

**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 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, Double		
Name		Year	School	Finals	

**Finals**

1	Hollis, E'Lexis		Central Washington	7.58	
2	Leclair, Marie-Eloise		Simon Fraser	7.61	
3	Hansen, Makenna		Central Washington	7.66	
4	Williams, Juliette		Central Washington	7.77	7.766
5	Thompson, Maliyah		Western Oregon	7.77	7.770
6	Igbonagwam, Peace		Seattle Pacific	7.78	
7	Wood, Abbey		Northwest Nazarene	7.79	
8	Hopwood, Maya		Western Oregon	7.88	

**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#

**Preliminaries**

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

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

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

**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	Finals	H#
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**Finals**

1	Leclair, Marie-Eloise	Simon Fraser	24.53	2
2	Hansen, Makenna	Central Washington	24.77	2
3	Bouyer, Jenna	Seattle Pacific	25.37	1
4	Igbonagwam, Peace	Seattle Pacific	25.40	1
5	Williams, Juliette	Central Washington	25.50	2
6	Lindsay, Emily	Simon Fraser	25.55	1
7	DeChenne, McCall	Central Washington	25.60	1
8	Green, Aniya	Seattle Pacific	25.95	2

**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#
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**Preliminaries**

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

**GNAC Indoor Championships - 2/21/2022 to 2/22/2022****The Podium****Results****...Women 400 Meter Dash**

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 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	Finals H#

**Finals**

1	Lindsay, Emily	Simon Fraser	55.79	2
2	Atlas, Tylantiss	Alaska Anchorage	56.72	1
3	DeChenne, McCall	Central Washington	57.29	2
4	Bosma, Claire	Simon Fraser	58.38	1
5	Binder, Erika	Simon Fraser	58.74	2
6	Brence, Kalli	Northwest Nazarene	59.37	1
7	Hart, Jessy	Western Oregon	59.45	2
8	DeJong, Laine	Northwest Nazarene	59.60	1

**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 Balance
Name		Year School	Prelims H#

**Preliminaries**

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 800 Meter Run**

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GNAC:    2:04.94  2011      Hellen Crofts, Simon Fraser
Meet:    2:08.28  2010      Jessica Pixler, Seattle Pac
Podium:   2:02.14  2/11/2022  Lindsey Butterworth, New Ba
Name          Year School          Finals
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## Finals

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1 Andrews-Paul, Alison      Simon Fraser      2:05.09
2 Rising, Ellie            Seattle Pacific   2:14.81
3 Stoppel, Kailee          MSU-Billings     2:16.07
4 Walchak-Sloan, Cassidy   Saint Martin's   2:16.36
5 Vanderput, Elizabeth     Simon Fraser     2:18.27
6 Crocker, Mia             Western Washington 2:20.11
7 Wright, Sophie           Western Washington 2:20.80
8 Cameron, Kate            Simon Fraser     2:25.98

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**Women 1 Mile Run**

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GNAC:    4:32.88  2010      Jessica Pixler, Seattle Pacifi
Meet:    4:40.39  2010      Jessica Pixler, Seattle Pacifi
Podium:   4:46.45  2/19/2022  Veerle Bakker, Portland
Name          Year School          Finals  H#
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1 Roxby, Megan              Simon Fraser      5:02.38  2
2 Walchak-Sloan, Cassidy   Saint Martin's   5:04.70  2
3 Jeptoo, Nancy            Alaska Anchorage 5:06.89  2
4 Davis, Ila                Western Washington 5:07.79  2
5 Cameron, Kate            Simon Fraser     5:12.40  2
6 Chilton, Emily           Simon Fraser     5:15.19  2
7 Wright, Sophie           Western Washington 5:15.24  2
8 Prangle, Charlotte       Simon Fraser     5:18.91  2
9 Chapman, Katie           Western Oregon    5:25.35  2
10 Yorges, Nicki           Seattle Pacific   5:25.68  2
11 Ranahan, Alicia         Simon Fraser     5:30.67  1
12 Child, Madison          Central Washington 5:31.12  1
13 Larson, Lindie          Western Oregon    5:34.59  1
14 Stoppel, Kailee         MSU-Billings     5:34.84  2
15 Maurer, Delphine        Western Washington 5:36.42  1
16 Lester, Kay             Central Washington 5:40.90  1

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**Women 3000 Meter Run**

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GNAC:    9:07.05  2019      Caroline Kurgat, Alaska Anchor
Meet:    9:47.64  2015      Jennifer Johnson, Simon Frasi
Podium:   9:23.18  2/19/2022  Ruby Smee, San Francisc
Name          Year School          Finals  H#
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1 Esvelt, Annika           Seattle Pacific   9:50.84  2
2 Willett, Olivia          Simon Fraser     10:05.61  2
3 Wedin, Brook             Western Washington 10:15.18  2
4 Jeptoo, Nancy           Alaska Anchorage 10:16.39  2
5 Heldt, Caitlin          Western Oregon    10:17.18  2
6 Davis, Ila               Western Washington 10:27.87  2
7 Nyamasyo, Alfin         Alaska Anchorage 10:30.21  2
8 Cantu, Kaylin           Western Oregon    10:43.41  2
9 Belton, Kalen           Northwest Nazarene 10:45.65  2

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**GNAC Indoor Championships - 2/21/2022 to 2/22/2022****The Podium****Results****...Women 3000 Meter Run**

10 Kalisch, Milena	Simon Fraser	10:50.17	2
11 Sabra, Sara	Saint Martin's	10:52.94	2
12 Hartley, Naomi	Saint Martin's	10:55.07	1
13 Marion, Ella	Simon Fraser	11:01.91	2
14 Himelbloom, Arielle	Alaska Anchorage	11:21.52	1
15 Stoppel, Kailee	MSU-Billings	11:32.12	2
16 Child, Madison	Central Washington	11:35.39	1
17 Massey, Meredith	Central Washington	11:39.56	1
18 Gohr, Caitlin	Central Washington	11:42.17	1
-- Garcia, Luz	Western Oregon	DNF	2

**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
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

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

GNAC:	8.51	2017	Mariyah Vongsaveng, Central W
Meet:	8.51	2017	Mariyah Vongsaveng, Central W
Podium:	8.24	2/5/2022	Dafni Geogiou, Boise State
Name		Year School	Finals

**Finals**

1	Voloshin, Diana	Simon Fraser	8.77
2	Chandler, Lauryn	Central Washington	8.79
3	Popchock, Ana	Western Oregon	8.83
4	Thompson, Maliyah	Western Oregon	8.84
5	DeChenne, McCall	Central Washington	8.94
6	Dawkins, Aliyah	Western Washington	9.11
7	Van Der Meer, Mette	Alaska Anchorage	9.31
--	Bates, Naomi	Western Washington	DNF

**Women 4x400 Meter Relay**

GNAC:	3:42.44	2016	Seattle Pacific
			Tims, Decker, Hong, Ambus
Meet:	3:46.41	2016	Simon Fraser
Podium:	3:42.11	1/15/2022	Oregon, Oregon
			K Wright, S Hall, E Clayton, I Brown
School			Finals H#
1	Simon Fraser		3:47.07 2
	1) Binder, Erika	2) Andrews-Paul, Alison	
	3) Leclair, Marie-Eloise	4) Lindsay, Emily	
2	Central Washington		3:54.10 2
	1) Ochoa, Yareli	2) Hansen, Makenna	
	3) Williams, Juliette	4) DeChenne, McCall	
3	Seattle Pacific		3:59.14 1
	1) Green, Aniya	2) Igbonagwam, Peace	
	3) Bouyer, Jenna	4) Rising, Ellie	
4	Alaska Anchorage		4:01.06 2
	1) Atlas, Tylantiss	2) Flad, Leonie	
	3) Johansen, Victoria	4) Bartolaba, Haley	
5	Western Oregon		4:02.46 2
	1) Hurley, Jenelle	2) Thompson, Maliyah	
	3) Lambing, Madeline	4) Hart, Jessy	
6	Western Washington		4:03.02 1
	1) Bates, Naomi	2) Levinte, Estera	
	3) Konrad, Shawnee	4) Crocker, Mia	
7	Saint Martin's		4:03.76 1
	1) Mortensen, Eden	2) Bell, Cree	
	3) Saucedo, Alisha	4) Walchak-Sloan, Cassidy	
8	Northwest Nazarene		4:08.43 2
	1) DeJong, Laine	2) Drury, Kaitlyn	
	3) Baniaga, Katie	4) Graham, Hailey	
9	MSU-Billings		4:10.80 1
	1) Severson, Madeline	2) Hamill, Katelyn	
	3) Clark, Annelise	4) Chase, Chantel	

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

1	Simon Fraser	12:13.12
	1) Roxby, Megan	2) Lindsay, Emily
	3) Chilton, Emily	4) Andrews-Paul, Alison
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
	1.42 1.47 1.52 1.57 1.62 1.67 1.72 1.73		
	PPP PPP PPP PPP O XO PPP XXX		
2	Kania, Sydney	Simon Fraser	1.62m 5-03.75
	1.42 1.47 1.52 1.57 1.62 1.67		
	PPP PPP PPP O O XXX		
2	Neal, Jessica	Western Washington	1.62m 5-03.75
	1.42 1.47 1.52 1.57 1.62 1.67		
	PPP PPP PPP O O XXX		
4	Koch, Miya	Northwest Nazarene	1.57m 5-01.75
	1.42 1.47 1.52 1.57 1.62		
	PPP PPP O O XXX		
5	Griffin, Kylie	Central Washington	J1.57m 5-01.75
	1.42 1.47 1.52 1.57 1.62		
	PPP PPP PPP XO XXX		
6	Ngaida, Kalulusno	Western Oregon	J1.57m 5-01.75
	1.42 1.47 1.52 1.57 1.62		
	PPP PPP O XXO XXX		
6	Hurley, Jenelle	Western Oregon	J1.57m 5-01.75
	1.42 1.47 1.52 1.57 1.62		
	PPP O O XXO XXX		

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

8	Deters, Amity	Western Oregon	1.52m	4-11.75
	1.42 1.47 1.52 1.57			
	PPP XO XXO XXX			
9	Severson, Madeline	MSU-Billings	1.47m	4-09.75
	1.42 1.47 1.52			
	PPP XXO XXX			

**Women Pole Vault**

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	GNAC:	3.93m	2018	Halle Irvine, Central Washington
	Meet:	3.93m	2019	Halle Irvine, Central Washington
	Podium:	4.15m	12/11/2021	Makenna Barton, Washington
	Name		Year School	Finals
=====				
1	Hill, Charlie	Seattle Pacific	3.68m	12-00.75
	2.93 3.08 3.23 3.38 3.53 3.68 3.75			
	PPP PPP O O O O XXX			
2	Langin, Kinsey	Northwest Nazarene	3.53m	11-07.00
	2.93 3.08 3.23 3.38 3.53 3.68			
	PPP PPP PPP O O XXX			
3	Daugherty, Lizzy	Seattle Pacific	J3.53m	11-07.00
	2.93 3.08 3.23 3.38 3.53 3.68			
	PPP XO O O XXX			
4	Van Der Meer, Mette	Alaska Anchorage	J3.53m	11-07.00
	2.93 3.08 3.23 3.38 3.53 3.68			
	PPP PPP O XXO XO XXX			
5	Licari, Madison	Seattle Pacific	J3.53m	11-07.00
	2.93 3.08 3.23 3.38 3.53 3.68			
	PPP PPP XXO XO XO XXX			
6	Young, Phoebe	Saint Martin's	3.38m	11-01.00
	2.93 3.08 3.23 3.38 3.53			
	PPP O XXO O XXX			
7	Coleman, Allison	Central Washington	3.23m	10-07.00
	2.93 3.08 3.23 3.38			
	O O O XXX			
8	Skaggs, Claire	Saint Martin's	J3.23m	10-07.00
	2.93 3.08 3.23 3.38			
	XO O O XXX			
9	Tran, Annie	Western Washington	3.08m	10-01.25
	2.93 3.08 3.23			
	O O XXX			
10	Coble, Kaylee	Western Washington	J3.08m	10-01.25
	2.93 3.08 3.23			
	PPP XO XXX			
11	Konrad, Shawnee	Western Washington	2.93m	9-07.25
	2.93 3.08			
	O XXX			
--	Cheney, Julie	Northwest Nazarene	NH	
	2.93 3.08 3.23 3.38			
	PPP PPP PPP XXX			



**GNAC Indoor Championships - 2/21/2022 to 2/22/2022****The Podium****Results****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	
	5.38m	5.41m	5.38m	5.51m	5.37m	5.37m
2 Hurley, Jenelle		Western Oregon	5.48m	17-11.75	2	
	5.11m	5.28m	5.48m	FOUL	5.37m	5.33m
3 Lagerwey, Matty		Western Washington	5.40m	17-08.75	2	
	5.07m	FOUL	5.40m	4.82m	5.38m	5.37m
4 Lynn, Kendall		MSU-Billings	5.27m	17-03.50	2	
	5.06m	5.18m	5.27m	5.09m	FOUL	5.15m
5 Dawkins, Aliyah		Western Washington	5.25m	17-02.75	2	
	5.10m	5.14m	5.25m	5.01m	5.18m	5.02m
6 DeJong, Laine		Northwest Nazarene	5.17m	16-11.50	1	
	5.04m	5.17m	5.14m	FOUL	FOUL	FOUL
7 Young, Makaylee		Central Washington	J5.17m	16-11.50	2	
	FOUL	5.17m	5.04m	4.81m	4.87m	4.90m
8 Cabanos, Erica		Central Washington	5.05m	16-07.00	1	
	4.74m	4.86m	5.02m	4.94m	4.92m	5.05m
9 Paugh, Madison		Simon Fraser	5.02m	16-05.75	1	
	4.71m	4.77m	5.02m	4.69m	FOUL	FOUL
10 Kibbee, Leanne		Western Washington	4.99m	16-04.50	2	
	4.98m	4.97m	4.99m			
11 Ochoa, Yareli		Central Washington	4.90m	16-01.00	2	
	FOUL	4.90m	4.60m			
12 Ronse, Dominique		Simon Fraser	4.89m	16-00.50	1	
	4.67m	FOUL	4.89m			
13 Sanford, Jamie		Western Washington	4.79m	15-08.75	1	
	FOUL	4.79m	4.73m			
14 Deters, Amity		Western Oregon	4.76m	15-07.50	1	
	4.74m	FOUL	4.76m			
15 Clemens, Macy		Western Oregon	4.73m	15-06.25	2	
	4.67m	4.73m	4.59m			
16 Zilla, Margaret		Saint Martin's	J4.73m	15-06.25	1	
	FOUL	FOUL	4.73m			

**Women Triple Jump**

GNAC: 12.70m 2020 Keshara Romain, Saint Martin's						
Meet: 12.70m 2020 Keshara Romain, Saint Martin's						
Podium: 12.50m 2/19/2022 Crystal Washington, Long Beach S						
Name	Year	School	Finals		H#	
1 Popchock, Ana		Western Oregon	11.33m	37-02.25	2	
	11.07m	11.28m	11.33m	FOUL	11.17m	10.86m
2 Cabanos, Erica		Central Washington	11.06m	36-03.50	2	
	10.78m	11.06m	FOUL	10.96m	9.46m	FOUL
3 Paugh, Madison		Simon Fraser	10.87m	35-08.00	1	
	10.52m	10.48m	10.85m	10.87m	10.85m	FOUL
4 Lynn, Kendall		MSU-Billings	J10.87m	35-08.00	2	
	FOUL	10.53m	10.84m	10.87m	FOUL	FOUL
5 Lyamba, Lainnie		Western Washington	10.83m	35-06.50	2	
	10.28m	10.83m	10.37m	10.68m	10.65m	10.38m

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

6	Ngaida, Kalulusno	Western Oregon	10.78m	35-04.50	2
	10.60m 10.72m 10.78m 10.39m FOUL 10.45m				
7	Sanford, Jamie	Western Washington	10.71m	35-01.75	2
	10.71m 10.40m FOUL 10.32m FOUL 10.35m				
8	Lagerwey, Matty	Western Washington	10.60m	34-09.50	1
	FOUL 10.54m FOUL 10.60m FOUL FOUL				
9	Clemens, Macy	Western Oregon	10.54m	34-07.00	1
	10.54m 10.39m 10.31m 10.15m 10.48m 10.42m				
10	Alberts, Ellie	Northwest Nazarene	10.32m	33-10.25	2
	10.04m 9.99m 10.32m				
11	Zilla, Margaret	Saint Martin's	10.13m	33-03.00	1
	FOUL 10.13m 10.08m				
12	Hutton-King, Dakota	Northwest Nazarene	10.07m	33-00.50	1
	10.06m 9.90m 10.07m				
--	Jackson, Logan	Western Oregon	FOUL		1
	FOUL FOUL FOUL				
--	Primrose, Kennedy	Simon Fraser	FOUL		2
	FOUL FOUL FOUL				

**Women Shot Put**

=====						
	GNAC:	17.62m	2017	McKenzie Warren,	Concordia	
	Meet:	17.02m	2017	McKenzie Warren,	Concordia	
	Podium:	17.27m	2/5/2022	Samantha Noennig,	Arizona	
	Name	Year	School	Finals	H#	
=====						
1	Gianotti, Moana		Western Oregon	13.70m	44-11.50	2
	12.96m 12.22m 13.70m 12.40m 13.14m 13.24m					
2	Herbert, Destany		Northwest Nazarene	13.13m	43-01.00	2
	13.01m FOUL 12.99m 12.47m FOUL 13.13m					
3	Fisk, Avery		Central Washington	12.87m	42-02.75	2
	12.68m 12.87m 12.87m 12.44m 12.57m 12.64m					
4	Potts, Katie		Western Washington	12.41m	40-08.75	2
	11.43m 12.41m 12.32m 11.24m FOUL FOUL					
5	Hargett, Halle		Western Oregon	12.03m	39-05.75	1
	10.42m 12.03m 10.73m 11.49m 11.21m 10.68m					
6	Cleveland Barrera, Carme		Western Washington	11.98m	39-03.75	1
	11.28m 11.81m 11.51m 11.41m FOUL 11.98m					
7	Christman, Aubrie		MSU-Billings	11.83m	38-09.75	2
	11.83m FOUL 11.57m 10.91m FOUL 11.03m					
8	Short, Amanda		Western Washington	11.81m	38-09.00	1
	11.29m 11.81m 11.08m 11.63m 11.34m 11.39m					
9	Lobmeyer, Dakota		MSU-Billings	11.80m	38-08.75	2
	11.58m 11.80m 10.78m FOUL 10.68m 11.32m					
10	Kaufman, Jasmine		Western Washington	11.71m	38-05.00	2
	11.08m 11.40m 11.71m					
11	Elenbaas, Payton		Central Washington	11.39m	37-04.50	1
	11.39m 11.15m 10.51m					
12	Saribay, Jocelyn		Saint Martin's	11.12m	36-05.75	1
	11.09m 11.12m 10.94m					
13	Noser, Riley		MSU-Billings	11.06m	36-03.50	1
	10.60m 11.06m 10.17m					
14	Board, Brenna		Central Washington	10.91m	35-09.50	1
	10.52m 10.91m 10.31m					

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

15	Moline, Ryann	MSU-Billings	10.90m	35-09.25	2
	10.90m 10.71m 10.78m				
16	Crook, Mattison	Western Washington	10.87m	35-08.00	1
	10.80m FOUL 10.87m				
17	Lyness, Liliana	Western Oregon	10.53m	34-06.75	2
	10.41m 10.41m 10.53m				
18	Crawford, Jordan	Northwest Nazarene	10.02m	32-10.50	1
	9.57m 10.02m 9.44m				
19	Carpenter, Emillia	Western Oregon	9.58m	31-05.25	1
	9.44m 9.58m 9.19m				

**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
	16.53m 17.12m FOUL	16.59m	16.66m	16.25m		
2	Gianotti, Moana			Western Oregon	15.93m	52-03.25 2
	15.23m 15.93m 15.92m	15.19m	15.01m	15.27m		
3	Westfall, Raine			Western Washington	15.64m	51-03.75 2
	14.61m 14.69m FOUL	15.50m	15.64m	15.45m		
4	Potts, Katie			Western Washington	15.50m	50-10.25 1
	14.19m 14.55m 14.09m	15.09m	15.50m	FOUL		
5	Pesina, Mercedes			Central Washington	14.94m	49-00.25 2
	14.91m 14.26m 14.04m	14.94m	FOUL	14.24m		
6	Crook, Mattison			Western Washington	14.14m	46-04.75 2
	FOUL 14.14m FOUL	13.33m	12.51m	FOUL		
7	Carpenter, Emillia			Western Oregon	13.95m	45-09.25 1
	12.63m 12.98m 13.95m	FOUL	FOUL	FOUL		
8	Jolma, Brynn			MSU-Billings	13.69m	44-11.00 2
	FOUL 12.57m 13.54m	FOUL	FOUL	13.69m		
9	Lyness, Liliana			Western Oregon	13.68m	44-10.75 2
	13.40m FOUL 13.68m	12.68m	13.12m	13.64m		
10	Jones, Grace			MSU-Billings	13.40m	43-11.75 1
	11.86m 12.87m 13.40m					
11	Elenbaas, Payton			Central Washington	13.38m	43-10.75 2
	12.86m FOUL 13.38m					
12	Mendoza, Jazmin			Central Washington	13.29m	43-07.25 2
	12.34m FOUL 13.29m					
13	Christman, Aubrie			MSU-Billings	13.17m	43-02.50 1
	12.91m 12.81m 13.17m					
14	Herbert, Destany			Northwest Nazarene	J13.17m	43-02.50 2
	FOUL FOUL 13.17m					
15	Liniewski, Zuzanna			Simon Fraser	13.07m	42-10.75 1
	12.27m 13.07m 11.91m					
16	Cookman, Jordan			MSU-Billings	12.70m	41-08.00 1
	12.58m 12.70m 12.37m					
17	Hanger, Kaitlyn			Simon Fraser	12.50m	41-00.25 1
	12.50m 11.83m 12.39m					
18	Cleveland Barrera, Carme			Western Washington	12.46m	40-10.50 1
	12.46m 12.22m 11.83m					

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

19	Tulimailau, Danara	MSU-Billings	12.31m	40-04.75	1
	12.11m 12.31m 12.30m				
20	Board, Brenna	Central Washington	12.29m	40-04.00	1
	12.29m FOUL 12.20m				
21	Saribay, Jocelyn	Saint Martin's	11.63m	38-02.00	1
	FOUL 11.63m FOUL				
22	Crawford, Jordan	Northwest Nazarene	11.03m	36-02.25	1
	FOUL 11.03m FOUL				
23	Hargett, Halle	Western Oregon	10.82m	35-06.00	1
	10.82m FOUL FOUL				

**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
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										
	1.25 1.29 1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64 1.67 1.70 1.73					PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP	O PPP O	XXO PPP XXX							
2	Deters, Amity	Western Oregon	1.61m	5-03.25	747										
	1.25 1.29 1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64					PPP PPP PPP PPP PPP PPP PPP	O O PPP	XO XO XO XXX							
2	Hurley, Jenelle	Western Oregon	1.61m	5-03.25	747										
	1.25 1.29 1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64					PPP PPP PPP PPP PPP PPP PPP	O O O	O O XO XXX							

**GNAC Indoor Championships - 2/21/2022 to 2/22/2022****The Podium****Results****....Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon**

4	Mortensen, Eden	Saint Martin's	1.55m	5-01.00	678
	1.25 1.29 1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58				
	PPP PPP PPP PPP PPP PPP O O O XO XO XXX				
5	Clemens, Macy	Western Oregon	1.52m	4-11.75	644
	1.25 1.29 1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55				
	PPP PPP PPP PPP PPP O O O XO XXX				
5	Kibbee, Leanne	Western Washington	1.52m	4-11.75	644
	1.25 1.29 1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55				
	PPP PPP PPP PPP O O XO XXO XXO XXO XXX				
7	Lagerwey, Matty	Western Washington	1.49m	4-10.50	610
	1.25 1.29 1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52				
	PPP PPP PPP PPP XO O XO O O XXX				
7	Duenninger, Carlotta	Alaska Anchorage	1.49m	4-10.50	610
	1.25 1.29 1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52				
	PPP PPP PPP O PPP O O XO XO XXX				
9	Sewell, Sarah	Central Washington	1.46m	4-09.50	577
	1.25 1.29 1.31 1.34 1.37 1.40 1.43 1.46 1.49				
	PPP PPP O O O O O O XXX				

**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	
	5.39m	FOUL	5.56m			
2	Dawkins, Aliyah	Western Washington	5.42m	17-09.50	677	
	5.13m	5.42m	5.41m			
3	Lagerwey, Matty	Western Washington	5.34m	17-06.25	654	
	5.31m	5.03m	5.34m			
4	Clemens, Macy	Western Oregon	5.23m	17-02.00	623	
	4.88m	5.23m	5.05m			
5	Kibbee, Leanne	Western Washington	5.13m	16-10.00	595	
	FOUL	FOUL	5.13m			
6	Deters, Amity	Western Oregon	5.00m	16-05.00	559	
	4.85m	4.99m	5.00m			
7	Mortensen, Eden	Saint Martin's	4.92m	16-01.75	538	
	4.80m	4.66m	4.92m			
8	Sewell, Sarah	Central Washington	4.62m	15-02.00	459	
	FOUL	FOUL	4.62m			
--	Duenninger, Carlotta	Alaska Anchorage	FOUL			
	FOUL	FOUL	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	
	10.03m	9.86m	9.68m			
2	Duenninger, Carlotta	Alaska Anchorage	9.40m	30-10.25	490	
	9.06m	FOUL	9.40m			
3	Dawkins, Aliyah	Western Washington	9.07m	29-09.25	469	
	8.62m	9.07m	8.70m			

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

4	Kibbee, Leanne	Western Washington	9.03m	29-07.50	466
	8.92m 8.33m 9.03m				
5	Hurley, Jenelle	Western Oregon	8.98m	29-05.50	463
	8.98m FOUL FOUL				
6	Deters, Amity	Western Oregon	8.62m	28-03.50	440
	8.62m 8.55m 8.15m				
7	Mortensen, Eden	Saint Martin's	7.97m	26-01.75	397
	7.97m 7.91m 7.29m				
8	Sewell, Sarah	Central Washington	7.94m	26-00.75	395
	7.94m 7.56m 7.16m				
9	Clemens, Macy	Western Oregon	6.35m	20-10.00	294
	FOUL 5.83m 6.35m				

**Women Indoor Pentathlon**

GNAC: 4007 2005 Danielle Ayers-Stamper, Seattle  
 Meet: 3815 2005 Danielle Ayers-Stamper, Seattle  
 Podium: 4231 2/5/2022 Avery McMullen, Colorado

Name	Year	School	Finals	H#
------	------	--------	--------	----

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**

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

Name	Year	School	Prelims	H#
------	------	--------	---------	----

**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

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

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 60 Meter Dash**

=====				
GNAC:	6.72	2015	Alex Donigian,	Western Washin
Meet:	6.75	2014	Alex Donigian,	Western Washin
Podium:	6.48	1/15/2022	Micah Williams,	Oregon
Name		Year	School	Finals
=====				

**Finals**

1	Widmar, Bobby	Central Washington	6.96	
2	Loggins, Dominique	Western Oregon	7.02	
3	Wagner, Joshua	Alaska Anchorage	7.05	
4	Suzuki, Kaito	Simon Fraser	7.06	7.051
5	Johnson, Noah	Western Washington	7.06	7.054
6	Greenwalt, Ryan	Western Washington	7.11	
7	Njeri, David	Seattle Pacific	7.15	
8	Woodard, Tyrone	Western Washington	12.06	

**Men 200 Meter Dash**

=====				
GNAC:	21.40	2022	Callum Robinson,	Simon Fraser
Meet:	21.56	2018	Carlos Ortiz,	Concordia
Podium:	21.22	1/15/2022	Rieker Daniel,	Oregon
Name		Year	School	Prelims H#
=====				

**Preliminaries**

1	Robinson, Callum	Simon Fraser	21.50q	2
2	Wagner, Joshua	Alaska Anchorage	22.00q	3
3	Welch, Bryant	Western Washington	22.04q	5
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

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

GNAC:	21.40	2022	Callum Robinson, Simon Fraser
Meet:	21.56	2018	Carlos Ortiz, Concordia
Podium:	21.22	1/15/2022	Rieker Daniel, Oregon
Name		Year School	Finals H#

**Finals**

1	Robinson, Callum	Simon Fraser	21.76	2
2	Braseth, Hunter	Northwest Nazarene	21.91	1
3	Wagner, Joshua	Alaska Anchorage	22.19	2
4	Welch, Bryant	Western Washington	22.27	1
5	Arce-Torres, Gabe	Western Oregon	22.62	2
6	Greenwalt, Ryan	Western Washington	22.81	1
7	Angarita, Kevin	Alaska Anchorage	22.98	2
--	Gordon, Jeff	Seattle Pacific	DQ	1 Lane Violation

**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#

**Preliminaries**

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 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	Finals H#

## Finals

1	Robinson, Callum	Simon Fraser	47.82	2
2	Welch, Bryant	Western Washington	49.00	1
3	Angarita, Kevin	Alaska Anchorage	49.73	1
4	Daniels, Mark	Western Washington	50.21	1
5	Brenek, Lucas	Western Washington	50.26	2
6	Hanible, Aaron	Western Oregon	50.53	1
7	Braseth, Hunter	Northwest Nazarene	51.38	2
--	Albertin, Austin	Central Washington	DQ	2 Lane Violation

**Men 800 Meter Run**

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#

## Preliminaries

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 800 Meter Run**

GNAC:	1:47.74	2020	Derek Holdsworth, Western O
Meet:	1:50.83	2018	David Ribich, Western Orego
Podium:	1:46.64	2/11/2022	Josh Kerr, Brooks Beasts
Name		Year School	Finals

## Finals

1	Franks, Macauley	Western Washington	1:51.45
2	Weber, Drew	Western Washington	1:51.63
3	Buckingham, Paul	Simon Fraser	1:53.10
4	Good, Aiden	Simon Fraser	1:53.33
5	Henry, Will	Western Washington	1:55.44
6	Sturdevant, Landon	Western Washington	1:55.47
7	Schmidt, Jordan	Simon Fraser	1:56.49
8	Rambo, Tim	Western Oregon	1:57.93

**GNAC Indoor Championships - 2/21/2022 to 2/22/2022****The Podium****Results****Men 1 Mile Run**

=====				
GNAC:	3:57.92	2022	Aaron Ahl, Simon Fraser	
Meet:	4:10.01	2017	David Ribich, Western Oregon	
Podium:	3:59.64	2/5/2022	Duncan Hamilton, Montana State	
Name	Year	School	Finals	H#
=====				
1	Ahl, Aaron	Simon Fraser	4:01.78	2
2	Franks, Macauley	Western Washington	4:02.28	2
3	Dannatt, Charlie	Simon Fraser	4:03.31	2
4	Hutton, Hunter	Western Oregon	4:07.07	2
5	McDermott, Kevin	Western Washington	4:13.64	2
6	Mekonnen, Ephrem	Simon Fraser	4:14.30	2
7	Ackerman, Ase	MSU-Billings	4:14.95	2
8	Ruckman-Utting, Henry	Simon Fraser	4:21.56	2
9	Bogale, Kirubel	Simon Fraser	4:25.78	1
10	Allen, Trevor	Central Washington	4:28.76	1
11	Owen, Jon	Seattle Pacific	4:28.80	1
12	Gill, Rajesh	Central Washington	4:34.05	1
13	Emerson, Chandler	Northwest Nazarene	4:35.82	2
14	Clough, Shawn	Central Washington	4:42.85	1

**Men 3000 Meter Run**

=====				
GNAC:	7:50.81	2018	David Ribich, Western Oregon	
Meet:	8:27.83	2015	Henry Cheseto, Alaska Anchorage	
Podium:	7:48.83	2/11/2022	Jake Heyward, OTC Elite	
Name	Year	School	Finals	H#
=====				
1	Ahl, Aaron	Simon Fraser	8:21.23	2
2	Nash, Cole	Alaska Anchorage	8:21.57	2
3	Moos, Jacob	Alaska Anchorage	8:21.64	2
4	Shea, Tyler	Northwest Nazarene	8:28.81	2
5	Brinkman, Sebastian	Simon Fraser	8:28.94	2
6	Franks, Macauley	Western Washington	8:30.87	2
7	Mekonnen, Ephrem	Simon Fraser	8:31.22	2
8	Korta, Kaleb	Western Washington	8:36.71	1
9	Arndt, Scott	Simon Fraser	8:37.05	2
10	Ackerman, Ase	MSU-Billings	8:41.30	1
11	Smith, Bailey	Western Oregon	8:42.89	2
12	Pagente, Kainalu	Saint Martin's	8:43.24	1
13	Slichko, Lance	Saint Martin's	8:45.84	1
14	Straus, Logan	MSU-Billings	8:45.96	2
15	Cortes, Isaac	Saint Martin's	8:48.13	1
16	Conley, Treyson	Northwest Nazarene	8:50.20	1
17	Javurek, Jalen	Western Washington	8:51.12	2
18	Jessop, Carson	MSU-Billings	8:53.40	1
19	Ruckman-Utting, Henry	Simon Fraser	9:10.45	2
20	Daos, Keanu	Western Oregon	9:12.94	2
21	Tveit, Ries	Alaska Anchorage	9:13.74	1
22	Edgerton, Bryant	MSU-Billings	9:15.11	1
23	Allen, Trevor	Central Washington	9:18.22	1
24	Harwell, Michael	Saint Martin's	9:20.23	1

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

Name	Year	School	Finals
GNAC:	8.07	2022	Hunter Flick, Western Washing
Meet:	8.08	2015	Travis Milbrandt, Western Was
Podium:	7.70	2/5/2022	Sam Brixey, Washington S
Name	Year	School	Finals
Finals			
1 Wagner, Joshua		Alaska Anchorage	8.11
2 Conklin, Justin		Western Oregon	8.49
3 Boyd, Andrew		Saint Martin's	8.52
4 Edwards, Jaden		Western Washington	8.56

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

5	Wise, Aiden	Central Washington	8.67
6	Graves, Bradley	MSU-Billings	8.69
7	Hanible, Aaron	Western Oregon	8.80
8	Castro, Elijah	Northwest Nazarene	17.91

**Men 4x400 Meter Relay**

=====			
GNAC:	3:12.45	2016	Alaska Anchorage
			Taylor, Lindsey, Commandeur, Thomas
Meet:	3:14.10	2017	Alaska Anchorage
			Lindsay, Gray, Taylor, Commandeur
Podium:	3:12.35	2/19/2022	BYU, BYU
			C Ruiz, C Yardley, S Carlile, J Jensen
School			Finals H#
=====			
1	Alaska Anchorage		3:22.22 2
	1) Rohde, Wyatt	2) Angarita, Kevin	
	3) Velasco, Adrian	4) Wagner, Joshua	
2	Simon Fraser		3:24.41 2
	1) Penson-McCoy, Jesaiah	2) Buckingham, Paul	
	3) Schmidt, Jordan	4) Robinson, Callum	
3	Central Washington		3:24.82 2
	1) Hines, Christopher	2) Wise, Aiden	
	3) Sidor, Bryan	4) Albertin, Austin	
4	Northwest Nazarene		3:25.35 2
	1) Ellis, Quincy	2) Braseth, Hunter	
	3) Wilkins, Shalkar	4) Kosgei, Norman	
5	Seattle Pacific		3:25.97 1
	1) Gordon, Jeff	2) Archer, Isaiah	
	3) Carpenter, Evan	4) Shepherd, Julius	
6	Saint Martin's		3:29.02 1
	1) Boyd, Andrew	2) Wani, Rudu	
	3) Cortes, Isaac	4) Pagente, Kainalu	
7	MSU-Billings		3:30.90 1
	1) Harper, Lucas	2) Ullery, William	
	3) McMillen, Garrett	4) Ralston, Ben	
--	Western Washington		DNF 2
	1) Daniels, Mark	2) Oglesby, Jon	
	3) Brenek, Lucas	4) Welch, Bryant	
--	Western Oregon		DQ 1 Impeding Runner
	1) Southworth, Caleb	2) Hendrix, Amari	
	3) Arce-Torres, Gabe	4) Sanchez, Keeton	

**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
=====			
1	Simon Fraser		10:09.88
	1) Good, Aiden	2) Schmidt, Jordan	
	3) Chapman, Tomas	4) Ahl, Aaron	

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

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 High Jump**

GNAC:	2.22m	2017	Mikel Smith, Saint Martin's
Meet:	2.21m	2017	Mikel Smith, Saint Martin's
Podium:	2.15m	12/11/2021	Joseph Ruddell, Idaho
Name	Year	School	Finals
1 Sheeran, Beau		Western Washington	2.10m 6-10.75
1.80 1.85 1.90 1.95 2.00 2.05 2.10 2.12			
PPP PPP O O XO XO XXO XXX			
2 Schmidt, Steven		Northwest Nazarene	2.05m 6-08.75
1.80 1.85 1.90 1.95 2.00 2.05 2.10			
PPP PPP O O O XXO XXX			
3 Kibler, Trent		Western Washington	1.95m 6-04.75
1.80 1.85 1.90 1.95 2.00			
PPP O XXO XO XXX			
4 Kuzyk, Zackary		Simon Fraser	1.90m 6-02.75
1.80 1.85 1.90 1.95			
PPP O O XXX			
5 Sterkel, Ethan		Western Washington	J1.90m 6-02.75
1.80 1.85 1.90 1.95			
PPP PPP XO XXX			
6 Hasher, Devin		Western Oregon	J1.90m 6-02.75
1.80 1.85 1.90 1.95			
O XO XXO XXX			
6 Conklin, Justin		Western Oregon	J1.90m 6-02.75
1.80 1.85 1.90 1.95			
XO O XXO XXX			
8 Rihari, Gerohm		Northwest Nazarene	1.85m 6-00.75
1.80 1.85 1.90			
PPP O XXX			
8 Steele, Jacob		Northwest Nazarene	1.85m 6-00.75
1.80 1.85 1.90			
O O XXX			

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

8	Burchfield, Gabe	Western Oregon	1.85m	6-00.75
	1.80 1.85 1.90			
	O O XXX			
11	Mercado, Damian	Western Washington	J1.85m	6-00.75
	1.80 1.85 1.90			
	PPP XO XXX			
12	Okere, Favor	MSU-Billings	1.80m	5-10.75
	1.80 1.85			
	O XXX			

**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	
	3.70 3.85 4.00 4.15 4.30 4.45 4.55 4.65 4.75 4.85 4.88				
	PPP PPP PPP O O XXO XO XO PPP PPP XXX				
2	Walker, JJ	Western Oregon	4.55m	14-11.00	
	3.70 3.85 4.00 4.15 4.30 4.45 4.55 4.65				
	PPP PPP O PPP O XXO XXX				
3	Cummings, Cooper	Western Washington	4.45m	14-07.25	
	3.70 3.85 4.00 4.15 4.30 4.45 4.55				
	PPP PPP O O XXO XO XXX				
4	Lee, Kainoa	Seattle Pacific	J4.45m	14-07.25	
	3.70 3.85 4.00 4.15 4.30 4.45 4.55				
	PPP PPP O O O XXO XXX				
5	Koenig, William	Northwest Nazarene	4.15m	13-07.25	
	3.70 3.85 4.00 4.15 4.30				
	PPP PPP PPP O XXX				
5	Thompson, Jacob	Central Washington	4.15m	13-07.25	
	3.70 3.85 4.00 4.15 4.30				
	PPP PPP PPP O XXX				
7	Bowman, Brad	Seattle Pacific	3.85m	12-07.50	
	3.70 3.85 4.00				
	PPP O XXX				
8	Halme, Tyrel	Western Washington	J3.85m	12-07.50	
	3.70 3.85 4.00				
	XXO O XXX				
--	Alfred, Andrew	Saint Martin's	NH		
	3.70 3.85 4.00 4.15				
	PPP PPP PPP XXX				

**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 Ithemeje, Oregon	
Name	Year	School	Finals		H#
1	Sterkel, Ethan	Western Washington	7.26m	23-10.00	2
	6.97m 7.26m 7.08m 6.95m 7.21m 7.04m				

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

2	Sample, Collin				Alaska Anchorage	6.86m	22-06.25	2
	6.70m	6.85m	6.86m	6.66m	6.77m	6.82m		
3	Njeri, David				Seattle Pacific	6.84m	22-05.25	2
	6.84m	6.23m	FOUL	6.83m	FOUL	6.72m		
4	Kuzyk, Zackary				Simon Fraser	6.79m	22-03.50	2
	6.62m	6.59m	6.74m	6.75m	6.55m	6.79m		
5	Furtado, Blake				Simon Fraser	6.64m	21-09.50	1
	FOUL	FOUL	6.49m	FOUL	6.64m	FOUL		
6	Castro, Elijah				Northwest Nazarene	6.58m	21-07.25	1
	6.58m	6.52m	PASS	PASS	PASS	PASS		
7	Stevens, Deshaun				Western Oregon	6.54m	21-05.50	2
	6.44m	FOUL	6.54m	FOUL	6.49m	FOUL		
8	Rihari, Gerohm				Northwest Nazarene	J6.54m	21-05.50	2
	6.54m	6.41m	6.27m	6.34m	6.39m	6.35m		
9	Schulz, Andrew				Saint Martin's	6.40m	21-00.00	2
	FOUL	6.21m	6.40m	FOUL	6.09m	FOUL		
10	Woodard, Tyrone				Western Washington	6.32m	20-09.00	2
	6.32m	x	x					
11	Greenwalt, Ryan				Western Washington	6.30m	20-08.00	2
	FOUL	FOUL	6.30m					
12	Harrison, Marley				Western Oregon	6.27m	20-07.00	1
	6.13m	6.04m	6.27m					
13	Hines, Christopher				Central Washington	6.19m	20-03.75	1
	5.94m	6.19m	6.13m					
14	Jackman, Joshua				Alaska Anchorage	6.10m	20-00.25	1
	6.10m	FOUL	5.60m					
15	Gibbs, Mitchell				Simon Fraser	6.06m	19-10.75	1
	5.86m	5.91m	6.06m					
16	Harper, Lucas				MSU-Billings	5.77m	18-11.25	1
	5.76m	FOUL	5.77m					
17	Kuzyk, Nick				Simon Fraser	5.56m	18-03.00	1
	FOUL	5.21m	5.56m					
--	Mazzeo, James				Western Oregon	FOUL		1
	FOUL	FOUL	FOUL					

**Men Triple Jump**

=====								
	GNAC:	15.06m	2017		Luke Plummer,	Central Washington		
	Meet:	15.06m	2017		Luke Plummer,	Central Washington		
	Podium:	15.33m	1/15/2022		DJ Henderson,	Oregon		
	Name		Year	School		Finals		H#
=====								
1	Njeri, David			Seattle Pacific		14.28m	46-10.25	2
	13.88m	14.28m	13.94m	13.99m	PASS	PASS		
2	Harrison, Marley			Western Oregon		13.44m	44-01.25	2
	FOUL	13.44m	FOUL	FOUL	13.40m	FOUL		
3	Sample, Collin			Alaska Anchorage		13.27m	43-06.50	2
	13.24m	FOUL	13.22m	13.27m	FOUL	FOUL		
4	Hines, Christopher			Central Washington		J13.27m	43-06.50	2
	FOUL	12.67m	13.11m	12.64m	13.27m	FOUL		
5	Rihari, Gerohm			Northwest Nazarene		12.85m	42-02.00	2
	12.22m	12.85m	12.35m	12.51m	12.56m	12.78m		
6	Burchfield, Gabe			Western Oregon		12.59m	41-03.75	1
	FOUL	12.59m	11.81m	PASS	PASS	PASS		

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

7	McMillen, Garrett	MSU-Billings	12.56m	41-02.50	2
	12.56m 12.28m FOUL 12.00m FOUL 12.12m				
8	Robertson, Felix	Alaska Anchorage	12.53m	41-01.50	2
	12.53m 12.23m 12.14m 11.95m 11.61m FOUL				
9	Sedlacek, Colton	Northwest Nazarene	12.28m	40-03.50	2
	FOUL 12.28m 11.84m 12.04m 11.85m FOUL				
10	Kuzyk, Nick	Simon Fraser	12.05m	39-06.50	1
	FOUL 12.05m FOUL				
--	Flury, Jacob	Western Oregon	FOUL		1
	FOUL FOUL FOUL				

**Men Shot Put**

=====						
	GNAC:	17.94m	2007	Cameron Neel,	Western Washington	
	Meet:	17.47m	2007	Cameron Neel,	Central Washington	
	Podium:	17.94m	1/15/2022	Jacob Wilson,	UCLA	
	Name		Year School		Finals	H#
=====						
1	Malquist, Ben	Western Washington	15.57m	51-01.00	2	
	15.26m 15.08m 15.22m 15.57m FOUL FOUL					
2	Collins, Owen	Western Oregon	15.03m	49-03.75	2	
	14.40m 14.21m 14.42m 14.58m 15.03m FOUL					
3	Cole, Sam	Western Oregon	14.78m	48-06.00	2	
	14.14m 14.07m 14.78m 13.88m 13.53m 14.39m					
4	Burr, Colton	Northwest Nazarene	14.60m	47-11.00	2	
	13.63m 14.60m 14.04m 14.10m FOUL 14.19m					
5	Anderson, Braden	MSU-Billings	14.34m	47-00.75	1	
	13.62m 13.53m 13.73m 13.30m FOUL 14.34m					
6	Franklin, Wyatt	Central Washington	14.25m	46-09.00	1	
	FOUL 13.42m 13.12m 14.25m FOUL 13.68m					
7	Au-Haupt, Micah	Saint Martin's	14.17m	46-06.00	2	
	13.66m 13.59m 13.74m 13.66m 13.57m 14.17m					
8	Hendry, Dylan	Northwest Nazarene	14.01m	45-11.75	2	
	14.01m 12.74m 13.37m FOUL 13.25m 13.55m					
9	Robbins, Cody	Northwest Nazarene	13.91m	45-07.75	2	
	13.53m 13.59m 13.30m 13.91m FOUL 13.32m					
10	Warren, Mark	Western Oregon	13.29m	43-07.25	2	
	13.01m FOUL 13.29m					
11	Lee, Jerrod	Western Washington	12.89m	42-03.50	2	
	12.89m FOUL 12.36m					
12	Young, Omar	Central Washington	11.26m	36-11.50	1	
	10.29m 11.26m FOUL					
13	Knight, Derek	Northwest Nazarene	11.22m	36-09.75	1	
	11.22m 10.13m FOUL					
14	Guisti, Coen	MSU-Billings	10.58m	34-08.50	1	
	10.58m FOUL 10.22m					
15	Swaney, Braden	Northwest Nazarene	10.53m	34-06.75	1	
	10.48m FOUL 10.53m					



**GNAC Indoor Championships - 2/21/2022 to 2/22/2022****The Podium  
Results****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	
	16.23m	15.71m	16.58m	16.95m	16.66m	17.53m
2 Cole, Sam		Western Oregon	16.51m	54-02.00	2	
	14.63m	15.15m	14.75m	15.56m	16.28m	16.51m
3 Young, Omar		Central Washington	16.37m	53-08.50	2	
	16.37m	FOUL	16.31m	FOUL	FOUL	15.95m
4 Collins, Owen		Western Oregon	15.97m	52-04.75	2	
	14.93m	14.46m	FOUL	15.22m	FOUL	15.97m
5 Hendry, Dylan		Northwest Nazarene	15.66m	51-04.50	2	
	FOUL	15.66m	15.06m	15.32m	15.33m	15.64m
6 Warren, Mark		Western Oregon	15.13m	49-07.75	2	
	FOUL	14.81m	15.13m	FOUL	14.38m	FOUL
7 Lee, Jerrod		Western Washington	15.01m	49-03.00	1	
	15.01m	14.59m	14.93m	14.02m	FOUL	14.90m
8 Guisti, Coen		MSU-Billings	14.87m	48-09.50	2	
	14.87m	14.55m	FOUL	FOUL	14.63m	14.69m
9 Robbins, Cody		Northwest Nazarene	14.46m	47-05.25	2	
	13.88m	14.46m	14.13m	13.51m	13.71m	14.14m
10 Knight, Derek		Northwest Nazarene	14.42m	47-03.75	2	
	13.39m	14.42m	12.74m			
11 Eiland, Josh		Saint Martin's	14.38m	47-02.25	1	
	12.34m	13.51m	14.38m			
12 Anderson, Braden		MSU-Billings	13.44m	44-01.25	1	
	12.56m	13.44m	12.87m			
13 Peralta, Noa		Saint Martin's	12.80m	42-00.00	1	
	FOUL	FOUL	12.80m			
14 Au-Haupu, Micah		Saint Martin's	12.75m	41-10.00	1	
	12.40m	12.75m	FOUL			
15 Franklin, Wyatt		Central Washington	12.13m	39-09.75	1	
	FOUL	12.13m	FOUL			
16 Swaney, Braden		Northwest Nazarene	11.54m	37-10.50	1	
	10.99m	FOUL	11.54m			

**Heptathlon: #1 Men 60 Meter Dash Heptathlon**

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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	





**GNAC Indoor Championships - 2/21/2022 to 2/22/2022****The Podium****Results****...Heptathlon: #2 Men Long Jump Heptathlon**

6	Cummings, Cooper	Western Washington	6.08m	19-11.50	604
	5.70m 6.08m 6.00m				
7	Easley, Logan	Central Washington	6.07m	19-11.00	602
	5.68m 6.07m 5.92m				
8	Boyd, Andrew	Saint Martin's	6.00m	19-08.25	587
	5.76m 6.00m 5.53m				
9	Sorah, Brennen	Western Oregon	5.63m	18-05.75	508
	5.63m 5.53m PASS				

**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
	11.56m 11.73m 11.98m				
2	Schmidt, Steven	Northwest Nazarene	11.47m	37-07.75	574
	11.19m 11.47m 10.66m				
3	Sorah, Brennen	Western Oregon	11.24m	36-10.50	560
	11.24m 10.41m 10.68m				
4	Kenny, Ryan	Western Washington	10.56m	34-07.75	519
	10.09m 10.56m 10.53m				
5	Walker, JJ	Western Oregon	10.18m	33-04.75	496
	10.18m 9.77m 10.02m				
6	Easley, Logan	Central Washington	10.12m	33-02.50	493
	FOUL 9.61m 10.12m				
7	Cummings, Cooper	Western Washington	10.11m	33-02.00	492
	9.61m 10.11m 9.70m				
8	Burchfield, Gabe	Western Oregon	9.87m	32-04.75	478
	9.08m 9.87m 8.93m				
9	Stevens, Deshaun	Western Oregon	9.19m	30-02.00	437
	9.19m 8.75m 8.57m				

**Men Heptathlon**

GNAC: 5508 2006		Chris Randolph, Seattle Pacific			
Meet: 5269 2017		Kodiak Landis, Central Washington			
Podium: 5282 2/5/2022		Aidan Diggs, Grand Canyon			
Name	Year	School	Finals	H#	
1	Schmidt, Steven	Northwest Nazarene	4588		
2	Kenny, Ryan	Western Washington	4571		
3	Walker, JJ	Western Oregon	4463		
4	Cummings, Cooper	Western Washington	4368		
5	Boyd, Andrew	Saint Martin's	4289		
6	Sorah, Brennen	Western Oregon	4259		
7	Burchfield, Gabe	Western Oregon	4208		
8	Easley, Logan	Central Washington	4191		
9	Stevens, Deshaun	Western Oregon	3742		

**Women - Team Rankings - 17 Events Scored**

1) Simon Fraser	124	2) Western Oregon	115
3) Western Washington	113	4) Central Washington	106
5) Seattle Pacific	79	6) Alaska Anchorage	42

**GNAC Indoor Championships - 2/21/2022 to 2/22/2022**

**The Podium**

**Results**

**....Men Heptathlon**

7) Northwest Nazarene	31	8) Saint Martin's	30
9) MSU-Billings	19		

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 Men - Team Rankings - 17 Events Scored  
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1) Western Washington	171	2) Simon Fraser	110
3) Western Oregon	107.33	4) Alaska Anchorage	83
5) Northwest Nazarene	80.16	6) Central Washington	40.50
7) Seattle Pacific	29	8) MSU-Billings	20
9) Saint Martin's	18		