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April 8, 2015

Three Teams Go to WAR; WOU, Simon Fraser Host Meets

THIS WEEK: Wednesday-Thursday – Idaho State Multi-Events (MSUB). **Friday** – Spokane CC War VII (CWU, NNU, SMU); WOU John Knight Twilight (WOU). **Saturday** – Spokane CC War VII (CWU, NNU, SMU); SFU Emile Mondor Invitational (SPU, SFU); SD Mines Bauer Invitational at Rapid City, SD (MSUB).

Seawolves, Vikings, Clan Ranked In Top 25

PORTLAND, Ore. – For the most part, GNAC track-and-field teams will remain in the Pacific Northwest this weekend.

Central Washington, Northwest Nazarene and Saint Martin's head to Spokane to compete in the Spokane CC War VII meet, while Western Oregon and Simon Fraser will host meets.

The WOU John Knight Twilight will be held Friday night in Monmouth. On Saturday, Seattle Pacific will join the Clan in Burnaby for the SFU Emile Mondor Invitational.

MSU Billings will send athletes to Pocatello, Idaho, for the Idaho State Multis which begins Wednesday and to Rapid City, S.D., for the South Dakota Mines Bauer Invitational.

Alaska Anchorage and Western Washington are idle.

UAA is coming off a successful trip to the Bay area last weekend when it acquired 12 NCAA Division II provisional qualifying marks, including eight by its men, in the San Francisco State Distance Carnival and Stanford Invitational.

The Seawolf men are ranked 13th and their women are ranked 22nd in this week's USTFCCA computer rankings.

Western Washington, meanwhile, is ranked 21st in the men's Top 25 rankings.

Simon Fraser, which had five men's and two women's qualifying times last week in the Bay area, is ranked 23rd in the men's computer rankings and 21st in the women's.

Butterworth Posts 2 Automatic Marks for NCAAs

Alaska Anchorage and Simon Fraser's 19 national qualifying marks were among 31 established by GNAC athletes last week.

All but two were provisional marks. Simon Fraser's Lindsey Butterworth had the only automatic times posting Division II's season-best times in both the 800 and 1500 at Stanford.

Butterworth's times of 2:05.86 and 4:18.34 were both better than last year's winning national meet times.

Her 800 time was also the fifth fastest in GNAC history and her 1500 time ranks second in GNAC history and eighth all-time in Division II.

SFU's Cameron Proceviat also had two qualifying PNQs in both the men's 800 and 1500 (with his time in the mile).

Following is a complete list of last week's qualifying marks:

Last Week's National Qualifying Marks:

Men: 800 – Badane Sultessa, WOU, 1:51.16; Cameron Proceviat, SFU, 1:51.61; Jesse Miller, UAA, 1:52.20. 1500 – Cameron Proceviat, SFU, *3:47.09; Marc-Antoine Rouleau, SFU, *3:48.55; Travis Vugteveen, SFU, *3:49.28. 5000 – Dominik Notz, UAA, 14:07.05; Henry Cheseto, UAA, 14:08.86; Dylan Anthony, UAA, 14:26.84; Oliver Jorgensen, SFU, 14:32.19. 10,000 – Victor Samoei, UAA, 30:28.53; Edwin Kangogo, UAA, 30:31.17. 400 Hurdles – Elliott Bauer, UAA, 53.18. Pole Vault – Payton Lewis, NNU, 5.15 – 16-10 ¾. Javelin – Cody Parker, UAA, 64.63 – 212-0; Slater Hirst, WWU, 64.09 – 212-0; Brian Chalkey, SMU, 63.44 – 208-2. *Times converted from mile to 1500.

Women: 800 – Lindsey Butterworth, SFU, 2:05.86; Jessica Pakkala, UAA, 2:10.59; Lynelle Decker, SPU, 2:10.64. 1500 – Lindsey Butterworth, SFU, 4:18.34. 5000 – Anna Patti, SPU, 16:41.56; Amy Johnston, UAA, 16:52.50; Caroline Kurgat, UAA, 17:15.05. Steeplechase – Katelyn Steen, WWU, 10:32.92; Dani Eggleston, CWU, 10:42.05; Jessica Rawlins, SPU, 10:52.79; Haley O'Connor, WWU, 10:52.94; Beatrice Decker, UAA, 11:06.96. Discus – Megan Mortensen, WWU, 44.69 – 146-7. Heptathlon – Maliea Luquin, SPU, 4522.

GNAC All-Time Top 10 Performances

A total of 20 GNAC All-Time Top 10 performances were posted last week including three that rank No. 2.

Earning No. 2 ranks were Simon Fraser's Cameron Proceviat in the men's 1500 meters (converted from the mile), the Clan's Lindsey Butterworth in the women's 1500 and Northwest Nazarene's Payton Lewis in the men's pole vault (16-10 ¾).

Following is a list of GNAC Top 10 performances from last week:

Men: 100 – 6. Cody Warner, WOU, 10.64. 200 – 7. Alex Donigian, WWU, 21.42. 800 – 7. Badane Sultessa, WOU, 1:51.16. 1500 – 2. *Cameron Proceviat, SFU, 3:47.09; 3. *Marc-Antoine Rouleau, SFU, 3:48.55; 6. *Travis Vugteveen, SFU, 3:49.28. 5000 – 3. Dominik Notz, UAA, 14:07.05; 4. Henry Cheseto, UAA, 14:08.86.

10,000 – 10. Victor Samoei, UAA, 30:28.53. 400 Hurdles – 9. Elliott Bauer, UAA, 53.18. Pole Vault – 2. Payton Lewis, NNU, 5.15 – 16-10 ¾. Javelin – 10. Brian Chalkey, SMU, 63.44 – 208-2. *Converted from mile.

Women: 800 – 5. Lindsey Butterworth, SFU, 2:05.86. 1500 – 2. Lindsey Butterworth, SFU, 4:18.34. 5000 – 7. Anna Patti, SPU, 16:41.56; 9. Amy Johnston, UAA, 16:52.50. Steeplechase – 6. Dani Eggleston, CWU, 10:42.05; 10. Jessica Rawlins, SPU, 10:52.79. 4x100 Relay – 10. Alaska Anchorage 47.58. Discus – 5. Megan Mortensen, WWU, 44.69 – 146-7.

National Leaders: Eight Rank In Top 3

Butterworth's two No. 1 national rankings are among eight performances this season by GNAC athletes that currently rank in the Top 3 in Division II.

Her 800 time of 2:05.86 is 3.48 seconds faster than the second-best time and her 1500 time of 4:18.34 is 5.63 seconds quicker than the No. 2 time.

Alex Donigian of Western Washington is also a national leader with his 100 time of 10.27.

Three athletes rank No. 2 this week on TFRS – Payton Lewis of Northwest Nazarene in the pole vault (16-10 ¾), Ryan Macdonald of Western Washington in the discus (177-5) and Franz Burghagen of Alaska Anchorage in the javelin (224-10).

Holding down No. 3 national ranks are UAA's Dominik Notz in the 5,000 meters (14:07.05) and Shannon Porter of Saint Martin's in the women's 5,000 (16:37.99).

Following is a list of GNAC athletes that rank in the Top 10 this week on TFRS:

Men: 100 – 1. Alex Donigian, WWU, 10.27. 800 – 9. Badane Sultessa, WOU, 1:51.15. 1500 – 8. *Cameron Proceviat, SFU, 3:47.09; 10. *Marc-Antoine Rouleau, SFU, 3:48.55. 5000 – 3. Dominik Notz, UAA, 14:07.05; 5. Henry Cheseto, UAA, 14:08.86. Pole Vault – 2. Payton Lewis, NNU, 5.15 – 16-10 ¾. Long Jump – 5. Vladislav Tsygankov, SFU, 7.37 – 24-2 ¾. Discus – 2. Ryan Macdonald, WWU, 54.07 – 177-5. Javelin – 2. Franz Burghagen, UAA, 68.52 – 224-10; 8. Cody Parker, UAA, 64.63 – 212-0; 9. Slater Hirst, WWU, 64.09 – 210-3. Decathlon – 8. Justin Peterson, CWU, 6401. (*Converted from mile).

Women: 800 – 1. Lindsey Butterworth, SFU, 2:05.86; 7. Jessica Pakkala, UAA, 2:10.59; 8. Lynelle Decker, SPU, 2:10.64. 1500 – 1. Lindsey Butterworth, SFU, 4:18.34; 10. Tamara Perez, UAA, 4:31.70. 5000 – 3. Shannon Porter, SMU, 16:37.99; 4. Anna Patti, SPU, 16:41.56; 5. Amy Johnston, UAA, 16:52.50; 9. Dani Eggleston, CWU, 17:11.79. 10,000 – 8. Shannon Porter, SMU, 35:39.79. 400 Hurdles – 7. Haleigh Lloyd, UAA, 1:00.96. Steeplechase – 5. Katelyn Steen, WWU, 10:32.92; 6. Dani Eggleston, CWU, 10:42.05; 8. Jessica Rawlins, SPU, 10:52.79; 10. Haley O'Connor, WWU, 10:52.94. Pole Vault – 10. Anna Paradee, WWU, 3/68 – 12-0 ¾. Javelin – 4. Katie Reichert, WWU, 48.51 – 159-2; 5. Kalli Walker, SMU, 47.36 – 155-4.

USTFCCA Outdoor Computer Team Polls

NATIONAL

Men	3-16	3-23	3-30	4-7
Alaska Anchorage	4 th	5 th	11 th	13 th
Western Washington	6 th	10 th	20 th	21 ST
Simon Fraser	---	---	---	23 rd
Central Washington	---	17 TH	---	---
Western Oregon	18 th	---	---	---

Women	3-16	3-23	3-30	4-7
Simon Fraser	---	---	---	21 st
Alaska Anchorage	17 th	---	10 th	22 nd
Saint Martin's	---	---	22 nd	---
Western Oregon	19 th	---	---	---
Central Washington	20 TH	16 TH	---	---
Western Washington	12 TH	23 rd	---	---

REGIONAL

Men	3-16	3-23	3-30	4-7
Alaska Anchorage	4 th	4 th	5 th	5 th
Western Washington	6 th	6 th	6 th	6 th
Simon Fraser	---	---	---	7 th
Central Washington	--	8 th	7 th	9 th

Women	3-16	3-23	3-30	4-7
Alaska Anchorage	---	---	4 th	6 th
Seattle Pacific	--	8 th	7 th	7 th
Central Washington	8 th	7 th	6 th	10 th
Saint Martin's	--	--	10 th	---
Western Oregon	7 th	--	--	---
Western Washington	9 th	--	--	---

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. 1	Badane Sultessa, Western Oregon
<i>Outdoor</i>	
March 2-8	Cody Warner, Western Oregon
March 9-15	Dominik Notz, Alaska Anchorage
March 16-22	Kent McKinney, Central Washington
March 23-29	Alex Donigian, Western Washington
March 30-A. 5	Cameron Proceviat, Simon Fraser

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. 1	Gordon Kordas, Western Washington

Outdoor

March 2-8 Franz Burghagen, Alaska Anchorage
March 9-15 Brian Chalkey, Saint Martin's
March 16-22 Ryan Macdonald, Western Washington
March 23-29 Justin Peterson, Central Washington
Vladislav Tsgankov, Simon Fraser
March 30-A. 5 Payton Lewis, Northwest Nazarene

Week-by-Week

Week of March 2-8: 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 $\frac{3}{4}$. **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 9-15: 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 16-22: 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.

Week of March 23-29: Track – Alex Donigian, Western Washington (Jr., Mission Viejo, CA) ran the fastest 100 meter time in NCAA Division II this spring and the fastest in GNAC and WWU school history in the invitational division at the Texas Relays in Austin Saturday. Donigian placed third in his heat and 11th overall in the 17-man field in a time of 10.27. The field was made up almost entirely of club professionals and national team runners. **Field** – Justin Peterson, Central Washington (So., Marysville, WA – Lakewood) and Vladislav Tsgankov, Simon Fraser (Fr., Moscow, Russia) ... Peterson won the decathlon at the Mt. Hood Multi-Events with a provisional national qualifying score of 6,401 points. In the process he also established a PNQ in the high jump with a leap of 6-8 $\frac{1}{4}$. Tsgankov became just the fourth athlete in GNAC history to long

jump 24 feet in winning the event at the UBC Open with a leap of 7.37 meters (24-2 $\frac{1}{4}$).

Week of March 30-Apr. 5: Track – Cameron Proceviat, Simon Fraser (Jr., Burnaby, BC - Moscrop) finished second in his section of the mile and third overall in the San Francisco State Distance Carnival. His time of 4:05.26 converts to a provisional national qualifying time of 3:47.09 for the 1500 and ranks sixth nationally. His converted time is also the second fastest 1500 in GNAC history. He also had a PNQ in the 800 meters at the Stanford Invitational with a time of 1:51.61. **Field** – Payton Lewis, Northwest Nazarene (Fr., Nampa, ID – Nampa Christian) finished fifth in the pole vault at Stanford with a school-record vault of 16-10 $\frac{3}{4}$. That height ranks second in GNAC history and second on the current TFRSS national ranking 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. 1 Lynelle Decker, Seattle Pacific

Outdoor

March 2-8 Haley O'Connor, Western Washington
March 9-15 Shannon Porter, Saint Martin's
March 16-22 Dani Eggleston, Central Washington
March 23-29 Janie Ashcroft, Alaska Anchorage
Shannon Porter, Saint Martin's
March 30-A.5 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
Feb. 2-8 Chelsey Knott, Northwest Nazarene
Feb. 9-15 Tayler Fettig, Central Washington
Feb. 23-M. 1 Becki Duhamel, Central Washington

Outdoor

March 2-8 Katie Reichert, Western Washington
March 9-15 Kali Walker, Saint Martin's
March 16-22 Anna Paradee, Western Washington
March 23-29 Corrie Holm, MSU Billings
March 30-A. 5 Megan Mortensen, Western Washington

Week-by-Week

Week of March 2-8: 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 9-15: 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 16-22: 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.

Week of March 23-29: Track – Jamie Ashcroft, Alaska Anchorage (So., Shawnigan Lake, BC) and Shannon Porter, Saint Martin's (Jr., Vancouver, WA - Hockinson) ... Ashcroft ran a pair of provisional national qualifying times in winning the 100 and 200 meters at the Willamette Invitational. Her times of 11.86 in the 100 and 24.50 in the 200 currently rank 7th and 5th, respectively, this spring in NCAA Division II. Porter ran the second fastest 5,000 meter time this spring in Division II in winning the event at Willamette. Her time of 16:37.99 ranks sixth in GNAC history. She now has PNQs in both the 5K and 10K. **Field** – Corrie Holm, MSU Billings (Sr., Billings, MT - West) finished third in the discus in the University of Montana Al Manuel Invitational with a throw of 144-4. That mark ranks sixth in GNAC history and missed the NCAA national qualifying standard by a scant .01 meters.

Week of March 30-Apr. 5: Track – Lindsey Butterworth, Simon Fraser (Sr., North Vancouver, BC - Handsworth) ran one of the best 800, 1500 doubles in GNAC history at the Stanford Invitational finishing sixth overall in the shorter race in a time of 2:05.86 and second overall in the 1500 in a time of 4:18.34. Both times rank No. 1 this spring in Division II by substantial margins (3.48 seconds in the 800 and 5.63 seconds in the 1500) and her 1500 time ranks eighth in NCAA Division II history. Her 800 time also ranks fifth in GNAC history and her 1500 time ranks second. **Field** – Megan Mortensen, Western Washington (So., Tacoma, WA - Franklin Pierce) won the discus at the Puget Sound Shotwell Invitational with a provisional national qualifying throw of 146-7, the fifth longest in GNAC history.

LAST WEEK'S GNAC OUTDOOR T&F RESULTS

UPS Shotwell (April 4 at Tacoma): Men – Western Washington 139, Saint Martin's 86, Pacific Lutheran 59 ½, Central Washington 53 ½, 5. Everett CC 50 (6. Seattle Pacific 40 ½, 14. Simon Fraser 7). **GNAC Winners:** 200 – Alex Donigian, WWU. 21.42. 400 – Mario Lopez, SPU, 49.42. 800 – Chris Moreton, SPU, 1:57.78. 1500 –

Matt Lutz, WWU, 4:00.63. 5000 – Isaac Derline, WWU, 14:59.26. 400 Hurdles – David Durden, SMU, 55.36. 4x100 Relay – Western Washington 42.16. 4x400 Relay – Western Washington 3:26.06. Long Jump – Brett Watson, WWU, 7.02 – 23-0 ½. Triple Jump – Mark Seely, WWU, 14.22 – 46-8. Javelin – Slater Hirst, WWU, 64.09 – 210-3. **Women** – Seattle Pacific 129, Western Washington 127, Central Washington 124, Mt. Hood CC 64, Saint Martin's 51 (13. Simon Fraser 5). **GNAC Winners:** 200 – Becca Houk, SPU, 25.33. 400 – Jahzelle Ambus, SPU, 57.90. 800 – Ali Sowers, SPU, 2:18.82. 1500 – Katelyn Steen, WWU, 4:42.79. 5000 – Taylor Guenther, WWU, 17:53.84. Steeplechase – Katelyn Steen, WWU, 10:32.92. 4x400 Relays – Central Washington 3:58.49. High Jump – Miranda Osadchey, WWU, 1.63 – 5-4 1/4. Pole Vault – Anna Paradee, WWU, 3.32 – 10-10 ¾. Shot Put – Kahili Novikoff, SMU, 12.69 – 41-7 ¾. Discus – Megan Mortensen, WWU, 44.69 – 146-7. Javelin – Kalli Walker, SMU, 46.59 – 152-10.

San Francisco State Distance Carnival (April 3-4 at San Francisco):

Men (GNAC Winners): 100 – Kent McKinney, CWU, 10.75. 400 – Daniel Kelloway, SFU, 48.36. 4x100 Relay – Alaska Anchorage 42.42. 4x400 Relay – Alaska Anchorage 3:18.32. Long Jump – Vladislav Tsygankov, SFU, 7.31 – 23-11 ¾. Javelin – Tyler Kostiuik, UAA, 61.42 – 201-6. **Women (GNAC Winners):** 100 – Jamie Ashcroft, UAA, 11.86. 200 – Jamie Ashcroft, UAA, 24.63. 400 – Chantel Desch, SFU, 57.12. 800 – Jessica Pakkala, UAA, 2:10.59. 400 Hurdles – Haleigh Lloyd, UAA, 1:01.76. Triple Jump – Ella Brown, SFU, 11.42 – 37-5 ¾. Shot Put – Emmi Collier, WOU, 12.96 – 42-6 ¾. Discus – Caitlin Curtis, NNU, 40.02 – 131-3. Hammer – Caitlin Curtis, NNU, 46.34 – 152-0.

Montana State Invitational (April 4 at Bozeman): Men (Top 3):

800 – 3. Mark Hovland, MSUB, 1:56.3. 5,000 – 2. Josh Pakanskuk, MSUB, 15:43.52. 10,000 – 3. Garrett Love, MSUB, 33:23.41. 110 Hurdles – 3. Dominique Holt, MSUB, 16.40. 4x400 Relays – 3. MSU Billings 3:26.61. **Women (Top 3):** Discus – 2. Corrie Holm, MSUB, 41.90 – 137-5.

Stanford Invitational (April 3-4 at Palo Alto): Men (Top 10 All-

Sections Combined): 100 – 8. Cody Warner, WOU, 10.71. Pole Vault – 5. Payton Lewis, NNU, 5.15 – 16-10 ¾. Triple Jump – 9. Luke Plummer, CWU, 14.28 – 46-10 ¾. **Women (Top 10 All-Sections Combined):** 800 – 5. Lindsey Butterworth, SFU, 2:05.86. 1500 – 2. Lindsey Butterworth, SFU, 4:18.34.

Jenn Boyman Linfield Invitational (April 4 at McMinnville): Men

(Top 6): Hammer – 6. Peter Behncke, SFU, 49.24 – 161-6. **Women (Top 6):** 100 Hurdles – 6. Sam Moore, WOU, 15.90. 400 Hurdles – 6. Sara Madden, WOU, 1:08.74. Hammer – 2. Ryley Carr, SFU, 46.01 – 150-11.

Santa Barbara Sam Adams Combined (April 4 at Santa Barbara):

Heptathlon – 10. Maliea Luquin, SPU, 4522; 12. Maddi Hommes, SPU, 4218.

WWU Multi-Events (April 2-3 at Bellingham): Heptathlon – 1.

Kylie Greninger, WWU, 3981.

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