



Feb. 3, 2016 • Week 3
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Thurs., Feb. 4

Concordia, Simon Fraser, Western Oregon
 at Portland Indoor Invitational, Portland, Noon

Fri., Feb. 5

Northwest Nazarene at Jackson's/NB Indoor Invitational,
 Nampa, Idaho
 Central Washington at Cougar Indoor, Pullman, Wash.
 Montana State Billings at Mountain State Games,
 Pocatello, Idaho
 Saint Martin's, Seattle Pacific, Western Washington at
 TrackTown USA High Performance Meet #4, Portland,
 5 p.m.

Sat., Feb. 6

Northwest Nazarene at Jackson's/NB Indoor Invitational,
 Nampa, Idaho
 Central Washington at Cougar Indoor, Pullman, Wash.
 Montana State Billings at Mountain State Games,
 Pocatello, Idaho
 Simon Fraser at Jerome Indoor Games, Richmond, B.C.

LAST WEEK'S MEETS

Fri., Jan. 29

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

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

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

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

UW Invitational
 at Dempsey Indoor Center, Seattle, Wash.

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

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

#GNACTF in 140

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#RewritingRecords The UW Invitational produced three GNAC indoor record performances: Western Oregon's **Badane Sultessa** in the men's 800 meters, Simon Fraser's **Vladislav Tsygankov** in the men's long jump and the Simon Fraser distance medley relay team.

#ItsAutomatic Seattle Pacific's **Lynelle Decker** earned an automatic qualifying mark for the NCAA Division II Championships with her time of 2:09.38 in the women's 800 meters at the UW Invitational.

#TicketPunched Alaska Anchorage's **Joyce Chelimo** also earned an automatic qualifier for nationals with her time of 16:22.93 in the women's 5,000 meters in Seattle.

#NationalCaliber Concordia's **McKenzie Warren** broke her GNAC record in the women's shot put for the third consecutive week. Her mark of 55-3.5 is 15th best in the nation and qualifies her for USATF National Indoor Championships.

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GNAC Track & Field Athletes of the Week



MEN'S TRACK
Badane Sultessa, Western Oregon
Senior • Portland, Ore.

Sultessa broke his own GNAC record in the 800 meters at Saturday's UW Invitational, placing fifth in a time of 1:50.23. The performance bettered the record by a half-second (1:50.73, set in 2015), is a NCAA Championships provisional qualifier and is second best in Division II this season. Sultessa also ran the third (800-meter) leg of WOU's distance

medley relay team as the Wolves ran a school record time of 9:53.08 and a NCAA Championships provisional qualifying mark.

Also Nominated: Isaac Derline (Western Washington), Carlos Ortiz (Concordia), Latrelle Swayne (Saint Martin's), Turner Wiley (Seattle Pacific), Distance Medley Relay team (Simon Fraser).



WOMEN'S TRACK
Lynelle Decker, Seattle Pacific
Senior • Vancouver, Wash.

Decker secured her fourth consecutive trip to the NCAA Indoor Track and Field Championships, hitting the automatic qualifying mark with 10th place finish at the UW Invitational (top Division II finisher). Her time of 2:09.38 is seventh fastest in GNAC history and is second best in Division II this season. Decker also ran on the Falcons' 4x400 relay team

that also hit a provisional qualifying mark and placed seventh in 3:51.85.

Also Nominated: Dani Eggleston (Central Washington), Sara Fristoe (Concordia), Valda Kabia (Simon Fraser), Nicole Maurmann (Western Oregon), Shannon Porter (Saint Martin's).



MEN'S FIELD
Vladislav Tsygankov, Simon Fraser
Senior • Moscow, Russia

Tsygankov broke the GNAC indoor record in the long jump, placing third at the UW Invitational with a mark of 23 feet, 10.75 inches. The surpassed the old GNAC record of 28 feet, 8 inches, set by Western Oregon's Matson Hardie in 2010. A provisional qualifier for the NCAA Championships, the performance leads the GNAC and is tied for 11th in Division II this season.

Also Nominated: Louis Faust (Concordia), Brandon Pless (Western Washington), Mikel Smith (Saint Martin's).



WOMEN'S FIELD
Karolin Anders, Alaska Anchorage
Senior • Berlin, Germany

Anders was top small college finisher in the pentathlon at the UW Invitational, placing seventh with a score of 3,741 points. In the process, Anders took the GNAC lead and improved her NCAA Championships provisional qualifier in the high jump. Her mark of 5 feet, 8 inches moves her into a tie for fifth on the GNAC all-time list and ties her for third in the

Division II seasonal list.

Also Nominated: Tori Johnson (Concordia), Megan Mortensen (Western Washington).

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 McKenzie Warren, CU |
| Jan. 18 - 24 | Kyle McLaughlin, NNU | Mikel Smith, SMU | Shannon Porter, SMU | McKenzie Warren, CU |
| Jan. 25 - 31 | Badane Sultessa, WOU | Vladislav Tsygankov, SFU | Lynelle Decker, SPU | Karolin Anders, UAA |

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

Around The GNAC

ALASKA ANCHORAGE



• Alaska Anchorage athletes set four school records and established or bettered nine NCAA Championships qualifying marks at the UW Invitational in Seattle.

• **Joyce Chelimo** led the list, setting a school record in the 5,000 meters and hitting an automatic qualifier for the NCAA Championships with her 11th place time of 16:22.93. The performance moves Chelimo to No. 3 on the GNAC all-time

list and is No. 2 in Division II this season.

• **Karolin Anders** broke the UAA record in the women's high jump during the pentathlon. Her mark of 5-8 moves her into a tie for fifth on the GNAC all-time list and is tied for third best in Division II this season. Anders placed seventh in the pentathlon with 3,741 points, earning GNAC Women's Field Athlete of the Week honors. Her mark of 3,813, set at the Ed Jacoby Invitational, is third best in Division II.

• **Rosie Smith** broke the UAA record in the 60-meter hurdles two weeks after she broke the Seawolves' record in the open 60 meters. Smith placed 10th in the preliminaries with a time of 8.66 seconds, which is No. 3 on the GNAC all-time list and tied for 12th in Division II this season.

• **Cody Thomas** broke the UAA record in the men's 200 meters, placing eighth in a time of 22.48 seconds. The time currently leads the GNAC. Thomas also placed seventh in the 60 meters in 7.04 seconds.

• **Dominik Notz** won the men's 5,000 meters in a time of 14:25.26. The time moves Notz into No. 3 on the GNAC all-time list and is seventh best in Division II this season. **Henry Cheseto** was third in the race with a time of 14:26.83, No. 4 on the GNAC all-time list and No. 8 in Division II. Both are provisional qualifiers for the NCAA Championships. **Edwin Kangogo** also earned a provisional qualifier in the 3,000 meters with his time of 8:25.52, No. 9 on the GNAC all-time list.

• **Nathan Kipchumba** improved his NCAA provisional qualifying time in the men's 800 meters, placing eighth in 1:52.25. He enters the week with the 13th best time in Division II.

• The women's distance medley relay of **Jessica Pahkala, Mary Kathleen Cross, Tamara Perez** and **Caroline Kurgat** were the top non-Division I team, placing fourth in 11:54.89. The performance is a NCAA provisional qualifier and is currently fourth best in Division II.

• Alaska Anchorage will not compete this weekend. They return to Seattle for their final tune-up before the GNAC Championships, the Husky Classic, on Feb. 12 and 13.

CENTRAL WASHINGTON



• Two Central Washington athletes took GNAC leads in their events while a third broke a school record to lead the Wildcats at the UW Invitational.

• **Dani Eggleston** broke the Central Washington school record in the women's 3,000 meters, placing 29th in the Division I-laden field in a time of 9:49.85. The performance

ranks Eggleston No. 8 on the GNAC all-time list and is 14th in Division II this season. Eggleston is one of five GNAC athletes to have hit NCAA provisional qualifying marks in the event.

• **Luke Plummer** improved his GNAC best in the men's triple jump with his third place leap of 48-6. The GNAC record holder in the event improved to 14th on the Division II best list.

• **Kent McKinney** improved his GNAC best in the men's 60 meters, running 6.95 seconds in the preliminaries before placing sixth in the finals with a time of 7.01 seconds. He was one of three Division II athletes to make the final.

• **Armando Tafoya** was the Wildcats' other top finisher, placing eighth in the men's weight throw with a toss of 54-10. His mark of 56-1.25, set at the Jan. 16 Vandal Indoor, is second best in the GNAC this season.

• Central Washington will make the return to Pullman this weekend, competing in the WSU Cougar Indoor.

CONCORDIA



• Concordia split their squad last weekend, sending their top athletes to the UW Invitational while others competed at the TrackTown USA High Performance Meet #3 at Nike's House of Track in Portland.

• Sophomore **McKenzie Warren** broke her own GNAC record in the women's shot put for the third consecutive week, winning the event with a mark of 55 feet, 3.5 inches.

The performance is the best in Division II this season and is ninth best among college competitors in all divisions. In addition, Warren's mark surpasses the qualifying mark for the USATF Indoor Track Championships, Mar. 11-12 in Portland. She currently has the 15th best mark in the nation according to Track & Field News' indoor top marks list. Warren also placed 11th in the weight throw with a mark of 52-3.25.

• **Josh Koch** placed sixth in the men's shot put, hitting a mark of 53-9.75. Koch currently owns the best mark in the GNAC and the 12th best mark in Division II with 55-7.5, set on Jan. 16 at the UW Preview.

• **Tyler Lamott** notched a seventh place finish in the men's weight throw with his mark of 56-4. He was the top non-Division I athlete in the event. His season best of 58-9.5 at the UW Preview is best in the GNAC and 16th in Division II.

• Concordia had seven top-four placers at the TrackTown USA High Performance Meet. The Cavaliers' men were led by their distance medley relay team, which won in a time of 10:17.69.

• **Tori Johnson** was Concordia's top women's placer in Portland, winning the high jump with a leap of 5-4.25. **Taylor Darden** placed second in the weight throw with a mark of 41-1.75. **Megan Fristoe** took second in the B section of the women's mile with a time of 5:11.03 while Sara Fristoe was fourth in 5:12.23.

• Concordia is back at the House of Track on Thursday as one of three GNAC teams competing in the Portland Indoor Invitational.

• Concordia is in the second year of a three-year transition process to NCAA Division II membership. This is their first year competing in full Division II and GNAC schedules. While the Cavaliers are eligible to compete in the GNAC championship, they are not eligible to qualify for the NCAA Championships.

Around The GNAC

MONTANA STATE BILLINGS



- Montana State Billings did not compete last weekend. They will return to action on Friday and Saturday, competing in the Mountain State Games in Pocatello, Idaho.
- **Robert Peterson** enters the week ranked in the GNAC top-five in both the men's mile and the 5,000 meters. Peterson ran 4:21.20 in the mile at the Dave Little Alumni Mile on

Jan. 23. When converted to 4:14.42 for track size and altitude, he ranks second in the GNAC this season. Peterson opened the season by running 15:18.80 in the 5,000 meters at the Montana State Open on Jan. 15. When converted to 14:45.27 for track size and altitude, Peterson ranks fifth in the GNAC.

- **Della Lyle** is currently sixth in the GNAC in the women's 5,000 meters. She ran 18:35.39 at the Montana State Open that converts to 17:57.94.
- **Amanda Nichols** enters the week fourth in the GNAC in the women's pole vault, having cleared her season best 10-6 at the Montana State Open.
- **Janessa Williams** is ranked seventh in the GNAC in the triple jump with her season best leap of 35-5.25 at the Dave Little Alumni Mile. She is also 12th in the long jump with a best mark of 15-11.5.
- **Nels Flanagan** is currently ranked seventh in the GNAC in the men's weight throw with a mark of 52-2.75 at the Montana State Open.

NORTHWEST NAZARENE



- Northwest Nazarene did not compete last weekend. The Crusaders return to competition on Friday and Saturday with the Jacksons/New Balance Invitational at the Jacksons Indoor Center.

- **Payton Lewis** enters the week with NCAA provisional qualifiers in two events. He currently is ranked seventh in Division II in the men's pole vault and leads Division II with

his mark of 16-2.75 at the Jan. 23 Bronco Invitational. Lewis is also 13th in the heptathlon with his score of 4,963 points at the Bronco Invite.

- **Cole Hoberg** enters the week tied for 19th in Division II in the high jump with his mark of 6-8.75 at the Jan. 23 Bronco Invitational. The performance moved Hoberg into a tie for seventh on the GNAC all-time list.
- **Taylor Van Valey** is NNU's lone women's NCAA provisional qualifier. She hit a season best mark of 53-7.5 in the weight throw at the Jacksons Open on Dec. 12, which is tied for 41st in Division II. She is third in the GNAC this season in the event while she and **Jessica Johns** are tied for fifth in the GNAC in the shot put at 42-6.75.
- **Taylor Deskins** enters the week ranked third in the GNAC in the women's 60 meters with her mark of 7.87 from the December Jacksons Open.
- **Kyle McLaughlin** enters the week ranked fourth on the GNAC in the men's 60-meter hurdles with his time of 8.39 seconds at the Ed Jacoby Invitational on Jan. 16. **Lexi Tubbs** is ranked third in the women's 60-meter hurdles as she ran 8.97 seconds at the Jacoby Invite.
- **Zach McClanahan** is second in the GNAC behind Lewis in the men's pole vault. McClanahan vaulted his season best of 15-1 at the December Jacksons Open.
- **John VanBeuren** enters the week ranked third in the GNAC in the men's weight throw with a mark of 54-6.75, set at the Jacksons Open.

SAINT MARTIN'S



- Saint Martin's joined seven other GNAC teams up the road in Seattle at the UW Invitational.

• **Shannon Porter** bettered her own school record in the women's 5,000 meters for the second straight meet, finishing 18th with a time of 16:57.09. The performance was a personal best by another 12 seconds and moved her to No. 9 on the GNAC all-time list. Porter also hit a NCAA Championships provisional qualifying mark and ranks her seventh in Division II.

- **Mikel Smith** continued to perform strong in the men's high jump, placing fourth with a clearance of 6-8.75. Smith is currently tied for eighth in Division II with his best of 6-10.75, which he had at the Jan. 22 SWU Indoor Open.
- **Latrell Swayne** enters the week ranked third in the GNAC in the men's 60 meters with his time of 6.97 seconds at December's Jacksons Open. Fellow sprinter **Jackson Hand** is ninth in the 200 meters with his time of 23.29 seconds (converted to 22.88 for track size) at the WSU Indoor Open.
- **Lisa Petersen** enters the week ranked fourth in the GNAC in the women's 60-meter hurdles with her time of 9.08 seconds from the Jacksons Open.
- **Kirby Neale** is ranked fourth in the GNAC in the women's weight throw with a mark of 42-10.75. Mitch Wilkens is currently fifth in the GNAC in the men's weight throw with his mark of 53-4.5. Both marks were set at December's Jacksons Open.
- Saint Martin's will make one more trip to the House of Track this week, competing on Friday in the TrackTown USA High Performance Meet #4.

SEATTLE PACIFIC



- Seattle Pacific added one automatic qualifier for the NCAA Championships and a pair of provisional qualifiers to their list at the UW Invitational.

- Senior **Lynelle Decker** earned an automatic qualifier in the women's 800 meters. She placed 10th in the Division I-heavy race in a time of 2:09.38, which checks in as the second best time in Division II. The performance moves Decker into No. 7 on the GNAC all-time list. With the automatic qualifier, Decker will compete in her four Division II Indoor Track and Field Championships and her 10th overall NCAA Championship event.
- **Anna Patti** established a NCAA provisional qualifying mark in the women's 5,000 meters with her time of 17:04.71. The performance is third best in the GNAC this season and 10th in Division II. Patti is also one of five GNAC athletes with provisional qualifying marks in the women's 3,000 meters.
- **Mailea Luquin** put herself on the NCAA provisional qualifying list in the women's pentathlon with her score of 3,389 points. The performance is second best in the GNAC this season and 17th in Division II.
- **Turner Wiley** became the first SPU men's athlete to break the 15-minute barrier in the 5,000 meters with his time of 14:56.77 at the UW Invitational. The performance was not only a school record, but bettered his outdoor personal best by two seconds. Wiley has the seventh best time in the GNAC this season.
- **Michaella Johns** bettered her GNAC leading mark in the women's pole vault, placing 17th at the UW Invitational with a mark of 11-6.5.
- Seattle Pacific will travel south on Friday to compete in the TrackTown USA High Performance Meet #4.

Around The GNAC



SIMON FRASER

- Four NCAA provisional qualifying marks and a pair of GNAC records highlighted Simon Fraser's performances at the UW Invitational.
- **Vladislav Tsygankov** smashed the GNAC record in the men's long jump. His third place mark of 23-10.75 was over two inches better than the previous record of 23-8 set by Western Oregon's Matson Hardie in 2010. The performance is tied for 11th best in Division II this season and earned Tsygankov selection as the GNAC Men's Field Athlete of the Week.
- The Clan's men's distance medley relay team of **Cameron Proceviat, Joel Webster, Carlos Vargas** and **Marc-Antoine Rouleau** finished second to host Washington with a time of 9:52.97. The performance better Simon Fraser's previous GNAC record of 9:54.66, set last year, and ranks second best in Division II this season.
- **Addy Townsend** and **Alana Mussatto** both notched provisional qualifying marks in the women's 800 meters. Townsend clocked 2:14.48 at the UW Invitational, second best in the GNAC and 17th best in Division II. Mussatto ran 2:14.77, third best in the GNAC and 19th in Division II.
- In the sprints, **Valda Kabia** hit a provisional qualifier in the women's 200 meters. Her time of 25.05 seconds is second in the GNAC and 26th in Division II. In addition to his work in the DMR, Webster ran 49.10 seconds in the men's 400 meters, which leads the GNAC.
- Rouleau continues to rank fourth in Division II in the men's 3,000 meters with his time of 8:11.17, ran at the Jan. 16 UW Preview. **Rebecca Bassett** ranks fifth in Division II in the women's 3,000 meters with her time of 9:40.31 at the UW Preview.
- Simon Fraser will compete in two meets this week. The Clan will travel to the Portland Indoor Invitational on Thursday before returning home for the Jerome Indoor Games in Richmond, B.C., on Saturday.

WESTERN OREGON



- Western Oregon athletes set a GNAC record and notched two more NCAA provisional qualifying marks at the UW Invitational.
- Senior **Badane Sultessa** broke his own record in the men's 800 meters with his fifth place time of 1:50.23. The performance surpassed his previous mark of 1:50.73, set last year. In the process, Sultessa improved to No. 2 on the Division II best list.
- In the same race, **Josh Hanna** notched a NCAA provisional qualifying mark of 1:52.84, placing 11th in the race. Hanna's performance is currently third in the GNAC and 18th in Division II.
- Western Oregon's men's distance medley relay team of **Sam Naffziger, Aaron Whitaker, Sultessa** and **David Ribich** ran to a school record, placing third to Washington and Simon Fraser with a time of 9:53.08. The mark is No. 2 on the GNAC all-time list (to the SFU team in the same race) and is third best in Division II this season.
- **Stephanie Stuckey** had the best performance for the WOU women, running a time of 5:00.98 in the mile, which is the top time in the GNAC.
- **Kaleb Dobson** enters the week with the second best time in the GNAC in the men's 60-meter hurdles with his time of 8.37 seconds at the TrackTown USA High Performance #2 meet.
- Western Oregon will compete on Thursday at the Portland Indoor Invitational at Nike's House of Track in Portland.

WESTERN WASHINGTON



- Western Washington added four NCAA Championships provisional qualifiers and broke one school record with their performances at the UW Invitational.
- **Jasmine McMullin** earned a provisional qualifying mark in the women's triple jump, placing ninth with a mark of 38-8.75. The performance leads the GNAC and is tied for 11th best in Division II.
- **Brandon Pless** finished ninth in the men's shot put with his mark of 52-10. That is a provisional qualifier for the NCAA Championships, second in the GNAC and 23rd in Division II.
- **Isaac Derline** notched the GNAC's fourth provisional qualifier of the season in the men's 5,000 meters with his time of 14:39.22. The performance is third in the GNAC and 14th in Division II.
- **Miranda Osadchey** earned a provisional qualifying mark in the women's high jump with her clearance of 5-5. The performance currently sits in a tie for 33rd in Division II.
- **Megan Mortensen** broke Western Washington's 10-year-old record in the women's shot put at the UW Invitational with her mark of 41-7.75.
- **Anna Paradee** moved into a tie for first in the GNAC in the women's pole vault with her clearance of 11-6.75.
- **Travis Milbrandt** is tied for 16th in Division II this week in the men's 60-meter hurdles with his time of 8.17 seconds at the Jan. 16 UW Preview. Milbrandt finished third at the UW Invitational with a time of 8.18 seconds.
- Western Washington will make their only trip to the House of Track this season on Friday, competing in the TrackTown USA High Performance Meet #4.

GNAC Qualifiers For NCAA Division II Indoor Championships

MEN'S PROVISIONAL QUALIFIERS AS OF FEB. 2

| Event | Athlete | Mark | Rank | Date |
|---------------------|---------------------------|----------------|--------|----------|
| 800 Meters | Badane Sultessa, WOU | 1:50.23 | 2nd | 1/29/16 |
| | Nathan Kipchumba UAA | 1:52.25 | 13th | 1/29/16 |
| | Josh Hanna, WOU | 1:52.84 | 18th | 1/29/16 |
| 3,000 Meters | Marc-Antoine Rouleau, SFU | 8:11.17 | 4th | 1/16/16 |
| | Edwin Kangogo, UAA | 8:25.52 | 23rd | 1/29/16 |
| | Henry Cheseto, UAA | 8:25.61 | 27th | 1/16/16 |
| | Michel Ramirez, UAA | 8:26.02 | 30th | 1/16/16 |
| 5,000 Meters | Dominik Notz, UAA | 14:25.26 | 7th | 1/29/16 |
| | Henry Cheseto, UAA | 14:26.63 | 8th | 1/29/16 |
| | Isaac Derline, WWU | 14:39.22 | 14th | 1/29/16 |
| | Michel Ramirez, UAA | 14:42.02 | 15th | 1/29/16 |
| 60m Hurdles | Travis Milbrandt, WWU | 8.17 | T-16th | 1/16/16 |
| DMR | Simon Fraser | 9:52.97 | 2nd | 1/29/16 |
| | Western Oregon | 9:53.08 | 3rd | 1/29/16 |
| High Jump | Mikel Smith, SMU | 2.10/6-10.75 | T-8th | 1/22/16 |
| | Cole Hoberg, NNU | 2.05/6-8.75 | T-19th | 1/23/16 |
| | Cody Thomas, UAA | 2.05/6-8.75 | T-19th | 1/16/16 |
| Pole Vault | Payton Lewis, NNU | 4.95/16-2.75 | 7th | 1/23/16 |
| Long Jump | Valdislav Tsygankov, SFU | 7.26/23-10.75 | T-11th | 1/29/16 |
| Triple Jump | Luke Plummer, CWU | 14.78/48-6 | 14th | 1/29/16 |
| | Mark Seely, WWU | 14.28/46-10.25 | 43rd | 1/16/16 |
| Shot Put | Josh Koch, CU | 16.95/55-7.75 | 12th | 1/16/16* |
| | Brandon Pless, WWU | 16.10/52-10 | 23rd | 1/29/16 |
| Weight Throw | Tyler Lamott, CU | 17.92/58-9.5 | 16th | 1/16/16* |
| Heptathlon | Cody Thomas, UAA | 5,324 | 3rd | 1/16/16 |
| | Travis Turner, UAA | 4,969 | 12th | 1/29/16 |
| | Payton Lewis, NNU | 4,963 | 13th | 1/16/16 |
| | Kodiak Landis, CWU | 4,668 | 24th | 12/10/15 |

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

WOMEN'S AUTOMATIC QUALIFIERS AS OF FEB. 2

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

WOMEN'S PROVISIONAL QUALIFIERS AS OF FEB. 2

| Event | Athlete | Mark | Rank | Date |
|---------------------|-------------------------|---------------|--------|----------|
| 60 Meters | Jamie Ashcroft, UAA | 7.66 | T-22nd | 1/16/16 |
| | Valda Kabia, SFU | 7.72 | T-34th | 1/16/16 |
| 200 Meters | Jamie Ashcroft, UAA | 24.67 | 10th | 1/29/16 |
| | Valda Kabia, SFU | 25.05 | 26th | 1/29/16 |
| 400 Meters | Jahzelle Ambus, SPU | 56.57 | T-10th | 1/16/16 |
| 800 Meters | Addy Townsend, SFU | 2:14.48 | 17th | 1/29/16 |
| | Alana Mussatto, SFU | 2:14.77 | 19th | 1/29/16 |
| 3,000 Meters | Joyce Chelimo, UAA | 9:34.28 | 3rd | 1/16/16 |
| | Rebecca Bassett, SFU | 9:40.31 | 5th | 1/16/16 |
| | Caroline Kurgat, UAA | 9:41.34 | 6th | 1/29/16 |
| | Dani Eggleston, CWU | 9:49.85 | 14th | 1/29/16 |
| | Anna Patti, SPU | 9:58.84 | 26th | 1/16/16 |
| 5,000 Meters | Shannon Porter, SMU | 16:57.09 | 7th | 1/29/16 |
| | Anna Patti, SPU | 17:04.71 | 10th | 1/29/16 |
| 60m Hurdles | Rosie Smith, UAA | 8.66 | T-12th | 1/29/16 |
| 4x400 Relay | Simon Fraser | 3:50.71 | 13th | 1/29/16 |
| | Seattle Pacific | 3:51.85 | 18th | 1/29/16 |
| DMR | Alaska Anchorage | 11:54.89 | 4th | 1/29/16 |
| | Simon Fraser | 11:56.47 | 6th | 1/29/16 |
| High Jump | Karolin Anders, UAA | 1.73/5-8 | T-3rd | 1/29/16 |
| | Geneva Lehnert, SPU | 1.70/5-7 | T-9th | 1/16/16 |
| | Naphtali Ward, SPU | 1.65/5-5 | T-33rd | 1/16/16 |
| | Miranda Osadchey, WWU | 1.65/5-5 | T-33rd | 1/29/16 |
| Long Jump | Karolin Anders, UAA | 5.68/18-8.75 | T-18th | 1/16/16 |
| Triple Jump | Jasmine McMullin, WWU | 11.80/38-8.75 | T-11th | 1/29/16 |
| Shot Put | Emmi Collier, WOU | 14.11/46-3.5 | T-10th | 1/23/16 |
| | Christina MacDonald, CU | 13.62/44-8.25 | 25th | 1/23/16* |
| Weight Throw | McKenzie Warren, CU | 16.90/55-5.5 | 30th | 1/23/16* |
| | Jessica Mathis, CU | 16.59/54-5.25 | 34th | 1/16/16* |
| | Taylor Van Valey, NNU | 16.34/53-7.5 | T-41st | 12/12/15 |
| Pentathlon | Karolin Anders, UAA | 3,813 | 3rd | 1/16/16 |
| | Mailea Luquin, SPU | 3,389 | 17th | 1/29/16 |
| | Rosie Smith, UAA | 3,236 | 29th | 1/15/16 |

USATF NATIONAL INDOOR CHAMPIONSHIPS

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

WOMEN

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

National Meet Qualifying Standards

2016 NCAA DIVISION II INDOOR TRACK AND FIELD CHAMPIONSHIPS QUALIFYING STANDARDS

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

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

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

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

GNAC Indoor Track & Field Championships



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

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

Qualifying Procedures

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

Men's Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

| National | UAA | SFU | WOU |
|-----------|------|------|------|
| Preseason | — | — | — |
| Jan. 26 | — | — | — |
| Feb. 2 | 18th | 20th | 22nd |

USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Feb. 2, 2016 (Week 2)

| Rk | School | Pts. | Prev. |
|-----|-------------------------|--------------|-----------|
| 1. | Grand Valley State | 144.50 | 1 |
| 2. | Tiffin | 137.92 | 5 |
| 3. | Colorado Mines | 131.11 | 6 |
| 4. | Saint Augustine's | 124.00 | 3 |
| 5. | Minnesota State | 107.05 | 4 |
| 6. | Adams State | 94.19 | 2 |
| 7. | Lincoln (Mo.) | 92.01 | 8 |
| 8. | Academy of Art | 88.68 | 20 |
| 9. | Texas A&M-Kingsville | 87.37 | 15 |
| 10. | Ashland | 77.07 | 9 |
| 11. | Western State | 73.01 | 28 |
| 12. | Azusa Pacific | 67.70 | 28 |
| 13. | Southern Connecticut | 57.47 | 13 |
| 14. | Chadron State | 54.74 | 14 |
| 15. | Lewis | 50.66 | 10 |
| 16. | Southern Indiana | 50.63 | 22 |
| 17. | Missouri Southern | 47.03 | 11 |
| 18. | Alaska Anchorage | 42.82 | 30 |
| 19. | Findlay | 41.64 | 17 |
| 20. | Simon Fraser | 40.16 | 42 |
| 21. | Saginaw Valley State | 39.24 | 16 |
| 22. | Western Oregon | 37.77 | 68 |
| 23. | American International | 37.11 | 12 |
| 24. | Texas A&M-Commerce | 34.37 | 66 |
| 25. | Claffin | 33.79 | 21 |

USTFCCCA WEST REGION TEAM INDEX as of Feb. 2, 2016 (Week 2)

| Rk | School | Pts. | Prev. |
|-----|-----------------------------|---------------|-----------|
| 1. | Alaska Anchorage | 433.77 | 1 |
| 2. | Azusa Pacific | 383.02 | 3 |
| 3. | Western Washington | 340.44 | 2 |
| 4. | Academy of Art | 295.40 | 7 |
| 5. | Simon Fraser | 221.35 | 8 |
| 6. | Western Oregon | 219.68 | 4 |
| 7. | Northwest Nazarene | 154.46 | 9 |
| 8. | Central Washington | 148.92 | 9 |
| 9. | Montana St. Billings | 90.38 | 5 |
| 10. | Saint Martin's | 75.02 | 10 |

[View Complete Regional Index Online](#)



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

Women's Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

| National | UAA | SFU |
|-----------|------|------|
| Preseason | 21st | 24th |
| Jan. 26 | 13th | — |
| Feb. 2 | 5th | — |

USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Feb. 2, 2016 (Week 2)

| Rk | School | Pts. | Prev. |
|-----|-------------------------|---------------|-----------|
| 1. | Lincoln (Mo.) | 163.25 | 1 |
| 2. | Pittsburg State | 126.23 | 5 |
| 3. | Grand Valley State | 120.74 | 3 |
| 4. | Lewis | 112.06 | 2 |
| 5. | Alaska Anchorage | 111.14 | 13 |
| 6. | Johnson C. Smith | 98.27 | 9 |
| 7. | Hillsdale | 94.76 | 4 |
| 8. | Shorter | 76.73 | 6 |
| 9. | Central Missouri | 74.41 | 8 |
| 10. | Saint Augustine's | 72.89 | 21 |
| 11. | Mary | 64.56 | 10 |
| 12. | Findlay | 60.56 | 12 |
| 13. | New Mexico Highlands | 59.27 | 64 |
| 14. | Merrimack | 55.32 | 27 |
| 15. | Ashland | 55.20 | 11 |
| 16. | Minnesota Duluth | 52.83 | 15 |
| 17. | CSU-Pueblo | 50.44 | 18 |
| 18. | Minnesota State | 47.78 | 7 |
| 19. | Winona State | 44.92 | 19 |
| 20. | Missouri Southern | 44.28 | 16 |
| 21. | Saginaw Valley State | 42.31 | 32 |
| 22. | Texas A&M-Kingsville | 41.27 | 31 |
| 23. | Sioux Falls | 39.21 | 29 |
| 24. | Chadron State | 38.21 | 23 |
| 25. | Adams State | 36.72 | 14 |

USTFCCCA WEST REGION TEAM INDEX Week 2 (Feb. 2, 2016)

| Rk | School | Pts. | Prev. |
|-----|---------------------------|---------------|-----------|
| 1. | Seattle Pacific | 406.82 | 1 |
| 2. | Alaska Anchorage | 347.16 | 2 |
| 3. | Azusa Pacific | 283.32 | 3 |
| 4. | Simon Fraser | 268.28 | 4 |
| 5. | Western Washington | 207.78 | 11 |
| 6. | Academy of Art | 175.80 | 6 |
| 7. | Northwest Nazarene | 149.61 | 5 |
| 8. | Western Oregon | 114.09 | 10 |
| 9. | Central Washington | 104.63 | 9 |
| 10. | Stanislaus State | 96.05 | 9 |

[View Complete Regional Index Online](#)



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

GNAC Indoor Track & Field Records

MEN - ALL MEETS

| | | |
|--------------|----------------|--|
| 60 Meters | 6.72 | Alex Donigian, Western Washington (2015) |
| 200 Meters | 21.60 | Cody Warner, Western Oregon (2015) |
| 400 Meters | 48.31 | Ethan Hewitt, Alaska Anchorage (2014) |
| 800 Meters | 1:50.23 | Badane Sultessa, Western Oregon (2016) <i>Previous: 1:50.73, Sultessa (2015)</i> |
| Mile | 4:07.46 | Anthony Tomsich, Western Washington (2010) |
| 3,000 Meters | 8:10.99 | 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 **9:52.97** **Simon Fraser (2016)**

Cameron Proceviat, Joel Webster, Carlos Vargas, Marc-Antoine Rouleau
Previous: 9:54.66, Simon Fraser, 2015

| | | |
|--------------|----------------------|---|
| Long Jump | 7.28/23-10.75 | Vladislav Tsygankov, Simon Fraser (2016) <i>Previous: 7.21/23-8, Matson Hardie, Western Oregon (2010)</i> |
| Triple Jump | 15.06/49-5 | Luke Plummer, Central Washington (2015) |
| High Jump | 2.15/7-0.5 | Mikel Smith, Saint Martin's (2015) |
| Pole Vault | 5.31/17-5 | Ryan Brown, Western Washington (2011) |
| Weight Throw | 18.82/61-9 | Anthony Marin, Western Oregon (2007) |
| Shot Put | 17.94/58-10.75 | Cameron Neel, Western Washington (2007) |
| Heptathlon | 5,508 | 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 **16.85/55-3.5** **McKenzie Warren, Concordia (2016)**

Previous: 14.87/48-9.5, Krissy Tandle, Central Washington (2009)
Pentathlon 4,007 Danielle Ayers-Stamper, Seattle Pacific (2005)

WOMEN'S CONFERENCE MEET RECORDS

| | | |
|--------------|-----------|--|
| 60 Meters | 7.60 | Jamie Ashcroft, Alaska Anchorage (2015) |
| 200 Meters | 24.25 | Jamie Ashcroft, Alaska Anchorage (2015) |
| 400 Meters | 55.90 | Helen Crofts, Simon Fraser (2011) |
| 800 Meters | 2:08.28 | Jessica Pixler, Seattle Pacific (2010) |
| Mile | 4:40.39 | Jessica Pixler, Seattle Pacific (2010) |
| 3,000 Meters | 9:47.64 | Jennifer Johnson, Simon Fraser (2015) |
| 5,000 Meters | 116:47.07 | Sarah Porter, Western Washington (2010) |
| 60m Hurdles | 8.66 | Danielle Ayers-Stamper, Seattle Pacific (2005) |
| 4x400 Relay | 3:50.68 | Seattle Pacific (2015) |

Jahzelle Ambus, Tasia Baldwin, Jalen Tims, Jasmine Johnson
Distance Medley 11:36.32 Seattle Pacific (2010)

Kate Harline, Jennifer Pike, Jane Larson, Jessica Pixler
Long Jump 5.82/19-1.25 Tanya Bjornsson, Western Washington (2014)

Triple Jump 12.06/39-7 Ashley Potter, Western Oregon (2010)
High Jump 1.77/5-9.75 Taylor Fettig, Central Washington (2014)

Pole Vault 3.91/12-10 Alison Silva, Northwest Nazarene (2014)
Weight Throw 17.63/57-10.25 Becki Duhamel, Central Washington (2015)

Shot Put 14.87/48-9.5 Krissy Tandle, Central Washington (2009)
Pentathlon 3,761 Karolin Anders, Alaska Anchorage (2015)

PENTATHLON EVENTS

60m Hurdles 8.82 Rosie Smith, Alaska Anchorage (2015)
High Jump 1.69/5-6.5 Taylor Fettig, Central Washington (2014 & 2015)

Karolin Anders, Alaska Anchorage (2015)
Shot Put 11.96/39-3 Charlene Harber, Western Oregon (2012)

Long Jump 5.62/18-5.25 Karolin Anders, Alaska Anchorage (2015)
800 Meters 2:24.54 Ali Sowers, Seattle Pacific (2014)

2016 GNAC Indoor Meet Summaries

Dec. 4-5, 2015

Yellowjacket Holiday Open

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

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

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

Dec. 12, 2015

Jackson's Open

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

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

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

Fri., Jan. 15

Montana State Open

at Bozeman, Mont.

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

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

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

Ed Jacoby Invitational

at Jackson's Indoor Center, Nampa, Idaho

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

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

Sat., Jan. 16

Idaho Invitational

at Kibbie Dome, Moscow, Idaho

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

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

UW Preview

at Dempsey Indoor Center, Seattle, Wash.

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

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

Fri., Jan. 22

TrackTown USA High Performance Meet #2

at Nike House of Track, Portland, Ore.

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

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

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

WSU Indoor Open

at WSU Indoor Center, Pullman, Wash.

Women (Top 3 GNAC Finishers): 3,000 Meters - 1, Shannon Porter, SMU, 10:10.44 (meet record). 4x400 Relay - 2, CWU, 4:07.33.

Men (Top 3 GNAC Finishers): 4x400 Relay - 2, CWU, 3:31.52; 3, SMU, 3:32.90. High Jump - 2, Mikel Smith, SMU, 6-10.75. Triple Jump - 2, Luke Plummer, CWU, 46-3.25.

Sat., Jan. 23

Bronco Invitational

at Jacksons Indoor Center, Nampa, Idaho

Women (Top 3 GNAC Finishers): Shot Put - 1, McKenzie Warren, CU, 54-0; 2, Christina MacDonald, CU, 44-8.25. Weight Throw - 3, McKenzie Warren, CU, 55-5.5.

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

Dave Little Alumni Mile

at Don Young Center, Spearfish, S.D.

Women (Top 3 GNAC Finishers): 400 Meters - 1, Josey Smiedala, MSUB, 1:01.90. 60m Hurdles - 2, Janessa Williams, MSUB, 9.77. Long Jump - 3, Shaniah Schwend, MSUB, 15-3.25. Triple Jump - 2, Janessa Williams, MSUB, 35-5.25.

Men (Top 3 GNAC Finishers): Mile - 2, Robert Peterson, MSUB, 4:21.20. 400m Hurdles - 1, Landon Polkow, MSUB, 56.35. Shot Put - 3, Brady Ostermiller, MSUB, 44-4.25. Weight Throw - 1, Nels Flanagan, MSUB, 48-1.25.