



May 10, 2023 • Week 17
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., May 12-Sat., May 13

GNAC Outdoor Track & Field Championships
Monmouth, Ore.
Visit GNACSports.com For Meet Schedule
Live Results: GNAC.live

LAST WEEK'S MEETS

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.

Fri., May 5

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

Women (Top 3 GNAC Finishers): None.
Men (Top 3 GNAC Finishers): 400 Meters - 3, Kevin Angarita, UAA, 49.03. 110 Hurdles - 3, Joshua Wagner, UAA, 14.77.

Sat., May 6

**Linfield Open
at Maxwell Field, McMinnville, Ore.**

Women (Top 3 GNAC Finishers): 100 Meters - 1, Maya Hopwood, WOU, 12.63. 400 Meters - 3, Bethanie Altamirano, WOU, 59.55. 100 Hurdles - 2, Blanca De Arvizu Sarrias, UAA, 15.10; 3, Ana Popchock, WOU, 15.35. Steeplechase - 3, Piper Youngmahr, WOU, 13:39.66. 4x400 Relay - 2, Western Oregon (Lambing, Altamirano, Hurley, Hart), 3:58.73. Pole Vault - 1, Lizzy Daugherty, SPU, 11-9.75. Long Jump - 1, Ujunwa Nwokoma, WOU, 19-2. Triple Jump - 1, Amariyah Clay, WOU, 39-3.25; 3, Ana Popchock, WOU, 37-5.

Men (Top 3 GNAC Finishers): 400 Meters - 2, Kevin Angarita, UAA, 49.09. 110 Hurdles - 2, Joshua Wagner, UAA, 14.73. Steeplechase - 2, Ethan Coon, CWU, 10:16.90. 4x100 Relay - 3, Western Oregon (Hendrix, Driesner, Loggins, Arce-Torres), 43.24. Pole Vault - 2, Kainoa Lee, SPU, 14-5.25. Triple Jump - 2, Deshaun Stevens, WOU, 43-7.75. Hammer - 3, Mark Warren, WOU, 161-10.

**Jennifer Swan Rogers Memorial
at Gerry & Jane Swan Track at Rotary Stadium,
Abbotsford, B.C.**

Women (Top 3 GNAC Finishers): None.
Men (Top 3 GNAC Finishers): 800 Meters - 1, Braden Ahl, SFU, 1:55.26; 2, Jose Castro, SFU, 1:55.41; 3, Kirubel Bogale, SFU, 1:56.07. High Jump - 1, Caysen McDiarmid, SFU, 5-8.75. Javelin - Bryan Cortes, SFU, 198-4.

Sat., May 6

**Tom Gage Classic
at Bobcat Track & Field Complex, Bozeman,
Mont.**

Women (Top 3 GNAC Finishers): 400 Meters - 3, Bella Klein, MSUB, 59.93. 100 Hurdles - 3, Annelise Clark, MSUB, 17.96. 400 Hurdles - 3, Annelise Clark, 1:11.20. Steeplechase - 3, Toree Manning, MSUB, 13:47.27. 4x400 Relay - 2, Montana State

Billings (Klein, Richardson, Hamill, Severson), 4:13.39. Shot Put - 3, Grace Jones, MSUB, 36-8.5.
Men (Top 3 GNAC Finishers): 110 Hurdles - 1, Bradley Graves, MSUB, 15.42. 4x100 Relay - 1, Montana State Billings (Rocha, Ralston, Okere, B. Graves), 42.73. 4x400 Relay - 2, Montana State Billings (Ralston, K. Graves, Jessop, B. Graves), 3:31.01. Triple Jump - 3, Garrett McMillen, MSUB, 39-11.25. Javelin - 2, Brandon Geck, MSUB, 166-2; 3, Ryden Klein, MSUB, 151-2.

**Portland Twilight
at Griswold Stadium, Portland, Ore.**

Women (Top 3 GNAC Finishers): 400 Hurdles - 2, McKenzie Fletcher, SPU, 1:08.50. 4x100 Relay - 1, Seattle Pacific (Green, Chang, Smith, Crane), 49.78.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Jeff Gordon, SPU, 11.30. 200 Meters - 1, Jeff Gordon, SPU, 22.72. 400 Meters - 1, Isaiah Archer, SPU, 48.97; 3, Evan Carpenter, SPU, 50.37. 400 Hurdles - 2, Jaelin McQueen, WWU, 1:01.08.

**Oxy Invitational
at Jack Kemp Stadium, Los Angeles, Calif.**

Women (Top 3 GNAC Finishers): 100 Hurdles - 3, Diana Voloshin, SFU, 14.72. 400 Hurdles - 3, Erika Binder, SFU, 1:02.54. 4x100 Relay - 1, Simon Fraser (Voloshin, Leclair, Cannan, Cummings), 46.56

Men (Top 3 GNAC Finishers): 800 Meters - 3, Jordan Schmidt, SFU, 1:51.65.

**On Track Festival
at Hilmer Lodge Stadium, Walnut, Calif.**

Women (Top 3 GNAC Finishers): None.
Men (Top 3 GNAC Finishers): 1,500 Meters (Section 3): 2, Charlie Dannatt, SFU, 3:41.38.

GNAC Athletes of the Week



MEN'S TRACK
Charlie Dannatt, Simon Fraser
 Junior • North Vancouver, B.C.

Dannatt moved to No. 3 on the GNAC all-time list with his second-place finish of his section of the 1,500 meters at the On Track Classic in Walnut, California on Saturday. His time of 3:41.36 was a season best and ranks No. 2 in Division II this season.

Also Nominated: Garrett Hough (Central Washington), Bradley Graves (Montana State Billings), Kevin McDermott (Western Washington).



MEN'S FIELD
Bryan Cortes, Simon Fraser
 Junior • Port Coquitlam, B.C.

Despite being the only competitor in the open javelin at the Jennifer Rogers Swan Memorial Meet in Abbotsford, British Columbia on Saturday, Cortes threw the best mark in the conference entering the GNAC Championships. His career-best mark of 198 feet, 5 inches improved his NCAA Championships provisional qualifying mark and ranks No. 29 in Division II this season.

Also Nominated: Brandon Geck (Montana State Billings).



WOMEN'S TRACK
Marie-Éloïse Leclair, Simon Fraser
 Sophomore • Candiac, Que.

Leclair performed well at the Oxy Invitational on Saturday in Los Angeles. She placed fourth in the 100 meters with a time of 11.57 seconds and fifth in the 200 meters in 23.54 seconds, both just off of her GNAC record season bests. Leclair also ran a leg on the Red Leafs' 4x100-meter relay that won a time of 46.56 seconds that ranks 10th on the GNAC

all-time list and 44th in Division II this season.

Also Nominated: Alexa Neff (Central Washington), Bella Klein (Montana State Billings), Marian Ledesma (Western Washington).



WOMEN'S FIELD
Amariyah Clay, Western Oregon
 Beaverton, Ore. • Beaverton

Leclair performed well at the Oxy Invitational on Saturday in Los Angeles. She placed fourth in the 100 meters with a time of 11.57 seconds and fifth in the 200 meters in 23.54 seconds, both just off of her GNAC record season bests. Leclair also ran a leg on the Red Leafs' 4x100-meter relay that won a time of 46.56 seconds that ranks 10th on the GNAC

all-time list and 44th in Division II this season.

Also Nominated: Alexa Neff (Central Washington), Bella Klein (Montana State Billings), Marian Ledesma (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
May 1-7	Charlie Dannatt, SFU	Bryan Cortes, SFU	Marie-Éloïse Leclair, SFU	Amariyah Clay, WOU

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

GNAC Outdoor Championships Preview

MONMOUTH, Ore. – As the GNAC Outdoor Track and Field Championships return to Western Oregon University's McArthur Field, the Wolves are in position to do something special for the home crowd.

The Wolves are the defending women's champions and swept both the men's and women's championships at February's GNAC Indoor Championships. The win on the men's side ended a four-year streak where Western Washington had swept the indoor and outdoor titles. Both teams are title contenders this week.

Western Oregon was 25 points clear of second-place Western Washington in the women's team competition last year. The Wolves return three individual champions, all in the field events. In all, title defenses will be mounted in 11 women's events and six men's events.

With sunny conditions and temperatures expected to soar into the 90s, the conditions for a fast and exciting meet are in place.



MEN

Western Washington has the depth to make four in a row outdoors. That depth is particularly present in the distances where WWU owns the GNAC's top-five times in the 10,000 meters and five of the top six in the 5,000 meters. Sophomore **Kevin McDermott** leads the conference in the 5,000 (14:09.26) and sophomore **George Karamitsos** leads the way in the 10,000 (29:40.69).

Sophomore **Drew Weber** has the GNAC's leading time in the 800 meters (1:49.34) and is second in the 1,500 meters (3:44.83) while sophomore **Jeret Gillingham** leads the way in the steeplechase (8:55.62). All four athletes own NCAA Championships provisional qualifying times.

Senior **Drew Johnson** leads the conference in the 100 meters (10.58) after placing second last year. In the field events, junior **Ryan Greenwalt** has the GNAC's top mark in the long jump (23-4.75) and sophomore **Miller Campbell** leads the way in the hammer (181-1).

To win its first outdoor title since 2011, Western Oregon will lean on the distances and throws. Senior **Dayne Gordien** leads the GNAC in the shot put (54-9.5) after winning the event at the GNAC Indoor Championships. He also leads the conference in the discus (163-5). Sophomore **Mark Warren** ranks fourth in the hammer (176-3) after placing third in the event last year.

Senior **JJ Walker** provided eight points with his second-place finish in last week's decathlon (6,680 points) and ranks fourth in GNAC in the pole vault (14-11.5). Junior **Marlon Harrison** is ranked third in the triple jump (46-0.75).

Junior **Hunter Hutton** ranks third in the conference in the 1,500 meters (3:46.67) and is among five GNAC athletes in the event with an NCAA provisional qualifying mark. Junior **Justin Conklin** will contend for the 110-meter hurdles title, ranking third in the conference (14.79).

Northwest Nazarene is in the title conversation thanks in great part to **Steven Schmidt**. The sophomore defended his decathlon title last week (7,046 points), becoming just the sixth 7,000-plus point decathlete in GNAC history. During the event, Schmidt cleared 7 feet, 0.5 inches in the high jump, tying him for the second-best mark on the GNAC all-time list and seventh in Division II this season.

Schmidt also owns the top mark in the conference in the pole vault (15-11) and ranks sixth in the 110-meter hurdles (15.09) and the javelin (179-7).

The Nighthawks have the top three marks in the high jump with sophomore **Gerohm Rihari** ranked second (6-7.5) and freshman **Jonah Groce** ranked third (6-5). Sophomore **William Koenig** ranks third in the pole vault (15-0.25) after placing second last year. Senior **Dylan Hendry** ranks third in the shot put (48-9). In the sprints, sophomore **Hunter Braseth** is second in the 200 meters (21.39) and fifth in the 100 meters (10.69).

Simon Fraser is led by junior **Charlie Dannatt**. The defending champion in the 1,500 meters, his season-best time of 3:41.38 is second in Division II this

season. He is also provisionally qualified for the NCAA Championships in the 800 meters (1:50.95). Sophomore **Sebastian Brinkman** owns the No. 2 time in the GNAC in the 5,000 meters (14:15.45) and sophomore **Jordan Schmidt** is second in the 800 meters (1:50.43).

In the sprints, sophomore **Jesaiah Penson-McCoy** leads the 200 meters (21.43) and is third in the 100 meters (10.63). Senior **Bryan Cortes** leads the GNAC in the javelin (198-5), reaching the mark alone at a meet in Canada last weekend.

Central Washington is led by senior **Austin Albertin**, who owns the GNAC's top time in the 400-meter hurdles (53.54). Senior **Braydon Maier** ranks second in the pole vault (15-5.5) and is looking for his fourth title in five years. In the jumps, freshman **Isaiah Webster** is second in the triple jump (46-0.75) and junior **Christopher Hines** is

third in the long jump (22-11.75).

Freshman **Logan Martin** ranks second in the hammer (179-3) while sophomore **Wyatt Franklin** is third in the discus (149-9) and junior **Branden Wise** is third in the javelin (193-8). Sophomore **Drew Klein** carries six points into the meet with his third-place finish in the decathlon (6,538).

Junior **Joshua Wagner** leads Alaska Anchorage as the defending champion in the 110-meter hurdles. He leads the conference this season with a time of 14.73 seconds. Junior **Kevin Angarita** has the top time and an NCAA Championships provisional qualifying mark in the 400 meters (47.81). Sophomore **Enrique Campbell** is ranked third in the 200 meters (21.55).

Senior **David Njeri** is the defending champ in the triple jump for Seattle Pacific. His top mark of 49 feet, 7.25 seconds leads the conference by three feet. Sophomore **Isaiah Archer** ranks third in the GNAC in 400 meters (48.24) and junior **Brad Bowman** ranks sixth in the pole vault (14-11).

Montana State Billings senior **Forrest Cross** is the defending champion in the discus. He ranks second in the GNAC this season in that event (156-5) and the shot put (51-6.5). Senior **Carson Jessop** owns an NCAA provisional time in the steeplechase (9:10.36), ranking second in the GNAC. Senior **Ase Ackerman** is ranked third (9:14.37).

Junior **Andrew Boyd** ranks fourth in the 110-meter hurdles (15.01) to lead Saint Martin's. Sophomore **Kainalu Pagente** ranks sixth in the steeplechase (9:28.51).

WOMEN

Western Oregon enters the GNAC Championships as the defending champion and doubled down on that trophy by winning the indoor title in February.

Senior **Jenelle Hurley** brings 10 points into the meet with her title in the heptathlon last week (4,803). The defending champion in the long jump, she has the second-best mark in the conference this season (18-10) behind teammate **Ujunwa Nwokoma**, who has an NCAA provisional qualifying mark of 19 feet, 6.75 inches. Hurley also ranks second in the GNAC in the high jump (5-5.75), eighth in the 400-meter hurdles (1:05.22) and 10th in the 100-meter hurdles (14.94).

Senior **Ana Popchock** is the defending champion in the triple jump and ranks eighth this season (37-5) after winning the indoor title in February. Freshman **Amariyah Clay** ranks second in the event (39-3.25). Senior **Kaylee Wright** will defend her championship in the javelin with a GNAC-best mark of 146 feet, 1 inch.

In the distances, senior **Caitlin Heldt** leads the conference in the 10,000 meters (36:20.29) and is second in the 5,000 meters (17:06.05). She placed third last year in both events.

CONTINUED NEXT PAGE

GNAC Outdoor Championships Preview

Western Washington has three defending champions and stands to make a run at the team title. Sophomore **Ila Davis** won both the steeplechase and the 5,000 meters last year. She owns an NCAA provisional qualifying mark to lead the steeplechase (10:21.10) and ranks third in the 5,000 (17:08.91).

Sophomore **Raine Westfall** will defend her title in the hammer with the top mark in the conference this season (165-8). Sophomore **Katie Potts** leads the GNAC in the discus (153-1) after placing second last year. Junior **Matty Lagerwey** added eight points to the WWU total with her second-place finish in the heptathlon (4,495). She also ranks third in the long jump (18-4.25).

The Vikings own three of the top four times in the 800 meters, led by junior **Marian Ledesma's** NCAA provisional qualifying time of 2:08.98. Freshman **Meaera Shannon** ranks second in the 10,000 meters (36:56.79).

Simon Fraser is led by the most dynamic athlete in the conference in sophomore **Marie-Éloïse Leclair**. The defending champion in the 100 and 200 meters, Leclair set meet records in both events last year. She has broken her own GNAC records again this year with times of 11.45 seconds in the 100 and 23.42 in the 200, both of which rank in the top 10 in Division II. Leclair also has the conference's top time in the 400 meters by three seconds (54.38).

Junior **Diana Voloshin** is the defending champion in the 100-meter hurdles and is No. 2 in the GNAC this season (14.33). Sophomore **Erika Binder** ranks second in the 400-meter hurdles (1:02.54). Junior **Megan Roxby** leads the GNAC in the 1,500 (4:24.56) and ranks second in the 800 meters (2:09.34), both in NCAA provisional qualifying times.

In the field events, sophomore **Zuzanna Liniewski** is second in the hammer (163-9) after placing second in the event last year while junior **Sydney Kania** is tied for third in the high jump (5-4.5).

Senior **Lauryn Chandler** leads Central Washington. The indoor 60-meter hurdles champion, she leads the conference with a time of 13.99 seconds in the 100-meter hurdles. Senior **McCall DeChenne** is the defending champion in the 400-meter hurdles and leads the GNAC with a time of 1:02.19. Junior **E'lexis Hollis** owns the second-fastest time in GNAC history in the 100 meters, a time of 11.63 seconds that trails only Leclair.

Senior **Juliette Williams** ranks third in the 200 meters (24.72). In the jumps, junior **Erica Cabanos** ranks sixth in both the long jump (17-10.75) and the triple jump (37-10.5). She placed third in the triple jump last year.

Northwest Nazarene senior **Abbey Wood** will contend to score in both sprints after having set Nighthawks records in the 100 meters (11.93) and the 200 meters (24.42) this season. She ranks second in the 200 and third in the 100. Junior **Laine DeJong** ranks second in the 400 meters (57.15).

Sophomore **Kinsey Yenor** is the defending champion in the pole vault. Her leading mark of 13 feet, 0.75 inches ranks No. 3 on the GNAC all-time list. Sophomore **Miya Koch** has the leading mark in the high jump (5-6) while junior **Destany Herbert** leads the shot put (47-1.5).

Seattle Pacific sophomore **Annika Esvelt** will contend for the 5,000-meter title with the top time in the conference (16:52.91). In the sprints, freshman **Marrissa Crane** ranks fifth in the 400 meters (57.81) while sophomore **Aniya Green** is sixth in the 400 meters (57.99).

Freshman **Hannah Chang** provided five points with her fourth-place finish in the heptathlon (4,523). She also ranks third in the 100-meter hurdles (14.50). Juniors **Lizzy Daugherty** and **Emily Thomason** are tied for second in the pole vault with NCAA provisional qualifying marks of 12 feet, 4 inches.

Montana State Billings junior **Kendall Lynn** leads the conference in the triple jump (39-4) and ranks fourth in the long jump (18-3). Sophomore **Ryann Moline** is second in the javelin (136-6) and third in the discus (134-5). Senior **Kailee Stoppel** is also a scoring threat, ranking third in the steeplechase (11:28.96).

Sophomore **Cassidy Walchak-Sloan** of Saint Martin's has an NCAA provisional time in the 1,500 meters and ranks second in the GNAC (4:27.97). She also ranks fifth in the 800 meters (2:13.88) while sophomore **Sara Sabra** ranks third in the 10,000 meters (37:27.60).

Senior **Alfin Nyamasyo** leads Alaska Anchorage, ranking fourth in the steeplechase (11:24.05). Sophomore **Carlotta Duenninger** placed third in the heptathlon (4,281) and ranks sixth in the javelin (123-11). Junior **Mikayla Mader** is tied for third in the high jump (5-4.5).

GNAC Outdoor Championships Schedule

FRI., MAY 12

Field Events (Finals)

1:15 p.m.	Men's Hammer
1:30 p.m.	Women's Long Jump
2 p.m.	Women's Shot Put
3 p.m.	Men's Pole Vault
4 p.m.	Women's High Jump
4:30 p.m.	Women's Hammer
5 p.m.	Men's Long Jump
5:05 p.m.	Men's Shot Put

Running Events (Preliminaries Unless Noted)

2 p.m.	National Anthems
2:15 p.m.	Men's Steeplechase (Final)
2:35 p.m.	Women's Steeplechase (Final)
2:55 p.m.	Men's 110-Meter Hurdles
3:10 p.m.	Women's 100-Meter Hurdles
3:25 p.m.	Men's 400 Meters
3:35 p.m.	Women's 400 Meters
3:50 p.m.	Men's 100 Meters
4 p.m.	Women's 100 Meters
4:15 p.m.	Men's 800 Meters
4:25 p.m.	Women's 800 Meters
4:45 p.m.	Men's 400-Meter Hurdles

5 p.m.	Women's 400-Meter Hurdles
5:15 p.m.	Men's 200 Meters
5:25 p.m.	Women's 200 Meters
5:45 p.m.	Men's 10,000 Meters (Final)
6:30 p.m.	Women's 10,000 Meters (Final)

NOTE: Meet schedule is subject to change.

SAT., MAY 13

Field Events (Finals)

11:30 a.m.	Men's Javelin
11:55 a.m.	Men's Triple Jump
Noon	Women's Discus
2 p.m.	Women's Javelin
2:45 p.m.	Women's Pole Vault
3 p.m.	Men's Discus
3:10 p.m.	Men's High Jump
3:15 p.m.	Women's Triple Jump

Running Events (Finals)

1:30 p.m.	National Anthems
1:40 p.m.	Men's 4x100-Meter Relay
1:50 p.m.	Women's 4x100-Meter Relay
2 p.m.	Men's 1,500 Meters
2:15 p.m.	Women's 1,500 Meters

2:25 p.m.	Men's 110-Meter Hurdles
2:35 p.m.	Women's 100-Meter Hurdles
2:45 p.m.	Men's 400 Meters
2:55 p.m.	Women's 400 Meters
3:05 p.m.	Men's 100 Meters
3:10 p.m.	Women's 100 Meters
3:15 p.m.	Men's 800 Meters
3:20 p.m.	Women's 800 Meters
3:30 p.m.	Men's 400-Meter Hurdles
3:40 p.m.	Women's 400-Meters Hurdles
3:50 p.m.	Men's 200 Meters
3:55 p.m.	Women's 200 Meters
4:05 p.m.	Men's 5,000 Meters
4:25 p.m.	Women's 5,000 Meters
4:55 p.m.	Men's 4x400-Meter Relay
5 p.m.	Women's 4x400-Meter Relay
5:15 p.m.	Awards Ceremony

Around The GNAC

ALASKA ANCHORAGE



- An NCAA Championships provisional qualifying time for senior **Drew Johnson** led a limited Alaska Anchorage roster at the Oregon Twilight on Friday and the Linfield Open on Saturday.

- At the Oregon Twilight, Johnson ran 3:47.66 in the men's 1,500 meters, placing sixth and running the No. 2 time in UAA history. The time ranks fourth in the GNAC and No. 37

in Division II this season.

- Also in Eugene, junior **Kevin Angarita** picked up a third-place finish in the men's 400 meters in 49.03 seconds while junior **Joshua Wagner** was third in the men's 110-meter hurdles in 14.77 seconds. Junior **Joel Vidad** rounded out the Hayward performances, finishing sixth in the women's 400 meters in 58.79 seconds.

- At the Linfield Open, Wagner added a second-place finish in the men's 110-meter hurdles in 14.73 seconds. In the women's 100-meter hurdles, sophomore **Blanca De Arvizu Sarrias** was second in a time of 15.10 seconds.

- Angarita was also second in the men's 400 meters at Linfield, clocking a time of 49.09 seconds.

- Vidad picked up a fourth-place finish in the women's 200 meters in 26.06 seconds. Junior **Kaitlyn Backman** was fourth in the women's 400 meters in 59.66 seconds and sophomore **Leonie Flad** was fourth in the women's 400-meter hurdles in 1:06.35.

- Alaska Anchorage placed fifth in both the men's and women's team races at the 2022 Outdoor Championships. The women scored 88 points while the men finished with 73 points, tying with Central Washington.

CENTRAL WASHINGTON



- Central Washington closed the regular season by sending a small roster of athletes to the Linfield Open and the Portland Twilight on Saturday.

- At the Linfield Open, freshman **Ethan Coon** placed second in the men's steeplechase with a time of 10:16.90. Junior **Garrett Hough** placed fifth in the men's 800 meters in 1:58.01.

- Junior **Alexa Neff** led the women at the Linfield Open, placing fourth in the 800 meters in 2:29.63. Sophomore **Lauren Thompson** added a seventh-place finish in the women's 5,000 meters in 20:22.11.

- At the Portland Twilight, sophomore **Madison Thompson** led the Wildcats with a 17th-place finish in the women's 800 meters in a time of 2:18.77.

- Central Washington tied for fifth in the men's team competition while the women placed sixth at the 2022 GNAC Outdoor Championships. The men tied with Alaska Anchorage with 73 points. The women finished with a score of 83 points.

MONTANA STATE BILLINGS



- Montana State Billings picked up two men's victories as the regular season concluded at the Tom Gage Classic on Saturday in Bozeman, Montana.

- Sophomore **Bradley Graves** took the men's 110-meter hurdles in a time of 15.42 seconds. Graves then partnered with **Jon Rocha**, **Kevin Graves** and **Favor Okere** to win the 4x100-meter relay in a time of 42.73 seconds.

- Both Graves brothers also partnered with **Benjamin Ralston** and senior **Carson Jessop** to place second in the men's 4x400-meter relay in a time of 3:31.01.

- The 4x400-meter relay of **Bella Klein**, **Mya Richardson**, **Katelyn Hamill** and **Madeline Severson** led the women's efforts, placing second in 4:13.39.

- Klein added a third-place finish in the women's 400 meters in 59.93 seconds. Sophomore **Annalise Clark** picked up third-place finishes in both women's hurdles events, clocking 17.96 seconds in the 100-meter hurdles and 1:11.20 in the 400-meter hurdles. Freshman **Toree Manning** placed third in the women's steeplechase in a time of 13:47.27.

- Junior **Grace Jones** was the Yellowjackets' top field-event placer, finishing third in the women's shot put with a mark of 36 feet, 5,25 inches.

- Montana State Billings tied seventh in the men's team competition with Saint Martin's at the 2022 GNAC Outdoor Championships with 44 points. The women placed ninth with 22 points.

NORTHWEST NAZARENE



- Northwest Nazarene has not competed as a full team since the Bengal Invitational on April 28 and 29.

- In the meet, sophomore **Kinsey Yenor** placed second as the only non-Division I competitor in the field in the women's pole vault with an NNU record mark of 13 feet, 0.75 inches. That broke her previous 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 women's 4x100-meter relay team of **Katie Baniaga**, **Kayla Baniaga**, **Abbey Wood** and **Kalli Brencse** 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 NNU record in the women's 200 meters, placing fourth in the preliminaries with a time of 24.42 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 was runner-up in the men's team competition at the 2022 GNAC Outdoor Championships with 129.5 points. The women placed seventh with 75 points.

Around The GNAC

SAINT MARTIN'S



• Saint Martin's has not competed as a full team since the Ralph Vernacchia Invitational in Bellingham, Washington on April 29.

• Sophomore **Cassidy 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 40th in Division II this season.

• Sophomore **Kainalu 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.

• The Saint Martin's men tied for seventh with Montana State Billings at the 2022 GNAC Outdoor Championships with 44 points. The women placed eighth with 25 points.

SEATTLE PACIFIC



• Junior **Lizzy Daugherty** and sophomore **Isaiah Archer** picked up their fifth victories of the season to lead Seattle Pacific's performances at the Linfield Open and Portland Twilight.

• Daugherty cleared 11 feet, 9 inches in the women's pole vault at Linfield. She tied with Allison Otto-Fitzsimons in the event and was awarded first based on fewer misses.

• Archer picked up his win at the Portland Twilight, winning the 400 meters in a time of 48.97 seconds. He has won five straight 400-meter races entering the GNAC Outdoor Championships.

• Junior **Jeff Gordon** picked up his first win of the season at the Portland Twilight, winning the men's 200 meters in a time of 22.72 seconds. Gordon also finished second in the 100 meters in 11.30 seconds.

• In the men's pole vault at the Portland Twilight, junior **Kainoa Lee** placed second with a clearance of 14 feet, 5.25 inches and junior **Brad Bowman** tied for third with a clearance of 13 feet, 1.25 inches.

• Sophomore **McKenzie Fletcher** added a second-place finish in the women's 400-meter hurdles at the Linfield Open, clocking a time of 1:08.50.

• At the 2022 GNAC Outdoor Championships, the SPU women placed fourth with a score of 109 points. The men placed ninth with a score of 29.5 points.

SIMON FRASER



• Simon Fraser athletes improved three NCAA Championships provisional qualifying marks at the Oxy Invitational and On Track Festival on Saturday in Los Angeles and the Jennifer Swan Rogers Memorial in Abbotsford, B.C.

• Junior **Charlie Dannatt** moved to No. 2 in Division II this season and No. 3 on the GNAC all-time list in the men's 1,500 meters at the On Track Festival, placing second in a time of 3:41.38. The performances earned Dannatt selection as the GNAC Men's Track Athlete of the Week.

• The women's 4x100-meter relay team of **Diana Voloshin, Marie-Éloïse Leclair, Emma Cannan** and **Jaeland Cummings** won at the Oxy Invitational with a time of 46.56 seconds that ranks 44th in Division II this season.

• Also at the Oxy Invitational, Leclair placed fourth in the 100 meters in a time of 11.57 seconds and fifth in the 200 meters in a time of 23.54 seconds. The performances earned Leclair selection as the GNAC Women's Track Athlete of the Week.

• Sophomore **Bryan Cortes** was named the GNAC Men's Field Athlete of the Week after he took the conference lead in the javelin at the Jennifer Swan Rogers meet. The only competitor in the event, his mark of 198 feet, 5 inches ranks 29th in Division II this season.

• In the men's 800 meters at the Oxy Invitational, sophomore **Jordan Schmidt** placed third with a time of 1:51.65. The women's 400-meter hurdles saw sophomore **Erika Binder** place third in 1:02.54.

• Simon Fraser finished third in men's team competition at the 2022 GNAC Outdoor Championships with 129 points, The SFU women placed fourth with a score of 92 points.

WESTERN OREGON



• A pair of victories in the women's horizontal jumps led Western Oregon efforts at the Oregon Twilight, Linfield Open and Portland Twilight.

• Freshman **Amariyah Clay** was named the GNAC Women's Field Athlete of the Week after she won the triple jump at the Linfield Open. Her mark of 39 feet, 3.25 inches ranks No. 2 in WOU history. It is also an NCAA Championships provisional qualifying mark and ranks 40th in Division II this season.

• Junior **Ujunwa Nwokoma** was a winner in the women's long jump at Linfield by nearly seven inches, finishing with a leap of 19 feet, 2 inches.

• At the Oregon Twilight, junior **Justin Conklin** led the men with a sixth-place finish in the 110-meter hurdles in 15.07 seconds. Senior **Maya Hopwood** paced the women with a fifth-place finish in the 100 meters in 12.56 seconds. Sophomore **Madeline Lambing** was fifth in the 400-meter hurdles in 1:05.90.

• At the Portland Twilight, senior **Bailey Smith** led the way by placing seventh in the men's steeplechase in 9:29.89. Sophomore **Emmett Klus** placed ninth in the 800 meters in 1:51.82.

• At the Linfield Open, Hopwood won the women's 100 meters in 12.63 seconds. Freshman **Piper Youngmahr** was third in the women's steeplechase with a time of 13:39.66 while senior **Bethanie Altamirano** placed third in the women's 400 meters in 59.55 seconds.

• The men saw junior **Deshawn Stevens** placed second at Linfield in the men's triple jump with a mark of 43 feet, 7.75 inches. Sophomore **Amari Hendrix** placed third in the men's 400 in 49.55 seconds. Sophomore **Mark Warren** was third in the men's hammer with a mark of 161 feet, 10 inches.

• Western Oregon is the defending women's champion, scoring 155 points at the 2022 GNAC Outdoor Championships. The men placed third with 94 points.

Around The GNAC

WESTERN WASHINGTON



- Two Western Washington athletes improved NCAA Championships provisional qualifying marks at the Linfield Open and Portland Twilight on Saturday.
- Sophomore **Kevin McDermott** placed fourth in the men's 1,500 meters at the Portland Twilight. His personal best time of 3:48.17 is No. 7 on the WWU all-time list and improves him to 42nd in Division II this season.
- Sophomore **Jonah Bloom** had a personal-best time in the men's 800 at the Portland Twilight, placing sixth in 1:50.69. That improved Bloom to 31st in Division II this season. Sophomore **Drew Weber** placed just ahead of Bloom in fifth at 1:50.68.
- Junior **Marian Ledesma** led the WWU women's performers at the Portland Twilight, placing ninth in the 800 meters in 2:11.82. It was the top time for a non-Division I or open competitor.
- At the Linfield Open, freshman **Jaden Johnson** led the way with a fifth-place finish in the men's 200 meters in a time of 22.71 seconds.
- 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.
- Western Washington is the defending men's champion, winning the 2022 GNAC Outdoor Championships with 240 points. The Vikings have won the last three team titles. The WWU women placed second with 130 points.

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 7, 2023

Event	Athlete	Mark	Rank	Date
400 Meters	Kevin Angarita, UAA	47.81	T-54th	3/23/23
800 Meters	Drew Weber, WWU	1:49.34	10th	4/13/23
	Jordan Schmidt, SFU	1:50.43	26th	3/31/23
	Jonah Bloom, WWU	1:50.69	31st	5/6/23
	Johan Correa, CWU	1:50.78	34th	4/29/23
	Charlie Dannatt, SFU	1:50.95	37th	3/31/23
	Emmett Klus, WOU	1:51.24	42nd	4/28/23
1,500 Meters	Charlie Dannatt, SFU	3:41.38	2nd	5/6/23
	Drew Weber, WWU	3:44.83	12th	4/13/23
	Hunter Hutton, WOU	3:46.67	29th	4/13/23
	Drew Johnson, UAA	3:47.66	37th	5/5/23
	Kevin McDermott, WWU	3:48.17	42nd	5/6/23
5,000 Meters	Kevin McDermott, WWU	14:09.73	29th	4/13/23
	Sebatian Brinkman, SFU	14:15.45	40th	3/31/23
	George Karamitsos, WWU	14:17.33	47th	3/30/23
	Andrew Oslin, WWU	14:22.73	55th	3/30/23
10,000 Meters	George Karamitsos, WWU	29:40.69	26th	3/17/23
	Andrew Oslin, WWU	29:41.91	28th	3/3/23
	Kevin McDermott, WWU	29:48.23	32nd	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	61st	4/13/23
Steeplechase	Jeret Gillingham, WWU	8:55.62	11th	3/3/23
	Carson Jessop, MSUB	9:10.36	30th	4/13/23
High Jump	Steven Schmidt, NNU	2.15/7-0.5	T-7th	5/1/23
Pole Vault	Steven Schmidt, NNU	4.85/15-11	T-32nd	4/19/23
Triple Jump	David Njeri, SPU	15.12/49-7.25	T-15th	4/8/23
Shot Put	Dayne Gordien, WOU	16.70/54-9.5	38th	3/17/23
Javelin	Bryan Cortes, SFU	60.47/198-5	29th	5/5/23
	Jaydon Tryon, WWU	59.83/196-3	34th	4/29/23
	Branden Wise, CWU	59.03/193-8	38th	4/22/23
Decathlon	Steven Schmidt, NNU	7,047	10th	5/1/23
	JJ Walker, WOU	6,680	19th	5/1/23
	Drew Klein, CWU	6,538	24th	5/1/23

WOMEN'S QUALIFIERS AS OF MAY 7, 2023

Event	Athlete	Mark	Rank	Date
100 Meters	Marie-Éloïse Leclair, SFU	11.45	10th	3/31/23
	E'lexis Hollis, CWU	11.62	T-31st	4/29/23
200 Meters	Marie-Éloïse Leclair, SFU	23.42	6th	4/13/23
400 Meters	Marie-Éloïse Leclair, SFU	54.38	19th	4/13/23
800 Meters	Marian Ledesma, WWU	2:08.98	13th	4/13/23
	Megan Roxby, SFU	2:09.34	15th	3/31/23
1,500 Meters	Megan Roxby, SFU	4:24.56	17th	4/13/23
	Cassidy Walchak-Sloan, SMU	4:27.97	40th	4/29/23
	Mia Crocker, WWU	4:31.56	57th	3/30/23
5,000 Meters	Annika Esvelt, SPU	16:52.91	38th	4/13/23
	Caitlin Heldt, WOU	17:06.05	61st	4/28/23
10,000 Meters	Caitlin Heldt, WOU	36:20.29	51st	4/13/23
100 Hurdles	Lauryn Chandler, CWU	13.99	T-22nd	4/14/23
400 Hurdles	McCall DeChenne, CWU	1:02.19	46th	3/31/23
Steeplechase	Ila Davis, WWU	10:21.20	7th	3/31/23
4x100 Relay	Simon Fraser	46.56	44th	5/6/23
	Voloshin, Leclair, Cannan, Cummings			
4x400 Relay	Simon Fraser	3:47.65	40th	3/31/23
	Binder, Bosma, Cannan, Leclair			
High Jump	Miya Koch, NNU	1.68/5-6	T-23rd	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-39th	4/28/23
	Emily Thomason, SPU	3.76/12-4	T-39th	4/22/23
Long Jump	Ujunwa Nwokoma, WOU	5.96/19-6.75	T-30th	4/13/23
Triple Jump	Kendall Lynn, MSUB	11.99/39-4	T-37th	4/22/23
	Amariyah Clay, WOU	11.97/39-3.25	40th	5/6/23
Shot Put	Destany Herbert, NNU	14.36/47-1.5	19th	4/15/23
Discus	Katie Potts, WWU	46.67/153-1	20th	4/29/23
Javelin	Kaylee Wright, WOU	44.54/146-1	14th	3/17/23
Heptathlon	Jenelle Hurley, WOU	4,803	21st	5/1/23

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	—
May 9	—

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 7 - May 9, 2023			
Rk	School	Pts.	Prev.
1.	Pittsburg State	259.30	1
2.	West Texas A&M	214.85	3
3.	Adams State	164.65	5
4.	Grand Valley St.	160.35	3
5.	Colorado Mines	150.65	4
6.	Angelo State	137.69	8
7.	Texas A&M-Kingsville	124.42	10
8.	Academy of Art	121.51	6
9.	Azusa Pacific	103.56	7
10.	Harding	98.20	18
11.	Carson-Newman	97.51	11
12.	Missouri Southern	96.34	9
13.	Central Missouri	93.80	16
14.	Minnesota State	75.17	13
15.	Lincoln (Mo.)	71.97	24
16.	CSU Pueblo	66.27	17
17.	Nebraska-Kearney	66.15	15
18.	UC-Colorado Springs	65.38	22
19.	Lenoir-Rhyne	65.36	12
20.	NW Missouri St.	62.72	20
21.	Colorado Christian	62.18	25
22.	Lubbock Christian	61.25	23
23.	Cal Poly Pomona	60.34	14
24.	Western Colorado	56.44	19
25.	Wingate	54.16	21

USTFCCCA WEST REGION TEAM INDEX

Week 7 - May 8, 2023			
Rk	School	Pts.	Prev.
1.	Cal Poly Pomona	1,019.06	2
2.	Azusa Pacific	897.33	1
3.	Academy of Art	623.26	3
4.	Western Washington	616.95	4
5.	Fresno Pacific	560.38	5
6.	Chico State	489.52	6
7.	Cal State LA	294.84	8
8.	Western Oregon	273.47	9
9.	Central Washington	266.44	7
10.	Northwest Nazarene	235.17	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	—
May 9	—

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 7 - May 9, 2023			
Rk	School	Pts.	Prev.
1.	West Texas A&M	269.09	3
2.	Grand Valley St.	258.70	2
3.	Azusa Pacific	243.60	1
4.	Minnesota State	230.36	4
5.	Adams State	185.37	5
6.	Pittsburg State	121.15	6
7.	Lincoln (Mo.)	116.48	16
8.	Angelo State	101.75	7
9.	Winona State	98.83	8
10.	NW Missouri St.	96.37	9
11.	Missouri Southern	86.15	11
12.	Fort Hays State	83.78	13
13.	Colorado Mines	79.47	10
14.	Central Missouri	72.51	17
15.	Findlay	66.79	15
16.	Cal Poly Pomona	64.44	14
17.	Academy of Art	63.82	12
18.	Saginaw Valley St.	62.51	25
19.	CSU Pueblo	61.79	18
20.	California (Pa.)	54.21	19
21.	Wayne State (Neb.)	48.39	22
22.	Lenoir-Rhyne	45.76	20
23.	Hillsdale	43.99	28
24.	Fresno Pacific	40.39	23
25.	Western Colorado	39.81	21

USTFCCCA WEST REGION TEAM INDEX

Week 7 - May 8, 2023			
Rk	School	Pts.	Prev.
1.	Azusa Pacific	1,083.55	1
2.	Cal Poly Pomona	522.33	3
3.	Academy of Art	508.60	2
4.	Chico State	435.04	5
5.	Biola	412.96	4
6.	Western Washington	396.91	6
7.	Fresno Pacific	365.77	7
8.	Simon Fraser	328.65	8
9.	Concordia	309.72	9
10.	Western Oregon	292.69	10



[Complete Poll Online](#)

GNAC Indoor Track & Field Records

MEN - ALL MEETS

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

MEN'S CONFERENCE MEET RECORDS

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

CONFERENCE MEET HEPTATHLON EVENTS

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

WOMEN - ALL MEETS

60 Meters	7.33	Marie-Éloïse Leclair, Simon Fraser (2023)
200 Meters	23.63	Marie-Éloïse Leclair, Simon Fraser (2023)
400 Meters	53.82	Marie-Éloïse Leclair, Simon Fraser (2023)
800 Meters	2:04.04	Alison Andrews-Paul, Simon Fraser (2022)
Mile	4:32.88	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:07.05	Caroline Kurgat, Alaska Anchorage (2019)#
5,000 Meters	15:28.46	Caroline Kurgat, Alaska Anchorage (2019)#
60m Hurdles	8.51	Mariyah 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	Mariyah 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 Popchok, 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,

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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.

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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 (Brence, Knowles, Gomez, DeJong), 4:03.13. High Jump - 1, Miya Koch, NNU, 5-6. Pole Vault - 1, Kinsey Yenor, NNU, 12-5.5. Triple Jump - 2, Ellie Alberts, NNU, 35-1. Shot Put - 2, Destany Herbert, NNU, 47-1.5. Discus - 3, Destany Herbert, NNU, 131-7.

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

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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.

Fri., May 5

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

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): 400 Meters - 3, Kevin Angarita, UAA, 49.03. 110 Hurdles - 3, Joshua Wagner, UAA, 14.77.

Sat., May 6

**Linfield Open
at Maxwell Field, McMinnville, Ore.**

Women (Top 3 GNAC Finishers): 100 Meters - 1, Maya Hopwood, WOU, 12.63. 400 Meters - 3, Bethanie Altamirano, WOU, 59.55. 100 Hurdles - 2, Blanca De Arvizu Sarrias, UAA, 15.10; 3, Ana Popchock, WOU, 15.35. Steeplechase - 3, Piper Youngmahr, WOU, 13:39.66. 4x400 Relay - 2, Western Oregon (Lambing, Altamirano, Hurley, Hart), 3:58.73. Pole Vault - 1, Lizzy Daugherty, SPU, 11-9.75. Long Jump - 1, Ujunwa Nwokoma, WOU, 19-2. Triple Jump - 1, Amariyah Clay, WOU, 39-3.25; 3, Ana Popchock, WOU, 37-5.

Men (Top 3 GNAC Finishers): 400 Meters - 2, Kevin Angarita, UAA, 49.09. 110 Hurdles - 2, Joshua Wagner, UAA, 14.73. Steeplechase - 2, Ethan Coon, CWU, 10:16.90. 4x100 Relay - 3, Western Oregon (Hendrix, Driesner, Loggins, Arce-Torres), 43.24. Pole Vault - 2, Kainoa Lee, SPU, 14-5.25. Triple Jump - 2, Deshaun Stevens, WOU, 43-7.75. Hammer - 3, Mark Warren, WOU, 161-10.

Jennifer Swan Rogers Memorial

at Gerry & Jane Swan Track at Rotary Stadium, Abbotsford, B.C.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): 800 Meters - 1, Braden Ahl, SFU, 1:55.26; 2, Jose Castro, SFU, 1:55.41; 3, Kirubel Bogale, SFU, 1:56.07. High Jump - 1, Caysen McDiarmid, SFU, 5-8.75. Javelin - Bryan Cortes, SFU, 198-4.

2022-23 GNAC Outdoor Meet Summaries

Sat., May 6

Tom Gage Classic

at Bobcat Track & Field Complex, Bozeman, Mont.

Women (Top 3 GNAC Finishers): 400 Meters - 3, Bella Klein, MSUB, 59.93.
100 Hurdles - 3, Annelise Clark, MSUB, 17.96. 400 Hurdles - 3, Annelise Clark,
1:11.20. Steeplechase - 3, Toree Manning, MSUB, 13:47.27. 4x400 Relay - 2,
Montana State Billings (Klein, Richardson, Hamill, Severson), 4:13.39. Shot Put -
3, Grace Jones, MSUB, 36-8.5.

Men (Top 3 GNAC Finishers): 110 Hurdles - 1, Bradley Graves, MSUB, 15.42.
4x100 Relay - 1, Montana State Billings (Rocha, Ralston, Okere, B. Graves),
42.73. 4x400 Relay - 2, Montana State Billings (Ralston, K. Graves, Jessop, B.
Graves), 3:31.01. Triple Jump - 3, Garrett McMillen, MSUB, 39-11.25. Javelin - 2,
Brandon Geck, MSUB, 166-2; 3, Ryden Klein, MSUB, 151-2.

Portland Twilight

at Griswold Stadium, Portland, Ore.

Women (Top 3 GNAC Finishers): 400 Hurdles - 2, McKenzie Fletcher, SPU,
1:08.50. 4x100 Relay - 1, Seattle Pacific (Green, Chang, Smith, Crane), 49.78.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Jeff Gordon, SPU, 11.30.
200 Meters - 1, Jeff Gordon, SPU, 22.72. 400 Meters - 1, Isaiah Archer, SPU,
48.97; 3, Evan Carpenter, SPU, 50.37. 400 Hurdles - 2, Jaelin McQueen, WWU,
1:01.08.

Oxy Invitational

at Jack Kemp Stadium, Los Angeles, Calif.

Women (Top 3 GNAC Finishers): 100 Hurdles - 3, Diana Voloshin, SFU, 14.72.
400 Hurdles - 3, Erika Binder, SFU, 1:02.54. 4x100 Relay - 1, Simon Fraser
(Voloshin, Leclair, Cannan, Cummings), 46.56

Men (Top 3 GNAC Finishers): 800 Meters - 3, Jordan Schmidt, SFU, 1:51.65.

On Track Festival

at Hilmer Lodge Stadium, Walnut, Calif.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): 1,500 Meters (Section 3): 2, Charlie Dannatt,
SFU, 3:41.38.