



Sept. 14, 2022 • Week 3
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Contact: Blake Timm, Assistant Commissioner For Communications
 503-805-8756 • btimm@gnacsports.com

GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Fri., Sept. 16

Saint Martin's, Simon Fraser, Western Oregon at Ash Creek Collegiate, 5:15 p.m., Monmouth, Ore.
 Northwest Nazarene at Eastern Oregon Invite, 5:45 p.m., Island City, Ore.

Sat., Sept. 17

Montana State Billings at MSU Cross Country Classic, 9 a.m., Bozeman, Mont.
 Seattle Pacific at PLU Invitational, 11 a.m., Tacoma, Wash.

LAST WEEK'S MEETS

Sat., Sept. 10

CWU Apple Ridge Run at Apple Ridge Course, Yakima, Wash.
Men (6,000m): Western Washington 15, Central Washington 72, Northwest (Wash.) 78, Seattle Pacific 94, Spokane CC 113.
Top 5 Finishers: 1, Jeret Gillingham, WWU, 18:50.9. 2, Andrew Oslin, WWU, 18:53.1. 3, Kevin McDermott, WWU, 19:00.0. 4, Jalen Javurek, WWU, 19:14.6. 5, Jared Alderfer, WWU, 19:24.2.
Women (4,000m): Western Washington 18, Seattle Pacific 45, Central Washington 72.
Top 5 Finishers: 1, Sophie Wright, WWU, 15:23.2. 2, Meara Shannon, WWU, 15:40.1. 3, Mia Crocker, WWU, 15:44.2. 4, Libby Michael, SPU, 15:46.2. 5, Ashley Reeck, WWU, 16:06.8.

Gage McSpadden Memorial at Spearfish Canyon Country Club, Spearfish, S.D.

Men (6,000m): Black Hills St. 26, Chadron State 51, South Dakota Mines 74, Montana State Billings 76.
Top 5 Finishers: 1, Ase Ackerman, MSUB, 18:52.2. 2, Matt Parker, BHSU, 18:57.9. 3, Timothy Brown, BHSU, 19:01.3. 4, Tyler Captain, SDM, 19:16.7. 5, Topi Alahuhta, CSC, 19:19.7.
Other Top GNAC Finishers: 11, Logan Straus, MSUB, 19:43.1. 15, Wyatt May, MSUB, 20:06.0. 29, Jordi Peiro, MSUB, 20:50.8. 30, Bryant Edger-ton, MSUB, 20:57.7.
Women (5,000m): Black Hills State 31, South Dakota Mines 48, Montana State Billings 66, Chadron State 80.
Top 5 Finishers: 1, Xiomara Robinson, BHSU, 18:24.5. 2, Sylvia Brown, BHSU, 19:02.5. 3, Clare Fischer, SDM, 19:56.5. 4, Kailee Stoppel, MSUB, 20:12.2. 5, Kat Tvrdy, SDM, 20:18.7.
Other Top GNAC Finishers: 11, Ally Whitmer, MSUB, 21:14.6. 14, Kaylee Dalling, MSUB, 21:27.5. 18, Kit Wiersema, MSUB, 22:21.5. 19, Madeline Severson, MSUB, 22:25.7.

#GNACXC in 280 @GNACSports

#AnotherPerfectScore For the second time in as many weeks, a GNAC team scored a perfect 15. This time it was the Western Washington men posting the perfect victory at the CWU Apple Ridge Run.

#AwardsSweep The Vikings swept the conference's Cross Country Athlete of the Week awards with **Jeret Gillingham** winning the men's honor and **Sophie Wright** capturing the women's award thank to their victories at Apple Ridge.

#ScoringAnAse Montana State Billings' **Ase Ackerman** won the Gage McSpadden Memorial for the second year in a row.

#LateStarts Northwest Nazarene, Saint Martin's and Simon Fraser all race for the first time this season, the last of the conference's teams to open the 2022 campaign.

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Alaska	@AlaskaNanooks	#NanookNation
Alaska Anchorage	@UAASeawolves	#JAASeawolves
Cent. Washington	@CWUAthletics	#ReignCrimson
MSU Billings	@MSUBSports	#MSUBXC
NW Nazarene	@NNUSports	
Saint Martin's	@SMUSaints	#SaintsStrong
Seattle Pacific	@SPUFalcons	#gofalcs
Simon Fraser	@SFU_Athletics	#RepTheLeaf
W. Oregon	@WOUWolves	#HowIAboutIt
W. Washington	@WWUAthletics	#BeVIKtorious

GNAC Cross Country Athletes of the Week



MEN
Jeret Gillingham, Western Washington
Sophomore • Sandy, Ore.

Gillingham was a winner in his season debut, capturing the CWU Apple Ridge Run on Saturday with a time of 18:50.9 over 6,000-plus meters. He was three seconds ahead of teammate Andrew Oslin for the victory and helped lead the Vikings to the team title with a perfect score of 15 points.

Also Nominated: Ase Ackerman (Montana State Billings).



WOMEN
Sophie Wright, Western Washington
Sophomore • Palmer, Alaska

Wright was the winner of the women's 4,000-meter race at the CWU Apple Ridge Run, posting a time of 15:23.2 for her first collegiate race victory. She was 17 seconds ahead of teammate Meara Shannon as the Vikings won the team title with a score of 18 points.

Also Nominated: Kailee Stoppel (Montana State Billings).

Past GNAC Athletes of the Week

Date	Men	Women
Aug. 22-28	Coleman Nash, UAA	Kendall Kramer, UAF
Aug. 29-Sept. 4	Coleman Nash, UAA	Libby Michael, SPU
Sept. 5-11	Jeret Gillingham, WWU	Sophie Wright, WWU

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

GNAC News & Notes

ANOTHER PERFECT WEEK: For the second week in a row, a GNAC team opened the 2022 season by posting a perfect team score. And it was almost three.

Western Washington opened the year by posting 15 points in the men's team competition at the CWU Apple Ridge Run in Yakima on Saturday. The Vikings, as usual, grouped well with all five scoring runners crossing the line within 34 seconds of each other.

Sophomore **Jeret Gillingham** was solid in his season debut, earning GNAC Men's Cross Country Athlete of the Week honors for his victory. Gillingham covered the 6,000-meter course in a time of 18:50.9.

The WWU women were one place away from a perfect score, sweeping the top three and earning a fifth-place finish to win with a score of 18 points. The Vikings placed eight runners in the top 10, broken up only by two Seattle Pacific runners.

Sophomore **Sophie Wright** provided the Vikings a clean sweep of the weekly awards, taking the GNAC Women's Cross Country Athlete of the Week award after she won with a time of 15:23.2 over 4,000 meters.

The perfect score for the WWU men came a week after the Seattle Pacific women pulled off a perfect 15 at the Puget Sound Invitational on Sept. 3.

ANOTHER ASE: For the second year in a row, Montana State Billings senior **Ase Ackerman** opened the season as a winner.

Ackerman won the season-opening Gage McSpadden Memorial for the second year in a row, covering the 6,000-meter course in a time of 18:52.2. He was a winner by five seconds over Black Hills State's Matt Parker.

Ackerman led Montana State Billings to a fourth-place team finish with a score of 76 points.

MORE SEASON OPENERS: The three remaining GNAC teams to start the 2022 cross country season will take to the course for the first time this weekend.

After seeing the CSI Invite scrubbed over Labor Day Weekend due to extreme heat, Northwest Nazarene opens the season on Friday at the Eastern Oregon Invite in Island City, near La Grande. Saint Martin's and Simon Fraser open the season on Friday at the Ash Creek Collegiate in Monmouth, Oregon.

2022 GNAC Race Winners

MEN

Coleman Nash, UAA (UAF Blue/Gold Race, Aug. 27, 27:17, 8,000m)
Coleman Nash, UAA (Seawolf Throwdown, Sept. 3, 25:22, 8,000m)
Jeret Gillingham, WWU (CWU Apple Ridge Run, Sept. 10, 18:50.9, 6,000m)
Ase Ackerman, MSUB (Gage McSpadden Memorial, Sept. 10, 18:52.2, 6,000m)

WOMEN

Kendall Kramer, UAF (UAF Blue/Gold Race, Aug. 27, 18:28, 5,000m)
Riley Smith, WOU (Linfield Harrier Classic, Sept. 2, 15:10.5, 4,000m)
Kendall Kramer, UAF (Seawolf Throwdown, Sept. 3, 22:17, 6,000m)
Libby Michael, SPU (Puget Sound Invitational, Sept. 3, 18:58, 5,000m)
Sophie Wright, WWU (CWU Apple Ridge, Sept. 10, 15:23.2, 4,000m)

Around The GNAC

ALASKA



- Alaska will not race again until taking part in the Yellowjacket/Battlin' Bears Open on Friday, Oct. 7, in Billings, Montana.

- Dueling Alaska Anchorage for the second week in a row, Alaska captured the women's race and took second in the men's race at the Seawolf Throwdown on Sept. 3 in Anchorage. The UAF women won with a score of 23 points, nine points ahead of UAA. The Nanooks had the top three finishers in the race.

- Sophomore **Kendall Kramer** won her second race in as many weeks, covering the 6,000-meter course in a time of 22:17. She averaged 5 minutes, 59 seconds per mile. Sophomore **Rosie Fordham** was second for the straight week with a time of 22:19.

- Sophomore **Naomi Bailey** rounded out the UAF top three in her first race of the season, placing third in a time of 22:23.

- The Alaska men lost to Alaska Anchorage, finishing with a total of 23 points. Sophomore **Koen Ross** was the Nanooks' top finisher, placing sixth in a time of 28:26 over 8,000 meters.

ALASKA ANCHORAGE



- Alaska Anchorage does not race again until the Bill Roe Invitational on Saturday, Sept. 24, in Ferndale, Washington.

- For the second straight week, Alaska Anchorage captured its dual meet with Alaska on the men's side at the Seawolf Throwdown on Sept. 3 at Anchorage's Kincaid Park.

- Sophomore **Coleman Nash** was a winner for the second straight week, covering the 8,000-meter course in a time of 25:22. It was the fifth victory of his collegiate career.

- Junior **Michael Zapherson** placed second in a time of 26:04 while freshman **Stephen Zukowski** completed the 1-2-3 sweep for the Seawolves in a time of 27:44. Both were running in their first meets for UAA while Zukowski was in his first collegiate meet.

- The Alaska Anchorage women placed second to UAF with a score of 32 points. Senior **Alfin Nyamasyo** led the Seawolves, finishing fourth in a time of 24:41. Freshman **Jordan Strausbaugh** was fifth in 25:12 while sophomore **Sofija Spaic** was sixth in 25:33.

CENTRAL WASHINGTON



- Central Washington opened the 2022 season with a second-place men's finish and a third-place women's finish at the CWU Apple Ridge Run on Saturday in Yakima.

- The CWU men finished with a score of 72 points. Sophomore **Ty Savely** led the Wildcats, covering the 6,000-meter course in a time of 19:47.3.

- Junior **Zach Sundt** finished 17th in a time of 20:15.6 while sophomore **Shawn Clough** rounded out the CWU runners in the top 20, placing 19th in a time of 20:21.5.

- The Wildcats women posted a score of 73 points. Freshman **Rosie Melville** led the way, placing 12th in a time of 16:29.8 over 4,000 meters.

- Junior **Zoie Mastin** was the other CWU runner in the top 20, placing 18th in a time of 16:58.2.

- Central Washington does not race again until Saturday, Sept. 24, taking part in the Bill Roe Classic in Ferndale, Washington.

MONTANA STATE BILLINGS



- Montana State Billings opened the season with a third-place women's finish and a fourth-place men's finish at the Gage McSpadden Memorial on Saturday in Spearfish, South Dakota.

- Senior **Ase Ackerman** won the meet for the second year in a row, covering the men's 6,000-meter course in a time of 18:52.2. It was Ackerman's second all-time victory at MSUB.

- Senior **Logan Straus** followed up with an 11th-place finish in a time of 19:43.1. Freshman **Wyatt May** was in the top 20 in his MSUB debut, placing 15th in a time of 20:06.

- The MSUB women was a solid third with 66 points. Senior **Kailee Stoppel** led the way, placing fourth as she covered the 4,000-meter course in 20:12.2.

- The Yellowjackets placed all five women's runners in the top 20. Senior **Ally Whitmer** placed 11th in 21:14.6 while freshman **Kaylee Dalling** was 14th in a time of 21:27.5.

- Montana State Billings is back in action on Saturday, competing in the MSU Cross Country Classic in Bozeman.

NORTHWEST NAZARENE



- Northwest Nazarene's scheduled opening meet for the 2022 season, the CSI Invite in Twin Falls, Idaho last Friday, was canceled due to extreme heat.

- With the cancellation, the Nighthawks will open 2022 on Friday at the Eastern Oregon Invite in Island City, Oregon.

- Both the Nighthawks' men and women are picked eighth in the GNAC Cross Country Preseason Coaches Poll.

SAINT MARTIN'S



- Saint Martin's opens its 2022 season on Friday at the Ash Creek Invitational in Monmouth, Oregon.

- The Saints' women are picked to finish sixth in the GNAC Cross Country Preseason Coaches Poll. The men are picked to finish seventh.

Around The GNAC

SEATTLE PACIFIC



- Seattle Pacific posted a second-place women's finish and a third-place men's finish at the CWU Apple Ridge Run on Saturday in Yakima.
- The Falcons women scored a total of 45 points, placing two runners in the top 10.
- A week after her win at the Puget Sound Invitational, senior

Libby Michael finished fourth to break up a potential top-five sweep for Western Washington. Michael covered the 4,000-meter course in a time of 15:46.2. Freshman **Matise Mulch** placed sixth in a time of 16:09.8.

• Rounding out the score five was senior **Vanessa Aniteye** in 11th in 16:26, sophomore **Nicki Yorges** in 13th in 16:35.3 and freshman **Katelyn Frolo** in 14th in 16:36.6.

• The SPU men placed fourth with a score of 94 points. Sophomore **Jon Owen** led the Falcons, placing 22nd in a time of 20:32.8 over 6,000 meters. Junior **Brennan LeBlanc** finished 25th in a time of 20:54.7.

• The Falcons will race for the third time in as many weeks on Saturday at the PLU Invitational in Tacoma.

SIMON FRASER



• The defending GNAC men's and women's champions, Simon Fraser starts the season on Friday at the Ash Creek Collegiate in Monmouth, Oregon.

• The SFU women retained their No. 9 preseason ranking in the latest USTFCCA Division II Coaches Poll.

• Both the Simon Fraser men and women are picked to repeat as champions in the GNAC Cross Country Preseason Coaches Poll.

WESTERN OREGON



• Western Oregon did not race last week. The Wolves will host the Ash Creek Collegiate on Friday in Monmouth, the first full race for the men's and women's squads.

• A limited lineup of freshman women made their mark on Sept. 2 as Western Oregon opened the season at the Linfield Harrier Classic in McMinnville, Oregon.

• **Riley White** led the top-three sweep, covering the 4,000-meter course in a time of 15:10.5. **Holly Hutton** was second in 15:13.9 while **Ali Clifton** was third in 15:49.4.

• The three WOU runners finished 13 seconds ahead of fourth-place Jennifer Torres-Bermudez of Linfield.

• The WOU men are ranked ninth in the USTFCCA West Region Preseason Coaches Poll.

WESTERN WASHINGTON



• Western Washington's men were perfect and the women were close to perfect as both teams won the CWU Apple Ridge Run on Saturday in Yakima.

• The WWU men won with a perfect score of 15 points. Sophomore **Jeret Gillingham** was named the GNAC Men's Cross Country Athlete of the Week after he won in a time of

18:50.9 over 6,000 meters.

• Junior **Andrew Oslin** was second in a time of 18:53.1. Sophomore **Kevin McDermott** placed third in 19:00, sophomore **Jalen Javurek** was fourth in 19:14.6 and freshman **Jared Alderfer** rounded out the top five with a time of 19:24.2.

• The Vikings women just missed a perfect score with four runners in the top five for a winning score of 18 points. Sophomore **Sophie Wright** was named the GNAC Women's Cross Country Athlete of the Week for her victory, covering the 4,000-meter course in 15:23.2.

• Sophomore **Meaera Shannon** placed second in 15:40.1. Sophomore **Mia Crocker** placed third in 15:44.2 and freshman **Ashley Reeck** was fifth in a time of 16:06.8. In all, WWU placed eight runners in the top 10.

• With the win, the WWU men climbed one spot to No. 29 in this week's USTFCCA Division II Coaches Poll. The women remain ranked at No. 20.

• Western Washington does not race again until Saturday, Sept., 24, when it hosts the Bill Roe Classic in Ferndale, Washington.

Men's Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	WWU
Preseason	30th
Sept. 12	29th

NR - Not ranked in top 30, but is among others receiving votes.

West Region	SFU	WOU	WWU
Preseason	8th	10th	5th
Sept. 13	8th	10th	5th

USTFCCCA DIVISION II COACHES POLL

Week 1 - Sept. 14, 2022

Rk	School (1st)	Pts.	Prev.
1.	Adams State (5)	237	1
2.	Colorado Mines (3)	235	2
3.	Grand Valley State	224	3
4.	Augustana (S.D.)	216	4
5.	Chico State	206	5
6.	Wingate	200	6
7.	Colorado Christian	191	7
8.	Missouri Southern	185	9
9.	Western Colorado	178	8
10.	Charleston (W.Va.)	167	11
11.	Lee (Tenn.)	157	12
12.	Pittsburg St.	154	13
13.	Walsh	144	14
14.	UC-Colorado Springs	137	10
15.	Michigan Tech	124	16
16.	Alabama-Huntsville	115	18
17.	Cal Poly Pomona	110	22
18.	Mississippi College	105	19
19.	Wayne State (Mich.)	96	17
20.	Neb.-Kearney	89	20
21.	Fresno Pacific	72	15
22.	Azusa Pacific	69	25
23.	American International	62	21
24.	West Texas A&M	61	23
25.	Lewis	55	23
26.	Southern Connecticut	33	26
27.	Cedarville	27	RV
28.	Embry-Riddle (Fla.)	24	29
29.	Western Washington	18	30
30.	CSU Pueblo	13	NR

USTFCCCA WEST REGION POLL

Week 1 - Sept. 13, 2022

Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	Cal Poly Pomona	CCAA	3
3.	Azusa Pacific	PacWest	4
4.	Fresno Pacific	PacWest	2
5.	Western Washington	GNAC	5
6.	Cal St. San Marcos	CCAA	6
7.	Biola	PacWest	7
8.	Simon Fraser	GNAC	8
9.	Stanislaus State	CCAA	9
10.	Western Oregon	GNAC	10

[View Complete Regional Polls Online](#)

Women's Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAF	SFU	WWU
Preseason	RV	9th	20th
Sept. 12	—	9th	20th

RV - Not ranked in top 30, but is among others receiving votes.

West Region	UAF	SFU	WWU
Preseason	9th	1st	4th
Sept. 13	10th	1st	4th

USTFCCCA DIVISION II COACHES POLL

Week 1 - Sept. 14, 2022

Rk	School (1st)	Pts.	Prev.
1.	Adams State (8)	240	1
2.	Grand Valley State	232	2
3.	Augustana (S.D.)	221	3
4.	UC-Colorado Springs	217	5
5.	Colorado Mines	208	4
6.	Wingate	200	6
7.	Western Colorado	191	7
8.	Cedarville	182	12
9.	Simon Fraser	173	9
10.	Lee (Tenn.)	168	10
11.	Saginaw Valley St.	163	8
12.	Stanislaus State	152	11
13.	Colorado Christian	145	14
14.	Mary	137	13
15.	Hillsdale	120	16
16.	Minnesota Duluth	113	15
17.	Chico State	110	17
18.	CSU Pueblo	104	23
19.	Lewis	96	18
20.	Western Washington	89	20
21.	West Texas A&M	70	29
22.	Wayne State (Mich.)	59	24
23.	Walsh	55	22
24.	Biola	53	21
25.	Dallas Baptist	49	19
26.	Minnesota State	48	25
27.	Winona State	31	26
28.	Azusa Pacific	29	RV
29.	Edinboro	18	28
30.	Pittsburg St.	16	NR

USTFCCCA WEST REGION POLL

Week 1 - Sept. 13, 2022

Rk	School	Conf.	Prev.
1.	Simon Fraser	GNAC	1
2.	Stanislaus State	CCAA	2
3.	Chico State	CCAA	3
4.	Western Washington	GNAC	4
5.	Biola	PacWest	5
6.	Azusa Pacific	PacWest	7
7.	Cal State San Marcos	CCAA	6
8.	Cal State East Bay	CCAA	10
9.	Academy of Art	PacWest	8
10.	Alaska	GNAC	9

[View Complete Regional Polls Online](#)



2022 GNAC Meet Summaries

Sat., Aug. 27

UAF Blue/Gold Race

at UAF Trails, Fairbanks, Alaska

Men (8,000m): Alaska Anchorage 23, Alaska 32.

Top 5 Finishers: 1, Coleman Nash, UAA, 27:17. 2, Jesus Avalos, UAA, 27:52. 3, Koen Ross, UAF, 28:42. 4, Zach Christensen, UAA, 29:24. 5, Josh Baurick, UAF, 30:02.

Women (5,000m): Alaska 27, Alaska Anchorage 30.

Top 5 Finishers: 1, Kendall Kramer, UAF, 18:28. 2, Rosie Fordham, UAF, 18:39. 3, Elle Stevens, UAA, 20:23. 4, Alfin Nyamasyo, UAA, 20:23. 5, Delainey Zock, UAF, 20:29.

Fri., Sept. 2

Linfield Harrier Classic

at Joe Dancer Park, McMinnville, Ore.

Men (6,000m): Willamette 25, Linfield 30. No GNAC competitors in men's race.

Women (4,000m): Willamette 24, Linfield 31.

Top 5 Finishers: 1, Riley Smith, WOU, 15:10.5. 2, Holly Hutton, WOU, 15:13.9. 3, Ali Clifton, WOU, 15:49.4. 4, Jennifer Torres-Bermudez, LIN, 16:02.4; 5, Zoe Heino, WU, 16:09.0.

Sat., Sept. 3

Seawolf Throwdown

at Kincaid Park, Anchorage, Alaska

Men (8,000m): Alaska Anchorage 18, Alaska 37.

Top 5 Finishers: 1, Coleman Nash, UAA, 25:22. 2, Michael Zapherson, UAA, 26:04. 3, Stephen Zukowski, UAA, 27:44. 4, Ty Elliott, Unattached, 27:57. 5, Zach Christensen, UAA, 28:05.

Women (6,000m): Alaska 23, Alaska Anchorage 32.

Top 5 Finishers: 1, Kendall Kramer, UAF, 22:17. 2, Rosie Fordham, UAF, 22:19. 3, Naomi Bailey, UAF, 22:23. 4, Alfin Nyamasyo, UAA, 24:41. 5, Jordan Strausburgh, UAA, 25:12.

Puget Sound Invitational

at Ft. Steilacoom Park, Lakewood, Wash.

Men (5,000m): Pacific Lutheran 32, Seattle Pacific 45, Green River CC 73, Puget Sound 77.

Top 5 Finishers: 1, Ben Kerr, UPS, 15:29.4. 2, Colin Monaghan, TCRC, 15:42.6. 3, Drew Thompson, SPU, 15:47.5. 4, Brennan LeBlanc, SPU, 15:52.4. 5, Ryan Stracke, PLU, 15:53.8.

Other Top GNAC Finishers: 11, Tom Thake, SPU, 16:08.6. 15, Jon Owen, SPU, 16:14.9. 19, Kade Franco, SPU, 16:27.0.

Women (5,000m): Seattle Pacific 15, Pacific Lutheran 52, Puget Sound 81, Green River CC 81 (UPS wins tiebreaker 3-2), Olympic CC 127.

Top 5 Finishers: 1, Libby Michael, SPU, 18:58.0. 2, Matise Mulch, SPU, 19:09.1. 3, Katelyn Flolo, SPU, 19:27.0. 4, Nicki Yorges, SPU, 19:38.8. 5, Vanessa Aniteye, SPU, 19:41.1.

Sat., Sept. 10

CWU Apple Ridge Run

at Apple Ridge Course, Yakima, Wash.

Men (6,000m): Western Washington 15, Central Washington 72, Northwest (Wash.) 78, Seattle Pacific 94, Spokane CC 113.

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Women (4,000m): Western Washington 18, Seattle Pacific 45, Central Washington 72.

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Gage McSpadden Memorial

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Men (6,000m): Black Hills St. 26, Chadron State 51, South Dakota Mines 74, Montana State Billings 76.

Top 5 Finishers: 1, Ase Ackerman, MSUB, 18:52.2. 2, Matt Parker, BHSU, 18:57.9. 3, Timothy Brown, BHSU, 19:01.3. 4, Tyler Captain, SDM, 19:16.7. 5, Topi Alahuhta, CSC, 19:19.7.

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