



Apr. 20, 2017 • Week 14  
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## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

#### Fri., Apr. 21

Montana State Billings at Trudnowski Open,  
Helena, Mont.

#### Fri., Apr. 21 - Sat., Apr. 22

Alaska Anchorage, Concordia at Triton Invitational,  
La Jolla, Calif.

Central Washington, Saint Martin's, Seattle Pacific,  
Western Washington at CWU Spike Art  
Invitational, Ellensburg, Wash.

Simon Fraser at Cardinal Classic, Palo Alto, Calif.

### LAST WEEK'S MEETS

#### Thurs., Apr. 13

##### Yellowjacket/Battlin' Bears Open

at Laurel Sports Complex, Laurel, Mont.

**Women (Top 3 GNAC Finishers):** 100m Hurdles - 2, Janessa Williams, MSUB, 16.15. 400m Hurdles - 1, Josey Smiedala, MSUB, 1:05.65. 4x400 Relay - 2, Montana State Billings, 4:12.16. High Jump - 1, Jamie Orme, MSUB, 5-0.25. Long Jump - 2, Brenna Beckett, MSUB, 16-3.25. Triple Jump - 1, Brenna Beckett, MSUB, 34-5.75; 2, Shelby Browning, MSUB, 31-6.75. Shot Put - 2, Taylor Stringari, MSUB, 35-6. Discus - 1, Kassadee Kuoha, MSUB, 117-5; 2, Abbie Lohof, MSUB, 109-8; 3, Hailey Steinbeisser, MSUB, 109-7.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Sam Zook, MSUB, 10.42; 2, Braden Rykai, MSUB, 10.98; 3, Kaelen Shay, MSUB, 11.06. 200 Meters - 1, Braden Rykai, MSUB, 22.00. 800 Meters - 3, Jorey Egeland, MSUB, 1:58.99. 1,500 Meters - 2, Jorey Egeland, MSUB, 4:04.27; 3, Josh Panasuk, MSUB, 4:06.86. 110m Hurdles - 1, Austin Lindquist, MSUB, 14.98. High Jump - 1, Chuck Carr, MSUB, 6-6.75; 3, Isaiah Girard, MSUB, 6-2.75. Long Jump - 1, Chuck Carr, MSUB, 21-6; 2, Marcus Lindquist, MSUB, 20-9.75; 3, Isaiah Girard, MSUB, 20-7.25. Triple Jump - 1, Marcus Lindquist, MSUB, 41-3.75. Javelin - 1, Beau Ackerman, MSUB, 183-9.

#### Thurs., Apr. 13 - Fri., Apr. 14

California Invitational Combined Events  
at Cougar Stadium, Azusa, Calif.

**Women's Heptathlon:** 37, Kaylie Gerninger, WWU, 4,214.

#### Bryan Clay Invitational

at Cougar Stadium, Azusa, Calif.

**Women (Top 3 GNAC Finishers):** Pole Vault - Tie 2, Scout Cai, SPU, 12-6.25. Triple Jump - 1, Jasmine McMullin, WWU, 40-3.25. Javelin - 1, Bethany Drake, WWU, 162-4.

**Men (Top 3 GNAC Finishers):** 4x400 Relay - 3, Alaska Anchorage, 3:12.29. Triple Jump - 1, Wesley Gray, WOU, 48-8.75.

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

##### Mt. SAC Relays

at El Camino College, Torrance, Calif.

**Women (Top 3 GNAC Finishers):** None

**Men (Top 3 GNAC Finishers):** None

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

##### NNU Invitational

at Bohner Track, Nampa, Idaho

**Women's Team Scores:** College of Idaho 179, Northwest Nazarene 175, Eastern Oregon 91, Central Washington 56, Treasure Valley CC 19.

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Madison Garcia, CWU, 12.55; 3, Diamond Martin, CWU, 13.00. 200 Meters - 2, Madison Garcia, CWU, 25.37. 400 Meters - 2, McKenna Conley, NNU, 58.54. 100m Hurdles - 1, Lexi Tubbs, NNU, 14.31; 2, Rose Walts, CWU, 15.03; 3, Janessa Dyk, NNU, 15.67. 400m Hurdles - 2, Janessa Dyk, NNU, 1:04.22. Steeplechase - 1, Sierra Manzer, NNU, 11:43.97. 4x100 Relay - 1, Northwest Nazarene A, 49.42; 3, Northwest Nazarene B, 55.54. 4x400 Relay - 2, Northwest Nazarene A, 4:06.15; 3, Northwest Nazarene B, 4:20.92. High Jump - 1, Lauren Duval, NNU, 5-3.25; Tie 2, Katie Conklin, NNU, 5-1.25; Tie 2, Rachel Bartlow, NNU, 5-1.25. Pole Vault - Kourtney Gwin, NNU, 10-0. Long Jump - 1, Jackie Mahowald, NNU, 17-0; 2, Brooke Williams, CWU, 16-6. Triple Jump - 1, Jackie Mahowald, NNU, 36-11; 2, Brooke Williams, CWU, 36-0; 3,

Katie Conklin, NNU, 35-5.75. Discus - 3, Hannah Thomas, NNU, 126-10. Hammer - 2, Sasha Korolenko, NNU, 137-1.25. Javelin - 1, Nicole Nobbs, NNU, 128-10.75.

**Men's Team Scores:** Northwest Nazarene 169, Eastern Oregon 150, College of Idaho 146, Central Washington 36, Treasure Valley CC 36.

**Men (Top 3 GNAC Finishers):** 100 Meters - 2, Ebu Camara, NNU, 10.71; 3, Kyler Ooley, CWU, 10.88. 200 Meters - 2, Ebu Camara, NNU, 21.86. 1,500 Meters - 1, Chase Cunningham, NNU, 4:03.70. 110m Hurdles - 2, Micah Spatz, 15.23. 400m Hurdles - 3, Micah Spatz, NNU, 58.11. 4x100 Relay - 2, Northwest Nazarene, 3:21.49. 4x400 Relay - 2, Northwest Nazarene, 3:21.49. High Jump - 1, Cole Hoberg, NNU, 6-6.75; 2, Micah Tranch, NNU, 6-4.75. Pole Vault - 1, Jared Webster, NNU, 15-5.5; 2, Zach McClanahan, NNU, 14-11.5. Long Jump - 1, Blaine Kreutz, NNU, 21-6.75; 2, Payton Lewis, NNU, 21-4.25; 3, Zach McClanahan, NNU, 19-11. Triple Jump - 1, Zach Whitaker, CWU, 47-3.75. Hammer - 1, Armando Tafoya, CWU, 187-9.

#### Beach Invitational

at Jack Rose Track, Long Beach, Calif.

**Women (Top 3 GNAC Finishers):** None

**Men (Top 3 GNAC Finishers):** None

# GNAC Track & Field Athletes of the Week



**MEN'S TRACK**  
**David Ribich, Western Oregon**  
**Junior • Enterprise, Ore.**

Ribich reset his own GNAC record in the 1,500 meters, placing 17th out of 269 athletes in the event at the Bryan Clay Invitational with a time of 3:42.21. He was the top non-Division I or open competitor in the event. Ribich continues to own the best time in Division II this season.

**Also Nominated:** Cody McCranie (Western Washington), Austin Lindquist (Montana State Billings), Ebu Camara (Northwest Nazarene).



**WOMEN'S TRACK**  
**Katherine Lucas, Simon Fraser**  
**Freshman • Vancouver, B.C.**

Lucas finished 12th in the 100 meters at the Beach Invitational with a NCAA Championships provisional qualifying time of 11.82 seconds, which moves her to No. 2 on the GNAC All-Time List and ranks as the 12th in Division II this season. Lucas also ran a lifetime best of 24.42 seconds in the 200 meters at the Bryan Clay Invitational, which ranks her No. 5 on

the GNAC All-Time List.

**Also Nominated:** Brittany Grant (Western Washington), Josie Smiedala (Montana State Billings), Olivia Woods (Western Oregon), Lexi Tubbs (Northwest Nazarene).



**MEN'S FIELD**  
**Wesley Gray, Western Oregon**  
**Senior • Portland, Ore.**

Gray won the triple jump at the Bryan Clay Invitational with a GNAC leading mark of 48 feet, 8.75 inches. He won the event by over eight inches and earned a NCAA Championships provisional qualifier and moves into No. 6 on the GNAC All-Time List. Gray currently ranks 24th in Division II.

**Also Nominated:** Alex Barry (Western Washington), Chuck Carr (Montana State Billings), Blaine Kruetz (Northwest Nazarene).



**WOMEN'S FIELD**  
**Bethany Drake, Western Washington**  
**Senior • Sandy, Ore.**

Drake notched a NCAA Championships automatic qualifying mark in the javelin to win at the Bryan Clay Invitational. Her mark of 162 feet, 4 inches, was first out of 33 competitors (mostly Division I athletes) and is currently No. 2 in Division II this season.

**Also Nominated:** Kassadee Kuoha (Montana State Billings), Rachael Huffman (Western Oregon), Jackie Mahowald (Northwest Nazarene).

## 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
Apr. 10-16	David Ribich, WOU	Wesley Gray, WOU	Katherine Lucas, SFU	Bethany Drake, WWU

Complete Player of the Week releases are available online at [GNACsports.com](http://GNACsports.com).

# Around The GNAC

## ALASKA ANCHORAGE



• Five NCAA Championships provisional qualifying marks and one automatic qualifier highlighted Alaska Anchorage's efforts in the three Southern California meets.

• Senior **Dominik Notz** became an automatic qualifier in the men's 10,000 meters, running 29:12.13 at the Mt. SAC Relays. The mark is sixth best in Division II this season and moves him to No. 3 on the GNAC all-time list. Junior **Edwin**

**Kangogo** ran 30:06.20 in the same race, a provisional qualifier and 20th in Division II.

• Freshman **Vanessa Aniteye** ran a provisional qualifier in the women's 400 meters at the Beach Invitational. Her time of 55.11 seconds leads the GNAC, is 10th in Division II and moves her to No. 6 on the GNAC all-time list. The day before, at the Bryan Clay Invitational, Aniteye ran 55.76 seconds.

• The Seawolves' men's 4x400-meter relay ran a time of 3:12.29 at the Bryan Clay Invitational. The performance is ninth best in Division II, improving their NCAA provisional qualifying mark, and is the third fastest time in GNAC history.

• Senior **Jamie Ashcroft** established a NCAA provisional qualifying mark in the women's 100 meters at the Bryan Clay Invitational. Her time of 11.89 seconds ties her for No. 2 in Division II and is No. 2 in the GNAC this season.

• The Alaska Anchorage women continue to be ranked in the USTFCCA Division II Outdoor Rankings, dropping 11 spots this week to No. 22. The UAA men dropped out of the top-25 after being ranked No. 24 last week.

• The Seawolves return to Southern California this week, taking part in the Triton Invitational on Friday and Saturday.

## CENTRAL WASHINGTON



• A small squad represented Central Washington at the Northwest Nazarene Invitational on Saturday.

• Senior **Armando Tafoya** led the Wildcats' efforts, winning the men's hammer with a throw of 187 feet, 9 inches. The performance improved his NCAA Championships provisional qualifying mark and he now sits No. 29 in Division II.

• Senior **Madison Garcia** was a winner in the women's 100 meters, clocking 12.55 seconds. Garcia also placed second in the 200 meters in a time of 25.37 seconds.

• Sophomore **Zach Whittaker** added a victory for the Wildcats in the men's triple jump. His mark of 47 feet, 3.75 inches, is second best in the GNAC this season.

• To date, Central Washington has six provisional qualifiers for the NCAA Championships. Senior **McKenna Emmert** leads the six as she ranks in a tie for 23rd in Division II in the women's pole vault.

• Central Washington will be home this weekend, hosting the CWU Spike Art Invitational on Friday and Saturday.

## CONCORDIA



• Concordia took the Easter weekend off. The Cavaliers are back in action on Friday and Saturday, competing in the Triton Invitational in La Jolla, Calif.

• Senior **McKenzie Warren** enters the week owning GNAC records in three of the four women's throwing events. Her record mark of 56 feet, 7.5 inches, is the best in Division II this season. Her mark of 169 feet, 3 inches, in the discus

is seventh in Division II and her mark of 185 feet, 10 inches, is tied for 13th in Division II.

• Junior **Christina MacDonald** enters the week in the Division II top-30 in two events. She is ranked 17th in the hammer with a mark of 181 feet, 5 inches, and is tied for 27th in the shot put with a mark of 45 feet, 10 inches. MacDonald is also 34th in Division II in the javelin at 133 feet, 7 inches.

• Freshman **Jakob Chamberlin** has the eighth best mark in Division II in the men's discus at 174 feet, 6 inches. Freshman **Caleb Bridge** is 26th in the event at 165 feet, 4 inches.

• Sophomore **Tori Johnson** enters the week is tied for 26th in Division II in the women's high jump with a clearance of 5 feet, 6 inches.

• Concordia is in the third year of its transition from NAIA membership to Division II membership. Due to that transition, Concordia is not eligible to compete at the NCAA Championships.

## MONTANA STATE BILLINGS



• A number of school record marks under the best weather of the season led Montana State Billings at the Battlin' Bear/ Yellowjacket Invitational in Laurel, Mont.

• Junior **Sam Zook** reset his own school record in the men's 100 meters, winning with a time of 10.42 seconds. The performance moves Zook to No. 3 on the GNAC all-time list.

After conversion to 10.45 seconds for altitude, Zook is tied for 14th in Division II this season.

• Sophomore **Josie Smiedala** broke the MSUB record in the women's 400-meter hurdles with a time of 1:05.65. The previous mark, a 1:05.89 held by Valerie Perrine, was set in 1979 and was the longest standing record on the MSUB books.

• Senior **Austin Lindquist** became the first MSUB athlete to go under 15 seconds in the men's 110-meter hurdles, winning the event with a time of 14.98 seconds. The performance broke his own school record and, after conversion to 15.02 seconds for altitude, is second best in the GNAC this season.

• Freshman **Braden Rykal** won the men's 200 meters with a time of 22.00 seconds. Freshman **Chuck Carr** earned victories in both the men's high jump (6-6.75) and the long jump (21-6), freshman **Marcus Lindquist** captured the triple jump (20-9.75) and sophomore **Beau Ackerman** won the javelin (183-9).

• Freshman **Jamie Orme** won the women's high jump with a clearance of 5 feet, 0.25 inches, while freshman **Brenna Beckett** won the triple jump with a mark of 34 feet, 5.75 inches. Freshman **Kassadee Kuoha** won the women's discus with a mark of 117 feet, 5 inches, leading a top-three sweep for the Yellowjackets.

• Montana State Billings will travel west on Friday to take part in the Trudnowski Open in Helena, Mont.

# Around The GNAC

## NORTHWEST NAZARENE



- Northwest Nazarene picked up 11 individual victories in its lone home event of the season, the NNU Invitational.
- Freshman **Jackie Mahowald** won both of the women's horizontal jumps, capturing the triple jump with a mark of 36 feet, 11 inches, and the long jump with a mark of 17 feet.
- Freshman **Blaine Kreutz** led a top-four sweep in the men's long jump, winning with a mark of 21 feet, 6.75 inches.
- Senior **Lauren Duval** led a top-four sweep in the women's high jump with a mark of 5 feet, 3.25 inches. Senior **Cole Hoberg** won the men's high jump, leading a 1-2 NNU finish with his mark of 6 feet, 6.75 inches. Junior **Jared Webster** also led a 1-2 finish in the men's pole vault with a mark of 15 feet, 5.5 inches.
- Junior **Lexi Tubbs** led NNU's women's track athletes, winning the 100-meter hurdles in 14.31 seconds. The mark is No. 3 in the GNAC this season and .03 seconds short of the NCAA Championships provisional qualifying mark.
- Sophomore **Sierra Manzer** won the women's steeplechase in 11:43.97. Sophomore **Nicole Nobbs** won the women's javelin with a mark of 128 feet, 10.75 inches, and the women's 4x100-meter relay won with a time of 49.42 seconds.
- Senior **Chase Cunningham** was the lone men's track winner for NNU, winning the 1,500 meters in 4:03.70. The NNU men's 4x100-meter relay ran the fastest time in the GNAC this season, placing second in 42.08 seconds.
- Northwest Nazarene will not compete this weekend. The Crusaders return to action on Apr. 28 and 29 at the Idaho/Utah Border Clash in Boise, Idaho.

## SAINT MARTIN'S



- Saint Martin's did not compete over Easter weekend. The Saints return to competition on Friday and Saturday at the CWU Spike Art Invitational.
- Sophomore **Jona Spiller** leads the list of six Saint Martin's NCAA Championships provisional qualifiers, all in the throws. Spiller is currently 10th in Division II in the javelin with a mark of 143 feet, 9 inches.
- In all, three SMU athletes are provisionally qualified in the women's javelin. Junior **Deanna Avalos** is 11th in Division II with a mark of 143 feet, 9 inches (43.81 meters to Spiller's 43.82 meters), and junior **Claire Palmiter** is 29th at 134 feet, 10 inches.
- Senior **Kirby Neale** is currently 17th in Division II in the women's hammer, having registered a school record mark of 183 feet, 6 inches, at the John Knight Twilight.
- Junior **Kauanoe Vanderpoel** is currently 33rd in Division II in the men's hammer with a mark of 186 feet, 9 inches. Senior **Mitch Wilkens** is 41st in Division II with a mark of 181 feet, 8 inches.
- Notably absent from the NCAA qualifier list is senior **Mikel Smith**, who is the defending Division II national champion in the high jump. Smith has yet to compete in the event outdoors this season after winning the Division II indoor national title with a GNAC record of 7 feet, 3.25 inches.

## SEATTLE PACIFIC



- Seattle Pacific added two NCAA Championships provisional qualifying marks and improved two others in the three-meet Southern California road trip.
- Senior **Kyra Brannan** earned the top mark in the GNAC this season in the women's long jump at the Bryan Clay Invitational, jumping 19 feet, 7 inches. The mark is currently 15th in Division II and moved Brannan to No. 3 on the GNAC all-time list. It was 15-inch improvement on her season best.
- Freshman **Scout Cai** earned a provisional qualifying mark in the women's pole vault at the Bryan Clay Invitational with a mark of 11 feet, 10.5 inches. The mark is third best in the GNAC this season. Cai is also provisionally qualified in the heptathlon and is 16th in Division II with 4,781 points.
- The Falcons had a great weekend in the long jump. Sophomore **Geneva Lehnert** posted a lifetime best of 18 feet, 10.5 inches, in the women's long jump which is second best in the GNAC this season. Junior **Peyton Harris** went over 23 feet for the first time in his career, leaping 23 feet, 7.5 inches at the Beach Invitational.
- Junior **Chynna Phan** improved her provisional qualifying mark in the 800 meters at the Bryan Clay Invitational. Her time of 2:12.02 is 29th in Division II and 10th in the GNAC.
- Seattle Pacific will stay close to home this weekend, competing at the CWU Spike Art Invitational in Ellensburg, Wash.

## SIMON FRASER



- Eight Simon Fraser athletes, all women, improved or notched NCAA Championships provisional qualifiers in the trio of Southern California meets.
- Freshman **Katherine Lucas** was named the GNAC Women's Track Athlete of the Week after she ran GNAC top-10 times in both the 100 metres and 200 metres at the Beach Invitational. Her time of 11.82 seconds in the 100 metres is 15th in Division II and places her No. 2 on the GNAC all-time list. Her time of 22.42 seconds in the 200 is No. 5 on the GNAC all-time list.
- Sophomore **Valda Kabia** ran 24.13 seconds in the women's 200 metres at the Beach Invitational, which is 10th best in Division II this season and No. 3 on the GNAC all-time list.
- Junior **Julia Howley** leaped to No. 10 on the Division II season best list in the women's 1,500 metres at the Bryan Clay Invitational. Her time of 4:25.45 is No. 9 on the GNAC all-time list and is two seconds off the NCAA automatic qualifier of 4:23.50.
- The Clan's 4x100-metre relay team improved its provisional qualifying mark with a time of 46.83 seconds at the Bryan Clay Invitational. The time is the fifth fastest in GNAC history.
- Senior **Ella Brown** notched a provisional qualifier in the women's triple jump at the Bryan Clay Invitational with a mark of 38 feet, 7.75 inches. She is second in the GNAC and tied for 39th in Division II.
- Simon Fraser returns to California this weekend, competing at the Stanford's Cardinal Classic on Friday and Saturday in Palo Alto, Calif.



# Around The GNAC

## WESTERN OREGON



• A national best time and the addition or improvement of three NCAA Championships provisional qualifying marks led Western Oregon's efforts at the three Southern California meets.

• Junior **David Ribich** was named GNAC Men's Track Athlete of the Week after he improved his Division II best

time in the 1,500 meters at the Bryan Clay Invitational. His time of 3:42.41 also reset his own GNAC record. He finished 17th out of over 200 runners in the race and was the top Division II finisher.

• Senior **Wesley Gray** earned GNAC Men's Field Athlete of the Week honors for his win in the men's triple jump at the Bryan Clay Invitational. Gray jumped 38 feet, 8.75 inches, which leads the GNAC, is a NCAA Championships provisional qualifier and is 24th in Division II this season. It also places Gray at No. 6 on the GNAC all-time list.

• Sophomore **Dustin Nading** earned a provisional qualifying mark in the men's 1,500 meters. His time of 3:48.16 is 19th in Division II this season and No. 9 on the GNAC all-time list.

• Freshman **Alani Troutman** improved his provisional mark in the men's long jump at the Beach Invitational. His leap of 23 feet, 10.75 inches is tied for 27th in Division II.

• Junior **Suzie Van De Grift** improved her provisional mark in the women's 800 meters at the Bryan Clay Invitational. Her time of 2:09.47 is now 17th in Division II. Sophomore **Olivia Woods** had the third fastest time among Division II runners in the race with a time of 2:09.09.

• Western Oregon is off this weekend. The Wolves return to competition on Apr. 28 and 29 at the Oregon State High Performance Meet.

## WESTERN WASHINGTON



• Two event wins and a NCAA Nationals automatic qualifying mark for senior **Bethany Drake** highlighted Western Washington's performances in Southern California.

• Drake was named the GNAC Women's Field Athlete of the Week after she won the javelin at the Bryan Clay Invitational. Her automatic qualifying mark of 162 feet, 4 inches, is No. 2

in Division II this season.

• Senior **Jasmine McMullin** hit a provisional qualifying mark in the women's triple jump at the Bryan Clay Invitational with a mark of 40 feet, 3.25 inches. The mark is 14th in Division II and moves McMullin to No. 3 on the GNAC all-time list.

• Senior **Brittany Grant** improved her provisional qualifying mark in the women's 1,500 meters at the Bryan Clay. Her time of 4:30.15 is a career best and 21st in Division II.

• Senior **Andrew Wise** placed fourth in the men's 5,000 meters at the Beach Invitational in a time of 14:51.33. He also improved his provisional qualifying time in the steeplechase at the Bryan Clay Invitational with a time of 9:16.39, which is 32nd in Division II.

• Junior **Anna Paradee** tied for seventh in the women's pole vault at the Bryan Clay with a mark of 12 feet, 2.5 inches.

• Western Washington will travel to Ellensburg, Wash., on Friday and Saturday to compete at the CWU Spike Arlt 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 TFRS 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. 16, 2017

Event	Athlete	Mark	Rank	Date
<b>1,500 Meters</b>	David Ribich, WOU	3:42.41	1st	4/13/17
<b>10,000 Meters</b>	Dominik Notz, UAA	29:12.23	6th	4/13/17
<b>Pole Vault</b>	Payton Lewis, NNU	5.20/17-0.75	T-2nd	3/31/17

## MEN'S PROVISIONAL QUALIFIERS AS OF APR. 16, 2017

Event	Athlete	Mark	Rank	Date
<b>100 Meters</b>	Sam Zook, MSUB	10.45	T-14th	4/3/17
<b>200 Meters</b>	Sam Zook, MSUB	21.49	T-44th	4/8/17
<b>400 Meters</b>	Vladislav Tsygankov, SFU	47.94	T-27th	3/25/17
<b>800 Meters</b>	David Ribich, WOU	1:49.41	4th	3/31/17
	AJ Holmberg, WOU	1:51.80	15th	4/13/17
<b>1,500 Meters</b>	Dustin Nading, WOU	3:48.16	19th	4/13/17
<b>5,000 Meters</b>	Dominik Notz, UAA	14:02.37	7th	3/31/17
	Edwin Kangogo, UAA	14:24.08	24th	3/31/17
<b>10,000 Meters</b>	Edwin Kangogo, UAA	30:06.20	20th	4/13/17
<b>400m Hurdles</b>	Vladislav Tsygankov, SFU	51.48	6th	3/31/17
<b>Steeplechase</b>	Christoph Sander, UAA	9:09.94	23rd	3/31/17
	Andrew Wise, WWU	9:16.39	32nd	4/13/17
<b>4x400 Relay</b>	Alaska Anchorage	3:12.29	9th	4/13/17
<b>High Jump</b>	Tevin Gladden, UAA	2.05/6-8.75	T-19th	3/17/17
	Cole Hoberg, NNU	2.05/6-8.75	T-22nd	4/8/17
<b>Pole Vault</b>	Jared Webster, NNU	4.90/16-0.75	T-19th	4/7/17
<b>Long Jump</b>	Alani Troutman, WOU	7.28/23-10.75	T-27th	4/14/17
<b>Triple Jump</b>	Wesley Gray, WOU	14.85/48-8.75	24th	4/13/17
<b>Shot Put</b>	Brandon Pless, WWU	16.15/53-00	39th	3/31/17
<b>Discus</b>	Jakob Chamberlin, CU	53.20/174-6	8th	4/7/17
	Caleb Bridge, CU	50.39/165-4	26th	3/17/17
<b>Hammer</b>	Armando Tafoya, CWU	57.22/187-9	29th	4/15/17
	Kauano Vanderpoel, SMU	56.92/186-9	33rd	3/17/17
	Mitch Wilkens, SMU	55.37/181-8	41st	3/17/17
	Brandon Pless, WWU	54.98/180-4	T-46th	3/17/17
	Peter Behncke, SFU	53.78/176-5	54th	3/24/17
<b>Javelin</b>	Alex Barry, WWU	62.30/204-5	19th	4/13/17
	Beau Ackerman, MSUB	60.16/197-5	24th	4/8/17
<b>Decathlon</b>	Travis Turner, UAA	6,761	13th	3/17/17
	David Sramek, UAA	6,381	17th	3/17/17

## WOMEN'S AUTOMATIC QUALIFIERS AS OF APR. 16, 2017

Event	Athlete	Mark	Rank	Date
<b>Javelin</b>	Bethany Drake, WWU	49.48/162-4	2nd	4/13/17
<b>Heptathlon</b>	Karolin Anders, UAA	5,180	5th	3/18/17

## WOMEN'S PROVISIONAL QUALIFIERS AS OF APR. 16, 2017

Event	Athlete	Mark	Rank	Date
<b>100 Meters</b>	Katherine Lucas, SFU	11.82	15th	4/14/17
	Jamie Ashcroft, UAA	11.89	T-28th	4/13/17
<b>200 Meters</b>	Valda Kabia, SFU	24.13	14th	4/13/17
	Katherine Lucas, SFU	24.42	32nd	4/13/17
<b>400 Meters</b>	Vanessa Aniteye, UAA	55.11	10th	4/14/17
	Chantel Desch, SFU	55.48	16th	3/31/17
	Lani Taylor, SPU	55.84	21st	4/14/17
<b>800 Meters</b>	Danielle McCormick, UAA	2:07.75	5th	3/31/17
	Addy Townsend, SFU	2:08.39	7th	3/31/17
	Olivia Woods, WOU	2:08.46	9th	3/31/17
	Alana Mussatto, SFU	2:08.79	11th	3/31/17
	Megan Rose, WOU	2:09.13	15th	3/31/17
	Paige Nock, SFU	2:09.17	16th	3/31/17
	Suzie Van De Grift, WOU	2:09.47	17th	4/13/17
	Sophie Dodd, SFU	2:10.20	19th	4/13/17
	Tamara Perez, UAA	2:11.57	27th	3/31/17
	Chynna Phan, SPU	2:12.02	29th	4/13/17
	Julia Howley, SFU	2:13.07	44th	4/8/17
<b>1,500 Meters</b>	Julia Howley, SFU	4:25.45	9th	4/13/17
	Addy Townsend, SFU	4:28.36	14th	3/31/17
	Brittany Grant, WWU	4:30.15	21st	4/13/17
	Mary Charleson, SPU	4:30.84	24th	4/13/17
	Miryam Bassett, SFU	4:31.21	25th	4/15/17
	Suzie Van De Grift, WOU	4:31.95	28th	3/31/17
	Paige Nock, SFU	4:32.44	30th	3/25/17
<b>5,000 Meters</b>	Mary Charleson, SPU	16:41.59	7th	3/31/17
<b>10,000 Meters</b>	Zennah Jephumba, UAA	36:11.04	20th	3/31/17
	Alexa Shindruk, CWU	36:41.77	36th	4/7/17
	Stephanie Rexus, CWU	36:45.37	39th	3/31/17
<b>100m Hurdles</b>	Diana Voloshin, SFU	14.03	20th	3/31/17
	Mariah Vongsaveng, CWU	14.26	T-32nd	3/18/17
<b>400m Hurdles</b>	Ali Anderson, CWU	1:01.73	28th	3/31/17
	Emily Bland, CWU	1:02.07	32nd	3/31/17
<b>Steeplechase</b>	Brittany Grant, WWU	10:32.60	12th	3/31/17
	Mariah Burroughs, UAA	10:38.44	19th	3/31/17
<b>4x100 Relay</b>	Simon Fraser	46.83	25th	4/13/17
<b>4x400 Relay</b>	Alaska Anchorage	3:41.93	4th	3/31/17
	Central Washington	3:45.52	12th	3/31/17
<b>High Jump</b>	Karolin Anders, UAA	1.69/5-6.5	T-24th	3/17/17
	Tori Johnson, CU	1.68/5-6	T-26th	3/25/17
<b>Pole Vault</b>	Anna Paradee, WWU	3.80/12-5.5	16th	3/31/17
	McKenna Emmert, CWU	3.70/12-0.75	T-23rd	3/31/17
	Scout Cai, SPU	3.62/11-10.5	39th	4/13/17
<b>Long Jump</b>	Kyra Brannan, SPU	5.97/19-7	15th	4/13/17
<b>Triple Jump</b>	Jasmine McMullin, WWU	12.27/40-3.25	14th	4/13/17
	Ella Brown, SFU	11.78/38-7.75	T-39th	4/13/17
<b>Shot Put</b>	McKenzie Warren, CU	17.26/56-7.5	1st	3/25/17
	Christina MacDonald, CU	13.97/45-10	T-27th	3/18/17
<b>Discus</b>	McKenzie Warren, CU	51.59/169-3	7th	3/25/17
<b>Hammer</b>	McKenzie Warren, CU	56.65/185-10	T-13th	4/1/17
	Kirby Neale, SMU	55.93/183-6	17th	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
<b>Javelin</b>	Amanda Short, WOU	45.28/148-7	8th	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	15th	3/4/17
	Sammi Markham, SPU	42.36/139-0	18th	3/25/17
	Claire Palmiter, SMU	41.09/134-10	29th	3/4/17
	Christina MacDonald, CU	40.72/133-7	34th	3/25/17
	Angelique Whistocken, CWU	40.38/132-6	35th	3/11/17
<b>Heptathlon</b>	Scout Cai, SPU	4,781	16th	3/18/17
	Ali Anderson, CWU	4,517	27th	4/6/17

## 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	—
Apr. 18	—	24th

### USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Apr. 18, 2017 (Week 5)

Rk	School	Pts.	Prev.
1.	Chico State	169.21	1
2.	Ashland	158.32	3
3.	Adams State	142.26	5
4.	Tiffin	138.17	4
5.	Saint Augustine's	132.82	7
6.	Lincoln (Mo.)	123.72	18
7.	Grand Valley State	116.62	13
8.	Angelo State	115.54	2
9.	Missouri Southern	110.43	11
10.	Texas A&M-Commerce	102.21	8
11.	Shorter	98.96	6
12.	Central Missouri	94.45	10
13.	Pittsburg State	79.39	15
14.	Academy of Art	78.91	14
15.	Minnesota State	76.24	12
16.	West Texas A&M	75.85	9
17.	Limestone	67.22	16
18.	Shippensburg	66.81	23
19.	Fresno Pacific	65.15	21
20.	Azusa Pacific	56.73	35
21.	Texas A&M-Kingsville	53.83	19
22.	Southern Indiana	45.02	42
23.	Eastern New Mexico	44.42	17
24.	<b>Western Oregon</b>	<b>43.38</b>	<b>28</b>
25.	Johnson C. Smith	42.54	25

### USTFCCCA WEST REGION TEAM INDEX as of Apr. 18, 2017 (Week 5)

Rk	School	Pts.	Prev.
1.	Chico State	645.87	1
2.	Azusa Pacific	403.61	2
3.	UC San Diego	331.34	3
4.	<b>Alaska Anchorage</b>	<b>222.40</b>	<b>5</b>
5.	Fresno Pacific	216.70	6
6.	Cal Poly Pomona	210.58	4
7.	Academy of Art	205.67	7
8.	Stanislaus State	178.60	8
9.	<b>Western Oregon</b>	<b>170.37</b>	<b>9</b>
10.	<b>Western Washington</b>	<b>143.33</b>	<b>12</b>

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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
Apr. 18	22nd	—	—	—

### USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Apr. 18, 2017 (Week 5)

Rk	School	Pts.	Prev.
1.	West Texas A&M	208.23	1
2.	Pittsburg State	199.78	3
3.	Angelo State	145.57	2
4.	Adams State	136.47	8
5.	Western State	121.94	10
6.	Grand Valley State	101.11	24
7.	Texas A&M-Kingsville	97.70	4
8.	Chadron State	88.35	15
9.	Chico State	86.91	9
10.	Johnson C. Smith	84.90	5
11.	Saint Augustine's	81.23	6
12.	Minnesota Duluth	75.35	25
13.	Lincoln (Mo.)	67.87	27
14.	Findlay	65.95	14
15.	Humboldt State	64.06	13
16.	Mary	63.73	36
17.	San Francisco St.	62.56	17
18.	Academy of Art	61.02	28
19.	Minnesota State	59.93	12
20.	Shippensburg	59.73	18
21.	Wayne State (Neb.)	57.71	20
22.	<b>Alaska Anchorage</b>	<b>55.21</b>	<b>11</b>
23.	Cedarville	50.81	81
24.	Southwest Baptist	47.20	23
25.	New Mexico Highlands	46.50	22

### USTFCCCA WEST REGION TEAM INDEX as of Apr. 18, 2017 (Week 5)

Rk	School	Pts.	Prev.
1.	Chico State	330.39	1
2.	Azusa Pacific	271.59	2
3.	Humboldt State	269.48	5
4.	San Francisco St.	267.81	3
5.	<b>Simon Fraser</b>	<b>250.96</b>	<b>4</b>
6.	Academy of Art	227.20	8
7.	<b>Alaska Anchorage</b>	<b>203.91</b>	<b>11</b>
8.	UC San Diego	194.60	6
9.	<b>Seattle Pacific</b>	<b>186.42</b>	<b>13</b>
10.	<b>Central Washington</b>	<b>183.99</b>	<b>7</b>

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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)
<b>Mile</b>	<b>4:02.30</b>	<b>David Ribich, Western Oregon (2017)</b>
<b>3,000 Meters</b>	<b>8:07.28</b>	<b>Dominik Notz, Alaska Anchorage (2017)</b>
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		
<b>Distance Medley</b>	<b>9:40.15</b>	<b>Western Oregon (2017)*</b>
Dustin Nading, AJ Holmberg, Josh Dempsey, David Ribich		
<b>High Jump</b>	<b>2.22/7-3.25</b>	<b>Mikel Smith, Saint Martin's (2017)</b>
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)
<b>Mile</b>	<b>4:10.01</b>	<b>David Ribich, Western Oregon (2017)</b>
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)
<b>4x400 Relay</b>	<b>3:14.10</b>	<b>Alaska Anchorage (2017)</b>
Liam Lindsay, Darrior Gray, Nicholas Taylor, Adam Commandeur		
Distance Medley	10:04.58	Simon Fraser (2012)
Ryan Brockerville, Stuart Ellenwood, Keir Forster, Adam Reid		
<b>High Jump</b>	<b>2.21/7-3</b>	<b>Mikel Smith, Saint Martin's (2017)</b>
Pole Vault	5.16/16-11	Payton Lewis, Northwest Nazarene (2011)
Long Jump	7.38/24-2.5	Vladislav Tsygankov, Simon Fraser (2016)
<b>Triple Jump</b>	<b>15.06/49-5</b>	<b>Luke Plummer, Central Washington (2015/2017)</b>
Shot Put	17.47/57-3.75	Cameron Neel, Central Washington (2007)
Weight Throw	18.63/61-1.75	Tyler Lamott, Concordia (2016)
<b>Heptathlon</b>	<b>5,269</b>	<b>Kodiak Landis, Central Washington (2017)</b>

## 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)
<b>High Jump</b>	<b>2.01/6-7</b>	<b>Micah Tranch, Northwest Nazarene (2017)</b>
<b>60m Hurdles</b>	<b>8.28</b>	<b>Travis Turner, Alaska Anchorage (2017)</b>
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

<b>60 Meters</b>	<b>7.54</b>	<b>Jamie Ashcroft, Alaska Anchorage (2017)</b>
<b>200 Meters</b>	<b>24.09</b>	<b>Jamie Ashcroft, Alaska Anchorage (2017)</b>
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)
<b>60m Hurdles</b>	<b>8.51</b>	<b>Mariyah Vongsaveng, Central Washington (2017)</b>
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)
<b>Pole Vault</b>	<b>3.92/12-10.25</b>	<b>McKenna Emmert, Central Washington (2017)</b>
<b>Anna Laradee, Western Washington (2017)</b>		
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)
<b>Shot Put</b>	<b>17.62/57-9.75</b>	<b>McKenzie Warren, Concordia (2017)*</b>
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

<b>60 Meters</b>	<b>7.55</b>	<b>Jamie Ashcroft, Alaska Anchorage (2017)</b>
<b>200 Meters</b>	<b>24.09</b>	<b>Jamie Ashcroft, Alaska Anchorage (2017)</b>
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)
<b>60m Hurdles</b>	<b>8.51</b>	<b>Mariyah Vongsaveng, Central Washington (2017)</b>
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)
<b>Shot Put</b>	<b>17.02/55-10.25</b>	<b>McKenzie Warren, Concordia (2017)</b>
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)		
<b>Geneva Lehnert, Seattle Pacific (2017)</b>		
Shot Put	11.96/39-3	Charlene Harber, Western Oregon (2012)
Long Jump	5.68/18-7.75	Karolin Anders, Alaska Anchorage (2016)
<b>800 Meters</b>	<b>2:15.88</b>	<b>Ali Anderson, Central Washington (2017)</b>

\* - NCAA Division II record



# GNAC Outdoor Track & Field Records

## MEN - ALL MEETS

100 Meters	10.22
200 Meters	20.93
400 Meters	47.51
800 Meters	1:47.58
1,500 Meters	3:43.61
3,000 Meters	8:24.61
5,000 Meters	13:41.99
10,000 Meters	28:37.75
110m Hurdles	14.19
<b>400m Hurdles</b>	<b>51.48</b>
Steeplechase	8:45.63
4x100 Relay	41.10
4x400 Relay	3:10.60
High Jump	2.16/7-1
Pole Vault	5.40/17-8.5
Long Jump	7.91/25-11.5
Triple Jump	15.21/49-11
Shot Put	18.55/60-10.5
Discus	54.07/177-5
Hammer	62.89/206-4
Javelin	77.98/255-10
Decathlon	7,872

Alex Donigian, Western Washington (2015)
Alex Donigian, Western Washington (2016)
Ethan Hewitt, Alaska Anchorage (2011)
Badane Sultessa, Western Oregon (2015)
David Ribich, Western Oregon (2016)
Jordan Welling, Western Washington (2014)
Micah Chelimo, Alaska Anchorage (2014)
Micah Chelimo, Alaska Anchorage (2014)
Travis Milbrandt, Western Washington (2016)
<b>Vladislav Tsygankov, Simon Fraser (2017)</b>
Micah Chelimo, Alaska Anchorage (2012)
Central Washington (2010)
Alaska Anchorage (2016)
Mikel Smith, Saint Martin's (2016)
Ryan Brown, Western Washington (2010)
David Registe, Alaska Anchorage (2009)
Justin Lawrence, Central Washington (2004)
Frank Catelli, Western Washington (2014)
Ryan Macdonald, Western Washington (2015)
Pro Escobedo, Western Oregon (2003)
Cody Parker, Alaska Anchorage (2013)
Chris Randolph, Seattle Pacific (2006)

## WOMEN - ALL MEETS

100 Meters	11.64
200 Meters	23.99
400 Meters	53.56
800 Meters	2:02.10
1,500 Meters	4:11.06
3,000 Meters	9:35.75
5,000 Meters	15:44.07
10,000 Meters	33:14.41
100m Hurdles	13.70
400m Hurdles	59.17
Steeplechase	10:13.01
4x100 Relay	46.56
<b>4x400 Relay</b>	<b>3:41.93</b>
High Jump	1.78/5-10
Pole Vault	3.85/12-7.5
Long Jump	5.99/19-8
Triple Jump	12.42/40-9
<b>Shot Put</b>	<b>17.26/56-7.5</b>
<b>Discus</b>	<b>55.31/169-3</b>
<b>Hammer</b>	<b>56.65/185-10</b>
Javelin	54.18/177-9
Heptathlon	5,606

Jamie Ashcroft, Alaska Anchorage (2015)
NyEma Sims, Seattle Pacific (2007)
Mary Pierce, Alaska Anchorage (2007)
Helen Crofts, Simon Fraser (2013)
Jessica Pixler, Seattle Pacific (2010)
Sarah Porter, Western Washington (2011)
Jessica Pixler, Seattle Pacific (2010)
Joyce Chelimo, Alaska Anchorage (2016)
Danielle Ayers-Stamper, Seattle Pacific (2005)
Haleigh Lloyd, Alaska Anchorage (2015)
Katelyn Steen, Western Washington (2015)
Alaska Anchorage (2014)
<b>Alaska Anchorage (2017)</b>
Teona Perkins, Seattle Pacific (2007)
Karis Anderson, Western Washington (2012)
Stephanie Huffman, Seattle Pacific (2002)
Ali Worthen, Seattle Pacific (2013)
Ashley Potter, Western Oregon (2012)
<b>McKenzie Warren, Concordia (2017)</b>
<b>McKenzie Warren, Concordia (2017)</b>
<b>McKenzie Warren, Concordia (2017)</b>
Bethany Drake, Western Washington (2016)
Danielle Ayers-Stamper, Seattle Pacific (2005)

## DECATHLON EVENTS

100 Meters	10.90
Long Jump	7.31/22-11.75
Shot Put	14.06/46-1.5
High Jump	2.06/6-9
400 Meters	48.21
110m Hurdles	14.82
Discus	46.00/150-11
Pole Vault	4.90/16-0.75
Javelin	61.04/200-3
1,500 Meters	4:22.12

Justin Miller, Humboldt State (2002)
Chris Randolph, Seattle Pacific (2006)
Alex Harrison, Western Washington (2010)
Justin Peterson, Central Washington (2014)
Cody Thomas, Alaska Anchorage (2014)
Chris Randolph, Seattle Pacific (2006)
Chris Randolph, Seattle Pacific (2006)
Zeb Udell, Western Oregon (2007)
Alex Harrison, Western Washington (2012)
Zac Vawter, Saint Martin's (2004)

## HEPTATHLON EVENTS

100m Hurdles	13.70
High Jump	1.75/5-8.75
Shot Put	13.00/42-8
200 Meters	24.78
Long Jump	5.99/19-8
Javelin	45.21/14-84
800 Meters	2:12.52

Danielle Ayers-Stamper, Seattle Pacific (2005)
Danielle Ayers-Stamper, Seattle Pacific (2005)
Bridget Johnson, Western Oregon (2006)
Grace Morgan, Alaska Anchorage (2013)
Stephanie Huffman, Seattle Pacific (2013)
Katie Reichert, Western Washington (2012)
Bridgette Sexton, Seattle Pacific (2005)

## MEN'S CONFERENCE MEET RECORDS

100 Meters	10.43
200 Meters	21.32
	21.32
400 Meters	47.55
800 Meters	1:49.31
1,500 Meters	3:49.03
5,000 Meters	14:29.41
10,000 Meters	30:25.75
110m Hurdles	14.21
400m Hurdles	52.23
Steeplechase	8:47.26
4x100 Relay	41.10
4x400 Relay	3:13.84
High Jump	2.07/6-9.5
Pole Vault	5.14/16-10.75
Long Jump	7.52/24-8.25
Triple Jump	15.00/49-2.5
Shot Put	18.20/59-8.75
Discus	51.67/169-6
Hammer	61.61/202-1
Javelin	69.49/228-0
Decathlon	7,201

Anthony Wright, Central Washington (2010)
Rimar Christie, Northwest Nazarene (2013)
Tyrell Williams, Western Oregon (2014)
Ethan Hewitt, Alaska Anchorage (2012)
Paul Mach, Seattle Pacific (2005)
Alfred Kangogo, Alaska Anchorage (2010)
Micah Chelimo, Alaska Anchorage (2011)
Jordan Walling, Western Washington (2011)
Travis Milbrandt, Western Washington (2015)
Shaun Ward, Alaska Anchorage (2011)
Ryan Brockerville, Simon Fraser (2012)
Central Washington (2010)
Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols
Simon Fraser (2015)
Stuart Ellenwood, Cameron Proceviat, Joel Webster, Daniel Kelloway
Eric Draper, Alaska Anchorage (2006)
Ryan Brown, Western Washington (2010)
David Registe, Alaska Anchorage (2008)
Justin Lawrence, Central Washington (2003)
Josh Koch, Concordia (2016)
Tyler Fischer, Central Washington (2008)
Michael Hoffman, Western Washington (2008)
Franz Burghagen, Alaska Anchorage (2013)
Cody Thomas, Alaska Anchorage (2016)

## WOMEN'S CONFERENCE MEET RECORDS

100 Meters	11.81
200 Meters	24.30
400 Meters	54.46
800 Meters	2:06.38
1,500 Meters	4:24.01
3,000 Meters	9:53.80
5,000 Meters	16:39.39
10,000 Meters	35:43.38
100m Hurdles	13.82
400m Hurdles	1:00.29
Steeplechase	10:14.15
4x100 Relay	46.68
4x400 Relay	3:44.11
High Jump	1.77/5-9.75
Pole Vault	3.83/12-6.75
Long Jump	5.99/19-8
Triple Jump	12.42/40-9
Shot Put	14/04/46-0.75
Discus	46.08/151-2.5
Hammer	54.51/178-10
Javelin	50.19/164-8.25
Heptathlon	5,390

Jamie Ashcroft, Alaska Anchorage (2015)
Grace Morgan, Alaska Anchorage (2013)
Helen Crofts, Simon Fraser (2013)
Jessica Pixler, Seattle Pacific (2010)
Jessica Pixler, Seattle Pacific (2010)
Jessica Pixler, Seattle Pacific (2007)
Sarah Porter, Western Washington (2010)
Joyce (Chelimo) Kipchumba, Alaska Anchorage (2014)
Danielle Ayers-Stamper, Seattle Pacific (2005)
Haleigh Lloyd, Alaska Anchorage (2015)
Katelyn Steen, Western Washington (2015)
Alaska Anchorage (2014)
Mackenzie Harsch, Rosie Smith, Sasha Halfyard, Jamie Ashcroft
Seattle Pacific (2013)
Kishia Mitchell, Emily Quatier, Jasmine Johnson, McKayla Fricker
Taylor Fettig, Central Washington (2016)
Karis Anderson, Western Washington (2012)
Ali Worthen, Seattle Pacific (2013)
Ashley Potter, Western Oregon (2012)
Anica Knispel, Montana State Billings (2011)
Megan Mortensen, Western Washington (2016)
Audrey Oswald, Humboldt State (2006)
Katie Reichert, Western Washington (2016)
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, 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 - 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 Wayne, 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 Wayne, 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, 3,358.

**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, 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'Hara 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.

**Thurs., Apr. 13**

## **Yellowjacket/Battlin' Bears Open**

**at Laurel Sports Complex, Laurel, Mont.**

**Women (Top 3 GNAC Finishers):** 100m Hurdles - 2, Janessa Williams, MSUB, 16.15. 400m Hurdles - 1, Josey Smiedala, MSUB, 1:05.65. 4x400 Relay - 2, Montana State Billings, 4:12.16. High Jump - 1, Jamie Orme, MSUB, 5-0.25. Long Jump - 2, Brenna Beckett, MSUB, 16-3.25. Triple Jump - 1, Brenna Beckett, MSUB, 34-5.75; 2, Shelby Browning, MSUB, 31-6.75. Shot Put - 2, Taylor Stringari, MSUB, 35-6. Discus - 1, Kassadee Kuoha, MSUB, 117-5; 2, Abbie Lohof, MSUB, 109-8; 3, Hailey Steinbeisser, MSUB, 109-7.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Sam Zook, MSUB, 10.42; 2, Braden Rykal, MSUB, 10.98; 3, Kaelen Shay, MSUB, 11.06. 200 Meters - 1, Braden Rykal, MSUB, 22.00. 800 Meters - 3, Jorey Egeland, MSUB, 1:58.99. 1,500 Meters - 2, Jorey Egeland, MSUB, 4:04.27; 3, Josh Panasausk, MSUB, 4:06.86. 110m Hurdles - 1, Austin Lindquist, MSUB, 14.98. High Jump - 1, Chuck Carr, MSUB, 6-6.75; 3, Isaiah Girard, MSUB, 6-2.75. Long Jump - 1, Chuck Carr, MSUB, 21-6; 2, Marcus Lindquist, MSUB, 20-9.75; 3, Isaiah Girard, MSUB, 20-7.25. Triple Jump - 1, Marcus Lindquist, MSUB, 41-3.75. Javelin - 1, Beau Ackerman, MSUB, 183-9.

**Thurs., Apr. 13 - Fri., Apr. 14**

## **California Invitational Combined Events**

**at Cougar Stadium, Azusa, Calif.**

**Women's Heptathlon:** 37, Kaylie Gerninger, WWU, 4,214.

## **Bryan Clay Invitational**

**at Cougar Stadium, Azusa, Calif.**

**Women (Top 3 GNAC Finishers):** Pole Vault - Tie 2, Scout Cai, SPU, 12-6.25. Triple Jump - 1, Jasmine McMullin, WWU, 40-3.25. Javelin - 1, Bethany Drake, WWU, 162-4.

**Men (Top 3 GNAC Finishers):** 4x400 Relay - 3, Alaska Anchorage, 3:12.29. Triple Jump - 1, Wesley Gray, WOU, 48-8.75.

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

## **Mt. SAC Relays**

**at El Camino College, Torrance, Calif.**

**Women (Top 3 GNAC Finishers):** None

**Men (Top 3 GNAC Finishers):** None

# 2017 GNAC Outdoor Meet Summaries

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

**NNU Invitational**

**at Bohner Track, Nampa, Idaho**

**Women's Team Scores:** College of Idaho 179, Northwest Nazarene 175, Eastern Oregon 91, Central Washington 56, Treasure Valley CC 19.

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Madison Garcia, CWU, 12.55; 3, Diamond Martin, CWU, 13.00. 200 Meters - 2, Madison Garcia, CWU, 25.37. 400 Meters - 2, McKenna Conley, NNU, 58.54. 100m Hurdles - 1, Lexi Tubbs, NNU, 14.31; 2, Rose Walts, CWU, 15.03; 3, Janessa Dyk, NNU, 15.67. 400m Hurdles - 2, Janessa Dyk, NNU, 1:04.22. Steeplechase - 1, Sierra Manzer, NNU, 11:43.97. 4x100 Relay - 1, Northwest Nazarene A, 49.42; 3, Northwest Nazarene B, 55.54. 4x400 Relay - 2, Northwest Nazarene A, 4:06.15; 3, Northwest Nazarene B, 4:20.92. High Jump - 1, Lauren Duval, NNU, 5-3.25; Tie 2, Katie Conklin, NNU, 5-1.25; Tie 2, Rachel Bartlow, NNU, 5-1.25. Pole Vault - Kourtney Gwin, NNU, 10-0. Long Jump - 1, Jackie Mahowald, NNU, 17-0; 2, Brooke Williams, CWU, 16-6. Triple Jump - 1, Jackie Mahowald, NNU, 36-11; 2, Brooke Williams, CWU, 36-0; 3, Katie Conklin, NNU, 35-5.75. Discus - 3, Hannah Thomas, NNU, 126-10. Hammer - 2, Sasha Korolenko, NNU, 137-1.25. Javelin - 1, Nicole Nobbs, NNU, 128-10.75.

**Men's Team Scores:** Northwest Nazarene 169, Eastern Oregon 150, College of Idaho 146, Central Washington 36, Treasure Valley CC 36.

**Men (Top 3 GNAC Finishers):** 100 Meters - 2, Ebu Camara, NNU, 10.71; 3, Kyler Ooley, CWU, 10.88. 200 Meters - 2, Ebu Camara, NNU, 21.86. 1,500 Meters - 1, Chase Cunningham, NNU, 4:03.70. 110m Hurdles - 2, Micah Spatz, 15.23. 400m Hurdles - 3, Micah Spatz, NNU, 58.11. 4x100 Relay - 2, Northwest Nazarene, 3:21.49. 4x400 Relay - 2, Northwest Nazarene, 3:21.49. High Jump - 1, Cole Hoberg, NNU, 6-6.75; 2, Micah Tranch, NNU, 6-4.75. Pole Vault - 1, Jared Webster, NNU, 15-5.5; 2, Zach McClanahan, NNU, 14-11.5. Long Jump - 1, Blaine Kreutz, NNU, 21-6.75; 2, Payton Lewis, NNU, 21-4.25; 3, Zach McClanahan, NNU, 19-11. Triple Jump - 1, Zach Whitaker, CWU, 47-3.75. Hammer - 1, Armando Tafoya, CWU, 187-9.

**Beach Invitational**

**at Jack Rose Track, Long Beach, Calif.**

**Women (Top 3 GNAC Finishers):** None

**Men (Top 3 GNAC Finishers):** None