



Great Northwest Athletic Conference

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2014 Indoor Track & Field Report 3 (Feb. 5, 2014)

THIS WEEK: **Friday** – Idaho Vandal Indoor (CWU, SMU, WOU). **Saturday** – Idaho Vandal Collegiate (CWU, SMU, WOU); Boise State Bronco Invitational at Nampa (NNU); Black Hills/Chadron State Open at Gillette (MSUB).

USTFCCCA NATIONAL COMPUTER RANKINGS (as of Feb. 3): Men – 22. Western Washington. **Women** – 16. Alaska Anchorage.

USTFCCCA REGIONAL COMPUTER RANKINGS (as of Feb. 3): Men – 1. Western Washington, 3. MSU Billings, 4. Alaska Anchorage, 6. Northwest Nazarene, 7. Central Washington, 8. Seattle Pacific, 9. Western Oregon, 10. Simon Fraser. **Women** – 1. Northwest Nazarene, 2. Alaska Anchorage, 3. Seattle Pacific, 5. Western Washington, 7. Central Washington, 9. Montana State Billings.

GNAC RED LION ATHLETES OF THE WEEK

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

HONORABLE MENTION: Ethan Hewitt, Alaska Anchorage (Sr., Eagle River, AK - Chugiak) finished second in the 400 meters at the Ed Jacoby Invitational at Nampa with a provisional national qualifying time of 48.65. His time ranks fourth on the GNAC Top 10 all-time list ... Jamon Rodriguez, MSU Billings (Fr., Gillette, WY) finished third in the 3,000 meters (8:54.04) and seventh in the 5,000 (in a school-record time of 15:37.32) at the Mountain State Games in Pocatello. His 5,000 time ranks third this winter in the GNAC ... Rimar Christie, Northwest Nazarene (Jr., St. Michael, Barbados) finished third in the 60 hurdles in a time of 6.95 ... Micah Spatz, Northwest Nazarene (Fr., Melba, ID) posted the second best score in school history in the heptathlon (4,359), including a time of 9.00 in the 60 hurdles. That is a NNU school record for

a heptathlon and was just 23 points shy of cracking the GNAC All-Time Top 10 in the event.

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

HONORABLE MENTION: Tayler Fettig, Central Washington (Jr., Olympia, WA) broke her own school record and matched the second best high jump in GNAC history clearing 5-9 1/4 in the pentathlon at the WSU Cougar Indoor. Fettig finished second in the pentathlon with a score of 3,384, moving into seventh place on the GNAC all-time chart ... Rio Frame, MSU Billings (Fr., Glendive, MT - Dawson County) won the 3,000 meters at Pocatello in a school-record time of 10:41.52.

MORE MENTIONABLES: Emmi Collier, Western Oregon (So., Warrenton, OR) finished 14th in the shot put at UW with a GNAC season-best put of 41-11 1/2 ... Jordan Rehfeld, Northwest Nazarene (Sr., Nampa, ID – Nampa Christian) had a career-best time of 5:04.50 in the mile and anchored the NNU distance medley relay team to a winning time of 12:17.11, running the mile leg in an unofficial time of 5:06 ... Alison Silva, Northwest Nazarene (Fr., Nampa, ID – Nampa Christian) pole vaulted 12-5 1/2 to finish third. Her mark is a school record and also equaled the third best mark in GNAC history. It also ranks seventh on the NCAA national performance list.

GNAC TEAMS POST 25 NATIONAL QUALIFYING MARKS: Led by Alaska Anchorage with seven, GNAC athletes posted a total of 25 national qualifying marks last week in meets at Seattle, Nampa, Pocatello and Pullman ... The Seawolf men accounted for three of UAA's marks,

while the women had four ... Western Washington had six PNQs (5 men, 1 women). Simon Fraser (2 men, 1 women), Seattle Pacific (3 women) and Central Washington (3 women) had three each. Western Oregon (1 men), MSU Billings (1 men) and Northwest Nazarene (1 women) had one each ... Four female athletes - Jamie Ashcroft of Alaska Anchorage (60, 200), Lynelle Decker of Seattle Pacific (800, mile), Karolin Anders of Alaska Anchorage (pentathlon, high jump) and Tayler Fettig of Central Washington (pentathlon, high jump) - had two each.

GNAC RECORDS, NATIONAL LEADERS: Ashcroft and Western Washington's Brett Watson set GNAC records. Ashcroft established a conference record in the women's 200 (24.89). Watson set a conference record in the high jump (6-10 ¼) ... Six athletes posted individual marks that currently rank in the Top 10 nationally led by McKayla Fricker's No. 1 time of 2:09.04 in the 800 meters. Anders' pentathlon score (3774) ranks third and her high jump (5-7 ¾) ranks 10th. Fettig's high jump mark (5-9 ¼) ranks fifth nationally. Decker's time in the 800 (2:12.22) currently ranks seventh. Northwest Nazarene's Alison Silva moved into seventh place on the national list with a pole vault of 12-5 ½. Chip Jackson of Western Washington took over sixth place on the national leader board in the men's mile (4:07.95) ... Three men's distance medley relay teams - Alaska Anchorage (8th, 10:02.54), Simon Fraser (9th, 10:04.15) and Western Oregon (10th, 10:04.79) - also has national Top 10 times.

GNAC TOP 10s: Including the records by Ashcroft and Watson, GNAC athletes posted 16 marks that rank on the conference's All-Time Top 10 lists. Four of those marks rank second - WWU's Chip Jackson in the mile (4:07.95), CWU's Tayler Fettig in the high jump (5-9 ¼), UAA's Karolin Anders in the pentathlon (3774) and Western Washington in the men's 4x400 relay (3:16.81). Three more rank third - WWU's Logan Myers in the 60 hurdles (8.30), Ashcroft in the 60 (7.72) and NNU's Alison Silva in the pole vault (12-5 ½).

VIKINGS RANKED BY COMPUTER: Western Washington's men moved up three slots and is now ranked 22nd in the USTFCCA Team Computer Rankings this week. Alaska Anchorage is ranked 16th in the women's computer rankings. Eight GNAC men's teams and six women's teams are ranked in the Top 10 in the computer West Regional rankings.

BY THE NUMBERS

GNAC ALL-TIME TOP 10 PERFORMANCES (for Week of Jan. 20-26):
Men: 400 - 4. Ethan Hewitt, UAA, 48.65. Mile - 2. Chip Jackson, WWU, 4:07.95. 60 Hurdles - 3. Logan Myers, WWU, 8.30. 4x400 Relay - 2. Western Washington 3:16.81. Distance Medley Relay - 5. Alaska Anchorage 10:02.54; 8. Simon Fraser 10:04.15; 10. Western Oregon 10:04.79. Pole Vault - 1. Brett Watson, WWU, 2.09 - 6-10 ¼. **Women:** 60 - 3. Jamie Ashcroft, UAA, 7.72. 200 - 1. Jamie Ashcroft, UAA, 24.89. 800 - 4. McKayla Fricker, SPU, 2:09.04. High Jump - 2. Tayler Fettig, CWU, 1.76 - 5-9 ¼; 6. Karolin Anders, UAA, 1.72 - 5-7 ¾. Pole Vault - 3. Alison Silva, NNU, 3.80 - 12-5 ½. Pentathlon - 2. Karolin Anders, UAA < 3774; 7. Tayler Fettig, CWU, 3404.

LAST WEEK'S NCAA QUALIFIERS (for Week of Jan. 27-Feb. 2): **Men:** 400 - *Ethan Hewitt, UAA, 48.65; Jonathon Poolman, WWU, 49.00. Mile - Chip Jackson, WWU, 4:07.95; James Young, SFU, 4:12.66. 60 Hurdles - Logan Myers, WWU, 8.30. 4x400 Relay - Western Washington 3:16.81. Distance Medley - *Alaska Anchorage 10:02.54; Simon Fraser 10:04.15; Western Oregon 10:04.79; +MSU Billings 10:08.68. High Jump - Brett Watson, WWU, 2.09 - 6-10 ¼. Heptathlon - *Cody Thomas, UAA, 4805. **Women:** 60 - *Jamie Ashcroft, UAA, 7.72. 200 - *Jamie Ashcroft, UAA, 24.89. 800 - McKayla Fricker, SPU, 2:09.04; Lynelle Decker, SPU, 2:12.22. Mile - Lynelle Decker, SPU, 5:00.78. Distance Medley Relay - Simon Fraser 12:08.03; Central Washington 12:10.19. High Jump - **Tayler Fettig, CWU, 1.76 - 5-9 ¼; *Karolin Anders, UAA, 1.72 - 5-7 ¾. Pole Vault - *Alison Silva, NNU, 3.80 - 12-5 ½; Cheyanna Pinley, WWU, 3.66 - 12-0. Pentathlon - *Karolin Anders, UAA, 3774; **Tayler Fettig, CWU, 3404. (**Note:** Marks posted at UW except where indicated: *Nampa +Pocatello **Pullman).

GNAC NCAA TOP 20 NATIONAL QUALIFIERS (As of Feb. 4): **Men:** 60 - 3. Alex Donigian, WWU, 6.76. Mile - 6. Chip Jackson, WWU, 4:07.95. 3000 - 3. Micah Chelimo, UAA, 8:10.99. 4x400 Relay - 14. Western Washington 3:16.81. Distance Medley - 8. Alaska Anchorage 10:02.54; 9. Simon Fraser 10:04.15; 10. Western Oregon 10:04.79; 16. MSU Billings 10:08.68. High Jump - 12. Brett Watson, WWU, 2.09 - 6-10 ¼. Shot Put - 12. Frank Catelli, WWU, 17.03 - 55-10 ½. Heptathlon - 14. Cody Thomas, UAA, 4805. **Women:** 60 - 18. Jamie Ashcroft, UAA, 7.72. 200 - 12. Jamie Ashcroft, UAA, 24.89. 800 - 1. McKayla Fricker, SPU, 2:09.04; 2. Sarah Sawatzky, SFU, 2:09.42; 7. Lynelle Decker, SPU, 2:12.22. 3000 - 4. Joyce Kipchumba, UAA, 9:46.71; 20. Jordan Rehfeld, NNU, 9:58.87. Distance Medley - 11. Simon Fraser 12:08.03; 12. Central Washington 12:10.19. High Jump - 5. Tayler Fettig, CWU, 1.76 - 5-9 ¼; 10. Karolin Anders, UAA, 1.72 - 5-7 ¾. Pole Vault - 7. Alison Silva, NNU, 3.80 - 12-5 ½. Pentathlon - 3. Karolin Anders, UAA, 3774; 20. Tayler Fettig, CWU, 3404. (**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.

LAST WEEK'S TOP FINISHERS

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

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

Mountain State Games (Jan. 31-Feb. 1 at Pocatello): **Men (Top 6):** 3000 - 1. Robert Peterson, MSUB, 8:48.34; 3. Jamon Rodrigues, MSUB, 8:54.04; 5. Chase Robinson, MSUB, 9:00.17. 4x400 Relay - 2. MSU Billings 3:28.18. Distance Medley - 2. MSU Billings 10:16.86. Shot Put - 2. Anthony Montanez, MSUB, 15.12 - 49-7 ¼. Weight Throw - 1. Dylan Buehler, MSUB, 15.13 - 49-7 ¾; 2. Anthony Montanez, MSUB, 15.10 -

49-6 ½; 3. Kyle DuCharme, MSUB, 13.81 – 45-3 ¾. **Women (Top 6):** Mile – 1. Nocona Frame, MSUB, 5:18.24. 3000 – 1. Rio Frame, MSUB, 10:41.52; 4. Jinise Osborne, MSUB, 10:55.75; 5. Mary Owen, MSUB, 10:57.81. 60 Hurdles – 2. Hope Reid, MSUB, 9.60; 5. Shelby Martinell, MSUB, 10.18; 6. Kaytlin Halle, MSUB, 10.21. 4x400 Relay – 5. MSU Billings 4:30.24. Distance Medley Relay – 5. MSU Billings 12:59.03. High Jump – 2. Hope Reid, MSUB, 1.40 – 4-7. Weight Throw – 5. Corrie Holm, MSUB, 11.66 – 38-3.

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

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.

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

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

Women

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

Week of Jan. 13-19: Women: Track – Sarah Sawatzky, Simon Fraser (Sr., Chilliwack, BC) finished sixth at the

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

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

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 Rodriguez, MSUB, 9:02.63; 3. Chase Robinson, MSUB, 9:07.26. Long Jump – 2. Cameron Stanek, MSUB, 6.09 – 19-11 ¾. 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 ¾. **Women (Top 3):** 60 – 2. Blair Street, MSUB, 8.26. Mile – 1. Rio Frame, MSUB, 5:27.05. 3000 – 1. Mary Owen, MSUB, 10:58.39; 2. Nocona Frame, MSUB, 11:02.76; 3. Renae Hepfner, MSUB, 11:21.11. 60 Hurdles – 2. Hope Reid, MSUB, 9.47. 4x400 Relay – 2. MSU Billings 4:40.88. High Jump – 2. Hope Reid, MSUB, 1.55 – 5-1. Long Jump – 2. Hope Reid, MSUB, 4.83 – 15-10. Shot Put – 3. Corrie Holm, MSUB, 10.99 – 36-0 ¾.

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

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

Montana State Open (Jan. 17 at Bozeman): Men (Top 6): 800 – 4. Drew Galahan, MSUB, 1:56.94. Mile – 3. Robert Peterson, MSUB, 4:18.55; 5. Chase Robinson, MSUB, 4:24.20. 3000 – 5. Jamon Rodrigues, MSUB, 9:00.44; 6. Chase Robinson, MSUB, 9:03.86. 4x400 – 6. MSU Billings 3:33.26, Shot Put – 2. Anthony Montanez, MSUB, 15.35 – 50-4 ½. Weight Throw – 4. Dylan 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.

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

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

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