



GNAC 2022 Cross Country Teams At A Glance

ALASKA

Head Coach: Eliska Albrigtsen (Colorado, 2013, 4th Season)

Assistant Coach: Josh Sanderlin

2021 GNAC Championships Finish: Men – 9th, 224 pts. Women – 3rd, 92 pts.

2021 NCAA West Regionals Finish: Men – Incomplete Women – Incomplete

2021 NCAA Championships Finish: Men – Did Not Compete Women – Individuals

Top Returning Men's Runners: Nolan Earnest (Jr., Fairbanks, Alaska – West Valley, 61st at GNAC Championships, 27:14.9; 142nd at NCAA West Regional, 37:30.6), Koen Ross (So., Castle Rock, Wash. – Seton Catholic, 59th at GNAC Championships, 27:10.1; 134th at NCAA West Regional, 35:44.6).

Other Returning Men's Conference Meet Finishers: Jack Cater (Jr., Fairbanks, Alaska – West Valley, 79th, 29:50.7).

Key Men's Newcomers: Josiah Kosgei (Fr., Eldoret, Kenya), Ben Pilon (Fr., Fairbanks, Alaska – Lathrop).

Top Returning Women's Runners: Naomi Bailey (So., Fairbanks, Alaska – West Valley, All-GNAC, All-West Region, 4th at GNAC Championships, 21:45.0; 6th at NCAA West Regional, 21:41.7; 174th at NCAA Championships, 23:08.6), Rosie Fordham (So., Sydney, Australia – Abbotsleigh, All-GNAC, All-West Region, 2nd at GNAC Championships, 21:33.1; 4th at NCAA West Regional, 21:34.4; 61st at NCAA Championships, 21:44.9), Kendall Kramer (Jr., Fairbanks, Alaska – West Valley, All-GNAC, All-West Region, 3rd at GNAC Championships, 21:34.5; 5th at NCAA West Regional, 21:36.1; 72nd at NCAA Championships, 21:52.5).

Other Returning Women's Conference Meet Finishers: Delainey Zock (So., Anchorage, Alaska – Dimond, 28th, 22:56.7).

Key Women's Newcomers: Teegan Silva (Fr., Lake Chelan, Wash. – Chelan)

ALASKA ANCHORAGE

Head Coach: Ryan McWilliams (Angelo State, 2009, 4th Season)

Assistant Coaches: Chaz Davis, Danielle Patterson, Ray Shadowens

2021 GNAC Championships Finish: Men – 4th, 107 pts. Women – 7th, 189 pts.

2021 NCAA West Regionals Finish: Men – 11th, 339 pts. Women – Incomplete

2021 NCAA Championships Finish: Men – Individuals Women – Did Not Compete

Top Returning Men's Runners: Coleman Nash (So., Littleton, Colo. – Chatfield, GNAC Freshman of the Year, All-GNAC, All-West Region, All-American, 2nd at GNAC Championship, 24:22.9; 5th at NCAA West Regional, 30:56.3; 27th at NCAA Championships, 31:10.1), Jesus Avalos (Sr., King City, Calif. – King City, Did Not Compete at GNAC Championships).

Other Returning Men's Conference Meet Finishers: N/A.

Key Men's Newcomers: Zach Christensen (Jr., Wildwood, Mo. – Brigham Young Univ.), John Peckham (So., Sisters, Ore. – Univ. of Idaho), Drew Johnson (Sr., Littleton, Colo. – Kent State Univ.), Michael Zapherson (Jr., Asheville, N.C. – UNC Greensboro).

Top Returning Women's Runners: Alfin Nyamasyo (Sr., Makueni, Kenya – Cooperative Univ. of Kenya, 45th at GNAC Championships, 24:28.6; 105th at NCAA West Regional, 23:58.1).

Other Returning Women's Conference Meet Finishers: Bailey Roe (Jr., Fairbanks, Alaska – Weber State Univ., 38th, 23:58.8), Arielle Himelbloom (Sr., Kodiak, Alaska – Kodiak, 56th, 24:52.5), Sofija Spaic (So., Palmer, Alaska – Palmer, 57th, 24:59.0).

Key Women's Newcomers: Jordan Strausbaugh (Fr., Soldotna, Alaska – Soldotna), Elle Stevens (Fr., Colorado Springs, Colo. – Colorado Springs).

CENTRAL WASHINGTON

Head Coach: Kevin Adkisson (Willamette, 1981, 29th Year)

Assistant Coaches: Bryan Contreras, Brittany Aanstad

2021 GNAC Championships Finish: Men – 6th, 165 pts. Women – 9th, 204 pts.

2021 NCAA West Regionals Finish: Men – 18th, 439 pts. Women – 20th, 518 pts.

2021 NCAA Championships Finish: Did Not Compete

Top Returning Men's Runners: Shawn Clough (So., Port Orchard, Wash. – South Kitsap, 27th at GNAC Championships, 25:33.4; 86th at NCAA West Regional, 33:05.7), Ty Savely (So., Mission Viejo, Calif. – Capistrano Valley, 67th at GNAC Championships, 27:30.2; 121st at NCAA West Regional, 34:37.2), Zack Sundt (Jr., Olympia, Wash. – Olympia, 34th at GNAC Championships, 25:57.4, 146th at NCAA West Regional, 38:31.5), Spencer Solvberg (Jr., Marysville, Wash. – Lakewood, 55th at GNAC Championships, 27:01.1).

Other Returning Men's Conference Meet Finishers: N/A.

Key Men's Newcomers: Jack Pratapas (Fr., Snoqualmie, Wash. – Mount Si), Ethan Coon (Fr., Yelm, Wash. – Yelm).

Top Returning Women's Runners: Tailer Cochran (So., Arlington, Wash. – Arlington, 52nd at GNAC Championships, 24:40.5; 134th at NCAA West Regional, 25:01.0), Kelli Heim (So., Pullman, Wash. – Pullman, 54th at GNAC Championships, 24:42.7), Meredith Massey (Jr., Kennewick, Wash. – Kamiakin, 51st at GNAC Championships, 24:39.5; 112th at NCAA West Regional, 24:10.5), Zoie Mastin (Jr., Lake Stevens, Wash. – Lake Stevens, Did Not Run Cross Country In 2021).

Other Returning Women's Conference Meet Finishers: Madison Thompson (So., Ellensburg, Wash. – Ellensburg, 67th, 25:51.0), Ryan Hyatt (So., Pullman, Wash. – Pullman, 72nd, 26:10.7), Jenna Heesacker (Jr., Issaquah, Wash. – Issaquah, 73rd, 26:16.7).

Key Women's Newcomers: Rosie Melville (Jr., Lamont, Wash. – Cal Poly Humboldt), Beatrice Le Gore (Fr., Vancouver, Wash. – Evergreen).

2022 GNAC CROSS COUNTRY TEAMS AT A GLANCE

MONTANA STATE BILLINGS

Head Coach: Jonathan Woehl (Northwest Iowa), 2008, 6th Season)

2021 GNAC Championships Finish: Men – 7th, 168 pts. Women – 10th, 221 pts.

2021 NCAA West Regionals Finish: Men – 12th, 359 pts. Women – 22nd, 545 pts.

2021 NCAA Championships Finish: Did Not Compete

Top Returning Men's Runners: Ase Ackerman (Sr., Glendive, Mont. – Dawson County, 16th at GNAC Championships, 25:00.7; 33rd at NCAA West Regional, 31:47.1), Logan Straus (Sr., Billings, Mont. – Billings West, 28th at GNAC Championships, 25:36.5; 64th at NCAA West Regional, 32:24.3), Bryant Edgerton (Jr., Townsend, Mont. – Broadwater, 42nd at GNAC Championships, 26:18.7; 103rd at NCAA West Regional, 33:39.1).

Other Returning Men's Conference Meet Finishers: Jordi Piero (So., Apple Valley, Calif. – Apple Valley, 71st, 28:11.2), Jackson Bailey (So., Missoula, Mont. – Big Sky, 78th, 29:26.0).

Key Men's Newcomers: Gaven McCullough (Fr., Greybull, Wyo. – Greybull), Kevin Graves (Fr., Ballantine, Mont. – Huntley Project).

Top Returning Women's Runners: Kailee Stoppel (Sr., Billings, Mont. – Billings West, 24th at GNAC Championships, 22:49.4; 78th at NCAA West Regional, 23:17.5), Kendra Woods (So., Billings, Mont. – Billings Senior, 44th at GNAC Championships, 24:26.0; 110th at NCAA West Regional, 24:05.9), Ally Whitmer (Sr., Pocatello, Idaho – Treasure Valley CC, 48th at GNAC Championships, 24:29.6; 117th at NCAA West Regional, 24:17.2).

Other Returning Women's Conference Meet Finishers: Madisan Chavez (Jr., Crow Agency, Mont. – Sheridan Coll., 64th, 25:38.0), Kylee Halpin (So., Bozeman, Mont. – Bozeman, 65th, 25:44.2), Kit Wiersema (So., Manhattan, Mont. – Manhattan, 48th, 24:29.6).

Key Women's Newcomers: Madeline Severson (So., Manhattan, Mont. – Manhattan), Kaylee Dalling (Fr., Hamer, Idaho – Jefferson), Toree Manning (Fr., Billings, Mont. – Skyview).

NORTHWEST NAZARENE

Head Coach: Danny Bowman (Northwest Nazarene, 2005, 54th Season)

Assistant Coach: Greg Mitchell

2021 GNAC Championships Finish: Men – 5th, 150 pts. Women – 6th, 163 pts.

2021 NCAA West Regionals Finish: Men – 20th, 523 pts. Women – 16th, 419 pts.

2021 NCAA Championships Finish: Did Not Compete

Top Returning Men's Runners: Quincy Ellis (So., Boise, Idaho – Borah, 73rd at GNAC Championships, 28:30.3; 123rd at NCAA West Regional, 34:44.7), Norman Kosgei (Jr., Eldoret, Kenya – Kolanya Boys, 75th at GNAC Championships, 28:55.2).

Other Returning Men's Conference Meet Finishers: N/A.

Key Men's Newcomers: Bryan Bach (So., Chehalis, Wash. – W.F. West), Wyatt Clements (Fr., Naches, Wash. – Naches Valley), Aaron Heberlein (Fr., Orangevale, Calif. – Casa Roble), Brody Kemble (Fr., Middleton, Idaho – Middleton), Josh Lady (Fr., Nampa, Idaho – Nampa Christian), Hunter Romine (So., Valencia, Calif. – Trinity Classical Academy).

Top Returning Women's Runners: Emily McMahon (So., Prescott, Ariz. – Prescott, 41st at GNAC Championships, 24:05.5; 97th at NCAA West Regional, 23:39.1).

Other Returning Women's Conference Meet Finishers: Olivia Klein (So., Meridian, Idaho – Cole Valley Christian, 55th, 24:49.9).

Key Women's Newcomers: Gracie Averill (Fr., Coeur d'Alene, Idaho – Coeur d'Alene), Chloe Baade (Fr., Fair Oaks, Calif. – Bella Vista), Morgan Erler (Fr., Fleming Island, Fla. – Edgren), Makenze Knowles (Fr., Palo Cedro, Calif. – Foothill), Corbyn Sexton (Fr., La Grande, Ore. – La Grande), Keelin Stewart (Fr., Meridian, Idaho – Cole Valley Christian), Katelyn Van Zanten (Fr., Burlington, Wash. – Burlington-Edison), Joan Woods (Fr., Meridian, Idaho – Cole Valley Christian).

SAINT MARTIN'S

Head Coach: Matt Lowe (Brescia, 2013, 2nd Season)

Assistant Coaches: Scott Carter, Emma Hatton

2021 GNAC Championships Finish: Men – 8th, 190 pts. Women – 8th, 191 pts.

2021 NCAA West Regionals Finish: Men – 19th, 500 pts. Women – 19th, 512 pts.

2021 NCAA Championships Finish: Did Not Compete

Top Returning Men's Runners: Jack Farrell (Sr., Lacey, Wash. – Pope John Paul II, All-GNAC, 7th at GNAC Championships, 24:46.0; 67th at NCAA West Regional, 32:35.4), Kainalu Pagente (So., Pearl City, Hawaii – Pearl City, 38th at GNAC Championships, 26:07.1; 106th at NCAA West Regional, 33:52.4), Michael Harwell (So., Freeland, Wash. – South Whidbey, 46th at GNAC Championships, 26:30.5; 110th at NCAA West Regional, 33:59.0), Isaac Cortes (So., Granite Falls, Wash. – Granite Falls, 54th at GNAC Championships, 26:59.6; 129th at NCAA West Regional, 35:27.3), Rudu Wani (Sr., Tacoma, Wash. – Franklin Pierce, 62nd at GNAC Championships, 27:18.6, 112th at NCAA West Regional, 34:03.5).

Other Returning Men's Conference Meet Finishers: Steven Baltz (So., Puyallup, Wash. – Life Christian, 65th, 27:26.3); Lance Slichko (Jr., Puyallup, Wash. – Seattle Univ., 66th, 27:29.1), Jaskaran Dhatt (Jr., Bellingham, Wash. – Meridian, 80th, 30:17.4).

Key Men's Newcomers: Elijah Dale (Fr., Oregon City, Ore. – Oregon City), Trevor Dugo (Fr., Tumwater, Wash. – Pope John Paul II), Ryan Lange (Fr., Yelm, Wash. – Yelm).

Top Returning Women's Runners: Cassidy Walchak-Sloan (So., Olympia, Wash. – Olympia, 26th at GNAC Championships, 22:49.8; 63rd at NCAA West Regional, 22:59.0), Sara Sabra (So., Lincoln, Calif. – Western Sierra Collegiate Academy, 27th at GNAC Championships, 22:56.5; 85th at NCAA West Regional, 23:24.5), Naomi Hartley (Jr., Puyallup, Wash. – Rogers, 43rd at GNAC Championships, 24:21.4; 130th at NCAA West Regional, 24:46.6), Kya Ramirez (So., Yelm, Wash. – Yelm, 68th at GNAC Championships, 25:55.0; 154th at NCAA West Regional, 25:53.5), Abby Burton (Jr., Medford, Ore. – Concordia Univ. (Ore.), 78th at GNAC Championships, 26:56.0; 163rd at NCAA West Regional, 26:54.2).

Other Returning Women's Conference Meet Finishers: N/A.

Key Women's Newcomers: Alauna Carsten (Fr., Shelton, Wash. – Shelton), Faith Linthicum (Fr., Shelton, Wash. – Shelton), Courtney Osborn (Fr., Spokane, Wash. – Mead).

2022 GNAC CROSS COUNTRY TEAMS AT A GLANCE

SEATTLE PACIFIC

Head Coach: Karl Lerum (Pacific Lutheran, 1998, 9th Year)

Associate Head Coach: Chris Reed **Assistant Coach:** Kate Carlson

2021 GNAC Championships Finish: Men – 10th, 228 pts. Women – 5th, 161 pts.

2021 NCAA West Regionals Finish: Men – Incomplete Women – Incomplete

2021 NCAA Championships Finish: Did Not Compete

Top Returning Men's Runners: Jon Owen (So., Valrico, Fla. – Bloomingdale, 45th at GNAC Championships, 26:28.7), Brennan LeBlanc (Jr., Duvall, Wash. – Cedarcrest, 49th at GNAC Championships, 26:39.7).

Other Returning Men's Conference Meet Finishers: Gabe Endresen (So., Mill Creek, Wash. – Henry M. Jackson, 60th, 27:11.1), Ben Sheirbon (So., Wilsonville, Ore. – Wilsonville, 68th, 27:33.5), Rory McClelland (So., Issaquah, Wash. – Liberty, 72nd, 28:30.0).

Key Men's Newcomers: Lucas Cervantes Reyes (Fr., Yakima, Wash. – Eisenhower), Ethan Erickson (Fr., Seattle, Wash. – Nathan Hale), Kade Franco (So., Orange, Calif. – Orange Coast Coll.), Nathaniel Gale (Fr., Florence, Mont. – Florence-Carlton), Tom Thake (Fr., Portland, Ore. – Grant), Issac Venable (Fr., Tacoma, Wash. – Franklin Pierce).

Top Returning Women's Runners: Annika Esvelf (So., Spokane, Wash. – West Valley, All-GNAC, All-West Region, 9th at GNAC Championships, 22:06.3; 22nd at NCAA West Regional, 22:07.4), Nicki Yorges (So., Eugene, Ore. – Churchill, 35th at GNAC Championships, 23:50.2; 104th at NCAA West Regional, 23:56.6).

Other Returning Women's Conference Meet Finishers: N/A.

Key Women's Newcomers: Vanessa Aniteye (Sr., Eagle River, Alaska – Alaska Anchorage), Maya Ewing (Fr., Lynden, Wash. – Lynden Christian), Katelyn Floio (Fr., Camas, Wash. – Camas), Matise Mulch (Fr., Nine Mile Falls, Wash. – Lakeside-Nine Mile Falls).

SIMON FRASER

Head Coach: Brit Townsend (Simon Fraser, 1986, 24th Year)

Assistant Coach: TBA

2021 GNAC Championships Finish: Men – 1st, 50 pts. Women – 1st, 32 pts.

2021 NCAA West Regionals Finish: Men – 8th, 203 pts. Women – 1st, 75 pts.

2021 NCAA Championships Finish: Men – Did Not Compete Women – 16th, 488 pts.

Top Returning Men's Runners: Scott Arndt (So., Waterloo, Ont. – Waterloo Collegiate Institute, All-GNAC, All-West Region, 9th at GNAC Championships, 24:49.5; 24th at NCAA West Regional, 31:37.6), Sebastian Brinkman (Jr., Bellevue, Wash. – Interlake, 22nd at GNAC Championships, 25:16.0; 74th at NCAA West Regional, 32:44.2), Jose Castro (So., Brampton, Ont. – St. Thomas Aquinas, 29th at GNAC Championships, 25:43.3; 100th at NCAA West Regional, 33:31.4), Charlie Dannatt (So., North Vancouver, B.C. – Univ. of British Columbia, All-GNAC, All-West Region, 3rd at GNAC Championships, 24:32.8; 21st at NCAA West Regional, 31:29.1), Aiden Good (So., Calstairs, Alta. – Hugh Sutherland, 19th at GNAC Championships, 25:07.9; 78th at NCAA West Regional, 32:52.8), Ephrem Mekonnen (Jr., Burnaby, B.C. – Burnaby South, 18th at GNAC Championships, 25:06.5; 72nd at NCAA West Regional, 32:42.3).

Other Returning Men's Conference Meet Finishers: Braden Ahl (So., Calgary, Alta. – William Aberhart, 52nd, 26:56.0), Henry Ruckman-Utting (So., Burnaby, B.C. – Alpha, 31st, 25:49.0).

Key Men's Newcomers: Joseph Curtis (Fr., Coquitlam, B.C. – Douglas Coll.), Kaelan House (Fr., Surrey, B.C. – Trinity Western Univ.), Ryan Jensen (Jr., Bradford, Ont. – Tiffin Univ.).

Top Returning Women's Runners: Kate Cameron (So., Nanaimo, B.C. – Nanaimo District, All-GNAC, All-West Region, 6th at GNAC Championships, 21:54.6; 13th at NCAA West Regional, 21:53.0; 135th at NCAA Championships, 22:35.8), Grace Chalk (Jr., Langley, B.C. – Walnut Grove, 18th at GNAC Championships, 22:40.7; 102nd at NCAA Championships, 22:13.5), Ella Marion (So., Calgary, Alta. – Western Canada, 16th at GNAC Championships, 22:34.3; 53rd at NCAA West Regional, 22:49.1; 206th at GNAC Championships, 23:37.8), Megan Roxby (Sr., North Vancouver, B.C. – West Vancouver, All-GNAC, 8th at GNAC Championships, 22:02.4; 29th at NCAA West Regional, 22:22.8; 101st at NCAA Championships, 22:12.9).

Other Returning Women's Conference Meet Finishers: Charlotte Prangley (So., North Vancouver, B.C. – Argyle, 17th, 22:39.5); Milena Kalisch (So., New Westminster, B.C. – St. Thomas More, 30th, 23:10.6).

Key Women's Newcomers: Lindi Congour (Sr., Montrose, Colo. – Western Colorado Univ.), Rachael Watkins (Fr., West Vancouver, B.C. – West Vancouver).

2022 GNAC CROSS COUNTRY TEAMS AT A GLANCE

WESTERN OREGON

Head Coach: Octavious Gillespie-Bennett (UCLA, 2003, 3rd Season)

Assistant Coaches: Zach Holloway, Emily Vala-Haynes

2021 GNAC Championships Finish: Men – 3rd, 96 pts. Women – 4th, 114 pts.

2021 NCAA West Regionals Finish: Men – 10th, 329 pts. Women – 10th, 267 pts.

2021 NCAA Championships Finish: Men – Did Not Compete Women – Individuals

Top Returning Men's Runners: Miguel Villar (Sr., Madera, Calif. – Adams State Univ., All-GNAC, GNAC Newcomer of the Year, 10th at GNAC Championships, 24:51.7; 28th at NCAA West Regional, 31:43.9), Bailey Smith (Sr., Cody, Wyo. – Trinidad JC, 17th at GNAC Championships, 25:03.2; 70th at NCAA West Regional, 32:40.0), Emmett Klus (Jr., Burns, Ore. – Burns, 37th at GNAC Championships, 26:06.0), Cedar Davis-Frankfort (So., Grants Pass, Ore. – Grants Pass, 44th at GNAC Championships, 26:26.2; 153rd at NCAA West Regional, 35:45.2), Dystyn McKenney (So., Clovis, Calif. – Buchanan, 50th at GNAC Championships, 26:42.7; 111th at NCAA West Regional, 34:02.2).

Other Returning Men's Conference Meet Finishers: N/A.

Key Men's Newcomers: Logan Parker (Fr., Albany, Ore. – Albany), James Lackey (Fr., Newport, Ore. – Newport).

Top Returning Women's Runners: Luz Garcia (Sr., Los Angeles, Calif. – Cal Poly Pomona, All-GNAC, GNAC Newcomer of the Year, All-West Region, 5th at GNAC Championships, 21:48.5; 8th at NCAA West Regional, 21:44.5; 107th at NCAA Championships, 22:19.0), Caitlin Heldt (Sr., Savannah, Ga. – Maricopa CC, All-West Region, 12th at GNAC Championships, 22:27.4; 23rd at NCAA West Regional, 22:08.4), Katie Chapman (So., Lowell, Ore. – Lowell, 33rd at GNAC Championships, 23:33.3; 88th at NCAA West Regional, 23:27.1), Lindie Larson (So., Redding, Calif. – Shasta, 42nd at GNAC Championships, 24:07.9; 99th at NCAA West Regional, 23:43.6).

Other Returning Women's Conference Meet Finishers: N/A.

Key Women's Newcomers: Holly Hutton (Fr., Bandon, Ore. – Bandon), Natalie Perez (Fr., Alameda, Calif. – St. Joseph Notre Dame), Ali Clifton (Fr., Shelton, Wash. – Shelton), Olivia Flack (Jr., La Pine, Ore. – Lane CC).

WESTERN WASHINGTON

Head Coach: Kelven "Pee Wee" Halsell (Wayland Baptist, 1981, 36th Year)

Assistant Coaches: T.J. Garlatz, Haley O'Connor

2021 GNAC Championships Finish: Men – 2nd, 55 pts. Women – 2nd, 77 pts.

2021 NCAA West Regionals Finish: Men – 5th, 147 pts. Women – 7th, 180 pts.

2021 NCAA Championships Finish: Did Not Compete

Top Returning Men's Runners: Jeret Gillingham (So., Sandy, Ore. – Sandy, All-GNAC, All-West Region, 8th at GNAC Championships, 24:48.5; 19th at NCAA West Regional, 31:28.1), Alec Ritter (Jr., Enumclaw, Wash. – Enumclaw, 12th at GNAC Championships, 24:56.8; 41st at NCAA West Regional, 32:01.0), Jalen Javurek (So., Portland, Ore. – Lincoln, 14th at GNAC Championships, 24:58.6; 42nd at NCAA West Regional, 32:01.8), Kevin McDermott (So., Port Orchard, Wash. – South Kitsap, 15th at GNAC Championships, 25:00.0; 85th at NCAA West Regional, 33:00.5), Sean Sands (So., Pine, Colo. – Conifer, 26th at GNAC Championships, 25:32.2; 68th at NCAA West Regional, 32:35.8), Drew Weber (So., Vancouver, Wash. – Fort Vancouver, 33rd at GNAC Championships, 25:54.5), Kaleb Korta (Sr., Galena, Alaska – Alaska Anchorage, 25th at GNAC Championships, 25:31.0; 45th at NCAA West Regional, 32:04.3).

Other Returning Men's Conference Meet Finishers: N/A.

Key Men's Newcomers: Will Henry (Fr., Park City, Utah – Park City), Jared Alderfer (Fr., Whittier, Calif. – California), Andrew Oslin (Jr., Puyallup, Wash. – Saint Martin's Univ.), Leo Rutledge (So., Tallahassee, Fla. – Tallahassee CC), Ryan Clough (So., Port Orchard, Wash. – Olympic CC), George Karamitsos (So., Arlington, Va. – Lewis & Clark Coll.).

Top Returning Women's Runners: Ila Davis (So., Spokane, Wash. – Lewis & Clark, 14th at GNAC Championships, 22:31.4; 50th at NCAA West Regional, 22:46.2), Mia Crocker (So., Sammamish, Wash. – Skyline, 22nd at GNAC Championships, 22:47.7; 49th at NCAA West Regional, 22:45.6), Eugenia Palko (Jr., Port Orchard, Wash. – South Kitsap, 23rd at GNAC Championships, 22:47.9; 41st at NCAA West Regional, 22:37.2), Sophie Wright (So., Palmer, Alaska – Palmer, 31st at GNAC Championships, 23:11.7; 101st at NCAA West Regional, 23:51.0).

Other Returning Women's Conference Meet Finishers: Delphine Maurer (So., San Diego, Calif. – Scripps Ranch, 53rd, 24:40.6).

Key Women's Newcomers: Alanna Parker (Fr., Spokane, Wash. – Mead), Alexis Parker (Fr., Spokane, Wash. – Mead), Laura Halsell (Fr., Bellingham, Wash. – Squawicum), Evelyn Collins-Winn (So., Port Orchard, Wash. – Univ. of Portland), Meaera Shannon (So., Linesville, Pa. – Northeastern Univ.), Marian Ledesma (Jr., Lakewood, Calif. – Azusa Pacific Univ.), Jasmine Davis (So., Tacoma, Wash. – Pierce CC), Sidra Miller (Fr., Boone, N.C. – Watauga).