



Feb. 24, 2016 • Week 6  
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## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

Sat., Feb. 27

Central Washington, Saint Martin's, Seattle Pacific, Simon Fraser, Western Oregon at SPU Final Qualifier, Seattle, Wash.

### LAST WEEK'S MEETS

Fri. Feb. 19 - Sat., Feb. 20

**GNAC Indoor Track and Field Championships at Jacksons Indoor Track, Nampa, Idaho**

**Women's Team Scores:** Alaska Anchorage 164, Seattle Pacific 136, Simon Fraser 82.5, Western Washington 64.5, Concordia 59, Central Washington 59, Western Oregon 29, Saint Martin's 25, Montana State Billings 11.

**Women's Champions:** 60 Meters - Jamie Ashcroft, UAA, 7.61. 60m Hurdles - Mariyah Vongsaveng, CWU, 8.71. 200 Meters - Jazhelle Ambus, SPU, 24.35. 400 Meters - Jazhelle Ambus, SPU, 54.87 (GNAC & Meet Record). 800 Meters - Addy Townsend, SFU, 2:11.54. Mile - Joyce Chelimo, UAA, 5:00.28. 3,000 Meters - Joyce Chelimo, UAA, 9:50.70. 5,000 Meters - Joyce Chelimo, UAA, 17:05.05. DMR - Simon Fraser, 11:58.28. 4x400 Relay - Simon Fraser, 3:46.41. High Jump - Tori Johnson, CU, 5-7.25. Long Jump - Karolin Anderson, UAA, 18-5.75. Triple Jump - Jasmine McMullin, WWU, 40-1.25 (Meet Record). Pole Vault - Michaella Kahns, SPU, 11-6.25. Shot Put - McKenzie Warren, CU, 53-7.5 (Meet Record). Weight Throw - McKenzie Warren, CU, 56-11.25. Pentathlon - Karolin Anders, UAA, 3,711.

**Men's Team Scores:** Alaska Anchorage 164, Western Oregon 93, Western Washington 92, Northwest Nazarene 77, Concordia 64, Central Washington 63, Simon Fraser 46, Montana State Billings 30, Saint Martin's 24, Seattle Pacific 12.

**Men's Champions:** 60 Meters - Kent McKinney, CWU, 6.91. 60m Hurdles - Travis Milbrandt, WWU, 8.09. 200 Meters - Cody Warner, WOU, 21.78. 400 Meters - Joel Webster, SFU, 47.80 (GNAC & Meet Record). 800 Meters - Cameron Proceviat, SFU, 1:55.86. Mile - Robert Peterson, MSUB, 4:10.13 (Meet Record). 3,000 Meters - Dominik Notz, UAA, 8:31.91. 5,000 Meters - Dominik Notz, UAA, 14:36.92 (Meet Record). DMR - Montana State Billings, 10:06.41. 4x400 Relay - Alaska Anchorage, 3:16.76. High Jump - Mikel Smith, SMU, 6-9 (Ties Meet Record). Long Jump - Vladislav Tsygankov, SFU, 24-2.5 (GNAC & Meet Record). Triple Jump - Luke Plummer, CWU, 49-9.25. Pole Vault - Payton Lewis, NNU, 15-10. Shot Put - Josh Koch, CU, 53-7.5. Weight Throw - Tyler Lamott, CU, 61-1.5 (Meet Record). Heptathlon - Payton Lewis, NNU, 5,163.

## #GNACTF in 140 @GNACSports

**#SeawolfSweep** Alaska Anchorage swept the men's and women's team titles at the GNAC Indoor Track and Field Championships, with both teams scoring 164 points. It is the first time that one school has swept both the men's and women's titles.

**#AllTimePerformer** Alaska Anchorage's **Karolin Anders** was named the Female Outstanding Performer of the Meet after winning the pentathlon and long jump, placing third in the triple jump and fourth in the high jump. She led all scorers with 31 team points and became the all-time career female point scorer in meet history (112).

**#HometownHero** Northwest Nazarene's **Payton Lewis** was named the Male Outstanding Performer of the Meet after winning the heptathlon and the pole vault within 90 minutes of each other. Lewis' score of 5,163 points in the heptathlon was a meet record and third best in GNAC history.

**#SplittingHairs** The women's 60-meter hurdles final at the GNAC Indoor Track and Field Championships was one of the closest races in meet history with the top three finishers separated by four-thousandths of a second.

## Get Social

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

GNAC	@GNACSports	#GNACTF
Alaska Anchorage	@UAAXCTF	#JAASeawolves
Cent. Washington	@CWU_Track	#CWUWildcats
Concordia	@gocugo	#gocugotf
MSU Billings	@MSUBXCTF	#MSUBTF
NW Nazarene	@NNUXCTF	#GoNNUCrusaders
Saint Martin's	@SMUSaints	#SaintsAlive
Seattle Pacific	@SPUFalcons	
Simon Fraser	@ClanTrack	#NCAAeh
W. Oregon	@WOregonXCTF	#WOUWolves
W. Washington	@WWUathletics	#GoViks

# GNAC Indoor Track & Field Championships Outstanding Athletes



**MEN'S OUTSTANDING PERFORMER OF THE MEET**  
**Payton Lewis, Northwest Nazarene**  
**Sophomore • Nampa, Idaho**

Lewis won both the heptathlon and the pole vault. His 20 team points tied him for top point scorer in the men's meet. Lewis won the heptathlon with a score of 5,163 points, the third best point total in GNAC history. In the process, he set the GNAC heptathlon record in the pole vault with a mark of 16

feet, 6.75 inches. Not long after the heptathlon, Lewis came back to repeat as champion in the pole vault as he cleared a height of 15 feet, 10 inches.



**WOMEN'S OUTSTANDING PERFORMER OF THE MEET**  
**Karolin Anders, Alaska Anchorage**  
**Senior • Berlin, Germany**

Anders' 31 team points were the most of any athlete in the meet. The scoring also made her the top women's pointer scorer in GNAC Women's Track and Field Championship history (112). Anders became a three-time champion in the pentathlon with a score of 3,711 points, in the process setting a GNAC

pentathlon record in the long jump at 18 feet, 8.75 inches. She went on to repeat as long jump champion the same day with her mark of 18 feet, 5.75 inches. Anders also placed third in the triple jump and fourth in the high jump.

## 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
Feb. 8 - 14	Dominik Notz, UAA	Tyler Lamott, CU	Joyce Chelimo, UAA	Amanda Youngers, CWU

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

# GNAC Indoor Track & Field Championships Recaps

## Men: Seawolves Outdistance Pack For Second Straight Title

NAMPA, Idaho – Distance performers led the way for Alaska Anchorage Saturday as the Seawolves won the 2016 Great Northwest Athletic Conference Men's Indoor Track and Field Championships at the Jackson Track at the Ford Idaho Center.

Alaska Anchorage finished with 164 points to win their second straight team title, with 80 of those coming in the distance events. The Seawolves easily out-pointed second place Western Oregon, who finished with 93 points. Western Washington was third with 92 points.

**Dominik Notz** led the Seawolves individually with wins in the 3,000 meters and 5,000 meters. He led five UAA finishers in the top-five in the 5,000 on Friday with a meet record time of 14:36.42 before outdistancing teammate and defending champion **Henry Cheseto** in the 3,000 meters in 8:31.91. Alaska Anchorage ended the meet by winning the 4x400-meter relay in a time of 3:16.76.

**Payton Lewis** of host Northwest Nazarene was honored as the Outstanding Male Athlete of the Meet. The sophomore claimed his first GNAC heptathlon title with a score of 5,163 points that is the third best performance in GNAC history. He won the long jump on the opening day before setting a GNAC heptathlon record in the pole vault with his mark of 16 feet, 6.75 inches. Lewis went on to repeat as pole vault champion later in the day with a clearance of 15 feet, 10 inches.

Lewis was one of seven repeat men's champions in the meet. Simon Fraser's **Joel Webster** repeated in the 200 meters with a GNAC record of 47.80 seconds, surpassing the mark of 48.27 set by Simon Fraser's Andrew Boss in 2011. Western Oregon's **Cody Warner** won his second 200-meter title with a time of 21.78 seconds while Simon Fraser's **Cameron Proceviat** repeated in the 800 meters with a time of 1:55.86. **Luke Plummer** became a three-time champion for Central Washington in the triple jump with his mark of 49 feet, 2.25 inches. On Friday, the Clan's **Vladislav Tsygankov** repeated in the long jump with a GNAC record of 24 feet, 2.5 inches.

Montana State Billings' **Robert Peterson** prevented an Alaska Anchorage sweep with a meet record in the mile, running 4:10.13 to out-lean Western Oregon's **David Ribich** by one-hundredth of a second. In all Peterson raced in four events, placing third in the 3,000 meters while anchoring the Yellowjackets' winning distance medley relay and 4x400-relay squads.

Saint Martin's **Mikel Smith** and Northwest Nazarene's **Cole Hoberg** tied the meet record in the high jump at 6 feet, 9 inches, with Smith claiming the championship on fewest misses. Central Washington's **Kent McKinney** won the 60 meters in a time 6.91 seconds while Josh Koch completed a throwing sweep for Concordia with his win in the shot put at 53 feet, 7.5 inches. His teammate, **Tyler Lamott**, set a meet record in the weight throw on Friday with his throw of 61 feet, 1.5 inches.

The Seawolves scored 33 of their in the 5,000 meters on Friday. Notz edged out teammate and defending champion Cheseto to win his first GNAC indoor title in a meet record time of 14:36.46. Cheseto also finished his former meet record in second at 14:36.51. **Edwin Kangogo** placed third in 14:57.63 followed by **Michel Ramirez** (15:00.16) and **Victor Samoei** (15:07.50).

Montana State Billings rallied in the final two laps to win their first distance medley relay title with a time of 10:06.41, finishing just a second ahead of Simon Fraser and two seconds ahead of Alaska Anchorage. The team of **Josh Panasuk**, **Landon Polkow**, **Liam McKay** and Peterson claimed just the Yellowjackets' fourth indoor individual event title.

## Women: Anders, Chelimo Lead UAA Back To Top Of Podium

NAMPA, Idaho – Alaska Anchorage climbed back to the top of the podium Saturday, using six individual championships to win the 2016 Great Northwest Athletic Conference Indoor Track and Field Championships at the Jackson Track at the Ford Idaho Center.

The Seawolves finished the meet with 164 points, scoring 28 points more than defending champion Seattle Pacific. Simon Fraser finished third with 82.5 points. It is Alaska Anchorage's third GNAC indoor title, all of which have come in the last four years.

Alaska Anchorage's **Karolin Anders** was named the Women's Outstanding Athlete of the Meet after she won two events and scored 31 points in the meet to become the GNAC's all-time leading indoor meet point scorer with a career total of 112 points. After winning the pentathlon (3,711 points) and the long jump (18-5.75) and placing fourth in the high jump on Friday, Anders added a third place finish in the triple jump with an effort of 38 feet.

Anders' teammate **Rosie Smith** led the pentathlon through the first two meets, but Anders took over with wins in the high jump (5-3.75), shot put (38-4) and the long jump, where she broke her own heptathlon record with her mark of 18 feet, 7.75 inches. Smith earned eight additional team points for the Seawolves with her second place score of 3,468 points, improving her No. 5 mark on the GNAC all-time list. Central Washington's **Ali Anderson** won the final event, the 800 meters, in a GNAC pentathlon record of 2:22.15.

Teammate **Joyce Chelimo**, meanwhile, swept the individual titles in the distance events to earn 30 points for the Seawolves. After winning the 5,000 meters on Friday (17:05.65), Chelimo took the mile in a time of 5:00.28 and the 3,000 meters in 9:15.70.

The race of the day, however, was the 60-meter hurdles where the top-three finishers were separated by four-thousandths of a second. A 10-minute delay to review the finish photo crowned Central Washington's **Mariah Vongsaveng** the champion with a time of 8.713 seconds. Smith was second in 8.714 seconds and Seattle Pacific's **Mailea Luquin** was third in 8.717 seconds.

Seattle Pacific's **Jahzelle Ambus** won both the 200 meters and 400 meters in impressive fashion. She opened the day by blowing away the GNAC record in the 400 meters in a time of 54.87 seconds, bettering the 55.54 seconds run by Central Washington's **Terran Legard** in 2005. Ambus returned to edge out Alaska Anchorage's Jamie Ashcroft for the title with a time of 24.35 seconds while also anchoring the Falcons' second place 4x400-relay team. Ashcroft captured her third straight championship in the 60 meters, just missing her GNAC record in 7.61 seconds.

**McKenzie Warren** secured a sweep of both the men's and women's throws for Concordia. After winning the weight throw on Friday, she notched a five-foot meet record in the shot put with her winning mark of 53 feet, 7.5 inches.

Western Washington's **Jasmine McMullin** set a meet record to repeat as triple jump champion with her mark of 40 feet, 1.25 inches. **Addy Townsend** gave Simon Fraser their fourth straight champion in the 800 meters with a time of 2:11.54. Then Clan then used a lightning fast anchor leg by **Chantel Desch** to win the 4x400-meter relay in a time of 3:46.41.

Chelimo and **Caroline Kurgat** spent much of their time drafting off of Saint Martin's **Shannon Porter** in the 5,000 meters before overtaking her in the final two laps. Chelimo, the 2014 champion in the event, cruised to a winning time of 17:05.05. Kurgat was second in 17:06.20 while Porter was a respectable third in 17:15.87.

Other event winners from Friday's competition include Concordia's **Tori Johnson** in the high jump (5-7.25), Seattle Pacific's **Michaela Kahns** in the pole vault (11-6.25) and Simon Fraser's distance medley relay team (11:58.28).

**TOO CLOSE FOR COMFORT:** Everyone loves to watch a close race, but the women's 60-meter hurdles final was a little too close. After the women has crossed the line, times of 8.72 seconds popped up on the scoreboard for Central Washington's **Mariah Vongsaveng**, Seattle Pacific's **Mailea Luquin** and Alaska Anchorage's **Rosie Smith**. It took 10 minutes for the timers to evaluate the finish line photo to determine that Vongsaveng was the winner and the GNAC champion.

How close was it? The three athletes crossed the line within four-thousandths of a second of each other. Vongsaveng won in a time of 8.713 seconds. Smith was second in 8.714 seconds and Luquin was third in 8.717 seconds.

**Lexi Tubbs** of Northwest Nazarene was fourth in 8.75 seconds.

**REPEAT CHAMPIONS:** The GNAC Indoor Track and Field Championships produced a total of 15 repeat champions. Alaska Anchorage's **Karolin Anders** and **Jamie Ashcroft** were the two three-time champions. Anders won her third straight title the women's pentathlon, along with her second consecutive long jump title, while Ashcroft became a three-time winner in the women's 60 meters.

Men's repeat champions included Western Washington's **Travis Milbrandt** in the 60-meter hurdles, Western Oregon's **Cody Warner** in the 200 meters, Simon Fraser's **Joel Webster** in the 400 meters, **Cameron Proceviat** in the 800 meters and **Vladislav Tsygankov** in the long jump; Montana State Billings' **Robert Peterson** in the mile (won in 2014) and Northwest Nazarene's **Payton Lewis** in the pole vault.

Other women's repeat winners included Seattle Pacific's **Jahzelle Ambus** in the 400 meters, Alaska Anchorage's **Joyce Chelimo** in the 3,000 meters and 5,000 meters (won both events in 2014), Western Washington's **Jasmine McMullin** in the triple jump and the Simon Fraser distance medley relay team.

**SMASHING RECORDS:** It is one thing to break a conference record. It is another thing to smash it by a large margin. And it is yet another thing to have two athletes from the same school both coast under the record by significant margins.

That is what happened with Seattle Pacific's **Jahzelle Ambus** and **Jalen Tims** in the women's 400 meters. Ambus successfully defended her title in record-smashing fashion. Her winning time of 54.87 seconds was over a half second under the record of 55.54 seconds set by Central Washington's Terran Legard in 2005. Tims, meanwhile, was also a half second under the record as she finished second with a time of 55.21 seconds as she dropped over two seconds off of her previous lifetime best.

The performances line the Falcons' duo up for a trip to the NCAA Division II Championships in Pittsburg, Kan. Ambus currently sits No. 7 on the NCAA provisional qualifier list while Tims is ninth.

**WICKED FOUR-EVENT PROGRAM:** Perhaps the most grueling and most gutsy performance of the GNAC Indoor Track and Field Championships belonged to Montana State Billings' Robert Peterson. The senior competed in four events in the two days, performing well in all.

On Friday, Peterson led most of the way in a strategic men's 3,000-meter final, only being overtaken by Alaska Anchorage's **Dominik Notz** and **Henry Cheseto** in the final three laps as he finished third in 8:33.39. Peterson turned right around and ran the anchor leg on the Yellowjackets' distance medley relay team, surging from fifth place to lead Billings to victory in a time of 10:06.41. It was only the fourth individual event title for the school in conference indoor meet history.

Until the next day, that is. Peterson again ran a gutsy race and held off a challenge by Western Oregon's **David Ribich** to win in 4:10.13, earning his second mile conference title with a meet record. Peterson closed his final indoor championship with by anchoring the Yellowjackets' 4x400 meter relay.

Of the 30 points scored by Montana State Billings in the meet, Peterson was involved with 26 of them.

**CHELIMO'S TRIPLE:** Alaska Anchorage's **Joyce Chelimo** became just the second athlete in GNAC history, male or female, to sweep the distance events in an indoor track and field championship meet. The senior was barely challenged as she cruised to victories in the mile (5:00.28), the 3,000 meters (9:50.70) and the 5,000 meters (17:05.05). The other person to complete the triple? Her husband, Micah Chelimo, who swept all three events in 2013 (the 3,000 was first contested at the conference meet in 2013).

**BROKEN RECORDS:** The GNAC Indoor Track and Field Championships yielded GNAC records from **Jahzelle Ambus** in the women's 400 meters, Simon Fraser's **Joel Webster** in the men's 400 meters and the Clan's **Vladislav Tsygankov** in the men's long jump. In addition to those marks, conference meet records were broken by Montana State Billings' **Robert Peterson** in the men's mile, Alaska Anchorage's **Dominik Notz** in the men's 5,000 meters, Western Washington's **Jasmine McMullin** in the women's triple jump and Concordia's **McKenzie Warren** in the women's shot put. Saint Martin's **Mikel Smith** and Northwest Nazarene's **Cole Hoberg** tied three other competitors for the conference meet record in the men's high jump at 6-9.

**LAST CHANCE, BEST CHANCE:** Teams will have one more chance to hit a qualifying mark for the NCAA Division II Indoor Track and Field Championships this weekend, with five GNAC teams scheduled to take part in the SPU Final Qualifier at the Dempsey Indoor Center in Seattle. Qualifying marks will be accepted nationally until Sun., Mar. 6. It is expected that fields for the NCAA Division II Indoor Track and Field Championships will be 20-22 qualifiers. To date, three GNAC athletes have automatically qualified for nationals in four events while 31 others are provisionally qualified and currently in the top-20 in 20 different events. In addition, nine GNAC relays currently rank within the top-20.

# GNAC Qualifiers For NCAA Division II Indoor Championships

## MEN'S AUTOMATIC QUALIFIERS AS OF FEB. 23

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

## MEN'S PROVISIONAL QUALIFIERS AS OF FEB. 23

Event	Athlete	Mark	Rank	Date
<b>200 Meters</b>	Cody Warner, WOU	21.78	40th	2/20/16
<b>400 Meters</b>	Joel Webster, SFU	47.80	10th	2/20/16
	Liam Lindsay, UAA	48.44	T-23rd	2/20/16
	Aaron Whitaker, WOU	48.53	26th	2/20/16
<b>800 Meters</b>	Badane Sultessa, WOU	1:49.95	7th	2/12/16
	Cameron Proceviat, SFU	1:51.72	15th	2/20/16
	Nathan Kipchumba UAA	1:51.84	19th	2/14/16
	Josh Hanna, WOU	1:52.84	27th	1/29/16
	Paris Speidel, CU	1:53.26	29th	2/4/16*
	Josh Dempsey, WOU	1:53.41	31st	2/12/16
	Austin Collins, CU	1:53.58	T-32nd	2/12/16*
<b>Mile</b>	David Ribich, WOU	4:07.83	15th	2/12/16
	Sam Naffziger, WOU	4:09.20	24th	2/12/16
	Robert Peterson, MSUB	4:10.13	29th	2/20/16
<b>3,000 Meters</b>	Dominik Notz, UAA	8:10.19	11th	2/14/16
	Marc-Antoine Rouleau, SFU	8:11.17	14th	1/16/16
	Henry Cheseto, UAA	8:11.81	16th	2/14/16
	Michel Ramirez, UAA	8:15.70	22nd	2/14/16
	Edwin Kangogo, UAA	8:18.07	25th	2/14/16
<b>5,000 Meters</b>	Henry Cheseto, UAA	14:12.99	7th	2/12/16
	Michel Ramirez, UAA	14:14.31	10th	2/12/16
	Dominik Notz, UAA	14:25.26	19th	1/29/16
	Isaac Derline, WWU	14:39.22	36th	1/29/16
<b>60m Hurdles</b>	Travis Milbrandt, WWU	8.09	14th	2/20/16
<b>4x400 Relay</b>	Alaska Anchorage	3:12.45	4th	2/12/16
	Western Oregon	3:16.93	39th	2/20/16
<b>DMR</b>	Simon Fraser	9:52.97	5th	1/29/16
	Western Oregon	9:53.08	6th	1/29/16
	Alaska Anchorage	9:57.28	14th	2/12/16
	Montana State Billings	10:01.98	25th	2/5/16
<b>High Jump</b>	Mikel Smith, SMU	2.10/6-10.75	T-12th	1/22/16
	Cole Hoberg, NNU	2.06/6-9	T-19th	1/23/16
	Cody Thomas, UAA	2.05/6-8.75	T-26th	1/16/16
<b>Pole Vault</b>	J.T. Konrad, WWU	4.73/15-6.25	T-35th	2/20/16
	Gordon Kordas, WWU	4.73/15-6.25	T-35th	2/20/16
	Zach McClanahan, NNU	4.70/15-5	T-40th	2/13/16
<b>Long Jump</b>	Valdislav Tsygankov, SFU	7.38/24-1.5	11th	2/19/16
	Nathaniel van Tuinen, WWU	7.08/23-2.75	T-46th	2/19/16
<b>Triple Jump</b>	Luke Plummer, CWU	14.97/49-1.25	11th	2/20/16
	Mark Seely, WWU	14.41/47-3.5	T-42nd	2/20/16
	Chris Brake, UAA	14.31/46-11.5	T-55th	2/14/16
<b>Shot Put</b>	Josh Koch, CU	16.95/55-7.5	18th	1/16/16*
	Armando Tafoya, CWU	16.15/53-0	31st	2/20/16
	Brandon Pless, WWU	16.10/52-10	T-32nd	1/29/16
<b>Weight Throw</b>	Tyler Lamott, CU	18.63/61-1.5	15th	2/19/16*
	Armando Tafoya, CWU	17.92/58-9.5	T-24th	2/14/16
	Brandon Pless, WWU	17.53/57-6.25	35th	2/14/16
	Bryan Lee, WWU	17.22/56-6	39th	2/14/16
<b>Heptathlon</b>	Cody Thomas, UAA	5,324	3rd	1/16/16
	Payton Lewis, NNU	5,163	10th	2/20/16
	Travis Turner, UAA	4,983	18th	2/20/16
	Kodiak Landis, CWU	4,741	30th	2/20/16

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

## 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

## WOMEN'S AUTOMATIC QUALIFIERS AS OF FEB. 23

**800 Meters** Lynelle Decker, SPU 2:09.38 4th 1/29/16  
**3,000 Meters** Joyce Chelimo, UAA 9:17.97 1st 2/12/16  
**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. 23

Event	Athlete	Mark	Rank	Date
<b>60 Meters</b>	Jamie Ashcroft, UAA	7.61	T-23rd	2/20/16
	Valda Kabia, SFU	7.63	25th	2/20/16
	Taylor Deskins, NNU	7.71	T-42nd	2/13/16
<b>200 Meters</b>	Jahzelle Ambus, SPU	24.35	9th	2/20/16
	Jamie Ashcroft, UAA	24.37	10th	2/20/16
	Valda Kabia, SFU	24.91	32nd	2/20/16
	Mary Kathleen Cross, UAA	25.01	T-37th	2/20/16
<b>400 Meters</b>	Jahzelle Ambus, SPU	54.96	7th	2/20/16
	Jalen Tims SPU	55.21	9th	2/20/16
	Chantel Desch, SFU	56.01	20th	2/20/16
	Mary Kathleen Cross, UAA	56.84	38th	2/20/16
	Monique Lisek, SFU	56.97	45th	2/20/16
<b>800 Meters</b>	Addy Townsend, SFU	2:11.54	15th	2/20/16
	Tamara Perez, UAA	2:11.71	16th	2/20/16
	Alana Mussatto, SFU	2:12.73	22nd	2/20/16
	Jessica Pahkala, UAA	2:13.90	35th	2/20/16
	Chynna Phan, SPU	2:13.92	36th	2/20/16
	Suzie Van De Grift, WOU	2:15.39	52nd	2/20/16
<b>Mile</b>	Addy Townsend, SFU	4:59.32	33rd	2/4/16
	Rebecca Bassett, SFU	4:59.99	36th	2/4/16
	Joyce Chelimo, UAA	5:00.28	37th	2/20/16
<b>3,000 Meters</b>	Rebecca Bassett, SFU	9:40.31	10th	1/16/16
	Caroline Kurgat, UAA	9:41.34	11th	1/29/16
	Dani Eggleston, CWU	9:49.85	24th	1/29/16
	Shannon Porter, SMU	9:51.99	27th	2/5/16
	Anna Patti, SPU	9:58.84	36th	1/16/16
	Brittany Grant, WWU	10:00.85	39th	2/14/16
<b>5,000 Meters</b>	Caroline Kurgat, UAA	16:46.49	10th	2/12/16
	Shannon Porter, SMU	16:57.09	15th	1/29/16
	Dani Eggleston, CWU	17:03.68	18th	2/12/16
	Anna Patti, SPU	17:04.71	20th	1/29/16
<b>60m Hurdles</b>	Rosie Smith, UAA	8.66	T-18th	1/29/16
	Mailea Luquin, SPU	8.72	T-22nd	2/20/16
	Mariyah Vongsaveng, CWU	8.72	T-22nd	2/20/16
	Lexi Tubbs, NNU	8.75	T-27th	2/20/16
<b>4x400 Relay</b>	Simon Fraser	3:46.31	9th	2/20/16
	Seattle Pacific	3:46.40	10th	2/20/16
	Alaska Anchorage	3:51.56	45th	2/20/16
<b>DMR</b>	Alaska Anchorage	11:39.44	3rd	2/12/16
	Seattle Pacific	11:42.34	5th	2/12/16
	Simon Fraser	11:44.39	11th	2/12/16
	Central Washington	12:08.56	24th	2/20/16
<b>High Jump</b>	Karolin Anders, UAA	1.73/5-8	T-3rd	1/29/16
	Geneva Lehnert, SPU	1.71/5-7.25	T-11th	2/20/16
	Miranda Osadchey, WWU	1.71/5-7.25	T-11th	2/20/16
	Naphtali Ward, SPU	1.65/5-5	T-48th	1/16/16
<b>Long Jump</b>	Karolin Anders, UAA	5.68/18-8.75	28th	1/16/16
	Mailea Luquin, SPU	5.65/18-6.5	T-35th	2/19/16
	Rosie Smith, UAA	5.57/18-3.25	T-44th	2/19/16
<b>Triple Jump</b>	Jasmine McMullin, WWU	12.22/40-1.25	5th	2/20/16
	Ella Brown, SFU	11.74/38-6.25	T-26th	2/20/16
	Karolin Anders, UAA	11.58/38-0	41st	2/20/16
<b>Shot Put</b>	Emmi Collier, WOU	14.38/47-2.25	13th	2/20/16
	Christina MacDonald, CU	13.88/45-6.5	32nd	1/23/16*
	Taylor Van Valey, NNU	13.48/44-2.75	44th	2/20/16
<b>Weight Throw</b>	McKenzie Warren, CU	17.35/56-11.25	29th	2/20/16*
	Jessica Mathis, CU	16.59/54-5.25	41st	1/16/16*
	Taylor Van Valey, NNU	16.34/53-7.5	T-48th	12/12/15
<b>Pentathlon</b>	Karolin Anders, UAA	3,813	5th	1/16/16
	Rosie Smith, UAA	3,483	21st	2/19/16
	Mailea Luquin, SPU	3,468	23rd	2/19/16

# National Meet Qualifying Standards

## 2016 NCAA DIVISION II INDOOR TRACK AND FIELD CHAMPIONSHIPS QUALIFYING STANDARDS

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

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

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

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

## GNAC Indoor Track & Field Championships



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

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

### Qualifying Procedures

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

# Men's Regional & National Polls

## GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SFU	WOU
Preseason	—	—	—
Jan. 26	—	—	—
Feb. 2	18th	20th	22nd
Feb. 9	24th	—	—
Feb. 16	10th	—	—
Feb. 23	12th	—	—

## USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Feb. 23, 2016 (Week 5)

Rk	School	Pts.	Prev.
1.	Adams State	222.36	1
2.	Grand Valley State	158.04	3
3.	Tiffin	156.43	4
4.	Saint Augustine's	154.47	2
5.	Texas A&M-Kingsville	121.20	7
6.	Academy of Art	115.13	5
7.	Colorado Mines	96.45	8
8.	Minnesota State	89.91	6
9.	Western State	77.07	9
10.	Azusa Pacific	75.86	13
11.	Ashland	64.72	15
12.	<b>Alaska Anchorage</b>	<b>62.77</b>	<b>10</b>
13.	Texas A&M-Commerce	57.19	21
14.	Pittsburg State	57.13	12
15.	West Texas A&M	51.39	23
16.	Missouri Southern	50.48	14
17.	Shorter	45.89	16
18.	Central Missouri	42.43	17
19.	Southern Connecticut	41.19	22
20.	Chadron State	40.32	18
21.	MSU Moorhead	33.42	25
22.	Saginaw Valley State	33.31	20
23.	Lewis	32.43	19
24.	Johnson C. Smith	28.52	27
25.	Black Hills State	27.94	26

## USTFCCCA WEST REGION TEAM INDEX as of Feb. 23, 2016 (Week 4)

Rk	School	Pts.	Prev.
1.	<b>Alaska Anchorage</b>	<b>441.87</b>	<b>1</b>
2.	Academy of Art	386.25	2
3.	Azusa Pacific	322.88	3
4.	<b>Western Washington</b>	<b>301.24</b>	<b>4</b>
5.	<b>Western Oregon</b>	<b>299.11</b>	<b>5</b>
6.	<b>Northwest Nazarene</b>	<b>213.07</b>	<b>7</b>
7.	<b>Simon Fraser</b>	<b>180.09</b>	<b>6</b>
8.	<b>Central Washington</b>	<b>153.49</b>	<b>8</b>
9.	<b>Montana State Billings</b>	<b>83.99</b>	<b>9</b>
10.	<b>Saint Martin's</b>	<b>82.08</b>	<b>10</b>

[View Complete Regional Index Online](#)



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

# Women's Regional & National Polls

## GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

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

## USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Feb. 23, 2016 (Week 5)

Rk	School	Pts.	Prev.
1.	Hillsdale	145.08	1
2.	Grand Valley State	124.90	3
3.	Pittsburg State	121.65	4
4.	Lewis	111.06	6
5.	<b>Alaska Anchorage</b>	<b>110.91</b>	<b>5</b>
6.	Johnson C. Smith	107.63	8
7.	New Mexico Highlands	98.17	7
8.	Minnesota Duluth	78.88	15
9.	Saint Augustine's	76.55	9
10.	Shorter	70.84	10
11.	Ashland	60.45	13
12.	Central Missouri	59.60	11
13.	<b>Seattle Pacific</b>	<b>58.41</b>	<b>23</b>
14.	Merrimack	48.24	18
15.	Mary	47.93	16
16.	Texas A&M-Kingsville	47.30	29
17.	Winona State	46.64	19
18.	Findlay	45.41	12
19.	Angelo State	42.26	20
20.	Southern Connecticut	41.96	17
21.	Minnesota State	40.14	22
22.	Adams State	40.10	14
23.	Missouri Southern	37.96	21
24.	Cedarville	34.91	31
25.	Azusa Pacific	33.12	36

## USTFCCCA WEST REGION TEAM INDEX Week 5 (Feb. 23, 2016)

Rk	School	Pts.	Prev.
1.	<b>Alaska Anchorage</b>	<b>419.35</b>	<b>2</b>
2.	<b>Seattle Pacific</b>	<b>405.85</b>	<b>1</b>
3.	Azusa Pacific	271.04	3
4.	<b>Simon Fraser</b>	<b>263.48</b>	<b>4</b>
5.	<b>Central Washington</b>	<b>193.87</b>	<b>6</b>
6.	<b>Western Washington</b>	<b>193.11</b>	<b>7</b>
7.	<b>Northwest Nazarene</b>	<b>156.98</b>	<b>8</b>
8.	Academy of Art	153.07	5
9.	Stanislaus State	114.25	9
10.	<b>Western Oregon</b>	<b>95.11</b>	<b>11</b>

[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	21.3	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>1:49.95</b>	<b>Badane Sultessa, Western Oregon (2016)</b>
		<i>Previous: 1:50.73, Sultessa (2015)</i>
Mile	4:07.46	Anthony Tomsich, Western Washington (2010)
3,000 Meters	<b>8:10.19</b>	<b>Dominik Notz, Alaska Anchorage (2016)</b>
		<i>Previous: 8:10.99, Micah Chelimo, Alaska Anchorage (2014)</i>
5,000 Meters	13:47.73	Micah Chelimo, Alaska Anchorage (2014)
60m Hurdles	8.08	Travis Milbrandt, Western Oregon (2015)
4x400 Relay	<b>3:12.45</b>	<b>Alaska Anchorage (2016)</b>

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

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

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

*Previous: 9:54.66, Simon Fraser, 2015*

Long Jump	<b>7.38/24-2.5</b>	<b>Vladislav Tsygankov, Simon Fraser (2016)</b>
		<i>Previous: 7.21/23-8, Matson Hardie, Western Oregon (2010)</i>
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015)
High Jump	2.15/7-0.5	Mikel Smith, Saint Martin's (2015)
Pole Vault	5.31/17-5	Ryan Brown, Western Washington (2011)
Weight Throw	18.82/61-9	Anthony Marin, Western Oregon (2007)
Shot Put	17.94/58-10.75	Cameron Neel, Western Washington (2007)
Heptathlon	5,508	Chris Randolph, Seattle Pacific (2006)

## MEN'S CONFERENCE MEET RECORDS

60 Meters	6.75	Alex Donigian, Western Washington (2014)
200 Meters	21.60	Cody Warner, Western Oregon (2015)
400 Meters	<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	16:12.65	Jessica Pixler, Seattle Pacific (2009)
60m Hurdles	8.66	Danielle Ayers-Stamper, Seattle Pacific (2005)
4x400 Relay	3:46.34	Seattle Pacific (2013)

Kishia Mitchell, Emily Quatier, Jasmine Johnson, McKayla Fricker

Distance Medley	11:28.28	Simon Fraser (2015)
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		Rebecca Bassett, Monique Lisek, Paige Nock, Lindsey Butterworth
Long Jump	5.93/19-5.5	Danielle Ayers-Stamper, Seattle Pacific (2005)
Triple Jump	12.40/40-8.25	Ashley Potter, Western Oregon (2012)
High Jump	1.77/5-9.75	Danielle Ayers-Stamper, Seattle Pacific (2005)

		Taylor Fettig, Central Washington (2014)
		Alison Silva, Northwest Nazarene (2014)
Pole Vault	3.91/12-10	Kristin Hepler, Western Oregon (2004)
Weight Throw	17.74/58-2.5	
Shot Put	<b>16.85/55-3.5</b>	<b>McKenzie Warren, Concordia (2016)</b>

*Previous: 14.87/48-9.5, Krissy Tandle, Central Washington (2009)*

Pentathlon	4,007	Danielle Ayers-Stamper, Seattle Pacific (2005)
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## 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	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)
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Kate Harline, Jennifer Pike, Jane Larson, Jessica Pixler

Long Jump	5.82/19-1.25	Tanya Bjornsson, Western Washington (2014)
Triple Jump	<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>



# 2016 GNAC Indoor Meet Summaries

**Dec. 4-5, 2015**

**Yellowjacket Holiday Open**

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

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

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

**Dec. 12, 2015**

**Jackson's Open**

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

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

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

**Fri., Jan. 15**

**Montana State Open  
at Bozeman, Mont.**

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

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

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

**Ed Jacoby Invitational**

**at Jackson's Indoor Center, Nampa, Idaho**

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

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

**Sat., Jan. 16**

**Idaho Invitational**

**at Kibbie Dome, Moscow, Idaho**

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

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

**UW Preview**

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

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

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

**Fri., Jan. 22**

**TrackTown USA High Performance Meet #2**

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

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

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

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

**WSU Indoor Open**

**at WSU Indoor Center, Pullman, Wash.**

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

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

**Sat., Jan. 23**

**Bronco Invitational**

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

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

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

**Dave Little Alumni Mile**

**at Don Young Center, Spearfish, S.D.**

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

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

# 2016 GNAC Indoor Meet Summaries

**Fri., Jan. 29**

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

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

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

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

**UW Invitational**

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

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

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

**Thurs., Feb. 4**

**Portland Indoor Invitational**

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

**Women (Top 3 GNAC Finishers):** 200 Meters - 2, Valda Kabia, SFU, 25.17.

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

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

**Fri., Feb. 5**

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

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

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

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

**Cougar Indoor**

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

**Women (Top 3 GNAC Finishers):** 200 Meters - 3, Madison Garcia, CWU, 26.28. 400 Meters - 2, Ashley Harmon, CWU, 59.62. 3,000 Meters - 3, Stephanie Rexus, CWU, 10:55.81. 60m Hurdles - 3, Mariyah Vongsaveng, CWU, 8.86.

Triple Jump - 3, Allyssa Marzano, CWU, 35-10. Shot Put - 2, Amanda Youngers, CWU, 42-9.75. Weight Throw - 2, Amanda Youngers, CWU, 49-3.5.

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

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

**Mountain State Games**

**at Holt Arena, Pocatello, Idaho**

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

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

**Sat., Feb. 5**

**Jacksons/New Balance Indoor Invitational**

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

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

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

**Thurs., Feb. 4**

**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.

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**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.

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**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.

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

## **Husky Classic**

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

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

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

**Sat., Feb. 13**

## **Boise State Team Challenge**

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

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

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

**Sun., Feb. 14**

## **UW Open**

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

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

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