



Jan. 20, 2016 • Week 1
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Jan. 22

Central Washington, Saint Martin's at WSU Indoor Open, Pullman, Wash.

Sat., Jan. 23

Central Washington, Saint Martin's at WSU Indoor Open, Pullman, Wash.

Concordia, Northwest Nazarene at Bronco Invitational, Nampa, Idaho

Montana State Billings at Dave Little Alumni Mile, Spearfish, S.D.

LAST WEEK'S MEETS

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.

#GNACTF in 140

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#RecordEffort Concordia's **McKenzie Warren** set the GNAC record in the women's shot put in her first Division II meet with an effort of 53 feet, 3.75 inches. She beat the previous record by by four and a half feet.

#MultiPerformers Alaska Anchorage's **Cody Thomas** opens the season No. 2 in the men's pentathlon, scoring 5,324 points at the Ed Jacoby Invitational. The Seawolves' **Karolin Anders** is No. 3 in the women's pentathlon with a score of 3,813.

#FourIn3K The GNAC saw four women gain NCAA provisional qualifying marks in the 3,000 meters: Alaska Anchorage's **Joyce Chelimo** (2nd), Simon Fraser's **Rebecca Bassett** (3rd), Seattle Pacific's **Anna Patti** (7th) and Central Washington's **Dani Eggleston** (10th).

#Qualifiers A total of 24 athletes established 29 NCAA Championships provisional qualifying marks in last week's meets.

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GNAC Track & Field Athletes of the Week



MEN'S TRACK

Marc-Antoine Rouleau, Simon Fraser
Senior • Sherbrooke, Que.

Rouleau opened his indoor season with a five-second personal best and NCAA Championships provisional qualifier in the 3,000 meters at the UW Preview, placing seventh in 8:11.17. He was the first non Division I or open athlete to finish. The performance moves Rouleau up to No. 2 on the GNAC all-time list in the event and currently sits No.

2 in Division II this season.

Also Nominated: Kyle McLaughlin (Northwest Nazarene), Travis Milbrandt (Western Washington), Carlos Ortiz (Concordia), Robert Peterson (Montana State Billings), Batane Sultessa (Western Oregon).

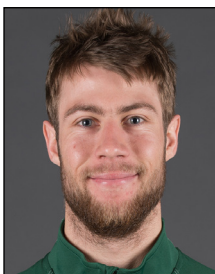


WOMEN'S TRACK

Jamie Ashcroft, Alaska Anchorage
Junior • Shawnigan Lake, B.C.

Ashcroft earned two NCAA Championships provisional qualifying marks and won two races at the Ed Jacoby Invitational. She captured the 60 meters in 7.66 seconds, a performance just .06 seconds off her own GNAC record and currently No. 15 in Division II. She also won the 200 meters in 24.82 seconds and sits No. 10 in Division II.

Also Nominated: Megan Fristoe (Concordia), Valid Kabia (Simon Fraser), Della Lyle (Montana State Billings), Lexi Tubbs (Northwest Nazarene).



MEN'S FIELD

Cody Thomas, Alaska Anchorage
Senior • Blenheim, New Zealand

Thomas opened his indoor season by placing second in the heptathlon at the Ed Jacoby Invitational. His total of 5,324 points is a NCAA provisional qualifying mark and currently ranks No. 2 Division II. In the process, Thomas was an individual event winner in the high jump (6-8.75), earning a NCAA provisional qualifying mark, and in the long jump (22-11).

Also Nominated: Nels Flanagan (Montana State Billings), Josh Koch (Concordia), Payton Lewis (Northwest Nazarene), Vlad Tsygankov (Simon Fraser).



WOMEN'S FIELD

Karolin Anders, Alaska Anchorage
Senior • Berlin, Germany

Anders opened the season by placing second in the pentathlon and setting a NCAA championships provisional mark at the Ed Jacoby Invitational. Her point total of 3,813 points is third in Division II and is just nine points off her personal best and No. 2 GNAC all-time total of 3,822. In the process, Anders won the long jump (18-7.75), setting a NCAA provisional mark in the process.



McKenzie Warren, Concordia
Sophomore • Sandy, Ore.

In Concordia's first meet as a GNAC program, Warren shattered the conference's record in the shot put with a mark of 53 feet, 3.75 inches, placing second at the UW Preview. The performance is currently the best this season in Division II. She also went on to finish 13th in the weight throw at 50 feet, 4 inches.

Also Nominated: Emmi Collier (Western Oregon), Taylor Van Valey (Northwest Nazarene), 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

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

Around The GNAC

ALASKA ANCHORAGE



- With a split squad competing at both the Ed Jacoby Invitational in Nampa, Idaho, and the UW Preview in Seattle, Alaska Anchorage posted 14 provisional qualifiers for the NCAA Championships (6 men, 8 women) in their opening weekend of competition.
- Multi-event standout **Karolin Anders** opens the season No. 3 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).
- Anders' male counterpart, **Cody Thomas**, placed second in the heptathlon with a NCAA Championships provisional qualifying score of 4,963 points. The performance was just six points short of the automatic qualifying standard. En route, Thomas 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 Hewitt (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 hit a NCAA provisional qualifier.
- **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. 2 in Division II in the event.
- Sprinter **Jamie Ashcroft** won both short sprint races at the Ed Jacoby Invitational, capturing in the 60 meters in 7.66 seconds and the 200 meters in 24.82 seconds. Both are NCAA provisional qualifying marks and her time in the 60 meters is .06 seconds off her personal best.
- **Henry Cheseto** and **Michel Ramirez** earned provisional qualifying marks in the 3,000 meters. Cheseto placed 14th in the event at the UW Preview in 8:25.61 while Ramirez was 15th in 8:26.02.
- **Nathan Kipchumba** rounded out UAA's provisional qualifiers as he earned a mark in the 800 meters at the UW Preview, placing third in 1:53.55.
- Alaska Anchorage will not compete next weekend. They return to action back at the Dempsey Indoor Center on Jan. 29 & 30 at the UW Invitational.

CENTRAL WASHINGTON



- Central Washington captured four individual wins and nine top-three placers as they opened the season at the Idaho Invitational in Moscow, Idaho.
- **Luke Plummer** won both the long jump and triple jump. Plummer's mark of 47-7 in the triple jump is a NCAA Championships provisional qualifier while winning the long jump with a leap of 22-1.
- **Dani Eggleston** earned a NCAA provisional qualifying mark in the women's 3,000 meters, winning in a time of 10:00.08. Her mark ranks eighth in Division II as she is one of four GNAC runners in the national top-10 (Joyce Chelimo, Rebecca Bassett, Anna Patti).
- Hurdler **Mariah Vongsaveng** won the women's 60-meter hurdles in a time of 8.99 seconds. Sprinter **Madison Garcia** finished second in both the 60 meters and the 200 meters, clocking 8.11 seconds in the 60 and 26.26 seconds in the 200.
- **Ashley Harmon** placed third in the 400 meters in 59.69 seconds while the CWU women's 4x400 relay team won with a time of 4:05.54.

- **Armando Tafoya** was CWU's other men's top-three placer, taking second in the weight throw with a mark of 56 feet, 1.25 inches.
- Central Washington returns to action in the Palouse on Friday and Saturday, competing in the WSU Indoor Open in Pullman.

CONCORDIA



- Concordia opened their first Division II track season at the UW Preview and proceeded to post four GNAC all-time top-10 marks. Not surprisingly, all four marks were in the throwing events. The debut performance earned the Cavaliers selection as the Red Lion GNAC Team of the Week.
- Sophomore **McKenzie Warren** shattered the GNAC women's shot put record and set a school record as she placed second with a mark of 53 feet, 3.75 inches. She easily surpassed the previous record of 48 feet, 9.5 inches set by Central Washington's Krissy Tandle in 2009. It is the best performance of the season by a Division II athlete.
- **Josh Koch** debuted with a sixth place finish in the men's shot put. His mark of 55-7.5 in the weight throw places him No. 3 on the GNAC all-time list and is 12th best in Division II this season. Koch placed sixth in the shot put and his seventh place mark of 52-0.5 in the weight throw is No. 10 on the GNAC all-time list.
- **Tyler Lamott** finished second in the men's weight throw with a mark of 58 feet, 9.5 inches. The performance places Lamott No. 5 on the GNAC all-time list and is the 14th best performance in Division II this season.
- **Jessica Mathis** performed well in the women's weight throw, placing sixth with a mark of 54 feet, 5.25 inches. The performance is No. 4 on the GNAC all-time list.
- In the running events, **Carlos Ortiz** just missed the GNAC top-10 in the two short sprints. Ortiz ran 7.05 seconds in the men's 60 meters and 22.47 seconds in the 200 meters.
- 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.

MONTANA STATE BILLINGS



- One of four GNAC teams to start their season in December, Montana State Billings returned to competition on Friday at the Montana State Invitational.
- Senior **Della Lyle** set a school record in the women's 5,000 meters, placing second with a time of 18:35.39, which leads the GNAC.
- Junior **Nels Flanagan** also set a school record in the men's weight throw with a mark of 52-2.75. He currently ranks sixth in the GNAC this season.
- Senior **Robert Peterson** just missed the NCAA provisional qualifying mark in the men's 5,000 meters, winning the event in a time of 15:18.80. It is the best mark in the GNAC so far this season.
- **Jenessa Williams** finished just short of the MUSB record in the triple jump, placing seventh with a mark of 34-10.25. The freshman currently ranks No. 3 in the GNAC. Williams also finished with a time of 9.77 seconds in the 60-meter hurdles.
- Montana State Billings will compete on Saturday at the Dave Little Alumni Mile meet at Black Hills State in Spearfish, S.D. Despite the name, the event is a full track meet and not just a mile run.

Around The GNAC

NORTHWEST NAZARENE



- Northwest Nazarene continued a string of six meets in a row in their hometown of Nampa, Idaho, competing at the Ed Jacoby Invitational.
- **Payton Lewis** led the way for the Crusaders, placing third in the heptathlon with a total of 4,963 points. The performance is fourth best in Division II this season and among three GNAC provisional qualifiers in the event. In the process, Lewis also earned a NCAA provisional qualifier in the pole vault. His clearance of 15-11 is 10th best in Division II.
- **John VanBeuren** led three NNU athletes to earn top-three finishes in the field events. VanBeuren placed second in the men's shot put with a mark of 46-10.75 and placed third in the weight throw at 49-7.25.
- **Zach McClanahan** put together a third place finish in the men's pole vault, clearing 14-11. The mark is No. 2 in the GNAC this season.
- **Cole Hoberg** finished second in the high jump, clearing 6-5. In December's Jackson's Open, Hoberg cleared 6-8.25, improving his No. 9 mark on the GNAC all-time list.
- **Sierra Manzer** was NNU's only top-three finisher in the running events. She placed third in the women's 3,000 meters in a time of 10:39.04.
- Northwest Nazarene is right back at the Jackson's Indoor Center on Saturday, competing in the Bronco Invitational.

SAINT MARTIN'S



- Saint Martin's opened their indoor season on Dec. 11 and 12 at the Jackson's Indoor Open. The Saints do not compete again until the Washington State Open this weekend in Pullman, Wash.
- **Mikel Smith**, the GNAC record holder in the men's indoor high jump, earned a NCAA provisional qualifying mark in the event when he cleared 6-9 at the Jackson's Open. The mark currently sits No. 9 in Division II this season.
- Senior **Karen Horvath** won the women's 3,000 meters at the Jackson's Open with a time of 10:50.00. Hurdler **Lisa Petersen** placed third in the 60-meter hurdles with a time of 9.19 seconds.
- **Latelle Swayne** won the men's 60 meters at the Jackson's Open with a time of 7.00 seconds. He ran 6.97 seconds in the preliminary rounds, which is the best in the GNAC this season.
- Saint Martin's has added the TrackTown USA High Performance meet on Fri., Feb. 5. The meet will be held at Nike's "House of Track" in Northwest Portland. The track is the same surface that will be used for the 2016 IAAF World Indoor Championships in March.

SEATTLE PACIFIC



- Seattle Pacific opened its indoor season with five NCAA Championships provisional qualifying marks at the UW Preview, all of which came from the women's roster.
- Freshman **Geneva Lehnert** opened her collegiate career by placing fourth in the women's high jump, clearing 5-7. The mark is a NCAA provisional qualifier and is No. 8 on the GNAC all-time list. Her teammate, sophomore **Naphtali Ward**, placed seventh and also hit a provisional qualifier with her mark of 5-5.
- Senior **Lynelle Decker** earned a NCAA provisional qualifier in the 800 meters, placing fifth in a time of 2:15.03.
- Senior **Janzelle Ambus** finished seventh in the women's 400 meters, surpassing the NCAA provisional qualifying mark with a time of 56.57 seconds. 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, 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).
- **Justin Ramsey** led SPU's men's athletes as he won his opening heat of the 400 meters in a personal best of 51.42 seconds. Senior **Turner Wiley** dropped 10 seconds off of his previous best in the men's 3,000 meters with a time of 8:44.04.
- Seattle Pacific will sit this weekend of competition out. They will return to the Dempsey Indoor Center on Jan. 29 and 30 for the UW Invitational.

SIMON FRASER



- Simon Fraser opened the indoor season with four NCAA provisional qualifying marks and three improvements on GNAC top-10 list marks 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 moves Rouleau to No. 2 on the GNAC all-time list.
- **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 third 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 23rd best in Division II.
- Men's sprinter **Joel Webster** picked up a pair of seventh place finishes, crossing in 22.35 seconds in the 200 meters and 49.46 seconds in the 400 meters.
- Simon Fraser will not compete this weekend, returning to action on Jan. 29 and 30 at the UW Invitational in Seattle.

Around The GNAC

WESTERN OREGON



• Western Oregon athletes posted 18 season bests and broke two school records as they opened the season at UW Preview. Both records came in non-traditional running events.

• Sophomore **David Ribich** ran a time 2:28.83 in the men's 1,000 meters, bettering the school record of 2:31.885 set by

Josh Hanna in 2014. **Sam Naffzinger** ran 2:29.33 in the same race.

• Senior **Badane Sultessa** ran a school record time of 1:19.95 in the men's 600 meters, surpassing the mark of 1:22.03 set by Brett Yancey in 1994.

• **Aaron Whitaker**, Sultessa, **AJ Holmberg** and Hanna combined to place second in the men's 4x400 meter relay in 3:21.55, bettered only by a team from Division I Washington..

• Hurdler **Kaleb Warner** finished third in the opening qualifying rounds of the men's 60-meter hurdles. His time of 8.43 seconds is sixth best in school history. **Cody Warner** clocked 6.99 seconds in the preliminary rounds of the 60 meters, also a top-10 WOU mark.

• Senior **Emmi Collier** led Western Oregon's women's athletes, She placed ninth in the weight throw with a mark of 53-6.5, third best in school history. **Laura Patrick** ran 8.09 seconds in the 60-meter preliminaries, eighth best in school history.

• Western Oregon returns to competition on Jan. 29 and 30 at the UW Invitational in Seattle.

WESTERN WASHINGTON



• Western Washington opened the season with three NCAA provisional qualifying marks at the UW Preview.

• **Travis Milbrandt** placed fifth in the men's 60-meter hurdles with a time of 8.28 seconds, finishing behind Division I competitors and one open competitor. Milbrandt ran 8.17 in the prelims, a NCAA provisional qualifier and 11th in Division II this season.

• Senior **Mark Seely** placed sixth in the men's triple jump. His mark of 46-10.25 is a NCAA provisional qualifier, ranking 34th 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 16th 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 in fourth best in school history.

• Western Washington will take this week off from competition, returning for the UW Invitational on Jan. 29 and 30.

GNAC Qualifiers For NCAA Division II Indoor Championships

MEN'S PROVISIONAL QUALIFIERS AS OF JAN. 20

Event	Athlete	Mark	Rank	Date
800 Meters	Nathan Kipchumba, UAA	1:53.55	11th	1/16/16
3,000 Meters	Marc-Antoine Rouleau, SFU	8:11.17	2nd	1/16/16
	Henry Cheseto, UAA	8:25.61	11th	1/16/16
	Michel Ramirez, UAA	8:26.02	13th	1/16/16
60m Hurdles	Travis Milbrandt, WWU	8.17	11th	1/16/16
High Jump	Mikel Smith, SMU	2.09/6-9	9th	12/12/15
	Cody Thomas, UAA	2.05/6-8.75	16th	1/16/16
	Cole Hoberg, NNU	2.04/6-8.25	18th	12/12/15
Pole Vault	Payton Lewis, NNU	4.85/15-11	10th	12/12/15
Long Jump	Valdislav Tsygankov, SFU	7.16/23-6	13th	1/16/16
Triple Jump	Luke Plummer, CWU	14.50/47-7	19th	1/16/16
	Mark Seely, WWU	14.28/46-10.25	34th	1/16/16
Shot Put	Josh Koch, CU	16.96/55-7.75	12th	1/16/16*
Weight Throw	Tyler Lamott, CU	17.92/58-9.5	14th	1/16/16*
Heptathlon	Cody Thomas, UAA	5,324	2nd	1/16/16
	Payton Lewis, NNU	4,963	4th	1/16/16
	Travis Turner, UAA	4,885	7th	1/16/16

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

WOMEN'S AUTOMATIC QUALIFIERS AS OF JAN. 20

Shot Put	McKenzie Warren, CU	16.25/53-3.75	1st	1/16/16*
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WOMEN'S PROVISIONAL QUALIFIERS AS OF JAN. 20

Event	Athlete	Mark	Rank	Date
60 Meters	Jamie Ashcroft, UAA	7.66	15th	1/16/16
	Valda Kabia, SFU	7.72	23rd	1/16/16
200 Meters	Jamie Ashcroft, UAA	24.82	10th	1/16/16
400 Meters	Jahzelle Ambus, SPU	56.57	10th	1/16/16
800 Meters	Lynelle Decker, SPU	2:15.03	7th	1/16/16
3,000 Meters	Joyce Chelimo, UAA	9:34.28	2nd	1/16/16
	Rebecca Bassett, SFU	9:40.31	3rd	1/16/16
	Anna Patti, SPU	9:58.84	7th	1/16/16
	Dani Eggleston, CWU	10:00.08	8th	1/16/16
60m Hurdles	Rosie Smith, UAA	8.76	13th	1/16/16
High Jump	Karolin Anders, UAA	1.71/5-7.25	5th	1/16/16
	Geneva Lehnert, SPU	1.70/5-7	7th	1/16/16
	Naphtali Ward, SPU	1.65/5-5	24th	1/16/16
Long Jump	Karolin Anders, UAA	5.68/18-8.75	10th	1/16/16
Triple Jump	Jasmine McMullin, WWU	11.56/37-11.5	16th	1/16/16
Weight Throw	Jessica Mathis, CU	16.59/54-5.25	29th	1/16/16*
	Taylor Van Valey, NNU	16.34/53-7.5	32nd	12/12/15
Pentathlon	Karolin Anders, UAA	3,813	3rd	1/16/16

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 (TFRRS): [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 Nov. 25, 2015 (Preseason)

Rk	School	Pts.	Prev.
1.	Grand Valley State	206.58	2
2.	Tiffin	145.45	6
3.	Colorado Mines	102.45	13
4.	Findlay	101.17	2
5.	Saint Augustine's	98.54	5
6.	Adams State	96.95	1
7.	Central Missouri	94.94	19
8.	Texas A&M-Commerce	90.31	12
9.	Pittsburg State	83.49	24
10.	CSU-Pueblo	81.46	16
11.	Minnesota State	79.92	32
12.	Ashland	75.01	4
13.	Texas A&M-Kingsville	74.64	11
14.	Southern Indiana	72.69	7
15.	Lewis	59.01	8
16.	Shippensburg	48.87	43
17.	Emporia State	45.61	28
18.	Sioux Falls	45.33	19
19.	Western State	44.62	10
20.	Lake Superior State	44.46	14
21.	Johnson C. Smith	43.07	19
22.	Chadron State	41.86	22
23.	Black Hills State	41.48	28
24.	Southern Connecticut	40.14	26
25.	West Texas A&M	39.28	22

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

USTFCCCA WEST REGION TEAM INDEX

Final 2015 Rankings		Pts.	Prev.
Rk	School		
1.	<i>Western Washington</i>	395.45	2
2.	<i>Alaska Anchorage</i>	365.80	1
3.	<i>Simon Fraser</i>	305.28	3
4.	Azusa Pacific	283.36	5
5.	Academy of Art	265.05	4
6.	<i>Northwest Nazarene</i>	244.37	6
7.	<i>Western Oregon</i>	193.03	7
8.	<i>Central Washington</i>	172.34	8
9.	<i>Saint Martin's</i>	166.06	9
10.	<i>Montana State Billings</i>	87.14	10

NOTE: The first regional index of the 2016 season will be released on Jan. 26.

[View Complete Regional Index Online](#)

Women's Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SFU
Preseason	21st	24th



USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Nov. 25, 2015 (Preseason)

Rk	School	Pts.	Prev.
1.	Grand Valley State	157.01	6
2.	New Mexico Highlands	149.41	3
3.	Hillsdale	138.61	2
4.	Central Missouri	123.35	1
5.	Lincoln (Mo.)	120.92	5
6.	Adams State	95.38	11
7.	Pittsburg State	88.76	29
8.	Johnson C. Smith	73.24	19
9.	Ashland	70.14	3
10.	Mary	69.63	21
11.	Lewis	68.10	11
12.	Saginaw Valley State	67.47	16
13.	Augustana (S.D.)	64.73	23
14.	Minnesota Duluth	59.96	37
15.	West Texas A&M	59.95	14
16.	Chadron State	54.74	43
17.	Saint Augustine's	51.57	16
18.	Southern Connecticut	46.18	8
19.	Academy of Art	42.32	50
20.	Tiffin	40.04	NR
21.	<i>Alaska Anchorage</i>	34.97	43
22.	Wayne State (Neb.)	34.97	23
23.	Queens	34.58	33
24.	<i>Simon Fraser</i>	33.85	7
25.	Western State	33.66	34

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

USTFCCCA WEST REGION TEAM INDEX

Final 2015 Rankings		Pts.	Prev.
Rk	School		
1.	<i>Seattle Pacific</i>	369.25	1
2.	<i>Alaska Anchorage</i>	341.12	2
3.	<i>Simon Fraser</i>	297.35	3
4.	Azusa Pacific	291.53	5
5.	Academy of Art	246.10	4
6.	<i>Central Washington</i>	238.36	6
7.	<i>Northwest Nazarene</i>	167.69	7
8.	<i>Western Washington</i>	142.79	8
9.	<i>Western Oregon</i>	117.53	10
10.	Stanislaus State	96.67	9

NOTE: The first regional index of the 2016 season will be released on Jan. 26.

[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	16.25/53-3.75	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.