



TRACK & FIELD WEEKLY REPORT

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Great Northwest Athletic Conference

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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., May 12 - Sat., May 13
GNAC Outdoor Track & Field Championships,
McArthur Field, Monmouth, Ore.

SCHEDULE OF EVENTS

Fri., May 12

Field Events (Finals)

2 p.m. Women's Discus (men to follow)
2:10 p.m. Men's Shot Put
2:20 p.m. Men's High Jump
3:25 p.m. Women's Pole Vault
3:40 p.m. Women's Long Jump
4:15 p.m. Men's Long Jump
4:30 p.m. Women's Shot Put

Running Events (Preliminaries Unless Noted)

2:45 p.m. Women's Steeplechase (Final)
3 p.m. Men's Steeplechase (Final)
3:20 p.m. Women's 100 Meter Hurdles
3:40 p.m. Men's 110 Meter Hurdles
3:55 p.m. Women's 400 Meters
4:10 p.m. Men's 400 Meters
4:25 p.m. Women's 100 Meters
4:40 p.m. Men's 100 Meters
4:55 p.m. Women's 800 Meters
5:10 p.m. Men's 800 Meters
5:25 p.m. Women's 400 Meter Hurdles
5:40 p.m. Men's 400 Meter Hurdles
5:55 p.m. Women's 200 Meters
6:10 p.m. Men's 200 Meters
6:25 p.m. Women's 10,000 Meters (Final)
7:10 p.m. Men's 10,000 Meters (Final)

SAT., MAY 13

Field Events (Finals)

10 a.m. Women's Hammer (men to follow)
10:45 a.m. Men's Javelin
11 a.m. Women's High Jump
11:30 a.m. Men's Pole Vault
Noon Women's Triple Jump
1 p.m. Women's Javelin
1:05 p.m. Men's Triple Jump

Running Events (Finals)

Noon Women's 4x100 Relay
12:05 p.m. Men's 4x100 Relay
12:10 p.m. Women's 1,500 Meters
12:25 p.m. Men's 1,500 Meters
12:45 p.m. Women's 100 Meter Hurdles
12:55 p.m. Men's 110 Meter Hurdles
1 p.m. Women's 400 Meters
1:05 p.m. Men's 400 Meters
1:10 p.m. Women's 100 Meters
1:15 p.m. Men's 100 Meters
1:20 p.m. Women's 800 Meters
1:25 p.m. Men's 800 Meters
1:40 p.m. Women's 400 Meter Hurdles
1:50 p.m. Men's 400 Meter Hurdles
2 p.m. Women's 200 Meters
2:05 p.m. Men's 200 Meters
2:10 p.m. Women's 5,000 Meters
2:30 p.m. Men's 5,000 Meters

3:05 p.m. Women's 4x400 Relay
3:15 p.m. Men's 4x400 Relay
3:30 p.m. Awards Ceremony

LAST WEEK'S MEETS

Mon., May 1 - Tues., May 2

GNAC Combined Event Championships at Bohner Track, Nampa, Idaho

Heptathlon: 1, Karolin Anders, UAA, 5,032. 2, Scout Cai, SPU, 4,894. 3, Brooke Benner, SPU, 4,579. 4, Kaylie Greninger, WWU, 4,570. 5, HarLee Ortega, CWU, 4,558. 6, Yvonne Jeschke, UAA, 4,520. 7, Elena Cano, UAA, 4,518. 8, Ali Anderson, CWU, 4,439. 9, Katie Conklin, NNU, 4,439. 10, Geneva Lehnert, SPU, 4,019. 11, Shaddia Meadows, CWU, 3,776. 12, Lauren Duval, NNU, 3,673. 13, Tiffany Pott, SMU, 3,551. 14, Emily Griffith, WOU, 3,486.
Decathlon: 1, Payton Lewis, NNU, 6,815. 2, Travis Turner, UAA, 6,688. 3, Kodiak Landis, CWU, 6,677. 4, Giovanni Brown, CU, 6,420. 5, James Phillips, CU, 6,316. 6, Michael Forster, CWU, 6,280. 7, David Sramek, UAA, 5,777. 8, Blaine Kreuz, NNU, 5,675. 9, Micah Tranch, NNU, 5,267.

Fri., May 5

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

Women (Top 3 GNAC Finishers): High Jump - 3, Haile Warren, MSUB, 5-3. Long Jump - 2, Brenna Beckett, MSUB, 16-10.5. Shot Put - 3, Abbie Lohof, MSUB, 34-7.75. Discus - 2, Hailey Steinbeisser, MSUB, 116-11. 3, Abbie Lohof, MSUB, 116-8. Javelin - 2, Hailey Steinbeisser, MSUB, 111-10.
Men (Top 3 GNAC Finishers): High Jump - 1, Isaiah Girard, MSUB, 6-4.25.

Oregon Twilight at Hayward Field, Eugene, Ore.

Women (Top 3 GNAC Finishers): 400 Meters - 2, Grayson Burke, WOU, 58.67. 4x100 Relay - 2, Western Oregon, 49.68. Shot Put - 1, McKenzie Warren, CU, 54-4.5.
Men (Top 3 GNAC Finishers): 1,500 Meters Invitational - 1, David Ribich, WOU, 3:45.01. 1,500 Meters B Section - 1, Dustin Nading, WOU, 3:50.24. 4x100 Relay - 3, Western Oregon, 42.23. Pole Vault - 3, Gordie Kordas, WWU, 15-9. Long Jump - 3, Alani Troutman, WOU, 22-5.75. Triple Jump - 3, Wesley Gray, WOU, 45-10.

CWU Final Qualifier at Nicholson Stadium, Ellensburg, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Madison Garcia, CWU, 12:10; 2, Diamond Martin, CWU, 12:57. 200 Meters - 1, Tianna Banfro, CWU, 25:29; 2, Madison Garcia, CWU, 25:42. 800 Meters - 1, Lisa Olander, CWU, 2:36.71; 2, Tera Beyerlein, CWU, 2:45.14. 1,500 Meters - 1, Alexa Shindruk, CWU, 4:54.34; 2, Stephanie Rexus, CWU, 5:00.70. 100m Hurdles - 1, Mariyah Vongsaveng, CWU, 14.09; 2, HarLee Ortega, CWU, 14.87; 3, Emily Bland, CWU, 15.30. 400m Hurdles - 1, Jenna Jeffs, CWU, 1:17.92. Pole Vault - 2, McKenna Emmert, CWU, 11-8. Long Jump - 1, Brooke Williams, CWU, 17-8.25; 2, Juliana Joy, CWU, 17-7; 3, Rose Walts, CWU, 17-2.25. Triple Jump - 1, HarLee Ortega, CWU, 37-6.75. Discus - 3, Angela Mumford, CWU, 132-3. Javelin - 3, Angelique Whistocken, CWU, 127-10.
Men (Top 3 GNAC Finishers): 100 Meters - 2, Kent McKinney, CWU, 10:98; 3, Garret Steuk, CWU, 11:00. 200 Meters - 1, Daniel Calderon, CWU, 22:97; 3, Hunter Titus, CWU, 24:55. 800 Meters - 3, Kieran Sprague, CWU, 2:16.82. 1,500 Meters - 2, Josh Boston, CWU, 4:23.62; 3, Matt Conrardy, CWU, 4:26.56. 100m Hurdles - 1, Ryan Gunther, CWU, 15:26; 2, Trevaughn Scott, CWU, 15:63. Steeplechase - 2,

Taryk Boyd, CWU, 10:20.25; 3, Grant Mackey, CWU, 10:26.73. Pole Vault - 1, Berlie Walker, CWU, 14-3.25; 2, Zane Irvine, CWU, 14-3.25; 3, Bryan Cadena, CWU, 13-9.25. Long Jump - 1, Grant Scarlett, CWU, 22-3; 2, Zach Whittaker, CWU, 22-0.75. Hammer - 2, Armando Tafoya, CWU, 176-6. Javelin - 1, Griffey Lytle, CWU, 177-7; 2, Tyree Rutter, CWU, 171-1; 3, Michael Chavez, CWU, 167-9.

Fri., May 5 - Sat., May 6

Linfield Open at Maxwell Field, McMinnville, Ore.

Women (Top 3 GNAC Finishers): 400 Meters - 1, Olivia Woods, WOU, 57.19; 2, Megan Rose, WOU, 57.89. 800 Meters - 2, Grayson Burke, WOU, 2:21.21. 100m Hurdles - 3, Chase Stephens, CU, 15.63. High Jump - 3, Gabby Fukumoto, CU, 4-11.75. Shot Put - 1, McKenzie Warren, CU, 54-10.25; 2, Christina MacDonald, CU, 43-10; 3, Tasha Willing, CU, 43-4.5. Discus - 1, Nicole White, CU, 133-5; 2, Joselynn Tensley, CU, 127-3. Hammer - 1, Christina MacDonald, CU, 187-2; 2, McKenzie Warren, CU, 180-3; 3, Tasha Willing, CU, 176-5. Javelin - 1, Rachael Huffman, WOU, 139-2; 3, Christina MacDonald, CU, 133-7.
Men (Top 3 GNAC Finishers): 400 Meters - 3, Demetrius Rhodes, CU, 49.57. 800 Meters - 2, AJ Holmberg, WOU, 1:51.90; Dustin Nading, WOU, 1:53.23. Steeplechase - 1, Sawyer Heckard, WOU, 10:05.24; 2, Noah Murry, CU, 10:16.22; 3, Matthew Haglund, WOU, 10:21.09. Triple Jump - 2, Wesley Gray, WOU, 45-5.75. Shot Put - 2, Caleb Bridge, CU, 53-3.5; 3, Cyrus Veal, CU, 51-11.25. Discus - 1, Jakob Chamberlin, CU, 173-11; 2, Caleb Bridge, CU, 170-8. Hammer - Joe Denniston, CU, 169-10; 2, Jakob Chamberlin, CU, 168-2; 3, Kegan Allen, WOU, 164-6.

Ken Shannon Invitational at Husky Outdoor Track Facility, Seattle, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 3, Jamie Ashcroft, UAA, 12.41. 400 Meters - 2, Vanessa Aniteye, UAA, 55.55; 3, Lani Taylor, SPU, 56.27. 100m Hurdles - 1, Mariyah Vongsaveng, CWU, 14.38. 400m Hurdles - 2, Emily Bland, CWU, 1:01.34; 3, Ali Anderson, CWU, 1:01.40. 4x100 Relay - 2, Alaska Anchorage, 46:52; 3, Seattle Pacific, 48.25. High Jump - Tie 2, Mackenzie Stewart, SFU, 5-1; Tie 2, Amy Petz, SFU, 5-1. Pole Vault - 2, Anna Paradee, WWU, 13-1.75. Long Jump - 2, Kyra Brannan, SPU, 18-6.5. Triple Jump - 1, Ella Brown, SFU, 38-9.5; 2, Brooke Williams, CWU, 36-1.25. Discus - 2, Megan Mortensen, WWU, 134-4; 3, Angela Mumford, CWU, 132-1. Javelin - 2, Bethany Drake, WWU, 154-8; 3, Sammi Markham, SPU, 141-10.
Men (Top 3 GNAC Finishers): 5,000 Meters - 3, Eric Hamel, WWU, 15:20.62. 4x100 Relay - 1, Saint Martin's, 42.96; 2, Seattle Pacific, 44.26. 4x400 Relay - 1, Seattle Pacific, 3:23.12. High Jump - 1, Mikel Smith, SMU, 6-1.1. Long Jump - 3, Anthony Manago, SMU, 22-7.75. Triple Jump - 2, Jacob Ringold, 42-11.75. Shot Put - 2, Armando Tafoya, CWU, 51-8.5; 3, Grant George, UAA, 48-1.75. Hammer - 3, Peter Behncke, SFU, 168-6.

Oxy Invitational at Jack Kemp Stadium, Los Angeles

Women (Top 3 GNAC Finishers): 4x100 Relay - 2, Simon Fraser, 46.19. 4x400 Relay - 1, Simon Fraser, 3:45.50.
Men (Top 3 GNAC Finishers): 5,000 Meters - 3, Dominik Notz, UAA, 14:00.86. 4x400 Relay - 1, Alaska Anchorage, 3:12.50.

GNAC Track & Field Athletes of the Week



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

Ribich won the invitational section of the 1,500 meters at the Oregon Twilight. Running as the only Division II competitor amongst a field of Division I and elite athletes, Ribich won in a time of 3:45.01 to just edge out Division I indoor All-American Mick Stanovsek of Oregon.

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



WOMEN'S TRACK
Addy Townsend, Simon Fraser
Sophomore • Coquitlam, B.C.

Townsend ran a personal best in the 800 meters at the Oxy Invitational, placing second in a time of 2:07.99. The mark leads the GNAC, moves her to No. 9 on the GNAC all-time list and is sixth best in Division II this season.

Also Nominated: Olivia Woods (Western Oregon), Claire McCloskey (Saint Martin's).



MEN'S FIELD
Mikel Smith, Saint Martin's
Senior • Muskogee, Okla.

Smith won the high jump at the Ken Shannon Invitational. His clearance of 6 feet, 11 inches, is a NCAA Championships provisional qualifier and ties him for ninth in Division II this season.

Also Nominated: Wesley Gray (Western Oregon), Isaiah Girard (Montana State Billings), Gordie Kordas (Western Washington), Jakob Chamberlin (Concordia).



WOMEN'S FIELD
Anna Paradee, Western Washington
Junior • Tacoma, Wash.

Paradee reset her own GNAC record in the pole vault at the Ken Shannon Invitational. Her second place clearance of 13 feet, 1.75 inches, automatically qualifies her for the NCAA Championships and ranks sixth in Division II this season.



Christina MacDonald, Concordia
Junior • Myrtle Creek, Ore.

MacDonald set the GNAC record in the hammer, winning at the Linfield Open with a throw of 187 feet, 2 inches. That broke the record of 185 feet, 10 inches, set by teammate McKenzie Warren earlier this year.

Also Nominated: Rachael Huffman (Western Oregon), Claire Palmiter (Saint Martin's), Brenna Beckett (Montana State Billings).

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
Apr. 17-23	Daniel Kelloway, SFU	Caleb Bridge, CU	Chantel Desch, SFU	Kirby Neale, SMU
Apr. 24-30	Aaron Whitaker, WOU	Payton Lewis, NNU	Taylor Deskins, NNU	Anna Paradee, WWU
May 1-7	David Ribich, WOU	Mikel Smith, SMU	Addy Townsend, SMU	Anna Paradee, WWU
				Christina MacDonald, CU

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

GNAC Outdoor Championships Preview

MONMOUTH, Ore. – Alaska Anchorage's men and Seattle Pacific's women will once again be the favorites as the GNAC Outdoor Track and Field Championships return this weekend to Western Oregon University's McArthur Field.

The Seawolves have built a dynasty of sorts, having won every cross country and track and field team title since the beginning of the 2015-16 season. Alaska Anchorage won the meet going away last year with a score of 163.5 points, 32 points ahead of second place Western Washington. They enter the meet with five athletes leading the GNAC in different events, more than any other school.

Seattle Pacific's women have built momentum since the winter when they claimed the GNAC indoor track and field title. The Falcons held off a late challenge from Central Washington last year with a score of 148.5 points. The defending champs will be challenged, however, by talented squads from both Alaska Anchorage and Simon Fraser.

The Falcons and Seawolves enter the women's meet with leads as the two schools split 29 of points from the heptathlon at last week's GNAC Combined Event Championships. Northwest Nazarene has the early lead in the men's competition with 11 points from the decathlon. Alaska Anchorage claimed 10 points while Concordia and Central Washington each scored nine points.

MEN

As usual, much of UAA's points will come from the distance events. Senior **Dominik Notz** has automatically qualified for the NCAA Championships in the 10,000 meters (29:12.23) and owns the GNAC's top time in the 5,000. Junior Edwin Kangogo leads the conference in the steeplechase (8:56.65) and is second to Notz in both the 5,000 and 10,000.

Senior **Travis Turner** is the favorite in the 110-meter hurdles with a season best of 14.80 seconds. Senior **Tevin Gladden** has the GNAC's second best mark in the high jump (6-8.75) and is also expected to score in the long jump.

Western Washington finished second to the Seawolves last year and brings considerable strength in the field events. Junior **Brandon Pless** leads the GNAC with a mark of 53 feet in the shot put and is fourth in the hammer at 180 feet, 4 inches. Senior **Gordie Kordas** is third in the pole vault with a best of 15 feet, 9 inches. Sophomore **Alex Barry** is the only GNAC athlete to surpass 200 feet in the javelin with a mark of 204 feet, 5 inches.

On the track, senior **Andrew Wise** is among the leaders in the steeplechase with his time of 9:16.39 while senior **Cody McCranie** has potential for points in the 800 and 1,500 meters. The Vikings also return the defending triple jump champ in senior **Mark Seely**.

So goes the middle distances, so goes Western Oregon. The Wolves have one of the top runners in the nation in the discipline in junior **David Ribich**. He enters the meet as the Division II leader in the 1,500 meters with a GNAC record time of 3:41.45. He also leads the conference and is fourth in the nation in the 800 meters at 1:49.41.

Based on season best performances, Western Oregon has the possibility of scoring 38 points in those two races alone. The Wolves have the top four runners in the 800, with sophomore **AJ Holmberg** trailing Ribich with a time of 1:51.60.

The distances are far from the Wolves' only weapons. Freshman **Alani Troutman** has the league's top mark in the long jump at 23 feet, 10.75 inches. Senior **Wesley Gray** is leads the triple jump at 48 feet, 8.75 inches. The Wolves also have potential scorers in the sprints in sophomore **Codi Blodgett** in the 100 meters, junior **Cody Warner** in the 200 meters and senior **Aaron Whitaker** in the 400 meters.

Northwest Nazarene enters the meet with 10 points and the benefit of a pair of defending champions. Junior **Payton Lewis** won the GNAC decathlon title last week. He stands an excellent shot of defending his two pole vault titles, entering the meet with a NCAA automatic qualifying mark of 17 feet, 2.75 inches. In addition, Lewis is second in the GNAC in the 110-meter hurdles at 14.97 seconds.

Senior **Cole Hoberg** will try to defend his title in the high jump, entering the meet with a season best of 6 feet, 8.75 inches. Junior **Jared Webster** hopes to give the Crusaders a one-two finish in the pole vault with a mark of 16 feet, 0.75

inches. Senior **Ebu Camara** will be a factor in the sprints with the conference's second best times in the 100 meters (10.64) and 200 meters (21.52).

Central Washington senior **Armando Tafoya** leads the GNAC in the hammer with a provisional qualifying mark of 193 feet, 3 inches, while also ranking in the conference's top-four in the discus and shot put. Senior **Kodiak Landis** placed third in the GNAC decathlon and is a potential point scorer in the long jump.

Freshman **Kyler Ooley** will provide points in the sprints, entering with the third best time in the 100 meters at 10.87 seconds. Junior **Trevaughn Scott** ranks third in the 400-meter hurdles (55.41).

Concordia freshman **Caleb Bridge** set the GNAC discus record two weeks ago with a mark of 182 feet, 8 inches, and he also leads the conference with a mark of 57 feet, 3 inches, in the shot put. Freshman **Jakob Chamberlin** is second in the discus with a mark of 174 feet, 6 inches. Freshman **Cyrius Vea** is third in the shot put (51-11.25) and senior **Jimmy Wheeler** is third in the javelin (193-10).

Simon Fraser senior **Daniel Kelloway** aims for his third consecutive title in the 400 meters, entering the meet with a GNAC best of 47.80 seconds. Junior **Vladislav Tsygankov** ran a GNAC record of 51.48 seconds in his first ever 400-meter hurdles. He is second in the league in both the 400 meters (47.94) and the triple jump (48-6.75) and third in the long jump (23-6.75). The Clan is also looking for a solid performance from freshman **Nathan Mah**, who ranks third in the GNAC in the 200 meters (21.87).

Saint Martin's senior **Mikel Smith**, the defending Division II high jump champion, is in the hunt for his first GNAC outdoor title. Smith finished second to Hoberg last year and enters the meet with the conference's top mark of 6 feet, 11 inches. Smith went 7 feet, 3.25 inches, to win the Division II indoor title in March.

Seattle Pacific returns one champion in **Peyton Harris**. The junior enters the meet with the GNAC's second best mark at 23 feet, 7.5 inches.

Montana State Billings enters with a pair of potential champions. Junior **Sam Zook** owns the GNAC's top marks this season in both the 100 meters (10.45) and 200 meters (21.11). Sophomore **Beau Ackerman** is second in the javelin with a provisional qualifying mark of 197 feet, 4 inches.

WOMEN

Seawolves' senior **Karolin Anders** scored 5,032 points to claim her third GNAC heptathlon title. She helped UAA enter the weekend with 15 points already on the board.

Anders, who is entered in four other individual events, leads three defending champions competing for the Seawolves. Senior **Jamie Ashcroft** is vying to become a four-time champion in both the 100 and 200 meters. Her time of 11.89 seconds in the 100 is second in the GNAC while her 24.79 seconds in the 200 is fourth. Sophomore **Yvonne Jeschke** will defend her 400-meter hurdles crown and is third in the GNAC in 1:02.30.

Freshman **Vanessa Aniteye** is the conference leader in the 400 meters at 55.11 seconds. Sophomore **Danielle McCormick** leads the GNAC in the 800 meters with a UAA record of 2:07.60 and sophomore **Zannah Jepchumba** has the top time in the 10,000 meters at 36:11.04.

Scout Cai leads the Seattle Pacific title defense. The freshman placed second in the heptathlon with a score of 4,894 points. She is also second in the GNAC in the high jump, clearing 5 feet, 6 inches, and third in the pole vault.

Senior **Kyra Brannan** is the favorite in the long jump, leading the conference with a mark of 19 feet, 7 inches. She is also third in the GNAC in the 200 meters and fourth in the 100 meters. Junior **Mary Charleson** has the top time in the GNAC in the 5,000 meters (16:41.59). Freshman **Lani Taylor** will contend in the 100 meters while sophomore **Geneva Lehnert** will contend for the high jump title after finishing second last year.

The Falcons' biggest surprise has been senior **Sammi Markham**. She enters the meet with the 12th best mark in Division II in the javelin at 146 feet, 11 inches, and is sixth in the GNAC in the shot put.

Simon Fraser stands to climb from its seventh place finish last year with

Around The GNAC

provisional nationals qualifiers in every event from 100 meters to 1,500 meters. Sophomore **Addy Townsend** leads three qualifiers in the 800 meters, ranking sixth in Division II at 2:07.99, while defending champion Sophie Dodd is 18th at 2:09.11.

Junior **Julia Howley** enters the meet ranked 10th in Division II in the 1,500 meters at 4:25.45 while Townsend is 15th at 4:28.36. In the sprints, freshman **Katherine Lucas** leads the league in the 100 meters (11.82), sophomore **Valda Kabia** tops the 200 meters (24.13), senior **Chantel Desch** is second in the 400 meters (55.16) and freshman **Diana Voloshin** leads the 100-meter hurdles (14.03). The Clan also enters with a GNAC record mark in the 4x100-meter relay at 46.19 seconds.

Central Washington has potential champions in the hurdles and field events. Freshman **Emily Bland** and junior **Ali Anderson** are first and second in the GNAC in the 400-meter hurdles with times of 1:01.34 and 1:01.40, respectively. Sophomore Mariyah Vongsaveng is second in the 100-meter hurdles at 14.09 seconds.

Senior **McKenna Emmert** will compete for the pole vault title with a best this season of 12 feet, 1.5 inches, while senior **Angelique Whistocken** currently has the sixth best mark in Division II in the javelin (149-8). Sophomore **Alexa Shindruk** will add points in the distances with the second best time in the 10,000 and third best in the 5,000.

Western Washington returns a trio of returning champions. Junior **Anna Paradee** is on target to repeat as pole vault champion. She set a GNAC record and automatically qualified for nationals with a mark of 13 feet, 1.75 inches last weekend. Senior **Jasmine McMullin** is also the favorite with the GNAC's top mark in the triple jump (40-3.25). Two-time champ discus **Megan Mortensen** enters with the league's third best mark in the event.

The defending national runner-up in the javelin, **Bethany Drake**, will look for her first GNAC title and enters the meet with NCAA automatic qualifier of 166 feet, 5 inches. Senior **Brittany Grant** leads the league in the steeplechase (10:32.60) and is fifth in the 1,500 meters (4:30.15).

Concordia senior **McKenzie Warren** has set GNAC records this season in both the shot put (56-7.5) and the discus (169-3). She is competing in her first GNAC outdoor championship. Warren also held the hammer record until that was broken by teammate **Christina MacDonald** last weekend with her throw of 187 feet, 2 inches. MacDonald is also second in the GNAC in the shot put and eighth in the javelin. Sophomore **Tori Johnson** will make another run at the high jump after placing second as a freshman.

The majority of Western Oregon's points are expected to come in the middle distances. Sophomore **Olivia Woods** is ninth in Division II in the 800 meters at 2:08.46. Junior **Megan Rose** is 15th at 2:09.05 while junior **Suzie Van De Grift** has NCAA provisional qualifying marks in both the 800 (2:09.47) and the 1,500 (4:31.95). The Wolves also have a trio of provisional qualifiers in the javelin, led by junior **Amanda Short** and her No. 10 mark of 148 feet, 7 inches.

Saint Martin's returns one champion in senior **Kirby Neale**, who enters with the third best mark in the hammer at 183 feet, 6 inches. The Saints have two provisional qualifiers in the javelin. Sophomore **Jona Spiller** is eighth in Division II at 183 feet, 6 inches, while junior **Deanna Avalos** is 14th at 146 feet, 8 inches.

Northwest Nazarene's best title chances come from sophomore **Lexi Tubbs**. The indoor 60-meter hurdles champion is third in the GNAC this season in the 100-meter hurdles at 14.31 seconds. Sophomore **Ellie Logan** will be in the mix in the javelin with the seventh best mark in the GNAC at 146 feet, 3 inches.

Montana State Billings will put most of its scoring chances in freshman **Michaela Johnson**, who enters the meet with fifth best mark in the GNAC in the 100-meter hurdles (15.02).

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 Qualifiers For NCAA Outdoor Championships

MEN'S AUTOMATIC QUALIFIERS AS OF MAY 9, 2017

Event	Athlete	Mark	Rank	Date
1,500 Meters	David Ribich, WOU	3:41.45	1st	4/28/17
10,000 Meters	Dominik Notz, UAA	29:12.23	6th	4/13/17
Pole Vault	Payton Lewis, NNU	5.25/17-2.75	2nd	3/31/17

MEN'S PROVISIONAL QUALIFIERS AS OF MAY 9, 2017

Event	Athlete	Mark	Rank	Date
100 Meters	Sam Zook, MSUB	10.45	T-20th	4/3/17
200 Meters	Sam Zook, MSUB	21.11	T-19th	4/8/17
400 Meters	Daniel Kelloway, SFU	47.80	43rd	4/21/17
	Vladislav Tsygankov, SFU	47.94	T-49th	3/25/17
800 Meters	David Ribich, WOU	1:49.41	4th	3/31/17
	AJ Holmberg, WOU	1:51.60	24th	4/13/17
1,500 Meters	Dustin Nading, WOU	3:47.17	15th	4/28/17
5,000 Meters	Dominik Notz, UAA	14:00.86	6th	3/31/17
	Edwin Kangogo, UAA	14:24.08	26th	3/31/17
10,000 Meters	Edwin Kangogo, UAA	30:06.20	20th	4/13/17
400m Hurdles	Vladislav Tsygankov, SFU	51.48	8th	3/31/17
Steeplechase	Edwin Kangogo, UAA	8:56.65	8th	5/6/17
	Christoph Sander, UAA	9:09.94	32nd	3/31/17
	Kaleb Korta, UAA	9:14.51	39th	4/21/17
	Andrew Wise, WWU	9:16.39	43rd	4/13/17
4x400 Relay	Alaska Anchorage	3:12.29	14th	4/13/17
High Jump	Mikel Smith, SMU	2.11/6-11	T-9th	5/5/17
	Tevin Gladden, UAA	2.05/6-8.75	T-29th	3/17/17
	Cole Hoberg, NNU	2.05/6-8.75	T-29th	4/8/17
	Mikel Smith, SMU	2.05/6-8.75	T-29th	4/22/17
	Micah Tranch, NNU	2.03/6-8	T-44th	5/1/17
Pole Vault	Jared Webster, NNU	4.90/16-0.75	T-26th	4/7/17
	Gordie Kordas, WWU	4.80/15-9	T-41st	5/5/17
Long Jump	Alani Troutman, WOU	7.28/23-10.75	T-31st	4/14/17
Triple Jump	Wesley Gray, WOU	14.85/48-8.75	29th	4/13/17
	Vladislav Tsygankov, SFU	14.80/48-6.75	32nd	4/26/17
Shot Put	Brandon Pless, WWU	16.15/53-00	44th	3/31/17
Discus	Caleb Bridge, CU	55.68/182-8	5th	4/22/17
	Jakob Chamberlin, CU	53.20/174-6	13th	4/7/17
	Armando Tafoya, CWU	51.10/167-8	23rd	5/5/17
Hammer	Armando Tafoya, CWU	58.91/193-3	25th	4/29/17
	Kauanoë Vanderpoel, SMU	56.92/186-9	37th	3/17/17
	Mitch Wilkens, SMU	55.37/181-8	45th	3/17/17
	Brandon Pless, WWU	54.98/180-4	52nd	3/17/17
	Peter Behncke, SFU	53.78/176-5	53rd	3/24/17
Javelin	Alex Barry, WWU	62.30/204-5	22nd	4/13/17
	Beau Ackerman, MSUB	60.16/197-4	30th	4/8/17
Decathlon	Payton Lewis, NNU	6,815	18th	5/2/17
	Travis Turner, UAA	6,761	19th	3/17/17
	Kodiak Landis, CWU	6,677	20th	5/2/17
	David Sramek, UAA	6,381	31st	3/17/17
	Michael Forster, CWU	6,280	39th	5/2/17

WOMEN'S AUTOMATIC QUALIFIERS AS OF MAY 9, 2017

Event	Athlete	Mark	Rank	Date
Pole Vault	Anna Paradee, WWU	4.01/13-1.75	6th	5/5/17
Javelin	Bethany Drake, WWU	50.72/166-5	2nd	4/28/17
Heptathlon	Karolin Anders, UAA	5,180	5th	3/18/17

WOMEN'S PROVISIONAL QUALIFIERS AS OF MAY 9, 2017

Event	Athlete	Mark	Rank	Date
100 Meters	Katherine Lucas, SFU	11.82	28th	4/14/17
	Jamie Ashcroft, UAA	11.89	T-39th	4/13/17
200 Meters	Valda Kabia, SFU	24.13	20th	4/13/17
	Katherine Lucas, SFU	24.42	T-40th	4/13/17
400 Meters	Vanessa Aniteye, UAA	55.11	20th	4/14/17
	Chantel Desch, SFU	55.16	22nd	4/21/17
	Lani Taylor, SPU	55.84	T-33rd	4/14/17
800 Meters	Danielle McCormick, UAA	2:07.60	4th	3/31/17
	Addy Townsend, SFU	2:07.99	6th	5/6/17
	Olivia Woods, WOU	2:08.46	9th	3/31/17
	Alana Mussatto, SFU	2:08.79	12th	3/31/17
	Megan Rose, WOU	2:09.05	15th	4/28/17
	Sophie Dodd, SFU	2:09.11	T-18th	5/6/17
	Paige Nock, SFU	2:09.17	20th	3/31/17
	Suzie Van De Grift, WOU	2:09.47	22nd	4/13/17
	Tamara Perez, UAA	2:11.57	34th	3/31/17
	Chynna Phan, SPU	2:12.02	39th	4/13/17
	Julia Howley, SFU	2:13.07	55th	4/8/17
1,500 Meters	Julia Howley, SFU	4:25.45	10th	4/13/17
	Addy Townsend, SFU	4:28.36	15th	3/31/17
	Mary Charleson, SPU	4:29.53	20th	4/28/17
	Miryam Bassett, SFU	4:30.01	23rd	5/6/17
	Brittany Grant, WWU	4:30.15	24th	4/13/17
	Suzie Van De Grift, WOU	4:31.95	31st	3/31/17
	Paige Nock, SFU	4:32.44	36th	3/25/17
5,000 Meters	Mary Charleson, SPU	16:41.59	14th	3/31/17
	Sarah Macdonald, SPU	17:17.21	T-54th	4/28/17
	Alexa Shindruk, CWU	17:21.35	64th	4/29/17
10,000 Meters	Zannah Jephumba, UAA	36:11.04	25th	3/31/17
	Alexa Shindruk, CWU	36:41.77	42nd	4/7/17
	Stephanie Rexus, CWU	36:45.37	44th	3/31/17
100m Hurdles	Diana Voloshin, SFU	14.03	29th	3/31/17
	Mariah Vongsaveng, CWU	14.09	T-35th	5/5/17
400m Hurdles	Emily Bland, CWU	1:01.34	30th	5/5/17
	Ali Anderson, CWU	1:01.40	34th	5/5/17
	Yvonne Jeschke, UAA	1:02.30	53rd	4/21/17
Steeplechase	Brittany Grant, WWU	10:32.60	15th	3/31/17
	Mariah Burroughs, UAA	10:38.44	22nd	3/31/17
4x100 Relay	Simon Fraser	46.19	T-16th	5/6/17
	Alaska Anchorage	46.37	22nd	4/21/17
	Central Washington	46.83	46th	4/22/17
4x400 Relay	Alaska Anchorage	3:41.93	8th	3/31/17
	Simon Fraser	3:45.50	21st	5/6/17
	Central Washington	3:45.52	22nd	3/31/17
High Jump	Karolin Anders, UAA	1.73/5-8	T-13th	4/21/17
	Scout Cai, SPU	1.68/5-6	T-30th	5/1/17
	Tori Johnson, CU	1.68/5-6	T-30th	3/25/17
Pole Vault	McKenna Emmert, CWU	3.70/12-1.5	T-27th	3/31/17
	Scout Cai, SPU	3.62/11-10.5	43rd	4/13/17
Long Jump	Kyra Brannan, SPU	5.97/19-7	20th	4/13/17
Triple Jump	Jasmine McMullin, WWU	12.27/40-3.25	19th	4/13/17
	Ella Brown, SFU	12.01/39-5	35th	4/28/17
Shot Put	McKenzie Warren, CU	17.26/56-7.5	1st	3/25/17
	Christina MacDonald, CU	13.97/45-10	T-34th	3/18/17
Discus	McKenzie Warren, CU	51.59/169-3	7th	3/25/17
Hammer	Christina MacDonald, CU	57.05/187-2	15th	5/5/17
	McKenzie Warren, CU	56.65/185-10	14th	4/1/17
	Kirby Neale, SMU	55.93/183-6	18th	4/7/17
	Tasha Willing, CU	55.19/181-1	20th	4/7/17
Javelin	Angelique Whistocken, CWU	45.62/149-8	6th	4/22/17
	Jona Spiller, SMU	45.40/148-11	8th	4/28/17
	Amanda Short, WOU	45.28/148-7	10th	3/4/17
	Sammi Markham, SPU	44.78/146-11	12th	4/28/17
	Deanna Avalos, SMU	44.70/146-8	14th	4/28/17
	Ellie Logan, NNU	44.58/146-3	15th	4/28/17
	Sheila Limas De La Cruz, WOU	44.14/144-10	18th	4/28/17
	Christina MacDonald, CU	43.80/143-8	19th	5/6/17
	Rachael Huffman, WOU	42.42/139-2	27th	5/6/17
	Claire Palmiter, SMU	41.53/136-3	34th	5/5/17
Heptathlon	Scout Cai, SPU	4,894	20th	5/2/17
	Brooke Benner, SPU	4,579	41st	5/2/17
	Kaylie Greninger, WWU	4,570	43rd	5/2/17
	HarLee Ortega, CWU	4,558	45th	5/2/17
	Yvonne Jeschke, UAA	4,520	48th	5/2/17
	Elena Cano, UAA	4,518	49th	5/2/17
	Ali Anderson, CWU	4,517	50th	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
Apr. 25	—	—
May 2	—	25th
May 10	—	24th

USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of May 10, 2017 (Week 8)

Rk	School	Pts.	Prev.
1.	Ashland	167.88	1
2.	Chico State	163.80	2
3.	Lincoln (Mo.)	155.75	7
4.	Adams State	148.41	3
5.	Shorter	131.78	4
6.	Saint Augustine's	123.96	5
7.	Tiffin	117.15	6
8.	Missouri Southern	111.84	8
9.	Texas A&M-Commerce	109.75	13
10.	Grand Valley State	101.95	9
11.	Central Missouri	100.54	12
12.	Angelo State	100.34	10
13.	Academy of Art	93.65	11
14.	West Texas A&M	80.59	14
15.	Eastern New Mexico	65.55	22
16.	Fresno Pacific	57.41	15
17.	Pittsburg State	56.74	16
18.	Minnesota State	54.44	17
19.	Azusa Pacific	49.54	18
20.	Texas A&M-Kingsville	48.47	21
21.	Shippensburg	45.79	20
22.	Limestone	43.35	19
23.	Fort Hays State	40.18	32
24.	Western Oregon	39.98	25
25.	Johnson C. Smith	39.90	23

USTFCCCA WEST REGION TEAM INDEX as of May 10, 2017 (Week 8)

Rk	School	Pts.	Prev.
1.	Chico State	598.56	1
2.	Azusa Pacific	405.93	2
3.	UC San Diego	300.91	3
4.	Academy of Art	273.17	4
5.	Fresno Pacific	235.46	5
6.	Cal Poly Pomona	222.21	7
7.	Stanislaus State	207.23	8
8.	Alaska Anchorage	204.46	6
9.	Western Oregon	159.60	9
10.	Northwest Nazarene	144.26	10

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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	—	—	—
Apr. 25	18th	—	—	—
May 2	24th	—	—	—

USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of May 10, 2017 (Week 8)

Rk	School	Pts.	Prev.
1.	West Texas A&M	197.80	1
2.	Pittsburg State	176.17	2
3.	Angelo State	121.65	4
4.	Adams State	115.92	3
5.	Grand Valley State	109.86	5
6.	Western State	109.15	6
7.	Chadron State	96.55	7
8.	Minnesota Duluth	89.63	8
9.	Humboldt State	89.34	15
10.	Texas A&M-Kingsville	84.51	11
11.	San Francisco St.	81.33	16
12.	Saint Augustine's	80.63	9
13.	Chico State	77.70	12
14.	Johnson C. Smith	74.92	10
15.	Findlay	68.11	14
16.	Lincoln (Mo.)	67.76	19
17.	Shippensburg	62.47	13
18.	Southwest Baptist	61.55	28
19.	Mary	58.39	23
20.	Hillsdale	55.55	25
21.	Wayne State (Neb.)	54.71	20
22.	Fort Hays State	52.20	18
23.	Minnesota State	52.20	18
24.	Academy of Art	51.17	17
25.	Cedarville	49.59	24

USTFCCCA WEST REGION TEAM INDEX as of May 10, 2017 (Week 8)

Rk	School	Pts.	Prev.
1.	Chico State	333.71	2
2.	San Francisco St.	281.93	4
3.	Azusa Pacific	276.42	1
4.	Humboldt State	259.37	6
5.	Academy of Art	253.69	3
6.	Simon Fraser	239.19	5
7.	Central Washington	198.34	8
8.	Alaska Anchorage	193.98	7
9.	Cal Baptist	186.59	12
10.	Seattle Pacific	179.34	9

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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	3:41.45	David Ribich, Western Oregon (2017)
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	55.68/182-8	Caleb Bridge, Concordia (2017)
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	46.19	Simon Fraser (2017)
4x400 Relay	3:41.93	Alaska Anchorage (2017)
High Jump	1.78/5-10	Teona Perkins, Seattle Pacific (2007)
Pole Vault	4.01/13-17.5	Anna Paradee, Western Washington (2017)
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	57.05/187-2	Christina MacDonald, 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 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 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 Veal, 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.

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 Panasauk,

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

NUU 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

Fri., Apr. 21

Trudnowski Open

at Vagilante Field, Helena, Mont.

Women's Team Scores: Carroll (Mont.) 110, Montana State Billings 39, Great Falls 27, Rocky Mountain 7, Montana Western 2.

Women (Top 3 GNAC Finishers): 100 Meters - 3, Michaela Johnson, MSUB, 12.78. 200 Meters - 3, Brenna Beckett, MSUB, 27.35. 1,500 Meters - 3, Rio Frame, MSUB, 5:08.47. 100m Hurdles - 1, Michaela Johnson, MSUB, 15.42; 2, Janessa Williams, MSUB, 16.03. 4x100 Relay - 2, Montana State Billings, 54.15. High Jump - 2, Jamie Orme, 4-11; 3, Halie Warren, MSUB, 4-7. Triple Jump - 2, Janessa Williams, MSUB, 35-5.25; 3, Brenna Beckett, MSUB, 34-1.25. Shot Put - 2, Hailey Steinbeisser, MSUB, 37-4.25; 3, Abbie Lohof, MSUB, 34-6.75. Discus - 1, Taylor Stringari, MSUB, 117-5; 2, Kassadee Kuoha, MSUB, 116-8.

Men's Team Scores: Carroll (Mont.) 92, Montana State Billings 39, Great Falls 22, Montana Western 11, Rocky Mountain 8.

Men (Top 3 GNAC Finishers): 800 Meters - 3, Mark Hovland, MSUB, 2:02.63. 1,500 Meters - 1, Jorey Egeland, MSUB, 4:07.72; 2, Josh Panasuk, MSUB, 4:16.74. 5,000 Meters - 2, Garrett Love, MSUB, 15:51.88. 10,000 Meters - 3, Ivan Colmanero, MSUB, 33:51.01. 4x400 Relay - 3, Montana State Billings, 3:35.47. High Jump - 1, Chuck Carr, MSUB, 6-2.75; 2, Isaiah Girard, MSUB, 6-0.75. Long Jump - 1, Chuck Carr, MSUB, 20-10.5; 2, Isaiah Girard, MSUB, 20-0.5; 3, Austin Lindquist, MSUB, 20-0.25. Shot Put - 3, Beau Peaslee, MSUB, 44-0.5.

Sat., Apr. 22

CWU Spike Arlt Invitational

at Tomlinson Stadium, Ellensburg, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Madison Garcia, CWU, 12.54; 2, Becca Houk, SPU, 13.01; 3, Katie Hawley, CWU, 13.11. 200 Meters - 1, Tianna Banfro, CWU, 25.02; 2, Lani Taylor, SPU, 25.29; 3, Savannah Smith, WWU, 25.40. 400 Meters - 1, Grace Hamre, SMU, 57.00; 2, Emily Sytsma, WWU, 58.30; 3, Olivia Gabriel, SPU, 58.85. 800 Meters - 1, Waverly Shreffler, WWU, 2:20.68; 2, Brenna Liebel, CWU, 2:22.08. 1,500 Meters - 1, Aundrea Koger, WWU, 4:56.13; 2, Claire McCloskey, SMU, 4:57.07; 3, Yadira Lopez, SMU, 4:58.40. 3,000 Meters - 1, Alexa Shindruk, CWU, 10:09.56; 2, Stephanie Rexus, CWU, 10:19.32; 3, Sophia Galvez, WWU, 10:33.53. 100m Hurdles - 1, Lexi Tubbs, NNU, 14.55; 2, Mariyah Vongsaveng, WWU, 14.65; 3, Emily Bland, CWU, 15.17. 400m Hurdles - 2, Emily Bland, CWU, 1:02.45; 3, Alexi Whatley, SMU, 1:03.56. Steeplechase - 1, Lindsey Dorsey, SMU, 12:27.71; 2, Katie Tyburczy, WWU, 13:24.10. 4x100 Relay - 1, Central Washington, 46.83; 2, Northwest Nazarene, 49.34; 3, Saint Martin's, 49.91. 4x400 Relay - 1, Seattle Pacific, 3:53.86; 2, Central Washington, 3:58.22; 3, Saint Martin's, 4:03.76. High Jump - 1, Geneva Lehnert, SPU, 5-1.25; 2, Katie Conklin, NNU, 5-1.25; 3, Kawena Warren, NNU, 5-1.25. Pole Vault - 1, McKenna Emmert, CWU, 11-11.75; 2, Rachael Roberts, WWU, 11-5.75; 3, Jewels Oliquiano, WWU, 10-11.75. Long Jump - 2, Juliana Joy, CWU, 16-8; 3, Nice Loufoua, NNU, 16-7.25. Triple Jump - 1, Brooke Williams, CWU, 36-11; 2, Jackie Mahowald, NNU, 36-8.25; 3, Katie Conklin, NNU, 35-8.5. Shot Put - 1, Sammi Markham, SPU, 42-5.25; 2, Aiyana Homer, CWU, 41-10.75; 3, Samantha La Rue, CWU, 41-4.5. Discus - 1, Megan Mortensen, WWU, 143-7; 2, Megan Vernoy, SMU, 129-0; 3, Aiyana Homer, CWU, 126-8. Hammer - 1, Kirby Neale, SMU, 181-8; 2, Aiyana Homer, CWU, 159-1; 3, Liz Larson, SMU, 156-10. Javelin - 1, Angelique Whistocken, CWU, 149-8; 2, Deanna Avalos, SMU, 137-10; 3, Ellie Logan, NNU, 136-10.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Kyler Ooley, CWU, 10.90; 3, Logan Blake, NNU, 11.19. 200 Meters - 1, Ebu Camara, NNU, 21.69; 3, Jackson Hand, SMU, 22.27. 400 Meters - 1, Ebu Camara, NNU, 48.38; 2, Daniel Calderon, CWU, 49.17; 3, Doc Porter, CWU, 49.44. 800 Meters - 1, Ron Leaf, CWU, 1:56.91; 2, Enrique Gomez, WWU, 1:57.40; 3, Ben Crowell, WWU, 1:58.46. 1,500 Meters - 1, Kaleb Javier, CWU, 4:02.81; 2, Liam Cossette, WWU, 4:03.39; 3, Aaron Rainboth, CWU, 4:07.70. 3,000 Meters - 1, Josh Boston, CWU, 8:56.35; 3, Gabe Fisher, NNU, 9:08.57. 10,000 Meters - 1, Nick Hamilton, NNU, 32:51.56. 110m Hurdles - 3, Micah Spatz, NNU, 15.48. 400m Hurdles - 2, Trevaughn Scott, CWU, 53.77; 3, Micah Spatz, NNU, 57.15. Steeplechase - 1, Levi Schilter, SMU, 10:26.96; 2, Taryk Boyd, CWU, 10:37.51. 4x100 Relay - 1, Northwest Nazarene, 41.45; 2, Central Washington, 41.95; 3, Saint Martin's, 42.67. 4x400 Relay - 1, Central Washington, 3:19.59; 2, Northwest Nazarene, 3:21.64; 3, Western Washington, 3:23.53. High Jump - 1, Mikel Smith, SMU, 6-8.75; 2, Micah Tranch, NNU, 6-4.75. Pole Vault - 1, Phillip Gwin, NNU, 14-9; 2, Bryan Cadena, CWU, 14-9; 3, Craig Boyle, SMU, 14-3.25. Long Jump - 2, Peyton Harris, SPU, 22-3.75; 3, Anthony Manago, SMU, 22-2.5. Triple Jump - 3, Grant Scarlett, CWU, 42-4. Shot Put - 1, Armando Tafoya, CWU, 51-9; 2, Brandon Pless, WWU, 50-9.25. Discus - 1, Armando Tafoya, CWU, 163-7; 2, Brandon Pless, WWU, 160-8. Hammer - 1, Armando Tafoya, CWU, 185-4; 2, Kauanoe Vanderpoel, SMU, 182-8; 3, Mitch Wilkens, SMU, 179-3. Javelin - 1, Alex Barry, WWU, 199-1; 3, Costel David, WWU, 175-10.

2017 GNAC Outdoor Meet Summaries

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

Triton Invitational

at Triton Track & Field Stadium, La Jolla, Calif.

Women's Team Scores: UC San Diego 124, Azusa Pacific 99, Alaska Anchorage 91, Concordia 42, Nike 36, Cal State San Marcos 36, Cal State San Bernardino 32, Simon Fraser 27, Point Loma 25, Central Arizona 24, Adidas 20, Bentley 19, Sherbrooke 13, Canada 10, Mexico 10, Natural Fitness 10, Cety 10.

Women (Top 3 GNAC Finishers): 400 Meters - 2, Chantel Desch, SFU, 55.16. Steeplechase - 1, Mariah Burroughs, UAA, 10:53.61; 3, Emma Chelimo, UAA, 11:16.52. 4x100 Relay - 1, Alaska Anchorage, 46.37; 2, Simon Fraser, 46.46. High Jump - 1, Karolin Anders, UAA, 5-8. Shot Put - 2, Christina MacDonald, CU, 43-3.

Men's Team Scores: UC San Diego 103, Azusa Pacific 71, Pima CC 51, Alaska Anchorage 45, Concordia 34, Cal State San Marcos 22.5, Nike 20, High Performance West 18, Central Arizona 18, Universite Laval 18, Mexico 15.5, Brazil 13, Western New Mexico 11, Evo Track Club 10, Brooks/Evo Trakc Club, Anahuac Norte University 10, Zihatuletas 10, Sketchers Performance 10, Simon Fraser 9, Sherbrooke 9.

Men (Top 3 GNAC Finishers): Steeplechase - 3, Edwin Kangogo, UAA, 9:10.31. 4x400 Relay - 1, Alaska Anchorage, 3:19.96. Pole Vault - 3, David Sramek, UAA, 13-11.25. Shot Put - 3, Caleb Bridge, CU, 55-6.25. Discus - 3, Caleb Bridge, CU, 182-8.

Fri., Apr. 28

Montana Open

at University of Montana, Missoula, Mont.

Women (Top 3 GNAC Finishers): 100m Hurdles - 2, Michaela Johnson, MSUB, 14.76. 400m Hurdles - 3, Josey Smiedala, MSUB, 1:06.30. Steeplechase - 3, Nikki Aiken, MSUB, 11:48.06. 4x100 Relay - 2, Montana State Billings A, 49.18; 3, Montana State Billings B, 53.32.

Men (Top 3 GNAC Finishers): 100 Meters - 3, Braden Rykal, MSUB, 11.12. 200 Meters - 2, Sam Zook, MSUB, 21.47. Steeplechase - 1, Jorey Egeland, MSUB, 9:25.23. 4x100 Relay - 1, Montana State Billings, 42.34. High Jump - 2, Isaiah Girard, MSUB, 6-6. Triple Jump - 3, Marcus Lindquist, MSUB, 44-5.25.

Fri., Apr. 28 - Sat., Apr. 29

OSU High Performance Meet

at Whyte Track & Field Center, Corvallis, Ore.

Women (Top 3 GNAC Finishers): Discus - 3, McKenzie Warren, CU, 157-8. Hammer - 2, McKenzie Warren, CU, 184-4.

Men (Top 3 GNAC Finishers): 200 Meters - 3, Carlos Ortiz, CU, 22.07. 400 Meters - 2, Aaron Whitaker, WOU, 47.96. 1,500 Meters - 1, David Ribich, WOU, 3:41.45. 4x100 Relay - 2, Concordia, 41.56. High Jump - 2, Mikel Smith, SMU, 6-8.25. Triple Jump - 2, Wesley Gray, WOU, 48-2.5. Shot Put - 3, Caleb Bridge, CU, 57-3. Hammer - 3, Kegan Allen, WOU, 174-1.

Idaho/Utah Border Clash

at Ed Jacoby Track, Boise, Idaho

Women (Top 3 GNAC Finishers): 100 Meters - 1, Taylor Deskins, NNU, 12.40. 200 Meters - 1, Taylor Deskins, NNU, 25.67; 2, Lexi Tubbs, NNU, 25.69; 3, McKenna Conley, NNU, 26.50. 400 Meters - 2, McKenna Conley, NNU, 59.39. 100m Hurdles - 1, Lexi Tubbs, NNU, 14.41; 2, Kawena Warren, NNU, 15.48. 400m Hurdles - 2, Janessa Dyk, NNU, 1:04.68. Steeplechase - 1, Sierra Manzer, NNU, 11:45.18. 4x400 Relay - 3, Northwest Nazarene, 4:06.15. High Jump - 2, Rachel Bartlow, NNU, 5-3.25. Long Jump - 3, Katie Conklin, NNU, 17-5.25. Triple Jump - 1, Jackie Mahowald, NNU, 37-7.25; 2, Nice Loufoua, NNU, 36-4.75. Javelin - 1, Ellie Logan, NNU, 146-3.

Men (Top 3 GNAC Finishers): 2, Ebu Camara, NNU, 10.64. 200 Meters - 2, Ebu Camara, NNU, 21.52. 400 Meters - 2, Logan Blake, NNU, 50.03. 110m Hurdles - 2, Micah Spatz, NNU, 15.03. 400m Hurdles - 2, Micah Spatz, NNU, 55.62. Steeplechase - 2, Nick Hamilton, NNU, 9:58.14. 4x100 Relay - 1, Northwest Nazarene, 42.57. High Jump - 1, Cole Hoberg, NNU, 6-10.75. Pole Vault - 1, Payton Lewis, NNU, 17-2.75. Long Jump - 3, Nathan Moore, NNU, 21-2. Triple Jump - 3, JB Bermudez-Koch, NNU, 37-6.75.

Sat., Apr. 29

Ralph Vernnachia Open

at Civic Stadium, Bellingham, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Katherine Lucas, SFU, 12.11; 3, Kelsey McLean, WWU, 12.58. 200 Meters - 1, Valda Kabia, SFU, 24.58; 2, Diana Voloshin, SFU, 25.61; 3, Lani Taylor, SPU, 25.69. 400 Meters - 1, Savannah Smith, WWU, 57.56; 2, Emily Sytsma, WWU, 57.80; 3, Emily Bland, CWU, 58.79. 800 Meters - 2, Sophie Dodd, SFU, 2:11.16; 3, Alana Mussatto, SFU, 2:11.32. 1,500 Meters - 1, Addy Townsend, SFU, 4:30.36; 2, Miryam Bassett, SFU, 4:30.44; 3, Reta Dobie, SFU, 4:35.59. 5,000 Meters - 1, Alexa Shindruk, CWU, 17:21.35; 2, Stephanie Rexus, 17:24.92. 10,000 Meters - 2, Yeshi Vaughan, SMU, 41:22.63. 100m Hurdles - 1, Mariyah Vongsaveng, CWU, 14.67; 2, Diana Voloshin, SFU, 14.83. 400m Hurdles - 3, Deja Svastisalee, WWU, 1:04.84. Steeplechase - 1, Brittany Grant, WWU, 10:49.78. 4x100 Relay - 1, Simon Fraser, 46.75; 2, Western Washington, 47.74. 4x400 Relay - 1, Simon Fraser, 3:47.00; 2, Seattle Pacific, 3:51.34; 3, Central Washington, 4:03.52. High Jump - 1, Miranda Osadchey, WWU, 5-4.25; 2, Mackenzie Stewart, SFU, 5-4.25; 3, Tiffany Pott, SMU, 5-3.35. Pole Vault - 1, Anna Paradee, WWU, 12-8; 3, Jewels Oliquiano, WWU, 11-8. Long Jump - 1, Jasmine McMullin, WWU, 18-5.75; 2, Kye Fedor, SFU, 17-4.75; 3, Natasha Lazecki, SFU, 17-3.75. Triple Jump - 1, Ella Brown, SFU, 39-5; 2, Jasmine McMullin, WWU, 38-1.5; 3, Brooke Williams, CWU, 37-7.75. Shot Put - 2, Sammi Markham, SPU, 41-8.75. Discus - 1, Megan Mortensen, WWU, 143-0; 2, Megan Vernoy, SMU, 137-4; 3, Aiyana Homer, CWU, 128-1. Hammer - 3, Kirby Neale, SMU, 163-6. Javelin - 2, Bethany Drake, WWU, 166-5; 3, Sammi Markham, SPU, 146-11.

Men (Top 3 GNAC Finishers): 100 Meters - 3, Nathan Mah, SFU, 10.69. 200 Meters - 1, Daniel Kelloway, SFU, 22.20; 3, Nathan Mah, SFU, 22.31. 400 Meters - 2, Ryan McArthur, WWU, 48.93; 3, Daniel Calderon, CWU, 49.61. 800 Meters - 1, Dylan Freinhofer, SFU, 1:53.25. 3,000 Meters - 2, Brendan Wong, SFU, 8:45.47; 3, Oliver Jorgensen, SFU, 8:55.70. 5,000 Meters - 2, Josiah Shelman, SMU, 14:59.80; 3, Dylan Hayes, WWU, 15:06.46. 10,000 Meters - 2, Joseph Walker, SPU, 34:28.58. 110m Hurdles - 2, Peyton Harris, SPU, 15.49. 4x100 Relay - 1, Western Washington, 43.28. 4x400 Relay - 1, Central Washington, 3:23.43; 2, Western Washington, 3:24.14; 3, Seattle Pacific, 3:29.43. High Jump - 2, Othniel Spence, SFU, 6-0. Pole Vault - 1, Jacob Hino, WWU, 15-0.25; 3, Bryan Cadena, WWU, 14-6.25. Long Jump - 1, Kevin Yates, WWU, 23-2.75; 3, Somit Chhim, WWU, 21-11. Triple Jump - 1, Zach Whittaker, CWU, 46-11.75; 3, Chris Roa, CWU, 41-6.5. Shot Put - 1, Brandon Pless, WWU, 51-8.5; 3, Armando Tafoya, CWU, 49-1.75. Discus - 3, Brandon Pless, WWU, 159-3. Hammer - 1, Armando Tsfoya, CWU, 193-3; 2, Mitch Wilkens, SMU, 180-9; 3, Peter Behncke, SFU, 17-93. Javelin - 2, Alex Barry, WWU, 202-4.

2017 GNAC Outdoor Meet Summaries

Mon., May 1 - Tues., May 2

GNAC Combined Event Championships

at Bohner Track, Nampa, Idaho

Heptathlon: 1, Karolin Anders, UAA, 5,032. 2, Scout Cai, SPU, 4,894. 3, Brooke Benner, SPU, 4,579. 4, Kaylie Greninger, WWU, 4,570. 5, HarLee Ortega, CWU, 4,558. 6, Yvonne Jeschke, UAA, 4,520. 7, Elena Cano, UAA, 4,518. 8, Ali Anderson, CWU, 4,439. 9, Katie Conklin, NNU, 4,439. 10, Geneva Lehnert, SPU, 4,019. 11, Shaddia Meadows, CWU, 3,776. 12, Lauren Duval, NNU, 3,673. 13, Tiffany Pott, SMU, 3,551.14, Emily Griffith, WOU, 3,486.

Decathlon: 1, Payton Lewis, NNU, 6,815. 2, Travis Turner, UAA, 6,688. 3, Kodiak Landis, CWU, 6,677. 4, Giovanni Brown, CU, 6,420. 5, James Phillips, CU, 6,316. 6, Michael Forster, CWU, 6,280. 7, David Sramek, UAA, 5,777. 8, Blaine Kreutz, NNU, 5,675. 9, Micah Tranch, NNU, 5,267.

Fri., May 5

Dickinson State Last Chance

at Henry Biesiot Activities Center, Dickinson N.D.

Women (Top 3 GNAC Finishers): High Jump - 3, Haile Warren, MSUB, 5-3. Long Jump - 2, Brenna Beckett, MSUB, 16-10.5. Shot Put - 3, Abbie Lohof, MSUB, 34-7.75. Discus - 2, Hailey Steinbeisser, MSUB, 116-11; 3, Abbie Lohof, MSUB, 116-8. Javelin - 2, Hailey Steinbeisser, MSUB, 111-10.

Men (Top 3 GNAC Finishers): High Jump - 1, Isaiah Girard, MSUB, 6-4.25.

Oregon Twilight

at Hayward Field, Eugene, Ore.

Women (Top 3 GNAC Finishers): 400 Meters - 2, Grayson Burke, WOU, 58.67. 4x100 Relay - 2, Western Oregon, 49.68. Shot Put - 1, McKenzie Warren, CU, 54-4.5.

Men (Top 3 GNAC Finishers): 1,500 Meters Invitational - 1, David Ribich, WOU, 3:45.01. 1,500 Meters B Section - 1, Dustin Nading, WOU, 3:50.24. 4x100 Relay - 3, Western Oregon, 42.23. Pole Vault - 3, Gordie Kordas, WWU, 15-9. Long Jump - 3, Alani Troutman, WOU, 22-5.75. Triple Jump - 3, Wesley Gray, WOU, 45-10.

CWU Final Qualifier

at Nicholson Stadium, Ellensburg, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Madison Garcia, CWU, 12.10; 2, Diamond Martin, CWU, 12.57. 200 Meters - 1, Tianna Banfro, CWU, 25.29; 2, Madison Garcia, CWU, 25.42. 800 Meters - 1, Lisa Olander, CWU, 2:36.71; 2, Tera Beyerlein, CWU, 2:45.14. 1,500 Meters - 1, Alexa Shindruk, CWU, 4:54.34; 2, Stephanie Rexus, CWU, 5:00.70. 100m Hurdles - 1, Mariyah Vongsaveng, CWU, 14.09; 2, HarLee Ortega, CWU, 14.87; 3, Emily Bland, CWU, 15.30. 400m Hurdles - 1, Jenna Jeffs, CWU, 1:17.92. Pole Vault - 2, McKenna Emmert, CWU, 11-8. Long Jump - 1, Brooke Williams, CWU, 17-8.25; 2, Juliana Joy, CWU, 17-7; 3, Rose Walts, CWU, 17-2.25. Triple Jump - 1, HarLee Ortega, CWU, 37-6.75. Discus - 3, Angela Mumford, CWU, 132-3. Javelin - 3, Angelique Whistocken, CWU, 127-10.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Kent McKinney, CWU, 10.98; 3, Garret Steuk, CWU, 11.00. 200 Meters - 1, Daniel Calderon, CWU, 22.97; 3, Hunter Titus, CWU, 24.55. 800 Meters - 3, Kieran Sprague, CWU, 2:16.82. 1,500 Meters - 2, Josh Boston, CWU, 4:23.62; 3, Matt Conrardy, CWU, 4:26.56. 100m Hurdles - 1, Ryan Gunther, CWU, 15.26; 2, Trevaughn Scott, CWU, 15.63. Steeplechase - 2, Taryk Boyd, CWU, 10:20.25; 3, Grant Mackey, CWU, 10:26.73. Pole Vault - 1, Berlie Walker, CWU, 14-3.25; 2, Zane Irvine, CWU, 14-3.25; 3, Bryan Cadena, CWU, 13-9.25. Long Jump - 1, Grant Scarlett, CWU, 22-3; 2, Zach Whittaker, CWU, 22-0.75. Hammer - 2, Armando Tafuya, CWU, 176-6. Javelin - 1, Griffey Lytle, CWU, 177-7; 2, Tyree Rutter, CWU, 171-1; 3, Michael Chavez, CWU, 167-9.

Fri., May 5 - Sat., May 6

Linfield Open

at Maxwell Field, McMinnville, Ore.

Women (Top 3 GNAC Finishers): 400 Meters - 1, Olivia Woods, WOU, 57.19; 2, Megan Rose, WOU, 57.89. 800 Meters - 2, Grayson Burke, WOU, 2:21.21. 100m Hurdles - 3, Chase Stephens, CU, 15.63. High Jump - 3, Gabby Fukumoto, CU, 4-11.75. Shot Put - 1, McKenzie Warren, CU, 54-10.25; 2, Christina MacDonald, CU, 43-10; 3, Tasha Willing, CU, 43-4.5. Discus - 1, Nicole White, CU, 133-5; 2, Joselynn Tensley, CU, 127-3. Hammer - 1, Christina MacDonald, CU, 187-2; 2, McKenzie Warren, CU, 180-3; 3, Tasha Willing, CU, 176-5. Javelin - 1, Rachael Huffman, WOU, 139-2; 3, Christina MacDonald, CU, 133-7.

Men (Top 3 GNAC Finishers): 400 Meters - 3, Demetrius Rhodes, CU, 49.57. 800 Meters - 2, AJ Holmberg, WOU, 1:51.90; Dustin Nading, WOU, 1:53.23. Steeplechase - 1, Sawyer Heckard, WOU, 10:05.24; 2, Noah Murry, CU, 10:16.22; 3, Matthew Haglund, WOU, 10:21.09. Triple Jump - 2, Wesley Gray, WOU, 45-5.75. Shot Put - 2, Caleb Bridge, CU, 53-3.5; 3, Cyrius Vea, CU, 51-11.25. Discus - 1, Jakob Chamberlin, CU, 173-11; 2, Caleb Bridge, CU, 170-8. Hammer - Joe Denniston, CU, 169-10; 2, Jakob Chamberlin, CU, 168-2; 3, Kegan Allen, WOU, 164-6.

Ken Shannon Invitational

at Husky Outdoor Track Facility, Seattle, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 3, Jamie Ashcroft, UAA, 12.41. 400 Meters - 2, Vanessa Aniteye, UAA, 55.55; 3, Lani Taylor, SPU, 56.27. 100m Hurdles - 1, Mariyah Vongsaveng, CWU, 14.38. 400m Hurdles - 2, Emily Bland, CWU, 1:01.34; 3, Ali Anderson, CWU, 1:01.40. 4x100 Relay - 2, Alaska Anchorage, 46.52; 3, Seattle Pacific, 48.25. High Jump - Tie 2, Mackenzie Stewart, SFU, 5-1; Tie 2, Amy Petz, SFU, 5-1. Pole Vault - 2, Anna Paradee, WWU, 13-1.75. Long Jump - 2, Kyra Brannan, SPU, 18-6.5. Triple Jump - 1, Ella Brown, SFU, 38-9.5; 2, Brooke Williams, CWU, 36-1.25. Discus - 2, Megan Mortensen, WWU, 134-4; 3, Angela Mumford, CWU, 132-1. Javelin - 2, Bethany Drake, WWU, 154-8; 3, Sammi Markham, SPU, 141-10.

Men (Top 3 GNAC Finishers): 5,000 Meters - 3, Eric Hamel, WWU, 15:20.62. 4x100 Relay - 1, Saint Martin's, 42.96; 2, Seattle Pacific, 44.26. 4x400 Relay - 1, Seattle Pacific, 3:23.12. High Jump - 1, Mikel Smith, SMU, 6-11. Long Jump - 3, Anthony Manago, SMU, 22-7.75. Triple Jump - 2, Jacob Ringold, 42-11.75. Shot Put - 2, Armando Tafuya, CWU, 51-8.5; 3, Grant George, UAA, 48-1.75. Hammer - 3, Peter Behncke, SFU, 168-6.

Oxy Invitational

at Jack Kemp Stadium, Los Angeles

Women (Top 3 GNAC Finishers): 4x100 Relay - 2, Simon Fraser, 46.19. 4x400 Relay - 1, Simon Fraser, 3:45.50.

Men (Top 3 GNAC Finishers): 5,000 Meters - 3, Dominik Notz, UAA, 14:00.86. 4x400 Relay - 1, Alaska Anchorage, 3:12.50.