



Mar. 17, 2021 • Week 2
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Sat., Mar. 20

Alaska Anchorage, Central Washington, Saint Martin's, Seattle Pacific, Western Washington at Doris Heritage Track Festival, Seattle, Wash.
Montana State Billings at MSUB/Rocky Meet, Lockwood, Mont.
Western Oregon at Western Oregon/Oregon St./Humboldt St. Tri-Meet, Monmouth, Ore.

LAST WEEK'S MEETS

Tues., Mar. 9-Wed., Mar. 10

Western Oregon Winter Multis at McArthur Field, Monmouth, Ore.

Heptathlon (GNAC Finishers): 1, Anneke Morsdorf, OSU, 4,477. 2, McCall DeChenne, CWU, 4,406. 6, Jenelle Hurley, WOU, 4,045. 7, Ana Popchock, WOU, 3,940. 8, Hailey Holsey, CWU, 3,878. 9, Amity Deters, WOU, 3,312.

Decathlon (GNAC Finishers): 1, JJ Walker, WOU, 6,432. 3, Ryan Thoma, CWU, 5,518. 3, Deshaun Stevens, WOU, 4,889. 4, Logan Easley, CWU, 4,721. 5, Jake Thompson, WOU, 4,516. 6, Gunner Valentini, CWU, 4,319.

Sat., Mar. 13

OSU PNW Team Clash at Whyte Track and Field Center, Corvallis, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Maya Hopwood, WOU, 12.28. 800 Meters - 2, Shayla Solomon, WOU, 2:20.32. 400 Hurdles - 2, Michaela Yonkman, WOU, 1:05.70.

Men (Top 3 GNAC Finishers): 800 Meters - 1, Emmett Klus, WOU, 1:56.84. 1,500 Meters - 1, Justin Crosswhite, WOU, 3:54.82. 5,000 Meters - 3, Keanu Daos, WOU, 15:07.68. 400 Hurdles - 1, Aaron Hanible, WOU, 56.00. Steeplechase - 1, Dominic Giordano, WOU, 9:37.76. 4x400 Relay - 2, Western Oregon (Sorah, Unknown, Walker, Stevens), 3:31.16. Long Jump - 3, Marley Harrison, WOU, 20-6.75. Triple Jump - 2, Jalon Fields, WOU, 47-3; 3, Marley Harrison, WOU, 44-2.75. Shot Put - 2, Owen Collins, WOU, 47-5.75. Discus - 2, Karsten Collins, WOU, 140-7. Hammer - 2, Sam Cole, WOU, 159-5; 3, Karsten Collins, WOU, 145-2. Javelin - 1, Austin Goldstein, WOU, 183-6.

#GNACTF in 280

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#MultiMark Western Oregon's **JJ Walker** provisionally qualified for nationals by winning the decathlon at last week's Western Oregon Winter Multis with a score of 6,432 points. The effort earned Walker GNAC Men's Field Athlete of the Week honors.

#SolidStart Central Washington's **McCall DeChenne** led all GNAC placers with her second-place finish of 4,406 points at the Western Oregon Winter Multis. She just missed the NCAA Championships provisional qualifying score of 4,529 points.

#TeamClash Western Oregon won five individual events in its first full-squad meet of the season, the OSU PNW Team Clash.

#StuckTheLanding In her first collegiate meet, freshman **Kaylee Wright** provisionally qualified for the NCAA Championships with her mark of 141 feet, 11 inches in the javelin. The mark earned Wright GNAC Women's Field Athlete of the Week honors.

#TheBigStart Seven of the conference's nine track and field teams will be in action this weekend. The majority will be in Seattle for Seattle Pacific's lone home meet of the season, the Doris Heritage Track Festival.

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

GNAC Athletes of the Week



MEN'S TRACK
Justin Crosswhite, Western Oregon
 Senior • Hood River, Ore.

Crosswhite opened the season by winning the 1,500 meters at the OSU PNW Team Clash on Saturday, winning the race by nearly four seconds with a time of 3:54.82. The time ranks No. 2 in Division II this season.



WOMEN'S TRACK
Maya Hopwood, Western Oregon
 Freshman • Bend, Ore.

Hopwood opened the 2021 season by placing second in the 100 meters at the OSU PNW Team Clash on Saturday. Hopwood finished in a time of 12.28 seconds, ranking her No. 8 in Division II this season.



MEN'S FIELD
JJ Walker, Western Oregon
 Junior • Everett, Wash.

Walker became the first GNAC male athlete to provisionally qualify for the NCAA Championships this season, winning the decathlon at the WOU Winter Multi Events with a score of 6,432 points. The total tops Division II so far this season. Walker placed first in three individual events: the pole vault, high jump and discus.



WOMEN'S FIELD
Kaylee Wright, Western Oregon
 Freshman • John Day, Ore.

Competing in her first meet for Western Oregon, Wright provisionally qualified for the NCAA Championships in the javelin with a mark of 141 feet, 11 inches. She placed fourth in the competition and currently ranks No. 3 in Division II.

Also Nominated: McCall DeChenne (Central Washington).

Also Nominated: Ryan Thoma (Central Washington).

Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Feb. 15-21	Dylan Tidwell, NNU	Colton Burr, NNU	Kalen Johnson, NNU	Kinsey Langin, NNU
Mar. 1-7	Jeff Gordon, SPU	Carter McGinnis, SPU	Grace Bley, SPU	Scout Cai, SPU
Mar. 8-14	Justin Crosswhite, WOU	JJ Walker, WOU	Maya Hopwood, WOU	Kaylee Wright, WOU

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

Around The GNAC

ALASKA ANCHORAGE



- Alaska Anchorage is scheduled to open its season at the Doris Heritage Track Classic in Seattle on Saturday.

CENTRAL WASHINGTON



- Central Washington opened the 2021 season at the Western Oregon Winter Multis in Monmouth, Oregon.
- Freshman **McCall DeChenne** was the Wildcats' top finisher, placing second in the women's heptathlon with 4,406 points. DeChenne won the opening event, the 100-meter hurdles (14.86), and the closing event, the 800 meters (2:21.36).
- Freshman **Ryan Thoma** finished second in the men's decathlon, tallying 5,518 points. Thoma won four of the five individual events on day one: the 100 meters (11.34), long jump (21-9), shot put (36-11.5) and 400 meters (51.68) and won the javelin on day two (167-4).
- Central Washington's full squad will open the season on Saturday, competing at the Doris Heritage Track Festival in Seattle.

MONTANA STATE BILLINGS



- Montana State Billings is scheduled to open the outdoor season on Saturday at the MSUB/Rocky Meet in Lockwood, Montana.
- One of two GNAC teams to compete during the indoor season, Montana State Billings took part in the Stinger Open in Spearfish, S.D., on Feb. 20.
- Junior **Logan Straus** was the top individual finisher in the meet for MSUB, taking third in the men's 3,000 meters in a time of 9:02.56. Straus also ran the leadoff leg on MSUB's 4x400-meter relay team, which placed second in a time of 3:53.95.
- Freshman **Bryce Olson** opened his collegiate career with a fourth-place finish in the triple jump, clearing 43 feet, 6 inches.
- Junior **Kaitlin Mason** was the top women's finisher for MSUB, placing fifth in the 60 meters in 8.55 seconds.

NORTHWEST NAZARENE



- Northwest Nazarene will open the outdoor season at the Team 4 Titus meet on Friday, Mar. 26 and Team 4 Ely meet on Saturday, Mar. 27. Both meets are in Irvine, California.
- One of two GNAC teams to compete during the indoor season, the Nighthawks finished the year ranked No. 1 in both the USTFCCA West Region men's and women's team indexes.
- Junior **Colton Burr** was named the USTFCCA West Region Indoor Male Field Athlete of the Year. Burr had the region's top mark in the weight throw with a best of 54 feet, 1.75 inches, at the BYU Cougar Indoor III meet on Feb. 20. He also had the No. 2 mark in the region in the shot put at 45 feet, 11.25 inches.
- Freshman **Kinsey Langin** was the only GNAC athlete to earn a provisional qualifying mark for the NCAA Championships during the indoor season. Langin was fifth in the women's pole vault at the BYU Cougar Indoor III with a mark of 12 feet, 0.5 inches. The mark finished tied for 36th in Division II this season.

SAINT MARTIN'S



- Saint Martin's opened the 2021 outdoor season at the PLU Opener on Mar. 7 in Tacoma, Washington.
- The SMU men came away with five individual event winners. On the track, freshman **Donovan Albert** won the 400 meters in 56.06 seconds while sophomore **Andrew Boyd** took the 110-meter hurdles in 16.20 seconds. Freshman **Michael Harwell** won the steeplechase in 10:15.43.
- In the field events, senior **Josh Schulz** took the long jump with a mark of 21 feet, 10.75 inches while freshman **Noah Simons** won the high jump with a mark of 5 feet, 3 inches.
- Freshman **Makiya Worthy** was the lone SMU women's winner on the track, capturing the 100 meters in 12.46 seconds.
- Saint Martin's had two event winners in the field events. Freshman **Margaret Zilla** won the long jump with a mark of 16 feet, 8 inches. Freshman **Jocelyn Saribay** was the winner in the shot put with a mark of 37 feet, 10.5 inches.
- The Saints will return to competition on Saturday, competing in the Doris Heritage Track Festival in Seattle.

SEATTLE PACIFIC



- Seattle Pacific came off its year-long layoff with some solid performances at the PLU Opener on Mar. 7 in Tacoma, Washington.
- Senior **Scout Cai** was named the GNAC Women's Field Athlete of the Week on Mar. 9 after she won the pole vault with a lifetime best mark of 12 feet, 11.5 inches. The NCAA Championships provisional qualifying mark is currently No. 2 in Division II and improves her No. 2 mark on the GNAC All-Time List.
- Senior **Grace Bley** earned GNAC Women's Track Athlete of the Week honors on Mar. 9 after she won the 200 meters in a time of 24.81 seconds. The time is the second-fastest in Division II this season.
- Two freshmen claimed that week's men's honors. **Jeff Gordon** was named the Men's Track Athlete of the Week on Mar. 9 after he won the 200 meters in a time of 22.12 seconds. That time ranks sixth in Division II this season. Gordon also ran the anchor leg on the Falcons' 4x400-meter relay, which placed second in a time of 3:40.04.
- **Carter McGinnis** was named the Men's Field Athlete of the Week on Mar. 9 after he won the pole vault with a mark of 14 feet, 1.25 inches. He won the event by over six inches and currently ranks 10th in Division II this season.
- Junior **Dania Holmberg** won two events, taking the 800 meters in 2:18.99 and the 1,500 meters in 4:41.15. Junior **Renick Meyer** won the 100-meter hurdles in 14.80 seconds while sophomore **Peace Igbonagwam** won the 400-meter hurdles in 1:05.21.
- Seattle Pacific will host the Doris Heritage Track Festival on Saturday at West Seattle Stadium.

Around The GNAC



SIMON FRASER

• Due to the closure of the U.S./Canada border due to the COVID-19 pandemic, Simon Fraser's track and field season is on hold.

WESTERN WASHINGTON



• Western Washington will open its outdoor track and field season on Saturday at the Doris Heritage Track Festival in Seattle.

WESTERN OREGON



• Western Oregon opened its 2021 season by hosting the Western Oregon Winter Multis on Tuesday and Wednesday and competing at the OSU PNW Team Clash on Saturday in Corvallis.

• Junior **JJ Walker** was named the GNAC Men's Field Athlete of the Week after he won the men's decathlon at the Winter Multis with an NCAA Championships provisional qualifying score of 6,432 points. Walker won the high jump on day one (6-4.25) and then took the discus (114-1) and the pole vault (14-3.25) on day two. Walker's score is the best in Division II this season.

• Freshman **Kaylee Wright** was named the Women's Field Athlete of the Week after she threw an NCAA Championships provisional qualifying mark of 141 feet, 11 inches in Corvallis. She enters the week with the No. 3 mark in Division II.

• The Wolves also swept the track weekly awards. Senior **Justin Crosswhite** was named the Men's Track Athlete of the Week after winning the 1,500 meters in Corvallis in 3:54.82. Freshman **Maya Hopwood** was named the Women's Track Athlete of the Week after she took second in the 100 meters in 12.28 seconds.

• In all, Western Oregon won five individual events at the OSU PNW Team Clash, all on the men's side. The winners included freshman **Emmett Klus** in the 800 meters (1:56.84), sophomore **Aaron Hanible** in the 400-meter hurdles (56.00), senior **Dominic Giordano** in the steeplechase (9:37.76) and senior **Austin Goldstein** in the javelin (183-6).

• Western Oregon will host Oregon State and Humboldt State for a pair of three-way meets on Saturday and Tuesday.

Men's Indoor Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	
Preseason	No Ranked GNAC Teams
Jan. 26	No Ranked GNAC Teams
Feb. 2	No Ranked GNAC Teams
Feb. 9	No Ranked GNAC Teams
Feb. 16	No Ranked GNAC Teams
Feb. 23	No Ranked GNAC Teams
Mar. 2	No Ranked GNAC Teams
Mar. 8	No Ranked GNAC Teams

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 7 - Mar. 8, 2021		
Rk	School	Pts.
1.	Ashland	215.47
2.	Grand Valley State	194.22
3.	Colorado Mines	156.49
4.	West Texas A&M	146.81
5.	Central Missouri	101.94
6.	Lee (Tenn.)	93.57
7.	Northwest Missouri	85.23
8.	Tiffin	81.05
9.	Pittsburg State	78.19
10.	Missouri Southern	67.80
11.	Texas A&M-Commerce	66.63
12.	Findlay	62.52
13.	UC-Colorado Springs	58.42
14.	Adams State	49.94
15.	Carson-Newman	49.75
16.	Lincoln (Mo.)	49.74
17.	Western Colorado	48.70
18.	Northwood (Mich.)	43.63
19.	Minnesota State	39.15
20.	CSU Pueblo	38.12
21.	Augustana (S.D.)	37.48
22.	Nebraska-Kearney	32.89
23.	Northern State	30.97
24.	Queens (N.C.)	30.63
25.	Lindenwood	28.06

USTFCCCA WEST REGION TEAM INDEX

Week 6 - Mar. 1, 2021			
Rk	School	Pts.	Prev.
1.	Northwest Nazarene	472.20	1
2.	Concordia (Calif.)	428.67	2
3.	Academy of Art	288.91	3
4.	Montana State Billings	270.25	4
5.	Biola	191.60	5



[Complete Poll Online](#)

Women's Indoor Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	
Preseason	No Ranked GNAC Teams
Jan. 26	No Ranked GNAC Teams
Feb. 2	No Ranked GNAC Teams
Feb. 9	No Ranked GNAC Teams
Feb. 16	No Ranked GNAC Teams
Feb. 23	No Ranked GNAC Teams
Mar. 2	No Ranked GNAC Teams
Mar. 8	No Ranked GNAC Teams

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 7 - Mar. 8, 2021		
Rk	School	Pts.
1.	Grand Valley St.	307.19
2.	Minnesota State	228.65
3.	Central Missouri	123.31
4.	UC-Colorado Springs	110.07
5.	West Texas A&M	107.54
6.	Saginaw Valley State	88.77
7.	Pittsburg State	87.19
8.	Colorado Mines	81.71
9.	Augustana (S.D.)	74.90
10.	Southwest Baptist	72.77
11.	Missouri Southern	71.44
12.	Indianapolis	71.06
13.	Tiffin	68.04
14.	CSU Pueblo	63.91
15.	Hillsdale	54.01
16.	Winona State	44.41
17.	Mary	43.56
18.	Lincoln (Mo.)	41.43
19.	Adams State	39.63
20.	Lee (Tenn.)	37.75
21.	Queens (N.C.)	32.97
22.	Findlay	31.90
23.	Fort Hays State	31.87
24.	Ashland	29.91
25.	Concordia-St. Paul	29.37

USTFCCCA WEST REGION TEAM INDEX

Week 6 - Mar. 1, 2021			
Rk	School	Pts.	Prev.
1.	Northwest Nazarene	503.34	1
2.	Concordia (Calif.)	482.81	2
3.	Academy of Art	372.81	3
4.	Biola	249.51	4
5.	Montana State Billings	210.17	5



[Complete Poll Online](#)

GNAC Qualifiers For NCAA Outdoor Championships

MEN'S PROVISIONAL QUALIFIERS AS OF MAR. 16, 2021

Event	Athlete	Mark	Rank	Date
Decathlon	JJ Walker, WOU	6,432	1st	3/10/21

WOMEN'S PROVISIONAL QUALIFIERS AS OF MAR. 16, 2021

Event	Athlete	Mark	Rank	Date
Pole Vault	Scout Cai, SPU	12-11.5	2nd	3/6/21
Javelin	Kaylee Wright, WOU	43.25/141-11	3rd	3/13/21

GNAC & NCAA Championships Qualifying Standards

MEN			EVENT	WOMEN		
GNAC	NCAA Prov.	NCAA Auto		GNAC	NCAA Prov.	NCAA Auto.
10.88	10.57	10.28	100 Meters	12.31	11.90	11.52
22.06	21.32	20.74	200 Meters	25.27	24.40	23.55
48.62	47.71	46.36	400 Meters	57.54	55.87	53.52
1:54.03	1:51.87	1:48.79	800 Meters	2:13.08	2:12.07	2:06.90
3:54.86	3:50.68	3:44.38	1,500 Meters	4:30.39	4:32.89	4:21.49
15:01.60	14:32.33	13:55.74	5,000 Meters	16:50.38	17:10.15	16:10.04
31:56.66	30:47.12	29:16.79	10,000 Meters	37:08.97	36:35.68	34:27.88
15.24	14.51	13.90	110/100m Hurdles	14.62	14.19	13.47
54.84	53.34	51.34	400m Hurdles	1:03.43	1:01.82	58.71
9:13.88	9:13.76	8:51.96	Steeplechase	11:11.32	10:59.70	10:13.78
1.96 / 6-5	2.05 / 6-8.75	2.14 / 7-0.25	High Jump	1.62 / 5-3.75	1.68 / 5-6	1.77 / 5-9.75
4.51 / 14-9.5	4.81 / 15-9.25	5.24 / 17-2.25	Pole Vault	3.32 / 10-10.75	3.67 / 12-0.5	4.10 / 13-5.25
6.89 / 22-7.25	7.26 / 23-10	7.68 / 25-2.5	Long Jump	5.55 / 18-2.5	5.80 / 19-0.25	6.23 / 20-5.25
13.82 / 45-4.25	14.69 / 48-2.5	15.67 / 51-5	Triple Jump	11.56 / 37-11.25	11.89 / 39-0.5	12.77 / 41-10.75
15.47 / 50-9.25	16.34 / 53-7.5	18.42 / 60-5.25	Shot Put	12.82 / 42-0.75	13.85 / 45-5.25	15.76 / 51-8.5
48.57 / 159-4	49.97 / 163-11	56.37 / 184-11	Discus	41.00 / 134-6	45.51 / 149-3	53.61 / 175-10
54.43 / 178-7	55.59 / 182-4	65.89 / 216-2	Hammer	49.58 / 162-0	52.09 / 170-10	60.58 / 198-9
59.10 / 193-11	58.75 / 192-9	69.57 / 228-3	Javelin	44.71 / 146-8	41.84 / 137-3	49.63 / 162-10
6,452	6,325	7,252	Dec./Hep.	4,593	4,529	5,207
NA	41.06	40.26	4x100 Relay	NA	46.73	45.52
NA	3:13.73	3:08.52	4x400 Relay	NA	3:48.64	3:39.55

GNAC Championships: The top-20 performers as listed in TFRRS will qualify for the championship meet in addition to any performers who meet the GNAC standard.

GNAC Indoor Track & Field Records

MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
200 Meters	21.47	Jeremiah Lauzon, Simon Fraser (2020)
400 Meters	47.61	Vladislav Tsygankov, Simon Fraser (2017)
800 Meters	1:47.74	Derek Holdsworth, Western Oregon (2020)
Mile	3:58.88	David Ribich, Western Oregon (2018)
3,000 Meters	7:50.81	David Ribich, Western Oregon (2018)
5,000 Meters	13:47.73	Micah Chelimo, Alaska Anchorage (2014)
60m Hurdles	8.08	Travis Milbrandt, Western Oregon (2015)
4x400 Relay	3:12.45	Alaska Anchorage (2016)
Nicholas Taylor, Liam Lindsey, Adam Commandeur, Cody Thomas		
Distance Medley	9:40.15	Western Oregon (2017)*
Dustin Nading, AJ Holmberg, Josh Dempsey, David Ribich		
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	21.56	Carlos Ortiz, Concordia (2018)
400 Meters	47.80	Joel Webster, Simon Fraser (2016)
800 Meters	1:50.83	David Ribich, Western Oregon (2018)
Mile	4:10.01	David Ribich, Western Oregon (2017)
3,000 Meters	8:27.83	Henry Cheseto, Alaska Anchorage (2015)
5,000 Meters	14:36.06	Dominik Notz, Alaska Anchorage (2016)
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	5,269	Kodiak Landis, Central Washington (2017)

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	2.01/6-7	Micah Tranch, Northwest Nazarene (2017)
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	7.52	Paige Johnson, Concordia (2020)
200 Meters	24.09	Jamie Ashcroft, Alaska Anchorage (2017)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:04.94	Helen Crofts, Simon Fraser (2011)
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	7.52	Paige Johnson, Concordia (2020)
200 Meters	24.09	Jamie Ashcroft, Alaska Anchorage (2017)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:08.28	Jessica Pixler, Seattle Pacific (2010)
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	14.19	Travis Milbrandt, Western Washington (2016)
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)
4x400 Relay	3:10.60	Alaska Anchorage (2016)
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	14.21	Travis Milbrandt, Western Washington (2015)
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)
4x400 Relay	3:13.84	Simon Fraser (2015)
		Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols
		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	69.49/228-0	Franz Burghagen, Alaska Anchorage (2013)
Decathlon	7,201	Cody Thomas, Alaska Anchorage (2016)

+ - Denotes Division II national record

WOMEN - ALL MEETS

100 Meters	11.64	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	23.99	NyEma Sims, Seattle Pacific (2007)
400 Meters	53.56	Mary Pierce, Alaska Anchorage (2007)
800 Meters	2:02.10	Helen Crofts, Simon Fraser (2013)
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	46.19	Simon Fraser (2017)
4x400 Relay	3:41.80	Western Oregon (2018)
High Jump	1.78/5-10	Teona Perkins, Seattle Pacific (2007)
Pole Vault	4.01/13-1.75	Anna Paradee, Western Washington (2017)
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	11.81	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	24.30	Grace Morgan, Alaska Anchorage (2013)
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	46.39	Seattle Pacific (2019)
4x400 Relay	3:44.11	Peace Igbonagwam, Jenna Bouyer, Grace Bley, Julia Stepper
		Seattle Pacific (2013)
		Kishia Mitchell, Emily Quatier, Jasmine Johnson, McKayla Fricker
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)

2021 GNAC Meet Summaries

INDOOR SEASON

Thurs., Feb. 4- Sat., Feb. 6

BYU Collegiate Indoor Invite II

at BYU Smith Field House, Provo, Utah

Women (Top 5 GNAC Finishers): High Jump - 5, Madi VonBrethorst, NNU, 5-1.75.

Men (Top 5 GNAC Finishers): Shot Put - 5, Colton Burr, NNU, 44-8.25. Weight Throw - 4, Colton Burr, NNU, 51-1.5.

Thurs., Feb. 18-Sat., Feb. 20

BYU Cougar Indoor Invite III

at BYU Smith Field House, Provo, Utah

Women (Top 5 GNAC Finishers): 800 Meters - 3, Julia LaMar, NNU, 2:22.32; 4, Heidi Nisly, NNU, 2:23.76. 3,000 Meters - 2, Kalen Johnson, NNU, 10:51.77. Pole Vault - 5, Kinsley Langin, NNU, 12-0.5.

Men (Top 5 GNAC Finishers): 800 Meters - 5, Jeff Fairbanks, NNU, 1:59.30. 3,000 Meters - 2, Tyler Shea, NNU, 8:56.28. Long Jump - 3, Elijah Castro, NNU, 21-2.25. Weight Throw - 5, Colton Burr, NNU, 54-1.5.

Sat., Feb. 20

Stinger Open

at Don Yung Center, Spearfish, S.D.

Women (Top 5 GNAC Finishers): 60 Meters - 5, Kaitlin Mason, MSUB, 8.55. 4x400 Relay - 2, Montana State Billings (Glessner, Durbin, Soppel, Whitmer), 4:39.76. DMR - 5, Montana State Billings (Stoppel, Glessner, Durbin, Whitmer), 13:24.14.

Men (Top 5 GNAC Finishers): 3,000 Meters - 3, Logan Straus, MSUB, 9:02.56; 4, Carson Jessup, MSUB, 9:04.46. 4x400 Relay - 5, Montana State Billings (Ullmer, Pretty Weasel, Welsh, Redgrave), 3:53.95. DMR - 2, Montana State Billings (Straus, Bailey, Redgrave, Jessop), 10:58.22. Long Jump - 5, Payden Lynn, MSUB, 21-10.25. Triple Jump - 4, Bryce Olson, MSUB, 43-6; 5, Payden Lynn, MSUB, 43-5.75.

Sat., Feb. 20

Polar Vortex Classic

at Caldwell High School, Caldwell, Idaho

Women (Top 3 GNAC Finishers): Mile - 1, Bethany Danner, NNU, 5:21.21; 3, Annalisa Abdalla, NNU, 5:30.31.

Men (Top 3 GNAC Finishers): 60 Meters - 3, Cameron Willey, NNU, 7.24. 200 Meters - 3, Cameron Willey, NNU, 23.09. 400 Meters - 1, Turner Nye, NNU, 51.25. 60m Hurdles - 2, Turner Nye, NNU, 8.63.

OUTDOOR SEASON

Sat., Mar. 3

PLU Opener

at PLU Track, Tacoma, Wash.

Women (Top 2 GNAC Finishers): 100 Meters - 1, Makiya Worthy, SMU, 12.46; 3, Madison Vu, SMU, 13.21. 200 Meters - 1, Grace Bley, SPU, 24.81; 2, Jenna Bouyer, SPU, 25.31; 3, Julia Stepper, SPU, 25.46. 800 Meters - 1, Dania Holmberg, SPU, 2:18.99; 2, Ellie Rising, SPU, 2:20.04; 3, Cassidy Walchak-Sloan, SMU, 2:20.44. 1,500 Meters - 1, Dania Holmberg, SPU, 4:41.15; 2, Elizabeth Thompson, SPU, 4:51.88; 3, Ellie Rising, SPU, 4:55.28. 100 Hurdles - 1, Renick Meter, SPU, 14.80; 2, Gabriel Cintron, SMU, 16.20. 400 Hurdles - 1, Peace Igbonagwam, SPU, 1:05.21. 4x400 Relay - 1, Seattle Pacific (Bley, Bouyer, Stepper, Igbonagwam), 4:06.15; 2, Seattle Pacific (Smith, Cai, May, Kaufmann), 4:28.51. High Jump - 2, Ashley Vest, SMU, 5-1; 3, Annika Briggs, SMU, 4-9. Pole Vault - 1, Scout Cai, SPU, 12-11.5; 2, Brianna Cabrera, SMU, 10-2. Long Jump - 1, Margaret Zilla, SMU, 16-8; 3, Madison Johnson, SMU, 14-6.75. Shot Put - 1, Jocelyn Saribay, SMU, 37-10.5. Discus - 3, Jocelyn Saribay, SMU, 113-9. Hammer - 2, Johanna Zilla, SMU, 139-8; Javelin - 3, Renick Meyer, SPU, 101-0.

Men (Top 3 GNAC Finishers): 200 Meters - 1, Jeff Gordon, SPU, 22.12; 2, Michael Russell, SMU, 12.31. 400 Meters - 1, Donovan Albert, SMU, 56.06. 800 Meters - 1, Brayden Schultz, SPU, 1:58.47; 2, Jack Farrell, SMU, 1:59.72. 1,500 Meters - 2, Brayden Schultz, SPU, 4:03.36; 3, Jared Putney, SPU, 4:06.31. 110 Hurdles - 1, Andrew Boyd, SMU, 16.20; Steeplechase - 1, Michael Harwell, SMU, 10:15.43. 4x100 Relay - 1, Saint Martin's (Schulz, Russell, Wade, Boyd), 45.09. 4x400 Relay - 2, Seattle Pacific (Carpenter, Lee, Gabelein, Gordon), 3:40.04. High Jump - 1, Noah Simons, SMU, 5-3. Pole Vault - 1, Carter McGinnis, SPU, 14-1.25; 2, Andrew Alfred, SMU, 13-7.25. Long Jump - 1, Josh Schulz, SMU, 21-10.75; 3, Andrew Boyd, SMU, 19-5.25. Shot Put - 3, Micah Au-Haupu, SMU, 44-0.75. Hammer - 3, Cade Harris, SMU, 129-10.

Tues., Mar. 9-Wed., Mar. 10

Western Oregon Winter Multis

at McArthur Field, Monmouth, Ore.

Heptathlon (GNAC Finishers): 1, Anneke Moersdorf, OSU, 4,477. 2, McCall DeChenne, CWU, 4,406. 6, Jenelle Hurley, WOU, 4,045. 7, Ana Popchok, WOU, 3,940. 8, Hailey Holsey, CWU, 3,878. 9, Amity Deters, WOU, 3,312.

Decathlon (GNAC Finishers): 1, JJ Walker, WOU, 6,432. 3, Ryan Thoma, CWU, 5,518. 3, Deshaun Stevens, WOU, 4,889. 4, Logan Easley, CWU, 4,721. 5, Jake Thompson, WOU, 4,516. 6, Gunner Valentini, CWU, 4,319.

Sat., Mar. 13

OSU PNW Team Clash

at Whyte Track and Field Center, Corvallis, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Maya Hopwood, WOU, 12.28. 800 Meters - 2, Shayla Solomon, WOU, 2:20.32. 400 Hurdles - 2, Michaela Yonkman, WOU, 1:05.70.

Men (Top 3 GNAC Finishers): 800 Meters - 1, Emmett Klus, WOU, 1:56.84. 1,500 Meters - 1, Justin Crosswhite, WOU, 3:54.82. 5,000 Meters - 3, Keanu Daos, WOU, 15:07.68. 400 Hurdles - 1, Aaron Hanible, WOU, 56.00. Steeplechase - 1, Dominic Giordano, WOU, 9:37.76. 4x400 Relay - 2, Western Oregon (Sorah, Unknown, Walker, Stevens), 3:31.16. Long Jump - 3, Marley Harrison, WOU, 20-6.75. Triple Jump - 2, Jalon Fields, WOU, 47-3; 3, Marley Harrison, WOU, 44-2.75. Shot Put - 2, Owen Collins, WOU, 47-5.75. Discus - 2, Karsten Collins, WOU, 140-7. Hammer - 2, Sam Cole, WOU, 159-5; 3, Karsten Collins, WOU, 145-2. Javelin - 1, Austin Goldstein, WOU, 183-6.