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Feb. 11, 2015

## Final Tuneups Set For Conference Championships At UW, Nampa

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

PORTLAND, Ore. - GNAC athletes will mostly compete at the University of Washington this weekend as they focus on improving their positions for next week's 12<sup>th</sup> annual Great Northwest Athletic Conference Championships at Nampa, Idaho.

The Seattle event is a three-day affair beginning Friday and Saturday with the Husky Classic and concluding on Sunday with the University of Washington Open.

Alaska Anchorage, Central Washington, Saint Martin's, Seattle Pacific, Simon Fraser, Western Oregon and Western Washington will all send teams to Seattle.

Northwest Nazarene will stay home to run in the Boise State Team Challenge at Nampa. Montana State Billings, meanwhile, is idle.

There are no standards for the conference meet as each team is allowed to enter up to 25 male athletes and 25 female athletes along with an unlimited number to fill its relay teams.

Simon Fraser, which was idle last weekend, goes into this weekend ranked among the elite teams in NCAA Division II based on the USTFCCA NCAA Division II National Team Computer rankings.

The Clan women maintained its No. 3 national ranking, while the SFU men fell eight places to 19<sup>th</sup> place. Both SFU teams are ranked No. 1 in this week's regional rankings.

The computer rankings 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.

In this week's regional rankings, GNAC teams hold down eight of the 10 positions in the men's rankings and seven of the 10 in the women's rankings.

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

Northwest Nazarene, 8. Western Washington, 9. Western Oregon, 10. Cal State L.A.

### **Six Qualifying Marks Set at Pullman, Nampa**

Six GNAC athletes established or improved on previous national qualifying marks in meets at Nampa, Idaho, and Pullman, Wash., last weekend.

The men's qualifiers were Josh Hanna of Western Oregon and Rimar Christie of Northwest Nazarene who each won a race.

Hanna won the 800 meters at the Cougar Open in a PNQ of 1:52.75. That puts him into 19<sup>th</sup> place of the TFRRS Division II performance list.

Christie, meanwhile, had a PNQ in winning the 60 hurdles (8.27) at the New Balance Boise Indoor in Nampa. Christie's time ranks fifth all-time in GNAC history, while Hanna's time ranks 10<sup>th</sup>.

Women's national qualifiers were Chelsey Knott of Northwest Nazarene in the 60 hurdles, Tayler Fettig of Central Washington in the high jump, CWU's Becki Duhamel in the weight throw and Taylor VanValey of NNU in the shot.

Knott's time of 8.79 moved her into 18<sup>th</sup> place on TFRSS and third on the GNAC all-time Top 10.

Fettig's mark doesn't put her in either the TFRRS Top 20 or GNAC Top 10, however, Duhamel solidified her positions on both lists, adding 8 ¼ inches to her previous No. 2 GNAC chart position. She ranks 17<sup>th</sup> on TFRSS.

VanValey's shot mark ranks sixth on the GNAC Top 10, but she did not crack the TFRRS Top 20.

NNU's Andrew Galbraith missed the NCAA provisional standard in the high jump, but his 6-7 leap ranks eighth all-time in the GNAC.

In addition to Hanna and Christie, GNAC athletes won five events during the weekend.

At Pullman, Ali Anderson (1:00.55 in the women's 400) and Dani Eggleston of Central Washington (10:17.91 in the 3,000) and the Wildcat 4x400 relay anchored by Anderson (4:06.79) joined Hanna in the victory circle.

At Nampa, Christie was the lone NNU winner, however, two MSU Billings athletes finished first in the Birds and Bees Invitational at Gillette, Mont.

Liam McKay (4:34.05) and Nocona Frame (5:15.61) won the men's and women's mile events.

**Last Week's National Qualifiers: Men:** 800 – Josh Hanna, WOU, 1:52.75. 60 Hurdles – Rimar Christie, NNU, 8.27. **Women:** 60 Hurdles – Chelsey Knott, NNU, 8.79. High Jump – Tayler Fettig, CWU, 1.68 – 5-6. Weight Throw – Becki Duhamel, CWU, 17.59 – 57-8 ½. Shot Put – Taylor VanValey, NNU, 13.58 – 44-6 ¾.

**Last Week's GNAC All-Time Top 10s: Men:** 800 – 10. Josh Hanna, WOU, 1:52.75. 60 Hurdles – 5. Rimar Christie, 8.27. Long Jump – 8. Andrew Galbraith, NNU, 2.01 – 6-7. **Women:** 60 Hurdles – 3. Chelsey Knott, NNU, 8.79. Weight Throw – 2. Becki Duhamel, CWU, 17.59 – 57-8 ½. Shot Put – 6. Taylor VanValey, NNU, 13.58 – 44-6 ¾.

### Butterworth Holds on to National Lead in 800, Mile

With the national meet still a month away, Lindsey Butterworth of Simon Fraser remains as the national leader in Division II in the 800 meters (2:06.56) and mile (4:44.80).

GNAC athletes rank second in four events. Payton Lewis of Northwest Nazarene is second in the men's pole vault (5.11 – 16-9 ¼). Katelyn Steen of Western Washington is second in the women's 5,000 (16:46.92), Simon Fraser is second in the women's distance medley (11:40.01), a team anchored by Butterworth, and Cody Thomas of Alaska Anchorage is second in the men's heptathlon (5338).

Ranked third in this week's TFRRS report is Alex Donigian of Western Washington, in the men's 60 (6.72) and Simon Fraser's Jennifer Johnson in the mile (4:47.11), Johnson also ranks fourth in the 3000 (9:36.18).

### NCAA National Top 20 Leaders

**Men:** 60 – 3. Alex Donigian, WWU, 6.72. 200 – 9. Alex Donigian, WWU, 21.63. 400 – 13. Joel Webster, SFU, 48.45. 800 – 10. Cameron Proceviat, SFU, 1:52.00; 19. Josh Hanna, WOU, 1:52.75. Mile – 4. Robert Peterson, MSUB, 4:07.50; 7. Travis Vugteveen, SFU, 4:09.24; 8. Marc-Antoine Rouleau, SFU, 4:09.51; 10. Cameron Proceviat, SFU, 4:10.25; 12. Brady Beagley, WOU, 4:11.20. 3000 – 8. Robert Peterson, MSUB, 8:15.52; 14. Marc-Antoine Rouleau, SFU, 8:19.41. 5000 – 8. Oliver Jorgensen, SFU, 14:28.15; 10. Dylan Anthony, UAA, 14:38.68. Distance Medley – 6. Simon Fraser (Vugteveen, Webster, Proceviat, Rouleau) 9:54.66. High Jump – 4. Mikel Smith, SMU, 2.15 – 7-0 ½. Pole Vault – 2. Payton Lewis, NNU, 5.11 – 16-9 ¼; 16. Matt DeHan, SMJU, 4.80 – 15-9. Long Jump – 14. Brett Watson, WWU, 7.19 – 23-7 ¼. Heptathlon – 2. Cody Thomas, UAA, 5338; 12. Payton Lewis, NNU, 5075; 20. Jaysen Yoro, SMU, 4872.

**Women:** 800 – 1. Lindsey Butterworth, SFU, 2:06.56; 9. Lynelle Decker, 2:12.83. Mile – 1. Lindsey Butterworth, SFU, 4:44.80; 3. Jennifer Johnson, SFU, 4:47.11. 3000 – 4. Jennifer Johnson, SFU, 9:36.18; 9. Rebecca Bassett, SFU, 9:43.20; 14. Katelyn Steen, WWU, 9:47.97; 18. 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. 60 Hurdles – 18. Chelsey Knott, NNU, 8.79. Distance Medley – 2. Simon Fraser (Bassett, Lisek, Nock, Butterworth) 11:40.01; 10. Alaska Anchorage (Pahkala, Ashcroft, Lloyd, Decker) 11:53.85. High Jump – 13. Karolin Anders, UAA,

1.72 – 5-7 ¼. Shot Put – 18. Becki Duhamel, CWU, 14.00 – 45-11 ¼. Weight Throw – 17. Becki Duhamel, CWU, 17.59 – 57-8 1/2. Pentathlon – 6. Karolin Anders, UAA, 3791.

### LAST WEEK'S RESULTS

**Cougar Indoor (Feb. 6-7 at Pullman): Men (Top 6):** 200 – 5. Devin Kelly, CWU, 23.18. 400 – 5. Darren Arndt, CWU, 51.46; 6. Brett Watson, WWU, 51.55. 800 – 1. Josh Hanna, WOU, 1:54.36; 3. Sam Naffziger, WOU, 1:55.73. Mile – 2. Brady Beagley, WOU, 4:19.58. 3000 – 3. Brady Beagley, WOU, 8:47.49; 6. David Ribich, WOU, 8:56.40. 60 Hurdles – 3. Travis Milbrandt, WWU, 8.27; 4. Kaleb Dobson, WOU, 8.44. 4x400 Relay – 3. Central Washington 3:29.61. High Jump – 2. Brett Watson, WWU, 2.01 – 6-7; 6. Logan Myers, WWU, 1.96 – 6-5. Long Jump – 2. Kevin Yates, WWU, 6.93 – 22-9; 4. Brett Watson, WWU, 6.63 – 21-9. Triple Jump – 2. Luke Plummer, CWU, 14.09. Shot Put – 3. Brandon Pless, WWU, 15.35 – 50-4 ½; 4. Kevin Stanley, CWU, 15.29 – 50-2. Weight Throw – 4. Kevin Stanley, CWU, 17.32 – 56-10; 6. Armando Tafoya, CU, 16.30 – 53-5 ¾. **Women (Top 6):** 200 – 5. Ashley Harmon, CWU, 26.73. 400 – 1. Ali Anderson, CWU, 1:00.55; 4. Jayna Inderbitzin, CWU, 1:00.67. 800 – 4. Stephanie Stuckey, WOU, 2:20.44. Mile – 2. Dani Eggleston, CWU, 5:05.00. 3000 – 1. Dani Eggleston, CWU, 10:17.91. 60 Hurdles – 6. Rochelle Pappel, WOU, 9.14. 4x400 Relay – 1. Central Washington (Ashley Harmon, Liz Ryker, Jayna Inderbitzin, Ali Anderson) 4:06.79. High Jump – 5. Tayler Fettig, CWU, 1.59 – 5-2 ½. Pole Vault – 6. McKenna Emmert, CWU, 3.41 – 11-2 ¼. Long Jump – 5. Ali Anderson, CWU, 5.15 – 16-10 ¼. Triple Jump – 5. Kelly Cronic, CWU, 11.03 – 36-2 ¼; 6. Allyssa Marzano, CWU, 10.98 – 36-0 ¼. Shot Put – 5. Becki Duhamel, CWU, 13.58 – 44-6 ¾. Weight Throw – 3. Becki Duhamel, CWU, 1.59 – 57-8 ½. Pentathlon – 3. Tayler Fettig, CWU, 3190.

**New Balance Boise Indoor (Feb. 6-7 at Nampa): Men (Top 8):** Mile – 3. Chase Cunningham, NNU, 4:24.91. 3000 – 5. Isaac Mitchell, NNU, 8:53.14. 60 Hurdles – 1. Rimar Christie, NNU, 8.27; 4. Payton Lewis, NNU, 8.46. 4x400 Relay – 5. Northwest Nazarene, NNU, 3:28.36. High Jump – 4. Andrew Galbraith, NNU, 2.01 – 6-7; 8. Kyle McLaughlin, NNU, 1.86 – 6-1 1/4. Pole Vault – 2. Lewis Payton, NNU, 5.00 – 16-4 ¾; 8. Jared Webster, NNU, and Zach McClanahan, NNU, 4.40 – 14-5 ¼. Long Jump – 2. Payton Lewis, NNU, 6.99 – 22-11 ¼. Shot Put – 5. John VanBeuren, NNU, 14.10 – 46-3 ¼. Weight Throw – 4. John VanBeuren, NNU, 15.39 – 50-6; 8. Matt Silva, NNU, 13.99 – 45-10 ¼. **Women (Top 8):** 3000 – 2. Susanna Fleming, NNU, 10:29.55; 7. Anysja Manzer, NNU, 10:55.01. 4x400 Relay – 5. Northwest Nazarene 4:04.97. Pole Vault – 8. Alison Silva, NNU, 3.35 – 10-11 ¼. Shot Put – 6. Taylor VanValey, NNU, 13.58 – 44-6 3/4. Weight Throw – 7. Caitlin Curtis, NNU, 16.55 – 53-11 ¼.

**Birds and Bees Invitational (Feb. 6-7 at Gillette, MT): Men –** Chadron State 195, Colorado Mines 133, Black Hills State 78, Dickinson State 68, South Dakota Mines 48 ½, MSU Billings 38 ½, Gillette 31, Rocky Mountain 13, Colorado Mines Alumni 5.

**Individuals (Top 6):** 60 – 5. Sam Zook, MSUB, 7.05. Mile – 1. Liam McKay, MSUB, 4:34.05; 5. Mark Hovland, MSUB, 4:36.91. 3000 – 2. Robert Peterson, MSUB, 8:39.39. 4x400 Relay – 6. MSU Billings 3:41.11. High Jump – 5. Dominique Holt, MSUB, 1.81 – 5-11 ¼. Pole Vault – 5. Lonnie Sherman, MSUB, 4.38 – 14-4 ½. **Women –** Chadron State 169, MSU Billings 66, Dickinson State 65, Colorado Mines 63 ½, Black Hills State 60, South Dakota Mines 58 ½, Rocky Mountain 35, Gillette 30. **Individuals (Top 6):** 60 – 5. Brianna Gray, MSUB, 8.11. 200 – 6. Brianna Gray, MSUB, 26.79. 800 – 2. Nocona Frame, MSUB, 2:26.67. Mile – 1. Nocona Frame, MSUB, 5:15.61; 5. Brielle Davis, MSUB, 5:37.99; 6. Taylor Condon, MSUB, 5:40.65. 3000 – 3. Melanie Bock, MSUB, 11:11.89; 4. Rio Frame, 11:13.72. 60 Hurdles – 2. Hope Reid, MSUB, 9.31; 4. Kaytlin Halle, MSUB, 10.24. 4x400 Relay – 5. MSU Billings 4:24.99. Pole Vault – 5. Amanda Nichols, MSUB, 3.00 – 9-10.

## 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 ¼; 3. Matt DeHan, SMU, 4.45 – 14-7 ¼. Long Jump – 1. Jaysen Yoro, SMU, 6.81 – 22-4 ¼; 2. Luke Plummer, CWU, 6.77 – 22-2 ½; 3. Mikel Smith, SMU, 6.76 – 22-2 ¼. 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 ¼. **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 ¼; 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 ¼; 6. Kevin Stanley, CWU, 16.69 – 54-9 1/4; 8. Vincent Fualefau, SMU, 14.76 – 48-5 ¼. **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 ¼. Pole Vault – 4. Matt DeHan, SMU, 4.66 – 15-3 ½. Weight Throw – 5. Mitch Wilkens, SMU, 15.31 – 50-2 ¾.

**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. Vladisl 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. Vladisl Moldavanov, SFU, 13.73 – 45-0 ½. Weight Throw – 6. Armando Tafoya, CWU, 17.20 – 56-5 ¼; 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.

## GNAC 2014-15 ATHLETES OF THE WEEK

### MEN

<b>Week</b>	<b>Track</b>
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
Feb. 2-8	Josh Hanna, Western Oregon Rimar Christie, Northwest Nazarene

<b>Week</b>	<b>Field</b>
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
Feb. 2-8	Payton Lewis, Northwest Nazarene

**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 ¼, 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 ¼ 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 at 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.

**Week of Feb. 2-8: Track** – Josh Hanna, Western Oregon (Jr., Quincy, CA) and Rimar Christie, Northwest Nazarene (Sr., St. Michael, Barbados) ... Hanna won the 800 meters at the Cougar Indoor in Pullman in a national-qualifying time of 1:54.36, finishing 1.12 seconds ahead of the second-place finisher. His time adjusted for track size of 1:52.75 ranks 10<sup>th</sup> in GNAC history ... Christie won the 60 hurdles at the Boise State Indoor in a school-record time of 8.27. The provisional qualifying time ranks fifth in GNAC history and No. 2 this season. **Field** – Payton Lewis, Northwest Nazarene (Fr., Nampa, ID – Nampa Christian) set his third school-record of the season placing second in the long jump with a vault of 22-11 ½. Earlier this season he set school records in the pole vault and heptathlon.

## WOMEN

Week	Track
Dec. 8-14	Chelsey Knott, Northwest Nazarene
Jan. 12-18	Chelsey Butterworth, Simon Fraser
Jan. 19-25	Shannon Porter, Saint Martin's
Jan. 26-F. 1	Lindsey Butterworth, Simon Fraser
Feb. 2-8	Taylor VanValey, Northwest Nazarene

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
Feb. 2-8	Chelsey Knott, Northwest Nazarene

**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.

**Week of Feb. 2-8: Track** - Chelsey Knott, Northwest Nazarene (Fr., Parma, ID) finished second in the 60 hurdles in a provisional national qualifying time of 8.79 at the Boise State Indoor. Her time also ranks third in GNAC history in the event. **Field** – Taylor VanValey, Northwest Nazarene (So., Brush Prairie, WA – Hockinson) established at PNQ in the shot with a put of 44-6 ¾, moving into sixth place on the GNAC all-time Top 10 list.

## GNAC MISCELLANY

**GNAC Championships:** The 12<sup>th</sup> annual GNAC Championship Indoor Track and Field meet will be held next week (Feb. 20-21 at the Ford Idaho Center in Nampa, Idaho). There is no qualifying standard for the meet. Each team is allowed to enter up to 25 male and 25 female athletes in individual events and an unlimited number of athletes for relays. Three weeks later (March 13-14) the NCAA National Indoor will be contested at Birmingham, Ala.

### Twitter Hashtags

GNAC	#GNACtrack
Alaska Anchorage	#GoSeawolves
Alaska	#GoNooks
Central Washington	#CWUWildcats
Montana State Billings	#GoMSUBJackets
Northwest Nazarene	#GoNNUCrusaders
Saint Martin's	#SaintsAlive
Seattle Pacific	#GoFalcons
Simon Fraser	#NCAAeh
Western Oregon	#GoWolves
Western Washington	#UnleashTheHorns