



Mar. 23, 2017 • Week 10
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Thurs., Mar. 23 - Fri., Mar. 24
Saint Martin's at Mt. Hood Multis, Gresham, Ore.

Sat., Mar. 25

Central Washington, Seattle Pacific, Western Washington at Doris Heritage Distance Carnival, Seattle, Wash.
Alaska Anchorage, Central Washington, Concordia, Western Oregon at Willamette Invitational, Salem, Ore.
Montana State Billings at Bobcat Invitational, Bozeman, Mont.
British Columbia at Simon Fraser (Dual Meet), Burnaby, B.C.

LAST WEEK'S MEETS

Tri., Mar 17 - Sat., Mar. 18
Hornet Invitational
at Hornet Stadium, Sacramento, Calif.

Women (Top 3 GNAC Finishers): Heptathlon - 1, Karolin Anders, UAA, 5,180.

Men (Top 3 GNAC Finishers): High Jump - 2, Tevin Gladden, UAA, 6-8.75. Decathlon - 1, Travis Turner, UAA, 6,761; 2, David Sramek, UAA, 6,381.

Fri., Mar. 17 - Sat., Mar. 18

L&C Spring Break Open
at Eldox Fix Track, Portland, Ore.

Women's Team Scores: Oregon State 177, Western Washington 82.5, Seattle 82, Saint Martin's 81, Concordia 77, Portland 53, Linfield 32, George Fox 30.5, Mt. Hood CC 20, Northwest Christian 19, Pacific (Ore.) 17, Northwest (Wash.) 13, Lewis & Clark 13, Pacific Lutheran 13, Seattle Pacific 7, Clackamas CC 6, Central Washington 6, Western Oregon 6.

Women (Top 3 GNAC Finishers): 400 Meters - 3, Alexi Whatley, SMU, 59.48. 400m Hurdles - 2, Alexi Whatley, SMU, 1:04.43. Steeplechase - 1, Brittany Grant, WWU, 11:04.36; 3, Grace Knapp, WOU, 11:24.05. 4x100 Relay - 1, Western Washington, 48.71; 2, Saint Martin's, 50.46. 4x400 Relay - 2, Saint Martin's, 4:01.49. High Jump - 2, Miranda Osadchey, WWU, 5-2.5. Pole Vault - 3, Anna Paradee, WWU, 12-3.5. Long Jump - 3, Jasmine McMullin, WWU, 17-6.75. Triple Jump - 1, Jasmine McMullin, WWU, 38-10.5. Shot Put - 1, McKenzie Warren, CU, 52-11; 3, Christina MacDonald, CU, 45-10. Discus - 2, McKenzie Warren, CU, 155-3. Hammer - 1, McKenzie Warren, CU, 185-10; 2, Christina MacDonald, CU, 181-5; 3, Kirby Neale, SMU, 170-6. Javelin - 1, Deanna Avalos, SMU, 133-7; 2, Kathryn Walker, SMU, 130-4; 3, Jona Spiller, SMU, 128-8.

Men's Team Scores: Western Washington 137, George Fox 111, Concordia 57.5, Saint Martin's 52, Pacific Lutheran 51, Seattle 48.5, Linfield 47, Clackamas CC 44, Portland 43, Mt. Hood CC 34.5, Iron Wood TC 20, Portland State 16, Clark CC 15, Pacific (Ore.) 14.5, Lewis & Clark 14, Northwest (Wash.) 14, Central Washington 9, Brooks Beasts RC 8, Bowerman TC 4.

Men (Top 3 GNAC Finishers): 100 Meters - 3, Latrelle Wayne, SMU, 11.09. 800 Meters - 3, Keaton Spiller, WWU,

1:56.94. 110m Hurdles - 2, Cordell Cummings, WWU, 15.68. 400m Hurdles - 2, Andrey Gamza, CU, 56.06. 4x100 Relay - 3, Saint Martin's, 42.59. Pole Vault - 1, Adam Thomas, WWU, 15-1.5; 2, Gordie Kordas, WWU, 15-1.5. Long Jump - 1, Kevin Yates, WWU, 23-4; 3, Anthony Manago, SMU, 22-8. Triple Jump - 2, Somit Chhim, WWU, 45-6.25. Shot Put - 1, Brandon Pless, WWU, 52-1.75. Discus - 2, Jakob Chamberlain, CU, 165-11; 3, Caleb Bridge, CU, 165-4. Hammer - 3, Kauanoe Vanderpoel, SMU, 186-9. Javelin - 1, Alex Barry, WWU, 192-5; 3, Brett Elder, CU, 165-1.

Sat., Mar. 18

Buc Scoring Meet
at Boppell Track, Spokane, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Madison Garcia, CWU, 12.72. 200 Meters - 1, Madison Garcia, CWU, 25.56; 2, Aujanique Doss, CWU, 25.61. 100m Hurdles - 1, Mariyah Vongsaveng, CWU, 14.26; 2, Rose Walts, CWU, 15.24; 3, Emily Bland, CWU, 15.28. 400m Hurdles - 1, Emily Bland, CWU, 1:02.99; 2, Erykah Weems, CWU, 1:04.04; 3, Ali Anderson, CWU, 1:05.07. Steeplechase - 1, Kaitlyn McKinney, CWU, 12:43.88. 4x400 Relay - 1, Central Washington, 4:00.25. Pole Vault - 1, McKenna Emmert, CWU, 11-11-75.

Men (Top 3 Finishers): 100 Meters - 2, Kyler Ooley, CWU, 11.05. 200 Meters - 2, Kyler Ooley, 23.08. 400 Meters - 2, Daniel Calderon, CWU, 50.76. 400m Hurdles - 1, Trevaughn Scott, CWU, 54.89. 4x400 Relay - 1, Central Washington A, 3:24.88; 3, Central Washington B, 3:38.12. Triple Jump - 1, Zach Whittaker, CWU, 47-1.75. Shot Put - 3, Armando Tafoya, CWU, 51-4.25. Discus - 1, Armando Tafoya, CWU, 161-9. Hammer - 2, Armando Tafoya, CWU, 179-1.

Lane Preview

at Lane CC Track, Eugene, Ore.

Women (Top 3 GNAC Finishers): 400 Meters - 1, Laura Patrick, WOU, 1:01.52. 3,000 Meters - 1, Nicole Maurmann, WOU, 10:04.72. 100m Hurdles - 3, Sara Madden, WOU, 16.46. 400m Hurdles - 1, Sara Madden, WOU, 1:07.35. Long Jump - 2, Kathryn Pitts, WOU, 15-7.5. Triple Jump - 1, Kathryn Pitts, WOU, 35-7.25. Shot Put - 1, Rachael Huffman, WOU, 42-0.5. Discus - 1, Rachael Huffman, WOU, 135-1. Hammer - 3, Alecia Falck, WOU, 143-2.

Men (Top 3 Finishers): 100 Meters - 1, Codi Blodgett, WOU, 11.13; 2, Devon Fortier, WOU, 11.20. 200 Meters - 2, Codi Blodgett, WOU, 22.85; 3, Devon Fortier, WOU, 22.86. 400 Meters - 3, Cody Warner, WOU, 51.80. 800 Meters - 2, Thomas Normandeau, WOU, 1:56.86. High Jump - 1, Connor Reinke, WOU, 6-4; 2, Kolton Koenig-Rohde, WOU, 6-0. Long Jump - 3, Alani Troutman, WOU, 21-8.25. Triple Jump - Kolton Koenig-Rohde, WOU, 44-7. Shot Put - 1, Brandon Bowen, WOU, 49-6.25; Logan Barker, WOU, 42-3.25. Discus - 1, Brandon Bowen, WOU, 131-9. Hammer - 1, Kegan Allen, WOU, 153-11; 2, Zach Smith, WOU, 133-0; 3, Logan Barker, WOU, 120-10.

#GNACTF in 140 @GNACSports

#WarrenRecords Concordia's **McKenzie Warren** set a pair of GNAC outdoor records at the L&C Spring Break Open, finishing with marks of 52 feet, 11 inches, in the women's shot put and 185 feet, 10 inches, in the hammer.

#Automatic Alaska Anchorage's **Karolin Anders** became the GNAC's first NCAA Championships outdoor automatic qualifier of the season, winning the heptathlon at the Hornet Invitational with a score of 5,180 points.

#Provisionals The GNAC picked up 14 provisional qualifying marks for the NCAA Championships in last week's meets. Of those marks, four came in the throwing events.

#NationalRankings Concordia is ranked No. 8 and Saint Martin's is ranked No. 24 in the first USTFCCA Women's Division II Computer Rankings of the season. Alaska Anchorage is No. 21 in the men's national rankings.

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Concordia	@gocugo	#gocugotf
MSU Billings	@MSUBSports	#MSUBTF
NW Nazarene	@NNUSports	#GoNNUCrusaders
Saint Martin's	@SMUSaints	#SaintsAlive
Seattle Pacific	@SPUFalcons	
Simon Fraser	@SFUCfan	#NCAAeh
W. Oregon	@WOUWolves	#WOUHOO
W. Washington	@WWUathletics	#GoViks



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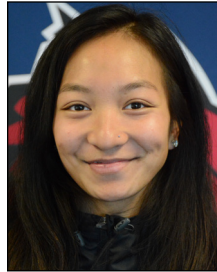
GNAC Track & Field Athletes of the Week



MEN'S TRACK
Codi Blodgett, Western Oregon
 Sophomore • Clatskanie, Ore.

Blodgett placed first in the 100 meters at the Lane Preview with a time of 11.13 seconds and followed up with a second place finish in the 200 meters, clocking 22.85 seconds.

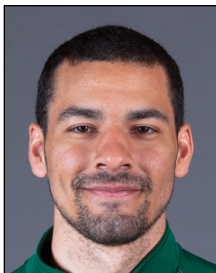
Also Nominated: Latrelle Swayne (Saint Martin's).



WOMEN'S TRACK
Mariyah Vongsaveng, Central Washington
 Sophomore • Federal Way, Wash.

Vongsaveng opened her outdoor season by winning the 100-meter hurdles at the Buc Scoring Meet in a time of 14.26 seconds. She had over a second over the rest of the field as she hit a NCAA Championships provisional qualifying mark as she is tied for the fifth best mark in Division II this season.

Also Nominated: Brittany Grant (Western Washington), Alexi Whatley (Saint Martin's).



MEN'S FIELD
Travis Turner, Alaska Anchorage
 Senior • Stockton, Calif.

Competing near his hometown, Turner won his first decathlon of the season with a NCAA Championships provisional qualifying score of 6,761 points at the Sacramento State Hornet Invitational. The total currently ranks fifth in Division II this season and is No. 5 on the GNAC All-Time List. Turner was the winner of four of the 10 individual events, including

the 100 meters (11.21), the shot put (40-0), 400 meters (50.01) and the 110-meter hurdles (14.85).

Also Nominated: Jakob Chamberlin (Concordia), Kauanoë Vanderpoel (Saint Martin's), Brandon Pless (Western Washington).



WOMEN'S FIELD
McKenzie Warren, Concordia
 Senior • Sandy, Ore.

In her first outdoor track and field meet as a GNAC athlete, Warren set conference records in both the shot put and hammer at the L&C Spring Break Open. She won the shot put with a mark of 52 feet, 11 inches, breaking the GNAC record of 49-1 set by Central Washington's Krissy Tandle in 2009.

The marks leads Division II by over three feet.

Warren won the hammer with a mark of 185 feet, 10 inches (second in Division II), breaking the GNAC record of 184 feet, 7 inches, set by Western Oregon's Jennifer Dunkin in 2003. In addition, Warren placed second in the discus at 155 feet, 3 inches, placing her No. 5 on the GNAC All-Time List.

Also Nominated: Deanna Avalos (Saint Martin's), Jasmine McMullin (Western Washington).

Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Jan. 9-15	David Ribich, WOU	Brandon Pless, WWU	Mary Charleson, SPU	McKenzie Warren, CU
Jan. 16-22	Sam Zook, MSUB	Cole Hoberg, NNU	Ali Anderson, CWU	McKenzie Warren, CU
Jan. 23-29	David Ribich, WOU	Gordon Kordas, WWU	Jamie Ashcroft, UAA	McKenzie Warren, CU
Jan. 30 - Feb. 5	Daniel Kelloway, SFU	Nels Flanagan, MSUB	Addy Townsend, SFU	McKenna Emmert, CWU
Feb. 6-12	Sam Zook, MSUB	Payton Lewis, NNU	Shannon Porter, SMU	McKenzie Warren, CU
Feb. 20-26	Dustin Nading, WOU	Tevin Gladden, UAA	Olivia Woods, WOU	Kyra Brannan, SPU
Feb. 27-Mar. 5	Peter Butler, WWU	Jacob Ringold, WWU	Alexi Whatley, SMU	Megan Mortensen, WWU
Mar. 6-12	Trevaughn Scott, CWU	Brandon Pless, WWU	Erykah Weems, CWU	Rachael Huffman, WOU
Mar. 13-19	Codi Blodgett, WOU	Travis Turner, UAA	Mariyah Vongsaveng, CWU	McKenzie Warren, CU

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

Around The GNAC

ALASKA ANCHORAGE



- One NCAA Championships automatic qualifier and four provisional qualifying marks highlighted Alaska Anchorage's outdoor opener, the Hornet Invitational in Sacramento.
- Senior **Karolin Anders** opened her season by automatically qualifying in the women's heptathlon. She won with a score of 5,180 points, which ranks fourth best in Division II this season. In the process, Anders provisionally qualified for nationals in the high jump. Her clearance of 5 feet, 6.5 inches, is seventh best in Division II.
- Senior **Travis Turner** and freshman **David Sramek** both earned NCAA Championships provisional marks as the duo went first and second in the men's decathlon. Turner scored 6,761 points, fifth best in Division II this season and No. 5 on the GNAC All-Time List. The performance earned Turner selection as the GNAC Men's Field Athlete of the Week. Sramek's second place score of 6,381 points is sixth best in Division II.
- Senior **Tevin Gladden** picked up a NCAA Championships provisional qualifying mark in the men's high jump. His clearance of 6 feet, 8.75 inches was good enough for second place and ties him for third in Division II this season.
- The Seawolves will send a complete squad to Salem, Ore., this weekend to compete at the Willamette Invitational.

CENTRAL WASHINGTON



WILDCATS

- Central Washington competed as a split squad with some athletes traveling to the L&C Spring Break Open in Portland and the majority of the team competing at the Buc Scoring Meet in Spokane.
- Sophomore **Mariyah Vongasveng** was named GNAC Women's Track Athlete of the Week after she hit a NCAA Championships provisional qualifying mark in the women's 100-meter hurdles at the Buc Scoring Meet. Her winning time of 14.26 seconds ties her for fifth in Division II this season.
- Senior **McKenna Emmert** earned a provisional qualifying mark in the women's pole vault, winning the event at the Buc Scoring Meet with a mark of 11 feet, 11.75 inches. That ties her for eighth in Division II this season.
- Senior **Madison Garcia** had a pair of top-two sprint finishes at the Buc Scoring Meet. She won the 200 meters in a time of 25.56 seconds and finished second in the 100 meters in 12.72 seconds. Freshman **Emily Bland** won the women's 400-meter hurdles in 1:02.89.
- Senior **Armando Tafoya** had three top-three finishes in the throws at the Buc Scoring Meet. He won the men's discus with a mark of 161 feet, 9 inches, was second in the hammer in 179 feet, 1 inch, and was third in the shot put with a mark of 51 feet, 4.25 inches. Tafoya is provisionally qualified for the NCAA Championships in the hammer, ranked 11th with a best of 180 feet, 8 inches.
- Sophomore **Zach Whittaker** won the triple jump with a mark of 47 feet, 1.75 inches, while junior Trevaughn Scott won the 400-meter hurdles in a time of 54.89 seconds.
- Central Washington will again compete in split squad fashion this weekend with athletes going to both the Doris Heritage Distance Carnival in Seattle and the Willamette Invitational in Salem, Ore.

CONCORDIA



- Concordia opened its outdoor schedule with competition at the L&C Spring Break Open in Portland.
- Senior **McKenzie Warren** set two GNAC records in her first outdoor competition as a GNAC athlete to earn Women's Field Athlete of the Week honors. She won the women's shot put with a mark of 52 feet, 11 inches, shattering the previous GNAC record of 49 feet, 1 inch, set by Central Washington's Krissy Tandle in 2009. Warren also won the hammer with a mark of 185 feet, 10 inches, eclipsing the record of 184 feet, 7 inches, set by Western Oregon's Jennifer Dunkin in 2003. In addition, Warren took second in the discus with a mark of 155 feet, 3 inches, that ranks No. 5 on the GNAC All-Time List.
- Junior **Christina MacDonald** was just behind Warren in the throwing events. She placed second in the hammer at 181 feet, 5 inches, and placed third in the shot put at 45 feet, 10 inches.
- Freshman **Andrey Gamza** was the Cavaliers' top men's placer as he finished second in the 400-meter hurdles in 56.06 seconds. Freshman **Jakob Chamberlin** placed second in the discus with a mark of 165 feet, 11 inches. Freshman **Caleb Bridge** was third in the discus at 165 feet, 4 inches, and freshman **Brett Elder** was third in the javelin at 165 feet, 1 inches.
- For the first time as a Division II school, Concordia is nationally ranked. The Cavaliers' women are ranked No. 8 in the first USTFCCA Division II Computer Rankings of the season.
- Concordia competes this weekend at the Willamette Invitational in Salem, Ore., and will send its multi-event athletes to the Pacific Multis on Monday and Tuesday in Forest Grove, Ore.

MONTANA STATE BILLINGS



- Montana State Billings is in the midst of a long break between the indoor and outdoor seasons. The Yellowjackets will open their outdoor schedule when they compete at the Bobcat Invitational in Bozeman, Mont., on Saturday.
- Junior **Sam Zook** gave Montana State Billings its first GNAC indoor championship in a sprinting event, winning the 60 meters with a time of 6.90 seconds. Zook finished the indoor season with a best of 6.85 seconds, ranking him No. 4 on the GNAC All-Time List.
- Freshman **Michaela Johnson** was the Yellowjackets' top women's placer at the GNAC Championships, placing third in the 60-meter hurdles in 8.96 seconds.

NORTHWEST NAZARENE



- Northwest Nazarene will not open its outdoor season until Fri., Mar. 31, when they travel to the Bay Area for the San Francisco State Distance Carnival and the Stanford Invitational.
- The Crusaders returned home from the NCAA Division II Indoor Track and Field Championships with one First Team All-American and one second team selection.
- Junior **Payton Lewis** was an All-American in the men's pole vault for second consecutive season. He placed third for the second straight year as he cleared 16 feet, 10.75 inches. It is Lewis' fourth All-American trophy overall.
- After being entered at the last minute due to a medical scratch, senior **Cole Hoberg** earned Second Team All-America distinction as he placed 10th in the men's high jump with a clearance of 6 feet, 9.5 inches.

Around The GNAC

SAINT MARTIN'S



- Saint Martin's returned a number of top-three placers and one NCAA Championships provisional qualifier at the L&C Spring Break Open in Portland.

- Junior **Kauanoë Vanderpoel** earned the provisional qualifying mark in the men's hammer, placing third at L&C with a mark of 186 feet, 9 inches. The mark is sixth best in

Division II this season and is No. 10 on the GNAC All-Time List.

- Sophomore **Alexi Whatley** notched a pair of top-three sprints finishes, placing second in the women's 400-meter hurdles in a time of 1:04.43 and was third in the open 400 meters in 59.48 seconds.

- Senior **Latrell Swayne** had the SMU men's other top-three finish, placing third in the 100 meters in a time of 11.09 seconds. He also ran a leg on the Saints' 4x100-meter relay, which placed third in 42.59 seconds.

- The Saints earned a top-three sweep in the women's javelin. Junior **Deanna Avalos** won with a mark of 133 feet, 7 inches. Senior **Kathryn Walker** was second with a mark of 130 feet, 4 inches and sophomore **Jona Spiller** was third in 128 feet, 8 inches.

- Saint Martin's women are ranked No. 24 in the first USTFCCA Division II Outdoor Computer Rankings of the season.

- Saint Martin's has its multi-event athletes at the Mt. Hood Multis in Gresham, Ore., on Thursday and Friday. The rest of the squad will not compete again until the Shotwell Invitational on Sat., Apr. 1.

SEATTLE PACIFIC



- Seattle Pacific also competed with a split squad. A handful of athletes competed at the Hornet Invitational in Sacramento with the remainder traveling to Portland for the L&C Spring Break Open.

- Freshman **Scout Cai** gave the Falcons their first NCAA Championships provisional qualifier of the outdoor season, placing fifth in the heptathlon at the Hornet Invitational. Her score of 4,781 points is seventh best in Division II this season.

- Senior **Michaela Kahns** and sophomore **Emma Lambert** were the top non-Division I placers in the women's pole vault at the Hornet Invitational. Kahns cleared 11 feet, 3.75 inches and Lambert cleared 10 feet, 10 inches.

- The Falcons placed eighth in the women's 4x100-meter relay at the Hornet Invitational in 47.64 seconds while the 4x400-meter relay placed fourth in 3:49.62, a time that is ninth fastest in GNAC history.

- Seattle Pacific will host its annual Doris Heritage Distance Carnival in Seattle on Saturday. The meet honors the former SPU athlete and head coach, who 50 years ago won the first international women's cross country championship.

SIMON FRASER



- Simon Fraser opens its outdoor season on Sat., Mar. 25, taking part in a dual meet against Canadian rival British Columbia on the track at Terry Fox Field.

- Five Simon Fraser athletes earned First Team All-American honors while two more earned second team honors at the

NCAA Division II Indoor Track & Field Championships.

- Senior **Vladislav Tsygankov** was an individual All-American two times over, placing fourth in the men's 400 meters in a time of 48.39 seconds and seventh in the long jump with a mark of 24 feet, 1.75 inches. It was his second All-American award in the long jump.

- Sophomore **Addy Townsend** became a two-time All-American in the women's 800 meters, placing fourth with a 2:08.38, sixth on the GNAC All-Time List.

WESTERN OREGON



- Western Oregon competed in split squad format last weekend, sending athletes to both the L&C Spring Break Open and the Lane Preview in Eugene.

- Sophomore **Codi Blodgett** was named the GNAC Men's Track Athlete of the Week after he posted two top-two finishes at the Lane Preview. He won the 100 meters in 11.13 seconds and placed second in the 200 meters in 22.85 seconds.

- The Wolves had four men's field event winners at Lane. **Connor Reinke** won the high jump with a mark of 6 feet, 4 inches. Sophomore **Brandon Bowen** won the shot put with a mark of 49 feet, 6.25 inches and the discus at 131 feet, 9 inches, while junior **Kegan Allen** won the hammer in 153 feet, 11 inches, to lead a top-three WOU sweep in the event.

- The WOU women also won six events in Eugene. Senior **Laura Patrick** won the 400 meters in a time of 1:01.52. Senior **Nicole Maurmann** took the 3,000 meters in 10:04.72 and junior **Sara Madden** won the 400-meter hurdles in 1:07.35. In the field events, senior **Kathryn Pitts** won the triple jump with a mark of 35 feet, 7.25 inches, and senior **Rachael Huffman** won both the shot put (42-0.5) and the discus (135-1).

- Western Oregon returns to action this weekend at the Willamette Invitational in Salem, Ore.

WESTERN WASHINGTON



- Western Washington picked up five NCAA Championships provisional qualifiers at the L&C Spring Break Open in Portland.

- Sophomore **Anna Paradee** picked up a provisional qualifier in the women's pole vault, placing third with a clearance of 12 feet, 3.5 inches. The mark ties her for fourth in Division II this season and is sixth in the GNAC All-Time List.

- Senior **Brittany Grant** won the women's steeplechase in a NCAA provisional qualifying time of 11:04.36. The time is eighth best in Division II this season.

- Senior **Jasmine McMullin** earned a provisional qualifying mark in the women's triple jump while placing in both horizontal jumps. She won the triple jump at 38 feet, 10.5 inches, which is ninth best in Division II this season. McMullin also placed third in the long jump with a mark of 17 feet, 6.75 inches.

- Senior **Brandon Pless** is a provisional qualifier in the men's hammer. His mark of 180 feet, 4 inches ties him for 12th in Division II this season. Pless won the shot put at the L&C Spring Break Open with a mark of 52 feet, 1.75 inches.

- Sophomore **Alex Barry** earned a provisional qualifying mark in the men's javelin. His throw of 192 feet, 5 inches, won the L&C Spring Break Open and is 11th in Division II this season.

- Other individual event winners for Western Washington included **Adam Thomas** in the men's pole vault (15-1.5) and **Kevin Yates** in the men's long jump (23-4). The WWU women also claimed top honors in the 4x100-meter relay (48.71).

- Western Washington will compete in Seattle this weekend at the Doris Heritage Distance Carnival.

GNAC Qualifiers For NCAA Outdoor Championships

MEN PROVISIONAL QUALIFIERS AS OF MAR. 22, 2017

Event	Athlete	Mark	Rank	Date
High Jump	Tevin Gladden, UAA	2.05/6-8.75	T-3rd	3/17/17
Discus	Jakob Chamberlin, CU	50.57/165-11	5th	3/17/17
	Caleb Bridge, CU	50.39/165-4	6th	3/17/17
Hammer	Kauanoë Vanderpoel, SMU	56.92/186-9	6th	3/17/17
	Armando Tafoya, CWU	55.07/180-8	11th	3/11/17
	Brandon Pless, WWU	54.98/180-4	T-12th	3/17/17
Javelin	Alex Barry, WWU	58.66/192-5	11th	3/17/17
Decathlon	Travis Turner, UAA	6,761	5th	3/17/17
	David Sramek, UAA	6,381	6th	3/17/17

WOMEN'S AUTOMATIC QUALIFIERS AS OF MAR. 22, 2017

Event	Athlete	Mark	Rank	Date
Heptathlon	Karolin Anders, UAA	5,180	4th	3/18/17

WOMEN'S PROVISIONAL QUALIFIERS AS OF MAR. 22, 2017

Event	Athlete	Mark	Rank	Date
100m Hurdles	Mariah Vongsaveng, CWU	14.26	T-5th	3/18/17
Steeplechase	Brittany Grant, WWU	11:04.36	8th	3/18/17
High Jump	Karolin Anders, UAA	1.69/5-6.5	7th	3/17/17
Pole Vault	Anna Paradee, WWU	3.75/12-3.5	T-4th	3/18/17
	McKenna Emmert, CWU	3.65/11-11.75	T-8th	3/18/17
Triple Jump	Jasmine McMullin, WWU	11.85/38-10.5	9th	3/18/17
Shot Put	McKenzie Warren, CU	16.13/52-11	1st	3/18/17
	Christina MacDonald, CU	13.97/45-10	9th	3/18/17
Discus	McKenzie Warren, CU	46.33/155-3	3rd	3/17/17
Hammer	McKenzie Warren, CU	56.65/185-10	2nd	3/17/17
	Christina MacDonald, CU	55.31/181-5	4th	3/17/17
Javelin	Amanda Short, WOU	45.28/148-7	1st	3/4/17
	Deanna Avalos, SMU	43.71/143-5	3rd	3/4/17
	Jona Spiller, SMU	42.94/140-10	7th	3/4/17
	Sheila Limas De La Cruz, WOU	42.59/139-9	8th	3/4/17
	Claire Palmiter, SMU	41.09/134-10	15th	3/4/17
	Angelique Whistocken, CWU	40.38/132-6	20th	3/11/17
Heptathlon	Scout Cai, SPU	4,781	7th	3/18/17

GNAC Outdoor Championships/National Qualifying Standards

MEN			EVENT	WOMEN		
GNAC	NCAA Prov.	NCAA Auto		GNAC	NCAA Prov.	NCAA Auto.
10.99	10.61	10.31	100 Meters	12.47	11.99	11.54
22.27	21.50	20.70	200 Meters	25.59	24.53	23.60
49.04	47.94	46.56	400 Meters	57.88	55.98	53.50
1:54.19	1:52.33	1:49.00	800 Meters	2:14.28	2:13.33	2:07.50
3:54.86	3:51.68	3:45.65	1,500 Meters	4:33.30	4:34.00	4:23.50
14:56.91	14:37.45	13:57.77	5,000 Meters	16:50.38	17:21.38	16:25.35
31:28.02	31:00.00	29:15.09	10,000 Meters	37:08.97	36:56.20	34:33.97
15.24	14.50	13.90	110/100m Hurdles	14.85	14.30	13.30
54.84	53.48	50.50	400m Hurdles	1:05.11	1:02.40	58.95
9:22.09	9:17.00	8:52.70	Steeplechase	11:13.04	11:05.00	10:21.33
1.96 / 6-5	2.03 / 6-8	2.17 / 7-1.5	High Jump	1.62 / 5-3.75	1.68 / 5-6	1.77 / 5-9.75
4.36 / 14-3.5	4.76 / 15-7.25	5.20 / 17-0.75	Pole Vault	3.23 / 10-7	3.61 / 11-10	4.00 / 13-1.5
6.89 / 22-7.25	7.22 / 23-8.25	7.65 / 25-1.25	Long Jump	5.43 / 17-9.75	5.76 / 18-10.75	6.15 / 20-2.25
13.93 / 45-8.5	14.56 / 47-9.25	15.77 / 51-9	Triple Jump	11.42 / 37-5.25	11.75 / 38-6.75	12.70 / 41-8
14.98 / 49-1.75	15.95 / 52-4	18.39 / 60-4	Shot Put	12.82 / 42-0.75	13.53 / 44-4.75	15.73 / 51-7.25
46.20 / 151-7	49.35 / 161-11	55.60 / 182-5	Discus	40.34 / 132-4	44.90 / 147-4	49.90 / 163-8
50.50 / 165-8	53.60 / 175-10	66.00 / 216-6	Hammer	46.45 / 152-4	52.00 / 170-7	59.05 / 193-8
59.10 / 193-11	58.34 / 191-5	67.10 / 220-2	Javelin	41.56 / 136-4	40.37 / 132-5	48.50 / 159-1
6,075	6,202	7,100	Dec./Hep.	4,381	4,442	5,180
NA	41.12	40.16	4x100 Relay	NA	47.00	45.36
NA	3:14.02	3:09.02	4x400 Relay	NA	3:48.72	3:40.96

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

Men's Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National Mar. 21 UAA 21st

USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Mar. 21, 2017 (Week 1)

Rk	School	Pts.	Prev.
1.	Chico State	281.27	—
2.	Academy of Art	130.01	—
3.	UC San Diego	122.60	—
4.	Angelo State	118.55	—
5.	Eastern New Mexico	106.10	—
6.	Texas A&M-Kingsville	101.53	—
7.	Texas A&M-Commerce	100.70	—
8.	Shorter	97.86	—
9.	Azusa Pacific	97.69	—
10.	Minnesota State	96.89	—
11.	Lee (Tenn.)	96.59	—
12.	Pittsburg State	96.25	—
13.	Fresno Pacific	88.72	—
14.	Stanislaus State	74.96	—
15.	Albany State (Ga.)	74.89	—
16.	Cal State San Marcos	72.81	—
17.	CSU-Pueblo	66.02	—
18.	Central Missouri	64.47	—
19.	Cal Poly Pomona	61.01	—
20.	Edinboro	56.87	—
21.	Alaska Anchorage	56.44	—
22.	Harding	52.83	—
23.	UPR Rio Piedras	51.25	—
24.	Cal State LA	50.65	—
25.	Florida Tech	50.07	—

USTFCCCA WEST REGION TEAM INDEX as of Mar. 21, 2017 (Week 1)

Rk	School	Pts.	Prev.
1.	Chico State	549.12	—
2.	UC San Diego	447.49	—
3.	Azusa Pacific	288.28	—
4.	Cal Poly Pomona	278.69	—
5.	Fresno Pacific	255.19	—
6.	Academy of Art	238.20	—
7.	Stanislaus State	210.42	—
8.	Western Washington	183.99	—
9.	Cal State San Marcos	166.14	—
10.	Cal State LA	139.89	—

[View Complete Regional Index Online](#)



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Women's Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National Mar. 21 CU 8th SMU 24th

USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Mar. 21, 2017 (Week 1)

Rk	School	Pts.	Prev.
1.	Angelo State	222.65	—
2.	Humboldt Stte	153.05	—
3.	Chico State	133.81	—
4.	Nova Southeastern	131.55	—
5.	Minnesota State	122.43	—
6.	Cal Baptist	115.42	—
7.	UC San Diego	103.87	—
8.	Concordia (Ore.)	95.96	—
9.	Academy of Art	95.11	—
10.	Johnson C. Smith	91.98	—
11.	Texas A&M-Kingsville	89.03	—
12.	San Francisco St.	81.42	—
13.	Cal Poly Pomona	81.36	—
14.	Fresno Pacific	71.92	—
15.	Texas A&M-Commerce	70.94	—
16.	UPR Mayaguez	66.79	—
17.	Chadron State	66.07	—
18.	Azusa Pacific	65.06	—
19.	Pittsburg State	58.81	—
20.	CSU Pueblo	58.08	—
21.	Grand Valley State	57.99	—
22.	Point Loma	52.14	—
23.	UPR Piedras	51.99	—
24.	Saint Martin's	49.97	—
25.	Emporia State	46.47	—

USTFCCCA WEST REGION TEAM INDEX as of Mar. 21, 2017 (Week 1)

Rk	School	Pts.	Prev.
1.	UC San Diego	314.53	—
2.	Chico State	294.11	—
3.	Humboldt State	283.88	—
4.	Academy of Art	251.55	—
5.	Fresno Pacific	208.05	—
6.	Seattle Pacific	184.02	—
7.	Azusa Pacific	171.96	—
8.	Concordia (Ore.)	159.03	—
9.	Cal Poly Pomona	155.14	—
10.	San Francisco St.	154.06	—

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GNAC Indoor Track & Field Records

MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
200 Meters	21.3	Cody Warner, Western Oregon (2015)
400 Meters	47.80	Joel Webster, Simon Fraser (2016)
800 Meters	1:49.68	Badane Sultessa, Western Oregon (2016)
Mile	4:02.30	David Ribich, Western Oregon (2017)
3,000 Meters	8:07.28	Dominik Notz, Alaska Anchorage (2017)
5,000 Meters	13:47.73	Micah Chelimo, Alaska Anchorage (2014)
60m Hurdles	8.08	Travis Milbrandt, Western Oregon (2015)
4x400 Relay	3:12.45	Alaska Anchorage (2016)

Nicholas Taylor, Liam Lindsey, Adam Commandeur, Cody Thomas

Distance Medley 9:40.15 Western Oregon (2017)*

Dustin Nading, AJ Holmberg, Josh Dempsey, David Ribich

High Jump	2.22/7-3.25	Mikel Smith, Saint Martin's (2017)
Pole Vault	5.31/17-5	Ryan Brown, Western Washington (2011)
Long Jump	7.46/24-5.75	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015)
Shot Put	17.94/58-10.75	Cameron Neel, Western Washington (2007)
Weight Throw	18.82/61-9	Anthony Marin, Western Oregon (2007)
Heptathlon	5,508	Chris Randolph, Seattle Pacific (2006)

MEN'S CONFERENCE MEET RECORDS

60 Meters	6.75	Alex Donigian, Western Washington (2014)
200 Meters	21.60	Cody Warner, Western Oregon (2015)
400 Meters	47.80	Joel Webster, Simon Fraser (2016)
800 Meters	1:51.49	Paul Mach, Seattle Pacific (2004)
Mile	4:10.01	David Ribich, Western Oregon (2017)
3,000 Meters	8:27.83	Henry Cheseto, Alaska Anchorage (2015)
5,000 Meters	14:36.06	Dominik Notz, Alaska Anchorage (2016)
60m Hurdles	8.08	Travis Milbrandt, Western Washington (2015)
4x400 Relay	3:14.10	Alaska Anchorage (2017)

Liam Lindsay, Darrior Gray, Nicholas Taylor, Adam Commandeur

Distance Medley 10:04.58 Simon Fraser (2012)

Ryan Brockerville, Stuart Ellenwood, Keir Forster, Adam Reid

High Jump	2.21/7-3	Mikel Smith, Saint Martin's (2017)
Pole Vault	5.16/16-11	Payton Lewis, Northwest Nazarene (2011)
Long Jump	7.38/24-2.5	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015/2017)
Shot Put	17.47/57-3.75	Cameron Neel, Central Washington (2007)
Weight Throw	18.63/61-1.75	Tyler Lamott, Concordia (2016)
Heptathlon	5,269	Kodiak Landis, Central Washington (2017)

CONFERENCE MEET HEPTATHLON EVENTS

60 Meters	7.07	Jaysen Yoro, Saint Martin's (2015)
Long Jump	6.83/22-5	Jake Hyde, Western Oregon (2012)
Shot Put	12.52/41-1	Geryson Kilgore, Northwest Nazarene (2012)
High Jump	2.01/6-7	Micah Tranch, Northwest Nazarene (2017)
60m Hurdles	8.28	Travis Turner, Alaska Anchorage (2017)
Pole Vault	5.05/16-6.75	Payton Lewis, Northwest Nazarene (2016)
1,000 Meters	2:43.00	Colin Alexander, Central Washington (2012)

WOMEN - ALL MEETS

60 Meters	7.54	Jamie Ashcroft, Alaska Anchorage (2017)
200 Meters	24.09	Jamie Ashcroft, Alaska Anchorage (2017)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:04.94	Helen Crofts, Simon Fraser (2011)
Mile	4:32.88	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:17.97	Joyce Chelimo, Alaska Anchorage (2016)
5,000 Meters	16:10.32	Joyce Chelimo, Alaska Anchorage (2016)
60m Hurdles	8.51	Mariyah Vongsaveng, Central Washington (2017)
4x400 Relay	3:42.44	Seattle Pacific (2016)

Jalen Tims, Lynelle Decker, Cheryl Hong, Jahzelle Ambus

Distance Medley 11:28.28 Simon Fraser (2015)

Rebecca Bassett, Monique Lisek, Paige Nock, Lindsey Butterworth

High Jump	1.77/5-9.75	Danielle Ayers-Stamper, Seattle Pacific (2005)
Pole Vault	3.92/12-10.25	McKenna Emmert, Central Washington (2017)
		Anna Laradee, Western Washington (2017)
Long Jump	5.93/19-5.5	Danielle Ayers-Stamper, Seattle Pacific (2005)
Triple Jump	12.40/40-8.25	Ashley Potter, Western Oregon (2012)
Shot Put	17.62/57-9.75	McKenzie Warren, Concordia (2017)*
Weight Throw	17.74/58-2.5	Kristin Hepler, Western Oregon (2004)
Pentathlon	4,007	Danielle Ayers-Stamper, Seattle Pacific (2005)

WOMEN'S CONFERENCE MEET RECORDS

60 Meters	7.55	Jamie Ashcroft, Alaska Anchorage (2017)
200 Meters	24.09	Jamie Ashcroft, Alaska Anchorage (2017)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:08.28	Jessica Pixler, Seattle Pacific (2010)
Mile	4:40.39	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:47.64	Jennifer Johnson, Simon Fraser (2015)
5,000 Meters	16:47.07	Sarah Porter, Western Washington (2010)
60m Hurdles	8.51	Mariyah Vongsaveng, Central Washington (2017)

4x400 Relay 3:46.41 Simon Fraser (2016)

Distance Medley 11:36.32 Seattle Pacific (2010)

Kate Harline, Jennifer Pike, Jane Larson, Jessica Pixler

High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2014)
Pole Vault	3.91/12-10	Alison Silva, Northwest Nazarene (2014)
Long Jump	5.82/19-1.25	Tanya Bjornsson, Western Washington (2014)
Triple Jump	12.22/40-1.25	Jasmine McMullin, Western Washington (2016)
Shot Put	17.02/55-10.25	McKenzie Warren, Concordia (2017)
Weight Throw	17.63/57-10.25	Becki Duhamel, Central Washington (2015)
Pentathlon	3,761	Karolin Anders, Alaska Anchorage (2015)

CONFERENCE MEET PENTATHLON EVENTS

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

* - NCAA Division II record

GNAC Outdoor Track & Field Records

MEN - ALL MEETS

100 Meters	10.22	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	3:43.61	David Ribich, Western Oregon (2016)
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	52.00	Shaun Ward, Alaska Anchorage (2011)
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	15.21/49-11	Justin Lawrence, Central Washington (2004)
Shot Put	18.55/60-10.5	Frank Catelli, Western Washington (2014)
Discus	54.07/177-5	Ryan Macdonald, Western Washington (2015)
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)

DECATHLON EVENTS

100 Meters	10.90	Justin Miller, Humboldt State (2002)
Long Jump	7.31/22-11.75	Chris Randolph, Seattle Pacific (2006)
Shot Put	14.06/46-1.5	Alex Harrison, Western Washington (2010)
High Jump	2.06/6-9	Justin Peterson, Central Washington (2014)
400 Meters	48.21	Cody Thomas, Alaska Anchorage (2014)
110m Hurdles	14.82	Chris Randolph, Seattle Pacific (2006)
Discus	46.00/150-11	Chris Randolph, Seattle Pacific (2006)
Pole Vault	4.90/16-0.75	Zeb Udell, Western Oregon (2007)
Javelin	61.04/200-3	Alex Harrison, Western Washington (2012)
1,500 Meters	4:22.12	Zac Vawter, Saint Martin's (2004)

MEN'S CONFERENCE MEET RECORDS

100 Meters	10.43	Anthony Wright, Central Washington (2010)
200 Meters	21.32	Rimar Christie, Northwest Nazarene (2013)
	21.32	Tyrell Williams, Western Oregon (2014)
400 Meters	47.55	Ethan Hewitt, Alaska Anchorage (2012)
800 Meters	1:49.31	Paul Mach, Seattle Pacific (2005)
1,500 Meters	3:49.03	Alfred Kangogo, Alaska Anchorage (2010)
5,000 Meters	14:29.41	Micah Chelimo, Alaska Anchorage (2011)
10,000 Meters	30:25.75	Jordan Walling, Western Washington (2011)
110m Hurdles	14.21	Travis Milbrandt, Western Washington (2015)
400m Hurdles	52.23	Shaun Ward, Alaska Anchorage (2011)
Steeplechase	8:47.26	Ryan Brockerville, Simon Fraser (2012)
4x100 Relay	41.10	Central Washington (2010)
4x400 Relay	3:13.84	Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols Simon Fraser (2015)
High Jump	2.07/6-9.5	Eric Draper, Alaska Anchorage (2006)
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	15.00/49-2.5	Justin Lawrence, Central Washington (2003)
Shot Put	18.20/59-8.75	Josh Koch, Concordia (2016)
Discus	51.67/169-6	Tyler Fischer, Central Washington (2008)
Hammer	61.61/202-1	Michael Hoffman, Western Washington (2008)
Javelin	69.49/228-0	Franz Burghagen, Alaska Anchorage (2013)
Decathlon	7,201	Cody Thomas, Alaska Anchorage (2016)

WOMEN - ALL MEETS

100 Meters	11.64	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	23.99	NyEma Sims, Seattle Pacific (2007)
400 Meters	53.56	Mary Pierce, Alaska Anchorage (2007)
800 Meters	2:02.10	Helen Crofts, Simon Fraser (2013)
1,500 Meters	4:11.06	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:35.75	Sarah Porter, Western Washington (2011)
5,000 Meters	15:44.07	Jessica Pixler, Seattle Pacific (2010)
10,000 Meters	33:14.41	Joyce Chelimo, Alaska Anchorage (2016)
100m Hurdles	13.70	Danielle Ayers-Stamper, Seattle Pacific (2005)
400m Hurdles	59.17	Haleigh Lloyd, Alaska Anchorage (2015)
Steeplechase	10:13.01	Katelyn Steen, Western Washington (2015)
4x100 Relay	46.56	Alaska Anchorage (2014)
4x400 Relay	3:42.05	Simon Fraser (2011)
High Jump	1.78/5-10	Teona Perkins, Seattle Pacific (2007)
Pole Vault	3.85/12-7.5	Karis Anderson, Western Washington (2012)
Long Jump	5.99/19-8	Stephanie Huffman, Seattle Pacific (2002)
	5.99/19-8	Ali Worthen, Seattle Pacific (2013)
Triple Jump	12.42/40-9	Ashley Potter, Western Oregon (2012)
Shot Put	16.13/52-11	McKenzie Warren, Concordia (2017)
Discus	50.52/165-9	Jessica Houston, Alaska Anchorage (2005)
Hammer	56.65/185-10	McKenzie Warren, Concordia (2017)
Javelin	54.18/177-9	Bethany Drake, Western Washington (2016)
Heptathlon	5,606	Danielle Ayers-Stamper, Seattle Pacific (2005)

HEPTATHLON EVENTS

100m Hurdles	13.70	Danielle Ayers-Stamper, Seattle Pacific (2005)
High Jump	1.75/5-8.75	Danielle Ayers-Stamper, Seattle Pacific (2005)
Shot Put	13.00/42-8	Bridget Johnson, Western Oregon (2006)
200 Meters	24.78	Grace Morgan, Alaska Anchorage (2013)
Long Jump	5.99/19-8	Stephanie Huffman, Seattle Pacific (2013)
Javelin	45.21/14-84	Katie Reichert, Western Washington (2012)
800 Meters	2:12.52	Bridgette Sexton, 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	54.46	Helen Crofts, Simon Fraser (2013)
800 Meters	2:06.38	Jessica Pixler, Seattle Pacific (2010)
1,500 Meters	4:24.01	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:53.80	Jessica Pixler, Seattle Pacific (2007)
5,000 Meters	16:39.39	Sarah Porter, Western Washington (2010)
10,000 Meters	35:43.38	Joyce (Chelimo) Kipchumba, Alaska Anchorage (2014)
100m Hurdles	13.82	Danielle Ayers-Stamper, Seattle Pacific (2005)
400m Hurdles	1:00.29	Haleigh Lloyd, Alaska Anchorage (2015)
Steeplechase	10:14.15	Katelyn Steen, Western Washington (2015)
4x100 Relay	46.68	Alaska Anchorage (2014)
4x400 Relay	3:44.11	Mackenzie Harsch, Rosie Smith, Sasha Halfyard, Jamie Ashcroft Seattle Pacific (2013)
High Jump	1.77/5-9.75	Kishia Mitchell, Emily Quatier, Jasmine Johnson, McKayla Fricker Tayler Fettig, Central Washington (2016)
Pole Vault	3.83/12-6.75	Karis Anderson, Western Washington (2012)
Long Jump	5.99/19-8	Ali Worthen, Seattle Pacific (2013)
Triple Jump	12.42/40-9	Ashley Potter, Western Oregon (2012)
Shot Put	14/04/46-0.75	Anica Knispel, Montana State Billings (2011)
Discus	46.08/151-2.5	Megan Mortensen, Western Washington (2016)
Hammer	54.51/178-10	Audrey Oswald, Humboldt State (2006)
Javelin	50.19/164-8.25	Katie Reichert, Western Washington (2016)
Heptathlon	5,390	Ali Worthen, Seattle Pacific (2013)

2017 GNAC Outdoor Meet Summaries

Sat., Mar. 4

Willamette Opener

at Charles Bowles Track, Salem, Ore.

Women's Team Scores: Western Oregon 60, Corban 36, Portland 19, Willamette 17, Colorado College 9, UO Running Club 7.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Laura Patrick, WOU, 12.61. 200 Meters - 3, Laura Patrick, WOU, 26.09. 800 Meters - 3, Rachel Bayly, WOU, 2:35.34. 100m Hurdles - 1, Sara Madden, WOU, 16:14. 400m Hurdles - 1, Sara Madden, WOU, 1:06.41; 3, Felicia Covey, WOU, 1:08.25. Long Jump - 1, Kathryn Pitts, WOU, 35-4.5. Shot Put - 1, Rachael Huffman, WOU, 42-1.75. Discus - 1, Rachael Huffman, WOU, 136-3.75; 3, Halie Korff, WOU, 122-2. Hammer - 1, Alecia Falck, WOU, 147-7.5; 3, Sylvia Dean, WOU, 139-8.25. Javelin - 1, Amanda Short, WOU, 148-7; 2, Shelia Limas De La Cruz, WOU, 139-9; 3, Jalie Korff, WOU, 131-2.25.

Men's Team Scores: Western Oregon 48, Portland 36, Willamette 30, Corban 27, Colorado College 19.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Codi Blodgett, WOU, 11.04; 2, Devon Fortier, WOU, 11.20. 200 Meters - 1, Aaron Whitaker, WOU, 22.65. 800 Meters - 1, Michael Chin, WOU, 1:56.99; 3, Curt Knott, WOU, 1:59.20. 110m Hurdles - 2, Harry White, WOU, 15.74. High Jump - 2, Connor Reinke, WOU, 6-2.75. Long Jump - 1, Alani Troutman, WOU, 21-11.5; 2, Jalon Fields, WOU, 20-5.75. Triple Jump - 1, Jalon Fields, WOU, 43-4.25. Shot Put - 1, Brandon Bowen, WOU, 49-7.25. Discus - 2, Kegan Allen, WOU, 134-11.25; 3, Brandon Bowen, WOU, 134-4.75. Hammer - 1, Kegan Allen, WOU, 139-2.

Ed Boitano Invitational

at Baker Stadium, Tacoma, Wash.

Women (Top 3 GNAC Finishers): 200 Meters - 1, Grace Hamre, SMU, 26.05. 400 Meters - 2, Grace Hamre, SMU, 59.59. 1,500 Meters - 2, Waverly Shreffler, WWU, 4:55.73; 3, Maddy Hutchison, WWU, 4:56.55. 10,000 Meters - 2, Alexandra Laiblin, WWU, 38:31.51; 3, Larissa Kolasinski, SMU, 39:39.57. 100m Hurdles - 1, Alexi Whatley, SMU, 16.08; 3, Brooke Benner, SPU, 16.17. 400m Hurdles - 1, Alexi Whatley, SMU, 1:04.06; 3, Megan Teigen, SMU, 1:06.61. Steeplechase - 1, Hailey Kettel, SPU, 11:58.06. 4x100 Relay - 1, Saint Martin's, 49.52. High Jump - 1, Tiffany Pott, SMU, 5-1; 2, Bridget Henry, WWU, 5-1; 3, Cassidy Apo, SMU, 4-11. Pole Vault - 1, Michaela Kahns, SPU, 10-11.75; 2, Ryleigh Crenshaw, SPU, 10-11.75; 3, Emma Lambert, SPU, 10-6. Long Jump - 2, Alexi Whatley, SMU, 16-8; 3, Lamea Munoz, WWU, 16-7.75. Shot Put - 1, Megan Mortensen, WWU, 39-5; 3, Megan Vernoy, SMU, 38-2.75. Discus - 1, Megan Mortensen, WWU, 137-4; 3, Megan Vernoy, SMU, 130-2. Javelin - 1, Deanna Avalos, SMU, 143-05; 2, Jona Spiller, SMU, 140-10; 3, Claire Palmiter, SMU, 134-10.

Men (Top 3 GNAC Finishers): 200 Meters - 3, Logan Armstrong, SMU, 23.06. 400 Meters - 3, Gibran Zaman, SMU, 52.43. 800 Meters - 3, Colton Hoggarth, WWU, 2:02.86. 1,500 Meters - 2, Keaton Spiller, WWU, 4:05.10. 10,000 Meters - 1, Peter Butler, WWU, 31:53.72. 110m Hurdles - 2, Peyton Harris, SPU, 15.68. 4x100 Relay - 1, Saint Martin's, 42.47; 3, Seattle Pacific, 45.38. 4x400 Relay - 2, Seattle Pacific, 3:24.00. High Jump - 3, Anthony Manago, SMU, 5-7. Pole Vault - 1, Jacob Hino, WWU, 14-7.25; 2, Chris Rickard, SMU, 13-1.5; 3, Craig Boyle, SMU, 12-7.5. Long Jump - 1, Jacob Ringold, WWU, 20-9.75. Triple Jump - 1, Jacob Ringold, WWU, 41-11.5. Shot Put - 1, Brandon Pless, WWU, 48-9. Discus - 1, Brandon Pless, WWU, 145-11; 2, Bryan Lee, WWU, 134-5; 3, Corbin Ferry, SMU, 133-1. Javelin - 3, Costel David, WWU, 165-5.

Sat., Mar. 11

PLU Open

at PLU Track, Parkland, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Madison Garcia, CWU, 12.56; 3, Katia Hawley, CWU, 12.77. 200 Meters - 1, Erykah Weems, CWU, 25.32; 2, Tianna Banfro, CWU, 25.59; 3, Madison Garcia, CWU, 25.61. 400 Meters - 1, Erykah Weems, CWU, 56.45; 2, Ali Anderson, CWU, 56.59; 3, Emily Bland, CWU, 58.54. 800 Meters - 2, Brenna Liebel, CWU, 2:26.92. 1,500 Meters - 1, Brenna Liebel, CWU, 4:58.42; 2, Kaitlyn McKinney, CWU, 5:04.49. 5,000 Meters - 1, Stephanie Rexus, CWU, 17:57.28; 2, Delaney Clem, CWU, 18:32.33. 4x100 Relay - 1, Central Washington, 49.00. 4x400 Relay - 1, Central Washington A, 4:10.04; 3, Central Washington B, 4:29.87. Long Jump - 2, Brooke Williams, CWU, 16-3.75; 3, Halle Irvine, CWU, 15-6.25. Discus - 1, Megan Mortensen, WWU, 136-5; 2, Samantha LaRue, CWU, 125-8. Hammer - 1, Angela Mumford, CWU, 13-61; 2, Aiyana Homer, CWU, 135-4; 3, Samantha La Rue, CWU, 134-11. Javelin - 1, Angelique Whistocken, CWU, 132-6; 2, Sayana Lombard-Chappell, CWU, 125-0.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Kyler Ooley, CWU, 10.93; 3, Garret Steuk, CWU, 11.22. 200 Meters - 3, Kyler Ooley, CWU, 22.45. 400 Meters - 1, Trevaughn Scott, CWU, 49.92; 3, Daniel Calderon, CWU, 50.87. 800 Meters - 2, Aaron Rainboth, CWU, 1:58.42. 1,500 Meters - 2, Ron Leaf, CWU, 4:03.59. 5,000 Meters - 1, Tyler Humphries, CWU, 15:44.79; 2, Josh Boston, CWU, 15:49.60; 3, Hanson Lee, CWU, 16:11.39. 10,000 Meters - 1, Matt Conrardy, CWU, 33:54.36. 4x400 Relay - 1, Central Washington, 3:29.24. Triple Jump - 2, Chris Roa, CWU, 38-7.75. Shot Put - Armando Tafoya, CWU, 49-11; 3, Alberto Tafoya, CWU, 46-8.75. Discus - 1, Brandon Pless, WWU, 152-11; 2, Armando Tafoya, CWU, 147-11; 3, Bryan Lee, WWU, 146-6. Hammer - 1, Armando Tafoya, CWU, 180-8; 2, Brandon Pless, WWU, 174-10. Javelin - 2, Griffey Lytle, CWU, 188-10.

Pacific Preview

at Hanson Stadium, Forest Grove, Ore.

Women (Top 3 GNAC Finishers): Discus - 1, Rachael Huffman, WOU, 144-5; 3, Mariah Gronbach, WOU, 129-6. Hammer - 1, Alecia Falck, WOU, 147-6; 2, Sylvia Dean, WOU.

Men (Top 3 GNAC Finishers): Hammer - 1, Kegan Allen, WOU, 156-0.

Fri., Mar 17 - Sat., Mar. 18

Hornet Invitational

at Hornet Stadium, Sacramento, Calif.

Women (Top 3 GNAC Finishers): Heptathlon - 1, Karolin Anders, UAA, 5,180.

Men (Top 3 GNAC Finishers): High Jump - 2, Tevin Gladden, UAA, 6-8.75. Decathlon - 1, Travis Turner, UAA, 6,761; 2, David Sramek, UAA, 6,381.

2017 GNAC Outdoor Meet Summaries

Fri., Mar. 17 - Sat., Mar. 18

**L&C Spring Break Open
at Eldox Fix Track, Portland, Ore.**

Women's Team Scores: Oregon State 177, Western Washington 82.5, Seattle 82, Saint Martin's 81, Concordia 77, Portland 53, Linfield 32, George Fox 30.5, Mt. Hood CC 20, Northwest Christian 19, Pacific (Ore.) 17, Northwest (Wash.) 13, Lewis & Clark 13, Pacific Lutheran 13, Seattle Pacific 7, Clackamas CC 6, Central Washington 6, Western Oregon 6.

Women (Top 3 GNAC Finishers): 400 Meters - 3, Alexi Whatley, SMU, 59.48. 400m Hurdles - 2, Alexi Whatley, SMU, 1:04.43. Steeplechase - 1, Brittany Grant, WWU, 11:04.36; 3, Grace Knapp, WOU, 11:24.05. 4x100 Relay - 1, Western Washington, 48.71; 2, Saint Martin's, 50.46. 4x400 Relay - 2, Saint Martin's, 4:01.49. High Jump - 2, Miranda Osadchey, WWU, 5-2.5. Pole Vault - 3, Anna Paradee, WWU, 12-3.5. Long Jump - 3, Jasmine McMullin, WWU, 17-6.75. Triple Jump - 1, Jasmine McMullin, WWU, 38-10.5. Shot Put - 1, McKenzie Warren, CU, 52-11; 3, Christina MacDonald, CU, 45-10. Discus - 2, McKenzie Warren, CU, 155-3. Hammer - 1, McKenzie Warren, CU, 185-10; 2, Christina MacDonald, CU, 181-5; 3, Kirby Neale, SMU, 170-6. Javelin - 1, Deanna Avalos, SMU, 133-7; 2, Kathryn Walker, SMU, 130-4; 3, Jona Spiller, SMU, 128-8.

Men's Team Scores: Western Washington 137, George Fox 111, Concordia 57.5, Saint Martin's 52, Pacific Lutheran 51, Seattle 48.5, Linfield 47, Clackamas CC 44, Portland 43, Mt. Hood CC 34.5, Iron Wood TC 20, Portland State 16, Clark CC 15, Pacific (Ore.) 14.5, Lewis & Clark 14, Northwest (Wash.) 14, Central Washington 9, Brooks Beasts RC 8, Bowerman TC 4.

Men (Top 3 GNAC Finishers): 100 Meters - 3, Latrelle Swayne, SMU, 11.09. 800 Meters - 3, Keaton Spiller, WWU, 1:56.94. 110m Hurdles - 2, Cordell Cummings, WWU, 15.68. 400m Hurdles - 2, Andrey Gamza, CU, 56.06. 4x100 Relay - 3, Saint Martin's, 42.59. Pole Vault - 1, Adam Thomas, WWU, 15-1.5; 2, Gordie Kordas, WWU, 15-1.5. Long Jump - 1, Kevin Yates, WWU, 23-4; 3, Anthony Manago, SMU, 22-8. Triple Jump - 2, Somit Chhim, WWU, 45-6.25. Shot Put - 1, Brandon Pless, WWU, 52-1.75. Discus - 2, Jakob Chamberlain, CU, 165-11; 3, Caleb Bridge, CU, 165-4. Hammer - 3, Kauanoie Vanderpoel, SMU, 186-9. Javelin - 1, Alex Barry, WWU, 192-5; 3, Brett Elder, CU, 165-1.

Sat., Mar. 18

**Buc Scoring Meet
at Boppell Track, Spokane, Wash.**

Women (Top 3 GNAC Finishers): 100 Meters - 2, Madison Garcia, CWU, 12.72. 200 Meters - 1, Madison Garcia, CWU, 25.56; 2, Aujanique Doss, CWU, 25.61. 100m Hurdles - 1, Mariyah Vongsaveng, CWU, 14.26; 2, Rose Walts, CWU, 15.24; 3, Emily Bland, CWU, 15.28. 400m Hurdles - 1, Emily Bland, CWU, 1:02.99; 2, Erykah Weems, CWU, 1:04.04; 3, Ali Anderson, CWU, 1:05.07. Steeplechase - 1, Kaitlyn McKinney, CWU, 12:43.88. 4x400 Relay - 1, Central Washington, 4:00.25. Pole Vault - 1, McKenna Emmert, CWU, 11-11.75.

Men (Top 3 Finishers): 100 Meters - 2, Kyler Ooley, CWU, 11.05. 200 Meters - 2, Kyler Ooley, 23.08. 400 Meters - 2, Daniel Calderon, CWU, 50.76. 400m Hurdles - 1, Trevaughn Scott, CWU, 54.89. 4x400 Relay - 1, Central Washington A, 3:24.88; 3, Central Washington B, 3:38.12. Triple Jump - 1, Zach Whittaker, CWU, 47-1.75. Shot Put - 3, Armando Tafoya, CWU, 51-4.25. Discus - 1, Armando Tafoya, CWU, 161-9. Hammer - 2, Armando Tafoya, CWU, 179-1.

Lane Preview

at Lane CC Track, Eugene, Ore.

Women (Top 3 GNAC Finishers): 400 Meters - 1, Laura Patrick, WOU, 1:01.52. 3,000 Meters - 1, Nicole Maurmann, WOU, 10:04.72. 100m Hurdles - 3, Sara Madden, WOU, 16.46. 400m Hurdles - 1, Sara Madden, WOU, 1:07.35. Long Jump - 2, Kathryn Pitts, WOU, 15-7.5. Triple Jump - 1, Kathryn Pitts, WOU, 35-7.25. Shot Put - 1, Rachael Huffman, WOU, 42-0.5. Discus - 1, Rachael Huffman, WOU, 135-1. Hammer - 3, Alecia Falck, WOU, 143-2.

Men (Top 3 Finishers): 100 Meters - 1, Codi Blodgett, WOU, 11.13; 2, Devon Fortier, WOU, 11.20. 200 Meters - 2, Codi Blodgett, WOU, 22.85; 3, Devon Fortier, WOU, 22.86. 400 Meters - 3, Cody Warner, WOU, 51.80. 800 Meters - 2, Thomas Normandeau, WOU, 1:56.86. High Jump - 1, Connor Reinke, WOU, 6-4; 2, Kolton Koenig-Rohde, WOU, 6-0. Long Jump - 3, Alani Troutman, WOU, 21-8.25. Triple Jump - 2, Kolton Koenig-Rohde, WOU, 44-7. Shot Put - 1, Brandon Bowen, WOU, 49-6.25; Logan Barker, WOU, 42-3.25. Discus - 1, Brandon Bowen, WOU, 131-9. Hammer - 1, Kegan Allen, WOU, 153-11; 2, Zach Smith, WOU, 133-0; 3, Logan Barker, WOU, 120-10.