



Great Northwest Athletic Conference

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2013 Track and Field – Report 5 (Feb. 13, 2013)

THIS WEEK: Friday-Saturday – GNAC Indoor Championships (at Nampa).

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 (Sr., Kapkoi, AK) established himself as perhaps the favorite to win a national title in the indoor 5,000 meters smashing the GNAC all-time record by nearly 21 seconds. He was clocked in an automatic national qualifying time of 13:51.19. Chelimo broke the previous GNAC record of 14:12.10 set by Jordan Welling of Western Washington in 2011. He is one of just two Division II athletes with sub-14 minute times this winter. **Women** - Helen Crofts, Simon Fraser (Sr., West Vancouver, BC) clipped 1.18 seconds off her national leading time Saturday in the 800 meters in the UW Husky Classic. She also ran the 12th best time in the nation in the 400 meters Sunday in the UW Indoor Open. Her time of 55.69 was just .15 seconds off the GNAC record and improved her previous career-best time of 55.90 by .21 seconds.

Field: Men - Tanner Rottrup, Montana State Billings (Sr., Billings, MT) had a mark of 53-5 in the shot put, adding 16 inches to his previous provisional national qualifying put of 52-1 and leaping from sixth place to second on the GNAC all-time Top 10 list. **Women** - Karis Anderson, Western Washington (Sr., Seattle, WA - Roosevelt) posted a provisional national qualifying mark of 11-10 ½ in the pole vault at the UW Indoor Open Sunday.

Honorable Mention – Will Harrison, Seattle Pacific; Tayler Fettig, Central Washington.

TOP 20 NATIONAL RANKINGS (As of Feb. 12): Men: 800 – 14. Joe Day, UAA, 1:42.87. Mile – 19. Alfred Kangogo, UAA, 4:10.52. 3000 – 8. Micah Chelimo, UAA, 8:14.15. 5000 – 1. Micah Chelimo, UAA, 13:51.19. 4x400 Relay – 20. Western Washington 3:17.01. Distance Medley Relay – 5. Alaska Anchorage 9:55.87; 14. Western Oregon 10:02.62. Triple Jump – 16. Matson Hardie, WOU, 14.56 – 47-9 ¼. **Women:** 400 – 12. Helen Crofts, SFU, 55.69. 800 – 1. Helen Crofts, SFU, 2:07.34; 3. McKayla Fricker, SPU, 2:11.11; 5. Lindsey Butterworth, 2:11.89; 6. Michaela Kane, SFU, 2:12.12; 9. Sarah Sawatzky, SFU, 2:12.29; 18. Susan Bick, UAA, 2:14.77; 20. Kansas Mackenzie, SFU, 2:14.96. Mile – 20. Lindsay Butterworth, SFU, and Susan Tanui, SFU, 4:58.17. 3000 – 4. Susan Tanui, UAA, 9:38.71; 16. Ruth Keino, UAA, 9:50.27. 5000 – 2. Susan Tanui, UAA, 16:29.48; 3. Ruth Keino, UAA, 16:31.87. Distance Medley Relay – 2. Simon Fraser 11:41.78; 6. Alaska Anchorage 11:48.43. High Jump – 13. Laura Tesch, SMU, 1.69 – 5-6 ½.

USTFCCCA COMPUTER TEAM RANKINGS (Feb. 5): Men – 20. Alaska Anchorage. **Women** – 8. Simon Fraser; 12. Alaska Anchorage; 19. Seattle Pacific.

LAST WEEK'S NATIONAL QUALIFIERS: Men (10): 400 – ***Andrew Curtis, NNU, 49.14. 800 – **Joe Day, UAA, 1:52.87; *Chris Olsen, WOU, 1:53.87. Mile – **Micah Chelimo, UAA, 4:12.13. 5000 – +*Micah Chelimo, UAA, 13:51.19; *Dylan Anthony, UAA, 14:37.59. Distance Medley Relay – *Western Oregon 10:02.62. Triple Jump – *Matson Hardie, WOU, 14.56 – 47-9 ¼; *Michael Davis, SMU, 14.27 – 46-10. Shot Put – ++Tanner Rottrup, MSUB, 16.28 – 53-5. **Women (16):** 400 – **Helen Crofts, SFU, 55.69; **Chantel Desch, SFU, 57.40. 800 – **Helen Crofts, SFU, 2:07.34; *McKayla Fricker, SPU, 2:11.11; **Lindsey Butterworth, SFU, 2:11.89; **Michaela Kane, SFU, 2:12.12; **Sarah Sawatzky, SFU, 2:12.29; **Susan Bick, UAA, 2:14.77. Mile – *Lindsey Butterworth, SFU, 4:58.17; **Susan Tanui, UAA, 4:58.17. 3000 – **Ruth Keino, UAA, 9:50.27. 5000 – +*Susan Tanui, UAA, 16:29.48; +*Ruth Keino, UAA, 16:31.87. 60 Hurdles – **Rosie Smith, UAA, 8.89. Distance Medley Relay – *Alaska Anchorage 11:48.43. Pole Vault – **Karis Anderson, WWU, 3.62 – 11-10 ½.

+Automatic Qualifier *UW Classic **UW Open ***BSU Team Challenge ++Idaho State Open.

LAST WEEK'S ALL-TIME TOP 10 PERFORMANCES: Men (10): 400 – 5. ***Andrew Curtis, NNU, 49.14. 800 – 7. **Joe Day, UAA, 1:52.87. 3000 – 5. Will Harrison, SPU, 8:30.32. 5000 – 1. +*Micah Chelimo, UAA, 13:51.19; 7. *Dylan Anthony, UAA, 14:37.59. Distance Medley Relay – 5. *Western Oregon 10:02.62. Triple Jump – 7. *Michael Davis, SMU, 14.27 – 46-10. Shot Put – 2. ++Tanner Rottrup, MSUB, 16.28 – 53-5. **Women (15):** 60 – 10. Tasia Baldwin, SPU, 7.92. 400 – 2. **Helen Crofts, SFU, 55.69; 6. **Chantel Desch, SFU, 57.40; 8. **Emily Quatier, SPU, 57.82. 800 – 6. *McKayla Fricker, SPU, 2:11.11. Mile – 9. Lindsey Butterworth, SFU, 4:58.17; **Susan Tanui, UAA, 4:58.17. 3000 – 5. **Ruth Keino, UAA, 9:50.27; 6. Kirsten Allen, SFU, 10:07.25. 5000 – 3. +*Susan Tanui, UAA, 16:29.48; 4. +*Ruth Keino, UAA, 16:31.87. 60 Hurdles – 4. **Rosie Smith, UAA, 8.89; 6. *Andrea Abrams, SFU, 8.97. 4x400 Relay – 7. *Alaska Anchorage 3:55.83. Distance Medley Relay – 8. *Alaska Anchorage 11:48.43.

+Automatic Qualifier *UW Classic **UW Open ***BSU Team Challenge ++Idaho State Open.

LAST WEEK'S RESULTS:

Idaho State Open (Feb. 8 at Pocatello): Men (Top 6): Shot Put - 1. Tanner Rottrup, MSUB, 16.28 – 53-5. **Women (Top 6):** 60 Hurdles – 4. Sarena Underwood, MSUB, 9.48. Long Jump – 6. Lacy Wilkins, MSUB, 4.89 – 16-0 ½.

Boise State Team Challenge (Feb. 8-9 at Nampa): Men (Top 3): 400 – 1. Andrew Curtis, NNU, 49.14. 60 Hurdles – 1. Rimar Christie, NNU, 8.48. 4x400 Relay – 2. Northwest Nazarene 3:20.76. High Jump – 3. Andrew Galbraith, NNU, 1.95 – 6-4 ¾. Long Jump – 2. Stephen Larlee, NNU, 6.34 – 20-9 ¾; 3. Richard Predmore, NNU, 6.28 – 20-7 ¼. Triple Jump – 1. Stephen Larlee, NNU, 13.77 – 45-2 ¼; 3. Richard Predmore, NNU, 12.81 – 42-0 ½. **Women (Top 4):** 800 – 4. Natalie Evans, NNU, 2:16.02. 60 Hurdles – 1. Marie Smith, NNU, 8.99. High Jump – 4. Courtney

Schroeder, NNU, 1.60 – 5-3. Shot Put – 4. Vessie Umu, NNU, 13.01 – 42-8 ¼. Pentathlon – 4. Laura Pridgen, NNU, 2945.

UW Open (Feb. 10 at Seattle): Men (Top 6): 200 – 4. Bryce Leedham, WOU, 22.54. 800 – 2. Joe Day, UAA, 1:52.87; 5. Adam Reid, SFU, 1:55.08. Mile – 3. Micah Chelimo, UAA, 4:12.13; 4. Alfred Kangogo, UAA, 4:12.87. Pole Vault – 4. Joseph Keeton, SMU, 4.20 – 13-9 ¼; 6. Thomas Guidon, WWU, 4.05 – 13-3 ½. Triple Jump – 3. Brian McElroy, SMU, 13.49 – 44-3 ¼. Shot Put – 4. Sam Washington, SMU, 15.41 – 50-6 ¾. **Women (Top 6):** 400 – 1. Helen Crofts, SFU, 55.69. 800 – 5. Lindsay Butterworth, SFU, 2:11.89; 6. Michaela Kane, SFU, 2:12.12. 3000 – 1. Ruth Keino, UAA, 9:50.27. 4x400 Relay – 3. Central Washington 4:08.06. Pole Vault – 4. Karis Anderson, WWU, 3.62 – 11-10 ½.

UW Classic (Feb. 8-9 at Seattle): Men (Top 12): 400 Invite – 7. Ethan Hewitt, UAA, 49.40. 4x400 Relay – 11. Alaska Anchorage 3:25.71. Distance Medley – 2. Western Oregon 10:02.62; 3. Alaska Anchorage 10:03.89. Long Jump – 6. Matson Hardie, WOU, 6.96 – 22-10; 12. Jerry He, SFU, 6.45 – 21-2. Triple Jump – 5. Matson Hardie, WOU, 14.56 – 47-9 ¼; 7. Michael Davis, SMU, 14.27 – 46-10. Shot Put – 11. Sam Washington, SMU, 15.33 – 50-3 ½. **Women (Top 12):** 800 – 7. McKayla Fricker, SPU, 2:11.11. 5000 – 11. Susan Tanui, UAA, 16:29.48. 4x400 Relay – 10. Alaska Anchorage 3:55.83. Distance Medley – 2. Alaska Anchorage 11:48.43. Pole Vault – 6. Karis Anderson, WWU, 3.47 – 11-4 ½. Triple Jump – 8. Alexis Anderson, WOU, 11.60 – 38-0 ¾.

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 ½. Long Jump – 4. Jake Hyde, WOU, 6.53 – 21-5 ¼. Triple Jump – 2. Michael Davis, SMU, 13.91 – 45-7 ¾; 4. Stephen Larlee, NNU, 13.43 – 44-0 ¾. Shot Put – 3. Jesse Korb, NNU, 13.58 – 44-6 ¾. Weight Throw – 4. Jesse Korb, NNU, 15.05 – 49-4 ½. **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 ½; 4. Alexis Anderson, WOU, 11.47 – 38-1 ¼. Shot Put – Vessie Umu, NNU, 12.97 – 42-6 ¾.

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 ½. **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 ¾; 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 ½; 5. Matson Hardie, WOU, 6.53 – 21-5 ¼; 6. Jake Hyde, WOU, 6.51 – 21-4 ¼. Triple Jump – 1. Michael Davis, SMU, 13.85 – 45-5 ¼; 3. Tim Clendaniel, WWU, 13.53 – 44-4 ¾; 4. Mark Seely, WWU, 13.28 – 43-7. Shot Put – 5. Eric Holmstrom, CWU, 14.95 – 49-0 ¾. Weight Throw – 6. Mike Jensen, CWU, 15.97 – 52-4 ¾. **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 ¾. Long Jump – 3. Emily Warman, WWU, 5.53 – 18-1 ¾. Triple Jump – 3. Alexis Anderson, 11.66 – 38-3 ¾; 6. Stephanie Kellogg, SMU, 11.37 – 37-3 ¾. Weight Throw – 5. Becki Duhamel, CWU, 15.97 – 52-4 ¾.

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 ¾; 5. Luke Conklin, NNU, 1.80 – 5-10 ¾; 6. Kyle McLaughlin, NNU, 1.80 – 5-10 ¾. Long Jump – 4. Stephen Larlee, NNU, 6.26 – 20-6 ½; 5. Richard Predmore, NNU, 6.04 – 19-9 ¾. Triple Jump – 2. Stephen Larlee, NNU, 13.51 – 44-4; 3. Richard Predmore, NNU, 12.45 – 40-10 ¼. Shot Put – 4. Reid White, NNU, 13.52 – 44-4 ¼. Weight Throw – 4. Elmer Williams, NNU, 13.39 – 43-11 ¼; 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 ½.

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 ½. Shot Put – 1. Tanner Rottrup, MSUB, 15.40 – 50-6 ¼. Weight Throw – 3. Anthony Montanez, MSUB, 14.27. **Women (Top 3):** 60 – 1. Blair Street, MSUB, 8.26. Mile – 2. Renae Hepfner, MSUB, 5:32.50. 60 Hurdles – 2. Leah Berry, MSUB, 10.29. High Jump – 2. Leah Berry, MSUB, 1.56 – 5-1 ½. Shot Put – 3. Cassidy Koski, MSUB, 11.80 – 38-8 ¾.

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 ½. 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 ¾. Pole Vault – 3. Joseph Keeton, SMU, 4.25 – 13-11 ¼. Triple Jump – 2. Michael Davis, SMU, 13.95 – 45-9 ¼; 3. Brian McElroy, SMU, 13.09 – 42-11 ½. Shot Put – 3. Mike Jensen, CWU, 14.92 – 48-11 ½. Weight Throw – 2. Sam Washington, SMU, 16.98 – 55-8 ½. **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.

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.

Idaho Vandal Indoor (Feb. 1 at Moscow): Men (Top 3): 4x400 Relay - 3. Saint Martin's 3:26.96. Pole Vault - 3. Scott Hunter, CWU, 4.70 - 15-5. Triple Jump - 2. Matsun Hardie, WOU, 14.46 - 47-5. **Women (Top 3):** High Jump - 1. Laura Tesch, SMU, 1.69 - 5-6 1/2.

Idaho Vandal Collegiate (Feb. 2 at Moscow): Men (Top 3): 60 - 2. Bryce Leedham, WOU, 7.13; 3. Kent McKinney, CWU, 7.19. 200 - 3. Bryce Leedham, WOU, 22.78. 800 - 3. Josh Hanna, WOU, 1:56.08. 4x400 Relay - 1. Central Washington 3:29.11. High Jump - 2. Lewis Meyers, CWU, 2.00 - 6-6 3/4. Shot Put - 3. Eric Holmstrom, CWU, and Mike Jensen, CWU, 15.40, 15.40 - 50-6 1/4. Weight Throw - 3. Quinton Agosta, CWU, 16.98 - 55-8 1/2. **Women (Top 3):** 800 - 3. Laura Copenhagen, WOU, 2:20.85. Mile - 3. Stephanie Stuckey, WOU, 5:23.29. 4x400 Relay - 1. Central Washington 4:12.37. High Jump - 2. Alexis Anderson, WOU, 1.60 - 5-3. Triple Jump - 3. Allyssa Marzano, CWU, 10.77 - 35-4. Shot Put - 3. Becki Duhamel, CWU, 15.89 - 52-1 3/4.

Mountain State Games (Feb. 1-2 at Pocatello): Men (Top 8): 800 - 4. Drew Galahan, MSUB, 1:59.07. Mile - 2. Tyson Vanderby, MSUB, 4:18.39; 4. Chase Robinson, MSUB, 4:26.55; 8. Josh Panasuk, MSUB, 4:38.20. 3000 - 4. Taylor Canfield, MSUB, 9:16.64; 8. Jacob Marshall, MSUB, 10:47.09. 3000 Invitational - 6. Robert Peterson, MSUB, 8:47.68. 5000 - 8. Taylor Canfield, MSUB, 15:55.31. 4X400 Relay - 6. MSU Billings 3:25.02. Distance Medley - 3. MSU Billings 10:17.56. Shot Put - 5. Tanner Rottrup, MSUB, 15.47 - 50-9 1/2. **Women (Top 8):** 3000 - 1. Mary Owen, MSUB, 10:57.09; 4. Melanie Bock, MSUB, 11:30.03. 5000 - 8. Mary Owen, MSUB, 19:14.06. 4x800 Relay - 2. MSU Billings 11:03.49. 4x400 Relay - 5. MSU Billings 4:23.12. Pentathlon - 4. Leah Berry, MSUB, 2921.1

Boise State Bronco Open (Feb. 2 at Nampa): Men (Top 6): 400 - 4. Andrew Curtis, NNU, 49.20. Shot Put - 5. Reid White, NNU, 13.88 - 45-6 1/2. **Women (Top 6):** 60 Hurdles - 3. Marie Smith, NNU, 8.9h. Shot Put - 3. Vessie Umu, NNU, 12.51 - 41-0 1/2; 4. Carly Dranginis, NNU, 12.13 - 39-9 3/4.

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.

Week of Jan. 21-27: 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.

Week of Jan. 28-Feb. 4: Men - Andrew Curtis, Northwest Nazarene (Jr., Tigard, OR) and Tyson Vanderby, MSU Billings (Sr., Manhattan, MT) ... Both athletes earned two provisional national qualifying marks. Curtis had provisional times of 21.99 in the 200 and 49.20 in the 400 at the Bronco Classic in Nampa. His 200 time leads the GNAC and ranks fifth all-time in the conference. His 400 time ranks second this year in the GNAC and sixth all-time. Vanderby ran a PNQ of 4:13.46 (adjusted for altitude) in the mile at the Mountain State Games at Pocatello and also helped the Yellowjackets post a PNQ of 10:09.38 - the ninth best time in GNAC history - in the distance medley relay.

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 3/4. He also finished sixth in both the 60 meters (7.08) and long jump (21-1 1/4). 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 1/2, one-quarter inch farther than Anderson's fourth-place jump of 38-1 1/4. 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 3/4. 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.

Week of Jan. 21-27: 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.

Week of Jan. 28-Feb. 4: Men – Matson Hardie, Western Oregon (Jr., Bend, OR) triple jumped 47-5 ¼ in the Idaho Vandal Indoor, bettering the provisional national standard by 10 ¼ inches. Only three other athletes in GNAC history have better marks. Hardie ranks second on the GNAC Top 10 all-time list with a mark of 47-11 ¾ during the 2010 season. **Women** – Laura Tesch, Saint Martin's (Sr., Renton, WA) won the high jump at the University of Idaho Vandal Indoor meet beating out a field of all Division I competitors with a leap of 5-6 ½. That equals the seventh best mark in GNAC indoor history. She broke the SMU school record for the third time this season and moved up to 13th on the NCAA Division II performance list adding ¾ inches to her previous PNQ.