



Apr. 12, 2023 • Week 13
GNACSports.com • @GNACSports

Contact: Blake Timm, Assistant Commissioner For Communications
503-805-8756 • btimm@gnacsports.com

GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Wed., Apr. 12-Sat., Apr. 15
Alaska Anchorage, Simon Fraser, Western Oregon
at Mt. SAC Relays, Walnut, Calif.

Wed., Apr. 12-Thurs., Apr. 13
Simon Fraser, Western Washington at Cal State LA
Twilight Open, Los Angeles, Calif.

Thurs., Apr. 13
Saint Martin's, Simon Fraser, Western Washington
at Pacific Coast Intercollegiate, Long Beach, Calif.
Central Washington at Whitworth Twilight,
Spokane, Wash.

Thurs., Apr. 13-Sat., Apr. 15
Alaska Anchorage, Central Washington, Montana State
Billings, Saint Martin's, Seattle Pacific, Simon Fraser,
Western Oregon, Western Washington at Bryan Clay
Invitational, Azusa, Calif.

Fri., Apr. 14-Sat., Apr. 15
Central Washington, Western Oregon, Western
Washington at Beach Invitational, Long Beach, Calif.

Sat., Apr. 15
Northwest Nazarene at Northwest Nazarene Invitational,
Nampa, Idaho

Sun., Apr. 16
Montana State Billings at Blue Hawk Games,
Dickinson, N.D.

LAST WEEK'S MEETS

Fri., Apr. 7
Yellowjacket Open
at Lockwood High School, Billings, Mont.
Women (Top 3 GNAC Finishers): 100 Meters - 2,
Madison Thompson, MSUB, 13.05. 200 Meters - 2, Bella
Klein, MSUB, 27.25; 3, Sophia Bohl, MSUB, 27.42. 400
Meters - 1, Bella Klein, MSUB, 1:01.67; 2, Madeline Sev-
erson, MSUB, 1:02.20. 5,000 Meters - 1, Kailee Stoppel,
MSUB, 18:28.44. 400 Hurdles - 3, Annelise Clark, MSUB,
1:10.54. High Jump - 2, Madeline Severson, MSUB, 4-9.5.
Long Jump - 2, Madison Thompson, MSUB, 16-10.75.
Shot Put - 2, Grace Jones, MSUB, 39-8.75. Hammer - 3,
Grace Jones, MSUB, 148-2. Javelin - 1, Jordan Cookman,
MSUB, 114-9.
Men (Top 3 GNAC Finishers): 100 Meters - 2, Ben
Ralston, MSUB, 11.11. 200 Meters - 2, Ben Ralston,
MSUB, 22.24. 800 Meters - 1, Kevin Graves, MSUB,
2:05.97. Long Jump - 2, Lucas Harper, MSUB, 19-8.25.
Triple Jump - 2, Bryce Olson, MSUB, 39-7. Discus - 3,
Cort Sandefur, MSUB, 134-6. Hammer - 1, Isaac Perkins,
MSUB, 159-1.

Whitworth Peace Meet

at Boppell Track, Spokane, Wash.
Women (Top 3 GNAC Finishers): 100 Meters - 1, Abbey
Wood, NNU, 12.19; 2, Juliette Williams, CWU, 12.20.
200 Meters - 1, Juliette Williams, CWU, 25.05; 3, Abbey
Wood, NNU, 25.21. 400 Meters - 3, Laine DeJong, NNU,
58.51. Pole Vault - 2, Kinsey Yenor, NNU, 12-4. Triple
Jump - 3, Tehya Moore, CWU, 35-10.5.
Men (Top 3 GNAC Finishers): 200 Meters - 3, Hunter
Braseth, NNU, 22.20. 400 Meters - 3, Johan Correa,
CWU, 49.44. 5,000 Meters - 2, Brody Kemble, NNU,
14:50.96. 110 Hurdles - 3, Steven Schmidt, NNU, 15.09.
400 Hurdles - 3, Anderson Kron, NNU, 56.77. 4x100
Relay - 1, Northwest Nazarene (Garner, Braseth, Durfee,
Hunt), 42.03. 4x400 Relay - 1, Central Washington (Al-
bertin, Correa, Ramsay, Thomas), 3:18.83; 3, Northwest
Nazarene, 3:22.71. Pole Vault - 2, Braydon Maier, CWU,
15-4.5. Triple Jump - 2, Isaiah Webster, CWU, 46-3.25;
3, Christopher Hines, CWU, 43-1.75. Discus - 3, Dylan
Hendry, NNU, 146-6.

John Knight Twilight

at McArthur Field, Monmouth, Ore.
Women's Team Scores: Oregon State 187, Western
Oregon 130.5, Willamette 89.5, Southern Oregon 53.5,
SW Oregon CC 50, Clackamas CC 35, Saint Martin's 31,
Lewis & Clark 30, Clark CC 29, Umpqua CC 23.5, Mt.
Hood CC 23, Oregon Track Club 6, Marquette 4.
Women (Top 3 GNAC Finishers): 100 Meters - 2,
Maya Hopwood, WOU, 12.13. 200 Meters - 3, Maya
Hopwood, WOU, 26.50. 800 Meters - 3, Holly Hutton,
WOU, 2:19.14. 1,500 Meters - 1, Alauna Carstensen, SMU,
4:46.74. Steeplechase - 2, Olivia Flack, WOU, 11:42.54;
3, Katie Chapman, WOU, 12:15.27. 5,000 Meters - 1,
Caitlin Heldt, WOU, 17:41.69; 2, Sara Sabra, SMU,
17:43.67; 3, Natalie Perez, 18:16.16. 4x100 Relay - 1,
Western Oregon (Novato, Nwokoma, Hopwood, Thomp-
son), 48.23. Long Jump - 2, Ujunwa Nwokoma, WOU,
18-0.25. Discus - 3, Krystal Andres, WOU, 133-6. Javelin
- 3, Abigail Sanders, WOU, 123-0.
Men's Team Scores: Western Oregon 141, Willamette
72, Lewis & Clark 69, Umpqua CC 58, Clackamas CC 57,
Mt. Hood CC 52, Southern Oregon 31, Clark CC 30, SW
Oregon CC 29, Saint Martin's 29, UO Running Club 13,
Cascadia Elite 10, Jacuzzi Boys AC 10, Timberline AC 6.
Men (Top 3 GNAC Finishers): 200 Meters - 1, Amari
Hendrix, WOU, 22.50; 3, Alex Driesner, WOU, 22.78.
400 Meters - 1, Joel Yasin, WOU, 50.92. 800 Meters - 1,
Emmett Klus, WOU, 1:52.19; 2, Keeton Sanchez, WOU,
1:53.79. 1,500 Meters - 2, Isaac Cortes, SMU, 3:56.98.
5,000 Meters - 2, Eli Dale, SMU, 15:49.46. Steeple-
chase - Bryce Mefford, WOU, 10:04.86. 4x400 Relay - 2,
Western Oregon (Klus, Sanchez, Arce-Torres, Rambo),
3:23.05. Long Jump - 2, Tyler White, WOU, 22-5. Shot
Put - 2, Dayne Gordien, WOU, 50-10.75. Discus - 1,
Dayne Gordien, WOU, 160-11. Hammer - 2, Mark
Warren, WOU, 175-3.

Sat., Apr. 8

Pomona-Pitzer Invitational
at Strehle Track, Claremont, Calif.
Women (Top 3 GNAC Finishers): 100 Hurdles - 2, Han-
nah Chang, SPU, 14.77. 4x400 Relay - 3, Seattle Pacific
(Green, Brown, Fletcher, Crane), 3:54.94. Pole Vault - 2,
Emily Thomason, SPU, 11-10.75.
Men (Top 3 GNAC Finishers): 400 Meters - 1, Isaiah
Archer, SPU, 48.24. 4x100 Relay - 2, Seattle Pacific
(Njeri, Gordon, Shepherd, Archer), 42.25. 4x400 Relay - 3,
Seattle Pacific (Archer, Carpenter, Shepherd, Gordon),
3:21.49. Long Jump - 1, David Njeri, SPU, 22-6.25. Triple
Jump - 1, David Njeri, SPU, 49-7.25.

Emilie Mondor Invitational

at Terry Fox Field, Burnaby, B.C.
Women (Top 3 GNAC Finishers): 100 Meters - 2,
Jaeland Cummings, SFU, 12.42. 200 Meters - 3, Hannah
Polkinghorn, WWU, 26.20. 400 Meters - 2, Claire Bosma,
58.04. 800 Meters - 2, Megan Roxby, SFU, 2:10.94. 100
Hurdles - 1, Isabella Porter, WWU, 15.41; 2, Nicole Avery,
WWU, 15.79; 3, Brooke Mansfield, WWU, 16.06. 400 Hur-
dles - 1, Brooke Mansfield, WWU, 1:06.82. Steeplechase -
1, Ashley Reeck, WWU, 11:05.35; 2, Evelyn Collins-Winn,
WWU, 11:27.70; 3, Laura Halsell, WWU, 11:33.42. 4x100
Relay - 1, Simon Fraser, 48.06. 4x400 Relay - 1, Western
Washington, 4:07.12. High Jump - 2, Olivia Windbiel, SFU,
4-9. Long Jump - 2, Hannah Polkinghorn, WWU, 16-8.
Shot Put - 1, Mara Parks, WWU, 41-7.25; 3, Katie Potts,
WWU, 38-2.25. Discus - 1, Katie Potts, WWU, 140-11.
Hammer - 2, Raine Westfall, WWU, 162-9. Javelin - 2,
Madison Paugh, SFU, 116-6.
Men (Top 3 GNAC Finishers): 100 Meters - 2, Jesaiah
Penson-Mccoy, SFU, 10.75; 3, Kaito Suzuki, SFU, 10.88.
200 Meters - 2, Jesaiah Penson-Mccoy, SFU, 22.09. 400
Meters - 2, Lucas Brenek, WWU, 50.61. 800 Meters - 2,
Jonah Bloom, WWU, 1:55.42; 3, Tomas Chapman, SFU,
1:56.01. 5,000 Meters - 1, Eric Anthony Souza-Ponce,
WWU, 14:58.78; 3, Sean Sands, WWU, 15:02.60. 110
Hurdles - 1, Jaden Edwards, WWU, 15.64; 2, Sean Mar-
telles, WWU, 15.85. 400 Hurdles - 1, Jorin Lenton, SFU,
55.27; 2, Jaden Edwards, WWU, 56.00; 3, Sean Martelles,
WWU, 57.32. Steeplechase - 1, Matthew Salazar, WWU,
9:51.51; 2, Jalen Javurek, WWU, 9:55.28; 3, Brennan
LeBlanc, SPU, 10:12.88. 4x100 Relay - 1, Simon Fraser,
42.44. 4x400 Relay - 1, Simon Fraser, 3:26.44; 2, Western
Washington, 3:30.41. High Jump - 1, Austin Seals, WWU,
5-8.75; 2, Cayden McDiarmid, SFU, 5-5. Pole Vault - 1,
Kacey Provo, WWU, 13-1.5; 2, Kurt Montero, WWU,
12-9.5. Long Jump - 2, Blake Furtado, SFU, 20-11.75; 3,
Mitchell Gibbs, SFU, 20-1.75. Triple Jump - 2, Gabe Men-
icke, WWU, 46-0.75; 3, Zach Salisbury, SFU, 42-11.75.
Shot Put - 3, Miller Campbell, WWU, 42-1.5. Discus - 1,
Nathan Simichic, WWU, 116-4. Hammer - 1, Miller Camp-
bell, WWU, 176-10; 2, Angelo Ramos, 165-9. Javelin - 1,
Bryan Cortes, SFU, 176-3.

GNAC Athletes of the Week



MEN'S TRACK
Isaiah Archer, Seattle Pacific
 Sophomore • Silverdale, Wash.

Archer broke Seattle Pacific's 17-year-old record in the 400 meters at the Pomona-Pitzer Invitational on Saturday, winning in a time of 48.24 seconds. That surpassed the previous record of 48.27 seconds set by Chris Randolph in 2006. Archer's time ranks third in the GNAC this season.



WOMEN'S TRACK
Ashley Reeck, Western Washington
 Freshman • Lake Stevens, Wash.

Reeck won the steeplechase at the Emilie Mondor Invitational on Saturday in a time of 11:05.35 that ranks second in the GNAC just missed the NCAA Championships provisional qualifying time of 11:01.26.

Also Nominated: Johan Correa (Central Washington), Ben Ralston (Montana State Billings), Bryaden Durfee (Northwest Nazarene), Jesaiah Penson-McCoy (Simon Fraser), Emmett Klus (Western Oregon), Jaden Edwards (Western Washington).

Also Nominated: Juliette Williams (Central Washington), Kailee Stoppel (Montana State Billings), Abbey Wood (Northwest Nazarene), Megan Roxby (Simon Fraser), Caitlin Heldt (Western Oregon).



MEN'S FIELD
David Njeri, Seattle Pacific
 Senior • Tacoma, Wash.

For the second meet in a row, Njeri won both the long jump and the triple jump, this time at the Pomona-Pitzer Invitational. He leaped to a season-best of 49 feet, 7.25 inches in the triple, an NCAA Championships provisional qualifying mark that ranks eighth in Division II this season. Njeri went on to win the long jump with a mark of 22 feet, 6 inches.



WOMEN'S FIELD
Mara Parks, Western Washington
 Freshman • Missoula, Mont.

Parks won the shot put at the Emilie Mondor Invitational on Saturday. Her mark of 41 feet, 7.25 inches was a season best and ranks third in the GNAC this season.

Also Nominated: Chris Hines (Central Washington), Isaac Perkins (Montana State Billings), Bryan Cortes (Simon Fraser), Miller Campbell (Western Washington).

Prugh (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
Apr. 3-9	Isaiah Archer, SPU	David Njeri, SPU	Ashley Reeck, WWU	Mara Parks, WWU

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

Around The GNAC

ALASKA ANCHORAGE



- Alaska Anchorage did not compete last week. The Seawolves will send athletes this week to both the Mt. SAC Relays and the Bryan Clay Invitational.
- Two wins for senior **Collin Sample** in the horizontal jumps led Alaska Anchorage as it competed in the Mike Fanelli Track Classic, Mar. 30-Apr. 1.
- 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.

CENTRAL WASHINGTON



- Junior **Juliette Williams'** victory in the women's 200 meters led Central Washington's efforts at the Whitworth Peace Meet on Friday in Spokane, Washington.
- Williams won the event with a time of 25.05 seconds that ranks No. 3 in the GNAC this season. She also placed second in the 100 meters in a time of 12.20 seconds that ranks fifth in the GNAC.
- The men's 4x400-meter relay team of **Austin Albertin, Johan Correa, Cameron Ramsey** and **Cantrell Thomas** was also victorious, winning in a time of 3:18.83.
- Freshman **Isaiah Webster** placed second in the triple jump with a mark of 46 feet, 3.25 inches which ranks second in the GNAC this season. Senior **Christopher Hines** placed third with a mark of 43 feet, 1.75 inches.
- Freshman **Tehya Moore** added a third-place finish in the women's triple jump. Her mark of 35 feet, 10.5 inches ranks fifth in the GNAC this season.
- In the men's pole vault, senior **Braydon Maier** placed second with a mark of 15 feet, 4.5 inches which was just short of his season-best of 15 feet, 5.5 inches.
- Central Washington will send athletes to Southern California to compete in the Bryan Clay Invitational and the Beach Invitational. The Wildcats will also compete on Thursday at the Whitworth Twilight in Spokane.

MONTANA STATE BILLINGS



- Montana State Billings picked up five victories as it closed its home schedule with the Yellowjacket Open on Friday in Billings.
- Freshman **Bella Klein** won the women's 400 meters in a time of 1:01.67 and went on to place second in the 200 meters in 27.75 seconds. Both were personal-best times.
- Senior **Kailee Stoppel** was the winner in the women's 5,000 meters in a personal-best time of 18:28.44.
- Freshman **Kevin Graves** was the winner of the men's 800 meters, clocking a time of 2:05.97. Sophomore **Ben Ralston** added a pair of second-place finishes in the 100 meters (11.11) and 200 meters (22.24).

- In the field events, freshman **Isaac Perkins** was the winner of the men's hammer with a mark of 159 feet, 1 inch. Junior **Jordan Cookman** won the women's javelin with a throw of 114 feet, 9 inches.
- Montana State Billings will send a select number of athletes to the Bryan Clay Invitational. The rest of the squad will compete on Sunday at the Blue Hawk Games in Dickinson, North Dakota.

NORTHWEST NAZARENE



- Victories by senior **Abbey Wood** and the men's 4x100-meter relay led Northwest Nazarene's performances at the Whitworth Peace Meet on Friday.
- Wood won the women's 100 meters in a time of 12.19 seconds, which ranks No. 4 in the GNAC this season. She went on to place third in the 200 meters in a time of 25.21 seconds.
- The men's 4x100-meter relay team of **Dallin Garner, Hunter Braseth, Brayden Durfee** and **Sylvanus Hunt** was a winner in a time of 42.03 seconds, the second-fastest time in the conference this season.
- Sophomore **Kinsey Yenor** notched an NCAA Championships provisional qualifying mark in the women's pole vault. Her second-place clearance of 12 feet, 4 inches ties her for 29th in Division II this season and leads the GNAC.
- Freshman **Brody Kemble** finished second in the men's 5,000 meters in a time of 14:50.96. Third-place finishes on the track for the men included Braseth in the 200 meters (22.20), sophomore **Steven Schmidt** in the 110-meter hurdles (15.09) and freshman **Anderson Kron** in the 400-meter hurdles (56.77).
- Senior **Dylan Hendry** had a personal-best performance in the men's discus, placing third with a mark of 146 feet, 6 inches.
- Northwest Nazarene will compete at home this week, hosting the Northwest Nazarene Invitational on Saturday.

SAINT MARTIN'S



- Distance runners led a select number of Saint Martin's athletes that competed in the John Knight Twilight on Friday in Monmouth, Oregon.
- Freshman **Alauna Carstens** led the way, winning the women's 1,500 meters in a time of 4:46.74. Junior **Naomi Hartley** was fifth in a time of 5:00.93.
- Sophomore **Sara Sabra** placed second in the women's 5,000 meters with a time of 17:43.67 that ranks third in the GNAC this season. Sophomore **Kya Ramirez** was fourth in a time of 18:54.22.
- In the men's 1,500 meters, sophomore **Isaac Cortes** placed second in a time of 3:56.98 with sophomore **Kainalu Pagente** placing fifth in a time of 3:59.93.
- Freshman **Elijah Dale** added a second-place finish in the men's 5,000 meters in a time of 15:49.96. Junior **Jaskaran Dhatt** placed fifth in 16:26.98.
- Saint Martin's will send athletes this week to the Pacific Coast Intercollegiate on Thursday and the Bryan Clay Invitational Thursday through Saturday.

Around The GNAC

SEATTLE PACIFIC



• Two event wins for senior **David Njeri** and a school record for sophomore **Isaiah Archer** led Seattle Pacific's performances at the Pomona-Pitzer Invitational on Saturday in Claremont, California.

• Njeri was named the GNAC Men's Field Athlete of the Week after he won the triple jump with an NCAA

Championships provisional qualifying mark of 49 feet, 7.25 inches. The mark ranks eighth in Division II this season. Njeri also won the long jump with a mark of 22 feet, 6.25 inches.

• Archer was named the GNAC Men's Track Athlete of the Week after he won the 400 meters in a school-record time of 48.24 seconds. The performance eclipsed the previous SPU record of 48.27 seconds set by Chris Randolph in 2006. The time ranks No. 3 in the GNAC this season.

• Junior **Emily Thomason** led the SPU women, placing second in the women's pole vault with a clearance of 11 feet, 10.75 inches. Freshman **Hannah Chang** placed second in the women's 200 meters in a time of 26.68 seconds.

• The SPU men added a second-place finish in the 4x100-meter relay with the team of Njeri, **Jeff Gordon**, **Julius Shepherd** and Archer running a time of 42.25 seconds.

• Seattle Pacific also sent athletes to the Emilie Mondor Invitational in Burnaby, B.C., on Saturday. The Falcon men were led by sophomore **Brennan LeBlanc**, who placed third in the steeplechase in a time of 10:12.88. The women were led by freshman **Maya Ewing**, who placed fourth in the steeplechase in 11:37.77.

• Seattle Pacific will compete this week at the Bryan Clay Invitational.

SIMON FRASER



• Simon Fraser persevered through blustery weather conditions to win five events at its own Emilie Mondor Invitational on Saturday at Terry Fox Field.

• Sophomore **Jorin Lenton** won the men's 400-meter hurdles in a time of 55.27 seconds. Junior **Bryan Cortes** was the other SFU individual event winner, taking the men's

javelin with a mark of 176 feet, 3 inches.

• The Red Leafs' other victories came in the relays. The women's 4x100-meter relay team won in a time of 48.06. The men swept both relays with the 4x100-meter relay winning in 42.44 seconds and the 4x400-meter relay in 3:26.44.

• Sophomore **Jesaiah Penson-McCoy** placed second in both men's short sprints. He ran 10.75 seconds in the 100 meters, which tied his season-best time that leads the GNAC, and finished the 200 meters in 21.78 seconds.

• Junior **Megan Roxby** just missed her season-best in the women's 800 meters, placing second in a time of 2:10.94. Sophomore **Claire Bosma** was second in the 400 meters in a time of 58.04 seconds.

• In the women's field events, freshman **Olivia Windbiel** placed second in the high jump at 4 feet, 9 inches and sophomore **Maddy Paugh** was second in the javelin with a mark of 116 feet, 6 inches.

• In the men's field events, sophomore **Blake Furtado** was second in the long jump with a mark of 20 feet, 11.75 inches while freshman **Caysen McDiarmid** was second in the high jump with a clearance of 5 feet, 5 inches.

• Simon Fraser will make the Southern California tour this week, sending athletes to the Cal State LA Twilight Open, the Pacific Coast Intercollegiate, Bryan Clay Invitational and the Mt. SAC Relays.

WESTERN OREGON



• Western Oregon made the most of the home-field advantage, picking up six event victories at its own John Knight Twilight on Friday.

• Senior **Caitlin Heldt** led the way for the women, winning the 5,000 meters in a time of 17:41.69 which was just two seconds off of her season best.

• Sophomore **Amari Hendrix** paced three men's event winners on the track, winning the 200 meters in a season-best time of 22.50 seconds.

• In the men's 400 meters, sophomore **Joel Yasin** was the winner in a time of 50.92 seconds. Sophomore **Emmett Klus** earned the victory in men's 800 meters in a time of 1:52.19 that ranks fourth in the GNAC this season.

• Senior **Dayne Gordien** produced another victory in the men's discus with a mark of 160 feet, 11 inches. He also placed second in the shot put with a mark of 50 feet, 10.75 inches.

• Western Oregon's women's 4x100-meter relay team of **Josie Lavato**, **Ujunwa Nwokoma**, **Maya Hopwood** and **Maliyah Thompson** was a winner in a time of 48.23 seconds.

• The Wolves placed second in both long jump events. Nwokoma was second in the women's long jump with her mark of 18 feet, 0.25 inches while sophomore **Tyler White** was second in the men's long jump with a mark of 22 feet, 5 inches.

• Sophomore **Mark Warren** added a second-place finish in the men's hammer with a personal-best mark of 175 feet, 3 inches.

• Western Oregon will spread its squad across Southern California this week, competing at the Mt. SAC Relays, Bryan Clay Invitational and the Beach Invitational.

WESTERN WASHINGTON



• Western Washington battled through the elements to pick up 13 event victories at the Emilie Mondor Invitational on Saturday in Burnaby, B.C.

• Freshman **Ashley Reeck** was selected as the GNAC Women's Track Athlete of the Week after she won the steeplechase in a time of 11:05.35. The time ranks No. 2 in the GNAC this season.

• Freshman **Mara Parks** was selected as the GNAC Women's Field Athlete of the Week after she won the shot put with a mark of 41 feet, 7.25 inches. The mark was a season-best and ranks third in the GNAC this season.

• The WWU women swept both hurdles events with freshman **Isabella Porter** winning the 100-meter hurdles in 15.41 seconds and freshman **Brooke Mansfield** winning the 400-meter hurdles in a time of 1:06.82.

• The men picked up victories in both horizontal jumps with sophomore **Kacey Provo** winning the pole vault with a mark of 13 feet, 1.5 inches and freshman **Austin Seals** winning the high jump with a clearance of 5 feet, 8.75 inches.

• In the men's throws, sophomore **Miller Campbell** won the hammer with a mark of 176 feet, 10 inches while freshman **Nathan Simicich** took the discus with a throw of 116 feet, 4 inches.

• The men also received victories on the track from freshman **Eric Anthony Souza-Ponce** in the 5,000 meters (14:58.78), sophomore **Jaden Edwards** in the 110-meter hurdles (15.64) and freshman **Matthew Salazar** in the steeplechase (9:51.51).

• In the women's throws, sophomore **Katie Potts** was the winner in the discus with a mark of 141 feet.

• Western Washington will be in SoCal this week to compete at the Cal State LA Twilight Open, Pacific Coast Intercollegiate, Bryan Clay Invitational and Beach Invitational.

GNAC Provisional Qualifiers For NCAA Outdoor Championships

MEN'S QUALIFIERS AS OF APR. 10, 2023

Event	Athlete	Mark	Rank	Date
400 Meters	Kevin Angarita, UAA	47.81	T-21st	3/23/23
800 Meters	Jordan Schmidt, SFU	1:50.43	10th	3/31/23
	Charlie Dannatt, SFU	1:50.95	14th	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	11th	3/31/23
	Sebatian Brinkman, SFU	14:15.45	13th	3/31/23
	George Karamitsos, WWU	14:17.33	17th	3/30/23
	Andrew Oslin, WWU	14:22.73	24th	3/30/23
10,000 Meters	George Karamitsos, WWU	29:40.69	6th	3/17/23
	Andrew Oslin, WWU	29:41.91	8th	3/3/23
	Kevin McDermott, WWU	29:48.23	11th	3/17/23
	Jaret Gillingham, WWU	29:54.66	18th	3/17/23
	Ryan Clough, WWU	29:55.94	20th	3/3/23
Steeplechase	Jeret Gillingham, WWU	8:55.62	5th	3/3/23
Triple Jump	David Njeri, SPU	15.12/49-7.25	8th	4/8/23
Shot Put	Dayne Gordien, WOU	16.70/54-9.5	29th	3/17/23

WOMEN'S QUALIFIERS AS OF APR. 10, 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	13th	3/31/23
800 Meters	Megan Roxby, SFU	2:09.34	6th	3/31/23
1,500 Meters	Megan Roxby, SFU	4:27.80	7th	3/31/23
	Mia Crocker, WWU	4:31.56	17th	3/30/23
100 Hurdles	Lauryl Chandler, CWU	14.01	11th	3/30/23
400 Hurdles	McCall DeChenne, CWU	1:02.19	19th	3/31/23
Steeplechase	Ila Davis, WWU	10:21.20	2nd	3/31/23
4x400 Relay	Simon Fraser	3:47.65	11th	3/31/23
	Binder, Bosma, Cannan, Leclair			
Pole Vault	Kinsey Yenor, NNU	3.76/12-4	T-29th	4/8/23
	Lizzy Daugherty, SPU	3.74/12-3.25	T-33rd	3/25/23
Javelin	Kaylee Wright, WOU	44.54/146-1	7th	3/17/23
Heptathlon	Jenelle Hurley, WOU	4,720	10th	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
Apr. 11	25th

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 3 - Apr. 11, 2023		Pts.	Prev.
Rk	School		
1.	West Texas A&M	249.53	3
2.	Pittsburg State	207.59	2
3.	Grand Valley State	191.81	1
4.	Angelo State	171.44	9
5.	Cal Poly Pomona	121.87	6
6.	Missouri Southern	116.82	4
7.	Texas A&M-Kingsville	110.09	7
8.	Azusa Pacific	108.71	5
9.	UC-Colorado Springs	105.95	13
10.	Carson-Newman	103.22	15
11.	Harding	102.69	8
12.	Colorado Mines	96.88	17
13.	Central Missouri	95.45	21
14.	CSU Pueblo	88.59	12
15.	Lenoir-Rhyne	72.81	10
16.	Alabama-Huntsville	69.47	39
17.	Minnesota State	66.45	NR
18.	Academy of Art	65.25	11
19.	Lubbock Christian	64.66	23
20.	Adams State	61.59	22
21.	Lincoln (Mo.)	60.65	60
22.	Western Colorado	58.25	20
23.	Nebraska-Kearney	58.02	16
24.	Colorado Christian	55.43	18
25.	Western Washington	53.34	14

USTFCCCA WEST REGION TEAM INDEX

Week 3 - Apr. 10, 2023		Pts.	Prev.
Rk	School		
1.	Cal Poly Pomona	1,126.18	1
2.	Azusa Pacific	771.57	2
3.	Western Washington	649.44	3
4.	Academy of Art	572.30	6
5.	Fresno Pacific	569.89	4
6.	Chico State	509.67	5
7.	Western Oregon	308.93	7
8.	Cal State LA	276.79	8
9.	Cal State San Marcos	264.17	11
10.	Simon Fraser	256.78	9



[Complete Poll Online](#)

Women's Outdoor Regional & National Indexes

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	SFU
Mar. 28	—
Apr. 4	17th
Apr. 11	23rd

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 3 - Apr. 11, 2023		Pts.	Prev.
Rk	School		
1.	West Texas A&M	326.61	2
2.	Grand Valley St.	232.67	1
3.	Angelo State	178.01	7
4.	Azusa Pacific	141.27	3
5.	Minnesota State	139.30	35
6.	Academy of Art	103.17	4
7.	Colorado Mines	100.80	10
8.	Adams State	100.14	16
9.	Pittsburg State	99.63	5
10.	Missouri Southern	97.63	9
11.	Cal Poly Pomona	74.44	8
12.	Central Missouri	73.74	6
13.	Lincoln (Mo.)	70.72	42
14.	Western Colorado	66.02	30
15.	CSU-Pueblo	65.97	12
16.	Findlay	63.67	11
17.	Wayne State (Neb.)	621.5	20
18.	UC-Colorado Springs	59.28	26
19.	Colorado Mesa	53.08	32
20.	Fort Hays State	52.94	18
21.	Dallas Baptist	52.68	21
22.	Lenoir-Rhyne	51.56	15
23.	Simon Fraser	49.87	17
24.	Embry-Riddle (Fla.)	49.00	14
25.	Winona State	46.11	49

USTFCCCA WEST REGION TEAM INDEX

Week 3 - Apr. 10, 2023		Pts.	Prev.
Rk	School		
1.	Azusa Pacific	855.95	1
2.	Academy of Art	626.16	2
3.	Biola	521.26	3
4.	Cal Poly Pomona	498.49	4
5.	Chico State	410.09	5
6.	Fresno Pacific	403.62	6
7.	Western Washington	368.32	8
8.	Concordia	348.14	7
9.	Western Oregon	339.56	9
10.	Simon Fraser	294.95	10



[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	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, 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-Mccooy, SFU, 10.75; 2, Kaito Suzuki, SFU, 10.98. 200 Meters - 1, Jesaiah Penson-Mccooy, 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, Brennan 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.

Fri., Apr. 7

Yellowjacket Open

at Lockwood High School, Billings, Mont.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Madison Thompson, MSUB, 13.05. 200 Meters - 2, Bella Klein, MSUB, 27.25; 3, Sophia Bohl, MSUB, 27.42. 400 Meters - 1, Bella Klein, MSUB, 1:01.67; 2, Madeline Severson, MSUB, 1:02.20. 5,000 Meters - 1, Kailee Stoppel, MSUB, 18:28.44. 400 Hurdles - 3, Annelise Clark, MSUB, 1:10.54. High Jump - 2, Madeline Severson, MSUB, 4-9.5. Long Jump - 2, Madison Thompson, MSUB, 16-10.75. Shot Put - 2, Grace

Jones, MSUB, 39-8.75. Hammer - 3, Grace Jones, MSUB, 148-2. Javelin - 1, Jordan Cookman, MSUB, 114-9.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Ben Ralston, MSUB, 11.11. 200 Meters - 2, Ben Ralston, MSUB, 22.24. 800 Meters - 1, Kevin Graves, MSUB, 2:05.97. Long Jump - 2, Lucas Harper, MSUB, 19-8.25. Triple Jump - 2, Bryce Olson, MSUB, 39-7. Discus - 3, Cort Sandefur, MSUB, 134-6. Hammer - 1, Isaac Perkins, MSUB, 159-1.

Whitworth Peace Meet

at Boppell Track, Spokane, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Abbey Wood, NNU, 12.19; 2, Juliette Williams, CWU, 12.20. 200 Meters - 1, Juliette Williams, CWU, 25.05; 3, Abbey Wood, NNU, 25.21. 400 Meters - 3, Laine DeJong, NNU, 58.51. Pole Vault - 2, Kinsey Yenor, NNU, 12-4. Triple Jump - 3, Tehya Moore, CWU, 35-10.5.

Men (Top 3 GNAC Finishers): 200 Meters - 3, Hunter Braseth, NNU, 22.20. 400 Meters - 3, Johan Correa, CWU, 49.44. 5,000 Meters - 2, Brody Kemble, NNU, 14:50.96. 110 Hurdles - 3, Steven Schmidt, NNU, 15.09. 400 Hurdles - 3, Anderson Kron, NNU, 56.77. 4x100 Relay - 1, Northwest Nazarene (Garner, Braseth, Durfee, Hunt), 42.03. 4x400 Relay - 1, Central Washington (Albertin, Correa, Ramsay, Thomas), 3:18.83; 3, Northwest Nazarene, 3:22.71. Pole Vault - 2, Braydon Maier, CWU, 15-4.5. Triple Jump - 2, Isaiah Webster, CWU, 46-3.25; 3, Christopher Hines, CWU, 43-1.75. Discus - 3, Dylan Hendry, NNU, 146-6.

John Knight Twilight

at McArthur Field, Monmouth, Ore.

Women's Team Scores: Oregon State 187, Western Oregon 130.5, Willamette 89.5, Southern Oregon 53.5, SW Oregon CC 50, Clackamas CC 35, Saint Martin's 31, Lewis & Clark 30, Clark CC 29, Umpqua CC 23.5, Mt. Hood CC 23, Oregon Track Club 6, Marquette 4.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Maya Hopwood, WOU, 12.13. 200 Meters - 3, Maya Hopwood, WOU, 26.50. 800 Meters - 3, Holly Hutton, WOU, 2:19.14. 1,500 Meters - 1, Alauna Carstens, SMU, 4:46.74. Steeplechase - 2, Olivia Flack, WOU, 11:42.54; 3, Katie Chapman, WOU, 12:15.27. 5,000 Meters - 1, Caitlin Heldt, WOU, 17:41.69; 2, Sara Sabra, SMU, 17:43.67; 3, Natalie Perez, 18:16.16. 4x100 Relay - 1, Western Oregon (Novato, Nwokoma, Hopwood, Thompson), 48.23. Long Jump - 2, Ujunwa Nwokoma, WOU, 18-0.25. Discus - 3, Krystal Andres, WOU, 133-6. Javelin - 3, Abigail Sanders, WOU, 123-0.

Men's Team Scores: Western Oregon 141, Willamette 72, Lewis & Clark 69, Umpqua CC 58, Clackamas CC 57, Mt. Hood CC 52, Southern Oregon 31, Clark CC 30, SW Oregon CC 29, Saint Martin's 29, UO Running Club 13, Cascadia Elite 10, Jacuzzi Boys AC 10, Timberline AC 6.

Men (Top 3 GNAC Finishers): 200 Meters - 1, Amari Hendrix, WOU, 22.50; 3, Alex Driesner, WOU, 22.78. 400 Meters - 1, Joel Yasin, WOU, 50.92. 800 Meters - 1, Emmett Klus, WOU, 1:52.19; 2, Keeton Sanchez, WOU, 1:53.79. 1,500 Meters - 2, Isaac Cortes, SMU, 3:56.98. 5,000 Meters - 2, Eli Dale, SMU, 15:49.46. Steeplechase - Bryce Mefford, WOU, 10:04.86. 4x400 Relay - 2, Western Oregon (Klus, Sanchez, Arce-Torres, Rambo), 3:23.05. Long Jump - 2, Tyler White, WOU, 22-5. Shot Put - 2, Dayne Gordien, WOU, 50-10.75. Discus - 1, Dayne Gordien, WOU, 160-11. Hammer - 2, Mark Warren, WOU, 175-3.

2022-23 GNAC Outdoor Meet Summaries

Sat., Apr. 8

Pomona-Pitzer Invitational

at Strehle Track, Claremont, Calif.

Women (Top 3 GNAC Finishers): 100 Hurdles - 2, Hannah Chang, SPU, 14.77. 4x400 Relay - 3, Seattle Pacific (Green, Brown, Fletcher, Crane), 3:54.94. Pole Vault - 2, Emily Thomason, SPU, 11-10.75.

Men (Top 3 GNAC Finishers): 400 Meters - 1, Isaiah Archer, SPU, 48.24. 4x100 Relay - 2, Seattle Pacific (Njeri, Gordon, Shepherd, Archer), 42.25. 4x400 Relay - 3, Seattle Pacific (Archer, Carpenter, Shepherd, Gordon), 3:21.49. Long Jump - 1, David Njeri, SPU, 22-6.25. Triple Jump - 1, David Njeri, SPU, 49-7.25.

Emilie Mondor Invitational

at Terry Fox Field, Burnaby, B.C.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Jaeland Cummings, SFU, 12.42. 200 Meters - 3, Hannah Polkinghorn, WWU, 26.20. 400 Meters - 2, Claire Bosma, 58.04. 800 Meters - 2, Megan Roxby, SFU, 2:10.94. 100 Hurdles - 1, Isabella Porter, WWU, 15.41; 2, Nicole Avery, WWU, 15.79; 3, Brooke Mansfield, WWU, 16.06. 400 Hurdles - 1, Brooke Mansfield, WWU, 1:06.82. Steeplechase - 1, Ashley Reeck, WWU, 11:05.35; 2, Evelyn Collins-Winn, WWU, 11:27.70; 3, Laura Halsell, WWU, 11:33.42. 4x100 Relay - 1, Simon Fraser, 48.06. 4x400 Relay - 1, Western Washington, 4:07.12. High Jump - 2, Olivia Windbiel, SFU, 4-9. Long Jump - 2, Hannah Polkinghorn, WWU, 16-8. Shot Put - 1, Mara Parks, WWU, 41-7.25; 3, Katie Potts, WWU, 38-2.25. Discus - 1, Katie Potts, WWU, 140-11. Hammer - 2, Raine Westfall, WWU, 162-9. Javelin - 2, Madison Paugh, SFU, 116-6.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Jesaiah Penson-Mccoy, SFU, 10.75; 3, Kaito Suzuki, SFU, 10.88. 200 Meters - 2, Jesaiah Penson-Mccoy, SFU, 22.09. 400 Meters - 2, Lucas Brenek, WWU, 50.61. 800 Meters - 2, Jonah Bloom, WWU, 1:55.42; 3, Tomas Chapman, SFU, 1:56.01. 5,000 Meters - 1, Eric Anthony Souza-Ponce, WWU, 14:58.78; 3, Sean Sands, WWU, 15:02.60. 110 Hurdles - 1, Jaden Edwards, WWU, 15.64; 2, Sean Martelles, WWU, 15.85. 400 Hurdles - 1, Jorrin Lenton, SFU, 55.27; 2, Jaden Edwards, WWU, 56.00; 3, Sean Martelles, WWU, 57.32. Steeplechase - 1, Matthew Salazar, WWU, 9:51.51; 2, Jalen Javurek, WWU, 9:55.28; 3, Brennan LeBlanc, SPU, 10:12.88. 4x100 Relay - 1, Simon Fraser, 42.44. 4x400 Relay - 1, Simon Fraser, 3:26.44; 2, Western Washington, 3:30.41. High Jump - 1, Austin Seals, WWU, 5-8.75; 2, Caysen McDiarmid, SFU, 5-5. Pole Vault - 1, Kacey Provo, WWU, 13-1.5; 2, Kurt Montero, WWU, 12-9.5. Long Jump - 2, Blake Furtado, SFU, 20-11.75; 3, Mitchell Gibbs, SFU, 20-1.75. Triple Jump - 2, Gabe Menicke, WWU, 46-0.75; 3, Zach Salisbury, SFU, 42-11.75. Shot Put - 3, Miller Campbell, WWU, 42-1.5. Discus - 1, Nathan Simicich, WWU, 116-4. Hammer - 1, Miller Campbell, WWU, 176-10; 2, Angelo Ramos, 165-9. Javelin - 1, Bryan Cortes, SFU, 176-3.