



gnac

Great Northwest Athletic Conference

TRACK & FIELD

WEEKLY REPORT

Apr. 12, 2017 • Week 13

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Contact: Blake Timm, Assistant Commissioner For Communications

503-805-8756 • btimm@gnacsports.com

GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Thurs., Apr. 13

Montana State Billings at Yellowjacket/Battlin' Bears Open, Laurel, Mont.

Thurs., Apr. 13 - Sat., Apr. 15

Alaska Anchorage, Simon Fraser, Western Oregon, Western Washington at Mt. SAC Relays, Torrance, Calif.

Fri., Apr. 14

Alaska Anchorage, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at Bryan Clay Invitational, Azusa, Calif.

Fri., Apr. 14 - Sat., Apr. 15

Alaska Anchorage, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at Beach Invitational, Long Beach, Calif.

Northwest Nazarene at NNU Invitational, Nampa, Idaho

LAST WEEK'S MEETS

Thurs., Apr. 6 - Fri., Apr. 7

EWU Combined Events

at Roos Field, Cheney, Wash.

Women's Heptathlon: 2, Ali Anderson, CWU, 4,517; 3, HarLee Ortega, CWU, 4,431; 5, Erykah Weems, CWU, 4,072; 7, Katie Conklin, NNU, 3,805; 8, Shaddia Meadows, CWU, 3,3588.

Men's Decathlon: 1, Payton Lewis, NNU, 6,174; 2, Michael Forster, CWU, 5,764; 7, Micha Tranch, NNU, 5,205; 8, Blaine Kretz, NNU, 5,152.

John Knight Twilight

at McArthur Field, Monmouth, Ore.

Women's Team Scores: Portland 128, Saint Martin's 91, Northwest Christian 86, Western Oregon 73, Concordia 69, Willamette 58, Oregon 54, Clark CC 43.

Women (Top 3 GNAC Finishers): 100 Meters - 3, Tori Johnson, CU, 13.24. 200 Meters - 2, Grace Hamre, SMU, 26.50. 400 Meters - 1, Olivia Woods, WOU, 57.06; 2, Megan Rose, WOU, 58.16; 3, Suzie Van De Grift, WOU, 58.32. 1,500 Meters - 1, Nicole Maurmann, WOU, 4:43.79. 10,000 Meters - 2, Yadira Lopez, SMU, 38:57.30; 3, Larissa Kolainski, SMU, 39:40.30. 400m Hurdles - 1, Alexi Whatley, SMU, 1:05.08. 4x400 Relay - 1, Saint Martin's, 4:10.82. Steeplechase - 3, Gabby Hobson, CU, 11:52.04. High Jump - 2, Tori Johnson, CU, 5-1.25. Teiple Jump - 3, Kathryn Pitts, WOU, 35-4.5. Shot Put - 1, McKenzie Warren, CU, 53-5.5. Discus - 1, McKenzie Warren, CU, 168-5.5. Hammer - 1, Kirby Neale, SMU, 183-6.25; 3, Tasha Willing, CU, 181-1. Men's Team Scores: Clackamas CC 140, Western Oregon 108, Concordia 93, Clark CC 61.5, Oregon 58, Portland State 55.5, Northwest Christian 48, Saint Martin's 47, Portland 37, Iron Wood TC 36, Willamette 22, UO Running Club 12, Team Run Eugene 5.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Codi Blodgett, WOU, 11.27. 400 Meters - 1, Aaron Whitaker, WOU, 49.41; 2, Cody Warner, WOU, 50.03. 800 Meters - 1, AJ Holmberg, WOU, 1:54.52; 2, Dustin Nading, WOU, 1:54.60; 3, Michael Chin, WOU, 1:55.26. 1,500 Meters - 2, Ethan Livermore, CU, 3:58.60. 10,000 Meters - 1, Josiah Shelman, SMU, 33:26.10. 110m Hurdles - 3, Giovanni Brown, CU, 16.12. Steeplechase - 3, Alan Ekanger, WOU, 9:51.03. Pole Vault - 1, Craig Boyle, SMU, 13-9.25; 3, Chris Rickard, SMU, 13-3.5. Long Jump - 2, James Phillips, CU, 21-8.75. Triple Jump - 1, Giovanni Brown, CU, 44-2.5. Shot Put - 3, Caleb Bridge, CU, 52-1.75. Discus - 2, Jakob Chamberlin, CU, 174-6.75.

Fri., Apr. 7 - Sat., Apr. 8

War X Meet

at Spokane Falls Track Complex, Spokane, Wash.

Women's Team Scores: Central Washington 157, Washington State 134.5, Seattle 101, Whitworth 68.5, Northwest Nazarene 66, Eastern Oregon 49, Spokane CC 41, Gonzaga 38, Montana 20, Northwest (Wash.) 16, Carroll (Mont.) 10, Lewis-Clark St. 8, Great Falls 5, Whitman 2.

Women (Top 3 GNAC Finishers): 200 Meters - 2, Tianna Banfro, CWU, 25.59. 400 Meters 0 2, Madison Garcia, CWU, 59.94. 5,000 Meters - 2, Stephanie Rexus, CWU, 17:40.02. 10,000 Meters - 1, Alexa Shindruk, CWU, 36:41.77. 100m Hurdles - 1, Mariah Vongsaveng, CWU, 15.04; 2, Lexi Tubbs, NNU, 15.18. 400m Hurdles - 1, Emily Bland, CWU, 1:02.79. Steeplechase - 2, Sierra Manzer, NNU, 11:44.32. 4x100 Relay - 1, Central Washington, 47.91. 4x400 Relay - 1, Central Washington, 4:00.10. High Jump - 1, Rachel Partlow, NNU, 5-5. Long Jump - 2, Ali Anderson, CWU, 16-8.75; 3, Juliana Joy, CWU, 16-8.75.

Triple Jump - 3, Jackie Mahowold, NNU, 35-10.5. Shot Put - 1, Aiyana Homer, CWU, 40-9. Discus - 3, Angela Mumford, CWU, 127-2. Javelin - 1, Angelique Whistocken, CWU, 133-5.

Men's Team Scores: Washington State 181.5, Gonzaga 102, Central Washington 79.25, Spokane CC 78, Northwest Nazarene 56.5, Eastern Oregon 55, Seattle 34.5, Whitworth 29.75, Harding 16, Rocky Mountain 15, Northwest (Wash.) 14, Olympic CC 14, Great Falls 6, Lewis-Clark St. 5.5, Montana 5, Idaho 3, Whitman 1.

Men (Top 3 GNAC Finishers): 200 Meters - 1, Ebu Camara, NNU, 22.24. 400 Meters - 2, Blake Logan, NNU, 49.50. 400m Hurdles - 1, Trevaughn Scott, CWU, 53.78. 4x100 Relay - 3, Northwest Nazarene, 42.76. 4x400 Relay - 2, Northwest Nazarene, 3:20.42; 3, Central Washington, 3:20.92. High Jump - 1, Cole Hoberg, NNU, 6-8.75. Pole Vault - 1, Jared Webster, NNU, 16-0.75. Long Jump - 1, Grant Scarlett, CWU, 21-7.5. Shot Put - 2, Armando Tafoya, CWU, 49-7.25. Hammer - 3, Armando Tafoya, CWU, 181-2.

Sat., Apr. 8

Emilie Mondor Invitational

at Terry Fox Field, Burnaby, B.C.

Women (Top 3 GNAC Finishers): 1, Katherine Lucas,

SFU, 12.21; 3, Becca Houk, SPU, 12.79. 200 Meters - 1, Katherine Lucas, SFU, 24.99; 2, Valda Kabia, SFU, 25.03; 3, Diana Voloshin, SFU, 25.61. 400 Meters - 1, Lani Taylor, SPU, 56.76; 2, Cheryl Hong, SPU, 57.05; 3, Alana Mussatto, SFU, 57.98. 800 Meters - 1, Sophie Dodd, SFU, 2:11.63; 2, Julia Howley, SFU, 2:13.07. 1,500 Meters - 2, Miryam Bassett, SFU, 4:41.23; 3, Mary Charleson, SPU, 4:41.62. 100m Hurdles - 1, Diana Voloshin, SFU, 14.63; 3, Kye Fedor, SFU, 15.59. 400m Hurdles - 3, Deja Svastisalee, WWU, 1:05.30. 4x100 Relay - 1, Simon Fraser, 46.90; 3, Western Washington, 50.80. High Jump - 3, Geneva Lehnert, SPU, 5-1. Long Jump - 1, Kyra Brannan, SPU, 16-9.25; 2, Diana Voloshin, SFU, 16-8; 3, Natasha Lazecki, SFU, 16-7.25. Triple Jump - 3, Brooke Benner, SPU, 33-0.5. Discus - 3, Sophia Roberts, WWU, 103-11. Hammer - 3, Sophia Roberts, WWU, 124-6. Javelin - 2, Sammi Markham, SPU, 122-11; 3, Scout Cai, SPU, 110-11.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Nathan Mah, SFU, 11.08. 400 Meters - 3, Ryan McArthur, WWU, 49.83. 800 Meters - 3, Enrique Gomez, WWU, 1:58.74. 1,500 Meters - 3, Rowan Doherty, SFU, 3:58.92. 5,000 Meters - 2, Lloyd Byram, SPU, 16:09.26. Long Jump - 3, Daniel Voloshin, SFU, 18-4.25. Triple Jump - 2, Vladislav Tsygankov, SFU, 40-0.25. Discus - 2, Brandon Pless, WWU, 161-6; 3, Bryan Lee, 142-4. Hammer - 3, Peter Behncke, SFU, 169-11. Javelin - 1, Costel David, WWU, 172-4.

Bauer Invitational

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

Women (Top 3 GNAC Finishers): 2, Shaniah Schwend, MSUB, 13.21. 200 Meters - 3, Josey Smiedala, MSUB, 26.88. 400 Meters - 1, Josey Smiedala, MSUB, 1:00.97. Steeplechase - 3, Nikki Aiken, MSUB, 12:20.20. 4x100 Relay - 1, Montana State Billings, 49.51. 4x400 Relay - 2, Montana State Billings, 4:15.28. Long Jump - 1, Shaniah Schwend, MSUB, 16-4.25; 2, Brenna Beckett, MSUB, 16-3.75; 3, Shelby Browning, MSUB, 15-7. Triple Jump - 2, Brenna Beckett, MSUB, 34-5.75; 3, Shaniah Schwend, MSUB, 34-4. Discus - 1, Kassadee Kuoha, MSUB, 117-5; 3, Abbie Lohof, MSUB, 110-7.

Men (Top 3 GNAC Finishers): 1, Sam Zook, MSUB, 10.64; 2, Braden Rykal, MSUB, 11.14. 200 Meters - 1, Sam Zook, MSUB, 21.42. 5,000 Meters - 3, Jacob Gibbs, MSUB, 17:37.92. 10,000 Meters - 1, Garrett Love, MSUB, 34:02.33; 3, Ivan Colmanero, MSUB, 35:00.24. 110m Hurdles - 2, Austin Lindquist, MSUB, 15.51. Steeplechase - 1, Jorey Egeland, MSUB, 9:29.49. 4x100 Relay - 2, Montana State Billings, 42.68. High Jump - 2, Chuck Carr, MSUB, 6-4.75; 3, Isaiah Girard, MSUB, 6-4.75. Long Jump - 1, Marcus Lindquist, 21-0.75. Triple Jump - 1, Marcus Lindquist, MSUB, 42-0.5. Shot Put - 3, Brady Ostermiller, MSUB, 48-8.75. Discus - 2, Brady Ostermiller, MSUB, 132-11. Javelin - 1, Beau Ackerman, MSUB, 197-4.

GNAC Track & Field Athletes of the Week



MEN'S TRACK

Jorey Egeland, Montana State Billings
Junior • Billings, Mont.

Egeland won the steeplechase at the Bauer Invitational with a personal best time of 9:29.49. After conversion to 9:22.51 for altitude, the time is the third-best mark in the GNAC this season and is just five seconds short of a NCAA Championships provisional qualifying mark.



WOMEN'S TRACK

Olivia Woods, Western Oregon
Sophomore • Troutdale, Ore.

Woods led a top-three sweep for the Wolves in the 400 meters at their own John Knight Twilight, winning with a time of 57.06 in less than optimal weather conditions.

Also Nominated: Alexi Whatley (Saint Martin's), Josey Smiedala (Montana State Billings).

Also Nominated: Josiah Shelman (Saint Martin's), Aaron Whitaker (Western Oregon), Ebu Camara (Northwest Nazarene).



MEN'S FIELD

Jakob Chamberlin, Concordia
Freshman • Bellingham, Wash.

Chamberlin placed second in the discus at the John Knight Twilight with a mark of 174 feet., 6.75 inches. He was the top non-Division I finisher in the event and earns the No. 3 spot in the event on the GNAC all-time list. It is the top mark in the GNAC this season and the seventh best mark in Division II.



WOMEN'S FIELD

Kirby Neale, Saint Martin's
Senior • Coos Bay, Ore.

Neale won the hammer throw at the John Knight Twilight with a school record mark of 183 feet, 6.25 inches. The NCAA Championships provisional qualifying mark is the second best in the GNAC this season and 15th in Division II.

Also Nominated: Craig Boyle (Saint Martin's), Beau Ackerman (Montana State Billings), Kolton Koenig-Rohde (Western Oregon), Brandon Pless (Western Washington), Jared Webster (Northwest Nazarene).

Also Nominated: Shaniah Schwend (Montana State Billings), Rachel Bartlow (Northwest Nazarene), McKenzie Warren (Concordia).

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
Mar. 20-26	Sam Zook, MSUB	Brandon Pless, WWU	Valda Kabia, SFU	McKenzie Warren, CU
Mar. 27-Apr. 2	David Ribich, WOU	Payton Lewis, NNU	Danielle McCormick, UAA	Bethany Drake, WWU
Apr. 3-9	Jorey Egeland, MSUB	Jakob Chamberlin, CU	Olivia Woods, WOU	Kirby Neale, SMU

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

Around The GNAC

ALASKA ANCHORAGE



• Alaska Anchorage did not compete last weekend. The Seawolves will compete this weekend in the Southern California trifecta of the Mt. SAC Relays, the Bryan Clay Invitational and the Beach Invitational.

• Sophomore **Danielle McCormick** won the women's 800 at the Apr. 1 San Francisco State Distance Carnival in a time of 2:07.25, breaking the previous school record of

2:09.34 set by Ivy O'Brien in 2013. The mark was also a meet record, a NCAA Championships provisional qualifier and is third in Division II this season.

• The 4x400-meter relay team of McCormick, **Mary Kathleen Cross**, **Hayley Bezanson** and **Vanessa Aniteye** ran a winning time of 3:41.93 at SF State. That broke the GNAC record of 3:42.05 set by Simon Fraser in 2011. The time is a NCAA provisional qualifier and is second best in Division II this season.

• To date, Alaska Anchorage has 11 NCAA Championships provisional qualifiers. The Seawolves have one automatic qualifier in senior **Karolin Anders**, whose score of 5,180 points in the heptathlon is the fifth best in Division II this season.

• Alaska Anchorage continues to be ranked in both USTFCCCA Division II national polls. The UAA women are ranked No. 11, dropping one spot from last week. The UAA men dropped eight spots in the national poll to No. 24.

CENTRAL WASHINGTON



• Central Washington turned in some solid performances despite tough weather conditions at both the EWU Combined Events and the War X Meet in Spokane, Wash.

• Sophomore **Alexa Shindruk** became a NCAA Championships provisional qualifier, winning the 10,000 meters at the War X in 36:41.77. The mark is second best in the GNAC and 15th in Division II.

• The Wildcats swept the women's hurdle events. Sophomore **Mariyah Vongsaveng** won the 100-meter hurdles in 15.04 seconds. Freshman **Emily Bland** won the 400-meter hurdles in 1:02.79. Both athletes contributed to CWU's win in the 4x400-meter relay in a time of 4:00.10.

• Central Washington also had three individual event winners in the field events. Junior **Aiyana Homer** won the women's shot put with a mark of 40 feet, 9 inches, while senior **Angelique Whistocken** won the women's javelin with a mark of 133 feet, 5 inches. Freshman **Grant Scarlett** won the men's long jump with a mark of 21 feet, 7.5 inches.

• The Wildcats had good performances at the EWU Combined Events. Sophomore **Michael Forster** placed second in the decathlon with a score of 5,764 points. Junior **Ali Anderson** placed second in the heptathlon with a score of 4,517 points while sophomore **HarLee Ortega** placed third at 4,431 points.

• Central Washington will be off this weekend. The Wildcats return to competition at home on Sat., Apr. 22, hosting the annual Spike Art Invitational.

CONCORDIA



• Wins in the throws and jumps highlighted Concordia's efforts at the John Knight Twilight at Western Oregon.

• Senior **McKenzie Warren** won the women's shot put once again, taking top honors with a mark of 53 feet, 5.5 inches. She also won the discus with a mark of 168 feet, 5.5 inches. Warren continues to have the top mark in Division II in the shot put (56-7.5) and is in the top-12 in both the discus and

hammer.

• Sophomore **Giovanni Brown** was the Cavaliers' lone men's winner, taking the men's triple jump with a mark of 44 feet, 2.5 inches. The mark is fifth best in the GNAC this season.

• Freshman **Jakob Chamberlin** took second in the men's discus with a mark of 174 feet, 6.75 inches. The mark leads the GNAC and moves him to No. 3 on the GNAC All-Time List. For his efforts, Chamberlin was named the GNAC Men's Field Athlete of the Week.

• Sophomore **James Phillips** took second in the men's long jump with his mark of 21 feet, 8.75 inches, while senior **Ethan Livermore** placed second in the men's 1,500 meters with a time of 3:58.80.

• Sophomore **Tori Johnson** took second in a weather-hampered women's high jump with a mark of 5 feet, 1.25 inches.

• Concordia will not compete this weekend. The Cavaliers will head to Southern California on Apr. 21 and 22 to compete in the UCSD Triton Invitational.

MONTANA STATE BILLINGS



• Another school record and a NCAA Championships provisional qualifying mark topped Montana State Billings' performances at the Bauer Invitational in Rapid City, S.D.

• Junior **Sam Zook** won both the men's 100 meters and 200 meters and reset his own school record in the 200 in the process. He won the 100 meters with a time of 10.64 seconds. His time of 21.42 seconds in the 200 meters is No. 8 on the GNAC-AllTime List and ties him for the 33rd best mark in Division II this season.

• Sophomore **Beau Ackerman** notched a NCAA Championships provisional qualifying mark in the men's javelin. His mark of 197 feet, 5 inches, is the best in the GNAC this season and ranks 20th in Division II.

• Junior **Jorey Egeland** had a solid performance in the men's steeplechase, winning with a time of 9:29.49. The performance earned Egeland GNAC Men's Track Athlete of the Week honors and, when converted to 9:22.51 for altitude, is third best in the GNAC this season.

• The Yellowjackets had three more men's event winners. Senior **Garrett Love** won the 10,000 meters with a time of 34:02.33. Freshman **Marcus Lindquist** won both horizontal jumps, taking the long jump (21-0.75) and the triple jump (42-0.5).

• Montana State Billings also had three women's individual event winners. Sophomore **Josey Smiedala** won the 400 meters in a time of 1:00.97 and freshman **Kassadee Kuoha** won the discus with a mark of 117 feet, 5 inches. Sophomore **Shaniah Schwend** won the long jump with a mark of 16 feet, 4.25 inches.

• The Yellowjackets will host its lone home meet of the season this week, the Yellowjacket/Battlin' Bear Invitational, on Thursday in Laurel, Mont.

Around The GNAC

NORTHWEST NAZARENE



- Five solid individual event winning performances led Northwest Nazarene's efforts at both the EWU Combined Events and the War X Meet in Spokane, Wash.
- Junior **Payton Lewis** won his first decathlon of the season with a score of 6,174 points. The mark was just short of the NCAA Championships provisional qualifier of 6,202 points.
- Junior **Jared Webster** picked up a NCAA Championships provisional qualifying mark in the men's pole vault, winning at the War X Meet with a mark of 16 feet, 0.75 inches. The mark is second best in the GNAC and ties him for 16th in Division II this season.
- Senior **Cole Hoberg** won the men's high jump and earned a NCAA Championships provisional qualifier with a mark of 6 feet, 8.75 inches. The performance is tied for best in the GNAC this season and tied for 19th in Division II.
- Senior **Rachel Bartlow** made it a sweep for the Crusaders in the high jump, winning the women's competition with a mark of 5 feet, 5 inches.
- Senior **Ebu Camara** won the men's 200 meters with a time of 22.24 seconds. Camara currently owns the second best mark in the GNAC this season with a time of 21.61 seconds.
- Junior **Lexi Tubbs** added a runner-up finish in the 100-meter hurdles with a time of 15.18 seconds while sophomore **Sierra Manzer** took second in the women's steeplechase with a time of 11:44.32.
- Northwest Nazarene will be at home this weekend, hosting the NNU Invitational on Friday and Saturday.

SAINT MARTIN'S



- A school record in the women's hammer for senior **Kirby Neale** highlighted Saint Martin's performances at the John Knight Twilight.
- Neale was named GNAC Women's Field Athlete of the Week after she won the hammer with a mark 183 feet, 6 inches. The mark is a SMU record, a NCAA Championships provisional qualifier and is 15th best in Division II this season. It also moves Neale to No. 5 on the GNAC All-Time List.
- Sophomore **Alexi Whatley** was also a winner for the Saints' women, capturing the 400-meter hurdles in a time of 1:05.08. The Saints also won the women's 4x100-meter relay in a time of 59.84 seconds.
- Senior **Josiah Shelman** and sophomore **Craig Boyle** won events for the Saint Martin's men. Shelman took Thursday's 10,000 meters in a time of 33:26.10. Boyle won the men's pole vault with a mark of 13 feet, 9.25 inches.
- In the sprints, sophomore **Grace Hamre** placed second in the in the women's 200 meters with a time of 26.50 seconds. In the women's distances, junior **Yadira Lopez** placed second in the 10,000 meters in 38:57.30 while sophomore **Larissa Kolasinski** placed third with a time of 39:40.30.
- Saint Martin's is off this weekend. The Saints will return to competition on Apr. 21 and 22 at the CWU Spike Art Invitational.

SEATTLE PACIFIC



- Victories by freshman **Lani Taylor** in the women's 400 meters and senior **Kyra Brannan** in the women's long jump led Seattle Pacific's efforts at the Emilie Mondor Invitational in Burnaby, B.C.
- Taylor took top honors in the 400 meters with a time of 56.76 seconds. Senior **Cheryl Hong** placed second in a time of 57.05 seconds. The mark for Taylor is the eighth best in the GNAC so far this season.
- Brannan won the long jump with a mark of 16 feet, 9.25 inches. The mark was well below her season best of 18 feet, 4.25 inches, thanks to the cold and blustery conditions.
- Senior **Lloyd Bryam** had the SPU men's top finish, taking second in the 5,000 meters with a time of 16:09.26. Sophomore **Jesse Phan** was fourth in the 800 meters in 1:59.23 while senior **Justin Ramsey** was fourth in the 200 meters in 23.39 seconds.
- Other top women's finishers included senior **Sammi Markham**, who finished second in the javelin with a mark of 122 feet, 11 inches. Freshman **Scout Cai** placed third with a mark of 110 feet, 11 inches.
- Seattle Pacific will head south this weekend for the big meet trifecta in Southern California, taking part in the Mt. SAC Relays, the Bryan Clay Invitational and the Beach Invitational.

SIMON FRASER



- The Clan notched five individual event winners while battling fog, wind and rain in their own Emilie Mondor Invitational at Terry Fox Field.
- Freshman **Katherine Lucas** won both the women's 100 meters and 200 meters. She took the 100 meters in 12.21 seconds and came from behind to beat teammate **Valda Kabia** in a time of 24.99 seconds.
- Freshman **Diana Voloshin** added a victory in the women's 100-meters in a time of 14.63 seconds. Junior **Sophie Dodd** was also a winner in the 800 meters in a time of 2:11.63 while junior **Julia Howley** notched a NCAA Championships provisional qualifying mark in the race with a time of 2:13.07.
- Freshman **Nathan Mah** made it a SFU sweep of the 100 meters as he took the men's race in a time of 11.08 seconds.
- The women's 4x100-meter relay team of Kabia, **Chantel Desch**, **Kira Pederson** and Lucas surged despite the weather to run a GNAC best time of 46.90 seconds. The mark is a NCAA Championships provisional qualifier, ranks 24th in Division II and is sixth best in GNAC history.
- Simon Fraser will head to Southern California this weekend for the three big events, competing in the Mt. SAC Relays, the Bryan Clay Invitational and the Beach Invitational.

Around The GNAC

WESTERN OREGON



• Western Oregon athletes won four individual events while battling blustery conditions at their own John Knight Twilight meet.

• Sophomore **Olivia Woods** led a top-three sweep for the Wolves in the women's 400 meters. Woods crossed first in 57.06. Junior **Megan Rose** was second in 58.16 seconds

and junior **Suzie Van De Grift** was third in 58.32 seconds.

• Senior **AJ Holmberg** led a top-three sweep in the men's 800 meters. Holmberg won in a time of 1:54.52. Sophomore **Dustin Nading** was second in 1:54.60 and senior **Michael Chin** placed third in a time of 1:55.26. In all, the Wolves took five of the top seven places in the race.

• Senior **Nicole Maurmann** led the women's 1,500 meters from start to finish to win in a time of 4:43.79.

• Sophomore **Aaron Whitaker** won the men's 400 meters in a time of 49.41 seconds. He just edged out junior **Cody Warner**, who placed second in a time of 50.03 seconds.

• The Western Oregon men won the meet with a score of 108 points while the WOU women placed fourth with a score of 73 points.

• Western Oregon will head south this weekend for the big three Southern California meets, the Mt. SAC Relays, the Bryan Clay Invitational and the Beach Invitational.

WESTERN WASHINGTON



• Solid efforts in the throwing events led Western Washington's efforts in the blustery conditions at the Emilie Mondor Invitational in Burnaby, B.C.

• Sophomore **Costel David** collected the Vikings' lone event victory of the meet, taking the men's javelin with a mark of 172 feet, 4 inches.

• Junior **Brandon Pless** finished second in the men's discus with a mark of 161 feet, 6 inches, which is fourth in the GNAC this weekend and fifth all-time in WWU history. Senior **Bryan Lee** placed third in the event in 142 feet, 4 inches.

• In the men's sprints, senior **Ryan McArthur** placed third in the 400 meters in 49.83 seconds while freshman **Alex Taylor** was fourth in the 100 meters in 11.27 seconds. Sophomore **Keaton Spiller** placed fourth in the 800 meters in 1:58.02.

• Junior **Deja Svastislaee** led the WWU women with a third place finish in the 400-meter hurdles in a time of 1:05.30. Sophomore **Sophia Roberts** took two third place finishes in the discus (103 feet, 11 inches) and the hammer (124 feet, 6 inches).

• Western Washington will be in Southern California this weekend, taking part in the Mt. SAC Relays, the Bryan Clay Invitational and the Beach Invitational.

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.

GNAC Qualifiers For NCAA Outdoor Championships

MEN'S AUTOMATIC QUALIFIERS AS OF APR. 11, 2017

Event	Athlete	Mark	Rank	Date
1,500 Meters	David Ribich, WOU	3:43.77	1st	3/31/17
Pole Vault	Payton Lewis, NNU	5.20/17-0.75	2nd	3/31/17

MEN'S PROVISIONAL QUALIFIERS AS OF APR. 11, 2017

Event	Athlete	Mark	Rank	Date
100 Meters	Sam Zook, MSUB	10.49	16th	4/3/17
200 Meters	Sam Zook, MSUB	21.49	T-33rd	4/8/17
400 Meters	Vladislav Tsygankov, SFU	47.94	T-21st	3/25/17
800 Meters	David Ribich, WOU	1:49.41	4th	3/31/17
1,500 Meters	Dustin Nading, WOU	3:50.45	19th	3/31/17
5,000 Meters	Dominik Notz, UAA	14:02.37	5th	3/31/17
	Edwin Kangogo, UAA	14:24.08	14th	3/31/17
400m Hurdles	Vladislav Tsygankov, SFU	51.48	4th	3/31/17
Steeplechase	Christoph Sander, UAA	9:09.94	16th	3/31/17
4x400 Relay	Alaska Anchorage	3:12.59	6th	3/31/17
High Jump	Tevin Gladden, UAA	2.05/6-8.75	T-19th	3/17/17
	Cole Hoberg, NNU	2.05/6-8.75	T-19th	4/8/17
Pole Vault	Jared Webster, NNU	4.90/16-0.75	T-16th	4/7/17
Long Jump	Alani Troutman, WOU	7.26/23-10	26th	3/31/17
Shot Put	Brandon Pless, WWU	16.15/53-00	28th	3/31/17
Discus	Jakob Chamberlin, CU	53.20/174-6	7th	4/7/17
	Caleb Bridge, CU	50.39/165-4	19th	3/17/17
Hammer	Kauanoë Vanderpoel, SMU	56.92/186-9	27th	3/17/17
	Mitch Wilkens, SMU	55.37/181-8	35th	3/17/17
	Armando Tafoya, CWU	55.07/180-8	36th	3/11/17
	Brandon Pless, WWU	54.98/180-4	T-41st	3/17/17
	Peter Behncke, SFU	53.78/176-5	48th	3/24/17
Javelin	Beau Ackerman, MSUB	60.16/197-5	20th	4/8/17
	Alex Barry, WWU	58.66/192-5	27th	3/17/17
Decathlon	Travis Turner, UAA	6,761	10th	3/17/17
	David Sramek, UAA	6,381	13th	3/17/17

WOMEN'S AUTOMATIC QUALIFIERS AS OF APR. 11, 2017

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

WOMEN'S PROVISIONAL QUALIFIERS AS OF APR. 11, 2017

Event	Athlete	Mark	Rank	Date
400 Meters	Chantel Desch, SFU	55.48	10th	3/31/17
800 Meters	Danielle McCormick, UAA	2:07.75	3rd	3/31/17
	Addy Townsend, SFU	2:08.39	6th	3/31/17
	Olivia Woods, WOU	2:08.46	7th	3/31/17
	Alana Mussatto, SFU	2:08.79	8th	3/31/17
	Megan Rose, WOU	2:09.13	9th	3/31/17
	Paige Nock, SFU	2:09.17	10th	3/31/17
	Sophie Dodd, SFU	2:11.37	18th	3/31/17
	Tamara Perez, UAA	2:11.57	21st	3/31/17
	Chynna Phan, SPU	2:12.94	T-29th	3/25/17
	Julia Howley, SFU	2:13.07	32nd	4/8/17
1,500 Meters	Addy Townsend, SFU	4:28.36	6th	3/31/17
	Julia Howley, SFU	4:30.89	13th	3/31/17
	Suzie Van De Grift, WOU	4:31.95	18th	3/31/17
	Paige Nock, SFU	4:32.44	20th	3/25/17
	Miryam Bassett, SFU	4:33.09	25th	3/31/17
	Brittany Grant, WWU	4:33.29	27th	3/25/17
	Mary Charleson, SPU	4:33.58	28th	3/25/17
5,000 Meters	Mary Charleson, SPU	16:59.29	T-12th	3/31/17
10,000 Meters	Zannah Jepchumba, UAA	36:11.04	4th	3/31/17
	Alexa Shindruk, CWU	36:41.77	15th	4/7/17
	Stephanie Rexus, CWU	36:45.37	14th	3/31/17
100m Hurdles	Diana Voloshin, SFU	14.03	18th	3/31/17
	Mariah Vongsaveng, CWU	14.26	T-28th	3/18/17
400m Hurdles	Ali Anderson, CWU	1:01.73	22nd	3/31/17
	Emily Bland, CWU	1:02.07	24th	3/31/17
Steeplechase	Brittany Grant, WWU	10:32.60	10th	3/31/17
	Mariah Burroughs, UAA	10:38.44	14th	3/31/17
4x100 Relay	Simon Fraser	46.90	24th	4/8/17
4x400 Relay	Alaska Anchorage	3:41.93	3rd	3/31/17
	Central Washington	3:45.52	9th	3/31/17
High Jump	Karolin Anders, UAA	1.69/5-6.5	T-21st	3/17/17
	Tori Johnson, CU	1.68/5-6	T-24th	3/25/17
Pole Vault	Anna Paradee, WWU	3.80/12-5.5	13th	3/31/17
	McKenna Emmert, CWU	3.70/12-0.75	T-21st	3/31/17
Triple Jump	Jasmine McMullin, WWU	11.85/38-10.5	T-26th	3/18/17
Shot Put	McKenzie Warren, CU	17.26/56-7.5	1st	3/25/17
	Christina MacDonald, CU	13.97/45-10	25th	3/18/17
Discus	McKenzie Warren, CU	51.59/169-3	7th	3/25/17
Hammer	McKenzie Warren, CU	56.65/185-10	11th	4/1/17
	Kirby Neale, SMU	55.93/183-6	15th	4/7/17
	Christina MacDonald, CU	55.31/181-5	17th	3/17/17
	Tasha Willing, CU	55.19/181-1	18th	4/7/17
Javelin	Bethany Drake, WWU	47.82/156-3	2nd	3/31/17
	Amanda Short, WOU	45.28/148-7	7th	3/4/17
	Jona Spiller, SMU	43.82/143-9	10th	4/1/17
	Deanna Avalos, SMU	43.81/143-9	11th	4/1/17
	Sheila Limas De La Cruz, WOU	42.59/139-9	14th	3/4/17
	Sammi Markham, SPU	42.36/139-0	16th	3/25/17
	Claire Palmiter, SMU	41.09/134-10	25th	3/4/17
	Christina MacDonald, CU	40.72/133-7	29th	3/25/17
	Angelique Whistocken, CWU	40.38/132-6	31st	3/11/17
Heptathlon	Scout Cai, SPU	4,781	13th	3/18/17

Men's Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	WOU
Mar. 21	21st	—
Mar. 28	—	—
Apr. 4	16th	25th
Apr. 11	24th	—

USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Apr. 11, 2017 (Week 4)

Rk	School	Pts.	Prev.
1.	Chico State	181.95	1
2.	Angelo State	153.47	11
3.	Ashland	149.68	2
4.	Tiffin	120.90	3
5.	Adams State	119.93	8
6.	Shorter	119.03	5
7.	Saint Augustine's	117.89	6
8.	Texas A&M-Commerce	112.75	4
9.	West Texas A&M	106.40	17
10.	Central Missouri	92.94	9
11.	Missouri Southern	83.80	26
12.	Minnesota State	79.83	15
13.	Grand Valley State	77.78	21
14.	Academy of Art	77.04	7
15.	Pittsburg State	74.54	22
16.	Limestone	71.75	10
17.	Eastern New Mexico	65.88	13
18.	Lincoln (Mo.)	65.84	12
19.	Texas A&M-Kingsville	59.47	14
20.	Mount Olive	56.58	18
21.	Fresno Pacific	55.45	20
22.	CSU-Pueblo	54.89	33
23.	Shippensburg	50.78	19
24.	Alaska Anchorage	47.45	16
25.	Johnson C. Smith	43.78	30

USTFCCCA WEST REGION TEAM INDEX as of Apr. 11, 2017 (Week 4)

Rk	School	Pts.	Prev.
1.	Chico State	591.92	1
2.	Azusa Pacific	327.17	3
3.	UC San Diego	319.26	2
4.	Cal Poly Pomona	245.05	4
5.	Alaska Anchorage	210.71	5
6.	Fresno Pacific	209.95	7
7.	Academy of Art	197.32	6
8.	Stanislaus State	159.86	8
9.	Western Oregon	131.23	9
10.	Northwest Nazarene	129.46	15

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Women's Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	CU	SMU	SFU
Mar. 21	—	8th	24th	—
Mar. 28	—	13th	—	25th
Apr. 4	10th	13th	—	16th
Apr. 11	11th	—	—	21st

USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Apr. 11, 2017 (Week 4)

Rk	School	Pts.	Prev.
1.	West Texas A&M	194.98	1
2.	Angelo State	176.07	2
3.	Pittsburg State	154.77	3
4.	Texas A&M-Kingsville	118.49	13
5.	Johnson C. Smith	95.13	4
6.	Saint Augustine's	87.52	6
7.	Cal Baptist	83.72	7
8.	Adams State	82.20	43
9.	Chico State	78.32	5
10.	Western State	76.22	11
11.	Alaska Anchorage	71.55	10
12.	Minnesota State	71.37	15
13.	Humboldt State	70.24	9
14.	Findlay	68.48	14
15.	Chadron State	68.45	19
16.	Walsh	66.82	23
17.	San Francisco St.	61.09	8
18.	Shippensburg	60.83	12
19.	Hillsdale	56.21	32
20.	Wayne State (Neb.)	55.45	21
21.	Simon Fraser	54.25	21
22.	New Mexico Highlands	53.98	137
23.	Southwest Baptist	52.87	42
24.	Grand Valley State	52.73	18
25.	Minnesota Duluth	50.10	24

USTFCCCA WEST REGION TEAM INDEX as of Apr. 11, 2017 (Week 4)

Rk	School	Pts.	Prev.
1.	Chico State	296.21	1
2.	Azusa Pacific	251.77	4
3.	San Francisco St.	242.59	2
4.	Simon Fraser	226.16	3
5.	Humboldt State	220.27	5
6.	UC San Diego	196.50	6
7.	Central Washington	193.20	11
8.	Academy of Art	188.43	7
9.	Concordia (Ore.)	183.31	9
10.	Cal Baptist	182.12	10

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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	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	15.21/49-11	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)
		Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols
4x400 Relay	3:13.84	Simon Fraser (2015)
		Stuart Ellenwood, Cameron Proceviat, Joel Webster, Daniel Kelloway
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	3:41.93	Alaska Anchorage (2017)
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	17.26/56-7.5	McKenzie Warren, Concordia (2017)
Discus	55.31/169-3	McKenzie Warren, Concordia (2017)
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)
		Mackenzie Harsch, Rosie Smith, Sasha Halfyard, Jamie Ashcroft
4x400 Relay	3:44.11	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	3.83/12-6.75	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, 185-3. 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 Vanderpool, 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.

Sat., Mar. 25

**Doris Heritage Distance Festival
at West Seattle Stadium, Seattle, Wash.**

Women (Top 3 GNAC Finishers): 200 Meters - 2, Cheryl Hong, SPU, 25.99; 3, Lani Taylor, SPU, 26.12. 400 Meters - 2, Savannah Smith, WWU, 58.70; 3, Emily Sytama, WWU, 59.60. 800 Meters - 1, Chynna Phan, SPU, 2:12.94; 2, Kate Lilly, SPU, 2:15.20. 10,000 Meters - 1, Sophia Galvez, WWU, 38:27.78; 2, Alexandra Laiblin, WWU, 39:25.53. 4x400 Relay - 1, Seattle Pacific B, 4:01.70; 2, Seattle Pacific D, 4:04.22; 3, Seattle Pacific C, 4:09.09. High Jump - 1, Geneva Lehnert, SPU, 5-2.5; 2, Bridget Henry, WWU, 5-0.5. Pole Vault - 2, Anna Paradee, WWU, 11-11.75; 3, Rachael Roberts, WWU, 11-5.75. Long Jump - 1, Geneva Lehnert, SPU, 17-8; 2, Miranda Osadchey, WWU, 17-1.5; 3, Kyra Brannan, SPU, 17-0.75. Shot Put - 2, Sammi Markham, SPU, 39-4.5. Hammer - 3, Sophia Roberts, WWU, 128-11. Javelin - 1, Sammi Markham, SPU, 139-0.

Men (Top 3 GNAC Finishers): 200 Meters - 1, Kodiak Landis, CWU, 22.38; 2, Justin Ramsey, SPU, 23.35; 3, Lane Mallula, WWU, 23.36. 400 Meters - 3, Justin Ramsey, SPU, 50.84. 800 Meters - 2, Jesse Phan, SPU, 1:58.08; 3, Logan Giese, WWU, 1:59.28. 5,000 Meters - 1, Isaac Derline, WWU, 14:50.17; 2, Dylan Hayes, WWU, 15:24.45; 3, Nick Mounier, WWU, 15:42.22. 10,000 Meters - 1, Lloyd Byram, SPU, 33:25.91. 4x400 Relay - 1, Seattle Pacific C, 3:33.86; 2, Seattle Pacific A, 3:37.48; 3, Seattle Pacific B, 3:37.58. High Jump - 2, Zach Telfer, SPU, 5-4.5. Pole Vault - 1, Adam Thomas, WWU, 14-11; 2, Gordon Kordas, WWU, 14-5.25; 3, Jacob Hino, WWU, 13-11.25. Long Jump - 1, Peyton Harris, SPU, 21-7.25; 3, Zane Irvine, CWU, 19-1.25. Shot Put - 2, Brandon Pless, WWU, 52-5.5. Hammer - 2, Brandon Pless, WWU, 173-8. Javelin - 1, Tyree Rutter, CWU, 185-11; 3, Griffey Lytle, CWU, 183-7.

2017 GNAC Outdoor Meet Summaries

Willamette Invitational

at Charles Bowles Track, Salem, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 3, Marie Ries, UAA, 12.37. 400 Meters - 3, Mary Kathleen Cross, UAA, 56.70. 800 Meters - 1, Danielle McCormick, UAA, 2:15.41; 3, Hayley Bezanson, UAA, 2:18.24. 1,500 Meters - 1, Nicole Maurmann, WOU, 4:40.60. 100m Hurdles - 2, Erykah Weems, CWU, 14.88; 3, Elena Cano, UAA, 15.02. 400m Hurdles - 2, Erykah Weems, CWU, 1:03.23; 3, Yvonne Jeschke, UAA, 1:03.92. Steeplechase - 1, Jordyn Block, UAA, 11:33.55. 4x100 Relay - 1, Alaska Anchorage, 47.40. 4x400 Relay - 1, Western Oregon, 3:49.01; 2, Alaska Anchorage A, 3:55.12; 3, Alaska Anchorage B, 4:10.21. High Jump - 1, Tori Johnson, CU, 5-6. Long Jump - 3, Karolin Anders, UAA, 18-1.75. Triple Jump - 2, Karolin Anders, UAA, 37-9.25; 3, Alexia Blalock, UAA, 37-7.25. Shot Put - 1, McKenzie Warren, CU, 56-7.75; 3, Christina MacDonald, CU, 45-4.75. Discus - 2, McKenzie Warren, CU, 157-1. Hammer - 1, McKenzie Warren, CU, 175-6.25; 2, Tasha Willing, CU, 167-11.5; 3, Christina MacDonald, CU, 164-0.5.

Men (Top 3 GNAC Finishers): 200 Meters - 2, Darrion Gray, UAA, 22.34. 400 Meters - 2, Aaron Whitaker, WOU, 48.80; 3, Adam Brown, CU, 49.13. 800 Meters - 1, AJ Holmberg, WOU, 1:53.02; 2, Joe Day, UAA, 1:53.35. 110m Hurdles - 2, Andrey Gamza, CU, 15.20; 3, Harry White, WOU, 15.59. 400m Hurdles - 3, Andrey Gamza, CU, 57.50. Steeplechase - 2, Kaleb Korta, UAA, 9:25.60. 4x100 Relay - 1, Alaska Anchorage, 42.37. 4x400 Relay - 1, Alaska Anchorage, 3:18.64; 2, Western Oregon, 3:23.23. High Jump - Connor Reinke, WOU, 6-1.5. Long Jump - 2, Alani Troutman, WOU, 22-5.25; 3, Tevin Gladden, UAA, 21-10.75. Triple Jump - 2, Kolton Koenig-Rohde, WOU, 43-3.75; 3, Tevin Gladden, UAA, 42-2. Shot Put - 2, Grant George, UAA, 49-10.75; 3, Brandon Bowen, WOU, 49-6.25. Discus - 1, Jakob Chamberlin, CU, 164-9.75; 2, Brett Elder, CU, 157-11.5; 3, Caleb Bridge, CU, 156-3.5. Hammer - 1, Jakob Chamberlin, CU, 175-8.25; 2, Kegan Allen, WOU, 158-4.75; 3, Caleb Bridge, CU, 144-2.5.

Achilles Cup

at Terry Fox Field, Burnaby, B.C.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Valda Kabia, SFU, 12.21; 2, Katherine Lucas, SFU, 12.25; 3, Kira Pederson, SFU, 12.42. 200 Meters - 1, Valda Kabia, SFU, 24.78; 2, Katherine Lucas, SFU, 24.92; 3, Kira Pederson, 25.40. 400 Meters - 1, Chantel Desch, SFU, 55.76; 2, Sophie Dodd, SFU, 56.31. 800 Meters - 1, Addy Townsend, SFU, 2:11.27; 2, Alana Mussatto, SFU, 2:12.80. 1,500 Meters - 3, Paige Nock, SFU, 4:32.44. 4x100 Relay - 1, Simon Fraser, 47.22. 4x400 Relay - 1, Simon Fraser, 3:51.58. High Jump - 3, Mackenzie Stewart, SFU, 5-3. Long Jump - 3, Diana Voloshin, SFU, 17-8.25. Triple Jump - 1, Ella Brown, SFU, 38-6. Shot Put - 2, Mackenzie Stewart, SFU, 35-10.5. Javelin - 2, Natalie Rycroft, SFU, 102-3; 3, Mackenzie Stewart, SFU, 72-5.75.

Men (Top 3 GNAC Finishers): 100 Meters - 3, Nathan Mah, SFU, 11.11. 200 Meters - 2, Nathan Mah, SFU, 22.43. 400 Meters - 1, Vladislav Tsygankov, SFU, 47.94; 2, Daniel Kelloway, SFU, 48.06; 3, Hameet Dhillon, SFU, 50.73. 800 Meters - 3, Dylan Freinhofer, SFU, 1:54.07. 4x100 Relay - 3, Simon Fraser, 1:34.53. 4x400 Relay - 1, Simon Fraser, 3:16.10. Long Jump - 1, Vladislav Tsygankov, SFU, 23-2; 2, Alex Wu, SFU, 21-10.75. Triple Jump - 1, Othniel Spence, SFU, 37-1. Shot Put - 1, Nathan Kyeame, SFU, 37-1. Hammer - 2, Peter Behncke, SFU, 176-5.

Bobcat Invitational

at Bobcat Track & Field Complex, Bozeman, Mont.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Katie Eastburn, MSUB, 12.86; 3, Josey Smiedala, MSUB, 13.24. 200 Meters - 3, Katie Eastburn, MSUB, 25.88. 400 Meters - 2, Miranda Livingston, MSUB, 1:07.67. 100m Hurdles - 2, Michaela Johnson, MSUB, 15.44. 400m Hurdles - 3, Janessa Williams, MSUB, 1:06.70. 4x400 Relay - 3, Montana State Billings, 4:12.99. High Jump - 3, Jamie Orme, MSUB, 4-11. Shot Put - 2, Taylor Stringari, MSUB, 37-8; 3, Hailey Steinbeisser, MSUB, 35-0.25. Discus - 2, Kassadee Kuoha, MSUB, 115-10; 3, Taylor Stringari, MSUB, 111-10.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Sam Zook, MSUB, 10.68. 200 Meters - 1, Sam Zook, MSUB, 21.61. 400 Meters - 2, Kyle McLaughlin, MSUB, 55.48; 3, Santiago De La Rosa, MSUB, 56.78. 5,000 Meters - 1, Jorey Egeland, MSUB, 15:39.53. 110m Hurdles - 2, Austin Lindquist, MSUB, 15.95. 4x400 Relay - 2, Montana State Billings, 3:43.41. High Jump - 2, Chuck Carr, MSUB, 6-4.75; 3, Isaiah Girard, MSUB, 6-4.75. Long Jump - 2, Chuck Carr, MSUB, 20-10.75; 3, Marcus Lindquist, MSUB, 20-4.25. Triple Jump - 1, Austin Lindquist, MSUB, 42-8.25. Javelin - 1, Beau Ackerman, MSUB, 179-11; 3, Forest Cross, MSUB, 118-3.

Mon., Mar. 27 - Tues., Mar. 28

Pacific Multis

at Hanson Stadium, Forest Grove, Ore.

Women's Heptathlon: No GNAC Finishers.

Men's Decathlon: 5, Giovanni Brown, CU, 5,585; 6, James Phillips, CU, 5,396.

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

San Francisco State Distance Carnival

at Cox Stadium, San Francisco

Women (Top 3 GNAC Finishers): 100 Meters - 3, Katherine Lucas, SFU, 12.20. 200 Meters - 1, Valda Kabia, SFU, 24.69; 3, Chantel Desch, SFU, 25.13. 400 Meters - 2, Chantel Desch, SFU, 55.48. 800 Meters - 1, Danielle McCormick, UAA, 2:07.75; 2, Olivia Woods, WOU, 2:08.46; 3, Alana Mussatto, SFU, 2:08.79. Mile - 1, Julia Howley, SFU, 4:52.57; 2, Miryam Bassett, SFU, 4:54.94. 100m Hurdles - 1, Diana Voloshin, SFU, 14.03; 2, Lexi Tubbs, NNU, 14.43; 3, Kye Fedor, SFU, 14.95. 400m Hurdles - 2, Yvonne Jeschke, UAA, 1:03.13; 3, Elena Cano, UAA, 1:03.77. 4x100 Relay - 3, Alaska Anchorage, 47.79. 4x400 Relay - 1, Alaska Anchorage, 3:41.93. High Jump - 2, Katie Conklin, NNU, 5-4.5; 3, Rachel Bartlow, 5-2.5. Long Jump - 1, Jasmine McMullin, WWU, 18-8.5; 3, Kye Fedor, SFU, 18-0.5. Triple Jump - 1, Ella Brown, SFU, 38-5; 2, Jasmine McMullin, WWU, 38-1.5. Pole Vault - 3, Kourtney Gwin, NNU, 9-10.75. Shot Put - 2, Rachel Huffman, WOU, 42-11.75. Javelin - 1, Bethany Drake, WWU, 156-3; 2, Elise Snowden, NNU, 131-9; 3, Nicole Nobbs, NNU, 127-10.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Kyler Ooley, CWU, 10.87; 3, Nathan Mah, SFU, 10.91. 200 Meters - 3, Logan Blake, NNU, 22.17. 400 Meters - 1, Daniel Kelloway, SFU, 48.17; 2, Nicholas Taylor, UAA, 48.19; 3, Adam Commandeur, UAA, 48.24. 800 Meters - 2, David Ribich, WOU, 1:49.41. 110m Hurdles - 1, Travis Turner, UAA, 14.80. 400m Hurdles - 1, Vladislav Tsygankov, SFU, 51.48. 4x100 Relay - 1, Alaska Anchorage, 42.34; 3, Northwest Nazarene, 43.08. 4x400 Relay - 1, Alaska Anchorage, 3:12.59. High Jump - 2, Connor Reinke, WOU, 6-6.25. Long Jump - 1, Alani Troutman, WOU, 23-10; 2, Vladislav Tsygankov, SFU, 23-1.25. Triple Jump - 1, Mark Seely, WWU, 45-11.75; 2, Somit Chhim, WWU, 44-7.5. Pole Vault - 1, Jared Webster, NNU, 15-1.75; 2, Zach McClanahan, NNU, 14-8; 3, Adam Thomas, WWU, 14-8. Shot Put - 1, Brandon Pless, WWU, 53-0; 2, Grant George, UAA, 49-9.25; 3, Brandon Bowen, WOU, 48-2.75.

2017 GNAC Outdoor Meet Summaries

Stanford Invitational

at Stanford Stadium, Palo Alto, Calif.

Women (Top 3 GNAC Finishers): 1,500 Meters - Section 6 - 3, Addy Townsend, SFU, 4:28.36. 400m Hurdles - 3, Ali Anderson, CWU, 1:01.73. Shot Put (Collegiate) - 2, Aiyana Homer, CWU, 42-0.

Men (Top 3 GNAC Finishers): Pole Vault - 1, Payton Lewis, NNU, 17-0.75. Long Jump (Collegiate) - 2, Kodiak Landis, CWU, 22-9.25.

Sat., Apr. 1

Shotwell Invitational

at Baker Stadium, Tacoma, Wash.

Women's Team Scores: Central Washington 127, Spokane CC 89.5, Western Washington 86.5, Seattle Pacific 76, Saint Martin's 70.5, Whitworth 68, Puget Sound 53, Pacific Lutheran 43.5, Olympic CC 14, Club Northwest 10, Green River CC 7, Everett CC 4, Alaska 1, Bellingham Distance Project 1.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Kyra Brannan, SPU, 12.29; 2, Cheryl Hong, SPU, 12.41; 3, Macie Allen, WWU, 12.57. 200 Meters - 1, Grace Hamre, SMU, 25.47; 2, Tianna Banfro, CWU, 25.84; 3, Alexi Whatley, SMU, 25.96. 400 Meters - 2, Emily Sytsma, WWU, 58.86. 1,500 Meters - 2, Shawna Troupe, WWU, 4:52.65; 3, Brenna Liebel, CWU, 4:56.31. 5,000 Meters - 1, Lillianna Stelling, WWU, 17:31.90; 2, Peyton Shinnick, WWU, 17:57.37; 2, Alexandra Laiblin, WWU, 18:18.66. 100m Hurdles - 1, Tianna Banfro, CWU, 14.95; 2, Rose Walts, CWU, 15.43. 400m Hurdles - Brooke Benner, SPU, 1:04.32; 3, Emma Lambert, SPU, 1:04.79. Steeplechase - Kaitlyn McKinney, CWU, 12:16.88. 4x100 Relay - 1, Seattle Pacific, 48.11; 3, Saint Martin's, 49.42. 4x400 Relay - 1, Saint Martin's, 3:59.26. High Jump - 2, Cassidy Apo, SMU, 5-0.5; 3, Bridget Henry, WWU, 4-10.5. Pole Vault - 1, McKenna Emmert, CWU, 12-1.5; 3, Jewels Oliquiano, WWU, 10-8. Long Jump - 3, Brooke Williams, CWU, 16-6. Triple Jump - 1, Brooke Williams, CWU, 36-1.5; 2, Brooke Benner, SPU, 36-0. Shot Put - 3, Sammi Markham, CWU, 39-7. Discus - 1, Angela Mumford, CWU, 124-6; 3, Megan Vernoy, SMU, 117-8. Javelin - 2, Jona Spiller, SMU, 143-9; 3, Deanna Avalos, SMU, 143-9.

Men's Team Scores: Spokane CC 109, Western Washington 101, Central Washington 98, Whitworth 66, Olympic CC 59, Saint Martin's 57, Puget Sound 42, Pacific Lutheran 22, Seattle Pacific 22, Green River CC 14, Tacoma City RC 10, Club Northwest 10, Get Strong First TC 6, Alaska 3.

Men (Top 3 GNAC Finishers): 100 Meters - T2, Alex Taylor, WWU, 11.16. 200 Meters - 1, Jackson Hand, SMU, 22.25; 3, Latrelle Swayne, SMU, 22.73. 400 Meters - 1, Ryan McArthur, WWU, 49.40; 3, Justin Ramsey, WWU, 50.26. 800 Meters - 3, Keaton Spiller, WWU, 1:56.77. 1,500 Meters - 2, Jadon Olson, 4:03.29. 5,000 Meters - 2, Sean Eustis, 15:24.76; 3, Peter Butler, WWU, 15:28.26. 110m Hurdles - 2, Peyton Harris, SPU, 15.09; 3, Cordell Cummings, WWU, 15.33. 400m Hurdles - 1, Cordell Cummings, WWU, 55.49. Steeplechase - 1, Dylan Hayes, WWU, 9:27.86. 4x400 Relay - 1, Saint Martin's, 42:18; 2, Seattle Pacific, 44.04. 4x400 Relay - 1, Central Washington B, 3:27.49; 3, Central Washington A, 3:28.38. Pole Vault - 3, Chris Rickard, SMU, 13-7.75. Long Jump - 2, Latrelle Swayne, SMU, 21-8; 3, Anthony Manago, SMU, 21-4.25. Triple Jump - 1, Grant Scarlett, CWU, 42-2.75; 2, Nick Makrakis, WWU, 41-3.25. Shot Put - 2, Aidan Cain, CWU, 47-1. Discus - 2, Alberto Tafoya, CWU, 134-1; 3, Aidan Cain, CWU, 129-1.

Linfield Jenn Boyman Memorial Invitational

at Maxwell Field, McMinnville, Ore.

Women (Top 3 GNAC Finishers): Shot Put - 1, McKenzie Warren, CU, 54-1.25; 2, Christina MacDonald, 45-6.5; 3, Tasha Willing, CU, 43-0.5. Discus - 1, McKenzie Warren, CU, 169-3; 3, Tasha Willing, CU, 128-9. Hammer - 1, McKenzie Warren, CU, 176-8; 2, Tasha Willing, CU, 174-10; 3, Christina MacDonald, CU, 172-9. Javelin - 3, Christina MacDonald, CU, 123-8.

Men (Top 3 GNAC Finishers): 100 Meters - 3, Glen Felix, CU, 11.51. 800 Meters - 1, Ethan Livermore, CU, 1:55.53. 400m Hurdles - 2, Robert Bierly, CU, 59.02. 4x400 Relay - 2, Concordia, 3:32.99. Triple Jump - 2, Jimmy Wheeler,

CU, 42-11.5. Shot Put - 2, Caleb Bridge, CU, 51-7; 3, Cyrius Vea, CU, 51-2.25. Discus - 1, Jakob Chamberlin, CU, 165-0; 2, Brett Elder, CU, 153-1. Hammer - 2, Joe Denniston, CU, 168-3; 3, Jakob Chamberlin, CU, 165-7.

Sat., Apr. 1 - Sun., Apr. 2

UBC Open

at Dhillon Track, Vancouver, B.C.

Women (Top 3 GNAC Finishers): 200 Meters - 3, Natasha Friedmann, SFU, 26.69.

Men (Top 3 GNAC Finishers): Hammer - 2, Peter Behncke, SFU, 172-7.

Sun., Apr. 2

Joe Benich Invitational

at Nottingham Field, Greeley, Colo.

Women's Team Scores: Northern Colorado 186, Colorado State 169.5, Chadron State 103.5, Black Hills State 101, Colorado 36, Wyoming 25, Montana State Billings 20.

Women (Top 3 GNAC Finishers): None.

Men's Team Scores: Colorado State 137, Chadron State 135, Northern Colorado 114, Black Hills State 109, Montana State Billings 58, Colorado 52, Wyoming 49.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Sam Zook, MSUB, 10.46. 200 Meters - 2, Sam Zook, MSUB, 21.48. Steeplechase - 2, Jorey Egeland, MSUB, 9:38.91. Javelin - 1, Beau Ackerman, MSUB, 180-9.

Thurs., Apr. 6 - Fri., Apr. 7

EWU Combined Events

at Roos Field, Cheney, Wash.

Women's Heptathlon: 2, Ali Anderson, CWU, 4,517; 3, HarLee Ortega, CWU, 4,431; 5, Erykah Weems, CWU, 4,072; 7, Katie Conklin, NNU, 3,805; 8, Shaddia Meadows, CWU, 3,3588.

Men's Decathlon: 1, Payton Lewis, NNU, 6,174; 2, Michael Forster, CWU, 5,764; 7, Micha Tranch, NNU, 5,205; 8, Blaine Kreutz, NNU, 5,152.

John Knight Twilight

at McArthur Field, Monmouth, Ore.

Women's Team Scores: Portland 128, Saint Martin's 91, Northwest Christian 86, Western Oregon 73, Concordia 69, Willamette 58, Oregon 54, Clark CC 43.

Women (Top 3 GNAC Finishers): 100 Meters - 3, Tori Johnson, CU, 13.24. 200 Meters - 2, Grace Hamre, SMU, 26.50. 400 Meters - 1, Olivia Woods, WOU, 57.06; 2, Megan Rose, WOU, 58.16; 3, Suzie Van De Grift, WOU, 58.32. 1,500 Meters - 1, Nicole Maurmann, WOU, 4:43.79. 10,000 Meters - 2, Yadira Lopez, SMU, 38:57.30; 3, Larissa Kolainski, SMU, 39:40.30. 400m Hurdles - 1, Alexi Whatley, SMU, 1:05.08. 4x400 Relay - 1, Saint Martin's, 4:10.82. Steeplechase - 3, Gabby Hobson, CU, 11:52.04. High Jump - 2, Tori Johnson, CU, 5-1.25. Teiple Jump - 3, Kathryn Pitts, WOU, 35-4.5. Shot Put - 1, McKenzie Warren, CU, 53-5.5. Discus - 1, McKenzie Warren, CU, 168-5.5. Hammer - 1, Kirby Neale, SMU, 183-6.25; 3, Tasha Willing, CU, 181-1.

Men's Team Scores: Clackamas CC 140, Western Oregon 108, Concordia 93, Clark CC 61.5, Oregon 58, Portland State 55.5, Northwest Christian 48, Saint Martin's 47, Portland 37, Iron Wood TC 36, Willamette 22, UO Running Club 12, Team Run Eugene 5.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Codi Blodgett, WOU, 11.27. 400 Meters - 1, Aaron Whitaker, WOU, 49.41; 2, Cody Warner, WOU, 50.03. 800 Meters - 1, AJ Holmberg, WOU, 1:54.52; 2, Dustin Nading, WOU, 1:54.60; 3, Michael Chin, WOU, 1:55.26. 1,500 Meters - 2, Ethan Livermore, CU, 3:58.60. 10,000 Meters - 1, Josiah Shelman, SMU, 33:26.10. 110m Hurdles - 3, Giovanni Brown, CU, 16-12. Steeplechase - 3, Alan Ekanger, WOU, 9:51.03. Pole Vault - 1, Craig Boyle, SMU, 13-9.25; 3, Chris Rickard, SMU, 13-3.5. Long Jump - 2, James Phillips, CU, 21-8.75. Triple Jump - 1, Giovanni Brown, CU, 44-2.5. Shot Put - 3, Caleb Bridge, CU, 52-1.75. Discus - 2, Jakob Chamberlin, CU, 174-6.75.

2017 GNAC Outdoor Meet Summaries

Fri., Apr. 7 - Sat., Apr. 8

War X Meet

at Spokane Falls Track Complex, Spokane, Wash.

Women's Team Scores: Central Washington 157, Washington State 134.5, Seattle 101, Whitworth 68.5, Northwest Nazarene 66, Eastern Oregon 49, Spokane CC 41, Gonzaga 38, Montana 20, Northwest (Wash.) 16, Carroll (Mont.) 10, Lewis-Clark St. 8, Great Falls 5, Whitman 2.

Women (Top 3 GNAC Finishers): 200 Meters - 2, Tianna Banfro, CWU, 25.59.

400 Meters 0 2, Madison Garcia, CWU, 59.94. 5,000 Meters - 2, Stephanie Rexus, CWU, 17:40.02. 10,000 Meters - 1, Alexa Shindruk, CWU, 36:41.77.

100m Hurdles - 1, Mariah Vongsaveng, CWU, 15.04; 2, Lexi Tubbs, NNU, 15.18.

400m Hurdles - 1, Emily Bland, CWU, 1:02.79. Steeplechase - 2, Sierra Manzer,

NNU, 11:44.32. 4x100 Relay - 1, Central Washington, 47.91. 4x400 Relay - 1,

Central Washington, 4:00.10. High Jump - 1, Rachel Partlow, NNU, 5-5. Long

Jump - 2, Ali Anderson, CWU, 16-8.75; 3, Juliana Joy, CWU, 16-8.75.

Triple Jump - 3, Jackie Mahowold, NNU, 35-10.5. Shot Put - 1, Aiyana Homer,

CWU, 40-9. Discus - 3, Angela Mumford, CWU, 127-2. Javelin - 1, Angelique

Whistocken, CWU, 133-5.

Men's Team Scores: Washington State 181.5, Gonzaga 102, Central

Washington 79.25, Spokane CC 78, Northwest Nazarene 56.5, Eastern Oregon

55, Seattle 34.5, Whitworth 29.75, Harding 16, Rocky Mountain 15, Northwest

(Wash.) 14, Olympic CC 14, Great Falls 6, Lewis-Clark St. 5.5, Montana 5, Idaho

3, Whitman 1.

Men (Top 3 GNAC Finishers): 200 Meters - 1, Ebu Camara, NNU, 22.24. 400

Meters - 2, Blake Logan, NNU, 49.50. 400m Hurdles - 1, Trevaughn Scott, CWU,

53.78. 4x100 Relay - 3, Northwest Nazarene, 42.76. 4x400 Relay - 2, Northwest

Nazarene, 3:20.42; 3, Central Washington, 3:20.92. High Jump - 1, Cole Hoberg,

NNU, 6-8.75. Pole Vault - 1, Jared Webster, NNU, 16-0.75. Long Jump - 1, Grant

Scarlett, CWU, 21-7.5. Shot Put - 2, Armando Tafoya, CWU, 49-7.25. Hammer -

3, Armando Tafoya, CWU, 181-2.

Sat., Apr. 8

Emilie Mondor Invitational

at Terry Fox Field, Burnaby, B.C.

Women (Top 3 GNAC Finishers): 1, Katherine Lucas, SFU, 12.21; 3, Becca

Houk, SPU, 12.79. 200 Meters - 1, Katherine Lucas, SFU, 24.99; 2, Valda

Kabia, SFU, 25.03; 3, Diana Voloshin, SFU, 25.61. 400 Meters - 1, Lani Taylor,

SPU, 56.76; 2, Cheryl Hong, SPU, 57.05; 3, Alana Mussatto, SFU, 57.98. 800

Meters - 1, Sophie Dodd, SFU, 2:11.63; 2, Julia Howley, SFU, 2:13.07. 1,500

Meters - 2, Miryam Bassett, SFU, 4:41.23; 3, Mary Charleson, SPU, 4:41.62.

100m Hurdles - 1, Diana Voloshin, SFU, 14.63; 3, Kye Fedor, SFU, 15.59. 400m

Hurdles - 3, Deja Svastisalee, WWU, 1:05.30. 4x100 Relay - 1, Simon Fraser,

46.90; 3, Western Washington, 50.80. High Jump - 3, Geneva Lehnert, SPU, 5-1.

Long Jump - 1, Kyra Brannan, SPU, 16-9.25; 2, Diana Voloshin, SFU, 16-8; 3,

Natasha Lazecki, SFU, 16-7.25. Triple Jump - 3, Brooke Benner, SPU, 33-0.5.

Discus - 3, Sophia Roberts, WWU, 103-11. Hammer - 3, Sophia Roberts, WWU,

124-6. Javelin - 2, Sammi Markham, SPU, 122-11; 3, Scout Cai, SPU, 110-11.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Nathan Mah, SFU, 11.08. 400

Meters - 3, Ryan McArthur, WWU, 49.83. 800 Meters - 3, Enrique Gomez,

WWU, 1:58.74. 1,500 Meters - 3, Rowan Doherty, SFU, 3:58.92. 5,000 Meters -

2, Lloyd Byram, SPU, 16:09.26. Long Jump - 3, Daniel Voloshin, SFU, 18-4.25.

Triple Jump - 2 Vladislav Tsygankov, SFU, 40-0.25. Discus - 2, Brandon Pless,

WWU, 161-6; 3, Bryan Lee, 142-4. Hammer - 3, Peter Behncke, SFU, 169-11.

Javelin - 1, Costel David, WWU, 172-4.

Bauer Invitational

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

Women (Top 3 GNAC Finishers): 2, Shaniah Schwend, MSUB, 13.21. 200

Meters - 3, Josey Smiedala, MSUB, 26.88. 400 Meters - 1, Josey Smiedala,

MSUB, 1:00.97. Steeplechase - 3, Nikki Aiken, MSUB, 12:20.20. 4x100 Relay

- 1, Montana State Billings, 49.51. 4x400 Relay - 2, Montana State Billings,

4:15.28. Long Jump - 1, Shaniah Schwend, MSUB, 16-4.25; 2, Brenna Beckett,

MSUB, 16-3.75; 3, Shelby Browning, MSUB, 15-7. Triple Jump - 2, Brenna

Beckett, MSUB, 34-5.75; 3, Shaniah Schwend, MSUB, 34-4. Discus - 1,

Kassadee Kuoha, MSUB, 117-5; 3, Abbie Lohof, MSUB, 110-7.

Men (Top 3 GNAC Finishers): 1, Sam Zook, MSUB, 10.64; 2, Braden Rykal,

MSUB, 11.14. 200 Meters - 1, Sam Zook, MSUB, 21.42. 5,000 Meters - 3, Jacob

Gibbs, MSUB, 17:37.92. 10,000 Meters - 1, Garrett Love, MSUB, 34:02.33; 3,

Ivan Colmanero, MSUB, 35:00.24. 110m Hurdles - 2, Austin Lindquist, MSUB,

15.51. Steeplechase - 1, Jorey Egeland, MSUB, 9:29.49. 4x100 Relay - 2,

Montana State Billings, 42.68. High Jump - 2, Chuck Carr, MSUB, 6-4.75; 3,

Isaiah Girard, MSUB, 6-4.75. Long Jump - 1, Marcus Lindquist, 21-0.75. Triple

Jump - 1, Marcus Lindquist, MSUB, 42-0.5. Shot Put - 3, Brady Ostermiller,

MSUB, 48-8.75. Discus - 2, Brady Ostermiller, MSUB, 132-11. Javelin - 1, Beau

Ackerman, MSUB, 197-4.