



Feb. 17, 2016 • Week 5  
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Contact: Blake Timm, Assistant Commissioner For Communications  
503-805-8756 • btimm@gnacsports.com

## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

Fri., Feb. 19 - Sat., Feb. 20  
GNAC Indoor Track & Field Championships,  
Nampa, Idaho

### GNAC CHAMPIONSHIPS LINKS

[Heat Sheets \(as of Wed., Feb. 17\)](#)  
[Live Results](#)

### CHAMPIONSHIP MEET SCHEDULE

Fri., Feb. 19

#### Field Events (Finals)

3:30 p.m. - Men's Weight Throw  
4 p.m. - Women's High Jump  
4:30 p.m. - Men's Long Jump, Women's Pole Vault  
5:30 p.m. - Women's Long Jump  
6 p.m. - Women's Weight Throw

#### Running Events

2:30 p.m. - Men's 60 Meter Hurdles (Prelim)  
2:45 p.m. - Women's 60 Meter Hurdles (Prelim)  
3:05 p.m. - Men's 60 Meters (Prelim)  
3:20 p.m. - Women's 60 Meters (Prelim)  
3:35 p.m. - Men's 400 Meters (Prelim)  
4:05 p.m. - Women's 400 Meters (Prelim)  
4:35 p.m. - Men's 800 Meters (Prelim)  
4:50 p.m. - Women's 800 Meters (Prelim)  
5:05 p.m. - Men's 200 Meters (Prelim)  
5:35 p.m. - Women's 200 Meters (Prelim)  
6:05 p.m. - Men's 5,000 Meters (Final)  
6:30 p.m. - Women's 5,000 Meters (Final)  
6:55 p.m. - Men's Distance Medley Relay (Final)  
7:15 p.m. - Women's Distance Medley Relay (Final)

Sat., Feb. 20

#### Field Events (Finals)

10 a.m. - Men's Shot Put, Men's High Jump  
10:30 a.m. - Women's Triple Jump  
11:15 a.m. - Men's Triple Jump  
12:15 p.m. - Women's Shot Put  
12:30 p.m. - Men's Pole Vault

#### Running Events (Finals)

11:25 a.m. - Men's Mile  
11:45 a.m. - Women's Mile  
12:05 p.m. - Men's 60 Meter Hurdles  
12:15 p.m. - Women's 60 Meter Hurdles  
12:25 p.m. - Men's 400 Meters  
12:35 p.m. - Women's 400 Meters  
12:45 p.m. - Men's 60 Meters  
12:55 p.m. - Women's 60 Meters  
1:05 p.m. - Men's 800 Meters  
1:20 p.m. - Women's 800 Meters  
1:35 p.m. - Men's 200 Meters  
1:45 p.m. - Women's 200 Meters  
1:55 p.m. - Men's 3,000 Meters  
2:35 p.m. - Women's 3,000 Meters  
3:15 p.m. - Men's 1,600 Meter Relay  
3:30 p.m. - Women's 1,600 Meter Relay  
4 p.m. - Award Ceremony

### CHAMPIONSHIP MEET SCHEDULE

#### Combined Events

Fri., Feb. 19

#### Men's Heptathlon

9 a.m. - 60 Meters  
9:45 a.m. - Long Jump  
11 a.m. - Shot Put  
12:10 p.m. - High Jump

#### Women's Pentathlon

9:15 a.m. - 60 Meter Hurdles  
10 a.m. - High Jump  
Noon - Shot Put  
1 p.m. - Long Jump  
2:15 p.m. - 800 Meters

Sat., Feb. 20

#### Men's Heptathlon

8:45 a.m. - 60 Meter Hurdles  
9:20 a.m. - Pole Vault  
11:20 a.m. - 1,000 meters

Start times in multi-events are approximate. Each event will begin 30 minutes after the previous event has finished.

### LAST WEEK'S MEETS

Fri. Feb. 12 - Sat., Feb. 13

#### Husky Classic

at Dempsey Indoor Center, Seattle, Wash.

**Women (Top 3 GNAC Finishers):** 3,000 Meters (Section 2) - 1, Joyce Chelimo, UAA, 9:17.97. DMR (Section 2) - 1, Alaska Anchorage, 11:39.44. 2, Seattle Pacific, 11:42.34. 3, Simon Fraser, 11:44.39. High Jump (Section 1) - 1, Miranda Osadchey, WWU, 5-3.75. Long Jump (Section 1) - 2, Geneva Lehnert, SPU, 17-4. Shot Put (Section 1) - 2, Katrina Linenko, CU, 41-3.25; 3, Taylor Darden, CU, 40-5.5.

**Men (Top 3 GNAC Finishers):** Pole Vault (Section 1) - 3, J.T. Conrad, WWU, 15-2.25. Long Jump (Section 1) - 2, Jerry He, SFU, 22-0.25. Triple Jump - 3, Luke Plummer, CWU, 47-6.5. Shot Put (Flight 2) - 2, Josh Koch, CU, 53-5.

Sat., Feb. 13

#### Boise State Team Challenge

at Jacksons Indoor Center, Nampa, Idaho

**Women (Top 3 GNAC Finishers):** 60 Meters - 3, Taylor Deskins, NNU, 7.74. 200 Meters - 3, Taylor Deskins, NNU, 25.68.

**Men (Top 3 GNAC Finishers):** 60m Hurdles - 2, Payton Lewis, NNU, 8.31. Pole Vault - Tie 2, Payton Lewis, NNU, 16-10.75. Weight Throw - 3, John VanBeuren, NNU, 52-5.5.

Sun., Feb. 14

#### UW Open

at Dempsey Indoor Center, Seattle, Wash.

**Women (Top 3 GNAC Finishers):** 60 Meters - 2, Jamie Ashcroft, UAA, 7.67. 3,000 Meters - 1, Caroline Kurgat, UAA, 9:47.23. 60m Hurdles - 2, Rosie Smith, UAA, 8.76. 4x400 Relay - 3, Alaska Anchorage, 3:52.84.

**Men (Top 3 GNAC Finishers):** 800 Meters - 3, Nathan Kipchumba, UAA, 1:51.84. 3,000 Meters - 3, Dominik Notz, UAA, 8:10.19. High Jump - 2, Tevin Gladden, UAA, 6-7. Tie 3, Chris Brake, UAA, 6-5. Long Jump - 3, Peyton Harris, SPU, 22-5.75. Triple Jump - 1, Chris Brake, UAA, 46-11.5. Weight Throw - 3, Brandon Pless, WWU, 57-6.25.

## #GNACTF in 140

### @GNACSports

**#ConferenceTime** The GNAC Indoor Track and Field Championships take place this Friday and Saturday at the Jacksons Indoor Center in Nampa, Idaho.

**#FourTimer?** Alaska Anchorage's **Cody Thomas** will be aiming to become just the second four-time event champion in GNAC men's meet history. Thomas is the three-time defending champion in the heptathlon.

**#RecordSetter** Alaska Anchorage's **Joyce Chelimo** set a GNAC record with her 3,000-meter time of 9:17.77 at the UW Open. It is also the fourth fastest time in the event in Division II history. The performance earn Chelimo selection as the USTFCCA's Division II Women's Athlete of the Week.

**#FriendlyConfines** This the 13th year that the GNAC Indoor Track and Field Championships have returned to the Jacksons Indoor Center. The venue hosted the 2012 NCAA Division I Championships.

## Get Social

### Twitter Accounts/Hashtags For GNAC Track & Field Programs

GNAC	@GNACSports	#GNACTF
Alaska Anchorage	@UAAXCTF	#UAASeawolves
Cent. Washington	@CWU_Track	#CWUWildcats
Concordia	@gocugo	#gocugolf
MSU Billings	@MSUBXCTF	#MSUBTF
NW Nazarene	@NNUXCTF	#GoNNUCrusaders
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**  
**Dominick Notz, Alaska Anchorage**  
**Senior • Dettingen, Germany**

Notz broke the GNAC indoor track record in the 3,000 meters, placing third in the first section at Sunday's UW Open in 8:10.19. That bettered the previous record of 8:10.99 set by UAA's Micah Chelimo in 2014. He led four Seawolves' runners setting GNAC all-time top-10 performances in the race. The time leads the GNAC and is 11th best in Division II.

**Also Nominated:** Ebu Camara (Northwest Nazarene), Austin Collins (Concordia), Jackson Hand (Saint Martin's), David Ribich (Western Oregon).



**WOMEN'S TRACK**  
**Joyce Chelimo, Alaska Anchorage**  
**Senior • Kapsowar, Kenya**

Chelimo smashed the GNAC record in the 3,000 meters by six seconds, winning the second section of the event at the Husky Classic in 9:17.97. She bettered the previous record of 9:23.24 set by Seattle Pacific's Jessica Pixler in 2009. The performance is the best in Division II this season. Chelimo also ran the final leg on the Seawolves' distance medley relay that ran 11:39.44, the sixth best performance in GNAC history.

**Also Nominated:** Taylor Deskins (Northwest Nazarene), Brittany Grant (Western Washington), Lisa Petersen (Saint Martin's).



**MEN'S FIELD**  
**Tyler Lamott, Concordia**  
**Junior • Chico, Calif.**

Lamott surged to the No.2 spot on the GNAC all-time list in the weight throw, finishing seventh in his flight at the Husky Classic with a mark of 60 feet, 8 inches. He became just the fourth athlete in conference history to surpass 60 feet in the event. The performance leads the GNAC and is the 16th best in Division II this season.

**Also Nominated:** David Durden (Saint Martin's), Payton Lewis (Northwest Nazarene), Brandon Pless (Western Washington).



**WOMEN'S FIELD**  
**Amanda Youngers, Central Washington**  
**Senior • Brewster, Wash.**

Youngers put together a season-best mark of 50 feet, 4.5 inches at the UW Open. She enters the GNAC Championships with the seventh best mark in the event.

**Also Nominated:** Cassidy Apo (Saint Martin's), Kawena Warren (Northwest Nazarene).

## Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Dec. 7 -13	Latrell Swayne, SMU	Mikel Smith, SMU	Taylor Deskins, NNU	Taylor Van Valey, NNU
Jan. 11 - 17	Marc-Antoine Rouleau, SFU	Cody Thomas, UAA	Jamie Ashcroft, UAA	Karolin Anders, UAA McKenzie Warren, CU
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	Karolin Anders, UAA
Feb. 1- 7	Travis Milbrandt, WWU	Vladislav Tsygankov, SFU	Shannon Porter, SMU	Ella Brown, SFU
Feb. 8 - 14	Dominik Notz, UAA	Tyler Lamott, CU	Joyce Chelimo, UAA	Amanda Youngers, CWU

Complete Player of the Week releases are available online at [GNACsports.com](http://GNACsports.com).

## Alaska Anchorage Dashing For Second Straight GNAC Championship

NAMPA, Idaho – After edging out Western Washington to win their first conference indoor track title in 2015, Alaska Anchorage is lining up for a repeat performance at the 2016 GNAC Men's Indoor Track and Field Championships, which take place Friday and Saturday at the Jacksons Indoor Center.

The Seawolves inched past the Vikings on the meet's second day, using wins in the distances and the heptathlon and a second place finish in the 4x400-meter relay to record a six-point victory. And while anything is possible in a conference meet, the form chart shows Alaska Anchorage with the potential to build a bigger cushion in 2016.

Ranked No. 10 in the latest USTFCCA Division II Computer Rankings, the Seawolves will rely on a potent combination of distance performers and multi-event standouts. Senior **Cody Thomas**, the 2015 Outstanding Performer of the Meet, looks to become just the second four-time men's champion in meet history. The three-time winner of the heptathlon, Thomas scored 5,324 points in January's UW Invitational, the third best mark in Division II. He will also contend for titles in the high jump, the 60 meters and the 200 meters.

Sophomore **Henry Cheseto** aims to become a two-time champion in the 3,000 meters and 5,000 meters. He owns the conference lead and the seventh best time in Division II in the 5,000 at 14:12.99. He will be challenged in both events, however, by his own teammates. Senior **Dominik Notz** set the GNAC record in the 3,000 meters with a time of 8:10.99 at last week's UW Open and junior **Michel Ramirez** is provisionally qualified for nationals in both events.

Western Washington is fourth in the West Region computer rankings as they go for their fourth title in the last five years. The Vikings are led by defending 60-meter hurdles champion **Travis Milbrandt**. The senior won last year with a GNAC record 8.08 seconds and is tied for 16th nationally this year with a best of 8.13 seconds. Sophomore **Isaac Derline** owns a provisional qualifying mark in the 5,000 meters while junior **Brandon Pless** ranks second in the GNAC in shot put and third in the weight throw. He is provisionally qualified for nationals in both events.

Third a year ago, Simon Fraser may stand the best chance of disrupting Alaska Anchorage's title hopes, returning four individual champions from a year ago. Sophomore **Vladislav Tsygankov** broke the GNAC long jump record with his leap of 23 feet, 10.75 inches at the January UW Invitational, which stands 17th best in Division II. Junior **Joel Webster** will defend his 400-meter title and leads the GNAC this season with a best of 48.97 seconds. Senior **Cameron Proceviat** won the 800 meters last year and is provisionally qualified for nationals with a time of 1:51.79. Sophomore **Marc-Antoine Rouleau** is provisionally qualified for nationals in the 3,000 meters. His time of 8:11.17 is the third fastest in GNAC history.

In addition to their returning champions, Simon Fraser broke the GNAC record in the distance medley relay at the UW Invitational with the fifth best time in Division II (9:52.97). They are defending champions in both relay disciplines.

Western Oregon is ranked fifth in the West Region computer rankings and has built momentum as of late in the sprints and middle distances. Sophomore **Cody Warner** is poised to defend his title in the 200 meters. His season best of 21.80 seconds is in the top-40 nationally. He is the only GNAC athlete to go under 22 seconds this season. Senior **Badane Sultessa**, the 2015 outdoor champion in the 800 meters, looks to add an indoor plaque to his trophy case. His GNAC record of 1:49.95 at last weekend's Husky Classic is the seventh fastest time in Division II. Sophomore **Kaleb Dobson** owns the second best mark this season in the 60-meter hurdles at 8.30 seconds.

Sophomore **David Ribich** leads the GNAC in the mile, having set personal bests three times in the last two weeks. His time of 4:07.83 last weekend is eighth best in GNAC history and 14th best in Division II. Teammate **Sam Naffziger** is right behind with a time of 4:09.20, 23rd best in Division II. The Wolves will also challenge in the distance medley relay. Their time of 9:52.97, fifth best in Division II, is the second fastest in GNAC history.

Northwest Nazarene holds the home field advantage. The championships host, all six of their meets this season have been at the Jacksons Indoor Center. Sophomore **Payton Lewis** thrilled the home crowd with his title last year in the men's pole vault. He is tied for fourth in Division II this season and has automatically qualified for the NCAA Championships, having already cleared 16 feet, 10.75 inches. Lewis will also contend for titles in the heptathlon and the 60-meter hurdles.

Junior **Zach McClanahan** could give NNU a one-two finish in the pole vault as he sits second in the event at 15 feet, 5 inches. Junior **Cole Hoberg** will compete for the title in the high jump. His season best of 6 feet, 8.75 inches ties him for 20th in Division II.

Central Washington returns one champion in junior **Luke Plummer**. The two-time champion in the triple jump, Plummer enters the meet with the 20th best mark in Division II at 48 feet, 6 inches. He will also figure into the scoring in the long jump. Senior **Kent McKinney** is the current GNAC leader in the 60 meters at 6.95 seconds. He lost last year's championship to Western Washington's **Alex Donigian** by .01 seconds.

Sophomore **Armando Tafoya** owns the conference's second best mark in the weight throw with a NCAA provisional qualifier of 58 feet, 9.5 inches. He is also fourth in the shot put with an effort of 49 feet, 10 inches.

A well-established track program before joining the GNAC, Concordia stands ready to sweep the conference titles in the throwing events. Junior **Tyler Lamott** became just the second conference athlete to go over 60 feet in the weight throw. His mark of 60 feet, 8 inches at the Husky Classic is the 16th best in Division II. Sophomore **Josh Koch** leads the GNAC by three feet with his best of 55 feet, 7.75 inches in the shot put, which is 17th best in Division II.

Junior **Carlos Ortiz** will figure into the mix in the sprints with the fourth best time in the league in the 200 meters (22.13 seconds) and the sixth best in the 60 meters (7.02 seconds). Freshman **Paris Speidel** is fifth in the GNAC in the 800 meters (1:53.26) and senior Austin Collins is seventh (1:53.98).

Junior **Mikel Smith** leads Saint Martin's with the conference's best and the 10th best mark in Division II in the high jump with a provisional qualifier of 6 feet, 10.75 inches. The performance ties him for 10th best in Division II. Junior **Latrell Swayne** is tied for second fastest in the GNAC in the 60 meters (6.97 seconds) while freshman **Jackson Hand** is eighth best in the 200 meters (22.51 seconds).

Montana State Billings' best chance for scoring will come in the distance events. Senior **Robert Peterson** enters with the fifth best time in the mile with a converted mark of 4:14.42. He will also figure into the top-eight in the 3,000 meters. The Yellowjackets also own a NCAA provisional qualifying mark in the distance medley relay with a converted time of 10:01.98.

Sophomore **Peyton Harris** leads Seattle Pacific. He enters the meet with the fifth best mark in the GNAC in the long jump (22-5.75) and the seventh best mark in the 60-meter hurdles (8.52 seconds). Senior **Turner Wiley** will double in both the 3,000 meters and 5,000 meters and currently has the conference's seventh best mark in the 5,000 (14:56.77).

## Seattle Pacific, Alaska Anchorage Duel Again For Women's Crown

NAMPA, Idaho – The only two programs to ever win the Great Northwest Athletic Conference women's indoor championship will duke it out again for the title as Seattle Pacific and Alaska Anchorage top the list of team contenders in the GNAC Women's Indoor Track and Field Championships, which take place Friday and Saturday at the Jacksons Indoor Center.

After winning the first nine indoor championships, Seattle Pacific reclaimed the top podium position last year, ending a two-year title run by Alaska Anchorage. The Falcons' run was staked by three individual champions, a win in the 4x400-meter relay and four athletes who earned multiple all-conference honors with top-three finishes.

In 2016, both the Falcons and Seawolves come into the conference meet with a number of returning champions and qualifiers for March's NCAA Division II Championships.

Seattle Pacific, ranked 23rd in the latest USTFCCA Division II Computer Rankings, is led by senior **Lynelle Decker**, who is looking for her first GNAC indoor title. The 800-meter specialist automatically qualified for her fourth consecutive NCAA Indoor Championships with her time of 2:09.38 at January's UW Invitational. The time ranks No. 2 in Division II. Decker was the 1,500-meter champion at last spring's GNAC Outdoor Track and Field Championships.

Decker is joined by a trio of returning champions in seniors **Anna Patti** and **Jahzelle Ambus** and sophomore **Naphtali Ward**. Patti emerged in a talented field to win last year's 5,000 meters in 17:14.01, but will concentrate in the 3,000 meters this year that also features a loaded field. Patti currently has the 35th best time in Division II at 9:58.84. Ward claimed the high jump title with a mark of 5 feet, 6.5 inches and had a season best of 5 feet, 5 inches. Ambus won the 400 meters as a freshman and has the GNAC's top mark this season of 56.57 seconds, 28th best in Division II.

The Falcons also feature NCAA provisional qualifiers in freshman **Geneva Lehner**, whose league-leading 5 feet, 7 inches in the high jump is 12th best in Division II, senior **Mailea Luquin**, who is 27th in the pentathlon and second in the GNAC with 3,389 points, and junior **Michaela Kahns**, who shares the GNAC lead in the pole vault at 11 feet, 6.5 inches.

Alaska Anchorage, ranked fifth in the USTFCCA Division II Computer Rankings, returns three champions who have all won multiple events. **Joyce Chelimo** won both the 3,000 meters and 5,000 meters in 2014. She has returned from a redshirt year to automatically qualify for nationals in both events. Her time of 9:17.97 in the 3,000 meters at last weekend's Husky Classic is the fourth fastest time in Division II history. She also has the nation's second best time in the 5,000 meters at 16:22.93.

Senior **Karolin Anders** is the two-time defending champion in the pentathlon and won the long jump in 2015. She leads the conference in both events with a score of 3,813 points in the pentathlon (No. 2 in GNAC history and No. 3 this season in Division II) and a mark of 18 feet, 8.75 inches in the long jump. Anders also owns the third best mark in the nation in the high jump, having cleared 5 feet, 8 inches. Junior **Jamie Ashcroft** is the two-time champ in both the 60 meters and 200 meters. She leads the GNAC in both races, ranking 14th in Division II in the 200 meters at 24.67 seconds and 27th in the 60 meters in 7.66 seconds.

The Seawolves also have provisional qualifiers in sophomore **Caroline Kurgat** in the 3,000 meters and 5,000 meters, senior **Rosie Smith** in the pentathlon and 60-meter hurdles and senior **Jessica Pakkala** in the 800 meters. Kurgat is 10th in Division II in the 5,000 meters with a time of 16:46.49. Smith is tied for 17th in Division II in the 60-meter hurdles in 8.66 seconds and Pakkala leads the GNAC in the 800 meters in 2:14.06.

Simon Fraser has the horses to give both Seattle Pacific and Alaska Anchorage a run for the team title. Junior **Rebecca Bassett** leads the Clan's efforts, entering the meet with the eighth best time in Division II in the 3,000 meters in 9:40.31. She also has the GNAC's second best time in the mile at 4:59.99. Freshman **Addy Townsend** leads the GNAC in the mile in 4:59.32. She is provisionally qualified for nationals in the mile and the 800 meters, where she has run 2:14.48. Sophomore **Alana Mussatto** is also provisionally qualified in the 800 meters and is second in the GNAC with a time of 2:14.10.

Freshman **Valda Kabia** is a potential point-scorer in both sprints, owning the GNAC's second best time in the 200 meters (25.00 seconds) and third in the 60 meters (7.72). Senior **Chantel Desch** aims to go out a winner, entering with the fourth best time in the 400 meters (56.62). Junior **Ella Brown** has provisionally qualified in the triple jump and is second in the GNAC at 37 feet, 10 inches.

Western Washington has the conference's other returning champion in **Jasmine McMullin**. The junior won last year's triple jump in 38 feet, 2.75 inches and has already surpassed that mark in 2016 with 38 feet, 8.75 inches, the 17th best mark in Division II. McMullin also owns the conference's sixth best mark in the long jump at 17 feet, 0.5 inches. The Vikings have two other NCAA provisional qualifiers in junior **Miranda Osadchey** in the high jump (5-5, fourth in GNAC) and junior **Brittany Grant** in the 3,000 meters (10:00.85, seventh in GNAC).

Other contenders for Western Washington include sophomore **Anna Paradee**, who leads the GNAC in the pole vault at 11 feet, 6.5 inches, and junior **Shawna Troupe** in the mile (5:02.67, fourth in GNAC).

Conference newcomer Concordia will make a splash in the team scoring, thanks in great part to the throwing events. Sophomore **McKenzie Warren** broke the GNAC record in the shot put three times this season. Her top mark of 55 feet, 3.5 inches is not only the best in Division II, but qualifies her for the USATF National Indoor Championships. Warren also leads the GNAC in the weight throw with a mark of 55 feet, 5 inches. Senior **Jessica Mattos** has the second best mark in the GNAC in the weight throw at 54 feet, 5.25 inches. Freshman **Christina MacDonald** ranks third in the shot put (44-9.75) and sixth in the weight throw (51-10).

The Cavaliers will be further helped by sophomore **Caitlyn Safley** in the 400 meters (58.61 seconds, sixth in GNAC), freshman **Tori Johnson** in the high jump (5-4.25, fifth in GNAC) and junior **Emma Hill** in both the triple jump (36-7.5, fifth in GNAC) and long jump (16-10.5, seventh in GNAC).

Northwest Nazarene hopes the home field advantage will facilitate a jump in the standings. The Crusaders are led by senior **Taylor Deskins**, who currently owns the second best time in the 60 meters with a NCAA provisional qualifying time of 7.71 seconds. She is also ranked sixth in the 200 meters in 25.68 seconds. Sophomore **Lexi Tubbs** enters with the second best conference mark in the 60-meter hurdles with a time of 8.86 seconds while senior **Taylor Van Valey** owns provisional qualifying marks in both the shot put (43-7.75, fourth in GNAC) and the weight throw (53-7.5, third in GNAC).

Central Washington is led by senior **Dani Eggleston**, who will concentrate on the 3,000 meters where she has Division II's 22nd best time in 9:49.85. She is also provisionally qualified for nationals in the 5,000 meters with a time of 17:03.68, 15th best in Division II. Freshman **Mariyah Vongsaveng** is third in the GNAC in the 60-meter hurdles in 8.86 seconds and sophomore **McKenna Emmert** is third in the pole vault with a mark of 11 feet, 1.75 inches. Junior **Madison Garcia** will compete for points in the 60 meters (7.94 seconds, fifth in GNAC) as will senior **Amanda Youngers** in the shot put (42-9.75, sixth in GNAC) and the weight throw (50-4.5, seventh in GNAC).

Western Oregon's strength is in the throws where senior **Emmi Collier** is ranked second in the shot put with Division II's 16th best mark mark of 46 feet, 3.5 inches. Collier is also fourth in the GNAC in the weight throw with her mark of 53 feet, 6.5 inches. Senior **Stephanie Stuckey** has the third best mark in the GNAC in the 400 meters at 5:00.58.

Saint Martin's is led by senior **Shannon Porter**, who has set school records this season in both the 3,000 meters and 5,000 meters. Porter's mark of 16:57.09 is 15th best in Division II and second in the GNAC while her time of 9:51.99 is 18th best in Division II. Senior **Lisa Petersen** has the GNAC's fifth best mark in the 60-meter hurdles in 9.08 seconds while junior **Kirby Neale** is fifth in both the shot put (42-10.75) and the weight throw (52-3.25).

Montana State Billings' scoring chances will come from the distances and jumps. Senior **Della Lyle** enters the meet with bests of 10:19.90 in the 3,000 meters and 18:35.39 in the 5,000 meters. Sophomore **Amanda Nichols** is fifth in the GNAC in the pole vault (10-6) while freshman **Janessa Williams** in ninth in the triple jump (35-5.25).

# GNAC Qualifiers For NCAA Division II Indoor Championships

## MEN'S AUTOMATIC QUALIFIERS AS OF FEB. 15

**Pole Vault** Payton Lewis, NNU 5.15/16-10.75 T-4th 2/13/16

## MEN'S PROVISIONAL QUALIFIERS AS OF FEB. 15

Event	Athlete	Mark	Rank	Date
<b>200 Meters</b>	Cody Warner, WOU	21.80	36th	2/4/16
<b>800 Meters</b>	Badane Sultessa, WOU	1:49.95	7th	2/12/16
	Cameron Proceviat, SFU	1:51.79	16th	2/12/16
	Nathan Kipchumba UAA	1:51.84	18th	2/14/16
	Josh Hanna, WOU	1:52.84	25th	1/29/16
	Paris Speidel, CU	1:53.26	28th	2/4/16*
	Josh Dempsey, WOU	1:53.41	29th	2/12/16
	Austin Collins, CU	1:53.58	30th	2/12/16*
<b>Mile</b>	David Ribich, WOU	4:07.83	14th	2/12/16
	Sam Naffziger, WOU	4:09.20	23rd	2/12/16
<b>3,000 Meters</b>	Dominik Notz, UAA	8:10.19	11th	2/14/16
	Marc-Antoine Rouleau, SFU	8:11.17	14th	1/16/16
	Henry Cheseto, UAA	8:11.81	16th	2/14/16
	Michel Ramirez, UAA	8:15.70	21st	2/14/16
	Edwin Kangogo, UAA	8:18.07	24th	2/14/16
<b>5,000 Meters</b>	Henry Cheseto, UAA	14:12.99	7th	2/12/16
	Michel Ramirez, UAA	14:14.31	9th	2/12/16
	Dominik Notz, UAA	14:25.26	18th	1/29/16
	Isaac Derline, WWU	14:39.22	34th	1/29/16
<b>60m Hurdles</b>	Travis Milbrandt, WWU	8.13	T-16th	2/5/16
<b>4x400 Relay</b>	Alaska Anchorage	3:12.45	4th	2/12/16
<b>DMR</b>	Simon Fraser	9:52.97	5th	1/29/16
	Western Oregon	9:53.08	6th	1/29/16
	Alaska Anchorage	9:57.28	11th	2/12/16
	Montana State Billings	10:01.98	20th	2/5/16
<b>High Jump</b>	Mikel Smith, SMU	2.10/6-10.75	T-10th	1/22/16
	Cole Hoberg, NNU	2.05/6-8.75	T-20th	1/23/16
	Cody Thomas, UAA	2.05/6-8.75	T-20th	1/16/16
<b>Pole Vault</b>	Zach McClanahan, NNU	4.70/15-5	T-35th	2/13/16
<b>Long Jump</b>	Valdislav Tsygankov, SFU	7.26/23-10.75	17th	1/29/16
<b>Triple Jump</b>	Luke Plummer, CWU	14.78/48-6	20th	1/29/16
	Chris Brake, UAA	14.31/46-11.5	T-49th	2/14/16
	Mark Seely, WWU	14.28/46-10.25	51st	1/16/16
<b>Shot Put</b>	Josh Koch, CU	16.95/55-7.75	17th	1/16/16*
	Brandon Pless, WWU	16.10/52-10	T-28th	1/29/16
<b>Weight Throw</b>	Tyler Lamott, CU	18.49/60-8	16th	1/16/16*
	Armando Tafoya, CWU	17.92/58-9.5	21st	2/14/16
	Brandon Pless, WWU	17.53/57-6.25	30th	2/14/16
	Bryan Lee, WWU	17.22/56-6	39th	2/14/16
<b>Heptathlon</b>	Cody Thomas, UAA	5,324	3rd	1/16/16
	Travis Turner, UAA	4,969	15th	1/29/16
	Payton Lewis, NNU	4,963	16th	1/16/16
	Kodiak Landis, CWU	4,668	31st	12/10/15

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

## WOMEN'S AUTOMATIC QUALIFIERS AS OF FEB. 15

<b>800 Meters</b>	Lynelle Decker, SPU	2:09.38	2nd	1/29/16
<b>3,000 Meters</b>	Joyce Chelimo, UAA	9:17.97	1st	2/12/16
<b>5,000 Meters</b>	Joyce Chelimo, UAA	16:22.93	2nd	1/29/16
<b>Shot Put</b>	McKenzie Warren, CU	16.85/55-3.5	1st	1/23/16*

## WOMEN'S PROVISIONAL QUALIFIERS AS OF FEB. 15

Event	Athlete	Mark	Rank	Date
<b>60 Meters</b>	Jamie Ashcroft, UAA	7.66	T-27th	1/16/16
	Taylor Deskins, NNU	7.71	T-36th	2/13/16
	Valda Kabia, SFU	7.72	T-39th	1/16/16
<b>200 Meters</b>	Jamie Ashcroft, UAA	24.67	14th	1/29/16
	Valda Kabia, SFU	25.00	T-27th	2/12/16
<b>400 Meters</b>	Jahzelle Ambus, SPU	56.57	28th	1/16/16
	Chantel Desch, SFU	56.62	31st	2/12/16
<b>800 Meters</b>	Jessica Pahkala, UAA	2:14.06	T-28th	2/14/16
	Alana Mussatto, SFU	2:14.10	30th	2/4/16
	Addy Townsend, SFU	2:14.48	34th	1/29/16
<b>Mile</b>	Addy Townsend, SFU	4:59.32	30th	2/4/16
	Rebecca Bassett, SFU	4:59.99	33rd	2/4/16
<b>3,000 Meters</b>	Rebecca Bassett, SFU	9:40.31	8th	1/16/16
	Caroline Kurgat, UAA	9:41.34	9th	1/29/16
	Dani Eggleston, CWU	9:49.85	22nd	1/29/16
	Shannon Porter, SMU	9:51.99	18th	2/5/16
	Anna Patti, SPU	9:58.84	35th	1/16/16
	Brittany Grant, WWU	10:00.85	38th	2/14/16
<b>5,000 Meters</b>	Caroline Kurgat, UAA	16:46.49	10th	2/12/16
	Shannon Porter, SMU	16:57.09	15th	1/29/16
	Dani Eggleston, CWU	17:03.68	18th	2/12/16
	Anna Patti, SPU	17:04.71	20th	1/29/16
<b>60m Hurdles</b>	Rosie Smith, UAA	8.66	T-17th	1/29/16
<b>4x400 Relay</b>	Simon Fraser	3:50.71	30th	1/29/16
	Seattle Pacific	3:51.85	38th	1/29/16
<b>DMR</b>	Alaska Anchorage	11:39.44	3rd	2/12/16
	Seattle Pacific	11:42.34	4th	2/12/16
	Simon Fraser	11:44.39	8th	2/12/16
<b>High Jump</b>	Karolin Anders, UAA	1.73/5-8	T-3rd	1/29/16
	Geneva Lehnert, SPU	1.70/5-7	T-12th	1/16/16
	Naphtali Ward, SPU	1.65/5-5	T-42nd	1/16/16
	Miranda Osadchey, WWU	1.65/5-5	T-42nd	1/29/16
<b>Long Jump</b>	Karolin Anders, UAA	5.68/18-8.75	26th	1/16/16
<b>Triple Jump</b>	Jasmine McMullin, WWU	11.80/38-8.75	T-17th	1/29/16
	Ella Brown, SFU	11.54/37-10.5	T-38th	2/12/16
<b>Shot Put</b>	Emmi Collier, WOU	14.11/46-3.5	T-15th	1/23/16
	Christina MacDonald, CU	13.62/44-8.25	35th	1/23/16*
	Taylor Van Valey, NNU	13.30/43-7.75	T-42nd	2/5/16
<b>Weight Throw</b>	McKenzie Warren, CU	16.90/55-5.5	T-35th	1/23/16*
	Jessica Mathis, CU	16.59/54-5.25	41st	1/16/16*
	Taylor Van Valey, NNU	16.34/53-7.5	T-46th	12/12/15
<b>Pentathlon</b>	Karolin Anders, UAA	3,813	5th	1/16/16
	Mailea Luquin, SPU	3,389	27th	1/29/16
	Rosie Smith, UAA	3,236	43rd	1/15/16

## USATF NATIONAL INDOOR CHAMPIONSHIPS

The following GNAC athletes have hit the qualifying standard to be considered for the USA Track & Field Indoor Championships, Mar. 11 & 12 in Portland.

### WOMEN

Shot Put (15.75) McKenzie Warren, CU 15.85/55-3.5 1/23/16

# National Meet Qualifying Standards

## 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](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 \(T&FN\)](#)

## GNAC Indoor Track & Field Championships



**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.

# Men's Regional & National Polls

## GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SFU	WOU
Preseason	—	—	—
Jan. 26	—	—	—
Feb. 2	18th	20th	22nd
Feb. 9	24th	—	—
Feb. 16	10th	—	—

## USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Feb. 16, 2016 (Week 4)

Rk	School	Pts.	Prev.
1.	Adams State	229.05	1
2.	Saint Augustine's	167.48	2
3.	Grand Valley State	167.25	4
4.	Tiffin	163.81	3
5.	Academy of Art	106.89	8
6.	Minnesota State	106.22	5
7.	Texas A&M-Kingsville	103.50	10
8.	Colorado Mines	85.04	6
9.	Western State	68.51	9
<b>10.</b>	<b>Alaska Anchorage</b>	<b>66.26</b>	<b>24</b>
11.	Lincoln (Mo.)	64.29	7
12.	Pittsburg State	60.89	14
13.	Azusa Pacific	58.76	12
14.	Missouri Southern	55.66	11
15.	Ashland	55.12	13
16.	Shorter	49.30	40
17.	Central Missouri	45.98	16
18.	Chadron State	42.86	19
19.	Lewis	41.73	15
20.	Saginaw Valley State	40.18	22
21.	Texas A&M-Commerce	39.18	20
22.	Southern Connecticut St.	38.58	18
23.	West Texas A&M	36.31	31
24.	Findlay	35.51	17
25.	MSU Moorhead	33.95	37

## USTFCCCA WEST REGION TEAM INDEX as of Feb. 16, 2016 (Week 3)

Rk	School	Pts.	Prev.
1.	Alaska Anchorage	426.29	1
2.	Academy of Art	385.35	3
3.	Azusa Pacific	346.99	2
4.	Western Washington	310.73	3
5.	Western Oregon	253.03	4
6.	Simon Fraser	203.92	6
7.	Northwest Nazarene	203.15	7
8.	Central Washington	137.22	8
9.	Montana State Billings	79.96	9
10.	Saint Martin's	70.40	10

[View Complete Regional Index Online](#)



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

# Women's Regional & National Polls

## GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SFU
Preseason	21st	24th
Jan. 26	13th	—
Feb. 2	5th	—
Feb. 9	7th	—
Feb. 16	5th	23rd

## USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Feb. 16, 2016 (Week 4)

Rk	School	Pts.	Prev.
1.	Hillsdale	151.90	3
2.	Lincoln (Mo.)	146.14	1
3.	Grand Valley State	141.61	2
4.	Pittsburg State	134.83	4
<b>5.</b>	<b>Alaska Anchorage</b>	<b>107.88</b>	<b>7</b>
6.	Lewis	101.37	5
7.	New Mexico Highlands	101.27	6
8.	Johnson C. Smith	95.66	9
9.	Saint Augustine's	90.04	8
10.	Shorter	77.08	10
11.	Central Missouri	71.42	11
12.	Findlay	57.00	14
13.	Ashland	56.63	13
14.	Adams State	55.55	18
15.	Minnesota Duluth	52.61	12
16.	Mary	50.65	15
17.	Southern Connecticut St.	46.61	26
18.	Merrimack	45.06	17
19.	Winona State	43.66	19
20.	Angelo State	41.42	101
21.	Missouri Southern	39.03	27
22.	Minnesota State	38.60	16
<b>23.</b>	<b>Seattle Pacific</b>	<b>37.02</b>	<b>28</b>
24.	Sioux Falls	35.76	20
25.	Saginaw Valley State	34.92	25

## USTFCCCA WEST REGION TEAM INDEX Week 4 (Feb. 16, 2016)

Rk	School	Pts.	Prev.
1.	Seattle Pacific	367.86	1
2.	Alaska Anchorage	367.58	2
3.	Azusa Pacific	288.48	4
4.	Simon Fraser	272.90	3
5.	Academy of Art	191.03	6
6.	Central Washington	172.66	7
7.	Western Washington	170.19	5
8.	Northwest Nazarene	159.55	8
9.	Stanislaus State	136.33	9
10.	Saint Martin's	83.34	11

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

# 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	48.27	Andrew Boss, Simon Fraser (2011)
800 Meters	<b>1:49.95</b>	<b>Badane Sultessa, Western Oregon (2016)</b> <i>Previous: 1:50.73, Sultessa (2015)</i>
Mile	4:07.46	Anthony Tomsich, Western Washington (2010)
3,000 Meters	<b>8:10.19</b>	<b>Dominik Notz, Alaska Anchorage (2016)</b> <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	<b>3:12.45</b>	<b>Alaska Anchorage (2016)</b>

**Nicholas Taylor, Liam Lindsey, Adam Commandeur, Cody Thomas**

*Previous: 3:15.83, Western Oregon (2010)*

Distance Medley	<b>9:52.97</b>	<b>Simon Fraser (2016)</b>
	<b>Cameron Proceviat, Joel Webster, Carlos Vargas, Marc-Antoine Rouleau</b>	<i>Previous: 9:54.66, Simon Fraser, 2015</i>

Long Jump	<b>7.28/23-10.75</b>	<b>Vladislav Tsygankov, Simon Fraser (2016)</b> <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	5,508	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)
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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	<b>9:17.97</b>	<b>Joyce Chelimo, Alaska Anchorage (2016)</b> <i>Previous: 9:23.24, Jessica Pixler, Seattle Pacific (2009)</i>
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)
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	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	<b>16.85/55-3.5</b>	<b>McKenzie Warren, Concordia (2016)</b> <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	11:64:07	Sarah Porter, Western Washington (2010)
60m Hurdles	8.66	Danielle Ayers-Stamper, Seattle Pacific (2005)
4x400 Relay	3:50.68	Seattle Pacific (2015)

Jahzelle Ambus, Tasia Baldwin, Jalen Tims, Jasmine Johnson

Distance Medley	11:36.32	Seattle Pacific (2010)
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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.

**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.

# 2016 GNAC Indoor Meet Summaries

**Fri., Jan. 29**

**TrackTown USA High Performance Meet #3  
at Nike House of Track, Portland, Ore.**

**Women (Top 3 GNAC Finishers):** Mile - B Section: 2, Megan Fristoe, CU, 5:11.03. High Jump - 1, Tori Johnson, CU, 5-4.25. Shot Put - 2, Taylor Darden, CU, 41-1.75; 3, Saidee Jones, CU, 40-11.75.

**Men (Top 3 GNAC Finishers):** DMR - 1, Concordia, 10:17.69. High Jump - 3, Louis Faust, CU, 6-6.75.

**Fri., Jan. 29 - Sat., Jan. 30**

**UW Invitational**

**at Dempsey Indoor Center, Seattle, Wash.**

**Women (Top 3 GNAC Finishers):** Shot Put - 1, McKenzie Warren, CU, 55-3.5.

**Men (Top 3 GNAC Finishers):** 5,000 Meters - 1, Dominik Notz, UAA, 14:25.26; 3, Henry Cheseto, UAA, 14:26.63. 60m Hurdles - 3, Travis Milbrandt, WWU, 8.18. DMR - 2, Simon Fraser, 9:52.97; 3, Western Oregon, 9:53.08. Long Jump - 3, Vladislav Tsygankov, SFU, 23-10.75. Triple Jump - 3, Luke Plummer, CWU, 48-6.

**Thurs., Feb. 4**

**Portland Indoor Invitational**

**at Nike House of Track, Portland, Ore.**

**Women (Top 3 GNAC Finishers):** 200 Meters - 2, Valda Kabia, SFU, 25.17. 400 Meters - 3, Chantel Desch, SFU, 57.18. 800 Meters - 2, Alana Mussatto, SFU, 2:14.10. Mile - 3, Addy Townsend, SFU, 4:59.32. Triple Jump - 1, Ella Brown, SFU, 37-6.75. Shot Put - 1, Emmi Collier, WOU, 44-9.75; 2, Christina MacDonald, CU, 44-9.75; 3, Rachel McKinnis, CU, 41-4.5.

**Men (Top 3 GNAC Finishers):** 60 Meters - 2, Carlos Ortiz, CU, 7.02. 200 Meters - 1, Cody Warner, WOU, 21.80; 2, Joel Webster, SFU, 22.11; 3, Carlos Ortiz, CU, 22.13. 400 Meters - 3, Joel Webster, SFU, 48.97. 800 Meters - 1, Cameron Proceviat, SFU, 1:52.13; 2, Paris Speidel, CU, 1:53.26; 3, Josh Dempsey, WOU, 1:53.70. Mile - 1, David Ribich, WOU, 4:12.41; 2, Sam Naffziger, WOU, 4:12.87. 3,000 Meters - 3, David Cornish, WOU, 8:27.63. 60m Hurdles - 2, Kaleb Dobson, WOU, 8.49. 4x00 Relay - 1, Western Oregon, 3:21.76; 3, Concordia, 3:25.63. Long Jump - 1, Vladislav Tsygankov, SFU, 23-5.5; 3, Jerry He, SFU, 22-7. Shot Put - 1, Josh Koch, CU, 52-8; 2, Morgan Shipp, CU, 49-10.5; 3, Jeremy Moore, WOU, 49-7.

**Fri., Feb. 5**

**TrackTown USA High Performance Meet #4  
at Nike House of Track, Portland, Ore.**

**Women (Top 3 GNAC Finishers):** 3,000 Meters (B Section) - 1, Shannon Porter, SMU, 9:51.99. 4x400 Relay - 2, Western Washington, 4:01.51. High Jump - 3, Mackenzie Stewart, 5-3. Shot Put - 2, Megan Mortensen, WWU, 41-6.5; 3, Kirby Neale, SMU, 41-5.75.

**Men (Top 3 GNAC Finishers):** Mile (B Section) - 2, David Ribich, WOU, 4:09.77; 3, Sam Naffziger, WOU, 4:11.44. 60m Hurdles - 1, Travis Milbrandt, WWU, 8.14. 4x400 Relay - 2, Saint Martin's, 3:29.55. DMR - 1, Saint Martin's, 11:17.03.

**Fri., Feb. 4 - Sat., Feb. 5**

**Cougar Indoor**

**at Indoor Practice Facility, Pullman, Wash.**

**Women (Top 3 GNAC Finishers):** 200 Meters - 3, Madison Garcia, CWU, 26.28. 400 Meters - 2, Ashley Harmon, CWU, 59.62. 3,000 Meters - 3, Stephanie Rexus, CWU, 10:55.81. 60m Hurdles - 3, Mariyah Vongsaveng, CWU, 8.86. Triple Jump - 3, Allyssa Marzano, CWU, 35-10. Shot Put - 2, Amanda Youngers, CWU, 42-9.75. Weight Throw - 2, Amanda Youngers, CWU, 49-3.5.

**Men (Top 3 GNAC Finishers):** 200 Meters - 3, Alex McIntosh, CWU, 23.18. 400 Meters - 2, Darren Arndt, CWU, 51.36. 4x400 Relay - 3, Central Washington, 3:27.63. Pentathlon - 1, Payton Lewis, NNU, 4,897.

**Fri., Feb. 4 - Sat., Feb. 5**

**Mountain State Games**

**at Holt Arena, Pocatello, Idaho**

**Women (Top 3 GNAC Finishers):** 400 Meters - 3, Josey Smiedala, MSUB, 59.04. 800 Meters - 2, Brielle Davis, MSUB, 2:27.80. 3,000 Meters - 1, Rio Frame, MSUB, 10:53.41. DMR - 3, MSU Billings, 12:42.43. 3,000 Meters Invitational - 2, Della Lyle, MSUB, 10:19.90.

**Men (Top 3 GNAC Finishers):** 3,000 Meters - 1, Josh Panasuk, MSUB, 8:51.44. DMR - 1, MSU Billings, 10:10.07.

**Sat., Feb. 5**

**Jacksons/New Balance Indoor Invitational**

**at Jacksons Indoor Center, Nampa, Idaho**

**Women (Top 3 GNAC Finishers):** 60 Meters - 3, Taylor Deskins, NNU, 7.89. 60m Hurdles - 1, Lexi Tubbs, NNU, 8.85. Triple Jump - 3, Carli Shaul, NNU, 33-9.5.

**Men (Top 3 GNAC Finishers):** Mile - 2, Isaac Mitchell, NNU, 4:18.37. High Jump - 2, Kyle McLaughlin, NNU, 6-5; 3, Micah Tranch, NNU, 6-3.25. Weight Throw - 3, John VanBeuren, NNU, 54-6.5.

**Thurs., Feb. 4**

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