



Jan. 18, 2023 • Week 2
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Contact: Blake Timm, Assistant Commissioner For Communications
 503-805-8756 • btimm@gnacsports.com

GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Jan. 20-Sat., Jan. 21

Central Washington, Western Oregon at Lauren McCluskey Memorial Open, Moscow, Idaho

Sat., Jan. 21

Montana State Billings at Bobcat Challenge, Bozeman, Mont.

Sun., Jan. 22

Western Oregon at Portland Indoor #1, Portland, Ore.

LAST WEEK'S MEETS

Fri., Jan. 13 & Sat., Jan. 14

Spokane Indoor Challenge at The Podium, Spokane, Wash.

Women (Top 3 GNAC Finishers): 60 Hurdles - 3, Lauryn Chandler, CWU, 8.79. Shot Put - 2, Destany Herbert, NNU, 44-9.

Men (Top 3 GNAC Finishers): High Jump - 1, Steven Schmidt, NNU, 6-8.75. Shot Put - 1, Dayne Gordien, WOU, 55-1.5.

Sat., Jan. 14

UW Indoor Preview at Dempsey Indoor, Seattle, Wash.

Women (Top 3 GNAC Finishers): 60 Meters - 1, Marie-Éloïse Leclair, SFU, 7.45.

Men (Top 3 GNAC Finishers): 800 Meters - 3, Jordan Schmidt, SFU, 1:52.06. Triple Jump - 2, David Njeri, SPU, 48-5.5.

#GNACTF in 280

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#FastStart Simon Fraser's **Marie-Éloïse Leclair** opened her sophomore season by winning the women's 60 meters at the UW Indoor Preview in a GNAC record time of 7.45 seconds.

#FirstInTheirField (Events) Northwest Nazarene's **Steven Schmidt** (high jump) and Western Oregon's **Dayne Gordien** (shot put) won their respective events at the Spokane Indoor Invitational, the only two GNAC athletes to win events at the meet.

#RapidReturn Seattle Pacific's **Vanessa Aniteye** lowered her Division II leading time in the women's 800 meters at the UW Indoor Preview. Her time of 2:10.83 ranks 20th across all college divisions.

#MakingProvisions A total of 17 GNAC athletes in 13 different events already have provisional qualifying marks for the NCAA Division II Indoor Championships.

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MSU Billings	@MSUBSports	#MSUBTF
NW Nazarene	@NNUSports	
Saint Martin's	@SMUSaints	#SaintsStrong
Seattle Pacific	@SPUFalcons	
Simon Fraser	@SFU_Athletics	#RepTheLeaf
W. Oregon	@WOUWolves	#HowIAboutIt
W. Washington	@WWUAthletics	#VIKtorious

GNAC Athletes of the Week



MEN'S TRACK
Jordan Schmidt, Simon Fraser
 Junior • Langley, B.C.

Schmidt finished third in the 800 meters at Saturday's UW Indoor Preview. His time of 1:52.06 is an NCAA Championships provisional qualifier and ranks sixth in Division II this season.

Also Nominated: Joshua Wagner (Alaska Anchorage), Johan Correa (Central Washington), Steven

Schmidt (Northwest Nazarene), Tyrone Woodard (Western Washington).



MEN'S FIELD
Dayne Gordien, Western Oregon
 Senior • Sandy, Utah

Gordien was a winner in his WOU debut, capturing the shot put at the Spokane Indoor Challenge on Saturday. He defeated the 43-athlete field with a mark of 52 feet, 1.5 inches, and finished more than two feet ahead of second-place Bradley Fillis of Eastern Washington. Gordien's mark is an NCAA Championships provisional qualifier and is tied for

16th in Division II this season.

Also Nominated: Angus Beaton (Central Washington), Jake Kiesman (Northwest Nazarene), David Njeri (Seattle Pacific), Miller Campbell (Western Washington).



WOMEN'S TRACK
Marie-Éloïse Leclair, Simon Fraser
 Sophomore • Candiac, Que.

Leclair won the 60 meters at the UW Indoor Preview and succeeded in breaking the GNAC record in the event twice. She ran the fastest time in the preliminary heats in 7.49 seconds and bettered that time in the finals with a time of 7.45 seconds, winning by nearly a tenth of a second over Cal State Fullerton's Trinity Barnett. Both times eclipsed the

previous GNAC record of 7.52 seconds set by Concordia's Paige Johnson in 2020. Leclair's time is an NCAA Championships provisional qualifier and ranks No. 8 in Division II this season.

Also Nominated: Lauryn Chandler (Central Washington), Vanessa Aniteye (Seattle Pacific), Marian Ledesma (Western Washington).



WOMEN'S FIELD
Destany Herbert, Northwest Nazarene
 Junior • Pomeroy, Wash.

Herbert finished second in the shot put at Saturday's Spokane Indoor Challenge. Her mark of 44 feet, 9 inches is an NCAA Championships provisional qualifier and ranks No. 20 in Division II this season. Herbert also finished seventh in the weight throw with a mark of 47 feet, 5.75 inches.

Also Nominated: Erica Cabanos (Central Washington), Jessica Neal (Western Washington).

Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Dec. 5-11	Coleman Nash, UAA	Steven Schmidt, NNU	Vanessa Aniteye, SPU	Raine Westfall, WWU
Jan. 9-15	Jordan Schmidt, SFU	Dayne Gordien, WOU	Marie-Éloïse Leclair, SFU	Destany Herbert, NNU

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

Around The GNAC

ALASKA ANCHORAGE



- Hurdlers led Alaska Anchorage in its first meet of the season, The UW Indoor Preview, on Saturday in Seattle.
- Junior **Joshua Wagner** earned an NCAA Championships provisional qualifying mark in the men's 60-meter hurdles, placing fourth in a time of 8.13 seconds. The time ranks 23rd in Division II this season. Wagner also placed 12th in the 60 meters, clocking 7.06 seconds.
- Sophomore **Mette Van Der Meer** posted an eighth-place finish in the women's 60-meter hurdles in 9.06 seconds.
- Junior **Kevin Angarita** placed sixth in both the 200 meters and 400 meters. His time of 49.53 seconds in the 400 meters leads the GNAC while his 22.67 seconds in the 200 meters ranks seventh.
- Sophomore **Felix Robertson** led UAA in the field events, placing fourth in the triple mark with a mark of 41 feet, 5.75 inches, and in the long jump with a mark of 19 feet, 9.75 inches. Freshman **Morgan Grant** placed fifth in the triple jump, leaping 39 feet, 6.75 inches.
- Alaska Anchorage does not compete again until Jan. 27 and 28, making a return trip to Seattle to compete in the UW Invitational.

CENTRAL WASHINGTON



- Junior **Johan Correa's** school-record time in the men's 800 meters and senior **Lauryn Chandler's** provisional qualifying mark in the women's 60-meter hurdles led Central Washington at the Spokane Indoor Challenge.
- Correa broke the CWU indoor record in the men's 800 for the second time this season, placing fifth in a time of 1:53.89. The time ranks fourth in the GNAC this season.
- Chandler ran the fastest time in the conference this season in the women's 60-meter hurdles, placing third in a time of 8.79 seconds. The NCAA Championships provisional qualifying time is tied for 20th in Division II this season.
- Senior **Erica Cabanos** led Central Washington in the field events, placing fifth in the women's triple jump with a mark of 37 feet, 1.25 inches. She also added a 13th-place finish in the long jump with a mark of 16 feet, 7 inches.
- Junior **E'lexis Hollis** advanced to the finals of the women's 60 meters, placing eighth with a time of 7.74 seconds. She tied her season-best mark of 7.66, which is tied for 32nd in Division II this season. Junior **Juliette Williams** advanced to the final round of qualifying, finishing with a time of 7.88 seconds.
- Senior **Angus Beaton** added a seventh-place finish in the men's weight throw with a mark of 49 feet, 11 inches.
- The women's 4x400-meter relay team of **Ellie DeGroot, Sarah Sewell, Williams and Elise Hopper** placed sixth in a time of 3:58.86. They were the top non-Division I team in the event. The men's 4x400-meter relay team of **Austin Albertin, Drew Klein, Correa and Isaiah Webster** was also sixth in 3:24.30.
- Central Washington returns to action this weekend, competing at the Lauren McCluskey Memorial Open on Friday and Saturday in Moscow, Idaho.

MONTANA STATE BILLINGS



- Montana State Billings does not compete again until Saturday, participating in the Bobcat Challenge in Bozeman, Montana.
- Montana State was also the site of the Yellowjackets' first meet of the season, the Bobcat Preview, on Dec. 10.
- Sophomore **Ben Ralston** led the way with his victory in the men's 400 meters, clocking a time of 50.62 seconds.
- Seniors **Ase Ackerman** and **Logan Straus** finished third and fourth, respectively, in the men's 5,000 meters. Ackerman finished in a time of 15:43.27 while Straus finished in 16:01.02. Senior **Ally Whitmer** added a third-place finish in the women's 5,000 in a time of 21:00.42 while sophomore **Kit Wiersema** was fourth in 21:04.88.
- Freshman **Tatum Hull** placed third in the women's 60-meter hurdles in her MSUB indoor debut, running 9.26 seconds. She also placed sixth in the 200 meters in a time of 26.92 seconds.
- The Yellowjackets had a pair of fifth-place finishes in the long jump. Junior **Kendall Lynn** was fifth in the women's long jump with a mark of 16 feet, 11.25 inches. Junior **Bryce Olson** was fifth on the men's side with a leap of 20 feet, 9.25 inches.

NORTHWEST NAZARENE



- Senior **Destany Herbert's** NCAA Championships provisional qualifying mark in the women's shot put led Northwest Nazarene's performances at the Spokane Indoor Challenge on Friday and Saturday.
- Herbert was named the GNAC Women's Field Athlete of the Week after placing second in the women's shot put with her mark of 44 feet, 9 inches. The lifetime best ranks 20th in Division II this season. Herbert also placed seventh in the weight throw with a mark of 47 feet, 5.75 inches.
- Sophomore **Steven Schmidt** recorded his second individual victory of the season in the men's high jump, clearing 6 feet, 8.75 inches. He had his season-best mark of 6 feet, 11 inches at the BYU December Invite, which is tied for seventh in Division II this season and is No. 3 on the GNAC all-time list. Schmidt also finished fifth in the 60-meter hurdles in 8.58 seconds.
- Senior **Dylan Hendry** recorded a sixth-place finish in the men's weight throw. His mark of 52 feet, 5.5 inches is second in the GNAC this season. Freshman **Jacob Kiesman** added a seventh-place finish in the men's shot put with a mark of 47 feet, 10 inches.
- Sophomore **Kinsey Yenor** placed ninth in the women's pole vault with a clearance of 11 feet, 10.5 inches. Yenor has a best of 12 feet, 3.5 inches this season, achieved at the BYU December Invite, which is tied for 13th in Division II this season.
- Northwest Nazarene will not compete this weekend. The Nighthawks will be in action next on Jan. 28 at the Inland Northwest Invitational in Spokane, Washington.

Around The GNAC

SAINT MARTIN'S



- Scheduled to compete at the UW Indoor Preview, Saint Martin's did not field any athletes in the meet. The Saints are scheduled to compete next at the UW Invitational on Jan. 27 and 28.

- Saint Martin's opened the indoor season by participating in the Wyoming Power Meet on Dec. 9 and the UCCS Pre-Holiday Meet on Dec. 10.

- Sophomore **Alisha Saucedo** opened the season with a win in the women's 400 meters at the Wyoming Power meet in 1:02.40. Junior **Cree Bell** and sophomore **Madison Vu** finished first and second, respectively, in the women's 200 meters. Bell won in 26.85 seconds and Vu clocked 27.53 seconds.

- Senior **Jack Farrell** led a top-three sweep for the Saints in Wyoming in the men's 400 meters. Farrell won in 54.37 seconds with junior **Rudu Wani** second in 55.79 seconds and junior **Noah Boyd** third in 56.59 seconds. Junior **Zach Franco** added a win in the men's 200 meters in 24.04 seconds.

- At the UCCS Pre-Holiday Open, Farrell added a sixth-place finish in the men's mile in 4:42.02.

- In the field events in Wyoming, freshman **Ryan Doidge** won the men's pole vault with a mark of 13 feet, 11.25 inches.

SEATTLE PACIFIC



- Another solid effort for senior **Vanessa Aniteye** in the women's 800 meters led Seattle Pacific's efforts at the UW Indoor Preview on Saturday.

- Aniteye placed ninth overall and first in her heat, knocking two seconds off of her season best with a time of 2:10.83. She continues to lead Division II and ranks 20th across all college divisions.

- Senior **David Njeri** placed second in the men's triple jump with a 14-inch season best, finishing with a leap of 48 feet, 5.5 inches. That improved his NCAA Championships provisional qualifying mark and ranks 11th in Division II this season.

- Freshman **Kayla Tassara** was the top SPU women's finisher in the field events, placing seventh in the pole vault with her mark of 11 feet, 9 inches. Junior **Kainoa Lee** placed sixth in the men's pole vault with his mark of 13 feet, 11.25 inches.

- Junior **Julius Shepherd** notched a fifth-place finish in the men's 200 meters, finishing in 22.64 seconds. The men's 4x400-meter relay team of **Isaiah Archer**, Shepherd, **Darius Holmes** and **David Garcia** placed fifth in a time of 3:26.15.

- Seattle Pacific will not compete again until Jan. 27 and 28 when the Falcons take part in the UW Invitational.



SIMON FRASER

- Sophomore **Marie-Éloïse Leclair's** record run in the women's 60 meters headlined Simon Fraser's performances at the UW Indoor Preview on Saturday.

- Leclair broke the conference record twice, running 7.49 seconds in the preliminaries before winning the finals in a time of 7.45 seconds. Both times eclipsed the previous record of 7.52 seconds set by Paige Johnson of Concordia in 2020. The mark is an NCAA Championships provisional qualifier and ranks eighth in Division II this season. The effort earned Leclair selection as the GNAC Women's Track Athlete of the Week.

- Junior **Jordan Schmidt** was selected as the GNAC Men's Track Athlete of the Week after he finished second in the 800 meters in a time of 1:52.06. The leading time in the conference and an NCAA Championships provisional qualifier, Schmidt's mark is No. 6 in Division II this season.

- Sophomore **Scott Arndt** ran an NCAA Championships provisional qualifying mark in the men's 3,000 meters. Arndt placed 21st in a time of 8:17.20, which ranks No. 9 in Division II this season.

- Sophomore **Jesaiah Penson-McCoy** picked up a fifth-place finish in the men's 60 meters, clocking a time of 6.92 seconds. He was one of just two Division II runners to advance to the final. Sophomore **Jeremy Belcher** placed seventh in the men's 200 meters with a time of 22.89 seconds.

- Freshman **Emma Cannan** added an eighth-place finish in the women's 200 meters in her SFU debut in a time of 26.29 seconds. In the field events, freshman **Olivia Windbiel** was eighth in the triple jump with a mark of 35 feet, 3.75 inches.

- Simon Fraser returns to action on Jan. 27, sending athletes to both the John Thomas Terrier Classic in Boston and the UW Invitational in Seattle.

WESTERN OREGON



- Senior **Dayne Gordien** and junior **Hunter Hutton** both notched NCAA Championships provisional qualifying marks as Western Oregon competed at both the UW Indoor Preview and Spokane Indoor Challenge.

- Gordien was named the GNAC Men's Field Athlete of the Week for his win in the men's shot put at Spokane with a mark of 55 feet, 1.5 inches. The mark ranks No. 5 on the GNAC all-time list and No. 2 on the WOU all-time list and ties him for 16th in Division II this season.

- Hutton notched a provisional mark in Seattle in the men's 3,000 meters. He was the top non-Division I finisher, placing 20th in a time of 8:16.11 that ranks eighth in Division II this season.

- Freshman **Ujunwa Nwokoma** had a record-setting debut, placing fourth in Spokane in the women's triple jump with a mark of 18 feet, 5 inches. That bettered the previous WOU record of 18 feet, 3 inches, set by **Jenelle Hurley** last season, and leads the GNAC this season. Hurley placed sixth with a mark of 18 feet, 0.25 inches.

- Senior **Maya Hopwood** finished eighth in the women's 60 meters in Seattle, clocking a time of 7.77 seconds. She had the seventh-fastest time in the preliminaries at 7.74 seconds. Junior **Dominique Loggins** had the sixth-fastest time in the preliminaries of the men's 60 meters in Seattle in 6.98 seconds but did not run in the finals.

- Junior **Maliyah Thompson** placed eighth in the women's 60-meter hurdles in Spokane in 9.05 seconds.

- Western Oregon returns to action this weekend, competing in the Lauren McCluskey Memorial Open on Friday and Saturday.

WESTERN WASHINGTON



- Western Washington saw five athletes run school top 10 times in the 800 meters to lead the Vikings' performances at the UW Indoor Preview.
- Sophomore **Will Henry** led the three WWU men to make the top 10, placing fourth in the men's 800 meters with a time of 1:52.08 that ranks No. 3 on the WWU all-time list. The NCAA Championships provisional qualifying mark is No. 7 in

Division II this season.

- Junior **Marian Ledesma** paced the two Vikings women who made the 800-meter top 10. She placed 12th and was second among non-Division I runners in a time of 2:14.40, second best in school history.
- Sophomore **Jessica Neal** recorded an indoor personal best in the women's high jump, tying for fourth with a clearance of 5 feet, 5 inches. Junior **Matty Lagerwey** added a fifth-place finish in the women's long jump, also setting an indoor personal best with a leap of 18 feet, 4.5 inches.
- Sophomore **Miller Campbell** finished fourth in the men's weight throw with a mark of 54 feet, 1.75 inches. It is the leading mark in the conference this season.
- The UW Indoor Preview was the first Western Washington meet in decades without **Pee Wee Halsell** at the helm. Halsell announced his retirement in December after 36 years leading the WWU cross country and track and field programs. **Ben Stensland** has been named interim head coach.
- Western Washington returns to action on Jan. 27 and 28, competing at the UW Invitational in Seattle.

GNAC Provisional Qualifiers For NCAA Indoor Championships

MEN'S QUALIFIERS AS OF JAN. 16, 2023

Event	Athlete	Mark	Rank	Date
800 Meters	Jordan Schmidt, SFU	1:52.06	6th	1/14/23
	Will Henry, WWU	1:52.08	7th	1/14/23
3,000 Meters	Hunter Hutton, WOU	8:16.11	8th	1/14/23
	Scott Arndt, SFU	8:17.20	9th	1/14/23
60 Hurdles	Joshua Wagner, UAA	8.13	23rd	1/14/23
5,000 Meters	Coleman Nash, UAA	13:59.55	8th	12/9/22
High Jump	Steven Schmidt, NNU	2.11/6-11	T-7th	12/8/22
Triple Jump	David Njeri, SPU	14.77/48-5.5	11th	1/14/23
Shot Put	Dayne Gordien, WOU	16.80/55-1.5	T-16th	1/13/23
Heptathlon	Steven Schmidt, NNU	5,203	12th	12/8/22

WOMEN'S QUALIFIERS AS OF JAN. 16, 2023

Event	Athlete	Mark	Rank	Date
60 Meters	Marie-Éloïse Leclair, SFU	7.45	8th	1/14/23
	Abbey Wood, NNU	7.64	T-27th	12/8/22
	E'lexis Hollis, CWU	7.66	T-32nd	12/10/22
800 Meters	Vanessa Aniteye, SPU	2:10.83	1st	1/14/23
	Marian Ledesma, WWU	2:14.40	4th	1/14/23
60 Hurdles	Laurny Chandler, CWU	8.79	T-20th	1/14/23
Pole Vault	Kinsey Yenor, NNU	3.75/12-3.5	T-13th	12/8/22
Shot Put	Destany Herbert, NNU	13/64/44-9	20th	1/14/23

2023 NCAA Indoor Championships Qualifying Standards

NCAA Provisional	Event	NCAA Provisional
6.86	60 Meters	7.66
8.22	60 Meter Hurdles	8.85
21.69	200 Meters	24.88
48.59	400 Meters	57.03
1:52.63	800 Meters	2:14.68
4:10.39	Mile	4:57.54
8:19.13	3,000 Meters	9:56.27
14:29.66	5,000 Meters	17:21.70
3:17.34	4x400 Relay	3:53.36
10:05.20	Distance Medley Relay	12:06.77
2.03/6-8	High Jump	1.67/5-5.75
4.75/15-7	Pole Vault	3.698/12-0.75
7.10/23-3.5	Long Jump	5.65/18-6.5
14.38/47-2.5	Triple Jump	11.67/38-3.5
16.34/53-7.5	Shot Put	13.63/44-8.75
17.98/59-0	Weight Throw	17.00/55-9.25
4,711	Heptathlon/Pentathlon	3,247

A Note On Qualifying: There is no automatic qualifying marks for the 2023 NCAA Championships. Athletes who meet the NCAA's provisional standard will be used to fill the championships field in descending order until the maximum field size is reached. To view the complete list of qualifying standards, [Click Here](#).

NCAA Division II Indoor Track & Field Championships: Fri., Mar. 10 & Sat., Mar. 11, Virginia Beach, Va.

Top Performances Lists (TFRS): [NCAA Division II Men](#) | [NCAA Division II Women](#) | [GNAC Men](#) | [GNAC Women](#) | [U.S./World Best Lists \(T&FN\)](#)

GNAC Indoor Track & Field Records

MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
200 Meters	21.40	Callum Robinson, Simon Fraser (2022)
400 Meters	47.61	Vladislav Tsygankov, Simon Fraser (2017)
800 Meters	1:47.74	Derek Holdsworth, Western Oregon (2020)
Mile	3:57.92	Aaron Ahl, Simon Fraser (2022)
3,000 Meters	7:50.81	David Ribich, Western Oregon (2018)
5,000 Meters	13:47.73	Micah Chelimo, Alaska Anchorage (2014)
60m Hurdles	8.07	Hunter Flick, Western Washington (2022)
4x400 Relay	3:12.45	Alaska Anchorage (2016)
Nicholas Taylor, Liam Lindsey, Adam Commandeur, Cody Thomas		
Distance Medley	9:38.04	Simon Fraser (2022)
Ephrem Mekonnen, Callum Robinson, Aiden Good, Aaron Ahl		
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	18.85/61-10.25	Aidan Cain, Central Washington (2020)
Heptathlon	5,508	Chris Randolph, Seattle Pacific (2006)

MEN'S CONFERENCE MEET RECORDS

60 Meters	6.75	Alex Donigian, Western Washington (2014)
200 Meters	21.50	Callum Robinson, Simon Fraser (2022)
400 Meters	47.80	Joel Webster, Simon Fraser (2016)
800 Meters	1:50.83	David Ribich, Western Oregon (2018)
Mile	4:01.78	Aaron Ahl, Simon Fraser (2022)
3,000 Meters	8:21.23	Aaron Ahl, Simon Fraser (2022)
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	9:58.18	Simon Fraser (2019)
Pierre-Louis Detourbe, Nate St. Romain, Aaron Ahl, Rowan Doherty		
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	18.64/61-2	Aidan Cain, Central Washington (2020)
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)
	6.95/22-9.75	Kodiak Landis, Central Washington (2019)
Shot Put	13.69/44-11	Giovanni Brown, Concordia (2019)
High Jump	2.05/6-8.75	Steven Schmidt, Northwest Nazarene (2022)
60m Hurdles	8.28	Travis Turner, Alaska Anchorage (2017)
Pole Vault	5.05/16-6.75	Payton Lewis, Northwest Nazarene (2016)
1,000 Meters	2:41.39	Giovanni Brown, Concordia (2019)

WOMEN - ALL MEETS

60 Meters	7.45	Marie-Éloïse Leclair, Simon Fraser (2023)
200 Meters	24.09	Jamie Ashcroft, Alaska Anchorage (2017)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:04.04	Alison Andrews-Paul, Simon Fraser (2022)
Mile	4:32.88	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:07.05	Caroline Kurgat, Alaska Anchorage (2019)#
5,000 Meters	15:28.46	Caroline Kurgat, Alaska Anchorage (2019)#
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	11:23.47	Alaska Anchorage (2019)
Ruth Cvancara, Vanessa Aniteye, Danielle McCormick, Caroline Kurgat		
High Jump	1.77/5-9.75	Danielle Ayers-Stamper, Seattle Pacific (2005)
Pole Vault	3.93/12-10.75	Halle Irvine, Central Washington (2018)
Long Jump	5.98/19-7.5	Peace Igbonagwam, Seattle Pacific (2019)
Triple Jump	12.70/41-8	Keshara Romain, Saint Martin's (2020)
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	7.52	Paige Johnson, Concordia (2020)
200 Meters	24.09	Jamie Ashcroft, Alaska Anchorage (2017)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:05.09	Alison Andrews-Paul, Simon Fraser (2022)
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	11:23.47	Alaska Anchorage (2019)
Ruth Cvancara, Vanessa Aniteye, Danielle McCormick, Caroline Kurgat		
High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2014)
Pole Vault	3.93/12-10.75	Halle Irvine, Central Washington (2019)
Long Jump	5.98/19-7.5	Peace Igbonagwam, Seattle Pacific (2019)
Triple Jump	12.70/41-8	Keshara Romain, Saint Martin's (2020)
Shot Put	17.02/55-10.25	McKenzie Warren, Concordia (2017)
Weight Throw	18.67/61-3	Kori Sprague, Concordia (2020)
Pentathlon	3,815	Scout Cai, Seattle Pacific (2019)

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)
		Scout Cai, Seattle Pacific (2019)
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

- Division II all-time all-conditions best (oversized track)

GNAC Outdoor Track & Field Records

MEN - ALL MEETS

100 Meters	10.22	Alex Donigian, Western Washington (2015)
200 Meters	20.93	Alex Donigian, Western Washington (2016)
400 Meters	47.51	Ethan Hewitt, Alaska Anchorage (2011)
800 Meters	1:47.58	Badane Sultessa, Western Oregon (2015)
1,500 Meters	3:37.35	David Ribich, Western Oregon (2018)
3,000 Meters	8:24.61	Jordan Welling, Western Washington (2014)
5,000 Meters	13:41.99	Micah Chelimo, Alaska Anchorage (2014)
10,000 Meters	28:37.75	Micah Chelimo, Alaska Anchorage (2014)
110m Hurdles	14.00	Joshua Wagner, Alaska Anchorage (2022)
400m Hurdles	51.48	Vladislav Tsygankov, Simon Fraser (2017)
Steeplechase	8:45.63	Micah Chelimo, Alaska Anchorage (2012)
4x100 Relay	41.10	Central Washington (2010)
		Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols
4x400 Relay	3:10.60	Alaska Anchorage (2016)
		Liam Lindsay, Nicholas Taylor, Adam Commandeur, Cody Thomas
High Jump	2.16/7-1	Mikel Smith, Saint Martin's (2016)
Pole Vault	5.40/17-8.5	Ryan Brown, Western Washington (2010)
Long Jump	7.91/25-11.5	David Registe, Alaska Anchorage (2009)
Triple Jump	15.50/50-10.25	Wesley Gray, Western Oregon (2017)
Shot Put	18.55/60-10.5	Frank Catelli, Western Washington (2014)
Discus	55.78/183-0	Jake Knight, Northwest Nazarene (2019)
Hammer	62.89/206-4	Pro Escobedo, Western Oregon (2003)
Javelin	77.98/255-10	Cody Parker, Alaska Anchorage (2013)
Decathlon	7,872	Chris Randolph, Seattle Pacific (2006)

MEN'S CONFERENCE MEET RECORDS

100 Meters	10.43	Anthony Wright, Central Washington (2010)
200 Meters	21.32	Rimar Christie, Northwest Nazarene (2013)
	21.32	Tyrell Williams, Western Oregon (2014)
400 Meters	47.55	Ethan Hewitt, Alaska Anchorage (2012)
	47.55	Kodiak Landis, Central Washington (2018)
800 Meters	1:49.31	Paul Mach, Seattle Pacific (2005)
1,500 Meters	3:47.37	David Ribich, Western Oregon (2017)
5,000 Meters	14:29.41	Micah Chelimo, Alaska Anchorage (2011)
10,000 Meters	30:25.75	Jordan Welling, Western Washington (2011)
110m Hurdles	14.15	Joshua Wagner, Alaska Anchorage (2022)
400m Hurdles	51.77	Cordell Cummings, Western Washington (2019)
Steeplechase	8:47.26	Ryan Brockerville, Simon Fraser (2012)
4x100 Relay	41.10	Central Washington (2010)
		Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols
4x400 Relay	3:13.84	Simon Fraser (2015)
		Stuart Ellenwood, Cameron Proceviat, Joel Webster, Daniel Kelloway
High Jump	2.11/6-11	Tevin Gladden, Alaska Anchorage (2017)
Pole Vault	5.14/16-10.75	Ryan Brown, Western Washington (2010)
Long Jump	7.52/24-8.25	David Registe, Alaska Anchorage (2008)
Triple Jump	15.50/50-10.25	Wesley Gray, Western Oregon (2017)
Shot Put	18.20/59-8.75	Josh Koch, Concordia (2016)
Discus	55.74/182-10	Jake Knight, Northwest Nazarene (2019)
Hammer	61.61/202-1	Michael Hoffman, Western Washington (2008)
Javelin	71.19/233-7	Beau Ackerman, Montana State Billings (2022)
Decathlon	7,201	Cody Thomas, Alaska Anchorage (2016)

+ - Denotes Division II national record

WOMEN - ALL MEETS

100 Meters	11.64	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	23.88	Marie-Éloïse Leclair, Simon Fraser (2022)
400 Meters	53.56	Mary Pierce, Alaska Anchorage (2007)
800 Meters	2:01.43	Alison Andrews-Paul, Simon Fraser (2022)+
1,500 Meters	4:11.06	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:35.75	Sarah Porter, Western Washington (2011)
5,000 Meters	14:40.45	Caroline Kurgat, Alaska Anchorage (2019)
10,000 Meters	32:08.09	Caroline Kurgat, Alaska Anchorage (2019)+
100m Hurdles	13.64	Mariyah Vongsaveng, Central Washington (2018)
400m Hurdles	58.22	Sidney Trinidad, Central Washington (2019)
Steeplechase	10:02.45	Julia Howley, Simon Fraser (2019)
4x100 Relay	45.88	Seattle Pacific (2022)
		Peace Igbonagwam, Vanessa Aniteye, Aniya Green, Jenna Bouyer
4x400 Relay	3:41.80	Western Oregon (2018)
		Grayson Burke, Megan Rose, Suzie Van De Grift, Olivia Woods
High Jump	1.78/5-10	Teona Perkins, Seattle Pacific (2007)
Pole Vault	4.04/13-3	Scout Cai, Seattle Pacific (2021)
Long Jump	6.22/20-5	Renick Meyer, Seattle Pacific (2018)
Triple Jump	12.60/41-4.25	Chrisalyn Johnson, Alaska Anchorage (2019)
Shot Put	17.39/57-0.75	McKenzie Warren, Concordia (2017)
Discus	55.74/182-10	Melissa Ausman, Concordia (2018)
Hammer	62.42/204-9	Christina MacDonald, Concordia (2018)
Javelin	54.18/177-9	Bethany Drake, Western Washington (2016)
Heptathlon	5,606	Danielle Ayers-Stamper, Seattle Pacific (2005)

WOMEN'S CONFERENCE MEET RECORDS

100 Meters	11.66	Marie-Éloïse Leclair, Simon Fraser (2022)
200 Meters	23.88	Marie-Éloïse Leclair, Simon Fraser (2022)
400 Meters	54.19	Vanessa Aniteye, Alaska Anchorage (2019)
800 Meters	2:06.38	Jessica Pixler, Seattle Pacific (2010)
1,500 Meters	4:23.02	Caroline Kurgat, Alaska Anchorage (2019)
3,000 Meters	9:53.80	Jessica Pixler, Seattle Pacific (2007)
5,000 Meters	16:35.10	Caroline Kurgat, Alaska Anchorage (2019)
10,000 Meters	34:49.33	Caroline Kurgat, Alaska Anchorage (2018)
100m Hurdles	13.82	Danielle Ayers-Stamper, Seattle Pacific (2005)
400m Hurdles	58.22	Sidney Trinidad, Central Washington (2019)
Steeplechase	110:02.45	Julia Howley, Simon Fraser (2019)
4x100 Relay	45.88	Seattle Pacific (2022)
		Peace Igbonagwam, Vanessa Aniteye, Aniya Green, Jenna Bouyer
4x400 Relay	3:43.50	Simon Fraser (2022)
		Erika Binder, Alison Andrews-Paul, Marie-Éloïse Leclair, Emily Lindsay
High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2016)
Pole Vault	3.91/12-10	Scout Cai, Seattle Pacific (2019)
Long Jump	5.99/19-8	Ali Worthen, Seattle Pacific (2013)
Triple Jump	12.58/41-3.25	Chrisalyn Johnson, Alaska Anchorage (2019)
Shot Put	16.55/54-3.75	McKenzie Warren, Concordia (2017)
Discus	53.01/173-11	Melissa Ausman, Concordia (2018)
Hammer	59.62/195-7	Christina MacDonald, Concordia (2018)
Javelin	52.40/171-11.25	Bethany Drake, Western Washington (2017)
Heptathlon	5,390	Ali Worthen, Seattle Pacific (2013)

2022-23 GNAC Indoor Meet Summaries

Thurs., Dec. 1 & Fri., Dec. 2

**Wichita State Shocker Multis
at Heskett Center, Wichita, Kan.**

Women: Pentathlon - 6, McCall DeChenne, CWU, 3.114.

Men: Heptathlon - 6, Braydon Maier, CWU, 4,323.

Wed., Dec. 7 & Thurs., Dec. 8

Bobcat Preview

at Brick Breeden Fieldhouse, Bozeman, Mont.

Women (Top 3 GNAC Finishers): 400 Meters - 2, Madeline Severson, MSUB, 1:07.08. 5,000 Meters - 3, Ally Whitmer, MSUB, 21:00.42. 60-Meter Hurdles - 3, Tatum Hull, MSUB, 9.26. 4x400 Relay - 2, Montana State Billings (Severson, Hamill, Bohl, Clark), 4:23.08; 3, Montana State Billings (Klein, Bradley, Sanchez, Richardson), 4:23.68. Triple Jump - 2, Kendall Lynn, MSUB, 37-3.75.

Men (Top 3 GNAC Finishers): 400 Meters - 1, Ben Ralston, MSUB, 50.61. 800 Meters - 2, Jackson Bailey, MSUB, 2:23.40. 5,000 Meters - 3, Ase Ackerman, MSUB, 15:43.27. High Jump - 2, Favor Okere, MSUB, 5-9.25. Triple Jump - 3, Bryce Olson, MSUB, 42-2.25.

Thurs., Dec. 8 & Fri., Dec. 9

BYU December Invite

at Smith Fieldhouse, Provo, Utah

Women (Top 3 GNAC Finishers): Pole Vault - 3, Kinsey Yenor, NNU, 12-3.75.

Triple Jump - 3, Ellie Alberts, NNU, 34-11.25. Shot Put - 3, Destany Herbert, NNU, 42-1.5.

Men (Top 3 GNAC Finishers): 600 Yards - 3, Jonah Rau, NNU, 1:18.92. Long Jump - 3, Gerohm Rihari, NNU, 21-2.75. Triple Jump - 1, Colton Sedlacek, NNU, 37-1. Weight Throw - 3, Dylan Hendry, NNU, 50-7.

Fri., Dec. 9

Wyoming Power Meet

at Hager-LeBar Indoor Track & Field Venue, Laramie, Wyo.

Women (Top 3 GNAC Finishers): 200 Meters - 1, Cree Bell, SMU, 26.85; 2, Madison Vu, SMU, 27.53. 400 Meters - 1, Alisha Saucedo, SMU, 1:02.40. 55-Meter Hurdles - 2, Gabriela Cintron, SMU, 8.82; 3, Alyssa Duncan, SMU, 9.05. Triple Jump - 3, Margaret Zilla, SMU, 37-6.

Men (Top 3 GNAC Finishers): 400 Meters - 1, Jack Farrell, SMU, 54.37; 2, Rudu Wani, SMU, 55.79; 3, Noah Boyd, SMU, 56.59. Pole Vault - 1, Ryan Doidge, SMU, 13-11.25. Long Jump - 3, Andrew Schulz, SMU, 22-5.75.

Sat., Dec. 10

UCCS-Colorado Running Company Pre-Holiday Invite

at Mountain Lion Field House, Colorado Springs, Colo.

Women (Top 3 GNAC Finishers): 4x400 Relay - 3, Saint Martin's (Bell, Vu, Saucedo, Briggs), 4:14.75.

Men (Top 3 GNAC Finishers): None.

Spokane Invitational

at The Podium, Spokane, Wash.

Women (Top 3 GNAC Finishers): 800 Meters - 1, Vanessa Aniteye, SPU, 2:13.04.

Men (Top 3 GNAC Finishers): 800 Meters - 3, Johan Correa, CWU, 1:53.97. Mile - 3, Connor Palmen, WWU, 4:30.05. Weight Throw - 3, Miller Campbell, WWU, 53-4.25.

Fri., Jan. 13 & Sat., Jan. 14

Spokane Indoor Challenge

at The Podium, Spokane, Wash.

Women (Top 3 GNAC Finishers): 60 Hurdles - 3, Lauryn Chandler, CWU, 8.79.

Shot Put - 2, Destany Herbert, NNU, 44-9.

Men (Top 3 GNAC Finishers): High Jump - 1, Steven Schmidt, NNU, 6-8.75.

Shot Put - 1, Dayne Gordien, WOU, 55-1.5.

Sat., Jan. 14

UW Indoor Preview

at Dempsey Indoor, Seattle, Wash.

Women (Top 3 GNAC Finishers): 60 Meters - 1, Marie-Éloïse Leclair, SFU, 7.45.

Men (Top 3 GNAC Finishers): 800 Meters - 3, Jordan Schmidt, SFU, 1:52.06.

Triple Jump - 2, David Njeri, SPU, 48-5.5.