



Feb. 1, 2023 • Week 4  
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## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

#### Thurs., Feb. 2-Sat., Feb. 4

Central Washington, Northwest Nazarene, Western Washington at WSU Open & Combined Events, Spokane, Wash.

#### Sat., Feb. 4

Northwest Nazarene at EOU Lou Thorne Invite, La Grande, Ore.

#### Sun., Feb. 5

Western Oregon at Portland Indoor #2, Portland, Ore.

Western Oregon at George Fox Indoor Meet #1, Newberg, Ore.

### LAST WEEK'S MEETS

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

#### John Thomas Terrier Classic at BU Track & Tennis Center, Boston, Mass.

**Women (Top 3 GNAC Finishers):** 60 Meters (Invitational) - 3, Marie-Éloïse Leclair, SFU, 4.76. 200 Meters - 3, Marie-Éloïse Leclair, SFU, 23.80. DMR - 2, Simon Fraser (Tasdemir, Leclair, Vanderput, Roxby), 11:52.60. High Jump - 2, Sydney Kania, SFU, 5-5.

**Men (Top 3 GNAC Finishers):** 60 Meters (Invitational) - 3, Jesaiah Penson-McCoy, SFU, 6.99. DMR - 1, Simon Fraser (Good, Schmidt, Allen, Dannatt), 9:42.77.

#### UW Indoor

#### at Dempsey Indoor, Seattle, Wash.

**Women (Top 3 GNAC Finishers):** Weight Throw - 3, Raine Westfall, WWU, 53-2.25.

**Men (Top 3 GNAC Finishers):** DMR - 2, Western Washington (Henry, Le, Bloom, Weber), 9:45.48; 3, Western Oregon (Sanchez, Arce-Torres, Klus, Hutton), 9:46.23. High Jump - 3, Trent Kibler, WWU, 6-2.75. Pole Vault - Braydon Maier, CWU, 15-2.25. Triple Jump - 3, David Njeri, SPU, 47-1.75. Weight Throw - 1, Miller Campbell, WWU, 56-7.5; 3, Angelo Ramos, WWU, 50-5.5.

#### Sat., Jan. 28

#### Inland Northwest Invitational at The Podium, Spokane, Wash.

**Women (Top 3 GNAC Finishers):** 60 Meters - 1, Abbey Wood, NNU, 7.64. 200 Meters - 3, Abbey Wood, NNU, 25.60.

**Men (Top 3 GNAC Finishers):** 200 Meters - 2, Hunter Braseth, NNU, 21.91. 4x400 Relay - 2, Northwest Nazarene (Braseth, Ellis, Wilkins, Durfee), 3:24.84. High Jump - 3, Gerohm Rihari, NNU, 6-3.25. Weight Throw - 3, Dylan Hendry, NNU, 53-4.5.

#### Stacy Dragila Invitational at Holt Arena, Pocatello, Idaho

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

#### Don Holst Open

#### at Nelson Physical Activity Center, Chadron, Neb.

**Women (Top 3 GNAC Finishers):** 60 Meters - 2, Madison Thompson, MSUB, 8.09; 3, Mya Richardson, MSUB, 8.12. 200 Meters - 2, Tatum Hull, MSUB, 27.11. 800 Meters - 1, Kailee Stoppel, MSUB, 2:24.26. 3,000 Meters - 3, Carey Berendsen, MSUB, 12:12.2h. 60 Hurdles - 1, Tatum Hull, MSUB, 9.52. 4x400 Relay - 2, Montana State Billings (Klein, Richardson, Hamill, Severson), 4:22.44; 3, Montana State Billings (Clark, Bohl, Chase, Siegle), 4:27.95. Long Jump - 1, Kendall Lynn, MSUB, 16-9.25; 2, Madison Thompson, MSUB, 16-8.75. Triple Jump - 1, Kendall Lynn, MSUB, 36-8.25; 3, Tatum Hull, MSUB, 35-0.5.

**Men (Top 3 GNAC Finishers):** 60 Meters - 2, Ben Ralston, MSUB, 7.06. 200 Meters - 2, Ben Ralston, MSUB, 23.38; 3, William Ullery, MSUB, 23.84. Mile - 1, Ase Ackerman, MSUB, 4:20.17. 4x400 Relay - 2, Montana State Billings (Jessop, Graves, Bailey, McCullough), 3:46.79. Triple Jump - 1, Garrett McMillen, MSUB, 41-3.75.

## #GNACTF in 280

### @GNACSports

**#BorderPatrol** Simon Fraser turned in six top-three finishes in the high-powered John Thomas Terrier Classic, earning selection as the GNAC Team of the Week.

**#BrokenRecord** The Red Leafs' Marie-Éloïse Leclair now owns all four women's GNAC short sprint records, indoors and outdoors, after running 23.80 seconds in the 200 in Boston to set that conference record.

**#GoldenMedley** Conference teams from Simon Fraser, Western Washington and Western Oregon now own Division II's top three spots in the distance medley relay after last weekend's performances.

**#QualifyingMarks** A total of 17 athletes in 11 different events earned or improved provisional qualifying marks for the NCAA Division II Championships last weekend.

## Get Social

### Twitter Accounts/Hashtags For GNAC Track & Field Programs

GNAC	@GNACSports	#GNACTF
Alaska Anchorage	@UAASeawolves	#JAASeawolves
Cent. Washington	@CWUathletics	#ReignCrimson
MSU Billings	@MSUBSports	#MSUBTF
NW Nazarene	@NNUSports	
Saint Martin's	@SMUSaints	#SaintsStrong
Seattle Pacific	@SPUFalcons	
Simon Fraser	@SFU_Athletics	#RepTheLeaf
W. Oregon	@WOUWolves	#HowAboutIt
W. Washington	@WWUathletics	#VIKtorious

# GNAC Athletes of the Week



## MEN'S TRACK

**Charlie Dannatt, Simon Fraser  
Junior • North Vancouver, B.C.**

Dannatt moved into No. 3 on the GNAC all-time list in the 3,000 meters, running 7:58.32 in the event on Friday at the John Thomas Terrier Classic. He is just the third athlete in GNAC history to under eight minutes. The NCAA Championships provisional qualifying time ranks No. 4 in Division II this season.

Dannatt also ran the anchor leg on the Red Leafs'

distance medley relay team which won in 9:42.77. That NCAA Championships provisional qualifying time leads Division II this season.

**Also Nominated:** Coleman Nash (Alaska Anchorage), Aiden Wise (Central Washington), Ase Ackerman (Montana State Billings), Brayden Durfee (Northwest Nazarene), Drew Weber (Western Washington).



## MEN'S FIELD

**Miller Campbell, Western Washington  
Sophomore • Bremerton, Wash.**

Campbell won the weight throw at the UW Invitational with a season-best mark of 56 feet, 7.5 inches, scoring a four-inch victory over Utah State's Nate Franz. The mark leads the GNAC and improved Campbell's No. 4 mark on the Western Washington all-time list.

**Also Nominated:** Collin Sample (Alaska Anchorage), Braydon Maier (Central Washington), Dylan Hendry (Northwest Nazarene), Blake Furtado (Simon Fraser).



## WOMEN'S TRACK

**Marie-Éloïse Leclair, Simon Fraser  
Sophomore • Candiac, Que.**

Leclair set the GNAC record in the indoor 200 meters at the John Thomas Terrier Classic. Her third-place time of 23.80 seconds broke the previous record of 24.09 seconds set by Jamie Ashcroft of Alaska Anchorage in 2017 and is the fastest time by a Canadian athlete this season. The NCAA Championships provisional qualifying time ranks No.

4 in Division II this season. Leclair also finished third in the 60 meters in 7.46 seconds and ran the second leg on the Red Leafs' distance medley relay team that placed second in 11:52.60. The NCAA Championships provisional qualifying time ranks No. 2 in Division II this season.

**Also Nominated:** Joei Vidad (Alaska Anchorage), E'lexis Hollis (Central Washington), Tatum Hull (Montana State Billings), Abbey Wood (Northwest Nazarene), Vanessa Aniteye (Seattle Pacific), Matty Lagerwey (Western Washington).



## WOMEN'S FIELD

**Kendall Lynn, Montana State Billings  
Sophomore • Three Forks, Mont.**

Lynn won both horizontal jumps at the Don Holst Open on Saturday. Lynn won the long jump with a mark of 16 feet, 9.25 inches, finishing less than an inch ahead of teammate Madison Thompson. She was a winner by almost a foot in the triple jump with a leap of 36 feet, 8.25 inches.

**Also Nominated:** Destany Hebert (Northwest Nazarene), Kennedy Primrose (Simon Fraser), Katie Potts (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
Jan. 16-22	Johan Correa, CWU	Braydon Maier, CWU	Elise Hopper, CWU	Erica Cabanos, CWU
Jan. 23-29	Charlie Dannatt, SFU	Miller Campbell, WWU	Marie-Éloïse Leclair, SFU	Kendall Lynn, MSUB

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

# Around The GNAC

## ALASKA ANCHORAGE



- Sophomore **Coleman Nash's** school record in the men's 3,000 meters paced Alaska Anchorage's performances at the UW Invitational.

- Nash placed seventh in the race and was the top non-Division I or open finisher. His time of 8:03.41 broke the previous record of 8:07.23 set by Dominik Notz in 2017 and ranks No. 4 on the GNAC all-time list. The NCAA

Championships provisional qualifying time ranks No. 9 in Division II this season.

- Senior **Collin Sample** placed fourth in both horizontal jumps, leaping 22 feet, 10.5 inches in the men's long jump and 45 feet, 5 inches in the men's triple jump. Both rank among the top-five marks in UAA history.

- Junior **Joshua Wagner** had the fourth-fastest time in the prelims of the men's 60-meter hurdles in 8.39 seconds but did not compete in the finals. Junior **Kevin Angarita** added a fourth-place finish in the men's 400 meters in a league-leading 49.47 seconds.

- Junior **Joel Vidar** had the top women's individual finish for the Seawolves, placing 19th in the 400 meters in 59.78 seconds. Sophomore **Blanca De Arvizu Sarrias** placed 21st in 1:00.49. The UAA women's 4x400-meter relay team finished ninth in 4:00.96.

- Alaska Anchorage will not compete again until Fri., Feb. 10 and Sat., Feb. 11, sending athletes to both the Husky Classic in Seattle and the Whitworth Invitational in Spokane, Washington.

## CENTRAL WASHINGTON



- A trio of top-four finishes and a school record in the women's 60 meters for junior **Elexis Hollis** led Central Washington's performances at the UW Invitational.

- Hollis placed fourth in the 60 meters in a time of 7.57 seconds, which surpassed her own school record set in 2022. The NCAA Championships provisional qualifying time ranks No. 4 on the GNAC all-time list and is tied for 19th in

Division II this season.

- Senior **Braydon Maier** captured third place in the men's pole vault with a league-leading mark of 15 feet, 2.25 inches. It is the best mark in the conference this season by 14 inches.

- Senior **Lauryl Chandler** added a sixth-place finish in the women's 60-meter hurdles with a time of 9.01 seconds. She clocked a season-best 8.77 seconds in the preliminaries. The NCAA Championships provisional qualifying time is tied for 28th in Division II this season.

- Sophomore **Aidan Wise** added a fourth-place finish in the men's 60-meter hurdles with a time of 8.55 seconds.

- Senior **Angus Beaton** had the other top-five finish for the Wildcats, placing fourth in the men's weight throw with a mark of 48 feet, 7.5 inches.

- Central Washington returns to action this weekend, sending athletes to the WSU Open & Combined Events in Spokane.

## MONTANA STATE BILLINGS



- Junior **Kendall Lynn's** two victories in the horizontal jumps lead Montana State Billings' performances at the Don Holst Open in Chadron, Nebraska.

- Lynn was a winner in the long jump with a mark of 16 feet, 9.25 inches, which was less than an inch ahead of teammate Madison Thompson. Lynn was a winner by 10 inches in the

triple jump with a mark of 36 feet, 8.25 inches. The two victories earned Lynn selection as the GNAC Women's Field Athlete of the Week.

- Senior **Kailee Stoppel** won the women's 800 meters in a time of 2:24.26 and then turned around to place fourth in the mile in a time of 5:34.97.

- Freshman **Tatum Hull** won the women's 60-meter hurdles in 9.52 seconds and also placed third in the triple jump with a mark of 35 feet, 0.5 inches.

- Sophomore **Garrett McMillen** was the lone MSUB men's winner and gave the Yellowjackets a sweep of the triple jump. McMillen won the men's event with a mark of 41 feet, 3.75 inches.

- Montana State Billings also sent a limited number of athletes to the Stacy Dragila Invitational in Pocatello, Idaho. Sophomore **Ben Ralston** was the top finisher at Holt Arena, placing 15th in the prelims of the men's 60 meters in 7.28 seconds.

- Montana State Billings will not compete again until Feb. 10 and 11, heading west to take part in the Whitworth Invitational in Spokane.

## NORTHWEST NAZARENE



- Senior **Abbey Wood's** victory in the women's 60 meters headline Northwest Nazarene's efforts at the Inland Northwest Invitational on Saturday in Spokane.

- Wood clocked 7.67 seconds for the top time in the preliminary heats and went on to win the finals in a time of 7.64 seconds. Wood also placed third in the women's 200 meters in a time of 25.60 seconds, which ranks No. 3 on the

NNU all-time list.

- Sophomore **Hunter Braseth** was the top NNU men's runner, placing second in the 200 meters in a time of 21.91 seconds. Senior **Brayden Durfee** added a fifth-place finish in the men's 60 meters in 6.97 seconds.

- In the field events, senior **Dylan Hendry** finished third in the men's weight throw with a mark of 53 feet, 4.5 inches. Sophomore **Gerohm Rihari** added a third-place finish in the men's high jump, clearing 6 feet, 3.25 inches.

- Junior **Destany Herbert** was the top NNU women's field-event finisher, placing sixth in the women's shot put with a mark of 42 feet, 8.25 inches.

- The Nighthawks men's 4x400-meter relay team placed second with a time of 3:24.84, less than a second behind Eastern Washington. The NNU women's 4x400-meter relay team was fourth in a time of 4:04.86.

- Northwest Nazarene will compete as a split squad this weekend, sending athletes to both the WSU Open & Combined Events in Spokane and to the EOU Lou Thorne Invite on Saturday in La Grande, Oregon.

# Around The GNAC

## SAINT MARTIN'S



- Saint Martin's set a school record in the men's distance medley relay, leading the Saints' performances at the UW Invitational in Seattle.
- The team of sophomore **Isaac Cortes**, freshman **Nicholas Georgia**, senior **Jack Farrell** and sophomore **Kainalu Pagente** placed ninth with a time of 10:18.18 to break the previous record of 10:19.70 set in 2005.
- Freshman **Jocelyn Saribay** was the Saints' top women's finisher, placing eighth in the weight throw with a lifetime best of 49 feet, 2.5 inches.
- Freshman **Hewie Nguyen** led Saint Martin's individual men's finishes, placing seventh in the triple jump with a mark of 42 feet, 8.75 inches and eighth in the long jump with a mark of 21 feet, 9 inches.
- The UW Invitational was Saint Martin's first meet since taking part in meets in Wyoming and Colorado on Dec. 9 and 10. The Saints will not compete again until the Whitworth Invitational on Feb. 10 in Spokane.

## SEATTLE PACIFIC



- Senior **Vanessa Aniteye** lowered her Division II best in the women's 800 meters to pace Seattle Pacific's performances at the UW Invitational.
- Aniteye led from start to finish in her heat, winning the heat in a time of 2:08.74 and finishing 11th overall. Her NCAA Championships provisional qualifying time is nearly a second better than the No. 2 time in Division II of 2:09.63 by Adams State's Ava O'Connor.
- The women's pole vault yielded two top-10 individual finishes. Freshman **Kayla Tassara** tied for fifth and junior **Lizzy Daugherty** was sixth, both with a mark of 11 feet, 4.25 inches. Freshman **Hannah Chang** added a 14th-place finish in the women's long jump at 16 feet, 9.75 inches.
- In the men's pole vault, junior **Brad Bowman** tied for sixth place while junior **Kainoa Lee** tied for eighth, both with marks of 13 feet, 10.5 inches.
- Senior **David Njeri** added another top-three finish in the men's triple jump, placing third with a mark of 47 feet, 1.75 inches.
- The SPU men's 4x400-meter relay team placed sixth in a time of 3:25.73 while the Falcons women's team placed seventh in 3:57.63.
- Seattle Pacific will not compete again until Feb. 10 and 11, returning to Dempsey Indoor to take part in the Husky Classic.



## SIMON FRASER

- Sophomore **Marie-Éloïse Leclair's** GNAC record in the women's 200 meters and a Division II-leading time in the men's distance medley relay led an impressive Simon Fraser performance at the John Thomas Terrier Classic in Boston.
- Leclair placed third in the 200 meters in a time of 23.80 seconds, bettering the previous GNAC record of 24.09 set by Alaska Anchorage's Jamie Ashcroft in 2017. The time leads Division II and is the fastest time run by a Canadian this season. Leclair also placed third in the invitational section of the 60 meters in 7.46 seconds. The efforts earn Leclair selection as the GNAC Women's Track Athlete of the Week.
- The men's DMR of sophomores **Aiden Good**, **Jordan Schmidt** and **Felix Allen** and junior **Charlie Dannatt** won in a time of 9:42.77. The NCAA Championships provisional qualifying time leads Division II this season and is No. 5 on the GNAC all-time list.

- Dannatt also ran the third-fastest men's 3,000 meters in GNAC history, placing 21st in a time of 7:58.32. That put Dannatt No. 3 on the GNAC all-time list and ranks fourth in Division II this season. The performance earned Dannatt selection as the GNAC Men's Track Athlete of the Week.
- The women's DMR of freshman **Selin Tasdemir**, Leclair, sophomore **Elizabeth Vanderput** and junior **Megan Roxby** placed second in 11:52.60.
- Roxby went on to run 4:48.70 in the women's mile, moving to No. 9 on the GNAC all-time list and ranking fourth in Division II this season.
- Sophomore **Sydney Kania** placed second in the women's high jump at 5 feet, 5 inches while sophomore **Jesaiah Person-McCoy** placed third in the invitational section of the men's 60 meters with a league-leading time of 6.99 seconds.
- The outstanding effort in Boston earned SFU selection as the GNAC Team of the Week.
- Simon Fraser also set a handful of athletes to the UW Invitational. The crew was led by sophomore **Kennedy Primrose**, who placed seventh in the women's triple jump at 36 feet, 4.25 inches.
- The Simon Fraser women are ranked No. 12 in the USTFCCA Division II Team Index. The Red Leafs' men are ranked No. 20.
- Simon Fraser competes again on Feb. 10 and 11, sending athletes to the David Hemery Valentine Invitational in Boston and the Husky Classic in Spokane.



## WESTERN OREGON

- Senior **Bailey Smith** broke the Western Oregon record in the men's 5,000 meters, leading the Wolves' performances at the UW Invitational.
- Smith finished 16th overall in a time of 14:32.41 to surpass the previous WOU record of 14:32.66 set by current Seattle Pacific assistant coach and former Klamath Union Pelican Chris Reed in 2010.
- The Wolves' men's distance medley relay team of sophomore **Keeton Sanchez**, senior **Gabe Arce-Torres**, sophomore **Emmett Klus** and junior **Hunter Hutton** placed third in a time of 9:46.23. The NCAA Championships provisional qualifying time ranks No. 8 on the GNAC all-time list and is No. 3 in Division II this season.
- Hutton also added an NCAA Championships provisional qualifying time in the men's mile. His 18th-place time of 4:05.31 leads the GNAC and ranks 13th in Division II this season.
- In the men's field events, junior **Marlon Harrison** placed fifth in the triple jump with a mark of 45 feet, 3.75 inches while sophomore **Tyler White** was sixth at 43 feet, 0.5 inches. Junior **JJ Walker** was sixth in the pole vault with a clearance of 13 feet, 10.5 inches.
- The women's field events were led by sophomore **Amity Deters**, who placed seventh in the high jump with a clearance of 5 feet, 3 inches. Junior **Ana Popchock** took ninth in the triple jump with a mark of 35 feet, 6 inches.
- Western Oregon will send some athletes to the WSU Open & Combined Events in Spokane while others will compete in the Portland Indoor #2 and the George Fox Indoor Meet #1, which both take place on Sunday.

# Around The GNAC

## WESTERN WASHINGTON



• A school-record performance by the men's distance medley relay team and sophomore **Miller Campbell's** win in the men's weight throw led Western Washington's efforts at the UW Invitational.

• The team of sophomore **Will Henry**, sophomore **Brian Le**, freshman **Jonah Bloom** and junior **Drew Weber** shattered the WWU record in the DMR, taking second in a time of

9:45.48. The Vikings were just two seconds back of Division I powerhouse Oregon. The NCAA Championships provisional qualifying time ranks No. 7 on the GNAC all-time list and is No. 2 in Division II this season.

• Campbell was named the GNAC Men's Field Athlete of the Week after winning the weight throw with a mark of 56 feet, 7.5 inches. The throw leads the GNAC this season. Freshman **Angelo Ramos** placed third with a mark of 50 feet, 5.5 inches.

• Junior **Raine Westfall** picked up a third-place finish in the women's weight throw with a mark of 53 feet, 2.25 inches. Sophomore **Trent Kibler** added a third-place performance in the men's high jump, clearing 6 feet, 2.75 inches.

• In addition to his work on the DMR, Weber picked up an NCAA Championships provisional qualifying mark in men's 800 meters. His time of 1:50.36 placed fifth and ranks fourth in Division II this season.

• Henry also earned an NCAA Championships provisional qualifying mark in the men's mile with a time of 4:10.37 that ranks 47th in Division II.

• Junior **Andrew Oslin** captured an NCAA Championships provisional qualifying time in the men's 5,000 meters. His time of 14:28.35 placed 11th and ranks 33rd in Division II this season.

• The Western Washington men are ranked No. 23 in this week's USTFCCA Division II Team Index.

• Western Washington will return to action on Feb. 10 and 11, competing in the Husky Classic in Seattle.

## 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 Provisional Qualifiers For NCAA Indoor Championships

## MEN'S QUALIFIERS AS OF JAN. 29, 2023

Event	Athlete	Mark	Rank	Date
<b>800 Meters</b>	Drew Weber, WWU	1:50.36	4th	1/27/23
	Jordan Schmidt, SFU	1:52.06	20th	1/14/23
	Will Henry, WWU	1:52.08	21st	1/14/23
<b>Mile</b>	Hunter Hutton, WOU	4:05.31	13th	1/27/23
	Aiden Good, SFU	4:09.75	44th	1/27/23
	Will Henry, WWU	4:10.17	47th	1/27/23
<b>3,000 Meters</b>	Ase Ackerman, MSUB	4:10.39+	52nd	1/20/23
	Charlie Dannatt, SFU	7:58.32	4th	1/27/23
	Coleman Nash, UAA	8:03.41	9th	1/27/23
	Sebastian Brinkman, SFU	8:15.85	22nd	1/27/23
	Hunter Hutton, WOU	8:16.11	23rd	1/14/23
	Scott Arndt, SFU	8:17.20	24th	1/14/23
<b>5,000 Meters</b>	Ephrem Mekonnen, SFU	8:18.32	27th	1/27/23
	Coleman Nash, UAA	13:59.55+	8th	12/9/22
	Andrew Oslin, WWU	14:28.35	33rd	1/27/23
<b>60 Hurdles</b>	Joshua Wagner, UAA	8.13	27th	1/14/23
<b>DMR</b>	Simon Fraser	9:42.77	1st	1/27/23
	Good, Schmidt, Allen, Dannatt			
	Western Washington	9:45.48	2nd	1/27/23
	Henry, Le, Bloom, Weber			
	Western Oregon	9:46.23	3rd	1/27/23
	Sanchez, Arce-Torres, Klus, Hutton			
<b>High Jump</b>	Steven Schmidt, NNU	2.11/6-11	T-11th	12/8/22
<b>Triple Jump</b>	David Njeri, SPU	14.77/48-5.5	22nd	1/14/23
<b>Shot Put</b>	Dayne Gordien, WOU	16.80/55-1.5	21st	1/13/23
<b>Heptathlon</b>	Steven Schmidt, NNU	5,203	12th	12/8/22
	Braydon Maier, CWU	4,851	22nd	1/20/23
	JJ Walker, WOU	4,728	32nd	1/20/23
	Drew Klein, CWU	4,726	33rd	1/20/23

+ - converted mark for track size & altitude

## WOMEN'S QUALIFIERS AS OF JAN. 29, 2023

Event	Athlete	Mark	Rank	Date
<b>60 Meters</b>	Marie-Éloïse Leclair, SFU	7.45	8th	1/14/23
	E'lexis Hollis, CWU	7.57	T-19th	1/27/23
	Abbey Wood, NNU	7.64#	T-38th	12/8/22
<b>200 Meters</b>	Marie-Éloïse Leclair, SFU	23.80	4th	1/27/23
<b>800 Meters</b>	Vanessa Aniteye, SPU	2:08.74	1st	1/27/23
	Marian Ledesma, WWU	2:14.40	25th	1/14/23
<b>Mile</b>	Megan Roxby, SFU	4:48.70	4th	1/27/23
<b>60 Hurdles</b>	Lauryn Chandler, CWU	8.77	T-28th	1/27/23
<b>DMR</b>	Simon Fraser	11:52.60	2nd	1/27/23
	Tasdemir, Leclair, Vanderput, Roxby			
<b>Pole Vault</b>	Kinsey Yenor, NNU	3.75/12-3.5	T-23rd	12/8/22
<b>Shot Put</b>	Destany Herbert, NNU	13/64/44-9	T-27th	1/14/23

# - converted mark for altitude

# Men's Indoor Regional & National Indexes

## GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

No GNAC Teams Ranked In Week 1

National	SFU	WWU
Jan. 24	—	—
Jan. 31	20th	23rd

## USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 2 - Jan. 31, 2023

Rk	School	Pts.	Prev.
1.	Pittsburg State	204.98	1
2.	Adams State	196.37	2
3.	West Texas A&M	131.39	4
4.	UC Colorado Springs	97.49	3
5.	Grand Valley State	91.63	5
6.	CSU Pueblo	84.39	6
7.	Missouri Southern	77.31	8
8.	Mississippi College	69.65	20
9.	Fort Hays State	68.29	10
10.	Tiffin	66.92	12
11.	Academy of Art	66.17	7
12.	Colorado Mines	64.26	42
13.	Central Missouri	60.72	14
14.	Lincoln (Mo.)	57.79	11
15.	Texas A&M-Kingsville	51.85	15
16.	Colorado Mesa	50.49	13
17.	Findlay	47.97	16
18.	Minnesota State	44.41	23
19.	Lee (Tenn.)	41.88	9
20.	<b>Simon Fraser</b>	<b>41.72</b>	<b>58</b>
21.	Nebraska-Kearney	40.26	17
22.	Walsh	37.46	24
23.	<b>Western Washington</b>	<b>36.72</b>	<b>80</b>
24.	Azusa Pacific	35.30	18
25.	Limestone	34.42	19

## USTFCCCA WEST REGION TEAM INDEX

Week 2 - Jan. 30, 2023

Rk	School	Pts.	Prev.
1.	Azusa Pacific	432.00	1
2.	Academy of Art	404.97	2
3.	<b>Western Washington</b>	<b>370.84</b>	<b>3</b>
4.	<b>Western Oregon</b>	<b>289.34</b>	<b>5</b>
5.	<b>Northwest Nazarene</b>	<b>257.42</b>	<b>4</b>
6.	<b>Simon Fraser</b>	<b>212.45</b>	<b>7</b>
7.	<b>Central Washington</b>	<b>162.77</b>	<b>6</b>
8.	<b>Alaska Anchorage</b>	<b>123.73</b>	<b>11</b>
9.	Fresno Pacific	119.82	NR
10.	<b>Montana State Billings</b>	<b>87.35</b>	<b>8</b>



[Complete Poll Online](#)

# Women's Indoor Regional & National Indexes

## GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	SFU
Jan. 24	—
Jan. 31	12th

## USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 2 - Jan. 31, 2023

Rk	School	Pts.	Prev.
1.	Minnesota State	212.47	1
2.	Grand Valley State	174.18	2
3.	Pittsburg St.	126.58	4
4.	NW Missouri State	110.52	3
5.	Adams State	110.04	7
6.	Azusa Pacific	95.38	5
7.	Winona State	89.27	8
8.	West Texas A&M	80.14	10
9.	Lincoln (Mo.)	75.77	6
10.	Colorado Mines	64.74	26
11.	Angelo State	62.59	11
12.	<b>Simon Fraser</b>	<b>59.44</b>	<b>58</b>
13.	Central Missouri	49.54	14
14.	Findlay	47.73	15
15.	California (Pa.)	47.09	19
16.	UC Colorado Springs	46.47	35
17.	Indianapolis	46.25	23
18.	Cal Poly Pomona	45.08	13
19.	Academy of Art	42.74	9
20.	Concordia-St. Paul	38.55	17
21.	New Mexico Highlands	38.19	12
22.	MSU Moorhead	34.99	22
23.	Missouri Southern	32.67	27
24.	Western Colorado	32.58	28
25.	Edinboro	30.72	20

## USTFCCCA WEST REGION TEAM INDEX

Week 2 - Jan. 30, 2023

Rk	School	Pts.	Prev.
1.	Azusa Pacific	373.30	2
2.	Academy of Art	367.14	1
3.	Cal Poly Pomona	258.23	3
4.	<b>Western Washington</b>	<b>230.43</b>	<b>4</b>
5.	<b>Western Oregon</b>	<b>212.22</b>	<b>6</b>
6.	<b>Simon Fraser</b>	<b>192.60</b>	<b>7</b>
7.	<b>Central Washington</b>	<b>170.43</b>	<b>5</b>
8.	<b>Seattle Pacific</b>	<b>151.49</b>	<b>8</b>
9.	<b>Northwest Nazarene</b>	<b>106.60</b>	<b>11</b>
10.	<b>Montana State Billings</b>	<b>83.32</b>	<b>9</b>



[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	23.80	Marie-Éloïse Leclair, Simon Fraser (2023)
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 Walling, 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.

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

**John Thomas Terrier Classic**

**at BU Track & Tennis Center, Boston, Mass.**

**Women (Top 3 GNAC Finishers):** 60 Meters (Invitational) - 3, Marie-Éloïse Leclair, SFU, 7.46. 200 Meters - 3, Marie-Éloïse Leclair, SFU, 23.80. DMR - 2, Simon Fraser (Tasdemir, Leclair, Vanderput, Roxby), 11:52.60. High Jump - 2, Sydney Kania, SFU, 5-5.

**Men (Top 3 GNAC Finishers):** 60 Meters (Invitational) - 3, Jesaiah Pen-son-Mccoy, SFU, 6.99. DMR - 1, Simon Fraser (Good, Schmidt, Allen, Dannatt), 9:42.77.

**UW Indoor**

**at Dempsey Indoor, Seattle, Wash.**

**Women (Top 3 GNAC Finishers):** Weight Throw - 3, Raine Westfall, WWU, 53-2.25.

**Men (Top 3 GNAC Finishers):** DMR - 2, Western Washington (Henry, Le, Bloom, Weber), 9:45.48; 3, Western Oregon (Sanchez, Arce-Torres, Klus, Hutton), 9:46.23. High Jump - 3, Trent Kibler, WWU, 6-2.75. Pole Vault - Braydon Maier, CWU, 15-2.25. Triple Jump - 3, David Njeri, SPU, 47-1.75. Weight Throw - 1, Miller Campbell, WWU, 56-7.5; 3, Angelo Ramos, WWU, 50-5.5.

# 2022-23 GNAC Indoor Meet Summaries

**Sat., Jan. 28**

## **Inland Northwest Invitational**

**at The Podium, Spokane, Wash.**

**Women (Top 3 GNAC Finishers):** 60 Meters - 1, Abbey Wood, NNU, 7.64. 200 Meters - 3, Abbey Wood, NNU, 25.60.

**Men (Top 3 GNAC Finishers):** 200 Meters - 2, Hunter Braseth, NNU, 21.91. 4x400 Relay - 2, Northwest Nazarene (Braseth, Ellis, Wilkins, Durfee), 3:24.84. High Jump - 3, Gerohm Rihari, NNU, 6-3.25. Weight Throw - 3, Dylan Hendry, NNU, 53-4.5.

## **Stacy Dragila Invitational**

**at Holt Arena, Pocatello, Idaho**

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

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

## **Don Holst Open**

**at Nelson Physical Activity Center, Chadron, Neb.**

**Women (Top 3 GNAC Finishers):** 60 Meters - 2, Madison Thompson, MSUB, 8.09; 3, Mya Richardson, MSUB, 8.12. 200 Meters - 2, Tatum Hull, MSUB, 27.11. 800 Meters - 1, Kailee Stoppel, MSUB, 2:24.26. 3,000 Meters - 3, Carey Berendsen, MSUB, 12:12.2h. 60 Hurdles - 1, Tatum Hull, MSUB, 9.52. 4x400 Relay - 2, Montana State Billings (Klein, Richardson, Hamill, Severson), 4:22.44; 3, Montana State Billings (Clark, Bohl, Chase, Siegle), 4:27.95. Long Jump - 1, Kendall Lynn, MSUB, 16-9.25; 2, Madison Thompson, MSUB, 16-8.75. Triple Jump - 1, Kendall Lynn, MSUB, 36-8.25; 3, Tatum Hull, MSUB, 35-0.5.

**Men (Top 3 GNAC Finishers):** 60 Meters - 2, Ben Ralston, MSUB, 7.06. 200 Meters - 2, Ben Ralston, MSUB, 23.38; 3, William Ullery, MSUB, 23.84. Mile - 1, Ase Ackerman, MSUB, 4:20.17. 4x400 Relay - 2, Montana State Billings (Jesop, Graves, Bailey, McCullough), 3:46.79. Triple Jump - 1, Garrett McMillen, MSUB, 41-3.75.