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Feb. 3, 2015

## Simon Fraser Women Climb to 3rd in USTFCCA Computer Rankings

**THIS WEEK: Friday** - Gillette College Invitational at Gillette, Wyo. (MSUB); WSU Open (CWU, WOU, WWU). **Saturday** – Gillette College Invitational at Gillette, Wyo. (MSUB); Boise State Bronco Invite (NNU); WSU Open (CWU, WOU, WWU).

PORTLAND, Ore. – An outstanding performance at the University of Washington Invitational last weekend has earned Simon Fraser a huge boost in this week's USTFCCA NCAA Division II National Team Computer rankings.

The Clan posted 11 NCAA national qualifying marks at UW – six by the SFU women and five by the Simon Fraser men.

That enabled the Clan, which was selected the GNAC Team of the Week Monday, to climb nine positions to No. 3 in the women's national rankings and seven positions to No. 11 in the men's rankings which are based on projected point totals at the NCAA Division II national meet.

The NCAA Division II national meet will be held this year Mar. 13-14 at Birmingham, Ala.

Montana State Billings' men, mostly on the strength of No. 2 and No. 6 national rankings by Robert Peterson in the mile and 3000 meters, is ranked 25th.

In this week's regional rankings, Simon Fraser is the No. 1 ranked team for both the men and women.

On the men's side, Western Washington is ranked second, Alaska Anchorage is ranked third and Saint Martin's is ranked fifth.

On the women's side, Seattle Pacific is ranked second and Alaska Anchorage is fourth.

**USTFCCA West Region (Feb. 3): Men** – 1. Simon Fraser, 2. Western Washington, 3. Alaska Anchorage, 4. Azusa Pacific, 5. Saint Martin's, 6. Northwest Nazarene, 7. Academy of Art, 8. Central Washington, 9. Montana State Billings, 10. Western Oregon. **Women** – 1. Simon Fraser, 2. Seattle Pacific, 3. Azusa Pacific, 4. Alaska Anchorage, 5. Academy of Art, 6. Central Washington, 7. Northwest Nazarene, 8. Western Washington, 9. Cal State L.A., 10. Western Oregon.

### **26 Qualify For NCAA National Meet**

Led by Simon Fraser's 11 national qualifying performances GNAC athletes posted a total of 26 qualifying marks last weekend at the University of Washington.

In the men's division there were a total of 14 led by Cody Thomas of Alaska Anchorage who had three, including an automatic mark, in the heptathlon with a score of 5338.

Thomas also had provisional marks in the 60 hurdles (8.27) and high jump (6-8 ¼).

On the women's side, there were a total of 12 qualifying marks led by Katelyn Steen of Western Washington, who had PNQs in both the mile and 5,000 meters,

GNAC athletes also recorded 24 GNAC All-Time Top 10 marks including two which were conference records – a 21.63 by Western Washington's Alex Donigian in the men's 200 and a time of 9:54.66 by Simon Fraser in the men's distance medley relay.

Currently GNAC athletes have 28 performances which rank in the Top 10 nationally including three No. 1s by Lindsey Butterworth of Simon Fraser in the women's 800 (2:06.56) and mile (4:44.80) and a 11:40.01 by the Clan women, led by Butterworth, in the distance medley relay.

### **Last Week's National Qualifiers:**

**Men:** 60 – Cody Warner, WOU, 6.89. 200 – Alex Donigian, WWU, 21.63. 800 – Cameron Proceviat, SFU, 1:52.00. Mile - Travis Vugteveen, SFU, 4:09.24; Marc-Antoine Rouleau, SFU, 4:09.51; Brady Beagley, WOU, 4:11.20. 5000 – Oliver Jorgensen, SFU, 14:28.15; Dylan Anthony, UAA, 14:38.68. 60 Hurdles – Cody Thomas, UAA, 8.27. Distance Medley – Simon Fraser (Vugteveen, Webster, Proceviat, Rouleau) 9:54.66. High Jump – Cody Thomas, UAA, 2.04 – 6-8 ¼. Weight Throw – Armando Tafoya, CWU, 17.20 – 56-5 ¼. Heptathlon – Cody Thomas, UAA, 5338; Jaysen Yoro, SMU, 4872.

**Women:** 60 – Jamie Ashcroft, UAA, 7.68. 800 – Lindsey Butterworth, SFU, 2:06.56; Paige Nock, SFU, 2:14.63. Mile – Jennifer Johnson, SFU, 4:47.11; Katelyn Steen, WWU, 4:59.41. 3000 – Rebecca Bassett, SFU, 9:43.20; Peggy Noel, SFU, 9:50.96. 5000 – Katelyn Steen, WWU, 16:46.92; Anna Patti, SPU, 17:17.46; Amy Johnston, UAA, 17:24.12. Distance Medley – Simon Fraser (Bassett, Lisek, Nock, Butterworth) 11:40.01; Alaska Anchorage (Pahkala, Ashcroft, Lloyd, Decker) 11:53.85.

### **Last Week's GNAC All-Time Top 10s**

**Men:** 60 – 4. Cody Warner, WOU, 6.89. 200 – 1. Alex Donigian, WWU, 21.63; 8. Cody Warner, WOU, 22.00. 800 – 6. Cameron Proceviat, SFU, 1:52.00. Mile - 4. Travis Vugteveen, SFU, 4:09.24; 6. Marc-Antoine Rouleau, SFU, 4:09.51. 5000 – 3. Oliver Jorgensen, SFU, 14:28.15. 60 Hurdles – 5. Cody Thomas, UAA, 8.27. 4x400 Relay – 6. Simon Fraser 3:18.85. Distance Medley – 1. Simon Fraser (Vugteveen, Webster, Proceviat, Rouleau) 9:54.66. High Jump – 7. Cody Thomas, UAA, 2.04 – 6-8 ¼. Long Jump – 9. Vladislav Tsygankov, SFU, 7.02 - 23-0 ½. Heptathlon –

2. Cody Thomas, UAA, 5338; 4. Jaysen Yoro, SMU, 4872; 10. David Durden, SMU, 4552.

**Women:** 200 – 5. Jahzelle Ambus, SPU, 25.17. 400 – 5. Jahzelle Ambus, SPU, 57.12. 800 – 2. Lindsey Butterworth, SFU, 2:06.56. Mile – 3. Jennifer Johnson, SFU, 4:47.11. 3000 – 5. Rebecca Bassett, SFU, 9:43.20; 10. Peggy Noel, SFU, 9:50.96. 5000 – 6. Katelyn Steen, WWU, 16:46.92. 4x400 Relay – 6. Simon Fraser 3:53.25. Distance Medley – 5. Simon Fraser (Bassett, Lisek, Nock, Butterworth) 11:40.01.

### NCAA National Top 20 Leaders

**Men:** 60 – 3. Alex Donigian, WWU, 6.72. 200 – 8. Alex Donigian, WWU, 21.63. 400 – 8. Joel Webster, SFU, 48.45. 800 – 8. Cameron Proceviat, SFU, 1:52.00. Mile – 2. Robert Peterson, MSUB, 4:07.50; 5. Travis Vugteveen, SFU, 4:09.24; 6. Marc-Antoine Rouleau, SFU, 4:09.51; 8. Cameron Proceviat, SFU, 4:10.25; 10. Brady Beagley, WOU, 4:11.20. 3000 – 6. Robert Peterson, MSUB, 8:15.52; 14. Marc-Antoine Rouleau, SFU, 8:19.41; 20. Oliver Jorgensen, SFU, 8:22.54. 5000 – 7. Oliver Jorgensen, SFU, 14:28.15; 9. Dylan Anthony, UAA, 14:38.68. Distance Medley – 6. Simon Fraser (Vugteveen, Webster, Proceviat, Rouleau) 9:54.66. High Jump – 3. Mikel Smith, SMU, 2.15 – 7-0 ½. Pole Vault – 2. Payton Lewis, NNU, 5.11 – 16-9 ¾; 13. Matt DeHan, SMU, 4.80 – 15-9. Long Jump – 12. Brett Watson, WWU, 7.19 – 23-7 ¼. Heptathlon – 2. Cody Thomas, UAA, 5338; 9. Payton Lewis, NNU, 5075; 13. Jaysen Yoro, SMU, 4872.

**Women:** 800 – 1. Lindsey Butterworth, SFU, 2:06.56; 6. Lynelle Decker, 2:12.83; 13. Paige Nock, SFU, 2:14.63; 15. Haleigh Lloyd, UAA, 2:15.27. Mile – 1. Lindsey Butterworth, SFU, 4:44.80; 3. Jennifer Johnson, SFU, 4:47.11; 19. Katelyn Steen, WWU, 4:59.41. 3000 – 4. Jennifer Johnson, SFU, 9:36.18; 9. Rebecca Bassett, SFU, 9:43.20; 12. Katelyn Steen, WWU, 9:47.97; 16. Peggy Noel, SFU, 9:50.96. 5000 – 2. Katelyn Steen, WWU, 16:46.92; 8. Anna Patti, SPU, 17:17.46; 11. Amy Johnston, UAA, 17:24.12. Distance Medley – 1. Simon Fraser (Bassett, Lisek, Nock, Butterworth) 11:40.01; 5. Alaska Anchorage (Pahkala, Ashcroft, Lloyd, Decker) 11:53.85. High Jump – 11. Karolin Anders, UAA, 1.72 – 5-7 ¾. Shot Put – 16. Becki Duhamel, CWU, 14.00 – 45-11 ¼. Weight Throw – 18. Becki Duhamel, CWU, 17.38 – 57-0 ¼. Pentathlon – 5. Karolin Anders, UAA, 3791.

### LAST WEEK'S RESULTS

**UW Invitational (Jan. 30-31 at Seattle): Men (Top 8):** 200 – 1. Alex Donigian, WWU, 21.63; 4. Cody Warner, WOU, 22.00. 400 – 3. Joel Webster, SFU, 48.83; 6. Daniel Kelloway, SFU, 49.30. 5000 – 7. Oliver Jorgensen, SFU, 14:28.15. 60 Hurdles – 4. Travis Milbrandt, WWU, 8.35. 4x400 Relay – 3. Simon Fraser 3:18.85; 5. Alaska Anchorage 3:21.50; 6. Western Washington 3:22.56; 7. Western Oregon 3:27.46. Distance Medley – 3. Simon Fraser 9:54.66; 6. Alaska Anchorage 10:09.20; 8. Western Washington 10:10.02. Long Jump – 3. Vladislav Tdissygankov, SFU, 7.02 – 23-0 ½; 6. Nathan van Tuinen, WWU, 6.82 – 22-4 ½. Triple Jump – 4. Mark Seely, WWU, 14.01 – 45-11 ¾; 6. Luke Plummer, CWU, 13.75 – 45-1 ½; 7. Vladislav Moldavanov, SFU, 13.73 – 45-0 ½. Weight Throw – 6. Armando Tafoya, CWU, 17.20 – 56-5 ¾; 7. Kevin Stanley, CWU, 16.87 – 55-4 ¼. Heptathlon – 5. Cody Thomas, UAA, 5338. **Women (Top 8):** 800 – 5. Lindsey Butterworth, SFU, 2:06.56. 5000 – 3. Katelyn Steen, WWU, 16:46.92. 4x400 Relay – 5. Simon Fraser 3:53.25. Distance Medley – 2. Simon Fraser 11:40.01; 6. Alaska Anchorage 11:53.85.

**Mountain State Games (Jan. 30-31 at Pocatello): Men (Top 8):** 800 – 4. Liam McKay, MSUB, 2:02.48. Mile Invitational – 2. Robert Peterson, MSUB, 4:16.51. 3000 – 4. Mark Hovland, MSUB, 9:24.03. 4x400 Relay – 7. MSU Billings 3:34.85. High Jump – 4. Dominique Holt, MSUB, 1.83 – 6-0. **Women (Top 8):** 400 – 8.

Ashlynn VanVoast, MSUB, 1:03.41. Mile – 7. Brielle Davis, MSUB, 5:38.01. Mile Invitational – 2. Nocona Frame, MSUB, 5:12.66. 3000 – 5. Melanie Bock, MSUB, 11:10.36. 4x400 Relay – 7. MSU Billings 4:20.27. Pole Vault – 8. Amanda Nichols, MSUB, 3.20 – 10-6.

### PREVIOUS 2014-15 RESULTS

**Black Hill State Winter Classic (Dec. 5-6 at Spearfish, SD): Men (Top 3):** 60 – 3. Cameron Stanek, MSUB, 7.19. 200 – 2. Cameron Stanek, MSUB, 23.17; 3. Sam Zook, MSUB, 23.23. Mile – 3. Jorey Egeland, MSUB, 4:40.01. Pole Vault – 3. Preston Schubert, MSUB, 4.05 – 13-3 ½. **Women (Top 3):** 60 – 2. Brianna Gray, MSUB, 8.03. Mile – 2. Brielle Davis, MSUB, 5:41.86. 4x400 – 2. MSU Billings (Gray, Davis, Kaitlin Halle, Ashlynn VanVoast) 4:29.05.

**Jacksons Open (Dec. 13 Nampa): Men (Top 3):** Mile – 1. Frank Krause, SMU, 4:27.00; 2. Mitchell Hughey, SMU, 4:39.51. 60 Hurdles – 3. David Durden, SMU, 8.35. 4x400 Relay – 3. Saint Martin's 3:26.53. High Jump – 3. Mikel Smith, SMU, 2.06 – 6-9. Pole Vault – 1. Payton Lewis, NNU, 5.11 – 16-9 ¾; 3. Matt DeHan, SMU, 4.45 – 14-7 ¼. Long Jump – 1. Jaysen Yoro, SMU, 6.81 – 22-4 ¾; 2. Luke Plummer, CWU, 6.77 – 22-2 ¾; 3. Mikel Smith, SMU, 6.76 – 22-2 ¾. Triple Jump – 1. Luke Plummer, CWU, 14.41 – 47-3 ½. Shot Put – 1. Kevin Stanley, CWU, 14.71 – 48-3 ¼. Weight Throw – 3. Kevin Stanley, CWU, 15.93 – 52-3 ¼. **Women (Top 3):** Mile – Hailey Gordon, NNU, 5:35.54; 2. Megan Teigen, SMU, 5:40.68. 60 Hurdles – 2. Chelsey Knott, NNU, 8.93. 4x400 Relay – 2. Northwest Nazarene 4:08.93. High Jump – 2. Courtney Brewer, NNU, 1.57 – 5-1 ¾.

**Black Hills State Yellowjacket Indoor (Jan. 10 at Spearfish, SD): Men (Top 3):** 60 - 2. Sam Zook, MSUB, 7.25. 200 - 1. Sam Zook, MSUB, 22.66. 800 - 3. Liam McKay, MSUB, 2:02.92. 3000 - 2. Robert Peterson, MSUB, 8:28.68; 3. Garrett Love, MSUB, 9:21.28. 60 Hurdles - 3. Austin Lindquist, MSUB, 8.97. 4x400 Relay - 2. MSU Billings (Jorey Egeland, Liam McKay, Mark Hovland, Peterson) 3:44.13. High Jump - 2. Donald Hamm, MSUB, 1.82 - 5-11 1/2. Long Jump - 2. Donald Hamm, MSUB, 6.02 - 19-9; 3. Austin Lindquist, MSUB, 5.90 - 19-4 1/4. **Women (Top 3):** Mile - 3. Brielle Davis, MSUB, 5:36.34. 3000 - 1. Nocona Frame, MSUB, 10:52.45. 4x400 - 1. MSU Billings (Nocona Frame, Rio Frame, Taylor Condon, Davis) 4:28.12.

**Ed Jacoby Invitational (Jan. 16-17 at Nampa): Men (Top 6):** 800 – 5. Nathan Kipchumba, UAA, 1:57.12; 6. Chase Cunningham, NNU, 1:57.83. 3000 – 6. Edwin Kangogo, UAA, 8:56.89. 60 Hurdles – 5. Kyle McLaughlin, NNU, 8.51. 4x400 – 4. Alaska Anchorage 3:23.05; 6. Northwest Nazarene 3:33.11. Distance Medley Relay – 2. Alaska Anchorage 10:13.01; 6. Northwest Nazarene 10:30.2. High Jump – 4. Cole Hoberg, NNU, 2.00 – 6-6 ¾. Long Jump – 5. Tevin Gladden, UAA, 6.36 – 20-10 1/2; 6. Nathan Moore, NNU, 6.29 – 20-7 ¾. Shot Put – 5. Grant George, UAA, 14.80 – 48-6 ¾. Weight Throw – 5. John VanBeuren, NNU, 14.95 – 49-0 ¾. Heptathlon – 2. Payton Lewis, NNU, 5076; 3. Cody Thomas, NNU, 4615; 5. Andrew Galbraith, NNU, 4286. **Women:** 2000 – 6. Jamie Ashcroft, UAA, 25.35. 800 – 3. Haleigh Lloyd, UAA, 2:15.27. 3000 – 5. Susanna Fleming, NNU, 10:38.88. 60 Hurdles – 5. Chelsey Knott, NNU, 8.94. 4x400 – 5. Alaska Anchorage 4:01.17. Pentathlon – 1. Karolin Anders, UAA, 3791; 6. Rosie Smith, UAA, 3213.

**Montana State Open (Jan. 16 at Bozeman): Men (Top 6):** 800 – 4. Liam McKay, MSUB, 2:02.05. Mile – 2. Robert Peterson, MSUB, 4:16.18. 3000 – 4. Robert Peterson, MSUB, 8:54.53. 60 Hurdles – 6. Preston Schubert, MSUB, 9.24. High Jump – 3. Dominique Holt, MSUB, 1.85 – 6-0 ¾. Long Jump – 6. Dominique Holt, MSUB, 6.09 – 19-11 ¾. Triple Jump – 3. Kail Pope, MSUB, 12.17 – 39-11 ¾. **Women (Top 6):** 3000 – 6. Rio Frame, MSUB, 11:20.16. Pole Vault – 5. Amanda Nichols, MSUB, 3.35 – 10-11 3/4.

**UW Indoor Preview (Jan. 17 at Seattle): Men (Top 8):** 60 – 5. Alex Donigian, WWU, 6.72. 200 – 5. Alex Donigian, WWU, 21.67. 400 – 4. Joel Webster, SFU, 48.45. 800 – 5. Frank Krause, SMU, 1:54.21. 4x400 Relay – 4. Simon Fraser 3:19.54; 8. Seattle Pacific 3:23.96. 4x800 – 5. Western Oregon 7:54.22. High Jump – 3. Mikel Smith, SMU, 2.15 – 7-0 ½; 8. Brett Watson, WWU, 2.00 – 6-6 ¾. Long Jump – 2. Brett Watson, WWU, 7.19 – 23-7 ¾; 4. Luke Plummer, CWU, 6.99 – 22-11 ¼. Triple Jump – 6. Luke Plummer, CWU, 14.01 – 45-11 ¾; 8. Mark Seely, WWU, 13.94 – 45-9. Weight Throw – 5. Armando Tafoya, CWU, 16.87 – 55-4 ¾; 6. Kevin Stanley, CWU, 16.69 – 54-9 1/4; 8. Vincent Fualefau, SMU, 14.76 – 48-5 ¾. **Women (Top 8):** 800 – 5. Lynelle Decker, SPU, 2:12.83; 8. Paige Nock, SFU, 2:15.42. Mile – 6. Lindsey Butterworth, SFU, 4:44.80. 3000 – 5. Jennifer Johnson, SFU, 9:36.18. 4x400 Relay – 3. Simon Fraser 3:54.62; 5. Seattle Pacific 3:57.64; 7. Simon Fraser 4:02.49. 4x800 Relay – 5. Western Oregon 9:58.83. Pole Vault – 7. McKenna Emmert, CWU, 3.60 – 11-9 ¾. Weight Throw – 6. Becki Duhamel, CWU, 16.51 – 54-2.

**Idaho Vandal Intercollegiate (Jan. 23 at Moscow): Women (Top 3):** 200 - 3. Tianna Banfro, CWU, 26.35. 400 - 2. Ashley Harmon, CWU, 1:00.22. 3000 - 2. Dani Eggleston, CWU, 10:17.72. 60 Hurdles - 1. Tayler Fettig, CWU, 9.30; 2. Tianna Banfro, CWU, 9.43. 4x400 -1. Central Washington (Harmon, Banfro, Anderson, Inderbitzin) 4:03.70. High Jump - 3. Tayler Fettig, CWU, 1.65 - 5-5. Long Jump - 2. Ali Anderson, CWU, 5.09 - 16-8 1/2; 3. Juliana Joy, CWU, 4.83 - 15-10 1/4. Triple Jump - 3. Kelly Cronin, CWU, 11.03 - 36-2 1/4. Shot Put - 2. Becki Duhamel, CWU, 14.00 - 45-11 1/4. Weight Throw - 3. Becki Duhamel, CWU, 17.38 - 57-0 1/4. **Men (Top 3):** Triple Jump - 2. Luke Plummer, CWU, 14.23 - 46-8 1/4. Shot Put - 3. Armando Tafoya, CWU, 14.56 - 47-9 1/4. Weight Throw - 3. Armando Tafoya, CWU, 17.10 - 56-1 1/4.

**Bronco Invitational (Jan. 23-24 at Nampa): Women (Top 8):** 60 Hurdles – 6. Chelsey Knott, NNU, 9.03. 4x400 Relay – 8. Northwest Nazarene 4:06.87. Pole Vault – 8. Alison Silva, NNU, 3.50. Weight Throw – 6. Caitlin Curtis, NNU, 15.99. **Men (Top 8):** 60 – 7. Rimar Christie, NNU, 7.06. Mile – 5. Isaac Mitchell, NNU, 4:22.46. 3000 – 1. Chase Cunningham, NNU, 8:52.11. 60 Hurdles – 4. Kyle McLaughlin, NNU, 8.55, 6. Andrew Galbraith, NNU, 8.63. 4x400 – 6. Northwest Nazarene 3:33.29; 8. Northwest Nazarene 3:35.97. High Jump – 3. Cole Hoberg, NNU, 1.95; 7. Andrew Galbraith, NNU, 1.90. Pole Vault – 3. Payton Lewis, NNU, 5.10; 8. Jared Webster, NNU, 4.50.

**Washington State Indoor Open (Jan. 23-24 at Pullman): Women (Top 6):** 400 – 3. Alexis Carandang, SMU, 1:05.01. 1000 – 4. Claire McCloskey, SMU, 3:24.96; 5. Nicole Ide, SMU, 3:34.06; 6. Victoria Nunez, SMU, 3:41.89. 3000 – 4. Shannon Porter, SMU, 10:29.64. 4x400 Relay – 6. Saint Martin's 4:33.40. 4x800 Relay – 1. Saint Martin's 10:48.68. Shot Put – 4. Kirby Neale, SMU, 11.78 – 38-7 3/4; 5. Quiana Lawrence, SMU, 11.72 – 38-5 ½. Weight Throw – 1. Angel Rodgers, SMU, 14.35 – 47-1; 4. Kahili Novikoff, SMU, 13.45 – 44-1 ½; 5. Kirby Neale, SMU, 13.37 – 43-10 ½. **Men (Top 6):** 200 – 5. David Durden, SMU, 23.29. 600 – 3. Frank Krause, SMU, 1:23.20. 3000 – 2. Nathan Morgan, SMU, 9:04.06; 6. Josiah Shelman, SMU, 9:31.57. 4x400 – 6. Saint Martin's 3:36.36. 4x400 Relay – 4. Saint Martin's 8:10.43. High Jump – 4. Mikel Smith, SMU, 1.99 – 6-6 ¾; 5. Jaysen Yoro, SMU, 1.94 – 6-4 ¾. Pole Vault – 4. Matt DeHan, SMU, 4.66 – 15-3 ½. Weight Throw – 5. Mitch Wilkens, SMU, 15.31 – 50-2 ¾.

## GNAC 2014-15 ATHLETES OF THE WEEK

### MEN

Week	Track
Dec. 8-14	David Durden, Saint Martin's
Jan. 12-18	Alex Donigian, Western Washington Robert Peterson, MSU Billings

Jan. 19-25	Chase Cunningham, Northwest Nazarene
Jan. 26-F. 1	SFU Distance Medley Relay

Week	Field
Dec. 8-14	Payton Lewis, Northwest Nazarene Mikel Smith, Saint Martin's
Jan. 12-18	Mikel Smith, Saint Martin's
Jan. 19-25	Armando Tafoya, Central Washington
Jan. 26-F. 1	Cody Thomas, Alaska Anchorage

**Week of Dec. 8-14: Track** – David Durden, Saint Martin's (So., Olympia, WA – Tumwater) finished third in the 60 hurdles at the Jacksons Open in Nampa with a school-record time of 8.35. That time ranks sixth in GNAC history. **Field** – Payton Lewis, Northwest Nazarene (Fr., Nampa, ID – Nampa Christian) and Mikel Smith, Saint Martin's (Jr., Muskogee, OK) ... Lewis won the pole vault at Nampa clearing 16-9 ¾, which is the second best mark in GNAC history and the best by a NNU athlete since Preston Lewis cleared 15-8 in 2005. Smith had a pair of thirds at Nampa, high jumping 6-9 and going 22-2 ¾ in the long jump.

**Week of Jan. 12-18: Track** – Alex Donigian, Western Washington (Jr., Mission Viejo, CA – Northern Colorado) and Robert Peterson, Montana State Billings (Jr., Billings, MT - Skyview) .... Donigian set GNAC records in both the 60 meters and 200 meters at the University of Washington Indoor Preview, qualifying automatically for the NCAA Division II national meet in the latter event with a time of 6.72. That time ranks second nationally. In the 200 he ran a time of 21.67 erasing the longest standing GNAC record of 21.77 by Mike Hinshaw of Western Oregon in 2002. Donigian's time ranks eighth in NCAA Division II ... Peterson grabbed the national lead in the mile at the Montana State Open qualifying provisionally for the NCAA national meet with a time of 4:07.50 (converted from 4:16.80 for track size and altitude). His time ranks second in GNAC history. He also currently ranks second in the NCAA rankings in the 3,000 meters with a time of 8:15.52. **Field** – Mikel Smith, Saint Martin's (Jr., Muskogee, OK) high jumped 7-0 ½ at UW becoming the first athlete in GNAC history to clear the seven-foot mark indoor or outdoor. The previous GNAC indoor record was 6-10 ¼ by Brett Watson of Western Washington last year.

**Week of Jan. 19-25: Track** - Chase Cunningham, Northwest Nazarene (So., Kuna, ID) won the 3,000 meters as the Bronco Invitational in Nampa in a time of 8:52.11. **Field** - Armando Tafoya, Central Washington (So., George, WA - Quincy) posted the best mark in the GNAC this winter in the weight throw falling a quarter inch shy of the provisional national qualifying standard with a throw of 56-1 1/4. He also had a put of 47-9 1/4 in the shot and finished third in both events Friday at the Idaho Intercollegiate.

**Week of Jan. 26-Feb. 1: Track** – Simon Fraser Distance Medley Team of Travis Vugteveen (Sr., Chilliwack, BC), Joel Webster (So., Cambridge, ON), Cameron Proceviat (Jr., Burnaby, BC – Moscrop) and Marc-Antoine Rouleau (Fr., Sherbrooke, QC) ... The Clan foursome set a GNAC record and posted a provisional national qualifying time of 9:54.66 in finishing third in the DMR at the University of Washington Invitational. Their time ranks sixth nationally

so far this winter in Division II. Members of the quartet also established three provisional national qualifying times in three individual events and have combined for six PNQs so far this season. Proceviat had a PNQ in the 800 (1:52.00). while Vugteveen (4:09.24) and Rouleau (4:09.51) established PNQs in the mile. Proceviat's time ranks eighth in NCAA Division II and sixth all-time in GNAC history. Vugteveen's mile time ranks fifth in Division II and fourth in GNAC history, while Rouleau's time ranks sixth in both the NCAA and GNAC history. **Field** – Cody Thomas, Alaska Anchorage (Sr., Blenheim, New Zealand) automatically qualified for the NCAA Indoor national meet in the heptathlon with a school-record fifth-place point total of 5,338 points at UW. His point total currently ranks both second in NCAA Division II and in GNAC history. In the process Thomas set indoor school records of 7.01 in the 60 meters, 6-8 ¼ in the high jump, 8.27 in the 60 hurdles and 12-9 ½ in the pole vault. His 60 hurdle and high jump marks are also PNQs.

## WOMEN

Week	Track
Dec. 8-14	Chelsey Knott, Northwest Nazarene
Jan. 12-18	Lindsey Butterworth, Simon Fraser
Jan. 19-25	Shannon Porter, Saint Martin's
Jan. 26-F. 1	Lindsey Butterworth, Simon Fraser

Week	Field
Dec. 8-14	Becki Duhamel, Central Washington
Jan. 12-18	Karolin Anders, Alaska Anchorage
Jan. 19-25	Becki Duhamel, Central Washington
Jan. 26-F. 1	Emmi Collier, Western Oregon

**Week of Dec. 8-13: Track** – Chelsey Knott, Northwest Nazarene (Fr., Parma, ID) finished second in both the 60 hurdles (8.93) and 200 meters (26.41) in the Jacksons Open. Her time in the hurdles is the eighth fastest in GNAC history and was just .09 seconds off the Crusader school record. **Field** – Becki Duhamel, Central Washington (Sr., Wenatchee, WA) finished fourth in the shot put (43-4 1/3) and fourth in the weight throw in a provisional national qualifying mark of 53-7 ½.

**Week of Jan. 12-18: Track** – Lindsey Butterworth, Simon Fraser (Sr., North Vancouver, BC) took the early-season NCAA Division II national lead in the mile running a time of 4:44.80 at the University of Washington Indoor Preview. Her time ranks second in GNAC history as only Seattle Pacific's Jessica Pixler (4:32.88 in 2010) has run faster. Butterworth shaved 13.29 seconds off her previous career best of 4:58.09 accomplished before redshirting in 2014. **Field** – Karolin Anders, Alaska Anchorage (Jr., Berlin, Germany) had three national qualifying and two GNAC All-Time Top 10 performances at the Ed Jacoby Invitational at Nampa. Anders had PNQs of 3,791 points in the pentathlon, 5-7 ¾ in the high jump and 18-5 ¼ in the long jump. Her pentathlon score currently ranks third in Division II and her high jump mark ranks seventh. Both her high jump and long jump performances rank sixth on the GNAC All-Time Top 10.

**Week of Jan. 19-25: Track** - Shannon Porter, Saint Martin's (Jr., Vancouver, WA - Treasure Valley), running in just her first meet with the Saints, set a school record in the 3,000 meters finishing fourth in a time of 10:29.64 at the Washington State Open. She also ran on SMU's 4x800 relay team which finished first in a school-record time of 10:48.68. **Field** - Becki Duhamel, CWU (Sr., Wenatchee, WA - Lehigh) posted the second-best marks in GNAC history in both the shot put (45-11 1/4) and weight throw (57-0 1/4) finishing second and third, respectively, in those events Friday at the Idaho Intercollegiate. Her marks were the best in the conference since 2009 when CWU's Krissy Tandle set the GNAC record in the shot put (48-9 1/2) and since 2004 when Kristen Hepler of Western Oregon set the standard in the weight throw with a mark of 58-2 1/2.

**Week of Jan. 26-Feb. 1: Track** – Lindsey Butterworth, Simon Fraser (Sr., North Vancouver, BC - Handsworth) ran Division II's fastest time this winter in the 800 and also ran the final leg as the Clan ran Division II's best DMR time of the season finishing fifth in both events at the University of Washington Invitational. Her 800 time of 2:06.56 not only ranks No. 1 in the NCAA, but also ranks second in GNAC history. The DMR time of 11:40.01 ranks fifth in GNAC history. Butterworth is currently the NCAA Division II national leader in three events also leading with a best time of 4:44.80 in the mile. **Field** – Emmi Collier, Western Oregon (Jr., Warrenton, OR) posted a mark of 43-3 ¾ in the shot put at UW falling a quarter inch shy of the provisional national qualifying standard. Collier currently ranks second in the GNAC in that event.

## GNAC MISCELLANY

**GNAC Championships:** The 12<sup>th</sup> annual GNAC Championship Indoor Track and Field meet will be held Feb. 20-21 at the Ford Idaho Center in Nampa, Idaho. Three weeks later (March 13-14) the NCAA National Indoor will be contested at Birmingham, Ala.

### Twitter Hashtags

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Alaska	#GoNooks
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