - 1, Ryan Witters, WWU, 51.30; 2, Sonny Chhim, WWU, 52.97. 800 Meters - 3, JR Hentges, SPU, 2:01.70. 1,500 Meters - 3, Jared Putney, SPU, 4:02.42. 110m Hurdles - 1, Koby Okezie, WWU, 14.55; 2, Cordell Cummings, WWU, 14.82; 3, Hunter Flick, WWU, 14.94. 400m Hurdles - 1, Cordell Cummings, WWU, 54.50; 2, Gunner Valentini, CWU, 55.05; 3, Austin Albertini, CWU, 56.00. 4x100 Relay - 1, Central Washington, 42.11. 4x400 Relay - 2, Western Washington, 3:22.45; 3, Central Wash-

ington, 3:25.62. High Jump - 1, Trent Kibler, WWU, 6-3.25; 2, Damian Mercado, WWU, 6-1.25. Pole Vault - 1, Jacob Thompson, CWU, 14-11; 3, Kacey Provo, WWU, 14-5.25. Long Jump - 1, Ryan Greenwalt, WWU, 21-11.75; 2, David Njeri, SPU, 21-10.25. Triple Jump - 1, David Njeri, SPU, 47-1.75; 2, Damian Mercado, WWU, 44-6.25. Shot Put - 1, Ben Malquist, WWU, 52-6.5; 2, Aidan Cain, CWU, 48-5.5; 3, Ethan Tonder, CWU, 47-1.5. Discus - 1, Aidan Cain, CWU, 158-3; 2, Omar Young, CWU, 145-3; Wyatt Franklin, CWU, 142-7. Hammer - 1, Andrew Harris, CWU, 196-7; 2, Ethan Tonder, CWU, 189-11; 3, Aidan Cain, CWU, 179-5. Javelin - 1, Sean Witters, WWU, 180-2; 2, Jaydon Tryon, WWU, 175-11; 3, Mason Salley, WWU, 159-11. Decathlon - 1, Braydon Maier, CWU, 6,849; 2, Ryan Thoma, CWU, 6,399; 3, Turner Nye, NNU, 5,708.

Fri., Apr. 16-Sat., Apr. 17

Idaho State Bengal Invitational Davis Field, Pocatello, Idaho

Women (Top 3 GNAC Finishers): 400 Meters - 2, Lauren Wuertz, NNU, 56.68. Pole Vault - 2, Kinsey Langin, NNU, 12-1.5.

Men (Top 3 GNAC Finishers): 5,000 Meters - 3, Tyler Shea, NNU, 14:56.34. Triple Jump - 1, Bryce Olson, MSUB, 43-7.

Sat., Apr. 17

Titan Invitational

at Lane CC, Eugene, Ore.

Women (Top 3 GNAC Finishers): 800 Meters - 1, Shayla Solomon, WOU, 2:21.74; 2, Ashley Hauger, WOU, 2:23.94. 100m Hurdles - 3, Ana Popchok, WOU, 15.63. 400m Hurdles - 1, Ana Popchok, WOU, 1:05.58; 2, Michaela Yonkman, WOU, 1:06.99. Steeplechase - 2, Kaiya Leamy, WOU, 13:10.88. Shot Put - 2, Moana Gianotti, WOU, 41-1.75. Discus - 2, Moana Gianotti, WOU, 148-8. Javelin - 1, Kaylee Wright, WOU, 134-2; 3, Krystal Andres, WOU, 122-11.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Keola Yadao, WOU, 10.62. 800 Meters - 2, Emmett Klus, WOU, 1:55.24; 3, Curt Knott, WOU, 1:57.24. 5,000 Meters - Dominic Giordano, 15:36.65. 400m Hurdles - 2, Aaron Hanible, WOU, 55.88. High Jump - 2, Devin Hasher, WOU, 6-4.75. Long Jump - 2, Jalon Fields, WOU, 23-2.75. Triple Jump - 2, Jalon Fields, WOU, 46-4.25. Shot Put - 1, Owen Collins, WOU, 47-8.5. Hammer - 3, Sam Cole, WOU, 155-11.

#GNACTF in 280

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#ImpressiveDebut Western Oregon's **Keola Yadao** won the 100 meters at the Lane Invite in a GNAC season-leading 10.62 seconds. The effort earned Yadao selection as the GNAC Men's Track Athlete of the Week.

#MultiLevel Central Washington's **Braydon Maier** won the decathlon and Seattle Pacific's **Renick Meyer** won the heptathlon at the CWU Wildcat Invitational. Both won with scores that provisionally qualify them for the NCAA Championships. Meyer was named the GNAC Women's Field Athlete of the Week.

#RecordBreaker Central Washington's **Andrew Harris** was named GNAC Men's Field Athlete of the Week after he set the CWU record in the hammer, a mark that is No. 5 on the GNAC All-Time List.

#VictoryVikings Western claimed 11 event victories at the CWU Wildcat Invitational. The Vikings won both men's hurdles races and four of the nine men's field event disciplines.

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NW Nazarene	@NNUSports	
Saint Martin's	@SMUSaints	#SaintsStrong
Seattle Pacific	@SPUFalcons	
Simon Fraser	@SFU_Athletics	#RepTheLeaf
W. Oregon	@WOUWolves	#HowIAboutIt
W. Washington	@WWUAthletics	#VIKtorious

GNAC Athletes of the Week



MEN'S TRACK
Keola Yadao, Western Oregon
 Freshman • Honolulu, Hawaii

In his first collegiate meet, Yadao won the 100 meters at the Titan Invitational in Eugene with a time of 10.62 seconds. The time is the fastest in the GNAC this season, fifth-fastest in Western Oregon history and is No. 11 on the GNAC All-Time List.

Also Nominated: Gunner Vallatini (Central Washington), Tyler Shea (Northwest Nazarene), Koby Okezie (Western Washington).



WOMEN'S TRACK
Lauren Wuertz, Northwest Nazarene
 Senior • Eagle, Idaho

Wuertz finished in second place in the 400 meters at the Bengal Invitational in Pocatello, Idaho, with a time of 56.68. The personal-best mark ranks No. 3 in Northwest Nazarene history.

Also Nominated: Molly Matson (Central Washington), Ana Popchock (Western Oregon), Aliyah Dawkins (Western Washington).



MEN'S FIELD
Andrew Harris, Central Washington
 Senior • North Bend, Wash.

Harris broke the Central Washington school record in the hammer, winning with a mark of 188 feet, 8 inches at the CWU Wildcat Invitational. It is the furthest throw in the event in the GNAC since 2018, is an NCAA Championships provisional qualifier, ranks 17th in Division II this season and is No. 5 on the GNAC All-Time List.

Also Nominated: Turner Nye (Northwest Nazarene), Jalon Fields (Western Oregon), Ben Malquist (Western Washington).



WOMEN'S FIELD
Renick Meyer, Seattle Pacific
 Junior • Gresham, Ore.

Meyer was the winner of the heptathlon at the CWU Wildcat Invitational with an NCAA Championships provisional qualifying score of 4,629 points. Meyer won the 100-meter hurdles in a GNAC-leading time of 14.55 seconds and then opened day two by winning the long jump with a mark of 18 feet, 3 inches. Meyer closed the day by finishing third in the 800

meters in a time of 2:30.74 that allowed her to pass Western Oregon's Jenelle Hurley for the victory.

Also Nominated: Avery Fisk (Central Washington), Kinsey Langin (Northwest Nazarene), Moana Gianotti (Western Oregon), Aliyah Dawkins (Western Washington).

Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Feb. 15-21	Dylan Tidwell, NNU	Colton Burr, NNU	Kalen Johnson, NNU	Kinsey Langin, NNU
Mar. 1-7	Jeff Gordon, SPU	Carter McGinnis, SPU	Grace Bley, SPU	Scout Cai, SPU
Mar. 8-14	Justin Crosswhite, WOU	JJ Walker, WOU	Maya Hopwood, WOU	Kaylee Wright, WOU
Mar. 15-21	Calahan Warren, WWU	Beau Ackerman, MSUB	Dania Holmberg, SPU	Hannah Nienaber, WWU
Mar. 22-28	Calahan Warren, WWU	Andrew Harris, CWU	Ellie Rising, SPU	Hannah Nienaber, WWU
Mar. 29-Apr. 4	Calahan Warren, WWU	Beau Ackerman, MSUB	Elena Cano, UAA	Karlie Hurley, WWU
Apr. 5-11	Lawson Sims, UAA	Trent Kibler, WWU	Maya Hopwood, WOU	Kinsey Langin, NNU
Mar. 12-18	Keola Yadao, WOU	Andrew Harris, CWU	Lauren Wuertz, NNU	Renick Meyer, SPU

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

Around The GNAC

ALASKA ANCHORAGE



- Alaska Anchorage did not compete last week. The Seawolves will return to the track on Friday, competing at the Western Oregon Pop-Up Meet in Monmouth, Oregon.
- The Seawolves last competed at the John Knight Twilight on April 9 and 10, winning seven events.
- Senior **Lawson Sims** was named the GNAC Men's Track

Athlete of the Week on April 13 after he won the steeplechase in a time of 9:05.88. The NCAA Championships provisional qualifying time ranks No. 15 in Division II this season.

- Freshman **Joshua Wagner** won the men's 200 meters in 22.40 seconds. He went on to place second in the 110-meter hurdles in 14.84 seconds and third in the 100 meters in 10.97 seconds.
- Senior **Elena Cano** won the 400-meter hurdles in 1:04.81. She also took second in both the 100-meter hurdles (15.03) and the long jump (17-1) and placed third in the high jump (5-2.5).
- Freshman **Cole Nash** was the winner by a literal hair in the men's 5,000 meters. His time of 14:38.886 just beat out Ian Vickstrom, who finished in 14:38.887.
- Junior **Tylantiss Atlas** picked up the victory in the women's 400 meters with a time of 56.97 seconds.

CENTRAL WASHINGTON



- Central Washington had a great weekend on its home track, winning 13 events at their own CWU Wildcat Invitational on Friday and Saturday.
- Senior **Andrew Harris** was named the GNAC Men's Field Athlete of the Week after he broke the CWU school record in the hammer. His mark of 196 feet, 7 inches, bettered the mark of 194 feet, 1 inch set by Kevin Stanley in 2015. The

NCAA Championships provisional qualifying mark ranks No. 5 on the GNAC All-Time List and No. 17 in Division II this season.

- Senior **Braydon Maier** led a 1-2 finish for the Wildcats in the men's decathlon. His score of 6,849 points in an NCAA Championships provisional qualifying mark and ranks No. 12 in Division II this season. Maier won the 100 meters, long jump, 110-meter hurdles, discus, pole vault and javelin. Freshman **Ryan Thoma** was second with 6,399 points.
- Senior **Jasmyne Neria** won the women's 400 meters with a time of 59.21 seconds. Freshman **Rachel Krill** added a first-place finish in the women's 400-meter hurdles, clocking 1:04.56.
- In the distances, senior **Molly Mattson** took first place in the women's 3,000 meters in 10:39.73 while freshman **Tailer Cochran** took the women's 5,000 meters in a time of 21:19.60.
- Junior **Avery Fisk** led the women's field events as she won the discus with a mark of 144 feet, 11 inches. Junior **Meagan Smallbeck** was the winner in the women's hammer with her mark of 160 feet, 2 inches. Senior **Aidan Cain** won the men's discus with his mark of 158 feet, 3 inches.
- Central Washington returns to action on Saturday, participating in the Peyton-Shotwell Invitational in Tacoma, Washington.

MONTANA STATE BILLINGS



- A win by freshman **Bryce Olson** in the men's triple jump and solid performances in the distances led Montana State Billings at the Idaho State Bengal Invitational in Pocatello, Idaho.

• Olson won the triple jump with his mark of 43 feet, 7 inches. He was the only event winner for the Yellowjackets in the meet. Freshman **Justin Wells** placed fourth with a mark of 41 feet, 2.5 inches.

- Sophomore **Ase Ackerman** led the distance efforts, placing eighth in the men's 5,000 meters in a personal-best time of 15:26.10 with junior **Logan Straus** placing 10th in 15:32.73. Junior **Kailee Stoppel** a personal-best performance in both the women's steeplechase in a time of 11:53.78.
- Senior **Isaiah Girard** added a fourth-place finish in the men's high jump, clearing 6 feet, 6.25 inches. Freshman **Payden Lynn** finished seventh in the men's long jump with a leap of 21 feet, 10.75 inches.
- Freshman **Kendall Lynn** took sixth in the women's long jump with a mark of 36 feet, 7.5 inches.
- Montana State Billings will head to Helena to take part in the Trudnowski Open on Friday and Saturday. Girard and **Beau Ackerman** will go east to compete in the prestigious Drake Relays on Friday in Des Moines, Iowa.

NORTHWEST NAZARENE



- Senior **Lauren Wuertz's** performance in the women's 400 meters led Northwest Nazarene's efforts at the Idaho State Bengal Invitational in Pocatello, Idaho.

- Wuertz was named the GNAC Women's Track Athlete of the Week after she placed second in the event in a GNAC-leading time of 56.68 seconds. She was one of just two non-Division I competitors in the field.
- Freshman **Kinsey Langin** showed well again in the women's pole vault, placing second with her clearance of 12 feet, 1.5 inches. She was the only non-Division I competitor in the field of 15 athletes.
- Junior **Tyler Shea** added a top-three finish in the men's 5,000 meters, clocking a time of 14:56.34. The performance ranks seventh in the GNAC this season by actual time and second after conversion to 14:36.30 for altitude.
- The Nighthawks also sent a cadre of combined event performers to the CWU Wildcat Invitational in Ellensburg, Washington. Sophomore **Turner Nye** placed third in the men's decathlon with a score of 5,708 points. He won the 400 meters. Junior **Jaidyn Kinneeveauk** placed fifth in the women's heptathlon with a score of 4,092 points.
- Northwest Nazarene travels this week to Provo, Utah, for its final meet of the regular season, the BYU Robison Invitational, on Friday and Saturday.

Around The GNAC

SAINT MARTIN'S



- Saint Martin's did not compete last week. The Saints will return to the track on Saturday, competing in the Peyton-Shotwell Invitational in Tacoma, Washington.
- It was a full day for Saint Martin's as the Saints had 10 event winners at the PLU Invitational in Tacoma, Washington on April 10.
- Sophomore **Michael Russell** picked up victories in both the men's 100 meters and 200 meters. He won the 100 meters in a time of 10.96 and the 200 meters in a time of 22.10 seconds, which tied his season-best time.
- Freshman **Makiya Worthy** made it a sweep of the 100 meters, winning the women's race in a time of 12.35 seconds. Worthy placed second in the 200 meters in 24.94 seconds.
- In the distances, freshman **Cassidy Sloan-Walchak** won the women's 1,500 meters in a time of 4:51.28 and freshman **Nicholas Sarysz** won the men's metric mile in 4:07.62. In the women's 5,000 meters, freshman **Elaina Hansen** won in a time of 18:51.96.
- Freshman **Margaret Zilla** won the women's triple jump with her mark of 34 feet, 2.25 inches. Freshman **Jocelyn Saribay** added a first-place finish in the women's shot put with her mark of 38 feet, 3.25 inches.
- Sophomore **Andrew Boyd** added a victory in the men's 110-meter hurdles, clocking a time of 15.74 seconds. In the men's javelin, sophomore **Landon Armstrong** won with his throw of 163 feet, 9 inches.

SEATTLE PACIFIC



- Junior **Renick Meyer's** winning performance in the women's heptathlon led Seattle Pacific's efforts at the CWU Wildcat Invitational.
- Meyer was named the GNAC Women's Field Athlete of the Week after she won with an NCAA Championships provisional qualifying score of 4,629 points. Meyer won two of the seven events, the 100-meter hurdles and the long jump, before running 2:30.74 in the 800 meters to pass Western Oregon's Jenelle Hurley for the win. Meyer ranks 18th in Division II this season.
- Meyer was one of four individual event winners for the Falcons. Sophomore **David Njeri** was the lone men's winner, taking the triple jump with a mark of 47 feet, 1.75 inches. The mark ranks second in the GNAC this season.
- Senior **Grace Bley** collected first place in the women's 100 meters, clocking a time of 12.26 seconds that is third in the GNAC by one-hundredth of a second. She also took second in the 200 meters in 25.04 seconds, leading a 2-3-4 finish for the Falcons.
- Senior **Scout Cai** won the women's pole vault for the seventh time in as many competitions this season, clearing 12 feet, 1.5 inches. Freshman **Lizzy Daugherty** placed third with a mark of 11 feet, 1.75 inches.
- Freshman **J.R. Hentges** placed third in the men's 800 meters in a time of 2:01.70 while sophomore **Jared Putney** was third in the 1,500 meters in a time of 4:02.42.
- Seattle Pacific returns to action this Saturday at the Peyton-Shotwell Invitational in Tacoma.



SIMON FRASER

- Due to the closure of the U.S./Canada border due to the COVID-19 pandemic, Simon Fraser's will not compete in the GNAC track and field season.

WESTERN OREGON



- A red-hot debut for freshman **Keola Yadao** led Western Oregon's efforts at both the CWU Wildcat Invitational and the Lane Invite in Eugene.
- Yadao was named the GNAC Men's Track Athlete of the Week after he won the 100 meters at the Lane Invite in a GNAC-leading time of 10.62. It was Yadao's first collegiate meet and just misses the GNAC Top-10 List. It is also the fifth-fastest time in WOU history.
- Yadao's win was one of four for the Wolves at the Lane Invite. Senior **Shayla Solomon** won in the first event of the day, the women's 800 meters, in 2:21.74. junior **Ashley Hauger** was right behind in second place in 2:23.94.
- Junior **Ana Popchok** won the women's 400-meter hurdles in a time of 1:05.58 while senior **Michaela Yonkman** was second in 1:06.99.
- Senior **Dominic Giordano** added a first-place finish in the men's 5,000 meters with a time of 15:36.65. Sophomore **Emmett Klus** was second in the men's 800 meters in 1:55.24, finishing behind former teammate Derek Holdsworth.
- The WOU multi-eventers went north to Ellensburg to compete in the CWU Wildcat Invitational. Sophomore **Jenelle Hurley** placed second in the women's heptathlon with an NCAA Championships provisional qualifying mark score of 4,596 points. She held the lead on Saturday until the 800 meters when she was passed up by Seattle Pacific's Renick Meyer. Junior **JJ Walker** took fourth in the men's decathlon with his score of 5,665 points.
- Western Oregon will host the Western Oregon Pop-Up meet in Monmouth on Friday while some Wolves competitors will travel to the Oregon Relays on Friday and Saturday at the new Hayward Field.

WESTERN WASHINGTON



- Twelve event victories, including three for sophomore **Aliyah Dawkins**, led Western Washington at the CWU Wildcat Invitational.
- Dawkins won the women's 100-meter hurdles in a season-best time of 14.61 seconds. She cleared 5 feet, 5.75 inches to win the high jump with the conference's leading mark and won the long jump with a season-best of 18 feet, 2.5 inches.
- Sophomore **Koby Okezie** improved his GNAC-leading mark in the men's 110-meter hurdles, clocking a time of 14.55 seconds that moves him to No. 5 on the GNAC All-Time List.
- Senior **Karlie Hurley** collected her third victory of the season in the women's triple jump with a mark of 38 feet, 7.5 inches. Senior **Hannah Nienaber** won the women's javelin for the fourth time this year with a mark of 148 feet, 10 inches.
- Senior **Cordell Cummings** made it a sweep in the hurdles on the men's side, winning the 400-meter hurdles in 54.50 seconds.
- The Vikings won four of the men's field events, with freshman **Trent Kibler** taking the high jump with a mark of 6 feet, 3.25 inches and freshman **Ryan Greenwalt** winning the long jump with a mark of 21 feet, 11.75 inches. Junior **Ben Malquist** won the shot put with a mark of 52 feet, 6.5 inches and freshman **Sean Witters** captured the javelin with a throw of 180 feet, 2 inches.
- Western Washington is right back in action on Saturday, taking part in the Peyton-Shotwell Invitational in Tacoma.

Men's Outdoor Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	
Mar. 30	No Ranked GNAC Teams
Apr. 6	No Ranked GNAC Teams
Apr. 13	No Ranked GNAC Teams
Apr. 20	No Ranked GNAC Teams

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 3 - Apr. 20, 2021

Rk	School	Pts.	Prev.
1.	Grand Valley State	258.29	1
2.	Ashland	214.17	5
3.	West Texas A&M	207.41	3
4.	Angelo State	203.09	2
5.	Pittsburg State	171.02	4
6.	Texas A&M-Commerce	149.14	6
7.	Missouri Southern	137.21	8
8.	Tiffin	122.43	11
9.	Colorado Mines	119.03	14
10.	Central Missouri	113.32	9
11.	UC-Colorado Springs	104.78	10
12.	Adams State	90.74	7
13.	Queens (N.C.)	79.22	12
14.	Academy of Art	72.55	NR
15.	Lee (Tenn.)	71.66	13
16.	Alabama Huntsville	63.73	16
17.	Colorado Mesa	62.36	1
18.	Findlay	58.86	NR
19.	Harding	57.33	19
20.	Northwood (Mich.)	55.32	22
21.	Washburn	52.42	20
22.	Lincoln (Mo.)	51.00	17
23.	Limestone	50.44	21
24.	Western Colorado	48.93	18
25.	Oklahoma Baptist	45.91	23

USTFCCCA WEST REGION TEAM INDEX

Week 4 - Apr. 19, 2021

Rk	School	Pts.	Prev.
1.	Western Washington	902.50	RV
2.	Azusa Pacific	718.31	2
3.	Fresno Pacific	656.32	1
4.	Central Washington	626.73	3
5.	Academy of Art	605.38	4
6.	Western Oregon	576.19	RV
7.	Biola	470.66	5
8.	Concordia Irvine	454.20	6
9.	Northwest Nazarene	287.21	7
10.	Montana State Billings	266.70	8



[Complete Poll Online](#)

Women's Outdoor Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	
Mar. 30	No Ranked GNAC Teams
Apr. 6	No Ranked GNAC Teams
Apr. 13	No Ranked GNAC Teams
Apr. 20	No Ranked GNAC Teams

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 4 - Apr. 20, 2021

Rk	School	Pts.	Prev.
1.	Azusa Pacific	320.72	2
2.	West Texas A&M	233.13	1
3.	Grand Valley State	222.79	3
4.	Missouri Southern	170.05	4
5.	Mary	110.01	20
6.	CSU Pueblo	109.66	5
7.	Academy of Art	101.47	21
8.	Central Missouri	96.87	6
9.	Queens (N.C.)	86.62	7
10.	Angelo State	86.32	8
11.	Lewis	83.51	14
12.	Saginaw Valley State	82.04	15
13.	Texas A&M-Commerce	79.56	9
14.	Minnesota State	78.99	10
15.	Adams State	77.85	11
16.	Lee (Tenn.)	72.42	12
17.	Fresno Pacific	67.90	25
18.	Colorado Mesa	63.67	13
19.	Nebraska-Kearney	59.97	NR
20.	Northwest Missouri	59.87	16
21.	Western Colorado	57.88	24
22.	Pittsburg State	53.69	17
23.	UC-Colorado Springs	52.67	18
24.	Fort Hays State	47.70	19
25.	Harding	47.55	23

USTFCCCA WEST REGION TEAM INDEX

Week 4 - Apr. 19, 2021

Rk	School	Pts.	Prev.
1.	Azusa Pacific	1,295.66	1
2.	Fresno Pacific	741.38	2
3.	Biola	726.96	3
4.	Concordia Irvine	660.79	4
5.	Academy of Art	635.72	5
6.	Western Washington	501.07	RV
7.	Central Washington	385.93	7
8.	Seattle Pacific	347.07	6
9.	Western Oregon	302.49	RV
10.	Point Loma	212.59	8



[Complete Poll Online](#)

GNAC Qualifiers For NCAA Outdoor Championships

MEN'S AUTOMATIC QUALIFIERS AS OF APR. 18, 2021

Event	Athlete	Mark	Rank	Date
Javelin	Beau Ackerman, MSUB	71.00/232-11	3rd	4/1/21

MEN'S PROVISIONAL QUALIFIERS AS OF APR. 18, 2021

Event	Athlete	Mark	Rank	Date
1,500 Meters	Calahan Warren, WWU	3:44.82	6th	4/3/21
	Hunter Hutton, WOU	3:49.24	29th	4/9/21
	Mac Franks, WWU	3:49.57	32nd	4/9/21
5,000 Meters	Calahan Warren, WWU	14:16.17	26th	3/20/21
10,000 Meters	Calahan Warren, WWU	29:55.17	20th	3/26/21
	Eric Hamel, WWU	30:17.34	30th	3/26/21
	Kevin McDermott, WWU	30:46.49	56th	3/26/21
Steeplechase	Lawson Sims, UAA	9:05.98	15th	4/9/21
	Kaleb Korta, WWU	9:12.73	20th	4/9/21
High Jump	Isaiah Girard, MSUB	2.05/6-8.75	T-18th	4/1/21
Hammer	Andrew Harris, CWU	59.92/196-7	17th	4/17/21
	Aidan Cain, CWU	55.70/182-9	44th	4/10/21
Decathlon	Braydon Maier, CWU	6,849	12th	4/16/21
	JJ Walker, WOU	6,432	27th	3/10/21

WOMEN'S PROVISIONAL QUALIFIERS AS OF APR. 18, 2021

Event	Athlete	Mark	Rank	Date
5,000 Meters	Dania Holmberg, SPU	17:04.76	23rd	3/20/21
Pole Vault	Scout Cai, SPU	3.95/12-11.5	T-18th	3/6/21
	Kinsey Langin, NNU	3.80/12-5.5	T-31st	4/9/21
Triple Jump	Karlie Hurley, WWU	12.04/39-6	T-26th	4/3/21
Javelin	Hannah Nienaber, WWU	47.52/155-11	6th	4/9/21
	Kaylee Wright, WOU	43.95/144-2	21st	3/23/21
Heptathlon	Natalie Vetto, WWU	42.06/138-0	31st	4/3/21
	Renick Meyer, SPU	4,629	18th	4/16/21
	Jenelle Hurley, WOU	4,596	20th	4/16/21

GNAC & NCAA Championships Qualifying Standards

MEN			EVENT	WOMEN		
GNAC	NCAA Prov.	NCAA Auto		GNAC	NCAA Prov.	NCAA Auto.
10.88	10.57	10.28	100 Meters	12.31	11.90	11.52
22.06	21.32	20.74	200 Meters	25.27	24.40	23.55
48.62	47.71	46.36	400 Meters	57.54	55.87	53.52
1:54.03	1:51.87	1:48.79	800 Meters	2:13.08	2:12.07	2:06.90
3:54.86	3:50.68	3:44.38	1,500 Meters	4:30.39	4:32.89	4:21.49
15:01.60	14:32.33	13:55.74	5,000 Meters	16:50.38	17:10.15	16:10.04
31:56.66	30:47.12	29:16.79	10,000 Meters	37:08.97	36:35.68	34:27.88
15.24	14.51	13.90	110/100m Hurdles	14.62	14.19	13.47
54.84	53.34	51.34	400m Hurdles	1:03.43	1:01.82	58.71
9:13.88	9:13.76	8:51.96	Steeplechase	11:11.32	10:59.70	10:13.78
1.96 / 6-5	2.05 / 6-8.75	2.14 / 7-0.25	High Jump	1.62 / 5-3.75	1.68 / 5-6	1.77 / 5-9.75
4.51 / 14-9.5	4.81 / 15-9.25	5.24 / 17-2.25	Pole Vault	3.32 / 10-10.75	3.67 / 12-0.5	4.10 / 13-5.25
6.89 / 22-7.25	7.26 / 23-10	7.68 / 25-2.5	Long Jump	5.55 / 18-2.5	5.80 / 19-0.25	6.23 / 20-5.25
13.82 / 45-4.25	14.69 / 48-2.5	15.67 / 51-5	Triple Jump	11.56 / 37-11.25	11.89 / 39-0.5	12.77 / 41-10.75
15.47 / 50-9.25	16.34 / 53-7.5	18.42 / 60-5.25	Shot Put	12.82 / 42-0.75	13.85 / 45-5.25	15.76 / 51-8.5
48.57 / 159-4	49.97 / 163-11	56.37 / 184-11	Discus	41.00 / 134-6	45.51 / 149-3	53.61 / 175-10
54.43 / 178-7	55.59 / 182-4	65.89 / 216-2	Hammer	49.58 / 162-0	52.09 / 170-10	60.58 / 198-9
59.10 / 193-11	58.75 / 192-9	69.57 / 228-3	Javelin	44.71 / 146-8	41.84 / 137-3	49.63 / 162-10
6,452	6,325	7,252	Dec./Hep.	4,593	4,529	5,207
NA	41.06	40.26	4x100 Relay	NA	46.73	45.52
NA	3:13.73	3:08.52	4x400 Relay	NA	3:48.64	3:39.55

GNAC Championships: The top-20 performers as listed in TFRRS will qualify for the championship meet in addition to any performers who meet the GNAC standard.

GNAC Indoor Track & Field Records

MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
200 Meters	21.47	Jeremiah Lauzon, Simon Fraser (2020)
400 Meters	47.61	Vladislav Tsygankov, Simon Fraser (2017)
800 Meters	1:47.74	Derek Holdsworth, Western Oregon (2020)
Mile	3:58.88	David Ribich, Western Oregon (2018)
3,000 Meters	7:50.81	David Ribich, Western Oregon (2018)
5,000 Meters	13:47.73	Micah Chelimo, Alaska Anchorage (2014)
60m Hurdles	8.08	Travis Milbrandt, Western Oregon (2015)
4x400 Relay	3:12.45	Alaska Anchorage (2016)
Nicholas Taylor, Liam Lindsey, Adam Commandeur, Cody Thomas		
Distance Medley	9:40.15	Western Oregon (2017)*
Dustin Nading, AJ Holmberg, Josh Dempsey, David Ribich		
High Jump	2.22/7-3.25	Mikel Smith, Saint Martin's (2017)
Pole Vault	5.31/17-5	Ryan Brown, Western Washington (2011)
Long Jump	7.46/24-5.75	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015/2017)
Shot Put	17.94/58-10.75	Cameron Neel, Western Washington (2007)
Weight Throw	18.85/61-10.25	Aidan Cain, Central Washington (2020)
Heptathlon	5,508	Chris Randolph, Seattle Pacific (2006)

MEN'S CONFERENCE MEET RECORDS

60 Meters	6.75	Alex Donigian, Western Washington (2014)
200 Meters	21.56	Carlos Ortiz, Concordia (2018)
400 Meters	47.80	Joel Webster, Simon Fraser (2016)
800 Meters	1:50.83	David Ribich, Western Oregon (2018)
Mile	4:10.01	David Ribich, Western Oregon (2017)
3,000 Meters	8:27.83	Henry Cheseto, Alaska Anchorage (2015)
5,000 Meters	14:36.06	Dominik Notz, Alaska Anchorage (2016)
60m Hurdles	8.08	Travis Milbrandt, Western Washington (2015)
4x400 Relay	3:14.10	Alaska Anchorage (2017)
Liam Lindsay, Darrior Gray, Nicholas Taylor, Adam Commandeur		
Distance Medley	9:58.18	Simon Fraser (2019)
Pierre-Louis Detourbe, Nate St. Romain, Aaron Ahl, Rowan Doherty		
High Jump	2.21/7-3	Mikel Smith, Saint Martin's (2017)
Pole Vault	5.16/16-11	Payton Lewis, Northwest Nazarene (2011)
Long Jump	7.38/24-2.5	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015/2017)
Shot Put	17.47/57-3.75	Cameron Neel, Central Washington (2007)
Weight Throw	18.64/61-2	Aidan Cain, Central Washington (2020)
Heptathlon	5,269	Kodiak Landis, Central Washington (2017)

CONFERENCE MEET HEPTATHLON EVENTS

60 Meters	7.03	Kodiak Landis, Central Washington (2018)
Long Jump	6.95/22-9.75	James Phillips, Concordia (2018)
	6.95/22-9.75	Kodiak Landis, Central Washington (2019)
Shot Put	13.69/44-11	Giovanni Brown, Concordia (2019)
High Jump	2.01/6-7	Micah Tranch, Northwest Nazarene (2017)
60m Hurdles	8.28	Travis Turner, Alaska Anchorage (2017)
Pole Vault	5.05/16-6.75	Payton Lewis, Northwest Nazarene (2016)
1,000 Meters	2:41.39	Giovanni Brown, Concordia (2019)

WOMEN - ALL MEETS

60 Meters	7.52	Paige Johnson, Concordia (2020)
200 Meters	24.09	Jamie Ashcroft, Alaska Anchorage (2017)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:04.94	Helen Crofts, Simon Fraser (2011)
Mile	4:32.88	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:07.05	Caroline Kurgat, Alaska Anchorage (2019)#
5,000 Meters	15:28.46	Caroline Kurgat, Alaska Anchorage (2019)#
60m Hurdles	8.51	Mariyah Vongsaveng, Central Washington (2017)
4x400 Relay	3:42.44	Seattle Pacific (2016)
Jalen Tims, Lynelle Decker, Cheryl Hong, Jahzelle Ambus		
Distance Medley	11:23.47	Alaska Anchorage (2019)
Ruth Cvancara, Vanessa Aniteye, Danielle McCormick, Caroline Kurgat		
High Jump	1.77/5-9.75	Danielle Ayers-Stamper, Seattle Pacific (2005)
Pole Vault	3.93/12-10.75	Halle Irvine, Central Washington (2018)
Long Jump	5.98/19-7.5	Peace Igbonagwam, Seattle Pacific (2019)
Triple Jump	12.70/41-8	Keshara Romain, Saint Martin's (2020)
Shot Put	17.62/57-9.75	McKenzie Warren, Concordia (2017)*
Weight Throw	19.52/64-0.5	Christina MacDonald, Concordia (2018)
Pentathlon	4,007	Danielle Ayers-Stamper, Seattle Pacific (2005)

WOMEN'S CONFERENCE MEET RECORDS

60 Meters	7.52	Paige Johnson, Concordia (2020)
200 Meters	24.09	Jamie Ashcroft, Alaska Anchorage (2017)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:08.28	Jessica Pixler, Seattle Pacific (2010)
Mile	4:40.39	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:47.64	Jennifer Johnson, Simon Fraser (2015)
5,000 Meters	16:47.07	Sarah Porter, Western Washington (2010)
60m Hurdles	8.51	Mariyah Vongsaveng, Central Washington (2017)
4x400 Relay	3:46.41	Simon Fraser (2016)
Distance Medley	11:23.47	Alaska Anchorage (2019)
Ruth Cvancara, Vanessa Aniteye, Danielle McCormick, Caroline Kurgat		
High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2014)
Pole Vault	3.93/12-10.75	Halle Irvine, Central Washington (2019)
Long Jump	5.98/19-7.5	Peace Igbonagwam, Seattle Pacific (2019)
Triple Jump	12.70/41-8	Keshara Romain, Saint Martin's (2020)
Shot Put	17.02/55-10.25	McKenzie Warren, Concordia (2017)
Weight Throw	18.67/61-3	Kori Sprague, Concordia (2020)
Pentathlon	3,815	Scout Cai, Seattle Pacific (2019)

CONFERENCE MEET PENTATHLON EVENTS

60m Hurdles	8.75	Rosie Smith, Alaska Anchorage (2016)
High Jump	1.69/5-6.5	Taylor Fettig, Central Washington (2014 & 2015)
		Karolin Anders, Alaska Anchorage (2015)
		Geneva Lehnert, Seattle Pacific (2017)
		Scout Cai, Seattle Pacific (2019)
Shot Put	11.96/39-3	Charlene Harber, Western Oregon (2012)
Long Jump	5.68/18-7.75	Karolin Anders, Alaska Anchorage (2016)
800 Meters	2:15.88	Ali Anderson, Central Washington (2017)

* - NCAA Division II record

- Division II all-time all-conditions best (oversized track)

GNAC Outdoor Track & Field Records

MEN - ALL MEETS

100 Meters	10.22	Alex Donigian, Western Washington (2015)
200 Meters	20.93	Alex Donigian, Western Washington (2016)
400 Meters	47.51	Ethan Hewitt, Alaska Anchorage (2011)
800 Meters	1:47.58	Badane Sultessa, Western Oregon (2015)
1,500 Meters	3:37.35	David Ribich, Western Oregon (2018)+
3,000 Meters	8:24.61	Jordan Welling, Western Washington (2014)
5,000 Meters	13:41.99	Micah Chelimo, Alaska Anchorage (2014)
10,000 Meters	28:37.75	Micah Chelimo, Alaska Anchorage (2014)
110m Hurdles	14.19	Travis Milbrandt, Western Washington (2016)
400m Hurdles	51.48	Vladislav Tsygankov, Simon Fraser (2017)
Steeplechase	8:45.63	Micah Chelimo, Alaska Anchorage (2012)
4x100 Relay	41.10	Central Washington (2010)
4x400 Relay	3:10.60	Alaska Anchorage (2016)
High Jump	2.16/7-1	Mikel Smith, Saint Martin's (2016)
Pole Vault	5.40/17-8.5	Ryan Brown, Western Washington (2010)
Long Jump	7.91/25-11.5	David Registe, Alaska Anchorage (2009)
Triple Jump	15.50/50-10.25	Wesley Gray, Western Oregon (2017)
Shot Put	18.55/60-10.5	Frank Catelli, Western Washington (2014)
Discus	55.78/183-0	Jake Knight, Northwest Nazarene (2019)
Hammer	62.89/206-4	Pro Escobedo, Western Oregon (2003)
Javelin	77.98/255-10	Cody Parker, Alaska Anchorage (2013)
Decathlon	7,872	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)
	21.32	Tyrell Williams, Western Oregon (2014)
400 Meters	47.55	Ethan Hewitt, Alaska Anchorage (2012)
	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 Meters	14:29.41	Micah Chelimo, Alaska Anchorage (2011)
10,000 Meters	30:25.75	Jordan Walling, Western Washington (2011)
110m Hurdles	14.21	Travis Milbrandt, Western Washington (2015)
400m Hurdles	51.77	Cordell Cummings, Western Washington (2019)
Steeplechase	8:47.26	Ryan Brockerville, Simon Fraser (2012)
4x100 Relay	41.10	Central Washington (2010)
4x400 Relay	3:13.84	Simon Fraser (2015)
		Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols
		Stuart Ellenwood, Cameron Proceviat, Joel Webster, Daniel Kelloway
High Jump	2.11/6-11	Tevin Gladden, Alaska Anchorage (2017)
Pole Vault	5.14/16-10.75	Ryan Brown, Western Washington (2010)
Long Jump	7.52/24-8.25	David Registe, Alaska Anchorage (2008)
Triple Jump	15.50/50-10.25	Wesley Gray, Western Oregon (2017)
Shot Put	18.20/59-8.75	Josh Koch, Concordia (2016)
Discus	55.74/182-10	Jake Knight, Northwest Nazarene (2019)
Hammer	61.61/202-1	Michael Hoffman, Western Washington (2008)
Javelin	69.49/228-0	Franz Burghagen, Alaska Anchorage (2013)
Decathlon	7,201	Cody Thomas, Alaska Anchorage (2016)

+ - Denotes Division II national record

WOMEN - ALL MEETS

100 Meters	11.64	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	23.99	NyEma Sims, Seattle Pacific (2007)
400 Meters	53.56	Mary Pierce, Alaska Anchorage (2007)
800 Meters	2:02.10	Helen Crofts, Simon Fraser (2013)
1,500 Meters	4:11.06	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:35.75	Sarah Porter, Western Washington (2011)
5,000 Meters	14:40.45	Caroline Kurgat, Alaska Anchorage (2019)
10,000 Meters	32:08.09	Caroline Kurgat, Alaska Anchorage (2019)+
100m Hurdles	13.64	Mariyah Vongsaveng, Central Washington (2018)
400m Hurdles	58.22	Sidney Trinidad, Central Washington (2019)
Steeplechase	10:02.45	Julia Howley, Simon Fraser (2019)
4x100 Relay	46.19	Simon Fraser (2017)
4x400 Relay	3:41.80	Western Oregon (2018)
High Jump	1.78/5-10	Teona Perkins, Seattle Pacific (2007)
Pole Vault	4.01/13-1.75	Anna Paradee, Western Washington (2017)
Long Jump	6.22/20-5	Renick Meyer, Seattle Pacific (2018)
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	Danielle Ayers-Stamper, Seattle Pacific (2005)

WOMEN'S CONFERENCE MEET RECORDS

100 Meters	11.81	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	24.30	Grace Morgan, Alaska Anchorage (2013)
400 Meters	54.19	Vanessa Aniteye, Alaska Anchorage (2019)
800 Meters	2:06.38	Jessica Pixler, Seattle Pacific (2010)
1,500 Meters	4:23.02	Caroline Kurgat, Alaska Anchorage (2019)
3,000 Meters	9:53.80	Jessica Pixler, Seattle Pacific (2007)
5,000 Meters	16:35.10	Caroline Kurgat, Alaska Anchorage (2019)
10,000 Meters	34:49.33	Caroline Kurgat, Alaska Anchorage (2018)
100m Hurdles	13.82	Danielle Ayers-Stamper, Seattle Pacific (2005)
400m Hurdles	58.22	Sidney Trinidad, Central Washington (2019)
Steeplechase	110:02.45	Julia Howley, Simon Fraser (2019)
4x100 Relay	46.39	Seattle Pacific (2019)
4x400 Relay	3:44.11	Peace Igbonagwam, Jenna Bouyer, Grace Bley, Julia Stepper
		Seattle Pacific (2013)
		Kishia Mitchell, Emily Quatier, Jasmine Johnson, McKayla Fricker
High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2016)
Pole Vault	3.91/12-10	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)
Javelin	52.40/171-11.25	Bethany Drake, Western Washington (2017)
Heptathlon	5,390	Ali Worthen, Seattle Pacific (2013)

2021 GNAC Meet Summaries

INDOOR SEASON

Thurs., Feb. 4- Sat., Feb. 6

BYU Collegiate Indoor Invite II

at BYU Smith Field House, Provo, Utah

Women (Top 5 GNAC Finishers): High Jump - 5, Madi VonBrethorst, NNU, 5-1.75.

Men (Top 5 GNAC Finishers): Shot Put - 5, Colton Burr, NNU, 44-8.25. Weight Throw - 4, Colton Burr, NNU, 51-1.5.

Thurs., Feb. 18-Sat., Feb. 20

BYU Cougar Indoor Invite III

at BYU Smith Field House, Provo, Utah

Women (Top 5 GNAC Finishers): 800 Meters - 3, Julia LaMar, NNU, 2:22.32; 4, Heidi Nisly, NNU, 2:23.76. 3,000 Meters - 2, Kalen Johnson, NNU, 10:51.77. Pole Vault - 5, Kinsley Langin, NNU, 12-0.5.

Men (Top 5 GNAC Finishers): 800 Meters - 5, Jeff Fairbanks, NNU, 1:59.30. 3,000 Meters - 2, Tyler Shea, NNU, 8:56.28. Long Jump - 3, Elijah Castro, NNU, 21-2.25. Weight Throw - 5, Colton Burr, NNU, 54-1.5.

Sat., Feb. 20

Stinger Open

at Don Yung Center, Spearfish, S.D.

Women (Top 5 GNAC Finishers): 60 Meters - 5, Kaitlin Mason, MSUB, 8.55. 4x400 Relay - 2, Montana State Billings (Glessner, Durbin, Soppel, Whitmer), 4:39.76. DMR - 5, Montana State Billings (Stoppel, Glessner, Durbin, Whitmer), 13:24.14.

Men (Top 5 GNAC Finishers): 3,000 Meters - 3, Logan Straus, MSUB, 9:02.56; 4, Carson Jessup, MSUB, 9:04.46. 4x400 Relay - 5, Montana State Billings (Ullmer, Pretty Weasel, Welsh, Redgrave), 3:53.95. DMR - 2, Montana State Billings (Straus, Bailey, Redgrave, Jessop), 10:58.22. Long Jump - 5, Payden Lynn, MSUB, 21-10.25. Triple Jump - 4, Bryce Olson, MSUB, 43-6; 5, Payden Lynn, MSUB, 43-5.75.

Sat., Feb. 20

Polar Vortex Classic

at Caldwell High School, Caldwell, Idaho

Women (Top 3 GNAC Finishers): Mile - 1, Bethany Danner, NNU, 5:21.21; 3, Annalisa Abdalla, NNU, 5:30.31.

Men (Top 3 GNAC Finishers): 60 Meters - 3, Cameron Willey, NNU, 7.24. 200 Meters - 3, Cameron Willey, NNU, 23.09. 400 Meters - 1, Turner Nye, NNU, 51.25. 60m Hurdles - 2, Turner Nye, NNU, 8.63.

OUTDOOR SEASON

Sat., Mar. 3

PLU Opener

at PLU Track, Tacoma, Wash.

Women (Top 2 GNAC Finishers): 100 Meters - 1, Makiya Worthy, SMU, 12.46; 3, Madison Vu, SMU, 13.21. 200 Meters - 1, Grace Bley, SPU, 24.81; 2, Jenna Bouyer, SPU, 25.31; 3, Julia Stepper, SPU, 25.46. 800 Meters - 1, Dania Holmberg, SPU, 2:18.99; 2, Ellie Rising, SPU, 2:20.04; 3, Cassidy Walchak-Sloan, SMU, 2:20.44. 1,500 Meters - 1, Dania Holmberg, SPU, 4:41.15; 2, Elizabeth Thompson, SPU, 4:51.88; 3, Ellie Rising, SPU, 4:55.28. 100 Hurdles - 1, Renick Meter, SPU, 14.80; 2, Gabriel Cintron, SMU, 16.20. 400 Hurdles - 1, Peace Igbonagwam, SPU, 1:05.21. 4x400 Relay - 1, Seattle Pacific (Bley, Bouyer, Stepper, Igbonagwam), 4:06.15; 2, Seattle Pacific (Smith, Cai, May, Kaufmann), 4:28.51. High Jump - 2, Ashley Vest, SMU, 5-1; 3, Annika Briggs, SMU, 4-9. Pole Vault - 1, Scout Cai, SPU, 12-11.5; 2, Brianna Cabrera, SMU, 10-2. Long Jump - 1, Margaret Zilla, SMU, 16-8; 3, Madison Johnson, SMU, 14-6.75. Shot Put - 1, Jocelyn Saribay, SMU, 37-10.5. Discus - 3, Jocelyn Saribay, SMU, 113-9. Hammer - 2, Johanna Zilla, SMU, 139-8; Javelin - 3, Renick Meyer, SPU, 101-0.

Men (Top 3 GNAC Finishers): 200 Meters - 1, Jeff Gordon, SPU, 22.12; 2, Michael Russell, SMU, 12.31. 400 Meters - 1, Donovan Albert, SMU, 56.06. 800 Meters - 1, Brayden Schultz, SPU, 1:58.47; 2, Jack Farrell, SMU, 1:59.72. 1,500 Meters - 2, Brayden Schultz, SPU, 4:03.36; 3, Jared Putney, SPU, 4:06.31. 110 Hurdles - 1, Andrew Boyd, SMU, 16.20; Steeplechase - 1, Michael Harwell, SMU, 10:15.43. 4x100 Relay - 1, Saint Martin's (Schulz, Russell, Wade, Boyd), 45.09. 4x400 Relay - 2, Seattle Pacific (Carpenter, Lee, Gabelein, Gordon), 3:40.04. High Jump - 1, Noah Simons, SMU, 5-3. Pole Vault - 1, Carter McGinnis, SPU, 14-1.25; 2, Andrew Alfred, SMU, 13-7.25. Long Jump - 1, Josh Schulz, SMU, 21-10.75; 3, Andrew Boyd, SMU, 19-5.25. Shot Put - 3, Micah Au-Haupu, SMU, 44-0.75. Hammer - 3, Cade Harris, SMU, 129-10.

Tues., Mar. 9-Wed., Mar. 10

Western Oregon Winter Multis

at McArthur Field, Monmouth, Ore.

Heptathlon (GNAC Finishers): 1, Anneke Moersdorf, OSU, 4,477. 2, McCall DeChenne, CWU, 4,406. 6, Jenelle Hurley, WOU, 4,045. 7, Ana Popchok, WOU, 3,940. 8, Hailey Holsey, CWU, 3,878. 9, Amity Deters, WOU, 3,312.

Decathlon (GNAC Finishers): 1, JJ Walker, WOU, 6,432. 3, Ryan Thoma, CWU, 5,518. 3, Deshaun Stevens, WOU, 4,889. 4, Logan Easley, CWU, 4,721. 5, Jake Thompson, WOU, 4,516. 6, Gunner Valentini, CWU, 4,319.

Sat., Mar. 13

OSU PNW Team Clash

at Whyte Track and Field Center, Corvallis, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Maya Hopwood, WOU, 12.28. 800 Meters - 2, Shayla Solomon, WOU, 2:20.32. 400 Hurdles - 2, Michaela Yonkman, WOU, 1:05.70.

Men (Top 3 GNAC Finishers): 800 Meters - 1, Emmett Klus, WOU, 1:56.84. 1,500 Meters - 1, Justin Crosswhite, WOU, 3:54.82. 5,000 Meters - 3, Keanu Daos, WOU, 15:07.68. 400 Hurdles - 1, Aaron Hanible, WOU, 56.00. Steeplechase - 1, Dominic Giordano, WOU, 9:37.76. 4x400 Relay - 2, Western Oregon (Sorah, Unknown, Walker, Stevens), 3:31.16. Long Jump - 3, Marley Harrison, WOU, 20-6.75. Triple Jump - 2, Jalon Fields, WOU, 47-3; 3, Marley Harrison, WOU, 44-2.75. Shot Put - 2, Owen Collins, WOU, 47-5.75. Discus - 2, Karsten Collins, WOU, 140-7. Hammer - 2, Sam Cole, WOU, 159-5; 3, Karsten Collins, WOU, 145-2. Javelin - 1, Austin Goldstein, WOU, 183-6.

2021 GNAC Meet Summaries

Fri., Mar. 19

Yellowjacket-Battlin' Bear Ice Breaker Open at Lockwood High School, Lockwood, Mont.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Kaitlin Mason, MSUB, 13.30. 100 Hurdles - 2, Kendall Lynn, MSUB, 17.71. 4x100 Relay - 1, Montana State Billings (Johnson, Lynn, Baughman, Mason), 52.47. 4x400 Relay - 1, Montana State Billings (Durbin, Glessner, Stoppel, Whitmer), 4:33.29. Long Jump - 1, Kendall Lynn, MSUB, 16-5.75; 2, Brenna Beckett, MSUB, 16-5.25. Shot Put - 1, Joleen Pollat, MSUB, 38-10.5; 2, Grace Jones, MSUB, 35-7.75. Discus - 1, Taylor Stringari, MSUB, 106-0; 2, Joleen Pollat, MSUB, 99-3; 3, Grace Jones, MSUB, 94-4. Hammer - 1, Taylor Stringari, MSUB, 153-6; 3, Grace Jones, MSUB, 110-8. Javelin - 1, Jordan Cookman, MSUB, 123-7; 2, Joleen Pollat, MSUB, 86-5.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Mason Schram, MSUB, 11.22; 2, Rahkei Eyer, MSUB, 11.55. 1,500 Meters - 3, Ase Ackerman, MSUB, 4:10.02. 110 Hurdles - 1, Cody Welch, MSUB, 17.80; 2, Carson Ullmer, MSUB, 18.51. 4x100 Relay - 1, Montana State Billings A (Harper, Schram, Lynn, Eyer), 43.18; 2, Montana State Billings B (Wells, Olson, McMillen, Girard), 44.70. 4x400 Relay - 2, Montana State Billings B (Olson, Welsh, Ullmer, Wells), 3:36.49; 3, Montana State Billings A (Bailey, Straus, Jessop, Redgrave), 3:37.56. High Jump - 1, Isaiah Girard, MSUB, 6-5. Long Jump - 1, Bryce Olsen, MSUB, 20-5.25; 2, Isaiah Girard, MSUB, 19-11.75; 3, Payden Lynn, MSUB, 19-11.5. Shot Put - 3, Braden Anderson, MSUB, 40-4. Discus - 1, Coen Guisti, MSUB, 120-7. Hammer - 1, Coen Guisti, MSUB, 140-4; 3, Braden Anderson, MSUB, 113-0. Javelin - 1, Beau Ackerman, MSUB, 220-7; 2, Payden Lynn, MSUB, 184-6.

Sat., Mar. 20

Doris Heritage Track Festival at West Seattle Stadium, Seattle, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Jenna Bouyer, SPU, 12.28; 1, Grace Bley, SPU, 12.28; 3, Peace Igbonagwam, SPU, 12.32. 200 Meters - 2, Grace Bley, SPU, 24.95; 3, Jenna Bouyer, SPU, 25.52. 400 Meters - 1, Karlie Hurley, WWU, 57.62; 3, Jasmyne Neria, CWU, 1:00.15; 800 Meters - 1, Ellie Rising, SPU, 2:16.18; 2, Elizabeth Thompson, SPU, 2:17.16; 3, Cassidy Walchak-Sloan, SMU, 2:20.96. 1,500 Meters - 1, Elizabeth Thompson, SPU, 4:45.20; 2, Ellie Rising, SPU, 4:46.07. 5,000 Meters - 1, Dania Holmberg, SPU, 17:04.76; 3, Belle Brandenfels, SPU, 18:22.96. 400 Hurdles - 2, McCall DeChenne, CWU, 1:03.45; 3, Elena Cano, UAA, 1:03.60. 4x100 Relay - 3, Central Washington, 49.81. Pole Vault - 1, Scout Cai, SPU, 11-9.75; 2, Hannah Dodson, WWU, 10-10; 3, Lizzy Daugherty, SPU, 10-10. Long Jump - 3, Karlie Hurley, WWU, 17-5.5. Shot Put - 2, Avery Fisk, CWU, 42-4.75. Hammer - 1, Meagan Smallbeck, CWU, 160-5. Javelin - 2, Hannah Nienaber, WWU, 146-4.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Michael Russell, SMU, 11.03; 3, Zachary Davis, CWU, 11.09. 200 Meters - 2, Michael Russell, SMU, 22.31; 3, Enrique Campbell, UAA, 22.36. 400 Meters - 1, Enrique Campbell, UAA, 49.75; 2, Doc Porter, CWU, 49.82. 1,500 Meters - 2, Lawson Sims, UAA, 4:00.68. 5,000 Meters - 1, Calahan Warren, WWU, 14:16.17; 2, Eric Hamel, WWU, 14:43.56; 3, Cole Nash, UAA, 14:45.66. 400 Hurdles - 3, Gunner Valentini, CWU, 56.31. High Jump - 1, Trent Kibler, WWU, 6-4.75; 2, Damian Mercado, 6-0.75. Pole Vault - 1, Brad Bowman, SPU, 11-11.75. Long Jump - 1, David Sramek, UAA, 21-3.25; 2, Damian Mercado, WWU, 20-6.5. Shot Put - 1, Ben Malquist, WWU, 50-2; 2, Ethan Tonder, CWU, 49-6.25; 3, Aidan Cain, CWU, 48-10. Hammer - 3, Aidan Cain, CWU, 175-3. Javelin - 2, Jaydon Tryon, WWU, 171-0; 3, Ryan Thoma, CWU, 166-7.

Western Oregon/Oregon St./Humboldt St. Tri-Meet At McArthur Field, Monmouth, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Maya Hopwood, WOU, 12.56; 3, Lauren Berry, WOU, 13.34. 200 Meters - 1, Maya Hopwood, WOU, 26.45. 400 Meters - 1, Adael Scatena, WOU, 57.89. 4x400 Relay - 2, Western Oregon (Popchock, Yonkman, Hurley, Carstensen), 4:07.46. Javelin - 3, Kaylee Wright, WOU, 129-1.

Men (Top 3 GNAC Finishers): 400 Meters - 1, JJ Walker, WOU, 53.64. 800 Meters - 1, Justin Crosswhite, WOU, 1:53.38; 2, Emmett Klus, WOU, 1:56.45. 1,500 Meters - 1, Bailey Smith, WOU, 4:05.28. 110 Hurdles - 1, Deshaun Stevens, WOU, 20.33. High Jump - 2, Eli Nafziger, WOU, 5-9.25. Long Jump - 1, Jalon Fields, WOU, 22-2.5; 2, Eli Nafziger, WOU, 21-3.25; 3, Deshaun Jackson, WOU, 20-10. Shot Put - 1, Owen Collins, WOU, 47-2.5; 3, Sam Cole, WOU, 44-2. Discus - 1, Karsten Collins, WOU, 138-4. Hammer - 1, Sam Cole, WOU, 162-6; 2, Karsten Collins, WOU, 153-2. Javelin - 1, Austin Goldstein, WU, 173-0.

Tues., Mar. 23

Western Oregon/Humboldt State/Pacific (Ore.) Tri-Meet at McArthur Field, Monmouth, Ore.

Women's Team Scores: Western Oregon 247, Pacific (Ore.) 126, Humboldt State 110.

Women (Top 3 GNAC Finishers): 200 Meters - 1, Maliyah Thompson, WOU, 26.86. 800 Meters - 1, Ashley Hauger, WOU, 2:25.59. 1,500 Meters - 1, Caitlin Heldt, WOU, 5:01.37; 3, Lindie Larson, WOU, 5:10.15. 100 Hurdles - 1, Maliyah Thompson, WOU, 15.66. 400 Hurdles - 1, Michaela Yonkman, WOU, 1:06.62. 4x100 Relay - 1, Western Oregon A (Hopwood, Popchock, Thompson, Jackson), 49.33; 2, Western Oregon B (Hurley, Carstensen, Berry, Yonkman), 52.46. 4x400 Relay - 1, Western Oregon B (Hopwood, Hurley, Yonkman, Carstensen), 4:11.39; 3, Western Oregon A (Detters, Hauger, McCarver, Leamy), 4:32.90. High Jump - 1, Jenelle Hurley, WOU, 5-3.75; 3, Ana Popchock, WOU, 4-9.95. Long Jump - 1, Makenzie Smith, WOU, 16-4.25; 3, Lauren Berry, WU, 15-11.5. Triple Jump - 2, Lauren Berry, WOU, 31-6.5. Shot Put - 1, Moana Gianotti, WOU, 39-5.75; 3, Lilianna Lyness, WOU, 34-6.75. Discus - 1, Moana Gianotti, WOU, 131-10; 2, Krystal Andres, WOU, 115-5. Hammer - 2, Moana Gianotti, WOU, 139-5; 3, Lilianna Lyness, WOU, 126-10. Javelin - 1, Kaylee Wright, WOU, 144-2; 3, Krystal Andres, WOU, 120-11.

Men's Team Scores: Western Oregon 237.5, Humboldt State 125.5, Pacific (Ore.) 73.

Men (Top 3 GNAC Finishers): 200 Meters - 2, Eli Nafziger, WOU, 24.41. 1,500 Meters - 1, Justin Crosswhite, WOU, 3:54.07. 5,000 Meters - 3, Cedar Davis-Frankfort, WOU, 17:36.46. 110 Hurdles - 1, Aaron Hanible, WOU, 16.40; 2, JJ Walker, WOU, 16.40. 400 Hurdles - 1, Aaron Hanible, WOU, 57.85. 4x100 Relay - 1, Western Oregon (Loggins, Hanible, Walker, Nafziger), 44.15. 4x400 Relay - 1, Western Oregon B (Stevens, Klus, Hanible, Walker), 3:27.79; 2, Western Oregon C (Reed, Crosswhite, Mefford, Austin), 3:30.46. High Jump - 1, Deshaun Stevens, WOU, 5-6. Pole Vault - 1, JJ Walker, WOU, 15-3; Tie 3, Deshaun Stevens, WOU, 10-0. Long Jump - 1, JJ Walker, WOU, 20-8.5; 2, Jalon Fields, WOU, 20-7.75; 3, Jacob Flury, WOU, 19-6. Triple Jump - 2, Jalon Fields, WOU, 43-7. Shot Put - 1, Owen Collins, WOU, 44-7.75. Discus - 1, Karsten Collins, WOU, 141-2; 3, Owen Collins, WOU, 133-6. Hammer - 1, Sam Cole, WOU, 155-11; 2, Owen Collins, WOU, 152-9; 3, Karsten Collins, WOU, 150-1. Javelin - 2, Eli Nafziger, WOU, 159-6.

2021 GNAC Meet Summaries

Fri., Mar. 26

Team 4 Titus

at Concordia Irvine Track, Irvine, Calif.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Magnus Hemingway, NNU, 11.01. 400 Meters - 1, Logan Blake, NNU, 48.87. 800 Meters - 1, Dylan Tidwell, NNU, 1:53.25. 5,000 Meters - 1, Tyler Shea, NNU, 14:46.82. 110 Hurdles - 2, Turner Nye, NNU, 15.75. 4x100 Relay - 3, Northwest Nazarene (Willee, Magee, Beck, Hemingway), 43.01. 4x400 Relay - 1, Northwest Nazarene (Magee, Nye, Beck, Blake), 3:23.77. Pole Vault - 3, Turner Nye, NNU, 13-9.75. Shot Put - 2, Colton Burr, 46-0.5; 3, Cody Robbins, NNU, 45-10.755. Discus - 3, Dylan Hendry, NNU, 142-10. Hammer - 2, Colton Burr, NNU, 165-11; 3, Dylan Hendry, NNU, 157-0. Javelin - 1, Brody Monson, NNU, 177-4.

Sat., Mar. 27

Ed Boitano Invitational

at Baker Stadium, Tacoma, Wash.

Women's Team Scores: Central Washington 154, Western Washington 138, Seattle Pacific 127, Saint Martin's 91, Pacific Lutheran 86, Puget Sound 49, Everett CC 17, Green River CC 5.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Grace Bley, SPU, 12.29; 3, Julia Stepper, SPU, 12.43. 200 Meters - 1, Grace Bley, SPU, 24.61; 3, Julia Stepper, SPU, 25.15. 400 Meters - 2, Jasmyne Neria, CWU, 1:00.50; 3, Charisma Smith, SPU, 1:00.79. 800 Meters - 1, Ellie Rising, SPU, 2:13.95; 2, Dania Holmberg, SPU, 2:17.78; 3, Elizabeth Thompson, SPU, 2:21.27. 1,500 Meters - 1, Kelsey Washenberger, SPU, 4:50.57; 2, Cassidy Walchak-Sloan, SMU, 4:54.25; 3, Belle Brandefels, SPU, 5:00.04. 5,000 Meters - 2, Abby Burton, SMU, 21:51.31. 10,000 Meters - 2, Molly Mattson, CWU, 38:39.38; 3, Sara Sabra, SMU, 40:27.55. 100 Hurdles - 1, Lauryn Chandler, CWU, 15.29; 2, Aliyah Dawkins, WWU, 15.49; 3, Gabriel Cintron, SMU, 16.39. 400 Hurdles - 1, McCall DeChenne, CWU, 1:03.02; 2, Rachel Krill, CWU, 1:06.08. 4x100 Relay - 1, Saint Martin's, 50.28. 4x400 Relay - 1, Seattle Pacific, 3:59.91; 2, Central Washington, 4:05.23. High Jump - 2, Jessica Neal, WWU, 5-5; 3, Eden Mortensen, SMU, 5-1. Pole Vault - 1, Scout Cai, SPU, 11-9.75; 2, Lexi Perry, WWU, 11-3.75; 3, Lizzy Daugherty, SPU, 10-10. Long Jump - 1, Renick Meyer, SPU, 18-11.75; 2, Yareli Ochoa, CWU, 17-7.5; 3, Aliyah Dawkins, WWU, 17-5.5. Triple Jump - 1, Karlie Hurley, WWU, 37-9.25; 2, Devon Olson, WWU, 36-10.5; 3, Jamie Sanford, WWU, 36-4.25. Shot Put - 1, Avery Fisk, CWU, 42-11.5; 2, Jocelyn Saribay, SMU, 38-11; 3, Katie Potts, WWU, 38-8.75. Discus - 1, Avery Fisk, CWU, 136-11; 2, Saran Sidibe, CWU, 135-3. Hammer - 1, Meagan Smallbeck, CWU, 159-5; 3, Raine Westfall, WWU, 146-3. Javelin - 1, Hannah Nienaber, WWU, 148-4; 3, Amanda Short, WWU, 132-7.

Men's Team Scores: Western Washington 266, Central Washington 140, Saint Martin's 85, Pacific Lutheran 69, Everett CC 42, Seattle Pacific 37, Puget Sound 32, Multnomah 23.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Zachary Davis, CWU, 11.14; 2, Harry Horwath, CWU, 11.20; 3, Noah Johnson, WWU, 11.44. 200 Meters - 1, Michael Russell, SMU, 22.10; 2, Harry Horwath, CWU, 22.35; 3, Zachary Davis, CWU, 22.42. 400 Meters - 1, Lukas Brenek, WWU, 49.52; 2, Bryant Welch, WWU, 49.61. 800 Meters - 1, Calahan Warren, WWU, 1:55.88; 2, Mac Franks, WWU, 1:56.33; 3, Brayden Schultz, SPU, 1:58.18. 1,500 Meters - 1, Jack Farrell, SMU, 4:01.22; 2, Rajesh Gill, CWU, 4:07.13; 3, Ian Fay, WWU, 4:07.57. 5,000 Meters - 1, Jack Farrell, SMU, 15:47.50; 2, Donovan Barnhart, CWU, 15:58.81. 10,000 Meters - 1, Calahan Warren, WWU, 29:55.17; 2, Eric Hamel, WWU, 30:17.34. 110 Hurdles - 1, Koby Okezie, WWU, 14.86; 2, Hunter Flick, WWU, 15.21; 3, Cordell Cummings, WWU, 15.42. 400 Hurdles - 1, Cordell Cummings, WWU, 54.13; 2, Gunner Vallatini, CWU, 55.97; 3, Koby Okezie, WWU, 58.13. Steeplechase - 1, Kaleb Korta, WWU, 9:19.40; 2, Jeret Gillingham, WWU, 9:27.55; 3, Mac Franks, WWU, 9:27.92. 4x400 Relay - 1, Saint Martin's, 3:25.88; 2, Seattle Pacific, 3:33.10. High Jump - 1, Damian Mercado, WWU, 6-2.75; 2, Andrew Boyd, SMU, 5-8.75. Pole Vault - 1, Kacey Provo, WWU, 14-11; 2, Tysen Campbell, CWU, 14-5.25; 3, Andrew Alfred, SMU, 14-5.25. Long Jump - 2, David

Tran, WWU, 22-2.25; 3, Ryan Greenwalt, WWU, 22-1. Triple Jump - 3, Damian Mercado, WWU, 42-0.5. Shot Put - 2, Ben Malquist, WWU, 551-7.75. Discus - 1, Aidan Cain, CWU, 149-2; 2, Martin Napeahi, CWU, 145-10. Hammer - 1, Andrew Harris, CWU, 188-8; 2, Aidan Cain, CWU, 176-4; 3, Ethan Tonder, 175-7. Javelin - 1, Mason Salley, WWU, 179-6; 2, Sean Witters, WWU, 165-4; 3, Jaydon Tryon, WWU, 161-7.

Team 4 Ely

at Concordia Irvine Track, Irvine, Calif.

Women (Top 3 GNAC Finishers): 400 Meters - 3, Lauren Wuertz, NNU, 57.85. 5,000 Meters - 3, Kalen Johnson, NNU, 18:05.76. 4x400 Relay - 2, Northwest Nazarene (Wuertz, Porter, Emerson, Brence), 3:59.15. Shot Put - 3, Destany Herbert, NNU, 37-5.75.

Sat., Mar. 27-Sun., Mar. 28

Yellow Jacket Spring Open

at Lyle Hare Stadium, Spearfish, S.D.

Women (Top 3 GNAC Finishers): Steeplechase - 1, Kailee Stoppel, MSUB, 12:37.11. Shot Put - 3, Joleen Pollat, MSUB, 41-0.25. Javelin - 3, Jordan Cookman, MSUB, 114-6.

Men (Top 3 GNAC Finishers): 800 Meters - 3, Carson Jessup, MSUB, 2:04.40. 5,000 Meters - 3, Ase Ackerman, MSUB, 15:52.80. Steeplechase - 2, Carson Jessup, MSUB, 9:56.01. 4x100 Relay - 2, Montana State Billings (Olson, Schram, Lynn Eyer), 43.28. High Jump - 1, Isaiah Girard, MSUB, 6-6.75.

Thurs., Apr. 1

MSUB/Rocky Meet

at Lockwood High School, Lockwood, Mont.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Michaela Johnson, MSUB, 13.55. 1,500 Meters - 2, Kailee Stoppel, MSUB, 4:56.66. 100 Hurdles - 2, Michaela Johnson, MSUB, 17.34; 3, Marley Glessner, MSUB, 17.82. 400 Hurdles - 2, Sierra Durbin, MSUB, 1:09.11; 3, Marley Glessner, MSUB, 1:17.82. 4x400 Relay - 3, Montana State Billings (Durbin, Glessner, Lynn, Whitmer), 4:22.71. Long Jump - 1, Brenna Beckett, MSUB, 16-9.75; 2, Kendall Lynn, MSUB, 16-9.25. Triple Jump - 1, Kendall Lynn, MSUB, 35-6.75; 2, Brenna Beckett, MSUB, 34-11.75. Shot Put - 3, Joleen Pollat, MSUB, 38-3.25. Hammer - 1, Taylor Stringari, MSUB, 148-8. Javelin - 1, Jordan Cookman, MSUB, 123-9.

Men (Top 3 GNAC Finishers): 200 Meters - 2, Mason Schram, MSUB, 23.51. 110 Hurdles - 3, Cody Welsh, MSUB, 18.24. 400 Hurdles - 3, Carson Ullmer, MSUB, 1:00.04. 4x100 Relay - 2, Montana State Billings (Olson, Schram, Lynn, Eyer), 42.85. 4x400 Relay - 2, Montana State Billings (Redgrave, McMillen, Jessop, Olson), 3:31.81. High Jump - 1, Isaiah Girard, MSUB, 6-8.75. Long Jump - 3, Isaiah Girard, MSUB, 22-0.75. Triple Jump - 1, Bryce Olson, MSUB, 43-5.75; 2, Payden Lynn, MSUB, 42-8; 3, Garrett McMillen, MSUB, 42-7.5. Javelin - 1, Beau Ackerman, 232-11; 2, Payden Lynn, MSUB, 173-10.

2021 GNAC Meet Summaries

Sat., Apr. 3

WWU Invitational

at Civic Stadium, Bellingham, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Julia Stepper, SPU, 12.25. 200 Meters - 2, Grace Bley, SPU, 24.86; 3rd, Jenna Bouyer, SPU, 25.55. 400 Meters - 1, Jenna Bouyer, SPU, 57.89; 2, Grace Bley, SPU, 58.04; 3, Kaitlyn Backman, UAA, 1:01.20. 800 Meters - 1, Tylantiss Atlas, UAA, 2:19.71; 3, Alfin Nyamasyo, UAA, 2:23.27. 5,000 Meters - 1, Sienna Taylor, WWU, 18:30.00; 2, Ila Davis, WWU, 18:45.41. 100 Hurdles - 1, Renick Meyer, SPU, 14.86; 2, Aliyah Dawkins, WWU, 14.91; 3, Elena Cano, UAA, 15.02. 400 Hurdles - 1, Elena Cano, UAA, 1:04.94; 3, Haley Bartaolaba, UAA, 1:09.65. 4x100 Relay - 1, Seattle Pacific (Bouyer, Meyer, Stepper, Bley), 47.05. 4x400 Relay - 1, Alaska Anchorage (Cano, Nyamasyo, Bartolaba, Backman), 4:07.82. High Jump - 1, Jessica Neal, WWU, 5-5.25; 3, Elena Cano, UAA, 4-11.5. Pole Vault - 1, Scout Cai, SPU, 12-0.5; 2, Hannah Dodson, WWU, 11-6.5; Tie 3, Madison Fassiotta, WWU, 11-0.75; Tie 3, Lexi Perry, WWU, 11-0.75. Long Jump - 1, Karlie Hurley, WWU, 18-6.5; 2, Renick Meyer, SPU, 18-4.5; 3, Elena Cano, UAA, 17-6. Triple Jump - 1, Karlie Hurley, WWU, 39-6; 2, Devon Olson, WWU, 38-7; 3, Jamie Sanford, WWU, 37-3. Shot Put - 1, Katie Potts, WWU, 41-8.5; 2, Mattison Crook, WWU, 38-9.5; 3, Scout Cai, SPU, 36-7. Discus - 2, Taliyah Coe, WWU, 127-10; 3, Katie Potts, WWU, 119-0. Hammer - 2, Raine Westfall, WWU, 155-6; 3, Mattison Crook, WWU, 142-4. Javelin - 1, Hannah Nienaber, WWU, 154-5; 2, Natalie Vetto, WWU, 138-0.

Men (Top 3 GNAC Finishers): 100 Meters - 1, David Tran, WWU, 11.04; 2, Tyrone Woodard, WWU, 11.24. 200 Meters - 1, Enrique Campbell, UAA, 22.29; 2, Bryant Welch, WWU, 22.35; 3, Lucas Brenek, WWU, 22.97. 400 Meters - 1, Enrique Campbell, UAA, 50.01; 2, Bryant Welch, WWU, 50.09. 800 Meters - 1, Mac Franks, WWU, 1:56.30; 2, Brock Knowles, WWU, 1:59.79. 1,500 Meters - 1, Calahan Warren, WWU, 3:44.82; 2, Mac Franks, WWU, 3:52.93; 3, Cole Nash, UAA, 3:55.84. 110 Hurdles - 1, Joshua Wagner, UAA, 14.75; 2, Cordell Cummings, WWU, 14.85; 3, Hunter Flick, WWU, 15.61. 400 Hurdles - 1, Cordell Cummings, WWU, 53.96; 2, Joshua Wagner, UAA, 55.16; 3, Jaden Edwards, WWU, 57.21. Steeplechase - 1, Lawson Sims, UAA, 9:18.57; 2, Ian Fay, WWU, 9:35.87. 4x400 Relay - 1, Western Washington A (Brenek, Unknown, Daniels, Engebretsen), 3:25.88; 2, Alaska Anchorage (Campbell, Sramek, Wagner, McGill), 3:26.81; 3, Western Washington B (Bursch, Franks, Knowles, Warren), 3:32.27. High Jump - 1, Ethan Sterkel, WWU, 6-3.25. Pole Vault - 1, Kasey Provo, WWU, 14-7.5; 3, David Sramek, UAA, 13-7.75. Long Jump - 1, Ethan Sterkel, WWU, 21-4; 2, Ryan Kenny, WWU, 20-10.75; 3, Damian Mercado, WWU, 20-6.5. Triple Jump - 1, Damian Mercado, WWU, 43-3.75. Shot Put - 1, Ben Malquist, WWU, 52-7.5. Discus - 1, Ben Malquist, WWU, 145-11. Javelin - 1, Jaydon Tryon, WWU, 175-8; 2, Sean Witters, WWU, 168-11; 3, Mason Salley, WWU, 166-7.

NW Distance Jamboree

at Lane Community College, Eugene, Ore.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): None.

Fri., Apr. 9

Seattle Pacific Dual vs. SeattleU

at West Seattle Stadium, Seattle, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Grace Bley, SPU, 12.34; 3, Julia Stepper, SPU, 12.41. 200 Meters - 1, Grace Bley, SPU, 26.10; 2, Julia Stepper, SPU, 27.11. 400 Meters - 2, Charisma Smith, SPU, 1:02.17. 1,500 Meters - 1, Dania Holmberg, SPU, 4:36.54; 2, Ellie Rising, SPU, 4:46.65. 3,000 Meters - 1, Belle Brandenfels, SPU, 10:34.54. 100m Hurdles - Renick Meyer, SPU, 14.81; 3, Abby Kaufman, SPU, 18.52. 4x100 Relay - 1, Seattle Pacific (Bouyer, Meyer, Stepper, Bley), 47.79. 4x400 Relay - 2, Seattle Pacific (Bley, Bouyer, Stepper, Smith), 4:10.24. Pole Vault - 1, Scout Cai, SPU, 10-11.75; 2, Lizzy Daugherty, SPU, 10-0; 3, Emily Northey, SPU, 9-6.25. Long Jump - 1, Re-

nick Meyer, SPU, 18-4.5. Javelin - 1, Scout Cai, SPU, 115-4; 2, Abby Kaufmann, SPU, 109-10.

Men (Top 3 GNAC Finishers): 200 Meters - 1, Evan Carpenter, SPU, 23.95; 2, Julius Shepherd, SPU, 25.16. 400 Meters - 1, Julius Shepherd, SPU, 52.37; 3, Evan Carpenter, SPU, 53.19. 800 Meters - 2, Brayden Schultz, SPU, 1:59.30. Steeplechase - 1, Jared Putney, SPU, 9:37.15; 2, Austin Weese, SPU, 9:47.49; 3, Colin Boutin, SPU, 10:03.64. 4x100 Relay - 2, Seattle Pacific (Carpenter, Shepherd, Owen, Hentges), 3:35.95. Pole Vault - 1, Kainoa Lee, SPU, 12-11.5. Long Jump - 1, David Njeri, SPU, 20-4.5.

Fri., Apr. 9-Sat., Apr. 10

John Knight Twilight

at McArthur Field, Monmouth, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Maya Hopwood, WOU, 12.25; 2, Lauren Berry, WOU, 13.13. 200 Meters - 1, Karlie Hurley, WWU, 25.13; 2, Maya Hopwood, WOU, 26.43; 3, Jenelle Hurley, WOU, 26.80. 400 Meters - 1, Tylantiss Atlas, UAA, 56.97; 2, Karlie Hurley, WWU, 57.63; 3, Kaitlyn Backman, UAA, 1:00.77. 800 Meters - 2, Shayla Solomon, WOU, 2:24.13; 3, Ila Davis, WWU, 2:28.73. 5,000 Meters - 1, Caitlin Heldt, WOU, 18:18.47; 3, Arielle Himelbloom, UAA, 20:03.82. 100 Hurdles - 1, Aliyah Dawkins, WWU, 14.96; 2, Elena Cano, WWU, 15.03. 400 Hurdles - 1, Elena Cano, UAA, 1:04.81; 2, Michaela Yonkman, WOU, 1:06.68; 3, Haley Bartolaba, UAA, 1:06.26. 4x400 Relay - 1, Alaska Anchorage (Cano, Backman, Johnasen, Atlas), 4:11.93; 2, Western Oregon (Popchok, Deters, Carstensen, Yonkman), 4:15.03. High Jump - 1, Jenelle Hurley, WOU, 5-4.5; 2, Aliyah Dawkins, WWU, 5-2.5; 3, Elena Cano, UAA, 5-2.5. Long Jump - 1, Jamie Sanford, WWU, 17-4.75; 2, Elena Cano, WWU, 17-1.25; 3, Lauren Berry, WOU, 16-0.25. Triple Jump - 1, Devon Olson, WWU, 36-9; 2, Ana Popchok, WOU, 36-3.5; 3, Jamie Sanford, WWU, 34-10.5. Shot Put - 1, Katie Potts, WWU, 41-4.5; 2, Moana Gianotti, WOU, 40-9.5; 3, Mattison Crook, 40-3.25. Discus - 1, Moana Gianotti, WOU, 134-9; 2, Taliyah Coe, WWU, 127-0; 3, Katie Potts, WWU, 125-11. Hammer - 1, Moana Gianotti, WOU, 151-0; 2, Raine Westfall, WWU, 148-3; 3, Katie Potts, WWU, 140-3. Javelin - 1, Hannah Nienaber, WWU, 155-11; 2, Kaylee Wright, WOU, 137-11; 3, Amanda Short, WWU, 133-11.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Dominique Loggins, WOU, 10.86; 3, Joshua Wagner, UA, 10.97. 200 Meters - 1, Joshua Wagner, UAA, 22.400; 2, Enrique Campbell, UAA, 22.51; 3, Bryant Welch, WWU, 22.58. 400 Meters - 2, Lucas Brenek, WWU, 49.24; 3, Enrique Campbell, UAA, 50.01. 800 Meters - 1, Justin Crosswhite, WOU, 1:53.98; 2, Calahan Warren, WWU, 1:54.00; 3, Mac Franks, WWU, 1:54.06. 1,500 Meters - 1, Calahan Warren, WWU, 3:48.42; 2, Hunter Hutton, WOU, 3:49.24; 3, Mac Franks, WWU, 3:49.57. 5,000 Meters - 1, Cole Nash, UAA, 14:38.89. 110m Hurdles - 1, Koby Okezie, WWU, 14.68; 2, Joshua Wagner, UAA, 14.84; 3, Cordell Cummings, WWU, 14.85. 400m Hurdles - 1, Cordell Cummings, WWU, 53.90; 2, Aaron Hanible, WOU, 56.06; 3, Daryl Bushnell, UAA, 57.97. Steeplechase - 1, Lawson Sims, UAA, 9:05.98; 2, Kaleb Korta, WOU, 9:12.73; 3, Jeret Gillingham, WWU, 9:16.03. 4x400 Relay - 1, Alaska Anchorage (Sramek, Wagner, McGill, Campbell), 43.14. 4x400 Relay - 1, Western Oregon (Walker, Hanible, Reed, Crosswhite), 3:26.52; 2, Alaska Anchorage (Wagner, Sramek, Sims, Campbell), 3:30.42. High Jump - 1, Trent Kibler, WWU, 6-6.75; 2, Devin Hasher, WOU, 6-4.75. Triple Jump - 2, Damian Mercado, WWU, 44-7; 3, Jalon Fields, WOU, 44-1.5. Shot Put - 1, Ben Malquist, WWU, 52-4; 2, Owen Collins, WOU, 48-4.75; 3, Sam Cole, WOU, 44-4. Discus - 2, Ben Malquist, WWU, 136-10; 3, Owen Collins, WOU, 136-2. Hammer - 1, Sam Cole, WOU, 163-0; 2, Owen Collins, WOU, 137-7. Javelin - 1, Austin Goldstein, WOU, 188-1; 3, Jaydon Tryon, WWU, 181-2.

2021 GNAC Meet Summaries

Fri., Apr. 9-Sat., Apr. 10

Aggie Invitational

at Ralph Maughan Track Stadium, Logan, Utah

Women (Top 3 GNAC Finishers): 400 Meters - 2, Lauren Wuertz, NNU, 55.02.

Pole Vault - 1, Kinsey Langin, NNU, 12-5.5.

Men (Top 3 GNAC Finishers): 400 Meters - 2, Logan Blake, NNU, 49.67. 800 Meters - 3, Dylan Tidwell, NNU, 1:56.76. Steeplechase - 1, Treysen Conley, NNU, 11:04.17.

Sat., Apr. 10

PLU Invitational

at PLU Track, Tacoma, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Makiya Worthy, SMU, 12.35. 200 Meters - 1, Makiya Worthy, SMU, 24.94. 800 Meters - 2, Cassidy Walchak-Sloan, SMU, 2:23.19. 800 Meters - 2, Cassidy Sloan-Walchak, SMU, 4:51.28. 5,000 Meters - 1, Elaina Hansen, SMU, 18:51.96. 100m Hurdles - 2, Eden Mortensen, SMU, 16.18. High Jump - 2, Jessica Neal, WWU, 5-3; 3, Ashley Vest, SMU, 5-1. Pole Vault - Tie 1, Scout Cai, SPU, SPU, 10-11.75; Tie 1, Lexi Perry, WWU, 10-11.75; 3, Hannah Dobson, WWU, 10-6. Long Jump - 2, Margaret Zilla, SMU, 15-10.5. Triple Jump - 1, Margaret Zilla, SMU, 34-2.25; 3, Hannah Cook, SMU, 30-0.75. Shot Put - 1, Jocelyn Saribay, SMU, 38-3.25; 2, Jasmine Kaufman, WWU, 37-8; 3, Carmen Cleveland Barrera, WWU, 36-10.5. Discus - 2, Jocelyn Saribay, SMU, 117-1. Hammer - 2, Johanna Zilla, SMU, 140-11.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Michael Russell, SMU, 10.96; 3, Landon Armstrong, SMU, 11.20. 200 Meters - 1, Michael Russell, SMU, 22.10. 800 Meters - 1, Brock Knowles, WWU, 1:59.48. 1,500 Meters - 1, Nick Sarysz, SMU, 4:07.64; 2, Andrew Oslin, SMU, 4:07.82. 5,000 Meters - 2, Andrew Oslin, SMU, 15:35.05. 110m Hurdles - 1, Andrew Boyd, SMU, 15.74; 2, Ryan Kenny, WWU, 17.77. High Jump - Tie 2, Andrew Boyd, SMU, 5-7. Pole Vault - 2, Cooper Holy, WWU, 13-11.25; 3, Andrew Alfred, SMU, 13-11.25. Long Jump - 3, Andrew Schulz, SMU, 20-10. Shot Put - 2, Micah Au-Hauptu, SMU, 45-4.5. Discus - 3, Micah Au-Hauptu, SMU, 132-3. Javelin - 1, Landon Armstrong, SMU, 163-9.

War XII Meet

at Spokane Falls CC, Spokane, Wash.

Women (Top 3 GNAC Finishers): 1,500 Meters - 2, Molly Mattson, CWU, 5:00.25. 5,000 Meters - 3, Molly Mattson, CWU, 18:55.62. 100m Hurdles - 2, McCall DeChenne, CWU, 15.16. 400m Hurdles - 1, McCall DeChenne, CWU, 1:02.28. Steeplechase - 3, Caitlin Gohr, CWU, 12:22.0. 4x100 Relay - 2, Central Washington (Hansen, Doss, Ochoa, Robydek), 48.79. 4x400 Relay - 1, Central Washington C (Green, Chandler, Robydek, Taylor), 4:03.23. High Jump - 2, Rachele Hamilton, CWU, 5-3. Long Jump - 1, Jillyan Taylor, CWU, 16-8.75; 2, Erica Cabanos, CWU, 16-5.75. Discus - 2, Avery Fisk, CWU, 135-8.

Men (Top 3 GNAC Finishers): 400 Meters - 3, Doc Porter, CWU, 50.33. 4x100 Relay - 1, Central Washington (Davis, Horwath, Sidor, Easley), 42.56. Pole Vault - 2, Braydon Meier, CWU, 15-2.75. Long Jump - 1, Ryan Thoma, CWU, 22-3.75. Shot Put - 3, Aidan Cain, CWU, 50-4. Discus - 3, Martin Napeahi, CWU, 153-1. Hammer - 2, Andrew Harris, CWU, 188-7.

Bauer Open

at O'Harra Stadium, Rapid City, S.D.

Women (Top 3 GNAC Finishers): 1,500 Meters - 3, Kailee Stoppel, MSUB, 4:58.45. 400m Hurdles - 2, Sierra Durbin, MSUB, 1:08.72; 3, Kendall Lynn, MSUB, 1:10.29. 4x400 Relay - 2, Montana State Billings (Lynn, Durbin, Glessner, Whitmer), 4:24.29. Long Jump - 1, Kendall Lynn, MSUB, 17-3.25. Javelin - 1, Jordan Cookman, MSUB, 126-4.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Mason Schram, MSUB, 10.97. 1,500 Meters - 2, Ase Ackerman, MSUB, 4:02.77. 5,000 Meters - 3, Bryant Edgerton, MSUB, 16:25.30. Steeplechase - 1, Carson Jessup, MSUB, 9:33.89. 4x100 Relay - 2, Montana State Billings (Olson, Schram, Lynn, Harper), 43.27. 4x400 Relay - 3, Montana State Billings (Olson, Redgrave, Jessop, McMillen), 3:32.26. Javelin - 1, Beau Ackerman, MSUB, 213-8.

Fri., Apr. 16-Sat., Apr. 17

CWU Wildcat Invitational

at CWU Recreation & Sport Complex, Ellensburg, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Grace Bley, SPU, 12.26; 2, Jenna Bouyer, SPU, 12.37. 200 Meters - 2, Grace Bley, SPU, 25.04; 3, Julia Stepper, SPU, 25.22. 400 Meters - 1, Jasmyne Neria, CWU, 59.21; 2, Dani Taylor, CWU, 59.97. 800 Meters - 2, Annika Esvelt, SPU, 2:24.87. 1,500 Meters - 3, Madison Child, CWU, 4:58.57. 3,000 Meters - 1, Molly Mattson, CWU, 10:39.73; 2, Kate Lilly, SPU, 10:46.64; 3, Zoie Mastin, CWU, 11:05.70. 5,000 Meters - 1, Tailer Cochran, CWU, 21:19.60. 100m Hurdles - 1, Aliyah Dawkins, WWU, 14.61; 2, Lauryn Chandler, CWU, 14.70. 400m Hurdles - 1, Rachel Krill, CWU, 1:04.56. 4x100 Relay - 1, Central Washington A, 48.17; 2, Central Washington B, 52.65. 4x400 Relay - 1, Central Washington, 4:02.46. High Jump - 1, Aliyah Dawkins, WWU, 5-5.75; 2, Rachele Hamilton, CWU, 5-3.75. Pole Vault - 1, Scout Cai, SPU, 12-1.5; Tie 2, Lexi Perry, WWU, 11-1.75; Tie 2, Lizzy Daugherty, SPU, 11-1.75. Long Jump - 1, Aliyah Dawkins, WWU, 18-2.5; 2, Jamie Sanford, WWU, 17-9; 3, Devon Olson, WWU, 17-8.25. Triple Jump - 1, Karlie Hurley, WWU, 38-7.5; 2, Devon Olson, WWU, 37-5; 3, Jamie Sanford, WWU, 36-9. Shot Put - 3, Carmen Cleveland Barrera, WWU, 40-5. Discus - 1, Avery Fisk, CWU, 144-11; 3, Taliah Coe, WWU, 130-10. Hammer - 1, Meagan Smallbeck, CWU, 160-2. Javelin - 1, Hannah Nienaber, WWU, 148-10; 3, Natalie Vetto, WWU, 130-9. Heptathlon - 1, Renick Meyer, SPU, 4:629; 2, Jenelle Hurley, WOU, 4,596; 3, McCall DeChenne, CWU, 4,479.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Zachary Davis, CWU, 11.17; 3, Ryan Greenwalt, WWU, 11.18. 200 Meters - 2, Bryant Welch, WWU, 22.21; 3, Harry Horwath, CWU, 22.43. 400 Meters - 1, Ryan Witters, WWU, 51.30; 2, Sonny Chhim, WWU, 52.97. 800 Meters - 3, JR Hentges, SPU, 2:01.70. 1,500 Meters - 3, Jared Putney, SPU, 4:02.42. 110m Hurdles - 1, Koby Okezie, WWU, 14.55; 2, Cordell Cummings, WWU, 14.82; 3, Hunter Flick, WWU, 14.94. 400m Hurdles - 1, Cordell Cummings, WWU, 54.50; 2, Gunner Valentini, CWU, 55.05; 3, Austin Albertini, CWU, 56.00. 4x100 Relay - 1, Central Washington, 42.11. 4x400 Relay - 2, Western Washington, 3:22.45; 3, Central Washington, 3:25.62. High Jump - 1, Trent Kibler, WWU, 6-3.25; 2, Damian Mercado, WWU, 6-1.25. Pole Vault - 1, Jacob Thompson, CWU, 14-11; 3, Kacey Provo, WWU, 14-5.25. Long Jump - 1, Ryan Greenwalt, WWU, 21-11.75; 2, David Njeri, SPU, 21-10.25. Triple Jump - 1, David Njeri, SPU, 47-1.75; 2, Damian Mercado, WWU, 44-6.25. Shot Put - 1, Ben Malquist, WWU, 52-6.5; 2, Aidan Cain, CWU, 48-5.5; 3, Ethan Tonder, CWU, 47-1.5. Discus - 1, Aidan Cain, CWU, 158-3; 2, Omar Young, CWU, 145-3; Wyatt Franklin, CWU, 142-7. Hammer - 1, Andrew Harris, CWU, 196-7; 2, Ethan Tonder, CWU, 189-11; 3, Aidan Cain, CWU, 179-5. Javelin - 1, Sean Witters, WWU, 180-2; 2, Jaydon Tryon, WWU, 175-11; 3, Mason Salley, WWU, 159-11. Decathlon - 1, Braydon Maier, CWU, 6,849; 2, Ryan Thoma, CWU, 6,399; 3, Turner Nye, NNU, 5,708.

2021 GNAC Meet Summaries

Fri., Apr. 16-Sat., Apr. 17

**Idaho State Bengal Invitational
Davis Field, Pocatello, Idaho**

Women (Top 3 GNAC Finishers): 400 Meters - 2, Lauren Wuertz, NNU, 56.68.

Pole Vault - 2, Kinsey Langin, NNU, 12-1.5.

Men (Top 3 GNAC Finishers): 5,000 Meters - 3, Tyler Shea, NNU, 14:56.34.

Triple Jump - 1, Bryce Olson, MSUB, 43-7.

Sat., Apr. 17

**Titan Invitational
at Lane CC, Eugene, Ore.**

Women (Top 3 GNAC Finishers): 800 Meters - 1, Shayla Solomon, WOU, 2:21.74; 2, Ashley Hauger, WOU, 2:23.94. 100m Hurdles - 3, Ana Popchock, WOU, 15.63. 400m Hurdles - 1, Ana Popchock, WOU, 1:05.58; 2, Michaela Yonkman, WOU, 1:06.99. Steeplechase - 2, Kaiya Leamy, WOU, 13:10.88. Shot Put - 2, Moana Gianotti, WOU, 41-1.75. Discus - 2, Moana Gianotti, WOU, 148-8. Javelin - 1, Kaylee Wright, WOU, 134-2; 3, Krystal Andres, WOU, 122-11.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Keola Yadao, WOU, 10.62. 800 Meters - 2, Emmett Klus, WOU, 1:55.24; 3, Curt Knott, WOU, 1:57.24. 5,000 Meters - Dominic Giordano, 15:36.65. 400m Hurdles - 2, Aaron Hanible, WOU, 55.88. High Jump - 2, Devin Hasher, WOU, 6-4.75. Long Jump - 2, Jalon Fields, WOU, 23-2.75. Triple Jump - 2, Jalon Fields, WOU, 46-4.25. Shot Put - 1, Owen Collins, WOU, 47-8.5. Hammer - 3, Sam Cole, WOU, 155-11.