



# gnac

Great Northwest Athletic Conference

# TRACK & FIELD

## WEEKLY REPORT

Apr. 10, 2018 • Week 13  
GNACSports.com • @GNACSports

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## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

**Tues., Apr. 10 - Wed., Apr. 11**  
Central Washington at Spokane Multis, Spokane, Wash.

**Fri., Apr. 13 - Sat., Apr. 14**  
Concordia, Simon Fraser at Triton Invitational, La Jolla, Calif.  
Northwest Nazarene at NNU Invitational, Nampa, Idaho

**Sat., Apr. 14**  
Central Washington, Concordia, Saint Martin's, Seattle Pacific, Western Washington at SMU Jay Hammer Meet, Lacey, Wash.  
Western Oregon at L&C Invitational, Portland, Ore.  
Montana State Billings at Montana Open, Missoula, Mont.

### LAST WEEK'S MEETS

**Fri., Apr. 6**  
**John Knight Twilight**  
at McArthur Field, Monmouth, Ore.  
**Women (Top 3 GNAC Finishers):** 400 Meters - 1, Olivia Woods, WOU, 56.01; 2, Megan Rose, WOU, 57.19; 3, Suzie Van De Grift, WOU, 57.24. 800 Meters - Rachel Bayly, WOU, 2:23.45. 1,500 Meters - 1, Kennedy Rufener, WOU, 4:38.79. 400m Hurdles - 2, Sara Madden, WOU, 1:03.62. 4x100 Relay - 3, Western Oregon, 50.70. 4x400 Relay - 1, Concordia, 4:01.20. High Jump - 1, Tori Johnson, CU, 5-5. Long Jump - 1, Chelsea Bone, CU, 17-7.5. Triple Jump - 1, Emma Hill, CU, 38-6.75; 3, Chase Stephens, CU, 36-9.5. Hammer - 1, Christina MacDonald, CU, 190-3; 2, Joselynn Tensley, CU, 183-0; 3, Tasha Willing, CU, 176-10. Discus - 1, Melissa Ausman, CU, 170-10; 2, Rachel Bring, CU, 146-6; Katrina Linenko, CU, 141-1. Shot Put - 2, Christina MacDonald, CU, 48-4; 3, Melissa Ausman, CU, 45-7.75. Javelin - 2, Elizbaeth Stottlemire, CU, 145-10; 3, Darian Wilson, WU, 144-5.  
**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Carlos Ortiz, CU, 10.74. 200 Meters - 3, Codi Blodgett, WOU, 22.36. 400 Meters - 2, AJ Holmberg, WOU, 50.15. 800 Meters - 1, Neal Cranston, WOU, 1:55.42; 3, Dominik Marshall, WOU, 1:57.61. 1,500 Meters - 1, Justin Crosswhite, WOU, 3:54.72; 2, Tyler Jones, WOU, 3:55.88. 110m Hurdles - 2, James Phillips, CU, 15.50. 400m Hurdles - 3, Robert Bierly, CU, 57.61. Steeplechase - 3, Judd Lewis, CU, 9:23.46. 4x100 Relay - 2, Western Oregon, 42.84. 4x400 Relay - 2, Western Oregon, 3:20.69. Pole Vault - 1, Jackson Stallard, WOU, 14-3.25. Triple Jump - 1, Jalon Fields, 45-7.75; 3, Kolton Rhode, WOU, 42-6.25. Hammer - 1, Jacob Slate, WOU, 200-5; 2, Joe Denniston, CU, 174-0; 3, Logan Barker, WOU, 143-10. Discus - 2, Jakob Chamberlin, CU, 170-4; 3, Caleb Bridge, CU, 159-6. Shot Put - 2, Sam Nichols, CU, 51-9.75; 3, Seth Bridge, CU, 51-8.25. Javelin - 1, Easton Christensen, CU, 208-4.

**Fri., Apr. 6**  
**WWU Quad Meet**  
at Civic Stadium, Bellingham, Wash.  
**Women's Team Scores:** Western Washington 180, British Columbia 173, Seattle Pacific 152, Saint Martin's 61.  
**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Julia Stepper, SPU, 12.43; 2, Becca Houk, SPU, 12.52. 200 Meters - 1, Grace Bley, SPU, 25.25; 2, Savannah Smith, WWU, 25.39. 400 Meters - 1, Lani Taylor, SPU, 56.94; 3, Emily Systma, WWU, 58.34. 5,000 Meters - 2, Katherine Walter, SPU, 17:38.85; 3, Sophia Galvez, WWU, 17:49.05. 100m Hurdles - 1, Renick Meyer, SPU, 14.81; 2, Claire Hansen, WWU, 14.98; 3, Ariya Kendrick, SMU, 15.2. 400m Hurdles - 2, Molly House, WWU, 1:08.96; 3, Ashley Vest, SMU, 1:16.15. Steeplechase - 2, Peyton Shinnick, WWU, 11:26.83; 3, Hailey Kettel, SPU, 11:40.40. 4x100 Relay - 1, Seattle Pacific, 47.09; 3, Western Washington, 48.08. 4x400 Relay - 1, Seattle Pacific, 3:52.64; 3, Western Washington, 4:10.54. 4x800 Relay - 2, Seattle Pacific, 9:13.62; 3, Western Washington, 9:55.86. High Jump - 2, Maddie Taylor, WWU, 5-5.25. Pole Vault - 1, Anna Paradee, WWU, 13-0.25; 2, Scout Cai, SPU, 12-0.5; 3, Jewels Oliquano, WWU, 11-6.5. Long Jump - 1, Renick Meyer, SPU, 18-8.5; 2, Kellie May, SPU, 18-1. Triple Jump - 2, Kellie May, SPU, 36-11.5. Shot Put - 1, Chanelle Eddy, WWU, 34-5. Discus - 1, Chanelle Eddy, WWU, 143-11; 2, Kiana Schwendeman, WWU, 128-10. Hammer - 1, Liz Larson, SMU, 182-8; 3, Chanelle Eddy, WWU, 128-5. Javelin - 1, Raquel Pellecer, WWU, 154-7; 2, Natalie Vetto, WWU, 146-4; 3, Deanna Avalos, SMU, 146-1.  
**Men's Team Scores:** Western Washington 223, British Columbia 160, Saint Martin's 111, Seattle Pacific 81.  
**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Logan Armstrong, SMU, 11.36; 2, Alex Taylor, WWU, 11.38; 3, Stedman Knox, WWU, 11.51. 200 Meters - 1, Daniel Jones, 22.89; 3, Andrew Kier, SMU, 23.12. 400 Meters - 2, Bryant Welch, WWU, 49.52; 3, Jackson Hand, SMU, 50.22. 1,500 Meters - 2, James Jasperson, WWU, 4:00.22. 110m Hurdles - 3, Cordell Cummings, WWU, 15.44. 400m Hurdles - 3, Cordell Cummings, WWU, 55.67. Steeplechase - 3, Dario Crilincione, WWU, 9:57.60. 4x100 Relay - 2, Saint Martin's, 42.33; 3, Western Washington, 42.54. 4x400 Relay - 1, Western Washington, 3:19.11; 3, Saint Martin's, 3:27.35. 4x800 Relay - 2, Seattle Pacific, 8:04.53; 3, Western Washington, 8:07.09. High Jump - 1, Tupre Wickliff, WWU, 6-6.25; 2, Garrett Davies, WWU, 6-2.25; 3, Seren Dances, WWU, 6-0.5. Pole Vault - 1, Adam Thomas, WWU, 15-1.75; 2, Davis Flintoff, SPU, 13-8.25; 3, Cyrus Marshall, SMU, 13-2.25. Long Jump - 1, Seren Dances, WWU, 22-11.25; 3, Peyton Harris, SPU, 21-9. Triple Jump - 1, Jacob Ringold, WWU, 44-6.25; 2, Seren Dances, WWU, 43-9.75; 3, Josh Schulz, SMU, 40-7. Shot Put - 1, Bryce Bryant-Leat, WWU, 51-9.25; 2, Brandon Pless, WWU, 48-2.75; 3, Ben Malquist, WWU, 47-5.75. Discus - 1, Brandon Pless, WWU, 151-0; 2, Bryce Bryant-Leat, WWU, 146-7; 3, Ben Malquist, 138-0. Hammer - 1, Kauanoie Vanderpoel, SMU, 180-11; 2, Brandon Pless, WWU, 169-7; 3, Avery Lux, WWU, 165-10. Javelin - 1, Alex Barry, WWU, 212-6; 3, Cooper McNatt, WWU, 185-9.

**Fri., Apr. 6 - Sat., Apr. 7**  
**War XI Meet**  
at Spokane Falls Track Complex, Spokane, Wash.  
**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Aujanique Doss, CWU, 12.65. 200 Meters - 1, Aujanique Doss, CWU, 25.25. 5,000 Meters - 1, Alexa Shindruk, CWU, 17:00.79. 10,000 Meters - 3, Delaney Clem, CWU, 38:42.87. 100m Hurdles - 1, Mariyah Vongsaveng, CWU, 14.78; 3, Michaela Johnson, MSUB, 15.18. 400m Hurdles - 1, Ali Anderson, CWU, 1:01.65; 3, Katie Collins, CWU, 1:03.41. Steeplechase - 2, Nicole Soleim, CWU, 11:16.81. 4x100 Relay - 2, Central Washington, 49.60. 4x400 Relay - 2, Montana State Billings, 4:21.96. Long Jump - 1, Brooke Williams, CWU, 17-9.5; 2, Nice Loufoua, NNU, 17-2.75; 3, Jackie Mahowald, NNU, 16-10. Triple Jump - 2, Brooke Williams, CWU, 37-10.  
**Men (Top 3 GNAC Finishers):** 100 Meters - 2, Lamont Frisby, MSUB, 11.22. 200 Meters - 1, Kodiak Landis, CWU, 21.86; 2, San Zook, MSUB, 21.87; 3, Logan Blake, NNU, 22.14. 400 Meters - 2, Daniel Calderon, CWU, 49.14; 3, Zachary Magee, NNU, 49.23. Steeplechase - 1, Jorey Egeland, MSUB, 9:19.96; 3, Nick Hamilton, NNU, 9:45.80. 4x100 Relay - 1, Montana State Billings, 42.55; 2, Northwest Nazarene, 42.86. 4x400 Relay - 1, Central Washington, 3:17.66; 3, Northwest Nazarene, 3:22.70. High Jump - 3, Micah Tranch, NNU, 6-2.75. Triple Jump - T-2nd, Zach Whittaker, CWU, 42-6.75. Shot Put - 3, Brady Ostermiller, MSUB, 47-1.5. Discus - 1, John Van Beuren, NNU, 158-11. Javelin - 2, Beau Ackerman, MSUB, 200-3.

**Sat., Apr. 7**  
**Emilie Mondor Invitational**  
at Terry Fox Field, Burnaby, B.C.  
**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Meyer Quaynor, SFU, 12.60; 2, Bryce West, SFU, 12.76. 400 Meters - 1, Renate Bluschke, SFU, 57.67; 2, Nicole Lindsay, SFU, 59.47. 800 Meters - 2, Paige Nock, SFU, 2:16.20. 1,500 Meters - 3, Ally Ginther, SFU, 4:45.50. 400m Hurdles - 2, Sophie Dodd, SFU, 1:05.18; 3, Megan Notting, SFU, 1:06.87. 2,000m Steeplechase - 1, Julia Howley, SFU, 6:50.11; 3, Reta Dobie, SFU, 7:04.53. High Jump - 1, Mackenzie Stewart, SFU, 5-3.75. Discus - 2, Holly Taylor, SFU, 123-4. Hammer - 2, Holly Taylor, SFU, 161-3. Javelin - 1, Holly Taylor, SFU, 116-2. Shot Put - 1, Holly Taylor, SFU, 39-7.25.  
**Men (Top 3 GNAC Finishers):** 200 Meters - 2, Joel Webster, SFU, 22.51. 1,500 Meters - 1, Oliver Jorgensen, SFU, 3:56.16; 3, Sean Miller, SFU, 4:02.33. 5,000 Meters - 1, Mateo de Dalmasas, SFU, 15:07.89. 400m Hurdles - 1, Joshua Aedehmar, SFU, 57.65. 2,000m Steeplechase - 1, Braeden Charlton, SFU, 6:07.81. 4x100 Relay - 1, Simon Fraser, 42.99. 4x400 Relay - 1, Simon Fraser, 3:35.62. Long Jump - 1, Mackenzie Riddell, SFU, 14-11.25. Hammer - 1, Tiger Wu, SFU, 145-11.

**Linfield Jenn Boyman Memorial Invitational**  
at Maxwell Field, McMinnville, Ore.  
**Women (Top 3 GNAC Finishers):** Hammer - 1, Alecia Falck, WOU, 149-4. 2, Sylvia Dean, WOU, 148-5.  
**Men (Top 3 GNAC Finishers):** None.

# GNAC Track & Field Athletes Of The Week



## MEN'S TRACK

**Jorey Egeland, Montana State Billings**  
Senior • Billings, Mont.

Egeland won the steeplechase at the War XI Meet going away, putting 24 seconds on the field while crossing the finish line in 9:19.96. The time is the fourth-fastest in the GNAC this season and just missed the NCAA Championships provisional qualifying time of 9:17.36.



## WOMEN'S TRACK

**Olivia Woods, Western Oregon**  
Junior • Troutdale, Ore.

Woods led a top-four sweep for the Wolves in the 400 meters at the John Knight Twilight. She reset her own school record in the event with a time of 56.01 seconds, winning by over a second. The mark is No. 2 in the GNAC this season and just missed the NCAA Championships provisional qualifying mark of 55.93 seconds.

**Also Nominated:** Logan Armstrong (Saint Martin's), Justin Crosswhite (Western Oregon), Cordell Cummings (Western Washington).

**Also Nominated:** Alexa Shindruk (Central Washington), Michaela Johnson (Montana State Billings), Ashley Vest (Saint Martin's), Peyton Shinnick (Western Washington).



## MEN'S FIELD

**Jacob Slate, Concordia**  
Freshman • Chandler, Ariz.

Slate won the hammer at the John Knight Twilight on Friday by 26 feet with a GNAC-leading throw of 200 feet, 5 inches. The mark improves slate to No. 3 on the GNAC All-Time List and No. 4 on the Concordia All-Time List. An NCAA Championships provisional qualifying mark, Slate has the sixth-best mark in Division II this season.

**Also Nominated:** Beau Ackerman (Montana State Billings), Kauanoe Vanderpoel (Saint Martin's), Jalon Field (Western Oregon), Alex Barry (Western Washington).



## WOMEN'S FIELD

**Melissa Ausman, Concordia**  
Senior • Nyssa, Ore.

Ausman set the GNAC record in the discus to win the event the John Knight Twilight. Her winning throw of 170 feet, 1 inch, bettered the mark of 169 feet, 3 inches, set by former teammate McKenzie Warren last year. She is the first GNAC women's athlete to go over 170 feet in the event. The mark improved Ausman's NCAA Championships provisional qualifying mark, ranking her third in Division II this season. Ausman also placed third in the shot put with a mark of 45 feet, 7.75 inches.

**Also Nominated:** Liz Larson (Saint Martin's), Darian Wilson (Western Oregon), Anna Paradee (Western Washington).

## Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Nov. 27-Dec. 3	Sam Zook, MSUB	Kodiak Landis, CWU	Michaela Johnson, MSUB	Ali Anderson, CWU
Dec. 4-10	Jackson Hand, SMU	John VanBeuren, NNU	Ali Anderson, CWU	HarLee Ortega, CWU
Jan. 8-14	Dustin Nading, WOU	Chris Brake, UAA	Julia Howley, SFU	Christina MacDonald, CU
Jan. 15-21	Carlos Ortiz, CU	Elijah Castro, NNU	Nikki Aiken, MSUB	Christina MacDonald, CU
Jan. 22-28	David Ribich, WOU	Kodiak Landis, CWU	Olivia Woods, WOU	Scout Cai, SPU
Jan. 29-Feb. 4	Vladislav Tsygankov, SFU	John Van Beuren, NNU	Alana Mussatto, SFU	HarLee Ortega, CWU
Feb. 5-11	David Ribich, WOU	Josh Koch, CU	Danielle McCormick, UAA	Halle Irvine, CWU
Feb. 19-25	Darrion Gray, UAA	J.T. Konrad, WWU	Kennedy Rufener, WOU	Christina MacDonald, CU
Feb. 26-Mar. 4	Josh Dempsey, WOU	Brian Chalkley, SMU	Yadira Lopez, SMU	Raquel Pellecer, WWU
Mar. 5-11	Bryant Welch, WWU	Alex Barry, WWU	Alexa Shindruk, CWU	Raquel Pellecer, WWU
Mar. 12-18	Vladislav Tsygankov, SFU	Jakob Chamberlin, CU	Addy Townsend, SFU	Christina MacDonald, CU
Mar. 19-25	Carlos Ortiz, CU	Kodiak Landis, CWU	Caroline Kurgat, UAA	HarLee Ortega, CWU
Mar. 26-Apr. 1	David Ribich, WOU	Alani Troutman, WOU	Caroline Kurgat, UAA	Raquel Pellecer, WWU
Apr. 2-8	Jorey Egeland, MSUB	Jacob Slate, CU	Olivia Woods, WOU	Melissa Ausman, CU

Complete Player of the Week releases are available online at [GNACSports.com](http://GNACSports.com).

# Around The GNAC

## ALASKA ANCHORAGE



• Alaska Anchorage did not compete last weekend and will not compete again until heading to Southern California on Apr. 19 for the Mt. SAC Relays, Bryan Clay Invitational and the Beach Invitational.

• Senior **Caroline Kurgat** automatically qualified for nationals after finishing seventh in the invitational section of the 10,000 meters at the Stanford Invitational. She ran a

UAA and GNAC record time of 32:33.64, which is also the second-fastest time in Division II history. Kurgat is also provisionally qualified in the 1,500 meters (4:26.16, 5th).

• The Seawolves' other women's NCAA Championships provisional qualifiers are **Vanessa Aniteye** in the 400 meters (55.17, 3rd), **Danielle McCormick** in the 800 meters (2:08.82, 6th), **Yemi Knight** in the 800 meters (2:10.47), **Tamara Perez** in the 800 meters (2:11.31, 16th) and the 1,500 meters (4:30.87, 13th), **Emmah Chelimo** in the 5,000 meters (17:14.06, 16th) and the steeplechase (11:00.09, 16th) and **Mariah Burroughs** in the steeplechase (10:51.76, 11th). The Seawolves are also provisionally qualified in the 4x400-meter relay (3:43.01, 5th).

• The UAA men are led by **Liam Lindsay**, who has the conference's top time in the 400 meters (48.75). **Jorge Sanchez** has the conference's top time in the 10,000 meters (31:20.37) and **Brandon Nicholson** leads the GNAC in the triple jump (47-5.25). The Seawolves also have the conference's top time in the 4x400-meter relay (3:16.66).

• For the second straight week, the Seawolves' women are ranked No. 5 in the USTFCCA Division II National Team Rankings.

## CENTRAL WASHINGTON



• Central Washington saw six athletes win events and **Alexa Shindruk** hit an NCAA Championships provisional qualifier at the War XI Meet in Spokane, Wash.

• Shindruk won the women's 5,000 meters by over a minute. The junior's time of 17:00.79 is the best in the conference this season and ninth in Division II.

• Sophomore **Aujanique Doss** won both women's sprints, taking the 100 meters in 12.65 seconds and the 200 meters in 25.25 seconds. She is tied for No. 3 this season in the 200 meters.

• Junior **Mariyah Vongsaveng** won the women's 100-meter hurdles in 14.78 seconds while senior **Ali Anderson** took the 400-meter hurdles in a time of 1:01.65.

• Junior **Brooke Williams** led CWU's field event entrants. She won the women's long jump with a mark of 17 feet, 9.5 inches, and placed second in the triple jump with a mark of 37 feet, 10 inches. Junior **Zach Whittaker** was the top men's field-event finisher, taking third in the triple jump with a mark of 42 feet, 6.75 inches.

• Senior **Kodiak Landis** was the Wildcats' lone men's event winner, taking the 200 meters with a GNAC-leading time of 21.86 seconds. The Wildcats also won the 4x400-meter relay in a time of 3:17.66. Sophomore **Daniel Calderon** was second in the men's 400 meters in 49.14 seconds.

• In the distances, freshman **Nicole Soleim** placed second in the women's steeplechase in 11:16.81, ranking her fourth in the GNAC, while sophomore **Delaney Clem** was third in the women's 10,000 meters in 38:42.87.

• Central Washington's decathletes and heptathletes will compete in the Spokane Multis on Tuesday and Wednesday. The rest of the team will compete on Saturday at the SMU Jay Hammer Invitational in Lacey, Wash.

## CONCORDIA



• A GNAC-record performance by senior **Melissa Ausman** in the women's discus led nine Concordia event winners at Friday's John Knight Twilight.

• Ausman won the event with a mark of 170 feet, 10 inches, breaking the record of 169 feet, 3 inches set by former teammate McKenzie Warren in 2017. Ausman also placed third in the shot put at 45 feet, 7.75 inches. The

performances earned Ausman selection as the GNAC Women's Field Athlete of the Week.

• Freshman **Jacob Slate** was named the GNAC Men's Field Athlete of the Week for his winning effort in the men's hammer. He won the event by 26 feet with a mark of 200 feet, 5 inches. The NCAA Championships provisional qualifying mark is No. 3 on the GNAC All-Time List and No. 6 in Division II this season.

• Freshman **Easton Christensen** earned a provisional qualifying mark in the men's javelin, winning at the John Knight with a mark of 208 feet, 4 inches. He is the fifth GNAC athlete this season to throw over 200 feet. Christensen is fourth in the GNAC this season and No. 12 in Division II.

• The Cavaliers had victories in three of the women's jumping events. Junior **Chelsea Bone** won the long jump in 17 feet, 7.5 inches, senior **Emma Hill** won the triple jump in 38 feet, 6.75 inches and junior **Tori Johnson** won the high jump in 5 feet, 5 inches.

• Senior **Christina MacDonald** added a victory in the women's hammer with a mark of 190 feet, 3 inches, and was second in the shot put as she improved to No. 11 in Division II at 48 feet, 4 inches.

• Senior **Carlos Ortiz** was the Cavaliers' lone running event winner, taking the men's 100 meters in 10.74 seconds.

• Concordia's women climbed one spot to No. 14 in this week's USTFCCA Division II National Team Rankings.

• Concordia heads south this weekend to compete at the Triton Invitational in La Jolla, Calif.

## MONTANA STATE BILLINGS



• Senior **Jorey Egeland's** win in the men's steeplechase led Montana State Billings' efforts at the War XI Meet in Spokane, Wash.

• Egeland was named the GNAC Men's Track Athlete of the Week after winning the race by 24 seconds with a time of 9:19.76. The mark is No. 4 in the GNAC this season and is just short of the NCAA Championships provisional qualifying time of 9:17.36.

• The Yellowjackets' only other event winner was the men's 4x100-meter relay team, which clocked a time of 42.55 seconds.

• Senior **Sam Zook** notched a second-place finish in the men's 200 meters in 21.87 seconds that ranks second in the GNAC. Freshman **Lamont Frisby** was second in the men's 100 meters with a time of 11.22 seconds.

• Sophomore **Michaela Johnson** was a top finisher in a pair of women's sprint events. Johnson placed third in the 100-meter hurdles and took fourth in the 100 meters in 13.06 seconds.

• Junior **Beau Ackerman** threw over 200 feet in the men's javelin for the second time this season, placing second with a mark of 200 feet, 3 inches. Ackerman is one of five GNAC athletes to throw over 200 feet this season.

• Junior **Brady Ostermiller** added a third-place finish in the shot put at 47 feet, 1.5 inches.

• With the scheduled Bauer Invitational canceled due to snow, Montana State Billings will instead head west this weekend to compete in the Montana Open in Missoula.



# Around The GNAC

## NORTHWEST NAZARENE



- Senior **John Van Beuren's** win in the men's discus led Northwest Nazarene's efforts at the War IX Meet in Spokane, Wash.
- Van Beuren took the discus with a mark of 158 feet, 11 inches, winning by over two feet. The performance was short of Van Beuren's season-best of 162 feet, 9 inches.
- The Nighthawks had a trio of third-place finishers in the men's running events. Sophomore **Logan Blake** was third in the 200 meters in a season-best 22.14 seconds. Freshman **Zachary Magee** was third in the 400 meters in a season-best 49.23 seconds while senior **Nick Hamilton** was third in the steeplechase in 9:45.80.
- Junior **Micah Tranch** added a third-place finish in the men's high jump with a mark of 6 feet, 2.75 inches.
- Junior **Nice Loufoua** finished second in the women's long jump with a season-best mark of 17 feet, 2.75 inches, and finished fifth in the triple jump at 36 feet, 10.75 inches. Sophomore **Jackie Mahowald** placed third in the long jump at 16 feet, 10 inches, and was fourth in the triple jump at 37 feet, 1 inch.
- Northwest Nazarene hosts its second and final full home meet of the season this weekend with the NNU Invitational on Friday and Saturday.

## SAINT MARTIN'S



- A pair of victories in the hammer throw paced Saint Martin's at the Western Washington Quad Meet in Bellingham, Wash.
- Junior **Liz Larson** earned an NCAA Championships provisional qualifying mark with her win in the women's hammer at 182 feet, 8 inches. The mark is No. 9 on the GNAC All-Time List and No. 14 in Division II this season.
- Senior **Kauanoë Vanderpoel** was a winner once again in the men's hammer with his mark of 180 feet, 11 inches. The winning mark was just short of his season-best of 181 feet, 2 inches.
- Senior **Deanna Avalos** improved her NCAA Championships provisional qualifying mark in the women's javelin. Her mark of 146 feet, 1 inches, third in the meet, is third in the GNAC and No. 9 in Division II this season.
- Sophomore **Logan Armstrong** was the Saints' lone running event winner, capturing the men's 100 meters in 11.36 seconds. Junior **Jackson Hand** added a third-place finish in the men's 400 meters in 50.22 seconds while the men's 4x100-meter relay team finished second in 42.33 seconds.
- In the women's running events, sophomore **Ariya Kendrick** placed third in the 100-meter hurdles in 15.12 seconds (matching her season best) while freshman **Ashley Vest** was third in the 400-meter hurdles in 1:16.15. Junior **Sadie Dagleish** was fourth in the steeplechase with her time of 12:34.27.
- Freshman **Cyrus Marshall** placed third in the men's pole vault, clearing 13 feet, 2.25 inches, while sophomore **Josh Schulz** was third in the triple with a mark of 40 feet, 7 inches.
- Saint Martin's hosts its lone home meet of the season on Saturday, the SMU Jay Hammer Meet in Lacey.

## SEATTLE PACIFIC



- Six women's event winners paced Seattle Pacific's performances at the Western Washington Quad Meet.
- Freshman **Renick Meyer** was a two-event winner. She took the 100-meter hurdles in a time of 14.81 seconds and won the long jump with a GNAC-leading mark of 18 feet, 8.5 inches.
- Freshman **Julia Stepper** won the women's 100 meters with a time of 12.43 seconds while senior **Becca Houk** was second in 12.52 seconds. Sophomore **Grace Bley** won the 200 meters in 25.39 seconds while sophomore **Lani Taylor** took the 400 meters in 56.94 seconds.
- Sophomore **Scout Cai** earned an NCAA Championships provisional qualifier in the women's pole vault, placing second with a clearance of 12 feet, 0.5 inches. The mark ranks her 21st in Division II this season.
- Sophomore **Kate Lilly** earned a provisional qualifier after finishing fourth in the women's 1,500 meters in 4:33.34. The time is No. 4 in the GNAC and No. 27 in Division II.
- Freshman **Kellie May** was second in both horizontal jumps, placing second in the long jump in a season-best 18 feet, 1 inch, and in the triple jump at 36 feet, 11.5 inches.
- The SPU women also won two relays, capturing the 4x100-meter relay in 47.09 and the 4x400-meter relay 3:52.64. The Falcons also fielded a 4x800-meter relay team, finishing second in 9:13.62.
- Freshman **Davis Flintoff** led the SPU men, placing second in the pole vault with a clearance of 13 feet, 8.25 inches. Senior **Peyton Harris** was third in the long jump at 21 feet, 9 inches.
- Seattle Pacific will be among the GNAC teams competing this weekend at the SMU Jay Hammer Meet in Lacey, Wash.

## SIMON FRASER



- Competing in its only home meet of the season, Simon Fraser had nine individual event winners at the Emilie Mondor Invitational.
- The SFU women notched three individual event winners. Freshman **Meyer Quaynor** won the 100 meters in 12.60 seconds while freshman **Renate Bluschke** took the 400 meters in 57.67 seconds.
- Freshman **Holly Taylor** won a pair of field events, capturing the women's shot put at 39 feet, 7.25 inches, and the javelin at 116 feet, 2 inches. Taylor also took second place finishes in the discus (123-4) and the hammer (161-3). Junior **Mackenzie Stewart** won the women's high jump with a clearance of 5 feet, 3.75 inches.
- The Clan had three winners in the men's distances. Senior **Oliver Jorgensen** won the 1,500 meters with a time of 3:56.16. Senior **Mateo de Dalmases** won the 5,000 meters in 15:07.89 while senior **Braeden Charlton** won the 2,000-meter steeplechase in 6:07.81.
- The men's sprints saw junior **Joshua Adehmar** win the 400-meter hurdles in 57.65 while the men's 4x400-meter relay team won in a time of 3:35.52.
- Freshman **Mackenzie Riddell** was the lone men's field-event winner, taking the long jump with a mark of 14 feet, 11 inches. Freshman **Tiger Wu** was second in the hammer with a mark of 145 feet, 11 inches.
- Simon Fraser goes from the Great White North to the sunny south this weekend, participating in the Triton Invitational in La Jolla, Calif.

# Around The GNAC

## WESTERN OREGON



- Competing at home for the first time this season, Western Oregon had six individual event winners, a school record and an NCAA Championships provisional qualifier at Friday's John Knight Twilight.
- Junior **Olivia Woods** was named the GNAC Women's Track Athlete of the Week after she led a top-four sweep for the Wolves in the women's 400 meters. She broke her own school record with her winning time of 56.01 seconds. The time is No. 2 in the GNAC and was just short of the NCAA provisional qualifying time of 55.93 seconds.
- Freshman **Darian Wilson** improved her NCAA Championships provisional qualifying mark in the women's javelin. Her third-place mark of 144 feet, 5 inches, is fifth in the GNAC and No. 13 in Division II.
- Sophomore **Justin Crosswhite** ran a season-best in the men's 1,500 meters to win in 3:54.72. Freshman **Neal Cranston** was a winner in the men's 800 meters with a season-best time of 1:55.42.
- Senior **Kennedy Rufener** added a first-place finish in the women's 1,500 meters, clocking a time of 4:38.79. The season-best time is seventh in the GNAC this season.
- In the men's field events, freshman **Jackson Stallard** won the pole vault with a season-best clearance of 14 feet, 3.25 inches while sophomore **Jalon Fields** won the triple jump with a mark of 45 feet, 7.75 inches that ranks third in the GNAC.
- The WOU men are in the USTFCCA Division II Team Rankings for the second straight week, dropping four spots to No. 23.
- Western Oregon competes in Portland this Saturday at the L&C Invitational.

## WESTERN WASHINGTON



- There's no place like home for Western Washington as the Vikings had 11 individual event winners and improved on a pair of NCAA provisional qualifiers at their own WWU Quad Meet on Friday.
- Freshman **Natalie Vetto** improved her provisional qualifying mark in the women's javelin, finishing second with a mark of 146 feet, 4 inches. The mark is No. 7 in Division II this season. Sophomore **Raquel Pellecer** won the javelin with a mark of 154 feet, 7 inches.
- Senior **Anna Paradee** improved her NCAA provisional qualifying mark in the women's pole vault, winning with a clearance of 13 feet, 0.25 inches. The mark leads the GNAC and is No. 4 in Division II.
- Sophomore **Chanelle Eddy** won a pair of field events, taking the women's shot put with a mark of 34 feet, 5 inches, and the hammer in 143 feet, 11 inches.
- Junior **Alex Barry** led seven men's field event winners for the Vikings. He improved his lifetime best to win the javelin with a mark of 212 feet, 6 inches. The mark is No. 9 on the GNAC All-Time List and No. 8 in Division II this season.
- Freshman **Bryce Bryant-Leat** won the men's shot put at 51 feet, 9.25 inches, while senior **Brandon Pless** won the discus with a mark of 152 feet. Pless was second in the hammer with a mark of 169 feet, 7 inches.
- In the jumps, freshman **Seren Dances** won the long jump with a mark of 22 feet, 11.25 inches, and placed second with a mark of 43 feet, 9.75 inches. Junior **Jacob Ringold** won the triple jump with his leap of 44 feet, 6.25 inches. Senior **Adam Thomas** won the men's pole vault with a mark of 15 feet, 1.75 inches while junior **Tupre Wickliff** took the men's high jump at 6 feet, 6.25 inches.
- Junior **Daniel Jones** won the men's 200 meters with a time of 22.89 seconds to lead the WWU sprinters.
- After a week out of the rankings, Western Washington's women are No. 23 in this week's USTFCCA Division II Team Rankings. The Vikings have been ranked in three of this year's four polls.
- Western Washington will travel to Lacey, Wash., this weekend to take part in the SMU Jay Hammer Meet.

# GNAC Outdoor Championships/National Qualifying Standards

MEN			EVENT	WOMEN		
GNAC	NCAA Prov.	NCAA Auto		GNAC	NCAA Prov.	NCAA Auto.
10.99	10.59	10.28	<b>100 Meters</b>	12.47	11.94	11.50
22.27	21.38	20.74	<b>200 Meters</b>	25.39	24.46	23.56
48.62	47.81	46.36	<b>400 Meters</b>	57.79	55.93	53.15
1:54.19	1:52.16	1:48.75	<b>800 Meters</b>	2:13.14	2:12.47	2:07.51
3:54.86	3:50.90	3:44.89	<b>1,500 Meters</b>	4:33.30	4:33.86	4:22.08
14:56.91	14:34.89	13:56.89	<b>5,000 Meters</b>	16:50.38	17:14.52	16:16.33
31:28.02	30:41.36	29:17.64	<b>10,000 Meters</b>	37:08.97	36:37.02	34:34.33
15.24	14.56	13.89	<b>110/100m Hurdles</b>	14.85	14.23	13.45
54.84	53.55	51.50	<b>400m Hurdles</b>	1:03.43	1:02.09	58.92
9:22.09	9:17.36	8:53.80	<b>Steeplechase</b>	11:13.04	11:04.19	10:19.33
1.96 / 6-5	2.04 / 6-8.25	2.16 / 7-1	<b>High Jump</b>	1.62 / 5-3.75	1.67 / 5-5.75	1.77 / 5-9.75
4.51 / 14-9.5	4.80 / 15-9	5.19 / 17-0.5	<b>Pole Vault</b>	3.22 / 10-6.75	3.64 / 11-11.25	4.07 / 13-4.25
6.89 / 22-7.25	7.24 / 23-9	7.66 / 25-1.75	<b>Long Jump</b>	5.38 / 17-8	5.79 / 19-0	6.25 / 20-6.25
13.93 / 45-8.5	14.63 / 48-0	15.58 / 51-1.5	<b>Triple Jump</b>	11.42 / 37-5.25	11.81 / 38-9	12.75 / 41-10
15.03 / 49-3.5	16.08 / 52-9.25	18.36 / 60-3	<b>Shot Put</b>	12.82 / 42-0.75	13.63 / 44-8.75	15.68 / 51-5.5
45.47 / 149-2	49.67 / 162-11	55.83 / 183-2	<b>Discus</b>	40.34 / 132-4	44.65 / 146-6	51.73 / 169-8
52.79 / 173-2	54.65 / 179-3	65.74 / 215-8	<b>Hammer</b>	49.38 / 162-0	51.53 / 169-0	60.48 / 198-5
59.10 / 193-11	58.42 / 191-8	67.87 / 222-8	<b>Javelin</b>	41.72 / 136-10	41.24 / 135-4	50.03 / 164-1
6,280	6,255	7,286	<b>Dec./Hep.</b>	4,520	4,475	5,237
NA	41.10	40.19	<b>4x100 Relay</b>	NA	46.85	45.41
NA	3:14.00	3:08.47	<b>4x400 Relay</b>	NA	3:47.90	3:40.11

**GNAC Championships:** The top-20 performers as listed in TFRRS will qualify for the championship meet in addition to any performers who meet the GNAC standard.

# GNAC Qualifiers For NCAA Outdoor Championships

## MEN'S AUTOMATIC QUALIFIERS AS OF APR. 9, 2018

Event	Athlete	Mark	Rank	Date
800 Meters	David Ribich, WOU	1:48.09	3rd	3/30/18

## MEN PROVISIONAL QUALIFIERS AS OF APR. 9, 2018

Event	Athlete	Mark	Rank	Date
1,500 Meters	Dustin Nading, WOU	3:45.91	5th	3/30/18
	Josh Dempsey, WOU	3:48.83	15th	3/30/18
400m Hurdles	Vladislav Tsygankov, SFU	52.21	6th	3/16/18
Steeplechase	Oliver Jorgensen, SFU	8:58.72	7th	3/30/18
	Aaron Ahl, SFU	9:15.28	16th	3/30/18
Pole Vault	Payton Lewis, NNU	4.95/16-2.75	15th	3/24/18
Long Jump	Alani Troutman, WOU	7.40/24-3.5	T-8th	3/30/18
Shot Put	Josh Koch, CU	16.32/53-6.5	26th	3/24/18
Discus	Jakob Chamberlin, CU	53.15/174-4	5th	3/16/18
	Caleb Bridge, CU	50.18/164-7	23rd	3/16/18
Hammer	Jacob Slate, CU	61.08/200-5	6th	4/6/18
	Jakob Chamberlin, CU	56.76/186-3	23rd	3/24/18
Javelin	Kauano'e Vanderpoel, SMU	55.21/181-2	32nd	3/16/18
	Brian Chalkley, SMU	65.20/213-11	7th	3/3/18
Decathlon	Alex Barry, WWU	64.77/212-6	8th	4/6/18
	Beau Ackerman, MSUB	63.88/209-7	10th	3/30/18
	Easton Christensen, CU	63.49/208-4	12th	4/6/18
	Spencer Claeys, WWU	63.05/206-10	14th	3/3/18
Decathlon	Kodiak Landis, CWU	7,098	4th	3/22/18
	Braydon Maier, CWU	6,562	13th	3/22/18
	Michael Forster, CWU	6,491	14th	3/22/18
	Giovanni Brown, CU	6,376	18th	3/27/18

## WOMEN AUTOMATIC QUALIFIERS AS OF APR. 9, 2018

Event	Athlete	Mark	Rank	Date
10,000 Meters	Caroline Kurgat, UAA	32:33.24	1st	3/30/18

## WOMEN PROVISIONAL QUALIFIERS AS OF APR. 9, 2018

Event	Athlete	Mark	Rank	Date
400 Meters	Vanessa Aniteye, UAA	55.17	3rd	3/30/18
800 Meters	Addy Townsend, SFU	2:08.55	5th	3/16/18
	Danielle McCormick, UAA	2:08.82	6th	3/30/18
1,500 Meters	Suzie Van De Grift, WOU	2:08.89	7th	3/30/18
	Megan Rose, WOU	2:09.30	9th	3/30/18
	Olivia Woods, WOU	2:09.78	10th	3/30/18
	Yemi Knight, UAA	2:10.47	14th	3/30/18
5,000 Meters	Tamara Perez, UAA	2:11.31	16th	3/30/18
	Caroline Kurgat, UAA	4:26.16	5th	3/24/18
	Addy Townsend, SFU	4:26.94	6th	3/30/18
400m Hurdles	Tamara Perez, UAA	4:30.87	13th	3/24/18
	Kate Lilly, SPU	4:33.34	27th	4/6/18
Steeplechase	Alexa Shindruk, CWU	17:00.79	9th	4/6/18
	Ally Ginther, SFU	17:10.90	13th	3/30/18
400m Hurdles	Emmah Chelimo, UAA	17:14.06	16th	3/24/18
	Ali Anderson, CWU	1:00.95	11th	3/17/18
Steeplechase	Reta Dobie, SFU	10:40.12	7th	3/30/18
	Mariah Burroughs, UAA	10:51.76	11th	3/30/18
4x400 Relay	Emmah Chelimo, UAA	11:00.09	16th	3/30/18
	Alaska Anchorage	3:43.01	5th	3/30/18
Pole Vault	Anna Paradee, WWU	3.97/13-0.25	4th	4/6/18
	Scout Cai, SPU	3.67/12-0.5	21st	4/6/18
Triple Jump	Halle Irvine, CWU	3.66/12-0	T-22nd	3/17/18
	Emma Hill, CU	11.91/39-1	11th	3/24/18
Shot Put	Christina MacDonald, CU	14.73/48-4	11th	4/6/18
	Melissa Ausman, CU	13.91/45-7.75	21st	4/6/18
Discus	Tasha Willing, CU	13.87/45-6.25	23rd	4/6/18
	Katrina Linenko, CU	13.83/45-4.5	25th	3/24/18
Hammer	Melissa Ausman, CU	52.06/170-10	3rd	4/6/18
	Rachel Bring, CU	44.65/146-6	37th	4/6/18
Javelin	Christina MacDonald, CU	58.04/190-5	6th	3/16/18
	Tasha Willing, CU	57.41/188-4	8th	3/16/18
Javelin	Joselynn Tensley, CU	55.79/183-0	13th	4/6/18
	Liz Larson, SMU	55.69/182-8	14th	4/6/18
Javelin	Raquel Pellecer, WWU	47.91/157-2	4th	3/30/18
	Natalie Vetto, WWU	44.61/146-3	7th	4/6/18
Javelin	Deanna Avalos, SMU	44.52/146-1	9th	4/6/18
	Elizabeth Stottlemire, CU	44.45/145-10	10th	4/6/18
Javelin	Darian Wilson, WOU	44.03/144-5	13th	4/6/18
	Jona Spiller, SMU	42.85/140-7	18th	3/3/18
Javelin	Nicole Nobbs, NNU	42.73/140-2	20th	3/17/18
	Hannah Nienaber, WWU	42.31/138-10	22nd	3/30/18
Heptathlon	Chelsea Bone, CU	41.89/137-5	25th	3/27/18
	HarLee Ortega, CWU	4,875	7th	3/22/18
Heptathlon	Chelsea Bone, CU	4,736	11th	3/27/18
	Scout Cai, SPU	4,710	13th	3/16/18

# Men's Outdoor Regional & National Polls

## GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	CWU	CU	WOU
Mar. 20	—	9th	—
Mar. 27	21st	13th	—
Apr. 3	—	—	19th
Apr. 10	—	—	23rd

## USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 4 - Apr. 10, 2018

Rk	School	Pts.	Prev.
1.	Pittsburg State	235.00	1
2.	Texas A&M-Kingsville	187.87	2
3.	Angelo State	168.02	5
4.	Texas A&M-Commerce	165.47	8
5.	Colorado Mines	139.94	3
6.	Chico State	107.60	4
7.	CSU-Pueblo	106.07	7
8.	Saint Augustine's	98.22	6
9.	Adams State	92.18	16
10.	Grand Valley State	82.38	11
11.	Cal State LA	82.21	12
12.	Tiffin	79.94	9
13.	West Texas A&M	79.31	10
14.	Queens (N.C.)	64.78	13
15.	Mount Olive	63.36	24
16.	Fort Hays State	59.23	25
17.	Ashland	57.90	21
18.	UC San Diego	57.36	18
19.	Academy of Art	56.63	14
20.	Azusa Pacific	50.46	15
21.	Central Missouri	48.94	23
22.	Lee (Tenn.)	44.55	17
23.	<b>Western Oregon</b>	<b>43.52</b>	<b>19</b>
24.	Alabama-Huntsville	41.47	22
25.	Eastern New Mexico	40.21	20

## USTFCCCA WEST REGION TEAM INDEX

Week 4 - Apr. 9, 2018

Rk	School	Pts.	Prev.
1.	Chico State	499.23	1
2.	UC San Diego	317.38	2
3.	Azusa Pacific	256.47	3
4.	<b>Concordia (Ore.)</b>	<b>249.74</b>	<b>4</b>
5.	Cal State LA	210.11	8
6.	<b>Western Washington</b>	<b>205.28</b>	<b>6</b>
7.	Cal Poly Pomona	204.65	5
8.	Academy of Art	178.12	7
9.	Fresno Pacific	159.66	12
10.	<b>Central Washington</b>	<b>156.42</b>	<b>9</b>

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# Women's Outdoor Regional & National Polls

## GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	CWU	CU	SPU	SFU	WWU
Mar. 20	—	8th	6th	12th	—	17th
Mar. 27	19th	13th	10th	—	—	21st
Apr. 3	5th	—	15th	—	25th	—
Apr. 10	5th	—	14th	—	—	23rd

## USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 4 - Apr. 10, 2018

Rk	School	Pts.	Prev.
1.	Angelo State	176.07	2
2.	Pittsburg State	153.74	3
3.	West Texas A&M	150.89	1
4.	Grand Valley State	125.21	7
5.	<b>Alaska Anchorage</b>	<b>101.56</b>	<b>5</b>
6.	San Francisco St.	99.82	4
7.	Texas A&M-Commerce	99.72	13
8.	Azusa Pacific	86.34	6
9.	New Mexico Highlands	85.42	14
10.	CU-Colorado Springs	81.38	8
11.	Fresno Pacific	77.65	9
12.	Fort Hays State	72.18	11
13.	Saint Augustine's	70.82	12
14.	<b>Concordia (Ore.)</b>	<b>69.98</b>	<b>15</b>
15.	Walsh	67.21	16
16.	Lewis	67.19	30
17.	Cal State LA	65.67	18
18.	Wayne State (Neb.)	59.63	17
19.	Missouri Southern	53.58	10
20.	Chico State	52.17	21
21.	Cal State San Marcos	51.31	19
22.	Mount Olive	50.56	28
23.	<b>Western Washington</b>	<b>43.48</b>	<b>26</b>
24.	Colorado Mines	42.67	20
25.	Ashland	42.26	23

## USTFCCCA WEST REGION TEAM INDEX

Week 4 - Apr. 9, 2018

Rk	School	Pts.	Prev.
1.	Azusa Pacific	293.26	2
2.	San Francisco St.	282.81	1
3.	<b>Concordia (Ore.)</b>	<b>258.67</b>	<b>4</b>
4.	Fresno Pacific	238.20	3
5.	UC San Diego	197.46	5
6.	<b>Alaska Anchorage</b>	<b>191.06</b>	<b>6</b>
7.	Chico State	177.58	8
8.	Stanislaus State	151.27	10
9.	<b>Western Washington</b>	<b>145.04</b>	<b>11</b>
10.	<b>Seattle Pacific</b>	<b>135.40</b>	<b>16</b>

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# GNAC Indoor Track & Field Records

## MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
<b>200 Meters</b>	<b>21.56</b>	<b>Carlos Ortiz, Concordia (2018)</b>
400 Meters	47.61	Vladislav Tsygankov, Simon Fraser (2017)
800 Meters	1:49.68	Badane Sultessa, Western Oregon (2016)
<b>Mile</b>	<b>3:58.88</b>	<b>David Ribich, Western Oregon (2018)</b>
3,000 Meters	<b>7:50.81</b>	<b>David Ribich, Western Oregon (2018)</b>
5,000 Meters	13:47.73	Micah Chelimo, Alaska Anchorage (2014)
60m Hurdles	8.08	Travis Milbrandt, Western Oregon (2015)
4x400 Relay	3:12.45	Alaska Anchorage (2016)
Nicholas Taylor, Liam Lindsey, Adam Commandeur, Cody Thomas		
Distance Medley	9:40.15	Western Oregon (2017)*
Dustin Nading, AJ Holmberg, Josh Dempsey, David Ribich		
High Jump	2.22/7-3.25	Mikel Smith, Saint Martin's (2017)
Pole Vault	5.31/17-5	Ryan Brown, Western Washington (2011)
Long Jump	7.46/24-5.75	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015/2017)
Shot Put	17.94/58-10.75	Cameron Neel, Western Washington (2007)
Weight Throw	18.82/61-9	Anthony Marin, Western Oregon (2007)
Heptathlon	5,508	Chris Randolph, Seattle Pacific (2006)

## MEN'S CONFERENCE MEET RECORDS

60 Meters	6.75	Alex Donigian, Western Washington (2014)
<b>200 Meters</b>	<b>21.56</b>	<b>Carlos Ortiz, Concordia (2018)</b>
400 Meters	47.80	Joel Webster, Simon Fraser (2016)
<b>800 Meters</b>	<b>1:50.83</b>	<b>David Ribich, Western Oregon (2018)</b>
Mile	4:10.01	David Ribich, Western Oregon (2017)
3,000 Meters	8:27.83	Henry Cheseto, Alaska Anchorage (2015)
5,000 Meters	14:36.06	Dominik Notz, Alaska Anchorage (2016)
60m Hurdles	8.08	Travis Milbrandt, Western Washington (2015)
4x400 Relay	3:14.10	Alaska Anchorage (2017)
Liam Lindsay, Darrior Gray, Nicholas Taylor, Adam Commandeur		
Distance Medley	10:04.58	Simon Fraser (2012)
Ryan Brockerville, Stuart Ellenwood, Keir Forster, Adam Reid		
High Jump	2.21/7-3	Mikel Smith, Saint Martin's (2017)
Pole Vault	5.16/16-11	Payton Lewis, Northwest Nazarene (2011)
Long Jump	7.38/24-2.5	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015/2017)
Shot Put	17.47/57-3.75	Cameron Neel, Central Washington (2007)
Weight Throw	18.63/61-1.75	Tyler Lamott, Concordia (2016)
Heptathlon	5,269	Kodiak Landis, Central Washington (2017)

## CONFERENCE MEET HEPTATHLON EVENTS

<b>60 Meters</b>	<b>7.03</b>	<b>Kodiak Landis, Central Washington (2018)</b>
<b>Long Jump</b>	<b>6.95/22-9.75</b>	<b>James Phillips, Concordia (2018)</b>
<b>Shot Put</b>	<b>13.28/43-7</b>	<b>James Phillips, Concordia (2018)</b>
High Jump	2.01/6-7	Micah Tranch, Northwest Nazarene (2017)
60m Hurdles	8.28	Travis Turner, Alaska Anchorage (2017)
Pole Vault	5.05/16-6.75	Payton Lewis, Northwest Nazarene (2016)
1,000 Meters	2:43.00	Colin Alexander, Central Washington (2012)

## WOMEN - ALL MEETS

60 Meters	7.54	Jamie Ashcroft, Alaska Anchorage (2017)
200 Meters	24.09	Jamie Ashcroft, Alaska Anchorage (2017)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:04.94	Helen Crofts, Simon Fraser (2011)
Mile	4:32.88	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:17.97	Joyce Chelimo, Alaska Anchorage (2016)
5,000 Meters	16:10.32	Joyce Chelimo, Alaska Anchorage (2016)
60m Hurdles	8.51	Mariyah Vongsaveng, Central Washington (2017)
4x400 Relay	3:42.44	Seattle Pacific (2016)
Jalen Tims, Lynelle Decker, Cheryl Hong, Jahzelle Ambus		
Distance Medley	11:28.28	Simon Fraser (2015)
Rebecca Bassett, Monique Lisek, Paige Nock, Lindsey Butterworth		
High Jump	1.77/5-9.75	Danielle Ayers-Stamper, Seattle Pacific (2005)
Pole Vault	3.92/12-10.25	McKenna Emmert, Central Washington (2017)
Anna Laradee, Western Washington (2017)		
Long Jump	5.93/19-5.5	Danielle Ayers-Stamper, Seattle Pacific (2005)
<b>Triple Jump</b>	<b>12.68/41-7.25</b>	<b>Jasmine McMullin, Western Washington (2018)</b>
Shot Put	17.62/57-9.75	McKenzie Warren, Concordia (2017)*
Weight Throw	<b>19.52/64-0.5</b>	<b>Christina MacDonald, Concordia (2018)</b>
Pentathlon	4,007	Danielle Ayers-Stamper, Seattle Pacific (2005)

## WOMEN'S CONFERENCE MEET RECORDS

60 Meters	7.55	Jamie Ashcroft, Alaska Anchorage (2017)
200 Meters	24.09	Jamie Ashcroft, Alaska Anchorage (2017)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:08.28	Jessica Pixler, Seattle Pacific (2010)
Mile	4:40.39	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:47.64	Jennifer Johnson, Simon Fraser (2015)
5,000 Meters	16:47.07	Sarah Porter, Western Washington (2010)
60m Hurdles	8.51	Mariyah Vongsaveng, Central Washington (2017)
4x400 Relay	3:46.41	Simon Fraser (2016)
Distance Medley	11:36.32	Seattle Pacific (2010)
Kate Harline, Jennifer Pike, Jane Larson, Jessica Pixler		
High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2014)
Pole Vault	3.91/12-10	Alison Silva, Northwest Nazarene (2014)
Long Jump	5.82/19-1.25	Tanya Bjornsson, Western Washington (2014)
<b>Triple Jump</b>	<b>12.68/41-7.25</b>	<b>Jasmine McMullin, Western Washington (2018)</b>
Shot Put	17.02/55-10.25	McKenzie Warren, Concordia (2017)
Weight Throw	<b>18.29/60-0.25</b>	<b>Christina MacDonald, Concordia (2018)</b>
Pentathlon	3,761	Karolin Anders, Alaska Anchorage (2015)

## CONFERENCE MEET PENTATHLON EVENTS

60m Hurdles	8.75	Rosie Smith, Alaska Anchorage (2016)
High Jump	1.69/5-6.5	Taylor Fettig, Central Washington (2014 & 2015)
Karolin Anders, Alaska Anchorage (2015)		
Geneva Lehnert, Seattle Pacific (2017)		
Shot Put	11.96/39-3	Charlene Harber, Western Oregon (2012)
Long Jump	5.68/18-7.75	Karolin Anders, Alaska Anchorage (2016)
800 Meters	2:15.88	Ali Anderson, Central Washington (2017)

\* - NCAA Division II record

# GNAC Outdoor Track & Field Records

## MEN - ALL MEETS

100 Meters	10.22
200 Meters	20.93
400 Meters	47.51
800 Meters	1:47.58
1,500 Meters	3:41.45
3,000 Meters	8:24.61
5,000 Meters	13:41.99
10,000 Meters	28:37.75
110m Hurdles	14.19
400m Hurdles	51.48
Steeplechase	8:45.63
4x100 Relay	41.10
4x400 Relay	3:10.60
High Jump	2.16/7-1
Pole Vault	5.40/17-8.5
Long Jump	7.91/25-11.5
Triple Jump	15.50/50-10.25
Shot Put	18.55/60-10.5
Discus	55.68/182-8
Hammer	62.89/206-4
Javelin	77.98/255-10
Decathlon	7,872

Alex Donigian, Western Washington (2015)
Alex Donigian, Western Washington (2016)
Ethan Hewitt, Alaska Anchorage (2011)
Badane Sultessa, Western Oregon (2015)
David Ribich, Western Oregon (2017)
Jordan Walling, Western Washington (2014)
Micah Chelimo, Alaska Anchorage (2014)
Micah Chelimo, Alaska Anchorage (2014)
Travis Milbrandt, Western Washington (2016)
Vladislav Tsygankov, Simon Fraser (2017)
Micah Chelimo, Alaska Anchorage (2012)
Central Washington (2010)
Alaska Anchorage (2016)
Mikel Smith, Saint Martin's (2016)
Ryan Brown, Western Washington (2010)
David Registe, Alaska Anchorage (2009)
Wesley Gray, Western Oregon (2017)
Frank Catelli, Western Washington (2014)
Caleb Bridge, Concordia (2017)
Pro Escobedo, Western Oregon (2003)
Cody Parker, Alaska Anchorage (2013)
Chris Randolph, Seattle Pacific (2006)

## WOMEN - ALL MEETS

100 Meters	11.64
200 Meters	23.99
400 Meters	53.56
800 Meters	2:02.10
1,500 Meters	4:11.06
3,000 Meters	9:35.75
5,000 Meters	15:44.07
10,000 Meters	<b>32:33.64</b>
100m Hurdles	13.70
400m Hurdles	59.17
Steeplechase	10:13.01
4x100 Relay	46.19
4x400 Relay	3:41.93
High Jump	1.78/5-10
Pole Vault	4.01/13-1.75
Long Jump	5.99/19-8
Triple Jump	12.42/40-9
Shot Put	17.39/57-0.75
Discus	<b>52.06/170-10</b>
Hammer	59.34/194-8
Javelin	54.18/177-9
Heptathlon	5,606

Jamie Ashcroft, Alaska Anchorage (2015)
NyEma Sims, Seattle Pacific (2007)
Mary Pierce, Alaska Anchorage (2007)
Helen Crofts, Simon Fraser (2013)
Jessica Pixler, Seattle Pacific (2010)
Sarah Porter, Western Washington (2011)
Jessica Pixler, Seattle Pacific (2010)
<b>Caroline Kurgat, Alaska Anchorage (2018)</b>
Danielle Ayers-Stamper, Seattle Pacific (2005)
Haleigh Lloyd, Alaska Anchorage (2015)
Katelyn Steen, Western Washington (2015)
Simon Fraser (2017)
Alaska Anchorage (2017)
Teona Perkins, Seattle Pacific (2007)
Anna Paradee, Western Washington (2017)
Stephanie Huffman, Seattle Pacific (2002)
Ali Worthen, Seattle Pacific (2013)
Ashley Potter, Western Oregon (2012)
McKenzie Warren, Concordia (2017)
<b>Melissa Ausman, Concordia (2018)</b>
Kirby Neale, Saint Martin's (2017)
Bethany Drake, Western Washington (2016)
Danielle Ayers-Stamper, Seattle Pacific (2005)

## DECATHLON EVENTS

100 Meters	10.90
Long Jump	7.31/22-11.75
Shot Put	14.06/46-1.5
High Jump	2.06/6-9
400 Meters	48.21
110m Hurdles	14.82
Discus	46.00/150-11
Pole Vault	4.90/16-0.75
Javelin	61.04/200-3
1,500 Meters	4:22.12

Justin Miller, Humboldt State (2002)
Chris Randolph, Seattle Pacific (2006)
Alex Harrison, Western Washington (2010)
Justin Peterson, Central Washington (2014)
Cody Thomas, Alaska Anchorage (2014)
Chris Randolph, Seattle Pacific (2006)
Chris Randolph, Seattle Pacific (2006)
Zeb Udell, Western Oregon (2007)
Alex Harrison, Western Washington (2012)
Zac Vawter, Saint Martin's (2004)

## HEPTATHLON EVENTS

100m Hurdles	13.70
High Jump	1.75/5-8.75
Shot Put	13.00/42-8
200 Meters	24.78
Long Jump	5.99/19-8
Javelin	45.21/14-84
800 Meters	2:12.52

Danielle Ayers-Stamper, Seattle Pacific (2005)
Danielle Ayers-Stamper, Seattle Pacific (2005)
Bridget Johnson, Western Oregon (2006)
Grace Morgan, Alaska Anchorage (2013)
Stephanie Huffman, Seattle Pacific (2013)
Katie Reichert, Western Washington (2012)
Bridgette Sexton, Seattle Pacific (2005)

## MEN'S CONFERENCE MEET RECORDS

100 Meters	10.43
200 Meters	21.32
400 Meters	47.55
800 Meters	1:49.31
1,500 Meters	3:47.37
5,000 Meters	14:29.41
10,000 Meters	30:25.75
110m Hurdles	14.21
400m Hurdles	52.23
Steeplechase	8:47.26
4x100 Relay	41.10
4x400 Relay	3:13.84
High Jump	2.11/6-11
Pole Vault	5.14/16-10.75
Long Jump	7.52/24-8.25
Triple Jump	15.50/50-10.25
Shot Put	18.20/59-8.75
Discus	53.80/176-6.5
Hammer	61.61/202-1
Javelin	69.49/228-0
Decathlon	7,201

Anthony Wright, Central Washington (2010)
Rimar Christie, Northwest Nazarene (2013)
Tyrell Williams, Western Oregon (2014)
Ethan Hewitt, Alaska Anchorage (2012)
Paul Mach, Seattle Pacific (2005)
David Ribich, Western Oregon (2017)
Micah Chelimo, Alaska Anchorage (2011)
Jordan Walling, Western Washington (2011)
Travis Milbrandt, Western Washington (2015)
Shaun Ward, Alaska Anchorage (2011)
Ryan Brockerville, Simon Fraser (2012)
Central Washington (2010)
Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols
Simon Fraser (2015)
Stuart Ellenwood, Cameron Proceviat, Joel Webster, Daniel Kelloway
Tevin Gladden, Alaska Anchorage (2017)
Ryan Brown, Western Washington (2010)
David Registe, Alaska Anchorage (2008)
Wesley Gray, Western Oregon (2017)
Josh Koch, Concordia (2016)
Caleb Bridge, Concordia (2017)
Michael Hoffman, Western Washington (2008)
Franz Burghagen, Alaska Anchorage (2013)
Cody Thomas, Alaska Anchorage (2016)

## WOMEN'S CONFERENCE MEET RECORDS

100 Meters	11.81
200 Meters	24.30
400 Meters	54.46
800 Meters	2:06.38
1,500 Meters	4:24.01
3,000 Meters	9:53.80
5,000 Meters	16:39.39
10,000 Meters	35:43.38
100m Hurdles	13.82
400m Hurdles	1:00.29
Steeplechase	10:14.15
4x100 Relay	46.68
4x400 Relay	3:44.11
High Jump	1.77/5-9.75
Pole Vault	3.83/12-6.75
Long Jump	5.99/19-8
Triple Jump	12.42/40-9
Shot Put	16.55/54-3.75
Discus	48.13/157-11.25
Hammer	58.14/190-9.25
Javelin	52.40/171-11.25
Heptathlon	5,390

Jamie Ashcroft, Alaska Anchorage (2015)
Grace Morgan, Alaska Anchorage (2013)
Helen Crofts, Simon Fraser (2013)
Jessica Pixler, Seattle Pacific (2010)
Jessica Pixler, Seattle Pacific (2010)
Jessica Pixler, Seattle Pacific (2007)
Sarah Porter, Western Washington (2010)
Joyce (Chelimo) Kipchumba, Alaska Anchorage (2014)
Danielle Ayers-Stamper, Seattle Pacific (2005)
Haleigh Lloyd, Alaska Anchorage (2015)
Katelyn Steen, Western Washington (2015)
Alaska Anchorage (2014)
Mackenzie Harsch, Rosie Smith, Sasha Halfyard, Jamie Ashcroft
Seattle Pacific (2013)
Kishia Mitchell, Emily Quatier, Jasmine Johnson, McKayla Fricker
Taylor Fettig, Central Washington (2016)
Karis Anderson, Western Washington (2012)
Ali Worthen, Seattle Pacific (2013)
Ashley Potter, Western Oregon (2012)
McKenzie Warren, Concordia (2017)
McKenzie Warren, Concordia (2017)
McKenzie Warren, Concordia (2017)
Bethany Drake, Western Washington (2017)
Ali Worthen, Seattle Pacific (2013)

# 2018 GNAC Outdoor Meet Summaries

**Fri., Mar. 2- Sat., Mar. 3**

**Linfield Erik Anderson Memorial Icebreaker**

**at Maxwell Field, McMinnville, Ore.**

**Women (Top 3 GNAC Finishers):** None.

**Men (Top 3 GNAC Finishers):** None.

**Sat., Mar. 3**

**Willamette Opener**

**at Charles Bowles Track, Salem, Ore.**

**Women (Top 3 GNAC Finishers):** 400 Meters - 1, Grayson Burke, WOU, 59.25.

100m Hurdles - 2, Michaela Yonkman, WOU, 16.46; 3, Darian Wilson, WOU, 16.52. Long Jump - 2, Darian Wilson, WOU, 16-5. Shot Put - 2, Moana Gianotti, WOU, 37-5.25; 3, Mariah Gronbach, WOU, 35-0.5. Discus - 2, Halie Korff, WOU, 123-3.5; 3, Moana Gianotti, WOU, 109-0.25. Hammer - 1, Mariah Gronbach, WOU, 153-6.5; 3, Sylvia Dean, WOU, 145-1.5. Javelin - 2, Halie Korff, WOU, 125-7.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Devon Fortier, WOU, 11.20; 2, Codi Blodgett, WOU, 11.20. 400 Meters - 2, Cody Warner, WOU, 49.79. 800 Meters - 1, Curt Knott, WOU, 1:55.80; 2, Stephen Fey, WOU, 1:57.38; 3, Dominic Marshall, WOU, 1:57.72. 1,500 Meters - 1, Josh Dempsey, WOU, 3:50.81; 3, Thomas Normandeau, WOU, 3:58.83. Long Jump - 2, Alani Troutman, WOU, 21-7.5. Triple Jump - 1, Jalon Fields, WOU, 42-3.5. Shot Put - 1, Brandon Bowen, WOU, 48-4.75; 2, Mont Child, WOU, 47-1; 3, Nick Sieber, WOU, 45-6.5. Discus - 3, Chris Steffey, WOU, 140-9.25. Hammer - 1, Nick Sieber, WOU, 139-9.5.

**Ed Boitano Invitational**

**at Baker Stadium, Tacoma, Wash.**

**Women's Team Scores:** Whitworth 180, Western Washington 134, Saint Martin's 90, Seattle Pacific 72.5, Lewis & Clark 72.5, Puget Sound 48, Central Washington 30.

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Renick Meyer, SPU, 12.41; 2, Grace Bley, SPU, 12.81. 200 Meters - 2, Taylor Tandecki, SMU, 26.55. 400 Meters - 1, Becca Houk, SPU, 58.98; 2, Julia Stepper, SPU, 1:00.82. 800 Meters - 3, Elizabeth Thompson, SPU, 2:21.92. 1,500 Meters - 3, Jane Barr, WWU, 4:45.26. 10,000 Meters - 1, Yadira Lopez, SMU, 36:53.91; 2, Alexandra Laiblin, WWU, 37:16.26; 3, Peyton Shinnick, WWU, 38:58.04. 100m Hurdles - 1, Mariyah Vongsaveng, CWU, 14.67; 2, Sidney Trinidad, CWU, 15.22. 400m Hurdles - 1, Sidney Trinidad, CWU, 1:03.41. 4x400 Relay - 1, Seattle Pacific, 4:00.52. High Jump - 2, Ashley Vest, SMU, 4-11; 3, Bridget Henry, WWU, 4-11. Pole Vault - 1, Anna Paradee, WWU, 12-3.5; 2, Rachael Roberts, WWU, 10-4. Long Jump - 2, Devon Olson, WWU, 16-7.25; 3, Malea Munoz, WWU, 16-4.25. Triple Jump - 3, Devon Olson, WWU, 33-6.75. Shot Put - 1, Chanelle Eddy, WWU, 38-10.5; 2, Megan Vernoy, SMU, 38-10.25. Discus - 1, Megan Vernoy, SMU, 142-3; 2, Chanelle Eddy, WWU, 134-6; 3, Kiana Schwendman, WWU, 127-5. Javelin - Tie 1, Raquel Pellecer, WWU, 142-5; Tie 1, Natalie Vetto, WWU, 142-5; Tie 3, Deanna Avalos, SMU, 140-7; Tie 3 - Jona Spiller, SMU, 140-7.

**Men's Team Scores:** Whitworth 203, Western Washington 134.5, Puget Sound 100, Lewis & Clark 82.5, Seattle Pacific 52, Saint Martin's 34, Central Washington 25.

**Men (Top 3 GNAC Finishers):** 200 Meters - 3, Guillaume Tabary, SMU, 22.89. 400 Meters - 2, Jesse Phan, SPU, 52.65; 3, Miles Flett, SPU, 54.90. 800 Meters - 3, James Jaspersen, WWU, 1:58.01. 1, 1,500 Meters - 1, Kyler Sager, WWU, 3:59.31; 2, James Jaspersen, WWU, 4:02.16; 3, Eric Hamel, WWU, 4:04.47. 10,000 Meters - 1, Edward Kiolbas, WWU, 31:57.70. 110m Hurdles - 2, Braydon Maier, CWU, 15.43; 3, Peyton Harris, SPU, 15.59. Long Jump - 1, Seren Dances, WWU, 22-6.25; 2, Somit Chhim, WWU, 21-6. Triple Jump - 1, Somit Chhim, WWU, 44-0.75; 3, Jacob Ringold, WWU, 42-6. Discus - 2, Avery Lux, WWU, 124-8. Javelin - 2, Brian Chalkley, SMU, 213-11; 3, Spencer Claeys, WWU, 206-10.

**Sat., Mar. 10**

**PLU Open**

**at PLU Track, Tacoma, Wash.**

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Emily Systma, WWU, 13.04; 2, Julia Inderbitzin, CWU, 13.15. 200 Meters - 1, Grace Bley, SPU, 25.28; 2, Savannah Smith, WWU, 25.39; 3, Erykah Weems, CWU, 25.47. 400 Meters - 1, Erykah Weems, CWU, 58.22; 2, Katie Collins, CWU, 58.90. 800 Meters - 1, Jane Barr, WWU, 2:19.01. 1,500 Meters - 1, Dania Homberg, SPU, 4:49.38; 2, Alexandra Laiblin, WWU, 4:52.72; 3, Katherine Walter, SPU, 4:53.88. 5,000 Meters - 1, Sophia Galvez, WWU, 17:45.53. 10,000 Meters - 1 Alexa Shindruk, CWU, 36:46.70; 2, Delaney Clem, CWU, 39:57.78. 100m Hurdles - 1, Claire Hansen, WWU, 15.10; 2, Rose Walts, CWU, 15.52. 400m Hurdles - 1, Molly House, WWU, 1:08.88. Steeplechase - 1, Nicole Soleim, CWU, 11:21.29. 4x100 Relay - 1, Western Washington, 49.07; 2, Central Washington, 49.64. 4x400 Relay - 1, Seattle Pacific, 3:54.51; 2, Central Washington, 3:54.51. High Jump - 2, Heather Faretta, WWU, 5-0.5. Pole Vault - 1, Anna Paradee, WWU, 11-11.25; Tie 2, Jewels Oliquiano, WWU, 10-11.5; Tie 2, Rachael Roberts, WWU, 10-11.5. Long Jump - 1, Brooke Williams, CWU, 17-6.25; 3, Devon Olson, WWU, 15-9. Triple Jump - 1, Brooke Williams, CWU, 36-5; 3, Rose Walts, CWU, 34-9.75. Shot Put - 1, Samantha La Rue, CWU, 40-7. Discus - 1, Shaddia Meadows, CWU, 130-4; 2, Chanelle Eddy, WWU, 130-2. Hammer - 1, Liz Larson, SMU, 167-6; 3, Samantha La Rue, CWU, 153-8. Javelin - 1, Raquel Pellecer, WWU, 147-8; 3, Natalie Vetto, WWU, 136-5.

**Men (Top 3 GNAC Finishers):** 100 Meters - 2, Bobby Widmar, CWU, 11.09; 3, Bryant Welch, WWU, 11.28. 200 Meters - 1, Bryant Welch, WWU, 22.12; 3, Harry Horwath, CWU, 22.73. 400 Meters - 1, Daniel Calderon, CWU, 49.43; 2, Doc Porter, CWU, 49.50. 800 Meters - 1, Liam Cossette, WWU, 1:55.11; 2, Kyler Sager, WWU, 1:55.19. 1,500 Meters - 1, Isaac Derline, WWU, 4:01.76; 3, Elius Graff, SPU, 4:03.74. 5,000 Meters - 2, Tyler Humphries, CWU, 15:39.69. 110m Hurdles - Cordell Cummings, WWU, 15.80; 2, Michael Forster, CWU, 16.36; 3, Seren Dances, WWU, 16.49. 400m Hurdles - 1, Cordell Cummings, 56.42; 2, Aaron Bosscher, WWU, 58.29; 3, Justin Wendling, CWU, 58.73. Steeplechase - 1, Corbin Carlton, CWU, 9:37.60. 4x100 Relay - 1, Western Washington A, 42.97; 2, Western Washington B, 44.17; 3, Seattle Pacific, 45.94. 4x400 Relay - 1, Western Washington, 3:24.22; 2, Central Washington, 3:26.08. High Jump - 1, Tupre Wickliff, WWU, 6-6; 3, Justin Peterson, CWU, 6-4. Pole Vault - 1, Adam Thomas, WWU, 14-5.25; 3, D'Andre Daniels, 13-11.25. Long Jump - 1, Somit Chhim, WWU, 20-10; 2, Jacob Ringold, WWU, 20-7.75. Triple Jump - 1, Somit Chhim, WWU, 44-10.25; 3, Justin Peterson, CWU, 44-4. Shot Put - 1, Ethan Tonder, CWU, 48-7.25; 2, Aidan Cain, CWU, 48-0; 3, Alberto Tafoya, CWU, 46-4.75. Discus - 2, Aidan Cain, CWU, 145-10; 3, Alberto Tafoya, CWU, 142-10. Hammer - 2, Kauanoie Vanderpoel, SMU, 173-3; 3, Avery Lux, WWU, 156-11. Javelin - 1, Alex Barry, WWU, 197-0; 2, Tyree Rutter, CWU, 191-3; 3, Mason Salley, WWU, 183-0.

**Fri., Mar. 16 - Sat., Mar. 17**

**Hornet Invitational**

**at Hornet Stadium, Sacramento, Calif.**

**Women (Top 3 GNAC Finishers):** 800 Meters - 1, Addy Townsend, SFU, 2:08.55. Heptathlon - 2, Scout Cai, SPU, 4,710.

**Men (Top 3 GNAC Finishers):** 400m Hurdles - 1, Vladislav Tsygankov, SFU, 52.21. High Jump - 2, Chris Brake, UAA, 6-6.75.



# 2018 GNAC Outdoor Meet Summaries

**Fri., Mar. 16 - Sat., Mar. 17**

## **L&C Spring Break Open**

**at Eldon Fix Track, Portland, Ore.**

**Women (Top 3 GNAC Finishers):** 400 Meters - 1, Grayson Burke, WOU, 58.47. 5,000 Meters - 2, Yadira Lopez, SMU, 17:44.40. 400m Hurdles - 2, Sara Madden, WOU, 1:05.87; 3, Nicole Niskanen, WOU, 1:06.67. Steeplechase - 2, Gabby Hobson, CU, 11:38.38. Triple Jump - 1, Emma Hill, CU, 38-10.25. Shot Put - 3, Tasha Willing, CU, 44-1.25. Discus - 1, Melissa Ausman, CU, 151-11. Hammer - 1, Christina MacDonald, CU, 190-5.25; 2, Tasha Willing, CU, 188-4.5; 3, Liz Larson, SMU, 174-7.25.

**Men (Top 3 GNAC Finishers):** 200 Meters - 2, Codi Blodgett, WOU, 22.57. 400 Meters - 2, Jackson Hand, SMU, 50.37. 800 Meters - 2, Curt Knott, WOU, 1:55.70; 3, Dominick Marshall, WOU, 1:56.89. 1,500 Meters - 1, Justin Crosswhite, WOU, 3:57.40; 2, Thomas Normandeau, WOU, 3:59.17. 110m Hurdles - 1, Ryan Gunther, CWU, 15.75; 3, Jackson Stallard, WOU, 16.89. 400m Hurdles - 2, Ryan Gunther, CWU, 57.78. 4x100 Relay - 1, Saint Martin's, 42.77. Pole Vault - 3, Jackson Stallard, WOU, 13-8.25. Long Jump - 2, Alani Troutman, WOU, 22-1.75. Triple Jump - 3, Jalon Fields, WOU, 44-10.75. Shot Put - 1, Caleb Bridge, CU, 51-3.75; 2, Sam Nichols, CU, 50-11; 3, Seth Bridge, CU, 49-7.75. Discus - 2, Jakob Chamberlin, CU, 174-4.75; 3, Caleb Bridge, CU, 164-7.75. Hammer - 1, Jacob Slate, CU, 191-9.75; 2, Jakob Chamberlin, CU, 185-11; 3, Kauanoe Vanderpoel, SMU, 181-2. Javelin - 1, Easton Christensen, CU, 189-2.

**Sat., Mar. 17**

## **EOU Team Challenge**

**at Kennison Field, Hermiston, Ore.**

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Troi Carter, CWU, 12.63; 2, Alexia Thomas, CWU, 12.83. 200 Meters - 3, Troi Carter, CWU, 27.64. 400 Meters - 1, Jasmyne Neria, CWU, 59.35; 2, Julia Inderbitzin, CWU, 1:01.96. 1,500 Meters - 3, Miranda Nelson, CWU, 5:13.24. 5,000 Meters - 1, Bethany Danner, NNU, 19:19.99; 2, Emily Hammons, NNU, 19:48.34. 100m Hurdles - 1, Sidney Trinidad, CWU, 14.94; 2, Ally Miran, NNU, 15.47; 3, HarLee Ortega, CWU, 15.57. 400m Hurdles - 1, Ali Anderson, CWU, 1:00.95; 2, Katie Collins, CWU, 1:04.04; 3, Sidney Trinidad, CWU, 1:05.23. Steeplechase - 2, Kiersten Kimminau, CWU, 12:44.61. 4x100 Relay - 3, Northwest Nazarene, 54.42. 4x400 Relay - 1, Central Washington, 4:13.16; 3, Northwest Nazarene, 4:22.42. High Jump - 1, Katie Conklin, NNU, 5-3; 2, Shaddia Meadows, CWU, 5-1; 3, Katie Collins, CWU, 4-11. Pole Vault - 1, Halle Irvine, CWU, 12-0; 2, Kayla Wyatt, CWU, 10-6; 3, Kourtney Gwin, NNU, 10-0. Long Jump - 2, Jackie Mahowald, NNU, 17-6.75; 3, Nice Loufoua, NNU, 16-8. Triple Jump - 1, Jackie Mahowald, NNU, 37-8.75; 2, Rose Walts, CWU, 36-2.25. Shot Put - 2, Sasha Korolenko, NNU, 40-11.5. Javelin - 1, Nicole Nobbs, NNU, 140-2.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Bobby Widmar, CWU, 10.93; 2, Isaiah Kahut, NNU, 11.19; 3, Harry Horwath, CWU, 11.27. 200 Meters - 1, Logan Blake, NNU, 22.21; 3, Bobby Widmar, CWU, 22.76. 400 Meters - 1, Logan Blake, NNU, 49.35; 2, Doc Porter, CWU, 49.65; 3, Daniel Calderon, CWU, 49.94. 800 Meters - 3, Ron Leaf, CWU, 2:04.50. 10,000 Meters - 1, Nick Hamilton, NNU, 32:23.38. 110m Hurdles - 2, Elijah Castro, NNU, 15.23; 3, Braydon Maier, CWU, 15.36. 4x100 Relay - 2, Northwest Nazarene, 44.69. 4x400 Relay - 1, Central Washington A, 3:18.31; 2, Central Washington B, 3:32.73. High Jump - Tie 1, Jeremy Bade, CWU, 6-3.5; Tie 1, Micah Tranch, NNU, 6-3.5; 3, Justin Peterson, CWU, 6-1.5. Pole Vault - 1, Jared Webster, NNU, 15-1; 3, Braydon Maier, CWU, 14-7.25. Long Jump - 1, Elijah Castro, NNU, 23-0.5; 3, Nathan Moore, NNU, 20-9. Shot Put - 1, Ethan Tonder, CWU, 47-11.75. Discus - 1, John Van Beuren, NNU, 154-6; 3, Canyon Anderson, NNU, 144-4. Hammer - 3, John Van Beuren, NNU, 162-10. Javelin - 2, Tyree Rutter, CWU, 178-3.

**Fri., Mar. 23**

## **Sam Adams Classic**

**at Boppell Track, Spokane, Wash.**

**Women (Top 3 GNAC Finishers):** Pentathlon - 1, HarLee Ortega, CWU, 4,875.

**Men (Top 3 GNAC Finishers):** Decathlon - 1, Kodiak Landis, CWU, 7,098; 2, Braydon Maier, CWU, 6,562; 3, Michael Forster, CWU, 6,491.

**Fri., Mar. 23 & Sat., Mar. 24**

## **Willamette Invitational**

**at Charles Bowles Track, Salem, Ore.**

**Women (Top 3 GNAC Finishers):** 100 Meters - 2, Marie Ries, UAA, 12.52. 200 Meters - 2, Marie Ries, UAA, 25.84; 3, Meyer Quaynor, SFU, 26.55. 400 Meters - 1, Renate Bluschke, SFU, 57.82; 2, Megan Rose, WOU, 58.11; 3, Bryce West, SFU, 58.74. 800 Meters - 1, Yemi Knight, UAA, 2:16.22; 2, Grayson Burke, WOU, 2:17.36; 3, Emily Chilton, SFU, 2:17.54. 1,500 Meters - 1, Caroline Kurgat, UAA, 4:26.16; 2, Tamara Perez, UAA, 4:30.87. 5,000 Meters - 1, Emmah Chelimo, UAA, 17:14.06; 2, Zannah Jepchumba, UAA, 17:14.40; 3, Alexa Shindruk, CWU, 17:26.81. 400m Hurdles - 1, Sophie Dodd, SFU, 1:03.35. Steeplechase - 1, Chelsea Ribeiro, SFU, 11:21.61; 2, Jules Ward, UAA, 11:30.90. 4x100 Relay - 1, Simon Fraser, 48.26. 4x400 Relay - 1, Western Oregon, 3:49.89; 2, Simon Fraser, 3:51.11; 3, Alaska Anchorage, 3:57.87. High Jump - 1, Tori Johnson, CU, 5-4.25. Long Jump - 1, Chelsea Bone, CU, 17-8. Triple Jump - 1, Emma Hill, CU, 39-1. Shot Put - 2, Christina MacDonald, CU, 47-6.5; 3, Katrina Linenko, CU, 45-4.5. Discus - 1, Melissa Ausman, CU, 156-9.25. Hammer - 1, Christina MacDonald, CU, 182-11.5; 2, Tasha Willing, CU, 175-0. Javelin - 2, Darian Wilson, WOU, 135-8.5; 3, Chelsea Bone, CU, 132-1.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Carlos Ortiz, CU, 10.62; 2, Nathan Mah, SFU, 10.85; 3, Codi Blodgett, WOU, 10.87. 200 Meters - 2, Oshane Hylton, UAA, 22.66; 3, Devon Fortier, WOU, 22.74. 400 Meters - 1, Joel Webster, SFU, 49.43; 2, Daniel Remington, UAA, 50.38; 3, Cody Warner, WOU, 50.41. 800 Meters - 1, Noah Wallace, CU, 1:54.62; 2, Curt Knott, WOU, 1:54.77; 3, Dylan Freihofer, SFU, 1:54.90. 1,500 Meters - 1, Parker Marson, WOU, 3:57.24; 3, Felix Kemboi, UAA, 3:59.51. 400m Hurdles - 1, Andrey Gamza, CU, 56.35; 2, Joshua Adhemar, SFU, 56.61. Steeplechase - 2, Corbin Carlton, CWU, 9:18.98; 3, Aaron Ahl, SFU, 9:25.88. 4x100 Relay - 1, Alaska Anchorage, 41.91; 2, Simon Fraser, 42.20. 4x400 Relay - 1, Simon Fraser, 3:24.06; 3, Western Oregon, 3:26.46. High Jump - 3, Brandon Nicholson, UAA, 5-10. Triple Jump - 2, Chris Brake, UAA, 45-10.5. Shot Put - 1, Josh Koch, CU, 53-6.5; 2, Caleb Bridge, CU, 51-6.5; 3, Jakob Chamberlin, CU, 49-8.5. Discus - 1, Jakob Chamberlin, CU, 167-3.25; 2, Caleb Bridge, CU, 163-8.75; 3, Josh Koch, CU, 160-11.25. Hammer - 1, Jacob Slate, CU, 195-8.25; 2, Jakob Chamberlin, CU, 186-3; 3, Josh Koch, CU, 175-0. Javelin - 1, Easton Christensen, CU, 182-9.25.



# 2018 GNAC Outdoor Meet Summaries

Sat., Mar. 24

## Doris Heritage Track Festival at West Seattle Stadium, Seattle, Wash.

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Renick Meyer, SPU, 12.49; 2, Julia Stepper, SPU, 12.68; 3, Scout Cai, SPU, 13.03. 200 Meters - 1, Julia Stepper, SPU, 25.97; 2, Scout Cai, SPU, 26.32; 3, Brooke Benner, SPU, 26.70. 400 Meters - 1, Becca Houk, SPU, 58.78; 2, Brooke Benner, SPU, 1:01.10. 800 Meters - 1, Waverly Shreffler, WWU, 2:27.18. 1,500 Meters - 1, Mary Charleson, SPU, 4:40.07; 2, Kate Lilly, SPU, 4:43.07; 3, Alyssa Foote, SPU, 4:43.96. 5,000 Meters - 1, Tracy Melville, WWU, 18:09.41; 2, Peyton Shinnick, WWU, 18:27.71; 3, Tovah Swartz-Ireland, WWU, 18:33.79. 4x400 Relay - 1, Seattle Pacific C, 4:09.89; 2, Seattle Pacific A, 4:10.55; 3, Seattle Pacific B, 4:12.68. High Jump - 1, Geneva Lehnert, SPU, 5-2.25; 2, Amy Petz, SFU, 5-2.25; 3, Erin Fortune, SFU, 4-10.25. Pole Vault - 2, Anna Paradee, WWU, 12-6.25. Long Jump - 1, Renick Meyer, SPU, 18-0.25; 2, Scout Cai, SPU, 17-3.25; 3, Kellie May, SPU, 17-3.25. Triple Jump - 1, Kellie May, SPU, 37-2.25. Shot Put - 1, Holly Taylor, SFU, 40-11.75; 2, Chanelle Eddy, WWU, 35-0.25; 3, Clare Lytle, CWU, 33-5.25. Hammer - 1, Liz Larson, SMU, 167-7; 2, Holly Taylor, SFU, 14-610; 3, Kiana Schwendman, WWU, 136-7. Javelin - 1, Raquel Pellecer, WWU, 148-1; 2, Natalie Vetto, WWU, 143-1.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Seren Dances, WWU, 11.83; 2, Stedman Knox, WWU, 11.92; 3, Shayne Carpenter, SPU, 12.09. 200 Meters - 2, Peyton Harris, SPU, 23.38; 3, Stedman Knox, WWU, 23.85. 400 Meters - 2, Reid Loverkamp, WWU, 50.91; 3, Tyler Sager, WWU, 51.27. 800 Meters - 1, Richard Torres, SFU, 1:58.30; 2, Jesse Phan, SPU, 1:58.87; 3, Brysten James, SPU, 2:00.11. 1,500 Meters - 3, James Jespersen, WWU, 3:59.76. 5,000 Meters - 2, Edward Kiolbas, WWU, 15:16.46; 3, Bentley Wilson, WWU, 15:27.35. Steeplechase - 1, Ian Fay, WWU, 9:32.99; 2, Jackson McIlroy, WWU, 9:52.40. 4x400 Relay - 1, Western Washington, 3:30.46; 2, Seattle Pacific C, 3:39.83; 3, Seattle Pacific A, 3:40.06. High Jump - 1, Tupre Wickliff, WWU, 6-8; 2, Seren Dances, WWU, 5-10. Long Jump - 1, Seren Dances, WWU, 22-9; 2, Somit Chhim, WWU, 21-10.75; 3, Cyrus McAllister, WWU, 21-0. Triple Jump - 2, Jacob Ringold, WWU, 42-0.5. Hammer - 1, Kauanoe Vanderpoel, SMU, 170-6; 2, Avery Lux, WWU, 163-3; 3, Tiger Wu, SFU, 148-3. Javelin - 1, Cooper McNatt, WWU, 181-5; 2, Tyree Rutter, CWU, 172-1; 3, Mason Salley, WWU, 170-1.

## Peyton Scoring Meet at Baker Stadium, Tacoma, Wash.

**Women's Team Scores:** Pacific (Ore.) 124, Puget Sound 121, Saint Martin's 116, Olympic CC 75, Pacific Lutheran 62, Green River CC 32, Multnomah 19.  
**Women (Top 3 GNAC Finishers):** 200 Meters - 2, Taylor Tandecki, SMU, 26.71. 100m Hurdles - 1, Ariya Kendrick, SMU, 15.12. 400m Hurdles - 2, Artressa Nickelson, SMU, 1:11.39. Steeplechase - 1, Lindsey Dorney, SMU, 12:15.75; 3, Sadie Dalgleish, SMU, 12:38.07. 4x100 Relay - 1, Saint Martin's, 49.78. High Jump - 2, Cassidy Apo, SMU, 4-10.5; 3, Ashley Vest, SMU, 4-10.5. Long Jump - 1, Ashleigh Fraser, SMU, 17-4.75. Discus - 1, Megan Vernoy, SMU, 135-1. Javelin - 3, Sarah Howaden, SMU, 110-7.  
**Men's Team Scores:** Saint Martin's 128, Pacific (Ore.) 114, Puget Sound 67, Olympic CC 66, Multnomah 65, Central Washington 47, Green River CC 21, Pacific Lutheran 6.  
**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Jackson Hand, SMU, 11.04; 3, Harry Howarth, CWU, 11.22. 200 Meters - 1, Jackson Hand, SMU, 21.92; 2, Harry Howarth, CWU, 22.55; 3, Guillaume Tabary, SMU, 22.89. 400 Meters - 3, Josh Anguay, SMU, 54.30. 1,500 Meters - 3, Jasper Heckman, SMU, 4:12.48. 400m Hurdles - 3, Andrew Walter, SMU, 1:02.09. Steeplechase - 2, Miguel De LaMalena, SMU, 10:29.02; 3, Derrick Howlett, SMU, 10:48.03. 4x100 Relay - 1, Saint Martin's, 42.67. Long Jump - 1, Josh Schulz, SMU, 22-1; 2, Guillaume Tabary, SMU, 21-4.35. Shot Put - 1, Aidan Cain, CWU, 48-7.25.

NUU Open

## at Bohner Track, Nampa, Idaho

**Women (Top 3 GNAC Finishers):** 100 Meters - 3, Nice Loufoua, NNU, 13.93. 200 Meters - 1, Katie Conklin, NNU, 28.36. 400 Meters - 1, MaKenna Conley, NNU, 1:02.09. 1,500 Meters - 2, Sierra Manzer, NNU, 5:13.10. 100m Hurdles - 1, Ally Miran, NNU, 15.58; 2, Katie Conklin, NNU, 15.61. 400m Hurdles - 3, Ally Miran, NNU, 1:08.64. 4x100 Relay - 1, Northwest Nazarene, 53.42. 4x400 Relay - 2, Northwest Nazarene, 4:14.68. High Jump - 1, Katie Conklin, NNU, 5-3.75. Pole Vault - 1, Kourtney Gwin, NNU, 10-2. Triple Jump - 1, Nice Loufoua, NNU, 38-4; 2, Jackie Mahowald, NNU, 37-5. Hammer - 2, Sasha Korolenko, NNU, 149-0.75.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Isaiah Kahut, NNU, 11.12. 200 Meters - 1, Logan Blake, NNU, 22.18; 3, Isaiah Kahut, NNU, 23.02. 400 Meters - 2, Zachary Magee, NNU, 50.36. 1,500 Meters - 2, Godfrey Kemboi, NNU, 4:02.61. 110m Hurdles - 1, Dakota Tidwell, NNU, 1:02.09; 2, Ryan Chism, NNU, 16.15; 3, David Blum, NNU, 17.54. 400m Hurdles - 3, Ryan Chism, NNU, 1:00.16. 4x100 Relay - 1, Northwest Nazarene, 42.57. 4x400 Relay - 2, Northwest Nazarene A, 3:30.41; 3, 3:35.21. High Jump - 1, Micah Tranch, NNU, 6-6.75; 2, Keffrey Stellway, NNU, 6-2.25. Pole Vault - 1, Payton Lewis, NNU, 16-2.75; 2, Dakota Tidwell, NNU, 14-9. Discus - 1, John Van Beuren, NNU, 162-9.75; 2, Canyon Anderson, NNU, 159-4.75. Hammer - 1, John Van Beuren, NNU, 170-0.5; 2, Brayden Eiland, NNU, 159-4; 3, Canyon Anderson, NNU, 156-1.5. Javelin - 1, Micah Tranch, NNU, 181-5.75.

Tues., Mar. 27-Wed., Mar. 28

## Boxer Combined Event

### at Hanson Stadium, Forest Grove, Ore.

**Women's Heptathlon:** 1, Chelsea Bone, CU, 4,736; 7, Ashley Vest, SMU, 3,769; 8, Tiffany Pott, SMU, 3,607; 9, Chase Stephens, CU, 3,606.

**Men's Decathlon:** 3, Giovanni Brown, CU, 6,376; 7, Mitch Kruse, WOU, 4,848; 8, Emmy Carrizales, CU, 4,739; 9, Jackson Stallard, WOU, 4,280; 10, Anthony Pablo, WOU, 4,183; 11, Craig Boyle, SMU, 4,181.

Fri., Mar. 30

## Battlin' Bears/Yellowjacket Open

### at Laurel Sports Complex, Laurel, Mont.

**Women (Top 3 GNAC Finishers):** 100 Meters - 2, Michaela Johnson, MSUB, 13.14. 200 Meters - 3, Jewl Collins, MSUB, 26.58. 5,000 Meters - 2, Nikki Aiken, MSUB, 19:43.01. 100m Hurdles - 1, Michaela Johnson, MSUB, 15.07. 400m Hurdles - 3, Josey Smiedala, MSUB, 1:07.35. 4x100 Relay - 2, Montana State Billings A, 49.65; 3, Montana State Billings B, 51.53. Long Jump - 3, Brenna Beckett, MSUB, 15-8.75. Triple Jump - 2, Janessa Williams, MSUB, 35-3.75; 3, Shaniah Schwend, MSUB, 34-6.75. Discus - 1, Hannah Nesson, MSUB, 129-1.  
**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Sam Zook, MSUB, 11.05; 2, Lamont Frisby, MSUB, 11.19; 3, Mason Schram, MSUB, 11.34. 200 Meters - 1, Lamont Frisby, MSUB, 22.40; 3, Mason Schram, MSUB, 22.65. 400 Meters - 1, Rahkei Eyer, MSUB, 49.77. 800 Meters - 3, Jorey Egeland, MSUB, 1:59.69. 1,500 Meters - 2, Jorey Egeland, MSUB, 4:00.08. 5,000 Meters - 1, Jorey Egeland, MSUB, 16:22.78. 4x100 Relay - 1, Montana State Billings, 41.62. High Jump - 1, Isaiah Girard, MSUB, 6-4.25. Long Jump - 2, Isaiah Girard, MSUB, 21-6.25; 3, Marcus Lindquist, MSUB, 21-5.25. Triple Jump - Marcus Lindquist, MSUB, 45-3. Shot Put - 2, Brady Ostermiller, MSUB, 48-10. Discus - 2, Brady Ostermiller, MSUB, 145-3. Hammer - 1, Nels Flanagan, MSUB, 156-5. Javelin - 1, Beau Ackerman, MSUB, 209-7.

# 2018 GNAC Outdoor Meet Summaries

**Fri., Mar. 30 - Sat., Mar. 31**

## **Stanford Invitational**

**at Cobb Track, Palo Alto, Calif.**

**Women (Top 3 GNAC Finishers):** Javelin (Collegiate) - 2, Raquel Pellecer, WWU, 157-2.

**Men (Top 3 GNAC Finishers):** 800 Meters - 2, David Ribich, WOU, 1:48.09. 1,500 Meters (Section 2) - 2, Dustin Nading, WOU, 3:45.91. Long Jump (Invitational) - 2, Alani Troutman, WOU, 24-3.5.

## **San Francisco State Distance Carnival**

**at Chabot College, Hayward, Calif.**

**Women (Top 3 GNAC Finishers):** 400 Meters - 1, Vanessa Aniteye, UAA, 55.17; 3, Savannah Smith, WWU, 57.24. 800 Meters - 3, Yemi Knight, UAA, 2:10.47. Mile - 3, Ally Ginther, SFU, 4:57.37. 400m Hurdles - 3, Sara Madden, WOU, 1:04.70. 4x100 Relay - 3, Alaska Anchorage, 48.44. 4x400 Relay - 1, Alaska Anchorage, 3:43.01. High Jump - 1, Yvonne Jeschke, UAA, 5-4.25; 2, Mackenzie Stewart, SFU, 5-4.25. Long Jump - 1, Darian Wilson, WOU, 18-3.

**Men (Top 3 GNAC Finishers):** 400 Meters - 1, Liam Lindsay, UAA, 48.75; 3, Nicholas Taylor, UAA, 49.21. Mile - 2, Braeden Charlton, SFU, 4:18.32. 4x100 Relay - 1, Alaska Anchorage, 41.84. 4x400 Relay - 1, Alaska Anchorage, 3:16.66. High Jump - 1, Chris Brake, UAA, 6-6.25. Triple Jump - 3, Brandon Nicholson, UAA, 47-5.25. Shot Put - 1, Chris Steffey, WOU, 48-6.25; 2, Brandon Pless, WWU, 47-10; 3, Mont Child, WOU, 47-5.25. Hammer - 2, Brandon Pless, WWU, 165-8.

## **UBC Open**

**at Dhillon Track, Vancouver, B.C.**

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Julia Stepper, SPU, 12.21; 2, Renick Meyer, SPU, 12.31. 200 Meters - 2, Lani Taylor, SPU, 25.78; 3, Julia Stepper, SPU, 25.83. 400 Meters - 1, Becca Houk, SPU, 58.33; 2, Scout Cai, SPU, 58.43; 3, Chynna Phan, SPU, 58.52. 800 Meters - 3, Chynna Phan, SPU, 2:13.01. 1,500 Meters - 2, Katherine Walter, SPU, 4:52.33; 3, Rebecca Bassett, SFU, 4:52.60. 100m Hurdles - 2, Claire Hansen, WWU, 15.05. 4x100 Relay - 1, Seattle Pacific, 47.41; 3, Western Washington, 49.43. Pole Vault - 1, Jewels Oliquiano, WWU, 11-1.75; 2, Hannah Dodson, WWU, 10-10; 3, Mariah Brelsford, WWU, 10-6. Long Jump - 3, Kellie May, SPU, 17-6.75. Triple Jump - 2, Kellie May, SPU, 36-0. Shot Put - 3, Chanelle Eddy, WWU, 35-0.5. Discus - 1, Chanelle Eddy, WWU, 131-9; 2, Holly Taylor, SFU, 125-10; 3, Kiana Schwendeman, WWU, 122-4. Hammer - 2, Holly Taylor, SFU, 159-9; 3, Kiana Schwendeman, WWU, 123-7. Javelin - 1, Hannah Nienaber, WWU, 138-9.

**Men (Top 3 GNAC Finishers):** 10,000 Meters - 1, Ben Jacot, WWU, 32:33.97; 2, Kevin Mullin, Jr., 33:38.50. 400m Hurdles - 3, Aaron Bosscher, WWU, 58.95. 4x100 Relay - 2, Seattle Pacific, 44.99. High Jump - 3, Mackenzie Riddell, SFU, 5-10.75. Pole Vault - 2, Davis Flintoff, SPU, 12-9.5. Shot Put - 2, Bryce Bryant-Leat, WWU, 46-11.75; 3, Ben Malquist, WWU, 46-10.25. Discus - 2, Ben Malquist, WWU, 129-6. Javelin - 2, Cooper McNatt, WWU, 185-1. Decathlon - 1, Rudy Mataya, WWU, 5,570; 2, Nick Makrakis, WWU, 5,544; 3, Seren Dances, WWU, 5,535.

**Sat., Mar. 31**

## **Boxer Open**

**at Hanson Stadium, Forest Grove, Ore.**

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Hailey Sears, WOU, 13.16. 200 Meters - 2, Hailey Sears, WOU, 26.63. 400 Meters - 2, Meghan Drader, WOU, 1:08.36. Discus - 2, Moana Gianotti, WOU, 120-0; 3, Halie Korff, WOU, 115-3. Hammer - 1, Alecia Falck, WOU, 154-5. 2, Sylvia Dean, WOU, 148-1. Javelin - 1, Halie Korff, WOU, 115-10.

**Men (Top 3 GNAC Finishers):** 400 Meters - 2, Emmett Bailor, WOU, 52.62. Shot Put - 2, Nick Sieber, WOU, 49-3. Discus - 2, Nick Sieber, WOU, 149-1. Hammer - 3, Owen Collins, WOU, 134-10.

## **Shotwell Invitational**

**at Baker Stadium, Tacoma, Wash.**

**Women's Team Scores:** Central Washington 175, Spokane CC 133.5, Whitworth 83, Saint Martin's 70, Puget Sound 49, Olympic CC 34, Pacific Lutheran 22, Alaska 15, Everett CC 11, FTD 10, Green River CC 9, Club Northwest 6, Guerilla RC 5, Western Washington 2.

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Aujanique Doss, CWU, 12.69. 200 Meters - 1, Aujanique Doss, CWU, 25.67. 400 Meters - 1, Jasmyne Neria, CWU, 59.63; 2, Julia Inderbitzin, CWU, 1:00.69. 1,500 Meters - 1, Alexa Shindruk, CWU, 4:39.46; 2, Nicole Soleim, CWU, 4:48.12; 3, Yadira Lopez, SMU, 4:49.48. 4x100 Relay - 1, Central Washington, 49.07. 4x400 Relay - 2, Central Washington, 4:09.67. High Jump - 1, Keeley Phommathirath, CWU, 4-10.50; 2, Cassidy Apo, SMU, 4-10.50. Pole Vault - 1, Halle Irvine, CWU, 11-2.25. Long Jump - 1, Ashleigh Fraser, SMU, 17-2.25; 2, Halle Irvine, CWU, 16-11.25. Triple Jump - 1, Brooke Williams, CWU, 37-2.25; Rose Walts, CWU, 35-5.25; 3, Ashleigh Fraser, SMU, 33-2.5. Shot Put - 1, Samantha La Rue, CWU, 40-7.75. Discus - 1, Megan Vernoy, SMU, 131-2; 3, Samantha La Rue, CWU, 119-10. Javelin - 1, Deanna Avalos, SMU, 144-2.

**Men's Team Scores:** Central Washington 155.5, Spokane CC 89, Whotworth 85, Everett CC 62.5, Saint Martin's 56, Puget Sound 50.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Bobby Widmar, CWU, 11.15. 200 Meters - 1, Bobby Widmar, CWU, 22.85; 2, Harry Horwarth, CWU, 22.86. 400 Meters - 1, Daniel Calderon, CWU, 49.19; 2, Doc Porter, CWU, 49.72; 3, Guillaume Tabary, SMU, 50.87. 800 Meters - 1, Myles Smith, WWU, 1:59.24; 3, Trevor Allen, CWU, 1:59.94. 1,500 Meters - 1, Corbin Carlton, CWU, 4:01.36. 400m Hurdles - 3, Corbin Carlton, CWU, 59.69. Steeplechase - 2, Jasper Heckman, SMU, 9:43.58; 3, Henry Milodragovich, CWU, 10:07.71. 4x400 Relay - 1, Central Washington, 3:23.88. High Jump - 2, Garrett Davies, CWU, 6-5.5. Pole Vault - 3, Bryan Cadena, CWU, 13-8.25. Long Jump - 2, Josh Schulz, SMU, 22-0.75; 3, Guillaume Tabary, SMU, 21-4.25. Triple Jump - 2, Zach Whittaker, CWU, 43-7.25. Shot Put - 1, Alberto Tafoya, CWU, 49-9.75. Discus - 3, Aidan Cain, CWU, 137-4.

**Fri., Apr. 6**

## **John Knight Twilight**

**at McArthur Field, Monmouth, Ore.**

**Women (Top 3 GNAC Finishers):** 400 Meters - 1, Olivia Woods, WOU, 56.01; 2, Megan Rose, WOU, 57.19; 3, Suzie Van De Grift, WOU, 57.24. 800 Meters - Rachel Bayly, WOU, 2:23.45. 1,500 Meters - 1, Kennedy Rufener, WOU, 4:38.79. 400m Hurdles - 2, Sara Madden, WOU, 1:03.62. 4x100 Relay - 3, Western Oregon, 50.70. 4x400 Relay - 1, Concordia, 4:01.20. High Jump - 1, Tori Johnson, CU, 5-5. Long Jump - 1, Chelsea Bone, CU, 17-7.5. Triple Jump - 1, Emma Hill, CU, 38-6.75; 3, Chase Stephens, CU, 36-9.5. Hammer - 1, Christina MacDonald, CU, 190-3; 2, Joselynn Tensley, CU, 183-0; 3, Tasha Willing, CU, 176-10. Discus - 1, Melissa Ausman, CU, 170-10; 2, Rachel Bring, CU, 146-6; Katrina Linenko, CU, 141-1. Shot Put - 2, Christina MacDonald, CU, 48-4; 3, Melissa Ausman, CU, 45-7.75. Javelin - 2, Elizbaeth Stottlemire, CU, 145-10; 3, Darian Wilson, WU, 144-5.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Carlos Ortiz, CU, 10.74. 200 Meters - 3, Codi Blodgett, WOU, 22.36. 400 Meters - 2, AJ Holmberg, WOU, 50.15. 800 Meters - 1, Neal Cranston, WOU, 1:55.42; 3, Dominik Marshall, WOU, 1:57.61. 1,500 Meters - 1, Justin Crosswhite, WOU, 3:54.72; 2, Tyler Jones, WOU, 3:55.88. 110m Hurdles - 2, James Phillips, CU, 15.50. 400m Hurdles - 3, Robert Bierly, CU, 57.61. Steeplechase - 3, Judd Lewis, CU, 9:23.46. 4x100 Relay - 2, Western Oregon, 42.84. 4x400 Relay - 2, Western Oregon, 3:20.69. Pole Vault - 1, Jackson Stallard, WOU, 14-3.25. Triple Jump - 1, Jalon Fields, 45-7.75; 3, Kolton Rhode, WOU, 42-6.25. Hammer - 1, Jacob Slate, WOU, 200-5; 2, Joe Denniston, CU, 174-0; 3, Logan Barker, WOU, 143-10. Discus - 2, Jakob Chamberlin, CU, 170-4; 3, Caleb Bridge, CU, 159-6. Shot Put - 2, Sam Nichols, CU, 51-9.75; 3, Seth Bridge, CU, 51-8.25. Javelin - 1, Easton Christensen, CU, 208-4.

# 2018 GNAC Outdoor Meet Summaries

**Fri., Apr. 6**

## **WWU Quad Meet**

**at Civic Stadium, Bellingham, Wash.**

**Women's Team Scores:** Western Washington 180, British Columbia 173, Seattle Pacific 152, Saint Martin's 61.

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Julia Stepper, SPU, 12.43; 2, Becca Houk, SPU, 12.52. 200 Meters - 1, Grace Bley, SPU, 25.25; 2, Savannah Smith, WWU, 25.39. 400 Meters - 1, Lani Taylor, SPU, 56.94; 3, Emily Systma, WWU, 58.34. 5,000 Meters - 2, Katherine Walter, SPU, 17:38.85; 3, Sophia Galvez, WWU, 17:49.05. 100m Hurdles - 1, Renick Meyer, SPU, 14.81; 2, Claire Hansen, WWU, 14.98; 3, Ariya Kendrick, SMU, 15.2. 400m Hurdles - 2, Molly House, WWU, 1:08.96; 3, Ashley Vest, SMU, 1:16.15. Steeplechase - 2, Peyton Shinnick, WWU, 11:26.83; 3, Hailey Kettel, SPU, 11:40.40. 4x100 Relay - 1, Seattle Pacific, 47.09; 3, Western Washington, 48.08. 4x400 Relay - 1, Seattle Pacific, 3:52.64; 3, Western Washington, 4:10.54. 4x800 Relay - 2, Seattle Pacific, 9:13.62; 3, Western Washington, 9:55.86. High Jump - 2, Maddie Taylor, WWU, 5-5.25. Pole Vault - 1, Anna Paradee, WWU, 13-0.25; 2, Scout Cai, SPU, 12-0.5; 3, Jewels Oliquano, WWU, 11-6.5. Long Jump - 1, Renick Meyer, SPU, 18-8.5; 2, Kellie May, SPU, 18-1. Triple Jump - 2, Kellie May, SPU, 36-11.5. Shot Put - 1, Chanelle Eddy, WWU, 34-5. Discus - 1, Chanelle Eddy, WWU, 143-11; 2, Kiana Schwendeman, WWU, 128-10. Hammer - 1, Liz Larson, SMU, 182-8; 3, Chanelle Eddy, WWU, 128-5. Javelin - 1, Raquel Pellecer, WWU, 154-7; 2, Natalie Vetto, WWU, 146-4; 3, Deanna Avalos, SMU, 146-1.

**Men's Team Scores:** Western Washington 223, British Columbia 160, Saint Martin's 111, Seattle Pacific 81.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Logan Armstrong, SMU, 11.36; 2, Alex Taylor, WWU, 11.38; 3, Stedman Knox, WWU, 11.51. 200 Meters - 1, Daniel Jones, 22.89; 3, Andrew Kier, SMU, 23.12. 400 Meters - 2, Bryant Welch, WWU, 49.52; 3, Jackson Hand, SMU, 50.22. 1,500 Meters - 2, James Jaspersen, WWU, 4:00.22. 110m Hurdles - 3, Cordell Cummings, WWU, 15.44. 400m Hurdles - 3, Cordell Cummings, WWU, 55.67. Steeplechase - 3, Dario Ciriincione, WWU, 9:57.60. 4x100 Relay - 2, Saint Martin's, 42.33; 3, Western Washington, 42.54. 4x400 Relay - 1, Western Washington, 3:19.11; 3, Saint Martin's, 3:27.35. 4x800 Relay - 2, Seattle Pacific, 8:04.53; 3, Western Washington, 8:07.09. High Jump - 1, Tupre Wickliff, WWU, 6-6.25; 2, Garrett Davies, WWU, 6-2.25; 3, Seren Dances, WWU, 6-0.5. Pole Vault - 1, Adam Thomas, WWU, 15-1.75; 2, Davis Flintoff, SPU, 13-8.25; 3, Cyrus Marshall, SMU, 13-2.25. Long Jump - 1, Seren Dances, WWU, 22-11.25; 3, Peyton Harris, SPU, 21-9. Triple Jump - 1, Jacob Ringold, WWU, 44-6.25; 2, Seren Dances, WWU, 43-9.75; 3, Josh Schulz, SMU, 40-7. Shot Put - 1, Bryce Bryant-Leat, WWU, 51-9.25; 2, Brandon Pless, WWU, 48-2.75; 3, Ben Malquist, WWU, 47-5.75. Discus - 1, Brandon Pless, WWU, 151-0; 2, Bryce Bryant-Leat, WWU, 146-7; 3, Ben Malquist, 138-0. Hammer - 1, Kauanoe Vanderpoel, SMU, 180-11; 2, Brandon Pless, WWU, 169-7; 3, Avery Lux, WWU, 165-10. Javelin - 1, Alex Barry, WWU, 212-6; 3, Cooper McNatt, WWU, 185-9.

**Fri., Apr. 6 - Sat., Apr. 7**

## **War XI Meet**

**at Spokane Falls Track Complex, Spokane, Wash.**

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Aujanique Doss, CWU, 12.65. 200 Meters - 1, Aujanique Doss, CWU, 25.25. 5,000 Meters - 1, Alexa Shindruk, CWU, 17:00.79. 10,000 Meters - 3, Delaney Clem, CWU, 38:42.87. 100m Hurdles - 1, Mariyah Vongsaveng, CWU, 14.78; 3, Michaela Johnson, MSUB, 15.18. 400m Hurdles - 1, Ali Anderson, CWU, 1:01.65; 3, Katie Collins, CWU, 1:03.41. Steeplechase - 2, Nicole Soleim, CWU, 11:16.81. 4x100 Relay - 2, Central Washington, 49.60. 4x400 Relay - 2, Montana State Billings, 4:21.96. Long Jump - 1, Brooke Williams, CWU, 17-9.5; 2, Nice Loufoua, NNU, 17-2.75; 3, Jackie Mahowald, NNU, 16-10. Triple Jump - 2, Brooke Williams, CWU, 37-10.

**Men (Top 3 GNAC Finishers):** 100 Meters - 2, Lamont Frisby, MSUB, 11.22. 200 Meters - 1, Kodiak Landis, CWU, 21.86; 2, San Zook, MSUB, 21.87; 3, Logan Blake, NNU, 22.14. 400 Meters - 2, Daniel Calderon, CWU, 49.14; 3, Zachary Magee, NNU, 49.23. Steeplechase - 1, Jorey Egeland, MSUB, 9:19.96; 3, Nick Hamilton, NNU, 9:45.80. 4x100 Relay - 1, Montana State Billings, 42.55; 2, Northwest Nazarene, 42.86. 4x400 Relay - 1, Central Washington, 3:17.66; 3, Northwest Nazarene, 3:22.70. High Jump - 3, Micah Tranch, NNU, 6-2.75. Triple Jump - T-2nd, Zach Whittaker, CWU, 42-6.75. Shot Put - 3, Brady Ostermiller, MSUB, 47-1.5. Discus - 1, John Van Beuren, NNU, 158-11. Javelin - 2, Beau Ackerman, MSUB, 200-3.

**Sat., Apr. 7**

## **Emilie Mondor Invitational**

**at Terry Fox Field, Burnaby, B.C.**

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Meyer Quaynor, SFU, 12.60; 2, Bryce West, SFU, 12.76. 400 Meters - 1, Renate Bluschke, SFU, 57.67; 2, Nicole Lindsay, SFU, 59.47. 800 Meters - 2, Paige Nock, SFU, 2:16.20. 1,500 Meters - 3, Ally Ginther, SFU, 4:45.50. 400m Hurdles - 2, Sophie Dodd, SFU, 1:05.18; 3, Megan Notting, SFU, 1:06.87. 2,000m Steeplechase - 1, Julia Howley, SFU, 6:50.11; 3, Reta Dobie, SFU, 7:04.53. High Jump - 1, Mackenzie Stewart, SFU, 5-3.75. Discus - 2, Holly Taylor, SFU, 123-4. Hammer - 2, Holly Taylor, SFU, 161-3. Javelin - 1, Holly Taylor, SFU, 116-2. Shot Put - 1, Holly Taylor, SFU, 39-7.25.

**Men (Top 3 GNAC Finishers):** 200 Meters - 2, Joel Webster, SFU, 22.51. 1,500 Meters - 1, Oliver Jorgensen, SFU, 3:56.16; 3, Sean Miller, SFU, 4:02.33. 5,000 Meters - 1, Mateo de Dalmases, SFU, 15:07.89. 400m Hurdles - 1, Joshua Adehmar, SFU, 57.65. 2,000m Steeplechase - 1, Braeden Charlton, SFU, 6:07.81. 4x100 Relay - 1, Simon Fraser, 42.99. 4x400 Relay - 1, Simon Fraser, 3:35.62. Long Jump - 1, Mackenzie Riddell, SFU, 14-11.25. Hammer - 1, Tiger Wu, SFU, 145-11.

## **Linfield Jenn Boyman Memorial Invitational**

**at Maxwell Field, McMinnville, Ore.**

**Women (Top 3 GNAC Finishers):** Hammer - 1, Alecia Falck, WOU, 149-4; 2, Sylvia Dean, WOU, 148-5.

**Men (Top 3 GNAC Finishers):** None.