



Great Northwest Athletic Conference

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

Contact: Bob Guptill

2014 Indoor Track & Field Report 4 (Feb. 12, 2014)

THIS WEEK: Friday – University of Washington Classic (UAA, SPU, SFU, WOU, WWU). **Saturday** – University of Washington Classic (UAA, SPU, SFU, WOU, WWU); Boise State Team Challenge (NNU). **Sunday** - University of Washington Open (UAA, CWU, SPU, SFU, WOU, WWU).

WHAT'S LEFT INDOORS: Feb. 21-22 – GNAC Indoor (at Nampa). **Mar. 1** – SPU Last Chance (CWU, SPU, SFU, SMU, WOU, WWU). **Mar. 14-15** – NCAA National Indoor (at Winston-Salem, NC).

USTFCCCA NATIONAL COMPUTER RANKINGS (as of Feb. 10): Men – 24. Western Washington. **Women** – 22. Alaska Anchorage.

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

GNAC RED LION ATHLETES OF THE WEEK

MEN: Track – Frank Krause, Saint Martin's (Jr., Onalaska, WA) finished second in the 800 meters at the Idaho Vandal Indoor Friday in a provisional national qualifying time of 1:52.04. The time ranks 12th nationally among NCAA Division II athletes this winter and sixth all-time in GNAC history. On Saturday, he finished fourth in the 400 meters at the Idaho Open in a time of 50.61, breaking a 12-year old SMU school record. **Field** – Kevin Stanley, Central Washington (Jr., Spokane Valley, WA – Central Valley) was the top collegian in the weight throw Saturday at Idaho finishing third with a provisional national qualifying mark of 59-2 $\frac{3}{4}$. That ranks fourth in GNAC history.

HONORABLE MENTION: Kyle McLaughlin, Northwest Nazarene (So., Meridian, ID) had a personal best of 8.52 in the 60-meter hurdles to finish fifth at the Bronco Invitational in Nampa and move into sixth place on the GNAC season performance list.

WOMEN: Track – Marie Smith, Northwest Nazarene (Sr., Boise, ID - Capital) finished second in the 60 hurdles at the Bronco Invitational in Nampa with a provisional national qualifying time of 8.87. That time is a school record and

ranks sixth in GNAC history. **Field** – Alison Silva, Northwest Nazarene (Fr., Nampa, ID) pole-vaulted a provisional national qualifying 12-5 $\frac{1}{2}$ for the second week in a row to finish third at the Bronco Invitational. That height ranks fourth on the GNAC Top 10 all-time list.

HONORABLE MENTION: Angel Rodgers, Saint Martin's (Jr., Everett, WA) broke the school record in the women's weight throw for the third time this season finishing sixth with a throw of 48-11 $\frac{3}{4}$ Saturday at Moscow. That mark ranks second in the GNAC this winter.

GNAC TEAMS POST 6 NATIONAL QUALIFYING MARKS: GNAC athletes posted six provisional national qualifying marks last weekend in meets at Moscow, Nampa and Gillette, Wyo. ... Perhaps the most impressive PNQ was by Montana State Billings' distance medley relay team of Chase Robison, Nathan Vanderby, Drew Galahan and Robert Peterson. They won the DMR at Gillette in a time of 10:17.34. That converts to a time of 10:00.96, which ranks fifth in GNAC history ... Also earning PNQs were Saint Martin's Frank Krause in the 800 (1:52.04) and Kevin Stanley of Central Washington in the weight throw (59-2 $\frac{3}{4}$) in separate meets Friday and Saturday at Moscow ... NNU athletes established three PNQs at Nampa – by Natalie Evans in the 800 (2:12.55), Marie Smith in the 60 hurdles (8.87) and Alison Silva in the pole vault. Silva vaulted 12-5 $\frac{1}{2}$ for the second week in a row,

GNAC TOP 10s: In addition to MSUB's relay, GNAC athletes established five other GNAC All-Time Top 10s. Silva and Stanley's performances rank fourth on the GNAC All-Time performance list. Both Krause and Smith's times rank sixth. Kent McKinney of Central Washington ran the seventh fastest 60 in GNAC history (6.96). His time fell .07 seconds short of the NCAA provisional standard.

WHAT'S NEXT: With the 11th annual GNAC championships at Nampa coming up in less than two weeks, GNAC athletes will have one more tune-up this weekend as six schools – Alaska Anchorage, Central Washington, Seattle Pacific, Simon Fraser, Western Oregon and Western Washington - head to Seattle to compete in the UW Classic and/or the UW Open. Meanwhile, Northwest Nazarene will participate in the Boise State Team Challenge at Boise. Saint Martin's and Montana State Billings will take the week off.

VIKINGS, SEAWOLVES RANKED BY COMPUTER: Alaska Anchorage's women and Western Washington's men continues to be ranked in the Top 25 nationally by the

USTFCCCA computer. The UAA women are ranked 22nd and the Viking men are ranked 24th.

BY THE NUMBERS

GNAC ALL-TIME TOP 10 PERFORMANCES (for Week of Feb. 3-9):

Men: 60 – 7. Kent McKinney, CWU, 6.96. 800 – 6. Frank Krause, SMU, 1:52.04. Weight Throw – 4. Kevin Stanley, CWU, 18.05 - 59-2 ¼. Distance Medley Relay – 5. MSU Billings 10:00.96. **Women:** 60 Hurdles - 6. Marie Smith, NNU, 8.87. Pole Vault – 4. Alison Silva, NNU, 3.80 – 12-5 ½. (**Note:** Men's marks were performed at Moscow except for MSUB DMR which was performed at Gillette; women's marks came at Nampa).

LAST WEEK'S NCAA QUALIFIERS (for Week of Feb. 3-9):

Men: 800 – 6. Frank Krause, SMU, 1:52.04. Distance Medley Relay – 5. MSU Billings 10:00.96. Weight Throw – 4. Kevin Stanley, CWU, 18.05 - 59-2 ¼. **Women:** 800 – Natalie Evans, NNU, 2:12.55. 60 Hurdles - 6. Marie Smith, NNU, 8.87. Pole Vault – 4. Alison Silva, NNU, 3.80 – 12-5 ½. (**Note:** Men's marks were performed at Moscow except for MSUB DMR which was performed at Gillette; women's marks came at Nampa).

GNAC NCAA TOP 20 NATIONAL QUALIFIERS (As of Feb. 11):

Men: 60 – 3. Alex Donigian, WWU, 6.76. 800 – 12. Frank Krause, SMU, 1:52.04. Mile – 9. Chip Jackson, WWU, 4:07.95. 3000 – 3. Micah Chelimo, UAA, 8:10.99. Distance Medley – 15. MSU Billings 10:00.96; 18. Alaska Anchorage 10:02.54. High Jump – 13. Brett Watson, WWU, 2.09 – 6-10 ¼. Shot Put – 12. Frank Catelli, WWU, 17.03 – 55-10 ½. Weight Throw – 17. Kevin Stanley, CWU, 18.05 – 59-2 ¼. Heptathlon – 16. Cody Thomas, UAA, 4805. **Women:** 60 – 19. Jamie Ashcroft, UAA, 7.72. 200 – 16. Jamie Ashcroft, UAA, 24.89. 800 – 3. McKayla Fricker, SPU, 2:09.04; 4. Sarah Sawatzky, SFU, 2:09.42; 9. Lynelle Decker, SPU, 2:12.22; 10. Natalie Evans, NNU, 2:12.55. 3000 – 5. Joyce Kipchumba, UAA, 9:46.71. Distance Medley – 19. Simon Fraser 12:08.03. High Jump – 5. Tayler Fettig, CWU, 1.76 – 5-9 ¼; 11. Karolin Anders, UAA, 1.72 – 5-7 ¾. Pole Vault – 8. Alison Silva, NNU, 3.80 – 12-5 ½. Pentathlon – 3. Karolin Anders, UAA, 3774. **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

Vandal Indoor (Feb. 7 at Moscow): **Men (Top 6):** 60 – 2. Kent McKinney, CWU, 6.96. 800 – 2. Frank Krause, SMU, 1:52.04. 60 Hurdles – 5. Bernari Stern, CWU, 8.38. 4x200 – 3. Saint Martin's 1:32.33. 4x400 Relay – 3. Saint Martin's 3:38.89. High Jump – 5. Ethan Meikle, CWU, 13.63 – 44-8 ¾. Shot Put – 6. Troy Martin, CWU, 15.39 – 50-6. Discus – 6. Troy Martin, CWU, 43.14 – 141-6. **Women (Top 6):** Mile – 4. Connie Morgan, CWU, 5:06.91. 4x200 Relay – 3. Saint Martin's 1:50.02.

Vandal Open (Feb. 8 at Moscow): **Men (Top 6):** 60 – 4. Jordan Todd, CWU, 7.05. 400 – 4. Frank Krause, SMU, 50.61. 600 – 3. Cody House, SMU, 1:31.17; 4. Joseph Keeton, SMU, 1:31.21; 5. Austin Brenner, SMU, 1:31.73; 6. Ian Boyle, SMU, 1:38.69. 800 – 3. John Wojtech, CWU, 1:56.51. 1000 – 6. Mitchell Hughley, SMU, 2:42.16. 3000 – 3. Joe Berger, SMU, 8:55.86. **Women (Top 6):** 60 – 3. Brittany Carterby, CWU, 8.13; 4. Renee Hudson, SMU, 8.14. 600 – 2. Megan Teigen, SMU, 1:45.02; 3. Alexis Carandang, SMU, 1:50.16. 800 – 1. Connie Morgan, CWU, 2:18.08; 5. Jayna Inderbitzin, CWU, 2:25.94. 4x400 – 5. Central Washington 4:15.82. High Jump – 3. Moriah Bently, CWU, 1.50 – 4-11. Long Jump – 4. Tayler Fettig, CWU, 5.26 – 17-3 ¼. Triple Jump – 4. Mariah Bently, CWU, 10.27 – 33-8 ½; 6. Kellie Shreve, CWU, 9.52 – 31-3. Weight Throw – 6. Angel Rodgers, SMU, 14.93 – 48-11 ¾.

Bronco Invitational (Feb. 8 at Nampa): **Men (Top 6):** 60 – 4. Rimar Christie, NNU, 6.94. Mile – 5. Chase Cunningham, NNU, 4:28.38. 60 Hurdles – 5. Kyle McLaughlin, NNU, 8.52. 4x400 Relay – 5. Northwest Nazarene 3:22.59. Pole Vault – 5. Greyson Kilgore, NNU, 4.50 – 14-9. Triple Jump – 5. Stephen Larlee, NNU, 13.91 – 45-7 ¾. **Women (Top 6):** 800 – 4. Natalie Evans, NNU, 2:12.55. 3000 – 1. Jordan Rehfeld, NNU,

10:00.67. 60 Hurdles – 2. Marie Smith, NNU, 8.87. 4x400 Relay – 6. Northwest Nazarene 3:59.56. Pole Vault – 3. Alison Silva, NNU, 3.80 – 12-5 ½.

Black Hills/Chadron State Invitational (Feb. 8 at Gillette, WY):

Men (Top 6): 4. Ryan Blomback, MSUB, 4:43.44. 5000 – 4. Robert Peterson, MSUB, 15:36.91; 5. Jamon Rodrigues, MSUB, 15:50.71. 4x400 Relay – 5. MSU Billings 3:30.98. Distance Medley – 1. MSU Billings (Chase Robinson, Nathan Vanderby, Drew Galahan, Robert Peterson) 10:17.34. Pole Vault – 4. Cole Campbell, MSUB, 4.15. Shot Put – 5. Anthony Montanez, MSUB, 14.76. Weight Throw – 5. Dylan Buehler, MSUB, 15.73. **Women (Top 6):** Mile – 6. Rio Frame, MSUB, 5:27.78. 3000 – 4. Mary Owen, MSUB, 11:14.47; 5. Jinise Osborne, MSUB, 11:16.06. 5000 – 1. Mary Owen, MSUB, 19:26.43; 2. Jinise Osborne, MSUB, 19:30.26. 60 Hurdles – 5. Hope Reid, MSUB, 10.00; 6. Kaytin Halle, MSUB, 10.01. Pole Vault – 6. Hope Reid, MSUB, 2.75.

PREVIOUS GNAC ATHLETES OF THE WEEK

Men

Week of Dec. 9-15: Track – Rimar Christie, Northwest Nazarene (Jr., 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 (Jr., 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.

Week of Jan. 27-Feb. 2: 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

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 (Jr., 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.

Week of Jan, 27-Feb. 2: 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.

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 ¼. 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 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 ¼. 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.

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.