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UAA Men, Simon Fraser Women Earn Top 10 National Rankings

PORTLAND, Ore. - Alaska Anchorage's men are ranked eighth and Simon Fraser's women are ranked ninth in the inaugural NCAA Division II national polls of the regular-season conducted by the United States Track & Field and Cross Country Coaches Association (USTFCCA).

The Seawolf men were also ranked eighth in the pre-season poll. Simon Fraser moved up seven positions from the pre-season poll.

Western Washington is the only other GNAC team ranked in the first national poll. The Viking women are 19th (the same as in the pre-season poll) and the Viking men are 20th (down two slots from the pre-season poll).

In the first regional polls released Tuesday, nine GNAC teams are ranked.

Alaska Anchorage is second and Western Washington is fourth in the men's poll followed by Simon Fraser (7th) and Montana State Billings (10th).

In the women's poll, Simon Fraser is ranked second, followed by Western Washington (5th), Central Washington (6th), Seattle Pacific (7th) and defending regional champion Alaska Anchorage (8th).

MSUB will host the NCAA West Regional meet Nov. 22 at Amend Park in Billings. That meet will qualify six men's teams and six women's teams for the NCAA national meet two weeks later in Louisville, Kent.

Five of the GNAC's 10 teams are in action Saturday. Western Washington will join host Saint Martin's in Lacey for the Saint Martin's Invitational.

Seattle Pacific and Simon Fraser, meanwhile, are in California to compete in the Stanford Invitational. MSUB travels to Minneapolis for the University of Minnesota Roy Griak Invitational.

Alaska Anchorage, Alaska Fairbanks, Central Washington, Northwest Nazarene and Western Oregon are all idle.

Clan Earn Pair of Seconds at Sundodger

Simon Fraser earned a pair of second place finishes last Saturday in the University of Washington Sundodger at Lincoln Park in Seattle.

The Clan finished in back of University of British Columbia in both divisions as Oliver Jorgensen and Rebecca Bassett led SFU with third place finishes, respectively.

THIS SATURDAY IN THE GNAC

U. of Minnesota Roy Griak Invitational (MSU Billings), 9 a.m.; Saint Martin's Invitational (Saint Martin's, Western Washington), 10 a.m.; Stanford Invitational (Seattle Pacific, Simon Fraser).

USTFCCA Regional Poll

Men	UAA	MSUB	SFU	WWU
Pre-Season	2 nd	8 th	7 th	3 rd
Sept. 23	2 nd	10 th	7 th	4 th

Women	UAA	CWU	SPU	SFU	WWU
Pre-Season	7 th	10 th	3 rd	4 th	5 th
Sept. 23	8 th	6 th	7 th	2 nd	5 th

USTFCCA National Poll

Men	UAA	WWU
Pre-Season	8 th	18 th
Sept. 24	8 th	20 th

Women	SPU	SFU	WWU
Pre-Season	13 th	16 th	19 th
Sept. 24	---	9 th	19 th

Jorgensen covered the 8,000-meter course in a time of 24:39 to earn GNAC Athlete of the Week honors.

Bassett posted a 6,000-meter time of 21:36.

The best time by a GNAC athlete in the women's meet was a time of 21:12 by Katelyn Steen of Western Washington in the invitational division.

Elsewhere last Saturday, MSUB's men finished first in the non-Division I division of the Montana State Invitational. Claiming his second individual win of the season in two races was the Yellowjackets' Robert Peterson in a time of 25:57.93.

MSUB's women finished second, just three points back of Carroll College as Niconia Frame finished first for the Yellowjackets in a time of 18:13.32.

At Spokane, Northwest Nazarene finished fifth and Saint Martin's placed seventh in the men's division of the Eric Anderson Invitational. NNU freshman Isaac Mitchell placed sixth in a 8,000-meter time of 26:33.21.

In the women's division, the Crusaders were fifth and the Saints placed eighth. The top GNAC finisher was NNU's Susanna Fleming, who finished 15th in a time of 20:12.60.

LAST WEEK'S SUMMARIES

Montana State Invitational (Sept. 20 at Bozeman): Men (Non-Division I) – MSU Billings 36, Carroll 39, Gillette 68, Great Falls 88, Rocky Mountain 154. **Individuals (8,000 Meter)** – 1. Robert Peterson, MSUB, 25:57.93; 4. Jamon Rodrigues, MSUB, 26:24.02. **Women** – Carroll 28, MSU Billings 31, Gillette 80, Great Falls 103. **Individuals (6,000 Meters)** – 1. Nicona Frame, MSUB, 18:13.32; 5. Renae Hepfner, MSUB, 18:31.94.

UW Sundodger (Sept. 20 at Lincoln Park): Men's Open – British Columbia 33, Simon Fraser 54, Whitman 158, Western Oregon 163, Puget Sound 186, Seattle RC 233, Lewis & Clark 235, Everett CC 239, Central Washington 240, Alaska 260 (13. Seattle Pacific 288). **Individuals (8,000 Meters)** – 1. Jack Williams, UBC, 24:34; 3. Oliver Jorgensen, SFU, 24:39; 6. Zach Holloway, WOU, 25:01; 9. Turner Wiley, SPU, 25:10; 13. Marc-Anto Rouleau, SFU, 25:23; 14. Travis Vugteveen, SFU, 25:25. **Women's Open** – British Columbia 34, Simon Fraser 45, Central Washington 96, Seattle Pacific 151, Whitman 167, Puget Sound 181, Whitworth 184, Western Oregon 232, MacEwan 254, Lewis & Clark 286 (13. Alaska 350). **Individuals (6,000 Meters)** – 1. Maria Bernard, UBC, 20:37; 3. Rebecca Bassett, SFU, 21:36; 5. Dano Eggleston, CWU, 21:58; 7. Jennifer Johnson, SFU, 22:04; 15. Megan Rogers, CWU, 22:37. **Women's Invitational** – 1. Maddie Meyers, UW, 20:21; 8. Katelyn Steen, WWU, 21:12.

Eric Anderson (Sept. 20 at Spokane): Men – Lewis-Clark State 47, Gonzaga 49, Gonzaga Club (unat). 96, Black Hill State 106, Northwest Nazarene 120, Spokane CC 134, Saint Martin's 149, Whitman 234. **Individuals (8,000 Meters)** – 1. Willie Milam, unat.-GU, 25:00.12; 6. Isaac Mitchell, NNU, 26:33.21; 7. Frank Krause, SMU, 26:33.89; 19. Kaleb Fleenor, NNU, 27:05.73. **Women** – Lewis-Clark State 20, Gonzaga 46, Spokane CC 86, Black Hills State 123, Northwest Nazarene 134, Whitman 162, Whitworth 196, Saint Martin's 207. **Individuals (6,000 Meters)** – 1. Jessica Mildes, unat.-GU, 18:33.98; 15. Susanna Fleming, NNU, 20:12.60.

GNAC ATHLETES OF THE WEEK

Week	Male
Sept. 1-7	Robert Peterson, MSUB
Sept. 8-14	Henry Cheseto, UAA Oliver Jorgensen, SFU
Sept. 15-20	Oliver Jorgensen, SFU

Week	Female
Sept. 1-7	Beatrice Decker, UAA
Sept. 8-14	Rebecca Bassett, SFU
Sept. 15-20	Katelyn Steen, WWU

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.

Week of Sept. 15-21: Men – Oliver Jorgensen, Simon Fraser (So., Abbotsford, BC) finished third in the open division of the University of Washington Sundodger Invitational at Lincoln Park in an 8,000-meter time of 24:39, finishing just five seconds back of Jack Williams of UBC. **Women** – Katelyn Steen, Western Washington (Sr., Sammamish, WA - Lakewood) finished eighth in the UW Sundodger Invitational division in a 6,000-meter time of 21:12. She finished in back of five athletes from Division I schools and two from Canada's Trinity Western. Her time was also better than all but one athlete competing in the open division.

PREVIOUS 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 – 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. Nocomo 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.

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** – 10:30 a.m. (8,000 Meters). **Women** – 11:30 a.m. (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

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Montana State Billings	#GoMSUBJackets
Northwest Nazarene	#GoNNUCrusaders
Saint Martin's	#SaintsAlive
Seattle Pacific	#GoFalcons
Simon Fraser	#NCAAeh
Western Oregon	#GoWolves
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