



Sept. 10, 2015 • Week 1
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GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Fri., Sept. 11

Concordia, Saint Martin's, Seattle Pacific, Simon Fraser, Western Oregon at Ash Creek Invitational, Monmouth, Ore., 5 p.m.

Sat., Sept. 12

Alaska Anchorage at Hawaii Pacific Invitational, 7 a.m. (HST).
Northwest Nazarene at Treasure Valley CC Invitational, Caldwell, Idaho, 10:30 a.m. (MDT).
Central Washington, Western Washington at CWU Apple Ridge Invitational, Yakima, Wash., 11 a.m.

LAST WEEK'S MEETS

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 McLsac, 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, Tali 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.

#GNACXC in 140 @GNACSports

#Perfect The Alaska Anchorage men opened the 2015 season by scoring a perfect 15 points to win the Hawaii Big Wave Invitational on Saturday. **Edwin Kangogo** won the race in 15:41.15.

#AlmostPerfect The Seattle Pacific women and Montana State Billings men finished just short of

perfect scores to win their divisions at Thursday's Moda Health Alaska Invitational. Both the Falcons and Yellowjackets scored 21 points.

#Winners GNAC runners were individual winners in all but two races in the five meets the conference was represented in.

#DoubleWinners Robert Peterson of Montana State Billings and **Anna Patti** of Seattle Pacific each won both of their races in the two-day Moda Health

Alaska Invitational. The performances earned the duo selection as the GNAC Cross Country Runners of the Week.

#Rankings The GNAC is well represented in the USTFCCA preseason polls. For the men, Alaska Anchorage is ranked seventh, Western Washington 19th and Simon Fraser 25th. For the women, Simon Fraser is ranked eighth, Alaska Anchorage 10th and Central Washington 22nd.

GNAC Cross Country Runners of the Week



MEN
Robert Peterson, Montana State Billings
 Senior • Billings, Mont.

Peterson won both men's races at the Moda Health Alaska Invitational by sizable margins. On Thursday, he captured the 8,000-meter men's race in 26:18.3, winning the race by 50 seconds. Two days later, Peterson won the men's 5,000-meter race in 15:44.6, and won by 26 seconds over the second place runner. He led the Yellowjackets to the team win on Thursday.

Also Nominated: Jasper Heckman (Saint Martin's), Ethan Livermore (Concordia).



WOMEN
Anna Patti, Seattle Pacific
 Senior • Renton, Wash.

Patti swept the women's individual title at the Moda Health Alaska Invitational. She won Thursday's 6,000-meter race by a minute, clocking a time of 22:11.5. She returned on Saturday to beat teammate Sarah Macdonald by 27 seconds in the 5,000-meter race in a time of 18:34.5. Patti led the Falcons to the team title on both days of competition.

Also Nominated: Megan Fristoe (Concordia), Larissa Kolasinski (Saint Martin's).

Past GNAC Runners of the Week

Date	Men	Women
Aug. 31 - Sept. 6	Robert Peterson, MSUB	Anna Patti, SPU

Sept. 7 - 13

Sept. 14 - 20

Sept. 21-27

Sept. 28 - Oct. 4

Oct. 5 - 11

Oct. 12 - 19

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

GNAC News & Notes

ALASKA ANCHORAGE SHOWS WELL IN HAWAII: The Seawolves represented the GNAC and Division II well, winning both races in Saturday's Hawaii Big Wave Invitational in Kahuku, Hawaii. The men scored a perfect 15 points to beat second place Hawaii Pacific by 45 points. The Seawolves' top-four runners all finished within four seconds of each other, led by a 15:41.15 for 5,000 meters by sophomore **Edwin Kangogo**. The Alaska Anchorage women scored 26 points, beating host Hawaii by eight points. Sophomore **Caroline Kurgat** won the 5,000-meter race in 17:46.87. Teammate **Joyce Chelimo**, who returns after a year away, placed second in 17:49.43.

GNAC WINNERS ALL AROUND: In the five meets that GNAC teams competed in last weekend, GNAC runners were individual winners in all but two of them. Three GNAC teams (Alaska, Montana State Billings and Seattle Pacific) comprised the complete field in the four races at the Moda Health Alaska Invitational. At the Linfield Harrier Classic, Concordia junior **Megan Fristoe** won her first Division II race as she completed the 4,000-meter course in 14:59.14. Saint Martin's freshman **Larissa Kolasinski** opened her college career by winning the Puget Sound Invitational. She covered the 6,000 meters in 23:10.

TAKE YOUR MARK: The remaining GNAC cross country teams will open their 2015 seasons this weekend. Simon Fraser and Western Oregon will start at the Ash Creek Invitational on Friday in Monmouth, Ore. Central Washington and Western Washington start with the CWU Apple Ridge Invitational on Saturday in Yakima, Wash. Northwest Nazarene will start close to home, competing in the Treasure Valley CC Invitational on Saturday in Caldwell, Idaho.

IN THE RANKINGS: The GNAC opened the season with six teams ranked in the USTFCCCA Coaches Poll. In the men's poll, Alaska Anchorage opened the season at No. 7. Western Washington was No. 19 and Simon Fraser was No. 25. In the women's poll, Simon Fraser was ranked No. 8 with Alaska Anchorage close behind at No. 10. Central Washington was ranked No. 22.

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.

Around The GNAC

ALASKA



- The Alaska men came away from the opening weekend by winning the team title on the second day of their own Moda Health Alaska Invitational. The Nanooks scored 26 points to beat Montana State Billings in Saturday's 5,000-meter race. Sophomore **Alex Eckert** led the way, placing second in 16:11.7 as the Nanooks put all five scoring runners in the top-nine.

- Junior **Keegan Rankin** placed second in Thursday's men's opening race, covering the 8,000 meters in a time of 27:08.4. Rankin went on to finish sixth in Saturday's 5,000 meters in 16:26.6 while sophomore **Seiji Takagi** was fifth in 16:24.0.

- Junior **Dorothy O'Donnell** placed third in both women's races. In Thursday's 6,000-meter competition, O'Donnell finished in 23:36.7. In Saturday's 5,000-meter race, she was 36 seconds out of first place with a time of 19:10.7.

- The Nanook women were second in both races in the Alaska Invitational, scoring 43 points in Thursday's 6,000-meter race and 46 points in Saturday's 5,000-meter race.

ALASKA ANCHORAGE



- The Seawolves' men carded a perfect score to open the season, finishing with 15 points to win the Hawaii Big Wave Invitational. There was just four seconds separating the No. 1 and No. 4 runners and 36 seconds between the No. 1 and No. 5 runners.

- Sophomores **Edwin Kangogo**, **Nathan Kipchumba** and **Henry Cheseto** finished in a virtual dead heat for the top-three places. Kangogo won in 15:41.15, Kipchumba was second in 15:41.33 and Cheseto, the defending GNAC and NCAA West Region Champion, was third in 15:41.52. Senior **Dominik Hotz** was four seconds behind in fourth place at 15:45.66.

- The Alaska Anchorage women put all five of their scoring runners in the top-11 to edge out Division I Hawaii for the team title with 26 points.

- Sophomore **Caroline Kurgat** won the 5,000-meter race with a time of 17:46.87. Junior **Joyce Chelimo** finished second in 17:49.43 in her return after not competing in 2014. Freshman Kimberley Cosica opened her collegiate career with a fourth place finish in 18:34.94.

- Alaska Anchorage opened the season with both teams ranked in USTFCCA Division II Top-25 polls. The Seawolves' men are ranked seventh opening the season and the women are 10th. The UAA men are No. 2 in the west region behind defending regional champ Chico State and the women are ranked third regionally.

- Rather than travel home, Alaska Anchorage remained in Hawaii for the week and will race at the Hawaii Pacific Invitational on Saturday morning.

CENTRAL WASHINGTON



- Central Washington did not compete on opening weekend. The Wildcats will host the CWU Apple Ridge Invitational on Saturday at the Apple Ridge Run Cross Country Facility in Yakima, Wash.

- The Wildcat women have parlayed a fourth place GNAC Championships finish and a fifth place West Region finish into a No. 23 national ranking in the initial USTFCCA

Division II National Poll. They are also among five GNAC teams opening the season regionally ranked at No. 5.

CONCORDIA



- Concordia performed well in their first meet as a NCAA Division II program, winning the women's competition and placing second in the men's race at Friday's Linfield Harrier Classic.

- Junior transfer **Megan Fristoe** won the 4,000-meter race with a time of 14:59.14. Her sister **Sara Fristoe** finished second with a time of 15:18.45. The Cavaliers scored a

total of 28 points, eight points better than second place Wartburg. There was 32 seconds between their No. 1 and No. 3 runners.

- Junior **Ethan Livermore** led the Concordia men with a third place finish, covering the 6,000-meter course in 19:57.13. Junior **Jared Seckel** was four seconds behind, placing fifth in 20:01.73.

- Concordia will get their first look at GNAC competition on Friday as one of five league programs competing at Western Oregon's Ash Creek Invitational.

- Concordia is in the second year of a three-year transition process to NCAA Division II membership. This is their first year playing full Division II and GNAC schedules. While the Cavaliers are eligible to win the GNAC championship, they are not eligible for regional & national competition.

MONTANA STATE BILLINGS



- Montana State Billings' men opened the season with a near perfect performance in Thursday's opening race at the Moda Health Alaska Invitational. The Yellowjackets put their top-four runners in the top-five on their way to a score of 21 points.

- Senior **Robert Peterson** won both men's races at the Alaska Invitational, earning selection as the GNAC Men's Cross Country Runner of the Week. Peterson won Thursday's 8,000-meter race by 50 seconds in a time of 26:18.3. He was nearly a 30-second winner in Saturday's 5,000-meter race, crossing in a time of 15:44.6.

- In Thursday's men's race, there was a total of 1:07 between the top-four runners and just six seconds between the No. 2 and No. 4 runners.

- Junior **Rio Frame** was the Yellowjackets' top women's runner on both days. Frame finished sixth in Thursday's 6,000-meter race in 24:17.5 and placed ninth in Saturday's 5,000-meter race in 19:54.9.

NORTHWEST NAZARENE



- Northwest Nazarene did not compete on the opening weekend. The Crusaders will begin the season on Saturday, taking part in the Treasure Valley CC Invitational in Caldwell, Idaho.

- The Crusaders will not meet another GNAC team until they join Central Washington, Saint Martin's, Seattle Pacific, Simon Fraser, Western Oregon and Western Washington at the Sundodger Invitational on Sat., Sept. 19 in Seattle.

Around The GNAC

SAINT MARTIN'S



- The Saint Martin's women opened the 2015 season with a team victory at Saturday's Puget Sound Invitational. The Saints scored 37 points to beat Pacific Lutheran by eight points.
- Freshman **Larissa Kolasinski** was an individual winner in her first collegiate meet, covering the 6,000-meter course in 23:10. The Issaquah, Wash., native was a four-time Washington high school state meet participant.
- Senior **Karen Horvath** was 10 seconds behind Kolasinski, placing third in a time of 23:20. Overall, the Saints place their top-four runners in the top nine.
- The Saints' men placed third at the Puget Sound Invitational with a score of 57 points, just six points behind second place Pacific Lutheran. Saint Martin's placed all five scoring runners in the top-16.
- Junior **Jasper Heckman** led the way for SMU, placing fifth in a time of 27:53. There was a time difference of 43 seconds between the Saints' No. 1 and No. 5 runners.
- Saint Martin's will be idle this weekend, returning to competition at the Sundodger Invitational on Sat., Sept. 19

SEATTLE PACIFIC



- The Falcons' women were dominant at the Moda Health Alaska Invitational. In Thursday's 6,000-meter race, SPU finished with a total of 21 points as they placed four runners in the top-five and all five scoring runners in the top-nine. In Saturday's 5,000-meter race, SPU placed all five scoring runners in the top-six to cruise to a score of 18 points.
- The time difference between the No. 1 runner and No. 5 runner in Saturday's race was just 1:01.
- Senior **Anna Patti** was named the GNAC Women's Cross Country Runner of the Week after winning both races at the Alaska Invitational. Patti had a one-minute cushion in Thursday's 6,000-meter race, winning in 22:11.5. She won Saturday's 5,000-meter race by 28 seconds with a time of 18:34.5.
- Junior **Sarah Macdonald** finished second to Patti in both races. She ran Thursday's race in 23:11.1 and Saturday's race 19:02.0.
- The Seattle Pacific men placed third on both days of the Alaska Invitational. Sophomore **Ben Halladay** turned in the Falcons' top performance, placing seventh in Saturday's 5,000-meter race in 16:27.3.
- In the USTFCCA West Region Preseason Poll, Seattle Pacific was one of five GNAC women's teams ranked with an initial No. 9 ranking. The Falcons finished 2014 ranked No. 12 in the region.

SIMON FRASER



- The Clan did not compete in the first week of the season. They will commence their 2015 campaign this Friday at the Ash Creek Invitational.
- Both the Simon Fraser men and women were ranked in the USTFCCA Preseason Top-25. The Clan women open the year ranked No. 8 nationally and No. 2 regionally after placing seventh at last year's NCAA Division II Championships. The SFU men open ranked No. 25 and No. 6 regionally.

WESTERN OREGON



- The Wolves did not compete in the season's opening weekend. They will host four other GNAC teams on Friday at the Ash Creek Invitational, which will be held on the WOU campus' Ash Creek Preseve.
- Western Oregon will be the host of the NCAA Division II West Regional Championships, which will take place on Sat., Nov. 7.

WESTERN WASHINGTON



- Western Washington did not compete on the opening weekend. The Vikings open their season on Saturday at Central Washington's Apple Ridge Invitational.
- The Vikings' men opened the season ranked No. 19 in the USTFCCA Division II Top-25 Poll after finishing 2014 ranked No. 13. Western Washington placed second at the 2014 GNAC Championships and 13th at the NCAA Division II Championships. The men are also ranked No. 5 in the West Region. The Western Washington women start the season ranked No. 7 in the West Region.

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			
Sept. 23			
Sept. 30			
Oct. 7			
Oct. 14			
Oct. 28			
Nov. 11			

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

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

USTFCCCA DIVISION II COACHES POLL

as of Sept. 2, 2015 (Preseason)

Rk	School (1st)	Pts.	Prev.
1.	Adams State (6)	198	1
2.	Grand Valley State (2)	193	2
3.	Augustana (S.D.)	177	3
4.	Chico State	175	14
5.	Colorado Mines	172	4
6.	Southern Indiana	158	7
7.	Alaska Anchorage	151	6
8.	Western State	149	5
9.	Sioux Falls	132	8
10.	Cal Poly Pomona	118	16
11.	Lock Haven	116	12
12.	West Texas A&M	113	11
13.	Wis.-Parkside	106	NR
14.	Cal Baptist	83	24
15.	Ashland	74	10
16.	Colorado Mesa	74	18
17.	Shippensburg	68	25
18.	Mount Olive	66	19
19.	Western Washington	40	13
19.	Malone	40	9
21.	Stonehill	39	22
22.	UC Colorado Springs	35	23
23.	Edinboro	33	15
24.	Neb.-Kearney	29	NR
25.	Simon Fraser	23	20

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

as of Sept. 1, 2015 (Preseason)

Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	Alaska Anchorage	GNAC	2
3.	Cal Poly Pomona	CCAA	3
4.	Cal Baptist	PacWest	5
5.	Western Washington	GNAC	4
6.	Simon Fraser	GNAC	6
7.	San Francisco State	CCAA	8
8.	Academy of Art	PacWest	11
9.	Azusa Pacific	PacWest	9
10.	Fresno Pacific	PacWest	NR

[View Complete Regional Polls Online](#)

Women's Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	CWU	SFU	WWU
Sept. 2	10th	23rd	8th	RV
Sept. 16				
Sept. 23				
Sept. 30				
Oct. 7				
Oct. 14				
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					
Sept. 22					
Sept. 29					
Oct. 6					
Oct. 13					
Oct. 27					

USTFCCCA DIVISION II COACHES POLL

as of Sept. 2, 2015 (Preseason)

Rk	School (1st)	Pts.	Prev.
1.	Grand Valley State (8)	200	1
2.	Hillsdale	190	2
3.	Adams State	186	4
4.	Minnesota Duluth	168	3
5.	Augustana (S.D.)	155	5
6.	Western State	151	16
7.	Chico State	150	13
8.	Simon Fraser	142	7
9.	Northern Michigan	127	NR
10.	Alaska Anchorage	124	8
11.	Colorado Mesa	108	22
12.	Southern Indiana	96	NR
13.	Southwest Baptist	94	NR
14.	Cal Baptist	86	NR
15.	Edinboro	81	15
16.	Lewis	77	NR
17.	Winona State	60	19
18.	Stonehill	58	19
19.	Malone	55	11
20.	CSU-Pueblo	53	NR
21.	Bloomsburg	52	14
22.	Central Washington	37	18
23.	Roberts Wesleyan	31	9
24.	UC-Colorado Springs	29	20
25.	Wayne State (Mich.)	17	6

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

as of Sept. 1, 2015 (Preseason)

Rk	School	Conf.	Prev.
1.	Chico State	CCAA	2
2.	Simon Fraser	GNAC	1
3.	Alaska Anchorage	GNAC	3
4.	Cal Baptist	PacWest	8
5.	Central Washington	GNAC	5
6.	UC San Diego	CCAA	4
7.	Western Washington	GNAC	6
8.	Cal Poly Pomona	CCAA	10
9.	Seattle Pacific	GNAC	12
10.	Azusa Pacific	PacWest	9

[View Complete Regional Polls Online](#)



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					
Austin Collins	Sr.	22:43.22 (40th)					
Alan Johnston	Sr.	21:18.96 (25th)					
Roman Kirkov	Sr.						
Ethan Livermore	Jr.	19:57.13 (3rd)					
Austin Pella	Sr.	21:10.72 (22nd)					
Demetrius Rhodes	Sr.						
Jared Seckel	Jr.	20:01.73 (5th)					
Colton Snook	Jr.	22:24.86 (35th)					
Paris Speidel	Jr.	20:24.62 (11th)					
Alec Story	Jr.	23:19.42 (42nd)					
Team Place (Pts.)		2nd of 3 (46)					
Results Link		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/ Bat- tlin' Bear Dual 10/15/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		8,000 Meters	5,000 Meters						
Ivan Colmenero	Fr.	30:10.1 (24th)	17:23.2 (23rd)						
Jorey Egeland	So.	27:56.4 (13th)	16:28.3 (8th)						
Mark Hovland	So.	27:25.1 (5th)	16:39.2 (13th)						
Padon Little	Fr.								
Garrett Love	Jr.	27:23.1 (4th)	16:33.9 (10th)						
Jacob Marshall	Jr.								
Liam McKay	So.	27:19.8 (3rd)	16:18.0 (3rd)						
Josh Panasuk	Jr.								
Robert Peterson	Sr.	28:13 (1st)	15:44.6 (1st)						
Matt Winter	Sr.	27:50.6 (12th)	16:39.6 (14th)						
Team Place (Pts.)		1st of 3 (24)	2nd of 3 (35)						
Results Link		Results	Results						

NORTHWEST NAZARENE		Treasure Valley Invitational 9/12/15	Sundodger Invitational 9/19/15	San Francisco State Invitational 10/9/15	Lewis & Clark Invi- tational 10/17/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance							
Chase Cunningham	Jr.						
Caleb Druckhammer	Fr.						
Gabe Fisher	So.						
Nicholas Hamilton	Fr.						
Isaac Mitchell	So.						
Timothy Swarat	Fr.						
David Waterman	Sr.						
Team Place (Pts.)							
Results Link							

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					
Joe Edgecomb	Fr.	29:30 (25th)					
Kameron Galm	Fr.	30:15 (33rd)					
Jasper Heckman	Jr.	27:53 (5th)					
Mitchell Hughey	Jr.						
Josh Hunt	So.	28:24 (10th)					
Luis Lara Espinoza	Fr.	32:48 (46th)					
Skyler Larson	Jr.	28:36 (16th)					
Austin Miller	So.	28:26 (11th)					
Nathan Morgan	Sr.						
Levi Schilter	Fr.	28:35 (15th)					
Josiah Shelman	Sr.						
Andrew Walter	Fr.						
Team Place (Pts.)		3rd of 6 (57 pts.)					
Results Link		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	W. Washington Invitational 10/10/15	SU Emerald City Open 10/17/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		8,000 Meters	5,000 Meters						
Adam Avischiouis	Sr.	29:43.2 (23rd)	16:48.2 (17th)						
Andrew Baklund	So.								
Jacob Busald	Fr.								
Brian Comer	Sr.	29:02.1 (20th)	17:18.2 (22nd)						
Ben Halladay	So.	28:01.4 (14th)	16:27.3 (7th)						
Brysten James	Fr.								
Ka'eo Lindsey	So.								
David McLeod	Jr.	29:09.5 (21st)	17:01.0 (19th)						
Chris Moreton	So.								
Clark Sterling	So.								
Joseph Walker	Jr.	28:45.8 (19th)	17:06.9 (21st)						
Josiah Zering	So.								
Team Place (Pts.)		3rd of 3 (97)	3rd of 3 (73)						
Results Link		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									
Braden Charlton	Jr.								
Ben Conrad	Fr.								
BJ Cunliffe	Sr.								
Mateo de Dalmases	So.								
Rowan Doherty	Fr.								
Dylan Freinhofer	So.								
Phillipe Gravel	So.								
Dustin Johnson	So.								
Oliver Jorgensen	Jr.								
Stuart MacDonald	So.								
Alexandre Pare	Sr.								
Cameron Proceviat	Sr.								
Marc-Antoine Rouleau	Sr.								
David Sawatsky	So.								
Jalen Sekhon	Fr.								
Samuel Servias	Fr.								
Lorenzo Smith	Sr.								
Ephraim Tadesse	So.								
Austin Trapp	Sr.								
Brendan Wong	Sr.								
Team Place (Pts.)									
Results Link									

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

WESTERN OREGON	Yr.	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								
Eric Alcaraz	So.							
Riley Anheluk	Sr.							
David Cornish	Jr.							
Josh Dempsey	So.							
Kaleb Dobson	Fr.							
Matthew Haglund	So.							
Josh Hanna	Sr.							
Zach Holloway	Sr.							
AJ Holmberg	So.							
Tyler Jones	Fr.							
Dominick Marshall	Fr.							
Parker Marson	So.							
Sam Naffziger	Sr.							
Corrado Pitari	So.							
David Ribich	So.							
Kyle Ruhlín	So.							
Joe Solk	Sr.							
Badane Sultessa	Jr.							
Aaron Whitaker	So.							
Team Place (Pts.)								
Results Link								

WESTERN WASHINGTON	Yr.	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							
Dylan Brown	Jr.						
Isaac Derline	So.						
Sean Eustis	So.						
Cameron Freshwaters	So.						
Logan Giese	So.						
Dylan Hayes	Fr.						
Justin Irvine	Fr.						
Cory Johnson	Jr.						
Will Jones	Jr.						
Matthew Lutz	Jr.						
Cody McCranie	Jr.						
Nickolas Mounier	Fr.						
Jadon Olson	Fr.						
Ryan Peterson	Jr.						
Noah Ripley	Jr.						
Max Romey	Jr.						
Andrew Wise	So.						
Team Place (Pts.)							
Results Link							

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

CONCORDIA	Yr.	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					
Kelsea Campbell	So.						
Sara Fristoe	Jr.	15:18.45 (2nd)					
Megan Fristoe	Jr.	14:59.14 (1st)					
Jessica Jensen	So.	17:07.75 (25th)					
Megan Mayfield	Fr.						
Erin McChurch	Fr.	17:59.84 (35th)					
Blanca Moreno	Jr.	17:12.35 (26th)					
Nicole Pederson	Fr.	15:31.20 (5th)					
Dalen Richardson	So.	16:26.80 (12th)					
Brenna Siltman	Fr.						
Megan VonBargen	Sr.	17:54.56 (34th)					
Zoe Worobel	Sr.	16:07.11 (11th)					
Team Place (Pts.)		1st of 3 (28)					
Results Link		Results					

MSU BILLINGS	Yr.	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/ Bat- tlin' Bear Dual 10/15/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		6,000 Meters	5,000 Meters						
Sarah Beatty	Fr.	29:28.9 (26th)	24:25.5 (25th)						
Bailey Bomar	So.	25:41.6 (13th)	21:29.3 (16th)						
Taylor Condon	Sr.	26:23.2 (16th)	21:10.5 (15th)						
Brielle Davis	Sr.	25:32.2 (12th)	20:32.8 (11th)						
Rio Frame	Jr.	24:17.5 (6th)	19:54.9 (9th)						
Cate Klaudt	Fr.	28:37.4 (25th)	23:27.6 (24th)						
Devin McDonald	Fr.								
Josey Smiedala	Fr.								
Nikki Terkildsen	Fr.								
Jinise Trueblood	Sr.	27:24.0 (21st)	21:59.9 (20th)						
Team Place (Pts.)		3rd of 3 (68)	3rd of 3 (69)						
Results Link		Results	Results						

NORTHWEST NAZARENE	Yr.	Treasure Valley Invitational 9/12/15	Sundodger Invitational 9/19/15	San Francisco State Invitational 10/9/15	Lewis & Clark Invi- tational 10/17/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance							
Hailey Gordon	Sr.						
Jadyn Gourley	Sr.						
Emily Hammons	Fr.						
Rebecca Hook	Sr.						
Josephine Lonai	Fr.						
Anysia Manzer	So.						
Sierra Manser	Fr.						
Emily Merioles	Jr.						
Kaydee Mick	Jr.						
Rachel Roach	Fr.						
Amy Wheeler	So.						
Team Place (Pts.)							
Results Link							

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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					
Alexis Carandang	Jr.						
Lindsey Dorney	Fr.	25:12 (8th)					
Keirnan Hawthorne	Jr.						
Karen Horvath	Sr.	23:20 (3rd)					
Larissa Kolasinski	Fr.	23:10 (1st)					
Claire McCloskey	Jr.	26:24 (17th)					
Dalia Pedro-Trujillo	So.	26:33 (20th)					
Shannon Porter	Jr.						
Megan Teigen	Jr.	25:30 (9th)					
Elizabeth Waddell	Fr.						
Alexi Whatley	Fr.						
Team Place (Pts.)		1st of 5 (37)					
Results Link		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	W. Washington Invitational 10/10/15	SU Emerald City Open 10/17/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		6,000 Meters	5,000 Meters						
Hannah Calvert	Jr.	23:51.6 (4th)	19:34.2 (5th)						
Melanie Campbell	Fr.								
Sophie Carroll	So.								
Mary Charleson	So.	24:52.1 (10th)	19:36.1 (6th)						
Lynelle Decker	Sr.	24:39.4 (9th)	19:49.9 (7th)						
Hailey Kettel	So.								
Sarah Macdonald	Jr.	23:11.1 (2nd)	19:02.0 (2nd)						
Jessie Mathison	So.								
Anna Patti	Sr.	22:11.5 (1st)	18:34.5 (1st)						
Chynna Phan	So.								
Jessica Rawlins	So.	24:03.4 (5th)	19:17.1 (4th)						
Ali Sowers	Jr.								
Jackie VanSchooten	Sr.								
Kiley Zeitler	Sr.								
Team Place (Pts.)		1st of 3 (21)	1st of 3 (18)						
Results Link		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									
Miryam Bassett	So.								
Rebecca Bassett	Jr.								
Emma Chadsey	Sr.								
Erina Cho	Jr.								
Reta Dobie	Jr.								
Sophie Dodd	So.								
Brittany Evans	Jr.								
Jasmine Gill	Fr.								
Julia Howley	So.								
Jennifer Johnson	Sr.								
Alexandra Kiely	Fr.								
Kayla Lennea	So.								
Kansas Mackenzie	Sr.								
Lily Mahal	Fr.								
Alan Mussatto	Fr.								
Paige Nock	So.								
Peggy Noel	Jr.								
Picabo Reeves	Fr.								
Addy Townsend	Fr.								
Dana Townsend	So.								
Team Place (Pts.)									
Results Link									

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

WESTERN OREGON	Yr.	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								
Bailey Beeson	Sr.							
Maggie Boles	Fr.							
Emily Cantrell	Fr.							
Felicia Covey	Jr.							
Rachel Crawford	Jr.							
Debora DeLeon	So.							
Amanda Dithazy	Jr.							
Emily Gillett	Fr.							
Antoinette Gowen	Fr.							
Lauren Kangas	Fr.							
Grace Knapp	Fr.							
Natalie Lagras	Fr.							
Becca Liable	Jr.							
Sara Madden	So.							
Nicole Maurmann	Jr.							
Leah Paffrath	Sr.							
Megan Rose	Fr.							
Emilee Silbermagel	Fr.							
Kiana Smith	Fr.							
Stephanie Stuckey	Sr.							
Dara Tillery	Jr.							
Suzanne Van De Grift	So.							
Kendra Zimmerdahl	Fr.							
Team Place (Pts.)								
Results Link								

WESTERN WASHINGTON	Yr.	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							
Taylor Graham	Sr.						
Brittany Grant	Jr.						
Taylor Guenther	Sr.						
Kaitlyn Horn	Jr.						
Madeleine Hutchinson	So.						
Maddy Jalbert	Sr.						
Kali Klotz-Brooks	Sr.						
Alexandra Laiblin	So.						
Brenna Lanford	So.						
Sofia Marikis	Jr.						
Molly McEachern	So.						
Tracy Melville	Fr.						
Lillianna Stelling	Jr.						
Sara Taferre	Jr.						
Shawna Troupe	Jr.						
Katherine Tyburezy	Jr.						
Team Place (Pts.)							
Results Link							