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April 15, 2015

## GNAC Athletes Compete in Mt. Sac, APU Clay, Long Beach Invitational

**THIS WEEK: Thursday** – Mt. Sac Relays (UAA, NNU, SPU, SFU, WOU, WWU); MSUB/Rocky Mountain Open at Laurel (MSUB); **Friday** – Mt. Sac Relays (UAA, NNU, SPU, SFU, WOU); APU Bryan Clay Invitational (UAA, SMU, SPU, SFU, WWU); Oregon Relays (WOU, WWU). **Saturday** – Lewis & Clark Open (WOU); Long Beach State Invitational (UAA, SMU, SPU, SFU, WWU); CWU Spike Arlt Invitational (CWU, NNU, WWU); Oregon Relays (WOU, WWU).

### Big Meets On Schedule This Weekend

The prestigious Mt. SAC Relays and meets at Azusa, Calif., and Long Beach, Calif., highlight this week's schedule for Great Northwest Athletic Conference track-and-field teams.

Alaska Anchorage, Northwest Nazarene, Saint Martin's, Seattle Pacific, Simon Fraser, Western Oregon and Western Washington will all send athletes to the Golden State to compete in one or more meets.

Meanwhile, Montana State Billings and Central Washington will stay close to home to host meets.

MSUB and NAIA Rocky Mountain will co-host a meet at Laurel, Mont., while the Wildcats will host the Spike Arlt Invitational at Tomlinson Stadium. Athletes from NNU and WWU will also participate at CWU.

GNAC athletes from WWU and WOU will also compete in the Oregon Relays and a few athletes from WOU will take the short trek to Portland for the Lewis and Clark Open.

### Five Athletes Post Qualifying Marks

GNAC athletes established or exceeded five previous national qualifying marks last week and also posted two GNAC All-Time Top 10 marks.

Cameron Proceviat's 800 meter time of 1:50.60 at the SFU Emilie Mondor Invitational fit into both categories.

That earned the Clan middle distance runner *GNAC Male Track Athlete of the Week* honors for the second week in a row. His 800 time was the fourth best in GNAC history.

Also posting qualifying marks were SFU's Jennifer Johnson in the women's 1500 meters, CWU distance runner Megan Rogers in the women's 10,000 and javelin throwers Justin Larson of Western Oregon and Deanna Avalos of Saint Martin's.

Rogers was selected the *GNAC Female Track Athlete of the Week* and Larson earned *GNAC Male Field Athlete of the Week* honors.

Rogers and Avalos' performances came in WAR VIII at Spokane, while Larson earned his PNQ at the John Knight Twilight.

Another Field Athlete of the Week performance came at Spokane as NNU's Caitlin Curtis took the conference season lead in the women's hammer with a throw of 161-1.

Following is a summary of last week's national qualifiers and All-Time Top 10 performances:

**NATIONAL QUALIFYING MARKS: Men:** 800 – Cameron Proceviat, SFU, 1:50.60. Javelin – Justin Larson, WOU, 63.12 – 207-1. **Women:** 1500 – Jennifer Johnson, SFU, 4:31.82. 10,000 – Megan Rogers, CWU, 36:37.38. Javelin – Deanna Avalos, SMU, 42.30 – 138-9.

**GNAC All-Time Top 10s: Men:** 800 – 4. Cameron Proceviat, SFU, 1:50.60. **Women:** 100 Hurdles – 10. Lexi Tubbs, NNU, 14.39.

### Butterworth Stays On Top in 800, 1500

Lindsey Butterworth of Simon Fraser held onto the national lead in the women's 800 and 1500 meters last week.

Her times of 2:05.86 and 4:18.34 still rank No. 1 on TFRRS. The only other GNAC national leader this week is Alex Donigian of Western Washington in the men's 100 (10.27).

In all, GNAC athletes have 25 performances that rank in the Top 10 on TFRRS including two each by Butterworth, SFU's Cameron Proceviat and Shannon Porter of Saint Martin's.

**Men:** 100 – 1. Alex Donigian, WWU, 10.27. 800 – 8. Cameron Proceviat, SFU, 1:50.60. 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 – 3. Payton Lewis, NNU, 5.15 – 16-10 ¾. Long Jump – 9. Vladislav Tsygankov, SFU, 7.37 – 24-2 ¼. Discus – 3. 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.

**Women:** 800 – 1. Lindsey Butterworth, SFU, 2:05.86; 10. Jessica Pahkala, UAA, 2:10.59. 1500 – 1. Lindsey Butterworth, SFU, 4:18.34. 5000 – 3. Shannon Porter, SMU, 16:37.99; 4. Anna Patti, SPU, 16:41.56; 5. Amy Johnston, UAA, 16:52.50; 10. Dani

Eggleston, CWU, 17:11.79. 10,000 – 8. Shannon Porter, SMU, 35:39.79. 400 Hurdles – 9. Haleigh Lloyd, UAA, 1:00.96. Steeplechase – 5. Katelyn Steen, WWU, 10:32.92; 8. Dani Eggleston, CWU, 10:42.05. Javelin – 4. Katie Reichert, WWU, 48.51 – 159-2; 5. Kalli Walker, SMU, 47.36 – 155-4.

**NOTABLE:** Payton Lewis of Northwest Nazarene had the best pole vault mark during a decathlon in GNAC history soaring 16-4 ¾ and breaking the previous mark of 16-0 ¾ by Western Oregon's Zeb Udell in 2007.

## USTFCCA Outdoor Computer Team Polls

### NATIONAL

Men	3-16	3-23	3-30	4-7	4-14
Alaska Anchorage	4 <sup>th</sup>	5 <sup>th</sup>	11 <sup>th</sup>	13 <sup>th</sup>	14 <sup>th</sup>
Western Washington	6 <sup>th</sup>	10 <sup>th</sup>	20 <sup>th</sup>	21 <sup>ST</sup>	24 <sup>th</sup>
Simon Fraser	---	---	---	23 <sup>rd</sup>	---
Central Washington	---	17 <sup>TH</sup>	---	---	---
Western Oregon	18 <sup>th</sup>	---	---	---	---

Women	3-16	3-23	3-30	4-7	4-14
Simon Fraser	---	---	---	21 <sup>st</sup>	18 <sup>th</sup>
Alaska Anchorage	17 <sup>th</sup>	---	10 <sup>th</sup>	22 <sup>nd</sup>	---
Saint Martin's	---	---	22 <sup>nd</sup>	---	---
Western Oregon	19 <sup>th</sup>	---	---	---	---
Central Washington	20 <sup>TH</sup>	16 <sup>TH</sup>	---	---	---
Western Washington	12 <sup>TH</sup>	23 <sup>rd</sup>	---	---	---

### REGIONAL

Men	3-16	3-23	3-30	4-7	4-14
Alaska Anchorage	4 <sup>th</sup>	4 <sup>th</sup>	5 <sup>th</sup>	5 <sup>th</sup>	5 <sup>th</sup>
Western Washington	6 <sup>th</sup>	6 <sup>th</sup>	6 <sup>th</sup>	6 <sup>th</sup>	6 <sup>th</sup>
Simon Fraser	---	---	---	7 <sup>th</sup>	8 <sup>th</sup>
Central Washington	--	8 <sup>th</sup>	7 <sup>th</sup>	9 <sup>th</sup>	9 <sup>th</sup>

Women	3-16	3-23	3-30	4-7	4-14
Seattle Pacific	--	8 <sup>th</sup>	7 <sup>th</sup>	7 <sup>th</sup>	6 <sup>th</sup>
Alaska Anchorage	---	---	4 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>
Simon Fraser	---	---	---	---	9 <sup>th</sup>
Central Washington	8 <sup>th</sup>	7 <sup>th</sup>	6 <sup>th</sup>	10 <sup>th</sup>	---
Saint Martin's	--	--	10 <sup>th</sup>	---	---
Western Oregon	7 <sup>th</sup>	--	--	---	---
Western Washington	9 <sup>th</sup>	--	--	---	---

## 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

April 6-12 Cameron Proceviat, Simon Fraser

### Week Field

#### Indoor

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 Tsygankov, Simon Fraser

March 30-A. 5 Payton Lewis, Northwest Nazarene

April 6-12 Justin Larson, Western Oregon

### 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 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 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 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.

**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 Tsygankov, 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 ¼. Tsygankov 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 ¼).

**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 ¾. That height ranks second in GNAC history and second on the current TFRSS national ranking list.

**Week of April 6-12: Track** – Cameron Proceviat, Simon Fraser (Jr., Burnaby, BC - Moscrop) won the 800 meters posting a time of 1:50.60 Saturday in the SFU Emilie Mondor Invitational. His time was 1.73 seconds quicker than the NCAA Division II qualifying standard. It was also the fourth fastest time in GNAC history. **Field** – Justin Larson, Western Oregon (Jr., Dayville, OR) finished third in the javelin at the John Knight Twilight with a career best throw of 207-1. His mark currently ranks 14<sup>th</sup> in NCAA Division II and also ranks 11<sup>th</sup> in GNAC history.

## WOMEN

<b>Week</b>	<b>Track</b>
<i>Indoor</i>	
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
<i>Outdoor</i>	
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
April 6-12	Megan Rogers, Central Washington

<b>Week</b>	<b>Field</b>
<i>Indoor</i>	

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. 1	Becki Duhamel, Central Washington
<i>Outdoor</i>	
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
April 6-12	Caitlin Curtis, Northwest Nazarene

## 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** – Kalli 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 7<sup>th</sup> and 5<sup>th</sup>, 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 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.

**Week of April 6-12: Track** – Megan Rogers, Central Washington (Jr., Covington, WA – Kentlake) won the 10,000 meters at the Spokane CC War VIII Invitational in a provisional national qualifying time of 36:37.38. Her time bettered the NCAA Division II national standard by nearly 19 seconds. **Field** - Caitlin Curtis, Northwest Nazarene (Sr., Portland, OR – David Douglas), posted the best mark this spring in the GNAC in the hammer finishing second at Spokane with a mark of 161-1.

## LAST WEEK'S GNAC OUTDOOR T&F RESULTS

**Idaho State Multi-Events (April 8-9 at Pocatello): Decathlon** -1. Payton Lewis, NNU, 6400; 5. Micah Spatz, NNU, 5668. **Heptathlon** – 6. Kawena Warren, NNU, 3674; 8. Janessa Dyk, NNU, 3099.

**WOU John Knight Twilight (April 10 at Monmouth): Men (GNAC Winners):** 100 – Cody Warner, WOU, 11.00. 200 – Cody Warner, WOU, 22.09. 800 – Badane Sultessa, WOU, 1:51.88. 110 Hurdles – Kaleb Dobson, WOU, 14.95. **Women (GNAC Winners):** None (Triple Jump – 2. Rebecca Laible, WOU, 11.27 – 36-11 ½. Shot Put – Emmi Collier, WOU, 13.57 – 44-6 ¾).

**Spokane CC War VIII (April 10-11 at Spokane): Men: Team Scores** – Central Washington 120, Whitworth 107, Spokane CC 81, Gonzaga 72, Seattle 71 (7. Northwest Nazarene 59, 8. Saint Martin's 43). **GNAC Winners:** 100 – Jordan Todd, CWU, 11.17. Steeplechase – Michael Gordon, NNU, 9:53.69. Pole Vault – Zach McClanahan, NNU, 4.60 – 15-1. Shot Put – Kevin Stanley, CWU, 15.62 – 51-3. **Women: Team Scores** – 1. Central Washington 127, 2. Northwest Nazarene 100 ¾, 3. Seattle 94, 4. Whitworth 71, 5. Spokane CC 60 ½ (6. Saint Martin's 56 ½). **GNAC Winners:** 100 – Taylor Deskins, NNU, 12.75. 10,000 – Megan Rogers, CWU, 36:37.38. 100 Hurdles – Lexi Tubbs, NNU, 14.39. 4x100 Relay – Northwest Nazarene (Deskins, Tubbs, Nigro, Knott) 48.26. 4x400 Relay – Central Washington (Harmon, Anderson, Ryker, Inderbitzin) 4:00.87. Pole Vault – McKenna Emmert, CWU, 3.50 – 11-5 ¾. Shot Put – Amanda Youngers, CWU, 13.03 – 42-9. Javelin – Kalli Walker, SMU, 42.42 – 139-2.

**SFU Emilie Mondor Invitational (April 11 at Burnaby): Men:** 800 – Cameron Proceviat, SFU, 1:50.60. 4x100 Relay – Simon Fraser (Jerry He, Daniel Kelloway, Joel Webster, Vladislav Tsygankov) 42.66. Hammer – Peter Behnecke, SFU, 51.82 – 170-0. Triple Jump – Vladislav Moldavanov, SFU, 13.88 – 45-6 ½. Long Jump – Vladislav Tsygankov, SFU, 7.16 – 23-6. **Women:** 100 – Becca Houk, SPU, 12.41. 200 – Becca Houk, SPU, 25.05. 800 – Alana Mussatto, SFU, 2:13.29. 4x100 Relay – Simon Fraser (Natasha Kianipour, Chantel Desch, Ella Brown, Monique Lisek) 48.39. Hammer – Ryley Carr, SFU, 44.39b- 145-7. Shot Put – Sammi Markham, SPU, 11.93 – 39-1 ¾.

**SD Mines Bauer Invitational (April 11 at Rapid City, SD): Men:** Steeplechase – Josh Panasuk, MSUB, 9:54.65. 4x100 Relay – MSU Billings 44.14. **Women:** Steeplechase – Melanie Bock, MSUB, 12:22.18. Pole Vault – Hope Reid, MSUB, 3.31.

## 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