



Oct. 12, 2022 • Week 7
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GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Sat., Oct. 15

Western Oregon at L&C Invitational, 11 a.m.,
Estacada, Ore.

LAST WEEK'S MEETS

Fri., Oct. 7

Yellowjacket/Battlin' Bears Invitational
at Amend Park, Billings, Mont.

Men (8,000m): Black Hills St. 26, South Dakota
Mines 56, Montana State Billings 71, Rocky Mountain
101, Alaska 136, Dawson CC 171.

Top 5 Finishers: 1, Jackson Wilson, RMC, 22:44.2.
2, Timothy Brown, BHSU, 24:45.9. 3, Matt Parker,
BHSU, 25:04.4. 4, Tyler Captain, SDM, 25:06.4. 5,
Ase Ackerman, MSUB, 25:20.4.

Other Top GNAC Finishers: 15, Logan Straus,
MSUB, 25:57.4. 20, Bryant Edgerton, MSUB,
26:28.5. 24, Wyatt May, MSUB, 26:41.5. 31, Gaven
McCullough, MSUB, 27:19.

Women (5,000m): Black Hills St. 49, Rocky Moun-
tain 60, Alaska 62, South Dakota Mines 77, Montana
State Billings 88, Providence (Mont.) 164.

Top 5 Finishers: 1, Sydney Little Light, RMC,
16:58.1. 2, Kendall Kramer, UAF, 17:04.7. 3, Naomi
Bailey, UAF, 17:05.8. 4, Xiomara Robinson, BHSU,
17:25.5. 5, Rosie Fordham, UAF, 17:34.2.

Other Top GNAC Finishers: 7, Kailee Stoppel,
MSUB, 18:31.6. 18, Alahna Chen, MSUB, 19:38.8.

SF State Invitational

at Golden Gate Park, San Francisco, Calif.

Men (8,000m): Simon Fraser 15, Concordia 62, Cal
St. East Bay 105, Saint Martin's 109, San Francisco
St. 120, Fresno Pacific 144, Holy Names 220, San
Jose St. 234, William Jessup 262, Pacific Union 303,
Dominican (Calif.) 330.

Top 5 Finishers: 1, Charlie Dannatt, SFU, 24:42.7.
2, Sebastian Brinkman, SFU, 24:49.4. 3, Scott Arndt,
SFU, 25:05.6. 4, Ephrem Mekonnen, SFU, 25:11.9. 5,
Aiden Good, SFU, 25:13.4.

Women (6,000m): Concordia 57, Cal St. East Bay 58,
Simon Fraser 59, Saint Martin's 85, San Francisco
136, Fresno Pacific 196, San Francisco St. 204, San
Jose St. 216, William Jessup 228, Dominican (Calif.)
298, Holy Names 318.

Top 5 Finishers: 1, Kira Gupta-Baltazar, USF,
21:31.7. 2, Chase Worthen, CSUEB, 21:35.4. 3,
Claire Fisher, CSUEB, 21:38.9. 4, Jori Paradis, CUI,
21:42.1. 5, Alana Carstens, SMU, 21:48.4.

Other Top GNAC Finishers: 6, Megan Roxby, SFU,
21:49.7. 7, Cassidy Walchak-Sloan, SMU, 21:57.5.
9, Grace Chalk, SFU, 22:04.7. 12, Sara Sabra, SMU,
22:18.6.

Steve Reeder Memorial Invitational

at Steve & Donna Reeder Cross Country Course,
Logan, Utah

Men (7,000m): Utah State 26, Salt Lake CC 29,
Northwest Nazarene 74.

Top 5 Finishers: 1, Garrett Stanford, Unattached,
21:24.01. 2, Jacob Stanford, Unattached, 21:24.07.
3, Jordan Cross, Tracksmith, 21:46.27. 4, Brennan
Benson, USU, 21:49.12. 5, Mason Braithwaite,
Unattached, 21:49.2.

Top 5 GNAC Finishers: 29, Brody Kemble, NNU,
23:06.22. 34, Quincy Ellis, NNU, 23:44.07. 45, Josh
Lady, NNU, 25:32.78. 47, Aaron Heberlein, NNU,
25:33.8. 49, Bryan Bach, NNU, 25:43.7

Women (5,000m): BYU 23, Utah State 50, UNLV 94,
Salt Lake CC 95, Northwest Nazarene 124.

Top 5 Finishers: 1, Billie Hatch, Unattached,
17:42.06. 2, Bailey Wall, Unattached, 18:00.42. 3, Na-
talia Ruiz Lara, UNLV, 18:08.37. 4, Haley Johnston,
BYU, 18:25.32. 5, Taylor Lovell, BYU, 18:26.88.

Top 5 GNAC Finishers: 25, Mogran Erler, NNU,
19:43.34. 35, Keelin Stewart, NNU, 21:01.49. 39,
Olivia Klein, NNU, 21:23.34. 44, Katelyn Van Zanten,
NNU, 21:59.55. 47, Gracie Averill, NNU, 23:00.5.

Sat., Oct. 8

LC State Invitational

at LCSC Cross Country Course, Lewiston, Idaho

Men (8,000m): Idaho 15, Gonzaga 54, Montana
90, Lewis-Clark State 95, Central Washington 130,
Bushnell 181, Willamette 191.

Top 5 Finishers: 1, Lorenz Herrmann, UI, 24:05.
2, Gabriel Dinnel, UI, 24:18. 3, Shea Mattson, UI,
24:41. 4, Sam Fulbright, UI, 24:49. 5, Tim Stevens,
UI, 24:49.

Top 5 GNAC Finishers: 15, Ty Savely, CWU, 25:22.
30, Shawn Clough, CWU, 25:58. 32, Jack Pratapas,
CWU, 26:17. 44, Zack Sundt, CWU, 26:30. 55, Shun
Yamaguchi, CWU, 27:28.

Women (5,000m): Idaho 17, Gonzaga 57, Montana
72, Lewis-Clark State 105, Willamette 159, Eastern
Oregon 163, Central Washington 165.

Top 5 Finishers: 1, Maya Kobylanski, UI, 16:35. 2,
Kelsey Swenson, UI, 16:42. 3, Nathalia Campos, UI,
17:11. 4, Annie Mill, UM, 17:22. 5, Leah Holmgren,

UI, 17:31.

Top 5 GNAC Finishers: 37, Rose Melville, CWU,
20:00. 39, Tailer Cochran, CWU, 20:05. 41, Madison
Thompson, CWU, 20:06. 42, Zoie Mastin, CWU,
20:08. 46, Kelli Heim, CWU, 20:28.

Sat., Oct. 8

Lewis Crossover

at Lewis Cross Country Course, Romeoville, Ill.

Men (8,000m): Colorado Christian 47, Ill.-Springfield
80, Western Washington 82, Michigan Tech 102, Sag-
inaw Valley 108, Ala.-Huntsville 146, Lewis 178, Sioux
Falls 196, Edinboro 249, Cal St. San Marcos 300,
Ferris State 321, Minnesota-Duluth 330, Academy of
Art 407, Winona State 465, Purdue Northwest 474,
Davenport 480, Ashland 507, Adelphi 557, Frostburg
St. 578.

Top 5 Finishers: 1, Dayton Brown, SVSU, 23:43.9.
2, Trent Cochran, CCU, 23:49.1. Josh Pierantoni,
CCU, 23:52. 4, Wyatt McIntyre, UIS, 23:56.8. 5, Drew
Kolodge, MTU, 23:58.8.

Top 5 GNAC Finishers: 7, Kevin McDermott, WWU,
24:18. 16, Jeret Gillingham, WWU, 24:29. 19, Ryan
Clough, WWU, 24:35.5. 21, Jared Alderfer, WWU,
24:37.3. 22, Andrew Oslin, WWU, 24:37.5.

Women (6,000m): Colorado Christian 68, Minneso-
ta-Duluth 92, Winona State 116, Lewis 119, Saginaw
Valley 146, Michigan Tech 193, Western Washington
210, Sioux Falls 220, Ferris State 236, Edinboro 241,
Ala.-Huntsville 265, Cal St. San Marco 304, Academy
of Art 333, Davenport 383, Purdue Northwest 431,
Adelphi 443, Ill.-Springfield 443 (Adelphi wins tie-
breaker 3-2), Wheeling 511, Ashland 576, Frostburg
St. 584.

Top 5 Finishers: 1, Lindsay Cunningham, WSU,
20:50.2. 2, Kylie Anicic, Edinboro, 21:09.3. 3, McKen-
na Taylor, WSU, 21:13.4. 4, Cailee Peterson, MSUD,
21:19.9. 5, Paige Tuck, CCU, 21:41.4.

Top 5 GNAC Finishers: 23, Sophie Wright, WWU,
22:27.1. 28, Mia Crocker, WWU, 22:35.8. 39, Meaera
Shannon, WWU, 22:51.4. 55, Alanna Parker, WWU,
23:12.4. 69, Evelyn Collins-Winn, WWU, 23:26.2.



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GNAC Cross Country Athletes of the Week



MEN
Charlie Dannatt, Simon Fraser
Sophomore • North Vancouver, B.C.

Dannatt won the San Francisco State Invitational on Friday, covering the 8,000-meter course in a time of 24:42.7. He led a top-five sweep for the Red Leafs as they won the meet with a perfect score of 15 points.

Kevin McDermott, Western Washington
Sophomore • Port Orchard, Wash.

McDermott led the Vikings at the high-powered Lewis Crossover in Illinois on Saturday. He placed seventh in a time of 24:18 and led Western Washington to a third-place finish out of 22 teams in the meet.

Also Nominated: Ty Savely (Central Washington), Ase Ackerman (Montana State Billings).



WOMEN
Alauna Carstens, Saint Martin's
Freshman • Shelton, Wash.

Carstens was the top GNAC finisher at Friday's SF State Invitational. Carstens placed fifth as she covered the 6,000-meter course in 21:48.4, finishing just over a second ahead of Simon Fraser's Megan Roxby. She led the Saints to a fourth-place team finish.

Also Nominated: Kailee Stoppel (Montana State Billings), Megan Roxby (Simon Fraser), Sophie Wright (Western Washington).

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
Sept. 12-18	Hunter Hutton, WOU	Cassidy Walchak-Sloan, SMU
Sept. 19-25	Coleman Nash, UAA	Mia Crocker, WWU
Sept. 26-Oct. 2	Bailey Smith, WOU	Alauna Carstens, SMU
Oct. 3-9	Charlie Dannatt, SFU	Alauna Carstens, SMU
	Kevin McDermott, WWU	

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

GNAC News & Notes

CHASING PERFECTION: A 15-point score in cross country, where a team sweeps the top five places, is a rarity at the college level. This season, two GNAC teams have accomplished the feat.

The latest is the Simon Fraser men, who swept the top five places at Friday's San Francisco State Invitational. The performance earned the Red Leafs selection as the GNAC Team of the Week.

Simon Fraser head coach Brit Townsend said that the victory, and the perfect score, shows how well the Red Leafs are progressing as a team.

"The whole purpose of these cross country races is to try and get our top five, seven and even 10 as close to the front guy as possible," Townsend said. "Achieving this goal shows us that we have tremendous depth on our men's team and they are stepping up and battling to win those positions."

Sophomore **Charlie Dannatt** led the way, earning GNAC Co-Athlete of the Week honors with his winning time of 24:42.7. The five scoring runners were separated by just 33 seconds.

Dannatt shared Men's Athlete of the Week honors with Western Washington sophomore **Kevin McDermott**, who placed seventh for the Vikings at the Lewis Crossover in Illinois in a time of 24:18. The performance led the Vikings to a third-place team finish in the high-powered Division II invitational.

The Western Washington men had the other perfect score this season, opening the season with a 15-point performance at the CWU Apple Ridge Run on Sept. 10.

On the women's side, Saint Martin's freshman **Alauna Carstens** repeated as the Women's Cross Country Athlete of the Week. She was the top conference placer at the San Francisco State Invitational, finishing fifth with a time of 21:48.4 over 6,000 meters.

Most GNAC teams are taking a week off from competition before converging on University Place, Washington for the Division II Pre-Nationals meet on Saturday, Oct. 22. Western Oregon is the only competing squad, taking part in the L&C Invitational on Saturday.

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)
Hunter Hutton, WOU (Ash Creek Collegiate, Sept. 16, 17:51.2, 6,000m)
Charlie Dannatt, SFU (SF State Invitational, Oct. 7, 24:42.7, 8,000m)

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)
Alauna Carstens, SMU (John Payne Curtis Invitational, Oct. 1, 18:43.3, 5,000m)

Around The GNAC

ALASKA



- Competing for the first time since Sept. 3, Alaska posted a third-place women's finish and a fifth-place men's finish at the Yellowjacket/Battlin' Bear Invite on Friday in Billings, Montana.

- The UAF women placed three runners in the top five to finish third with a team score of 62 points, just two points behind second-place Rocky Mountain. Sophomore

Kendall Kramer led the way with a second-place individual finish, covering the 5,000-meter course in 17:04.7.

- Sophomore **Naomi Bailey** placed third in a time of 17:05.8 while sophomore **Rosie Fordham** rounded out the top five with a fifth-place time of 17:34.2.

- The Alaska men compiled a score of 136 points to place fifth out of eight competing teams. Junior **Nolan Everest** led the way, placing 36th in a time of 28:00.8 over 8,000 meters. Freshman **Josh Baurick** was 40th in 28:15.7.

- Alaska will not compete this week and returns to the course at the Division II Pre-Nationals on Sat., Oct. 22 in University Place, Washington.

ALASKA ANCHORAGE



- Alaska Anchorage has not raced since Sept. 24. The Seawolves return to the course on Saturday, Oct. 22, at the Division II Pre-Nationals meet in University Place, Washington.

- Alaska Anchorage ran to a pair of sixth-place finishes at the WWU Bill Roe Classic in Ferndale, Washington on Sept. 24.

- Sophomore **Coleman Nash** took second place in the men's race, covering the 8,000-meter course in 24:25.8. He was the top collegiate runner in the race and finished 11 seconds ahead of Western Washington's Kevin McDermott.

- The Alaska Anchorage men finished with a score of 144 points. Junior **Michael Zapherson** was the Seawolves' No. 2 finisher, placing 26th in a time of 25:48.1.

- The Seawolves' women finished with a score of 162 points. Freshman **Elle Stevens** was the top UAA finisher, placing 21st in a time of 23:04.5 over 6,000 meters. Senior **Alfin Nyamasyo** was 27th in a time of 23:21.2.

CENTRAL WASHINGTON



- Racing for the third time in as many weeks, Central Washington put together a fifth-place men's finish and a seventh-place women's finish at the LC State Invitational on Saturday in Lewiston, Idaho.

- The Wildcats' men scored a total of 130 points. Sophomore **Ty Savely** led the way, placing 15th with a personal-best

time of 25:22 for 8,000 meters.

- Sophomore **Shawn Clough** came across in 30th place in a time of 25:58 while freshman **Jack Pratapas** placed 32nd in a time of 26:17.

- The CWU women finished with a score of 165 points, just two points behind Eastern Oregon and six points behind Willamette. All five scoring runners grouped within 28 seconds of each other.

- Sophomore **Rose Melville** led CWU, placing 37th in a time of 20:00 over 5,000 meters. Sophomore **Tailer Cochran** was 39th in 20:05.

- Central Washington will not compete this week. The Wildcats will be back on the course on Sat., Oct. 22, competing in the Division II Pre-Nationals in University Place, Washington.

MONTANA STATE BILLINGS



- Montana State Billings raced to a third-place men's finish and a fifth-place women's finish as it hosted the Yellowjacket/Battlin' Bear Invitational on Friday at Amend Park.

- The Yellowjacket men finished with 71 points. Senior **Ase Ackerman** was the team's top finisher in either race, placing fifth as he covered the 8,000-meter course in 25:20.4.

- Senior **Logan Straus** turned in a 15th-place finish in 25:57.4 while junior **Bryant Edgerton** rounded out the top 20 as he placed 20th in a time of 26:28.5.

- The MSUB women finished with a score of 88 points, 11 points behind fourth-place South Dakota Mines. Senior **Kailee Stoppel** led the way, placing seventh in a time of 18:31.6 over 5,000 meters. Freshman **Alahna Lien** finished 18th in 19:38.8.

- Montana State Billings does not compete again until the Division II Pre-Nationals on Sat., Oct. 22.

NORTHWEST NAZARENE



- Returning to action for the first time in two weeks, Northwest Nazarene placed third in the men's race and fifth in the women's race at the Steve Reeder Memorial Invitational on Friday in Logan, Utah.

- The NNU men compiled a score of 74 points. Freshman **Brody Kemble** led the Nighthawks, placing 29th in a time of 23:06.22 over 7,000 meters. Junior **Norman Kosgei** placed

34th in 23:44.07.

- The Nighthawks women finished with a score of 124 points. Freshman **Morgan Erler** was the top NNU finisher, placing 25th in a time of 19:43.34 over 5,000 meters. Freshman **Keelin Stewart** placed 35th in a time of 21:01.49.

- Northwest Nazarene will compete next at the Division II Pre-Nationals on Sat., Oct. 22 in University Place, Washington.

SAINT MARTIN'S



- Saint Martin's captured a pair of fourth-place finishes at the San Francisco State Invitational on Friday at San Francisco's Golden Gate Park.

- Freshman **Alauna Carstens** earned her second straight GNAC Women's Cross Country Athlete of the Week award. She was the top conference finisher in the race, placing

fifth in a time of 21:49.7 over 6,000 meters and beat out Simon Fraser's Megan Roxby by one second.

- The SMU women finished with a score of 85 points. Sophomore **Cassidy Walchak-Sloan** added a seventh-place finish in 21:57.5 while sophomore **Sara Sabra** placed 12th in 22:18.6.

- The Saint Martin's men scored 109 points, just four points behind third-place Cal State East Bay. Sophomore **Isaac Cortes** was the Saints' top finisher, placing 13th with a time of 25:40.1 over 8,000 meters.

- Sophomore **Kainalu Pagente** also scored a top 20 finish, placing 15th in a time of 25:44.8.

- Saint Martin's does not race again until the short trip to University Place, Washington for the Division II Pre-Nationals.

Around The GNAC

SEATTLE PACIFIC



- Seattle Pacific did not race last week and will not return to the course until hosting the Division II Pre-Nationals on Sat., Oct. 22.
- Seattle Pacific made its annual trip to Salem, Oregon on Oct. 1, placing sixth in the women's race and ninth in the men's race at the Charles Bowles Willamette Invitational.
- The Falcons women scored 185 points and were the No. 2 non-Division I team in the field. Running in her first race of the season, sophomore **Annika Esvelt** delivered a solid performance as she finished ninth in a time of 18:21.4 over 5,000 meters.
- A sprinter by trade, senior **Vanessa Aniteye** was the Falcons' No. 2 runner, placing 33rd in a time of 19:07.8.
- The SPU men scored 254 points to place 19 points behind Division I Portland State. Junior **Brennan LeBlanc** was the Falcons' top finisher, placing 28th in a time of 25:22.9 over 8,000 meters.

SIMON FRASER



- Simon Fraser's men blistered Golden Gate Park for a perfect score while the women were a close third at the San Francisco State Invitational on Friday.
- Simon Fraser won with a score of 15 points, the second time that a GNAC has finished with a perfect score in a meet with three or more teams competing. The performance earned the Red Leafs selection as the GNAC Team of the Week.
- Sophomore **Charlie Dannatt** shared GNAC Men's Cross Country Athlete of the Week honors after he won in a time of 24:42.7 over 8,000 meters. He was five seconds ahead of junior **Sebastian Brinkman**, who was second in a time of 24:49.4. It was Dannatt's first SFU cross country race victory.
- Rounding out the top five for the Red Leafs was sophomore **Scott Arndt** in third (25:05.6), junior **Ephrem Mekonnen** in fourth (25:11.9) and sophomore **Aiden Good** in fifth (25:13.4).
- The Simon Fraser women compiled a score of 59 points, one point behind second-place Cal State East Bay and two points behind Concordia.
- Senior **Megan Roxby** led two SFU runners in the top 10 with her sixth-place finish in a time of 21:49.7 over 6,000 meters. Junior **Grace Chalk** placed ninth in a time of 22:04.7.
- Thanks to the victory in the Bay Area, Simon Fraser's men leaped 10 spots to No. 20 in this week's USTFCCA Division II Coaches Poll. The Red Leafs women dropped out after being ranked No. 28 last week.
- Simon Fraser does not race again until the Division II Pre-Nationals on Sat., Oct. 22.

WESTERN OREGON



- Western Oregon did not race last week. The Wolves will be the only GNAC team competing this week, taking part in the L&C Invitational on Saturday in Estacada, Oregon.
- On the home course for the second time this season, Western Oregon ran to a second-place women's finish and a third-place men's finish at the Mike Johnson Classic on Sept. 30 in Monmouth.
- The men finished with a team score of 69 points. Senior **Bailey Smith** placed third in the men's 8,000-meter race. Smith covered the course in a time of 24:43.6, placing six seconds behind champion Juan Rosales of San Diego Mesa.

- Sophomore **Easton Pomrankey** placed 15th in 25:33.2 and sophomore **Cedar Davis-Frankfort** was 16th in 25:37.8.
- The WOU women scored 65 points to place second. Freshman **Ali Clifton** was the Wolves' lead runner, placing eighth in a time of 22:37.9 for 6,000 meters. Freshman **Riley Smith** placed ninth in a time of 22:41.2.
- All five WOU women's placers finished in the top 20. Freshman **Natalie Perez** was 14th in 23:11.4. Sophomore **Olivia Flack** was 15th in 23:15.9 and sophomore **Katie Chapman** placed 19th in 23:22.3.

WESTERN WASHINGTON



- Competing in one of the country's larger Division II invitationals, Western Washington ran to a third-place men's finish and a seventh-place women's finish at the Lewis Crossover on Saturday in Romeoville, Illinois.
- The Vikings men compiled a score of 82 points, just two points behind second-place Illinois-Springfield. The team grouped well again with just 19 seconds between the scoring five.
- Sophomore **Kevin McDermott** shared GNAC Men's Cross Country Athlete of the Week honors for his seventh-place finish, covering the 8,000-meter course in a time of 24:18.
- Sophomore **Jeret Gillingham** placed 16th in a time of 24:29. Sophomore **Ryan Clough** rounded out WWU's top 20 finishers, placing 19th in a time of 24:35.5.
- The WWU women finished with a score of 210 points. Sophomore **Sophie Wright** led the Vikings, placing 23rd in a time of 22:27.1 over 6,000 meters. Sophomore **Mia Crocker** placed 28th in 22:35.8.
- With the performance at Lewis, Western Washington's men climbed nine spots to No. 17 in this week's USTFCCA Division II Coaches Poll. The women continue to be ranked at No. 28, dropping 10 spots from last week.
- Western Washington does not compete again until the Division II Pre-Nationals on Sat., Oct. 22 in University Place, Washington.

Men's Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	SFU	WWU
Preseason	—	30th
Sept. 12	—	29th
Sept. 28	29th	24th
Oct. 5	30th	26th
Oct. 12	20th	17th

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
Sept. 27	6th	10th	5th
Oct. 4	6th	10th	5th
Oct. 11	4th	10th	3rd

USTFCCCA DIVISION II COACHES POLL

Week 4 - Oct. 12, 2022		
Rk	School (1st)	Pts.
1.	Colorado Mines (8)	240
2.	Adams State	232
3.	Grand Valley St.	222
4.	Wingate	216
5.	Lee (Tenn.)	205
6.	Chico State	198
7.	Colorado Christian	193
8.	Augustana (S.D.)	188
9.	Missouri Southern	176
10.	Western Colorado	169
11.	Charleston	161
12.	Walsh	152
13.	Pittsburg St.	141
14.	UC-Colorado Springs	135
15.	Illinois-Springfield	128
16.	Mississippi College	120
17.	Western Washington	112
18.	Azusa Pacific	108
19.	Michigan Tech	92
20.	Simon Fraser	84
21.	Saginaw Valley St.	79
22.	Alabama-Huntsville	67
23.	Cal Poly Pomona	62
24.	Nebraska-Kearney	57
25.	West Texas A&M	49
26.	Wis.-Parksides	41
27.	Wayne State (Mich.)	28
28.	Franklin Pierce	25
29.	Northwood (Mich.)	14
30.	Biola	10

USTFCCCA WEST REGION POLL

Week 4 - Oct. 11, 2022			
Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	Azusa Pacific	PacWest	2
3.	Western Washington	GNAC	5
4.	Simon Fraser	GNAC	6
5.	Cal Poly Pomona	CCAA	3
6.	Biola	PacWest	7
7.	Fresno Pacific	PacWest	4
8.	Concordia	PacWest	8
9.	Cal St. San Marcos	CCAA	9
10.	Western Oregon	GNAC	10

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
Sept. 28	—	28th	19th
Oct. 5	—	28th	18th
Oct. 12	—	—	28th

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

West Region	UAF	SMU	SFU	WWU
Preseason	9th	—	1st	4th
Sept. 13	10th	—	1st	4th
Sept. 27	—	10th	6th	3rd
Oct. 4	—	10th	6th	3rd
Oct. 11	—	9th	6th	5th

USTFCCCA DIVISION II COACHES POLL

Week 4 - Oct. 12, 2022		
Rk	School (1st)	Pts.
1.	Adams State (8)	240
2.	Grand Valley State	230
3.	Colorado Mines	224
4.	UC-Colorado Springs	213
5.	Augustana (S.D.)	209
6.	Wingate	195
7.	Cedarville	191
8.	Stanislaus State	189
9.	Dallas Baptist	179
10.	Lee (Tenn.)	169
11.	Western Colorado	161
12.	Colorado Christian	149
13.	Chico State	146
14.	Minnesota Duluth	137
15.	Winona State	128
16.	Lewis	120
17.	Pittsburg St.	112
18.	Minnesota St.	97
19.	Wayne State (Mich.)	89
20.	Biola (Calif.)	88
21.	CSU Pueblo	83
22.	Nebraska-Kearney	78
23.	Azusa Pacific	65
24.	Saginaw Valley St.	55
25.	West Texas A&M	51
26.	Michigan Tech	38
27.	Rogers State	31
28.	Western Washington	24
29.	Southwest Baptist	16
30.	Charleston	8

USTFCCCA WEST REGION POLL

Week 4 - Oct. 11, 2022			
Rk	School	Conf.	Prev.
1.	Stanislaus State	CCAA	1
2.	Chico State	CCAA	2
3.	Biola	PacWest	4
4.	Azusa Pacific	PacWest	5
5.	Western Washington	GNAC	3
6.	Concordia	PacWest	7
7.	Cal State East Bay	CCAA	8
8.	Simon Fraser	GNAC	6
9.	Saint Martin's	GNAC	10
10.	Cal St. San Marcos	CCAA	9



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.

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 Edgerton, 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.

Fri., Sept. 16

Ash Creek Collegiate

at Ash Creek Preserve, Monmouth, Ore.

Men (6,000m): Simon Fraser 37, Portland 38, Western Oregon 63, Saint Martin's 115, Lane CC 124, Lewis & Clark 172, Linfield 198, Corban 245.

Top 5 Finishers: 1, Hunter Hutton, WOU, 17:51.2. 2, Justin Hazell, UP, 17:59.5. 3, Sebastian Brinkman, SFU, 18:00.5. 4, Cohen Williams, UP, 18:03.6. 5, Bailey Smith, WOU, 18:05.3.

Other Top GNAC Finishers: 6, Scott Arndt, SFU, 18:06.4. 7, Henry Ruttman-Utting, SFU, 18:10.9.

Women (5,000m): Oregon State 28, Simon Fraser 61, Saint Martin's 70, Western Oregon 92, Lewis & Clark 132, Lane CC 147, Linfield 167, Corban 255.

Top 5 Finishers: 1, Teaghan Knoxx, OSU, 17:49.4. 2, Kate Laurent, OSU, 17:50.2. 3, Emily Van Valkenberg, OSU, 17:58.9. 4, Cassidy Walchak-Sloan, SMU, 17:58.9. 5, Alauna Carstens, SMU, 18:05.3.

Other Top GNAC Finishers: 7, Megan Roxby, SFU, 18:14.5. 8, Grace Chalk, SFU, 18:18.6. 9, Holly Hutton, WOU, 18:18.6.

EOU Cross Country Open

at La Grande Country Club, La Grande, Ore.

Men (6,000m): Eastern Oregon 19, College of Idaho 43, Coll. of Southern Idaho 65, Lewis-Clark State 134, Clark CC 145, Walla Walla 165.

Top 5 Finishers: 1, Justin Ash, EOU, 18:24.73. 2, Hunter Nichols, EOU, 18:46.16. 3, Winston Telford, EOU, 18:47.81. 4, Hayden Bostrom, CI, 18:51.66. 5, Cristian Mendoza, EOU, 18:54.31.

Top GNAC Finishers: 22, Brody Kembler, NNU, 19:50.44. 36, Josh Lady, NNU, 20:46.48. 46, Aaron Heberlein, NNU, 21:44.76. 57, Bryan Bach, NNU, 23:11.51.

Women (4,000m): College of Idaho 27, Coll. of Southern Idaho 30, Northwest Nazarene 86, Eastern Oregon 100, Clark CC 136.

Top 5 Finishers: 1, Ellyse Tingelstad, CI, 14:18.14. 2, Abbey Shirts, CI, 14:30.71. 3, Natalya Babcock, CSI, 14:36.71. 4, Lydia Felix, CSI, 14:38.84. 5, Kahea Figueira, CI, 14:42.81.

Top 5 GNAC Finishers: 14, Morgan Erler, NNU, 15:34.96. 17, Keelin Stewart, NNU, 15:58.27. 19, Olivia Klein, NNU, 16:00.78. 21, Katelyn Van Zanten, NNU, 16:11.99. 22, Emily McMahon, 16:19.24.

2022 GNAC Meet Summaries

Sat., Sept. 17

MSU Cross Country Classic

at Bridger Creek Golf Course, Bozeman, Mont.

Men (8,000m): Montana State 15, Weber State 51, Idaho State 105, Montana 125, Carroll (Mont.) 155, Montana Tech 165, Montana St. Billings 185, Montana Western 206.

Top 5 Finishers: 1, Duncan Hamilton, MSU, 24:30.9. 2, Ben Perrin, MSUB, 24:31.1. 3, Matthre Richtman, MSU, 24:41.9. 4, Owen Smith, MSU, 24:42.0. 5, Rob McManus, MSU, 24:48.0.

Top 5 GNAC Finishers: 14, Ase Ackerman, MSUB, 25:36.1. 48, Logan Straus, MSUB, 27:18.4. 60, Wyatt May, MSUB, 27:46.6. 63, Bryant Edgerton, MSUB, 27:55.5. 69, Jordi Peiro, MSUB, 28:28.8.

Women (5,000m): Montana State 31, Weber State 42, Idaho State 82, Montana 105, Carroll (Mont.) 160, Montana Tech 181, Montana State Billings 197, Montana Western 209.

Top 5 Finishers: 1, Camila Noe, MSUB, 16:28.2. 2, Billie Hatch, Unattached, 16:38.4. 3, Bailey Wall, Unattached, 16:59.5. 4, Bailey Winter, WSU, 17:04.3. 5, Rylie Lusk, WSU, 17:14.1.

Top 5 GNAC Finishers: 31, Kailee Stoppel, MSUB, 18:43.0. 52, Alahna Lien, MSUB, 19:43.1. 59, Ally Whitmer, MSUB, 20:07.0. 60, Kaylee Dalling, MSUB, 20:07.6. 66, Carey Berendsen, MSUB, 20:26.5.

Fri., Sept. 23

Idaho State Open

at ISU Centennial Cross Country Course, Pocatello, Idaho

Men (6,000m): Utah State 21, Idaho State 74, Salt Lake CC 75, Coll. of Southern Idaho 117, Northwest Nazarene 174.

Top 5 Finishers: 1, Logan Garnica, USU, 18:25.0. 2, Stewart Brown, USU, 18:34.5. 3, LJ Floyds, USU, 18:37.1. 4, Mason Braithwaite, Unattached, 18:51.0. 5, Talon Rodriguez, SLCC, 18:55.4.

Top 5 GNAC Finishers: 27, Brody Kemble, NNU, 19:54.8. 49, Quincy Ellis, NNU, 21:14.3. 52, Josh Lady, NNU, 21:20.3. 67, Aaron Heberlein, NNU, 22:39.7. 72, Bryan Bach, NNU, 23:52.3.

Women (6,000m): Utah State 25, Idaho State 50, Coll. of Southern Idaho 61, Salt Lake CC 117, Northwest Nazarene 159.

Top 5 Finishers: 1, Cassandra Vasquez, ISU, 21:57.4. 2, Kaybree Christensen, Unattached, 22:14.4. 3, Madison Strasner, USU, 22:34.3. 4, Camilla McKinstry, USU, 22:43.2. 5, Zoe Hales, USU, 23:01.1.

Top 5 GNAC Finishers: 19, Morgan Elder, NNU, 24:09.2. 38, Olivia Klein, NNU, 25:33.4. 46, Keelin Stewart, NNU, 26:52.9. 48, Emily McMahon, NNU, 27:19.2. Katelyn Van Zanten, NNU, 27:33.3.

Sat., Sept. 24

WWU Bill Roe Classic

at Hovander Homestead Park, Ferndale, Wash.

Men (8,000m): Western Washington 43, Simon Fraser 50, Victoria 97, Premature Acceleration AC 108, Club Northwest 120, Alaska Anchorage 144, Northwest (Wash.) 187, Central Washington 201, Green River CC 238, Seattle Running Club 303.

Top 5 Finishers: 1, Tim Anderson, CNW, 23:34.8. 2, Coleman Nash, UAA, 24:25.8. 3, Kevin McDermott, WWU, 24:37.1. 4, Andrew Oslin, WWU, 24:41.6. 5, Matt Welch, Premature AC, 24:50.9.

Other Top GNAC Finishers: 6, Charlie Dannatt, SFU, 24:55.4. 7, Scott Arndt, SFU, 24:57.5.

Women (6,000m): Western Washington 53, Simon Fraser 72, Bellingham Distance Project 81, Victories 83, Club Northwest 93, Alaska Anchorage 162, Seattle Running Club 193, Central Washington 215, Green River CC 278.

Top 5 Finishers: 1, Amelia Keyser-Gibson, BDP, 21:11.6. 2, Erin Wagner, CNW, 21:22.3. 3, Courtney Olson, BDP, 21:55.1. 4, Mia Crocker, WWU, 22:02.1. 5, Lana Lacey, CNW, 22:16.9.

Other Top GNAC Finishers: 6, Grace Chalk, SFU, 22:23.9. 9, Megan Roxby, SFU, 22:33.2. 11, Ashley Reeck, WWU, 22:44.1. 12, Alanna Parker, WWU, 22:46.8.

Fri., Sept. 30

Mike Johnson Classic

at Ash Creek Preserve, Monmouth, Ore.

Men (8,000m): College of Idaho 28, San Diego Mesa 35, Western Oregon 69, George Fox 119, Lewis & Clark 151, Pacific (Ore.) 171, Walla Walla 208.

Top 5 Finishers: 1, Juan Rosales, SDMC, 24:37.8. 2, Elias Everist, CI, 24:39.4. 3, Bailey Smith, WOU, 24:43.6. 4, Braden Smith, CI, 24:44.7. 5, Brennen Donahue, unattached, 24:47.0.

Other Top GNAC Finishers: 15, Easton Pomrankey, WOU, 25:33.2. 16, Cedar Davis-Frankfurt, WOU, 25:37.8. 22, Kolby Spink, WOU, 25:58.1. 23, Dustyn McKenney, WOU, 26:05.1.

Women (6,000m): College of Idaho 15, Western Oregon 65, Pacific (Ore.) 93, San Diego Mesa 110, Lewis & Clark 112, George Fox 113.

Top 5 Finishers: 1, Sage Martin, CI, 21:35.6. 2, Ellyse Tingelstad, CI, 21:39.2. 3, Abbey Shirts, CI, 21:48.2. 4, Kahea Figueira, CI, 22:10.3. 5, Makena Houston, CI, 22:13.5.

Top 5 GNAC Finishers: 8, Ali Clifton, WOU, 22:37.9. 9, Riley Smith, WOU, 22:41.2. 14, Natalie Perez, WOU, 23:11.4. 15, Olivia Flack, WOU, 23:15.9. 19, Katie Chapman, WOU, 23:22.3.

Montana Open

at UM Golf Course, Missoula, Mont.

Men (8,000m): Montana 15, Montana State Billings 45.

Top 5 Finishers: 1, Sam Ells, Unattached, 23:45.4. 2, Nathan Carter, UM, 23:58.3. 3, Rogelio Mares, UM, 24:32.8. 4, Will Dauenhauer, UM, 24:44.4. 5, Cooper Morris, UM, 25:08.5.

Top 5 GNAC Finishers: 9, Bryant Edgerton, MSUB, 25:51.8. 11, Wyatt May, MSUB, 26:09.0. 13, Gaven McCullough, MSUB, 26:48.6. 14, Kevin Graces, MSUB, 28:22.1. 15, Jackson Bailey, MSUB, 29:51.0.

Women (5,000m): Montana 15, Montana State Billings 44.

Top 5 Finishers: 1, Annie Hill, UM, 17:13.3. 2, Eirenn Rhein, Unattached, 17:37.2. 3, Kelsie Zitzer, Unattached, 17:38.9. 4, Bridget Boyle, UM, 18:19.1. 5, Iris McKean, UM, 18:24.8.

Top 5 GNAC Finishers: 8, Kaylee Dalling, MSUB, 19:22.3. 11, Casey Berendsen, MSUB, 19:46.4. 12, Madeline Severson, MSUB, 20:01.4. 13, Kit Wiersma, MSUB, 20:07.5. 14, Kylee Halpin, MSUB, 20:30.3.

Sat., Oct. 1

John Payne Curtis Invitational

at Chambers Creek Regional Park, University Place, Wash.

Men (8,000m): Western Washington 19, Saint Martin's 36, Everett CC 85,

Top 5 Finishers: 1, Leo Rutledge, Unattached, 25:47.4. 2, Sean Sands, WWU, 25:54.5. 3, Drew Weber, WWU, 26:14.1. 4, Will Henry, WWU, 26:26.7. 5, Kainalu Pagente, SMU, 26:27.4.

Other Top GNAC Finishers: 6, Michael Harwell, SMU, 26:29.6.

Women (5,000m): Saint Martin's 25, Western Washington 30.

Top 5 Finishers: 1, Alauna Carstens, SMU, 18:43.3. 2, Sara Sabra, SMU, 18:54.4. 3, Alisha Saucedo, SMU, 19:40.9. 4, Sidra Miller, WWU, 19:42.6. 5, Laura Halsell, WWU, 19:56.4.

2022 GNAC Meet Summaries

Sat., Oct. 1

Charles Bowles Willamette Invitational at Bush's Pasture Park, Salem, Ore.

Men (8,000m): Portland 29, Eastern Oregon 49, Oregon Tech 118, Cal Poly Humboldt 130, Seattle 141, Northwest (Wash.) 194, Lane CC 204, UO Running Club 227, Portland State 235, Seattle Pacific 254, Willamette 303, Linfield 348, Bushnell 355, Corban 368, OSU Running Club 377, Treasure Valley CC 463, Clark CC 466.

Top 5 Finishers: 1, Teddy Buckley, Unattached, 24:18.0. 2, Benjamin Collins, Unattached, 24:18.4. 3, Dalton Kaines, Unattached, 24:29.9. 4, Nick Brichta, Humboldt, 24:30.8. 5, Jonas Gertsen, Unattached, 24:33.4.

Top 5 GNAC Finishers: 28, Brennan LeBlanc, SPU, 25:22.9. 55, Drew Thompson, SPU, 26:05.3. 74, Jon Owen, SPU, 26:43.7. 101, Lucas Cervantes-Reyes, SPU, 27:27.0. 119, Isaac Venable, SPU, 27:49.8.

Women (5,000m): Seattle 70, Hawaii 78, Oregon State 94, Portland 109, Portland State 117, Point Loma 171, Seattle Pacific 185, Cal Poly Humboldt 208, Lane CC 249, UO Running Club 280, Eastern Oregon 306, Linfield 307, Willamette 323, Bushnell 374, Redwoods 421, Corban 427, Clark CC 463.

Top 5 Finishers: 1, Bara Styblova, PSU, 17:31.3. 2, Hannah Hartwell, Redwoods, 17:35.9. 3, Caelan Miller, UH, 18:02.3. 4, Teresa Perez, UP, 18:02.8. 5, Sophia Morgan, UH, 18:07.8.

Top 5 GNAC Finishers: 9, Annika Esvelt, SPU, 18:21.4. 33, Vanessa Aniteye, SPU, 19:07.8. 49, Matise Mulch, SPU, 19:31.5. 50, Nicki Yorges, SPU, 19:32.5. 84, Maya Ewing, SPU, 20:31.7.

Whitman Invitational

at Veterans Memorial Golf Course, Walla Walla, Wash.

Men (8,000m): Whitworth 43, Whitman 50, Puget Sound 54, Central Washington 80.

Top 5 Finishers: 1, Ben Kerr, UPS, 26:37.8. 2, Gabe Wasserman, WTMN, 26:45.7. 3, Troy Peternell, WTMN, 26:49.2. 4, Reilly McVay, WTMN, 26:55.4. 5, Alex Peters, WHTW, 27:05.8.

Top 5 GNAC Finishers: 9, Ty Savely, CWU, 27:13.8. 12, Shawn Clough, 27:22.4. 20, Zack Sundt, CWU, 28:25.3. 23, Jack Pratapas, CWU, 28:38.7. 28, Kevin Lipchirchir, CWU, 29:13.3.

Women (6,000m): Eastern Washington 22, Whitman 53, Whitworth 79, Puget Sound 106, Central Washington 111.

Top 5 Finishers: 1, Kaylin Sheley, EWU, 22:42.0. 2, Madelyn Buckley, WHTW, 23:15.1. 3, Amanda Nygard, EWU, 23:30.8. 4, Anna Harrison, EWU, 23:51.6. 5, Ally Kim, WTMN, 23:56.5.

Top 5 GNAC Finishers: 14, Beatrice LeGore, CWU, 25:17.6. 15, Zoie Mastin, 25:19.6. 29, Madison Thompson, CWU, 27:00.9. 30, Olivia Wyatt, CWU, 27:02.3. 32, Kaitlin Creeger, CWU, 27:39.4.

Fri., Oct. 7

Yellowjacket/Battlin' Bears Invitational at Amend Park, Billings, Mont.

Men (8,000m): Black Hills St. 26, South Dakota Mines 56, Montana State Billings 71, Rocky Mountain 101, Alaska 136, Dawson CC 171.

Top 5 Finishers: 1, Jackson Wilson, RMC, 22:44.2. 2, Timothy Brown, BHSU, 24:45.9. 3, Matt Parker, BHSU, 25:04.4. 4, Tyler Captain, SDM, 25:06.4. 5, Ase Ackerman, MSUB, 25:20.4.

Other Top GNAC Finishers: 15, Logan Straus, MSUB, 25:57.4. 20, Bryant Edgerton, MSUB, 26:28.5. 24, Wyatt May, MSUB, 26:41.5. 31, Gaven McCullough, MSUB, 27:19.

Women (5,000m): Black Hills St. 49, Rocky Mountain 60, Alaska 62, South Dakota Mines 77, Montana State Billings 88, Providence (Mont.) 164.

Top 5 Finishers: 1, Sydney Little Light, RMC, 16:58.1. 2, Kendall Kramer, UAF, 17:04.7. 3, Naomi Bailey, UAF, 17:05.8. 4, Xiomara Robinson, BHSU, 17:25.5. 5, Rosie Fordham, UAF, 17:34.2.

Other Top GNAC Finishers: 7, Kailee Stoppel, MSUB, 18:31.6. 18, Alahna Chen, MSUB, 19:38.8.

SF State Invitational

at Golden Gate Park, San Francisco, Calif.

Men (8,000m): Simon Fraser 15, Concordia 62, Cal St. East Bay 105, Saint Martin's 109, San Francisco St. 120, Fresno Pacific 144, Holy Names 220, San Jose St. 234, William Jessup 262, Pacific Union 303, Dominican (Calif.) 330.

Top 5 Finishers: 1, Charlie Dannatt, SFU, 24:42.7. 2, Sebastian Brinkman, SFU, 24:49.4. 3, Scott Arndt, SFU, 25:05.6. 4, Ephrem Mekonnen, SFU, 25:11.9. 5, Aiden Good, SFU, 25:13.4.

Women (6,000m): Concordia 57, Cal St. East Bay 58, Simon Fraser 59, Saint Martin's 85, San Francisco 136, Fresno Pacific 196, San Francisco St. 204, San Jose St. 216, William Jessup 228, Dominican (Calif.) 298, Holy Names 318.

Top 5 Finishers: 1, Kira Gupta-Baltazar, USF, 21:31.7. 2, Chase Worthen, CSUEB, 21:35.4. 3, Claire Fisher, CSUEB, 21:38.9. 4, Jori Paradis, CUI, 21:42.1. 5, Alauna Carstens, SMU, 21:48.4.

Other Top GNAC Finishers: 6, Megan Roxby, SFU, 21:49.7. 7, Cassidy Walchak-Sloan, SMU, 21:57.5. 9, Grace Chalk, SFU, 22:04.7. 12, Sara Sabra, SMU, 22:18.6.

Steve Reeder Memorial Invitational

at Steve & Donna Reeder Cross Country Course, Logan, Utah

Men (7,000m): Utah State 26, Salt Lake CC 29, Northwest Nazarene 74.

Top 5 Finishers: 1, Garrett Stanford, Unattached, 21:24.01. 2, Jacob Stanford, Unattached, 21:24.07. 3, Jordan Cross, Tracksmith, 21:46.27. 4, Brennan Benson, USU, 21:49.12. 5, Mason Braithwaite, Unattached, 21:49.2.

Top 5 GNAC Finishers: 29, Brody Kemble, NNU, 23:06.22. 34, Quincy Ellis, NNU, 23:44.07. 45, Josh Lady, NNU, 25:32.78. 47, Aaron Heberlein, NNU, 25:33.8. 49, Bryan Bach, NNU, 25:43.7.

Women (5,000m): BYU 23, Utah State 50, UNLV 94, Salt Lake CC 95, Northwest Nazarene 124.

Top 5 Finishers: 1, Billie Hatch, Unattached, 17:42.06. 2, Bailey Wall, Unattached, 18:00.42. 3, Natalia Ruiz Lara, UNLV, 18:08.37. 4, Haley Johnston, BYU, 18:25.32. 5, Taylor Lovell, BYU, 18:26.88.

Top 5 GNAC Finishers: 25, Mogran Erler, NNU, 19:43.34. 35, Keelin Stewart, NNU, 21:01.49. 39, Olivia Klein, NNU, 21:23.34. 44, Katelyn Van Zanten, NNU, 21:59.55. 47, Gracie Averill, NNU, 23:00.5.

Sat., Oct. 8

LC State Invitational

at LCSC Cross Country Course, Lewiston, Idaho

Men (8,000m): Idaho 15, Gonzaga 54, Montana 90, Lewis-Clark State 95, Central Washington 130, Bushnell 181, Willamette 191.

Top 5 Finishers: 1, Lorenz Herrmann, UI, 24:05. 2, Gabriel Dinnel, UI, 24:18. 3, Shea Mattson, UI, 24:41. 4, Sam Fulbright, UI, 24:49. 5, Tim Stevens, UI, 24:49.

Top 5 GNAC Finishers: 15, Ty Savely, CWU, 25:22. 30, Shawn Clough, CWU, 25:58. 32, Jack Pratapas, CWU, 26:17. 44, Zack Sundt, CWU, 26:30. 55, Shun Yamaguchi, CWU, 27:28.

Women (5,000m): Idaho 17, Gonzaga 57, Montana 72, Lewis-Clark State 105, Willamette 159, Eastern Oregon 163, Central Washington 165.

Top 5 Finishers: 1, Maya Kobylanski, UI, 16:35. 2, Kelsey Swenson, UI, 16:42. 3, Nathalia Campos, UI, 17:11. 4, Annie Mill, UM, 17:22. 5, Leah Holmgren, UI, 17:31.

Top 5 GNAC Finishers: 37, Rose Melville, CWU, 20:00. 39, Tailer Cochran, CWU, 20:05. 41, Madison Thompson, CWU, 20:06. 42, Zoie Mastin, CWU, 20:08. 46, Kelli Heim, CWU, 20:28.

2022 GNAC Meet Summaries

Sat., Oct. 8

Lewis Crossover

at Lewis Cross Country Course, Romeoville, Ill.

Men (8,000m): Colorado Christian 47, Ill.-Springfield 80, Western Washington 82, Michigan Tech 102, Saginaw Valley 108, Ala.-Huntsville 146, Lewis 178, Sioux Falls 196, Edinboro 249, Cal St. San Marcos 300, Ferris State 321, Minnesota-Duluth 330, Academy of Art 407, Winona State 465, Purdue Northwest 474, Davenport 480, Ashland 507, Adelphi 557, Frostburg St. 578.

Top 5 Finishers: 1, Dayton Brown, SVSU, 23:43.9. 2, Trent Cochran, CCU, 23:49.1. Josh Pierantoni, CCU, 23:52. 4, Wyatt McIntyre, UIS, 23:56.8. 5, Drew Kolodge, MTU, 23:58.8.

Top 5 GNAC Finishers: 7, Kevin McDermott, WWU, 24:18. 16, Jeret Gillingham, WWU, 24:29. 19, Ryan Clough, WWU, 24:35.5. 21, Jared Alderfer, WWU, 24:37.3. 22, Andrew Oslin, WWU, 24:37.5.

Women (6,000m): Colorado Christian 68, Minnesota-Duluth 92, Winona State 116, Lewis 119, Saginaw Valley 146, Michigan Tech 193, Western Washington 210, Sioux Falls 220, Ferris State 236, Edinboro 241, Ala.-Huntsville 265, Cal St. San Marco 304, Academy of Art 333, Davenport 383, Purdue Northwest 431, Adelphi 443, Ill.-Springfield 443 (Adelphi wins tiebreaker 3-2), Wheeling 511, Ashland 576, Frostburg St. 584.

Top 5 Finishers: 1, Lindsay Cunningham, WSU, 20:50.2. 2, Kylie Anicic, Edinboro, 21:09.3. 3, McKenna Taylor, WSU, 21:13.4. 4, Cailee Peterson, MSUD, 21:19.9. 5, Paige Tuck, CCU, 21:41.4.

Top 5 GNAC Finishers: 23, Sophie Wright, WWU, 22:27.1. 28, Mia Crocker, WWU, 22:35.8. 39, Meaera Shannon, WWU, 22:51.4. 55, Alanna Parker, WWU, 23:12.4. 69, Evelyn Collins-Winn, WWU, 23:26.2.