



Mar. 24, 2016 • Week 10  
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## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

#### Thurs., Mar. 24 - Fri., Mar 25

Central Washington, Concordia, Saint Martin's at Mt. Hood Multi Event, Gresham, Ore.

#### Fri., Mar. 25 - Sat., Mar. 26

Simon Fraser at UBC Open, Vancouver, B.C.

#### Sat., Mar. 26

Alaska Anchorage, Western Oregon at Willamette Invitational, Salem, Ore.

Central Washington, Seattle Pacific, Simon Fraser, Western Washington at Doris Heritage Distance Carnival, Seattle, Wash.

Montana State Billings at Montana State Open, Bozeman, Mont.

### LAST WEEK'S MEETS

#### Sat., Mar. 18

#### Lewis & Clark Spring Break Open at Eldon Fix Track, Portland, Ore.

**Women (Top 3 GNAC Placers):** 100 Meters - 3, Kyra Brannan, SPU, 12.53. 400 Meters - 2, Cheryl Hong, SPU, 57.78; 3, Megan Rose, WOU, 57.89. 800 Meters - 1, Bailey Beeson, WOU, 2:16.16; 2, Stephanie Stuckey, WOU, 2:16.49. 5,000 Meters - 3, Mary Charleson, SPU, 17:30.38. 100m Hurdles - 3, McKenna Hunt, WWU, 15.15. 400m Hurdles - 2, Jalen Tims, SPU, 1:01.30; 3, Deja Svastislaee, WWU, 1:04.26. 4x100 Relay - 1, Western Washington, 48.49. 4x400 Relay - 1, Seattle Pacific, 4:03.32. High Jump - 1, Miranda Osadchey, WWU, 5-7.25; 3, Bridget Henry, WWU, 5-3.25. Pole Vault - 3, Michaela Kahns, SPU, 11-5.25. Triple Jump - 2, Jasmine McMullin, WWU, 39-5.25. Shot Put - 2, Katrina Linenko, CU, 46-10; 3, Emmi Collier, 45-6.75. Discus - 3, Megan Mortensen, WWU, 145-10.25. Hammer - 2, Emily Wetherell, WOU, 165-3.75. Javelin - 1, Bethany Drake, WWU, 160-5.75; 2, Katie Reichert, WWU, 157-3; 3, Anosi Laupola, WWU, 149-3.5.

**Men's (Top 3 GNAC Placers):** 100 Meters - 1, Alex Donigian, WWU, 10.62; 2, Cody Warner, WOU, 10.68. 400 Meters - 2, Ryan McArthur, WWU, 48.48. 800 Meters - 2, Josh Hanna, WOU, 1:52.29. 110m Hurdles - 1, Travis Milbrandt, WWU, 14.42. 400m Hurdles - 2, Kaleb Dobson, WOU, 55.46; 3, AJ Holmberg, WOU, 56.47. Steeplechase - 3, Zach Holloway, WOU, 9:28.97. 4x100 Relay - 2, Saint Martin's, 42.51. 4x400 Relay - 1, Seattle Pacific, 3:27.65; 3, Saint Martin's, 3:28.74. High Jump - 1, Zach Milligan, WOU, 6-6. Pole Vault - 1, Matt Dehan, SMU, 16-2; 2, Gordon Kordas, WWU, 15-2.25. Long Jump - 2, Kevin Yates, WWU, 22-10; 3, Latrelle Swayne, SMU, 22-8. Triple Jump - 2, Wesley Gray,

WOU, 47-5; 3, Mark Seely, WWU, 47-0.75. Shot Put - 2, Josh Koch, CU, 55-10.75; 3, Robert Watson, CU, 54-7.5. Discus - 3, Josh Koch, CU, 161-10.5. Hammer - 1, Tyler Lamott, CU, 187-9.5; 2, Mitch Wilkens, SMU, 173-8.5; 3, Brandon Pless, WWU, 171-6.5. Javelin - 2, John Haskin, WWU, 204-8.5; 3, Brian Chalkley, SMU, 197-10.25.

### Eastern Oregon Team Challenge

#### at Kennison Field, Hermiston, Ore.

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Madison Garcia, CWU, 12.34; 2, Taylor Deskins, NNU, 12.55. 200 Meters - 1, Madison Garcia, CWU, 25.51. 400 Meters - 3, Alex Kildow, NNU, 1:05.87. 800 Meters - 2, Brenna Liebel, CWU, 2:20.01. 5,000 Meters - 3, Stephanie Rexus, CWU, 18:12.64. 100m Hurdles - 1, Lexi Tubbs, NNU, 14.45; 3, Allison Deck, CWU, 15.33. 400m Hurdles - 3, Kelly Nigro, NNU, 1:05.72. 4x100 Relay - 3, Northwest Nazarene, 48.91. 4x400 Relay - 2, Northwest Nazarene, 4:06.57; 3, Central Washington, 4:14.02. High Jump - Tie 1, Rachel Miller, NNU, 5-1; Tie 1, Moriah Bentley, CWU, 5-1; 3, Katie Conklin, NNU, 4-11. Triple Jump - 3, Marinah Bentley, CWU, 33-4.5. Discus - 1, Lexi Sarver, NNU, 139-1; 2, Brooklyn Daylong, NNU, 138-5. Hammer - 2, Jessica Johns, NNU, 150-11; 3, Dorothy Moore, CWU, 138-8. Javelin - 1, Ellie Logan, NNU, 146-4; 3, AnnaMarie Forza, NNU, 129-2. Shot Put - 1, Taylor VanValey, NNU, 43-10.75; 3, Dorothy Moore, CWU, 40-3.5.

**Men (Top 3 GNAC Finishers):** 200 Meters - Ebu Camara, NNU, 22.30; 3, Jacob Oswalt, NNU, 22.90. 400 Meters - 3, Zach Mason, NNU, 51.62. 800 Meters - 2, Ron Leaf, CWU, 1:58.90. 1,500 Meters - 1, Isaac Mitchell, NNU, 3:58.84. 5,000 Meters - 1, Nick Hamilton, NNU, 15:37.04; 3, Kaleb Fleenor, NNU, 15:53.87. 110m Hurdles - 3, Max McIntosh, CWU, 15.38. 400m Hurdles - 2, Kyle McLaughlin, NNU, 56.09; 3, Max McIntosh, CWU, 57.41. 4x100 Relay - 1, Central Washington, 42.28; 2, Northwest Nazarene, 42.21. 4x400 Relay - 3, Central Washington, 3:34.64. High Jump - 1, Cole Hoberg, NNU, 6-8; 2, Micah Tranch, NNU, 6-4; 3, Kyle McLaughlin, NNU, 6-2. Pole Vault - 1, Jared Webster, NNU, 15-7; 3, Zach McClanahan, NNU, 14-5.25. Long Jump - 3, Kyle McLaughlin, NNU, 21-0. Triple Jump - 2, Luke Plummer, CWU, 48-0.75. Discus - 1, Armando Tafoya, CWU, 149-7; 2, James Lehr, CWU, 141-5; 3, John VanBeuren, NNU, 141-1. Hammer - 1, Armando Tafoya, CWU, 177-9; 3, John VanBeuren, NNU, 155-3. Shot Put - 1, Armando Tafoya, CWU, 50-11; 2, James Lehr, CWU, 47-1.5.

## #GNACTF in 140 @GNACSports

**#GreatNorthwestJavelinConference** The GNAC enters this weekend's competition with 12 NCAA provisional qualifiers in the javelin. Five of those athletes are from Western Washington.

**#SolidStart** A week after competing at the indoor national meet, Western Washington's **Jasmine McMullin** opened her outdoor season by posting the top mark in Division II in the triple jump.

**#FirstTimer** In her first collegiate meet, Northwest Nazarene's **Ellie Logan** broke the school record in the javelin and earned a NCAA Championships provisional qualifying mark.

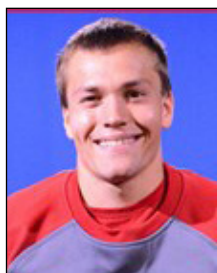
**#HonoringTheirHeritage** Seattle Pacific will host their first Doris Heritage Distance Carnival on Saturday. Formerly the Club Northwest Spring Break Open, the meet is named in honor of the longtime Hall of Fame Falcons' head coach and women's distance running pioneer.

## Get Social

### Twitter Accounts/Hashtags For GNAC Track & Field Programs

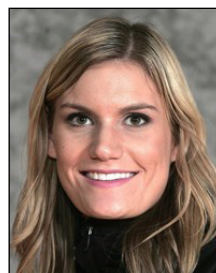
GNAC	@GNACSports	#GNACTF
Alaska Anchorage	@UAAXCTF	#UAASeawolves
Cent. Washington	@CWU_Track	#CWUWildcats
Concordia	@gocugo	#gocugotf
MSU Billings	@MSUBXCTF	#MSUBTF
NW Nazarene	@NNUXCTF	#GoNNUCrusaders
Saint Martin's	@SMUSaints	#SaintsAlive
Seattle Pacific	@SPUFalcons	
Simon Fraser	@ClanTrack	#NCAAeh
W. Oregon	@WOregonXCTF	#WOUWolves
W. Washington	@WWUAthletics	#GoViks

# GNAC Track & Field Athletes of the Week



**MEN'S TRACK**  
**Josh Hanna, Western Oregon**  
 Senior • Quincy, Calif.

Hanna ran a NCAA Championships provisional qualifying mark in the 800 meters at the Lewis & Clark Spring Break Open, placing second in the race with a time of 1:51.72. The time currently leads the GNAC and is tied for fifth best in Division II this season.



**WOMEN'S TRACK**  
**Jalen Tims, Seattle Pacific**  
 Senior • Portland, Ore.

Tims ran a personal best 1:01.30 in the 400-meter hurdles at the Lewis & Clark Spring Break Classic, finishing second to an athlete from Oregon State. The performance leads the GNAC, is a NCAA Championships provisional qualifier, fourth best in Division II this season and is the fourth best time in GNAC history.

**Also Nominated:** Isaac Mitchell (Northwest Nazarene), Latrelle Swayne (Saint Martin's).

**Also Nominated:** Nicole Pederson (Concordia), Lisa Peterson (Saint Martin's), Lexi Tubbs (Northwest Nazarene).



**MEN'S FIELD**  
**Matt Dehan, Saint Martin's**  
 Sophomore • Yelm, Wash.

Dehan won the pole vault at the Lewis & Clark Spring Break Open with a school record clearance of 16 feet, 2 inches. The mark easily bettered the previous Saints' record of 15 feet, 4.5 inches, set last season. The NCAA Championships provisional qualifying mark is the best in the GNAC and fourth in Division II this season.



**WOMEN'S FIELD**  
**Ellie Logan, Northwest Nazarene**  
 Freshman • Fossil, Ore.

Competing in her first collegiate track meet, Logan set a school record in the javelin at the Eastern Oregon Team Challenge with a mark of 146 feet, 4.25 inches. In winning the event, Logan set a NCAA Championships provisional qualifying mark with the fourth best mark in the GNAC this season and the ninth best in Division II.

**Also Nominated:** John Haskin (Western Washington), Josh Koch (Concordia), Jared Webster (Northwest Nazarene).

**Also Nominated:** Bethany Drake (Western Washington), Christina MacDonald (Concordia), Kirby Neale (Saint Martin's).

## Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Dec. 7 - 13	Latrelle Swayne, SMU	Mikel Smith, SMU	Taylor Deskins, NNU	Taylor Van Valey, NNU
Jan. 11 - 17	Marc-Antoine Rouleau, SFU	Cody Thomas, UAA	Jamie Ashcroft, UAA	Karolin Anders, UAA McKenzie Warren, CU
Jan. 18 - 24	Kyle McLaughlin, NNU	Mikel Smith, SMU	Shannon Porter, SMU	McKenzie Warren, CU
Jan. 25 - 31	Badane Sultessa, WOU	Vladislav Tsygankov, SFU	Lynelle Decker, SPU	Karolin Anders, UAA
Feb. 1 - 7	Travis Milbrandt, WWU	Vladislav Tsygankov, SFU	Shannon Porter, SMU	Ella Brown, SFU
Feb. 8 - 14	Dominik Notz, UAA	Tyler Lamott, CU	Joyce Chelimo, UAA	Amanda Youngers, CWU
Feb. 22 - 29	Badane Sultessa, WOU	Luke Plummer, CWU	Nicole Maurmann, WOU	Miranda Osadchey, WWU
Mar. 1 - 7	Matt Lutz, WWU	Brian Chalkley, SMU	Shannon Porter, SMU	Bethany Drake, WWU
Mar. 8 - 13	Dominik Notz, UAA David Ribich, WOU	Mikel Smith, SMU	Lynelle Decker, SPU Joyce Chelimo, UAA	Karolin Anders, UAA

Complete Player of the Week releases are available online at [GNACsports.com](http://GNACsports.com).

## Around The GNAC



**JAVELIN U:** The first weeks of the outdoor season have been good for Western Washington, but have been the best for the javelin throwers. The Vikings enter the week with five athletes qualified for the NCAA Division II Championships in the event.

Four of those qualifiers are women. **Bethany Drake** made her presence known immediately upon her return from a redshirt season. The 2014 Division II champion automatically qualified for this year's national meet in her first meet back, throwing 164 feet, 7 inches, at the Puget Sound Quad Meet on Mar. 5.

The other three women all improved their provisional marks or got into the list at last weekend's Lewis & Clark's Spring Break Open. **Katie Reichert** threw the fourth best mark in the nation at 157 feet, 3 inches. **Anosi Laupola** is seventh with her mark of 149 feet, 3 inches and **Mariah Horton** improved to 11th with her throw of 143 feet, 4 inches.

**John Haskin** became the first WWU male thrower to join the list at the Lewis & Clark meet. His mark of 204 feet, 8 inches, is the second throw over 200 feet by a GNAC athlete this season and ranks him third in Division II.

**MAKING THE TRANSITION:** A number of GNAC athletes who participated in the NCAA Division II Indoor Track and Field Championships made seamless transitions to the outdoor portion of the schedule.

Western Washington's **Jasmine McMullin** opened her outdoor campaign by putting up Division II's best mark in the triple jump. Her mark of 39 feet, 5.25 inches was second to a Division I athlete at the Lewis & Clark Spring Break Open. The Vikings' **Miranda Osadchey** made a similar transition by going 5 feet, 7.25 inches at L&C, ranking her third in Division II. Western Oregon's **Emmi Collier** came back for the fifth best mark in Division II in the shot put with her mark of 46 feet, 6.5 inches, at the L&C meet. After participating in her first indoor nationals in the 400 meters, Seattle Pacific's **Jalen Tims** went to Lewis & Clark and ran 1:01.30 in the 400-meter hurdles, currently fourth best in the nation.

On the men's side, Western Washington's **Travis Milbrandt** ran the sixth best time in Division II at L&C in the 110-meter hurdles at 14.42 seconds.



**FIRST TIME OUT:** Northwest Nazarene's **Ellie Logan** had not participated in track and field in college before traveling to Hermiston, Ore., last weekend to compete at the Eastern Oregon Team Challenge. Now she is on her way to a potential berth at the national meet.

Logan hurled the javelin an impressive 142 feet at the meet. The mark not only provisionally qualifies her for the NCAA Division II Championships, but also broke the NNU record of 142 feet set by Lakiesha Nilles in 2010. The mark is currently ninth best in Division II.

A two-time All-GNAC selection in women's basketball, Logan led the Crusaders in scoring with an average of 13.9 points per game and led the GNAC with her free throw percentage of 88.9 percent.

Logan was recruited to Nampa to bolster the NNU rosters in both sports. She was a three-time Oregon 1A high school state champion in the javelin and also was a two-time state champion in the 100-meter hurdles, triple jump and 200 meters. She had a prep best of 155 feet, 6 inches, in the javelin.

Logan is one of two basketball/track crossovers competing for the Crusaders. **Lexi Tubbs** participated in both indoor track and basketball at the same time and currently owns the GNAC's top mark in the 100-meter hurdles at 14.45 seconds.



### ALASKA ANCHORAGE IN PROGRAM OF YEAR CONVERSATION:

Thanks to their placings at both the cross country and indoor track nationals, Alaska Anchorage finds themselves in the top-five of the USTFCCCA's Program of the Year standings for Division II.

The Seawolves' men are fourth in Division II after the two seasons while the women are in fifth. Both teams have 17.5 points in a system that is based on a team's finish at each NCAA championship in cross country, indoor track and field and outdoor track and field (first place is one point, second place is two points, etc.).

Seattle Pacific's women is the only other GNAC program on the Program of the Year list, currently seventh with 27 points.

**MORE NATIONALS QUALIFIERS:** Five other GNAC men's competitors also attained provisional qualifying marks for the NCAA Championships. Western Oregon's **Josh Hanna** is tied for fifth in the 800 meters with his time of 1:51.72 at the L&C Spring Break Open. The time helped Hanna earn GNAC Men's Track Athlete of the Week honors. Saint Martin's **Matt Dehan** earned GNAC Men's Field Athlete of the Week honors with his mark of 16 feet, 2 inches, in the pole vault at Lewis & Clark. That is fourth best in Division II. Northwest Nazarene's **Cole Hoberg** tied for the 10th best mark in the high jump with his 6 feet, 8 inches at the Eastern Oregon Team Challenge. Central Washington's **Luke Plummer** improved his provisional qualifying mark in the triple jump with a leap of 48 feet, 0.75 inches at Eastern Oregon. Teammate **Kodiak Landis** hit a provisional qualifier in the decathlon with his score of 6,228 points at Buc Scoring Invite in Spokane.

**IN THE NATIONAL POLLS:** Western Washington's men and women both took quantum leaps in the USTFCCCA Division II Outdoor Computer Rankings. The Vikings' women jumped 12 spots to No. 6 while the men climbed eight spots to No. 10. Western Oregon climbed two positions in the men's poll to No. 23. Central Washington stayed put at No. 20 in the men's poll and dropped two position to No. 22 in the women's poll. Western Oregon (No. 22) and Saint Martin's (No. 25) dropped out of the women's poll after making appearances in the opening week.

**SEATTLE PACIFIC HONORS HERITAGE:** Seattle Pacific will honor one of the true legends in running with the Doris Heritage Distance Carnival meet on Saturday in Seattle. The meet, formerly operated by Club Northwest and known as the Kcub Northwest Spring Break Open, will be the Falcons' only home meet of the season. The meet will lean heavily on distances with the 800 meters, 1,500 meters, 3,000-meter steeplechase, 5,000 meters and 10,000 meters being contested along with a limited number of sprints and field events.

The meet honors Doris Heritage, who coached for four decades at Seattle Pacific. A pioneer in women's running, Heritage ran a 4:52 mile indoors in 1966, becoming the first woman to eclipse five minutes for the mile indoor. During her athletic career, Heritage won five straight international cross country titles, was a two-time Olympian and at one time owned every American record from the 440 yards to the mile.

Heritage was the second woman inducted into the U.S. Track & Field and Cross Country Coaches Associations Hall of Fame in 1999 and was inducted into the National Distance Running Hall of Fame in 2002.

# GNAC Outdoor Championships/National Qualifying Standards

MEN			EVENT	WOMEN		
GNAC	NCAA Prov.	NCAA Auto		GNAC	NCAA Prov.	NCAA Auto.
10.99	10.61	10.31	100 Meters	12.47	11.99	11.54
22.27	21.50	20.70	200 Meters	25.59	24.53	23.60
49.04	47.94	46.56	400 Meters	57.88	55.98	53.50
1:54.19	1:52.33	1:49.00	800 Meters	2:14.38	2:13.33	2:07.50
3:54.86	3:51.68	3:45.65	1,500 Meters	4:33.30	4:34.00	4:23.50
15:01.60	14:37.45	13:57.77	5,000 Meters	17:17.78	17:21.38	16:25.35
31:28.02	31:00.00	29:15.09	10,000 Meters	38:06.30	36:56.20	34:33.97
15.24	14.50	13.90	110/100m Hurdles	14.86	14.30	13.30
54.84	53.48	50.50	400m Hurdles	1:05.11	1:02.40	58.95
9:18.42	9:17.00	8:52.70	Steeplechase	11:23.06	11:05.00	10:27.15
1.96 / 6-5	2.03 / 6-8	2.17 / 7-1.5	High Jump	1.62 / 5-3.75	1.68 / 5-6	1.77 / 5-9.75
4.26 / 13-11.75	4.76 / 15-7.25	5.20 / 17-0.75	Pole Vault	3.35 / 10-11.75	3.61 / 11-10	4.00 / 13-1.5
6.89 / 22-7.25	7.22 / 23-8.25	7.65 / 25-1.25	Long Jump	5.43 / 17-9.75	5.76 / 18-10.75	6.15 / 20-2.25
13.93 / 45-8.5	14.56 / 47-9.25	15.77 / 51-9	Triple Jump	11.42 / 37-5.25	11.75 / 38-6.75	12.70 / 41-8
14.98 / 49-1.75	15.95 / 52-4	18.39 / 60-4	Shot Put	12.56 / 41-2.5	13.53 / 44-4.75	15.73 / 51-7.25
47.14 / 154-8	49.35 / 161-11	55.60 / 182-5	Discus	40.34 / 132-4	44.90 / 147-4	49.90 / 163-8
49.48 / 162-4	53.60 / 175-10	66.00 / 216-6	Hammer	46.45 / 152-4	52.00 / 170-7	59.05 / 193-8
59.10 / 193-11	58.34 / 191-5	67.10 / 220-2	Javelin	40.81 / 133-10	40.37 / 132-5	48.50 / 159-1
6,075	6,202	7,100	Dec./Hep.	4,381	4,442	5,180

**GNAC Championships:** The top-20 performers as listed in TFRS will qualify for the championship meet in addition to any performers who meet the GNAC standard.

**NCAA Championships:** Manual time conversions for standards in steeplechase, 5,000 meters and 10,000 meters along with information on altitude conversions can be found online: [http://www.ncaa.org/sites/default/files/2016\\_DIIOutdoorTF\\_QualifyingStandards.pdf](http://www.ncaa.org/sites/default/files/2016_DIIOutdoorTF_QualifyingStandards.pdf).

## GNAC Qualifiers For NCAA Division II Outdoor Championships

### MEN'S PROVISIONAL QUALIFIERS AS OF MAR. 23, 2016

Event	Athlete	Mark	Rank	Date
800 Meters	Josh Hanna, WOU	1:51.72	T-5th	3/18/16
110m Hurdles	Travis Milbrandt, WWU	14.42	6th	3/18/16
Steeplechase	Matt Lutz, WWU	9:15.15	2nd	3/5/16
High Jump	Cole Hoberg, NNU	2.03/6-8	T-10th	3/19/16
	Tevin Gladden, UAA	2.03/6-8	T-10th	3/11/16
Pole Vault	Matt Dehan, SMU	4.93/16-2	4th	3/18/16
Triple Jump	Luke Plummer, CWU	14.65/48-0.75	12th	3/19/16
Hammer	Armando Tafoya, CWU	56.22/184-5	T-4th	3/12/16
Javelin	John Haskin, WWU	62.39/204-8	3rd	3/18/16
	Brian Chalkley, SMU	61.09/200-5	9th	3/5/16
	Justin Larson, WOU	59.35/194-9	12th	3/5/16
Decathlon	Kodiak Landis, CWU	6,228	5th	3/17/16

### WOMEN'S AUTOMATIC QUALIFIERS AS OF MAR. 23, 2016

Event	Athlete	Mark	Rank	Date
Javelin	Bethany Drake, WWU	50.17/164-7	1st	3/5/16

### WOMEN'S PROVISIONAL QUALIFIERS AS OF MAR. 23, 2016

Event	Athlete	Mark	Rank	Date
1,500 Meters	Shannon Porter, SMU	4:32.20	3rd	3/5/16
10,000 Meters	Megan Rogers, CWU	36:45.26	2nd	3/12/16
400m Hurdles	Jalen Tims, SPU	1:01.30	4th	3/18/16
High Jump	Miranda Osadchey, WWU	1.71/5-7.25	3rd	3/18/16
Triple Jump	Jasmine McMullin, WWU	12.02/39-5.25	1st	3/18/16
Shot Put	Emmi Collier, WOU	13.88/45-6.5	5th	3/18/16
Javelin	Katie Reichert, WWU	47.92/157-3	4th	3/18/16
	Anosi Laupola, WWU	45.50/149-3	7th	3/18/16
	Ellie Logan, NNU	44.61/146-4	9th	3/18/16
	Mariah Horton, WWU	43.68/143-4	11th	3/18/16
	Kathryn Walker, SMU	43.53/142-10	13th	3/18/16
	Jona Spiller, SMU	43.44/142-6	10th	3/5/16
	Amanda Short, WOU	42.71/140-1	13th	3/5/16
	Deanna Avalos, SMU	40.86/134-1	16th	3/5/16

# Men's Outdoor Regional & National Polls

## GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	CWU	WOU	WWU
Mar. 15	6th	20th	25th	18th
Mar. 22	17th	20th	23rd	10th

## USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Mar. 22, 2016 (Week 2)

Rk	School	Pts.	Prev.
1.	Angelo State	178.02	2
2.	Texas A&M-Kingsville	157.38	12
3.	Stanislaus State	151.02	8
4.	Saint Augustine's	146.65	NR
5.	UC San Diego	135.25	1
6.	Chico State	130.68	4
7.	Cal State LA	115.10	9
8.	Benedict	113.42	16
9.	Nova Southeastern	100.98	10
10.	<b>Western Washington</b>	<b>98.14</b>	<b>18</b>
11.	Azusa Pacific	92.61	5
12.	Academy of Art	89.56	34
13.	Johnson C. Smith	84.13	NR
14.	Fresno Pacific	75.81	11
15.	Grand Valley State	72.77	NR
16.	Adams State	69.22	40
17.	<b>Alaska Anchorage</b>	<b>61.07</b>	<b>6</b>
18.	Eastern New Mexico	59.80	15
19.	East Central (Okla.)	54.00	21
20.	<b>Central Washington</b>	<b>52.74</b>	<b>20</b>
21.	Wingate	48.67	NR
22.	Carson-Newman	48.38	NR
23.	<b>Western Oregon</b>	<b>45.95</b>	<b>25</b>
24.	Shorter	42.83	54
25.	Minnesota State	39.65	NR

## USTFCCCA WEST REGION TEAM INDEX as of Mar. 22, 2016 (Week 2)

Rk	School	Pts.	Prev.
1.	UC San Diego	422.14	1
2.	Chico State	378.90	2
3.	Stanislaus State	262.09	7
4.	Cal State LA	239.15	6
5.	Azusa Pacific	233.42	4
6.	<b>Western Washington</b>	<b>231.63</b>	<b>12</b>
7.	Academy of Art	190.24	13
8.	<b>Central Washington</b>	<b>189.50</b>	<b>9</b>
10.	Humboldt State	167.80	10

[View Complete Regional Index Online](#)



[Complete Poll Online](#)

# Women's Outdoor Regional & National Polls

## GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	CWU	SMU	WOU	WWU
Mar. 15	20th	25th	22nd	18th
Mar. 22	22nd	—	—	6th

## USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Mar. 22, 2016 (Week 2)

Rk	School	Pts.	Prev.
1.	Angelo State	197.85	2
2.	Grand Valley State	158.94	NR
3.	UC San Diego	141.34	1
4.	Johnson C. Smith	128.91	NR
5.	Chico State	126.18	6
6.	<b>Western Washington</b>	<b>125.07</b>	<b>18</b>
7.	Stanislaus State	122.82	13
8.	Humboldt State	115.48	5
9.	Texas A&M-Kingsville	109.16	10
10.	Shorter	102.74	30
11.	Azusa Pacific	101.39	8
12.	Fresno Pacific	101.35	NR
13.	Saint Augustine's	98.19	NR
14.	Findlay	94.59	NR
15.	Nova Southeastern	90.03	9
16.	Tarleton State	86.72	4
17.	Academy of Art	63.08	43
18.	San Francisco State	61.51	11
19.	Claffin	61.35	12
20.	West Georgia	53.12	15
21.	Adams State	51.08	26
22.	<b>Central Washington</b>	<b>45.10</b>	<b>20</b>
23.	Queens (N.C.)	40.95	NR
24.	East Stroudsburg	36.31	NR
25.	West Virginia Wesleyan	36.14	47

## USTFCCCA WEST REGION TEAM INDEX as of Mar. 22, 2016 (Week 2)

Rk	School	Pts.	Prev.
1.	UC San Diego	388.00	1
2.	Chico State	321.48	2
3.	San Francisco State	245.44	3
4.	Fresno Pacific	239.50	4
5.	Stanislaus State	238.43	9
6.	<b>Western Washington</b>	<b>219.45</b>	<b>12</b>
7.	<b>Central Washington</b>	<b>197.98</b>	<b>7</b>
8.	Humboldt State	188.70	5
9.	Cal State LA	176.34	6
10.	Azusa Pacific	150.07	8

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[Complete Poll Online](#)

# GNAC Indoor Track & Field Records

## MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
200 Meters	21.3	Cody Warner, Western Oregon (2015)
400 Meters	<b>47.80</b>	<b>Joel Webster, Simon Fraser (2016)</b> <i>Previous: 48.27, Andrew Boss, Simon Fraser (2011)</i>
800 Meters	<b>1:49.68</b>	<b>Badane Sultessa, Western Oregon (2016)</b> <i>Previous: 1:50.73, Sultessa (2015)</i>
Mile	<b>4:05.21</b>	<b>David Ribich, Western Oregon (2016)</b> <i>Previous: 4:07.46, Anthony Tomsich, Western Washington (2010)</i>
3,000 Meters	<b>8:10.19</b>	<b>Dominik Notz, Alaska Anchorage (2016)</b> <i>Previous: 8:10.99, Micah Chelimo, Alaska Anchorage (2014)</i>
5,000 Meters	13:47.73	Micah Chelimo, Alaska Anchorage (2014)
60m Hurdles	8.08	Travis Milbrandt, Western Oregon (2015)
4x400 Relay	<b>3:12.45</b>	<b>Alaska Anchorage (2016)</b> <b>Nicholas Taylor, Liam Lindsey, Adam Commandeur, Cody Thomas</b> <i>Previous: 3:15.83, Western Oregon (2010)</i>
Distance Medley	<b>9:50.07</b>	<b>Western Oregon (2016)</b> <b>Sam Naffziger, Aaron Whitaker, Josh Dempsey, David Ribich</b> <i>Previous: 9:54.66, Simon Fraser, 2015</i>
Long Jump	<b>7.46/24-5.75</b>	<b>Vladislav Tsygankov, Simon Fraser (2016)</b> <i>Previous: 7.21/23-8, Matson Hardie, Western Oregon (2010)</i>
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015)
High Jump	2.15/7-0.5	Mikel Smith, Saint Martin's (2015)
Pole Vault	5.31/17-5	Ryan Brown, Western Washington (2011)
Weight Throw	18.82/61-9	Anthony Marin, Western Oregon (2007)
Shot Put	17.94/58-10.75	Cameron Neel, Western Washington (2007)
Heptathlon	<b>5,538</b>	<b>Cody Thomas, Alaska Anchorage (2016)</b> <i>Previous: 5,508, Chris Randolph, Seattle Pacific (2006)</i>

## MEN'S CONFERENCE MEET RECORDS

60 Meters	6.75	Alex Donigian, Western Washington (2014)
200 Meters	21.60	Cody Warner, Western Oregon (2015)
400 Meters	<b>47.80</b>	<b>Joel Webster, Simon Fraser (2016)</b>
800 Meters	1:51.49	Paul Mach, Seattle Pacific (2004)
Mile	<b>4:10.13</b>	<b>Robert Peterson, Montana State Billings (2016)</b>
3,000 Meters	8:27.83	Henry Cheseto, Alaska Anchorage (2015)
5,000 Meters	<b>14:36.42</b>	<b>Dominik Notz, Alaska Anchorage (2016)</b>
60m Hurdles	8.08	Travis Milbrandt, Western Washington (2015)
4x400 Relay	3:16.09	Alaska Anchorage (2014) Elliott Bauer, Adam Commandeur, Bobo Camaara, Ethan Hewitt
Distance Medley	10:04.58	Simon Fraser (2012) Ryan Brockerville, Stuart Ellenwood, Keir Forster, Adam Reid
Long Jump	<b>7.38/24-2.5</b>	<b>Vladislav Tsygankov, Simon Fraser (2016)</b>
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015)
High Jump	2.06/6-9	Brennan Boyes, Central Washington (2012) Brett Watson, Western Washington (2015) Andrew Galbraith, Northwest Nazarene (2015) <b>Mikel Smith, Saint Martin's (2016)</b> <b>Cole Hoberg, Northwest Nazarene (2016)</b>
Pole Vault	5.16/16-11	Payton Lewis, Northwest Nazarene (2011)
Weight Throw	18.19/59-8.25	Anthony Marin, Western Oregon (2007)
Shot Put	<b>18.63/61-1.75</b>	<b>Tyler Lamott, Concordia (2016)</b>
Heptathlon	<b>5,163</b>	<b>Payton Lewis, Northwest Nazarene (2016)</b>

## HEPTATHLON EVENTS

60 Meters	7.07	Jaysen Yoro, Saint Martin's (2015)
Long Jump	6.83/22-5	Jake Hyde, Western Oregon (2012)
Shot Put	12.52/41-1	Geryson Kilgore, Northwest Nazarene (2012)
High Jump	1.99/6-6	Jaysen Yoro, Saint Martin's (2015)
60m Hurdles	<b>8.34</b>	<b>Travis Turner, Alaska Anchorage (2016)</b>
Pole Vault	<b>5.05/16-6.75</b>	<b>Payton Lewis, Northwest Nazarene (2016)</b>
1,000 Meters	2:43.00	Colin Alexander, Central Washington (2012)

## WOMEN - ALL MEETS

60 Meters	7.60	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	24.25	Jamie Ashcroft, Alaska Anchorage (2015)
400 Meters	<b>54.87</b>	<b>Jahzelle Ambus, Seattle Pacific (2016)</b> <i>Previous: 55.54, Terran Legard, Central Washington (2005)</i>
800 Meters	2:04.94	Helen Crofts, Simon Fraser (2011)
Mile	4:32.88	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	<b>9:17.97</b>	<b>Joyce Chelimo, Alaska Anchorage (2016)</b> <i>Previous: 9:23.24, Jessica Pixler, Seattle Pacific (2009)</i>
5,000 Meters	<b>16:10.32</b>	<b>Joyce Chelimo, Alaska Anchorage (2016)</b> <i>Previous: 16:11.67, Sarah Porter, Western Washington (2009)</i>
60m Hurdles	<b>8.53</b>	<b>Mailea Luquin, Seattle Pacific (2016)</b> <i>Previous: 8.66, Danielle Ayers-Stamper, Seattle Pacific (2005)</i>
4x400 Relay	<b>3:42.44</b>	<b>Seattle Pacific (2016)</b> <b>Jalen Tims, Lynelle Decker, Sheryl Hong, Jahzelle Ambus</b> <i>Previous: 3:46.34, Seattle Pacific (2013)</i>
Distance Medley	11:28.28	Simon Fraser (2015) Rebecca Bassett, Monique Lisek, Paige Nock, Lindsey Butterworth
Long Jump	5.93/19-5.5	Danielle Ayers-Stamper, Seattle Pacific (2005)
Triple Jump	12.40/40-8.25	Ashley Potter, Western Oregon (2012)
High Jump	1.77/5-9.75	Danielle Ayers-Stamper, Seattle Pacific (2005) Taylor Fettig, Central Washington (2014) Alison Silva, Northwest Nazarene (2014)
Pole Vault	3.91/12-10	Alison Silva, Northwest Nazarene (2014)
Weight Throw	17.74/58-2.5	Kristin Hepler, Western Oregon (2004)
Shot Put	<b>16.85/55-3.5</b>	<b>McKenzie Warren, Concordia (2016)</b> <i>Previous: 14.87/48-9.5, Krissy Tandle, Central Washington (2009)</i>
Pentathlon	4,007	Danielle Ayers-Stamper, Seattle Pacific (2005)

## WOMEN'S CONFERENCE MEET RECORDS

60 Meters	7.60	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	24.25	Jamie Ashcroft, Alaska Anchorage (2015)
400 Meters	<b>54.87</b>	<b>Jahzelle Ambus, Seattle Pacific (2016)</b>
800 Meters	2:08.28	Jessica Pixler, Seattle Pacific (2010)
Mile	4:40.39	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:47.64	Jennifer Johnson, Simon Fraser (2015)
5,000 Meters	11:64.07	Sarah Porter, Western Washington (2010)
60m Hurdles	8.66	Danielle Ayers-Stamper, Seattle Pacific (2005)
4x400 Relay	3:50.68	Seattle Pacific (2015) Jahzelle Ambus, Tasia Baldwin, Jalen Tims, Jasmine Johnson
Distance Medley	11:36.32	Seattle Pacific (2010) Kate Harline, Jennifer Pike, Jane Larson, Jessica Pixler
Long Jump	5.82/19-1.25	Tanya Bjornsson, Western Washington (2014)
Triple Jump	<b>12.22/40-1.25</b>	<b>Jasmine McMullin, Western Washington (2016)</b>
High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2014)
Pole Vault	3.91/12-10	Alison Silva, Northwest Nazarene (2014)
Weight Throw	17.63/57-10.25	Becki Duhamel, Central Washington (2015)
Shot Put	<b>16.34/53-7.5</b>	<b>McKenzie Warren, Concordia (2016)</b>
Pentathlon	3,761	Karolin Anders, Alaska Anchorage (2015)

## PENTATHLON EVENTS

60m Hurdles	<b>8.75</b>	<b>Rosie Smith, Alaska Anchorage (2016)</b>
High Jump	1.69/5-6.5	Taylor Fettig, Central Washington (2014 & 2015) Karolin Anders, Alaska Anchorage (2015) Charlene Harber, Western Oregon (2012)
Shot Put	11.96/39-3	
Long Jump	<b>5.68/18-7.75</b>	<b>Karolin Anders, Alaska Anchorage (2016)</b>
800 Meters	<b>2:22.15</b>	<b>Ali Anderson, Central Washington (2016)</b>

# GNAC Outdoor Track & Field Records

## MEN - ALL MEETS

100 Meters	10.22	Alex Donigian, Western Washington (2015)
200 Meters	21.11	Mike Hinshaw, Western Oregon (2002)
400 Meters	47.51	Ethan Hewitt, Alaska Anchorage (2011)
800 Meters	1:47.58	Badane Sultessa, Western Oregon (2015)
1,500 Meters	3:44.67	Alfred Kangogo, Alaska Anchorage (2011)
3,000 Meters	8:24.61	Jordan Welling, Western Washington (2014)
5,000 Meters	13:41.99	Micah Chelimo, Alaska Anchorage (2014)
10,000 Meters	28:37.75	Micah Chelimo, Alaska Anchorage (2014)
110m Hurdles	14.21	Travis Milbrandt, Western Washington (2015)
400m Hurdles	52.00	Shaun Ward, Alaska Anchorage (2011)
Steeplechase	8:45.63	Micah Chelimo, Alaska Anchorage (2012)
4x100 Relay	41.10	Central Washington (2010)
4x400 Relay	3:12.22	Alaska Anchorage (2014)
High Jump	2.13/6-11.75	Mikel Smith, Saint Martin's (2015)
Pole Vault	5.40/17-8.5	Ryan Brown, Western Washington (2010)
Long Jump	7.91/25-11.5	David Registe, Alaska Anchorage (2009)
Triple Jump	15.21/49-11	Justin Lawrence, Central Washington (2004)
Shot Put	18.55/60-10.5	Frank Catelli, Western Washington (2014)
Discus	54.07/177-5	Ryan Macdonald, Western Washington (2015)
Hammer	62.89/206-4	Pro Escobedo, Western Oregon (2003)
Javelin	77.98/255-10	Cody Parker, Alaska Anchorage (2013)
Decathlon	7,872	Chris Randolph, Seattle Pacific (2006)

## DECATHLON EVENTS

100 Meters	10.90	Justin Miller, Humboldt State (2002)
Long Jump	7.31/22-11.75	Chris Randolph, Seattle Pacific (2006)
Shot Put	14.06/46-1.5	Alex Harrison, Western Washington (2010)
High Jump	2.06/6-9	Justin Peterson, Central Washington (2014)
400 Meters	48.21	Cody Thomas, Alaska Anchorage (2014)
110m Hurdles	14.82	Chris Randolph, Seattle Pacific (2006)
Discus	46.00/150-11	Chris Randolph, Seattle Pacific (2006)
Pole Vault	4.90/16-0.75	Zeb Udell, Western Oregon (2007)
Javelin	61.04/200-3	Alex Harrison, Western Washington (2012)
1,500 Meters	4L22.12	Zac Vawter, Saint Martin's (2004)

## MEN'S CONFERENCE MEET RECORDS

100 Meters	10.43	Anthony Wright, Central Washington (2010)
200 Meters	21.32	Rimar Christie, Northwest Nazarene (2013)
	21.32	Tyrell Williams, Western Oregon (2014)
400 Meters	47.55	Ethan Hewitt, Alaska Anchorage (2012)
800 Meters	1:49.31	Paul Mach, Seattle Pacific (2005)
1,500 Meters	3:49.03	Alfred Kangogo, Alaska Anchorage (2010)
5,000 Meters	14:29.41	Micah Chelimo, Alaska Anchorage (2011)
10,000 Meters	30:25.75	Jordan Walling, Western Washington (2011)
110m Hurdles	14.21	Travis Milbrandt, Western Washington (2015)
400m Hurdles	52.23	Shaun Ward, Alaska Anchorage (2011)
Steeplechase	8:47.26	Ryan Brockerville, Simon Fraser (2012)
4x100 Relay	41.10	Central Washington (2010)
		Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols
4x400 Relay	3:13.84	Simon Fraser (2015)
		Stuart Ellenwood, Cameron Proceviat, Joel Webster, Daniel Kelloway
High Jump	2.07/6-9.5	Eric Draper, Alaska Anchorage (2006)
Pole Vault	5.14/16-10.75	Ryan Brown, Western Washington (2010)
Long Jump	7.52/24-8.25	David Registe, Alaska Anchorage (2008)
Triple Jump	15.00/49-2.5	Justin Lawrence, Central Washington (2003)
Shot Put	18.16/59-7	Frank Catelli, Western Washington (2014)
Discus	51.67/169-6	Tyler Fischer, Central Washington (2008)
Hammer	61.61/202-1	Michael Hoffman, Western Washington (2008)
Javelin	69.49/228-0	Franz Burghagen, Alaska Anchorage (2013)
Decathlon	6,617	Cody Thomas, Alaska Anchorage (2014)

## WOMEN - ALL MEETS

100 Meters	11.64	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	23.99	NyEma Sims, Seattle Pacific (2007)
400 Meters	53.56	Mary Pierce, Alaska Anchorage (2007)
800 Meters	2:02.10	Helen Crofts, Simon Fraser (2013)
1,500 Meters	4:11.06	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:35.75	Sarah Porter, Western Washington (2011)
5,000 Meters	15:44.07	Jessica Pixler, Seattle Pacific (2010)
10,000 Meters	33:17.39	Sarah Porter, Western Washington (2011)
100m Hurdles	13.70	Danielle Ayers-Stamper, Seattle Pacific (2005)
400m Hurdles	59.17	Haleigh Lloyd, Alaska Anchorage (2015)
Steeplechase	10:13.01	Katelyn Steen, Western Washington (2015)
4x100 Relay	46.56	Alaska Anchorage (2014)
4x400 Relay	3:42.05	Simon Fraser (2011)
High Jump	1.78/5-10	Teona Perkins, Seattle Pacific (2007)
Pole Vault	3.85/12-7.5	Karis Anderson, Western Washington (2012)
Long Jump	5.99/19-8	Stephanie Huffman, Seattle Pacific (2002)
	5.99/19-8	Ali Worthen, Seattle Pacific (2013)
Triple Jump	12.42/40-9	Ashley Potter, Western Oregon (2012)
Shot Put	14.94/49-1	Krisst Tandle, Central Washington (2009)
Discus	50.52/165-9	Jessica Houston, Alaska Anchorage (2005)
Hammer	56.27/184-7	Jennifer Dunkin, Western Oregon (2003)
Javelin	51.66/169-6	Bethany Drake, Western Washington (2014)
Heptathlon	5,606	Danielle Ayers-Stamper, Seattle Pacific (2005)

## HEPTATHLON EVENTS

100m Hurdles	13.70	Danielle Ayers-Stamper, Seattle Pacific (2005)
High Jump	1.75/5-8.75	Danielle Ayers-Stamper, Seattle Pacific (2005)
Shot Put	13.00/42-8	Bridget Johnson, Western Oregon (2006)
200 Meters	24.78	Grace Morgan, Alaska Anchorage (2013)
Long Jump	5.99/19-8	Stephanie Huffman, Seattle Pacific (2013)
Javelin	45.21/14-84	Katie Reichert, Western Washington (2012)
800 Meters	2:12.52	Bridgette Sexton, Seattle Pacific (2005)

## WOMEN'S CONFERENCE MEET RECORDS

100 Meters	11.81	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	24.30	Grace Morgan, Alaska Anchorage (2013)
400 Meters	54.46	Helen Crofts, Simon Fraser (2013)
800 Meters	2:06.38	Jessica Pixler, Seattle Pacific (2010)
1,500 Meters	4:24.01	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:53.80	Jessica Pixler, Seattle Pacific (2007)
5,000 Meters	16:39.39	Sarah Porter, Western Washington (2010)
10,000 Meters	35:43.38	Joyce (Chelimo) Kipchumba, Alaska Anchorage (2014)
100m Hurdles	13.82	Danielle Ayers-Stamper, Seattle Pacific (2005)
400m Hurdles	1:00.29	Haleigh Lloyd, Alaska Anchorage (2015)
Steeplechase	10:14.15	Katelyn Steen, Western Washington (2015)
4x100 Relay	46.68	Alaska Anchorage (2014)
		Mackenzie Harsch, Rosie Smith, Sasha Halfyard, Jamie Ashcroft
4x400 Relay	3:44.11	Seattle Pacific (2013)
		Kishia Mitchell, Emily Quatier, Jasmine Johnson, McKayla Fricker
High Jump	1.74/5-8.5	Danielle Ayers-Stamper, Seattle Pacific (2005)
	1.74/5-8.5	Taylor Fettig, Central Washington (2014)
Pole Vault	3.83/12-6.75	Karis Anderson, Western Washington (2012)
Long Jump	5.99/19-8	Ali Worthen, Seattle Pacific (2013)
Triple Jump	12.42/40-9	Ashley Potter, Western Oregon (2012)
Shot Put	14/04/46-0.75	Anica Knispel, Montana State Billings (2011)
Discus	45.52/149-4	Jessica Telleria, Western Washington (2006)
Hammer	54.51/178-10	Audrey Oswald, Humboldt State (2006)
Javelin	47.83/156-11	Monika Gruszecki, Western Washington (2011)
Heptathlon	5,390	Ali Worthen, Seattle Pacific (2013)

# 2016 GNAC Indoor Meet Summaries

**Dec. 4-5, 2015**

**Yellowjacket Holiday Open**

**at Don Young Center, Black Hills State Univ., Spearfish, S.D.**

**Women (Top 3 GNAC Finishers):** Mile - 2, Rio Frame, MSUB, 5:39.69. 3,000 Meters - 1, Della Lyle, MSUB, 10:43.98. 4x400 Relay - 2, MSU Billings (Gray, Halle, Williams, Smiedala), 4:23.70; 3, MSU Billings (Davis, Gondwe, Frame, Lyle), 4:43.19. Shot Put - 3, Becky Gerst, MSUB, 38-3.5.

**Men (Top 3 GNAC Finishers):** 4x400 Relay - 3, MSU Billings (Polkow, Wittman, Hovland, Stanek), 3:39.19. High Jump - 2, Dominique Holt, MSUB, 6-4.

**Dec. 12, 2015**

**Jackson's Open**

**at Jackson's Indoor Complex, Ford Idaho Center, Nampa, Idaho**

**Women (Top 3 GNAC Finishers):** 60 Meters - 3, Taylor Deskins, NNU, 7.87. 500 Meters - 3, Megan Teigen, SMU, 1:20.99. Mile - 1, Karen Horvath, SMU, 5:21.01. 3,000 Meters - 1, Karen Horvath, SMU, 10:50.00; 3, Lindsey Dorney, SMU, 11:37.96. 60m Hurdles - 3, Lisa Petersen, 9.19. Pole Vault - 2, Darien Calicdan, SMU, 9-8. Shot Put - 2, Kirby Neale, SMU, 42-10.75. 3, Jessica Johns, NNU, 42-6.75. Weight Throw - 2, Taylor Van Valey, NNU, 53-7.5.

**Men (Top 3 GNAC Finishers):** 60 Meters - 1, Latrelle Swayne, SMU 7.00 (6.97 in prelims); 3, Jacob Oswald, NNU, 7.21 (7.17 in prelims). 200 Meters - 3, Kodiak Landis, CWU, 22.94. 500 Meters - 1, Jackson Hand, SMU, 1:06.79. 60m Hurdles - 3, Kyle McLaughlin, NNU, 8.65. 4x400 Relay - 1, Northwest Nazarene (Spatz, Mason, Harris, McLaughlin), 3:34.11. High Jump - 2, Mikel Smith, SMU, 6-10.25; 3, Cole Hoberg, NNU, 6-8.25. Pole Vault - 1, Payton Lewis, NNU, 15-7. 2, Zach McClanahan, NNU, 15-1. Weight Throw - 2, John VanBeuren, NNU, 54-6.75; 3, Mitch Wilkens, SMU, 53-4.5.

**Fri., Jan. 15**

**Montana State Open**

**at Bozeman, Mont.**

**Women (Top 3 GNAC Finishers):** 5,000 Meters - 2, Della Lyle, MSUB, 18:35.39.

**Men (Top 3 GNAC Finishers):** 5,000 Meters - 1, Robert Peterson, MSUB, 15:21.31.

**Fri., Jan. 15 - Sat., Jan. 16**

**Ed Jacoby Invitational**

**at Jackson's Indoor Center, Nampa, Idaho**

**Women (Top 3 GNAC Finishers):** 60 Meters - 1, Jamie Ashcroft, UAA, 7.66. 200 Meters - 1, Jamie Ashcroft, UAA, 24.82. 3,000 Meters - 2, Sierra Manzer, NNU, 10:39.04. 60m Hurdles - 2, Rosie Smith, UAA, 8.76. Pentathlon - 2, Karolin Anders, UAA, 3,813.

**Men (Top 3 GNAC Finishers):** High Jump - 2, Cole Hoberg, NNU, 6-5. Pole Vault - 3, Zach McClanahan, NNU, 14-11. Shot Put - 2, John VanBeuren, NNU, 46-10.75. Weight Throw - 3, John VanBeuren, NNU, 49-7.25. Heptathlon - 2, Cody Thomas, UAA, 5,324; 3, Payton Lewis, NNU, 4,963.

**Sat., Jan. 16**

**Idaho Invitational**

**at Kibbie Dome, Moscow, Idaho**

**Women (Top 3 GNAC Finishers):** 60 Meters - 2, Madison Garcia, CWU, 8.11. 200 Meters - 2, Madison Garcia, CWU, 26.26. 400 Meters - 3, Ashley Harmon, CWU, 59.69. 3,000 Meters - 1, Dani Eggleston, CWU, 10:00.08. 60m Hurdles - 1, Mariyah Vongsaveng, CWU, 8.99; 2, Tianna Banfro, CWU, 9.26. 4x400 Relay - 1, Central Washington, 4:05.54.

**Men (Top 3 GNAC Finishers):** Long Jump - 1, Luke Plummer, CWU, 22-1. Triple Jump - 1, Luke Plummer, CWU, 47-7. Weight Throw - 2, Armando Tafoya, CWU, 56-1.25.

**UW Preview**

**at Dempsey Indoor Center, Seattle, Wash.**

**Women (Top 3 GNAC Finishers):** Shot Put - 2, McKenzie Warren, CU, 53-3.75.

**Men (Top 3 GNAC Finishers):** 800 Meters - 3, Nathan Kipcumba, UAA, 1:53.55. 4x400 Relay - 2, Western Oregon, 3:21.55; 3, Western Washington, 3:22.62. Weight Throw - 2, Tyler Lamott, CU, 58-9.5.

**Fri., Jan. 22**

**TrackTown USA High Performance Meet #2**

**at Nike House of Track, Portland, Ore.**

**Women (Top 3 GNAC Finishers):** 200 Meters - 3, Maggie Boles, WOU, 26.76. 400 Meters - 2, Megan Rose, WOU, 1:00.27; 3, Suzie Van De Grift, WOU, 1:00.61. Mile - 3, Grace Knapp, WOU, 5:27.93. 5,000 Meters - 2, Debora De Leon, WOU, 19:55.80. 4x400 Relay - 1, WOU, 4:05.36. Triple Jump - 2, Kathryn Pitts, WOU, 34-3.5.

**Men (Top 3 GNAC Finishers):** 200 Meters - 2, Aaron Whitaker, WOU, 22.81. 400 Meters - 3, AJ Holmberg, WOU, 50.92. 60m Hurdles - 2, Kaleb Dobson, WOU, 8.37. 4x400 Relay - 1, WOU, 3:26.20.

**Fri., Jan. 22 - Sat., Jan. 23**

**WSU Indoor Open**

**at WSU Indoor Center, Pullman, Wash.**

**Women (Top 3 GNAC Finishers):** 3,000 Meters - 1, Shannon Porter, SMU, 10:10.44 (meet record). 4x400 Relay - 2, CWU, 4:07.33.

**Men (Top 3 GNAC Finishers):** 4x400 Relay - 2, CWU, 3:31.52; 3, SMU, 3:32.90. High Jump - 2, Mikel Smith, SMU, 6-10.75. Triple Jump - 2, Luke Plummer, CWU, 46-3.25.

**Sat., Jan. 23**

**Bronco Invitational**

**at Jacksons Indoor Center, Nampa, Idaho**

**Women (Top 3 GNAC Finishers):** Shot Put - 1, McKenzie Warren, CU, 54-0; 2, Christina MacDonald, CU, 44-8.25. Weight Throw - 3, McKenzie Warren, CU, 55-5.5.

**Men (Top 3 GNAC Finishers):** 600 Meters - 1, Austin Collins, CU, 1:21.38. High Jump - 2, Cole Hoberg, NNU, 6-8.75. Pole Vault - 1, Payton Lewis, NNU, 16-2.75. Shot Put - 1, Josh Koch, CU, 54-0.5. Weight Throw - 2, Tyler Lamott, CU, 57-1.5.

**Dave Little Alumni Mile**

**at Don Young Center, Spearfish, S.D.**

**Women (Top 3 GNAC Finishers):** 400 Meters - 1, Josey Smiedala, MSUB, 1:01.90. 60m Hurdles - 2, Janessa Williams, MSUB, 9.77. Long Jump - 3, Shaniah Schwend, MSUB, 15-3.25. Triple Jump - 2, Janessa Williams, MSUB, 35-5.25.

**Men (Top 3 GNAC Finishers):** Mile - 2, Robert Peterson, MSUB, 4:21.20. 400m Hurdles - 1, Landon Polkow, MSUB, 56.35. Shot Put - 3, Brady Ostermiller, MSUB, 44-4.25. Weight Throw - 1, Nels Flanagan, MSUB, 48-1.25.



# 2016 GNAC Indoor Meet Summaries

**Fri., Jan. 29**

**TrackTown USA High Performance Meet #3  
at Nike House of Track, Portland, Ore.**

**Women (Top 3 GNAC Finishers):** Mile - B Section: 2, Megan Fristoe, CU, 5:11.03. High Jump - 1, Tori Johnson, CU, 5-4.25. Shot Put - 2, Taylor Darden, CU, 41-1.75; 3, Saidee Jones, CU, 40-11.75.

**Men (Top 3 GNAC Finishers):** DMR - 1, Concordia, 10:17.69. High Jump - 3, Louis Faust, CU, 6-6.75.

**Fri., Jan. 29 - Sat., Jan. 30**

**UW Invitational**

**at Dempsey Indoor Center, Seattle, Wash.**

**Women (Top 3 GNAC Finishers):** Shot Put - 1, McKenzie Warren, CU, 55-3.5.

**Men (Top 3 GNAC Finishers):** 5,000 Meters - 1, Dominik Notz, UAA, 14:25.26; 3, Henry Cheseto, UAA, 14:26.63. 60m Hurdles - 3, Travis Milbrandt, WWU, 8:18. DMR - 2, Simon Fraser, 9:52.97; 3, Western Oregon, 9:53.08. Long Jump - 3, Vladislav Tsygankov, SFU, 23-10.75. Triple Jump - 3, Luke Plummer, CWU, 48-6.

**Thurs., Feb. 4**

**Portland Indoor Invitational**

**at Nike House of Track, Portland, Ore.**

**Women (Top 3 GNAC Finishers):** 200 Meters - 2, Valda Kabia, SFU, 25.17.

400 Meters - 3, Chantel Desch, SFU, 57.18. 800 Meters - 2, Alana Mussatto, SFU, 2:14.10. Mile - 3, Addy Townsend, SFU, 4:59.32. Triple Jump - 1, Ella Brown, SFU, 37-6.75. Shot Put - 1, Emmi Collier, WOU, 44-9.75; 2, Christina MacDonald, CU, 44-9.75; 3, Rachel McKinnis, CU, 41-4.5.

**Men (Top 3 GNAC Finishers):** 60 Meters - 2, Carlos Ortiz, CU, 7.02. 200 Meters - 1, Cody Warner, WOU, 21.80; 2, Joel Webster, SFU, 22.11; 3, Carlos Ortiz, CU, 22.13. 400 Meters - 3, Joel Webster, SFU, 48.97. 800 Meters - 1, Cameron Proceviat, SFU, 1:52.13; 2, Paris Speidel, CU, 1:53.26; 3, Josh Dempsey, WOU, 1:53.70. Mile - 1, David Ribich, WOU, 4:12.41; 2, Sam Naffziger, WOU, 4:12.87. 3,000 Meters - 3, David Cornish, WOU, 8:27.63. 60m Hurdles - 2, Kaleb Dobson, WOU, 8.49. 4x00 Relay - 1, Western Oregon, 3:21.76; 3, Concordia, 3:25.63. Long Jump - 1, Vladislav Tsygankov, SFU, 23-5.5; 3, Jerry He, SFU, 22-7. Shot Put - 1, Josh Koch, CU, 52-8; 2, Morgan Shipp, CU, 49-10.5; 3, Jeremy Moore, WOU, 49-7.

**Fri., Feb. 5**

**TrackTown USA High Performance Meet #4  
at Nike House of Track, Portland, Ore.**

**Women (Top 3 GNAC Finishers):** 3,000 Meters (B Section) - 1, Shannon Porter, SMU, 9:51.99. 4x400 Relay - 2, Western Washington, 4:01.51. High Jump - 3, Mackenzie Stewart, 5-3. Shot Put - 2, Megan Mortensen, WWU, 41-6.5; 3, Kirby Neale, SMU, 41-5.75.

**Men (Top 3 GNAC Finishers):** Mile (B Section) - 2, David Ribich, WOU, 4:09.77; 3, Sam Naffziger, WOU, 4:11.44. 60m Hurdles - 1, Travis Milbrandt, WWU, 8.14. 4x400 Relay - 2, Saint Martin's, 3:29.55. DMR - 1, Saint Martin's, 11:17.03.

**Fri., Feb. 4 - Sat., Feb. 5**

**Cougar Indoor**

**at Indoor Practice Facility, Pullman, Wash.**

**Women (Top 3 GNAC Finishers):** 200 Meters - 3, Madison Garcia, CWU, 26.28. 400 Meters - 2, Ashley Harmon, CWU, 59.62. 3,000 Meters - 3, Stephanie Rexus, CWU, 10:55.81. 60m Hurdles - 3, Mariyah Vongsaveng, CWU, 8.86.

Triple Jump - 3, Allyssa Marzano, CWU, 35-10. Shot Put - 2, Amanda Youngers, CWU, 42-9.75. Weight Throw - 2, Amanda Youngers, CWU, 49-3.5.

**Men (Top 3 GNAC Finishers):** 200 Meters - 3, Alex McIntosh, CWU, 23.18. 400 Meters - 2, Darren Arndt, CWU, 51.36. 4x400 Relay - 3, Central Washington, 3:27.63. Pentathlon - 1, Payton Lewis, NNU, 4,897.

**Fri., Feb. 4 - Sat., Feb. 5**

**Mountain State Games**

**at Holt Arena, Pocatello, Idaho**

**Women (Top 3 GNAC Finishers):** 400 Meters - 3, Josey Smiedala, MSUB, 59.04. 800 Meters - 2, Brielle Davis, MSUB, 2:27.80. 3,000 Meters - 1, Rio Frame, MSUB, 10:53.41. DMR - 3, MSU Billings, 12:42.43. 3,000 Meters Invitational - 2, Della Lyle, MSUB, 10:19.90.

**Men (Top 3 GNAC Finishers):** 3,000 Meters - 1, Josh Panasuk, MSUB, 8:51.44. DMR - 1, MSU Billings, 10:10.07.

**Sat., Feb. 5**

**Jacksons/New Balance Indoor Invitational**

**at Jacksons Indoor Center, Nampa, Idaho**

**Women (Top 3 GNAC Finishers):** 60 Meters - 3, Taylor Deskins, NNU, 7.89. 60m Hurdles - 1, Lexi Tubbs, NNU, 8.85. Triple Jump - 3, Carli Shaul, NNU, 33-9.5.

**Men (Top 3 GNAC Finishers):** Mile - 2, Isaac Mitchell, NNU, 4:18.37. High Jump - 2, Kyle McLaughlin, NNU, 6-5; 3, Micah Tranch, NNU, 6-3.25. Weight Throw - 3, John VanBeuren, NNU, 54-6.5.

**Thurs., Feb. 4**

**Portland Indoor Invitational**

**at Nike House of Track, Portland, Ore.**

**Women (Top 3 GNAC Finishers):** 200 Meters - 2, Valda Kabia, SFU, 25.17.

400 Meters - 3, Chantel Desch, SFU, 57.18. 800 Meters - 2, Alana Mussatto, SFU, 2:14.10. Mile - 3, Addy Townsend, SFU, 4:59.32. Triple Jump - 1, Ella Brown, SFU, 37-6.75. Shot Put - 1, Emmi Collier, WOU, 44-9.75; 2, Christina MacDonald, CU, 44-9.75; 3, Rachel McKinnis, CU, 41-4.5.

**Men (Top 3 GNAC Finishers):** 60 Meters - 2, Carlos Ortiz, CU, 7.02. 200 Meters - 1, Cody Warner, WOU, 21.80; 2, Joel Webster, SFU, 22.11; 3, Carlos Ortiz, CU, 22.13. 400 Meters - 3, Joel Webster, SFU, 48.97. 800 Meters - 1, Cameron Proceviat, SFU, 1:52.13; 2, Paris Speidel, CU, 1:53.26; 3, Josh Dempsey, WOU, 1:53.70. Mile - 1, David Ribich, WOU, 4:12.41; 2, Sam Naffziger, WOU, 4:12.87. 3,000 Meters - 3, David Cornish, WOU, 8:27.63. 60m Hurdles - 2, Kaleb Dobson, WOU, 8.49. 4x00 Relay - 1, Western Oregon, 3:21.76; 3, Concordia, 3:25.63. Long Jump - 1, Vladislav Tsygankov, SFU, 23-5.5; 3, Jerry He, SFU, 22-7. Shot Put - 1, Josh Koch, CU, 52-8; 2, Morgan Shipp, CU, 49-10.5; 3, Jeremy Moore, WOU, 49-7.

**Fri., Feb. 5**

**TrackTown USA High Performance Meet #4**

**at Nike House of Track, Portland, Ore.**

**Women (Top 3 GNAC Finishers):** 3,000 Meters (B Section) - 1, Shannon Porter, SMU, 9:51.99. 4x400 Relay - 2, Western Washington, 4:01.51. High Jump - 3, Mackenzie Stewart, 5-3. Shot Put - 2, Megan Mortensen, WWU, 41-6.5; 3, Kirby Neale, SMU, 41-5.75.

**Men (Top 3 GNAC Finishers):** Mile (B Section) - 2, David Ribich, WOU, 4:09.77; 3, Sam Naffziger, WOU, 4:11.44. 60m Hurdles - 1, Travis Milbrandt, WWU, 8.14. 4x400 Relay - 2, Saint Martin's, 3:29.55. DMR - 1, Saint Martin's, 11:17.03.

# 2016 GNAC Indoor Meet Summaries

**Fri., Feb. 4 - Sat., Feb. 5**

**Cougar Indoor**

**at Indoor Practice Facility, Pullman, Wash.**

**Women (Top 3 GNAC Finishers):** 200 Meters - 3, Madison Garcia, CWU, 26.28. 400 Meters - 2, Ashley Harmon, CWU, 59.62. 3,000 Meters - 3, Stephanie Rexus, CWU, 10:55.81. 60m Hurdles - 3, Mariyah Vongsaveng, CWU, 8.86. Triple Jump - 3, Allyssa Marzano, CWU, 35-10. Shot Put - 2, Amanda Youngers, CWU, 42-9.75. Weight Throw - 2, Amanda Youngers, CWU, 49-3.5.

**Men (Top 3 GNAC Finishers):** 200 Meters - 3, Alex McIntosh, CWU, 23.18. 400 Meters - 2, Darren Arndt, CWU, 51.36. 4x400 Relay - 3, Central Washington, 3:27.63. Pentathlon - 1, Payton Lewis, NNU, 4,897.

**Fri., Feb. 4 - Sat., Feb. 5**

**Mountain State Games**

**at Holt Arena, Pocatello, Idaho**

**Women (Top 3 GNAC Finishers):** 400 Meters - 3, Josey Smiedala, MSUB, 59.04. 800 Meters - 2, Brielle Davis, MSUB, 2:27.80. 3,000 Meters - 1, Rio Frame, MSUB, 10:53.41. DMR - 3, MSU Billings, 12:42.43. 3,000 Meters Invitational - 2, Della Lyle, MSUB, 10:19.90.

**Men (Top 3 GNAC Finishers):** 3,000 Meters - 1, Josh Panasuk, MSUB, 8:51.44. DMR - 1, MSU Billings, 10:10.07.

**Sat., Feb. 5**

**Jacksons/New Balance Indoor Invitational**

**at Jacksons Indoor Center, Nampa, Idaho**

**Women (Top 3 GNAC Finishers):** 60 Meters - 3, Taylor Deskins, NNU, 7.89. 60m Hurdles - 1, Lexi Tubbs, NNU, 8.85. Triple Jump - 3, Carli Shaul, NNU, 33-9.5.

**Men (Top 3 GNAC Finishers):** Mile - 2, Isaac Mitchell, NNU, 4:18.37. High Jump - 2, Kyle McLaughlin, NNU, 6-5; 3, Micah Tranch, NNU, 6-3.25. Weight Throw - 3, John VanBeuren, NNU, 54-6.5.

**Fri. Feb. 12 - Sat., Feb. 13**

**Husky Classic**

**at Dempsey Indoor Center, Seattle, Wash.**

**Women (Top 3 GNAC Finishers):** 3,000 Meters (Section 2) - 1, Joyce Chelimo, UAA, 9:17.97. DMR (Section 2) - 1, Alaska Anchorage, 11:39.44. 2, Seattle Pacific, 11:42.34. 3, Simon Fraser, 11:44.39. High Jump (Section 1) - 1, Miranda Osadchey, WWU, 5-3.75. Long Jump (Section 1) - 2, Geneva Lehnert, SPU, 17-4. Shot Put (Section 1) - 2, Katrina Linenko, CU, 41-3.25; 3, Taylor Darden, CU, 40-5.5.

**Men (Top 3 GNAC Finishers):** Pole Vault (Section 1) - 3, J.T. Conrad, WWU, 15-2.25. Long Jump (Section 1) - 2, Jerry He, SFU, 22-0.25. Triple Jump - 3, Luke Plummer, CWU, 47-6.5. Shot Put (Flight 2) - 2, Josh Koch, CU, 53-5.

**Sat., Feb. 13**

**Boise State Team Challenge**

**at Jacksons Indoor Center, Nampa, Idaho**

**Women (Top 3 GNAC Finishers):** 60 Meters - 3, Taylor Deskins, NNU, 7.74. 200 Meters - 3, Taylor Deskins, NNU, 25.68.

**Men (Top 3 GNAC Finishers):** 60m Hurdles - 2, Payton Lewis, NNU, 8.31. Pole Vault - Tie 2, Payton Lewis, NNU, 16-10.75. Weight Throw - 3, John VanBeuren, NNU, 52-5.5.

**Sun., Feb. 14**

**UW Open**

**at Dempsey Indoor Center, Seattle, Wash.**

**Women (Top 3 GNAC Finishers):** 60 Meters - 2, Jamie Ashcroft, UAA, 7.67. 3,000 Meters - 1, Caroline Kurgat, UAA, 9:47.23. 60m Hurdles - 2, Rosie Smith, UAA, 8.76. 4x400 Relay - 3, Alaska Anchorage, 3:52.84.

**Men (Top 3 GNAC Finishers):** 800 Meters - 3, Nathan Kipchumba, UAA, 1:51.84. 3,000 Meters - 3, Dominik Notz, UAA, 8:10.19. High Jump - 2, Tevin Gladden, UAA, 6-7. Tie 3, Chris Brake, UAA, 6-5. Long Jump - 3, Peyton Harris, SPU, 22-5.75. Triple Jump - 1, Chris Brake, UAA, 46-11.5. Weight Throw - 3, Brandon Pless, WWU, 57-6.25.

**Fri. Feb. 19 - Sat., Feb. 20**

**GNAC Indoor Track and Field Championships**

**at Jacksons Indoor Track, Nampa, Idaho**

**Women's Team Scores:** Alaska Anchorage 164, Seattle Pacific 136, Simon Fraser 82.5, Western Washington 64.5, Concordia 59, Central Washington 59, Western Oregon 29, Saint Martin's 25, Montana State Billings 11.

**Women's Champions:** 60 Meters - Jamie Ashcroft, UAA, 7.61. 60m Hurdles - Mariyah Vongsaveng, CWU, 8.71. 200 Meters - Jazhelle Ambus, SPU, 24.35. 400 Meters - Jazhelle Ambus, SPU, 54.87 (GNAC & Meet Record). 800 Meters - Addy Townsend, SFU, 2:11.54. Mile - Joyce Chelimo, UAA, 5:00.28. 3,000 Meters - Joyce Chelimo, UAA, 9:50.70. 5,000 Meters - Joyce Chelimo, UAA, 17:05.05. DMR - Simon Fraser, 11:58.28. 4x400 Relay - Simon Fraser, 3:46.41. High Jump - Tori Johnson, CU, 5-7.25. Long Jump - Karolin Anderson, UAA, 18-5.75. Triple Jump - Jasmine McMullin, WWU, 40-1.25 (Meet Record). Pole Vault - Michaela Kahns, SPU, 11-6.25. Shot Put - McKenzie Warren, CU, 53-7.5 (Meet Record). Weight Throw - McKenzie Warren, CU, 56-11.25. Pentathlon - Karolin Anders, UAA, 3,711.

**Men's Team Scores:** Alaska Anchorage 164, Western Oregon 93, Western Washington 92, Northwest Nazarene 77, Concordia 64, Central Washington 63, Simon Fraser 46, Montana State Billings 30, Saint Martin's 24, Seattle Pacific 12.

**Men's Champions:** 60 Meters - Kent McKinney, CWU, 6.91. 60m Hurdles - Travis Milbrandt, WWU, 8.09. 200 Meters - Cody Warner, WOU, 21.78. 400 Meters - Joel Webster, SFU, 47.80 (GNAC & Meet Record). 800 Meters - Cameron Proceviat, SFU, 1:55.86. Mile - Robert Peterson, MSUB, 4:10.13 (Meet Record). 3,000 Meters - Dominik Notz, UAA, 8:31.91. 5,000 Meters - Dominik Notz, UAA, 14:36.92 (Meet Record). DMR - Montana State Billings, 10:06.41. 4x400 Relay - Alaska Anchorage, 3:16.76. High Jump - Mikel Smith, SMU, 6-9 (Ties Meet Record). Long Jump - Vladislav Tsygankov, SFU, 24-2.5 (GNAC & Meet Record). Triple Jump - Luke Plummer, CWU, 49-9.25. Pole Vault - Payton Lewis, NNU, 15-10. Shot Put - Josh Koch, CU, 53-7.5. Weight Throw - Tyler Lamott, CU, 61-1.5 (Meet Record). Heptathlon - Payton Lewis, NNU, 5,163.

**Sat., Feb. 26**

**SPU Final Qualifier**

**at Dempsey Indoor Center, Seattle, Wash.**

**Women (Top 3 GNAC Finishers):** 200 Meters - 2, Laura Patrick, WOU, 27.20. 400 Meters - 2, Olivia Woods, WOU, 58.05; 3, Megan Rose, WOU, 58.31. 3,000 Meters - 3, Shannon Porter, SMU, 9:38.79. 60m Hurdles - 2, Maliea Luquin, SPU, 8.81. High Jump - 1, Miranda Osadchey, WWU, 5-9.25. Pole Vault - 3, Anna Paradee, WWU, 12-0. Long Jump - 3, Kyra Brannan, SPU, 17-8.25.

**Men (Top 3 GNAC Finishers):** 60 Meters - 1, Wesley Gray, WOU, 7.21. 400 Meters - 2, Aaron Whitaker, WOU, 49.09. 3, AJ Holmberg, WOU, 50.57. Mile - 1, David Ribich, WOU, 4:05.21; 3, Robert Peterson, MSUB, 4:07.67. 60m Hurdles - 1, Travis Milbrandt, WWU, 8.16. 2, Kaleb Dobson, WOU, 8.35. DMR - 1, Alaska Anchorage A, 10:03.31. 2, Alaska Anchorage B, 10:13.61. Triple Jump - 1, Luke Plummer, CWU, 48-4. Shot Put - 2, Jeremy Moore, WOU, 47-3.5; 3, Kenny Klippel, WOU, 46-11.5.

# 2016 GNAC Meet Summaries

**Fri., Mar. 11 - Sat., Mar. 12**

## **NCAA Division II Indoor Track & Field Championships at Plaster Center, Pittsburg, Kan.**

**Women's Team Scores:** Lincoln (Mo.) 60, Hillsdale 58, Grand Valley State 33, Alaska Anchorage 20.50 (9th), Seattle Pacific 18 (11th), Simon Fraser 2 (43rd), Saint Martin's 1 (47th).

**Women's GNAC All-Americans (Top 8):** 800 Meters - 2, Lynelle Decker, SPU, 2:07.52. 3,000 Meters - 6, Joyce Chelimo, UAA, 9:35.09; 8, Shannon Porter, SMU, 9:35.31. 5,000 Meters - 2, Joyce Chelimo, UAA, 16:10.32. 4x400 Relay - 3, Seattle Pacific (Tims, Decker, Hong, Ambus), 3:42.44. DMR - 4, Alaska Anchorage (Pahkala, Cross, Perez, Kurgat), 11:31.21; 5, Seattle Pacific (Decker, Ambus, Phan, Patti), 11:32.17; 7, Simon Fraser (Townsend, Desch, Mussatto, Bassett), 11:36.86. High Jump - 6, Karolin Anders, UAA, 5-6.5. Pentathlon - 7, Karolin Anders, UAA, 3,806.

**Men's Team Scores:** Tiffin 49, Adams State 47, Lincoln (Mo.) 39, Alaska Anchorage 16 (14th), Western Oregon 9 (26th), Saint Martin's 8 (28th), Simon Fraser 5 (36th).

**Men's GNAC All-Americans (Top 8):** 800 Meters - 6, Cameron Proceviat, SFU, 1:49.95. Mile - 4, David Ribich, WOU, 4:14.22. 3,000 Meters - 4, Dominik Notz, UAA, 8:24.81. 5,000 Meters - 4, Dominik Notz, UAA, 14:09.26. DMR - 5, Western Oregon (Naffziger, Whitaker, Dempsey, Ribich), 9:50.07. High Jump - 2, Mikel Smith, SMU, 6-11. Long Jump - 7, Vladislav Tsygankov, SFU, 24-5.75. Heptathlon - 3, Cody Thomas, UAA, 5,538.

## **USA Track & Field Indoor National Championships at Oregon Convention Center, Portland, Ore.**

Women: Shot Put - 11, McKenzie Warren, CU, 53-1.5.

## **OUTDOOR SEASON**

**Fri., Mar. 4 - Sat., Mar. 5**

### **Linfield Erik Anderson Memorial Icebreaker at Maxwell Field, McMinnville, Ore.**

**Women (Top 3 GNAC Finishers):** None

**Men (Top 3 GNAC Finishers):** None

**Sat., Mar. 5**

### **Puget Sound Quad Meet**

#### **at Baker Stadium, Tacoma, Wash.**

**Women (Top 3 GNAC Finishers):** 200 Meters - 2, Lisa Petersen, SMU, 26.90.

800 Meters - 2, Sophie Carroll, SPU, 2:25.54. 1,500 Meters - 1, Shannon Porter, SMU, 4:32.30; 2, Lillianna Stelling, WWU, 4:54.54. 10,000 Meters - 1, Tracy Melville, WWU, 37:44.53; 2, Taylor Guenther, WWU, 37:45.31; 3, Larissa Kolasinski, SMU, 37:59.58. 400m Hurdles - 3, Megan Teigen, SMU, 1:10.13. 4x400 Relay - 2, Saint Martin's, 4:14.29. High Jump - 1, Katelyn Wright, WWU, 5-3; 2, Bridget Henry, WWU, 5-1. Pole Vault - 2, Anna Paradee, WWU, 11-1.75; 3, Leah Huey, WWU, 10-8. Long Jump - 2, Malea Munoz, WWU, 16-3.25. Shot Put - 1, Kirby Neale, SMU, 42-6.25; 2, Sammi Markham, SPU, 40-2.25. 3, Megan Mortensen, WWU, 40-0.75. Discus - 1, Megan Mortensen, WWU, 143-10; 2, Megan Vernoy, SMU, 122-10. Javelin - 1, Bethany Drake, WWU, 164-7; 3, Mariah Horton, WWU, 142-11.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Tre Von Powe, WWU, 11.28.

200 Meters - 1, Tre Von Powe, WWU, 22.54; 3, Latrelle Swayne, SMU, 23.14. 400 Meters - 3, David Durden, SMU, 51.89. 800 Meters - 1, Jesse Phan, SPU, 1:57.23. 1,500 Meters - 1, Isaac Derline, WWU, 4:01.10; 3, Keaton Spiller, WWU, 4:03.01. 10,000 Meters - 2, Peter Butler, WWU, 32:31.39; 3, Skyler Larson, SMU, 32:47.90. 400m Hurdles - 3, Peyton Harris, SPU, 56.37. Steeplechase - 1, Matt Lutz, WWU, 9:15.15. 4x100 Relay - 2, Saint Martin's, 43.80. High Jump - 3, Kyle Anderson De-Avila, SMU, 5-7. Pole Vault - 2, Matt DeHan, SMU, 15-1; 3, Jacob Hino, WWU, 15-1. Long Jump - 1, Anthony Manago, SMU, 21-1.5. Shot Put - 1, Brandon Pless, WWU, 49-7.25. Discus - 3, Brandon Pless, WWU, 146-7. Javelin - 1, Brian Chalkley, SMU, 200-05.

### **Willamette Opener**

#### **at Charles Bowles Track, Salem, Ore.**

**Women (Top 3 GNAC Placers):** 100 Meters - 1, Laura Patrick, WOU, 12.65; 3, Maddie Bernard, WOU, 12.96. 200 Meters - 1, Laura Patrick, WOU, 26.08; 3, Hailey Sears, WOU, 26.61. 400 Meters - 1, Olivia Woods, WOU, 57.40; 2, Megan Rose, WOU, 57.76. 1,500 Meters - 3m Grace Knapp, WOU, 4:58.07. 400m Hurdles - 2, Sara Madden, WOU, 1:06.67. 3, Felicia Covery, WOU, 1:06.79. Long Jump - 1, Kathryn Pitts, WOU, 15-9.75; 3, Natalie Legras, WOU, 13-6. Shot Put - 1, Rachael Huffman, WOU, 36-2; 3, Sylvia Dean, WOU, 34-3. Discus - Rachael Huffman, WOU, 123-1; 3, Cheyanne Auchard, WOU, 110-11. Hammer - 1, Emily Wetherell, WOU, 160-9.75; 2, Alecia Falck, WOU, 141-11.75; 3, Sylvia Dean, WOU, 135-4. Javelin - 1, Amanda Short, WOU, 140-1.75; 2, Rachael Huffman, WOU, 132-0.5.

**Men (Top 3 GNAC Placers):** 100 Meters - 1, Wesley Gray, WOU, 11.23. 400 Meters - 1, Cody Warner, WOU, 48.71. 110m Hurdles - 2, Kaleb Dobson, WOU, 15.42. 400m Hurdles - 1, AJ Holmberg, WOU, 56.28. Long Jump - 2, Cody Warner, WOU, 21-0.75; 3, Carson Cook, WOU, 18-3.25. Shot Put - 1, Jeremy Moore, WOU, 49-9.75. Discus - 1, Jeremy Moore, WOU, 145-4; 3, Josh Brown, WOU, 143-8. Hammer - 1, Jeremy Moore, WOU, 156-9. Javelin - 2, Justin Larson, WOU, 194-9.

# 2016 GNAC Outdoor Meet Summaries

## **Ben Brown Invitational at Titan Track Complex, Fullerton, Calif.**

**Women (Top 3 GNAC Finishers):** Steeplechase - 1, Mariah Burroughs, UAA, 11:33.1h. 4x400 Relay - 3, Alaska Anchorage, 4:04.68.

**Men (Top 3 GNAC Finishers):** 200 Meters (B Section) - 3, Daniel Remington, UAA, 22.76. 5,000 Meters (A Sections) - 2, Edwin Kangogo, UAA, 14:38.92; 3, Victor Samoei, UAA, 14:41.93. 5,000 Meters (B Section) - 1, Derek Gibson, UAA, 15:04.68. Long Jump (B Section) - 1, Tevin Gladden, UAA, 22-3.75. Javelin - 2, Cody Parker, UAA, 187-2.

**Fri., Mar. 11**

## **Oxy Distance Carnival Spring Break Classic at Bill Henry Track, Los Angeles**

**Women (Top 3 GNAC Finishers):** None

**Men (Top 3 GNAC Finishers):** 800 Meters - 3, Joe Day, UAA, 1:53.15.

**Sat., Mar. 12**

## **PLU Open**

### **at PLU Track, Parkland, Wash.**

**Women (Top 3 GNAC Placers):** 100 Meters - 1, Madison Garcia, CWU, 12.18; 2, Diamond Martin, CWU, 12.58; 3, Tianna Banfro, CWU, 12.72. 200 Meters - 1, Madison Garcia, CWU, 25.34; 3, Ali Anderson, CWU, 25.94. 800 Meters - 1, Jayna Inderbitzin, CWU, 2:26.72; 3, Kaitlyn McKinney, CWU, 2:29.64. 1,500 Meters - 1, Brenna Liebel, CWU, 4:53.28; 2, Kaitlyn McKinney, CWU, 5:06.00. 5,000 Meters - 1, Hannah Dowdell, CWU, 17:45.00; Stephanie Rexus, CWU, 18:19.64. 10,000 Meters - 1, Megan Rogers, CWU, 34:25.26; 2, Alexa Shindruk, CWU, 37:27.03. 100m Hurdles - 2, Say Dozark-Morris, CWU, 17.10. 400m Hurdles - 1, Tianna Banfro, CWU, 1:07.68; 2, Mariya Vongsaveng, CWU, 1:08.65; 3, Allison Deck, CWU, 1:11.64. 4x100 Relay - 1, Central Washington A, 48.35; 3, Central Washington B, 50.66. 4x400 Relay - 1, Central Washington A, 4:18.74; 3, Central Washington B, 4:21.17. High Jump - Tie 1, Payton Bower, 4-8.25. Pole Vault - Tie 2, Kristen Kasel, CWU, 8-9.5. Long Jump - Tie 3, Marinah Bentley, CWU, 15-6.25; Tie 3, Moriah Bentley, CWU, 15-6.25; Tie 3, Hannah Snyder, CWU, 15-6.25. Triple Jump - 2, Brooke Williams, CWU, 35-3. Javelin - 1, Angelica Whistocken, CWU, 129-11; 3, Sayana Lombard-Chappell, CWU, 118-0. Shot Put - 1, Amanda Youngers, CWU, 41-9.75; 3, Dorothy Moore, CWU, 37-0.5. Hammer - 2, Amanda Youngers, CWU, 139-4; 3, Megan Mortensen, WWU, 131-1.

**Men (Top 3 GNAC Placers):** 800 Meters - 1, Ron Leaf, CWU, 1:58.97. 5,000 Meters - 3, Nick Spencer, CWU, 15:52.36. 10,000 Meters - 2, Jonathan Lafferty, CWU, 33:16.24. 400m Hurdles - 1, Trevaughn Scott, CWU, 56.61. 4x100 Relay - 2, Central Washington, 43.40. 4x400 Relay - 1, Central Washington, 3:25.83; 3, Central Washington B, 3:38.70. High Jump - 1, Justin Peterson, CWU, 6-3.25. Pole Vault - Tie 1, Berlie Walker, CWU, 13-5.75. Long Jump - 1, Luke Plummer, CWU, 22-3.75; 2, Kodiak Landis, CWU, 21-9. Triple Jump - 1, Luke Plummer, CWU, 47-1.5; 3, Zach Whittaker, CWU, 43-9. Discus - James Lehr, CWU, 142-3. Shot Put - 1, Armando Tafoya, CWU, 49-10.5. Hammer - 1, Arnando Tafoya, CWU, 184-5; 2, Bryan Lee, WWU, 166-9.

## **Mt. Hood Track & Field Open**

### **at Mt. Hood CC, Gresham, Ore.**

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Taylor Deskins, NNU, 12.58. 200 Meters - 2, Taylor Deskins, NNU, 26.85. 1,500 Meters - 1, Sierra Manzer, NNU, 4:57.84. 5,000 Meters - 1, Hailey Gordon, NNU, 18:22.43. 100m Hurdles - 1, Lexi Tubbs, NNU, 15.07; 2, Chelsey Knott, NNU, 15.42. 400m Hurdles - 3, Janessa Dyk, NNU, 1:08.87. 4x100 Relay - 1, Northwest Nazarene A, 49.09; 3, Northwest Nazarene B, 51.32. 4x400 Relay - 3, Northwest Nazarene A, 4:10.27. High Jump - Tie 1, Lauren Duval, NNU, 4-11.75; Tie 1, Kawena Warren, NNU, 4-11.75. Javelin - 2, AnnaMarie Forza, NNU, 124-04.

**Men (Top 3 GNAC Finishers):** 100 Meters - 3, Jacob Oswalt, NNU, 11.39. 200 Meters - 2, Ebu Camara, NNU, 22.80. 1,500 Meters - 3, Chase Cunningham,

NNU, 4:05.02. 110m Hurdles - 2, Kyle McLaughlin, NNU, 15.58. 4x100 Relay - 1, Northwest Nazarene, 43.18. High Jump - 1, Cole Hoberg, 6-2.75; 3, Micah Tranch, NNU, 6-00.75. Pole Vault - 3, Zach McClanahan, NNU, 13-11.75. Shot Put - 1, Robert Watson, CU, 51-3.75. Hammer - 1, Tyler Lamott, CU, 179-3; 2, Robert Watson, 158-5.

## **Pacific Preview**

### **at Hanson Stadium, Forest Grove, Ore.**

**Women (Top 3 GNAC Finishers):** 800 Meters - 1, Bailey Beeson, WOU, 2:19.15. 400m Hurdles - 3, Sara Madden, WOU, 1:08.00. Hammer - 1, Emily Wetherell, WOU, 160-0; 3, Alecia Falck, WOU, 139-2. Discus - 1, Cheyanne Auchard, WOU, 116-2; 3, Rachael Huffman, WOU, 111-4.

**Men (Top 3 GNAC Finishers):** 400m Hurdles - 1, AJ Holmberg, WOU, 56.04. Hammer - 2, Jeremy Moore, WOU, 154-10; 3, Kegan Allen, WOU, 151-3. Shot Put - 1, Jeremy Moore, WOU, 46-2; 3, Bandon Bowen, WOU, 43-1.