



Great Northwest Athletic Conference

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2013 Track and Field – Report 3 (Jan. 30, 2013)

THIS WEEK: Friday – Idaho Vandal Indoor (CWU, SMU); Mountain State Games at Pocatello (MSUB). **Saturday** – Idaho Vandal Collegiate (CWU, SMU); Mountain State Games at Pocatello (MSUB); Boise State Bronco Open (NNU); Achilles Indoor at Richmond, BC (SFU).

GNAC ON TFRRS: For direct links to all meets in which GNAC athletes have participated visit the GNAC page on TFRRS at: <http://www.tfrs.org/lists/953.html>

GNAC RED LION ATHLETES OF THE WEEK

Track: Men – Micah Chelimo, Alaska Anchorage (Jr., Kapkoi, AK) broke the GNAC record in the men's 3,000 meters at the University of Washington Invitational. Chelimo was clocked in a provisional national qualifying time of 8:14.15. Tomsich broke the old record of 8:16.85 that was set by Anthony Tomsich of Western Washington in 2010. **Women** – Susan Tanui, Alaska Anchorage (Jr., Eldoret, Kenya) ran the second fastest women's 3,000-meter time in GNAC history at UW covering the distance in a PNQ of 9:38.71.

Field: Men – Cody Thomas, Alaska Anchorage (Fr., Blenheim, New Zealand) posted a provisional national qualifying mark in the heptathlon at the UW Indoor. His score of 4,648 points ranks fifth in GNAC history. **Women** – Emily Warman, Western Washington (Sr., Sedro-Woolley, WA) was the lone GNAC women's athlete to post a PNQ in a field event at UW. She qualified in the long jump with a leap of 18-5.

Honorable Mention - Tyson Vanderby, MSU Billings.

TOP 20 NATIONAL RANKINGS: Men: 800 – 7. Joe Day, UAA, 1:53.05; 15. Chris Olsen, WOU, 1:53.96. Mile – 8. Alfred Kangogo, UAA, 4:10.52. 3000 – 2. Micah Chelimo, UAA, 8:14.15. 5000 – 9. Dylan Anthony, UAA, 14:42.17. 4x400 Relay – 14. Western Washington 3:17.01. Distance Medley Relay – 3. Alaska Anchorage 9:55.87. **Women:** 800 – 1. Helen Crofts, SFU, 2:08.52; 6. Michaela Kane, SFU, 2:13.29; 9. Lindsey Butterworth, 2:13.47; 10. McKayla Fricker, SPU, 2:13.80; 12. Sarah Sawatzky, SFU, 2:14.15; 14. Kansas Mackenzie, SFU, 2:14.96.

USTFCCA COMPUTER TEAM RANKINGS: Men – No team ranked. **Women** – 17. Seattle Pacific.

LAST WEEK'S NATIONAL QUALIFIERS: Men (11): 200 – Alex Donigian, WWU, 22.14; +Andrew Curtis, NNU, 22.16. 400 – Ethan Hewitt, UAA, 48.84. 800 – Joe Day, UAA, 1:53.05; Chris Olsen, WOU, 1:53.96. Mile – Alfred Kangogo, UAA, 4:10.52. 3000 – Micah Chelimo, UAA, 8:14.15. 5000 – Dylan Anthony, UAA, 14:42.17. 4x400 Relay – Western Washington (Jon Poolman, Nathan Schmidt, Jason Nokes, Devon Smith) 3:17.01. Distance Medley – Alaska Anchorage (Alfred Kangogo, Ethan Hewitt, Joe Day, Micah Chelimo) 9:55.87. Heptathlon – Cody Thomas, UAA, 4648. **Women (12):** 400 – Chantel Desch, SFU, 57.67. 800 – Helen Crofts, SFU, 2:08.52; Michaela Kane, SFU, 2:13.29; Lindsey Butterworth,

SFU, 2:13.47; McKayla Fricker, SPU, 2:13.80; Sarah Sawatzky, SFU, 2:14.15; Kansas Mackenzie, SFU, 2:14.96. 3000 – Susan Tanui, UAA, 9:38.71. 5000 – Ruth Keino, UAA, 16:48.34. Distance Medley – Simon Fraser (Helen Crofts, Chantel Desch, Michaela Kane, Lindsay Butterworth) 11:41.78; Alaska Anchorage (Ivy O'Guinn, Haleigh Lloyd, Susan Bick, Susan Tanui) 12:00.01. Long Jump – Emily Warman, WWU, 5.61 – 18-5. **Note:** All marks from UW Invitational except where indicated: +Boise State Jackson's Open.

LAST WEEK'S ALL-TIME TOP 10 PERFORMANCES: Men (15): 200 – 6. Alex Donigian, WWU, 22.14; 7. +Andrew Curtis, NNU, 22.16. 400 – 4. Ethan Hewitt, UAA, 48.84; 6. Devon Smith, WWU, 49.27; 7. Nathaniel Schmidt, WWU, 49.33. 800 – 7. Joe Day, UAA, 1:53.05. Mile – 5. Alfred Kangogo, UAA, 4:10.52. 3000 – 1. Micah Chelimo, UAA, 8:14.15; 8. Keir Forster, SFU, 8:32.49. 5000 – 7. Dylan Anthony, UAA, 14:42.17. 60 Hurdles – 4. Peter Maguire, WWU, 8.37. 4x400 Relay – 2. Western Washington (Jon Poolman, Nathan Schmidt, Jason Nokes, Devon Smith). Distance Medley – 3. Alaska Anchorage (Alfred Kangogo, Ethan Hewitt, Joe Day, Micah Chelimo) 9:55.87; 9. Simon Fraser (Keir Forster, Stuart Ellenwood, Adam Reid, James Young) 10:10.43. Heptathlon – 5. Cody Thomas, UAA, 4648. **Women (6):** 400 – 6. Chantel Desch, SFU, 57.67; 10. Jasmine Johnson, SPU, 57.91. 3000 – 2. Susan Tanui, UAA, 9:38.71. 5000 – 4. Ruth Keino, UAA, 16:48.34. 60 Hurdles – 5. +Marie Smith, NNU, 8.99. Distance Medley – 3. Simon Fraser (Helen Crofts, Chantel Desch, Michaela Kane, Lindsay Butterworth) 11:41.78. **Note:** All marks from UW Invitational except where indicated: +Boise State Jackson's Open.

KEINO, CHELIMO RANK SECOND: Ruth Keino of Alaska Anchorage ranks second nationally in the women's 5,000 and UAA's Micah Chelimo ranks second in the men's 3,000, in this week's NCAA Division II TFRRS report. Keino's time of 16:48.34 also ranks fourth all-time in GNAC history. Chelimo's time of 8:14.15 is a GNAC record. Also earning a top national ranking for the Seawolves Saturday was Susan Tanui. Her time of 9:38.71 currently ranks third nationally and is second all-time in GNAC history. UAA had seven performances at UW that currently rank in the Top 10 this winter in NCAA Division II. In addition to Keino, Chelimo and Tanui, also earning Top 10 rankings were Joe Day in the men's 800 meters (7th, 1:53.05), Alfred Kangogo in the mile (8th, 4:10.52), Dylan Anthony in the 5000 (9th, 14:42.17) and UAA's men in the distance medley relay (3rd, 9:55.87).

CLAN TAKES NATIONAL LEAD IN DISTANCE MEDLEY RELAY: Simon Fraser posted the best time this winter in Division II in the women's distance medley relay at the University of Washington Invitational last weekend. The foursome of Helen Crofts, Chantel Desch, Michaela Kane and Lindsey Butterworth were clocked in a time of 11:41.78. That time ranks third in GNAC history ... Crofts is also still the national leader in the 800 meters after

running a 2:08.52 at UW. Kane and Butterworth rank sixth (2:13.29) and ninth (2:13.47), respectively, in the 800.

GNAC DOMINATES THE 800: Six of the top 14 times in the women's 800 currently below to GNAC athletes. In addition to Crofts (1st), Kane (6th) and Butterworth (9th), McKayla Fricker of Seattle Pacific is 10th (2:13.80) and Simon Fraser's Sarah Sawatzky (2:14.15) and Kansas Mackenzie (2:14.96) rank 12th and 14th.

LAST WEEK'S RESULTS:

University of Washington Invitational (Jan. 25-26 at Seattle): Men (Top 8): 200 - 4. Alex Donigian, WWU, 22.14. 400 - 4. Ethan Hewitt, UAA, 48.84. 800 - 4. Joe Day, UAA, 1:53.05; 7. Chris Olsen, WOU, 1:53.96. 3000 - 7. AJ Baker, SPU, 8:45.57. 60 Hurdles - 6. Peter Maguire, WWU, 8.38. 4x400 - 5. Western Washington (Poolman, Schmidt, Nokes, Smith) 3:17.01; 8. Alaska Anchorage 3:24.63. Distance Medley - 5. Alaska Anchorage (Kangogo, Hewitt, Day, Chelimo) 9:55.87; 8. Simon Fraser 10:10.43. High Jump - 7. Brett Watson, WWU, 2.02 - 6-7 1/2. **Women (Top 8):** 800 - 7. Helen Crofts, SFU, 2:08.52. 5000 - 5. Ruth Keino, UAA, 16:48.34. Distance Medley - 6. Simon Fraser 11:41.78. Long Jump - 7. Emily Warman, WWU, 5.61 - 18-5. Triple Jump - 8. Alexis Anderson, WOU, 11.49 - 37-8 1/2.

Boise State Jackson's Invitational (Jan. 25-26 at Nampa): Men (Top 8): Distance Medley - 5. Northwest Nazarene 11:03.46. High Jump - 6. Andrew Galbraith, NNU, 1.90 - 6-2 3/4. Triple Jump - 4. Stephen Larlee, NNU, 13.76 - 45-1 3/4. **Women (Top 6):** 60 Hurdles - 4. Marie Smith, NNU, 8.99. 4x400 Relay - 5. Northwest Nazarene 3:57.58. Distance Medley - 6. Northwest Nazarene 12:45.62. Long Jump - 6. Marie Smith, NNU, 5.28 - 17-4.

Montana State Open (Jan. 25 at Bozeman): Men (Top 6): 800 - 1. Drew Galahan, MSUB, 1:58.25; 2. Chase Robinson, MSUB, 1:59.32; 6. Brett Weidler, MSUB, 2:01.23. Mile - 3. Tyson Vanderby, MSUB, 4:21.73; 6. Robert Peterson, MSUB, 4:23.54. High Jump - 6. Rusty Ontiveros, MSUB, 1.80 - 5-10 3/4. Triple Jump - 2. Rusty Ontiveros, MSUB, 12.52 - 41-1. Shot Put - 3. Tanner Rottrup, MSUB, 15.29 - 50-2; 5. Anthony Montanez, MSUB, 14.42 - 47-3 3/4; 6. Jake Swan, MSUB, 14.31 - 46-11 1/2. **Women (Top 6):** 55 Hurdles - 6. Shelby Martinell, MSUB, 8.83. 4x400 Relay - 6. Montana State Billings 4:23.02. High Jump - 5. Stacey Pitt, MSUB, 1.55 - 5-1.

PREVIOUS 2012-13 INDOOR RESULTS

Jackson's Open (Nov. 30-Dec. 1 at Nampa): Men (Top 4): 500 - 3. Cameron Grossaint, SMU, 1:09.97; 4. Casey Wiedmer, SMU, 1:10.20. 800 - 3. Frank Krause, SMU, 1:56.03. 5000 - 3. Joe Berger, SMU, 15:54.61. Pole Vault - 4. Joseph Keeton, SMU, 4.18 - 13-8 1/2. Long Jump - 4. Jake Hyde, WOU, 6.53 - 21-5 1/4. Triple Jump - 2. Michael Davis, SMU, 13.91 - 45-7 3/4; 4. Stephen Larlee, NNU, 13.43 - 44-0 3/4. Shot Put - 3. Jesse Korb, NNU, 13.58 - 44-6 3/4. Weight Throw - 4. Jesse Korb, NNU, 15.05 - 49-4 1/2. **Women (Top 4):** 800 - 2. Natalie Evans, NNU, 2:16.34. Mile - 4. Erika Crock, SMU, 5:33.20. High Jump - 1. Alexis Anderson, WOU, 1.65 - 5-5; 2. Laura Tesch, SMU, 1.60 - 5-3. Triple Jump - 3. Stephanie Kellogg, SMU, 11.62 - 38-1 1/2; 4. Alexis Anderson, WOU, 11.47 - 38-1 1/4. Shot Put - Vessie Umu, NNU, 12.97 - 42-6 3/4.

Black Hills Yellowjacket Holiday Classic (Dec. 7-8 at Spearfish, SD): Men (Top 3): 800 - 2. Drew Galahan, MSUB, 2:01.38. High Jump - 2. Rusty Ontiveros, MSUB, 1.78 - 5-10. Shot Put - 2. Tanner Rottrup, MSUB, 15.48 - 50-9 1/2. **Women (Top 3):** 60 - 2. Blair Street, MSUB, 8.13. 200 - 3. Blair Street, MSUB, 28.09. 3000 - 2. Mary Owen, MSUB, 11:20.98; 3. Melanie Bock, MSUB, 11:34.47. 60 Hurdles - 1. Shelby Martinell, MSUB, 9.71; 2. Sarena Underwood, MSUB, 9.82. 4x400 Relay

- 3. MSU Billings 4:25.83. High Jump - 1. Stacey Pitt, MSUB, 1.62 - 5-3 3/4; 2. Leah Berry, MSUB, 1.57 - 5-2; 3. Hunter Borner, MSUB, 1.52 - 5-0. Pole Vault - 2. Stacey Pitt, MSUB, 3.35 - 11-0.

UW Invitational (Jan. 12 at Seattle): Men (Top 6): 60 - 1. Alex Donigian, WWU, 6.89; 5. Michael Davis, SMU, 6.97. 200 - 4. Jonathon Poolman, WWU, 22.53; 5. Brock Steffen, WWU, 22.55; 6. Anthony Do, WWU, 22.62. 400 - 4. Jonathon Poolman, WWU, 49.81; 5. Nathaniel Schmidt, WWU, 49.89; 6. Devon Smith, WWU, 50.39. 800 - 5. Ryan Hansen, WOU, 1:55.24. 60 Hurdles - 6. Peter Maguire, WWU, 8.58. 4x400 - 2. Western Washington (Smith, Schmidt, Nokes, Poolman) 3:20.26; 4. Western Oregon (Rhodes, Leep, Hansen, Olsen) 3:21.26; 6. Western Washington 3:30.91. 4x800 - 6. Western Oregon 8:10.70. Long Jump - 2. Kevin Yates, WWU, 6.69 - 21-11 1/2; 5. Matsdon Hardie, WOU, 6.53 - 21-5 1/4; 6. Jake Hyde, WOU, 6.51 - 21-4 1/4. Triple Jump - 1. Michael Davis, SMU, 13.85 - 45-5 1/4; 3. Tim Clendaniel, WWU, 13.53 - 44-4 3/4; 4. Mark Seely, WWU, 13.28 - 43-7. Shot Put - 5. Eric Holmstrom, CWU, 14.95 - 49-0 3/4. Weight Throw - 6. Mike Jensen, CWU, 15.97 - 52-4 3/4. **Women (Top 6):** 800 - 4. Michaela Kane, SFU, 2:13.64. 800 - 3. Helen Crofts, SFU, 2:10.71. 4x400 Relay - 2. Simon Fraser (Desch, Sawatzky, Kane, Crofts) 3:54.41; 5. Seattle Pacific (Quatier, Johnson, Fricker, Mitchell) 3:56.39. High Jump - 3. Laura Tesch, SMU, 1.67 - 5-5 3/4. Long Jump - 3. Emily Warman, WWU, 5.53 - 18-1 3/4. Triple Jump - 3. Alexis Anderson, 11.66 - 38-3 3/4; 6. Stephanie Kellogg, SMU, 11.37 - 37-3 3/4. Weight Throw - 5. Becki Duhamel, CWU, 15.97 - 52-4 3/4.

BSU Blue & Orange Opener (Jan. 12 at Nampa): Men (Top 6): 60 - 4. Cody Henderson, NNU, 7.22; 6. Jacob Oswalt, NNU, 7.30. Mile - 5. Justin Webb, 4:42.34. 4x400 Relay - 2. Northwest Nazarene (Henderson, Curtis, Coulter, Harris) 3:29.34. High Jump - 4. Andrew Galbraith, NNU, 1.85 - 6-0 3/4; 5. Luke Conklin, NNU, 1.80 - 5-10 3/4; 6. Kyle McLaughlin, NNU, 1.80 - 5-10 3/4. Long Jump - 4. Stephen Larlee, NNU, 6.26 - 20-6 1/2; 5. Richard Predmore, NNU, 6.04 - 19-9 3/4. Triple Jump - 2. Stephen Larlee, NNU, 13.51 - 44-4; 3. Richard Predmore, NNU, 12.45 - 40-10 1/4. Shot Put - 4. Reid White, NNU, 13.52 - 44-4 1/4. Weight Throw - 4. Elmer Williams, NNU, 13.39 - 43-11 1/4; 5. Jeremiah Woods, NNU, 10.08 - 33-1. **Women (Top 6):** 600 - 2. Natalie Evans, NNU, 1:37.98. 60 Hurdles - 4. Marie Smith, NNU, 9.04. 4x400 - 6. Northwest Nazarene (Grammer, Evans, Rippy Wiedmeir) 4:05.31. Shot Put - 6. Vessie Umu, NNU, 12.15 - 39-10 1/2.

Black Hills State Yellowjacket Invitational (Jan. 12 at Spearfish, SD): Men (Top 3): 400 - 1. Lewis Polkow, MSUB, 53.78. 800 - 1. Drew Galahan, MSUB, 1:59.65. 3000 - 1. Robert Peterson, MSUB, 8:53.28. 4x400 Relay - 3. Montana State Billings (Polkow, Bauer, Weidler, Galalan) 3:40.89. Pole Vault - 2. Rory Bauer, MSUB, 3.85 - 12-7 1/2. Shot Put - 1. Tanner Rottrup, MSUB, 15.40 - 50-6 1/4. Weight Throw - 3. Anthony Montanez, MSUB, 14.27. **Women (Top 3):** 60 - 1. Blair Street, MSUB, 8.26. Mile - 2. Renae Hefpner, MSUB, 5:32.50. 60 Hurdles - 2. Leah Berry, MSUB, 10.29. High Jump - 2. Leah Berry, MSUB, 1.56 - 5-1 1/2. Shot Put - 3. Cassidy Koski, MSUB, 11.80 - 38-8 3/4.

BSU Bronco Invitational (Jan. 19 at Nampa): Men (Top 4): 60 - 4. Rimar Christie, NNU, 7.01. 3000 - 2. Robert Peterson, MSUB, 8:51.94; 4. Taylor Canfield, MSUB, 9:11.93. 4x400 Relay - 4. Northwest Nazarene (Henderson, Curtis, Oswalt, Coulter) 3:29.85. Triple Jump - 1. Stephen Larlee, NNU, 13.73 - 45-0 1/2. Shot Put - 3. Tanner Rottrup, MSUB, 15.87 - 52-1. **Women (Top 4):** 3000 - 4. Mary Owen, MSUB, 11:01.83. 60 Hurdles - 2. Marie Smith, NNU, 9.00. High Jump - 4. Stacey Pitt, MSUB, 1.55 - 5-1.

Idaho Vandal Open (Jan. 19 at Moscow): Men (Top 3): 60 - 2. Michael Davis, SMU, 7.11. 800 - 2. Frank Krause, SMU, 1:55.28. 4x400 Relay - 3. Saint Martin's 3:31.51. High Jump - 1. Lewis Meyers, CWU, 1.95 - 6-4 3/4. Pole Vault - 3. Joseph Keeton, SMU, 4.25 - 13-11 1/4. Triple Jump - 2. Michael Davis, SMU, 13.95 - 45-9 1/4; 3. Brian McElroy, SMU, 13.09 - 42-11 1/2. Shot Put - 3. Mike Jensen, CWU, 14.92 - 48-11 1/2. Weight Throw - 2. Sam Washington, SMU, 16.98 - 55-8 1/2. **Women (Top 3):** 400 - 1. Jayna Inderbitzin, CWU, 1:00.98; 2. Alicia Wolf, SMU, 1:01.27. 800 - 2. Connie Morgan, CWU, 2:25.34. 5000 - 2. Kelsey Kreft, CWU,

18:43.70; 3. Megan Rogers, CWU, 20:30.37. 4x400 – 1. Central Washington 4:14.18; 2. Saint Martin's 4:17.39. Pole Vault – 1. Jamie Larsen, CWU, 3.45 – 11-3 ¾. Triple Jump – 1. Kelly Cronin, SMU, 11.22 – 36-9 ¾; 2. Stephanie Kellogg, SMU, 10.95 – 35-11 ¼. Weight Throw – 1. Becki Duhamel, CWU, 16.45 – 53-11 ¾.

PREVIOUS RED LION ATHLETES OF THE WEEK

Track Events

Week of Jan. 7-13: Men – Alex Donigian, Western Washington (So., Mission Viejo, CA – Northern Colorado) set a school record in winning the 60 meters in a provisional national qualifying time of 6.89 at the UW Indoor. His time equaled the second fastest time in GNAC history. **Women** – Helen Crofts, Simon Fraser (Sr., West Vancouver, BC) finished third in the 800 and led the Clan to a second-place finish in the 4x400 relay, both in provisional national qualifying times. Her 800 time of 2:10.71, barely missed the auto standard of 2:10.54 and was more than five seconds quicker than the provisional standard. She anchored the 4x400 relay that clocked the fifth fastest time in GNAC history (3:54.41).

Week of Jan. 14-20: Men – Frank Krause, Saint Martin's (So., Onalaska, WA) was the top collegiate placer in the 800 meters at the Idaho Open finishing second in a time of 1:55.28. **Women** – Marie Smith, Northwest Nazarene (Jr., Boise, ID – Capital) finished second in the women's 60-meter hurdles at the Boise State Bronco Invitational in a time of 9.00, chopping .04 seconds off her previous best. Her time ranks sixth all-time in the GNAC.

Field Events

Week of Nov. 26-Dec. 2: Men – Michael Davis, Saint Martin's (So., Seattle, WA – Chief Sealth) and Scott Hunter, Central Washington (Sr., Hilo, HI) ... Davis and Hunter each finished second for the best individual finishes by GNAC male athletes in the Jackson's Open at Nampa. Davis placed second in the triple jump with a school-record leap of 45-7 ¾. He also finished sixth in both the 60 meters (7.08) and long jump (21-1 ¼). Hunter placed second in the heptathlon with a score of 4,457. He had the best mark among the heptathlon athletes in the pole vault with a vault of 14-11. **Women** – Stephanie Kellogg, Saint Martin's (Jr., Enumclaw, WA) and Alex Anderson, Western Oregon (Fr., Rockaway Beach, OR) ... Kellogg and Anderson each posted provisional national qualifying marks in the triple jump at Nampa. Kellogg finished third with a school-record leap of 38-1 ½, one-quarter inch farther than Anderson's fourth-place jump of 38-1 ¼. Those two marks rank sixth and seventh in GNAC history. Kellogg also finished sixth in the long jump with a school-record mark of 17-6 ¾. Anderson, meanwhile, also won the high jump with a mark of 5-5.

Week of Dec. 3-9: Men – Tanner Rottrup, MSU Billings (Sr., Billings, MT) placed second in the shot put at the Black Hills State Winter Classic with a mark of 50-9. That mark met the automatic standard for the GNAC championship meet in February and was just 4 ½ inches shy of the NCAA provisional standard. **Women** – Stacey Pitt, Montana State Billings (Jr., Kalispell, MT) won the high jump at the Black Hills State Winter Classic with a GNAC automatic qualifying leap of 5-3 ¼. She also qualified provisional for the GNAC meet in the pole vault with a leap of 10-11.

Week of Jan. 7-13: Men – Michael Davis, Saint Martin's (So., Seattle, WA – Chief Sealth) won the triple jump at UW with a leap of 45-5 ¼ and finished fifth in the 60. His 60 time of 6.97 was a school-record and ranks ninth in conference history. He also finished 14th in the long jump with a leap of 20-6 ½. **Women** – Laura Tesch, Saint Martin's (Sr., Renton, WA – Kentridge) finished third in the high jump at UW in a provisional qualifying and school-record mark of 5-5 ¾. That performance also matched the ninth best mark in GNAC history.

Week of Jan. 14-20: Men – Tanner Rottrup, MSU Billings (Sr., Billing, MT) had a provisional national qualifying shot put of 52-1 in the Boise State Bronco Invitational, matching his own school record. Rottrup finished third in the event behind two Boise State athletes. His mark ranks sixth all-time in GNAC history. **Women** – Becki Duhamel, Central Washington (Jr., Wenatchee, WA – Lehigh) won the weight throw at the Idaho Open with a provisional national qualifying throw of 53-11 ¾, moving into third place on the GNAC all-time Top 10 list. She also finished fifth in the shot put. Her mark of 42-6 ¼ was ¾ of an inch shy of breaking into the GNAC All-Time Top 10.