



## Great Northwest Athletic Conference

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## 2014 Outdoor Track & Field Report 10 (March 26, 2014)

### THIS WEEK'S SCHEDULE AND RANKINGS

**THIS WEEK SCHEDULE:** **Thursday** – Mt. Hood Multi-Events (WOU, SMU). **Friday** – Montana Al Manuel Invitational (MSUB); Mt. Hood Multi-Events (WOU). **Saturday** – CNW Spring Break Open at West Seattle (CWU, SPU, WWU); Montana Al Manuel Invitational (MSUB); Willamette Invitational (JAA, CWU, WOU); UPS Peyton (SMU). **Sunday** - UBC Open (SFU).

**USTFCCCA NATIONAL OUTDOOR COMPUTER RANKINGS (as of March 25):** **Men** – 5. Alaska Anchorage; 10. Western Washington; 25. Central Washington. **Women** – 11. Western Washington; 13. Central Washington, 16. Alaska Anchorage, 18. Northwest Nazarene, 22. Seattle Pacific

**USTFCCCA REGIONAL OUTDOOR COMPUTER RANKINGS (as of March 25):** **Men** – 1. Chico State; 2. UC San Diego; 3. Alaska Anchorage; 4. Western Washington; 5. CSU Stanislaus; 6. Academy of Art; 7. Central Washington; 8. Azusa Pacific; 9. Cal State L.A.; 10. Northwest Nazarene. **Women** – 1. Chico State; 2. Academy of Art; 3. CSU Stanislaus; 4. Northwest Nazarene; 5. Central Washington; 6. Alaska Anchorage; 7. San Francisco State; 8. Cal State L.A.; 9. Western Washington; 10. Seattle Pacific.

### GNAC RED LION ATHLETES OF THE WEEK

**MEN: Track** – Brady Beagley, Western Oregon (Sr., Grants Pass, OR – North Valley) finished ninth in the 1500 meters at the Oregon Preview in a provisional national qualifying time of 3:50.72. That time ranks fourth in WOU history and is the second best so far this spring in the GNAC and in NCAA Division II. **Field** – Frank Catelli, Western Washington (So., Sequim, WA) had a pair of provisional national qualifying and GNAC All-Time Top 10 performances at Eugene. He won the shot with a put of 57-2 ¼ and finished fourth in the discus with a throw of 165-4. His shot mark ranks second in GNAC history and his discus throw ranks eighth. His shot put mark leads Division II and is discus ranks second nationally.

**HONORABLE MENTION:** Rimar Christie, Northwest Nazarene (Jr., St. Michael, Barbados) won the 100 meters at the Eastern Oregon Team Challenge in a PNQ of 10.60. He also anchored NNU's 4x100 relay team that finished first in a time of 42.20 .... Logan Myers, Western Washington (Jr., Olympia, WA - Capital) finished third at Eugene in the 110 meter hurdles in a GNAC season-best and provisional national qualifying time of 14.69 ... Zach McClanahan, Northwest Nazarene (Fr., Yuma, AZ - Cibola) won the pole vault at the EOU Team Challenge at Hermiston with a GNAC-leading vault of 13-11 ¼. NNU's Grayson Kilgore also cleared the same height but had more misses ... Brian Chalkey, Saint Martin's (Fr., Eugene, OR -

Sheldon) finished second in the javelin at Lewis & Clark with a provisional national qualifying and school-record throw of 188-11. That bettered the old school record by four feet ... Kyle Lane, Western Oregon (Jr., Portland, OR - Reynolds) had a GNAC provisional qualifying mark of 43-10 in finishing second in the triple jump at Lewis & Clark.

**WOMEN: Track** – McKayla Fricker, Seattle Pacific (Sr., Canby, OR) finished second in the 800 and led the Falcons to a win in the 4x400 relay in a time of 3:54.16 at the Oregon Preview. Her 800 time of 2:08.00 which ranks No. 1 in NCAA Division II so far this spring automatically qualifies her for the NCAA national meet in May. It is also the sixth quickest in GNAC history. She was the first collegiate finisher, beating among others, four University of Oregon runners who wound up third through sixth. In the relay she came from behind in the final 200 meters as the Falcons edged Oregon by .47 seconds. **Field** – Katie Reichert, Western Washington (So., Longview, WA - Kelso) automatically qualified for the NCAA meet in the javelin winning the event at Eugene with the third best throw in GNAC history (162-1). Reichert's throw currently leads Division II.

**HONORABLE MENTION:** Marie Smith, Northwest Nazarene (Sr., Boise, ID - Capital) finished second in the 100-meter hurdles at the EOU Team Challenge in a school-record time of 14.60. She also anchored NNU's 4x100 relay team which finished third in a time of 49.58 ... Kathryn Walker, Saint Martin's (Fr., Lacey, WA – Northwest Christian) had a PNQ of 136-7 in the javelin in finishing second at Lewis & Clark ... AnnaMarie Forza, Northwest Nazarene (So., Enumclaw, WA) finished second in the javelin at the Eastern Oregon Team Challenge with a PNQ of 131-11 .... Emmi Collier, Western Oregon (So., Warrenton, OR) finished second in the shot put at the Oregon Preview (42-10 ¾) and sixth in the hammer (142-1) in the Lewis & Clark Spring Break Open ... Audrey Hellesto, Western Oregon (Jr., Philomath, OR) finished fourth at Eugene, winning her heat of the 400 hurdles, in a time of 1:05.34.

**ALASKA ANCHORAGE, WESTERN WASHINGTON IN TOP 10:** Alaska Anchorage and Western Washington are ranked fifth and 10<sup>th</sup> in this week's men's USTFCCCA computer ranks. Central Washington is ranked 25<sup>th</sup>. Five GNAC women's teams are ranked in the Top 25 including Western Washington (11<sup>th</sup>), Central Washington (13<sup>th</sup>), Alaska Anchorage (16<sup>th</sup>), Northwest Nazarene (18<sup>th</sup>) and Seattle Pacific (22<sup>nd</sup>).

#### FOUR GNAC ATHLETES TOP NCAA

**PERFORMANCE LIST:** Four GNAC athletes rank No. 1 in their events in this week's NCAA Division II performance lists ... On the women's side, Katie Reichert of Western Washington is the national leader in the javelin (162-1) and McKayla Fricker is the pacesetter in the 800 (2:08.00) ... On the men's side Isaac Kangogo of Alaska Anchorage has the best mark in the 1500 meters (3:49.60) and Frank Catelli ranks first in the shot put (57-2 ¼) ... Five more GNAC athletes rank second – Brady Beagley of Western Oregon in the men's 800 (3:50.72), Catelli in the discus (57-2 ¼), UAA's Franz Burghagen in the javelin (21-6-1), Anchorage's Rosie Smith in the 100 hurdles (14.40) and WWU's Bethany Drake in the javelin (157-10).

**GNAC DOMINATING JAVELIN:** Historically, GNAC athletes have dominated the women's javelin at the NCAA national meet, earning 28 All-American awards and three national titles. So far this spring, that appears to once again be the case as the top three rated athletes and four of the top seven are from the conference. Joining Reichert and Drake in the top three is Seabre Church of Western Oregon. Kathryn Walker of Saint Martin's ranks seventh ... On the men's side four of the Top 7 are also GNAC athletes including Burghagen at No. 2, Shane Brooks of Western Oregon at No. 3 (211-7), UAA's Cody Parker at No. 5 (209-5) and WOU's Justin Larson at No. 7 (206-5).

**13 MARKS BETTER NCAA STANDARD:** GNAC athletes had 13 marks that bettered the NCAA provisional standard last week in meets at Eugene, Portland and Hermiston .. Qualifiers on the men's side in addition to Catelli in the shot and discus and Beagley in the 1500 included Rimar Christie of Northwest Nazarene in the 100 (10.60), Logan Myers and Peter Maguire of Western Washington in the 110 hurdles (14.69) and 400 hurdles (53.98), respectively, and Brian Chalkey of Saint Martin's in the javelin (188-11) ... Joining Fricker in the 800; and Reichert, Drake and Walker in the javelin as qualifiers were Lindsay Wells of Western Washington in the hammer (165-4) and AnnaMarie Forza of Northwest Nazarene in the javelin (131-11).

**GNAC RECORD FOR STEEN:** Though its an event that seldom is run at that distance, Katelyn Steen of Western Washington smashed the GNAC and Western Washington school record in finishing third in the 2000 steeplechase at the Oregon Preview. Steen was clocked in a time of 6:56.78, 18 seconds better than the previous GNAC record of 7:14.96 by Suzie Strickler of Seattle Pacific in 2008. The previous best by a WWU athlete (in the GNAC era) was 7:22.87 by Haley O'Connor last season ... Steen's performance was one of seven last week that rank in the GNAC All-Time Top 10 along with Catelli's marks in the shot put and discus, Fricker's time in the 800, Reichert and Drake's marks in the javelin and a time of 47.33 by Seattle Pacific in the women's 4x100 relay, which ranks sixth all-time.

#### BY THE NUMBERS

**GNAC ALL-TIME TOP 10 OUTDOOR PERFORMANCES (for March 17-23):** **Men:** Shot Put – 2. Frank Catelli, WWU, 17.43 – 57-2 ¼. Discus – 8. Frank Catelli, WWU, 50.40 – 165-4. **WOMEN:** 800 – 6. McKayla Fricker, SPU, 2:08.00. 2000 Steeplechase – 1. Katelyn Steen, WWU, 6:56.78. 4x100 Relay – 6. Seattle Pacific 47.33. Javelin – 3. Katie Reichert, WWU, 49.40 – 162-1; 7. Bethany Drake, WWU, 48.11 – 157-10. (**Note:** All performances at Oregon Preview).

**LAST WEEK'S NCAA OUTDOOR QUALIFIERS (for March 17-23):** **Men:** 100 – \*Rimar Christie, NNU, 10.60. 1500 – Brady Beagley, WOU, 3:50.72. 110 Hurdles – Logan Myers, WWU, 14.69. 400 Hurdles – Peter Maguire, WWU, 53.98. Shot Put – Frank Catelli, WWU, 17.43 – 57-2 ¼. Discus – Frank Catelli, WWU, 50.40 – 165-4. Javelin – Brian Chalkey, SMU, 57.59 – 188-11. **WOMEN:** 800 – 6. +McKayla Fricker, SPU, 2:08.00. Hammer – Lindsay Wells, WWU, 50.39 – 165-4. Javelin – +Katie Reichert, WWU, 49.40 – 162-1; + Bethany Drake, WWU, 48.11 – 157-10; \*\*Kathryn Walker, SMU, 41.64 – 136-7; \*AnnaMarie Forza, NNU, 40.20 – 131-11. (**Note:** All performances at Oregon Preview except: \*EOU Team Challenge. \*\*Lewis & Clark Spring Break +Automatic Qualifying).

**CURRENT TOP 10 NATIONAL LEADERS (though Mar. 23):** **Men:** 100 – 7. Rimar Christie, NNU, 10.60. 1500 – 1. Isaac Kangogo, UAA, 3:49.60; 2. Brady Beagley, WOU, 3:50.72. 5000 – 3. Dylan Anthony, UAA, 14:35.73. 400 Hurdles – 5. Bobo Camara, UAA, 53.14; 8. Elliott Bauer, UAA, 53.61. 4x400 Relay – 5. Alaska Anchorage 3:13.70. Shot Put – 1. Frank Catelli, WWU, 17.43 – 57-2 ¼. Discus – 2. Frank Catelli, WWU, 50.40 – 165-4. Javelin – 2. Franz Burghagen, UAA, 66.10 – 216-10; 3. Shane Brooks, WOU, 64.49 – 211-7; 5. Cody Parker, UAA, 63.83 – 209-5; 7. Justin Larson, WOU, 62.91 – 206-5. **WOMEN:** 100 – 5. Jamie Ashcroft, UAA, 11.84. 200 – 3. Jamie Ashcroft, UAA, 24.27. 800 – 1. McKayla Fricker, SPU, 2:08.00. 100 Hurdles – 2. Rosie Smith, UAA, 14.40. 4x100 Relay – 8. Alaska Anchorage 47.11. Hammer – 4. Lindsay Wells, WWU, 50.39 – 165-4. Javelin – 1. Katie Reichert, WWU, 49.40 – 162-1; 2. Bethany Drake, WWU, 48.11 – 157-10; 3. Seabre Church, WOU, 47.48 – 155-9; 7. Kathryn Walker, SMU, 41.64 – 136-7.

#### LAST WEEK:

**EOU Team Challenge (March 22 at Hermiston, OR):** **Men** – College of Idaho 294 ½, Northwest Nazarene 286, Eastern Oregon 215 ½, Central Washington 186, Oregon Tech 144 ½. Treasure Valley 109 ½. **GNAC Winners:** 100 – Rimar Christie, NNU, 10.60. 200 – Harish Prasad, CWU, 22.06. 400 – David Harris, NNU, 50.05. 110 Hurdles – Kyle McLaughlin, NNU, 15.41. 400 Hurdles – Kyle McLaughlin, NNU, 57.24. 4x100 – Northwest Nazarene 42.20. High Jump – Cole Hoberg, NNU, 1.98 – 6-6. Pole Vault – Zach McClanahan, NNU, and Greyson Kilgore, NNU, 4.25 – 13-11 ¼. Shot Put – Kevin Stanley, CWU, 14.82 – 48-7 ½. Discus – Kevin Rima, NNU, 48.75 – 159-11. Javelin – Nathan Talbot, NNU, 54.25 – 178-0. **Women** – College of Idaho 332 ½, Northwest Nazarene 289, Eastern Oregon 253, Central Washington 181 ½, Oregon Tech 94, Treasure Valley 50. **GNAC Winners:** High Jump – Courtney Schroeder, NNU, 1.60 – 5-3. Shot Put – Becki Duhamel, CWU, 13.30 – 43-7 ¾. Discus – Becki Duhamel, CWU, 41.18 – 135-1. Hammer – Caitlin Curtis, NNU, 48.01 – 157-6.

**Oregon Preview (March 22 at Eugene, OR):** **Men (Top 3):** 100 – 3. Kent McKinney, CWU, 10.92. 110 Hurdles – 3. Logan Myers, WWU, 14.69. 400 Hurdles – 3. Peter Maguire, WWU, 53.98. 4x400 Relay – 3. Western Washington 3:18.78. Long Jump – 1. Nathaniel Van Tuinen, WWU, 6.94 – 22-9 ¼; 3. Kevin Yates, WWU, 6.82 – 22-4 ½. Shot Put – 1. Frank Catelli, WWU, 17.43 – 57-2 ¼. **Women (Top 3):** 800 – 2. McKayla Fricker, SPU, 2:08.00. 2000 Steeplechase – 3. Katelyn Steen, WWU, 6:56.78. 4x400 – 1. Seattle Pacific (Kishia Mitchell, Tasia Baldwin, BryAnne Wochnick, McKayla Fricker) 3:54.16. High Jump – 3. Tayler Fettig, CWU, 1.67 – 5-5 ¾. Pole Vault – Cheyanna Pinley, WWU, 3.55 – 11-7 ¾. Javelin – 1. Katie Reichert, WWU, 49.40 – 162-1; 2. Bethany

Drake, WWU, 48.11 – 157-10; 3. Seabre Church, WOU, 45.48 – 149-2. Shot Put – 2. Emmi Collier, WOU, 13.07 – 42-10 ¾.

**Lewis & Clark Spring Break Open (March 21-22 at Portland, OR): Men** – Concordia 172, Linfield 81, Western Oregon 79, Pacific 68, Lewis & Clark 67 ½ (7. Saint Martin's 34, 9. Seattle Pacific 21). **GNAC Winners:** 800 – Josh Hanna 1:54.75. 5000 – Joe Berger, SMU, 15:21.74. 110 Hurdles – Dustin Camarillo, WOU, 15.70. Steeplechase – Zach Holloway, WOU, 9:35.28. **Women** – Linfield 137, Saint Martin's 102, Concordia 98, Pacific 66, Lewis & Clark 61 (6. Western Oregon 51, 7. Seattle Pacific 42, 15. Central Washington 8). **GNAC Winners:** 100 – Renee Hudson, SMU, 12.69. 400 – Kolby Childers, WOU, 59.63. 800 – Bailey Beeson, WOU, 2:15.77. 1500 – Sarah MacDonald, SPU, 4:46.00. 400 Hurdles – Irene Moore, SMU, 1:05.19. Long Jump – Irene Moore, SMU, 5.15 – 16-10 ¾. Shot Put – Kirby Neale, SMU, 12.43 – 40-9 ½.

## GNAC OUTDOOR ATHLETES OF THE WEEK

### Men

**Week of Feb. 24-March 2: Field** – Slater Hirst, Western Washington (Jr., Shoreline, WA – King's) and Shane Brooks, Western Oregon (So., Pleasant Hill, OR) both had provisional national qualifying throws of 194-7 in the javelin at the Puget Sound Quadrangular and the Willamette Opener, respectively, as the outdoor season got underway. Both athletes finished first.

**Week of March 3-9: Track** – Bobo Camara, Alaska Anchorage (So., Cologne, Germany) won the 400 hurdles in a provisional national qualifying time of 53.14 at the UNLV Track Classic. His time ranks eighth in GNAC history. He also won the 110 hurdles in a GNAC automatic qualifying time of 15.07. **Field** – Franz Burghagen, Alaska Anchorage (Jr., Berlin, Germany) automatically qualified for the NCAA national meet in the javelin, finishing first at Las Vegas with a throw of 216-10.

**Week of March 10-16: Track** – Elliott Bauer, Alaska Anchorage (Jr., Anchorage, AK – South Anchorage) posted a provisional national qualifying time in the 400 hurdles at the Ben Brown Invitational at Fullerton, Calif. Bauer was clocked in a time of 53.61. He also ran the lead leg as the Seawolves won the 4x400 relay at the Occidental Distance Relays in a GNAC record-time of 3:13.70. **Field** – Troy Martin, Central Washington (Fr., Port Angeles, WA) finished second in the shot put (50-2 ½) and third in the discus (159-5) posting GNAC season-best marks in both events at the Dusty Lane Open in Spokane. Both marks automatically qualify Martin for the GNAC meet in May.

### Women

**Week of Feb. 24-March 2: Field** – Bethany Drake, Western Washington (So., Sandy, OR) had an outdoor automatic qualifying throw of 156-11 in the javelin at UPS. Drake has a career-best of 157-4, which ranks sixth in GNAC history. She won the event at UPS by almost 40 feet.

**Week of March 3-9: Track** – Jamie Ashcroft, Alaska Anchorage (Fr., Shawnigan Lake, BC) had two of the fastest sprint times in GNAC history at the UNLV Track Classic. She won the 100 meters in a GNAC-record time

of 11.84, then finished sixth in the 200 in a time of 24.27. The latter time was the third quickest in GNAC history. Both marks provisionally qualified her for the NCAA national meet in May. **Field** – Seabre Church, Western Oregon (Sr., Florence, OR - Siuslaw) won the javelin at the Oregon State Invitational with an automatic national qualifying mark of 155-9. That toss ranks second in WOU school history and is seventh on the GNAC All-Time Top 10 list. She joins Bethany Drake of Western Washington (156-11) as automatic qualifiers for the NCAA national meet.

**Week of March 10-16: Track** – Rosie Smith, Alaska Anchorage (So., Anchorage, AK - Bartlett) finished second in the 100 hurdles at the Occidental Distance Carnival Friday in a time of 14.52, then posted a provisional national qualifying time of 14.40 in finishing fifth in the same event at the Fullerton State Ben Brown Invitational Saturday. Her 100 hurdles time ranks eighth in GNAC history. She also was a member of UAA's 4x100 relay team at Occidental than finished first in the third fastest time in GNAC history (47.11). **Field** – Becki Duhamel, Central Washington (Sr., Wenatchee, WA) posted GNAC automatic qualifying marks in both the discus (131-3) and shot put (41-5 ¼) at the Dusty Lane Open. She finished fourth in both events. Her marks rank first and second, respectively, so far this spring in the GNAC.

## PREVIOUS 2014 TOP OUTDOOR FINISHERS

**UPS Quadrangular (March 1 at Tacoma): Men** – Puget Sound 75 2/3. Lewis & Clark 42 1/3. Western Washington 41, Seattle Pacific 31. **GNAC winners:** 400 – David Ferguson, SPU, 51.71. 800 – Adam Avischious, SPU, 2:00.01. 1500 – Logan Giese, WWU, 4:01.09. 10,000 – Cory Johnson, WWU, 32:00.60. 4x400 Relay – Seattle Pacific 3:28.16. Triple Jump – Ben Smith, SPU, 12.47 – 40-11. Shot Put – Brandon Pless, WWU, 14.52 – 47-7 ¾. Discus – Jacob Gilbert, WWU, 41.78 – 137-1. Javelin – Slater Hirst, WWU, 59.31 – 194-7. **Women** – Western Washington 63, Puget Sound 38, Lewis & Clark 34, Seattle Pacific 14. **GNAC winners:** 100 – Veronica Ivancic, WWU, 12.90. 200 – Veronica Ivancic, WWU, 26.28. 800 – Shawna Troupe, WWU, 2:22.05. 400 Hurdles – Amber Dodd, WWU, 1:05.22. Pole Vault – Elizabeth Knope, WWU, 3.10 – 10-2. Long Jump – Shandel Yanney, WWU, 4.72 – 15-6. Discus – Maggie Roe, WWU, 36.47 – 119-8. Javelin – Bethany Drake, WWU, 47.84 – 156-11.

**Willamette Opener (Mar. 1 at Salem): Men (GNAC winners):** 800 – Chris Stash, WOU, 1:56.81. Shot – Carraig Colahan, WOU, 13.86 – 45-5 ¾. 100 Hurdles – Dustin Camarillo, WOU, 16.21. High Jump – Garrett Hardie, WOU, 1.80 – 5-10 ¾. Javelin – Shane Brooks, WOU, 59.31 – 194-7. **Women (GNAC winners):** 100 Hurdles – Rochelle Pappel, WOU, 14.99. Shot Put – Emmi Collier, WOU, 12.78 – 41-11 ¼. Hammer – Emmi Collier, WOU, 41.71 – 136-10. Javelin – Seabre Church, WOU, 42.91 – 140-9.

**Linfield Icebreaker (March 1 at McMinnville): Men:** 10,000 – 22. Javier Cortes, WOU, 34:19.33; 26. Brian Cortes, WOU, 34:41.30. **Women:** 10,000 – 10. Lara Lucero, WOU, 45:29.81.

**Pacific Lutheran Invitational (March 8 at Tacoma): Men (GNAC Winners):** 200 – Harish Prasad, CWU, 22.65. 400 – Chayce Sather, CWU, 51.06. 800 – Cody McCranie, WWU, 1:56.98. 10,000 – Joe Berger, SMU, 31:52.77. 4x400 Relay – Central Washington 3:25.20. 110 Hurdles – Bernari Sternen, CWU, 14.96. 400 Hurdles – Kennedy Sarmiento, CWU, 58.23. High Jump – Justin Peterson, CWU, 1.90 – 6-2

¾. Long Jump – Ty Sissel, SMU, 5.73 – 18-9 1/2. Triple Jump – Luke Plummer, CWU, 13.44 – 44-1. **Women (GNAC Winners):** 200 – Ashley Harmon, CWU, 26.56. 5000 – Dani Eggleston, CWU, 18:02.63. 10,000 – Connie Morgan, CWU, 38:31.48. 100 Hurdles – Allison Deck, CWU, 15.84. 400 Hurdles – Chelsea Genter, CWU, 1:07.91. 4x400 Relay – Central Washington 4:05.82. Triple Jump – Marinah Bentley, CWU, 10.03 – 32-11 1/2. Hammer – Angel Rodgers, SMU, 44.13 – 144-9. Javelin – Katie Reichert, WWU, 42.43 – 139-2.

**UNLV Track Classic (March 8 at Las Vegas): Men (Top 3): Men (Top 3):** 400 – 1. Ethan Hewitt, UAA, 48.28; 3. Adam Commandeur, UAA, 49.44. 800 – 3. Isaac Kangogo, UAA, 1:56.12. 1500 – 2. Isaac Kangogo, UAA, 3:54.36. 4x400 Relay – 1. Alaska Anchorage 3:20.10. 110 Hurdles – 1. Bobo Camara, UAA, 15.07; 2. Cody Thomas, UAA, 15.09; 3. Travis Wilson, UAA, 15.83. 400 Hurdles – 1. Bobo Camara, UAA, 53.14; 2. Elliott Bauer, UAA, 54.66; 3. Travis Wilson, UAA, 56.42. Long Jump – 2. Cody Thomas, UAA, 6.84 – 22-5 ¾; 3. Tevin Gladden, UAA, 6.66 – 21-10 ¼. Shot Put – 3. Tim Dommek, UAA, 13.63 – 44-8 ¾. Javelin – 1. Franz Burghagen, UAA, 66.10 – 216-10; 2. Cody Parker, UAA, 63.83 – 209-5. **Women (Top 3):** 100 – 1. Jamie Ashcroft, UAA, 11.84; 3. Makenzie Harsch, UAA, 12.30. 200 – Jamie Ashcroft, UAA, 24.27. Long Jump – 3. Rosie Smith, UAA, 5.20 – 17-0 ¾.

**Oregon State Invitational (March 8 at Corvallis): Men (GNAC Winners):** 100 – Jeff Howard, WOU, 10.95. 110 Hurdles – Kody Rhodes, WOU, 14.93. Javelin – Shane Brooks, WOU, 64.49 – 211-7. **Women (GNAC Winners):** 100 Hurdles – Rochelle Pappel, WOU, 14.95. 400 – Kishia Mitchell, SPU, 57.09. 4x100 Relay – Seattle Pacific 47.43. 4x400 Relay – Western Oregon 4:01.45. Shot Put – Emmi Collier, WOU, 13.02 – 42-8 ¾. Javelin – Seabre Church, WOU, 47.48 – 155-9.

**EOU Team Challenge (March 23 at LaGrande):**

**Dusty Lane Open (March 15 at Spokane): Men (GNAC Winner):** 400 Hurdles – Bernari Sternen, CWU, 54.10. 4x100 Relay – Central Washington 42.34. 4x400 Relay – Central Washington 3:20.09. Triple Jump – Luke Plummer, CWU, 13.52 – 46-3 ¾. **Women (GNAC Winners):** 100 – Chelsea Genter, CWU, 12.79. Steeplechase – Erin Chinchar, CWU, 12:11.31. 4x100 – Central Washington 49.87. 4x400 Relay – Central Washington 4:07.74.

**Lane Preview (March 14-15 at Eugene): Men (Top 3):** 200 – 2. Tyrell Williams, WOU, 22.36. 1500 – 1. Brady Beagley, WOU, 3:56.58; 2. Ryan Hansen, WOU, 3:57.20; 3. Drew Larson, WOU, 3:58.16. 110 Hurdles – 1. Kody Rhodes, WOU, 14.96; 3. Brett Campbell, WOU, 15.54. 400 Hurdles – 1. Kody Rhodes, WOU, 54.69. 4x400 Relay – 3. Western Oregon 3:26.39. Discus – 3. Carraig Colahan, WOU, 39.51 – 129-7. Javelin – 1. Neil Gravatt, WOU, 52.34 – 171-9. **Women (Top 3):** 100 – 2. Rochelle Pappel, WOU, 12.91. 3000 – 3. Rachel Crawford, WOU, 10:49.36. 100 Hurdles – 1. Rochelle Pappel, WOU, 15.07. 400 Hurdles – 2. Audrey Hellesto, WOU, 1:05.63. 4x400 Relay – 2. Western Oregon 4:01.81. Hammer – 2. Emmi Collier, WOU, 41.05 – 134-8. Shot Put – 2. Emmi Collier, WOU, 12.61 – 41-4 ½.

**Northwest Nazarene Combined (March 14-15 at Nampa): Decathlon –** 1. Andrew Galbraith, unat, 5922; 2. Micah Spatz, NNU, 5758; 3. Luke Conklin, NNU, 4744; 4. Christian Li, College of Idaho, 4395. **Heptathlon –** 1. Janessa Dyk, NNU, 3774; 2. Tiana Thomas, College of Idaho, 3575; 3. Johanna Mori, College of Idaho, 2279.

**Occidental Distance Carnival (March 14 at Eagle Rock, CA): Men (Top 3):** 1500 – 3. Isaac Kangogo, UAA, 3:49.60. 110 Hurdles – 1. Cody Thomas, UAA, 14.81; 3. Travis Wilson, UAA, 15.92. 4x400 Relay – 1. Alaska Anchorage (Elliott Bauer, Adam Commandeur, Bobo Camara, Ethan Hewitt) 3:13.70. **Women (Top 3):** 100 – 2. Jamie Ashcroft, UAA, 12.17. 100 Hurdles – 2. Rosie Smith, UAA, 14.52; 3. Alexia Blalock, UAA, 15.99. 4x100 Relay – 1. Alaska Anchorage (Makenzie Harsch, Rosie Smith, Sasha Halfyard, Jamie Ashcroft) 47.11.

**Ben Brown Invitational (March 15 at Fullerton, CA): Men (Top 10):** 400 – 5. Ethan Hewitt, UAA, 48.43. 800 – 10. Isaac Kangogo, UAA, 1:54.83. 110 Hurdles – 6. Bobo Camara, UAA, 15.09; 7. Cody Thomas, UAA, 15.23. 400 Hurdles – 4. Bobo Camara, UAA, 53.29; 6. Elliott Bauer, UAA, 53.61. Long Jump – 10. Tevin Gladden, UAA, 6.67 – 21-10 ¾. Javelin – 3. Franz Burghagen, UAA, 65.93 – 216-4. **Women (Top 10):** 100 – 4. Jamie Ashcroft, UAA, 12.11. 100 Hurdles – 5. Rosie Smith, UAA, 14.40. 4x100 Relay – 2. Alaska Anchorage (Makenzie Harsch, Rosie Smith, Sasha Halfyard, Jamie Ashcroft) 47.41. Triple Jump – 6. Alexia Blalock, UAA, 11.08 – 36-4 ¼. Shot Put – 6. Gaynor Johansen, UAA, 11.52 – 37-9 ½. Discus – 6. Gaynor Johansen, UAA, 36.26 – 118-11.

**Hub City Open (March 15 at Centralia): Men (SMU results):** Discus – 5. Mitch Wilkens, SMU, 36.90 – 121-0. Hammer – 3. Vince Faulefau, SMU, 44.43 – 145-9; 5. Mitch Wilkens, SMU, 40.44 – 132-8. Shot – 1. Mitch Wilkens, SMU, 14.51 – 47-7 ¼. **Women (SMU Results):** Discus – Kirby Neale, SMU, 31.26 – 102-6. Hammer – 1. Angel Rodgers, SMU, 45.95 – 150-9; 2. Ali Wick, SMU, 45.06 – 147-10; 3. Ami Wick, SMU, 43.52 – 142-9. Shot Put – 1. Kirby Neale, SMU, 11.68 – 38-3 3/4; 3. Ami Wick, SMU, 11.44 – 37-6 ¼.