



Feb. 9, 2023 • Week 5
 GNACSports.com • @GNACSports

Contact: Blake Timm, Assistant Commissioner For Communications
 503-805-8756 • btimm@gnacsports.com

GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Feb. 10 & Sat., Feb. 11

Alaska Anchorage, Central Washington, Montana State Billings, Northwest Nazarene, Saint Martin's, Western Washington at Whitworth Invitational, Spokane, Wash.

Alaska Anchorage, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at Husky Classic, Seattle, Wash.

Simon Fraser, Western Washington at David Hemery Valentine Classic, Boston, Mass.

LAST WEEK'S MEETS

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

WSU Open & Combined Events at The Podium, Spokane, Wash.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): Heptathlon - 3, Steven Schmidt, NNU, 5,266.

Sat., Feb. 4

EOU Lou Thorne Invite

at EOU Fieldhouse, La Grande, Ore.

Women (Top 3 GNAC Finishers): 60 Meters - 1, Abbey Wood, NNU, 7.69. 400 Meters - 1, Laine DeJong, NNU, 1:00.34; 2, Alejandra Gomez, NNU, 1:02.30; 3, Hailey Graham, NNU, 1:02.37. 800 Meters - 1, Keelin Stewart, NNU, 2:31.43. Mile - 1, Morgan Erler, NNU, 5:25.83. 3,000 Meters - 1, Olivia Klein, NNU, 11:04.59; 2, Katelyn Van Zanten, NNU, 12:47.18. Pole Vault - 1, Kinsey Yenor, NNU, 12-10.25. Triple Jump - 3, Ellie Alberts, NNU, 34-1.25. Shot Put - 1, Destany Herbert, NNU, 45-9.25. Weight Throw - 3, Destany Herbert, NNU, 47-5.

Men (Top 3 GNAC Finishers): 200 Meters - 1, Brayden Durfee, NNU, 22.90; 2, Hunter Braseth,

3, Sylvanus Hunt, NNU, 23.20. 400 Meters - 1, Brayden Durfee, NNU, 51.14; 3, Anderson Kron, NNU, 51.81. 800 Meters - 2, Jonah Rau, NNU, 2:04.29; 3, Norman Kosgei, NNU, 2:08.36. Mile - 3, Quincy Ellis, NNU, 4:24.74. 3,000 Meters - 3, Brody Kemble, NNU, 8:59.52. 60 Hurdles - 3, Anderson Kron, NNU, 8.54. High Jump - Tie 2, Jacob Steele, NNU, 6-3.25; Tie 2, Gerohm Rihari, NNU, 6-3.25. Long Jump - 1, Gerohm Rihari, NNU, 22-8. Triple Jump - 3, Colton Sedlacek, NNU, 41-6.5. Shot Put - 2, Dylan Hendry, NNU, 48-8.75; 3, Jacob Kiesman, NNU, 46-10. Weight Throw - 1, Dylan Hendry, NNU, 54-2.75; 3, Derek Knight, NNU, 50-3.25.

Sun., Feb. 5

Portland Indoor Meet #2

at Chiles Center, Portland, Ore.

Women (Top 3 GNAC Results): None.

Men (Top 3 GNAC Results): None.

George Fox Indoor

at GFU Multi-Use Facility, Newberg, Ore.

Women (Top 3 GNAC Finishers): 60 Meters - 1, Maliyah Thompson, WOU, 7.75; 2, Ujunwa Nwokoma, WOU, 8.03. 60 Hurdles - 1, Maliyah Thompson, WOU, 9.05; 3, Ana Popchock, WOU, 9.31. Long Jump - 1, Ukunwa Nwokoma, WOU, 18-4.5; 3, Maliyah Thompson, WOU, 17-0.5. Weight Throw - 2, Emilia Carpenter, WOU, 49-8.25; 3, Lilianna Lyness, WOU, 48-3.25.

Men (Top 3 GNAC Finishers): 60 Hurdles - 1, Justin Conklin, WOU, 8.55; 2, Gabe Burchfield, WOU, 8.79. Shot Put - 1, Dayne Gordien, WOU, 56-4. Weight Throw - 3, Mark Warren, WOU, 47-8.

#GNACTF in 280

@GNACSports

#MultiMoments Northwest Nazarene's **Steven Schmidt** improved his marks on the GNAC all-time list and on the NCAA Championships provisional qualifying lists in both the heptathlon and the high jump, earning GNAC Men's Field Athlete of the Week honors.

#PolePosition The Nighthawks' **Kinsey Yenor** earned the GNAC Women's Field Athlete of the Week as she set an NNU record in the pole vault and moved into a tie for second on the GNAC all-time list.

#WolvesSweep Western Oregon's **Justin Conklin** and **Maliyah Thompson** swept the GNAC Track Athlete of the Week awards after winning sprint events at the George Fox Indoor.

#LastChance All nine GNAC teams will be in action on the final weekend of meets before the GNAC Indoor Championships on Feb. 20 and 21.

Get Social

Twitter Accounts/Hashtags For GNAC Track & Field Programs

| GNAC | @GNACSports | #GNACTF |
|------------------|----------------|---------------|
| Alaska Anchorage | @UAASeawolves | #UAASeawolves |
| 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 | #HowIAboutIt |
| W. Washington | @WWUAthletics | #VIKTorious |

GNAC Athletes of the Week



MEN'S TRACK
Justin Conklin, Western Oregon
Junior • The Dalles, Ore.

Conklin set a season-best in the 60-meter hurdles races at Sunday's George Fox Indoor. He ran the top time in the preliminaries of 8.50 seconds and went on to win the finals in a time of 8.55 seconds. Conklin's time in the preliminaries ranks sixth in the GNAC this season.



WOMEN'S TRACK
Maliyah Thompson, Western Oregon
Junior • Salem, Ore.

Thompson won both the 60 meters and the 60-meter hurdles at the George Fox Indoor. Thompson ran a time of 7.75 seconds in both the preliminaries and the finals of the 60 meters, a time that ranks fifth in the GNAC this season. She ran 8.89 seconds in the preliminaries of the 60-meter hurdles and went on to win the finals in a time of 9.05 seconds. The preliminaries time ranks second in the GNAC this season.

Also Nominated: Isaiah Webster (Central Washington), Quincy Ellis (Northwest Nazarene).

Also Nominated: E'lexis Hollis (Central Washington), Abbey Wood (Northwest Nazarene).



MEN'S FIELD
Steven Schmidt, Northwest Nazarene
Sophomore • Battle Ground, Wash.

Schmidt improved his NCAA Championships provisional qualifying marks in both the heptathlon and the high jump at the WSU Open & Combined Events. Schmidt placed third in the heptathlon with a score of 5,266 points. The score ranks No. 5 on the GNAC all-time list and is 10th in Division II this season. He was a winner of the heptathlon high

jump with a mark of 6 feet, 11.75 inches that improves his No. 3 mark on the GNAC all-time list and is No. 7 in Division II this season.



WOMEN'S FIELD
Kinsey Yenor, Northwest Nazarene
Sophomore • Meridian, Idaho

Yenor won the pole vault at Saturday's EOU Lou Thorne Invite by a two-foot margin with a mark of 12 feet, 10.25 inches. The mark moves Yenor into a tie for No. 2 on the GNAC all-time list and tied her for 10th in Division II this season.

Also Nominated: Drew Klein (Central Washington), Dayne Gordien (Western Oregon).

Also Nominated: Kylie Griffin (Central Washington), Jenelle Hurley (Western Oregon).

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 |
| Jan. 30-Feb. 5 | Justin Conklin, WOU | Steven Schmidt, NNU | Maliyah Thompson, WOU | Kinsey Yenor, NNU |

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 close the regular season this weekend by sending athletes to both the Whitworth Invitational in Spokane and the Husky Classic in Seattle.
- Sophomore **Coleman Nash's** school record in the men's 3,000 meters paced Alaska Anchorage's performances at the UW Invitational on Jan. 27 and 28.
- 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. 10 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 Vidad** 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.

CENTRAL WASHINGTON



- Sophomore **Drew Klein** and senior **Braydon Maier** tied for sixth in the men's pole vault, leading Central Washington's performances at the WSU Open & Combined Events.
- The two Wildcats tied for sixth with two other athletes, both clearing 14 feet, 6.25 inches. The clearance moved Klein into second in the GNAC this season.
- Junior **Kylie Griffin** was the top CWU women's placer, taking 12th in the high jump with a clearance of 5 feet, 2.5 inches.
- Senior **Lauryn Chandler** had the eight-fastest time in the first qualifying round of the 60-meter hurdles in a time of 8.84 seconds and came in 16th in the second set of qualifying heats in 8.91 seconds.
- Junior **E'lexis Hollis** was ninth in the first round of qualifying in the women's 60 meters and was 15th in the second round, clocking 7.67 second in both heats.
- The women's 4x400-meter relay team of **Elise Hopper, Zoe McDevitt, McCall DeChenne** and **Donna Marie Harris** just missed CWU's season-best and GNAC-leading time, placing ninth in 3:56.40.
- Senior **Tre Silva** led CWU's efforts in the horizontal jumps, placing 13th in the men's triple jump with a season-best leap of 42 feet, 0.5 inches.
- Central Washington wraps up the regular season this weekend in Spokane, competing in the Whitworth Invitational.

MONTANA STATE BILLINGS



- Montana State Billings did not compete last week. The Yellowjackets head west this weekend to take part in the Whitworth Invitational in Spokane.
- Junior **Kendall Lynn's** two victories in the horizontal jumps lead Montana State Billings' performances at the Don Holst Open in Chadron, Nebraska on Jan. 28.
- 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.
- Senior **Kailee Stoppel** won the women's 800 meters in a time of 2:24.26 and 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 on Jan. 28. 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.

NORTHWEST NAZARENE



- Northwest Nazarene sophomores **Steven Schmidt** and **Kinsey Yenor** both improved NCAA Championships provisional qualifying marks and GNAC all-time best marks in two meets this week.
- Schmidt placed third in the men's heptathlon at the WSU Open & Combined Events with a score of 5,266 points which moved him to No. 5 on the GNAC all-time list and No. 10 in Division II this season. In the process, he won the high jump with a facility record clearance of 6 feet, 11.75 inches that improved his No. 3 mark on the GNAC all-time list and is seventh in Division II this season. Both are NNU records. Schmidt also placed third in the long jump at 22 feet, 0.75 inches. The performances earned Schmidt selection as the GNAC Men's Field Athlete of the Week.
- Yenor won the women's pole vault at the EOU Lou Thorne Invite with an NNU record mark of 12 feet, 10.25 inches that ties her for second on the GNAC all-time list and ties her for 10th in Division II this season. The performance earned Yenor selection as the GNAC Women's Field Athlete of the Week.
- Junior **Destany Herbert** set an NNU record in the women's shot put at EOU with her mark of 45 feet, 9.25 inches. The NCAA Championships provisional qualifying mark ranks No. 10 on the GNAC all-time list and is tied for 22nd in Division II this season.
- In total, NNU had 11 event winners at the EOU Lou Thorne Invite. For the women, senior **Abbey Wood** won the 60 meters in 7.69 seconds while sophomore **Laine DeJong** won the 400 meters in 1:00.34. Freshman **Keelin Stewart** won the 800 meters in 2:31.43 and freshman **Morgan Erler** won the mile in 5:25.83.
- For the men, senior **Brayden Durfee** won the 200 meters in 22.90 seconds and the 400 meters in 51.14 seconds. Sophomore **Gerohm Rihari** won the long jump with a leap of 22 feet, 8 inches while senior **Dylan Hendry** won the weight throw with a mark of 54 feet, 2.75 inches.
- Northwest Nazarene returns to Spokane this weekend to compete in the Whitworth Invitational on Friday and Saturday.

Around The GNAC

SAINT MARTIN'S



- Saint Martin's did not compete last week. The Saints will be back in action at the Whitworth Invitational on Friday and Saturday.
- Saint Martin's set a school record in the men's distance medley relay, leading the Saints' performances at the UW Invitational in Seattle on Jan. 27 and 28.
- 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.

SEATTLE PACIFIC



- Seattle Pacific did not compete last week. The Falcons will close the regular season on Friday and Saturday at the Husky Classic Seattle.
- Senior **Vanessa Aniteye** lowered her Division II Championships provisional qualifying time 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 ranks No. 2 in Division II this season.
- 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.



SIMON FRASER

- Simon Fraser did not compete last week. The Red Leafs will split its squad this week, sending athletes to the David Hemery Valentine Invitational in Boston and the Husky Classic in Seattle.
- 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 on Jan. 27 and 28.
- 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 ranks fourth in Division II this season. Leclair also placed third in the invitational section of the 60 meters in 7.46 seconds.
- 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 puts Dannatt No. 3 on the GNAC all-time list and ranks fifth in Division II this season.
- 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 11th in Division II this season.
- Sophomore **Sydney Kania** placed second in the women's high jump at 5 feet, 5 inches while sophomore **Jesaiah Penson-McCoy** placed third in the invitational section of the men's 60 meters with a league-leading time of 6.99 seconds.
- Simon Fraser also set a handful of athletes to the UW Invitational in Seattle. 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. 24 in the USTFCCCA Division II Team Index. The Red Leafs' men are ranked No. 25.



WESTERN OREGON

- Senior **Dayne Gordien** improved his NCAA Championships provisional qualifying mark in the men's shot put and senior **Jenelle Hurley** hit a mark in the pentathlon as Western Oregon sent athletes to the WSU Open & Combined Events, Portland Indoor & George Fox Indoor.
- Gordien improved his provisional mark as he won the shot put at George Fox with a mark of 56 feet, 4 inches. The performance ranks No. 5 on the GNAC all-time list and 17th in Division II this season.
- Hurley placed 12th in the pentathlon at the WSU Open with a score of 3,400 points that ranks 27th in Division II this season.
- Junior **Justin Conklin** was named the GNAC Men's Track Athlete of the Week after he ran a season-best in the 60-meter hurdles at George Fox. His time of 8.50 seconds in the preliminaries ranks sixth in the GNAC this season. Conklin won the finals in a time of 8.55 seconds.
- Junior **Maliyah Thompson** was selected as the GNAC Women's Track Athlete of the Week after she won both the 60 meters and 60-meter hurdles at George Fox. Thompson ran 7.75 seconds in both the preliminaries and finals of the 60 meters. Her preliminary time of 8.89 seconds in the 60-meter hurdles ranks second in the GNAC this season. She won the finals in 9.05 seconds.
- Junior **Ujunwa Nwokoma** was also a winner at George Fox, capturing the women's long jump with a mark of 18 feet, 4.5 inches.
- Western Oregon closes the regular season at the Husky Classic on Friday and Saturday.

Around The GNAC

WESTERN WASHINGTON



• Western Washington did not compete last week. The Vikings will send a select group of runners to the David Hemery Valentine Invitational in Boston and the rest of the squad to the Husky Classic in Seattle.

• 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 on Jan. 27 and 28.

• 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. 4 in Division II this season.

• Campbell won 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 seventh 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 48th 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.

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 FEB. 5, 2023

| Event | Athlete | Mark | Rank | Date |
|---------------------|------------------------------------|--------------|--------|---------|
| 800 Meters | Drew Weber, WWU | 1:50.36 | 7th | 1/27/23 |
| | Jordan Schmidt, SFU | 1:52.06 | 28th | 1/14/23 |
| | Will Henry, WWU | 1:52.08 | 29th | 1/14/23 |
| Mile | Hunter Hutton, WOU | 4:05.31 | 15th | 1/27/23 |
| | Aiden Good, SFU | 4:09.75 | 54th | 1/27/23 |
| | Will Henry, WWU | 4:10.17 | 48th | 1/27/23 |
| 3,000 Meters | Ase Ackerman, MSUB | 4:10.39+ | 64th | 1/20/23 |
| | Charlie Dannatt, SFU | 7:58.32 | 5th | 1/27/23 |
| | Coleman Nash, UAA | 8:03.41 | 10th | 1/27/23 |
| | Sebastian Brinkman, SFU | 8:15.85 | 30th | 1/27/23 |
| | Hunter Hutton, WOU | 8:16.11 | 32nd | 1/14/23 |
| | Scott Arndt, SFU | 8:17.20 | 35th | 1/14/23 |
| 5,000 Meters | Ephrem Mekonnen, SFU | 8:18.32 | 39th | 1/27/23 |
| | Coleman Nash, UAA | 13:59.55+ | 8th | 12/9/22 |
| | Andrew Oslin, WWU | 14:28.35 | 33rd | 1/27/23 |
| 60 Hurdles | Joshua Wagner, UAA | 8.13 | T-30th | 1/14/23 |
| DMR | Simon Fraser | 9:42.77 | 1st | 1/27/23 |
| | Good, Schmidt, Allen, Dannatt | | | |
| | Western Washington | 9:45.48 | 4th | 1/27/23 |
| | Henry, Le, Bloom, Weber | | | |
| | Western Oregon | 9:46.23 | 5th | 1/27/23 |
| | Sanchez, Arce-Torres, Klus, Hutton | | | |
| High Jump | Steven Schmidt, NNU | 2.13/6-11.75 | 7th | 2/2/23 |
| Triple Jump | David Njeri, SPU | 14.77/48-5.5 | 22nd | 1/14/23 |
| Shot Put | Dayne Gordien, WOU | 17.17/56-4 | 17th | 2/5/23 |
| Heptathlon | Steven Schmidt, NNU | 5,266 | 10th | 12/8/22 |
| | Braydon Maier, CWU | 4,851 | 26th | 1/20/23 |
| | JJ Walker, WOU | 4,728 | 35th | 1/20/23 |
| | Drew Klein, CWU | 4,726 | 36th | 1/20/23 |

+ - converted mark for track size & altitude

WOMEN'S QUALIFIERS AS OF FEB. 5, 2023

| Event | Athlete | Mark | Rank | Date |
|-------------------|-------------------------------------|---------------|--------|---------|
| 60 Meters | Marie-Éloïse Leclair, SFU | 7.45 | 9th | 1/14/23 |
| | E'lexis Hollis, CWU | 7.57 | T-23rd | 1/27/23 |
| | Abbey Wood, NNU | 7.64# | T-44th | 12/8/22 |
| 200 Meters | Marie-Éloïse Leclair, SFU | 23.80 | 4th | 1/27/23 |
| 800 Meters | Vanessa Aniteye, SPU | 2:08.74 | 2nd | 1/27/23 |
| | Marian Ledesma, WWU | 2:14.40 | 37th | 1/14/23 |
| Mile | Megan Roxby, SFU | 4:48.70 | 11th | 1/27/23 |
| 60 Hurdles | Lauryn Chandler, CWU | 8.77 | T-29th | 1/27/23 |
| DMR | Western Washington | 11:47.47 | 6th | 1/27/23 |
| | Weight, Cheney, Crocker, Davis | | | |
| | Simon Fraser | 11:52.60 | 9th | 1/27/23 |
| | Tasdemir, Leclair, Vanderput, Roxby | | | |
| Pole Vault | Kinsey Yenor, NNU | 3.92/12-10.25 | T-10th | 2/4/22 |
| Shot Put | Destany Herbert, NNU | 13.95/45-9.25 | T-22nd | 2/4/23 |
| Pentathlon | Jenelle Hurley, WOU | 3,400 | 27th | 2/2/23 |

- 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 |
| Feb. 7 | 25th | — |

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 3 - Feb. 7, 2023

| Rk | School | Pts. | Prev. |
|-----|----------------------|--------------|-----------|
| 1. | Pittsburg State | 233.33 | 1 |
| 2. | Adams State | 187.05 | 2 |
| 3. | West Texas A&M | 137.56 | 3 |
| 4. | Grand Valley St. | 108.91 | 5 |
| 5. | Mississippi College | 84.60 | 8 |
| 6. | Missouri Southern | 83.07 | 7 |
| 7. | UC Colorado Springs | 79.51 | 4 |
| 8. | Tiffin | 71.12 | 10 |
| 9. | Colorado Mines | 68.46 | 12 |
| 10. | CSU Pueblo | 68.22 | 6 |
| 11. | Central Missouri | 61.50 | 13 |
| 12. | Texas A&M-Kingsville | 58.77 | 15 |
| 13. | Academy of Art | 58.15 | 11 |
| 14. | Colorado Mesa | 56.57 | 16 |
| 15. | Alabama-Huntsville | 55.83 | 38 |
| 16. | Fort Hays State | 52.75 | 9 |
| 17. | Minnesota State | 46.89 | 18 |
| 18. | Lincoln (Mo.) | 44.97 | 14 |
| 19. | Findlay | 44.68 | 17 |
| 20. | Wingate | 43.81 | 45 |
| 21. | Western Colorado | 43.57 | 27 |
| 22. | Azusa Pacific | 39.68 | 24 |
| 23. | Lenoir-Rhyne | 38.89 | 26 |
| 24. | Nebraska-Kearney | 37.13 | 21 |
| 25. | Simon Fraser | 36.98 | 20 |

[Complete Poll Online](#)

USTFCCCA WEST REGION TEAM INDEX

Week 3 - Feb. 6, 2023

| Rk | School | Pts. | Prev. |
|-----|---------------------------|---------------|----------|
| 1. | Azusa Pacific | 484.12 | 1 |
| 2. | Academy of Art | 392.18 | 2 |
| 3. | Western Washington | 329.96 | 3 |
| 4. | Western Oregon | 285.03 | 4 |
| 5. | Northwest Nazarene | 264.24 | 5 |
| 6. | Simon Fraser | 201.07 | 6 |
| 7. | Fresno Pacific | 179.79 | 9 |
| 8. | Central Washington | 158.66 | 7 |
| 9. | Alaska Anchorage | 119.27 | 8 |
| 10. | Concordia | 90.24 | 11 |



Women's Indoor Regional & National Indexes

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

| National | SFU |
|----------|------|
| Jan. 24 | — |
| Jan. 31 | 12th |
| Feb. 7 | 24th |

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 3 - Feb. 7, 2023

| Rk | School | Pts. | Prev. |
|-----|----------------------|--------------|-----------|
| 1. | Minnesota State | 209.61 | 1 |
| 2. | Adams State | 189.11 | 5 |
| 3. | Grand Valley St. | 184.66 | 2 |
| 4. | NW Missouri St. | 138.98 | 4 |
| 5. | Pittsburg St. | 108.67 | 3 |
| 6. | Azusa Pacific | 106.86 | 6 |
| 7. | West Texas A&M | 94.67 | 8 |
| 8. | Colorado Mines | 89.60 | 10 |
| 9. | Winona State | 82.54 | 7 |
| 10. | Lincoln (Mo.) | 65.22 | 9 |
| 11. | Central Missouri | 63.11 | 13 |
| 12. | Angelo State | 54.25 | 11 |
| 13. | Academy of Art | 51.99 | 19 |
| 14. | Findlay | 51.19 | 14 |
| 15. | California (Pa.) | 50.00 | 15 |
| 16. | Western Colorado | 48.12 | 24 |
| 17. | Cal Poly Pomona | 44.18 | 18 |
| 18. | Indianapolis | 40.60 | 17 |
| 19. | New Mexico Highlands | 38.13 | 21 |
| 20. | Concordia-St. Paul | 38.08 | 20 |
| 21. | Hillsdale | 36.11 | 33 |
| 22. | Missouri Southern | 31.36 | 23 |
| 23. | UC Colorado Springs | 30.84 | 16 |
| 24. | Simon Fraser | 30.60 | 12 |
| 25. | MSU Moorhead | 30.53 | 22 |

[Complete Poll Online](#)

USTFCCCA WEST REGION TEAM INDEX

Week 3 - Feb. 6, 2023

| Rk | School | Pts. | Prev. |
|-----|---------------------------|---------------|----------|
| 1. | Academy of Art | 440.62 | 2 |
| 2. | Azusa Pacific | 434.53 | 1 |
| 3. | Cal Poly Pomona | 304.75 | 3 |
| 4. | Western Oregon | 201.82 | 5 |
| 5. | Western Washington | 199.30 | 4 |
| 6. | Simon Fraser | 164.37 | 6 |
| 7. | Concordia | 138.25 | 11 |
| 8. | Central Washington | 134.39 | 7 |
| 9. | Seattle Pacific | 128.94 | 8 |
| 10. | Northwest Nazarene | 102.83 | 9 |



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.

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

WSU Open & Combined Events

at The Podium, Spokane, Wash.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): Heptathlon - 3, Steven Schmidt, NNU, 5,266.

Sat., Feb. 4

EOU Lou Thorne Invite

at EOU Fieldhouse, La Grande, Ore.

Women (Top 3 GNAC Finishers): 60 Meters - 1, Abbey Wood, NNU, 7.69. 400 Meters - 1, Laine DeJong, NNU, 1:00.34; 2, Alejandra Gomez, NNU, 1:02.30; 3, Hailey Graham, NNU, 1:02.37. 800 Meters - 1, Keelin Stewart, NNU, 2:31.43. Mile - 1, Morgan Erler, NNU, 5:25.83. 3,000 Meters - 1, Olivia Klein, NNU, 11:04.59; 2, Katelyn Van Zanten, NNU, 12:47.18. Pole Vault - 1, Kinsey Yenor, NNU, 12-10.25. Triple Jump - 3, Ellie Alberts, NNU, 34-1.25. Shot Put - 1, Destany Herbert, NNU, 45-9.25. Weight Throw - 3, Destany Herbert, NNU, 47-5.

Men (Top 3 GNAC Finishers): 200 Meters - 1, Brayden Durfee, NNU, 22.90; 2, Hunter Braseth, NNU, 23.08; 3, Sylvanus Hunt, NNU, 23.20. 400 Meters - 1, Brayden Durfee, NNU, 51.14; 3, Anderson Kron, NNU, 51.81. 800 Meters - 2, Jonah Rau, NNU, 2:04.29; 3, Norman Kosgei, NNU, 2:08.36. Mile - 3, Quincy Ellis, NNU, 4:24.74. 3,000 Meters - 3, Brody Kemble, NNU, 8:59.52. 60 Hurdles - 3, Anderson Kron, NNU, 8.54. High Jump - Tie 2, Jacob Steele, NNU, 6-3.25; Tie 2, Gerohm Rihari, NNU, 6-3.25. Long Jump - 1, Gerohm Rihari, NNU, 22-8. Triple Jump - 3, Colton Sedlacek, NNU, 41-6.5. Shot Put - 2, Dylan Hendry, NNU, 48-8.75; 3, Jacob Kiesman, NNU, 46-10. Weight Throw - 1, Dylan Hendry, NNU, 54-2.75; 3, Derek Knight, NNU, 50-3.25.

Sun., Feb. 5

Portland Indoor Meet #2

at Chiles Center, Portland, Ore.

Women (Top 3 GNAC Results): None.

Men (Top 3 GNAC Results): None.

George Fox Indoor

at GFU Multi-Use Facility, Newberg, Ore.

Women (Top 3 GNAC Finishers): 60 Meters - 1, Maliyah Thompson, WOU, 7.75; 2, Ujunwa Nwokoma, WOU, 8.03. 60 Hurdles - 1, Maliyah Thompson, WOU, 9.05; 3, Ana Popchock, WOU, 9.31. Long Jump - 1, Ukunwa Nwokoma, WOU, 18-4.5; 3, Maliyah Thompson, WOU, 17-0.5. Weight Throw - 2, Emillia Carpenter, WOU, 49-8.25; 3, Liliana Lyness, WOU, 48-3.25.

Men (Top 3 GNAC Finishers): 60 Hurdles - 1, Justin Conklin, WOU, 8.55; 2, Gabe Burchfield, WOU, 8.79. Shot Put - 1, Dayne Gordien, WOU, 56-4. Weight Throw - 3, Mark Warren, WOU, 47-8.