



Oct. 15, 2015 • Week 5
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GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Thurs., Oct. 15

Montana State Billings at Yellowjacket/Battlin' Bear Dual, 4 p.m.

Sat., Oct. 17

Central Washington, Simon Fraser at Emerald City Classic, 10:30 a.m.

Northwest Nazarene at Lewis & Clark Invitational, 11 a.m.

LAST WEEK'S MEETS

Fri., Oct. 9

MSU Billings Yellowjacket Invitational at Amend Park, Billings, Mont.

Men (8,000 Meters): Black Hills St. 21, Montana State Billings 40, South Dakota Mines 84, Rocky Mountain 100, Central Wyoming 148, Montana State Northern 177.

Top 5 Finishers: 1, Alec Baldwin, BHSU, 24:30.39. 2, Robert Peterson, MSUB, 25:13.14. 3, Kendall Murie, BHSU, 25:29.60. 4, Jonah Theisen, BHSU, 25:54.10. 5, Matt Winter, MSUB, 25:55.18.

Other Top GNAC Runners: 8, Jorey Englund, MSUB, 28:16.46. 12, Tyus Mendoza, MSUB, 26:55.08. 13, Liam McKay, 26:58.99.

Women (6,000 Meters): South Dakota Mines 25, Montana State Billings 37, Black Hills State 67, Montana State Northern 110.

Top 5 Finishers: 1, Adeline Straatmeyer, SDM, 23:56.32. 2, Brielle Davis, MSUB, 24:46.93. 3, Libby Friesen, SDM, 24:55.05. 4, Rio Frame, MSUB, 25:06.59. 5, Taylor Condon, MSUB, 25:13.44.

Other Top GNAC Runners: 9, Jinise Trueblood, MSUB, 25:50.41. 18, Bailey Bomar, MSUB, 27:07.18.

San Francisco State Invitational at Speedway Meadows, Golden Gate Park, San Francisco, Calif.

Men (8,000 Meters): Chico State 23, Cal Baptist 82, San Francisco State 111, Southern Oregon 111, Cal State San Marcos 115, Academy of Art 191, Santa Clara 235, Humboldt State 239, Cuyamaca JC 275, Cal State Monterey Bay 282, Fresno Pacific 311, Northwest Nazarene 317, Stanislaus State 414, UC Merced 423, Holy Names 435, Notre Dame de Namur 443, Great Falls 470, Soka 502, Pacific Union 608, Dominican (Calif.) 612.

Top 5 Finishers: 1, William Reyes, CHICO, 24:35.2. 2, Valentin Pepiot, AAU, 24:44.3. 3, Falco DeGiallonardo, CHICO, 24:47.5. 4, Valentin Robert, CBU, 24:49.8. 5, Steven Martinez, CHICO, 25:00.4.

Top GNAC Finishers: 7, Isaac Mitchell, NNU, 25:06.2. 98, Nick Hamilton, NNU, 26:43.2. 115, Chase Cunningham, NNU, 27:01.8. 134, Gabe Fisher, NNU, 27:32.2. 166, Tim Swarat, NNU, 28:19.9.

Women (6,000 Meters): Chico State 41, Cal Baptist 63, Cal State San Marcos 93, Stanislaus State 140, Northwest Nazarene 211, Humboldt State 213, Cal State Monterey Bay 214, Southern Oregon 249, Academy of Art 257, San Francisco State 266, Fresno Pacific 355, Santa Clara 389, Great Falls 391, Cuyamaca JC 423, UC Merced 427, Soka 428, Sonoma State 450, Notre Dame de Namur 463, Marymount (Calif.) 497, Menlo 608, Holy Names 611, Mills 664.

Top 5 Finishers: 1, Sadie Gastelum, CHICO, 21:39.3. 2, Hannah Bell, CSMB, 21:40.4. 3, Courtney Moore, FPU, 21:46.9. 4, Jessa Perkinson, SOU, 21:47.6. 5, Caroline Barkechir, CBU, 22:00.6.

Top GNAC Finishers: 11, Sierra Manser, NNU, 22:14.4. 37, Hailey Gordon, 22:52.6. 53, Anysja Manser, NNU, 23:11.2. 78, Rebecca Hook, 23:49.8. 108, Jaydn Gourley, NNU, 24:30.6.

Western Washington Invitational at Lake Padden Park, Bellingham, Wash.

Men (10,000 Meters): Alaska Anchorage 37, Windsor 72, Trinity Western 82, Victoria 99, Simon Fraser 109, Western Washington 160, British Columbia 199, Club Northwest 219, Western Oregon 230, Flying Iguanas Moose Lodge 270, Central Washington 306, Alaska 356, Everett CC 387, Saint Martin's 427.

Top 5 Finishers: 1, Henry Cheseto, UAA, 31:00. 2, Declan White, TWU, 31:05. 3, Dominik Notz, UAA, 31:08. 4, Paul Janikowski, UW, 31:10. 5, Forrest Simpson, UV, 31:20.

Other Top GNAC Finishers: 6, Edwin Kangogo, UAA, 31:33. 7, Victor Samoei, UAA, 31:34. 9, Oliver Jorgensen, SFU, 31:47.

Women (6,000 Meters): Trinity Western 48, Alaska Anchorage 84, Club Northwest 119, Western Washington 133, Victoria 167, Whatcom Tesseract 168, Simon Fraser 184, Central Washington 184, British Columbia 185, Windsor 213, Western Oregon 286, Saint Martin's 301, Alaska 343.

Top 5 Finishers: 1, Sarah Inglis, TWU, 20:47. 2, Joyce Chelimo, UAA, 21:19. 3, Caroline Kurgat, UAA, 21:22. 4, Regan Yee, TWU, 21:24. 5, Lisa Brooking, TWU, 21:24.

Other Top GNAC Finishers: 7, Rebecca Bassett, SFU, 21:52. 20, Kimberly Cosica, UAA, 22:25. 21, Dani Eggleston, CWU, 22:28.

#GNACXC in 140 @GNACSports

#SeawolfSurge In their only time racing GNAC competition prior to the conference meet, Alaska Anchorage held serve at the Western Washington Invitational. The UAA men won with a score of 37 points and the women placed second with 84 points behind a non-GNAC team.

#3for3 Henry Cheseto won his third race of the season in as many tries. The sophomore covered the 10,000-meter course at the Western Washington Invitational in 31:00.

#SanFranciscoTreat Northwest Nazarene's **Isaac Mitchell** was named GNAC Cross Country Men's Runner of the Week for his 11th place finish in a loaded Division II field at the San Francisco Invite.

#OneMoreTime Central Washington, Montana State Billings, Northwest Nazarene and Simon Fraser will all race one more time before the GNAC Championships on Oct. 24.

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GNAC Cross Country Runners of the Week



MEN

Isaac Mitchell, Northwest Nazarene
Sophomore • Sandy, Ore.

Mitchell placed seventh amidst a field loaded with the West Region's top runners at Friday's San Francisco State Invitational. His time of 25:06.2 over 8,000 meters was just six seconds short of the race's top five and averaged out to 5:03 per mile.

Also Nominated: Henry Cheseto (Alaska Anchorage), Josh Hunt (Saint Martin's).



WOMEN

Joyce Chelimo, Alaska Anchorage
Sophomore • Kapenguria, Kenya

Running in her first race in nearly a month, Chelimo finished second at the Western Washington Invitational. She was the top GNAC finisher in the meet, covering the 6,000-meter course in 21:19. It was her third top-three finish of the season.

Also Nominated: Larissa Kolasinski (Saint Martin's), Sierra Manser (Northwest Nazarene).

Past GNAC Runners of the Week

Date	Men	Women
Aug. 31 - Sept. 6	Robert Peterson, MSUB	Anna Patti, SPU
Sept. 7 - 13	Henry Cheseto, UAA	Rebecca Bassett, SFU
Sept. 14 - 20	Oliver Jorgensen, SFU	Anna Patti, SPU
Sept. 21-27	Oliver Jorgensen, SFU	Rebecca Bassett, SFU
Sept. 28 - Oct. 4	Jared Seckel, CU	Megan Fristoe, CU
Oct. 5 - 11	Isaac Mitchell, NNU	Joyce Chelimo, UAA
Oct. 12 - 19		

Complete Player of the Week releases are available online at GNACsports.com.

GNAC News & Notes

SEAWOLVES SURGE: Despite not having competed for a month, Alaska Anchorage showed no signs of slowing down at the Western Washington Invitational. The Seawolves won the men's competition with a score of 37 points, well outdistancing second place Windsor (72 points). Sophomore **Henry Cheseto** won his third race of the season, covering the 10,000-meter course in 31:00. Four of the Seawolves' top runners finished in the top-10.

The UAA women finished second at the WWU Invitational with 84 points, finishing behind Trinity Western in the team competition. **Joyce Chelimo** notched her third second place finish of the season with a time of 21:19. Caroline Kurgat also had her third top-three finish of the season, placing third with a time of 21:22.

A BREAK OF SORTS: The majority of the GNAC's cross country teams will take the upcoming weekend off to rest prior to the GNAC Championships. Montana State Billings will host a dual meet with Rocky Mountain College on Thursday. Northwest Nazarene will compete at the Lewis & Clark Invitational on Saturday in Estacada, Ore., while Central Washington and Simon Fraser will run at the Emerald City Open in Seattle.

IN THE RANKINGS: Alaska Anchorage maintained its leading spots in this week's USTFCCA Division II Coaches Top-25 polls. The UAA men retained their No. 5 ranking while the women held strong at No. 7. In the men's poll, Simon Fraser retained their No. 12 ranking while Western Washington dropped three spots to No. 21.

Western Washington also slipped two spots in the women's poll to No. 12. Seattle Pacific dropped one spot to No. 18.

CHAMPIONSHIPS: Western Washington will host the 2015 GNAC Cross Country Championships on Sat., Oct. 24, at Bellingham's East Lake Padden Park. Western Oregon will host the NCAA Division II West Regional Championships on Sat., Nov. 7, on their own Ash Creek Preserve course on campus in Monmouth. All GNAC teams automatically qualify for the regional meet. The top four men's teams and the top five women's team in the regional meet qualify for the NCAA Division II Championships, which take place on Sat., Nov. 21, in Joplin, Mo.

Around The GNAC

ALASKA



- Alaska returned from a three-week hiatus by competing at the Western Washington Invitational. The Nanooks' men placed 12th in the meet while the women placed 13th.
- Junior **Kali Striker** led all Alaska placers in the meet. She finished 71st in the women's 6,000-meter race in 23:56. **Dorothy O'Donnell**, who was the Nanooks' top finisher in their first three meets, placed 76th in 24:02.
- Sophomore **Lyon Kopsack** led Alaska in the men's 10,000-meter race, placing 80th with a time of 34:26. **Jan Cech** finished 90th in 34:40 while **Alex Eckert** placed 98th in 35:02.
- The Alaska men opened the season by winning the shorter 5,000-meter race at the Alaska Invitational to open the season, led by a second place finish by Eckert (16:11.7). The Nanook women placed second in both the 6,000-meter race and the 5,000-meter race at their Alaska Invitational. O'Donnell was the top finisher for Alaska in both races with a pair of third place finishes (23:36.7 for 6,000 meters, 19:10.7 for 5,000 meters).
- Alaska will compete at Lake Padden Park for two consecutive meets. The Nanooks will next race at the GNAC Championships on Sat., Oct. 24. Alaska placed seventh in the men's race last year while the women placed eighth.

ALASKA ANCHORAGE



- Alaska Anchorage showed that they will again be the team to beat at the GNAC Championships with their team placing at the Western Washington Invitational. The Seawolves won the men's competition out of 14 teams, tallying 37 points. The UAA women placed second out of 13 teams with 84 points, finishing behind Trinity Western.
- **Henry Cheseto** won his third race in as many tries this season, covering the 10,000-meter course in 31:00. **Dominik Notz** was eight second behind in third place at 31:08. The Seawolves' top-four finishers crossed the finish line within 34 seconds of each other.
- **Joyce Chelimo** was the Seawolves' leading runner in the women's 6,000-meter race, finishing second with a time of 22:19. Chelimo has placed second in all three meets she has run this season. **Caroline Kurgat** finished third in a time of 21:22. The Western Washington Invitational was the Seawolves' first 6,000-meter race of the season.
- The UAA men and women both maintained their spots in this week's USTFCCA Division II Coaches polls. The men remain at No. 5 and No. 2 in the west region, while the women are ranked No. 7 nationally and No. 2 in the west region.
- The Alaska Anchorage men started the season with perfect scores in both of their Hawaii meets, the Big Wave Invitational on Sept. 5 and the Hawaii Pacific Invitational on Sept. 12.
- Cheseto is the defending GNAC and West Region champion. He won the 2014 GNAC Championships as a freshman in 24:35.91. The Seawolves won their fifth consecutive conference title in 2014 with a score of 18 points, the lowest ever at a GNAC Championship.
- **Beatrice Decker**, the top returning UAA women's finisher from 2014, ran her first meet of the season at the Western Washington Invitational. Decker placed seventh last year. Chelimo, who redshirted in 2014, placed fourth at the 2013 GNAC Championships with a time of 20:35.05 (as Joyce Kipchumba).

CENTRAL WASHINGTON



- Central Washington got a feel of what it will take to move up in the conference standings at the Western Washington Invitational. The CWU women placed eighth and were the No. 4 GNAC team in the meet. The Wildcats' men placed 11th.
- Senior **Dani Eggleston** led the Central Washington women, placing 21st with a time of 22:28. Eggleston has placed in the top-35 in all four meets she has competed in. Senior **Erin Chinchar** placed 24th in 22:36.
- Sophomore **Alex Martinez** led the Wildcats' men, placing 66th in a time of 34:01 on the 10,000-meter course. Freshman **Jonathan Lafferty** was nine seconds behind, placing 70th in 34:10.
- Central Washington's women were ranked during the first three weeks of the season. The Wildcats opened the season ranked No. 22 nationally and fifth in the west region, but dropped off after the Sept. 22 rankings.
- Central Washington is one of four GNAC teams that will compete in the weekend before the GNAC Championships. The Wildcats will join Simon Fraser at the Emerald City Classic on Saturday in Seattle.
- Central Washington's men finished fifth at the 2014 GNAC Championships with 159 points. **Harry Engel** is the team's top returning placer, finishing 53rd in 27:00.28. The CWU women placed fourth with 85 points and went to compete at the NCAA Division II Championships. Eggleston placed third at last year's championship in 20:42.10.

CONCORDIA



- Concordia is in the midst of a two-weekend break from competition leading up to the GNAC Championships.
- Concordia put together a pair of solid team performances at the Charles Bowles Willamette Invitational on Oct. 3. Concordia was the top placing GNAC team in the Men's Cardinal Race, finishing seventh with 204 points. The Cavaliers were the No. 2 team from the GNAC in the Women's Cardinal Race, placing ninth with 230 points.
- Junior **Jared Seckel** was named the GNAC Men's Runner of the Week for Sept. 28 - Oct. 4 for his 13th place finish at the Willamette Invitational in a time of 25:32.9. Junior transfer **Megan Fristoe** was named GNAC Women's Runner of the Week the same week. She placed 11th, covering the 5,000-meter course in 18:21.1.
- The Concordia men placed third at last year's NAIA Cascade Collegiate Championships with a score of 112 points and went on to placed 20th at the NAIA National Championships. The Cavaliers' women placed fifth at the CCC meet with 145 points.
- Concordia is in the second year of a three-year transition process to NCAA Division II membership. This is their first year competing in full Division II and GNAC schedules. While the Cavaliers are eligible to win the GNAC championship, they are not eligible for regional & national competition.

Around The GNAC

MONTANA STATE BILLINGS



- One of two competing GNAC teams not running in Bellingham, both the Yellowjackets' men and women placed second at their own MSU Billings Yellowjacket Invitational. The MSU Billings' men scored 40 points while the women scored 37 points.
- Senior **Robert Peterson** notched his fifth top-five finish of the season, placing second in a season best time of 25:13.4. His time was 51 second better than his finish time at the Sept. 26 Roy Griak Invitational.
- Senior **Matt Winter** followed in fifth place in a season best time of 25:55.18. Sophomore **Jorey Egeland** placed eighth in 26:18.46.
- Senior **Brielle Davis** was Montana State Billings' top women's finisher for the second consecutive meet. She placed second at the Yellowjacket Invitational. Her time of 24:46.93 essentially matched her time from the Roy Griak Invitational.
- Junior **Rio Frame** placed fourth after a month away from competition, clocking a time of 25:06.59. Senior **Taylor Condon** placed fifth in a season best time of 25:13.44.
- Montana State Billings will finish their regular season on Thursday afternoon, hosting their own Battlin' Bear Dual against crosstown rival Rocky Mountain College.
- The Yellowjackets placed fourth in the men's competition at last year's GNAC Championship with 156 points. Peterson placed fourth in a time of 24:59.61 and went on to place 100th at the NCAA Division II Championships. The MSUB women placed sixth last year with 140 points. Frame is the team's top returning finisher, placing 22nd in time of 21:47.98.

NORTHWEST NAZARENE



- Northwest Nazarene returned to competition after two weekends off, traveling south to compete at the San Francisco State Invitational. The Crusaders' women placed an impressive fifth out of 19 teams, while the men placed 12th out of 20 teams.
- Freshman **Sierra Manser** notched her second top-15 finish of the season, placing 11th in the women's 6,000-meter race with a season-best time of 22:14.4. Senior **Hailey Gordon** placed 37th in a time of 22:52.6.
- Sophomore **Isaac Mitchell** finished seventh in the men's 8,000-meter race in a time of 25:06.2.
- Northwest Nazarene is one of four GNAC teams competing on the weekend before the GNAC Championships. The Crusaders will come to the Willamette Valley to compete at the Lewis & Clark Invitational on Saturday.
- The Sundodger was the only time that Northwest Nazarene competed against other GNAC squads this season prior to the GNAC Championships.
- The NNU men placed sixth at last year's GNAC Championships, finishing with 173 points. Mitchell was the Crusaders' top finisher in 17th place with a time of 25:30.88. The NNU women placed ninth with a score of 241 points. **Anyjsa Manser** is the Crusaders' top returning placer. She was 42nd last year in 22:33.62.

SAINT MARTIN'S



- Saint Martin's returned to competition after a one-week break. The Saints' women placed 12th at the Western Washington Invitational while the men placed 14th.
- Freshman **Larissa Kolasinski** showed the potential to be among the top-10 finishers at the GNAC Championships. She placed 28th on the Lake Padden course in a time of 22:48. She was the No. 9 GNAC runner to cross the finish line.
- Senior **Karen Horvath** was not far behind Kolasinski, placing 41st in a time of 23:19.
- Sophomore **Josh Hunt** was the Saints' top men's finisher, placing 120th in a time of 35:39. Senior **Nathan Morgan** finished 127th in 35:49 while sophomore **Austin Miller** placed 131st in 36:12.
- Saint Martin's finished ninth in the men's competition at last year's GNAC Championships with 229 points. Morgan was the team's top placer in 44th place in 26:27.45. The Saints' women placed 10th with 298 points. Junior **Megan Teigen** is the team's top returning placer, finishing 43rd in 22:35.39.

SEATTLE PACIFIC



- Seattle Pacific is off until the GNAC Championships on Sat., Oct. 24.
- In their last competition, the Falcons' women placed an impressive third out of 18 teams in the Women's Cardinal Race at the Oct. 3 Charles Bowles Willamette Invitational, beat out only by Division I squads from Portland State and Univ. of Portland. The SPU men placed 10th in the Men's Cardinal Race.
- Senior **Anna Patti** just missed winning her fourth race of the season, placing second with a time of 17:35.3. Patti was charging fast at Portland State's Amanda Boman, who won with a time of 17:30.9. Patti won her first three races of the season at the Moda Health Alaska Invitational and the Sundodger Invitational.
- Senior **Adam Avischious** was the top men's runner for Seattle Pacific, finishing in 36th place in a season-best of 26:18.9. He cut 24 seconds off his time at the Sundodger Invitational two weeks earlier.
- The Seattle Pacific women dropped one spot in this week's USTFCCCA Division II Coaches Poll to No. 18. The Falcons reached their highest ranking of No. 17 last weekend. The team remained at No. 5 in the West Region Rankings for the fourth consecutive week.
- Seattle Pacific finished fifth in the women's competition at the 2014 GNAC Championships with a score of 130 points. Patti led the way with a seventh place finish in a time of 25:07.60. The men finished 10th with 235 points. Avischious led the Falcons in 42nd place in a time of 26:25.05.

Around The GNAC



SIMON FRASER

- Simon Fraser showed well in both the men's and women's races at the Western Washington Invitational. The Clan men placed fifth with a score of 109 points and were the No. 2 GNAC team behind Alaska Anchorage. The SFU women placed seventh with a score of 184 points and were No. 3 GNAC team.
- True to form, Oliver Jorgensen led the SFU men with his third top-10 finish of the season. Jorgensen placed ninth, covering the 10,000-meter course in a time of 31:47.
- Simon Fraser placed four of their scoring runners in the top-30 of the race. **Marc-Antoine Rouleau** placed 16th in 32:07. **Cameron Proceviat** finished 23rd in 32:19 and **Braeden Charlton** was 29th in 32:34.
- Junior **Rebecca Bassett** earned her third top-10 finish of the season, placing seventh at the WWU Invitational in 21:52. She was the third GNAC athlete to cross the finish line.
- The Simon Fraser men maintained their No. 12 ranking in the USTFCCA Division II Coaches Top-25. The Clan is ranked No. 4 in the West Region Rankings for the fourth consecutive week.
- At the 2014 GNAC Championships, Simon Fraser's women won their first conference title, finishing with 62 points in a competition that saw the top-three placing teams separated by three points. The Clan went on to win the West Region Championships and placed seventh at the NCAA Championships. Bassett placed second in a time of 20:32.08.
- The Simon Fraser men placed third in last year's conference meet with a total of 67 points. Jorgensen led the way with a sixth place time of 25:07.60.

WESTERN OREGON



- Western Oregon placed 11th in both the men's and women's races at the Western Washington Invitational. The men finished with a total of 306 points while the women compiled 286 points.
- Sophomore **David Ribich** led the WOU men with his 13th place finish. He covered the 10,000-meter course in a time of 32:02. Ribich has finished in the top-20 in all three of his races this season.
- Senior **Zach Holloway** added a 22nd place finish with a time of 32:18. He has finished in the top-30 in all three of his races this season.
- Junior **Nicole Maurmann** paced the Western Oregon women with a 38th place finish in the 6,000-meter place, clocking a time of 23:12.
- The Western Washington Invitational was WOU's last full meet before the GNAC Championships. Those runners not competing at the conference meet will run at the Beaver Classic on Oct. 23 in Corvallis.
- Western Oregon will be the host of the NCAA Division II West Regional Championships, which will take place on Sat., Nov. 7.
- The WOU men placed seventh at the GNAC Championships with a score of 185 points. Ribich was the leading runner for WOU as a freshman, placing 26th in 25:56.47. Western Oregon's women placed seventh with 185 points. **Rachel Crawford** was the Wolves' top placer in 26th place in 21:55.36.

WESTERN WASHINGTON



- Western Washington came home to Lake Padden and performed well at their own Western Washington Invitational. The Vikings' women placed fourth out of 13 teams with 133 points while the men placed sixth with 160 points.
- Sophomore **Andrew Wise** led the way for the WWU men, placing 14th with a time of 32:03 over the 10,000-meter course. Sophomore **Sean Eustis** added a 31st place finish in a time of 32:39.
- Senior **Taylor Guenther** led the way for the Western Washington women, placing 23rd in 22:32 for 6,000 meters. Junior **Brittany Grant** was 26th with a time of 22:44.
- The Western Washington women dropped two spots in the USTFCCA Division II Coaches Top-25 Poll to No. 12 and dropped to No. 4 in the West Region Rankings. The Vikings' men dropped three spots to No. 21 in the national poll and lost one spot in the regional poll to No. 6.
- The Vikings' men became the second GNAC team this season to compile a perfect score this season, scoring 15 points to win the SMU Open on Sept. 26 (Alaska Anchorage has scored a perfect 15 twice this season). The Vikings' women placed second, one point off a perfect score with 16 points.
- Western Washington will host the GNAC Championships on Sat., Oct. 24, at Bellingham's Lake Padden Park. It is the second time that WWU has hosted the GNAC meet. The first was in 2005.
- Western Washington's men placed second at the 2014 GNAC Championships, compiling a score of 61 points. Eustis was the Vikings' top placer, finishing 12th in 25:17.99. The WWU women placed third in the close team battle with 64 points. Guenther was the top finisher, placing 10th in 21:02.66.

Men's Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SFU	WWU
Sept. 2	7th	25th	T-19th
Sept. 16	7th	T-21st	19th
Sept. 23	7th	14th	18th
Sept. 30	6th	14th	20th
Oct. 7	5th	12th	18th
Oct. 14	5th	12th	21st
Oct. 28			
Nov. 11			

NR - Not ranked in top-25, but is among others receiving votes.

West Region	UAA	SFU	WOU	WWU
Sept. 1	2nd	6th	—	4th
Sept. 15	2nd	6th	10th	5th
Sept. 22	2nd	4th	—	5th
Sept. 29	2nd	4th	—	5th
Oct. 6	2nd	4th	—	5th
Oct. 13	2nd	4th	—	6th
Oct. 27				

USTFCCCA DIVISION II COACHES POLL

as of Oct. 14, 2015 (Week 5)		
Rk	School (1st)	Pts.
1.	Grand Valley State (5)	197
2.	Chico State (2)	192
3.	Colorado Mines (1)	187
4.	Adams State	176
5.	Alaska Anchorage	161
6.	Southern Indiana	160
7.	Augustana (S.D.)	153
8.	Cal Poly Pomona	140
9.	Lock Haven	136
10.	Western State	135
11.	Shippensburg	105
12.	Simon Fraser	103
13.	West Texas A&M	94
14.	Mount Olive	88
15.	Wis.-Parkside	80
16.	Pittsburg State	78
17.	Black Hills State	77
18.	Cal Baptist	60
19.	Neb.-Kearney	53
20.	Stonehill	51
21.	Western Washington	42
22.	Saginaw Valley State	34
23.	New Mexico Highlands	33
24.	American International	13
25.	San Francisco State	11

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

as of Oct. 13, 2015 (Week 5)			
Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	Alaska Anchorage	GNAC	2
3.	Cal Poly Pomona	CCAA	3
4.	Simon Fraser	GNAC	4
5.	Cal Baptist	PacWest	6
6.	Western Washington	GNAC	5
7.	San Francisco State	CCAA	7
8.	UC San Diego	CCAA	9
9.	Humboldt State	CCAA	9
10.	Azusa Pacific	PacWest	10

[View Complete Regional Polls Online](#)

Women's Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	CWU	SFU	SPU	WWU
Sept. 2	10th	23rd	8th	—	RV
Sept. 16	9th	22nd	10th	—	—
Sept. 23	8th	RV (3)	—	18th	10th
Sept. 30	7th	—	—	19th	11th
Oct. 7	7th	—	—	17th	10th
Oct. 14	7th	—	—	18th	12th
Oct. 28					
Nov. 11					

RV - Not ranked in top-25, but is among others receiving votes.

West Region	UAA	CWU	SFU	SPU	WWU
Sept. 1	3rd	5th	2nd	9th	5th
Sept. 15	2nd	5th	3rd	7th	6th
Sept. 22	2nd	10th	—	5th	3rd
Sept. 29	2nd	—	—	5th	3rd
Oct. 6	2nd	—	—	5th	3rd
Oct. 13	2nd	—	—	5th	4th
Oct. 27					

USTFCCCA DIVISION II COACHES POLL

as of Oct. 14, 2015 (Week 5)		
Rk	School (1st)	Pts.
1.	Hillsdale (3)	195
2.	Adams State (4)	191
3.	Grand Valley State	186
4.	Minnesota Duluth (1)	177
5.	Chico State	171
6.	Western State	158
7.	Alaska Anchorage	149
8.	Augustana (S.D.)	144
9.	Northern Michigan	140
10.	Cal Baptist	123
11.	Southern Indiana	120
12.	Western Washington	113
13.	Bloomsburg	94
13.	Bellarmine	94
15.	Lewis	83
16.	Stonehill	74
17.	Colorado Mines	72
18.	Seattle Pacific	70
19.	Montevallo	53
20.	Dallas Baptist	50
21.	Mary	36
22.	Shippensburg	28
23.	Ashland	21
24.	Cal Poly Pomona	13
25.	UC-Colorado Springs	19
25.	Edinboro	10

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

as of Oct. 13, 2015 (Week 5)			
Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	Alaska Anchorage	GNAC	2
3.	Cal Baptist	PacWest	4
4.	Western Washington	GNAC	3
5.	Seattle Pacific	GNAC	5
6.	Cal Poly Pomona	CCAA	7
7.	Cal State San Bernadino	CCAA	8
8.	UC San Diego	CCAA	6
9.	Azusa Pacific	PacWest	10
10.	Cal State San Marcos	CCAA	NR

[View Complete Regional Polls Online](#)



2015 GNAC Meet Summaries

Thurs., Sept. 3

Moda Health Alaska Invitational

at West Ridge Trails, Fairbanks, Alaska

Men (8,000m): Montana State Billings 21, Alaska 32, Seattle Pacific 92.

Top 5 Finishers: 1, Robert Peterson, MSUB, 26:18.3. 2, Keegan Rankin, UAF, 27:08.4. 3, Liam McKay, MSUB, 27:19.8. 4, Garrett Love, MSUB, 27:23.1. 5, Mark Hovland, MSUB, 27:25.1.

Women (6,000m): Seattle Pacific 21, Alaska 43, Montana State Billings 68.

Top 5 Finishers: 1, Anna Patti, SPU, 22:11.5. 2, Sarah Macdonald, SPU, 23:11.1. 3, Dorothy O'Donnell, UAF, 23:36.7. 4, Hannah Calvert, SPU, 23:52.6. 5, Jessica Rawlins, SPU, 24:03.4.

Fri., Sept. 4

Linfield Harrier Classic

at Joe Dancer Park, McMinnville, Ore.

Men (6,000m): Wartburg 27, Concordia 46, Linfield 58.

Top 5 Finishers: 1, Bobby Olivera, Unattached, 19:40.98. 2, Chris McIssac, Linfield Alumni, 19:55.02. 3, Ethan Livermore, CU, 19:57.13. 4, Jerry Frawley, WART, 20:01.08. 5, Jared Seckel, CU, 20:01.73.

Other Top GNAC Runners: 11, Paris Speidel, CU, 20:24.62. 22, Austin Peila, CU, 21:10.72. 25, Alan Johnston, CU, 21:18.96.

Women (4,000m): Concordia 28, Wartburg 36, Linfield 62.

Top 5 Finishers: 1, Megan Fristoe, CU, 14:59.14. 2, Sara Fristoe, CU, 15:18.45. 3, Hannah Greider, Linfield Alumni, 15:24.58. 4, Dakota Tell, WART, 15:28.56. 5, Nicole Pederson, CU, 15:31.20.

Other Top GNAC Runners: 11, Zoe Worobel, CU, 16:07.11. 12, Dalen Richardson, CU, 16:26.80.

Sat., Sept. 5

Hawaii Big Wave Invitational

at Kahuku Golf Course, Kahuku, Hawaii

Men (5,000m): Alaska Anchorage 15, Hawaii Pacific 60, George Fox 71, BYU-Hawaii 105, Chaminade 148.

Top 5 Finishers: 1, Edwin Kangogo, UAA, 15:41.15. 2, Nathan Kipchumba, UAA, 15:41.33. 3, Henry Cheseto, UAA, 15:41.52. 4, Dominik Notz, UAA, 15:45.66. 5, Victor Samoei, UAA, 16:17.88.

Women (5,000m): Alaska Anchorage 24, Hawaii 34, Pacific (Calif.) 97, BYU-Hawaii 116, Hawaii Pacific 121, George Fox 166, Hawaii-Hilo 203, Chaminade 234.

Top 5 Finishers: 1, Caroline Kurgat, UAA, 17:46.87. 2, Joyce Chelimo, UAA, 17:49.43. 3, Camille Campos, UH, 18:31.05. 4, Kimberley Cosica, UAA, 18:34.94. 5, Piper McDonald, UH, 19:04.67.

Other Top GNAC Runners: 10, Kaitlyn Maker, UAA, 19:24.74. 11, Jessica Pahkala, UAA, 19:28.63.

Puget Sound Invitational

at Ft. Steilacoom Park, Lakewood, Wash.

Men (8,000m): Puget Sound 33, Pacific Lutheran 51, Saint Martin's 57, Trinity Lutheran 73, Olympic CC 163, Green River CC 168.

Top 5 Finishers: 1, Tyler Shipley, UPS, 26:09. 2, Geremiah Lizier-Zmudzinski, UPS, 26:11. 3, Brad Hockinson, PLU, 26:23. 4, Kyle Rapacz, PLU, 27:39. 5, Jasper Heckman, SMU, 27:53.

Other Top GNAC Runners: 10, Josh Hunt, SMU, 28:24. 11, Austin Miller, SMU, 28:26. 15, Levi Schiltzer, SMU, 28:35. 16, Skyler Larson, SMU, 28:36.

Women (6,000m): Saint Martin's 37, Pacific Lutheran 45, Puget Sound 49, Trinity Lutheran 91, Olympic CC 150.

Top 5 Finishers: 1, Larissa Kolasinski, SMU, 23:10. 2, Taili Ni, UPS, 23:18. 3, Karen Horvath, SMU, 23:20. 4, Shailee Woodard, PLU, 24:34. 5, Yadira Lopez, TLU, 24:45.

Other Top GNAC Runners: 8, Lindsey Dorney, SMU, 25:12. 9, Megan Teigen, SMU, 25:30. 17, Claire McCloskey, SMU, 26:24. 20, Dalia Pedro-Trujillo, SMU, 26:33.

Moda Health Alaska Invitational

at West Ridge Trails, Fairbanks, Alaska

Men (5,000m): Alaska 26, Montana State Billings 35, Seattle Pacific 73.

Top 5 Finishers: 1, Robert Peterson, MSUB, 15:44.6. 2, Alex Eckert, UAF, 16:11.7. 3, Liam McKay, MSUB, 16:18.0. 4, Lyon Kopsack, UAF, 16:20. 5, Seiji Takagi, UAF, 16:24.

Women (5,000m): Seattle Pacific 18, Alaska 46, Montana State Billings 69.

Top 5 Finishers: 1, Anna Patti, SPU, 18:34.5. 2, Sarah Macdonald, SPU, 19:02.0. 3, Dorothy O'Donnell, UAF, 19:10.7. 4, Jessica Rawlins, SPU, 19:17.1. 5, Hannah Calvert, SPU, 19:34.2.

Fri., Sept. 11

Ash Creek Invitational

at Ash Creek Preserve, Western Oregon Univ., Monmouth, Ore.

Men (6,300m): Chico State 17, Simon Fraser 64, Portland 134, Western Oregon 140, Academy of Art 143, Willamette 165, Oregon Tech 171, Fresno Pacific 191, Clackamas CC 198, Linfield 291, Concordia 300, Lane CC 335, Rogue CC 336.

Top 5 Finishers: 1, William Reyes, CHICO, 17:47.1. 2, Falco DiGiallonardo, CHICO, 18:12.9. 3, Kyle Medina, CHICO, 18:15.1. 4, Valentin Pepiot, AAU, 18:15.2. 5, Steven Martinez, CHICO, 18:32.4.

Top GNAC Runners: 8, Oliver Jorgensen, SFU, 18:44.9. 11, Marc-Antoine Rouleau, 18:50.4. 18, Rowan Doherty, SFU, 19:05.8. 19, David Ribich, WOU, 19:07.3. 21, Cameron Proceviat, SFU, 19:16.6.

Women (4,600m): Chico State 40, Willamette 73, Portland 79, Simon Fraser 136, Academy of Art 153, San Francisco St. 176, Concordia 197, Western Oregon 224, Fresno Pacific 233, Oregon Tech 236, Linfield 286, Clackamas CC 368.

Top 5 Finishers: 1, Rebecca Bassett, SFU, 16:28.1. 2, Sadie Gastelum, CHICO, 16:28.6. 3, Courtney Moore, FPU, 16:34.3. 4, Megan Fristoe, CU, 16:46.3. 5, Olivia Mancini, WU, 16:50.0.

Other Top GNAC Runners: 15, Nicole Pederson, CU, 17:10.0. 27, Julia Howley, SFU, 17:31.7. 29, Nicole Maurmann, WOU, 17:38.0.

Sat., Sept. 12

CWU Apple Ridge Invitational

Apple Ridge XC Course, Yakima, Wash.

Men (6,000m): Western Washington 22, Central Washington 49, Pacific Lutheran 58, Olympic CC 120.

Top 5 Finishers: 1, Brad Hodkinson, PLU, 19:41. 2, Michael Chinchar, Unattached, 20:06. 3, Nick Mounier, WWU, 20:24. 4, Dylan Hayes, WWU, 20:28. 5, Peter Butler, Unattached, 20:38.

Top GNAC Runners: 6, Cody McCrainie, WWU, 20:48. 7, Justin Irvine, WWU, 20:53. 9, Jonathan Lafferty, CWU, 20:57.

Women (4,000m): Central Washington 22, Western Washington 34, Pacific Lutheran 80, Olympic CC 120.

Top 5 Finishers: 1, Dani Eggleston, CWU, 15:00. 2, Erin Chinchar, CWU, 15:02. 3, Tracy Melville, WWU, 15:08. 4, Megan Rogers, CWU, 15:12. 5, Brittany Grant, WWU, 15:44.

2015 GNAC Meet Summaries

Chukar Classic

at Weiser Rolling Hills Golf Course,

Weiser, Idaho

Men (4 Miles): College of Idaho 26, Eastern Oregon 75, Northwest Nazarene 76, Clark CC 82, Treasure Valley CC 83.

Top 5 Finishers: 1, Max Hampton, CI, 21:10. 2, Isaac Mitchell, NNU, 21:12. 3, J. Breen, CC, 21:39. 4, Austin Fred, CI, 21:42. 5, S. Garvin, CC, 21:46.

Other Top GNAC Runners: 13, Nick Hamilton, 22:25. 15, Gabe Fisher, NNU, 22:36. 17, Chase Cunningham, NNU, 22:44. 32, David Waterman, NNU, 24:11.

Women (5,000m): College of Idaho 18, Northwest Nazarene 56, Eastern Oregon 77, Clark College 100.

Top 5 Finishers: 1, Ruth Lewinski, CI, 19:44. 2, Amy Pfaff, CI, 19:45. 3, Lila Klopfenstein, CI, 19:55. 4, Sierra Manzer, NNU, 19:59. 5, Kailyn Schut, CI, 20:03.

Other Top GNAC Runners: 6, Hailey Gordon, NNU, 20:07. 8, Anysja Manser, NNU, 20:29. 12, Rebecca Hook, NNU, 20:29. 17, Jadyn Gourley, NNU, 21:33.

Hawaii Pacific Invitational

at Kahuku Golf Course, Kahuku, Hawaii

Men (8,000m): Alaska Anchorage 15, Hawaii Pacific 52, BYU-Hawaii 83, Chaminade 115.

Top 5 Finishers: 1, Henry Cheseto, UAA, 25:58.6. 2, Dominik Notz, UAA, 25:59.4. 3, Edwin Kangogo, UAA, 26:18.8. 4, Victor Samoei, UAA, 26:28.2. 5, Nathan Kipchumba, UAA, 26:45.1.

Women (5,000m): Alaska Anchorage 16, Hawaii Pacific 51, BYU-Hawaii 69, Hawaii-Hilo 124, Chaminade 136.

Top 5 Finishers: 1, Caroline Kurgat, UAA, 18:15.9. 2, Joyce Chelimo, UAA, 18:18.0. 3, Kimberley Cosica, UAA, 18:42.7. 4, Jessica Pakkala, UAA, 19:08.7. 5, Johanna Apelryd, HPU, 19:09.8.

Other Top GNAC Runners: 6, Kaitlyn Maker, UAA, 19:14.3.

Sat., Sept. 19

Sundodger Invitational

Lincoln Park, Seattle, Wash.

Men's Open (8,000m): Trinity Western 47, Simon Fraser 95, Western Washington 108, Fresno State 114, Cal Baptist 131, Humboldt State 209, British Columbia 217, Western Oregon 254, Puget Sound 320, Northwest Nazarene 367, Whitworth 381, Bowerman TC 391, Seattle Running Club 421, Club Northwest 435, Pacific Lutheran 442, Northwest (Wash.) 461, Concordia 461, George Fox 468, Seattle Pacific 474, Central Washington 517, Everett CC 545, Saint Martin's 562, Trinity Lutheran 587, Lewis & Clark 615, Seattle Running Club B 634, Green River CC 792.

Top 5 Finishers: 1, Tristan Peloquin, Unattached, 24:11.68. 2, Oliver Jorgensen, SFU, 24:12.15. 3, Blair Johnston, TWU, 24:14.09. 4, Cooper Gill, FSU, 24:20.63. 5, Issac Derline, WWU, 24:21.71.

Other Top GNAC Runners: 10, David Ribich, WOU, 24:38.21. 12, Isaac Mitchell, NNU, 24:48.25. 15, Marc-Antoine Rouleau, 24:51.79.

Women's Open (6,000m): Western Washington 103, Cal Baptist 111, Club Northwest 171, Seattle Pacific 175, Point Loma 183, British Columbia 207, Central Washington 210, Simon Fraser 215, Humboldt State 227, Whitworth 228, Trinity Western 247, Concordia 279, MacEwan 309, Northwest Nazarene 324, Seattle Running Club 388, Western Oregon 395, Saint Martin's 453, Puget Sound 504, George Fox 512, Lewis & Clark 536, Pacific Lutheran 580, Trinity Lutheran 625.

Top 5 Finishers: 1, Anna Patti, SPU, 21:11.82. 2, Mirelle Martens, TWU, 21:19.58. 3, Rebecca Bassett, SFU, 21:21.26. 4, Vanessa Trofimenkoff, MacJ, 21:32.17. 5, Taylor Guenther, WWU, 21:34.29.

Other Top GNAC Runners: 7, Brittany Grant, WWU, 21:37.95. 16, Megan Fristoe, CU, 21:59.68.

Montana State/Bozeman Running Company Invitational

at Bridger Creek Golf Course, Bozeman, Mont.

Men (5 Miles): Utah State 45, Montana State 77, Idaho State 85, Montana 87, Carroll (Mont.) 108, Montana State Billings 126, Rocky Mountain 230, Montana Western 278, Montana State Northern 317.

Top 5 Finishers (Men's Collegiate B Race): 1, Robert Peterson, MSUB, 25:43.25. 2, Lyle Pocha, CC, 26:12.14. 3, Chance Hyatt, CC, 26:21.82. 4, Brock Sandry, Unattached, 26:41.68. 5, Garrett Love, MSUB, 26:49.45.

Other Top GNAC Runners: 7, Matt Winter, MSUB, 27:01.86. 10, Liam McKay, MSUB, 27:32.33. 11, Tyus Mendoza, MSUB, 27:35.01.

Women (3 Miles): Utah 35, Utah State 41, Montana State 80, Montana 120, Carroll (Mont.) 121, Idaho State 131, Montana State Billings 233, Montana Western 254, Montana State Northern 272.

Top 5 Finishers (Women's Collegiate B Race): 1, Leah Esposito, CC, 17:50.42. 2, Samantha Mundel, CC, 17:57.66. 3, Sandy Torres, CC, 18:12.34. 4, Heidi Hennings, CC, 18:35.84. 5, Janie Reid, CC, 18:42.37.

Top GNAC Runners: 10, Brielle Davis, MSUB, 19:20.16. 16, Taylor Condon, MSUB, 19:41.25. 20, MSUB, 20:07.61. 23, Bailey Bomar, MSUB, 20:38.53. 28, Devin McDonald, MSUB, 22:18.26.

Note: Meet had two races in each gender, one for Division I teams and one for non-Division I teams. Team scores are combined for both races.

Sat., Sept. 26

Stanford Invitational

Stanford Golf Course, Palo Alto, Calif.

College Men (8,000m): Stanford 63, Chico State 68, Cal Poly 100, Cal Poly Pomona 132, UC Davis 173, Baylor 231, San Jose State 231, Simon Fraser 271, Claremont-Mudd-Scripps 299, UC Irvine 317, Southern Oregon 342, North Dakota State 343, UC Riverside 359, Fresno State 368, Mt. SAC 384, UC San Bernadino 441, Azusa Pacific 459, Academy of Art 499, Sacramento State 508, Davis XC&T Club 565, Fresno Pacific 614, Cal. St. Northridge 622, Whittier 644, UC Merced 674, Central Washington 748, Stanislaus State 761, Alaska 787, La Verne 856, Holy Names 864, Cal State East Bay 894.

Top 5 Finishers: Sean McGorty, Stanford, 23:07.0. 2, Grant Fisher, Unattached, 23:33.9. 3, William Reyes, CSU, 23:36.7. 4, Valentin Pepiot, AAU, 23:53.2. 5, Mark Huizar, CP, 23:56.7.

Top GNAC Runners: 22, Oliver Jorgensen, SFU, 24:22.0. 60, Marc-Antoine Rouleau, SFU, 24:55.6. 67, Cameron Proceviat, SFU, 25:03.1. 74, Philippe Gravel, SFU, 25:08.3. 92, Rowan Doherty, SFU, 25:19.6.

College Women (6,000m): Stanford 44, Cal Poly 65, UC Davis 187, Chico State 190, UC Santa Barbara 224, Sacramento State 226, North Dakota State 241, San Jose State 255, UC Riverside 284, Cal Poly Pomona 289, Claremont-Mudd-Scripps 305, Stanislaus State 335, Azusa Pacific 368, Central Washington 376, Fresno State 398, Simon Fraser 399, Academy of Art 437, Southern Oregon 499, Pomona-Pitzer 547, Cal St. Northridge 550, UC Irvine 561, Southwestern (Texas) 634, Alaska 670, Fresno Pacific 683, Mt. SAC 731, Cal St. East Bay 766, Whittier 771, UC Merced 773, Cal St. Monterey Bay 816, Notre Dame de Namur 943.

Top 5 Finishers: 1, Erin Teschuk, UND, 20:06.8. 2, Aminat Olowora, SU, 20:13.1. 3, Chloe Berlioux, SAC, 20:45.6. 4, Karlie Garcia, Unattached, 20:49.1. 5, Molly McNamara, Stanford, 20:51.1.

Top GNAC Runners: 26, Rebecca Bassett, SFU, 21:32.8. 35, Dani Eggleston, CWU, 21:48.0. 58, Megan Rogers, CWU, 22:15.8. 71, Erin Chinchar, CWU, 22:32.7. 80, Dorothy O'Donnell, UAF, 22:37.6.

2015 GNAC Meet Summaries

Roy Griak Invitational

at Les Bolstad Golf Course, St. Paul, Minn.

Men's Maroon (8,000m): Black Hills State 93, Wis.-Parkside 96, Augustana (S.D.) 98, Manitoba 152, San Francisco St. 167, Indiana Wesleyan 201, Lakehead 234, Mary 258, MSU-Moorhead 261, Minnesota Duluth 280, Montana St. Billings 309, Wisconsin TC 357, Iowa State RC 374, Winona St. 415, Georgia College & State 427, Bentley 434, Dordt 438, Minnesota RC 443, Truman 452, Northwestern (Texas) 499, Dickinson St. 514, Tamptia 573, Concordia (Neb.) 630, Augustana (S.D.) B 647, SW Minnesota St. 723, St. Cloud St. 754, Baker (Kan.) 763, Rogers St. 792, Northern State 811, Waldorf 895, North Iowa Area CC 906, Wayne St. (Neb.) 919, Minot State 998, William Jewell 1,002, Concordia-St. Paul 1,039, Grand View 1,077, Ottawa (Kan.) 1,120, Minnesota St. 1,220.

Top 5 Finishers: 1, Alec Baldwin, BHSU, 25:27. 2, Abdusalam Yussuf, UM, 25:41. 3, Kevin Tree, LAKE, 25:55. 4, Robert Peterson, MSUB, 26:03. 5, Zachary Meineke, Unattached, 26:09.

Other Top GNAC Runners: 60, Matt Winter, MUSB, 27:37. 113, Mark Hovland, MSUB, 28:20. 127, Tyus Mendoza, MSUB, 28:34.

Women's Maroon (6,000 Meters): Minnesota Duluth 83, Northern Michigan 93, Run N Fun 118, Wis.-Parkside 153, Mary 166, MSU-Moorhead 183, Tampa 187, Winona St. 225, Augustana (S.D.) 247, Dordt 308, Concordia (Neb.) 351, Manitoba 360, Minnesota St. 371, Truman 407, Wisconsin TC 427, Northern St. 459, South Dakota Mines 524, William Jewell 532, St. Cloud St. 589, Bentley 677, Minnesota RC 686, Minot St. 701, Northwestern (Iowa) 702, Rogers St. 705, Grand View 735, SW Minnesota St. 754, Bemidji St. 768, Montana St. Billings 776, Black Hills St. 782, Dickinson St. 799, Baker (Kan.) 817, Upper Iowa 868, North Iowa Area CC 870, Ottawa (Kan.) 874, Georgia College & State 898, Concordia-St. Paul 908, Wayne St. (Neb.) 976.

Top 5 Finishers: 1, Alexis Xeis, Mary, 22:13.6. 2, Moriah Palmer, Wis.-Parkside, 22:26.2. 3, Kyle Blakeslee, Unattached, 22:31.5. 4, Breanna Colbenson, MSUD, 22:38.5. 5, Hannah Palmeter, SWMS, 22:39.5.

Top GNAC Runners: 63, Brielle Davis, MSUB, 24:46.3. 165, Taylor Condon, MSUB, 26:13.8. 212, Bailey Bomar, 26:55.2. 223, Jinise Trueblood, MSUB, 27:04.4. 316, Cate Kaludt, MSUB, 29:29.5.

SMU Open

Saint Martin's University, Lacey, Wash.

Men (8,000m): Western Washington 15, Saint Martin's 50.

Top 5 Finishers: 1, Isaac Derline, WWU, 25:41.83. 2, Matthew Lutz, WWU, 25:50.84. 3, Andrew Wise, WWU, 26:02.15. 4, Cody McCranie, WWU, 26:11.72. 5, Nick Mounier, 26:14.76.

Women (6,000m): Western Washington 16, Saint Martin's 57, Central Washington 65.

Top 5 Finishers: 1, Brittany Grant, WWU, 17:48.94. 2, Taylor Guenther, WWU, 18:21.03. 3, Tracy Melville, WWU, 18:31.90. 4, Lillianna Stelling, WWU, 18:34.90. 5, Larissa Kolasinski, SMU, 18:40.19.

Sat., Oct. 3

Charles Bowles Willamette Invitational

at Bush's Pasture Park, Salem, Ore.

Men's Cardinal (8,000m): Humboldt State 43, Willamette 69, Seattle 91, Puget Sound 111, Whitman 140, Whitworth 184, Concordia 204, Linfield 228, George Fox 244, Seattle Pacific 262, Pacific Lutheran 273, Lewis & Clark 268, Colorado College 311, Pacific (Ore.) 386, McMurry 431.

Top 5 Finishers: 1, Tyler Shipley, UPS, 24:33.8. 2, Geremia Lizer-Zmudzinski, UPS, 25:01.0. 3, Nathan Conrad, WU, 25:05.1. 4, Mario Castillo-Urbina, HSU, 25:06.2. 5, Cristian Nazarek, HSU, 25:08.2.

Top GNAC Runners: 13, Jared Seckel, CU, 25:32.9. 32, Ethan Livermore, CU, 26:08.8. 36, Adam Avischious, SPU, 26:18.9. 52, Ben Halladay, SPU, 26:37.8. 53, Paris Speidel, CU, 26:41.5.

Women's Cardinal (5,000m): Portland State 75, Portland 100, Seattle Pacific 105, Point Loma 119, Willamette 130, Whitworth 131, Humboldt State 163, Colorado College 198, Concordia 230, Whitman 288, Linfield 332, Puget Sound 362, George Fox 381, Lewis & Clark 394, Pacific (Ore.) 422, Western Oregon 458, McMurry 471, Pacific Lutheran 495.

Top 5 Finishers: 1, Amanda Boman, PSU, 17:30.9. 2, Anna Patti, SPU, 17:35.3. Kori Gilley, HSU, 17:42.1. 4, Olivia Mancini, WU, 17:47.9. 5, Marissa Bartello, PLNU, 17:53.9.

Other Top GNAC Runners: 11, Megan Fristoe, CU, 18:04.7. 12, Sarah Macdonald, SPU, 18:06.0. 22, Nicole Pederson, CU, 18:21.1. 28, Mary Charleson, SPU, 18:30.4.

2015 GNAC Men's Cross Country Meet-By-Meet

ALASKA		Moda Health Alaska Invite 9/3/15	Moda Health Alaska Invite 9/5/15	Stanford Invitational 9/26/15	W. Washington Invitational 10/10/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		8,000 Meters	5,000 Meters	8,000 Meters	10,000 Meters		
Mitch Burgess	Jr.	28:30.6 (18th)	16:43.3 (16th)	27:36.8 (253rd)			
Jan Cech		27:41.8 (9th)	17:06.1 (20th)		34:40 (90th)		
Max Donaldson		27:44.7 (10th)	16:35.5 (11th)				
Alexander Eckert	So.	27:31.8 (7th)	16:11.7 (2nd)	26:27.2 (181st)	35:02 (98th)		
Michael Fehrenbach	Sr.						
Lyon Kopsack	So.	27:45.9 (11th)	16:20.0 (4th)	26:33.0 (189th)	34:26 (80th)		
Nick Lovett		28:29.6 (17th)	17:00.0 (18th)				
Jesse Mayo		31:35.9 (26th)	18:16.6 (24th)				
Dylan Nixon-Helms		28:15.4 (16th)	16:41.6 (15th)		35:34 (114th)		
Keegan Rankin	Jr.	27:08.4 (2nd)	16:26.6 (6th)	27:25.1 (246th)			
Tristan Sayre		29:33.1 (22nd)	16:37.1 (12th)		35:31 (113th)		
Daniel Serventi	So.	28:02.3 (15th)	16:33.1 (9th)	27:13.3 (233rd)	35:21 (107th)		
Seiji Takagi	So.	27:33.3 (8th)	16:24.0 (5th)	27:04.2 (223rd)			
Connor Truskowski		35:26.9 (27th)	19:21.6 (25th)				
Team Place (Pts.)		2nd of 3 (32)	1st of 3 (26)	27th of 30 (787)	12th of 14 (356)		
Results Link		Results	Results	Results	Results		

ALASKA ANCHORAGE		Hawaii Big Wave Invitational 9/5/15	Hawaii Pacific Invitational 9/12/15	W. Washington Invitational 10/10/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		5,000 Meters	8,000 Meters	10,000 Meters		
Henry Cheseto	So.	15:41.52 (3rd)	25:58.6 (1st)	31:00 (1st)		
Joe Day	Jr.					
Edwin Kangogo	So.	15:41.15 (1st)	26:18.8 (3rd)	31:33 (6th)		
Nathan Kipchumba	So.	15:41.33 (2nd)	26:45.1 (5th)	32:17 (21st)		
Michael Mendenhall	Jr.	16:29.45 (7th)	26:53.2 (6th)	33:50 (61st)		
Philip Messina	Jr.	16:42.54 (9th)	27:33.0 (8th)			
Jesse Miller	Jr.	17:29.11 (21st)	28:43.4 (13th)	35:58 (129th)		
Dominik Notz	Sr.	15:45.66 (4th)	25:59.4 (2nd)	31:08 (3rd)		
Michel Ramirez	Sr.					
Victor Samoei	Jr.	16:17.88 (5th)	26:28.2 (4th)	31:34 (7th)		
Team Place (Pts.)		1st of 5 (15)	1st of 4 (15)	1st of 14 (37)		
Results Link		Results	Results	Results		

CENTRAL WASHINGTON		CWU Apple Ridge Inv. 9/12/15	Sundodger Invitational 9/19/15	Stanford Invitational 9/26/15	SMU Open 9/26/15	W. Washington Invitational 10/10/15	Seattle U Emer- ald City Open 10/17/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		6,000 Meters	8,000 Meters	8,000 Meters	8,000 Meters	10,000 Meters			
Josh Boston	So.	21:10 (11th)	27:23.31 (148th)	26:44.5 (202nd)		34:25 (79th)			
Taryk Boyd	Fr.	22:10 (23rd)	27:54.99 (182nd)		27:59.26 (26th)	35:47 (125th)			
Brent Christianson	So.								
Dylan Darlington	So.	21:37 (18th)	27:38.12 (164th)						
Harry Engel	So.	22:40 (28th)	27:43.75 (171st)		27:36.29 (21st)	35:41 (123rd)			
Tyler Humphries	Fr.	21:29 (14th)	27:22.37 (147th)	27:18.1 (240th)		34:15 (74th)			
Kaleb Javier	Sr.								
Jonathan Lafferty	Fr.	20:57 (9th)	26:24.91 (88th)	25:57.1 (144th)		34:10 (70th)			
Ron Leaf	So.	22:34 (27th)	27:25.21 (150th)	26:46.5 (206th)		34:41 (91st)			
Hanson Lee	Fr.	21:19 (16th)	27:49.60 (178th)		27:34.41 (20th)	35:07 (102nd)			
Alex Martinez	So.	21:29 (15th)	27:20.09 (143rd)	27:31.7 (249th)		34:01 (66th)			
Kyle Paulson	Fr.	21:24 (13th)	27:25.66 (151st)	27:07.3 (227th)		35:19 (106th)			
Justin Pringle	Fr.		28:23.36 (201st)			36:35 (138th)			
Matthew Schrenk	Fr.								
Nick Spencer	Sr.								
Kieran Sprague	Jr.								
Ryan Thompson	Sr.		26:27.88 (153rd)	27:36.3 (252nd)		35:09 (104th)			
Team Place (Pts.)		2nd of 4 (49)	20th of 26 (517)	25th of 30 (748)	Incomplete	11th of 14 (306)			
Results Link		Results	Results	Results	Results	Results			

2015 GNAC Men's Cross Country Meet-By-Meet

CONCORDIA		Linfield Harrier Classic 9/4/15	Ash Creek Invitational 9/11/15	Sundodger Invitational 9/19/15	Willamette Charles Bowles Invitational 10/3/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		6,000 Meters	6,300 Meters	8,000 Meters	8,000 Meters		
Austin Collins	Sr.	22:43.22 (40th)	22:04.5 (114th)	28:41.76 (212th)	28:04.0 (107th)		
Alan Johnston	Sr.	21:18.96 (25th)	21:03.9 (93rd)	27:14.12 (135th)	26:42.7 (56th)		
Roman Kirkov	Sr.						
Ethan Livermore	Jr.	19:57.13 (3rd)	21:44.2 (108th)	27:07.25 (129th)	26:08.8 (33rd)		
Austin Peila	Sr.	21:10.72 (22nd)	22:10.8 (119th)	27:27.45 (152nd)	27:08.3 (68th)		
Demetrius Rhodes	Sr.						
Jared Seckel	Jr.	20:01.73 (5th)	19:49.1 (43rd)	26:21.65 (84th)	25:32.9 (13th)		
Colton Snook	Jr.	22:24.86 (35th)	22:14.5 (121st)	28:45.36 (213th)	28:04.6 (108th)		
Paris Speidel	Jr.	20:24.62 (11th)	20:22.3 (65th)	26:39.72 (101st)	26:41.5 (53rd)		
Alec Story	Jr.	23:19.42 (42nd)		29:46.83 (236th)			
Team Place (Pts.)		2nd of 3 (46)	11th of 13 (300)	17th of 20 (461)	7th of 15 (204)		
Results Link		Results	Results	Results	Results		

MSU BILLINGS		Moda Health Alaska Invite 9/3/15	Moda Health Alaska Invite 9/5/15	Montana St. Invitational 9/19/15	Roy Griak Invitational 9/26/15	Yellowjacket Invitational 10/9/15	Yellowjacket/ Battlin' Bear Dual 10/15/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		8,000 Meters	5,000 Meters	5 Miles	8,000 Meters	8,000 Meters			
Ivan Colmenero	Fr.	30:10.1 (24th)	17:23.2 (23rd)	28:29.90 (19th)	29:55 (230th)	28:51.61 (35th)			
Jorey Egeland	So.	27:56.4 (13th)	16:28.3 (8th)	29:14.78 (26th)		26:18.46 (8th)			
Mark Hovland	So.	27:25.1 (5th)	16:39.2 (13th)	27:56.78 (14th)	28:21 (113th)				
Padon Little	Fr.			31:15.55 (41st)	32:30 (331st)	30:15.33 (44th)			
Garrett Love	Jr.	27:23.1 (4th)	16:33.9 (10th)	26:49.45 (5th)	27:13 (38th)	27:06.95 (16th)			
Jacob Marshall	Jr.								
Liam McKay	So.	27:19.8 (3rd)	16:18.0 (3rd)	27:32.33 (10th)	28:51 (152nd)	26:58.99 (13th)			
Tyus Mendoza	Fr.			27:35.01 (11th)	28:35 (127th)	26:55.08 (12th)			
Josh Panasuk	Jr.								
Robert Peterson	Sr.	26:18.3 (1st)	15:44.6 (1st)	25:43.25 (1st)	26:04 (4th)	25:13.14 (2nd)			
Matt Winter	Sr.	27:50.6 (12th)	16:39.6 (14th)	27:01.86 (7th)	27:38 (60th)	25:55.18 (5th)			
Team Place (Pts.)		1st of 3 (24)	2nd of 3 (35)	6th of 9 (126)	11th of 38 (309 pts.)	2nd of 6 (40)			
Results Link		Results	Results	Results	Results	Results			

NORTHWEST NAZARENE		Chukar Classic 9/12/15	Sundodger Invitational 9/19/15	San Francisco State Invitational 10/9/15	Lewis & Clark Invitational 10/17/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		4 Miles	8,000 Meters	8,000 Meters			
Chase Cunningham	Jr.	22:44 (17th)	26:40.57 (102nd)	27:01.8 (115th)			
Caleb Druckhammer	Fr.			27:32.2 (134th)			
Gabe Fisher	So.	22:36 (15th)	26:43.16 (105th)				
Nicholas Hamilton	Fr.	22:25 (13th)	25:59.36 (67th)	26:43.2 (98th)			
Isaac Mitchell	So.	21:12 (2nd)	24:48.25 (12th)	25:06.2 (7th)			
Timothy Swarat	Fr.			28:19.9 (166th)			
David Waterman	Sr.	24:11 (32nd)	28:12.52 (190th)	28:45.2 (178th)			
Team Place (Pts.)		3rd of 5 (76)	10th of 26 (367)	12th of 20 (317)			
Results Link		Results	Results	Results			

SAINT MARTIN'S		Puget Sound Invitational 9/5/15	Sundodger Invitational 9/19/15	SMU Open 9/26/15	Western Washington Classic 10/10/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		8,000 Meters	8,000 Meters	8,000 Meters	10,000 Meters		
Joe Edgecomb	Fr.	29:30 (25th)	27:30.92 (161st)	27:46.67 (22nd)	35:44 (124th)		
Kameron Galm	Fr.	30:15 (33rd)	29:24.55 (229th)	31:02.77 (33rd)			
Jasper Heckman	Jr.	27:53 (5th)	25:54.62 (60th)	27:00.96 (15th)	36:19 (133rd)		
Mitchell Hughey	Jr.			32:07.94 (35th)			
Josh Hunt	So.	28:24 (10th)	27:29.77 (156th)	28:33.63 (27th)	35:39 (120th)		
Luis Lara Espinoza	Fr.	32:48 (46th)	31:53.62 (259th)	32:21.13 (36th)			
Skyler Larson	Jr.	28:36 (16th)	28:27.41 (205th)	27:59.24 (25th)			
Austin Miller	So.	28:26 (11th)	27:47.54 (174th)	27:58.37 (23rd)	36:12 (131st)		
Nathan Morgan	Sr.			29:42.06 (30th)	35:49 (127th)		
Levi Schilter	Fr.	28:35 (15th)	27:53.91 (181st)		37:20 (149th)		
Josiah Shelman	Sr.						
Andrew Walter	Fr.						
Team Place (Pts.)		3rd of 6 (57)	22nd of 26 (562)	2nd of 2 (50)	14th of 14 (427)		
Results Link		Results	Results	Results	Results		

2015 GNAC Men's Cross Country Meet-By-Meet

SEATTLE PACIFIC	Yr.	Moda Health Alaska Invite 9/3/15	Moda Health Alaska Invite 9/5/15	Sundodger Invitational 9/19/15	Willamette Charles Bowles 10/3/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		8,000 Meters	5,000 Meters	8,000 Meters	8,000 Meters		
Adam Avischious	Sr.	29:43.2 (23rd)	16:48.2 (17th)	26:54.05 (115th)	26:18.9 (36th)		
Andrew Baklund	So.						
Jacob Busald	Fr.			29:43.26 (234th)	28:05.6 (109th)		
Brian Comer	Sr.	29:02.1 (20th)	17:18.2 (22nd)	26:36.70 (98th)	26:45.4 (57th)		
Ben Halladay	So.	28:01.4 (14th)	16:27.3 (7th)	26:12.25 (76th)	26:37.8 (52nd)		
Brysten James	Fr.				27:09.7 (71st)		
Ka'eo Lindsey	So.						
David McLeod	Jr.	29:09.5 (21st)	17:01.0 (19th)	27:39.48 (165th)	27:18.6 (76th)		
Chris Moreton	So.						
Clark Sterling	So.			28:28.75 (206th)	27:47.2 (97th)		
Joseph Walker	Jr.	28:45.8 (19th)	17:06.9 (21st)	27:30.47 (160th)	27:10.3 (72nd)		
Josiah Zering	So.						
Team Place (Pts.)		3rd of 3 (97)	3rd of 3 (73)	19th of 26 (474)	10th of 15 (262)		
Results Link		Results	Results	Results	Results		

SIMON FRASER	Yr.	Ash Creek Invitational 9/11/15	Sundodger Invitational 9/19/15	Stanford Invitational 9/26/15	W. Washington Invitational 10/10/15	SU Emerald City Open 10/17/15	BC Cross Country Chmp. 10/24/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		6,300 Meters	8,000 Meters	8,000 Meters	10,000 Meters				
Braeden Charlton	Jr.	19:34.6 (31st)	25:23.96 (35th)	25:27.6 (103rd)	32:34 (29th)				
Ben Conrad	Fr.								
BJ Cunliffe	Sr.								
Mateo de Dalmasas	So.	20:09.0 (54th)	26:01.90 (69th)	26:32.8 (188th)	34:01 (65th)				
Rowan Doherty	Fr.	19:05.8 (18th)	25:34.75 (43rd)	25:19.6 (92nd)					
Dylan Freinhofer	So.								
Phillipe Gravel	So.		25:21.82 (33rd)	25:08.3 (74th)					
Dustin Johnson	So.								
Oliver Jorgensen	Jr.	18:44.9 (8th)	24:12.15 (2nd)	24:22.0 (22nd)	31:47 (9th)				
Stuart MacDonald	So.								
Sean Miller	Fr.		25:24.16 (36th)	26:08.5 (159th)	33:30 (52nd)				
Timothy Mustard	Fr.	20:27.4 (72nd)	26:42.72 (104th)		35:41 (122nd)				
Alexandre Pare	Sr.	23:47.7 (147th)	30:35.30 (249th)						
Cameron Proceviat	Sr.	19:16.6 (21st)	24:55.56 (20th)	25:03.1 (67th)	32:19 (23rd)				
Marc-Antoine Rouleau	Sr.	18:50.4 (11th)	24:51.79 (15th)	24:55.6 (60th)	32:07 (16th)				
David Sawatsky	So.	22:49.9 (136th)	28:38.77 (211th)		38:07 (156th)				
Jalen Sekhon	Fr.								
Samuel Serviss	Fr.	22:08.4 (117th)	26:57.70 (122nd)		36:06 (130th)				
Lorenzo Smith	Sr.	20:37.4 (79th)	27:29.85 (158th)		34:14 (72nd)				
Ephraim Tadesse	So.	19:49.6 (44th)	25:58.09 (64th)	26:43.6 (200th)					
Austin Trapp	Sr.								
Carlos Vargas	Fr.	20:14.5 (59th)	26:57.50 (121st)		34:53 (93rd)				
Brendan Wong	Sr.	20:04.6 (51st)	25:41.37 (52nd)	25:56.9 (143rd)	32:57 (37th)				
Team Place (Pts.)		2nd of 13 (64)	2nd of 26 (95)	8th of 30 (271)	5th of 14 (109)				
Results Link		Results	Results	Results	Results				

2015 GNAC Men's Cross Country Meet-By-Meet

WESTERN OREGON		Ash Creek Invitational 9/11/15	Sundodger Invitational 9/19/15	Willamette Charles Bowles Invitational 10/3/15	W. Washington Invitational 10/10/15	Beaver Classic 10/23/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		6,300 Meters	8,000 Meters	8,000 Meters	10,000 Meters			
Eric Alcaraz	So.							
Riley Anheluk	Sr.	21:19.2 (96th)	27:00.89 (125th)		35:05 (100th)			
David Cornish	Jr.	20:34.4 (77th)	27:02.02 (126th)					
Josh Dempsey	So.	20:23.9 (67th)	26:58.87 (123rd)		35:05 (101st)			
Kaleb Dobson	Fr.							
Matthew Haglund	So.	22:13.7 (120th)	28:46.07 (214th)	28:17.0 (115th)	37:06 (145th)			
Josh Hanna	Sr.	21:45.0 (110th)	27:28.68 (154th)		35:39 (119th)			
Zach Holloway	Sr.	19:32.7 (29th)	25:15.14 (28th)		32:18 (22nd)			
AJ Holmberg	So.							
Tyler Jones	Fr.	19:47.0 (41st)	26:16.88 (78th)		34:28 (83rd)			
Dominick Marshall	Fr.							
Parker Marson	So.				35:52 (128th)			
Sam Naffziger	Sr.	19:44.6 (39th)	26:20.11 (81st)		34:39 (89th)			
Corrado Pitari	So.							
David Ribich	So.	19:07.3 (19th)	24:38.21 (10th)		32:02 (13th)			
Kyle Ruhlman	So.							
Joe Solk	Sr.				34:27 (82nd)			
Badane Sultessa	Jr.							
Aaron Whitaker	So.	22:28.0 (128th)						
Team Place (Pts.)		4th of 13 (140)	8th of 26 (254)	Incomplete	11th of 14 (306)			
Results Link		Results	Results	Results	Results			

WESTERN WASHINGTON		Central Washington Invitational 9/12/15	Sundodger Invitational 9/19/15	SMU Open 9/26/15	Western Washington Classic 10/10/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		6,000 Meters	8,000 Meters	8,000 Meters	10,000 Meters		
Dylan Brown	Jr.						
Isaac Derline	So.		24:21.71 (5th)	25:41.83 (1st)			
Sean Eustis	So.	21:10 (10th)	25:41.00 (51st)	26:15.88 (6th)	32:39 (31st)		
Cameron Freshwaters	So.	22:01 (20th)					
Logan Giese	So.	21:40 (19th)	26:04.93 (73rd)	26:25.68 (8th)			
Dylan Hayes	Fr.	20:28 (4th)	26:35.30 (96th)	26:45.72 (10th)	33:34 (54th)		
Justin Irvine	Fr.	20:53 (7th)	25:59.13 (66th)	26:37.84 (9th)	33:42 (58th)		
Cory Johnson	Jr.						
Will Jones	Jr.		25:56.35 (61st)	26:17.79 (7th)	34:02 (67th)		
Matthew Lutz	Jr.		24:53.00 (17th)	25:50.84 (2nd)	32:54 (34th)		
Cody McCranie	Jr.	20:48 (6th)	25:44.36 (55th)	26:11.72 (4th)	36:33 (136th)		
Nickolas Mounier	Fr.	20:24 (3rd)	25:17.94 (30th)	26:14.76 (5th)	33:04 (41st)		
Jadon Olson	Fr.						
Ryan Peterson	Jr.		26:55.22 (117th)	27:05.88 (17th)	34:28 (84th)		
Noah Ripley	Jr.		26:47.63 (111th)	26:59.85 (14th)	33:33 (53rd)		
Max Romey	Jr.		26:02.99 (71st)	26:53.55 (12th)	33:19 (49th)		
Andrew Wise	So.		24:53.63 (18th)	26:02.15 (3rd)	32:03 (14th)		
Team Place (Pts.)		1st of 4 (22)	3rd of 26 (108)	1st of 2 (15)	6th of 14 (160)		
Results Link		Results	Results	Results	Results		

2015 GNAC Women's Cross Country Meet-By-Meet

ALASKA		Moda Health Alaska Invite 9/3/15	Moda Health Alaska Invite 9/5/15	Stanford Invitational 9/26/15	W. Washington Invitational 10/10/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Yr.	Distance						
	Nicole Bathe	Jr. 24:34.6 (8th)	20:16.7 (10th)	23:57.8 (174th)			
	Alexandra Bergholtz	25:47.4 (14th)	20:48.8 (13th)		26:54 (125th)		
	Kimberly Fitzgerald	25:52.8 (15th)		25:23.4 (221st)	25:04 (100th)		
	Cheyenne Greenside	So. 27:06.6 (19th)	22:20.9 (23rd)		26:00 (115th)		
	Martina Himma	So. 27:12.6 (20th)	21:58.4 (19th)				
	Jocelyn Kopsack	27:44.9 (23rd)	22:15.7 (22nd)				
	Sarah Lilly	Jr. 27:42.8 (22nd)	21:44.4 (18th)				
	Anne-Tine Markset	So. 33:38.8 (27th)					
	Dorothy O'Donnell	Jr. 23:36.7 (3rd)	19:10.7 (3rd)	22:37.6 (80th)	24:02 (76th)		
	Chandra Smith	So. 27:52.6 (24th)	22:05.5 (21st)				
	Hannah Stevens	Jr. 26:35.7 (17th)	21:32.0 (17th)				
	Kali Striker	Jr. 24:32.4 (7th)	19:53.3 (8th)	23:51.1 (165th)	23:56 (71st)		
	Anni Uhl	So. 26:45.4 (18th)	21:06.1 (14th)	26:44.1 (237th)			
	Grace Weller	So. 25:14.9 (11th)	20:44.6 (12th)	24:27.1 (193rd)	25:08 (102nd)		
	Team Place (Pts.)	2nd of 3 (43)	2nd of 3 (46)	23rd of 30 (670)	13th of 13 (343)		
	Results Link	Results	Results	Results	Results		

ALASKA ANCHORAGE		Hawaii Big Wave Invitational 9/5/15	Hawaii Pacific Invitational 9/12/15	W. Washington Invitational 10/10/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Yr.	Distance					
	Emily Biering	Fr. 19:35.19 (14th)	19:21.6 (8th)	23:31 (52nd)		
	Mariah Burroughs	Fr. 21:02.08 (36th)	20:15.5 (16th)	24:12 (81st)		
	Joyce Chelimo	Jr. 17:49.83 (2nd)	18:18.0 (2nd)	21:19 (2nd)		
	Kimberly Cosica	Fr. 18:34.94 (4th)	18:42.7 (3rd)	22:25 (20th)		
	Beatrice Decker	Sr. 23:01 (31st)				
	Zenneh Jepchumba	Fr. 17:46.87 (1st)	18:15.9 (1st)	21:22 (3rd)		
	Caroline Kurgat	Fr. 19:24.74 (10th)	19:14.3 (6th)	23:57 (72nd)		
	Kaitlyn Maker	Fr. 20:23.37 (24th)	19:53.6 (14th)	23:45 (60th)		
	Danielle McCormick	Sr. 19:28.63 (11th)	19:08.7 (4th)	23:40 (55th)		
	Jessica Pahkala	So. 19:45.40 (19th)	19:31.3 (9th)	23:23 (46th)		
	Team Place (Pts.)	1st of 8 (26)	1st of 5 (16)	2nd of 13 (84)		
	Results Link	Results	Results	Results		

CENTRAL WASHINGTON		CWU Apple Ridge Inv. 9/12/15	Sundodger Invitational 9/19/15	Stanford Invitational 9/26/15	SMU Open 9/26/15	W. Washington Invitational 10/10/15	Seattle U Emerald City Open 10/17/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Yr.	Distance								
	Natalie Bergstrom	Sr. 16:49 (19th)	25:18.12 (157th)		20:50.85 (19th)	26:25 (120th)			
	Tessa Carlin	So. 18:47 (30th)	26:05.08 (174th)		21:54.81 (25th)	27:17 (130th)			
	Nicole Charlton	So. 18:48 (31st)							
	Erin Chinchar	Sr. 15:02 (2nd)	22:15.25 (22nd)	22:32.7 (71st)		22:36 (24th)			
	Hannah Dowdell	Sr. 23:31.23 (92nd)	23:48.6 (163rd)			25:02 (98th)			
	Dani Eggleston	Sr. 15:00 (1st)	22:07.93 (19th)	21:48.0 (35th)		22:28 (21st)			
	Elena Gomez	Jr. 15:51 (8th)	23:16.73 (81st)	23:42.2 (153rd)					
	Anna Hood	Jr. 17:46 (24th)	26:40.64 (193rd)		22:00.82 (27th)	28:10 (135th)			
	Jayna Inderbitzin	Sr. 16:06 (13th)	23:29.44 (89th)	23:40.3 (149th)		24:44 (91st)			
	Brenna Liebel	Fr. 16:31 (18th)	23:54.52 (113th)			25:48 (112th)			
	Ashley Mason	Fr. 16:16 (15th)	23:56.91 (116th)	24:05.4 (181st)					
	Kaitlyn McKinney	Jr. 17:06 (21st)	24:47.56 (143rd)		20:25.41 (16th)	25:34 (107th)			
	Stephanie Rexus	Jr. 15:47 (7th)	23:34.63 (96th)	23:44.3 (156th)		23:54 (68th)			
	Alexis Ross	Fr. 26:56.25 (197th)			21:56.92 (26th)				
	Megan Rogers	Sr. 15:12 (4th)	22:33.10 (36th)	22:15.8 (58th)		23:07 (35th)			
	Alexa Shindruk	Fr. 16:17 (16th)	23:11.28 (74th)	23:33.2 (140th)		24:14 (83rd)			
	Heather Sweowat	Fr. 18:17 (28th)	27:31.17 (202nd)			27:08 (127th)			
	Darby Throndsen	Fr. 24:13.89 (32nd)							
	Sierra Wright	21:33.65 (22nd)				26:17 (119th)			
	Team Place (Pts.)	1st of 4 (22)	7th of 22 (210)	14th of 30 (376)	3rd of 3 (65)	8th of 13 (184)			
	Results Link	Results	Results	Results	Results	Results			

2015 GNAC Women's Cross Country Meet-By-Meet

CONCORDIA		Linfield Harrier Classic 9/4/15	Ash Creek Invitational 9/11/15	Sundodger Invitational 9/19/15	Willamette Charles Bowles Invitational 10/3/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		4,000 Meters	4,600 Meters	6,000 Meters	5,000 Meters		
Kelsea Campbell	So.						
Sara Fristoe	Jr.	15:18.45 (2nd)		22:40.53 (42nd)	18:51.0 (43rd)		
Megan Fristoe	Jr.	14:59.14 (1st)	16:46.3 (4th)	21:59.68 (16th)	18:04.7 (11th)		
Jessica Jensen	So.	17:07.75 (25th)	20:18.9 (99th)	26:10.51 (180th)	21:06.8 (150th)		
Megan Mayfield	Fr.						
Erin McChurch	Fr.	17:59.84 (35th)	19:51.5 (86th)	26:34.24 (189th)	22:09.2 (170th)		
Blanca Moreno	Jr.	17:12.35 (26th)	19:38.4 (80th)	25:32.08 (165th)	20:56.6 (144th)		
Nicole Pederson	Fr.	15:31.20 (5th)	17:10.0 (15th)	22:33.68 (38th)	18:21.1 (22nd)		
Dalen Richardson	So.	16:26.80 (12th)	20:21.0 (101st)	24:17.99 (124th)	20:25.7 (118th)		
Brenna Siltman	Fr.						
Megan VonBargen	Sr.	17:54.56 (34th)	21:42.9 (115th)	26:22.00 (183rd)	22:20.9 (173rd)		
Zoe Worobel	Sr.	16:07.11 (11th)	18:15.8 (51st)	23:33.53 (95th)	19:17.7 (61st)		
Team Place (Pts.)		1st of 3 (28)	7th of 12 (197)	12th of 22 (279)	9th of 18 (230)		
Results Link		Results	Results	Results	Results		

MSU BILLINGS		Moda Health Alaska Invite 9/3/15	Moda Health Alaska Invite 9/5/15	Montana St. Invitational 9/19/15	Roy Griak Invitational 9/26/15	Yellowjacket Invitational 10/9/15	Yellowjacket/ Battlin' Bear Dual 10/15/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		6,000 Meters	5,000 Meters	3 Miles	6,000 Meters	6,000 Meters			
Sarah Beatty	Fr.	29:28.9 (26th)	24:25.5 (25th)	22:33.00 (30th)	30:36.3 (330th)	28:52.93 (19th)			
Bailey Bomar	So.	25:41.6 (13th)	21:29.3 (16th)	20:38.53 (23rd)	26:55.2 (212th)	27:07.18 (18th)			
Taylor Condon	Sr.	26:23.2 (16th)	21:10.5 (15th)	19:41.25 (16th)	26:13.8 (165th)	25:13.44 (5th)			
Brielle Davis	Sr.	25:32.2 (12th)	20:32.8 (11th)	19:20.16 (10th)	24:46.3 (63rd)	24:46.93 (2nd)			
Rio Frame	Jr.	24:17.5 (6th)	19:54.9 (9th)			25:06.59 (4th)			
Cate Klautd	Fr.	28:37.4 (25th)	23:27.6 (24th)	23:55.91 (36th)	29:29.5 (316th)	30:15.56 (26th)			
Devin McDonald	Fr.			22:18.26 (28th)	29:39.0 (320th)	29:05.09 (20th)			
Josey Smiedala	Fr.								
Nikki Terkildsen	Fr.			23:17.45 (35th)	29:39.4 (321st)	29:21.77 (21st)			
Jinise Trueblood	Sr.	27:24.0 (21st)	21:59.9 (20th)	20:07.61 (20th)	27:04.6 (223rd)	25:50.41 (9th)			
Team Place (Pts.)		3rd of 3 (68)	3rd of 3 (69)	7th of 9 (233)	28th of 37 (776)	2nd of 4 (37)			
Results Link		Results	Results	Results	Results	Results			

NORTHWEST NAZARENE		Chukar Classic 9/12/15	Sundodger Invitational 9/19/15	San Francisco State Invitational 10/9/15	Lewis & Clark Invitational 10/17/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		5,000 Meters	6,000 Meters	6,000 Meters			
Hailey Gordon	Sr.	20:07 (6th)	22:35.32 (39th)	22:52.6 (37th)			
Jadyn Gourley	Sr.	21:33 (17th)	24:58.16 (150th)	24:30.6 (108th)			
Emily Hammons	Fr.		24:48.14 (144th)	25:11.3 (134th)			
Rebecca Hook	Sr.	20:41 (12th)	23:08.41 (68th)	23:49.8 (78th)			
Josephine Lonia	Fr.	21:39 (18th)	24:28.96 (128th)	25:38.6 (155th)			
Anysia Manzer	So.	20:29 (8th)	23:52.29 (110th)	23:11.2 (53rd)			
Sierra Manser	Fr.	19:59 (4th)	22:21.16 (27th)	22:14.4 (11th)			
Emily Merioles	Jr.		26:00.38 (172nd)				
Kaydee Mick	Jr.	23:10 (28th)	27:17.64 (200th)				
Rachel Roach	Fr.		26:07.60 (177th)				
Amy Wheeler	So.		25:27.60 (162nd)				
Team Place (Pts.)		2nd of 4 (46)	14th of 22 (324)	5th of 9 (211)			
Results Link		Results	Results	Results			

2015 GNAC Women's Cross Country Meet-By-Meet

SAINT MARTIN'S	Yr.	Puget Sound Invitational 9/5/15	Sundodger Invitational 9/19/15	SMU Open 9/26/15	Western Washington Classic 10/10/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		6,000 Meters	6,000 Meters	5,000 Meters	6,000 Meters		
Alexis Carandang	Jr.		35:56.33 (218th)		30:39 (143rd)		
Lindsey Dorney	Fr.	25:12 (8th)	25:31.75 (164th)	21:02.10 (21st)	26:35 (121st)		
Keirnan Hawthorne	Jr.						
Karen Horvath	Sr.	23:20 (3rd)	22:40.98 (44th)	18:43.96 (8th)	23:19 (41st)		
Larissa Kolasinski	Fr.	23:10 (1st)	22:33.29 (37th)	18:40.19 (5th)	22:48 (28th)		
Claire McCloskey	Jr.	26:24 (17th)	26:46.62 (194th)	22:33.67 (29th)	28:19 (136th)		
Dalia Pedro-Trujillo	So.	26:33 (20th)		22:13.35 (28th)	27:57 (133rd)		
Shannon Porter	Jr.						
Megan Teigen	Jr.	25:30 (9th)	24:34.75 (133rd)	21:51.67 (24th)	26:14 (117th)		
Elizabeth Waddell	Fr.						
Alexi Whatley	Fr.						
Team Place (Pts.)		1st of 5 (37)	17th of 22 (453)	2nd of 3 (57)	12th of 13 (301)		
Results Link		Results	Results	Results	Results		

SEATTLE PACIFIC	Yr.	Moda Health Alaska Invite 9/3/15	Moda Health Alaska Invite 9/5/15	Sundodger Invitational 9/19/15	Willamette Charles Bowles 10/3/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		6,000 Meters	5,000 Meters	6,000 Meters	5,000 Meters		
Hannah Calvert	Jr.	23:51.6 (4th)	19:34.2 (5th)	22:44.92 (48th)	18:40.0 (32nd)		
Melanie Campbell	Fr.			24:31.70 (130th)	19:33.6 (74th)		
Sophie Carroll	So.						
Mary Charleson	So.	24:52.1 (10th)	19:36.1 (6th)	23:22.27 (86th)	18:30.4 (28th)		
Lynelle Decker	Sr.	24:39.4 (9th)	19:49.9 (7th)	23:19.66 (83rd)	18:40.4 (33rd)		
Hailey Kettel	So.			23:45.98 (104th)	19:47.8 (85th)		
Sarah Macdonald	Jr.	23:11.1 (2nd)	19:02.0 (2nd)	22:31.13 (34th)	18:06.0 (12th)		
Jessie Mathison	So.						
Anna Patti	Sr.	22:11.5 (1st)	18:34.5 (1st)	21:11.82 (1st)	17:35.3 (2nd)		
Chynna Phan	So.			22:38.65 (41st)	18:35.2 (31st)		
Jessica Rawlins	So.	24:03.4 (5th)	19:17.1 (4th)	23:01.37 (63rd)	18:49.8 (42nd)		
Ali Sowers	Jr.						
Jackie VanSchooten	Sr.						
Kiley Zeitler	Sr.			23:53.33 (111th)			
Team Place (Pts.)		1st of 3 (21)	1st of 3 (18)	4th of 22 (175)	3rd of 18 (105)		
Results Link		Results	Results	Results	Results		

SIMON FRASER	Yr.	Ash Creek Invitational 9/11/15	Sundodger Invitational 9/19/15	Stanford Invitational 9/26/15	W. Washington Invitational 10/10/15	SU Emerald City Open 10/17/15	BC Cross Country Chmp. 10/24/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		4,600 Meters	6,000 Meters	6,000 Meters	6,000 Meters				
Miryam Bassett	So.	17:45.4 (35th)	23:11.31 (75th)	23:09.5 (114th)	23:49 (62nd)				
Rebecca Bassett	Jr.	16:28.1 (1st)	21:21.26 (3rd)	21:32.8 (26th)	21:52 (7th)				
Emma Chadsey	Sr.	18:19.3 (53rd)	23:01.67 (64th)	24:04.9 (180th)					
Erina Cho	Jr.	19:46.8 (85th)	25:47.61 (168th)						
Reta Dobie	Jr.	18:31.6 (58th)	23:35.89 (97th)	23:14.5 (124th)	23:44 (59th)				
Sophie Dodd	So.								
Brittany Evans	Jr.	18:40.3 (65th)	23:47.77 (107th)		23:30 (50th)				
Jasmine Gill	Fr.								
Karen Horvath	Sr.		22:40.98 (44th)						
Julia Howley	So.	17:31.7 (27th)	23:00.22 (61st)	25:30.3 (222nd)	23:39 (54th)				
Jennifer Johnson	Sr.								
Alexandra Kiely	Fr.								
Kayla Lennea	So.	20:03.3 (90th)							
Kansas Mackenzie	Sr.	18:18.0 (52nd)	23:09.48 (70th)	23:59.9 (178th)	24:05 (78th)				
Lily Mahal	Fr.								
Alan Mussatto	Fr.								
Paige Nock	So.	17:41.9 (32nd)	22:32.74 (35th)	22:48.9 (91st)	23:21 (44th)				
Peggy Noel	Jr.								
Picabo Reeves	Fr.								
Addy Townsend	Fr.								
Dana Townsend	So.		26:30.49 (185th)		26:40 (124th)				
Team Place (Pts.)		4th of 12 (136)	8th of 22 (215)	16th of 30 (399)	7th of 13 (184)				
Results Link		Results	Results	Results	Results				

2015 GNAC Women's Cross Country Meet-By-Meet

WESTERN OREGON		Ash Creek Invitational 9/11/15	Sundodger Invitational 9/19/15	Willamette Charles Bowles Invitational 10/3/15	W. Washington Invitational 10/10/15	Beaver Classic 10/23/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		4,600 Meters	6,000 Meters	5,000 Meters	6,000 Meters			
Bailey Beeson	Sr.	18:51.6 (66th)	23:43.29 (102nd)		24:20 (85th)			
Maggie Boles	Fr.							
Emily Cantrell	Fr.	19:20.4 (74th)	24:50.96 (145th)	20:00.8 (94th)	25:38 (108th)			
Felicia Covey	Jr.	20:52.3 (108th)		21:55.6 (166th)				
Rachel Crawford	Jr.	21:49.6 (118th)		19:17.8 (62nd)	24:26 (87th)			
Debora DeLeon	So.	18:29.5 (57th)	23:47.36 (106th)					
Amanda Dithazy	Jr.	19:05.1 (71st)	25:46.38 (167th)		25:45 (110th)			
Emily Gillett	Fr.	19:31.7 (76th)	24:58.94 (151st)	20:14.9 (111th)				
Antoinette Gowen	Fr.							
Lauren Kangas	Fr.	18:38.5 (63rd)	24:28.35 (127th)					
Grace Knapp	Fr.	17:52.1 (39th)	23:42.78 (101st)		24:11 (80th)			
Natalie Lagras	Fr.							
Becca Liable	Jr.							
Sara Madden	So.	21:04.9 (111th)		21:09.8 (151st)				
Nicole Maurmann	Jr.	17:38.0 (29th)	22:59.64 (59th)		23:12 (38th)			
Leah Paffrath	Sr.			20:52.9 (141st)				
Megan Rose	Fr.	22:13.9 (120th)						
Emilee Silbermangel	Fr.							
Kiana Smith	Fr.	20:03.9 (91st)	25:24.43 (161st)		25:47 (111th)			
Stephanie Stuckey	Sr.		23:15.16 (80th)		24:03 (77th)			
Dara Tillery	Jr.							
Suzanne Van De Grift	So.	18:56.2 (70th)	23:56.64 (115th)		24:54 (94th)			
Kendra Zimmerdahl	Fr.	19:44.1 (84th)	23:57.40 (117th)		27:13 (128th)			
Team Place (Pts.)		8th of 12 (224)	16th of 22 (395)	16th of 18 (458)	11th of 13 (286)			
Results Link		Results	Results	Results	Results			

WESTERN WASHINGTON		CWU Apple Ridge Invitational 9/12/15	Sundodger Invitational 9/19/15	SMU Open 9/26/15	Western Washington Classic 10/10/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		4,000 Meters	6,000 Meters	5,000 Meters	6,000 Meters		
Taylor Graham	Sr.	16:58 (20th)					
Brittany Grant	Jr.	15:44 (5th)	21:37.95 (7th)	17:48.94 (1st)	22:44 (26th)		
Taylor Guenther	Sr.	15:45 (6th)	21:34.29 (5th)	18:21.03 (2nd)	22:32 (23rd)		
Kaitlyn Horn	Jr.						
Madeleine Hutchinson	So.				24:31 (89th)		
Maddy Jalbert	Sr.		23:32.16 (93rd)	18:57.86 (12th)	23:43 (58th)		
Aundrea Koger	Fr.		24:36.04 (135th)	20:58.96 (20th)			
Kali Klotz-Brooks	Sr.						
Alexandra Laiblin	So.	16:00 (11th)	22:29.74 (33rd)	18:43.94 (7th)	23:03 (32nd)		
Brenna Lanford	So.						
Sofia Marikis	Jr.		22:57.25 (58th)	18:47.39 (9th)	23:50 (63rd)		
Molly McEachern	So.			20:30.50 (17th)			
Tracy Melville	Fr.	15:08 (3rd)	22:18.17 (24th)	18:31.90 (3rd)	23:08 (36th)		
Analissa Merrill	Jr.		26:17.12 (182nd)	21:42.25 (23rd)	26:37 (122nd)		
Abby Milner					25:38 (109th)		
Lillianna Stelling	Jr.	15:53 (9th)	22:36.76 (40th)	18:34.90 (4th)	23:31 (51st)		
Sara Taferre	Jr.	16:00 (12th)	23:03.58 (66th)	18:57.85 (11th)	23:22 (45th)		
Shawna Troupe	Jr.			18:42.18 (6th)	23:58 (73rd)		
Katherine Tyburezy	Jr.				26:15 (118th)		
Mikhaela Woodward	Fr.	16:26 (17th)	23:07.04 (67th)	19:04.15 (13th)	24:30 (88th)		
Team Place (Pts.)		2nd of 4 (34)	1st of 22 (103)	1st of 3 (16)	4th of 13 (133)		
Results Link		Results	Results	Results	Results		