



Jan. 17, 2016 • Week 2
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Contact: Blake Timm, Assistant Commissioner For Communications
503-805-8756 • btimm@gnacsports.com

GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Jan. 20 - Sat., Jan. 21
Central Washington at WSU Open, Pullman, Wash.

Sat., Jan. 21

Concordia, Northwest Nazarene at Bronco Invitational,
Nampa, Idaho
Montana State Billings at Dave Little Alumni Meet,
Spearfish, S.D.

LAST WEEK'S MEETS

Thurs., Jan. 12 - Fri., Jan. 13

Vandal Invitational
at Kibbie Dome, Moscow, Idaho

Women (Top 3 GNAC Finishers): 200 Meters - 1, Alexi
Whitley, SMU, 26.39; 3, Grace Hamre, SMU, 26.51.
3,000 Meters - 1, Shannon Porter, SMU, 10:05.52. 4x400
Relay - 2, Saint Martin's, 4:19.86. 4x800 Relay - 1, Saint
Martin's, 9:58.74. Shot Put - Tie 3rd, Aiyanna Homer,
CWU, 40-0.5. Weight Throw - 2, Kirby Neale, SMU,
52-10.75. Pentathlon - 1, Ali Anderson, 3,207; 3, HarLee
Ortega, CWU, 2,922.

Men (Top 3 GNAC Finishers): 200 Meters - 2, Logan
Armstrong, SMU, 22.81; 3, Mikel Smith, SMU, 22.97.
4x800 Relay - 3, Saint Martin's, 8:52.45. Pole Vault - 3,
Craig Boyle, SMU, 13-3.5. Weight Throw - Tie 2, Mitch
Wilkens, SMU, 52-7.5.

Fri., Jan. 13

MSU Invitational
at Brick Breeden Fieldhouse, Bozeman, Mont.

Women (Top 3 GNAC Finishers): Distance Medley
Relay - 3, Montana State Billings, 12:42.95.

Men (Top 3 GNAC Finishers): 60 Meters - 1, Sam Zook,
MSUB, 6.94; 3, Kaelen Shay, MSUB, 7.18. High Jump
- 3, Chuck Carr, MSUB, 6-4.75. Long Jump - 2, Austin
Lindquist, MSUB, 21-10.25. Weight Throw - 2, Nels
Flanagan, MSUB, 52-4.75.

Sat., Jan. 14

UW Preview
at Dempsey Indoor Center, Seattle, Wash.

Women (Top 3 GNAC Finishers): 200 Meters - Section
1 - 2, Rachel Bayly, WOU, 29.42; Section 3 - 1, Vanesse
Aniteye, UAA, 25.82; Section 4 - 1, Diana Voloshin,
SFU, 26.37. 400 Meters - Section 2 - 1, Emma Lambert,
SPU, 1:00.96; Section 6 - 1, Cheryl Hong, SPU, 58.76.
800 Meters - Section 2 - 1, Danielle McCormick, UAA,
2:15.68; 2, Tamara Perez, UAA, 2:16.63. Mile - Section
1 - Reta Dobie, SFU, 5:23.10; Section 2 - 1, Tamara
Perez, UAA, 5:12.07; Section 3 - 1, Mary Charleson,
SPU, 4:58.95; 2, Paige Nock, SFU, 5:05.41. 3,000
Meters - Section 1 - 1, Kennedy Rufener, WOU,
10:21.89; Section 2 - Mary Charleson, SPU, 9:48.85.
4x400 Relay - Section 1 - 3, Western Oregon, 4:17.30;
Section 2 - 2, Western Oregon, 4:00.57; Section 3 - 2,
Simon Fraser, 3:58.06. High Jump - Flight 1, Tie 2,
Mackenzie Stewart, SFU, 5-3. Pole Vault - Section 1 - 1,
Anna Paradee, WWU, 12-0.75. Long Jump - Flight 2 - 3,
Simon Fraser, 16-10; Flight 3 - 2, Kyra Brannan, SPU,
18-6.5. Triple Jump - Flight 1 - 2, Chase Stephens, CU,
36-11.75. Shot Put - Flight 1 - 2, Rachel McKinnis, CU,
40-9.5; Flight 2 - 1, McKenzie Warren, CU, 54-8. Weight
Throw - Section 1 - 2, Tasha Willings, CU, 49-8.25; 3,
Rachael Huffman, WOU, 46-9.5; Flight 2 - 2, Christi
MacDonald, CU, 54-10; 3, McKenzie Warren, CU,
53-3.75.

Men (Top 3 GNAC Finishers): 200 Meters - Section
3 - 1, Daniel Remington, UAA, 22.94; Section 4 - Eric
Jones, UAA, 22.96; Section 7 - 1, Darrien Gray, UAA,
22.38. 400 Meters - Section 1 - 1, Casey Parks, SFU,
53.21; Section 7 - Nicholas Taylor, UAA, 48.98. 600
Meters - Section 2 - 1, AJ Holmberg, WOU, 1:20.59.
Mile - Section 1 - 1, Jordan Wilson, SFU, 4:26.22. 4x400
Relay - Section 1 - 1, Concordia, 3:24.94. Shot Put -
Flight 1 - 1, Caleb Bridge, CU, 48-3.5; 2, Sam Nichols,
CU, 47-9.75; 3, Cyrius Veal, CU, 47-5.75.

#GNACTF in 140 @GNACSports

#EarlyLeader Western Oregon's **Josh Dempsey**
finished his first weekend of the indoor season as
the Division II leader in men's 800 meters, running
1:51.35 at the UW Preview.

#LongShot Concordia's **McKenzie Warren** is the
Division II leader in the women's shot put after
winning the event at UW Preview with a mark
of 54 feet, 8 inches. She was named both the
GNAC Women's Field Athlete of the Week and the
USTFCCA Division II Women's Indoor Track &
Field Athlete of the Week.

#FastStart Simon Fraser freshman **Katherine
Lucas** made noise in her first collegiate indoor
meet. Her time of 7.72 seconds in the women's
60 meters at the UW Preview is the fifth fastest in
GNAC history.

#Qualified A total of 30 GNAC athletes have
provisional qualifying marks for the NCAA Division II
Indoor Track and Field Championships.

Get Social

Twitter Accounts/Hashtags For GNAC Track & Field Programs

GNAC	@GNACSports	#GNACTF
Alaska Anchorage	@UAASeawolves	#UAASeawolves
Cent. Washington	@CWUathletics	#CWUWildcats
Concordia	@gocugo	#gocugotf
MSU Billings	@MSUBSports	#MSUBTF
NW Nazarene	@NNUSports	#GoNNUCrusaders
Saint Martin's	@SMUSaints	#SaintsAlive
Seattle Pacific	@SPUFalcons	
Simon Fraser	@SFUCIAC	#NCAAeh
W. Oregon	@WOUWolves	#WOUHOO
W. Washington	@WWUathletics	#GoViks

GNAC Track & Field Athletes of the Week



MEN'S TRACK

David Ribich, Western Oregon
Junior • Enterprise, Ore.

Competing in the same section at the UW Preview as 1,500 Olympic champion Matthew Centrowitz, Ribich hit a provisional qualifying mark for the NCAA Championships in the 3,000 meters with a time of 8:13.94. The time not only leads the conference and ranks fifth in Division II, but is also a Western Oregon school record and the fifth fastest mark in

GNAC history.

Also Nominated: Andrew Wise (Western Washington), Daniel Kelloway (Simon Fraser), Isaac Mitchell (Northwest Nazarene), Sam Zook (Montana State Billings).



WOMEN'S TRACK

Mary Charleson, Seattle Pacific
Junior • Mill Creek, Wash.

Charleson ran a pair of NCAA Championships provisional qualifying times at the UW Preview. She won section three of the mile with a time of 4:58.95, which leads the GNAC and is No. 4 in Division II this season. The performance was a 12-second personal best. Charleson also won section two of the 3,000 meters (her first ever indoor 3,000-meter race) in a

time of 9:48.85. That also leads the GNAC and is No. 6 in Division II this season.

Also Nominated: Suzanne Van de Grift (Western Oregon), Brittany Grant (Western Washington), Chantel Desch (Simon Fraser), Sierra Manzer (Northwest Nazarene).



MEN'S FIELD

Brandon Pless, Western Washington
Senior • Sedro-Woolley, Wash.

Pless hit GNAC-leading marks in both throwing events at the UW Preview. He finished with a mark 50 feet, 5.25 inches in the second flight of the shot put and then placed fifth in the weight throw with a mark of 53 feet, 11.25 inches. He was the top NCAA Division II competitor in both events.

Also Nominated: Jared Webster (Northwest Nazarene).



WOMEN'S FIELD

McKenzie Warren, Concordia
Senior • Sandy, Ore.

Warren opened the indoor season by winning the shot put at the UW Preview. Her mark of 54 feet, 8 inches not only leads Division II, but is the seventh best mark this season in all NCAA divisions. Warren also placed third in her flight of the weight throw with a mark of 53 feet, 3.75 inches.

Also Nominated: Anna Paradee (Western Washington), Hannah Thomas (Northwest Nazarene).

Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Jan. 9-15	David Ribich, WOU	Brandon Pless, WWU	Mary Charleson, SPU	McKenzie Warren, CU

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

GNAC Indoor Track & Field Championships



Fri., Feb. 17 & Sat., Feb. 18
Jacksons Indoor Complex, Ford Idaho Center
Nampa, Idaho

Visit the GNAC Indoor Track & Field Championships Page for additional event information and the event schedule.

Qualifying Procedures

There are no minimum qualifying standards for athletes for the GNAC Indoor Track & Field Championships. Coaches may enter up to 25 athletes per gender in an unlimited number of events. Institutions may enter one team per gender in relay events.

Around The GNAC

ALASKA ANCHORAGE



- The defending GNAC men's and women's champions opened the season by competing at the UW Preview in Seattle on Saturday and left with four NCAA Championships provisional qualifiers.
- Senior **Joe Day** notched the second fastest time in Division II in the men's 800 meters with a time of 1:52.07, sitting just behind Western Oregon's Josh Dempsey.
- Senior **Dominik Notz** opened the year by placing 11th in the competitive third section of the men's 3,000 meters. His time is 8:14.19 was a provisional qualifier and is sixth in Division II to date and is sixth fastest in GNAC history.
- The Seawolves had two provisional qualifiers in the 400 meters. Senior **Adam Commandeur** ran 48.60 seconds in the men's 400, which is 13th best in Division II. Senior **Mary Kathleen Cross** is 10th in Division II after she ran 56.86 seconds in the women's 400.
- Senior **Jamie Ashcroft** leads the GNAC and is 13th in Division II in the women's 200 meters after running a time of 25.02 seconds. She also ran 7.74 seconds in the preliminaries of the 60 meters, the second best time in the conference to date.
- Sophomore **Danielle McCormick** is tops in the GNAC women's 800 meters after running a time of 2:15.68, winning section two of the event. Junior **Tamara Perez** is second in the event after running 2:16.63 in section two.
- The Seawolves will return to competition at the Dempsey Indoor Center on Jan. 27 & 28, competing in the two-day UW Invitational.

CENTRAL WASHINGTON



- A limited number of Wildcats' athletes took part in the Vandal Invitational in Moscow, Idaho.
- Junior **Ali Anderson** won the pentathlon with a score of 3,207 points. She had the top marks in the competition in the long jump (17-1.5) and the 800 meters (2:20.87).
- Junior **HarLee Ortega** placed third in the pentathlon with a score of 2,922 points. She tied for first in the high jump, clearing 5 feet, 0.5 inches. Ortega owns the a NCAA Championships provisional qualifier and is 17th in Division II with her score of 3,311 points at the Dec. 3 Candy Cane Invitational.
- Senior **Armando Tafoya** placed fourth in the men's weight throw with a mark of 52 feet, 4.75 inches, and was fifth in the shot put with a mark of 48 feet, 10.25 inches. Junior **Aiyana Homer** tied for third in the women's shot put with her mark of 40 feet, 0.5 inches.
- Senior **Kodiak Landis** owns NCAA Championship provisional qualifying marks in both the men's heptathlon and the 60 meters. Landis scored 5,143 points in the heptathlon at the Dec. 3 Candy Cane Invitational (currently No. 5 in Division II) and ran 6.83 seconds at the Dec. 8 Jackson's Open (tied for 10th in Division II).
- Senior **Luke Plummer** also has a provisional qualifying mark in the men's triple jump with his mark of 48 feet, 10.25 inches at the Jackson's Open on Dec. 9 (10th in Division II).
- Senior **McKenna Emmert** is also provisionally qualified in the women's pole vault. Her mark of 12 feet, 1.5 inches at the December Jackson's Open in tied for sixth in Division II and is ninth best in GNAC history.
- The full Wildcats' squad will compete this weekend in Pullman, Wash., at the WSU Open on Friday and Saturday.

CONCORDIA



- Concordia opened its indoor season at the UW Preview in Seattle. As usual, the Cavaliers' efforts were led by throwers.
- Senior **McKenzie Warren** was named the GNAC Women's Field Athlete of the Week and the USTFCCA Division II Women's Indoor Track & Field Athlete of the Week after she won the shot put at the UW Preview. Warren finished with a mark of 54 feet, 8 inches, which leads Division II and is seventh best in all NCAA divisions.
- Senior **Christina MacDonald** placed second in the second flight of the women's weight throw with a mark of 54 feet, 10 inches. The mark is best in the GNAC, 25th best in Division II and is the fifth best mark in GNAC history.
- **Caleb Bridge** won the first flight of the men's shot put with his mark of 48 feet, 3.5 inches. **Sam Nichols** was second in the same flight at 47 feet, 9.75 inches. **Tasha Willings** made her mark in the women's weight throw as well, winning flight one with a mark of 53 feet, 2.25 inches.
- In the running events, **Adam Brown** placed third in section three in the men's 400 meters with a time of 50.29 seconds. The men's 4x400 relay team won the first section with a time of 3:24.94.
- Concordia returns to action on Saturday, competing at the Bronco Invitational in Nampa, Idaho.
- Concordia is in the third year of its transition to Division II member. As such, the Cavaliers are not eligible to compete at the NCAA Championships.

MONTANA STATE BILLINGS



- Montana State Billings took part in its first competition of 2017, participating in the Montana State University Open in Bozeman.
- The Yellowjackets saw three school records fall in the meet. Junior **Sam Zook** won the men's 60-meters in a school record time of 6.94 seconds. It is the third best time in GNAC and No. 10 in GNAC history.
- Senior **Austin Lindquist** broke the MSUB record in the men's 60-meter hurdles with a time of 8.76 seconds. He went on to finish second in the long jump with a mark of 21 feet, 10.25 inches.
- Junior **Nels Flanagan** broke his own school record in the men's weight throw, placing second with a mark of 52 feet, 4.75 inches.
- In the distances, senior **Garrett Love** ran the GNAC's best time in the men's 5,000 meters this season with a time of 17:06.65. The men's distance medley relay team ran a time of 12:42.95. The altitude-converted time of 12:23.55 not only leads the GNAC, but is also sixth in Division II. The women's distance medley relay placed third in a time of 12:42.95.
- The Yellowjackets return to action on Saturday, competing at the Dave Little Alumni Meet in Spearfish, S.D.

Around The GNAC

NORTHWEST NAZARENE



- Northwest Nazarene enjoyed its second "home meet" of the season, competing in the Ed Jacoby Invitational at the Jackson's Track in Nampa, Idaho.
- Junior **Jared Webster** notched a NCAA Championships provisional qualifying mark in the men's pole vault, placing third with a mark of 15 feet, 11 inches. The performance is tied for 15th best in Division II this season.
- Junior **Isaac Mitchell** ran the GNAC's top time this season in the men's mile, placing fifth in a time of 4:18.68. Sophomore **Sierra Manzer** placed second in the women's 3,000 meters with a time of 10:31.99.
- The Crusaders had two solid performances in the high jump. Senior **Cole Hoberg** placed second in the men's high jump with his mark of 6 feet, 5 inches. **Rachel Miller** placed third in the women's high jump with her mark of 5 feet, 2.5 inches.
- Junior **Payton Lewis** did not compete last week, but has already earned a NCAA provisional qualifying mark in the pole vault. Lewis went 16 feet, 6.75 inches at December's Jackson's Open, which ranks fourth in Division II.
- Northwest Nazarene is back to competition in Nampa on Saturday, taking part in the Bronco Invitational.

SAINT MARTIN'S



- A full Saints' contingent posted a number of solid marks at the Vandal Invitational on Thursday and Friday in Moscow, Idaho.
- Saint Martin's had two individual event winners. Senior **Shannon Porter** won the women's 3,000 meters in a time of 10:05.52. The time is sixth best in the GNAC this season. Sophomore **Alexi Whatley** won the women's 200 meters in 26.39 seconds.
- Senior **Mikel Smith** concentrated on sprints, placing third in the men's 200 meters in 22.97 seconds and fifth in the 400 meters in 51.90 seconds. Smith already owns a provisional qualifier in the high jump. His mark of 7 feet, 0.25 inches at the Jackson's Open is second best in Division II this season and just short of his lifetime best and GNAC record of 7 feet, 0.5 inches.
- In the sprints, **Latrell Swayne** placed fourth in the men's 60 meters in 7.14 seconds. **Grace Hamre** placed third in the women's 200 meters in a time of 26.51 seconds.
- The Saints also had two second place finishes in the weight throw. Senior **Kirby Neale** was second in the women's weight throw with a mark of 52 feet, 10.75 inches. She ranks third in GNAC this season. Senior **Mitch Wilkens** was second in the men's weight throw with a mark of 52 feet, 7.5 inches.
- Saint Martin's will be off this weekend, returning to competition on Fri., Jan. 27 and Sat., Jan. 28, at the UW Invitational in Seattle.

SEATTLE PACIFIC



- The Falcons opened the season by collecting five NCAA Championships provisional qualifying marks at the UW Preview.
- Junior **Mary Charleson** was named the GNAC Women's Track Athlete of the Week after earning provisional qualifying marks in two distance events. She won the first section of the mile in 4:58.95, which is the fourth best time in Division II this season. She also won her section of the 3,000 meters in 9:48.95, which is sixth best in Division II.
- Senior **Sarah Macdonald** also earned a provisional qualifying mark in the women's 3,000 meters. Her time of 10:00.86 is the 19th best in Division II this season.
- Sophomore **Geneva Lehnert** finished fourth in her flight of the women's high jump with a NCAA provisional qualifying mark of 5 feet, 5 inches. The performance leads the GNAC and is tied for 18th in Division II.
- Senior **Kyra Brannon** was second in her flight of the women's long jump with a mark of 18 feet, 6.5 inches. The performance was a NCAA provisional qualifier, leads the GNAC and is tied for 19th in Division II.
- The Falcons are off this weekend, returning to competition at the UW Invitational on Jan. 27 and 28.

SIMON FRASER



- The first meet of the season was a good one for Simon Fraser with the Clan yielding four NCAA Championships provisional qualifiers and four GNAC bests at the UW Preview.
- Senior **Chantel Desch** led the provisional qualifiers, placing second in her section of the women's 400 meters in a time of 56.70 seconds. The time leads the GNAC and is ninth in Division II this season.
- Senior **Daniel Kelloway** leads the GNAC in the men's 400 meters. He placed second in his section with a time of 48.46 seconds, which is 10th in Division II.
- The Clan earned a pair provisional qualifiers in the 3,000 meters. Senior **Marc-Antoine Rouleau** ran the 12th fastest time in Division II this season in the men's 3,000 in 8:24.01. Junior **Julia Howley** has the 14th best time in the women's 3,000 as she ran 9:58.27.
- Freshman **Katherine Lucas** had a great debut in the sprints. She won her preliminary heat of the women's 60 meters in 7.72 seconds, which leads the GNAC. She also placed second in her section of the 200 meters with a time of 25.24 seconds, which is second best in the GNAC.
- Three other SFU women's athletes won their flights. Sophomore **Valda Kabia** won her flight of the 60 meters in 7.79 seconds and then clocked 7.77 seconds in the semifinals. Freshman **Diana Voloshin** won her flight of the 200 meters in 26.37 seconds while junior **Paige Nock** won her flight of the mile in 5:05.41.
- Sophomore **Jordan Wilson** also won his section of the men's mile in a time of 4:26.22. The time is fourth best in the GNAC this season.
- The Clan is off this weekend. They will return to action on Jan. 27 and 28 at the UW Invitational.

Around The GNAC

WESTERN OREGON



- Western Oregon opened its season by competing at the UW Preview in Seattle, which yielded the Wolves a pair of NCAA Championships provisional qualifiers.
- Junior **David Ribich** was named the GNAC Men's Track Athlete of the Week after his performance in the fast section of the 3,000 meters. In a heat that featured Olympic 1,500-meter champion Matthew Centrowitz, Ribich ran a time of 8:13.94. The performance leads the GNAC, is a NCAA provisional qualifier and is fifth best in Division II this season and fifth best in GNAC history.
- Junior **Josh Dempsey** leads the nation in the men's 800 meters. He ran the NCAA provisional qualifying time of 1:51.35. The time is also fourth best in GNAC history.
- Senior **Kennedy Rufener** won her flight of the women's 3,000 meters in a time of 10:21.89. Freshman **Rachel Bayly** opened her collegiate career by placing second in her section of the 200 meters, clocking 29.42 seconds.
- Senior **Aaron Whitaker** was Western Oregon's only other top-three placer, taking second in his section of the men's 400 meters in a time of 49.30 seconds.
- Western Oregon will be off this weekend. They return to action on Jan. 27 and 28 at the UW Invitational.

WESTERN WASHINGTON



- Three NCAA Championships provisional qualifiers and the GNAC's Men's Field Athlete of the Week led the Vikings' efforts at the UW Preview in Seattle.
- Junior **Brandon Pless** was named the GNAC Men's Field Athlete of the Week after he posted two GNAC-leading performances. He went 50 feet, 5.25 inches in the shot put and 53 feet, 11.25 inches in the weight throw.
- Sophomore **Anna Paradee** notched a NCAA provisional qualifying mark in the women's pole vault. She cleared 12 feet, 0.75 inches, which ranks eighth in Division II this season.
- Senior **Brittany Grant** got off to a strong start with her time of 9:56.22 in the women's 3,000 meters. The NCAA provisional qualifying performance is second best in the GNAC this season and 10th in Division II.
- Senior **Andrew Wise** also earned a provisional qualifying mark in the men's 3,000 meters. His time of 8:23.18 is third in the GNAC and 11th in Division II.
- Senior **Megan Mortensen** had the second best performance in school history in the women's weight throw with her distance of 48 feet, 6.25. She is just two inches shy of the school record. Sophomore **Sophia Roberts** had the third best performance in school history in the event at 42 feet, 7 inches.
- Western Washington will sit out from competition this weekend and will compete next at the UW Invitational on Jan. 27 and 28 in Seattle.

GNAC Qualifiers For NCAA Division II Indoor Championships

MEN'S PROVISIONAL QUALIFIERS AS OF JAN. 17

Event	Athlete	Mark	Rank	Date
60 Meters	Kodiak Landis, CWU	6.83	T-10th	12/8/16
400 Meters	Daniel Kelloway, SFU	48.46	10th	1/14/17
	Adam Commandeur, UAA	48.60	13th	1/14/17
800 Meters	Josh Dempsey, WOU	1:51.35	1st	1/14/17
	Joe Day, UAA	1:52.07	2nd	1/14/17
3,000 Meters	David Ribich, WOU	8:13.94	5th	1/14/17
	Dominik Notz, UAA	8:14.19	6th	1/14/17
	Andrew Wise, WWU	8:23.18	11th	1/14/17
	Marc Antoine-Rouleau, SFU	8:24.01	12th	1/14/17
High Jump	Mikel Smith, SMU	2.14/7-0.25	2nd	12/10/16
	Cole Hoberg, NNU	2.04/6-8.25	T-13th	12/10/16
Pole Vault	Payton Lewis, NNU	5.05/16-6.75	4th	12/10/16
	Jared Webster, NNU	4.85/15-11	T-15th	1/13/17
Triple Jump	Luke Plummer, CWU	14.89/48-10.25	10th	12/10/16
Heptathlon	Kodiak Landis, CWU	5,143	5th	12/3/16

* - Concordia ineligible for NCAA Championships qualification. Marks shown for reference and comparison.

WOMEN'S PROVISIONAL QUALIFIERS AS OF JAN. 17

Event	Athlete	Mark	Rank	Date
200 Meters	Jamie Ashcroft, UAA	25.02	13th	1/14/17
400 Meters	Chantel Desch, SFU	56.70	9th	1/14/17
	Mary Kathleen Cross, UAA	56.86	10th	1/14/17
Mile	Mary Charleson, SPU	4:58.95	4th	1/14/17
	Mary Charleson, SPU	9:48.85	6th	1/14/17
3,000 Meters	Brittany Grant, WWU	9:56.22	10th	1/14/17
	Julia Howley, SFU	9:58.27	14th	1/14/17
	Sarah Macdonald, SPU	10:00.86	19th	1/14/17
	Geneva Lehnert, SPU	1.65/5-5	T-18th	1/14/17
High Jump	McKenna Emmert, CWU	3.70/12-1.5	T-6th	12/10/16
Pole Vault	Anna Paradee, WWU	3.68/12-0.75	8th	1/14/17
	Jasmine McMullin, WWU	11.80/38-8.75	T-17th	1/29/16
Triple Jump	Ella Brown, SFU	11.54/37-10.5	T-38th	2/12/16
	Kyra Brannan, SPU	5.65/18-6.5	T-19th	1/14/17
Long Jump	McKenzie Warren, CU	16.66/54-8	1st	1/14/17*
Shot Put	Christina MacDonald, CU	16.71/54-10	25th	1/14/17*
Weight Throw	HarLee Ortega, CWU	3,311	17th	12/3/16
Pentathlon				

National Meet Qualifying Standards

2017 NCAA DIVISION II INDOOR TRACK AND FIELD CHAMPIONSHIPS QUALIFYING STANDARDS

MEN		Event	WOMEN	
NCAA Automatic	NCAA Provisional		NCAA Automatic	NCAA Provisional
6.72	6.90	60 Meters	7.42	7.71
7.89	8.27	60 Meter Hurdles	8.33	8.84
21.27	21.83	200 Meters	24.00	25.06
47.30	48.73	400 Meters	54.30	57.01
1:49.24	1:53.70	800 Meters	2:08.93	2:15.09
4:03.36	4:12.43	Mile	4:47.13	5:01.11
8:03.13	8:25.06	3,000 Meters	9:30.44	10:03.17
14:04.40	14:44.96	5,000 Meters	16:35.00	17:28.78
3:11.53	3:17.50	4x400 Relay	3:44.43	3:51.71
9:47.05	10:07.52	Distance Medley Relay	11:33.60	12:10.84
2.17/7-1.5	2.03/6-8	High Jump	1.78/5-10	1.65/5-5
5.20/17-0.75	4.66/15-3.5	Pole Vault	4.05/13-3.5	3.55/11-7.75
7.60/24-11.25	7.08/23-2.75	Long Jump	6.10/20-0.25	5.60/18-4.5
15.47/50-9.25	14.40/47-3	Triple Jump	12.42/40-9	11.54/37-10.5
18.56/60-10.75	15.77/51-9	Shot Put	15.35/50-4.5	13.40/43-11.75
20.99/68-10.5	17.19/56-4.75	Weight Throw	19.44/63-9.5	16.34/53-7.5
5,330	4,650	Heptathlon/Pentathlon	3,875	3,285

A Note On Qualifying: Athletes who meet the NCAA automatic standard for an event will automatically qualify for the NCAA Division II Championships. Athletes who meet the NCAA's provisional standard will be used to fill the championships field in descending order until the maximum field size is reached. To view the complete list of qualifying standards, visit http://www.ncaa.org/sites/default/files/2016-17TF_Qualifying_Criteria_20160909.pdf

NCAA Division II Indoor Track & Field Championships: Fri., Mar. 10 & Sat., Mar. 11, Birmingham, Ala.

Top Performances Lists (TFRS): [NCAA Division II Men](#) | [NCAA Division II Women](#) | [GNAC Men](#) | [GNAC Women](#) | [U.S./World Best Lists \(T&FN\)](#)

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	4:05.21	David Ribich, Western Oregon (2016)
3,000 Meters	8:10.19	Dominik Notz, Alaska Anchorage (2016)
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	9:50.07	Western Oregon (2016)
Sam Naffziger, Aaron Whitaker, Josh Dempsey, David Ribich		
High Jump	2.15/7-0.5	Mikel Smith, Saint Martin's (2015)
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	4:10.13	Robert Peterson, Montana St. Billings (2016)
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	3:16.09	Alaska Anchorage (2014)
Elliott Bauer, Adam Commandeur, Bobo Camaara, Ethan Hewitt		
Distance Medley	10:04.58	Simon Fraser (2012)
Ryan Brockerville, Stuart Ellenwood, Keir Forster, Adam Reid		
High Jump	2.06/6-9	Brennan Boyes, Central Washington (2012)
Brett Watson, Western Washington (2015)		
Andrew Galbraith, Northwest Nazarene (2015)		
Mikel Smith, Saint Martin's (2016)		
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)
Shot Put	17.47/57-3.75	Cameron Neel, Central Washington (2007)
Weight Throw	18.63/61-1.75	Tyler Lamott, Concordia (2016)
Heptathlon	5,163	Payton Lewis, Northwest Nazarene (2016)

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	1.99/6-6	Jaysen Yoro, Saint Martin's (2015)
60m Hurdles	8.34	Travis Turner, Alaska Anchorage (2016)
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	7.60	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	24.25	Jamie Ashcroft, Alaska Anchorage (2015)
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	8.53	Mailea Luquin, Seattle Pacific (2016)
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	3.91/12-10	Alison Silva, Northwest Nazarene (2014)
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	16.85/55-3.5	McKenzie Warren, Concordia (2016)
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	7.60	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	24.25	Jamie Ashcroft, Alaska Anchorage (2015)
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	8.66	Danielle Ayers-Stamper, Seattle Pacific (2005)
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	16.34/53-7.5	McKenzie Warren, Concordia (2016)
Weight Throw	17.63/57-10.25	Becki Duhamel, Central Washington (2015)
Pentathlon	3,761	Karolin Anders, Alaska Anchorage (2015)

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)		
Charlene Harber, Western Oregon (2012)		
Karolin Anders, Alaska Anchorage (2016)		
Ali Anderson, Central Washington (2016)		
Shot Put	11.96/39-3	
Long Jump	5.68/18-7.75	
800 Meters	2:22.15	

2017 GNAC Indoor Meet Summaries

Dec. 3, 2016

Candy Cane Invitational

at Thorpe Fieldhouse, Cheney, Wash.

Women (Top 3 GNAC Finishers): Pentathlon - 3, HarLee Ortega, CWU, 3,290.

Men (Top 3 GNAC Finishers): Heptathlon - 1, Kodiak Landis, CWU, 5,119.

Dec. 3, 2016

Yellowjacker Holiday Open

at Don Young Center, Spearfish, S.D.

Women (Top 3 GNAC Finishers): 400 Meters - 2, Josey Smiedala, MSUB,

1:00.72. 60m Hurdles - 2, Michaela Johnson, MSUB, 9.36 (9.40 in prelims).

4x400 Relay - 1, Montana State Billings, 4:17.21. Long Jump - 3, Krysten Mossberg, MSUB, 15-11.5. Shot Put - 2, Hailey Steinbeisser, MSUB, 37-1.75.

Men (Top 3 GNAC Finishers): 3,000 Meters - 2, Jorey Egeland, MSUB, 9:04.18. 4x400 Relay - 3, Montana State Billings, 3:45.90. High Jump - 2, Chuck Carr, MSUB, 6-4.75. Long Jump - 2, Chuck Carr, MSUB, 20-4.5; 3, Marcus Lindquist, MSUB, 20-4.25.

Dec. 10, 2016

Jackson's Open

at Bozeman, Mont.

Women (Top 3 GNAC Finishers): 400 Meters - 2, Grace Hamre, SMU, 1:00.06; 3, Kiernan Hawthorne, SMU, 1:00.40. Mile - 3, Bethany Danner, NNU, 5:56.15.

High Jump - 3, Rachel Miller, NNU, 5-3. Pole Vault - 1, McKenna Emmert, CWU, 12-1.5. Triple Jump - 3, HarLee Ortega, CWU, 37-4.5. Weight Throw - 3, Katrina Cryderman, NNU, 44-11.5.

Men (Top 3 GNAC Finishers): 60 Meters - 1, Kyler Ooley, CWU, 6.94. 200 Meters - 2, Jackson Hand, SMU, 21.94. 60m Hurdles - 2, Payton Lewis, NNU, 8.45 (8.39 in prelims); 3, David Durden, SMU, 8.47. High Jump - 1, Mikel Smith, SMU, 7-0.25; 2, Cole Hoberg, NNU, 6-8.25. Pole Vault - 1, Payton Lewis, NNU, 16-6.75; 3, Jared Webster, NNU, 15-1. Long Jump - 1, Luke Plummer, CWU, 23-2; 3, Blaine Kuntz, NNU, 22-3.5. Triple Jump - 1, Luke Plummer, CWU, 48-10.25. Weight Throw, 2, Vincent Fuafeau, SMU, 46-8.75.

Thurs., Jan.12 - Fri., Jan. 13

Vandal Invitational

at Kibbie Dome, Moscow, Idaho

Women (Top 3 GNAC Finishers): 200 Meters - 1, Alexi Whatley, SMU, 26.39; 3, Grace Hamre, SMU, 26.51. 3,000 Meters - 1, Shannon Porter, SMU, 10:05.52. 4x400 Relay - 2, Saint Martin's, 4:19.86. 4x800 Relay - 1, Saint Martin's, 9:58.74. Shot Put - Tie 3rd, Aiyanna Homer, CWU, 40-0.5. Weight Throw - 2, Kirby Neale, SMU, 52-10.75. Pentathlon - 1, Ali Anderson, 3,207; 3, HarLee Ortega, CWU, 2,922.

Men (Top 3 GNAC Finishers): 200 Meters - 2, Logan Armstrong, SMU, 22.81; 3, Mikel Smith, SMU, 22.97. 4x800 Relay - 3, Saint Martin's, 8:52.45. Pole Vault - 3, Craig Boyle, SMU, 13-3.5. Weight Throw - Tie 2, Mitch Wilkens, SMU, 52-7.5.

Fri., Jan. 13

MSU Invitational

at Brick Breeden Fieldhouse, Bozeman, Mont.

Women (Top 3 GNAC Finishers): Distance Medley Relay - 3, Montana State Billings, 12:42.95.

Men (Top 3 GNAC Finishers): 60 Meters - 1, Sam Zook, MSUB, 6.94; 3, Kaelen Shay, MSUB, 7.18. High Jump - 3, Chuck Carr, MSUB, 6-4.75. Long Jump - 2, Austin Lindquist, MSUB, 21-10.25. Weight Throw - 2, Nels Flanagan, MSUB, 52-4.75.

Sat., Jan. 14

UW Preview

at Dempsey Indoor Center, Seattle, Wash.

Women (Top 3 GNAC Finishers): 200 Meters - Section 1 - 2, Rachel Bayly, WOU, 29.42; Section 3 - 1, Vanesse Aniteye, UAA, 25.82; Section 4 - 1, Diana Voloshin, SFU, 26.37. 400 Meters - Section 2 - 1, Emma Lambert, SPU, 1:00.96; Section 6 - 1, Cheryl Hong, SPU, 58.76. 800 Meters - Section 2 - 1, Danielle McCormick, UAA, 2:15.68; 2, Tamara Perez, UAA, 2:16.63. Mile - Section 1 - Reta Dobie, SFU, 5:23.10; Section 2 - 1, Tamara Perez, UAA, 5:12.07; Section 3 - 1, Mary Charleson, SPU, 4:58.95; 2, Paige Nock, SFU, 5:05.41. 3,000 Meters - Section 1 - 1, Kennedy Rufener, WOU, 10:21.89; Section 2 - Mary Charleson, SPU, 9:48.85. 4x400 Relay - Section 1 - 3, Western Oregon, 4:17.30; Section 2 - 2, Western Oregon, 4:00.57; Section 3 - 2, Simon Fraser, 3:58.06. High Jump - Flight 1, Tie 2, Mackenzie Stewart, SFU, 5-3. Pole Vault - Section 1 - 1, Anna Paradee, WWU, 12-0.75. Long Jump - Flight 2 - 3, Simon Fraser, 16-10; Flight 3 - 2, Kyra Brannan, SPU, 18-6.5. Triple Jump - Flight 1 - 2, Chase Stephens, CU, 36-11.75. Shot Put - Flight 1 - 2, Rachel McKinnis, CU, 40-9.5; Flight 2 - 1, McKenzie Warren, CU, 54-8. Weight Throw - Section 1 - 2, Tasha Willings, CU, 49-8.25; 3, Rachael Huffman, WOU, 46-9.5; Flight 2 - 2, Christi MacDonald, CU, 54-10; 3, McKenzie Warren, CU, 53-3.75.

Men (Top 3 GNAC Finishers): 200 Meters - Section 3 - 1, Daniel Remington, UAA, 22.94; Section 4 - Eric Jones, UAA, 22.96; Section 7 - 1, Darrion Gray, UAA, 22.38. 400 Meters - Section 1 - 1, Casey Parks, SFU, 53.21; Section 7 - Nicholas Taylor, UAA, 48.98. 600 Meters - Section 2 - 1, AJ Holmberg, WOU, 1:20.59. Mile - Section 1 - 1, Jordan Wilson, SFU, 4:26.22. 4x400 Relay - Section 1 - 1, Concordia, 3:24.94. Shot Put - Flight 1 - 1, Caleb Bridge, CU, 48-3.5; 2, Sam Nichols, CU, 47-9.75; 3, Cyrius Veal, CU, 47-5.75.