



Apr. 21, 2016 • Week 14
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Thurs., Apr. 21
Concordia at Titan Twilight, Eugene, Ore.

Fri., Apr. 22
Alaska Anchorage at Triton Invitational, San Diego, Calif.

Fri., Apr. 22 - Sat., Apr. 23
Montana State Billings at Jack Christensen Invitational, Fort Collins, Colo.

Sat., Apr. 23
Central Washington, Seattle Pacific, Western Washington at CWU Spike Art Invitational, Ellensburg, Wash.
Simon Fraser at Simon Fraser/JUCB Dual, Vancouver, B.C.
Northwest Nazarene at Eastern Oregon Invitational, Hermiston, Ore.

LAST WEEK'S MEETS

Thurs., Apr. 14
Yellowjacket/Battling Bear Open at Laurel Sports Complex, Laurel, Mont.
Women's Team Scores: Carroll 194, Montana State Billings 106, Great Falls 96, Rocky Mountain 26, Gillette 25.
Women (Top 3 GNAC Finishers): 100 Meters - 1, Blair Street, MSUB, 13.39. 200 Meters - 1, Blair Street, MSUB, 27.08. 400 Meters - 1, Josey Smiedala, MSUB, 1:00.14. 10,000 Meters - 1, Della Lyle, MSUB, 36:51.66. 100m Hurdles - 1, Janessa Williams, MSUB, 16.35. 4x800 Relay - 1, Montana State Billings, 11:36.97. Long Jump - 1, Janessa Williams, MSUB, 16-3. Triple Jump - 1, Janessa Williams, MSUB, 35-9.5; 2, Shaniah Schwend, MSUB, 35-2.
Men's Team Scores: Montana State Billings 176.5, Carroll 110.5, Rocky Mountain 65, Great Falls 38, Gillette 37.
Men (Top 3 GNAC Finishers): 100 Meters - 3, Kaelen Shay, MSUB, 11.69. 200 Meters - 1, Cameron Stanek, MSUB, 23.24. 400 Meters - 1, Nathan Vanderby, MSUB, 50.78; 3, Cameron Stanek, MSUB, 53.21. 800 Meters - 3, Liam McKay, MSUB, 2:04.39. Mile - 1, Robert Peterson, MSUB, 4:16.69. 5,000 Meters - 1, Robert Peterson, MSUB, 15:27.82; 2, Garrett Love, MSUB, 15:53.07; 3, Ivan Colmenero, MSUB, 16:18.70. 110m Hurdles - 1, Austin Lindquist, 15.48; 3, Quincy Wittman, MSUB, 16.21. Long Jump - 1, Austin Lindquist, MSUB, 23-0.75; 2, Cole Campbell, MSUB, 19-2.5. Triple Jump - 1, Quincy Wittman, MSUB, 41-3.25. Shot Put - 2, Brady Ostermiller, MSUB, 44-8.75. Discus - 1, Nels Flanagan, MSUB, 144-8. Javelin - 2, Nels Flanagan, MSUB, 162-7; 3, Cameron Stanek, MSUB, 140-8.

Thurs., Apr. 14 - Sat., Apr. 16
Mt. SAC Relays at Cerritos College Falcon Stadium, Norwalk, Calif.
Women (Top 3 GNAC Finishers): 5,000 Meters - 1, Caroline Kurgat, UAA, 16:30.85. Steeplechase (Section 1) - 3, Dani Eggleston, CWU, 10:27.63.
Men (Top 3 GNAC Finishers): None.

Thurs., Apr. 14 - Fri., Apr. 15
Bryan Clay Invitational at Cougar Stadium, Azusa, Calif.
Women (Top 3 GNAC Finishers): 100 Meters (Section 2) - 3, Jamie Ashcroft, UAA, 11.70. 100 Meters (Section 6) - 1, Kyra Brannan, SPU, 12.34. 200 Meters (Section 4) - 3, Mary Kathleen Cross, UAA, 24.69. 200 Meters (Section 5) - 2, Valda Kabia, SFU, 24.76. 200 Meters (Section 6) - 2, Madison Garcia, CWU, 25.02. 200 Meters (Section 9) - 1, Bryce West, SFU, 25.71. 200 Meters (Section 12) - 1, Yvonne Jeschke, UAA, 26.56. 400 Meters (Section 5) - 1, Cheryl Hong, SPU, 56.92. 400 Meters (Section 6) - 3, Hayley Bezanson,

UAA, 58.11. 400 Meters (Section 7) - 1, Bryce West, SFU, 58.14. 1,500 Meters (Section 5) - 2, Tamara Perez, UAA, 4:29.76. 100m Hurdles (Section 3) - 3, Rosie Smith, UAA, 14.98. 100m Hurdles (Section 4) - 1, Maliea Luquin, SPU, 14.34. 400m Hurdles (Section 3) - 1, Maliea Luquin, SPU, 1:01.93. 400m Hurdles (Section 4) - 2, Yvonne Jeschke, UAA, 1:02.88. 400m Hurdles (Section 5) - 3, Deja Svastisalee, WWU, 1:04.59. 400m Hurdles (Section 7) - 1, Emma Lambert, SPU, 1:05.12. High Jump (Flight 2) - 3, Tayler Fettig, CWU, 5-7.25. Long Jump (Flight 1) - 2, Kye Fedor, SFU, 17-8.25. Long Jump (Flight 4) - 2, Kyra Brannan, SPU, 18-10.75. Shot Put (Flight 1) - 3, Ashley Logan, UAA, 32-7. Women's Javelin (Flight 3) - 1, Angelique Whistocken, CWU, 145-4. Javelin (Flight 4) - 2, Bethany Drake, WWU, 156-7; 3, Katie Reichert, WWU, 155-4.

Men (Top 3 GNAC Finishers): 100 Meters (Section 1) - 3, Alex Donigan, WWU, 10.37. 100 Meters (Section 5) - 2, Darrion Gray, UAA, 10.90. 100 Meters (Section 7) - 3, Vladislav Tsygankov, SFU, 11.04. 100 Meters (Section 8) - 1, Eric Jones, UAA, 11.10. 100 Meters (Section 10) - 2, Jerry He, SFU, 11.56. 200 Meters (Section 4) - 1, Alex Donigan, WWU, 20.93. 200 Meters (Section 6) - 3, Darrion Gray, UAA, 21.98. 200 Meters (Section 10) - 3, Daniel Remington, UAA, 22.54. 200 Meters (Section 11) - 1, Zane Jobson, SFU, 22.96. 400 Meters (Section 2) - 2, Daniel Kelloway, SFU, 47.91. 400 Meters (Section 7) - 2, Daniel Remington, UAA, 49.80; 3, Justin Ramsey, SPU, 50.05. 800 Meters (Section 3) - 3, Joe Day, UAA, 1:51.21. 800 Meters (Section 4) - 1, Jesse Miller, UAA, 1:52.15. 1,500 Meters (Section 3) - 1, David Ribich, WOU, 3:43.41. 1,500 Meters (Section 5) - 2, Cameron Procevat, SFU, 3:46.47. 1,500 Meters (Section 7) - 1, Nathan Kipchumba, UAA, 3:51.19. 4x400 Relay (Section 1) - 3, Alaska Anchorage, 3:10.60. Long Jump (Flight 2) - 1, Kevin Yates, WWU, 23-0.5; 2, Jerry He, SFU, 22-7. Triple Jump (Flight 1) - 2, Mark Seely, WWU, 46-1.5; 3, Chris Brake, UAA, 45-9.25. Javelin (Flight 1) - 3, Jacob Karamanian, SFU, 148-6.

Fri., Apr. 15 - Sat., Apr. 16
Beach Invitational at Jack Rose Track, Long Beach, Calif.

Women (Top 3 GNAC Finishers): 100 Meters (Section 7) - 3, Madison Garcia, CWU, 12.24. 100 Meters (Section 8) - 3, Mary Kathleen Cross, UAA, 12.28. 100 Meters (Section 9) - 2, Kyra Brannan, SPU, 12.19. 200 Meters (Section 9) - 2, Kyra Brannan, SPU, 25.24. 400 Meters (Section 9) - 1, Alana Mussatto, SFU, 57.32 (57.316); 2, Megan Rose, WOU, 57.32 (57.320). 400 Meters - Section 10 - 2, Yvonne Jeschke, UAA, 58.28. 800 Meters (Section 3) - 2, Lynelle Decker, SPU, 2:08.98. 800 Meters (Section 7) - 1, Suzie Van De Grift, WOU, 2:14.69. 800 Meters (Section 8) - 3, Baily Beeson, WOU, 2:13.40. 800 Meters (Section 11) - 3, Miryam Bassett, SFU, 2:16.41. 800 Meters (Section 12) - 1, Danielle McCormick, UAA, 2:15.08. 1,500 Meters (Section 4) - 1, Caroline Kurgat, UAA, 4:31.58. 100m Hurdles (Section 7) - 1, Maliea Luquin, SPU, 14.13. 400m Hurdles (Section 3) - 1, Jalen Tims, SPU, 1:00.26. 400m Hurdles (Section 7) - 2, Maliea Luquin, SPU, 1:03.06. 400m Hurdles (Section 8) - 2, Deja Svastisalee, WWU, 1:03.44. Long Jump (Section 1) - 3, Kye Fedor, SFU, 16-9.75. Triple Jump (Flight 4) - 1, Ella Brown, SFU, 38-5. Javelin (Flight 1) - Rachael Huffman, WOU, 139-9.

Men (Top 3 GNAC Finishers): 100 Meters (Section 11) - 1, Liam Lindsay, UAA, 11.04; 3, Eric Jones, UAA, 11.13. 100 Meters (Section 12) - 1, Vladislav Tsygankov, SFU, 11.08. 200 Meters (Section 16) - 1, Zane Jobson, SFU, 22.90. 400 Meters (Section 4) - 1, Cody Thomas, UAA, 47.88. 400 Meters (Section 7) - 2, Liam Lindsay, UAA, 48.77. 400 Meters (Section 9) - 2, Nicholas Taylor, UAA, 48.93. 400 Meters (Section 12) - 2, James Vetrus, WOU, 49.62. 400 Meters (Section 13) - 2, Justin Ramsey, SPU, 50.16; 3, Daniel Remington,

UAA, 50.20. 800 Meters (Section 2) - 2, Nathan Kipchumba, UAA, 1:51.07. 800 Meters (Section 4) - 2, Josh Dempsey, WOU, 1:52.02. 800 Meters (Section 7) - 2, Michael Mendenhall, UAA, 1:53.20. 1,500 Meters (Section 1) - 3, Marc-Aotnoine Rouleau, SFU, 3:49.48. 1,500 Meters (Section 5) - 3, Edwin Kangogo, UAA, 3:55.35. 5,000 Meters (Section 1) - 1, Andrew Wise, WWU, 15:01.72. 110m Hurdles (Section 2) - 3, Travis Milbrandt, WWU, 14.41. 110m Hurdles (Section 7) - 1, Peyton Harris, SPU, 15.26. 400m Hurdles (Section 6) - 3, Joshua Adhemar, SFU, 57.87. 4x100 Relay (Section 3) - 1, Alaska Anchorage, 42.10. High Jump (Flight 1) - Tie 3, Tevin Gladden, UAA, 6-6.75. Pole Vault (Flight 1) - Tie 3, Kodiak Landis, CWU, 15-0.25. Long Jump (Flight 2) - 2, Chris Brake, UAA, 21-11.5. Long Jump (Flight 3) - 2, Jerry He, SFU, 21-11.5. Long Jump (Flight 4) - 2, Kevin Yates, WWU, 22-7.75; 3, Alex Wu, SFU, 22-3.75. Long Jump (Flight 5) - 3, Nathaniel van Tuinen, WWU, 22-9.75. Triple Jump (Flight 1) - 2, Justin Peterson, CWU, 44-4. Triple Jump (Flight 3) - 3, Mark Seely, WWU, 46-4.75. Discus (Flight 1) - 1, Kenny Klippel, WOU, 149-3. Hammer (Flight 2) - 1, Brandon Pless, WWU, 178-7.

Oregon Relays at Hayward Field, Eugene, Ore.

Women (Top 3 GNAC Finishers): None.
Men (Top 3 GNAC Finishers): High Jump - Tie 2, Mikel Smith, SMU, 6-9. Shot Put - 2, Josh Koch, CU, 58-4. Hammer - 2, Tyler Lamott, CU, 196-2.

NUU Invitational at Brian & Nichole Bohner Track, Nampa, Idaho

Women (Top 3 GNAC Finishers): 100 Meters - 1, Taylor Deskins, NNU, 12.26. 200 Meters - 2, Taylor Deskins, NNU, 25.16. 800 Meters - 2, Jayna Kinderbitzin, CWU, 2:17.77. 5,000 Meters - 1, Anysia Manzer, NNU, 18:02.93. 10,000 Meters - 1, Hailey Gordon, NNU, 38:16.47; 2, Sierra Manzer, NNU, 38:26.18. 100m Hurdles - 1, Lexi Tubbs, NNU, 14.23; 3, Chelsey Knott, NNU, 14.83. 400m Hurdles - 2, Kelly Nigro, NNU, 1:04.87. 4x100 Relay - 1, Northwest Nazarene A, 47.92; 3, Northwest Nazarene B, 49.99. 4x400 Relay - 1, Northwest Nazarene A, 4:03.95; 2, Northwest Nazarene B, 4:12.72. High Jump - 2, Kawena Warren, NNU, 5-3.75. Long Jump - 1, Jordan Morris, NNU, 16-9.25. Triple Jump - 2, Carli Shaul, NNU, 34-11; 3, Brooke Williams, CWU, 34-7.75. Shot Put - 2, Taylor VanValey, NNU, 41-10. Discus - 1, Brooklyn Daylong, NNU, 142-3; 3, Lexi Sarver, NNU, 137-1. Hammer - 1, Jessica Johns, NNU, 160-5; 2, Aiyana Homer, CWU, 157-8; 3, Taylor VanValey, NNU, 148-1. Javelin - 1, Ellie Logan, NNU, 138-7.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Kyler Ooley, CWU, 10.91. 200 Meters - 2, Kyler Ooley, CWU, 22.77. 400 Meters - 3, Zach Mason, NNU, 51.24. 800 Meters - 1, Isaac Mitchell, NNU, 1:55.22. 1,500 Meters - 2, Tyler Humphries, CWU, 4:16.30. 10,000 Meters - 1, Nick Hamilton, NNU, 33:08.41; 3, Gabe Fisher, NNU, 33:58.56. 110m Hurdles - 2, Payton Lewis, NNU, 14.86. 4x400 Relay - 1, Northwest Nazarene, 3:26.87; 3, Central Washington, 3:36.54. High Jump - 1, Cole Hoberg, NNU, 6-6; 2, Micah Tranch, NNU, 6-4; 3, Kyle McLaughlin, NNU, 6-2. Pole Vault - 1, Payton Lewis, NNU, 15-7.25; 3, Phillip Gwin, NNU, 14-1.75. Long Jump - 3, Nathan Moore, NNU, 22-8.5. Triple Jump - 2, Zach Whittaker, CWU, 45-9.25. Discus - 1, James Lehr, CWU, 144-8; 3, John VanBeuren, NNU, 140-10. Hammer - 1, John VanBeuren, NNU, 161-8.

Sat., Apr. 16
Pacific Open at Hanson Stadium, Forest Grove, Ore.
Women (Top 3 GNAC Finishers): None.
Men (Top 3 GNAC Finishers): 200 Meters - 3, Devonte Woods, WOU, 22.83.

GNAC Track & Field Athletes of the Week



MEN'S TRACK

Alex Donigian, Western Washington
Senior • Mission Viejo, Calif.

Donigian set the GNAC record in the 200 meters, recording a time of 20.93 seconds at the Bryan Clay Invitational. That shattered the previous record of 21.11 seconds set by Western Oregon's Mike Hinshaw in 2002. Earlier in the day, Donigian finished third in the 100 meters in 10.37 seconds and beat reigning decathlon world record holder Ashton Eaton

by one-hundredth of a second.

Also Nominated: Jasper Heckman (Saint Martin's), Isaac Mitchell (Northwest Nazarene), Carlos Ortiz (Concordia), David Ribich (Western Oregon).



WOMEN'S TRACK

Joyce Chelimo, Alaska Anchorage
Senior • Kapsowar, Kenya

Chelimo ran the fastest time so far this season in Division II in the 5,000 meters, automatically qualifying for the NCAA Championships with her time of 15:59.55 in the elite section of the Mt. SAC Relays. The performance places Chelimo third on the GNAC all-time list in the event. She finished 14th in the elite section.

Also Nominated: Taylor Deskins (Northwest Nazarene), Brittany Grant (Western Washington), Della Lyle (Montana State Billings), Nicole Pederson (Concordia), Shannon Porter (Saint Martin's), Jalen Tims (Seattle Pacific), Suzanne Van De Grift (Western Oregon).



MEN'S FIELD

Josh Koch, Concordia
Sophomore • Dayton, Nev.

Koch produced a lifetime best in the shot put at the Oregon Relays, placing second with a mark of 58 feet, 4 inches. The performance improved his No. 2 on the GNAC all-time list by three-and-a-half inches.

Also Nominated: J.T. Conrad (Western Washington), Austin Lindquist (Montana State Billings),

Nathan Moore (Northwest Nazarene), Mikel Smith (Saint Martin's).



WOMEN'S FIELD

Tayler Fettig, Central Washington
Senior • Olympia, Wash.

Fettig took third in the second flight of the high jump at the Bryan Clay Invitational. Her mark of 5 feet, 7.25 inches ties her for first in the GNAC and ties for her seventh among Division II athletes this season.

Also Nominated: Rachael Huffman (Western Oregon), Jessica Johns (Northwest Nazarene).

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			Joyce Chelimo, UAA	
Apr. 11 - 17	Bernari Sternes, CWU	Payton Lewis, NNU	Della Lyle, MSUB	Christina MacDonald, CU
	Alex Donigian, WWU	Josh Koch, Concordia	Joyce Chelimo, UAA	Tayler Fettig, CWU

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

Around The GNAC



MAKING IT AUTOMATIC: In just his sophomore season, Western Oregon's **David Ribich** is making sure his is guaranteed a trip to the NCAA Division II Championships.

Ribich ran an outstanding race to win the third section of of the 1,500 meters at the Bryan Clay Invitational. His time of 3:43.61 set the GNAC record,

bettering the previous record of 3:44.67 set by **Alfred Kangogo** of Alaska Anchorage in 2011. In the process, Ribich hit the automatic qualifying mark for May's NCAA Championships and ran the second fastest time this season in Division II. He is bettered only by Chico State's Kyle Medina, who ran 3:41.80 in the second section of the 1,500.

In his section, Ribich bettered 12 Division I athletes to win. He had the six fastest time out of all 208 athletes in the 13 sections of the race. The 1,500-meter is the second conference mark Ribich has set this season. He set the GNAC's indoor mile record with a time of 4:05.21.



AUTOMATIC AGAIN: As if one wasn't enough, Alaska Anchorage's **Joyce Chelimo** added a second automatic qualifying mark for the NCAA Championships with an impressive performance in the 5,000 meters at the Mt. SAC Relays.

Selected to compete in the meet's elite 5,000-meter race, Chelimo placed 14th with the best time in

Division II this season at 15:59.55. She was one of just three Division II athletes to make the elite field and had fifth fastest time by a collegian in the race. The performance also ranks as the third fastest in GNAC history.

In addition, Chelimo added a provisional qualifying mark in the 1,500 meters with her time of 4:32.78 at the Beach Invitational on Saturday. That qualifies the senior for nationals in all three distance events. At the Stanford Invitational, Chelimo automatically qualified in the 10,000 meters with a GNAC record time of 33:14.41, a mark that still leads Division II.



WHAT A DAY FOR DONIGIAN: When Western Washington's **Alex Donigian** looks back on his collegiate track and field career, chances are that Fri., Apr. 15 may be the best day ever.

Competing at the Bryan Clay Invitational, Donigian succeeded in breaking the oldest record on the GNAC record book. He won the fourth sections of the 200 meters

with a time of 20.93 seconds. That easily bettered the previous record of 21.11 seconds set by Western Oregon's Mike Hinshaw in 2002. The mark is a provisional qualifier for the NCAA Championships and is fifth best in Division II this season.

And while that accomplishment is impressive, it is what Donigian did in the 100 meters earlier in the day that will be the lasting memory. Racing in the fast first heat, Donigian placed third with a time of 10.37 seconds. In the process, he beat reigning world decathlon champion and world record holder Ashton Eaton by one-hundredth of a second (10.38). FloTrack later captured Donigian coming off the track to shake Eaton's hand following the race.

WESTERN WASHINGTON IS GNAC TEAM OF THE WEEK: The efforts of Donigian along with solid all-around performances by the whole team earned Western Washington the the GNAC Red Lion Team of the Week award. Western Washington dominated the women's javelin, with four top-10 placers at the Bryan Clay Invitational, led by **Bethany Drake's** second place finish with a long throw of 156 feet, 7 inches. **Katie Reichert** took third place at 155 feet, 4 inches, followed by Mariah Horton (146-7) in fifth and Anosi Laupola (141-1) for eighth.

The Vikings had a number of strong finishes at the Beach Invitational in Long Beach, Calif. Senior hurdler **Travis Milbrant** recorded his best time of the season of 14.41 seconds in the 100 meter hurdles taking ninth place.

Sophomore **J.T. Konrad** cleared 15 feet, 6.25 inches in the men's pole vault, reaching the eighth best mark in school history. Sophomore Deja Svastisalee ran the ninth fastest time in the 400 meter hurdles for the Vikings, finishing in 1 minute, 3.44 seconds.

Up north in Eugene, Ore., at the Oregon Relays, **Shawna Troupe** and Kali Klotz-Brooks hit the sixth and seventh best times in Western Washington history in the women's 1,500 meters. Troupe took 20th in the event at 4:35.86, followed closely by Klotz-Brooks at 4:35.90 for 21st place.

ADD RECORDS: Alaska Anchorage's men succeeded in re-setting their own GNAC record in the 4x400 relay. The team of **Liam Lindsay, Nicholas Taylor, Adam Commandeur** and **Cody Thomas** finished third in the first section of the event at the Bryan Clay Invitational. Their time of 3:10.60 not only surpassed the meet record, but bettered the GNAC record of 3:12.22 set by the Seawolves in 2012. The team was bettered only by teams from Oklahoma Baptist and Arizona State. The time also currently ranks eighth in Division II.

NO BARRIERS FOR STEEPLECHASERS: The GNAC's top-four steeplechasers ran solid races over the weekend, making their chances of qualifying for nationals that much better.

Western Washington's **Matthew Lutz** placed fourth in the third section of the collegiate steeplechase at the Mt. SAC Relays, ducking under nine minutes for the first time. His time of 8:59.97 puts him at No. 4 on the GNAC all-time list and is fifth best in Division II. Lutz's teammate, **Andrew Wise**, placed sixth in the second flight with a time of 9:11.08, moving him to 17th on the Division II list.

On the womens side, Central Washington's **Dani Eggleston** finished third in the first section of the collegiate steeplechase at Mt. SAC. Her time of 10:27.63 is sixth best in Division II this season and puts her at No. 3 on the GNAC all-time list. Western Washington's **Brittany Grant** finished eighth in the steeplechase at the Oregon Relays. Her time of 10:52.48 moves her to 18th on the Division II list.

QUALIFIERS UPDATE: It was a big week for GNAC teams as athletes set or improved a total of 51 qualifying marks for the NCAA Division II Championships. To date, GNAC athletes have set 109 qualifying marks (45 men, 64 women), including 28 top-10 marks.

Included in those established top-10 marks on the men's side over the last week are Western Oregon's **David Ribich** in the 1,500 meters (3:43.41, 2nd), Western Washington's **Alex Donigian** in the 200 meters (20.93, 5th) and Simon Fraser's **Cameron Proceviat** in the 1,500 meters (3:46.47).

Women posting top-10 marks over the last week include Alaska Anchorage's **Joyce Chelimo** in the 5,000 meters (15:59.55, 1st), the Seawolves **Jamie Ashcroft** in the 100 meters (11.70, 7th), Seattle Pacific's **Lynelle Decker** in the 1,500 meters (4:27.16, 4th), Alaska Anchorage's **Caroline Kurgat** in the 5,000 meters (16:30.85, 7th), Central Washington's **Dani Eggleston** in the steeplechase (10:27.63, 6th) and the Wildcats' **Taylor Fettig** in the high jump (5-7.25, tie 7th).

IN THE NATIONAL POLLS: The GNAC women continue to hold strong in the USTFCCA Division II National Computer Rankings. Alaska Anchorage improved three spots to No. 10 in the national rankings, which were released on Tuesday. Seattle Pacific dropped two spots to No. 17 and Western Washington dropped four spots to No. 18. In the men's rankings, Alaska Anchorage slid seven spots to No. 15 while Western Washington improved nine spot to re-emerge in the top-25 at No. 21.

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.

GNAC Qualifiers For NCAA Division II Outdoor Championships

MEN'S AUTOMATIC QUALIFIERS AS OF APR. 21, 2016

1,500 Meters	David Ribich, WOU	3:43.41	2nd	4/14/16
Javelin	Cody Parker, UAA	71.50/234-7	1st	3/30/16

MEN'S PROVISIONAL QUALIFIERS AS OF APR. 21, 2016

Event	Athlete	Mark	Rank	Date
100 Meters	Alex Donigian, WWU	10.33	3rd	3/30/16
200 Meters	Alex Donigian, WWU	20.93	5th	4/14/16
	Cody Warner, WOU	21.15	T-11th	4/14/16
400 Meters	Cody Thomas, UAA	47.88	34th	4/15/16
	Daniel Kelloway, SFU	47.91	35th	4/15/16
800 Meters	Nathan Kipchumba, UAA	1:49.67	5th	4/1/16
	Josh Dempsey, WOU	1:49.84	6th	4/1/16
	Josh Hanna, WOU	1:50.11	8th	4/1/16
	Cameron Proceviat, SFU	1:50.81	13th	4/15/16
	Joe Day, UAA	1:51.21	18th	4/14/16
	Jesse Miller, UAA	1:52.15	29th	4/14/16
1,500 Meters	Cameron Proceviat, SFU	3:46.47	8th	4/14/16
	Marc-Antoine Rouleau, SFU	3:47.96	11th	4/14/16
	Sam Naffziger, WOU	3:49.63	23rd	4/14/16
	Nathan Kipchumba, UAA	3:51.89	34th	4/14/16
5,000 Meters	Henry Cheseto, UAA	14:13.25	16th	4/14/16
	Edwin Kangogo, UAA	14:29.99	24th	4/14/16
10,000 Meters	Henry Cheseto, UAA	29:36.07	8th	4/1/16
	Edwin Kangogo, UAA	29:46.48	16th	4/1/16
	Victor Samoei, UAA	30:34.11	38th	4/14/16
	Turner Wiley, SPU	30:53.09	45th	4/1/16
110m Hurdles	Bernari Sternen, CWU	14.34	11th	4/8/16
	Travis Milbrandt, WWU	14.41	18th	4/15/16
Steeplechase	Matt Lutz, WWU	8:59.97	5th	4/14/16
	Andrew Wise, WWU	9:11.08	17th	4/14/16
4x400 Relay	Alaska Anchorage	3:10.60	8th	4/14/16
High Jump	Mikel Smith, SMU	2.09/6-10.25	T-14th	4/2/16
	Cole Hoberg, NNU	2.05/6-8.75	T-30th	4/1/16
	Tevin Gladden, UAA	2.04/6-8.25	T-39th	4/1/16
Pole Vault	Matt DeHan, SMU	4.93/16-2	16th	3/18/16
	Payton Lewis, NNU	4.80/15-9	T-27th	4/8/16
	Gordon Kordas, WWU	4.76/15-7.25	T-33rd	4/14/16
Triple Jump	Luke Plummer, CWU	14.98/49-1.75	T-17th	4/15/16
	Wesley Gray, WOU	14.70/48-2.75	28th	4/8/16
Shot Put	Josh Koch, CU	17.78/58-4	8th	4/15/16
	Robert Watson, CU	16.64/54-7.25	T-20th	3/18/16
Discus	Josh Koch, CU	49.69/163-0	23rd	4/8/16
Hammer	Tyler Lamott, CU	61.00/200-1	10th	4/1/16
	Armando Tafoya, CWU	58.04/190-5	13th	4/8/16
	Brandon Pless, WWU	54.43/178-7	37th	4/15/16
Javelin	John Haskin, WWU	62.39/204-8	11th	3/18/16
	Brian Chalkley, SMU	61.09/200-5	19th	3/5/16
	Justin Larson, WOU	60.97/200-0	22nd	4/15/16
	Alex Berry, WWU	59.65/195-8	24th	4/2/16
Decathlon	Cody Thomas, UAA	7,079	6th	3/30/16
	Kodiak Landis, CWU	6,228	22nd	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
5,000 Meters	Joyce Chelimo, UAA	15:59.55	1st	4/14/16
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	4th	4/2/16
	Katie Reichert, WWU	50.16/164-7	5th	3/26/16

WOMEN'S PROVISIONAL QUALIFIERS AS OF APR. 21, 2016

Event	Athlete	Mark	Rank	Date
100 Meters	Jamie Ashcroft, UAA	11.70	9th	4/14/16
200 Meters	Jamie Ashcroft, UAA	24.39	20th	4/1/16
	Mary Kathleen Cross, UAA	24.50	28th	3/26/16
400 Meters	Jahzelle Ambus, SPU	55.62	22nd	4/1/16
800 Meters	Lynelle Decker, SPU	2:08.08	2nd	4/1/16
	Tamara Perez, UAA	2:11.01	13th	4/1/16
	Alana Mussatto, SFU	2:11.74	15th	4/14/16
	Suzie Van De Grift, WOU	2:11.76	16th	4/14/16
	Addy Townsend, SFU	2:11.85	18th	4/14/16
	Sophie Dodd, SFU	2:12.15	22nd	4/1/16
	Chymna Phan, SPU	2:13.14	29th	4/14/16
1,500 Meters	Lynelle Decker, SPU	4:27.16	4th	4/14/16
	Caroline Kurgat, UAA	4:29.39	12th	3/26/16
	Tamara Perez, UAA	4:29.76	14th	4/14/16
	Stephanie Stuckey, WOU	4:30.59	19th	4/1/16
	Jessica Pahkala, UAA	4:30.60	20th	4/14/16
	Shannon Porter, SMU	4:32.30	26th	3/5/16
	Joyce Chelimo, UAA	4:32.78	28th	4/15/16
5,000 Meters	Caroline Kurgat, UAA	16:30.85	7th	4/14/16
	Shannon Porter, SMU	16:32.03	9th	4/1/16
	Rebecca Bassett, SFU	16:42.50	12th	4/14/16
	Anna Patti, SPU	16:54.63	18th	4/14/16
	Mary Charleson, SPU	17:02.93	25th	4/1/16
	Taylor Guenther, WWU	17:04.68	26th	4/15/16
	Dani Eggleston, CWU	17:09.51	31st	3/26/16
	Sarah Macdonald, SPU	17:12.14	34th	4/14/16
	Lillianna Sterling, WWU	17:16.50	40th	4/15/16
10,000 Meters	Anna Patti, SPU	36:09.37	25th	4/1/16
	Shannon Porter, SMU	36:19.02	29th	4/14/16
	Della Lyle, MSUB	36:19.19	30th	4/14/16
	Megan Rogers, CWU	36:24.46	31st	4/14/16
100m Hurdles	Maliea Luquin, SPU	14.13	21st	4/15/16
	Mariah Vongsaveng, CWU	14.15	24th	4/14/16
	Lexi Tubbs, NNU	14.18	26th	4/1/16
400m Hurdles	Jalen Tims, SPU	1:00.06	6th	4/9/16
	Maliea Luquin, SPU	1:01.93	24th	4/14/16
	Monique Lisek, SFU	1:02.25	34th	4/14/16
Steeplechase	Dani Eggleston, CWU	10:27.63	6th	4/14/16
	Brittany Grant, WWU	10:52.48	18th	4/15/16
	Della Lyle, MSUB	11:03.90	31st	4/9/16
4x100 Relay	Seattle Pacific	46.81	23rd	4/14/16
4x400 Relay	Seattle Pacific	3:43.76	5th	4/1/16
High Jump	Taylor Fettig, CWU	1.71/5-7.25	T-7th	4/14/16
	Miranda Osadchey, WWU	1.71/5-7.25	T-7th	3/18/16
Pole Vault	Anna Paradee, WWU	3.67/12-0.5	T-25th	4/15/16
	McKenna Emmert, CWU	3.65/11-11.75	T-28th	4/2/16
Triple Jump	Jasmine McMullin, WWU	12.08/39-9.75	12th	3/31/16
	Ella Brown, SFU	12.02/39-5.25	17th	4/1/16
Shot Put	Katrina Linenko, CU	14.27/46-10	10th	3/18/16
	Emmi Collier, WOU	14.16/46-5.5	12th	4/8/16
Javelin	Mariah Horton, WWU	47.62/156-3	7th	3/26/16
	Anosi Laupola, WWU	45.50/149-3	11th	3/18/16
	Ellie Logan, NNU	44.61/146-4	13th	3/18/16
	Angelique Whistocken, CWU	44.31/145-4	16th	4/9/16
	Deanna Avalos, SMU	43.63/143-2	17th	4/9/16
	Kathryn Walker, SMU	43.53/142-10	19th	3/18/16
	Jona Spiller, SMU	43.44/142-6	21st	3/5/16
	Amanda Short, WOU	42.71/140-1	29th	3/5/16
	Rachael Huffman, WOU	42.61/139-9	30th	4/15/16
	Sheila Limas De La Cruz, WOU	41.94/137-7	36th	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	—	—	—
Apr. 19	15th	—	—	21st

USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Apr. 19, 2016 (Week 6)

Rk	School	Pts.	Prev.
1.	Saint Augustine's	182.54	1
2.	Grand Valley State	164.31	3
3.	Texas A&M-Kingsville	150.13	2
4.	Adams State	137.10	14
5.	Tiffin	114.97	35
6.	Missouri Southern	114.57	21
7.	Chico State	113.78	4
8.	Ashland	99.42	7
9.	Central Missouri	91.62	12
10.	Academy of Art	87.14	15
11.	Colorado Mines	86.14	6
12.	Shippensburg	85.33	19
13.	Minnesota State	80.88	22
14.	Azusa Pacific	80.38	10
15.	Alaska Anchorage	78.82	8
16.	Angelo State	76.27	5
17.	Pittsburg State	74.98	13
18.	Texas A&M-Commerce	66.92	9
19.	UC San Diego	57.91	11
20.	Findlay	56.36	28
21.	Western Washington	55.23	30
22.	Cal State LA	49.77	23
23.	Southern Indiana	49.32	51
24.	Stanislaus State	49.31	20
25.	Johnson C. Smith	47.40	16

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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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
Apr. 19	10th	—	—	17th	—	18th

USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Apr. 19, 2016 (Week 6)

Rk	School	Pts.	Prev.
1.	Saint Augustine's	165.26	1
2.	Grand Valley State	133.94	8
3.	Johnson C. Smith	120.45	2
4.	Pittsburg State	113.18	10
5.	West Texas A&M	108.74	3
6.	Central Missouri	106.21	7
7.	Lewis	105.17	67
8.	Texas A&M-Kingsville	101.04	5
9.	Findlay	99.84	11
10.	Alaska Anchorage	97.77	13
11.	Chico State	97.27	4
12.	Shorter	85.44	6
13.	Adams State	82.79	16
14.	Hillsdale	73.13	12
15.	Clafin	72.07	17
16.	Angelo State	71.61	9
17.	Seattle Pacific	70.31	15
18.	Western Washington	62.52	14
19.	Minnesota State	62.35	19
20.	Azusa Pacific	56.39	20
21.	Missouri Southern	55.80	25
22.	Stanislaus State	55.19	21
23.	Sioux Falls	54.98	22
24.	Humboldt State	54.06	20
25.	Ashland	52.80	29

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	Alex Donigian, Western Washington (2015)
200 Meters	20.93	Alex Donigian, Western Washington (2016) <i>Previous: 21.11, Mike Hinshaw, Western Oregon (2002)</i>
400 Meters	47.51	Ethan Hewitt, Alaska Anchorage (2011)
800 Meters	1:47.58	Badane Sultessa, Western Oregon (2015)
1,500 Meters	3:43.61	David Ribich, Western Oregon (2016) <i>Previous: 3:44.67, Alfred Kangogo, Alaska Anchorage (2011)</i>
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	3:10.60	Alaska Anchorage (2016) <i>Previous: 3:12.22, Alaska Anchorage (2014)</i>
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)
4x400 Relay	3:13.84	Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols Simon Fraser (2015)
High Jump	2.07/6-9.5	Stuart Ellenwood, Cameron Proceviat, Joel Webster, Daniel Kelloway 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	33:14.41	Joyce Chelimo, Alaska Anchorage (2016) <i>Previous: 33:17.39, Sarah Porter, Western Washington (2011)</i>
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)
4x400 Relay	3:44.11	Mackenzie Harsch, Rosie Smith, Sasha Halfyard, Jamie Ashcroft Seattle Pacific (2013)
High Jump	1.74/5-8.5	Kishia Mitchell, Emily Quatier, Jasmine Johnson, McKayla Fricker 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 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, Marinah 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, Kyler 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.

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 Sternen, 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.

2016 GNAC Outdoor Meet Summaries

Bauer Invitational

at O'Harra 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.