



Mar. 15, 2023 • Week 9  
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Contact: Blake Timm, Assistant Commissioner For Communications  
503-805-8756 • btimm@gnacsports.com

## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

**Fri., Mar. 17 & Sat., Mar. 18**  
Western Oregon, Western Washington  
at Oregon Preview, Eugene, Ore.

**Sat., Mar. 18**  
Central Washington, Seattle Pacific, Western  
Washington at Doris Heritage Track Festival,  
Renton, Wash.  
Saint Martin's at Lewis & Clark Spring Break Open,  
Portland, Ore.  
Simon Fraser at Simon Fraser  
High Performance #1, Burnaby, B.C.  
Montana State Billings at MSUB/Rocky Meet,  
Billings, Mont.

### LAST WEEK'S MEETS

**Fri., Mar. 10-Sat., Mar. 11**  
**NCAA Division II Indoor Championships**  
**at Virginia Beach Sports Center, Virginia**  
**Beach, Va.**  
**Men's Team Scores:** 1, Pittsburg St., 86; Tie 34,  
Northwest Nazarene, 6; Tie 45, Western Washing-  
ton, 2.  
**Men's Events:** 800 Meters - 10, Drew Weber,  
WWU, 1:53.06. 5,000 Meters - 12, Coleman Nash,  
UAA, 14:19.39. DMR - 7, Western Washington  
(Weber, Le, Bloom, Henry), 9:51.19; 12, Si-  
mon Fraser (Good, Allen, Schmidt, Brinkman),  
10:00.80. High Jump - Steven Schmidt, NNU, NH.  
Heptathlon - 3, Steven Schmidt, NNU, 5,523.  
**Women's Team Scores:** 1, Adams State, 52; Tie  
21, Seattle Pacific, 10. Tie 29, Simon Fraser, 6.  
**Women's Events:** 60 Meters - 7, Marie-Éloïse  
Leclair, SFU, 7.47. 14, E'Lexis Hollis, CWU, 7.51.  
200 Meters - 5, Marie-Éloïse Leclair, SFU, 23.84.  
800 Meters - 1, Vanessa Aniteye, SPU, 2:06.84.  
Mile - 17, Megan Roxby, SFU, 4:53.13. 60m Hur-  
dles - 13, Lauryn Chandler, CWU, 8.74.

**Sat., Mar. 11**  
**PLU Open**  
**at PLU Track, Tacoma, Wash.**  
**Women (Top 3 GNAC Finishers):** 100 Meters -  
1, Caitlyn Cheney, WWU, 12.22. 200 Meters - 1,  
Caitlyn Cheney, WWU, 25.14; 3, Anna Miller,  
25.87. 400 Meters - 1, Marian Ledesma, WWU,  
59.64. 800 Meters - 1, Mia Crocker, WWU,  
2:13.41; 2, Sophie Wright, WWU, 2:15.37; 3,  
Elie Bassett, WWU, 2:18.66. 1,500 Meters - 1,  
Cassidy Walchak-Sloan, SMU, 4:48.40; 2, Alauna  
Carstens, SMU, 4:50.04; 3, Sidra Miller, WWU,  
5:03.23. 100 Hurdles - 1, Gabriela Cintron, SMU,  
15.31. 400 Hurdles - 1, Brooke Mansfield, WWU,  
1:06.69. Steeplechase - 1, Ila Davis, WWU,  
10:36.03; 2, Ashley Reeck, WWU, 11:27.50; 3,  
Laura Halsell, WWU, 11:49.55. 4x400 Relay - 1,  
Western Washington (Wright, Kroontje, Crocker,  
Ledesma), 4:08.23. Pole Vault - 2, Annie Tran,  
WWU, 10-11.75. Long Jump - 2, Alyssa Duncan,  
SMU, 17-0.75; 3, Gabriela Cintron, SMU, 15-4.  
Shot Put - 1, Mara Parks, WWU, 39-10; 3, Jocelyn  
Saribay, SMU, 37-8.5. Discus - 1, Katie Potts,  
WWU, 138-4. Hammer - 2, Katie Potts, WWU,  
142-5.

**Men (Top 3 GNAC Finishers):** 100 Meters - 2,  
Keola Sanchez, WWU, 10.89. 200 Meters - 1,  
Ethan Johnson, WWU, 22.33; 2, Noah Johnson,  
WWU, 22.40. 400 Meters - 2, Denzel Pinto, WWU,  
50.35; 3, Lucas Brenek, WWU, 50.76. 800 Meters  
- 1, Isaac Cortes, SMU, 1:56.26. 110 Hurdles  
- 2, Jaden Edwards, 15.98. Steeplechase - 3,  
Ethan Bursch, WWU, 9:35.85. 4x100 Relay - 2,  
Western Washington (E. Johnson, J. Johnson, H.  
Johndon, Pinto), 43.46; 3, Western Washington  
"A" (Greenwalt, Vongphet, Kibler, Menicke), 43.73.  
High Jump - 1, Manu Greenlee, WWU, 6-0. Pole  
Vault - 2, Kurt Montero, WWU, 13-7.25; 3, Ryan  
Doidge, SMU, 13-1.5. Long Jump - 1, Gabe Men-  
icke, WWU, 21-4; 2, Anouthai Vongphet, WWU,  
20-11.75. Hammer - 1, Angelo Ramos, WWU,  
176-0; 2, Miller Campbell, WWU, 162-7. Javelin -  
1, Ethan Guidry, SMU, 169-3.

## #GNACTF in 280

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**#ShesAChampion** Seattle Pacific's **Vanessa Aniteye** won the NCAA Division II indoor women's 800-meter championship, winning the title on Saturday in a time of 2:06.84.

**#MakeHersADouble** Simon Fraser's **Marie-Éloïse Leclair** earned All-American honors in the women's 60 and 200 meters with top-eight finishes in both events.

**#MultiPerformer** Northwest Nazarene's **Steven Schmidt** set a school record and moved to No. 2 on the GNAC all-time list as he placed third in the heptathlon at the Division II Indoor Championships, earning All-American honors.

**#OutstandingOutdoors** Western Washington athletes earned three of the four GNAC Track and Field Athlete of the Week awards thanks to 13 victories at the PLU Open on Saturday.

## Get Social

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

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

# GNAC Athletes of the Week



**MEN'S TRACK**  
**Isaac Cortes, Saint Martin's**  
 Sophomore • Granite Falls, Wash.

Cortes ran the fastest time in the GNAC this season in the 800 meters, winning the event at the PLU Open on Saturday. Cortes crossed the line in 1:56.26 and was over a second ahead of second-place Ryan Stracke of Pacific Lutheran.

**Also Nominated:** Jaden Edwards (Western Washington).



**WOMEN'S TRACK**  
**Ila Davis, Western Washington**  
 Sophomore • Spokane, Wash.

Davis won the steeplechase at the PLU Open on Saturday. She won the race by 51 seconds with a time of 10:36.03 that is an NCAA Championships provisional qualifying mark and is the top mark in Division II this season.



**MEN'S FIELD**  
**Gabe Menicke, Western Washington**  
 Freshman • Whitefish, Mont.

Menicke won the long jump at the PLU Open on Saturday. His winning mark of 21 feet, 4 inches was over three inches better than second-place teammate Anouthai Vongphet and is No. 2 in the GNAC this season.



**WOMEN'S FIELD**  
**Katie Potts, Western Washington**  
 Sophomore • Everett, Wash.

Potts was the winner by nearly two feet in the discus at the PLU Open on Saturday. Her winning mark of 138 feet, 4 inches is the fifth-best mark in Division II so far this season.

## 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
Mar. 6-12	Isaac Cortes, SMU	Gabe Menicke, WWU	Ila Davis, WWU	Katie Potts, WWU

Complete Player of the Week releases are available online at [GNACsports.com](http://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.
- Sophomore **Coleman Nash** competed at the NCAA Division II Indoor Championships in the men's 5,000 meters, placing 12th in a time of 14:19.39. He was also entered in the 3,000 meters but did not compete.

## CENTRAL WASHINGTON



- Central Washington did not compete outdoors last week. The Wildcats return to the track on Saturday at the Doris Heritage Track Festival in Renton, Washington.
- Central Washington had two athletes compete in the NCAA Division II Indoor Track and Field Championships. Junior **Lauryn Chandler** placed 13th in the women's 60-meter hurdles in 8.77 seconds. Junior **E'lexis Hollis** placed 14th in the women's 60 meters in a time of 7.51 seconds.
- Central Washington opened the 2023 outdoor season at the Ed Boitano Invitational on Mar. 3 and 4.
- Freshman **Isaiah Webster** 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 flipped 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.

## 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 does not return to outdoor competition until Saturday, Mar. 25 at the Willamette Invitational in Salem, Oregon.
- Junior **Steven Schmidt** earned All-American honors in the heptathlon at the Division II Indoor Track and Field Championships. His school record score of 5,523 points ranks No. 2 on the GNAC all-time list. In the heptathlon high jump, Schmidt won with a mark of 7 feet, 0.25 inches that tied his lifetime best in the event set at the GNAC Indoor Championships. Schmidt was also third in the pole vault with a mark of 15 feet, 7 inches.
- Northwest Nazarene opened the outdoor season by sending a limited number of distance runners to the Erik Anderson Memorial Icebreaker in McMinnville, Oregon, on Mar. 3.
- 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.

## SAINT MARTIN'S



- Saint Martin's had four event winners as the Saints competed at the PLU on Saturday in Tacoma, Washington.
- Sophomore **Isaac Cortes** was named the GNAC Men's Track Athlete of the Week after he won the 800 meters in a time of 1:56.26. He finished over a second better than second-place Ryan Stracke of Pacific Lutheran with a time that leads the GNAC this season.
- Freshman **Ethan Guidry** won the men's javelin with a mark of 169 feet, 3 inches. He threw almost three feet farther than second-place Kacey Koehn of Northwest (Wash.).
- Sophomore **Cassidy Walchak-Sloan** led a top-two sweep for the Saints in the women's 1,500 meters, winning in a time of 4:48.40. Freshman **Alauna Carstens** placed second in 4:50.04.
- In the women's 110-meter hurdles, junior **Gabriela Cintron** won with a time of 15.31 seconds that currently leads the GNAC.
- In the field events, freshman **Jocelyn Saribay** placed third in the women's shot put with a mark of 37 feet, 8.5 inches. Freshman **Ryan Doidge** was the top SMU men's field-event finisher, placing third in the pole vault with a mark of 13 feet, 1.5 inches.
- The Saints return to action on Saturday, competing in the Lewis & Clark Spring Break Open in Portland.

# Around The GNAC

## SEATTLE PACIFIC



- Seattle Pacific did not compete outdoors last week. The Falcons will host the Doris Heritage Track Festival on Saturday in Renton, Washington.
- Senior **Vanessa Aniteye** closed out her career as a champion, winning the women's 800 meters at the Division II Indoor Track and Field Championships. Aniteye won in a time of 2:06.84, which ranks No. 5 on the GNAC all-time list. Aniteye is the 17th women's indoor champion in GNAC history and is the first for Seattle Pacific since Jessica Pixler and the Falcons' women's distance medley relay team in 2010.
- Seattle Pacific opened the outdoor season with three victories at the Ed Boitano Invitational on Mar. 3 and 4.
- Junior **Aniya Green** 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** won 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.

## SIMON FRASER



- Simon Fraser opens its outdoor season on Saturday when it hosts the first of two High Performance Meets at Terry Fox Field.
- Sophomore **Marie-Éloïse Leclair** led the Red Leafs at the Division II Indoor Track and Field Championships, bringing home two All-America trophies. Leclair placed fifth in the women's 200 meters in a time of 23.84 seconds and finished seventh in the women's 60 meters in 7.47 seconds.
- Junior **Megan Roxby** placed 17th in the preliminaries of the women's mile with a time of 4:53.13.
- The men's distance medley relay team of **Aiden Good, Felix Allen, Jordan Schmidt** and **Sebastian Brinkman** placed 12th in a time of 10:00.80.
- Sophomore **Charlie Dannatt** was scheduled to compete in both the men's mile and the 3,000 meters but scratched due to illness.



## WESTERN OREGON

- Western Oregon did not complete outdoors last week. The Wolves are back on the track on Friday and Saturday at the Oregon Preview in Eugene.
- At the Division II Indoor Championships, junior **Hunter Hutton** just missed All-American honors with a ninth-place finish in the finals of the men's mile in a time of 4:10.20. Hutton was the final time qualifier in the preliminaries with a time of 4:08.29.
- Western Oregon opened the outdoor season at the Willamette Opener on Mar. 4 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.

## WESTERN WASHINGTON



- Western Washington won 13 events and picked up three of the four GNAC weekly honors with performances at the PLU Open on Saturday in Tacoma.
- Sophomore **Ila Davis** was named the GNAC Women's Track Athlete of the Week after she won the steeplechase in a time of 10:36.03. She won the race by 51 seconds in a time that is an NCAA Championships provisional qualifier and leads Division II this season.
- Sophomore **Katie Potts** earned GNAC Women's Field Athlete of the Week honors after winning the discus with a mark of 138 feet, 4 inches. She was a winner by nearly two feet over second-place Pono Fuiava of Olympic CC with a mark that leads the GNAC this season.
- Freshman **Gabe Menicke** was named the GNAC Men's Field Athlete of the Week after winning the long jump with a mark of 21 feet, 4 inches that ranks No. 2 in the GNAC this season.
- Sophomore **Caitlyn Cheney** won both women's sprints, capturing the 100 meters in 12.22 seconds and the 200 meters in 25.14 seconds.
- At the Division II Indoor Championships, the Vikings' men's distance medley team of **Drew Weber, Brian Le, Jonah Bloom** and **Will Henry** earned All-American honors as the team placed seventh in a time of 9:51.19.
- Weber also placed 10th in the preliminaries of the men's 800 meters with a time of 1:53.06.
- Western Washington will send athletes to both the Oregon Preview on Friday and Saturday and to the Doris Heritage Track Festival on Saturday.

# GNAC Provisional Qualifiers For NCAA Outdoor Championships

## MEN'S QUALIFIERS AS OF MAR. 13, 2023

Event	Athlete	Mark	Rank	Date
10,000 Meters	Andrew Oslin, WWU	29:41.91	1st	3/3/23
	Ryan Clough, WWU	29:55.94	2nd	3/3/23
Steeplechase	Jeret Gillingham, WWU	8:55.62	1st	3/3/23

## WOMEN'S QUALIFIERS AS OF MAR. 13, 2023

Event	Athlete	Mark	Rank	Date
Steeplechase	Ila Davis, WWU	10:36.03	1st	3/10/23

## 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.	<b>Simon Fraser</b>	<b>38.61</b>
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.	<b>Western Washington</b>	<b>330.45</b>	3
4.	<b>Western Oregon</b>	<b>281.51</b>	4
5.	<b>Northwest Nazarene</b>	<b>263.19</b>	5
6.	<b>Simon Fraser</b>	<b>232.11</b>	7
7.	Fresno Pacific	226.80	6
8.	<b>Central Washington</b>	<b>165.81</b>	9
9.	<b>Alaska Anchorage</b>	<b>155.31</b>	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.	<b>Simon Fraser</b>	<b>226.28</b>	4
5.	<b>Western Washington</b>	<b>214.81</b>	5
6.	<b>Western Oregon</b>	<b>199.03</b>	6
7.	Stanislaus State	152.33	9
8.	<b>Central Washington</b>	<b>151.38</b>	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)
<b>3,000 Meters</b>	<b>8:18.32</b>	<b>Coleman Nash, Alaska Anchorage (2023)</b>
<b>5,000 Meters</b>	<b>14:17.09</b>	<b>Coleman Nash, Alaska Anchorage (2023)</b>
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)
<b>Heptathlon</b>	<b>5,386</b>	<b>Steven Schmidt, Northwest Nazarene (2023)</b>

## 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)
<b>High Jump</b>	<b>2.14/7-0.25</b>	<b>Steven Schmidt, Northwest Nazarene (2023)</b>
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

<b>60 Meters</b>	<b>7.33</b>	<b>Marie-Éloïse Leclair, Simon Fraser (2023)</b>
<b>200 Meters</b>	<b>23.63</b>	<b>Marie-Éloïse Leclair, Simon Fraser (2023)</b>
<b>400 Meters</b>	<b>53.82</b>	<b>Marie-Éloïse Leclair, Simon Fraser (2023)</b>
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

<b>60 Meters</b>	<b>7.33</b>	<b>Marie-Éloïse Leclair, Simon Fraser (2023)</b>
<b>200 Meters</b>	<b>23.63</b>	<b>Marie-Éloïse Leclair, Simon Fraser (2023)</b>
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 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.

# 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.

**Fri., Mar. 10-Sat., Mar. 11**

**NCAA Division II Indoor Championships**

**at Virginia Beach Sports Center, Virginia Beach, Va.**

**Men's Team Scores:** 1, Pittsburg St., 86; Tie 34, Northwest Nazarene, 6; Tie 45, Western Washington, 2.

**Men's Events:** 800 Meters - 10, Drew Weber, WWU, 1:53.06. 5,000 Meters - 12, Coleman Nash, UAA, 14:19.39. DMR - 7, Western Washington (Weber, Le, Bloom, Henry), 9:51.19; 12, Simon Fraser (Good, Allen, Schmidt, Brinkman), 10:00.80. High Jump - Steven Schmidt, NNU, NH. Heptathlon - 3, Steven Schmidt, NNU, 5,523.

**Women's Team Scores:** 1, Adams State, 52; Tie 21, Seattle Pacific, 10. Tie 29, Simon Fraser, 6.

**Women's Events:** 60 Meters - 7, Marie-Éloïse Leclair, SFU, 7.47. 14, E'Lexis Hollis, CWU, 7.51. 200 Meters - 5, Marie-Éloïse Leclair, SFU, 23.84. 800 Meters - 1, Vanessa Aniteye, SPU, 2:06.84. Mile - 17, Megan Roxby, SFU, 4:53.13. 60m Hurdles - 13, Lauryn Chandler, CWU, 8.74.

# 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.

**Sat., Mar. 11**

**PLU Open**

**at PLU Track, Tacoma, Wash.**

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Caitlyn Cheney, WWU, 12.22. 200 Meters - 1, Caitlyn Cheney, WWU, 25.14; 3, Anna Miller, 25.87. 400 Meters - 1, Marian Ledesma, WWU, 59.64. 800 Meters - 1, Mia Crocker, WWU, 2:13.41; 2, Sophie Wright, WWU, 2:15.37; 3, Elie Bassett, WWU, 2:18.66. 1,500 Meters - 1, Cassidy Walchak-Sloan, SMU, 4:48.40; 2, Alauna Carstens, SMU, 4:50.04; 3, Sidra Miller, WWU, 5:03.23. 100 Hurdles - 1, Gabriela Cintron, SMU, 15.31. 400 Hurdles - 1, Brooke Mansfield, WWU, 1:06.69. Steeplechase - 1, Ila Davis, WWU, 10:36.03; 2, Ashley Reeck, WWU, 11:27.50; 3, Laura Halsell, WWU, 11:49.55. 4x400 Relay - 1, Western Washington (Wright, Kroontje, Crocker, Ledesma), 4:08.23. Pole Vault - 2, Annie Tran, WWU, 10-11.75. Long Jump - 2, Alyssa Duncan, SMU, 17-0.75; 3, Gabriela Cintron, SMU, 15-4. Shot Put - 1, Mara Parks, WWU, 39-10; 3, Jocelyn Saribay, SMU, 37-8.5. Discus - 1, Katie Potts, WWU, 138-4. Hammer - 2, Katie Potts, WWU, 142-5.

**Men (Top 3 GNAC Finishers):** 100 Meters - 2, Keola Sanchez, WWU, 10.89. 200 Meters - 1, Ethan Johnson, WWU, 22.33; 2, Noah Johnson, WWU, 22.40. 400 Meters - 2, Denzel Pinto, WWU, 50.35; 3, Lucas Brenek, WWU, 50.76. 800 Meters - 1, Isaac Cortes, SMU, 1:56.26. 110 Hurdles - 2, Jaden Edwards, 15.98. Steeplechase - 3, Ethan Bursch, WWU, 9:35.85. 4x100 Relay - 2, Western Washington (E. Johnson, J. Johnson, H. Johndon, Pinto), 43.46; 3, Western Washington "A" (Greenwalt, Vongphet, Kibler, Menicke), 43.73. High Jump - 1, Manu Greenlee, WWU, 6-0. Pole Vault - 2, Kurt Montero, WWU, 13-7.25; 3, Ryan Doidge, SMU, 13-1.5. Long Jump - 1, Gabe Menicke, WWU, 21-4; 2, Anouthai Vongphet, WWU, 20-11.75. Hammer - 1, Angelo Ramos, WWU, 176-0; 2, Miller Campbell, WWU, 162-7. Javelin - 1, Ethan Guidry, SMU, 169-3.