



TRACK & FIELD WEEKLY REPORT



May 11, 2016 • Week 17
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., May 13 - Sat., May 14
GNAC Outdoor Track & Field Championships,
Monmouth, Ore.

LAST WEEK'S MEETS

Fri., May 6
Tom Gage Classic
at Dornblasser Field, Missoula, Mont.

Women (Top 3 GNAC Finishers): 5,000 Meters - 1, Della Lyle, MSUB, 17:34.37. 4x400 Relay - 3, Montana State Billings, 4:15.64.

Men (Top 3 GNAC Finishers): 1,500 Meters - 1, Robert Peterson, MSUB, 3:51.85. 5,000 Meters - 2, Garrett Love, MSUB, 15:51.66. 110m Hurdles - 3, Austin Lindquist, MSUB, 15.64. Long Jump - 1, Austin Lindquist, MSUB, 21-0.5. Shot Put - 3, Brady Ostermiller, MSUB, 49-1.75.

Oregon Twilight
at Hayward Field, Eugene, Ore.

Women (Top 3 GNAC Finishers): 800 Meters (B Section) - 3, Suzanne Van De Grift, WOU, 2:14.65.
Men (Top 3 GNAC Finishers): 200 Meters (B Section) - 1, Carlos Ortiz, CU, 20.91. 400 Meters (B Section) - 1, Aaron Whitaker, WOU, 48.52. Triple Jump - 2, Jimmy Wheeler, CU, 46-0. Shot Put - 3, Josh Koch, CU, 58-7.5. Hammer p 2, Tyler Lamott, CU, 184-2.

Central Washington GNAC Last Qualifier
at Tomlinson Stadium, Ellensburg, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Becca Houk, SPU, 12.39; 3, Lisa Petersen, SMU, 12.69. 200 Meters - 1, Madison Garcia, CWU, 24.61; 2, Jahzelle Ambus, SPU, 24.89; 3, Cheryl Hong, SPU, 24.95. 400 Meters - 1, Chynna Phan, SPU, 58.64; 2, Julia Inderbitzin, CWU, 1:00.10; 3, Keirman Hawthorne, SMU, 1:00.71. 800 Meters - 1, Jayna Inderbitzin, CWU, 2:18.64; 2, Brenna Liebel, CWU, 2:20.13; 3, Lisa Olander, CWU, 2:26.66. 1500 Meters - 1, Aleza Shindruk, CWU, 4:45.01; 2, Elena Gomez, CWU, 4:45.61; 3, Megan Rogers, CWU, 4:49.68. 100m Hurdles 0 1, Mariyah Vongsaveng, CWU, 14.29; 2, Allison Deck, CWU, 14.75; 3, Tamaki Murata, CWU, 14.76. 400m Hurdles - 1, Kiernan Hawthorne, SMU, 1:08.21; 2, Alexis Carandang, SMU, 1:11.79; 3, Heather Sweowat, CWU, 1:12.44. Steeplechase - 1, Kaitlyn McKinney, CWU, 12:23.30; 2, Anna Hood, CWU, 13:18.79. 4x100 Relay - 1, Central Washington, 48.06. High Jump - 1, Tayler Fettig, CWU, 5-8.25; 3, Naphtali Ward, SPU, 5-1.75. Pole Vault 0 1, Michaella Kahns, SPU, 11-1; 2, Madi Webster, SPU, 10-7; 3, Darien Calcidan, SMU, 9-7.25. Long Jump - 1, Kyra Brannan, SPU, 18-8.75; 2,

Geneva Lehnert, SPU, 17-11.5; 3, Tayler Fettig, CWU, 17-7. Triple Jump - 1, Brooke Williams, CWU, 35-3.25. Shot Put - 1, Amanda Youngers, CWU, 43-1.75; 3, Dorothy Moore, CWU, 39-5.25. Discus - 1, Megan Mortensen, WWU, 142-8; 2, April Mayerl, SMU, 125-10; 3, Sammi Markham, SPU, 122-5. Hammer - 1, Amanda Youngers, CWU, 156-8; 2, Dorothy Moore, CWU, 153-9. Javelin - 1, Deanna Avalos, SMU, 147-8; 2, Angelique Whistocken, CWU, 144-3; 2, Jona Spiller, SMU, 133-5.
Men (Top 3 GNAC Finishers): 100 Meters - 1, Ian Dildine, CWU, 11.13; 2, Garret Steuk, CWU, 11.14. 200 Meters - 1, Jordan Todd, CWU, 22.38; 2, Kyle Ooley, CWU, 22.54; 3, Devin Kelly, CWU, 22.67. 400 Meters - 2, Jesse Phan, SPU, 50.63. 800 Meters - 1, Ron Leaf, CWU, 1:57.70; 2, Mitchell Hughley, SMU, 2:00.05; 3, Nathan Morgan, SMU, 2:00.33. 1,500 Meters - 1, Adam Avischious, SPU, 4:03.35; 2, Nathan Morgan, SMU, 4:04.37; 3, Nick Spencer, CWU, 4:13.86. 110m Hurdles 0 1, Peyton Harris, SPU, 15.14; 2, Max McIntosh, CWU, 15.40; 3, Ryan Gunther, CWU, 15.64. 400m Hurdles - 1, Trevaughn Scott, CWU, 55.38; 2, Justin Wendling, CWU, 58.76. Steeplechase - 1, Alex Martinez, CWU, 10:01.62; 2, Tyler Humphries, CWU, 10:23.95. 4x100 Relay - 1, Central Washington, 42.51. 4x400 Relay - 1, Seattle Pacific, 3:24.29. High Jump - 1, Berlie Walker, CWU, 6-0; 2, Ryan Gunther, CWU, 5-11.25; 3, Zach Whittaker, CWU, 5-9.25. Pole Vault - 1, Craig Boyle, SMU, 14-7.25; 2, Chris Rickard, SMU, 14-7.25; Berlie Walker, CWU, 14-1.25. Long Jump - 1, Peyton Harris, SPU, 22-3; 2, Ian Dildine, CWU, 20-5.25; 3, Garret Steuk, CWU, 19-10.25. Shot Put - 1, James Lehr, CWU, 46-3.5; 2, Nick Venema, CWU, 44-5.25. Discus - 3, Armando Tafoya, CWU, 156-11. Hammer - 1, Armando Tafoya, CWU, 194-11; 2, James Lehr, CWU, 144-6. Javelin - 1, Domingo Villareal, CWU, 172-4; 2, Michael Chavez, CWU, 165-8; 3, Riley Jorgensen, CWU, 163-2.

Linfield Open
at Maxwell Field, McMinnville, Ore.

Women (Top 3 GNAC Finishers): 1, Jamie Ashcroft, UAA, 11.70; 3, Tori Johnson, CU, 12.41. 200 Meters - 1, Jamie Ashcroft, UAA, 24.83; 2, Mary Kathleen Cross, UAA, 25.32. 400 Meters - 2, Mary Kathleen Cross, UAA, 57.88; 3, Hayley Bezanson, UAA, 58.58. 800 Meters - 3, Danielle McCormick, UAA, 2:16.61. 1,500 Meters - 2, Cia Bywater, CU, 4:55.08. 100m Hurdles - 1, Alexia Blalock, UAA, 14.82. 400m Hurdles - 1, Yvonne Jeschke, UAA, 1:02.09; 3, Sara Madden, WOU, 1:05.60. Steeplechase - 1, Grace Knapp, WOU, 11:33.08. 4x100 Relay - 1, Concordia, 48.29; 2, Alaska Anchorage, 48.32. 4x400 Relay - 1, Western Oregon, 3:54.44. Long Jump - 2, Emma Hill, CU, 16-10.5. Triple Jump - 3, Alexia Blalock, UAA, 36-3. Shot Put - 2, Christina

MacDonald, CU, 44-9.75; 3, Katrina Linenko, CU, 44-3.5. Discus - 1, Rachael Huffman, 131-9. Hammer - 3, Rachel McKinnis, CU, 149-0.

Men (Top 3 GNAC Finishers): 200 Meters - 3, Darrion Gray, UAA, 22.11. 400 Meters - 2, Liam Lindsay, UAA, 48.60; 3, Nicholas Taylor, UAA, 49.10. 800 Meters - 2, Michael Mendenhall, UAA, 1:54.72. 1,500 Meters - 2, Paris Speidel, CU, 4:01.98. 110m Hurdles - 1, Kaleb Dobson, WOU, 15.27. 400m Hurdles - 3, Daniel Remington, UAA, 58.85. Steeplechase - 1, Derek Gibson, UAA, 9:33.12; 2, David Cornish, WOU, 9:41.01. 4x100 Relay - 1, Western Oregon, 41.53. 4x400 Relay - 2, Western Oregon, 3:17.45. High Jump - 1, Tevin Gladden, UAA, 6-9.75. Long Jump - 1, Kody Kantola, WOU, 21-3.5. Discus - 3, Josh Koch, CU, 159-6. Hammer - 1, Tyler Lamott, CU, 186-4; 3, Josh Koch, CU, 165-9.

Oxy Invitational
at Bill Henry Track, Los Angeles, Calif.
Women (Top 3 GNAC Finishers): 4x400 Relay - 2, Simon Fraser, 3:51.77.
Men (Top 3 Finishers): None.

GNAC Track & Field Athletes of the Week



MEN'S TRACK

Cameron Proceviat, Simon Fraser
Senior • Burnaby, B.C.

Proceviat ran a personal best in the 800 meters at the Oxy Invitational. His 10th place time of 1:49.28 currently ranks sixth in Division II (the top provisional qualifying mark) and moves Proceviat to No. 2 on the GNAC all-time list.

Also Nominated: Nathan Morgan (Saint Martin's), Carlos Ortiz (Concordia), Robert Peterson (Montana State Billings).

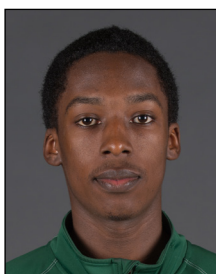


WOMEN'S TRACK

Madison Garcia, Central Washington
Junior • Sedro Woolley, Wash.

For the second time in three weeks, Garcia set the Central Washington record in the 200 meters, running 24.61 seconds to win at the CWU GNAC Last Qualifier. The mark was a six-hundredths improvement over her previous record and moves her to No. 7 on the GNAC all-time list.

Also Nominated: Kiernan Hawthorne (Saint Martin's), Della Lyle (Montana State Billings), Rachel Sultan (Concordia).



MEN'S FIELD

Tevin Gladden, Alaska Anchorage
Junior • Fairbanks, Alaska

Gladden broke the Alaska Anchorage record in the high jump at the Linfield Open, winning with a mark of 6 feet, 9.75 inches. That broke the previous Seawolves' record of 6 feet, 9.5 inches, set by Eric Draper in 2006. The mark ties Gladden for No. 2 on the GNAC all-time list and ties him for 20th in Division II this season.

Also Nominated: Craig Boyle (Saint Martin's), Josh Koch (Concordia), Brady Ostermiller (Montana State Billings).



WOMEN'S FIELD

Tayler Fettig, Central Washington
Senior • Olympia, Wash.

Fettig won the high jump at the CWU GNAC Last Qualifier, coming just short of her season best with a clearance of 5 feet, 8.25 inches. She also finished third in the long jump with a mark of 17 feet, 7 inches.

Also Nominated: Deanna Avalos (Saint Martin's), Tori Johnson (Concordia), Megan Mortensen (Western Washington).

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	Matt DeHan, SMU	Joyce Chelimo, UAA	Karolin Anders, UAA
Mar. 21 - 27	Josh Hanna, WOU	Tyler Lamott, CU	Jalen Tims, SPU	Ellie Logan, NNU
Mar. 28 - Apr. 3	Carlos Ortiz, CU	Josh Koch, CU	Suzanne Van De Grift, WOU	Katie Reichert, WWU
Apr. 4 - 10	Alex Donigian, WWU	Payton Lewis, NNU	Lynelle Decker, SPU	Bethany Drake, WWU
Apr. 11 - 17	Bernari Stern, CWU	Josh Koch, Concordia	Joyce Chelimo, UAA	Christina MacDonald, CU
Apr. 18 - 24	Travis Milbrandt, WWU	Armando Tafoya, CWU	Jamie Ashcroft, UAA	Tayler Fettig, CWU
Apr. 25 - May 1	Robert Peterson, MSUB	Payton Lewis, NNU	Taylor Deskins, NNU	Kyra Brannan, SPU
May 2 - 8	Cameron Proceviat, SFU	Tevin Gladden, UAA	Madison Garcia, CWU	Bethany Drake, WWU
				Tayler Fettig, CWU

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

GNAC Championships Meet Previews

GNAC CHAMPIONSHIPS MEN'S MEET PREVIEW: Western Washington will vie for its fifth straight championship while Alaska Anchorage will try for a sweep of the season track titles at the 2016 Great Northwest Athletic Conference Outdoor Track and Field Championships

The Vikings just edged the Seawolves to win the 2015 team title, scoring 176 points to UAA's 174. This year's team competition figures to be just as close. While Western Washington returns two champions in three events, Alaska Anchorage comes to Monmouth with potent point scorers in the sprints, distances and jumps.

Western Washington senior sprinter **Alex Donigian** is in position to repeat as champion in both the 100 and 200 meters. The GNAC record holder in both events, Donigian enters the meet having reset his own record in the 200 meters with a time of 20.93 seconds. He is 12th in Division II in the event. In the 100, Donigian leads the conference and is ninth in the nation with a time of 10.33 seconds, running that time in a race in which he beat decathlon world record holder Ashton Eaton.

Senior **Travis Milbrandt** is the defending champion in the 110-meter hurdles and also won the 60-meter hurdles during the GNAC Indoor Championships. Like Donigian, Milbrandt has also reset his own conference record in the event with a time of 14.19 seconds, a mark that is 13th best in Division II.

Senior **Matt Lutz** also enters the meet as a GNAC leader. His time of 8:59.97 in the steeplechase is ninth in the nation while junior **Andrew Wise** is second in the GNAC in the event (9:11.08). Sophomore **J.T. Konrad** is second in the league and tied for 16th in Division II in the pole vault (16-4.75) and junior **Jacob Hino** ranks third in the GNAC (15-11). Senior **John Haskin** enters the meet 13th in Division II in the javelin with his mark of 204 feet, 8 inches.

Alaska Anchorage enters the meet with 10 points to their total thanks to senior **Cody Thomas'** conference meet record win at last week's GNAC decathlon, making him a three-time champion. Thomas also enters with the league's best mark in the 400 meters with a time of 47.88 seconds.

The Seawolves' other returning champion, senior **Victor Samoel** in the 10,000 meters, isn't even the top athlete in the event from his school. Sophomore **Henry Cheseto** has that distinction with Division II's 10th best mark at 29:36.07 while also owning the GNAC's top time in the 5,000 meters at 14:13.25. Sophomore **Edwin Kangogo** is second in the league in both races with times of 14:16.63 in the 5,000 and 29:46.48 in the 10,000. With Samoel third in the 10,000 (30:34.11) and junior **Michel Ramirez** third in the 5,000 (14:18.38), the Seawolves could score 48 points in the two races.

Senior **Cody Parker** leads Division II in the javelin with a monster throw of 234 feet, 7 inches, at the Texas Relays in March. Junior **Tevin Gladden** set the UAA record in the high jump and is tied for 20th in Division II with his mark of 6 feet, 9.75 inches. Sophomore **Nathan Kipchumba** has the seventh best time in Division II in the 800 meters (1:49.67) as well as the conference's fourth best time in the 1,500 meters (3:51.19).

Central Washington enters the championships with 15 points after taking three spots in the GNAC decathlon. Junior **Kodiak Landis** placed third, freshman **Michael Forster** took fourth and junior **Justin Peterson** placed fifth. Senior **Luke Plummer** will aim to supplement those points with his third straight conference title in the triple jump. His GNAC best mark of 49 feet, 1.75 inches is better than his winning mark each of the last two years.

Senior **Bernari Sternen** will contend in both hurdles races. Sternen owns the top mark in the 400-meter hurdles at 53.06 seconds and trails Milbrandt in the high hurdles at 14.34 seconds. Junior **Armando Tafoya** will compete for the title in three throwing events. He leads the conference in the discus (166-0), is second in the hammer (190-5) and fourth in the shot put (50-11).

Western Oregon returns two champions from last year's meet. **David Ribich** won the 1,500-meter title as a freshman and has automatically qualified for the national meet with his time of 3:43.41. Senior **Badane Sultessa** won the 800 meters last year. His season best of 1:50.93 is sixth in the conference and trails teammates **Josh Dempsey** (1:49.84) and **Josh Hanna** (1:50.11), giving the Wolves three potential point scorers in the race. Senior **John Larson** owns the

11th best mark in Division II in the javelin (205-9).

Sophomore **Cody Warner** will contend in the 200 meters and has the 18th best mark in Division II with a time of 21.09 seconds. Junior **Wesley Gray** has the conference's second best mark in the triple jump at 48 feet, 2.75 inches while senior **Sam Naffziger** is ranked third in the 1,500 meters (3:49.63).

Conference newcomer Concordia will be a team to watch in both the sprints and throws. Sophomore **Josh Koch** is No. 2 on the GNAC all-time list in the shot put with a mark of 58 feet, 7.5 inches, that ties him for eighth in Division II. Koch is also second in the GNAC in the discus with a throw of 163 feet. Senior **Robert Watson** trails Koch in the shot put with a mark of 54 feet, 7.25 inches, while junior **Tyler Lamott** leads the league in the hammer with his throw of 200 feet, 1 inch.

In the sprints, sophomore **Carlos Ortiz** has the second best mark in the GNAC in the 100 meters with a time of 10.67 seconds. He also ran a wind-aided 20.91 seconds in the 200 meters at the Oregon Twilight, the fastest in GNAC history under all conditions. Senior **Louis Faust** is also a potential point scorer in the high jump and is fourth in the GNAC at 6 feet, 7.5 inches.

Sophomore **Payton Lewis** will once again lead Northwest Nazarene. Lewis provided eight points for the Crusaders with his second place finish in the decathlon and he enters the championships having automatically qualified for nationals in the pole vault with his clearance of 17 feet, 0.75 inches. Lewis is also entered in 110-meter hurdles where he has the league's fifth best mark of 14.86 seconds. Junior **Cole Hoberg** will be the mix in the high jump, entering with the league's third best mark of 6 feet, 9 inches. Senior **Kyle McLaughlin** is also a potential point scorer in both the 110-meter hurdles (15.02) and the 400-meter hurdles (54.87) as is senior **John VanBeuren** in the discus (153-5).

Distance standouts **Marc-Antoine Rouleau** and **Cameron Proceviat** lead Simon Fraser. Rouleau, a sophomore, is automatically qualified for nationals in the 1,500 meters with his time of 3:45.35. Proceviat, a senior, hopes to sweep the indoor and outdoor 800-meter titles. He leads the GNAC and is sixth in Division II with a time of 1:49.28. Junior **Daniel Kelloway** is the defending champion in the 400 meters and enters the meet with the league's second best time at 47.91 seconds. Junior **Alex Wu** should also contribute points in the long jump, tied for second with his mark of 23 feet, 0.75 inches.

Senior **Mikel Smith** leads Saint Martin's into the championships looking to top the podium in the high jump. The reigning GNAC indoor champion, Smith enters the outdoor meet tied for 11th in Division II with a nationals provisional qualifying mark of 6 feet, 10.75 inches. Junior **Brian Chalkley** enters with a provisional qualifying mark in the javelin of 200 feet, 5 inches. Junior **Latrell Swayne** is ranked fifth in the GNAC in the 100 meters with his time of 10.80 seconds while **David Durden** is sixth in the 110-meter hurdles (14.99) and seventh in the 400-meter hurdles (55.57).

Senior **Robert Peterson** and junior **Austin Lindquist** top Montana State Billings' list of contenders. Peterson enters with the conference's fourth best mark in the 1,500 meters with an altitude converted time of 3:49.17 and is third in the steeplechase with a converted mark of 9:21.28. Lindquist is among three athletes entered tied for second in the long jump at 23 feet, 0.75 inches. Sophomore **Nels Flanagan** is seventh in the discus with a mark of 152 feet, 9 inches and freshman **Brady Ostermiller** ranks seventh in the shot put (49-1.75).

Seattle Pacific will pin its scoring hopes on distance runner **Turner Wiley** and hurdler **Peyton Harris**. Wiley, senior, has provisionally qualified for nationals in the 10,000 meters with a time of 30:53.09, fourth best in the GNAC. Harris, a sophomore, is ranked ninth in the league in the 110-meter hurdles (15.14).

GNAC Championships Meet Previews

GNAC CHAMPIONSHIPS WOMEN'S PREVIEW: For the last six years, the battle for the GNAC women's outdoor track and field championship has been a battle between Seattle Pacific and Alaska Anchorage.

It is shaping up to be a similar battle this year as the Falcons and Seawolves come in as favorites on the women's side at the GNAC Outdoor Track and Field Championships.

The Falcons captured five individual championships, along with the 4x100-meter relay title, to win the 2015 team trophy by 29 points. Five of those champions return for SPU, but the Seawolves are prepared with three returning champions of their own and a number of top GNAC and Division II Championships qualifying marks.

Seattle Pacific enters the weekend with an 11-point cushion thanks to **Maliea Luquin's** win last week in the heptathlon at the GNAC Multi-Event Championships. The senior will also be a title contender in the 100-meter hurdles, where she has the top time in the league at 14.01 seconds.

Senior **Lynelle Decker** will look to repeat as 1,500-meter champion for the Falcons and will also aim to add the 800 meters to her list. Decker enters the meet with the top time in the GNAC in both events and is ranked fifth in Division II in the 800 meters at 2:08.08. Senior **Jahzelle Ambus** is the defending 400-meter champion and sits 16th in Division II with a time of 54.58 seconds.

Junior **Michaela Kahns** is the returning champion in the pole vault, but sits third in the event this season. She will need a big day to beat Central Washington's **McKenna Emmert**, who leads the league with a mark of 12 feet, 3.5 inches. Junior **Kyra Brannan** leads the GNAC in her quest to repeat as long jump champion with a mark of 19 feet, 1.5 inches. Seattle Pacific also returns 10,000-meter champ **Anna Patti**, who owns the third fastest time in the GNAC this season at 36:09.37. The Falcons also expect points from senior **Jalen Tims** in the 400-meter hurdles (GNAC best 1:00.06).

Alaska Anchorage is led by senior **Jamie Achcroft**, who is the two-time defending champion in both the 100 meters and 200 meters. Her times this season of 11.70 seconds in the 100 (13th in Division II) and 24.07 in the 200 (16th in Division II) have already surpassed her previous winning times.

Senior **Joyce Chelimo** returned from a redshirt season to become one of the top distance runners in the country. An All-American during both the cross country and indoor seasons, Chelimo is automatically qualified for nationals in both the 5,000 meters (15:59.55) and the 10,000 meters (33:14.41) and was the 2014 GNAC champion in the 10,000 meters. Sophomore **Caroline Kurgat** is also an automatic nationals qualifier in the 10,000 meters with a time of 33:38.30 and is 12th in Division II in the 5,000 (16:30.85).

Other expected point scorers for the Seawolves include junior **Mary-Kathleen Cross** in the 200 meters (24.50), freshman **Yvonne Jeschke** in the 400-meter hurdles (1:02.09) and sophomore **Mariah Burroughs** in the steeplechase (11:03.90).

Central Washington placed third in last year's championships and enter this year's meet with good scoring potential. Senior **Taylor Fettig** won the high jump in 2014 and owns the GNAC's top mark at 5 feet, 8.25 inches, tying her for seventh in Division II. Senior **Dani Eggleston** leads the league in the steeplechase and is 10th in Division II with her time of 10:27.63 with senior teammate **Erin Chinchar** second in the GNAC at 10:50.71.

Sophomore **Ali Anderson** earned six points for the Wildcats with her third place finish in the heptathlon. Freshman **Mariyah Vongsaveng** won the 60-meter hurdles at the GNAC Indoor Championships and is second in the GNAC in the 100-meter hurdles at 14.15 seconds. Senior **Megan Rogers** also has potential point scoring potential in both the 5,000 meters (17:26.40) and the 10,000 meters (36:24.46).

Western Washington features two returning champions and will do plenty of damage in the field events. Junior **Megan Mortensen** won the discus last year and her best of 155 feet, 4 inches in 2016 is 13 feet better than her winning mark in 2015. Senior **Katie Reichert** won the javelin in 2014 and is automatically qualified for nationals in the event (164-7). Reichert is joined by junior **Bethany Drake**, who reset her own GNAC record in the event and sits third in the nation

with a throw of 171 feet, 7 inches.

Drake and Reichert lead four Vikings' javelin throwers in the GNAC's top-five. Freshman **Mariah Horton** is eighth in Division II at 156 feet, 3 inches, and freshman **Anosi Laupola** is 14th in the nation at 149 feet, 3 inches.

Junior **Jasmine McMullin** will look to add an outdoor title in the triple jump, entering the meet with a personal best of 39 feet, 9.75 inches. She will be challenged by Simon Fraser freshman **Ella Brown**, who is second in the GNAC with a mark of 39 feet, 5.25 inches. Junior **Miranda Osadchey** will challenge for the title in the high jump (5-7.25) while junior **Brittany Grant** and senior **Taylor Guenther** will be potential point scorers in the steeplechase and 5,000 meters, respectively.

Western Oregon returns one champion in senior **Emmi Collier**, who won the shot put in 2015. Her current mark of 46 feet, 5.5 inches, is a foot better than her winning mark last year and second in the GNAC. Freshman **Olivia Woods** is fourth in the GNAC in the 400 meters (56.66) while sophomore **Suzie Van De Grift** is fourth in the 800 meters (2:11.76). Senior **Stephanie Stuckey** ranks fifth in the 1,500 meters (4:30.59) and sophomore **Sara Madden** is sixth in the 400-meter hurdles (1:04.79).

Northwest Nazarene is led by junior **Taylor Deskins**, who has emerged as one of the conference's top sprinters. Her school record of 11.95 seconds is No. 2 on the GNAC all-time list and second in the league this season behind Ashcroft. Two-sport sophomore **Lexi Tubbs** is third in the league in the 100-meter hurdles with her time of 14.18 seconds. Freshman **Ellie Logan** is 11th in Division II in the javelin (151-11) and gave the Crusaders eight points with her second place finish in last week's heptathlon.

Simon Fraser's best scoring chance comes from the freshman Brown in the triple jump. Sophomore **Alana Mussatto** has the GNAC's third best time in the 800 meters (2:11.74) while freshman **Addy Townsend** is fifth in the event (2:11.85) and sophomore **Sophie Dodd** is sixth (2:12.05). Senior **Rebecca Bassett** is third in the league and 18th nationally in the 5,000 meters (16:42.50). Freshman **Valda Kabia** ranks fifth in the 100 meters (12.20).

Newcomer Concordia will be a factor in the field events. Freshman **Katrina Linenko** leads the GNAC and is 19th in the nation in the shot put at 46 feet, 10 inches. Sophomore **Christina MacDonald** should score in three events with the league's third best mark in both the shot put (44-9.75) and hammer (167-0) and fifth best in the javelin (150-0). Freshman **Tori Johnson** enters the meet ranked fourth in the high jump (5-5.75) while juniors **Rachel Siltman** and **Emma Hill** and third and fourth in the triple jump (37-10.75 and 37-8.5).

Saint Martin's will pin their scoring hopes on senior **Kirby Neale** and junior **Shannon Porter**. Neale leads the GNAC in the hammer with her mark of 174 feet, 2 inches, is sixth in the shot put (43-10) and seventh in the discus (131-8). Porter enters with the third best mark in the 5,000 meters, a NCAA Championships provisional qualifier of 16:42.50. Sophomore **Deanna Avalos** is sixth in the javelin with a provisional qualifying mark of 149 feet, 3 inches.

Senior **Della Lyle** provides the best scoring chance for Montana State Billings. Lyle enters with the conference's fifth best time in the steeplechase, a school record 11:03.90. She will also compete in the 5,000 meters where she holds the school record at 17:20.62. Freshman **Janessa Williams** comes into the meet with the sixth best mark in the triple jump (36-6.75).

Around The GNAC

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.

IN THE NATIONAL POLLS: Alaska Anchorage enters the GNAC Championships as the top ranked conference team in both the men's and women's USTFCCA Division II Computer Rankings. The Seawolves are the only men's team ranked at No. 19. The UAA women sre ranked No. 11 while Western Washington dropped to No. 25.

In the West Region Men's Computer Rankings, Alaska Anchorage is ranked No. 5 followed by Western Oregon at No. 7, Western Washington at No. 8 and Central Washington at No. 10. In the women's West Region rankings, Seattle Pacific is No. 3 followed by Alaska Anchorage at No. 4, Central Washington at No. 7 and Western Washington at No. 8.

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.

GNAC Qualifiers For NCAA Division II Outdoor Championships

MEN'S AUTOMATIC QUALIFIERS AS OF MAY 10, 2016

Event	Athlete	Mark	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	4th	5/2/16

MEN'S PROVISIONAL QUALIFIERS AS OF MAY 10, 2016

Event	Athlete	Mark	Rank	Date
100 Meters	Alex Donigian, WWU	10.33	T-9th	3/30/16
200 Meters	Alex Donigian, WWU	20.93	T-12th	4/14/16
	Cody Warner, WOU	21.09	T-18th	5/6/16
400 Meters	Cody Thomas, UAA	47.88	43rd	4/15/16
	Daniel Kelloway, SFU	47.91	45th	4/15/16
800 Meters	Cameron Proceviat, SFU	1:49.28	6th	5/7/16
	Nathan Kipchumba, UAA	1:49.67	7th	4/1/16
	Josh Dempsey, WOU	1:49.84	T-8th	4/1/16
	Joe Day, UAA	1:50.03	12th	5/7/16
	Josh Hanna, WOU	1:50.11	13th	4/1/16
	Badane Sultessa, WOU	1:50.93	22nd	4/29/16
	Jesse Miller, UAA	1:52.15	44th	4/14/16
1,500 Meters	Cameron Proceviat, SFU	3:46.47	9th	4/14/16
	Robert Peterson, MSUB	3:49.17	29th	5/6/16
	Sam Naffziger, WOU	3:49.63	34th	4/14/16
	Nathan Kipchumba, UAA	3:51.19	T-42nd	4/14/16
5,000 Meters	Henry Cheseto, UAA	14:13.25	21st	4/14/16
	Edwin Kangogo, UAA	14:16.63	26th	5/7/16
	Michel Ramirez, UAA	14:18.38	27th	5/7/16
10,000 Meters	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
	Turner Wiley, SPU	30:53.09	52nd	4/1/16
110m Hurdles	Travis Milbrandt, WWU	14.19	13th	4/22/16
	Bernari Sternem, CWU	14.34	19th	4/8/16
400m Hurdles	Bernari Sternem, CWU	53.06	T-28th	4/30/16
Steeplechase	Matt Lutz, WWU	8:59.97	9th	4/14/16
	Andrew Wise, WWU	9:11.08	26th	4/14/16
4x400 Relay	Alaska Anchorage	3:10.60	12th	4/14/16
High Jump	Mikel Smith, SMU	2.10/6-10.75	T-11th	4/30/16
	Tevin Gladden, UAA	2.08/6-9.75	T-20th	5/7/16
	Cole Hoberg, NNU	2.06/6-9	T-27th	4/29/16
Pole Vault	J.T. Konrad, WWU	5.00/16-4.75	T-16th	4/30/16
	Matt DeHan, SMU	4.93/16-2	25th	3/18/16
	Jacob Hino, WWU	4.85/15-11	T-34th	4/30/16
	Gordon Kordas, WWU	4.76/15-7.25	45th	4/14/16
Triple Jump	Luke Plummer, CWU	14.98/49-1.75	24th	4/15/16
	Wesley Gray, WOU	14.70/48-2.75	T-42nd	4/8/16
	<i>Josh Koch, CU</i>	17.87/58-7.5	T-8th	5/6/16
	<i>Robert Watson, CU</i>	16.64/54-7.25	T-23rd	3/18/16
Discus	Armando Tafoya, CWU	50.58/166-0	26th	4/22/16
	<i>Josh Koch, CU</i>	49.69/163-0	34th	4/8/16
Hammer	Tyler Lamott, CU	61.00/200-1	13th	4/1/16
	Armando Tafoya, CWU	58.04/190-5	19th	4/8/16
	Brandon Pless, WWU	54.43/178-7	45th	4/15/16
Javelin	Justin Larson, WOU	62.72/205-9	11th	5/6/16
	John Haskin, WWU	62.39/204-8	13th	3/18/16
	Alex Barry, WWU	61.46/201-8	20th	4/30/16
	Brian Chalkley, SMU	61.09/200-5	T-23rd	3/5/16
Decathlon	Payton Lewis, NNU	6,611	20th	5/3/16
	Kodiak Landis, CWU	6,469	26th	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 10, 2016

Event	Athlete	Mark	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
Javelin	Bethany Drake, WWU	52.29/171-7	3rd	4/30/16
	Katie Reichert, WWU	50.16/164-7	5th	3/26/16

WOMEN'S PROVISIONAL QUALIFIERS AS OF MAY 10, 2016

Event	Athlete	Mark	Rank	Date
100 Meters	Jamie Ashcroft, UAA	11.70	13th	4/14/16
	Taylor Deskins, NNU	11.95	T-35th	4/29/16
200 Meters	Jamie Ashcroft, UAA	24.07	T-16th	4/22/16
	Mary Kathleen Cross, UAA	24.50	38th	3/26/16
400 Meters	Jahzelle Ambus, SPU	54.68	16th	4/30/16
800 Meters	Lynelle Decker, SPU	2:08.08	5th	4/1/16
	Tamara Perez, UAA	2:10.74	T-22nd	4/22/16
	Alana Mussatto, SFU	2:11.74	30th	4/14/16
	Suzie Van De Grift, WOU	2:11.76	31st	4/14/16
	Addy Townsend, SFU	2:11.85	33rd	4/14/16
	Sophie Dodd, SFU	2:12.15	35th	4/1/16
	Chynna Phan, SPU	2:12.88	40th	4/30/16
	Megan Rose, WOU	2:13.22	T-43rd	4/28/16
1,500 Meters	Lynelle Decker, SPU	4:27.16	11th	4/14/16
	Caroline Kurgat, UAA	4:29.39	22nd	3/26/16
	Tamara Perez, UAA	4:29.76	23rd	4/14/16
	Shannon Porter, SMU	4:29.82	24th	4/30/16
	Stephanie Stuckey, WOU	4:30.59	28th	4/1/16
	Jessica Pahkala, UAA	4:30.60	29th	4/14/16
	Mary Charleson, SPU	4:30.80	30th	4/30/16
	Julia Howley, SFU	4:31.99	33rd	4/30/16
	Joyce Chelimo, UAA	4:32.78	37th	4/15/16
	Rebecca Bassett, SFU	4:33.88	38th	4/30/16
5,000 Meters	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
	Anna Patti, SPU	16:54.63	25th	4/14/16
	Mary Charleson, SPU	17:02.93	35th	4/1/16
	Taylor Guenther, WWU	17:04.68	36th	4/15/16
	Dani Eggleston, CWU	17:09.51	42nd	3/26/16
	Sarah Macdonald, SPU	17:12.14	46th	4/14/16
	Lillianna Sterling, WWU	17:16.50	52nd	4/15/16
	Nicole Maurmann, WOU	17:17.16	54th	4/29/16
	Della Lyle, MSUB	17:20.62	60th	5/6/16
10,000 Meters	Anna Patti, SPU	36:09.37	28th	4/1/16
	Shannon Porter, SMU	36:19.02	33rd	4/14/16
	Della Lyle, MSUB	36:19.19	34th	4/14/16
	Megan Rogers, CWU	36:24.46	36th	4/14/16
100m Hurdles	Maliea Luquin, SPU	14.01	T-19th	4/30/16
	Mariah Vongsaveng, CWU	14.15	32nd	4/14/16
	Lexi Tubbs, NNU	14.18	34th	4/1/16
400m Hurdles	Jalen Tims, SPU	1:00.06	9th	4/15/16
	Maliea Luquin, SPU	1:01.93	38th	4/14/16
	Yvonne Jeschke, UAA	1:02.09	T-4th	5/7/16
	Monique Lisek, SFU	1:02.25	49th	4/14/16
Steeplechase	Dani Eggleston, CWU	10:27.63	10th	4/14/16
	Erin Chinchar, CWU	10:50.71	23rd	4/30/16
	Brittany Grant, WWU	10:52.48	25th	4/15/16
	Mariah Burroughs, UAA	11:03.38	47th	4/22/16
	Della Lyle, MSUB	11:03.90	48th	4/9/16
4x100 Relay	Seattle Pacific	46.81	35th	4/14/16
4x400 Relay	Seattle Pacific	3:43.76	13th	4/1/16
High Jump	Taylor Fettig, CWU	1.74/5-8.25	T-7th	4/30/16
	Miranda Osadchey, WWU	1.71/5-7.25	T-13th	3/18/16
	Geneva Lehnert, SPU	1.71/5-7.25	T-13th	4/22/16
Pole Vault	McKenna Emmert, CWU	3.75/12-3.5	26th	4/30/16
	Anna Paradee, WWU	3.67/12-0.5	T-35th	4/15/16
	Kyra Brannan, SPU	5.83/19-1.5	29th	4/22/16
Long Jump	Jasmine McMullin, WWU	12.08/39-9.75	T-20th	3/31/16
Triple Jump	Ella Brown, SFU	12.02/39-5.25	25th	4/1/16
	<i>Katrina Linenko, CU</i>	14.27/46-10	19th	3/18/16
	Emmi Collier, WOU	14.16/46-5.5	21st	4/8/16
Discus	Megan Mortensen, WWU	47.36/155-4	16th	4/30/16
Hammer	Kirby Neale, SMU	53.10/174-2	31st	4/30/16
Javelin	Mariah Horton, WWU	47.62/156-3	8th	3/26/16
	Ellie Logan, NNU	46.30/151-11	11th	4/28/16
	Anosi Laupola, WWU	45.50/149-3	14th	3/18/16
	Deanna Avalos, SMU	45.01/147-8	16th	5/6/16
	Angelique Whistocken, CWU	44.31/145-4	20th	4/9/16
	Kathryn Walker, SMU	43.53/142-10	23rd	3/18/16
	Jona Spiller, SMU	43.44/142-6	25th	3/5/16
	Amanda Short, WOU	42.71/140-1	31st	3/5/16
	Rachael Huffman, WOU	42.61/139-9	32nd	4/15/16
	Sheila Limas De La Cruz, WOU	41.94/137-7	T-39th	4/8/16
	AnnaMarie Forza, NNU	41.37/135-9	44th	4/29/16
Heptathlon	Maliea Luquin, SPU	4,738	21st	5/2/16
	Ellie Logan, NNU	4,541	34th	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	—	—	—
May 10	16th	—	—	—

USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of May 10, 2016 (Week 9)

Rk	School	Pts.	Prev.
1.	Saint Augustine's	240.81	1
2.	Texas A&M-Kingsville	173.93	3
3.	Grand Valley State	166.20	2
4.	Tiffin	134.50	4
5.	Adams State	134.23	5
6.	Chico State	113.49	6
7.	Central Missouri	103.13	7
8.	Ashland	94.94	10
9.	Shippensburg	89.32	8
10.	Pittsburg State	88.18	17
11.	Azusa Pacific	82.51	9
12.	Missouri Southern	80.98	11
13.	Angelo State	80.23	16
14.	Colorado Mines	76.61	14
15.	Southern Indiana	76.30	13
16.	Alaska Anchorage	74.46	19
17.	Tarleton State	71.91	12
18.	Lincoln (Mo.)	63.25	24
19.	Texas A&M-Commerce	61.90	15
20.	Stanislaus State	59.43	22
21.	Academy of Art	57.56	18
22.	Minnesota State	54.92	21
23.	Johnson C. Smith	52.77	20
24.	Findlay	50.99	25
25.	Hillsdale	50.06	23

USTFCCCA WEST REGION TEAM INDEX as of May 10, 2016 (Week 9)

Rk	School	Pts.	Prev.
1.	Azusa Pacific	420.54	1
2.	Chico State	408.82	2
3.	UC San Diego	302.39	3
4.	Academy of Art	281.89	4
5.	Alaska Anchorage	281.24	5
6.	Stanislaus State	234.51	7
7.	Western Oregon	208.64	8
8.	Western Washington	207.67	6
9.	Cal State LA	182.29	9
10.	Central Washington	147.19	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
May 10	11th	—	—	—	—	25th

USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of May 10, 2016 (Week 9)

Rk	School	Pts.	Prev.
1.	Lincoln (Mo.)	170.31	9
2.	Pittsburg State	168.77	5
3.	Saint Augustine's	144.79	1
4.	Hillsdale	130.55	3
5.	West Texas A&M	120.58	7
6.	Findlay	119.96	10
7.	Johnson C. Smith	119.92	4
8.	Grand Valley State	116.73	2
9.	Central Missouri	116.12	6
10.	Texas A&M-Kingsville	94.58	8
11.	Alaska Anchorage	80.04	11
12.	Lewis	79.22	12
13.	Chadron State	74.82	17
14.	Missouri Southern	70.57	15
15.	Shorter	66.88	13
16.	Ashland	55.51	23
17.	Adam State	55.30	20
18.	Angelo State	55.09	14
19.	Minnesota State	54.98	24
20.	Azusa Pacific	54.76	21
22.	Stanislaus State	54.39	25
23.	Sioux Falls	53.19	27
24.	Chico State	52.07	16
25.	Western Washington	52.07	22

USTFCCCA WEST REGION TEAM INDEX as of May 10, 2016 (Week 9)

Rk	School	Pts.	Prev.
1.	Chico State	370.07	1
2.	Azusa Pacific	299.07	2
3.	Seattle Pacific	292.57	3
4.	Alaska Anchorage	264.07	4
5.	Stanislaus State	228.53	6
6.	UC San Diego	212.72	7
7.	Central Washington	204.23	5
8.	Western Washington	171.17	9
9.	Fresno State	168.02	8
10.	Humboldt State	161.12	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: 20.93, 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	52.29/171-7	Bethany Drake, Western Washington (2016) <i>Previous: 51.66/169-6, Drake (2014)</i>
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, 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. 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, Mariah 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.

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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 Svastisalee, 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 Fettig, 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 Sternen, CWU, 14.57. 400m Hurdles - 1, Bernari Sternen, 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.