



Jan. 27, 2016 • Week 2
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Jan. 29
 Alaska Anchorage, Central Washington, Concordia, Saint Martin's, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at UW Preview, Seattle

Concordia at TrackTown USA High Performance Meet #3, Portland, 5 p.m.

Sat., Jan. 30

Alaska Anchorage, Central Washington, Concordia, Saint Martin's, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at UW Preview, Seattle

LAST WEEK'S MEETS

Fri., Jan. 22
 TrackTown USA High Performance Meet #2 at Nike House of Track, Portland, Ore.

Women (Top 3 GNAC Finishers): 200 Meters - 3, Maggie Boles, WOU, 26.76. 400 Meters - 2, Megan Rose, WOU, 1:00.27; 3, Suzie Van De Grift, WOU, 1:00.61. Mile - 3, Grace Knapp, WOU, 5:27.93. 5,000 Meters - 2, Debora De Leon, WOU, 19:55.80. 4x400 Relay - 1, WOU, 4:05.36. Triple Jump - 2, Kathryn Pitts, WOU, 34-3.5.

Men (Top 3 GNAC Finishers): 200 Meters - 2, Aaron Whitaker, WOU, 22.81. 400 Meters - 3, AJ Holmberg, WOU, 50.92. 60m Hurdles - 2, Kaleb Dobson, WOU, 8.37. 4x400 Relay - 1, WOU, 3:26.20.

Fri., Jan. 22 - Sat., Jan. 23

WSU Indoor Open
 at WSU Indoor Center, Pullman, Wash.
Women (Top 3 GNAC Finishers): 3,000 Meters - 1, Shannon Porter, SMU, 10:10.44 (meet record). 4x400 Relay - 2, CWU, 4:07.33.
Men (Top 3 GNAC Finishers): 4x400 Relay - 2, CWU, 3:31.52; 3, SMU, 3:32.90. High Jump - 2, Mikel Smith, SMU, 6-10.75. Triple Jump - 2, Luke Plummer, CWU, 46-3.25.

Sat., Jan. 23

Bronco Invitational
 at Jacksons Indoor Center, Nampa, Idaho
Women (Top 3 GNAC Finishers): Shot Put - 1, McKenzie Warren, CU, 54-0; 2, Christina MacDonald, CU, 44-8.25. Weight Throw - 3, McKenzie Warren, CU, 55-5.5.

Men (Top 3 GNAC Finishers): 600 Meters - 1, Austin Collins, CU, 1:21.38. High Jump - 2, Cole Hoberg, NNU, 6-8.75. Pole Vault - 1, Payton Lewis, NNU, 16-2.75. Shot Put - 1, Josh Koch, CU, 54-0.5. Weight Throw - 2, Tyler Lamott, CU, 57-1.5.

Dave Little Alumni Mile

at Don Young Center, Spearfish, S.D.

Women (Top 3 GNAC Finishers): 400 Meters - 1, Josey Smiedala, MSUB, 1:01.90. 60m Hurdles - 2, Janessa Williams, MSUB, 9.77. Long Jump - 3, Shaniah Schwend, MSUB, 15-3.25. Triple Jump - 2, Janessa Williams, MSUB, 35-5.25.
Men (Top 3 GNAC Finishers): Mile - 2, Robert Peterson, MSUB, 4:21.20. 400m Hurdles - 1, Landon Polkow, MSUB, 56.35. Shot Put - 3, Brady Ostermiller, MSUB, 44-4.25. Weight Throw - 1, Nels Flanagan, MSUB, 48-1.25.

#GNACTF in 140 @GNACSports

#AnotherRecord Concordia's **McKenzie Warren** broke her own GNAC record in the women's shot put at the Bronco Invitational. Her mark of 54 feet is second in Division II and 17th among all collegiate athletes.

#WorldsFastestTrack Western Oregon became the first GNAC team to race at the Nike House of Track, the same surface that will be used for the March IAAF World Indoor Championships in Portland.

#MeetRecord Saint Martin's **Shannon Porter** not only broke the 9-year-old WSU Indoor Open record in the women's 3,000 meters, but also smashed her own SMU record in the event.

#Qualifiers Last week's meets yielded two new NCAA Championships provisional qualifiers and three provisional mark improvements.

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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 Track & Field Athletes of the Week



MEN'S TRACK
Kyle McLaughlin, Northwest Nazarene
Junior • Kuna, Idaho

In a field dominated by Division I competition, McLaughlin finished fourth in the 60-meter hurdles at the Bronco Invitational with a time of 8.41 seconds. It is a season best for the junior and fourth best in the GNAC this season.

Also Nominated: Austin Collins (Concordia), Jackson Hand (Saint Martin's), Landon Polkow (Montana State Billings).



WOMEN'S TRACK
Shannon Porter, Saint Martin's
Senior • Vancouver, Wash.

Porter broke a nine-year-old meet record at the WSU Indoor Open, winning the 3,000 meters in a time of 10:10.44 and smashed her own Saint Martin's record in the event by 19 seconds. Porter currently sits sixth on the GNAC top-times list.

Also Nominated: Sierra Manzer (Northwest Nazarene), Caitlyn Safley (Concordia), Josey Smiedala (Montana State Billings).



MEN'S FIELD
Mikel Smith, Saint Martin's
Senior • Muskogee, Okla.

Smith finished second in the high jump at the WSU Indoor Open with a season-best mark of 6 feet, 10.75 inches. The GNAC leader and record holder in the event enters the week tied for eighth on the Division II best list.

Also Nominated: Nels Flanagan (Montana State Billings), Cole Hoberg (Northwest Nazarene), Josh Koch (Concordia).



WOMEN'S FIELD
McKenzie Warren, Concordia
Sophomore • Sandy, Ore.

For the second straight week, Warren broke the GNAC record in the shot put. She won the event at the Bronco Invitational by a foot with a personal best of 54 feet. The mark is second best in Division II this season and is the 17th best collegiate mark this season (all divisions). In addition, Warren placed third in the weight throw. Her personal best of 55

feet, 5.5 inches is No. 4 on the GNAC all-time list.

Also Nominated: Emmi Collier (Western Oregon), Rachel Miller (Northwest Nazarene), Kirby Neale (Saint Martin's), Janessa Williams (Montana State Billings).

Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Dec. 7 - 13	Latrell Swayne, SMU	Mikel Smith, SMU	Taylor Deskins, NNU	Taylor Van Valey, NNU
Jan. 11 - 17	Marc-Antoine Rouleau, SFU	Cody Thomas, UAA	Jamie Ashcroft, UAA	Karolin Anders, UAA McKenzie Warren, CU
Jan. 18 - 24	Kyle McLaughlin, NNU	Mikel Smith, SMU	Shannon Porter, SMU	McKenzie Warren, CU

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

GNAC Indoor Track & Field Championships



FEB. 19-20 • NAMPA, ID

Fri., Feb. 19 & Sat., Feb. 20
Jacksons Indoor Complex, Ford Idaho Center
Nampa, Idaho

Visit the [GNAC Indoor Track & Field Championships Page](#) for additional event information and the event schedule.

Qualifying Procedures

There are no minimum qualifying standards for athletes for the GNAC Indoor Track & Field Championships. Coaches may enter up to 25 athletes per gender in an unlimited number of events. Institutions may enter one team per gender in relay events.

Around The GNAC

ALASKA ANCHORAGE



- Alaska Anchorage did not compete last weekend. The Seawolves will join seven other GNAC teams at the UW Invitational on Friday and Saturday in Seattle.
- The Alaska Anchorage women are ranked No. 13 in the latest USTFCCA Division II Team Computer Rankings, up from their preseason No. 21 ranking. They are the only GNAC team, men or women, to be ranked nationally. The

Alaska Anchorage men are ranked No. 1 in the USTFCCA West Region Team Index.

- Multi-event standout **Karolin Anders** continues to rank No. 2 in Division II in the pentathlon, placing second at the Ed Jacoby Invitational with a score of 3,813 points. The performance is just nine points off of her personal best in the event. In the process, Anders set NCAA provisionals qualifying marks in the high jump (5-7.25) and the long jump (18-8.75).
- **Cody Thomas** placed second in the heptathlon at the Ed Jacoby Invitational with a NCAA Championships provisional qualifying score of 5,324 points. The performance was just six points short of the automatic qualifying standard and currently is the second best point total in Division II. Thomas also achieved a provisional qualifying standard in the high jump (6-8.75) and his time in the heptathlon 60 meters (6.97 seconds) tied the UAA record. Teammate **Travis Turner** also earned a provisional qualifying mark in the heptathlon, scoring 4,885 points.
- **Rosie Smith** set the UAA record in the 60 meters at the Jacoby Invite, placing second in a time of 8.76 seconds. She also dropped .03 seconds off her No. 3 time on the GNAC all-time list and currently is tied for 18th in Division II this season. She also enters the week ranked 23rd in Division II in the pentathlon with a provisional qualifier of 3,236 points at the Ed Jacoby Invitational.
- **Joyce Chelimo** led the GNAC's women's distance runners at the UW Preview. She placed 11th in the 3,000 meters in 9:34.28, provisionally qualifying for nationals and moving into No. 4 on the GNAC all-time list. She missed the automatic qualifying standard by one second and currently ranks No. 3 in Division II in the event.
- Sprinter **Jamie Ashcroft** is currently ranked No.10 in Division II in the 200 meters with her provisional qualifying time of 24.82 seconds at the Ed Jacoby Invitational. She is also tied for 19th in the 60 meters with her provisional qualifying time of 7.66 seconds.
- In the men's distances, **Nathan Kipchumba** is ranked 14th in Division II in the 800 meters with a time of 1:53.55. **Henry Cheseto** is ranked 14th in the 3,000 meters (8:25.61) and **Michael Ramirez** is 16th (8:26.02).

CENTRAL WASHINGTON



- Central Washington competed for the second week in a row, joining Saint Martin's for the WSU Indoor Open on Friday and Saturday in Pullman, Wash.
- Both the men's and women's 4x400-meter relay teams placed second in the event. The women were bettered only by Carroll (Mont.), running a time of 4:07.33 that is third best

in the GNAC. The CWU men also finished second to Carroll in 3:31.52, fourth best in the GNAC.

- **Luke Plummer** was the Wildcats' top individual placer, taking second in the men's triple jump with a leap of 46-3.25. The performance was not an improvement on his provisional qualifying mark of 47-7 at the Idaho Invitational, which ranks 24th in Division II.
- Senior distance runner **Dani Eggleston** owns the 20th best time in Division II in the women's 3,000 meters with her time of 10:00.08 at the Idaho Invitational. She is one of four GNAC runners with provisional qualifying marks in the event.

- Other top women's finishers at the WSU Indoor Open included **Jayna Inderbitizin** in the 400 meters (6th, 1:00.89) and **Alexa Shindruk** in the 3,000 meters (10:35.90).
- Other top men's finishers at the WSU Indoor Open included **Kent McKinney** in the 60 meters (4th, 7.13) and **Armando Tafoya** in the weight throw (5th, 52-6).
- Central Washington will be among the eight GNAC teams competing in the UW Invitational on Friday and Saturday in Seattle.

CONCORDIA



- Five Concordia athletes notched top-three finishes as they continued their first Division II season at the Bronco Invitational in Nampa, Idaho.
- Sophomore **McKenzie Warren** broke her own GNAC record in the women's shot put, winning the event with a mark of 54 feet. The performance ranks No. 2 in Division II this season and is 17th best at the collegiate level at all divisions. Warren also finished third in the weight throw. Her mark of 55-5.5 in fourth best in GNAC history. The performances earned Warren her second straight GNAC Women's Field Athlete of the Week honor.
- **Christina MacDonald** finished second in the women's shot put with a season best of 44-8.25. The performance ties her with Montana State Billings' Leeza Henry (2012) for No. 7 on the GNAC all-time list.
- **Josh Koch** was a winner in the men's shot put with a mark of 54-0.5. The effort did not better his season best of 55-7.75 from last week's UW Preview, which is currently 12th best in Division II.
- **Tyler Lamott** added a second place finish in the men's weight throw with a mark of 57-1.5. His season best in the event is 58-9.5, set at last week's UW Preview.
- **Austin Collins** was Concordia's only top-three placer in the running events, winning the men's 600 meters in 1:21.38.
- **Carlos Ortiz** placed eighth in the men's 60 meters in a time of 7.06 seconds. His season best of 7.02 seconds at the UW Preview is fourth best in the GNAC. Ortiz also has the second best time in the GNAC in the 200 meters with a 22.47 seconds at the UW Preview.
- Concordia will be among eight GNAC teams competing in the UW Invitational on Friday and Saturday in Seattle. Some Concordia athletes will also compete in the latest of the TrackTown USA High Performance meets on Friday in Portland.
- Concordia is in the second year of a three-year transition process to NCAA Division II membership. This is their first year competing in full Division II and GNAC schedules. While the Cavaliers are eligible to compete in the GNAC championship, they are not eligible to qualify for the NCAA Championships.

Around The GNAC

MONTANA STATE BILLINGS



- Montana State Billings had eight top-three finishers as the only GNAC team competing at the Dave Little Alumni Mile meet on Saturday in Spearfish, S.D.
- **Josey Smiedala** led the women's sprinters, winning 400 meters in a time of 1:01.90. **Janessa Williams** finished second in the 60-meter hurdles in a time of 9.77 seconds.

Williams also finished second in the triple jump in a mark of 35-5.25, sixth best in the GNAC.

- **Landon Polkow** led the MSUB men's runners, winning the 400-meter hurdles in 56.35 seconds. **Robert Peterson** was second in the mile in a time of 4:21.20. When adjusted for track size and altitude, his converted time of 4:14.42 leads the GNAC.

- **Nels Flanagan** was the winner for the Yellowjackets in the men's weight throw with a mark of 48-1.25. The week before, Flanagan set the MSUB record with a performance of 52-2.75.

- **Shanina Schwend** finished third in the women's long jump with a leap of 15-3.25. **Brady Ostermiller** added a third place finish in the men's shot put with a mark of 44-4.25, currently 10th best in the GNAC.

- Montana State Billings will not compete this weekend, one of two GNAC programs not in action. The Yellowjackets return to the track at the Mountain State Games on Sat., Feb. 6, in Pocatello, Idaho.

NORTHWEST NAZARENE



- Northwest Nazarene returned to action in their own backyard on Saturday, competing in Boise State's Bronco Invitational at the Jacksons Indoor Center.

- **Payton Lewis** was one of two individual event winners for the Crusaders, winning the men's pole vault with a season best of 16-2.75. The performance leads the GNAC and is sixth in Division II. Lewis also owns a provisional qualifier in the heptathlon, ranked seventh in the nation with a score of 4,963 points.

- **Cole Hoberg** improved his season best and NCAA provisional qualifying mark in the men's high jump, placing second with a mark of 6-8.75. He missed the NNU record by a quarter inch. The performance is tied for 18th in Division II.

- **Kyle McLaughlin** placed fourth in the men's 60-meter hurdles with a season best time of 8.41 seconds. The performance is fourth best in the GNAC. The performance earned McLaughlin selection as the GNAC Men's Track Athlete of the Week.

- **Sierra Manzer** placed fourth in the women's 1,000 meters, clocking a time of 3:09.17. **Chase Cunningham** placed seventh in the men's 800 meters with a time of 2:01.11, improving to No. 13 in the GNAC this season.

- The Crusaders will be idle this weekend, returning to action on Feb. 5 and 6 with the Jacksons/New Balance Indoor Invitational at the Jacksons Indoor Center.

SAINT MARTIN'S



- Saint Martin's competed in their first meet in a month on Saturday, joining Central Washington at the WSU Indoor Open. In the process, the Saints came away with three individual event placers.

- **Shannon Porter** was named the GNAC Women's Track Athlete of the Week after she broke a nine-year old meet record and her own SMU record in the women's 3,000 meters. Her time of 10:10.44 bettered the previous meet record of 10:15.95 set by Central Washington's Katie Hummel in 2007 and smashed her own school record of 10:29.64. Porter is current No. 6 in the GNAC this season.

- **Mikel Smith**, the GNAC record holder in the men's indoor high jump, was named the GNAC Men's Field Athlete of the Week for the second time this season after finishing second in the event with a leap of 6-10.75. The performance moves him into a tie for eighth on the Division II season best list.

- Senior **Kirby Neale** set a school record in the women's weight throw for the second week in a row, placing fifth with a mark of 52-3.25. The performance is fifth best in the GNAC this season.

- The men's 4x400 meter relay team placed third with a time of 3:32.90, finishing behind squads from Carroll (Mont.) and Central Washington.

- Saint Martin's will travel north this weekend to take part in the UW Invitational on Friday and Saturday in Seattle.

SEATTLE PACIFIC



- Seattle Pacific was idol last weekend and will return to action at the UW Invitational this weekend.

- Freshman **Geneva Lehnert** opened her collegiate career by placing fourth in the women's high jump at the UW Preview on Jan. 16, clearing 5-7. The mark is a NCAA provisional qualifier and is tied for eighth in Division II this season. Her teammate, sophomore **Naphtali Ward**, placed seventh and also hit a provisional qualifier with her mark of 5-5. She is currently tied for 28th in Division II.

- Senior **Lynelle Decker** sits 10th in Division II in the women's 800 meters with her time of 2:15.03 at the UW Preview. She currently leads the GNAC.

- Senior **Janzelle Ambus** is tied for 10th in Division II in the women's 400 meters her time of 56.57 seconds at the UW Preview. The defending GNAC champion in the event just missed her personal best of 56.18 seconds.

- While finishing 24th in a women's 3,000 meters loaded with Division I athletes at the UW Preview, senior **Anna Patti** earned a provisional qualifying mark with a time of 9:58.84. The time is seventh in Division II this season and makes her one of four GNAC athletes qualified in the event (Joyce Chelimo, Rebecca Bassett, Dani Eggleston).

Around The GNAC



SIMON FRASER

• Simon Fraser was idle last week. The Clan opened the indoor season with four NCAA provisional qualifying marks and three improvements on GNAC top-10 list marks on Jan. 16 at the UW Preview.

• **Marc-Antoine Rouleau** posted a four-second personal best in the men's 3,000 meters, finishing sixth in 8:11.17. The performance is a NCAA provisional qualifier and currently ranks No. 3 in Division II.

• **Rebecca Bassett** also earned a NCAA provisional qualifier in the women's 3,000 meters, placing 16th in a time of 9:40.31. The performance is fifth best in Division II this season and places her among four GNAC provisional qualifiers in the event.

• Jumper **Vladislav Tsygankov** picked up a provisional qualifying mark in the long jump, placing fourth with a leap of 23-6. The performance puts Tsygankov 13th in Division II this season and was just .75 inches off his personal best of 23-6.75, which is No. 3 on the GNAC all-time list.

• **Valda Kabia** just made the NCAA provisional qualifying mark in the women's 60 meters, running a time of 7.72 seconds in the preliminary heats. The performance is second fastest in the GNAC this season and is tied for 30th in Division II.

WESTERN OREGON



• Western Oregon became the first GNAC team to compete on what is dubbed the "world's fastest indoor track," taking part in TrackTown USA's High Performance Meet #2 on Friday at Nike's House of Track in Portland.

• Senior **Badane Sultessa** earned a NCAA provisional qualifying mark in the men's 800 meters, finishing fourth in a time of 1:53.01. The performance leads the GNAC and is 11th in Division II. Sultessa ran a school record time of 1:19.95 in the men's 600 meters at the Jan. 16 UW Preview, surpassing the mark of 1:22.03 set by Brett Yancey in 1994.

• Senior **Emmi Collier** also notched a NCAA provisional qualifier in the women's shot put. Her mark of 46-3.5 in the shot put is second best in the GNAC and tied for 10th in Division II.

• In all, six WOU individual performers earned top three finishes in the meet. **Megan Rose** finished second in the 200 meters in 1:00.27. **Debora De Leon** finished second in the 5,000 meters in 19:55.80 and **Kathryn Pitts** was second in the triple jump at 34-3.5. The women's 4x400 relay team won in a time of 4:05.36.

• Four WOU men notched top-three finishes. Aaron Whitaker placed second in the 200 meters in 22.81 seconds while Kaleb Dobson placed second in the 60-meter hurdles in 8.37 seconds. The men's 4x400 relay was also a winner in 3:26.20.

• Western Oregon returns to competition this weekend at the UW Invitational in Seattle.

WESTERN WASHINGTON



• Western Washington did not compete last weekend. The Vikings return to competition this weekend at the UW Invitational in Seattle.

• **Travis Milbrandt** placed fifth in the men's 60-meter hurdles with a time of 8.28 seconds at the UW Preview. Milbrandt ran 8.17 in the prelims, a NCAA provisional qualifier and 14th in Division II this season.

• Senior **Mark Seely** placed sixth in the men's triple jump at the UW Preview. His mark of 46-10.25 is a NCAA provisional qualifier and is 37th in Division II. The performance is No. 2 on the WWU all-time list.

• Senior **Jasmine McMullin** tied for 10th in the women's triple jump with a NCAA provisional qualifying jump of 37-11.5. The performance is 19th best in Division II this season.

• The men's 4x400 meter relay team of **Jade Wilson, Ryan McArthur, Reid Lovercamp** and **Daniel Jones** placed third with a time of 3:22.62, the fifth fastest in school history.

• Sophomore **Isaac Derline's** time of 8:27.34 in the men's 3,000 meters is the third best in WWU history. McArthur's time of 49.64 seconds in the men's 400 meters is fourth best in school history.

GNAC Qualifiers For NCAA Division II Indoor Championships

MEN'S PROVISIONAL QUALIFIERS AS OF JAN. 26

Event	Athlete	Mark	Rank	Date
800 Meters	Badane Sultessa, WOU	1:53.01	11th	1/23/16
	Nathan Kipchumba UAA	1:53.55	14th	1/16/16
3,000 Meters	Marc-Antoine Rouleau, SFU	8:11.17	3rd	1/16/16
	Henry Cheseto, UAA	8:25.61	14th	1/16/16
	Michel Ramirez, UAA	8:26.02	16th	1/16/16
60m Hurdles	Travis Milbrandt, WWU	8.17	14th	1/16/16
High Jump	Mikel Smith, SMU	2.10/6-10.75	T-8th	1/22/16
	Cody Thomas, UAA	2.05/6-8.75	T-18th	1/16/16
	Cole Hoberg, NNU	2.05/6-8.75	T-18th	1/23/16
Pole Vault	Payton Lewis, NNU	4.95/16-2.75	6th	1/23/16
Long Jump	Valdislav Tsygankov, SFU	7.16/23-6	13th	1/16/16
Triple Jump	Luke Plummer, CWU	14.50/47-7	24th	1/16/16
	Mark Seely, WWU	14.28/46-10.25	37th	1/16/16
Shot Put	Josh Koch, CU	16.95/55-7.75	12th	1/16/16*
Weight Throw	Tyler Lamott, CU	17.92/58-9.5	16th	1/16/16*
Heptathlon	Cody Thomas, UAA	5,324	2nd	1/16/16
	Payton Lewis, NNU	4,963	7th	1/16/16
	Travis Turner, UAA	4,885	10th	1/16/16

* - Concordia ineligible for NCAA Championships qualification. Marks shown for reference and comparison.

WOMEN'S AUTOMATIC QUALIFIERS AS OF JAN. 26

Shot Put	McKenzie Warren, CU	16.46/54-0	2nd	1/23/16*
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WOMEN'S PROVISIONAL QUALIFIERS AS OF JAN. 26

Event	Athlete	Mark	Rank	Date
60 Meters	Jamie Ashcroft, UAA	7.66	T-19th	1/16/16
	Valda Kabia, SFU	7.72	T-30th	1/16/16
200 Meters	Jamie Ashcroft, UAA	24.82	10th	1/16/16
400 Meters	Jahzelle Ambus, SPU	56.57	T-10th	1/16/16
800 Meters	Lynelle Decker, SPU	2:15.03	10th	1/16/16
	Joyce Chelimo, UAA	9:34.28	3rd	1/16/16
3,000 Meters	Rebecca Bassett, SFU	9:40.31	5th	1/16/16
	Anna Patti, SPU	9:58.84	18th	1/16/16
	Dani Eggleston, CWU	10:00.08	20th	1/16/16
60m Hurdles	Rosie Smith, UAA	8.76	T-18th	1/16/16
High Jump	Karolin Anders, UAA	1.71/5-7.25	T-6th	1/16/16
	Geneva Lehnert, SPU	1.70/5-7	T-8th	1/16/16
	Naphtali Ward, SPU	1.65/5-5	T-28th	1/16/16
Long Jump	Karolin Anders, UAA	5.68/18-8.75	T-14th	1/16/16
Triple Jump	Jasmine McMullin, WWU	11.56/37-11.5	19th	1/16/16
Shot Put	Emmi Collier, WOU	14.11/46-3.5	T-10th	1/23/16
	Christina MacDonald, CU	13.62/44-8.25	23rd	1/23/16*
Weight Throw	McKenzie Warren, CU	16.90/55-5.5	29th	1/23/16*
	Jessica Mathis, CU	16.59/54-5.25	31st	1/16/16*
	Taylor Van Valey, NNU	16.34/53-7.5	T-35th	12/12/15
Pentathlon	Karolin Anders, UAA	3,813	3rd	1/16/16
	Rosie Smith, UAA	3,236	23rd	1/15/16

2016 NCAA DIVISION II INDOOR TRACK AND FIELD CHAMPIONSHIPS QUALIFYING STANDARDS

MEN		Event	WOMEN	
NCAA Automatic	NCAA Provisional		NCAA Automatic	NCAA Provisional
6.74	6.90	60 Meters	7.42	7.73
8.33	8.84	60 Meter Hurdles	8.33	8.44
21.27	21.85	200 Meters	24.00	25.06
47.30	48.78	400 Meters	54.50	57.11
1:49.24	1:53.63	800 Meters	2:09.81	2:15.44
4:03.36	4:12.43	Mile	4:49.69	5:00.30
8:04.70	8:26.37	3,000 Meters	9:33.29	10:01.47
14:04.40	14:44.96	5,000 Meters	16:35.00	17:28.78
3:11.53	3:17.50	4x400 Relay	3:44.43	3:52.71
9:46.00	10:07.52	Distance Medley Relay	11:33.60	12:10.84
2.17/7-1.5	2.03/6-8	High Jump	1.79/5-10.5	1.65/5-5
5.15/16-10.75	4.66/15-3.5	Pole Vault	4.00/13-1.5	3.55/11-7.75
7.58/24-10.5	7.03/23-0.75	Long Jump	6.10/20-0.25	5.57/18-3.25
15.47/50-9.25	14.28/46-10.25	Triple Jump	12.42/40-9	11.54/37-10.5
18.56/60-10.75	15.77/51-9	Shot Put	15.35/50-4.5	13.27/43-6.5
20.99/68-10.5	17.19/56-4.75	Weight Throw	19.44/63-9.5	16.34/53-7.5
5,330	4,620	Heptathlon/Pentathlon	3,875	3,228

A Note On Qualifying: Athletes who meet the NCAA automatic standard for an event will automatically qualify for the NCAA Division II Championships. Athletes who meet the NCAA's provisional standard will be used to fill the championships field in descending order until the maximum field size is reached. To view the complete list of qualifying standards, visit http://www.ncaa.org/sites/default/files/2016_DII_IndoorTF_QualifyingStandards.pdf.

NCAA Division II Indoor Track & Field Championships: Fri., Mar. 11 & Sat., Mar. 12, Pittsburg, Kan.

Top Performances Lists (TFRS): [NCAA Division II Men](#) | [NCAA Division II Women](#) | [GNAC Men](#) | [GNAC Women](#) | [U.S./World Best Lists \(T&FN\)](#)

Men's Regional & National Polls



USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Jan. 26, 2016 (Week 1)

Rk	School	Pts.	Prev.
1.	Grand Valley State	156.71	1
2.	Adams State	132.17	6
3.	Saint Augustine's	127.72	5
4.	Minnesota State	126.81	11
5.	Tiffin	119.48	2
6.	Colorado School of Mines	93.79	3
7.	Western State	91.10	19
8.	Lincoln (Mo.)	89.46	36
9.	Ashland	82.61	12
10.	Lewis	74.33	15
11.	Missouri Southern	57.28	50
12.	American International	53.94	31
13.	Southern Connecticut	53.46	24
14.	Chadron State	52.51	22
15.	Texas A&M-Kingsville	51.18	13
16.	Saginaw Valley State	50.37	44
17.	Findlay	47.03	4
18.	Franklin Pierce	44.61	37
19.	Limestone	44.52	27
20.	Academy of Art	43.83	32
21.	Clafin	41.81	NR
22.	Southern Indiana	39.97	14
23.	Shorter	39.32	29
24.	Pittsburg State	38.68	9
25.	Wingate	37.42	79

[Complete Poll Online](#) | [Rationale & Criteria](#)

USTFCCCA WEST REGION TEAM INDEX as of Jan. 26, 2016 (Week 1)

Rk	School	Pts.	Prev.
1.	<i>Alaska Anchorage</i>	380.36	2
2.	<i>Western Washington</i>	319.22	1
3.	Azusa Pacific	283.15	4
4.	<i>Western Oregon</i>	204.19	7
5.	<i>Montana St. Billings</i>	196.00	10
6.	<i>Northwest Nazarene</i>	192.62	6
7.	Academy of Art	190.34	5
8.	<i>Simon Fraser</i>	184.99	3
9.	<i>Central Washington</i>	180.80	8
10.	<i>Saint Martin's</i>	97.36	9
11.	Westminster (Utah)	72.56	NR
12.	<i>Seattle Pacific</i>	23.66	NR
13.	<i>Concordia</i>	0.35	NR

[View Complete Regional Index Online](#)

Women's Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SFU
Preseason	21st	24th
Jan. 26	13th	—



USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Jan. 26, 2016 (Week 1)

Rk	School	Pts.	Prev.
1.	Lincoln (Mo.)	197.33	5
2.	Lewis	152.01	11
3.	Grand Valley State	129.47	1
4.	Hillsdale	121.44	3
5.	Pittsburg State	110.65	7
6.	Shorter	97.28	26
7.	Minnesota State	90.34	33
8.	Central Missouri	78.32	4
9.	Johnson C. Smith	74.57	8
10.	Mary	66.76	10
11.	Ashland	60.54	9
12.	Findlay	58.19	31
13.	<i>Alaska Anchorage</i>	56.87	21
14.	Adams State	52.93	6
15.	Minnesota Duluth	52.62	14
16.	Missouri Southern	48.61	27
17.	Slippery Rock	48.43	37
18.	CSU Pueblo	45.79	50
19.	Winona State	45.30	29
20.	Queens	41.98	23
21.	Saint Augustine's	41.93	17
22.	Northwest Missouri	41.68	80
23.	Chadron State	40.84	16
24.	Azusa Pacific	38.94	39
25.	Southern Connecticut	38.79	18

[Complete Poll Online](#) | [Rationale & Criteria](#)

USTFCCCA WEST REGION TEAM INDEX Week 1 (Jan. 26, 2016)

Rk	School	Pts.	Prev.
1.	<i>Seattle Pacific</i>	303.97	1
2.	<i>Alaska Anchorage</i>	287.24	2
3.	Azusa Pacific	226.37	4
4.	<i>Simon Fraser</i>	177.84	3
5.	<i>Northwest Nazarene</i>	175.81	7
6.	<i>Central Washington</i>	174.84	6
7.	<i>Montana St. Billings</i>	164.52	NR
8.	Academy of Art	149.66	5
9.	Stanislaus State	131.39	10
10.	<i>Western Oregon</i>	121.44	9
11.	<i>Western Washington</i>	120.49	8
12.	San Francisco State	95.94	NR
13.	Cal State LA	78.17	NR
14.	<i>Saint Martin's</i>	77.77	NR
15.	Cal State Dominguez Hills	73.37	NR
16.	Westminster (Utah)	9.50	NR
17.	<i>Concordia</i>	0.05	NR

[View Complete Regional Index Online](#)

GNAC Indoor Track & Field Records

MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
200 Meters	21.60	Cody Warner, Western Oregon (2015)
400 Meters	48.31	Ethan Hewitt, Alaska Anchorage (2014)
800 Meters	1:50.73	Badane Sultessa, Western Oregon (2015)
Mile	4:07.46	Anthony Tomsich, Western Washington (2010)
3,000 Meters	8:09.83	Micah Chelimo, Alaska Anchorage (2014)
5,000 Meters	13:47.73	Micah Chelimo, Alaska Anchorage (2014)
60m Hurdles	8.08	Travis Milbrandt, Western Oregon (2015)
4x400 Relay	3:15.83	Western Oregon (2010)

Ashtin Mott, Anthony Yakovich, Josh Moore, Matt Kaino		
Distance Medley	9:54.66	Simon Fraser (2015)
Travis Vugteveen, Joel Webster, Cameron Proceviat, Marc-Antoine Rouleau		
Long Jump	7.21/23-8	Matson Hardie, Western Oregon (2010)
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	5,508	Chris Randolph, Seattle Pacific (2006)

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	48.31	Ethan Hewitt, Alaska Anchorage (2014)
800 Meters	1:51.49	Paul Mach, Seattle Pacific (2004)
Mile	4:10.31	Brady Beagley, Western Oregon (2015)
3,000 Meters	8:27.83	Henry Cheseto, Alaska Anchorage (2015)
5,000 Meters	14:39.24	Henry Cheseto, Alaska Anchorage (2015)
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	7.21/23-8	Matson Hardie, Western Oregon (2010)
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)		
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	17.47/57-3.75	Cameron Neel, Central Washington (2007)
Heptathlon	4,985	Cody Thomas, Alaska Anchorage (2015)

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	8.50	Cody Thomas, Alaska Anchorage (2015)
Pole Vault	4.65/15-3	Scott Hunter, Central Washington (2012 & 2013)
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	55.54	Terran Legard, Central Washington (2005)
800 Meters	2:04.94	Helen Crofts, Simon Fraser (2011)
Mile	4:32.88	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:23.24	Jessica Pixler, Seattle Pacific (2009)
5,000 Meters	16:12.65	Jessica Pixler, Seattle Pacific (2009)
60m Hurdles	8.66	Danielle Ayers-Stamper, Seattle Pacific (2005)
4x400 Relay	3:46.34	Seattle Pacific (2013)

Kishia Mitchell, Emily Quatier, Jasmine Johnson, McKayla Fricker		
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	16.46/54-0	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	55.90	Helen Crofts, Simon Fraser (2011)
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	116:47.07	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	12.06/39-7	Ashley Potter, Western Oregon (2010)
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	14.87/48-9.5	Krissy Tandle, Central Washington (2009)
Pentathlon	3,761	Karolin Anders, Alaska Anchorage (2015)

PENTATHLON EVENTS

60m Hurdles	8.82	Rosie Smith, Alaska Anchorage (2015)
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	5.62/18-5.25	Karolin Anders, Alaska Anchorage (2015)
800 Meters	2:24.54	Ali Sowers, Seattle Pacific (2014)

2016 GNAC Indoor Meet Summaries

Dec. 4-5, 2015

Yellowjacket Holiday Open

at Don Young Center, Black Hills State Univ., Spearfish, S.D.

Women (Top 3 GNAC Finishers): Mile - 2, Rio Frame, MSUB, 5:39.69. 3,000 Meters - 1, Della Lyle, MSUB, 10:43.98. 4x400 Relay - 2, MSU Billings (Gray, Halle, Williams, Smiedala), 4:23.70; 3, MSU Billings (Davis, Gondwe, Frame, Lyle), 4:43.19. Shot Put - 3, Becky Gerst, MSUB, 38-3.5.

Men (Top 3 GNAC Finishers): 4x400 Relay - 3, MSU Billings (Polkow, Wittman, Hovland, Stanek), 3:39.19. High Jump - 2, Dominique Holt, MSUB, 6-4.

Dec. 12, 2015

Jackson's Open

at Jackson's Indoor Complex, Ford Idaho Center, Nampa, Idaho

Women (Top 3 GNAC Finishers): 60 Meters - 3, Taylor Deskins, NNU, 7.87. 500 Meters - 3, Megan Teigen, SMU, 1:20.99. Mile - 1, Karen Horvath, SMU, 5:21.01. 3,000 Meters - 1, Karen Horvath, SMU, 10:50.00; 3, Lindsey Dorney, SMU, 11:37.96. 60m Hurdles - 3, Lisa Petersen, 9.19. Pole Vault - 2, Darien Calicdan, SMU, 9-8. Shot Put - 2, Kirby Neale, SMU, 42-10.75. 3, Jessica Johns, NNU, 42-6.75. Weight Throw - 2, Taylor Van Valey, NNU, 53-7.5.

Men (Top 3 GNAC Finishers): 60 Meters - 1, Latrelle Swayne, SMU 7.00 (6.97 in prelims); 3, Jacob Oswald, NNU, 7.21 (7.17 in prelims). 200 Meters - 3, Kodiak Landis, CWU, 22.94. 500 Meters - 1, Jackson Hand, SMU, 1:06.79. 60m Hurdles - 3, Kyle McLaughlin, NNU, 8.65. 4x400 Relay - 1, Northwest Nazarene (Spatz, Mason, Harris, McLaughlin), 3:34.11. High Jump - 2, Mikel Smith, SMU, 6-10.25; 3, Cole Hoberg, NNU, 6-8.25. Pole Vault - 1, Payton Lewis, NNU, 15-7. 2, Zach McClanahan, NNU, 15-1. Weight Throw - 2, John VanBeuren, NNU, 54-6.75; 3, Mitch Wilkens, SMU, 53-4.5.

Fri., Jan. 15

Montana State Open

at Bozeman, Mont.

Women (Top 3 GNAC Finishers): 5,000 Meters - 2, Della Lyle, MSUB, 18:35.39.

Men (Top 3 GNAC Finishers): 5,000 Meters - 1, Robert Peterson, MSUB, 15:21.31.

Fri., Jan. 15 - Sat., Jan. 16

Ed Jacoby Invitational

at Jackson's Indoor Center, Nampa, Idaho

Women (Top 3 GNAC Finishers): 60 Meters - 1, Jamie Ashcroft, UAA, 7.66. 200 Meters - 1, Jamie Ashcroft, UAA, 24.82. 3,000 Meters - 2, Sierra Manzer, NNU, 10:39.04. 60m Hurdles - 2, Rosie Smith, UAA, 8.76. Pentathlon - 2, Karolin Anders, UAA, 3,813.

Men (Top 3 GNAC Finishers): High Jump - 2, Cole Hoberg, NNU, 6-5. Pole Vault - 3, Zach McClanahan, NNU, 14-11. Shot Put - 2, John VanBeuren, NNU, 46-10.75. Weight Throw - 3, John VanBeuren, NNU, 49-7.25. Heptathlon - 2, Cody Thomas, UAA, 5,324; 3, Payton Lewis, NNU, 4,963.

Sat., Jan. 16

Idaho Invitational

at Kibbie Dome, Moscow, Idaho

Women (Top 3 GNAC Finishers): 60 Meters - 2, Madison Garcia, CWU, 8.11. 200 Meters - 2, Madison Garcia, CWU, 26.26. 400 Meters - 3, Ashley Harmon, CWU, 59.69. 3,000 Meters - 1, Dani Eggleston, CWU, 10:00.08. 60m Hurdles - 1, Mariyah Vongsaveng, CWU, 8.99; 2, Tianna Banfro, CWU, 9.26. 4x400 Relay - 1, Central Washington, 4:05.54.

Men (Top 3 GNAC Finishers): Long Jump - 1, Luke Plummer, CWU, 22-1. Triple Jump - 1, Luke Plummer, CWU, 47-7. Weight Throw - 2, Armando Tafoya, CWU, 56-1.25.

UW Preview

at Dempsey Indoor Center, Seattle, Wash.

Women (Top 3 GNAC Finishers): Shot Put - 2, McKenzie Warren, CU, 53-3.75.

Men (Top 3 GNAC Finishers): 800 Meters - 3, Nathan Kipcumba, UAA, 1:53.55. 4x400 Relay - 2, Western Oregon, 3:21.55; 3, Western Washington, 3:22.62. Weight Throw - 2, Tyler Lamott, CU, 58-9.5.