



## Great Northwest Athletic Conference

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### 2014 Indoor/Outdoor Track & Field Report 6 (Feb. 27, 2014)

**THIS WEEK INDOORS: Saturday** – SPU Last Chance Indoor (CWU, SPU, SFU, SMU, WOU, WWU).

**THIS WEEK OUTDOORS: Saturday** – UPS Quadrangular (SPU men, WWU); Linfield Icebreaker (WOU); Willamette Opener (WOU).

**WHAT'S LEFT INDOORS: Mar. 14-15** – NCAA National Indoor (at Winston-Salem, NC).

**USTFCCCA NATIONAL COMPUTER RANKINGS (as of Feb. 24): Men** – 21. Alaska Anchorage. **Women** – 7. Alaska Anchorage.

**USTFCCCA REGIONAL COMPUTER RANKINGS (as of Feb. 24): Men** – 1. Western Washington, 2. Alaska Anchorage, 4. Simon Fraser; 5. Northwest Nazarene; 6. Central Washington; 7. Montana State Billings; 8. Seattle Pacific; 9. Western Oregon; 10. Saint Martin's. **Women** – 1. Alaska Anchorage, 2. Northwest Nazarene; 3. Seattle Pacific, 6. Western Washington; 7. Central Washington; 9. Simon Fraser.

**DONIGIAN, ANDERS LEAD WWU, UAA TO TEAM INDOOR TITLES:** Alex Donigian of Western Washington and Karolin Anders of Alaska Anchorage were selected the Outstanding Male and Female Performers in last week's GNAC Indoor Track & Field Championships at Nampa. Donigian swept the 60 and 200 in meet-record times of 6.75 and 21.79, respectively. His 60 time is an all-time GNAC record and currently ranks fourth nationally. His 200 time ranks second in GNAC history and was a meet record ... Anders led all athletes scoring 34 points in the meet. She won the pentathlon (meet-record point total of 3,640 points) and triple jump (36-10 ½) and also finished second in the high jump (5-3 ¾), third in the long jump (18-0 ½) and eighth in the shot (38-4 ¾) ... Both athletes led their squads to the team titles as WWU outscored Alaska Anchorage 157-134 for the men's title and the Seawolves outpointed Seattle Pacific 154-125 for the women's crown.

**GNAC ATHLETES POST 32 NCAA NATIONAL QUALIFYING MARKS:** GNAC athletes established 32 new or improved NCAA Division II national qualifying marks in last week's GNAC Indoor Track and Field Championships at Nampa ... Twenty-seven – 16 women and 11 men – athletes accounted for 30 of the 32 marks including two each by Alex Donigian (men's 60, 200) and Tanya Bjornsson of Western Washington (women's 60 hurdles, long jump) and Jamie Ashcroft of Alaska Anchorage (women's 60, 200) ... UAA's men's 4x400

relay team and SPU's women's 4x400 team also established PNQs in winning conference titles.

**THIRTY-NINE MARKS ADDED TO GNAC TOP 10s:** Thirty-nine of the performances from last week's meet earned GNAC All-Time Top 10 rankings. Five were records including Donigian's 60 time. Also moving into first place on the Top 10 charts were Ethan Hewitt of Alaska Anchorage in the men's 400 (48.31), UAA's Ashcroft in the women's 60 (7.69), Tayler Fettig of Central Washington in the high jump (5-9 ¾) and Alison Silva of Northwest Nazarene in the pole vault (12-10).

**NATIONALLY SPEAKING:** With just one more opportunity to qualify for the NCAA Division II national meet, GNAC athletes have 12 performances that rank in the Top 8 nationally .... On the men's side, UAA's Micah Chelimo is the national leader in the 5,000 (13:47.73) and ranks seventh in the 3,000 (8:10.99). Donigian ranks fourth in the 60 (6.75) and Frank Catelli ranks eighth in the shot put (57-5 ½) ... On the women's side, UAA's Joyce Kipchumba ranks second in the 5,000 (16:49.59) and third in the 3,000 (9:46.71). The Seawolves' Karolin Anders, who was selected as the USTFCCCA Division II Female Athlete of the Week last week, ranks third in the pentathlon (3774). In the 800, Sarah Sawatzky of Simon Fraser ranks second (2:08.57), McKayla Fricker of Seattle Pacific is fourth (2:09.04) and Natalie Evans of Northwest Nazarene ranks eighth (2:11.43). Two athletes rank fifth in their events – Tayler Fettig of Central Washington in the high jump (5-9 ¾) and Alison Silva of Northwest Nazarene in the pole vault (12-10) ... The last qualifying opportunity for GNAC athletes is Saturday at the SPU Last Chance Indoor. The national meet is Mar. 14-15 at Winston-Salem, N.C.

#### BY THE NUMBERS

**GNAC ALL-TIME TOP 10 PERFORMANCES (GNAC, Feb. 21-22): Men:** 60 – 1. Alex Donigian, WWU, 6.75; 3. Rimar Christie, NNU, 6.86. 200 – 2. Alex Donigian, WWU, 21.79; 7. Rimar Christie, NNU, 21.99; 8. Joel Webster, SFU, 22.02. 400 – 1. Ethan Hewitt, UAA, 48.31; 5. Adam Commandeur, UAA, 48.84. Mile – 10. Robert Peterson, MSUB, 4:11.05. 60 Hurdles – 2. Peter Maguire, WWU, 8.24; 3. Bernari Stemen, CWU, 8.26; 8. Kody Rhodes, WOU, 8.33. 4x400 Relay – 2. Alaska Anchorage 3:16.09; 6. Northwest Nazarene 3:19.53. High Jump – 4. Logan Myers, WWU, 2.05 – 6-8 ¾. Shot Put – 4. Jacob Gilbert, WWU, 16.12 – 52-10 ¾; 10. Troy Martin, CWU, 15.83 – 51-11 ¼. Heptathlon – 2. Cody Thomas, UAA, 4904; 10. Micah Spatz, NNU, 4494. **Women:** 60 – 2. Jamie Ashcroft, UAA, 7.67. 200 – 1. Jamie Ashcroft, UAA, 24.69; 3. Tasia Baldwin, SPU, 25.16; 5. Kishia Mitchell, SPU, 25.18; 10. Kyra Brannan, SPU, 25.35. 400 – 4. Kishia Mitchell, SPU, 57.00; 9. Sydney Coffey, WWU, 57.46. 800 – 4. Sarah Sawatzky, SFU, 2:08.57; 5. McKayla Fricker, SPU, 2:09.04; 9. Natalie Evans, NNU, 2:11.43. 5000 – 10. Jordan Rehfeld, NNU, 17:31.78. 60 Hurdles – 2. Tanya Bjornsson, WWU, 8.72; 6.

Marie Smith, NNU, 8.84. 4x400 Relay – 5. Seattle Pacific 3:51.94; 9. Northwest Nazarene 3:54.62. High Jump – 1. Tayler Fettig, CWU, 1.77 – 5-9 ¾. Pole Vault – 1. Alison Silva, NNU, 3.91 – 12-10. Long Jump – 3. Tanya Bjornsson, WWU, 5.82 – 19-1 ¼; 6. Kyra Brannan, SPU, 5.58 – 18-3 ¾. Shot Put – 8. Vessie Umu, NNU, 13.38 – 43-10 ¾; 10. Jessica Johns, NNU, 13.27 – 43-6 ½. Pentathlon – 3.

**LAST WEEK'S NCAA QUALIFIERS (GNAC, Feb. 21-22): Men:** 60 – Alex Donigian, WWU, 6.75; Rimar Christie, NNU, 6.86. 200 – Alex Donigian, WWU, 21.79. 400 – Ethan Hewitt, UAA, 48.31; Adam Commandeur, UAA, 48.84. Mile – Robert Peterson, MSUB, 4:11.05. 60 Hurdles – Peter Maguire, WWU, 8.24; Bernari Sternen, CWU, 8.26. 4x400 Relay – Alaska Anchorage 3:16.09. High Jump – Logan Myers, WWU, 2.05 – 6-8 ¾. Shot Put – Jacob Gilbert, WWU, 16.12 – 52-10 ¾; Troy Martin, CWU, 15.83 – 51-11 ¼. Heptathlon – Cody Thomas, UAA, 4904. **Women:** 60 – Jamie Ashcroft, UAA, 7.67.200 – Jamie Ashcroft, UAA, 24.69. 400 – Kishia Mitchell, SPU, 57.00. 800 – Sarah Sawatzky, SFU, 2:08.57; Natalie Evans, NNU, 2:11.43; Ivy O'Guinn, UAA, 2:14.68; Jessica Pahkala, UAA, 2:14.70. Mile – McKayla Fricker, SPU, 5:00.37. 5000 – Jordan Rehfeld, NNU, 17:31.78. 60 Hurdles – Tanya Bjornsson, WWU, 8.72; Marie Smith, NNU, 8.84; Rosie Smith, UAA, 8.89. 4x400 Relay – Seattle Pacific 3:51.94. High Jump – Tayler Fettig, CWU, 1.77 – 5-9 ¾. Pole Vault – Alison Silva, NNU, 3.91 – 12-10; McKenna Emmert, CWU, 3.57 – 11-8 ½. Long Jump – Tanya Bjornsson, WWU, 5.82 – 19-1 ¼; Kyra Brannon, SPU, 5.58 – 18-3 ¾. Shot Put – Vessie Umu, NNU, 13.27 – 43-6 ½.

**GNAC NCAA TOP 20 NATIONAL QUALIFIERS (As of Feb. 25): Men:** 60 – 4. Alex Donigian, WWU, 6.75. 400 – 20. Ethan Hewitt, UAA, 48.31. 800 – 17. Frank Krause, SMU, 1:52.04. Mile – 11. Chip Jackson, WWU, 4:07.95. 3000 – 7. Micah Chelimo, UAA, 8:10.99. 5000 – 1. Micah Chelimo, UAA, 13:47.73. Distance Medley – 16. Western Oregon 9:58.43; 17. Simon Fraser 9:58.92; 20. Alaska Anchorage 9:59.67. High Jump – 20. Brett Watson, WWU, 2.09 – 6-10 ¼. Triple Jump – 18. Vladislav Moldavanov, SFU, 14.52 – 47-7 ¾. Shot Put – 8. Frank Catelli, WWU, 17.51 – 57-5 ½. Heptathlon – 11. Cody Thomas, UAA, 4904. **Women:** 60 – 18. Jamie Ashcroft, UAA, 7.67. 200 – 14. Jamie Ashcroft, UAA, 25:44.69. 800 – 2. Sarah Sawatzky, SFU, 2:08.57; 4. McKayla Fricker, SPU, 2:09.04; 8. Natalie Evans, NNU, 2:11.43; 12. Lynelle Decker, SPU, 2:12.22. 3000 – 3. Joyce Kipchumba, UAA, 9:46.71. 5000 – 2. Joyce Kipchumba, UAA, 16:49.59. 60 Hurdles – 19. Tanya Bjornsson, WWU, 8.72. Distance Medley – 6. Alaska Anchorage 11:45.08; 16. Simon Fraser 11:54.05. High Jump – 5. Tayler Fettig, CWU, 1.77 – 5-9 ¾; 14. Karolin Anders, UAA, 1.72 – 5-7 ¾. Pole Vault – 5. Alison Silva, NNU, 3.91 – 12-10; 11. Cheyanna Pinley, WWU, 3.81 – 12-6. Long Jump – 9. Tanya Bjornsson, WWU, 5.82 – 19-1 ¼. 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:

**GNAC (Feb. 21-22 at Nampa): Men's Team Scores** - Western Washington 157, Alaska Anchorage 134, Northwest Nazarene 83 2/3, Central Washington 73, Western Oregon 66 1/3, MSU Billings 49, Simon Fraser 44, Saint Martin's 43, Seattle Pacific 10. **Outstanding Performer** – Alex Donigian, WWU. **Women's Team Scores** - Alaska Anchorage 154, Seattle Pacific 125, Northwest Nazarene 116 1/3, Western Washington 100 1/3, Simon Fraser 57, Central Washington 47 1/3, Western Oregon 46, Saint Martin's 9, MSU Billings 8. **Outstanding Performer** – Karolin Anders, UAA.

#### 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 Donigian, 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. Donigian, 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. Donigian 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 WWU school record of 6-9 by Ron Olson in 1992.

**Week of Feb. 3-9: 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 12<sup>th</sup> 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 <sup>3</sup>/<sub>4</sub>. That ranks fourth in GNAC history.

**Week of Feb. 10-16: Track** – Micah Chelimo, Alaska Anchorage (Sr., Kapkoi, Kenya) set a GNAC record in the 5,000 meters Friday at the Husky Classic in Seattle finishing 10<sup>th</sup> in a time of 13:47.73. Chelimo, who was the lone non-Division I athlete in the Top 10, broke his own GNAC record of 13:51.19 he set last season. He is the only sub 14 minute 5K runner in GNAC history. **Field** – Vladislav Moldavanov, Simon Fraser (Fr., Pitt Meadows, BC) finished third in the Husky Classic in the triple jump leaping 47-7 <sup>3</sup>/<sub>4</sub>. That’s the third longest mark in GNAC history.

#### 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 <sup>3</sup>/<sub>4</sub> in the high jump. That ranks sixth all-time in the GNAC and ninth on the current national performance list.

**Week of Feb. 3-9: 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 <sup>1</sup>/<sub>2</sub> 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.

**Week of Feb. 10-16: Track** – Joyce Kipchumba, Alaska Anchorage (Jr., Kapsowar, Kenya) posted provisional national qualifying marks in both the 3,000 and 5,000 meters. On Friday, she finished 16<sup>th</sup> in the 5,000 at the Husky Classic in Seattle. Her time of 16:49.59 ranks sixth in GNAC history. Then on Sunday she ran the second fastest 3K in GNAC history in finishing third at the UW Open in a time of 9:33.60. **Field** – Tanya Bjornsson, Western Washington (Sr., Ferndale, WA) finished second in the long jump at the UW Husky Classic with a provisional national qualifying leap of 18-8 <sup>1</sup>/<sub>2</sub>. Bjornsson, who has a career-best of 18-9 <sup>1</sup>/<sub>4</sub>, is only one of four athletes in GNAC history to jump that far.

## 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 Rodriguez, 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 Buehler, 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.

**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 Buehler, 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 Pakkala, 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.

**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 Sternen, 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 Hughey, 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. Kaytlin Halle, MSUB, 10.01. Pole Vault – 6. Hope Reid, MSUB, 2.75.

**Boise State Team Challenge (Feb. 15 at Nampa): Men (Top 6):** 400 – 4. Andrew Curtis, NNU, 50.17. 60 Hurdles – 4. Kyle McLaughlin, NNU, 8.47. 4x400 – 4. Northwest Nazarene 3:30.25. High Jump – 6. Cole Hoberg, NNU, 1.95 – 6-4 ¾. Pole Vault – 6. Zach McClanahan, NNU, 4.17 – 13-8 ¼. Triple Jump – 6. Stephen Larlee, NNU, 13.24 – 43-5 ¼. Weight Throw – 5. Matt Silva, NNU, 14.76 – 48-5 1.4. **Women (Top 6):** 1000 – 3. Rebecca Holland, NNU, 3:18.45; 4. Emily Merioles, NNU, 3:32.17. 60 Hurdles – 4. Marie Smith, NNU, 8.99; 6. Hannah Borden, NNU, 9.17. 4x400 Relay – 4. Northwest Nazarene 4:00.76. Pole Vault – 2. Alison Silva, NNU, 3.85 – 12-7 ½. Shot Put – 5. Vessie Umu, NNU, 12.98 – 42-7; 6. Jessica Johns, NNU, 12.96 – 42-6 ¼.

**UW Invitational (Feb. 14-15 at Seattle): Men (Top 6):** Mile (Early Race) – 2. Travis Vugteveen, SFU, 4:17.52. Distance Medley – 2. Western Oregon 9:58.43; 3. Simon Fraser 9:58.92; 4. Alaska Anchorage 9:59.67. Triple Jump – 3. Vladislav Moldavanov, SFU, 14.52 – 47-7 ¾. Shot Put – 6. Frank Catelli, WWU, 16.89 – 55-5. **Women (Top 6):** 800 – 4. McKayla Fricker, SPU, 2:09.17. Mile (Early Race) – 5. Rebecca Bassett, SFU, 5:06.65. Distance Medley – 4. Alaska Anchorage 11:45.08.

**UW Open (Feb. 16 at Seattle): Men (Top 3):** 400 – 2. Adam Commandeur, UAA, 49.46. 3000 – 1. Dylan Anthony, UAA, 8:20.92. 60 Hurdles – 3. Bernari Sternen, CWU, 8.38. Pole Vault – 2. Gordon Kordas, WWU, 4.40 – 14–5 ¼. Triple Jump – 1. Luke Plummer, CWU, 13.72 – 45-0 ¼. Shot Put – 1. Frank Catelli, WWU, 17.51 – 57-5 ½. **Women (Top 3):** 60 – 3. Jamie Ashcroft, UAA, 7.70. 200 – 1. Jamie Ashcroft, UAA, 25.15. 800 – 3. Susan Bick, UAA, 2:14.97. 3000 – 3. Joyce Kipchumba, UAA, 9:33.60. 4x400 – 1. Central Washington 4:09.17. Pole Vault (Morning Session) – 1. Cheyanna Pinley, WWU, 3.81 – 12-6. Long Jump – 1. Kyra Brannan, SPU, 5.53 – 18-1 ¾; 2. Tasia Baldwin, SPU, 5.39 – 17-8 ¼.