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UAA Men; Seattle Pacific, Simon Fraser Women Favored in GNAC

Great Northwest Coaches Poll

MEN	Pts	Avg. Rank
1. Alaska Anchorage (8)	80	1.11
2. Western Washington (2)	73	1.89
3. Simon Fraser	60	3.33
4. Montana State Billings	54	4.00
5. Western Oregon	53	4.11
6. Central Washington	37	5.89
7. Northwest Nazarene	30	6.67
8. Alaska	27	7.00
Seattle Pacific	27	7.00
10. Saint Martin's	9	9.00

WOMEN	Pts	Avg. Rank
1. Seattle Pacific (3)	69	2.33
Simon Fraser (1)	69	2.33
3. Western Washington (2)	68	2.44
4. Alaska Anchorage (4)	64	2.89
5. Central Washington	49	4.56
6. Western Oregon	41	5.44
7. Montana State Billings	29	6.78
Northwest Nazarene	29	6.78
9. Alaska	23	7.44
10. Saint Martin's	9	9.00

(Note: Points awarded on a 9-8-7-6-5-4-3-2-1 basis. Average rank is determined by totaling the ranks and dividing by the number of coaches who participated in poll. First-place votes in parentheses).

PORTLAND, Ore. — Alaska Anchorage received eight of 10 first-place votes and is the favorite to win its fifth straight Great Northwest Athletic Conference men's cross country championship this fall.

The Seawolves return five athletes that placed in the Top 20 at last year's conference meet including Victor Samoei (So., Eldoret, Kenya) and Dylan Anthony (Sr., Kodiak, AK) who finished second and third, respectively, to earn all-conference honors.

The all-conference award was Anthony's third straight. He'll have the opportunity to become the seventh male athlete in GNAC history to earn four cross country all-conference awards when the conference meet returns to Monmouth, Ore., on the campus of Western Oregon University on Nov. 1.

Western Washington, which earned the other two first-place votes and finished second in the balloting, returns three Top 10 All-Conference finishers from a year ago — Taylor Reedy (Sr., Poulsbo, WA — North Kitsap, 7th), Nathan

Richards (Sr., Longview, WA — R.A. Long, 8th) and Jonathan Quimby (Sr., Ferndale, WA, 10th).

Alaska Anchorage, which has won five straight GNAC titles, came in fourth in the women's balloting even though it earned 40 percent of the first-place votes.

Seattle Pacific, which won four consecutive GNAC titles (2005-08) prior to UAA's title run (2009-13), and Simon Fraser tied for first-place in the balloting with 69 points, one point ahead of Western Washington.

SPU earned three first-place votes, while Western Washington had two and Simon Fraser received one first-place vote.

Central Washington, which finished fifth in the poll, is the only women's team, which will have two returning Top 10 finishers from a year ago. Connie Morgan (Sr., Hoquiam, WA) placed sixth and Dani Eggleston (Jr., Hoquiam, WA) was seventh.

Simon Fraser's Kansas MacKenzie (Jr., Vancouver, BC — Prince of Whales) placed eighth a year ago.

Alaska Anchorage got its season off to a good start last Saturday finishing first in both the men's and women's division in the University of Hawaii Hilo Invitational.

Montana State Billings, which will host the NCAA West Regional Nov. 22, opens its season Friday at the Carroll Invitational.

Meanwhile, Alaska Anchorage will remain in the 50th state to compete in the Hawaii Big Wave Invitational at Kaneohe, HI.

Alaska is the only other GNAC team, which will be in action Saturday as the Nanooks host the Alaska Invitational in Fairbanks.

Nine GNAC Teams Ranked in Regional Poll

Nine GNAC teams are ranked in the first USTFCCA West Regional poll of the 2014 season.

Alaska Anchorage is ranked second and Western Washington is ranked third in the men's poll. Simon Fraser and Montana State — Billings are ranked seventh and eighth, respectively.

In the women's poll, Seattle Pacific, Simon Fraser and Western Washington are ranked third, fourth and fifth, respectively. Alaska Anchorage is ranked seventh and Central Washington is ranked 10th.

Chico State is the No. 1 ranked team in both the men's and women's divisions.

The NCAA West Regional will be held Nov. 22 at Billings, Mont. The top six men's teams and the top six women's teams at the regional will qualify for the NCAA National meet Dec. 6 at Louisville, Kent.

Men: 1. Chico State; 2. Alaska Anchorage; 3. Western Washington; 4. UC San Diego; 5. Cal Baptist; 6. Cal Poly Pomona; 7. Simon Fraser; 8. Montana State Billings; 9. San Francisco State; 10. Academy of Art.

Women: 1. Chico State; 2. Cal Baptist; 3. Seattle Pacific; 4. Simon Fraser; 5. Western Washington; 6. UC San Diego; 7. Alaska Anchorage; 8. Azusa Pacific; 9. Cal Poly Pomona; 10. Central Washington.

2014 TEAM CAPSULES

ALASKA NANOOKS

Head Coach: Scott Jerome, Bates '93 (11th year)

Assistant: Aislinn Ryan

2013 Conference Finish: Men – 7th, 198. Women – 8th, 215.

2013 Regional Finish: Men – 15th, 391. Women – 20th, 553.

Returning Conference Finishers: Men (4) – 27. Ross MacDougall 26:02.88; 48. Kenneth Brewer 26:32.17; 66. Keegan Rankin 27:08.15; 68. Mitch Burgess 27:17.86. **Women (6)** – 46. Nichole Bathe 22:34.44; 49. Kali Striker 22:42.59; 52. Dorothy O'Donnell 22:50.95; 66. Hannah Stevens 23:36.04; 71. Sarah Lilly 24:01.22; 79. Mia Anderson 24:40.66.

Key Newcomers: Men – Lyon Kopsack (Fr., Palmer, AK – Colony). **Women** – Chandra Smith (Fr., Emmett, ID); Cheyenne Greenside (Fr., Ravensdale, WA – Tahoma)

ALASKA ANCHORAGE Seawolves

Head Coach: Michael Friess, Linfield '85 (25th year)

Assistants: T.J. Garlatz, Ryan McWilliams, Anthony Tomsich

2013 Conference Finish: Men – 1st, 32. Women – 1st, 36.

2013 National Finish: Men – 7th, 256 (West Region – 2nd, 81). Women – 4th, 214 (West Region – 1st, 76).

Returning Conference Finishers: Men (7) – 2. Victor Samoei 24:52.14; 3. Dylan Anthony 24:54.09; 12. Kevin Rooke 25:18.65; 14. Michael Mendenhall 25:35.72; 18. Dominik Notz 25:43.29; 21. Jesse Miller 25:47.28; 56. Phillip Messina 26:48.98; **Women (2)** – 12. Jessica Pakkala 21:10.60; 16. Bryn Haebe 21:17.84.

Key Newcomers: Men – Henry Cheseto (Fr., Kapenguria, Kenya); Edwin Kangogo (Fr., Eldoret, Kenya). **Women** – Haleigh Lloyd (Sr., Ladysmith, BC).

CENTRAL WASHINGTON Wildcats

Head Coach: Kevin Adkisson, Willamette '91 (21st year).

Assistants: Bryan Contreras

2013 Conference Finish: Men – 5th-T, 142. Women – 5th, 127.

2013 Regional Finish: Men – 13th, 325. Women – 10th, 275.

Returning Conference Finishers: Men (7) – 15. Rudy Spencer 25:40.48; 28. John Wojtech 26:03.05; 43. Nick Spencer 26:27.04; 54. Kaleb Javier 26:04.10; 70. Alex Martinez 27:25.02; 80. Paul Young 28:48.58. **Note:** Ryan Thompson who placed 61st in 2012 (27:20.35) returns from a redshirt year. **Women (8)** – 6. Connie Morgan 20:49.89; 7. Dani Eggleston 20:52.30; 39. Megan Rogers 22:24.27; 50. Hannah Dowdell 22:42.96; 51. Danielle Maldonado 22:46.27; 58. Jayna Inderbitzin 23:13.04; 63. Brenna Eldredge 23:28.82; 69. Erin Chinchar 23:51.51.

Key Newcomers: Men – Josh Boston (Fr., Burroughs, CA); Ron Leaf (Fr., Kelso, WA). **Women** – Claudia Cortez (Fr., Burbank, WA – Columbia); Tessa Carlin (Fr., Kent, WA – Kentwood); Nicole Charlton (Fr., Kent, WA – Kentwood).

MONTANA STATE Billings

Head Coach: Dave Coppock. Montana '79 (26th year)

Assistants: Trent Hooper

2013 Conference Finish: Men – 5th-T, 142. Women – 9th, 228.

2013 Regional Finish: Men – 9th, 250. Women – 19th, 450

Returning Conference Finishers: Men (6) – 20. Michael Luhr 25:45.53; 23. Robert Peterson 25:49.02; 24. Jamon Rodrigues 25:51.33; 52. Josh Panasuk 26:35.70; 74. Garrett Love 27:46.72; 86. Jacob Marshall 30:15.66. **Women (6)** – 35. Renae Hepfner 22:11.37; 36. Jinise Osborne 22:11.39; 48. Rio Frame 22:38.21; 61. Taylor Condon 23:27.49; 75. Theresa Lombardi 24:30.75. **Note:** Melanie Bock placed 54th in 2012 meet (23:30.58). **Key Newcomers: Men** – Jorey Egeland (Fr., Billings, MT – Senior); Mark Hovland (Fr., Billings, MT – West); Liam McKay (Fr., Surrey, BC – Lord Tweesmuir). **Women** – Brielle Davis (Jr., Billings, MT – Gillette); Jordan Donaghy (Jr., Glendive, MT – U. of Mary); Bailey Bomar (Fr., Billings, MT – West)

NORTHWEST NAZARENE Crusaders

Head Coach: John Spatz, Eastern Washington '88 (13th year)

Assistants: Jake Perry, Jenny Perry, Justin Webb

2013 Conference Finish: Men – 9th, 236. Women – 7th, 193.

2013 Regional Finish: Men – None. Women – 18th, 434

Returning Conference Finishers: Men (4) – 31. Michael Gordon 26:09.42; 44. Kaleb Fleenor 26:28; 55. Chase Cunningham 26:45.93; 76. Nick Martin 28:14.20. **Women (6)** – 34. Hailey Bradshaw 22:10.27; 45. Susanna Fleming 22:33.16; 57. Jaydn Gourley 23:10.92; 77. Emily Merioles 24:32.83; 81. Rebecca Hoiland 25:10.68; 83. Kaydee Kulm 25:28.57.

Key Newcomers: Men – Isaac Mitchell (Fr., Sandy, OR); Brandon Schafer (Fr., Alaska); Gabe Fisher (Fr., Nampa, ID). **Women** – Amy Wheeler (Fr., Nampa, ID); Anysja Manzer (Fr. Melba, WA).

SAINT MARTIN'S Saints

Head Coach: Jim Brewer

Assistants: Burke Bockman

2013 Conference Finish: Men – 10th, 254. Women – 10th, 312.

2013 Regional Finish: Men – 18th, 491. Women – 23rd, 707

Returning Conference Finishers: Men (7) – 58. Nathan Morgan 26:53.18; 60. Alex Nelson 26:53.21; 69. Skyler Larson 27:23.92; 72. Josiah Shelman 27:39.87; 81. Mitchell Hughey 29:07.34; 82. Jasper Heckman 29:15.68; 84. Matt Dunford 29:32.80. **Women (3)** – 78. Megan Teigen 24:39.75; 84. Kenna Fosnacht 25:34.34; 88. Claire McCloskey 26:32.56.

Key Newcomers: Men – None **Women** – None

SEATTLE PACIFIC Falcons

Head Coach: Karl Lerum, Pacific Lutheran '98 (2nd year)

Assistants: Audra Smith, Chris Reed

2013 Conference Finish: Men – 8th, 225. **Women** – 3rd, 94

2013 National Finish: Men – None (West Region – 16th, 408). **Women** – 21st, 492 (West Region – 4th, 137).

Returning Conference Finishers: Men (4) – 36. Turner Wiley 26:15.39; 47. Adam Avischious 26:32.06; 61. Brian Comer 26:54.06; 77. Colin Wilkins 28:18.06. **Women (5)** – 14. Anni Patti 21:12.02; 17. Sarah Macdonald 21:19.36; 21. Hannah Calvert 21:31.43; 24. Lynelle Decker 21:37.02; 43. Claire Rachwitz 22:30.72.

Key Newcomers: Men – None **Women** – Hailey Kettel (Fr., Edmonds, WA – Edmonds-Woodway); Jessica Rawlins (Fr., Mill Creek, WA – Jackson); Makayla Santos (Fr., Greeley, CO – Frontier Academy)

SIMON FRASER Clan

Head Coach: Brit Townsend, Simon Fraser (16th year)

2013 Conference Finish: Men – 3rd, 114. **Women** – 2nd, 49.

2013 National Finish: Men – None (West Region – 10th, 261). **Women** – 7th, 251 (West Region – 3rd, 94)

Returning Conference Finishers: Men (8) – 9. Oliver Jorgensen 25:15.09; 26. Cameron Proceviat 25:57.66; 33. Brendan Wong 26:11.89; 37. Stuart McDonald 26:16.58; 38. Braeden Charlton 26:19.14; 49. Austin Trapp 26:32.71; 59. Lorenzo Smith 26:53.20; 75. Dustin Johnson 28:01.70. **Women (6)** – 8. Kansas Mackenzie 20:57.61; 15. Rebecca Bassett 21:14.23; 22. Emma Chadsey 21:35.00; 32. Brittany Evans 22:01.45; 44. Tanya Humeniuk 22:30.76; 72. Reta Dobie 24:13.26.

Key Newcomers: Men – Phillippe Gravel (Sherbrooke, QC/CEGEP de Sherbrooke), Mateo de Delmases (Corbera de Llobregat, Spain/INS Joaquim Blum), Marc-Antoine Roleau (Sherbrooke, QC/University of Sherbrooke). **Women** – Jennifer Johnson (Corvallis, OR/Corvallis High School), Julia Howley (St. Johns, NL/Holy Heart of Mary), Paige Nock (Courtice, ON/Dr. Charles Best), Miryam Bassett (Nanaimo, BC/Nanaimo)

WESTERN OREGON Wolves

Head Coach: Mike Johnson, Eastern Washington '72 (11th year)

Assistants: Monica, Dane Christensen

2013 Conference Finish: Men – 4th, 125. **Women** – 6th, 161.

2013 Regional Finish: Men – 12th, 290. **Women** – 8th, 261

Returning Conference Finishers: Men (3) – 22. Zach Holloway 25:47.94; 51. Josh Hanna 26:34.42; 79. Sam Naffziger 28:42.72. **Women (7)** – 13. Annie Wade 21:11.81; 20. Stephanie Stuckey 21:23.11; 41. Bailey Beeson 22:26.36; 54. Rachel Crawford 22:56.85; 59. Rachel Shelley 23:15.65; 60. Nicole Anderson 23:24.95; 62. Bethany Balady 23:28.19.

Key Newcomers: Men – David Ribach (Fr., Enterprise, OR, 1A/2A/3A State Champion). **Women** – Deborah De Leon (Fr., Newberg, OR).

WESTERN WASHINGTON Vikings

Head Coach: Kelven "Pee Wee" Halsell, Wayland Baptist '81 (28th year)

Assistants – Bill Roe, Tanner Boyd, Christina Ashby, Erik DeRoche

2013 Conference Finish: Men – 2nd, 35. **Women** – 4th, 112.

2013 National Finish: Men – 20th, 544 (West Region – 4th, 102). **Women** – 18th, 452 (West Region – 5th, 157)

Returning Conference Finishers: Men (7) – 7. Tabor Reedy 25:14.25; 8. Nathan Richards 25:14.90; 10. Jonathan Quimby 25:15.11; 11. Isaac Griffith 25:16.46; 13. Cory Johnson 25:29.42; 29. Juan Castillo 26:05.42; 39. Matt Lutz 26:21.59. **Women (7)** – 2. Katelyn Steen 20:31.99; 26. Taylor Guenther 21:38.49; 27. Hailey O'Connor 21:42.84; 28. Lillianna Stelling 21:48.14; 29. Austen Reiter 21:49.51; 30. Sofia Marikis 21:57.27; 38. Mikhaila Thornton 22:18.62; 53. Sara Taferre 22:53.54.

Key Newcomers: Men – Dylan Hayes (Fr., Seattle, WA – Garfield, 12th at Class 4A state meet); Oliver Reed (Fr., Spokane, WA – North Central, 13th at Class 3A state meet).

Women – Nicole Bartlett (Jr., Shoreline, WA – Santa Barbara CC, 13th at California CC championships); Alexandria Laiblin (Fr., Oak Harbor, WA – 13th at Class 3A state meet).