



## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

**Fri., Apr. 8 - Sat., Apr. 9**

Central Washington, Northwest Nazarene, Saint Martin's at Spokane CC Invitational, Spokane, Wash.

**Sat., Apr. 9**

Concordia, Western Oregon at John Knight Twilight, Monmouth, Ore.

Montana State Billings at Bauer Invitational, Rapid City, S.D.

Seattle Pacific, Simon Fraser, Western Washington at Emilie Mondor Invitational, Burnaby, B.C.

### LAST WEEK'S MEETS

**Wed., Mar. 30 - Sat., Apr. 2**

**Nike Clyde Littlefield Texas Relays**

at Mike A. Myers Stadium, Austin, Texas

**Women (Top 3 GNAC Placers):** None.

**Men's (Top 3 GNAC Placers):** None.

**Thurs., Mar. 31 - Sat., Apr. 2**

**Texas State Bobcat Invitational**

at Bobcat Stadium, San Marcos, Texas

**Women (Top 3 GNAC Placers):** Javelin - 1, Bethany Drake, WWU, 166-9; 3, Katie Reichert, WWU, 138-5.

**Men's (Top 3 GNAC Placers):** Javelin - 2, John Haskin, WWU, 193-0.

**Fri., Apr. 1 - Sat., Apr. 2**

**San Francisco State Distance Carnival**

at Cox Stadium, San Francisco, Calif.

**Women (Top 3 GNAC Placers):** 100 Meters - 1, Jamie Ashcroft, UAA, 11.88; 2, Taylor Deskins, NNU, 12.19. 200 Meters - 1, Jamie Ashcroft, UAA, 24.39 (Meet Record);

2, Mary Kathleen Cross, UAA, 24.53. 800 Meters - 1, Tamara Perez, UAA, 2:11.01. Mile - 2, Miryam Bassett, SFU, 4:58.65; 3, Julia Howley, SFU, 4:59.05. 5,000 Meters - 2, Shannon Porter, SMU, 16:32.03. 100m Hurdles - 1, Rosie Smith, UAA, 14.53. 400m Hurdles - 3, Monique Lisek, SFU, 1:02.87. 4x400 Relay - 2, Western Oregon, 3:51.65; 3, Alaska Anchorage, 3:54.36. High Jump - 2, Rachel Miller, NNU, 5-1.75; 3, Mackenzie Stewart, SFU, 5-1.75. Pole Vault - 2, Emma Lambert, SPU, 10-2. Long Jump - 1, Rosie Smith, UAA, 18-7.25. Triple Jump - 1, Ella Brown, SFU, 38-11.75 (Meet Record). Shot Put - 1, Emmi Collier, WOU, 45-5.75; 2, Katrina Linenko, CU, 43-9.75. Hammer - 2, Emily Wetherell, WOU, 167-8. Javelin - 1, Ellie Logan, NNU, 142-7; 2, Sheila Limas De La Cruz, WOU, 132-4; 3, Rachel Huffman, WOU, 130-4.

**Men's (Top 3 GNAC Placers):** 200 Meters - 1, Cody Warner, WOU, 21.62. 400 Meters - 1, Daniel Kelloway,

SFU, 48.16; 2, Aaron Whitaker, WOU, 48.34. 800 Meters - 1, Nathan Kipchumba, UAA, 1:49.67; 2, Josh Dempsey, WOU, 1:49.84; 3, Josh Hanna, WOU, 1:50.11. 1,500 Meters - 3, Marc-Antoine Rouleau, SFU, 3:49.65. Mile - 2, Michael Mendenhall, UAA, 4:13.01. 10,000 Meters - 1, Edwin Kangogo, UAA, 29:46.48. 4x100 Relay - 2, Alaska Anchorage, 42.68. 4x400 Relay - 1, Alaska Anchorage, 3:17.69 (Meet Record); 3, Alaska Anchorage B, 3:23.39. DMR - 3, Northwest Nazarene, 10:27.55. High Jump - 1, Cole Hoberg, NNU, 6-8.25 (Meet Record); 2, Tevin Gladden, UAA, 6-6.25; 3, Chris Brake, UAA, 6-6.25. Pole Vault - 2, Zach McClanahan, NNU, 14-7.5. Long Jump - 1, Alex Wu, SFU, 23-0.75. Triple Jump - 1, Wesley Gray, WOU, 47-8.5 (Meet Record); 2, Chris Brake, UAA, 47-3.5. Shot Put - 1, Josh Koch, CU, 58-1.75 (Meet Record); 2, Robert Watson, CU, 52-1.75; 3, Jeremy Moore, WOU, 51-5.75. Discus - 3, Josh Koch, CU, 162-4. Hammer - 2, John VanBeuren, NNU, 157-4. Javelin - 2, Justin Larson, WOU, 182-9.

### Stanford Invitational

at Cobb Track & Angell Field, Palo Alto, Calif.

**Women (Top 3 GNAC Finishers):** Triple Jump

(Collegiate) - 1, Ella Brown, SFU, 39-5.25. Javelin (Collegiate) - 3, Christina MacDonald, CU, 146-1.

**Men (Top 3 GNAC Finishers):** High Jump (Collegiate) - 2, Louis Faust, CU, 6-7. Hammer (Collegiate) - 2, Tyler Lamott, CU, 200-1.

### Linfield Jenn Boyman Invitational

at Maxwell Field, McMinnville, Ore.

**Women (Top 3 GNAC Placers):** None

**Men (Top 3 GNAC Placers):** 1,500 Meters - 1, David Cornish, WOU, 4:02.87.

### SMU Open

at Saint Martin's Track, Lacey, Wash.

**Women (Top 3 GNAC Placers):** 100 Meters - 3, Madison Garcia, CWU, 12.29. 400 Meters - 1, Cheyenne Conrad, WWU, 59.05; 2, Savannah Smith, WWU, 59.62; 3, Jayna Inderbitzin, CWU, 59.74. 800 Meters - 1, Shawna Troupe, WWU, 2:15.11; 2, Kali Klotz-Brooks, WWU, 2:17.06. 1,500 Meters - 1, Taylor Guenther, WWU, 4:39.52; 2, Tracy Melville, WWU, 4:48.80. 3,000 Meters - 1, Alexa Shindruk, CWU, 10:22.94; 2, Stephanie Rexus, CWU, 10:27.79. 5,000 Meters - 1, Brittany Grant, WWU, 17:34.14; 2, Megan Rogers, CWU, 17:40.47. 10,000 Meters (Mixed) - 3, Abby Milner, WWU, 40:54.69 (First Female Finisher). 100m Hurdles - 1, Mariyah Vongsaveng, CWU, 14.40; 2, Lisa Petersen, SMU, 14.87; 3, Alison Deck, CWU, 14.93. 400m Hurdles - 1, Tianna Banfro, CWU, 1:04.46; 2,

Ali Anderson, CWU, 1:06.85; 3, Tamaki Murata, CWU, 1:06.93. Steeplechase - 2, Dani Eggleston, CWU, 10:39.08; 3, Hannah Dowdell, CWU, 12:14.34. 4x100 Relay - 1, Western Washington, 48.48; 2, Saint Martin's, 50.84. 4x400 Relay - 1, Central Washington, 4:00.23; 2, Western Washington, 4:03.54; 3, Saint Martin's, 4:09.50. High Jump - 1, Tayler Fettig, CWU, 5-7; 2, Bridget Henry, WWU, 5-2.5. Pole Vault - 1, McKenna Emmert, CWU, 11-11.75. Long Jump - 2, Brooke Williams, CWU, 17-0.75; 3, Ali Anderson, CWU, 16-10. Triple Jump - 3, Mariah Bentley, CWU, 33-10.75. Shot Put - 1, Amanda Youngers, CWU, 43-5.25; 2, Kirby Neale, SMU, 42-0.5; 3, Megan Mortensen, WWU, 40-0. Discus - 1, Megan Mortensen, WWU, 143-8; 2, Megan Vernoy, SMU, 122-5; 3, April Mayerl, SMU, 117-1. Hammer - 2, Aiyama Homer, CWU, 157-0; 3, Kirby Neale, SMU, 154-0. Javelin - 1, Angelique Whistocken, CWU, 137-3; 2, Deanna Avalos, SMU, 134-0.

**Men (Top 3 GNAC Placers):** 100 Meters - 1, Latrelle Swayne, SMU, 10.80; 3, Tyler Ooley, CWU, 11.00. 200 Meters - 2, Max McIntosh, CWU, 22.51; 3, Latrelle Swayne, SMU, 22.51. 400 Meters - 1, Ryan McArthur, WWU, 49.12; 3, Jackson Hand, SMU, 50.09. 800 Meters - 1, Keaton Spiller, WWU, 1:56.83. 1,500 Meters - 2, Ron Leaf, CWU, 4:04.54; 3, Logan Giese, WWU, 4:04.84. 3,000 Meters - 2, Jasper Heckman, SMU, 8:59.78; 3, Skyler Larson, SMU, 9:02.79. 110m Hurdles - 1, Bernari Sternes, CWU, 14.39; 3, Max McIntosh, CWU, 15.07. 400m Hurdles - 2, Jade Wilson, WWU, 55.31. Steeplechase - 1, Matt Lutz, WWU, 9:34.23; 3, Nathan Morgan, SMU, 10:11.85. 4x100 Relay - 1, Central Washington, 41.86; 2, Saint Martin's, 42.15; 3, Western Washington, 42.76. 4x400 Relay - 1, Central Washington, 3:20.95; 3, Saint Martin's, 3:27.28. High Jump - 1, Mikel Smith, SMU, 6-10.25. Pole Vault - 1, Gordon Kordas, WWU, 15-1; 2, Matt DeHan, SMU, 15-1; 3, J.T. Conrad, WWU, 15-1. Long Jump - 3, Luke Plummer, CWU, 22-1. Triple Jump - 1, Luke Plummer, CWU, 46-6.75; 3, Jacob Ringold, WWU, 44-9.5. Shot Put - 1, Armando Tafoya, CWU, 49-4.5; 2, Brandon Pless, WWU, 48-2. Discus - 1, Armando Tafoya, CWU, 157-5; 2, Brandon Pless, WWU, 150-1; 3, James Lehr, CWU, 147-0. Hammer - 2, Armando Tafoya, CWU, 183-11; 3, Vincent Fualefau, SMU, 173-2. Javelin - 2, Alex Barry, WWU, 195-8.

# GNAC Track & Field Athletes of the Week



## MEN'S TRACK

**Alex Donigian, Western Washington**  
Senior • Mission Viejo, Calif.

Donigian was the only Division II competitor to make the finals of the collegiate 100 meters at the Clyde Littlefield Texas Relays, placing seventh in a time of 10.33 seconds. The time currently ranks No. 2 in NCAA Division II.

**Also Nominated:** Josh Dempsey (Western Oregon), Kyle McLaughlin (Northwest Nazarene), Benari Sternes (Central Washington), Paris Speidel (Concordia), Latrelle Swayne (Saint Martin's), Turner Wiley (Seattle Pacific),



## WOMEN'S TRACK

**Lynelle Decker, Seattle Pacific**  
Senior • Vancouver, Wash.

Decker ran three Division II top-10 performances over the weekend. At the Stanford Invitational, Decker ran a Division II best time of 2:08.08 in the 800 meters and then later that day ran the second leg on the Falcons' 4x400 relay team which ran the No. 4 fastest time in Division II at 3:43.76. On Friday, Decker ran 4:30.67 in the 1,500 meters at Stanford, currently No. 9 in Division II.

**Joyce Chelimo, Alaska Anchorage**  
Senior • Kapsowar, Kenya

Chelimo set the GNAC record in the 10,000 meters with a time of 33:14.41 on Friday at the Stanford Invitational. The time is also the fifth fastest in Division II history.

**Also Nominated:** Elana Hampton (Concordia), Shannon Porter (Saint Martin's), Shawna Troupe (Western Washington), Lexi Tubbs (Northwest Nazarene).



## MEN'S FIELD

**Josh Koch, Concordia**  
Sophomore • Dayton, Nev.

Koch set the meet record in the shot put at the San Francisco Distance Carnival, winning with a career best of 58 feet, 1.75 inches. The performance is No. 5 in Division II this season, is No. 2 on the GNAC all-time list and No. 4 on Concordia's all-time list. The mark also leads the GNAC by three feet.

**Also Nominated:** Alex Barry (Western Washington), Nels Flanagan (Montana State Billings), Cole Hoberg (Northwest Nazarene), Mikel Smith (Saint Martin's).



## WOMEN'S FIELD

**Bethany Drake, Western Washington**  
Junior • Sandy, Ore.

Drake performed well in two Division I meets last week. She won the javelin at the Texas State Bobcat Invitational with a season best mark of 166 feet, 9 inches, and placed seventh in the event at the Clyde Littlefield Texas Relays with a mark of 165 feet. She is currently No. 2 on the Division II best list.

**Also Nominated:** Ella Brown (Simon Fraser), Emmi Collier (Western Oregon), Taylor Fettig (Central Washington), Emma Hill (Concordia), Ellie Logan (Northwest Nazarene), Kirby Neale (Saint Martin's).

## Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Dec. 7 - 13	Latrelle Swayne, SMU	Mikel Smith, SMU	Taylor Deskins, NNU	Taylor Van Valey, NNU
Jan. 11 - 17	Marc-Antoine Rouleau, SFU	Cody Thomas, UAA	Jamie Ashcroft, UAA	Karolin Anders, UAA
Jan. 18 - 24	Kyle McLaughlin, NNU	Mikel Smith, SMU	Shannon Porter, SMU	McKenzie Warren, CU
Jan. 25 - 31	Badane Sultessa, WOU	Vladislav Tsygankov, SFU	Lynelle Decker, SPU	McKenzie Warren, CU
Feb. 1 - 7	Travis Milbrandt, WWU	Vladislav Tsygankov, SFU	Shannon Porter, SMU	Karolin Anders, UAA
Feb. 8 - 14	Dominik Notz, UAA	Tyler Lamott, CU	Joyce Chelimo, UAA	Ella Brown, SFU
Feb. 22 - 29	Badane Sultessa, WOU	Luke Plummer, CWU	Nicole Maurmann, WOU	Amanda Youngers, CWU
Mar. 1 - 7	Matt Lutz, WWU	Brian Chalkley, SMU	Shannon Porter, SMU	Miranda Osadchey, WWU
Mar. 8 - 13	Dominik Notz, UAA	Mikel Smith, SMU	Lynelle Decker, SPU	Bethany Drake, WWU
Mar. 14 - 20	David Ribich, WOU	Matt DeHan, SMU	Joyce Chelimo, UAA	Karolin Anders, UAA
Mar. 21 - 27	Josh Hanna, WOU	Tyler Lamott, CU	Jalen Tims, SPU	Ellie Logan, NNU
Mar. 28 - Apr. 3	Carlos Ortiz, CU	Josh Koch, CU	Suzanne Van De Grift, WOU	Katie Reichert, WWU
	Alex Donigian, WWU		Lynelle Decker, SPU	Bethany Drake, WWU
			Joyce Chelimo, UAA	

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

# Around The GNAC

**REWRITING THE DISTANCE CARNIVAL RECORD BOOK:** It was a record-breaking week for the GNAC at the San Francisco Distance Carnival where six athletes set meet records and a handful of others went under meet record marks in finishing second or third in their events.

Alaska Anchorage's **Jamie Ashcroft** set the meet record in the women's 200 meters, clocking 24.39 seconds to eclipse the previous record of 24.52 seconds. Simon Fraser's **Ella Brown** set the meet record in the women's triple jump, her mark of 38 feet, 11.75 inches surpassing the previous mark of 37-9.5 set by Western Oregon's Rebecca Laible in 2014.

Alaska Anchorage's men's 4x400-meter relay set the only running event meet record with their winning time of 3:17.69, bettering their time of 3:18.32 at last year's meet. All top-three finishers in the men's high jump were in record territory. Northwest Nazarene's **Cole Hoberg** claimed the record with his clearance of 6 feet, 8.25 inches, surpassing the 6-6.25 set by UC Davis' Shane Ryan in 2015. Two Alaska Anchorage athletes, **Tevin Gladden** and **Chris Brake**, met the old meet record at 6-6.25.

Western Oregon's **Wesley Gray** won the men's triple jump with a leap of 47 feet, 8.5 inches, tying the mark set by **Keith Lester** in 2015. Concordia's **Josh Koch** blistered the meet record in the shot put. His mark of 58 feet, 1.75 inches bettered the mark of 54 feet, 0.5 inches set by Ryan Donnahoe in 2015.

Western Oregon's women's 4x400-meter relay team went under the previous meet record of 3:52.88 set in 2014. Stanislaus State re-set their own record, winning in 3:50.39. The Wolves' **Emily Wetherell** also went over the previous meet record in the women's hammer with her second place mark of 167 feet, 8 inches. San Francisco State's Nicole Uikilifi set the new record at 170 feet, 10 inches, bettering the previous record of 156-10.



**REWRITING THE GNAC RECORD BOOK:** Much like she did during the indoor season, Alaska Anchorage's **Joyce Chelimo** has started to work on a rewrite of the conference record book in the outdoor events.

The senior set the GNAC record in the 10,000 meters on Friday night at the Stanford Invitational.

Her time of 33:14.41. That eclipsed the former record of 33:17.39 set by Western Washington's Sarah Porter in 2011. In addition, Chelimo ran the fifth best time in the event in Division II history, taking the spot formerly held by Porter. Of the top-six spots on the list, three are held by GNAC schools (Seattle Pacific's Bente Moe ran 33:05.8 in 1987, 14 years before the formation of the conference).

The record is the third record that Chelimo has broken this season. During the indoor campaign, Chelimo claimed the GNAC record in both the 3,000 meters (9:17.97) and the 5,000 meters (16:10.32). She is already a four-time GNAC champion this season, claiming the mile, 3,000 meters and 5,000 meters during the indoor season as well as the cross country individual title in the fall.

**DEEP IN THE HEART OF TEXAS:** A handful of GNAC traveled down to the big meets in Texas over the weekend and came home with some solid results.

Western Washington's **Bethany Drake** took part in not one, but two meets. She opened on Thursday throwing the javelin at the Texas State Bobcat Invitational in San Marcos, Texas, and won the event with a throw of 166 feet, 9 inches. She then came back the next day and placed seventh at the Clyde Littlefield Texas Relays with a mark of 165 feet. The pair of high-caliber performances earned Drake selection as the GNAC Women's Field Athlete of the Week. Her teammate, **Katie Reichert**, placed third in the event with a mark of 138 feet, 5 inches.

At the Texas Relays, Alaska Anchorage's **Cody Thomas** put together a sixth place finish in the decathlon that should all but assure him a spot at the NCAA Championships. Thomas scored 7,079 points, 110 points off of his personal best, but currently is fourth best in Division II. During the competition, Thomas placed second in the 100 meters (10.77) and the 400 meters (47.90, NCAA provisional qualifying mark), was fourth in the long jump (23-0.75) and fifth in the 1,500 meters (4:44.64).

His teammate, **Cody Parker**, placed third in the javelin at the Texas Relays with a Division II leading throw of 234 feet, 7 inches, that automatically qualifies him for the NCAA Division II Championships.

Western Washington's **Alex Donigian** was the only Division II competitor to advance to the finals of the 100 meters at the Texas Relays, placing seventh with a time of 10.33, the second best in the GNAC this season.

**TWO-LAP THUNDER:** The GNAC picked up five provisional qualifiers for the men's 800 meters over the weekend in the Bay Area, all of which come with marks currently ranking in Division II's top-15.

The San Francisco State Distance Carnival yielded four of those times on Friday. Alaska Anchorage's **Nathan Kipchumba** won the race with a time of 1:49.67. Western Oregon's **Josh Dempsey** was second in 1:49.84 while the Wolves' **Josh Hanna** finished third in 1:50.11. The three performances and third, fourth and fifth, respectively, in Division II this season. The Seawolves' **Joe Day** was seventh in a time of 1:51.42, registering the 11th best time in Division II this season.

Down the peninsula at the Stanford Invitational on Saturday, Simon Fraser's **Cameron Proceviat** was the top non-Division I or open finisher in the 800 meters. His 11th place time of 1:50.85 is eighth best in Division II. Both Dempsey and Hanna ran in that race for Western Oregon, but ran slower times than they had on Friday.

**ADD NATIONALS QUALIFIERS:** Over the weekend, the GNAC added or improved a total of 41 automatic or provisional qualifying marks for the NCAA Division II Outdoor Track and Field Championships, which take place May 26-28 in Bradenton, Fla. Male athletes accounted for 17 of those marks while the women established or improved 24 marks. Among those marks are three new automatic qualifiers. Alaska Anchorage's **Cody Parker** automatically qualified for the men's javelin during the decathlon at the Texas Relays along with teammates **Joyce Chelimo** and **Caroline Kurgat** automatically qualifying in the women's 10,000 meters at the Stanford Invitational. Western Washington's **Bethany Drake** improved her automatic qualifying mark with her throw of 166-9 at the Texas State Bobcat Invitational.



**AN IMPRESSIVE TRIPLE:** It was quite the weekend for Seattle Pacific senior **Lynelle Decker**, who played a role in establishing three NCAA Division II top-10 marks at the Stanford Invitational. She opened her weekend by running 4:30.67 in the 1,500 meters on Friday. She finished sixth in the sixth heat of the race (almost all laden with Division I talent), but the time ranks as the ninth fastest in Division

II. On Saturday, Decker turned around and ran the fastest time in Division II thus far and the eighth fastest in GNAC history in the 800 meters with a time of 2:08.08. Later that afternoon, Decker ran the second leg on the Falcons' 4x400-meter relay. The team finished in a time of 3:43.76, ranking them No. 4 in Division II this season and No. 4 on the GNAC all-time list. The impressive trio of performances earned Decker her third selection of the season as GNAC Women's Track Athlete of the Week, her first of the outdoor season.

**IN THE NATIONAL POLLS:** After having four teams ranked in the USTFCCCA Division II Men's Computer Rankings for the first two weeks of the season, the GNAC is down to only one. After dropping out of the top-25 last week, Alaska Anchorage popped back up to No. 5 thanks to their impressive performances in California and Texas. Western Washington, who was 21st last week, dropped out of the top-25. In the women's rankings, meanwhile, there are three GNAC teams in the top-15. Alaska Anchorage climbed 11 spots to No. 10 while Seattle Pacific made their appearance of the season at No. 13. Western Washington is one spot behind at No. 14, dropping six spots from No. 8 last week.

# GNAC Outdoor Championships/National Qualifying Standards

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

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

**NCAA Championships:** Manual time conversions for standards in steeplechase, 5,000 meters and 10,000 meters along with information on altitude conversions can be found online: [http://www.ncaa.org/sites/default/files/2016\\_DIIOutdoorTF\\_QualifyingStandards.pdf](http://www.ncaa.org/sites/default/files/2016_DIIOutdoorTF_QualifyingStandards.pdf).

# GNAC Qualifiers For NCAA Division II Outdoor Championships

## MEN'S AUTOMATIC QUALIFIERS AS OF APR. 6, 2016

Javelin	Cody Parker, UAA	71.50/234-7	1st	3/30/16
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## MEN'S PROVISIONAL QUALIFIERS AS OF APR. 6, 2016

Event	Athlete	Mark	Rank	Date
<b>100 Meters</b>	Alex Donigian, WWU	10.33	2nd	3/30/16
<b>400 Meters</b>	Cody Thomas, UAA	47.90	17th	3/30/16
<b>800 Meters</b>	Nathan Kipchumba, UAA	1:49.67	3rd	4/1/16
	Josh Dempsey, WOU	1:49.84	4th	4/1/16
	Josh Hanna, WOU	1:50.11	5th	4/1/16
	Cameron Proceviat, SFU	1:50.85	8th	4/1/16
	Joe Day, UAA	1:51.42	11th	4/1/16
<b>1,500 Meters</b>	David Ribich, WOU	3:48.82	8th	4/1/16
	Sam Naffziger, WOU	3:49.87	11th	4/1/16
<b>10,000 Meters</b>	Henry Cheseto, UAA	29:36.07	3rd	4/1/16
	Edwin Kangogo, UAA	29:46.48	6th	4/1/16
	Victor Samoei, UAA	30:45.33	22nd	4/1/16
	Turner Wiley, SPU	30:53.09	26th	4/1/16
<b>110m Hurdles</b>	Bernari Stermen, CWU	14.39	10th	4/2/16
	Travis Milbrandt, WWU	14.42	12th	3/18/16
<b>Steeplechase</b>	Matt Lutz, WWU	9:15.15	10th	3/5/16
	Andrew Wise, WWU	9:15.28	11th	4/1/16
<b>High Jump</b>	Mikel Smith, SMU	2.09/6-10.25	5th	4/2/16
	Cole Hoberg, NNU	2.04/6-8.25	T-16th	4/1/16
	Tevin Gladden, UAA	2.04/6-8.25	T-16th	4/1/16
<b>Pole Vault</b>	Matt DeHan, SMU	4.93/16-2	16th	3/18/16
<b>Triple Jump</b>	Luke Plummer, CWU	14.65/48-0.75	22nd	3/19/16
<b>Shot Put</b>	Josh Koch, CU	17.72/58-1.75	5th	4/1/16
	Robert Watson, CU	16.64/54-7.25	12th	3/18/16
<b>Discus</b>	Josh Koch, CU	49.66/162-11	16th	3/26/16
<b>Hammer</b>	Tyler Lamott, CU	61.00/200-1	8th	4/1/16
	Armando Tafoya, CWU	56.22/184-5	18th	3/12/16
<b>Javelin</b>	John Haskin, WWU	62.39/204-8	10th	3/18/16
	Brian Chalkley, SMU	61.09/200-5	17th	3/5/16
	Alex Berry, WWU	59.65/195-8	20th	4/2/16
	Justin Larson, WOU	59.35/194-9	23rd	3/5/16
<b>Decathlon</b>	Cody Thomas, UAA	7,079	4th	3/30/16

**NOTE:** In the second year of their three year transition to Division II membership, Concordia is ineligible to compete in the Division II Track and Field Championships. Marks for Concordia athletes (in italics) are shown for comparison. Rankings are where they would be listed in the Division II Qualifying List if eligible.

## WOMEN'S AUTOMATIC QUALIFIERS AS OF APR. 6, 2016

Event	Athlete	Mark	Rank	Date
<b>10,000 Meters</b>	Joyce Chelimo, UAA	33:14.41	1st	4/1/16
	Caroline Kurgat, UAA	33:38.30	2nd	4/1/16
<b>Javelin</b>	Bethany Drake, WWU	50.83/166-9	2nd	4/2/16
	Katie Reichert, WWU	50.16/164-7	4th	3/26/16

## WOMEN'S PROVISIONAL QUALIFIERS AS OF APR. 6, 2016

Event	Athlete	Mark	Rank	Date
<b>100 Meters</b>	Jamie Ashcroft, UAA	11.88	T-9th	4/1/16
<b>200 Meters</b>	Jamie Ashcroft, UAA	24.39	11th	4/1/16
	Mary Kathleen Cross, UAA	24.50	14th	3/26/16
<b>400 Meters</b>	Jahzelle Ambus, SPU	55.62	8th	4/1/16
<b>800 Meters</b>	Lynelle Decker, SPU	2:08.08	1st	4/1/16
	Tamara Perez, UAA	2:11.01	5th	4/1/16
	Sophie Dodd, SFU	2:12.15	5th	4/1/16
	Suzie Van De Grift, WOU	2:12.89	9th	4/1/16
	Alana Mussatto, SFU	2:13.12	10th	3/25/16
	Chynna Phan, SPU	2:13.32	14th	4/1/16
<b>1,500 Meters</b>	Caroline Kurgat, UAA	4:29.39	5th	3/26/16
	Stephanie Stuckey, WOU	4:30.59	8th	4/1/16
	Lynelle Decker, SPU	4:30.67	9th	4/1/16
	Shannon Porter, SMU	4:32.20	12th	3/5/16
<b>5,000 Meters</b>	Rebecca Bassett, SFU	16:43.55	6th	4/1/16
	Mary Charleson, SPU	17:02.93	12th	4/1/16
	Dani Eggleston, CWU	17:09.51	15th	3/26/16
<b>10,000 Meters</b>	Anna Patti, SPU	36:09.37	12th	4/1/16
	Megan Rogers, CWU	36:45.26	16th	3/12/16
<b>100m Hurdles</b>	Lexi Tubbs, NNU	14.18	16th	4/1/16
<b>400m Hurdles</b>	Jalen Tims, SPU	1:01.30	7th	3/18/16
<b>Steeplechase</b>	Dani Eggleston, CWU	10:39.08	7th	4/2/16
	Seattle Pacific	3:44.23	4th	4/1/16
<b>4x400 Relay</b>				
<b>High Jump</b>	Miranda Osadchey, WWU	1.71/5-7.25	T-6th	3/18/16
	Taylor Fettig, CWU	1.70/5-7	T-9th	4/2/16
<b>Pole Vault</b>	McKenna Emmert, CWU	3.65/11-11.75	T-19th	4/2/16
<b>Triple Jump</b>	Jasmine McMullin, WWU	12.08/39-9.75	6th	3/31/16
	Ella Brown, SFU	12.02/39-5.25	9th	4/1/16
<b>Shot Put</b>	Katrina Linenko, CU	14.27/46-10	7th	3/18/16
	Emmi Collier, WOU	14.08/46-2.5	11th	4/1/16
<b>Javelin</b>	Mariah Horton, WWU	47.62/156-3	7th	3/26/16
	Anosi Laupola, WWU	45.50/149-3	10th	3/18/16
	Ellie Logan, NNU	44.61/146-4	12th	3/18/16
	Kathryn Walker, SMU	43.53/142-10	15th	3/18/16
	Jona Spiller, SMU	43.44/142-6	17th	3/5/16
	Amanda Short, WOU	42.71/140-1	21st	3/5/16
	Angelique Whistocken, CWU	41.83/137-3	28th	4/2/16
	Sheila Limas De La Cruz, WOU	41.18/135-1	31st	3/26/16
	Deanna Avalos, SMU	40.86/134-1	33rd	3/5/16

# Men's Outdoor Regional & National Polls

## GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	CWU	WOU	WWU
Mar. 15	6th	20th	25th	18th
Mar. 22	17th	20th	23rd	10th
Mar. 29	—	—	—	21st
Apr. 6	5th	—	—	—

## USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Apr. 5, 2016 (Week 4)

Rk	School	Pts.	Prev.
1.	Saint Augustine's	217.43	2
2.	Texas A&M-Kingsville	157.60	1
3.	Grand Valley State	130.71	6
4.	Chico State	105.30	13
5.	<b>Alaska Anchorage</b>	<b>99.53</b>	<b>31</b>
6.	Angelo State	94.77	4
7.	Ashland	94.62	3
8.	UC San Diego	87.13	5
9.	Shippensburg	78.53	34
10.	Academy of Art	74.44	14
11.	Central Missouri	74.24	35
12.	Johnson C. Smith	72.58	7
13.	Colorado Mines	72.56	10
14.	Shorter	71.05	15
15.	Pittsburg State	70.29	18
16.	Adams State	69.91	32
17.	Texas A&M-Commerce	65.62	11
18.	Azusa Pacific	65.03	29
19.	West Texas A&M	63.44	26
20.	Minnesota State	58.94	20
21.	Missouri Southern	58.57	22
22.	Stanislaus State	57.91	8
23.	Findlay	54.54	16
24.	Cal State LA	53.16	17
25.	Mount Olive	48.25	12

## USTFCCCA WEST REGION TEAM INDEX as of Apr. 4, 2016 (Week 4)

Rk	School	Pts.	Prev.
1.	UC San Diego	417.32	1
2.	Chico State	386.89	2
3.	<b>Alaska Anchorage</b>	<b>308.32</b>	<b>5</b>
4.	Azusa Pacific	285.11	6
5.	<b>Western Oregon</b>	<b>222.18</b>	<b>5</b>
6.	Academy of Art	215.62	9
7.	Stanislaus State	209.54	3
8.	Cal State LA	193.63	4
9.	<b>Western Washington</b>	<b>189.89</b>	<b>7</b>
10.	<b>Central Washington</b>	<b>151.49</b>	<b>10</b>

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# Women's Outdoor Regional & National Polls

## GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	CWU	SMU	SPU	WOU	WWU
Mar. 15	—	20th	25th	—	22nd	18th
Mar. 22	—	22nd	—	—	—	6th
Mar. 29	21st	—	—	—	—	8th
Apr. 6	10th	—	—	13th	—	14th

## USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Apr. 6, 2016 (Week 4)

Rk	School	Pts.	Prev.
1.	Saint Augustine's	182.52	3
2.	Johnson C. Smith	165.26	1
3.	Shorter	119.24	7
4.	Grand Valley State	113.46	2
5.	Chico State	112.08	15
6.	Central Missouri	107.58	23
7.	West Texas A&M	105.61	19
8.	Texas A&M-Kingsville	104.52	4
9.	Angelo State	98.39	6
10.	<b>Alaska Anchorage</b>	<b>92.40</b>	<b>21</b>
11.	Pittsburg State	89.38	13
12.	Findlay	88.85	5
13.	<b>Seattle Pacific</b>	<b>78.75</b>	<b>33</b>
14.	<b>Western Washington</b>	<b>78.36</b>	<b>8</b>
15.	Hillsdale	75.92	NR
16.	Minnesota State	69.86	18
17.	Clafin	68.50	10
18.	Azusa Pacific	65.67	11
19.	Humboldt State	65.37	12
20.	Stanislaus State	64.08	9
21.	Adams State	60.85	26
22.	Sioux Falls	56.31	27
23.	Missouri Southern	50.04	22
24.	Queens (N.C.)	46.91	29
25.	Ashland	46.27	16

## USTFCCCA WEST REGION TEAM INDEX as of Apr. 4, 2016 (Week 4)

Rk	School	Pts.	Prev.
1.	Chico State	344.68	1
2.	<b>Alaska Anchorage</b>	<b>273.69</b>	<b>10</b>
3.	UC San Diego	263.53	1
4.	<b>Seattle Pacific</b>	<b>256.06</b>	<b>13</b>
5.	Azusa Pacific	216.67	8
6.	<b>Central Washington</b>	<b>213.87</b>	<b>4</b>
7.	<b>Western Washington</b>	<b>197.54</b>	<b>3</b>
8.	Fresno Pacific	190.82	5
9.	San Francisco State	174.85	6
10.	Stanislaus State	174.60	9

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# GNAC Indoor Track & Field Records

## MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
200 Meters	21.3	Cody Warner, Western Oregon (2015)
400 Meters	<b>47.80</b>	<b>Joel Webster, Simon Fraser (2016)</b> <i>Previous: 48.27, Andrew Boss, Simon Fraser (2011)</i>
800 Meters	<b>1:49.68</b>	<b>Badane Sultessa, Western Oregon (2016)</b> <i>Previous: 1:50.73, Sultessa (2015)</i>
Mile	<b>4:05.21</b>	<b>David Ribich, Western Oregon (2016)</b> <i>Previous: 4:07.46, Anthony Tomsich, Western Washington (2010)</i>
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> <b>Nicholas Taylor, Liam Lindsey, Adam Commandeur, Cody Thomas</b> <i>Previous: 3:15.83, Western Oregon (2010)</i>
Distance Medley	<b>9:50.07</b>	<b>Western Oregon (2016)</b> <b>Sam Naffziger, Aaron Whitaker, Josh Dempsey, David Ribich</b> <i>Previous: 9:54.66, Simon Fraser, 2015</i>
Long Jump	<b>7.46/24-5.75</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	<b>5,538</b>	<b>Cody Thomas, Alaska Anchorage (2016)</b> <i>Previous: 5,508, Chris Randolph, Seattle Pacific (2006)</i>

## MEN'S CONFERENCE MEET RECORDS

60 Meters	6.75	Alex Donigian, Western Washington (2014)
200 Meters	21.60	Cody Warner, Western Oregon (2015)
400 Meters	<b>47.80</b>	<b>Joel Webster, Simon Fraser (2016)</b>
800 Meters	1:51.49	Paul Mach, Seattle Pacific (2004)
Mile	<b>4:10.13</b>	<b>Robert Peterson, Montana State Billings (2016)</b>
3,000 Meters	8:27.83	Henry Cheseto, Alaska Anchorage (2015)
5,000 Meters	<b>14:36.42</b>	<b>Dominik Notz, Alaska Anchorage (2016)</b>
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	<b>7.38/24-2.5</b>	<b>Vladislav Tsygankov, Simon Fraser (2016)</b>
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) <b>Mikel Smith, Saint Martin's (2016)</b> <b>Cole Hoberg, Northwest Nazarene (2016)</b>
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	<b>18.63/61-1.75</b>	<b>Tyler Lamott, Concordia (2016)</b>
Heptathlon	<b>5,163</b>	<b>Payton Lewis, Northwest Nazarene (2016)</b>

## 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	<b>8.34</b>	<b>Travis Turner, Alaska Anchorage (2016)</b>
Pole Vault	<b>5.05/16-6.75</b>	<b>Payton Lewis, Northwest Nazarene (2016)</b>
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	<b>54.87</b>	<b>Jahzelle Ambus, Seattle Pacific (2016)</b> <i>Previous: 55.54, Terran Legard, Central Washington (2005)</i>
800 Meters	2:04.94	Helen Crofts, Simon Fraser (2011)
Mile	4:32.88	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	<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	<b>16:10.32</b>	<b>Joyce Chelimo, Alaska Anchorage (2016)</b> <i>Previous: 16:11.67, Sarah Porter, Western Washington (2009)</i>
60m Hurdles	<b>8.53</b>	<b>Mailea Luquin, Seattle Pacific (2016)</b> <i>Previous: 8.66, Danielle Ayers-Stamper, Seattle Pacific (2005)</i>
4x400 Relay	<b>3:42.44</b>	<b>Seattle Pacific (2016)</b> <b>Jalen Tims, Lynelle Decker, Sheryl Hong, Jahzelle Ambus</b> <i>Previous: 3:46.34, Seattle Pacific (2013)</i>
Distance Medley	11:28.28	Simon Fraser (2015) Rebecca Bassett, Monique Lisek, Paige Nock, Lindsey Butterworth
Long Jump	5.93/19-5.5	Danielle Ayers-Stamper, Seattle Pacific (2005)
Triple Jump	12.40/40-8.25	Ashley Potter, Western Oregon (2012)
High Jump	1.77/5-9.75	Danielle Ayers-Stamper, Seattle Pacific (2005) Taylor Fettig, Central Washington (2014) Alison Silva, Northwest Nazarene (2014)
Pole Vault	3.91/12-10	Alison Silva, Northwest Nazarene (2014)
Weight Throw	17.74/58-2.5	Kristin Hepler, Western Oregon (2004)
Shot Put	<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	<b>54.87</b>	<b>Jahzelle Ambus, Seattle Pacific (2016)</b>
800 Meters	2:08.28	Jessica Pixler, Seattle Pacific (2010)
Mile	4:40.39	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:47.64	Jennifer Johnson, Simon Fraser (2015)
5,000 Meters	11:64.07	Sarah Porter, Western Washington (2010)
60m Hurdles	8.66	Danielle Ayers-Stamper, Seattle Pacific (2005)
4x400 Relay	3:50.68	Seattle Pacific (2015) Jahzelle Ambus, Tasia Baldwin, Jalen Tims, Jasmine Johnson
Distance Medley	11:36.32	Seattle Pacific (2010) Kate Harline, Jennifer Pike, Jane Larson, Jessica Pixler
Long Jump	5.82/19-1.25	Tanya Bjornsson, Western Washington (2014)
Triple Jump	<b>12.22/40-1.25</b>	<b>Jasmine McMullin, Western Washington (2016)</b>
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	<b>16.34/53-7.5</b>	<b>McKenzie Warren, Concordia (2016)</b>
Pentathlon	3,761	Karolin Anders, Alaska Anchorage (2015)

## PENTATHLON EVENTS

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

# GNAC Outdoor Track & Field Records

## MEN - ALL MEETS

100 Meters	10.22
200 Meters	21.11
400 Meters	47.51
800 Meters	1:47.58
1,500 Meters	3:44.67
3,000 Meters	8:24.61
5,000 Meters	13:41.99
10,000 Meters	28:37.75
110m Hurdles	14.21
400m Hurdles	52.00
Steeplechase	8:45.63
4x100 Relay	41.10
4x400 Relay	3:12.22
High Jump	2.13/6-11.75
Pole Vault	5.40/17-8.5
Long Jump	7.91/25-11.5
Triple Jump	15.21/49-11
Shot Put	18.55/60-10.5
Discus	54.07/177-5
Hammer	62.89/206-4
Javelin	77.98/255-10
Decathlon	7,872

## DECATHLON EVENTS

100 Meters	10.90
Long Jump	7.31/22-11.75
Shot Put	14.06/46-1.5
High Jump	2.06/6-9
400 Meters	48.21
110m Hurdles	14.82
Discus	46.00/150-11
Pole Vault	4.90/16-0.75
Javelin	61.04/200-3
1,500 Meters	4L22.12

## MEN'S CONFERENCE MEET RECORDS

100 Meters	10.43	Anthony Wright, Central Washington (2010)
200 Meters	21.32	Rimar Christie, Northwest Nazarene (2013)
	21.32	Tyrell Williams, Western Oregon (2014)
400 Meters	47.55	Ethan Hewitt, Alaska Anchorage (2012)
800 Meters	1:49.31	Paul Mach, Seattle Pacific (2005)
1,500 Meters	3:49.03	Alfred Kangogo, Alaska Anchorage (2010)
5,000 Meters	14:29.41	Micah Chelimo, Alaska Anchorage (2011)
10,000 Meters	30:25.75	Jordan Walling, Western Washington (2011)
110m Hurdles	14.21	Travis Milbrandt, Western Washington (2015)
400m Hurdles	52.23	Shaun Ward, Alaska Anchorage (2011)
Steeplechase	8:47.26	Ryan Brockerville, Simon Fraser (2012)
4x100 Relay	41.10	Central Washington (2010)
		Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols
4x400 Relay	3:13.84	Simon Fraser (2015)
		Stuart Ellenwood, Cameron Proceviat, Joel Webster, Daniel Kelloway
High Jump	2.07/6-9.5	Eric Draper, Alaska Anchorage (2006)
Pole Vault	5.14/16-10.75	Ryan Brown, Western Washington (2010)
Long Jump	7.52/24-8.25	David Registe, Alaska Anchorage (2008)
Triple Jump	15.00/49-2.5	Justin Lawrence, Central Washington (2003)
Shot Put	18.16/59-7	Frank Catelli, Western Washington (2014)
Discus	51.67/169-6	Tyler Fischer, Central Washington (2008)
Hammer	61.61/202-1	Michael Hoffman, Western Washington (2008)
Javelin	69.49/228-0	Franz Burghagen, Alaska Anchorage (2013)
Decathlon	6,617	Cody Thomas, Alaska Anchorage (2014)

## WOMEN - ALL MEETS

100 Meters	11.64
200 Meters	23.99
400 Meters	53.56
800 Meters	2:02.10
1,500 Meters	4:11.06
3,000 Meters	9:35.75
5,000 Meters	15:44.07
<b>10,000 Meters</b>	<b>33:14.41</b>
	<i>Previous: 33:17.39, Sarah Porter, Western Washington (2011)</i>
100m Hurdles	13.70
400m Hurdles	59.17
Steeplechase	10:13.01
4x100 Relay	46.56
4x400 Relay	3:42.05
High Jump	1.78/5-10
Pole Vault	3.85/12-7.5
Long Jump	5.99/19-8
	5.99/19-8
Triple Jump	12.42/40-9
Shot Put	14.94/49-1
Discus	50.52/165-9
Hammer	56.27/184-7
Javelin	51.66/169-6
Heptathlon	5,606

## HEPTATHLON EVENTS

100m Hurdles	13.70
High Jump	1.75/5-8.75
Shot Put	13.00/42-8
200 Meters	24.78
Long Jump	5.99/19-8
Javelin	45.21/14-84
800 Meters	2:12.52

## WOMEN'S CONFERENCE MEET RECORDS

100 Meters	11.81	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	24.30	Grace Morgan, Alaska Anchorage (2013)
400 Meters	54.46	Helen Crofts, Simon Fraser (2013)
800 Meters	2:06.38	Jessica Pixler, Seattle Pacific (2010)
1,500 Meters	4:24.01	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:53.80	Jessica Pixler, Seattle Pacific (2007)
5,000 Meters	16:39.39	Sarah Porter, Western Washington (2010)
10,000 Meters	35:43.38	Joyce (Chelimo) Kipchumba, Alaska Anchorage (2014)
100m Hurdles	13.82	Danielle Ayers-Stamper, Seattle Pacific (2005)
400m Hurdles	1:00.29	Haleigh Lloyd, Alaska Anchorage (2015)
Steeplechase	10:14.15	Katelyn Steen, Western Washington (2015)
4x100 Relay	46.68	Alaska Anchorage (2014)
		Mackenzie Harsch, Rosie Smith, Sasha Halfyard, Jamie Ashcroft
4x400 Relay	3:44.11	Seattle Pacific (2013)
		Kishia Mitchell, Emily Quatier, Jasmine Johnson, McKayla Fricker
High Jump	1.74/5-8.5	Danielle Ayers-Stamper, Seattle Pacific (2005)
	1.74/5-8.5	Taylor Fetting, Central Washington (2014)
Pole Vault	3.83/12-6.75	Karis Anderson, Western Washington (2012)
Long Jump	5.99/19-8	Ali Worthen, Seattle Pacific (2013)
Triple Jump	12.42/40-9	Ashley Potter, Western Oregon (2012)
Shot Put	14/04/46-0.75	Anica Knispel, Montana State Billings (2011)
Discus	45.52/149-4	Jessica Telleria, Western Washington (2006)
Hammer	54.51/178-10	Audrey Oswald, Humboldt State (2006)
Javelin	47.83/156-11	Monika Gruszecki, Western Washington (2011)
Heptathlon	5,390	Ali Worthen, Seattle Pacific (2013)



# 2016 GNAC Outdoor Meet Summaries

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

**Linfield Erik Anderson Memorial Icebreaker  
at Maxwell Field, McMinnville, Ore.**

**Women (Top 3 GNAC Finishers):** None

**Men (Top 3 GNAC Finishers):** None

**Sat., Mar. 5**

**Puget Sound Quad Meet**

**at Baker Stadium, Tacoma, Wash.**

**Women (Top 3 GNAC Finishers):** 200 Meters - 2, Lisa Petersen, SMU, 26.90. 800 Meters - 2, Sophie Carroll, SPU, 2:25.54. 1,500 Meters - 1, Shannon Porter, SMU, 4:32.30; 2, Lillianna Stelling, WWU, 4:54.54. 10,000 Meters - 1, Tracy Melville, WWU, 37:44.53; 2, Taylor Guenther, WWU, 37:45.31; 3, Larissa Kolasinski, SMU, 37:59.58. 400m Hurdles - 3, Megan Teigen, SMU, 1:10.13. 4x400 Relay - 2, Saint Martin's, 4:14.29. High Jump - 1, Katelyn Wright, WWU, 5-3; 2, Bridget Henry, WWU, 5-1. Pole Vault - 2, Anna Paradee, WWU, 11-1.75; 3, Leah Huey, WWU, 10-8. Long Jump - 2, Malea Munoz, WWU, 16-3.25. Shot Put - 1, Kirby Neale, SMU, 42-6.25; 2, Sammi Markham, SPU, 40-2.25. 3, Megan Mortensen, WWU, 40-0.75. Discus - 1, Megan Mortensen, WWU, 143-10; 2, Megan Vernoy, SMU, 122-10. Javelin - 1, Bethany Drake, WWU, 164-7; 3, Mariah Horton, WWU, 142-11.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Tre'Von Powe, WWU, 11.28. 200 Meters - 1, Tre'Von Powe, WWU, 22.54; 3, Latrelle Swayne, SMU, 23.14. 400 Meters - 3, David Durden, SMU, 51.89. 800 Meters - 1, Jesse Phan, SPU, 1:57.23. 1,500 Meters - 1, Isaac Decline, WWU, 4:01.10; 3, Keaton Spiller, WWU, 4:03.01. 10,000 Meters - 2, Peter Butler, WWU, 32:31.39; 3, Skyler Larson, SMU, 32:47.90. 400m Hurdles - 3, Peyton Harris, SPU, 56.37. Steeplechase - 1, Matt Lutz, WWU, 9:15.15. 4x100 Relay - 2, Saint Martin's, 43.80. High Jump - 3, Kyle Anderson De-Avila, SMU, 5-7. Pole Vault - 2, Matt DeHan, SMU, 15-1; 3, Jacob Hino, WWU, 15-1. Long Jump - 1, Anthony Manago, SMU, 21-1.5. Shot Put - 1, Brandon Pless, WWU, 49-7.25. Discus - 3, Brandon Pless, WWU, 146-7. Javelin - 1, Brian Chalkley, SMU, 200-05.

**Willamette Opener**

**at Charles Bowles Track, Salem, Ore.**

**Women (Top 3 GNAC Placers):** 100 Meters - 1, Laura Patrick, WOU, 12.65; 3, Maddie Bernard, WOU, 12.96. 200 Meters - 1, Laura Patrick, WOU, 26.08; 3, Hailey Sears, WOU, 26.61. 400 Meters - 1, Olivia Woods, WOU, 57.40; 2, Megan Rose, WOU, 57.76. 1,500 Meters - 3m Grace Knapp, WOU, 4:58.07. 400m Hurdles - 2, Sara Madden, WOU, 1:06.67. 3, Felicia Covery, WOU, 1:06.79. Long Jump - 1, Kathryn Pitts, WOU, 15-9.75; 3, Natalie Legras, WOU, 13-6. Shot Put - 1, Rachael Huffman, WOU, 36-2; 3, Sylvia Dean, WOU, 34-3. Discus - Rachael Huffman, WOU, 123-1; 3, Cheyanne Auchard, WOU, 110-11. Hammer - 1, Emily Wetherell, WOU, 160-9.75; 2, Alecia Falck, WOU, 141-11.75; 3, Sylvia Dean, WOU, 135-4. Javelin - 1, Amanda Short, WOU, 140-1.75; 2, Rachael Huffman, WOU, 132-0.5.

**Men (Top 3 GNAC Placers):** 100 Meters - 1, Wesley Gray, WOU, 11.23. 400 Meters - 1, Cody Warner, WOU, 48.71. 110m Hurdles - 2, Kaleb Dobson, WOU, 15.42. 400m Hurdles - 1, AJ Holmberg, WOU, 56.28. Long Jump - 2, Cody Warner, WOU, 21-0.75; 3, Carson Cook, WOU, 18-3.25. Shot Put - 1, Jeremy Moore, WOU, 49-9.75. Discus - 1, Jeremy Moore, WOU, 145-4; 3, Josh Brown, WOU, 143-8. Hammer - 1, Jeremy Moore, WOU, 156-9. Javelin - 2, Justin Larson, WOU, 194-9.

**Ben Brown Invitational**

**at Titan Track Complex, Fullerton, Calif.**

**Women (Top 3 GNAC Finishers):** Steeplechase - 1, Mariah Burroughs, UAA, 11:33.1h. 4x400 Relay - 3, Alaska Anchorage, 4:04.68.

**Men (Top 3 GNAC Finishers):** 200 Meters (B Section) - 3, Daniel Remington, UAA, 22.76. 5,000 Meters (A Sections) - 2, Edwin Kangogo, UAA, 14:38.92; 3, Victor Samoei, UAA, 14:41.93. 5,000 Meters (B Section) - 1, Derek Gibson, UAA, 15:04.68. Long Jump (B Section) - 1, Tevin Gladden, UAA, 22-3.75. Javelin - 2, Cody Parker, UAA, 187-2.

**Fri., Mar. 11**

**Oxy Distance Carnival Spring Break Classic  
at Bill Henry Track, Los Angeles**

**Women (Top 3 GNAC Finishers):** None

**Men (Top 3 GNAC Finishers):** 800 Meters - 3, Joe Day, UAA, 1:53.15.

**Sat., Mar. 12**

**PLU Open**

**at PLU Track, Parkland, Wash.**

**Women (Top 3 GNAC Placers):** 100 Meters - 1, Madison Garcia, CWU, 12.18; 2, Diamond Martin, CWU, 12.58; 3, Tianna Banfro, CWU, 12.72. 200 Meters - 1, Madison Garcia, CWU, 25.34; 3, Ali Anderson, CWU, 25.94. 800 Meters - 1, Jayna Inderbitzin, CWU, 2:26.72; 3, Kaitlyn McKinney, CWU, 2:29.64. 1,500 Meters - 1, Brenna Liebel, CWU, 4:53.28; 2, Kaitlyn McKinney, CWU, 5:06.00. 5,000 Meters - 1, Hannah Dowdell, CWU, 17:45.00; Stephanie Rexus, CWU, 18:19.64. 10,000 Meters - 1, Megan Rogers, CWU, 34:25.26; 2, Alexa Shindruk, CWU, 37:27.03. 100m Hurdles - 2, Say Dozark-Morris, CWU, 17.10. 400m Hurdles - 1, Tianna Banfro, CWU, 1:07.68; 2, Mariya Vongsaveng, CWU, 1:08.65; 3, Allison Deck, CWU, 1:11.64. 4x100 Relay - 1, Central Washington A, 48.35; 3, Central Washington B, 50.66. 4x400 Relay - 1, Central Washington A, 4:18.74; 3, Central Washington B, 4:21.17. High Jump - Tie 1, Payton Bower, 4-8.25. Pole Vault - Tie 2, Kristen Kasel, CWU, 8-9.5. Long Jump - Tie 3, Mariah Bentley, CWU, 15-6.25; Tie 3, Moriah Bentley, CWU, 15-6.25; Tie 3, Hannah Snyder, CWU, 15-6.25. Triple Jump - 2, Brooke Williams, CWU, 35-3. Javelin - 1, Angelica Whistocken, CWU, 129-11; 3, Sayana Lombard-Chappell, CWU, 118-0. Shot Put - 1, Amanda Youngers, CWU, 41-9.75; 3, Dorothy Moore, CWU, 37-0.5. Hammer - 2, Amanda Youngers, CWU, 139-4; 3, Megan Mortensen, WWU, 131-1.

**Men (Top 3 GNAC Placers):** 800 Meters - 1, Ron Leaf, CWU, 1:58.97. 5,000 Meters - 3, Nick Spencer, CWU, 15:52.36. 10,000 Meters - 2, Jonathan Lafferty, CWU, 33:16.24. 400m Hurdles - 1, Trevaughn Scott, CWU, 56.61. 4x100 Relay - 2, Central Washington, 43.40. 4x400 Relay - 1, Central Washington, 3:25.83; 3, Central Washington B, 3:38.70. High Jump - 1, Justin Peterson, CWU, 6-3.25. Pole Vault - Tie 1, Berlie Walker, CWU, 13-5.75. Long Jump - 1, Luke Plummer, CWU, 22-3.75; 2, Kodiak Landis, CWU, 21-9. Triple Jump - 1, Luke Plummer, CWU, 47-1.5; 3, Zach Whittaker, CWU, 43-9. Discus - James Lehr, CWU, 142-3. Shot Put - 1, Armando Tafoya, CWU, 49-10.5. Hammer - 1, Arnando Tafoya, CWU, 184-5; 2, Bryan Lee, WWU, 166-9.

**Mt. Hood Track & Field Open**

**at Mt. Hood CC, Gresham, Ore.**

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Taylor Deskins, NNU, 12.58. 200 Meters - 2, Taylor Deskins, NNU, 26.85. 1,500 Meters - 1, Sierra Manzer, NNU, 4:57.84. 5,000 Meters - 1, Hailey Gordon, NNU, 18:22.43. 100m Hurdles - 1, Lexi Tubbs, NNU, 15.07; 2, Chelsey Knott, NNU, 15.42. 400m Hurdles - 3, Janessa Dyk, NNU, 1:08.87. 4x100 Relay - 1, Northwest Nazarene A, 49.09; 3, Northwest Nazarene B, 51.32. 4x400 Relay - 3, Northwest Nazarene A, 4:10.27. High Jump - Tie 1, Lauren Duval, NNU, 4-11.75; Tie 1, Kawena Warren, NNU, 4-11.75. Javelin - 2, AnnaMarie Forza, NNU, 124-04.

# 2016 GNAC Outdoor Meet Summaries

**Men (Top 3 GNAC Finishers):** 100 Meters - 3, Jacob Oswalt, NNU, 11.39. 200 Meters - 2, Ebu Camara, NNU, 22.80. 1,500 Meters - 3, Chase Cunningham, NNU, 4:05.02. 110m Hurdles - 2, Kyle McLaughlin, NNU, 15.58. 4x100 Relay - 1, Northwest Nazarene, 43.18. High Jump - 1, Cole Hoberg, 6-2.75; 3, Micah Tranch, NNU, 6-00.75. Pole Vault - 3, Zach McClanahan, NNU, 13-11.75. Shot Put - 1, Robert Watson, CU, 51-3.75. Hammer - 1, Tyler Lamott, CU, 179-3; 2, Robert Watson, 158-5.

## Pacific Preview

### at Hanson Stadium, Forest Grove, Ore.

**Women (Top 3 GNAC Finishers):** 800 Meters - 1, Bailey Beeson, WOU, 2:19.15. 400m Hurdles - 3, Sara Madden, WOU, 1:08.00. Hammer - 1, Emily Wetherell, WOU, 160-0; 3, Alecia Falck, WOU, 139-2. Discus - 1, Cheyanne Auchard, WOU, 116-2; 3, Rachael Huffman, WOU, 111-4.

**Men (Top 3 GNAC Finishers):** 400m Hurdles - 1, AJ Holmberg, WOU, 56.04. Hammer - 2, Jeremy Moore, WOU, 154-10; 3, Kegan Allen, WOU, 151-3. Shot Put - 1, Jeremy Moore, WOU, 46-2; 3, Bandon Bowen, WOU, 43-1.

## Sat., Mar. 18

### Lewis & Clark Spring Break Open

#### at Eldon Fix Track, Portland, Ore.

**Women (Top 3 GNAC Placers):** 100 Meters - 3, Kyra Brannan, SPU, 12.53. 400 Meters - 2, Cheryl Hong, SPU, 57.78; 3, Megan Rose, WOU, 57.89. 800 Meters - 1, Bailey Beeson, WOU, 2:16.16; 2, Stephanie Stuckey, WOU, 2:16.49. 5,000 Meters - 3, Mary Charleson, SPU, 17:30.38. 100m Hurdles - 3, McKenna Hunt, WWU, 15.15. 400m Hurdles - 2, Jalen Tims, SPU, 1:01.30; 3, Deja Svastislaee, WWU, 1:04.26. 4x100 Relay - 1, Western Washington, 48.49. 4x400 Relay - 1, Seattle Pacific, 4:03.32. High Jump - 1, Miranda Osadchey, WWU, 5-7.25; 3, Bridget Henry, WWU, 5-3.25. Pole Vault - 3, Michaela Kahns, SPU, 11-5.25. Triple Jump - 2, Jasmine McMullin, WWU, 39-5.25. Shot Put - 2, Katrina Linenko, CU, 46-10; 3, Emmi Collier, 45-6.75. Discus - 3, Megan Mortensen, WWU, 145-10.25. Hammer - 2, Emily Wetherell, WOU, 165-3.75. Javelin - 1, Bethany Drake, WWU, 160-5.75; 2, Katie Reichert, WWU, 157-3; 3, Anosi Laupola, WWU, 149-3.5.

**Men's (Top 3 GNAC Placers):** 100 Meters - 1, Alex Donigian, WWU, 10.62; 2, Cody Warner, WOU, 10.68. 400 Meters - 2, Ryan McArthur, WWU, 48.48. 800 Meters - 2, Josh Hanna, WOU, 1:52.29. 110m Hurdles - 1, Travis Milbrandt, WWU, 14.42. 400m Hurdles - 2, Kaleb Dobson, WOU, 55.46; 3, AJ Holmberg, WOU, 56.47. Steeplechase - 3, Zach Holloway, WOU, 9:28.97. 4x100 Relay - 2, Saint Martin's, 42.51. 4x400 Relay - 1, Seattle Pacific, 3:27.65; 3, Saint Martin's, 3:28.74. High Jump - 1, Zach Milligan, WOU, 6-6. Pole Vault - 1, Matt Dehan, SMU, 16-2; 2, Gordon Kordas, WWU, 15-2.25. Long Jump - 2, Kevin Yates, WWU, 22-10; 3, Latrelle Swayne, SMU, 22-8. Triple Jump - 2, Wesley Gray, WOU, 47-5; 3, Mark Seely, WWU, 47-0.75. Shot Put - 2, Josh Koch, CU, 55-10.75; 3, Robert Watson, CU, 54-7.5. Discus - 3, Josh Koch, CU, 161-10.5. Hammer - 1, Tyler Lamott, CU, 187-9.5; 2, Mitch Wilkens, SMU, 173-8.5; 3, Brandon Pless, WWU, 171-6.5. Javelin - 2, John Haskin, WWU, 204-8.5; 3, Brian Chalkley, SMU, 197-10.25.

## Eastern Oregon Team Challenge

### at Kennison Field, Hermiston, Ore.

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Madison Garcia, CWU, 12.34; 2, Taylor Deskins, NNU, 12.55. 200 Meters - 1, Madison Garcia, CWU, 25.51. 400 Meters - 3, Alex Kildow, NNU, 1:05.87. 800 Meters - 2, Brenna Liebel, CWU, 2:20.01. 5,000 Meters - 3, Stephanie Rexus, CWU, 18:12.64. 100m Hurdles - 1, Lexi Tubbs, NNU, 14.45; 3, Allison Deck, CWU, 15.33. 400m Hurdles - 3, Kelly Nigro, NNU, 1:05.72. 4x100 Relay - 3, Northwest Nazarene, 48.91. 4x400 Relay - 2, Northwest Nazarene, 4:06.57; 3, Central Washington, 4:14.02. High Jump - Tie 1, Rachel Miller, NNU, 5-1; Tie 1, Moriah Bentley, CWU, 5-1; 3, Katie Conklin, NNU, 4-11. Triple Jump - 3, Marinah Bentley, CWU, 33-4.5. Discus - 1, Lexi Sarver, NNU, 139-1; 2, Brooklyn Daylong, NNU, 138-5.

Hammer - 2, Jessica Johns, NNU, 150-11; 3, Dorothy Moore, CWU, 138-8. Javelin - 1, Ellie Logan, NNU, 146-4; 3, AnnaMarie Forza, NNU, 129-2. Shot Put - 1, Taylor VanVale, NNU, 43-10.75; 3, Dorothy Moore, CWU, 40-3.5.

**Men (Top 3 GNAC Finishers):** 200 Meters - Ebu Camara, NNU, 22.30; 3, Jacob Oswalt, NNU, 22.90. 400 Meters - 3, Zach Mason, NNU, 51.62. 800 Meters - 2, Ron Leaf, CWU, 1:58.90. 1,500 Meters - 1, Isaac Mitchell, NNU, 3:58.84. 5,000 Meters - 1, Nick Hamilton, NNU, 15:37.04; 3, Kaleb Fleenor, NNU, 15:53.87. 110m Hurdles - 3, Max McIntosh, CWU, 15.38. 400m Hurdles - 2, Kyle McLaughlin, NNU, 56.09; 3, Max McIntosh, CWU, 57.41. 4x100 Relay - 1, Central Washington, 42.28; 2, Northwest Nazarene, 42.21. 4x400 Relay - 3, Central Washington, 3:34.64. High Jump - 1, Cole Hoberg, NNU, 6-8; 2, Micah Tranch, NNU, 6-4; 3, Kyle McLaughlin, NNU, 6-2. Pole Vault - 1, Jared Webster, NNU, 15-7; 3, Zach McClanahan, NNU, 14-5.25. Long Jump - 3, Kyle McLaughlin, NNU, 21-0. Triple Jump - 2, Luke Plummer, CWU, 48-0.75. Discus - 1, Armando Tafoya, CWU, 149-7; 2, James Lehr, CWU, 141-5; 3, John VanBeuren, NNU, 141-1. Hammer - 1, Armando Tafoya, CWU, 177-9; 3, John VanBeuren, NNU, 155-3. Shot Put - 1, Armando Tafoya, CWU, 50-11; 2, James Lehr, CWU, 47-1.5.

## Thurs., Mar. 24 - Fri., Mar. 25

### Mt. Hood Multi-Event

#### at Mt. Hood CC, Gresham, Ore.

**Women's GNAC Finishers (Heptathlon):** 2, Elana Hampton, CU, 3,684; 4, Kathryn Curtis, CU, 3,274.

**Men's GNAC Finishers (Decathlon):** 3, David Durden, SMU, 5,770.

## Sat., Mar. 26

### Willamette Invitational

#### at Charles Bowles Track, Salem, Ore.

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Jamie Ashcroft, UAA, 11.94; 3, Laura Patrick, WOU, 12.60. 200 Meters - 1, Mary Kathleen Cross, UAA, 24.50; 3, Jamie Ashcroft, UAA, 24.65. 400 Meters - 1, Mary Kathleen Cross, UAA, 56.08; 2, Megan Rose, WOU, 58.00; 3, Hayley Bezanson, UAA, 58.10. 800 Meters - 1, Suzie Van De Grift, WOU, 2:13.04; 3, Stephanie Stuckey, WOU, 2:13.54. 1,500 Meters - 2, Caroline Kurgat, UAA, 4:29.39; 3, Tamara Perez, UAA, 4:34.83. 100m Hurdles - 1, Rosie Smith, UAA, 14.54. 4x100 Relay - 1, Alaska Anchorage, 48.14; 3, Western Oregon, 50.30. 4x400 Relay - 2, Western Oregon, 3:53.62; 3, Alaska Anchorage, 4:05.55. High Jump - 3, Tori Johnson, CU, 5-5.75. Long Jump - 3, Emma Hill, CU, 17-2. Shot Put - 2, Emmi Collier, WOU, 44-4; 3, Katrina Linenko, CU, 43-1.5. Hammer - 1, Emily Wetherell, WOU, 162-11. Javelin - 3, Christina MacDonald, CU, 143-3.25.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Carlos Ortiz, CU, 10.67; 2, Cody Warner, WOU, 10.78; 3, Cody Thomas, UAA, 10.92. 200 Meters - 1, Cody Warner, WOU, 21.55; 2, Carlos Ortiz, CU, 21.68; 3, Darrion Gray, UAA, 22.11. 400 Meters - 1, Aaron Whitaker, WOU, 49.08; 2, Adam Commandeur, UAA, 49.24; 3, Liam Lindsay, UAA, 49.66. 800 Meters - 1, Nathan Kipchumba, UAA, 1:51.92; 2, David Ribich, WOU, 1:52.65; 3, Josh Dempsey, WOU, 1:52.68. 110m Hurdles - 2, Kaleb Dodson, WOU, 14.98. 400m Hurdles - 3, Kaleb Dobson, WOU, 56.55. Steeplechase - 2, Derek Gibson, UAA, 9:24.53. 4x100 Relay - 1, Alaska Anchorage, 42.22. 4x400 Relay - 1, Alaska Anchorage, 3:20.72; 2, Western Oregon, 3:24.77. High Jump - 1, Tevin Gladden, UAA, 6-7.5; 2, Louis Faust, CU, 6-7.5. Long Jump - 2, Tevin Gladden, UAA, 21-2.5. Triple Jump - 1, Jimmy Wheeler, CU, 43-7.75. Shot Put - 2, Josh Koch, CU, 54-5.5. Discus - 2, Josh Koch, CU, 162-11.5. Hammer - 1, Tyler Lamott, CU, 192-4.25; 2, Josh Koch, CU, 160-10.5; 3, Jeremy Moore, WOU, 159-3.25.

# 2016 GNAC Outdoor Meet Summaries

## Montana State Open

at Bobcat Track & Field Complex, Bozeman, Mont.

**Women (Top 3 GNAC Finishers):** 5,000 Meters - 3, Jinise Trueblood, MSUB, 21:22.10.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Cameron Stanek, MSUB, 11.51. 200 Meters - 2, Nathan Vanderby, MSUB, 22.94. 400 Meters - 3, Nathan Vanderby, MSUB, 50.89. 1,500 Meters - 2, Robert Peterson, MSUB, 3:59.68. 5,000 Meters - 1, Jorey Egeland, MSUB, 15:53.97. 10,00 Meters (Mixed) - 1, Garrett Love, MSUB, 33:40.99. 110m Hurdles - 2, Austin Lindquist, MSUB, 15.71; 3, Quincy Wittman, MSUB, 16.93.

## Doris Heritage Distance Carnival

at West Seattle Stadium, Seattle, Wash.

**Women (Top 3 GNAC Finishers):** 200 Meters - 1, Kyra Brannan, SPU, 26.29; 2, Becca Houk, SPU, 26.34; 3, Maliea Luquin, SPU, 26.52. 400 Meters - 1, Jahzelle Ambus, SPU, 57.26; 2, Lynelle Decker, SPU, 58.29; 3, Ali Anderson, SPU, 58.52. 800 Meters - 2, Chynna Phan, SPU, 2:13.59; 3, Kali Brooks-Klotz, WWU, 2:21.69. 1,500 Meters - 1, Anna Patti, SPU, 4:37.14; 2, Mary Charleson, SPU, 4:38.09; 3, Shawna Troupe, WWU, 4:39.24. 5,000 Meters - 2, Taylor Guenther, WWU, 17:31.17; 3, Tracy Melville, WWU, 17:44.50. 10,000 Meters - 1, Maddy Jalbert, WWU, 37:48.83; 2, Alexandra Laiblin, WWU, 38:57.98. Steeplechase - 1, Brittany Grant, WWU, 11:16.84; 2, Jessica Rawlins, SPU, 11:58.56. 4x400 Relay - 1, Seattle Pacific C, 4:01.46; 2, Seattle Pacific B, 4:04.16; 3, Seattle Pacific D, 4:10.62. High Jump - 1, Geneva Lehnert, SPU, 5-3.75; 2, Naphtali Ward, SPU, 5-3.75; 3, Katelyn Wright, WWU, 5-1.75. Pole Vault - 1, Anna Paradee, WWU, 11-3.5; 2, Michaela Kahns, SPU, 11-3.5; 3, Madi Webster, SPU, 9-9.75. Long Jump - 3, Kyra Brannan, SPU, 16-11.25. Shot Put - 1, Aiyana Homer, CWU, 39-10; 2, Sammi Markham, SPU, 37-6.75; 3, Madison Buttice, SPU, 29-4.75. Javelin - 1, Katie Reichert, WWU, 164-7; 2, Mariah Horton, WWU, 156-3; 3, Sayana Lombard-Chappell, CWU, 125-6.

**Men (Top 3 GNAC Finishers):** 200 Meters - 1, Kodiak Landis, CWU, 22.36; 2, Daniel Jones, WWU, 22.46; 3, Tre Von Powe, WWU, 22.84. 400 Meters - 1, Justin Ramey, SPU, 50.28. 2, Daniel Jones, WWU, 50.93. 800 Meters - 1, Jesse Phan, SPU, 1:55.20. 1,500 Meters - 3, Dylan Brown, WWU, 4:00.17. 5,000 Meters - 1, Andrew Wise, WWU, 14:53.64; 2, Dylan Hayes, WWU, 15:18.05. 10,000 Meters - 3, Cameron Freshwaters, WWU, 33:35.56. 4x400 Relay - 1, Seattle Pacific A, 3:30.08; 2, Seattle Pacific B, 3:41.18. High Jump - 2, Kodiak Landis, CWU, 5-8.75; 3, Michael Forster, CWU, 5-7. Pole Vault - 1, Gordon Kordas, WWU, 15-0; 3, Zane Irvine, CWU, 13-3. Long Jump - 1, Peyton Harris, SPU, 22-0.25; 2, Michael Forster, CWU, 19-8.75; 3, Ben Smith, SPU, 16-9.75. Shot Put - 1, Nick Venema, CWU, 42-6; 2, Kodiak Landis, CWU, 36-2.

## Achilles Cup/UBC Open

at UBC Rashpal Dhillon Track, Vancouver, B.C.

**Women (Top 3 GNAC Finishers):** 100 Meters - 2, Ella Brown, SFU, 12.90. 200 Meters - 1, Valda Kabia, SFU, 25.28. 800 Meters - 2, Alana Mussatto, SFU, 2:13.12. 1,500 Meters - 2, Addy Townsend, SFU, 4:34.97. 2,000m Steeplechase - 1, Emma Chadsey, SFU, 7:30.00; 2, Dana Townsend, SFU, 7:36.18. 4x100 Relay - 1, Simon Fraser, 49.53. 4x400 Relay - 1, Simon Fraser, 4:03.78. Long Jump - 3, Natasha Lazecki, SFU, 17-5.25. Triple Jump - 1, Ella Brown, SFU, 37-8. Shot Put - 3, Selina Byer, SFU, 34-2.75. Javelin - 3, Selina Byer, SFU, 123-0.

**Men (Top 3 GNAC Finishers):** 100 Meters - 3, Vladislav Tsygankov, SFU, 11.03. 400 Meters - 1, Daniel Kelloway, SFU, 48.41. 800 Meters - 1, Dylan Freinhofer, SFU, 1:54.01; 2, Cameron Proceviat, SFU, 1:54.22. 1,500 Meters - 1, Marc-Antoine Rouleau, SFU, 3:54.00; 2, Cameron Proceviat, SFU, 3:54.21. 4x100 Relay - 2, Simon Fraser, 43.08. 4x400 Relay - 1, Simon Fraser, 3:24.52. Long Jump - 3, Jerry He, SFU, 22-5.75. Shot Put - 2, Jacob Karamanian, SFU, 38-4; 3, Luca Molinari, SFU, 37-8. Javelin - 2, Jacob Karamanian, SFU, 148-5.