



## Great Northwest Athletic Conference

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### 2014 Track & Field Report 1 (Jan. 21, 2014)

**THIS WEEK: Friday** – Jacksons Invitational at Nampa (NNU); Idaho College Invitational (CWU, SMU).  
**Saturday** – Jacksons Invitational at Nampa (NNU); Idaho Open (CWU, SMU).

**USTFCCA COMPUTER RANKINGS (as of Jan. 14):**  
**Men** – 21. Alaska Anchorage. **Women** – 11. Alaska Anchorage. (Next Ranking: Jan. 28)

#### GNAC RED LION ATHLETES OF THE WEEK

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

**Honorable Mention** – Micah Chelimo, Alaska Anchorage (Sr., Kapkoi, Kenya – Tambach) took the early-season NCAA Division II national lead in the 3,000 meters breaking his own GNAC record by .74 seconds in finishing sixth at the UW Open in a time of 8:10.99 ... Robert Peterson, MSU Billings (So., Billings, MT – Skyview) finished third at the Montana State Open in the mile in a provisional nationally qualifying time of 4:18.55 (converts to 4:12.97 for altitude). His team ranks ninth nationally ... Kody Rhodes, Western Oregon (Sr., Wilsonville, OR) had times of 8.45 in the 60 meter hurdles and 51.08 in the 400 at the UW Open.

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

on the GNAC all-time indoor list. That mark ranks third in the early-season national rankings.

**Honorable Mention** – Joyce Kipchumba, Alaska Anchorage (Jr., Kapsowar, Kenya) ran the fourth fastest time in GNAC history in the 3,000 at the UW Open. She finished 11<sup>th</sup> overall in a time of 9:46.71. Her time ranks third nationally this winter in Division II ... Annie Wade, Western Oregon (Jr., Condon, OR) placed 30<sup>th</sup> at UW in the 3,000. Her time of 10:23.89 ranks third all-time in WOU school history.

**More Mentionables** - Hope Reid, MSU Billings (Fr., Thompson Falls, MT) earned her second school record of the young season finishing sixth and clocking a time of 8.87 in the 55 hurdles at the Montana State Open. She also finished sixth in the high jump with a leap of 4-11 ½. Earlier this winter, she ran a school record time of 9.36 at the Black Hills Holiday Classic ... Alexis Anderson, Western Oregon (So., Manzanita, OR) tied for fifth in the high jump at UW clearing 5-5. She also placed 14<sup>th</sup> in the triple jump with a leap of 36-5 ½.

**TWO RECORDS FALL AT UW:** Two GNAC records fell, including the oldest one on the books, last weekend at the University of Washington Open. Alex Donigian of Western Washington set a new record in the 60 meters, eclipsing Mike Hinshaw's 2002 record, and Micah Chelimo bettered his own record in the 3,000 (See *Red Lion Athlete of the Week* notes) ... Chelimo's time ranks No. 1 nationally among Division II athletes this winter as does the 800 meter time of 2:09.42 by Sarah Sawatzky of Simon Fraser ... Those two marks were among eight provisional national qualifying marks established, including six at UW one at the Washington State Open by Central Washington high jumper Tayler Fettig (5-8) and one at the Montana State Open by Robert Peterson of Montana State Billings (4:18.55) ... Western Washington athletes accounted for three and Alaska Anchorage athletes had two of the PNOs at Seattle.

**CLIMBING THE CHARTS:** The two records were also among eight GNAC Top 10 all-time performances. Western Washington had four of them – by Donigian in the 60, Travis Milbrandt in the 60 hurdles, Frank Catelli in the shot and by its 4x400 meter relay team. See charts below for complete list.

**GNAC TOP 10 PERFORMANCES (for Week of Jan. 13-19):** Men: 60 – 1. Alex Donigan, WWU, 6.76. 60 Hurdles – 3. Travis Milbrandt, WWU, 8.30. 3000 – 1. Micah Chelimo, UAA, 8:10.99. 4x400 Relay – 4. Western Washington 3:19.17. Shot Put – 2. Frank Catelli, WWU, 17.03 – 55-10 ½.

**Women:** 60 – 6. Jamie Ashcroft, UAA, 7.83. 800 – 4. Sarah Sawatzky, SFU, 2:09.42. 3000 – 4. Joyce Kipchumba, UAA, 9:46.71. High Jump – 4. Tayler Fettig, CWU, 1.73 – 5-8.

**NCAA QUALIFIERS AND NATIONAL RANK (As of Jan. 20): Men:** 60 – 2. Alex Donigian, WWU, 6.76. Mile – 9. \*Robert Peterson, MSUB, 4:12.97. 3000 – 1. Micah Chelimo, UAA, 8:10.99. 60 Hurdles – 24. Travis Milbrandt, WWU, 8.30. Shot Put – 8. Frank Catelli, WWU, 17.03 – 55-10 ½. **Women:** 800 – 1. Sarah Sawatzky, SFU, 2:09.42. 3000 – 3. Joyce Kipchumba, UAA, 9:46.71. High Jump – 3. +Tayler Fettig, CWU, 1.73 – 5-8. **Note:** Marks listed are based on a 200 meter banked track or an over 200 meter track. Marks on TFRRS national list are converted to a 200-meter flat track and may differ from those listed here. All marks except those indicated with \* or + were accomplished Jan. 17-18 at UW Open (\*Montana State Open +Washington State Open).

### LAST WEEK'S TOP FINISHERS

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

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

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

### PREVIOUS GNAC ATHLETES OF THE WEEK

#### Men

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

#### Women

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

### PREVIOUS 2013-14 TOP FINISHERS

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

**Jacksons Open and Multi (Dec. 13-14 at Nampa): Men (Top 3):** 60 – 2. Rimar Christie, NNU, 6.90. 300 – 1. Andrew Curtis, NNU, 34.90. Mile – 1. Michael Gordon, NNU, 4:37.69. 60 Hurdles – 2. Kyle McLaughlin, NNU, 8.68. 4x400 Relay – 3. Northwest Nazarene 3:30.46. Triple Jump – 2. Stephen Larlee, NNU, 14.02 – 46-0. Shot Put – 3. Jeremiah Woods, NNU, 122.57 – 41-3. **Women (Top 3):** Mile – 1. Natalie Evans, NNU, 5:04.39; 2. Jordan Rehfeld, NNU, 5:10.28. 60 Hurdles – 2. Marie Smith, NNU, 9.18. 4x400 Relay – 2. Northwest Nazarene 4:04.59. High Jump – 2. Lexi Sarver, NNU, 1.55 – 5-1. Pole Vault – 2. Alison Silva, NNU, 3.50 – 11-5 ¾. Weight Throw – 3. Caitlin Curtis, NNU, 15.45 – 50-8 ¼.

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