



Great Northwest Athletic Conference

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2014 Indoor/Outdoor Track & Field Report 8 (March 13, 2014)

THIS WEEK'S SCHEDULE AND RANKINGS

THIS WEEK'S OUTDOORS: Friday – Occidental Distance Carnival at Eagle Rock, CA (UAA); Lane CC Preview (WOU); Northwest Nazarene Combined (NNU). Saturday – Ben Brown Invitational at Fullerton (UAA); SCC Dusty Lane Open (CWU); Lane CC Preview (WOU); Northwest Nazarene Combined (NNU).

THIS WEEK'S INDOORS: Friday-Saturday – NCAA National Indoor (at Winston-Salem, NC).

USTFCCCA NATIONAL COMPUTER RANKINGS (as of March 10):
Men – 23. Alaska Anchorage. **Women** – 10. Alaska Anchorage.

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

GNAC RED LION ATHLETES OF THE WEEK

MEN: 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.

HONORABLE MENTION: Shane Brooks, Western Oregon (So., Pleasant Hill, OR) won the javelin at the Oregon State Invitational with a provisional national qualifying throw of 211-7. That throw ranks second in the GNAC this season and seventh all-time ... Kody Rhodes, Western Oregon (Sr., Wilsonville, OR) won the 110 meters at the OSU Invitational in a GNAC season-best time of 14.95

WOMEN: 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.

HONORABLE MENTION: Rochelle Pappel, Western Oregon (So., Venata, OR – Churchill) won the 100-meter hurdles at Oregon State in a time of 14.95. That currently ranks second in the GNAC in the young spring season ... Katie Reichert, Western Washington (So., Longview, WA – Kelso) posted a provisional national qualifying mark of 139-2 in winning the javelin at the Pacific Lutheran University Invitational.

SIX EARN REGION INDOOR AWARDS: Two athletes and four coaches from the GNAC have earned USTFCCCA West Region awards for indoor track-and-field Joyce Kipchumba of Alaska Anchorage was selected the West Region Women's Track Athlete of the Year and Frank Catelli of Western Washington was selected the West Region Men's Field Athlete of the Year ... UAA's Michael Friess and WWU's PeeWee Halsell were named the West Region Women's Team and Men's Team Coaches of the Year, respectively. Two UAA assistants were selected the West Region Assistant Coaches of the Year – Ryan McWilliams for women's teams and Anthony Tomsich for men's teams ... Kipchumba has the second fastest 5,000 meter time (16:49.59) and third fastest 3,000 meter time (9:33.60) entering this weekend's national meet at Winston-Salem, NC. Catelli takes the ninth best mark in the shot put (57-5 ½) going into the national meet ... Friess, in his 24th season at UAA, led the Seawolves to their second straight women's indoor team title this winter since the school began sponsoring indoor last year. UAA is ranked 10th in the USTFCCCA computer rankings ... McWilliams is in his fourth season. Two of his athletes qualified for the NCAA meet, seven set school records and 16 reached the NCAA provisional standard ... Tomsich, who is in his first season as an assistant coach (3rd overall), coached Micah Chelimo to the No. 1 time in the 5,000 and the No. 7 time in the 3,000 Halsell's regional award is his second straight and third overall. The WWU mentor is in his 27th season in Bellingham. His team won its second straight GNAC indoor title, setting three meet record and two conference records and winning five events.

EIGHTEEN QUALIFY FOR NCAA INDOOR: Eighteen athletes, including seven from Alaska Anchorage and five from Western Washington will compete in the NCAA Division II Indoor Track and Field Championships Friday and Saturday at Winston-Salem, NC ... Three of the UAA athletes – Micah Chelimo (men's 3,000 and 5,000), Joyce Kipchumba (women's 3,000 and 5,000) and Karolin

Anders (pentathlon and high jump) are entered in two individual events. Chelimo is the top-seed in the men's 5,000 and the seventh seed in the 3K. Kipchumba comes into the meet with the No. 2 best time in the women 5K and the No. 3 time in the 3K and Anders has the fifth best point total in the pentathlon. ... Chelimo will be joined by three Western Washington athletes – Alex Donigian in the 60, Chip Jackson in the mile and Frank Catelli in the shot put – in the men's meet. Donigian is the No. 4 seed in his event ... Athletes from six GNAC schools will compete in the women's division. In addition to Kipchumba and Anders, UAA qualified its distance medley relay team of Susan Bick, Haleigh Lloyd, Jessica Pahkala and Ivy O'Guinn. Northwest Nazarene (Natalie Evans in the 800 and Alison Silva in the pole vault) and Western Washington (Tanya Bjornsson in the long jump and Cheyanna Pinley in the pole vault) each qualified two athletes. Silva enters the meet with the fifth best mark in her event. ... Completing the field from the GNAC are three 800 runners – No. 2 seed Sarah Sawatzky of Simon Fraser, fourth-seed McKayla Fricker of Seattle Pacific and the Falcons' Lynelle Decker - and high jumper Tayler Fettig of Central Washington. Fettig is the No. 6 seed ... Fettig (5-9 ¾ in the high jump), Silva (12-10 in the pole vault), Donigian (6.75 in the 60) and Chelimo (8:10.99 in the 3K and 13:47.73 in the 5K) are the GNAC record-holders in their events.

NCAA INDOORS (March 13-14 at Winston-Salem, NC).

MEN: Friday: 3 p.m. – Mile Prelim (11. Chip Jackson, WWU, 4:11.13). **4:10 p.m.** – 60 Prelims (4. Alex Donigian, WWU, 6.75). 6:15 p.m. – 5000 (1. Micah Chelimo, UAA, 13:56.59). **Saturday: 2:05 p.m.** – Shot Put (9. Frank Catelli, WWU, 17.51 – 57-5 ½. **4 p.m.** – Mile (Jackson). **4:45 p.m.** – 60 (Donigian). 6:05 p.m. – 3000 (7. Micah Chelimo, UAA, 8:16.69). **WOMEN: Friday: 2 p.m.** – Long Jump (12. Tanya Bjornsson, WWU, 5.82). **4:50 p.m.** – 800 Prelim (2. Sarah Sawatzky, SFU, 2:10.05; 4. McKayla Fricker, SPU, 2:10.53; 9. Natalie Evans, NNU, 2:12.95; 12. Lynelle Decker, SPU, 2:13.49). **6:35 p.m.** – 5000 (2. Joyce Kipchumba, UAA, 16:57.37). **7:30 p.m.** – Distance Medley Relay (9. Alaska Anchorage 11:52.63 – Susan Bick, Haleigh Lloyd, Jessica Pahkala, Ivy O'Guinn) **Saturday: 9 a.m.** – Pentathlon (5. Karolin Anders, UAA, 3752). **2:15 p.m.** – High Jump (6. Tayler Fettig, CWU, 1.77 – 5-9 ¾; 15. Karolin Anders, UAA, 1.72 – 5-7 ¾). **4:25 p.m.** – Pole Vault – 5. Alison Silva, NNU, 3.91 – 12-10; 14. Cheyanna Pinley, WWU, 3.81 – 12-6. **5:10 p.m.** – 800 (Sawatzky, Fricker, Evans, Decker). **6:25 p.m.** – 3000 (3. Joyce Kipchumba, UAA, 9:38.54). **Note:** Times listed are Eastern Daylight time.

GNAC ATHLETES POST NINE NCAA OUTDOOR QUALIFYING MARKS: Led by six javelin throwers, GNAC athletes posted nine NCAA qualifying marks last week in meets at Las Vegas, Corvallis and Tacoma ... UAA's Franz Burghagen earned an automatic mark in the men's javelin (216-10) at Las Vegas. Posting provisional marks were UAA's Cody Parker (209-5) as Las Vegas, and WOU's Shane Brooks (211-7) and Justin Larson (206-5) at Corvallis ... Earning a women's automatic javelin mark was WOU's Seabre Church (155-9) at Corvallis. Katie Reichert of Western Washington posted a provisional mark of 139-2 at Tacoma ... Also posting PNQs at Las Vegas were Jamie Ashcroft in the women's 100 (11.84) and 200 (24.27) and Bobo Camara in the men's 400 hurdles (53.14).

MARKS ADDED TO GNAC TOP 10s: Ashcroft's 100 time was a GNAC record and her 200 time ranks third in GNAC history. Camara's 400 hurdles time ranks eighth. The javelin throws of Brooks and Church rank seventh on the GNAC Men's and Women's Top 10 lists, and Larson's throw ranks ninth. Seattle Pacific also had a Top 10 mark at Corvallis in the 4x100 running the fifth fastest time in GNAC history (47.43) ... Burghagen and Parker's national qualifying marks don't impact the GNAC's Top 10 lists as both athletes have better career tosses.

BY THE NUMBERS

GNAC ALL-TIME TOP 10 OUTDOOR PERFORMANCES (for March 3-9): **Men:** 400 Hurdles – 8. Bobo Camara, UAA, 53.14. Javelin – 7. Shane Brooks, WOU, 64.49 – 211-7; 9. Justin Larson, WOU, 62.91 – 206-5. **Note:** UAA's Franz Burghagen and Cody Parker had javelin throws of 216-10 and 209-5 at Las Vegas, but have better career marks. **WOMEN:** 100 – 1. Jamie Ashcroft, UAA, 11.84. 200 – 3. Jamie Ashcroft, UAA, 24.27. 4x100 Relay – 5. Seattle Pacific 47.43. Javelin – 7. Seabre Church, WOU, 47.48 – 155-9.

LAST WEEK'S NCAA OUTDOOR QUALIFIERS (for March 3-9): **Men:** 400 Hurdles – Bobo Camara, UAA, 53.14. Javelin – Franz Burghagen, UAA, 66.10 – 216-10; Shane Brooks, WOU, 64.49 – 211-7; Cody Parker, UAA, 63.83 – 209-5; Justin Larson, WOU, 62.91 – 206-5. **Women:** 100 – Jamie Ashcroft, UAA, 11.84. 200 – Jamie Ashcroft, UAA, 24.27. Javelin – Seabre Church, WOU, 47.48 – 155-9; Katie Reichert, WWU, 42.43 – 139-2.

LAST WEEK:

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 ¾. 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 ¾; 3. Tevin Gladden, UAA, 6.66 – 21-10 ¾. 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 ¾. Javelin – Seabre Church, WOU, 47.48 – 155-9.

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 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 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 ¾. 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 10th 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 ¾. That's the third longest mark in GNAC history.

Week of Feb. 24-March 2: Track – Robert Peterson, Montana State Billings (So., Billings, MT – Skyview) finished third in the mile in a time 4:10.76, improving his previous indoor national qualifying time at the SPU Last-Chance. Peterson's time ranks second in the GNAC this winter and ninth in GNAC history. **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.

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 Fetting, 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.

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 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.

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 16th 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 1/2. Bjornsson, who has a career-best of 18-9 1/4, is only one of four athletes in GNAC history to jump that far.

Week of Feb. 24-March 2: Track - The Seattle Pacific quartet of Kishia Mitchell (Sr., Puyallup, WA - Rogers), Tasia Baldwin (Jr., Tacoma, WA - Foss), Jasmine Johnson (Jr., Federal Way, WA) and McKayla Fricker (Sr., Canby, OR) ran the third fastest indoor 4x400 relay in GNAC history at the SPU Last-Chance. They were clocked in a winning time of 3:48.40, a mark only bettered last year by Seattle Pacific and Simon Fraser. **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.

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 3/4. 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 (Mar. 1 at Salem): Men (GNAC winners): 800 - Chris Stash, WOU, 1:56.81. Shot - Carraig Colahan, WOU, 13.86 - 45-5 3/4. 100 Hurdles - Dustin Camarillo, WOU, 16.21. High Jump - Garrett Hardie, WOU, 1.80 - 5-10 3/4. 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 3/4. 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.

PREVIOUS 2013-14 TOP INDOOR 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 3/4. Shot Put - 3. Anthony Montanez, MSUB, 14.75 - 48-4 1/2. **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 3/4. Weight Throw - 3. Caitlin Curtis, NNU, 15.45 - 50-8 3/4.

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 3/4. Shot Put - 1. Anthony Montanez, MSUB, 13.67 - 44-10; 3. Kyle DuCharme, MSUB, 12.30 - 40-4 1/4. Weight Throw - 2. Dylan Beuhler, MSUB, 14.39 - 47-2 1/4; 3. Anthony Montanez, MSUB, 14.37 - 47-1 3/4. **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 Hefpner, 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 $\frac{3}{4}$.

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 $\frac{1}{2}$. Shot Put – 1. Frank Catelli, WWU, 17.03 – 55-10 $\frac{1}{2}$; 8. Jacob Gilbert, WWU, 15.45 – 50-8 $\frac{1}{4}$. **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 $\frac{1}{2}$.

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 $\frac{1}{2}$. **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 $\frac{1}{2}$. Weight Throw – 4. Dylan Buehler, MSUB, 15.78 – 51-9 $\frac{1}{4}$. **Women (Top 6):** 55 Hurdles – 6. Hope Reid, MSUB, 8.87. High Jump – 6. Hope Reid, MSUB, 1.51 – 4-11 $\frac{1}{2}$.

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 $\frac{3}{4}$. Pole Vault – 4. Joseph Keeton, SMU, 4.45 – 14-7 $\frac{1}{4}$. Triple Jump – 1. Luke Plummer, CWU, 13.52 – 44-5 $\frac{1}{4}$. **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 $\frac{3}{4}$. 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 $\frac{3}{4}$. Shot Put – 8. Jessica Johns, NNU, 12.55 – 41-2 $\frac{1}{4}$.

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 $\frac{3}{4}$. Pole Vault – 3. Matt Hankins, SMU, 3.80 – 12-2 $\frac{1}{4}$. Long Jump – 7. Justin Peterson, CWU, 6.07 – 19-11. Shot Put – 6. Troy Martin, CWU, 14.72 – 48-3 $\frac{1}{2}$. 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 $\frac{1}{4}$; 6. Ami Wick, SMU, 14.03 – 46-0 $\frac{1}{4}$.

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 $\frac{1}{2}$. 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 $\frac{1}{4}$. Shot Put – 6. Frank Catelli, WWU, 16.82 – 55-2 $\frac{1}{4}$. **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 $\frac{1}{4}$. Weight Throw – 1. Dylan Buehler, MSUB, 15.13 – 49-7 $\frac{1}{4}$; 2. Anthony Montanez, MSUB, 15.10 – 49-6 $\frac{1}{2}$; 3. Kyle DuCharme, MSUB, 13.81 – 45-3 $\frac{3}{4}$. **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 $\frac{1}{4}$; Shot Put – 10.12 – 33-2 $\frac{1}{2}$; Long Jump – 5.22 – 17-1 $\frac{1}{2}$; 800 – 2:53.67. **Men:** Shot Put – 4. Kevin Stanley, CWU, 14.44 – 47-4 $\frac{1}{2}$.

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 $\frac{3}{4}$. 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 $\frac{1}{4}$. Triple Jump – 4. Mariah Bently, CWU, 10.27 – 33-8 $\frac{1}{2}$; 6. Kellie Shreve, CWU, 9.52 – 31-3. Weight Throw – 6. Angel Rodgers, SMU, 14.93 – 48-11 $\frac{3}{4}$.

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 $\frac{3}{4}$. **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 Stemen, 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 ¼ ; 2. Tasia Baldwin, SPU, 5.39 – 17-8 ¼.

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.

SPU Last-Chance Indoor (March 1 at Seattle): Men – Western Oregon 50, Central Washington 44, Portland 23, Simon Fraser 22, Western Washington 18, Saint Martin's 13, Washington 11, Alaska Anchorage 10, Stanford 10, Academy of Art 8, MSU Billings 6, Seattle Pacific 4, George Fox 2. **GNAC Winners:** 800 – Frank Krause, SMU, 1:52.50. Distance Medley – Alaska Anchorage (Isaac Kangogo, Adam Commandeur, Ethan Hewitt, Micah Chelimo) 9:56.55. High Jump – Brett Watson, WWU, 2.06 – 6-9. Long Jump – Matson Hardie, WOU, 6.39 – 20-11 ½. Shot Put – Troy Martin, CWU, 15.46 – 50-8 ½. Weight Throw – Kevin Stanley, CWU, 17.66 – 57-11 ¼. **Women** – Washington 111, Simon Fraser 37, Seattle Pacific 36, Western Oregon 23, Academy of Art 13, George Fox 10, Central Washington 6, Stanford 5 ½, CSU Stanislaus 3 1.2, Western Washington 2. **GNAC Winners:** 800 – Lynelle Decker, SPU, 2:11.97. Mile – Emma Chadsey, SFU, 5:07.04. 4x400 Relay – Seattle Pacific (Kishia Mitchell, Tasia Baldwin Jasmine Johnson, McKayla Fricker) 3:48.40. Long Jump – Kyra Brannan, SPU, 5.48 - 17-11 ¾.