



May 24, 2016 • Week 18
 GNACSports.com • @GNACSports

Contact: Blake Timm, Assistant Commissioner For Communications
 503-805-8756 • btimm@gnacsports.com

GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Thurs., May 26 - Sat., May 28
 NCAA Division II Outdoor Track and Field Championships, IMG Academy, Bradenton, Fla.

LAST WEEK'S MEETS

Fri., May 13 - Sat., May 14
GNAC Outdoor Track & Field Championships at McArthur Field, Monmouth, Ore.
Women's Team Scores: Seattle Pacific 148.5, Central Washington 143.5, Alaska Anchorage 119, Western Washington 101, Northwest Nazarene 79.5, Concordia 70.5, Western Oregon 56, Simon Fraser 53, Saint Martin's 35, Montana State Billings 10.
Women's Champions: 100 Meters - Jamie Ashcroft, UAA, 12.15. 200 Meters - Jamie Ashcroft, UAA, 25.01. 400 Meters - Jahzelle Ambus, SPU, 56.80. 800 Meters - Sophie Dodd, SFU, 2:11.47. 1,500 Meters - Lynelle Decker, SPU, 4:29.68. 5,000 Meters - Shannon Porter, SMU, 16:42.14. 10,000 Meters - Joyce Chelimo, UAA, 36:02.39. 100m Hurdles - Maliea Luquin, SPU, 14.07. 400m Hurdles - Yvonne Jeschke, UAA, 1:01.95. Steeplechase - Dani Eggleston, CWU, 10:23.58. 4x100m Relay - Central Washington (Mariyah Vongsaveng, Tianna Banfro, Ashley Harmon, Madison Garcia), 47.65. 4x400m Relay - Simon Fraser (Bryce West, Sophie Dodd, Addy Townsend, Alana Mussatto), 3:50.91. High Jump - Tayler Fettig, CWU, 5-9.75. Pole Vault - Anna Paradee, WWU, 11-7. Long Jump - Maliea Luquin, SPU, 18-3.25. Triple Jump - Jasmine McMullin, WWU, 38-9.75. Shot Put - Emmi Collier, WOU, 45-4. Discus - Megan Mortensen, WWU, 151-2.5. Hammer - Kirby Neale, SMU, 163-5.25. Javelin - Katie Reichert, WWU, 164-8.25. Heptathlon - Maliea Luquin, SPU, 4,738.

Men's Team Scores: Alaska Anchorage 163.5, Western Washington 128, Western Oregon 118, Central Washington 101.5, Northwest Nazarene 72.5, Simon Fraser 72, Concordia 63, Saint Martin's 47.5, Montana State Billings 23, Seattle Pacific 23.

Men's Champions: 100 Meters - Alex Donigan, WWU, 10.66. 200 Meters - Alex Donigan, WWU, 21.82. 400 Meters - Daniel Kelloway, SFU, 48.02. 800 Meters - Badane Sultessa, WOU, 1:54.39. 1,500 Meters - David Ribich, WOU, 3:54.18. 5,000 Meters - Michel Ramirez, UAA, 14:56.03. 10,000 Meters - Victor Samoei, UAA, 31:38.86. 110m Hurdles - Travis Milbrandt, WWU, 14.38. 400m Hurdles - Kaleb

Dobson, WOU, 53.96. Steeplechase - Robert Peterson, MSUB, 8:59.23. 4x100m Relay - Western Oregon (Wesley Gray, Devonte Woods, Aaron Whitaker, Cody Warner), 42.02. 4x400m Relay - Simon Fraser (Michael Hutchinson, Cameron Proceviat, Vladislav Tsygankov, Daniel Kelloway), 3:15.61. High Jump - Cole Hoberg, NNU, 6-7. Pole Vault - Payton Lewis, NNU, 16-1.25. Long Jump - Peyton Harris, SPU, 23-5.5. Triple Jump - Mark Seely, WWU, 48-0.75. Shot Put - Josh Koch, CU, 59-8.75. Discus - Josh Koch, CU, 165-11.5. Hammer - Tyler Lamott, CU, 191-8.75. Javelin - Cody Parker, UAA, 214-3.25. Decathlon - Cody Thomas, UAA, 7,201.

Sun., May 15
Portland Twilight at Eldon Fix Track, Portland, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Bryce West, SFU, 12.70; 3, Laura Patrick, WOU, 12.72. 200 Meters - 2, Valda Kabia, SFU, 25.04. 400m Hurdles - 3, Megan Notting, SFU, 1:07.19. Triple Jump - 1, Ella Brown, SFU, 39-1. Lon Jump - 3, Natasha Lazecki, SFU, 17-3.25. High Jump - 3, Mackenzie Stewart, SFU, 4-11.

Men (Top 3 GNAC Finishers): 200 Meters - 2, Valdislav Tsygankov, SFU, 22.58. 400 Meters - 2, Daniel Kelloway, SFU, 49.02. 400m Hurdles - 2, Joshua Adhemar, SFU, 57.38; 3, Ben Conrad, SFU, 59.69. Long Jump - 2, Alex Wu, SFU, 21-0.75.

#GNACTF in 140 @GNACSports

#Represent A total of 49 athletes (26 women 23 men) will represent the GNAC at the NCAA Division II Outdoor Track and Field Championships this weekend in Bradenton, Fla.

#StickItToThem The GNAC is best represented in the javelin. The women's javelin field has six GNAC athletes, led by conference record holder **Bethany Drake** of Western Washington. Four men will compete in the javelin as well.

#GoingTheDistance The GNAC will have six athletes in the men's 800 meters and five each in the women's 1,500 meters and 5,000 meters.

#The11thHour Four GNAC athletes secured qualifying marks on the final weekend of competition. Two did it at the May 15 Portland Twilight on the last possible day for qualification.

Get Social

Twitter Accounts/Hashtags For GNAC Track & Field Programs

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

GNAC Outdoor Track & Field Championships Athletes of the Meet



MALE CO-ATHLETES OF THE MEET
Cody Thomas, Alaska Anchorage
 Senior • Blenheim, New Zealand

Thomas won his third GNAC decathlon title the week before the GNAC Championships with a conference meet record score of 7,201 points. In the championship meet, Thomas tied for second place in the high jump with a clearance of 6 feet, 5 inches and was third in the long jump with a mark of 23 feet, 3.5 inches. Thomas led all competitors in the

men's meet with 31 points. It is Thomas' second Athlete of the Meet award. He won the outright award in 2014.'



WOMEN'S ATHLETE OF THE MEET
Maliea Luquin, Seattle Pacific
 Junior • Portland, Ore.

Luquin tied the GNAC Championships record by winning three events and scored a total of 38 points to lead Seattle Pacific to its second straight women's title. Luquin won the heptathlon with a score of 4,738 points and then won the 100-meter hurdles in 14.07 seconds (set McArthur Field record of 13.97 seconds in preliminaries) and the long jump with a

mark of 18 feet, 3.25 inches. She also placed third in the 400-meter hurdles and ran the leadoff leg on the Falcons' 4x400-meter relay team.



Josh Koch, Concordia
 Sophomore, Dayton, Nev.

Koch won both the shot put and discus in the Cavaliers' first GNAC Outdoor Championships. He captured the shot put title with a meet record mark of 59 feet, 8.5 inches, and won the discus with a mark of 165 feet, 11.5 inches. Koch's 21 points in the meet (including eighth place in the hammer) helped lead Concordia to a seventh place finish in the meet.

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 Sternem, CWU	Josh Koch, Concordia	Joyce Chelimo, UAA	Christina MacDonald, CU
Apr. 18 - 24	Alex Donigian, WWU	Armando Tafoya, CWU	Della Lyle, MSUB	Taylor Fettig, CWU
Apr. 25 - May 1	Travis Milbrandt, WWU	Payton Lewis, NNU	Joyce Chelimo, UAA	Kyra Brannan, SPU
May 2 - 8	Robert Peterson, MSUB	Tevin Gladden, UAA	Jamie Ashcroft, UAA	Taylor Deskins, NNU
	Cameron Proceviat, SFU		Taylor Deskins, NNU	Bethany Drake, WWU
			Madison Garcia, CWU	Taylor Fettig, CWU

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

Around The GNAC



GNAC ATHLETES PREPARE FOR

NCAA CHAMPIONSHIPS: A total of 49 GNAC athletes are on their way to Florida to represent the conference's 10 track and field programs at the NCAA Division II Outdoor Track and Field Championships. The meet runs Thursday through

Saturday at the IMG Academy Complex in Bradenton, Fla.

The 49 athletes includes 23 men and 26 women. Western Washington leads the GNAC schools with 13 entrants, including a conference-best seven women's competitors. Western Oregon leads the list of men's entrants with six competitors.

Of the 13 entrants for Western Washington, four will compete in the women's javelin where the GNAC has nearly a third of the field of entrants. Conference record holder **Bethany Drake** leads the list. The automatic qualifier enters the meet with the third best mark in Division II at 171 feet, 7 inches. **Katie Reichert**, the GNAC champion, is fifth in the nation at 164 feet, eight inches.

The rest of the GNAC field in the women's javelin includes the Vikings' **Mariah Horton** (11th) and **Anosi Laupola** (16th), Northwest Nazarene's **Ellie Logan** (14th) and Saint Martin's **Deanna Avalos** (17th).

The GNAC is also well represented in the men's javelin. Conference champion **Cody Parker** of Alaska Anchorage is the favorite to win the national title. His season best mark of 234 feet, 7 inches has held up since the Mar. 31 Texas Relays and is six feet better than the No. 2 athlete in the field, Michael Brazzel of Georgian Court. The rest of the GNAC men's javelin field is comprised of Western Oregon's **Justin Larson** (12th) and Western Washington's **John Haskin** (13th) and **Alex Barry** (20th).

The GNAC will field an impressive six-man field in the men's 800 meters, which includes three runners in the top-10 nationally. Simon Fraser's **Cameron Proceviat** has the sixth best time entering the meet at 1:49.28. Alaska Anchorage's **Nathan Kipchumba** is seventh at 1:49.87 and Western Oregon's **Josh Dempsey** is tied for eighth in 1:49.91. The field also includes two-time GNAC champion **Badane Sultessa** of WOU (12th), Alaska Anchorage's **Joe Day** (15th) and Western Oregon's **Josh Hanna** (16th).

The GNAC is well represented in women's distances with five entrants each in the 1,500 meters and 5,000 meters. Alaska Anchorage's **Joyce Chelimo** is an automatic qualifier and national leader in both the 5,000 meters (15:59.55) and the 10,000 meters (33:14.41) while teammate **Caroline Kurgat** automatically qualified in the 10,000 meters with the second best time in the nation (33:38.30). Kurgat also owns the 12th best time in the 5,000 meters (16:30.85).

The women's 5,000-meter field also includes GNAC champion **Shannon Porter** of Saint Martin's (14th), Simon Fraser's **Rebecca Bassett** (18th) and Western Washington's **Brittany Grant** (21st).

Seattle Pacific's **Lynelle Decker** leads the GNAC field in the 1,500 meters. The two-time GNAC champion has the 13th best time in the field at 4:27.16. The remainder of the GNAC runners were outside of the traditional top-20 accepted into nationals, but benefitted by a large number of scratches. The field includes Alaska Anchorage's **Tamara Perez** (25th) and **Jessica Pahkala** (30th), Porter (26th) and Western Oregon's **Stephanie Stuckey** (29th).

The GNAC field includes nine automatically qualified entrants in 10 events. Alaska Anchorage had four of those in Chelimo in the 5,000 meters and the 10,000 meters, Kurgat in the 10,000 meters, Parker in the javelin and three-time GNAC decathlon champion **Cody Thomas** (7,201, 4th). Western Oregon's **David Ribich** automatically qualified in the men's 1,500 meters (3:43.41, 3rd) and Northwest Nazarene's **Payton Lewis** automatically qualified in the men's pole vault. Western Washington's Drake and Reichert were automatic qualifiers in the women's javelin while Central Washington's **Taylor Fettig** automatically qualified in the high jump. Her GNAC record mark of 5 feet, 9.75 inches, ties her for second in the nation.

Two GNAC men will compete in two events: Western Washington's **Alex Donigian** in the 100 meters and 200 meters and Alaska Anchorage's **Henry**

Cheseto in the 5,000 meters and 10,000 meters. On the women's side, Alaska Anchorage's **Jamie Ashcroft** joins Chelimo and Kurgat as two-event competitors as she races in the 100 meters and 200 meters. Both Decker and Perez will compete in the 800 meters and 1,500 meters. Grant will also compete in two-events: the 5,000 meters and the steeplechase.

GNAC COMPETITORS AT NATIONALS BY TEAM MEN

Alaska Anchorage: Henry Cheseto (5,000 Meters, 10,000 Meters), Joe Day (800 Meters), Nathan Kipchumba (800 Meters), Cody Parker (Javelin), Cody Thomas (Decathlon), 4x400m Relay.

Central Washington: Armando Tafoya (Hammer).

Montana State Billings: Robert Peterson (Steeplechase).

Northwest Nazarene: Payton Lewis (Pole Vault).

Saint Martin's: Mikel Smith (High Jump).

Simon Fraser: Cameron Proceviat (800 Meters), Marc-Antoine Rouleau (1,500 Meters).

Western Oregon: Josh Dempsey (800 Meters), Josh Hanna (800 Meters), Justin Larson (Javelin), Sam Naffziger (1,500 Meters), David Ribich (1,500 Meters), Badane Sultessa (800 Meters), Cody Warner (200 Meters).

Western Washington: Alex Barry (Javelin), Alex Donigian (100 Meters, 200 Meters), John Haskin (Javelin), Matt Lutz (Steeplechase), Travis Milbrandt (110m Hurdles).

WOMEN

Alaska Anchorage: Jamie Ashcroft (100 Meters, 200 Meters), Joyce Chelimo (5,000 Meters, 10,000 Meters), Caroline Kurgat (5,000 Meters, 10,000 Meters), Jessica Pahkala (1,500 Meters), Tamara Perez (800 Meters, 1,500 Meters).

Central Washington: Erin Chinchar (Steeplechase), Dani Eggleston (Steeplechase), Tayler Fettig (High Jump).

Montana State Billings: Della Lyle (Steeplechase).

Northwest Nazarene: Ellie Logan (Javelin).

Saint Martin's: Deanna Avalos (Javelin), Shannon Porter (1,500 Meters, 5,000 Meters)

Seattle Pacific: Jahzelle Ambus (400 Meters), Lynelle Decker (800 Meters, 1,500 Meters), Geneva Lehnert (High Jump), Maliea Luquin (100m Hurdles), Jalen Tims (400m Hurdles).

Simon Fraser: Rebecca Bassett (5,000 Meters).

Western Oregon: Stephanie Stuckey (1,500 Meters)

Western Washington: Bethany Drake (Javelin), Brittany Grant (5,000 Meters, Steeplechase), Mariah Horton (Javelin), Anosi Laupola (Javelin), Megan Mortensen (Discus), Miranda Osadchey (High Jump), Katie Reichert (Javelin).

Around The GNAC

FESTIVAL OF THE LAST MINUTE: For a number of GNAC athletes, qualifying for nationals was a last-minute proposition as they secured spots in the meet through performances at either the GNAC Championships or at the Portland Twilight on May 15.

At the GNAC Championships, Western Washington's **Brittany Grant** punched her nationals ticket with a time of 16:46.17 in the 5,000 meters. Not qualified prior to the event, Grant moved to No. 21 to claim the final spot in the field. Montana State Billings' **Robert Peterson** did the same in the men's steeplechase, running 8:59.23 to not only win the GNAC title, but also qualify for nationals with the ninth best time in the nation.

A day after winning his second GNAC championship in the men's 800 meters, Western Oregon's **Badane Sultessa** qualified for nationals with his time of 1:49.91 at the Portland Twilight. The race moved Sultessa from 22nd entering the meet to 12th. His teammate, **Sam Naffziger**, moved from 34th to 12th in the 1,500 meters with his time of 3:46.99.

Three women's athletes improved their marks to solidify their spots in nationals. Central Washington's **Taylor Fettig** moved into a tie for second nationally in the high jump with her GNAC record mark of 5 feet, 9.75 inches at the GNAC Championships. Seattle Pacific's **Geneva Lehnert** also solidified her spot with a leap of 5 feet, 7.75 inches, moving from a tie for 13th into a tie for ninth. Western Washington's **Katie Reichert** also improved her season best with the GNAC championship winning mark of 164 feet, 8 inches, at the GNAC Championships.

IN THE NATIONAL POLLS: Alaska Anchorage represents the GNAC in both the final USTFCCA Division II Men's and Women's Computer Rankings, which were released on May. 23. The Seawolves are ranked No. 10 in the women's poll. They are the only GNAC team to make the top-25. Alaska Anchorage's men are ranked No. 12 while Western Oregon is ranked No. 25.

In the West Region Men's Computer Rankings, Alaska Anchorage is ranked No. 5. Western Washington is No. 7, Western Oregon is No. 8 and Central Washington is No. 10. Seattle Pacific is No. 2 in the Women's Computer rankings, followed by No. 4 Alaska Anchorage, No. 5 Central Washington and No. 8 Western Washington.

GNAC Qualifiers For NCAA Division II Outdoor Championships

ACCEPTED MEN'S ENTRIES FOR NCAA OUTDOOR TRACK & FIELD CHAMPIONSHIPS

Event	Athlete	Mark	Rank	Date
100 Meters	Alex Donigian, WWU	10.33	T-10th	3/30/16
200 Meters	Alex Donigian, WWU	20.93	T-12th	4/14/16
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
	Badane Sultessa, WOU	1:49.91	12th	5/15/16
	Joe Day, UAA	1:50.03	15th	5/7/16
	Josh Hanna, WOU	1:50.11	16th	4/1/16
1,500 Meters	David Ribich, WOU	3:43.41	3rd	4/14/16
	Marc-Antoine Rouleau, SFU	3:45.45	8th	4/30/16
	Sam Naffziger, WOU	3:46.99	12th	5/15/16
5,000 Meters	Henry Cheseto, UAA	14:13.25	21st	4/14/16
10,000 Meters	Henry Cheseto, UAA	29:36.07	11th	4/1/16
110m Hurdles	Travis Milbrandt, WWU	14.19	13th	4/22/16
Steeplechase	Robert Peterson, MSUB	8:59.23	9th	5/13/16
	Matt Lutz, WWU	8:59.97	11th	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-12th	4/30/16
Pole Vault	Payton Lewis, NNU	5.20/17-0.25	3rd	4/29/16
Hammer	Armando Tafoya, CWU	58.04/190-5	20th	4/8/16
Javelin	Cody Parker, UAA	71.50/234-7	1st	3/30/16
	Justin Larson, WOU	62.72/205-9	12th	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
Decathlon	Cody Thomas, UAA	7,201	4th	5/2/16

ACCEPTED WOMEN'S ENTRIES FOR NCAA OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

Event	Athlete	Mark	Rank	Date
100 Meters	Jamie Ashcroft, UAA	11.70	14th	4/14/16
200 Meters	Jamie Ashcroft, UAA	24.07	T-17th	4/22/16
400 Meters	Jahzelle Ambus, SPU	54.68	16th	4/30/16
800 Meters	Lynelle Decker, SPU	2:08.08	6th	4/1/16
	Tamara Perez, UAA	2:10.74	T-26th	4/22/16
1,500 Meters	Lynelle Decker, SPU	4:27.16	13th	4/14/16
	Tamara Perez, UAA	4:29.76	25th	4/14/16
	Shannon Porter, SMU	4:29.82	26th	4/30/16
	Stephanie Stuckey, WOU	4:30.59	29th	4/1/16
	Jessica Pahkala, UAA	4:30.60	30th	4/14/16
5,000 Meters	Joyce Chelimo, UAA	15:59.55	1st	4/14/16
	Caroline Kurgat, UAA	16:30.85	12th	4/14/16
	Shannon Porter, SMU	16:32.03	14th	4/1/16
	Rebecca Bassett, SFU	16:42.50	18th	4/14/16
	Brittany Grant, WWU	16:46.17	21st	5/13/16
10,000 Meters	Joyce Chelimo, UAA	33:14.41	1st	4/1/16
	Caroline Kurgat, UAA	33:38.30	2nd	4/1/16
100m Hurdles	Maliea Luquin, SPU	14.01	T-21st	4/30/16
400m Hurdles	Jalen Tims, SPU	1:00.06	10th	4/15/16
Steeplechase	Dani Eggleston, CWU	10:23.58	8th	4/14/16
	Della Lyle, MSUB	10:29.08	11th	5/13/16
	Erin Chinchar, CWU	10:38.10	19th	5/13/16
	Brittany Grant, WWU	10:44.38	23rd	5/13/16
High Jump	Taylor Fettig, CWU	1.77/5-9.75	T-2nd	5/13/16
	Geneva Lehnert, SPU	1.72/5-7.75	T-9th	5/13/16
	Miranda Osadchey, WWU	1.71/5-7.25	T-17th	3/18/16
Discus	Megan Mortensen, WWU	47.36/155-4	20th	4/30/16
Javelin	Bethany Drake, WWU	52.29/171-7	3rd	4/30/16
	Katie Reichert, WWU	50.19/164-8	5th	5/13/16
	Mariah Horton, WWU	47.62/156-3	11th	3/26/16
	Ellie Logan, NNU	46.30/151-11	14th	4/28/16
	Anosi Laupola, WWU	45.50/149-3	16th	3/18/16
	Deanna Avalos, SMU	45.01/147-8	17th	5/6/16

GNAC Outdoor Championships/National Qualifying Standards

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

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

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	—	—	—
May 23	12th	—	25th	—

USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of May 23, 2016 (Week 10 - Final)

Rk	School	Pts.	Prev.
1.	Saint Augustine's	244.82	1
2.	Texas A&M-Kingsville	184.89	2
3.	Grand Valley State	148.67	3
4.	Adams State	143.43	5
5.	Chico State	109.16	6
6.	Central Missouri	103.42	7
7.	Tiffin	100.96	4
8.	Pittsburg State	91.77	10
9.	Ashland	89.43	8
10.	Angelo State	77.25	13
11.	Southern Indiana	76.94	15
12.	Alaska Anchorage	74.66	16
13.	Missouri Southern	74.44	12
14.	Azusa Pacific	73.54	11
15.	Colorado Mines	71.88	14
16.	Academy of Art	64.99	21
17.	Lincoln (Mo.)	62.24	18
18.	Minnesota State	59.95	22
19.	Shippensburg	58.04	9
20.	Johnson C. Smith	54.79	23
21.	Texas A&M-Commerce	52.80	19
22.	Carson-Newman	51.82	32
23.	Stanislaus State	51.81	20
24.	Tarleton State	51.39	17
25.	Western Oregon	51.38	29

USTFCCCA WEST REGION TEAM INDEX as of May 17, 2016 (Week 10 - Final)

Rk	School	Pts.	Prev.
1.	Azusa Pacific	406.35	1
2.	Chico State	405.28	2
3.	UC San Diego	291.60	3
4.	Academy of Art	283.51	4
5.	Alaska Anchorage	280.50	5
6.	Stanislaus State	231.43	6
7.	Western Washington	219.71	8
8.	Western Oregon	217.74	7
9.	Cal State LA	187.02	9
10.	Central Washington	148.59	10

[View Complete Regional Index Online](#)



[Complete Poll Online](#)

Women's Outdoor Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	CWU	SMU	SPU	WOU	WWU
Mar. 15	—	20th	25th	—	22nd	18th
Mar. 22	—	22nd	—	—	—	6th
Mar. 29	21st	—	—	—	—	8th
Apr. 6	10th	—	—	13th	—	14th
Apr. 12	13th	—	—	15th	—	14th
Apr. 19	10th	—	—	17th	—	18th
Apr. 26	9th	—	—	23rd	—	20th
May 3	11th	—	—	19th	—	22nd
May 10	11th	—	—	—	—	25th
May 23	10th	—	—	—	—	—

USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of May 23, 2016 (Week 10 - Final)

Rk	School	Pts.	Prev.
1.	Lincoln (Mo.)	167.77	1
2.	Pittsburg State	162.43	2
3.	Saint Augustine's	155.14	3
4.	West Texas A&M	140.53	5
5.	Hillsdale	130.23	4
6.	Grand Valley State	118.98	8
7.	Findlay	118.87	6
8.	Johnson C. Smith	118.42	7
9.	Central Missouri	110.67	9
10.	Alaska Anchorage	88.52	11
11.	Texas A&M-Kingsville	87.60	10
12.	Chadron State	75.83	13
13.	Lewis	72.17	12
14.	Shorter	67.53	15
15.	Missouri Southern	65.83	14
16.	Stanislaus State	61.45	22
17.	Chico State	57.36	24
18.	Sioux Falls	56.07	23
19.	Minnesota State	55.80	19
20.	Ashland	52.24	16
21.	Azusa Pacific	51.88	20
22.	Adams State	48.96	17
23.	Clafin	47.85	26
24.	Merrimack	47.79	27
25.	Southern Connecticut	45.59	66

USTFCCCA WEST REGION TEAM INDEX as of May 17, 2016 (Week 10 - Final)

Rk	School	Pts.	Prev.
1.	Chico State	369.18	1
2.	Seattle Pacific	310.59	3
3.	Azusa Pacific	295.58	2
4.	Alaska Anchorage	264.65	4
5.	Central Washington	226.26	7
6.	Stanislaus State	225.54	5
7.	UC San Diego	195.97	6
8.	Western Washington	182.32	8
9.	Fresno Pacific	161.58	9
10.	Humboldt State	156.47	10

[View Complete Regional Index Online](#)



[Complete Poll Online](#)

GNAC Indoor Track & Field Records

MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
200 Meters	21.3	Cody Warner, Western Oregon (2015)
400 Meters	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

Previous: 3:15.83, Western Oregon (2010)

Distance Medley	9:50.07	Western Oregon (2016)
		Sam Naffziger, Aaron Whitaker, Josh Dempsey, David Ribich

Previous: 9:54.66, Simon Fraser, 2015

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

Previous: 3:46.34, Seattle Pacific (2013)

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)
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	11:6:47.07	Sarah Porter, Western Washington (2010)
60m Hurdles	8.66	Danielle Ayers-Stamper, Seattle Pacific (2005)
4x400 Relay	3:50.68	Seattle Pacific (2015)

Jahzelle Ambus, Tasia Baldwin, Jalen Tims, Jasmine Johnson

Distance Medley	11:36.32	Seattle Pacific (2010)
		Kate Harline, Jennifer Pike, Jane Larson, Jessica Pixler

Long Jump	5.82/19-1.25	Tanya Bjornsson, Western Washington (2014)
Triple Jump	12.22/40-1.25	Jasmine McMullin, Western Washington (2016)
High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2014)
Pole Vault	3.91/12-10	Alison Silva, Northwest Nazarene (2014)
Weight Throw	17.63/57-10.25	Becki Duhamel, Central Washington (2015)
Shot Put	16.34/53-7.5	McKenzie Warren, Concordia (2016)
Pentathlon	3,761	Karolin Anders, Alaska Anchorage (2015)

PENTATHLON EVENTS

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

GNAC Outdoor Track & Field Records

MEN - ALL MEETS

100 Meters	10.22	Alex Donigian, Western Washington (2015)
200 Meters	20.93	Alex Donigian, Western Washington (2016) <i>Previous: 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	18.20/59-8.75	Josh Koch, Concordia (2016)
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	1.77/5-9.75	Taylor Fettig, Central Washington (2016)
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	46.08/151-2.5	Megan Mortensen, Western Washington (2016)
Hammer	54.51/178-10	Audrey Oswald, Humboldt State (2006)
Javelin	50.19/164-8.25	Katie Reichert, Western Washington (2016)
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-

2016 GNAC Outdoor Meet Summaries

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.

2016 GNAC Outdoor Meet Summaries

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 Cronic, 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.

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.

2016 GNAC Outdoor Meet Summaries

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, Michaela 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, Angeliq 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, Tyler 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.

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

Women's Team Scores: Seattle Pacific 148.5, Central Washington 143.5, Alaska Anchorage 119, Western Washington 101, Northwest Nazarene 79.5, Concordia 70.5, Western Oregon 56, Simon Fraser 53, Saint Martin's 35, Montana State Billings 10.

Women's Champions: 100 Meters - Jamie Ashcroft, UAA, 12.15. 200 Meters - Jamie Ashcroft, UAA, 25.01. 400 Meters - Jahzelle Ambus, SPU, 56.80. 800 Meters - Sophie Dodd, SFU, 2:11.47. 1,500 Meters - Lynelle Decker, SPU, 4:29.68. 5,000 Meters - Shannon Porter, SMU, 16:42.14. 10,000 Meters - Joyce Chelimo, UAA, 36:02.39. 100m Hurdles - Maliea Luquin, SPU, 14.07. 400m Hurdles - Yvonne Jeschke, UAA, 1:01.95. Steeplechase - Dani Eggleston, CWU, 10:23.58. 4x100m Relay - Central Washington (Mariyah Vongsaveng, Tianna Banfro, Ashley Harmon, Madison Garcia), 47.65. 4x400m Relay - Simon Fraser (Bryce West, Sophie Dodd, Addy Townsend, Alana Mussatto), 3:50.91. High Jump - Tayler Fettig, CWU, 5-9.75. Pole Vault - Anna Paradee, WWU, 11-7. Long Jump - Maliea Luquin, SPU, 18-3.25. Triple Jump - Jasmine McMullin, WWU, 38-9.75. Shot Put - Emmi Collier, WOU, 45-4. Discus - Megan Mortensen, WWU, 151-2.5. Hammer - Kirby Neale, SMU, 163-5.25. Javelin - Katie Reichert, WWU, 164-8.25. Heptathlon - Maliea Luquin, SPU, 4,738.

Men's Team Scores: Alaska Anchorage 163.5, Western Washington 128, Western Oregon 118, Central Washington 101.5, Northwest Nazarene 72.5, Simon Fraser 72, Concordia 63, Saint Martin's 47.5, Montana State Billings 23, Seattle Pacific 23.

Men's Champions: 100 Meters - Alex Donigan, WWU, 10.66. 200 Meters - Alex Donigan, WWU, 21.82. 400 Meters - Daniel Kelloway, SFU, 48.02. 800 Meters - Badane Sultessa, WOU, 1:54.39. 1,500 Meters - David Ribich, WOU, 3:54.18. 5,000 Meters - Michel Ramirez, UAA, 14:56.03. 10,000 Meters - Victor Samoei, UAA, 31:38.86. 110m Hurdles - Travis Milbrandt, WWU, 14.38. 400m Hurdles - Kaleb Dobson, WOU, 53.96. Steeplechase - Robert Peterson, MSUB, 8:59.23. 4x100m Relay - Western Oregon (Wesley Gray, Devonte Woods, Aaron Whitaker, Cody Warner), 42.02. 4x400m Relay - Simon Fraser (Michael Hutchinson, Cameron Proceviat, Vladislav Tsygankov, Daniel Kelloway), 3:15.61. High Jump - Cole Hoberg, NNU, 6-7. Pole Vault - Payton Lewis, NNU, 16-1.25. Long Jump - Peyton Harris, SPU, 23-5.5. Triple Jump - Mark Seely, WWU, 48-0.75. Shot Put - Josh Koch, CU, 59-8.75. Discus - Josh Koch, CU, 165-11.5. Hammer - Tyler Lamott, CU, 191-8.75. Javelin - Cody Parker, UAA, 214-3.25. Decathlon - Cody Thomas, UAA, 7,201.

2016 GNAC Outdoor Meet Summaries

Sun., May. 15

Portland Twilight

at Eldon Fix Track, Portland, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Bryce West, SFU, 12.70; 3, Laura Patrick, WOU, 12.72. 200 Meters - 2, Valda Kabia, SFU, 25.04. 400m Hurdles - 3, Megan Notting, SFU, 1:07.19. Triple Jump - 1, Ella Brown, SFU, 39-1. Lon Jump - 3, Natasha Lazecki, SFU, 17-3.25. High Jump - 3, Mackenzie Stewart, SFU, 4-11.

Men (Top 3 GNAC Finishers): 200 Meters - 2, Valdislav Tsygankov, SFU, 22.58. 400 Meters - 2, Daniel Kelloway, SFU, 49.02. 400m Hurdles - 2, Joshua Adhemar, SFU, 57.38; 3, Ben Conrad, SFU, 59.69. Long Jump - 2, Alex Wu, SFU, 21-0.75.