



Mar. 8, 2023 • Week 8
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Mar. 10 & Sat., Mar. 11

Alaska Anchorage, Central Washington, Northwest Nazarene, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at NCAA Division II Indoor Championships, Virginia Beach, Va.

Sat., Mar. 11

Saint Martin's, Seattle Pacific, Western Washington at PLU Open, Tacoma, Wash.

LAST WEEK'S MEETS

Fri., Mar. 3-Sat., Mar. 4

Ed Boitano Invitational at Baker Stadium, Tacoma, Wash.

Women's Team Scores: Whitworth 111, Pacific Lutheran 106, Central Washington 83, Colorado College 73, Saint Martin's 68, Seattle Pacific 67, Spokane CC 48, Western Washington 44, Puget Sound 38, Olympic CC 27, Evergreen St. 17.

Women (Top 3 GNAC Finishers): 200 Meters - 1, Aniya Green, SPU, 26.43; 2, Johanna Brown, SPU, 26.71. 400 Meters - 2, Cree Bell, SMU, 1:00.12; 3, Marian Ledesma, WWU, 1:00.75. 800 Meters - 3, Elie Bassett, WWU, 2:23.47. 1,500 Meters - 1, Annika Esvelt, SPU, 4:45.73; 2, Alisha Saucedo, SMU, 4:46.66; 3, Alauna Carstens, SMU, 4:48.49. 10,000 Meters - 2, Meaera Shannon, WWU, 37:23.82; 3, Sara Sabra, SMU, 37:27.60. 100 Hurdles - 1, Ellie DeGroot, CWU, 15.44; 2, Sarah Sewell, CWU, 15.71. 400 Hurdles - 1, Sarah Sewell, CWU, 1:05.49; 2, Ellie DeGroot, CWU, 1:06.71. 4x400 Relay - 1, Seattle Pacific, 4:02.29; 3, Seattle Pacific "B," 4:22.59. Pole Vault - 1, Lizzy Daugherty, SPU, 11-9.75. Long Jump - 1, Alyssa Duncan, SMU, 16-3.25; 2, Gabriela Cintron, SMU, 15-6.75. Triple Jump - 2, Tehya Moore, CWU, 34-0.25; 3, Alyssa Duncan, SMU, 33-0.25. Hammer - 3, Payton Elenbaas, CWU, 134-9.

Men's Team Scores: Whitworth 153, Western Washington 129.5, Pacific Lutheran 102, Central Washington 98, Saint Martin's 49, Seattle Pacific 45, Colorado College 37, Puget Sound 36, Spokane CC 30.5, Tacoma RC 6, Olympic CC 5.

Men (Top 3 GNAC Finishers): 100 Meters - 3, Derek Fischer, WWU, 11.21. 400 Meters - 2, Zach Franco, SMU, 50.96; 3, Camron Ramsay, CWU, 51.10. 800 Meters - 1, Jack Farrell, SMU, 1:58.26; 3, Jon Owen, SPU, 1:59.22. 1,500 Meters - 1,

Kevin McDermott, WWU, 3:51.41; 3, Ian Eifert, WWU, 4:01.65. 5,000 Meters - 1, Kevin McDermott, WWU, 15:14.22. 10,000 Meters - 1, Andrew Oslin, WWU, 29:41.91; 2, Ryan Clough, WWU, 29:55.94; 3, Sean Sands, WWU, 30:46.65. 110 Hurdles - 2, Logan Easley, CWU, 15.60; 3, Drew Klein, CWU, 16.06. 400 Hurdles - 2, Jaden Edwards, WWU, 56.31. Steeplechase - 1, Jeret Gillingham, WWU, 8:55.62; 3, Matthew Salazar, WWU, 10:05.41. 4x400 Relay - 1, Seattle Pacific, 3:29.65. Pole Vault - 1, Drew Klein, CWU, 14-8; 2, Kainoa Lee, SPU, 14-2; 3, Ryan Doidge, SMU, 13-8.25. Long Jump - 1, Isaiah Webster, CWU, 21-10.25. Triple Jump - 2, Hewson Nguyen, SMU, 42-5.25; 3, Tre Silva, CWU, 42-0.75. Shot Put - 3, Wyatt Franklin, CWU, 45-3. Discus - 2, Wyatt Franklin, CWU, 142-6. Hammer - 1, Angelo Ramos, WWU, 177-1; 2, Miller Campbell, WWU, 170-7. Javelin - 1, Branden Wise, CWU, 177-8; 3, Jaydon Tryon, WWU, 168-8.

Erik Anderson Memorial Icebreaker at Maxwell Field, McMinnville, Ore.

Women (Top 3 GNAC Finishers): 10,000 Meters - 1, Morgan Erler, NNU, 38:25.07.

Men (Top 3 GNAC Finishers): None.

Sat., Mar. 4

Willamette Opener at Charles Bowles Track, Salem, Ore.

Women (Top 3 GNAC Finishers): 1, Maya Hopwood, WOU, 12.44; 3, Josie Lavato, WOU, 12.91. 1,500 Meters - 1, Katie Chapman, WOU, 5:03.47. 400 Hurdles - 1, Madeline Lambing, WOU, 1:06.33. Javelin - 1, Kaylee Wright, WOU, 133-2; 3, Lyndee McLaughlin, WOU, 128-10.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Alex Driesner, WOU, 11.04; 3, Amari Hendrix, WOU, 11.18. 800 Meters - 1, Wyatt Smith, WOU, 1:58.62; 2, Rami Dear, WOU, 2:00.43; 3, Joel Yasin, WOU, 2:00.54. 1,500 Meters - 3, Bryce Mefford, WOU, 4:17.10. 400 Hurdles - 3, Deshaun Stevens, WOU, 57.47. Javelin - 2, Eli Nafziger, WOU, 163-6.

#GNACTF in 280

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#RecordEffort Western Washington's **Andrew Oslin** set a school record in the men's 10,000 meters at the Ed Boitano Invitational, an effort which ranks No. 6 on the GNAC all-time list.

#TopsInDivisionII Three GNAC athletes lead Division II in their respective events early in the outdoor season: Oslin in the men's 10,000, Western Washington's **Jeret Gillingham** in the men's steeplechase and Seattle Pacific's **Lizzy Daugherty** in the women's pole vault.

#LongDistanceWinner Northwest Nazarene's **Morgan Erler** was a winner in the women's 10,000 as the Nighthawks made a soft start to the outdoor season at the Erik Anderson Memorial Icebreaker.

#IndoorChampsAwait Sixteen GNAC athletes will compete for All-American trophies and titles as the NCAA Division II Indoor Championships run Friday and Saturday in Virginia Beach, Virginia.

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Simon Fraser	@SFU_Athletics	#RepTheLeaf
W. Oregon	@WOUWolves	#HowIAboutIt
W. Washington	@WWUAthletics	#VIKTorious

GNAC Athletes of the Week



MEN'S TRACK
Andrew Oslin, Western Washington
Sophomore • Puyallup, Wash.

Oslin opened the outdoor season with a victory in the 10,000 meters at the Ed Boitano Invitational on Friday. His winning time of 29:41.91 ranks No. 6 on the GNAC all-time and is the best time in Division II in the young season.

Also Nominated: Logan Easley (Central Washington), Brody Kemble (Northwest Nazarene).



WOMEN'S TRACK
Aniya Green, Seattle Pacific
Junior • Dupont, Wash.

Green opened the outdoor season by winning the 200 meters and running the leadoff leg on the Falcons' winning 4x400-meter relay team at the Ed Boitano Invitational. Green cruised to the win in the 200 meters with a time of 26.43 seconds. She then started the Falcons off well as they won the 4x400-meter relay by 12 seconds in a time of

4:02.29.

Also Nominated: Ellie DeGroot (Central Washington), Morgan Erler (Northwest Nazarene), Meaera Shannon (Western Washington).



MEN'S FIELD
Isaiah Webster, Central Washington
Freshman • Bellevue, Wash.

Running in his first collegiate outdoor meet, Webster won the long jump by 11 inches at the Ed Boitano Invitational on Saturday with a mark of 21 feet, 10.25 inches.

Also Nominated: Jaydon Tryon (Western Washington).



WOMEN'S FIELD
Lizzy Daugherty, Seattle Pacific
Junior • Lake Stevens, Wash.

Daugherty won the pole vault at the Ed Boitano Invitational with a clearance of 11 feet, 9.75 inches. She tied at the height with Pacific Lutheran's Lily Luksich and was awarded first based on fewer misses at the previous height. The mark ranks second in Division II in the young outdoor season.

Also Nominated: Payton Elenbaas (Central 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
Feb. 20-26	Drew Weber, WWU	David Njeri, SPU	E'lexis Hollis, CWU	Jenelle Hurley, WOU
Feb. 27-Mar. 5	Andrew Oslin, WWU	Isaiah Webster, CWU	Aniya Green, SPU	Lizzy Daugherty, SPU

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

Around The GNAC

ALASKA ANCHORAGE



- Alaska Anchorage will not open its outdoor season until Mar. 23-25, traveling south to compete at the Aztec Invitational in San Diego and the Mangrum Invitational in San Marcos, California.
- The Seawolves will send one athlete to the NCAA Indoor Championships in **Coleman Nash**. The sophomore is seeded No. 5 in the men's 5,000 meters with a season-best time in 13:48.46 and No. 18 in the 3,000 meters with a time of 8:03.41.

• Nash was named the GNAC Indoor Championships Men's Track Athlete of the Meet after he won the 3,000 meters in a time of 8:18.32 and the 5,000 meters in a time of 14:17.09, both meet records.

CENTRAL WASHINGTON



- Central Washington opened the outdoor season with four event winners at the Ed Boitano Invitational in Tacoma, Washington.
- Freshman **Isaiah Webster** was named the GNAC Men's Field Athlete of the Week after he won the long jump by nearly 11 inches with a mark of 21 feet, 10.25 inches. Webster finished fourth in the event at the GNAC Indoor

Championships.

- Freshman **Ellie DeGroot** and sophomore **Sarah Sewell** finished one-two in the women's 100-meter hurdles. DeGroot won in a time of 15.44 seconds while Sewell placed second in 15.71 seconds. The two flip places in the 400-meter hurdles with Sewell winning in 1:05.49 and DeGroot placing second in 1:06.71.
- Two weeks after placing second in the event at the GNAC Indoor Championships, sophomore **Drew Klein** won the men's pole vault in the outdoor opener with a clearance of 14 feet, 8 inches.
- The Wildcats also picked up a pair of second-place finishes in the men's throws. Senior **Wyatt Franklin** was second in the discus with a mark of 142 feet, 6 inches while junior **Branden Wise** was second in the javelin with a mark of 177 feet, 8 inches.
- Central Washington does not return outdoors until Sat., Mar. 18, when it competes in the Doris Heritage Track Festival in Renton, Washington.
- Central Washington will have two women's athletes in the Division II Indoor Championships this weekend. Junior **E'lexis Hollis** is seeded No. 13 in the 60 meters with a time of 7.46 seconds. Junior **Lauryn Chandler**, the GNAC champion in the 60-meter hurdles, is seeded No. 14 with her season-best of 8.57 seconds.

MONTANA STATE BILLINGS



- Montana State Billings will not open its outdoor season until Sat., Mar. 18, co-hosting the MSUB/Rocky Meet in Billings.
- Montana State Billings finished eighth in both the men's and women's team competitions at the GNAC Indoor Championships.
- The Yellowjackets received a trio of top-three finishes.

Sophomore **Bradley Graves** finished third in the men's 60-meter hurdles with a time of 8.42 seconds. He ran 8.34 in the preliminaries to reset his own MSUB record.

- Freshman **Tatum Hull** placed third in the women's long jump with a school-record mark of 17 feet, 11.5 inches. Senior **Kailee Stoppel** finished third in the women's 800 meters in a time of 2:16.84.

NORTHWEST NAZARENE



- Northwest Nazarene opened the outdoor season by sending a limited number of distance runners to the Erik Anderson Memorial Icebreaker in McMinnville, Oregon.
- Freshman **Morgan Erler** opened her collegiate outdoor career as a winner, taking the women's 10,000 meters with a time of 38:25.07.

• Freshman **Brody Kemble** placed seventh in the men's 10,000 meters with a time of 31:27.97 while freshman **Aaron Heberlein** crossed in a time of 34:02.81.

- The Nighthawks are not scheduled to compete outdoors again until Saturday, Mar. 25, at the Willamette Invitational in Salem, Oregon.
- Northwest Nazarene will be represented at the NCAA Indoor Championships by sophomore **Steven Schmidt**. The GNAC Championships Men's Field Athlete of the Meet, Schmidt is seeded No. 7 in the heptathlon with a score of 5,386 points and No. 9 in the high jump with his best of 7 feet, 0.25 inches.

SAINT MARTIN'S



- Saint Martin's picked up a pair of first-place finishes as it opened the 2023 outdoor season at the Ed Boitano Invitational.

• Freshman **Alyssa Duncan** was a winner in her first collegiate outdoor meet, winning the women's long jump with a mark of 16 feet, 3.25 inches. Duncan also finished third in the triple jump with a mark of 33 feet, 0.25 inches.

- Senior **Jack Farrell** won the men's 800 meters, clocking a time of 1:58.26.
- The Saints amassed a pair of second-place finishes in the 4000 meters. Junior **Cree Bell** was second in the women's 400 with her time of 1:00.12 while junior **Zach Franco** was second in the men's 400 with a time of 50.96 seconds.
- Sophomore **Alisha Saucedo** led a 2-3-4 finish for the Saints in the women's 1,500 meters, placing second in a time of 4:46.66. Freshman **Alauna Carstens** placed third in 4:48.48 and junior **Naomi Hartley** was fourth in 4:58.33.
- The Saints will be back outdoors on Saturday, competing in the PLU Open in Tacoma.

Around The GNAC

SEATTLE PACIFIC



- Seattle Pacific picked up three victories and swept the conference women's weekly awards as the Falcons opened the outdoor season at the Ed Boitano Invitational.
- Junior **Aniya Green** was named the GNAC Women's Track Athlete of the Week after she won the 200 meters in a time of 26.43 seconds. She went on to run the leadoff leg of the Falcons' 4x400-meter relay team, which won in a time of 4:02.29.
- Junior **Lizzy Daugherty** earned GNAC Women's Field Athlete of the Week honors after winning the pole vault with a mark of 11 feet, 9.75 inches which leads Division II this season. Daugherty tied with Lily Luksich of Pacific Lutheran and was awarded first based on fewer misses at the previous height.
- Junior **Annika Esvelt** won the women's 1,500 meters in her first race of the season after missing the indoor schedule due to injury. Esvelt won in a time of 4:45.73.
- Junior **Kainoa Lee** was the top SPU men's placer, taking second in the pole vault with his clearance of 14 feet, 2 inches. Junior **Jon Owen** placed third in the men's 800 meters in a time of 1:59.22.
- The Falcons will return to the outdoor oval on Saturday, competing in the PLU Open in Tacoma.
- Seattle Pacific will be presented by senior **Vanessa Aniteye** at the NCAA Indoor Championships. Aniteye has the top time in the women's 800 meters at 2:07.53.

SIMON FRASER



- Simon Fraser will not open the outdoor season until Saturday, Mar. 18, when it hosts the first of two High Performance Meets at Terry Fox Field.
- The Red Leafs will have three individuals and its men's distance medley relay at the NCAA Indoor Championships. Junior **Charlie Dannatt** leads the way. He ranks No. 2 in the men's mile with a seed time of 3:58.54 and is No. 8 in the 3,000 meters with a time of 7:58.32.
- Dannatt also joins with **Aiden Good**, **Jordan Schmidt** and **Felix Allen** in the men's distance medley relay. The team is No. 5 in the field with a season-best time of 9:42.77.
- Sophomore **Marie-Éloïse Leclair** will compete in both the 60 meters and 200 meters. Leclair is seeded No. 4 in the 200 meters in 23.63 seconds and No. 6 in the 60 meters in 7.33 seconds. Both times are GNAC records.
- Junior **Megan Roxby** is seeded No. 13 in the women's mile with a season-best time of 4:48.70.



WESTERN OREGON

- After sweeping the GNAC indoor championships, Western Oregon pivoted to the outdoor seasons and competed at the Willamette Opener on Saturday in Salem, Oregon.
- The WOU women picked up four victories in the meet. Senior **Kaylee Wright** led the way with the victory in the javelin with a mark of 133 feet, 2 inches.
- Senior **Maya Hopwood** led three women's winners on the track, winning the 100 meters in 12.44 seconds. Sophomore **Katie Chapman** won the 1,500 meters in a time of 5:03.47 while junior **Madeline Lambing** won the 400-meter hurdles by five seconds in a time of 1:06.33.
- Both of Western Oregon's men's victories came on the track. Sophomore **Alex Driesner** won the 100 meters in a time of 11.04 seconds while sophomore **Wyatt Smith** won the 800 meters in a time of 1:58.62.
- The Wolves also sent a handful of distance athletes to compete at the Erik Anderson Memorial Icebreaker on Friday night in McMinnville, Oregon. Sophomore **Emily Johnson** led the way, placing 16th in the women's 10,000 meters in 41:59.93.
- Western Oregon returns to outdoor competition on Mar. 17 and 18, taking part in the Oregon Preview at Hayward Field in Eugene.
- Junior **Hunter Hutton** will represent WOU at the NCAA Indoor Championships. He is seeded No. 6 in the men's mile with a time of 4:03.26.

WESTERN WASHINGTON



- Sophomore **Andrew Oslin's** school-record time in the men's 10,000 meters led Western Washington as it opened the outdoor season at the Ed Boitano Invitational.
- Oslin was named the GNAC Men's Track Athlete of the Week after winning in a time of 29:41.91 to break the previous WWU record of 29:45.42 set by **Jordan Welling** in 2010. The time leads Division II this season and is No. 6 on the GNAC all-time list.
- Sophomore **Jeret Gillingham** also had a Division II-leading mark in the men's steeplechase, winning in a time of 8:55.62. It is the best time in Division II by 53 seconds.
- Sophomore **Kevin McDermott** was a winner in both the men's 1,500 meters and 5,000 meters. McDermott took the 1,500 in a time of 3:51.41 and the 5,000 in a time of 15:14.22.
- Freshman **Meera Shannon** led the WWU women with her second-place finish in the 10,000 meters. Her time of 37:23.82 ranks No. 8 on the WWU all-time list.
- Junior **Marian Ledesma** added a third-place finish in the women's 400 meters in 1:00.75 while freshman **Elie Bassett** was third in the 800 meters in 2:23.47.
- Western Washington returns to outdoor action this weekend, competing in the PLU Open on Saturday in Tacoma.
- Junior **Drew Weber** will represent Western Washington at the NCAA Indoor Championships. He is seeded No. 12 in the 800 meters with a time of 1:49.86. Weber will also team with **Will Henry**, **Brian Le** and **Jonah Bloom** in the men's distance medley relay, where the Vikings are seeded No. 3 with a time of 9:45.48.

GNAC Provisional Qualifiers For NCAA Indoor Championships

MEN'S QUALIFIERS AS OF FEB. 28, 2023

Event	Athlete	Mark	Rank	Date
400 Meters	Maximilian Kremser, UAA	48.25	40th	2/10/23
800 Meters	Drew Weber, WWU	1:49.86	12th	2/24/23
	Jordan Schmidt, SFU	1:52.06	40th	1/14/23
	Will Henry, WWU	1:52.08	41st	1/14/23
Mile	Charlie Dannatt, SFU	3:58.54	2nd	2/10/23
	Hunter Hutton, WOU	4:03.26	13th	2/10/23
	Drew Weber, WWU	4:05.70	30th	2/10/23
	Drew Johnson, UAA	4:07.71	55th	2/24/23
	Aiden Good, SFU	4:09.75	76th	1/27/23
	Will Henry, WWU	4:10.17	81st	1/27/23
	Ase Ackerman, MSUB	4:10.39+	87th	1/20/23
3,000 Meters	Charlie Dannatt, SFU	7:58.32	8th	1/27/23
	Coleman Nash, UAA	8:03.41	18th	1/27/23
	Sebastian Brinkman, SFU	8:15.85	49th	1/27/23
	Hunter Hutton, WOU	8:16.11	51st	1/14/23
	Scott Arndt, SFU	8:17.20	57th	1/14/23
	Drew Johnson, UAA	8:17.45	59th	2/10/23
	Ephrem Mekonnen, SFU	8:18.32	64th	1/27/23
5,000 Meters	Coleman Nash, UAA	13:48.46	5th	2/10/23
	Sebatian Brinkman, SFU	14:21.33	38th	2/10/23
	Andrew Oslin, WWU	14:25.96	50th	2/10/23
60 Hurdles	Joshua Wagner, UAA	8.13	47th	1/14/23
DMR	Simon Fraser	9:42.77	5th	1/27/23
	Good, Schmidt, Allen, Dannatt			
	Western Washington	9:45.48	13th	1/27/23
	Henry, Le, Bloom, Weber			
	Western Oregon	9:46.23	16th	1/27/23
	Sanchez, Arce-Torres, Klus, Hutton			
High Jump	Steven Schmidt, NNU	2.14/7-0.25	T-8th	2/20/23
Triple Jump	David Njeri, SPU	14.91/48-11	24th	2/24/23
Shot Put	Dayne Gordien, WOU	17.17/56-4	20th	2/5/23
Heptathlon	Steven Schmidt, NNU	5,386	7th	2/20/23
	Braydon Maier, CWU	5,128	21st	2/10/23
	JJ Walker, WOU	4,728	49th	1/20/23
	Drew Klein, CWU	4,726	50th	1/20/23

+ - converted mark for track size & altitude

WOMEN'S QUALIFIERS AS OF FEB. 27, 2023

Event	Athlete	Mark	Rank	Date
60 Meters	Marie-Éloïse Leclair, SFU	7.33	6th	2/20/23
	E'lexis Hollis, CWU	7.46	11th	2/20/23
	Malyiah Thompson, WOU	7.61	T-49th	2/20/23
	Abbey Wood, NNU	7.64	T-61st	1/28/23
200 Meters	Marie-Éloïse Leclair, SFU	23.63	4th	2/20/23
	Emma Cannan, SFU	24.68	50th	2/20/23
	Juliette Williams, CWU	24.83	T-64th	2/20/23
	Abbey Wood, NNU	24/88	70th	2/20/23
400 Meters	Marie-Éloïse Leclair, SFU	53.82	T-4th	2/10/23
800 Meters	Vanessa Aniteye, SPU	2:07.53	1st	2/10/23
	Megan Roxby, SFU	2:10.86	23rd	2/10/23
	Marian Ledesma, WWU	2:14.40	59th	1/14/23
Mile	Megan Roxby, SFU	4:48.70	17th	1/27/23
	Ila Davis, WWU	4:53.51	37th	2/10/23
60 Hurdles	Laurny Chandler, CWU	8.57	T-14th	2/20/23
	Malyiah Thompson, WOU	8.68	23rd	2/20/23
4x400 Relay	Simon Fraser	3:48.10	26th	2/20/23
	Binder, Bosma, Cannan, Leclair			
	Central Washington	3:50.97	46th	2/20/23
	Williams, Hopper, Harris, DeChenne			
DMR	Western Washington	11:40.67	17th	2/24/23
	Wright, Cheney, Crocker, Davis			
	Simon Fraser	11:41.23	22nd	2/10/23
	Cameron, Leclair, Vanderput, Roxby			
Pole Vault	Kinsey Yenor, NNU	3.92/12-10.25	T-16th	2/4/22
Long Jump	Ukunwa Nwokoma, WOU	5.79/19-0	T-36th	2/20/23
Shot Put	Destany Herbert, NNU	13.95/45-9.25	30th	2/4/23
Pentathlon	Jenelle Hurley, WOU	3,585	18th	2/2/23

GNAC Provisional Qualifiers For NCAA Outdoor Championships

MEN'S QUALIFIERS AS OF MAR. 7, 2023

Event	Athlete	Mark	Rank	Date
10,000 Meters	Andrew Oslin, WWU	29:41.91	1st	3/3/23
Steeplechase	Jeret Gillingham, WWU	8:55.62	1st	3/3/23

WOMEN'S QUALIFIERS AS OF MAR. 7, 2023

Event	Athlete	Mark	Rank	Date
No Provisional Qualifiers To Date				

GNAC & NCAA Outdoor Championships Qualifying Standards

MEN		EVENT	WOMEN	
GNAC	NCAA Provisional		GNAC	NCAA Provisional
10.88	10.52	100 Meters	12.19	11.85
22.06	21.26	200 Meters	25.14	24.34
48.62	47.83	400 Meters	57.54	56.00
1:53.88	1:51.48	800 Meters	2:13.08	2:12.23
3:52.12	3:49.46	1,500 Meters	4:30.39	4:32.09
14:57.87	14:25.34	5,000 Meters	17:17.36	17:07.10
31:53.17	30:28.78	10,000 Meters	37:32.88	36:28.87
15.00	14.49	110/100m Hurdles	14.62	14.24
55.23	53.32	400m Hurdles	1:03.43	1:02.33
9:13.88	9:12.36	Steeplechase	11:11.32	11:01.26
1.95 / 6-4.75	2.04 / 6-8.25	High Jump	1.61 / 5-3.25	1.68 / 5-6
4.51 / 14-9.5	4.82 / 15-9.75	Pole Vault	3.35 / 10-11.75	3.74 / 12-4.75
6.88 / 22-7	7.27 / 23-10.25	Long Jump	5.55 / 18-2.5	5.83 / 19-1.5
13.82 / 45-4.25	14.69 / 48-2.25	Triple Jump	11.56 / 37-11.25	11.96 / 39-3
15.47 / 50-9.25	16.57 / 54-4.5	Shot Put	12.63 / 41-5.25	13.95 / 45-9.25
48.57 / 159-4	50.41 / 165-4	Discus	41.00 / 134-6	45.70 / 149-11
54.43 / 178-7	56.77 / 186-3	Hammer	49.58 / 162-0	52.34 / 171-9
58.14 / 190-9	58.46 / 191-9	Javelin	44.71 / 146-8	42.03 / 137-10
6,452	6,354	Dec./Hep.	4,593	4,510
NA	40.99	4x100 Relay	NA	46.73
NA	3:14.07	4x400 Relay	NA	3:49.58

GNAC Championships: The top-16 performers as listed in TFRRS will qualify for the championship meet in addition to any performers who meet the GNAC standard.

Men's Indoor Regional & National Indexes

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	SFU	WWU
Jan. 24	—	—
Jan. 31	20th	23rd
Feb. 7	25th	—
Feb. 14	20th	—
Feb. 21	19th	—
Feb. 28	24th	—
Mar. 7	22nd	—

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 7 - Mar. 6, 2023		
Rk	School	Pts.
1.	Pittsburg State	310.01
2.	Adams State	182.83
3.	West Texas A&M	133.03
4.	Grand Valley St.	104.51
5.	UC-Colorado Springs	93.28
6.	Missouri Southern	84.14
7.	Colorado Mines	82.50
8.	Central Missouri	80.61
9.	CSU Pueblo	75.10
10.	Mississippi College	71.60
11.	Tiffin	67.66
12.	Academy of Art	63.03
13.	Angelo State	61.11
14.	Findlay	59.67
15.	Texas A&M-Kingsville	58.33
16.	NW Missouri St.	50.95
17.	Walsh	49.11
18.	Harding	46.53
19.	Minnesota State	45.90
20.	Fort Hays St.	44.52
21.	Lenoir-Rhyne	39.11
22.	Simon Fraser	38.61
23.	Wingate	35.29
24.	Neb.-Kearney	34.91
25.	Alabama-Huntsville	33.34

USTFCCCA WEST REGION TEAM INDEX

Week 5 - Feb. 27, 2023			
Rk	School	Pts.	Prev.
1.	Azusa Pacific	409.48	1
2.	Academy of Art	394.50	2
3.	Western Washington	330.45	3
4.	Western Oregon	281.51	4
5.	Northwest Nazarene	263.19	5
6.	Simon Fraser	232.11	7
7.	Fresno Pacific	226.80	6
8.	Central Washington	165.81	9
9.	Alaska Anchorage	155.31	8
10.	Concordia	74.10	10



[Complete Poll Online](#)

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
Feb. 21	19th
Feb. 28	22nd
Mar. 6	—

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 7 - Mar. 6, 2023		
Rk	School	Pts.
1.	Minnesota State	237.26
2.	West Texas A&M	185.33
3.	Adams State	163.77
4.	Grand Valley St.	128.68
5.	Pittsburg State	116.53
6.	Winona State	107.56
7.	Angelo State	91.33
8.	Azusa Pacific	85.96
9.	Colorado Mines	77.13
10.	Academy of Art	54.98
11.	Adelphi	52.90
12.	Central Missouri	51.65
13.	California (Pa.)	50.15
14.	Lincoln (Mo.)	47.34
15.	Missouri Southern	44.58
16.	Concordia-St. Paul	43.95
17.	Findlay	42.00
18.	Indianapolis	40.72
19.	Western Colorado	40.09
20.	UC-Colorado Springs	38.63
21.	NW Missouri St.	38.04
22.	New Mexico Highlands	36.29
23.	CSU Pueblo	35.17
24.	Hillsdale	34.40
25.	MSU Moorhead	34.30

USTFCCCA WEST REGION TEAM INDEX

Week 6 - Feb. 27, 2023			
Rk	School	Pts.	Prev.
1.	Azusa Pacific	400.94	1
2.	Academy of Art	386.62	2
3.	Cal Poly Pomona	272.44	3
4.	Simon Fraser	226.28	4
5.	Western Washington	214.81	5
6.	Western Oregon	199.03	6
7.	Stanislaus State	152.33	9
8.	Central Washington	151.38	8
9.	Concordia	134.33	7
10.	Cal St. San Marcos	112.29	11



[Complete Poll Online](#)

GNAC Indoor Track & Field Records

MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
200 Meters	21.40	Callum Robinson, Simon Fraser (2022)
400 Meters	47.61	Vladislav Tsygankov, Simon Fraser (2017)
800 Meters	1:47.74	Derek Holdsworth, Western Oregon (2020)
Mile	3:57.92	Aaron Ahl, Simon Fraser (2022)
3,000 Meters	7:50.81	David Ribich, Western Oregon (2018)
5,000 Meters	13:47.73	Micah Chelimo, Alaska Anchorage (2014)
60m Hurdles	8.07	Hunter Flick, Western Washington (2022)
4x400 Relay	3:12.45	Alaska Anchorage (2016)
Nicholas Taylor, Liam Lindsey, Adam Commandeur, Cody Thomas		
Distance Medley	9:38.04	Simon Fraser (2022)
Ephrem Mekonnen, Callum Robinson, Aiden Good, Aaron Ahl		
High Jump	2.22/7-3.25	Mikel Smith, Saint Martin's (2017)
Pole Vault	5.31/17-5	Ryan Brown, Western Washington (2011)
Long Jump	7.46/24-5.75	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015/2017)
Shot Put	17.94/58-10.75	Cameron Neel, Western Washington (2007)
Weight Throw	18.85/61-10.25	Aidan Cain, Central Washington (2020)
Heptathlon	5,508	Chris Randolph, Seattle Pacific (2006)

MEN'S CONFERENCE MEET RECORDS

60 Meters	6.75	Alex Donigian, Western Washington (2014)
200 Meters	21.50	Callum Robinson, Simon Fraser (2022)
400 Meters	47.80	Joel Webster, Simon Fraser (2016)
800 Meters	1:50.83	David Ribich, Western Oregon (2018)
Mile	4:01.78	Aaron Ahl, Simon Fraser (2022)
3,000 Meters	8:18.32	Coleman Nash, Alaska Anchorage (2023)
5,000 Meters	14:17.09	Coleman Nash, Alaska Anchorage (2023)
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	5,386	Steven Schmidt, Northwest Nazarene (2023)

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	2.14/7-0.25	Steven Schmidt, Northwest Nazarene (2023)
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	7.33	Marie-Éloïse Leclair, Simon Fraser (2023)
200 Meters	23.63	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	Mariah 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	7.33	Marie-Éloïse Leclair, Simon Fraser (2023)
200 Meters	23.63	Marie-Éloïse Leclair, Simon Fraser (2023)
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	Mariah Vongsaveng, Central Washington (2017)
4x400 Relay	3:46.41	Simon Fraser (2016)
Distance Medley	11:23.47	Alaska Anchorage (2019)
Ruth Cvancara, Vanessa Aniteye, Danielle McCormick, Caroline Kurgat		
High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2014)
Pole Vault	3.93/12-10.75	Halle Irvine, Central Washington (2019)
Long Jump	5.98/19-7.5	Peace Igbonagwam, Seattle Pacific (2019)
Triple Jump	12.70/41-8	Keshara Romain, Saint Martin's (2020)
Shot Put	17.02/55-10.25	McKenzie Warren, Concordia (2017)
Weight Throw	18.67/61-3	Kori Sprague, Concordia (2020)
Pentathlon	3,815	Scout Cai, Seattle Pacific (2019)

CONFERENCE MEET PENTATHLON EVENTS

60m Hurdles	8.75	Rosie Smith, Alaska Anchorage (2016)
High Jump	1.69/5-6.5	Taylor Fettig, Central Washington (2014 & 2015)
		Karolin Anders, Alaska Anchorage (2015)
		Geneva Lehnert, Seattle Pacific (2017)
		Scout Cai, Seattle Pacific (2019)
Shot Put	11.96/39-3	Charlene Harber, Western Oregon (2012)
Long Jump	5.68/18-7.75	Karolin Anders, Alaska Anchorage (2016)
800 Meters	2:15.88	Ali Anderson, Central Washington (2017)

* - NCAA Division II record

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

GNAC Outdoor Track & Field Records

MEN - ALL MEETS

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

MEN'S CONFERENCE MEET RECORDS

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

+ - Denotes Division II national record

WOMEN - ALL MEETS

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

WOMEN'S CONFERENCE MEET RECORDS

100 Meters	11.66	Marie-Éloïse Leclair, Simon Fraser (2022)
200 Meters	23.88	Marie-Éloïse Leclair, Simon Fraser (2022)
400 Meters	54.19	Vanessa Aniteye, Alaska Anchorage (2019)
800 Meters	2:06.38	Jessica Pixler, Seattle Pacific (2010)
1,500 Meters	4:23.02	Caroline Kurgat, Alaska Anchorage (2019)
3,000 Meters	9:53.80	Jessica Pixler, Seattle Pacific (2007)
5,000 Meters	16:35.10	Caroline Kurgat, Alaska Anchorage (2019)
10,000 Meters	34:49.33	Caroline Kurgat, Alaska Anchorage (2018)
100m Hurdles	13.82	Danielle Ayers-Stamper, Seattle Pacific (2005)
400m Hurdles	58.22	Sidney Trinidad, Central Washington (2019)
Steeplechase	11:02.45	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.

2022-23 GNAC Indoor Meet Summaries

Mon., Feb. 20 & Tues., Feb. 21

GNAC Indoor Championships

at The Podium, Spokane, Wash.

Women's Team Scores: Western Oregon 122, Western Washington 117, Simon Fraser 110, Central Washington 90, Seattle Pacific 60, Northwest Nazarene 54, Saint Martin's 39, Alaska Anchorage 36.5, Montana State Billings 31.5.

Women's Champions: 60 Meters - Marie-Éloïse Leclair, SFU, 7.33. 200 Meters - Marie-Éloïse Leclair, SFU, 23.63. 400 Meters - Claire Bosma, SFU, 57.90. 800 Meters - Vanessa Aniteye, SPU, 2:08.71. Mile - Megan Roxby, SFU, 5:05.63. 3,000 Meters - Ila Davis, WWU, 10:14.61. 5,000 Meters - Meaera Shannon, WWU, 17:55.64. 60m Hurdles - Lauryn Chandler, CWU, 8.57. 4x400 Relay - Simon Fraser (Erika Binder, Claire Bosma, Emma Cannan, Marie-Éloïse Leclair), 3:48.10. DMR - Western Washington (Sophie Wright, Marian Ledsema, Mia Crocker, Ila Davis), 11:59.03. High Jump - Jenelle Hurley, WOU, 5-5.25. Pole Vault - Kinsey Yenor, NNU, 12-2.75. Long Jump - Ujunwa Nwokoma, WOU, 19-0. Triple Jump - Ana Popchock, WOU, 38-2.75. Shot Put - Destany Herbert, NNU, 44-7. Weight Throw - Raine Westfall, WWU, 54-6.5. Pentathlon - Jenelle Hurley, WOU, 3,585.

Men's Team Scores: Western Oregon 131, Western Washington 125, Northwest Nazarene 121, Central Washington 76.5, Simon Fraser 65, Alaska Anchorage 53, Seattle Pacific 38.5, Montana State Billings 31, Saint Martin's 22.

Men's Champions: 60 Meters - Dominique Loggins, WOU, 6.87. 200 Meters - Jesaiah Penson-Mccoy, SFU, 21.77. 400 Meters - Kevin Angarita, UAA, 48.70. 800 Meters - Drew Weber, WWU, 1:52.53. Mile - Charlie Dannatt, SFU, 4:06.21. 3,000 Meters - Coleman Nash, UAA, 8:18.33. 5,000 Meters - Coleman Nash, UAA, 14:17.10. 60m Hurdles - Justin Conklin, WOU, 8.33. 4x400 Relay - Central Washington (Isaiah Webster, Aiden Wise, Austin Albertin, Johan Correa), 3:19.15. DMR - Simon Fraser (Aiden Good, Felix Allen, Jordan Schmidt, Charlie Dannatt), 10:12.48. High Jump - Gerohm Rihari, NNU, 6-6.25. Pole Vault - Braydon Maier, CWU, 15-5.75. Long Jump - Steven Schmidt, NNU, 22-11. Triple Jump - David Njeri, SPU, 48-0. Shot Put - Dayne Gordien, WOU, 53-2.75. Weight Throw - Dylan Hendry, NNU, 57-6.5. Heptathlon - Steven Schmidt, NNU, 5,386.

Fri., Feb. 24-Sat., Feb. 25

Ken Shannon Last Chance Invite

at Dempsey Indoor, Seattle, Wash.

Women (Top 3 GNAC Finishers): DMR - 3, Western Washington (Wright, Miller, Crocker, Davis), 11:40.67.

Men (Top 3 GNAC Finishers): DMR - 3, Western Oregon (Sanchez, Arce-Torres, Klus, Hutton), 9:48.43.

2022-23 GNAC Outdoor Meet Summaries

Fri., Mar. 3-Sat., Mar. 4

Ed Boitano Invitational

at Baker Stadium, Tacoma, Wash.

Women's Team Scores: Whitworth 111, Pacific Lutheran 106, Central Washington 83, Colorado College 73, Saint Martin's 68, Seattle Pacific 67, Spokane CC 48, Western Washington 44, Puget Sound 38, Olympic CC 27, Evergreen St. 17.

Women (Top 3 GNAC Finishers): 200 Meters - 1, Aniya Green, SPU, 26.43; 2, Johanna Brown, SPU, 26.71. 400 Meters - 2, Cree Bell, SMU, 1:00.12; 3, Marian Ledesma, WWU, 1:00.75. 800 Meters - 3, Elie Bassett, WWU, 2:23.47. 1,500 Meters - 1, Annika Esvelt, SPU, 4:45.73; 2, Alisha Saucedo, SMU, 4:46.66; 3, Alauna Carstens, SMU, 4:48.49. 10,000 Meters - 2, Meaera Shannon, WWU, 37:23.82; 3, Sara Sabra, SMU, 37:27.60. 100 Hurdles - 1, Ellie DeGroot, CWU, 15.44; 2, Sarah Sewell, CWU, 15.71. 400 Hurdles - 1, Sarah Sewell, CWU, 1:05.49; 2, Ellie DeGroot, CWU, 1:06.71. 4x400 Relay - 1, Seattle Pacific, 4:02.29; 3, Seattle Pacific "B," 4:22.59. Pole Vault - 1, Lizzy Daugherty, SPU, 11-9.75. Long Jump - 1, Alyssa Duncan, SMU, 16-3.25; 2, Gabriela Cintron, SMU, 15-6.75. Triple Jump - 2, Tehya Moore, CWU, 34-0.25; 3, Alyssa Duncan, SMU, 33-0.25. Hammer - 3, Payton Elenbaas, CWU, 134-9.

Men's Team Scores: Whitworth 153, Western Washington 129.5, Pacific Lutheran 102, Central Washington 98, Saint Martin's 49, Seattle Pacific 45, Colorado College 37, Puget Sound 36, Spokane CC 30.5, Tacoma RC 6, Olympic CC 5.

Men (Top 3 GNAC Finishers): 100 Meters - 3, Derek Fischer, WWU, 11.21. 400 Meters - 2, Zach Franco, SMU, 50.96; 3, Camron Ramsay, CWU, 51.10. 800 Meters - 1, Jack Farrell, SMU, 1:58.26; 3, Jon Owen, SPU, 1:59.22. 1,500 Meters - 1, Kevin McDermott, WWU, 3:51.41; 3, Ian Eifert, WWU, 4:01.65. 5,000 Meters - 1, Kevin McDermott, WWU, 15:14.22. 10,000 Meters - 1, Andrew Oslin, WWU, 29:41.91; 2, Ryan Clough, WWU, 29:55.94; 3, Sean Sands, WWU, 30:46.65. 110 Hurdles - 2, Logan Easley, CWU, 15.60; 3, Drew Klein, CWU, 16.06. 400 Hurdles - 2, Jaden Edwards, WWU, 56.31. Steeplechase - 1, Jeret Gillingham, WWU, 8:55.62; 3, Matthew Salazar, WWU, 10:05.41. 4x400 Relay - 1, Seattle Pacific, 3:29.65. Pole Vault - 1, Drew Klein, CWU, 14-8; 2, Kainoa Lee, SPU, 14-2; 3, Ryan Doidge, SMU, 13-8.25. Long Jump - 1, Isaiah Webster, CWU, 21-10.25. Triple Jump - 2, Hewson Nguyen, SMU, 42-5.25; 3, Tre Silva, CWU, 42-0.75. Shot Put - 3, Wyatt Franklin, CWU, 45-3. Discus - 2, Wyatt Franklin, CWU, 142-6. Hammer - 1, Angelo Ramos, WWU, 177-1; 2, Miller Campbell, WWU, 170-7. Javelin - 1, Branden Wise, CWU, 177-8; 3, Jaydon Tryon, WWU, 168-8.

Erik Anderson Memorial Icebreaker

at Maxwell Field, McMinnville, Ore.

Women (Top 3 GNAC Finishers): 10,000 Meters - 1, Morgan Erler, NNU, 38:25.07.

Men (Top 3 GNAC Finishers): None.

Sat., Mar. 4

Willamette Opener

at Charles Bowles Track, Salem, Ore.

Women (Top 3 GNAC Finishers): 1, Maya Hopwood, WOU, 12.44; 3, Josie Lavato, WOU, 12.91. 1,500 Meters - 1, Katie Chapman, WOU, 5:03.47. 400 Hurdles - 1, Madeline Lambing, WOU, 1:06.33. Javelin - 1, Kaylee Wright, WOU, 133-2; 3, Lyndee McLaughlin, WOU, 128-10.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Alex Driesner, WOU, 11.04; 3, Amari Hendrix, WOU, 11.18. 800 Meters - 1, Wyatt Smith, WOU, 1:58.62; 2, Rami Dear, WOU, 2:00.43; 3, Joel Yasin, WOU, 2:00.54. 1,500 Meters - 3, Bryce Mefford, WOU, 4:17.10. 400 Hurdles - 3, Deshaun Stevens, WOU, 57.47. Javelin - 2, Eli Nafziger, WOU, 163-6.