



Mar. 8, 2017 • Week 9  
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## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

**Thurs., Mar. 9 - Sat., Mar. 11**  
NCAA Division II Indoor Track & Field Championships  
Birmingham CrossPlex, Birmingham, Ala.

**Sat., Mar. 11**  
Central Washington at PLU Open, Parkland, Wash.

### LAST WEEK'S MEETS

**Sat., Mar. 4**  
**Willamette Opener**  
at Charles Bowles Track, Salem, Ore.  
**Women's Team Scores:** Western Oregon 60, Corban 36, Portland 19, Willamette 17, Colorado College 9, UO Running Club 7.

**Women (Top 3 GNAC Finishers):** 100 Meters - 2, Laura Patrick, WOU, 12.61. 200 Meters - 3, Laura Patrick, WOU, 26.09. 800 Meters - 3, Rachel Bayly, WOU, 2:35.34. 100m Hurdles - 1, Sara Madden, WOU, 16:14. 400m Hurdles - 1, Sara Madden, WOU, 1:06.41; 3, Felicia Covey, WOU, 1:08.25. Long Jump - 1, Kathryn Pitts, WOU, 35-4.5. Shot Put - 1, Rachael Huffman, WOU, 42-1.75. Discus - 1, Rachael Huffman, WOU, 136-3.75; 3, Halie Korff, WOU, 122-2. Hammer - 1, Alecia Falck, WOU, 147-7.5; 3, Sylvia Dean, WOU, 139-8.25. Javelin - 1, Amanda Short, WOU, 148-7; 2, Shelia Limas De La Cruz, WOU, 139-9; 3, Jalie Korff, WOU, 131-2.25.

**Men's Team Scores:** Western Oregon 48, Portland 36, Willamette 30, Corban 27, Colorado College 19.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Codi Blodgett, WOU, 11.04; 2, Devon Fortier, WOU, 11.20. 200 Meters - 1, Aaron Whitaker, WOU, 22.65. 800 Meters - 1, Michael Chin, WOU, 1:56.99; 3, Curt Knott, WOU, 1:59.20. 110m Hurdles - 2, Harry White, WOU, 15.74. High Jump - 2, Connor Reinke, WOU, 6-2.75. Long Jump - 1, Alani Troutman, WOU, 21-11.5; 2, Jalon Fields, WOU, 20-5.75. Triple Jump - 1, Jalon Fields, WOU, 43-4.25. Shot Put - 1, Brandon Bowen, WOU, 49-7.25. Discus - 2, Kegan Allen, WOU, 134-11.25; 3, Brandon Bowen, WOU, 134-4.75. Hammer - 1, Kegan Allen, WOU, 139-2.

### Ed Boitano Invitational

at Baker Stadium, Tacoma, Wash.  
**Women (Top 3 GNAC Finishers):** 200 Meters - 1, Grace Hamre, SMU, 26.05. 400 Meters - 2, Grace Hamre, SMU, 59.59. 1,500 Meters - 2, Waverly Shreffler, WWU, 4:55.73; 3, Maddy Hutchison, WWU, 4:56.55. 10,000 Meters - 2, Alexandra Laiblin, WWU, 38:31.51; 3, Larissa Kolasinski, SMU, 39:39.57. 100m Hurdles - 1, Alexi Whatley, SMU, 16.08; 3, Brooke Benner, SPU, 16.17. 400m Hurdles - 1, Alexi Whatley, SMU, 1:04.06; 3, Megan Teigen, SMU, 1:06.61. Steeplechase - 1, Hailey Kettel, SPU, 11:58.06. 4x100 Relay - 1, Saint Martin's, 49.52. High Jump - 1, Tiffany Pott, SMU, 5-1; 2, Bridget Henry, WWU, 5-1; 3, Cassidy Apo, SMU, 4-11. Pole Vault - 1, Michaela Kahns, SPU, 10-11.75; 2, Ryleigh Crenshaw, SPU, 10-11.75; 3, Emma Lambert, SPU, 10-6. Long Jump - 2, Alexi Whatley, SMU, 16-8; 3, Lamea Munoz, WWU, 16-7.75. Shot Put - 1, Megan Mortensen, WWU, 39-5; 3, Megan Vernoy, SMU, 38-2.75. Discus - 1, Megan Mortensen, WWU, 137-4; 3, Megan Vernoy, SMU, 130-2. Javelin - 1, Deanna Avalos, SMU, 143-05; 2, Jona Spiller, SMU, 140-10; 3, Claire Palmiter, SMU, 134-10.

**Men (Top 3 GNAC Finishers):** 200 Meters - 3, Logan Armstrong, SMU, 23.06. 400 Meters - 3, Gibran Zaman, SMU, 52.43. 800 Meters - 3, Colton Hoggarth, WWU, 2:02.86. 1,500 Meters - 2, Keaton Spiller, WWU, 4:05.10. 10,000 Meters - 1, Peter Butler, WWU, 31:53.72. 110m Hurdles - 2, Peyton Harris, SPU, 15.68. 4x100 Relay - 1, Saint Martin's, 42.47; 3, Seattle Pacific, 45.38. 4x400 Relay - 2, Seattle Pacific, 3:24.00. High Jump - 3, Anthony Manago, SMU, 5-7. Pole Vault - 1, Jacob Hino, WWU, 14-7.25; 2, Chris Rickard, SMU, 13-1.5; 3, Craig Boyle, SMU, 12-7.5. Long Jump - 1, Jacob Ringold, WWU, 20-9.75. Triple Jump - 1, Jacob Ringold, WWU, 41-11.5. Shot Put - 1, Brandon Pless, WWU, 48-9. Discus - 1, Brandon Pless, WWU, 145-11; 2, Btyan Lee, WWU, 134-5; 3, Corbin Ferry, SMU, 133-1. Javelin - 3, Costel David, WWU, 165-5.

## #GNACTF in 140 @GNACSports

**#NationalsTime** A total of 42 GNAC athletes will compete at the NCAA Division II Indoor Track and Field Championships, which begin Thursday in Birmingham, Ala.

**#TheOnesToBeat** Saint Martin's senior **Mikel Smith** enters the meet as the top qualifier in the men's high jump after placing second last year. His leap of 7 feet, 3 inches, is 1.5 inches better than the rest of the field. The Western Oregon men's distance medley relay is also the top seeded team in the event with a time of 9:45.45.

**#AShotAtNationals** Unable to compete at the Division II nationals due to Concordia's transition to full membership, **McKenzie Warren** competed in and placed sixth in the women's shot put at the USATF Indoor Track & Field Championships last weekend in Albuquerque.

**#OutdoorBeginnings** Four conference teams opened the outdoor portions of their schedules at the Ed Boitano Invitational in Tacoma, Wash., and the Willamette Opener in Salem, Ore. One GNAC team, Central Washington, will compete outdoors this weekend at the PLU Open in Parkland, Wash.

## Get Social

### Twitter Accounts/Hashtags For GNAC Track & Field Programs

GNAC	@GNACSports	#GNACTF
Alaska Anchorage	@UAASeawolves	#JAASeawolves
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

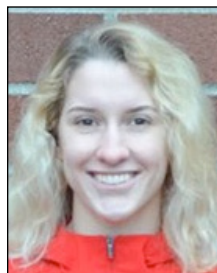
# GNAC Track & Field Athletes of the Week



**MEN'S TRACK**  
**Peter Butler, Western Washington**  
**Sophomore • Port Angeles, Wash.**

Butler opened the outdoor season by winning the men's 10,000 meters at the Ed Boitano Invitational. His time of 31:53.72 was nearly 20 seconds faster than second place Francis Reynolds.

**Also Nominated:** Logan Armstrong (Saint Martin's).



**WOMEN'S TRACK**  
**Alexi Whatley, Saint Martin's**  
**Sophomore • Orting, Wash.**

Whatley won both hurdles events, anchored Saint Martin's winning 400-meter relay team and placed second in the long jump at the Ed Boitano Invitational. She won the 100-meter hurdles in 16.08 seconds and the 400-meter hurdles in a GNAC Championships qualifying time of 1:04.06. Her mark of 16 feet, 8 inches, in the long jump was four inches behind

winner Kayla Bruse of Whitworth.



**MEN'S FIELD**  
**Jacob Ringold, Western Washington**  
**Sophomore • Vancouver, Wash.**

Ringold won both the long jump and the triple jump at the Ed Boitano Invitational in Tacoma, Wash. He won the long jump with a mark of 20 feet, 9.75 inches and took top honors in the triple jump with a mark of 41 feet, 11.5 inches.

**Also Nominated:** Chris Rickard (Saint Martin's).



**WOMEN'S FIELD**  
**Megan Mortensen, Western Washington**  
**Senior • Tacoma, Wash.**

Mortensen won both the shot put and the discus at the Ed Boitano Invitational. She won the shot put by one inch with her mark of 39 feet, 5 inches, and won the discus by almost four feet with her mark of 137 feet, 4 inches.

**Also Nominated:** Tiffany Pott (Saint Martin's).

## Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Jan. 9-15	David Ribich, WOU	Brandon Pless, WWU	Mary Charleson, SPU	McKenzie Warren, CU
Jan. 16-22	Sam Zook, MSUB	Cole Hoberg, NNU	Ali Anderson, CWU	McKenzie Warren, CU
Jan. 23-29	David Ribich, WOU	Gordon Kordas, WWU	Jamie Ashcroft, UAA	McKenzie Warren, CU
Jan. 30 - Feb. 5	Daniel Kelloway, SFU	Nels Flanagan, MSUB	Addy Townsend, SFU	McKenna Emmert, CWU
Feb. 6-12	Sam Zook, MSUB	Payton Lewis, NNU	Shannon Porter, SMU	McKenzie Warren, CU
Feb. 20-26	Dustin Nading, WOU	Tevin Gladden, UAA	Olivia Woods, WOU	Kyra Brannan, SPU
Feb. 27-Mar. 5	Peter Butler, WWU	Jacob Ringold, WWU	Alexi Whatley, SMU	Megan Mortensen, WWU

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

# NCAA Indoor Track & Field Championships Preview

BIRMINGHAM, Ala. – The question for the GNAC at the 2017 NCAA Division II Indoor Track and Field Championships will not be how if the conference will place athletes on the podium, but rather how many national champions will the GNAC yield.

With two national leading performances and 17 athletes with marks in the top-10 this season, the prospects are good for a number of All-American performances once all is said and done at the meet at the Birmingham CrossPlex, which begins Thursday.

The list begins with Saint Martin's senior **Mikel Smith**, who enters as the Division II leader in the men's high jump. The defending national outdoor champion in the event outdoors and the runner-up indoors last year, Smith extended his own conference record indoor at last month's GNAC Indoor Championships by an inch and a half, clearing 7 feet, 3 inches. That is 1.5 inches better than the next two competitors.

Western Oregon's men's distance medley relay also hopes that its Division II best mark in the distance medley relay will hold. The Wolves ran a GNAC record 9:45.45 at January's UW Invitational and they have held the top spot ever since.

Along with the DMR mark, the Wolves will look to see if junior **David Ribich** will flirt with the four-minute mile. Ribich automatically qualified for the national meet in January with a time of 4:02.30 at the UW Invitational before claiming the GNAC titles in the mile and the 3,000 meters. He will run amidst a group of five athletes who have run under 4:03 this season.

Alaska Anchorage enters a school-record tying 14 athletes into the meet, led by GNAC Championships Women's Athlete of the Meet **Jamie Ashcroft**. The champion in both the women's 60 meters and 200 meters will compete in both events as well as run on the Seawolves' 4x400-meter relay. Ashcroft has the fourth fastest time in Division II in the 200 meters, a GNAC record 24.41 seconds.

Seawolves' senior **Dominik Notz** will compete in both the men's 3,000 meters and 5,000 meters and enters the meet with the sixth fastest time nationally in the 5,000 at 14:03.95. Senior **Travis Turner** has the sixth best point total this season in the men's heptathlon at 5,211 points while junior **Caroline Kurgat** has the country's seventh fastest time in the women's 3,000 meters in 9:31.08. Alaska Anchorage also enters with the 10th best time in Division in both the men's 4x400-meter relay (3:13.75) and the women's distance medley relay (11:39.24).

Simon Fraser qualified nine athletes for the NCAA meet, all but one of which is on the women's side. Senior **Chantel Desch** leads the women's qualifiers, entering with ninth best mark in the women's 400 meters at 55.37 seconds. The Clan has three representatives in the women's mile in juniors **Miryam Bassett**, **Julia Howley** and **Paige Nock** and a pair of qualifiers in the 200 meters in freshman **Katherine Lucas** and sophomore **Valda Kabia**.

The Clan's lone men's qualifier, senior **Vladislav Tsygankov**, is one of three GNAC athletes qualified to compete in two individual events. The GNAC Championships Male Athlete of the Meet won both the 400 meters and the long jump. He is tied for 13th entering competition in the long jump, where he earned indoor All-American honors last year.

Saint Martin's senior **Shannon Porter** is the GNAC's other two-event qualifier and will look to end her collegiate career as an All-American. Porter automatically qualified for nationals in the 5,000 meters and her time of 16:29.89 is fourth best in Division II. In the 3,000 meters, Porter's time of 9:30.70 is sixth.

Western Oregon sophomore **Olivia Woods** leads four GNAC qualifiers in women's 800 meters, qualifying in the final meet of the regular season with a school record time of 2:10.14.

Northwest Nazarene's **Payton Lewis** should be in the mix for the men's pole vault national title. The junior won his second consecutive GNAC championship



in the event and enters the meet tied for third in Division II with an NNU school record mark of 17 feet, 4.5 inches.

Central Washington features a pair of top-10 qualifiers in junior **Kodiak Landis** and sophomore **Mariyah Vongsaveng**. Landis, the GNAC champion in the men's heptathlon, enters with the fifth best point total in the event at 5,269. Vongsaveng set the GNAC record in the women's 60-meter hurdles in the conference meet preliminaries with a time of 8.51 seconds, tying her for

sixth in Division II.

In the team competition, Alaska Anchorage earned top honors for the GNAC in 2016. The Seawolves' women placed ninth with 20.5 points while the women were 14th with 16 points.

## SCHEDULE OF EVENTS (GNAC Participants In Italics)

### All Times Eastern Standard

#### Thurs., Mar. 9

- 11 a.m.: Men's Heptathlon (*Landis, Turner*)
- 3:45 p.m.: Women's 60 Meters Preliminaries (*Ashcroft*)
- 4:30 p.m.: Women's Mile Preliminaries (*Bassett, Howley, Nock, Perez*)
- 4:45 p.m.: Men's Mile Preliminaries (*Ribich, Nading*)
- 5 p.m.: Women's 400 Meters Preliminaries (*Desch*)
- 5:05 p.m.: Men's Long Jump (*Tsygankov, Gladden*)
- 5:20 p.m.: Men's 400 Meters Preliminaries (*Tsygankov*)
- 5:35 p.m.: Women's 800 Meters Preliminaries (*Woods, Townsend, Van de Griff, McCormick*)
- 5:50 p.m.: Men's 800 Meters Preliminaries (*Dempsey*)
- 6:05 p.m.: Women's 5,000 Meters (*Porter*)
- 6:30 p.m.: Men's 5,000 Meters (*Notz*)

#### Fri., Mar. 10

- 11:20 a.m.: Men's Heptathlon 60-Meter Hurdles (*Landis, Turner*)
- 11:55 a.m.: Men's Triple Jump (*Plummer*)
- Noon: Men's Heptathlon Pole Vault
- 2 p.m.: Men's High Jump (*Smith, Hoberg*)
- 3:30 p.m.: Women's Pole Vault (*Paradee, Emmert*)
- 4:15 p.m.: Women's 60 Meter Hurdles Preliminaries (*Vongsaveng*)
- 5 p.m.: Women's 200 Meters Preliminaries (*Ashcroft, Lucas, Kabia*)
- 5:55 p.m.: Women's DMR (*Alaska Anchorage, Simon Fraser, Seattle Pacific*)
- 6:15 p.m.: Men's DMR (*Western Oregon*)

#### Sat., Mar. 11

- 2:15 p.m.: Women's 60 Meter Hurdles
- 2:30 p.m.: Men's Pole Vault (*Lewis*)
- 2:35 p.m.: Women's Triple Jump (*Brown*)
- 2:45 p.m.: Women's 60 Meters
- 3:15 p.m.: Women's Mile
- 3:25 p.m.: Men's Mile
- 3:35 p.m.: Women's 400 Meters
- 3:45 p.m.: Men's 400 Meters
- 4 p.m.: Women's 800 Meters
- 4:10 p.m.: Men's 800 Meters
- 4:20 p.m.: Women's 200 Meters
- 4:40 p.m.: Women's 3,000 Meters
- 5 p.m.: Men's 3,000 Meters
- 5:15 p.m.: Women's 4x400 Meter Relay (*Alaska Anchorage*)
- 5:35 p.m.: Men's 4x400 Meter Relay (*Alaska Anchorage*)

# GNAC Accepted Entries For NCAA Division II Indoor Championships

MEN					WOMEN'S				
Event	Athlete	Mark	Rank	Date	Event	Athlete	Mark	Rank	Date
400 Meters	Vladislav Tsygankov, SFU	47.95	18th	2/17/17	60 Meters	Jamie Ashcroft, UAA	7.54	T-14th	2/17/17
800 Meters	Josh Dempsey, WOU	1:50.70	11th	2/10/17	200 Meters	Jamie Ashcroft, UAA	24.09	4th	2/17/17
Mile	David Ribich, WOU	4:02.30	4th	1/27/17		Katherine Lucas, SFU	24.41	T-15th	2/17/17
	Dustin Nading, WOU	4:05.22	T-10th	2/25/17		Valda Kabia, SFU	24.41	T-15th	2/17/17
3,000 Meters	Dominik Notz, UAA	8:11.10	15th	1/28/17	400 Meters	Chantel Desch, SFU	55.37	9th	2/17/17
5,000 Meters	Dominik Notz, UAA	14:03.95	6th	2/10/17	800 Meters	Olivia Woods, WOU	2:10.14	8th	2/25/17
4x400 Relay	Alaska Anchorage	3:13.75	10th	2/10/17		Addy Townsend, SFU	2:10.27	11th	2/4/17
DMR	Western Oregon	9:45.45	1st	1/28/17		Suzie Van de Grift, WOU	2:10.57	14th	2/25/17
High Jump	Mikel Smith, SMU	2.21/7-3	1st	2/17/17		Danielle McCormick, UAA	2:10.68	16th	2/12/17
	Cole Hoberg, NNU	2.09/6-10.25	16th	2/17/17	Mile	Miryam Bassett, SFU	4:52.00	14th	2/15/17
Pole Vault	Payton Lewis, NNU	5.30/17-4.5	T-3rd	2/11/17		Julia Howley, SFU	4:52.88	16th	2/25/17
Long Jump	Vladislav Tsygankov, SFU	7.37/24-2.25	T-13th	2/17/17		Paige Nock, SFU	4:52.89	17th	2/10/17
	Tevin Gladden, UAA	7.36/24-1.75	15th	2/17/17		Tamara Perez, UAA	4:53.09	20th	2/25/17
Triple Jump	Luke Plummer, CWU	15.06/49-5	16th	2/17/17		Mary Charleson, SPU	4:56.37	24th	1/28/17
Heptathlon	Kodiak Landis, CWU	5,269	5th	2/17/17	3,000 Meters	Shannon Porter, SMU	9:30.70	6th	1/28/17
	Travis Turner, UAA	5,211	6th	2/17/17		Caroline Kurgat, UAA	9:31.08	7th	2/12/17
					5,000 Meters	Shannon Porter, SMU	16:29.89	4th	2/10/17
					60m Hurdles	Mariyah Vongsaveng, CWU	8.51	T-6th	2/17/17
					4x400 Relay	Alaska Anchorage	3:46.42	11th	2/25/17
					DMR	Alaska Anchorage	11:39.24	10th	2/10/17
						Simon Fraser	11:39.36	11th	1/27/17
						Seattle Pacific	11:42.22	14th	1/27/17
					Pole Vault	Anna Paradee, WWU	3.83/12-6.75	10th	2/17/17
						McKenna Emmert, CWU	3.80/12-5.5	12th	2/4/17
					Triple Jump	Ella Brown, SFU	12.14/39-10	11th	2/17/17

NOTE: Ranking is against all Division II competitors according to TFRRS.

## 2017 NCAA DIVISION II INDOOR TRACK AND FIELD CHAMPIONSHIPS QUALIFYING STANDARDS

MEN			WOMEN		
NCAA Automatic	NCAA Provisional	Event	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](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 (TFRRS): [NCAA Division II Men](#) | [NCAA Division II Women](#) | [GNAC Men](#) | [GNAC Women](#) | [U.S./World Best Lists \(T&FN\)](#)

# GNAC Outdoor Championships/National Qualifying Standards

MEN			EVENT	WOMEN		
GNAC	NCAA Prov.	NCAA Auto		GNAC	NCAA Prov.	NCAA Auto.
10.99	10.61	10.31	<b>100 Meters</b>	12.47	11.99	11.54
22.27	21.50	20.70	<b>200 Meters</b>	25.59	24.53	23.60
49.04	47.94	46.56	<b>400 Meters</b>	57.88	55.98	53.50
1:54.19	1:52.33	1:49.00	<b>800 Meters</b>	2:14.28	2:13.33	2:07.50
3:54.86	3:51.68	3:45.65	<b>1,500 Meters</b>	4:33.30	4:34.00	4:23.50
14:56.91	14:37.45	13:57.77	<b>5,000 Meters</b>	16:50.38	17:21.38	16:25.35
31:28.02	31:00.00	29:15.09	<b>10,000 Meters</b>	37:08.97	36:56.20	34:33.97
15.24	14.50	13.90	<b>110/100m Hurdles</b>	14.85	14.30	13.30
54.84	53.48	50.50	<b>400m Hurdles</b>	1:05.11	1:02.40	58.95
9:22.09	9:17.00	8:52.70	<b>Steeplechase</b>	11:13.04	11:05.00	10:21.33
1.96 / 6-5	2.03 / 6-8	2.17 / 7-1.5	<b>High Jump</b>	1.62 / 5-3.75	1.68 / 5-6	1.77 / 5-9.75
4.36 / 14-3.5	4.76 / 15-7.25	5.20 / 17-0.75	<b>Pole Vault</b>	3.23 / 10-7	3.61 / 11-10	4.00 / 13-1.5
6.89 / 22-7.25	7.22 / 23-8.25	7.65 / 25-1.25	<b>Long Jump</b>	5.43 / 17-9.75	5.76 / 18-10.75	6.15 / 20-2.25
13.93 / 45-8.5	14.56 / 47-9.25	15.77 / 51-9	<b>Triple Jump</b>	11.42 / 37-5.25	11.75 / 38-6.75	12.70 / 41-8
14.98 / 49-1.75	15.95 / 52-4	18.39 / 60-4	<b>Shot Put</b>	12.82 / 42-0.75	13.53 / 44-4.75	15.73 / 51-7.25
46.20 / 151-7	49.35 / 161-11	55.60 / 182-5	<b>Discus</b>	40.34 / 132-4	44.90 / 147-4	49.90 / 163-8
50.50 / 165-8	53.60 / 175-10	66.00 / 216-6	<b>Hammer</b>	46.45 / 152-4	52.00 / 170-7	59.05 / 193-8
59.10 / 193-11	58.34 / 191-5	67.10 / 220-2	<b>Javelin</b>	41.56 / 136-4	40.37 / 132-5	48.50 / 159-1
6,075	6,202	7,100	<b>Dec./Hep.</b>	4,381	4,442	5,180
NA	41.12	40.16	<b>4x100 Relay</b>	NA	47.00	45.36
NA	3:14.02	3:09.02	<b>4x400 Relay</b>	NA	3:48.72	3:40.96

**GNAC Championships:** The top-20 performers as listed in TFRRS will qualify for the championship meet in addition to any performers who meet the GNAC standard.



# 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
Feb. 21	—	17th
Feb. 28	—	14th
Mar. 6	—	15th

## USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS

Week 7 - Mar. 6, 2017		Pts.	Prev.
Rk	School		
1.	Ashland	201.35	1
2.	Adams State	168.24	2
3.	Tiffin	135.64	3
4.	Grand Valley State	107.84	4
5.	Minnesota State	83.00	7
6.	Missouri Southern	82.68	6
7.	Saint Augustine's	82.36	5
8.	Texas A&M-Kingsville	76.73	8
9.	Texas A&M-Commerce	67.61	9
10.	Academy of Art	65.22	10
11.	Azusa Pacific	61.21	11
12.	Findlay	58.76	12
13.	Shorter	57.56	16
14.	Sioux Falls	56.52	13
15.	<b>Western Oregon</b>	<b>55.51</b>	<b>14</b>
16.	Limestone	53.54	18
17.	Pittsburg State	51.28	17
18.	Angelo State	51.11	19
19.	Fort Hays State	48.59	20
20.	CSU-Pueblo	48.07	15
21.	Central Missouri	43.61	21
22.	Lincoln (Mo.)	42.17	22
23.	Cal State LA	39.81	24
24.	American International	33.85	25
25.	Emporia State	30.67	26

## USTFCCCA WEST REGION TEAM INDEX

Week 6 - Feb. 28, 2017 (Final)		Pts.	Prev.
Rk	School		
1.	<b>Alaska Anchorage</b>	<b>354.91</b>	<b>1</b>
2.	Azusa Pacific	335.81	2
3.	Academy of Art	251.31	5
4.	<b>Simon Fraser</b>	<b>242.76</b>	<b>3</b>
5.	<b>Western Oregon</b>	<b>231.07</b>	<b>4</b>
6.	<b>Northwest Nazarene</b>	<b>213.90</b>	<b>6</b>
7.	<b>Central Washington</b>	<b>192.43</b>	<b>7</b>
8.	<b>Western Washington</b>	<b>174.29</b>	<b>8</b>
9.	<b>Saint Martin's</b>	<b>113.71</b>	<b>9</b>
10.	Cal State LA	98.58	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	—
Feb. 21	18th	17th
Feb. 28	24th	—
Mar. 6	—	25th

## USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS

Week 7 - Mar. 6, 2017		Pts.	Prev.
Rk	School		
1.	Pittsburg State	169.84	1
2.	Grand Valley State	142.38	2
3.	Adams State	125.86	3
4.	West Texas A&M	92.18	5
5.	Chadron State	85.51	7
6.	Mary	85.20	4
7.	Southwest Baptist	81.32	6
8.	Minnesota State	76.95	10
9.	Minnesota Duluth	72.07	11
10.	Western State	69.51	9
11.	Texas A&M-Kingsville	66.92	12
12.	Central Missouri	66.05	13
13.	Cedarville	64.15	8
14.	Johnson C. Smith	59.37	NR
15.	Merrimack	59.16	14
16.	Ashland	55.19	15
17.	Walsh	54.07	16
18.	Findlay	48.23	18
19.	Angelo State	46.82	19
20.	Hillsdale	46.53	17
21.	Southern Connecticut	42.58	21
22.	Winona State	42.44	23
23.	Lincoln (Mo.)	42.35	20
24.	Academy of Art	40.48	22
25.	<b>Simon Fraser</b>	<b>39.36</b>	<b>34</b>

## USTFCCCA WEST REGION TEAM INDEX

Week 6 - Feb. 28, 2017 (Final)		Pts.	Prev.
Rk	School		
1.	<b>Simon Fraser</b>	<b>339.71</b>	<b>1</b>
2.	Azusa Pacific	304.80	2
3.	<b>Seattle Pacific</b>	<b>295.94</b>	<b>3</b>
4.	Academy of Art	276.74	5
5.	<b>Alaska Anchorage</b>	<b>254.38</b>	<b>4</b>
6.	<b>Central Washington</b>	<b>179.87</b>	<b>6</b>
7.	<b>Western Washington</b>	<b>139.78</b>	<b>7</b>
8.	San Francisco State	134.09	8
9.	<b>Western Oregon</b>	<b>104.07</b>	<b>10</b>
10.	<b>Saint Martin's</b>	<b>84.10</b>	<b>9</b>

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# GNAC Indoor Track & Field Records

## MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
200 Meters	21.3	Cody Warner, Western Oregon (2015)
400 Meters	47.80	Joel Webster, Simon Fraser (2016)
800 Meters	1:49.68	Badane Sultessa, Western Oregon (2016)
<b>Mile</b>	<b>4:02.30</b>	<b>David Ribich, Western Oregon (2017)</b>
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

<b>High Jump</b>	<b>2.21/7-3</b>	<b>Mikel Smith, Saint Martin's (2017)</b>
Pole Vault	5.31/17-5	Ryan Brown, Western Washington (2011)
Long Jump	7.46/24-5.75	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015)
Shot Put	17.94/58-10.75	Cameron Neel, Western Washington (2007)
Weight Throw	18.82/61-9	Anthony Marin, Western Oregon (2007)
Heptathlon	5,508	Chris Randolph, Seattle Pacific (2006)

## MEN'S CONFERENCE MEET RECORDS

60 Meters	6.75	Alex Donigian, Western Washington (2014)
200 Meters	21.60	Cody Warner, Western Oregon (2015)
400 Meters	47.80	Joel Webster, Simon Fraser (2016)
800 Meters	1:51.49	Paul Mach, Seattle Pacific (2004)
<b>Mile</b>	<b>4:10.01</b>	<b>David Ribich, Western Oregon (2017)</b>
3,000 Meters	8:27.83	Henry Cheseto, Alaska Anchorage (2015)
5,000 Meters	14:36.06	Dominik Notz, Alaska Anchorage (2016)
60m Hurdles	8.08	Travis Milbrandt, Western Washington (2015)
<b>4x400 Relay</b>	<b>3:14.10</b>	<b>Alaska Anchorage (2017)</b>

Liam Lindsay, Darrior Gray, Nicholas Taylor, Adam Commandeur

Distance Medley 10:04.58 Simon Fraser (2012)

Ryan Brockerville, Stuart Ellenwood, Keir Forster, Adam Reid

<b>High Jump</b>	<b>2.21/7-3</b>	<b>Mikel Smith, Saint Martin's (2017)</b>
Pole Vault	5.16/16-11	Payton Lewis, Northwest Nazarene (2011)
Long Jump	7.38/24-2.5	Vladislav Tsygankov, Simon Fraser (2016)
<b>Triple Jump</b>	<b>15.06/49-5</b>	<b>Luke Plummer, Central Washington (2015/2017)</b>
Shot Put	17.47/57-3.75	Cameron Neel, Central Washington (2007)
Weight Throw	18.63/61-1.75	Tyler Lamott, Concordia (2016)
<b>Heptathlon</b>	<b>5,269</b>	<b>Kodiak Landis, Central Washington (2017)</b>

## CONFERENCE MEET HEPTATHLON EVENTS

60 Meters	7.07	Jaysen Yoro, Saint Martin's (2015)
Long Jump	6.83/22-5	Jake Hyde, Western Oregon (2012)
Shot Put	12.52/41-1	Geryson Kilgore, Northwest Nazarene (2012)
<b>High Jump</b>	<b>2.01/6-7</b>	<b>Micah Tranch, Northwest Nazarene (2017)</b>
<b>60m Hurdles</b>	<b>8.28</b>	<b>Travis Turner, Alaska Anchorage (2017)</b>
Pole Vault	5.05/16-6.75	Payton Lewis, Northwest Nazarene (2016)
1,000 Meters	2:43.00	Colin Alexander, Central Washington (2012)

## WOMEN - ALL MEETS

<b>60 Meters</b>	<b>7.55</b>	<b>Jamie Ashcroft, Alaska Anchorage (2017)</b>
<b>200 Meters</b>	<b>24.09</b>	<b>Jamie Ashcroft, Alaska Anchorage (2017)</b>
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:04.94	Helen Crofts, Simon Fraser (2011)
Mile	4:32.88	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:17.97	Joyce Chelimo, Alaska Anchorage (2016)
5,000 Meters	16:10.32	Joyce Chelimo, Alaska Anchorage (2016)
<b>60m Hurdles</b>	<b>8.51</b>	<b>Mariyah Vongsaveng, Central Washington (2017)</b>
4x400 Relay	3:42.44	Seattle Pacific (2016)

Jalen Tims, Lynelle Decker, Cheryl Hong, Jahzelle Ambus

Distance Medley 11:28.28 Simon Fraser (2015)

Rebecca Bassett, Monique Lisek, Paige Nock, Lindsey Butterworth

High Jump	1.77/5-9.75	Danielle Ayers-Stamper, Seattle Pacific (2005)
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)
<b>Shot Put</b>	<b>17.62/57-9.75</b>	<b>McKenzie Warren, Concordia (2017)*</b>
Weight Throw	17.74/58-2.5	Kristin Hepler, Western Oregon (2004)
Pentathlon	4,007	Danielle Ayers-Stamper, Seattle Pacific (2005)

## WOMEN'S CONFERENCE MEET RECORDS

<b>60 Meters</b>	<b>7.55</b>	<b>Jamie Ashcroft, Alaska Anchorage (2017)</b>
<b>200 Meters</b>	<b>24.09</b>	<b>Jamie Ashcroft, Alaska Anchorage (2017)</b>
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:08.28	Jessica Pixler, Seattle Pacific (2010)
Mile	4:40.39	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:47.64	Jennifer Johnson, Simon Fraser (2015)
5,000 Meters	16:47.07	Sarah Porter, Western Washington (2010)
<b>60m Hurdles</b>	<b>8.51</b>	<b>Mariyah Vongsaveng, Central Washington (2017)</b>
4x400 Relay	3:46.41	Simon Fraser (2016)
Distance Medley	11:36.32	Seattle Pacific (2010)

Kate Harline, Jennifer Pike, Jane Larson, Jessica Pixler

High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2014)
Pole Vault	3.91/12-10	Alison Silva, Northwest Nazarene (2014)
Long Jump	5.82/19-1.25	Tanya Bjornsson, Western Washington (2014)
Triple Jump	12.22/40-1.25	Jasmine McMullin, Western Washington (2016)
<b>Shot Put</b>	<b>17.02/55-10.25</b>	<b>McKenzie Warren, Concordia (2017)</b>
Weight Throw	17.63/57-10.25	Becki Duhamel, Central Washington (2015)
Pentathlon	3,761	Karolin Anders, Alaska Anchorage (2015)

## CONFERENCE MEET PENTATHLON EVENTS

60m Hurdles	8.75	Rosie Smith, Alaska Anchorage (2016)
High Jump	1.69/5-6.5	Taylor Fettig, Central Washington (2014 & 2015)
		Karolin Anders, Alaska Anchorage (2015)
		<b>Geneva Lehnert, Seattle Pacific (2017)</b>
Shot Put	11.96/39-3	Charlene Harber, Western Oregon (2012)
Long Jump	5.68/18-7.75	Karolin Anders, Alaska Anchorage (2016)
<b>800 Meters</b>	<b>2:15.88</b>	<b>Ali Anderson, Central Washington (2017)</b>

\* - NCAA Division II record

# GNAC Outdoor Track & Field Records

## MEN - ALL MEETS

100 Meters	10.22
200 Meters	20.93
400 Meters	47.51
800 Meters	1:47.58
1,500 Meters	3:43.61
3,000 Meters	8:24.61
5,000 Meters	13:41.99
10,000 Meters	28:37.75
110m Hurdles	14.19
400m Hurdles	52.00
Steeplechase	8:45.63
4x100 Relay	41.10
4x400 Relay	3:10.60
High Jump	2.16/7-1
Pole Vault	5.40/17-8.5
Long Jump	7.91/25-11.5
Triple Jump	15.21/49-11
Shot Put	18.55/60-10.5
Discus	54.07/177-5
Hammer	62.89/206-4
Javelin	77.98/255-10
Decathlon	7,872

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

## WOMEN - ALL MEETS

100 Meters	11.64
200 Meters	23.99
400 Meters	53.56
800 Meters	2:02.10
1,500 Meters	4:11.06
3,000 Meters	9:35.75
5,000 Meters	15:44.07
10,000 Meters	33:14.41
100m Hurdles	13.70
400m Hurdles	59.17
Steeplechase	10:13.01
4x100 Relay	46.56
4x400 Relay	3:42.05
High Jump	1.78/5-10
Pole Vault	3.85/12-7.5
Long Jump	5.99/19-8
Triple Jump	12.42/40-9
Shot Put	14.94/49-1
Discus	50.52/165-9
Hammer	56.27/184-7
Javelin	54.18/177-9
Heptathlon	5,606

Jamie Ashcroft, Alaska Anchorage (2015)
NyEma Sims, Seattle Pacific (2007)
Mary Pierce, Alaska Anchorage (2007)
Helen Crofts, Simon Fraser (2013)
Jessica Pixler, Seattle Pacific (2010)
Sarah Porter, Western Washington (2011)
Jessica Pixler, Seattle Pacific (2010)
Joyce Chelimo, Alaska Anchorage (2016)
Danielle Ayers-Stamper, Seattle Pacific (2005)
Haleigh Lloyd, Alaska Anchorage (2015)
Katelyn Steen, Western Washington (2015)
Alaska Anchorage (2014)
Simon Fraser (2011)
Teona Perkins, Seattle Pacific (2007)
Karis Anderson, Western Washington (2012)
Stephanie Huffman, Seattle Pacific (2002)
Ali Worthen, Seattle Pacific (2013)
Ashley Potter, Western Oregon (2012)
Krisst Tandle, Central Washington (2009)
Jessica Houston, Alaska Anchorage (2005)
Jennifer Dunkin, Western Oregon (2003)
Bethany Drake, Western Washington (2016)
Danielle Ayers-Stamper, Seattle Pacific (2005)

## DECATHLON EVENTS

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

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

## HEPTATHLON EVENTS

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

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

## MEN'S CONFERENCE MEET RECORDS

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

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

## WOMEN'S CONFERENCE MEET RECORDS

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

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



# 2017 GNAC 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.

# 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.

**Fri., Feb. 17-Sat., Feb. 18**

**GNAC Indoor Track & Field Championships**

**at Jacksons Track, Nampa, Idaho**

**Women's Team Scores:** Seattle Pacific 124, Simon Fraser 120.5, Alaska Anchorage 113, Central Washington 84, Concordia 60, Western Washington 51.5, Northwest Nazarene 41, Saint Martin's 35, Western Oregon 25, Montana State Billings 8.

**Women's Top 3 Finishers (All-GNAC):** 60 Meters - 1, Jamie Ashcroft, UAA, 7.55; 2, Katherine Lucas, SFU, 7.63; 3, Valda Kabia, SFU, 7.64. 200 Meters - 1, Jamie Ashcroft, UAA, 24.09; 2, Valda Kabia, SFU, 24.41; 3, Katherine Lucas, SFU, 24.41. 400 Meters - 1, Chantel Desch, SFU, 55.37; 2, Vanessa Aniteye, UAA, 55.89; 3, Mary Kathleen Cross, UAA, 56.06. 800 Meters - 1, Addy Townsend, SFU, 2:12.09; 2, Danielle McCormick, UAA, 2:13.30; 3, Tamara Perez, UAA, 2:13.87. Mile - 1, Caroline Kurgat, UAA, 4:53.07; 2, Shannon Porter, SMU, 4:53.29; 3, Mary Charleson, SPU, 5:07.11. 3,000 Meters - 1, Shannon Porter, SMU, 10:01.86; 2, Brittany Grant, WWU, 10:04.36; 3, Caroline Kurgat, UAA, 10:05.04. 5,000 Meters - 1, Caroline Kurgat, UAA, 17:44.68; 2, Kennedy Rufener, WOU, 17:52.78; 3, Stephanie Rexus, CWU, 17:56.30. 60m Hurdles - 1, Lexi Tubbs, NNU, 8.68; 2, Diana Voloshin, SFU, 8.71; 3, Michaela Johnson, MSUB, 8.96. 4x400 Relay - 1, Alaska Anchorage, 3:46.99; 2, Simon Fraser, 3:47.00; 3, Seattle Pacific, 3:48.80. DMR - 1, Simon Fraser, 12:05.77; 2, Alaska Anchorage, 12:11.46; 3, Seattle Pacific, 12:23.31. High Jump - 1,

Geneva Lehnert, SPU, 5-5.25. 2, Miranda Osadchey, WWU, 5-3.25; 3, Rachel Miller, NNU, 5-3.25. Pole Vault - 1, Anna Paradee, WWU, 12-6.75; 2, McKenna Emmert, CWU, 12-0.5. 3, Michaela Kahns, SPU, 12-0.5. Long Jump - 1, Kyra Brannan, SPU, 19-0.5; 2, Geneva Lehnert, SPU, 18-3.25. 3, Ali Anderson, CWU, 17-8. Triple Jump - 1, Ella Brown, SFU, 39-10; 2, Brooke Benner, SPU, 38-4.75; 3, HarLee Ortega, CWU, 38-3.5. Shot Put - 1, McKenzie Warren, CU, 55-10.25; 2, Katrina Linenko, CU, 46-0.75; 3, Christina MacDonald, CU, 49-9.75. Weight Throw - 1, McKenzie Warren, CU, 56-10.25; 2, Christina MacDonald, CU, 56-4.25; 3, Kirby Neale, SMU, 54-2. Pentathlon - 1, Cai Scout, SPU, 3,499; 2, Brooke Benner, SPU, 3,461; 3, Geneva Lehnert, SPU, 3,411.

**Men's Team Scores:** Alaska Anchorage 154, Western Oregon 82, Northwest Nazarene 78, Simon Fraser 77, Concordia 66.5, Central Washington 65, Western Washington 64, Saint Martin's 36, Montana State Billings 29.5, Seattle Pacific 11.

**Top 3 Men's Finishers (All-GNAC):** 60 Meters - 1, Sam Zook, MSUB, 6.90; 2, Kyler Ooley, CWU, 6.94; 3, Darrion Gray, UAA, 6.98. 200 Meters - Ebu Camara, NNU, 21.67; 2, Adam Brown, CU, 22.02; 3, Nathan Mah, SFU, 22.04. 400 Meters - 1, Vladislav Tsygankov, SFU, 48.01; 2, Adam Commandeur, UAA, 48.35; 3, Daniel Kelloway, SFU, 48.42. 800 Meters - 1, Josh Dempsey, WOU, 1:52.47; 2, Dustin Nading, WOU, 1:54.32; 3, Michael Chin, WOU, 1:54.94. Mile - 1, David Ribich, WOU, 4:10.01; 2, Dustin Nading, WOU, 4:10.93; 3, Dominik Notz, UAA, 4:14.38. 3,000 Meters - 1, David Ribich, WOU, 8:29.77; 2, Dominik Notz, UAA, 8:32.20; 3, Edwin Kangogo, UAA, 8:36.37. 5,000 Meters - 1, Dominik Notz, UAA, 15:00.80; 2, Edwin Kangogo, UAA, 15:01.46; 3, Justin Carrancho, UAA, 15:02.13. 60m Hurdles - 1, Travis Turner, UAA, 8.32; 2, Payton Lewis, NNU, 8.39; 3, Peyton Harris, SPU, 8.42. 4x400 Relay - 1, Alaska Anchorage, 3:14.10; 2, Simon Fraser, 3:15.09; 3, Western Oregon, 3:22.43. DMR - 1, Simon Fraser, 10:15.57; 2, Alaska Anchorage, 10:15.61; 3, Concordia, 10:22.01. High Jump - 1, Mikel Smith, SMU, 7-3; 2, Cole Hoberg, NNU, 6-10.75; 3, Tevin Gladden, UAA, 6-9. Pole Vault - 1, Payton Lewis, NNU, 16-1.75; 2, Zach McClanahan, NNU, 15-9.75; 3, David Sramek, UAA, 14-10. Long Jump - 1, Vladislav Tsygankov, SFU, 24-2.25; 2, Tevin Gladden, UAA, 24-1.75; 3, Luke Plummer, CWU, 23-10.75. Triple Jump - 1, Luke Plummer, CWU, 49-5; 2, Sommit Chhim, WWU, 46-7.5; 3, Tevin Gladden, UAA, 46-5.25. Shot Put - 1, Sam Nichols, CU, 51-6; 2, Brandon Pless, WWU, 51-4.75; 3, Caleb Bridge, CU, 51-3.5. Weight Throw - 1, Armando Tafoya, CWU, 57-0.25; 2, Kauano Vanderpoel, SMU, 56-1.5; 3, Brandon Pless, WWU, 55-5.5. Heptathlon - 1, Kodiak Landis, CWU, 5,269; 2, Travis Turner, UAA, 5,211; 3, David Sramek, UAA, 4,934.

**Sat., Feb. 24**

**SPU Final Qualifier**

**at Dempsey Indoor, Seattle, Wash.**

**Women (Top 3 GNAC Finishers):** 60 Meters - 1, Katherine Lucas, SFU, 7.69. 200 meters - 3, Laura Patrick, WOU, 26.88. 400 Meters - 1, Erykah Weems, CWU, 56.75. 800 Meters - 1, Olivia Woods, WOU, 2:10.64; 2, Suzie Van De Grift, WOU, 2:10.57. Mile - 1, Miryam Bassett, SFU, 4:52.00; 2, Julia Howley, SFU, 4:52.88; 3, Tamara Perez, UAA, 4:53.09. 60m Hurdles - 1, Mariyah Vongsaveng, CWU, 8.66; 2, Diana Voloshin, SFU, 8.85; 3, Emily Bland, CWU, 9.23. 4x400 Relay - 1, Alaska Anchorage, 3:46.12; 2, Seattle Pacific, 3:48.19. High Jump - 1, Geneva Lehnert, SPU, 5-5. Pole Vault - 3, Anna Paradee, WWU, 11-10.5. Long Jump - 1, Kyra Brannan, SPU, 18-5.

**Men (Top 3 GNAC Finishers):** 400 Meters - 1, Aaron Whitaker, WOU, 49.50; 3, Jesse Phan, SPU, 50.35. 800 Meters - 3, Josh Dempsey, WOU, 1:50.94. Mile - 1, Dustin Nading, WOU, 4:05.22. 60m Hurdles - 1, Harry White, WOU, 8.93; 3, Shayne Carpenter, SPU, 9.10. 4x400 Relay - 1, Alaska Anchorage, 3:14.34. High Jump - 1, Tevin Gladden, UAA, 6-8.25. Pole Vault - 3, Gordon Kordas, WWU, 15-7.75. Long Jump - 1, Tevin Gladden, UAA, 22-11.25; 2, Alani Troutman, WOU, 22-8. Triple Jump - 2, Luke Plummer, CWU, 48-2; 3, Kolton Koenig-Rohde, WOU, 42-6.



# 2017 GNAC Outdoor Meet Summaries

**Sat., Mar. 4**

## **Willamette Opener**

**at Charles Bowles Track, Salem, Ore.**

**Women's Team Scores:** Western Oregon 60, Corban 36, Portland 19, Willamette 17, Colorado College 9, UO Running Club 7.

**Women (Top 3 GNAC Finishers):** 100 Meters - 2, Laura Patrick, WOU, 12.61. 200 Meters - 3, Laura Patrick, WOU, 26.09. 800 Meters - 3, Rachel Bayly, WOU, 2:35.34. 100m Hurdles - 1, Sara Madden, WOU, 16:14. 400m Hurdles - 1, Sara Madden, WOU, 1:06.41; 3, Felicia Covey, WOU, 1:08.25. Long Jump - 1, Kathryn Pitts, WOU, 35-4.5. Shot Put - 1, Rachael Huffman, WOU, 42-1.75. Discus - 1, Rachael Huffman, WOU, 136-3.75; 3, Halie Korff, WOU, 122-2. Hammer - 1, Alecia Falck, WOU, 147-7.5; 3, Sylvia Dean, WOU, 139-8.25. Javelin - 1, Amanda Short, WOU, 148-7; 2, Shelia Limas De La Cruz, WOU, 139-9; 3, Jalie Korff, WOU, 131-2.25.

**Men's Team Scores:** Western Oregon 48, Portland 36, Willamette 30, Corban 27, Colorado College 19.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Codi Blodgett, WOU, 11.04; 2, Devon Fortier, WOU, 11.20. 200 Meters - 1, Aaron Whitaker, WOU, 22.65. 800 Meters - 1, Michael Chin, WOU, 1:56.99; 3, Curt Knott, WOU, 1:59.20. 110m Hurdles - 2, Harry White, WOU, 15.74. High Jump - 2, Connor Reinke, WOU, 6-2.75. Long Jump - 1, Alani Troutman, WOU, 21-11.5; 2, Jalon Fields, WOU, 20-5.75. Triple Jump - 1, Jalon Fields, WOU, 43-4.25. Shot Put - 1, Brandon Bowen, WOU, 49-7.25. Discus - 2, Kegan Allen, WOU, 134-11.25; 3, Brandon Bowen, WOU, 134-4.75. Hammer - 1, Kegan Allen, WOU, 139-2.

## **Ed Boitano Invitational**

**at Baker Stadium, Tacoma, Wash.**

**Women (Top 3 GNAC Finishers):** 200 Meters - 1, Grace Hamre, SMU, 26.05. 400 Meters - 2, Grace Hamre, SMU, 59.59. 1,500 Meters - 2, Waverly Shreffler, WWU, 4:55.73; 3, Maddy Hutchison, WWU, 4:56.55. 10,000 Meters - 2, Alexandra Laiblin, WWU, 38:31.51; 3, Larissa Kolasinski, SMU, 39:39.57. 100m Hurdles - 1, Alexi Whatley, SMU, 16.08; 3, Brooke Benner, SPU, 16.17. 400m Hurdles - 1, Alexi Whatley, SMU, 1:04.06; 3, Megan Teigen, SMU, 1:06.61. Steeplechase - 1, Hailey Kettel, SPU, 11:58.06. 4x100 Relay - 1, Saint Martin's, 49.52. High Jump - 1, Tiffany Pott, SMU, 5-1; 2, Bridget Henry, WWU, 5-1; 3, Cassidy Apo, SMU, 4-11. Pole Vault - 1, Michaela Kahns, SPU, 10-11.75; 2, Ryleigh Crenshaw, SPU, 10-11.75; 3, Emma Lambert, SPU, 10-6. Long Jump - 2, Alexi Whatley, SMU, 16-8; 3, Lamea Munoz, WWU, 16-7.75. Shot Put - 1, Megan Mortensen, WWU, 39-5; 3, Megan Vernoy, SMU, 38-2.75. Discus - 1, Megan Mortensen, WWU, 137-4; 3, Megan Vernoy, SMU, 130-2. Javelin - 1, Deanna Avalos, SMU, 143-05; 2, Jona Spiller, SMU, 140-10; 3, Claire Palmiter, SMU, 134-10.

**Men (Top 3 GNAC Finishers):** 200 Meters - 3, Logan Armstrong, SMU, 23.06. 400 Meters - 3, Gibran Zaman, SMU, 52.43. 800 Meters - 3, Colton Hoggarth, WWU, 2:02.86. 1,500 Meters - 2, Keaton Spiller, WWU, 4:05.10. 10,000 Meters - 1, Peter Butler, WWU, 31:53.72. 110m Hurdles - 2, Peyton Harris, SPU, 15.68. 4x100 Relay - 1, Saint Martin's, 42.47; 3, Seattle Pacific, 45.38. 4x400 Relay - 2, Seattle Pacific, 3:24.00. High Jump - 3, Anthony Manago, SMU, 5-7. Pole Vault - 1, Jacob Hino, WWU, 14-7.25; 2, Chris Rickard, SMU, 13-1.5; 3, Craig Boyle, SMU, 12-7.5. Long Jump - 1, Jacob Ringold, WWU, 20-9.75. Triple Jump - 1, Jacob Ringold, WWU, 41-11.5. Shot Put - 1, Brandon Pless, WWU, 48-9. Discus - 1, Brandon Pless, WWU, 145-11; 2, Btyan Lee, WWU, 134-5; 3, Corbin Ferry, SMU, 133-1. Javelin - 3, Costel David, WWU, 165-5.