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5 GNAC Teams Entered In UW Sundodger Invitational Saturday

PORTLAND, Ore. - Seattle Pacific, which was ranked 13th in the USTFCCCA women's pre-season Division II cross country national poll makes its 2014 season debut Saturday competing in the University of Washington Sundodger Invitational at Lincoln Park.

The Falcons will be joined by four other GNAC teams in the meet including Simon Fraser, Central Washington, Western Oregon and the Alaska Nanooks.

Simon Fraser's women come into the meet with a 16th place pre-season national ranking. The first regular-season national ranking will be Sept. 24.

GNAC teams will also compete at two other venues Saturday as Saint Martin's and Northwest Nazarene will head to Spokane for the Erik Anderson Invitational.

Meanwhile, Montana State Billings, which will host the NCAA Division II West Regional Nov. 22 at Amend Park, will head to Bozeman, Mont., to compete in the Montana State Invitational.

Two of the GNAC's top teams – Alaska Anchorage and Western Washington – will take the week off.

The Seawolf men, who were ranked eighth in the USTFCCCA pre-season poll, have already posted three perfect team scores this season, winning the Hawaii Hilo Invitational Aug. 30, the Hawaii Big Wave Invitational Sept. 6 and a home dual with Willamette on Sept. 11.

Freshman Henry Cheseto finished first in all three races.

Cheseto, whose brother Marko posted 11 victories for UAA between 2008 and 2010 which is the second most in GNAC history, is one of six GNAC athletes to already win races this fall.

MSUB's Robert Peterson won the Carroll Invitational Sept. 5 at Helena, Mont.

UAA's Bryn Haebe and Beatrice Decker finished first in the women's division Aug. 30 at Hilo and Sept. 6 at the Hawaii Big Wave Invitational, respectively.

Last week, Rebecca Bassett of Simon Fraser finished first in the WOU Ash Creek Invitational and Dani Eggleston of Central Washington won the CWU Cross Invitational at Ellensburg.

THIS SATURDAY IN THE GNAC

Montana State Invitational (MSU Billings), 9 a.m.; UW Sundodger Invitational at Lincoln Park (Alaska, Central Washington, Seattle Pacific, Simon Fraser, Western Oregon), 9 a.m.; Spokane Erik Anderson, 9:45 a.m. Invitational (Northwest Nazarene, Saint Martin's).

USTFCCCA Regional Poll

Men	UAA	MSUB	SFU	WWU
Pre-Season	2 nd	8 th	7 th	3 rd

Women	UAA	CWU	SPU	SFU	WWU
Pre-Season	7 th	10 th	3 rd	4 th	5 th

USTFCCCA National Poll

Men	UAA	WWU
Pre-Season	8 th	18 th

Women	SPU	SFU	WWU
Pre-Season	13 th	16 th	19 th

Team Winners: In addition to the three victories by Alaska Anchorage's men, the Seawolf women also have two wins this fall (Hawaii Hilo, Hawaii Big Wave).

MSU Billings got a 1-2-3 finish from Peterson, Michael Luhr and Jamon Rodriguez, in winning the Carroll Invitational Sept. 5.

Last week, Simon Fraser won the men's team title at Western Oregon and Central Washington swept the men's and women's titles in its own invitational.

The Wildcat men edged Western Washington 34-37, which ran without three returning athletes who finished in the Top 10 at last year's conference meet - Tabor Reedy (7th), Nathan Richards (8th) and Jonathan Quimby (10th).

CWU outpointing the Viking women 19-35 as Eggleston and Connie Morgan finished 1-2 for the Wildcats. Taylor Guenther finished third for the Vikings, who didn't run 2013 GNAC runnerup Katelyn Steen.

2014 GNAC MEET SUMMARIES

Hawaii Hilo Invitational (Aug. 30 at Hilo): Men – Alaska Anchorage 15, BYU-Hawaii 67, Hawaii Pacific 80, Messiah 86, Chaminade 132. **Individuals (5,000 Meters)** – 1. Henry Cheseto, UAA, 15:36; 2. Dylan Anthony, UAA, 15:41; 3. Victor Sampei, UAA, 15:46; 4. Michel Ramirez, UAA, 15:47; 5. Dominik Notz, UAA, 15:48. **Women** – Alaska Anchorage 29, Hawaii Pacific 48, BYU-Hawaii 58, Messiah 114, Hawaii Hilo 121, Chaminade 179. **Individuals (5,000 Meters)** – 1. Bryn Haebe, UAA, 19:12; 2. Beatrice Decker, UAA, 19:16; 4. Tamara Perez, UAA, 19:23.

Carroll Invitational (Sept. 5 at Helena, MT): Men – 1. MSU Billings 26, Carroll 51, Spokane CC 51, Great Falls 105, Rocky Mountain 146. **Individuals (6,000 Meters)** – 1. Robert Peterson, MSUB, 18:52.07; 2. Michael Luhr, MSUB, 19:04.39; 3. Jamon Rodriguez, MSUB, 19:29.52. **Women** – Carroll 29, MSU Billings 33, Spokane CC 77, Rocky Mountain 104. **Individuals (4,000 Meters)** – 1. Leah Esposito, Carroll, 14:42.05; 2. Nocompa Frame, 14:47.36; 3. Renae Hepfner, MSUB, 14:48.19.

Hawaii Big Wave Invitational (Sept. 6 at Manoa, HI): Men – Alaska Anchorage 15, BYU-Hawaii 50, Chaminade 73. **Individuals (5,000 Meters)** – 1. Henry Cheseto, UAA, 15:48.90; 2. Dylan Anthony, UAA, 15:50.10; 3. Dominik Notz, UAA, 15:50.30; 4. Nathan Kipchumba, UAA, 15:53.20; 5. Victor Samoei, UAA, 16:09.60. **Women** – Alaska Anchorage 21, BYU-Hawaii 46, Hawaii Hilo 88, Hawaii 95, Chaminade 148. **Individuals (5,000 Meters)** – 1. Beatrice Decker, UAA, 19:18.40; 4. Jessica Pakkala, UAA, 19:43.90; 5. Bryn Haebe, UAA, 19:46.10.

UAF Invitational (Sept. 6 at Fairbanks): Men – Cal State Stanislaus 18, Alaska 50, Hawaii Pacific 52. **Individual (8,000 Meters)** – 1. Alex Villaescusa, CSUS, 26:03.1; 7. Isaac Lammers, UAF, 26:52.3; 8. Takagi Seiji, UAF, 27:01.8; 9. Rankin Kkeegan, UAF, 27:03.4. **Women** – Hawaii Pacific 26, Cal State Stanislaus 31, Alaska 76. **Individuals (6,000 Meters)** – 1. Fiona McKenna, HPU, 22:50; 10. Nichole Bathe, UAF, 24:16.6.

Alaska Anchorage/Willamette Dual (Sept. 11 at Anchorage): Men – Alaska Anchorage 15, Willamette 50. **Individual (4,200 Meters)** – 1. Henry Cheseto, UAA, 12:39; 2. Dominik Notz, UAA, 12:41; 3. Victor Samoei, UAA, 12:44; 4. Dylan Anthony, UAA, 12:56; 5. Nathan Kipchumba, UAA, 13:01. **Women** – Willamette 25, Alaska Anchorage 31. **Individuals (4,200 Meters)** – 1. Taylor Ostrander, WU, 15:28; 3. Beatrice Decker, UAA, 15:48; 4. Jessica Pakkala, UAA, 15:53.

Western Oregon Ash Creek Invitational (Sept. 12 at Monmouth): Men – Simon Fraser 21, Northwest Christian 49, Western Oregon 88, Lane CC 116, Linfield 117, Warner Pacific 158, Olympic 213. **Individuals (5,900 Meters)** – 1. Brady Beagley, unat., 17:55.3; 3. Oliver Jorgensen, SFU, 18:03.5; 5. Travis Vugteveen, SFU, 18:20.6. **Women** – Northwest Christian 27, Simon Fraser 35, Concordia 92, Western Oregon 127, Lane CC 136, Linfield 138, Olympic 222, Warner Pacific 226. **Individuals (4,200 Meters)** – 1. Rebecca Bassett, SFU, 14:27.9.

NNU Roger Curran Invitational (Sept. 13 at Nampa): Men – College of Idaho 22, Northwest Nazarene 41, Westminster (Utah) 74. **Individuals (6,000 Meters)** – 1. Max Hampton, College of Idaho, 19:25.76; 2. Chase Cunningham, NNU, 19:30.98; 4. Isaac Mitchell, NNU, 19:38.07. **Women** – College of Idaho 22, Northwest Nazarene 53, Westminster (Utah) 55. **Individuals (4,000 Meters)** – 1. Lila Klopfenstein, C. of Idaho, 14:40.75; 3. Susanna Fleming, NNU, 15:16.28; 9. Jadyn Gourley, NNU, 15:49.39.

Central Washington Invitational (Sept. 13 at Yakima): Men – Central Washington 34, Western Washington 37, Trinity 102, Treasure Valley 111, Highline CC 137. **Individuals (6,000 Meters)** – 1. Isaac Derline, unat, 19:36; 2. Max Romey, WWU, 19:37; 3. Matt Lutz, WWU, 19:56; 4. Rudy Spencer, CWU, 20:06. **Women** – Central Washington 19, Western Washington 35, Pacific 103, Treasure Valley 116, Trinity 119. **Individuals (4,000 Meters)** – 1. Dani Eggleston, CWU, 14:55; 2. Connie Morgan, CWU, 14:58; 3. Taylor Guenther, WWU, 15:03; 4. Megan Rogers, CWU, 15:08; 5. Erin Chinchar, CWU, 15:14.

GNAC ATHLETES OF THE WEEK

Week	Male
Sept. 1-7	Robert Peterson, MSUB
Sept. 8-14	Henry Cheseto, UAA Oliver Jorgensen, SFU

Week	Female
Sept. 1-7	Beatrice Decker, UAA
Sept. 8-14	Rebecca Bassett, SFU

Week of Sept. 1-7: Men – Robert Peterson, MSU Billings (Jr., Billings, MT – Skyview) was the lone runner to break 19 minutes in winning the Carroll College Early Bird Invitational Friday at Helena in a 6,000-meter time of 18:52.07. MSUB finished first with 26 points, 25 ahead of the host Saints. **Women** – Beatrice Decker, Alaska Anchorage (Jr., Erfurt, Germany) won the University of Hawaii Big Wave Invitational in a 5,000-meter time of 19:18.4. It was her second Top 2 finish of the young season. She finished second in a meet at Hawaii Hilo on Aug. 30 in a 5K time of 19:16, leading the Seawolves to wins in both meets.

Week of Sept. 8-14: Male – Henry Cheseto, Alaska Anchorage (Fr., Kapenguria, Kenya) and Oliver Jorgensen, Simon Fraser (So., Abbotsford, BC – Robert Bantem) ... Cheseto remained unbeaten in three races leading the Seawolves to their third consecutive perfect score in a 15-50 home dual meet win over Willamette. Cheseto was clocked in a 4,200-meter time of 12:39. Jorgensen led the Clan to a win at the WOU Ash Creek Invitational at Monmouth. Led by Jorgensen's 5,900-meter time of 18:03.5, the Clan placed four runners in the Top 7 and five in the Top 10. **Women** – Rebecca Bassett, Simon Fraser (So., Nanaimo, BC) won the WOU Ash Creek Invitational in a 4,200-meter time of 14:27.9 as the Clan cruised to an easy team victory, placing six runners in the Top 11.

A QUICK LOOK AT THE POST-SEASON

WESTERN OREGON HOSTS GNAC CHAMPIONSHIPS: The GNAC Cross Country championships will return to the Ash Creek Cross Country course on the campus of Western Oregon University for the third consecutive year Nov. 1. Alaska Anchorage has won the last four men's championships (two at Monmouth and two at Yakima) and the last five women's titles (two at Monmouth and three at Yakima). **Race Times: Men** – TBA (8,000 Meters). **Women** – TBA (6,000 Meters).

MSU BILLINGS TO HOST WEST REGIONALS: Montana State Billings will host the 2014 NCAA West Regionals Saturday, Nov. 22. The top six men's and women's team finishers will qualify for the NCAA National meet Dec. 6 at Louisville, Kent. **Regional Race Times: Men** – 11 a.m. MST (10,000 Meters). **Women** – 12:15 p.m. MST (6,000 Meters).

Twitter Hashtags

GNAC	#GNACXC
Alaska Anchorage	#GoSeawolves
Alaska	#GoNooks
Central Washington	#CWUWildcats
Montana State Billings	#GoMSUBJackets
Northwest Nazarene	#GoNNUCrusaders
Saint Martin's	#SaintsAlive
Seattle Pacific	#GoFalcons
Simon Fraser	#NCAAeh
Western Oregon	#GoWolves
Western Washington	#UnleashTheHorns

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