



Feb. 11, 2016 • Week 4
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Feb. 12

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

Sat., Feb. 13

Northwest Nazarene at Boise State Team Challenge, Nampa, Idaho
Alaska Anchorage, Central Washington, Concordia, Saint Martin's, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at Husky Classic, Seattle

Sun., Feb. 14

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

LAST WEEK'S MEETS

Thurs., Feb. 4

Portland Indoor Invitational

at Nike House of Track, Portland, Ore.

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

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

Fri., Feb. 5

TrackTown USA High Performance Meet #4

at Nike House of Track, Portland, Ore.

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

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

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

Cougar Indoor

at Indoor Practice Facility, Pullman, Wash.

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

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

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

Mountain State Games

at Holt Arena, Pocatello, Idaho

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

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

Sat., Feb. 5

Jacksons/New Balance Indoor Invitational

at Jacksons Indoor Center, Nampa, Idaho

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

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

#GNACTF in 140

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#MileQualifiers Western Oregon's **David Ribich** and **Sam Naffziger** earned NCAA Championships provisional qualifiers with back-to-back season bests in their races on Thursday and Friday.

#TartanToppers Simon Fraser picked up three NCAA Championships provisional qualifiers in the two meets in Portland. The Clan also picked up GNAC Field Athletes of the Week in **Vladislav Tsygankov** and **Ella Brown**.

#SummonTheHeroes Five GNAC teams competed at the TrackTown High Performance Meet #4 on Friday with athletes performing in fields laden with Olympians and possible future Olympians.

#TheLeadUpEnds This weekend's meets are the final events prior to the GNAC Indoor Track and Field Championships, which take place Feb. 19 and 20 at the Jacksons Indoor Center in Nampa, Idaho.

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Saint Martin's	@SMUSaints	#SaintsAlive
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GNAC Track & Field Athletes of the Week



MEN'S TRACK

**Travis Milbrandt, Western Washington
Senior • Longview, Wash.**

Milbrandt won the 60-meter hurdles at the TrackTown USA High Performance Meet #4, clocking a time of 8.14 in the finals. He ran a season-best 8.13 seconds in the preliminary heats, which ranks as the 13th best mark in Division II.

Also Nominated: David Cornish (Western Oregon), Isaac Mitchell (Northwest Nazarene), Robert Peterson (Montana State Billings), Cameron Proceviat (Simon Fraser), Paris Seidel (Concordia), Latrelle Swayne (Saint Martin's).



WOMEN'S TRACK

**Shannon Porter, Saint Martin's
Senior • Vancouver, Wash.**

Porter set another school record in the 3,000 meters, winning the B section at the TrackTown USA High Performance Meet #4 in a time of 9:51.99. The performance is a NCAA Championships provisional qualifier and ranks her 18th in Division II. Porter is now provisionally qualified in both the 3,000 meters and 5,000 meters.

Also Nominated: Della Lyle (Montana State Billings), Alana Mussatto (Simon Fraser), Caitlyn Safley (Concordia), Taylor Van Valey (Northwest Nazarene).



MEN'S FIELD

**Vladislav Tsygankov, Simon Fraser
Senior • Moscow, Russia**

Tsygankov earned the honor for the second straight week after winning the long jump at Thursday's Portland Indoor Invitational with a leap of 23 feet, 5.5 inches. He went on to finish fourth in the 200 meters in Friday's TrackTown USA High Performance Meet #4 with a time of 22.35 seconds.

Also Nominated: Craig Boyle (Saint Martin's), Kyle McLaughlin (Northwest Nazarene), Morgan Shipp (Concordia).



WOMEN'S FIELD

**Ella Brown, Simon Fraser
Junior • Armstrong, B.C.**

Brown won the triple jump at Thursday's Portland Indoor Invitational with a leap of 37 feet, 6.75 inches. The performance is the second best in the GNAC this season and just missed a NCAA Championships provisional qualifier.

Also Nominated: Emmi Collier (Western Oregon), Christina MacDonald (Concordia), 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 McKenzie Warren, CU
Jan. 18 - 24	Kyle McLaughlin, NNU	Mikel Smith, SMU	Shannon Porter, SMU	McKenzie Warren, CU
Jan. 25 - 31	Badane Sultessa, WOU	Vladislav Tsygankov, SFU	Lynelle Decker, SPU	Karolin Anders, UAA
Feb. 1- 7	Travis Milbrandt, WWU	Vladislav Tsygankov, SFU	Shannon Porter, SMU	Ella Brown, SFU

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

Around The GNAC

ALASKA ANCHORAGE



- Alaska Anchorage was the only GNAC team not to compete last week. The Seawolves will return to competition this weekend at the Husky Classic on Friday and Saturday.
- **Joyce Chelimo** is one of two GNAC automatic qualifiers for the NCAA Championships with her 11th place time of 16:22.93 in the women's 5,000 meters at the UW Invitational. The performance moved Chelimo to No. 3 on the GNAC

all-time list and is No. 2 in Division II this season.

- The Seawolves have three NCAA provisional qualifiers each in the men's 3,000 meters and 5,000 meters. **Dominic Notz** is currently ranked 10th in the 5,000 meters with his time of 14:25.26. **Henry Cheseto** is 11th in the 5,000 meters with a time of 14:26.83 and **Michel Ramirez** is 20th with his time of 14:42.02. **Edwin Kangogo** leads the 3,000-meter qualifiers, ranked 35th with a time of 8:25.52. Cheseto is 36th in 8:25.61 and Ramirez is 39th in 8:26.02.
- **Rosie Smith** broke the UAA record in the 60-meter hurdles at the UW Invitational 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 14th in Division II this season.
- **Cody Thomas** broke the UAA record in the men's 200 meters at the UW Invitational with a time of 22.48 seconds. The time currently leads the GNAC. Thomas also placed seventh in the 60 meters in 7.04 seconds. In addition, Thomas currently ranks third in Division II in the heptathlon with a score of 5.324 points.
- **Karolin Anders** set a school record in the women's high jump at the UW Invitational with her leap of 5-8. The performance currently ties her for third in Division II. Anders is also fifth in Division II in the pentathlon with a score of 3,813 points.

- **Jamie Ashcroft** is provisionally qualified for nationals in both the women's 60 meters and the 200 meters. Her time of 7.66 seconds in the 60 is tied for 26th in Division II while her time of 24.67 seconds in the 200 meters is 12th.

CENTRAL WASHINGTON



- Nine Central Washington athletes and the men's 4x400 relay team captured top-three finishes at the Cougar Indoor on Friday and Saturday in Pullman, Wash.

- **Amanda Youngers** finished in second place in both the women's shot put and weight throw. Youngers posted a mark of 42-9.75 in the shot put, moving her to sixth on the

GNAC seasonal best list. Her mark of 49-3.5 in the weight throw is seventh in the GNAC.

- **Madison Garcia** placed third in the women's 200 meters. Her time of 26.28 seconds ranks No. 7 on the GNAC season best list. **Alex McIntosh** placed third in the men's 200 meters with a time of 23.18 seconds, which ranks 10th in the GNAC.
- **Ashley Harmon** notched a second place finish in the women's 400 meters in a time of 59.62 seconds. The performance currently ranks 10th in the GNAC. **Mariyah Vongsaveng** moved up to No. 3 on the GNAC season list in the women's 60-meter hurdles with her third place time of 8.86 seconds.
- **Kent McKinney** currently leads the GNAC in the men's 60 meters with his time of 6.95 seconds at the UW Invitational. **Luke Plummer** is the GNAC leader in the men's triple jump with his effort of 48-6 at the UW Invitational.

• Central Washington heads to the west side of the state this weekend, competing in both the Husky Classic on Friday and Saturday and the UW Open on Sunday.

CONCORDIA



- Concordia posted a number of solid performances at the House of Track last week, competing in both the Portland Indoor Invitational and the TrackTown USA High Performance Meet #4.

- **Carlos Ortiz** placed in the top-three in both the men's 60 meters and 200 meters at the Portland Indoor Invitational. Ortiz was second in the 60 with a time of 7.02 seconds, tying

his season best. He then placed third in the 200 with a season best of 22.13 seconds, ranking him fourth in the GNAC.

- **Josh Koch** won the shot put at the Portland Indoor Invitational with a mark of 52-8 while teammate **Morgan Shipp** was second in 49-10.5. Koch currently owns the 14th best mark in Division II and leads the GNAC in the shot put with a best of 55-7.75.

- **Christina MacDonald** and **Rachel McKinnis** placed second and third, respectively, in the women's shot put at the Portland Indoor Invitational. MacDonald placed second with a mark of 44-9.75 while McKinnis was third with a mark of 41-1.5. MacDonald has the 30th best mark in Division II with her season best of 44-8.25.

- **Paris Speidel** placed second in the men's 800 meters in the Portland Indoor with a time of 1:53.26. The performance is fifth best in the GNAC this season and is 25th among Division II athletes.

- Sophomore **McKenzie Warren** broke her own GNAC record in the women's shot put for the third consecutive week at the UW Invitational a mark of 55 feet, 3.5 inches. The performance is the best in Division II this season and is tied for 10th 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 is currently tied for 17th in the nation according to Track & Field News' indoor top marks list.

- **Tyler Lamott** leads the GNAC and has the 19th best mark in Division II in the weight throw with his mark of 58-9.5 at the UW Invitational.

- Concordia will complete its warm-up to its first GNAC Indoor Track and Field Championships by competing in the Husky Classic on Friday and Saturday.

- 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 finished with seven top-three placers, including both distance medley relay teams, at the Mountain State Games at Idaho State's Holt Arena.
- **Rio Frame** won the open heat of the women's 3,000 meters with a time of 10:53.41. **Della Lyle** placed second in the invitational section of the 3,000 with a time of 10:19.90.

Lyle's performance is eighth best in the GNAC this season (converted to 10:06.66).

- **Josh Panasuk** won the men's 3,000 meters with a time of 8:51.44. His time, converted to 8:40.09, ranks ninth in the GNAC this season.
- The men's distance medley relay of Panasuk, **Landon Polkow**, **Liam McKay** & **Robert Peterson** won with a time of 10:10.07. The women's DMR of Frame, **Josey Smiedala**, **Brielle Davis** and Lyle placed third in a time of 12:42.43.
- Davis placed second in the women's 800 meters in a time of 2:27.80 while Smiedala placed third in the 400 in a time of 59.04 seconds.
- Montana State Billings will not compete again before the GNAC Indoor Track and Field Championships on Feb. 19 and 20.

NORTHWEST NAZARENE



- Northwest Nazarene picked up seven top-three placers at the Jacksons/New Balance Indoor Invitational at the Jacksons Sports Center.

- **Lexi Tubbs** was the winner in the women's 60-meter hurdles in a time of 8.85 seconds. The performance ranks second in the GNAC this season and missed the NCAA Championships provisional qualifier by .01 seconds.

- **Taylor Van Valey** improved her NCAA provisional qualifying mark in the women's shot put with her fifth place mark of 43-7.75. The performance ties her 38th in Division II this season. In addition, Van Valey is tied for 42nd in Division II in the weight throw with her mark of 53-7.5
- **Isaac Mitchell** notched a second place finish in the men's mile in 4:18.37, ranking him ninth in the GNAC.
- **Kyle McLaughlin** finished second in the men's high jump with a season best of 6-5. The mark ranks fifth in the GNAC. **John VanBeuren** added a third place finish in the men's weight throw with a mark of 54-6.5.
- **Taylor Deskins** notched a third place finish in the women's 60 meters in a time of 7.89 seconds while **Carli Shaul** was third in the triple jump with her mark of 33-9.5.
- Competing at Cougar Indoor in Pullman, Wash., **Payton Lewis** won the men's pentathlon with a score of 4.897 points. In the process, Lewis won the pole vault with a mark of 16-0.75 and the shot put with a mark of 39-7. Lewis currently ranks 16th in Division II in the pentathlon with a score of 4.963 points.
- The Crusaders return to the Jacksons Indoor Center on Saturday for the Boise State Team Challenge.

SAINT MARTIN'S



- Saint Martin's picked up two top-three performances and saw a number of solid performances at both the Portland Indoor Invitational and TrackTown USA High Performance Meet #4.
- **Shannon Porter** was named GNAC Women's Track Athlete of the Week after she won the B section of the 3,000 meters at the TrackTown High Performance Meet. Her time of 9:51.99 was a school record, a NCAA Championships provisional qualifier and ranks 18th in Division II. Porter had previously set a school record and provisionally qualified in the 5,000 meters.
- The Saint's men's distance medley relay team of **Andrew Walter**, **Jasper Heckman**, **Joe Edgecomb** and **Mitchell Hughley** won in a time of 11:17.03. The men's 4x400 relay team of **Jackson Hand**, **Mitchell Hughley**, **David Durden** and **Mikel Smith** placed second in 3:29.55.
- **Latrell Swayne** placed fourth in the men's 60 meters in a time of 7.04 seconds, just off of his season best performance of 6.97 seconds from December's Jacksons Open.
- **Kirby Neale** finished third in the women's shot put with a performance of 41-5.75. Neale continues to rank fifth in the GNAC with her season best of 42-10.75 at December's Jacksons Open.
- Saint Martin's will finish their run-up to the GNAC Championships with the Husky Classic on Friday and Saturday and the UW Open on Sunday.

SEATTLE PACIFIC



- Top-eight performances for **Jahzelle Ambus** and **Mario Lopez** highlighted Seattle Pacific's performances at the Track Town High Performance Meet #4 on Friday.
- Ambus placed fourth in the women's 400 meters with a time of 56.92 seconds. The performance was just short of her season best of 56.57 seconds, which is a NCAA provisional qualifier and is tied for 16th in Division II this season.
- Lopez was the Falcons' top men's placer, finishing seventh in the 200 meters with a time of 22.66 seconds. The time is a season best and ranks eighth in the GNAC this season
- **Lynelle Decker** is one of two GNAC athletes to have earned automatic qualifiers for the NCAA Championships. Decker earned the mark in the women's 800 meters, running 2:09.38 at the UW Invitational on Jan. 29. The time is currently second best in Division II and is the seventh best time in GNAC history. The performance means Decker has qualified for four NCAA indoor track and field championships.
- **Anna Patti** is a NCAA Championships provisional qualifier in both the women's 3,000 meters and 5,000 meters. Patti's time of 9:58.84 in the 3,000 is 29th in Division II. She is one of six GNAC athletes provisionally qualified in the event. Patti owns a season best of 17:04.71 in the 5,000 meters, ranking 11th in the GNAC and 10th in GNAC history.
- **Geneva Lehnert** is provisionally qualified in the women's high jump and is tied for 11th in Division II with her mark of 5-7. **Mailea Luquin** is provisionally qualified in the women's pentathlon and is 24th in Division II with 3.389 points.
- Seattle Pacific continues competition this weekend with the Husky Classic on Friday and Saturday and the US Open on Sunday.

Around The GNAC



SIMON FRASER

• Simon Fraser athletes added three NCAA Championships provisional qualifying marks and improved a fourth with performances at the Portland Indoor Invitational and the TrackTown High Performance Meet #4.

• **Cameron Proceviat** notched his first provisional qualifying mark of the season in the men's 800 meters, winning at the Portland Indoor Invitational with a time of 1:52.13. The performance currently ranks 15th in Division II.

• **Addy Townsend** and **Rebecca Bassett** both earned provisional qualifying marks in the women's mile. Townsend placed third at the Portland Indoor Invitational in a time of 4:59.32, 24th best in Division II, while Bassett's fourth place time of 4:59.99 is 29th in Division II.

• **Alana Mussatto** improved her provisional qualifying mark in the women's 800 meters, placing second at the Portland Indoor Invitational with a time of 2:14.10. Her time currently ranks 17th in Division II.

• **Vladislav Tsygankov** was named the GNAC Men's Field Athlete of the Week for the second straight week after he won the long jump at the Portland Indoor Invitational with a mark of 23-5.5. At Friday's High Performance meet, Tsygankov placed fourth in the 200 meters in 22.35 seconds.

• **Ella Brown** was named GNAC Women's Field Athlete of the Week for her win in the women's triple jump at the Portland Indoor Invitational. Her mark of 37-6.75 is currently second in the GNAC.

• **Valda Kabia** equaled her season best and No. 5 time on the GNAC all-time list in the women's 200 meters at the TrackTown High Performance Meet, placing fourth with a time of 25.05 seconds. The day before, she placed first in her preliminary heat of the 60 meters in 7.79 seconds. Kabia is provisionally qualified in both the 100 meters and 200 meters.

• Simon Fraser completed their warm-up for the GNAC Championships by competing at the Husky Classic on Friday and Saturday and the UW Open on Sunday.

WESTERN OREGON



• Three NCAA provisional qualifiers topped a solid pair of competitions for Western Oregon in Portland at the House of Track.

• **David Ribich** earned a NCAA provisional qualifying mark in the men's mile not once, but twice. Ribich won the mile at Thursday's Portland Indoor Invitational in 4:12.41 and improved at the Friday's TrackTown High Performance Meet, placing second in 4:09.77. He enters the week leading the GNAC and 14th in Division II.

• **Sam Naffziger** followed Ribich in gaining a NCAA provisional qualifier in the men's mile. He placed second to Ribich on Thursday in 4:12.41 and improved placed third on Friday, improving to 4:11.44. The mark is second in the GNAC and 19th in Division II.

• **Cody Warner** picked up a NCAA provisional qualifier in the men's 200 meters, winning the event at the Portland Indoor Invitational with a time of 21.80 seconds. The mark is currently 28th in Division II and leads the GNAC. Warner also placed fourth in the 60 meters in 7.03 seconds.

• **Emmi Collier** was Western Oregon's other event winner, capturing the women's shot put with a mark of 44-9.75. Collier currently owns the second bestmark in the GNAC with her 46-3.5 set at the TrackTown High Performance Meet #2.

• **Kaleb Dobson** placed second in the men's 60-meter hurdles at the Portland Indoor Invitational in 8.49 seconds and placed fourth in the event at the High Performance Meet in 8.36 seconds. **Josh Dempsey** placed third in the men's 800 meters on Thursday in 1:53.70 while **David Cornish** was third in the men's 3,000 meters in 8:27.63.

• Western Oregon will continue action this weekend, participating in the Husky Classic on Friday and Saturday and the UW Open on Sunday.

WESTERN WASHINGTON



• A first place finish by **Travis Milbrandt** and a second place finish for **Megan Mortensen** highlighted Western Washington's performances at the TrackTown High Performance Meet #4.

• Milbrandt was named GNAC Men's Track Athlete of the Week after he won the 60-meter hurdles in 8.14 seconds. He went 8.13 seconds in the preliminaries, a season best that ties him for 13th best in Division II.

• Mortensen captured a second place finish in the women's shot put with a mark of 41-6.5. The performance was just short of her season best of 41-7.75, which is ninth best in the GNAC.

• The women's 4x400 relay team of **Gracia Reynolds**, **Savannah Smith**, **Deja Svastislaee** and **Raigan Paige** placed second in a time of 4:01.51. The Vikings finished second to a team of professionals, which included Olympian Allyson Felix, that ran 3:43.49.

• **Jasmine McMullin** is Western Washington's top women's NCAA provisional qualifier. Her mark of 38-8.75 in the women's triple jump leads the GNAC and is tied for 13th in Division II.

• **Issac Derline** enters the week ranked 19th in Division II in the men's 5,000 meters with a time of 14:39.22. He is one of four GNAC runners provisionally qualified in the event.

• Western Washington will complete their GNAC Championships run-up with the Husky Classic on Friday and Saturday and the UW Open on Sunday.

GNAC Qualifiers For NCAA Division II Indoor Championships

MEN'S PROVISIONAL QUALIFIERS AS OF FEB. 9

Event	Athlete	Mark	Rank	Date
200 Meters	Cody Warner, WOU	21.80	28th	2/4/16
800 Meters	Badane Sultessa, WOU	1:50.23	3rd	1/29/16
	Cameron Proceviat, SFU	1:52.13	15th	2/4/16
	Nathan Kipchumba UAA	1:52.25	16th	1/29/16
	Josh Hanna, WOU	1:52.84	23rd	1/29/16
	Paris Speidel, CU	1:53.26	25th	2/4/16*
Mile	David Ribich, WOU	4:09.77	14th	2/5/16
	Sam Naffziger, WOU	4:11.44	19th	2/5/16
3,000 Meters	Marc-Antoine Rouleau, SFU	8:11.17	9th	1/16/16
	Edwin Kangogo, UAA	8:25.52	35th	1/29/16
	Henry Cheseto, UAA	8:25.61	36th	1/16/16
	Michel Ramirez, UAA	8:26.02	39th	1/16/16
5,000 Meters	Dominik Notz, UAA	14:25.26	10th	1/29/16
	Henry Cheseto, UAA	14:26.63	11th	1/29/16
	Isaac Derline, WWU	14:39.22	19th	1/29/16
	Michel Ramirez, UAA	14:42.02	20th	1/29/16
60m Hurdles	Travis Milbrandt, WWU	8.13	T-13th	2/5/16
DMR	Simon Fraser	9:52.97	5th	1/29/16
	Western Oregon	9:53.08	6th	1/29/16
High Jump	Mikel Smith, SMU	2.10/6-10.75	T-9th	1/22/16
	Cole Hoberg, NNU	2.05/6-8.75	T-20th	1/23/16
	Cody Thomas, UAA	2.05/6-8.75	T-20th	1/16/16
Pole Vault	Payton Lewis, NNU	4.95/16-2.75	11th	1/23/16
Long Jump	Valdislav Tsygankov, SFU	7.26/23-10.75	12th	1/29/16
Triple Jump	Luke Plummer, CWU	14.78/48-6	16th	1/29/16
	Mark Seely, WWU	14.28/46-10.25	48th	1/16/16
Shot Put	Josh Koch, CU	16.95/55-7.75	T-14th	1/16/16*
	Brandon Pless, WWU	16.10/52-10	T-25th	1/29/16
Weight Throw	Tyler Lamott, CU	17.92/58-9.5	19th	1/16/16*
Heptathlon	Cody Thomas, UAA	5,324	3rd	1/16/16
	Travis Turner, UAA	4,969	15th	1/29/16
	Payton Lewis, NNU	4,963	16th	1/16/16
	Kodiak Landis, CWU	4,668	30th	12/10/15

* - Concordia ineligible for NCAA Championships qualification. Marks shown for

WOMEN'S AUTOMATIC QUALIFIERS AS OF FEB. 9

Event	Athlete	Mark	Rank	Date
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. 9

Event	Athlete	Mark	Rank	Date
60 Meters	Jamie Ashcroft, UAA	7.66	T-26th	1/16/16
	Valda Kabia, SFU	7.72	T-37th	1/16/16
200 Meters	Jamie Ashcroft, UAA	24.67	12th	1/29/16
	Valda Kabia, SFU	25.05	29th	1/29/16
400 Meters	Jahzelle Ambus, SPU	56.57	T-16th	1/16/16
800 Meters	Alana Mussatto, SFU	2:14.10	17th	2/4/16
	Addy Townsend, SFU	2:14.48	24th	1/29/16
Mile	Addy Townsend, SFU	4:59.32	24th	2/4/16
	Rebecca Bassett, SFU	4:59.99	29th	2/4/16
3,000 Meters	Joyce Chelimo, UAA	9:34.28	4th	1/16/16
	Rebecca Bassett, SFU	9:40.31	6th	1/16/16
	Caroline Kurgat, UAA	9:41.34	7th	1/29/16
	Dani Eggleston, CWU	9:49.85	15th	1/29/16
	Shannon Porter, SMU	9:51.99	18th	2/5/16
	Anna Patti, SPU	9:58.84	29th	1/16/16
5,000 Meters	Shannon Porter, SMU	16:57.09	8th	1/29/16
	Anna Patti, SPU	17:04.71	11th	1/29/16
60m Hurdles	Rosie Smith, UAA	8.66	T-14th	1/29/16
4x400 Relay	Simon Fraser	3:50.71	17th	1/29/16
	Seattle Pacific	3:51.85	24th	1/29/16
DMR	Alaska Anchorage	11:54.89	6th	1/29/16
	Simon Fraser	11:56.47	8th	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-11th	1/16/16
	Naphtali Ward, SPU	1.65/5-5	T-38th	1/16/16
	Miranda Osadchey, WWU	1.65/5-5	T-38th	1/29/16
Long Jump	Karolin Anders, UAA	5.68/18-8.75	T-22nd	1/16/16
Triple Jump	Jasmine McMullin, WWU	11.80/38-8.75	T-13th	1/29/16
Shot Put	Emmi Collier, WOU	14.11/46-3.5	T-11th	1/23/16
	Christina MacDonald, CU	13.62/44-8.25	30th	1/23/16*
	Taylor Van Valey, NNU	13.30/43-7.75	T-38th	2/5/16
Weight Throw	McKenzie Warren, CU	16.90/55-5.5	T-32nd	1/23/16*
	Jessica Mathis, CU	16.59/54-5.25	37th	1/16/16*
	Taylor Van Valey, NNU	16.34/53-7.5	T-42nd	12/12/15
Pentathlon	Karolin Anders, UAA	3,813	5th	1/16/16
	Mailea Luquin, SPU	3,389	24th	1/29/16
	Rosie Smith, UAA	3,236	39th	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
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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
Feb. 9	24th	—	—

USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Feb. 9, 2016 (Week 2)

Rk	School	Pts.	Prev.
1.	Adams State	193.73	6
2.	Grand Valley State	172.44	1
3.	Tiffin	136.93	2
4.	Saint Augustine's	134.72	4
5.	Minnesota State	116.76	5
6.	Colorado Mines	102.20	3
7.	Lincoln (Mo.)	88.07	7
8.	Academy of Art	83.95	8
9.	Western State	83.59	11
10.	Texas A&M-Kingsville	75.81	9
11.	Missouri Southern	75.05	17
12.	Azusa Pacific	63.27	12
13.	Ashland	62.19	10
14.	Pittsburg State	48.53	26
15.	Lewis	47.85	15
16.	Central Missouri	47.00	32
17.	Findlay	46.41	19
18.	Southern Connecticut	45.91	13
19.	Chadron State	45.55	14
20.	Texas A&M-Commerce	40.93	24
21.	Southern Indiana	39.90	16
22.	Saginaw Valley State	33.17	21
23.	Johnson C. Smith	32.86	27
24.	Alaska Anchorage	31.99	18
25.	Chaffin	31.88	25

USTFCCCA WEST REGION TEAM INDEX as of Feb. 9, 2016 (Week 2)

Rk	School	Pts.	Prev.
1.	Alaska Anchorage	402.20	1
2.	Azusa Pacific	361.13	2
3.	Western Washington	309.01	3
4.	Western Oregon	286.74	6
5.	Academy of Art	264.87	4
6.	Simon Fraser	239.39	5
7.	Northwest Nazarene	191.94	7
8.	Central Washington	148.56	8
9.	Montana St. Billings	108.95	9
10.	Saint Martin's	80.26	10

[View Complete Regional Index Online](#)



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

Women's Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

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

USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Feb. 9, 2016 (Week 3)

Rk	School	Pts.	Prev.
1.	Lincoln (Mo.)	165.27	1
2.	Grand Valley State	162.39	3
3.	Hillsdale	129.45	7
4.	Pittsburg State	128.40	2
5.	Lewis	128.40	4
6.	New Mexico Highlands	103.92	13
7.	Alaska Anchorage	90.63	5
8.	Saint Augustine's	88.08	10
9.	Johnson C. Smith	85.86	6
10.	Shorter	74.08	8
11.	Central Missouri	68.00	9
12.	Minnesota Duluth	60.31	16
13.	Ashland	53.82	15
14.	Findlay	53.56	12
15.	Mary	53.23	11
16.	Minnesota State	49.35	18
17.	Merrimack	46.43	14
18.	Adams State	44.28	25
19.	Winona State	43.84	19
20.	Sioux Falls	36.30	23
21.	Chadron State	35.89	24
22.	Texas A&M-Kingsville	34.84	22
23.	Chaffin	34.59	28
24.	Queens (N.C.)	33.94	31
25.	Saginaw Valley State	33.74	21

USTFCCCA WEST REGION TEAM INDEX Week 3 (Feb. 9, 2016)

Rk	School	Pts.	Prev.
1.	Seattle Pacific	395.58	1
2.	Alaska Anchorage	323.06	2
3.	Simon Fraser	306.74	4
4.	Azusa Pacific	273.61	3
5.	Western Washington	187.53	5
6.	Academy of Art	166.59	6
7.	Central Washington	155.02	9
8.	Northwest Nazarene	143.22	7
9.	Stanislaus State	103.98	10
10.	Western Oregon	102.07	8

[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.

2016 GNAC Indoor Meet Summaries

Fri., Jan. 29

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

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

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

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

UW Invitational

at Dempsey Indoor Center, Seattle, Wash.

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

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