



Feb. 9, 2017 • Week 5
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Feb. 10 - Sat., Feb. 11
 Alaska Anchorage, Central Washington, Concordia, Saint Martin's, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at Husky Classic, Seattle, Wash.
 Montana State Billings at Mountain State Games, Pocatello, Idaho

Sat., Feb. 11
 Northwest Nazarene at Boise State Team Challenge, Nampa, Idaho

Sun., Feb. 12
 Alaska Anchorage, Central Washington, Saint Martin's, Seattle Pacific, Simon Fraser at UW Indoor Open, Seattle, Wash.

LAST WEEK'S MEETS

Fri., Feb. 3 - Sat., Feb. 4
Jackson's Indoor/New Balance Invitational at Jackson's Track, Nampa, Idaho
Women (Top 3 GNAC Finishers): None.
Men (Top 3 GNAC Finishers): High Jump - 2, Cole Hoberg, NNU, 6-9. Pole Vault - 1, Payton Lewis, NNU, 16-0.75; 2, Jared Webster, NNU, 15-7; 3, Zach McClanahan, NNU, 15-1. Long Jump - 3, Payton Lewis, NNU, 22-2.25.

Cougar Indoor at WSU Indoor Facility, Pullman, Wash.
Women (Top 3 GNAC Finishers): 3,000 Meters - Stephanie Rexus, CWU, 10:53.40. 60m Hurdles - 2, Mariyah Vongsaveng, CWU, 8.74. 4x400 Relay - 2, Central Washington, 4:07.32. Pole Vault - 3, Anna Paradee, WWU, 12-1.5. Shot Put - 1, Aiyana Homer, CWU, 42-7; 2, Angela Mumford, CWU, 40-5.5; 3, Megan Mortensen, WWU, 40-2.25. Pentathlon - 3, HarLee Ortega, CWU, 3,326.
Men (Top 3 GNAC Finishers): 60 Meters - 2, Trevaughn Scott, CWU, 7.22. 200 Meters - 2, Daniel Jones, WWU, 23.20. 5,000 Meters - 3, Tyler Humphries, CWU, 15:59.03. 4x400 Relay - 1, Central Washington, 3:26.76.

Sat., Feb. 4
Conglomerate Open at Campbell Country Recreation Center, Gillette, Wyo.
Women (Top 3 GNAC Finishers): 200 Meters - 3, Katie Eastburn, MSUB, 27.56. 800 Meters - 2, Josey Smiedala, MSUB, 2:23.72. 60m Hurdles - 1, Michaela Johnson, MSUB, 9.23. 4x400 Relay - 1, Montana State Billings A, 4:11.04; 3, Montana State Billings B, 4:38.55. High Jump - 1, Jamie Orme, MSUB, 4-11. Long Jump - 1, Brenna Beckett, MSUB, 16-9.25; 2, Shariah Schwend, MSUB, 15-9.5; 3, Janessa Williams, MSUB, 15-9. Triple Jump - 1, Janessa Williams, MSUB, 35-10; 3, Brenna Beckett, MSUB, 33-5.75. Shot Put - 3, Hailey Steinbeisser, MSUB, 35-10.75. Weight Throw - 2, Kassadee Kuoha, MSUB, 43-3.
Men (Top 3 GNAC Finishers): 60 Meters - 2, Sam Zook, MSUB, 6.92. 800 Meters - 1, Mark Hovland, MSUB, 2:02.35. 3,000 Meters - 3, Jorey Egeland, MSUB, 8:56.72. 60m Hurdles - 2, Austin Lindquist, MSUB, 8.62. 4x400 Relay - 3, Montana State Billings, 3:42.14. High Jump - 3, Chuck Carr, MSUB, 6-2.75. Long Jump - 1, Chuck Carr, MSUB, 21-7.5; 2, Marcus Lindquist, MSUB, 21-0.75. Triple Jump - 2, Marcus Lindquist, MSUB, 42-8. Shot Put - 2, Brady Ostermiller, MSUB, 44-9.75; 3, Nels Flanagan, MSUB, 44-1.25. Weight Throw - 2, Nels Flanagan, MSUB, 53-11.25.

Harry Jerome Indoor Games at Richmond Olympic Oval, Richmond, B.C.
Women (Top 3 GNAC Finishers): 60 Meters - 2, Diana Voloshin, SFU, 7.86. 60m Hurdles - 1, Diana Voloshin, SFU, 9.13.
Men (Top 3 GNAC Finishers): None.

Hillsdale Wide Track Classic at Margot V. Biermann Athletic Center, Hillsdale, Mich.
Women (Top 3 GNAC Finishers): 200 Meters (Open): 2, Katherine Lucas, SFU, 25.16. 400 Meters (Championship): 3, Chantel Desch, SFU, 57.25. 800 Meters - 1, Addy Townsend, SFU, 2:11.77; 3, Sophie Dodd, SFU, 2:14.53.
Men (Top 3 GNAC Finishers): 400 Meters - 1, Daniel Kelloway, SFU, 48.71 (Meet Record). 4x400 Relay - 1, Simon Fraser, 3:18.94.

#GNACTF in 140 @GNACSports

#TwoLapSpeed Simon Fraser's **Daniel Kelloway** set a meet record and ran the 10th fastest time in Division II in this season in the men's 400 meters (48.71) at the Hillsdale Wide Track Classic. He was named the GNAC Men's Track Athlete of the Week.

#FourLapSpeed The Clan's **Addy Townsend** was named the GNAC Women's Track Athlete of the Week after she won and just missed the meet record in the women's 800 meters at the Hillsdale Wide Track Classic.

#HighFlying Central Washington's **McKenna Emmert** improved her GNAC best mark in the pole vault at the Jackson's New Balance Invitational. Her mark of 12 feet, 5.5 inches is seventh in Division II this season and made her the GNAC Women's Field Athlete of the Week.

#WeighingIn Montana State Billings' **Nels Flanagan** was named the GNAC Men's Field Athlete of the Week after he broke the school record in the weight throw for the second time this season with a mark of 53 feet, 11.25 inches.

#NationalRankings Western Oregon's men climbed one spot to No. 16 in this week's USTFCCA Division II Computer Rankings. Simon Fraser emerged in the women's poll at No. 25.

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	@SFUClan	#NCAAeh
W. Oregon	@WOUWolves	#WOUHOO
W. Washington	@WWUathletics	#GoViks

GNAC Track & Field Athletes of the Week



MEN'S TRACK
Daniel Kelloway, Simon Fraser
Senior • Mount Bearl, N.L.

Kelloway set the meet record in the 400 meters at the Hillsdale Wide Track Classic in Michigan, winning the event in a time of 48.71 seconds. The mark leads the GNAC and is 10th on the GNAC all-time list. When converted for track size to 47.95 seconds, the performance ranks No. 10 in Division II. Kelloway also ran the anchor leg on the Clan's

4x400-meter relay that won with a NCAA Championships provisional qualifying time of 3:18.94. When converted to 3:15.82 for track size, the mark is not only a NCAA Championships provisional qualifying mark, but leads the GNAC and is 13th in Division II this season.

Also Nominated: Austin Lindquist (Montana State Billings), Payton Lewis (Northwest Nazarene).



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

Townsend notched a NCAA Championships provisional qualifying mark in the 800 meters at the Hillsdale Wide Track Classic, winning the event in 2:11.77. After conversion to 2:10.27 for track size, Townsend leads the GNAC and has the eight best time in Division II this season. Townsend also ran the third leg of the Clan's 4x400-meter relay team,

which finished sixth in 3:59.46.

Also Nominated: Macie Allen (Western Washington), Taylor Deskins (Northwest Nazarene).



MEN'S FIELD
Nels Flanagan, Montana State Billings
Junior • Big Timber, Mont.

Flanagan reset his own school record for the second time this season at the Conglomerate Open, placing second with a mark of 53 feet, 11.25 inches. The performance is fourth best in the GNAC this season.

Also Nominated: Micah Tranch (Northwest Nazarene).



WOMEN'S FIELD
McKenna Emmert, Central Washington
Senior • Kelso, Wash.

Emmert improved her NCAA Championships provisional qualifier in the pole vault. She placed fourth in the event at the Jackson's/New Balance Invitational with a mark of 12 feet, 5.5 inches. The mark leads the GNAC, is seventh in Division II and is tied for fifth on the GNAC all-time list.

Also Nominated: Janessa Williams (Montana State Billings), Anna Paradee (Montana State Billings), Jackie Mahowald (Northwest Nazarene).

Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Jan. 9-15	David Ribich, WOU	Brandon Pless, WWU	Mary Charleson, SPU	McKenzie Warren, CU
Jan. 16-22	Sam Zook, MSUB	Cole Hoberg, NNU	Ali Anderson, CWU	McKenzie Warren, CU
Jan. 23-29	David Ribich, WOU	Gordon Kordas, WWU	Jamie Ashcroft, UAA	McKenzie Warren, CU
Jan. 30 - Feb. 5	Daniel Kelloway, SFU	Nels Flanagan, MSUB	Addy Townsend, SFU	McKenna Emmert, CWU

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



- Alaska Anchorage did not compete last weekend. The Seawolves will be in Seattle this weekend, competing in both the Husky Classic and the UW Indoor Open.
- Senior **Jamie Ashcroft** continues to rank as one of Division II's top women's sprinters. She enters the week tied for 14th and leads the GNAC in the 60 meters (7.63) and tied for 21st in the 200 meters (24.90).

• Senior **Dominik Notz** continues to have the GNAC's top time in the men's 3,000 meters. His time of 8:11.10 is seventh in Division II. Junior **Edwin Kangogo** is also provisionally qualified in the 5,000 meters. His time of 14:41.02 is 17th in Division II.

• In the women's distances, junior **Caroline Kurgat** is 12th in Division II in the 3,000 meters with a time of 9:42.45.

• Three of Alaska Anchorage's four relays have provisionally qualified for the NCAA Championships. The women's 4x400-meter relay is 11th in Division II with a time of 3:49.75. The men's distance medley relay is 15th in Division II with a time of 10:03.45 and the men's 4x400-meter relay is 19th in 3:16.74.

CENTRAL WASHINGTON



WILDCATS

- Central Washington athletes improved three NCAA Championships provisional qualifiers in two meets over the weekend.
- Senior **McKenna Emmert** was named the GNAC Women's Field Athlete of the Week after improving her provisional mark in the women's pole vault at the Jackson's New Balance Invitational in Nampa, Idaho. Emmert placed fourth in the event with a mark of 12 feet, 5.5 inches. The performances leads the GNAC, is tied for fifth on the GNAC all-time list and is seventh in Division II.

• Sophomore **Mariyah Vongsaveng** improved her mark in the women's 60-meter hurdles at the Cougar Indoor in Pullman, Wash. She placed second with a time of 8.74 seconds, which leads the GNAC and is 23rd in Division II. Vongsaveng is the defending GNAC champion in the event.

• Junior **HarLee Ortega** also improved her provisional qualifying in the women's pentathlon at the Cougar Indoor. Her third place score of 3,326 points is tops in the GNAC and 24th in Division II.

• Junior **Aiyana Homer** won the women's shot put at the Cougar Indoor with a mark of 42 feet, 4 inches. She led a top-three sweep of the event for the Wildcats. **Angela Mumford** was second at 40 feet, 5.5 inches and **Megan Mortensen** was third in 40 feet, 2.25 inches.

• The men's 4x400-meter relay was the Wildcats' other event winner, capturing the competition in 3:26.76.

• Central Washington will be among eight GNAC teams competing at the Husky Classic and UW Indoor Open in Seattle this weekend.

CONCORDIA



- Concordia did not compete last weekend. They will be among the GNAC field competing at the Hsuky Classic in Seattle on Saturday and Sunday.
- Senior **McKenzie Warren** continues to lead Division II and rank third in all collegiate divisions in the shot put with her GNAC record mark of 57 feet, 7 inches, at the Jan. 21 Bronco Invitational. She also has the fifth best mark in the event in the United States this season.

• Senior **Christina MacDonald** leads the GNAC and has the 26th best mark in Division II in the women's weight throw with her mark of 56 feet, 1 inch. MacDonald is also 27th nationally in the shot put with a mark of 45 feet, 0.25 inches.

• Freshman **Adam Brown** enters the week with the GNAC's fourth best time in the men's 200 meters in 22.46 seconds. Freshman **James Phillips** has the fourth best time in the GNAC in the men's 60 meters at 8.53 seconds and the fourth best mark in the long jump with a mark of 22 feet, 9.25 inches. Senior **Ethan Livermore** is fifth in the GNAC in the mile with a time of 4:21.92 while senior **Paris Speidel** is sixth in the GNAC in the men's 800 meters with a time 1:56.39.

• In the women's field events (other than the throws), sophomore **Tori Johnson** is tied for second in the GNAC in the high jump with a best of 5 feet, 3.25 inches. Freshman **Chase Stephens** is fourth in the GNAC in the long jump at 17 feet, 2 inches.

MONTANA STATE BILLINGS



- Montana State Billings' athletes fell three more school records at the Conglomerate Open in Gillette, Wyo.
- Sophomore **Janessa Williams** won the women's triple jump with a record mark of 35 feet, 10 inches. That bettered the former record of 35-6.75 set by Leah Berry in 2011. Williams currently ranks ninth in the GNAC.

• Junior **Nels Flanagan** was named GNAC Men's Field Athlete of the Week after he lowered his record in the weight throw for the second time this season. He took second with a mark of 53 feet, 11.25 inches, which is fourth in the GNAC this season.

• Senior **Austin Lindquist** also lowered his own record in the 60-meter hurdles, placing second in a time of 8.62 seconds. He enters the week with the sixth best mark in the GNAC.

• Freshman **Michaela Johnson** won the women's 60-meter hurdles in a time of 9.23 seconds. Freshman **Jamie Orme** won the women's high jump with a mark of 4 feet, 11 inches and freshman **Brenna Beckett** won the long jump with a leap of 16 feet, 9.25 inches.

• The MSUB men had two individual event winners. Junior **Mark Hovland** won the 800 meters in a time of 2:02.35 and freshman **Chuck Carr** won the long jump with a mark of 21 feet, 7.5 inches.

• Montana State Billings will finish its run-up to the GNAC Championships this weekend at the Mountain State Games in Pocatello, Idaho.

Around The GNAC

NORTHWEST NAZARENE



- Two improvements to the top of the GNAC seasonal best lists led Northwest Nazarene's efforts at the Jackson's New Balance Invitational.
- Freshman **Jackie Mahowald** matched the season best in the women's triple jump, placing sixth in the event with a mark of 37 feet, 6.75 inches.
- Junior **Payton Lewis** notched his second GNAC best mark of the season. He placed fourth in the men's 60-meter hurdles with a time of 8.37 seconds. He also won the pole vault with a mark of 16 feet, 0.75 inches and placed third in the long jump with a mark of 22 feet, 2.5 inches. Lewis also owns the GNAC's top mark in the pole vault. His best of 16 feet, 6.75 inches is tied for seventh in Division II this season.
- Lewis paced a top-three sweep for the Crusaders in the men's pole vault. Junior **Jared Webster** placed second with a clearance of 15 feet, 7 inches while senior **Zach McClanahan** placed third with a mark of 15 feet, 1 inches.
- Senior **Cole Hoberg** placed second in the high jump with a clearance of 6 feet, 9 inches. The mark was just short of his season best and school record of 6 feet, 9.75 inches, which is tied for 12th in Division II this season.
- Northwest Nazarene will compete in its last tuneup for the GNAC Championships on the track the meet will be run on. The Crusaders will be at the Boise State Team Challenge at the Jackson's Indoor Center.

SAINT MARTIN'S



- Saint Martin's sat out the weekend from competition. The Saints will finish its run-up to the GNAC Championships this weekend at the Husky Classic and the UW Indoor Open in Seattle.
- Senior **Mikel Smith** enters the week tied for second in Division II in the men's high jump. His best of 7 feet, 0.25, which was set back in December, is just a quarter-inch short of his own GNAC record.
- Senior **Shannon Porter** leads the GNAC and is fourth in Division II in the women's 3,000 meters. Her time of 9:35.31, run at January's UW Invitational, is also the fourth fastest time in GNAC history.
- Senior **Kirby Neale** owns the GNAC's third best mark in the women's weight throw with a NCAA Championships provisional qualifying mark of 53 feet, 10.5 inches. She is currently 48th in Division II.
- Sophomore **Jackson Hand** owns the GNAC's top mark in the men's 200 meters. He ran his time of 21.94 seconds at the Jackson's Open in December. Senior **David Durden** is third in the GNAC in the men's 60 meters with a time of 8.47 seconds at the Jackson's Open.

SEATTLE PACIFIC



- Seattle Pacific did not compete last weekend. The Falcons will compete this weekend at the Husky Classic and UW Indoor Open in Seattle.
- Junior **Mary Charleson** owns NCAA Championships provisional qualifying marks in two events. She is 18th in Division II in the women's 3,000 meters in 9:48.85 and is 19th in the mile with a time of 4:56.37. Senior **Sarah Macdonald** is sixth in the GNAC and 36th in Division II in the 3,000 meters with a time of 10:00.86.
- Freshman **Lani Taylor** owns the GNAC's second best mark in the 400 meters with a time of 56.79 seconds at the UW Invitational. Taylor is also tied for 27th in Division II.
- Senior **Kyra Brannan** is provisionally qualified for the NCAA Championships in the women's long jump. Her mark of 18 feet, 6.5 inches is tied for 31st in Division II and leads the GNAC. She also owns the GNAC's fifth best mark in the 200 meters with a time of 25.68 seconds.
- The Falcons' women's 4x400-meter relay team is second in the GNAC with a time of 3:52.50. They also own the second best conference time in the women's distance medley relay with a NCAA Championships provisional qualifying time of 11:42.22. That is also fourth in Division II.
- Seattle Pacific also owns the top two marks in the women's high jump. Sophomore **Geneva Lehnert** leads the conference with a mark of 5 feet, 5 inches, while freshman **Brooke Benner** is second at 5 feet, 3.25 inches.

SIMON FRASER



- Simon Fraser athletes added or improved seven NCAA Championships provisional qualifying marks at the Hillsdale Wide Track Invitational in Hillsdale, Mich.
- Senior **Daniel Kelloway** was named the GNAC Men's Track Athlete of the Week after he set a meet record in the men's 400 meters with a winning time of 48.71 seconds. When converted to 47.95 for track size, Kelloway stands No. 10 on the Division II best list.
- Sophomore **Abby Townsend** was named GNAC Women's Track Athlete of the Week after she just missed the meet record in the women's 800 meters, winning in a time of 2:11.77. After conversion to 2:10.37 for track size, Townsend is eighth in the Division II best list. Townsend also owns a provisional qualifier and the GNAC's top time in the mile at 4:54.60.
- Freshman **Katherine Lucas** added a NCAA provisional qualifying mark in the women's 200 meters. Her second time of 24.78 seconds leads the GNAC and is tied for 15th in Division II. Lucas is also provisionally qualified in the 60 meters. Her time of 7.66 seconds is second in the GNAC and tied for 20th in Division II.
- Senior **Chantel Desch** improved her provisional qualifying mark in the women's 400 meters, placing third in a time of 57.25 seconds. That mark leads the GNAC and is 19th in Division II.
- Junior **Paige Nock** finished third in the women's mile in a time of 5:02.65. After conversion to 4:59.69 for track size, the time of 4:59.69 ranks third in the GNAC and 27th in Division II.
- The Clan's men's 4x400-meter relay team improved its provisional qualifying mark, winning in a time of 3:18.94. After conversion to 3:15.82 for track size, the performance is tops in the GNAC and 13th in Division II.
- Simon Fraser will join seven other GNAC teams this weekend at the Husky Classic and the UW Indoor Open in Seattle.

Around The GNAC

WESTERN OREGON



• Western Oregon did not compete last weekend. The Wolves will try to solidify times for the GNAC Championships this weekend in Seattle at the Husky Classic and UW Indoor Open.

• Junior **David Ribich** ranks second in Division II and is automatically qualified for the NCAA Championships after

he ran 4:02.30 in the mile at the UW Invitational. Ribich also has a provisional qualifier in the 3,000 meters. His time of 8:13.94 is 14th in Division II.

• Ribich, **Dustin Nading**, **AJ Holmberg** and **Josh Dempsey** set GNAC and WOU records in the men's distance medley relay at the UW Invitational. The team's time of 9:45.45 smashed the old record by five seconds and automatically qualified WOU for the NCAA Championships.

• Senior **Kennedy Rufener** is 17th in Division II this season and leads the GNAC with her school record time in the women's 5,000 meters. Rufener provisionally qualified for the NCAA Championships by running 17:24.07 at the UW Invitational.

• **Suzie Van de Grift** is tied for 24th in Division II in the women's 800 meters and is fifth in the GNAC after running 2:14.10 at the UW Invitational.

• Dempsey enters the week as the GNAC leader and ranked ninth in Division II in the men's 800 meters with his time of 1:51.35.

WESTERN WASHINGTON



• An improvement in her provisional mark in the women's pole vault by **Anna Paradee** led Western Washington's efforts at the Cougar Indoor last weekend.

• Paradee placed third in the event with a clearance of 12 feet, 1.5 inches. The mark improved her to a tie for 14th on the Division II best list and is 10th on the GNAC all-time list.

• Freshman **Macie Allen** ran the seventh fastest time in WWU history with her preliminaries time of 7.99 seconds in the women's 60 meters. Freshman **Alex Taylor** placed seventh in the finals of the men's 60 meters with a time of 7.14 seconds. His time of 7.15 seconds was No. 4 in the preliminary heats.

• Sophomore **Daniel Jones** placed third in the men's 200 meters in 23.20 seconds while **Cordell Cummings** was sixth in the qualifying round of the 60-meter hurdles with a time of 8.76 seconds.

• Senior **Megan Mortensen** placed third in the women's shot put with a mark of 40 feet, 2.25 inches. **Bryan Lee** added a fourth place finish in the men's weight throw with a mark of 54 feet, 8.25 inches.

• Western Washington will finish their run to the GNAC Championships this weekend, appearing in the Husky Classic and the UW Indoor Open in Seattle.

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 Qualifiers For NCAA Division II Indoor Championships

MEN'S AUTOMATIC QUALIFIERS AS OF FEB. 8

Event	Athlete	Mark	Rank	Date
Mile	David Ribich, WOU	4:02.30	2nd	1/27/17
DMR	Western Oregon	9:45.45	1st	1/28/17

MEN'S PROVISIONAL QUALIFIERS AS OF FEB. 8

Event	Athlete	Mark	Rank	Date
60 Meters	Kodiak Landis, CWU	6.83	T-16th	12/8/16
400 Meters	Daniel Kelloway, SFU	47.95	10th	2/4/17
	Adam Commandeur, UAA	48.60	30th	1/14/17
800 Meters	Josh Dempsey, WOU	1:51.35	9th	1/14/17
	Joe Day, UAA	1:52.07	12th	1/14/17
Mile	Carlos Vargas, SFU	4:11.52	22nd	1/27/17
3,000 Meters	Dominik Notz, UAA	8:11.10	7th	1/28/17
	David Ribich, WOU	8:13.94	14th	1/14/17
	Andrew Wise, WWU	8:23.18	30th	1/14/17
	Marc Antoine-Rouleau, SFU	8:24.01	32nd	1/14/17
5,000 Meters	Isaac Mitchell, NNU	14:34.93	8th	1/27/17
	Sean Miller, SFU	14:37.59	11th	1/28/17
	Andrew Wise, WWU	14:39.59	14th	1/27/17
	Edwin Kangogo, UAA	14:41.02	17th	1/27/17
4x400 Relay	Simon Fraser	3:15.82	13th	2/4/17
	Alaska Anchorage	3:16.74	19th	1/27/17
DMR	Simon Fraser	9:54.51	9th	1/28/17
	Alaska Anchorage	10:03.45	15th	1/28/17
High Jump	Mikel Smith, SMU	2.14/7-0.25	T-2nd	12/10/16
	Cole Hoberg, NNU	2.08/6-9.75	T-12th	1/21/17
	Chuck Carr, MSUB	2.03/6-8	T-32nd	1/21/17
Pole Vault	Payton Lewis, NNU	5.05/16-6.75	T-7th	12/10/16
	Jared Webster, NNU	4.85/15-11	T-22nd	1/13/17
	Gordon Kordas, WWU	4.81/15-9.25	T-26th	1/27/17
Triple Jump	Luke Plummer, CWU	14.89/48-10.25	16th	12/10/16
Heptathlon	Kodiak Landis, CWU	5,143	5th	12/3/16
	Travis Turner, UAA	4,951	17th	1/28/17

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

WOMEN'S PROVISIONAL QUALIFIERS AS OF FEB. 8

Event	Athlete	Mark	Rank	Date
60 Meters	Jamie Ashcroft, UAA	7.63	T-14th	1/28/17
	Katherine Lucas, SFU	7.66	T-20th	1/28/17
200 Meters	Katherine Lucas, SFU	24.78	T-15th	2/4/17
	Jamie Ashcroft, UAA	24.90	T-21st	1/28/17
	Valda Kabia, SFU	25.04	T-30th	1/28/17
400 Meters	Chantel Desch, SFU	56.50	19th	2/4/17
	Lani Taylor, SPU	56.79	T-27th	1/28/17
	Vanessa Aniteye, UAA	56.81	30th	1/27/27
	Mary Kathleen Cross, UAA	56.86	32nd	1/14/17
800 Meters	Addy Townsend, SFU	2:10.37	8th	2/4/17
	Sophie Dodd, SFU	2:13.00	16th	2/4/17
	Tamara Perez, UAA	2:13.91	21st	1/28/17
	Paige Nock, SFU	2:14.01	22nd	1/28/17
	Suzie Van de Grift, WOU	2:14.10	T-24th	1/28/17
	Ali Anderson, CWU	2:14.11	26th	1/28/17
	Alana Mussatto, SFU	2:14.29	T-29th	1/28/17
Mile	Addy Townsend, SFU	4:54.60	15th	1/28/17
	Mary Charleson, SPU	4:56.37	19th	1/28/17
	Paige Nock, SFU	4:59.69	27th	2/4/17
	Miryam Bassett, SFU	5:00.83	31st	1/28/17
3,000 Meters	Shannon Porter, SMU	9:30.70	4th	1/28/17
	Caroline Kurgat, UAA	9:42.45	12th	1/28/17
	Mary Charleson, SPU	9:48.85	18th	1/14/17
	Brittany Grant, WWU	9:56.22	22nd	1/14/17
	Julia Howley, SFU	9:58.27	28th	1/14/17
	Sarah Macdonald, SPU	10:00.86	36th	1/14/17
5,000 Meters	Kennedy Rufener, WOU	17:24.07	17th	1/28/17
60m Hurdles	Mariyah Vongsaveng, CWU	8.74	23rd	2/4/17
	Diana Voloshin, SFU	8.80	T-30th	2/4/17
4x400 Relay	Alaska Anchorage	3:49.75	11th	1/28/17
DMR	Simon Fraser	11:39.36	2nd	1/27/17
	Seattle Pacific	11:42.22	4th	1/27/17
	Alaska Anchorage	11:47.67	8th	1/27/17
	Western Oregon	12:05.24	14th	1/27/17
High Jump	Geneva Lehnert, SPU	1.65/5-5	T-33rd	1/14/17
Pole Vault	McKenna Emmert, CWU	3.80/12-5.5	7th	2/4/17
	Anna Paradee, WWU	3.70/12-1.5	T-14th	2/4/17
Long Jump	Kyra Brannan, SPU	5.65/18-6.5	T-31st	1/14/17
Shot Put	McKenzie Warren, CU	17.55/57-7	1st	1/21/17*
	Christina MacDonald, CU	13.72/45-0.25	27th	1/21/17*
Weight Throw	Christina MacDonald, CU	17.09/56-1	26th	1/21/17*
	McKenzie Warren, CU	16.48/54-1	45th	1/21/17*
	Kriby Neale, SMU	16.42/53-10.5	48th	1/28/17
Pentathlon	HarLee Ortega, CWU	3,348	24th	2/4/17

Men's Indoor Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	WOU
Preseason	19th	—
Jan. 24	—	—
Jan. 31	—	14th
Feb. 7	—	16th

USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS

Week 3 - Feb. 7, 2017				
Rk	School	Pts.	Prev.	
1.	Ashland	203.01	1	
2.	Adams State	165.33	5	
3.	Grand Valley State	141.69	4	
4.	Tiffin	132.06	2	
5.	Saint Augustine's	84.82	17	
6.	CSU-Pueblo	79.11	3	
7.	Minnesota State	74.77	8	
8.	Azusa Pacific	67.39	7	
9.	Sioux Falls	65.60	6	
10.	Pittsburg State	63.01	15	
11.	Angelo State	62.01	12	
12.	Shorter	59.58	11	
13.	Academy of Art	58.95	44	
14.	Emporia State	58.57	18	
15.	Central Missouri	57.61	16	
16.	Western Oregon	52.55	14	
17.	Western State	50.12	9	
18.	Findlay	42.38	19	
19.	Texas A&M-Kingsville	41.11	20	
20.	Texas A&M-Commerce	38.50	13	
21.	West Texas A&M	36.82	24	
22.	Limestone	34.66	21	
23.	American International	34.24	28	
24.	St. Thomas Aquinas	32.94	22	
25.	Cal State LA	32.10	25	

USTFCCCA WEST REGION TEAM INDEX

Week 3 - Feb. 7, 2017				
Rk	School	Pts.	Prev.	
1.	Azusa Pacific	390.97	1	
2.	Simon Fraser	257.21	3	
3.	Northwest Nazarene	344.88	2	
4.	Central Washington	227.73	5	
5.	Academy of Art	219.44	8	
6.	Alaska Anchorage	208.88	4	
7.	Western Washington	194.08	6	
8.	Western Oregon	165.06	7	
9.	Cal State LA	112.89	11	
10.	Montana State Billings	101.25	9	

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Women's Indoor Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SFU
Preseason	—	—
Jan. 24	—	—
Jan. 31	21st	—
Feb. 7	—	25th

USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS

Week 3 - Feb. 7, 2017				
Rk	School	Pts.	Prev.	
1.	Grand Valley St.	167.92	1	
2.	Adams State	125.36	5	
3.	Pittsburg State	124.98	2	
4.	West Texas A&M	101.34	9	
5.	Chadron State	87.05	4	
6.	Minnesota State	80.75	3	
7.	Minnesota Duluth	79.74	7	
8.	Western State	75.75	10	
9.	Central Missouri	70.31	11	
10.	Azusa Pacific	60.91	8	
11.	Mary	59.65	54	
12.	Hillsdale	53.78	19	
13.	Texas A&M-Kingsville	50.12	13	
14.	Ashland	50.11	14	
15.	Findlay	47.59	15	
16.	Saint Augustine's	45.70	18	
17.	Angelo State	42.48	53	
18.	Southwest Baptist	41.80	17	
19.	Cedarville	40.38	42	
20.	Walsh	40.36	22	
21.	Merrimack	39.64	20	
22.	Bellarmino	36.72	23	
23.	CSU-Pueblo	35.19	12	
24.	Shippensburg	33.31	38	
25.	Simon Fraser	33.08	26	

USTFCCCA WEST REGION TEAM INDEX

Week 3 - Feb. 7, 2017				
Rk	School	Pts.	Prev.	
1.	Azusa Pacific	368.91	1	
2.	Simon Fraser	305.97	2	
3.	Academy of Art	299.29	4	
4.	Seattle Pacific	253.99	3	
5.	Central Washington	182.76	6	
6.	Alaska Anchorage	182.73	5	
7.	Western Washington	157.96	7	
8.	San Francisco St.	143.88	8	
9.	Concordia Irvine	110.55	11	
10.	Northwest Nazarene	106.21	9	

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[Complete Poll Online](#)

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	8:10.19	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 9:45.45 Western Oregon (2017) Dustin Nading, AJ Holmberg, 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	17.55/57-7	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	7.60	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.

Fri., Jan. 20 & Sat., Jan. 21

**Air Force Invitational
at Cadet Field House, Colorado Springs, Colo.**

Men (Top 3 GNAC Finishers): 60 Meters - 6, Sam Zook, MSUB, 6.90. Long Jump - 6, Austin Lindquist, MSUB, 21-10.25.

WSU Open

at WSU Indoor Practice Facility, Pullman, Wash.

Women (Top 3 GNAC Finishers): 200 Meters - Section 6 - 2, Shaddia Medows, CWU, 29.16; Section 10 - 1, Aujanique Doss, CWU, 26.79; 3, Julia Inderbitzin, CWU, 28.14; Section 11 - 2, Katia Hawley, CWU, 27.62; Section 12 - 1, Madison Garcia, CWU, 26.26. 400 Meters - Section 4 - 2, Tianna Banfro, CWU, 1:02.77; Section 5 - 1, Julia Inderbitzin, CWU, 1:01.92; 3, Mariyah Vongsaveng, CWU, 1:03.86; Section 6 - 3, Erykah Weems, CWU, 1:00.57. 800 Meters - Section 3 - 2, Ali Anderson, CWU, 2:15.99. 3,000 Meters - 1, Aleza Shindruk, CWU, 10:34.51; 2, Stephanie Rexus, CWU, 10:38.71. 60m Hurdles - 2, Mariyah Vongsaveng, CWU, 8.98. 4x400 Relay - Section 2 - 1, Central Washington A, 4:03.52; 2, Central Washington B, 4:18.30. Long Jump - Flight 3 - 3, Brooke Williams, CWU, 16-2.25. Shot Put - Flight 2 - 1, Aiyana Homer, CWU, 41-1.75; 2, Angela Mumford, CWU, 40-0.5. Weight Throw - Flight 1 - 1, Samantha La Rue, CWU, 48-3.5; 3, Mikaela Krouse, CWU, 40-10.5; Flight 2 - 3, Aiyana Homer, CWU, 52-7.25.

Men (Top 3 GNAC Finishers): 800 Meters - Section 2 - 2, Darren Arndt, CWU, 2:05.02; Section 3 - 3, Trevaughn Scott, CWU, 1:58.14. 3,000 Meters - Section 2 - 2, Kaleb Javier, CWU, 9:33.33. 4x400 Relay - Section 1 - 1, Central Washington, 3:32.75. Long Jump - Flight 2 - 3, Zach Whittaker, CWU, 20-3; Flight 4 - 2, Luke Plummer, CWU, 22-9. Triple Jump - Flight 2 - 2, Luke Plummer, CWU, 47-1.5. Shot Put - Flight 2 - 3, Armando Tafoya, CWU, 49-7.75.

2017 GNAC Indoor Meet Summaries

Sat., Jan. 21

Bronco Invitational

at Jackson's Track, Nampa, Idaho

Women (Top 3 GNAC Finishers): 60m Hurdles - Prelims - 3, Lexi Tubbs, NNU, 8.89. Triple Jump - 3, Rachel Siltman, CU, 37-6.75. Shot Put - 1, McKenzie Warren, CU, 57-7. Weight Throw - 2, Christina MacDonald, CU, 56-1; 3, McKenzie Warren, CU, 54-1.

Men (Top 3 GNAC Finishers): 3,000 Meters - 3, Godfrey Kemboi, NNU, 8:57.27. High Jump - 1, Cole Hoberg, NNU, 6-9.75. Pole Vault - 2, Payton Lewis, NNU, 16-2.75; 3, Jared Webster, NNU, 15-9. Shot Put - 3, Cyrius Vea, CU, 48-10.25.

Dave Little Alumni Mile

at Don Young Center, Spearfish, S.D.

Women (Top 3 GNAC Finishers): 400 Meters - 1, Josey Smiedala, MSUB, 1:01.60. 60m Hurdles - 1, Michaela Johnson, MSUB, 9.15. High Jump - 2, Jamie Orme, MSUB, 5-0.25. Long Jump - 2, Brenna Beckett, MSUB, 15-6.25; 3, Shaniah Schwend, MSUB, 15-2.25. Triple Jump - 2, Brenna Beckett, MSUB, 34-4. Shot Put - 3, Taylor Stringari, MSUB, 35-1.75.

Men (Top 3 GNAC Finishers): 60 Meters - Tie 2, Kaelyn Shay, MSUB, 7.18. 400 Meters - 3, Nathan Vandersby, MSUB, 53.42. 3,000 Meters - 2, Garrett Love, MSUB, 8:58.87. High Jump - 2, Chuck Carr, MSUB, 6-8. 3, Isaiah Girard, MSUB, 6-6.

Fri., Jan. 27 Sat., Jan. 28

UW Invitational

at Dempsey Indoor Center, Seattle, Wash.

Women (Top 3 GNAC Finishers): 200 Meters - Section 2 - 3, Valda Kabia, SFU, 25.04; Section 4 - 3, Jamie Ashcroft, UAA, 24.90; Section 9 - 2, Kyra Brannan, SPU, 25.68; 3, Tianna Banfro, CWU, 26.08; Section 10 - 1, Katherine Lucas, SFU, 25.16; Section 14 - 3, Macie Allen, WWU, 26.81; Section 15 - 3, Nicole Lindsay, SFU, 26.52; Section 16 - 1, Kira Peterson, SFU, 26.14; 3, Hannah Bradley, WWU, 27.90; Section 21 - 2, Deja Svastisalee, WWU, 27.51. 400 Meters - Section 2 - 1, Nicole Lindsay, SFU, 58.66; Section 4 - 1, Lani Taylor, SPU, 56.79; Section 5 - 1, Vanessa Aniteye, UAA, 56.71; Section 6 - 3, Hayley Bezanson, 58.44; Section 7 - 2, Cheryl Hong, SPU, 59.38; Section 8 - 2, Olivia Woods, WOU, 58.35; Section 10 - 3, Chantel Desch, SFU, 56.95. 800 Meters - Section 1 - 2, Ali Anderson, CWU, 2:14.11; Section 3 - 3, Paige Nock, SFU, 2:14.01; Section 4 - 3, Tamara Perez, UAA, 2:13.91. Mile - Section 1 - 2, Sarah Macdonald, SPU, 5:03.79; Section 2 - 2, Mary Charleson, SPU, 4:56.37. 4x400 Relay - Section 1 - 2, Western Washington, 4:04.70; Section 2 - 3, Central Washington, 3:59.32; Section 3 - 1, Alaska Anchorage, 3:49.75; Section 4 - 2, Seattle Pacific, 3:52.50; 3, Simon Fraser, 3:56.89. Distance Medley Relay - Section 2 - 2, Simon Fraser, 11:39.36. Long Jump - Flight 3 - 3, Kyra Brannan, SPU, 18-2.25. Shot Put - Flight 1 - 1, Aiyana Homer, CWU, 41-6; 2, Nicole White, CU, 41-3.25; Flight 3 - 1, McKenzie Warren, CU, 56-1.25. Weight Throw - Flight 2 - 2, Aiyana Homer, CWU, 53-3.5.

Men (Top 3 GNAC Finishers): 200 Meters - Section 5 - 1, Darrion Gray, UAA, 22.17; Section 7 - 2, Jackson Hand, SMU, 22.46; 3, Adam Brown, CU, 22.66; Section 8 - 3, Daniel Jones, WWU, 23.03; Section 9 - 3, Tyler Ooley, CWU, 23.09; Section 10 - 3, Nathan Mah, SFU, 22.58; Section 12 - 2, Aaron Bosscher, WWU, 24.42. 400 Meters - Section 3 - 2, AJ Holmberg, WOU, 49.28; Section 7 - 2, Joel Webster, SFU, 49.94; Section 8 - 3, Daniel Kelloway, SFU, 48.31. 800 Meters - Section 2 - 3, Tyler Sager, WWU, 1:55.02; Section 4 - 1, Josh Dempsey, WOU, 1:52.05. Mile - Section 1 - 1, Dustin Nading, WOU, 4:15.08; Section 5 - 5, David Ribich, WOU, 4:02.30. 3,000 Meters - Section 3 - 2, Dominik Notz, UAA, 8:11.10. 5,000 Meters - Section 2 - 1, Andrew Wise, WWU, 14:39.59. 4x400 Relay - Section 1 - 1, Concordia, 3:24.18; 2, Western Oregon B, 3:32.38; Section 2 - 3, Simon Fraser B, 3:33.71; Section 3 - 1, Alaska Anchorage, 3:16.74; 2, Simon Fraser A, 3:16.88. Distance Medley Relay - Section 1 - 2, Western Oregon B, 10:14.66; Section 2 - Western Oregon A,

9:45.45. Pole Vault - Flight 1 - 2, Gordon Kordas, WWU, 15-9.25. Long Jump - Flight 1 - 2, Anthony Manago, SMU, 22-1.5. Triple Jump - Flight 1 - 1, Zach Whittaker, CWU, 46-2.75. Shot Put - Flight 1 - 3, Brandon Pless, WWU, 49-3.75. Weight Throw - Flight 1 - 2, Mitch Wilkins, SMU, 51-3.5. Heptathlon - 3, Travis Turner, UAA, 4,951.

Fri., Feb. 3 - Sat., Feb. 4

Jackson's Indoor/New Balance Invitational

at Jackson's Track, Nampa, Idaho

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): High Jump - 2, Cole Hoberg, NNU, 6-9. Pole Vault - 1, Payton Lewis, NNU, 16-0.75; 2, Jared Webster, NNU, 15-7; 3, Zach McClanahan, NNU, 15-1. Long Jump - 3, Payton Lewis, NNU, 22-2.25.

Cougar Indoor

at WSU Indoor Facility, Pullman, Wash.

Women (Top 3 GNAC Finishers): 3,000 Meters - Stephanie Rexus, CWU, 10:53.40. 60m Hurdles - 2, Mariyah Vongsaveng, CWU, 8.74. 4x400 Relay - 2, Central Washington, 4:07.32. Pole Vault - 3, Anna Paradee, WWU, 12-1.5. Shot Put - 1, Aiyana Homer, CWU, 42-7; 2, Angela Mumford, CWU, 40-5.5; 3, Megan Mortensen, WWU, 40-2.25. Pentathlon - 3, HarLee Ortega, CWU, 3,326.

Men (Top 3 GNAC Finishers): 60 Meters - 2, Trevaughn Scott, CWU, 7.22. 200 Meters - 2, Daniel Jones, WWU, 23.20. 5,000 Meters - 3, Tyler Humphries, CWU, 15:59.03. 4x400 Relay - 1, Central Washington, 3:26.76.

Sat., Feb. 4

Conglomerate Open

at Campbell Country Recreation Center, Gillette, Wyo.

Women (Top 3 GNAC Finishers): 200 Meters - 3, Katie Eastburn, MSUB, 27.56. 800 Meters - 2, Josey Smiedala, MSUB, 2:23.72. 60m Hurdles - 1, Michaela Johnson, MSUB, 9.23. 4x400 Relay - 1, Montana State Billings A, 4:11.04; 3, Montana State Billings B, 4:38.55. High Jump - 1, Jamie Orme, MSUB, 4-11. Long Jump - 1, Brenna Beckett, MSUB, 16-9.25; 2, Shaniah Schwend, MSUB, 15-9.5; 3, Janessa Williams, MSUB, 15-9. Triple Jump - 1, Janessa Williams, MSUB, 35-10; 3, Brenna Beckett, MSUB, 33-5.75. Shot Put - 3, Hailey Steinbeisser, MSUB, 35-10.75. Weight Throw - 2, Kassadee Kuoha, MSUB, 43-3.

Men (Top 3 GNAC Finishers): 60 Meters - 2, Sam Zook, MSUB, 6.92. 800 Meters - 1, Mark Hovland, MSUB, 2:02.35. 3,000 Meters - 3, Jorey Egeland, MSUB, 8:56.72. 60m Hurdles - 2, Austin Lindquist, MSUB, 8.62. 4x400 Relay - 3, Montana State Billings, 3:42.14. High Jump - 3, Chuck Carr, MSUB, 6-2.75. Long Jump - 1, Chuck Carr, MSUB, 21-7.5; 2, Marcus Lindquist, MSUB, 21-0.75. Triple Jump - 2, Marcus Lindquist, MSUB, 42-8. Shot Put - 2, Brady Ostermiller, MSUB, 44-9.75; 3, Nels Flanagan, MSUB, 44-1.25. Weight Throw - 2, Nels Flanagan, MSUB, 53-11.25.

Harry Jerome Indoor Games

at Richmond Olympic Oval, Richmond, B.C.

Women (Top 3 GNAC Finishers): 60 Meters - 2, Diana Voloshin, SFU, 7.86. 60m Hurdles - 1, Diana Voloshin, SFU, 9.13.

Men (Top 3 GNAC Finishers): None.

Hillsdale Wide Track Classic

at Margot V. Biermann Athletic Center, Hillsdale, Mich.

Women (Top 3 GNAC Finishers): 200 Meters (Open): 2, Katherine Lucas, SFU, 25.16. 400 Meters (Championship): 3, Chantel Desch, SFU, 57.25. 800 Meters - 1, Addy Townsend, SFU, 2:11.77; 3, Sophie Dodd, SFU, 2:14.53.

Men (Top 3 GNAC Finishers): 400 Meters - 1, Daniel Kelloway, SFU, 48.71 (Meet Record). 4x400 Relay - 1, Simon Fraser, 3:18.94.