



## Great Northwest Athletic Conference

6901 SE Lake Rd.  
Suite 1  
Portland, OR 97267-2194  
503.305.8756

Contact: Bob Guptill

### 2014 Outdoor Track & Field Report 13 (April 16, 2014)

#### UPCOMING EVENTS AND RANKINGS

**THIS WEEK: Thursday** – Mt. Sac Relays at Walnut (UAA, NNU, SFU, WOU, WWU); Dickinson State Invitational (MSUB); Cal State L.A. (WWU). **Friday** – Mt. Sac Relays at Walnut (UAA, NNU, SFU, WOU, WWU); APU Bryan Clay Invitational (UAA, SMU, SFU, SPU, WWU); Oregon Relays (WOU); Northwest Nazarene Invitational (NNU). **Saturday** – Mt. Sac Relays at Walnut (UAA, NNU, SFU, WOU); Beach Invitational at Long Beach (UAA, SMU, SFU, SPU); CWU Spike Art (CWU, WWU); Oregon Relays (WOU); Lewis & Clark Pioneer Invite (WOU); Northwest Nazarene Invitational (NNU).

**USTFCCCA NATIONAL OUTDOOR COMPUTER RANKINGS (as of April 15): Men** – 11. Alaska Anchorage. **Women** – 16. Western Washington; 17. Alaska Anchorage; 22. Seattle Pacific.

**USTFCCCA REGIONAL OUTDOOR COMPUTER RANKINGS (as of April 15): Men** – 1. Chico State; 2. UC San Diego; 3. Alaska Anchorage; 4. Western Washington; 5. Academy of Art; 6. CSU Stanislaus; 7. Central Washington; 8. Northwest Nazarene; 9. Cal State L.A.; 10. Simon Fraser. **Women** – 1. Chico State; 2. Alaska Anchorage; 3. Cal State Stanislaus; 4. Academy of Art; 5. Northwest Nazarene; 6. Western Washington; 7. Seattle Pacific; 8. San Francisco State; 9. Central Washington; 10. Cal State L.A.

#### GNAC RED LION ATHLETES OF THE WEEK

**MEN: Track** – Bernari Sternen, Central Washington (Jr., Lynnwood, WA – Kamiak) ran a pair of provisional national qualifying and GNAC all-time Top 10 times in the Spokane CC WAR VII track-and-field meet. Sternen set a GNAC record in the 110 high hurdles, clocking a time of 14.47 and breaking the record of 14.54 set by Damien Davis of Western Oregon in 2003. In the 400 hurdles, Sternen ran the ninth fastest time in GNAC history (53.36). He finished second in both events. **Field** – Cody Thomas, Alaska Anchorage (Jr., Blenheim, New Zealand) scored 6,940 points to finish second in the decathlon at the Sac State Mondo Multi-Events. His score is the second highest in GNAC history and currently ranks sixth nationally in Division II. Among his marks was a long jump of 22-11 ¼, which ranks second this spring in the GNAC.

**HONORABLE MENTION (TRACK):** Alex Donigian, Western Washington (Jr., Mission Viejo, CA) set a school record and also ran the third fastest 100 meters in GNAC history in winning the 100 meters at the University of Washington in a time of 10.49 ... Frank Krause, Saint Martin's (Jr., Onalaska, WA) finished third in the 800 meters with a PNQ of 1:52.04 at the Spokane CC WAR VII. His time ranks third this spring in the GNAC. He also led the Saints to a school-record time of 3:22.80 in the 4x400 relay ... Rimar Christie, Northwest Nazarene (Jr., St. Michael, Barbados) won the 100 (10.71) and placed second

in the 200 (21.93). He also led the Crusaders to a win in the 4x100 relay (41.88). Joining him in the victory were David Harris, Andrew Cutler and Cody Henderson ... Tyrell Williams, Western Oregon (Jr., Salem, OR) broke a seven-year old meet record in the 400 meters at the John Knight Twilight, posting a time of 48.67. Williams, who now has GNAC automatic qualifying marks in 100 (10.91), 200 (21.59) and 400, also led the Wolf 4x400 relay team to a first-place finish (3:24.14). All three qualifying times are meet records (the 100 and 200 at the San Francisco State Distance Carnival).

**HONORABLE MENTION (FIELD):** Zach McClanahan, Northwest Nazarene (Fr., Yuma, AZ) and Greyson Kilgore, Northwest Nazarene (Sr., Kuna, ID) each pole vaulted a GNAC season-best 14-7 ¼, a height matched by Joseph Keeton of Saint Martin's at WAR VII ... Justin Larson, Western Oregon (Jr., Dayville, OR) improved his provisional national qualifying mark in the javelin to 206-10, placing second at the John Knight Twilight. He currently ranks fourth in the GNAC and 13<sup>th</sup> in NCAA Division II ... Frank Catelli, Western Washington (So., Sequim, WA) won the shot put (56-0 ½) and discus (173-11) at the University of Washington. His discus mark is a provisional national qualifying mark and currently ranks fourth in Division II. It's also the third longest in GNAC history ... Kevin Stanley, Central Washington (Jr., Spokane Valley, WA – Central Valley) won the shot (50-10 ¾) and finished second in the hammer at WAR VII with a PNQ of 180-10. That is the eighth longest hammer throw in GNAC history.

**WOMEN: Track** – Irene Moore, Saint Martin's (Jr., Bremerton, WA – Cross Point Academy) won the 400 hurdles at the Spokane CC WAR VII in a provisional national qualifying time of 1:02.54. That time ranks seventh in GNAC history. She also finished fifth in the 100 hurdles (15.12) and sixth in the long jump (16-8). Both of her hurdle times were school records. **Field** – Karolin Anders, Alaska Anchorage (So., Berlin, Germany) scored 5,048 points to win the heptathlon at the Sac State Mondo Multi-Events. She is the seventh athlete to score 5,000 or more points in Division II this spring. Her score also ranks fifth in GNAC history. Among her marks was a GNAC season-best and a NCAA national qualifying long jump of 18-10 ½. That is the 10<sup>th</sup> longest long jump in GNAC history.

**HONORABLE MENTION (TRACK):** Marie Smith, Northwest Nazarene (Sr., Boise, ID – Capital) broke the school record in the 100 meter hurdles for the second time this spring posting a time of 14.41 at the Spokane CC WAR

VII meet ... Madison McClung, Western Oregon (Sr., Cottage Grove, OR) won the 100 (12.29) and finished second in the 299 (25.10) in the 200 in the John Knight Invitational. Her 100 time ranks second and her 200 time ranks fourth this spring in the GNAC. She also led the Wolves to a win in the 4x100 relay (49.93) ... Katelyn Steen, Western Washington (Jr., Sammamish, WA – Eastlake) posted a provisional qualifying mark in winning the 1,500 meters at UW in a time of 4:34.98. She now has PNQs in three events, including the steeplechase and 5,000 meters ... Kishia Mitchell, Seattle Pacific (Sr., Puyallup, WA – Rogers) finished second in the 200 in a career-best and NCAA PNQ time of 24.76 at UW. Her time ranks fifth in GNAC history. She also ran the lead leg as SPU won the 4x400 relay in a time of 3:48.49.

**HONORABLE MENTION (FIELD):** Caitlin Curtis, Northwest Nazarene (Jr., Portland, OR – David Douglas) finished third in the hammer with a mark of 159-3 at Spokane. That distance ranks second in the GNAC this spring ... Emmi Collier, Western Oregon (So., Warrenton, OR) improved her career best in winning the shot put to 45-3 ¾. Her provisional national qualifying mark ranks eighth in GNAC history and 18<sup>th</sup> on the NCAA performance list.

**GNAC TEAMS HEAD TO CALIFORNIA:** Many of the top GNAC track-and-field athletes will head to California this week for competitions at Cal State L.A., Mt. Sac, Azusa Pacific and Long Beach State. Others will stay at home or close to home to compete in meets at Nampa (NNU Invitational), Ellensburg (CWU Spike Arlt Invitational), Eugene (Oregon Relays) and Portland (Lewis & Clark Invitational). Montana State Billings, meanwhile, will send athletes to Dickinson, N.D., for the Dickinson State Invitational.

**SEVENTEEN QUALIFYING MARKS:** A total of 17 provisional national qualifying marks were established in meets at Seattle, Spokane, Monmouth and Sacramento last week ... Central Washington hurdler Bernari Sternen accounted for two of them, setting a GNAC record in the men's 110 hurdles (14.47) and running the ninth fastest 400 hurdle time in GNAC history (53.36) ... Alaska Anchorage heptathlete Karolin Anders also had two, scoring 5,048 points and long jumping 18-10 ½ in the seven-event competition ... Anders point total currently ranks seventh in Division II. Also establishing Top 10 national marks were WWU's Frank Catelli in the men's discus (4<sup>th</sup>, 173-11) and Alaska Anchorage's Cody Thomas in the decathlon (6<sup>th</sup>, 6940) .... GNAC athletes currently have 24 performances that rank nationally in Division II in the Top 10. Micah Chelimo of Alaska Anchorage continues to lead Division II in the 10,000 (28:37.75) and Bethany Drake of Western Washington held on to her No. 1 ranking in the women's javelin (169-6) ... Holding down No. 2 national rankings are UAA's Franz Burghagen in the men's javelin (229-7) and UAA's Joyce Kipchumba in the women's 5,000 (16:44.97).

**GNAC TOP 10s:** Sternen's two hurdle times and Anders' performances in the heptathlon and long jump were among 15 performances to crack the GNAC Top 10 All-Time lists.

Other Top 10 performances included a 10.49 time by WWU's Alex Donigian in the men's 100 (3<sup>rd</sup>), Catelli's discus throw (3<sup>rd</sup>) and Thomas' decathlon score (2<sup>nd</sup>). Also joining the Top 10s were WWU's Logan Myers in the 110 hurdles (4<sup>th</sup>, 14.65), CWU's Kevin Stanley in the hammer (8<sup>th</sup>, 180-10), Kishia Mitchell of Seattle Pacific in the women's 200 (5<sup>th</sup>, 24.76), SPU's McKayla Fricker in the 400 (7<sup>th</sup>, 55.95), Marie Smith of NNU in the 100 hurdles (9<sup>th</sup>, 14.41); Irene Moore of Saint Martin's in the 400 hurdles (7<sup>th</sup>, 1:02.54) and WOU's Emmi Collier (8<sup>th</sup>, 45-3 ¾) and CWU's Becki Duhamel (9<sup>th</sup>, 45-0 ½) in the shot.

**THE COMPUTER SAYS:** According to the USTFCCCA computer, Alaska Anchorage is the 11<sup>th</sup> best men's team and the 17<sup>th</sup> best women's team in Division II, at least as far as national meet point potential goes. Western Washington is ranked 16<sup>th</sup> and Seattle Pacific is ranked 22<sup>nd</sup> in this week's poll. From a regional point perspective, UAA's men are ranked third just ahead of fourth-place Western Washington. The Seawolf women are ranked second. Chico State is the regional leader in both divisions.

## BY THE NUMBERS

**GNAC ALL-TIME TOP 10 OUTDOOR PERFORMANCES (for April 7-13):** **Men:** 100 – 3. Alex Donigian, WWU, 10.49. 110 Hurdles – 1. \*Bernari Sternen, CWU, 14.47; 4. Logan Myers, WWU, 14.65. 400 Hurdles – 9. \*Bernari Sternen, CWU, 53.36. Discus – 3. Frank Catelli, WWU, 53.00 – 173-11. Hammer – 8. \*Kevin Stanley, CWU, 55.11 – 180-10. Decathlon – 2. Cody Thomas, UAA, 6940. **Women:** 200 – 5. Kishia Mitchell, SPU, 24.76. 400 – 7. McKayla Fricker, SPU, 55.95. 100 Hurdles – 9. \*Marie Smith, NNU, 14.41. 400 Hurdles – 7. \*Irene Moore, SMU, 1:02.54. Long Jump – 10. ++Karolin Anders, UAA, 5.75 – 18-10 ½. Shot Put – 8. +Emmi Collier, WOU, 13.81 – 45-3 ¾; 9. \*Becki Duhamel, CWU, 13.73 – 45-0 ½. Heptathlon – 5. ++Karolin Anders, UAA, 5048. (**Note:** All performances were at UW except where noted: \*Spokane +Monmouth ++Sacramento)

**LAST WEEK'S NCAA OUTDOOR QUALIFIERS (for April 7-13):** **Men:** 100 – Alex Donigian, WWU, 10.49. 800 – \*Frank Krause, SMU, 1:52.04. 1500 – +Ryan Hansen, WOU, 3:52.78. 110 Hurdles – \*Bernari Sternen, CWU, 14.47; Logan Myers, WWU, 14.65. 400 Hurdles – \*Bernari Sternen, CWU, 53.36. Discus – Frank Catelli, WWU, 53.00 – 173-11. Hammer – \*Kevin Stanley, CWU, 55.11 – 180-10. Javelin – +Justin Larson, WOU, 63.04 – 206-10; Slater Hirst, WWU, 62.37 – 204-7. Decathlon – ++Cody Thomas, UAA, 6940. **Women:** 400 – McKayla Fricker, SPU, 55.95. 400 Hurdles – \*Irene Moore, SMU, 1:02.54. Long Jump – ++Karolin Anders, UAA, 5.75 – 18-10 ½; \*Tayler Fettig, CWU, 5.71 – 18-9. Shot Put – +Emmi Collier, WOU, 13.81 – 45-3 ¾; \*Becki Duhamel, CWU, 13.73 – 45-0 ½. Heptathlon – ++Karolin Anders, UAA, 5048. (**Note:** All performances were at UW except where noted: \*Spokane +Monmouth ++Sacramento)

**CURRENT TOP 10 NATIONAL LEADERS (though April 14):** **Men:** 800 – 10. Ryan Hansen, WOU, 1:51.27. 1500 – 5. Isaac Kangogo, UAA, 3:49.60. Steeplechase – 6. Brady Beagley, WOU, 9:07.66. 10,000 – 1. Micah Chelimo, UAA, 28:37.75. Shot Put – 10. Frank Catelli, WWU, 17.43 – 57-2 ¼. Discus – 4. Frank Catelli, WWU, 53.00 – 173-11. Javelin – 2. Franz Burghagen, UAA, 69.87 – 229-3; 7. Shane Brooks, WOU, 64.49 – 211-7. Decathlon – 6. Cody Thomas, UAA, 6940. **WOMEN:** 100 – 10. Jamie Ashcroft, UAA, 11.74. 800 – 3. McKayla Fricker, SPU, 2:08.00; 6. Lynelle Decker, SPU, 2:10.58; 10. Natalie Evans, NNU, 2:11.04. 1500 – 8. Ivy O'Guinn, UAA, 4:31.57. Steeplechase – 8. Katelyn Steen, WWU, 10:54.78. 5000 – 2. Joyce Kipchumba, UAA, 16:44.97; 6. Jordan Rehfeld, NNU, 16:57.15; 7. Katelyn Steen, WWU, 16:59.03. 4x100 Relay – 9. Alaska Anchorage 46.56. 4x400 Relay – 8. Seattle Pacific 3:45.63. Javelin – 1. Bethany Drake, WWU, 51.66 – 169-6; 4.

Katie Reichert, WWU, 49.40 – 162-1; 6. Seabre Church, WOU, 47.48 – 155-9. Heptathlon – 7. Karolin Anders, UAA, 5048.

## LAST WEEK:

**Idaho State Multi-Events (April 9-10 at Pocatello): Decathlon** – 6. Cameron Stanek, MSUB, 5092. **(Day 1):** 100 – 11.36. Long Jump – 6.23 – 20-5 ¼. Shot Put – 10.23 – 33-6 ¾. High Jump – 1.61 – 5-3 ¼. 400 – 52.47. **Day 2:** 110 Hurdles – 18.81. Pole Vault – 3.60 – 11-9 ¾. Discus – 22.32 – 73-3. Javelin – 35.24 – 115-7. 1500 – 5:40.34.

**WOU John Knight Twilight (April 11 at Monmouth): Men** – Western Oregon 217, Concordia 185, Willamette 83, Mt. Hood 52, UO RC 39, Northwest Christian 35, Grape Crush TC 10, Trinity Lutheran 8, New Hope Christian 8, Oregon State 6, Bowerman AC 5, OSU RC 3, Portland 1. **WOU Winners:** 100 – Jeff Howard, WOU, 10.88. 400 – Tyrell Williams, WOU, 48.67. 800 – Josh Hanna, WOU, 1:52.75. 110 Hurdles – Kody Rhodes, WOU, 14.86. 4x400 Relay – Western Oregon 3:24.14. Pole Vault – Eric Gaines, WOU, 3.80 – 12-5 ½. Long Jump – Matson Hardie, WOU, 6.48 – 21-3 ¼. Triple Jump – Matson Hardie, WOU, 13.72 – 45-0 ¼. **Women** – Western Oregon 144, Oregon State 131 1/3, Mt. Hood CC, 93, Concordia 89, Northwest Christian 58, UO RC 19, Spirit of Oregon 18, Trinity Lutheran 18, Southern Oregon 14, New Hope Christian 8. **WOU Winners:** 100 – Madison McClung, WOU, 12.29. 100 Hurdles – Rochelle Pappel, WOU, 14.83. 400 Hurdles – Audrey Hellesto, WOU, 1:05.31. 4x100 Relay – Western Oregon 48.93. 4x400 Relay – Western Oregon 4:03.43. Long Jump – Charlene Harber, WOU, 5.39 – 17-8 ¼. Shot Put – Emmi Collier, WOU, 13.81 – 45-3 ¾.

**Sac State Mondo Multi-Events (April 10-11 at Sacramento): Decathlon** – 3. Cody Thomas, UAA, 6940 **(Day 1):** 100 – 10.96. Long Jump – 6.99 – 22-11 ¼. Shot Put – 11.35 – 37-3. High Jump – 1.92 – 6-3 ½. 400 – 49.48. **Day 2:** 110 Hurdles – 15.47. Discus – 35.60 – 116-9. Pole Vault – 4.10 – 13-5 ¼. Javelin – 43.39 – 142-4. 1500 – 4:50.37. **Heptathlon** – 1. Karolin Anders, UAA, 5048 **(Day 1):** 100 Hurdles – 15.36. High Jump – 1.63 – 5-4 ¼. Shot Put – 10.70 – 35-1 ¼. 200 – 25.95. **Day 2:** Long Jump – 5.75 – 18-10 ½. Javelin – 33.14 – 108-9. 800 – 2:22.12.

**University of Washington Open (April 11-12 at Seattle): Men (GNAC Winners):** 100 – Alex Donigian, WWU, 10.49. 400 – Devin Smith, WWU, 48.75. 5000 – Isaac Griffith, WWU, 14:58.84. Steeplechase – Andrew Wise, WWU, 9:54.08. Shot Put – Frank Catelli, WWU, 17.08 – 56-0 ½. Discus – Frank Catelli, WWU, 53.00 – 173-11. **Women (GNAC Winners):** 400 – McKayla Fricker, SPU, 55.95. 1500 – Katelyn Steen, WWU, 4:34.98. 4x100 Relay – Western Washington (Veronica Ivanacic, Tany Bjornsson, Shawna Troupe, Amber Dodd) 48.70. 4x400 Relay – Seattle Pacific (Kishia Mitchell, Tasia Baldwin,, Jasmine Johnson, McKayla Fricker) 3:48.49. High Jump – Katelyn Wright, WWU, 1.61 – 5-3 ¼.

**SCC WAR 7 (April 12 at Spokane): Men** – Central Washington 108, Northwest Nazarene 101 ½, Whitworth 92, Gonzaga 69, Eastern Oregon 64 ½ (10. MSU Billings and Saint Martin's 31; 16. Western Washington 4). **GNAC Winners:** 100 – Rimar Christie, NNU, 10.71. 4x100 Relay – Northwest Nazarene (David Harris, Andrew Curtis, Cody Henderson, Rimar Christie) 41.88. Shot Put – Kevin Stanley, CWU, 15.51 – 50-10 ¾. **Women** – Central Washington 104 1/10, Northwest Nazarene 94, Eastern Oregon 84 6/10, Carroll 82 6/10, Spokane CC 72 6/10 (10. Saint Martin 35, 14. MSU Billings 6). **GNAC Winners:** 5000 – Dani Eggleston, CWU, 17:47.21. 100 Hurdles – Marie Smith, NNU, 14.41. 400 Hurdles – Irene Moore, SMU, 1:02.54. Pole Vault – Alison Silva, NNU, 3.65 – 11-11 ¾. Long Jump – Tayler Fettig, CWU, 5.71 – 18-9. Shot Put – Becki Duhamel, CWU, 13.73 – 45-0 ½.

**Simon Fraser Mondor Invitational (April 12 at Burnaby): Men (SFU Winners):** 400 – Daniel Kelloway, SFU, 48.51. 800 – Cameron Proceviat, SFU, 1:52.70. 1500 – Lorenzo Smith, SFU, 4:02.10. 4x100 Relay – Simon Fraser 43.50. Hammer – Peter Behncke, SFU, 47.08 – 154-5. **Women (SFU Winners):** 2000 Steeplechase – Emma Chadsey, SFU, 7:37.26.

Triple Jump – Ella Brown, SFU, 11.41 – 37-5. Javelin – Selina Byer, SFU, 39.92 – 130-11.

**Pacific Luau (April 12 at Forest Grove): Men:** 100 – Jeff Howard, WOU, 11.33. 200 – Jeff Howard, WOU, 22.06. 110 Hurdles – 3. Dustin Camarillo, WOU, 16.01. **Women:** 200 – 17. Emily Moe, WOU, 29.41. 100 Hurdles – 7. Emily Moe, WOU, 17.34. Javelin – 9. Emily Moe, WOU, 27.16 – 89-1.

## 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.

**Week of March 17-23: 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.

**Week of March 24-30: Track** – Brady Beagley, Western Oregon (Sr., Grants Pass, OR – North Valley) placed fifth in the 5,000 meters at the Willamette Invitational in a provisional national qualifying time of 14:35.37. That

time currently ranks eighth in Division II. It also is the third best in WOU school history. He also currently ranks fourth nationally in the 1,500 meter. **Field** – Anthony Montanez, MSU Billings (So., Lovell, WY) had a throw of 160-11 in the hammer, breaking the Yellowjacket school record by 23 feet. His mark was the longest by a non-Division I athlete in the University of Montana Al Manuel Invitational.

**Week of March 31-April 6: Track** – Micah Chelimo, Alaska Anchorage (Sr., Kapkoi, Kenya - Tambach) broke the GNAC record in the 10,000 meters by 31 ½ seconds running a Division II season-best and NCAA automatic qualifying time of 28:37.75 at the Stanford Invitational. He is the first athlete in GNAC history to run in the 28s. He finished third, just one second in back of the winner from Brigham Young. **Field** – Kevin Rima, Northwest Nazarene (Sr., Fairbanks, AK - Hutchinson) finished third at Stanford Friday in the discus with a school-record toss of 165-7. He then reset the record Saturday at San Francisco State winning the event with a provisional national qualifying throw of 168-3. That is the sixth best mark in GNAC history and ranks fifth this spring in Division II.

#### 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.

**Week of March 17-23: 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.

**Week of March 24-30: Track** – Katelyn Steen, Western Washington (Jr., Sammamish, WA - Eastlake) won the 3000 meter steeplechase at the Club Northwest Spring Break Open in a provisional national qualifying time of 10:54.78. Her time is nearly half a minute quicker than anyone else in the conference this spring. **Field** - Lindsay Wells, Western Washington (Sr., Seattle, WA – Nathan Hale) finished first in the Spring Break Open in the hammer in a PNQ of 171-1. That's 13 feet farther than anyone else has thrown the implement this spring.

**Week of March 31-April 6: Track** – Joyce Kipchumba, Alaska Anchorage (Jr., Kapsowar, Kenya – American International) ran the sixth fastest time in GNAC history in the 5,000 meters at the San Francisco State Distance Carnival. Her time of 16:44.97 bettered the national provisional standard by nearly 35 seconds. It currently ranks second nationally in Division II. **Field** – Bethany Drake, Western Washington (So., Sandy, OR) set a GNAC record in winning the javelin at the UPS Shotwell Invitational with a national-leading automatic national qualifying throw of 169-6. That mark earned Drake USTFCCA National Athlete of the Week honors. It also ranks fourth all-time in NCAA Division II history and is the 10<sup>th</sup> longest throw this spring in all divisions.

#### 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 (March 1 at Salem): Men (GNAC winners):** 800 – Chris Stash, WOU, 1:56.81. Shot – Carraig Colahan, WOU, 13.86 – 45-5 ¼. 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 ¼; 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.

**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 ¼. **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.

**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.

**Montana Invitational (March 29 at Missoula): Men (Top 5):** 100 – 5. Tyler DiGiovanna, MSUB, 11.40. 400 – 4. Nathan Vanderby, MSUB, 50.11. 5000 – 5. Robert Peterson, MSUB, 15:19.99. 4x100 Relay – 3. MSU Billings 43.96. 4x400 Relay – 4. MSU Billings 3:28.65. **Women (Top 5):** Steeplechase – 5. Mary Owen, MSUB, 12:43.10. 100 Hurdles – 5. Hope Reid, MSUB, 15.94. 4x400 Relay – 4. MSU Billings 50.73. 4x400 – 2. MSU Billings 4:29.92. Discus – 5. Corrie Holm, MSUB, 40.67 – 133-5.

**UPS Peyton Scoring (March 29 at Tacoma): Men** – Whitworth 184, Pacific Lutheran 158, Puget Sound 122 ½, Pacific 93, Saint Martin's 71, Whitman 20, Olympic 18 ½, Tacoma City RC 5. **Individuals (Top 3):** 1500 – 1. Frank Krause, SMU, 4:04.22; 2. Joe Berger, SMU, 4:05.49. Steeplechase – 3. Jasper Heckman, SMU, 10:36.91. 4x400 – 2. Saint Martin's 3:31.15. Pole Vault – 2. Joseph Keeton, SMU, 4.23 – 13-10 ½. Javelin – 3. Brian Chalkey, SMY, 54.79 – 179-9. **Women** – Whitworth 194, Pacific Lutheran 181, Puget Sound 156 ½, Saint Martin's 49, Pacific 20 ½, Christ Life 20, Central Washington 8, Tacoma City RC 5, Whitman 4, Olympic 2. **Individuals (Top 3):** 100 Hurdles – 2. Tayler Fettig, CWU, 15.31. Steeplechase – 2. Justine Malek, SMU, 13:16.50. Long Jump – 1. Renee Hudson, SMU, 4.94 – 16-2 ½.

**CNW Spring Break (March 29 at West Seattle): Men (GNAC Winners):** 100 – Harish Prasad, CWU, 11.15. 200 – Harish Prasad, CWU, 22.34. 400 – Nathaniel Schmidt, WWU, 49.92. 1500 – Cody McCranie, WWU, 4:01.42. 110 Hurdles – Travis Milbrandt, WWU, 15.19. 400 Hurdles – Jade Wilson, WWU, 56.81. 4x100 Relay – Western Washington 43.37. Pole Vault – Gordon Kordas, WWU, 4.11 – 13-5 ¾. Long Jump – Nathaniel van Tuinen, WWU, 6.69 – 21-11 1/2. High Jump – Logan Myers, WWU, 2.00 – 6-6 3/4. Shot Put – Frank Catelli, WWU, 16.53 – 54-2 ¾. Discus – Frank Catelli, WWU, 46.72 – 153-3. **Women (GNAC Winners):** 100 – Kishia Mitchell, SPU, 12.51. 200 – Cheryl Hong, SPU, 26.16. 800 – Lynelle Decker, SPU, 2:15.81. 1500 – Sarah Macdonald, SPU, 4:49.20. 3000 – Claire Rachwitz, SPU, 10:49.70. 100 Hurdles – Allison Deck, CWU, 15.9. 400 Hurdles – Miranda Lahman, WWU, 1:06.47. Steeplechase – Katelyn Steen, WWU, 10:54.78. 4x100 Relay – Seattle Pacific 48.42. High Jump – Miranda Osadchey, WWU, 1.50 – 4-11. Pole Vault – Madi Webster, SPU, 3.05 – 10-0. Long Jump – Kyra Brannan, SPU, 5.33 – 17-6. Triple Jump – Jasmine McMullin, WWU, 10.24 – 33-7 ¼. Shot Put – Megan Mortensen, WWU, 12.37 – 40-7. Discus – Maggie Roe, WWU, 40.32 – 132-3. Hammer – Lindsay Wells, WWU, 52.15 – 171-1. Javelin – Michaela Farner, SPU, 40.72 – 133-7.

**Willamette Invitational (March 29 at Salem): Men (GNAC Winners):** 200 – Tyrell Williams, WOU, 21.89. 400 – Ethan Hewitt, UAA, 48.78. 110 Hurdles – Brett Campbell, WOU, 15.37. **Women (GNAC Winners):** 100 – Jamie Ashcroft, UAA, 11.91. 200 – Jamie Ashcroft, UAA, 24.71. 100 Hurdles – Rosie Smith, UAA, 14.65. 400 Hurdles – Rosie Smith, UAA, 1:05.33. Steeplechase – Bryn Haebe, UAA, 11:22.50. 4x400 Relay – Alaska Anchorage (Sasha Halfyard, Susan Bick, Jessica Pahkala, Hayley Bezanson) 3:57.00. Shot Put – Emmi Collier, WOU, 13.06 – 42-10 ¼. Hammer – Alyssa Taylor, WOU, 37.91 – 124-4.

**Mt. Hood Multi-Events (Mar. 27-28 at Gresham): Decathlon** – 2. Eric Gaines, WOU, 5717; 3. David Durden, SMU, 5620; 7. Michael Holland, WOU, 5127. **Heptathlon** – 2. Irene Moore, SMU, 3985; 4. Emily Moe, WOU, 3294.

**Puma Outdoor (March 27-29 at Puma, Ariz.): Men (WWU Results):** 800 – 13. Hayden Palmer, WWU, 2:07.17. 1500 – 4. Hayden Palmer, WWU, 4:19.26. **Women (WWU Results):** 5000 – 16. Katie Tyburczy, WWU, 22:20.3.

**University of Miami Invitational (March 29 at Coral Gables, Fla.): Women:** 400 Hurdles – 4. Amber Dodd, WWU, 1:04.35.

**Colorado Front Range Open (March 29 at Golden): Men:** 5000 - 8. Andrew Wise, WWU, 15:58.20. **Women:** 200 - 10. Sydney Coffey, WWU, 26.40. 400 - 1. Sydney Coffey, WWU, 57.66.

**UBC Open (March 30 at Vancouver): Men (SFU Winners):** 200 – Joel Webster, SFU, 22.02. 400 – Stuart Ellenwood, SFU, 50.82. Triple Jump – Ella Brown, SFU, 11.57 – 37-11 ½.

**Western Washington Combined (April 3-4 at Bellingham): Decathlon** – 2. Michael Stralser, WWU, 5587; 4. Justin Peterson, CWU, 4656; 6. Nic Venema, CWU, 3265. **Heptathlon** – None.

**UPS Shotwell Invitational (April 4-5 at Tacoma): Men** – Western Washington 201 ½, Central Washington 108, Pacific Lutheran 87, Puget Sound 71 ½, Everett CC 57 ½, Saint Martin's 39, Simon Fraser 30, Seattle Pacific 23, Tacoma City RC 16, Trinity Lutheran 13, Mt. Hood CC 13, TCRC 8, Olympic 5, Green River CC 3. **GNAC Winners:** 100 – Kent McKinney, CWU, 10.91. 200 – Alex Donigian, WWU, 21.86. 400 – Alex Donigian, WWU, 49.87. 800 – Cody McCranie, WWU, 1:54.09. 110 Hurdles – Travis Milbrandt, WWU, 15.28. High Jump – Brett Watson, WWU, 1.94 – 6-4 ¼. Long Jump – Luke Plummer, CWU, 6.78 – 22-3. Triple Jump – Luke Plummer, CWU, 13.61 – 44-8. Shot Put – Frank Catelli, WWU, 16.84 – 55-3. Discus – Frank Catelli, WWU, 49.52 – 162-6. Javelin – Slater Hirst, WWU, 59.75 – 196-0. **Women** – Western Washington 151, Central Washington 110, Pacific Lutheran 105, Puget Sound 75 ½, Mt. Hood CC 63, Saint Martin's 48, Simon Fraser 47, Seattle Pacific 29, Christ Life 20, Everett CC 19 ½, Seattle University 10, Oiselle 6, Trinity Lutheran 5, Green River CC 2. **GNAC Winners:** 400 – Shawna Troupe, WWU, 59.46. 1500 – Austen Reiter, WWU, 4:45.62. 5000 – Katelyn Steen, WWU, 16:59.03. 400 Hurdles – Irene Moore, SMU, 1:04.37. High Jump – Tayler Fettig, CWU, 1.66 – 5-5 ¼. Pole Vault – Cheyanna Pinley, WWU, 3.38 – 11-1. Long Jump – Tanya Bjornsson, WWU, 5.38 – 17-8. Triple Jump – Kye Fedor, SFU, 11.02 – 36-2. Javelin – Bethany Drake, WWU, 51.66 – 169-6.

**Stanford Invitational (April 4-5 at Palo Alto): Men (Top 8):** 10,000 – 3. Micah Chelimo, UAA, 28:37.75. 400 Hurdles – 8. Bobo Camara, UAA, 53.51. Javelin – 1. Franz Burghagen, UAA, 69.87 – 229-3. **Women (Top 8):** 100 – 5. Jamie Ashcroft, UAA, 11.90. 4x400 Relay – 7. Seattle Pacific (BryAnne Wochnick, Kishia Mitchell, Kyra Brannan, Tasia Baldwin) 47.09.

**Montana State Invitational (April 4-5 at Bozeman): Men (Top 4):** 1500 – 4. Robert Peterson, MSUB, 3:59.85. 10,000 – 2. Jamon Rodrigues, MSUB, 33:10.07; 3. Garrett Love, MSUB, 34:45.80; 4. Jacob Marshall, MSUB, 36:58.56. 400 Hurdles – 5. Lewis Polkow, MSUB, 56.18. Pole Vault – 6. Cole Campbell, MSUB, 4.25 – 13-11 ¼. Shot Put – 4. Anthony Montanez, MSUB, 14.89 – 48-10 ¼. **Women (Top 4):** 100 Hurdles – 4. Hope Reid, MSUB, 15.58. 10,000 – 2. Jinise Osborne, MSUB, 40:19.88; 4. Mary Owen, MSUB, 41:12.95. 4x400 Relay – 4. MSU Billings 4:27.86. Discus – 2. Corrie Holm, MSUB, 41.32 – 135-7.

**San Francisco State Distance Carnival (April 4-5 at San Francisco): Men (GNAC Winners):** 100 – Tyrell Williams, WOU, 10.91. 200 – Tyrell Williams, WOU, 21.59. 400 – Ethan Hewitt, UAA, 48.00. Mile – Oliver Jorgensen, SFU, 4:19.11. 400 Hurdles – Bobo Camara, UAA, 53.65.

4x100 Relay – Alaska Anchorage (Austen DeWolf, Elliott Bauer, Bobo Camara, Ethan Hewitt) 42.94. 4x400 Relay – Northwest Nazarene (David Harris, Kyle McLaughlin, Stephen Larlee, Andrew Curtis) 3:19.99. High Jump – Cole Hoberg, NNU, 1.94 – 6-4 ¼. Discus – Kevin Rima, NNU, 51.28 – 168-3. **Women (GNAC Winners):** 100 – Jamie Ashcroft, UAA, 11.74. 800 – Sarah Sawatzky, SFU, 2:11.57. Mile – Rebecca Bassett, SFU, 5:01.66. 4x100 Relay - Alaska Anchorage (Makenzie Harsch, Rosie Smith, Sasha Halfyard, Jamie Ashcroft) 46.56. Triple Jump – Rebecca Laible, WOU, 11.51 – 37-9 ¼. Javelin – Seabre Church, WOU, 45.69 – 149-11.

**Linfield Invitational (April 5 at McMinnville): Men (Top 4):** 400 Hurdles – 1. Zach Trask, WOU, 56.56; 4. John Schifferer, WOU, 57.85. 10,000 – 3. Cody Lind, WOU, 35:58.90. Javelin – 3. Neil Gravatt, WOU, 49.14 – 161-3. Shot Put – 3. Carraig Colahan, WOU, 13.35 – 43-9 ¾. **Women (Top 4):** 800 – 4. Natalie Schafer, WOU, 2:24.48. Hammer – 4. Allison Cook, WOU, 41.73 – 136-11.