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March 26, 2015

WWU's Donigian, Reichert Going To 88th Annual Texas Relays

THIS WEEK: **Thursday** – Mt. Hood Multi (CWU, WOU). **Friday** – Montana Al Manuel Invitational (MSUB); Mt. Hood Multi (CWU, WOU); Texas Relays (WWU). **Saturday** – Willamette Invitational (UAA, CWU, SMU, WOU); Montana Al Manuel Invitational (MSUB); West Seattle Club NW Spring Break (CWU, SPU, SFU, WWU); UBC Open (SFU).

Viking Athletes Scheduled To Compete Friday

PORTLAND, Ore. – Western Washington sprinter Alex Donigian and javelin throw Katie Reichert will compete in the 88th annual Nike Clyde Littlefield Texas Relays Friday in Austin.

Just over 7,000 athletes including high school, collegiate and professionals are competing.

Both athletes have been national runner-ups in NCAA meets. Reichert finished second in the javelin last May to teammate Bethany Drake in the NCAA Division II Outdoor meet. She has an NCAA automatic qualifying mark of 159-2 this spring.

Last June, Reichert placed 13th at the United States Track & Field Championships in Sacramento, Calif.

Donigian finished second by .001 seconds in the 60 meters NCAA Indoor earlier this month in a GNAC record time of 6.72.

While Reichert and Donigian are in Texas, other GNAC athletes will be competing in Gresham, Salem, Vancouver (B.C.), Missoula (Mont.) and West Seattle.

The track weekend starts Thursday with Central Washington and Western Oregon athletes competing in the Mt. Hood Multis at Gresham.

On Friday and Saturday, MSU Billings will compete in the University of Montana Al Manuel Invitational.

Alaska Anchorage, Central Washington, Saint Martin's and Western Oregon will be in Salem Saturday for the Willamette Invitational.

Central Washington will also send athletes to the Northwest Spring Break Open Saturday. They'll be joined by athletes from Seattle Pacific, Simon Fraser and Western Washington.

Other SFU athletes will stay in Canada for the UBC Open.

Alaska Anchorage 5th in USTFCCCA Rankings

Alaska Anchorage is fifth and Western Washington is 10th in the USTFCCCA Men's Track and Field computer rankings this week. Central Washington is 17th.

In the women's rankings, Central Washington is 16th and Western Washington is 23rd.

Individually, four GNAC athletes have the best times in NCAA Division II in the early portion of the outdoor season, including Ryan Macdonald of Western Washington in the men's discus.

Macdonald set WWU and GNAC records in the event last week in winning the Rose City Preview at Gresham with a throw of 177-5 to earn *GNAC Field Athlete of the Week* honors.

Three other athletes maintained their No. 1 national ranking – Dominik Notz of Alaska Anchorage in the men's 5,000 (14:15.61), Shannon Porter of Saint Martin's in the women's 10,000 (35:39.70) and UAA's Franz Burghagen in the men's javelin (224-10).

Macdonald was one of seven GNAC athletes to either establish or improve on national qualifying marks.

Central Washington's Kent McKinney and Dani Eggleston had PNQs in the men's 100 meters (10.61) and the women's steeplechase (11:00.27) in the Eastern Oregon Team Challenge in Hermiston, Ore., and Kevin Stanley had a PNQ in the hammer (183-9) in the Buc Scoring Invite in Spokane.

McKinney's performance earned him *GNAC Male Track Athlete of the Week* honors, while Eggleston's effort earned her the *Female Track Athlete of the Week* award.

Payton Lewis of Northwest Nazarene, the GNAC Indoor pole vault champion, earned a PNQ in the outdoor pole vault with a vault of 15-11 at Hermiston.

Anna Paradee of Western Washington betted the women's pole vault PNQ with a vault of 12-0 ½ at the Rose City Preview. She is the *GNAC Female Field Athlete of the Week*.

Improving on her previous PNQ in the women's javelin was Kali Walker of Saint Martin's with a throw of 144-6 in the Lewis & Clark Spring Break Open.

Top 10s

With each passing year, posting a GNAC Top 10 mark is getting tougher and tougher to accomplish.

There were nine such performances last weekend led, of course, by Macdonald's record setting effort in the men's discus.

Here are the latest GNAC All-Time Top 10 performances:

Men: 100 – 5. Kent McKinney, CWU, 10.61. 110 Hurdles – 8. Rimar Christie, NNU, 14.80. Pole Vault – 4. Payton Lewis, NNU, 4.85 – 15-11. Triple Jump – 8. Luke Plummer, CWU, 14.48 – 47-6 ¼. Discus – 1. Ryan Macdonald, WWU, 54.97 0 177-5. Hammer – 8. Kevin Stanley, CWU, 56.02 – 183-9.

Women: 400 – 9. Jahzelle Ambus, SPU, 56.06. 110 Hurdles – 10. Chelsey Knott, NNU, 14.42. 4x100 Relay – 7. Seattle Pacific (Becca Houk, Ambus, Kyra Brannan, Tasia Baldwin) 47.26.

USTFCCA Outdoor Computer Team Polls

NATIONAL

| Men | 3-16 | 3-23 |
|--------------------|------------------|------------------|
| Alaska Anchorage | 4 th | 5 th |
| Western Washington | 6 th | 10 th |
| Central Washington | -- | 17 th |
| Western Oregon | 18 th | -- |

| Women | 3-16 | 3-23 |
|--------------------|------------------|------------------|
| Central Washington | 20 th | 16 th |
| Western Washington | 12 th | 23 rd |
| Alaska Anchorage | 17 th | -- |
| Western Oregon | 19 th | -- |

REGIONAL

| Men | 3-16 | 3-23 |
|--------------------|-----------------|-----------------|
| Alaska Anchorage | 4 th | 4 th |
| Western Washington | 6 th | 6 th |
| Central Washington | -- | 8 th |

| Women | 3-16 | 3-23 |
|--------------------|-----------------|-----------------|
| Central Washington | 8 th | 7 th |
| Seattle Pacific | -- | 8 th |
| Western Oregon | 7 th | -- |
| Western Washington | 9 th | -- |

LAST WEEK'S OUTDOOR RESULTS

Eastern Oregon Team Challenge (March 21 at Hermiston): Men – Eastern Oregon 280, College of Idaho 254, Northwest Nazarene 252 ½, Oregon Tech 219, Central Washington 159 ½, Treasure Valley 107, Bowerman TC 3. **GNAC Winners:** 100 - Kent McKinney, CWU, 10.61. 200 – Kent McKinney, CWU, 21.99. 4x100 Relay – Northwest Nazarene 43.76. Pole Vault – Payton Lewis, NNU, 4.85 – 15-11. Triple Jump – Luke Plummer, CWU, 14.48 – 47-6 ¼. **Women** – Northwest Nazarene 286 ½, College of Idaho 283, Eastern Oregon 231, Central Washington 197 ½, Oregon Tech 163, Treasure Valley 81. **GNAC Winners:** 100 Hurdles – Chelsey Knott, NNU, 14.42. Steeplechase – Dani Eggleston, CWU, 11:00.27. Long Jump – HarLee Ortega, CWU, 4.99 – 16-4 ½. Triple Jump – Kelly Cronin, CWU, 11.37 – 37-3 ¾. Discus – Sam Lester, CWU, 39.77 – 130-5. Hammer – Caitlin Curtis, NNU, 43.47 – 142-7.

Lewis & Clark Spring Break Open (March 21 at Portland): Men – 1. Pacific 170, 2. Linfield 132, 3. Lewis & Clark 116, 4. Pacific Lutheran 71, 5. Trinity Lutheran 51 (6. Saint Martin's 28). **Individuals (Top 3):** Javelin – 1. Brian Chalkey, SMU, 60.82 – 199-6. Hammer – 1. Mitch Wilkens, SMU, 51.99 – 170-7; 4. Vincent Fualefau, SMU, 48.52 – 159-2. **Women** – 1. Linfield 138, 2. Lewis & Clark 112, 3. Pacific Lutheran 99, 4. Pacific 87, 5. Northwest Christian 66 (7. Saint Martin's 33; 10. Central Washington 13, 12. Western Washington 3). **Individuals (Top 6):** 800 – 2. Kaitlyn McKinney, CWU, 2:23.76. 1500 – 4. Claudia Cortez, CWU, 5:15.37. Hammer – 1. Angel Rodgers, SMU, 48.00 – 157-6; 2. Ami Wick, SMU, 45.87 – 150-6; 6. Elizabeth Knope, WWU, 43.13 – 141-6. Javelin – 1. Kali Walker, SMU, 44.05 – 144-6; 4. Danna Avalos, SMU, 39.38 – 129-2.

Rose City Preview (March 21 at Portland): Men (**GNAC Winner**): 100 – Cody Warner, WOU, 10.98. 200 – Cody Warner, WOU, 22.10. 1500 – David Ribich, WOU, 3:55.30. 110 Hurdles – Logan Myers, WWU, 15.01. 4x400 Relay – Western Washington 3:18.31. Pole Vault – Peter Zalk, WOU, 4.05 – 13-3 ½. Long Jump – Brett Watson, WWU, 7.01 – 23-0. Triple Jump – Mark Seely, WWU, 13.98 – 45-10 ½. Discus – Ryan Macdonald, WWU, 54.07 – 177-5. **Women (GNAC Winners):** 2000 Steeplechase – Jessica Rawlings, SPU, 7:11.72. 4x400 Relay – Seattle Pacific 3:53.44. High Jump – Naphtali Ward, SPU, 1.65 – 5-5. Pole – Anna Paradee, WWU, 3.67- - 12-0 ½. Javelin – Katie Reichert, WWU, 46.41 – 152-3.

Buc Scoring Invitational (March 19-20 at Spokane): Men (**Top 3**): Shot Put – 3. Kevin Staley, CWU, 15.81 – 51-10 ½. Discus – 2. Armando Tafoya, CWU, 48.15 – 158-0. Hammer – 2. Kevin Stanley, CWU, 56.02 – 183-9. **Women (Top 3):** Shot Put – 2. Amanda Youngers, CWU, 12.70 – 41-8; 3. Dorothy Moore, CWU, 12.16 – 39-10 ¾. Hammer – 3. Amanda Youngers, CWU, 44.80 – 147-0.

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 |
| March 17-23 | Kent McKinney, Central Washington |

| 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 |

March 17-23 Ryan Macdonald, Western Washington

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 17th athletic in GNAC history to throw the javelin 200 feet. His mark ranks 11th on the GNAC all-time list.

Week of March 17-23: Track – Kent McKinney, Central Washington (Jr., Seattle, WA) won the 100 meters in a provisional national qualifying time of 10.61 – the fifth quickest in GNAC history – at the Eastern Oregon Team Challenge at Hermiston. His time currently ranks seventh in NCAA Division II. He also ran a 21.99 in the 200, which ranks second in the GNAC this spring, in sweeping the two sprint events. **Field** – Ryan Macdonald, Western Washington (Sr., Bellingham, WA - Sehome) set a GNAC record in the discus at the Rose City Preview in Portland with a winning throw of 177-5 eclipsing the old mark of 175-5 set by Cameron Neel of Central Washington in 2006.

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

Outdoor

March 3-9 Haley O'Connor, Western Washington
March 10-16 Shannon Porter, Saint Martin's
March 17-23 Dani Eggleston, Central Washington

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 Tayler Fettig, Central Washington
Feb. 23-M. 2 Becki Duhamel, Central Washington
Outdoor
March 3-9 Katie Reichert, Western Washington
March 10-16 Kali Walker, Saint Martin's
March 17-23 Anna Paradee, Western Washington

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.

Week of March 17-23: Track – Dani Eggleston, Central Washington (Jr., Longview, WA) bettered the NCAA Division II national qualifying standard in the steeplechase at the Eastern Oregon Team Challenge winning the event in a time of 11:00.27. That time ranks second in Division II. A week earlier she had a PNQ of 17:11.79 in the 5,000 meters at Pacific Lutheran and currently ranks third nationally in that event. **Field** – Anna Paradee, Western Washington (Fr., Tacoma, WA - Decatur) earned a provisional national qualifying mark of 12-0 ½ in winning the pole vault at the Rose City Preview.

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 ½. **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.

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 ¾. Javelin – Kali Walker, SMU, 43.25 – 141-11. Shot Put – Quiana Lawrence, SMU, 11.63 – 38-2. Triple Jump – Kelly Cronic, 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 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 |