



May 4, 2023 • Week 16
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

Fri., May 6

Alaska Anchorage, Western Oregon
at Oregon Twilight, Eugene, Ore.

Sat., May 6

Alaska Anchorage, Central Washington,
Seattle Pacific, Western Oregon
at Linfield Open, McMinnville, Ore.
Seattle Pacific, Western Oregon,
Western Washington at Portland Twilight,
Portland, Ore.
Montana State Billings at Tom Gage Invite,
Bozeman, Mont.
Simon Fraser at Oxy Invitational,
Los Angeles, Calif.
Simon Fraser at Track Fest, Los Angeles, Calif.

LAST WEEK'S MEETS

Fri., Apr. 27-Sat., Apr. 28

**Bengal Invitational
at Reed Field, Pocatello, Idaho**

Women (Top 3 GNAC Finishers): 100 Meters - 2, Abbey Wood, NNU, 11.95. 400 Meters - 3, Laine DeJong, NNU, 57.18 (57.15 in preliminaries). 10,000 Meters - 3, Aspen Tolman, MSUB, 43:18.70. 4x400 Relay - 3, Northwest Nazarene (Gomez, Knowles, Williams, DeJong), 3:55.43. Pole Vault - 2, Kinsey Yenor, NNU, 13-0.75.

Men (Top 3 GNAC Finishers): 200 Meters - 3, Hunter Braseth, NNU, 21.59 (21.38 in preliminaries). 400 Meter Preliminaries - 2, Ben Ralston, MSUB, 48.24. 4x100 Relay (Garner, Braseth, Durfee, Hunt), 41.37.

**Oregon State High Performance
at Whyte Track & Field Center, Corvallis, Ore.**

Women (Top 3 GNAC Finishers): 100 Meters - 3, Maya Hopwood, WOU, 12.20. Long Jump - 3, Ujunwa Nwokoma, WOU, 18-11.25.

Men (Top 3 GNAC Finishers): 5,000 Meters (Open) - 1, Kolby Spink, WOU, 15:13.31; 2, Steiner Christensen, CWU, 15:19.30. Discus - 3, Dayne Gordien, WOU, 153-8.

Sat., Apr. 29

**Ralph Vernacchia Invitational
at Civic Stadium Bellingham, Wash.**

Women's Team Scores: Western Washington 131, British Columbia 110, Central Washington 80, Simon Fraser 69, Saint Martin's 48, Seattle Pacific

40, Alaska Anchorage 38, Pacific Lutheran 25, Olympic CC 16, Trinity Western 13, Everett CC 10, Northwest (Wash.) 5, Green River CC 4.

Women (Top 3 GNAC Finishers): 100 Meters - 1, E'lexis Hollis, CWU, 11.63. 200 Meters - 2, Juliette Williams, CWU, 25.03; 3, E'lexis Hollis, CWU, 25.41. 400 Meters - 2, Marian Ledesma, WWU, 57.69; 3, Claire Bosma, SFU, 57.75. 800 Meters - 1, Kate Cameron, SFU, 2:14.95; 2, Elizabeth Vanderput, SFU, 2:15.19. 1,500 Meters - 2, Cassidy Walchak-Sloan, SMU, 4:27.97. 5,000 Meters - 2, Sara Sabra, SMU, 18:02.36; 3, Meaera Shannon, WWU, 18:13.25. 100 Hurdles - 1, Lauryn Chandler, CWU, 14.11; 2, Diana Voloshin, SFU, 14.69; 3, Blanca De Arvizu Sarrias, UAA, 15.09. 400 Hurdles - 1, Grace Twiss, CWU, 1:03.83; 2, Erika Binder, SFU, 1:04.02; 3, Brooke Mansfield, WWU, 1:04.18. Steeplechase - 3, Maya Ewing, SPU, 11:38.40. 4x100 Relay - 2, Western Washington (Mansfield, Miller, Polkinghorn, Cheney), 47.55; 3, Saint Martin's (Vu, Duncan, Sills, Zilla), 49.95. 4x400 Relay - 1, Western Washington (Cheney, Ledesma, Miller, Wright), 3:56.98; 2, Seattle Pacific (Green, Brown, Smith, Crane), 3:58.68. High Jump - 1, Sydney Kania, SFU, 5-4.5; 2, Mikayla Mader, UAA, 5-4.5. Pole Vault - 2, Lizzy Daugherty, SPU, 12-4; 3, Emily Thomason, SPU, 12-0. Triple Jump - 2, Alyssa Duncan, SMU, 37-10.75; Erica Cabanos, CWU, 36-2.25. Shot Put - 2, Mara Parks, WWU, 42-10.25. Discus - 1, Katie Potts, WWU, 153-1. Javelin - 3, Madison Prugh, SFU, 128-7.

Men's Team Scores: Western Washington 214, Central Washington 90.5, British Columbia 78.5, Simon Fraser 70, Alaska Anchorage 65.5, Seattle Pacific 55.5, Pacific Lutheran 28, Saint Martin's 22, Green River CC 16, Trinity Western 16, Northwest (Wash.) 8, Edmonds CC 6, Olympic CC 5.5.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Jesaiah Penson-Mccoy, SFU, 10.63; 2, Noah Johnson, WWU, 10.66. 200 Meters - 1, Enrique Campbell, UAA, 21.55; 3, Jesaiah Penson-Mccoy, SFU, 21.78. 400 Meters - 1, Isaiah Archer, SPU, 48.48; 2, Kevin Angarita, UAA, 49.14; 3, Lucas Brenek, WWU, 49.27. 800 Meters - 1, Jonah Bloom, WWU, 1:50.75; 2, Johan Correa, CWU, 1:50.78; 3, Drew Weber, WWU, 1:50.81. 1,500 Meters - 1, Kevin McDermott, WWU, 3:48.47; 2, Drew Johnson, UAA, 3:49.19. 5,000 Meters - 1, Andrew Oslin, WWU, 14:32.83; 2, Michael Zapherson, UAA, 14:57.92. 10,000 Meters - 1, Aidan Jones, WWU, 33:33.12; 2, Isaac Venable, SPU, 34:09.89. 110 Hurdles - 2, Joshua Wagner,

UAA, 14.93; 3, Jaden Edwards, WWU, 15.30. 400 Hurdles - 1, Maurice Woodring, WWU, 53.61; 3, Austin Albertin, CWU, 53.81. Steeplechase - 1, Jeret Gillingham, WWU, 8:57.80; 3, Kaleb Korta, WWU, 9:28.43. 4x100 Relay - 1, Simon Fraser (Furtado, Belcher, Suzuki, Penson-Mccoy), 41.98; 3, Alaska Anchorage (Belanger, Hunter, Sample, Wagner), 42.47. 4x400 Relay - 1, Western Washington (Woodring, Edwards, Brenek, Weber), 3:17.67; 2, Central Washington (Albertin, Correa, Thomas, Webster), 3:18.80; 3, Seattle Pacific (Shepherd, Correa, Gordon, Archer), 3:26.40. High Jump - 1, Manu Greenlee, WWU, 6-2.25; 3, Isaiah Webster, CWU, 6-0.5. Pole Vault - 2, Kurt Monteiro, WWU, 14-6. Long Jump - 1, Ryan Greenwalt, WWU, 23-4.75; 2, Seren Dances, WWU, 23-3.25. Triple Jump - 1, David Njeri, SPU, 48-1.25; 2, Gabe Menicke, WWU, 44-11.75; 3, Isaiah Webster, CWU, 43-9.75. Shot Put - 3, Wyatt Franklin, CWU, 48-0. Hammer - 2, Miller Campbell, WWU, 179-7; 3, Logan Martin, CWU, 179-3. Javelin - 1, Jaydon Tryon, WWU, 196-3; 2, Bryan Cortes, SFU, 195-10.

Mon., May 1-Tues., May 2

**GNAC Combined Events Championships
at Bohner Track, Nampa, Idaho**

Heptathlon: 1, Jenelle Hurley, WOU, 4,803. 2, Matty Lagerwey, WWU, 4,495. 3, Carlotta Duenninger, UAA, 4,281. 4, Hannah Chang, SPU, 4,253. 5, Ellie DeGroot, CWU, 4,253. 6, Maliyah Thompson, WOU, 4,233. 7, Amity Deters, WOU, 4,140. 8, Nicole Avery, WWU, 4,125. 9, Amariyah Clay, WOU, 4,063. 10, Macy Clemens, WOU, 4,054. 11, McCall DeChenne, CWU, 3,738. 12, Carley Huber, CWU, 2,627.

Decathlon: 1, Steven Schmidt, NNU, 7,047. 2, JJ Walker, WOU, 6,680. 3, Drew Klein, CWU, 6,538. 4, Brennen Sorah, WOU, 6,184. 5, Andrew Boyd, SMU, 6,170. 6, Gabe Burchfield, WOU, 6,132. 7, Ryan Kenny, WWU, 6,056. 8, Austin Seals, WWU, 5,546. 9, Shalkar Wilkins, NNU, 4,791. 10, Sam Katsuda, CWU, 4,345. 11, Braydon Maier, CWU, 4,337.

GNAC Athletes of the Week



MEN'S TRACK
Jonah Bloom, Western Washington
Sophomore • Spokane, Wash.

Bloom won the 800 meters in front of his home crowd at the Ralph Vernacchia Invitational. His NCAA Championships provisional qualifying time of 1:50.75 was a personal best, ranks third in the GNAC this season and 30th in Division II.

Also Nominated: Enrique Campbell (Alaska Anchorage), Johan Correa (Central Washington), Ben Ralston (Montana State Billings), Hunter Braseth (Northwest Nazarene), Kainalu Pagente (Saint Martin's), Isaiah Archer (Seattle Pacific), Jesaiah Penson-Mccoy (Simon Fraser).



WOMEN'S TRACK
E'lexis Hollis, Central Washington
Junior • Ellensburg, Wash.

Hollis moved up to No. 2 on the GNAC all-time list with her victory in the 100 meters at the Ralph Vernacchia Invitational. Her time of 11.63 seconds improved her school record of 0.15 seconds and improved her NCAA Championships provisional qualifying time, which is tied for 25th in Division II this season.

Also Nominated: Kailee Stoppel (Montana State Billings), Abbey Wood (Northwest Nazarene), Cassidy Walchak-Sloan (Saint Martin's), Kate Cameron (Simon Fraser), Caitlin Heldt (Western Oregon), Caitlyn Cheney (Western Washington).



MEN'S FIELD
Jaydon Tryon, Western Washington
Junior • Woodinville, Wash.

Tryon won the javelin at the Ralph Vernacchia Invitational with the best mark in the conference this season of 196 feet, 3 inches. The NCAA Championships provisional qualifying mark was a personal best and ranks 29th in Division II this season. Tryon also competed in the discus for the first time in his collegiate career, finishing 12th with a mark of 121 feet, 7 inches.

Also Nominated: Wyatt Franklin (Central Washington), Forrest Cross (Montana State Billings), Bryan Cortes (Simon Fraser).



WOMEN'S FIELD
Kinsey Yenor, Northwest Nazarene
Sophomore • Meridian, Idaho

Yenor broke the NNU record in the pole vault, placing second as the only non-Division I competitor at the Bengal Invitational. Her clearance of 13 feet, 0.75 inches improves her NCAA Championships provisional qualifying mark, ranks No. 3 on the GNAC all-time list and is 16th in Division II this season.

Also Nominated: Erica Cabanos (Central Washington), Ryann Moline (Montana State Billings), Lizzy Daugherty (Seattle Pacific), Sydney Kania (Simon Fraser), Katie Potts (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
Apr. 17-23	Austin Albertin, CWU	Steven Schmidt, NNU	Abbey Wood, NNU	Emily Thomason, SPU
Apr. 24-30	Jonah Bloom, WWU	Jaydon Tryon, WWU	E'lexis Hollis, CWU	Kinsey Yenor, NNU

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

Around The GNAC

ALASKA ANCHORAGE



- Senior **Enrique Campbell's** victory in the men's 200 meters led Alaska Anchorage's performances at the Ralph Vernacchia Invitational on Saturday in Bellingham, Washington.
- Campbell won in a time of 21.55 seconds, ranking him second in the GNAC this season and No. 3 on the UAA all-time list.
- Senior **Drew Johnson** placed second in the men's 1,500 meters in a time of 3:49.19. The NCAA Championships provisional qualifier ranks 48th in Division II this season and is No. 4 on the UAA all-time list.
- Senior **Mikayla Mader** established the third-best mark in UAA history in the women's high jump, placing second with a clearance of 5 feet, 4.5 inches. The mark is tied for third-best in the GNAC this season.
- Junior **Michael Zapherson** added a second-place finish in the men's 5,000 meters with a time of 14:57.92 that ranks seventh in the GNAC this season.
- Junior **Kevin Angarita** finished second in the men's 400 meters in 49.14 seconds while junior **Joshua Wagner** was second in the men's 110-meter hurdles in 14.93 seconds.
- At the GNAC Combined Events Championships, junior **Carlotta Duenninger** placed third in the women's heptathlon with a score of 4,281 points. She won the javelin with a throw of 121 feet, 9 inches and was second in the 800 meters in a time of 2:23.88.
- Alaska Anchorage will compete this week at the Oregon Twilight in Eugene on Friday and the Linfield Open in McMinnville, Oregon on Saturday.

CENTRAL WASHINGTON



- Junior **E'lexis Hollis** and **Johan Correa** improved their NCAA Championships provisional qualifying marks to lead Central Washington at the Ralph Vernacchia Invitational.
- Hollis moved up to No. 2 on the GNAC all-time list and cut .15 seconds off her CWU record time in the women's 100 meters with a time of 11.63 seconds. That improved her NCAA Championships provisional qualifying time and ties her for 25th in Division II this season. The effort earned Hollis selection as the GNAC Women's Track Athlete of the Week.
- Correa placed second in the men's 800 meters with a personal-best time of 1:50.78. The NCAA Championships provisional qualifying time moves him to No. 31 in Division II this season and No. 4 in the GNAC.
- Senior **Laurny Chandler** picked up another win in the women's 100-meter hurdles in a time of 14.11 seconds. Freshman **Grace Twiss** added a win in the women's 400-meter hurdles in 1:03.83.
- Junior **Juliette Williams** added a second-place finish in the women's 200 meters in a time of 25.03 seconds.
- The Wildcats also sent a number of select athletes to the Oregon State High Performance Meet in Corvallis, Oregon. Freshman **Steiner Christensen** led the way, placing second in the men's 5,000 meters in 15:19.30.
- At the GNAC Combined Events Championships, sophomore **Drew Klein** placed third in the decathlon with a score of 6,538 points. He placed second in the 100 meters (11.46), the discus (122-2) and the javelin (171-2).
- Freshman **Ellie DeGroot** finished fifth in the heptathlon with a score of 4,253 points. DeGroot tied in scoring with Seattle Pacific's Hannah Chang with Chang winning the tiebreaker on head-to-head competition in the individual events. DeGroot won the final event, the 800 meters, in 2:23.88.
- Central Washington closes the regular season on Saturday at the Linfield Open in McMinnville, Oregon.

MONTANA STATE BILLINGS



- Sophomore **Benjamin Ralston** set a school record in the men's 400 meters to lead Montana State Billings at the Bengal Invitational in Pocatello, Idaho.
- Ralston placed second in the event with a time of 48.24 seconds to beat the previous record of 49.12 seconds set by Nathan Vanderby in 2015. Ralston also ran 22.00 seconds in the 200 meters, tying him for No. 3 on the MSUB all-time list.
- Sophomore **Bradley Graves** placed fifth in the preliminaries in the men's 110-meter hurdles with a time of 15.04 seconds. He went on to finish sixth in the finals with a time of 15.23 seconds.
- Senior **Carson Jessop** placed fifth in the men's steeplechase in a time of 9:26.03. In the women's 10,000 meters, junior **Aspen Tolman** finished third in a time of 43:18.70.
- In the field events, junior **Bryce Olson** placed fourth in the men's triple jump with a mark of 39 feet, 11.5 inches. Senior **Forrest Cross** placed eighth in the men's discus with a mark of 150 feet, 11 inches.
- In the women's field events, sophomore **Ryann Moline** was 10th in the discus with a mark of 121 feet, 1 inch and 10th in the javelin with a mark of 122 feet, 10 inches.
- Montana State Billings concludes the regular season with the Tom Gage Invite on Saturday in Bozeman, Montana.

NORTHWEST NAZARENE



- Sophomore **Kinsey Yenor's** second-place finish in the women's pole vault led three Northwest Nazarene school records set at the Bengal Invitational in Pocatello, Idaho.
- Yenor placed second as the only non-Division I competitor in the field with a mark of 13 feet, 0.75 inches. That broke her previous NNU record of 12 feet, 8 inches set in 2021 and moved her to No. 3 on the GNAC all-time list. It also ranks 16th in Division II this season. The effort earned Yenor selection as the GNAC Women's Field Athlete of the Week.
- The women's 4x100-meter relay team of **Katie Baniaga, Kayla Baniaga, Abbey Wood** and **Kalli Brenc** set a school record in the women's 4x100-meter relay, placing second in 41.37 seconds. That bettered the record of 47.55 seconds set in 2015.
- Wood also reset her own record in the women's 200 meters, placing fourth in the preliminaries with a time of 24.42 seconds. She went on to place fourth in the finals with a time of 24.56 seconds. Woods had the top time in the preliminaries of the 100 meters in 12.03 seconds and placed second in the finals in 11.95 seconds.
- Sophomore **Hunter Braseth** moved into No. 9 on the GNAC all-time list in the men's 200 meters with a time of 21.39 seconds. The performance is No. 4 on the NNU all-time list and ranks second in the GNAC this season.
- The men's 4x100-meter team of **Dallin Garner, Braseth, Brayden Durfee** and **Sylvanus Hunt** finished second with a GNAC-leading time of 41.37 seconds that ranks No. 5 on the GNAC all-time list.
- At the GNAC Combined Events Championships, sophomore **Steven Schmidt** repeated as conference champion in the decathlon. His score of 7,047 points ranks No. 3 on the GNAC all-time list. In the competition, Schmidt cleared 7 feet, 0.5 inches in the high jump, moving into a tie for No. 2 on the GNAC all-time list. Schmidt ranks No. 7 in Division II this season in the decathlon and is tied for third in the high jump.
- Northwest Nazarene does not compete again until the GNAC Outdoor Championships, May 12 and 13 in Monmouth, Oregon.

Around The GNAC

SAINT MARTIN'S



- Sophomores **Cassidy Walchak-Sloan** and Kainalu Pagente set school records to lead Saint Martin's at the Ralph Vernacchia Invitational.
- Walchak-Sloan set the SMU record in the women's 1,500 meters with a second-place time of 4:27.97, surpassing the previous record of 4:29.82 set by Shannon Porter in 2016. She improved her NCAA Championships provisional qualifying time and ranks 33rd in Division II this season.
- Pagente placed fourth in the men's steeplechase with a time of 9:28.51 to surpass the previous SMU record of 9:32.66 set by Jasper Heckman in 2016. The time ranks sixth in the GNAC this season.
- Sophomore **Sara Sabra** placed second in the women's 5,000 meters with a time of 18:02.36.
- In the field events, freshman **Alyssa Duncan** added a second-place finish in the women's triple jump with a mark of 37 feet, 10.75 inches. Freshman **Ryan Doidge** led the men with his fifth-place finish in the pole vault with a clearance of 14 feet.
- At the GNAC Combined Events Championships, junior **Andrew Boyd** placed fifth in the decathlon with a score of 6,170 points. Boyd won the shot put with a mark of 42 feet, 3.25 inches and was second in the 110-meter hurdles with a time of 15.56 seconds.
- Saint Martin's does not compete again until the GNAC Outdoor Championships, May 12 and 13 in Monmouth, Oregon.

SEATTLE PACIFIC



- Sophomore **Isaiah Archer** and senior **David Njeri** each picked up victories to lead Seattle Pacific's efforts at the Ralph Vernacchia Invitational.
- Archer claimed the victory in the men's 400 meters, outdueling Alaska Anchorage's Kevin Angarita with a time of 48.48 seconds. It was Archer's fourth victory in a row in the event.
- Njeri claimed his third win of the season in the men's triple jump with a leap of 48 feet, 1.25 inches. He also tied for 12th in the long jump with a mark of 21 feet, 6.25 inches.
- Junior **Lizzy Daugherty** tied her season-best in the women's pole vault, finishing second with a clearance of 12 feet, 4 inches. That improved her NCAA Championships provisional qualifying mark and ties her for 35th in Division II this season. Junior **Emily Thomason** was third with a clearance of 12 feet.
- In the men's pole vault, junior **Brad Bowman** tied for third with a clearance of 14 feet.
- Freshman **Maya Ewing** added a third-place finish in the women's steeplechase with a time of 11:38.40.
- The men's 10,000 meters saw freshman **Isaac Venable** place second in a time of 34:09.89.
- At the GNAC Combined Events Championships, freshman **Hannah Chang** placed fourth with a score of 4,253 points. Tying in total points with Central Washington's Ellie DeGroot, Chang was awarded fourth as she beat DeGroot in five of the seven disciplines. Chang won the opening event of the competition, the 100-meter hurdles, in 14.53 seconds.
- The Falcons will close the regular season by sending athletes to the Linfield Open in McMinnville, Oregon and the Portland Twilight on Saturday.

SIMON FRASER



- Sophomore **Jesaiah Penson-McCooy** set a Simon Fraser record in the men's 100 meters to lead the Red Leafs' performances at the Ralph Vernacchia Invitational.
- Penson-McCooy won the event in a time of 10.63 seconds that surpassed the SFU record of 10.65 seconds set by Kevin Tyler in 1989 and a hand-timed 10.4 run by Murray Delorme in 1978 (which converts to 10.64 according to accepted practice). The time is No. 3 in the GNAC this season. Penson-McCooy was also third in the 200 meters in a time of 21.78 seconds.
- Penson McCooy also teamed with **Blake Furtado, Jeremy Belcher** and **Kaito Suzuki** to win the men's 4x100-meter relay in a time of 41.98 seconds.
- Sophomores **Kate Cameron** and **Elizabeth Vanderput** went one-two in the women's 800 meters. Cameron was the winner in 2:14.95 while Vanderput placed second in a time of 2:15.19.
- Sophomore **Sydney Kania** was the winner in the women's high jump, clearing a height of 5 feet, 4.5 inches.
- Sophomore **Bryan Cortes** improved his NCAA Championships provisional qualifying mark in the men's javelin, placing second with a throw of 195 feet, 10 inches that ranks 30th in Division II this season.
- Sophomore **Erika Binder** added a second-place finish in the women's 400-meter hurdles in a time of 1:04.02.
- Simon Fraser will send some athletes to Los Angeles to take part in the Oxy Invitational and the On Track Fest on Saturday. Others will participate in the Jennifer Rogers Swan Memorial Meet in Abbotsford, B.C.

WESTERN OREGON



- Senior **Caitlin Heldt** set the Western Oregon record in the women's 5,000 meters to lead performances at the Oregon State High Performance Meet in Corvallis.
- Heldt finished 11th in the invitational heat with a time of 17:06.05. That surpassed her previous record of 17:08.22 set in 2021. The NCAA Championships provisional qualifying time ranks 54th in Division II this season.
- Sophomore **Emmett Klus** notched an NCAA Championships provisional qualifying time in the men's 800 meters, placing 11th in 1:51.24. The time ranks 39th in Division II this season and No. 7 on the WOU all-time list.
- Junior **Ujunwa Nwokoma** and senior **Jenelle Hurley** took third and fourth in the women's long jump. Nwokoma finished with a mark of 18 feet, 11.75 inches while Hurley leaped 18 feet, 10 inches.
- Senior **Maya Hopwood** placed third in the women's 100 meters, clocking a time of 12.20 seconds.
- Sophomore **Kolby Spink** was the winner in the men's 5,000-meter open race in a time of 15:13.19. Junior **Hunter Hutton** placed fourth in the invitational section of the men's 1,500 meters in 3:47.89.
- At the GNAC Combined Events Championships, Hurley won the heptathlon title for the first time in her career. Her score of 4,803 points improved her NCAA Championships provisional qualifying mark and ranks 17th in Division II this season. Hurley won the high jump with a mark of 5 feet, 3.25 inches and the long jump with a mark of 18 feet, 7.75 inches.
- In the decathlon, senior **JJ Walker** placed second with a score of 6,680 points that is an NCAA Championships provisional qualifier and ranks 15th in Division II this season. Walker won the long jump with a mark of 22 feet, 11.25 inches.
- Western Oregon will compete on Friday at the Oregon Twilight in Eugene and on Saturday at the Linfield Open and the Portland Twilight.

Around The GNAC

WESTERN WASHINGTON



• Winning efforts by sophomore **Jonah Bloom** in the men's 800 meters and junior Jaydon Tryon in the men's javelin led 12 event victories for Western Washington at its own Ralph Vernacchia Invitational.

• Bloom provisionally qualified for the NCAA Championships with his win in the 800. His time of 1:50.75 ranks 30th in Division II this season and No. 5 on the WWU all-time list and earned Bloom selection as the GNAC Men's Track Athlete of the Week.

• Tryon won the javelin with the best mark in the GNAC this season at 196 feet, 3 inches. The NCAA Championships provisional qualifying mark ranks 29th in Division II this season and earned Tryon selection as the GNAC Men's Field Athlete of the Week.

• Sophomore **Kevin McDermott** improved his NCAA Championships provisional qualifying time in the men's 1,500 meters, winning in a time of 3:48.47. The time ranks No. 41 in Division II this season.

• Sophomore **Katie Potts** also improved her NCAA Championships provisional qualifying mark in the women's discus. Her mark of 153 feet, 1 inch ranks No. 8 on the GNAC all-time list and 16th in Division II this season.

• At the GNAC Combined Events Championships, junior **Matty Lagerwey** finished second with a score of 4,995 points. She placed second in the shot put with a mark of 34 feet, 3.5 inches.

• In the decathlon, freshman **Ryan Kenny** led the way as he placed seventh with a score of 6,056 points. Kenny won the first event, the 100 meters, in 11.23 seconds. Freshman **Austin Seals** won the 400 meters in 51.31 seconds and the 1,500 meters in 4:40.85 en route to an eighth-place score of 5,546 points.

• Western Washington will send athletes to both the Linfield Open and the Portland Twilight on Saturday.

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 MAY 1, 2023

Event	Athlete	Mark	Rank	Date
400 Meters	Kevin Angarita, UAA	47.81	T-43rd	3/23/23
800 Meters	Drew Weber, WWU	1:49.34	10th	4/13/23
	Jordan Schmidt, SFU	1:50.43	21st	3/31/23
	Jonah Bloom, WWU	1:50.75	30th	4/29/23
	Johan Correa, CWU	1:50.78	31st	4/29/23
	Charlie Dannatt, SFU	1:50.95	33rd	3/31/23
	Emmett Klus, WOU	1:51.24	39th	4/28/23
1,500 Meters	Charlie Dannatt, SFU	3:42.16	3rd	4/13/23
	Drew Weber, WWU	3:44.83	8th	4/13/23
	Hunter Hutton, WOU	3:46.67	25th	4/13/23
	Kevin McDermott, WWU	3:48.47	41st	4/29/23
	Drew Johnson	3:49.19	48th	4/29/23
5,000 Meters	Kevin McDermott, WWU	14:09.73	27th	4/13/23
	Sebatian Brinkman, SFU	14:15.45	36th	3/31/23
	George Karamitsos, WWU	14:17.33	43rd	3/30/23
	Andrew Oslin, WWU	14:22.73	51st	3/30/23
10,000 Meters	George Karamitsos, WWU	29:40.69	25th	3/17/23
	Andrew Oslin, WWU	29:41.91	27th	3/3/23
	Kevin McDermott, WWU	29:48.23	31st	3/17/23
	Jaret Gillingham, WWU	29:54.66	42nd	3/17/23
	Ryan Clough, WWU	29:55.94	44th	3/3/23
	Michael Zapherson, UAA	30:09.56	56th	4/13/23
Steeplechase	Jeret Gillingham, WWU	8:55.62	10th	3/3/23
	Carson Jessop, MSUB	9:10.36	27th	4/13/23
Pole Vault	Steven Schmidt, NNU	4.85/15-11	T-26th	4/19/23
Triple Jump	David Njeri, SPU	15.12/49-7.25	T-12th	4/8/23
Shot Put	Dayne Gordien, WOU	16.70/54-9.5	37th	3/17/23
Javelin	Jaydon Tryon, WWU	59.83/196-3	29th	4/29/23
	Bryan Cortes, SFU	59.69/195-10	30th	4/29/23
	Branden Wise, CWU	59.03/193-8	33rd	4/22/23
Decathlon	Steven Schmidt, NNU	6,910	10th	4/19/23

WOMEN'S QUALIFIERS AS OF MAY 1, 2023

Event	Athlete	Mark	Rank	Date
100 Meters	Marie-Éloïse Leclair, SFU	11.45	7th	3/31/23
	E'lexis Hollis, CWU	11.62	T-25th	4/29/23
200 Meters	Marie-Éloïse Leclair, SFU	23.42	5th	4/13/23
400 Meters	Marie-Éloïse Leclair, SFU	54.38	16th	4/13/23
800 Meters	Marian Ledesma, WWU	2:08.98	11th	4/13/23
	Megan Roxby, SFU	2:09.34	14th	3/31/23
1,500 Meters	Megan Roxby, SFU	4:24.56	14th	4/13/23
	Cassidy Walchak-Sloan, SMU	4:27.97	33rd	4/29/23
	Mia Crocker, WWU	4:31.56	51st	3/30/23
5,000 Meters	Annika Esvelt, SPU	16:52.91	33rd	4/13/23
	Caitiin Heldt, WOU	17:06.05	54th	4/28/23
10,000 Meters	Caitiin Heldt, WOU	36:20.29	50th	4/13/23
100 Hurdles	Lauryn Chandler, CWU	13.99	21st	4/14/23
400 Hurdles	McCall DeChenne, CWU	1:02.19	37th	3/31/23
Steeplechase	Ila Davis, WWU	10:21.20	7th	3/31/23
4x100 Relay	Simon Fraser	46.66	42nd	4/13/23
	Voloshin, Leclair, Cannan, Cummings			
4x400 Relay	Simon Fraser	3:47.65	30th	3/31/23
	Binder, Bosma, Cannan, Leclair			
High Jump	Miya Koch, NNU	1.68/5-6	T-19th	4/15/23
Pole Vault	Kinsey Yenor, NNU	3.98/13-0.75	16th	4/28/23
	Lizzy Daugherty, SPU	3.76/12-4	T-35th	4/28/23
	Emily Thomason, SPU	3.76/12-4	T-35th	4/22/23
Long Jump	Ujunwa Nwokoma, WOU	5.96/19-6.75	T-27th	4/13/23
Triple Jump	Kendall Lynn, MSUB	11.99/39-4	T-32nd	4/22/23
Shot Put	Destany Herbert, NNU	14.36/47-1.5	18th	4/15/23
Discus	Katie Potts, WWU	46.67/153-1	16th	4/29/23
Javelin	Kaylee Wright, WOU	44.54/146-1	11th	3/17/23
Heptathlon	Jenelle Hurley, WOU	4,720	23rd	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	—
Apr. 25	—
May 2	—

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 6 - May 2, 2023		Pts.	Prev.
Rk	School		
1.	Pittsburg State	261.62	1
2.	West Texas A&M	190.91	3
3.	Grand Valley St.	187.73	2
4.	Colorado Mines	171.18	4
5.	Adams State	155.53	5
6.	Academy of Art	135.85	13
7.	Azusa Pacific	131.79	7
8.	Angelo State	128.57	6
9.	Missouri Southern	105.13	8
10.	Texas A&M-Kingsville	99.29	9
11.	Carson-Newman	94.92	10
12.	Lenoir-Rhyne	83.45	12
13.	Minnesota State	77.74	11
14.	Cal Poly Pomona	76.37	14
15.	Nebraska-Kearney	73.74	17
16.	Central Missouri	73.49	15
17.	CSU Pueblo	72.74	19
18.	Harding	72.00	16
19.	Western Colorado	70.05	18
20.	NW Missouri St.	62.67	25
21.	Wingate	60.49	27
22.	UC-Colorado Springs	60.22	21
23.	Lubbock Christian	59.94	22
24.	Lincoln (Mo.)	55.13	20
25.	Colorado Christian	54.79	23

USTFCCCA WEST REGION TEAM INDEX

Week 6 - May 1, 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
Apr. 25	22nd
May 2	—

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 6 - May 2, 2023		Pts.	Prev.
Rk	School		
1.	Azusa Pacific	265.05	3
2.	Grand Valley St.	258.26	2
3.	West Texas A&M	254.31	1
4.	Minnesota St.	251.50	4
5.	Adams State	138.14	5
6.	Pittsburg St.	114.85	6
7.	Angelo State	108.10	7
8.	Winona State	106.38	11
9.	NW Missouri St.	97.48	8
10.	Colorado Mines	93.58	9
11.	Missouri Southern	88.46	10
12.	Academy of Art	72.34	14
13.	Fort Hays State	69.65	15
14.	Cal Poly Pomona	68.93	20
15.	Findlay	68.28	12
16.	Lincoln (Mo.)	67.56	13
17.	Central Missouri	62.43	18
18.	CSU Pueblo	61.47	16
19.	California (Pa.)	57.78	17
20.	Lenoir-Rhyne	55.65	19
21.	Western Colorado	49.73	29
22.	Wayne State (Neb.)	49.65	21
23.	Fresno Pacific	47.91	44
24.	Washburn	42.45	70
25.	Saginaw Valley St.	41.41	26

USTFCCCA WEST REGION TEAM INDEX

Week 6 - May 1, 2023		Pts.	Prev.
Rk	School		
1.	Azusa Pacific	1,113.10	1
2.	Academy of Art	520.21	2
3.	Cal Poly Pomona	489.68	4
4.	Biola	461.48	5
5.	Chico State	400.99	3
6.	Western Washington	392.98	6
7.	Fresno Pacific	380.97	8
8.	Simon Fraser	340.84	7
9.	Concordia	337.16	10
10.	Western Oregon	276.55	9



[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, 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 (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.

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.

Thurs., Apr. 20-Sat., Apr. 22

BYU Robison Invitational

at Clarence F. Robison Track, Provo, Utah

Women (Top 3 GNAC Finishers): 100 Meters (Preliminaries) - 2, Abbey Wood, NNU, 11.93.

Men (Top 3 GNAC Finishers): Triple Jump - 1, Jacob Steele, NNU, 40-8.25. Decathlon - 2, Steven Schmidt, NNU, 6,910.

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

Montana Open

at Dornblaser Field, Missoula, Mont.

Women (Top 3 GNAC Finishers): 4x400 Relay - 2, Montana State Billings (Klein, Richardson, Hamill, Severson), 4:10.09. Triple Jump - 1, Kendall Lynn, MSUB, 39-4.

Men (Top 3 GNAC Finishers): 110 Hurdles - 3, Bradley Graves, MSUB, 15.49. Discus - 3, Forrest Cross, MSUB, 151-6.

Sat., Apr. 22

CWU Wildcat Invitational

at CWU Recreation & Sport Complex, Ellensburg, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, E'lexis Hollis, CWU, 12.04; 2, Caitlyn Cheney, WWU, 12.43; 3, Anna Miller, WWU, 12.65. 200 Meters - 1, Juliette Williams, CWU, 24.72; 2, Caitlyn Cheney, WWU, 25.28; 3, Aniya Green, SPU, 25.30. 400 Meters - 1, Aniya Green, SPU, 58.21; 2, Marissa Crane, SPU, 58.30; 3, Joeli Vidad, UAA, 58.32. 800 Meters - 1, Elie Bassett, WWU, 2:16.35; 2, Emmy Kroontje, WWU, 2:16.80. 1,500 Meters - 2, Naomi Hartley, SMU, 4:58.40; 3, Sara Sabra, SMU, 4:59.68. 3,000 Meters - 1, Matise Mulch, SPU, 10:26.92; 2, Maya Ewing, SPU, 10:38.00; 3, Lauren Thompson, CWU, 11:36.22. 100 Hurdles - 1, Lauryn Chandler, CWU, 14.28; 2, Blanca De Arvizu Sarrias, UAA, 14.68; 3, Ellie DeGroot, CWU, 14.78. 400 Hurdles - 1, McCall DeChenne, CWU, 1:02.85; 2, Zoe McDevitt, CWU, 1:04.60; 3, Brooke Mansfield, WWU, 1:05.11. Steeplechase - 1, Laura Halsell, WWU, 11:35.42; 2, Alexa Neff, CWU, 13:22.43. 4x100 Relay - 1, Central Washington (Williams, DeChenne, Chandler, Hollis), 47.31;

2, Western Washington (Mansfield, Miller, Polkinghorn, Cheney), 47.78. 4x400 Relay - 1, Central Washington (DeChenne, Williams, Hopper, Harris), 3:54.55; 2, Central Washington (DeGroot, McDevitt, Huber, Sewell), 4:01.33. High Jump - 1, Mikayla Mader, UAA, 5-0.25; 2, Nicole Avery, WWU, 4-9. Pole Vault - 1, Emily Thomason, SPU, 12-4; 2, Lizzy Daugherty, SPU, 12-0; 3, Annie Tran, WWU, 11-6.25. Long Jump - 1, Matty Lagerwey, WWU, 18-4.25; 2, Alyssa Duncan, SMU, 18-2.25; 3, Erica Cabanos, CWU, 17-10.75. Triple Jump - 1, Erica Cabanos, CWU, 37-10.5; Alyssa Duncan, SMU, 36-0; 3, Margaret Zilla, SMU, 35-2. Discus - 2, Katie Potts, WWU, 145-7.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Enrique Campbell, UAA, 10.72. 200 Meters - 2, Brian Le, WWU, 21.74. 400 Meters - 1, Isaiah Archer, SPU, 48.39; 2, Lucas Brenek, WWU, 48.91. 800 Meters - 1, Isaac Cortes, SMU, 1:54.82; 2, Kainalu Pagente, SMU, 1:56.14. 1,500 Meters - 2, Garrett Hough, CWU, 4:06.31. 3,000 Meters - 1, Steiner Christensen, CWU, 8:55.47; 2, Jon Owen, SPU, 8:59.97. 110 Hurdles - 3, Aiden Wise, CWU, 14.74. 400 Hurdles - 1, Austin Albertin, CWU, 53.54; 2, Reilly Williams, CWU, 55.74; 3, Aiden Wise, CWU, 56.12. 3,000 Meters - 1, Alec Ritter, WWU, 9:52.58. 4x100 Relay - 1, Central Washington (Wise, Albertin, Thomas, Webster), 42.54; 2, Alaska Anchorage (Angarita, Hunter, Sample, Belanger), 42.63. 4x400 Relay - 1, Central Washington (Albertin, Thomas, Webster, Correa), 3:18.19; 3, Central Washington (Klein, Wise, Williams, Easley), 3:27.04. High Jump - 1, Trent Kibler, WWU, 6-4.75; 2, Manu Greenlee, WWU, 6-0.75. Pole Vault - 2, Brad Bowman, SPU, 14-10; 3, Sam Katsuda, CWU, 14-4. Long Jump - 1, Collin Sample, UAA, 22-11.75; 2, Christopher Hines, CWU, 22-11.75. Triple Jump - 1, David Njeri, SPU, 47-1; 2, Gabe Menicke, WWU, 45-0.5; 3, Isaiah Webster, CWU, 43-5. Shot Put - 3, Wyatt Franklin, CWU, 47-1. Hammer - 2, Miller Campbell, WWU, 173-7. Javelin - 2, Branden Wise, CWU, 193-8.

Fri., Apr. 27-Sat., Apr. 28

Bengal Invitational

at Reed Field, Pocatello, Idaho

Women (Top 3 GNAC Finishers): 100 Meters - 2, Abbey Wood, NNU, 11.95. 400 Meters - 3, Laine DeJong, NNU, 57.18 (57.15 in preliminaries). 10,000 Meters - 3, Aspen Tolman, MSUB, 43:18.70. 4x400 Relay - 3, Northwest Nazarene (Gomez, Knowles, Williams, DeJong), 3:55.43. Pole Vault - 2, Kinsey Yenor, NNU, 13-0.75.

Men (Top 3 GNAC Finishers): 200 Meters - 3, Hunter Braseth, NNU, 21.59 (21.38 in preliminaries). 400 Meter Preliminaries - 2, Ben Ralston, MSUB, 48.24. 4x100 Relay (Garner, Braseth, Durfee, Hunt), 41.37.

Oregon State High Performance

at Whyte Track & Field Center, Corvallis, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 3, Maya Hopwood, WOU, 12.20. Long Jump - 3, Ujunwa Nwokoma, WOU, 18-11.25.

Men (Top 3 GNAC Finishers): 5,000 Meters (Open) - 1, Kolby Spink, WOU, 15:13.31; 2, Steiner Christensen, CWU, 15:19.30. Discus - 3, Dayne Gordien, WOU, 153-8.

2023-23 GNAC Outdoor Meet Summaries

Sat., Apr. 29

Ralph Vernacchia Invitational at Civic Stadium Bellingham, Wash.

Women's Team Scores: Western Washington 131, British Columbia 110, Central Washington 80, Simon Fraser 69, Saint Martin's 48, Seattle Pacific 40, Alaska Anchorage 38, Pacific Lutheran 25, Olympic CC 16, Trinity Western 13, Everett CC 10, Northwest (Wash.) 5, Green River CC 4.

Women (Top 3 GNAC Finishers): 100 Meters - 1, E'lexis Hollis, CWU, 11.63. 200 Meters - 2, Juliette Williams, CWU, 25.03; 3, E'lexis Hollis, CWU, 25.41. 400 Meters - 2, Marian Ledesma, WWU, 57.69; 3, Claire Bosma, SFU, 57.75. 800 Meters - 1, Kate Cameron, SFU, 2:14.95; 2, Elizabeth Vanderput, SFU, 2:15.19. 1,500 Meters - 2, Cassidy Walchak-Sloan, SMU, 4:27.97. 5,000 Meters - 2, Sara Sabra, SMU, 18:02.36; 3, Meaera Shannon, WWU, 18:13.25. 100 Hurdles - 1, Lauryn Chandler, CWU, 14.11; 2, Diana Voloshin, SFU, 14.69; 3, Blanca De Arvizu Sarrias, UAA, 15.09. 400 Hurdles - 1, Grace Twiss, CWU, 1:03.83; 2, Erika Binder, SFU, 1:04.02; 3, Brooke Mansfield, WWU, 1:04.18. Steeplechase - 3, Maya Ewing, SPU, 11:38.40. 4x100 Relay - 2, Western Washington (Mansfield, Miller, Polkinghorn, Cheney), 47.55; 3, Saint Martin's (Vu, Duncan, Sills, Zilla), 49.95. 4x400 Relay - 1, Western Washington (Cheney, Ledesma, Miller, Wright), 3:56.98; 2, Seattle Pacific (Green, Brown, Smith, Crane), 3:58.68. High Jump - 1, Sydney Kania, SFU, 5-4.5; 2, Mikayla Mader, UAA, 5-4.5. Pole Vault - 2, Lizzy Daugherty, SPU, 12-4; 3, Emily Thomason, SPU, 12-0. Triple Jump - 2, Alyssa Duncan, SMU, 37-10.75; Erica Cabanos, CWU, 36-2.25. Shot Put - 2, Mara Parks, WWU, 42-10.25. Discus - 1, Katie Potts, WWU, 153-1. Javelin - 3, Madison Prugh, SFU, 128-7.

Men's Team Scores: Western Washington 214, Central Washington 90.5, British Columbia 78.5, Simon Fraser 70, Alaska Anchorage 65.5, Seattle Pacific 55.5, Pacific Lutheran 28, Saint Martin's 22, Green River CC 16, Trinity Western 16, Northwest (Wash.) 8, Edmonds CC 6, Olympic CC 5.5.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Jesaiah Penson-McCoy, SFU, 10.63; 2, Noah Johnson, WWU, 10.66. 200 Meters - 1, Enrique Campbell, UAA, 21.55; 3, Jesaiah Penson-McCoy, SFU, 21.78. 400 Meters - 1, Isaiah Archer, SPU, 48.48; 2, Kevin Angarita, UAA, 49.14; 3, Lucas Brenek, WWU, 49.27. 800 Meters - 1, Jonah Bloom, WWU, 1:50.75; 2, Johan Correa, CWU, 1:50.78; 3, Drew Weber, WWU, 1:50.81. 1,500 Meters - 1, Kevin McDermott, WWU, 3:48.47; 2, Drew Johnson, UAA, 3:49.19. 5,000 Meters - 1, Andrew Oslin, WWU, 14:32.83; 2, Michael Zapherson, UAA, 14:57.92. 10,000 Meters - 1, Aidan Jones, WWU, 33:33.12; 2, Isaac Venable, SPU, 34:09.89. 110 Hurdles - 2, Joshua Wagner, UAA, 14.93; 3, Jaden Edwards, WWU, 15.30. 400 Hurdles - 1, Maurice Woodring, WWU, 53.61; 3, Austin Albertin, CWU, 53.81. Steeplechase - 1, Jeret Gillingham, WWU, 8:57.80; 3, Kaleb Korta, WWU, 9:28.43. 4x100 Relay - 1, Simon Fraser (Furtado, Belcher, Suzuki, Penson-McCoy), 41.98; 3, Alaska Anchorage (Belanger, Hunter, Sample, Wagner), 42.47. 4x400 Relay - 1, Western Washington (Woodring, Edwards, Brenek, Weber), 3:17.67; 2, Central Washington (Albertin, Correa, Thomas, Webster), 3:18.80; 3, Seattle Pacific (Shepherd, Correa, Gordon, Archer), 3:26.40. High Jump - 1, Manu Greenlee, WWU, 6-2.25; 3, Isaiah Webster, CWU, 6-0.5. Pole Vault - 2, Kurt Montero, WWU, 14-6. Long Jump - 1, Ryan Greenwalt, WWU, 23-4.75; 2, Seren Dances, WWU, 23-3.25. Triple Jump - 1, David Njeri, SPU, 48-1.25; 2, Gabe Menicke, WWU, 44-11.75; 3, Isaiah Webster, CWU, 43-9.75. Shot Put - 3, Wyatt Franklin, CWU, 48-0. Hammer - 2, Miller Campbell, WWU, 179-7; 3, Logan Martin, CWU, 179-3. Javelin - 1, Jaydon Tryon, WWU, 196-3; 2, Bryan Cortes, SFU, 195-10.

Mon., May 1-Tues., May 2

GNAC Combined Events Championships at Bohner Track, Nampa, Idaho

Heptathlon: 1, Jenelle Hurley, WOU, 4,803. 2, Matty Lagerwey, WWU, 4,495. 3, Carlotta Duenninger, UAA, 4,281. 4, Hannah Chang, SPU, 4,253. 5, Ellie DeGroot, CWU, 4,253. 6, Maliyah Thompson, WOU, 4,233. 7, Amity Deters, WOU, 4,140. 8, Nicole Avery, WWU, 4,125. 9, Amariyah Clay, WOU, 4,063. 10, Macy Clemens, WOU, 4,054. 11, McCall DeChenne, CWU, 3,738. 12, Carley Huber, CWU, 2,627.

Individual Heptathlon Event Winners: 100-Meter Hurdles - Hannah Change, SPU, 14.53. High Jump - Jenelle Hurley, WOU, 5-3.25. Shot Put - Amariyah Clay, WOU, 34-9. 200 Meters - Maliyah Thompson, WOU, 25.24. Long Jump - Jenelle Hurley, WOU, 18-7.75. Javelin - Carlotta Duenninger, UAA, 121-9. 800 Meters - Ellie DeGroot, CWU, 2:23.88.

Decathlon: 1, Steven Schmidt, NNU, 7,047. 2, JJ Walker, WOU, 6,680. 3, Drew Klein, CWU, 6,538. 4, Brennen Sorah, WOU, 6,184. 5, Andrew Boyd, SMU, 6,170. 6, Gabe Burchfield, WOU, 6,132. 7, Ryan Kenny, WWU, 6,056. 8, Austin Seals, WWU, 5,546. 9, Shalkar Wilkins, NNU, 4,791. 10, Sam Katsuda, CWU, 4,345. 11, Braydon Maier, CWU, 4,337.

Individual Decathlon Event Winners: 100 Meters - Ryan Kenny, WWU, 11.23. Long Jump - JJ Walker, WOU, 22-11.25. Shot Put - Andrew Boyd, SMU, 42-3.25. High Jump - Steven Schmidt, NNU, 7-0.5. 400 Meters - Austin Seals, WWU, 51.31. 110-Meter Hurdles - Steven Schmidt, NNU, 15.24. Discus - Braydon Maier, CWU, 126-10. Pole Vault - Steven Schmidt, NNU, 15-7.25. Javelin - Steven Schmidt, NNU, 179-7. 1,500 Meters - Austin Seals, WWU, 4:40.55.