



Mar. 10, 2016 • Week 8
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Mar. 11 - Sat., Mar. 12
NCAA Division II Indoor Track and Field Championships,
Pittsburg, Kan.
Alaska Anchorage at Ben Brown Invitational,
Fullerton, Calif.

Fri., Mar. 11
Alaska Anchorage at Oxy Distance Carnival Spring Break
Classic, Los Angeles

Sat., Mar. 12
Central Washington at PLU Open, Parkland, Wash.
Concordia, Northwest Nazarene at Saints Open,
Gresham, Ore.
Western Oregon at Pacific Preview, Forest Grove, Ore.

LAST WEEK'S MEETS

Fri., Mar. 4 - Sat., Mar. 5
Linfield Erik Anderson Memorial Icebreaker
at Maxwell Field, McMinnville, Ore.
Women (Top 3 GNAC Finishers): None
Men (Top 3 GNAC Finishers): None

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

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

Willamette Opener at Charles Bowles Track, Salem, Ore.

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

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

#GNACTF in 140 @GNACSports

#NationalMeetTime A total of 40 GNAC athletes
will compete Friday and Saturday at the NCAA
Division II Indoor Track and Field Championships in
Pittsburg, Kan.

#BackyardNationals Concordia's **McKenzie
Warren** will compete Friday in the women's shot
put at the USA Track & Field Indoor National
Championships. The meet takes place at Portland's
Oregon Convention Center, just four miles from the
Concordia campus.

#WomanToBeat Alaska Anchorage's **Joyce
Chelimo** is the woman to beat in the distances at
the Division II nationals. She owns the nation's best
time in the 3,000 meters and the second best time in
5,000 meters. Chelimo leads five GNAC entrants in
the 3,000 meters.

#HighFlyin' The javelin was the event of the week
in the first set of GNAC outdoor meets with seven
athletes qualifying for the NCAA Championships in
the event.

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NW Nazarene	@NNUXCTF	#GoNNUCrusaders
Saint Martin's	@SMUSaints	#SaintsAlive
Seattle Pacific	@SPUFalcons	
Simon Fraser	@ClanTrack	
W. Oregon	@WOregonXCTF	#NCAAeh
W. Washington	@WWUAthletics	#WOUWolves #GoViks

GNAC Track & Field Athletes of the Week



MEN'S TRACK
Matt Lutz, Western Washington
 Senior • Bremerton, Wash.

Lutz opened Western Washington's outdoor season by winning the steeplechase at the Puget Sound Invitational with a NCAA Championships provisional qualifying time of 9:15.15. He has the top time in Division II after the first week of outdoor competition.

Also Nominated: Latrelle Swayne (Saint Martin's).



WOMEN'S TRACK
Shannon Porter, Saint Martin's
 Senior • Vancouver, Wash.

Porter broke her own school record in the 1,500 meters at the Puget Sound Invitational, winning the event in a time of 4:32.30, which was a three-second personal best. A provisional qualifying mark for the NCAA Championships, Porter has the second best time in Division II after one week of competition.



MEN'S FIELD
Brian Chalkley, Saint Martin's
 Junior • Eugene, Ore.

Chalkley won the javelin by a 15-foot margin at the Puget Sound Invitational with a mark of 200 feet, 5 inches. He enters the week No. 4 on the Division II best list.



WOMEN'S FIELD
Bethany Drake, Western Washington
 Senior • Sandy, Ore.

After missing the 2015 campaign due to injury, Drake returned to competition by winning the javelin at the Puget Sound Invitational with a NCAA Championships automatic qualifying mark of 164 feet, 7 inches. The 2014 NCAA Division II champion in the event, Drake own the best mark in Division II after the first week.

Also Nominated: 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
Feb. 8 - 14	Dominik Notz, UAA	Tyler Lamott, CU	Joyce Chelimo, UAA	Amanda Youngers, CWU
Feb. 22 - 29	Badane Sultessa, WOU	Luke Plummer, CWU	Nicole Maurmann, WOU	Miranda Osadchey, WWU
Mar. 1 - 7	Matt Lutz, WWU	Brian Chalkley, SMU	Shannon Porter, SMU	Bethany Drake, WWU

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



NCAA DIVISION II INDOOR

CHAMPIONSHIPS PREVIEW: With 40 athletes making their way to the midwest, the GNAC is sure to be well represented on the podium at the 2016 NCAA Division II Indoor Track and Field Championships, which begin Friday at

Pittsburg State University's Plaster Center.

Of those 40 athletes, nearly half of them enter with marks within the Division II top-10, making them contenders for All-American honors. Most of the GNAC's eyes, however, will be on the distances where the league has 12 athletes entered in the three disciplines.

Alaska Anchorage senior **Joyce Chelimo** leads the GNAC distance corps. A triple champion at the GNAC Indoor Championships, Chelimo will be among the favorites in the 3,000 meters and 5,000 meters. Her time in the 3,000 meters of 9:17.97, run at the Feb. 12 Husky Classic, is the fourth fastest indoor time in Division II history under all conditions. Chelimo enters the 5,000 with the second best time in the nation of 16:22.93.

Chelimo is one of five GNAC athletes entered in the 3,000 meters, the most conference competitors in any one event. **Shannon Porter** of Saint Martin's enters with the 10th best time in the event and is joined by Central Washington's **Dani Eggleston**, Simon Fraser's **Rebecca Bassett** and Alaska Anchorage's **Caroline Kurgat**.

In the men's distances, Alaska Anchorage's **Henry Cheseto** is entered in both the 3,000 meters and 5,000 meters. Cheseto has the seventh best time in Division II in the 5,000 meters at the 14:22.99. His teammate, **Dominik Notz**, was the GNAC champion in the 3,000 meters with the 13th best time in the nation at 8:10.19.

Western Oregon sophomore **David Ribich** leads three GNAC competitors in the men's mile and enters with the nation's seventh best time of 4:05.21. Montana State Billings' **Robert Peterson** made the field with the 15th best time, clocking a 4:07.67 at the SPU Final Qualifier.

Seattle Pacific's hopes for scoring will be pinned on the women's sprints and middle distances. Senior **Lynelle Decker** automatically qualified for the championships in the 800 meters, running her fifth best time of 2:09.38 at the January's UW Open. She was seventh in the event at nationals last year. Senior **Jahzelle Ambus** crushed the conference record in the 400 meters at the GNAC Championships. Her time of 54.96 seconds is currently ninth in Division II. The Falcons will also have teams entered in the 4x400 relay and the distance medley relay.

The men's 800 meters will have two GNAC athletes in the top-10. Western Oregon senior **Badane Sultessa** has reset his own conference record in the 800 meters twice this season and enters the meet with the sixth best time of 1:49.68. A defending All-American, he finished fourth last year. Simon Fraser's **Cameron Proceviat**, the GNAC champion, is eighth with his time of 1:49.77. Saint Martin's **Mikel Smith** enters tied for the 12th best mark this season in the men's high jump at 6-10.75. Northwest Nazarene sophomore **Payton Lewis** automatically qualifying for nationals in the men's pole vault with his mark of 16-10.75. Lewis is also entered in the heptathlon with a score of 5,163 points.

Western Washington's **Miranda Osadchey** leads three GNAC competitors in the women's high jump. Osadchey is tied for third entering the meet with her mark of 5-8.5. Alaska Anchorage's **Karolin Anders** is tied for fifth with her mark of 5-8 and Seattle Pacific's **Geneva Lehnert** is tied for 12th with a mark of 5-7.25.

The Vikings' **Jasmine McMullin** will vie for All-American honors in the women's triple jump. Her mark of 40-1.25 at the GNAC Championships is seventh best entering the meet.

In the multi-events, **Cody Thomas** will be shooting for a national title in the men's heptathlon after just missing last year. Thomas finished second last year and he enters with the fourth best total in Division II at 5,324 points. Anders is also a returning All-American, placing seventh in the women's pentathlon. Her score of 3,813 points this season is sixth best in the nation.



WARREN COMPETES AT USATF INDOOR NATIONALS:

With Concordia not eligible to compete at in the NCAA Division II Indoor Track & Field Championships thanks to their transition from NAIA to Division II, **McKenzie Warren** is receiving a pretty nice consolation prize: A spot in the USA Track & Field National Championships.

Having already crushed the all-time GNAC overall and meet record in the shot put, Warren will compete in the overall national meet on Mar. 11-12 at the Oregon Convention Center. As of Wednesday evening, Warren is ranked 10th out of 16 qualified entrants in the women's shot put with a season-best mark of 55-3 1/2 (16.85m). Warren is currently just one of two collegiate athletes in the women's shot put field. The USATF meet takes place just four miles from Concordia's north Portland campus.

Warren took the conference record with a mark of 55 feet, 3.5 inches. The mark is the best in Division II this season and is tied for 14th among all collegians. The sophomore would have automatically qualified for this weekend's Division II Indoor Championships, but the Cavaliers are ineligible for the meet until 2018 as they make their transition to Division II membership from NAIA membership.

Professional athletes sponsored by Nike represent three of the top four entrants with Daniella Bunch currently holding the top mark in the event with a distance of 61 feet, 11 inches.

The women's shot put will take place on Friday, March 11 at approximately 4:45 p.m.

Warren has already qualified for the US Olympic Track & Field Team Trials that will take place at Hayward Field in Eugene, Ore., on July 1-10, 2016. Warren captured three NAIA All-American honors last season, including a national champion in the discus during the outdoor season. Ashland's Jamie Sindelar currently holds the top mark in NCAA Division II with a 54 feet, 5.5 inches, almost a foot shy of Warren's top throw this season.

GNAC ATHLETES, COACHES COLLECT USTFCCA REGIONAL

HONORS: Three of the top point scorers at the GNAC Indoor Track and Field Championships lead a total of six individuals honored by the U.S. Track & Field and Cross Country Coaches Association (USTFCCA) in their regional awards for indoor track and field.

Northwest Nazarene sophomore **Payton Lewis** was selected as the West Region Men's Field Athlete of the Year. Alaska Anchorage senior **Joyce Chelimo** was named the West Region Women's Track Athlete of the Year while her teammate, senior **Karolin Anders**, earned West Region Women's Field Athlete of the Year.

Three GNAC coaches were also recognized by the USTFCCA. Alaska Anchorage head coach **Michael Friess** was named the West Region Women's Coach of the Year, marking his second coach of the year award from the organization this academic year (he was also the West Region Women's Cross Country Coach of the Year). Simon Fraser's **Tom Dickson** was named the West Region Men's Assistant Coach of the Year and Seattle Pacific's **Audra Smith** was recognized as the West Region Women's Assistant Coach of the Year.

The top regional honors are in addition to a total of 139 athletes from the GNAC named as USTFCCA Indoor Track and Field All-West Region selections.

The GNAC Championships Male Outstanding Athlete of the Meet, Lewis won the GNAC title in the heptathlon and pole vault and was the championships' top scorer. His heptathlon total of 5,163 points is the third-best in league history. Along with the NCAA bid in the heptathlon, his season's best of 16 feet, 10.75 inches in the pole vault was enough for a national championships bid as well.

Chelimo returned from a redshirt season to become just the second athlete in GNAC Championships history to sweep all three distance events: the mile, 3,000 meters and 5,000 meters (her husband, Micah Chelimo, is the other). She is entered in the NCAA Championships in the 3,000 meters and 5,000 meters. Her time in the 3,000 meters of 9:17.97 is the fourth fastest in Division II history under all conditions indoors.

GNAC News & Notes

Anders was named the GNAC Championships Women's Outstanding Athlete of the Meet after earning 31 points in the meet and becoming the all-time leading individual point scorer in meet history. Anders won the pentathlon and long jump at the GNAC meet, placed third in the triple jump and fourth in the high jump. She is entered in the NCAA Championships in both the high jump and pentathlon.

Friess, in his 26th year at Alaska Anchorage, led both the Seawolves men's and women's teams in the GNAC Championships, marking the first time one team has swept the men's and women's titles. In winning the women's coaching award, Friess leads a total of eight UAA women's athletes to the NCAA Championships, the most for a GNAC women's program.

Dickson, in his 30th season as sprints and hurdles coach at Simon Fraser, led Joel Webster to the GNAC 400-meter crown, a new championships record and an NCAA Championships bid. Smith, in her second year on the Seattle Pacific staff, coached sprinters to two GNAC titles, saw two break school records, set two conference records and three national top-10 marks. The sprints coach for the Falcons, sprinters accounted for 58 of the team's 136 points at the GNAC Championships.

MOVING ON OUT: While the indoor nationals are this weekend, GNAC teams also began their outdoor seasons last weekend. Western Oregon began its outdoor season last Friday at the Linfield Erik Anderson Memorial Icebreaker distance session and at the Willamette Open on Saturday. Saint Martin's, Seattle Pacific and Western Washington all traveled to Tacoma and competed at the Puget Sound Quad Meet.

Alaska Anchorage opens its outdoor season this weekend in southern California, competing at both the Ben Brown Invitational in Fullerton, Calif., and the Occidental Distance Carnival in Los Angeles. Central Washington starts its outdoor schedule at the PLU Open in Tacoma while Concordia and Northwest Nazarene open at the Saints Open at Mt. Hooc CC in Gresham, Ore.

TIP OF THE SPEAR: One week of the outdoor season is done and the GNAC already has seven athletes provisionally qualified for the NCAA Division II Outdoor Championships in the javelin. Western Washington's **Bethany Drake** returned from a redshirt season (injury) to automatically qualify for nationals with her mark of 164 feet, 7 inches, at the Puget Sound Quad Meet. Drake was the 2014 outdoor national champion in the event.

Drake led five GNAC athletes to provisionally qualify at the Puget Sound meet including Western Washington's **Mariah Horton** and **Anosi Laupola** and Saint Martin's **Jona Spiller** and **Deanna Avalos**. Western Oregon's **Amanda Short** also had a provisional qualifier with her performance at the Willamette Opener.

Saint Martin's **Brian Chalkley** set a provisional qualifying mark with his winning throw of 200 feet, 5 inches, at the Puget Sound Quad Meet. Western Oregon's **Justin Larson** also had a provisional qualifying performance at Willamette.

GNAC Qualifiers For NCAA Division II Indoor Championships

MEN'S ACCEPTED ENTRIES TO NCAA CHAMPIONSHIPS

Event	Athlete	Mark	Rank	Date
400 Meters	Joel Webster, SFU	47.80	14th	2/20/16
800 Meters	Badane Sultessa, WOU	1:49.68	6th	2/26/16
	Cameron Proceviat, SFU	1:49.77	8th	2/26/16
Mile	David Ribich, WOU	4:05.21	7th	2/26/16
	Robert Peterson, MSUB	4:07.67	15th	2/26/16
	Sam Naffziger, WOU	4:09.20	25th	2/12/16
3,000 Meters	Dominik Notz, UAA	8:10.19	13th	2/14/16
	Marc-Antoine Rouleau, SFU	8:11.17	18th	1/16/16
	Henry Cheseto, UAA	8:11.81	20th	2/14/16
5,000 Meters	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
60m Hurdles	Travis Milbrandt, WWU	8.09	16th	2/20/16
4x400 Relay	Alaska Anchorage	3:12.45	6th	2/12/16
DMR	Simon Fraser	9:52.97	11th	1/29/16
	Western Oregon	9:53.08	12th	1/29/16
High Jump	Mikel Smith, SMU	2.10/6-10.75	T-12th	1/22/16
Pole Vault	Payton Lewis, NNU	5.15/16-10.75	T-6th	2/13/16
Long Jump	Valdislav Tsygankov, SFU	7.38/24-1.5	15th	2/19/16
Heptathlon	Cody Thomas, UAA	5,324	4th	1/16/16
	Payton Lewis, NNU	5,163	12th	2/20/16

WOMEN'S ACCEPTED ENTRIES TO NCAA CHAMPIONSHIPS

Event	Athlete	Mark	Rank	Date
200 Meters	Jamie Ashcroft, UAA	24.37	11th	2/20/16
400 Meters	Jahzelle Ambus, SPU	54.96	9th	2/20/16
	Jalen Tims, SPU	55.21	16th	2/20/16
800 Meters	Lynelle Decker, SPU	2:09.38	5th	1/29/16
	Chynna Phan, SPU	2:11.13	13th	2/26/16
	Addy Townsend, SFU	2:11.54	17th	2/20/16
	Tamara Perez, UAA	2:11.71	18th	2/20/16
Mile	Nicole Maurmann, WOU	4:58.10	33rd	2/26/16
3,000 Meters	Joyce Chelimo, UAA	9:17.97	1st	2/12/16
	Shannon Porter, SMU	9:38.79	10th	2/26/16
	Dani Eggleston, CWU	9:39.67	13th	2/26/16
	Rebecca Bassett, SFU	9:40.31	15th	1/16/16
	Caroline Kurgat, UAA	9:41.34	16th	1/29/16
5,000 Meters	Joyce Chelimo, UAA	16:22.93	2nd	1/29/16
	Shannon Porter, SMU	16:57.09	16th	1/29/16
60m Hurdles	Mailea Luquin, SPU	8.61	T-16th	2/26/16
4x400 Relay	Seattle Pacific	3:46.40	14th	2/20/16
DMR	Alaska Anchorage	11:39.44	5th	2/12/16
	Seattle Pacific	11:42.34	10th	2/12/16
High Jump	Miranda Osadchey, WWU	1.74/5-8.5	T-3rd	2/26/16
	Karolin Anders, UAA	1.73/5-8	T-5th	1/29/16
	Geneva Lehnert, SPU	1.71/5-7.25	T-12th	2/20/16
Triple Jump	Jasmine McMullin, WWU	12.22/40-1.25	7th	2/20/16
Shot Put	Emmi Collier, WOU	14.38/47-2.25	15th	2/20/16
Pentathlon	Karolin Anders, UAA	3,813	6th	1/16/16

2016 NCAA DIVISION II INDOOR TRACK AND FIELD CHAMPIONSHIPS QUALIFYING STANDARDS

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

GNAC Outdoor Championships/National Qualifying Standards

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

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

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

GNAC Qualifiers For NCAA Division II Outdoor Championships

MEN'S PROVISIONAL QUALIFIERS AS OF MAR. 9, 2016

Event	Athlete	Mark	Rank	Date
Steeplechase	Matt Lutz, WWU	9:15.15	1st	3/5/16
Javelin	Brian Chalkley, SMU	61.09/200-5	4th	3/5/16
	Justin Larson, WOU	59.35/194-9	7th	3/5/16

WOMEN'S AUTOMATIC QUALIFIERS AS OF MAR. 9, 2016

Event	Athlete	Mark	Rank	Date
Javelin	Bethany Drake, WWU	50.17/164-7	1st	3/5/16

WOMEN'S PROVISIONAL QUALIFIERS AS OF MAR. 9, 2016

Event	Athlete	Mark	Rank	Date
1,500 Meters	Shannon Porter, SMU	4:32.20	2nd	3/5/16
Javelin	Mariah Horton, WWU	43.56/14-211	5th	3/5/16
	Jona Spiller, SMU	43.44/142-6	7th	3/5/16
	Anosi Laupola, WWU	43.40/142-5	8th	3/5/16
	Amanda Short, WOU	42.71/140-1	9th	3/5/16
	Deanna Avalos, SMU	40.86/134-1	13th	3/5/16

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	—	—
Mar. 1	18th	—	—
Mar. 8	18th	—	—

USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Mar. 7, 2016 (Week 7)

Rk	School	Pts.	Prev.
1.	Adams State	211.05	1
2.	Tiffin	178.54	2
3.	Grand Valley State	166.64	3
4.	Saint Augustine's	156.89	4
5.	Texas A&M-Kingsville	108.76	5
6.	Academy of Art	106.24	6
7.	Colorado Mines	93.50	7
8.	Lincoln (Mo.)	83.61	8
9.	Pittsburg State	78.46	10
10.	Minnesota State	77.54	9
11.	Western State	74.31	11
12.	Ashland	58.90	13
13.	Azusa Pacific	58.41	12
14.	Lewis	53.58	14
15.	Missouri Southern	53.02	15
16.	Central Missouri	48.52	17
17.	Texas A&M-Commerce	47.13	19
18.	Alaska Anchorage	46.82	18
19.	Chadron State	46.48	20
20.	Findlay	46.41	21
21.	West Texas A&M	43.64	22
22.	Shorter	39.09	24
23.	Southern Connecticut	37.81	23
24.	Saginaw Valley State	37.64	25
25.	Limestone	37.05	26

USTFCCCA WEST REGION TEAM INDEX as of Mar. 1, 2016 (Final)

Rk	School	Pts.	Prev.
1.	Alaska Anchorage	432.93	1
2.	Academy of Art	398.00	2
3.	Azusa Pacific	322.55	3
4.	Western Washington	298.32	4
5.	Western Oregon	297.69	5
6.	Northwest Nazarene	210.46	6
7.	Simon Fraser	178.83	7
8.	Central Washington	153.48	8
9.	Montana State Billings	83.43	9
10.	Saint Martin's	82.03	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	—
Feb. 16	5th	23rd
Feb. 23	5th	13th
Mar. 1	8th	21st
Mar. 8	8th	21st

USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Mar. 8, 2016 (Week 7)

Rk	School	Pts.	Prev.
1.	Lincoln (Mo.)	184.39	1
2.	Pittsburg State	146.87	2
3.	New Mexico Highlands	128.89	7
4.	Hillsdale	115.15	3
5.	Grand Valley State	113.15	4
6.	Lewis	108.75	5
7.	Johnson C. Smith	105.41	6
8.	Alaska Anchorage	92.69	8
9.	Central Missouri	77.88	10
10.	Minnesota Duluth	74.09	9
11.	Saint Augustine's	72.34	12
12.	Ashland	69.92	11
13.	Minnesota State	69.62	13
14.	Shorter	57.32	14
15.	Findlay	50.55	16
16.	Missouri Southern	48.31	18
17.	Adams State	45.11	22
18.	Winona State	43.78	19
19.	Southern Connecticut	42.56	20
20.	Angelo State	40.65	23
21.	Seattle Pacific	38.55	21
22.	Merrimack	34.89	15
23.	Chadron State	34.28	24
24.	Texas A&M-Kingsville	34.07	25
25.	Mary	30.90	17

USTFCCCA WEST REGION TEAM INDEX as of Mar. 1, 2016 (Final)

Rk	School	Pts.	Prev.
1.	Seattle Pacific	400.05	2
2.	Alaska Anchorage	389.83	1
3.	Azusa Pacific	257.57	3
4.	Simon Fraser	243.82	4
5.	Central Washington	199.55	5
6.	Western Washington	193.34	6
7.	Academy of Art	179.71	8
8.	Northwest Nazarene	156.70	7
9.	Western Oregon	122.56	10
10.	Stanislaus State	112.81	9

[View Complete Regional Index Online](#)



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

GNAC Indoor Track & Field Records

MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
200 Meters	21.3	Cody Warner, Western Oregon (2015)
400 Meters	47.80	Joel Webster, Simon Fraser (2016) <i>Previous: 48.27, Andrew Boss, Simon Fraser (2011)</i>
800 Meters	1:49.68	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	8:10.19	Dominik Notz, Alaska Anchorage (2016) <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	3:12.45	Alaska Anchorage (2016) Nicholas Taylor, Liam Lindsey, Adam Commandeur, Cody Thomas <i>Previous: 3:15.83, Western Oregon (2010)</i>

Distance Medley	9:52.97	Simon Fraser (2016) Cameron Proceviat, Joel Webster, Carlos Vargas, Marc-Antoine Rouleau <i>Previous: 9:54.66, Simon Fraser, 2015</i>
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Long Jump	7.38/24-2.5	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	47.80	Joel Webster, Simon Fraser (2016)
800 Meters	1:51.49	Paul Mach, Seattle Pacific (2004)
Mile	4:10.13	Robert Peterson, Montana State Billings (2016)
3,000 Meters	8:27.83	Henry Cheseto, Alaska Anchorage (2015)
5,000 Meters	14:36.42	Dominik Notz, Alaska Anchorage (2016)
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
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Long Jump	7.38/24-2.5	Vladislav Tsygankov, Simon Fraser (2016)
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) Mikel Smith, Saint Martin's (2016)

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	18.63/61-1.75	Tyler Lamott, Concordia (2016)
Heptathlon	5,163	Payton Lewis, Northwest Nazarene (2016)

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	8.34	Travis Turner, Alaska Anchorage (2016)
Pole Vault	5.05/16-6.75	Payton Lewis, Northwest Nazarene (2016)
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	54.87	Jahzelle Ambus, Seattle Pacific (2016) <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	9:17.97	Joyce Chelimo, Alaska Anchorage (2016) <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) 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) <i>Previous: 14.87/48-9.5, Krissy Tandle, Central Washington (2009)</i>
Pentathlon	4,007	Danielle Ayers-Stamper, Seattle Pacific (2005)

WOMEN'S CONFERENCE MEET RECORDS

60 Meters	7.60	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	24.25	Jamie Ashcroft, Alaska Anchorage (2015)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
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	12.22/40-1.25	Jasmine McMullin, Western Washington (2016)
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	16.34/53-7.5	McKenzie Warren, Concordia (2016)
Pentathlon	3,761	Karolin Anders, Alaska Anchorage (2015)

PENTATHLON EVENTS

60m Hurdles	8.75	Rosie Smith, Alaska Anchorage (2016)
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	5.68/18-7.75	Karolin Anders, Alaska Anchorage (2016)
800 Meters	2:22.15	Ali Anderson, Central Washington (2016)

GNAC Outdoor Track & Field Records

MEN - ALL MEETS

100 Meters	10.22	Alex Donigian, Western Washington (2015)
200 Meters	21.11	Mike Hinshaw, Western Oregon (2002)
400 Meters	47.51	Ethan Hewitt, Alaska Anchorage (2011)
800 Meters	1:47.58	Badane Sultessa, Western Oregon (2015)
1,500 Meters	3:44.67	Alfred Kangogo, Alaska Anchorage (2011)
3,000 Meters	8:24.61	Jordan Welling, Western Washington (2014)
5,000 Meters	13:41.99	Micah Chelimo, Alaska Anchorage (2014)
10,000 Meters	28:37.75	Micah Chelimo, Alaska Anchorage (2014)
110m Hurdles	14.21	Travis Milbrandt, Western Washington (2015)
400m Hurdles	52.00	Shaun Ward, Alaska Anchorage (2011)
Steeplechase	8:45.63	Micah Chelimo, Alaska Anchorage (2012)
4x100 Relay	41.10	Central Washington (2010)
4x400 Relay	3:12.22	Alaska Anchorage (2014)
High Jump	2.13/6-11.75	Mikel Smith, Saint Martin's (2015)
Pole Vault	5.40/17-8.5	Ryan Brown, Western Washington (2010)
Long Jump	7.91/25-11.5	David Registe, Alaska Anchorage (2009)
Triple Jump	15.21/49-11	Justin Lawrence, Central Washington (2004)
Shot Put	18.55/60-10.5	Frank Catelli, Western Washington (2014)
Discus	54.07/177-5	Ryan Macdonald, Western Washington (2015)
Hammer	62.89/206-4	Pro Escobedo, Western Oregon (2003)
Javelin	77.98/255-10	Cody Parker, Alaska Anchorage (2013)
Decathlon	7,872	Chris Randolph, Seattle Pacific (2006)

DECATHLON EVENTS

100 Meters	10.90	Justin Miller, Humboldt State (2002)
Long Jump	7.31/22-11.75	Chris Randolph, Seattle Pacific (2006)
Shot Put	14.06/46-1.5	Alex Harrison, Western Washington (2010)
High Jump	2.06/6-9	Justin Peterson, Central Washington (2014)
400 Meters	48.21	Cody Thomas, Alaska Anchorage (2014)
110m Hurdles	14.82	Chris Randolph, Seattle Pacific (2006)
Discus	46.00/150-11	Chris Randolph, Seattle Pacific (2006)
Pole Vault	4.90/16-0.75	Zeb Udell, Western Oregon (2007)
Javelin	61.04/200-3	Alex Harrison, Western Washington (2012)
1,500 Meters	4L22.12	Zac Vawter, Saint Martin's (2004)

MEN'S CONFERENCE MEET RECORDS

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

WOMEN - ALL MEETS

100 Meters	11.64	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	23.99	NyEma Sims, Seattle Pacific (2007)
400 Meters	53.56	Mary Pierce, Alaska Anchorage (2007)
800 Meters	2:02.10	Helen Crofts, Simon Fraser (2013)
1,500 Meters	4:11.06	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:35.75	Sarah Porter, Western Washington (2011)
5,000 Meters	15:44.07	Jessica Pixler, Seattle Pacific (2010)
10,000 Meters	33:17.39	Sarah Porter, Western Washington (2011)
100m Hurdles	13.70	Danielle Ayers-Stamper, Seattle Pacific (2005)
400m Hurdles	59.17	Haleigh Lloyd, Alaska Anchorage (2015)
Steeplechase	10:13.01	Katelyn Steen, Western Washington (2015)
4x100 Relay	46.56	Alaska Anchorage (2014)
4x400 Relay	3:42.05	Simon Fraser (2011)
High Jump	1.78/5-10	Teona Perkins, Seattle Pacific (2007)
Pole Vault	3.85/12-7.5	Karis Anderson, Western Washington (2012)
Long Jump	5.99/19-8	Stephanie Huffman, Seattle Pacific (2002)
	5.99/19-8	Ali Worthen, Seattle Pacific (2013)
Triple Jump	12.42/40-9	Ashley Potter, Western Oregon (2012)
Shot Put	14.94/49-1	Krisst Tandle, Central Washington (2009)
Discus	50.52/165-9	Jessica Houston, Alaska Anchorage (2005)
Hammer	56.27/184-7	Jennifer Dunkin, Western Oregon (2003)
Javelin	51.66/169-6	Bethany Drake, Western Washington (2014)
Heptathlon	5,606	Danielle Ayers-Stamper, Seattle Pacific (2005)

HEPTATHLON EVENTS

100m Hurdles	13.70	Danielle Ayers-Stamper, Seattle Pacific (2005)
High Jump	1.75/5-8.75	Danielle Ayers-Stamper, Seattle Pacific (2005)
Shot Put	13.00/42-8	Bridget Johnson, Western Oregon (2006)
200 Meters	24.78	Grace Morgan, Alaska Anchorage (2013)
Long Jump	5.99/19-8	Stephanie Huffman, Seattle Pacific (2013)
Javelin	45.21/14-84	Katie Reichert, Western Washington (2012)
800 Meters	2:12.52	Bridgette Sexton, Seattle Pacific (2005)

WOMEN'S CONFERENCE MEET RECORDS

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

2016 GNAC 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.

2016 GNAC Indoor Meet Summaries

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.

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.

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 - Michaela 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.

Sat., Feb. 26

SPU Final Qualifier

at Dempsey Indoor Center, Seattle, Wash.

Women (Top 3 GNAC Finishers): 200 Meters - 2, Laura Patrick, WOU, 27.20. 400 Meters - 2, Olivia Woods, WOU, 58.05; 3, Megan Rose, WOU, 58.31. 3,000 Meters - 3, Shannon Porter, SMU, 9:38.79. 60m Hurdles - 2, Maliea Luquin, SPU, 8.81. High Jump - 1, Miranda Osadchey, WWU, 5-9.25. Pole Vault - 3, Anna Paradee, WWU, 12-0. Long Jump - 3, Kyra Brannan, SPU, 17-8.25.

Men (Top 3 GNAC Finishers): 60 Meters - 1, Wesley Gray, WOU, 7.21. 400 Meters - 2, Aaron Whitaker, WOU, 49.09. 3, AJ Holmberg, WOU, 50.57. Mile - 1, David Ribich, WOU, 4:05.21; 3, Robert Peterson, MSUB, 4:07.67. 60m Hurdles - 1, Travis Milbrandt, WWU, 8.16. 2, Kaleb Dobson, WOU, 8.35. DMR - 1, Alaska Anchorage A, 10:03.31. 2, Alaska Anchorage B, 10:13.61. Triple Jump - 1, Luke Plummer, CWU, 48-4. Shot Put - 2, Jeremy Moore, WOU, 47-3.5; 3, Kenny Klippel, WOU, 46-11.5.