



Apr. 19, 2023 • Week 14
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Thurs., Apr. 21-Sat., Apr. 23

Northwest Nazarene at Robison Invitational,
Provo, Utah

Fri., Apr. 21-Sat., Apr. 22

Montana State Billings at Montana Open,
Missoula, Mont.

Sat., Apr. 22

Alaska Anchorage, Central Washington, Saint
Martin's, Seattle Pacific, Western Washington
at CWU Wildcat Invitational, Ellensburg, Wash.

LAST WEEK'S MEETS

Wed., Apr. 12 & Thurs., Apr. 13

Cal State LA Twilight Open

at Jesse Owens Track, Los Angeles, Calif.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): None.

Thurs., Apr. 13

Pacific Coast Intercollegiate

at Jack Rose Track, Long Beach, Calif.

Women (Top 3 GNAC Finishers): 100 Meters - 1,

Marie-Éloïse Leclair, SFU, 11.46. 800 Meters - 2,

Kate Cameron, SFU, 2:14.73. Long Jump - 3,

Ujunwa Nwokoma, WOU, 19-6.75.

Men (Top 3 GNAC Finishers): Steeplechase - 2,

Kainalu Pagente, SMU, 9:36.78.

Thurs., Apr. 13-Sat., Apr. 15

Bryan Clay Invitational

at Cougar Athletic Stadium, Azusa, Calif.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): 800 Meters (Open)

- 3, Johan Correa, CWU, 1:51.07.

Mt. SAC Relays

at Hilmer Lodge Stadium, Walnut, Calif.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): None.

Fri., Apr. 14-Sat., Apr. 15

Beach Invitational

at Jack Rose Track, Long Beach, Calif.

Women (Top 3 GNAC Finishers): 200 Meters

(Friday) - 2, Hannah Polkinghorn, WWU, 25.95.

800 Meters (Friday) - 2, Cassidy Walchak-Sloan,

SMU, 2:13.88; 3, Alisha Saucedo, SMU, 2:16.64.

Men (Top 3 GNAC Finishers): None.

Sat., Apr. 15

Richmond Relays

at Clement Track, Richmond, B.C.

Women (Top 3 GNAC Finishers): Hammer (Open)

- 2, Kaitlyn Hanger, SFU, 150-10.

Men (Top 3 GNAC Finishers): 400 Meters (U20)

- 1, Felix Allen, SFU, 51.92. High Jump (Open) - 2,

Caysen McDiarmid, SFU, 5-7. Shot Put (Open) - 1,

Nathan Simicich, WWU, 40-9.75. Hammer (Open) -

2, Nathan Simicich, WWU, 114-11.

NNU Open

at Bohner Track, Nampa, Idaho

Women (Top 3 GNAC Finishers): 100 Meters - 1,

Abbey Wood, NNU, 12.21; 3, Katie Baniaga, NNU,

12.85. 200 Meters - 1, Abbey Wood, NNU, 24.89;

2, Kalli Brence, NNU, 25.36. 400 Meters - 1, Laine

DeJong, NNU, 57.81. 5,000 Meters 1, Olivia Klein,

NNU, 19:34.49; 3, Emily McMahon, NNU, 21:28.37.

400 Hurdles - 1, Hailey Graham, NNU, 1:08.54; 2,

Alejandra Gomez, NNU, 1:08.64. 4x100 Relay - 1,

Northwest Nazarene (Wood, Katie Baniaga, Kayla

Baniaga, Brence), 47.96. 4x400 Relay - 1, North-

west Nazarene (Brebce, Knowles, Gomez, DeJong),

4:03.13. High Jump - 1, Miya Koch, NNU, 5-6. Pole

Vault - 1, Kinsey Yenor, NNU, 12-5.5. Triple Jump

- 2, Ellie Alberts, NNU, 35-1. Shot Put - 2, Destany

Herbert, NNU, 47-1.5. Discus - 3, Destany Herbert,

NNU, 131-7.

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

Brayden Durfee, NNU, 11.00. 200 Meters - 1,

Brayden Durfee, NNU, 22.06. 400 Meters - 2, Trevor

Ames, NNU, 49.72. 800 Meters - 2, Brody Kemble,

NNU, 2:01.05; 3, Norman Kosgei, NNU, 2:04.06.

5,000 Meters - 2, Aaron Heberlein, NNU, 17:02.06.

400 Hurdles - 2, Anderson Kron, NNU, 57.06. 4x100

Relay - 1, Northwest Nazarene (Garner, Braseth,

Durfee, Hunt), 41.45. High Jump - 2, Gerohm Rihari,

NNU, 6-7.5. Pole Vault - 1, William Koenig, NNU,

14-11. Long Jump - 1, Steven Schmidt, NNU, 22-

7.75. Triple Jump - 2, Gerohm Rihari, NNU, 43-2.25.

Shot Put - 2, Dylan Hendry, NNU, 48-9. Discus - 1,

Dylan Hendry, NNU, 143-5. Hammer - 1, Dylan

Hendry, NNU, 166-9; 3, Derek Knight, NNU, 156-0.

Javelin - 2, Shalkar Wilkins, NNU, 162-9.

L&C Larry Byerly Invitational

at Eldon Fix Track, Portland, Ore.

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

Maya Hopwood, WOU, 12.51. 400 Meters - 2,

Jessy Hart, WOU, 59.74. 10,000 Meters - 3, Ali

Clifton, WOU, 40:35.69. 100 Hurdles - 2, Amariyah

Clay, WOU, 15.60. 400 Hurdles - 1, Madeline

Lambing, WOU, 1:06.51. Steeplechase - 3, Lindie

Larson, WOU, 12:08.99. Discus - 2, Krystal

Andres, WOU, 137-1.

Men (Top 3 GNAC Finishers): 110 Hurdles - 2,

Brennen Sorah, WOU, 15.58. Pole Vault - 2,

JJ Walker, WOU, 14-7.25. Long Jump - 2, Ping

Koonantha, WOU, 21-4.75.

Sun., Apr. 16

Blue Hawk Games

at Henry Biesiot Activities Center, Dickinson,
N.D.

Women (Top 3 GNAC Finishers): 10,000 Meters

- 1, Aspen Tolman, MSUB, 43:30.66. Steeple-

chase - 2, Kaylee Dalling, MSUB, 12:39.08. 4x100

Relay - 2, Montana State Billings (Richardson,

Thomson, Hamill, Bohl), 50.01. Long Jump - 2,

Kendall Lynn, MSUB, 17-9.5. Triple Jump - 1,

Kendall Lynn, MSUB, 38-2.25. Discus - 3, Ryann

Moline, MSUB, 125-11.

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

Ben Ralston, MSUB, 10.99. 200 Meters - 2, Ben

Ralston, MSUB, 22.00. 5,000 Meters - 1, Jordi

Piero, MSUB, 16:53.93. 10,000 Meters - 2, Bryant

Edgerton, MSUB, 32:56.59; 3, Logan Straus,

MSUB, 33:29.34. Steeplechase - 1, Wyatt May,

MSUB, 10:13.83. 4x100 Relay - 2, Montana State

Billings (Rocha, Graves, Okere, Ralston), 43.28.

Shot Put - 1, Forrest Cross, MSUB, 48-5.25.

Discus - 1, Forrest Cross, MSUB, 156-5.

GNAC Athletes of the Week



MEN'S TRACK

Drew Weber, Western Washington
Sophomore • Vancouver, Wash.

Weber picked up NCAA Championships qualifying times in two events at the Bryan Clay Invitational. Weber ran 1:49.34 in the 800 meters to set a WWU record. The NCAA Championships provisional qualifier ranks No. 8 in Division II this season and No. 6 on the GNAC all-time list. Weber also ran a time of 3:44.83 in the 1,500 meters, ranking him No.

6 in Division II this season and No. 7 on the GNAC all-time list.

Also Nominated: Michael Zapherson (Alaska Anchorage), Johan Correa (Central Washington), Ase Ackerman (Montana State Billings), Brayden Durfee (Northwest Nazarene), Jon Owen (Seattle Pacific), Charlie Dannatt (Simon Fraser).



WOMEN'S TRACK

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

Leclair reset her own GNAC record in the women's 200 meters at the Bryan Clay Invitational. She placed fourth with a time of 23.42 seconds that clipped two-tenths of a second off her previous record and ranks No. 5 in Division II this season. Leclair won the 100 meters at the Pacific Coast Intercollegiate in a time of 11.46 seconds, just missing

her GNAC record of 11.45 seconds, and also ran 54.38 in the 400 meters at the Bryan Clay, a time that ranks No. 4 on the GNAC all-time list and No. 14 in Division II this season. Leclair was also part of the SFU 4x100-meter relay team that ran an NCAA Championships provisional qualifying time of 46.66 seconds at the Pacific Coast Intercollegiate.

Also Nominated: E'lexis Hollis (Central Washington), Abbey Wood (Northwest Nazarene), Annika Esvelt (Seattle Pacific), Maliyah Thompson (Western Oregon), Marian Ledesma (Western Washington).



MEN'S FIELD

Bryan Cortes, Simon Fraser
Junior • Port Coquitlam, B.C.

Cortes hit the NCAA Championships provisional qualifying mark in the javelin at the Bryan Clay Invitational. His throw of 195 feet, 8 inches leads the GNAC and ranks No. 28 in Division II this season. Cortes also threw at the Pacific Coast Intercollegiate, placing 10th with a mark of 191 feet, 1 inch.

Also Nominated: Chris Hines (Central Washington), Forrest Cross (Montana State Billings), Dylan Hendry (Northwest Nazarene), Jaydon Tryon (Western Washington).



WOMEN'S FIELD

Ujunwa Nwokoma, Western Oregon
Junior • Clackamas, Ore.

Nwokoma notched an NCAA Championships provisional qualifying mark in the long jump at the Pacific Coast Intercollegiate. She placed third with a school-record leap of 19 feet, 6.75 inches. The mark leads the GNAC, ranks 22nd in Division II this season and is No. 6 on the GNAC all-time list.

Also Nominated: Kendall Lynn (Montana State Billings), Destany Herbert (Northwest Nazarene), Olivia Windbiel (Simon Fraser), Matty Lagerwey (Western Washington).

Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Dec. 5-11	Coleman Nash, UAA	Steven Schmidt, NNU	Vanessa Aniteye, SPU	Raine Westfall, WWU
Jan. 9-15	Jordan Schmidt, SFU	Dayne Gordien, WOU	Marie-Éloïse Leclair, SFU	Destany Herbert, NNU
Jan. 16-22	Johan Correa, CWU	Braydon Maier, CWU	Elise Hopper, CWU	Erica Cabanos, CWU
Jan. 23-29	Charlie Dannatt, SFU	Miller Campbell, WWU	Marie-Éloïse Leclair, SFU	Kendall Lynn, MSUB
Jan. 30-Feb. 5	Justin Conklin, WOU	Steven Schmidt, NNU	Maliyah Thompson, WOU	Kinsey Yenor, NNU
Feb. 6-12	Charlie Dannatt, SFU	Braydon Maier, CWU	Marie-Éloïse Leclair, SFU	Ukunwa Nwokoma, WOU
Feb. 20-26	Drew Weber, WWU	David Njeri, SPU	E'lexis Hollis, CWU	Jenelle Hurley, WOU
Feb. 27-Mar. 5	Andrew Oslin, WWU	Isaiah Webster, CWU	Aniya Green, SPU	Lizzy Daugherty, SPU
Mar. 6-12	Isaac Cortes, SMU	Gabe Menicke, WWU	Ila Davis, WWU	Katie Potts, WWU
Mar. 13-19	George Karamitsos, WWU	Dayne Gordien, WOU	E'lexis Hollis, CWU	Kaylee Wright, WOU
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
Apr. 10-16	Drew Weber, WWU	Bryan Cortes, SFU	Marie-Éloïse Leclair, SFU	Ujunwa Nwokoma, WOU

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

Around The GNAC

ALASKA ANCHORAGE



- Junior **Michael Zapherson's** NCAA Championships provisional qualifying time in the men's 10,000 meters led Alaska Anchorage's efforts at the Bryan Clay Invitational.
- Zapherson ran a time of 30:09.56 at Bryan Clay, which ranks No. 8 on the UAA all-time list. The NCAA Championships provisional qualifying time ranks 48th in Division II this season. Zapherson placed 28th in the

73-athlete field.

- Sophomore **John Peckham** ran a season-best in the men's 5,000 meters, clocking a time of 14:51.52. Junior **Nell Baker** placed 24th in the first of two open heats of the women's 5,000 with a time of 17:31.76.
- Freshman **Jordan Strausbaugh** competed in both the women's 800 meters and 1,500 meters, registering a time of 2:17.79 in the 800 meters and 4:48.89 in the 1,500 meters.
- Senior **Alfin Myamasyo** finished with a time of 11:24.05 in the women's steeplechase, which ranks third in the GNAC this season.
- Alaska Anchorage is back in action on Saturday, competing at the CWU Wildcat Invitational in Ellensburg, Washington.

CENTRAL WASHINGTON



WILDCATS

- Central Washington athletes set or improved three NCAA Championships provisional qualifying marks at the Bryan Clay Invitational, the Cal State LA Twilight Open and the Beach Invitational.

- Junior **E'lexis Hollis** reset her own CWU record in the women's 100 meters at the Bryan Clay. Her time of 11.78 seconds ranks 33rd in Division II this season and No. 4 on the GNAC all-time list. She won her heat and placed 15th overall.
- Senior **Lauryn Chandler** improved her NCAA Championships provisional qualifying time in the 100-meter hurdles at the Beach Invitational, placing 16th in 13.99 seconds. The time ranks 16th in Division II this season and No. 5 on the GNAC all-time list.
- Junior **Johan Correa** established a provisional qualifying time in the men's 800 meters at Bryan Clay, finishing third in his section. His time of 1:51.07 is fourth in the GNAC this season and No. 28 in Division II.
- Senior **Chris Hines** placed 11th in the men's long jump at the Beach Invitational, posting a lifetime best mark of 21 feet, 9 inches. Hines also went 46 feet in the triple jump at the Bryan Clay, a mark that ranks fourth in the GNAC this season.
- Senior **Braydon Maier** and sophomore **Drew Klein** took part in their first decathlons of the season at the Bryan Clay. Maier placed eighth in Group B with a score of 5,933 points while Klein was ninth with 4,955 points.
- Freshman **Ellie DeGroot** led three CWU athletes to compete in the heptathlon at Bryan Clay. DeGroot was 10th in Group D with a score of 4,172 points.
- Central Washington hosts its only home event of the season, the CWU Wildcat Invitational, on Saturday in Ellensburg, Washington.

MONTANA STATE BILLINGS



- Senior **Ase Ackerman's** school record in the men's 1,500 meters led Montana State Billings' performances at the Bryan Clay Invitational and the Mt. SAC Relays in California and the Blue Hawk Games in North Dakota.
- Ackerman ran a time of 3:50.75 at Bryan Clay, which bettered the previous MSUB record of 3:51.88 set by Robert Peterson in 2015. The time ranks fifth in the GNAC this season. At the Mt. SAC Relays, Ackerman clocked a time of 9:14.37 in the steeplechase to rank third in the GNAC this season.
- Senior **Carson Jessop** provisionally qualified for the NCAA Championships in the men's steeplechase at the Bryan Clay. His time of 9:10.36 ranks second in the GNAC this season and 23rd in Division II.
- At the Blue Hawk Games, senior **Forrest Cross** was a winner in two throws, leading six MSUB event winners. Cross won the shot put with a mark of 48 feet, 5.25 inches and took the discus with a mark of 156 feet, 5 inches.
- In the women's field events, junior **Kendall Lynn** won the triple jump with a mark of 38 feet, 2.25 inches and finished second in the long jump with a leap of 17 feet, 9.5 inches.
- In the men's running events, sophomore **Benjamin Ralston** won the 100 meters in 10.99 seconds and was second in the 200 meters in 22 seconds. Ralston also combined with **Jonny Rocha**, **Bradley Graves** and **Favor Okere** to win the 4x100-meter relay in 43.28 seconds.
- Junior **Aspen Tolman** won the women's 10,000 meters in 43:30.66 while freshman **Wyatt May** won the men's steeplechase in 10:13.83.
- Montana State Billings will compete this weekend at the Montana Open on Friday and Saturday in Missoula.

NORTHWEST NAZARENE



- Senior **Abbey Wood's** school record in the women's 200 meters led 16 event winners for Northwest Nazarene at its own NNU Open on Saturday.
- Wood won the 200 in a time of 24.89 seconds, surpassing the previous record of 25.04 set by Taylor Deskins in 2016. Wood also won the 100 meters in a time of 12.21 seconds.
- Three different NNU women's field-event standouts earned NCAA Championships provisional qualifying marks. Junior **Destany Herbert** provisionally qualified in the women's shot put with her winning mark of 47 feet, 1.5 inches. The performance ranks 14th in Division II this season and No. 8 on the GNAC all-time list.
- Sophomore **Miya Koch** won the high jump with a provisional qualifying mark of 5 feet, 6 inches that ties her for 14th in Division II this season.
- Sophomore **Kinsey Yenor** improved her NCAA Championships provisional mark in the women's pole vault, winning with a clearance of 12 feet, 5.5 inches that ties her for 24th in Division II this season.
- Senior **Dylan Hendry** won the men's discus with a mark of 143 feet, 5 inches and the hammer with a mark of 166 feet, 9 inches. He also placed second in the shot put with a mark of 48 feet, 9 inches.
- Senior **Brayden Durfee** was also a two-event winner, taking the men's 100 meters in 11 seconds and the 200 meters in 22.06 seconds.
- Northwest Nazarene heads east this week to take part in the Robison Invitational, Thursday through Saturday in Provo, Utah.

Around The GNAC

SAINT MARTIN'S



• Sophomore **Cassidy Walchak-Sloan** provisionally qualified for the NCAA Championships to lead Saint Martin's performances at the Pacific Coast Intercollegiate, the Beach Invitational and the Bryan Clay Invitational.

• Walchak-Sloan ran 4:30.42 in the women's 1,500 meters at Bryan Clay to place 29th overall. The time ranks No. 2 in the GNAC this season and 32nd in Division II. At the Pacific

Coast Intercollegiate, Walchak-Sloan placed second in Friday's 800 meters in a time of 2:13.88, which ranks fifth in the GNAC this season.

• At the Pacific Coast Intercollegiate, sophomore **Kainalu Pagente** placed second in the men's steeplechase with a time of 9:36.78. Sophomore **Michael Harwell** placed fourth in 9:51.21.

• Freshman **Ethan Guidry** led Saint Martin's in the field events at the Pacific Coast Intercollegiate, placing 12th in the men's javelin with a mark of 186 feet, 2 inches.

• At the Beach Invitational, freshman **Alauna Carstens** finished fourth in the women's 5,000 meters in a time of 17:39.69.

• Saint Martin's will be among four GNAC teams competing this weekend at the CWU Wildcat Invitational on Saturday in Ellensburg, Washington.

SEATTLE PACIFIC



• Junior **Annika Esvelt** earned an NCAA Championships provisional qualifying time in the women's 5,000 meters, leading performances for a limited Seattle Pacific roster at the Bryan Clay Invitational.

• Esvelt placed 12th in her heat with a time of 16:52.91 in her first race at the distance in nearly a year. The time leads the GNAC and ranks 30th in Division II this season. She went on to run a time of 4:49.29 in the 1,500 meters on Saturday.

• Senior **David Njeri** was SPU's lone top-10 finisher in the three-day meet, featuring a wealth of talent from elites on down. Njeri placed ninth in the men's triple jump with a mark of 48 feet, 11 inches.

• Junior **Jon Owen** dipped below four minutes in the men's 1,500 meters for the first time, running a time of 3:59.01. On Friday, Owen clocked 1:57.01 in the open 800 meters.

• Next up for Seattle Pacific is the CWU Wildcat Invitational on Saturday in Ellensburg, Washington.

SIMON FRASER



• Sophomore **Marie-Éloïse Leclair** put on another show in the sprints as Simon Fraser competed at the Pacific Coast Intercollegiate, the Cal State LA Twilight Open, the Mt. SAC Relays and the Bryan Clay Invitational.

• Leclair was named the GNAC Women's Track Athlete of the Week for her efforts. She won the women's 100 at the Pacific Coast Intercollegiate in 11.46 seconds. At Bryan Clay, Leclair placed fourth in the women's 200 in a time of 23.42 seconds that lowered her GNAC record and ranks fifth in Division II this season. She also ran 54.38 seconds in the 400 meters, an NCAA Championships provisional qualifying time that ranks 14th in Division II this season and No. 4 on the GNAC all-time list.

• Leclair also teamed with **Diana Voloshin**, **Claire Bosma** and **Emma Cannan** for a time of 47.56 in the women's 4x100-meter relay. The team's NCAA Championships qualifying time is 36th in Division II this season.

• Sophomore **Bryan Cortes** was named the GNAC Men's Field Athlete of the Week after he threw 195 feet, 8 inches in the men's javelin at Bryan Clay. The NCAA Championships provisional qualifying mark ranks 28th in Division II this season.

• Junior **Megan Roxby** improved her NCAA provisional qualifying time in the women's 1,500 meters. Her time at Bryan Clay of 4:24.56 leads the GNAC and ranks No. 9 in Division II this season.

• Junior **Charlie Dannatt** improved his NCAA Championships provisional qualifying time in the men's 1,500 meters. His finish in 3:42.16 ranks third in Division II this season.

• Simon Fraser does not compete again until the Ralph Vernacchia Invitational on Sat., Apr. 29 in Bellingham, Washington.

WESTERN OREGON



• Junior **Ujunwa Nwokoma** set a school record in the women's long jump, leading Western Oregon's efforts at the Pacific Coast Intercollegiate and Bryan Clay Invitational in California and the Lewis & Clark Larry Byerly Invitational in Portland.

• Nwokoma was named the GNAC Women's Field Athlete of the Week after placing third in the event at the Pacific Coast Intercollegiate. Her mark of 19 feet, 6.75 inches broke the previous WOU record of 19 feet, 5.5 inches by teammate **Jenelle Hurley** last year. The NCAA Championships provisional qualifying mark ranks No. 6 on the GNAC all-time list and is 22nd in Division II this season.

• Junior **Maliyah Thompson** also set a school record with her time of 11.96 seconds in the women's 100 meters at the Pacific Coast Intercollegiate. She is the first athlete in WOU history to duck under 12 seconds in the 100 meters. Thompson ranks third in the GNAC this season.

• At the Bryan Clay Invitational, junior **Hunter Hutton** ran an NCAA Championships provisional qualifying time in the men's 1,500 meters. His time of 3:46.67 ranks 18th in Division II this season and No. 4 on the WOU all-time list.

• Senior **Caitlin Heldt** also ran an NCAA Championships provisional qualifying time at Bryan Clay in the 10,000 meters. A personal best by 51 seconds, her time of 36:20.29 ranks 43rd in Division II this season.

• At the Larry Byerly Invitational, junior **Madeline Lambing** was the lone event winner as she won the women's 400-meter hurdles in a time of 1:06.51.

• Western Oregon does not compete again until Fri., Apr. 28 and Sat., Apr. 29, competing at the OSU High Performance Meet in Corvallis, Oregon.

Around The GNAC

WESTERN WASHINGTON



- Western Washington saw six athletes meet or improve NCAA Championships provisional qualifiers with athletes at the Bryan Clay Invitational, Beach Invitational and Pacific Coast Intercollegiate in California and the Richmond Relays in Richmond, B.C.
- Sophomore **Drew Weber** was named the GNAC Men's Track Athlete of the Week after setting a school record in the 800 meters at Bryan Clay. His time of 1:49.34 clips his previous record of 1:49.48, ranks No. 6 on the GNAC all-time list and No. 8 in Division II this season. Weber also ran an NCAA provisional qualifying time in the 1,500 meters, a 3:44.83 that ranks No. 7 on the GNAC all-time list and No. 6 in Division II this season.
- Sophomore **Kevin McDermott** broke the WWU record in the men's 5,000 meters at Bryan Clay. His time of 14:09.26 broke the previous record of 14:10.43 set by Jordan Welling in 2011. It also ranks No. 6 on the GNAC all-time list and 23rd in Division II this season. McDermott also ran 3:59.36 in the 1,500 meters, which ranks 41st in Division II this season.
- Junior **Marian Ledesma** broke a WWU record in the women's 800 meters at the Bryan Clay. Her time of 2:08.98 surpassed the previous record of 2:11.45 set by Rachael Johnson in 2011. The NCAA provisional qualifying time ranks ninth in Division II this season.

- Sophomore **Jonah Bloom** ran a personal best of 1:51.42 in the men's open 800 meters at the Bryan Clay, placing seventh. The NCAA provisional qualifying time ranks 35th in Division II this season.
- Sophomore **Nolan Mickenham** moved to No. 5 on the WWU all-time list in the men's 200 meters with a time of 21.75 seconds that ranks second in the GNAC this season.
- Freshman **Meera Shannon** moved up to No. 5 on the WWU all-time list in the women's 10,000 meters at the Bryan Clay with a time of 36:56.79.
- Western Washington will be among four conference teams competing in the CWU Wildcat Invitational on Saturday in Ellensburg, Washington.

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.

GNAC Provisional Qualifiers For NCAA Outdoor Championships

MEN'S QUALIFIERS AS OF APR. 16, 2023

Event	Athlete	Mark	Rank	Date
400 Meters	Kevin Angarita, UAA	47.81	T-29th	3/23/23
800 Meters	Drew Weber, WWU	1:49.34	8th	4/13/23
	Jordan Schmidt, SFU	1:50.43	18th	3/31/23
	Charlie Dannatt, SFU	1:50.95	25th	3/31/23
	Johan Correa, CWU	1:51.07	28th	4/13/23
	Jonah Bloom, WWU	1:51.42	35th	4/13/23
1,500 Meters	Charlie Dannatt, SFU	3:42.16	3rd	4/13/23
	Drew Weber, WWU	3:44.83	6th	4/13/23
	Hunter Hutton, WOU	3:46.67	18th	4/13/23
	Kevin McDermott, WWU	3:49.36	41st	4/13/23
5,000 Meters	Kevin McDermott, WWU	14:09.73	23rd	4/13/23
	Sebatian Brinkman, SFU	14:15.45	32nd	3/31/23
	George Karamitsos, WWU	14:17.33	37th	3/30/23
	Andrew Oslin, WWU	14:22.73	46th	3/30/23
10,000 Meters	George Karamitsos, WWU	29:40.69	18th	3/17/23
	Andrew Oslin, WWU	29:41.91	20th	3/3/23
	Kevin McDermott, WWU	29:48.23	24th	3/17/23
	Jaret Gillingham, WWU	29:54.66	35th	3/17/23
	Ryan Clough, WWU	29:55.94	37th	3/3/23
	Michael Zapherson, UAA	30:09.56	48th	4/13/23
Steeplechase	Jeret Gillingham, WWU	8:55.62	9th	3/3/23
	Carson Jessop, MSUB	9:10.36	23rd	4/13/23
Triple Jump	David Njeri, SPU	15.12/49-7.25	T-11th	4/8/23
Shot Put	Dayne Gordien, WOU	16.70/54-9.5	31st	3/17/23
Javelin	Bryan Cortes, SFU	59.64/195-8	28th	4/13/23

WOMEN'S QUALIFIERS AS OF APR. 16, 2023

Event	Athlete	Mark	Rank	Date
100 Meters	Marie-Éloïse Leclair, SFU	11.45	5th	3/31/23
	E'lexis Hollis, CWU	11.78	33rd	4/13/23
200 Meters	Marie-Éloïse Leclair, SFU	23.42	5th	4/13/23
400 Meters	Marie-Éloïse Leclair, SFU	54.38	14th	4/13/23
800 Meters	Marian Ledesma, WWU	2:08.98	9th	4/13/23
	Megan Roxby, SFU	2:09.34	12th	3/31/23
1,500 Meters	Megan Roxby, SFU	4:24.56	9th	4/13/23
	Cassidy Walchak-Sloan, SMU	4:30.42	32nd	4/13/23
	Mia Crocker, WWU	4:31.56	41st	3/30/23
5,000 Meters	Annika Esvelt, SPU	16:52.91	30th	4/13/23
10,000 Meters	Caitlin Heldt, WOU	36:20.29	43rd	4/13/23
100 Hurdles	Lauryn Chandler, CWU	13.99	16th	4/14/23
400 Hurdles	McCall DeChenne, CWU	1:02.19	28th	3/31/23
Steeplechase	Ila Davis, WWU	10:21.20	6th	3/31/23
4x100 Relay	Simon Fraser	46.66	36th	4/13/23
	Voloshin, Leclair, Cannan, Cummings			
4x400 Relay	Simon Fraser	3:47.65	22nd	3/31/23
	Binder, Bosma, Cannan, Leclair			
High Jump	Miya Koch, NNU	1.68/5-6	T-14th	4/15/23
Pole Vault	Kinsey Yenor, NNU	3.80/12-5.5	T-24th	4/15/23
	Lizzy Daugherty, SPU	3.74/12-3.25	T-36th	3/25/23
Long Jump	Ujunwa Nwokoma, WOU	5.96/19-6.75	22nd	4/13/23
Shot Put	Destany Herbert, NNU	14.36/47-1.5	14th	4/15/23
Javelin	Kaylee Wright, WOU	44.54/146-1	8th	3/17/23
Heptathlon	Jenelle Hurley, WOU	4,720	20th	3/30/23

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
Apr. 18	—

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 4 - Apr. 18, 2023		Pts.	Prev.
Rk	School		
1.	Pittsburg State	266.98	2
2.	West Texas A&M	229.04	1
3.	Grand Valley St.	204.93	3
4.	Adams State	180.43	20
5.	Angelo State	140.32	4
6.	Azusa Pacific	112.28	8
7.	Missouri Southern	110.16	6
8.	Carson-Newman	103.25	10
9.	Minnesota State	99.09	17
10.	Texas A&M-Kingsville	95.57	7
11.	Cal Poly Pomona	92.18	5
12.	Academy of Art	91.47	18
13.	Colorado Mines	90.99	12
14.	Western Colorado	87.48	22
15.	Central Missouri	84.85	13
16.	Lenoir-Rhyne	81.19	15
17.	UC-Colorado Springs	77.69	9
18.	Harding	75.64	11
19.	Nebraska-Kearney	74.49	23
20.	CSU Pueblo	73.29	14
21.	Wingate	56.79	27
22.	Tiffin	56.57	29
23.	Lubbock Christian	53.69	19
24.	NW Missouri St.	52.35	47
25.	Alabama-Huntsville	52.22	16

USTFCCCA WEST REGION TEAM INDEX

Week 4 - Apr. 17, 2023		Pts.	Prev.
Rk	School		
1.	Cal Poly Pomona	996.30	1
2.	Azusa Pacific	918.76	2
3.	Western Washington	657.43	3
4.	Academy of Art	591.58	4
5.	Fresno Pacific	532.98	5
6.	Chico State	493.46	6
7.	Western Oregon	289.89	7
8.	Cal State LA	288.46	8
9.	Central Washington	267.05	11
10.	Simon Fraser	250.90	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
Apr. 11	23rd
Apr. 18	23rd

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 4 - Apr. 18, 2023		Pts.	Prev.
Rk	School		
1.	West Texas A&M	288.92	1
2.	Grand Valley St.	269.92	2
3.	Azusa Pacific	243.76	4
4.	Minnesota State	194.22	5
5.	Adams State	152.76	8
6.	NW Missouri St.	120.18	26
7.	Angelo State	118.11	3
8.	Missouri Southern	103.69	10
9.	Winona State	102.57	25
10.	Pittsburg State	95.69	9
11.	Colorado Mines	88.65	7
12.	Academy of Art	81.13	6
13.	Fort Hays State	75.85	20
14.	CSU Pueblo	67.08	15
15.	Cal Poly Pomona	65.15	11
16.	California (Pa.)	63.90	37
17.	Findlay	61.44	16
18.	Lincoln (Mo.)	61.09	13
19.	Central Missouri	58.99	12
20.	Wayne State (Neb.)	57.13	17
21.	Lenoir-Rhyne	55.13	22
22.	UC-Colorado Springs	45.07	18
23.	Simon Fraser	44.40	23
24.	Western Colorado	43.60	14
25.	Colorado Mesa	41.57	19

USTFCCCA WEST REGION TEAM INDEX

Week 4 - Apr. 17, 2023		Pts.	Prev.
Rk	School		
1.	Azusa Pacific	1,069.75	1
2.	Academy of Art	552.84	2
3.	Cal Poly Pomona	461.31	4
4.	Chico State	449.53	5
5.	Biola	441.29	3
6.	Simon Fraser	336.42	10
7.	Western Washington	360.91	7
8.	Fresno Pacific	360.79	6
9.	Western Oregon	325.04	9
10.	Concordia	305.72	8



[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	23.42	Marie-Éloïse Leclair, Simon Fraser (2023)
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, 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.

Wed., Apr. 12 & Thurs., Apr. 13

**Cal State LA Twilight Open
at Jesse Owens Track, Los Angeles, Calif.**

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): None.

Thurs., Apr. 13

**Pacific Coast Intercollegiate
at Jack Rose Track, Long Beach, Calif.**

Women (Top 3 GNAC Finishers): 100 Meters - 1, Marie-Éloïse Leclair, SFU, 11.46. 800 Meters - 2, Kate Cameron, SFU, 2:14.73. Long Jump - 3, Ujunwa Nwokoma, WOU, 19-6.75.

Men (Top 3 GNAC Finishers): Steeplechase - 2, Kainalu Pagente, SMU, 9:36.78.

Thurs., Apr. 13-Sat., Apr. 15

**Bryan Clay Invitational
at Cougar Athletic Stadium, Azusa, Calif.**

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): 800 Meters (Open) - 3, Johan Correa, CWU, 1:51.07.

Mt. SAC Relays

at Hilmer Lodge Stadium, Walnut, Calif.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): None.

Fri., Apr. 14-Sat., Apr. 15

**Beach Invitational
at Jack Rose Track, Long Beach, Calif.**

Women (Top 3 GNAC Finishers): 200 Meters (Friday) - 2, Hannah Polkinghorn, WWU, 25.95. 800 Meters (Friday) - 2, Cassidy Walchak-Sloan, SMU, 2:13.88; 3, Alisha Saucedo, SMU, 2:16.64.

Men (Top 3 GNAC Finishers): None.

Sat., Apr. 15

**Richmond Relays
at Clement Track, Richmond, B.C.**

Women (Top 3 GNAC Finishers): Hammer (Open) - 2, Kaitlyn Hanger, SFU, 150-10.

Men (Top 3 GNAC Finishers): 400 Meters (U20) - 1, Felix Allen, SFU, 51.92. High Jump (Open) - 2, Caysen McDiarmid, SFU, 5-7. Shot Put (Open) - 1, Nathan Simicich, WWU, 40-9.75. Hammer (Open) - 2, Nathan Simicich, WWU, 114-11.

NUU Open

at Bohner Track, Nampa, Idaho

Women (Top 3 GNAC Finishers): 100 Meters - 1, Abbey Wood, NNU, 12.21; 3, Katie Baniaga, NNU, 12.85. 200 Meters - 1, Abbey Wood, NNU, 24.89; 2, Kalli Brence, NNU, 25.36. 400 Meters - 1, Laine DeJong, NNU, 57.81. 5,000 Meters - 1, Olivia Klein, NNU, 19:34.49; 3, Emily McMahon, NNU, 21:28.37. 400 Hurdles - 1, Hailey Graham, NNU, 1:08.54; 2, Alejandra Gomez, NNU, 1:08.64. 4x100 Relay - 1, Northwest Nazarene (Wood, Katie Baniaga, Kayla Baniaga, Brence), 47.96. 4x400 Relay - 1, Northwest Nazarene (Brence, Knowles, Gomez, DeJong), 4:03.13. High Jump - 1, Miya Koch, NNU, 5-6. Pole Vault - 1, Kinsey Yenor, NNU, 12-5.5. Triple Jump - 2, Ellie Alberts, NNU, 35-1. Shot Put - 2, Destany Herbert, NNU, 47-1.5. Discus - 3, Destany Herbert, NNU, 131-7.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Brayden Durfee, NNU, 11.00. 200 Meters - 1, Brayden Durfee, NNU, 22.06. 400 Meters - 2, Trevor Ames, NNU, 49.72. 800 Meters - 2, Brody Kemble, NNU, 2:01.05; 3, Norman Kosgei, NNU, 2:04.06. 5,000 Meters - 2, Aaron Heberlein, NNU, 17:02.06. 400 Hurdles - 2, Anderson Kron, NNU, 57.06. 4x100 Relay - 1, Northwest Nazarene (Garner, Braseth, Durfee, Hunt), 41.45. High Jump - 2, Gerohm Rihari, NNU, 6-7.5. Pole Vault - 1, William Koenig, NNU, 14-11. Long Jump - 1, Steven Schmidt, NNU, 22-7.75. Triple Jump - 2, Gerohm Rihari, NNU, 43-2.25. Shot Put - 2, Dylan Hendry, NNU, 48-9. Discus - 1, Dylan Hendry, NNU, 143-5. Hammer - 1, Dylan Hendry, NNU, 166-9; 3, Derek Knight, NNU, 156-0. Javelin - 2, Shalkar Wilkins, NNU, 162-9.

2022-23 GNAC Outdoor Meet Summaries

Sat., Apr. 15

**L&C Larry Byerly Invitational
at Eldon Fix Track, Portland, Ore.**

Women (Top 3 GNAC Finishers): 100 Meters - 3, Maya Hopwood, WOU, 12.51. 400 Meters - 2, Jessy Hart, WOU, 59.74. 10,000 Meters - 3, Ali Clifton, WOU, 40:35.69. 100 Hurdles - 2, Amariyah Clay, WOU, 15.60. 400 Hurdles - 1, Madeline Lambing, WOU, 1:06.51. Steeplechase - 3, Lindie Larson, WOU, 12:08.99. Discus - 2, Krystal Andres, WOU, 137-1.

Men (Top 3 GNAC Finishers): 110 Hurdles - 2, Brennen Sorah, WOU, 15.58. Pole Vault - 2, JJ Walker, WOU, 14-7.25. Long Jump - 2, Ping Koonantha, WOU, 21-4.75.

Sun., Apr. 16

Blue Hawk Games

at Henry Biesiot Activities Center, Dickinson, N.D.

Women (Top 3 GNAC Finishers): 10,000 Meters - 1, Aspen Tolman, MSUB, 43:30.66. Steeplechase - 2, Kaylee Dalling, MSUB, 12:39.08. 4x100 Relay - 2, Montana State Billings (Richardson, Thomsson, Hamill, Bohl), 50.01. Long Jump - 2, Kendall Lynn, MSUB, 17-9.5. Triple Jump - 1, Kendall Lynn, MSUB, 38-2.25. Discus - 3, Ryann Moline, MSUB, 125-11.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Ben Ralston, MSUB, 10.99. 200 Meters - 2, Ben Ralston, MSUB, 22.00. 5,000 Meters - 1, Jordi Piero, MSUB, 16:53.93. 10,000 Meters - 2, Bryant Edgerton, MSUB, 32:56.59; 3, Logan Straus, MSUB, 33:29.34. Steeplechase - 1, Wyatt May, MSUB, 10:13.83. 4x100 Relay - 2, Montana State Billings (Rocha, Graves, Okere, Ralston), 43.28. Shot Put - 1, Forrest Cross, MSUB, 48-5.25. Discus - 1, Forrest Cross, MSUB, 156-5.