



Mar. 16, 2016 • Week 9  
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## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

**Wed., Mar. 16 - Thurs., Mar. 17**  
Alaska Anchorage at ASU Spring Multi-Event,  
San Angelo, Texas

### Sat., Mar. 19

Saint Martin's at Lewis & Clark Spring Break Open,  
Portland, Ore.  
Concordia, Seattle Pacific, Western Oregon, Western  
Washington at Rose City Preview, Gresham, Ore.  
Central Washington, Northwest Nazarene at Eastern  
Oregon Team Challenge, Hermiston, Ore.

### LAST WEEK'S MEETS

**Fri., Mar. 11 - Sat., Mar. 12**  
NCAA Division II Indoor Track & Field Championships  
at Plaster Center, Pittsburg, Kan.

**Women's Team Scores:** Lincoln (Mo.) 60, Hillsdale 58,  
Grand Valley State 33, Alaska Anchorage 20.50 (9th),  
Seattle Pacific 18 (11th), Simon Fraser 2 (43rd), Saint  
Martin's 1 (47th).

**Women's GNAC All-Americans (Top 8):** 800 Meters  
- 2, Lynelle Decker, SFU, 2:07.52. 3,000 Meters - 6,  
Joyce Chelimo, UAA, 9:35.09; 8, Shannon Porter,  
SMU, 9:35.31. 5,000 Meters - 2, Joyce Chelimo, UAA,  
16:10.32. 4x400 Relay - 3, Seattle Pacific (Tims, Decker,  
Hong, Ambus), 3:42.44. DMR - 4, Alaska Anchorage  
(Pahkala, Cross, Perez, Kurgat), 11:31.21; 5, Seattle  
Pacific (Decker, Ambus, Phan, Patti), 11:32.17; 7, Simon  
Fraser (Townsend, Desch, Mussatto, Bassett), 11:36.86.  
High Jump - 6, Karolin Anders, UAA, 5-6.5. Pentathlon -  
7, Karolin Anders, UAA, 3,806.

**Men's Team Scores:** Tiffin 49, Adams State 47, Lincoln  
(Mo.) 39, Alaska Anchorage 16 (14th), Western Oregon 9  
(26th), Saint Martin's 8 (28th), Simon Fraser 5 (36th).

**Men's GNAC All-Americans (Top 8):** 800 Meters - 6,  
Cameron Proceviat, SFU, 1:49.95. Mile - 4, David  
Ribich, WOU, 4:14.22. 3,000 Meters - 4, Dominik Notz,  
UAA, 8:24.81. 5,000 Meters - 4, Dominik Notz, UAA,  
14:09.26. DMR - 5, Western Oregon (Naffziger, Whitaker,  
Dempsey, Ribich), 9:50.07. High Jump - 2, Mikel Smith,  
SMU, 6-11. Long Jump - 7, Vladislav Tsygankov, SFU,  
24-5.75. Heptathlon - 3, Cody Thomas, UAA, 5,538.

**USA Track & Field Indoor National Championships  
at Oregon Convention Center, Portland, Ore.**

Women: Shot Put - 11, McKenzie Warren, CU, 53-1.5.

### Ben Brown Invitational

at Titan Track Complex, Fullerton, Calif.

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

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

### Fri., Mar. 11

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

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

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

### Sat., Mar. 12

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

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

**Men (Top 3 GNAC Placers):** 800 Meters - 1, Ron  
Leaf, CWU, 1:58.97. 5,000 Meters - 3, Nick Spencer,

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

**Mt. Hood Track & Field Open  
at Mt. Hood CC, Gresham, Ore.**

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

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

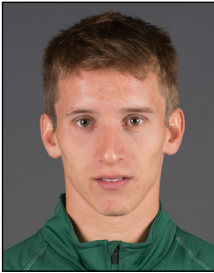
### Pacific Preview

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

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

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

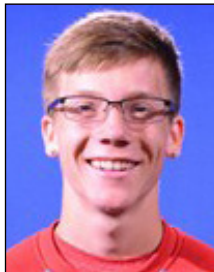
# GNAC Track & Field Athletes of the Week



## MEN'S TRACK

**Dominic Notz, Alaska Anchorage**  
Senior • Dettingen, Germany

Notz picked up two All-American trophies at the NCAA Division II Indoor Track and Field Championships. He placed fourth in the 3,000 meters with a time of 8:24.81, just over a second behind national champion Sydney Gidabuday, and also placed fourth in the 5,000 meters in a time of 14:09.26, moving him to No. 2 on the GNAC all-time list.



**David Ribich, Western Oregon**  
Sophomore • Enterprise, Ore.

Ribich broke out after being boxed in for most of his race to place fourth in the mile final at the NCAA Division II Indoor Track and Field Championships in a time of 4:14.22. Ribich ran a time of 4:06.36 in the preliminaries, which bettered the GNAC record by just under a second.

**Also Nominated:** Kyle McLaughlin (Northwest Nazarene).



## MEN'S FIELD

**Mikel Smith, Saint Martin's**  
Junior • Muskogee, Okla.

Smith was the national runner-up in the high jump at the NCAA Division II indoor Track and Field Championships with his clearance of 6 feet, 11 inches. Smith emerged from a three-way tie at the height on fewest misses, clearing on his first attempt at the three previous heights. The finish makes Smith Saint Martin's first three-time All-American.

**Also Nominated:** Cole Hoberg (Northwest Nazarene), Robert Watson (Concordia).



## WOMEN'S TRACK

**Lynelle Decker, Saint Martin's**  
Senior • Vancouver, Wash.

In her final collegiate indoor meet, Decker earned All-American honors with her second place finish in the 800 meters at the NCAA Division II Indoor Track and Field Championships with a lifetime best time of 2:07.52. The performance moves Decker to No. 3 on the GNAC all-time list. Decker also earned All-American trophies as the second leg of the Falcons' third place 4x400 relay team and the leadoff leg on the their fourth place distance medley relay team.



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

Chelimo ended her collegiate indoor career with a pair of All-American trophies. She was the runner-up in the 5,000 meters, placing second in 16:10.32 and was just over a second behind champion Amanda Farrough of Lewis. She finished the meet with a sixth place finish in the 3,000 meters with a time of 9:35.09.

**Also Nominated:** Shannon Porter (Saint Martin's), Taylor Deskins (Northwest Nazarene).



## WOMEN'S FIELD

**Karolin Anders, Alaska Anchorage**  
Senior • Berlin, Germany

Anders closed her collegiate indoor career by winning two All-American trophies at the NCAA Division II Indoor Track and Field Championships. She finished tied for sixth in the high jump, clearing 5 feet, 6.5 inches, and placed seventh in the pentathlon with a score of 3,806 points, just five points off of her lifetime best.

**Also Nominated:** Lauren Duval (Northwest Nazarene), Jasmine McMullin (Western Washington), Miranda Osadchey (Western Washington).

# Around The GNAC



## GNAC EARNS 18 ALL-AMERICAN TROPHIES AT INDOOR NATIONALS:

It was a great weekend for the GNAC in Pittsburg, Kan., as conference athletes posted a total of 18 All-American performances at the NCAA Division II Indoor Track and Field Championships at

the Plaster Center.

Alaska Anchorage led the way with a total of eight All-American performances and a school record 11 trophies. Seniors **Joyce Chelimo**, **Dominik Notz** and **Karolin Anders** each finished with two top-eight finishes apiece. Chelimo ran to a national runner-up finish in the 5,000 meters with a time of 16:10.32, setting a GNAC indoor record, and finished sixth in the 3,000 meters with a time of 9:35.09.

Notz finished in fourth in both of his races, finishing the 3,000 meters in 8:24.81 and the 5,000 meters in 14:09.26, which moves him to No. 2 on the GNAC all-time list. Anders closed her collegiate indoor career with a sixth place finish in the high jump at 5 feet, 6.5 inches, and seventh in the pentathlon with a score 3,806 points.

**Cody Thomas** finished off his indoor career with a GNAC record performance in the pentathlon, placing third with a score of 5,538 points. The Seawolves' fourth place women's distance medley relay team of **Jessica Pahkala**, **Mary Kathleen Cross**, **Tamara Perez** and **Caroline Kurgat** rounded out the All-Americans with a time of 11:31.21, third best in GNAC history.

Seattle Pacific senior **Lynelle Decker** closed her indoor career with three All-American trophies. She placed second in the women's 800 meters with a time of 2:07.52, third best in GNAC history. She also won All-American honors as part of both of the Falcons' relays. The 4x400-meter relay team of **Jalen Tims**, Decker, **Cheryl Hong** and **Jahzelle Ambus** placed third in a GNAC record 3:42.44 while the distance medley relay team of Decker, Ambus, **Chynna Phan** and **Anna Patti** placed fifth in 11:32.17.

Simon Fraser returned north with three All-American awards. **Vladislav Tsygankov** placed seventh in the long jump, extending his GNAC record with a mark of 24 feet, 5.75 inches while **Cameron Proceviat** placed sixth in the men's 800 meters in 1:49.95. The women's distance medley relay team of **Addy Townsend**, **Chantel Desch**, **Alana Mussatto** and **Rebecca Bassett** placed seventh in 11:36.86.

Junior **Mikel Smith** led two All-Americans for Saint Martin's, placing second in the men's high jump with his clearance of 6 feet, 11 inches. Senior **Shannon Porter** placed eighth in the 3,000 meters in a time of 9:35.31.

Western Oregon had an individual and a relay earn All-American honors. Wolves' sophomore **David Ribich** placed fourth in the mile with time of 4:14.22. He also joined **Sam Naffziger**, **Aaron Whitaker** and **Josh Dempsey** to place fifth in the men's distance medley relay with a GNAC record of 9:50.07.

Alaska Anchorage finished with the highest team score in both genders. The Seawolves' women placed ninth with 20.50 points while the men placed 14th with 16 points.



## WARREN COMPETES AT USATF INDOOR NATIONALS:

The GNAC record holder in the shot put placed 11th among a field of some of the best in the nation at the USA Track & Field Indoor Track and Field Championships last Friday at the Oregon Convention Center.

Warren finished with a mark of 53 feet, 1.5 inches, amidst a field made it almost exclusively of professional athletes.

She was the top collegian, bettering James Madison's Amber Monroe by a foot. Michelle Carter, competing for the New York Athletic Club and Nike, won the competition with a mark of 63 feet, 11.5 inches.

Warren competed at the USATF Nationals as Concordia is ineligible to compete at the Division II Championships due to the school's transition from NAIA membership to NCAA Division II membership. The program is unable to

compete at the NCAA nationals until the 2017-18 academic year.

As she enters the outdoor season, 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.



**OUTSIDE IN:** Six GNAC programs used the weekend to get those who weren't competing at the indoor nationals a chance to get their first steps in for the outdoor season.

Central Washington opened their weekend with 21 event winners at the PLU Open in Parkland, Wash. **Madison Garcia** led the Wildcats' women with wins in both the 100 meters (12.18) and 200 meters (25.34). **Luke Plummer** was a two-event winner, capturing the men's long jump (22-3.75) and the triple jump (47-1.5) while **Armando Tafoya** scored victories in the men's shot put (49-10.5) and the hammer (184-5).

Northwest Nazarene finished with seven event winners while Concordia had two at the Mt. Hood Track and Field Open in Gresham, Ore. The Crusaders were led by **Taylor Deskins**, who won the women's 100 meters (12.58) and second in the 200 meters (26.85), and **Lauren Duval** and **Kawena Warren**, who tied for first in the women's high jump (4-11.75). Both of Concordia's wins came in the men's throws: **Robert Watson** in the shot put (51-3.75) and **Tyler Lamott** in the hammer (179-3).

Western Oregon had five individual event winners at the Pacific Preview in Forest Grove, Ore. **Bailey Beeson** had the top women's performance in the 800 meters 92:19.15) while **AJ Holmberg** led the Wolves' men in the 400-meter hurdles (56.04).



## ALASKA ANCHORAGE IN PROGRAM OF YEAR

**CONVERSATION:** Thanks to their placings at both the cross country and indoor track nationals, Alaska Anchorage finds themselves in the top-five of the USTFCCCA's Program of the Year standings for Division II.

The Seawolves' men are fourth in Division II after the two seasons while the women are in fifth. Both teams have 17.5 points in a system that is based on a team's finish at each NCAA championship in cross country, indoor track and field and outdoor track and field (first place is one point, second place is two points, etc.).

Seattle Pacific's women are the only other GNAC program on the Program of the Year list, currently seventh with 27 points.

**NATIONALS QUALIFIERS:** Within the first two weeks of the outdoor season, a total of 14 GNAC athletes have procured qualifying marks for the NCAA Division II Outdoor Track and Field Championships. Western Washington's **Bethany Drake** has the only automatic qualifier, going 164 feet, 7 inches in the javelin at the Mar. 5 Puget Sound Quad Meet. Drake leads a total of nine GNAC athletes (seven women, two men) with qualifying marks in the javelin. There were three additions to the list this week: Alaska Anchorage's **Tevin Gladden** in the men's high jump (6-8), Central Washington's **Armando Tafoya** in the hammer (184-5) and the Wildcats' **Megan Rogers** in the women's 10,000 meters (36:45.26).

**GNAC WELL REPRESENTED IN NATIONAL POLLS:** Four GNAC teams are among the top-25 in both of the first USTFCCCA Division II Top-25 Outdoor Rankings. Alaska Anchorage tops the four men's teams, currently ranked sixth. Western Washington is 18th, followed by Central Washington at 20th and Western Oregon at 25th. The Vikings lead GNAC women's teams at No. 18, followed by Central Washington at No. 20, Western Oregon at No. 22 and Saint Martin's at No. 25.

# GNAC Qualifiers For NCAA Division II Indoor Championships

## MEN'S ACCEPTED ENTRIES TO NCAA CHAMPIONSHIPS

Event	Athlete	Mark	Rank	Date
<b>400 Meters</b>	Joel Webster, SFU	47.80	14th	2/20/16
<b>800 Meters</b>	Badane Sultessa, WOU	1:49.68	6th	2/26/16
	Cameron Proceviat, SFU	1:49.77	8th	2/26/16
<b>Mile</b>	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
<b>3,000 Meters</b>	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
<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
<b>60m Hurdles</b>	Travis Milbrandt, WWU	8.09	16th	2/20/16
<b>4x400 Relay</b>	Alaska Anchorage	3:12.45	6th	2/12/16
<b>DMR</b>	Simon Fraser	9:52.97	11th	1/29/16
	Western Oregon	9:53.08	12th	1/29/16
<b>High Jump</b>	Mikel Smith, SMU	2.10/6-10.75	T-12th	1/22/16
<b>Pole Vault</b>	Payton Lewis, NNU	5.15/16-10.75	T-6th	2/13/16
<b>Long Jump</b>	Valdislav Tsygankov, SFU	7.38/24-1.5	15th	2/19/16
<b>Heptathlon</b>	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
<b>200 Meters</b>	Jamie Ashcroft, UAA	24.37	11th	2/20/16
<b>400 Meters</b>	Jahzelle Ambus, SPU	54.96	9th	2/20/16
	Jalen Tims, SPU	55.21	16th	2/20/16
<b>800 Meters</b>	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
<b>Mile</b>	Nicole Maurmann, WOU	4:58.10	33rd	2/26/16
<b>3,000 Meters</b>	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
<b>5,000 Meters</b>	Joyce Chelimo, UAA	16:22.93	2nd	1/29/16
	Shannon Porter, SMU	16:57.09	16th	1/29/16
<b>60m Hurdles</b>	Mailea Luquin, SPU	8.61	T-16th	2/26/16
<b>4x400 Relay</b>	Seattle Pacific	3:46.40	14th	2/20/16
<b>DMR</b>	Alaska Anchorage	11:39.44	5th	2/12/16
	Seattle Pacific	11:42.34	10th	2/12/16
<b>High Jump</b>	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
<b>Triple Jump</b>	Jasmine McMullin, WWU	12.22/40-1.25	7th	2/20/16
<b>Shot Put</b>	Emmi Collier, WOU	14.38/47-2.25	15th	2/20/16
<b>Pentathlon</b>	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	<b>60 Meters</b>	7.42	7.73
8.33	8.84	<b>60 Meter Hurdles</b>	8.33	8.44
21.27	21.85	<b>200 Meters</b>	24.00	25.06
47.30	48.78	<b>400 Meters</b>	54.50	57.11
1:49.24	1:53.63	<b>800 Meters</b>	2:09.81	2:15.44
4:03.36	4:12.43	<b>Mile</b>	4:49.69	5:00.30
8:04.70	8:26.37	<b>3,000 Meters</b>	9:33.29	10:01.47
14:04.40	14:44.96	<b>5,000 Meters</b>	16:35.00	17:28.78
3:11.53	3:17.50	<b>4x400 Relay</b>	3:44.43	3:52.71
9:46.00	10:07.52	<b>Distance Medley Relay</b>	11:33.60	12:10.84
2.17/7-1.5	2.03/6-8	<b>High Jump</b>	1.79/5-10.5	1.65/5-5
5.15/16-10.75	4.66/15-3.5	<b>Pole Vault</b>	4.00/13-1.5	3.55/11-7.75
7.58/24-10.5	7.03/23-0.75	<b>Long Jump</b>	6.10/20-0.25	5.57/18-3.25
15.47/50-9.25	14.28/46-10.25	<b>Triple Jump</b>	12.42/40-9	11.54/37-10.5
18.56/60-10.75	15.77/51-9	<b>Shot Put</b>	15.35/50-4.5	13.27/43-6.5
20.99/68-10.5	17.19/56-4.75	<b>Weight Throw</b>	19.44/63-9.5	16.34/53-7.5
5,330	4,620	<b>Heptathlon/Pentathlon</b>	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](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
High Jump	Tevin Gladden, UAA	2.03/6-8	T-4th	3/11/16
Hammer	Armando Tafoya, CWU	56.22/184-5	T-3rd	3/12/16
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
10,000 Meters	Megan Rogers, CWU	36:45.26	2nd	3/12/16
Javelin	Mariah Horton, WWU	43.56/142-11	7th	3/5/16
	Jona Spiller, SMU	43.44/142-6	10th	3/5/16
	Anosi Laupola, WWU	43.40/142-5	11th	3/5/16
	Amanda Short, WOU	42.71/140-1	13th	3/5/16
	Kathryn Walker, SMU	42.09/138-1	14th	3/5/16
	Deanna Avalos, SMU	40.86/134-1	16th	3/5/16

# Men's Indoor 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 (Final)

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.	<b>Alaska Anchorage</b>	<b>46.82</b>	<b>18</b>
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.	<b>Alaska Anchorage</b>	<b>432.93</b>	<b>1</b>
2.	Academy of Art	398.00	2
3.	Azusa Pacific	322.55	3
4.	<b>Western Washington</b>	<b>298.32</b>	<b>4</b>
5.	<b>Western Oregon</b>	<b>297.69</b>	<b>5</b>
6.	<b>Northwest Nazarene</b>	<b>210.46</b>	<b>6</b>
7.	<b>Simon Fraser</b>	<b>178.83</b>	<b>7</b>
8.	<b>Central Washington</b>	<b>153.48</b>	<b>8</b>
9.	<b>Montana State Billings</b>	<b>83.43</b>	<b>9</b>
10.	<b>Saint Martin's</b>	<b>82.03</b>	<b>10</b>

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# Women's Indoor 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 (Final)

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.	<b>Alaska Anchorage</b>	<b>92.69</b>	<b>8</b>
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.	<b>Seattle Pacific</b>	<b>38.55</b>	<b>21</b>
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.	<b>Seattle Pacific</b>	<b>400.05</b>	<b>2</b>
2.	<b>Alaska Anchorage</b>	<b>389.83</b>	<b>1</b>
3.	Azusa Pacific	257.57	3
4.	<b>Simon Fraser</b>	<b>243.82</b>	<b>4</b>
5.	<b>Central Washington</b>	<b>199.55</b>	<b>5</b>
6.	<b>Western Washington</b>	<b>193.34</b>	<b>6</b>
7.	Academy of Art	179.71	8
8.	<b>Northwest Nazarene</b>	<b>156.70</b>	<b>7</b>
9.	<b>Western Oregon</b>	<b>122.56</b>	<b>10</b>
10.	Stanislaus State	112.81	9

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# Men's Outdoor Regional & National Polls

## GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	CWU	WOU	WWU
Mar. 15	6th	20th	25th	18th

## USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Mar. 15, 2016 (Week 1)

Rk	School	Pts.
1.	UC San Diego	291.87
2.	Angelo State	239.26
3.	Cal Poly Pomona	220.33
4.	Chico State	207.26
5.	Azusa Pacific	150.82
6.	<b>Alaska Anchorage</b>	<b>148.87</b>
7.	UPR Rio Piedras	146.65
8.	Stanislaus State	139.84
9.	Cal State LA	129.57
10.	Nova Southeastern	123.43
11.	Fresno Pacific	121.05
12.	Texas A&M-Kingsville	119.14
13.	Stillman	117.37
14.	Tarleton State	111.63
15.	Eastern New Mexico	90.38
16.	Benedict	79.06
17.	UPR Bayamon	69.28
18.	<b>Western Washington</b>	<b>56.75</b>
19.	Slippery Rock	54.29
20.	<b>Central Washington</b>	<b>53.80</b>
21.	East Central (Okla.)	53.10
22.	Humboldt State	49.09
23.	UPR Mayaguez	48.50
24.	Lee (Tenn.)	43.97
25.	<b>Western Oregon</b>	<b>38.41</b>

## USTFCCCA WEST REGION TEAM INDEX as of Mar. 14, 2016 (Week 1)

Rk	School	Pts.	Prev.
1.	UC San Diego	600.01	
2.	Chico State	392.60	
3.	Cal Poly Pomona	346.22	
4.	Azusa Pacific	305.53	
5.	<b>Alaska Anchorage</b>	<b>251.47</b>	
6.	Cal State LA	211.82	
7.	Stanislaus State	201.62	
8.	Fresno Pacific	185.09	
9.	<b>Central Washington</b>	<b>178.97</b>	
10.	Humboldt State	141.08	

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# Women's Outdoor Regional & National Polls

## GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	CWU	SMU	WOU	WWU
Mar. 15	20th	25th	22nd	18th

## USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Mar. 15, 2016 (Week 1)

Rk	School	Pts.
1.	UC San Diego	284.88
2.	Angelo State	249.46
3.	UPR Rio Piedras	212.61
4.	Tarleton State	167.77
5.	Humboldt State	155.52
6.	Chico State	142.36
7.	Cal Poly Pomona	137.13
8.	Azusa Pacific	137.13
9.	Nova Southeastern	123.51
10.	Texas A&M-Kingsville	104.17
11.	San Francisco State	98.76
12.	Claffin	93.51
13.	Stanislaus State	84.84
14.	Cal State LA	78.59
15.	West Georgia	76.01
16.	Central Oklahoma	73.60
17.	Cal Baptist	71.33
18.	<b>Western Washington</b>	<b>70.15</b>
19.	Slippery Rock	67.46
20.	<b>Central Washington</b>	<b>64.59</b>
21.	UPR Mayaguez	61.37
22.	<b>Western Oregon</b>	<b>50.89</b>
23.	Albany State (Ga.)	46.96
24.	Paine	45.35
25.	<b>Saint Martin's</b>	<b>43.76</b>

## USTFCCCA WEST REGION TEAM INDEX as of Mar. 14, 2016 (Week 1)

Rk	School	Pts.	Prev.
1.	UC San Diego	507.02	
2.	Chico State	300.10	
3.	San Francisco State	277.81	
4.	Cal Poly Pomona	241.79	
5.	Humboldt State	222.84	
6.	Cal State LA	204.81	
7.	<b>Central Washington</b>	<b>198.11</b>	
8.	Azusa Pacific	189.79	
9.	Stanislaus State	167.30	
10.	<b>Western Oregon</b>	<b>131.97</b>	

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# GNAC Indoor Track & Field Records

## MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
200 Meters	21.3	Cody Warner, Western Oregon (2015)
400 Meters	<b>47.80</b>	<b>Joel Webster, Simon Fraser (2016)</b> <i>Previous: 48.27, Andrew Boss, Simon Fraser (2011)</i>
800 Meters	<b>1:49.68</b>	<b>Badane Sultessa, Western Oregon (2016)</b> <i>Previous: 1:50.73, Sultessa (2015)</i>
Mile	<b>4:05.21</b>	<b>David Ribich, Western Oregon (2016)</b> <i>Previous: 4:07.46, Anthony Tomsich, Western Washington (2010)</i>
3,000 Meters	<b>8:10.19</b>	<b>Dominik Notz, Alaska Anchorage (2016)</b> <i>Previous: 8:10.99, Micah Chelimo, Alaska Anchorage (2014)</i>
5,000 Meters	13:47.73	Micah Chelimo, Alaska Anchorage (2014)
60m Hurdles	8.08	Travis Milbrandt, Western Oregon (2015)
4x400 Relay	<b>3:12.45</b>	<b>Alaska Anchorage (2016)</b> <b>Nicholas Taylor, Liam Lindsey, Adam Commandeur, Cody Thomas</b> <i>Previous: 3:15.83, Western Oregon (2010)</i>
Distance Medley	<b>9:50.07</b>	<b>Western Oregon (2016)</b> <b>Sam Naffziger, Aaron Whitaker, Josh Dempsey, David Ribich</b> <i>Previous: 9:54.66, Simon Fraser, 2015</i>
Long Jump	<b>7.46/24-5.75</b>	<b>Vladislav Tsygankov, Simon Fraser (2016)</b> <i>Previous: 7.21/23-8, Matson Hardie, Western Oregon (2010)</i>
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015)
High Jump	2.15/7-0.5	Mikel Smith, Saint Martin's (2015)
Pole Vault	5.31/17-5	Ryan Brown, Western Washington (2011)
Weight Throw	18.82/61-9	Anthony Marin, Western Oregon (2007)
Shot Put	17.94/58-10.75	Cameron Neel, Western Washington (2007)
Heptathlon	<b>5,538</b>	<b>Cody Thomas, Alaska Anchorage (2016)</b> <i>Previous: 5,508, Chris Randolph, Seattle Pacific (2006)</i>

## MEN'S CONFERENCE MEET RECORDS

60 Meters	6.75	Alex Donigian, Western Washington (2014)
200 Meters	21.60	Cody Warner, Western Oregon (2015)
400 Meters	<b>47.80</b>	<b>Joel Webster, Simon Fraser (2016)</b>
800 Meters	1:51.49	Paul Mach, Seattle Pacific (2004)
Mile	<b>4:10.13</b>	<b>Robert Peterson, Montana State Billings (2016)</b>
3,000 Meters	8:27.83	Henry Cheseto, Alaska Anchorage (2015)
5,000 Meters	<b>14:36.42</b>	<b>Dominik Notz, Alaska Anchorage (2016)</b>
60m Hurdles	8.08	Travis Milbrandt, Western Washington (2015)
4x400 Relay	3:16.09	Alaska Anchorage (2014) Elliott Bauer, Adam Commandeur, Bobo Camaara, Ethan Hewitt
Distance Medley	10:04.58	Simon Fraser (2012) Ryan Brockerville, Stuart Ellenwood, Keir Forster, Adam Reid
Long Jump	<b>7.38/24-2.5</b>	<b>Vladislav Tsygankov, Simon Fraser (2016)</b>
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015)
High Jump	2.06/6-9	Brennan Boyes, Central Washington (2012) Brett Watson, Western Washington (2015) Andrew Galbraith, Northwest Nazarene (2015) <b>Mikel Smith, Saint Martin's (2016)</b> <b>Cole Hoberg, Northwest Nazarene (2016)</b>
Pole Vault	5.16/16-11	Payton Lewis, Northwest Nazarene (2011)
Weight Throw	18.19/59-8.25	Anthony Marin, Western Oregon (2007)
Shot Put	<b>18.63/61-1.75</b>	<b>Tyler Lamott, Concordia (2016)</b>
Heptathlon	<b>5,163</b>	<b>Payton Lewis, Northwest Nazarene (2016)</b>

## HEPTATHLON EVENTS

60 Meters	7.07	Jaysen Yoro, Saint Martin's (2015)
Long Jump	6.83/22-5	Jake Hyde, Western Oregon (2012)
Shot Put	12.52/41-1	Geryson Kilgore, Northwest Nazarene (2012)
High Jump	1.99/6-6	Jaysen Yoro, Saint Martin's (2015)
60m Hurdles	<b>8.34</b>	<b>Travis Turner, Alaska Anchorage (2016)</b>
Pole Vault	<b>5.05/16-6.75</b>	<b>Payton Lewis, Northwest Nazarene (2016)</b>
1,000 Meters	2:43.00	Colin Alexander, Central Washington (2012)

## WOMEN - ALL MEETS

60 Meters	7.60	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	24.25	Jamie Ashcroft, Alaska Anchorage (2015)
400 Meters	<b>54.87</b>	<b>Jahzelle Ambus, Seattle Pacific (2016)</b> <i>Previous: 55.54, Terran Legard, Central Washington (2005)</i>
800 Meters	2:04.94	Helen Crofts, Simon Fraser (2011)
Mile	4:32.88	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	<b>9:17.97</b>	<b>Joyce Chelimo, Alaska Anchorage (2016)</b> <i>Previous: 9:23.24, Jessica Pixler, Seattle Pacific (2009)</i>
5,000 Meters	<b>16:10.32</b>	<b>Joyce Chelimo, Alaska Anchorage (2016)</b> <i>Previous: 16:11.67, Sarah Porter, Western Washington (2009)</i>
60m Hurdles	<b>8.53</b>	<b>Mailea Luquin, Seattle Pacific (2016)</b> <i>Previous: 8.66, Danielle Ayers-Stamper, Seattle Pacific (2005)</i>
4x400 Relay	<b>3:42.44</b>	<b>Seattle Pacific (2016)</b> <b>Jalen Tims, Lynelle Decker, Sheryl Hong, Jahzelle Ambus</b> <i>Previous: 3:46.34, Seattle Pacific (2013)</i>
Distance Medley	11:28.28	Simon Fraser (2015) Rebecca Bassett, Monique Lisek, Paige Nock, Lindsey Butterworth
Long Jump	5.93/19-5.5	Danielle Ayers-Stamper, Seattle Pacific (2005)
Triple Jump	12.40/40-8.25	Ashley Potter, Western Oregon (2012)
High Jump	1.77/5-9.75	Danielle Ayers-Stamper, Seattle Pacific (2005) Taylor Fettig, Central Washington (2014) Alison Silva, Northwest Nazarene (2014)
Pole Vault	3.91/12-10	Alison Silva, Northwest Nazarene (2014)
Weight Throw	17.74/58-2.5	Kristin Hepler, Western Oregon (2004)
Shot Put	<b>16.85/55-3.5</b>	<b>McKenzie Warren, Concordia (2016)</b> <i>Previous: 14.87/48-9.5, Krissy Tandle, Central Washington (2009)</i>
Pentathlon	4,007	Danielle Ayers-Stamper, Seattle Pacific (2005)

## WOMEN'S CONFERENCE MEET RECORDS

60 Meters	7.60	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	24.25	Jamie Ashcroft, Alaska Anchorage (2015)
400 Meters	<b>54.87</b>	<b>Jahzelle Ambus, Seattle Pacific (2016)</b>
800 Meters	2:08.28	Jessica Pixler, Seattle Pacific (2010)
Mile	4:40.39	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:47.64	Jennifer Johnson, Simon Fraser (2015)
5,000 Meters	11:64.07	Sarah Porter, Western Washington (2010)
60m Hurdles	8.66	Danielle Ayers-Stamper, Seattle Pacific (2005)
4x400 Relay	3:50.68	Seattle Pacific (2015) Jahzelle Ambus, Tasia Baldwin, Jalen Tims, Jasmine Johnson
Distance Medley	11:36.32	Seattle Pacific (2010) Kate Harline, Jennifer Pike, Jane Larson, Jessica Pixler
Long Jump	5.82/19-1.25	Tanya Bjornsson, Western Washington (2014)
Triple Jump	<b>12.22/40-1.25</b>	<b>Jasmine McMullin, Western Washington (2016)</b>
High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2014)
Pole Vault	3.91/12-10	Alison Silva, Northwest Nazarene (2014)
Weight Throw	17.63/57-10.25	Becki Duhamel, Central Washington (2015)
Shot Put	<b>16.34/53-7.5</b>	<b>McKenzie Warren, Concordia (2016)</b>
Pentathlon	3,761	Karolin Anders, Alaska Anchorage (2015)

## PENTATHLON EVENTS

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



# GNAC Outdoor Track & Field Records

## MEN - ALL MEETS

100 Meters	10.22	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 Griff, 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.

# 2016 GNAC Outdoor Meet Summaries

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

**Linfield Erik Anderson Memorial Icebreaker**

**at Maxwell Field, McMinnville, Ore.**

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

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

**Sat., Mar. 5**

**Puget Sound Quad Meet**

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

**Women (Top 3 GNAC Finishers):** 200 Meters - 2, Lisa Petersen, SMU, 26.90.

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

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Tre'Von Powe, WWU, 11.28. 200 Meters - 1, Tre'Von Powe, WWU, 22.54; 3, Latrelle Swayne, SMU, 23.14. 400 Meters - 3, David Durden, SMU, 51.89. 800 Meters - 1, Jesse Phan, SPU, 1:57.23. 1,500 Meters - 1, Isaac 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 Chalkley, SMU, 200-05.

**Willamette Opener**

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

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

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