



## Great Northwest Athletic Conference

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### 2014 Outdoor Track & Field Report 16 (May 7, 2014)

#### UPCOMING EVENTS AND RANKINGS

**THIS WEEK:** Friday – Saturday – GNAC Outdoor (at Monmouth).

**UPCOMING:** May 22-24 – NCAA Outdoors (at Allendale, Mich.)

**USTFCCA NATIONAL OUTDOOR COMPUTER RANKINGS (as of May 6):** Men – 9. Alaska Anchorage. Women – 17. Alaska Anchorage; 20. Western Washington.

**USTFCCA REGIONAL OUTDOOR COMPUTER RANKINGS (as of May 6):** Men – 1. Chico State; 2. UC San Diego; 3. Alaska Anchorage; 4. Western Washington; 5. Academy of Art; 6. Cal Poly Pomona; 7. CSU Stanislaus; 8. Central Washington; 9. Northwest Nazarene; 10. Cal State L.A. Women – 1. Chico State; 2. Cal State Stanislaus; 3. Alaska Anchorage; 4. Academy of Art; 5. Western Washington; 6. Northwest Nazarene; 7. Cal Pomona; 8. Saint Martin's; 9. San Francisco State; 10. Central Washington.

#### GNAC RED LION ATHLETES OF THE WEEK

**MEN: Track** – Josh Hanna, Western Oregon (So., Quincy, CA) finished sixth in the 800 meters at the Oregon State High Performance Invitational at Corvallis in a provisional national qualifying time of 1:50.45. His time missed the auto standard by less than a second and was the second fastest in GNAC history. **Field** - Greyson Kilgore, Northwest Nazarene (Sr., Kuna, ID), pole-vaulted a GNAC season-best 14-7 ½ in the Idaho-Utah Border Clash after earlier in the week scoring 6,506 points to place second in the GNAC Multis at Ellensburg.

**HONORABLE MENTION:** David Durden, Saint Martin's (Fr., Olympia – Tumwater) set school records in the 110 hurdles and 400 hurdles at the Saint Martin's Invitational. He finished second in the shorter event in a time of 14.95 and won the longer event in a time of 55.01. Earlier in the week, he placed third in the GNAC decathlon, setting school records in two of the 10 events ... Robert Peterson, Montana State Billings (So., Billings, MT) broke a 42-year old school record in the 1500 meters, placing second in a time of 3:54.79 at the University of Montana Open. Teammate Chase Robinson also eclipsed the old record of 3:55.80 placing third in a time of 3:54.96. Both marks (converted to 3:52.08 and 3:52.25 for altitude) met the NCAA provisional qualifying standard ... Tyrell Williams, Western Oregon (Jr., Salem, OR) won the 200 meters at Oregon State in a time of 21.19. It was the third fastest 200-meter time in GNAC history ... Cameron Proceviat, Simon Fraser (So., Burnaby, BC) posted a PNQ in the 800 at OSU. His time of 1:51.64 ranks ninth in GNAC history. He finished 10<sup>th</sup> overall.

**WOMEN: Track** - Megan Teigen, Saint Martin's (Fr., Lacey, WA – Northwest Christian), running in just her second 400 hurdle race of the season, finished first at the Saint Martin's Invitational in a provisional national qualifying and GNAC season-best time of 1:02.31. The school-record time was the sixth best in GNAC history. **Field:** Rebecca Laible, Western Oregon (Jr., Salem, OR), grabbed the GNAC season lead in the triple jump at Oregon State with a leap of 38-4 ¼. Last year she finished second in the event in the GNAC conference meet.

**HONORABLE MENTION:** Madison McClung, Western Oregon (Sr., Cottage Grove, OR) improved her national qualifying time in the 100 meters finishing third in a time of 12.01 at the Oregon State High Performance Invitational at Corvallis. Her time is the fourth fastest in GNAC history ... Jessica Pakkala, Alaska Anchorage (So., Wasilla, AK), posted a PNQ in the Steve Scott Invitational at UC Irvine. She won her heat and was eighth overall in a time of 2:12.38 ... Sarah Sawatzky, Simon Fraser (Sr., Chilliwack, B.C.) finished second in her section of the 800 at the Peyton Jordan Cardinal Invitational at Stanford Sunday in a provisional national qualifying time of 2:09.15. She missed the automatic standard by just .15 seconds.

**GNAC CHAMPIONSHIPS AT MONMOUTH:** Western Washington will be seeking its third consecutive GNAC Men's Track and Field team championship Friday and Saturday in the 13<sup>th</sup> annual championships at McArthur Stadium in Monmouth. Meanwhile on the women's side, Alaska Anchorage, after winning its first team title last year, will try to repeat. ... Four athletes will go for their third wins in a single event – Seattle Pacific's McKayla Fricker in the women's 800, Western Washington's Lindsay Wells in the hammer, Northwest Nazarene's Rimar Christie in the men's 100 and Alaska Anchorage's Micah Chelimo in both the steeplechase and 5,000 ... Chelimo has five career wins overall (steeplechase in 2010 and 2011, 5000 in 2011 and 2012 and 1500 in 2012) and is one shy of the GNAC record of six individual wins by Mike Hinshaw of Western Oregon (2000-03). Chelimo, who is entered in the 1500, steeplechase and 5000, also needs just 14 points to surpass UAA's David Registe (2007-08, 11) as the all-time men's point scorer in GNAC history. He has 69, while Registe completed his career with 82 points ... Christie has three career wins also finishing first in the 200 meters last year.

**GNAC NATIONAL LEADERS:** UAA's Micah Chelimo maintained his status as the top-ranked athlete in Division II in both the 5,000 and 10,000 this past weekend. His season-bests of 13:41.99 and 28:37.75 are also GNAC records ... Chelimo is one of four GNAC men ranked in the Top 10 nationally including Western Washington's Frank Catelli in the shot put (5<sup>th</sup>, 58-7 ½) and discus (10<sup>th</sup>, 173-11), Alaska Anchorage's Franz Burghagen in the javelin (2<sup>nd</sup>, 229-3) and UAA's Cody Thomas in the decathlon (8<sup>th</sup>, 6940) ... On the women's side, Bethany Drake of Western Washington is the national leader in the javelin (169-6). Her teammate Kate Reichert ranks third (162-8) and Seabre Church of Western Oregon ranks seventh (155-9) in that event ... Joyce Kipchumba of Alaska Anchorage ranks fifth in the 10,000 (34:54.04) and 10<sup>th</sup> in the 5,000 (16:44.97). McKayla Fricker of Seattle Pacific ranks third (2:06.85) and Sarah Sawatzky of Simon Fraser ranks 10<sup>th</sup> (2:09.15) in the 800. In the 1500, UAA's Ivy O'Guinn ranks third (4:25.39) ... Tayler Fettig of Central Washington ranks fifth in the high jump (5-8 ¾). Katelyn Steen of Western Washington ranks seventh in the steeplechase (10:44.03) and Karolin Anders of UAA is seventh in the heptathlon (5048).

**THE COMPUTER SAYS:** Alaska Anchorage is ranked ninth in the men's division and 17<sup>th</sup> in the women's division in the latest USTFCCCA national computer rankings. Western Washington is ranked 20<sup>th</sup> in the women's rankings. In the regional rankings, UAA is ranked third in both division. Western Washington's men are ranked fourth and its women are ranked fifth.

## BY THE NUMBERS

**GNAC ALL-TIME TOP 10 OUTDOOR PERFORMANCES (for April 27-May 4):** **Men:** 100 – 8. Harish Prasad, CWU, 10.73. 200 – 3. Tyrell Williams, WOU, 21.19; 7. Joel Webster, SFU, 21.60. 800 – 2. Josh Hanna, WOU, 1:50.45; 9. Cameron Proceviat, SFU, 1:51.64. 4x100 Relay – 7. +Northwest Nazarene 41.57. Decathlon – 7. \*\*Greyson Kilgore, NNU, 6506. **Women:** 100 – 4. Madison McClung, WOU, 12.01. 800 – ++Sarah Sawatzky, SFU, 2:09.15; Jessica Pahkala, UAA, 2:12.38. 400 Hurdles – 6. Megan Teigen, SMU, 1:02.31. (**Note:** All performances at OSU High Performance except where indicated - +Idaho/Utah Border Class; ++Peyton Jordan Cardinal Invitational; +++UC Irvine; \*Montana; \*\*GNAC Multi).

**LAST WEEK'S NCAA OUTDOOR QUALIFIERS (for April 27-May 4):** **Men:** 100 – \*Rimar Christie, NNU, 10.50. 200 – Tyrell Williams, WOU, 21.19. 800 – Josh Hanna, WOU, 1:50.45; Cameron Proceviat, SFU, 1:51.64. 1500 – Robert Peterson, MSUB, 3:52.08; Chase Robinson, MSUB, 3:52.25. **Women:** 100 – Madison McClung, WOU, 12.01. 800 – ++Sarah Sawatzky, SFU, 2:09.15; Jessica Pahkala, UAA, 2:12.38. 400 Hurdles – Megan Teigen, SMU, 1:02.31. High Jump – \*\*Karolin Anders, UAA, 1.70 – 5-7. Javelin – Selina Byer, SFU, 41.14 – 135-0 (**Note:** All performances at OSU High Performance except where indicated - +Idaho/Utah Border Class; ++Peyton Jordan Cardinal Invitational; +++UC Irvine; \*Montana; \*\*GNAC Multi).

**CURRENT TOP 10 NATIONAL LEADERS (though May 6):** **Men:** 800 – 8. Josh Hanna, WOU, 1:50.45. 5000 – 1. Micah Chelimo, UAA, 13:41.99. 10,000 – 1. Micah Chelimo, UAA, 28:37.75. Shot Put – 5. Frank Catelli, WWU, 17.87 – 58-7 ½. Discus – 10. Frank Catelli, WWU, 53.00 – 173-11. Javelin – 2. Franz Burghagen, UAA, 69.87 – 229-3. Decathlon – 8. Cody Thomas, UAA, 6940. **WOMEN:** 800 – 3. McKayla Fricker, SPU, 2:06.85;

10. Sarah Sawatzky, SFU, 2:09.15. 1500 – 3. Ivy O'Guinn, UAA, 4:25.39. 5000 – 10. Joyce Kipchumba, UAA, 16:44.97. 10,000 – 5. Joyce Kipchumba, UAA, 34:54.04. Steeplechase – 7. Katelyn Steen, WWU, 10:44.03. High Jump – 5. Tayler Fettig, CWU, 1.75 – 5-8 ¾. Javelin – 1. Bethany Drake, WWU, 51.66 – 169-6; 3. Kate Reichert, WWU, 49.59 – 162-8; 7. Seabre Church, WOU, 47.48 – 155-9. Heptathlon – 7. Karolin Anders, UAA, 5048.

## LAST WEEK:

**GNAC MULTI-EVENTS (April 28-29 at Ellensburg):** **Men's Team Scores** - Alaska Anchorage 10, Northwest Nazarene 9, Saint Martin's 6, Western Oregon 5, Central Washington 5, Western Washington 4. **Decathlon** - 1. Cody Thomas, UAA, 6617; 2. Greyson Kilgore, NNU, 6506; 3. David Durden, SMU, 6036; 4. Eric Gaines, WOU, 6000; 5. Michael Stralser, WWU, 5999; 6. Brandon Roddewig, CWU, 5984; 7. Justin Peterson, CWU, 5973; 8. Micah Spatz, NNU, 5870; 9. Michael Holland, SMU, 5568; 10. Cameron Stanek, MSUB, 5282; 11. Luke Conklin, NNU, 4870. **Women's Team Scores** - Alaska Anchorage 14, Seattle Pacific 9, Central Washington 8, Saint Martin's 5, Northwest Nazarene 3. **Heptathlon** - 1. Karolin Anders, UAA, 4997; 2. Tayler Fettig, CWU, 4604; 3. Maddie Hommes, SPU, 4391; 4. Irene Moore, SMU, 4347; 5. Rosie Smith, UAA, 4344; 6. Janessa Dyk, NNU, 4044; 7. Ali Sowers, SPU, 3829; 8. Cheryl Hong, SPU, 3738; 9. Emily Moe, WOU, 3611; 10. Emily Stralser, WWU, 3425. (**Note:** Multi-Events is first event of GNAC Championships).

**UC Irvine Scott Invitational (May 2-3 at Irvine):** **Men (Top 10):** 4x400 Relay – 9. Alaska Anchorage (Commandeur, Miller, Day, Wilson) 3:20.87 Triple Jump – 10. Tevin Gladden, UAA < 13.66 – 44-9 ¾. **Women (Top 10):** 100 – 10. Jamie Ashcroft, UAA, 12.03. 800 – 8. Jessica Pahkala, UAA, 2:12.38. 4x100 – 6. Alaska Anchorage (Harsch, Smith, Halfyard, Ashcroft) 47.15. Shot Put – 10. Gaynor Johansen, UAA, 11.34 – 37-2 ½.

**Montana Open (May 2-3 at Missoula):** **Men (Top 3):** 100 – 3. Tyler DiGiovanna, MSUB, 11.22. 800 – 2. Drew Galahan, MSUB, 1:55.50. 1500 – 2. Robert Peterson, MSUB, 3:54.79; 3. Chase Robinson, MSUB, 3:54.96. 5000 – 1. Jamon Rodrigues, MSUB, 15:25.30. 4x400 – 3. MSU Billings 3:26.15. Shot Put – 3. Anthony Montanez, MSUB, 15.42 – 50-7 ¾. Discus – 2. Anthony Montanez, MSUB, 44.53 – 146-1. **Women (Top 3):** 1500 – 3. Nocona Frame, MSUB, 4:44.03.

**Oregon State High Performance (May 2 at Corvallis):** **Men (Top 3):** 100 – 1. Jeff Howard, WOU, 10.86. 200 – 1. Tyrell Williams, WOU, 21.19; 3. Joel Webster, SFU, 21.60. 800 – 1. Aaron Whitaker, WOU, 1:55.16; 3. Sam Naffziger, WOU, 1:56.02. Steeplechase – 2. Oliver Jorgensen, SFU, 9:12.75. 4x100 Relay – 1. Western Oregon (Jeff Howard, Tyrell Williams, Garrett Hardie, Aaron Whitaker) 41.92. 4x400 – 3. Western Oregon (Tyrell Williams, Aaron Whitaker, Ryan Hansen, Josh Hanna) 3:28.84. **Women (Top 3):** 100 – 3. Madison McClung, WOU, 12.01. 400 – 3. Chantel Desch, SFU, 57.53. 800 – 3. Bailey Beeson, WOU, 2:15.99. 100 Hurdles – 3. Rochelle Pappel, WOU, 14.54.

**Pacific Twilight (May 2-3 at Forest Grove):** **Men (Top 6):** 10,000 – 2. Javier Cortes, WOU, 34:03.06; 3. Cody Lind, WOU, 35:09.02; 4. Bertin Cortes, WOU, 35:25.44. **Women (Top 6):** Shot Put – 1. Alex Green, WOU, 12.12 – 39-9 ¾. Discus – 4. Nikki Newton, WOU, 36.08 – 118-4; 5. Alyssa Taylor, WOU, 35.81 – 117-6. Hammer – 6. Emily Wetherell, WOU, 40.90 – 134-2. Javelin – 6. Jesika Kazenski, WOU, 38.10 – 125-0.

**Saint Martin's Invitational (May 3 at Lacey):** **Men (GNAC Winners):** 100 – Harish Prasad, CWU, 10.73. 200 – Jordan Todd, CWU, 22.00. 400 – Frank Krause, SMU, 50.13. 1500 – Adam Avschiuous, SPU, 3:57.05. 110 Hurdles – Bernari Sternem, CWU, 14.76. 400 Hurdles – David Durden, SMU, 55.01. 4x100 Relay – Central Washington 42.33. Discus – Ryan Macdonald, WWU, 48.54 – 159-3. **Women (GNAC Winners):** 1500 – Anna Patti, SPU, 4:41.83. 400 Hurdles – Megan Teigen, SMU, 1:02.31. Steeplechase – Brenna Eldredge, CWU, 11:54.21. 4x100 Relay – Seattle Pacific (Wochnick, Mitchell, Brannan, Baldwin) 47.14. High

Jump – Taylor Yoro, SMU, 1.50 – 4-11. Hammer – Angel Rodgers, SMU, 48.48 – 159-1. Javelin – Bethany Drake, WWU, 46.18 – 151-6.

**Idaho-Utah Border Clash (May 2-3 at Boise): Men (Top 3):** 100 – 3. Rimar Christie, NNU, 10.50. Steeplechase – 3. Chase Cunningham, NNU, 10:41.04. 4x100 Relay – 3. Northwest Nazarene (Harris, Henderson, Curtis, Rimar) 41.57. 4x400 Relay – 3. Northwest Nazarene (Harris, McLaughlin, Larlee, Curtis) 3:17.01. High Jump – 2. Cole Hoberg, NNU, 2.03 – 6-8. Triple Jump – 2. Stephen Larlee, NNU, 14.22 – 46-8. Discus – 2. Kevin Rima, NNU, 47.53 – 155-11. Hammer – 2. Matt Silva, NNU, 47.10 – 154-6. Javelin – 3. Jeremiah Woods, NNU, 54.76 – 179-8. **Women (Top 3):** 5000 – 1. Jordan Rehfeld, NNU, 17:27.57, 100 Hurdles – 3. Marie Smith, NNU, 14.57. 4x400 Relay – 2. Northwest Nazarene (Borden, Rodes, Kilgore, Shaul) 3:57.95. Pole Vault – 2. Alison Silva, NNU, 3.70 – 12-1 ½.

**Peyton Jordan Cardinal Invitational (May 4 at Stanford): Men:** Long Jump – 2. Alex Wu, SFU, 6.63 – 21-9; 3. Jerry He, SFU, 6.04 – 19-9 ¾. Triple Jump – 2. Vladislav Moldavanov, SFU, 14.32 – 46-11 ¾. **Women:** 800 (Section 6) – 2. Sarah Sawatzky, SFU, 2:09.15. Long Jump – 3. Mercedes Rhode, SFU, 5.30 – 17-4 ¾; 4. Kye Fedor, SFU, 5.17 – 16-11 ½. Triple Jump – 3. Ella Brown, SFU, 11.07 – 36-4.

## 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.

**Week of April 7-13: 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.

**Week of April 14-20: Track** – Micah Chelimo, Alaska Anchorage (Sr., Kapkoi, Kenya - Tambach) set a GNAC record and posted a NCAA Division II automatic qualifying mark in the 5,000 meters at the Mt. Sac Relays. He covered the 5K in a time of 13:41.99. He also posted a PNQ in the steeplechase (3:49.74). Chelimo is the current national leader in both the 5k and 10k. **Field** - Frank Catelli, Western Washington (So., Sequim, WA - Sequim)

set a GNAC record in the shot with a provisional national qualifying put of 58-7 ½ in the Azusa Pacific Bryan Clay Invitational.

**Week of April 21-27: Track** – Rimar Christie, Northwest Nazarene (Jr., St. Michael, Barbados) and Tyrell Williams, Western Oregon (Jr., Salem, OR) ... Christie won three events at the WSU Cougar Invitational, finishing first in the 100 (10.87) and 200 (21.50) and also leading NNU to a win in the 4x100 relay (42.15). His 200 time is the second fastest in the GNAC this season. Williams won his heat of the 100 meters and placed fourth overall in the UC San Diego Triton Invitational in a time of 10.78. On the season, Williams is the GNAC leader in the 200 (21.48) and has the third best time in the 100. **Field** - John Haskin, Western Washington (So., Bainbridge Island, WA) posted a provisional national qualifying mark in the javelin with a throw of 193-11 at the WWU Vernacchia Invitational.

## 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 USTFCCCA 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.

**Week of April 7-13: 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.

**Week of April 14-20: Track** – McKayla Fricker, Seattle Pacific (Sr., Canby, OR - Canby), posted a NCAA automatic qualifying time in the 800 meters (2:06.85)

finishing third overall at the Mt. Sac Relays. Her time is the fifth fastest in GNAC history and is the third fastest this spring in Division II. She was also clocked in a provisional national qualifying time of 4:32.25 in the Beach Invitational. **Field** – Lindsey Wells, Western Washington (Sr., Seattle, WA - Nathan Hale), and Kalli Walker, Saint Martin's (Fr., Lacey, WA - Northwest Christian) ... Wells added more than eight feet to her school record and national qualifying mark in the hammer with a throw of 179-5 at the Cal State L.A. Invitational. Walker finished sixth in the javelin in the Beach Invitational adding 15 feet to her provisional national qualifying mark with a throw of 150-5. Her mark eclipsed the school record by 10 feet.

**Week of April 21-27: Track** – Marie Smith, Northwest Nazarene (Sr., Boise, ID - Capital) won the 100 hurdles at the Washington State Cougar Invitational in a time of 14.38, breaking the Crusader school record for the third time this spring. The time is also a provisional national qualifying time and ranks eighth in GNAC history. **Field** – Lindsay Wells, Western Washington (Sr., Seattle, WA) equaled the second best hammer throw in GNAC history in winning the event at WWU with a mark of 182-4.

## 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 ¼. 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 ¼. 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 ¼. 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 ¼. 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 ¾; 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 ¾. 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 Tyburczyk, 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 ¼. **Women (Top 4):** 800 – 4. Natalie Schafer, WOU, 2:24.48. Hammer – 4. Allison Cook, WOU, 41.73 – 136-11.

**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 ¼. 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.

**California Invitational (April 16-17 at Azusa): Heptathlon** – 24. Maddie Hommes, SPU, 4510 (**Day 1:** 100 Hurdles – 16.47. High Jump – 1.57. Shot Put – 9.00. 200 – 26.27. **Day 2:** Long Jump – 4.73. Javelin – 38.20. 800 – 2:22.28). 36. Cheryl Hong, SPU, 4073 (**Day 1:** 100 Hurdles – 15.89. High Jump – 1.45. Shot Put – 7.03. 200 – 25.67. **Day 2:** Long Jump – 4.81.4.73. Javelin – 24.45. 800 – 2:26.61). 42. Ali Sowers, SPU, 3744

(Day 1: 100 Hurdles – 16.81. High Jump – 1.57. Shot Put – 7.45. 200 – 27.87. Day 2: Long Jump – 4.194.73. Javelin – 20.19. 800 – 2:23.52).

**Cal State L.A. Invitational (April 17 at Los Angeles): Men (Top 8):** 100 – 2. Alex Donigian, WWU, 10.50. 200 – 2. Alex Donigian, WWU, 21.73; 7. Nathaniel Schmidt, WWU, 22.30. 400 – 3. Devon Smith, WWU, 49.12; 4. Jonathon Poolman, WWU, 49.62. 800 – 2. Ryan McArthur, WWU, 1:54.66. 1500 – 2. Cody McCranie, WWU, 3:58.41. 110 Hurdles – 4. Logan Myers, 14.67; 8. Travis Milbrandt, WWU, 15.15. Long Jump – 6. Brett Watson, WWU, 6.95 – 22-9 ¾; 7. Kevin Yates, WWU, 6.93 – 22-9; 8. Nathaniel van Tuinen, WWU, 6.92 – 22-8 ½. Triple Jump – 5. Mark Seely, WWU, 13.69 – 44-11. Shot Put – 2. Frank Catelli, WWU, 16.94 – 55-7; 7. Jacob Gilbert, WWU, 15.18 – 49-9 ¾. Discus – 4. Frank Catelli, WWU, 52.41 – 171-11. Javelin – 3. Slater Hirst, WWU, 57.62 – 189-0; 6. John Haskin, WWU, 53.28 – 174-10. **Women (Top 8):** 800 – Shawna Troupe, WWU, 2:16.25. 100 Hurdles – 4. Tanya Bjornsson, WWU, 14.56. 400 Hurdles – 5. Amber Dodd, WWU, 1:04.33. Long Jump – 1. Tanya Bjornsson, WWU, 5.78 – 18-11 ¾. Hammer – 1. Lindsay Wells, WWU, 54.70 – 179-5. Javelin – 1. Katie Reichert, WWU, 46.55 – 152-9; 2. Bethany Drake, WWU, 45.94 – 150-9.

**Rocky Mountain/MSUB Open (April 17 at Laurel, Mont.): Men** – South Dakota Mines 177, MSU Billings 159, Black Hills State 131, Rocky Mountain 37, Dickinson State 20. **MSUB Winners:** 800 – Drew Galahan, MSUB, 1:55.41. 1500 – Robert Peterson 4:00.54. 5000 – Robert Peterson, MSUB, 15:4.82. **Women** – Black Hills State 189, MSU Billings 117 ½, South Dakota Mines 65 ½, Rocky Mountain 33, Dickinson State 28. **MSUB Winners:** 800 – Nocona Frame, MSUB, 2:19.51. 100 Hurdles – Hope Reid, MSUB, 15.73. 4x400 Relay – MSU Billings 4:14.77. Pole Vault – Hope Reid, MSUB, 2.93. Javelin – Courtney Henry, MSUB, 33.25. Discus – Corrie Holm, MSUB, 42.82.

**Mt. Sac Relays (April 17-19 at Walnut, CA): Men:** 100 – 18. Rimar Christie, NNU, 10.51. 800 – 25. Ryan Hansen, WOU, 1:52.46; 78. Cameron Proceviat, SFU, 1:55.99. 1500 – 47. James Young, SFU, 3:51.57; 49. Isaac Kangogo, UAA, 3:51.88. 110 High Hurdles – 33. Kody Rhodes, WOU, 14.74. 400 Hurdles – 36. Kody Rhodes, WOU, 53.93. Steeplechase (C Division) – 2. Oliver Jorgensen, SFU, 9:09.38. Javelin – 13. Justin Larson, WOU, 61.97 – 203-4; 14. Shane Brooks, WOU, 61.09 – 200-5. 5000 – 15. Micah Chelimo, UAA, 13:41.99. 10,000 – 33. Dylan Anthony, UAA, 31:39.89. **Women:** 100 – 53. Madison McClung, WOU, 12.04. 800 – 3. McKayla Fricker, SPU, 2:06.85; 34. Sarah Sawatzky, SFU, 2:10.45; 49. Susan Bick, UAA, 2:11.81; 58. Jessica Pahkala, UAA, 2:12.69. 1500 – 16. Ivy O'Guinn, UAA, 4:25.39; 64. Rebecca Bassett, SFU, 4:33.84; 85. Natalie Evans, NNU, 4:36.49; 89. Peggy Noel, SFU, 4:38.16; 121. Brittany Evans, SFU, 4:45.79; 134. Kirsten Allen, SFU, 4:50.96. 100 Hurdles – 41. Marie Smith, NNU, 14.53. Steeplechase (C Division) – 18. Emma Chadsey, SFU, 11:25.86. 10,000 (Silver Elite) – 6. Joyce Kipchumba, UAA, 34:54.04; 24. Jordan Rehfeld, NNU, 35:48.63. Javelin – 3. Seabre Church, WOU, 47.21 – 154-11.

**Oregon Relays (April 17-19 at Eugene): Men (Top 3):** 200 – 2. Tyrell Williams, WOU, 21.48. 10,000 – 1. Nathan Richards, WWU, 31:57.04. Steeplechase – 1. Brady Beagley, WOU, 9:10.50; 3. Zach Holloway, WOU, 9:22.53. **Women (Top 3):** 100 Hurdles – 2. Rochelle Pappel, WOU, 14.57.

**Bryan Clay Invitational (April 18 at Azusa): Men (Top 8):** 100 – Alex Donigian, WWU, 10.56. 200 – Joel Webster, SFU, 21.66. 400 – 4. Daniel Kelloway, SFU, 48.21; 6. Joel Webster, 48.46. 5000 – Victor Samoei, UAA, 14:44.75. 4x100 Relay – 5. Western Washington 42.70. 4x400 Relay – 2. Alaska Anchorage (Elliott Bauer, Adam Commandeur, Bobo Camara, Ethan Hewitt) 3:12.22. High Jump – 3. Logan Myers, WWU, 2.05 – 6-8 ¾. Long Jump – 3. Kevin Yates, WWU, 6.95 – 22-9 ¾; 7. Alex Wu, SFU, 6.74 – 22-1 ½. Triple Jump – 4. Tevin Gladden, UAA, 14.14 – 46-4 ¾. 5. Vladislav Moldavanov, SFU, 14.52 – 46-2 ¾. Shot Put – 2. Frank Catelli, WWU, 17.87 – 58-7 ½; 6. Jacob Gilbert, WWU, 15.48 – 50-9 ½. Javelin – 1. Franz Burghagen, UAA, UAA, 64.10 – 210-4. **Women (Top 8):** 100 – 4. Jamie Ashcroft, UAA, 11.88. 200 – 7. Jamie Ashcroft, UAA, 24.42. 400 – 6. Kishia Mitchell, SPU, 56.67. 5000 – 7.

Anna Patti, SPU, 17:19.10. 100 Hurdles – 7. Tanya Bjornsson, WWU, 14.44. Steeplechase – 4. Katelyn Steen, WWU, 10:44.03. 4x100 Relay – 3. Seattle Pacific (BryAnne Wochnick, Kishia Mitchell, Kyra Brannan, Tasia Baldwin) 47.14; 5. Alaska Anchorage 47.90. 4x400 Relay – 6. Western Washington 3:56.71. Long Jump – 2. Tanya Bjornsson, WWU, 5.91 – 19-4 ¾; 8. Kyra Brannan, SPU, 5.60 – 18-4 ½. Javelin – 5. Kathryn Walker, SMU, 39.56 – 129-9; 7. Michaela Farner, SPU, 38.37 – 125-11.

**CWU Spike Arlt Invitational (April 19 at Ellensburg): Men (GNAC Winners):** 100 – Kent McKinney, CWU, 11.02. 200 – Harish Prasad, CWU, 22.18. 400 – Scott Morrison, CWU, 50.57. 1500 – John Wojtech, CWU, 4:01.25. 110 Hurdles – Bernari Sternen, CWU, 14.58. 400 Hurdles – Jade Wilson, WWU, 55.20. 4x100 Relay – Central Washington 41.99. 4x400 Relay – Central Washington 3:28.86. Pole Vault – Gordon Kordas, WWU, 4.35. Triple Jump – Isaac Messenger, CWU, 13.52. Shot Put – Kevin Stanley, CWU, 15.05. Hammer – Kevin Stanley, CWU, 54.46. **Women (GNAC Winners):** 400 – Jayna Inderbitzin, CWU, 58.78. 800 – Connie Morgan, CWU, 2:20.95. 1500 – Connie Morgan, 4:38.23. 3000 – Dani Eggleston, CWU, 10:11.76. 100 Hurdles – Tayler Fettig, CWU, 15.08. 400 Hurdles – Michelle Stolz, WWU, 1:06.22. Steeplechase – Erin Chinchar, CWU, 12:10.30. 4x100 Relay – Central Washington 48.47. 4x400 Relay – Central Washington 4:07.90. High Jump – Tayler Fettig, CWU, 1.75. Long Jump – Juliana Joy, CWU, 4.89. Triple Jump – Mariah Bentley, CWU, 10.62. Hammer – Becki Duhamel, CWU, 46.46.

**Beach Invitational (April 19 at Long Beach): Men: GNAC (Top 12):** 400 – 5. Joel Webster, SFU, 48.26; 8. Daniel Kelloway, SFU, 48.45; 9. Ethan Hewitt, UAA, 48.52. 1500 – Micah Chelimo, UAA, 3:49.74. 10,000 – 4. Isaac Griffith, WWU, 31:23.25. Long Jump – 11. Cody Thomas, UAA, 6.92 – 22-8 ½. Javelin – 3. Slater Hirst, WWU, 63.80 – 209-4. **Women (Top 12):** 100 – 11. Jamie Ashcroft, UAA, 12.23. 1500 – 11. McKayla Fricker, SPU, 4:32.25. 4x100 Relay – 4. Seattle Pacific 47.09; 6. Alaska Anchorage 47.29. 5000 – 8. Emma Chadsey, SFU, 17:54.57. Hammer – 8. Lindsey Wells, WWU, 51.86 – 170-2. Javelin – 2. Katie Reichert, WWU, 49.59 – 162-8; 3. Bethany Drake, WWU, 48.84 – 160-3; 6. Kathryn Walker, SMU, 45.84 – 150-5.

**Northwest Nazarene Invitational (April 19 at Nampa): Men (NNU Winners):** 100 – Jacob Oswalt, NNU, 11.40. 200 – Rimar Christie, NNU, 22.01. 400 – Andrew Curtis, NNU, 49.24. 110 Hurdles – Kyle McLaughlin, NNU, 15.50. 400 – Michael Gordon, NNU, 1:00.30. 4x100 – Northwest Nazarene 42.00. 4x400 Relay – Northwest Nazarene 3:23.48. High Jump – Mitch Kamstra, NNU 1.96. Pole Vault – Zach McClanahan, NNU, 4.16. **Women (NNU Winners):** 100 – Aimee Rodes, NNU, 13.25. 10,000 – Susanna Fleming, NNU, 39:36.84. Pole Vault – Alison Silva, NNU, 3.72. Discus – Lexi Sarver, NNU, 39.84. Hammer – Caitlin Curtis, NNU, 46.29.

**Lewis & Clark Invitational (April 19 at Portland): Men** – George Fox 107 ½, Lewis & Clark 93, Western Oregon 92 ½, Linfield 90, Pacific 66, Concordia 58 ½, Portland 53, Corban 40 ½, Evergreen State 20, Northwest Christian 15. **WOU Winners:** 400 Hurdles – Zach Trask, WOU, 56.40. **Women** – Corban 120, Lewis & Clark 113, Western Oregon 102, Linfield 101, Portland 63, George Fox 56, Pacific 42, Concordia 41, Northwest Christian 10. **WOU Winners:** 800 – Bailey Beeson, WOU, 2:14.84. Long Jump – Charlene Harber, WOU, 5.04 – 16-6 ½. Shot Put – Emmi Collier, WOU, 12.83 – 42-1 ¾.

**Lane CC Titan Twilight (April 24 at Eugene): Men (Top 3):** Javelin – 1. Neil Gravatt, WOU, 54.09 – 177-5. **Women (Top 3):** 400 Hurdles – 1. Laura Knudson, WOU, 1:09.07; 2. Felicia Covey, WOU, 1:11.17. Hammer – 3. Alyssa Taylor, WOU, 40.63 – 133-4.

**WWU Vernacchia Invitational (April 26 at Bellingham): Men:** 400 – Ryan McArthur, WWU, 49.77. 800 – Cody McCranie, WWU, 1:56.74. 3000 – Joe Berger, SMU, 8:57.68. 400 Hurdles – Peter Maguire, WWU, 55.79. Steeplechase – Matt Lutz, WWU, 9:24.95. 4x400 Relay – Western Washington 3:20.34. Triple Jump – Luke Plummer, CWU, 14.23 – 46-8 ¾. Shot Put – Frank Catelli, WWU, 49.67 – 162-11. Hammer – Kevin Stanley, CWU, 54.74 – 179-7. **Women:** 100 – Kyra Brannan, SPU, 12.37. 200 – Kishia Mitchell, SPU, 25.06. 400 – Sydney Coffey, WWU, 56.80.



800 – Connie Morgan, CWU, 2:14.19. 3000 – Katelyn Steen, WWU, 10:03.43. 100 Hurdles – Tanya Bjornsson, WWU, 14.62. 400 Hurdles – Megan Teigan, SMU, 1:05.58. Steeplechase – Dani Eggleston, CWU, 10:58.26. 4x100 Relay – Seattle Pacific 47.20. 4x400 Relay – Central Washington 4:08.33. High Jump – Katelyn Wright, WWU, 1.60 – 5-3. Pole Vault – Cheyanna Pinley, WWU, 3.40 – 11-1 ¼. Long Jump – Tanya Bjornsson, WWU, 5.72 – 18-9 ¼. Hammer – Lindsay Wells, WWU, 55.58 – 182-4. Javelin – Bethany Drake, WWU, 49.13 – 161-2.

**Washington State Open (April 26 at Pullman): Men (Top 3):** 100 – 1. Rimar Christie, NNU, 10.87. 200 – 1. Rimar Christie, NNU, 21.50. 110 Hurdles – 2. Kyle McLaughlin, NNU, 15.21. 400 Hurdles – 3. Kyle McLaughlin, NNU, 56.89. Steeplechase – 1. Michael Gordon, NNU, 9:55.37. 4x100 Relay – Northwest Nazarene (David Harris, Cody Henderson, Andrew Curtis, Rimar Christie) 42.15. Discus – 1. Kevin Rima, NNU, 47.18 – 154-9. **Women (Top 3):** 800 – 1. Natalie Evans, NNU, 2:11.52. 3000 – 1. Jordan Rehfeld, NNU, 10:04.64. 100 Hurdles – 1. Marie Smith, NNU, 14.38. Steeplechase – 2. Hailey Bradshaw, NNU, 11:53.41. 4x100 Relay – 1. Northwest Nazarene (Brittany Sever, Marie Smith, Alison Silva, Aimee Rodes) 50.69. 4x400 Relay – 2. Northwest Nazarene 3:54.58

**Mt. Hood Festival (April 26 at Gresham): Men (Top 3):** 800 – 3. Sam Naffziger, WOU, 1:56.15. 400 Hurdles – 2. John Schifferer, WOU, 56.05. **Women (Top 3):** 400 – 3. Seanna Pitassi, CWU, 59.86. Hammer – 3. Allison Cook, WOU, 41.47 – 136-1.

**UCSD Triton Invitational (April 26 at San Diego): Men (Top 6):** 100 – 4. Tyrell Williams, WOU, 11.08. 800 – 6. Josh Hanna, WOU, 1:52.68. 110 Hurdles – 6. Kody Rhodes, WOU, 14.89. 4x100 Relay – 3. Western Oregon 42.31. **Women (Top 6):** 400 Hurdles – 5. Audrey Hellesto, WOU, 1:04.91. 4x100 – 5. Western Oregon 48.17. Javelin – 5. Seabre Church, WOU, 44.95 – 147-6.

**UBC Achilles Cup (April 26 at Vancouver): Men (SFU Winners):** 200 – Joel Webster, SFU, 21.91. 400 – Daniel Kelloway, SFU, 49.80. 4x100 Relay – Simon Fraser 43.15. 4x400 Relay – Simon Fraser 3:19.15. **Women (SFU Winners):** Long Jump – Mercedes Rhode, SFU, 5.46 - 17-11. Shot Put – Selina Byer, SFU, 10.97 – 36-0.