



May 11, 2022 • Week 17
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., May 13-Sat., May 14
GNAC Outdoor Track and Field Championships
 at Ellensburg, Wash.

Fri., May 13

Field Events

10:30 a.m. Women's Long Jump
 11 a.m. Men's Javelin
 11:30 a.m. Women's Shot Put
 1 p.m. Men's Long Jump
 1:45 p.m. Men's Discus
 2 p.m. Women's Javelin
 3:45 p.m. Women's Pole Vault
 4:30 p.m. Women's Discus
 4:45 p.m. Men's High Jump

Running Events (Prelims Unless Noted)

3 p.m. Women's Steeplechase (Final)
 3:15 p.m. Men's Steeplechase (Final)
 3:35 p.m. Women's 100-Meter Hurdles
 3:50 p.m. Men's 110-Meter Hurdles
 4:05 p.m. Women's 400 Meters
 4:15 p.m. Men's 400 Meters
 4:30 p.m. Women's 100 Meters
 4:45 p.m. Men's 100 Meters
 5:05 p.m. Women's 800 Meters
 5:25 p.m. Men's 800 Meters
 5:35 p.m. Women's 400-Meter Hurdles
 5:50 p.m. Men's 400-Meter Hurdles
 6:10 p.m. Women's 200 Meters
 6:20 p.m. Men's 200 Meters
 6:35 p.m. Women's 10,000 Meters
 7:25 p.m. Men's 10,000 Meters

Sat., May 14

Field Events

10:15 a.m. Men's Triple Jump
 10:45 a.m. Men's Shot Put
 12:45 p.m. Women's Triple Jump
 1:15 p.m. Women's Hammer
 3:10 p.m. Men's Pole Vault
 3:40 p.m. Men's Hammer
 3:45 p.m. Women's High Jump

Running Events

2:45 p.m. Women's 4x100 Relay
 2:50 p.m. Men's 4x100 Relay
 3 p.m. Women's 1,500 Meters
 3:05 p.m. Men's 1,500 Meters
 3:15 p.m. Women's 100-Meter Hurdles
 3:25 p.m. Men's 110-Meter Hurdles
 3:35 p.m. Women's 400 Meters
 3:40 p.m. Men's 400 Meters
 3:50 p.m. Women's 100 Meters
 3:55 p.m. Men's 100 Meters
 4:05 p.m. Women's 800 Meters

4:10 p.m. Men's 800 Meters
 4:20 p.m. Women's 400-Meter Hurdles
 4:30 p.m. Men's 400-Meter Hurdles
 4:40 p.m. Women's 200 Meters
 4:45 p.m. Men's 200 Meters
 4:50 p.m. Women's 5,000 Meters
 5:15 p.m. Men's 5,000 Meters
 5:40 p.m. Women's 4x400 Relay
 5:45 p.m. Men's 4x400 Relay

LAST WEEK'S MEETS

Mon., May 2-Tues., May 3
GNAC Combined Events Championships
 at Civic Stadium, Bellingham, Wash.

Heptathlon: 1, Elena Cano, UAA, 4,936. 2, Jenelle Hurley, WOU, 4,821. 3, McCall DeChenne, CWU, 4,751. 4, Amity Deters, WOU, 4,373. 5, Matty Lagerwey, WWU, 4,356. 6, Ana Popchok, WOU, 4,167. 7, Macy Clemens, WOU, 3,977. 8, Leanne Kibbee, WWU, 3,694.
Decathlon: 1, Steven Schmidt, NNU, 6,488. 2, Drew Klein, CWU, 6,436. 3, Andrew Boyd, SMU, 6,220. 4, Ryan Kenny, WWU, 6,053. 5, Cooper Cummings, WWU, 5,987. 6, Turner Nye, NNU, 5,965. 7, Logan Easley, CWU, 5,482. 8, Trent Kibler, WWU, 4,754.

Wed., May 4

DSU Last Chance Meet
 at Henry Biesiot Activities Center, Dickinson, N.D.

Women (Top 3 GNAC Finishers): 400 Hurdles - 2, Sierra Durbin, MSUB, 1:10.44; 3, Annelise Clark, MSUB, 1:13.88. 4x100 Relay - 2, Montana State Billings (Hamil, Thompson, Bohl, Chase), 50.44. Hammer - 3, Danara Tulimaiau, MSUB, 122-11.

Men (Top 3 GNAC Finishers): 110 Hurdles - 1, Bradley Graves, MSUB, 15.00. High Jump - 3, Favor Okere, MSUB, 6-2.75. Shot Put - 2, Braden Anderson, MSUB, 47-3.75. Discus - 1, Forrest Cross, MSUB, 149-7. Javelin - 3, Brandon Geck, MSUB, 139-8.

Fri., May 6

Cal State Fullerton Tuneup
 at Titan Track Complex, Fullerton, Calif.
Women (Top 3 GNAC Finishers): None.
Men (Top 3 GNAC Finishers): None.

Oregon Twilight

at Hayward Field, Eugene, Ore.
Women (Top 3 GNAC Finishers): 400 Meters - 3, Ty-lantiss Atlas, UAA, 57.22. 400 Hurdles - 2, Elena Cano, UAA, 1:00.86. Javelin - 2, Kaylee Wright, WOU, 147-0.
Men (Top 3 GNAC Finishers): 110 Hurdles - 2, Joshua Wagner, UAA, 14.29. 400 Hurdles - 1, Joshua Wagner, UAA, 54.71.

Sat., May 7

Linfield Open
 at Maxwell Field, McMinnville, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Ana Popchok, WOU, 12.56. 200 Meters - 2, Jessy Hart, WOU, 26.09. 100 Hurdles - 2, Ana Popchok, WOU, 15.09; 3, Maliyah Thompson, WOU, 15.32. 400 Hurdles - 1, Jenelle Hurley, WOU, 1:06.31; 2, Madeline Lambing, WOU, 1:06.62. 4x400 Relay - 1, Western Oregon (Lambing, Hurley, Hart, Deters), 4:02.48; 2, Western Washington (Crocker, Wright, Cheney, Bates), 4:03.27. Pole Vault - 1, Lizzy Daugherty, SPU, 12-4; 2, Charlie Hill, SPU, 11-0.25. Long Jump - 1, Sydney Kania, SFU, 17-7; 2, Danielle Walker, SFU, 17-6.25. Triple Jump - 1, Jenelle Hurley, WOU, 36-6.25; 2, Kennedy Primrose, SFU, 36-5.5; 3, Macy Clemens, WOU, 36-1.25. Hammer - 3, Zuzanna Liniewski, SFU, 160-10.

Men (Top 3 GNAC Finishers): 110 Hurdles - 1, Justin Conklin, WOU, 15.84. 4x100 Relay - 2, Western Oregon (Arce-Torres, Loggins, Conklin, Hendrix), 44.00. High Jump - 2, Devin Hasher, WOU, 6-2.75. Long Jump - 3, Zackary Kuzyk, SFU, 21-11. Triple Jump - 2, Marlon Harrison, WOU, 43-4.25. Javelin - 1, Jarrett Chong, SFU, 189-2; 3, Bryan Cortes, SFU, 176-8.

Portland Twilight

at Eldon Fix Track, Portland, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Peace Igbonagwam, SPU, 12.31; 2, Jordan Jacobs, SFU, 13.07. 200 Meters - 2, Marie-Éloïse Leclair, SFU, 24.88; 3, Emily Lindsay, SFU, 25.40. 400 Meters - 2, Vanessa Aniteye, SPU, 55.83; 3, Emily Lindsay, SFU, 56.12. 100 Hurdles - 1, Diana Voloshin, SFU, 14.92. 400 Hurdles - 2, Erika Binder, SFU, 1:04.87; 3, Claire Bosma, SFU, 1:06.49. 4x100 Relay - 1, Simon Fraser (Binder, Jacobs, Leclair, Lindsay), 47.27.

Men (Top 3 GNAC Finishers): 200 Meters - 1, Jesaiah Penson-Mccoy, SFU, 22.22. 400 Meters - 1, Isaiah Archer, SPU, 49.17; 3, Evan Carpenter, SPU, 50.42. 800 Meters - 2, Drew Weber, WWU, 1:49.81; 3, Mac Franks, WWU, 1:50.05. 1,500 Meters - 2, Charlie Dannatt, SFU, 3:42.23; 3, Aaron Ahl, SFU, 3:43.06. 400 Hurdles - 1, Jorin Lenton, SFU, 54.78; 2, Julius Shepherd, SPU, 58.36. 4x100 Relay - 2, Seattle Pacific (Njeri, Gordon, Shepherd, Holmes), 43.17.

GNAC Athletes of the Week



MEN'S TRACK
Drew Weber, Western Washington
 Freshman • Vancouver, Wash.

Weber set the WWU record in the 800 meters as he placed second at the Portland Twilight on Saturday. His time of 1:49.81 ranks 21st in Division II this season and is No. 7 on the GNAC all-time list.

Also Nominated: Espen Diamond (Central Washington), Bradley Graves (Montana State Billings),

Charlie Dannatt (Simon Fraser), Justin Conklin (Western Oregon).



MEN'S FIELD
Austin Goldstein, Western Oregon
 Senior • Sherwood, Ore.

Goldstein placed fifth in the javelin at Friday's Oregon Twilight in Eugene with a mark of 193 feet, 4 inches. He was the top-placing non-Division I or open athlete in the competition.

Also Nominated: Forrest Cross (Montana State Billings), Jarrett Chong (Simon Fraser).



WOMEN'S TRACK
Alison Andrews-Paul, Simon Fraser
 Junior • Ohope Beach, New Zealand

Andrews-Paul improved her NCAA Championships provisional qualifying time at the Portland Twilight on Saturday, placing fourth in a time of 4:21.29. She was the top collegiate finisher in the 56-athlete field. Her time ranks No. 4 in Division II this season and improves her No. 5 time on the GNAC all-time list.

Also Nominated: Kay Lester (Central Washington), Madison Thompson (Montana State Billings), Ana Popchock (Western Oregon).



WOMEN'S FIELD
Lizzy Daugherty, Seattle Pacific
 Sophomore • Lake Stevens, Wash.

Daugherty posted a nearly 14-inch personal best to win the pole vault at the Linfield Open on Saturday. She cleared 12 feet, 4 inches, which ties her for the conference lead and for No. 8 on the GNAC all-time list. It is also an NCAA Championships provisional qualifying mark, tying her for 47th in Division II this season.

Also Nominated: Brenna Board (Central Washington), Sydney Kania (Simon Fraser), Jenelle Hurley (Western Oregon).

Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Nov. 29-Dec. 5	Cooper Cummings, WWU	No Selection	Aliyah Dawkins, WWU	No Selection
Dec. 6-12	Mac Franks, WWU	David Njeri, SPU	Annika Esvelt, SPU	Meagan Smallbeck, CWU
Jan. 10-16	Aaron Ahl, SFU Joshua Wagner, UAA	Ethan Sterkel, WWU	Alison Andrews-Paul, SFU	Meagan Smallbeck, CWU
Jan. 17-23	Ase Ackerman, MSUB	Owen Collins, WOU	Juliette Williams, CWU	Erica Cabanos, CWU
Jan. 24-30	Aaron Ahl, SFU	Ethan Sterkel, WWU	Annika Esvelt, SPU	Jenelle Hurley, WOU
Jan. 31-Feb. 6	Austin Albertin, CWU	Ethan Sterkel, WWU	Ana Popchock, WOU	Jenelle Hurley, WOU
Feb. 7-13	Callum Robinson, SFU	Steven Schmidt, NNU	Alison Andrews-Paul, SFU	Peace Igbonagwam, SPU
Feb. 21-27	Mac Franks, WWU	Ethan Sterkel, WWU	Mia Crocker, WWU	Aliyah Dawkins, WWU
Feb. 28-Mar. 6	Sean Sands, WWU	Austin Goldstein, WOU	Cassidy Walchak-Sloan, SMU	Amanda Short, WWU
Mar. 7-13	Andrew Boyd, SMU	Josh Schulz, SMU	Ila Davis, WWU	Raine Westfall, WWU
Mar. 14-20	Joshua Wagner, UAA	Josh Schulz, SMU	Elena Cano, UAA	Kaylee Wright, WOU
Mar. 21-27	Tyler Shea, NNU	Austin Goldstein, WOU	Tylantiss Atlas, UAA	Elena Cano, UAA
Mar. 28-Apr. 3	Coleman Nash, UAA Charlie Dannatt, SFU	David Njeri, SPU	Alison Andrews-Paul, SFU	Amanda Short, WWU
Apr. 4-10	Aaron Ahl, SFU	Damian Mercado, WWU	Alison Andrews-Paul, SFU	Erica Cabanos, CWU
Apr. 11-17	Aaron Ahl, SFU	Jarrett Chong, SFU	Alison Andrews-Paul, SFU	Kaylee Wright, WOU
Apr. 18-24	Aiden Wise, CWU	Laurenz Waldbauer, NNU	Lauryn Chandler, CWU	Peace Igbonagwam, SPU
Apr. 25-May 1	Aaron Ahl, SFU	Laurenz Waldbauer, NNU	Mia Crocker, WWU	Kaylee Wright, WOU
May 2-8	Drew Weber, WWU	Austin Goldstein, WOU	Alison Andrews-Paul, SFU	Lizzy Daugherty, SPU

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

GNAC Outdoor Championships Preview

ELLENSBURG, Wash. – For the first time since 2005, the GNAC Outdoor Track and Field Championships will take place somewhere other than Western Oregon University.

The 2022 edition of the conference meet takes place at Central Washington's Recreation Sports Complex. While the venue is different, Western Washington and Seattle Pacific hope the outcomes will be the same.

The Vikings men are the two-time defending champions while Falcons women are vying for their fourth straight team title. This year's meet will feature 14 defending champions from the 2021 meet, 15 returning champions overall, and athletes that have set 88 provisional qualifying marks for the NCAA Championships.

WOMEN

Seattle Pacific returns two of those defending champions in its quest for a fifth straight team trophy. Senior **Jenna Bouyer** is the defending champ in the 100 meters and has the fourth-fastest time in the conference this season in 12.09 seconds. Sophomore **Ellie Rising** won the 800 meters as a freshman and is provisionally qualified for nationals with a best of 2:11.93.

The Falcons also feature senior **Vanessa Aniteye**, who won three straight 400-meter titles for Alaska Anchorage (2017-2019). She has national meet provisional marks in both the 400 and 800 meters. Senior **Peace Igbonagwam** hopes to add the outdoor long jump title to the indoor win she claimed in February.

Sophomore **Annika Esvelt** has the conference's top times in the 5,000 meters (16:14.31) and the 10,000 meters (34:20.76), ranking top-10 in Division II in both distances. Freshman **Charlie Hill** and senior **Madison Licari** should provide SPU significant points in the pole vault.

The Falcons' run will be seriously challenged by Simon Fraser, which has claimed both the cross country and indoor titles so far this season and feature one of the top athletes in recent Division II history in junior **Alison Andrews-Paul**.

The transfer from Division I Baylor set the Division II record in the 800 meters in April by nearly a second with a time of 2:01.43. The time ranks 22nd in the world this season. Andrews-Paul also owns Division II top-five times in both the 400 and 1,500 meters, leading the GNAC at both distances.

Junior **Olivia Willett** leads the conference in the steeplechase with a time of 10:36.23 that is No. 13 in Division II. In the sprints, freshman **Marie-Éloïse Leclair** leads the conference in both the 100 and 200 meters and could also join sophomore **Emily Lindsay** in scoring points in the 400 meters.

Simon Fraser enters the meet with three of the top five times in the 400 and 800 meters and three of the top six in the 1,500.

Defending 400-meter hurdles champion **McCall DeChenne** leads Central Washington's quest to show well at home. The junior is the second-fastest runner at the distance in the GNAC this season, took third at last week's heptathlon and will also contend for the titles in the 200 meters and 100-meter hurdles.

Senior **Avery Fisk** is the returning champion in the discus and enters the meet with the third-best mark in the GNAC in both the discus (140-1) and the shot put (43-10.5).

The Wildcats enter the meet with significant strength in the sprints. Freshman **E'lexis Hollis** is second in the GNAC in the 100 meters while senior **Makenna Hansen** is sixth in both the 100 and 200 meters. Junior **Lauryl Chandler** is tied for the second-best time in the GNAC in the 100-meter hurdles.

Alaska Anchorage senior **Tylantiss Atlas** is the defending champion in the 400 meters and will go head-to-head with her former teammate, Aniteye, for the



crown. Atlas has the fifth-best time in the GNAC entering the meet at 55.53 seconds and is second in the 200 meters at 24.64 seconds.

While not a defending champion, senior **Elena Cano** enters the meet having already won the heptathlon with a score of 4,936 points that ranks No. 9 in Division II. Cano also owns the conference's top times in both the 100-meter hurdles (14.15) and 400-meter hurdles (1:00.16) and the top mark in the high jump (5-7.25). She is an NCAA Championships provisional qualifier in all four events.

The Seawolves will also look for points from freshman **Mette Van Der Meer** in the pole vault and the 100-meter hurdles.

Western Washington sophomore **Aliyah Dawkins** is the defending champ in the high jump and won the indoor title in the event in February. She has a best of 5 feet, 2.5 inches this outdoor season. She also owns the top mark in the GNAC in the triple jump and ranks fifth in the long jump.

Senior **Amanda Short** ranks fifth in Division II in the javelin with a mark of 155 feet, 9 inches. The Vikings also have NCAA Championships provisional qualifiers in freshmen **Ila Davis** in the steeplechase and **Mia Crocker** in the 1,500 meters. Freshman **Raine Westfall** also enters the meet with the top mark in the GNAC in the hammer while freshman **Katie Potts** leads the discus.

Western Oregon has the other women's defending champion in junior **Moana Gianotti**, who is in position to repeat in the shot put with the conference's top mark of 45 feet, 10.75 inches. Also in title position in the throws is freshman **Kaylee Wright**, whose 158 feet, 8 inches in the javelin is fourth in Division II this season.

Freshman **Jenelle Hurley** is the Wolves' best chance for multiple points. Hurley placed second in the heptathlon last week and is ranked second in the GNAC in the long jump and fourth in the 100-meter hurdles. Sophomore **Ana Popchcock** will also contend for the title in the triple jump.

Northwest Nazarene freshmen **Kinsey Yenor** and **Julie Cheney** are No. 1 and No. 2, respectively, in the pole vault with both athletes owning NCAA Championships provisional qualifying marks. Freshman **Miya Koch** is also qualified in the high jump with the No. 2 mark in the conference. Sophomore **Destany Herbert** is No. 2 in the GNAC in the hammer and No. 4 in the shot put and freshman **Abbey Wood** ranks No. 3 in the 100 meters.

Junior **Kailee Stoppel**, who is third in the conference in the steeplechase, leads Montana State Billings. Freshman **Ryann Moline** is ranked fourth in the GNAC in the discus and fifth in the javelin while sophomore **Kendall Lynn** has point potential in both horizontal jumps.

Saint Martin's best chances for points are in the distances with freshman **Sara Sabra** ranked No. 2 in the 10,000 meters and sophomore **Naomi Hartley** ranked No. 3 in the 5,000.

MEN

With five returning champions, 10 nationals qualifying marks and a wealth of depth in nearly every event, Western Washington appears poised to repeat its record victory performance from a year ago.

The Vikings are particularly deep in the distances with seven NCAA provisional qualifying times across three events. Junior **Mac Franks** is the defending champion in the 800 meters and owns a season-best of 1:50.05 that is No. 9 in GNAC history. Franks is also provisionally qualified for nationals in the 1,500 meters and in the steeplechase, both with times that rank in the Division II top 10 this season.

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GNAC Outdoor Championships Preview

Freshman **Drew Weber** set the WWU record in the 800 at 1:49.81 last week-end and is also provisionally qualified for nationals in the 1,500. Senior **Calahan Warren** will defend his 1,500-meter title in an event where nine GNAC athletes have met the NCAA provisional standard. Freshman **Jeret Gillingham** is the defending champion in the steeplechase.

Junior **Bryant Welch** is the returning champion in the 200 meters. Junior **Ben Malquist** is the defending champ in the shot put and leads the GNAC with a mark of 52 feet, 8.25 inches.

Simon Fraser stands to give WWU its biggest run for the money in the team race. Junior **Aaron Ahl** enters the meet with the conference's top times of the season of 1:49.01 in the 800 meters (No. 3 in GNAC history) and 3:39.97 in the 1,500 (No. 2 in GNAC history). Sophomore **Charlie Dannatt** is second in the GNAC in the 1,500 and is fourth in a deep 800-meter field while sophomore **Paul Buckingham** is fifth.

Freshman **Callum Robinson** anchors SFU in the sprints with a GNAC-leading and nationals provisional qualifying time in the 400 meters as well as the conference's top time in the 200 meters. Freshman **Jorin Lenton** is No. 4 in the GNAC in the 110-meter hurdles.

In the field events, freshman **Jarrett Chong** is one of three GNAC athletes to go over 200 feet in the javelin this season while sophomore **Zachary Kuzyk** ranks third in the long jump.

Western Oregon is led by freshman **Dominique Loggins**, who is the defending champion in the 100 meters. His time of 10.85 seconds is third-best this season. Much of the rest of the Wolves' point-scoring strength, however, will come in the field events.

Senior **Austin Goldstein** is No. 3 in the GNAC in the javelin with a mark of 206 feet, 7 inches. Senior **Samuel Cole** is third in the conference in the hammer while senior **Owen Collins** is fourth in the shot put and fifth in the hammer. Sophomore **Marlon Harrison** will vie for the title in the triple jump where is ranked No. 3.

In the distances, junior **Bailey Smith** is provisionally qualified for nationals in the steeplechase while senior **Justin Crosswhite** is qualified in the 1,500.

Northwest Nazarene enters with 10 points scored thanks to freshman **Steven Schmidt's** victory in the decathlon. He also owns the top mark in the GNAC in the high jump while **Gerohm Rihari** ranks No. 3. Freshman **Laurenz Waldbauer** enters as the national leader in the javelin with a mark of 237 feet, 6 inches that is No. 2 in GNAC history.

In the throws, senior **Colton Burr** leads the GNAC in the hammer while junior **Dylan Hendry** is second in the shot put. On the track, freshman **Hunter Braseth** ranks second in the conference in the 100 meters and third in the 200 meters while junior **Tyler Shea** ranks third in the 5,000 meters.

Seattle Pacific has the other defending champion in junior **David Njeri** in the triple jump. His season-best of 49 feet, 10 inches is 12th in Division II and No. 3 on the GNAC all-time list. Njeri also ranks fifth in the long jump. Freshman **Kainoa Lee** is second in the conference in the pole vault.

In the sprints, freshman **Isaiah Archer** ranks fourth in the 400 meters while sophomore **Jeff Gordon** is sixth in the GNAC in both the 100 and 200 meters. Senior **Colin Boutin** hopes to end on a high note, ranking No. 3 in the 10,000 meters.

Sophomore **Coleman Nash** leads Alaska Anchorage with the conference's top times in the 5,000 meters (13:53.33) and the 10,000 meters (24:24.40), both of which rank in the top 20 in Division II. Junior **Jesus Avalos** is No. 2 in the GNAC this season in the 10,000 meters while junior **Jacob Moos** ranks No. 4 in the 5,000.

Sophomore **Joshua Wagner** leads the GNAC with a time of 14.22 seconds in the 110-meter hurdles that is No. 2 in GNAC history. He also is ranked No. 2 this season in the 400-meter hurdles. Junior **Enrique Campbell's** leading time of 10.59 seconds in the 100 meters is No. 10 on the GNAC all-time list. He also ranks No. 2 in the 200 meters and No. 3 in the 400 meters.

Central Washington's strengths will be in the sprints and field events. Senior **Austin Albertin** ranks second in the conference in the 400 meters while senior **Zachary Davis** is fourth in the 100 meters. Junior **Omar Young** ranks first in the discus and sophomore **Wyatt Franklin** is second. The Wildcats also have four of the top 10 in the pole vault, led by senior **Jacob Thompson's** No. 2 mark of 14 feet, 10 inches.

Saint Martin's senior **Josh Schulz** set the school record in the long jump with a season-best of 34 feet, 3.5 inches that is 20th in Division II. Senior **Micah Au-Haupt** ranks No. 3 in the GNAC in the shot put while sophomore **Andrew Boyd** is No. 5 in the 110-meter hurdles.

Montana State Billings senior **Carson Jessop** has an NCAA Championships provisional qualifier in the steeplechase with a time of 9:07.74. Freshman **Bradley Graves** is No. 2 in the GNAC in the 110-meter hurdles and junior **Forrest Cross** ranks No. 3 in the discus.



Around The GNAC

ALASKA ANCHORAGE



- Alaska Anchorage saw three athletes close the regular-season with top-three performances at the Oregon Twilight on Friday at Hayward Field.
- Sophomore **Joshua Wagner** led the way, winning the men's 400-meter hurdles in a time of 54.71 seconds. He added a second-place finish in the 110-meter hurdles in 14.29 seconds.
- Senior **Elena Cano** finished second in the women's 400-meter hurdles in 1:00.16. Earlier in the week, Cano provided UAA 10 points for the GNAC Championships with her victory in the heptathlon with a score of 4,936 points. The total was just short of her season-best total of 4,996 points, which ranks ninth in Division II.
- In the heptathlon, Cano won the women's high jump (5-4.25) and took second in the 100-meter hurdles (14.58).
- Senior **Tylantiss Atlas** rounded out the UAA efforts, placing third in the women's 400 meters in 57.22 seconds. She was the only non-Division I athlete in the race.
- At the 2021 GNAC Outdoor Championships, Alaska Anchorage finished sixth in the women's team race with 52.5 points while the men placed seventh with 36 points. Atlas is the Seawolves' lone returning champion in the women's 400 meters.

CENTRAL WASHINGTON



- Senior **Kay Lester's** top-five performance in the distances led a small group of Central Washington athletes that competed at the Linfield Open and the Portland Twilight on Saturday.
- Lester finished fourth in the women's steeplechase at Linfield with a time of 13:19.86. She went on to place sixth in the 800 meters in 2:34.73.
- Sophomore **Juliette Williams** added a fourth-place finish in the women's 200 meters in a time of 26.15.
- Senior **Jenna Heesacker** rounded out the top-five finishers at Linfield, placing fifth in the 5,000 meters in a time of 21:06.94.
- The Wildcats had three competitors in the Portland Twilight on Saturday night. Senior **Madison Child** notched a personal best in the women's 1,500 meters in a time of 4:46.86 while senior **Zachary Sundt** clocked a time of 4:09.79 in the men's 1,500. Freshman **Madison Thompson** ran the women's 800 in a time of 2:25.36.
- At the GNAC Combined Events Championships, freshman **Drew Klein** placed second in the decathlon with a score of 6,436 points. Junior **McCall DeChenne** placed third in the heptathlon with a score of 4,751 points that ranks No. 18 in Division II this season.
- Central Washington placed third in both the men's and women's team races at the 2021 GNAC Outdoor Championships. The women finished with a score of 132.5 points while the men compiled 130 points. The Wildcats return one champion in senior **Avery Fisk** in the women's discus.

MONTANA STATE BILLINGS



- Montana State Billings picked up victories from junior **Forrest Cross** and sophomore **Bradley Graves** to lead performances at the DSU Last Chance Meet on Thursday in Dickinson, North Dakota.
- Cross was a winner in the men's discus with a throw of 149 feet, 7 inches that moved him up to No. 2 on the GNAC season-best list.
- Graves picked up the win in the men's 110-meter hurdles with a time of 15.00 seconds. He was a winner by over two seconds over second-place Mark Haas of Dawson CC.
- Senior **Sierra Durbin** led the MSUB women, placing second in the 400 meters in 1:10.44. Freshman **Annelise Clark** finished third in 1:13.88.
- Sophomore **Braden Anderson** finished second in the men's shot put with a personal best mark of 47 feet, 3.75 inches that moved him to No. 6 on the GNAC season-best list.
- Also picking up third-place finishes were freshman **Danara Tulimaiau** in the women's hammer (122-11), sophomore **Favor Okere** in the men's high jump (6-2.75) and freshman **Brandon Geck** in the men's javelin (139-8).
- Montana State Billings placed eighth in both the men's and women's team competitions at the 2021 GNAC Outdoor Championships. The men finished with 35 points while the women finished with 21 points.

NORTHWEST NAZARENE



- Freshman **Steven Schmidt's** victory in the decathlon at last week's GNAC Combined Event Championships gives the Northwest Nazarene men 10 points entering the meet.
- Schmidt finished with a score of 6,488 points that ranks No. 21 in Division II this season. Schmidt won the high jump with a mark of 6 feet, 8.75 inches and the javelin with a mark of 168 feet, 11 inches and placed second in the shot put (36-6.75).
- The rest of the Nighthawks' squad has not competed since the Bengal Invite on April 29 and 30 in Pocatello, Idaho.
- Freshman **Laurenz Waldbauer** continued to impress in the meet, winning the men's javelin with a mark of 237 feet, 6 inches that moves him to No. 1 in Division II this season and No. 2 on the GNAC all-time list. The mark also ranks No. 14 across all college divisions.
- Junior **Tyler Shea** was the Nighthawks' other event winner, taking first in the men's 5,000 meters in a time of 14:38.48. When converted to 14:18.84 for altitude, he ranks No. 3 on the GNAC season-best list.
- The women's 4x400-meter relay team of **Kalli Brencé, Abbey Wood, Alejandra Gomez** and **Laine DeJong** placed second with a time of 3:53.85, one second behind first-place Idaho State.
- At the 2021 GNAC Outdoor Championships, Northwest Nazarene placed fourth in both the men's and women's team competitions. The women finished with 98.5 points while the men scored 76 points.

Around The GNAC

SAINT MARTIN'S



• Sophomore **Andrew Boyd** placed third in the decathlon as the only Saint Martin's competitor at the GNAC Combined Events Championships.

• Boyd finished with a score of 6,220 points. He won the shot put with a mark of 40 feet, 1.25 inches, the 110-meter hurdles in a time of 15.23 seconds and the discus with a

throw of 117 feet, 3 inches.

• The rest of the Saint Martin's squad has not competed since taking part in the Ralph Vernacchia Invitational in Bellingham on April 30.

• Senior **Josh Schulz** set the SMU record in the men's long jump at the Vernacchia, winning with a mark of 24 feet, 3.5 inches. The performance ranks No. 6 on the GNAC all-time list, leads the conference this season and is tied for 20th in Division II this season.

• Sophomore **Gabriela Cintron** was one of three SMU women's event winners, capturing the open 100 meters in a time of 13.46 seconds. Freshman **Olivia Cervantes** took the 400 meters in a time of 1:06.33 while sophomore **Eden Mortensen** took the 400-meter hurdles in 1:07.20.

• Junior **Josh Eiland** added a second-place finish in the men's hammer with a mark of 163 feet, 3 inches. Freshman **Jocelyn Saribay** placed second in the women's shot put with a mark of 42 feet, 0.75 inches.

• At the 2021 GNAC Outdoor Championships, Saint Martin's finished fifth in the men's team race with 61 points. The Saints' women placed seventh with 45.5 points.

SEATTLE PACIFIC



• Sophomore **Lizzy Daugherty's** big personal best in the women's pole vault lead Seattle Pacific as the Falcons competed at the Linfield Open and the Portland Twilight on Saturday.

• Daugherty was named the GNAC Women's Field Athlete of the Week after she won the vault at Linfield with a

mark of 12 feet, 4 inches that was nearly a 14-inch personal best. The NCAA Championships provisional qualifying mark ties her for the GNAC lead, is tied for 47th in Division II this season and tied for eighth on the GNAC all-time list.

• The women's vaulters were the Falcons only competitors at Linfield. Freshman **Charlie Hill** and senior **Madison Licari** tied for second with both clearing 11 feet, 0.25 inches.

• Sophomore **Isaiah Archer** was the winner in the men's 400 meters at the Portland Twilight, clocking a time of 49.17 seconds that ranks No. 4 in the GNAC this season.

• Senior **Peace Igonagwam** added a victory in the men's 100 meters at the Portland Twilight with a time of 12.31 seconds. Senior **Vanessa Aniteye** added a second-place finish in the women's 400 meters in 55.83 seconds.

• The Seattle Pacific women are the three-time defending GNAC outdoor champions. The Falcons won with a score of 208 points in 2021, 40 points ahead of second-place Western Washington. They return two champions in senior **Jenna Bouyer** in the 100 meters and sophomore **Ellie Rising** in the 800 meters.

• The Seattle Pacific men placed sixth at the 2021 GNAC Outdoor Championships with 44 points and return one champion in junior **David Njeri** in the triple jump.



SIMON FRASER

• Simon Fraser impressed going into the GNAC Championships with solid performances at the Linfield Open and Portland Twilight on Saturday.

• Junior **Alison Andrews-Paul** earned GNAC Women's Track Athlete of the Week honors after placing fourth in the

women's 1,500 meters in a time of 4:21.29. That improved her mark that ranks No. 4 in Division II this season and No. 4 on the GNAC all-time list. Andrews-Paul is ranked in the Division II top five this season in the 400 meters, 800 meters and 1,500 meters.

• Sophomore **Megan Roxby** also improved her NCAA Championships provisional qualifying time in the women's 1,500. She placed 10th in 4:25.19, which ranks No. 16 in Division II this season.

• Sophomore **Diana Voloshin** was the winner in the 100-meter hurdles at the Portland Twilight with a time of 14.92 seconds. The SFU men received victories from freshman **Jesaiah Penson-McCoy** in the 200 meters in 22.22 seconds and freshman **Jorin Lenton** in the 400-meter hurdles in 54.78 seconds.

• At Linfield, sophomore **Sydney Kania** won the women's long jump with a mark of 17 feet, 7 inches while freshman **Danielle Walker** placed second with a mark of 17 feet, 6.25 inches. Freshman **Zuzanna Liniewski** was third in the women's hammer with a mark of 160 feet, 10 inches.

• The SFU women are ranked No. 16 in this week's USTFCCA Division II Women's Outdoor Team Index.

• Simon Fraser did not compete at the 2021 GNAC Outdoor Championships due to border restrictions necessitated by the COVID-19 pandemic.

WESTERN OREGON



• Western Oregon finished its run-up to the GNAC Championships with competitors at the Oregon Twilight on Friday and the Linfield Open and Portland Twilight on Saturday.

• Freshman **Kaylee Wright** led six WOU athletes to compete at Hayward Field, placing second in the women's javelin with

a mark of 147 feet.

• Senior **Austin Goldstein** was named the GNAC Men's Field Athlete of the Week after he took fifth in the men's javelin at the Portland Twilight with a mark of 193 feet, 4 inches. He was the top non-Division I or open finisher in the event.

• Junior **Jenelle Hurley** won two events at the Linfield Open, capturing the 400-meter hurdles in 1:06.31 and the triple jump with a mark of 36 feet, 6.25 inches. Earlier in the week, Hurley placed second in the heptathlon at the GNAC Combined Event Championships with a score of 4,821 points that ranks No. 15 in Division II this season.

• Senior **Ana Popchock** scored a pair of second-place finishes at Linfield in the women's 100 meters in a time of 12.56 seconds and the 100-meter hurdles in 15.09 seconds. In the men's 110-meter hurdles, freshman **Justin Conklin** won the 110-meter hurdles in a time of 15.84 seconds

• Western Oregon's 4x400-meter relay team of **Madeline Lambing**, Hurley, **Jessy Hart** and **Amity Deters** won at Linfield in a time of 4:04.48, a second ahead of Western Washington.

• Western Oregon's women placed second at the 2021 GNAC Outdoor Championships with 145 points. The men placed fifth with a score of 92 points and have two returnings champion in **Dominique Loggins** in the men's 100 meters and **Moana Gianotti** in the women's shot put.

Around The GNAC

WESTERN WASHINGTON



- Freshman **Drew Weber** set the Western Washington record in the men's 800 to lead the Vikings at the Portland Twilight and the Linfield Open on Saturday.
- Weber placed second out of 42 competitors at the Portland Twilight with a time of 1:49.81 to surpass the mark of 1:49.84 set by Devin Kemper in 2000. The NCAA Championships provisional qualifying mark is No. 7 on the GNAC all-time

list and 21st in Division II this season. The effort earned Weber selection as the GNAC Men's Track Athlete of the Week.

- Junior **Mac Franks** also set a personal best in the same race with a time of 1:50.05 that placed third. The time improves his NCAA Championships provisional qualifying time that is tied for 25th in Division II this season and is No. 10 on the GNAC all-time list.

- In the men's 1,500 meters at the Portland Twilight, senior **Calahan Warren** placed fifth in the 71-athlete field in a time of 3:44.71. Freshman **Kevin McDermott** finished in a time of 4:08.04.

- The only women's competitors to take the track were the 4x400-meter relay team at the Linfield Open. **Mia Crocker, Sophie Wright, Caitlyn Cheney** and **Naomi Bates** finished second in a time of 4:03.27.

- At the GNAC Combined Event Championships, freshman **Ryan Kenny** placed fourth with a score of 6,053 points with sophomore **Cooper Cummings** was fifth with 5,987 points. Freshman **Matty Lagerwey** placed fifth in the heptathlon with a score of 4,356 points.

- Western Washington is the two-time defending men's champion and scored a meet-record 289 points for a 144-point victory over second-place Western Oregon. The men return five champions in junior **Bryant Welch** in the 200 meters, Franks in the 800 meters, Warren in the 1,500 meters, freshman **Jeret Gillingham** in the steeplechase and junior **Ben Malquist** in the shot put.

- Western Washington's women placed second in the 2021 Outdoor Championships with 168 points. The Vikings return one champion in sophomore **Aliyah Dawkins** in the high jump.

GNAC & NCAA Outdoor Championships Qualifying Standards

MEN		EVENT	WOMEN	
GNAC	NCAA Provisional		GNAC	NCAA Provisional
10.88	10.55	100 Meters	12.19	11.86
22.06	21.26	200 Meters	25.14	24.38
48.62	47.78	400 Meters	57.54	55.98
1:54.03	1:51.64	800 Meters	2:13.08	2:12.24
3:55.03	3:49.99	1,500 Meters	4:30.39	4:32.67
14:57.87	14:25.65	5,000 Meters	16:50.38	17:08.52
31:58.69	30:35.82	10,000 Meters	37:08.97	36:36.59
15.31	14.49	110/100m Hurdles	14.62	14.21
55.23	53.29	400m Hurdles	1:03.43	1:03.00
9:13.88	9:13.44	Steeplechase	11:11.32	11:00.95
1.95 / 6-4.75	2.05 / 6-8.75	High Jump	1.62 / 5-3.75	1.68 / 5-6
4.51 / 14-9.5	4.82 / 15-9.75	Pole Vault	3.32 / 10-10.75	3.75 / 12-3.5
6.84 / 22-5.25	7.26 / 23-10	Long Jump	5.55 / 18-2.5	5.82 / 19-1
13.82 / 45-4.25	14.71 / 48-3.25	Triple Jump	11.56 / 37-11.25	11.94 / 39-2.25
15.47 / 50-9.25	16.67 / 54-8.25	Shot Put	12.82 / 42-0.75	13.99 / 45-10.75
48.57 / 159-4	50.45 / 165-6	Discus	41.00 / 134-6	45.90 / 150-7
54.43 / 178-7	56.86 / 186-6	Hammer	49.58 / 162-0	52.43 / 172-0
58.14 / 190-9	58.38 / 191-6	Javelin	44.71 / 146-8	41.92 / 137-6
6,452	6,420	Dec./Hep.	4,593	4,529
NA	41.06	4x100 Relay	NA	46.75
NA	3:14.05	4x400 Relay	NA	3:48.62

GNAC Championships: The top-16 performers as listed in TFRRS will qualify for the championship meet in addition to any performers who meet the GNAC standard.

GNAC Provisional Qualifiers For NCAA Outdoor Championships

MEN'S QUALIFIERS AS OF MAY 8, 2022

Event	Athlete	Mark	Rank	Date
400 Meters	Callum Robinson, SFU	47.61	29th	4/1/22
800 Meters	Aaron Ahl, SFU	1:49.01	11th	4/30/22
	Drew Weber, WWU	1:49.81	21st	5/7/22
	Mac Franks, WWU	1:50.05	T-25th	5/7/22
	Charlie Dannatt, SFU	1:50.50	34th	4/15/22
	Paul Buckingham, SFU	1:50.90	39th	4/30/22
1,500 Meters	Aaron Ahl, SFU	3:39.97	2nd	4/13/22
	Charlie Dannatt, SFU	3:42.01	5th	4/1/22
	Mac Franks, WWU	3:42.22	6th	4/13/22
	Calahan Warren, WWU	3:43.00	9th	4/13/22
	Drew Weber, WWU	3:45.77	22nd	4/13/22
	Kevin McDermott, WWU	3:48.46	52nd	3/26/22
	Coleman Nash, UAA	3:48.86	58th	3/24/22
	Justin Crosswhite, WOU	3:48.93	59th	4/13/22
	Hunter Sutton, WOU	3:49.48	67th	4/13/22
5,000 Meters	Coleman Nash, UAA	13:53.33	9th	3/31/22
	Calahan Warren, WWU	14:13.90	36th	3/31/22
	Tyler Shea, NNU	14:18.84+	49th	4/29/22
10,000 Meters	Coleman Nash, UAA	29:24.40	18th	4/13/22
110 Hurdles	Joshua Wagner, UAA	14.22	T-20th	4/13/22
Steeplechase	Mac Franks, WWU	8:52.50	9th	3/31/22
	Jeret Gillingham, WWU	8:59.42	18th	4/13/22
	Carson Jessop, MSUB	9:07.74	30th	4/13/22
	Bailey Smith, WOU	9:09.65	35th	4/13/22
	Drew Weber, WWU	9:12.25	37th	3/31/22
High Jump	Steven Schmidt, NNU	2.06/6-9	T-30th	4/1/22
Long Jump	Josh Schulz, SMU	7.40/24-3.5	T-20th	4/30/22
Triple Jump	David Njeri, SPU	15.19/49-10	12th	4/30/22
Javelin	Laurenz Waldbauer, NNU	72.38/237-6	1st	4/29/22
	Jarrett Chong, SFU	66.33/217-7	6th	4/13/22
	Austin Goldstein, WOU	62.96/206-7	19th	4/1/22
	Bryan Cortes, SFU	59.21/194-3	33rd	3/26/22
Decathlon	Steven Schmidt, NNU	6,488	21st	5/2/22

+ - Converted from 14:38.48 for altitude

WOMEN'S QUALIFIERS AS OF MAY 8, 2022

Event	Athlete	Mark	Rank	Date
200 Meters	Marie-Éloïse Leclair, SFU	24.30	T-37th	4/13/22
400 Meters	Alison Andrews-Paul, SFU	54.07	T-5th	4/13/22
	Vanessa Aniteye, SPU	54.60	10th	3/31/22
	Emily Lindsay, SFU	55.01	16th	4/13/22
	Marie-Éloïse Leclair, SFU	55.44	T-25th	4/13/22
	Tylantiss Atlas, UAA	55.53	29th	4/13/22
800 Meters	Alison Andrews-Paul, SFU	2:01.43	1st	4/13/22
	Vanessa Aniteye, SPU	2:11.16	33rd	3/19/22
	Ellie Rising, SPU	2:11.83	40th	3/31/22
1,500 Meters	Alison Andrews-Paul, SFU	4:21.52	4th	3/31/22
	Megan Roxby, SFU	4:25.19	16th	5/7/22
	Mia Crocker, WWU	4:31.25*	49th	4/30/22
	Annika Esvelt, SPU	4:31.59*	52nd	4/30/22
	Sophie Wright, WWU	4:32.59	59th	4/13/22
5,000 Meters	Annika Esvelt, SPU	16:14.31	8th	3/31/22
10,000 Meters	Annika Esvelt, SPU	34:20.76	9th	4/13/22
100 Hurdles	Elena Cano, UAA	14.15	T-31st	3/31/22
400 Hurdles	Elena Cano, UAA	1:00.16	9th	3/31/22
	McCall DeChenne, CWU	1:01.60	23rd	3/18/22
Steeplechase	Olivia Willett, SFU	10:36.43	13th	4/13/22
	Ila Davis, WWU	10:51.21	33rd	3/31/22
4x100 Relay	Seattle Pacific	46.43	24th	4/30/22
4x400 Relay	Igbonagwam, Aniteye, Green, Bouyer			
	Simon Fraser	3:42.35	7th	4/1/22
	Binder, Andrews-Paul, Leclair, Lindsay			
	Seattle Pacific	3:45.91	18th	3/31/22
	Igbonagwam, Bouyer, Green, Aniteye			
High Jump	Elena Cano, UAA	1.71/5-7.25	T-19th	3/24/22
	Miya Koch, NNU	1.69/5-6.5	T-35th	3/26/22
Pole Vault	Lizzy Daugherty, SPU	3.76/12-4	T-47th	5/7/22
	Kinsey (Langin) Yenor, NNU	3.76/12-4	T-47th	4/30/22
	Julie Cheney, NNU	3.75/12-3.5	T-50th	4/22/22
Long Jump	Peace Igbonagwam, SPU	6.00/19-8.25	T-14th	4/23/22
Shot Put	Moana Gianotti, WOU	13.99/45-10.75	T-33rd	4/14/22
Javelin	Kaylee Wright, WOU	48.37/158-8	4th	4/29/22
	Amanda Short, WWU	47.48/155-9	5th	4/2/22
Heptathlon	Elena Cano, UAA	4,996	9th	3/24/22
	Jenelle Hurley, WOU	4,821	15th	5/2/22
	McCall DeChenne, CWU	4,751	18th	5/2/22

Men's Outdoor Regional & National Indexes

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	SFU
Mar. 29	—
Apr. 5	22nd
Apr. 12	—
Apr. 19	24th
Apr. 26	22nd
May 4	—
May 10	—

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 7 - May 10, 2022		Pts.	Prev.
Rk	School		
1.	West Texas A&M	282.15	1
2.	Grand Valley St.	243.46	2
3.	Texas A&M-Commerce	200.85	3
4.	Pittsburg State	192.54	5
5.	Adams State	163.60	4
6.	Central Missouri	142.70	6
7.	Lincoln (Mo.)	131.99	20
8.	Missouri Southern	105.07	14
9.	Colorado Mines	104.41	7
10.	CSU Pueblo	100.79	9
11.	Ashland	92.43	10
12.	UC-Colorado Springs	85.13	8
13.	Angelo State	84.21	11
14.	Queens (N.C.)	79.94	12
15.	Lee (Tenn.)	76.12	15
16.	Azusa Pacific	74.67	13
17.	Carson-Newman	66.12	18
18.	Washburn	62.95	19
19.	Augustana (S.D.)	60.90	25
20.	Academy of Art	59.98	16
21.	Southern Connecticut	55.37	17
22.	Fort Hays State	52.63	22
23.	Davenport (Mich.)	51.95	29
24.	Minnesota State	51.44	38
25.	Lindenwood	50.34	23

USTFCCCA WEST REGION TEAM INDEX

Week 7 - May 9, 2022		Pts.	Prev.
Rk	School		
1.	Cal Poly Pomona	908.29	2
2.	Azusa Pacific	834.02	1
3.	Chico State	710.60	3
4.	Western Washington	583.40	5
5.	Fresno Pacific	559.36	4
6.	Academy of Art	528.29	6
7.	Simon Fraser	354.82	7
8.	Cal State San Marcos	349.20	8
9.	Northwest Nazarene	286.22	9
10.	Cal State LA	258.10	10



[Complete Poll Online](#)

Women's Outdoor Regional & National Indexes

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SPU	SFU
Mar. 29	16th	—	—
Apr. 5	—	20th	21st
Apr. 12	—	22nd	20th
Apr. 19	—	—	12th
Apr. 26	—	—	12th
May 4	—	—	14th
May 10	—	—	16th

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 7 - May 10, 2022		Pts.	Prev.
Rk	School		
1.	Azusa Pacific	229.63	1
2.	Grand Valley State	228.77	3
3.	West Texas A&M	221.57	2
4.	Minnesota State	200.04	5
5.	Fresno Pacific	154.85	4
6.	Adams State	145.00	6
7.	Pittsburg State	132.88	9
8.	Texas A&M-Commerce	117.16	7
9.	Lincoln (Mo.)	105.43	13
10.	Angelo State	98.72	12
11.	Academy of Art	95.82	8
12.	Queens (N.C.)	90.98	11
13.	Central Missouri	84.12	18
14.	UC-Colorado Springs	80.64	10
15.	Winona State	75.28	16
16.	Simon Fraser	69.70	14
17.	Lee (Tenn.)	68.54	22
18.	Fort Hays State	63.98	17
19.	CSU Pueblo	63.10	15
20.	Saginaw Valley State	60.08	23
21.	Walsh	57.02	26
22.	Findlay	54.51	19
23.	Missouri Southern	46.54	20
24.	Tiffin	45.72	30
25.	Colorado Mesa	45.62	21

USTFCCCA WEST REGION TEAM INDEX

Week 7 - May 9, 2022		Pts.	Prev.
Rk	School		
1.	Azusa Pacific	1,117.79	1
2.	Fresno Pacific	622.04	2
3.	Academy of Art	523.47	3
4.	Cal Poly Pomona	488.40	4
5.	Simon Fraser	390.98	7
6.	Chico State	383.28	5
7.	Western Washington	339.27	8
8.	Concordia (Calif.)	334.04	6
9.	Biola	293.31	9
10.	Seattle Pacific	288.97	10



[Complete Poll Online](#)

GNAC Indoor Track & Field Records

MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
200 Meters	21.40	Callum Robinson, Simon Fraser (2022)
400 Meters	47.61	Vladislav Tsygankov, Simon Fraser (2017)
800 Meters	1:47.74	Derek Holdsworth, Western Oregon (2020)
Mile	3:57.92	Aaron Ahl, Simon Fraser (2022)
3,000 Meters	7:50.81	David Ribich, Western Oregon (2018)
5,000 Meters	13:47.73	Micah Chelimo, Alaska Anchorage (2014)
60m Hurdles	8.07	Hunter Flick, Western Washington (2022)
4x400 Relay	3:12.45	Alaska Anchorage (2016)
Nicholas Taylor, Liam Lindsey, Adam Commandeur, Cody Thomas		

Distance Medley 9:38.04 **Simon Fraser (2022)**

Ephrem Mekonnen, Callum Robinson, Aiden Good, Aaron Ahl		
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	21.50	Callum Robinson, Simon Fraser (2022)
400 Meters	47.80	Joel Webster, Simon Fraser (2016)
800 Meters	1:50.83	David Ribich, Western Oregon (2018)
Mile	4:01.78	Aaron Ahl, Simon Fraser (2022)
3,000 Meters	8:21.23	Aaron Ahl, Simon Fraser (2022)
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	2.05/6-8.75	Steven Schmidt, Northwest Nazarene (2022)
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	2:04.04	Alison Andrews-Paul, Simon Fraser (2022)
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	2:05.09	Alison Andrews-Paul, Simon Fraser (2022)
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	71.19/233-7	Beau Ackerman, Montana State Billings (2022)
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	2:01.43	Alison Andrews-Paul, Simon Fraser (2022)+
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	4.04/13-3	Scout Cai, Seattle Pacific (2021)
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)

2021-22 GNAC Indoor Meet Summaries

Fri., Dec. 3 & Sat., Dec. 4

Candy Cane Multis

at Thorpe Field House, Cheney, Wash.

Women (Top 3 GNAC Finishers): Pentathlon - 2, Aliyah Dawkins, WWU, 3,237; 3, McCall DeChenne, CWU, 3,120.

Men (Top 3 GNAC Finishers): Heptathlon - 2, Copper Cummings, WWU, 4,300.

Sat., Dec. 11

Spokane Invitational

at The Podium, Spokane, Wash.

Women (Top 3 GNAC Finishers): 200 Meters - 3, Peace Igbonagwam, SPU, 25.12. 400 Meters - 3, McCall DeChenne, CWU, 58.63. Mile - 3, Annika Esvelt, SPU, 5:06.38. Weight Throw - 3, Meagan Smallbeck, CWU, 55-6.5.

Men (Top 3 GNAC Finishers): 800 Meters - 2, Mac Franks, WWU, 1:52.34. 5,000 Meters - 3, Kevin McDermott, WWU, 15:12.11. 4x400 Relay - 3, Western Oregon (Walker, Stevens, Rambo, Southworth), 3:28.28. Triple Jump - 2, David Njeri, SPU, 49-0.75.

Fri., Jan. 14

Cougar Classic Open

at The Podium, Spokane, Wash.

Women (Top 3 GNAC Finishers): 400 Meters - 2, McCall DeChenne, CWU, 59.00. 800 Meters - 3, Sarah Sewell, CWU, 2:18.83. Weight Throw - 1, Meghan Smallbeck, CWU, 54-0.5.

Men (Top 3 GNAC Finishers): 400 Meters - 2, Austin Albertin, CWU, 49.09. 3,000 Meters - 2, Coleman Nash, UAA, 8:28.95. Long Jump - 2, Collin Sample, UAA, 21-8.

Bobcat Challenge

at Worthington Arena, Bozeman, Mont.

Women (Top 3 GNAC Finishers): 800 Meters - 1, Kailee Stoppel, MSUB, 2:24.72. 4x400 Relay - 2, Montana State Billings (Whitmer, Zent, Siegel, Jessop), 4:44.54. Triple Jump - 1, Kendall Lynn, MSUB, 36-0.75.

Men (Top 3 GNAC Finishers): 200 Meters - 2, William Ullery, MSUB, 23.47. 4x400 Relay - 3, Montana State Billings (Ackerman, Straus, Jessop, Bailey), 3:42.35. Triple Jump - 1, Garrett McMillen, MSUB, 41-7.

Sat., Jan. 15

UW Indoor Preview

at Dempsey Indoor, Seattle, Wash.

Women (Top 3 GNAC Finishers): 60 Meters - 3, Marie-Eloise Leclair, SFU, 7.72. 400 Meters - 3, Emily Lindsay, SFU, 56.39. 800 Meters - 1, Alison Andrews-Paul, SFU, 2:08.61; 3, Mia Crocker, WWU, 2:20.16. 1,000 Meters - 3, Katie Chapman, WOU, 3:12.21. 4x400 Relay - 1, Simon Fraser (Binder, Andrews-Paul, Leclair, Lindsay), 3:50.46; 3, Western Oregon (Hurley, Lambing, Popchock, Hart), 4:10.61. High Jump - 3, Sydney Kania, SFU, 5-3. Long Jump - 3, Janelle Hurley, WOU, 17-9.75.

Men (Top 3 GNAC Finishers): 200 Meters - 3, Ryan Henry, WWU, 22.85. 600 Meters - 1, Isaiah Archer, SPU, 1:21.72; 2, Mark Daniels, WWU, 1:24.56; 3, Brian Le, WWU, 1:25.64. 4x400 Relay - 2, Simon Fraser (Lenton, Allen, Good, Schmidt), 3:23.61; 3, Western Washington (Chiim, Witters, Le, Daniels), 3:27.14. High Jump - 2, Ethan Sterkel, WWU, 6-6.75; 3, Zackary Kuzyk, SFU, 6-4.75. Pole Vault - 3, Kacey Provo, WWU, 14-3.25. Long Jump - 1, Ethan Sterkel, WWU, 23-7.25; 3, Zackary Kuzyk, SFU, 22-8. Triple Jump - 3, David Njeri, SPU, 47-9.

Fri., Jan. 21-Sat., Jan. 22

Dave Little Alumni Mile

at Donald Young Center, Spearfish, S.D.

Women's Team Scores: Dickinson State 169, Black Hills State 149, Montana State Billings 110.5, Rocky Mountain 73, South Dakota Mines 71.5.

Women (Top 3 GNAC Finishers): 400 Meters - 2, Madeline Severson, MSUB, 1:04.07. 800 Meters - 2, Ally Whitmer, MSUB, 2:35.49; 3, Anna Jessop, MSUB, 2:43.31. 3,000 Meters - 3, Kailee Stoppel, MSUB, 10:45.34. 4x400 Relay - 3, Montana State Billings (Severson, Clark, Hamill, Whitmer), 4:28.49. DMR - 2, Montana State Billings (Stoppel, Clark, Taylor, Jessop), 14:24.33; 3, Montana State Billings (Whitmer, Bohl, Seigle, Wiersema), 14:24.46. High Jump - 3, Madeline Severson, MSUB, 4-10.5.

Men's Team Scores: Dickinson State 154, South Dakota Mines, Black Hills State 119, Montana State Billings 62, Rocky Mountain 46, Dawson CC 34, Deja Vu Track Club 10.

Men (Top 3 GNAC Finishers): 200 Meters - 2, Ben Ralston, MSUB, 23.86; 3, William Ullery, MSUB, 23.93. 5,000 Meters - 1, Ase Ackerman, MSUB, 15:20.69; 2, Logan Straus, MSUB, 15:22.29. DMR - 1, Montana State Billings (Peiro, Ralston, Bailey, Edgerton), 11:30.94.

Sat., Jan. 22

Lauren McCluskey Memorial Open

at Kibbee ASUI Activity Center, Moscow, Idaho

Women (Top 3 GNAC Finishers): 60 Meters - 3, Juliette Williams, CWU, 7.89. 200 Meters - 2, Makenna Hansen, CWU, 25.32. 3,000 Meters - 2, Sara Sabra, SMU, 10:45.83. 60 Hurdles - 3, McCall DeChenne, CWU, 9.07. 4x400 Relay - 2, Central Washington (Ochoa, Hansen, Sewell, DeChenne), 4:06.75. Triple Jump - 1, Erica Cabanos, CWU, 36-7. Weight Throw - 2, Meagan Smallbeck, CWU, 56-6.75.

Men (Top 3 GNAC Finishers): 800 Meters - 3, Austin Albertin, CWU, 1:56.54. Mile - 1, Trevor Allen, CWU, 4:26.41. 3,000 Meters - 2, Kainalu Pagente, SMU, 8:46.09; 3, Lance Slichko, SMU, 8:49.81. 60 Hurdles - 2, Aiden Wise, CWU, 8.59; 3, Andrew Boyd, SMU, 8.61.

Sat., Jan. 22 & Sun., Jan. 23

Portland Indoor #2

at Austin Sports Complex, Newberg, Ore. (Jan. 22) & Chiles Center, Portland, Ore. (Jan. 23).

Women (Top 3 GNAC Finishers): 60 Meters - 1, Maya Hopwood, WOU, 7.93. Mile - 1, Katie Chapman, WOU, 5:15.85. 60 Hurdles - 2, Ana Popchock, WOU, 9.39; 3, Maliyah Thompson, WOU, 9.53. High Jump - 3, Kalulusno Ngaida, WOU, 5-2.25. Long Jump - 2, Amity Deters, WOU, 16-9.75. Triple Jump - 1, Ana Popchock, WOU, 36-4.75; 2, Kalulusno Ngaida, WOU, 35-6.75. Shot Put - 1, Moana Gianotti, WOU, 40-10.5. Weight Throw - 2, Liliana Lyness, WOU, 42-9.75; 3, Emillia Carpenter, WOU, 41-6.

Men (Top 3 GNAC Finishers): 400 Meters - 3 Aaron Hanible, WOU, 51.70. 60 Hurdles - 2, Brennen Sorah, WOU, 8.74; 3, Gabe Burchfield, WOU, 8.88. Triple Jump - 1, Marley Harrison, WOU, 44-3.5; 3, Jacob Flury, WOU, 39-11.25. Shot Put - 1, Owen Collins, WOU, 45-3. Weight Throw - 1, Owen Collins, WOU, 51-3; 2, Mark Warren, WOU, 49-0.75.

2021-22 GNAC Indoor Meet Summaries

Fri., Jan. 28 & Sat., Jan. 29

UW Invitational

at Dempsey Indoor, Seattle, Wash.

Women (Top 3 GNAC Finishers): 5,000 Meters - 2, Annika Esvelt, SPU, 16:31.74.

Men (Top 3 GNAC Finishers): 60 Meters - 2, Enrique Campbell, UAA, 6.92. 400 Meters - 1, Austin Albertin, CWU, 49.21; 2, Lucas Brenek, WWU, 50.23; 3, Enrique Campbell, UAA, 50.51. 60m Hurdles - 2, Hunter Flick, WWU, 8.07; 3, Joshua Wagner, UAA, 8.09. 4x400 Relay - 2, Western Washington (Welch, Daniels, Le, Edwards), 3:21.94; 3, Alaska Anchorage (Wagner, Rohde, Hunter, Campbell), 3:26.72. DMR - 2, Western Washington (McDermott, Daniels, Sturdevant, Franks), 9:54.14. High Jump - 2, Ethan Sterkel, WWU, 6-5; 3, Beau Sheeran, WWU, 6-5. Pole Vault - 2, Cooper Cummings, WWU, 14-9. Long Jump - 1, Ethan Sterkel, WWU, 23-9.5. Triple Jump - 3, David Njeri, SPU, 47-1.5. Shot Put - 3, Ben Malquist, WWU, 50-5.5.

Fri., Jan. 28 & Sun., Jan. 30

John Thomas Terrier Classic

at Boston University Track & Tennis Center, Boston, Mass.

Women (Top 3 GNAC Finishers): 1,000 Meters - 1, Alison Andrews-Paul, SFU, 2:44.54 (No. 2 All-Time Division II). 4x400 Relay - 2, Simon Fraser (Binder, Andrews-Paul, Leclair, Lindsay), 3:46.48. DMR - 1, Simon Fraser (Roxby, Lindsey, Chilton, Andrews-Paul), 11:36.75.

Men (Top 3 GNAC Finishers): DMR - 3, Simon Fraser (Mekonnen, Robinson, Good, Ahl), 9:38.04 (surpassed previous Division II record).

Sat., Jan. 29

Don Holst Open

at Nelson Physical Education Center, Chadron, Neb.

Women (Top 3 GNAC Finishers): 400 Meters - 3, Madeline Severson, MSUB, 1:04.20. 800 Meters - 1, Kailee Stoppel, MSUB, 2:23.59; 3, Ally Whitmer, MSUB, 2:31.81. Mile - 1, Kailee Stoppel, MSUB, 5:21.02. 4x400 Relay - 2, Montana State Billings (Severson, Clark, Chase, Taylor), 4:21.77. Long Jump - 1, Kendall Lynn, MSUB, 16-8.5; 2, Madison Thompson, MSUB, 15-6.25. Triple Jump - 1, Kendall Lynn, MSUB, 35-1.

Men (Top 3 GNAC Finishers): 200 Meters - 3, William Ullery, MSUB, 23.67. 400 Meters - 2, Ben Ralston, MSUB, 52.65. 800 Meters - 1, Ase Ackerman, MSUB, 2:00.05; 2, Carson Jessop, MSUB, 2:00.27. Mile - 1, Ase Ackerman, MSUB, 4:22.22; 2, Logan Straus, MSUB, 4:24.88. 60m Hurdles - 2, Bradley Graves, MSUB, 8.63.

Stacy Dragila Invitational

at Holt Arena, Pocatello, Idaho

Women (Top 3 GNAC Finishers): 60 Meters - 2, Abbey Wood, NNU, 7.79.

Men (Top 3 GNAC Finishers): Triple Jump - 1, Colton Sedlacek, NNU, 41-9.75. Weight Throw - 1, Dylan Hendry, NNU, 55-10.5; 2, Colton Burr, NNU, 55-9.25.

Thurs., Feb. 3-Sat., Feb. 5

WSU Invitational

at The Podium, Spokane, Wash.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): DMR - 2, Western Washington (McDermott, Welch, Weber, Franks), 9:50.83. Long Jump - 3, Ethan Sterkel, WWU, 23-5.5.

Fri., Feb. 4

WSU Open

at The Podium, Spokane, Wash.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): 400 Meters - 3, Austin Albertin, CWU, 49.40. High Jump - 2, Beau Sheeran, WWU, 6-6.75.

Fri., Feb. 11

Lilac Grand Prix

at The Podium, Spokane, Wash.

Women (Top 3 GNAC Finishers): DMR - 2, Simon Fraser (Roxby, Lindsay, Vanderput, Andrews-Paul), 11:57.44.

Men (Top 3 GNAC Finishers): DMR - 1, Simon Fraser (Dannatt, Robinson, Good, Ahl), 9:42.95.

Fri., Feb. 11

GVSU Big Meet (Friday Session)

at Kelly Family Sports Center, Allendale, Mich.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): 3,000 Meters (Heat 2) - 1, Coleman Nash, UAA, 8:16.42. Long Jump - 1, Collin Sample, UAA, 22-7.

Fri., Feb. 11-Sat., Feb. 12

Husky Classic

at Dempsey Indoor Center, Seattle, Wash.

Women (Top 3 GNAC Finishers): High Jump - 2, Aliyah Dawkins, WWU, 5-5.25.

Men (Top 3 GNAC Finishers): 4x400 Relay - 3, Western Washington (Welch, Daniels, Brenek, Oglesby), 3:19.03. High Jump - 2, Beau Sheeran, WWU, 6-7. Pole Vault - 3, Tyrel Halme, WWU, 12-7.5.

Mountain State Games

at Holt Arena, Pocatello, Idaho

Women (Top 3 GNAC Finishers): 60 Meters - 1, Abbey Wood, NNU, 7.73. 200 Meters - 2, Abbey Wood, NNU, 25.66. 4x400 Relay - 3, Northwest Nazarene (Brence, DeJong, Drury, Johnson), 4:05.96. Pole Vault - 3, Kinsey Langin, NNU, 11-7.75. Shot Put - 3, Destany Herbert, NNU, 43-9.

Men (Top 3 GNAC Finishers): 400 Meters - 3, Ben Ralston, MSUB, 50.60. Mile - 3, Ase Ackerman, MSUB, 4:16.67. 3,000 Meters - 3, Logan Straus, MSUB, 8:39.52. 4x400 Relay - 3, Northwest Nazarene (Braseth, Kosegi, Wilkins, Ellis), 3:29.47. DMR - 3, Northwest Nazarene (Emerson, Braseth, Kosgei, Shea), 10:25.81. High Jump - 3, Gerohm Rihari, NNU, 6-6. Triple Jump - 3, Gerohm Rihari, NNU, 42-3.5. Weight Throw - 1, Colton Burr, NNU, 57-7; 3, Dylan Hendry, NNU, 54-4.5. Heptathlon - 2, Turner Nye, NNU, 4,798; 3, Steven Schmidt, NNU, 4,608.

Sat., Feb. 12

GVSU Big Meet (Saturday Session)

at Kelly Family Sports Center, Allendale, Mich.

Women (Top 3 GNAC Finishers): 400 Meters - 3, Tylantiss Atlas, UAA, 56.42.

Men (Top 3 GNAC Finishers): 60 Hurdles - 2, Joshua Wagner, UAA, 8.30. 4x400 Relay - 2, Alaska Anchorage (Wagner, Angarita, Hunter, Velasco), 3:22.19.

2021-22 GNAC Indoor Meet Summaries

Sat., Feb. 12

Whitworth Invitational

at The Podium, Spokane, Wash.

Women (Top 3 GNAC Finishers): 60 Meters - 2, Marie-Eloise Leclair, SFU, 7.60; 3, Makenna Hansen, CWU, 7.66. 200 Meters - 1, Marie-Eloise Leclair, SFU, 24.75; 3, Makenna Hansen, CWU, 25.01. 400 Meters - 1, Emily Lindsay, SFU, 56.38. 800 Meters - 1, Alison Andrews-Paul, SFU, 2:05.75. Mile - 2, Megan Roxby, SFU, 5:10.44. 3,000 Meters - 1, Annika Esvelt, SPU, 9:38.43. High Jump - 1, Sydney Kania, SFU, 5-4.5; 2, Kylie Griffin, CWU, 5-4.5. Pole Vault - 2, Madison Licari, SPU, 11-8.5. Long Jump - 1, Peace Igbonagwam, SPU, 18-4.5; 2, Makylee Young, CWU, 17-7.5. Triple Jump - 1, Primrose Kennedy, SFU, 36-11.5; 2, Erica Cabanos, CWU, 36-5. Weight Throw - 2, Meagan Smallbeck, CWU, 54-9.5.

Men (Top 3 GNAC Finishers): 1, Callum Robinson, SFU, 21.40 (GNAC Record). 400 - 1, Callum Robinson, SFU, 48.54. 800 Meters - 3, Paul Buckingham, SFU, 1:52.23. Mile - 1, Aaron Ahl, SFU, 4:05.34; 2, Charlie Dannatt, SFU, 4:07.28. 4x400 Relay - 3, Simon Fraser (Lenton, Buckingham, Chapman, Schmidt), 3:25.65. Long Jump - 2, Zackary Kuzyk, SFU, 22-9. Triple Jump - 1, David Njeri, SPU, 47-11.25; 3, Christopher Hines, CWU, 44-2. Weight Throw - 3, Omar Young, CWU, 53-1.75.

Sun., Feb. 13

Portland Indoor #4

at Chiles Center, Portland, Ore.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): None.

Mon., Feb. 21 & Tues., Feb. 22

GNAC Indoor Track and Field Championships

at The Podium, Spokane, Wash.

Women's Team Scores: Simon Fraser 124, Western Oregon 115, Western Washington 113, Central Washington 106, Seattle Pacific 79, Alaska Anchorage 42, Northwest Nazarene 31, Saint Martin's 30, Montana State Billings 19.

Women's Champions: 60 Meters - E'Lexis Hollis, CWU, 7.58. 200 Meters - Marie-Eloise LeClair, SFU, 24.53. 400 Meters - Emily Lindsay, SFU, 55.79. 800 Meters - Alison Andrews-Paul, SFU, 2:05.09. Mile - Megan Roxby, SFU, 5:02.38. 3,000 Meters - Annika Esvelt, SPU, 9:50.84. 5,000 Meters - Annika Esvelt, SPU, 17:31.71. 60 Hurdles - Diana Voloshin, SFU, 8.77. 4x400 Relay - Simon Fraser (Erika Binder, Alison Andrews-Paul, Marie-Eloise LeClair, Emily Lindsay), 3:47.07. DMR - Simon Fraser (Megan Roxby, Emily Lindsay, Emily Chilton, Alison Andrews-Paul), 12:13.12. High Jump - Aliyah Dawkins, WWU, 5-5.75. Pole Vault - Charlie Hill, SPU, 12-0.75. Long Jump - Peace Igbonagwam, SPU, 18-1. Triple Jump - Ana Popchock, WOU, 37-2.25. Shot Put - Moana Gianotti, WOU, 44-11.5. Weight Throw - Meagan Smallbeck, CWU, 56-2. Pentathlon - Jenelle Hurley, WOU, 3,457.

Men's Team Scores: Western Washington 171, Simon Fraser 110, Western Oregon 107.33, Alaska Anchorage 83, Northwest Nazarene 80.16, Central Washington 40.5, Seattle Pacific 29, Montana State Billings 20, Saint Martin's 18.

Men's Team Champions: 60 Meters - Bobby Widmar, CWU, 6.96. 200 Meters - Callum Robinson, SFU, 21.76. 400 Meters - Callum Robinson, SFU, 47.82. 800 Meters - Mac Franks, WWU, 1:51.45. Mile - Aaron Ahl, SFU, 4:01.78. 3,000 Meters - Aaron Ahl, SFU, 8:21.23. 5,000 Meters - Kevin McDermott, WWU, 14:52.36. 60 Hurdles - Joshua Wagner, UAA, 8.11. 4x400 Relay - Alaska Anchorage (Wyatt Rhode, Kevin Angarita, Adrian Velasco, Joshua Wagner), 3:22.22. DMR - Simon Fraser (Aiden Good, Jordan Schmidt, Tomas Chapman, Aaron Ahl), 10:09.88. High Jump - Beau Sheeran, WWU, 6-10.75. Pole Vault - Kacey Provo, WWU, 15-3. Long Jump - Ethan Sterkel, WWU, 23-10. Triple Jump - David Njeri, SPU, 46-10.25. Shot Put - Ben Malquist, WWU, 51-1. Weight Throw - Colton Burr, NNU, 57-6.25. Heptathlon - Steven Schmidt, NNU, 4,588.

Sat., Feb. 26

SPU Final Qualifier

at Dempsey Indoor, Seattle, Wash.

Women (Top 3 GNAC Finishers): 60 Meters - 3, Maya Hopwood, WOU, 7.85. 400 Meters - 3, Tylantiss Atlas, UAA, 58.58. Mile - 1, Mia Crocker, WWU, 5:03.57; 2, Sophie Wright, WWU, 5:05.41. 3,000 Meters - 2, Caitlin Heldt, WOU, 10:07.67; 3, Ila Davis, WWU, 10:12.11. 60 Hurdles - 1, Lauryn Chandler, CWU, 8.84; 3, Diana Voloshin, SFU, 8.99. High Jump - 2, Aliyah Dawkins, WWU, 5-6. Pole Vault - 2, Charlie Hill, SPU, 11-8.5. Shot Put - 2, Meagan Smallbeck, CWU, 32-1. Weight Throw - 1, Meagan Smallbeck, CWU, 56-10.25.

Men (Top 3 GNAC Finishers): 400 Meters - 1, Austin Albertin, CWU, 49.56; 2, Isaiah Archer, SPU, 49.71. 800 Meters - 1, Mac Franks, WWU, 1:50.07; 2, Drew Weber, WWU, 1:50.61; 3, Paul Buckingham, SFU, 1:52.41. Mile - 1, Hunter Hutton, WOU, 4:09.67. 60 Hurdles - 1, Joshua Wagner, UAA, 8.21. High Jump - 2, Beau Sheeran, WWU, 6-7. Long Jump - 1, Ethan Sterkel, WWU, 23-8.25. Triple Jump - 1, David Njeri, SPU, 46-4.75; 2, Marley Harrison, WOU, 42-10.25.

Fri., Mar. 10-Sat., Mar. 11

NCAA Division II Indoor Championships

at Plaster Center, Pittsburg, Kan.

Women's Team Scores: 1, Minnesota St., 58. Tie 12, Simon Fraser, 20. Tie 47, Seattle Pacific, 1.

Events: 800 Meters - 1, Alison Andrews-Paul, 2:04.04 (Meet Record, 2:08.65 in prelims). 5,000 Meters - 8, Annika Esvelt, SPU, 16:31.12. 4x400 Relay - 4, Simon Fraser (Binder, Andrews-Paul, LeClair, Lindsay), 3:44.08. DMR - 4, Simon Fraser (Roxby, Lindsay, Chilton, Andrews-Paul), 11:26.80.

Men's Team Scores: 1, Grand Valley St., 66. 12, Simon Fraser, 17. Tie 38, Western Washington, 3.

Events: 400 Meters - 10, Callum Robinson, SFU, 47.65. 800 Meters - 6, Mac Franks, WWU, 1:51.88 (1:51.41 in prelims). Mile - 5, Charlie Dannatt, SFU, 4:01.51 (4:04.73 in prelims); 10, Mac Franks, WWU, 4:08.61; 11, Aaron Ahl, SFU, 4:08.62. 3,000 Meters - 4, Aaron Ahl, SFU, 8:00.27. DMR - 2, Simon Fraser (Dannatt, Robinson, Buckingham, Ahl), 9:36.05. High Jump - Tie 14, Beau Sheeran, WWU, 6-6.75.

2021-22 GNAC Outdoor Meet Summaries

Fri., Mar. 4 & Sat., Mar. 5

Ed Boitano Invitational

at Baker Stadium, Tacoma, Wash.

Women's Team Scores: Pacific Lutheran 156.5, Whitworth 143, Colorado College 81, Western Washington 46, Saint Martin's 42, Evergreen State 40, Olympic CC 39, Puget Sound 38.5, Spokane CC 32, Green River CC 11, Get Strong First TC 6, Seattle Pacific 6.

Women (Top 3 GNAC Finishers): 1,500 Meters - 1, Cassidy Walchak-Sloan, SMU, 4:41.89; 2, Naomi Hartley, SMU, 4:54.51. 100 Hurdles - 2, Eden Mortensen, SMU, 15.49. 4x100 Relay - 2, Saint Martin's (Vu, Bell, Mortensen, Zilla), 50.91. Pole Vault - 2, Annie Tran, WWU, 10-11; 3, Madison Licari, SPU, 10-11. Discus - 1, Taliah Coe, WWU, 125-10. Hammer - 1, Raine Westfall, WWU, 152-7. Javelin - 1, Amanda Short, WWU, 141-11.

Men's Team Scores: Pacific Lutheran 167, Whitworth 163, Spokane CC 110, Western Washington 59, Saint Martin's 58, Puget Sound 55, Colorado College 40, Olympic CC 38, Green River CC 27, Evergreen State 13, Seattle Pacific 8.

Men (Top 3 GNAC Finishers): 100 Meters - 3, Ryan Witters, WWU, 11.73. 200 Meters - 2, Ryan Witters, WWU, 23.22. 110 Hurdles - 3, Brandon MacMillian-Thomas, SMU, 16.72. 400 Hurdles - 3, Kale Engebretsen, WWU, 1:00.02. 4x100 Relay - 3, Saint Martin's (A. Schulz, J. Schulz, Tanicala, Boyd), 44.35. Pole Vault - 2, Kainoa Lee, SPU, 14-2. Long Jump - 1, Josh Schulz, SMU, 22-6.25. Shot Put - 2, Micah Au-Hauptu, SMU, 46-6.25. Javelin - 2, Jaydon Tryon, WWU, 166-8; 3, Sean Witters, WWU, 164-4.

Sat., Mar. 5

Willamette Opener

at Charles Bowles Track, Salem, Ore.

Women's Team Scores: Oregon State 92, Willamette 88, Corban 88, Mt. Hood CC 48, Western Oregon 39, UO Running Club 28.

Women (Top 3 GNAC Finishers): Shot Put - 3, Jenelle Hurley, WOU, 33-6.75. Javelin - 1, Kaylee Wright, WOU, 138-3; 2, Madison Hargett, WOU, 122-1; 3, Lyndee McLaughlin, WOU, 118-0.

Men's Team Scores: Corban 123, UO Running Club 111, Willamette 95, Western Oregon 36, Mt. Hood CC 32.

Men (Top 3 GNAC Finishers): Javelin - 1, Austin Goldstein, WOU, 198-10; 3, Eli Nafziger, WOU, 164-9.

Sat., Mar. 13

PLU Open

at PLU Track, Tacoma, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, E'lexis Hollis, CWU, 12.22; 2, Makenna Hansen, CWU, 12.22. 200 Meters - 1, Makenna Hansen, CWU, 25.14; 3, Juliette Williams, CWU, 26.15. 400 Meters - 1, Peace Igbonagwam, SPU, 57.91; 2, Johanna Brown, SPU, 1:00.59; 3, Aniya Green, SPU, 1:01.47. 800 Meters - 1, Vanessa Aniteye, SPU, 2:12.31; 2, Mia Crocker, WWU, 2:14.00; 3, Sophie Wright, WWU, 2:14.77. 1,500 Meters - 1, Ellie Rising, SPU, 4:45.13; 2, Brook Wedin, WWU, 4:46.21; 3, Nicki Yorges, SPU, 4:57.40. 5,000 Meters - 2, Jenna Heesacker, CWU, 20:43.48. 100 Hurdles - 1, Lauryn Chandler, CWU, 14.78; 2, McCall DeChenne, CWU, 14.91. 400 Hurdles - 1, McCall DeChenne, CWU, 1:02.21. 4x100 Relay - 1, Seattle Pacific (Igbonagwam, Aniteye, Green, Bouyer), 47.37; 2, Central Washington (Hansen, Ochoa, Hollis, Williams), 47.46. 4x400 Relay - 1, Seattle Pacific (Igbonagwam, Aniteye, Bouyer, Rising), 4:03.55. Pole Vault - 2, Charlie Hill, SPU, 10-11.75; 3, Madison Licari, SPU, 10-11.75. Long Jump - 2, Erica Cabanos, CWU, 16-3.25; 3, Makaylee Young, CWU, 16-3. Shot Put - 1, Avery Fisk, CWU, 41-1.5; 3, Carmen Cleveland Berrera, WWU, 37-8.75. Discus - 1, Katie Potts, WWU, 143-11; 2, Avery Fisk, CWU, 136-6. Hammer - 1, Raine Westfall, WWU, 162-0; 2, Payton Elenbaas, CWU, 138-8.

Men (Top 3 GNAC Finishers): 100 Meters - 3, Zachary Davis, CWU, 11.23. 200 Meters - 2, Brian Le, WWU, 22.65; 3, Bryan Sidor, CWU, 22.75. 400 Meters - 1, Ryan Greenwalt, WWU, 50.60. 1,500 Meters - 3, Zack Sundt, CWU, 3:58.21. 5,000 Meters - 1, Ty Savely, CWU, 15:11.34. 110 Hurdles - 1, Andrew Boyd, SMU, 15.23; 2, Aiden Wise, CWU, 15.60. 400 Hurdles - 1, Jaden Edwards, WWU, 56.16; 2, Aiden Wise, CWU, 57.18; 3, Reilly Williams, CWU, 57.93. 4x400 Relay - 1, Seattle Pacific (Njeri, Carpenter, Archer, Shepherd), 3:28.14; 2, Western Washington (Engebretsen, Witter, Le, Brenek), 3:29.07; 3, Western Washington (Sturdevant, Henry, Bloom, Knowles), 3:30.20. Pole Vault - 2, Brad Bowman, SPU, 13-1.5; 3, Andrew Alfred, SMU, 13-1.5. Long Jump - 1, Josh Schulz, SMU, 22-0.25; 3, Andrew Schulz, SMU, 20-5.25. Shot Put - 2, Ben Malquist, WWU, 49-10. Discus - 2, Wyatt Franklin, CWU, 148-5; 3, Ben Malquist, WWU, 147-7. Hammer - 2, Angus Beaton, CWU, 168-2; 3, Noa Peralta, SMU, 155-4. Javelin - 2, Jaydon Tryon, WWU, 174-7.

Fri., Mar. 18-Sat., Mar. 19

**Willie Williams/Dave Murray Distance Classic
at Drachman Stadium, Tucson, Ariz.**

Women (Top 3 GNAC Finishers): 400 Hurdles - 2, McCall DeChenne, CWU, 1:01.60.

Men (Top 3 GNAC Finishers): 400 Hurdles - 2, Austin Albertin, CWU, 53.62.

Sat., Mar. 19

Doris Heritage Track Festival

at West Seattle Stadium, Seattle, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 2, E'lexis Hollis, CWU, 12.54; 3, Aniya Green, SPU, 12.75. 200 Meters - 2, Tylantiss Atlas, UAA, 25.38; 3, Aniya Green, SPU, 25.89. 400 Meters - 1, Peace Igbonagwam, SPU, 56.94; 2, Tylantiss Atlas, UAA, 58.35; 3, Jenna Bouyer, SPU, 58.44. 800 Meters - 1, Vanessa Aniteye, SPU, 2:11.16; 2, Sophie Wright, WWU, 2:13.78; 3, Mia Crocker, WWU, 2:16.93. 1,500 Meters - 1, Annika Esvelt, SPU, 4:44.80; 2, Nancy Jeptoo, UAA, 4:45.37; 3, Libby Michael, SPU, 4:53.29. 5,000 Meters - 1, Naomi Hartley, SMU, 18:06.48; 2, Sara Sabra, SMU, 18:52.63. 400 Hurdles - 3, Naomi Bates, WWU, 1:08.30. 4x100 Relay - 1, Saint Martin's (Vu, Bell, Zilla, Cintron), 50.73; 2, Western Washington (Neal, Bates, Cheney, Sanford), 51.64. 4x400 Relay - 1, Seattle Pacific (Igbonagwam, Bouyer, Aniteye, Brown), 4:00.92; 2, Alaska Anchorage (Atlas, Vidad, Backman, Johansen), 4:06.45; 3, Western Washington (Lagerwey, Dawkins, Kibbee, Neal), 4:11.08. High Jump - 1, Akor Maywin, UAA, 5-1.25; 2, Kyle Griffin, CWU, 4-11.5; 3, Eden Mortensen, SMU, 4-9.5. Pole Vault - 2, Madison Licari, SPU, 11-1.5; 3, Lizzy Daugherty, SPU, 11-1.5. Long Jump - 3, Makaylee Young, CWU, 17-1.5. Triple Jump - 2, Jessica Neal, WWU, 32-9.5. Shot Put - 2, Avery Fisk, CWU, 40-7.5. Hammer - 1, Raine Westfall, WWU, 154-5; 2, Meagan Smallbeck, CWU, 135-7.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Jeff Gordon, SPU, 11.12; 3, Ryan Greenwalt, WWU, 11.31. 200 Meters - 1, David Njeri, SPU, 22.23; 2, Bryan Sidor, CWU, 22.27; 3, Ryan Henry, WWU, 22.56. 400 Meters - 1, Bryant Welch, WWU, 49.45; 3, Isaiah Archer, SPU, 50.53. 800 Meters - 1, Brock Knowles, WWU, 1:58.87; 2, Jon Owen, SPU, 2:00.21; 3, Steven Baltz, SMU, 2:02.40. 1,500 Meters - 3, Ty Savely, CWU, 4:08.63. 5,000 Meters - 1, Jeret Gillingham, WWU, 14:47.24; 3, Colin Boutin, SPU, 15:05.23. 400 Hurdles - 3, Jaden Edwards, WWU, 56.65. 4x100 Relay - 2, Saint Martin's (J. Schulz, A. Schulz, Tanicala, Boyd), 44.06. 4x400 Relay - 1, Seattle Pacific (Njeri, Archer, Shepherd, Owen), 3:27.65; 2, Western Washington (Daniels, Engebretsen, Henry, Edwards); 3, Western Washington (Kenny, Kibler, McAllister, Cummings), 3:33.29. High Jump - 1, Beau Sheeran, WWU, 6-5. Pole Vault - 2, Kainoa Lee, SPU, 14-1.75; 3, Drew Klein, CWU, 13-7.75. Long Jump - 1, Josh Schulz, SMU, 22-10; 2, Andrew Schulz, SMU, 21-10.25; 3, Tre Silva, CWU, 21-3.25. Triple Jump - 2, Tre Silva, CWU, 40-6.25; 3, Felix Robertson, UAA, 40-0.75. Shot Put - 1, Ben Malquist, WWU, 51-0.75. Hammer - 2, Angus Beaton, CWU, 159-3. Javelin - 2, Jaydon Tryon, WWU, 178-7.

2021-22 GNAC Outdoor Meet Summaries

Hornet Invite

at Hornet Stadium, Sacramento, Calif.

Women (Top 3 GNAC Finishers): 400 Hurdles - 1, Elena Cano, UAA, 1:00.86. 4x400 Relay - 2, Alaska Anchorage (Cano, Bartolaba, Sarri, Flad), 4:03.16.

Men (Top 3 GNAC Finishers): 110 Hurdles - 1, Joshua Wagner, UAA, 14.37. 400 Hurdles - Joshua Wagner, UAA, 54.23.

Sat., Mar. 19

Yellowjackets-Battlin' Bears Open

at Lockwood HS Track, Lockwood, Mont.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Chantel Chase, MSUB, 13.30. 200 Meters - 2, Chantel Chase, MSUB, 27.15; 3, Taylor Gordon, MSUB, 28.25. 400 Meters - 1, Madeline Severson, MSUB, 1:01.26; 2, Abbi Zent, MSUB, 1:09.76. 800 Meters - 2, Ally Whitmer, MSUB, 2:31.15. 1,500 Meters - 2, Kit Wiersema, MSUB, 5:27.64. 5,000 Meters - 1, Kailee Stoppel, MSUB, 18:58.83. 400 Hurdles - 1, Annelisa Clark, MSUB, 1:11.46; 3, Sierra Durbin, MSUB, 1:13.19. 4x100 Relay - 2, Montana State Billings, 51.10. 4x400 Relay - 2, Montana State Billings B, 4:17.02; 3, Montana State Billings A, 4:40.50. High Jump - 2, Madeline Severson, 4-9.75. Long Jump - 2, Madison Thompson, MSUB, 16-6. Discus - 2, Ryann Moline, MSUB, 127-10.

Men (Top 3 GNAC Finishers): 100 Meters - 3, Ben Ralston, MSUB, 11.42. 200 Meters - 1, Ben Ralston, MSUB, 22.82. 800 Meters - 1, Ase Ackerman, MSUB, 1:57.86; 2, Carson Jessop, MSUB, 1:59.85. 110 Hurdles - 1, Bradley Graves, MSUB, 15.35. 4x100 Relay - 2, Montana State Billings, 43.84. High Jump - 3, Favor Okere, MSUB, 5-8.75. Triple Jump - 3, Garrett McMillen, MSUB, 42-5.25. Shot Put - 1, Braden Anderson, MSUB, 46-6.25; 2, Forrest Cross, MSUB, 46-1.5. Discus - 1, Forrest Cross, MSUB, 144-4. Hammer - 2, Forrest Cross, MSUB, 145-8; 3, Coen Giusti, MSUB, 142-1. Javelin - 1, Ryder Klein, MSUB, 157-10.

OSU PNW Invite

at Whyte Track and Field Center, Corvallis, Ore.

Women's Team Scores: Oregon State 135, Seattle 43, Oregon 41, Western Oregon 39, George Fox 30, Cal Poly Humboldt 27, Linfield 23, Cascadia Elite 5.

Women (Top 3 GNAC Finishers): 100 Meters - 3, Maliyah Thompson, WOU, 12.14. 100 Hurdles - 2, Jenelle Hurley, WOU, 14.88. 400 Hurdles - 1, Riley Carstensen, WOU, 1:10.72. Triple Jump - 2, Kalulusno Ngaida, WOU, 36-2.75.

Men's Team Scores: Seattle 74, Cal Poly Humboldt 52.5, Western Oregon 43, George Fox 41, Linfield 30, Umpqua CC 22, Oregon 20, Alpha TC 17.5, Willamette 11, MMTC 8, Cooney's T&F Club 7, UO Running Club 3.

Men (Top 3 GNAC Finishers): 400 Meters - 2, Gabe Arce-Torres, WOU, 50.18. 800 Meters - 1, Justin Crosswhite, WOU, 1:56.18. 110 Hurdles - 2, James Duane, WOU, 15.75; 3, Aaron Hanible, WOU, 16.09. High Jump - 3, Devin Hasher, WOU, 6-2.75. Long Jump - 2, Marlon Harrison, WOU, 21-4. Shot Put - 3, Sam Cole, WOU, 46-3.5.

SFU High Performance Meet #1

at Terry Fox Field, Burnaby, B.C.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Jordan Jacobs, SFU, 13.10; 2, Estella Mainella, SFU, 13.41. 200 Meters - 1, Estella Mainella, SFU, 26.87; 3, Dominique Ronse, SFU, 28.23. 400 Meters - 1, Elizabeth Vanderput, SFU, 58.71; 2, Jordan Jacobs, SFU, 1:01.13. 800 Meters - 1, Kate Cameron, SFU, 2:18.40; 2, Claire Bosma, SFU, 2:26.09. 1,500 Meters - 1, Grace Chalk, SFU, 4:58.38; 2, Charlotte Prangle, SFU, 5:00.71; 3, Alicia Ranahan, SFU, 5:03.11. 3,000 Meters - 1, Olivia Willett, SFU, 10:26.63; 2, Ella Marion, SFU, 10:48.76. 100 Hurdles - 1, Diana Voloshin, SFU, 14.68. High Jump - 1, Sydney Kania, SFU, 5-1. Long Jump - 1, Danielle Waller, SFU, 17-0; 2, Kennedy Primrose, SFU, 16-5; 3, Madison Paugh, SFU, 16-3.25. Shot Put - 1, Kaitlyn Hanger, SFU, 30-7.75.

Men (Top 3 GNAC Finishers): 100 Meters - 3, Jesaiah Penon-McCoy, SFU, 11.41. 200 Meters - 3, Jesaiah Penon-McCoy, SFU, 22.60. 400 Meters - 1, Jordan Schmidt, SFU, 51.37; 2, Felix Allen, SFU, 51.53. 1,500 Meters - 1, Aiden Good, SFU, 3:53.96. 3,000 Meters - 1, Scott Arndt, SFU, 8:39.01; 3, Ephrem Mekonnen, SFU, 8:48.58. Long Jump - 1, Zackary Kuzyk, SFU, 21-0.75; 2, Mitchell Gibbs, SFU, 19-6. Triple Jump - 1, Nick Kuzyk, SFU, 38-5.

Thurs., Mar. 24-Fri., Mar. 25

Aztec Invitational - Combined Events

at The Sports Deck, San Diego, Calif.

Women (Top 3 GNAC Finishers): Heptathlon - 1, Elena Cano, UAA, 4,996.

Adams/Klein Combined Events

at Westmont College, Santa Barbara, Calif.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): None.

Fri., Mar. 25-Sat., Mar. 26

Yellow Jacket Spring Open

at Lyle Hare Stadium, Spearfish, S.D.

Women (Top 3 GNAC Finishers): 400 Meters - 2, Madeline Severson, MSUB, 1:01.67. 800 Meters - 2, Ally Whitmer, MSUB, 2:28.88. Steeplechase - 2, Kailee Stoppel, MSUB, 12:31.35. 4x100 Relay - 1, Montana State Billings (Thompson, Hamill, Gordon, Chase), 50.70. 4x400 Relay - 1, Montana State Billings (Severson, Durbin, Whitmer, Chase), 4:15.50.

Men (Top 3 GNAC Finishers): 400 Meters - 1, Ben Ralston, MSUB, 50.50. 800 Meters - 2, Ase Ackerman, MSUB, 1:59.18. 1,500 Meters - 1, Ase Ackerman, MSUB, 3:58.62. 110 Hurdles - 3, Bradley Graves, MSUB, 15.97. Steeplechase - 2, Carson Jessop, MSUB, 9:37.46. 4x100 Relay - 2, Montana State Billings (Ullery, Graves, Okere, Ralston), 43.42. Javelin - 3, Ryder Klein, MSUB, 155-8.

Aztec Invitational

at The Sports Deck, San Diego, Calif.

Women (Top 5 GNAC Finishers): None.

Men (Top 5 GNAC Finishers): 1,500 Meters - 2, Coleman Nash, UAA, 3:48.66. 110 Hurdles - 3, Joshua Wagner, UAA, 14.84.

Sat., Mar. 26

Willamette Invitational

at Charles Bowles Track, Salem, Ore.

Women's Team Scores: Oregon State 166, Western Oregon 151, Lane CC 117, Bushnell 47, Willamette 24, Mt. Hood CC 23, Southwestern Oregon CC 12, Umpqua CC 8, UO Running Club 3.

Women (Top 3 GNAC Finishers): 100 Meters - 3, Maya Hopwood, WOU, 12.42. 200 Meters - 3, Ana Popchock, WOU, 26.27. 400 Meters - 2, Jessy Hart, WOU, 59.44. 800 Meters - 2, Katie Chapman, WOU, 2:23.76. 1,500 Meters - 3, Kaylin Cantu, WOU, 4:53.25. 100 Hurdles - 2, Ana Popchock, WOU, 15.31. 400 Hurdles - 3, Madeline Lambing, WOU, 1:08.03. 4x400 Relay - 2, Western Oregon (Carstensen, Hart, Chapman, Lambing), 4:11.48. Triple Jump - 1, Ana Popchock, WOU, 37-6.75; 2, Kalulusno Ngaida, WOU, 35-3. Shot Put - 1, Liliana Pyness, WOU, 38-7; 3, Halle Hargett, WOU, 35-7.75. Javelin - 1, Kaylee Weight, WOU, 149-5.

Men's Team Scores: Lane CC 205, Western Oregon 129, Willamette 66, UO Running Club 49, Umpqua CC 42, Bushnell 29, Southwestern Oregon CC 21, Corban 10, Mt. Hood CC 3.

Men (Top 3 GNAC Finishers): 800 Meters - 3, Bryce Mefford, WOU, 2:01.56. 1,500 Meters - 1, Bailey Smith, WOU, 3:57.15. 400 Hurdles - 1, Aaron Hanible, WOU, 56.74. High Jump - 2, Justin Conklin, WOU, 6-2.75; 3, Devin Hasher, WOU, 6-2.75. Triple Jump - 3, Marlon Harrison, WOU, 45-3. Shot Put - 1, Owen Collins, WOU, 46-8.25; 3, Mark Warren, WOU, 43-10. Hammer - 2, Mark Warren, WOU, 143-2; 3, Owen Collins, WOU, 141-8. Javelin - 1, Austin Goldstein, WOU, 203-2.

2021-22 GNAC Outdoor Meet Summaries

Sat., Mar. 26

Payton-Shotwell Invitational at Baker Stadium, Tacoma, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Cree Bell, SMU, 12.75; 2, Madison Vu, SMU, 12.98. 200 Meters - 1, Jenna Bouyer, SPU, 24.68; 2, Peace Igbonagwam, SPU, 24.77; 3, Vanessa Aniteye, SPU, 25.19. 400 Meters - 1, Johanna Brown, SPU, 1:01.80. 1,500 Meters - 1, Annika Esvelt, SPU, 4:39.08; 2, Ellie Rising, SPU, 4:45.22; 3, Kelsey Washenberger, SPU, 4:48.07. 100 Hurdles - 1, Gabriela Cintron, SMU, 15.35; 2, Eden Mortensen, SMU, 15.51. 400 Hurdles - 1, McKenzie Fletcher, SPU, 1:07.79; 3, Eden Mortensen, SMU, 1:08.88. 4x100 Relay - 1, Seattle Pacific (Igbonagwam, Aniteye, Aniya Green, Bouyer), 47.00. 4x400 Relay - 1, Seattle Pacific (Igbonagwam, Bouyer, Rising, Aniteye), 3:49.64. Pole Vault - 1, Madison Licari, SPU, 11-5; 2, Lizza Daugherty, SPU, 10-5.25; 3, Charlie Hill, SPU, 10-5.25. Triple Jump - 2, Margaret Zilla, SMU, 32-3.5. Shot Put - 1, Avery Fisk, CWU, 42-4.25; 3, Jocelyn Saribay, SMU, 37-5.75. Discus - 1, Avery Fisk, CWU, 139-7.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Josh Schulz, SMU, 11.30; 3, Andrew Schulz, SMU, 11.38. 200 Meters - 1, Jeff Gordon, SPU, 22.13; 2, David Njeri, SPU, 22.14. 400 Meters - 1, Evan Carpenter, SPU, 50.82; 3, Andrew Boyd, SMU, 52.01. 800 Meters - 1, Isaiah Archer, SPU, 1:55.61; 2, Zack Sundt, CWU, 1:59.23. 1,500 Meters - 1, Zack Sundt, CWU, 4:04.76; 2, Jon Owen, SPU, 4:07.22. 110 Hurdles - 1, Aiden Wise, CWU, 15.17; 2, Andrew Boyd, SMU, 15.36; 3, Drew Klein, CWU, 15.90. 400 Hurdles - 1, Julius Shepherd, SPU, 56.96; 2, Aiden Wise, CWU, 57.56. 4x400 Relay - 1, Seattle Pacific (Carpenter, Njeri, Gordon, Archer), 3:26.32. Pole Vault - 1, Andrew Alfred, SMU, 13-8.25. Long Jump - 1, Andrew Schulz, SMU, 22-5.25; 3, Drew Klein, CWU, 21-0.75. Triple Jump - 2, Christopher Hines, CWU, 43-1.75; 3, Josh Schulz, SMU, 42-7. Shot Put - 1, Micah Au-Haupt, SMU, 45-2.25; 3, Wyatt Franklin, CWU, 40-5. Discus - 1, Franklin Wyatt, CWU, 144-1; 2, Micah Au-Haupt, SMU, 125-6; 3, Omar Young, CWU, 124-10.

Team 4 Titus & Ely Invitational at Eagles Field, Irvine, Calif.

Women (Top 3 GNAC Finishers): 400 Meters - 3, Laine DeJong, NNU, 59.07. 4x400 Relay - 2, Northwest Nazarene (DeJong, Wood, Drury, Gomez), 4:06.14. High Jump - 1, Miya Koch, NNU, 5-6.5. Pole Vault - 1, Kinsey Langin, NNU, 11-5.75; 2, Julie Cheney, NNU, 10-11.75. Long Jump - 3, Laine DeJong, NNU, 17-8. Triple Jump - 2, Ellie Alberts, NNU, 33-4.5. Hammer - 3, Destany Herbert, NNU, 144-10. Javelin - 1, Nizhoni Buckway, NNU, 131-1.

Men (Top 3 GNAC Finishers): 200 Meters - 1, Hunter Braseth, NNU, 21.92. 5,000 Meters - 1, Tyler Shea, NNU, 14:23.08. 4x100 Relay - 1, Northwest Nazarene (Wong, Braseth, Willey, Hunt), 42.05. High Jump - 2, Steven Schmidt, NNU, 6-7. Hammer - 3, Dylan Hendry, NNU, 174-2. Javelin - 1, Steven Schmidt, NNU, 168-11.

Sat., Mar. 26-Sun., Mar 27

UBC Open at Thunderbird Park, Vancouver, B.C.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Marie-Éloïse Leclair, SFU, 11.88. 200 Meters - 2, Emily Lindsay, SFU, 24.88. 400 Meters - 1, Claire Bosma, SFU, 59.27; 2, Shawnee Konrad, WWU, 1:03.02. 800 Meters - 1, Olivia Willett, SFU, 2:13.97; 2, Emily Chilton, SFU, 2:15.54; 3, Elizabeth Vanderput, SFU, 2:18.75. 100 Hurdles - 1, Diana Voloshin, SFU, 14.93. High Jump - 3, Jessica Neal, WWU, 5-3. Pole Vault - 2, Annie Tran, WWU, 10-10; 3, Kaylee Coble, WWU, 9-10. Triple Jump - 1, Kennedy Primrose, SFU, 37-3.75; 3, Madison Paugh, SFU, 34-5.5. Discus - 2, Katie Potts, WWU, 139-4.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Noah Johnson, WWU, 10.97; 2, Jesaiah Penson-McCoy, SFU, 11.03. 200 Meters - 3, Jesaiah Penson-McCoy, SFU, 22.15. 800 Meters - 1, Paul Buckingham, SFU, 1:52.15; 2, Mac Franks, WWU, 1:52.65; 3, Drew Weber, WWU, 1:53.10. 1,500 Meters - 1, Calahan Warren, WWU, 3:46.14; 2, Drew Weber, WWU, 3:47.76; 3, Mac Franks, WWU,

3:48.13. 110 Hurdles - 1, Hunter Flick, WWU, 14.95; 2, Koby Okezie, WWU, 15.07; 3, Jalen Edwards, WWU, 15.47. 400 Hurdles - 1, Jorrin Lenton, SFU, 55.15; 2, Koby Okezie, WWU, 55.79; 3, Jaden Edwards, WWU, 57.10. High Jump - 2, Beau Sheeran, WWU, 6-6.75. Long Jump - 1, Zackary Kuzyk, SFU, 23-0.75; 2, Blake Furtado, SFU, 21-10.25; 3, Ryan Greenwalt, WWU, 21-8.75. Triple Jump - 1, Damian Mercado, WWU, 44-3.5. Shot Put - 2, Jerrod Lee, WWU, 42-4.75. Javelin - 1, Jarrett Chong, SFU, 203-1; 2, Bryan Cortes, SFU, 194-3. Decathlon - 2, Cooper Cummings, WWU, 5,565.

Thurs., Mar. 31-Fri., Apr. 1

Mike Fanelli Track Classic at Cox Stadium, San Francisco, Calif.

Women (Top 3 GNAC Finishers): 400 Meters - 1, Tylantiss Atlas, UAA, 56.13. 1,500 Meters - 1, Alison Andrews-Paul, SFU, 4:21.52. Mile - 1, Olivia Willett, SFU, 5:05.50. 100 Hurdles - 2, Elena Cano, UAA, 14.15. 400 Hurdles - 2, Elena Cano, UAA, 1:00.16. 4x100 Relay - 2, Alaska Anchorage (Van der Meet, Cano, Vidad, Atlas), 48.46. 4x400 Relay - 1, Alaska Anchorage (Atlas, Vidad, Cano De Arvizu Sarri), 3:50.35; 3, Alaska Anchorage (Backman, Bartolaba, Johansen, Flad), 4:02.96. Sprint Medley - 1, Alaska Anchorage (Backman, Van der Meer, Vidad, Atlas), 4:13.76. High Jump - 3, Sydney Kania, SFU, 5-2.25.

Men (Top 3 GNAC Finishers): 400 Meters - 2, Enrique Campbell, UAA, 49.14. 1,500 Meters - 3, Mac Franks, WWU, 3:47.25. Mile - 3, Scott Arndt, SFU, 4:16.59. 5,000 Meters - 3, Coleman Nash, UAA, 13:53.33. 110 Hurdles - 1, Joshua Wagner, UAA, 14.47. 400 Hurdles - 3, Adrian Velasco, UAA, 54.91. Steeplechase - 2, Mac Franks, WWU, 8:52.50; 3, Jeret Gillingham, WWU, 8:59.80. 4x100 Relay - 2, Alaska Anchorage (Campbell, Wagner, Hunter, Belanger), 41.87. 4x400 Relay - 3, Alaska Anchorage (Wagner, Velasco, Hunter, Rohde), 3:20.41. High Jump - 1, Zackary Kuzyk, SFU, 6-0.5. Long Jump - 2, Blake Furtado, SFU, 22-3.

Fri., Apr. 1

West Coast Relays at Veterans Memorial Stadium, Clovis, Calif.

Women (Top 3 GNAC Finishers): 5,000 Meters - 2, Annika Esvelt, SPU, 16:41.31. 4x100 Relay - 2, Seattle Pacific (Igbonagwam, Aniteye, Green, Bouyer), 46.70.

Men (Top 3 GNAC Finishers): 5,000 Meters (Section 2) - 2, Colin Boutin, SPU, 15:07.51. Long Jump - 3, David Njeri, SPU, 22-9. Triple Jump - 2, David Njeri, SPU, 49-9.75.

Fri., Apr. 1-Sat., Apr. 2

Stanford Invitational at Cobb Track, Palo Alto, Calif.

Women (Top 3 GNAC Finishers): 4x400 Relay - 2, Simon Fraser (Binder, Andrews-Paul, Leclair, Lindsay), 3:42.35. High Jump - 3, Sydney Kania, SFU, 5-3.

Men (Top 3 GNAC Finishers): 800 Meters (Section 1) - 2, Aaron Ahl, SFU, 1:51.45. 800 Meters (Section 3) - 1, Charlie Dannatt, SFU, 1:51.23. 800 Meters (Section 4) - 2, Jordan Schmidt, SFU, 1:51.69. Javelin - 1, Jarrett Chong, SFU, 209-8.

Hayward Premiere at Hayward Field, Eugene, Ore.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): Steeplechase - 2, Bailey Smith, WOU, 9:13.80.

2021-22 GNAC Outdoor Meet Summaries

Fri., Apr. 1-Sat., Apr. 2

NUU Invitational & Multis

at Bohner Track, Nampa, Idaho

Women (Top 3 GNAC Finishers): 100 Meters - 1, Abbey Wood, NNU, 12.06. 400 Meters - 1, Kalli Brence, NNU, 58.78. 800 Meters - 3, Kalen Belton, NNU, 2:23.79. 1,500 Meters - 2, Kalen Belton, NNU, 5:00.15. 10,00 Meters - 2, Emily McMahon, NNU, 44:27.09; 3, Jordan Woods, NNU, 45:01.49. 4x100 Relay - 1, Northwest Nazarene (Wood, Williams, Fouse, Baniaga), 49.29. 4x400 Relay - 1, Northwest Nazarene (Baniaga, Brence, Drury, DeJong), 4:02.45. High Jump - 1, Miya Koch, NNU, 5-5. Pole Vault - 1, Kinsey Langin, NNU, 12-3.5; 2, Julie Cheney, NNU, 11-9.75. Long Jump - 1, Laine DeJong, NNU, 17-6.75; 2, Ellie Alberts, NNU, 17-2. Triple Jump - 1, Ellie Alberts, NNU, 35-5.25. Shot Put - 2, Destany Herbert, NNU, 42-3.25. Discus - 3, Destany Herbert, NNU, 129-9. Hammer - 2, Destany Herbert, NNU, 162-11. Javelin - 1, Nizhoni Buckway, NNU, 128-2.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Hunter Braseth, NNU, 10.84; 3, Cameron Willey, NNU, 11.05. 200 Meters - 1, Hunter Braseth, NNU, 21.76. 400 Meters - 3, Shalkar Wilkins, NNU, 51.38. 800 Meters - 3, Tyler Shea, NNU, 1:57.20. 1,500 Meters - 2, Tyler Shea, NNU, 3:56.58. 4x400 Relay - 2, Northwest Nazarene, 3:27.20. High Jump - 1, Gerohm Rihari, NNU, 6-6.75. Long Jump - 1, Gerohm Rihari, NNU, 21-11.5; 2, Josh Johnson, NNU, 21-9.5. Discus - 2, Dylan Hendry, NNU, 140-10. Hammer - 1, Colton Burr, NNU, 181-0. Javelin - 3, Abe Mitchell, NNU, 156-0. Decathlon - 2, Steven Schmidt, NNU, 6,378.

Sat., Apr. 2

WWU Invitational

at Civic Stadium, Bellingham, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Caitlyn Cheney, WWU, 12.60; 2, Makaylee Young, CWU, 12.78; 3, Lainnie Lyamba, WWU, 12.86. 200 Meters - 2, Caitlyn Cheney, WWU, 27.00; 3, Matty Lagerwey, WWU, 28.33. 100 Hurdles - 3, Naomi Bates, WWU, 16.08. Steeplechase - 3, Ila Davis, WWU, 10:51.21. 4x400 Relay - 1, Western Washington (Cheney, Davis, Bates, Wright), 4:10.97; 2, Central Washington (Thompson, Massey, Child, Lester), 4:25.99. High Jump - 1, Leanna Kibbee, WWU, 4-11. Pole Vault - 1, Annie Tran, WWU, 11-5.75; 2, Allison Coleman, CWU, 10-2. Long Jump - 1, Matty Lagerwey, WWU, 18-3.75. Triple Jump - 2, Lainnie Lyamba, WWU, 36-0; 3, Jamie Sanford, WWU, 35-11.5. Shot Put - 2, Katie Potts, WWU, 39-9.25; 3, Jasmine Kaufman, WWU, 39-3.75. Discus - 1, Katie Potts, WWU, 139-9; 2, Payton Elenbaas, CWU, 129-4; 3, Taliah Coe, WWU, 118-10. Hammer - 3, Raine Westfall, WWU, 158-4. Javelin - 1, Amanda Short, WWU, 155-9; 3, Leanne Kibbee, WWU, 91-0.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Noah Johnson, WWU, 11.14; 3, Ryan Greenwalt, WWU, 11.33. 200 Meters - 1, Brian Le, WWU, 22.87; 2, Cyrus McAllister, WWU, 23.60; 3, Willie Coleman, WWU, 24.09. 400 Meters - 1, Bryant Welch, WWU, 49.31; 3, Lucas Brenek, WWU, 50.14. 800 Meters - 1, Drew Weber, WWU, 1:51.78; 2, Mac Franks, WWU, 1:52.49; 3, Calahan Warren, WWU, 1:53.21. 1,500 Meters - 3, Alec Ritter, WWU, 4:04.00. 5,000 Meters - 2, Jalen Javurek, WWU, 14:54.10; 3, Jared Alderfer, WWU, 15:01.57. 110 Hurdles - 1, Koby Okezie, WWU, 14.96; 2, Jaden Edwards, WWU, 15.37; 3, Drew Klein, CWU, 16.11. 400 Hurdles - 1, Jaden Edwards, WWU, 54.60; 2, Koby Okezie, WWU, 54.99; 3, Kale Engebretsen, WWU, 58.98. 4x100 Relay - 1, Western Washington (Witters, Le, Daniels, Johnson), 42.78. 4x400 Relay - 1, Western Washington (Brenek, Engebretsen, Le, Daniels), 3:25.54; 2, Western Washington (Edwards, Knowles, Bloom, Henry), 3:28.36; 3, Western Washington (Kenny, McAllister, Cummings, Kibler), 3:30.34. High Jump - 1, Beau Sheeran, WWU, 6-6.75; 2, Ethan Sterkel, WWU, 6-6.75. 3, Damian Mercado, WWU, 6-2.75. Pole Vault - 1, Kacey Provo, WWU, 15-0; 2, Drew Klein, CWU, 14-6; 3, Jacob Thompson, CWU, 14-6. Long Jump - 2, Ethan Sterkel, WWU, 22-8. Triple Jump - 1, Damian Mercado, WWU, 43-5.75. Shot Put - 1, Ben Malquist, WWU, 50-0.75; 3, Jerrod Lee, WWU, 46-4.25. Discus - 2, Ben Malquist, WWU, 147-11. Hammer - 2, Jerrod Lee, WWU, 141-8; 3, Ben Malquist, WWU, 133-6. Javelin - 1, Jaydon Tryon, WWU, 190-9; 3, Drew Klein, CWU, 143-0.Y

Yellowjacket/Battlin' Bear Open

at Longwood HS, Longwood, Mont.

Women's Team Scores: Carroll (Mont.) 49, Dickinson St. 48, Montana State Billings 44, South Dakota Mines 43, Montana Tech 21, Providence (Mont.) 20, Black Hills State 15, Rocky Mountain 9, Montana St.-Northern 3, Montana Western 2.

Women (Top 3 GNAC Finishers): 4x100 Relay - 2, Montana State Billings (Thompson, Hamill, Gordon, Clark), 51.30. High Jump - 3, Madeline Severson, MSUB, 4-9.75. Long Jump - 1, Kendall Lynn, MSUB, 17-8.25. Triple Jump - 1, Kendall Lynn, MSUB, 36-10.5.

Men's Team Scores: Dickinson St. 70, Carroll (Mont.) 54, South Dakota Mines 50, Rocky Mountain 38.5, Montana State Billings 36, Black Hills State 17.5, Providence (Mont.) 14, Montana Western 6, Central Wyoming 4, Montana Tech 3.

Men (Top 3 GNAC Finishers): 5,000 Meters - 3, Ase Ackerman, MSUB, 15:44.92. 4x100 Relay - 3, Montana State Billings (Ullery, Graves, Okere, Ralston), 43.02. Shot Put - 3, Forrest Cross, MSUB, 47-5.

Cheetah Sea Of Green Meet

at Percy Perry Stadium, Coquitlam, B.C.

Women (Top 3 GNAC Finishers): 400 Meters - 1, Claire Bosma, SFU, 58.60; 3, Jordan Jacobs, SFU, 1:00.79.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Jeremy Belcher, SFU, 11.03; 2, Kaito Suzuki, SFU, 11.08. 200 Meters - 1, Kaito Suzuki, SFU, 22.34; 2, Jeremy Belcher, SFU, 22.55. 400 Meters - 2, Felix Allen, SFU, 50.47; 3, Jorin Lenton, SFU, 51.50. 1,500 Meters - 1, Jose Castro, SFU, 4:03.69; 2, Kirubel Bogale, SFU, 4:05.29; 3, Brendan Moore, SFU, 4:11.53.

NW Distance Jamboree

at Lane CC, Eugene, Ore.

Women (Top 3 GNAC Finishers): 1,500 Meters - 1, Cassidy Walchak-Sloan, SMU, 4:38.95.

Men (Top 3 GNAC Finishers): 1, Rajesh Gill, CWU, 32:38.10.

Fri., Apr. 8

John Knight Twilight

at McArthur Field, Monmouth, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Maliyah Thompson, WOU, 12.36; 3, Maya Hopwood, WOU, 12.51. 200 Meters - 2, Maliyah Thompson, WOU, 22.55; 3, Jessy Hart, WOU, 26.55. 1,500 Meters - 1, Caitlin Heldt, WOU, 4:54.68; 2, Katie Chapman, WOU, 4:56.36. 100 Hurdles - 1, Jenelle Hurley, WOU, 14.55; 3, Maliyah Thompson, WOU, 15.09. 4x100 Relay - 1, Western Oregon (Hopwood, Wilson, Popchuck, Thompson), 48.91. 4x400 Relay - 1, Western Oregon (Clemens, Deters, Hurley, Hart), 4:17.44; 2, Western Oregon (Chapman, Heldt, Larson, Green), 4:28.77. Long Jump - 2, Jenelle Hurley, WOU, 18-1; 3, Ana Popchock, WOU, 17-4.25. Triple Jump - 1, Ana Popchock, WOU, 37-6; 3, Kalulusno Ngaida, WOU, 35-0.5. Javelin - 1, Kaylee Wright, WOU, 144-4; 3, Lyndee McLauchlin, WOU, 129-3.

Men (Top 3 Finishers): 100 Meters - 2, Amari Hendrix, WOU, 11.16. 800 Meters - 1, Justin Crosswhite, WOU, 1:53.55; 2, Emmett Klus, WOU, 1:56.18; 3, Keeton Sanchez, WOU, 1:57.25. 110 Hurdles - 1, Brennen Sorah, WOU, 15.67. 400 Hurdles - 1, Aaron Hanible, WOU, 56.67. 4x100 Relay - 1, Western Oregon (Hanible, Cossette, Hendrix, Mazzeo), 44.69. 4x400 Relay - 1, Western Oregon (Klus, Rambo, Crosswhite, Sanchez), 3:27.35. High Jump - 2, Devin Hasher, WOU, 6-2.75. Long Jump - 2, Marlon Harrison, WOU, 20-5.25. Triple Jump - 2, Marlon Harrison, WOU, 42-4.25; 3, Jacob Flury, WOU, 41-4.5. Shot Put - 2, Owen Collins, WOU, 46-4.5. Discus - 3, Mark Warren, WOU, 120-0. Hammer - 1, Sam Cole, WOU, 166-8; 2, Owen Collins, WOU, 165-7; 3, Mark Warren, WOU, 156-6. Javelin - 1, Austin Goldstein, WOU, 194-10; 2, Eii Nafziger, WOU, 178-10.

2021-22 GNAC Outdoor Meet Summaries

Fri., Apr. 8

Whitworth Peace Meet

at Boppell Track, Spokane, Wash.

Women (Top 3 GNAC Finishers): 200 Meters - 3, McCall DeChenne, CWU, 25.37. 5,000 Meters - 1, Rosie Melville, CWU, 19:15.65; 3, Madison Child, CWU, 19:25.94. 100 Hurdles - 2, Lauryn Chandler, CWU, 14.85. Steeplechase - 2, Caitlin Gohr, CWU, 12:34.96. 4x400 Relay - 2, Central Washington (Child, Gohr, Lester, Thompson), 4:28.20. Long Jump - 2, Erica Cabanos, CWU, 17-3.25; 3, Makylee Young, CWU, 16-11.5. Triple Jump - 1, Erica Cabanos, CWU, 36-7. Discus - 3, Avery Fisk, CWU, 138-6.

Men (Top 3 GNAC Finishers): None.

Sat., Apr. 9

Bauer Open

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

Women (Top 3 GNAC Finishers): 200 Meters - 3, Taylor Gordon, MSUB, 28.85. 400 Hurdles - 2, Sierra Durbin, MSUB, 1:12.54. 4x100 Relay - 2, Montana State Billings (Thompson, Hamill, Gordon, Clark), 1:00.63. 4x400 Relay - 1, Montana State Billings (Severson, Durbin, Clark, Whitmer), 4:27.41. Long Jump - 1, Kendall Lynn, MSUB, 17-3.5; 2, Madeline Severson, MSUB, 16-7.5. Triple Jump - 1, Kendall Lynn, MSUB, 37-2.5. Shot Put - 3, Dakota Lobmeyer, MSUB, 40-7. Discus - 2, Ryann Moline, MSUB, 124-9. Javelin - 1, Ryann Moline, MSUB, 126-1; 3, Jordan Cookman, MSUB, 113-5.

Men (Top 3 GNAC Finishers): 200 Meters - 1, Ben Ralston, MSUB, 23.54. 110 Hurdles - 1, Bradley Graves, MSUB, 14.65. 4x100 Relay - 1, Montana State Billings (Ullery, Graves, Okere, Ralston), 43.26. Javelin - 3, Ryder Klein, MSUB, 153-0.

PLU Invitational

at PLU Track, Tacoma, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Cree Bell, SMU, 12.70. 400 Meters - 1, Jenna Bouyer, SPU, 57.07; 2, Peace Igbonagwam, SPU, 57.46. 800 Meters - 1, Sophie Wright, WWU, 2:16.83; 2, Cassidy Walchak-Sloan, SMU, 2:18.66; 3, Libby Michael, SPU, 2:21.80. 1,500 Meters - 1, Alisha Saucedo, SMU, 5:07.49. 5,000 Meters - 1, Ila Davis, WWU, 17:49.45. 10,000 Meters - 1, Sara Sabra, SMU, 38:41.95; 2, Brittany Aquino, WWU, 40:06.60; 3, Abby Burton, SMU, 46:05.55. 100 Hurdles - 1, Gabriela Cintron, SMU, 15.82; 3, Naomi Bates, WWU, 16.10. 400 Hurdles - 3, Naomi Bates, WWU, 1:10.66. 4x100 Relay - 2, Western Washington (Lyamba, Cheney, Neal, Sanford), 50.96. 4x400 Relay - 1, Saint Martin's (Vu, Saucedo, Walchak-Sloan, Bell), 4:09.39. High Jump - 1, Jessica Neal, WWU, 5-3.25. Pole Vault - 2, Madison Licari, SPU, 11-8. Long Jump - 3, Leanne Kibbee, WWU, 16-9.75. Triple Jump - 2, Jamie Sanford, WWU, 33-5.75; 3, Margaret Zilla, SMU, 32-11.25. Shot Put - 1, Katie Potts, WWU, 40-9.75; 3, Jocelyn Saribay, SMU, 37-10.5. Discus - 3, Katie Potts, WWU, 134-2.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Landon Armstrong, SMU, 11.07. 200 Meters - 1, Bryant Welch, WWU, 21.82; 2, Ryan Greenwalt, WWU, 22.45; 3, Lucas Brenek, WWU, 22.57. 400 Meters - 1, Isaiah Archer, SPU, 49.58; 2, Mark Daniels, WWU, 50.36; 3, David Njeri, SPU, 50.53. 800 Meters - 1, Jonah Bloom, WWU, 2:00.20; 2, Jon Owen, SPU, 2:01.19. 1,500 Meters - 2, Will Henry, WWU, 4:00.09. 10,000 Meters - 1, Jalen Javurek, WWU, 32:20.72; 2, Brennan LeBlanc, SPU, 33:18.69; 3, Gabe Endresen, SPU, 33:52.04. 110 Hurdles - 1, Koby Okezie, WWU, 15.13; 2, Andrew Boyd, SMU, 15.54. 400 Hurdles - 1, Julis Shepherd, SPU, 57.28; 2, Andrew Boyd, SMU, 57.63; 3, Kale Engebretsen, WWU, 59.16. Steeplechase - 1, Quinn Wilcox, WWU, 9:40.54. 4x100 Relay - 1, Seattle Pacific (Njeri, Gordon, Shepherd, Holmes), 43.65. 4x400 Relay - 1, Saint Martin's (Wani, Cortes, Schulz, Pagente), 3:40.80. High Jump - 2, Ethan Sterkel, WWU, 6-5.5; 3, Beau Sheeran, WWU, 6-5.5. Pole Vault - 1, Kainoa Lee, SPU, 14-10. Long Jump - 1, Josh Schulz, SMU, 22-7; 2, Ethan Sterkel, WWU, 22-1.5; 3, Andrew Schulz, SMU, 21-10.25. Triple Jump - 1, Damian Mercado, WWU, 44-6; 2, Josh Schulz, SMU, 43-5. Shot Put - 1, Ben Malquist, WWU, 48-5.25; 3, Micah Au-Haupt, SMU, 45-5.75. Discus - 2, Ben Malquist, WWU, 147-7. Hammer - 3, Jerrod Lee, WWU, 146-10. Javelin - 2, Jaydon Tryon, WWU, 165-4.

Emilie Mondor Invitational

at Terry Fox Field, Burnaby, B.C.

Women (Top 3 GNAC Finishers): 400 Meters - 1, Alison Andrews-Paul, SFU, 55.26; 3, Emily Lindsay, SFU, 55.98. 800 Meters - 2, Olivia Willett, SFU, 2:15.75; 3, Megan Roxby, SFU, 2:16.02. 4x100 Relay - 1, Simon Fraser (Binder, Leclair, Lindsay, Voloshin), 48.04. High Jump - 2, Sydney Kania, SFU, 5-1.75. Long Jump - 3, Kyra Stewart, SFU, 16-8. Triple Jump - 2, Madison Paugh, SFU, 34-0. Hammer - 3, Zuzanna Liniewski, SFU, 151-8.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Jeremy Belcher, SFU, 11.27; 2, Jesaiah Penson-McCoy, SFU, 11.51. 200 Meters - 1, Jesaiah Penson-McCoy, SFU, 22.65. 400 Meters - 2, Felix Allen, SFU, 50.22. 800 Meters - 1, Aaron Ahl, SFU, 1:51.67; 2, Charlie Dannatt, SFU, 1:52.35. 400 Hurdles - 2, Jorin Lenton, SFU, 57.11. 4x100 Relay - 1, Simon Fraser (Belcher, Robinson, Suzuki, Penson-McCoy), 41.87. Long Jump - 2, Blake Furtado, SFU, 20-9.75. Javelin - 1, Jarrett Chong, SFU, 179-11; 2, Bryan Cortes, SFU, 164-3.

Wed., Apr. 13 & Thurs., Apr. 14

Cal State LA Twilight

at Jesse Owens Track, Los Angeles, Calif.

Women (Top 3 GNAC Finishers): Javelin - 2, Ryann Moline, MSUB, 121-1.

Men (Top 3 GNAC Finishers): 400 Hurdles - 1, Austin Albertin, CWU, 53.86. Hammer - 2, Forrest Cross, MSUB, 154-10.

Wed., Apr. 13-Fri., Apr. 15

Bryan Clay Invitational

at Cougar Stadium, Azusa, Calif.

Women (Top 3 GNAC Finishers): Pole Vault (Section 3): 2, Madison Licari, SPU, 12-0. Heptathlon (Section 1) - 2, McCall DeChenne, CWU, 4,657.

Men (Top 3 GNAC Finishers): 5,000 Meters (Section 2): 2, Jacob Moos, UAA, 14:28.59. Pole Vault (Section 2): 1, Kainoa Lee, SPU, 14-8.25. Javelin - 2, Jarrett Chong, SFU, 217-7.

Wed., Apr. 13-Sat., Apr. 16

Mount SAC Relays

at Hilmer Lodge Stadium, Walnut, Calif.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): None.

Thurs., Apr. 14

Pacific Coast Classic

at Jack Rose Track, Long Beach, Calif.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): None.

Fri., Apr. 15-Sat., Apr. 16

Beach Invitational

at Jack Rose Track, Long Beach, Calif.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): None.

Lewis & Clark Invitational

at Stouffer Family Center, Newberg, Ore., & Eldon Fix Track, Portland, Ore.

Women (Top 3 GNAC Finishers): High Jump - 3, Kalulusno Ngaida, WOU, 5-1.25. Long Jump - 3, Macy Clemens, WOU, 16-4.25. Javelin - 1, Lyndee McLaughlin, WOU, 125-3.

Men (Top 3 GNAC Finishers): Hammer - 1, Mark Warren, WOU, 150-1.

2021-22 GNAC Outdoor Meet Summaries

Thurs., Apr. 21-Fri., Apr. 22

Trudnowski Open

at Vigilante Field, Helena, Mont.

Women's Team Scores: Carroll (Mont.) 256, Montana State Billings 108, Providence (Mont.) 92, Rocky Mountain 59, Montana Western 13.

Women (Top 3 GNAC Finishers): 100 Meters - 3, Madison Thompson, MSUB, 13.21. 400 Meters - 2, Madeline Severson, MSUB, 1:01.55. 5,000 Meters - 3, Kit Wiersema, MSUB, 21:24.71. 100 Hurdles - 3, Whitney Herden, MSUB, 17.59. 400 Hurdles - 2, Sierra Durbin, MSUB, 1:10.25. 4x100 Relay - 2, Montana State Billings (Thompson, Hamill, Bohl, Clark), 56.32. 4x400 Relay - 3, Montana State Billings (Severson, Durbin, Hamill, Whitmer), 4:20.92. High Jump - 2, Madeline Severson, MSUB, 4-9. Long Jump - 1, Madeline Severson, MSUB, 17-0.75. Shot Put - 2, Dakota Lobmeyer, MSUB, 39-8.75. Javelin - 3, Jordan Cookman, MSUB, 100-3.

Men's Team Scores: Carroll (Mont.) 220, Providence (Mont.) 116, Rocky Mountain 70, Montana State Billings 70, Montana Western 22, Ascent Endurance Group 8, Montana St.-Northern 4.

Men (Top 3 GNAC Finishers): 100 Meters - 3, Favor Okere, MSUB, 11.52. 110 Hurdles - 2, Bradley Graves, MSUB, 15.73. 4x100 Relay - 2, Montana State Billings (Ullery, Graves, Okere, Ralston), 43.66. Triple Jump - 2, Garrett McMillen, MSUB, 42-10.25. Shot Put - 2, Braden Anderson, MSUB, 46-5.5. Hammer - 2, Coen Giusti, MSUB, 156-8. Javelin - 2, Ryder Klein, MSUB, 153-10.

Fri., Apr. 22

EOU Open

at Banner Bank Track, La Grande, Ore.

Women (Top 3 GNAC Finishers): 200 Meters - 2, Abbey Wood, NNU, 25.59; 3, Kalli Brence, NNU, 25.77. 400 Meters - 1, Laine DeJong, NNU, 59.92; 3, Abbey Wood, NNU, 1:00.93. 800 Meters - 2, Kalen Belton, NNU, 2:26.44. 1,500 meters - 2, Kalen Belton, NNU, 4:56.05. 4x100 Relay - 2, Northwest Nazarene (Wood, Fouse, Katie Baniaga, Kayla Baniaga), 49.50. High Jump - 1, Miya Koch, NNU, 5-3.75. Pole Vault - 1, Julie Cheney, NNU, 12-3.5. Long Jump - 1, Emma Clark, NNU, 18-0; 2, Laine DeJong, NNU, 17-1. Triple Jump - 1, Emma Clark, NNU, 36-9; 2, Ellie Alberts, NNU, 35-5.75. Shot Put - 3, Destany Herbert, NNU, 38-11.75. Javelin - 1, Nizhoni Buckway, NNU, 126-3.

Men (Top 3 GNAC Finishers): 100 Meters - 3, Cameron Willey, NNU, 11.02. 200 Meters - 1, Hunter Braseth, NNU, 22.00. 400 Meters - 2, Hunter Braseth, NNU, 50.95. 800 Meters - 3, Tyler Shea, NNU, 1:56.61. 1,500 Meters - 1, Tyler Shea, NNU, 3:56.90. 110 Hurdles - 2, Steven Schmidt, NNU, 15.56; 3, Turner Nye, NNU, 16.20. 4x100 Relay - 2, Northwest Nazarene (Wong, Braseth, Willey, Hunt), 43.04. High Jump - 1, Gerohm Rihari, NNU, 6-5.5. Long Jump - 2, Gerohm Rihari, NNU, 22-6.25; 3, Steven Schmidt, NNU, 21-10.75. Hammer - 2, Derek Knight, NNU, 151-4. Javelin - 1m Laurenz Waldbauer, NNU, 191-7; 3, Abe Mitchell, NNU, 146-0.

Fri., Apr. 22-Sat., Apr. 23

Oregon Relays

at Hayward Field, Eugene, Ore.

Women (Top 3 GNAC Finishers): Long Jump - 3, Jenelle Hurley, WOU, 19-0. Triple Jump - 3, Ana Popchock, WOU, 37-9.25.

Men (Top 3 GNAC Finishers): 800 Meters - 3, Justin Crosswhite, WOU, 1:52.09. Triple Jump - 3, Marley Harrison, WOU, 45-1.75.

Sat., Apr. 23

CWU Wildcat Invitational

at Recreation Sport Complex, Ellensburg, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 2, E'lexis Hollis, CWU, 12.10; 3, Makenna Hansen, CWU, 12.24. 200 Meters - 2, Aniya Green, SPU, 25.86. 800 Meters - 2, Libby Michael, SPU, 2:19.69. 1,500 Meters - 1, Ellie Rising, SPU, 4:44.99. 3,000 Meters - 1, Cassidy Walchak-Sloan, SMU, 10:28.60; 2, Nicki Yorges, SPU, 10:38.21; 3, Naomi Hartley, SMU, 10:40.27. 5,000 Meters - 1, Britany Aquino, WWU, 19:19.41; 2, Molly Mattson, CWU, 19:33.61; 3, Zoie Mastin, CWU, 20:03.83. 100 Hurdles - 1, Lauryn Chandler, CWU, 14.51. 400 Hurdles - 1, McCall DeChenne, CWU, 1:03.20. 4x100 Relay - 1, Central Washington, 47.75; 2, Saint Martin's, 49.54; 3, Western Washington, 49.67. 4x400 Relay - 2, Central Washington, 4:06.24. High Jump - Tie 1, Kylie Griffin, CWU, 5-2.25; Tie 1, Aliyah Dawkins, WWU, 5-2.25; 3, Leanne Kibbee, WWU, 5-0.25. Long Jump - 1, Peace Igbonagwam, SPU, 19-8.25; 2, Aliyah Dawkins, WWU, 18-4.5; 3, Lainnie Lyamba, WWU, 18-3.25. Triple Jump - 2, Erica Cabanos, CWU, 37-1.75.; 3, Lainnie Lyamba, WWU, 35-0.5. Shot Put - 2, Katie Potts, WWU, 44-2; 3, Avery Fisk, CWU, 43-10.5. Discus - 3, Katie Potts, WWU, 139-5. Hammer - 1, Raine Westfall, WWU, 163-7; 3, Mercedes Pesina, CWU, 150-9.

Men (Top 3 GNAC Finishers): 100 Meters - 3, Zachary Davis, CWU, 10.88. 200 Meters - 3, Bryan Sidor, CWU, 22.10. 800 Meters - 1, Will Henry, WWU, 1:53.87; 2, Jonah Bloom, WWU, 1:54.85; 3, Brock Knowles, WWU, 1:55.56. 1,500 Meters - 2, Jon Owen, SPU, 4:01.36; 3, Rajesh Gill, CWU, 4:02.62. 3,000 Meters - 1, Lance Slichko, SMU, 8:45.83; 3, Isaac Cortes, SMU, 8:56.27. 110 Hurdles - 1, Aiden Wise, CWU, 14.82; 2, Andrew Boyd, SMU, 14.87; 3, Drew Klein, CWU, 15.26. 400 Hurdles - 1, Austin Albertin, CWU, 54.62; 2, Reilly Williams, CWU, 56.17. Steeplechase - 2, Jason Blinn, WWU, 9:47.48; 3, Espen Diamond, CWU, 10:09.18. 4x100 Relay - 1, Central Washington, 41.87; 2, Western Washington, 42.03. 4x400 Relay - 2, Central Washington, 3:24.57; 3, Western Washington, 3:24.96. High Jump - 2, Beau Sheeran, WWU, 6-9.75; 3, Ethan Sterkel, WWU, 6-4. Long Jump - 1, Josh Schulz, SMU, 23-6.75; 2, Ethan Sterkel, WWU, 23-4.5. Triple Jump - 1, Josh Schulz, SMU, 45-11.75; 2, Christopher Hines, CWU, 44-4; 3, Seren Dances, WWU, 43-3.75. Shot Put - 2, Ben Malquist, WWU, 51-8.5. Javelin - 1, Jaydon Tryon, WWU, 184-5.

Fri., Apr. 29-Sat., Apr. 30

Bengal Invite

at Davis Field, Pocatello, Idaho

Women (Top 3 GNAC Finishers): 10,000 Meters - 3, Ally Whitmer, MSUB, 43:01.50.

Men (Top 3 GNAC Finishers): 5,000 Meters - 1, Tyler Shea, NNU, 14:38.48. Javelin - 1, Laurenz Waldbauer, NNU, 237-5.

OSU High Performance Meet

at Whyte Track & Field Center, Corvallis, Ore.

Women (Top 3 GNAC Finishers): Long Jump - 3, Jenelle Hurley, WOU, 18-8. Javelin - 2, Kaylee Wright, WOU, 158-8.

Men (Top 3 GNAC Finishers): 5,000 Meters - 1, Isaac Cortes, SMU, 15:03.88. High Jump - 3, Devin Hasher, WOU, 6-4.75. Discus - 3, Omar Young, CWU, 157-0.

Sat., Apr. 30

Fresno State Invitational

at Veterans Memorial Stadium, Clovis, Calif.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): None.

2021-22 GNAC Outdoor Meet Summaries

Sat., Apr. 30

Ralph Vernacchia Invitational at Civic Stadium, Bellingham, Wash.

Women's Team Scores: British Columbia 141, Western Washington 134.5, Alaska Anchorage 77, Vancouver Thunderbirds 57, Saint Martin's 51.33, Northwest (Wash.) 42, Seattle Pacific 34, Pacific Lutheran 25.33, Olympic CC 25, Central Washington 24, Dynamos Throws Club 14, Jusis Training 10, Bellingham Distance Project 9, Green River CC 9, Everett CC 8.5, Com. Cougar 4, Norwesters 4, Get Strong First Track Club 4, Evergreen State 3, Club Northwest 3, UW Run Club 2, Langley Mustangs 0.33.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Gabriela Cintron, SMU, 13.46. 100 Meters (Invitational) - 3, Madison Vu, SMU, 12.95. 200 Meters - 1, Victoria Johansen, UAA, 26.61. 200 Meters (Invitational) - 2, Tylantiss Atlas, UAA, 25.00. 400 Meters (Invitational) - 1, Tylantiss Atlas, UAA, 55.89. 400 Meters - 3, Olivia Cervantes, SMU, 1:06.33. 800 Meters - 1, Madison Thompson, CWU, 2:24.06. Mile (Invitational) - 2, Mia Crocker, WWU, 4:52.95; 3, Annika Esvelt, SPU, 4:53.32. 5,000 Meters - 1, Nicki Yorges, SPU, 18:14.74; 2, Brittany Aquino, WWU, 18:26.74. 10,000 Meters - 2, Zoie Mastin, CWU, 42:16.67; 3, Kelli Heim, CWU, 42:27.45. 100 Hurdles - 1, Lauryn Chandler, CWU, 15.05; 2, Leanne Kibbee, WWU, 15.65. 400 Hurdles - 1, Eden Mortensen, SMU, 1:07.20; 2, Haley Bartolaba, UAA, 1:08.21; 3, Blanca De Arvizu Sarrias, UAA, 1:08.28. 4x100 Relay - 1, Alaska Anchorage (Johansen, Backman, De Arvizu Sarrias, Vidad), 48.83; 2, Western Washington (Lyamba, Cheney, Sanford, Bates), 49.31; 3, Saint Martin's (Vu, Cook, Zilla, Cintron), 51.66. High Jump - Tie 2, Jessica Neal, WWU, 5-2.5; Tie 2, Aliyah Dawkins, WWU, 5-2.5. Pole Vault - 3, Madison Licari, SPU, 11-7.75. Long Jump - 3, Lainnie Lyamba, WWU, 17-3.5. Triple Jump - 1, Aliyah Dawkins, WWU, 38-3.5; 3, Lainnie Lyamba, WWU, 36-7.5. Shot Put - 2, Jocelyn Saribay, SMU, 42-5.5; 3, Katie Potts, WWU, 42-0. Discus - 2, Katie Potts, WWU, 143-4. Javelin - 1, Amanda Short, WWU, 149-7.

Men's Team Scores: Western Washington 221, British Columbia 109, Alaska Anchorage 97, Pacific Lutheran 61, Saint Martin's 56, Olympic CC 28.5, Central Washington 21, Coquitlam Cheetahs 20, Northwest (Wash.) 11, Everett CC 10, Green River CC 9.5, Seattle Pacific 5, Vancouver Thunderbird 3, Evergreen St. 3, Club Northwest 3.

Men (Top 3 GNAC Finishers): 100 Meters (Invitational) - 1, Noah Johnson, WWU, 10.91; 2, Derek Discher, WWU, 11.22. 100 Meters - 2, Brian Le, WWU, 11.28. 200 Meters (Invitational) - 2, Enrique Campbell, UAA, 21.65; 3, Bryant Welch, WWU, 21.97. 200 Meters - 1, Brian Le, WWU, 22.80. 400 Meters - 1, Ryan Witters, WWU, 51.00; 3, Sonny Chhim, WWU, 51.80. 400 Meters (Invitational) - 1, Bryant Welch, WWU, 49.36; 3, Lucas Brenek, WWU, 50.62. 800 Meters (Invitational) - 2, Will Henry, WWU, 1:52.97. Mile (Invitational) - 1, Mac Franks, WWU, 4:03.64; 2, Drew Weber, WWU, 4:05.10; 3, Coleman Nash, UAA, 4:08.06. 5,000 Meters (Invitational) - 2, Jeret Gillingham, WWU, 14:42.81. 5,000 Meters - 3, Devin Thompson, CWU, 16:52.24. 110 Hurdles - 1, Joshua Wagner, UAA, 14.49; 2, Koby Okezie, WWU, 14.96; 3, Jalen Edwards, WWU, 15.09. 400 Hurdles - 2, Joshua Wagner, UAA, 54.18; 3, Jalen Edwards, WWU, 54.96. Steeplechase - Michael Harwell, SMU, 10:03.59. 4x100 Relay - 1, Alaska Anchorage (Rohde, Wagner, Hunter, Belanger), 42.72. 4x400 Relay - 1, Western Washington (Franks, Weber, Henry, Warren), 3:23.78; 2, Alaska Anchorage (Angarita, Hunter, Belanger, Hurd), 3:24.75; 3, Western Washington (Daniels, Greenwalt, Chhim, Engebretsen), 3:25.35. High Jump - 2, Beau Sheeran, WWU, 6-6.25; 3, Ethan Sterkel, WWU, 6-4.25. Pole Vault - 1, Kacey Provo, WWU, 15-5.75; 3, Andrew Alfred, SMU, 14-6. Long Jump - 1, Josh Schulz, SMU, 24-3.5; 3, Ethan Sterkel, WWU, 23-7.5. Triple Jump - 1, Damian Mercado, WWU, 44-0; 3, Felix Robertson, UAA, 39-1.75. Shot Put - 1, Ben Malquist, WWU, 52-8.25. Hammer - 2, Josh Eiland, SMU, 163-3; 3, Noa Peralta, SMU, 159-7. Javelin - 3, Jaydon Tryon, WWU, 174-5.

Simon Fraser High Performance No. 2 at Terry Fox Field, Burnaby, B.C.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Marie-Éloïse Leclair, SFU, 11.95; 3, Emily Lindsay, SFU, 12.34. 200 Meters - 2, Marie-Éloïse Leclair, SFU, 24.57; 3, Emily Lindsay, SFU, 25.37. 800 Meters - 2, Megan Roxby, SFU, 2:11.03. 1,500 Meters - 1, Olivia Willett, SFU, 4:33.54; 3, Kate Cameron, SFU, 4:38.94. 400 Hurdles - 1, Claire Bosma, SFU, 1:06.15. High Jump - 1, Sydney Kania, SFU, 5-1.75. Long Jump - 1, Danielle Waller, SFU, 16-8.5; 3, Madison Paugh, SFU, 14-11.25. Triple Jump - 2, Kennedy Primrose, SFU, 36-4; 3, Madison Paugh, SFU, 34-5. Hammer - 1, Zuzanna Liniewski, SFU, 156-11; 2, Kaitlyn Hanger, SFU, 152-4.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Jeremy Belcher, SFU, 11.03. 400 Meters - 1, Felix Allen, SFU, 49.76. 800 Meters - 1, Aaron Ahl, SFU, 1:49.01; 3, Paul Buckingham, SFU, 1:50.90. High Jump - 1, Zackary Kuzyk, SFU, 5-11.5. Long Jump - 1, Blake Furtado, SFU, 21-1.5; 2, Mitchell Gibbs, SFU, 21-0.5. Triple Jump - 1, Zackary Kuzyk, SFU, 44-0.75; 2, Nick Kuzyk, SFU, 37-3.

Mon., May 2-Tues., May 3

GNAC Combined Events Championships at Civic Stadium, Bellingham, Wash.

Heptathlon: 1, Elena Cano, UAA, 4,936. 2, Jenelle Hurley, WOU, 4,821. 3, McCall DeChenne, CWU, 4,751. 4, Amity Deters, WOU, 4,373. 5, Matty Lagerwey, WWU, 4,356. 6, Ana Popchoc, WOU, 4,167. 7, Macy Clemens, WOU, 3,977. 8, Leanne Kibbee, WWU, 3,694.

Decathlon: 1, Steven Schmidt, NNU, 6,488. 2, Drew Klein, CWU, 6,436. 3, Andrew Boyd, SMU, 6,220. 4, Ryan Kenny, WWU, 6,053. 5, Cooper Cummings, WWU, 5,987. 6, Turner Nye, NNU, 5,965. 7, Logan Easley, CWU, 5,482. 8, Trent Kibler, WWU, 4,754.

Wed., May 4

DSU Last Chance Meet

at Henry Biesiot Activities Center, Dickinson, N.D.

Women (Top 3 GNAC Finishers): 400 Hurdles - 2, Sierra Durbin, MSUB, 1:10.44; 3, Annelise Clark, MSUB, 1:13.88. 4x100 Relay - 2, Montana State Billings (Hamill, Thompson, Bohl, Chase), 50.44. Hammer - 3, Danara Tulimaiau, MSUB, 122-11.

Men (Top 3 GNAC Finishers): 110 Hurdles - 1, Bradley Graves, MSUB, 15.00. High Jump - 3, Favor Okere, MSUB, 6-2.75. Shot Put - 2, Braden Anderson, MSUB, 47-3.75. Discus - 1, Forrest Cross, MSUB, 149-7. Javelin - 3, Brandon Geck, MSUB, 139-8.

Fri., May 6

Cal State Fullerton Tuneup

at Titan Track Complex, Fullerton, Calif.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): None.

Oregon Twilight

at Hayward Field, Eugene, Ore.

Women (Top 3 GNAC Finishers): 400 Meters - 3, Tylantiss Atlas, UAA, 57.22. 400 Hurdles - 2, Elena Cano, UAA, 1:00.86. Javelin - 2, Kaylee Wright, WOU, 147-0.

Men (Top 3 GNAC Finishers): 110 Hurdles - 2, Joshua Wagner, UAA, 14.29. 400 Hurdles - 1, Joshua Wagner, UAA, 54.71.

2021-22 GNAC Outdoor Meet Summaries

Sat., May 7

Linfield Open

at Maxwell Field, McMinnville, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Ana Popchock, WOU, 12.56. 200 Meters - 2, Jessy Hart, WOU, 26.09. 100 Hurdles - 2, Ana Popchock, WOU, 15.09; 3, Maliyah Thompson, WOU, 15.32. 400 Hurdles - 1, Jenelle Hurley, WOU, 1:06.31; 2, Madeline Lambing, WOU, 1:06.62. 4x400 Relay - 1, Western Oregon (Lambing, Hurley, Hart, Deters), 4:02.48; 2, Western Washington (Crocker, Wright, Cheney, Bates), 4:03.27. Pole Vault - 1, Lizzy Daugherty, SPU, 12-4; 2, Charlie Hill, SPU, 11-0.25. Long Jump - 1, Sydney Kania, SFU, 17-7; 2, Danielle Walker, SFU, 17-6.25. Triple Jump - 1, Jenelle Hurley, WOU, 36-6.25; 2, Kennedy Primrose, SFU, 36-5.5; 3, Macy Clemens, WOU, 36-1.25. Hammer - 3, Zuzanna Liniewski, SFU, 160-10.

Men (Top 3 GNAC Finishers): 110 Hurdles - 1, Justin Conklin, WOU, 15.84. 4x100 Relay - 2, Western Oregon (Arce-Torres, Loggins, Conklin, Hendrix), 44.00. High Jump - 2, Devin Hasher, WOU, 6-2.75. Long Jump - 3, Zackary Kuzyk, SFU, 21-11. Triple Jump - 2, Marlon Harrison, WOU, 43-4.25. Javelin - 1, Jarrett Chong, SFU, 189-2; 3, Bryan Cortes, SFU, 176-8.

Portland Twilight

at Eldon Fix Track, Portland, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Peace Igbonagwam, SPU, 12.31; 2, Jordan Jacobs, SFU, 13.07. 200 Meters - 2, Marie-Éloïse Leclair, SFU, 24.88; 3, Emily Lindsay, SFU, 25.40. 400 Meters - 2, Vanessa Aniteye, SPU, 55.83; 3, Emily Lindsay, SFU, 56.12. 100 Hurdles - 1, Diana Voloshin, SFU, 14.92. 400 Hurdles - 2, Erika Binder, SFU, 1:04.87; 3, Claire Bosma, SFU, 1:06.49. 4x100 Relay - 1, Simon Fraser (Binder, Jacobs, Leclair, Lindsay), 47.27.

Men (Top 3 GNAC Finishers): 200 Meters - 1, Jesaiah Penson-McCoy, SFU, 22.22. 400 Meters - 1, Isaiah Archer, SPU, 49.17; 3, Evan Carpenter, SPU, 50.42. 800 Meters - 2, Drew Weber, WWU, 1:49.81; 3, Mac Franks, WWU, 1:50.05. 1,500 Meters - 2, Charlie Dannatt, SFU, 3:42.23; 3, Aaron Ahl, SFU, 3:43.06. 400 Hurdles - 1, Jorrin Lenton, SFU, 54.78; 2, Julius Shepherd, SPU, 58.36. 4x100 Relay - 2, Seattle Pacific (Njeri, Gordon, Shepherd, Holmes), 43.17.