



Feb. 16, 2023 • Week 6
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

Mon., Feb. 20 & Tues., Feb. 21
GNAC Indoor Track & Field Championships,
Spokane, Wash.

Mon., Feb. 20 Men's Heptathlon

9 a.m. 60 Meters
9:45 a.m. Long Jump
11 a.m. Shot Put
12:10 p.m. High Jump

Women's Heptathlon

9:15 a.m. 60 Hurdles
10 a.m. High Jump
Noon Shot Put
1 p.m. Long Jump
2:15 p.m. 800 Meters

Field Events

2:30 p.m. Women's Weight Throw
3 p.m. Men's Long Jump
3:15 p.m. Women's Pole Vault
5 p.m. Men's High Jump
5:15 p.m. Men's Weight Throw
5:30 p.m. Women's Long Jump

Running Events (Prelims Unless Indicated)

2:30 p.m. Women's 60-Meter Hurdles
2:40 p.m. Women's 60-Meter Hurdles
2:55 p.m. Men's 60 Meters
3:05 p.m. Women's 60 Meters
3:30 p.m. Men's 400 Meters
3:40 p.m. Women's 400 meters
3:55 p.m. Men's 800 Meters
4:05 p.m. Women's 800 Meters
4:20 p.m. Men's 200 Meters
4:45 p.m. Women's 200 Meters
5:10 p.m. Men's 5,000 Meters (Final)
5:40 p.m. Women's 5,000 Meters (Final)
6:10 p.m. Men's DMR (Final)
6:35 p.m. Women's DMR (Final)

Tues., Feb. 21

Heptathlon
8:30 a.m. 60-Meter Hurdles
9:05 a.m. Pole Vault
11:30 a.m. 1,000 Meters

Field Events

9:30 a.m. Women's High Jump
10:05 a.m. Women's Shot Put
10:10 a.m. Men's Triple Jump
12:25 p.m. Men's Pole Vault
12:30 p.m. Men's Shot Put
12:45 p.m. Women's Triple Jump

Running Events (Finals)

11 a.m. Men's Mile
11:15 a.m. Women's Mile
11:50 a.m. Men's 60-Meter Hurdles
12 p.m. Women's 60-Meter Hurdles
12:10 p.m. Men's 60 Meters
12:15 p.m. Women's 60 Meters
12:35 p.m. Men's 400 Meters
12:45 p.m. Women's 400 Meters
12:55 p.m. Men's 800 Meters
1:05 p.m. Women's 800 Meters
1:15 p.m. Men's 200 Meters
1:20 p.m. Women's 200 Meters
1:25 p.m. Men's 3,000 Meters
1:55 p.m. Women's 3,000 Meters
2:30 p.m. Men's 4x400 Relay
2:45 p.m. Women's 4x400 Relay

LAST WEEK'S MEETS

Thurs., Feb. 9 & Fri., Feb. 10

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

Women (Top 3 GNAC Finishers): 60 Meters - 1, E'lexis Hollis, CWU, 7.48. 200 Meters - 3, Abbey Wood, NNU, 25.13. 60 Hurdles - 2, Lauryn Chandler, CWU, 8.81. 4x400 Relay - 1, Central Washington (Williams, Hopper, Harris, DeChenne), 3:52.04. Pole Vault - 2, Kinsey Yenor, NNU, 12-0.5. Triple Jump - 1, Erica Cabanos, CWU, 37-3. Weight Throw - 3, Destany Herbert, NNU, 49-0.25. Pentathlon - 3, Ellie DeGroot, CWU, 3,174.
Men (Top 3 GNAC Finishers): 400 Meters - 2, Maximilian Kresmer, UAA, 48.25. Mile - 1, Ase Ackerman, MSUB, 4:10.95. 4x400 Relay - 3, Central Washington (Klein, Albertin, Webster, Correa), 3:22.56. DMR - 1, Montana State Billings (Straus, Ralston, Jessop, Ackerman), 10:11.95. Weight Throw - 1, Dylan Hendry, NNU, 55-4.25. Heptathlon - 1, Braydon Maier, CWU, 5,128.

Husky Classic

at Dempsey Indoor, Seattle, Wash.

Women (Top 3 GNAC Finishers): 60 Meters - 3, Maliyah Thompson, WOU, 7.75. 60 Hurdles - 3, Maliyah Thompson, WOU, 8.83. Long Jump - 3, Ukunwa Nwoko-ma, WOU, 18-7.
Men (Top 3 GNAC Finishers): 60 Hurdles - 2, Sean Martelles, WWU, 8.72; 3, Maurice Woodring, WWU, 8.82. Triple Jump - 2, David Njeri, SPU, 48-0. Shot Put - 1, Dayne Gordien, WOU, 53-0; 3, Nathan Simicich, WWU, 44-5.5.

**David Hemery Valentine Invitational
at BU Track & Tennis Center, Boston, Mass.**

Women (Top 3 GNAC Finishers): 400 Meters - 2, Marie-Éloïse Leclair, SFU, 53.82.
Men (Top 3 GNAC Finishers): None.

#GNACTF in 280

@GNACSports

#ThreeForThree Simon Fraser's **Marie-Éloïse Leclair** set the GNAC record in the women's indoor 400 meters at the David Hemery Valentine Invitational. She now owns GNAC records in the three indoor sprint distances.

#MiracleMile The Red Leafs' **Charlie Dannatt** became the third GNAC athlete to break four minutes in the men's mile at the Davis Hemery Valentine Invitational. He was one of an amazing 52 athletes to break four minutes in the meet.

#BackOnTop Seattle Pacific's **Vanessa Aniteye** reclaimed her top spot in Division II in the women's 800 meters with her performance at the Husky Classic.

#DefendingChamps The Western Washington men and Simon Fraser women will aim to defend their team championships at the GNAC Indoor Track and Field Championships, Monday and Tuesday in Spokane, Washington.

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	#HowlAboutIt
W. Washington	@WWUAthletics	#VIKTorious

GNAC Athletes of the Week



MEN'S TRACK
Charlie Dannatt, Simon Fraser
Junior • North Vancouver, B.C.

Dannatt became just the third GNAC athlete to break four minutes in the mile on Saturday, running a time of 3:58.54 at the David Hemery Valentine Invitational in Boston. Dannatt placed 34th in the event and was one of an impressive 52 athletes to break four minutes in the meet. Dannatt now ranks No. 2 on the GNAC all-time list and is No. 2 in

Division II this season.

Also Nominated: Coleman Nash (Alaska Anchorage), Aiden Wise (Central Washington), Ase Ackerman (Montana State Billings), Brayden Durfee (Northwest Nazarene), Isaiah Archer (Seattle Pacific), Hunter Hutton (Western Oregon), Drew Weber (Western Washington).



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

Leclair set her third GNAC record of the season Friday at the David Hemery Valentine Invitational, placing second in the 400 meters in a time of 53.82 seconds. The NCAA Championships provisional qualifying time ranks No. 3 in Division II this season. Leclair also placed second in the preliminaries of the 60 meters in 7.53 seconds and ran a leg on the Red

Leafs' ninth-place distance medley relay team.

Also Nominated: E'lexis Hollis (Central Washington), Tatum Hull (Montana State Billings), Abbey Wood (Northwest Nazarene), Vanessa Aniteye (Seattle Pacific), Ila Davis (Western Washington).



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

Maier won the heptathlon at the Whitworth Invitational with a score of 5,128 points which moves him to No. 17 in Division II this season. Maier won all three second-day events: the 60-meter hurdles (8.59), the pole vault (14-11) and the 1,000 meters (2:44.58) and was top-three or better in five of the seven events.

Also Nominated: Bryce Olson (Montana State Billings), Dylan Hendry (Northwest Nazarene), Blake Furtado (Simon Fraser), Dayne Gordien (Western Oregon), Miller Campbell (Western Washington).



WOMEN'S FIELD
Ujunwa Nwokoma, Western Oregon
Junior • Clackamas, Ore.

Nwokoma reset her own Western Oregon record in the long jump at the Husky Classic in Seattle. Her mark of 18 feet, 7 inches placed third and leads the conference entering the GNAC Championships.

Also Nominated: Ellie DeGroot (Central Washington), Grace Jones (Montana State Billings), Destany Herbert (Northwest Nazarene), Kennedy Primrose (Simon Fraser), Mara Parks (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
Jan. 30-Feb. 5	Justin Conklin, WOU	Steven Schmidt, NNU	Maliyah Thompson, WOU	Kinsey Yenor, NNU
Feb. 6-12	Charlie Dannatt, SFU	Braydon Maier, CWU	Marie-Éloïse Leclair, SFU	Ukunwa Nwokoma, WOU

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

GNAC Indoor Championships Preview

SPOKANE, Wash. – Western Washington and Simon Fraser are favored to repeat as the GNAC Indoor Track and Field Championships return to The Podium on Monday and Tuesday.

The Western Washington men were runaway winners in 2022, picking up a 61-point victory over Simon Fraser. While the Vikings have the lineup in place to repeat, Northwest Nazarene hopes its depth in the field events could lead to its first men's title. Likewise, Western Oregon will make a charge for its first championship since 2004.

Simon Fraser's women hope their strength in the running events will point the way to a repeat, led by sophomore **Marie-Éloïse Leclair's** record-breaking season. Western Washington and Western Oregon are also expected to rival the Red Leafs for the team championship.

MEN

For Western Washington, the quest to repeat will come down to its depth. The Vikings have the potential for multiple point-scorers in all but a handful of events and have three events with three top-eight marks entering the meet.

Much of that depth comes in the middle and long distances. Junior **Drew Weber** heads that depth, leading the conference and ranking 12th in Division II in the 800 meters. He also has an NCAA Championships provisional qualifying time in the mile. Sophomore **Will Henry** has NCAA provisional qualifying times in the 800 meters and mile while senior **Andrew Oslin** leads the conference in the 5,000 meters.

Western Washington will also rely on sophomore **Nolan Mickenham**, who ranks third in the conference in the 200 meters, and sophomore **Miller Campbell** with his top mark in the weight throw.

Northwest Nazarene's depth in the sprints and field events makes the Night-hawks a title contender. Sophomore **Steven Schmidt** is the defending champion in the pentathlon and owns NCAA provisional qualifying marks in the pentathlon and the high jump. His season best of 6 feet, 11.75 inches is No. 3 on the GNAC all-time list. Schmidt also ranks No. 3 in the GNAC this season in both the 60-meter hurdles and the pole vault.

Sophomore **Hunter Breseth** and junior **Brayden Durfee** rank first and second, respectively, in the 200 meters with Durfee also ranking third in the 60 meters. Senior **Dylan Hendry** ranks No. 2 in the conference in both the shot put and weight throw.

Simon Fraser will also bring great depth to the distances. Junior **Charlie Dannatt** became just the third athlete in GNAC history to break four minutes for the mile last weekend with a time of 3:58.54. With the No. 2 time in Division II, Dannatt leads five GNAC runners who have run under 4:10 in the mile this season. Dannatt is also the favorite in the 3,000 meters with the No. 7 time in Division II at 7:58.32.

Junior **Sebastian Brinkman** owns the conference's No. 2 time in the 5,000 meters while junior **Jordan Schmidt** ranks second in the 800 meters. Sophomore **Jesaiah Penson-Mccoy** also owns the GNAC's top time in the 60 meters.

Western Oregon also has strength in the distances. Junior **Hunter Hutton** had the GNAC's top time in the mile until Dannatt ran his four-minute mile. He continues to rank 12th in Division II in the event and is fourth in the GNAC in the 3,000 meters. Junior **Bailey Smith** enters the meet ranked No. 6 in the GNAC in the 5,000 meters.

Junior **Dominique Loggins**, the 2022 outdoor champion at 100 meters, has the conference's No. 2 time in the 60 meters. In the field events, senior transfer **Dayne Gordien** owns the GNAC's top mark in the shot put by nearly six feet. Junior **Marlon Harrison** ranks third in the conference in the triple jump and senior **JJ Walker** is third in the heptathlon.

Alaska Anchorage's best scoring chances come from sophomore **Coleman Nash**, whose time of 13:48.46 in the 5,000 meters ranks No. 2 on the GNAC all-time list and his 3K time of 8:03.41 is No. 4. Senior **Drew Johnson** owns NCAA Championships provisional qualifying times in the mile and 3,000 meters.

The Seawolves also feature junior **Collin Sample**, who leads the conference in the long jump, and freshman **Maximilian Kresmer**, whose time of 48.25 seconds in the 400 meters is No. 4 on the GNAC all-time list. Junior **Joshua Wagner** is the defending champ in the 60-meter hurdles and leads the GNAC this season with a time of 8.13 seconds.

Braydon Maier aims to win his first heptathlon for Central Washington since 2018. The senior leads the GNAC in the combined event and the pole vault. Freshman **Drew Klein** is second to Maier in the pole vault while freshman **Isaiah Webster** and sophomore **Christopher Hines** add depth in the horizontal jumps.

Seattle Pacific senior **David Njeri** looks to defend his title in the triple jump. He owns the top mark in the conference at 48 feet, 5.5 inches. Sophomore **Isaiah Archer** will be a contender in the 400 meters after setting an SPU record in the event last weekend.

Saint Martin's junior **Andrew Boyd** is expected to contend for the title in the 60-meter hurdles while Montana State Billings senior **Ase Ackerman** is a scoring threat in the mile.

WOMEN

Simon Fraser will make a solid bid to repeat as champion with the depth to score significant points in every running event between the 60 meters and the mile.

Leclair has established herself as one of the top athletes in Division II, setting conference records in the 60 meters (7.45 seconds), 200 meters (23.80 seconds) and 400 meters (53.82 seconds). She ranks in the top 10 in Division II and among the top Canadians this season at all three distances. Freshman **Emma Cannan** is second in the GNAC in 200 meters while sophomore **Claire Bosma** is third in the 400.

Junior **Megan Roxby** owns the GNAC's top time in the mile and ranks second in the 800 meters, both in NCAA Championships provisional qualifying times. In the field events, sophomore **Sydney Kania** leads the conference in the high jump and sophomore **Kennedy Primrose** leads the way in the triple jump.

Western Oregon's scoring potential comes in the field events. Senior **Jenelle Hurley** leads the conference in the pentathlon while senior **Ana Popchock** is the defending champion in the triple jump. Freshman **Ujunwa Nwokoma** enters with the top mark in the long jump of 18 feet, 7 inches.

Junior **Maliyah Thompson** owns the No. 2 mark in the 60-meter hurdles and will be among the contenders in the 60 meters. Senior **Caitlin Heldt** owns the conference's top time in the 3,000 meters.

Western Washington stands to score significant points in the distances, jumps and throws. Sophomore **Ila Davis** owns the conference's No. 2 time in the mile and sophomore **Sophie Davis** is ranked third. Junior **Marian Ledesma** owns the third-best time in the 800 meters while sophomore **Meaera Shannon** is third in the 5,000 meters.

In the jumps, junior **Jessica Neal** is tied for first in the conference in the high jump and junior **Matty Lagerwey** is second in the long jump. Sophomore **Raine Westfall** leads the throws with the top mark in the weight throw. Junior **Katie Potts** and freshman **Mara Parks** rank second and third, respectively, in the shot put.

Central Washington will be led by junior **E'lexis Hollis**, who will challenge for the 60-meter title. Her best of 7.48 seconds ranks a close second to Leclair's 7.45. Junior **Lauryn Chandler** leads the other straightaway race, the 60-meter hurdles, while freshman **Elise Hopper** ranks second in the 400 meters. Junior **Juliette Williams** ranks fourth in both the 60 and 200 meters.

The Wildcats also have the Nos. 2, 3, and 4 point totals in the pentathlon, led by freshman **Ellie DeGroot** with a score of 3,174 points. Central also enters with the top time this season in the 4x400-meter relay.

Seattle Pacific is led by senior **Vanessa Aniteye**, who enters with the top time in Division II in the 800 meters at 2:07.53. The distances continue to be a strength for the Falcons with sophomore **Libby Michael** ranking second in the GNAC in the 3,000 meters and fifth in the mile and freshman **Matisse Mulch** ranking fifth in the 5,000. In the sprints, freshman **Hannah Chang** is fifth in the GNAC in the 60-meter hurdles.

The Falcons also enter the meet with three of the top four performers in the pole vault. Freshman **Kayla Tassara** leads that trio with a mark of 11 feet, 11.25 inches while junior **Charlie Hill** aims to defend her championship.

Northwest Nazarene has title contenders in the pole vault, shot put and sprints. Sophomore **Kinsey Yenor's** best in the pole vault of 12 feet, 10.25 inches ties her for No. 2 on the GNAC all-time list. Junior **Destany Herbert** leads the shot put with her best of 45 feet, 9.25 inches ranking in the top 25 in Division II. Sophomore **Abbey Wood** owns the conference's No. 3 times in both the 60 and 200 meters.

Saint Martin's is led by senior **Margaret Zilla**, who is second in the GNAC in the triple jump, and sophomore **Sara Sabra**, who ranks second in the 5,000 meters. Freshman **Alauna Carstens** ranks third in the 3,000 meters with freshman **Alyssa Duncan** ranked fourth in the long jump.

Sophomore **Kendall Lynn** leads Montana State Billings in the horizontal jumps, ranking third in the triple jump. Freshman **Olivia Manley** leads Alaska Anchorage as she ranks fifth in the 200 meters and ninth in the 60 meters.

Around The GNAC

ALASKA ANCHORAGE



- Senior **Drew Johnson** and freshman **Maximilian Kresmer** both ran to school records as Alaska Anchorage competed at both the Husky Classic and Whitworth Invitational.

- Johnson set the UAA record in the men's mile in a time of 4:09.96 at the Husky Classic, breaking the previous record of 4:10.52 set by Alfred Kangogo in 2013. The NCAA Championships provisional qualifying time ranks 62nd in

Division II this season. Johnson also ran an NCAA provisional time in the 3,000 meters in 8:17.45, ranking 53rd in Division II this season.

- Kresmer broke the UAA record in the men's 400 meters, placing second in 48.25 seconds. The time ranks No. 4 on the GNAC all-time list and ties him for 22nd in Division II this season.

- Sophomore **Coleman Nash** just missed the school record in the men's 5,000 meters. His second-place time of 13:48.96 ranks fourth in Division II this season and is No. 2 on the GNAC all-time list.

- At Whitworth, freshman **Olivia Manley** was the top UAA women's track finisher on the weekend, placing 10th in the 200 meters in 25.62 seconds. She also ran a season-best in the preliminaries of the 60 meters in 7.88 seconds.

- In the field events, senior **Collin Sample** finished seventh in the men's long jump with a leap of 21 feet, 7.25 inches. Junior **Carlotta Duenninger** placed eighth in the women's long jump with her mark of 16 feet, 10 inches.

- Alaska Anchorage's men finished fourth at the 2022 GNAC Indoor Championships with 83 points. The UAA women placed sixth with 42 points. Junior **Joshua Wagner** is the defending champion in the men's 60-meter hurdles.

CENTRAL WASHINGTON



WILDCATS

- Junior **E'lexis Hollis** set the Central Washington record in the women's 60 meters and senior **Braydon Maier** won the heptathlon to lead the Wildcats' performances at the Whitworth Invitational.

- Hollis won in a time of 7.48 seconds, breaking her own record of 7.58 seconds set last year. She also moved into No. 2 on the GNAC all-time list with her NCAA

Championships provisional qualifying time, which ranks 11th in Division II this season.

- Maier was named the GNAC Men's Field Athlete of the Week after he won the heptathlon with a score of 5,128 points. Maier won all three second-day events, the 60-meter hurdles (8.59), the pole vault (14-11) and the 1,000 meters (2:44.58) and placed top three in five of the seven events. The NCAA Championships provisional qualifying score ranks 17th in Division II this season.

- The women's 4x400-meter relay team of **Juliette Williams, Elise Hopper, Donna Marie Harris and McCall DeChenne** won in a time of 3:52.04 which is the best time in the GNAC this season. The NCAA Championships provisional qualifying time is 35th in Division II this season.

- Senior **Erica Cabanos** was the winner of the women's triple jump with a season-best mark of 37 feet, 3 inches.

- Williams ran a lifetime best in the women's 60 meters with 7.73 seconds, placing seventh and ranking fourth in the GNAC this season. She also placed seventh in the 200 meters with another best of 25.37 seconds.

- Central Washington's women placed fourth at the 2022 GNAC Indoor Championships with a score of 106 points. The men placed sixth with 40.5 points. Hollis is the defending champion in the women's 60 meters.

MONTANA STATE BILLINGS



- Victories for senior **Ase Ackerman** in the men's mile and the men's distance medley relay led Montana State Billings' performances at the Whitworth Invitational.

- Ackerman cruised to his victory in a time of 4:10.95, marking a four-second season best in the event.

- The men's DMR team of **Logan Straus, Ben Ralston, Carson Jessop** and Ackerman won in a time of 10:06.41, a time that is fourth-best in the GNAC this season.

- Ralston also finished second in the second qualifying round of the men's 60 meters in a time of 7.01 seconds but did not race in the finals. He also placed fourth in the 400 meters in 50.20 seconds.

- Junior **Grace Jones** led the MSUB women's performances, placing fourth in the weight throw with a lifetime-best throw of 40 feet, 2.5 inches. She also posted a mark of 34 feet, 5.5 inches in the shot put.

- Junior **Kendall Lynn** placed fourth in the women's triple jump with a mark of 36 feet, 4 inches and added a seventh-place finish in the women's long jump with a leap of 17 feet, 2.25 inches.

- Sophomore **Bradley Graves** was eighth in the preliminaries of the men's 60-meter hurdles in 8.58 seconds. He went on to finish eighth in the finals in a time of 8.82 seconds.

- The MSUB men placed eighth at the 2022 GNAC Indoor Championships with 20 points. The women placed ninth with 19 points.

NORTHWEST NAZARENE



- Senior **Abbey Wood** set the Northwest Nazarene record in the women's indoor 200 meters, leading the Nighthawks at the Whitworth Invitational.

- Wood placed third with a time of 25.13 seconds, breaking the previous record of 25.50 seconds set by Melissa Merioles-Grammer in 2013. Wood also placed fourth in the 60 meters in a time of 7.70 seconds after running 7.66 seconds in the preliminaries.

- Sophomore **Kinsey Yenor** led the Nighthawks in the field events, placing second in the women's pole vault with a clearance of 12 feet, 0.5 inches. Junior **Destany Herbert** placed third in the women's weight throw with a mark of 49 feet, 0.25 inches and was fourth in the shot put with her mark of 43 feet, 3.25 inches.

- Freshman **Morgan Erler** placed seventh in the women's 3,000 meters, running a season-best time of 10:25.04.

- For the men, senior **Brayden Durfee** placed fifth in the 400 meters with a time of 49.56 seconds while sophomore **Quincy Ellis** was fifth in the 800 meters in 1:55.27.

- Senior **Dylan Hendry** led the NNU men's field-event performances, winning the weight throw with a toss of 55 feet, 4.25 inches that is second in the GNAC this season. Hendry also placed fourth in the shot put with his mark of 48 feet, 2 inches.

- Northwest Nazarene's men placed fifth at the 2022 GNAC Indoor Championships with a score of 80.16 points. The women placed seventh with 31 points. Sophomore **Steven Schmidt** is the defending champion in the men's heptathlon.

Around The GNAC

SAINT MARTIN'S



- Saint Martin's ran its final tune-up prior to the GNAC Indoor Championships, competing in the Husky Classic in Seattle.
- Junior **Andrew Boyd** ran to a fifth-place finish in the men's 60-meter hurdles, clocking a time of 9.07 seconds.
- Junior **Gabriela Cintron** was the Saints' women's top performer on the track, placing eighth in the 60-meter hurdles in 9.52 seconds after running 9.36 in the preliminary heats.
- Freshman **Ryan Doidge** led all Saints' field-event performers, placing fifth in the men's pole vault with his clearance of 13 feet, 7.75 inches. Freshman **Jacob Warren** placed sixth in the shot put with a mark of 41 feet, 10 inches. Freshman **Hewie Nguyen** placed eighth in the men's long jump with a leap of 21 feet.
- Freshman **Jocelyn Saribay** led the SMU women in the field events, placing eighth in the shot put with a mark of 40 feet, 6 inches.
- The Saint Martin's women placed eighth at the 2022 GNAC Indoor Championships with a score of 30 points. The men placed ninth with 18 points.

SEATTLE PACIFIC



- Sophomore **Isaiah Archer** set the Seattle Pacific record in the indoor men's 400 meters while senior **Vanessa Aniteye** improved her Division II best time in the women's 800 to lead the Falcons' performances at the Husky Classic.
- Archer placed eighth in a time of 49.15 seconds to surpass the previous SPU record of 49.27 seconds set in 2015 by Mario Lopez. The time ranks second in the GNAC this season.
- Aniteye won her heat and placed 11th overall in the women's 800 meters in a time of 2:07.53. The top non-Division I finisher in the event, Aniteye owns the top time in Division II this season and ranks No. 7 on the GNAC all-time list.
- Senior **David Njeri** led the Falcons' field-event performers, placing second in the men's triple jump with a mark of 48 feet. Junior **Brad Bowman** added a sixth-place finish in the men's pole vault with a clearance of 13 feet, 7.75 inches.
- Freshman **Kayla Tassara** finished seventh in the women's pole vault, clearing 11 feet, 11.75 inches.
- Junior **Aniya Green** was the top SPU women's track placer, finishing eighth in the 400 meters in 59.06 seconds. Freshman **Hannah Chang** placed ninth in the 60-meter hurdles in 9.38 seconds.
- The Falcons' women placed fifth at the 2022 GNAC Indoor Championships with 79 points while the men placed seventh with 29 points. Njeri is the defending champion in the men's triple jump while sophomore **Charlie Hill** is the defending champ in the women's pole vault.

SIMON FRASER



- Sophomore **Marie-Éloïse Leclair** broke the GNAC indoor record in the women's 400 meters while junior **Charlie Dannatt** broke four minutes for the men's mile at the David Hemery Valentine Invitational in Boston.
- Leclair placed second in the 400 with a time of 53.82 seconds that smashed the previous conference record of 54.87 seconds by Seattle Pacific's Jahzelle Ambus in 2016. The NCAA Championships provisional qualifying time ranks third in Division II this season. Leclair also ran 7.53 seconds in preliminaries of the 60 meters and earned GNAC Women's Track Athlete of the Week honors.
- Dannatt became the third athlete in GNAC history to run under four minutes for the mile and was one of an amazing 52 athletes that ran under the barrier at the meet. Dannatt placed 34th with a time of 3:58.54 that is No. 2 on the GNAC all-time list and No. 2 in Division II this season. The performance earned Dannatt selection as the GNAC Men's Track Athlete of the Week.

- The women's distance medley relay team of **Kate Cameron**, Leclair, **Elizabeth Vanderput** and **Megan Roxby** placed ninth in a time of 11:41.23. That improved the team's NCAA Championships provisional qualifying time and ranks 11th in Division II this season.
- Sophomore **Sebastian Brinkman** lowered his NCAA Championships provisional qualifying time in the men's 5,000 meters. His time of 14:29.66 ranks 34th in Division II.
- Freshmen **Jaeland Cummings** and **Emma Cannan** placed fourth and fifth, respectively, in the women's 60 meters with both athletes running 7.91 seconds.
- The Simon Fraser women are ranked No. 18 in the USTFCCA Division II Team Index. The Red Leafs' men are ranked No. 20.
- Simon Fraser is the defending women's champion at the GNAC Indoor Championships. The Red Leafs scored 124 points to beat Western Oregon by nine points. The SFU men placed second with 110 points. Defending champions include Leclair in the 200 meters and junior **Megan Roxby** in the mile.



WESTERN OREGON

- Junior **Ujunwa Nwokoma's** school record in the women's long jump and senior **Dayne Gordien's** victory in the men's shot put led Western Oregon's performances at the Husky Classic in Seattle.
- Nwokoma was named the GNAC Women's Field Athlete of the Week after taking third in the long jump with a mark of 18 feet, 7 inches. That broke her own school record of 18 feet, 5 inches set in January. The NCAA Championships provisional qualifying mark ranks 45th in Division II this season.
- Gordien was the winner in the men's shot put by nearly seven feet, winning with a mark of 53 feet.
- Junior **Maliyah Thompson** placed third in the women's 60 meters in a time of 7.75 seconds. She went on to place third in the 60-meter hurdles in a time of 8.83 seconds.
- Senior **Maya Hopwood** placed fifth in the women's 60 meters in a time of 7.79 seconds while Nwokoma was eighth in 8.02 seconds. Senior **Ana Popchock** was fourth in the 60-meter hurdles in 9.00 seconds.
- Junior **Deshaun Stevens** placed seventh in the men's long jump with a mark of 21 feet, 3.5 inches while junior **Marlon Harrison** was seventh in the men's triple jump at 43 feet, 11.75 inches.
- Western Oregon's women placed second at the 2022 GNAC Indoor Championships with 115 points while the men placed third with 107.33 points. Popchock is the defending champion in the women's triple jump.

Around The GNAC

WESTERN WASHINGTON



• A trio of NCAA Championships provisional qualifying marks led Western Washington as it sent athletes to the Husky Classic, Whitworth Invitational and the David Hemery Valentine Classic.

• Sophomore **Drew Weber** improved his provisional time in the men's mile in Boston. His time of 4:05.70 ranks 23rd in Division II and is third in the GNAC this season.

• At the Husky Classic, sophomore **Ila Davis** notched a provisional qualifying time in the women's mile. Her time of 4:53.51 broke the WWU record of 4:56.37 set by Sarah Porter in 2009. The performance ranks 29th in Division II this season.

• Junior **Andrew Oslin** lowered his best in the men's 5,000 meters in Seattle with a time of 14:25.96 which is No. 2 on the WWU all-time list, No. 9 on the GNAC all-time list and ranks 40th in Division II this season.

• In the men's throws at the Husky Classic, sophomore **Miller Campbell** placed fourth in the weight throw with a mark of 57 feet, 4.25 inches while freshman **Angelo Ramos** was sixth in 51 feet, 1 inch. The women's throws saw freshman **Mara Parks** place sixth in the shot put with a mark of 412 feet, 8.75 inches.

• Freshman **Nolan Mickenham** finished fourth in the men's 200 meters in Seattle, clocking a time of 22.14 seconds. He also placed 14th in the preliminaries of the 60 meters in 7.01 seconds.

• In the women's sprints, sophomore **Caitlyn Cheney** placed fourth in the 200 meters as she tied her personal best of 26.00 seconds.

• Western Washington is the defending men's team champion at the GNAC Indoor Championships. The Vikings' score of 171 points was 61 better than second-place Simon Fraser. The WWU women placed third with 113 points.

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. 12, 2023

Event	Athlete	Mark	Rank	Date
400 Meters	Maximilian Kremser, UAA	48.25	T-22nd	2/10/23
800 Meters	Drew Weber, WWU	1:50.36	12th	1/27/23
	Jordan Schmidt, SFU	1:52.06	31st	1/14/23
	Will Henry, WWU	1:52.08	32nd	1/14/23
Mile	Charlie Dannatt, SFU	3:58.54	2nd	2/10/23
	Hunter Hutton, WOU	4:03.26	12th	2/10/23
	Drew Weber, WWU	4:05.70	23rd	2/10/23
	Aiden Good, SFU	4:09.75	60th	1/27/23
	Drew Johnson, UAA	4:09.96	62nd	2/10/23
	Will Henry, WWU	4:10.17	67th	1/27/23
	Ase Ackerman, MSUB	4:10.39+	73rd	1/20/23
3,000 Meters	Charlie Dannatt, SFU	7:58.32	7th	1/27/23
	Coleman Nash, UAA	8:03.41	13th	1/27/23
	Sebastian Brinkman, SFU	8:15.85	44th	1/27/23
	Hunter Hutton, WOU	8:16.11	32nd	1/14/23
	Scott Arndt, SFU	8:17.20	51st	1/14/23
	Drew Johnson, UAA	8:17.45	53rd	2/10/23
	Ephrem Mekonnen, SFU	8:18.32	58th	1/27/23
5,000 Meters	Coleman Nash, UAA	13:48.46	4th	2/10/23
	Sebatian Brinkman, SFU	14:21.33	34th	2/10/23
	Andrew Oslin, WWU	14:25.96	40th	2/10/23
60 Hurdles	Joshua Wagner, UAA	8.13	T-33rd	1/14/23
DMR	Simon Fraser	9:42.77	2nd	1/27/23
	Good, Schmidt, Allen, Dannatt			
	Western Washington	9:45.48	8th	1/27/23
	Henry, Le, Bloom, Weber			
	Western Oregon	9:46.23	11th	1/27/23
	Sanchez, Arce-Torres, Klus, Hutton			
High Jump	Steven Schmidt, NNU	2.13/6-11.75	8th	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	20th	2/5/23
Heptathlon	Steven Schmidt, NNU	5,266	11th	12/8/22
	Braydon Maier, CWU	5,128	17th	2/10/23
	JJ Walker, WOU	4,728	36th	1/20/23
	Drew Klein, CWU	4,726	37th	1/20/23

+ - converted mark for track size & altitude

WOMEN'S QUALIFIERS AS OF FEB. 12, 2023

Event	Athlete	Mark	Rank	Date
60 Meters	Marie-Éloïse Leclair, SFU	7.45	T-9th	1/14/23
	E'lexis Hollis, CWU	7.48	11th	2/10/23
	Abbey Wood, NNU	7.64	T-48th	1/28/23
200 Meters	Marie-Éloïse Leclair, SFU	23.80	4th	1/27/23
400 Meters	Marie-Éloïse Leclair, SFU	53.82	3rd	2/10/23
800 Meters	Vanessa Aniteye, SPU	2:07.53	1st	2/10/23
	Megan Roxby, SFU	2:10.86	15th	2/10/23
	Marian Ledesma, WWU	2:14.40	49th	1/14/23
Mile	Megan Roxby, SFU	4:48.70	13th	1/27/23
	Ila Davis, WWU	4:53.51	29th	2/10/23
60 Hurdles	Lauryn Chandler, CWU	8.75	T-27th	2/10/23
	Maliyah Thompson, WOU	8.83	41st	2/10/23
4x400 Relay	Central Washington	3:52.04	35th	2/10/23
	Williams, Hopper, Harris, DeChenne			
DMR	Simon Fraser	11:41.23	11th	2/10/23
	Cameron, Leclair, Vanderput, Roxby			
	Western Washington	11:47.47	15th	1/27/23
	Weight, Cheney, Crocker, Davis			
Pole Vault	Kinsey Yenor, NNU	3.92/12-10.25	T-10th	2/4/22
Long Jump	Ukunwa Nwokoma, WOU	5.66/18-7	45th	2/10/23
Shot Put	Destany Herbert, NNU	13.95/45-9.25	24th	2/4/23
Pentathlon	Jenelle Hurley, WOU	3,400	27th	2/2/23

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	—
Feb. 14	20th	—

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 4 - Feb. 14, 2023

Rk	School	Pts.	Prev.
1.	Pittsburg State	250.30	1
2.	Adams State	205.96	2
3.	West Texas A&M	123.06	3
4.	Colorado Mines	111.93	9
5.	Grand Valley St.	98.70	4
6.	Missouri Southern	87.23	6
7.	Central Missouri	72.20	11
8.	UC-Colorado Springs	71.96	7
9.	Fort Hays State	67.74	16
10.	Tiffin	66.63	8
11.	Harding	60.71	27
12.	CSU Pueblo	60.48	10
13.	Minnesota State	57.51	17
14.	Wingate	56.21	20
15.	Colorado Mesa	56.07	14
16.	Mississippi College	55.75	5
17.	Lenoir-Rhyne	52.45	23
18.	Academy of Art	52.35	13
19.	Walsh	47.83	26
20.	Simon Fraser	47.83	25
21.	Texas A&M-Kingsville	46.83	12
22.	Neb.-Kearney	45.38	24
23.	Alabama-Huntsville	42.50	15
24.	Lincoln (Mo.)	35.09	18
25.	Findlay	31.21	19

[Complete Poll Online](#)

USTFCCCA WEST REGION TEAM INDEX

Week 4 - Feb. 13, 2023

Rk	School	Pts.	Prev.
1.	Azusa Pacific	418.78	1
2.	Academy of Art	387.97	2
3.	Western Washington	316.14	3
4.	Western Oregon	260.15	4
5.	Northwest Nazarene	256.00	5
6.	Fresno Pacific	252.85	7
7.	Simon Fraser	227.90	6
8.	Alaska Anchorage	159.52	9
9.	Central Washington	153.67	8
10.	Concordia	91.89	10



Women's Indoor Regional & National Indexes

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	SFU
Jan. 24	—
Jan. 31	12th
Feb. 7	24th
Feb. 17	18th

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 4 - Feb. 14, 2023

Rk	School	Pts.	Prev.
1.	Minnesota State	233.28	1
2.	Adams State	181.40	2
3.	Grand Valley St.	159.67	3
4.	West Texas A&M	132.29	7
5.	NW Missouri St.	107.78	4
6.	Pittsburg State	106.46	5
7.	Colorado Mines	106.09	8
8.	Winona State	94.07	9
9.	Azusa Pacific	90.01	6
10.	Central Missouri	62.97	11
11.	Cal Poly Pomona	62.25	17
12.	UC-Colorado Springs	54.02	23
13.	Western Colorado	52.03	16
14.	Angelo State	51.29	12
15.	California (Pa.)	49.45	15
16.	Academy of Art	46.53	13
17.	Lincoln (Mo.)	45.69	10
18.	Simon Fraser	44.40	24
19.	Findlay	43.39	14
20.	Colorado Mesa	41.37	40
21.	Concordia-St. Paul	37.75	20
22.	Indianapolis	36.49	18
23.	New Mexico Highlands	35.76	19
24.	Wayne State (Neb.)	35.16	30
25.	Hillsdale	31.74	21

[Complete Poll Online](#)

USTFCCCA WEST REGION TEAM INDEX

Week 4 - Feb. 13, 2023

Rk	School	Pts.	Prev.
1.	Academy of Art	404.53	1
2.	Azusa Pacific	391.68	2
3.	Cal Poly Pomona	303.34	3
4.	Simon Fraser	216.28	6
5.	Western Washington	205.31	5
6.	Western Oregon	167.49	4
7.	Central Washington	143.24	8
8.	Concordia	142.10	7
9.	Stanislaus State	121.54	14
10.	Cal St. San Marcos	109.07	16



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	53.82	Marie-Éloïse Leclair, Simon Fraser (2023)
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 (Jessop, 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.

Thurs., Feb. 9 & Fri., Feb. 10

Whitworth Invitational

at The Podium, Spokane, Wash.

Women (Top 3 GNAC Finishers): 60 Meters - 1, E'lexis Hollis, CWU, 7.48. 200 Meters - 3, Abbey Wood, NNU, 25.13. 60 Hurdles - 2, Lauryn Chandler, CWU, 8.81. 4x400 Relay - 1, Central Washington (Williams, Hopper, Harris, DeChenne), 3:52.04. Pole Vault - 2, Kinsey Yenor, NNU, 12-0.5. Triple Jump - 1, Erica Cabanos, CWU, 37-3. Weight Throw - 3, Destany Herbert, NNU, 49-0.25. Pentathlon - 3, Ellie DeGroot, CWU, 3,174.

Men (Top 3 GNAC Finishers): 400 Meters - 2, Maximilian Kresmer, UAA, 48.25. Mile - 1, Ase Ackerman, MSUB, 4:10.95. 4x400 Relay - 3, Central Washington (Klein, Albertin, Webster, Correa), 3:22.56. DMR - 1, Montana State Billings (Straus, Ralston, Jessop, Ackerman), 10:11.95. Weight Throw - 1, Dylan Hendry, NNU, 55-4.25. Heptathlon - 1, Braydon Maier, CWU, 5,128.

Husky Classic

at Dempsey Indoor, Seattle, Wash.

Women (Top 3 GNAC Finishers): 60 Meters - 3, Maliyah Thompson, WOU, 7.75. 60 Hurdles - 3, Maliyah Thompson, WOU, 8.83. Long Jump - 3, Ukunwa Nwokoma, WOU, 18-7.

Men (Top 3 GNAC Finishers): 60 Hurdles - 2, Sean Martelles, WWU, 8.72; 3, Maurice Woodring, WWU, 8.82. Triple Jump - 2, David Njeri, SPU, 48-0. Shot Put - 1, Dayne Gordien, WOU, 53-0; 3, Nathan Simicich, WWU, 44-5.5.

David Hemery Valentine Invitational

at BU Track & Tennis Center, Boston, Mass.

Women (Top 3 GNAC Finishers): 400 Meters - 2, Marie-Éloïse Leclair, SFU, 53.82.

Men (Top 3 GNAC Finishers): None.