

2013 GNAC Men's Track and Field Championships (May 10-11 at Monmouth)

Team Scores – Western Washington 183 ½, Central Washington 141, Western Oregon 137, Alaska Anchorage 129, Northwest Nazarene 63, Saint Martin's 56, Simon Fraser 33 ½, MSU Billings 33, Seattle Pacific 26. **Outstanding Performer** – Rimar Christie, Northwest Nazarene.

Saturday's Finals:

100 – 1. Rimar Christie, NNU, 10.64; 2. Bryan Mack, CWU, 10.85; 3. Alex Donigian, WWU 10.94; 4. Edd Brown, SMU, 10.96; 5. Kent McKinney, CWU, 11.11; 6. Bryce Leedham, WOU, 11.34; 7. Austen DeWolf, UAA, 11.37; 8. AJ Allen, UAA, 11.56.

200 - 1. Rimar Christie, NNU, 21.47; 2. Jeff Howard, WOU, 21.75; 3. Demarcus Garner, CWU, 22.17; 4. Nathaniel Schmidt, WWU, 22.18; 5. Cody Thomas, UAA, 22.47; 6. Alex Donigian, WWU, 22.91; 7. Bryce Leedham, WOU, 22.97; 8. AJ Allen, UAA, 23.01.

400 - 1. Jonathon Poolman, WWU, 47.82; 2. Devon Smith, WWU, 48.20; 3. Nathaniel Schmidt, WWU, 49.13; 4. Jason Nokes, WWU, 49.42; 5. Demarcus Garner, CWU, 49.71; 6. Harrison Leep, WOU, 50.08; 7. Cody Thomas, UAA, 54.36.

800 - 1. Chris Olsen, WOU, 1:51.08; 2. Ryan Hansen, WOU, 1:51.73; 3. Josh Hanna, WOU, 1:52.23; 4. Frank Krause, SMU, 1:54.44; 5. Cameron Proceviat, SFU, 1:54.58; 6. John Wojtech, CWU, 1:55.14; 7. Isaac Kangogo, UAA, 1:56.15; 8. Justin Webb, NNU, 1:58.99.

1500 - 1. Seth Pierson, SPU, 3:56.30; 2. Isaac Kangogo, UAA, 3:56.96; 3. Travis Vugteveen, SFU, 3:56.99; 4. Chip Jackson, WWU, 3:57.87; 5. James Young, SFU, 3:58.77; 6. Dominik Notz, UAA, 3:58.83; 7. Sam Naffziger, WOU, 3:59.15; 8. Tyson Vanderby, MSUB, 3:59.44; 9. Zeke Wilson, WOU, 4:00.84; 10. Brady Beagley, WOU, 4:04.41; 11. Chase Robinson, MSUB, 4:05.44; 12. Ryan Eidsmoe, CWU, 4:05.60; 13. Matt Lutz, WWU, 4:08.05; 14. Joseph Patti, SMU, 4:10.58.

5000 – 1. Dak Riak, WWU, 14:51.45; 2. Tyson Vanderby, MSUB, 14:57.21; 3. Dylan Anthony, UAA, 15:08.11; 4. Keir Forster, SFU, 15:10.95; 5. Andrey Ionashku, UAA, 15:12.20; 6. Yonatan Yilma, UAA, 15:23.93; 7. Ryan Peterson, WWU, 15:24.47; 8. Victor Samoei, UAA, 15:29.85; 9. Chip Jackson, WWU, 15:33.71; 10. Isaac Griffith, WWU, 15:36.84; 11. Tanner Boyd, WWU, 15:55.21; 12. Jonathan Quimby, WWU, 15:57.16; 13. Cory Johnson, WWU, 16:01.83; 14. Kevin Rooke, UAA, 16:13.79; 15. Isaac Kangogo, UAA, 16:39.16.

110 Hurdles - 1. Logan Myers, WWU, 14.65 (meet record, old, 14.78, Damien Davis, WOU, 2003); 2. Andrew Venema, CWU, 14.72; 3. Travis Milbrandt, WWU, 15.07; 4. Kody Rhodes, WOU, 15.36; 5. Ryan Endresen, SPU, 15.46; 6. Bobo Camara, UAA, 15.56; 7. Kyle McLaughlin, NNU, 15.68; 8. Cody Thomas, UAA, 15.86.

400 Hurdles - 1. Elliott Bauer, UAA, 54.06; 2. Stan Wester, WOU, 54.68; 3. Travis Wilson, UAA, 55.74; 4. Lewis Polkow, MSUB, 55.75; 5. Kody Rhodes, WOU, 55.95; 6. Ryan Endresen, SPU, 56.84; 7. Bobo Camara, UAA, 1:09.32; 8. Peter Maguire, WWU, 1:19.44.

4x100 Relay - 1. Northwest Nazarene (Sepe, Curtis, Henderson, Christie) 41.72; 2. Central Washington (Nystrom, McKinney, Todd, Mack) 41.89; 3. Western Washington (Nokes, Poolman, Rudy, Schmidt) 42.10; 4. Alaska Anchorage (Allen, Bauer, DeWolf, Thomas) 42.58; 5. Western Oregon (Leep, Hyde, Campbell, Howard) 43.14; 6. MSU Billings (DiGiovanna, Polkow, Cates, Prevost) 43.53; Saint Martin's (Holland, Brown, Sissel, Davis) did not finish.

4x400 Relay – 1. Western Washington (Poolman, Schmidt, Nokes, Smith) 3:15.17; 2. Western Oregon (Leep, Hanna, Hansen, Olsen) 3:18.36; 3. Central Washington (Sather, Armstrong, Garner, Fremd) 3:18.77; 4. Simon Fraser (Conard, Vugteveen, Proceviat, Ellenwood) 3:20.01; 5. Alaska Anchorage (Bauer, Miller, Thomas, Wilson) 3:20.52; 6. Northwest Nazarene (Sepe, McLaughlin, Henderson, Harris) 3:22.57; 7. MSU Billings (Polkow, Neale, Galahan, Prevost) 3:24.42; 8. Saint Martin's (Brenner, Wiedmer, Holland, Sissel) 3:26.78.

Pole Vault – 1. Joseph Keeton, SMU, 4.30 – 14-1 ¼; 2. Thomas Guidon, WWU, and Keenan Komoto, WWU, 4.20 – 13-9 ¼; 4. Brett Mattson, WWU, 4.00 – 13-1 ½; Greyson Kilgore, NNU, no height; Matt Hankins, SMU, no height; Luke Conklin, NNU, no height.

Triple Jump – 1. Michael Davis, SMU, 14.89 – 48-10 ¼; 2. Stephen Larlee, NNU, 14.45 – 47-5; 3. Bryan Mack, CWU, 14.18 – 46-6 ¼; 4. Tim Clendaniel, WWU, 14.07 – 46-2; 5. Matson Hardie, WOU, 13.62 – 44-8 ¼; 6. Brian McElroy, SMU, 13.59 – 44-7; 7. Jake Hyde, WOU, 13.58 – 44-6 ¾; 8. Luke Plummer, CWU, 13.40 – 43-11 ¾; 9. Richard Predmore, NNU, 13.34 – 43-9 ¼; Andrew Freed, UAA, foul.

Hammer – 1. Quinton Agosta, CWU, 56.67- 185-11; 2. Mike Jensen, CWU, 53.90 – 176-10; 3. Carraig Colahan, WOU, 49.21 – 161-5; 4. Eric Holstrom, CWU, 47.70 – 156-6; 5. Reid White, NNU, 47.41 – 155-6; 6. Luca Molinan, SFU, 46.66 – 153-1; 7. Matt Silva,

NUU, 45.70 – 149-11; 8. Elmer Williams, NNU, 41.48 – 136-1; 9. Joshua Teuteu, SMU, 40.05 – 131-5; 10. Ryan Macdonald, WWU, 38.84 – 127-5.

Javelin – 1. Franz Burghagen, UAA, 69.49 – 228-0 (meet record, old, 65.54 – 215-0, Cody Parker, UAA, 2012); 2. Cody Parker, UAA, 66.24 – 217-4; 3. Shane Brooks, WOU, 63.35 – 207-10; 4. Slater Hirst, WWU, 60.15 – 197-4; 5. Dylan Beuhler, MSUB, 58.90 – 193-3; 6. Nate Johnson, SPU, 56.50 – 185-4; 7. Ben Coles, SFU, 56.13 – 184-2; 8. Justin Larson, WOU, 55.49 – 182-1; 9. Neil Gravatt, WOU, 55.09 – 180-9; 10. Braden Keller, CWU, 54.18 – 177-9; 11. Tanner Rottrup, MSUB, 53.64 – 176-0; 12. Jeremiah Woods, NNU, 50.85 – 166-10; 13. Jordan Griffith, WOU, 50.54 – 165-10; 14. Damien Fisher, WWU, 49.32 – 161-10; 15. Jacob Jaramanian, SFU, 46.34 – 152-0.

Friday's Finals:

Steeplechase - 1. Brady Beagley, WOU, 9:17.42; 2. Zach Holloway, WOU, 9:26.92; 3. AJ Baker, SPU, 9:31.84; 4. Dylan Anthony, UAA, 9:35.10; 5. Andrey Ionashku, UAA, 9:37.43; 6. Dylan Peterson, WWU, 9:43.85; 7. Thomas Neale, MSUB, 9:47.19; 8. Taylor Canfield, MSUB, 9:49.44; 9. Nathan Minor, CWU, 9:51.44; 10. Noah Ripley, WWU, 9:56.95; 11. Matt Lutz, WWU, 10:03.65; 12. Michael Gordon, NNU, 10:14.26; 13. Matt Rankin, NNU, 10:16.23.

10,000 – 1. Yonatan Yilma, UAA, 32:25.74; 2. Victor Samoei, UAA, 32:32.20; 3. Tanner Boyd, WWU, 32:36.52; 4. Isaac Griffith, WWU, 32:40.38; 5. Kevin Rooke, UAA, 32:42.71; 6. Cory Johnson, WWU, 32:44.74; 7. Joe Berger, SMU, 32:46.39; 8. Jacob Parisien, UAA, 32:51.73; 9. Jonathon Quimby, WWU, 32:57.17; 10. Dylan Anthony, UAA, 33:01.32; 11. Taylor Canfield, MSUB, 34:18.28; 12. Dylan Peterson, WWU, 34:25.06; 13. Josiah Shelman, SMU, 35:03.79; 14. Nick Spencer, CWU, 35:32.51,

Long Jump – 1. Bryan Mack, CWU, 7.11 – 23-4; 2. Matson Hardie, WOU, 7.05 – 23-1 ¾; 3. Kevin Yates, WWU, 7.04 – 23-1 ¼; 4. Brett Watson, WWU, 6.84 – 22-5 1/4; 5. Jake Hyde, WOU, 6.82 – 22-4 1/2; 6. Dkay Ayivor, SFU, 6.79 – 22-3 1/2; 7. Luke Plummer, CWU, 6.75 – 22-1 3/4; 8. Stephen Larlee, NNU, 6.62 – 21-8 ¾; 9. Jerry He, SFU, 6.45 – 21-2; 10. Eric Gaines, WOU, 5.32 – 20-9; 11. Michael Glover, WOU, 6.10 – 20-0 ¼; 12. Richard Predmore, NNU, 6.08 – 19-11 ½.

High Jump – 1. Brett Watson, WWU, 2.01 – 6-7; 2. Brennan Boyes, CWU, 1.96 – 6-5; 3. Ethan Meikle, CWU, 1.91 – 6-3 ¼; 4. Matson Hardie, WOU, 1.91 – 6-3 1/4; 5. Garrett Hardie, WOU, 1.91 – 6-3 1/4; 6. Lewis Meyers, CWU, 1.91 – 6-3 1/4; 7. Dkay Ayivor, SFU, and Kevin Yates, WWU, 1.86 – 6-1 ¼; 9. Luke Conklin, NNU, 1.86 – 6-1 ¼; 10. Kyle McLaughlin, NNU, 1.86 – 6-1 ¼. No Height - Andrew Galbraith, NNU; Cody Thomas, UAA; Logan Myers, WWU; Andrew Venema, CWU.

Shot Put – 1. Sam Washington, SMU, 16.84 – 55-3; 2. Frank Catelli, WWU, 16.68 – 54-8 ¾; 3. Tanner Rottrup, MSUB, 15.59 – 51-1 ¾; 4. Troy Martin, CWU, 15.05 – 49-4 1/2; 5. Mike Jensen, CWU, 15.03 – 49-3 3/4; 6. Quinton Agosta, CWU, 14.98 – 49-1 3/4; 7. Reid White, NNU, 14.71 – 48-3 1/4; 8. Anthony Montanez, MSUB, 14.51 – 47-7 ¼; 9. Jake Swan, MSUB, 14.48 – 47-6 ¼; 10. Eric Holmstrom, CWU, 14.30 – 46-11; 11. Carraig Colahan, WOU, 14.12 – 46-4; 12. Jacob Gilbert, WWU, 13.87 – 45-6 ¼.

Discus – 1. Troy Martin, CWU, 48.98 – 160-8; 2. Ryan Macdonald, WWU, 48.61 – 159-6; 3. Sam Washington, SMU, 46.99 – 154-2; 4. Quinton Agosto, CWU, 45.99 – 150-11; 5. Kevin Rima, NNU, 45.98 – 150-10; 6. Frank Catelli, WWU, 44.74 – 146-9; 7. Mike Jensen, CWU, 43.47 – 142-7; 8. Tim Dommek, UAA, 43.25 – 141-11; 9. Eric Holmstrom, CWU, 42.13 – 138-3; 10. Reid White, NNU, 41.53 – 136-3; 11. Jacob Gilbert, WWU, 41.10 – 134-10; 12. Damien Fisher, WWU, 41.08 – 134-9; 13. Carraig Colahan, WOU, 40.07 – 131-5; Alex Bizzack, WWU, foul.

Friday's Prelims:

100: **Heat 1** - 1. Rimar Christie, NNU, 10.56; 2. AJ Allen, UAA, 10.90; 3. Edd Brown, SMU, 11.03; 4. Austen DeWolf, UAA, 11.13; 5. Jeff Howard, WOU, 11.14; 6. David Ferguson, SPU, 11.29; 7. Tyler DiGiovanna, MSUB, 11.42; Rory Bauer, MSUB, did not finish. **Heat 2** - 1. Bryan Mack, CWU, 10.77; 2. Alex Donigian, WWU, 10.98; 3. Bryce Leedham, WOU, 11.01; 4. Kent McKinney, CWU, 11.01; 5. Cody Henderson, NNU, 11.19; 6. Jordan Todd, CWU, 11.22; 7. Tucker Rudy, WWU, 11.36; 8. Evan Nystrom, CWU, 11.37.

200: **Heat 1** – 1. Rimar Christie, NNU, 21.32 (meet record, old, 21.36, Anthony Wright, CWU, 2010); 2. Alex Donigian, WWU, 21.83; 3. Bryce Leedham, WOU, 22.22; 4. Kent McKinney, CWU, 22.58; 5. Tucker Rudy, WWU, 22.68. **Heat 2** – 1. Nathaniel Schmidt, 22.12; 2. AJ Allen, UAA, 22.38; 3. Austen DeWolf, 22.61; 4. Jonathon Poolman, WWU, 24.70; 5. Andrew Curtis, NNU, 28.18. **Heat 3** – 1. Jeff Howard, WOU, 21.84; 2. Cody Thomas, UAA, 22.20; 3. Demarcus Garner, CWU, 22.32; 4. Cody Henderson, NNU, 22.45; 5. David Ferguson, SPU, 22.56; 6. Adam Prevost, MSUB, 22.90.

400: **Heat 1** – 1. Jonathon Poolman, WWU, 48.60; 2. Andrew Curtis, NNU, 48.90; 3. Nathaniel Schmidt, WWU, 49.07; 4. Demarcus Garner, CWU, 49.23; 5. Chayce Sather, CWU, 49.84; 6. Stuart Ellenwood, SFU, 50.32; 7. Zach Conard, SFU, 51.13. **Heat 2** – 1. Devon Smith, WWU, 48.77; 2. Harrison Leep, WOU, 49.24 and Jason Nokes, WWU, 49.24; 4. Cody Thomas, UAA, 49.31; 5. Kyle Fremd, CWU, 49.95; 6. David Harris, NNU, 50.09.

800: **Heat 1** – Chris Olsen, WOU, 1:52.19; 2. Cameron Proceviat, SFU, 1:54.31; 3. Zach Armstrong, CWU, 1:55.25; 4. Drew Galahan, MSUB, 1:55.60; 5. Jesse Miller, UAA, 1:57.55. **Heat 2** – 1. Ryan Hansen, WOU, 1:53.07; 2. Isaac Kangogo, UAA, 1:53.78; 3. John Wojtech, CWU, 1:54.36; 4. Justin Webb, NNU, 1:54.43; 5. Ryan Alcantara, SPU, 1:54.60; 6. Alex Horton, SPU, 1:55.38. **Heat 3** – 1. Josh Hanna, WOU, 1:54.43; 2. Frank Krause, SMU, 1:55.18; 3. Alan Roy, WOU, 1:56.21; 4. Dylan Brown, WWU, 1:56.84; 5. Joseph Patti, SMU, 1:57.06; 6. Lorenzo Smith, SFU, 2:01.80.

110 Hurdles: **Heat 1** – 1. Andrew Venema, CWU, 14.82; 2. Logan Myers, WWU, 14.84; 3. Bobo Camara, UAA, 15.14; 4. Kyle McLaughlin, NNU, 15.77; 5. Eric Gaines, WOU, 16.39; Brett Campbell, WOU, disqualified. **Heat 2** – 1. Travis Milbrandt, WWU, 15.02; 2. Kody Rhodes, WOU, 15.25; 3. Ryan Endresen, SPU, 15.47; 4. Cody Thomas, UAA, 15.48; 5. Travis Wilson, UAA, 15.77; 6. Peter Maguire, WWU, 16.03.

400 Hurdles: **Heat 1** – 1. Bobo Camara, UAA, 53.73; 2. Stan Wester, WOU, 54.99; 3. Kody Rhodes, WOU, 56.54; 4. Corey Pfeiff, WWU, 56.76; 5. Jesse Lynch, SFU, 57.04; 6. Eric Gaines, WOU, 57.41; 7. Casey Wiedmer, SMU, 57.99. **Heat 2** – 1. Ryan Endresen, SPU, 54.34; 2. Peter Maguire, WWU, 54.64; 3. Elliott Bauer, UAA, 54.83; 4. Travis Wilson, UAA, 55.70; 5. Lewis Polkow, MSUB, 55.71; 6. Ty Sissel, SMU, 58.05.

Decathlon (Apr. 29-30) - 1. Cody Thomas, UAA, 6392; 2. Eric Gaines, WOU, 6057; 3. Andrew Venema, CWU, 5876; 4. Luke Conklin, NNU, 5035; 5. Michael Holland, SMU, 4840; 6. Dylan Gordon, WWU, 4314.

Day 1 Results: 100 – Thomas 10.92 (w; meet record, old, 11.18, Jason Caryl, CWU, 2012), Venema 11.72 (w), Holland 11.74 (w), Gaines 11.87 (w), Gordon 12.04 (w), Conklin 12.37 (w). Long Jump – Gaines 6.27 – 20-7, Thomas 6.18 – 20-3 ½, Venema 5.80 – 19-0 ½, Gordon 5.78 – 18-11 ¾ (w), Conklin 5.36 – 17-7, Holland 5.34 17-6 ¼. Shot Put – Venema 11.31 – 37-1 ¼, Thomas 10.99 – 36-0 ¾, Gaines 10.20 – 33-5 ¾, Gordon 9.88 – 32-5, Conklin 9.43 – 30-11 ¼, Holland 9.40 – 30-10 ¼. High Jump – Thomas 1.88 – 6-2, Venema 1.85 – 6-0 ¾, Gaines 1.82 – 5-11 ½, Conklin 1.76 – 5-9 ¼, Holland 1.67 – 5-5 ¾, Gordon 1.46 – 4-9 ½. 400 – Thomas 50.11, Gaines 52.16, Venema 52.59, Holland 53.19, Gordon 58.05, Conklin 58.68.

Day 2 Results: 110 Hurdles – Venema 15.35, Thomas 15.70, Gaines 16.45, Conklin 17.87, Holland 18.15, Gordon 18.58. Discus – Thomas 36.64 – 120-2, Venema 32.49 – 106-7, Gaines 30.15 – 98-11 ¼, Conklin 24.81 – 81-5, Gordon 20.97 – 68-9 ¾, Holland fouled. Pole Vault – Conklin 3.60 – 11-9 ¾, Gaines 3.60 – 11-9 ¾, Venema 3.40 – 11-1 ¾, Holland 3.40 – 11-1 ¾, Gordon 3.10 – 10-2, Thomas 3.10 – 10-2. Javelin – Thomas 46.91 – 153-11, Conklin 45.11 – 148-0, Gaines 44.56 – 146-2, Venema 37.82 – 124-1, Holland 35.38 – 116-1, Gordon 31.53 – 103-5. 1500 – Gaines 4:36.00, Holland 4:36.57, Conklin 4:57.72, Thomas 5:01.89, Venema 5:10.53, Gordon 5:40.62.