



Feb. 15, 2017 • Week 6
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Feb. 17 - Sat., Feb. 18
GNAC Indoor Track and Field Championships,
Nampa, Idaho

FRIDAY SCHEDULE OF EVENTS

MULTI EVENTS

9 a.m.: Men's Heptathlon
9:15 a.m.: Women's Pentathlon

FIELD EVENTS

3:30 p.m.: Women's Weight Throw
3:45 p.m.: Men's Pole Vault
4 p.m.: Women's Long Jump
4:30 p.m.: Men's High Jump
5:30 p.m.: Men's Long Jump
6 p.m.: Men's Weight Throw

RUNNING EVENTS

2:30 p.m.: Women's 60 Meter Hurdles (Semis)
2:45 p.m.: Men's 60 Meter Hurdles (Semis)
3:05 p.m.: Women's 60 Meters (Semis)
3:20 p.m.: Men's 60 Meters (Semis)
3:35 p.m.: Women's 400 Meters (Semis)
4:05 p.m.: Men's 400 Meters (Semis)
4:35 p.m.: Women's 800 Meters (Semis)
4:50 p.m.: Men's 800 Meters (Semis)
5:05 p.m.: Women's 200 Meters (Semis)
5:35 p.m.: Men's 200 Meters (Semis)
6:05 p.m.: Women's 5,000 Meters (Final)
6:30 p.m.: Men's 5,000 Meters (Final)
6:55 p.m.: Women's Distance Medley Relay (Final)
7:15 p.m.: Men's Distance Medley Relay (Final)

SATURDAY SCHEDULE OF EVENTS

MULTI EVENTS

9:30 a.m.: Men's Heptathlon

FIELD EVENTS

10 a.m.: Women's Shot Put
10:15 a.m.: Women's High Jump
10:30 a.m.: Men's Triple Jump
11:15 a.m.: Women's Triple Jump
12:30 p.m.: Men's Shot Put
1 p.m.: Women's Pole Vault

RUNNING EVENTS (Finals)

11:25 a.m.: Women's Mile
11:45 a.m.: Men's Mile
12:05 p.m.: Women's 60 Meter Hurdles
12:15 p.m.: Men's 60 Meter Hurdles
12:25 p.m.: Women's 400 Meters
12:35 p.m.: Men's 400 Meters
12:45 p.m.: Women's 60 Meters
12:55 p.m.: Men's 60 Meters
1:05 p.m.: Women's 800 Meters
1:20 p.m.: Men's 800 Meters
1:35 p.m.: Women's 200 Meters
1:45 p.m.: Men's 200 Meters

1:55 p.m.: Women's 3,000 Meters
2:35 p.m.: Men's 3,000 Meters
3:15 p.m.: Women's 4x400 Relay
3:30 p.m.: Men's 4x400 Relay
4 p.m.: Awards Ceremony

LAST WEEK'S MEETS

Fri., Feb. 10-Sat., Feb. 11

Mountain States Games

at Holt Arena, Pocatello, Idaho

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): 60 Meters - 1, Sam Zook, MSUB, 6.85. High Jump - 3, Isaiah Girard, MSUB, 6-4.75.

Husky Indoor

at Dempsey Indoor Center, Seattle

Women (Top 3 GNAC Finishers): 200 Meters - 1, Jamie Ashcroft, UAA, 24.54. 400 Meters - 2, Chantel Desch, SFU, 56.11. 4x400 Relay - 3, Alaska Anchorage, 3:47.22. DMR - 1, Alaska Anchorage, 11:39.24. Shot Put - 1, McKenzie Warren, CU, 57-9.75.

Men (Top 3 GNAC Finishers): 4x400 Relay - 1, Alaska Anchorage, 3:13.75; 2, Simon Fraser, 3:14.25. DMR - 2, Alaska Anchorage, 9:55.86. High Jump - 3, Mikel Smith, SMU, 6-8.75. Triple Jump - 2, Luke Plummer, CWU, 49-3.

Sat., Feb. 11

Boise State Team Challenge

at Jacksons Track, Nampa, Idaho

Women (Top 3 GNAC Finishers): 60 Meters - 3, Taylor Deskins, NNU, 7.94. 200 Meters - Taylor Deskins, NNU, 26.31. Men (Top 3 GNAC Finishers): 400 Meters - 2, Ebu Camara, NNU, 48.42. Mile - 3, Nick Hamilton, NNU, 4:25.36. High Jump - 2, Cole Hoberg, NNU, 6-6.75; 3, Micah Tranch, NNU, 6-4.75. Long Jump - 3, Blaine Kreutz, NNU, 22-2.5.

Sun., Feb. 12

UW Indoor Open

at Dempsey Indoor Center, Seattle

Women (Top 3 GNAC Finishers): 60 Meters - 3, Jamie Ashcroft, UAA, 7.70. 400 Meters - 2, Mary Kathleen Cross, 57.38. 800 Meters - 2, Danielle McCormick, UAA, 2:10.68. Mile - 2, Miryam Bassett, SFU, 4:56.22. 3,000 Meters - 2, Caroline Kurgat, 9:31.08. 60m Hurdles - 1, Mariyah Vongsaveng, CWU, 8.70.

Men (Top 3 GNAC Finishers): 3, Darrion Gray, UAA, 22.23. 400 Meters - 3, Vladislav Tsygankov, SFU, 48.15. 800 Meters - 2, Joe Day, UAA, 1:52.24. 3,000 Meters - 3, Dominik Notz, UAA, 8:12.37. Triple Jump - 3, Luke Plummer, CWU, 48-4.75. Weight Throw - 3, Armando Tafoya, CWU, 57-2.25.

#GNACTF in 140

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#AllWorldWarren Concordia's **McKenzie Warren** set the Division II record of 57 feet, 9.75 inches in the women's indoor shot put at the Husky Classic. The mark is the fifth best in the nation and No. 16 in the world. The mark earned Warren her third USTFCCA Division II Women's Athlete of the Week award.

#PolePosition

Northwest Nazarene's **Payton Lewis** automatically qualified for the NCAA Championships and set a school record in the men's pole with his mark of 17 feet, 4.5 inches at the Boise State Team Challenge.

#LongTrainRunnin'

The GNAC notched two NCAA automatic qualifiers in the 5,000 meters. Alaska Anchorage's **Dominik Notz** punched his ticket in the men's race with a time of 14:03.90 while Saint Martin's **Shannon Porter** qualified with her time of 16:29.89.

#Fourpeat

Alaska Anchorage's **Jamie Ashcroft** will try to become the first four-time women's indoor champion in GNAC history in the 60 meters. Central Washington's **Luke Plummer** will try to become the first four-time men's champion in the triple jump.

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GNAC Track & Field Athletes of the Week



MEN'S TRACK
Sam Zook, Montana State Billings
 Junior • Casper, Wyo.

Zook lowered his own MSUB record in the 60 meters at the Mountain State Games, winning the event in a time of 6.85 seconds. The time is second in the GNAC this season (the fastest time in the conference since Dec. 3) and is No. 4 on the GNAC all-time list.

Also Nominated: Logan Armstrong (Saint Martin's), Joel Webster (Simon Fraser), Ebu Camara (Northwest Nazarene).



WOMEN'S TRACK
Shannon Porter, Saint Martin's
 Senior • Vancouver, Wash.

Porter earned an automatic qualifier for the NCAA Championships in the 5,000 meters with her performance at the Husky Classic. She finished ninth in her heat with a school record time of 16:29.89, which leads the GNAC and is fourth in Division II this season. The mark also ranks fifth on the GNAC all-time list.

Also Nominated: Paige Nock (Simon Fraser), Danielle McCormick (Alaska Anchorage), Brittany Grant (Western Washington), Josie Smiedala (Montana State Billings), Lexi Tubbs (Northwest Nazarene).



MEN'S FIELD
Payton Lewis, Montana State Billings
 Junior • Nampa, Idaho

Lewis broke his own school record in the pole vault and automatically qualified for the NCAA Championships at the Boise State Team Challenge with a clearance of 17 feet, 4.5 inches. The mark is the best in the GNAC this season, No. 2 on the GNAC all-time list and tied for third in Division II this season.

Also Nominated: Brandon Pless (Western Washington), Nels Flanagan (Montana State Billings).



WOMEN'S FIELD
McKenzie Warren, Concordia
 Senior • Sandy, Ore.

Warren set the Division II all-time record in the shot put at the Husky Classic, winning the event by nearly five feet in a Division I-laden field. Her mark of 57 feet, 9.75 inches bettered the old record of 57 feet, 7.75 inches set by Ashland's Adriane Blewitt in 2003. The mark is the fifth best in the U.S. and 15th in the world this season.

Also Nominated: Anna Paradee (Western Washington), Nice Loufoua (Northwest Nazarene).

Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Jan. 9-15	David Ribich, WOU	Brandon Pless, WWU	Mary Charleson, SPU	McKenzie Warren, CU
Jan. 16-22	Sam Zook, MSUB	Cole Hoberg, NNU	Ali Anderson, CWU	McKenzie Warren, CU
Jan. 23-29	David Ribich, WOU	Gordon Kordas, WWU	Jamie Ashcroft, UAA	McKenzie Warren, CU
Jan. 30 - Feb. 5	Daniel Kelloway, SFU	Nels Flanagan, MSUB	Addy Townsend, SFU	McKenna Emmert, CWU
Feb. 6-12	Sam Zook, MSUB	Payton Lewis, NNU	Shannon Porter, SMU	McKenzie Warren, CU

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.

GNAC Indoor Track & Field Championships Preview

NAMPA, Idaho – A year ago, Alaska Anchorage accomplished an unprecedented sweep of the GNAC indoor track and field titles en route to winning three of the conference's four team track titles.

The Seawolves are poised to repeat as champions, but the repeat is far from guaranteed as the GNAC Indoor Track and Field Championships take place at the Jacksons Track at the Ford Idaho Center.

Alaska Anchorage finished with identical scores of 164 points in 2016 and surged primarily on the heels of its distance runners and the performances of standouts Karolin Anders and Joyce Chelimo. With a number of those distance performers not back, the door is open for other teams to take their shot at the team championships.

WOMEN

The defending champions will ride on the talents of senior **Jamie Ashcroft**, who looks to become the first GNAC women's indoor four-time champion. The three-time champ in the 100 meters also hopes to reclaim her title in the 200 meters, which she lost to Seattle Pacific's Jahzelle Ambus last year.

Helping Ashcroft in the title defense is **Vanessa Aniteye** and **Mary Kathleen Cross**, both provisional qualifiers in the 400 meters, and GNAC cross country champion **Caroline Kurgat**, who owns a provisional qualifying mark in the 3,000 meters. The Seawolves also own the GNAC's top times this season in both the 4x400-meter relay and the distance medley relay.

Ashcroft is among six returning champions in this year's meet. Simon Fraser sophomore **Addy Townsend** ran 2:11.54 as a freshman to win the 800 meters and has already surpassed that with a 2:10.57 earlier this month. Townsend paces a Simon Fraser team hoping to dethrone UAA with four GNAC event leaders and 22 NCAA Championships qualifiers.

Other members of the Clan who lead the conference entering the meet include **Chantel Desch** in the 400 meters, **Paige Nock** in the mile (an event where the top four are SFU runners) and **Ella Brown** in the triple jump. Simon Fraser is also the defending champion in both relays.

Concordia returns two champions in three events. **McKenzie Warren** will try to defend her shot put and weight throw titles, but it is the shot put where she will shine. Warren set the Division II record in the event at last week's Husky Classic at 57 feet, 9.75 inches. The mark is fifth in the United States and No. 15 in the world.

Tori Johnson is Concordia's other returning champion, capturing the title as a freshman at 5 feet, 7.25 inches. Johnson already sits behind a NCAA Championships provisional qualifier in Seattle Pacific's **Geneva Lehnert**, who placed third last year. **Christina MacDonald**, second to Warren in the weight throw last year, is the favorite to win it this year.

The Falcons are hungry to return to the top of the podium after a one-year absence. **Michaella Kahns** is SFU's lone returning champion and enters as the top competitor in the pole vault. Kahns provisionally qualified for nationals in the pole vault with a mark of 11 feet, 10.75 inches in Seattle last weekend.

Seattle Pacific's chances are further helped by **Kyra Brannan**, who has the conference's top mark in the long jump (18-6.5), and freshman **Lani Taylor**, who is among four GNAC provisional qualifiers in the 400 meters. In the distances, **Mary Charleson** and **Sarah Macdonald** will provide points in the mile and 3,000 meters. Lehnert leads the GNAC in the high jump with her provisional qualifying mark of 5 feet, 5.75 inches.

Sophomore **Mariyah Vongsaveng** is Central Washington's returning champion. She came out on top of the closest race in GNAC history when the top-three in last year's 60-meter hurdles were divided by three-thousandths of a second. Vongsaveng has run 8.70 seconds this season, the 19th best time in Division II. **HarLee Ortega** enters as the GNAC leader in the pentathlon (3,348 points) while **Aiyana Homer** will be in the mix in both the shot put and weight throw.

Shannon Porter will aim to give Saint Martin's its first GNAC women's

indoor champion. The senior automatically qualified for the NCAA Championships with a time of 16:29.89 in the 5,000 meters at the Husky Classic and is provisionally qualified in the 3,000 meters. Western Oregon's **Kennedy Rufener** will also challenge in the 5,000 meters, entering the meet with a provisional qualifying time of 17:24.07.

MEN

If Alaska Anchorage is to repeat on the men's side, they will need a big assist once again from the distance runners, who accounted for 75 of the Seawolves' 164 points last year.

Senior **Dominik Notz** is back to do his part. The defending champion in both the 3,000 meters and 5,000 meters is automatically qualified for nationals in the latter, having run 14:03.95 at the Husky Classic last weekend. Notz has the GNAC's top time in the 3,000, with his time of 8:11.10 ranking 11th in Division II.

Edwin Kangogo returns from last year's scoring barrage having provisionally qualified in both the 3,000 and 5,000 meters. The Seawolves also have a solid one-two punch in the 400 meters in **Adam Commandeur** and **Liam Lindsay**. **Travis Turner** finished as the runner-up in last year's heptathlon. He enters this year's meet with the GNAC's second best point total (4,951).

The UAA distance runners will be well challenged, particularly by Western Oregon's **David Ribich**. The junior has automatically qualified for nationals in the mile with a GNAC record time of 4:02.30. He also owns the conference's best time in the 800 meters (1:50.49). His teammate, **Josh Dempsey**, is right behind in the 800 with a best of 1:50.70.

Both Ribich and Webster play a role in the Wolves' GNAC record-holding distance medley relay team. The quartet ran 9:45.45 at January's UW Invitational, a mark that continues to lead Division II.

Simon Fraser is expected to mount a decent run for the team title as well, thanks in part to two returning two-time champions. **Joel Webster** has won the last two 400-meter indoor titles and has provisionally qualified for nationals with a time of 48.71 seconds, but he trails two teammates in **Daniel Kelloway** (47.95) and **Vladislav Tsygankov** (48.15). In addition to his 400-meter prowess, Tsygankov is the two-time defending champ in the long jump and took the GNAC lead at 23 feet, 2.5 inches last weekend.

The Clan will be further bolstered by **Carlos Vargas**, who is second in the GNAC in the mile (4:11.52), and **Sean Miller**, who ranks second in the 5,000 meters (14:37.59).

Northwest Nazarene's **Payton Lewis** is the defending champion in both the pole vault and heptathlon, but will not compete in the multi-event discipline this year. Lewis has automatically qualified for nationals in the pole vault with a mark of 17 feet, 4.5 inches, which is just a half-inch short of the GNAC record. Lewis also has the GNAC top mark in the 60-meter hurdles at 8.36 seconds.

The Crusaders have a total of three vaulters in the conference's top five, including **Jared Webster**, who sits second at 15 feet, 11 inches. **Cole Hoberg** sits second in the high jump with a provisional qualifier of 6 feet, 9.75 inches, while **Isaac Mitchell** is second in the 5,000 meters with a provisional qualifying time of 14:34.93.

Central Washington's **Luke Plummer** stands to become the first four-time GNAC indoor men's champion in the triple jump. The senior enters the meet with a best of 49 feet, 3 inches, more than three feet better than the second place athlete, teammate **Zach Whittaker**. **Kodiak Landis** enters the meet for the Wildcats with the GNAC's best marks and provisional qualifiers in both the 60 meters (6.83 seconds) and the heptathlon (5,143 points).

The Wildcats' **Armando Tafoya** enters with the conference's top mark in the weight throw (57-2.25) while Western Washington's **Brandon Pless** is the leader in the shot put (52-0.5). The Vikings' **Gordon Kordas** also has a shot to compete in the pole vault with a season best of 15 feet, 9.25 inches, which ranks third in the GNAC.



Around The GNAC

ALASKA ANCHORAGE



- Alaska Anchorage concluded its indoor regular season by competing in both the Husky Classic and the UW Indoor Open in Seattle.
- Sophomore **Danielle McCormick** set the UAA school record in the women's 800 meters at the UW Indoor, finishing second in 2:10.68. The NCAA provisional qualifying mark is second in the GNAC and 11th in Division II this

season.

- Senior **Dominik Notz** earned an NCAA automatic qualifying mark at the Husky Classic, placing 16th in a Division I heavy men's 5,000 meters in 14:04.38. The performance is fifth in Division II and No. 2 on the GNAC all-time list. Notz also enters the GNAC Championships as the conference leader in the 3,000 meters (8:11.10)
- Senior **Jamie Ashcroft** was the only UAA individual event winner over the weekend, capturing the women's 200 meters at the Husky Classic in a time of 24.54 seconds. The GNAC record holder in both the 60 meters and 200 meters leads the league in in both disciplines. She will try to become the GNAC's first women's indoor four-time champion in the 60 meters.
- The Seawolves had improved marks from all four of their NCAA provisionally qualified relay teams. The men's 4x400 relay team won at the Husky Classic in 3:13.45, which is sixth in the GNAC and No. 2 in GNAC history. The men's distance medley relay team was second in 9:55.86, 16th in Division II and No. 8 in GNAC history. The women's 4x400 relay was third in 3:47.22, eighth in Division II and No. 6 in GNAC history while the DMR ran 11:39.24, which is fifth in Division II and No. 8 in GNAC history.
- Alaska Anchorage is the defending GNAC champion on both the men's and women's sides. Both teams scored 164 points in 2016.

CENTRAL WASHINGTON



- Central Washington's final tune-up for the GNAC Indoor Championships was at Dempsey Indoor as the Wildcats competed in the Husky Classic and UW Indoor Open.
- Sophomore **Mariyah Vongsaveng** was the Wildcats' lone event winner in either meet, winning the women's 60-meter hurdles at the UW Indoor Open in 8.70 seconds. That improved her GNAC best time and puts her tied for 19th in

Division II this season. She is the defending GNAC champion.

- Senior **Luke Plummer** will try to become the first GNAC male indoor four-time champion in the triple jump. Plummer improved his conference best at the Husky Indoor with a leap of 49 feet, 3 inches, which is a NCAA provisional qualifier and tied for 15th in Division II. He also placed third in the event at the UW Indoor Open.
- The Wildcats' top mark in the sprint events came from freshman **Erykah Weems**, who placed fifth in the women's 400 meters at the UW Indoor Open in 57.82 seconds.
- Junior **HarLee Ortega** enters the GNAC Championships with the conference's top mark in the pentathlon, having scored 3,348 points at the Feb. 4 Cougar Indoor.
- Senior **McKenna Emmert** will contend for the GNAC women's pole vault title. She vaulted 12 feet, 5.5 inches at the Feb. 4 Jacksons Open, which leads the GNAC and is ninth in Division II.
- Senior **Kodiak Landis** enters as the GNAC leader in both the men's 60 meters (6.83) and the heptathlon (5,143 points), having notched both marks in the Wildcats' first meet of the season in December.

CONCORDIA



- Concordia completed its second GNAC indoor regular season at the Husky Classic on Friday and Saturday.
- Senior **McKenzie Warren** not only won the women's shot put, but became the Division II all-time record holder in the event. Her mark of 57 feet, 9.75 inches surpassed the previous record of 57 feet, 7.75 inches set by Ashland's Adriane Blewitt in 2003. The mark not only leads Division II, but is fourth in all college divisions, fifth in the U.S. and 16th in the world (as of Feb. 15). The effort earned Warren selection as both the GNAC Women's Field Athlete of the Week and the USTFCCA Division II Women's Athlete of the Week.
- Warren is the defending GNAC champion in both the women's shot put and weight throw. Teammate **Christina MacDonald** is the current GNAC leader in the weight throw with a season best mark of 56 feet, 1 inch.
- Sophomore **Tori Johnson** is the defending GNAC champion in the women's high jump. She currently owns the second best mark in the GNAC with a clearance of 5 feet, 3.75 inches.
- In the women's triple jump, **Rachel Siltman** is second in the GNAC (37-6.75) while **Chase Stephens** is ranked fourth (37-5.75).
- In the men's competition, freshman **Adam Brown** enters with the fourth best time in the 200 meters (22.26) and **James Phillips** ranks fourth in the 60-meter hurdles (8.53) and sits fifth in the long jump (22-9.25). **Ethan Livermore** is eighth in the mile (4:21.92). **Gino Brown** is third in the triple jump (46-0).

MONTANA STATE BILLINGS



- Montana State Billings finished the regular indoor season by breaking three more school records at the Mountain States Games in Pocatello, Idaho.

- Junior **Sam Zook** lowered his own record in the men's 60 meters, winning with a time of 6.85 seconds to earn GNAC Men's Track Athlete of the Week honors. The mark moves

Zook to No. 4 on the GNAC all-time list. With conversion to 6.87 seconds for altitude, Zook is second in the GNAC and tied for 19th in Division II.

- Junior **Nels Flanagan** also reset his own record in the men's weight throw with his sixth place performance of 54 feet, 5.25 inches. The mark ranks third in the GNAC entering the conference meet.
- The women's 4x400-meter relay team of **Jewlz Collins**, **Josey Smiedala**, **Janessa Williams** and **Brenna Beckett** set a school with a time of 4:03.25.
- Freshman **Chuck Carr** enters the meet as a provisional qualifier for the GNAC Championships. Carr's mark of 6 feet, 8 inches, is third in the GNAC and ranks 10th on the GNAC all-time list.
- Freshman **Michaela Johnson** owns the conference's sixth fastest time in the women's 60-meter hurdles at 9.17 seconds (converted for altitude).
- The Yellowjackets are the defending champions in the men's distance medley relay. They enter the meet with the fourth fastest time this season at 10:20.90.

Around The GNAC

NORTHWEST NAZARENE



• Northwest Nazarene finished the regular season with a pair of school records at the Boise State Team Challenge at the Jacksons Track.

• Junior **Payton Lewis** set the NNU record in the men's pole vault, placing second with a mark of 17 feet, 4.5 inches. The mark is a NCAA Championships automatic qualifier, ranks No. 2 on the GNAC all-time list and currently is tied for third

in Division II this season.

• Lewis is the defending champion in the pole vault and the heptathlon, but will not complete in the multi-events this year. Lewis is also the top GNAC athlete in the men's 60-meter hurdles with a time of 8.36 seconds.

• Senior **Ebu Camara** set the NNU record in the men's 400 meters, placing second with a time of 7.14 seconds. The time is a NCAA Championships provisional qualifier and ranks 24th in Division II.

• Junior **Lexi Tubbs** had the fastest time in the preliminaries women's 60-meter hurdles at 8.88 seconds, but did not compete in the final due to her participation on the NNU women's basketball team. She enters the meet with the third fastest time in the GNAC.

• Senior **Cole Hoberg** placed second in the men's high jump with his clearance of 6 feet, 6.75 inches. He enters the GNAC Championships with the second best mark in the GNAC and tied for 12th in Division II at 6 feet, 9.75 inches.

• Senior **Taylor Deskins** placed third in the women's 60 meters in a time of 7.94 seconds. She ran 7.92 seconds in the prelims. Deskins enters with the sixth best mark in the GNAC at 7.87 seconds.

SAINT MARTIN'S



• A school record performance and a NCAA Championships automatic qualifier highlighted the Saints' performances at the Husky Classic and the UW Indoor Open.

• Senior **Shannon Porter** earned the automatic qualifying mark as she placed 27th in the women's 5,000 meters in a time of 16:29.89. The performance is fourth in Division II

this season and is fifth on the GNAC all-time list. It is also the fastest time in the GNAC this season. Porter leads the GNAC and is sixth in Division II in the 3,000 meters with a time of 9:30.70.

• Senior **Mikel Smith** placed third in the men's high jump at Sunday's UW Indoor with a mark of 6 feet, 8.75 inches. The defending GNAC champion indoors and last year's NCAA Division II outdoor champion is currently tied for second nationally with a mark of 7 feet, 0.25 inches.

• Senior **Kirby Neale** has a NCAA Championships provisional qualifier in the women's weight throw. She is fourth in the GNAC and 53rd in Division II with her school record mark of 53 feet, 10.5 inches at January's UW Invitational.

• Sophomore **Jackson Hand** enters the GNAC Championships as the leader in the men's 200 meters with a time of 21.94 seconds. He is also sixth in the 60 meters, along with senior teammate **Latrelle Swayne**, at 7.06 seconds.

• Senior **David Durden** enters the conference meet with the third best time in the men's 60-meter hurdles in 8.47 seconds.

SEATTLE PACIFIC



• Seattle Pacific saw top performances from sophomore **Geneva Lehnert** and senior **Kyra Brannan** at the Husky Classic and the UW Indoor Open.

• Lehnert was a top-10 finisher in two events, placing sixth in the women's high jump at 5 feet, 5.75 inches, and ninth in the long jump at 17 feet, 8.25 inches. Lehnert is the GNAC

leader in the high jump and the Husky Classic mark is tied for 32nd in Division II.

• Brannan placed fourth in the long jump with a mark of 18 feet, 6.5 inches. She currently leads the GNAC and is tied for 36th in Division II with her best of 18 feet, 6.5 inches.

• Senior **Michaela Kahns** is Seattle Pacific's lone returning champion. The 2016 women's pole vault winner went 11 feet, 10.75 inches at the UW Indoor Open, which sits third in the GNAC and tied for 20th in Division II.

• Freshman **Lani Taylor** hopes to assume the Falcons' mantle as women's 400-meter champion left by Jahzelle Ambus. Taylor hit a NCAA provisional mark at the Husky Classic in 56.79 seconds, which is second in the GNAC and eighth on the GNAC all-time list.

• The Falcons will also look to the distances for critical women's scoring points. Junior **Mary Charleson** is third in the GNAC and 24th in Division II in the 3,000 meters (9:48.85) and is fifth in the GNAC and 24th in Division II in the mile (4:56.37).

• Junior **Peyton Harris** is the Falcons' top scoring chance in the men's competition. He is currently tied for eighth in the 60-meter hurdles with a time of 8.71 seconds.

SIMON FRASER



• Simon Fraser added or improved nine NCAA Championships provisional qualifying marks at the Husky Classic and UW Indoor Open.

• Senior **Chantel Desch** improved her top mark in the GNAC in the 400 meters. She finished second at the Husky Classic in 56.11 seconds, which is tied for 13th in Division II.

• Senior **Vladislav Tsygankov** earned a provisional qualifying mark in the 400 meters at the UW Open, finishing third in a time of 48.15 seconds. He is one of three SFU runners with GNAC top-five performances and provisional qualifiers in the event. Tsygankov is also the defending GNAC champion in the long jump and has the league's top mark at 23 feet, 2.5 inches.

• Junior **Joel Webster** is the two-time defending champion in the men's 400 and is fifth in the GNAC this season with a time of 48.71 seconds. Teammate **Daniel Kelloway** is the current GNAC leader at 47.95 seconds (No. 13 in Division II).

• Both Clan 4x400-meter relay teams posted improvements to their NCAA provisional qualifying marks at the Husky Classic. The men placed second in a time of 3:14.25, the 10th best time in Division II and third fastest in GNAC history. The women placed sixth in 3:49.66, 22nd in Division II and 10th fastest in GNAC history.

• Sophomore **Addy Townsend** is the defending GNAC champion in the women's 800 meters and owns the fastest time in the conference this season at 2:10.37 (No. 8 in Division II). Townsend also owns a provisional qualifying mark in the mile at 4:54.60 (No. 19 in Division II).

• Freshman **Katherine Lucas** will challenge for conference titles in both the women's 60 meters and 200 meters. She owns the GNAC's No. 2 marks in each event at 7.66 seconds for 60 meters tied for No. 24 in Division II and 24.78 seconds in the 200 meters (tied for No. 20 in Division II).

Around The GNAC

WESTERN OREGON



- Top performances in the 800 meters led Western Oregon's performances at the Husky Classic and UW Indoor Open.
- Junior **David Ribich** provisionally qualified for nationals in the men's 800 meters, running the GNAC's top time to date at 1:50.49. Ribich is automatically qualified for the NCAA Championships in the mile with a time of 4:02.30.
- Junior **Suzie Van De Grift** provisionally qualified in the women's 800 meters with her time of 2:12.87. The mark is third in the GNAC and 18th in Division II.
- The women's distance medley relay team placed fourth at the Husky Classic in a time of 11:50.03, which is fourth best in the GNAC and No. 15 in Division II.
- Freshman **Alani Troutman** had a pair of top-six finishes in the men's long jump. He placed sixth at the Husky Classic at 22 feet, 9.75 inches and was fifth at the UW Open with a mark of 22 feet, 5.25 inches.
- The men's distance medley relay enters the GNAC Championships with a NCAA automatic qualifier, Division II best and school record of 9:45.45.
- Senior **Kennedy Rufener** enters the meet with the second best time in the GNAC and 30th in Division II in the women's 5,000 meters at 17:24.07.
- Senior **Josh Dempsey** enters the championships with the second best GNAC mark and 11th best in Division II in the 800 meters at 1:50.70.

WESTERN WASHINGTON



- **Anna Paradee's** improvement of her provisional qualifying mark in the women's pole vault led Western Washington's performances at the Husky Classic and UW Indoor Open.
- Paradee finished with a mark of 11 feet, 10.75 inches, at the Husky Classic and then placed eighth at the UW Open at 12 feet, 4.75. The mark is second in the GNAC and 10th in Division II.
- Junior **Bryan Lee** placed fourth in the men's weight throw at the UW Open with a mark of 55 feet, 5 inches. Lee enters the conference meet second in the weight throw with a mark of 55 feet, 11 inches.
- Senior **Brandon Pless** is the GNAC leader in the men's shot put and owns a NCAA provisional qualifying mark of 52 feet, 0.5 inches.
- Senior **Gordie Kordas** enters the GNAC meet with the the third best mark in the conference in the men's pole vault and has a provisional qualifying mark at 15 feet, 9.25 inches.
- Senior **Andrew Wise** is provisionally qualified in two distances. He has the GNAC's third best time in the 3,000 meters (8:23.18) and the fourth best time in the 5,000 meters (14:39.59).
- Senior **Brittany Grant** has the conference's fourth best mark in the women's 3,000 meters with a provisional qualifying time of 9:54.97. Junior Lilliana Stelling is seventh in GNAC in the event with a time of 10:05.06.

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. 13

Event	Athlete	Mark	Rank	Date
Mile	David Ribich, WOU	4:02.30	4th	1/27/17
5,000 Meters	Dominik Notz, UAA	14:03.95	5th	2/10/17
DMR	Western Oregon	9:45.45	1st	1/28/17
Pole Vault	Payton Lewis, NNU	5.30/17-4.5	T-3rd	2/11/17

MEN'S PROVISIONAL QUALIFIERS AS OF FEB. 13

Event	Athlete	Mark	Rank	Date
60 Meters	Kodiak Landis, CWU	6.83	T-16th	12/8/16
	Sam Zook, MSUB	6.87	T-33rd	2/11/17
400 Meters	Daniel Kelloway, SFU	47.95	13th	2/4/17
	Vladislav Tsygankov, SFU	48.15	19th	2/12/17
	Adam Commandeur, UAA	48.36	22nd	1/14/17
	Ebu Camara, NNU	48.42	24th	2/11/17
	Joel Webster, SFU	48.71	38th	2/10/17
800 Meters	Liam Lindsay, UAA	48.73	40th	2/12/17
	David Ribich, WOU	1:50.49	9th	2/10/17
	Josh Dempsey, WOU	1:50.70	11th	2/10/17
Mile	Joe Day, UAA	1:52.07	17th	1/14/17
	Carlos Vargas, SFU	4:11.52	39th	1/27/17
3,000 Meters	Dominik Notz, UAA	8:11.10	11th	1/28/17
	David Ribich, WOU	8:13.94	21st	1/14/17
	Andrew Wise, WWU	8:23.18	38th	1/14/17
	Edwin Kangogo, UAA	8:23.80	40th	2/12/17
	Marc Antoine-Rouleau, SFU	8:24.01	41st	1/14/17
5,000 Meters	Isaac Mitchell, NNU	14:34.93	22nd	1/27/17
	Sean Miller, SFU	14:37.59	24th	1/28/17
	Andrew Wise, WWU	14:39.59	28th	1/27/17
4x400 Relay	Edwin Kangogo, UAA	14:41.02	31st	1/27/17
	Alaska Anchorage	3:13.75	6th	2/10/17
DMR	Simon Fraser	3:14.25	10th	2/10/17
	Simon Fraser	9:54.51	15th	1/28/17
High Jump	Alaska Anchorage	9:55.86	16th	2/10/17
	Mikel Smith, SMU	2.14/7-0.25	T-2nd	12/10/16
Pole Vault	Cole Hoberg, NNU	2.08/6-9.75	T-12th	1/21/17
	Chuck Carr, MSUB	2.03/6-8	T-34th	1/21/17
	Jared Webster, NNU	4.85/15-11	T-25th	1/13/17
Triple Jump	Gordon Kordas, WWU	4.81/15-9.25	T-28th	1/27/17
	Zach McClanahan, NNU	4.70/15-5	T-36th	2/11/17
Shot Put	Phillip Gwin, NNU	4.70/15-5	T-36th	2/11/17
	Luke Plummer, CWU	15.01/49-3	T-15th	2/10/17
Weight Throw	Brandon Pless, WWU	15.86/52-0.5	45th	2/12/17
	Armando Tafoya, CWU	17.43/57-2.25	44th	2/12/17
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 AUTOMATIC QUALIFIERS AS OF FEB. 13

Event	Athlete	Mark	Rank	Date
5,000 Meters	Shannon Porter, SMU	16:29.89	4th	2/10/17

WOMEN'S PROVISIONAL QUALIFIERS AS OF FEB. 13

Event	Athlete	Mark	Rank	Date
60 Meters	Jamie Ashcroft, UAA	7.63	T-17th	1/28/17
	Katherine Lucas, SFU	7.66	T-24th	1/28/17
200 Meters	Jamie Ashcroft, UAA	24.54	T-10th	1/28/17
	Katherine Lucas, SFU	24.78	T-20th	2/4/17
	Valda Kabia, SFU	24.92	27th	2/10/17
400 Meters	Chantel Desch, SFU	56.11	T-13th	2/10/17
	Lani Taylor, SPU	56.79	T-31st	1/28/17
	Vanessa Aniteye, UAA	56.81	34th	1/27/27
	Mary Kathleen Cross, UAA	56.86	56th	1/14/17
800 Meters	Addy Townsend, SFU	2:10.37	8th	2/4/17
	Danielle McCormick, UAA	2:10.68	11th	2/12/17
	Suzie Van de Grift, WOU	2:12.87	18th	2/10/17
	Sophie Dodd, SFU	2:13.00	20th	2/4/17
	Alana Mussatto, SFU	2:13.49	24th	2/10/17
	Tamara Perez, UAA	2:13.91	30th	1/28/17
Mile	Paige Nock, SFU	2:14.01	31st	1/28/17
	Ali Anderson, CWU	2:14.11	33rd	1/28/17
	Olivia Woods, WOU	2:14.21	36th	2/10/17
	Paige Nock, SFU	4:52.89	11th	2/10/17
	Julia Howley, SFU	4:53.05	13th	2/10/17
3,000 Meters	Addy Townsend, SFU	4:54.60	19th	1/28/17
	Miryam Bassett, SFU	4:55.58	21st	2/10/17
	Mary Charleson, SPU	4:56.37	24th	1/28/17
	Shannon Porter, SMU	9:30.70	6th	1/28/17
	Caroline Kurgat, UAA	9:31.08	7th	2/12/17
5,000 Meters	Mary Charleson, SPU	9:48.85	24th	1/14/17
	Brittany Grant, WWU	9:54.97	30th	2/10/17
	Julia Howley, SFU	9:58.27	38th	1/14/17
	Sarah Macdonald, SPU	10:00.86	44th	1/14/17
	Kennedy Rufener, WOU	17:24.07	30th	1/28/17
60m Hurdles	Mariah Vongsaveng, CWU	8.70	T-19th	2/12/17
	Diana Voloshin, SFU	8.74	27th	2/10/17
4x400 Relay	Alaska Anchorage	3:47.22	8th	2/10/17
	Simon Fraser	3:49.96	22nd	2/10/17
DMR	Alaska Anchorage	11:39.24	5th	2/10/17
	Simon Fraser	11:39.36	6th	1/27/17
High Jump	Seattle Pacific	11:42.22	8th	1/27/17
	Western Oregon	11:50.03	15th	2/10/17
Pole Vault	Geneva Lehnert, SPU	1.67/5-5.75	T-32nd	2/10/17
	McKenna Emmert, CWU	3.80/12-5.5	9th	2/4/17
Triple Jump	Anna Paradee, WWU	3.78/12-4.75	10th	2/12/17
	Michaela Kahns, SPU	3.63/11-10.75	T-20th	2/12/17
	Kyra Brannan, SPU	5.65/18-6.5	T-36th	1/14/17
Shot Put	Ella Brown, SFU	11.54/37-10.5	43rd	2/10/17
	McKenzie Warren, CU	17.62/57-9.75	1st	2/10/17*
Weight Throw	No. 5 in U.S./No. 16 in World			
	Christina MacDonald, CU	13.72/45-0.25	31st	1/21/17*
	Christina MacDonald, CU	17.09/56-1	30th	1/21/17*
	Aiyana Homer, CWU	16.55/54-3.75	48th	2/12/17
	McKenzie Warren, CU	16.48/54-1	51st	1/21/17*
Pentathlon	Kirby Neale, SMU	16.42/53-10.5	53rd	1/28/17
	HarLee Ortega, CWU	3,348	27th	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
Feb. 14	—	19th

USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS

Week 4 - Feb. 14, 2017				
Rk	School	Pts.	Prev.	
1.	Ashland	211.44	1	
2.	Adams State	189.46	2	
3.	Grand Valley State	134.67	3	
4.	Tiffin	127.11	4	
5.	Minnesota State	68.86	7	
6.	Texas A&M-Kingsville	68.04	19	
7.	Azusa Pacific	67.54	8	
8.	Sioux Falls	67.00	9	
9.	Saint Augustine's	65.54	5	
10.	Missouri Southern	61.78	33	
11.	Academy of Art	61.75	13	
12.	Pittsburg State	59.79	10	
13.	Angelo State	59.48	11	
14.	Southern Indiana	56.66	26	
15.	Texas A&M-Commerce	55.53	20	
16.	Central Missouri	54.97	15	
17.	Findlay	54.74	18	
18.	CSU-Pueblo	53.04	6	
19.	Western Oregon	51.17	16	
20.	Fort Hays State	48.19	49	
21.	Shorter	44.23	12	
22.	Emporia State	43.81	14	
23.	Western State	42.43	17	
24.	West Texas A&M	40.99	21	
25.	American International	32.36	23	

USTFCCCA WEST REGION TEAM INDEX

Week 4 - Feb. 14, 2017				
Rk	School	Pts.	Prev.	
1.	Azusa Pacific	404.75	1	
2.	Alaska Anchorage	277.89	6	
3.	Simon Fraser	256.60	2	
4.	Academy of Art	242.54	5	
5.	Northwest Nazarene	210.59	3	
6.	Central Washington	204.08	4	
7.	Western Oregon	198.98	7	
8.	Western Washington	164.21	7	
9.	Cal State LA	108.83	9	
10.	Montana State Billings	95.06	10	

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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
Feb. 14	24th	—

USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS

Week 4 - Feb. 14, 2017				
Rk	School	Pts.	Prev.	
1.	Grand Valley St.	176.28	1	
2.	Pittsburg State	129.31	3	
3.	Adams State	127.80	2	
4.	West Texas A&M	88.96	4	
5.	Mary	89.51	11	
6.	Western State	85.13	8	
7.	Central Missouri	83.22	9	
8.	Chadron State	77.34	5	
9.	Minnesota State	70.62	6	
10.	Minnesota Duluth	65.77	7	
11.	Merrimack	65.59	21	
12.	Texas A&M-Kingsville	59.89	13	
13.	Cedarville	56.45	19	
14.	Southwest Baptist	49.93	18	
15.	Ashland	47.83	14	
16.	Hillsdale	47.38	12	
17.	Bellarmino	46.52	22	
18.	Azusa Pacific	44.19	10	
19.	Queens (N.C.)	43.78	60	
20.	Findlay	43.02	15	
21.	Walsh	39.60	20	
22.	Angelo State	37.69	17	
23.	Winona State	35.85	28	
24.	Alaska Anchorage	35.48	47	
25.	Shippensburg	30.56	34	

USTFCCCA WEST REGION TEAM INDEX

Week 4 - Feb. 14, 2017				
Rk	School	Pts.	Prev.	
1.	Azusa Pacific	351.71	1	
2.	Simon Fraser	337.67	2	
3.	Academy of Art	295.79	3	
4.	Seattle Pacific	231.55	4	
5.	Alaska Anchorage	192.72	6	
6.	Central Washington	188.23	5	
7.	San Francisco St.	162.16	7	
8.	Western Washington	116.30	7	
9.	Concordia-Irvine	88.42	9	
10.	Western Oregon	84.32	11	

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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	8:10.19	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	17.62/57-9.75	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	7.60	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	

* - NCAA Division II record

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 Vea, 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.

2017 GNAC Indoor Meet Summaries

Fri., Feb. 10-Sat., Feb. 11

Mountain States Games

at Holt Arena, Pocatello, Idaho

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): 60 Meters - 1, Sam Zook, MSUB, 6.85. High Jump - 3, Isaiah Girard, MSUB, 6-4.75.

Husky Indoor

at Dempsey Indoor Center, Seattle

Women (Top 3 GNAC Finishers): 200 Meters - 1, Jamie Ashcroft, UAA, 24.54. 400 Meters - 2, Chantel Desch, SFU, 56.11. 4x400 Relay - 3, Alaska Anchorage, 3:47.22. DMR - 1, Alaska Anchorage, 11:39.24. Shot Put - 1, McKenzie Warren, CU, 57-9.75.

Men (Top 3 GNAC Finishers): 4x400 Relay - 1, Alaska Anchorage, 3:13.75; 2, Simon Fraser, 3:14.25. DMR - 2, Alaska Anchorage, 9:55.86. High Jump - 3, Mikel Smith, SMU, 6-8.75. Triple Jump - 2, Luke Plummer, CWU, 49-3.

Sat., Feb. 11

Boise State Team Challenge

at Jacksons Track, Nampa, Idaho

Women (Top 3 GNAC Finishers): 60 Meters - 3, Taylor Deskins, NNU, 7.94.

200 Meters - Taylor Deskins, NNU, 26.31.

Men (Top 3 GNAC Finishers): 400 Meters - 2, Ebu Camara, NNU, 48.42. Mile - 3, Nick Hamilton, NNU, 4:25.36. High Jump - 2, Cole Hoberg, NNU, 6-6.75; 3, Micah Tranch, NNU, 6-4.75. Long Jump - 3, Blaine Kreutz, NNU, 22-2.5.

Sun., Feb. 12

UW Indoor Open

at Dempsey Indoor Center, Seattle

Women (Top 3 GNAC Finishers): 60 Meters - 3, Jamie Ashcroft, UAA, 7.70. 400 Meters - 2, Mary Kathleen Cross, 57.38. 800 Meters - 2, Danielle McCormick, UAA, 2:10.68. Mile - 2, Miryam Bassett, SFU, 4:56.22. 3,000 Meters - 2, Caroline Kurgat, 9:31.08. 60m Hurdles - 1, Mariyah Vongsaveng, CWU, 8.70.

Men (Top 3 GNAC Finishers): 3, Darrion Gray, UAA, 22.23. 400 Meters - 3, Vladislav Tsygankov, SFU, 48.15. 800 Meters - 2, Joe Day, UAA, 1:52.24. 3,000 Meters - 3, Dominik Notz, UAA, 8:12.37. Triple Jump - 3, Luke Plummer, CWU, 48-4.75. Weight Throw - 3, Armando Tafoya, CWU, 57-2.25.