

**GNAC**  
**OUTDOOR TRACK**  
**CHAMPIONSHIPS**

**2014**

GREAT NORTHWEST ATHLETIC CONFERENCE

@GNACSPORTS | #GNACTRACK

MAY 9-10, 2014 • WESTERN OREGON UNIVERSITY • MONMOUTH, OREGON



# Meet Schedule

FRI., MAY 9

## Field Events (Finals)

- 2 p.m. Men's Shot Put; Women's Discus (Men To Follow)
- 3:15 p.m. Men's High Jump
- 3:25 p.m. Women's Pole Vault
- 3:35 p.m. Women's Long Jump
- 4:15 p.m. Men's Long Jump
- 4:30 p.m. Women's Shot Put

## Running Events

- 2:40 p.m. OPENING CEREMONY
- 2:45 p.m. Women's 3,000 Meter Steeplechase (Final)
- 3 p.m. Men's 3,000 Meter Steeplechase (Final)
- 3:15 p.m. Women's 100 Meter Hurdles (Semifinals)
- 3:35 p.m. Men's 110 Meter Hurdles (Semifinals)
- 3:55 p.m. Women's 400 Meter Dash (Semifinals)
- 4:05 p.m. Men's 400 Meter Dash (Semifinals)
- 4:20 p.m. Women's 100 Meter Dash (Semifinals)
- 4:30 p.m. Men's 100 Meter Dash (Semifinals)
- 4:40 p.m. Women's 800 Meter Run (Semifinals)
- 4:55 p.m. Men's 800 Meter Run (Semifinals)
- 5:10 p.m. Women's 400 Meter Hurdles (Semifinals)
- 5:25 p.m. Men's 400 Meter Hurdles (Semifinals)
- 5:40 p.m. Women's 200 Meter Dash (Semifinals)
- 5:55 p.m. Men's 200 Meter Dash (Semifinals)
- 6:10 p.m. Women's 10,000 Meter Run (Final)
- 6:50 p.m. Men's 10,000 Meter Run (Final)

SAT., MAY 10

## Field Events (Finals)

- 9:30 a.m. Women's Hammer
- 9:45 a.m. Men's Javelin
- 10 a.m. Women's High Jump
- 10:30 a.m. Men's Pole Vault
- 11 a.m. Men's Triple Jump
- Noon Women's Triple Jump; Men's Hammer; Women's Javelin

## Running Events (Finals)

- 10:55 a.m. OPENING CEREMONY
- 11 a.m. Women's 400 Meter Relay
- 11:05 a.m. Men's 400 Meter Relay
- 11:10 a.m. Women's 1,500 Meter Run
- 11:20 a.m. Men's 1,500 Meter Run
- 11:30 a.m. Women's 100 Meter Hurdles
- 11:40 a.m. Men's 110 Meter Hurdles
- 11:45 a.m. Women's 400 Meter Run
- 11:50 a.m. Men's 400 Meter Run
- 11:55 a.m. Women's 100 Meter Dash
- Noon Men's 100 Meter Dash
- 12:10 p.m. Women's 800 Meter Run
- 12:15 p.m. Men's 800 Meter Run
- 12:25 p.m. Women's 400 Meter Hurdles
- 12:35 p.m. Men's 400 Meter Hurdles
- 12:40 p.m. Women's 200 Meter Dash
- 12:45 p.m. Men's 200 Meter Dash
- 12:50 p.m. Women's 5,000 Meter Run
- 1:10 p.m. Men's 5,000 Meter Run
- 1:45 p.m. Women's 1,600 Meter Relay
- 1:55 p.m. Men's 1,600 Meter Relay

# Qualifying Standards

## 2014 NCAA DIVISION II CHAMPIONSHIPS

### MEN

Event	Automatic	Provisional
100 Meters	10.30	10.60
200 Meters	20.87	21.45
400 Meters	46.47	48.00
800 Meters	1:49.50	1:52.50
1,500 Meters	3:45.17	3:53.00
Steeplechase	8:53.00	9:25.00
5,000 Meters	13:57.00	14:40.00
10,000 Meters	29:19.24	31:00.00
110 Hurdles	13.90	14.69
400 Hurdles	51.00	54.00
400 Meter Relay	40.13	41.20
1,600 Meter Relay	3:08.87	3:14.66
High Jump	2.17 - 7-1.5	2.04 - 6-8.25
Pole Vault	5.12 - 16-9.5	4.76 - 15-7.25
Long Jump	7.63 - 25-0.25	7.17 - 23-6.25
Triple Jump	15.85 - 52-0	14.50 - 47-7
Shot Put	18.09 - 59-4.25	16.00 - 52-6
Discus	55.63 - 182-6	49.03 - 160-10
Hammer	63.78 - 209-3	54.00 - 177-2
Javelin	65.91 - 216-3	57.10 - 187-4
Decathlon	7,000	6,200

### WOMEN

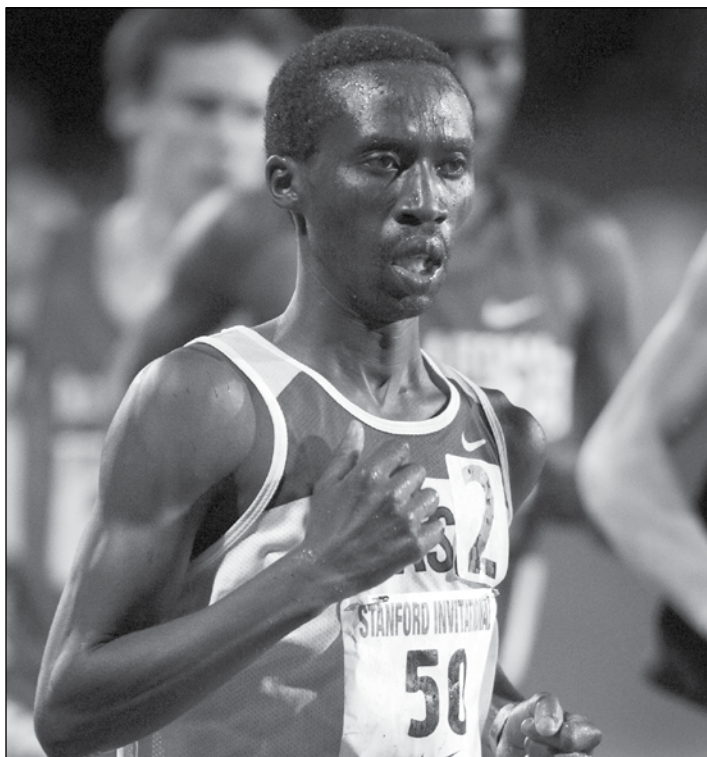
Event	Automatic	Provisional
100 Meters	11.56	12.04
200 Meters	23.50	24.62
400 Meters	53.40	56.00
800 Meters	2:09.00	2:14.00
1,500 Meters	4:23.00	4:35.34
Steeplechase	10:25.00	11:15.00
5,000 Meters	16:20.00	17:19.90
10,000 Meters	34:37.00	36:45.00
100 Hurdles	13.25	14.40
400 Hurdles	59.58	1:02.75
400 Meter Relay	45.30	47.11
1,600 Meter Relay	3:41.71	3:49.00
High Jump	1.78 - 5-10	1.68 - 5-6
Pole Vault	4.05 - 13-3.5	3.57 - 11-8
Long Jump	6.15 - 20-2	5.70 - 18-8.25
Triple Jump	12.70 - 41-8	11.75 - 38-6.5
Shot Put	14.90 - 48-10.75	13.41 - 44-0
Javelin	46.50 - 152-6	40.00 - 131-2
Discus	51.50 - 168-11	43.65 - 143-2
Hammer	57.12 - 187-5	50.00 - 164-0
Heptathlon	5,200	4,400



## Championships Preview



Western Washington's Bethany Drake is the Division II national leader in the javelin.



Alaska Anchorage's Micah Chelimo is nearing the GNAC championship meet point record.

### WOMEN: WELLS, FRICKER GO FOR THREE-PEATS

Seattle Pacific's McKayla Fricker and Western Washington's Lindsay Wells will each be seeking their third consecutive victories this weekend in the GNAC Women's Track and Field Championships.

Fricker is the two-time defending champion in the 800 meters and came into the final weekend of the regular-season ranked third in NCAA Division II.

Wells will be seeking her third straight title in the 13th annual GNAC Championships. They are among six previous champions in this year's women's field. Also back to defend their crowns are Karolin Anders of Alaska Anchorage in the high jump, Cheyanna Pinley of Western Washington in the pole vault and Vessie Umu of Northwest Nazarene in the shot put.

Anders has already claimed one title this spring winning the GNAC Multi-Events last week. Another previous champion is Seattle Pacific's Kishia Mitchell. She swept the 100 and 200-meter titles in 2011.

In addition to Fricker and Wells, who ranks 10th (as of May 1), seven other GNAC athletes rank in the Top 10 nationally in their events.

Bethany Drake of Western Washington is the national leader in the javelin with a GNAC-record throw of 169-6. She is one of three javelin throws in the Top 10 nationally along with WWU's Katie Reichert (4th) and Western Oregon's Seabre Church (8th).

The 800 meters features four athletes ranked in the Top 10 – Fricker, Sarah Sawatzky of Seattle Pacific (6th), SPU's Lynelle Decker (7th) and Ivy O'Guinn of Alaska Anchorage (9th).

O'Guinn also ranks second in the 1500. Her teammate – Joyce Kipchumba has two Top 10 ranks — fifth in the 10,000 and 10th in the 5,000.

In addition to O'Guinn and Kipchumba, two other GNAC Athletes are ranked in the Top 20 in two events. UAA's Jamie Ashcroft ranks 11th in the 100 meters with a GNAC-record time of 11.74 and 17th in the 200 in a time of 11.74.

Northwest Nazarene's Jordan Rehfeld ranks 16th in the 10,000 and 18th in the 5,000.

Alaska Anchorage is the defending team champion. Prior to UAA's victory, only two other GNAC schools had won the women's team title – Seattle Pacific (6 times) and Western Oregon (4 times).

### MEN: CHELIMO NEARS GNAC RECORD FOR TITLES

Micah Chelimo of Alaska Anchorage will have the opportunity to become the most prolific point scorer in GNAC Men's Track and Field Championship history this weekend.

Chelimo currently ranks third on the all-time career point list with 69 points and needs 14 points to surpass UAA's David Registe on the all-time scoring list.

Chelimo, who has the best times this spring in Division II in both the 5,000 and 10,000 meters, already has five career wins, one shy of the GNAC record.

He won the steeplechase in 2010, the steeple and 5,000 in 2011 and the 1,500 and 5,000 in 2012. He redshirted last year.

Chelimo is one of 14 previous champions in the field including seven from last year.

Rimar Christie of Northwest Nazarene swept the 100 and 200 last year and also won the 100 two years ago.

Western Washington's Jonathon Poolman won the 400 a year ago. He will be challenged by UAA's Ethan Hewitt, the 2010 and 2012 winner.

Brady Beagley of Western Washington is back to defend his steeplechase title, while hurdler champions Logan Myers of WWU (110 hurdles) and Elliott Bauer of UAA (400 hurdles) also return. Myers is one of three former 110 champions in the field along with WOU's Kody Rhodes (2012) and Brett Campbell (2011).

Defending field event champions include Brett Watson of Western Washington in the high jump, Joseph Keeton of Saint Martin's in the pole vault and Franz Burghagen of Alaska Anchorage in the javelin.

Burghagen ranks second in Division II in the javelin with a season-best of 229-3. The javelin will also feature 2011 champion Cody Parker of UAA and Shane Brooks of Western Oregon who ranks eighth this spring with a best of 211-7.

Another former champion is Matson Hardie of Western Oregon, who won the triple jump title in 2010 and the long jump in 2012. Hardie has scored 45 career points in the GNAC meet and needs five more to become the 18th male athlete to tally 50.

Western Washington will be seeking its third straight men's team title and its fifth overall. That would enable the Vikings to match Western Oregon's five team titles. Central Washington has won two team championships.



## Alaska Anchorage SEAWOLVES



Thomas Ashcroft Friess

2013 Finishes: Men, 4th, 129 pts. Women, 1st, 169 pts.

Micah Chelimo, who is the NCAA Division II national leader in both the 5,000 and 10,000 (as of May 1), has already won five GNAC outdoor career titles (one shy of the GNAC record) and needs 14 more points to displace UAA's David Registe as the leading point producer in GNAC history. He currently ranks third with 69 points.

He is one of four defending champions for the Seawolf men along with Elliott Bauer in the 400 meters, Franz Burghagen in the javelin and Cody Thomas in the decathlon. Thomas successfully defending his decathlon title last week. Three other Seawolf men finished second a year ago - Isaac Kangogo (1500), Cody Parker (javelin) and Victor Samoei (10,000).

Freshman Jamie Ashcroft is the GNAC leader and ranks 11th nationally in the women's 100 (with a GNAC record time of 11.74) and 17th in the 200. Ivy O'Guinn finished third last year in the 800 and 1500 and has the nation's second best time this spring in the latter event.

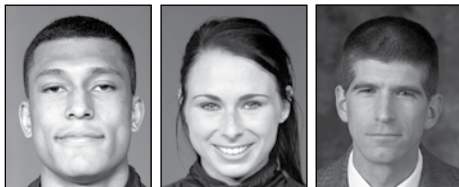
Two other standouts for UAA, the defending team champion, include high jump champion Karolin Anders, who won the heptathlon last week, and Joyce Kipchumba, who ranks 10th in Division II in the 5,000 and fifth in the 10K.

MEN	Yr.	Hometown
Dylan Anthony	Jr.	Kodiak, Alaska
Elliott Bauer	Jr.	Anchorage, Alaska
Franz Burghagen	Jr.	Berlin, Germany
Bobo Camara	So.	Cologne, Germany
Micah Chelimo	Sr.	Kapkoj, Kenya
Adam Commandeur	Fr.	Comox, B.C.
Scott Commandeur	Fr.	Comox, B.C.
Austen DeWolf	Sr.	Anchorage, Alaska
Timothy Dommek	Jr.	Anchorage, Alaska
Cody Gibson	Jr.	Coos Bay, Ore.
Tevin Gladden	Fr.	Fairbanks, Alaska
Ethan Hewitt	Sr.	Eagle River, Alaska
Isaac Kangogo	Sr.	Eldoret, Kenya
Michael Mendenhall	Fr.	Kenmore, Wash.
Philip Messina	Fr.	Toronto, Ont.
Jesse Miller	So.	Juneau, Alaska
Dominik Notz	So.	Dettingen, Germany
Cody Parker	Jr.	Comox, B.C.
Kevin Rooke	Jr.	Toronto, Ont.
Victor Samoei	So.	Eldoret, Kenya
Cody Thomas	Jr.	Blenheim, New Zealand
Travis Wilson	Sr.	Anchorage, Alaska

WOMEN	Yr.	Hometown
Karolin Anders	So.	Berlin, Germany
Jamie Ashcroft	Fr.	Shawnigan Lake, B.C.
Susan Bick	Sr.	Anchorage, Alaska
Hayley Bezanson	Fr.	Courtenay, B.C.
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.
Gaynor Johansen	Sr.	Palmer, Alaska
Renee Kennedy	So.	Shawnigan Lake, B.C.
Joyce Kipchumba	Jr.	Kapsowar, Kenya
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, Ryan McWilliams, Anthony Tomsich, Eric Walsh, Marko Cheseto

## Central Washington WILDCATS



Sternen Eggleston Adkisson

2013 Finishes: Men, 2nd, 141 pts. Women, 7th, 65.5 pts.

The Wildcat men finished second a year ago, but return just five athletes who scored points in the conference meet including Ethan Meikle who placed third in the high jump.

CWU does have three GNAC leaders - Bernari Sternen who set a GNAC record earlier this season in the 100 hurdles (14.47), Justin Peterson who high jumped a GNAC multi-event record 6-9 last month in Spokane and Kevin Stanley in the hammer.

Taylor Fettig is one of nine returning point scorers for the CWU women, placing fourth a year ago in high jump. She finished second last week in the GNAC multis, setting a meet record in the high jump.

Becki Duhamel was the GNAC's leading point producer in the conference meet last year and returns after placing second in both the hammer and discus and third in the shot put. Another standout is Dani Eggleston who placed seventh in the 5,000.

MEN	Yr.	Hometown
Darren Arndt	Fr.	Burlington, Wash.
Michael Chavez	Fr.	Olympia, Wash.
Jackson Halford	So.	Volcano, Hawaii
Eric Holmstrom	Sr.	Mount Vernon, Wash.
Kaleb Javier	So.	Tacoma, Wash.
Kent McKinney Jr.	So.	Seattle, Wash.
Ethan Meikle	Sr.	Hawi, Hawaii
Issac Messenger	Fr.	Goldendale, Wash.
Dennzell Mickelson	Fr.	Pasco, Wash.
Nathan Minor	Sr.	Mount Vernon, Wash.
Jonathan Osborne	So.	Federal Way, Wash.
Justin Peterson	Fr.	Lakewood, Wash.
Luke Plummer	So.	Vaughn, Wash.
Harish Prasad	So.	Lautoka, Fiji
Brandon Roddewig	Fr.	Fall City, Wash.
Kennedy Sarmiento	Jr.	Sunnyside, Wash.
Chayce Sather	So.	Bothell, Wash.
James Shumate	Jr.	Aberdeen, Wash.
Tomislav Smith	Fr.	Mukilteo, Wash.
Nick Spencer	So.	Tacoma, Wash.
Rudy Spencer	Sr.	Liberty Lake, Wash.
Kieran Sprague	Fr.	Olympia, Wash.
Kevin Stanley	Jr.	Spokane Valley, Wash.
Bernari Sternen	Jr.	Lynnwood, Wash.
Armando Tafoya	Fr.	George, Wash.
Stuart Thomas	Fr.	Seattle, Wash.
Ryan Thompson	So.	Edmonds, Wash.
Jordan Todd	So.	Bellevue, Wash.
Nic Venema	Fr.	Bickleton, Wash.
Tyler Wagner	Sr.	Lena, Wis.
Berlie Walker	Fr.	East Wenatchee, Wash.
John Wojtech	Sr.	Bremerton, Wash.
Kevin Young	Fr.	Tacoma, Wash.
Paul Young	Jr.	Normandy Park, Wash.

WOMEN	Yr.	Hometown
Brittany Adkison	Fr.	Selah, Wash.
Tiana Banfro	Fr.	Renton, Wash.
Bri Barton	Jr.	Evergreen, Colo.
Marinah Bently	Jr.	Federal Way, Wash.
Moriah Bently	Jr.	Federal Way, Wash.
Natalie Bergstrom	So.	Stanwood, Wash.
Erin Chinchar	So.	Kent, Wash.
Allison Deck	So.	Tumwater, Wash.
Hannah Dowdell	Fr.	Everett, Wash.
Becki Duhamel	Sr.	Wenatchee, Wash.
Dani Eggleston	So.	Longview, Wash.
Brenna Eldredge	Jr.	Duvall, Wash.
McKenna Emmert	Fr.	Kelso, Wash.
Taylor Fettig	Jr.	Olympia, Wash.
Dakota Forgey	Jr.	Camas, Wash.
Madison Garcia	Fr.	Sedro Wooley, Wash.
Chelsea Genthner	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.
Annie Martinez	Sr.	Moxee, Wash.
Allyssa Marzano	So.	Tacoma, Wash.
Kaitlyn McKinney	Fr.	Vancouver, 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.
Kellie Shreve	So.	Sammamish, Wash.
Nicole Talcott	Fr.	Rainier, Wash.
Lacey Wagner	Jr.	Lake Stevens, Wash.
Miriam Wheeler	So.	Aberdeen, Wash.

Head Coach - Kevin Adkisson  
Assistants - Charles Chandler, Tony Monroe, J.T. Statler, David Paul, Brittany Aanstad

Montana State Billings

YELLOWJACKETS



Polkow Holm Coppock

2013 Finishes: Men, 8th, 33 pts. Women, 8th, 21 pts.

Lewis Polkow, who placed fourth last year in the 400 hurdles, is one of three returning point scorers for the Yellowjacket men. Also back is Thomas Neale, who finished seventh in the steeplechase, and AJ Montanez, who placed eighth in the shot put.

Montanez currently ranks (as of May 1) second in the GNAC in the shot put and third in the hammer.

Corrie Holm is the GNAC leader in the women's discus with a best of 140-6. She finished third in that event last year in the conference.

Also returning from last year's team is Ashlynn VanVoast who placed seventh in the 400 hurdles and Mary Owen who was eighth in the 10,000 meters.

MEN	Yr.	Hometown
Ryan Blomback	Sr.	Belgrade, Mont.
Chris Boyce	Fr.	Eugene, Ore.
Branden Butt	Fr.	Corvallis, Mont.
Cole Campbell	Fr.	Hardin, Mont.
Trey Cates	So.	Great Falls, Mont.
Tyler DiGiovanna	So.	Dillon, Mont.
Kyle DuCharme	So.	Baker, Mont.
Drew Galahan	Sr.	Harlowton, Mont.
Donald Hamm	Fr.	Power, Mont.
Cale Howells	Fr.	Manhattan, Mont.
AJ Montanez	So.	Lovell, Wyo.
Thomas Neale	So.	Billings, Mont.
Josh Panasuk	So.	Butte, Mont.
Robert Peterson	So.	Billings, Mont.
Lewis Polkow	Sr.	Billings, Mont.
Chase Robinson	Sr.	Colstrip, Mont.
Jamon Rodriguez	Fr.	Gillette, Wyo.
Cameron Stanek	So.	Casper, Wyo.
Nathan Vanderby	Fr.	Manhattan, Mont.

WOMEN	Yr.	Hometown
Leah Berry	Sr.	Lewistown, Mont.
Nocona Frame	Jr.	Glendive, Mont.
Rio Frame	Fr.	Glendive, Mont.
Kaytlin Halle	So.	Manhattan, Mont.
Courtney Henry	Fr.	Malta, Mont.
Renaee Hepfner	Jr.	Belt, Mont.
Corrie Holm	Jr.	Billings, Mont.
Shelby Martinell	So.	Dell, Mont.
Jinise Osborne	So.	Columbia Falls, Mont.
Mary Owen	Sr.	Hammond, Mont.
Hope Reid	Fr.	Thompson Falls, Mont.
Blair Street	So.	Clyde Park, Mont.
Ashlynn VanVoast	So.	Havre, Mont.



Head Coach - Dave Coppock  
 Assistants - Casey Clausen, Nick Collins, Tom Ebel

Northwest Nazarene  
 CRUSADERS



Rima Rehfeld Spatz

2013 Finishes: Men, 5th, 63 pts. Women, 4th, 97.5 pts.

Rimar Christie will be seeking his third straight 100-meter title after taking the 2012 and 2013 crowns. Christie, who is also the defending champion in the 200 meters, ranks (as of May 1) 17th in Division II in the shorter event with a season-best of 10.51.

Also among four returning point scorers is Stephen Larlee, who placed second a year ago in the triple jump, Kevin Rima, who placed fifth in the discus and seventh in the hammer and Kyle McLaughlin, who was seventh in the 110 hurdles. Greyson Kilgore earned eight points for NNU in the decathlon with a school-record score of 6,506 points. That total ranks eighth in GNAC history.

Vessie Umu is back to defend her title in the women's shot put. Another title contender will be freshman Alison Silva, who is the GNAC leader with a national qualifying vault of 12-2 1/2, which is good for ninth place on the GNAC all-time list. Jordan Rehfeld has also had a fine spring and ranks 18th in Division II in the 5,000 with a time of 16:57.15.

In all, the Crusaders have 10 returning point scorers off last year's team, which finished fourth in the conference meet. Both NNU's men and women had third-place finishes in the GNAC Indoor Championships in February.

MEN	Yr.	Hometown
Rimar Christie	Jr.	St. Michael, Barbados
Luke Conklin	So.	The Dalles, Ore.
Chase Cunningham	Fr.	Kuna, Idaho
Andrew Curtis	Sr.	Tigard, Ore.
Kaleb Fleenor	Jr.	Nampa, Idaho
Michael Gordon	Jr.	Kuna, Idaho
David Harris	So.	Sherwood, Ore.
Cody Henderson	Sr.	Green River, Wyo.
Cole Hoberg	Fr.	Prairie City, Ore.
Mitchell Kamstra	Sr.	Spokane Valley, Wash.
Greyson Kilgore	Sr.	Kuna, Idaho
Stephen Larlee	Sr.	Maupin, Ore.
Nick Martin	Fr.	Beaverton, Ore.
Zach Mason	Fr.	Enumclaw, Wash.
Zach McClanahan	Fr.	Yuma, Ariz.
Kyle McLaughlin	So.	Meridian, Idaho
Jacob Oswalt	So.	Sunnyside, Wash.
Kevin Rima	Sr.	Fairbanks, Alaska
Matt Silva	Jr.	Nampa, Idaho
Micah Spatz	Fr.	Melba, Idaho
Nathan Talbot	So.	Brier, Wash.
John Vanbeuran	Fr.	Boise, Idaho
Jeremiah Woods	So.	Damascus, Ore.

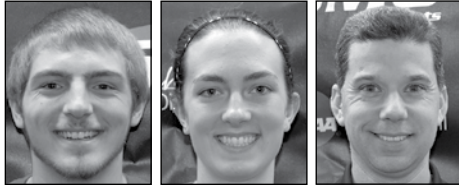
WOMEN	Yr.	Hometown
Hannah Borden	So.	Raymond, Wash.
Hailey Bradshaw	Jr.	Meridian, Idaho
Lindi Burgeson	Fr.	Happy Valley, Ore.
Caitlin Curtis	Jr.	Portland, Ore.
Janessa Dyk	Fr.	Portland, Ore.
Natalie Evans	Sr.	New Plymouth, Idaho
Susanna Fleming	Jr.	Boise, Idaho
AnnaMarie Forza	So.	Enumclaw, Wash.
Jadyn Gourley	So.	Brush Prairie, Wash.
Rebecca Holland	So.	Meridian, Idaho
Jessica Johns	Jr.	Petaluma, Calif.
Kassandra Johnson	Sr.	Kenai, Alaska
Morgan Kilgore	Sr.	Meridian, Idaho
Marie Miller	Sr.	The Dalles, Ore.
Kelly Nigro	Fr.	Woodland, Wash.
Jordan Rehfeld	Sr.	Nampa, Idaho
Carly Rech	Fr.	Big Timber, Mont.
Aimee Rodes	Fr.	Puyallup, Wash.
Lexi Sarver	So.	Arlington, Wash.
Courtney Schroeder	Jr.	Caldwell, Idaho
Carli Shaul	Fr.	Kuna, Idaho
Alison Silva	Fr.	Nampa, Idaho
Marie E. Smith	Sr.	Boise, Idaho
Vessie Umu	Jr.	Colorado Springs, Colo.
Taylor VanValey	So.	Brush Prairie, Wash.
Jasmine Warrington	Jr.	Colorado Springs, Colo.

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



Saint Martin's

SAINTS



Keeton Walker Brewer

2013 Finishes: Men, 6th, 56 pts. Women, 9th, 10 pts.

First-year head coach Jim Brewer will bring two GNAC top-ranked athletes to the conference meet. Joseph Keeton is the defending champion and the top-ranked athlete with a best of 14-7 1/4 in the pole vault. Irene Moore is the conference leader in the women's 400 hurdles with a best of 1:02.54.

Another title contender will be Frank Krause, who has the third-best time (as of May 1) in the 800 (1:52.04). Krause finished fourth in the event last year. The only other returning point scorers from a year ago are Joe Berger who placed seventh in the 10,000 and Ami Wick who finished eighth in the women's hammer.

Other potential point scorers for the Saints include Angel Rodgers, who ranks fourth in the women's hammer and Kaitlyn Walker who ranks fourth in the GNAC and 12th in Division II in the javelin.

MEN	Yr.	Hometown
Ian Boyle	Fr.	Ridgefield, Wash.
Joe Berger	Sr.	Enumclaw, Wash.
Amari Blanton	Jr.	Seattle, Wash.
Austin Brenner	Jr.	Sparks, Nev.
Brian Chalkey	Fr.	Eugene, Ore.
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.
Jasper Heckman	Fr.	Orting, 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.
Skyler Larson	Fr.	Pasco, Wash.
Aaron Michael	So.	Olympia, Wash.
Josiah Shelman	So.	Olympia, Wash.
Mitch Wilkens	Fr.	Eugene, Wash.
Christian Yoro	Fr.	Orting, Wash.

WOMEN	Yr.	Hometown
Alexis Carandang	Fr.	Lacey, Wash.
Kenna Fosnacht	Fr.	Rochester, Wash.
Renee Hudson	So.	Everett, Wash.
Justine Malek	So.	Kula, Hawaii
Claire McCloskey	Fr.	Kenmore, Wash.
Irene Moore	Jr.	Bremerton, Wash.
Hope Mortensen	Fr.	Tumwater, Wash.
Kirby Neale	So.	Coos Bay, Ore.
Lisa Petersen	Jr.	Missoula, Mont.
Angel Rodgers	Jr.	Everett, Wash.
Megan Teigen	Fr.	Olympia, Wash.
Kali Walker	Fr.	Lacey, Wash.
Ali Wick	So.	Eugene, Ore.
Ami Wick	So.	Eugene, Ore.

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

Seattle Pacific

FALCONS



Ferguson Decker Lerum

2013 Finishes: Men, 9th, 26 pts. Women, 2nd, 146 pts.

The Falcon women finished second last year, ending a three-year title reign. Overall they've won six women's conference outdoor titles.

SPU has two of the top middle distance runners in the GNAC and in Division II. McKayla Fricker currently ranks third nationally in the 800 meters and 18th in the 1500. She is the two-time defending GNAC outdoor champion and is a four-time indoor All-American.

Lynelle Decker ranks seventh in the 800 (as of May 1). Last year she finished fourth in the 800 and fifth in the 1500. Kishia Mitchell (fourth in 100, seventh in the 200) and Tasia Baldwin (fourth in 200 and fifth in long jump) are also two-event returning point scorers. Mitchell won both the 100 and 200 conference titles in 2011.

The Falcons' top-ranked male athletes are Turner Wiley who ranks fifth in the 10,000 and David Ferguson who ranks eighth in the 200 meters.

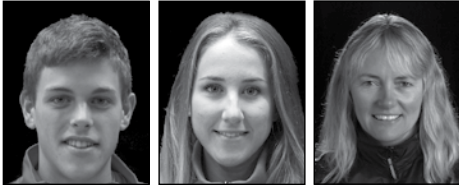
MEN	Yr.	Hometown
Ryan Alcantara	Jr.	Medford, Ore.
Adam Avischious	So.	Colorado Springs, Colo.
Brian Comer	So.	Sammamish, Wash.
David Ferguson	Jr.	Inverness, Ill.
Rodney Greiling	So.	Kent, Wash.
Alex Horton	Jr.	Kent, Wash.
Cody Lang	Fr.	Spokane, Wash.
Justin Ramsey	Fr.	Colorado Springs, Colo.
Graham Reid	Fr.	Boise, Idaho
Sean Russell	Jr.	Seattle, Wash.
Ben Smith	So.	Portland, Ore.
RJ Straker	Jr.	Pasadena, Calif.
Turner Wiley	Jr.	Issaquah, Wash.
Colin Wilkins	So.	Shoreline, Wash.

WOMEN	Yr.	Hometown
Tasia Baldwin	Jr.	Tacoma, Wash.
Kyra Brannan	Fr.	Kennewick, Wash.
Kelsey Chase	Jr.	Spokane, Wash.
Lynelle Decker	So.	Vancouver, Wash.
Michaela Farnar	Jr.	Molalla, Ore.
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.
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.
Madi 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



Proceviat Allen Townsend

2013 Finishes: Men, 7th, 33.5 pts. Women, 6th, 71 pts.

Sarah Sawatzky, who finished second last season in the conference meet, ranks sixth in Division II in the 800 meters, and is one of three returning point scorers for the Clan women.

Also returning are Chantel Desch, who placed fifth in the 400 and sixth in the 200, and Mercedes Rhode, who was seventh in the long jump. Also competing for the Clan will be Kirsten Allen, who had outstanding season in cross country last fall.

Back for SFU's men is Cameron Proceviat who has posted a national-qualifying time in the 1500 this spring of 3:52.06. Proceviat finish fifth in the 800 in his freshman season. Other returnees include Luca Molinari who finished sixth in the hammer and James Young who was fifth in the 1500 last year.

Freshman Alexander Wu is the GNAC leader (as of May 1) in the long jump (23-0 1/2).

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.
Jerry He	Jr.	Vancouver, B.C.
Michael Hutchinson	Sr.	Pitt Meadows, B.C.
Oliver Jorgensen	Fr.	Abbotsford, B.C.
Jacob Karamanian	Jr.	Maple Ridge, B.C.
Daniel Kelloway	Fr.	Mount Pearl, N.F.
Vladislav Moldavanov	Fr.	Pitt Meadows, B.C.
Luca Molinari	Jr.	Burnaby, B.C.
Chris More O'Ferrall	Fr.	North Vancouver, B.C.
Cameron Proceviat	So.	Burnaby, 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.
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.
Taylor Blue	Fr.	Maple Ridge, B.C.
Robyn Broomfield	Sr.	Ontario, Ont.
Ella Brown	Fr.	Armstrong, B.C.
Selina Byer	So.	North Vancouver, B.C.
Rylee Carr	Jr.	Comox, B.C.
Emma Chadsey	So.	Pemberton, B.C.
Charlotte Crombeen	Sr.	London, Ont.
Chantel Desch	So.	Abbotsford, B.C.
Kye Fedor	Fr.	North Vancouver, B.C.
Natasha Kianipour	Fr.	Burnaby, B.C.
Natasha Lazecki	Fr.	New Westminster, B.C.
Kayla Lennea	So.	Mission, B.C.
Kim Neville-Rutherford	So.	Sidney, B.C.
Peggy Noel	So.	Tsawwassen, B.C.
Picabo Reeves	Fr.	Coquitlam, B.C.
Merces Rhode	Sr.	Saskatoon, Sask.
Sarah Sawatzky	Sr.	Chilliwack, B.C.
Michelle Stuart	Sr.	Langley, B.C.

Head Coach - Brit Townsend  
 Assistants - Tom Dickson, Jerrold Jones, Jennifer Padrinao, Byron Collyer  
 Managers - Traci Boss, Adam Reid

Western Oregon

WOLVES



Hansen Church Johnson

2013 Finishes: Men, 3rd, 137 pts. Women, 5th, 80 pts.

Brady Beagley has posted three national qualifying marks this spring and currently ranks 12th in the steeplechase and 20th in the 1500. Beagley, who won the steeplechase title last year, also has a PNQ in the 5,000 meters.

Other key returnees for the Wolves, who have won five GNAC team titles (2002-04, 2008, 2011) include Matson Hardie, Ryan Hansen, Shane Brooks, Zach Holloway and Jeff Howard.

Hardie is the GNAC triple jump leader and needs to score just five points in the meet to become 18th male athlete to produce 50 points. He won the 2010 triple jump and 2012 long jump titles. He was second in the long jump and fourth in the high jump last year.

Hansen, who finished second in the 800 last year, is the GNAC leader (as of May 1). Brooks is the eighth-ranked javelin thrower in Division II. Holloway and Howard had second place finishes last year in the steeplechase and 200, respectively.

Emmi Collier, who finished second last year, is the GNAC leader in the shot put. Runner-ups last year back include Seabre Church in the javelin, Rebecca Laible in the triple jump and Madison McClung in both the 100 and 200.

MEN		
Name	Yr.	Hometown
Brady Beagley	Sr.	Grants Pass, Ore.
Shane Brooks	So.	Pleasant Hill, Ore.
Dustin Camarillo	Fr.	Mililani, Hawaii
Brett Campbell	Sr.	Bend, Ore.
Carraig Colahan	Sr.	Burns, Ore.
Eric Gaines	Sr.	Sandy, Ore.
Neil Gravatt	So.	Newberg, Ore.
Josh Hanna	So.	Quincy, Calif.
Ryan Hansen	Sr.	Dallas, Ore.
Garrett Hardie	So.	Bend, Ore.
Matson Hardie	Sr.	Bend, Ore.
Zach Holloway	So.	Brownsville, Ore.
Jeff Howard	So.	Salem, Ore.
Max Jones	Fr.	Pleasant Hill, Ore.
Kyle Lane	Jr.	Portland, Ore.
Drew Larson	Sr.	Lake Stevens, Wash.
Justin Larson	So.	Dayville, Ore.
Bryce Leedham	So.	Beavercreek, Ore.
Cody Lind	Fr.	Challis, Idaho
Gabe McKay	Fr.	Paisley, Ore.
Sam Naffziger	So.	Bend, Ore.
Kody Rhodes	Sr.	Wilsonville, Ore.
John Schifferer	Fr.	Turner, Ore.
Joe Soik	Fr.	Camino, Calif.
Chris Stash	Jr.	Sheridan, Ore.
Zach Trask	So.	Philomath, Ore.
Aaron Whitaker	Fr.	Agana Heights, Guam
Tyrell Williams	Fr.	Agana Heights, Guam

WOMEN		
Name	Yr.	Hometown
Nicole Anderson	Jr.	Packwood, Wash.
Bailey Beeson	So.	Soldotna, Alaska
Ayesha Black	Sr.	Beaverton, Ore.
Shanai Campbell	Sr.	Yakima, Wash.
Kolby Childers	Fr.	Prosser, Wash.
Seabre Church	Sr.	Florence, Ore.
Emmi Collier	So.	Warrenton, Ore.
Allison Cook	Jr.	Coquille, Ore.
Felicia Covey	Fr.	Keizer, Ore.
Rachel Crawford	Fr.	Oregon City, Ore.
Alex Green	Fr.	Newberg, Ore.
Charlene Harber	Jr.	Astoria, Ore.
Audrey Hellesto	Jr.	Philomath, Ore.
Jesika Kazenski	So.	Clatskanie, Ore.
Laura Knudson	Sr.	Snohomish, Wash.
Rebecca Laible	Jr.	Salem, Ore.
Jenny Leaf	Sr.	Boulder, Colo.
Meghan Link	Jr.	Portland, Ore.
Lara Lucero	Jr.	Vancouver, Wash.
Madison McClung	Fr.	Cottage Grove, Ore.
Emily Moe	Sr.	Coos Bay, Ore.
Nikki Newton	Jr.	Amity, Ore.
Leah Nicklason	Fr.	Eugene, Ore.
Rochelle Pappel	So.	Veneta, Ore.
Marisa Polanco	Fr.	Springfield, Ore.
Natalie Schafer	So.	Riverside, Calif.
Stephanie Stuckey	So.	Tacoma, Wash.
Alyssa Taylor	Fr.	Newport, Ore.
Emily Wetherell	So.	Arlington, Ore.
Alya Womack	Fr.	Rainier, Ore.

Head Coach - Mike Johnson  
 Assistant - Monica Barnhart  
 Graduate Assistant - Dan Sprinkle



Western Washington

VIKINGS



Hirst



Drake



Halsell

2013 Finishes: Men, 1st, 183.5 pts. Women, 3rd, 118 pts.

The Vikings return 18 point scorers from last year's team, which won its second consecutive men's team title including defending champions Logan Myers in the 110 hurdles, Jon Poolman in the 400 and Brett Watson in the high jump.

Two WWU athletes are ranked first in their events this spring – Frank Catelli in the shot with a GNAC-record put of 58-7 1/2 and in the discus (168-3) and Alex Donigian in the 100 with a best of 10.49. Catelli's marks rank fifth and eighth in Division II. Slater Hirst ranks 14th in Division II (as of May 1) in the javelin.

Bethany Drake is the women's national leader in the javelin with a GNAC-record throw of 169-6. Two WWU women are defending champions – Cheyenna Pinley in the pole vault and Lindsay Wells in the hammer.

Wells ranks 10th in Division II in the hammer with a mark of 182-4. Katie Reichert is fourth in the javelin with a throw of 162-8.

Men	Yr.	Hometown
Tanner Boyd	Sr.	Camas, Wash.
Juan Castillo	Jr.	Lake Stevens, Wash.
Frank Catelli	So.	Sequim, Wash.
Alex Donigian	So.	Mission Viejo, Calif.
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.
John Haskin	So.	Bainbridge Island, Wash.
Jacob Hino	Fr.	Yakima, Wash.
Slater Hirst	Jr.	Shoreline, 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.
Ryan Macdonald	Jr.	Bellingham, 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.
Hayden Palmer	So.	Prescott, Ariz.
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.
Tabor Reedy	Jr.	Poulsbo, Wash.
Joshua Reiter	Jr.	Camas, Wash.
Nathan Richards	So.	Longview, Wash.
Noah Ripley	So.	Wasilla, Alaska
Nate Schmidt	Jr.	Lynnwood, 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.
Nelson Westlin	Sr.	Bellingham, Wash.
Jade Wilson	Fr.	Deer Park, Wash.
Andrew Wise	Fr.	Denver, Colo.
Kevin Yates	So.	Snohomish, Wash.

Women	Yr.	Hometown
Morgan Annable	Fr.	Seal Rock, Ore.
Tanya Bjornsson	Sr.	Ferndale, Wash.
Sydney Coffey	Sr.	Boulder, Colo.
Emma Destromp	Jr.	Kelso, Wash.
Amber Dodd	Sr.	Sammamish, Wash.
Bethany Drake	So.	Sandy, Ore.
Bethany Graham	Jr.	Newport, Wash.
Brittany Grant	Fr.	Port Townsend, Wash.
Emma Gremer	Sr.	Fife, Wash.
Kaylie Greninger	Fr.	Sammamish, Wash.
Taylor Guenther	Fr.	Vancouver, Wash.
Rachel Ivancic	So.	Seattle, Wash.
Veronica Ivancic	So.	Seattle, Wash.
Maddy Jalbert	So.	Niwot, Colo.
Kali Klotz-Brooks	Fr.	Cheney, Wash.
Elizabeth Knope	So.	Portland, Ore.
Miranda Lahman	Sr.	Boulder, Colo.
Sofia Marikis	Fr.	Nine Mile Falls, Wash.
Jasmine McMullin	Fr.	Sequim, Wash.
Megan Mortensen	Fr.	Tacoma, Wash.
Haley O'Connor	Jr.	Sammamish, 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.
Lillianna Stelling	Fr.	Langley, Wash.
Michelle Stolz	So.	Tukwila, Wash.
Emily Stralser	Sr.	Cheney, Wash.
Sara Taferre	Fr.	Vancouver, Wash.
Shawna Troupe	Fr.	Kelso, Wash.
Arielle Walton	Sr.	Issaquah, Wash.
Lindsay Wells	Sr.	Seattle, Wash.
Katelyn Wright	So.	Washougal, Wash.
Shandel Yanney	Sr.	Ferndale, Wash.

Head Coach – Pee Wee Halsell

Assistants – David Burnett, Bill Roe, Dick Henrie, Karis Anderson, Christina Ashby, Ben Stensland

GNAC Nationals Qualifiers

Top-20 Qualifiers As Of May 1, 2014

Men	Event	Mark	Women	Event	Mark
Alex Donigian, Western Washington	100	15th, 10.49	Jamie Ashcroft, Alaska Anchorage	100	11th, 11.74
Rimar Christie, Northwest Nazarene	100	17th, 10.51	Jamie Ashcroft, Alaska Anchorage	200	17th, 24.27
Ryan Hansen, Western Oregon	800	13th, 1:51.27	McKayla Fricker, Seattle Pacific	800	3rd, 2:06.85
Josh Hanna, Western Oregon	800	19th, 1:52.00	Sarah Sawatzky, Simon Fraser	800	6th, 2:10.45
Isaac Kangogo, Alaska Anchorage	1,500	13th, 3:49.60	Lynelle Decker, Seattle Pacific	800	7th, 2:10.58
Micah Chelimo, Alaska Anchorage	1,500	14th, 3:49.74	Ivy O'Guinn, Alaska Anchorage	800	9th, 2:10.82
Brady Beagley, Western Oregon	1,500	20th, 3:50.72	Natalie Evans, Northwest Nazarene	800	12th, 2:11.04
Micah Chelimo, Alaska Anchorage	5,000	1st, 13:41.99	Susan Bick, Alaska Anchorage	800	16th, 2:11.81
Micah Chelimo, Alaska Anchorage	10,000	1st, 28:37.75	Ivy O'Guinn, Alaska Anchorage	1,500	2nd, 4:25.39
Brady Beagley, Western Oregon	Steeplechase	13th, 9:07.66	McKayla Fricker, Seattle Pacific	1,500	18th, 4:32.25
Oliver Jorgensen, Simon Fraser	Steeplechase	14th, 9:09.38	Joyce Kipchumba, Alaska Anchorage	5,000	10th, 16:44.97
Alaska Anchorage	1,600 Relay	18th, 3:12.22	Jordan Rehfeld, Northwest Nazarene	5,000	18th, 16:57.15
Justin Peterson, Central Washington	High Jump	19th, 2.06 – 6-9	Joyce Kipchumba, Alaska Anchorage	10,000	5th, 34:54.04
Frank Catelli, Western Washington	Shot Put	5th, 17.87 – 58-7 1/2	Jordan Rehfeld, Northwest Nazarene	10,000	16th, 35:48.63
Frank Catelli, Western Washington	Discus	8th, 53.00 – 173-11	Katelyn Steen, Western Washington	Steeplechase	7th, 10:44.03
Kevin Rima, Northwest Nazarene	Discus	18th, 51.28 – 168-3	Dani Eggleston, Central Washington	Steeplechase	15th, 10:58.26
Franz Burghagen, Alaska Anchorage	Javelin	2nd, 69.87 – 229-3	Alaska Anchorage	400 Relay	14th, 46.56
Shane Brooks, Western Oregon	Javelin	8th, 64.49 – 211-7	Seattle Pacific	1,600 Relay	18th, 3:45.63
Cody Parker, Alaska Anchorage	Javelin	13th, 63.83 – 209-5	Taylor Fettig, Central Washington	High Jump	5th, 1.75 – 5-8 3/4
Slater Hirst, Western Washington	Javelin	14th, 63.80 – 209-4	Tanya Bjornsson, Western Washington	Long Jump	16th, 5.91 – 19-4 3/4
Justin Larson, Western Oregon	Javelin	16th, 63.04 – 206-10	Lindsay Wells, Western Washington	Hammer	10th, 55.58 – 182-4
Cody Thomas, Alaska Anchorage	Decathlon	7th, 6,940	Bethany Drake, Western Washington	Javelin	1st, 51.66 – 169-6
			Katie Reichert, Western Washington	Javelin	4th, 49.59 – 162-8
			Seabre Church, Western Oregon	Javelin	8th, 47.48 – 155-9
			Kathryn Walker, Saint Martin's	Javelin	12th, 45.84 – 150-5
			Karolin Anders, Alaska Anchorage	Heptathlon	7th, 5,048
			Haleigh Lloyd, Alaska Anchorage	Heptathlon	17th, 4,637



# GNAC Outdoor Track & Field Records



**Brett Watson**  
Western Washington



**Helen Crofts**  
Simon Fraser



**Grace Morgan**  
Alaska Anchorage



**Jessica Pixler**  
Seattle Pacific

## MEN

### All Meets

100 – 10.38, Rimar Christie, Northwest Nazarene (2013)  
 200 – 21.11, Mike Hinshaw, Western Oregon (2002)  
 400 – 47.51, Ethan Hewitt, Alaska Anchorage (2011)  
 800 – 1:49.31, Paul Mach, Seattle Pacific (2005)  
 1,500 – 3:44.67, Alfred Kangogo, Alaska Anchorage (2011)  
 3,000 – 8:24.61, Jordan Welling, Western Washington (2010)  
 5,000 – 13:41.99, Micah Chelimo, Alaska Anchorage (2014)  
 10,000 – 28:37.75, Micah Chelimo, Alaska Anchorage (2014)  
 110 Hurdles – 14.47, Bernari Stern, Central Washington (2014)  
 400 Hurdles – 52.00, Shaun Ward, Alaska Anchorage (2011)  
 Steeplechase – 8:45.63, Micah Chelimo, Alaska Anchorage (2012)  
 4x100 Relay – 41.10, Central Washington (2010)  
 4x400 Relay – 3:12.22, Alaska Anchorage (2014)  
 High Jump – 2.08 – 6-9  $\frac{3}{4}$ , Brett Watson, Western Washington (2013)  
 Pole Vault – 5.40 – 17-8  $\frac{1}{2}$ , Ryan Brown, Western Washington (2010)  
 Long Jump – 7.91 – 25-11  $\frac{1}{2}$ , David Registe, Alaska Anchorage (2009)  
 Triple Jump – 15.21 – 49-11, Justin Lawrence, Central Washington (2004)  
 Shot Put – 17.87 – 58-7  $\frac{1}{2}$ , Frank Catelli, Western Washington (2014)  
 Discus – 53.47 – 175-5, Cameron Neel, Central Washington (2006)  
 Hammer – 62.89 – 206-4, Pro Escobedo, Western Oregon (2003)  
 Javelin – 77.98 – 255-10 Cody Parker, Alaska Anchorage (2013)  
 Decathlon – 7,872, Chris Randolph, Seattle Pacific (2006)

### Conference Meet

100 – 10.43, Anthony Wright, Central Washington (2010)  
 200 – 21.32, Rimar Christie, Northwest Nazarene (2013 prelims)  
 400 – 47.55, Ethan Hewitt, Alaska Anchorage (2012)  
 800 – 1:49.31, Paul Mach, Seattle Pacific (2005)  
 1,500 – 3:49.03, Alfred Kangogo, Alaska Anchorage (2010)  
 Steeplechase – 8:47.26, Ryan Brockerville, Simon Fraser (2012)  
 5,000 – 14:29.41, Micah Chelimo, Alaska Anchorage (2011)  
 10,000 – 30:25.75, Jordan Welling, Western Washington (2011)  
 110 Hurdles – 14.65, Logan Myers, Western Washington (2013)  
 400 Hurdles – 52.23, Shaun Ward, Alaska Anchorage (2011)  
 4x100 Relay – 41.10, Central Washington (Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols, 2010)  
 4x400 Relay – 3:15.03, Alaska Anchorage (Elliott Bauer, Nicholas Blackburn, Ethan Hewitt, Shaun Ward, 2012)  
 High Jump – 2.07 – 6-9  $\frac{1}{2}$ , Eric Draper, Alaska Anchorage (2006)  
 Pole Vault – 5.14 – 16-10  $\frac{3}{4}$ , Ryan Brown, Western Washington (2010)  
 Long Jump – 7.52 – 24-8  $\frac{1}{4}$ , David Registe, Alaska Anchorage (2008)  
 Triple Jump – 15.00 – 49-2  $\frac{1}{2}$ , Justin Lawrence, Central Washington (2003)  
 Shot Put – 16.97 – 55-8  $\frac{1}{4}$ , Cameron Neel, Central Washington (2005)  
 Discus – 51.67 – 169-6, Tyler Fischer, Central Washington (2008)  
 Hammer – 61.61 – 202-1, Michael Hoffman, Western Washington (2012)  
 Javelin – 69.49 – 228-0, Franz Burghagen, Alaska Anchorage (2013)  
 Decathlon – 6,598, Alex Harrison, Western Washington (2012)

## WOMEN

### All Meets

100 – 11.74, Jamie Ashcroft, Alaska Anchorage (2014)  
 200 – 23.99, NyEma Sims, Seattle Pacific (2007)  
 400 – 53.56, Mary Pearce, Alaska Anchorage (2007)  
 800 – 2:02.10, Helen Crofts, Simon Fraser (2013)  
 1,500 – 4:11.06, Jessica Pixler, Seattle Pacific (2010)  
 3,000 – 9:35.75, Sarah Porter, Western Washington (2011)  
 5,000 – 15:44.07, Jessica Pixler, Seattle Pacific (2010)  
 10,000 – 33:17.39, Sarah Porter, Western Washington (2011)  
 100 Hurdles – 13.70, Danielle Ayers-Stamper, Seattle Pacific (2005)  
 400 Hurdles – 59.62, Haleigh Lloyd, Alaska Anchorage (2012)  
 Steeplechase – 10:13.33, Susan Tanui, Alaska Anchorage (2012)  
 4x100 Relay – 46.56, Alaska Anchorage (2014)  
 4x400 Relay – 3:42.05, Simon Fraser (2011)  
 High Jump – 1.78 – 5-10, Teona Perkins, Seattle Pacific (2007)  
 Pole Vault – 3.85 – 12-7  $\frac{1}{2}$ , Karis Anderson, Western Washington (2012)  
 Long Jump – 5.99 – 19-8, Stephanie Huffman, Seattle Pacific (2002)  
 Triple Jump – 12.42 – 40-9, Ashley Potter, Western Oregon (2012)  
 Shot Put – 14.94 – 49-1, Krissy Tandle, Central Washington (2009)  
 Discus – 50.52 – 165-9, Jessica Houston, Alaska Anchorage (2005)  
 Hammer – 56.27 – 184-7, Jennifer Dunkin, Western Oregon (2003)  
 Javelin – 51.66 – 169-6, Bethany Drake, Western Washington (2014)  
 Heptathlon – 5,606, Danielle Ayers-Stamper, Seattle Pacific (2005)

### Conference Meet

100 – 11.91, Grace Morgan, Alaska Anchorage (2012)  
 200 – 24.30, Grace Morgan, Alaska Anchorage (2013 prelims)  
 400 – 54.46, Helen Crofts, Simon Fraser (2013)  
 800 – 2:06.38, Jessica Pixler, Seattle Pacific (2010)  
 1,500 – 4:24.01, Jessica Pixler, Seattle Pacific (2010)  
 3,000 – 9:53.80, Jessica Pixler, Seattle Pacific (2007)  
 Steeplechase – 10:24.44, Susan Tanui, Alaska Anchorage (2012)  
 5,000 – 16:39.39, Sarah Porter, Western Washington (2010)  
 10,000 – 36:16.89, Lauren Breihof, Western Washington (2010)  
 100 Hurdles – 13.82, Danielle Ayers-Stamper, Seattle Pacific (2005)  
 400 Hurdles – 1:00.54, Haleigh Lloyd, Alaska Anchorage (2013 prelims)  
 4x100 Relay – 47.22, Seattle Pacific (BryAnne Wochnick, Ali Worthen, Myisha Valentine, Kishia Mitchell, 2012)  
 4x400 Relay – 3:44.11, Seattle Pacific (Kishia Mitchell, Emily Quatier, Jasmine Johnson, McKayla Fricker, 2013)  
 High Jump – 1.74 – 5-8  $\frac{1}{2}$ , Danielle Ayers-Stamper, Seattle Pacific (2005)  
 Pole Vault – 3.83 – 12-6  $\frac{3}{4}$ , Karis Anderson, Western Washington (2012)  
 Long Jump – 5.99 – 19-8, Ali Worthen, Seattle Pacific (2013)  
 Triple Jump – 12.42 – 40-9, Ashley Potter, Western Oregon (2012)  
 Shot Put – 14.04 – 46-0  $\frac{3}{4}$ , Anica Knispel, MSU Billings (2011)  
 Discus – 45.52 – 149-4, Jessica Telleria, Western Washington (2006)  
 Hammer – 54.51 – 178-10, Audrey Oswald, Humboldt State (2006)  
 Javelin – 47.83 – 156-11, Monika Gruszecki, Western Washington (2011)  
 Heptathlon – 5,390, Ali Worthen, SPU (2013).

# GNAC Men's Yearly Champions

## 100 Meters

2002	Mike Hinshaw, WOU	10.76
2003	Mike Hinshaw, WOU	10.51
2004	Greg Coleman, WOU	11.18
2005	Adam Neff, WWU	11.00
2006	Mike Khabibulin, WWU	11.10
2007	Michael Madrid, UAA	11.12
2008	Michael Madrid, UAA	10.84
2010	Anthony Wright, CWU	10.43
2011	David Registe, UAA	10.76
2012	Rimar Christie, NNU	10.79
2013	Rimar Christie, NNU	10.64

## 200 Meters

2002	Mike Hinshaw, WOU	21.82
2003	Isaac Frederick, WOU	21.37
2004	Isaac Frederick, WOU	22.12
2005	Adam Neff, WWU	21.91
2006	Cresap Watson, CWU	22.11
2007	Michael Madrid, UAA	22.51
2008	Michael Madrid, UAA	21.83
2010	Anthony Wright, CWU	21.36
2011	David Registe, UAA	21.69
2012	Shane Gruger, WWU	22.21
2013	Rimar Christie, NNU	21.47

## 400 Meters

2002	David Neilsen, SU	49.26
2003	Isaac Frederick, WOU	48.24
2004	Isaac Frederick, WOU	48.26
2005	Mike Kelley, CWU	48.82
2006	Chris Randolph, SPU	48.27
2007	Matt Rogstad, CWU	48.73
2008	Ashtin Mott, WOU	48.11
2010	Ethan Hewitt, UAA	48.15
2011	Matt Kaino, WOU	48.48
2012	Ethan Hewitt, UAA	47.55
2013	Jonathon Poolman, WWU	47.82

## 800 Meters

2002	Nathanael Castle, SPU	1:55.00
2003	Stuart Chaffee, WOU	1:55.04
2004	Sam Brancheau, WWU	1:56.70
2005	Paul Mach, SPU	1:49.31
2006	Eddie Strickler, SPU	1:52.52
2007	Eddie Strickler, SPU	1:53.71
2008	Jeff Long, WOU	1:55.68
2010	Alfred Kangogo, UAA	1:54.51
2011	Kyle Larson, WOU	1:56.09
2012	Nathan Seely, SPU	1:50.61
2013	Chris Olsen, WOU	1:51.08

## 1,500 Meters

2002	Nathanael Castle, SPU	3:54.28
2003	Doug Hamilton, HSU	3:58.78
2004	Jerret Mantalas, WOU	3:55.46
2005	Nathan Carlson, SMU	3:53.82
2006	David Kiplagat, UAA	3:58.09
2007	Anthony Tomsich, WWU	3:50.25
2008	Zeke VanPatten, WOU	3:55.74
2010	Alfred Kangogo, UAA	3:49.03
2011	Ryan Brockerville, SFU	3:52.79
2012	Micah Chelimo, UAA	3:50.09
2013	Seth Pierson, SPU	3:56.30

## 5,000 Meters

2002	Jason Walker, HSU	14:57.92
2003	Zach Boteilho, WWU	15:11.32
2004	Tim LeCount, SPU	14:58.98
2005	Tim LeCount, SPU	15:12.81
2006	Jasper Peach, HSU	14:55.75
2007	David Kiplagat, UAA	14:59.22
2008	Jordan Welling, WOU	15:02.89
2010	Marko Cheseto, UAA	14:37.18
2011	Micah Chelimo, UAA	14:29.41
2012	Micah Chelimo, UAA	14:43.44
2013	Dak Riak, WWU	14:51.45

## 10,000 Meters

2002	Sean Rivers, UAA	31:28.37
2003	T.J. Garlatz, WWU	32:29.73
2004	Chase Wells, WOU	32:35.67
2005	Sam Scotchmer, CWU	31:22.80
2006	John Riak, SMU	31:42.1
2007	John Riak, SMU	31:11.98
2008	Kevin Lambert, NNU	31:31.32
2010	Marko Cheseto, UAA	31:23.03
2011	Jordan Welling, WWU	30:25.75
2012	Barak Watson, NNU	30:43.83
2013	Yonatan Yilma, UAA	32:25.74

## Steeplechase

2002	Jason Walker, HSU	9:17.6
2003	Zack Dwello, NNU	9:29.9
2004	Nate Normanin, UAA	9:16.72
2005	Ethan Barrons, WOU	9:08.2
2006	Jasper Peach, HSU	9:14.05
2007	Andy Peters, NNU	9:12.8
2008	Richie Pemberton, MSUB	9:12.0
2010	Micah Chelimo, UAA	9:02.79
2011	Micah Chelimo, UAA	9:03.22
2012	Ryan Brockerville, SFU	8:47.26
2013	Brady Beagley, WOU	9:17.42

## 110 Meter Hurdles

2002	Damien Davis, WOU	14.92
2003	Damien Davis, WOU	14.78
2004	Sam Hobbs, WOU	15.18
2005	Robert Edwards, CWU	14.87
2006	Robert Edwards, CWU	14.89
2007	Robert Edwards, CWU	15.10
2008	Andy Luscuttuff, WOU	14.97
2010	Anthony Hogan, CWU	15.36
2011	Brett Campbell, WOU	15.49
2012	Kody Rhodes, WOU	14.95
2013	Logan Myers, WWU	14.65

## 400 Meter Hurdles

2002	Paul Mach, SPU	53.77
2003	Stuart Chaffee, WOU	52.91
2004	Sam Hobbs, WOU	53.95
2005	Sam Hobbs, WOU	55.52
2006	Lee Clarkson, WOU	55.11
2007	Lloyd Massey, WOU	53.77
2008	Kevin Myhre, WWU	53.75
2010	Maurus Hope, NNU	53.54
2011	Shaun Ward, UAA	52.23
2012	Shaun Ward, UAA	53.35
2013	Elliott Bauer, UAA	54.06

## 400 Meter Relay

2002	Western Oregon	42.14
2003	Western Oregon	41.80
2004	Central Washington	41.72
2005	Western Washington	42.16
2006	Central Washington	42.09
2007	Central Washington	42.04
2008	Alaska Anchorage	41.59
2010	Central Washington	41.10
2011	Alaska Anchorage	42.20
2012	Western Washington	41.79
2013	Northwest Nazarene	41.72

## 1,600 Meter Relay

2002	Western Oregon	3:20.20
2003	Western Oregon	3:18.85
2004	Central Washington	3:17.61
2005	Central Washington	3:18.96
2006	Central Washington	3:15.91
2007	Central Washington	3:20.48
2008	Alaska Anchorage	3:17.3
2010	Alaska Anchorage	3:16.10
2011	Alaska Anchorage	3:17.93
2012	Alaska Anchorage	3:15.03
2013	Western Washington	3:15.17

## High Jump

2002	Jamil Wynn, WOU	6-6 ¼ (1.99)
2003	Jeff Word, WWU	6-6 (1.98)
2004	Jeff Word, WWU	6-6 ¾ (2.00)
2005	Kyle McGillen, WWU	6-8 (2.03)
2006	Eric Draper, UAA	6-9 ½ (2.07)
2007	Jonathan Hamilton, CWU	6-6 (1.98)
2008	Keefe Brockman, WWU	6-6 (1.98)
2010	Keefe Brockman, WWU	6-6 ¾ (2.00)
2011	Brennan Boyes, CWU	6-7 (2.01)
2012	Brennan Boyes, CWU	6-9 (2.06)
2013	Brett Watson, WWU	6-7 (2.01)

## Pole Vault

2002	Spike Olsen, WOU	14-9 (4.50)
2003	Spike Olsen, WOU	15-9 ¼ (4.81)
2004	Josh Cummings, WOU	15-7 (4.75)
2005	Hunter Verner, WWU	15-7 ½ (4.76)
2006	Scott Thorny, WWU	15-1 (4.60)
2007	Tyler Hornbrue, WWU	15-9 ¾ (4.82)
2008	Zeb Udell, WOU	16-4 (4.98)
2010	Ryan Brown, WWU	16-10 ¾ (5.15)
2011	Ray Zoellick, SPU	14-11 (4.55)
2012	Tim Lundy, WOU	14-8 ¾ (4.48)
2013	Joseph Keeton, SMU	14-1 ¼ (4.30)

## Long Jump

2002	Justin Lawrence, CWU	23-1 ¾ (7.05)
2003	Kurt Weber, CWU	23-0 ½ (7.02)
2004	Joe Smith, CWU	23-2 (7.06)
2005	Kyle McGillen, WWU	23-0 (7.01)
2006	Kyle McGillen, WWU	22-5 ¾ (6.85)
2007	David Registe, UAA	23-3 ¼ (7.09)
2008	David Registe, UAA	24-8 ½ (7.52)
2010	Demetrius Preston, UAA	24-4 ¼ (7.42)
2011	David Registe, UAA	24-6 ¼ (7.47)
2012	Matson Hardie, WOU	24-1 (7.34)
2013	Bryan Mack, CWU	23-4 (7.11)

## Triple Jump

2002	Justin Lawrence, CWU	48-6 ¾ (14.79)
2003	Justin Lawrence, CWU	49-2 ½ (15.00)
2004	Justin Lawrence, CWU	49-11 (15.21)
2005	Mark Mellein, WWU	46-2 ½ (14.08)
2006	Greg Hamm, NNU	46-4 ¾ (14.14)
2007	Greg Hamm, NNU	45-4 ½ (13.83)
2008	Greg Hamm, NNU	46-10 ¾ (14.29)
2010	Matson Hardie, WOU	47-7 ¼ (14.51)
2011	Tim Clendaniel, WWU	48-0 ¾ (14.65)
2012	Bryan Mack, CWU	49-0 ¾ (14.95)
2013	Michael Davis, SMU	48-10 ¼ (14.89)

## Shot Put

2002	James Deaver, WWU	49-0 ¾ (14.95)
2003	T.J. Aimonetti, HSU	48-6 (14.78)
2004	Collin Babcock, WOU	47-3 ¾ (14.42)
2005	Cameron Neel, CWU	55-8 ¼ (16.97)
2006	Cameron Neel, CWU	54-6 (16.61)
2007	Cameron Neel, CWU	54-2 ¾ (16.53)
2008	Sam Washington, SMU	54-6 ½ (16.62)
2010	Jason Slowey, WOU	54-0 (16.46)
2011	Jason Slowey, WOU	53-5 (16.28)
2012	Sam Washington, SMU	55-2 ¼ (16.82)
2013	Sam Washington, SMU	55-3 (16.84)

## Discus

2002	Tony Kyle, WWU	154-10 (47.20)
2003	Isaiah Haines, WOU	168-7 (51.38)
2004	Isaiah Haines, WOU	166-3 (50.68)
2005	Jacob Galloway, CWU	166-5 (50.73)
2006	Cameron Neel, CWU	163-8 (49.90)
2007	Cameron Neel, CWU	166-2 (50.66)
2008	Tyler Fischer, CWU	169-6 (51.67)
2010	Ben Elder, WWU	158-2 (48.20)
2011	Ben Elder, WWU	167-1 (50.92)
2012	Michael Hoffman, WWU	160-9 (48.99)
2013	Troy Martin, CWU	160-8 (48.98)

## Hammer

2002	Dave Margraf, HSU	172-7 (52.60)
2003	Pro Escobedo, WOU	196-8 (59.95)
2004	Carlos Aguilar, WOU	163-2 (49.74)
2005	Carlos Aguilar, WOU	180-10 (55.12)
2006	Evan Ruud, CWU	171-8 (52.32)
2007	Anthony Marin, WOU	192-3 (58.60)
2008	Tyler Fischer, CWU	177-1 (53.97)
2010	Michael Hoffman, WWU	195-2 (59.50)
2011	Michael Hoffman, WWU	179-9 (54.78)
2012	Michael Hoffman, WWU	202-1 (61.61)
2013	Quinton Agosta, CWU	185-11 (56.67)

## Javelin

2002	James Thomas Jr., NNU	195-2 (59.49)
2003	Andrew Reinhardt, WOU	197-2 (60.11)
2004	Justin Brewer, WWU	187-5 (57.12)
2005	Justin Brewer, WWU	204-1 (62.20)
2006	Ian Wells, CWU	196-8 (59.94)
2007	Michael Ingman, CWU	203-4 (61.98)
2008	Josh Heidegger, NNU	199-1 (60.68)
2010	Alex Harrison, WWU	208-5 (63.52)
2011	Will Crook, WOU	196-1 (59.78)
2012	Cody Parker, UAA	215-0 (65.54)
2013	Franz Burghagen, UAA	228-0 (69.49)

## Decathlon

2002	Justin Miller, HSU	6,366
2003	Chris Petersen, CWU	6,334
2004	Michael Morrison, CWU	6,342
2005	Josh Freeman, WWU	6,574
2006	Cresap Watson, CWU	6,044
2007	Zeb Udell, WOU	6,358
2008	Zeb Udell, WOU	6,181
2009	Zeb Udell, WOU	6,286
2010	Alex Harrison, WWU	6,474
2011	Nate Johnson, SPU	6,373
2012	Alex Harrison, WWU	6,598
2013	Cody Thomas, UAA	6,392



# GNAC Women's Yearly Champions

## 100 Meters

2002 Jody Binder, CWU	12.0
2003 Melissa Behrens, WWU	12.28
2004 Melissa Behrens, WWU	12.73
2005 Bonnie Galloway, WOU	12.26
2006 Keyanna Jenkins, WOU	12.44
2007 Nyema Sims, SPU	12.46
2008 Nicki Schutte, NNU	12.82
2010 Latasha Essien, SPU	12.16
2011 Kishia Mitchell, SPU	12.39
2012 Grace Morgan, UAA	11.91
2013 Grace Morgan, UAA	12.12

## 200 Meters

2002 Dania Swosinski, WWU	25.30
2003 Dania Swosinski, WWU	25.45
2004 Terran Legard, CWU	25.53
2005 Bonnie Galloway, WOU	24.9
2006 Mary Pearce, UAA	25.08
2007 Nyema Sims, SPU	25.12
2008 Latoya Tidwell, NNU	26.00
2010 Latasha Essien, SPU	25.23
2011 Kishia Mitchell, SPU	25.52
2012 Grace Morgan, UAA	24.61
2013 Grace Morgan, UAA	24.44

## 400 Meters

2002 Dania Swosinski, WWU	57.66
2003 Dania Swosinski, WWU	57.88
2004 Terran Legard, CWU	55.98
2005 Kinyatta Leonhardt, SPU	57.16
2006 Mary Pearce, SPU	55.65
2007 Mary Pearce, SPU	55.45
2008 Lindsay Brady, NNU	57.47
2010 Emily Quatier, SPU	57.23
2011 Helen Crofts, SFU	55.25
2012 Eleanor Siler, WWU	55.73
2013 Helen Crofts, SFU	54.46

## 800 Meters

2002 Sarah Kraybill, SPU	2:12.92
2003 Sarah Kraybill, SPU	2:17.25
2004 Jennifer Marsh, SPU	2:15.50
2005 Jennifer Marsh, SPU	2:19.00
2006 Sarah Howell, WOU	2:17.15
2007 Jessica Pixler, SPU	2:10.93
2008 Ashley Puga, NNU	2:13.10
2010 Jessica Pixler, SPU	2:06.38
2011 Jessica Smith, SFU	2:09.21
2012 McKayla Fricker, SPU	2:11.79
2013 McKayla Fricker, SPU	2:10.24

## 1,500 Meters

2002 Alicen Maier, CWU	4:31.84
2003 Sarah Kraybill, SPU	4:40.37
2004 Kari Konrad, WOU	4:40.72
2005 Kari Konrad, WOU	4:47.92
2006 Ashley Puga, NNU	4:37.67
2007 Jessica Pixler, SPU	4:32.80
2008 Jane Larson, SPU	4:29.66
2010 Jessica Pixler, SPU	4:24.01
2011 Helen Crofts, SFU	4:25.80
2012 Lindsey Butterworth, SFU	4:28.77
2013 Helen Crofts, SFU	4:26.85

## 3,000 Meters

2002 Alice Maier, CWU	10:06.86
2003 Ashlee Vincent, WWU	10:17.34
2004 Brandy Anderson, CWU	10:39.32
2005 Brandy Anderson, CWU	10:17.24
2006 Mary Moriarty, SPU	10:22.8
2007 Jessica Pixler, SPU	9:53.80
2008 Elizabeth Chepkosgei, UAA	9:59.16

## 5,000 Meters

2002 Katie Gosnell, HSU	17:35.03
2003 Katie Gosnell, HSU	17:56.29
2004 Laura Trevelyan, WWU	17:48.65
2005 Kelly Fullerton, SU	18:19.16
2006 Mandy Kaempf, UAA	17:24.11
2007 Laura Carr, UAA	18:30.56
2008 Laura Carr, UAA	17:44.74
2010 Sarah Porter, WWU	16:39.39
2011 Ruth Keino, UAA	17:23.81
2012 Susan Tanui, UAA	17:31.67
2013 Ruth Keino, UAA	17:35.97

## 10,000 Meters

2002 Ellie Enos, WOU	37:31.43
2003 Stacy Edwards, UAA	38:48.48
2004 Alana Garcia, SU	39:48.13
2005 Alana Garcia, SU	38:56.11
2006 Davya Baker, UAA	39:07.72
2007 Alee Rowley, WOU	38:51.17
2008 Sarah Porter, WWU	36:31.85
2010 Lauren Breihof, WWU	36:16.89
2011 Sarah Porter, WWU	36:33.87
2012 Ruth Keino, UAA	36:37.97
2013 Ruth Keino, UAA	36:02.00

## Steeplechase

2002 Jill Salmon, WOU	11:24.6
2003 Kelly Fullerton, SU	11:10.1
2004 Kelly Fullerton, SU	11:05.27
2005 Kelly Fullerton, SU	11:10.1
2006 Karin Rohde, SPU	11:09.21
2007 Karin Rohde, SPU	11:01.6
2008 Jessica Harper, WOU	10:57.0
2010 Courtney Olsen, WWU	10:50.62
2011 Jaclyn Puga, NNU	10:59.37
2012 Susan Tanui, UAA	10:24.44
2013 Susan Tanui, UAA	10:41.88

## 100 Meters Hurdles

2002 Kate Herber, WWU	15.06
2003 Danielle Ayers-Stamper, SPU	14.19
2004 Monica Smith, WOU	14.75
2005 Danielle Ayers-Stamper, SPU	13.82
2006 Bridget Johnson, WOU	15.03
2007 Jacque Postlewait, WOU	15.33
2008 Jacque Postlewait, WOU	14.73
2010 Michelle Howe, WWU	14.68
2011 Crystal Sims, SPU	14.73
2012 Haleigh Lloyd, UAA	14.23
2013 Ali Worthen, SPU	14.24

## 400 Meter Hurdles

2002 Jawea Harder, SPU	1:02.43
2003 Laura Burch, WWU	1:05.28
2004 Janna Schaafsma, SPU	1:03.72
2005 Chelsi Claussen, SMU	1:04.36
2006 Jennie Rummell, WOU	1:03.32
2007 Heidi Dimmitt, WWU	1:02.94
2008 Heidi Dimmitt, WWU	1:01.78
2010 Arianna Everett, UAA	1:02.45
2011 Kaitlyn Reid, WOU	1:02.94
2012 Michelle Howe, WWU	1:03.06
2013 Haleigh Lloyd, UAA	1:01.21

## 400 Meter Relay

2002 Central Washington	48.78
2003 Western Washington	48.04
2004 Seattle Pacific	47.87
2005 Western Oregon	47.73
2006 Central Washington	48.37
2007 Seattle Pacific	48.17
2008 Northwest Nazarene	48.49
2010 Western Oregon	47.81
2011 Seattle Pacific	47.23
2012 Seattle Pacific	47.22
2013 Seattle Pacific	46.77

## 1,600 Meter Relay

2002 Seattle Pacific	3:56.37
2003 Western Oregon	3:56.80
2004 Central Washington	3:53.42
2005 Western Oregon	3:55.88
2006 Central Washington	3:51.83
2007 Central Washington	3:51.48
2008 Northwest Nazarene	3:51.47
2010 Seattle Pacific	3:53.78
2011 Simon Fraser	3:46.17
2012 Seattle Pacific	3:48.79
2013 Seattle Pacific	3:44.11

## High Jump

2002 Jenoa Potter, CWU	5-4 ½ (1.64)
2003 Dianna Grossglass, SPU	5-4 ½ (1.64)
2004 Monica Smith, WOU	5-6 (1.68)
2005 D. Ayers-Stamper, SPU	5-8 ½ (1.74)
2006 Clara Cook, WWU	5-7 (1.70)
2007 Teona Perkins, SPU	5-8 (1.73)
2008 Clara Cook, WWU	5-4 ¼ (1.63)
2010 Amanda Overdick, WWU	5-3 (1.60)
2011 Ali Worthen, SPU	5-5 ¾ (1.67)
2012 Brittany Grandy, WWU	5-6 ½ (1.69)
2013 Karolin Anders, UAA	5-5 ¾ (1.67)

## Pole Vault

2002 Danielle Juarez, WWU	11-5 ¾ (3.50)
2003 Ally Studer, SPU	12-4 (3.76)
2004 Danielle Juarez, WWU	12-2 ¾ (3.73)
2005 Amy Harris, SPU	12-2 (3.71)
2006 Amy Harris, SPU	11-2 ¼ (3.41)
2007 Tracie Lundsten, SPU	11-7 ¾ (3.55)
2008 Melissa Peaslee, SPU	11-9 (3.58)
2010 Melissa Peaslee, SPU	11-9 ¾ (3.60)
2011 Kati Davis, CWU	11-11 ¾ (3.65)
2012 Karis Anderson, WWU	12-6 ¾ (3.83)
2013 Cheyanna Pinley, WWU	11-8 ½ (3.57)

## Long Jump

2002 Stephanie Huffman, SPU	18-1 (5.51)
2003 D. Ayers-Stamper, SPU	17-11 ½ (5.47)
2004 Katy Kociemba, WOU	18-2 ½ (5.55)
2005 D. Ayers-Stamper, SPU	19-0 ¾ (5.81)
2006 S. Rosenberg, WOU	17-5 ¼ (5.32)
2007 Kim Brady, UAA	18-0 ½ (5.50)
2008 Kim Brady, UAA	18-3 (5.56)
2010 Ashley Potter, WOU	18-4 ¼ (5.59)
2011 Ali Worthen, SPU	18-5 (5.61)
2012 Emily Warman, WWU	19-1 ½ (5.83)
2013 Ali Worthen, SPU	19-8 (5.99)

## Triple Jump

2002 S. Comstock, WOU	37-4 ½ (11.39)
2003 Lea Tiger, CWU	36-8 ½ (11.19)
2004 Katy Kociemba, WOU	36-11 ½ (11.26)
2005 Lea Tiger, CWU	37-6 ¾ (11.45)
2006 Kim Bascom, WWU	38-0 (11.58)
2007 Kim Bascom, WWU	36-9 ½ (11.21)
2008 Kim Brady, UAA	39-3 ¾ (11.98)
2010 Amanda Alvarez, SPU	39-1 ¼ (11.92)
2011 Ashley Potter, WOU	38-9 ½ (11.82)
2012 Ashley Potter, WOU	40-9 (12.42)
2013 Emily Warman, WWU	38-10 ½ (11.85)

## Shot Put

2002 Dionna Anderson, SPU	44-5 ½ (13.55)
2003 Dorothy Kerr, WOU	42-7 ½ (12.99)
2004 A. Vandervelden, WOU	41-2 ½ (12.56)
2005 Tammy Carlson, WWU	39-11 ¼ (12.17)
2006 Chevonna Lynch, WOU	43-0 ½ (13.12)
2007 Krissy Tandle, CWU	45-8 (13.92)
2008 Shaina Afoa, CWU	42-7 ½ (12.99)
2010 Joy Warrington, NNU	44-0 ½ (13.42)
2011 Anica Knispel, MSUB	46-0 ¾ (14.04)
2012 Joy Warrington, NNU	45-10 ¾ (13.99)
2013 Vessie Umu, NNU	45-7 (13.89)

## Discus

2002 Kristi Lund, NNU	141-7 (43.15)
2003 Jessica Telleria, WWU	142-9 (43.51)
2004 Jessica Telleria, WWU	140-7 (42.86)
2005 Jessica Telleria, WWU	147-9 (45.03)
2006 Jessica Telleria, WWU	149-4 (45.52)
2007 Erica Rance, WWU	140-5 (42.80)
2008 Erica Rance, WWU	140-9 (42.90)
2010 Alexi Halvorson, MSUB	135-8 (41.36)
2011 Torrie Self, CWU	143-8 (43.78)
2012 Jade Richardson, SFU	139-6 (42.53)
2013 Jade Richardson, SFU	141-1 (43.01)

## Hammer

2002 Jennifer Dunkin, WOU	149-11 (45.70)
2003 Jennifer Dunkin, WOU	177-1 (53.98)
2004 Kristin Hepler, WOU	175-5 (53.48)
2005 Jaci Cederberg, WOU	174-8 (53.25)
2006 Audrey Oswald, HSU	178-10 (54.51)
2007 Sabrina Freed, WOU	164-3 (50.06)
2008 Sabrina Freed, WOU	168-9 (51.44)
2010 Torrie Self, CWU	176-1 (53.68)
2011 Torrie Self, CWU	175-5 (53.48)
2012 Lindsay Wells, WWU	166-6 (50.76)
2013 Lindsay Wells, WWU	170-8 (52.03)

## Javelin

2002 Stephanie Huffman, SPU	148-4 (45.21)
2003 Holly Conrad, WOU	147-7 (44.99)
2004 Sara Johnson, SPU	141-10 (43.24)
2005 Lauren VerMulm, SPU	145-4 (44.29)
2006 Lauren VerMulm, SPU	144-7 (44.08)
2007 Katie McMeel, CWU	147-0 (44.82)
2008 Brittany Aanstad, SPU	147-10 (45.07)
2010 Carolanne Powers, WOU	154-9 (47.16)
2011 M. Gruszecki, WWU	156-11 (47.83)
2012 A. Schumaker, WOU	154-1 (46.97)
2013 A. Schumaker, WOU	153-6 (46.79)

## Heptathlon

2002 Stephanie Huffman, SPU	4,867
2003 Danielle Ayers-Stamper, SPU	5,024
2004 Linda Blake, SPU	4,593
2005 Bridget Johnson, WOU	4,997
2006 Bridget Johnson, WOU	5,053
2007 Jacque Postlewait, WOU	4,529
2008 Jacque Postlewait, WOU	4,615
2009 Mandy Keifer, WOU	4,588
2010 Crystal Sims, SPU	4,769
2011 Ali Worthen, SPU	4,904
2012 Ali Worthen, SPU	5,199
2013 Ali Worthen, SPU	5,390

## Team Champions & Award Winners

### MEN

#### Team Champion

2002	Western Oregon	206.5
2003	Western Oregon	259.5
2004	Western Oregon	253.5
2005	Western Washington	221
2006	Central Washington	222
2007	Central Washington	238
2008	Western Oregon	166.5
2009	No Meet	
2010	Western Washington	221 ½
2011	Western Oregon	203
2012	Western Washington	205
2013	Western Washington	183.5

#### Athlete of the Year

2002	Jason Walker, Humboldt State
2003	Pro Escobedo, Western Oregon
2004	Chris Randolph, Seattle Pacific Justin Lawrence, C. Washington
2005	Chris Randolph, Seattle Pacific
2006	Chris Randolph, Seattle Pacific
2007	Anthony Tomsich, W. Washington
2008	David Registe, Alaska Anchorage
2009	David Registe, Alaska Anchorage
2010	Ryan Brown, Western Washington
2011	Ryan Brown, Western Washington
2012	Micah Chelimo, Alaska Anchorage
2013	Cody Parker, Alaska Anchorage

#### Outstanding Performer (GNAC Meet)

2002	Mike Hinshaw, Western Oregon
2003	Isaac Frederick, Western Oregon
2004	Isaac Frederick, Western Oregon
2005	Adam Neff, Western Washington
2006	Cresap Watson, C. Washington
2007	Evan Ruud, Central Washington
2008	Michael Madrid, Alaska Anchorage
2009	No meet
2010	Alfred Kangogo, Alaska Anchorage
2011	David Registe, Alaska Anchorage
2012	Micah Chelimo, Alaska Anchorage
2013	Rimar Christie, Northwest Nazarene

#### Coach of the Year

2002	John Knight, Western Oregon
2003	John Knight, Western Oregon
2004	Mike Johnson, Western Oregon
2005	PeeWee Halsell, W. Washington
2006	Kevin Adkisson, C. Washington
2007	Kevin Adkisson, C. Washington
2008	Mike Johnson, Western Oregon Michael Friess, Alaska Anchorage
2009	Michael Friess, Alaska Anchorage
2010	PeeWee Halsell, W. Washington
2011	Mike Johnson, Western Oregon
2012	PeeWee Halsell, W. Washington
2013	PeeWee Halsell, W. Washington

#### Newcomer of the Year

2002	Jamil Wynn, Western Oregon
2003	Isaac Frederick, Western Oregon
2004	Josh Timmer, Saint Martin's
2005	Cameron Neel, C. Washington
2006	Eric Draper, Alaska Anchorage
2007	Zeb Udell, Western Oregon
2008	Richie Pemberton, MSU Billings
2009	Marko Cheseto, Alaska Anchorage
2010	Anthony Zackery, W. Washington
2011	Ryan Brown, Western Washington
2011	None selected
2012	Landon Burningham, W. Oregon
2013	Franz Burghagen, Alaska-Anchorage

#### Freshman of the Year

2002	Jamil Wynn, Western Oregon
2003	Chris Randolph, Seattle Pacific
2004	Sam Hobbs, Western Oregon
2005	Kyle McGillen, Western Washington
2006	David Kiplagat, Alaska Anchorage
2007	David Registe, Alaska Anchorage
2008	Sam Washington, Saint Martin's
2009	Alfred Kangogo, Alaska Anchorage
2010	Anthony Wright, Central Washington Micah Chelimo, Alaska Anchorage
2011	Brett Campbell, Western Oregon
2012	Cody Parker, Alaska Anchorage
2013	Shane Brooks, Western Oregon

### WOMEN

#### Team Champion

2002	Seattle Pacific	226
2003	Western Oregon	210 ½
2004	Western Oregon	231 ½
2005	Western Oregon	217 ½
2006	Seattle Pacific	203
2007	Seattle Pacific	200
2008	Western Oregon	162
2009	No meet	
2010	Seattle Pacific	224
2011	Seattle Pacific	206 ½
2012	Seattle Pacific	188
2013	Alaska Anchorage	175

#### Athlete of the Year

2002	Stephanie Huffman, Seattle Pacific
2003	Danielle Ayers-Stamper, SPU
2004	Kelly Fullerton, Seattle
2005	Danielle Ayers-Stamper, SPU
2006	Katie McMeel, Central Washington
2007	Jessica Pixler, Seattle Pacific
2008	Ashley Puga, Northwest Nazarene
2009	Ashley Puga, Northwest Nazarene
2010	Jessica Pixler, Seattle Pacific
2011	Sarah Porter, Western Washington Helen Crofts, Simon Fraser
2012	Brittany Aanstad, Seattle Pacific Susan Tanui, Alaska Anchorage
2013	Ali Worthen, Seattle Pacific

#### Outstanding Performer (GNAC Meet)

2002	Stephanie Huffman, Seattle Pacific
2003	Sarah Kraybill, Seattle Pacific
2004	Monica Smith, Western Oregon
2005	Monica Smith, Western Oregon Danielle Ayers-Stamper, SPU
2006	Mary Pearce, Alaska Anchorage
2007	Jessica Pixler, Seattle Pacific
2008	Ashley Puga, Northwest Nazarene
2009	No meet
2010	Crystal Sims, Seattle Pacific
2011	Helen Crofts, Simon Fraser
2012	Ali Worthen, Seattle Pacific
2013	Ali Worthen, Seattle Pacific

#### Coach of the Year

2002	Jack Hoyt, Seattle Pacific
2003	John Knight, Western Oregon
2004	Mike Johnson, Western Oregon
2005	Mike Johnson, Western Oregon
2006	Karl Lerum, Seattle Pacific
2007	Karl Lerum, Seattle Pacific
2008	Mike Johnson, Western Oregon
2009	PeeWee Halsell, W. Washington
2010	Karl Lerum, Seattle Pacific
2011	Karl Lerum, Seattle Pacific
2012	Karl Lerum, Seattle Pacific
2013	Michael Freiss, Alaska Anchorage

#### Newcomer of the Year

2002	Leah Wiest, Seattle Pacific
2003	None selected
2004	Kelly Legard, Central Washington
2005	Bonnie Galloway, Western Oregon
2006	Mary Pearce, Alaska Anchorage
2007	None selected
2008	Jeeni Schantin, Seattle Pacific
2009	Janae Larson, Seattle Pacific
2010	Crystal Sims, Seattle Pacific
2011	Sarah Sawatzky, Simon Fraser
2012	Susan Tanui, Alaska Anchorage
2013	Becki Duhamel, Cent. Washington

#### Freshman of the Year

2002	Ashlee Vincent, Western Washington
2003	Danielle Ayers-Stamper, SPU
2004	Jennifer Marsh, Seattle Pacific
2005	Kelsey Cooley, Seattle Pacific
2006	Clara Cook, Western Washington Ashley Puga, Northwest Nazarene
2007	Jessica Pixler, Seattle Pacific
2008	Brittany Aanstad, Seattle Pacific
2009	Eleanor Siler, Western Washington
2010	Carolanne Powers, Western Oregon
2011	Susan Bick, Alaska Anchorage Kishia Mitchell, Seattle Pacific
2012	Grace Morgan, Alaska Anchorage
2013	Karolin Anders, Alaska Anchorage



## About The GNAC

Located 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 78 NCAA Division II Top-10 national team finishes in 15 of the 16 sports that it sponsors. That includes national championships in men's basketball (Western Washington in 2012), men's soccer (Seattle University in 2004) and women's soccer (Seattle Pacific in 2008).

So far this year GNAC teams have had six 10 finishes including thirds in men's soccer by Simon Fraser and women's soccer by Western Washington.

Alaska Anchorage has had three Top 10 finishes – fourth in women's country, seventh in men's cross country and ninth in men's indoor track and field. The Seawolf are the first team in GNAC history to finish in the Top 10 in men's indoor.

Simon Fraser has had two – third in men's soccer and seventh in women's cross country.

The conference has had great success over the years especially in basketball and cross country. Women's basketball teams have had 12 Top 10 finishes, while men's teams have produced a total of 11.

Twelve times GNAC women's cross country teams have earned Top 10 finishes, including six by Alaska Anchorage, three by Seattle Pacific and two by Western Washington.

Alaska Anchorage has earned four Top 10 finishes in men's cross country, while Western Washington has had three.

In indoor track and field, SPU has had five Top 10 finishes and Western Washington and Alaska Anchorage each have had one.

GNAC teams have also produced four Top 10 finishes in outdoor track and field including a seventh place finish by the UAA women last season.