



Jan. 25, 2023 • Week 3
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Jan. 27-Sat., Jan. 28

Simon Fraser at John Thomas Terrier Classic, Boston, Mass.

Alaska Anchorage, Central Washington, Saint Martin's, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at UW Invitational, Seattle, Wash.

Sat., Jan. 28

Montana State Billings at Stacy Dragila Invitational, Pocatello, Idaho

Northwest Nazarene at Inland Northwest Invitational, Spokane, Wash.

LAST WEEK'S MEETS

Fri., Jan. 20 & Sat., Jan. 21

Lauren McCluskey Memorial Open at Kibbie Dome, Moscow, Idaho

Women (Top 3 GNAC Finishers): Triple Jump - 3, Erica Cabanos, CWU, 37-1.75.

Men (Top 3 GNAC Finishers): Heptathlon - 2, Braydon Maier, CWU, 4,851; 3, JJ Walker, WOU, 4,728.

Sat., Jan. 21

Bobcat Challenge

at Brick Breeden Fieldhouse, Bozeman, Mont.

Women (Top 3 GNAC Finishers): Triple Jump - 2, Kendall Lynn, MSUB, 36-9.

Men (Top 3 GNAC Finishers): 800 Meters - 3, Ase Ackerman, MSUB, 1:58.50. Mile - 1, Ase Ackerman, MSUB, 4:19.17.

Sun., Jan. 22

Portland Indoor #1

at Chiles Center, Portland, Ore.

Women (Top 3 GNAC Finishers): 400 Meters - 2, Madeline Lambing, WOU, 1:01.58.

Men (Top 3 GNAC Finishers): 400 Meters - 2, Deshaun Stevens, WOU, 51.84.

#GNACTF in 280

@GNACSports

#SuperSweep Central Washington swept all four GNAC Track and Field Athlete of the Week awards thanks to the team's performances at the Lauren McCluskey Memorial Open.

#MultiLevel Central Washington's **Braydon Maier** took second in the heptathlon at the Lauren McCluskey Memorial Open while Western Oregon's **JJ Walker** took third with a school-record score. Both finished with NCAA Championships provisional qualifying marks.

#NoBarriers Montana State Billings' **Bradley Graves** set a school record in the men's 60-meter hurdles, placing second in the event at the Bobcat Challenge.

#AllIn All nine GNAC squads will compete this weekend with seven teams competing at the UW Invitational on Friday and Saturday.

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Seattle Pacific	@SPUFalcons	
Simon Fraser	@SFU_Athletics	#RepTheLeaf
W. Oregon	@WOUWolves	#HowAboutIt
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GNAC Athletes of the Week



MEN'S TRACK
Johan Correa, Central Washington
 Junior • Kennewick, Wash.

Correa broke the CWU indoor school record in the mile on Friday at the Lauren McCluskey Memorial Open. The top non-Division I placer, his eighth-place time of 4:16.95 bettered the previous record of 4:17.33 set by John Wojtech in 2014 and ranks fifth in the GNAC this season. Correa also placed fourth in the 600 meters in 1:20.14 and ran the third leg of

the Wildcats' fourth-place 4x400-meter relay team.

Also Nominated: Ase Ackerman (Montana State Billings).



MEN'S FIELD
Braydon Maier, Central Washington
 Senior • Selah, Wash.

Maier placed second in the heptathlon with an NCAA Championships provisional qualifying score of 4,851 points. Maier tied for first in the pole vault (14-3.25) and took first in the final event, the 1,000 meters (2:49.04). Maier also had a fifth-place finish in the long jump. Maier's score ranks 20th in Division II this season.

Also Nominated: Bryce Olson (Montana State Billings).



WOMEN'S TRACK
Elise Hopper, Central Washington
 Freshman • Port Orchard, Wash.

Hopper placed fourth in the 400 meters at the Lauren McCluskey Memorial Open on Saturday. Her time of 57.74 seconds leads the GNAC this season.

Also Nominated: Kailee Stoppel (Montana State Billings).



WOMEN'S FIELD
Erica Cabanos, Central Washington
 Senior • Puyallup, Wash.

Cabanos placed third in the triple jump at Saturday's Lauren McCluskey Memorial Open. Her mark of 37 feet, 1.75 inches is third-best in the GNAC this season.

Also Nominated: Kendall Lynn (Montana State Billings).

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
Jan. 16-22	Johan Correa, CWU	Braydon Maier, CWU	Elise Hopper, CWU	Erica Cabanos, CWU

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

Around The GNAC

ALASKA ANCHORAGE



- Alaska Anchorage did not compete last week. The Seawolves will be in action on Friday and Saturday at the UW Invitational in Seattle.
- Hurdlers led Alaska Anchorage in its first meet of the season, The UW Indoor Preview, on Jan. 14.
- 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 25th 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 jump 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.

CENTRAL WASHINGTON



- Central Washington earned all four GNAC Athlete of the Week awards thanks to performances at the Lauren McCluskey Memorial Open, Friday and Saturday in Moscow, Idaho.
- Junior **Johan Correa** was named the Men's Track Athlete of the Week after he set the CWU record in the mile. His eighth-place time of 4:16.95 bettered the previous record of 4:17.33 set by John Wojtech in 2014. Correa also placed fourth in the 600 meters in 1:20.14 and ran the third leg on the Wildcats' fourth-place 4x400-meter relay team.
- Senior **Braydon Maier** was named the Men's Field Athlete of the Week after taking second in the heptathlon with a score of 4,851 points. The NCAA Championships provisional qualifying score ranks 20th in Division II this season. Maier tied for first in the heptathlon pole vault (14-3.25) and was first in the final event, the 1,000 meters (2:49.04).
- Senior **Erica Cabanos** earned Women's Field Athlete of the Week honors after she placed third in the triple jump with a mark of 37 feet, 1.75 inches. The performance is third-best in the GNAC this season.
- Freshman **Elise Hopper** ran to Women's Track Athlete of the Week honors after she placed fourth in the 400 meters with a conference-leading time of 57.74 seconds.
- Sophomore **Drew Klein** also earned an NCAA Championships provisional qualifying score in the heptathlon, placing fourth with 4,726 points to rank 31st in Division II. Klein's best individual event finishes were second in the 1,000 meters (2:49.95) and third in the pole vault (11-7.25).
- Central Washington is right back in action this weekend, traveling to Seattle for the UW Invitational on Friday and Saturday.

MONTANA STATE BILLINGS



- Senior **Ace Ackerman's** victory in the men's mile and sophomore **Bradley Graves'** school record in the men's 60-meter hurdles led Montana State Billings at the Bobcat Challenge, Saturday in Bozeman, Montana.
- Ackerman was a narrow winner in the mile, clocking a time of 4:19.97. After conversion to 4:10.39 for altitude and track size, the time is an NCAA Championships provisional qualifier and ranks 30th in Division II this season. Ackerman also took third in the 800 meters with a time of 1:58.50.
- Graves took second in the 60-meter hurdles with a time of 8.41 seconds that bettered the previous MSUB record of 8.51 set by Austin Lindquist in 2017.
- Junior **Kendall Lynn** took second place in the women's triple jump with a mark of 36 feet, 9 inches.
- Senior **Kailee Stoppel** added a second-place finish in the women's 800 meters with a time of 2:25.86.
- Montana State Billings travels to Pocatello, Idaho this weekend to take part in the Stacy Dragila Invitational on Saturday.

NORTHWEST NAZARENE



- Northwest Nazarene did not compete last week. The Nighthawks return to competition on Saturday at the Inland Northwest Invitational in Spokane.
- 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 Jan. 13 and 14. Herbert placed second in the women's shot put with her mark of 44 feet, 9 inches. The lifetime best ranks 25th in Division II this season.
- 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 ninth in Division II this season and is No. 3 on the GNAC all-time list.
- 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 20th in Division II this season.

Around The GNAC

SAINT MARTIN'S



- Saint Martin's will compete for the first time in nearly two months this Friday and Saturday at the UW Invitational in Seattle.
- 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



- Seattle Pacific did not compete last week. The Falcons return to action close to home at the UW Invitational on Friday and Saturday.
- Another solid effort for senior **Vanessa Aniteye** in the women's 800 meters led Seattle Pacific's efforts at the UW Indoor Preview on Jan. 14. 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 in the event.
- 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 19th 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.



SIMON FRASER

- Simon Fraser did not compete last week. The Red Leafs will split their squad this week, traveling to both the John Thomas Terrier Classic in Boston and the UW Invitational in Seattle.
- Sophomore **Marie-Éloise Leclair's** record run in the women's 60 meters headlined Simon Fraser's performances at the UW Indoor Preview on Jan. 14. 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 NCAA Championships provisional qualifying mark ranks eighth in Division II this season.
- Junior **Jordan Schmidt** 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. 14 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 with 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.

WESTERN OREGON



- Senior **JJ Walker** broke the Western Oregon record in the men's heptathlon as the Wolves sent athletes to both the Lauren McCluskey Memorial Open and the Portland Indoor #1 meet.
- Walker placed third with a score of 4,728 points which bettered the old school record of 4,530 points set by Eric Gaines in 2013. His best individual effort was in the second event, the long jump, with a mark of 21 feet, 2.5 inches.
- Sophomore **Gabriel Burchfield** placed 16th with a score of 3,786 points and won the high jump portion of the competition with a mark of 6 feet, 3.25 inches.
- At the Portland Indoor, the Wolves took second place in both 400-meter races. Junior **Deshawn Stevens** took second in the men's race in 51.84 seconds while junior **Madeline Lambing** was second in the women's race in a time of 1:01.58.
- Freshman **Natalie Perez** added a seventh-place finish in the women's mile, crossing in a time of 5:19.29.
- Western Oregon will join the majority of the conference's squads in Seattle this weekend at the UW Invitational on Friday and Saturday.

WESTERN WASHINGTON



- Western Washington did not compete last week. The Vikings are back to action on Friday and Saturday at the UW Invitational in Seattle.
- Western Washington saw five athletes run school top 10 times in the 800 meters to lead the Vikings' performances at the UW Indoor Preview on Jan. 14.
- 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. 15 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.

GNAC Provisional Qualifiers For NCAA Indoor Championships

MEN'S QUALIFIERS AS OF JAN. 22, 2023

Event	Athlete	Mark	Rank	Date
800 Meters	Jordan Schmidt, SFU	1:52.06	14th	1/14/23
	Will Henry, WWU	1:52.08	15th	1/14/23
Mile	Ase Ackerman, MSUB	4:10.39+	30th	1/20/23
3,000 Meters	Hunter Hutton, WOU	8:16.11	10th	1/14/23
	Scott Arndt, SFU	8:17.20	11th	1/14/23
5,000 Meters	Coleman Nash, UAA	13:59.55+	8th	12/9/22
60 Hurdles	Joshua Wagner, UAA	8.13	25th	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-9th	12/8/22
Triple Jump	David Njeri, SPU	14.77/48-5.5	19th	1/14/23
Shot Put	Dayne Gordien, WOU	16.80/55-1.5	20th	1/13/23
Heptathlon	Steven Schmidt, NNU	5,203	12th	12/8/22
	Braydon Maier, CWU	4,851	20th	1/20/23
	JJ Walker, WOU	4,728	30th	1/20/23
	Drew Klein, CWU	4,726	31st	1/20/23

+ - converted mark for track size & altitude

WOMEN'S QUALIFIERS AS OF JAN. 22, 2023

Event	Athlete	Mark	Rank	Date
60 Meters	Marie-Éloïse Leclair, SFU	7.45	8th	1/14/23
	Abbey Wood, NNU	7.64#	T-32nd	12/8/22
	E'lexis Hollis, CWU	7.66	T-39th	12/10/22
800 Meters	Vanessa Aniteye, SPU	2:10.83	1st	1/14/23
	Marian Ledesma, WWU	2:14.40	13th	1/14/23
60 Hurdles	Laurny Chandler, CWU	8.79	T-25th	1/14/23
Pole Vault	Kinsey Yenor, NNU	3.75/12-3.5	T-20th	12/8/22
Shot Put	Destany Herbert, NNU	13/64/44-9	25th	1/14/23

- converted mark for altitude

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 \(T&FN\)](#)

Men's Indoor Regional & National Indexes

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

No GNAC Teams Ranked In Week 1

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 1 - Jan. 24, 2023

Rk	School	Pts.	Prev.
1.	Pittsburg State	162.85	3
2.	Adams State	162.13	9
3.	UC Colorado Springs	123.18	25
4.	West Texas A&M	106.12	4
5.	Grand Valley State	100.77	1
6.	CSU Pueblo	90.89	13
7.	Academy of Art	86.67	17
8.	Missouri Southern	85.43	26
9.	Lee (Tenn.)	78.91	18
10.	Fort Hays State	77.20	15
11.	Lincoln (Mo.)	75.43	10
12.	Tiffin	70.64	20
13.	Colorado Mesa	64.69	13
14.	Central Missouri	60.60	5
15.	Texas A&M-Kingsville	59.02	20
16.	Findlay	46.93	NR
17.	Nebraska-Kearney	44.25	19
18.	Azusa Pacific	42.30	22
19.	Limestone	41.56	NR
20.	Mississippi College	41.48	NR
21.	Harding	41.05	30
22.	MSU Moorhead	40.33	27
23.	Minnesota State	39.59	6
24.	Walsh	38.73	NR
25.	Northwood	36.07	33

USTFCCCA WEST REGION TEAM INDEX

Week 1 - Jan. 23, 2023

Rk	School	Pts.	Prev.
1.	Azusa Pacific	479.22	—
2.	Academy of Art	459.86	—
3.	Western Washington	287.44	—
4.	Northwest Nazarene	247.70	—
5.	Western Oregon	243.42	—
6.	Central Washington	173.91	—
7.	Simon Fraser	151.09	—
8.	Montana State Billings	139.23	—
9.	Concordia	124.21	—
10.	Seattle Pacific	93.00	—



[Complete Poll Online](#)

Women's Indoor Regional & National Indexes

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

No GNAC Teams Ranked In Week 1

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 1 - Jan. 24, 2023

Rk	School	Pts.	Prev.
1.	Minnesota State	220.54	1
2.	Grand Valley State	170.51	2
3.	NW Missouri St.	156.86	25
4.	Pittsburg State	110.61	5
5.	Azusa Pacific	106.81	3
6.	Lincoln (Mo.)	92.68	12
7.	Adams State	91.06	5
8.	Winona State	77.74	19
9.	Academy of Art	76.67	7
10.	West Texas A&M	76.65	3
11.	Angelo State	58.72	23
12.	New Mexico Highlands	45.42	NR
13.	Cal Poly Pomona	45.28	18
14.	Central Missouri	44.95	14
15.	Findlay	43.23	NR
16.	Hillsdale	42.80	47
17.	Concordia-St. Paul	40.44	22
18.	CSU Pueblo	40.34	11
19.	California (Pa.)	40.19	31
20.	Edinboro	37.01	NR
21.	Ashland	36.81	41
22.	MSU Moorhead	35.89	NR
23.	Indianapolis	35.62	7
24.	Colorado Mesa	32.50	39
25.	Lee (Tenn.)	32.39	16

USTFCCCA WEST REGION TEAM INDEX

Week 1 - Jan. 23, 2023

Rk	School	Pts.	Prev.
1.	Academy of Art	459.96	—
2.	Azusa Pacific	395.00	—
3.	Cal Poly Pomona	227.27	—
4.	Western Washington	205.90	—
5.	Central Washington	189.30	—
6.	Western Oregon	172.36	—
7.	Simon Fraser	150.00	—
8.	Seattle Pacific	136.32	—
9.	Montana State Billings	128.81	—
10.	Concordia	116.74	—



[Complete Poll Online](#)

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.

Fri., Jan. 20 & Sat., Jan. 21

Lauren McCluskey Memorial Open

at Kibbie Dome, Moscow, Idaho

Women (Top 3 GNAC Finishers): Triple Jump - 3, Erica Cabanos, CWU, 37-1.75.

Men (Top 3 GNAC Finishers): Heptathlon - 2, Braydon Maier, CWU, 4,851; 3, JJ Walker, WOU, 4,728.

Sat., Jan. 21

Bobcat Challenge

at Brick Breeden Fieldhouse, Bozeman, Mont.

Women (Top 3 GNAC Finishers): Triple Jump - 2, Kendall Lynn, MSUB, 36-9.

Men (Top 3 GNAC Finishers): 800 Meters - 3, Ase Ackerman, MSUB, 1:58.50.

Mile - 1, Ase Ackerman, MSUB, 4:19.17.

Sun., Jan. 22

Portland Indoor #1

at Chiles Center, Portland, Ore.

Women (Top 3 GNAC Finishers): 400 Meters - 2, Madeline Lambing, WOU, 1:01.58.

Men (Top 3 GNAC Finishers): 400 Meters - 2, Deshaun Stevens, WOU, 51.84.