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## Multi-Eventers Give Teams Early Lead in GNAC Championships

**THIS WEEK:** **Friday** – Montana Open (MSUB); Oregon State High Performance (SFU, WOU, UAA). **Saturday** – Montana Open (MSUB); Idaho/Utah Border Clash (NNU); SMU Last Chance (CWU, SMU, SPU, SFU, WWU); Oregon State High Performance (SFU); Mt. Hood Track Festival (UAA, WOU); Stanford Payton Jordan Invitational (SFU). **WHAT'S LEFT:** **May 8-9** – GNAC Outdoor (at Monmouth). **May 21-23** – NCAA Outdoors (at Allendale, Mich.)

### GNAC Record Highlights Vernacchia Performances

PORTLAND, Ore. - With one conference event already in the books, GNAC athletes scatter throughout the West for the final time this spring in search of qualifying marks for the upcoming GNAC and NCAA championship meets in May.

GNAC teams will compete in six meets in five states. Four schools – Central Washington, Seattle Pacific, Simon Fraser and Western Washington - will join Saint Martin's in Lacey for the Saint Martin's Last Chance meet.

GNAC athletes will also compete in the Montana Open in Missoula, the Oregon State High Performance Invitational in Corvallis, the Mt. Hood Track Festival in Gresham, the Idaho/Utah Border Clash in Boise, and the Stanford Payton Jordan Invitational in Palo Alto.

Once the dust has cleared the league's coaches will make the declarations Monday for next weekend's conference championships in Monmouth on the campus of Western Oregon University.

After last Monday and Tuesday's multi-events at Lacey, Northwest Nazarene and Alaska Anchorage are the early team leaders.

The Crusaders netted 13 team points in the decathlon led by freshman Payton Lewis who posted a winning score of 6,595 points, the fifth highest in GNAC history.

Saint Martin's scored 11 points, including eight by freshman Jaysen Yoro who scored 6,541 decathlon points. That ranks No. 8 on the GNAC All-Time Top 10 list. His high jump mark of 6-6 ½ was a meet record.

In the heptathlon, UAA earned 23 points as defending champion Karolin Anders repeated with an automatic national qualifying score of 5,162, bettering the AQ by a scant two points.

Among Anders' seven marks was a provisional national qualify leap of 5-7 in the high jump.

UAA's Haleigh Lloyd placed second with 4,589 points, aided by a meet record time of 2:14.20 in the 800 meters. Rosie Smith was fourth with 4,559 points.

Seattle Pacific, led by a third-place finish by Maliea Luquin, earned nine team points.

Prior to the multi-events which resulted in eight national qualifying scores (three by the men and five by the women), GNAC athletes did their best work at Bellingham, earning 11 national qualifying marks in the Ralph Vernacchia Invitational.

SMU's Mikel Smith had one of the 11 setting a GNAC outdoor record in the high jump of 6-10 ¾. Earlier this winter he set the indoor record leaping 7-0 ½ at Seattle.

Four of the other Vernacchia PNQ performances also made the GNAC Top 10s.

CWU's Kevin Stanley climbed into fifth in the hammer (191-9). WWU's Katelyn Steen took over fifth in the women's 5K (16:35.53) and CWU's McKenna Emmert pole vaulted 12-6 ¾, No. 2 on the GNAC career list.

Two steeplechase times also earned GNAC Top 10 rankings – WWU's Haley O'Connor now ranks sixth (10:38.54) and CWU's Erin Chinchar moved up to eighth (10:42.69).

Two performances which weren't PNQS, made the GNAC Top 10 list - Western Washington's 4x100 men's relay time of 41.52 ranks sixth and a 100 meter time of 12.05 by Seattle Pacific's Becca Houk is the fifth quickest in GNAC history.

**NATIONAL QUALIFYING MARKS (GNAC Top 10): Men:** Steeplechase – Zach Holloway, WOU, 9:16.39. High Jump – 1. Mikel Smith, SMU, 2.10 – 6-10 ¾. Hammer – 5. Kevin Stanley, CWU, 58.46 – 191-9. Javelin – Slater Hirst, WWU, 64.32 – 211-0; John Haskin, WWU, 62.77 – 205-11. Decathlon – 5. Payton Lewis, NNU, 6595; 8. Jaysen Yoro, SMU, 6541; Travis Turner, UAA, 6362. **Women:** 5000 – 5. Katelyn Steen, WWU, 16:35.53. Steeplechase – 6. Haley O'Conner, WWU, 10:38.54; 8. Erin Chinchar, CWU, 10:42.69. High Jump – Karolin Anders, UAA, 1.70 – 5-7. Pole Vault – 2. McKenna Emmert, CWU, 3.83 – 12-6 ¾; Anna Paradee, WWU, 3.68 – 12-0 ¾. Javelin – Michaela Farner, SPU, 41.47 - 136-1. Heptathlon – Karolin Anders, UAA, 5162; Haleigh Lloyd, UAA, 4589; Maliea Luquin, SPU, 4584; Kaylie Greninger, WWU, 4462; Maddi Hommes, SPU, 4381.

**Non-National Qualifying GNAC Top 10s: Men:** 4x100 Relay – 6. Western Washington 41.52. **Women:** 100 – 5. Becca Houk, SPU, 12.05.

## Butterworth Stays On Top in 800, 2<sup>nd</sup> in 1500

Lindsey Butterworth of Simon Fraser held onto her national lead in the women's 800 (2:05.86), but fell to second in the 1500 meters (4:18.34) in the latest NCAA Division II TFRRS rankings.

GNAC athletes currently have 27 performances that rank in the Top 10 on TFRRS including two each by Butterworth, SFU's Cameron Proceviat (800, 1500) and UAA's Dominik Notz (5K, 10K) and Henry Cheseto (5K, 10K).

Other athletes with two Top 10 marks include Shannon Porter of Saint Martin's (5K, 10K), SFU's Jennifer Johnson (1500, 5000), Western Washington Katelyn Steen (5K, steeplechase) and SMU's Shannon Porter (5K, 10K).

In addition to Butterworth, GNAC athletes with a No. 2 ranking include Alex Donigian of Western Washington (100), Notz (10K), UAA's Franz Burghagen (javelin) and Steen (steeplechase).

In this week's USTFCCCA Computer team rankings, five GNAC teams are ranked.

UAA's men are ranked 13<sup>th</sup> and its women are ranked 24<sup>th</sup>. Simon Fraser's women are ranked 14<sup>th</sup> and Western Washington's men are ranked 23<sup>rd</sup> and its women are ranked 20<sup>th</sup>.

Following is a list of GNAC athletes in this week's TFRRS Top 10:

**Men:** 100 – 2. \*Alex Donigian, WWU, 10.27. 800 – 5. Cameron Proceviat, SFU, 1:49.64. 1500 – 10. Cameron Proceviat, SFU, 3:47.09. 5000 – 4. Dominik Notz, UAA, 14:07.05; 8. Henry Cheseto, UAA, 14:08.86. 10,000 – 2. Dominik Notz, UAA, 29:26.29; 9. Henry Cheseto, UAA, 29:49.06. Pole Vault – 5. Payton Lewis, NNU, 5.15 – 16-10 ¾. Discus – 4. 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, 64.32 – 211-0. (**Note:** \*Donigian has a best of 10.22, but since wind-speed exceed 4.0, NCAA does not recognize it for qualifying purposes).

**Women:** 800 – 1. Lindsey Butterworth, SFU, 2:05.86; 4. Lynelle Decker, SPU, 2:08.13. 1500 – 2. Lindsey Butterworth, SFU, 4:18.34; 10. Jennifer Johnson, SFU, 4:27.77. 5000 – 4. Jennifer Johnson, SFU, 16:26.59; 9. Katelyn Steen, WWU, 16:35.53; 10. Shannon Porter, SMU, 16:37.99. 10,000 – 6. Amy Johnston, UAA, 35:01.46; 8. Shannon Porter, SMU, 35:05.97. 400 Hurdles – 4. Haleigh Lloyd, UAA, 59.20. Steeplechase – 2. Katelyn Steen, WWU, 10:13.01. Pole Vault – 10. McKenna Emmert, CWU, 3.83 – 12-6 ¾. Javelin – 3. Katie Reichert, WWU, 50.48 – 165-7; 7. Kalli Walker, SMU, 47.36 – 155-4. Heptathlon – 7. Karolin Anders, UAA, 5162.

## USTFCCCA Outdoor Computer Team Polls

### NATIONAL

Men	3-16	3-23	3-30	4-7	4-14	4-21	4-28
Alaska Anchorage	4 <sup>th</sup>	5 <sup>th</sup>	11 <sup>th</sup>	13 <sup>th</sup>	14 <sup>th</sup>	15 <sup>th</sup>	13 <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>	---	23 <sup>rd</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	4-21	4-28
Simon Fraser	---	---	---	21 <sup>st</sup>	18 <sup>th</sup>	14 <sup>th</sup>	14 <sup>th</sup>
Western Washington	12 <sup>th</sup>	23 <sup>rd</sup>	---	---	---	23 <sup>rd</sup>	20 <sup>th</sup>
Alaska Anchorage	17 <sup>th</sup>	---	10 <sup>th</sup>	22 <sup>nd</sup>	---	21 <sup>st</sup>	24 <sup>th</sup>
Saint Martin's	---	---	22 <sup>nd</sup>	---	---	---	---
Western Oregon	19 <sup>th</sup>	---	---	---	---	---	---
Central Washington	20 <sup>th</sup>	16 <sup>th</sup>	---	---	---	---	---

### REGIONAL

Men	3-16	3-23	3-30	4-7	4-14	4-21	4-28
Alaska Anchorage	4 <sup>th</sup>	4 <sup>th</sup>	5 <sup>th</sup>	5 <sup>th</sup>	5 <sup>th</sup>	4 <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>	6 <sup>th</sup>	6 <sup>th</sup>
Central Washington	--	8 <sup>th</sup>	7 <sup>th</sup>	9 <sup>th</sup>	9 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
Simon Fraser	---	---	---	7 <sup>th</sup>	8 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>

Women	3-16	3-23	3-30	4-7	4-14	4-21	4-28
Alaska Anchorage	---	---	4 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	4 <sup>th</sup>	4 <sup>th</sup>
Seattle Pacific	--	8 <sup>th</sup>	7 <sup>th</sup>	7 <sup>th</sup>	6 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>
Western Washington	9 <sup>th</sup>	--	--	---	---	---	9 <sup>th</sup>
Simon Fraser	---	---	---	---	9 <sup>th</sup>	9 <sup>th</sup>	10 <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>	--	--	---	---	---	---

## 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
April 13-19	Dominik Notz, Alaska Anchorage
April 20-26	Zack Holloway, Western Oregon

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
<i>Outdoor</i>	
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  
 April 13-19 Luke Plummer, Central Washington  
 Brett Watson, Western Washington  
 April 20-26 Mikel Smith, Saint Martin's

### 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 ¾. 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 ¾).

**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.

**Week of April 13-19: Track** - Dominik Notz, Alaska Anchorage (Jr., Dettingen, Germany) ran the second fastest 10,000 meter time in NCAA Division II this spring and the third fastest in GNAC history at the Mt. SAC Relays Thursday. His time of 29:26.29 bettered the provisional national standard by 1 minute, 23 seconds and was just 11 seconds shy of the automatic standard. **Field** – Brett Watson Western Washington (Sr., Ferndale, WA), and Luke Plummer, Central Washington (Jr., Vaughn, WA – Peninsula) ... Watson had provisional national qualifying marks in both the high jump (6-8 ¾) and long jump (23-9 ½) at the Bryan Clay Invitational at Azusa, Calif. His long jump mark ranks eighth in GNAC history. Plummer triple jumped a provisional national qualifying 48-8 ¾ at the CWU Spike Arlt Invitational, establishing the fifth best mark in GNAC history.

**Week of April 20-26: Track** - Zack Holloway, Western Oregon (Jr., Brownsville, OR – Central Linn) was the top collegian and placed second overall in the steeplechase with a provisional national qualifying time of 9:16.39 at the Western Washington Ralph Vernacchia Invitational. **Field** – Mikel Smith, Saint Martin's (Jr., Muskogee, OK) broke the GNAC record in winning the high jump at the Vernacchia with a leap of 6-10 ¾. That mark ranks 11<sup>th</sup> this spring in NCAA Division II.

### WOMEN

Week	Track
<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

### 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
April 6-12	Megan Rogers, Central Washington
April 13-19	Haleigh Lloyd, Alaska Anchorage Katelyn Steen, Western Washington
April 20-26	Becca Houk, Seattle Pacific

### Week Field

#### Indoor

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

#### 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
April 6-12	Caitlin Curtis, Northwest Nazarene
April 13-19	Katie Reichert, Western Washington
April 20-26	McKenna Emmert, Central 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** – 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.

**Week of April 13-19: Track** - Haleigh Lloyd, Alaska Anchorage (Sr., Ladysmith, BC) and Katelyn Steen, Western Washington (Sr., Sammamish, WA – Eastlake) ... Lloyd and Steen set GNAC records in the 400 hurdles and steeplechase, respectively. Lloyd broke her own record she set in 2012 clocking 59.20 at the Azusa Pacific Bryan Clay Invitational. Steen, despite falling down at one point in the race, ran a time of 10:13.01 in the steeple at the Mt. SAC Relays, eclipsing the old mark of 10:13.33 by Susan Tanui of Alaska Anchorage in 2012. Steen also earned a PNQ in the 5,000 meters at the Beach Invitational at Long Beach, Calif., running the ninth fastest time in GNAC history (16:44.97). **Field** – Katie Reichert, Western Washington (Jr., Longview, WA - Kelso), had a career-best throw of 165-7 in the Beach Invitational javelin, adding five inches to her previous career best. Her throw ranks third in both GNAC history and this year's NCAA Division II national rankings.

**Week of April 20-26: Track** - Becca Houk, Seattle Pacific (Fr., Oregon City, OR) ran the fifth fastest 100 meter time in GNAC history placing 10<sup>th</sup> in the UC San Diego Triton Invitational in a time of 12.05. She was fourth among collegians, finishing in back of three San Diego State athletes. She also led the Falcons to a fourth place finish in the 4x100 relay in a time of 47.31. Finishing ahead of SPU were teams from Brazil, University of Minnesota and University of New Mexico. **Field** – McKenna Emmert, Central Washington (So., Kelso, WA) pole vaulted 12-6  $\frac{3}{4}$ , which is the second best vault in GNAC history. It also ranks 10<sup>th</sup> this spring in NCAA Division II.

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

**Titan Twilight (April 23 at Eugene): Men (Top 3):** 400 – 2. Aaron Whitaker, WOU, 50.26. 800 – 1. Badane Sultessa, WOU, 1:51.67; 2. Josh Hanna, WOU, 1:52.29; 3. Josh Dempsey, WOU, 1:52.79. 1500 – 1. David Ribich, WOU, 3:53.19. 110 Hurdles – 1. Kaleb Dobson, WOU, 15.16. 400 Hurdles – 3. Kaleb Dobson, WOU, 56.53. 4x100 – 3. Western Oregon 43.23. 4x400 Relay – 1. Western Oregon 3:23.75. Discus – 2. Kenny Klippel, WOU, 42.99 – 141-0. **Women (Top 3):** 200 – 3. Laura Patrick, WOU, 26.60. 800 – 3. Bailey Beeson, WOU, 2:15.45. 400 Hurdles – 3. Audrey Hellesto, WOU, 1:05.61. 4x100 Relay – 2. Western Oregon 49.63. Pole Vault – 3. Kylie Reinholdt, WOU, 5.23 – 17-1  $\frac{3}{4}$ . Triple Jump – 1. Rebecca Laible, WOU, 11.37 – 37-3  $\frac{1}{2}$ . Hammer – 3. Emily Wetherell, WOU, 43.63 – 143-1. Javelin – 3. Sheila Lima De La Cruz, WOU, 40.65 – 133-4.

**Carroll College Invitational (April 25 at Helena): Men** – Carroll 109, MSU Billings 30, Great Falls 3. **Individuals (MSUB Winners):** 100 – Tyler DiGiovanna, MSUB, 11.41. Discus – Nels Flanagan, MSUB, 42.88 – 140-8. **Women** – Carroll 103, MSU Billings 35, Great Falls 17, Rocky Mountain 7. **Individuals (MSUB Winners):** 100 – Brianna Gray, MSUB, 12.83. 100 Hurdles – Hope Reid, MSUB, 15.36. High Jump – Hope Reid, MSUB, 1.55 – 5-1. Pole Vault – Amanda Nichols, MSUB, 3.40 – 11-1  $\frac{3}{4}$ .

**EOU Invitational (April 24 at Hermiston): Men** – Eastern Oregon 153, Treasure Valley 120, College of Idaho 111, Lewis-Clark State 76, Northwest Nazarene 76, Warner Pacific 41, Multnomah 14. **Individual (NNU winners):** 110 Hurdles – Kyle McLaughlin, NNU, 15.38. High Jump – Cole Hoberg, NNU, 2.00 – 6-6  $\frac{3}{4}$ . Pole Vault – Zach McClanahan, NNU, 4.40 – 14-5  $\frac{1}{4}$ . Discus – John VanBeuren, NNU, 43.99 – 144-4. **Women** – Northwest Nazarene 196, College of Idaho 183, Eastern Oregon 135, Treasure Valley 59, Warner Pacific 31, Lewis-Clark State 29. **Individual (NNU winners):** Steeplechase – Susanna Fleming, NNU, 11:19.81. 4x100 Relay – Northwest Nazarene 50.84. Long Jump – Carli Shaul, NNU, 4.57 – 15-0. Discus – Caitlin Curtis, NNU, 41.77 – 137-0. Hammer – Caitlin Curtis, NNU 48.95 – 16-7. Javelin – AnnaMarie Forza, NNU, 37.87 – 124-3.

**WWU Vernacchia (April 25 at Bellingham): Men:** 800 – Frank Krause, SMU, 1:54.32. 3,000 – Isaac Griffith, WWU, 8:40.0. 5,000 – Tabor Reedy, WWU, 14:50.71. 10,000 – Juan Castillo, WWU, 32:30.65. 4 x 400 Relay – Western Washington 41.52. 110 Hurdles – Travis Milbrandt, WWU, 14.41. Long Jump – Brett Watson, WWU, 7.00 – 22-11  $\frac{3}{4}$ . Triple Jump – Luke Plummer, CWU, 14.37 – 47-1  $\frac{3}{4}$ . Shot Put – Kevin Stanley, CWU, 15.03 – 49-3  $\frac{3}{4}$ . Discus – Ryan Macdonald, WWU, 51.33 – 168-5. Hammer – Kevin Stanley, CWU, 58.46 – 191-9. Javelin – Slater Hirst, WWU, 64.32 – 211-0. **Women:** 200 – Tianna Banfro, CWU, 25.91. 400 – Ali Anderson, CWU, 59.01. 800 – Chynna Phan, SPU, 2:16.78. 1500 – Shannon Porter, SMU, 4:35.56. 5,000 – Katelyn Steen, WWU, 16:35.53. 3000 – Shannon Porter, SMU, 10:03.58. 10,000 – Maddie Jalbert, WWU, 39:19.83. 4x400 Relay – Western Washington 4:00.29. High Jump – Miranda Osadchey, WWU, 1.65 – 5-5. Shot Put – Emmi Collier, WOU, 13.35 – 43-9  $\frac{3}{4}$ . Discus – Megan Mortensen, WWU, 46.08 – 151-2. Hammer – Kahili Novikoff, SMU, 58.93 – 193-4. Javelin – Katie Reichert, WWU, 47.96 – 157-4.

**UC San Diego Triton Invitational (April 25 at San Diego): Women:** 100 – 10. Becca Houk, SPU, 12.05; 24. Tasia Baldwin, SPU, 12.32; 26. Kelsey Chase, SPU, 12.35; 28. Kyra Brannan, SPU, 12.37. 200 – 20. Tasia Baldwin, SPU, 25.72; 22. Cheryl Hong, SPU, 25.89; 25. Kyra Brannan, SPU, 26.18; 37. Kelsey Chase, SPU, 26.58. 400 – 18. Jahzelle Ambus, SPU, 57.36; 19. Jasmine Johnson, SPU, 57.39; 29. Cheryl Hong, SPU, 58.89; 37. Lynelle Decker, SPU, 1:00.13. 4x400 Relay – 4. Seattle Pacific (Houk, Ambus, Brannan, Baldwin) 47.31. Long Jump – 18. Kyra Brannan, SPU, 5.30 – 17-4  $\frac{1}{2}$ ; 26. Tasia Baldwin, SPU, 5.07 – 16-7  $\frac{1}{2}$ .

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