



Apr. 5, 2023 • Week 12
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Apr. 7

Western Oregon at John Knight Twilight, Monmouth, Ore.
Central Washington, Northwest Nazarene at Whitworth
Peace Meet, Spokane, Wash.
Montana State Billings at Yellowjacket Open,
Billings, Mont.

Sat., Apr. 8

Seattle Pacific, Seattle Pacific, Western Washington at
Emilie Mondor Invitational, Burnaby, B.C.
Seattle Pacific at Pomona-Pitzer Invitational,
Claremont, Calif.

LAST WEEK'S MEETS

Thurs., Mar. 30

Jack Albani Invitational

at Modesto Junior College Stadium, Modesto, Calif.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Juliette Williams, CWU, 12.24. 200 Meters - 2, Juliette Williams, CWU, 25.31. 400 Meters - 1, Elise Hopper, CWU, 58.49; 2, Donna Marie Harris, CWU, 58.93.
Men (Top 3 GNAC Finishers): 110 Hurdles - 1, Drew Klein, CWU, 15.35. Hammer - 2, Angus Beaton, CWU, 166-2.

Thurs., Mar. 30-Sat., Apr. 1

Mike Fanelli Track Classic

at Cox Stadium, San Francisco, Calif.

Women (Top 3 GNAC Finishers): 100 Meters - 1, E'lexis Hollis, CWU, 11.89; 3, Olivia Manley, UAA, 12.21. 100m Hurdles - 3, Lauryn Chandler, CWU, 14.01. 4x100 Relay - 1, Central Washington (Williams, DeChenne, Chandler, Hollis), 47.78. 4x400 Relay - 1, Alaska Anchorage (Sarrias, Cvanacara, Vidad, Marley), 3:54.66. Triple Jump - 1, Kennedy Primrose, SFU, 37-3.25.
Men (Top 3 GNAC Finishers): 1, Maxmilian Kresmer, UAA, 47.87. 1,500 Meters - 3, Drew Weber, WWU, 3:50.14. 400m Hurdles - 1, Austin Albertin, CWU, 54.49. 4x400 Relay - 1, Alaska Anchorage (Angarita, Wagner, Campbell, Kresmer), 3:17.12. Long Jump - 1, Collin Sample, UAA, 22-8.5; 2, Isaiah Webster, CWU, 22-5.25; 3, Blake Furtado, SFU, 22-4.5. Triple Jump - 1, Collin Sample, UAA, 44-2.

Thurs., Mar. 30-Fri., Mar. 31

Pacific Multi-Event

at Hanson Stadium, Forest Grove, Ore.

Women (Top 3 GNAC Finishers): Heptathlon - 1, Jenelle Hurlley, WOU, 4,720.

Men (Top 3 GNAC Finishers): Decathlon - 1, JJ Walker, WOU, 6,152; 2, Brennen Sorah, WOU, 5,712.

Fri., Mar. 31-Sat., Apr. 1

Stanford Invitational

at Cobb Track & Angell Field, Stanford, Calif.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Marie-Éloïse Leclair, SFU, 11.45. 200 Meters - 3, Marie-Éloïse Leclair, SFU, 23.87. 800 Meters (Section 7) - 1, Megan Roxby, SFU, 2:09.34. Steeplechase (Section 3) - 1, Ila Davis, WWU, 10:21.10.
Men (Top 3 GNAC Finishers): 800 Meters (Section 6) - 3, Jordan Schmidt, SFU, 1:50.43.

Yellowjackets/Battlin' Bears Open

at Lockwood High School, Billings, Mont.

Women (Top 3 GNAC Finishers): 200 Meters - 3, Mya Richardson, MSUB, 27.23. 800 Meters - 1, Kailee Stoppel, MSUB, 2:19.89. 4x100 Relay - 2, Montana State Billings (Richardson, Thomspson, Chase, Hull), 49.54; 3, Montana State Billings "B" (Bohl, Sanchez, Klein, Hamill), 50.68. 4x400 Relay - 3, Montana State Billings (Klein, Richardson, Clark, Severson), 4:24.15. Long Jump - 2, Kendall Lynn, MSUB, 18-3. Triple Jump - 1, Kendall Lynn, MSUB, 38-3.25. Shot Put - 3, Grace Jones, MSUB, 37-11.5. Discus - 3, Ryann Moline, MSUB, 127-1. Javelin - 3, Ryann Moline, MSUB, 132-6.
Men (Top 3 GNAC Finishers): 200 Meters - 3, Ben Ralston, MSUB, 22.96. 400 Meters - 1, Ben Ralston, MSUB, 49.90. 800 Meters - 1, Ase Ackerman, MSUB, 1:57.03. 1,500 Meters - 1, Ase Ackerman, MSUB, 3:59.23. 5,000 Meters - 3, Bryant Edgerton, MSUB, 16:33.18. 4x400 Relay - 3, Montana State Billings (Ullery, Graves, Harper, Ralston), 3:30.86. Shot Put - 2, Forrest Cross, MSUB, 51-6.5. Discus - 1, Forrest Cross, MSUB, 152-9. Hammer - 1, Forrest Cross, MSUB, 159-2; 3, Isaac Perkins, MSUB, 155-6.

Sat., Apr. 1

Pacific Open

at Hanson Stadium, Forest Grove, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Maya Hopwood, WOU, 12.60. 800 Meters - 2, Madison Thompson, CWU, 2:22.09. 400 Hurdles - 1, Grace Twiss, CWU, 1:05.70. Long Jump - 1, Erica Cabanos, CWU, 16-3.75; 3, Tehya Moore, CWU, 15-7. Triple Jump - 1, Erica Cabanos, CWU, 36-8.25; 3, Tehya Moore, CWU, 35-4.5. Discus - 2, Krystal Andres, WOU, 136-6; 3, Payton Elenbaas, CWU, 125-11. Hammer - 2, Emilia Carpenter, WOU, 143-1; 3, Liliana Lyness, WOU, 139-8.
Men (Top 3 GNAC Finishers): 110 Hurdles - 1, Justin Conklin, WOU, 14.85. 400 Hurdles - 2, Deshaun Stevens, WOU, 56.95. Long Jump - 3, Deshaun Stevens, WOU, 21-8.25. Triple Jump - 1, Marlon Harrison, WOU, 46-0.75; 3, Jeshua Manwell, 43-5. Hammer - 1, Mark Warren, WOU, 170-2.

#GNACTF in 280

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#BrokenRecord Simon Fraser's Marie-Éloïse Leclair broke the GNAC record in the women's 100 meters and reset her own record in the 200 meters at the Stanford Invitational.

#FollowTheLeaders Western Washington saw three athletes run NCAA Championships provisional qualifying times in the men's 5,000 meters at the Mike Fanelli Track Classic, led by Kevin McDermott's time of 14:11.90 that is No. 7 on the GNAC all-time list.

#NoBarriers Central Washington's Lauryn Chandler moved to No. 6 on the GNAC all-time list with her time of 14.01 seconds in the 100-meter hurdles at the Mike Fanelli Track Classic.

#SteepleStandout Western Washington's Ila Davis is No. 2 in Division II this season and No. 4 on the GNAC all-time list in the women's steeplechase with her time of 10:21.20 at the Stanford Invitational.

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Twitter Accounts/Hashtags For GNAC Track & Field Programs

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

GNAC Athletes of the Week



MEN'S TRACK

Kevin McDermott, Western Washington
Sophomore • Port Orchard, Wash.

McDermott moved into No. 7 on the GNAC all-time list with a fifth-place finish in the 5,000 meters at the Mike Fanelli Track Classic. His time of 14:11.90 ranks No. 2 on the WWU all-time, is an NCAA Championships provisional qualifying time and ranks No. 6 in Division II this season.

Also Nominated: Maximilian Kresmer (Alaska Anchorage), Austin Albertin (Central Washington), Ase Ackerman (Montana State Billings), Charlie Dannatt (Simon Fraser), Justin Conklin (Western Oregon).



MEN'S FIELD

Forrest Cross, Montana State Billings
Senior • Sundance, Wyo.

Cross won two throwing events and took second in a third at the Yellowjackets/Battlin' Bears Open. Cross won the discus with a mark of 152 feet, 9 inches and then won the hammer with a personal best of 159 feet, 2 inches that ranks seventh in the GNAC this season. Cross went on to finish second in the shot put with a mark of 51 feet, 6.5 inches

that ranks second in the GNAC this season.

Also Nominated: Collin Sample (Alaska Anchorage), Angus Beaton (Central Washington), Blake Furtado (Simon Fraser), Seren Dances (Western Washington).



WOMEN'S TRACK

Marie-Éloïse Leclair, Simon Fraser
Sophomore • Candiac, Que.

Leclair set GNAC records in both the 100 and 200 meters at the Stanford Invitational. She won the 100 meters on Friday in a time of 11.45 seconds that broke the GNAC record of 11.64 seconds set by Jamie Ashcroft of Alaska Anchorage in 2015 and ties for the 23rd best time all-time in Division II. The performance ranks No. 4 in Division II this season.

On Saturday, Leclair broke her own record in the 200 meters, placing third in a time of 23.61 seconds. The time ranks ninth in Division II this season. Leclair also ran as part of the Red Leafs' 4x400-meter relay team that ran an NCAA Championships provisional qualifying time of 3:47.65.

Also Nominated: Olivia Manley (Alaska Anchorage), Laurny Chandler (Central Washington), Kailee Stoppel (Montana State Billings), Ila Davis (Western Washington).



WOMEN'S FIELD

Jenelle Hurley, Western Oregon
Senior • Grants Pass, Ore.

Hurley beat a field of 22 competitors in the heptathlon at the Pacific Multi-Event, winning with an NCAA Championships provisional qualifying score of 4,720 points. The score ranks fourth in Division II this season. Hurley placed in the top two in four of the seven disciplines, winning the high jump with a mark of 5 feet, 5.75 inches that just missed the NCAA

Championships provisional qualifying mark and the long jump with a mark of 18 feet, 2.25 inches.

Also Nominated: Erica Cabanos (Central Washington), Kendall Lynn (Montana State Billings), Kennedy Primrose (Simon Fraser).

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
Mar. 20-26	Kevin Angarita, UAA	David Njeri, SPU	Marian Ledesma, WWU	Lizzy Daugherty, SPU
Mar. 27-Apr. 2	Kevin McDermott, WWU	Forrest Cross, MSUB	Marie-Éloïse Leclair, SFU	Jenelle Hurley, WOU

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

Around The GNAC

ALASKA ANCHORAGE



- Two wins for senior **Collin Sample** in the horizontal jumps led Alaska Anchorage as it competed in the Mike Fanelli Track Classic in the Bay Area.
- Sample captured the men's long jump with a mark of 22 feet, 8.5 inches, which ranks third in the GNAC this season. He also won the triple jump with a mark of 44 feet, 2 inches.
- Junior **Maximilian Kresmer** won the men's 400 meters in a time of 47.87 seconds, a time that ranks No. 4 on the UAA all-time list and just missed the NCAA Championships provisional qualifying time of 47.83 seconds.
- The Seawolves won both 4x400-meter relays. The men's team of **Kevin Angarita, Joshua Wagner, Tim Hunter** and Kresmer won in a time of 3:17.12, ranking No. 10 on the UAA all-time list. The women's team of **Blanca De Arvizu Sarrias, Sophia Cvancara, Joei Vidad** and **Olivia Manley** won in a time of 3:54.66.
- Manley also delivered a solid time in the women's 100 meters, placing third in a time of 12.21 seconds that ranks No. 5 on the UAA all-time list.
- Alaska Anchorage does not compete again until April 12 when the Seawolves travel to Southern California for the Mt. SAC Relays and the Bryan Clay Invitational.

CENTRAL WASHINGTON



WILDCATS

- Central Washington split its squad between four different meets, competing in the Jack Albani Invite, Mike Fanelli Track Classic and the Stanford Invitational in California and the Pacific Open in Forest Grove, Oregon.
- The Wildcats won two events at the Jack Albani Invite. Sophomore **Drew Klein** won the men's 110-meter hurdles in a time of 15.35 seconds while freshman **Elise Hopper** won the women's 400 meters in a time of 58.49 seconds, ranking her No. 3 in the GNAC this season.
- At the Mike Fanelli Track Classic, senior **Lauryn Chandler** finished third in the women's 100-meter hurdles in an NCAA Championships provisional qualifying time of 14.01 seconds. The time ranks No. 6 on the GNAC all-time list and is seventh in Division II this season.
- At the Stanford Invitational, senior **McCall DeChenne** earned an NCAA Championships provisional qualifier in the women's 400-meter hurdles as she placed seventh in a time of 1:02.19. The time ranks No. 13 in Division II this season.
- Event winners for CWU at the Mike Fanelli Track Classic include junior **E'lexis Hollis** in the women's 100 meters (11.89), the women's 4x100-meter relay team of **Juliette Williams, DeChenne, Chandler** and **Hollis** (47.76) and senior **Austin Albertin** in the men's 400-meter hurdles (54.49).
- At the Pacific Open, senior **Erica Cabanos** won both women's horizontal jumps, winning the long jump with a mark of 16 feet, 3.74 and the triple jump with a mark of 36 feet, 8.25 inches. Freshman **Grace Twiss** clocked a time of 1:05.70 to win the women's 400-meter hurdles.
- Central Washington will be back in action on Friday, participating in the Whitworth Peace Meet in Spokane, Washington.

MONTANA STATE BILLINGS



- Six individual event victories, including two each for seniors **Forrest Cross** and **Ase Ackerman**, led Montana State Billings in the Yellowjacket/Battlin' Bears Open on Saturday in Billings.
- Cross was named the GNAC Men's Field Athlete of the Week after winning the discus and hammer and taking second in the shot put. Cross won the discus with a throw of 152 feet, 9 inches and won the hammer with a personal best mark of 159 feet, 2 inches. Cross placed second in the shot put with a mark of 51 feet, 6.5 inches that ranks second in the GNAC this season.
- Ackerman was a winner in the men's 800 meters in a time of 1:57.03 as well as the 1,500 meters with a time of 3:59.23.
- Junior **Kendall Lynn** broke her own school records in the women's horizontal jumps. She won the triple jump with a mark of 38 feet, 3.25 inches, bettering the record of 37 feet, 8.75 inches set last year. Lynn was second in the long jump with a leap of 18 feet, 3 inches that bettered her own record of 17 feet, 8.25 inches from last year.
- Senior **Kailee Stoppel** was the Yellowjackets' lone women's winner on the track, winning the 800 meters in a time of 2:19.89.
- Sophomore **Ben Ralston** won the men's 400 meters in a time of 49.40 and finished third in the 200 meters in a time of 22.96 seconds. Sophomore **Ryann Moline** placed third in both the women's discus (127-1) and the javelin (132-6).
- Montana State Billings will host one more home meet, the Yellowjacket Open, on Friday.

NORTHWEST NAZARENE



- Northwest Nazarene did not compete last week. The Nighthawks return to action on Friday at the Whitworth Peace Meet.
- Senior **Abbey Wood's** two victories in the women's sprints led 10 Northwest Nazarene individual event winners at the Willamette Invitational on Mar. 25 in Salem, Oregon.
- Wood improved her season-best times in both events, winning the 100 meters in a time of 12.26 seconds and the 200 meters in a time of 25.63 seconds. She also ran the leadoff leg on the Nighthawks' winning 4x100-meter relay team, which ran a time of 49.09 seconds.
- Freshman **Morgan Erler** captured her second straight women's 5,000-meter race, winning by 24 seconds with a time of 18:17.44. Freshman **Brody Kemble** made it an NNU sweep in the event as he won the men's 5,000 in a time of 15:04.74.
- Junior **Destany Herbert** finished in the top three of three women's throwing events. Herbert won the shot put with a mark of 42 feet, 7 inches. She was second in the discus with a throw of 125 feet, 3 inches and finished third in the hammer with a mark of 128 feet, 9 inches.
- Senior **Brayden Durfee** won the men's 400 meters in a time of 50.01 seconds and placed second in the 200 meters in 22.84 seconds. He also ran the second leg on NNU's winning 4x100-meter relay team, which finished in 42.28 seconds.
- Freshman **Makenze Knowles** was the Nighthawks' other winner on the track, taking the women's 800 meters in a time of 2:22.72. In the men's field events, sophomore **Jacob Steele** won the high jump with a mark of 6 feet, 2.75 inches.

Around The GNAC

SAINT MARTIN'S



• Saint Martin's did not compete last week. The Saints will not compete again until the Ralph Vernacchia Invitational on Sat., Apr. 29.

• Saint Martin's took home nine first-place finishes, including a sweep of the men's hurdles by junior **Andrew Boyd**, at the Peyton-Shotwell Invitational on Mar. 25 in Tacoma,

Washington.

• Boyd won the 110-meter hurdles in a time of 15.66 seconds and the 400-meter hurdles in a time of 58.02 seconds. He went on place third in the javelin with a throw of 164 feet, 9 inches.

• Freshman **Ryan Doidge** led three SMU winners in the men's field events, taking the pole vault with a clearance of 13 feet, 5.25 inches. Freshman **Hewie Nguyen** won the men's long jump with a leap of 20 feet, 11.75 inches and freshman **Ethan Guidry** won the javelin with a mark of 174 feet, 8 inches.

• Junior **Gabriela Cintron** gave Saint Martin's a sweep of the high hurdles races, taking first in the women's 100-meter hurdles in a time of 15.16 seconds.

• Freshman **Alyssa Duncan** took first place in the women's long jump, securing the SMU sweep with a mark of 16 feet, 8 inches. Senior **Sarah Nielsen** won the women's hammer with her mark of 135 feet, 1 inch.

SEATTLE PACIFIC



• Seattle Pacific did not compete last week. The Falcons return to action this Saturday, sending athletes to both the Pomona-Pitzer Invitational in Claremont, California and the Emilie Mondor Invitational in Burnaby, British Columbia.

• Junior **Lizzy Daugherty's** and senior **David Njeri's** performances in the field events led the Falcons at the

Mangrum Invitational on Mar. 24 and the Point Loma Collegiate Invitational on Mar. 25.

• Daugherty won the pole vault twice. At the Mangrum Invitational, Daugherty was part of a three-way tie for first with a clearance of 11 feet, 3.5 inches. At Point Loma, Daugherty won the pole vault with a mark of 12 feet, 3.25 inches that is an NCAA Championships provisional qualifier and is tied for No. 28 in Division II this season.

• Njeri won the triple jump at Point Loma with a mark of 46 feet and the long jump with a mark of 22 feet, 7.75 inches. At the Mangrum Invitational, Njeri was second in the triple jump with a league-leading mark of 46 feet, 4.25 inches.

• Sophomore **Isaiah Archer** was the winner in the men's 400 meters at Point Loma, clocking a time of 48.68 seconds that ranks third in the GNAC this season.

SIMON FRASER



• Sophomore **Marie-Éloïse Leclair** set two more GNAC records to lead Simon Fraser's performances at the Mike Fanelli Track Classic and the Stanford Invitational.

• Leclair was named the GNAC Women's Track Athlete of the Week after she set both records at Stanford. In the 100 meters, Leclair won in a time of 11.45 seconds that smashed

the previous GNAC record of 11.64 seconds by Alaska Anchorage's Jamie Ashcroft in 2016. The time is No. 4 in Division II this season and is tied for No. 23 in Division II history. Leclair then reset her own record in the 200 meters with a third-place time of 23.61 seconds that ranks No. 9 in Division II this season.

• Junior **Charlie Dannatt** earned NCAA Championships provisional qualifying marks in two events at Stanford. Dannatt finished fifth in his section of the men's 800 meters with a time of 1:50.95 that ranks 11th in Division II. On Friday, he finished second in his section of the 1,500 meters in a time of 3:43.54 that ranks No. 2 in Division II this season.

• Junior **Megan Roxby** hit NCAA Championships provisional qualifying times in two events at Stanford. She ran 4:27.80 in the women's 1,500 meters, ranking her sixth in Division II this season. On Saturday, Roxby won her section of the 800 meters in a time of 2:09.34 that ranks No. 4 in Division II this season.

• Sophomore **Jordan Schmidt** also earned an NCAA Championships provisional qualifying time in the men's 800 meters at Stanford. His time of 1:50.43 ranks eighth in Division II this season. On Friday, sophomore **Sebastian Brinkman** ran 14:15.45 in the men's 5,000 meters to provisionally qualify for the NCAA Championships. His time ranks No. 8 in Division II this season.

• Simon Fraser will race at home this weekend, hosting the Emilie Mondor Invitational on Saturday at Terry Fox Field.

WESTERN OREGON



• Led by a pair of combined-event victories, Western Oregon picked up six victories at the Pacific Multi-Events and the Pacific Open.

• Senior **Jenelle Hurley** was named the GNAC Women's Field Athlete of the Week after she won the heptathlon at the Pacific Multi-Event. Her score of 4,720 points is an NCAA Championships provisional qualifier and ranks No. 4 in Division II this season. Hurley finished in the top two in four of the seven events, led by the high jump with a mark of 5 feet, 5.75 inches and the long jump with a mark of 18 feet, 2.25 inches.

• Senior **JJ Walker** lead a one-two sweep for the Wolves in the decathlon, winning with a score of 6,152 points. Walker won the discus with a mark of 114 feet, 2 inches and the pole vault with a clearance of 13 feet, 11.25 inches. Sophomore **Brennan Sorah** was second with a score of 5,712 points.

• At the Pacific Open, senior **Maya Hopwood** was WOU's lone women's event winner, capturing the 100 meters in a time of 12.60 seconds.

• Junior **Justin Conklin** was a winner in the men's 110-meter hurdles, clocking a time of 14.85 seconds that improved his No. 2 time in the GNAC.

• Junior **Marlon Harrison** improved his season best in the men's triple jump, winning with a mark of 46 feet, 0.75 inches. Sophomore **Mark Warren** also had a season best in the men's hammer, winning with a mark of 170 feet, 2 inches.

• Western Oregon will host its annual John Knight Twilight on Friday.

Around The GNAC

WESTERN WASHINGTON



- Sophomore **Kevin McDermott** led an outstanding week for the Western Washington distances as the Vikings competed at the Mike Fanelli Track Classic and the Stanford Invitational.
- McDermott was named the GNAC Men's Track Athlete of the Week after placing fifth in the 5,000 meters at the Mike Fanelli. His time of 14:11.90 is an NCAA Championships provisional qualifying mark, ranks No. 6 in Division II this season, is No. 2 on the WWU all-time list and No. 7 on the GNAC all-time list.
- Sophomore **George Karamitsos** added an NCAA Championships provisional qualifying time in the men's 5,000. His time of 14:17.33 is No. 11 in Division II this season and No. 5 in WWU history. In the same race, sophomore **Andrew Oslin** also hit a provisional qualifying mark with a time of 14:22.73 that ranks 17th in Division II.
- Sophomore **Ila Davis** won her heat in the women's steeplechase at the Stanford Invitational. Her time of 10:21.20 is an NCAA Championships provisional qualifier, ranks No. 2 in Division and No. 4 on the GNAC all-time list.
- Sophomore **Mia Crocker** also earned an NCAA Championships provisional qualifying time in the women's 1,500 meters at the Mike Fanelli. Her ninth-place time of 4:31.56 ranks 14th in Division II this season.
- Outside of the distances, senior **Seren Dances** placed eighth in the men's long jump at the Stanford Invitational with a mark of 23 feet, 2.5 inches.
- Western Washington will head north this week to compete in the Emilie Mondor Invitational on Saturday in Burnaby, British Columbia.

GNAC Provisional Qualifiers For NCAA Outdoor Championships

MEN'S QUALIFIERS AS OF APR. 2, 2023

Event	Athlete	Mark	Rank	Date
400 Meters	Kevin Angarita, UAA	47.81	15th	3/23/23
800 Meters	Jordan Schmidt, SFU	1:50.43	8th	3/31/23
	Charlie Dannatt, SFU	1:50.95	11th	3/31/23
1,500 Meters	Charlie Dannatt, SFU	3:43.54	2nd	3/31/23
5,000 Meters	Kevin McDermott, WWU	14:11.90	6th	3/31/23
	Sebatian Brinkman, SFU	14:15.45	8th	3/31/23
10,000 Meters	George Karamitsos, WWU	14:17.33	11th	3/30/23
	Andrew Oslin, WWU	14:22.73	17th	3/30/23
	George Karamitsos, WWU	29:40.69	5th	3/17/23
	Andrew Oslin, WWU	29:41.91	7th	3/3/23
	Kevin McDermott, WWU	29:48.23	10th	3/17/23
Steeplechase	Jaret Gillingham, WWU	29:54.66	15th	3/17/23
	Ryan Clough, WWU	29:55.94	16th	3/3/23
Shot Put	Jeret Gillingham, WWU	8:55.62	4th	3/3/23
	Dayne Gordien, WOU	16.70/54-9.5	T-24th	3/17/23

WOMEN'S QUALIFIERS AS OF APR. 2, 2023

Event	Athlete	Mark	Rank	Date
100 Meters	Marie-Éloïse Leclair, SFU	11.45	4th	3/31/23
200 Meters	Marie-Éloïse Leclair, SFU	23.87	9th	3/31/23
800 Meters	Megan Roxby, SFU	2:09.34	4th	3/31/23
1,500 Meters	Megan Roxby, SFU	4:27.80	6th	3/31/23
	Mia Crocker, WWU	4:31.56	14th	3/30/23
100 Hurdles	Laurny Chandler, CWU	14.01	7th	3/30/23
400 Hurdles	McCall DeChenne, CWU	1:02.19	13th	3/31/23
Steeplechase	Ila Davis, WWU	10:21.20	2nd	3/31/23
4x400 Relay	Simon Fraser	3:47.65	8th	3/31/23
	Binder, Bosma, Cannan, Leclair			
Pole Vault	Lizzy Daugherty, SPU	3.74/12-3.25	T-28th	3/25/23
Javelin	Kaylee Wright, WOU	44.54/146-1	6th	3/17/23
Heptathlon	Jenelle Hurley, WOU	4,720	4th	3/30/23

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 Outdoor Regional & National Indexes

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	WWU
Mar. 28	19th
Apr. 4	14th

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 2 - Apr. 4, 2023		Pts.	Prev.
Rk	School		
1.	Grand Valley St.	223.27	3
2.	Pittsburg State	200.89	11
3.	West Texas A&M	181.44	15
4.	Missouri Southern	139.39	2
5.	Azusa Pacific	137.91	3
6.	Cal Poly Pomona	131.40	5
7.	Texas A&M-Kingsville	122.84	6
8.	Harding	112.79	14
9.	Angelo State	108.90	4
10.	Lenoir-Rhyne	100.64	7
11.	Academy of Art	92.93	13
12.	CSU Pueblo	92.32	10
13.	UC-Colorado Springs	83.09	55
14.	Western Washington	76.21	19
15.	Carson-Newman	74.51	21
16.	Nebraska-Kearney	66.72	38
17.	Colorado Mines	65.74	40
18.	Colorado Christian	60.21	17
19.	Cal State LA	60.21	9
20.	Western Colorado	55.96	84
21.	Central Missouri	55.37	20
22.	Adams State	53.42	66
23.	Lubbock Christian	53.07	16
24.	PUR Mayaguez	52.41	12
25.	Wingate	47.98	8

USTFCCCA WEST REGION TEAM INDEX

Week 2 - Apr. 3, 2023		Pts.	Prev.
Rk	School		
1.	Cal Poly Pomona	1,081.35	1
2.	Azusa Pacific	816.15	2
3.	Western Washington	670.19	3
4.	Fresno Pacific	591.15	4
5.	Chico State	524.78	5
6.	Academy of Art	505.54	8
7.	Western Oregon	334.79	9
8.	Cal State LA	310.82	7
9.	Simon Fraser	271.09	13
10.	Central Washington	255.10	10



[Complete Poll Online](#)

Women's Outdoor Regional & National Indexes

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	SFU
Mar. 28	—
Apr. 4	17th

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 2 - Apr. 4, 2023		Pts.	Prev.
Rk	School		
1.	Grand Valley St.	259.50	1
2.	West Texas A&M	222.26	3
3.	Azusa Pacific	174.76	2
4.	Academy of Art	130.32	8
5.	Pittsburg State	102.05	18
6.	Central Missouri	101.89	10
7.	Angelo State	99.38	4
8.	Cal Poly Pomona	96.10	6
9.	Missouri Southern	94.22	5
10.	Colorado Mines	89.25	45
11.	Findlay	81.47	19
12.	CSU Pueblo	80.51	26
13.	NW Missouri St.	80.35	16
14.	Embry-Riddle (Fla.)	68.95	13
15.	Lenoir-Rhyne	68.09	12
16.	Adams State	66.05	36
17.	Simon Fraser	64.81	141
18.	Fort Hays State	62.56	14
19.	Fresno Pacific	61.36	9
20.	Wayne State (Neb.)	60.44	15
21.	Dallas Baptist	59.67	22
22.	Harding	58.88	7
23.	Biola	54.04	11
24.	Lewis	52.95	20
25.	Walsh	52.01	114

USTFCCCA WEST REGION TEAM INDEX

Week 2 - Apr. 3, 2023		Pts.	Prev.
Rk	School		
1.	Azusa Pacific	879.01	1
2.	Academy of Art	580.47	8
3.	Biola	546.45	2
4.	Cal Poly Pomona	499.03	4
5.	Chico State	426.60	5
6.	Fresno Pacific	415.18	6
7.	Concordia	381.86	7
8.	Western Washington	358.51	3
9.	Western Oregon	347.36	11
10.	Simon Fraser	290.14	21



[Complete Poll Online](#)

GNAC Indoor Track & Field Records

MEN - ALL MEETS

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

MEN'S CONFERENCE MEET RECORDS

60 Meters	6.75	Alex Donigian, Western Washington (2014)
200 Meters	21.50	Callum Robinson, Simon Fraser (2022)
400 Meters	47.80	Joel Webster, Simon Fraser (2016)
800 Meters	1:50.83	David Ribich, Western Oregon (2018)
Mile	4:01.78	Aaron Ahl, Simon Fraser (2022)
3,000 Meters	8:18.32	Coleman Nash, Alaska Anchorage (2023)
5,000 Meters	14:17.09	Coleman Nash, Alaska Anchorage (2023)
60m Hurdles	8.08	Travis Milbrandt, Western Washington (2015)
4x400 Relay	3:14.10	Alaska Anchorage (2017)
Liam Lindsay, Darrior Gray, Nicholas Taylor, Adam Commandeur		
Distance Medley	9:58.18	Simon Fraser (2019)
Pierre-Louis Detourbe, Nate St. Romain, Aaron Ahl, Rowan Doherty		
High Jump	2.21/7-3	Mikel Smith, Saint Martin's (2017)
Pole Vault	5.16/16-11	Payton Lewis, Northwest Nazarene (2011)
Long Jump	7.38/24-2.5	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015/2017)
Shot Put	17.47/57-3.75	Cameron Neel, Central Washington (2007)
Weight Throw	18.64/61-2	Aidan Cain, Central Washington (2020)
Heptathlon	5,386	Steven Schmidt, Northwest Nazarene (2023)

CONFERENCE MEET HEPTATHLON EVENTS

60 Meters	7.03	Kodiak Landis, Central Washington (2018)
Long Jump	6.95/22-9.75	James Phillips, Concordia (2018)
	6.95/22-9.75	Kodiak Landis, Central Washington (2019)
Shot Put	13.69/44-11	Giovanni Brown, Concordia (2019)
High Jump	2.14/7-0.25	Steven Schmidt, Northwest Nazarene (2023)
60m Hurdles	8.28	Travis Turner, Alaska Anchorage (2017)
Pole Vault	5.05/16-6.75	Payton Lewis, Northwest Nazarene (2016)
1,000 Meters	2:41.39	Giovanni Brown, Concordia (2019)

WOMEN - ALL MEETS

60 Meters	7.33	Marie-Éloïse Leclair, Simon Fraser (2023)
200 Meters	23.63	Marie-Éloïse Leclair, Simon Fraser (2023)
400 Meters	53.82	Marie-Éloïse Leclair, Simon Fraser (2023)
800 Meters	2:04.04	Alison Andrews-Paul, Simon Fraser (2022)
Mile	4:32.88	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:07.05	Caroline Kurgat, Alaska Anchorage (2019)#
5,000 Meters	15:28.46	Caroline Kurgat, Alaska Anchorage (2019)#
60m Hurdles	8.51	Mariah Vongsaveng, Central Washington (2017)
4x400 Relay	3:42.44	Seattle Pacific (2016)
Jalen Tims, Lynelle Decker, Cheryl Hong, Jahzelle Ambus		
Distance Medley	11:23.47	Alaska Anchorage (2019)
Ruth Cvancara, Vanessa Aniteye, Danielle McCormick, Caroline Kurgat		
High Jump	1.77/5-9.75	Danielle Ayers-Stamper, Seattle Pacific (2005)
Pole Vault	3.93/12-10.75	Halle Irvine, Central Washington (2018)
Long Jump	5.98/19-7.5	Peace Igbonagwam, Seattle Pacific (2019)
Triple Jump	12.70/41-8	Keshara Romain, Saint Martin's (2020)
Shot Put	17.62/57-9.75	McKenzie Warren, Concordia (2017)*
Weight Throw	19.52/64-0.5	Christina MacDonald, Concordia (2018)
Pentathlon	4,007	Danielle Ayers-Stamper, Seattle Pacific (2005)

WOMEN'S CONFERENCE MEET RECORDS

60 Meters	7.33	Marie-Éloïse Leclair, Simon Fraser (2023)
200 Meters	23.63	Marie-Éloïse Leclair, Simon Fraser (2023)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:05.09	Alison Andrews-Paul, Simon Fraser (2022)
Mile	4:40.39	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:47.64	Jennifer Johnson, Simon Fraser (2015)
5,000 Meters	16:47.07	Sarah Porter, Western Washington (2010)
60m Hurdles	8.51	Mariah Vongsaveng, Central Washington (2017)
4x400 Relay	3:46.41	Simon Fraser (2016)
Distance Medley	11:23.47	Alaska Anchorage (2019)
Ruth Cvancara, Vanessa Aniteye, Danielle McCormick, Caroline Kurgat		
High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2014)
Pole Vault	3.93/12-10.75	Halle Irvine, Central Washington (2019)
Long Jump	5.98/19-7.5	Peace Igbonagwam, Seattle Pacific (2019)
Triple Jump	12.70/41-8	Keshara Romain, Saint Martin's (2020)
Shot Put	17.02/55-10.25	McKenzie Warren, Concordia (2017)
Weight Throw	18.67/61-3	Kori Sprague, Concordia (2020)
Pentathlon	3,815	Scout Cai, Seattle Pacific (2019)

CONFERENCE MEET PENTATHLON EVENTS

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

* - NCAA Division II record

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

GNAC Outdoor Track & Field Records

MEN - ALL MEETS

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

MEN'S CONFERENCE MEET RECORDS

100 Meters	10.43	Anthony Wright, Central Washington (2010)
200 Meters	21.32	Rimar Christie, Northwest Nazarene (2013)
	21.32	Tyrell Williams, Western Oregon (2014)
400 Meters	47.55	Ethan Hewitt, Alaska Anchorage (2012)
	47.55	Kodiak Landis, Central Washington (2018)
800 Meters	1:49.31	Paul Mach, Seattle Pacific (2005)
1,500 Meters	3:47.37	David Ribich, Western Oregon (2017)
5,000 Meters	14:29.41	Micah Chelimo, Alaska Anchorage (2011)
10,000 Meters	30:25.75	Jordan 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	11.45	Marie-Éloïse Leclair, Simon Fraser (2023)
200 Meters	23.87	Marie-Éloïse Leclair, Simon Fraser (2022)
400 Meters	53.56	Mary Pierce, Alaska Anchorage (2007)
800 Meters	2:01.43	Alison Andrews-Paul, Simon Fraser (2022)+
1,500 Meters	4:11.06	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:35.75	Sarah Porter, Western Washington (2011)
5,000 Meters	14:40.45	Caroline Kurgat, Alaska Anchorage (2019)
10,000 Meters	32:08.09	Caroline Kurgat, Alaska Anchorage (2019)+
100m Hurdles	13.64	Mariyah Vongsaveng, Central Washington (2018)
400m Hurdles	58.22	Sidney Trinidad, Central Washington (2019)
Steeplechase	10:02.45	Julia Howley, Simon Fraser (2019)
4x100 Relay	45.88	Seattle Pacific (2022)
		Peace Igbonagwam, Vanessa Aniteye, Aniya Green, Jenna Bouyer
4x400 Relay	3:41.80	Western Oregon (2018)
		Grayson Burke, Megan Rose, Suzie Van De Grift, Olivia Woods
High Jump	1.78/5-10	Teona Perkins, Seattle Pacific (2007)
Pole Vault	4.04/13-3	Scout Cai, Seattle Pacific (2021)
Long Jump	6.22/20-5	Renick Meyer, Seattle Pacific (2018)
Triple Jump	12.60/41-4.25	Chrisalyn Johnson, Alaska Anchorage (2019)
Shot Put	17.39/57-0.75	McKenzie Warren, Concordia (2017)
Discus	55.74/182-10	Melissa Ausman, Concordia (2018)
Hammer	62.42/204-9	Christina MacDonald, Concordia (2018)
Javelin	54.18/177-9	Bethany Drake, Western Washington (2016)
Heptathlon	5,606	Danielle Ayers-Stamper, Seattle Pacific (2005)

WOMEN'S CONFERENCE MEET RECORDS

100 Meters	11.66	Marie-Éloïse Leclair, Simon Fraser (2022)
200 Meters	23.88	Marie-Éloïse Leclair, Simon Fraser (2022)
400 Meters	54.19	Vanessa Aniteye, Alaska Anchorage (2019)
800 Meters	2:06.38	Jessica Pixler, Seattle Pacific (2010)
1,500 Meters	4:23.02	Caroline Kurgat, Alaska Anchorage (2019)
3,000 Meters	9:53.80	Jessica Pixler, Seattle Pacific (2007)
5,000 Meters	16:35.10	Caroline Kurgat, Alaska Anchorage (2019)
10,000 Meters	34:49.33	Caroline Kurgat, Alaska Anchorage (2018)
100m Hurdles	13.82	Danielle Ayers-Stamper, Seattle Pacific (2005)
400m Hurdles	58.22	Sidney Trinidad, Central Washington (2019)
Steeplechase	11:02.45	Julia Howley, Simon Fraser (2019)
4x100 Relay	45.88	Seattle Pacific (2022)
		Peace Igbonagwam, Vanessa Aniteye, Aniya Green, Jenna Bouyer
4x400 Relay	3:43.50	Simon Fraser (2022)
		Erika Binder, Alison Andrews-Paul, Marie-Éloïse Leclair, Emily Lindsay
High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2016)
Pole Vault	3.91/12-10	Scout Cai, Seattle Pacific (2019)
Long Jump	5.99/19-8	Ali Worthen, Seattle Pacific (2013)
Triple Jump	12.58/41-3.25	Chrisalyn Johnson, Alaska Anchorage (2019)
Shot Put	16.55/54-3.75	McKenzie Warren, Concordia (2017)
Discus	53.01/173-11	Melissa Ausman, Concordia (2018)
Hammer	59.62/195-7	Christina MacDonald, Concordia (2018)
Javelin	52.40/171-11.25	Bethany Drake, Western Washington (2017)
Heptathlon	5,390	Ali Worthen, Seattle Pacific (2013)

2022-23 GNAC Indoor Meet Summaries

Thurs., Dec. 1 & Fri., Dec. 2

**Wichita State Shocker Multis
at Heskett Center, Wichita, Kan.**

Women: Pentathlon - 6, McCall DeChenne, CWU, 3.114.

Men: Heptathlon - 6, Braydon Maier, CWU, 4,323.

Wed., Dec. 7 & Thurs., Dec. 8

Bobcat Preview

at Brick Breeden Fieldhouse, Bozeman, Mont.

Women (Top 3 GNAC Finishers): 400 Meters - 2, Madeline Severson, MSUB, 1:07.08. 5,000 Meters - 3, Ally Whitmer, MSUB, 21:00.42. 60-Meter Hurdles - 3, Tatum Hull, MSUB, 9.26. 4x400 Relay - 2, Montana State Billings (Severson, Hamill, Bohl, Clark), 4:23.08; 3, Montana State Billings (Klein, Bradley, Sanchez, Richardson), 4:23.68. Triple Jump - 2, Kendall Lynn, MSUB, 37-3.75.

Men (Top 3 GNAC Finishers): 400 Meters - 1, Ben Ralston, MSUB, 50.61. 800 Meters - 2, Jackson Bailey, MSUB, 2:23.40. 5,000 Meters - 3, Ase Ackerman, MSUB, 15:43.27. High Jump - 2, Favor Okere, MSUB, 5-9.25. Triple Jump - 3, Bryce Olson, MSUB, 42-2.25.

Thurs., Dec. 8 & Fri., Dec. 9

BYU December Invite

at Smith Fieldhouse, Provo, Utah

Women (Top 3 GNAC Finishers): Pole Vault - 3, Kinsey Yenor, NNU, 12-3.75. Triple Jump - 3, Ellie Alberts, NNU, 34-11.25. Shot Put - 3, Destany Herbert, NNU, 42-1.5.

Men (Top 3 GNAC Finishers): 600 Yards - 3, Jonah Rau, NNU, 1:18.92. Long Jump - 3, Gerohm Rihari, NNU, 21-2.75. Triple Jump - 1, Colton Sedlacek, NNU, 37-1. Weight Throw - 3, Dylan Hendry, NNU, 50-7.

Fri., Dec. 9

Wyoming Power Meet

at Hager-LeBar Indoor Track & Field Venue, Laramie, Wyo.

Women (Top 3 GNAC Finishers): 200 Meters - 1, Cree Bell, SMU, 26.85; 2, Madison Vu, SMU, 27.53. 400 Meters - 1, Alisha Saucedo, SMU, 1:02.40. 55-Meter Hurdles - 2, Gabriela Cintron, SMU, 8.82; 3, Alyssa Duncan, SMU, 9.05. Triple Jump - 3, Margaret Zilla, SMU, 37-6.

Men (Top 3 GNAC Finishers): 400 Meters - 1, Jack Farrell, SMU, 54.37; 2, Rudu Wani, SMU, 55.79; 3, Noah Boyd, SMU, 56.59. Pole Vault - 1, Ryan Doidge, SMU, 13-11.25. Long Jump - 3, Andrew Schulz, SMU, 22-5.75.

Sat., Dec. 10

UCCS-Colorado Running Company Pre-Holiday Invite

at Mountain Lion Field House, Colorado Springs, Colo.

Women (Top 3 GNAC Finishers): 4x400 Relay - 3, Saint Martin's (Bell, Vu, Saucedo, Briggs), 4:14.75.

Men (Top 3 GNAC Finishers): None.

Spokane Invitational

at The Podium, Spokane, Wash.

Women (Top 3 GNAC Finishers): 800 Meters - 1, Vanessa Aniteye, SPU, 2:13.04.

Men (Top 3 GNAC Finishers): 800 Meters - 3, Johan Correa, CWU, 1:53.97. Mile - 3, Connor Palmen, WWU, 4:30.05. Weight Throw - 3, Miller Campbell, WWU, 53-4.25.

Fri., Jan. 13 & Sat., Jan. 14

Spokane Indoor Challenge

at The Podium, Spokane, Wash.

Women (Top 3 GNAC Finishers): 60 Hurdles - 3, Lauryn Chandler, CWU, 8.79.

Shot Put - 2, Destany Herbert, NNU, 44-9.

Men (Top 3 GNAC Finishers): High Jump - 1, Steven Schmidt, NNU, 6-8.75.

Shot Put - 1, Dayne Gordien, WOU, 55-1.5.

Sat., Jan. 14

UW Indoor Preview

at Dempsey Indoor, Seattle, Wash.

Women (Top 3 GNAC Finishers): 60 Meters - 1, Marie-Éloïse Leclair, SFU, 7.45.

Men (Top 3 GNAC Finishers): 800 Meters - 3, Jordan Schmidt, SFU, 1:52.06.

Triple Jump - 2, David Njeri, SPU, 48-5.5.

Fri., Jan. 20 & Sat., Jan. 21

Lauren McCluskey Memorial Open

at Kibbie Dome, Moscow, Idaho

Women (Top 3 GNAC Finishers): Triple Jump - 3, Erica Cabanos, CWU, 37-1.75.

Men (Top 3 GNAC Finishers): Heptathlon - 2, Braydon Maier, CWU, 4,851; 3, JJ Walker, WOU, 4,728.

Sat., Jan. 21

Bobcat Challenge

at Brick Breeden Fieldhouse, Bozeman, Mont.

Women (Top 3 GNAC Finishers): Triple Jump - 2, Kendall Lynn, MSUB, 36-9.

Men (Top 3 GNAC Finishers): 800 Meters - 3, Ase Ackerman, MSUB, 1:58.50. Mile - 1, Ase Ackerman, MSUB, 4:19.17.

Sun., Jan. 22

Portland Indoor #1

at Chiles Center, Portland, Ore.

Women (Top 3 GNAC Finishers): 400 Meters - 2, Madeline Lambing, WOU, 1:01.58.

Men (Top 3 GNAC Finishers): 400 Meters - 2, Deshaun Stevens, WOU, 51.84.

Fri., Jan. 27-Sat., Jan. 28

John Thomas Terrier Classic

at BU Track & Tennis Center, Boston, Mass.

Women (Top 3 GNAC Finishers): 60 Meters (Invitational) - 3, Marie-Éloïse Leclair, SFU, 7.46. 200 Meters - 3, Marie-Éloïse Leclair, SFU, 23.80. DMR - 2, Simon Fraser (Tasdemir, Leclair, Vanderput, Roxby), 11:52.60. High Jump - 2, Sydney Kania, SFU, 5-5.

Men (Top 3 GNAC Finishers): 60 Meters (Invitational) - 3, Jesaiah Pen-son-Mccoy, SFU, 6.99. DMR - 1, Simon Fraser (Good, Schmidt, Allen, Dannatt), 9:42.77.

UW Indoor

at Dempsey Indoor, Seattle, Wash.

Women (Top 3 GNAC Finishers): Weight Throw - 3, Raine Westfall, WWU, 53-2.25.

Men (Top 3 GNAC Finishers): DMR - 2, Western Washington (Henry, Le, Bloom, Weber), 9:45.48; 3, Western Oregon (Sanchez, Arce-Torres, Klus, Hutton), 9:46.23. High Jump - 3, Trent Kibler, WWU, 6-2.75. Pole Vault - Braydon Maier, CWU, 15-2.25. Triple Jump - 3, David Njeri, SPU, 47-1.75. Weight Throw - 1, Miller Campbell, WWU, 56-7.5; 3, Angelo Ramos, WWU, 50-5.5.

2022-23 GNAC Indoor Meet Summaries

Sat., Jan. 28

Inland Northwest Invitational

at The Podium, Spokane, Wash.

Women (Top 3 GNAC Finishers): 60 Meters - 1, Abbey Wood, NNU, 7.64. 200 Meters - 3, Abbey Wood, NNU, 25.60.

Men (Top 3 GNAC Finishers): 200 Meters - 2, Hunter Braseth, NNU, 21.91. 4x400 Relay - 2, Northwest Nazarene (Braseth, Ellis, Wilkins, Durfee), 3:24.84. High Jump - 3, Gerohm Rihari, NNU, 6-3.25. Weight Throw - 3, Dylan Hendry, NNU, 53-4.5.

Stacy Dragila Invitational

at Holt Arena, Pocatello, Idaho

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): None.

Don Holst Open

at Nelson Physical Activity Center, Chadron, Neb.

Women (Top 3 GNAC Finishers): 60 Meters - 2, Madison Thompson, MSUB, 8.09; 3, Mya Richardson, MSUB, 8.12. 200 Meters - 2, Tatum Hull, MSUB, 27.11. 800 Meters - 1, Kailee Stoppel, MSUB, 2:24.26. 3,000 Meters - 3, Carey Berendsen, MSUB, 12:12.2h. 60 Hurdles - 1, Tatum Hull, MSUB, 9.52. 4x400 Relay - 2, Montana State Billings (Klein, Richardson, Hamill, Severson), 4:22.44; 3, Montana State Billings (Clark, Bohl, Chase, Siegle), 4:27.95. Long Jump - 1, Kendall Lynn, MSUB, 16-9.25; 2, Madison Thompson, MSUB, 16-8.75. Triple Jump - 1, Kendall Lynn, MSUB, 36-8.25; 3, Tatum Hull, MSUB, 35-0.5.

Men (Top 3 GNAC Finishers): 60 Meters - 2, Ben Ralston, MSUB, 7.06. 200 Meters - 2, Ben Ralston, MSUB, 23.38; 3, William Ullery, MSUB, 23.84. Mile - 1, Ase Ackerman, MSUB, 4:20.17. 4x400 Relay - 2, Montana State Billings (Jessop, Graves, Bailey, McCullough), 3:46.79. Triple Jump - 1, Garrett McMillen, MSUB, 41-3.75.

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

WSU Open & Combined Events

at The Podium, Spokane, Wash.

Women (Top 3 GNAC Finishers): None.

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

Sat., Feb. 4

EOU Lou Thorne Invite

at EOU Fieldhouse, La Grande, Ore.

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

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

Sun., Feb. 5

Portland Indoor Meet #2

at Chiles Center, Portland, Ore.

Women (Top 3 GNAC Results): None.

Men (Top 3 GNAC Results): None.

George Fox Indoor

at GFU Multi-Use Facility, Newberg, Ore.

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

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

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

Whitworth Invitational

at The Podium, Spokane, Wash.

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

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

Husky Classic

at Dempsey Indoor, Seattle, Wash.

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

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

David Hemery Valentine Invitational

at BU Track & Tennis Center, Boston, Mass.

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

Men (Top 3 GNAC Finishers): None.

2022-23 GNAC Indoor Meet Summaries

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

GNAC Indoor Championships

at The Podium, Spokane, Wash.

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

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

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

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

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

Ken Shannon Last Chance Invite

at Dempsey Indoor, Seattle, Wash.

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

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

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, 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, 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, Jorri 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.

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

Aztec Invitational at SDSU Sports Deck, San Diego, Calif.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): None.

Friday, Mar. 24

Mangrum Invitational at Mangrum Track & Field Stadium, San Marcos, Calif.

Women (Top 3 GNAC Finishers): 5,000 Meters - 2, Caitlin Heldt, WOU, 17:39.29. 4x400 Relay - 3, Alaska Anchorage, 3:57.56. High Jump - 2, Jenelle Hurley, WOU, 5-5. Pole Vault - Tie 1, Lizzy Daugherty, SPU, 11-3.5. Long Jump - 3, Ujunwa Nwokoma, WOU, 18-3.75. Javelin - 3, Kaylee Wright, WOU, 129-10.

Men (Top 3 GNAC Finishers): 400 Meters - 3, Kevin Angarita, UAA, 48.57. 800 Meters - 2, Emmett Klus, WOU, 1:54.59. 110 Hurdles - 3, Justin Conklin, WOU, 15.05. Long Jump - 1, Collin Sample, UAA, 22-6.5. Triple Jump - 2, David Njeri, SPU, 46-4.25.

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

Spank Blasing Invitational at CSU Pueblo ThunderBowl, Pueblo, Colo.

Women (Top 3 GNAC Finishers): Javelin - 1, Ryann Moline, MSUB, 132-7.

Men (Top 3 GNAC Finishers): None.

2022-23 GNAC Outdoor Meet Summaries

Sat., Mar. 25

Willamette Invitational

at Charles Bowles Track, Salem, Ore.

Women's Team Scores: Northwest Nazarene 131, Oregon State 116.5, Willamette 80.5, Western Oregon 59, Pacific Lutheran 57, Pacific (Ore.) 53, Bushnell 50, Linfield 42, Southern Oregon 20, Mt. Hood CC 19, Corban 7, Lewis & Clark.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Abbey Wood, NNU, 12.26. 200 Meters - 1, Abbey Wood, NNU, 25.63. 400 Meters - 3, Laine DeJong, NNU, 58.82. 800 Meters - 1, Makenze Knowles, NNU, 2:22.72. 5,000 Meters - 1, Morgan Erler, NNU, 17:53.29; 3, Olivia Klein, NNU, 18:53.61. 4x100 Relay - 1, Northwest Nazarene (Wood, Katie Baniaga, Kayla Baniaga, Williams), 49.09. Long Jump - 2, Macy Clemens, WOU, 16-3.75. Shot Put - 1, Destany Herbert, NNU, 42-7; 2, Liliana Lyness, WOU, 38-825. Discus - 2, Destany Herbert, NNU, 125-3. Hammer - 3, Destany Herbert, NNU, 128-9.

Men's Team Scores: Pacific Lutheran 114, Northwest Nazarene 113, Linfield 82, Pacific (Ore.) 79, Western Oregon 64, Willamette 59, Mt. Hood CC 53.5, Southern Oregon 50, Bushnell 29.5, Jacuzzi Boys AC 18 Cascadia Elite 10, Corban 10, Whitman 4.

Men (Top 3 GNAC Finishers): 200 Meters - 3, Brayden Durfee, NNU, 22.84. 400 Meters - 1, Brayden Durfee, NNU, 50.01; 3, Trevor Ames, NNU, 50.27. 800 Meters - 2, Quincy Ellis, NNU, 1:57.17; 3, Tim Rambo, WOU, 1:58.76. 1,500 Meters - 3, Wyatt Smith, WOU, 4:02.40. 5,000 Meters - 1, Brody Kemble, NNU, 15:04.74. 110 Hurdles - 2, Turner Nye, NNU, 15.91. 400 Hurdles - 3, Anderson Kron, NNU, 58.91. 4x100 Relay - 1, Northwest Nazarene (Ames, Braseth, Durfee, Hunt), 42.28. High Jump - 1, Jacob Steele, NNU, 6-2.75. Long Jump - 2, Tyler White, WOU, 21-4-25. Shot Put - 2, Dayne Gordien, WOU, 52-2.75. Discus - 1, Dayne Gordien, WOU, 162-8. Hammer - 3, Dylan Hendry, NNU, 160-9.

Peyton-Shotwell Invitational

at Baker Stadium, Tacoma, Wash.

Women's Team Scores: Puget Sound 154, Saint Martin's 132, Olympic CC 86, Evergreen St. 38, Northwest (Wash.) 34, Green River CC 33, Everett CC 21, Whitman 20, Pacific Lutheran 11, Tacoma City RC 10, Central Washington 8, Edmonds CC 4.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Madison Vu, SMU, 12.58; 3, Cree Bell, SMU, 12.89. 200 Meters - 2, Madison Vu, SMU, 26.10; 3, Cree Bell, SMU, 26.47. 100 Hurdles - 1, Gabriela Cintron, SMU, 15.16. Pole Vault - 2, Claire Skaggs, SMU, 9-0.75. Long Jump - 1, Alyssa Duncan, SMU, 16-8; 2, Gabriela Cintron, SMU, 15-11.5; 3, Margaret Zilla, SMU, 15-6.75. Triple Jump - 2, Margaret Zilla, SMU, 32-11; 3, Hannah Cook, SMU, 29-0. Shot Put - 3, Jocelyn Saribay, SMU, 36-2.75. Discus - 2, Brenna Board, 119-8. Hammer - 1, Sarah Nielsen, SMU, 135-1; 2, Jocelyn Saribay, SMU, 133-8.

Men's Team Scores: Puget Sound 147, Saint Martin's 121, Green River CC 66, Olympic CC 55, Central Washington 37, Everett CC 33, Pacific Lutheran 28, Whitman 22, Club Northwest 16, Northwest (Wash.) 13, Evergreen St. 10, Bellingham Distance Project 8, Tacoma City RC 2.

Men (Top 3 GNAC Finishers): 400 Meters - 2, Zach Franco, SMU, 50.42. 110 Hurdles - 1, Andrew Boyd, SMU, 15.66. 400 Hurdles - 1, Andrew Boyd, SMU, 58.02; 2, Noah Boyd, SMU, 1:00.29. 4x100 Relay - 1, Saint Martin's, 43.97; 2, Saint Martin's "B", 45.21. Pole Vault - 1, Ryan Doidge, SMU, 13-5.25; 2, Deylan Okinaka, CWU, 13-5.25; 3, Andrew Boyd, SMU, 10-11.75. Long Jump - 1, Hewie Nguyen, SMU, 20-11.75. Shot Put - 1, Wyatt Franklin, CWU, 45-10; 3, Jacob Warren, SMU, 40-11.75. Discus - 1, Wyatt Franklin, CWU, 144-2; 2, Logan Martin, CWU, 128-9; 3, Jacob Warren, SMU, 117-9. Javelin - 1, Ethan Guidry, SMU, 174-8; 3, Andrew Boyd, SMU, 164-9.

Point Loma Collegiate Invitational

at PLNU Track, San Diego, Calif.

Women (Top 3 GNAC Finishers): 400 Meters - 3, Marissa Crane, SPU, 58.13. 800 Meters - 2, Libby Michael, SPU, 2:15.78. Pole Vault - 1, Lizzy Daugherty, SPU, 12-3.25. Javelin - 1, Kaylee Wright, WOU, 137-2; 2, Lyndee McLaughlin, WOU, 119-11.

Men (Top 3 GNAC Finishers): 400 Meters - 1, Isaiah Archer, SPU, 48.68. High Jump - 2, Gabe Burchfield, WOU, 6-1.75. Pole Vault - 3, Brad Bowman, SPU, 13-9. Long Jump - 1, David Njeri, SPU, 22-7.75. Triple Jump - 1, David Njeri, SPU, 46-0. Javelin - 2, Eli Nafziger, WOU, 156-5.

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

UBC Open

at Thunderbird Park, Vancouver, B.C.

Women (Top 3 GNAC Finishers): 400 Meters - 2, Anna Miller, WWU, 58.99. 800 Meters - 1, Elie Bassett, WWU, 2:17.21; 2, Emmy Kroontje, WWU, 2:18.77; 3, Natasha Smiegelski, SFU, 2:28.99. 100 Hurdles - 2, Isabella Porter, WWU, 16.09. 400 Hurdles - 1, Erika Binder, SFU, 1:04.89; 2, Claire Bosma, SFU, 1:06.19. Steeplechase - 2, Sidra Miller, WWU, 11:56.33. High Jump - 3, Olivia Windbiel, SFU, 4-11. Pole Vault - 3, Annie Tran, WWU, 10-11.75. Long Jump - 2, Dominique Ronse, SFU, 16-8.75. Triple Jump - 2, Olivia Windbiel, SFU, 36-7.5; 3, Kennedy Primrose, SFU, 36-4.75. Shot Put - 1, Katie Potts, WWU, 42-10.75. Discus - 1, Katie Potts, WWU, 14-53. Hammer - 3, Raine Westfall, WWU, 165-8. Javelin - 2, Madison Prugh, SFU, 110-5. Heptathlon - 1, Nicole Avery, WWU, 3,876.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Nolan Mickenham, WWU, 10.93; 2, Jesaiah Penson-McCoy, SFU, 11.01; 3, Noah Johnson, WWU, 11.04. 200 Meters - 1, Brian Le, WWU, 22.35. 800 Meters - 3, Tomas Chapman, SFU, 1:53.71. 1,500 Meters - 2, Kevin McDermott, WWU, 3:50.91; 3, Drew Weber, WWU, 3:51.40. 400 Hurdles - 1, Jorin Lenton, SFU, 54.64; 2, Maurice Woodring, WWU, 54.67; 3, Sean Martelles, WWU, 56.43. Steeplechase - 3, Kaleb Korta, WWU, 9:34.28. 4x100 Relay - 1, Simon Fraser (Monro, Belcher, Suzuki, Penson-McCoy), 43.21. High Jump - 2, Manu Greenlee, WWU, 6-0.75. Long Jump - 1, Seren Dances, WWU, 22-1.5; 2, Blake Furtado, SFU, 21-11.5; 3, Nicholas Monro, SFU, 21-4. Triple Jump - 2, Seren Dances, 42-2.25. Shot Put - 2, Angelo Ramos, WWU, 43-10.5; 3, Nathan Simicich, WWU, 41-6. Discus - 2, Miller Campbell, WWU, 122-1; 3, Nathan Simicich, WWU, 119-3. Hammer - 2, Miller Campbell, WWU, 176-11. Javelin - 3, Bryan Cortes, SFU, 186-5.

Thurs., Mar. 30

Jack Albiani Invitational

at Modesto Junior College Stadium, Modesto, Calif.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Juliette Williams, CWU, 12.24. 200 Meters - 2, Juliette Williams, CWU, 25.31. 400 Meters - 1, Elise Hopper, CWU, 58.49; 2, Donna Marie Harris, CWU, 58.93.

Men (Top 3 GNAC Finishers): 110 Hurdles - 1, Drew Klein, CWU, 15.35. Hammer - 2, Angus Beaton, CWU, 166-2.

Thurs., Mar. 30-Sat., Apr. 1

Mike Fanelli Track Classic

at Cox Stadium, San Francisco, Calif.

Women (Top 3 GNAC Finishers): 100 Meters - 1, E'lexis Hollis, CWU, 11.89; 3, Olivia Manley, UAA, 12.21. 100m Hurdles - 3, Lauryn Chandler, CWU, 14.01. 4x100 Relay - 1, Central Washington (Williams, DeChenne, Chandler, Hollis), 47.78. 4x400 Relay - 1, Alaska Anchorage (Sarrias, Cvancara, Vidad, Marley), 3:54.66. Triple Jump - 1, Kennedy Primrose, SFU, 37-3.25.

Men (Top 3 GNAC Finishers): 1, Maximilian Kresmer, UAA, 47.87. 1,500 Meters - 3, Drew Weber, WWU, 3:50.14. 400m Hurdles - 1, Austin Albertin, CWU, 54.49. 4x400 Relay - 1, Alaska Anchorage (Angarita, Wagner, Campbell, Kresmer), 3:17.12. Long Jump - 1, Collin Sample, UAA, 22-8.5; 2, Isaiah Webster, CWU,

2022-23 GNAC Outdoor Meet Summaries

22-5.25; 3, Blake Furtado, SFU, 22-4.5. Triple Jump - 1, Collin Sample, UAA, 44-2.

Thurs., Mar. 30-Fri., Mar. 31

Pacific Multi-Event

at Hanson Stadium, Forest Grove, Ore.

Women (Top 3 GNAC Finishers): Heptathlon - 1, Jenelle Hurley, WOU, 4,720.

Men (Top 3 GNAC Finishers): Decathlon - 1, JJ Walker, WOU, 6,152; 2, Brennen Sorah, WOU, 5,712.

Fri., Mar. 31-Sat., Apr. 1

Stanford Invitational

at Cobb Track & Angell Field, Stanford, Calif.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Marie-Éloïse Leclair, SFU, 11.45. 200 Meters - 3, Marie-Éloïse Leclair, SFU, 23.87. 800 Meters (Section 7) - 1, Megan Roxby, SFU, 2:09.34. Steeplechase (Section 3) - 1, Ila Davis, WWU, 10:21.10.

Men (Top 3 GNAC Finishers): 800 Meters (Section 6) - 3, Jordan Schmidt, SFU, 1:50.43.

Yellowjackets/Battlin' Bears Open

at Lockwood High School, Billings, Mont.

Women (Top 3 GNAC Finishers): 200 Meters - 3, Mya Richardson, MSUB, 27.23. 800 Meters - 1, Kailee Stoppel, MSUB, 2:19.89. 4x100 Relay - 2, Montana State Billings (Richardson, Thompspon, Chase, Hull), 49.54; 3, Montana State Billings "B" (Bohl, Sanchez, Klein, Hamill), 50.68. 4x400 Relay - 3, Montana State Billings (Klein, Richardson, Clark, Severson), 4:24.15. Long Jump - 2, Kendall Lynn, MSUB, 18-3. Triple Jump - 1, Kendall Lynn, MSUB, 38-3.25. Shot Put - 3, Grace Jones, MSUB, 37-11.5. Discus - 3, Ryann Moline, MSUB, 127-1. Javelin - 3, Ryann Moline, MSUB, 132-6.

Men (Top 3 GNAC Finishers): 200 Meters - 3, Ben Ralston, MSUB, 22.96. 400 Meters - 1, Ben Ralston, MSUB, 49.90. 800 Meters - 1, Ase Ackerman, MSUB, 1:57.03. 1,500 Meters - 1, Ase Ackerman, MSUB, 3:59.23. 5,000 Meters - 3, Bryant Edgerton, MSUB, 16:33.18. 4x400 Relay - 3, Montana State Billings (Ullery, Graves, Harper, Ralston), 3:30.86. Shot Put - 2, Forrest Cross, MSUB, 51-6.5. Discus - 1, Forrest Cross, MSUB, 152-9. Hammer - 1, Forrest Cross, MSUB, 159-2; 3, Isaac Perkins, MSUB, 155-6.

Sat., Apr. 1

Pacific Open

at Hanson Stadium, Forest Grove, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Maya Hopwood, WOU, 12.60. 800 Meters - 2, Madison Thompson, CWU, 2:22.09. 400 Hurdles - 1, Grace Twiss, CWU, 1:05.70. Long Jump - 1, Erica Cabanos, CWU, 16-3.75; 3, Tehya Moore, CWU, 15-7. Triple Jump - 1, Erica Cabanos, CWU, 36-8.25; 3, Tehya Moore, CWU, 35-4.5. Discus - 2, Krystal Andres, WOU, 136-6; 3, Payton Elenbaas, CWU, 125-11. Hammer - 2, Emillia Carpenter, WOU, 143-1; 3, Liliana Lyness, WOU, 139-8.

Men (Top 3 GNAC Finishers): 110 Hurdles - 1, Justin Conklin, WOU, 14.85. 400 Hurdles - 2, Deshaun Stevens, WOU, 56.95. Long Jump - 3, Deshaun Stevens, WOU, 21-8.25. Triple Jump - 1, Marlon Harrison, WOU, 46-0.75; 3, Jeshua Manwell, 43-5. Hammer - 1, Mark Warren, WOU, 170-2.