

GNAC Indoor Championships - 2/21/2022 to 2/22/2022**The Podium****Results****Women 60 Meter Dash**

GNAC:	7.52	2020	Paige Johnson, Concordia		
Meet:	7.52	2020	Paige Johnson, Concordia		
Podium:	7.19	1/15/2022	Destiny Smith-Barnett, DoublePil		
Name		Year	School	Prelims	H#

Preliminaries

1	Hollis, E'Lexis		Central Washington	7.62q	2
2	Leclair, Marie-Eloise		Simon Fraser	7.63q	1
3	Igbonagwam, Peace		Seattle Pacific	7.66q	2
4	Wood, Abbey		Northwest Nazarene	7.68q	1
5	Hansen, Makenna		Central Washington	7.69q	3
6	Thompson, Maliyah		Western Oregon	7.72q	3
7	Williams, Juliette		Central Washington	7.76q	1
8	Hopwood, Maya		Western Oregon	7.80q	2
9	Popchock, Ana		Western Oregon	7.82	3
10	Bouyer, Jenna		Seattle Pacific	7.84	3
11	Cheney, Caitlyn		Western Washington	8.03	1
12	Young, Makaylee		Central Washington	8.09	2
13	Jacobs, Jordan		Simon Fraser	8.12	3
14	Lavato, Josie		Western Oregon	8.17	1
15	Baniaga, Katie		Northwest Nazarene	8.18	2
16	Green, Kiarra		Central Washington	8.19	3
17	Johansen, Victoria		Alaska Anchorage	8.24	2
18	Vu, Madison		Saint Martin's	8.31	1

Women 200 Meter Dash

GNAC:	24.09	2017	Jaime Ashcroft, Alaska Anchorage		
Meet:	24.09	2017	Jamie Ashcroft, Alaska Anchorage		
Podium:	23.65	1/15/2022	Iman Brown, Oregon		
Name		Year	School	Prelims	H#
1	Leclair, Marie-Eloise		Simon Fraser	24.70q	1
2	Hansen, Makenna		Central Washington	25.00q	3
3	Lindsay, Emily		Simon Fraser	25.31q	6
4	Bouyer, Jenna		Seattle Pacific	25.34q	5
5	Williams, Juliette		Central Washington	25.50q	7
6	DeChenne, McCall		Central Washington	25.70q	6
7	Green, Aniya		Seattle Pacific	25.71q	2 25.706
7	Igbonagwam, Peace		Seattle Pacific	25.71q	4 25.706
9	Wood, Abbey		Northwest Nazarene	25.78	2
10	Hopwood, Maya		Western Oregon	25.80	5
11	Hollis, E'Lexis		Central Washington	25.99	4
12	Ochoa, Yareli		Central Washington	26.14	7
13	Hart, Jessy		Western Oregon	26.32	3
14	Bell, Cree		Saint Martin's	26.39	1
15	Jacobs, Jordan		Simon Fraser	26.47	5
16	Wilson, Taryn		Western Oregon	26.63	4
17	Cheney, Caitlyn		Western Washington	26.68	4
18	De Arvizu Sarrias, Blanc		Alaska Anchorage	26.74	1
19	Backman, Kaitlyn		Alaska Anchorage	26.75	2
20	Green, Kiarra		Central Washington	26.77	3
21	Chase, Chantel		MSU-Billings	26.84	7
22	Bosma, Claire		Simon Fraser	26.97	6
23	Lavato, Josie		Western Oregon	27.42	5

GNAC Indoor Championships - 2/21/2022 to 2/22/2022**The Podium****Results****...Women 200 Meter Dash**

24	Hamill, Katelyn	MSU-Billings	27.69	2
25	Clark, Annelise	MSU-Billings	28.61	7
--	Vu, Madison	Saint Martin's	DQ	6

Women 400 Meter Dash

=====				
	GNAC:	54.87	2016	Jahzelle Ambus, Seattle Pacific
	Meet:	54.87	2016	Jahzelle Ambus, Seattle Pacific
	Podium:	54.40	2/5/2022	Sarah King, Unattached
	Name	Year	School	Prelims H#
=====				
1	Lindsay, Emily		Simon Fraser	56.77q 2
2	DeChenne, McCall		Central Washington	57.08q 6
3	Atlas, Tylantiss		Alaska Anchorage	57.79q 1
4	Bosma, Claire		Simon Fraser	58.57q 3
5	Binder, Erika		Simon Fraser	59.40q 4
6	Brence, Kalli		Northwest Nazarene	59.61q 2
7	Hart, Jessy		Western Oregon	59.68q 5
8	DeJong, Laine		Northwest Nazarene	59.98q 3
9	Levinte, Estera		Western Washington	1:00.04 5
10	Bell, Cree		Saint Martin's	1:00.62 6
11	Green, Aniya		Seattle Pacific	1:00.64 4
12	Brown, Johanna		Seattle Pacific	1:01.14 1
13	Severson, Madeline		MSU-Billings	1:01.22 4
14	Fletcher, McKenzie		Seattle Pacific	1:01.28 6
15	Gomez, Alejandra		Northwest Nazarene	1:01.36 1
16	Flad, Leonie		Alaska Anchorage	1:01.59 6
17	Bartolaba, Haley		Alaska Anchorage	1:01.81 5
18	Johansen, Victoria		Alaska Anchorage	1:02.02 2
19	Drury, Kaitlyn		Northwest Nazarene	1:02.08 3
20	Bates, Naomi		Western Washington	1:02.45 4
21	Backman, Kaitlyn		Alaska Anchorage	1:02.71 5
22	Graham, Hailey		Northwest Nazarene	1:02.74 3

Women 800 Meter Run

=====				
	GNAC:	2:04.94	2011	Hellen Crofts, Simon Fraser
	Meet:	2:08.28	2010	Jessica Pixler, Seattle Pacific
	Podium:	2:02.14	2/11/2022	Lindsey Butterworth, New Balan
	Name	Year	School	Prelims H#
=====				
1	Walchak-Sloan, Cassidy		Saint Martin's	2:15.85q 1
2	Stoppel, Kailee		MSU-Billings	2:15.86q 2
3	Andrews-Paul, Alison		Simon Fraser	2:15.99q 1
4	Rising, Ellie		Seattle Pacific	2:16.02q 2
5	Cameron, Kate		Simon Fraser	2:16.92q 2
6	Crocker, Mia		Western Washington	2:17.05q 1
7	Vanderput, Elizabeth		Simon Fraser	2:17.56q 2
8	Wright, Sophie		Western Washington	2:18.83q 2
9	Prangle, Charlotte		Simon Fraser	2:18.87 1
10	Saucedo, Alisha		Saint Martin's	2:21.57 1
11	Ranahan, Alicia		Simon Fraser	2:23.64 1
12	Whitmer, Ally		MSU-Billings	2:28.85 1
13	Thompson, Madison		Central Washington	2:33.80 2

GNAC Indoor Championships - 2/21/2022 to 2/22/2022**The Podium****Results****Women 5000 Meter Run**

GNAC:	15:28.46	2019	Caroline Kurgat, Alaska An
Meet:	16:47.07	2010	Sarah Porter, Western Wash
Podium:	15:21.56	2/11/2022	Kellyn Taylor, Hoka NAZ El
Name		Year School	Finals

Finals

1	Esvelt, Annika	Seattle Pacific	17:31.71
2	Heldt, Caitlin	Western Oregon	17:46.69
3	Wedin, Brook	Western Washington	18:29.51
4	Cantu, Kaylin	Western Oregon	18:48.57
5	Garcia, Luz	Western Oregon	18:55.80
6	Sabra, Sara	Saint Martin's	18:59.08
7	Maurer, Delphine	Western Washington	19:50.12
8	Himelbloom, Arielle	Alaska Anchorage	19:57.14
9	Mattson, Molly	Central Washington	20:05.90
10	Massey, Meredith	Central Washington	20:14.10
11	Ramirez, Kya	Saint Martin's	20:21.28

Women 60 Meter Hurdles

GNAC:	8.51	2017	Mariyah Vongsaveng, Central Wash
Meet:	8.51	2017	Mariyah Vongsaveng, Central Wash
Podium:	8.24	2/5/2022	Dafni Geogiou, Boise State
Name		Year School	Prelims H#

Preliminaries

1	Voloshin, Diana	Simon Fraser	8.80q	2
2	Popchock, Ana	Western Oregon	8.87q	1
3	Chandler, Lauryn	Central Washington	8.93q	2
4	DeChenne, McCall	Central Washington	8.95q	2
5	Van Der Meer, Mette	Alaska Anchorage	9.04q	1
6	Thompson, Maliyah	Western Oregon	9.12q	2
7	Dawkins, Aliyah	Western Washington	9.23q	1
8	Bates, Naomi	Western Washington	9.56q	1
9	De Arvizu Sarrias, Blanc	Alaska Anchorage	9.61	2
10	Mortensen, Eden	Saint Martin's	9.66	2
11	Blue, Hailey	Western Oregon	9.98	2
12	Cintron, Gabriela	Saint Martin's	10.09	1
13	Bartolaba, Haley	Alaska Anchorage	10.17	1
14	Sewell, Sarah	Central Washington	10.31	2

Women Distance Medley

GNAC:	11:23.47	2019	Alaska Anchorage
			Cvancara, Aniteye, McCormick, Kurgat
Meet:	11:23.47	2019	Alaska Anchorage
			Cvancara, Aniteye, McCormick, Kurgat
Podium:	10:39.91	2/11/2022	Nike Union Athletics Club,
			E Donaghu, R Rogers, S Johnson, S Osika
School			Finals

Finals

1	Simon Fraser	12:13.12
	1) Roxby, Megan	2) Lindsay, Emily
	3) Chilton, Emily	4) Andrews-Paul, Alison

GNAC Indoor Championships - 2/21/2022 to 2/22/2022**The Podium****Results****...Women Distance Medley**

2 Alaska Anchorage	12:28.62
1) Jeptoo, Nancy	2) Flad, Leonie
3) Nyamasyo, Alfin	4) Roe, Bailey
3 Western Washington	12:33.80
1) Wright, Sophie	2) Konrad, Shawnee
3) Crocker, Mia	4) Davis, Ila
4 Western Oregon	13:11.20
1) Larson, Lindie	2) Lambing, Madeline
3) Kruse, Kaitlyn	4) Chapman, Katie
5 Central Washington	13:16.29
1) Gohr, Caitlin	2) Thompson, Madison
3) Lester, Kay	4) Child, Madison
6 Saint Martin's	14:05.97
1) Hartley, Naomi	2) Vu, Madison
3) Cazares-Blas, Jackie	4) Burton, Abby

Women High Jump

GNAC:	1.77m	2005	Danielle Ayers-Stamper, Seattle Pacific
Meet:	1.77m	2014	Taylor Fettig, Central Washington
Podium:	1.73m	1/15/2022	Tori Sloan, Oregon

Name	Year	School	Finals	
1 Dawkins, Aliyah		Western Washington	1.67m	5-05.75
2 Kania, Sydney		Simon Fraser	1.62m	5-03.75
2 Neal, Jessica		Western Washington	1.62m	5-03.75
4 Koch, Miya		Northwest Nazarene	1.57m	5-01.75
5 Griffin, Kylie		Central Washington	J1.57m	5-01.75
6 Ngaida, Kalulusno		Western Oregon	J1.57m	5-01.75
6 Hurley, Jenelle		Western Oregon	J1.57m	5-01.75
8 Deters, Amity		Western Oregon	1.52m	4-11.75
9 Severson, Madeline		MSU-Billings	1.47m	4-09.75

Women Long Jump

GNAC:	5.98m	2019	Peace Igbonagwam, Seattle Pacific
Meet:	5.98m	2019	Peace Igbonagwam, Seattle Pacific
Podium:	6.18m	2/5/2022	Rhesa Foster, Nike

Name	Year	School	Finals	H#
1 Igbonagwam, Peace		Seattle Pacific	5.51m	18-01.00 2
2 Hurley, Jenelle		Western Oregon	5.48m	17-11.75 2
3 Lagerwey, Matty		Western Washington	5.40m	17-08.75 2
4 Lynn, Kendall		MSU-Billings	5.27m	17-03.50 2
5 Dawkins, Aliyah		Western Washington	5.25m	17-02.75 2
6 DeJong, Laine		Northwest Nazarene	5.17m	16-11.50 1
7 Young, Makaylee		Central Washington	J5.17m	16-11.50 2
8 Cabanos, Erica		Central Washington	5.05m	16-07.00 1
9 Paugh, Madison		Simon Fraser	5.02m	16-05.75 1
10 Kibbee, Leanne		Western Washington	4.99m	16-04.50 2
11 Ochoa, Yareli		Central Washington	4.90m	16-01.00 2
12 Ronse, Dominique		Simon Fraser	4.89m	16-00.50 1
13 Sanford, Jamie		Western Washington	4.79m	15-08.75 1
14 Deters, Amity		Western Oregon	4.76m	15-07.50 1
15 Clemens, Macy		Western Oregon	4.73m	15-06.25 2

GNAC Indoor Championships - 2/21/2022 to 2/22/2022**The Podium****Results****...Women Long Jump**

16 Zilla, Margaret	Saint Martin's	J4.73m	15-06.25	1
--------------------	----------------	--------	----------	---

Women Weight Throw

GNAC:	19.52m	2018	Christina MacDonald, Concordia	
Meet:	18.67m	2020	Kori Sprague, Concordia	
Podium:	18.47m	1/15/2022	Cierra Jackson, Fresno State	
Name	Year	School	Finals	H#
1 Smallbeck, Meagan		Central Washington	17.12m	56-02.00 2
2 Gianotti, Moana		Western Oregon	15.93m	52-03.25 2
3 Westfall, Raine		Western Washington	15.64m	51-03.75 2
4 Potts, Katie		Western Washington	15.50m	50-10.25 1
5 Pesina, Mercedes		Central Washington	14.94m	49-00.25 2
6 Crook, Mattison		Western Washington	14.14m	46-04.75 2
7 Carpenter, Emillia		Western Oregon	13.95m	45-09.25 1
8 Jolma, Brynn		MSU-Billings	13.69m	44-11.00 2
9 Lyness, Liliana		Western Oregon	13.68m	44-10.75 2
10 Jones, Grace		MSU-Billings	13.40m	43-11.75 1
11 Elenbaas, Payton		Central Washington	13.38m	43-10.75 2
12 Mendoza, Jazmin		Central Washington	13.29m	43-07.25 2
13 Christman, Aubrie		MSU-Billings	13.17m	43-02.50 1
14 Herbert, Destany		Northwest Nazarene	J13.17m	43-02.50 2
15 Liniewski, Zuzanna		Simon Fraser	13.07m	42-10.75 1
16 Cookman, Jordan		MSU-Billings	12.70m	41-08.00 1
17 Hanger, Kaitlyn		Simon Fraser	12.50m	41-00.25 1
18 Cleveland Barrera, Carme		Western Washington	12.46m	40-10.50 1
19 Tulimaiau, Danara		MSU-Billings	12.31m	40-04.75 1
20 Board, Brenna		Central Washington	12.29m	40-04.00 1
21 Saribay, Jocelyn		Saint Martin's	11.63m	38-02.00 1
22 Crawford, Jordan		Northwest Nazarene	11.03m	36-02.25 1
23 Hargett, Halle		Western Oregon	10.82m	35-06.00 1

Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

Meet:	2:13.75	2018	Ali Anderson, Central Washington	
Name	Year	School	Finals	Points
1 Sewell, Sarah		Central Washington	2:19.52	830
2 Mortensen, Eden		Saint Martin's	2:30.47	687
3 Hurley, Jenelle		Western Oregon	2:33.05	655
4 Duenninger, Carlotta		Alaska Anchorage	2:34.39	639
5 Clemens, Macy		Western Oregon	2:40.00	573
6 Deters, Amity		Western Oregon	2:41.54	555
7 Lagerwey, Matty		Western Washington	2:42.85	541
8 Dawkins, Aliyah		Western Washington	2:46.84	497
9 Kibbee, Leanne		Western Washington	3:08.08	294

Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

Meet:	8.75	2016	Rosie Smith, Alaska Anchorage		
Name	Year	School	Finals	H#	Points
1 Dawkins, Aliyah		Western Washington	9.15	3	879
2 Hurley, Jenelle		Western Oregon	9.17	3	875

GNAC Indoor Championships - 2/21/2022 to 2/22/2022**The Podium****Results****....Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon**

3	Sewell, Sarah	Central Washington	9.36	3	836
4	Mortensen, Eden	Saint Martin's	9.40	2	828
5	Lagerwey, Matty	Western Washington	9.53	1	802
6	Kibbee, Leanne	Western Washington	9.65	2	779
7	Clemens, Macy	Western Oregon	9.69	1	771
8	Deters, Amity	Western Oregon	9.78	1	754
9	Duenninger, Carlotta	Alaska Anchorage	10.31	2	655

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

=====					
Meet:		1.76m	2014	Taylor Fettig, Central Washington	
Name	Year	School	Finals	Points	
=====					
1	Dawkins, Aliyah	Western Washington	1.67m	5-05.75	818
2	Deters, Amity	Western Oregon	1.61m	5-03.25	747
2	Hurley, Jenelle	Western Oregon	1.61m	5-03.25	747
4	Mortensen, Eden	Saint Martin's	1.55m	5-01.00	678
5	Clemens, Macy	Western Oregon	1.52m	4-11.75	644
5	Kibbee, Leanne	Western Washington	1.52m	4-11.75	644
7	Lagerwey, Matty	Western Washington	1.49m	4-10.50	610
7	Duenninger, Carlotta	Alaska Anchorage	1.49m	4-10.50	610
9	Sewell, Sarah	Central Washington	1.46m	4-09.50	577

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

=====					
Meet:		5.72m	2019	HarLee Ortega, Cental Washington	
Name	Year	School	Finals	Points	
=====					
1	Hurley, Jenelle	Western Oregon	5.56m	18-03.00	717
2	Dawkins, Aliyah	Western Washington	5.42m	17-09.50	677
3	Lagerwey, Matty	Western Washington	5.34m	17-06.25	654
4	Clemens, Macy	Western Oregon	5.23m	17-02.00	623
5	Kibbee, Leanne	Western Washington	5.13m	16-10.00	595
6	Deters, Amity	Western Oregon	5.00m	16-05.00	559
7	Mortensen, Eden	Saint Martin's	4.92m	16-01.75	538
8	Sewell, Sarah	Central Washington	4.62m	15-02.00	459
--	Duenninger, Carlotta	Alaska Anchorage	FOUL		

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

=====					
Meet:		11.96m	2012	Charlene Harber, Central Washington	
Name	Year	School	Finals	Points	
=====					
1	Lagerwey, Matty	Western Washington	10.03m	32-11.00	531
2	Duenninger, Carlotta	Alaska Anchorage	9.40m	30-10.25	490
3	Dawkins, Aliyah	Western Washington	9.07m	29-09.25	469
4	Kibbee, Leanne	Western Washington	9.03m	29-07.50	466
5	Hurley, Jenelle	Western Oregon	8.98m	29-05.50	463
6	Deters, Amity	Western Oregon	8.62m	28-03.50	440
7	Mortensen, Eden	Saint Martin's	7.97m	26-01.75	397
8	Sewell, Sarah	Central Washington	7.94m	26-00.75	395
9	Clemens, Macy	Western Oregon	6.35m	20-10.00	294

GNAC Indoor Championships - 2/21/2022 to 2/22/2022**The Podium****Results****Women Indoor Pentathlon**

Name	Year	School	Finals	H#
GNAC:	4007	2005	Danielle Ayers-Stamper, Seattle	
Meet:	3815	2005	Danielle Ayers-Stamper, Seattle	
Podium:	4231	2/5/2022	Avery McMullen, Colorado	
1 Hurley, Jenelle		Western Oregon	3457	
2 Dawkins, Aliyah		Western Washington	3340	
3 Lagerwey, Matty		Western Washington	3138	
4 Mortensen, Eden		Saint Martin's	3128	
5 Sewell, Sarah		Central Washington	3097	
6 Deters, Amity		Western Oregon	3055	
7 Clemens, Macy		Western Oregon	2905	
8 Kibbee, Leanne		Western Washington	2778	
9 Duenninger, Carlotta		Alaska Anchorage	2394	

Men 60 Meter Dash

Name	Year	School	Prelims	H#
GNAC:	6.72	2015	Alex Donigian, Western Washingto	
Meet:	6.75	2014	Alex Donigian, Western Washingto	
Podium:	6.48	1/15/2022	Micah Williams, Oregon	

Preliminaries

1 Woodard, Tyrone	Western Washington	6.97q	2	
2 Loggins, Dominique	Western Oregon	6.99q	3	
3 Widmar, Bobby	Central Washington	7.00q	2	6.993
4 Njeri, David	Seattle Pacific	7.00q	1	7.000
5 Suzuki, Kaito	Simon Fraser	7.02q	3	
6 Johnson, Noah	Western Washington	7.03q	1	
7 Greenwalt, Ryan	Western Washington	7.04q	1	
8 Wagner, Joshua	Alaska Anchorage	7.05q	3	
9 Kibler, Trent	Western Washington	7.07	1	
10 Davis, Zachary	Central Washington	7.09	2	
11 Penson-Mccoy, Jesaiah	Simon Fraser	7.11	3	7.104
12 Gordon, Jeff	Seattle Pacific	7.11	3	7.106
13 Wong, Nicholas	Northwest Nazarene	7.17	2	7.165
14 Welch, Bryant	Western Washington	7.17	1	7.169
15 Arce-Torres, Gabe	Western Oregon	7.19	3	
16 Armstrong, Landon	Saint Martin's	7.27	3	
17 Hendrix, Amari	Western Oregon	7.28	3	
18 Mazzeo, James	Western Oregon	7.31	1	
19 Gibbs, Mitchell	Simon Fraser	7.34	1	
20 Schulz, Andrew	Saint Martin's	7.35	2	
21 Furtado, Blake	Simon Fraser	7.44	2	

Men 200 Meter Dash

Name	Year	School	Prelims	H#
GNAC:	21.40	2022	Callum Robinson, Simon Fraser	
Meet:	21.56	2018	Carlos Ortiz, Concordia	
Podium:	21.22	1/15/2022	Rieker Daniel, Oregon	
1 Robinson, Callum		Simon Fraser	21.50q	2
2 Wagner, Joshua		Alaska Anchorage	22.00q	3
3 Welch, Bryant		Western Washington	22.04q	5

GNAC Indoor Championships - 2/21/2022 to 2/22/2022**The Podium****Results****...Men 200 Meter Dash**

4	Braseth, Hunter	Northwest Nazarene	22.14q	6
5	Arce-Torres, Gabe	Western Oregon	22.30q	2
6	Gordon, Jeff	Seattle Pacific	22.34q	1
7	Angarita, Kevin	Alaska Anchorage	22.36q	1
8	Greenwalt, Ryan	Western Washington	22.47q	1
9	Penson-Mccoy, Jesaiah	Simon Fraser	22.49	5
10	Sidor, Bryan	Central Washington	22.67	3
11	Brenek, Lucas	Western Washington	22.67	4
12	Hunter, Timothy	Alaska Anchorage	22.84	4
13	Hendrix, Amari	Western Oregon	22.97	4
14	Carpenter, Evan	Seattle Pacific	22.98	2
15	Rohde, Wyatt	Alaska Anchorage	23.12	3
16	Belanger, Jacob	Alaska Anchorage	23.14	6
17	Ullery, William	MSU-Billings	23.24	6
18	Mazzeo, James	Western Oregon	23.35	3
19	Armstrong, Landon	Saint Martin's	23.35	5
20	Wise, Aiden	Central Washington	23.75	1
21	Graves, Bradley	MSU-Billings	23.77	5
--	Suzuki, Kaito	Simon Fraser	DQ	6

Men 400 Meter Dash

=====				
GNAC:	47.61	2017	Vladislav Tsygankov, Simon Frase	
Meet:	47.80	2016	Joel Webster, Simon Fraser	
Podium:	47.41	2/19/2022	Austin Brown, Long Beach S	
Name		Year School	Prelims	H#
=====				
1	Robinson, Callum	Simon Fraser	48.98q	2
2	Albertin, Austin	Central Washington	49.16q	1
3	Angarita, Kevin	Alaska Anchorage	49.89q	6
4	Welch, Bryant	Western Washington	49.98q	4
5	Brenek, Lucas	Western Washington	50.25q	3
6	Daniels, Mark	Western Washington	50.32q	6
7	Braseth, Hunter	Northwest Nazarene	50.58q	5
8	Hanible, Aaron	Western Oregon	50.87q	2
9	Southworth, Caleb	Western Oregon	51.00	3
10	Hunter, Timothy	Alaska Anchorage	51.07	1
11	Ralston, Ben	MSU-Billings	51.09	3
12	Edwards, Jaden	Western Washington	51.22	2
13	Rohde, Wyatt	Alaska Anchorage	51.26	4
14	Carpenter, Evan	Seattle Pacific	51.30	1
15	Oglesby, Jon	Western Washington	51.37	5
16	Kosgei, Norman	Northwest Nazarene	52.18	2
17	Velasco, Adrian	Alaska Anchorage	52.38	5
18	Lenton, Jorrin	Simon Fraser	52.46	6
19	Wani, Rudu	Saint Martin's	52.62	6
20	Shepherd, Julius	Seattle Pacific	52.69	4
21	Hurd, Collin	Alaska Anchorage	52.85	5
22	Wiese, Benjamin	Alaska Anchorage	54.19	4
23	Bushnell, Daryl	Alaska Anchorage	54.60	1
24	Belanger, Jacob	Alaska Anchorage	55.47	3

GNAC Indoor Championships - 2/21/2022 to 2/22/2022**The Podium****Results****Men 800 Meter Run**

Name	Year	School	Prelims	H#
GNAC:	1:47.74	2020	Derek Holdsworth, Western Oreg	
Meet:	1:50.83	2018	David Ribich, Western Oregon	
Podium:	1:46.64	2/11/2022	Josh Kerr, Brooks Beasts	
Name	Year	School	Prelims	H#
1 Franks, Macauley		Western Washington	1:51.07q	1
2 Weber, Drew		Western Washington	1:51.55q	1
3 Schmidt, Jordan		Simon Fraser	1:52.68q	1
4 Henry, Will		Western Washington	1:53.53q	1
5 Buckingham, Paul		Simon Fraser	1:54.33q	2
6 Rambo, Tim		Western Oregon	1:54.58q	1
7 Good, Aiden		Simon Fraser	1:54.88q	2
8 Sturdevant, Landon		Western Washington	1:55.02q	2
9 Chapman, Tomas		Simon Fraser	1:55.11	2
10 Sanchez, Keeton		Western Oregon	1:55.90	2
11 Archer, Isaiah		Seattle Pacific	1:56.12	2
12 Pomrankey, Easton		Western Oregon	1:56.94	1
13 Owen, Jon		Seattle Pacific	1:57.10	2
14 Solvberg, Spencer		Central Washington	2:04.43	1
15 Wani, Rudu		Saint Martin's	2:07.23	1

Men 5000 Meter Run

Name	Year	School	Finals
GNAC:	13:47.73	2014	Micah Chelimo, Alaska Anch
Meet:	14:36.06	2016	Dominik Notz, Alaska Ancho
Podium:	14:22.46	2/18/2022	Zachary Erikson, BYU
Name	Year	School	Finals
Finals			
1 McDermott, Kevin		Western Washington	14:52.36
2 Nash, Cole		Alaska Anchorage	14:53.30
3 Moos, Jacob		Alaska Anchorage	14:56.01
4 Shea, Tyler		Northwest Nazarene	14:57.69
5 Brinkman, Sebastian		Simon Fraser	15:01.11
6 Korta, Kaleb		Western Washington	15:08.20
7 Javurek, Jalen		Western Washington	15:17.17
8 Daos, Keanu		Western Oregon	15:25.50
9 Smith, Bailey		Western Oregon	15:34.05
10 Slichko, Lance		Saint Martin's	15:39.41
11 Edgerton, Bryant		MSU-Billings	15:50.28
12 LeBlanc, Brennan		Seattle Pacific	16:03.54
13 Gill, Rajesh		Central Washington	16:13.30
14 Tveit, Ries		Alaska Anchorage	16:23.06

Men 60 Meter Hurdles

Name	Year	School	Prelims	H#
GNAC:	8.07	2022	Hunter Flick, Western Washington	
Meet:	8.08	2015	Travis Milbrandt, Western Washin	
Podium:	7.70	2/5/2022	Sam Brixey, Washington S	
Name	Year	School	Prelims	H#
Preliminaries				
1 Wagner, Joshua		Alaska Anchorage	8.28q	2
2 Boyd, Andrew		Saint Martin's	8.55q	1
3 Graves, Bradley		MSU-Billings	8.58q	2

GNAC Indoor Championships - 2/21/2022 to 2/22/2022**The Podium****Results****...Men 60 Meter Hurdles**

4	Wise, Aiden	Central Washington	8.60q	2
5	Conklin, Justin	Western Oregon	8.63q	1
6	Edwards, Jaden	Western Washington	8.66q	1
7	Castro, Elijah	Northwest Nazarene	8.74q	2 8.731
7	Hanible, Aaron	Western Oregon	8.74q	1 8.731
9	Easley, Logan	Central Washington	8.82	2
10	Velasco, Adrian	Alaska Anchorage	8.93	2
11	Duane, James	Western Oregon	9.06	1
12	McMillian-Thomas, Brando	Saint Martin's	9.12	1
13	Hines, Christopher	Central Washington	9.39	2
--	Sorah, Brennen	Western Oregon	DNF	1

Men Distance Medley

GNAC:	9:38.04	2022	Simon Frasier
			Mekonnen, Robinson, Good, Ahl
Meet:	9:58.18	2019	Simon Fraser
			Pierre-Louis, Romain, Ahl, Doherty
Podium:	9:42.95	2/11/2022	Simon Fraser, Simon Fraser
School			Finals

Finals

1	Simon Fraser	10:09.88
	1) Good, Aiden	2) Schmidt, Jordan
	3) Chapman, Tomas	4) Ahl, Aaron
2	Western Oregon	10:11.85
	1) Sanchez, Keeton	2) Southworth, Caleb
	3) Pomrankey, Easton	4) Hutton, Hunter
3	MSU-Billings	10:18.42
	1) Straus, Logan	2) Ralston, Ben
	3) Jessop, Carson	4) Ackerman, Ase
4	Western Washington	10:32.43
	1) Ritter, Alec	2) Le, Brian
	3) Sturdevant, Landon	4) Bursch, Ethan
5	Northwest Nazarene	10:42.28
	1) Ellis, Quincy	2) Wilkins, Shalkar
	3) Kosgei, Norman	4) Emerson, Chandler
6	Saint Martin's	10:43.96
	1) Harwell, Michael	2) Tanicala, Josh
	3) Baltz, Steven	4) Pagente, Kainalu
7	Central Washington	10:44.22
	1) Clough, Shawn	2) Sidor, Bryan
	3) Solvberg, Spencer	4) Allen, Trevor

Men Pole Vault

GNAC:	5.31m	2011	Ryan Brown, Western Washington
Meet:	5.16m	2011	Payton Lewis, Northwest Nazarene
Podium:	5.72m	2/18/2022	Zach McWhorter, BYU
Name		Year School	Finals

1	Provo, Kacey	Western Washington	4.65m	15-03.00
2	Walker, JJ	Western Oregon	4.55m	14-11.00
3	Cummings, Cooper	Western Washington	4.45m	14-07.25
4	Lee, Kainoa	Seattle Pacific	J4.45m	14-07.25

GNAC Indoor Championships - 2/21/2022 to 2/22/2022**The Podium****Results****...Men Pole Vault**

5 Koenig, William	Northwest Nazarene	4.15m	13-07.25
5 Thompson, Jacob	Central Washington	4.15m	13-07.25
7 Bowman, Brad	Seattle Pacific	3.85m	12-07.50
8 Halme, Tyrel	Western Washington	J3.85m	12-07.50
-- Alfred, Andrew	Saint Martin's	NH	

Men Long Jump

GNAC:	7.46m	2016	Vladislav Tsygankov, Simon Fraser	
Meet:	7.38m	2016	Vladislav Tsygankov, Simon Fraser	
Podium:	7.28m	1/15/2022	Emmanuel IHEMEJE, Oregon	
Name	Year	School	Finals	H#
1 Sterkel, Ethan		Western Washington	7.26m 23-10.00	2
2 Sample, Collin		Alaska Anchorage	6.86m 22-06.25	2
3 Njeri, David		Seattle Pacific	6.84m 22-05.25	2
4 Kuzyk, Zackary		Simon Fraser	6.79m 22-03.50	2
5 Furtado, Blake		Simon Fraser	6.64m 21-09.50	1
6 Castro, Elijah		Northwest Nazarene	6.58m 21-07.25	1
7 Stevens, Deshaun		Western Oregon	6.54m 21-05.50	2
8 Rihari, Gerohm		Northwest Nazarene	J6.54m 21-05.50	2
9 Schulz, Andrew		Saint Martin's	6.40m 21-00.00	2
10 Woodard, Tyrone		Western Washington	6.32m 20-09.00	2
11 Greenwalt, Ryan		Western Washington	6.30m 20-08.00	2
12 Harrison, Marley		Western Oregon	6.27m 20-07.00	1
13 Hines, Christopher		Central Washington	6.19m 20-03.75	1
14 Jackman, Joshua		Alaska Anchorage	6.10m 20-00.25	1
15 Gibbs, Mitchell		Simon Fraser	6.06m 19-10.75	1
16 Harper, Lucas		MSU-Billings	5.77m 18-11.25	1
17 Kuzyk, Nick		Simon Fraser	5.56m 18-03.00	1
-- Mazzeo, James		Western Oregon	FOUL	1

Men Weight Throw

GNAC:	18.85m	2007	Aidan Cain, Western Washington	
Meet:	18.64m	2020	Aiden Cain, Central Washington	
Podium:	21.89m	2/18/2022	Charlie Vernoy, Long Beach S	
Name	Year	School	Finals	H#
1 Burr, Colton		Northwest Nazarene	17.53m 57-06.25	2
2 Cole, Sam		Western Oregon	16.51m 54-02.00	2
3 Young, Omar		Central Washington	16.37m 53-08.50	2
4 Collins, Owen		Western Oregon	15.97m 52-04.75	2
5 Hendry, Dylan		Northwest Nazarene	15.66m 51-04.50	2
6 Warren, Mark		Western Oregon	15.13m 49-07.75	2
7 Lee, Jerrod		Western Washington	15.01m 49-03.00	1
8 Guisti, Coen		MSU-Billings	14.87m 48-09.50	2
9 Robbins, Cody		Northwest Nazarene	14.46m 47-05.25	2
10 Knight, Derek		Northwest Nazarene	14.42m 47-03.75	2
11 Eiland, Josh		Saint Martin's	14.38m 47-02.25	1
12 Anderson, Braden		MSU-Billings	13.44m 44-01.25	1
13 Peralta, Noa		Saint Martin's	12.80m 42-00.00	1
14 Au-Haupu, Micah		Saint Martin's	12.75m 41-10.00	1
15 Franklin, Wyatt		Central Washington	12.13m 39-09.75	1
16 Swaney, Braden		Northwest Nazarene	11.54m 37-10.50	1

GNAC Indoor Championships - 2/21/2022 to 2/22/2022**The Podium****Results****Heptathlon: #1 Men 60 Meter Dash Heptathlon**

Meet: 6.97 2014 Cody Thomas, Alaska Anchorage						
Name	Year	School	Finals	H#	Points	
1	Kenny, Ryan	Western Washington	7.28	2	785	
2	Sorah, Brennen	Western Oregon	7.33	1	769	
3	Boyd, Andrew	Saint Martin's	7.38	2	752	
4	Walker, JJ	Western Oregon	7.55	1	697	
5	Cummings, Cooper	Western Washington	7.56	2	694	
6	Stevens, Deshaun	Western Oregon	7.64	1	668	
7	Burchfield, Gabe	Western Oregon	7.65	1	665	
8	Easley, Logan	Central Washington	7.71	1	646	
9	Schmidt, Steven	Northwest Nazarene	7.85	2	604	

Heptathlon: #4 Men High Jump Heptathlon

Meet: 2.09m 2016 Cody Thomas, Alaska Anchorage					
Name	Year	School	Finals		Points
1	Schmidt, Steven	Northwest Nazarene	2.05m	6-08.75	850
2	Burchfield, Gabe	Western Oregon	1.87m	6-01.50	687
2	Kenny, Ryan	Western Washington	1.87m	6-01.50	687
4	Sorah, Brennen	Western Oregon	1.81m	5-11.25	636
4	Walker, JJ	Western Oregon	1.81m	5-11.25	636
6	Cummings, Cooper	Western Washington	1.78m	5-10.00	610
7	Boyd, Andrew	Saint Martin's	1.72m	5-07.75	560
7	Easley, Logan	Central Washington	1.72m	5-07.75	560
9	Stevens, Deshaun	Western Oregon	1.69m	5-06.50	536

Heptathlon: #2 Men Long Jump Heptathlon

Meet: 7.05m 2017 Kodiak Landis, Central Washington					
Name	Year	School	Finals		Points
1	Stevens, Deshaun	Western Oregon	6.63m	21-09.00	727
2	Walker, JJ	Western Oregon	6.43m	21-01.25	682
3	Burchfield, Gabe	Western Oregon	6.41m	21-00.50	677
4	Kenny, Ryan	Western Washington	6.34m	20-09.75	661
5	Schmidt, Steven	Northwest Nazarene	6.15m	20-02.25	619
6	Cummings, Cooper	Western Washington	6.08m	19-11.50	604
7	Easley, Logan	Central Washington	6.07m	19-11.00	602
8	Boyd, Andrew	Saint Martin's	6.00m	19-08.25	587
9	Sorah, Brennen	Western Oregon	5.63m	18-05.75	508

Heptathlon: #3 Men Shot Put Heptathlon

Meet: 13.69m 2019 Giovanni Brown, Concordia					
Name	Year	School	Finals		Points
1	Boyd, Andrew	Saint Martin's	11.98m	39-03.75	605
2	Schmidt, Steven	Northwest Nazarene	11.47m	37-07.75	574
3	Sorah, Brennen	Western Oregon	11.24m	36-10.50	560
4	Kenny, Ryan	Western Washington	10.56m	34-07.75	519
5	Walker, JJ	Western Oregon	10.18m	33-04.75	496
6	Easley, Logan	Central Washington	10.12m	33-02.50	493
7	Cummings, Cooper	Western Washington	10.11m	33-02.00	492

GNAC Indoor Championships - 2/21/2022 to 2/22/2022**The Podium****Results****...Heptathlon: #3 Men Shot Put Heptathlon**

8 Burchfield, Gabe	Western Oregon	9.87m	32-04.75	478
9 Stevens, Deshaun	Western Oregon	9.19m	30-02.00	437

=====

Women - Team Rankings - 6 Events Scored

=====

1) Western Washington	70	2) Western Oregon	61
3) Central Washington	29	4) Seattle Pacific	20
5) Simon Fraser	17	6) Saint Martin's	11
7) Alaska Anchorage	9	8) Northwest Nazarene	8
9) MSU-Billings	6		

=====

Men - Team Rankings - 5 Events Scored

=====

1) Western Washington	49	2) Western Oregon	35
3) Northwest Nazarene	30.50	4) Simon Fraser	23
5) Alaska Anchorage	22	6) Seattle Pacific	13
7) Central Washington	11.50	8) MSU-Billings	7
9) Saint Martin's	3		