



Apr. 12, 2016 • Week 13
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Thurs., Apr. 14

Montana State Billings at Yellowjacket/Battlin' Bears Open, Laurel, Mont.

Thurs., Apr. 14 - Sat., Apr. 16

Alaska Anchorage, Central Washington, Northwest Nazarene, Saint Martin's, Simon Fraser, Western Oregon, Western Washington at Mt. Sac Relays, Walnut, Calif.

Thurs., Apr. 14 - Fri., Apr. 15

Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at Bryan Clay Invitational, Azusa, Calif.

Fri., Apr. 15 - Sat., Apr. 16

Simon Fraser, Western Oregon at Beach Invitational, Long Beach, Calif.
Concordia, Saint Martin's, Western Oregon at Oregon Relays, Eugene, Ore.

Sat., Apr. 16

Western Oregon at Lewis & Clark Invitational, Portland, Ore.
Northwest Nazarene at NNU Invitational, Nampa, Idaho

LAST WEEK'S MEETS

Fri., Apr. 8

John Knight Twilight

at McArthur Field, Monmouth, Ore.

Women (Top 3 GNAC Finishers): 400 Meters - 2, Olivia Woods, 57.58; 3, Megan Rose, WOU, 57.75.
800 Meters - 1, Suzie Van De Grift, WOU, 2:14.28; 2, Stephanie Stuckey, WOU, 2:15.26; 3, Bailey Beeson, WOU, 2:15.52. 100m Hurdles - 3, Elana Hampton, CU, 15.87. 400m Hurdles - 3, Felicia Covery, WOU, 1:05.60. 4x100 Relay - 3, Western Oregon, 49.15. 4x400 Relay - 1, Western Oregon, 3:56.78; 2, Concordia, 4:06.31. Hammer - 1, Christina MacDonald, CU, 164-0; 3, Emily Wetherell, WOU, 163-4. Shot Put - 2, Emmi Collier, WOU, 46-5.75; 3, Katrina Linenko, CU, 45-3.5. Javelin - 2, Christina MacDonald, CU, 147-6.75. High Jump - 1, Tori Johnson, CU, 5-5.25; 3, Gabby Fukumoto, CU, 4-11.5. Triple Jump - 2, Rachel Siltman, CU, 36-10.5.
Men (Top 3 GNAC Finishers): 100 Meters - 1, Cody Warner, WOU, 10.92; 2, Carlos Ortiz, CU, 11.00. 200 Meters - 3, Aaron Whitaker, WOU, 22.73. 400 Meters - 2, Aaron Whitaker, WOU, 48.63. 110m Hurdles - 1, Kaleb Dobson, WOU, 15.12. Steeplechase - 1, Zach Holloway, WOU, 9:33.01; 2, David Cornish, WOU, 9:36.84. Hammer - 1, Tyler Lamott, CU, 195-10; 3, Josh Koch, CU, 170-3.5. Shot Put - 2, Josh Koch, CU, 53-9.25;

Robert Watson, CU, 53-1.25. Long Jump - 1, Cody Warner, WOU, 22-7.25; 2, Kody Kantola, WOU, 22-4.25. Javelin - 3, Justin Larson, WOU, 197-0. Discus - 3, Josh Koch, CU, 163-0.5. Triple Jump - 1, Wesley Gray, WOU, 48-2.75.

War 9 Meet

at Spokane Falls Track Complex, Spokane, Wash.

Women (Top 3 GNAC Placers): 100 Meters - 2, Taylor Deskins, NNU, 12.48. 200 Meters - 3, Tamaki Murata, CWU, 25.76. 1,500 Meters - 2, Dani Eggleston, CWU, 4:39.79. 10,000 Meters - 1, Alexa Shindruk, CWU, 37:31.60; 2, Stephanie Rexus, CWU, 37:36.83; 3, Elena Gomez, CWU, 37:50.33. 100m Hurdles - 1, Lexi Tubbs, NNU, 14.41; 2, Mariyah Vongsaveng, CWU, 14.44; 3, Allison Deck, CWU, 14.89. 4x100 Relay - 1, Central Washington, 47.47; 2, Northwest Nazarene, 47.98. 4x400 Relay - 1, Central Washington, 3:53.97. High Jump - 1, Tayler Fettig, CWU, 5-7; Tie 3, Kawena Warren, NNU, 5-3; Tie 3, Rachel Miller, NNU, 5-3. Triple Jump - 3, Kelly Cronin, CWU, 35-3. Hammer - 3, Kirby Neale, SMU, 158-3. Javelin - 3, Angelique Whistocken, CWU, 145-4. Shot Put - 2, Kirby Neale, 43-5.75.

Men (Top 3 GNAC Placers): 1,500 Meters - 1, David Cornish, WOU, 4:02.87. Steeplechase - 3, Jasper Heckman, SMU, 9:55.45. 110m Hurdles - 1, Bernari Stern, CWU, 14.34. 4x100 Relay - 2, Saint Martin's, 42.66. High Jump - 2, Cole Hoberg, NNU, 6-8.75. Pole Vault - 2, Payton Lewis, NNU, 15-9. Triple Jump - 1, Luke Plummer, CWU, 48-8.25. Hammer - 1, Armando Tafoya, CWU, 190-5.

Emilie Mondor Invitational

at Simon Fraser Track, Burnaby, B.C.

Women (Top 3 GNAC Placers): 100 Meters - 2, Jahzelle Ambus, SPU, 12.48. 200 Meters - 2, Valda Kabia, SFU, 25.24. 1,500 Meters - 1, Lynelle Decker, SPU, 4:30.17. 100m Hurdles - 1, Maliea Luquin, SPU, 14.53. 400m Hurdles - 1, Jalen Tims, SPU, 1:01.10; 3, Maliea Luquin, SPU, 1:03.69. 4x100 Relay - 2, Simon Fraser, 49.05. 4x400 Relay - 1, Western Washington, 3:54.11; 2, Seattle Pacific, 3:54.95; 3, Simon Fraser, 4:01.29. Discus - 1, Megan Mortensen, WWU, 142-5; 2, Sophia Roberts, WWU, 97-11. Hammer - 2, Megan Mortensen, WWU, 141-11; 3, Sophia Roberts, WWU, 125-11. Long Jump - 1, Kyra Brannan, SPU, 18-3.25; 3, Natasha Lazecki, SFU, 17-6.75. Shot Put - 3, Sammi Markham, SPU, 37-0.25. High Jump - 1, Geneva Lehnert, SPU, 5-5; 2, Katelyn Wright, WWU, 5-3. Javelin - 1, Selina Byer, SFU, 124-9. Triple Jump - 1, Ella Brown, SFU, 30-0.75.

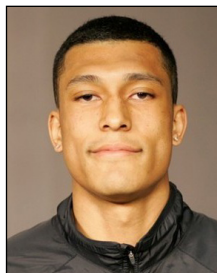
Men (Top 3 GNAC Placers): 100 Meters - 1, Vladislav Tsygankov, SFU, 11.01; 3, Daniel Kelloway, SFU, 11.10. 200 Meters - 2, Daniel Kelloway, SFU, 22.22. 1,500 Meters - 1, Marc-Antoine Rouleau, SFU, 3:50.41; 3, Sean Miller, SFU, 3:58.01. 110m Hurdles - 2, Peyton Harris, SPU, 15.63. 400m Hurdles - 3, Joshua Adhemar, SFU, 57.34. 4x400 Relay - 1, Simon Fraser, 3:25.81; 2, Seattle Pacific, 3:26.93. Discus - 1, Brandon Pless, WWU, 152-2; 2, Bryan Lee, WWU, 148-11. Hammer - 1, Brandon Pless, WWU, 166-5; 2, Peter Behncke, SFU, 165-7; 3, Bryan Lee, WWU, 164-10. Triple Jump - 2, Somit Chhim, WWU, 43-11.25. Javelin - 1, Alex Barry, WWU, 195-2; 2, Costel David, WWU, 163-9; 3, Jacob Karamanian, SFU, 146-8. Long Jump - 1, Jerry He, SFU, 22-9; 3, Peyton Harris, SPU, 22-2.25.

Bauer Invitational

at O'Hara Stadium, Rapid City, S.D.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Blair Street, MSUB, 12.97. 5,000 Meters - 1, Della Lyle, MSUB, 19:07.46. Steeplechase - 1, Della Lyle, MSUB, 11:12.14. 4x100 Relay - 2, Montana State Billings, 50.38. Long Jump - 1, Shaniah Schwend, MSUB, 16-8.75. Triple Jump - 1, Janessa Williams, MSUB, 36-0.
Men (Top 3 GNAC Finishers): 100 Meters - 2, Kaelen Shay, MSUB, 11.24. 5,000 Meters - 2, Garrett Love, MSUB, 16:10.37; 3, Ivan Colmanero, MSUB, 16:32.08. 110m Hurdles - 2, Austin Lindquist, MSUB, 15.49. 400m Hurdles - 1, Landon Polkow, MSUB, 54.52. Steeplechase - 2, Robert Peterson, MSUB, 9:43.18. 4x100 Relay - 1, Montana State Billings, 43.69. 4x400 Relay - 2, Montana State Billings, 3:25.27. Javelin - 2, Nels Flanagan, MSUB, 162-5; 3, Cameron Stanek, MSUB, 140-10.

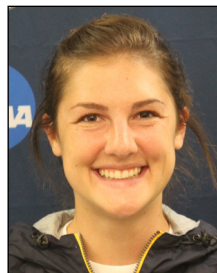
GNAC Track & Field Athletes of the Week



MEN'S TRACK

Bernari Sternen, Central Washington
Senior • Lynnwood, Wash.

Sternen rank the GNAC's fastest times this season in both the 110-meter hurdles and 400-meter hurdles at the WAR 9 meet in Spokane, Wash. He won the 110-meter hurdles in a time of 14.34 seconds and finished fourth in the 400-meter hurdles in a time of 53.77 seconds.



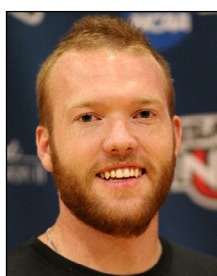
WOMEN'S TRACK

Della Lyle, Montana State Billings
Senior • Buffalo, Wyo.

Lyle smashed the Montana State Billings' record in the steeplechase by 47 seconds, winning the race at the Bauer Invitational in a time of 11:12.14 (converted to 11:03.90 for altitude), a provisional qualifier for the NCAA Championships. Lyle also won the 5,000 meters in a time of 19:07.46.

Also Nominated: Jasper Heckman (Saint Martin's), Roman Kirkov (Concordia), Isaac Mitchell (Northwest Nazarene), Landon Polkow (Montana State Billings), Cody Warner (Western Oregon).

Also Nominated: Taylor Fettig (Central Washington), Megan Teigen (Saint Martin's), Lexi Tubbs (Northwest Nazarene), Suzanne Van De Grift (Western Oregon).



MEN'S FIELD

Payton Lewis, Northwest Nazarene
Sophomore • Nampa, Idaho

Lewis achieved a provisional qualifying mark for the NCAA Championships at the WAR 9 meet in the pole vault, placing second with a clearance of 15 feet, 9 inches (No. 2 this season in GNAC), and also placed fifth in the 110-meter hurdles in 15.11 seconds. It was Lewis' first outdoor meet of the season.



WOMEN'S FIELD

Christina MacDonald, Concordia
Sophomore • Myrtle Creek, Ore.

MacDonald won the hammer at the John Knight Twilight with a throw of 164 feet, the second best mark in the GNAC this season. She then went on to finish second in the javelin with a toss of 147 feet, 6 inches, which is fifth best in the GNAC this season.

Also Nominated: Alex Barry (Western Washington), Wesley Gray (Western Oregon), Josh Koch (Concordia), Brady Ostermiller (Montana State Billings), Mikel Smith (Saint Martin's).

Also Nominated: Deanna Avalos (Saint Martin's), Emmi Collier (Western Oregon), Kate Cryderman (Northwest Nazarene), Shani-ah Schwend (Montana State Billings).

Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Dec. 7 - 13	Latrell 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
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	McKenzie Warren, CU
Feb. 1 - 7	Travis Milbrandt, WWU	Vladislav Tsygankov, SFU	Shannon Porter, SMU	Karolin Anders, UAA
Feb. 8 - 14	Dominik Notz, UAA	Tyler Lamott, CU	Joyce Chelimo, UAA	Ella Brown, SFU
Feb. 22 - 29	Badane Sultessa, WOU	Luke Plummer, CWU	Nicole Maurmann, WOU	Amanda Youngers, CWU
Mar. 1 - 7	Matt Lutz, WWU	Brian Chalkley, SMU	Shannon Porter, SMU	Miranda Osadchey, WWU
Mar. 8 - 13	Dominik Notz, UAA	Mikel Smith, SMU	Lynelle Decker, SPU	Bethany Drake, WWU
Mar. 14 - 20	David Ribich, WOU		Joyce Chelimo, UAA	Karolin Anders, UAA
Mar. 21 - 27	Josh Hanna, WOU	Matt DeHan, SMU	Jalen Tims, SPU	Ellie Logan, NNU
Mar. 28 - Apr. 3	Carlos Ortiz, CU	Tyler Lamott, CU	Suzanne Van De Grift, WOU	Katie Reichert, WWU
	Alex Donigian, WWU	Josh Koch, CU	Lynelle Decker, SPU	Bethany Drake, WWU
Apr. 4 - 10	Bernari Sternen, CWU	Payton Lewis, NNU	Joyce Chelimo, UAA	
			Della Lyle, MSUB	Christina MacDonald, CU

Complete Player of the Week releases are available online at GNACsports.com.

Around The GNAC



A STERN LOOK AT THE BARRIERS: After missing the 2015 season, Central Washington's **Bernari Stern** is making up for lost time.

The former GNAC record holder in the 110-meter hurdles has already surpassed his former record mark in 2016. At the War 9 Meet in Spokane on Saturday, Sternam clocked a time of 14.34 seconds to win the 110-meter hurdles. The mark is a NCAA Championships provisional qualifier and ranked 10th in Division II this season. Later in the meet, Stern ran to a fourth place in the 400-meter hurdles in a time of 53.77 seconds. Both times are the best in the GNAC this season. The performances earned Stern selection as the GNAC Men's Track Athlete of the Week.

Stern's time in the 110-meter hurdles ranks second on the GNAC all-time list to Western Washington's **Travis Milbrandt**, who set the record of 14.21 seconds last year. The defending GNAC champion, Milbrandt is currently second in the GNAC and 16th in Division II with a best this season of 14.42 seconds.



RECORD RUNNING IN RAPID CITY: It was a record-setting day for a number of Montana State Billings athletes as they competed at the Bauer Invitational in South Dakota.

Senior distance runner **Della Lyle** topped the list as she shattered the Yellowjackets' record in the steeplechase. Her winning time of 11:12.14 shattered the mark of 11:59.81 set by Melanie Bock last season. The converted mark of 11:03.90 (for altitude) is a provisional qualifying mark for the NCAA Championships. Lyle also won the 5,000 meters in a time of 19:07.46. The two performances helped earn Lyle selection as the GNAC Women's Track Athlete of the Week.

Freshman **Josey Smiedala** broke the Billings' record in the 400 meters with her fourth place time of 59.29 seconds, lowering the mark of 59.52 set by Ericka Halle in 2010.

On the men's side, sophomore **Landon Polkow** broke his brother Lewis' record in the 400-meter hurdles with his time of 54.52 seconds. His winning time bettered Lewis' time of 55.71 set in 2013.

Montana State Billings finished the Bauer Invitational with 16 top-three finishes. In addition to Lyle's two wins and Polkow's one, the Yellowjackets also received wins from **Janessa Williams** in the triple jump and **Shaniah Schwend** in the long jump along with a win for the men's 4x100 relay team.



GIMME A "C": It may be two years before Concordia is eligible to compete in the NCAA Division II Track and Field Championships, but that has not prevented Cavaliers' athletes from performing their best now.

As one might expect, the Cavaliers' strength has been in the throws. Sophomore **Josh Koch** currently holds the GNAC's best marks in both the shot put and the discus.

In the shot, Koch has a best of 58 feet, 1.75 inches. That is not only the sixth best mark in Division II, but also the second best mark in GNAC history. He joins Western Washington's Frank Catelli as the only athletes in GNAC history to heft the shot over 58 feet. In the discus, Koch leads the GNAC and is 19th with a mark of 163 feet.

Junior **Tyler Lamott** leads the GNAC in the hammer. He owns the ninth best mark in Division II and the third best mark in GNAC history with his mark of 200 feet, 1 inch.

In the women's throws, freshman **Katrina Linenko** leads the GNAC and owns the eighth best mark in Division II in the shot put and the fifth best mark in GNAC history with a mark of 46 feet, 10 inches. Sophomore **Christina MacDonald**, meanwhile, is in the GNAC's season top-five in both the hammer and the javelin. At Friday's John Knight Twilight, MacDonald won the hammer with a throw of 164 feet and placed second in the javelin with a mark of 147 feet, 6 inches, to earn GNAC Women's Field Athlete of the Week honors.

Other Concordia athletes on the GNAC lists include sophomore **Carlos Ortiz**, who is second in the GNAC in the men's 100 meters (10.67) and 200 meters (21.68); senior **Louis Faust**, who is fourth in the men's high jump (6-7.5); freshman **Tori Johnson**, who is third in the women's high jump (5-5.75) and junior **Emma Hill**, who is third in the women's triple jump (37-8.5) and sixth in the long jump (17-2).

One of Concordia's top athletes, however, isn't even out for the outdoor season. **McKenzie Warren**, who won the GNAC indoor shot put and weight throw titles, is redshirting the outdoor season. She is qualified to take part in the shot put at the U.S. Olympic Track and Field Trials, which take place July 1-10 in Eugene, Ore.

CALIFORNIA DREAMIN': Two weeks after most of the GNAC ran their laps in California's Bay Area, the majority of the league's teams will be competing in a variety of meets in the Los Angeles area. With a variety to choose from, teams will send select athletes to as many as three meets in a day. Action begins Thursday with both the prestigious Mt. Sac Relays, which runs through Saturday in Walnut, and the Bryan Clay Invitational, hosted by Azusa Pacific in Azusa on Friday and Saturday. Two GNAC teams, Simon Fraser and Western Oregon, also have scheduled the Beach Invitational on Friday and Saturday, hosted by Long Beach State.

There will also be GNAC teams remaining to compete in the Northwest. Concordia, Saint Martin's and Western Oregon will send athletes to the Oregon Relays, Friday and Saturday at Eugene's Hayward Field. Montana State Billings will compete at the Yellowjacket/Battlin' Bears Invitational on Thursday in Laurel, Mont., and Northwest Nazarene will host their own NNU Invitational on Saturday.

ADD NATIONALS QUALIFIERS: Over the weekend, GNAC athletes added or improved six provisional qualifying marks for the NCAA Division II Track and Field Championships. Central Washington's **Bernari Stern** improved to 10th in the men's 110-meter hurdles with his time of 14.34 seconds. Northwest Nazarene's **Payton Lewis**, competing in his first outdoor meet of the season, posted a provisional mark in the men's pole vault. His 15 feet, 9 inches ties him for 26th in Division II and earned him GNAC Men's Field Athlete of the Week honors. Western Oregon's **Wesley Gray** also put his name on the provisional list. His mark of 48 feet, 2.75 inches in the triple jump ranks 24th in Division II.

For the women, Montana State Billings' **Della Lyle** is 19th in the steeplechase, emerging with her altitude converted mark of 11:03.90. Western Oregon's **Rachael Huffman** emerged on the javelin provisional with a mark of 139 feet, 7 inches, that ranks 27th. Teammate **Sheila Lima De La Cruz**, meanwhile, improved to 34th with her mark of 137 feet, 7 inches at the John Knight Twilight.

IN THE NATIONAL POLLS: In the USTFCCA Division II Team Computer Rankings, Alaska Anchorage continues to be the lone GNAC men's representative. The Seawolves are ranked No. 8, dropping three spots after not competing last week. It is a different story in the women's poll, with three GNAC squads ranked one right after the other. Alaska Anchorage is ranked No. 13, down three spots from last week. Western Washington stayed at No. 14 while Seattle Pacific dropped two spots to No. 15. Western Washington's women are the only GNAC team this season to be ranked in all five weeks of the USATFCCA's outdoor rankings and have been as high as sixth.

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 TFRRS 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.

GNAC Qualifiers For NCAA Division II Outdoor Championships

MEN'S AUTOMATIC QUALIFIERS AS OF APR. 6, 2016

Javelin Cody Parker, UAA 71.50/234-7 1st 3/30/16

MEN'S PROVISIONAL QUALIFIERS AS OF APR. 11, 2016

Event	Athlete	Mark	Rank	Date
100 Meters	Alex Donigian, WWU	10.33	2nd	3/30/16
400 Meters	Cody Thomas, UAA	47.90	23rd	3/30/16
800 Meters	Nathan Kipchumba, UAA	1:49.67	4th	4/1/16
	Josh Dempsey, WOU	1:49.84	5th	4/1/16
	Josh Hanna, WOU	1:50.11	6th	4/1/16
	Cameron Proceviat, SFU	1:50.85	8th	4/1/16
	Joe Day, UAA	1:51.42	14th	4/1/16
1,500 Meters	David Ribich, WOU	3:48.82	10th	4/1/16
	Sam Naffziger, WOU	3:49.87	15th	4/1/16
10,000 Meters	Henry Cheseto, UAA	29:36.07	3rd	4/1/16
	Edwin Kangogo, UAA	29:46.48	6th	4/1/16
	Victor Samoei, UAA	30:45.33	22nd	4/1/16
	Turner Wiley, SPU	30:53.09	26th	4/1/16
110m Hurdles	Bernari Stermen, CWU	14.34	10th	4/8/16
	Travis Milbrandt, WWU	14.42	16th	3/18/16
Steeplechase	Matt Lutz, WWU	9:15.15	11th	3/5/16
	Andrew Wise, WWU	9:15.28	12th	4/1/16
High Jump	Mikel Smith, SMU	2.09/6-10.25	7th	4/2/16
	Cole Hoberg, NNU	2.05/6-8.75	T-15th	4/1/16
	Tevin Gladden, UAA	2.04/6-8.25	T-24th	4/1/16
Pole Vault	Matt DeHan, SMU	4.93/16-2	16th	3/18/16
	Payton Lewis, NNU	4.80/15-9	T-26th	4/8/16
Triple Jump	Luke Plummer, CWU	14.84/48-8.25	19th	4/8/16
	Wesley Gray, WOU	14.70/48-2.75	24th	4/8/16
Shot Put	<i>Josh Koch, CU</i>	<i>17.72/58-1.75</i>	<i>6th</i>	<i>4/1/16</i>
	<i>Robert Watson, CU</i>	<i>16.64/54-7.25</i>	<i>18th</i>	<i>3/18/16</i>
Discus	<i>Josh Koch, CU</i>	<i>49.69/163-0</i>	<i>19th</i>	<i>4/8/16</i>
Hammer	<i>Tyler Lamott, CU</i>	<i>61.00/200-1</i>	<i>9th</i>	<i>4/1/16</i>
	Armando Tafoya, CWU	58.04/190-5	12th	4/8/16
Javelin	John Haskin, WWU	62.39/204-8	10th	3/18/16
	Brian Chalkley, SMU	61.09/200-5	17th	3/5/16
	Justin Larson, WOU	60.04/197-0	22nd	4/8/16
	Alex Berry, WWU	59.65/195-8	23rd	4/2/16
Decathlon	Cody Thomas, UAA	7,079	4th	3/30/16
	Kodiak Landis, CWU	6,228	16th	3/17/16

NOTE: In the second year of their three year transition to Division II membership, Concordia is ineligible to compete in the Division II Track and Field Championships. Marks for Concordia athletes (in italics) are shown for comparison. Rankings are where they would be listed in the Division II Qualifying List if eligible.

WOMEN'S AUTOMATIC QUALIFIERS AS OF APR. 6, 2016

Event	Athlete	Mark	Rank	Date
10,000 Meters	Joyce Chelimo, UAA	33:14.41	1st	4/1/16
	Caroline Kurgat, UAA	33:38.30	2nd	4/1/16
Javelin	Bethany Drake, WWU	50.83/166-9	2nd	4/2/16
	Katie Reichert, WWU	50.16/164-7	4th	3/26/16

WOMEN'S PROVISIONAL QUALIFIERS AS OF APR. 6, 2016

Event	Athlete	Mark	Rank	Date
100 Meters	Jamie Ashcroft, UAA	11.88	T-16th	4/1/16
200 Meters	Jamie Ashcroft, UAA	24.39	14th	4/1/16
	Mary Kathleen Cross, UAA	24.50	22nd	3/26/16
400 Meters	Jahzelle Ambus, SPU	55.62	11th	4/1/16
800 Meters	Lynelle Decker, SPU	2:08.08	1st	4/1/16
	Tamara Perez, UAA	2:11.01	8th	4/1/16
	Sophie Dodd, SFU	2:12.15	11th	4/1/16
	Suzie Van De Grift, WOU	2:12.89	12th	4/1/16
	Alana Mussatto, SFU	2:13.12	13th	3/25/16
	Chynna Phan, SPU	2:13.32	17th	4/1/16
1,500 Meters	Caroline Kurgat, UAA	4:29.39	5th	3/26/16
	Lynelle Decker, SPU	4:30.17	9th	4/1/16
	Stephanie Stuckey, WOU	4:30.59	11th	4/1/16
	Shannon Porter, SMU	4:32.30	15th	3/5/16
5,000 Meters	Shannon Porter, SMU	16:32.03	4th	4/1/16
	Rebecca Bassett, SFU	16:43.55	6th	4/1/16
	Mary Charleson, SPU	17:02.93	12th	4/1/16
	Dani Eggleston, CWU	17:09.51	15th	3/26/16
10,000 Meters	Anna Patti, SPU	36:09.37	12th	4/1/16
	Megan Rogers, CWU	36:45.26	16th	3/12/16
100m Hurdles	Lexi Tubbs, NNU	14.18	20th	4/1/16
400m Hurdles	Jalen Tims, SPU	1:01.10	8th	4/9/16
Steeplechase	Dani Eggleston, CWU	10:39.08	7th	4/2/16
	Della Lyle, MSUB	11:03.90	19th	4/9/16
4x400 Relay	Seattle Pacific	3:43.76	5th	4/1/16
High Jump	Miranda Osadchey, WWU	1.71/5-7.25	T-7th	3/18/16
	Taylor Fettig, CWU	1.70/5-7	T-12th	4/2/16
Pole Vault	McKenna Emmert, CWU	3.65/11-11.75	T-24th	4/2/16
Triple Jump	Jasmine McMullin, WWU	12.08/39-9.75	7th	3/31/16
	Ella Brown, SFU	12.02/39-5.25	10th	4/1/16
Shot Put	<i>Katrina Linenko, CU</i>	<i>14.27/46-10</i>	<i>8th</i>	<i>3/18/16</i>
	Emmi Collier, WOU	14.16/46-5.5	10th	4/8/16
Javelin	Mariah Horton, WWU	47.62/156-3	7th	3/26/16
	Anosi Laupola, WWU	45.50/149-3	10th	3/18/16
	Ellie Logan, NNU	44.61/146-4	12th	3/18/16
	Angelique Whistocken, CWU	44.31/145-4	14th	4/9/16
	Deanna Avalos, SMU	43.63/143/2	16th	4/9/16
	Kathryn Walker, SMU	43.53/142-10	18th	3/18/16
	Jona Spiller, SMU	43.44/142-6	20th	3/5/16
	Amanda Short, WOU	42.71/140-1	26th	3/5/16
	Rachael Huffman, WOU	42.55/139-7	27th	4/8/16
	Sheila Limas De La Cruz, WOU	41.94/137-7	34th	4/8/16

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
Mar. 29	—	—	—	21st
Apr. 6	5th	—	—	—
Apr. 12	8th	—	—	—

USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Apr. 12, 2016 (Week 5)

Rk	School	Pts.	Prev.
1.	Saint Augustine's	220.05	1
2.	Texas A&M-Kingsville	168.00	2
3.	Grand Valley State	141.47	3
4.	Chico State	116.20	4
5.	Angelo State	105.89	6
6.	Colorado Mines	95.39	13
7.	Ashland	95.05	7
8.	Alaska Anchorage	92.39	5
9.	Texas A&M-Commerce	81.54	17
10.	Azusa Pacific	77.12	18
11.	UC San Diego	76.85	8
12.	Central Missouri	73.63	11
13.	Pittsburg State	72.77	15
14.	Adams State	69.78	16
15.	Academy of Art	68.91	10
16.	Johnson C. Smith	67.30	12
17.	Shorter	66.79	14
18.	West Texas A&M	63.78	19
19.	Shippensburg	63.25	9
20.	Stanislaus State	62.25	22
21.	Missouri Southern	59.07	21
22.	Minnesota State	57.80	20
23.	Cal State LA	57.39	24
24.	Benedict	53.47	26
25.	Mount Olive	45.81	25

USTFCCCA WEST REGION TEAM INDEX as of Apr. 12, 2016 (Week 5)

Rk	School	Pts.	Prev.
1.	Chico State	414.23	2
2.	UC San Diego	385.96	1
3.	Azusa Pacific	330.09	4
4.	Alaska Anchorage	285.85	3
5.	Stanislaus State	218.49	7
6.	Western Oregon	215.36	5
7.	Academy of Art	203.84	6
8.	Cal State LA	191.62	8
9.	Western Washington	178.47	9
10.	Central Washington	159.90	10

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[Complete Poll Online](#)

Women's Outdoor Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	CWU	SMU	SPU	WOU	WWU
Mar. 15	—	20th	25th	—	22nd	18th
Mar. 22	—	22nd	—	—	—	6th
Mar. 29	21st	—	—	—	—	8th
Apr. 6	10th	—	—	13th	—	14th
Apr. 12	13th	—	—	15th	—	14th

USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Apr. 12, 2016 (Week 5)

Rk	School	Pts.	Prev.
1.	Saint Augustine's	179.19	1
2.	Johnson C. Smith	157.90	2
3.	West Texas A&M	139.24	7
4.	Chico State	121.21	5
5.	Texas A&M-Kingsville	114.26	8
6.	Shorter	108.45	3
7.	Central Missouri	106.43	6
8.	Grand Valley State	105.64	4
9.	Angelo State	104.63	9
10.	Pittsburg State	99.79	11
11.	Findlay	98.50	12
12.	Hillsdale	79.12	16
13.	Alaska Anchorage	76.90	10
14.	Western Washington	74.23	14
15.	Seattle Pacific	74.14	13
16.	Adams State	72.11	21
17.	Claffin	64.34	17
18.	Azusa Pacific	60.48	19
19.	Minnesota State	58.15	16
20.	Humboldt State	56.68	19
21.	Stanislaus State	56.43	20
22.	Sioux Falls	56.11	22
23.	Lincoln (Mo.)	48.22	29
24.	Queens (N.C.)	46.39	24
25.	Missouri Southern	45.61	23

USTFCCCA WEST REGION TEAM INDEX as of Apr. 12, 2016 (Week 5)

Rk	School	Pts.	Prev.
1.	Chico State	387.82	1
2.	Seattle Pacific	260.86	4
3.	Alaska Anchorage	253.39	2
4.	UC San Diego	239.99	3
5.	Central Washington	223.44	6
6.	Azusa Pacific	218.52	5
7.	Western Washington	189.60	7
8.	Fresno Pacific	187.45	8
9.	Cal State LA	184.57	11
10.	Stanislaus State	180.87	10

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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	47.80	Joel Webster, Simon Fraser (2016) <i>Previous: 48.27, Andrew Boss, Simon Fraser (2011)</i>
800 Meters	1:49.68	Badane Sultessa, Western Oregon (2016) <i>Previous: 1:50.73, Sultessa (2015)</i>
Mile	4:05.21	David Ribich, Western Oregon (2016) <i>Previous: 4:07.46, Anthony Tomsich, Western Washington (2010)</i>
3,000 Meters	8:10.19	Dominik Notz, Alaska Anchorage (2016) <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	3:12.45	Alaska Anchorage (2016) Nicholas Taylor, Liam Lindsey, Adam Commandeur, Cody Thomas <i>Previous: 3:15.83, Western Oregon (2010)</i>
Distance Medley	9:50.07	Western Oregon (2016) Sam Naffziger, Aaron Whitaker, Josh Dempsey, David Ribich <i>Previous: 9:54.66, Simon Fraser, 2015</i>
Long Jump	7.46/24-5.75	Vladislav Tsygankov, Simon Fraser (2016) <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	5,538	Cody Thomas, Alaska Anchorage (2016) <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	47.80	Joel Webster, Simon Fraser (2016)
800 Meters	1:51.49	Paul Mach, Seattle Pacific (2004)
Mile	4:10.13	Robert Peterson, Montana State Billings (2016)
3,000 Meters	8:27.83	Henry Cheseto, Alaska Anchorage (2015)
5,000 Meters	14:36.42	Dominik Notz, Alaska Anchorage (2016)
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	7.38/24-2.5	Vladislav Tsygankov, Simon Fraser (2016)
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) Mikel Smith, Saint Martin's (2016) Cole Hoberg, Northwest Nazarene (2016)
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	18.63/61-1.75	Tyler Lamott, Concordia (2016)
Heptathlon	5,163	Payton Lewis, Northwest Nazarene (2016)

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	8.34	Travis Turner, Alaska Anchorage (2016)
Pole Vault	5.05/16-6.75	Payton Lewis, Northwest Nazarene (2016)
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	54.87	Jahzelle Ambus, Seattle Pacific (2016) <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	9:17.97	Joyce Chelimo, Alaska Anchorage (2016) <i>Previous: 9:23.24, Jessica Pixler, Seattle Pacific (2009)</i>
5,000 Meters	16:10.32	Joyce Chelimo, Alaska Anchorage (2016) <i>Previous: 16:11.67, Sarah Porter, Western Washington (2009)</i>
60m Hurdles	8.53	Mailea Luquin, Seattle Pacific (2016) <i>Previous: 8.66, Danielle Ayers-Stamper, Seattle Pacific (2005)</i>
4x400 Relay	3:42.44	Seattle Pacific (2016) Jalen Tims, Lynelle Decker, Sheryl Hong, Jahzelle Ambus <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	16.85/55-3.5	McKenzie Warren, Concordia (2016) <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	54.87	Jahzelle Ambus, Seattle Pacific (2016)
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	12.22/40-1.25	Jasmine McMullin, Western Washington (2016)
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	16.34/53-7.5	McKenzie Warren, Concordia (2016)
Pentathlon	3,761	Karolin Anders, Alaska Anchorage (2015)

PENTATHLON EVENTS

60m Hurdles	8.75	Rosie Smith, Alaska Anchorage (2016)
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	5.68/18-7.75	Karolin Anders, Alaska Anchorage (2016)
800 Meters	2:22.15	Ali Anderson, Central Washington (2016)

GNAC Outdoor Track & Field Records

MEN - ALL MEETS

100 Meters	10.22
200 Meters	21.11
400 Meters	47.51
800 Meters	1:47.58
1,500 Meters	3:44.67
3,000 Meters	8:24.61
5,000 Meters	13:41.99
10,000 Meters	28:37.75
110m Hurdles	14.21
400m Hurdles	52.00
Steeplechase	8:45.63
4x100 Relay	41.10
4x400 Relay	3:12.22
High Jump	2.13/6-11.75
Pole Vault	5.40/17-8.5
Long Jump	7.91/25-11.5
Triple Jump	15.21/49-11
Shot Put	18.55/60-10.5
Discus	54.07/177-5
Hammer	62.89/206-4
Javelin	77.98/255-10
Decathlon	7,872

DECATHLON EVENTS

100 Meters	10.90
Long Jump	7.31/22-11.75
Shot Put	14.06/46-1.5
High Jump	2.06/6-9
400 Meters	48.21
110m Hurdles	14.82
Discus	46.00/150-11
Pole Vault	4.90/16-0.75
Javelin	61.04/200-3
1,500 Meters	4L22.12

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
200 Meters	23.99
400 Meters	53.56
800 Meters	2:02.10
1,500 Meters	4:11.06
3,000 Meters	9:35.75
5,000 Meters	15:44.07
10,000 Meters	33:14.41
	<i>Previous: 33:17.39, Sarah Porter, Western Washington (2011)</i>
100m Hurdles	13.70
400m Hurdles	59.17
Steeplechase	10:13.01
4x100 Relay	46.56
4x400 Relay	3:42.05
High Jump	1.78/5-10
Pole Vault	3.85/12-7.5
Long Jump	5.99/19-8
	5.99/19-8
Triple Jump	12.42/40-9
Shot Put	14.94/49-1
Discus	50.52/165-9
Hammer	56.27/184-7
Javelin	51.66/169-6
Heptathlon	5,606

HEPTATHLON EVENTS

100m Hurdles	13.70
High Jump	1.75/5-8.75
Shot Put	13.00/42-8
200 Meters	24.78
Long Jump	5.99/19-8
Javelin	45.21/14-84
800 Meters	2:12.52

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 Fetting, 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 Outdoor Meet Summaries

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 Decline, 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.

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, Mariah 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.

2016 GNAC Outdoor Meet Summaries

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.

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.

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

Mt. Hood Multi-Event

at Mt. Hood CC, Gresham, Ore.

Women's GNAC Finishers (Heptathlon): 2, Elana Hampton, CU, 3,684; 4, Kathryn Curtis, CU, 3,274.

Men's GNAC Finishers (Decathlon): 3, David Durden, SMU, 5,770.

Sat., Mar. 26

Willamette Invitational

at Charles Bowles Track, Salem, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Jamie Ashcroft, UAA, 11.94; 3, Laura Patrick, WOU, 12.60. 200 Meters - 1, Mary Kathleen Cross, UAA, 24.50; 3, Jamie Ashcroft, UAA, 24.65. 400 Meters - 1, Mary Kathleen Cross, UAA, 56.08; 2, Megan Rose, WOU, 58.00; 3, Hayley Bezanson, UAA, 58.10. 800 Meters - 1, Suzie Van De Grift, WOU, 2:13.04; 3, Stephanie Stuckey, WOU, 2:13.54. 1,500 Meters - 2, Caroline Kurgat, UAA, 4:29.39; 3, Tamara Perez, UAA, 4:34.83. 100m Hurdles - 1, Rosie Smith, UAA, 14.54. 4x100 Relay - 1, Alaska Anchorage, 48.14; 3, Western Oregon, 50.30. 4x400 Relay - 2, Western Oregon, 3:53.62; 3, Alaska Anchorage, 4:05.55. High Jump - 3, Tori Johnson, CU, 5-5.75. Long Jump - 3, Emma Hill, CU, 17-2. Shot Put - 2, Emmi Collier, WOU, 44-4; 3, Katrina Linenko, CU, 43-1.5. Hammer - 1, Emily Wetherell, WOU, 162-11. Javelin - 3, Christina MacDonald, CU, 143-3.25.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Carlos Ortiz, CU, 10.67; 2, Cody Warner, WOU, 10.78; 3, Cody Thomas, UAA, 10.92. 200 Meters - 1, Cody Warner, WOU, 21.55; 2, Carlos Ortiz, CU, 21.68; 3, Darrion Gray, UAA, 22.11. 400 Meters - 1, Aaron Whitaker, WOU, 49.08; 2, Adam Commandeur, UAA, 49.24; 3, Liam Lindsay, UAA, 49.66. 800 Meters - 1, Nathan Kipchumba, UAA, 1:51.92; 2, David Ribich, WOU, 1:52.65; 3, Josh Dempsey, WOU, 1:52.68. 110m Hurdles - 2, Kaleb Dodson, WOU, 14.98. 400m Hurdles - 3, Kaleb Dobson, WOU, 56.55. Steeplechase - 2, Derek Gibson, UAA, 9:24.53. 4x100 Relay - 1, Alaska Anchorage, 42.22. 4x400 Relay - 1, Alaska Anchorage, 3:20.72; 2, Western Oregon, 3:24.77. High Jump - 1, Tevin Gladden, UAA, 6-7.5; 2, Louis Faust, CU, 6-7.5. Long Jump - 2, Tevin Gladden, UAA, 21-2.5. Triple Jump - 1, Jimmy Wheeler, CU, 43-7.75. Shot Put - 2, Josh Koch, CU, 54-5.5. Discus - 2, Josh Koch, CU, 162-11.5. Hammer - 1, Tyler Lamott, CU, 192-4.25; 2, Josh Koch, CU, 160-10.5; 3, Jeremy Moore, WOU, 159-3.25.

2016 GNAC Outdoor Meet Summaries

Montana State Open

at Bobcat Track & Field Complex, Bozeman, Mont.

Women (Top 3 GNAC Finishers): 5,000 Meters - 3, Jinise Trueblood, MSUB, 21:22.10.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Cameron Stanek, MSUB, 11.51. 200 Meters - 2, Nathan Vanderby, MSUB, 22.94. 400 Meters - 3, Nathan Vanderby, MSUB, 50.89. 1,500 Meters - 2, Robert Peterson, MSUB, 3:59.68. 5,000 Meters - 1, Jorey Egeland, MSUB, 15:53.97. 10,00 Meters (Mixed) - 1, Garrett Love, MSUB, 33:40.99. 110m Hurdles - 2, Austin Lindquist, MSUB, 15.71; 3, Quincy Wittman, MSUB, 16.93.

Doris Heritage Distance Carnival

at West Seattle Stadium, Seattle, Wash.

Women (Top 3 GNAC Finishers): 200 Meters - 1, Kyra Brannan, SPU, 26.29; 2, Becca Houk, SPU, 26.34; 3, Maliea Luquin, SPU, 26.52. 400 Meters - 1, Jahzelle Ambus, SPU, 57.26; 2, Lynelle Decker, SPU, 58.29; 3, Ali Anderson, SPU, 58.52. 800 Meters - 2, Chynna Phan, SPU, 2:13.59; 3, Kali Brooks-Klotz, WWU, 2:21.69. 1,500 Meters - 1, Anna Patti, SPU, 4:37.14; 2, Mary Charleson, SPU, 4:38.09; 3, Shawna Troupe, WWU, 4:39.24. 5,000 Meters - 2, Taylor Guenther, WWU, 17:31.17; 3, Tracy Melville, WWU, 17:44.50. 10,000 Meters - 1, Maddy Jalbert, WWU, 37:48.83; 2, Alexandra Laiblin, WWU, 38:57.98. Steeplechase - 1, Brittany Grant, WWU, 11:16.84; 2, Jessica Rawlins, SPU, 11:58.56. 4x400 Relay - 1, Seattle Pacific C, 4:01.46; 2, Seattle Pacific B, 4:04.16; 3, Seattle Pacific D, 4:10.62. High Jump - 1, Geneva Lehnert, SPU, 5-3.75; 2, Naphtali Ward, SPU, 5-3.75; 3, Katelyn Wright, WWU, 5-1.75. Pole Vault - 1, Anna Paradee, WWU, 11-3.5; 2, Michaela Kahns, SPU, 11-3.5; 3, Madi Webster, SPU, 9-9.75. Long Jump - 3, Kyra Brannan, SPU, 16-11.25. Shot Put - 1, Aiyana Homer, CWU, 39-10; 2, Sammi Markham, SPU, 37-6.75; 3, Madison Buttice, SPU, 29-4.75. Javelin - 1, Katie Reichert, WWU, 164-7; 2, Mariah Horton, WWU, 156-3; 3, Sayana Lombard-Chappell, CWU, 125-6. **Men (Top 3 GNAC Finishers):** 200 Meters - 1, Kodiak Landis, CWU, 22.36; 2, Daniel Jones, WWU, 22.46; 3, Tre Von Powe, WWU, 22.84. 400 Meters - 1, Justin Ramey, SPU, 50.28. 2, Daniel Jones, WWU, 50.93. 800 Meters - 1, Jesse Phan, SPU, 1:55.20. 1,500 Meters - 3, Dylan Brown, WWU, 4:00.17. 5,000 Meters - 1, Andrew Wise, WWU, 14:53.64; 2, Dylan Hayes, WWU, 15:18.05. 10,000 Meters - 3, Cameron Freshwaters, WWU, 33:35.56. 4x400 Relay - 1, Seattle Pacific A, 3:30.08; 2, Seattle Pacific B, 3:41.18. High Jump - 2, Kodiak Landis, CWU, 5-8.75; 3, Michael Forster, CWU, 5-7. Pole Vault - 1, Gordon Kordas, WWU, 15-0; 3, Zane Irvine, CWU, 13-3. Long Jump - 1, Peyton Harris, SPU, 22-0.25; 2, Michael Forster, CWU, 19-8.75; 3, Ben Smith, SPU, 16-9.75. Shot Put - 1, Nick Venema, CWU, 42-6; 2, Kodiak Landis, CWU, 36-2.

Achilles Cup/UBC Open

at UBC Rashpal Dhillon Track, Vancouver, B.C.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Ella Brown, SFU, 12.90. 200 Meters - 1, Valda Kabia, SFU, 25.28. 800 Meters - 2, Alana Mussatto, SFU, 2:13.12. 1,500 Meters - 2, Addy Townsend, SFU, 4:34.97. 2,000m Steeplechase - 1, Emma Chadsey, SFU, 7:30.00; 2, Dana Townsend, SFU, 7:36.18. 4x100 Relay - 1, Simon Fraser, 49.53. 4x400 Relay - 1, Simon Fraser, 4:03.78. Long Jump - 3, Natasha Lazecki, SFU, 17-5.25. Triple Jump - 1, Ella Brown, SFU, 37-8. Shot Put - 3, Selina Byer, SFU, 34-2.75. Javelin - 3, Selina Byer, SFU, 123-0. **Men (Top 3 GNAC Finishers):** 100 Meters - 3, Vladislav Tsygankov, SFU, 11.03. 400 Meters - 1, Daniel Kelloway, SFU, 48.41. 800 Meters - 1, Dylan Freinhofer, SFU, 1:54.01; 2, Cameron Proceviat, SFU, 1:54.22. 1,500 Meters - 1, Marc-Antoine Rouleau, SFU, 3:54.00; 2, Cameron Proceviat, SFU, 3:54.21. 4x100 Relay - 2, Simon Fraser, 43.08. 4x400 Relay - 1, Simon Fraser, 3:24.52. Long Jump - 3, Jerry He, SFU, 22-5.75. Shot Put - 2, Jacob Karamanian, SFU, 38-4; 3, Luca Molinari, SFU, 37-8. Javelin - 2, Jacob Karamanian, SFU, 148-5.

Wed., Mar. 30 - Sat., Apr. 2

Nike Clyde Littlefield Texas Relays

at Mike A. Myers Stadium, Austin, Texas

Women (Top 3 GNAC Placers): None.

Men's (Top 3 GNAC Placers): None.

Thurs., Mar. 31 - Sat., Apr. 2

Texas State Bobcat Invitational

at Bobcat Stadium, San Marcos, Texas

Women (Top 3 GNAC Placers): Javelin - 1, Bethany Drake, WWU, 166-9; 3, Katie Reichert, WWU, 138-5.

Men's (Top 3 GNAC Placers): Javelin - 2, John Haskin, WWU, 193-0.

Fri., Apr. 1 - Sat., Apr. 2

San Francisco State Distance Carnival

at Cox Stadium, San Francisco, Calif.

Women (Top 3 GNAC Placers): 100 Meters - 1, Jamie Ashcroft, UAA, 11.88; 2, Taylor Deskins, NNU, 12.19. 200 Meters - 1, Jamie Ashcroft, UAA, 24.39 (Meet Record); 2, Mary Kathleen Cross, UAA, 24.53. 800 Meters - 1, Tamara Perez, UAA, 2:11.01. Mile - 2, Miryam Bassett, SFU, 4:58.65; 3, Julia Howley, SFU, 4:59.05. 5,000 Meters - 2, Shannon Porter, SMU, 16:32.03. 100m Hurdles - 1, Rosie Smith, UAA, 14.53. 400m Hurdles - 3, Monique Lisek, SFU, 1:02.87. 4x400 Relay - 2, Western Oregon, 3:51.65; 3, Alaska Anchorage, 3:54.36. High Jump - 2, Rachel Miller, NNU, 5-1.75; 3, Mackenzie Stewart, SFU, 5-1.75. Pole Vault - 2, Emma Lambert, SPU, 10-2. Long Jump - 1, Rosie Smith, UAA, 18-7.25. Triple Jump - 1, Ella Brown, SFU, 38-11.75 (Meet Record). Shot Put - 1, Emmi Collier, WOU, 45-5.75; 2, Katrina Linenko, CU, 43-9.75. Hammer - 2, Emily Wetherell, WOU, 167-8. Javelin - 1, Ellie Logan, NNU, 142-7; 2, Sheila Limas De La Cruz, WOU, 132-4; 3, Rachel Huffman, WOU, 130-4.

Men's (Top 3 GNAC Placers): 200 Meters - 1, Cody Warner, WOU, 21.62. 400 Meters - 1, Daniel Kelloway, SFU, 48.16; 2, Aaron Whitaker, WOU, 48.34. 800 Meters - 1, Nathan Kipchumba, UAA, 1:49.67; 2, Josh Dempsey, WOU, 1:49.84; 3, Josh Hanna, WOU, 1:50.11. 1,500 Meters - 3, Marc-Antoine Rouleau, SFU, 3:49.65. Mile - 2, Michael Mendenhall, UAA, 4:13.01. 10,000 Meters - 1, Edwin Kangogo, UAA, 29:46.48. 4x100 Relay - 2, Alaska Anchorage, 42.68. 4x400 Relay - 1, Alaska Anchorage, 3:17.69 (Meet Record); 3, Alaska Anchorage B, 3:23.39. DMR - 3, Northwest Nazarene, 10:27.55. High Jump - 1, Cole Hoberg, NNU, 6-8.25 (Meet Record); 2, Tevin Gladden, UAA, 6-6.25; 3, Chris Brake, UAA, 6-6.25. Pole Vault - 2, Zach McClanahan, NNU, 14-7.5. Long Jump - 1, Alex Wu, SFU, 23-0.75. Triple Jump - 1, Wesley Gray, WOU, 47-8.5 (Meet Record); 2, Chris Brake, UAA, 47-3.5. Shot Put - 1, Josh Koch, CU, 58-1.75 (Meet Record); 2, Robert Watson, CU, 52-1.75; 3, Jeremy Moore, WOU, 51-5.75. Discus - 3, Josh Koch, CU, 162-4. Hammer - 2, John VanBeuren, NNU, 157-4. Javelin - 2, Justin Larson, WOU, 182-9.

Stanford Invitational

at Cobb Track & Angell Field, Palo Alto, Calif.

Women (Top 3 GNAC Finishers): Triple Jump (Collegiate) - 1, Ella Brown, SFU, 39-5.25. Javelin (Collegiate) - 3, Christina MacDonald, CU, 146-1.

Men (Top 3 GNAC Finishers): High Jump (Collegiate) - 2, Louis Faust, CU, 6-7. Hammer (Collegiate) - 2, Tyler Lamott, CU, 200-1.

Linfield Jenn Boyman Invitational

at Maxwell Field, McMinnville, Ore.

Women (Top 3 GNAC Placers): None

Men (Top 3 GNAC Placers): 1,500 Meters - 1, David Cornish, WOU, 4:02.87.

2016 GNAC Outdoor Meet Summaries

SMU Open

at Saint Martin's Track, Lacey, Wash.

Women (Top 3 GNAC Placers): 100 Meters - 3, Madison Garcia, CWU, 12.29. 400 Meters - 1, Cheyenne Conrad, WWU, 59.05; 2, Savannah Smith, WWU, 59.62; 3, Jayna Inderbitzin, CWU, 59.74. 800 Meters - 1, Shawna Troupe, WWU, 2:15.11; 2, Kali Klotz-Brooks, WWU, 2:17.06. 1,500 Meters - 1, Taylor Guenther, WWU, 4:39.52; 2, Tracy Melville, WWU, 4:48.80. 3,000 Meters - 1, Alexa Shindruk, CWU, 10:22.94; 2, Stephanie Rexus, CWU, 10:27.79. 5,000 Meters - 1, Brittany Grant, WWU, 17:34.14; 2, Megan Rogers, CWU, 17:40.47. 10,000 Meters (Mixed) - 3, Abby Milner, WWU, 40:54.69 (First Female Finisher). 100m Hurdles - 1, Mariyah Vongsaveng, CWU, 14.40; 2, Lisa Petersen, SMU, 14.87; 3, Alison Deck, CWU, 14.93. 400m Hurdles - 1, Tianna Banfro, CWU, 1:04.46; 2, Ali Anderson, CWU, 1:06.85; 3, Tamaki Murata, CWU, 1:06.93. Steeplechase - 2, Dani Eggleston, CWU, 10:39.08; 3, Hannah Dowdell, CWU, 12:14.34. 4x100 Relay - 1, Western Washington, 48.48; 2, Saint Martin's, 50.84. 4x400 Relay - 1, Central Washington, 4:00.23; 2, Western Washington, 4:03.54; 3, Saint Martin's, 4:09.50. High Jump - 1, Tayler Fettig, CWU, 5-7; 2, Bridget Henry, WWU, 5-2.5. Pole Vault - 1, McKenna Emmert, CWU, 11-11.75. Long Jump - 2, Brooke Williams, CWU, 17-0.75; 3, Ali Anderson, CWU, 16-10. Triple Jump - 3, Mariah Bentley, CWU, 33-10.75. Shot Put - 1, Amanda Youngers, CWU, 43-5.25; 2, Kirby Neale, SMU, 42-0.5; 3, Megan Mortensen, WWU, 40-0. Discus - 1, Megan Mortensen, WWU, 143-8; 2, Megan Vernoy, SMU, 122-5; 3, April Mayerl, SMU, 117-1. Hammer - 2, Aiyama Homer, CWU, 157-0; 3, Kirby Neale, SMU, 154-0. Javelin - 1, Angelique Whistocken, CWU, 137-3; 2, Deanna Avalos, SMU, 134-0.

Men (Top 3 GNAC Placers): 100 Meters - 1, Latrelle Swayne, SMU, 10.80; 3, Tyler Ooley, CWU, 11.00. 200 Meters - 2, Max McIntosh, CWU, 22.51; 3, Latrelle Swayne, SMU, 22.51. 400 Meters - 1, Ryan McArthur, WWU, 49.12; 3, Jackson Hand, SMU, 50.09. 800 Meters - 1, Keaton Spiller, WWU, 1:56.83. 1,500 Meters - 2, Ron Leaf, CWU, 4:04.54; 3, Logan Giese, WWU, 4:04.84. 3,000 Meters - 2, Jasper Heckman, SMU, 8:59.78; 3, Skyler Larson, SMU, 9:02.79. 110m Hurdles - 1, Bernari Sternen, CWU, 14.39; 3, Max McIntosh, CWU, 15.07. 400m Hurdles - 2, Jade Wilson, WWU, 55.31. Steeplechase - 1, Matt Lutz, WWU, 9:34.23; 3, Nathan Morgan, SMU, 10:11.85. 4x100 Relay - 1, Central Washington, 41.86; 2, Saint Martin's, 42.15; 3, Western Washington, 42.76. 4x400 Relay - 1, Central Washington, 3:20.95; 3, Saint Martin's, 3:27.28. High Jump - 1, Mikel Smith, SMU, 6-10.25. Pole Vault - 1, Gordon Kordas, WWU, 15-1; 2, Matt DeHan, SMU, 15-1; 3, J.T. Conrad, WWU, 15-1. Long Jump - 3, Luke Plummer, CWU, 22-1. Triple Jump - 1, Luke Plummer, CWU, 46-6.75; 3, Jacob Ringold, WWU, 44-9.5. Shot Put - 1, Armando Tafoya, CWU, 49-4.5; 2, Brandon Pless, WWU, 48-2. Discus - 1, Armando Tafoya, CWU, 157-5; 2, Brandon Pless, WWU, 150-1; 3, James Lehr, CWU, 147-0. Hammer - 2, Armando Tafoya, CWU, 183-11; 3, Vincent Fualefau, SMU, 173-2. Javelin - 2, Alex Barry, WWU, 195-8.