



GNAC
INDOOR TRACK
CHAMPIONSHIPS
2013-14

GREAT NORTHWEST ATHLETIC CONFERENCE

ALAS 3
CHELIMO MICAH

183
HOSTED BY NWU

Meet Schedule

FRI., FEB. 21

Field Events (Finals)

- 3:30 p.m. Women's Weight Throw
- 4:30 p.m. Women's Long Jump, Women's Pole Vault
- 5 p.m. Men's High Jump
- 6 p.m. Men's Long Jump, Men's Shot Put

Running Events

- 2:30 p.m. Men's 60 Hurdles (Preliminaries)
- 2:50 p.m. Women's 60 Hurdles (Preliminaries)
- 3:10 p.m. Men's 60 (Preliminaries)
- 3:30 p.m. Women's 60 (Preliminaries)
- 3:45 p.m. Women's 800 (Pentathlon)
- 3:55 p.m. Men's 400 (Preliminaries)
- 4:15 p.m. Women's 400 (Preliminaries)
- 4:45 p.m. Men's 800 (Preliminaries)
- 5:05 p.m. Women's 800 (Preliminaries)
- 5:25 p.m. Men's 200 (Preliminaries)
- 5:45 p.m. Women's 200 Preliminaries
- 6:05 p.m. Men's 5,000 (Final)
- 6:45 p.m. Women's 5,000 (Final)
- 7:20 p.m. Men's Distance Medley (Final)
- 7:35 p.m. Women's Distance Medley (Final)

SAT., FEB. 22

Field Events (Finals)

- 10 a.m. Men's Weight Throw, Women's High Jump
- 10:30 a.m. Women's Triple Jump
- 11:15 a.m. Men's Triple Jump
- 11:45 a.m. Men's Pole Vault
- 12:15 p.m. Women's Shot Put

Running Events

- 11 a.m. Opening Ceremony
- 11:20 a.m. Heptathlon 1,000 Meter Run
- 11:25 a.m. Men's Mile Run (Final)
- 11:45 a.m. Women's Mile Run (Final)
- 12:05 p.m. Men's 60 Meter Hurdles (Final)
- 12:15 p.m. Women's 60 Meter Hurdles (Final)
- 12:25 p.m. Men's 400 Meter Dash (Final)
- 12:35 p.m. Women's 400 Meter Dash (Final)
- 12:45 p.m. Men's 60 Meter Dash (Final)
- 12:55 p.m. Women's 60 Meter Dash (Final)
- 1:05 p.m. Men's 800 Meter Run (Final)
- 1:20 p.m. Women's 800 Meter Run (Final)
- 1:35 p.m. Men's 200 Meter Dash (Final)
- 1:45 p.m. Women's 200 Meter Dash (Final)
- 1:55 p.m. Men's 3,000 Meters (Final)
- 2:15 p.m. Women's 3,000 Meters (Final)
- 2:35 p.m. Men's 1,600 Meter Relay (Final)
- 2:45 p.m. Women's 1,600 Meter Relay (Final)
- 3:15 p.m. Awards Ceremony

MULTI-EVENT SCHEDULE

Fri., Feb. 21

Men's Heptathlon

- 9 a.m. 60 Meter Dash
- 9:40 a.m. Long Jump
- 11 a.m. Shot Put
- 12:15 p.m. High Jump

Women's Pentathlon

- 9:15 a.m. 60 Meter Hurdles
- 9:50 a.m. High Jump
- 12:15 p.m. Shot Put
- 2 p.m. Long Jump
- 3:45 p.m. 800 Meter Run

Sat., Feb. 22

Heptathlon

- 8:45 a.m. 60 Meter Hurdles
- 9:15 a.m. Pole Vault
- 11:20 a.m. 1,000 Meter Run

Ford Idaho Center

HOME OF THE GNAC

INDOOR TRACK & FIELD CHAMPIONSHIPS



The Great Northwest Athletic Conference Indoor Track and Field Championships returns to Nampa, home of the Ford Idaho Center, for the 11th year in a row.

The Jacksons Indoor Track at the Ford Sports Complex has established a name in the track and field community since 2002, when the president of Jacksons Food Stores made a charitable contribution to Boise State University making it possible for Boise to purchase the track.

The constructed track is 200 meters long and includes an eight-lane straight track in the middle and six lanes banked on the oval. The track surface consists of Mondo, the world's leading performance multi-density synthetic rubber surface, a requirement by the NCAA and the USA Track & Field (USTAF) for sanctioned championship events.

With all the accommodations made viable by the Ford Sports Complex, this track is the only world class championship facility in the Pacific Northwest.

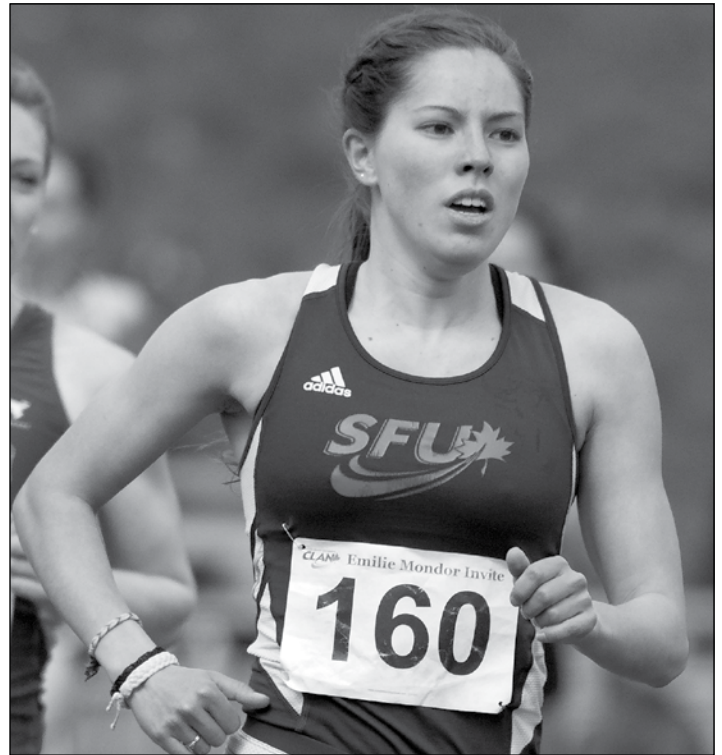
In 2005, the USATF hosted the National Indoor Masters Championships, attracting more than 800 male and female athletes over the age of 40. The facility also hosted the 2012 NCAA Division I National Indoor Track and Field Championships, which has been the largest event held in the facility.

The Ford Idaho Center also plays host to a variety of equestrian events. For six months out of the year the track is converted and used as a horse park.

Championships Preview



Frank Krause of Saint Martin's has the GNAC's best time this winter in the men's 800 meters.



Sarah Sawatzky of Simon Fraser has the nation's fourth best time among Division II athletes in the women's 800 meters. Her time of 2:09.42 ranks fifth in GNAC history.

MEN: Vikings To Seek Fourth Team Title

With the most returning point scorers from a year ago and the top performances this winter in nine of 17 events (through Feb. 10), Western Washington looks to be a solid favorite to repeat as GNAC champions.

The Vikings outpointed Alaska Anchorage 152-134 last season to win their third men's indoor title (their first since 2006).

Five athletes – Alex Donigian, Jonathon Poolman, Kevin Yates, Logan Myers and Brett Watson - who combined for 72 of those 152 points, are among 12 returning scorers. The "fabulous five" won five individual titles and Poolman contributed to a sixth, running the lead leg on the 4x400 relay team that finished first in a meet-record time of 3:18.17.

WWU has posted seven individual national qualifying times this winter – Donigian in the 60 meters (GNAC-record 6.76), Poolman in the 400 meters (49.00), Chip Jackson in the mile (4:07.95), Travis Milbrandt (8.30) and Myers (8.30) in the 60-meter hurdles, Brett Watson in the high jump (6-10 ¼) and Frank Catelli in the shot put (55-10 ½).

Alaska Anchorage has had three national qualifying performances. Micah Chelimo, who won a record-tying three events last year (mile, 3,000 meters, 5,000 meters) to earn Outstanding Performer honors, has provisionally qualified for the NCAA meet with a GNAC-record time of 8:10.99 in the 3,000.

UAA's Ethan Hewitt in the 400 meters (48.65) and defending champion Cody Thomas in the heptathlon (4805) also have PNQs.

Other qualifiers include Frank Krause of Saint Martin's in the 800 meters (1:52.04), Robert Peterson of MSU Billings in the mile (4:12.97) and Kevin Stanley of Central Washington in the weight throw (59-2 ¾).

WOMEN: Four Back To Defend Individual Titles

Tanya Bjornsson of Western Washington and Alexis Anderson of Western Oregon are among five previous champions who will compete in this weekend's 11th annual GNAC Women's Indoor Track and Field Championships.

Bjornsson scored 33 points last year to win the Female Outstanding Performer award. She won both the 60 (7.84) and 60 hurdles (8.79) and also finished second in the long jump (18-8) and third in the 200 (25.50).

Anderson also enters the meet as the defending champion in two events after winning both the high jump (5-5 ¼) and triple jump (37-10 ½) in 2013.

Also back to defend their titles are Lindsey Butterworth of Simon Fraser in the mile (4:58.09) and Rosie Smith of Alaska Anchorage in the 200 (25.20). Butterworth will be going for her third mile title. Bjornsson will also be seeking her third title in the 60 hurdles as she also won the event in 2011. The team race could be one of the tightest in GNAC history. Seattle Pacific won the first nine team titles (2004-12) before being dethroned last season by Alaska Anchorage.

This year a new format makes handicapping the team race a little more difficult. There are no qualifying standards. Instead each team can enter up to 25 athletes in an unlimited number of events.

Alaska Anchorage has the most top seeds (based on performances through Feb. 10) with four, but eight of the conference's nine teams have at least one.

Northwest Nazarene, which has been the No. 1 ranked team in the USTFCCA regional computer poll, has three No. 1 seeds, including a conference-best four individual national qualifiers.

A total of 12 individuals have posted PNQs in 16 events, including two each by UAA's Karolin Anders and Jamie Ashcroft, Seattle Pacific's Lynelle Decker and Central Washington's Taylor Fettig.

Alaska Anchorage SEAWOLVES



Anthony Kipchumba Friess

The Seawolves won the GNAC women's title last season in their inaugural indoor season, dethroning nine-time champion Seattle Pacific.

Eight point scorers' return off of that squad including Rosie Smith who won the 200 meters (25.20) and finished second in the 60 hurdles (8.80) and Karolyn Anders, who finished second in the pentathlon (3458).

Back for the Seawolf men, who finished second a year ago, is Micah Chelimo, who tied a meet record by winning three individual events (mile in 4:12.46, 3,000 in 8:29.35 and 5,000 in 14:55.17) and was selected the Men's Outstanding Performer, and heptathlon champion Cody Thomas (4863). Anders, Chelimo and Thomas are among five UAA athletes who have posted provisional national qualifying marks this winter (through Feb. 10).

Ethan Hewitt (men's 400, 48.65). Jamie Ashcroft (women's 60 in 7.72 and 200 in a GNAC-record time of 24.89) and Joyce Kipchumba (women's 3,000 in 9:46.71) have also posted PNQs.

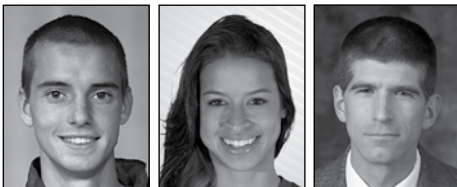
MEN Name	Yr.	Hometown
A.J. Allen	Sr.	Fairbanks, Alaska
Dylan Anthony	Jr.	Kodiak, Alaska
Elliott Bauer	Jr.	Anchorage, Alaska
Bobo Camara	So.	Cologne, Germany
Micah Chelimo	Sr.	Kapkoii, Kenya
Cosmas Cheseret	Fr.	Kapsabet, Kenya
Adam Commandeur	Fr.	Comox, B.C.
Austen DeWolf	Sr.	Anchorage, Alaska
Jordan Fogle	Fr.	Kodiak, Alaska
Tevin Gladden	Fr.	Fairbanks, Alaska
Ethan Hewitt	Sr.	Eagle River, Alaska
Isaac Kangogo	Jr.	Eldoret, Kenya
Michael Mendenhall	Fr.	Kenmore, Wash.
Philip Messina	Fr.	Toronto, Ont.
Jesse Miller	So.	Juneau, Alaska
Dominik Notz	So.	Dettingen, Germany
Kevin Rooke	Jr.	Toronto, Ont.
Victor Samoei	So.	Eldoret, Kenya
Cody Thomas	Jr.	Blenheim, New Zealand
Travis Wilson	Sr.	Anchorage, Alaska

WOMEN Name	Yr.	Hometown
Karolin Anders	So.	Berlin, Germany
Jamie Ashcroft	Fr.	Shawnigan Lake, B.C.
Susan Bick	Sr.	Anchorage, Alaska
Alexia Blalock	Fr.	Oahu, Hawaii
Mary-Kathleen Cross	Fr.	Cobble Hill, B.C.
Bryn Haebe	Jr.	Evergreen, Colo.
Sasha Halfyard	Sr.	Nanaimo, B.C.
Mackenzie Harsh	Fr.	Folsom, Calif.
Renee Kennedy	So.	Shawnigan Lake, B.C.
Joyce Kipchumba	Jr.	Kapsowar, Kenya
Haleigh Lloyd	Sr.	Ladysmith, B.C.
Ivy O'Guinn	Sr.	Soldotna, Alaska
Jessica Pahkala	So.	Wasilla, Alaska
Christi Schmitz	Sr.	North Pole, Alaska
Alexandria Scott	Fr.	Victoria, B.C.
Rosie Smith	So.	Anchorage, Alaska

Head Coach – Michael Friess

Assistants – T.J. Garlatz, Rafael Echavarria, David Kiplagat, Ryan McWilliams

Central Washington WILDCATS



Spencer Fettig Adkisson

Andrew Venema is back to defend his GNAC title in the 60 hurdles. Venema, who finished seventh a year ago in the high jump (6-3 ¼), had a career-best time of 8.29 in winning the hurdles event.

Other returning point scorers from last year for the CWU men include Eric Holmstrom, Kent McKinney and Ethan Meikle.

Holmstrom finished fifth in both the shot put (49-4 ¼) and weight throw (48-3 ½). McKinney placed fifth in the 60 (7.07) and Meikle was seventh in the heptathlon (3784).

Back for the women are just two athletes who scored points with eighth-place finishes – Julianna Joy in the pentathlon (2639) and Dorothy Moore in the weight throw (44-6 ¾).

CWU's best bet to win an individual title is Tayler Fettig, who ranks fifth nationally in the high jump with a school-record leap of 5-9 ¼ (as of Feb. 10).

MEN Name	Yr.	Hometown
Eric Holmstrom	Sr.	Mount Vernon, Wash.
Troy Martin	Fr.	Port Angeles, Wash.
Kent McKinney Jr.	So.	Seattle, Wash.
Ethan Meikle	Sr.	Hawi, Hawaii
Justin Peterson	Fr.	Lakewood, Wash.
Luke Plummer	So.	Vaughn, Wash.
Brandon Roddewig	Fr.	Fall City, Wash.
Rudy Spencer	Jr.	Liberty Lake, Wash.
Kevin Stanley	Jr.	Spokane Valley, Wash.
Bernari Sternen	Fr.	Lynnwood, Wash.
Jordan Todd	So.	Bellevue, Wash.
Andrew Venema	Sr.	Bickleton, Wash.
John Wojtech	Sr.	Bremerton, Wash.

WOMEN Name	Yr.	Hometown
Tiana Banfro	Fr.	Renton, Wash.
Bri Barton	Jr.	Evergreen, Colo.
Marinah Bently	Fr.	Federal Way, Wash.
Moriah Bently	Jr.	Federal Way, Wash.
Natalie Bergstrom	So.	Stanwood, Wash.
Brittany Carterby	So.	Kelso, Wash.
Erin Chinchar	So.	Kent, Wash.
Allison Deck	So.	Tumwater, Wash.
Hannah Dowdell	Fr.	Everett, Wash.
Dani Eggleston	So.	Longview, Wash.
Brenna Eldredge	Fr.	Duvall, Wash.
McKenna Emmert	Fr.	Kelso, Wash.
Tayler Fettig	Jr.	Olympia, Wash.
Dakota Forgey	Jr.	Camas, Wash.
Chelsea Genther	Sr.	Burlington, Wash.
Ashley Harmon	So.	Beaverton, Ore.
Anna Hood	Fr.	Langley, Wash.
Jayna Inderbitzen	So.	Graham, Wash.
Sydney Jensen	Jr.	Port Ludlow, Wash.
Juliana Joy	So.	Seattle, Wash.
Blaine Land	So.	Cathlamet, Wash.
Jasmine Leaptrot-Atkins	Fr.	Bremerton, Wash.
Danielle Maldonado	So.	Spokane, Wash.
Dorothy Moore	So.	Lynnwood, Wash.
Connie Morgan	Sr.	Hoquiam, Wash.
Seanna Pitassi	Sr.	Camas, Wash.
Megan Rogers	So.	Covington, Wash.
Elizabeth Ryker	Fr.	Burnsville, Minn.
Holly Sherwood	Fr.	Puyallup, Wash.
Nicole Talcott	Fr.	Rainier, Wash.
Lacey Wagner	Fr.	Lake Stevens, Wash.
Kelsie Williams	Jr.	Gig Harbor, Wash.

Head Coach – Kevin Adkisson

Assistants – Charles Chandler, Tony Monroe, J.T. Statler, David Paul, Brittany Aanstad

Montana State Billings

YELLOWJACKETS



Montanez Owen Coppock

The Yellowjackets have posted two national qualifying times this winter. Robert Peterson has a PNQ in the mile with a time of 4:12.97 (converted for altitude).

Its quartet of Chase Robinson, Nathan Vanderby, Drew Galahan and Robert Peterson has the GNAC's best time in the distance medley relay of 10:00.96 (converted for altitude). That time ranks fifth in GNAC history.

Mary Owen is the GNAC leader (through Feb. 10) in the women's 5,000 with a best time of 18:32.53 (converted for altitude). MSUB's Dylan Beuhler ranks second in the men's weight throw with a best of 51-9 1/4.

Peterson is MSUB's top returning point scorer from last year's meet. He finished fourth in the 3,000 (8:37.79) and seventh in the mile (4:19.05).

Another key athlete for MSUB is AJ Montanez who ranks fourth in the GNAC in both the men's shot put (50-4 1/2) and weight throw (51-4 1/2).

MEN			WOMEN		
Name	Yr.	Hometown	Name	Yr.	Hometown
Ryan Blomback	Sr.	Belgrade, Mont.	Leah Berry	Sr.	Lewistown, Mont.
Dylan Beuhler	Sr.	Lewistown, Mont.	Melanie Bock	Jr.	East Helena, Mont.
Branden Butt	Fr.	Corvallis, Mont.	Nocona Frame	Jr.	Glendive, Mont.
Cole Campbell	Fr.	Hardin, Mont.	Rio Frame	Fr.	Glendive, Mont.
Trey Cates	So.	Great Falls, Mont.	Kaytlin Halle	So.	Manhattan, Mont.
Tyler DiGiovanna	So.	Dillon, Mont.	Renaee Hepfner	Jr.	Belt, Mont.
Kyle DuCharme	So.	Baker, Mont.	Mariah Hogenson	Fr.	Clyde Park, Mont.
Drew Galahan	Sr.	Harlowton, Mont.	Corrie Holm	Jr.	Billings, Mont.
Cale Howells	Fr.	Manhattan, Mont.	Shelby Martinell	So.	Dell, Mont.
Garrett Love	Fr.	Billings, Mont.	Jinise Osborne	So.	Columbia Falls, Mont.
AJ Montanez	So.	Lovell, Wyo.	Mary Owen	Sr.	Hammond, Mont.
Thomas Neale	So.	Billings, Mont.	Stacey Pitt	Sr.	Kalispell, Mont.
Josh Panasuk	So.	Butte, Mont.	Hope Reid	Fr.	Thompson Falls, Mont.
Robert Peterson	So.	Billings, Mont.	Blair Street	So.	Clyde Park, Mont.
Lewis Polkow	Sr.	Billings, Mont.	Ashlynn VanVoast	So.	Havre, Mont.
Chase Robinson	Sr.	Colstrip, Mont.			
Jamon Rodriguez	Fr.	Gillette, Wyo.			
Cameron Stanek	So.	Casper, Wyo.			
Nathan Vanderby	Fr.	Manhattan, Mont.			
Brent Weidler	Jr.	Laurel, Mont.			

Head Coach - Dave Coppock
 Assistants - Nick Collins, Spencer Moe

Northwest Nazarene

CRUSADERS



Christie Evans Spatz

The Crusaders scored 92 1/2 points and finished fourth in last year's women's meet.

Four Crusader women are already national qualifiers - Alison Silva in the pole vault, Marie Smith in the 60 hurdles, Natalie Evans in the 800 meters and Jordan Rehfeld in the 3000 (9:58.87). Silva has cleared 12-5 1/2 twice in the pole vault and ranks eighth nationally (through Feb. 10). That equals the third best vault in GNAC history. Smith has a best of 8.87 in the hurdles (No. 6 all-time in the GNAC). Evans ranks 10th in the 800 nationally (2:12.55) and Rehfeld ranks seventh in GNAC history in the 3000 with a PNQ of 9:58.87.

In all, NNU returns eight point scorers from last year's women's team.

The NNU men tallied 53 points last year and return five athletes who contributed to that total including Rimar Christie who finished second in the 60 (7.01) and fifth in the 60 hurdles (8.42).

MEN			WOMEN		
Name	Yr.	Hometown	Name	Yr.	Hometown
Andrew Bertram	Jr.	Meridian, Idaho	Hannah Borden	So.	Raymond, Wash.
Rimar Christie	Sr.	St. Michael, Barbados	Hailey Bradshaw	Jr.	Meridian, Idaho
Luke Conklin	So.	The Dalles, Ore.	Lindi Burgeson	Fr.	Happy Valley, Ore.
Chase Cunningham	Fr.	Kuna, Idaho	Caitlin Curtis	Sr.	Portland, Ore.
Andrew Curtis	Sr.	Tigard, Ore.	Janessa Dyk	Fr.	Portland, Ore.
Kaleb Fleeenor	Jr.	Nampa, Idaho	Natalie Evans	Sr.	New Plymouth, Idaho
Michael Gordon	Jr.	Kuna, Idaho	Susanna Fleming	Jr.	Boise, Idaho
David Harris	So.	Sherwood, Ore.	AnnaMarie Forza	So.	Enumclaw, Wash.
Cody Henderson	Sr.	Green River, Wyo.	Jadyn Gourley	So.	Brush Prairie, Wash.
Cole Hoberg	Fr.	Prairie City, Ore.	Jessica Johns	Jr.	Petaluma, Calif.
Mitchell Kamstra	Sr.	Spokane Valley, Wash.	Kassandra Johnson	Jr.	Kenai, Alaska
Greyson Kilgore	Sr.	Kuna, Idaho	Morgan Kilgore	Sr.	Meridian, Idaho
Stephen Larlee	Sr.	Maupin, Ore.	Courtney MacInnes	Fr.	Fossil, Ore.
Nick Martin	Fr.	Beaverton, Ore.	Marie Miller	Sr.	The Dalles, Ore.
Zach Mason	Fr.	Enumclaw, Wash.	Jordan Rehfeld	Sr.	Nampa, Idaho
Zach McClanahan	Fr.	Yuma, Ariz.	Carly Rech	Fr.	Big Timber, Mont.
Kyle McLaughlin	So.	Meridian, Idaho	Aimee Rodes	Fr.	Puyallup, Wash.
Ian Neil	Fr.	Nampa, Idaho	Lexi Sarver	So.	Arlington, Wash.
Jacob Oswalt	So.	Sunnyside, Wash.	Courtney Schroeder	Jr.	Caldwell, Idaho
Matt Silva	Jr.	Nampa, Idaho	Brittany Sever	So.	Salem, Ore.
Micah Spatz	Fr.	Melba, Idaho	Carli Shaul	Fr.	Kuna, Idaho
John Vanbeuran	Fr.	Boise, Idaho	Alison Silva	Fr.	Nampa, Idaho
Jeremiah Woods	So.	Damascus, Ore.	Marie E. Smith	Sr.	Boise, Idaho
			Vessie Umu	Jr.	Colorado Springs, Colo.
			Taylor VanValey	So.	Brush Prairie, Wash.
			Cassandra Wade	Fr.	Boise, Idaho
			Jasmine Warrington	Sr.	Colorado Springs, Colo.

Head Coach - John Spatz
 Assistants - Jake Perry, James Litchfield, Jenny Perry, Dustin Ainsworth, Rachelle Buck, Justin Webb, Melissa Merioles

Saint Martin's

SAINTS



Krause Rodgers Brewer

Frank Krause is one of four returning point scorers for the Saints. He is also first-year coach Jim Brewer's lone provisional national qualifier.

Krause, who finished sixth in the 800 last year (1:55.05), ranks 12th nationally and first in the GNAC in the 800 (through Feb. 10) with a best of 1:52.04. That time ranks sixth all-time in GNAC history.

Other returning point scorers for the Saints are Devon Moss who placed seventh in the 400 (50.99) and Joseph Keeton who finished seventh in the pole vault (13-7 ¼). Keeton has the second pole vault performance this winter in the GNAC (14-7 ¼).

Angel Rodgers has the second best women's weight throw this winter with a best of 48-11 ¾. She's broken the school record in that event on three different occasions.

MEN			
Name	Yr.	Hometown	
Joe Berger	Sr.	Enumclaw, Wash.	
Amari Blanton	Jr.	Seattle, Wash.	
Ian Boyle	Fr.	Ridgefield, Wash.	
Austin Brenner	Jr.	Sparks, Nev.	
Devon DeMoss	Sr.	Olalla, Wash.	
David Durden	Fr.	Tumwater, Wash.	
Vincent Fualefau	Fr.	Tacoma, Wash.	
John Hamman	Sr.	Ontario, Ore.	
Matt Hankins	Jr.	Olympia, Wash.	
Michael Holland	Sr.	Port Orchard, Wash.	
Cody House	So.	Marysville, Wash.	
Mitchell Hughey	Fr.	Renton, Wash.	
Joseph Keeton	Jr.	Yakima, Wash.	
Frank Krause	Jr.	Onalaska, Wash.	
Skylar Larson	Fr.	Pasco, Wash.	
Nathan Morgan	So.	Hoodsport, Wash.	
Josiah Shelman	So.	Olympia, Wash.	
Ty Sissel	Jr.	Everett, Wash.	
Mitch Wilkens	Fr.	Eugene, Ore.	

WOMEN			
Name	Yr.	Hometown	
Alexis Carandang	Fr.	Lacey, Wash.	
Erika Crock	Sr.	Port Orchard, Wash.	
Kenna Fosnacht	Fr.	Rochester, Wash.	
Renee Hudson	So.	Everett, Wash.	
Irene Moore	Jr.	Bremerton, Wash.	
Kirby Neale	So.	Coos Bay, Ore.	
Angel Rodgers	Jr.	Everett, Wash.	
Megan Teigen	Fr.	Olympia, Wash.	
Christine Towey	So.	Edmonds, Wash.	
Ali Wick	So.	Eugene, Ore.	
Ami Wick	So.	Eugene, Ore.	
Taylor Yoro	Sr.	Orting, Wash.	

Head Coach – Jim Brewer
 Assistants – Adam Midles, Jason McConnell, Marc Fish

Seattle Pacific

FALCONS



Pierson Fricker Lerum

The Falcons finished third in last year's women's championships ending a historic nine-year title run.

Six point scorers return, led by Tasia Baldwin, Kishia Mitchell and McKayla Fricker. Baldwin placed third in the long jump (18-5 ¼) and sixth in both the 60 (8.01) and 200 (25.63). Mitchell placed second in the 60 (7.86) and seventh in the 200 (25.68) and Fricker finished fifth in the 800 (2:15.36) and fourth in the mile (5:05.12).

This winter Fricker has developed into one of the nation's best Division II half-milers and currently ranks third nationally in the 800 (through Feb. 10) with a time of 2:09.04. That ranks fourth all-time in GNAC history. Fricker is one of two SPU national qualifiers. Lynelle Decker has qualified in both the 800 (2:12.22) and mile (5:00.78). Her 800 time ranks ninth nationally.

On the men's side, SPU returns Seth Pierson who finished third in the mile last season (4:14.81) after winning the conference mile title in 2012 in a time of 4:13.27.

MEN			
Name	Yr.	Hometown	
Ryan Alcantara	Jr.	Medford, Ore.	
Adam Avischious	So.	Colorado Springs, Colo.	
Brian Comer	So.	Sammamish, Wash.	
David Ferguson	Jr.	Inverness, Ill.	
Alex Horton	Jr.	Kent, Wash.	
Seth Pierson	Sr.	Cashmere, Wash.	
Justin Ramsey	Fr.	Colorado Springs, Colo.	
Ben Smith	So.	Portland, Ore.	
RJ Straker	Jr.	Pasadena, Calif.	
Turner Wiley	Jr.	Issaquah, Wash.	
Colin Wilkins	So.	Shoreline, Wash.	

WOMEN			
Name	Yr.	Hometown	
Christie Adams	Fr.	Wenatchee, Wash.	
Tasia Baldwin	Jr.	Tacoma, Wash.	
Kyra Brannan	Fr.	Kennewick, Wash.	
Hannah Calvert	Fr.	Enumclaw, Wash.	
Kelsey Chase	Jr.	Spokane, Wash.	
Lynelle Decker	So.	Vancouver, Wash.	
McKayla Fricker	Sr.	Canby, Ore.	
Maddi Hommes	Fr.	Lynden, Wash.	
Cheryl Hong	Fr.	Federal Way, Wash.	
Jasmine Johnson	Jr.	Federal Way, Wash.	
Michaela Kahns	Fr.	Burlington, Wash.	
Lindsay LeBrun	So.	Portland, Ore.	
Sarah Macdonald	Fr.	Tucson, Ariz.	
Sammi Markham	Fr.	Gig Harbor, Wash.	
Kishia Mitchell	Sr.	Puyallup, Wash.	
Anna Patti	So.	Renton, Wash.	
Claire Rachwitz	Fr.	Colorado Springs, Colo.	
Ellen Ruby	Fr.	Missoula, Mont.	
Ali Sowers	Fr.	Lacey, Wash.	
Madison Webster	So.	Colorado Springs, Colo.	
BryAnne Wochnick	Sr.	Portland, Ore.	
Kiley Zeitler	So.	Livermore, Calif.	

Head Coach – Karl Lerum
 Assistants – Duncan Atwood, Emily Quatier, Chris Reed, Audra Smith

Simon Fraser

CLAN



Vugteveen

Sawatzky

Townsend

Last year's women's mile champion Lindsey Butterworth is the Clan's lone returning champion.

Two Simon Fraser athletes have national qualifying times (through Feb. 10) – Sarah Sawatzky in the women's 800 (2:09.42) and James Young in the men's mile (4:12.66). Sawatzky's time ranks fourth in Division II and fifth in GNAC history. Sawatzky and Chantel Desch earned second place finishes in the 800 (2:13.14) and 400 (57.23) last season. Desch also placed fifth in the 200 (25.62).

Other returning point scorers for the Clan include Kirsten Allen (3rd in the 3000, 10:18.83), Mercedes Rhode (7th in the long jump, 17-8 3/4), Stuart Ellenwood in the men's 400 (4th, 50.23); Jerry He in the long jump (6th, 21-5 1/2) and Cameron Proceviat in the 800 (7th, 1:55.47).

In field events, SFU's Robyn Broomfield (36-8 1/4) and Ella Brown (36-6 1/4) rank 1-2 in the women's triple jump.

MEN

Name	Yr.	Hometown
Dkay Ayivor	Jr.	Calgary, Alta.
Peter Behncke	Fr.	Revelstoke, B.C.
Braden Charlton	Fr.	Vancouver, B.C.
BJ Cunliffe	Jr.	Courtyce, Ont.
Hameet Dhillon	Fr.	North Delta, B.C.
Chris Dinsdale	Sr.	Quesnel, B.C.
Stuart Ellenwood	Jr.	Langley, B.C.
Marwin Empainado	Fr.	Surrey, B.C.
Philippe Gravel	Fr.	Sherbrooke, Que.
Jerry He	Jr.	Vancouver, B.C.
Michael Hutchinson	Sr.	Pitt Meadows, B.C.
Dustin Johnson	Fr.	Surrey, B.C.
Oliver Jorgensen	Fr.	Abbotsford, B.C.
Daniel Kelloway	Fr.	Mount Pearl, N.L.
Codie Lavoie	So.	Hinton, Alta.
Jesse Lynch	So.	Langley, B.C.
Stuart Macdonald	Fr.	Surrey, B.C.
Vladislav Moldavanov	Fr.	Pitt Meadows, B.C.
Luca Molinari	Jr.	Burnaby, B.C.
Brett Montrose	Jr.	Nanaimo, B.C.
Chris More O'Ferrall	Fr.	North Vancouver, B.C.
Sameer Nasiri	So.	Surrey, B.C.
Cameron Proceviat	So.	Burnaby, B.C.
David Sawatzky	Fr.	Chilliwack, B.C.
Lorenzo Smith	So.	Chilliwack, B.C.
Austin Trapp	Jr.	Elmira, Ont.
Daniel Voloshin	Fr.	Vancouver, B.C.
Travis Vugteveen	Sr.	Chilliwack, B.C.
Joel Webster	Fr.	Cambridge, Ont.
Brendan Wong	So.	Coquitlam, B.C.
Alexander Wu	Fr.	Vancouver, B.C.
James Young	Sr.	Surrey, B.C.

WOMEN

Name	Yr.	Hometown
Kirsten Allen	Sr.	London, Ont.
Rebecca Bassett	Fr.	Nanaimo, B.C.
Robyn Broomfield	Sr.	Ontario, Ont.
Ella Brown	Fr.	Armstrong, B.C.
Lindsey Butterworth	Sr.	North Vancouver, B.C.
Heather Carviel	Sr.	Port Coquitlam, B.C.
Emma Chadsey	So.	Pemberton, B.C.
Charlotte Crombeen	Sr.	London, Ont.
Chantel Desch	So.	Abbotsford, B.C.
Brittany Evans	Fr.	Revelstoke, B.C.
Kye Fedor	Fr.	North Vancouver, B.C.
Natasha Kianipour	Fr.	Burnaby, B.C.
Natasha Lazacki	Fr.	New Westminster, B.C.
Kayla Lennea	So.	Mission, B.C.
Picabo Reeves	Fr.	Coquitlam, B.C.
Merces Rhode	Sr.	Saskatoon, Sask.
Sarah Sawatzky	Sr.	Chilliwack, B.C.

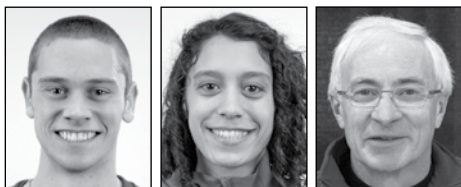
Head Coach – Brit Townsend

Assistants – Tom Dickson, Jerrold Jones, Jennifer Padriano, Byron Collyer

Managers – Traci Bass, Adam Reid

Western Oregon

WOLVES



Rhodes

A. Anderson

Johnson

The Wolves won five straight men's indoor team titles between 2008 and 2012 before slipping to third place last year behind Western Washington and Alaska Anchorage. WOU returns nine point scorers off of that team, including two previous champions.

Ryan Hansen won the 800 a year ago in a time of 1:53.27 and Brett Campbell was the 2012 60 hurdles champion (8.37) before finishing third last season.

Two other returning WOU men had Top 4 finishes in 2013 – Bryce Leedham in the 60 (7.06) and Kody Rhodes in the 60 hurdles (8.40).

Alexis Anderson and Madison McClung are the top returnees for the WOU women. Anderson won both the high jump and triple jump last season with marks of 5-5 1/4 and 37-10 1/2.

McClung has already accumulated 40 individual points in three previous conference meets including six with a third-place finish in the 60 (7.91) last year. That puts her in 24th place on the GNAC all-time conference meet point list.

MEN

Name	Yr.	Hometown
Riley Anheluk	So.	Bend, Ore.
Brady Beagley	Sr.	Grants Pass, Ore.
Coleman Byrum	Fr.	Eugene, Ore.
Kaelen Byrum	Fr.	Eugene, Ore.
Dustin Camarillo	Fr.	Mililani, Hawaii
Brett Campbell	Sr.	Bend, Ore.
Carraig Colahan	Sr.	Burns, Ore.
Josh Dempsey	Fr.	Portland, Ore.
Eric Gaines	Sr.	Sandy, Ore.
Josh Hanna	So.	Quincy, Calif.
Ryan Hansen	Sr.	Dallas, Ore.
Garrett Hardie	So.	Bend, Ore.
Zach Holloway	So.	Brownsville, Ore.
Jeff Howard	So.	Salem, Ore.
Kyle Lane	Jr.	Portland, Ore.
Drew Larson	Sr.	Lake Stevens, Wash.
Scott Larson	Jr.	Lake Stevens, Wash.
Bryce Leedham	So.	Beavercreek, Ore.
Cody Lind	Fr.	Challis, Idaho
Derek Luck	Fr.	Warrenton, Ore.
Sam Naffziger	So.	Bend, Ore.
Kody Rhodes	Sr.	Wilsonville, Ore.
Alan Roy	Jr.	Reedsport, Ore.
John Schifferer	Fr.	Turner, Ore.
Chris Stash	Jr.	Sheridan, Ore.
Zach Trask	So.	Philomath, Ore.
Aaron Whitaker	Fr.	Agana Heights, Guam

WOMEN

Name	Yr.	Hometown
Alexis Anderson	So.	Manzanita, Ore.
Nicole Anderson	Jr.	Packwood, Wash.
Bailey Beeson	So.	Soldotna, Alaska
Shanai Campbell	Sr.	Yakima, Wash.
Kolby Childers	Fr.	Prosser, Wash.
Emmi Collier	So.	Warrenton, Ore.
Allison Cook	Jr.	Coquille, Ore.
Rachel Crawford	Fr.	Oregon City, Ore.
Mariah Crumpler	Sr.	Portland, Ore.
Amanda Ditzhazy	Fr.	Federal Way, Wash.
Alex Green	Fr.	Newberg, Ore.
Charlene Harber	Jr.	Astoria, Ore.
Rebecca Hazel	So.	Hillsboro, Ore.
Audrey Hellesto	Jr.	Philomath, Ore.
Laura Knudson	Sr.	Snohomish, Wash.
Rebecca Laible	Jr.	Salem, Ore.
Jenny Leaf	Sr.	Boulder, Colo.
Madison McClung	Sr.	Cottage Grove, Ore.
Holly Meler	Sr.	Vancouver, Wash.
Emily Moe	Fr.	Coos Bay, Ore.
Rochelle Pappel	So.	Veneta, Ore.
Natalie Schafer	So.	Riverside, Calif.
Rachel Shelley	Jr.	Portland, Ore.
Stephanie Stuckey	So.	Tacoma, Wash.
Ashley Taylor	Sr.	Yelm, Wash.
Annie Wade	Jr.	Condon, Ore.

Head Coach – Mike Johnson

Assistants – Monica Barnhart, Dan Sprinkle

Western Washington

VIKINGS



Catelli



Bjornsson



Halsell

The Vikings won their third men's team title last season (they also finished first in 2005 and 2006) and looked primed for a fourth with 12 returning point scorers back, including five – Alex Donigian (20 points), Jonathon Poolman (15 points), Kevin Yates (13 points), Logan Myers (12 points) and Brett Watson (12 points) – who produced double figure points combining for 72.

The five won five individual titles last year and Poolman contributed to a sixth, running the lead leg on the 4x400 relay (in a meet-record time of 3:18.17).

Donigian swept the 60 (meet-record 6.85) and 200 (21.96). Poolman won the 400 (48.85). Yates claimed the title in the long jump (23-4) and Myers finished first in the high jump (6-7).

This winter the Viking men have posted seven individual national qualifying times – Donigian in the 60 (GNAC-record 6.76), Poolman in the 400 (49.00), Chip Jackson in the mile (4:07.95), Travis Milbrandt (8.30) and Myers (8.30) in the 60 hurdles, Brett Watson in the high jump (GNAC-record 6-10 ¼) and Frank Catelli in the shot put (55-10 ½).

Back to lead the WWU women is Tanya Bjornsson who scored 33 points last year to earn Outstanding Performer honors.

MEN

Name	Yr.	Hometown
Tanner Boyd	Sr.	Camas, WAash.
Dylan Brown	So.	Auburn, Wash.
Zachary Bursell	So.	Juneau, Alaska
Juan Castillo	Jr.	Lake Stevens, Wash.
Frank Catelli	So.	Sequim, Wash.
Janic DeHart	Fr.	Deer Park, Wash.
Alex Donigian	So.	Mission Viejo, Calif.
Casey Downey	Fr.	Redmond, Wash.
Sean Eustis	Fr.	Washougal, Wash.
Damien Fisher	Sr.	Fife, Wash.
Logan Giese	Fr.	Spokane, Wash.
Jacob Gilbert	Sr.	Bellingham, Wash.
Isaac Griffith	So.	Spokane, Wash.
Chip Hino	Fr.	Yakima, Wash.
Chip Jackson	Sr.	Shoreline, Wash.
Cory Johnson	So.	Enumclaw, Wash.
Will Jones	So.	Vancouver, Wash.
Andrew Knight	Sr.	Puyallup, Wash.
Keenan Komoto	Sr.	Kent, Wash.
Gordie Kordas	Fr.	Blaine, Wash.
Matt Lutz	So.	Bremerton, Wash.
Peter Maguire	So.	Boise, Idaho
Ryan McArthur	Fr.	Lynnwood, Wash.
Cody McCranie	So.	Auburn, Wash.
Travis Milbrandt	So.	Longview, Wash.
Logan Myers	Jr.	Olympia, Wash.
Freeman Palmer	Fr.	Burlington, Wash.
Ryan Peterson	So.	Seattle, Wash.
Corey Pfeiff	Jr.	Everett, Wash.
Brian Piette	Jr.	Vancouver, Wash.
Brandon Pless	Fr.	Sedro-Woolley, Wash.
Marty Pletcher	So.	Sammamish, Wash.
Jon Poolman	Jr.	Langley, Wash.
Jonathan Quimby	Jr.	Ferndale, Wash.
Nathan Richards	So.	Longview, Wash.
Noah Ripley	So.	Wasilla, Alaska
Nate Schmidt	Jr.	Lynnwood, Wash.
Tyler Schwecke	Jr.	Woodinville, Wash.
Mark Seely	Fr.	Spokane, Wash.
Devon Smith	Sr.	Marysville, Wash.
Brock Steffen	Jr.	Bellingham, Wash.
Michael Stralser	Jr.	Cheney, Wash.
Nate van Tuinen	So.	Yakima, Wash.
Brett Watson	Jr.	Ferndale, Wash.

Head Coach – Pee Wee Halsell

Assistants – David Burnett, Bill Roe

Volunteer Assistants – Karis Anderson, Christina Ashby, Ben Stensland

Name	Yr.	Hometown
Nelson Westlin	Sr.	Bellingham, Wash.
Jade Wilson	Fr.	Deer Park, Wash.
Andrew Wise	Fr.	Denver, Colo.
Kevin Yates	So.	Snohomish, Wash.

WOMEN

Name	Yr.	Hometown
Morgan Annable	Fr.	Seal Rock, Ore.
Tanya Bjornsson	Sr.	Ferndale, Wash.
Lauren Bruner	Fr.	Issaquah, Wash.
Sydney Coffey	Sr.	Boulder, Colo.
Emma Destromp	Jr.	Kelso, Wash.
Amber Dodd	Sr.	Sammamish, Wash.
Bethany Graham	Jr.	Newport, Wash.
Brittany Grant	Fr.	Port Townsend, Wash.
Emma Gremer	Sr.	Fife, Wash.
Kaylie Greninger	Fr.	Sammamish, Wash.
Haida Ikeda	Sr.	Issaquah, Wash.
Rachel Ivancic	So.	Seattle, Wash.
Veronica Ivancic	So.	Seattle, Wash.
Elizabeth Knope	So.	Portland, Ore.
Miranda Lahman	Sr.	Boulder, Colo.
Jasmine McMullin	Fr.	Sequim, Wash.
Megan Mortensen	Fr.	Tacoma, Wash.
Miranda Osadchey	Fr.	Dupont, Wash.
Cheyenna Pinley	Jr.	Bellingham, Wash.
Katie Reichert	So.	Longview, Wash.
Austen Reiter	So.	Camas, Wash.
Maggie Roe	Sr.	Bellevue, Wash.
Mackenzie Smith	So.	Vancouver, Wash.
Katelyn Steen	Jr.	Sammamish, Wash.
Michelle Stolz	So.	Tukwila, Wash.
Emily Stralser	Sr.	Cheney, Wash.
Shawna Troupe	Fr.	Kelso, Wash.
Lindsay Wells	Sr.	Seattle, Wash.
Katelyn Wright	So.	Washougal, Wash.
Shandel Yanney	Sr.	Ferndale, Wash.



2014 INDOOR TRACK & FIELD
CHAMPIONSHIPS
 DIVISION II • WINSTON-SALEM, NORTH CAROLINA

NCAA Indoor Championship Qualifying Standards

Event	MEN		WOMEN	
	Automatic	Provisional	Automatic	Provisional
60 Meters	6.74	6.89	7.44	7.75
60 Hurdles	7.85	8.31	8.36	8.90
200 Meters	21.30	21.90	23.89	25.02
400 Meters	47.34	49.00	54.40	57.20
800 Meters	1:49.95	1:53.99	2:09:00	2:16.49
Mile	4:04.01	4:13.01	4:47.20	5:02.50
3,000 Meters	8:01.99	8:27.99	9:28.02	10:07.01
5,000 Meters	14:03.70	14:47.08	16:33.64	10:40.05
1,600 Meter Relay	3:12.03	3:18.01	3:44.61	3:53.00
Distance Medley	9:49.01	10:09.01	11:34.79	12:14.99
High Jump	2.17 - 7-1 ½	2.04 - 6-8 ¼	1.77 - 5-9 ¾	1.66 - 5-5 ¼
Pole Vault	5.11 - 16-9 ¼	4.66 - 15-3 ½	4.00 - 13-1 ½	3.55 - 11-7 ¾
Long Jump	7.50 - 24-7 ¼	7.01 - 23-0	5.94 - 19-5 ¾	5.54 - 18-2
Triple Jump	15.44 - 50-7 ¾	14.20 - 46-7	12.28 - 40-3 ½	11.45 - 37-6 ¾
Shot Put	18.40 - 60-4 ¼	15.63 - 51-3 ¼	15.09 - 49-6	13.30 - 43-7 ½
Weight Throw (35/20)	21.20 - 69-6 ½	17.06 - 55-11 ½	20.00 - 65-7 ¼	16.00 - 52-6
Heptathlon/Pentathlon	5,250	4,600	3,847	3,200

GNAC Nationals Qualifiers

Qualifiers As Of Feb. 10, 2014

Men	Event	Mark
Alex Donigian, Western Washington	60	6.76*
Ethan Hewitt, Alaska Anchorage	400	48.65
Jonathon Poolman, Western Washington	400	49.00
Frank Krause, Saint Martin's	800	1:52.04
Chip Jackson, Western Washington	Mile	4:07.95
James Young, Simon Fraser	Mile	4:12.66
Robert Peterson, MSU Billings	Mile	4:12.97
Micah Chelimo, Alaska Anchorage	3000	8:10.99*
Travis Millbrandt, Western Washington	60 Hurdles	8.30
Logan Myers, Western Washington	60 Hurdles	8.30
Brett Watson, Western Washington	High Jump	2.09 - 6-10 ¼ *
Frank Catelli, Western Washington	Shot Put	17.03 - 55-10 ½
Kevin Stanley, Central Washington	Weight Throw	18.05 - 59-2 ¾
Cody Thomas, Alaska Anchorage	Heptathlon	4805

1,600 Meter Relay - Western Washington 3:16.81.

Distance Medley - MSU Billings 10:00.96, Alaska Anchorage 10:02.54, Simon Fraser 10:04.15, Western Oregon 10:04.79.

Women	Event	Mark
Jamie Ashcroft, Alaska Anchorage	60, 200	7.72, 24.89
Lynelle Decker, Seattle Pacific	800, Mile	2:12.22, 5:00.78
Taylor Fettig, Central Washington	HJ, Pentathlon	1.76 - 5-9 ¼, 3,404
Karolin Anders, Alaska Anchorage	HJ, Pentathlon	1.72 - 5-7 ¾, 3,774
McKayla Fricker, Seattle Pacific	800	2:09.04
Sarah Sawatzky, Simon Fraser	800	2:09.42
Natalie Evans, Northwest Nazarene	800	2:12.55
Joyce Kipchumba, Alaska Anchorage	3000	9:46.71
Jordan Rehfeld, Northwest Nazarene	3000	9:58.87
Marie Smith, Northwest Nazarene	60 Hurdles	8.87
Alison Silva, Northwest Nazarene	Pole Vault	3.80 - 12-5 ½
Cheyanna Pinley, Western Washington	Pole Vault	3.66 - 12-0

Distance Medley - Simon Fraser 12:08.03; Central Washington 12:10.19.

* - GNAC record

NOTE: Standards and performances listed above are based on 200-meter banked track or an over 200-meter track. Marks listed on TFRRS national list are converted to a 200-meter flat track and may differ from those listed here.



GNAC Indoor Track & Field Records



Brett Watson



Cody Thomas



Jessica Pixler



Jamie Ashcroft

MEN

All Meets

60 – 6.76, Alex Donigian, Western Washington (2014)
 200 – 21.77, Mike Hinshaw, Western Oregon (2002)
 400 – 48.37, Andrew Boss, Simon Fraser (2011)
 800 – 1:51.15, Chris Olsen, Western Oregon (2013)
 Mile – 4:07.46, Anthony Tomsich, Western Washington (2010)
 3,000 – 8:10.99, Micah Chelimo, Alaska Anchorage (2014)
 5,000 – 13:51.19, Micah Chelimo, Alaska Anchorage (2013)
 60 Hurdles – 8.22, Robert Edwards, Central Washington (2007)
 4x400 Relay – 3:15.83, Western Oregon (Ashtin Mott, Anthony Yakovich, Josh Moore, Matt Kaino, 2010)
 Distance Medley – 9:55.00, Western Washington (Sam Brancheau, Adam Neff, Erik Bies, Anthony Tomsich, 2007)
 Long Jump – 7.21 – 23-8, Matson Hardie, Western Oregon (2010)
 Triple Jump – 14.76 – 48-5.25, Justin Lawrence, Central Washington (2004)
 High Jump – 2.09, 6-9.75, Brett Watson, Western Washington (2014)
 Pole Vault – 5.31 – 17-5, Ryan Brown, Western Washington (2011)
 35-lb. Weight – 18.82 – 61-9, Anthony Marin, Western Oregon (2007)
 Shot Put – 17.94 – 58-10.25, Cameron Neel, Central Washington (2007)
 Heptathlon – 5,508, Chris Randolph, Seattle Pacific (2006)

Conference Meet

60 – 6.85, Alex Donigian, Western Washington (2013)
 200 – 21.84, Andrew Boss, Simon Fraser (2011)
 400 – 48.45, Maurus Hope, Northwest Nazarene (2012)
 800 – 1:51.49, Paul Mach, Seattle Pacific (2004)
 Mile – 4:12.22, Chris Reed, Western Oregon (2011)
 5,000 – 14:51.07, Barak Watson, Northwest Nazarene (2012)
 60 Hurdles – 8.26, Robert Edwards, Central Washington (2007)
 4x400 Relay – 3:18.17, Western Washington (Jonathon Poolman, Nathaniel Schmidt, Jason Nokes, Devon Smith, 2013)
 Distance Medley – 10:04.58, Simon Fraser (Ryan Brockerville, Stuart Ellenwood, Keir Forster, Adam Reid, 2012)
 Long Jump – 7.21 – 23-8, Matson Hardie, Western Oregon (2010)
 Triple Jump – 14.76 – 48-5.25, Justin Lawrence, Central Wash. (2004)
 High Jump – 2.06 – 6-9, Brennan Boyes, Central Washington (2012)
 Pole Vault – 4.91 – 16-1.25, Ryan Brown, Western Wash. (2010)
 35-lb. Weight – 18.19 – 59-8.25, Anthony Marin, Western Oregon (2007)
 Shot Put – 17.47 – 57-3.74, Cameron Neel, Central Washington (2007)
 Heptathlon – 4,863, Cody Thomas, Alaska Anchorage (2013)

Heptathlon Events

60 – 7.13, Cody Thomas, Alaska Anchorage (2013)
 Long Jump – 6.83, Jake Hyde, Western Oregon (2012)
 Shot Put – 12.52 – 41-1, Greyson Kilgore, Northwest Nazarene (2012)
 High Jump – 1.94 – 6-4.25, Ethan Melkle, Central Washington (2013)
 60 Hurdles – 8.76, Andy Loscutt, Western Oregon (2011)
 Pole Vault – 4.65 – 15-3, Scott Hunter, Central Washington (2012 & 2013)
 1,000 – 2:43.00, Colin Alexander, Central Washington (2012)

WOMEN

All Meets

60 – 7.63, NyEma Sims, Seattle Pacific (2007)
 200 – 24.89, Jamie Ashcroft, Alaska Anchorage (2014)
 400 – 55.54, Terran Legard, Central Washington (2005)
 800 – 2:04.94, Helen Crofts, Simon Fraser (2011)
 Mile – 4:32.88, Jessica Pixler, Seattle Pacific (2010)
 3,000 – 9:23.24, Jessica Pixler, Seattle Pacific (2009)
 5,000 – 16:12.65, Jessica Pixler, Seattle Pacific (2009)
 60 Hurdles – 8.66, Danielle Ayers-Stamper, Seattle Pacific (2005)
 4x400 Relay – 3:46.34, Seattle Pacific (Kishia Mitchell, Emily Quatier, Jasmine Johnson, McKayla Fricker, 2013)
 Distance Medley – 11:29.88, Seattle Pacific (Jane Larson, Jennifer Pike, Lisa Anderberg, Jessica Pixler, 2010)
 Long Jump – 5.93 – 19-5.5, Danielle Ayers-Stamper, Seattle Pacific (2005)
 Triple Jump – 12.40 – 40-8.25, Ashley Potter, Western Oregon (2012)
 High Jump – 1.77 – 5-9.75, Danielle Ayers-Stamper, Seattle Pacific (2005)
 Pole Vault – 3.90 – 12-9.25, Karis Anderson, Western Washington (2012)
 20-lb. Weight – 17.74 – 58-2.25, Kristin Hepler, Western Oregon (2004)
 Shot Put – 14.87 – 48-9.5, Krissy Tandle, Central Washington (2009)
 Discus – 40.72 – 133-7, Krissy Tandle, Central Washington (2006)
 Pentathlon – 4,007, Danielle Ayers-Stamper, Seattle Pacific (2005)

Conference Meet

60 – 7.67, Latasha Essien, Seattle Pacific (2010)
 200 – 25.03, Eleanor Siler, Western Washington (2010)
 400 – 55.90, Helen Crofts, Simon Fraser (2011)
 800 – 2:08.28, Jessica Pixler, Seattle Pacific (2010)
 Mile – 4:40.39, Jessica Pixler, Seattle Pacific (2010)
 5,000 – 16:47.07, Sarah Porter, Western Washington (2010)
 60 Hurdles – 8.66, Danielle Ayers-Stamper, Seattle Pacific (2005)
 4x400 Relay – 3:48.36, Simon Fraser (Chantel Desch, Sarah Sawatzky, Michaela Kane, Helen Crofts, 2013)
 Distance Medley – 11:36.32, Seattle Pacific (Kate Harline, Jennifer Pike, Jane Larson, Jessica Pixler, 2010)
 Long Jump – 5.73 – 18-9.75, Danielle Ayers-Stamper, Seattle Pacific (2005);
 Emily Warman, Western Washington (2013)
 Triple Jump – 12.06 – 39-7, Ashley Potter, Western Oregon (2010)
 High Jump – 1.71 – 5-7.25, Katie Pelchar, Western Oregon (2012), Ali Worthen, Seattle Pacific (2012)
 Pole Vault – 3.89 – 12-9, Mellisa Peaslee, Seattle Pacific (2008)
 20-lb. Weight – 16.51 – 54-2, Becki Duhamel, Central Washington (2013)
 Shot Put – 14.87 – 48-9.25, Krissy Tandle, Central Washington (2009)
 Pentathlon – 3,505, Katy Gross, Seattle Pacific (2013)

Pentathlon Events

60 Hurdles – 9.11, Marie Smith, Northwest Nazarene (2012)
 High Jump – 1.64 – 5-4 ½, Rachele Barnett, Simon Fraser (2011);
 Katy Gross, Seattle Pacific (2013)
 Shot Put – 11.96, Charlene Harber, Western Oregon (2012)
 Long Jump – 5.57 – 18-3 ¼, Katy Gross, Seattle Pacific (2012)
 800 – 2:23.83, Hannah Border, Northwest Nazarene (2013)

GNAC Yearly Champions

MEN															
60 Meters															
2004	Greg Coleman, WOU	7.08	2009	Northwest Nazarene	3:20.61	WOMEN									
2005	Eddie Kaeka, WWU	7.16	2010	Western Oregon	3:19.36	60 Meters									
2006	Dustin Wilson, WWU	7.15	2011	Northwest Nazarene	3:20.23	2004	Kinyatta Leonhardt, SPU	7.96	2008	Seattle Pacific	12:47.76				
2007	Matt Rogstad, CWU	7.15	2012	Western Oregon	3:18.60	2005	Kinyatta Leonhardt, SPU	7.96	2009	Seattle Pacific	12:35.89				
2008	Ashtin Mott, WOU	7.02	2013	Western Washington	3:18.17	2006	Whitney Knox, WWU	8.02	2010	Seattle Pacific	12:24.60				
2009	Bryan Mack, CWU	6.95	Distance Medley				2007	Latasha Essien, SPU	7.73	2011	Seattle Pacific	11:58.41			
2010	Anthony Wright, CWU	6.89	2004	Western Oregon	10:36.72	2008	Latasha Essien, SPU	7.90	2012	Seattle Pacific	11:58.41				
2011	Alex Tilley, WWU	7.05	2005	Saint Martin's	10:19.74	2009	Latasha Essien, SPU	7.77	2013	Seattle Pacific	12:01.79				
2012	Bryan Mack, CWU	6.90	2006	Seattle Pacific	10:28.71	2010	Latasha Essien, SPU	7.67	2004	Seattle Pacific	12:47.76				
2013	Alex Donigian, WWU	6.85	2007	Seattle Pacific	10:24.56	2011	Jane Channell, SFU	7.81	2005	Seattle Pacific	12:35.89				
200 Meters															
2004	Isaac Frederick, WOU	22.04	2008	Western Washington	10:38.21	2012	Kishia Mitchell, SPU	7.80	2006	Central Washington	12:24.60				
2005	Ryan Jewell, SPU	22.46	2009	Western Washington	10:26.42	2013	Tanya Bjornsson, WWU	7.84	2007	Seattle Pacific	11:58.41				
2006	Mike Khabibulin, WWU	22.80	2010	Western Washington	10:18.80	200 Meters									
2007	Michael Dean, WWU	22.42	2011	Simon Fraser	10:05.58	2004	Kinyatta Leonhardt, SPU	25.40	2008	Seattle Pacific	12:04.81				
2008	Ashtin Mott, WOU	22.16	2012	Simon Fraser	10:04.58	2005	Terran Legard, CWU	25.25	2009	Seattle Pacific	12:01.79				
2009	Radio Battle, CWU	21.97	2013	Alaska Anchorage	10:06.58	2006	Anna Soule, SPU	26.04	2010	Seattle Pacific	11:36.32				
2010	Kincaid Nichols, CWU	22.22	Long Jump				2007	Latasha Essien, SPU	25.50	2011	Simon Fraser	11:46.64			
2011	Andrew Boss, SFU	21.84	2004	Chris Randolph, SPU	21-10	2008	Jessica Hinton, SPU	25.92	2012	Simon Fraser	12:11.42				
2012	Maurus Hope, NNU	21.91	2005	Chris Randolph, SPU	22-6 1/2	2009	Jessica Hinton, SPU	25.35	2013	Simon Fraser	11:47.86				
2013	Alex Donigian, WWU	21.96	2006	Chris Randolph, SPU	22-7 1/2	2010	Eleanor Siler, WWU	25.03	Long Jump						
400 Meters															
2004	Isaac Frederick, WOU	49.76	2007	Justin Felt, SPU	22-3 1/2	2011	Jane Channell, SFU	25.57	2004	Katy Kociemba, WOU	17-9 1/2				
2005	Chris Randolph, SPU	49.99	2008	Zeb Udell, WOU	23-0	2012	Madison McClung, WOU	25.16	2005	Danielle Ayers-Stamper, SPU	18-9 1/2				
2006	Cresap Watson, CWU	49.90	2009	Zeb Udell, WOU	23-0 1/2	2013	Rosie Smith, UAA	25.20	2006	Jacqueline Postlewait, WOU	17-8				
2007	Michael Dean, WWU	49.95	2010	Matson Hardie, WOU	23-8	400 Meters									
2008	Matt Rogstad, CWU	49.58	2011	Kyle Lane, WOU	23-4 1/2	2004	Terran Legard, CWU	57.69	2007	Kim Bascom, WWU	18-3 1/2				
2009	Maurus Hope, NNU	49.75	2012	Manny Melo, CWU	23-2 3/4	2005	Terran Legard, CWU	56.57	2008	Jacque Postlewait, WOU	18-0 1/2				
2010	Matt Kaino, WOU	49.17	2013	Kevin Yates, WWU	23-4	2006	Terran Legard, CWU	57.75	2009	Ali Worthen, SPU	18-6 1/2				
2011	Andrew Boss, SFU	49.18	Triple Jump				2007	Heidi Dimmitt, WWU	59.11	2010	Emily Warman, WWU	18-3 1/2			
2012	Maurus Hope, NNU	48.45	2004	Justin Lawrence, CWU	48-5 1/2	2008	Elisa Decker, NNU	58.21	2011	Ali Worthen, SPU	18-2 1/2				
2013	Jonathon Poolman, WWU	48.85	2005	Blake Herrington, WOU	46-3 1/2	2009	Eleanor Siler, WWU	56.23	2012	Ali Worthen, SPU	18-9 1/2				
800 Meters															
2004	Paul Mach, SPU	1:51.49	2006	Greg Hamm, NNU	47-7 1/2	2010	Eleanor Siler, WWU	56.93	2013	Emily Warman, WWU	18-9 1/2				
2005	Andy Prentice, SMU	1:53.39	2007	Greg Hamm, NNU	46-8	2011	Helen Crofts, SFU	55.90	Triple Jump						
2006	Andy Prentice, SMU	1:54.70	2008	Greg Hamm, NNU	47-5 1/2	2012	Eleanor Siler, WWU	56.70	2004	Lea Tiger, CWU	36-5				
2007	Eddie Strickler, SPU	1:55.23	2009	Greg Hamm, NNU	46-8 3/4	2013	Melissa Grammer, NNU	57.16	2005	Amanda Merrill, NNU	36-9				
2008	Keith Lemay, WWU	1:57.86	2010	Rendel Jones, CWU	47-7 1/2	800 Meters									
2009	Zeke Van Patten, WOU	1:53.43	2011	Tim Clendaniel, WWU	46-11	2004	Jennifer Marsh, SPU	2:14.80	2006	Kim Bascom, WWU	37-9 1/2				
2010	Nathan Seely, SPU	1:54.86	2012	Matson Hardie, WOU	47-3 3/4	2005	Josie Lavin, SPU	2:16.09	2007	Megan Paulsen, WWU	37-0 1/2				
2011	Nathan Seely, SPU	1:54.35	2013	Matson Hardie, WOU	48-1 1/2	2006	Ashley Puga, NNU	2:16.55	2008	Laura Vonax, NNU	37-2 1/2				
2012	Nathan Seely, SPU	1:54.10	High Jump				2007	Jessica Pixler, SPU	2:11.52	2009	Ashley Potter, WOU	38-10 1/2			
2013	Ryan Hansen, WOU	1:53.27	2004	Cresap Watson, CWU	6-6 1/2	2008	Jessica Pixler, SPU	2:10.18	2010	Katharine Lotze, CWU	39-7				
Mile															
2004	Nathan Carlson, SMU	4:18.54	2005	Chris Randolph, SPU	6-4 1/2	2009	Ashley Puga, NNU	4:47.37	2011	Alexis Anderson, WOU	37-10 1/2				
2005	Ethan Barrons, WOU	4:15.27	2006	Jeff Word, WWU	6-6	2010	Jessica Pixler, SPU	2:08.28	High Jump						
2006	Andy Prentice, SMU	4:17.25	2007	Cameron Bailey, CWU	6-8 3/4	2011	Bianna Kane, SFU	2:14.58	2004	Sharon Bjella, SPU	5-3 1/2				
2007	Sam Brancheau, WWU	4:16.90	2008	Keefe Brockman, WWU	6-4 3/4	2012	McKayla Fricker, SPU	2:15.53	2005	Danielle Ayers-Stamper, SPU	5-6				
2008	John Riak, SMU	4:21.50	2009	Cameron Bailey, CWU	6-7	2013	Helen Crofts, SFU	2:12.29	2006	Teona Perkins, SPU	5-6 1/2				
2009	Zeke Van Patten, WOU	4:17.02	2010	Brennan Boyes, CWU	6-4 3/4	Mile									
2010	Anthony Tomsich, WWU	4:14.08	2011	Brandon Roddewig, CWU	6-4 3/4	2004	Jamie Witt, SPU	5:09.21	2007	Emily Peterson, NNU	5-5 1/2				
2011	Chris Reed, WOU	4:12.22	2012	Brennan Boyes, CWU	6-9	2005	Karen Dickson, SPU	5:08.23	2008	Teona Golding, SPU	5-5 1/2				
2012	Seth Pierson, SPU	4:13.27	2013	Logan Myers, WWU	6-7	2006	Katie Hummel, CWU	5:08.11	2009	Ali Worthen, SPU	5-8 1/2				
2013	Micah Chelimo, UAA	4:12.46	Pole Vault				2007	Jessica Pixler, SPU	4:54.53	2010	Brittany Aanstad, SPU	5-5 1/2			
3,000 Meters															
2004	Steve DeKoker, WWU	15:24.02	2004	Scott Romney, WWU	14-11 1/2	2008	Jessica Pixler, SPU	4:50.38	2011	Ali Worthen, SPU	5-5 1/2				
2005	Sam Scotchmer, CWU	15:03.96	2005	Hunter Verner, WWU	15-10 1/2	2009	Ashley Puga, NNU	4:47.37	2012	Katie Pelchar, WOU	5-7 1/2				
2006	Sam Scotchmer, CWU	15:03.96	2006	Scott Romney, WWU	16-0 1/2	2010	Jessica Pixler, SPU	4:40.39	2013	Alexis Anderson, WOU	5-5 1/2				
2007	John Riak, SMU	15:01.67	2007	Tyler Thornbrue, WWU	15-10	2011	Jessica Smith, SFU	5:04.83	Pole Vault						
2008	Jordan Welling, WWU	15:16.60	2008	Ryan Brown, WWU	15-10	2012	Lindsey Butterworth, SFU	5:07.32	2004	Danielle Juarez, WWU	11-6 1/2				
2009	John Riak, SMU	15:09.89	2009	Ryan Brown, WWU	16-6	2013	Lindsey Butterworth, SFU	4:58.09	2005	Allison Hedges, SPU	11-10				
2010	Jordan Welling, WWU	14:51.53	2010	Ryan Brown, WWU	16-1 1/4	3,000 Meters									
2011	Jordan Welling, WWU	15:15.07	2011	Ryan Brown, WWU	15-9 1/4	2004	Susan Tanui, UAA	9:54.95	2006	Monica Anderson, SPU	11-0 1/2				
2012	Barak Watson, NNU	14:51.07	2012	Scott Hunter, CWU	14-11	5,000 Meters									
2013	Micah Chelimo, UAA	14:55.17	2013	Scott Hunter, CWU	14-9	2004	Alana Garcia, SU	19:33.9*	2007	Melissa Peaslee, SPU	12-9				
5,000 Meters															
2004	Steve DeKoker, WWU	15:24.02	35-Pound Weight				2005	Karin Rohde, SPU	18:41.46	2008	Christy Miller, WWU	12-4			
2005	Sam Scotchmer, CWU	15:03.96	2004	Brandon Jasmin, WOU	49-3 1/2	2006	Brandy Anderson, CWU	18:27.98	2009	Melissa Peaslee, SPU	12-0				
2006	Sam Scotchmer, CWU	15:03.96	2005	Carlos Aguilar, WOU	54-1 1/2	2007	Karin Rohde, SPU	18:17.35	2010	Becca Clark, CWU	12-0 1/2				
2007	John Riak, SMU	15:01.67	2006	Carlos Aguilar, WOU	54-3 1/4	2008	Jane Larson, SPU	17:39.95	2011	Kati Davis, CWU	12-5 1/2				
2008	Jordan Welling, WWU	15:16.60	2007	Anthony Marin, WOU	59-8 1/2	2009	Jane Larson, SPU	17:27.34	2012	Karis Anderson, WWU	12-4				
2009	John Riak, SMU	15:09.89	2008	Anthony Marin, WOU	58-2	2010	Sarah Porter, WWU	16:47.07	35-Pound Weight						
2010	Jordan Welling, WWU	14:51.53	2009	Tyler Fischer, CWU	58-6	2011	Sarah Porter, WWU	17:17.92	2004	Kristen Hepler, WOU	53-9 1/2				
2011	Jordan Welling, WWU	15:15.07	2010	Tyler Fischer, CWU	58-3	2012	Heidi Laabs-Johnson, SPU	17:42.79	2005	Heather Yergen, CWU	46-11 1/2				
2012	Barak Watson, NNU	14:51.07	2011	Matt Schryvers, WOU	56-7 1/2	2013	Susan Tanui, UAA	17:51.26	2006	Krissy Tandle, CWU	50-0 1/2				
2013	Micah Chelimo, UAA	14:55.17	2012	Sam Washington, SMU	55-11 1/4	5,000 Meters									
60 Meter Hurdles															
2004	Josh Freeman, WWU	8.48	2013	Sam Washington, SMU	57-0 1/4	2004	Alana Garcia, SU	19:33.9*	2007	Sabrina Freed, WOU	49-4 1/2				
2005	Alex Clark, CWU	8.40	Shot Put				2005	Karin Rohde, SPU	18:17.35	2008	Sabrina Freed, WOU	51-4 1/2			
2006	Robert Edwards, CWU	8.36	2004	Kevin Johnson, WOU	49-8 1/2	2006	Brandy Anderson, CWU	18:27.98	2009	Krissy Tandle, CWU	52-4 1/2				
2007	Robert Edwards, CWU	8.26	2005	Cameron Neel, CWU	55-7 1/2	2007	Karin Rohde, SPU	18:17.35	2010	Joy Warrington, NNU	49-10 1/2				
2008	Lloyd Massey, WOU	8.66	2006	Cameron Neel, CWU	53-3 3/4	2008	Jane Larson, SPU	17:39.95	2011	Torrie Self, CWU	53-7 1/2				
2009	Dallas Beaty, NNU	8.51	2007	Cameron Neel, CWU	57-3 3/4	2009	Jane Larson, SPU	17:27.34	2012	Joy Warrington, NNU	53-1				
2010	Andy Luscutoff, WOU	8.34	2008	Zach Barclay, NNU	48-9 1/2	2010	Sarah Porter, WWU	16:47.07	2013	Becki Duhanel, CWU	54-2				
2011	Anthony Hogan, CWU	8.42	2009	Tyler Fischer, CWU	52-3 1/4	2011	Sarah Porter, WWU	17:17.92	Shot Put						
2012	Brett Campbell, WOU	8.37	2010	Tyler Fischer, CWU	52-3 1/4	2012	Heidi Laabs-Johnson, SPU	17:42.79	2004	Chevonna Lynch, WOU	40-4 1/2				
2013	Andrew Venema, CWU	8.29	2011	Jason Slowey, WOU	51-3 1/4	2013	Susan Tanui, UAA	17:51.26	2005	Krissy Tandle, CWU	40-11 1/2				
4x400 Relay															
2004	Central Washington	3:23.79	2012	Tanner Rottrup, MSUB	50-2	60 Meter Hurdles									
2005	Central Washington	3:25.54	2013	Tanner Rottrup, MSUB	52-8 1/4	2004	Monica Smith, WOU	9.22	2006	Krissy Tandle, CWU	44-8 1/2				
2006	Northwest Nazarene	3:24.60	Hepthathlon				2005	Danielle Ayers-Stamper, SPU	8.66	2007	Krissy Tandle, CWU	42-10 1/2			
2007	Central Washington	3:20.98	2011	Nate Johnson, SPU	4576	2006	Linda Blake, SPU	9.10	2008	Amy Carroll, NNU	42-9				
2008	Northwest Nazarene	3:23.22	2012	Nate Johnson, SPU	4860	2007	Kelsey Cooley, SPU	9.30	2009	Krissy Tandle, CWU	48-9 1/2				
4x400 Relay															
2004	Central Washington	3:23.79	2013	Cody Thomas, UAA	4863	2008	Michelle Howe, WWU	9.30	2010	Joy Warrington, NNU	45-9 1/2				
2005	Central Washington	3:25.54	4x400 Relay				2009	Michelle Howe, WWU	9.07	2011	Torrie Self, CWU	45-10			
2006	Northwest Nazarene	3:24.60	2011	Nate Johnson, SPU	4576	2010	Michelle Howe, WWU	9.02	2012	Joy Warrington, NNU	45-2 1/2				
2007	Central Washington	3:20.98	2012	Nate Johnson, SPU	4860	2011	Tanya Bjornsson, WWU	8.98	2013	Becki Duhamel, CWU	43-5 1/2				
2008	Northwest Nazarene	3:23.22	2013	Cody Thomas, UAA	4863	2012	Ali Worthen, SPU	8.75	Pentathlon						
4x400 Relay															
2004	Central Washington	3:23.79	4x400 Relay				2013	Tanya Bjornsson, WWU	8.79	2004	Katy Gross, SPU	3297			
2005	Central Washington	3:25.54	2011	Nate Johnson, SPU	4576	2004	Central Washington	3:58.72	2005	Katy Gross, SPU	3469				
2006	Northwest Nazarene	3:24.60	2012	Nate Johnson, SPU	4860	2005	Central Washington	4:00.32	2012	Katy Gross, SPU	3469				
2007	Central Washington														

Team Champions & Award Winners

MEN

Year	Team	Points
2004	Western Oregon	164
2005	Western Washington	141
2006	Western Washington	151
2007	Central Washington	171 ½
2008	Western Oregon	178
2009	Western Oregon	169
2010	Western Oregon	171
2011	Western Oregon	147 5/6
2012	Western Oregon	142 ½
2013	Western Washington	152

Athlete of the Year

2006	Andy Prentice, Saint Martin's
2007	Cameron Neel, C. Washington
2008	Zeb Udell, Western Oregon
2009	Zeke Van Patten, Western Oregon
2010	Ryan Brown, W. Washington
2011	Ryan Brown, W. Washington
2012	Maurus Hope, NW Nazarene
2013	Micah Chelimo, Alaska Anchorage

Outstanding Performer (Conference Meet)

2004	Isaac Frederick, Western Oregon
2005	Chris Randolph, Seattle Pacific
2006	Andy Prentice, Saint Martin's
2007	Michael Dean, W. Washington
2008	Zeb Udell, Western Oregon
2009	Zeke Van Patten, Western Oregon
	Tyler Fischer, C. Washington
2010	Matson Hardie, Western Oregon
2011	Andrew Boss, Simon Fraser
2012	Maurus Hope, NW Nazarene
2013	Micah Chelimo, Alaska Anchorage

Coach of the Year

2004	Mike Johnson, Western Oregon
2005	PeeWee Halsell, W. Washington
2006	PeeWee Halsell, W. Washington
2007	Kevin Adkisson, C. Washington
2008	Mike Johnson, Western Oregon
2009	Mike Johnson, Western Oregon
2010	Mike Johnson, Western Oregon
2011	Mike Johnson, Western Oregon
2012	Mike Johnson, Western Oregon
2013	PeeWee Halsell, W. Washington

Newcomer of the Year

2004	Mark Mellein, W. Washington
2005	Cameron Neel, C. Washington
2006	Robert Edwards, C. Washington
2007	Adrian Elmo, C. Washington
2008	Zeb Udell, Western Oregon
2009	Josiah Price, Saint Martin's
	Augustine Agyei, W. Washington
2010	Anthony Zackery, W. Washington
2011	None selected
2012	Ryan Hansen, Western Oregon
2013	Alex Donigian, W. Washington

Freshman of the Year

2004	Trish O'Bluck, Saint Martin's
	Adam Neff, Western Washington
2005	Blake Herrington, Western Oregon
2006	Matt Rogstad, Central Washington
	John Riak, Saint Martin's
2007	Michael Dean, W. Washington
2008	Astin Mott, Western Oregon
2009	Maurus Hope, NW Nazarene
2010	Matson Hardie, Western Oregon
2011	Kyle Lane, Western Oregon
	Andrew Curtis, NW Nazarene
2012	Logan Myers, W. Washington
2013	Kevin Yates, W. Washington

WOMEN

Year	Team	Points
2004	Seattle Pacific	160
2005	Seattle Pacific	188
2006	Seattle Pacific	154
2007	Seattle Pacific	192
2008	Seattle Pacific	183
2009	Seattle Pacific	181
2010	Seattle Pacific	179 ½
2011	Seattle Pacific	126 ½
2012	Seattle Pacific	182
2013	Alaska Anchorage	147

Athlete of the Year

2006	Teona Perkins, Seattle Pacific
2007	Jessica Pixler, Seattle Pacific
2008	Jessica Pixler, Seattle Pacific
2009	Jessica Pixler, Seattle Pacific
2010	Jessica Pixler, Seattle Pacific
2011	Sarah Porter, Western Washington
	Helen Crofts, Simon Fraser
2012	Ashley Potter, Western Oregon
2013	Helen Crofts, Simon Fraser

Outstanding Performer (Conference Meet)

2004	Terran Legard, Central Washington
2005	Danielle Ayers-Stamper, Seattle Pacific
2006	Krissy Tandle, Central Washington
2007	Jessica Pixler, Seattle Pacific
2008	Jessica Pixler, Seattle Pacific
2009	Ashley Puga, Northwest Nazarene
2010	Jessica Pixler, Seattle Pacific
2011	Torrie Self, Central Washington
2012	Ali Worthen, Seattle Pacific
2013	Tanya Bjornsson, W. Washington

Coach of the Year

2004	Jack Hoyt, Seattle Pacific
2005	Jack Hoyt, Seattle Pacific
2006	Kevin Adkisson, Central Washington
2007	Karl Lerum, Seattle Pacific
2008	Karl Lerum, Seattle Pacific
2009	Karl Lerum, Seattle Pacific
2010	Karl Lerum, Seattle Pacific
2011	Karl Lerum, Seattle Pacific
2012	Karl Lerum, Seattle Pacific
2013	Michael Friess, Alaska Anchorage

Newcomer of the Year

2004	Terran Legard, Central Washington
2005	Chelsi Claussen, Saint Martin's
2006	Teona Perkins, Seattle Pacific
2007-08	None selected
2009	Janae Larson, Seattle Pacific
2010	Ashley Potter, Western Oregon
2011	Kaitlin Davis, Central Washington
2012	Leeza Henry, MSU Billings
2013	Becki Duhamel, Cent. Washington

Freshman of the Year

2004	Kinyatta Leonhardt, Seattle Pacific
2005	Karin Rohde, Seattle Pacific
2006	Ashley Puga, Northwest Nazarene
2007	Jessica Pixler, Seattle Pacific
2008	Jaelyn Puga, Northwest Nazarene
2009	Ali Worthen, Seattle Pacific
2010	Sarah Kathrein, Western Oregon
2011	Becca Clark, Central Washington
2012	Tasia Baldwin, Seattle Pacific
2013	Caroline Anders, Alaska Anchorage

Great Northwest Athletic Conference



About The GNAC

With members in five states and the province of Canada and with a strong presence in or near the largest city of each, the Great Northwest Athletic Conference has established itself as one of the top NCAA Division II athletic conferences in the nation during its 13-year history.

Founded in July, 2001, GNAC teams have had a remarkable 76 NCAA Division II Top-10 national team finishes in 14 of the 16 sports that it sponsors.

This past fall Alaska Anchorage placed a program best fourth in the women's cross country national championships and seventh in the men's championships at Spokane. The Top-10 finishes were the sixth straight for the Seawolf women and the fourth straight for the UAA men.

Overall, the GNAC has had 19 Top-10 cross country national finishes, including 12 in the women's division. Seattle Pacific finished second in the 2007 women's national championship and UAA finished third in 2012 men's championships for the best team finishes.

Ten of the GNAC's Top-10 finishes have come in indoor and outdoor track and field. Seattle Pacific has finished in the Top-10 five times in women's indoor track and field, including second in 2007 and fourth in 2009, and once in outdoor track and field (7th in 2007).

Western Washington has had two Top-10 track finishes, placing ninth in the women's indoor meet in 2009 and sixth in the women's outdoor meet in 2011. Alaska Anchorage has also had two Top-10 finishes, placing ninth in men's outdoor in 2012 and seventh in women's outdoor in 2013.

Other GNAC sports have also made a mark on the national scene.

Western Washington won the men's national basketball title in 2011-12. Also winning national titles have been Seattle Pacific in women's soccer (2008) and former GNAC member Seattle University in men's soccer (2004).

During the 2012-13 school year, 10 GNAC teams earned national Top-10 finishes.