



Great Northwest Athletic Conference

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2014 Indoor Track & Field Recap (March 20, 2014)

FINAL 2014 INDOOR RANKINGS

USTFCCCA NATIONAL COMPUTER RANKINGS (Final): Men – 23. Alaska Anchorage. Women – 10. Alaska Anchorage.

USTFCCCA REGIONAL INDOOR COMPUTER RANKINGS (Final): Men – 1. Western Washington, 2. Alaska Anchorage, 3. Northwest Nazarene; 5. Central Washington; 6. Simon Fraser; 7. Montana State Billings; 8. Seattle Pacific; 9. Western Oregon; 10. Saint Martin's. Women – 1. Alaska Anchorage, 2. Northwest Nazarene; 3. Seattle Pacific, 4. Western Washington; 6. Central Washington; 9. Simon Fraser.

CHELIMO, KIPCHUMBA EACH WIN TWO ALL-AMERICAN AWARDS: Alaska Anchorage's Micah Chelimo and Joyce Kipchumba each won two All-American awards in the NCAA Division II Indoor National Track and Field meet last week at Salem, NC. Chelimo earned his second NCAA Indoor national title in the 3,000, posting a GNAC record time of 8:15.52 (converted to 8:09.53 for track configuration). He also finished second in the 5,000 in a time of 14:06.27. Last year he won the 5,000 and finished fourth in the 3000. His four All-American awards are the most in GNAC history by a male athlete ... Kipchumba had a pair of sixth-place finishes, posting a time of 9:48.80 in the 3,000 and 17:14.18 in the 5K on the 200-meter flat track.

11 ALL-AMERICANS FOR GNAC: GNAC athletes earned 11 All-American awards in the national meet with Top 8 finishes. Alaska Anchorage accounted for nine including two each by Chelimo and Kipchumba and one each by Karolin Anders (4th in pentathlon, 3,775 points) and by each member of its distance medley relay team (Susan Bick, Haleigh Lloyd, Jessica Pahkala and Ivy O'Guinn), which finished fourth in a time of 11:47.97. Anders' score of 3,775 (converted to 3,797 for track configuration) ranks second in GNAC history, while UAA's relay time (converted to 11:40.47) ranks fifth on the GNAC's All-Time Top 10 list ... Also earning All-American awards were McKayla Fricker of Seattle Pacific who finished second in the women's 800 meters in a time of 2:09.25 and Tayler Fettig of Central Washington who placed sixth in the high jump (5-8). Fricker's converted time of 2:07.78 ranks fourth in GNAC history.

CLOSES CALLS, TOP TEAM FINISHES AND MORE: Chelimo had a pair of photo finishes in his two races, nipping Kevin Batt of Adams State by .01 seconds in the 3,000 and finishing .03 seconds in back of Batt in the longer distance ... Chelimo's 18 points earned UAA a ninth-place team finish. That is the best in GNAC indoor history. The previous bests were 14th place finishes by Western Washington in 2010 and by UAA last year.

Fricker's All-American award was her third in the 800. In 2012 she placed fifth at Mankato, Minn. She was fourth last year at Birmingham, Ala. She has won a total of five career All-American awards, including one each for the indoor 4x400 and outdoor 4x400 last year.

NCAA INDOORS (March 13-14 at Winston-Salem, NC)

WOMEN: Final Team Scores - 13. Alaska Anchorage 16, 26. Seattle Pacific 8, 46. Central Washington 3. **Friday:** Long Jump – 9. Tanya Bjornsson, WWU, 5.66 – 18-7. 800 Prelim – 2. McKayla Fricker, SPU, 2:10.00; 9. Sarah Sawatzky, SFU, 2:10.98; 11. Lynelle Decker, SPU, 2:11.87; 17. Natalie Evans, NNU, 2:15.95. 5000 – 6. Joyce Kipchumba, UAA, 17:14.18. Pole Vault – 11. Alison Silva, NNU, 3.70 - 12-1 1/2; 15. Cheyanna Pinley, WWU, 3.55 - 11-7 3/4. Distance Medley Relay – 4. Alaska Anchorage (Susan Bick, Haleigh Lloyd, Jessica Pahkala, Ivy O'Guinn) 11:47.97. **Saturday:** 800 - 2. McKayla Fricker, SPU, 2:09.25. 3000 - 6. Joyce Kipchumba, UAA, 9:48.80. High Jump - 6. Tayler Fettig, CWU, 1.73 - 5-8; 17. Karolin Anders, UAA, 1.60 - 5-3. Pentathlon – 4. Karolin Anders, UAA, 3775 (60 Hurdles – 9.24; High Jump – 1.70 – 5-7; Shot Put – 11.93 – 39-1 3/4; Long Jump – 5.35 – 17-6 3/4; 800 – 2:25.76).

MEN: Final Team Scores - 9. Alaska Anchorage 18. **Friday:** Mile - 13. Chip Jackson, WWU, 4:16.56. 60 – 14. Alex Donigian, WWU, 6.86. 5000 – 2. Micah Chelimo, UAA, 14:06.27. **Saturday:** 3000 - 1. Micah Chelimo, UAA, 8:15.52. Shot Put - 17. Frank Catelli, WWU, 15.96 - 52-4 1/2.

CHELIMO, ANDERS EARN GNAC TOP AWARDS:

Alaska Anchorage's Micah Chelimo and Karolin Anders were voted the *GNAC Male and Female Indoor Track & Field Athletes of the Year* by the conference coaches. For Chelimo, it was the second straight year he won the award ... Also earning special awards were Mitch Kamstra, Micah Spatz and Ali Silva, all of Northwest Nazarene and UAA's Joyce Kipchumba. Kamstra and Kipchumba earned the *GNAC Male and Female Newcomers of the Year* and Spatz and Silva were voted the *GNAC Freshman of the Year*. WWU's PeeWee Halsell and UAA's Michael Friess were selected as *GNAC Male Team and Female Team Coaches of the Year*. Halsell won that award for the fourth time, while Friess won his second straight Female Team Coach of the Year award.

98 EARN USTFCCCA ALL-REGION INDOOR AWARDS:

A total of 98 GNAC athletes have been selected to the USTFCCCA West All-Region team. Athletes who post regular-season marks that rank in the Top 5 in the region or are members of relay teams that rank in the Top 3 receive the award. Western Washington had a GNAC-best 18 athletes named to the men's team. Northwest Nazarene and Seattle Pacific placed nine athletes each on the women's team. Two Alaska Anchorage athletes – Karolin Anders and Ivy O'Guinn – earned all-region honors in four events. Five others –

McKayla Fricker of Seattle Pacific, Tayler Fettig of Central Washington, and Micah Chelimo, Adam Commandeur and Ethan Hewitt, all of Alaska Anchorage – earned all-region awards in three events ... In addition to the all-region awards, Frank Catelli of Western Washington was selected the Male Field Athlete of the Year and UAA's Joyce Kipchumba was named the Female Track Athlete of the Year for the region. WWU's PeeWee Halsell and UAA's Michael Friess were named the Male Team and Female Team Region Coaches of the Year. UAA's Anthony Tomsich and Ryan McWilliams were named the Male Team and Female Team Assistant Coaches of the Year.

USTFCCC ALL-REGION AWARDS

MEN: Field Athlete of the Year – Frank Catelli, Western Washington. **Coach of the Year** – PeeWee Halsell, Western Washington. **Assistant Coach of the Year** – Anthony Tomsich, Alaska Anchorage. **Alaska Anchorage** – Dylan Anthony (2), Elliott Bauer, Bobo Camara, Micah Chelimo (3), Adam Commandeur (3), Ethan Hewitt (3), Isaac Kangogo (2), Jesse Miller, Kevin Rooke, Victor Samoei (2), Cody Thomas. **Central Washington** – Eric Holmstrom, Troy Martin, Kent McKinney, Justin Peterson (2), Luke Plummer, Kevin Stanley (2), Bernari Sternen. **MSU Billings** – Dylan Beuhler, Cole Campbell, Anthony Montanez (2), Robert Peterson. **Northwest Nazarene** – Rimar Christie (2), Andrew Curtis, Cole Hoberg, Greyson Kilgore, Stephen Larlee, Kyle McLaughlin, Micah Spatz. **Simon Fraser** – Dkay Ayivor, Oliver Jorgensen, Daniel Kelloway, Vladislav Moldavanov, Cameron Proceviat (2), Travis Vugteveen (2), Joel Webster, James Young (2). **Western Washington** – Tanner Boyd, Frank Catelli, Alex Donigan (2), Jacob Gilbert, Isaac Griffith, Chip Jackson, Keenan Komoto, Gordon Kordas, Peter Maguire, Ryan McArthur, Travis Milbrandt, Logan Myers (2), Jonathon Poolman (2), Nathaniel Schmidt, Devon Smith, Nathaniel Van Tuinen, Brett Watson (2), Kevin Yates.

WOMEN: Track Athlete of the Year – Joyce Kipchumba, Alaska Anchorage. **Coach of the Year** – Michael Friess, Alaska Anchorage. **Assistant Coach of the Year** – Ryan McWilliams, Alaska Anchorage. **Alaska Anchorage** – Karolin Anders (4), Jamie Ashcroft (2), Susan Bick, Joyce Kipchumba (2), Haleigh Lloyd, Ivy O'Guinn (4), Jessica Pahkala, Rosie Smith. **Central Washington** – McKenna Emmert, Tayler Fettig (3), Dorothy Moore, Connie Morgan, Kelsie Williams. **Northwest Nazarene** – Caitlin Curtis, Natalie Evans, Jessica Johns, Jordan Rehfeld (2), Courtney Schroeder, Alison Silva, Marie Smith, Vessie Umu, Taylor VanValey (2). **Seattle Pacific** – Tasia Baldwin (2), Kyra Brannan, Lynelle Decker (2), McKayla Fricker (3), Maddie Hommes, Jasmine Johnson, Sammie Markham, Kishia Mitchell (4), Anna Patti. **Simon Fraser** – Kirsten Allen, Rebecca Bassett, Robyn Broomfield, Ella Brown, Kayla Lennea, Sarah Sawatzky (2). **Western Washington** – Morgan Annable, Tanya Bjornsson (2), Sydney Coffey, Cheyanna Pinley, Katie Reichert, Katelyn Steen.

GNAC INDOOR ATHLETES OF THE WEEK

Men

Week of Dec. 9-15: Track – Rimar Christie, Northwest Nazarene (Jr., St. Michael, Barbados) finished second in the 60 meters at the Jacksons Open and Multi in Nampa. Christie's time of 6.90 was a NNU school record and ranks fifth all-time in GNAC history. His previous best was 6.91 came in the prelims of last year's conference championships.

Week of Jan. 13-19: Track – Alex Donigan, Western Washington (So., Mission Viejo, CA) broke the GNAC's longest existing indoor track record finishing third in the 60 meters at the UW Indoor Preview. Donigan, whose previous career best was 6.85, was clocked in a provisional national qualifying time of 6.76, eclipsing the old record of 6.78 set by Mike Hinshaw of Western Oregon in 2002. Donigan also finished fifth in the 200 in a time of 22.14. In both races, the only runners who finished ahead of him were competing for USC. **Field** – Frank Catelli, Western Washington (So., Sequim, WA) finished first in the shot at UW with a provisional national qualifying put of 55-10 ½. Catelli's mark ranks second on the GNAC All-Time Top 10 list.

Week of Jan. 20-26: Men: Track – Frank Krause, Saint Martin's (Jr., Onalaska, WA) finished third in the 800 meters in a GNAC-season best time of 1:55.20 and fourth in the 400 in a time of 50.88 in a pair of meets Friday and Saturday at the University of Idaho. His 800 time was just 1.21 seconds off the NCAA provisional national qualifying time and his 400 time fell just .05 seconds shy of a 12-year school-record. **Field** – Grayson Kilgore, Northwest Nazarene (Sr., Kuna, ID) pole-vaulted a GNAC season-best 14-9, placing ninth in the Jacksons Invite at Nampa.

Week of Jan. 27-Feb. 2: Track – Chip Jackson, Western Washington (Sr., Shoreline, WA - Shorewood) ran the second fastest mile in GNAC history in winning the open division at the UW Invitational in a provisional national qualifying time of 4:07.95. His time was less than four seconds off the NCAA automatic standard (for banked tracks) of 4:04.01. **Field** – Brett Watson, Western Washington (Jr., Ferndale, WA) broke a 22-year Viking school record and also bettered the eight-year-old GNAC record in finishing fifth in the high jump at UW. His jump of 6-10 1/4 bettered the previous GNAC record of 6-9 3/4 by Cresap Watson of Central Washington in 2006 and the WWU school record of 6-9 by Ron Olson in 1992.

Week of Feb. 3-9: Track – Frank Krause, Saint Martin's (Jr., Onalaska, WA) finished second in the 800 meters at the Idaho Vandal Indoor Friday in a provisional national qualifying time of 1:52.04. The time ranks 12th nationally among NCAA Division II athletes this winter and sixth all-time in GNAC history. On Saturday, he finished fourth in the 400 meters at the Idaho Open in a time of 50.61, breaking a 12-year old SMU school record. **Field** – Kevin Stanley, Central Washington (Jr., Spokane Valley, WA – Central Valley) was the top collegian in the weight throw

Saturday at Idaho finishing third with a provisional national qualifying mark of 59-2 $\frac{3}{4}$. That ranks fourth in GNAC history.

Week of Feb. 10-16: Track – Micah Chelimo, Alaska Anchorage (Sr., Kapkoi, Kenya) set a GNAC record in the 5,000 meters Friday at the Husky Classic in Seattle finishing 10th in a time of 13:47.73. Chelimo, who was the lone non-Division I athlete in the Top 10, broke his own GNAC record of 13:51.19 he set last season. He is the only sub 14 minute 5K runner in GNAC history. **Field** – Vladislav Moldavanov, Simon Fraser (Fr., Pitt Meadows, BC) finished third in the Husky Classic in the triple jump leaping 47-7 $\frac{3}{4}$. That's the third longest mark in GNAC history.

Week of Feb. 24-March 2: Track – Robert Peterson, Montana State Billings (So., Billings, MT – Skyview) finished third in the mile in a time 4:10.76, improving his previous indoor national qualifying time at the SPU Last-Chance. Peterson's time ranks second in the GNAC this winter and ninth in GNAC history.

Women

Week of Dec. 9-15: Track – Natalie Evans, Northwest Nazarene (Sr., New Plymouth, ID) won the mile at the Jacksons' Open and Multi. Evans was clocked in a time of 5:04.39. She also led the Crusaders to a second place finish in the 4x400 relay in a time of 4:04.59, just .02 seconds in back of host Boise State.

Week of Jan. 13-19: Women: Track – Sarah Sawatzky, Simon Fraser (Sr., Chilliwack, BC) finished sixth at the UW Invitational in the 800 meters in a provisional national qualifying time 2:09.42. That time ranks fourth in GNAC history in an event that historically has been one of the best in the conference and establishes her as the early-season national leader in Division II. She was the top collegiate finisher Saturday, finishing eight seconds faster than the second collegian from UC Irvine. **Field** – Tayler Fettig, Central Washington (Jr., Olympia, WA) finished second in the high jump at the Washington State Open with a provisional national qualifying leap of 5-8, moving into a tie for fourth on the GNAC all-time indoor list. That mark ranks third in the early-season national rankings.

Week of Jan. 20-26: Track – Jordan Rehfeld, Northwest Nazarene (Sr., Nampa, ID - Columbia) placed second in the 3,000 meters in a provisional national qualifying time of 9:58.78 Friday at the Jacksons Invite. Rehfeld's time is the seventh fastest in GNAC history and was one of two PNQs established by the Crusaders in the meet along with a 800-meter time of 2:16.13 by Natalie Evans. Rehfeld's time also broke the Crusader school record by more than 10 seconds. **Field** - Angel Rodgers, Saint Martin's (Jr., Everett, WA - Everett CC), competing in her first meet for the Saints, broke the school record by nearly seven feet with a 20-pound weight throw of 47-1, earning her a seventh place finish at the Idaho Collegiate.

Week of Jan, 27-Feb. 2: Track - McKayla Fricker, Seattle Pacific (Sr., Canby, OR) and Jamie Ashcroft, Alaska Anchorage (Fr., Shawnigan Lake, BC - Frances Kelsey) ... Fricker grabbed the national lead in the 800 meters away from Sarah Sawatzky of Simon Fraser finishing ninth in the 800 invitational at the University of Washington Invitational in a provisional national qualifying time of 2:09.04. Fricker's time is the fourth best in GNAC history and missed the NCAA automatic standard by just .04 seconds ... Ashcroft posted two PNQs at the Ed Jacoby Invite in Nampa. She finished third in both events, posting a time of 7.72 in the 60 and a GNAC-record time of 24.89 in the 200. Her 60 time ranks third in GNAC history. **Field** - Karolyn Anders, Alaska Anchorage (So., Berlin, Germany) finished second at Nampa in the pentathlon. Her score of 3,774 points ranks second in GNAC history and currently ranks third on the NCAA Division II national performance list. Among her marks was a leap of 5-7 $\frac{3}{4}$ in the high jump. That ranks sixth all-time in the GNAC and ninth on the current national performance list.

Week of Feb. 3-9: Track – Marie Smith, Northwest Nazarene (Sr., Boise, ID - Capital) finished second in the 60 hurdles at the Bronco Invitational in Nampa with a provisional national qualifying time of 8.87. That time is a school record and ranks sixth in GNAC history. **Field** – Alison Silva, Northwest Nazarene (Fr., Nampa, ID) pole-vaulted a provisional national qualifying 12-5 $\frac{1}{2}$ for the second week in a row to finish third at the Bronco Invitational. That height ranks fourth on the GNAC Top 10 all-time list.

Week of Feb. 10-16: Track – Joyce Kipchumba, Alaska Anchorage (Jr., Kapsowar, Kenya) posted provisional national qualifying marks in both the 3,000 and 5,000 meters. On Friday, she finished 16th in the 5,000 at the Husky Classic in Seattle. Her time of 16:49.59 ranks sixth in GNAC history. Then on Sunday she ran the second fastest 3K in GNAC history in finishing third at the UW Open in a time of 9:33.60. **Field** – Tanya Bjornsson, Western Washington (Sr., Ferndale, WA) finished second in the long jump at the UW Husky Classic with a provisional national qualifying leap of 18-8 $\frac{1}{2}$. Bjornsson, who has a career-best of 18-9 $\frac{1}{4}$, is only one of four athletes in GNAC history to jump that far.

Week of Feb. 24-March 2: Track – The Seattle Pacific quartet of Kishia Mitchell (Sr., Puyallup, WA – Rogers), Tasia Baldwin (Jr., Tacoma, WA – Foss), Jasmine Johnson (Jr., Federal Way, WA) and McKayla Fricker (Sr., Canby, OR) ran the third fastest indoor 4x400 relay in GNAC history at the SPU Last-Chance. They were clocked in a winning time of 3:48.40, a mark only bettered last year by Seattle Pacific and Simon Fraser.

2013-14 TOP INDOOR FINISHERS

Black Hills Holiday Open (Dec. 6-7 at Spearfish, SD): Men (Top 3): Mile – 3. Jamon Rodrigues, MSUB, 4:34.61. 3000 – 1. Chase Robinson, MSUB, 8:52.32; 3. Jamon Rodrigues, MSUB, 9:17.83. 4x400 Relay – 3. MSU Billings 3:38.14. Pole Vault – 3. Cole Campbell, MSUB, 4.21 – 13-9 ¼. Shot Put – 3. Anthony Montanez, MSUB, 14.75 – 48-4 ½. **Women (Top 3):** 60 – 2. Blair Street, MSUB, 8.05. 60 Hurdles – 3. Hope Reid, MSUB, 9.61. 800 – 2. Ashlynn VanVoast, MSUB, 2:35.59. 3000 – 1. Nocona Frame, MSUB, 10:55.91; 2. Rio Frame, MSUB, 10:57.05; 3. Mary Owen, MSUB, 11:02.22.

Jacksons Open and Multi (Dec. 13-14 at Nampa): Men (Top 3): 60 – 2. Rimar Christie, NNU, 6.90. 300 – 1. Andrew Curtis, NNU, 34.90. Mile – 1. Michael Gordon, NNU, 4:37.69. 60 Hurdles – 2. Kyle McLaughlin, NNU, 8.68. 4x400 Relay – 3. Northwest Nazarene 3:30.46. Triple Jump – 2. Stephen Larlee, NNU, 14.02 – 46-0. Shot Put – 3. Jeremiah Woods, NNU, 122.57 – 41-3. **Women (Top 3):** Mile – 1. Natalie Evans, NNU, 5:04.39; 2. Jordan Rehfeld, NNU, 5:10.28. 60 Hurdles – 2. Marie Smith, NNU, 9.18. 4x400 Relay – 2. Northwest Nazarene 4:04.59. High Jump – 2. Lexi Sarver, NNU, 1.55 – 5-1. Pole Vault – 2. Alison Silva, NNU, 3.50 – 11-5 ¼. Weight Throw – 3. Caitlin Curtis, NNU, 15.45 – 50-8 ¼.

Black Hills State Open (Jan. 11 at Spearfish, SD): Men (Top 3): 60 – 2. Cameron Stanek, MSUB, 7.40. 200 – 2. Cameron Stanek, MSUB, 24.04. 400 – 3. Lewis Polkow, MSUB, 53.98. Mile – 3. Robert Peterson, MSUB, 4:32.24. 3000 – 2. Jamon Rodriguez, MSUB, 9:02.63; 3. Chase Robinson, MSUB, 9:07.26. Long Jump – 2. Cameron Stanek, MSUB, 6.09 – 19-11 ¼. Shot Put – 1. Anthony Montanez, MSUB, 13.67 – 44-10; 3. Kyle DuCharme, MSUB, 12.30 – 40-4 ¼. Weight Throw – 2. Dylan Buehler, MSUB, 14.39 – 47-2 ¼; 3. Anthony Montanez, MSUB, 14.37 – 47-1 ¼. **Women (Top 3):** 60 – 2. Blair Street, MSUB, 8.26. Mile – 1. Rio Frame, MSUB, 5:27.05. 3000 – 1. Mary Owen, MSUB, 10:58.39; 2. Nocona Frame, MSUB, 11:02.76; 3. Renae Hepfner, MSUB, 11:21.11. 60 Hurdles – 2. Hope Reid, MSUB, 9.47. 4x400 Relay – 2. MSU Billings 4:40.88. High Jump – 2. Hope Reid, MSUB, 1.55 – 5-1. Long Jump – 2. Hope Reid, MSUB, 4.83 – 15-10. Shot Put – 3. Corrie Holm, MSUB, 10.99 – 36-0 ¾.

University of Washington Open (Jan. 18 at Seattle): Men (Top 8): 60 – 3. Alex Donigian, WWU, 6.76. 200 – 5. Alex Donigian, WWU, 22.14. 400 – 3. Daniel Kelloway, SFU, 49.42; 7. Jonathon Poolman, WWU, 49.82. 3000 – 6. Micah Chelimo, UAA, 8:10.99. 4x400 Relay – 5. Western Washington 3:19.17; 6. Alaska Anchorage 3:21.86; 8. Simon Fraser 3:22.90. 4x800 Relay – 5. Western Oregon 8:06.07. Long Jump – 5. Kevin Yates, WWU, 6.93 – 22-9; 6. Brett Watson, WWU, 6.87 – 22-6 ½. Shot Put – 1. Frank Catelli, WWU, 17.03 – 55-10 ½; 8. Jacob Gilbert, WWU, 15.45 – 50-8 ¼. **Women (Top 8):** 800 – 6. Sarah Sawatzky, SFU, 2:09.42. 1000 – 7. McKayla Fricker, SPU, 2:48.32. 4x400 Relay – 5. Seattle Pacific 3:58.74; 7. Alaska Anchorage 4:01.34. 4x800 Relay – 5. Western Oregon 10:08.00. High Jump – 5. Alexis Anderson, WOU, 1.65 – 5-5; 8. Shelby Peterson, WOU, 1.60 – 5-3. Long Jump – 7. Kyra Brannan, SPU, 5.37 – 17-7 ½.

Washington State Open (Jan. 17-18 at Pullman): Men (Top 3): Mile – 3. John Wojtech, CWU, 4:26.40. 3000 – 2. John Wojtech, CWU, 9:14.50. Triple Jump – 2. Luke Plummer, CWU, 13.88 – 45-6 ½. **Women (Top 3):** 400 – 3. Seanna Pitassi, CWU, 1:03.25. Mile – 2. Connie Morgan, CWU, 5:12.33; 3. Dani Eggleston, CWU, 5:13.59. 3000 – 2. Dani Eggleston, CWU, 10:41.66. High Jump – 2. Tayler Fettig, CWU, 1.73 – 5-8.

Montana State Open (Jan. 17 at Bozeman): Men (Top 6): 800 – 4. Drew Galahan, MSUB, 1:56.94. Mile – 3. Robert Peterson, MSUB, 4:18.55; 5. Chase Robinson, MSUB, 4:24.20. 3000 – 5. Jamon Rodrigues, MSUB, 9:00.44; 6. Chase Robinson, MSUB, 9:03.86. 4x400 – 6. MSU Billings 3:33.26. Shot Put – 2. Anthony Montanez, MSUB, 15.35 – 50-4 ½. Weight Throw – 4. Dylan Buehler, MSUB, 15.78 – 51-9 ¼. **Women (Top 6):** 55 Hurdles – 6. Hope Reid, MSUB, 8.87. High Jump – 6. Hope Reid, MSUB, 1.51 – 4-11 ½.

Idaho Collegiate (Jan. 24 at Moscow): Men (Top 6): 60 – 1. Kent McKinney, CWU, 7.04. 800 – 3. Frank Krause, SMU, 1:55.20. 4x400 Relay – 3. Saint Martin's 3:32.77; 4. Central Washington 3:40.49. High Jump – 4. Justin Peterson, CWU, and Ethan Meikle, CWU, 1.90 – 6-2 ¾. Pole Vault – 4. Joseph Keeton, SMU, 4.45 – 14-7 ¼. Triple Jump – 1. Luke Plummer, CWU, 13.52 – 44-5 1/4. **Women (Top 6):** 60 – 4. Renee Hudson, SMU, 8.12. 4x400 Relay – 4. Saint Martin's 4:30.66.

Jacksons Invite (Jan. 24-25 at Nampa): Men (Top 8): 60 – 7. Rimar Christie, NNU, 6.99. 600 – 5. Nick Martin, NNU, 1:25.18. 4x400 Relay – 5. Northwest Nazarene 3:30.18. Distance Medley – 3. Northwest Nazarene 10:48.40. High Jump – 8. Cole Hoberg, NNU, 1.95 – 6-4 ¾. Triple Jump – 7. Stephen Larlee, NNU, 13.89 – 45-7. Shot Put – 7. John VanBeuren, NNU, 14.12 – 46-4. **Women (Top 8):** 600 – 6. Kaydee Kulk, NNU, 1:50.65; 7. Emily Merioles, NNU, 1:54.24. 800 – 4. Natalie Evans, NNU, 2:16.13. 3000 – 2. Jordan Rehfeld, NNU, 9:58.87. Pole Vault – 6. Alison Silva, NNU, 3.40 – 11-1 ¼. Shot Put – 8. Jessica Johns, NNU, 12.55 – 41-2 ¼.

Idaho Open (Jan. 25 at Moscow): Men (Top 6): 400 – 4. Frank Krause, SMU, 50.88. Mile – 4. John Wojtech, CWU, 4:23.75. 3000 – 1. Rudy Spencer, CWU, 9:10.48. 5000 – 3. Joe Berger, SMU, 15:24.91; 5. Nathan Morgan, SMU, 16:18.33. High Jump – 4. Ethan Meikle, CWU, 1.85 – 6-0 ¾. Pole Vault – 3. Matt Hankins, SMU, 3.80 – 12-2 ¼. Long Jump – 7. Justin Peterson, CWU, 6.07 – 19-11. Shot Put – 6. Troy Martin, CWU, 14.72 – 48-3 ½. Weight Throw – 5. Kevin Standley, CWU, 16.54 – 54-3; 6. Vincent Fualefau, SMU, 14.66 – 48-1. **Women (Top 6):** Weight Throw – 4. Dorothy Moore, CWU, 14.46 – 47-5 ¼; 6. Ami Wick, SMU, 14.03 – 46-0 ¼.

Boise State Jacoby Invite (Jan. 31-Feb. 1 at Nampa): Men (Top 3): 60 – 3. Rimar Christie, NNU, 6.95. 400 – 2. Ethan Hewitt, UAA, 48.65. Mile – 1. Micah Chelimo, UAA, 4:15.86; 3. Isaac Kangogo, UAA, 4:23.08. 4x400 Relay – 3. Northwest Nazarene 3:22.73. Distance Medley – 1. Alaska Anchorage 10:02.54. **Women (Top 3):** 60 – 3. Jamie Ashcroft, UAA, 7.72. 200 – 3. Jamie Ashcroft, UAA, 24.89. 800 – 3. Jessica Pakkala, UAA, 2:18.75. Mile – 1. Jordan Rehfeld, NNU, 5:04.50; 2. Joyce Kipchumba, UAA, 5:07.30. 60 Hurdles – 2. Rosie Smith, UAA, 8.92; 3. Marie Smith, NNU, 9.02. Distance Medley – 1. Northwest Nazarene (Evans, Kilgore, Fleming, Rehfeld) 12:17.11; 2. Alaska Anchorage 12:18.38. Pole Vault – 3. Alison Silva, 3.80 – 12-5 ½. Pentathlon – 2. Karolin Anders, UAA, 3774.

UW Invitational (Jan. 31-Feb. 1 at Seattle): Men (Top 6): 60 – 5. Alex Donigian, WWU, 6.79. 400 Invitational – 5. Jonathon Poolman, WWU, 49.00. 400 – 4. Daniel Kelloway, SFU, 49.02. 800 – 1. Travis Vugteveen, SFU, 1:54.56; 4. Josh Hanna, WOU, 1:55.74; 5. Ryan McArthur, WWU, 1:57.07. Mile – 1. Chip Jackson, WWU, 4:07.95. 60 Hurdles – 5. Logan Myers, WWU, 8.30. 4x400 – 3. Western Washington 3:16.81; 6. Simon Fraser 3:19.81. Distance Medley – 4. Simon Fraser 10:04.15; 5. Western Oregon 10:04.79. High Jump – 5. Brett Watson, WWU, 2.09 – 6-10 ¼. Shot Put – 6. Frank Catelli, WWU, 16.82 – 55-2 ¼. **Women (Top 6):** 800 – 3. Lynelle Decker, SPU, 2:12.22. Distance Medley – 5. Simon Fraser 12:08.03. High Jump – 6. Alexis Anderson, WOU, and Katelyn Wright, WWU, 1.60 – 5-3. Pole Vault – 5. Cheyanna Pinley, WWU, 3.66 – 12-0.

Mountain State Games (Jan. 31-Feb. 1 at Pocatello): Men (Top 6): 3000 – 1. Robert Peterson, MSUB, 8:48.34; 3. Jamon Rodrigues, MSUB, 8:54.04; 5. Chase Robinson, MSUB, 9:00.17. 4x400 Relay – 2. MSU Billings 3:28.18. Distance Medley – 2. MSU Billings 10:16.86. Shot Put – 2. Anthony Montanez, MSUB, 15.12 – 49-7 ¼. Weight Throw – 1. Dylan Buehler, MSUB, 15.13 – 49-7 ¾; 2. Anthony Montanez, MSUB, 15.10 – 49-6 ½; 3. Kyle DuCharme, MSUB, 13.81 – 45-3 ¾. **Women (Top 6):** Mile – 1. Nocona Frame, MSUB, 5:18.24. 3000 – 1. Rio Frame, MSUB, 10:41.52; 4. Jinise Osborne, MSUB, 10:55.75; 5. Mary Owen, MSUB, 10:57.81. 60 Hurdles – 2. Hope Reid, MSUB, 9.60; 5. Shelby Martinell, MSUB, 10.18; 6. Kaytlin Halle, MSUB, 10.21. 4x400 Relay – 5. MSU Billings 4:30.24. Distance Medley Relay – 5. MSU Billings 12:59.03. High Jump – 2. Hope Reid, MSUB, 1.40 – 4-7. Weight Throw – 5. Corrie Holm, MSUB, 11.66 – 38-3.

WSU Cougar Indoor (Jan. 31-Feb. 1): Women: Pentathlon – 2. Tayler Fettig, CWU, 3384 (60 Hurdles – 9.18; High Jump – 1.76 – 5-9 ¼; Shot Put – 10.12 – 33-2 ½; Long Jump – 5.22 – 17-1 ½; 800 – 2:53.67. **Men:** Shot Put – 4. Kevin Stanley, CWU, 14.44 – 47-4 ½.

Vandal Indoor (Feb. 7 at Moscow): Men (Top 6): 60 – 2. Kent McKinney, CWU, 6.96. 800 – 2. Frank Krause, SMU, 1:52.04. 60 Hurdles – 5. Bernari Sternen, CWU, 8.38. 4x200 – 3. Saint Martin's 1:32.33. 4x400 Relay – 3. Saint Martin's 3:38.89. High Jump – 5. Ethan Meikle, CWU, 13.63 – 44-8 ¾. Shot Put – 6. Troy Martin, CWU, 15.39 – 50-6. Discus – 6. Troy Martin, CWU, 43.14 – 141-6. **Women (Top 6):** Mile – 4. Connie Morgan, CWU, 5:06.91. 4x200 Relay – 3. Saint Martin's 1:50.02.

Vandal Open (Feb. 8 at Moscow): Men (Top 6): 60 – 4. Jordan Todd, CWU, 7.05. 400 – 4. Frank Krause, SMU, 50.61. 600 – 3. Cody House, SMU, 1:31.17; 4. Joseph Keeton, SMU, 1:31.21; 5. Austin Brenner, SMU, 1:31.73; 6. Ian Boyle, SMU, 1:38.69. 800 – 3. John Wojtech, CWU, 1:56.51. 1000 – 6. Mitchell Hughey, SMU, 2:42.16. 3000 – 3. Joe Berger, SMU, 8:55.86. **Women (Top 6):** 60 – 3. Brittany Carterby, CWU, 8.13; 4. Renee Hudson, SMU, 8.14. 600 – 2. Megan Teigen, SMU, 1:45.02; 3. Alexis Carandang, SMU, 1:50.16. 800 – 1. Connie Morgan, CWU, 2:18.08; 5. Jayna Inderbitzin, CWU, 2:25.94. 4x400 – 5. Central Washington 4:15.82. High Jump – 3. Moriah Bently, CWU, 1.50 – 4-11. Long Jump – 4. Tayler Fettig, CWU, 5.26 – 17-3 ¼. Triple Jump – 4. Marimah Bently, CWU, 10.27 – 33-8 ½; 6. Kellie Shreve, CWU, 9.52 – 31-3. Weight Throw – 6. Angel Rodgers, SMU, 14.93 – 48-11 ¾.

Bronco Invitational (Feb. 8 at Nampa): Men (Top 6): 60 – 4. Rimar Christie, NNU, 6.94. Mile – 5. Chase Cunningham, NNU, 4:28.38. 60 Hurdles – 5. Kyle McLaughlin, NNU, 8.52. 4x400 Relay – 5. Northwest Nazarene 3:22.59. Pole Vault – 5. Greyson Kilgore, NNU, 4.50 – 14-9. Triple Jump – 5. Stephen Larlee, NNU, 13.91 – 45-7 ¾. **Women (Top 6):** 800 – 4. Natalie Evans, NNU, 2:12.55. 3000 – 1. Jordan Rehfeld, NNU, 10:00.67. 60 Hurdles – 2. Marie Smith, NNU, 8.87. 4x400 Relay – 6. Northwest Nazarene 3:59.56. Pole Vault – 3. Alison Silva, NNU, 3.80 – 12-5 ½.

Black Hills/Chadron State Invitational (Feb. 8 at Gillette, WY): Men (Top 6): 4. Ryan Blomback, MSUB, 4:43.44. 5000 – 4. Robert Peterson, MSUB, 15:36.91; 5. Jamon Rodrigues, MSUB, 15:50.71. 4x400 Relay – 5. MSU Billings 3:30.98. Distance Medley – 1. MSU Billings (Chase Robinson, Nathan Vanderby, Drew Galahan, Robert Peterson) 10:17.34. Pole Vault – 4. Cole Campbell, MSUB, 4.15. Shot Put – 5. Anthony Montanez, MSUB, 14.76. Weight Throw – 5. Dylan Buehler, MSUB, 15.73. **Women (Top 6):** Mile – 6. Rio Frame, MSUB, 5:27.78. 3000 – 4. Mary Owen, MSUB, 11:14.47; 5. Jinise Osborne, MSUB, 11:16.06. 5000 – 1. Mary Owen, MSUB, 19:26.43; 2. Jinise Osborne, MSUB, 19:30.26. 60 Hurdles – 5. Hope Reid, MSUB, 10.00; 6. Kaytlin Halle, MSUB, 10.01. Pole Vault – 6. Hope Reid, MSUB, 2.75.

Boise State Team Challenge (Feb. 15 at Nampa): Men (Top 6): 400 – 4. Andrew Curtis, NNU, 50.17. 60 Hurdles – 4. Kyle McLaughlin, NNU, 8.47. 4x400 – 4. Northwest Nazarene 3:30.25. High Jump – 6. Cole Hoberg, NNU, 1.95 – 6-4 ¾. Pole Vault – 6. Zach McClanahan, NNU, 4.17 – 13-8 ¼. Triple Jump – 6. Stephen Larlee, NNU, 13.24 – 43-5 ½. Weight Throw – 5. Matt Silva, NNU, 14.76 – 48-5 1.4. **Women (Top 6):** 1000 – 3. Rebecca Holland, NNU, 3:18.45; 4. Emily Merioles, NNU, 3:32.17. 60 Hurdles – 4. Marie Smith, NNU, 8.99; 6. Hannah Borden, NNU, 9.17. 4x400 Relay – 4. Northwest Nazarene 4:00.76. Pole Vault – 2. Alison Silva, NNU, 3.85 – 12-7 ½. Shot Put – 5. Vessie Umu, NNU, 12.98 – 42-7; 6. Jessica Johns, NNU, 12.96 – 42-6 ¼.

UW Invitational (Feb. 14-15 at Seattle): Men (Top 6): Mile (Early Race) – 2. Travis Vugteveen, SFU, 4:17.52. Distance Medley – 2. Western Oregon 9:58.43; 3. Simon Fraser 9:58.92; 4. Alaska Anchorage 9:59.67. Triple Jump – 3. Vladislav Moldavanov, SFU, 14.52 – 47-7 ¾. Shot Put – 6. Frank Catelli, WWU, 16.89 – 55-5. **Women (Top 6):** 800 – 4. McKayla Fricker, SPU, 2:09.17. Mile (Early Race) – 5. Rebecca Bassett, SFU, 5:06.65. Distance Medley – 4. Alaska Anchorage 11:45.08.

UW Open (Feb. 16 at Seattle): Men (Top 3): 400 – 2. Adam Commandeur, UAA, 49.46. 3000 – 1. Dylan Anthony, UAA, 8:20.92. 60 Hurdles – 3. Bernari Sternen, CWU, 8.38. Pole Vault – 2. Gordon Kordas, WWU, 4.40 – 14–5 ¼. Triple Jump – 1. Luke Plummer, CWU, 13.72 – 45-0 ¼. Shot Put – 1. Frank Catelli, WWU, 17.51 – 57-5 ½. **Women (Top 3):** 60 – 3. Jamie Ashcroft, UAA, 7.70. 200 – 1. Jamie Ashcroft, UAA, 25.15. 800 – 3. Susan Bick, UAA, 2:14.97. 3000 – 3. Joyce Kipchumba, UAA, 9:33.60. 4x400 – 1. Central Washington 4:09.17. Pole Vault (Morning Session) – 1. Cheyanna Pinley, WWU, 3.81 – 12-6. Long Jump – 1. Kyra Brannan, SPU, 5.53 – 18-1 ¾; 2. Tasia Baldwin, SPU, 5.39 – 17-8 ¼.

GNAC (Feb. 21-22 at Nampa): Men's Team Scores - Western Washington 157, Alaska Anchorage 134, Northwest Nazarene 83 2/3, Central Washington 73, Western Oregon 66 1/3, MSU Billings 49, Simon Fraser 44, Saint Martin's 43, Seattle Pacific 10. **Outstanding Performer** – Alex Donigian, WWU. **Women's Team Scores -** Alaska Anchorage 154, Seattle Pacific 125, Northwest Nazarene 116 1/3, Western Washington 100 1/3, Simon Fraser 57, Central Washington 47 1/3, Western Oregon 46, Saint Martin's 9, MSU Billings 8. **Outstanding Performer** – Karolin Anders, UAA.

SPU Last-Chance Indoor (March 1 at Seattle): Men – Western Oregon 50, Central Washington 44, Portland 23, Simon Fraser 22, Western Washington 18, Saint Martin's 13, Washington 11, Alaska Anchorage 10, Stanford 10, Academy of Art 8, MSU Billings 6, Seattle Pacific 4, George Fox 2. **GNAC Winners:** 800 – Frank Krause, SMU, 1:52.50. Distance Medley – Alaska Anchorage (Isaac Kangogo, Adam Commandeur, Ethan Hewitt, Micah Chelimo) 9:56.55. High Jump – Brett Watson, WWU, 2.06 – 6-9. Long Jump – Matson Hardie, WOU, 6.39 – 20-11 ½. Shot Put – Troy Martin, CWU, 15.46 – 50-8 ½. Weight Throw – Kevin Stanley, CWU, 17.66 – 57-11 ¼. **Women –** Washington 111, Simon Fraser 37, Seattle Pacific 36, Western Oregon 23, Academy of Art 13, George Fox 10, Central Washington 6, Stanford 5 ½, CSU Stanislaus 3 1.2, Western Washington 2. **GNAC Winners:** 800 – Lynelle Decker, SPU, 2:11.97. Mile – Emma Chadsey, SFU, 5:07.04. 4x400 Relay – Seattle Pacific (Kishia Mitchell, Tasia Baldwin, Jasmine Johnson, McKayla Fricker) 3:48.40. Long Jump – Kyra Brannan, SPU, 5.48 - 17-11 ¾.