



Mar. 22, 2023 • Week 10  
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## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

#### Thurs., Mar. 23-Sat., Mar. 25

Alaska Anchorage, Western Oregon at Aztec Invitational, San Diego, Calif.

#### Fri., Mar. 24

Alaska Anchorage, Seattle Pacific, Western Oregon at Mangrum Invitational, San Marcos, Calif.

#### Fri., Mar. 24-Sat., Mar. 25

Montana State Billings at Spank Blasing Invitational, Pueblo, Colo.

#### Sat., Mar. 25

Central Washington, Saint Martin's at Peyton/Shotwell Invitational, Tacoma, Wash.  
Seattle Pacific at Point Loma Collegiate Invitational, San Diego, Calif.  
Northwest Nazarene at Willamette Invitational, Salem, Ore.

#### Sat., Mar. 25-Sun., Mar. 26

Simon Fraser, Western Washington at UBC Open, Vancouver, B.C.

### LAST WEEK'S MEETS

#### Fri., Mar. 17-Sat., Mar. 18

##### Oregon Preview

##### at Hayward Field, Eugene, Ore.

**Women (Top 3 GNAC Finishers):** 100 Meters - 2, Caitlyn Cheney, WWU, 12.29. 800 Meters - 2, Marian Ledesma, WWU, 2:12.76. 1,500 Meters - 3, Mia Crocker, WWU, 4:33.01. Long Jump - 2, Jenelle Hurley, WOU, 17-9.75.

**Men (Top 3 GNAC Finishers):** 100 Meters - 3, Noah Johnson, WWU, 10.77. 800 Meters - 1, Jonah Bloom, WWU, 1:52.59; 3, Connor Palmen, WWU, 1:53.14. 110 Hurdles - 2, Jaden Edwards, WWU, 15.46. 4x100 Relay - 2, Western Washington (E. Johnson, Mickenham, Greenwalt, N. Johnson), 41.52. Shot Put - 1, Dayne Gordien, WOU, 54-9.5. Discus - 3, Dayne Gordien, WOU, 158-3.

#### Sat., Mar. 18

##### Lewis & Clark Spring Break Open at Eldon Fix Track, Portland, Ore.

**Women's Team Scores:** Pacific (Ore.) 143, Lewis & Clark 112, Oregon Tech 79, Bushnell 70, Portland State 62, Portland 60, Clark CC 55, Saint Martin's 39, Cascadia Elite 30, Coll. of Siskiyous 4.

**Women (Top 3 GNAC Finishers):** 1,500 Meters - 2, Cassidy Walchak-Sloan, SMU, 4:36.03. 5,000 Meters - 2, Alauna Carstens, SMU, 17:50.13. 100 Hurdles - 1, Gabriela Cintron, SMU, 15.15.

**Men's Team Scores:** Pacific (Ore.) 153, Lewis & Clark 129, Portland State 59, Clark CC 54, Oregon Tech 53, Coll. of Siskiyous 52. Portland 50, Bushnell 29, Walcott Sped 18, Saint Martin's 16, Multnomah 16, Oregon Track Club 6, Not Northwest U 6, Sassy Kittens Track 5, Mount Tabor TC 3, Team Red Lizard 1.

**Men (Top 3 GNAC Finishers):** 5,000 Meters - 3, Isaac Cortes, SMU, 15:03.88.

#### Sat., Mar. 18

##### Doris Heritage Track Festival

##### at Renton Memorial Stadium, Renton, Wash.

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, E'lexis Hollis, CWU, 11.95; 2, Aniya Green, SPU, 12.61. 200 Meters - 1, Juliette Williams, CWU, 25.07; 2, Aniya Green, SPU, 25.36; 3, Donna Marie Harris, CWU, 26.03. 400 Meters - 1, Marissa Crane, SPU, 58.57; 2, Elise Hopper, CWU, 59.19; 3, Donna Marie Harris, CWU, 59.64. 800 Meters - 1, Emmy Kroontje, WWU, 2:18.76; 2, Madison Thompson, CWU, 2:19.24; 3, Johanna Brown, SPU, 2:20.76. Mile - 1, Libby Michael, SPU, 5:08.73; 2, Elie Bassett, WWU, 5:11.02; 3, Matise Mulch, SPU, 5:17.82. 5,000 Meters - 2, Meaera Shannon, WWU, 18:08.16; 3, Sara Sabra, SMU, 18:15.30. 100 Hurdles - 1, Lauryn Chandler, CWU, 14.44; 2, Hannah Chang, SPU, 14.80; 3, McCall DeChenne, CWU, 15.14. 4x100 Relay - 1, Central Washington (Williams, DeChenne, Chandler, Hollis), 48.09. 4x400 Relay - 1, Central Washington (Williams, DeGroot, Sewell, Hopper), 4:02.57; 2, Seattle Pacific "B" (Crane, Mulch, Hicks, Michael), 4:11.08; 3, Seattle Pacific "A" (Green, Ewing, Smith, Chang), 4:12.92. High Jump - Tie 2, McCall DeChenne, CWU, 4-6.25. Pole Vault - 1, Lizzy Daugherty, SPU, 12-0.75. Long Jump - 1, Erica Cabanos, CWU, 16-10.75; 2, McCall DeChenne, CWU, 16-7.25; 3, Malayah Hicks, SPU, 16-4.25. Discus - 2, Brenna Board, CWU, 129-0. Javelin - 3, McCall DeChenne, CWU, 94-7.

**Men (Top 3 GNAC Finishers):** 100 Meters - 2, David Njeri, SPU, 11.13; 3, Jeff Gordon, SPU, 11.19. 200 Meters - 1, Jaden Johnson, WWU, 22.46; 2, Anouthai Vongphet, WWU, 22.48; 3, Isaiah Archer, SPU, 22.58. 400 Meters - 1, Austin Albertin, CWU, 50.17; 2, Camron Ramsey, CWU, 50.38. 800 Meters - 1, Jack Pratapas, CWU, 1:57.45; 2, Jon Owen, SPU, 2:00.17. Mile - 1, Johan Correa, CWU, 4:21.33; 2, Ethan Bursch, WWU, 4:24.04; 3, Jon Owen, SPU, 4:24.75. 110 Hurdles - 1, Aiden Wise, CWU, 14.77; 2, Logan Easley, CWU, 15.67; 3, Drew Klein, CWU, 15.74. 4x100 Relay - 1, Central Washington "A" (Klein, Albertin, Thomas, Webster), 43.03; 2, Central Washington "B" (Wise, Ramsey, Silva, Dearfield), 43.35; 3, Seattle Pacific (Njeri, Gordon, Shepherd, Archer), 43.38. 4x400 Relay - 1, Central Washington "A" (Albertin, Thomas, Ramsey, Correa), 3:21.01; 3, Central Washington "B" (Katsauda, Pratapas, Okinaka, Easley), 3:38.55. High Jump - 2, Isaiah Webster, CWU, 6-3.5. Pole Vault - 1, Braydon Maier, CWU, 15-5.5; 2, Drew Klein, CWU, 14-11.5; 3, Brad Bowman, SPU, 13-11.75. Long Jump - 1, Isaish Webster, CWU, 22-5; 3, Christopher Hines, CWU, 21-1.25. Shot Put - 3, Wyatt Franklin, CWU, 45-6.25. Discus - 3, Wyatt Franklin, CWU, 144-10. Javelin - 1, Branden Wise, CWU, 180-5.

**Simon Fraser High Performance #1 at Terry Fox Field, Burnaby, B.C.**  
**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Emma Cannan, SFU, 12.17; 2, Jaeland Cummings, SFU, 12.44; 3, Diana Voloshin, SFU, 12.62. 200 Meters - 1, Emma Cannan, SFU, 25.31; 2, Claire Bosma, SFU, 25.70; 3, Jaeland Cummings, SFU, 25.97. 400 Meters - 1, Veronica Robertson, SFU, 1:02.09; 2, Natasha Smiegelski, SFU, 1:04.24. 1,500 Meters - 1, Selin Tasdemir, SFU, 4:44.53; 2, Rachael

Watkins, SFU, 4:46.38; 3, Kate Cameron, SFU, 4:47.49.

3,000 Meters - 1, Olivia Willett, SFU, 10:33.59; 2, Milena Kalisch, SFU, 10:46.01; 3, Ella Marion, SFU, 10:51.31.

High Jump - 2, Olivia Windbiel, SFU 5-0.25. Long Jump - 1,

Sydney Kania, SFU, 16-8.5; 2, Kyra Stewart, SFU, 16-6.5;

3, Dominique Ronse, SFU, 16-3.25. Hammer - 1, Zuzanna Liniewski, SFU, 157-1; 2, Kaitlyn Hanger, SFU, 146-11.

Javelin - 1, Madison Paugh, SFU, 115-8.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Jesaiah

Penson-Mccoy, SFU, 10.75; 2, Kaito Suzuki, SFU, 10.98.

200 Meters - 1, Jesaiah Penson-Mccoy, SFU, 21.78; 3, Kai-

to Suzuki, SFU, 22.18. 400 Meters - 1, Jorin Lenton, SFU,

51.13. 1,500 Meters - 1, Andrew Thomson, SFU, 3:53.00;

2, Ephrem Mekonnen, SFU, 3:55.15; 3, Tomas Chapman,

SFU, 3:58.66. Long Jump - 1, Mitchell Gibbs, 20-4.5; 2,

Blake Furtado, SFU, 20-4.5; 3, Caysen McDiarmid, SFU,

18-6. Javelin - 2, Bryan Cortes, SFU, 173-8.

#### Sun., Mar. 19

##### Yellowjackets/Battlin' Bear Icebreaker Open at Lockwood High School, Billings, Mont.

**Women (Top 3 GNAC Finishers):** 100 Meters - 2, Tatum

Hull, MSUB, 12.89; 3, Madison Thompson, MSUB, 12.92.

200 Meters - 2, Tatum Hull, MSUB, 27.40. 400 Meters - 1,

Madeline Severson, MSUB, 1:03.58; 2, Mya Richardson,

MSUB, 1:03.88. 5,000 Meters - 1, Kailee Stoppel, MSUB,

19:11.01. 4x100 Relay - 1, Montana State Billings (Bohl,

Sanchez, Gordon, Chase), 51.75. 4x400 Relay - 2, Mon-

tana State Billings (Dalling, Hamill, Richardson, Severson),

4:26.12. High Jump - 1, Madeline Severson, MSUB, 5-0.25.

Long Jump - 1, Kendall Lynn, MSUB, 17-9; 2, Madison

Thompson, MSUB, 15-11.75. Triple Jump - 1, Kendall Lynn,

MSUB, 36-11; 2, Alyssa Sanchez, MSUB, 30-11. Shot Put

- 1, Jaida Green, MSUB, 38-2.75; 2, Grace Jones, MSUB,

36-5.75; 3, Danara Tulimaiiau, MSUB, 33-7.5. Discus - 1,

Ryann Moline, MSUB, 117-5; 2, Danara Tulimaiiau, MSUB,

107-1. Hammer - 1, Grace Jones, MSUB, 152-9; 2, Ryann

Moline, MSUB, 121-10; 3, Danara Tulimaiiau, MSUB,

121-8. Javelin - 1, Ryann Moline, MSUB, 136-6; 2, Jordan

Cookman, MSUB, 117-1.

**Men (Top 3 GNAC Finishers):** 100 Meters - 2, Ben

Ralston, MSUB, 11.12. 200 Meters - 1, Ben Ralston,

MSUB, 22.46. 800 Meters - 3, Kevin Graves, MSUB,

2:08.24. 1,500 Meters - 2, Wyatt May, MSUB, 4:21.95;

3, Gaven McCullough, MSUB, 4:25.51. 5,000 Meters - 1,

Bryant Edgerton, MSUB, 16:09.32. 400 Hurdles - 1, Bradley

Graves, MSUB, 59.59. 4x100 Relay - 1, Montana State Bill-

ings (Rocha, Graves, Okere, Ralston), 43.43. 4x400 Relay

- 2, Montana State Billings (Harper, B. Graves, K. Graves,

Ralston), 3:45.01. Long Jump - 2, Bryce Olson, MSUB, 19-

8.75. Triple Jump - 2, Bryce Olson, MSUB, 40-11; 3, Garrett

McMillen, MSUB, 39-5.75. Shot Put - 1, Forrest Cross,

MSUB, 48-4.75; 2, Isaac Perkins, MSUB, 40-7.5; 3, Benton

Carlson, MSUB, 40-5.5. Discus - 1, Forrest Cross, MSUB,

149-8; 2, Cort Sandefur, MSUB, 125-11; 3, Isaac Perkins,

MSUB, 122-0. Hammer - 1, Isaac Perkins, MSUB, 158-10;

2, Forrest Cross, MSUB, 152-8. Javelin - 1, Brandon Geck,

MSUB, 148-11; 2, Ryder Klein, MSUB, 147-0.

# GNAC Athletes of the Week



## MEN'S TRACK

**George Karamitsos, Western Washington**  
Sophomore • Arlington, Wash.

Karamitsos moved into No. 6 on the GNAC all-time list with his sixth-place finish in the 10,000 meters at the Oregon Preview on Friday. His time of 29:40.69 is an NCAA Championships provisional qualifying time and ranks No. 3 in Division II this season.

**Also Nominated:** Austin Albertin (Central Washington), Bryant Edgerton (Montana State Billings), Jesaiah Penson-McCoy (Simon Fraser).



## WOMEN'S TRACK

**E'lexis Hollis, Central Washington**  
Junior • Ellensburg, Wash.

Hollis won the 100 meters at the Doris Heritage Track Festival with a time of 11.95 seconds. The time is the best in the GNAC this season and is tied for No. 8 in Division II this season.

**Also Nominated:** Kailee Stoppel (Montana State Billings), Marissa Crane (Seattle Pacific), Emma Cannan (Simon Fraser), Marian Ledesma (Western Washington).



## MEN'S FIELD

**Dayne Gordien, Western Oregon**  
Senior • Sandy, Utah

Gordien was the winner in the shot put on Saturday at the Oregon Preview with a mark of 54 feet, 9.5 inches. The mark ranks Gordien No. 9 on the GNAC all-time list and No. 4 on the WOU all-time list. The NCAA Championships provisional qualifying mark is tied for sixth in Division II this season.

**Also Nominated:** Isaiah Webster (Central Washington), Isaac Perkins (Montana State Billings), Mitchell Gibbs (Simon Fraser), Ryan Greenwalt (Western Washington).



## WOMEN'S FIELD

**Kaylee Wright, Western Oregon**  
Senior • John Day, Ore.

Wright took fourth in the javelin at the Oregon Preview on Saturday. The top non-Division I finisher in the event, Wright hit an NCAA Championships provisional qualifying mark with her throw of 146 feet, 1 inch which ranks No. 3 in Division II this season.

**Also Nominated:** Erica Cabanos (Central Washington), Ryann Moline (Montana State Billings), Lizzy Daugherty (Seattle Pacific), Zuzanna Liniewski (Simon Fraser), Raine Westfall (Western Washington).

## Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Dec. 5-11	Coleman Nash, UAA	Steven Schmidt, NNU	Vanessa Aniteye, SPU	Raine Westfall, WWU
Jan. 9-15	Jordan Schmidt, SFU	Dayne Gordien, WOU	Marie-Éloïse Leclair, SFU	Destany Herbert, NNU
Jan. 16-22	Johan Correa, CWU	Braydon Maier, CWU	Elise Hopper, CWU	Erica Cabanos, CWU
Jan. 23-29	Charlie Dannatt, SFU	Miller Campbell, WWU	Marie-Éloïse Leclair, SFU	Kendall Lynn, MSUB
Jan. 30-Feb. 5	Justin Conklin, WOU	Steven Schmidt, NNU	Maliyah Thompson, WOU	Kinsey Yenor, NNU
Feb. 6-12	Charlie Dannatt, SFU	Braydon Maier, CWU	Marie-Éloïse Leclair, SFU	Ukunwa Nwokoma, WOU
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
Mar. 13-19	George Karamitsos, WWU	Dayne Gordien, WOU	E'lexis Hollis, CWU	Kaylee Wright, WOU

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

# Around The GNAC

## ALASKA ANCHORAGE



Alaska Anchorage opens its outdoor season this weekend, 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 picked up 15 event victories to lead all teams at the Doris Heritage Track Festival on Saturday in Renton, Washington.

The outstanding performances by the Wildcats were rewarded with selection as the GNAC Team of the Week.

Junior **E'lexis Hollis** was named the GNAC Women's Track Athlete of the Week for her victory in the 100 meters. Her time of 11.95 seconds was one-tenth of a second off her CWU record. Hollis also ran anchor for the women's 4x100-meter relay team, which won in a time of 48.09 seconds.

The Wildcats swept the high hurdles races with senior **Lauryn Chandler** winning the women's 100-meter hurdles in 14.44 seconds and sophomore **Aiden Wise** winning the men's 110-meter hurdles in 14.77 seconds. Both performances lead the GNAC this season.

Other men's running-event winners included senior **Austin Albertin** in 400 meters (50.17), freshman **Jack Pratapas** in 800 meters (1:57.45) and junior **Johan Correa** in the mile (4:21.33). The Wildcats also won the men's 4x100-meter relay (43.03) and 4x400-meter relay (3:21.01).

Other women's running-event winners included junior **Juliette Williams** in the 200 meters (25.07) and the women's 4x400-meter relay (4:02.57).

Men's field-event winners included senior **Braydon Maier** in the pole vault (15-5.5), freshman **Isaiah Webster** in the long jump (22-5) and junior **Branden Wise** in the javelin (180-5).

Senior **Erica Cabanos** was the lone women's field-event winner, taking the long jump with a mark of 16 feet, 10.75 inches.

Central Washington is back in action on Saturday, competing at the Peyton/Shotwell Invitational in Tacoma.

## MONTANA STATE BILLINGS



Junior **Kendall Lynn** and sophomore **Ryann Moline** set school records as Montana State Billings opened the outdoor season co-hosting the Yellowjackets/Battlin' Bears Icebreaker Open on Sunday.

Lynn improved her school record in the women's long jump, winning with a leap of 17 feet, 9 inches. Her previous record was 17 feet, 8.25 inches. Lynn also won the triple jump with a mark of 36 feet, 11 inches.

Moline set the MSUB record in the women's javelin with her throw of 136 feet, 6 inches. That surpassed the previous record of 129 feet, 2 inches set by Jordan Cookman in 2021. Moline also won the discus with a mark of 117 feet, 5 inches.

In all, MSUB won 18 individual events in its season-opening dual meet against Rocky Mountain. Joining Lynn and Moline on the women's side as a two-event winner was sophomore **Madeline Severson** in the 400 meters (1:03.58) and the high jump (5-0.25).

Other women's individual winners included senior **Kailee Stoppel** in the 5,000 meters (19:11.01), freshman **Jaida Green** in the shot put (38-2.75) and junior **Grace Jones** in the hammer (152-9).

Senior **Forrest Cross** was the only multi-event winner for the men, placing first in the shot put (48-4.75) and the discus (149-8).

Men's individual event winners included sophomore **Ben Ralston** in the 200 meters (22.46), junior **Bryant Edgerton** in the 5,000 meters (16:09.32), sophomore **Bradley Graves** in the 400-meter hurdles (59.59), freshman **Isaac Perkins** in the hammer (158-10) and sophomore **Brandon Geck** in the javelin (148-11).

Montana State Billings will be in Pueblo, Colorado on Friday and Saturday, competing in the Spank Blasing Invitational.

## NORTHWEST NAZARENE



Northwest Nazarene returns to competition on Saturday at the Willamette Invitational in Salem, Oregon.

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.

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. Earlier this week, Schmidt was named the GNAC Indoor Track and Field Men's Athlete of the Year.

## SAINT MARTIN'S



A victory for junior **Gabriela Cintron** in the women's 100-meter hurdles led Saint Martin's as it competed in both the Lewis & Clark Spring Break Open and the Doris Heritage Track Festival.

Cintron won the event at the L&C Open by almost a half-second, crossing the line in 15.15 seconds.

The SMU women had a pair of second-place finishes in the distances in Portland. Sophomore **Cassidy Walchak-Sloan** was second in the 1,500 meters with a season-best time of 4:36.03. Freshman **Alauna Carstens** was second in the 5,000 meters in a time of 17:50.13, a time that leads the GNAC this season.

Sophomore **Isaac Cortes** was the top men's placer at the L&C Open, taking third in the 5,000 meters with a time of 15:23.52. Sophomore **Kainalu Pagente** was fourth in a time of 15:28.76. Senior **Jack Farrell** was fourth in the men's 800 meters in 1:55.67, ranking him No. 8 on the SMU all-time list.

At the Doris Heritage Track Festival, sophomore **Sara Sabra** took third in the women's 5,000 meters to lead all SMU competitors in a time of 18:15.30 that ranks third in the GNAC this season.

The Saints will compete on Saturday at the Peyton/Shotwell Invitational in Tacoma.

# Around The GNAC

## SEATTLE PACIFIC



- Freshman **Marissa Crane**, senior **Libby Michael** and junior **Lizzy Daugherty** earned victories to lead Seattle Pacific at its own Doris Heritage Track Festival in Renton, Washington.
- Crane collected her first collegiate victory in the women's 400 meters, crossing the line in a GNAC-leading time of 58.57 seconds. Michael was the winner in the women's mile, finishing in a time of 5:08.73.
- Daugherty was the winner in the women's pole vault, moving into the GNAC lead with a clearance of 12 feet, 0.75 inches.
- Junior **Aniya Green** earned a pair of second-place finishes. She was runner-up in the women's 100 meters in 12.61 seconds and in the 200 meters with a time of 25.36 seconds. Freshman **Hannah Chang** placed second in the women's 100-meter hurdles with a time of 14.80 seconds.
- Senior **David Njeri** led the SPU men in the sprints with his second-place finish in the 100 meters in a time of 11.13 seconds. Junior **Jon Owen** finished second in the men's 800 meters in a time of 2:00.18.
- In the men's field events, junior **Brad Bowman** placed third in the pole vault with his clearance of 13 feet, 11.75 inches.
- Senior **Vanessa Aniteye** added two more awards to her indoor resume, earning selection this week as the GNAC Indoor Track and Field Women's Athlete of the Year and the USTFCCA West Region Women's Track Athlete of the Year. Aniteye won the 800 meters at the NCAA Indoor Championships.
- Seattle Pacific heads for the sun of Southern California this week, sending competitors to the Mangrum Invitational on Friday in San Marcos and the Point Loma Collegiate Invitational on Saturday in San Diego.

## SIMON FRASER



- Simon Fraser opened the outdoor season by hosting a number of Canadian teams at its own High Performance Meet on Saturday at Terry Fox Field.
- The Red Leafs ended the meet with 13 individual event victories. Freshman **Emma Cannan** led the women with two victories, winning the 100 meters in 12.17 seconds and the 200 meters in 25.31 seconds. She ranks second in the GNAC this season in the 100 and third in the 200.
- Sophomore **Jesaiah Penson-Mccoy** added a sweep in the men's short sprints, winning the 100 meters in 10.75 seconds and the 200 meters in 21.78 seconds. He leads the GNAC this season in both events.
- Other women's running-event winners included sophomore **Veronica Robertson** in the 400 meters (1:02.09), freshman **Selin Tasdemir** in the 1,500 meters (4:44.53) and senior **Olivia Willett** in the 3,000 meters (10:33.59).
- Women's field-event winners included junior **Sydney Kania** in the long jump (16-8.5), sophomore **Zuzanna Liniewski** in the hammer (157-1) and sophomore **Maddy Prugh** in the javelin (115-8).
- Other men's individual event winners included sophomore **Jorrin Lenton** in the 400 meters (51.13), sophomore **Andrew Thomson** in the 1,500 meters (3:53.00) and sophomore **Mitchell Gibbs** in the long jump (20-4.5).
- Simon Fraser will stay close to home this week, competing on Saturday at the UBC Open in Vancouver, B.C.



## WESTERN OREGON

- Outstanding field-event performances by seniors **Dayne Gordien** and **Kaylee Wright** led Western Oregon's performances at the Oregon Preview in Eugene.
- Gordien was named the GNAC Men's Field Athlete of the Week after his victory in the shot put with a mark of 54 feet, 9.5 inches. The NCAA Championships provisional qualifying mark ranks No. 9 on the GNAC all-time list, No. 4 on the WOU all-time list and is tied for sixth in Division II this season.
- Wright was selected as the GNAC Women's Field Athlete of the Week as she took fourth in the javelin with a mark of 146 feet, 1 inch. The NCAA Championships provisional qualifying mark ranks third in Division II this season.
- Senior **Jenelle Hurley** opened her outdoor season with a third-place finish in the women's long jump with a mark of 18 feet, 11.75 inches. She also took fifth in the 100-meter hurdles in a time of 15.06 seconds.
- Senior **Maya Hopwood** placed fifth in the women's 100 meters. She was the second non-Division I finisher with a time of 12.51 seconds. Freshman **Holly Hutton** won her heat of the women's 800 meters and placed sixth overall in a time of 2:18.68.
- Sophomore **Emmett Klus** finished fourth in the men's 800 meters in a time of 1:53.37.
- Western Oregon will split its squad this week, ending athletes to the Mangrum Invitational on Friday in San Marcos, California and the Aztec Invitational in San Diego. Other athletes will compete in the Willamette Invitational on Saturday in Salem, Oregon.

## WESTERN WASHINGTON



- A blistering performance by runners in the men's 10,000 meters at Hayward Field led Western Washington's efforts at the Oregon Preview and the Doris Heritage Track Festival in Renton, Washington.
- Sophomore **George Karamitsos** led four WWU runners to run under 30 minutes in the men's 10,000 at the Oregon Preview. He was named the GNAC Men's Track Athlete of the Week after he placed sixth in a school-record time of 29:40.69 that ranks No. 6 on the GNAC all-time list and No. 3 in Division II this season.
- Sophomore **Andrew Oslin** placed seventh in 29:45.88, sophomore **Kevin McDermott** was eighth in 29:48.23 and sophomore **Jeret Gillingham** was ninth in 29:54.66. All four rank in the top five on WWU's all-time list. Oslin is No. 4 in Division II with a season-best of 29:41.91 earlier in March while McDermott and Gillingham rank No. 5 and No. 7, respectively.
- Sophomore **Jonah Bloom** won the men's 800 meters at the Oregon Preview with a time of 1:52.59 which is the top time in the GNAC this season.
- Junior **Marian Ledesma** led a 2-3-4 finish in the women's 800 meters in Eugene, placing second in a time of 2:12.76 that ranks No. 2 on the WWU all-time list.
- At the Doris Heritage Track Festival, freshman **Emmy Kroontje** won the women's 800 meters in a time of 2:18.76. Freshman **Jaden Johnson** won the men's 200 meters in 22.46 seconds.
- Western Washington will compete close to home this weekend, traveling north for the UBC Open on Saturday and Sunday in Vancouver, B.C.

# GNAC Provisional Qualifiers For NCAA Outdoor Championships

## MEN'S QUALIFIERS AS OF MAR. 19, 2023

Event	Athlete	Mark	Rank	Date
<b>10,000 Meters</b>	George Karamitsos, WWU	29:40.69	3rd	3/17/23
	Andrew Oslin, WWU	29:41.91	4th	3/3/23
	Kevin McDermott, WWU	29:48.23	5th	3/17/23
	Jaret Gillingham, WWU	29:54.66	7th	3/17/23
	Ryan Clough, WWU	29:55.94	8th	3/3/23
<b>Steeplechase</b>	Jeret Gillingham, WWU	8:55.62	1st	3/3/23
<b>Shot Put</b>	Dayne Gordien, WOU	16.70/54-9.5	T-6th	3/17/23

## WOMEN'S QUALIFIERS AS OF MAR. 19, 2023

Event	Athlete	Mark	Rank	Date
<b>Steeplechase</b>	Ila Davis, WWU	10:36.03	1st	3/10/23
<b>Javelin</b>	Kaylee Wright, WOU	44.54/146-1	3rd	3/17/23

## GNAC & NCAA Outdoor Championships Qualifying Standards

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

# 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.

**Fri., Mar. 17-Sat., Mar. 18**

**Oregon Preview**

**at Hayward Field, Eugene, Ore.**

**Women (Top 3 GNAC Finishers):** 100 Meters - 2, Caitlyn Cheney, WWU, 12.29. 800 Meters - 2, Marian Ledesma, WWU, 2:12.76. 1,500 Meters - 3, Mia Crocker, WWU, 4:33.01. Long Jump - 2, Jenelle Hurley, WOU, 17-9.75.

**Men (Top 3 GNAC Finishers):** 100 Meters - 3, Noah Johnson, WWU, 10.77. 800 Meters - 1, Jonah Bloom, WWU, 1:52.59; 3, Connor Palmen, WWU, 1:53.14. 110 Hurdles - 2, Jaden Edwards, WWU, 15.46. 4x100 Relay - 2, Western Washington (E. Johnson, Mickenham, Greenwalt, N. Johnson), 41.52. Shot Put - 1, Dayne Gordien, WOU, 54-9.5. Discus - 3, Dayne Gordien, WOU, 158-3.

**Sat., Mar. 18**

**Lewis & Clark Spring Break Open**

**at Eldon Fix Track, Portland, Ore.**

**Women's Team Scores:** Pacific (Ore.) 143, Lewis & Clark 112, Oregon Tech 79, Bushnell 70, Portland State 62, Portland 60, Clark CC 55, Saint Martin's 39, Cascadia Elite 30, Coll. of Siskiyou 4.

**Women (Top 3 GNAC Finishers):** 1,500 Meters - 2, Cassidy Walchak-Sloan, SMU, 4:36.03. 5,000 Meters - 2, Alauna Carstens, SMU, 17:50.13. 100 Hurdles - 1, Gabriela Cintron, SMU, 15.15.

**Men's Team Scores:** Pacific (Ore.) 153, Lewis & Clark 129, Portland State 59, Clark CC 54, Oregon Tech 53, Coll. of Siskiyou 52. Portland 50, Bushnell 29, Walcott Sped 18, Saint Martin's 16, Multnomah 16, Oregon Track Club 6, Not Northwest U 6, Sassy Kittens Track 5, Mount Tabor TC 3, Team Red Lizard 1.

**Men (Top 3 GNAC Finishers):** 5,000 Meters - 3, Isaac Cortes, SMU, 15:03.88.

# 2023 GNAC Outdoor Meet Summaries

**Sat., Mar. 18**

## **Doris Heritage Track Festival at Renton Memorial Stadium, Renton, Wash.**

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, E'lexis Hollis, CWU, 11.95; 2, Aniya Green, SPU, 12.61. 200 Meters - 1, Juliette Williams, CWU, 25.07; 2, Aniya Green, SPU, 25.36; 3, Donna Marie Harris, 26.03. 400 Meters - 1, Marissa Crane, SPU, 58.57; 2, Elise Hopper, CWU, 59.19; 3, Donna Marie Harris, CWU, 59.64. 800 Meters - 1, Emmy Kroontje, WWU, 2:18.76; 2, Madison Thompson, CWU, 2:19.24; 3, Johanna Brown, SPU, 2:20.76. Mile - 1, Libby Michael, SPU, 5:08.73; 2, Elie Bassett, WWU, 5:11.02; 3, Matis Mulch, SPU, 5:17.82. 5,000 Meters - 2, Meaera Shannon, WWU, 18:08.16; 3, Sara Sabra, SMU, 18:15.30. 100 Hurdles - 1, Lauryn Chandler, CWU, 14.44; 2, Hannah Chang, SPU, 14.80; 3, McCall DeChenne, CWU, 15.14. 4x100 Relay - 1, Central Washington (Williams, DeChenne, Chandler, Hollis), 48.09. 4x400 Relay - 1, Central Washington (Williams, DeGroot, Sewell, Hopper), 4:02.57; 2, Seattle Pacific "B" (Crane, Mulch, Hicks, Michael), 4:11.08; 3, Seattle Pacific "A" (Green, Ewing, Smith, Chang), 4:12.92. High Jump - Tie 2, McCall DeChenne, CWU, 4-6.25. Pole Vault - 1, Lizzy Daugherty, SPU, 12-0.75. Long Jump - 1, Erica Cabanos, CWU, 16-10.75; 2, McCall DeChenne, CWU, 16-7.25; 3, Maliyah Hicks, SPU, 16-4.25. Discus - 2, Brenna Board, CWU, 129-0. Javelin - 3, McCall DeChenne, CWU, 94-7.

**Men (Top 3 GNAC Finishers):** 100 Meters - 2, David Njeri, SPU, 11.13; 3, Jeff Gordon, SPU, 11.19. 200 Meters - 1, Jaden Johnson, WWU, 22.46; 2, Anouthai Vongphet, WWU, 22.48; 3, Isaiah Archer, SPU, 22.58. 400 Meters - 1, Austin Albertin, CWU, 50.17; 2, Camron Ramsey, CWU, 50.38. 800 Meters - 1, Jack Pratapas, CWU, 1:57.45; 2, Jon Owen, SPU, 2:00.17. Mile - 1, Johan Correa, CWU, 4:21.33; 2, Ethan Bursch, WWU, 4:24.04; 3, Jon Owen, SPU, 4:24.75. 110 Hurdles - 1, Aiden Wise, CWU, 14.77; 2, Logan Easley, CWU, 15.67; 3, Drew Klein, CWU, 15.74. 4x100 Relay - 1, Central Washington "A" (Klein, Albertin, Thomas, Webster), 43.03; 2, Central Washington "B" (Wise, Ramsey, Silva, Dearfield), 43.35; 3, Seattle Pacific (Njeri, Gordon, Shepherd, Archer), 43.38. 4x400 Relay - 1, Central Washington "A" (Albertin, Thomas, Ramsey, Correa), 3:21.01; 3, Central Washington "B" (Katsauda, Pratapas, Okinaka, Easley), 3:38.55. High Jump - 2, Isaiah Webster, CWU, 6-3.5. Pole Vault - 1, Braydon Maier, CWU, 15-5.5; 2, Drew Klein, CWU, 14-11.5; 3, Brad Bowman, SPU, 13-11.75. Long Jump - 1, Isaish Webster, CWU, 22-5; 3, Christopher Hines, CWU, 21-1.25. Shot Put - 3, Wyatt Franklin, CWU, 45-6.25. Discus - 3, Wyatt Franklin, CWU, 144-10. Javelin - 1, Branden Wise, CWU, 180-5.

## **Simon Fraser High Performance #1 at Terry Fox Field, Burnaby, B.C.**

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Emma Cannan, SFU, 12.17; 2, Jaeland Cummings, SFU, 12.44; 3, Diana Voloshin, SFU, 12.62. 200 Meters - 1, Emma Cannan, SFU, 25.31; 2, Claire Bosma, SFU, 25.70; 3, Jaeland Cummings, SFU, 25.97. 400 Meters - 1, Veronica Robertson, SFU, 1:02.09; 2, Natasha Smiegelski, SFU, 1:04.24. 1,500 Meters - 1, Selin Tasdemir, SFU, 4:44.53; 2, Rachael Watkins, SFU, 4:46.38; 3, Kate Cameron, SFU, 4:47.49. 3,000 Meters - 1, Olivia Willett, SFU, 10:33.59; 2, Milena Kalisch, SFU, 10:46.01; 3, Ella Marion, SFU, 10:51.31. High Jump - 2, Olivia Windbiel, SFU 5-0.25. Long Jump - 1, Sydney Kania, SFU, 16-8.5; 2, Kyra Stewart, SFU, 16-6.5; 3, Dominique Ronse, SFU, 16-3.25. Hammer - 1, Zuzanna Liniewski, SFU, 157-1; 2, Kaitlyn Hanger, SFU, 146-11. Javelin - 1, Madison Paugh, SFU, 115-8.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Jesaiah Penson-McCoy, SFU, 10.75; 2, Kaito Suzuki, SFU, 10.98. 200 Meters - 1, Jesaiah Penson-McCoy, SFU, 21.78; 3, Kaito Suzuki, SFU, 22.18. 400 Meters - 1, Jorrin Lenton, SFU, 51.13. 1,500 Meters - 1, Andrew Thomson, SFU, 3:53.00; 2, Ephrem Mekonnen, SFU, 3:55.15; 3, Tomas Chapman, SFU, 3:58.66. Long Jump - 1, Mitchell Gibbs, 20-4.5; 2, Blake Furtado, SFU, 20-4.5; 3, Caysen McDiarmid, SFU, 18-6. Javelin - 2, Bryan Cortes, SFU, 173-8.

**Sun., Mar. 19**

## **Yellowjackets/Battlin' Bear Icebreaker Open at Lockwood High School, Billings, Mont.**

**Women (Top 3 GNAC Finishers):** 100 Meters - 2, Tatum Hull, MSUB, 12.89; 3, Madison Thompson, MSUB, 12.92. 200 Meters - 2, Tatum Hull, MSUB, 27.40. 400 Meters - 1, Madeline Severson, MSUB, 1:03.58; 2, Mya Richardson, MSUB, 1:03.88. 5,000 Meters - 1, Kailee Stoppel, MSUB, 19:11.01. 4x100 Relay - 1, Montana State Billings (Bohl, Sanchez, Gordon, Chase), 51.75. 4x400 Relay - 2, Montana State Billings (Dalling, Hamill, Richardson, Severson), 4:26.12. High Jump - 1, Madeline Severson, MSUB, 5-0.25. Long Jump - 1, Kendall Lynn, MSUB, 17-9; 2, Madison Thompson, MSUB, 15-11.75. Triple Jump - 1, Kendall Lynn, MSUB, 36-11; 2, Alyssa Sanchez, MSUB, 30-11. Shot Put - 1, Jaida Green, MSUB, 38-2.75; 2, Grace Jones, MSUB, 36-5.75; 3, Danara Tulimaiau, MSUB, 33-7.5. Discus - 1, Ryann Moline, MSUB, 117-5; 2, Danara Tulimaiau, MSUB, 107-1. Hammer - 1, Grace Jones, MSUB, 152-9; 2, Ryann Moline, MSUB, 121-10; 3, Danara Tulimaiau, MSUB, 121-8. Javelin - 1, Ryann Moline, MSUB, 136-6; 2, Jordan Cookman, MSUB, 117-1.

**Men (Top 3 GNAC Finishers):** 100 Meters - 2, Ben Ralston, MSUB, 11.12. 200 Meters - 1, Ben Ralston, MSUB, 22.46. 800 Meters - 3, Kevin Graves, MSUB, 2:08.24. 1,500 Meters - 2, Wyatt May, MSUB, 4:21.95; 3, Gaven McCullough, MSUB, 4:25.51. 5,000 Meters - 1, Bryant Edgerton, MSUB, 16:09.32. 400 Hurdles - 1, Bradley Graves, MSUB, 59.59. 4x100 Relay - 1, Montana State Billings (Rocha, Graves, Okere, Ralston), 43.43. 4x400 Relay - 2, Montana State Billings (Harper, B. Graves, K. Graves, Ralston), 3:45.01. Long Jump - 2, Bryce Olson, MSUB, 19-8.75. Triple Jump - 2, Bryce Olson, MSUB, 40-11; 3, Garrett McMillen, MSUB, 39-5.75. Shot Put - 1, Forrest Cross, MSUB, 48-4.75; 2, Isaac Perkins, MSUB, 40-7.5; 3, Benton Carlson, MSUB, 40-5.5. Discus - 1, Forrest Cross, MSUB, 149-8; 2, Cort Sandefur, MSUB, 125-11; 3, Isaac Perkins, MSUB, 122-0. Hammer - 1, Isaac Perkins, MSUB, 158-10; 2, Forrest Cross, MSUB, 152-8. Javelin - 1, Brandon Geck, MSUB, 148-11; 2, Ryder Klein, MSUB, 147-0.