



GREAT NORTHWEST ATHLETIC CONFERENCE



gnac CHAMPIONSHIPS

2023 WOMEN'S ROWING
MAY 13 • LOWELL, OR



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2023 GNAC Women's Rowing Championships

Cal Poly Humboldt LUMBERJACKS



Wiese



Seeley



Urtz

It has been a couple of years in the making, but Cal Poly Humboldt is in position to not only return to the NCAA Championships but make a run at the GNAC championship.

The Lumberjacks have been competitive all season and have picked up some big wins along the way. The varsity 4+ boat picked up victories at the Husky Open and Covered Bridge Regatta before placing fourth in the D2/D3/Club grand final at the WIRA Championships.

The varsity 8+ boat is coming together at the right time, capturing the gold medal in the D2/D3/Club grand final at the WIRA Championships. In that race, Humboldt was four seconds ahead of Central Oklahoma and six seconds ahead of second-place Seattle Pacific.

Cal Poly Humboldt competed only in a time trial at the 2021 GNAC Championships as the boat they planned to race in the varsity 4+ race broke. At the 2022 GNAC Championships, the Lumberjacks placed fourth in the team competition and were third in the exhibition 4+ race.

The Lumberjacks were ranked No. 1 in the CRCA/Pocock Division II coaches poll (as of May 3). In the May 3 NCAA West Regional Rankings, Cal Poly Humboldt was No. 2 as a team and No. 1 in the varsity 8+.

Name	Yr.	Hometown
Zoe Banks	Fr.	Arvada, Colo.
Taylor Carrington	Jr.	Sacramento, Calif.
Liv Craine	Fr.	El Dorado Hills, Calif.
Emily Daniels	So.	San Rafael, Calif.
Marie-Claire Desplancke	Sr.	Auburn, Calif.
Dana Foley	Sr.	Aptos, Calif.
Midalia Garcia	Fr.	Escondido, Calif.
Gabriella Griffin	Fr.	Albany, Calif.
Madison Henderson	So.	Hemet, Calif.
Cassidy Hollenbeck	Jr.	Honolulu, Hawaii
Marjorie Johnson	Sr.	Chico, Calif.
Abiona Katri	Sr.	Eureka, Calif.
Sarah Lorenzini	Sr.	Fishkill, N.Y.
Amelia Marks	So.	Albany, Calif.
Emily Marsolais	So.	Placerville, Calif.
Baya McIntosh	Fr.	Sacramento, Calif.
Kylie Mosley	Fr.	Bridgeville, Penn.
Alyssa Paynton	Sr.	Yucaipa, Calif.
Jordan Peterson	Fr.	Sunnyvale, Calif.
Chloe Pieper-Wasem	So.	Raymond, Calif.
Lily Rich	Fr.	Los Angeles, Calif.
Amanda Roosma	Sr.	Tucson, Ariz.
Molly Schoberl	Sr.	Half Moon Bay, Calif.
Sydney Schwankl	Fr.	Centennial, Colo.
Sonja Scollon	So.	Redding, Calif.
Kealey Scott	Jr.	Victoria, B.C.
Malia Seeley	Sr.	Polson, Mont.
Adrieh Smith	Fr.	Rocklin, Calif.
Olive Smith	Fr.	San Diego, Calif.
Gwendolyn Sutton	Fr.	Royal Oak, Mich.
Elizabeth Walters	Fr.	Folsom, Calif.
Emry Yount	Fr.	Arcata, Calif.

Head Coach: Matt Wiese

Assistant Coaches: Patrick Hyland, Ashley Donnell

Central Oklahoma BRONCHOS



Gilbert



Holle



Swoosh

It has been a season of change for Central Oklahoma with a new head coach in Jen Gilbert and an end of the Bronchos' four-year run as the top team in Division II.

What hasn't changed, however, is the Bronchos' competitive nature which will continue to make them competitive in the championship season. Central Oklahoma did resurface at No. 1 in the CRCA/Pocock Division II Poll on April 19 and was ranked No. 2 on the May 3 rankings. The Bronchos are the No. 1 team in NCAA West Region rankings (as of May 3) and No. 2 in both the varsity 4+ and varsity 8+.

Central Oklahoma spent most of March at home, honing its racing against a number of Division I teams. The Bronchos went to a varsity 4+ grand final win at the FIRA Championships and a victory in the Division II/III varsity 4+ grand final at the Knecht Cup. The Bronchos placed second in the DII/DIII/Club grand final at the WIRA Championships and won the regatta's novice 4+ grand final.

The Bronchos won the 2021 GNAC Championships and placed a close third in 2022.

Name	Yr.	Hometown
Ashley Brady	So.	Moore, Okla.
Faith Brooks	Jr.	Georgetown, Texas
Hope Brooks	Jr.	Georgetown, Texas
Izzy Brown	Fr.	Collinsville, Okla.
Kenna Chamlee	Sr.	Edmond, Okla.
Lauren Clark	Fr.	Marietta, Ohio
Macie Cohlma	So.	Edmond, Okla.
Kylie Eagan	So.	Forgan, Okla.
Audra Hempfling	So.	Enid, Okla.
Danielle Holle	Jr.	Oklahoma City, Okla.
Samantha Hutchings	Fr.	Los Alamitos, Calif.
Cambree Jones	Fr.	Choctaw, Okla.
Anya Landrowski	So.	Elgin, Ill.
Sydney Large	Sr.	Cedarburg, Wisc.
Peyton Meiler	So.	McLoud, Okla.
Caleah Oliver	Sr.	Purcell, Okla.
Emily Overholt	Jr.	Ada, Mich.
McKenna Passini	So.	Middleton, Wisc.
Victoria Petsching	Sr.	Volkermarkt, Austria
Sinead Quirke	So.	Long Beach, Calif.
Raphaella Sanchez	Fr.	Lima, Peru
Allie Schein	So.	Edmond, Okla.
Keyna Swoosh	Jr.	Lynden, Wash.

Head Coach: Jennifer Gilbert

Assistant Coaches: Jimmy Francis

Seattle Pacific FALCONS



McClain



McCandless



Samuelson

The runner-up at the GNAC Championships each of the last two years, Seattle Pacific has put together a strong spring season that should make the team a competitor for its first conference title.

The Falcons opened the season by winning six races at the PLU Open in March and then bettered Western Washington in six races at their own Falcon Regatta on April 1. After advancing to both grand finals at the Kencht Cup, SPU placed second in the D2/D3/Club varsity 4+ grand final at the WIRA Championships and placed third in the varsity 8+ grand final. The Falcons finished the regular season with a second-place finish in the Cascade Cup race at the Windermere Cup.

Seattle Pacific was five points behind Central Oklahoma at the 2021 GNAC Championships and finished just one point behind Western Washington in 2022.

In the May 3 CRCA/Pocock Division II rankings, Seattle Pacific came in at No. 3 to complete a top-three GNAC sweep. The Falcons are also No. 3 in the NCAA Division II West Region rankings (as of May 3) and are the No. 1 ranked team in the varsity 4+.

Name	Yr.	Hometown
Mia Ballard	Sr.	Bonney Lake, Wash.
Anna Boatman	Fr.	San Clemente, Calif.
Addie Clark	So.	Olympia, Wash.
Elise Cornwell	Fr.	Corvallis, Ore.
Brittan Dalberg	Fr.	Zionsville, Ind.
Emma Ely	So.	Buckley, Wash.
Gem Gatmaytan	Fr.	Bellevue, Wash.
Mary Goodhew	So.	Eugene, Ore.
Kayla Goodrow	Fr.	Bonney Lake, Wash.
Jancita Grandel	Sr.	Palmer, Alaska
Kristin Gassell	So.	De Moines, Wash.
Aleksia Haugen	Fr.	Boise, Idaho
Emma Jones	Fr.	Gilbert, Ariz.
Natalie Korolenko	Jr.	Redmond, Wash.
Macie Leach	Sr.	Chico, Calif.
Bella Lisenby	Fr.	Mount Vernon, Wash.
Moxie McCandless	Sr.	Albuquerque, N.M.
Hannah Miller	Jr.	East Lyme, Conn.
Amelia Pape	Fr.	Tacoma, Wash.
Megan Popielak	Jr.	Petaluma, Calif.
Audrey Rekedal	So.	Pasadena, Calif.
Megan Rouse	Jr.	Ferndale, Wash.
Lexi Roybal	Fr.	Aurora, Colo.
Kalais Samuelson	Sr.	Beaverton, Ore.
Lucy Sandahl	Jr.	Coupeville, Wash.
Sophie Sandahl	Sr.	Coupeville, Wash.
Ixchel Watson	Fr.	Kula, Hawaii
Racquel Wesley	Fr.	Quartz Hill, Calif.
Cookie Yitbarek	Fr.	Las Vegas, Nev.

Head Coach: Caitlin McClain

Assistant Coaches: Amy Hildebrandt, Matt Oclander

Western Washington VIKINGS



Fuchs



Ruhlin-Hicks



Saburi

Western Washington always seems to build steadily towards being ready for championship season.

The defending GNAC champions and Division II runner-up, the Vikings showed well in their first racing in a month at the Opening Day Regatta last weekend, placing third in the open eight and fourth in the Cascade Cup second varsity 8+.

In April, Western Washington placed second in a series of six races at the Falcon Regatta in Seattle. They came back to win three fours races at the Covered Bridge Regatta on Dexter Lake, which included a strong head-to-head win in the varsity 4+ race over Cal Poly Humboldt.

Western Washington won the 2022 GNAC Championships by one point over Seattle Pacific, winning the varsity 8+ title. The Vikings were third in 2021.

Western Washington was ranked sixth in the May 3 edition of the CRCA/Pocock Division II Poll and fourth in the May 3 NCAA Division II West Region Rankings.

Name	Yr.	Hometown
Sadie Bailey	Sr.	Port Orchard, Wash.
Lily Bjork	Sr.	Langley, Wash.
Jenna Buckholt	Fr.	Lacey, Wash.
Reed Chesnek	So.	Portland, Ore.
Emma Clark	So.	Lake Stevens, Wash.
Lex Clark	Fr.	Everett, Wash.
Addison Cook	Fr.	Spokane, Wash.
Janisa Cook	Fr.	Bothell, Wash.
Kristina De Koster	Sr.	Bellingham, Wash.
Paige Donner	So.	Monroe, Wash.
Sarah Ernst	So.	Seattle, Wash.
Lindsey Froelich	Jr.	Ventura, Calif.
Alysia Halpin	Fr.	Rainier, Wash.
Emma Hopkins	Fr.	Helena, Mont.
Anne Iliff	Fr.	Lynwood, Wash.
Madeline Kidd	So.	Modesto, Calif.
Mia Marie Knipe	Fr.	Boise, Idaho
Kylie Lovrich	Fr.	Blaine, Wash.
Bella Lynch	Fr.	Nederland, Colo.
Morgan MacIntyre	Jr.	Camas, Wash.
Kaylie McRea	Jr.	Shoreline, Wash.
Malea Moy	Fr.	Lacey, Wash.
Linnea Olix	So.	Woodinville, Wash.
Jenae Pusich	So.	Juneau, Alaska
Clarice Ruhlin-Hicks	Sr.	Anchorage, Alaska
Yuki Saburi	Sr.	Renton, Wash.
Ash Stadjuhar	Fr.	Colorado Spring, Colo.
Taylor Wall	Fr.	Grand Junction, Colo.
Niamh Westover	Fr.	Seattle, Wash.

Head Coach: John Fuchs

Assistant Coach: Courtney Moeller

2023 GNAC Women's Rowing Championships

Championships Schedule

May 13, 2023
Dexter Lake, Dexter, Ore.

10 a.m.: Exhibition Varsity 4+ Race
10:10 a.m.: Varsity 4+ Race
10:20 a.m.: Varsity 8+ Race
10:30 a.m.: Awards Ceremony

The order of races subject to change based on weather and water conditions as determined the regatta's Fairness Committee.

Championships Preview

DEXTER, Ore. – When the teams hit the water for the GNAC Women's Rowing Championships on Saturday at Dexter Lake, it is truly anyone's title to win.

Both Cal Poly Humboldt and Central Oklahoma have claimed the No. 1 spot in the CRCA/Pocock Division II Coaches Poll this season. At some point this season, all four GNAC teams have claimed spots in the top four of the coaches rankings.

Comparing head-to-head competition does not make the picture any clearer. In an any-given-day season, no one conference team has emerged stronger than any of the others.

Western Washington enters as the defending champion. The Vikings claimed a close title in 2022, beating Seattle Pacific by one point and Central Oklahoma by two points. The Vikings won the title thanks to a big victory in the varsity 8+, winning by eight seconds over Seattle Pacific. The momentum carried through to the NCAA Championships where the Vikings finished as the national runners-up.

The Vikings have raced the fewest regattas of any GNAC team this spring and have performed well against conference foes. Western Washington claimed three varsity 4+ races at April's Covered Bridge Regatta, which yielded head-to-head wins over Cal Poly Humboldt. At last weekend's Windermere Cup/Opening Day Regatta, WWU placed third in the open eight race and fourth in the Cascade Cup varsity 8+.

Cal Poly Humboldt enters the GNAC Championships with the most to prove and the most to gain. After finishing fourth in the GNAC Championships a year ago and unable to compete in 2021 due to boat issues, the Lumberjacks enter the meet as the No. 1 ranked team in the CRCA/Pocock Poll and No. 2 in the NCAA Division II West Region Rankings (both as of May 3).

The Lumberjacks opened the season with a pair of strong varsity 8+ and varsity 4+ wins against Division I and club teams at the Hornet Invitational before winning both college varsity 4+ races the next weekend at the Husky Open.

They added a varsity 8+ win at the Covered Bridge Regatta before capturing their first championship race of the season, winning the D2/D3/Club grand final at the WIRA Championships. The team's time of 6:59.884 was four seconds better than Central Oklahoma and six seconds better than Seattle Pacific.

History & Records



History and records for both GNAC women's rowing can be found by scanning the QR Code or visiting <http://bit.ly/2qKDgqj>

On The Cover

It is a wide open race as the GNAC's high-caliber teams meet on Dexter Lake for the third GNAC Women's Rowing Championships. Clockwise from left: Seattle Pacific, Cal Poly Humboldt, Central Oklahoma and Western Washington.

Competing under first-year head coach Jen Gilbert, Central Oklahoma spent the first month of the spring season rowing at home against Division I teams. Rowing for the first time against Division II talent at the FIRA Championships, the Bronchos won both of their varsity 4+ and varsity 8+ races. The field included top-ranked South Region team Embry-Riddle (Fla.).

Central Oklahoma went head-to-head with Seattle Pacific at the Knecht Cup in April and proceeded to win the DI/DII varsity 4+ grand final and took second in the DII/DIII varsity 8+ grand final, beating the Falcons in both races. The Bronchos took second in the D2/D3/Club varsity 8+ grand final at the WIRA Championships, finishing behind Cal Poly Humboldt, and third in the D2/D3/Club varsity 4+ grand final behind Seattle Pacific.

Ranked No. 2 in the CRCA/Pocock Division II poll, the Bronchos are the No. 1 in the latest NCAA Division II West Region Rankings (both as of May 3).

Seattle Pacific started its spring season strong, winning six of seven races it competed in at the PLU Open in early March. After a trio of second-place finishes in both the four and the eights at the Husky Open, the Falcons proceeded to take six races in head-to-head competition from Western Washington at the Falcon Regatta.

The Falcons joined UCO at the Knecht Cup, making both DII/DIII grand finals and placing third in the varsity 8+ race. At the WIRA Championships, Seattle Pacific finished second in the D2/D3/Club varsity 8+ grand final behind Cal Poly Humboldt and second in the varsity 4+ grand final, the highest-placing Division II team. Last weekend, the Falcons placed second in the Cascade Cup varsity 8+ race at the Windermere Cup.

Seattle Pacific is ranked No. 3 in the latest CRCA/Pocock Division II Coaches Poll and is third in the NCAA West Region Rankings (as of May 3). The Falcons top the regional rankings list in the fours.

The GNAC Women's Rowing Championships is comprised of three races. Placing in the varsity 4+ and the varsity 8+ races will count towards scoring for the team championship.

For the second straight year, the GNAC Championships are being staged in conjunction with the Pac-12 Conference, which will conduct its championship races on the Dexter Lake course on Sunday, and the Oregon Association of Rowers.