



Mar. 14, 2017 • Week 10
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Mar. 17-Sat., Mar. 18

Alaska Anchorage, Seattle Pacific at Hornet Invitational, Sacramento, Calif.

Sat., Mar. 18

Central Washington at Buc Sxoring Meet, Spokane, Wash.

Central Washington, Concordia, Saint Martin's, Seattle Pacific, Western Oregon, Western Washington at L&C Spring Break Open, Portland, Ore.

LAST WEEK'S MEETS

Thurs., Mar. 9 - Sat., Mar. 11

NCAA Division II Indoor Track & Field Championships at Birmingham CrossPlex, Birmingham, Ala.

Women's Team Scores: 1, Adams State 47. 2, Grand Valley State 39. 3, Chadron State 38. 4, Pittsburg State 35.83. 5, West Texas A&M 35. Tie 21, Alaska Anchorage 10. Tie 24, Simon Fraser. 8, Tie 29, Western Oregon. 7, Tie 38, Central Washington. 4.5, Tie 40, Saint Martin's. 4, Tie 49, Western Washington. 2, Tie 55, Seattle Pacific, 1.

Women's GNAC All-Americans (First Team 1-8, Second Team 9-12): 200 Meters - 7, Jamie Ashcroft, UAA, 24.13. 800 Meters - 4, Addy Townsend, SFU, 2:08.38; 5, Suzie Van De Griff, WOU, 2:09.10; 6, Olivia Woods, WOU, 2:09.26. Mile - 9, Paige Nock, SFU, 4:48.31; 12, Miryam Bassett, SFU, 4:54.47. 3,000 Meters - 3, Caroline Kurgat, UAA, 9:27.09; 5, Shannon Porter, SMU, 9:29.47. 5,000 Meters - 9, Shannon Porter, SMU, 16:51.76. 60m Hurdles - 10, Mariyah Vongsaveng, CWU, 8.57. 4x400 Relay - 7, Alaska Anchorage (Jamie Ashcraft, Mary Kathleen Cross, Hayley Bezanson, Vanessa Aniteye), 3:45.10. DMR - 6, Simon Fraser (Addy Townsend, Chantel Desch, Alana Mussatto, Paige Nock), 11:33.62; 8, Seattle Pacific (Sarah Macdonald, Lani Taylor, Chynna Phan, Mary Charleson), 11:36.02; 9, Alaska Anchorage (Danielle McCormick, Mary Kathleen Cross, Hayley Bezanson, Caroline Kurgat), 11:36.55. Pole Vault - 4, McKenna Emmert, CWU, 12-10.25; 7, Anna Paradee, WWU, 12-10.25.

Men's Team Scores: 1, Tiffin 63. 2, Ashland 52. 3, St Augustine's 46. 4, Adams State 41. 5, Academy of Art 27. Tie 6, Azusa Pacific 24. Tie 6, Western Oregon 24. 20, Saint Martin's 10. Tie 28, Alaska Anchorage. 7, Tie 30, Central Washington 6. Tie 33, Northwest Nazarene 5.5. Tie 38, Simon Fraser 4.

Men's GNAC All-Americans (First Team 1-8, Second Team 9-12): 400 Meters - 4, Vladislav Tsygankov, SFU, 48.39 (47.61 in preliminaries). 800 Meters - 6, Josh Dempsey, WOU, 1:51.20. Mile - 3, David Ribich, WOU, 4:06.72 (4:05.12 in preliminaries); 4, Dustin Nading, WOU, 4:06.85. 3,000 Meters - 7, Dominik Notz, UAA, 8:07.28. 5,000 Meters - 5, Dominik Notz, UAA, 14:12.99. 4x400 Relay - 8, Alaska Anchorage (Nicholas Taylor, Liam Lindsay, Darrion Gray, Adam Commandeur), 3:13.69. DMR - 1,

Western Oregon (Dustin Nading, AJ Holmberg, Josh Dempsey, David Ribich), 9:40.15 (NCAA Division II record). High Jump - 1, Mikel Smith, SMU, 7-3.25; 10, Cole Hoberg, NNU, 6-9.5. Pole Vault - Tie 3, Payton Lewis, NNU, 16-10.75. Long Jump - 7, Vladislav Tsygankov, SFU, 24-1.75. Heptathlon - 3, Kodiak Landis, CWU, 5,342; 9, Travis Turner, UAA, 5,119.

Sat., Mar. 11

PLU Open

at PLU Track, Parkland, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Madison Garcia, CWU, 12.56; 3, Katia Hawley, CWU, 12.77. 200 Meters - 1, Erykah Weems, CWU, 25.32; 2, Tianna Banfro, CWU, 25.59; 3, Madison Garcia, CWU, 25.61. 400 Meters - 1, Erykah Weems, CWU, 56.45; 2, Ali Anderson, CWU, 56.59; 3, Emily Bland, CWU, 58.54. 800 Meters - 2, Brenna Liebel, CWU, 2:26.92. 1,500 Meters - 1, Brenna Liebel, CWU, 4:58.42; 2, Kaitlyn McKinney, CWU, 5:04.49. 5,000 Meters - 1, Stephanie Rexus, CWU, 17:57.28; 2, Delaney Clem, CWU, 18:32.33. 4x100 Relay - 1, Central Washington, 49.00. 4x400 Relay - 1, Central Washington A, 4:10.04; 3, Central Washington B, 4:29.87. Long Jump - 2, Brooke Williams, CWU, 16-3.75; 3, Halle Irvine, CWU, 15-6.25. Discus - 1, Megan Mortensen, WWU, 136-5; 2, Samantha LaRue, CWU, 125-8. Hammer - 1, Angela Mumford, CWU, 13-61; 2, Aiyana Homer, CWU, 135-4; 3, Samantha La Rue, CWU, 134-11. Javelin - 1, Angelique Whistocken, CWU, 132-6; 2, Sayana Lombard-Chappell, CWU, 125-0.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Kyler Ooley, CWU, 10.93; 3, Garret Steuk, CWU, 11.22. 200 Meters - 3, Kyler Ooley, CWU, 22.45. 400 Meters - 1, Trevaughn Scott, CWU, 49.92; 3, Daniel Calderon, CWU, 50.87. 800 Meters - 2, Aaron Rainboth, CWU, 1:58.42. 1,500 Meters - 2, Ron Leaf, CWU, 4:03.59. 5,000 Meters - 1, Tyler Humphries, CWU, 15:44.79; 2, Josh Boston, CWU, 15:49.60; 3, Hanson Lee, CWU, 16:11.39. 10,000 Meters - 1, Matt Conrardy, CWU, 33:54.36. 4x400 Relay - 1, Central Washington, 3:29.24. Triple Jump - 2, Chris Roa, CWU, 38-7.75. Shot Put - Armando Tafoya, CWU, 49-11; 3, Alberto Tafoya, CWU, 46-8.75. Discus - 1, Brandon Pless, WWU, 152-11; 2, Armando Tafoya, CWU, 147-11; Bryan Lee, WWU, 146-6. Hammer - 1, Armando Tafoya, CWU, 180-8; 2, Brandon Pless, WWU, 174-10. Javelin - 2, Griffey Lytle, CWU, 188-10.

Pacific Preview

at Hanson Stadium, Forest Grove, Ore.

Women (Top 3 GNAC Finishers): Discus - 1, Rachael Huffman, WOU, 144-5; 3, Mariah Gronbach, WOU, 129-6. Hammer - 1, Alecia Falck, WOU, 147-6; 2, Sylvia Dean, WOU.

Men (Top 3 GNAC Finishers): Hammer - 1, Kegan Allen, WOU, 156-0.

#GNACTF in 140

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#RecordSetter The Western Oregon men's distance medley relay team of **Dustin Nading, AJ Holmberg, Josh Dempsey and David Ribich** set the Division II record in the event at the NCAA Indoor Championships The team's time of 9:40.144 edged out Adam State's second place time of 9:40.145.

#NationalChampion Saint Martin's **Mikel Smith** won the Division II indoor high jump title with a clearance of 7 feet, 3.25 inches, setting a GNAC record in the process. It is Smith's second national title.

#PolePosition Central Washington's **McKenna Emmert** and Western Washington's **Anna Paradee** set a GNAC record in the women's pole vault at the Indoor Nationals, with both clearing 12 feet, 10.25 inches. Emmert placed third and Paradee placed seventh.

#RazeTheRoof Eight of the GNAC's 10 teams transition to the outdoor oval this weekend, competing in meets in Portland, Spokane and Sacramento.

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W. Oregon	@WOUWolves	#WOUHOO
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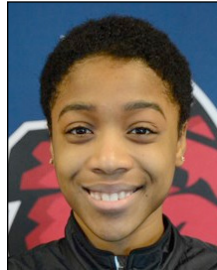
GNAC Track & Field Athletes of the Week



MEN'S TRACK

Trevaughn Scott, Central Washington
Junior • Tacoma, Wash.

Scott won the 400 meters in a time of 49.92 seconds and placed fourth in the 200 meters in 22.61 seconds at the PLU Open. He also ran the second leg on the Wildcats' winning 4x400-meter relay team (3:29.24). Scott's time in the 400 meters leads the GNAC.



WOMEN'S TRACK

Erykah Weems, Central Washington
Freshman • San Diego, Calif.

Weems won both the 200 meters and 400 meters and ran anchor on the Wildcats' winning 4x400-meter relay team at the PLU Open. She won the 200 in 25.32 seconds and the 400 in 56.45 seconds, both of which lead the GNAC this season. The 4x400-meter relay team won with a time of 4:10.24, 15 seconds head of second place Pacific Lutheran.



MEN'S FIELD

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

Pless won the discus at the PLU Open with a personal best mark of 152 feet, 11 inches and placed second in the hammer with a throw of 174 feet, 10 inches. His mark in the discus is the leading mark in the GNAC this season.



WOMEN'S FIELD

Rachael Huffman, Western Oregon
Senior • Palmer, Alaska

Huffman won the discus at the Pacific Preview by 14 feet. Her mark of 144 feet, 5 inches, leads the GNAC and is No. 7 on the GNAC All-Time List in the event.

Also Nominated: Megan Mortensen (Western Washington).

Past GNAC Athletes of the Week

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

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

Around The GNAC

ALASKA ANCHORAGE



- Alaska Anchorage saw the 12 athletes it sent to the NCAA Division II Indoor Championships return as All-Americans, a school record haul.
- Junior **Caroline Kurgat** led the way after earning her fourth All-American trophy with a third place finish in the women's 3,000 meters in 9:27.09. She also earned Second Team All-American honors with the women's distance medley relay, which placed ninth in 11:36.55.
- Senior **Dominik Notz** picked up his third and fourth All-America trophies. He placed fourth in the 5,000 meters in 14:12.99 and then finished seven in the 3,000 meters, breaking his own GNAC record with a time of 8:07.28.
- Senior **Jamie Ashcroft** is an All-American after placing seventh in the women's 200 meters in 24.13 seconds. She became the first UAA athlete to be named an All-American in an indoor sprinting event.
- The men's 4x400-meter relay team of **Nicholas Taylor, Liam Lindsay, Darrion Gray** and **Adam Commandeur** placed eighth in a time of 3:13.69, the second fastest time in GNAC history. The women's 4x400-meter relay of Ashcroft, **Mary Kathleen Cross, Hayley Bezanson** and **Vanessa Aniteye** placed seventh in 3:45.10, which is also the second fastest in GNAC history.
- Senior Travis Turner earned Second Team All-American honors in the men's heptathlon, just missing the podium with a ninth place finish with 5,119 points.
- The Seawolves begin outdoor competition this weekend, competing at the Hornet Invitational on Friday and Saturday in Sacramento, Calif.

CENTRAL WASHINGTON



- Central Washington ended the NCAA Indoor Track and Field Championships with one First Team All-American and two second team selections.
- Senior **McKenna Emmert** earned First Team All-American honors with a fourth place finish in the women's pole vault. She and Western Washington's **Anna Paradee** tied with two others at 12 feet, 10.25 inches, with Emmert earning fourth on fewer misses. The duo set a GNAC record in the event, bettering the mark of 12 feet, 10 inches, set by Northwest Nazarene's Alison Silva in 2014.
- Sophomore **Maryiah Vongsaveng** missed out on the finals of the women's 60-meter hurdles by two-hundredths of a second, earning Second Team All-America honors with a 10th place time of 8.57 seconds. Senior **Luke Plummer** placed 13th in the men's triple jump in 48 feet, 9.5 inches.
- Junior **Trevaughn Scott** was named GNAC Men's Track Athlete of the Week after he won the 400 meters at the PLU Open in 49.92 seconds and placed fourth in the 200 meters in 22.61 seconds. Both times are the best outdoors in the GNAC so far this season.
- Freshman **Erykah Weems** was named GNAC Women's Track Athlete of the Week after she won both the 200 meters in 25.32 seconds and the 400 meters in 56.45 seconds at the PLU Open. Both teams lead the conference outdoors this season.
- Senior **Armando Tafoya** has already provisionally qualified for the NCAA Outdoor Championships. His mark of 180 feet, 8 inches, in the men's hammer at the PLU Open is fourth best nationally this season. Senior **Angelique Whistocken** is provisionally qualified in the women's javelin. Her mark of 132 feet, 6 inches at the PLU Open in ninth in Division II.
- Central Washington continues its outdoor season at two meets this weekend. The Wildcats will compete at both the Buc Scoring Meet in Spokane, Wash., and at the L&C Spring Break Open in Portland, Ore.

CONCORDIA



- Concordia has been off for two weeks between the indoor and outdoor season. The Cavaliers will kickoff the outdoor portion of the schedule on Saturday at the L&C Spring Break Open in Portland.
- Senior **McKenzie Warren** finished her collegiate indoor career by placing sixth at the USA Track & Field Indoor Championships on Mar. 5 in Albuquerque, N.M. The only collegiate athlete in the field, Warren finished with a mark of 57 feet, 7 inches.
- In its second year as a GNAC program, Concordia took three of the four throwing events at the GNAC Indoor Track and Field Championships. Warren was a repeat champion in both the women's shot put and the weight throw, winning the shot put with a mark of 55 feet, 10.25 inches, and the weight throw in 56 feet, 10.25 inches. Sophomore **Sam Nichols** won the men's shot put with a mark of 51 feet, 6 inches.
- Concordia is in its third year of transition from NAIA to NCAA Division II membership. As such, the Cavaliers will not be eligible to compete at the NCAA Division II Championships.

MONTANA STATE BILLINGS



- Montana State Billings is in the midst of a long break between the indoor and outdoor seasons. The Yellowjackets will open their outdoor schedule when they compete at the Bobcat Invitational in Bozeman, Mont., on Sat., Mar. 25.
- Junior **Sam Zook** gave Montana State Billings its first GNAC indoor championship in a sprinting event, winning the 60 meters with a time of 6.90 seconds. Zook finished the indoor season with a best of 6.85 seconds, ranking him No. 4 on the GNAC All-Time List.
- Freshman **Michaela Johnson** was the Yellowjackets' top women's placer at the GNAC Championships, placing third in the 60-meter hurdles in 8.96 seconds.

NORTHWEST NAZARENE



- Northwest Nazarene returned home from the NCAA Division II Indoor Track and Field Championships with one First Team All-American and one second team selection.
- Junior **Payton Lewis** was an All-American in the men's pole vault for second consecutive season. He placed third for the second straight year as he cleared 16 feet, 10.75 inches. It is Lewis' fourth All-American trophy overall.
- After being entered at the last minute due to a medical scratch, senior **Cole Hoberg** earned Second Team All-America distinction as he placed 10th in the men's high jump with a clearance of 6 feet, 9.5 inches.
- The Crusaders will not open their outdoor season until Fri., Mar. 31, when they travel to the Bay Area for the San Francisco State Distance Carnival and the Stanford Invitational.

Around The GNAC

SAINT MARTIN'S



- A second national championship and GNAC record for senior **Mikel Smith** in the men's high jump and a pair of top-eight finishes for senior **Shannon Porter** led the Saints at the NCAA Division II Indoor Championships.
- Smith cleared 7 feet, 3.25 inches on his third attempt at the height to win his first indoor national title and his second NCAA title in the high jump overall. Smith had finished second indoors last year. The clearance surpassed his previous GNAC record of 7 feet, 3 inches, which he set at the GNAC Indoor Championships.
- Porter closed her collegiate career by being named a First Team All-American in the women's 3,000 meters, placing fifth in a time of 9:29.47. She earned Second Team All-America laurels for a ninth place finish in the 5,000 meters with a time of 16:51.76.
- The Saints opened the outdoor season at the Ed Boitano Invitational on Mar. 4. The Saints yielded three NCAA Outdoor Championships provisional qualifiers in the women's javelin. **Deanna Avalos** enters the week second in Division II with a mark 143 feet, 5 inches. **Jona Spiller** is fourth at 140 feet, 10 inches and **Claire Palmiter** is sixth at 134 feet, 10 inches.
- The Saints continue the outdoor schedule on Saturday, competing at the L&C Spring Break Open in Portland.

SEATTLE PACIFIC



- Seattle Pacific's efforts at the NCAA Indoor Track & Field Championships were highlighted by the performance of the women's distance medley relay.
- The team of **Sarah Macdonald**, **Lani Taylor**, **Chynna Phan** and **Mary Charleson** placed eighth, earning All-American honors with a time of 11:36.02. The time is the seventh fastest in GNAC history.
- Charleson just missed All-American honors in the women's mile, placing 13th in the preliminaries in a time of 4:56.49.
- The Falcons will open the outdoor season on Saturday, competing at the L&C Spring Break Open in Portland.

SIMON FRASER



- Five Simon Fraser athletes earned First Team All-American honors while two more earned second team honors at the NCAA Division II Indoor Track & Field Championships.
- Senior **Vladislav Tsygankov** was an individual All-American two times over, placing fourth in the men's 400 meters in a time of 48.39 seconds and seventh in the long jump with a mark of 24 feet, 1.75 inches. It was his second All-American award in the long jump.
- In the process of placing fourth in the 400, Tsygankov reset the GNAC record in the event, beating the 47.80 second set by Joel Webster in 2016.
- Sophomore **Addy Townsend** became a two-time All-American in the women's 800 meters, placing fourth with a 2:08.38, sixth on the GNAC All-Time List.
- The women's distance medley relay team of Townsend, **Chantel Desch**, **Alana Mussatto** and **Paige Nock** earned All-American honors with a sixth place finish in a time of 11:33.62, the sixth fastest time in GNAC history.
- The Clan had two Second Team All-Americans in the women's mile. Nock placed ninth with a time of 4:48.31 while **Miryam Bassett** placed 12th in 4:54.47.
- Simon Fraser opens its outdoor season on Sat., Mar. 25, taking part in a dual meet against Canadian rival British Columbia on the track at Terry Fox Field.

WESTERN OREGON



- Every Western Oregon athlete entered at the NCAA Indoor Track & Field Championships came home an All-American, capping an exceptional meet for the Wolves.
- The men's distance medley relay team of **Dustin Nading**, **AJ Holmberg**, **Josh Dempsey** and **David Ribich** won the national title in a Division II record time, edging out Adams State 9:40.144 to 9:40.145. The two programs officially tied for the Division II record, surpassing the mark of 9:40.55 set by Abilene Christian in 2005.
- Ribich and Nading also earned All-American honors in the men's mile. Ribich placed third in 4:06.72 after running 4:05.12 in the preliminaries while Nading placed fourth in a time of 4:06.85.
- Dempsey earned a solo All-American trophy in the men's 800 meters as he placed sixth in a time of 1:51.20.
- Junior **Suzie Van De Grift** and sophomore **Olivia Woods** were both named All-Americans in the women's 800 meters. Van De Grift placed fifth in 2:09.10 while Woods placed sixth in 2:09.26. The times are eighth and ninth, respectively on the GNAC all-time list.
- The Western Oregon tied for sixth in the men's team competition with 24 points, the best men's team performance in the meet for a GNAC program.
- In outdoor competition, senior **Rachael Huffman** was named GNAC Women's Field Athlete of the Week after she won the discus at the Pacific Preview. Her mark of 144 feet, 5 inches, places her seventh on the GNAC All-Time List.
- Junior **Amanda Short** currently leads Division II in the women's javelin with her mark of 148 feet, 7 inches, at the Willamette Opener. The mark is a provisional qualifier for the NCAA Outdoor Championships.
- Western Oregon will be back in action this weekend at the L&C Spring Break Open in Portland.

WESTERN WASHINGTON



- **Anna Paradee** came home as an All-American and a GNAC record holder with her performance at the NCAA Indoor Track & Field Championships.
- Paradee placed seventh in the women's pole vault with a mark of 12 feet, 10.25 inches. She tied with four other athletes at the height and was awarded seventh based on fewest misses. With the mark, she shares the GNAC record with Central Washington's **McKenna Emmert**, who placed third. The previous record was 12 feet, 10 inches, set by Northwest Nazarene's Alison Silva in 2014.
- On the outdoor schedule, Western Washington sent a select number of athletes to the PLU Open in Parkland, Wash. Senior **Brandon Pless** was named the GNAC Men's Field Athlete of the Week after he won the discus with a GNAC best mark of 152 feet, 11 inches and second in the hammer with a throw of 174 feet, 10 inches.
- Senior **Megan Mortensen** won the women's discus at the PLU Open with a mark of 136 feet, 5 inches and placed fifth in the hammer with a throw of 132 feet, 3 inches.
- The Vikings' outdoor season continues on Saturday at the L&C Spring Break Open in Portland.

GNAC Qualifiers For NCAA Outdoor Championships

MEN PROVISIONAL QUALIFIERS AS OF MAR. 12, 2017

Event	Athlete	Mark	Rank	Date
Hammer	Armando Tafoya, CWU	55.07/180-8	4th	3/11/17

WOMEN'S PROVISIONAL QUALIFIERS AS OF MAR. 12, 2017

Event	Athlete	Mark	Rank	Date
Javelin	Amanda Short, WOU	45.28/148-7	1st	3/4/17
	Deanna Avalos, SMU	43.71/143-5	2nd	3/4/17
	Jona Spiller, SMU	42.94/140-10	4th	3/4/17
	Sheila Limas De La Cruz, WOU	42.59/139-9	5th	3/4/17
	Claire Palmiter, SMU	41.09/134-10	6th	3/4/17
	Angelique Whistocken, CWU	40.38/132-6	9th	3/11/17

GNAC Outdoor Championships/National Qualifying Standards

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

GNAC 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.

GNAC Indoor Track & Field Records

MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
200 Meters	21.3	Cody Warner, Western Oregon (2015)
400 Meters	47.80	Joel Webster, Simon Fraser (2016)
800 Meters	1:49.68	Badane Sultessa, Western Oregon (2016)
Mile	4:02.30	David Ribich, Western Oregon (2017)
3,000 Meters	8:07.28	Dominik Notz, Alaska Anchorage (2017)
5,000 Meters	13:47.73	Micah Chelimo, Alaska Anchorage (2014)
60m Hurdles	8.08	Travis Milbrandt, Western Oregon (2015)
4x400 Relay	3:12.45	Alaska Anchorage (2016)

Nicholas Taylor, Liam Lindsey, Adam Commandeur, Cody Thomas

Distance Medley 9:40.15 Western Oregon (2017)*

Dustin Nading, AJ Holmberg, Josh Dempsey, David Ribich

High Jump	2.22/7-3.25	Mikel Smith, Saint Martin's (2017)
Pole Vault	5.31/17-5	Ryan Brown, Western Washington (2011)
Long Jump	7.46/24-5.75	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015)
Shot Put	17.94/58-10.75	Cameron Neel, Western Washington (2007)
Weight Throw	18.82/61-9	Anthony Marin, Western Oregon (2007)
Heptathlon	5,508	Chris Randolph, Seattle Pacific (2006)

MEN'S CONFERENCE MEET RECORDS

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

Liam Lindsay, Darrior Gray, Nicholas Taylor, Adam Commandeur

Distance Medley 10:04.58 Simon Fraser (2012)

Ryan Brockerville, Stuart Ellenwood, Keir Forster, Adam Reid

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

CONFERENCE MEET HEPTATHLON EVENTS

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

WOMEN - ALL MEETS

60 Meters	7.54	Jamie Ashcroft, Alaska Anchorage (2017)
200 Meters	24.09	Jamie Ashcroft, Alaska Anchorage (2017)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:04.94	Helen Crofts, Simon Fraser (2011)
Mile	4:32.88	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:17.97	Joyce Chelimo, Alaska Anchorage (2016)
5,000 Meters	16:10.32	Joyce Chelimo, Alaska Anchorage (2016)
60m Hurdles	8.51	Mariyah Vongsaveng, Central Washington (2017)
4x400 Relay	3:42.44	Seattle Pacific (2016)

Jalen Tims, Lynelle Decker, Cheryl Hong, Jahzelle Ambus

Distance Medley 11:28.28 Simon Fraser (2015)

Rebecca Bassett, Monique Lisek, Paige Nock, Lindsey Butterworth

High Jump	1.77/5-9.75	Danielle Ayers-Stamper, Seattle Pacific (2005)
Pole Vault	3.92/12-10.25	McKenna Emmert, Central Washington (2017)
		Anna Laradee, Western Washington (2017)
Long Jump	5.93/19-5.5	Danielle Ayers-Stamper, Seattle Pacific (2005)
Triple Jump	12.40/40-8.25	Ashley Potter, Western Oregon (2012)
Shot Put	17.62/57-9.75	McKenzie Warren, Concordia (2017)*
Weight Throw	17.74/58-2.5	Kristin Hepler, Western Oregon (2004)
Pentathlon	4,007	Danielle Ayers-Stamper, Seattle Pacific (2005)

WOMEN'S CONFERENCE MEET RECORDS

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

4x400 Relay 3:46.41 Simon Fraser (2016)

Distance Medley 11:36.32

Kate Harline, Jennifer Pike, Jane Larson, Jessica Pixler

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

CONFERENCE MEET PENTATHLON EVENTS

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

* - NCAA Division II record

GNAC Outdoor Track & Field Records

MEN - ALL MEETS

100 Meters	10.22
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 Indoor Meet Summaries

Thurs., Mar. 9 - Sat., Mar. 11

NCAA Division II Indoor Track & Field Championships at Birmingham CrossPlex, Birmingham, Ala.

Women's Team Scores: 1, Adams State 47. 2, Grand Valley State 39. 3, Chadron State 38. 4, Pittsburg State 35.83. 5, West Texas A&M 35. Tie 21, Alaska Anchorage 10. Tie 24, Simon Fraser, 8. Tie 29, Western Oregon, 7. Tie 38, Central Washington, 4.5. Tie 40, Saint Martin's, 4. Tie 49, Western Washington, 2. Tie 55, Seattle Pacific, 1.

Women's GNAC All-Americans (First Team 1-8, Second Team 9-12): 200 Meters - 7, Jamie Ashcroft, UAA, 24.13. 800 Meters - 4, Addy Townsend, SFU, 2:08.38; 5, Suzie Van De Griff, WOU, 2:09.10; 6, Olivia Woods, WOU, 2:09.26. Mile - 9, Paige Nock, SFU, 4:48.31; 12, Miryam Bassett, SFU, 4:54.47. 3,000 Meters - 3, Caroline Kurgat, UAA, 9:27.09; 5, Shannon Porter, SMU, 9:29.47. 5,000 Meters - 9, Shannon Porter, SMU, 16:51.76. 60m Hurdles - 10, Mariyah Vongsaveng, CWU, 8.57. 4x400 Relay - 7, Alaska Anchorage (Jamie Ashcraft, Mary Kathleen Cross, Hayley Bezanson, Vanessa Aniteye), 3:45.10. DMR - 6, Simon Fraser (Addy Townsend, Chantel Desch, Alana Mussatto, Paige Nock), 11:33.62; 8, Seattle Pacific (Sarah Macdonald, Lani Taylor, Chynna Phan, Mary Charleson), 11:36.02; 9, Alaska Anchorage (Danielle McCormick, Mary Kathleen Cross, Hayley Bezanson, Caroline Kurgat), 11:36.55. Pole Vault - 4, McKenna Emmert, CWU, 12-10.25; 7, Anna Paradee, WWU, 12-10.25.

Men's Team Scores: 1, Tiffin 63. 2, Ashland 52. 3, St Augustine's 46. 4, Adams State 41. 5, Academy of Art 27. Tie 6, Azusa Pacific 24. Tie 6, Western Oregon 24. 20, Saint Martin's 10. Tie 28, Alaska Anchorage, 7. Tie 30, Central Washington 6. Tie 33, Northwest Nazarene 5.5. Tie 38, Simon Fraser 4.

Men's GNAC All-Americans (First Team 1-8, Second Team 9-12): 400 Meters - 4, Vladislav Tsygankov, SFU, 48.39 (47.61 in preliminaries). 800 Meters - 6, Josh Dempsey, WOU, 1:51.20. Mile - 3, David Ribich, WOU, 4:06.72 (4:05.12 in preliminaries); 4, Dustin Nading, WOU, 4:06.85. 3,000 Meters - 7, Dominik Notz, UAA, 8:07.28. 5,000 Meters - 5, Dominik Notz, UAA, 14:12.99. 4x400 Relay - 8, Alaska Anchorage (Nicholas Taylor, Liam Lindsay, Darrion Gray, Adam Commandeur), 3:13.69. DMR - 1, Western Oregon (Dustin Nading, AJ Holmberg, Josh Dempsey, David Ribich), 9:40.15 (NCAA Division II record). High Jump - 1, Mikel Smith, SMU, 7-3.25; 10, Cole Hoberg, NNU, 6-9.5. Pole Vault - Tie 3, Payton Lewis, NNU, 16-10.75. Long Jump - 7, Vladislav Tsygankov, SFU, 24-1.75. Heptathlon - 3, Kodiak Landis, CWU, 5,342; 9, Travis Turner, UAA, 5,119.

2017 GNAC Outdoor Meet Summaries

Sat., Mar. 4

Willamette Opener

at Charles Bowles Track, Salem, Ore.

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

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

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

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

Ed Boitano Invitational

at Baker Stadium, Tacoma, Wash.

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

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

Sat., Mar. 11

PLU Open

at PLU Track, Parkland, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Madison Garcia, CWU, 12.56; 3, Katia Hawley, CWU, 12.77. 200 Meters - 1, Erykah Weems, CWU, 25.32; 2, Tianna Banfro, CWU, 25.59; 3, Madison Garcia, CWU, 25.61. 400 Meters - 1, Erykha Weems, CWU, 56.45; 2, Ali Anderson, CWU, 56.59; 3, Emily Bland, CWU, 58.54. 800 Meters - 2, Brenna Liebel, CWU, 2:26.92. 1,500 Meters - 1, Brenna Liebel, CWU, 4:58.42; 2, Kaitlyn McKinney, CWU, 5:04.49. 5,000 Meters - 1, Stephanie Rexus, CWU, 17:57.28; 2, Delaney Clem, CWU, 18:32.33. 4x100 Relay - 1, Central Washington, 49.00. 4x400 Relay - 1, Central Washington A, 4:10.04; 3, Central Washington B, 4:29.87. Long Jump - 2, Brooke Williams, CWU, 16-3.75; 3, Halle Irvine, CWU, 15-6.25. Discus - 1, Megan Mortensen, WWU, 136-5; 2, Samantha LaRue, CWU, 125-8. Hammer - 1, Angela Mumford, CWU, 13-61; 2, Aiyana Homer, CWU, 135-4; 3, Samantha La Rue, CWU, 134-11. Javelin - 1, Angelique Whistocken, CWU, 132-6; 2, Sayana Lombard-Chappell, CWU, 125-0.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Kyler Ooley, CWU, 10.93; 3, Garret Steuk, CWU, 11.22. 200 Meters - 3, Kyler Ooley, CWU, 22.45. 400 Meters - 1, Trevaughn Scott, CWU, 49.92; 3, Daniel Calderon, CWU, 50.87. 800 Meters - 2, Aaron Rainboth, CWU, 1:58.42. 1,500 Meters - 2, Ron Leaf, CWU, 4:03.59. 5,000 Meters - 1, Tyler Humphries, CWU, 15:44.79; 2, Josh Boston, CWU, 15:49.60; 3, Hanson Lee, CWU, 16:11.39. 10,000 Meters - 1, Matt Conrardy, CWU, 33:54.36. 4x400 Relay - 1, Central Washington, 3:29.24. Triple Jump - 2, Chris Roa, CWU, 38-7.75. Shot Put - Armando Tafoya, CWU, 49-11; 3, Alberto Tafoya, CWU, 46-8.75. Discus - 1, Brandon Pless, WWU, 152-11; 2, Armando Tafoya, CWU, 147-11; 3, Bryan Lee, WWU, 146-6. Hammer - 1, Armando Tafoya, CWU, 180-8; 2, Brandon Pless, WWU, 174-10. Javelin - 2, Griffey Lytle, CWU, 188-10.

Pacific Preview

at Hanson Stadium, Forest Grove, Ore.

Women (Top 3 GNAC Finishers): Discus - 1, Rachael Huffman, WOU, 144-5; 3, Mariah Gronbach, WOU, 129-6. Hammer - 1, Alecia Falck, WOU, 147-6; 2, Sylvia Dean, WOU.

Men (Top 3 GNAC Finishers): Hammer - 1, Kegan Allen, WOU, 156-0.