



May 5, 2016 • Week 16
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Contact: Blake Timm, Assistant Commissioner For Communications
503-805-8756 • btimm@gnacsports.com

GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., May 6

Montana State Billings at Tom Gage Twilight, Missoula, Mont.
Alaska Anchorage, Concordia, Western Oregon at Oregon Twilight, Eugene, Ore.
Central Washington, Saint Martin's, Seattle Pacific, Western Washington at Central Washington GNAC Last Qualifier, Ellensburg, Wash.

Sat., May 7

Western Oregon at Oxy Invitational, Los Angeles, Calif.

LAST WEEK'S MEETS

Fri., Apr. 29 - Sat., Apr. 30

Idaho/Utah Border Clash
at Ed Jacoby Track, Boise, Idaho

Women (Top 3 GNAC Finishers): 5,000 Meters - 2, Sierra Manzer, NNU, 18:04.12. 100m Hurdles - 3, Lexi Tubbs, NNU, 14.31. Javelin - 3, Ellie Logan, NNU, 151-11.

Men (Top 3 GNAC Finishers): High Jump - 2, Cole Hoberg, NNU, 6-9. Pole Vault - 2, Payton Lewis, NNU, 17-0.75.

Oregon State High Performance Meet
at Whyte Track Complex, Corvallis, Ore.

Women (Top 3 GNAC Finishers): 400 Meters - 3, Olivia Woods, WOU, 56.66. 4x400 Relay - 3, Concordia, 4:02.69.

Men (Top 3 GNAC Finishers): 800 Meters (Invitational) - 2, Badane Sultessa, WOU, 1:50.93; 3, Josh Dempsey, WOU, 1:51.03. 800 Meters (Section 1) - 3, Joe Soik, WOU, 1:56.79. 800 Meters (Section 2) - 1, David Ribich, WOU, 1:52.63. 1,500 Meters - 3, David Ribich, WOU, 3:49.15. 110m Hurdles - 2, Kaleb Dobson, WOU, 14.85. Triple Jump - 2, Wesley Gray, WOU, 44-11. Shot Put - 2, Josh Koch, CU, 58-3.5. Hammer - Tyler Lamott, CU, 188-1.75.

Mt. Hood Track Festival
at Mt. Hood CC, Gresham, Ore.

Women (Top 3 GNAC Finishers): 400m Hurdles - 2, Kathryn Curtis, CU, 1:08.40. Steeplechase - 2, Zoe Worobel, CU, 12:12.42.

Men (Top 3 GNAC Finishers): None.

Ralph Vernacchia Invitational

at Civic Stadium, Bellingham, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 3, Veronica Ivancic, WWU, 12.58. 200 Meters - 3, Veronica Ivancic, WWU, 25.90. 400 Meters - 3, Cheyenne Conrad, WWU, 58.86. 1,500 Meters - 3, Shannon Porter, SMU, 4:29.82. 3,000 Meters - 1, Shannon Porter, SMU, 9:57.80. 5,000 Meters - 3, Taylor Guenther, WWU, 17:15.34. 10,000 Meters - 2, Hallie Whitley, WWU, 41:02.3h. 100m Hurdles - 2, Tianna Banfro, CWU, 15:15; 3, Allison Deck, CWU, 15.26. 400m Hurdles - 3, Deja Svasitalee, WWU, 1:04.97. Steeplechase - 1, Erin Chinchar, CWU, 10:50.71. 4x100 Relay - 1, Western Washington, 48.69; 3, Saint Martin's, 50.92. 4x400 Relay - 1, Western Washington, 3:59.90; 2, Saint Martin's, 4:06.68. High Jump - 1, Tayler Fetting, CWU, 5-7.75; Tie 2 - Bridget Henry, WWU, 5-1.75; Tie 2, Katelyn Wright, WWU, 5-1.75. Pole Vault - 1, McKenna Emmert, CWU, 12-3.5; 2, Anna Paradee, WWU, 11-9.75. Triple Jump - 2, Kelly Cronin, CWU, 36-3.5; 3, Brooke Williams, CWU, 36-0. Shot Put - 2, Kirby Neale, SMU, 43-10; 3, Amanda Youngers, CWU, 43-7.75. Discus - 2, Megan Mortensen, WWU, 155-4; 3, Megan Vernoy, SMU, 135-7. Javelin - 2, Bethany Drake, WWU, 171-7; 3, Katie Reichert, WWU, 161-2.

Men (Top 3 GNAC Finishers): 400 Meters - 2, Ryan McArthur, WWU, 48.5h; 3, Reid Lovercamp, WWU, 49.9h. 1,500 Meters - 2, Dylan Brown, WWU, 3:55.25. 3,000 Meters - 3, Jasper Heckman, SMU, 9:07.41. 5,000 Meters - 1, Matthew Lutz, WWU, 15:11.60. 10,000 Meters - 1, Ryan Peterson, WWU, 32:51.2h; 2, Harry Engel, CWU, 33:38.0h. 110m Hurdles - 1, Travis Milbrandt, 14.19 (Meet Record); 2, Bernari Sternem, CWU, 14.57. 400m Hurdles - 1, Bernari Sternem, CWU, 53.06 (Meet Record); 2, Trevaughn Scott, CWU, 55.44. Steeplechase - 2, Andrew Wise, WWU, 9:24.07. 4x100 Relay - 1, Western Washington, 42.23; 2, Saint Martin's, 42.34. 4x400 Relay - 1, Western Washington, 3:21.92; 2, Central Washington, 3:25.62; 3, Saint Martin's, 3:27.32. 4x800 Relay - 2, Central Washington, 10:07.74. High Jump - 1, Mikel Smith, SMU, 6-10.75. Pole Vault - 1, J.T. Conrad, WWU, 16-4.75; 2, Jacob Hino, WWU, 15-11; 3, Craig Boyle, SMU, 14-5.25. Long Jump - 1, Kevin Yates, WWU, 23-7.25; 2, Nathaniel van Tuinen, WWU, 22-8.5; 3, Latrelle Swayne, SMU, 22-3.75. Triple Jump - 1, Mark Seely, WWU, 46-10. Shot Put - 2, Brandon Pless, WWU, 50-2; 3, Armando Tafoya, CWU, 48-10.75. Discus - 1, Armando Tafoya, CWU, 159-6; 3, Brandon Pless, WWU, 149-0. Hammer - 1, Armando Tafoya, CWU, 175-9; 2, Brandon Pless, WWU, 175-1; 3, Mitch Wilkens, SMU, 174-5. Javelin - 2, Alex Barry, WWU, 201-8.

Ken Shannon Invitational

at Husky Track, Seattle, Wash.

Women (Top 3 GNAC Finishers): 100 Meters (Section 1) - 3, Jalen Tims, SPU, 12.34. 100 Meters (Section 2) - 3, Cheryl Hong, SPU, 12.61. 100 Meters (Section 3) - 1, Raquel Milosavljevic, SFU, 12.80. 200 Meters (Section 2) - 2, Bryce West, SFU, 25.65. 400 Meters - 1, Jahzelle Ambus, SPU, 54.68. 800 Meters - 1, Lynelle Decker, 2:08.90. 1,500 Meters - 1, Mary Charleson, SPU, 4:30.80; 2, Julia Howley, SFU, 4:31.99. 100m Hurdles - 2, Maliea Luquin, SPU, 14.01. High Jump - 2, Geneva Lehnert, SPU, 5-5; 3, Naphtali Ward, SPU, 5-3. Triple Jump - 2, Ella Brown, SFU, 38-2.25.

Men (Top 3 GNAC Finishers): 100 Meters (Section 2) - 2, Jerry He, SFU, 11.15. 100 Meters (Section 3) - 2, Zane Jobson, SFU, 11.73. 200 Meters (Section 4) - 1, Corey Parks, SFU, 23.63. 400 Meters (Section 2) - 2, Michael Hutchinson, SFU, 50.63; 3, Corey Parks, SFU, 52.13. 800 Meters (Section 1) - 1, Cameron Proceviat, SFU, 1:49.96. 800 Meters (Section 2) - 1, Jesse Phan, SPU, 1:56.34. 800 Meters (Section 3) - 3, David Sawatsky, SFU, 2:06.30. 1,500 Meters (Section 1) - 2, Marc-Antoine Rouleau, SFU, 3:45.45. 1,500 Meters (Section 2) - 2, Turner Wiley, SPU, 4:02.65. 5,000 Meters - 1, Rowan Doherty, SFU, 15:19.38 (Facility Record). 110m Hurdles - 2, Peyton Harris, SPU, 15.27. Steeplechase - 1, Braeden Charlton, SFU, 9:34.43; 3, Ben Halladay, SPU, 10:16.21. 4x400 Relay - 3, Simon Fraser, 3:28.17. Long Jump - 3, Peyton Harris, SPU, 22-9.75.

Sun., May 1

Payton Jordan Invitational
at Cobb Track & Angell Field, Palo Alto, Calif.

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

GNAC Multi-Event Championships
at Saint Martin's Track & Field Complex, Lacey, Wash.

Decathlon: 1, Cody Thomas, UAA, 7,201 (GNAC Championships record). 2, Payton Lewis, NNU, 6,611. 3, Kodiak Landis, CWU, 6,469. 4, Michael Forster, CWU, 6,011. 5, Justin Peterson, CWU, 5,942. 6, David Durden, SMU, 4,753.

Heptathlon: 1, Maliea Luquin, SPU, 4,738. 2, Ellie Logan, NNU, 4,541. 3, Ali Anderson, CWU, 4,372. 4, Kawena Warren, NNU, 4,105. 5, Jordan Morris, NNU, 4,065. 6, Jade Crawford, SPU, 3,721. 7, Rosie Smith, UAA, 3,711. 8, Lauren Duval, NNU, 3,710. 9, Elena Hampton, CU, 3,634. 10, Kathryn Curtis, CU, 3,314.

GNAC Track & Field Athletes of the Week



MEN'S TRACK

Robert Peterson, Montana State Billings
Senior • Billings, Mont.

The senior won the 800 meters at Saturday's Montana Open in just his second time running the event collegiately. His time of 1:53.18 set the MSUB school record, surpassing the previous mark of 1:55.09 by Drew Galahan in 2014. Peterson also won the 3,000-meter steeplechase in a time of 9:28.07, third best in the GNAC this season after

altitude conversion.

Also Nominated: Jasper Heckman (Saint Martin's), Kyle McLaughlin (Northwest Nazarene), Jared Seckel (Concordia).



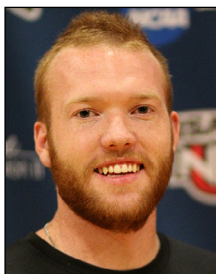
WOMEN'S TRACK

Taylor Deskins, Northwest Nazarene
Junior • Corvallis, Ore.

Deskins became the first NNU athlete to ever run under 12 seconds in the women's 100 meters, setting the school record at 11.95 seconds at the Idaho/Utah Border Clash. She finished in fifth place overall and moved up to No. 3 on the GNAC all-time list. Deskins went on to place ninth in the 200 meters in 25.04 seconds and ran on the Crusaders' fourth

place 4x400-meter relay team.

Also Nominated: Jahzelle Ambus (Seattle Pacific), Makenzee Cleveland-Aguirre (Concordia), Shannon Porter (Saint Martin's), Josey Smiedala (Montana State Billings).



MEN'S FIELD

Payton Lewis, Northwest Nazarene
Sophomore • Nampa, Idaho

Lewis set the NNU record in the pole vault and hit an automatic qualifying mark for the NCAA Division II Championships, placing second at the Idaho/Utah Border Clash with a mark of 17 feet, 0.75 inches. He became just the second athlete in GNAC history to clear 17 feet and currently ranks third in Division II this season.

Also Nominated: Nels Flanagan (Montana State Billings), J.T. Konrad (Western Washington), Mikel Smith (Saint Martin's), Jimmy Wheeler (Concordia).



WOMEN'S FIELD

Bethany Drake, Western Washington
Junior • Sandy, Ore.

Drake reset her own Western Washington and GNAC records in the javelin on her home field, winning at WWU's Ralph Vernacchia Invitational with a mark of 171 feet, 7 inches. The mark surpassed her previous record of 169 feet, 6 inches, set in 2014, is third best in Division II this season and is 10th best all-time in Division II history.

Also Nominated: Ellie Logan (Northwest Nazarene), Kirby Neale (Saint Martin's), Rachel Siltman (Concordia).

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 Sternem, CWU	Payton Lewis, NNU	Joyce Chelimo, UAA	Christina MacDonald, CU
Apr. 11 - 17	Alex Donigian, WWU	Josh Koch, Concordia	Della Lyle, MSUB	Taylor Fettig, CWU
Apr. 18 - 24	Travis Milbrandt, WWU	Armando Tafoya, CWU	Joyce Chelimo, UAA	Kyra Brannan, SPU
Apr. 25 - May 1	Robert Peterson, MSUB	Payton Lewis, NNU	Jamie Ashcroft, UAA	Bethany Drake, WWU
			Taylor Deskins, NNU	

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

Around The GNAC

ANOTHER RECORD BREAKING WEEKEND: It was a record-breaking weekend for GNAC athletes with at least five school records and one conference record falling, including marks by all four GNAC Track Athlete of the Week selections.

Western Washington's **Bethany Drake** tops the list as she toppled her own record in the women's javelin. At the Vikings' lone home meet of the season, the Ralph Vernachia Invitational, Drake popped a throw of 171 feet, 2 inches. That easily surpassed her own Western Washington and GNAC record of 169 feet, 6 inches, which was set in 2014. To top it off, the mark is also the 10th best in Division II history and improves her No. 3 mark in Division II this season.

Montana State Billings' **Robert Peterson** set the Yellowjackets' record in an event he rarely competes in. Peterson won the men's 800 meters at the Montana Open on Saturday. His time of 1:53.18 surpassed the previous school record of 1:55.09 set by Drew Galahan in 2014. Peterson went on to also win the steeplechase with a time of 9:28.07.

Northwest Nazarene saw three athletes set school records at the Idaho/Utah Border Clash. **Payton Lewis** became just the second GNAC athlete to clear 17 feet in the men's pole vault, setting a school record with his clearance of 17 feet, 0.75 inches. The performance automatically qualified the sophomore for the NCAA Division II Championships.

Taylor Deskins became the first NNU athlete to go under 12 seconds in the women's 100 meters, placing fifth at the Border Clash in a time of 11.95 seconds. The time also ranks No. 4 on the GNAC all-time list. **Ellie Logan** broke her own NNU record in the javelin, placing third with a mark of 151 feet, 11 inches. The performance ranks Logan 10th in Division II this season.

GNAC MULTI-EVENT CHAMPIONSHIPS: Alaska Anchorage's **Cody Thomas** and Seattle Pacific's **Maliea Luquin** completed a pair of unchallenged performances as the duo won their respective events at the GNAC Multi-Event Championships, which concluded Tuesday at Saint Martin's University's Track and Field Complex.

Thomas became just the second three-time champion in the decathlon and did so in record fashion. The senior blew away his own GNAC Championships record with a score of 7,201 points, surpassing the mark of 6,617 that he set at the 2014 Multi-Event Championships. The total is No. 3 in Division II this season and automatically qualifies Thomas for the NCAA Division II Championships.

In addition to the overall point record, Thomas set GNAC Championships decathlon records in the high jump, 400 meters and the 110-meter hurdles.

Thomas was 590 points better than 2015 GNAC champion **Payton Lewis** of Northwest Nazarene, who finished in second place with 6,611 points. Central Washington's **Kodiak Landis** finished third with a total of 6,469 points. Both athletes hit provisional qualifying marks for the NCAA Championships.

Luquin, meanwhile, succeeded in holding on to her first place lead to capture the title with a score of 4,738 points. The total provisionally qualifies Luquin for the NCAA Championships. It also marks the eighth time in the 15-year history of the conference that a Seattle Pacific athlete has won the heptathlon title.

Northwest Nazarene's **Ellie Logan** placed second and also hit a provisional qualifying mark for the NCAA Championships with her score of 4,541 points. Central Washington's **Ali Anderson** placed third with a score of 4,372 points.

Thomas took a 620-point lead into the second day of the decathlon by winning all five first day events. He opened the second day with his record win in the 110-meter hurdles, crossing the line in 14.81 seconds. The string of straight wins ended in the seventh event, the discus, which was won by Lewis with a mark of 126 feet. Lewis also won his specialty event, the pole vault, with a clearance of 15 feet, 11.75 inches.

Saint Martin's **David Durden** won the javelin with a mark of 165 feet, 2 inches, and Central Washington's **Justin Peterson** closed the day with a win in the 1,500 meters in a time of 4:34.03.

Luquin did not win an event on day two, but managed to keep no less than a 200-point cushion in the competition over Logan. Anderson won the first event of the day, the long jump, with a mark of 18 feet, 2.5 inches. Logan won her

specialty event, the javelin, with a mark of 147 feet, 2 inches. Anderson closed the competition with a win in the 800 meters in 2:20.01.

Team points earned in the GNAC Multi-Event Championships will carry over to the GNAC Outdoor Track and Field Championships.

NATIONALS QUALIFIERS: The list of GNAC qualifiers for the NCAA Division II Championships continues to grow. Conference athletes created or improved 30 qualifying marks over the last week. To date, the GNAC has 10 automatic qualifiers for the NCAA Championships and 120 provisional qualifying marks.

The most change for the GNAC this week came in the women's 1,500 meters where four marks were added or changed. Saint Martin's **Shannon Porter** improved to 20th on the list with her time of 4:29.82 from the Ken Shannon Invitational. Also adding their names to the list are Seattle Pacific's **Mary Charleson** (28th) and Simon Fraser's **Julia Howry** (30th) and **Rebecca Bassett** (37th).

The GNAC added two men's automatic qualifiers. **Payton Lewis** automatically qualified in the pole vault with his mark of 17 feet, 0.75 inches at the Idaho/Utah Border Clash, currently third in Division II. Simon Fraser's **Marc-Antoine Rouleau** automatically qualified in the 1,500 meters with his time of 3:45.45 at the Oregon State High Performance Meet. While the league added no women's automatic qualifiers, Western Washington's **Bethany Drake** improved her mark in the javelin with her throw of 171 feet, 7 inches, at the Ralph Vernachia Invitational.

Other GNAC men's athletes improving top-15 marks included Simon Fraser's **Cameron Proceviat**, who is now ninth in the 800 meters with his time of 1:49.96, and Saint Martin's **Mikel Smith**, who is tied for 10th in the high jump with his mark of 6 feet, 10.75 inches.

Improving top-15 mark for the women include Seattle Pacific's **Jahzelle Ambus**, who improved to 11th in the 400 meters with a time of 54.68, Central Washington's **Taylor Fettig** with her mark of 5 feet, 7.75 inches in the high jump (tied for seventh) and Northwest Nazarene's **Ellie Logan** with her mark of 151 feet, 11 inches in the javelin (10th).

GNAC CHAMPIONSHIPS UPCOMING: This weekend's meets will be the last in which athletes can qualify for the GNAC Outdoor Track and Field Championships, which take place next Friday and Saturday at Western Oregon University in Monmouth. The top-20 performers on the season in each event will qualify in addition to any other athletes who meet the GNAC qualifying standard. Entries will be finalized by Wednesday.

Advance tickets for the GNAC Outdoor Track and Field Championships can be purchased through Wednesday. Tickets are \$7 per session for adults and \$4 for seniors and students. Tickets at the gate will be \$8 for adults and \$5 for seniors and students. [Click Here To Purchase Tickets](#)

IN THE NATIONAL POLLS: Alaska Anchorage continues to be the GNAC's top team in both the USTFCCCA Division II Men's and Women's Computer Rankings. The Seawolves are the only GNAC team in the men's top-25, dropping four spots to No. 19. The Seawolves women dropped two positions in the women's poll at No. 11. Seattle Pacific climbed four spots to No. 19 and Western Washington dropped one spot to No. 22.

In the West Region Men's Computer Rankings, Alaska Anchorage is ranked No. 5, Western Washington No. 6, Western Oregon No. 8 and Central Washington No. 10. For the women, Seattle Pacific is ranked No. 3 followed by Alaska Anchorage at No. 4, Central Washington at No. 5 and Western Washington at No. 9.

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 MAY 5, 2016

Event	Athlete	Time	Rank	Date
1,500 Meters	David Ribich, WOU	3:43.41	3rd	4/14/16
	Marc-Antoine Rouleau, SFU	3:45.45	7th	4/30/16
Pole Vault	Payton Lewis, NNU	5.20/17-0.75	3rd	4/29/16
Javelin	Cody Parker, UAA	71.50/234-7	1st	3/30/16
Decathlon	Cody Thomas, UAA	7,201	3rd	5/2/16

MEN'S PROVISIONAL QUALIFIERS AS OF MAY 5, 2016

Event	Athlete	Time	Rank	Date
100 Meters	Alex Donigian, WWU	10.33	6th	3/30/16
200 Meters	Alex Donigian, WWU	20.93	T-8th	4/14/16
	Cody Warner, WOU	21.15	T-19th	4/14/16
400 Meters	Cody Thomas, UAA	47.88	40th	4/15/16
	Daniel Kelloway, SFU	47.91	42nd	4/15/16
800 Meters	Nathan Kipchumba, UAA	1:49.67	6th	4/1/16
	Josh Dempsey, WOU	1:49.84	T-7th	4/1/16
	Cameron Proceviat, SFU	1:49.96	9th	4/30/16
	Josh Hanna, WOU	1:50.11	10th	4/1/16
	Badane Sultessa, WOU	1:50.93	18th	4/29/16
	Joe Day, UAA	1:51.21	22nd	4/14/16
1,500 Meters	Jesse Miller, UAA	1:52.15	37th	4/14/16
	Cameron Proceviat, SFU	3:46.47	9th	4/14/16
5,000 Meters	Sam Naffziger, WOU	3:49.63	31st	4/14/16
	Nathan Kipchumba, UAA	3:51.19	T-39th	4/14/16
10,000 Meters	Henry Cheseto, UAA	14:13.25	21st	4/14/16
	Edwin Kangogo, UAA	14:29.99	35th	4/14/16
110m Hurdles	Henry Cheseto, UAA	29:36.07	10th	4/1/16
	Edwin Kangogo, UAA	29:46.48	18th	4/1/16
	Victor Samoei, UAA	30:34.11	42nd	4/14/16
400m Hurdles	Turner Wiley, SPU	30:53.09	51st	4/1/16
	Travis Milbrandt, WWU	14.19	13th	4/22/16
Steeplechase	Bernari Sternem, CWU	14.34	15th	4/8/16
	Bernari Sternem, CWU	53.06	21st	4/30/16
4x400 Relay	Matt Lutz, WWU	8:59.97	9th	4/14/16
	Andrew Wise, WWU	9:11.08	24th	4/14/16
High Jump	Alaska Anchorage	3:10.60	11th	4/14/16
	Mikel Smith, SMU	2.10/6-10.75	T-10th	4/30/16
Pole Vault	Cole Hoberg, NNU	2.06/6-9	T-22nd	4/29/16
	Tevin Gladden, UAA	2.06/6-9	T-22nd	4/22/16
	J.T. Konrad, WWU	5.00/16-4.75	T-15th	4/30/16
Triple Jump	Matt DeHan, SMU	4.93/16-2	19th	3/18/16
	Jacob Hino, WWU	4.85/15-11	T-29th	4/30/16
Shot Put	Gordon Kordas, WWU	4.76/15-7.25	40th	4/14/16
	Luke Plummer, CWU	14.98/49-1.75	T-22nd	4/15/16
Discus	Wesley Gray, WOU	14.70/48-2.75	T-36th	4/8/16
	Josh Koch, CU	17.78/58-4	8th	4/15/16
Hammer	Robert Watson, CU	16.64/54-7.25	T-22nd	3/18/16
	Armando Tafoya, CWU	50.58/166-0	22nd	4/22/16
Javelin	Josh Koch, CU	49.69/163-0	30th	4/8/16
	Tyler Lamott, CU	61.00/200-1	12th	4/1/16
Decathlon	Armando Tafoya, CWU	58.04/190-5	18th	4/8/16
	Brandon Pless, WWU	54.43/178-7	41st	4/15/16
Triple Jump	John Haskin, WWU	62.39/204-8	11th	3/18/16
	Alex Barry, WWU	61.46/201-8	18th	4/30/16
Shot Put	Brian Chalkley, SMU	61.09/200-5	T-21st	3/5/16
	Justin Larson, WOU	60.97/200-0	24th	4/15/16
Discus	Payton Lewis, NNU	6,611	17th	5/3/16
	Kodiak Landis, CWU	6,469	22nd	5/3/16

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 MAY 5, 2016

Event	Athlete	Time	Rank	Date
5,000 Meters	Joyce Chelimo, UAA	15:59.55	1st	4/14/16
	Joyce Chelimo, UAA	33:14.41	1st	4/1/16
10,000 Meters	Caroline Kurgat, UAA	33:38.30	2nd	4/1/16
	Bethany Drake, WWU	52.29/171-7	3rd	4/30/16
Javelin	Katie Reichert, WWU	50.16/164-7	5th	3/26/16

WOMEN'S PROVISIONAL QUALIFIERS AS OF MAY 5, 2016

Event	Athlete	Time	Rank	Date
100 Meters	Jamie Ashcroft, UAA	11.70	11th	4/14/16
	Taylor Deskins, NNU	11.95	T-29th	4/29/16
200 Meters	Jamie Ashcroft, UAA	24.07	14th	4/14/16
	Mary Kathleen Cross, UAA	24.50	33rd	3/26/16
400 Meters	Jahzelle Ambus, SPU	54.68	11th	4/30/16
	Lynelle Decker, SPU	2:08.08	4th	4/1/16
800 Meters	Tamara Perez, UAA	2:10.74	T-18th	4/22/16
	Alana Mussatto, SFU	2:11.74	28th	4/14/16
	Suzie Van De Grift, WOU	2:11.76	29th	4/14/16
	Addy Townsend, SFU	2:11.85	31st	4/14/16
	Sophie Dodd, SFU	2:12.15	34th	4/1/16
	Chynna Phan, SPU	2:13.14	39th	4/14/16
1,500 Meters	Megan Rose, WOU	2:13.22	T-42nd	4/28/16
	Lynelle Decker, SPU	4:27.16	7th	4/14/16
5,000 Meters	Caroline Kurgat, UAA	4:29.39	17th	3/26/16
	Tamara Perez, UAA	4:29.76	19th	4/14/16
	Shannon Porter, SMU	4:29.82	20th	4/30/16
	Stephanie Stuckey, WOU	4:30.59	25th	4/1/16
	Jessica Pahkala, UAA	4:30.60	26th	4/14/16
	Mary Charleson, SPU	4:30.80	28th	4/30/16
	Julia Howlry, SFU	4:31.99	30th	4/30/16
	Joyce Chelimo, UAA	4:32.78	35th	4/15/16
	Rebecca Bassett, SFU	4:33.88	37th	4/30/16
	Caroline Kurgat, UAA	16:30.85	12th	4/14/16
	Shannon Porter, SMU	16:32.03	14th	4/1/16
	Rebecca Bassett, SFU	16:42.50	18th	4/14/16
10,000 Meters	Anna Patti, SPU	16:54.63	25th	4/14/16
	Mary Charleson, SPU	17:02.93	34th	4/1/16
	Taylor Guenther, WWU	17:04.68	35th	4/15/16
	Dani Eggleston, CWU	17:09.51	41st	3/26/16
	Sarah Macdonald, SPU	17:12.14	45th	4/14/16
	Lillianna Sterling, WWU	17:16.50	50th	4/15/16
	Nicole Maurmann, WOU	17:17.16	52nd	4/29/16
	Anna Patti, SPU	36:09.37	27th	4/1/16
	Shannon Porter, SMU	36:19.02	31st	4/14/16
	Della Lyle, MSUB	36:19.19	32nd	4/14/16
	Megan Rogers, CWU	36:24.46	33rd	4/14/16
	100m Hurdles	Malia Luquin, SPU	14.01	T-17th
Mariah Vongsaveng, CWU		14.15	26th	4/14/16
400m Hurdles	Lexi Tubbs, NNU	14.18	29th	4/1/16
	Jalen Tims, SPU	1:00.06	4th	4/15/16
Steeplechase	Malia Luquin, SPU	1:01.93	32nd	4/14/16
	Monique Lisek, SFU	1:02.25	42nd	4/14/16
4x100 Relay	Dani Eggleston, CWU	10:27.63	10th	4/14/16
	Erin Chinchar, CWU	10:50.71	21st	4/30/16
4x400 Relay	Brittany Grant, WWU	10:52.48	23rd	4/15/16
	Mariah Burroughs, UAA	11:03.38	41st	4/22/16
High Jump	Della Lyle, MSUB	11:03.90	42nd	4/9/16
	Seattle Pacific	46.81	28th	4/14/16
Triple Jump	Seattle Pacific	3:43.76	12th	4/1/16
	Taylor Fettig, CWU	1.72/5-7.75	T-7th	4/30/16
Discus	Miranda Osadchey, WWU	1.71/5-7.25	T-10th	3/18/16
	Geneva Lehnert, SPU	1.71/5-7.25	T-10th	4/22/16
Hammer	McKenna Emmert, CWU	3.75/12-3.5	24th	4/30/16
	Anna Paradee, WWU	3.67/12-0.5	T-32nd	4/15/16
Javelin	Kyra Brannan, SPU	5.83/19-1.5	25th	4/22/16
	Jasmine McMullin, WWU	12.08/39-9.75	18th	3/31/16
Shot Put	Ella Brown, SFU	12.02/39-5.25	23rd	4/1/16
	Katrina Linenko, CU	14.27/46-10	13th	3/18/16
Long Jump	Emmi Collier, WOU	14.16/46-5.5	16th	4/8/16
	Megan Mortensen, WWU	47.36/155-4	15th	4/30/16
Triple Jump	Kirby Neale, SMU	53.10/174-2	29th	4/30/16
	Mariah Horton, WWU	47.62/156-3	7th	3/26/16
Discus	Ellie Logan, NNU	46.30/151-11	10th	4/28/16
	Anosi Laupola, WWU	45.50/149-3	13th	3/18/16
Hammer	Angelique Whistocken, CWU	44.31/145-4	19th	4/9/16
	Deanna Avalos, SMU	43.63/143-2	20th	4/9/16
Javelin	Kathryn Walker, SMU	43.53/142-10	22nd	3/18/16
	Jona Spiller, SMU	43.44/142-6	24th	3/5/16
Shot Put	Amanda Short, WOU	42.71/140-1	30th	3/5/16
	Rachael Huffman, WOU	42.61/139-9	31st	4/15/16
Discus	Sheila Limas De La Cruz, WOU	41.94/137-7	T-38th	4/8/16
	AnnaMarie Forza, NNU	41.37/135-9	43rd	4/29/16
Javelin	Malia Luquin, SPU	4,738	16th	5/2/16
	Ellie Logan, NNU	4,541	29th	5/2/16

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
Apr. 26	14th	—	—	—
May 3	19th	—	—	—

USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of May 3, 2016 (Week 8)

Rk	School	Pts.	Prev.
1.	Saint Augustine's	239.69	1
2.	Grand Valley State	181.87	2
3.	Texas A&M-Kingsville	142.37	3
4.	Tiffin	124.11	4
5.	Adams State	120.72	5
6.	Chico State	102.12	6
7.	Central Missouri	98.40	10
8.	Shippensburg	98.24	7
9.	Azusa Pacific	94.14	12
10.	Ashland	92.79	11
11.	Missouri Southern	91.76	8
12.	Tarleton State	77.36	26
13.	Southern Indiana	76.61	25
14.	Colorado Mines	74.74	9
15.	Texas A&M-Commerce	73.78	20
16.	Angelo State	70.94	15
17.	Pittsburg State	70.70	13
18.	Academy of Art	68.70	16
19.	Alaska Anchorage	65.09	14
20.	Johnson C. Smith	65.03	18
21.	Minnesota State	64.53	17
22.	Stanislaus State	62.85	19
23.	Hillsdale	51.62	33
24.	Lincoln (Mo.)	50.63	22
25.	Findlay	50.63	21

USTFCCCA WEST REGION TEAM INDEX as of May 3, 2016 (Week 8)

Rk	School	Pts.	Prev.
1.	Azusa Pacific	432.65	2
2.	Chico State	399.12	1
3.	UC San Diego	316.62	3
4.	Academy of Art	282.07	5
5.	Alaska Anchorage	267.25	4
6.	Western Washington	231.33	7
7.	Stanislaus State	227.68	6
8.	Western Oregon	211.92	8
9.	Cal State LA	188.01	9
10.	Central Washington	155.53	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
Apr. 26	9th	—	—	23rd	—	20th
May 3	11th	—	—	19th	—	22nd

USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of May 3, 2016 (Week 8)

Rk	School	Pts.	Prev.
1.	Saint Augustine's	165.64	1
2.	Grand Valley State	137.44	3
3.	Hillsdale	136.06	5
4.	Johnson C. Smith	135.55	2
5.	Pittsburg State	113.50	4
6.	Central Missouri	108.39	7
7.	West Texas A&M	102.61	8
8.	Texas A&M-Kingsville	99.59	6
9.	Lincoln (Mo.)	93.38	12
10.	Findlay	93.18	10
11.	Alaska Anchorage	85.75	9
12.	Lewis	81.33	11
13.	Shorter	76.87	13
14.	Angelo State	76.73	15
15.	Missouri Southern	72.41	17
16.	Chico State	69.59	14
17.	Chadron State	63.91	18
18.	Claffin	63.34	19
19.	Seattle Pacific	62.34	23
20.	Adams State	61.39	16
21.	Azusa Pacific	58.89	22
22.	Western Washington	58.03	20
23.	Ashland	56.00	27
24.	Minnesota State	55.18	24
25.	Stanislaus State	54.10	21

USTFCCCA WEST REGION TEAM INDEX as of May 3, 2016 (Week 8)

Rk	School	Pts.	Prev.
1.	Chico State	355.61	1
2.	Azusa Pacific	306.71	4
3.	Seattle Pacific	302.70	2
4.	Alaska Anchorage	270.36	3
5.	Central Washington	216.64	6
6.	Stanislaus State	209.89	7
7.	UC San Diego	202.80	5
8.	Fresno Pacific	189.89	9
9.	Western Washington	186.42	9
10.	Humboldt State	151.35	11

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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)
Shot Put	11.96/39-3	Charlene Harber, Western Oregon (2012)
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	14.19	Travis Milbrandt, Western Washington (2016) <i>Previous, 14.21, Milbrandt (2015)</i>
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	4:22.12	Zac Vawter, Saint Martin's (2004)

MEN'S CONFERENCE MEET RECORDS

100 Meters	10.43	Anthony Wright, Central Washington (2010)
200 Meters	21.32	Rimar Christie, Northwest Nazarene (2013)
	21.32	Tyrell Williams, Western Oregon (2014)
400 Meters	47.55	Ethan Hewitt, Alaska Anchorage (2012)
800 Meters	1:49.31	Paul Mach, Seattle Pacific (2005)
1,500 Meters	3:49.03	Alfred Kangogo, Alaska Anchorage (2010)
5,000 Meters	14:29.41	Micah Chelimo, Alaska Anchorage (2011)
10,000 Meters	30:25.75	Jordan Walling, Western Washington (2011)
110m Hurdles	14.21	Travis Milbrandt, Western Washington (2015)
400m Hurdles	52.23	Shaun Ward, Alaska Anchorage (2011)
Steeplechase	8:47.26	Ryan Brockerville, Simon Fraser (2012)
4x100 Relay	41.10	Central Washington (2010)
		Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols
4x400 Relay	3:13.84	Simon Fraser (2015)
		Stuart Ellenwood, Cameron Proceviat, Joel Webster, Daniel Kelloway
High Jump	2.07/6-9.5	Eric Draper, Alaska Anchorage (2006)
Pole Vault	5.14/16-10.75	Ryan Brown, Western Washington (2010)
Long Jump	7.52/24-8.25	David Registe, Alaska Anchorage (2008)
Triple Jump	15.00/49-2.5	Justin Lawrence, Central Washington (2003)
Shot Put	18.16/59-7	Frank Catelli, Western Washington (2014)
Discus	51.67/169-6	Tyler Fischer, Central Washington (2008)
Hammer	61.61/202-1	Michael Hoffman, Western Washington (2008)
Javelin	69.49/228-0	Franz Burghagen, Alaska Anchorage (2013)
Decathlon	7,201	Cody Thomas, Alaska Anchorage (2016)

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	Kristt Tandle, Central Washington (2009)
Discus	50.52/165-9	Jessica Houston, Alaska Anchorage (2005)
Hammer	56.27/184-7	Jennifer Dunkin, Western Oregon (2003)
Javelin	51.66/169-6	Bethany Drake, Western Washington (2014)
Heptathlon	5,606	Danielle Ayers-Stamper, Seattle Pacific (2005)

HEPTATHLON EVENTS

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

WOMEN'S CONFERENCE MEET RECORDS

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

2016 GNAC 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, Mariah 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, Armando 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 VanVale, 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. 500 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.

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 Colmanero, 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 Donigian, 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 Donigian, 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 Proceviat, 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-

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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, Anysja 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.

Fri., Apr. 22

Trudnowski Open

at Vigilante Field, Helena, Mont.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Blair Street, MSUB, 12.67. 200 Meters - 2, Blair Street, MSUB, 26.65. 800 Meters - 3, Brielle Davis, MSUB, 2:36.31. 5,000 Meters - 1, Della Lyle, MSUB, 17:50.11. 100m Hurdles - 2, Janessa Williams, MSUB, 16.08. 4x100 Relay - 2, Montana State Billings, 50.28. 4x400 Relay - 3, Montana State Billings, 4:19.45. 4x800 Relay - 2, Montana State Billings, 11:25.81. Triple Jump - 3, Shaniah Schwend, MSUB, 34-7.5.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Kaelen Shay, MSUB, 11.35. 200 Meters - 2, Kaelen Shay, MSUB, 23.08; 3, Nathan Vanderby, MSUB, 23.12. 400 Meters - 2, Nathan Vanderby, MSUB, 49.61. 110m Hurdles - 3, Quincy Whitman, MSUB, 15.97. 400m Hurdles - 2, Landon Polkow, MSUB, 1:00.67. Triple Jump - 1, Quincy Whitman, MSUB, 40-9.75. Discus - 2, Nels Flanagan, MSUB, 149-11;

3, Brady Ostermiller, MSUB, 138-5. Javelin - 2, Nels Flanagan, MSUB, 156-2. Shot Put - 3, Brady Ostermiller, MSUB, 46-0.75.

Fri., Apr. 22 - Sat., Apr. 23

Triton Invitational

at Triton Track & Field Stadium, La Jolla, Calif.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): 4x100 Relay - 3, Alaska Anchorage, 42.00.

4x400 Relay - 2, Alaska Anchorage A, 3:20.09; 3, Alaska Anchorage B, 3:21.74.

Raider Invitational

at Raider Stadium, Ashland, Ore.

Women (Top 3 GNAC Finishers): Hammer - 1, Emily Wetherell, WOU, 169-5; 2, Alecia Falck, WOU, 140-1.

Men (Top 3 GNAC Finishers): Shot Put - 3, Brandon Bowen, WOU, 47-4.25. Discus - 1, Josh Brown, WOU, 145-11.

Sat., Apr. 23

Spike Arlt Invitational

at Tomlinson Stadium, Ellensburg, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Madison Garcia, CWU, 12.13; 2, Kyra Brannan, SPU, 12.18; 3, Becca Houk, SPU, 12.38. 200 Meters - 1, Madison Garcia, CWU, 24.70; 2, Jalen Tims, SPU, 24.98; 3, Kyra Brannan, SPU, 25.21. 400 Meters - 2, Cheryl Hong, SPU, 58.68; 3, Cheyenne Conrad, WWU, 59.07. 800 Meters - 1, Chynna Phan, SPU, 2:17.04. 1,500 Meters - 1, Alexa Shindruk, CWU, 4:53.89; 2, Hannah Dowdell, CWU, 4:58.48; 3, Erin Chinchar, 5:01.92. 3,000 Meters - 1, Elena Gomez, CWU, 10:26.06; 2, Stephanie Rexus, CWU, 10:40.08; 3, Sara Taferre, WWU, 10:46.09. 100m Hurdles - 1, Maliea Luquin, SPU, 13.98; 2, Mariyah Vongsaveng, CWU, 14.13; 3, Allison Deck, CWU, 14.73. 400m Hurdles - 1, Tianna Banfro, CWU, 1:06.54; 2, Tamaki Murata, CWU, 1:07.07; 3, Alison Deck, CWU, 1:08.29. Steeplechase - 2, Jessica Rawlins, SPU, 12:05.90. 4x100 Relay - 1, Seattle Pacific, 47.73; 2, Western Washington, 49.00. 4x400 Relay - 2, Central Washington, 4:10.08. High Jump - 1, Naphtali Ward, SPU, 5-7; 2, Katelyn Wright, CWU, 5-3. Pole Vault - 1, McKenna Emmert, CWU, 11-9.75; 2, Michaela Kahns, SPU, 11-9.75; 3, Anna Paradee, WWU, 11-3.75. Long Jump - 1, Kyra Brannan, SPU, 19-1.5; 2, Geneva Lehnert, SPU, 17-11.5. Triple Jump - 1, Marisah Bentley, CWU, 36-5; 2, Kelly Cronin, CWU, 36-4. Shot Put - 1, Amanda Youngers, CWU, 44-4; 3, Dorothy Moore, CWU, 40-7. Discus - 1, Megan Mortensen, WWU, 129-10; 2, Sammi Markham, SPU, 129-7; 3, Alyana Homer, CWU, 129-7. Hammer - 1, Amanda Youngers, CWU, 159-1; 2, Dorothy Moore, CWU, 153-3; 3, Alyana Homer, CWU, 152-7. Javelin - 1, Angelique Whistocken, CWU, 136-11; 2, Sayana Lombard-Chappell, CWU, 124-0. Heptathlon - 1, Ali Anderson, CWU, 3,914.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Kyler Ooley, CWU, 10.87; 3, Ian Dildine, CWU, 10.99. 400 Meters - 1, Justin Ramsey, SPU, 51.21; 2, Darren Arndt, CWU, 51.56. 1,500 Meters - 1, Dylan Brown, WWU, 4:05.84; 2, Logan Giese, WWU, 4:08.17. 3,000 Meters - 2, Wiley Turner, SPU, 8:54.09; 3, Josh Boston, CWU, 9:06.88. 10,000 Meters - 1, Brian Comer, SPU, 33:51.21. 110m Hurdles - 1, Travis Milbrandt, WWU, 14.19; 3, Max McIntosh, CWU, 15.36. 400m Hurdles - 2, Trevaughn Scott, CWU, 55.32; 3, Jade Wilson, WWU, 57.82. Steeplechase - 2, Taryk Boyd, CWU, 10:37.10. 4x400 Relay - 1, Western Washington, 3:24.04; 2, Central Washington A, 3:30.06; 3, Central Washington B, 3:31.06. High Jump - 1, Justin Peterson, CWU, 6-4.75; 3, Berlie Walker, CWU, 5-10.75. Pole Vault - 2, Gordon Kordas, WWU, 14-5.25; 3, Berlie Walker, CWU, 13-11.25. Long Jump - 2, Rudy Mataya, WWU, 22-10.75; 3, Luke Plummer, CWU, 22-6.25. Triple Jump - 1, Luke Plummer, CWU, 47-0.75; 2, Mark Seely, WWU, 45-5.25. Shot Put - 1, Armando Tafoya, CWU, 49-6.25; 2, Nick Venema, CWU, 44-8.25; 3, James Lehr, CWU, 43-8.75. Discus - 1, Armando Tafoya, CWU, 165-11; 3, Bryan Lee, WWU, 156-4. Hammer - 1, Armando Tafoya, CWU, 187-0; 2, Bryan Lee, WWU, 167-8; 3, Brandon Pless, WWU, 163-7. Javelin - 2, Alex Barry, WWU, 188-7.