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## **Seven GNAC Teams In Inaugural NCAA Division II Outdoor Top 25**

**THIS WEEK:** **Friday** - Lewis & Clark Invitational (SMU). **Saturday** - Eastern Oregon Team Challenge at Hermiston (CWU, NNU); Lewis & Clark Invitational (SMU); Rose City Preview (SPU, WOU, WWU).

### **Seawolves, Viking Men 4<sup>th</sup>, 6th in USTFCCCA Poll**

PORTLAND, Ore. – Led by Alaska Anchorage and Western Washington, seven GNAC teams are in the Top 25 in the first USTFCCCA Outdoor Track and Field national rankings.

The computer rankings put UAA's men fourth right in back of three CCAA teams – Chico State, Cal Poly Pomona and UC San Diego.

Puerto Rico Rio Piedras is fifth, while Western Washington is sixth. Also in the Top 25 is Western Oregon at No. 18.

At No. 12, Western Washington is the top-ranked GNAC women's team.

The top seven ranked women's teams are all from either California or Puerto Rico. GNAC teams Alaska Anchorage, Western Oregon and Central Washington are 17<sup>th</sup>, 19<sup>th</sup> and 20<sup>th</sup>, respectively.

GNAC athletes produced eight new national qualifying marks in Weekend #2, four of them by Alaska Anchorage at the Occidental Distance Carnival last Friday in Los Angeles.

UAA qualifiers at the Carnival included Nathan Kipchumba in the men's 800 (1:51.25), Dominik Notz (14:15.61) and Henry Cheseto (14:18.61) in the 5,000 meters and Amy Johnston in the women's 5,000 (17:13.92).

Kipchumba's time ranks seventh in GNAC history, while Notz and Cheseto's times rank fourth and seventh on the GNAC Top 10 list.

UAA's 4x400 relay team also had a GNAC Top 10 time recording the fifth-fastest mark in GNAC history (3:14.84). Their time was .77 seconds off the NCAA standards.

Four other PNQs were established at the Pacific Lutheran Invitational, three by Saint Martin's athletes.

SMU's Shannon Porter ran a 35:39.79 in the women's 10,000. That's the eighth quickest 10K in GNAAC history.

Dani Eggleston of Central Washington had a PNQ of 17:11.79 in the 5,000. SMU's Brian Chalkey had a 205-4

PNQ in the men's javelin and the Saints' Kali Walker had a 141-11 PNQ in the women's javelin.

Chalkey is the 18<sup>th</sup> javelin thrower in GNAC history to pass the 200-foot barrier. His distance ranks 12<sup>th</sup>.

Four GNAC athletes currently have the No. 1 performance nationally in Division II – Notz in the men's 5K and Porter in the women's 10K and Katie Reichert of Western Washington in the javelin (159-2 on March 7 at the UPS Five-Way) and Franz Burghagen of Alaska Anchorage in the men's javelin (224-10 on March 7 at Las Vegas).

Early season action continues this weekend as Saint Martin's competes Friday in the Lewis & Clark Invitational; Seattle Pacific, Western Oregon and Western Washington visit Portland Saturday to compete in the Rose City Premier and Central Washington and Northwest Nazarene head to Hermiston for the Eastern Oregon Team Challenge.

### **Computer Nails Simon Fraser National Finish**

Simon Fraser was ranked seventh in the final USTFCCCA computer rankings taken prior to the NCAA Division II national meet and that is exactly where the Clan finished at last week's meet at Birmingham, Ala.

SFU scored 24 points in the meet in earning its highest finish ever in the NCAA Indoor.

The Clan earned seven All-American awards in the meet. Overall, GNAC athletes claimed 18.

Lindsey Butterworth who won the women's 800 national title in a time of 2:08.44 was a two-event All-American as she and her teammates Rebecca Bassett, Monique Lisek and Paige Nock also finished second in the distance medley relay in a GNAC-record time of 11:28.28.

SFU's final two All-American came from Jennifer Johnson, who finished third in the 3,000 meters, eclipsing a 30-year old meet record with a time of 9:26.82, and from Travis Vugteveen, who was sixth in the men's mile in a time of 4:12.49.

Alaska Anchorage had six All-Americans – four from its eighth-place DMR team of Jessica Pakkala, Rosie Smith, Haleigh Lloyd and Beatrice Decker – and two from multi-event athletes Karolin Anders who placed seventh in the women's pentathlon and Codie Thomas, who was second in the men's heptathlon.

Completing the list of GNAC All-Americans were Western Washington's Katelyn Steen, who finished fourth in the women's 5,000; the Vikings' Alex Donigian, who placed second in the 60 in a five-way photo finish; Badane Sultessa of Western Oregon who finished fourth in the 800 after setting a GNAC record of 1:50.73 in the prelims; Mikel Smith of Saint Martin's, who tied for fifth in the men's high jump, and Luke Plummer of Central Washington, who was eighth in the triple jump.

## LAST WEEK'S INDOOR AND OUTDOOR RESULTS

### NCAA Division II Indoor (March 13-14 at Birmingham)

**Men: Team Scores** - 28. Alaska Anchorage and Western Washington 8; 35. Western Oregon 5; 41. Simon Fraser 3; 43. Saint Martin's 2; 47. Central Washington 1. **Friday:** High Jump - 5. Mikel Smith, SMU, 2.07 - 6-9 ½. 5000 - 12. Oliver Jorgensen, SFU, 14:42.95. *Prelims:* 60 - 5. Alex Donigian, WWU, 6.76 (advances). Mile - 5. Travis Vugteveen, SFU, 4:09.79 (advances), 7. Robert Peterson, MSUB, 4:11.29; 12. Brady Beagley, WOU, 4:14.84. 800 - 1. Badane Sultessa, WOU, 1:50.73 (advances). **Saturday:** 60 - 2. Alex Donigian, WWU, 6.72. 800 - 4. Badane Sultessa, WOU, 1:51.36. Mile - 6. Travis Vugteveen, SFU, 4:12.49. Triple Jump - 8. Luke Plummer, CWU, 14.89 - 48-10 ¼. Pole Vault - 9. Payton Lewis, NNU, 4.95 - 16-2 ¾. Heptathlon - 2. Cody Thomas, UAA, 5488 *Friday:* 60 - 6.97. Long Jump - 6.79 - 22-3 ½. Shot Put - 12.53 - 41-1 1/2; High Jump - 2.09 - 6-10 ¼. *Saturday:* 60 Hurdles - 8.46. Pole Vault - 4.10 - 13-4 ¼. 1000 - 2:47.54.

**Women: Team Scores** - 7. Simon Fraser 24; 36. Western Washington 5; 40. Alaska Anchorage 3. **Friday:** 5000 - 4. Katelyn Steen, WWU, 16:54.31. Distance Medley Relay - 2. Simon Fraser (Rebecca Bassett, Monique Lisek, Paige Nock, Lindsey Butterworth) 11:28.28; 8. Alaska Anchorage (Jessica Pakkala, Rosie Smith, Haleigh Lloyd, Beatrice Decker) 11:40.67; 9. Seattle Pacific (Jessica Rawlins, Becca Houk, Lynelle Decker, Anna Patti) 11:40.68. *Prelims:* 60 - 17. Jamie Ashcroft, UAA, 7.67. Mile - 9. Stephanie Stuckey, WOU, 4:54.79 (advances); 13. Rebecca Bassett, SFU 4:56.86. 800 - 2. Lindsey Butterworth, SFU, 2:07.76 (advances); 11. Paige Nock, SFU, 2:12.11. 14. Lynelle Decker, SPU 2:13.68. 200 - 9. Jamie Ashcroft, UAA, 24.56. **Saturday:** 800 - 1. Lindsey Butterworth, SFU, 2:08.44. Mile - 9. Stephanie Stuckey, WOU, 5:00.85. 3000 - 3. Jennifer Johnson, SFU, 9:26.82; 9. Rebecca Bassett, SFU, 9:41.68; 10. Katelyn Steen, WWU, 9:42.68. Pentathlon - 7. Karolin Anders, UAA, 3822 (60 Hurdles - 9.23. High jump - 1.69 - 5-6 1/2. Shot Put - 11.52 - 37-9 1/2. Long Jump - 5.44 - 17-10 ¼. 800 - 2:21.30). High Jump - Tayler Fettig 1.68 - 5-6.

**Occidental Distance Carnival (March 13 at Los Angeles): Men (Top 3):** 800 - 1. Nathan Kipchumba, UAA, 1:51.25. 5000 - 2. Dominik Notz, UAA, 14:15.61. 110 Hurdles - 3. Travis Turner, UAA, 15.51. 4x400 - 1. Alaska Anchorage 3:14.84. Triple Jump - 3. Tevin Gladden, UAA, 13.16 - 43-2 1/4. Shot Put - 2. Grant George, UAA, 13.43 - 44-0 ¾; 3. Tim Dommek, UAA, 13.40 - 43-11 ¾. **Women:** 100 Hurdles - 2. Alexandra Scott, UAA, 15.39. Steeplechase - 2. Bryn Haebe, UAA, 11:30.64. Long Jump - 3. Alexia Blalock, UAA, 5.03 - 16-6. Triple Jump - 2. Alexia Blalock, UAA, 11.21 - 36-9 ½.

**CSU Fullerton (March 13-14 at Fullerton): Men (Top 3):** 800 - 2. Nathan Kipchumba, UAA, 1:52.58; 3. Jesse Miller, UAA, 1:53.36. Discus (Flight B) - 1. Grant George, UAA, 42.01 - 137-10. Javelin - 2. Franz Burghagen, UAA, 6566 - 215-5. **Women (Top 3):** 1500 (Flight B) - 3. Mariah Burroughs, UAA, 4:47.67. Discus (Flight B) - 1. Dakayla Walters, UAA, 34.27 - 112-5.

**Pacific Lutheran Invitational (March 14 at Tacoma): Men** - 1. Central Washington 144, Puget Sound 111 ½, Pacific Lutheran 97, Saint Martin's 86 ½, Trinity Lutheran 66 ½. **Individual (GNAC Winners):** 200 - Jordan Todd, CWU, 22.08. 400 - Darren Arndt, CWU, 50.89. 1500 - John Wojtech, CWU, 4:03.94. 10,000 - Rudy Spencer, CWU, 32:44.04. 4x100 Relay - Central Washington 42.57. 4x400 Relay - Central Washington 3:27.74. Pole Vault - Andrew Andrada, SMU, and Zane Irvine, CWU, 4.22 - 13-10. Hammer - Mitch Wilkens, SMU, 48.50 - 159-1. Javelin - Brian Chalkey, SMU, 62.59 - 205-4. **Women** - Central Washington 219 ½, Pacific Lutheran 159, Saint Martin's 98, Olympic 63, Puget Sound 61 (13. Western Washington 3). **Individuals (GNAC Winners):** 400 - Jayna Inderbitzin, CWU, 58.39. Steeplechase - Erin Chinchar, CWU, 11:23.04. 5,000 - Dani Eggleston, CWU, 17:11.79. 10,000 - Shannon Porter, SMU, 35:39.79. 4x100 Relay - Central Washington 4:02.77. Hammer - Angel Rodgers, SMU, 45.87 - 150-6. High Jump - Moriah Bentley, CWU, 1.48 - 4-10 ¼. Javelin - Kali Walker, SMU, 43.25 - 141-11. Shot Put - Quiana Lawrence, SMU, 11.63 - 38-2. Triple Jump - Kelly Cronin, CWU, 11.15 - 36-7.

**Mt. Hood Saints Open (March 14 at Gresham): Men (Top 3):** 800 - 1. Josh Hanna, WOU, 1:54.14. Steeplechase - 1. Zach Holloway, WOU, 9:32.71. **Women (Top 3):** High Jump - 3. Sam Moore, WOU, 1.52 - 4-11 ¾. Shot Put - 1. Emmi Collier, WOU, 13.10 - 42-11 ¾; 3. Kaitlyn Kaonis, WOU, 12.21 - 40-0 ¾. Hammer - 2, Emmi Collier, WOU, 42.88 - 140-8. Javelin - 3. Amanda Short, WOU, 38.55 - 126-6.

## GNAC 2014-15 ATHLETES OF THE WEEK

### MEN

Week	Track
<i>Indoor</i>	
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
Feb. 9-15	Travis Milbrandt, Western Washington
Feb. 23-M. 2	Badane Sultessa, Western Oregon
<i>Outdoor</i>	
March 3-9	Cody Warner, Western Oregon
March 10-16	Dominik Notz, Alaska Anchorage

Week	Field
<i>Indoor</i>	
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
Feb. 9-15	Payton Lewis, Northwest Nazarene
Feb. 23-M. 2	Gordon Kordas, Western Washington
<i>Outdoor</i>	
March 3-9	Franz Burghagen, Alaska Anchorage
March 10-16	Brian Chalkey, Saint Martin's

## Week-by-Week

**Week of March 3-9: Track** – Cody Warner, Western Oregon (Fr., Springfield, OR – Thurston) had two of the best sprint times in GNAC history in sweeping the 100 and 200 meters at the Willamette Opener. His time of 10.68 in the 100 equaled the sixth best in GNAC history. He won the 200 meters in the seventh best time in GNAC history, running 21.51. He also won the long jump with a leap of 21-0 ¾. **Field** – Franz Burghagen, Alaska Anchorage (Sr., Berlin, Germany) grabbed the early NCAA Division II national lead in the javelin with an automatic national qualifying mark of 224-10. He was one of five GNAC javelin throwers to post national qualifying marks Saturday at various venues.

**Week of March 10-16: Track** – Dominik Notz, Alaska Anchorage (Jr., Dettingen, Germany) finished second in the 5,000 meters in a provisional national qualifying time of 14:15.61 at the Occidental Distance Carnival Spring Classic at Los Angeles. His time, which was the best by collegian in the meet, is the fourth fastest in GNAC history. **Field** – Brian Chalkey, Saint Martin's (So., Eugene, OR) won the javelin at the Pacific Lutheran Invitational in a PNQ of 205-4. He is the 17<sup>th</sup> athletic in GNAC history to throw the javelin 200 feet. His mark ranks 11<sup>th</sup> on the GNAC all-time list.

## WOMEN

### Week Track

#### Indoor

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
Feb. 2-8	Taylor VanValey, Northwest Nazarene
Feb. 9-15	Jennifer Johnson, Simon Fraser
Feb. 23-M. 2	Lynelle Decker, Seattle Pacific
March 3-9	Haley O'Connor, Western Washington
March 10-16	Shannon Porter, Saint Martin's

### 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
Feb. 9-15	Taylor Fettig, Central Washington
Feb. 23-M. 2	Becki Duhamel, Central Washington
March 3-9	Katie Reichert, Western Washington
March 10-16	Kali Walker, Saint Martin's

## Week-by-Week

**Week of March 3-9: Track** – Haley O'Connor, Western Washington (Sr., Sammamish, WA - Eastlake) won the 1500 meters at the UPS Five-Way meet with a meet record time of 4:37.26, the best opening time of the season in the conference. **Field** – Katie Reichert, Western Washington (Sr., Longview, WA – Kelso) took the national lead in the javelin with an automatic qualifying mark of 159-2. Last

spring, she finished second in that event at nationals with a throw of 165-2, just one inch back of teammate Bethany Drake, who is redshirting this spring.

**Week of March 10-16: Track** – Shannon Porter, Saint Martin's (Jr., Vancouver, WA - Hockinson), left the field in her dust winning the 10,000 meters at the PLU Invitational by 1 minute, 24 seconds. Her time eclipsed the provisional national qualifying standard by 1 minute, 16 seconds and was the eighth fastest in conference history. **Field** – Kali Walker, Saint Martin's (So., Lacey, WA – Northwest Christian) won the javelin at PLU with a provisional national qualifying performance of 141 feet, 11 inches.

## PREVIOUS GNAC OUTDOOR T&F RESULTS

**Willamette Opener (March 7 at Salem, OR): Men** – Western Oregon 117, Willamette 82, Portland 39. **WOU Winners:** 100 – Cody Warner 10.68. 200 – Cody Warner 21.51. Long Jump – Cody Warner 6.42 – 21-0 ¾. Discus – Kenny Klippel 41.26 – 135-4. Javelin – Justin Larson 61.22 – 200-10. **Women** – Western Oregon 159, Willamette 110, Portland 7. **WOU Winners:** 100 – Laura Patrick 12.63. 400 – Suzie Van De Grift 59.91. 800 – Stephanie Stuckey 2:15.58. 100 Hurdles – Rochelle Pappel 14.69. 400 Hurdles – Audrey Hellesto 1:06.37. Shot Put – Emmi Collier 13.71 – 44-11 ¾. Hammer – Emmi Collier 45.36 – 148-10. Javelin – Amanda Short 43.88 – 143-11.

**UNLV Randall Cunningham Track Classic (March 7 at Las Vegas): Men (UAA Winners):** 100 – Darrion Gray 11.03. 200 – Darrion Gray 22.04. 400 – Adam Commandeur 49.35. 800 – Nathan Kipchumba 1:55.82. 1500 – Dominik Notz 3:54.09. 110 Hurdles – Travis Turner 15.39. 400 Hurdles – Elliott Bauer 54.92. 4x100 – Alaska Anchorage 43.14. 4x400 Relay – Alaska Anchorage 3:22.83. High Jump – Tevin Gladden 1.88. Javelin – Franz Burghagen 68.52 – 224-10. **Women (UAA Winners):** 1500 – Tamara Perez 4:42.35. Triple Jump – Alexia Blalock 11.48 – 37-8.

**UPS Five-Way Meet (March 7 at Tacoma): Men** – Whitworth 232, Puget Sound 99, Western Washington 95, Seattle Pacific 57, Lewis & Clark 52. GNAC Winners: 110 Hurdles – Travis Milbrandt, WWU, 14.71. Steeplechase – Matt Lutz, WWU, 9:24.73. Long Jump – Rudy Mataya, WWU, 6.46 – 21-2 ½. Discus – Ryan Macdonald, WWU, 48.63 – 159-6. **Women** – Whitworth 191, Western Washington 120, Seattle Pacific 86 ½, Puget Sound 75, Lewis & Clark 50 ¾. **GNAC Winners:** 400 – Shawna Troupe, WWU, 59.10. 1500 – Haley O'Connor, WWU, 4:37.26. 10,000 – Alexandra Laiblin, WWU, 39:06.12. 100 Hurdles – Cheryl Hong, SPU, 16.84. 400 Hurdles – Maliea Luquin, SPU, 1:04.62. 4x400 Relay – Seattle Pacific 4:03.15. High Jump – Katelyn Wright, WWU, 1.57 – 5-1 ¾. Pole Vault – Anna Paradee, WWU, 3.50 – 11-5 ¾. Shot Put – Sammi Markham, SPU, 12.09 – 39-8. Discus – Katie Reichert, WWU, 48.51 – 159-2.

## GNAC MISCELLANY

**GNAC Championships:** The GNAC Championships will be hosted by Saint Martin's University and Western Oregon University. The multi-events will be held at SMU on Monday, April 27 and Tuesday April 28. The remainder of the meet will be at Monmouth on the campus of Western Oregon Friday, May 8 and Saturday, May 9.

**NCAA Championships:** The 2015 NCAA National Outdoor Nationals will be contested beginning Thursday, May 21 at Allendale, Mich.

**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