



TRACK & FIELD

WEEKLY REPORT



May 9, 2018 • Week 17

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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., May 11-Sat., May 12

GNAC Outdoor Track & Field Championships,

Monmouth, Ore.

Live Results: GNAC.live

LAST WEEK'S MEETS

Mon., Apr. 30 - Tues., May 1

GNAC Combined Event Championships

at **Brian & Nichole Bohner Track, Nampa, Idaho**

Heptathlon: 1, Renick Meyer, SPU, 5,114. 2, Scout Cai, SPU, 5,017. 3, HarLee Ortega, CWU, 4,945. 4, Chelsea Bone, CU, 4,883. 5, Darian Wilson, WOU, 4,519. 6, Katie Collins, CWU, 4,440. 7, Chase Stephens, CU, 4,271. 8, Elena Cano, UAA, 4,257. 9, Katie Conklin, NNU, 4,247. 10, Kellie May, SPU, 4,185. 11, Geneva Lehnert, SU, 3,986. 12, Tiffany Pott, SMU, 3,986. 13, Tori Johnson, CU, 3,948. 14, Shaddia Meadows, CWU, 3,947. 15, Yvonne Jeschke, UAA, 3,904. 16, Ashley Vest, SMU, 3,882. 17, Sydney Trinidad, CWU, 3,769.

Heptathlon Individual Event Winners: 100m Hurdles - Renick Meyer, SPU, 14.22. High Jump - Geneva Lehnert, SPU, 5-7. Shot Put - Chase Stephens, CU, 34-0. 200 Meters - Renick Meyer, SPU, 25.13. Long Jump - Renick Meyer, SPU, 20-5 (GNAC Record). Javelin - Darian Wilson, WOU, 137-4. 800 Meters - Katie Collins, CWU, 2:17.36.

Decathlon: 1, Braydon Maier, CWU, 6,751. 2, Michael Forster, CWU, 6,732. 3, Giovanni Brown, CU, 6,690. 4, Payton Lewis, NNU, 6,440. 5, Dakota Tidwell, NNU, 6,411. 6, Micah Tranch, NNU, 6,223. 7, Kodiak Landis, CWU, 6,140. 8, Seren Dances, WWU, 6,071. 9, Nick Bullo, WWU, 5,982. 10, Jackson Stallard, WOU, 5,887. 11, Nick Makrakis, WWU, 5,761. 12, Daniel Remington, UAA, 5,690. 13, Mitch Kruse, WOU, 5,118. 14, Emmy Carrizales, CU, 5,013. 15, Nate Andaya, CWU, 4,855.

Decathlon Individual Event Winners: 100 Meters - Kodiak Landis, CWU, 10.81. Long Jump - Seren Dances, WWU, 23-3.5. Shot Put - Giovanni Brown, CU, 41-0.5. High Jump - Micah Tranch, NNU, 6-4.75. 400 Meters - Kodiak Landis, CWU, 49.02. 110m Hurdles - Braydon Maier, CWU, 15.23. Discus - Giovanni Brown, CU, 150-6. Pole Vault - Payton Lewis, NNU, 16-2.75. Javelin - Micah Tranch, NNU, 176-9. 1,500 Meters - Giovanni Brown, CU, 4:31.21.

Thurs., May 3

Payton Jordan Invitational

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

Women (Top 3 GNAC Finishers): 800 Meters - Section 2 - 2, Addy Townsend, SFU, 2:07.41. 5,000 Meters - Section 2 - 1, Caroline Kurgat, UAA, 15:41.21. 400m Hurdles - 1, Sophie Dodd, SFU, 3:45.74.

Men (Top 3 GNAC Finishers): None.

Fri., May 4

Dickinson State Last Chance Meet

at **Dickinson State Univ., Dickinson, N.D.**

Women's Team Scores: Dickinson State 121, Jamestown 80, Montana State Billings 61, Rocky Mountain 22.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Jewl Collins, MSUB, 12.66. 100m Hurdles - 1, Michaela Johnson, MSUB, 14.57. Steeplechase - 1, Nikki Aiken, MSUB, 11:52.77. 4x100 Relay - 1, Montana State Billings, 49.40. 4x400 Relay - 1, Montana State Billings, 4:14.69. Long Jump - 3, Schaniah Schwend, MSUB, 17-1.25. Triple Jump - 3, Shaniah Schwend, MSUB, 36-7.5. Shot Put - 2, Hannah Nesson, MSUB, 36-9; 3, Hailey Steinbeisser, MSUB, 36-8.5. Discus - 2, Hannah Nesson, MSUB, 122-9. Hammer - 3, Taylor Stringari, MSUB, 141-4.

Men's Team Scores: Montana State Billings 82, Dickinson State 81, Rocky Mountain 37, Jamestown 27, Black Hills State 6.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Mason Schram, 10:58; 3, Lamont Frisby, MSUB, 10:61. 200 Meters - 1, Mason Schram, MSUB, 22:06; 2, Lamont Frisby, MSUB, 22:08. 800 Meters - 1, Drake Henson, MSUB, 1:58.49. 3,000 Meters - 2, Ronald Venema, MSUB, 9:35.74. 4x400 Relay - 2, Montana State Billings, 3:29.88. High Jump - 1, Isaiah Girard, MSUB, 6-6. Long Jump - 3, Isaiah Girard, MSUB, 22-7.25. Shot Put - 1, Brady Ostermiller, MSUB, 50-0.75. Discus - 1, Brady Ostermiller, MSUB, 139-9; 2, Forest Cross, MSUB, 132-3. Javelin - 3, Dillon Gongliwski, MSUB, 165-11. Hammer - 1, Nels Flanagan, MSUB, 169-9; 2, Beau Peaslee, MSUB, 138-4.

Fri., May 4

Oregon Twilight

at **Hayward Field, Eugene, Ore.**

Women (Top 3 GNAC Finishers): High Jump - 3, Tori Johnson, CU, 5-3. Shot Put - 2, Christina MacDonald, CU, 48-2.75. Discus - 1, Melissa Ausman, CU, 173-7; 3, Katrina Linenko, CU, 149-0. Hammer - 1, Christina MacDonald, CU, 184-8; 3, Tasha Willing, CU, 183-5. Javelin - 2, Darian Wilson, WOU, 143-6.

Men (Top 3 GNAC Finishers): 4x100 Relay - 3, Concordia, 41.72. Long Jump - 2, Alani Troutman, WOU, 23-3.25. Shot Put - 3, Seth Bridge, CU, 52-4.75. Discus - 2, Caleb Bridge, CU, 169-5; 3, Sam Nichols, CU, 167-4. Hammer - 2, Jacob Slate, CU, 196-4; 3, Jakob Chamberlin, CU, 184-8.

Sat., May 5

Ken Shannon Invitational

at **Husky Outdoor Track Facility, Seattle, Wash.**

Women (Top 3 GNAC Finishers): 100 Meters - 3, Julia Stepper, SPU, 12.06. 400 Meters - 2, Lani Taylor, SPU, 56.09. 800 Meters - 1, Sophie Dodd, SFU, 2:11.15; 2, Chynna Phan, SPU, 2:11.71; 3, Ruth Cvancara, UAA, 2:13.08. 1,500 Meters - 2, Mary Charleson, SPU, 4:30.70. 3,000 Meters - 2, Alexa Shindruk, CWU, 9:43.53; 3, Ally Ginther, SFU, 9:45.95. 100m Hurdles - 1, Mariyah Vongsaveng, CWU, 13.64. 400m Hurdles - 2, Ali Anderson, CWU, 1:01.18. Steeplechase - 2, Chelsea Ribeiro, SFU, 11:14.02; 3, Samantha DuPras, CWU, 12:44.84. 4x100 Relay - 2,

Seattle Pacific, 46.33; 3, Western Washington, 47.36. 4x400 Relay - 1, Central Washington, 3:50.79; 3, Saint Martin's, 4:13.12. Long Jump - 2, Kellie May, SPU, 17-6.75; 3, Kelley Phommathirath, CWU, 17-1.5. Triple Jump - 1, HarLee Ortega, CWU, 37-5; 2, Brooke Williams, CWU, 36-11.5; 3, Kellie May, SPU, 36-6.25. Discus - 3, Megan Vernoy, SMU, 145-7. Javelin - 2, Raquel Pellecer, WWU, 148-9; 3, Natalie Vetto, WWU, 144-11.

Men (Top 3 GNAC Finishers): 100 Meters - 3, Oshane Hylton, UAA, 10.71. 400 Meters - 1, Liam Lindsay, UAA, 48.55; 3, Daniel Calderon, CWU, 49.20. 800 Meters - 3, Evan Groat, CWU, 1:55.63. 3,000 Meters - 1, Braeden Charlton, SFU, 8:32.07; 2, Mateo de Dalmases, SFU, 8:34.15; 3, Josh Boston, CWU, 9:00.43. 400m Hurdles - 3, Cordell Cummings, WWU, 53.70. Steeplechase - 3, Felix Kemboi, UAA, 9:46.37. 4x100 Relay - 2, Western Washington, 42.42. 4x400 Relay - 1, Saint Martin's, 3:21.95; 2, Seattle Pacific, 3:24.96. High Jump - 3, Christopher Brake, UAA, 6-6.75. Long Jump - 2, Grant Scarlett, CWU, 21-2.75; 3, Kyle Nygren, WWU, 20-10.75. Triple Jump - 2, Christopher Brake, UAA, 46-11. Shot Put - 2, Grant George, UAA, 48-8.75; 3, Brandon Pless, WWU, 48-4. Discus - 2, Brandon Pless, WWU, 155-5. Hammer - 2, Brandon Pless, WWU, 175-0. Javelin - 1, Mason Salley, WWU, 187-4; 2, Tyree Rutter, WWU, 178-1.

Linfield Open

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

Women (Top 3 GNAC Finishers): 200 Meters - 2, Hailey Sears, WOU, 26.46. 800 Meters - 2, Shayla Solomon, WOU, 2:20.84; 3, Rachel Bayly, WOU, 2:22.33. 5,000 Meters - 2, Kennedy Rufener, WOU, 17:13.06. 400m Hurdles - 3, Sara Madden, WOU, 1:03.39. 4x100 Relay - 2, Western Oregon, 51.17. Shot Put - 1, Katrina Linenko, CU, 46-9; 2, Melissa Ausman, CU, 46-8.75; 3, Tasha Willing, CU, 45-3. Discus - 1, Melissa Ausman, CU, 168-8; 2, Katrina Linenko, CU, 144-3; 3, Rachel Bring, CU, 143-9. Hammer - 1, Christina MacDonald, CU, 186-3; 2, Joselynn Tensley, CU, 179-11; 3, Tasha Willing, CU, 178-4. Javelin - 1, Elizabeth Stottlmyre, CU, 130-8.

Men (Top 3 GNAC Finishers): 400 Meters - 3, Josh Wallace, CU, 49.44. 800 Meters - 1, Josh Dempsey, WOU, 1:51.26; 2, Neal Cranston, WOU, 1:52.61. 1,500 Meters - 1, Parker Marson, 3:58.34; 3, Hunter Mosman, WOU, 4:03.10. Steeplechase - 3, Matthew Haglund, WOU, 10:28.76. High Jump - 3, Connor Reinke, WOU, 6-2. Pole Vault - 3, Jacob Collins, WOU, 12-11.5. Triple Jump - 3, Kolton Rohde, WOU, 49-3.25. Shot Put - 2, Josh Koch, CU, 56-10.75; 3, Caleb Bridge, CU, 51-11.25. Discus - 2, Caleb Bridge, CU, 168-0; 3, Sam Nichols, CU, 166-0. Hammer - 1, Jacob Slate, CU, 201-4; 3, Joe Denniston, CU, 159-11. Javelin - 1, Matt Schweitz, CU, 178-2.

GNAC Track & Field Athletes Of The Week



MEN'S TRACK
Carlos Ortiz, Concordia
 Senior • Salem, Ore.

Ortiz set the Concordia school record in the 100 meters just missed in the 200 meters at the Oregon Twilight on Friday. He placed sixth in the 100 meters in a field dominated by Division I competition with a time of 10.60 seconds, which moves him to No. 6 on the GNAC All-Time List. Ortiz placed fifth in the 200 meters with a time of 21.54 seconds, finishing just

short of his season-best of 21.45 seconds.

Also Nominated: Oshane Hylton (Alaska Anchorage), Mason Schram (Montana State Billings), Josh Dempsey (Western Oregon), Cordell Cummings (Western Washington).



MEN'S FIELD
Christopher Brake, Alaska Anchorage
 Sophomore • Nelson, New Zealand

Brake tied season bests with his efforts in the high jump and the triple jump at the Ken Shannon Invitational in Seattle. Brake finished second in the triple jump with a mark of 46 feet, 11 inches, which ties the mark that he set at April's Bryan Clay Invitational. Brake finished third in the high jump with a mark of 6 feet, 6.75 inches. Both marks are No. 2 in the

GNAC this season.

Also Nominated: Giovanni Brown (Concordia), Nick Sieber (Western Oregon), Brandon Pless (Western Washington).



WOMEN'S TRACK
Caroline Kurgat, Alaska Anchorage
 Senior • Eldoret, Kenya

Kurgat ran the third-fastest 5,000-meter time in Division II history at the Payton Jordan Invitational on Thursday. She won section two of the event with a time of 15:41.21, which is a GNAC record and is two seconds better than her previous record of 15:43.95, which she ran at April's Bryan Clay Invitational.



Mariyah Vongsaveng, Central Washington
 Junior • Federal Way, Wash.

Vongsaveng set the GNAC record in the 100-meters as she won the event at the Ken Shannon Invitational. Racing against primarily Division I opponents, her time of 13.64 seconds eclipses the previous GNAC record of 13.70 seconds set by Danielle Ayers-Stamper of Seattle Pacific in 2005. The time ranks No. 8 in Division II this season.

Also Nominated: Chase Stephens (Concordia), Michaela Johnson (Montana State Billings), Sara Madden (Western Oregon), Savannah Smith (Western Washington).



WOMEN'S FIELD
Renick Meyer, Seattle Pacific
 Freshman • Gresham, Ore.

Meyer set the GNAC record in the long jump at the GNAC Combined Event Championships. Her leap of 20 feet, 5 inches, smashed the previous record of 19 feet, 8 inches, set by SPU's Stephanie Huffman in 2002 and was equaled by SPU's Ali Worthen in 2013. The mark No. 7 in Division II this season and helped Meyer win the GNAC title in the heptathlon.

On Saturday, Meyer ran the leadoff leg on SPU's 4x100-meter relay team at the Ken Shannon Invitational. The team's time of 46.33 was a school record and is No 2 on the GNAC All-Time List.

Also Nominated: Chelsea Bone (Concordia), Megan Vernoy (Saint Martin's), Sylvia Dean (Western Oregon), Paquel Pellecer (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
Apr. 9-15	Vladislav Tsygankov, SFU	John Van Beuren, NNU	Danielle McCormick, UAA	Melissa Ausman, CU
Apr. 16-22	David Ribich, WOU	Kodiak Landis, CWU	Caroline Kurgat, UAA	Christina MacDonald, CU
Apr. 23-29	Jorey Egeland, MSUB	Beau Ackerman, MSUB	Emily Sytsma, WWU	Melissa Ausman, CU
Apr. 30-May 6	Carlos Ortiz, CU	Christopher Brake, UAA	Caroline Kurgat, UAA	Renick Meyer, SPU
			Mariyah Vongsaveng, CWU	

GNAC Championships Preview

MONMOUTH, Ore. – While the goal will certainly be to win the team trophies, much of the talk will be about individual performances at the 2018 GNAC Outdoor Track and Field Championships, which begins Friday at Western Oregon University's McArthur Field.

Alaska Anchorage, who won both the men's and women's meets last year, will vie to repeat as team champions. The Seawolves' men just edge out Western Washington for the title last year with 134 points while the women had a 27-point cushion to win with 158 points.

The focus, though, will be on the individuals who have made the 2018 GNAC outdoor season a historic one. Entering the meet, athletes have broken six conference records, one Division II record and established two more top-three Division II all-time best times.

Adding to the excitement is a boatload of returning champions. A total of 13 men's champions and six women's champions are back from last year along with a pair of athletes who won in 2016.

MEN

With the meet taking place as Western Oregon, it stands to be a special one for **David Ribich**. The senior has already automatically qualified for nationals in both the 800 meters and 1,500 meters. He set the Division II record in the 1,500 meters by running 3:37.85 at April's Bryan Clay Invitational, a mark that is the fifth best run collegiately this year and No. 22 in the world.

Ribich will not only be looking to repeat as 800-meter champion, but will also try to become the first male athlete in conference history to win four consecutive GNAC outdoor titles in the 1,500 meters.

In addition to Ribich, Western Oregon has the talent to make a run for the team title at home. **Alani Troutman** joins Ribich as a returning champion, having won the long jump as a freshman. His season-best of 24 feet, 3.5 inches leads the GNAC. The Wolves have seven of the top eight times in the 800 meters, which includes Ribich, **Josh Dempsey** (1:51.26), **AJ Holmberg** (1:51.39) and **Dustin Nading** (1:52.11). Nading and Dempsey are also No. 2 and No. 3 behind Ribich in the 1,500.

Coming off a team win in the indoor season, Concordia could challenge for an outdoor title as well thanks to its strength in the throws. **Caleb Bridge** is the defending champion in both the shot put and discus, but trails on the GNAC best lists behind two teammates. **Josh Koch**, who won the shot in 2016, is 16th in Division II at 57 feet, 9.5 inches. **Jakob Chamberlin** leads the discus with a mark of 178 feet, 5 inches, while **Jacob Slate** leads the hammer at 202 feet, 2 inches. In addition, **Easton Christensen** enters with the No. 4 spot in the javelin at 208 feet, 4 inches.

But Concordia is not all about throwers. **Carlos Ortiz**, the GNAC indoor champion in the 100 and 200 meters, has set school records in both the 100 (10.60) and 200 (21.45) outdoors. **Giovanni Brown** is third in the GNAC in the 400-meter hurdles (54.86) after having placed third in the decathlon last week.

With three returning champions, Western Washington would love to move up from its close second-place finish to Alaska Anchorage a year ago. **Alex Barry** is among five GNAC athletes to go over 200 feet in the javelin this season, returning as champion with a mark of 212 feet, 6 inches. **Cordell Cummings** returns to defend his title in the 400-meter hurdles. He enters second in the GNAC with a time of 53.97 seconds. **Isaac Derline** aims to defend his title in the 5,000 meters, entering the meet with a best of 14:47.99.

Tupre Wickliff, who won the GNAC high jump title indoors, leads the conference outdoors with a mark of 6 feet, 9 inches. The Vikings will also look for points from Brandon Pless in the throws along with **Somit Chhim** and **Seren**

Dances in the horizontal jumps.

Central Washington enters the meet with 21 points in hand thanks to the decathlon. Freshman **Braydon Maier** won the meet while **Michael Forster** was second. Maier will be among the favorites in the 110-meter hurdles. Senior **Kodiak Landis**, who finished seventh, leads the GNAC in the 400 meters at 47.87 seconds and is ranked second in the pole vault and long jump.

The Wildcats will have scoring potential in the distances from **Tyler Humphries** in the 10,000 meters (32:15.22), **Corbin Carlton** in the steeplechase (9:09.17) and **Zach Whittaker** in the triple jump (46-1.5).

Alaska Anchorage will have a say in the title chase thanks to a mix of performers in the sprints, distances and jumps. The Seawolves have three of the top-five times entering the meet

in the 200 meters, led by **Oshane Hylton's** 21.42. **Christopher Brake** has the No. 2 mark in the GNAC in both the high jump (6-6.75) and the triple jump (46-11) while **Brandon Nicholson** leads the triple jump at 47 feet, 5.25 inches.

In the distances, junior **Jorge Sanchez** leads the conference in the 10,000 meters (31:20.37) while **Kaleb Korta** enters as the defending champion in the steeplechase.

Northwest Nazarene's **Payton Lewis** will look to become a four-time champion in the pole vault. His season best of 16 feet, 6.75 inches, leads the conference by a foot. **John Van Beuren** enters the meet with NCAA provisional qualifying marks in the shot put (53-9), discus (163-0) and the hammer (186-3).

Montana State Billings' **Sam Zook** is the defending champion in the 100 and 200 meters. He leads the GNAC in both events with NCAA provisional times of 10.41 seconds and 21.08 seconds. The Yellowjackets' **Beau Ackerman** has automatically qualified for nationals in the javelin and leads the GNAC with his throw of 226 feet, 10 inches.

Saint Martin's **Kaunoe Vanderpoel** is the defending champion in the hammer and enters the meet with a season-best of 188 feet, 7.75 inches. Teammate **Brian Chalkley** is second to Ackerman in the javelin at 213 feet, 11 inches.

Simon Fraser's **Vladislav Tsygankov** enters currently leading the GNAC in the 400-meter hurdles (52.06) while **Oliver Jorgensen** leads the league in the steeplechase (8:58.72).

WOMEN

The performances of Ribich on the men's side are rivaled by the year that Alaska Anchorage's **Caroline Kurgat** has put together. The junior, who won the NCAA cross country title in November, has set the GNAC records this season in both the 5,000 meters and 10,000 meters. Her best of 32:33.24 in the 10,000 is No. 2 in Division II history while her 15:41.24 in the 5,000 is No. 3.

Kurgat is automatically qualified for nationals in the 1,500, 5,000 and 10,000. She is entered in all three in Monmouth.

The Seawolves will have the performers to make a run at another GNAC title. **Vanessa Aniteye** leads the GNAC in the 400 meters (55.03) while Zannah Jepchumba is the defending champion in the 5,000 meters. **Danielle McCormick**, the indoor 800-meter national champion, is automatically qualified for nationals in the event outdoors and leads the GNAC with a best of 2:06.17.

Seattle Pacific will ride the coattails of a freshman to try and return to the top of the podium. **Renick Meyer** won last week's heptathlon. In the process, she set the GNAC record in the long jump with a mark of 20 feet, 5 inches, ranking her No. 7 in Division II. Meyer also owns the No. 2 time in the league in the 100-meter hurdles (14.22). **Scout Cai** placed second in the heptathlon and is considered a favorite in the pole vault and the high jump.



GNAC Championships Preview

Also helping the Falcons' title chances will be **Julia Stepper**, who leads the conference in the 100 meters (12.06) and **Lani Taylor**, who is No. 2 in the 400 meters (55.93) and **Geneva Lehnert**, who shares the GNAC lead in the high jump (5-7). The Falcons are also lifted by a bevy of distance runners in **Mary Charleson** in the 1,500 and 5,000 meters, **Chynna Phan** in the 800 meters and **Kate Lilly** in the 1,500.

Concordia athletes continue to rewrite the record book in the throws. **Christina MacDonald** enters with the hammer record at 203 feet, 6 inches, and is automatically qualified for nationals. **Melissa Ausman** has also punched her ticket in the discus with a record throw of 182 feet, 10 inches. In addition, Ausman owns the top mark in the shot put at 49 feet, 9.25 inches.

The Cavaliers' returning champ, however, is not in the throws. It is **Tori Johnson**, who won the high jump and enters with a season-best of 5 feet, 5 inches. Emma Hill will vie for the triple jump title as she enters with a best of 39 feet, 1 inch.

Central Washington's returning champion is now a conference record holder. **Mariyah Vongsaveng** set the GNAC mark in the 100-meter hurdles last week with a time of 13.64 seconds, ranking her eighth in Division II. Also returning as champion is **Alexa Shindruk** in the 10,000 meters. She leads the GNAC and is 10th in Division II with her best time of 34:57.08.

HarLee Ortega provided the Wildcats six points with a third-place finish in the heptathlon and will look to add more points in the high jump. **Erykah Weems** leads the GNAC in the 400-meter hurdles (1:00.77) and is third in the 100-meter hurdles (14.50). **Halle Irvine** is second in the pole vault at 12 feet, 6 inches, while **Nicole Soleim** has the No. 2 mark in the steeplechase (10:48.96).

Simon Fraser's **Addy Townsend** is the defending champion in the 800 meters and will contend to repeat. She is automatically qualified for nationals in the event with her 2:06.82 trailing McCormick for the top spot. She also is second to Kurgat in the 1,500 meters at 4:22.26, ranking her third in Division II.

Townsend leads a strong middle and long-distance contingent for the Clan. **Ally Ginther** leads the conference in the 5,000 meters at 16:43.39 while **Reta Dobie** is the leader in the steeplechase at 10:33.81. Dobie is also among the NCAA qualifiers in the 1,500 meters.

Western Oregon looks to score the majority of its points in the distances as well. The Wolves have three NCAA qualifiers in the 800 meters, led by the 2:0776 of **Olivia Woods** that is No. 8 in the nation. **Suzie Van De Grift** is No. 12 at 2:08.89 and is also 15th in the 1,500 at 4:28.10. **Kennedy Rufener** will be a contender for conference titles at both 5,000 meters and 10,000 meters.

Once again, the javelin will be one of the marquee events of the meet. Of the field of 15 competitors, 11 have NCAA provisional qualifying marks. Western Washington's **Raquel Pellecer** leads the group. She is currently ranked fourth in Division II with a mark of 157 feet, 2 inches. Northwest Nazarene's **Ellie Logan** is 11th at 150 feet, 10 inches, while Saint Martin's **Deanna Avalos** 12th at 150 feet.

In addition to the javelin throwers, the Vikings' **Anna Paradee** will aim for her second outdoor title in the pole vault after winning her first in 2016. She leads the GNAC with a best of 13 feet, 0.25 inches. **Maddie Taylor** shares the GNAC lead in the high jump with her best of 5 feet, 7 inches. The Saints' **Liz Larson** is also a nationals qualifier in the hammer with her mark of 182 feet, 8 inches.

GNAC CHAMPIONSHIPS MEET SCHEDULE

Live Results Available GNAC.live

FRI., MAY 11

Field Events (Finals)

2 p.m.	Men's Discus (women to follow)
2:10 p.m.	Women's Shot Put
2:20 p.m.	Women's High Jump
3:25 p.m.	Men's Pole Vault
3:40 p.m.	Men's Long Jump
4:15 p.m.	Women's Long Jump
4:30 p.m.	Men's Shot Put

Running Events (Preliminaries Unless Noted)

2:40 p.m.	National Anthems
2:45 p.m.	Men's Steeplechase (Final)
3 p.m.	Women's Steeplechase (Final)
3:20 p.m.	Men's 110 Meter Hurdles
3:35 p.m.	Women's 100 Meter Hurdles
3:50 p.m.	Men's 400 Meters
4:00 p.m.	Women's 400 Meters
4:15 p.m.	Men's 100 Meters
4:30 p.m.	Women's 100 Meters
4:45 p.m.	Men's 800 Meters
5 p.m.	Women's 800 Meters
5:15 p.m.	Men's 400 Meter Hurdles
5:30 p.m.	Women's 400 Meter Hurdles
5:45 p.m.	Men's 200 Meters
6 p.m.	Women's 200 Meters
6:15 p.m.	Men's 10,000 Meters (Final)
7 p.m.	Women's 10,000 Meters (Final)

SAT., MAY 12

Field Events (Finals)

10 a.m.	Men's Hammer (women to follow)
10:30 a.m.	Women's Javelin
10:40 a.m.	Men's High Jump
11:20 a.m.	Men's Triple Jump
11:30 a.m.	Women's Pole Vault
1 p.m.	Men's Javelin
1:05 p.m.	Women's Triple Jump

Running Events (Finals)

11:55 a.m.	National Anthems
Noon	Men's 4x100 Relay
12:05 p.m.	Women's 4x100 Relay
12:10 p.m.	Men's 1,500 Meters
12:25 p.m.	Women's 1,500 Meters
12:40 p.m.	Men's 110 Meter Hurdles
12:50 p.m.	Women's 100 Meter Hurdles
1 p.m.	Men's 400 Meters
1:05 p.m.	Women's 400 Meters
1:10 p.m.	Men's 100 Meters
1:15 p.m.	Women's 100 Meters
1:20 p.m.	Men's 800 Meters
1:25 p.m.	Women's 800 Meters
1:40 p.m.	Men's 400 Meter Hurdles
1:50 p.m.	Women's 400 Meter Hurdles
2 p.m.	Men's 200 Meters
2:05 p.m.	Women's 200 Meters
2:10 p.m.	Men's 5,000 Meters
2:30 p.m.	Women's 5,000 Meters
3:05 p.m.	Men's 4x400 Relay
3:15 p.m.	Women's 4x400 Relay
3:30 p.m.	Awards Ceremony

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	100 Meters	12.47	11.94	11.50
22.27	21.38	20.74	200 Meters	25.39	24.46	23.56
48.62	47.81	46.36	400 Meters	57.79	55.93	53.15
1:54.19	1:52.16	1:48.75	800 Meters	2:13.14	2:12.47	2:07.51
3:54.86	3:50.90	3:44.89	1,500 Meters	4:33.30	4:33.86	4:22.08
14:56.91	14:34.89	13:56.89	5,000 Meters	16:50.38	17:14.52	16:16.33
31:28.02	30:41.36	29:17.64	10,000 Meters	37:08.97	36:37.02	34:34.33
15.24	14.56	13.89	110/100m Hurdles	14.85	14.23	13.45
54.84	53.55	51.50	400m Hurdles	1:03.43	1:02.09	58.92
9:22.09	9:17.36	8:53.80	Steeplechase	11:13.04	11:04.19	10:19.33
1.96 / 6-5	2.04 / 6-8.25	2.16 / 7-1	High Jump	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	Pole Vault	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	Long Jump	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	Triple Jump	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	Shot Put	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	Discus	40.34 / 132-4	44.65 / 146-6	51.73 / 169-8
52.79 / 173-2	54.65 / 179-3	65.74 / 215-8	Hammer	49.38 / 162-0	51.53 / 169-0	60.48 / 198-5
59.10 / 193-11	58.42 / 191-8	67.87 / 222-8	Javelin	41.72 / 136-10	41.24 / 135-4	50.03 / 164-1
6,280	6,255	7,286	Dec./Hep.	4,520	4,475	5,237
NA	41.10	40.19	4x100 Relay	NA	46.85	45.41
NA	3:14.00	3:08.47	4x400 Relay	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 MAY 8, 2018

Event	Athlete	Mark	Rank	Date
800 Meters	David Ribich, WOU	1:48.09	3rd	3/30/18
1,500 Meters	David Ribich, WOU	3:37.85	1st	4/19/18
Javelin	Beau Ackerman, MSUB	69.13/226-10	4th	4/25/18

MEN PROVISIONAL QUALIFIERS AS OF MAY 8, 2018

Event	Athlete	Mark	Rank	Date
100 Meters	Sam Zook, MSUB	10.41	T-18th	4/20/18
200 Meters	Sam Zook, MSUB	21.08	T-21st	4/20/18
800 Meters	Josh Dempsey, WOU	1:51.26	29th	5/5/18
	AJ Holmberg, WOU	1:51.39	34th	4/19/18
	Kyler Sager, WWU	1:51.94	43rd	4/19/18
	Dustin Nading, WOU	1:52.11	49th	4/27/18
1,500 Meters	Dustin Nading, WOU	3:45.23	7th	4/19/18
	Josh Dempsey, WOU	3:48.83	26th	3/30/18
400m Hurdles	Vladislav Tsygankov, SFU	52.06	11th	4/19/18
Steeplechase	Oliver Jorgensen, SFU	8:58.72	11th	3/30/18
	Aaron Ahl, SFU	9:06.30	21st	3/30/18
	Jorey Egeland, MSUB	9:06.80	23rd	4/25/18
	Corbin Carlton, CWU	9:09.17	27th	4/19/18
	Braeden Charlton, SFU	9:09.31	28th	4/19/18
High Jump	Tupre Wickliff, WWU	2.06/6-9	T-31st	4/19/18
Pole Vault	Payton Lewis, NNU	5.05/16-6.75	T-16th	4/19/18
Long Jump	Alani Troutman, WOU	7.40/24-3.5	T-16th	3/30/18
	Kodiak Landis, CWU	7.29/23-11	T-31st	4/19/18
Shot Put	Josh Koch, CU	17.61/57-9.5	16th	4/21/18
	John Van Beuren, NNU	16.38/53-9	38th	4/27/18
Discus	Jakob Chamberlin, CU	54.39/178-5	8th	4/13/18
	Caleb Bridge, CU	51.63/169-5	23rd	5/4/18
	Sam Nichols, CU	51.00/167-4	28th	5/4/18
	John Van Beuren, NNU	49.68/163-0	47th	4/19/18
Hammer	Jacob Slate, CU	61.62/202-2	9th	4/27/18
	John Van Beuren, NNU	56.77/186-3	31st	4/19/18
	Jakob Chamberlin, CU	56.76/186-3	32nd	3/24/18
	Kauanoë Vanderpoel, SMU	55.21/181-2	46th	3/16/18
	Brandon Pless, WWU	54.95/180-3	47th	4/28/18
	Joe Denniston, CU	54.80/179-9	49th	4/21/18
Javelin	Brian Chalkley, SMU	65.20/213-11	10th	3/3/18
	Alex Barry, WWU	64.77/212-6	12th	4/6/18
	Easton Christensen, CU	63.49/208-4	15th	4/6/18
	Spencer Claeys, WWU	63.05/206-10	16th	3/3/18
Decathlon	Kodiak Landis, CWU	7,187	3rd	4/19/18
	Braydon Maier, CWU	6,751	21st	4/30/18
	Michael Forster, CWU	6,732	22nd	4/30/18
	Giovanni Brown, CU	6,690	23rd	4/30/18
	Payton Lewis, NNU	6,440	37th	4/30/18
	Dakota Tidwell, NNU	6,411	40th	4/30/18

WOMEN AUTOMATIC QUALIFIERS AS OF MAY 8, 2018

Event	Athlete	Mark	Rank	Date
800 Meters	Danielle McCormick, UAA	2:06.17	4th	4/13/18
	Addy Townsend, SFU	2:06.82	6th	4/13/18
1,500 Meters	Caroline Kurgat, UAA	4:21.18	2nd	4/19/18
5,000 Meters	Caroline Kurgat, UAA	15:41.24	1st	5/3/18
10,000 Meters	Caroline Kurgat, UAA	32:33.24	1st	3/30/18
Discus	Melissa Ausman, CU	55.74/182-10	2nd	4/13/18
Hammer	Christina MacDonald	62.04/203-6	3rd	4/21/18

WOMEN PROVISIONAL QUALIFIERS AS OF MAY 8, 2018

Event	Athlete	Mark	Rank	Date
400 Meters	Vanessa Aniteye, UAA	55.03	19th	4/20/18
	Lani Taylor, SPU	55.93	32nd	4/19/18
800 Meters	Olivia Woods, WOU	2:07.76	8th	3/30/18
	Yemi Knight, UAA	2:08.38	9th	4/13/18
	Suzie Van De Grift, WOU	2:08.89	12th	3/30/18
	Megan Rose, WOU	2:09.05	13th	4/19/18
	Tamara Perez, UAA	2:09.75	15th	4/13/18
	Sophie Dodd, SFU	2:11.15	26th	5/4/18
	Chynna Phan, SPU	2:11.71	31st	5/4/18
1,500 Meters	Addy Townsend, SFU	4:22.26	3rd	4/19/18
	Tamara Perez, UAA	4:26.64	12th	4/19/18
	Suzie Van De Grift, WOU	4:28.10	15th	4/19/18
	Kate Lilly, SPU	4:30.30	26th	4/19/18
	Mary Charleson, SPU	4:30.70	29th	5/4/18
	Danielle McCormick, UAA	4:31.33	33rd	4/19/18
	Reta Dobie, SFU	4:32.88	41st	4/20/18
5,000 Meters	Ally Ginther, SFU	16:43.39	12th	4/19/18
	Emmah Chelimo, UAA	16:59.71	22nd	4/19/18
	Alexa Shindruk, CWU	17:00.79	24th	4/6/18
	Alyssa Foote, SPU	17:01.51	25th	4/19/18
	Kennedy Rufener, WOU	17:13.06	37th	5/5/18
	Mary Charleson, SPU	17:13.91	41st	4/19/18
10,000 Meters	Alexa Shindruk, CWU	34:57.08	10th	4/19/18
	Kennedy Rufener, WOU	35:10.65	12th	4/19/18
100m Hurdles	Mariah Vongsaveng, CWU	13.64	8th	5/8/18
	Renick Meyer, SPU	14.22	T-39th	4/30/18
400m Hurdles	Erykah Weems, CWU	1:00.77	18th	4/20/18
	Ali Anderson, CWU	1:00.95	T-22nd	3/17/18
	Sophie Dodd, SFU	1:01.67	36th	4/20/18
	Sidney Trinidad, CWU	1:01.97	47th	4/19/18
Steeplechase	Reta Dobie, SFU	10:33.81	11th	4/19/18
	Nicole Soleim, CWU	10:48.96	21st	4/19/18
	Mariah Burroughs, UAA	10:49.95	22nd	4/19/18
	Chelsea Ribeiro, SFU	10:58.72	33rd	4/19/18
	Emmah Chelimo, UAA	11:00.09	35th	3/30/18
4x100 Relay	Seattle Pacific	46.33	20th	5/4/18
4x400 Relay	Alaska Anchorage	3:43.01	11th	3/30/18
	Simon Fraser	3:47.82	26th	4/13/18
High Jump	Maddie Taylor, WWU	1.70/5-7	T-21st	4/20/18
	Geneva Lehnert, SPU	1.70/5-7	T-21st	4/30/18
Pole Vault	Anna Paradee, WWU	3.97/13-0.25	8th	4/6/18
	Halle Irvine, CWU	3.81/12-6	T-21st	4/28/18
	Scout Cai, SPU	3.67/12-0.5	T-39th	4/6/18
Long Jump	Renick Meyer, SPU	6.22/20-5	7th	4/30/18
Triple Jump	Brooke Williams, CWU	11.99/39-4	34th	4/13/18
	Emma Hill, CU	11.91/39-1	41st	3/24/18
Shot Put	Melissa Ausman, CU	15.17/49-9.25	9th	4/27/18
	Christina MacDonald, CU	15.12/49-7.25	10th	4/27/18
	Tasha Willing, CU	14.55/47-9	T-16th	5/4/18
	Katrina Linenko, CU	14.25/46-9	29th	5/5/18
Discus	Katrina Linenko, CU	45.42/149-0	42nd	5/4/18
	Rachel Bring, CU	45.37/148-10	38th	4/21/18
Hammer	Tasha Willing, CU	58.23/191-0	9th	4/21/18
	Joselynn Tensley, CU	55.79/183-0	16th	4/6/18
	Liz Larson, SMU	55.69/182-8	17th	4/6/18
	Kori Sprague, CU	53.50/175-6	33rd	4/21/18
Javelin	Raquel Pellecer, WWU	47.91/157-2	5th	3/30/18
	Ellie Logan, NNU	45.98/150-10	11th	4/27/18
	Deanna Avalos, SMU	45.73/150-0	12th	4/27/18
	Natalie Vetto, WWU	44.94/147-5	16th	4/19/18
	Elizabeth Stottlemire, CU	44.45/145-10	19th	4/6/18
	Darian Wilson, WOU	44.03/144-5	21st	4/6/18
	Jona Spiller, SMU	42.85/140-7	24th	3/3/18
	Nicole Nobbs, NNU	42.73/140-2	26th	3/17/18
	Halie Korff, WOU	42.45/139-3	29th	5/4/18
	Hannah Nienaber, WWU	42.31/138-10	31st	3/30/18
	Elise Snowden, NNU	41.94/137-7	39th	4/27/18
	Chelsea Bone, CU	41.89/137-5	41st	3/27/18
Heptathlon	Renick Meyer, SPU	5,114	4th	4/30/18
	Scout Cai, SPU	5,017	7th	4/30/18
	HarLee Ortega, CWU	4,945	13th	4/30/18
	Chelsea Bone, CU	4,883	16th	4/30/18
	Ali Anderson, CWU	4,523	38th	4/19/18
	Darian Wilson, WOU	4,519	39th	4/30/18
	Kellie May, SPU	4,482	43rd	4/19/18

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
Apr. 17	—	—	23rd
Apr. 24	—	—	18th
May 1	—	—	18th
May 8	—	—	19th

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 8 - May 8, 2018		
Rk	School	Pts.
1.	Pittsburg State	173.81
2.	Tiffin	160.58
3.	Texas A&M-Kingsville	159.81
4.	Texas A&M-Commerce	151.33
5.	Adams State	149.90
6.	Angelo State	143.81
7.	CSU-Pueblo	102.46
8.	Lincoln (Mo.)	97.83
9.	Colorado Mines	92.45
10.	Central Missouri	91.61
11.	West Texas A&M	91.21
12.	Grand Valley State	90.01
13.	Chico State	89.75
14.	Ashland	86.94
15.	Fort Hays State	75.86
16.	Saint Augustine's	74.54
17.	Minnesota State	65.82
18.	Alabama-Huntsville	58.81
19.	Western Oregon	55.06
20.	Eastern New Mexico	51.78
21.	Cal State LA	50.34
22.	Missouri Southern	480.00
23.	Academy of Art	47.76
24.	Mount Olive	45.50
25.	Emporia State	41.61

USTFCCCA WEST REGION TEAM INDEX

Week 8 - May 8, 2018			
Rk	School	Pts.	Prev.
1.	Chico State	525.69	1
2.	UC San Diego	303.47	2
3.	Concordia (Ore.)	259.99	3
4.	Academy of Art	233.04	5
5.	Azusa Pacific	220.11	4
6.	Cal Poly Pomona	209.09	6
7.	Cal State LA	199.08	11
8.	Western Oregon	163.49	9
9.	Central Washington	159.65	8
10.	Northwest Nazarene	158.73	12

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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
Apr. 17	6th	—	12th	—	—	—
Apr. 24	6th	—	14th	—	—	—
May 1	11th	—	14th	—	—	—
May 8	10th	—	15th	—	—	—

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 8 - May 8, 2018		
Rk	School	Pts.
1.	Lincoln (Mo.)	180.51
2.	Pittsburg State	159.47
3.	West Texas A&M	145.40
4.	Angelo State	113.96
5.	Adams State	113.09
6.	Saint Augustine's	110.21
7.	Azusa Pacific	108.88
8.	San Francisco St.	108.10
9.	Grand Valley State	103.27
10.	Alaska Anchorage	92.66
11.	Missouri Southern	76.10
12.	New Mexico Highlands	74.32
13.	Fort Hays State	73.96
14.	Western State	72.60
15.	Concordia (Ore.)	69.47
16.	Texas A&M-Commerce	66.06
17.	Walsh	66.00
18.	Wayne State (Neb.)	61.96
19.	Shippensburg	59.58
20.	UC Colorado Springs	50.87
21.	Mary	46.97
22.	Minnesota State	46.93
23.	Chico State	45.54
24.	Mount Olive	45.28
25.	Southwest Baptist	44.67

USTFCCCA WEST REGION TEAM INDEX

Week 8 - May 8, 2018			
Rk	School	Pts.	Prev.
1.	San Francisco St.	394.64	2
2.	Azusa Pacific	305.39	1
3.	Concordia (Ore.)	248.47	3
4.	Alaska Anchorage	225.36	5
5.	Chico State	200.03	9
6.	Fresno Pacific	198.59	4
7.	Seattle Pacific	188.69	10
8.	UC San Diego	173.12	7
9.	Central Washington	162.16	8
10.	Academy of Art	159.02	6

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GNAC Indoor Track & Field Records

MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
200 Meters	21.56	Carlos Ortiz, Concordia (2018)
400 Meters	47.61	Vladislav Tsygankov, Simon Fraser (2017)
800 Meters	1:49.68	Badane Sultessa, Western Oregon (2016)
Mile	3:58.88	David Ribich, Western Oregon (2018)
3,000 Meters	7:50.81	David Ribich, Western Oregon (2018)
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)
200 Meters	21.56	Carlos Ortiz, Concordia (2018)
400 Meters	47.80	Joel Webster, Simon Fraser (2016)
800 Meters	1:50.83	David Ribich, Western Oregon (2018)
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

60 Meters	7.03	Kodiak Landis, Central Washington (2018)
Long Jump	6.95/22-9.75	James Phillips, Concordia (2018)
Shot Put	13.28/43-7	James Phillips, Concordia (2018)
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)
Triple Jump	12.68/41-7.25	Jasmine McMullin, Western Washington (2018)
Shot Put	17.62/57-9.75	McKenzie Warren, Concordia (2017)*
Weight Throw	19.52/64-0.5	Christina MacDonald, Concordia (2018)
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)
Triple Jump	12.68/41-7.25	Jasmine McMullin, Western Washington (2018)
Shot Put	17.02/55-10.25	McKenzie Warren, Concordia (2017)
Weight Throw	18.29/60-0.25	Christina MacDonald, Concordia (2018)
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	3:37.35
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 (2018)+
Jordan Welling, 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	15:43.95
10,000 Meters	32:33.64
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	6.22/20-5
Triple Jump	12.42/40-9
Shot Put	17.39/57-0.75
Discus	55.74/182-10
Hammer	62.04/203-6
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)
Caroline Kurgat, Alaska Anchorage (2018)
Caroline Kurgat, Alaska Anchorage (2018)
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)
Renick Meyer, Seattle Pacific (2018)
Ashley Potter, Western Oregon (2012)
McKenzie Warren, Concordia (2017)
Melissa Ausman, Concordia (2018)
Christina MacDonald, Concordia (2018)
Bethany Drake, Western Washington (2016)
Danielle Ayers-Stamper, Seattle Pacific (2005)

DECATHLON EVENTS

100 Meters	10.81
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	4.95/16-2.75
Javelin	61.04/200-3
1,500 Meters	4:22.12

Kodiak Landis, Central Washington (2018)
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)
Payton Lewis, Northwest Nazarene (2018)
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	6.22/20-5
Javelin	45.21/114-84
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)
Renick Meyer, Seattle Pacific (2018)
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)

+ - Division II Record.

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.

Fri., Apr. 13 - Sat., Apr. 14

Triton Invitational

Triton Track & Field Stadium, La Jolla, Calif.

All Events Non-Division I Flights Unless Indicated

Women (Top 3 GNAC Finishers): 400 Meters - 1, Vanessa Aniteye, UAA, 55.26; 2, Renate Bluschke, SFU, 56.63. 800 Meters - 1, Danielle McCormick, UAA, 2:06.17; 2, Addy Townsend, SFU, 2:06.82; 3, Yemi Knight, UAA, 2:08.38. Steeplechase - 1, Dana Townsend, SFU, 11:26.02. 4x400 Relay - 1, Simon Fraser, 3:47.82. Shot Put - 1, Tasha Willing, CU, 47-3; 2, Katrina Linenko, CU, 46-3.5. Discus - 3, Katrina Linenko, CU, 137-4. Hammer (Invitational Non-DI) - 1, Christina MacDonald, CU, 194-10; 3, Tasha Willing, CU, 187-11.

Men (Top 3 GNAC Finishers): 400 Meters - 1, Joel Webster, SFU, 48.04; 2, Liam Lindsay, UAA, 48.61. 400m Hurdles - 1, Vladislav Tsygankov, SFU, 52.15. Shot Put - 2, Josh Koch, CU, 55-2. Discus - 1, Jakob Chamberlin, CU, 178-5; 2, Caleb Bridge, CU, 163-7; 3, Sam Nichols, CU, 162-9. Hammer (Invitational Non-DI) - 3, Jacob Slate, CU, 195-2.

2018 GNAC Outdoor Meet Summaries

Fri., Apr. 13 - Sat., Apr. 14

NUU Invitational

at Brian & Nichole Bohner Track, Nampa, Idaho

Women (Top 3 GNAC Finishers): 400 Meters - 1, MaKenna Conley, NNU, 1:01.32. 100m Hurdles - 1, Ally Miran, NNU, 15.38; 2, Katie Conklin, NNU, 15.55. 400m Hurdles - 2, Ally Miran, NNU, 1:07.82. 4x100 Relay - 2, Northwest Nazarene, 51.84. High Jump - 1, Katie Conlin, NNU, 5-1.75. Pole Vault - 2, Kourtney Gwin, NNU, 10-4. Long Jump - 1, Nice Loufoua, NNU, 17-6.75; 2, Jackie Mahowald, NNU, 17-2; 3, Katie Conklin, NNU, 16-5.75. Triple Jump - 1, Nice Loufoua, NNU, 37-7.75; 2, Jackie Mahowald, NNU, 37-5.75. Shot Put - 3, Sasha Korolenko, NNU, 39-10.5. Javelin - 1, Ellie Logan, NNU, 147-10.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Ebu Camara, NNU, 10.87; 3, Logan Blake, NNU, 10.98. 200 Meters - 2, Ebu Camara, NNU, 21.90. 400 Meters - 2, Zachary Magee, NNU, 49.87. 110m Hurdles - 3, Dakota Tidwell, NNU, 15.95. 400m Hurdles - 3, Ryan Chism, NNU, 58.77. 4x100 Relay - 1, Northwest Nazarene, 41.63. 4x400 Relay - 2, Northwest Nazarene, 3:21.69. High Jump - 1, Micah Tranch, NNU, 6-6.25. Pole Vault - 1, Payton Lewis, NNU, 15-9; 2, Phillip Gwin, NNU, 15-3. Shot Put - 1, John Van Beuren, NNU, 49-5. Discus - 1, John Van Beuren, NNU, 154-8; 2, Canyon Anderson, NNU, 153-10. Hammer - 1, John Van Beuren, NNU, 175-0; 2, Brayden Eiland, NNU, 167-8. Javelin - 2, Micah Tranch, NNU, 179-2.

Montana Open

at Dornblasser Field, Missoula, Mont.

Women (Top 3 GNAC Finishers): 100m Hurdles - 2, Michaela Johnson, MSUB, 14.61. Steeplechase - 1, Nikki Aiken, MSUB, 11:38.54. 4x100 Relay - 2, Montana State Billings, 51.29. High Jump - 3, Shaniah Schwend, MSUB, 4-11.75.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Sam Zook, MSUB, 10.73; 3, Mason Schram, MSUB, 10.91. 200 Meters - 1, Sam Zook, MSUB, 21.75; 3, Lamont Frisby, MSUB, 22.13. 5,000 Meters - 1, Jorey Egeland, MSUB, 14:48.78. Steeplechase - 1, Carson Jessop, MSUB, 10:11.36. 4x100 Relay - 1, Montana State Billings, 41.37. Hammer - 1, Nels Flanagan, MSUB, 174-4. Shot Put - 3, Brady Ostermiller, MSUB, 47-3.75. Discus - 3, Nels Flanagan, MSUB, 138-10. Javelin - 2, Beau Ackerman, MSUB, 207-10. Triple Jump - 1, Marcus Lindquist, MSUB, 41-7.75. High Jump - 1, Isaiah Girard, MSUB, 6-6.

Pelluer Invitational

at Roos Field, Cheney, Wash.

Women (Top 3 GNAC Finishers): 400 Meters - 1, Ali Anderson, CWU, 56.84. 100m Hurdles - 1, Mariyah Vongsaveng, CWU, 14.87; Sidney Trinidad, CWU, 16.12. 400m Hurdles - 1, Katie Collins, CWU, 1:03.03; 2, Sidney Trinidad, CWU, 1:04.53; 3, Erykah Weems, CWU, 1:04.76. Triple Jump - 1, Brooke Williams, CWU, 39-4.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Kodiak Landis, CWU, 11.15. 110m Hurdles - 3, Ryan Gunther, CWU, 15.70. 400m Hurdles - 3, Ryan Gunther, CWU, 57.89. Long Jump - 3, Kodiak Landis, CWU, 23-1.75.

Sat., Apr. 14

SMU Jay Hammer Meet

at SMU Track, Lacey, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Becca Houk, SPU, 12.47; 3, Savannah Smith, WWU, 12.70. 200 Meters - 1, Julia Stepper, SPU, 25.03; 2, Savannah Smith, WWU, 25.32; 3, Emily Systma, WWU, 25.50. 400 Meters - 1, Grace Bley, SPU, 58.27; 2, Jasmyne Neria, CWU, 58.38; 3, Julia Inderbitzin, CWU, 1:00.11. 800 Meters - 1, Shawnee Konrad, WWU, 2:21.48; 2, Elizabeth Thompson, SPU, 2:22.06. 1,500 Meters - 1, Jordan McPhee, SPU, 4:45.43; 3, Dania Holmberg, SPU, 4:46.69. 3,000 Meters - 1, Nicole Soleim, CWU, 10:29.80. 5,000 Meters - 1, Sedona Mc Nerney, SPU, 18:40.94. 10,000 Meters - 2, Tovah Swartz-Ireland, WWU, 39:11.94. 100m Hurdles - 1, Renick Meyer, SPU, 14.67; 2, Claire Hansen, WWU, 14.96; 3, Scout Cai, SPU, 15.28. 400m Hurdles - 2, Molly House, WWU, 1:07.82; 3, Artresa Nickelson, SMU, 1:09.07. Steeplechase - 2, Bailey Fjelstul, CU, 11:39.52; 3, Aysia Killingbeck, CU, 12:01.69.

4x100 Relay - 1, Seattle Pacific, 46.83; 2, Saint Martin's, 49.55. High Jump - 1, Maddie Taylor, WWU, 5-3.25; 2, Shaddia Meadows, CWU, 5-1.25. Pole Vault - 1, Jewels Oliquiano, WWU, 10-5.5; Tie 2, Rachael Roberts, WWU, 9-11.75; Tie 2, Hannah Dodson, WWU, 9-11.75. Long Jump - 1, Keeley Phommathriath, CWU, 17-9; 3, Geneva Lehnert, SPU, 16-10.75. Triple Jump - 1, Emma Hill, CU, 36-2.25; 2, Rose Walts, CWU, 34-11.25. Shot Put - 1, Rachel Bring, CU, 41-1; 2, Chanelle Eddy, WWU, 40-11.5. Discus - 1, Rachel Bring, CU, 141-10; 2, Chanelle Eddy, WWU, 132-2; 3, Megan Vernoy, SMU, 131-2. Hammer - 1, Liz Larson, SMU, 172-4; 2, Joselynn Tensley, CU, 171-7; 3, Kori Sprague, CU, 166-4. Javelin - 2, Deanna Avalos, SMU, 138-5; 3, Elizabeth Stottlemire, CU, 133-10.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Carlos Ortiz, CU, 10.68. 200 Meters - 2, Jackson Hand, SMU, 21.92. 400 Meters - 1, Daniel Calderon, CWU, 49.37. 800 Meters - 1, Doc Porter, CWU, 1:57.25; 2, Macauley Franks, WWU, 1:57.34; 3, James Jasperson, WWU, 1:57.67. 1,500 Meters - 1, Tyler Sager, WWU, 3:57.60; 2, Ian Fay, WWU, 4:00.32; 3, Corbin Carlton, CWU, 4:01.43. 3,000 Meters - 1, Trevor Allen, CWU, 8:50.23; 2, Josh Boston, CWU, 8:50.70; 3, Shad Galloway, SPU, 8:55.74. 5,000 Meters - 2, Ben Jacot, WWU, 15:20.56. 110m Hurdles - 3, Giovanni Brown, CU, 15.35. 400m Hurdles - 1, Cordell Cummings, WWU, 55.94; 3, Reid Lovercamp, WWU, 57.17. Steeplechase - 2, Henry Milodragovich, CWU, 9:51.47; 3, Porter McMichael, WWU, 9:56.28. 4x100 Relay - 1, Saint Martin's, 42.37; 3, Western Washington, 43.23. 4x400 Relay - 1, Saint Martin's, 3:33.72; 3, Western Washington, 3:35.81. High Jump - 2, Tupre Wickliff, WWU, 6-4. Pole Vault - 1, Austin Matzelle, SPU, 12-11.5; 3, Cyrus Marshall, SMU, 11-11.75. Long Jump - 1, Josh Schulz, SMU, 21-10.25; 3, Guillaume Tabary, SMU, 21-0. Triple Jump - 2, Zach Whittaker, CWU, 46-0.5; 3, Giovanni Brown, CU, 44-7. Shot Put - 1, Bryce Bryant-Leat, WWU, 49-0.5; 2, Seth Bridge, CU, 47-2.25; 3, Aidan Cain, CWU, 46-8. Discus - 1, Seth Bridge, CU, 140-3; 2, Connor Jensen, CU, 137-2; 3, Brandon Pless, WWU, 137-1. Hammer - 1, Kauanoe Vanderpoel, SMU, 180-2; 2, Brandon Pless, WWU, 173-3; 3, Joe Denniston, CU, 165-0. Javelin - 2, Alex Barry, WWU, 189-0; 3, Cooper McNatt, WWU, 171-11.

Wed., Apr. 18 - Thurs., Apr. 19

Bryan Clay Invitational Multi-Events

at Cougar Stadium, Azusa, Calif.

Heptathlon (GNAC Finishers): Group 1 - 1, Renick Meyer, SPU, 4,852. 5, Ali Anderson, CWU, 4,523. 7, Kellie May, SPU, 4,482. 14, HarLee Ortega, CWU, 2,860. Group 2 - 5, Scout Cai, SPU, 4,921.

Decathlon (GNAC Finishers): Group 1 - 6, Seren Dances, WWU, 6,151. Group 3 - 2, Kodiak Landis, CWU, 7,187.

Thurs., Apr. 19 - Sat., Apr. 21

Bryan Clay Invitational

at Cougar Stadium, Azusa, Calif.

Women (Top 3 GNAC Finishers): 5,000 Meters - Heat 1 - 2, Caroline Kurgat, UAA, 15:43.95. Heat 4 - 3, Emmah Chelimo, UAA, 16:59.71. Javelin - 1, Raquel Pellecer, WWU, 153-11; 2, Natalie Vetto, WWU, 147-5.

Men (Top 3 GNAC Finishers): 5,000 Meters - Heat 8 - 1, Edward Kiolbas, WWU, 14:56.46. Javelin - 2, Alex Barry, WWU, 209-4.

Thurs., Apr. 19 - Sat., Apr. 21

Mount SAC Relays

at El Camino College, Torrance, Calif.

Women (Top 3 GNAC Finishers): None

Men (Top 3 GNAC Finishers): 400 Meters Open - Section 4 - 2, Ebu Camara, NNU, 48.36. Section 6 - 1, Logan Blake, NNU, 49.16.

2018 GNAC Outdoor Meet Summaries

Fri., Apr. 20

Blue Hawk Games

at Dickinson State Univ., Dickinson, N.D.

Women's Team Scores: Black Hills State 74.5, Dickinson State 65.5, Mary 49.5, South Dakota Mines 28, Montana State Billings 24.5, Minot State 22, Bemidji State 21, Valley City State 8.

Women (Top 3 GNAC Finishers): 100 Meters - 3, Michaela Johnson, MSUB, 12.39. 100m Hurdles - 1, Michaela Johnson, MSUB, 14.71. 4x100 Relay - 2, Montana State Billings, 50.21. 4x800 Relay - 3, Montana State Billings, 10:41.29. Discus - 1, Hannah Nesson, MSUB, 140-1.

Men's Team Scores: Black Hills State 63.5, Montana State Billings 63, Dickinson State 53, Mary 50, South Dakota Mines 49, Minot State 15, Valley City State 3.5.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Sam Zook, MSUB, 10.41; 3, Lamont Frisby, MSUB, 10.74. 200 Meters - 1, Sam Zook, MSUB, 21.08. 800 Meters - 3, Mark Hovland, MSUB, 2:00.28. 5,000 Meters - 3, Ronald Venema, 16:08.95. Steeplechase - 1, Tyus Mendoza, MSUB, 9:55.70. Shot Put - 1, Brady Ostermiller, MSUB, 50-5.5. Discus - 1, Nels Flanagan, MSUB, 153-11; 2, Brady Ostermiller, MSUB, 147-2. Javelin - 2, Beau Peaslee, MSUB, 173-8. Hammer - 1, Nels Flanagan, MSUB, 171-4.

Fri., Apr. 20 - Sat., Apr. 21

Beach Invitational

at Long Beach State, Long Beach, Calif.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): None.

Sat., Apr. 21

Cougar Open

at Canby High School, Canby, Ore.

Women (Top 3 GNAC Finishers): 800 Meters - 3, Shayla Solomon, WOU, 2:18.62. 1,500 Meters - 3, Bailey Fjelstul, CU, 4:51.72. 100m Hurdles - 2, Michaela Yonkman, WOU, 15.83. 400m Hurdles - 3, Nicole Niskanen, WOU, 1:06.83. 4x400 Relay - 1, Concordia, 4:07.12. Triple Jump - 2, Emma Hill, CU, 38-5. Shot Put - 1, Christina MacDonald, CU, 49-1.75; 2, Melissa Ausman, CU, 47-8.5; 3, Tasha Willing, CU, 46-9.5. Discus - 1, Melissa Ausman, CU, 168-8; 2, Rachel Bring, CU, 148-10; 3, Katrina Linenko, CU, 145-9. Hammer - 1, Christina MacDonald, CU, 203-6; 2, Tasha Willing, CU, 191-0; 3, Liz Larson, SMU, 176-4. Javelin - 1, Elizbaeth Stottlemire, CU, 140-7; 3, Chelsea Bone, CU, 131-1.

Men (Top 3 GNAC Finishers): 400m Hurdles - 2, Giovanni Brown, CU, 54.86. 4x100 Relay - 2, Concordia, 42.72. 4x400 Relay - 1, Concordia, 3:24.71. Pole Vault - 3, Jacob Collins, WOU, 13-7.25. Triple Jump - 3, Emmy Carrizales, CU, 42-1.25. Shot Put - 1, Josh Koch, CU, 57-9.5; 2, Sam Nichols, CU, 52-3.75; 3, Jakob Chamberlin, CU, 52-1.25. Discus - 1, Jakob Chamberlin, CU, 169-6; 2, Sam Nichols, CU, 164-3; 3, Josh Koch, CU, 152-1. Hammer - 1, Jacob Slate, CU, 198-6; 2, Jakob Chamberlin, CU, 181-9; 3, Joe Denniston, CU, 179-9. Javelin - 1, Easton Christensen, CU, 206-1.

Thurs., Apr. 26 - Sat., Apr. 28

Drake Delays

at Drake Stadium, Des Moines, Iowa

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): Steeplechase Univ./Coll. - 2, Jorey Egeland, MSUB, 9:06.80. Javelin Univ./Coll. - 1, Beau Ackerman, MSUB, 226-9.

Fri., Apr. 27

Pacific Twilight

at Hanson Stadium, Forest Grove, Ore.

Women (Top 3 GNAC Finishers): 1,500 Meters - 1, Dalen Richardson, CU, 4:51.37. 100m Hurdles - 2, Chase Stephens, CU, 15.05. 400m Hurdles - 2, Ashley Brooks, CU, 1:08.19; 3, Michaela Yonkman, WOU, 1:08.85. Steeplechase - 1, Gabby Hobson, CU, 11:33.08; 2, Bailey Fjelstul, CU, 11:50.65; 3, Aysia Killingbeck, CU, 12:04.30. High Jump - 1, Tori Johnson, CU, 5-3. Triple Jump - 1, Emma Hill, CU, 36-1.75. Shot Put - 2, Katrina Linenko, CU, 43-9.75. Discus - 1, Taylor Darden, CU, 126-5; 3, Moana Gianotti, WOU, 119-7. Hammer - 1, Kori Sprague, CU, 168-8; 3, Taylor Darden, CU, 145-5. Javelin - 1, Elizabeth Stottlemire, CU, 127-8.

Men (Top 3 GNAC Finishers): 200 Meters - 3, Nick VanVilet, CU, 22.46. 110m Hurdles - 2, Giovanni Brown, CU, 15.98. 400m Hurdles - 1, Robert Bierly, CU, 58.12. Steeplechase - 2, Noah Murry, CU, 10:04.75. Pole Vault - 1, Jacob Collins, WOU, 13-7.25. Shot Put - 3, Brett Elder, CU, 48-2. Discus - 3, Brett Elder, CU, 150-2. Javelin - 2, Brett Elder, CU, 162-9.

Carroll College Open

at Vigilante Stadium, Helena Mont.

Women (Top 3 GNAC Finishers): 100 Meters - 3, Michaela Johnson, MSUB, 12.67. 400 Meters - 2, Jewl Collins, MSUB, 59.63. 4x100 Relay - 2, Montana State Billings, 49.21. 4x400 Relay - 2, Montana State Billings, 4:14.92. High Jump - 2, Janessa Williams, MSUB, 5-0.25. 3, Jamie Orme, MSUB, 5-0.25. Long Jump - 3, Shaniah Schwend, MSUB, 15-5. Triple Jump - 1, Janessa Williams, MSUB, 34-7; 2, Shaniah Schwend, MSUB, 34-3.5; 3, Brenna Beckett, MSUB, 34-2.25. Shot Put - 2, Hannah Nesson, MSUB, 36-10.5. Discus - 1, Hannah Nesson, MSUB, 130-7.

Men (Top 3 GNAC Finishers): 200 Meters - 2, Rahkei Eyer, MSUB, 22.65. 800 Meters - 2, Drake Henson, MSUB, 1:56.60. 1,500 Meters - 2, Mark Hovland, MSUB, 4:03.88. 5,000 Meters - 3, Ronald Venema, MSUB, 16:19.73. 4x400 Relay - 2, Montana State Billings, 3:27.74. High Jump - Tie 1, Isaiah Girard, MSUB, 6-5.5. Long Jump - 1, Isaiah Girard, MSUB, 20-10.5. Triple Jump - 1, Marcus Lindquist, MSUB, 42-4.75. Shot Put - 1, Brady Ostermiller, MSUB, 50-0.75. Discus - 1, Nels Flanagan, MSUB, 143-10; 2, Brady Ostermiller, MSUB, 138-2. Hammer - 1, Nels Flanagan, MSUB, 171-5.

Fri., Apr. 27 - Sat., Apr. 28

OSU High Performance Meet

at Whyte Track & Field Center, Corvallis, Ore.

Women (Top 3 GNAC Finishers): 800 Meters - 3, Grayson Burke, WOU, 2:15.46. Shot Put - 2, Melissa Ausman, CU, 49-9.25; 3, Christina MacDonald, CU, 49-7.25. Hammer - 1, Christina MacDonald, CU, 192-2; 3, Tasha Willing, CU, 182-8. Discus - 1, Melissa Ausman, CU, 178-6 (Stadium Record).

Men (Top 3 GNAC Finishers): 800 Meters - 1, Dustin Nading, WOU, 1:52.11. 800 Meters Invitational - 1, David Ribich, WOU, 1:50.52. Shot Put - 3, Josh Koch, CU, 55-4.75. Long Jump 2, Alani Troutman, WOU, 22-11.75. Hammer - 1, Jacob Slate, CU, 202-2. Discus - 1, Jakob Chamberlin, CU, 174-2; 2, Sam Nichols, 167-2; 3, Caleb Bridge, CU, 166-0.

2018 GNAC Outdoor Meet Summaries

Sat., Apr. 28

**Ralph Vernacchia Invitational
at Civic Stadium, Bellingham, Wash.**

Women's Team Scores: Western Washington 147.5, Central Washington 117, British Columbia 61, Seattle Pacific 58, Saint Martin's 42, Simon Fraser 39, Olympic CC 35, Team Salty 29.5, Universal Athletics 25, Pacific Lutheran 24.5, Vancouver Thunderbirds 16, Northwest (Wash.) 13, Spokane CC 11, Kajaks TC 10, Oiselle 10, Puget Sound 10, Coquitlam Cheetahs 8, Green River CC 5.5, Langley 1.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Emily Sytsma, WWU, 12.43; 2, Savannah Smith, WWU, 12.55; 3, Erykah Weems, CWU, 12.68. 200 Meters - 2, Grace Bley, SPU, 25.42; 3, Erykah Weems, CWU, 25.52. 400 Meters - 1, Lani Taylor, SPU, 56.36; 3, Bryce West, SFU, 58.77. 800 Meters - 1, Chynna Phan, SPU, 2:12.80; 2, Paige Nock, SFU, 2:14.17. 1,500 Meters - 3, Mary Charleson, SPU, 4:36.35. 5,000 Meters - 1, Alexa Shindruk, CWU, 17:36.48; 2, Nicole Soleim, CWU, 17:45.22; 3, Tracy Melville, WWU, 17:45.64. 10,000 Meters - 1, Emily Lewis, CWU, 42:24.17. 100m Hurdles - 1, Mariyah Vongsaveng, CWU, 14.52; 3, Claire Hansen, WWU, 15.41. 400m Hurdles - 3, Megan NOTting, SFU, 1:07.59. Steeplechase - 2, Lindsey Dorney, SMU, 12:00.35. 4x100 Relay - 1, Western Washington, 50.08. 4x400 Relay - 1, Seattle Pacific, 3:51.42; 2, Western Washington, 3:57.97; 3, Central Washington, 4:17.21. High Jump - 1, Maddie Taylor, WWU, 5-4.25. Pole Vault - 2, Anna Paradee, WWU, 12-11.75; 3, Hallie Irvine, CWU, 12-6. Long Jump - 1, Brooke Williams, CWU, 18-1.75; 3, Ashleigh Fraser, SMU, 17-6. Triple Jump - 1, Rose Walts, CWU, 35-3; 2, Devon Olson, WWU, 33-0.5. Shot Put - 2, Holly Taylor, SMU, 39-9.25; 3, Chanelle Eddy, WWU, 39-8.75. Discus - 1, Chanelle Eddy, WWU, 138-5; 3, Megan Vernoy, SMU, 129-4. Hammer - 2, Liz Larson, SMU, 172-0; 3, Holly Taylor, SMU, 160-1. Javelin - 3, Raquel Pellecer, WWU, 154-9.

Men's Team Scores: Western Washington 184, Central Washington 113, Olympic CC 50, Saint Martin's 40, Seattle Pacific 40, Coquitlam Cheetahs 29, Northwest (Wash.) 29, Simon Fraser 29, British Columbia 25, Team Salty 19, Repathlete 18, Vancouver Thunderbirds 18, Everett CC 16, Langley 14, Universal Athletics 13, Kajaks TC 11, Green River CC 8, Puget Sound 6, Club Northwest 5, Pacific Lutheran 3, Seattle Running Club 3, Ocean Athletics 1.

Men (Top 3 GNAC Finishers): 100 Meters - 3, Nathan Mah, SFU, 11.04. 200 Meters - 3, Bobby Widmar, CWU, 22.81. 400 Meters - 2, Daniel Calderon, CWU, 49.50; 3, Doc Porter, CWU, 50.17. 800 Meters - 1, Kyler Sager, WWU, 1:53.26; 2, Liam Cossette, WWU, 1:55.84; 3, Enrique Gomez, WWU, 1:55.95. 1,500 Meters - 3, James Jaspersen, WWU, 3:57.55. 5,000 Meters - 3, Peter Butler, WWU, 15:12.40. 10,000 Meters - 1, Colin Boutin, SPU, 32:58.28; 2, Shad Galloway, SPU, 33:10.68; 3, Josh Perkins, SPU, 33:56.27. 110m Hurdles - 2, Cordell Cummings, WWU, 15.07. 400m Hurdles 0 2, Reid Lovercamp, WWU, 55.41; 3, Joshua Adhemar, SFU, 55.61. Steeplechase - 3, Miguel De LaMalena, SMU, 10:06.60. 4x100 Relay - 1, Central Washington, 43.72; 3, Western Washington, 44.78. 4x400 Relay - 1, Western Washington, 3:21.74; 3, Seattle Pacific, 3:29.87. High Jump - 1, Tupre Wickliff, WWU, 6-6; 2, Garrett Davies, WWU, 6-2. Pole Vault - 2, Nathan Dunford, SMU, 14-9.5; 3, Adam Thomas, WWU, 14-9.5. Long Jump - 1, Josh Schulz, SMU, 21-8.25; 2, Grant Scarlett, CWU, 21-7.25; 3, Jacob Ringold, WWU, 21-5.5. Triple Jump - 1, Zach Whittaker, CWU, 46-1.5; 3, Jacob Ringold, WWU, 44-7. Shot Put - 3, Bryce Bryant-Leat, WWU, 46-11. Hammer - 1, Brandon Pless, WWU, 180-3; 2, Kauanoie Vanderpoel, SMU, 179-11; 3, Avery Lux, WWU, 172-1. Javelin - 1, Alex Barry, WWU, 199-8.

Mon., Apr. 30 - Tues., May 1

GNAC Combined Event Championships

at Brian & Nichole Bohner Track, Nampa, Idaho

Heptathlon: 1, Renick Meyer, SPU, 5,114. 2, Scout Cai, SPU, 5,017. 3, HarLee Ortega, CWU, 4,945. 4, Chelsea Bone, CU, 4,883. 5, Darian Wilson, WOU, 4,519. 6, Katie Collins, CWU, 4,440. 7, Chase Stephens, CU, 4,271. 8, Elena Cano, UAA, 4,257. 9, Katie Conklin, NNU, 4,247. 10, Kellie May, SPU, 4,185. 11, Geneva Lehnert, SU, 3,986. 12, Tiffany Pott, SMU, 3,986. 13, Tori Johnson, CU, 3,948. 14, Shaddia Meadows, CWU, 3,947. 15, Yvonne Jeschke, UAA, 3,904. 16, Ashley Vest, SMU, 3,882. 17, Sydney Trinidad, CWU, 3,769.

Heptathlon Individual Event Winners: 100m Hurdles - Renick Meyer, SPU, 14.22. High Jump - Geneva Lehnert, SPU, 5-7. Shot Put - Chase Stephens, CU, 34-0. 200 Meters - Renick Meyer, SPU, 25.13. Long Jump - Renick Meyer, SPU, 20-5 (GNAC Record). Javelin - Darian Wilson, WOU, 137-4. 800 Meters - Katie Collins, CWU, 2:17.36.

Decathlon: 1, Braydon Maier, CWU, 6,751. 2, Michael Forster, CWU, 6,732. 3, Giovanni Brown, CU, 6,690.4. Payton Lewis, NNU, 6,440. 5, Dakota Tidwell, NNU, 6,411. 6, Micah Tranch, NNU, 6,223. 7, Kodiak Landis, CWU, 6,140. 8, Seren Dances, WWU, 6,071. 9, Nick Bullo, WWU, 5,982. 10, Jackson Stallard, WOU, 5,887. 11, Nick Makrakis, WWU, 5,761. 12, Daniel Remington, UAA, 5,690. 13, Mitch Kruse, WOU, 5,118. 14, Emmy Carrizales, CU, 5,013.15, Nate Andaya, CWU, 4,855.

Decathlon Individual Event Winners: 100 Meters - Kodiak Landis, CWU, 10.81. Long Jump - Seren Dances, WWU, 23-3.5. Shot Put - Giovanni Brown, CU, 41-0.5. High Jump - Micah Tranch, NNU, 6-4.75. 400 Meters - Kodiak Landis, CWU, 49.02. 110m Hurdles - Braydon Maier, CWU, 15.23. Discus - Giovanni Brown, CU, 150-6. Pole Vault - Payton Lewis, NNU, 16-2.75. Javelin - Micah Tranch, NNU, 176-9. 1,500 Meters - Giovanni Brown, CU, 4:31.21.

Thurs., May 3

**Payton Jordan Invitational
at Cobb Track, Palo Alto, Calif.**

Women (Top 3 GNAC Finishers): 800 Meters - Section 2 - 2, Addy Townsend, SFU, 2:07.41. 5,000 Meters - Section 2 - 1, Caroline Kurgat, UAA, 15:41.21. 400m Hurdles - 1, Sophie Dodd, SFU, 3:45.74.

Men (Top 3 GNAC Finishers): None.

Fri., May 4

**Dickinson State Last Chance Meet
at Dickinson State Univ., Dickinson, N.D.**

Women's Team Scores: Dickinson State 121, Jamestown 80, Montana State Billings 61, Rocky Mountain 22.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Jewlz Collins, MSUB, 12.66. 100m Hurdles - 1, Michaela Johnson, MSUB, 14.57. Steeplechase - 1, Nikki Aiken, MSUB, 11:52.77. 4x100 Relay - 1, Montana State Billings, 49.40. 4x400 Relay - 1, Montana State Billings, 4:14.69. Long Jump - 3, Schaniah Schwend, MSUB, 17-1.25. Triple Jump - 3, Shaniah Schwend, MSUB, 36-7.5. Shot Put - 2, Hannah Nesson, MSUB, 36-9; 3, Hailey Steinbeisser, MSUB, 36-8.5. Discus - 2, Hannah Nesson, MSUB, 122-9. Hammer - 3, Taylor Stringari, MSUB, 141-4.

Men's Team Scores: Montana State Billings 82, Dickinson State 81, Rocky Mountain 37, Jamestown 27, Black Hills State 6.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Mason Schram, 10.58; 3, Lamont Frisby, MSUB, 10.61. 200 Meters - 1, Mason Schram, MSUB, 22.06; 2, Lamont Frisby, MSIB, 22.08. 800 Meters - 1, Drake Henson, MSUB, 1:58.49. 3,000 Meters - 2, Ronald Venema, MSUB, 9:35.74. 4x400 Relay - 2, Montana State Billings, 3:29.88. High Jump - 1, Isaiah Girard, MSUB, 6-6. Long Jump - 3, Isaiah Girard, MSUB, 22-7.25. Shot Put - 1, Brady Ostermiller, MSUB, 50-0.75. Discus - 1, Brady Ostermiller, MSUB, 139-9; 2, Forest Cross, MSUB, 132-3. Javelin - 3, Dillon Gonglewski, MSUB, 165-11. Hammer - 1, Nels Flanagan, MSUB, 169-9; 2, Beau Peaslee, MSUB, 138-4.

2018 GNAC Outdoor Meet Summaries

Fri., May 4

Oregon Twilight

at Hayward Field, Eugene, Ore.

Women (Top 3 GNAC Finishers): High Jump - 3, Tori Johnson, CU, 5-3. Shot Put - 2, Christina MacDonald, CU, 48-2.75. Discus - 1, Melissa Ausman, CU, 173-7; 3, Katrina Linenko, CU, 149-0. Hammer - 1, Christina MacDonald, CU, 184-8; 3, Tasha Willing, CU, 183-5. Javelin - 2, Darian Wilson, WOU, 143-6.

Men (Top 3 GNAC Finishers): 4x100 Relay - 3, Concordia, 41.72. Long Jump - 2, Alani Troutman, WOU, 23-3.25. Shot Put - 3, Seth Bridge, CU, 52-4.75. Discus - 2, Caleb Bridge, CU, 169-5; 3, Sam Nichols, CU, 167-4. Hammer - 2, Jacob Slate, CU, 196-4; 3, Jakob Chamberlin, CU, 184-8.

Sat., May 5

Ken Shannon Invitational

at Husky Outdoor Track Facility, Seattle, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 3, Julia Stepper, SPU, 12.06. 400 Meters - 2, Lani Taylor, SPU, 56.09. 800 Meters - 1, Sophie Dodd, SFU, 2:11.15; 2, Chynna Phan, SPU, 2:11.71; 3, Ruth Cvancara, UAA, 2:13.08. 1,500 Meters - 2, Mary Charleson, SPU, 4:30.70. 3,000 Meters - 2, Alexa Shindruk, CWU, 9:43.53; 3, Ally Ginther, SFU, 9:45.95. 100m Hurdles - 1, Mariyah Vongsaveng, CWU, 13.64. 400m Hurdles - 2, Ali Anderson, CWU, 1:01.18. Steeplechase - 2, Chelsea Ribeiro, SFU, 11:14.02; 3, Samantha DuPras, CWU, 12:44.84. 4x100 Relay - 2, Seattle Pacific, 46.33; 3, Western Washington, 47.36. 4x400 Relay - 1, Central Washington, 3:50.79; 3, Saint Martin's, 4:13.12. Long Jump - 2, Kellie May, SPU, 17-6.75; 3, Kelley Phommathirath, CWU, 17-1.5. Triple Jump - 1, HarLee Ortega, CWU, 37-5; 2, Brooke Williams, CWU, 36-11.5; 3, Kellie May, SPU, 36-6.25. Discus - 3, Megan Vernoy, SMU, 145-7. Javelin - 2, Raquel Pellecer, WWU, 148-9; 3, Natalie Vetto, WWU, 144-11.

Men (Top 3 GNAC Finishers): 100 Meters - 3, Oshane Hylton, UAA, 10.71. 400 Meters - 1, Liam Lindsay, UAA, 48.55; 3, Daniel Calderon, CWU, 49.20. 800 Meters - 3, Evan Groat, CWU, 1:55.63. 3,000 Meters - 1, Braeden Charlton, SFU, 8:32.07; 2, Mateo de Dalmases, SFU, 8:34.15; 3, Josh Boston, CWU, 9:00.43. 400m Hurdles - 3, Cordell Cummings, WWU, 53.70. Steeplechase - 3, Felix Kemboi, UAA, 9:46.37. 4x100 Relay - 2, Western Washington, 42.42. 4x400 Relay - 1, Saint Martin's, 3:21.95; 2, Seattle Pacific, 3:24.96. High Jump - 3, Christopher Brake, UAA, 6-6.75. Long Jump - 2, Grant Scarlett, CWU, 21-2.75; 3, Kyler Nygren, WWU, 20-10.75. Triple Jump - 2, Christopher Brake, UAA, 46-11. Shot Put - 2, Grant George, UAA, 48-8.75; 3, Brandon Pless, WWU, 48-4. Discus - 2, Brandon Pless, WWU, 155-5. Hammer - 2, Brandon Pless, WWU, 175-0. Javelin - 1, Mason Salley, WWU, 187-4; 2, Tyree Rutter, WWU, 178-1.

Linfield Open

at Maxwell Field, McMinnville, Ore.

Women (Top 3 GNAC Finishers): 200 Meters - 2, Hailey Sears, WOU, 26.46. 800 Meters - 2, Shayla Solomon, WOU, 2:20.84; 3, Rachel Bayly, WOU, 2:22.33. 5,000 Meters - 2, Kennedy Rufener, WOU, 17:13.06. 400m Hurdles - 3, Sara Madden, WOU, 1:03.39. 4x100 Relay - 2, Western Oregon, 51.17. Shot Put - 1, Katrina Linenko, CU, 46-9; 2, Melissa Ausman, CU, 46-8.75; 3, Tasha Willing, CU, 45-3. Discus - 1, Melissa Ausman, CU, 168-8; 2, Katrina Linenko, CU, 144-3; 3, Rachel Bring, CU, 143-9. Hammer - 1, Christina MacDonald, CU, 186-3; 2, Joselynn Tensley, CU, 179-11; 3, Tasha Willing, CU, 178-4. Javelin - 1, Elizabeth Stottlemire, CU, 130-8.

Men (Top 3 GNAC Finishers): 400 Meters - 3, Josh Wallace, CU, 49.44. 800 Meters - 1, Josh Dempsey, WOU, 1:51.26; 2, Neal Cranston, WOU, 1:52.61. 1,500 Meters - 1, Parker Marson, 3:58.34; 3, Hunter Mosman, WOU, 4:03.10. Steeplechase - 3, Matthew Haglund, WOU, 10:28.76. High Jump - 3, Connor Reinke, WOU, 6-2. Pole Vault - 3, Jacob Collins, WOU, 12-11.5. Triple Jump - 3, Kolton Rohde, WOU, 49-3.25. Shot Put - 2, Josh Koch, CU, 56-10.75; 3, Caleb Bridge, CU, 51-11.25. Discus - 2, Caleb Bridge, CU, 168-0; 3, Sam Nichols, CU, 166-0. Hammer - 1, Jacob Slate, CU, 201-4; 3, Joe Denniston, CU, 159-11. Javelin - 1, Matt Schweitz, CU, 178-2.