



Mar. 24, 2021 • Week 3
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Mar. 26

Northwest Nazarene at Team 4 Titus, Irvine, Calif.

Sat., Mar. 27

Northwest Nazarene at Team 4 Ely, Irvine, Calif.
Montana State Billings at Yellow Jacket Spring Open,
Spearfish, S.D.
Saint Martin's, Seattle Pacific, Western Washington
at Ed Boitano Invitational, Tacoma, Wash.

LAST WEEK'S MEETS

Fri., Mar. 19

**Yellowjacket-Battlin' Bear Ice Breaker Open
at Lockwood High School, Lockwood, Mont.**

Women (Top 3 GNAC Finishers): 100 Meters - 1, Kaitlin Mason, MSUB, 13.30. 100 Hurdles - 2, Kendall Lynn, MSUB, 17.71. 4x100 Relay - 1, Montana State Billings (Johnson, Lynn, Baughman, Mason), 52.47. 4x400 Relay - 1, Montana State Billings (Durbin, Glessner, Stoppel, Whitmer), 4:33.29. Long Jump - 1, Kendall Lynn, MSUB, 16-5.75; 2, Brenna Beckett, MSUB, 16-5.25. Shot Put - 1, Joleen Pollat, MSUB, 38-10.5; 2, Grace Jones, MSUB, 35-7.75. Discus - 1, Taylor Stringari, MSUB, 106-0; 2, Joleen Pollat, MSUB, 99-3; 3, Grace Jones, MSUB, 94-4. Hammer - 1, Taylor Stringari, MSUB, 153-6; 3, Grace Jones, MSUB, 110-8. Javelin - 1, Jordan Cookman, MSUB, 123-7; 2, Joleen Pollat, MSUB, 86-5.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Mason Schram, MSUB, 11.22; 2, Rahkei Eyer, MSUB, 11.55. 1,500 Meters - 3, Ase Ackerman, MSUB, 4:10.02. 110 Hurdles - 1, Cody Welch, MSUB, 17.80; 2, Carson Ullmer, MSUB, 18.51. 4x100 Relay - 1, Montana State Billings A (Harper, Schram, Lynn, Eyer), 43.18; 2, Montana State Billings B (Wells, Olson, McMillen, Girard), 44.70. 4x400 Relay - 2, Montana State Billings B (Olson, Welch, Ullmer, Wells), 3:36.49; 3, Montana State Billings A (Bailey, Straus, Jessop, Redgrave), 3:37.56. High Jump - 1, Isaiah Girard, MSUB, 6-5. Long Jump - 1, Bryce Olsen, MSUB, 20-5.25; 2, Isaiah Girard, MSUB, 19-11.75; 3, Payden Lynn, MSUB, 19-11.5. Shot Put - 3, Braden Anderson, MSUB, 40-4. Discus - 1, Coen Guisti, MSUB, 120-7. Hammer - 1, Coen Guisti, MSUB, 140-4; 3, Braden Anderson, MSUB, 113-0. Javelin - 1, Beau Ackerman, MSUB, 220-7; 2, Payden Lynn, MSUB, 184-6.

Sat., Mar. 20

**Doris Heritage Track Festival
at West Seattle Stadium, Seattle, Wash.**

Women (Top 3 GNAC Finishers): 100 Meters - 1, Jenna Bouyer, SPU, 12.28; 1, Grace Bley, SPU, 12.28; 3, Peace Igbonagwam, SPU, 12.32. 200 Meters - 2, Grace Bley, SPU, 24.95; 3, Jenna Bouyer, SPU, 25.52. 400 Meters - 1, Karlie Hurley, WWU, 57.62; 3, Jasmyne Neria, CWU, 1:00.15; 800 Meters - 1, Ellie Rising, SPU, 2:16.18; 2, Elizabeth Thompson, SPU, 2:17.16; 3, Cassidy Walchak-Sloan, SMU, 2:20.96. 1,500 Meters -

1, Elizabeth Thompson, SPU, 4:45.20; 2, Ellie Rising, SPU, 4:46.07. 5,000 Meters - 1, Dania Holmberg, SPU, 17:04.76; 3, Belle Brandenfels, SPU, 18:22.96. 400 Hurdles - 2, McCall DeChenne, CWU, 1:03.45; 3, Elena Cano, UAA, 1:03.60. 4x100 Relay - 3, Central Washington, 49.81. Pole Vault - 1, Scout Cai, SPU, 11-9.75; 2, Hannah Dodson, WWU, 10-10; 3, Lizzy Daugherty, SPU, 10-10. Long Jump - 3, Karlie Hurley, WWU, 17-5.5. Shot Put - 2, Avery Fisk, CWU, 42-4.75. Hammer - 1, Meagan Smallbeck, CWU, 160-5. Javelin - 2, Hannah Nienaber, WWU, 146-4.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Michael Russell, SMU, 11.03; 3, Zachary Davis, CWU, 11.09. 200 Meters - 2, Michael Russell, SMU, 22.31; 3, Enrique Campbell, UAA, 22.36. 400 Meters - 1, Enrique Campbell, UAA, 49.75; 2, Doc Porter, CWU, 49.82. 1,500 Meters - 2, Lawson Sims, UAA, 4:00.68. 5,000 Meters - 1, Calahan Warren, WWU, 14:16.17; 2, Eric Hamel, WWU, 14:43.56; 3, Cole Nash, UAA, 14:45.66. 400 Hurdles - 3, Jonathan Birchman, CWU, 56.31. High Jump - 1, Trent Kibler, WWU, 6-4.75; 2, Damian Mercado, 6-0.75. Pole Vault - 1, Brad Bowman, SPU, 11-11.75. Long Jump - 1, David Sramek, UAA, 21-3.25; 2, Damian Mercado, WWU, 20-6.5. Shot Put - 1, Ben Malquist, WWU, 50-2; 2, Ethan Tonder, CWU, 49-6.25; 3, Aidan Cain, CWU, 48-10. Hammer - 3, Aidan Cain, CWU, 175-3. Javelin - 2, Jaydon Tryon, WWU, 171-0; 3, Ryan Thoma, CWU, 166-7.

**Western Oregon/Oregon St./Humboldt St. Tri-Meet
At McArthur Field, Monmouth, Ore.**

Women (Top 3 GNAC Finishers): 100 Meters - 1, Maya Hopwood, WOU, 12.56; 3, Lauren Berry, WOU, 13.34. 200 Meters - 1, Maya Hopwood, WOU, 26.45. 400 Meters - 1, Adael Scatena, WOU, 57.89. 4x400 Relay - 2, Western Oregon (Popchok, Yonkman, Hurley, Carstensen), 4:07.46. Javelin - 3, Kaylee Wright, WOU, 129-1.

Men (Top 3 GNAC Finishers): 400 Meters - 1, JJ Walker, WOU, 53.64. 800 Meters - 1, Justin Crosswhite, WOU, 1:53.38; 2, Emmett Klus, WOU, 1:56.45. 1,500 Meters - 1, Bailey Smith, WOU, 4:05.28. 110 Hurdles - 1, Deshaun Stevens, WOU, 20.33. High Jump - 2, Eli Nafziger, WOU, 5-9.25. Long Jump - 1, Jalon Fields, WOU, 22-2.5; 2, Eli Nafziger, WOU, 21-3.25; 3, Deshaun Jackson, WOU, 20-10. Shot Put - 1, Owen Collins, WOU, 47-2.5; 3, Sam Cole, WOU, 44-2. Discus - 1, Karsten Collins, WOU, 138-4. Hammer - 1, Sam Cole, WOU, 162-6; 2, Karsten Collins, WOU, 153-2. Javelin - 1, Austin Goldstein, WU, 173-0.

Tues., Mar. 23

Western Oregon/Humboldt State/Pacific (Ore.)

Tri-Meet

at McArthur Field, Monmouth, Ore.

Women's Team Scores: Western Oregon 247, Pacific (Ore.) 126, Humboldt State 110.

Women (Top 3 GNAC Finishers): 200 Meters - 1, Maliyah Thompson, WOU, 26.86. 800 Meters - 1, Ashley Hauger, WOU, 2:25.59. 1,500 Meters - 1, Caitlin Heldt, WOU, 5:01.37; 3, Lindie Larson, WOU, 5:10.15. 100 Hurdles - 1, Maliyah Thompson, WOU, 15.66. 400 Hurdles - 1, Michaela Yonkman, WOU, 1:06.62. 4x100 Relay - 1, Western Oregon A (Hopwood, Popchok, Thompson, Jackson), 49.33; 2, Western Oregon B (Hurley, Carstensen, Berry, Yonkman), 52.46. 4x400 Relay - 1, Western Oregon B (Hopwood, Hurley, Yonkman, Carstensen), 4:11.39; 3, Western Oregon A (Detters, Hauger, McCarver, Leamy), 4:32.90. High Jump - 1, Jenelle Hurley, WOU, 5-3.75; 3, Ana Popchok, WOU, 4-9.95. Long Jump - 1, Makenzie Smith, WOU, 16-4.25; 3, Lauren Berry, WU, 15-11.5. Triple Jump - 2, Lauren Berry, WOU, 31-6.5. Shot Put - 1, Moana Gianotti, WOU, 39-5.75; 3, Liliana Lyness, WOU, 34-6.75. Discus - 1, Moana Gianotti, WOU, 131-10; 2, Krystal Andres, WOU, 115-5. Hammer - 2, Moana Gianotti, WOU, 139-5; 3, Liliana Lyness, WOU, 126-10. Javelin - 1, Kaylee Wright, WOU, 144-2; 3, Krystal Andres, WOU, 120-11.

Men's Team Scores: Western Oregon 237.5, Humboldt State 125.5, Pacific (Ore.) 73.

Men (Top 3 GNAC Finishers): 200 Meters - 2, Eli Nafziger, WOU, 24.41. 1,500 Meters - 1, Justin Crosswhite, WOU, 3:54.07. 5,000 Meters - 3, Cedar Davis-Frankfort, WOU, 17:36.46. 110 Hurdles - 1, Aaron Hanible, WOU, 16.40; 2, JJ Walker, WOU, 16.40. 400 Hurdles - 1, Aaron Hanible, WOU, 57.85. 4x100 Relay - 1, Western Oregon (Loggins, Hanible, Walker, Nafziger), 44.15. 4x400 Relay - 1, Western Oregon B (Stevens, Klus, Hanible, Walker), 3:27.79; 2, Western Oregon C (Reed, Crosswhite, Mefford, Austin), 3:30.46. High Jump - 1, Deshaun Stevens, WOU, 5-6. Pole Vault - 1, JJ Walker, WOU, 15-3; Tie 3, Deshaun Stevens, WOU, 10-0. Long Jump - 1, JJ Walker, WOU, 20-8.5; 2, Jalon Fields, WOU, 20-7.75; 3, Jacob Flury, WOU, 19-6. Triple Jump - 2, Jalon Fields, WOU, 43-7. Shot Put - 1, Owen Collins, WOU, 44-7.75. Discus - 1, Owen Collins, WOU, 47-7.75; 3, Kegan Reynolds, WOU, 44-5.5. Hammer - 1, Sam Cole, WOU, 155-11; 2, Owen Collins, WOU, 152-9; 2, Karsten Collins, WOU, 150-1. Javelin - 2, Eli Nafziger, WOU, 159-6.

GNAC Athletes of the Week



MEN'S TRACK

Calahan Warren, Western Washington Senior • Auburndale, Fla.

Warren made quite the splash in his Western Washington and GNAC debut, winning the 5,000 meters at the Doris Heritage Track Festival. His time of 14:16.17 is an NCAA Championships provisional qualifier, ranks No. 2 on the WWU All-Time List and No. 6 on the GNAC All-Time List. The time currently leads Division II and ranks No. 10 across all college divisions.

Also Nominated: Enrique Campbell (Alaska Anchorage), Gunner Valentini (Central Washington), Mason Schram (Montana State Billings), Michael Russell (Saint Martin's), Justin Crosswhite (Western Oregon).



WOMEN'S TRACK

Dania Holmberg, Seattle Pacific Junior • Eagle, Idaho

Running the 5,000 meters for the first time since 2019, Holmberg cruised to the win in the race at the Doris Heritage Track Festival. She won by 1 minute, 3 seconds with a time of 17:04.76. The NCAA Championships provisional qualifying time currently ranks No. 2 in Division II.

Also Nominated: McCall DeChenne (Central Washington), Kailee Stoppel (Montana State Billings), Cassidy Walchak-Sloan (Saint Martin's), Maya Hopwood (Western Oregon), Karlie Hurley (Western Washington).



MEN'S FIELD

Beau Ackerman, Montana State Billings Senior • Glendive, Mont.

Throwing the javelin for the first time since 2018, Ackerman won the event at the Yellowjacket-Battlin' Bear Ice Breaker with a mark of 220 feet, 7 inches. The throw is the fourth-longest in MSUB history, is an NCAA Championships provisional qualifier, currently ranks No. 3 in Division II this season and ranks 17th across all college divisions.

Also Nominated: David Sramek (Alaska Anchorage), Aidan Cain (Central Washington), Micah Au-Haupt (Saint Martin's), Jalon Fields (Western Oregon), Trent Kibler (Western Washington).



WOMEN'S FIELD

Hannah Nienaber, Western Washington Junior • Battle Ground, Wash.

Nienaber placed second in the javelin at the Doris Heritage Track Festival. Her mark of 146 feet, 4 inches was a personal best, is a provisional qualifying mark for the NCAA Championships and ranks No. 9 in Division II this season.

Also Nominated: Megan Smallbeck (Central Washington), Taylor Stringari (Montana State Billings), Brianna Cabrera (Saint Martin's), Moana Gianotti (Western Oregon).

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
Mar. 15-22	Calahan Warren, WWU	Beau Ackerman, MSUB	Dania Holmberg, SPU	Hannah Nienaber, WWU

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

Around The GNAC

ALASKA ANCHORAGE



- Alaska Anchorage opened the 2020-21 season by taking part in the Doris Heritage Track Festival in Seattle.
- Sophomore **Enrique Campbell** led the Seawolves with a pair of top-three finishes in the sprints. He won the men's 400 meters in 49.75 seconds, moving up to No. 9 on the UAA All-Time List. He took third in the 200 meters in 22.36 seconds.
- Senior **David Sramek** earned the win in the men's long jump, leaping 21 feet, 3.25 inches. He went on to place fourth in the 400-meter hurdles in 57.29 seconds, which ranks No. 9 on the UAA All-Time List.
- Senior **Lawson Sims** took second in the 1,500 meters in 4:00.68. Freshman **Cole Nash** took third in a fast 5,000 meters in 14:45.66.
- Senior **Elena Cano** led the UAA women, finishing third in the 400-meter hurdles in 1:03.60. She went on to place seventh in the high jump, clearing 5 feet, 1 inch.
- Junior **Tylantiss Atlas** placed fifth in the women's 800 meters in 2:22.47 while sophomore **Victoria Johansen** finished fifth in the 400 meters in 1:03.09.
- Alaska Anchorage will return to competition on Saturday, April 3, taking part in the WWU Invitational in Bellingham, Washington.

CENTRAL WASHINGTON



- Central Washington put its full squad on display for the first time this season on Saturday at the Doris Heritage Track Festival.
- Junior **Meagan Smallbeck** was the lone winner for the Wildcats, winning the women's hammer with a GNAC-leading mark of 160 feet, 5 inches.
- Junior **Avery Fisk** took second in the women's shot put with a mark of 42 feet, 4.75 inches.
- Sophomore **McCall DeChenne** led the CWU women on the track with a second-place finish in the 400-meter hurdles with a time of 1:03.45. Senior **Jasmyne Neria** finished third in the open 400 meters with a time of 1:00.15.
- Senior **Ethan Tonder** led the CWU men with a second-place finish in the shot put at 49 feet, 6.25 inches, while senior **Aidan Cain** placed third with a mark of 48 feet, 10 inches. Cain also notched a third-place finish in the hammer at 175 feet, 3 inches while freshman **Ryan Thoma** placed third in the javelin with a throw of 166 feet, 7 inches.
- On the track, senior **Doc Porter** led the Wildcats' men with a second-place finish in the 400 meters with a time of 49.82 seconds. Porter also took eighth in the 200 meters in 22.88 seconds. Sophomore **Gunner Valentini** placed third in the 400-meter hurdles in 56.32 seconds.
- Central Washington will be right back in action this week, taking part in the Ed Boitano Invitational on Saturday in Tacoma, Washington.

MONTANA STATE BILLINGS



- An NCAA Championships provisional qualifier and two school-record performances led Montana State Billings in its outdoor season opener, the Yellowjacket-Battlin' Bear Ice Breaker on Friday in Lockwood, Montana.
- Senior **Beau Ackerman** was named the GNAC Men's Field Athlete of the Week after he notched the provisional qualifying mark in the javelin. He won with a throw of 220 feet, 7 inches, which currently ranks third in Division II and is the fourth-best throw in MSUB history.
- Senior **Taylor Stringari** set the MSUB record in the women's hammer, winning with a mark of 153 feet, 6 inches. She bettered the previous record of 149-2 set by Anica Knispel in 2012. Stringari also won the discus with a throw of 106 feet.
- Freshman **Jordan Cookman** bettered the MSUB record in the women's javelin in her first collegiate meet, winning with her mark of 123 feet, 7 inches. That broke the previous record of 119 feet, 9 inches, set by Courtney Henry in 2014.
- The Yellowjackets won a total of eight women's events. The wins included sophomore **Kaitlin Mason** in the 100 meters (13.30), freshman **Kendall Lynn** in the long jump (16-5.75), freshman **Joleen Pollat** in the shot put (38-10.5) and both the 4x100 and 4x400 relays.
- The MSUB men won seven events, including senior **Mason Schram** in the 100 meters (11.22), freshman **Cody Welch** in the 110-meter hurdles (17.80), senior **Isaiah Girard** in the high jump (6-5), freshman **Bryce Olson** in the long jump (20-5.25), freshman **Cody Gisuti** in the discus (120-7) and the hammer (140-4) and the 4x100 relay team.
- Montana State Billings will be back in action on Saturday, competing in the Yellow Jacket Spring Open in Spearfish, South Dakota.

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.

Around The GNAC

SAINT MARTIN'S



- The sprints and middle distances led Saint Martin's efforts at the Doris Heritage Track Festival in Seattle.
- Sophomore **Michael Russell** scored a pair of second-place finishes. He took second in the 100 meters in a GNAC-leading time of 11.03 seconds. His time of 22.31 seconds in the 200 meters is the second-fastest in the GNAC this

season.

- Freshman **Jack Farrell** added a fourth-place finish in the men's 1,500 meters in 4:02.29 and went on to place ninth in the 800 meters at 2:00.68. Sophomore **Micah Al-Haupt** placed fifth in the men's shot put with a mark of 44 feet, 11.5 inches.
- Freshman **Cassidy Walchak-Sloan** led the Saint Martin's women, placing third in the 800 meters with a time of 2:20.96. Sophomore **Briana Cabrera** added a fourth-place finish in the pole vault, clearing 10 feet, 10 inches.
- Junior **Ashley Vest** added a fifth-place finish in the women's high jump with a clearance of 5 feet, 3 inches.
- Saint Martin's gets right back on the track this weekend, competing in the Ed Boitano Invitational on Saturday in Tacoma, Washington.

SEATTLE PACIFIC



- Five women's event victories paced Seattle Pacific as it hosted the annual Doris Heritage Track Festival at West Seattle Stadium.
- Senior **Dania Holmberg** was named the GNAC Women's Track Athlete of the Week after she cruised to the win in the 5,000 meters. Her time of 17 minutes, 4.76 seconds is an

NCAA Championships provisional qualifier and No. 2 in Division II this season. It was her first race at the distance since 2019 as she won the race by 63 seconds.

- Freshman **Ellie Rising** led a one-two finish in the women's 800 meters, winning in 2:16.18. Junior **Elizabeth Thompson** was close behind in second place with a time of 2:17.16.
- In the sprints, junior **Jenna Bouyer** and senior **Grace Bley** each clocked 12.28 seconds to win the women's 100 meters and tie the duo for the top-time in the GNAC this season. Bley added a second-place finish in the 200 meters in 24.95 seconds while Bley was third in 25.52 seconds.
- Senior **Scout Cai** was a winner again in the women's pole vault, leading the field by nearly a foot with her mark of 11 feet, 9.75 inches.
- Freshman **Brad Bowman** led the efforts for the SPU men, clearing 11 feet, 11.75 inches before the competition was halted due to rain.
- Junior **Brayden Schultz** placed fourth in the men's 800 meters, clocking in at 1:57.65, and was fifth in the 1,500 meters in 4:02.55. Both times were lifetime bests.
- Seattle Pacific returns to competition on Saturday at the Ed Boitano Invitational in Tacoma, Washington.



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 OREGON



- Western Oregon hosted a pair of three-way meets at McArthur Field over the last week. The Wolves welcomed Humboldt State and Oregon State on Saturday and hosted Humboldt and Pacific (Ore.) on Tuesday.

• Junior **JJ Walker** picked up victories in both meets in a variety of events. On Saturday, Walker won the men's 400 meters in 53.64 seconds. On Tuesday, Walker was the winner in the pole vault with a clearance of 15 feet, 3 inches, and the long jump with a leap of 20 feet, 8.5 inches.

- Freshman **Maya Hopwood** won both women's short sprints on Saturday. She took the 100 meters in a time of 12.56 seconds and the 200 meters in 26.45 seconds.
- Junior **Owen Collins** won the men's shot put in both meets, winning on Saturday with a mark of 47 feet, 2.5 inches, and on Tuesday with a mark of 44 feet, 7.75 inches. Junior **Sam Cole** won the hammer on both days, throwing 162 feet, 6 inches on Saturday and 155 feet, 11 inches on Tuesday. Junior **Karsten Collins** won both discus competitions, winning on Saturday with a mark of 138 feet, 4 inches, and on Tuesday with a mark of 141 feet, 2 inches.
- Sophomore **Aaron Hanible** won both men's hurdles events on Tuesday, clocking a time of 16.40 seconds in the 110-meter hurdles and 57.85 seconds in the 400-meter hurdles.
- Freshman **Kaylee Wright** improved her NCAA Championships provisional qualifying mark in the javelin on Tuesday, winning with a throw of 144 feet, 2 inches. She currently ranks No. 13 in Division II.
- Western Oregon will take the next two weekends off from competition before hosting the annual John Knight Twilight on Friday, April 9 and Saturday, April 10.

WESTERN WASHINGTON



- Western Washington put together a solid start to the season with some impressive performances at the Doris Heritage Track Festival in Seattle.

- Senior **Calahan Warren** was named the GNAC Men's Track Athlete of the Week after his impressive win in the 5,000 meters in his WWU debut. Warren clocked a time of 14:16.17, which is No. 2 on the WWU All-Time List and No. 6 on the GNAC All-Time List. The NCAA Championships provisional qualifying time leads Division II and is 10th across all college divisions.
- Junior **Hannah Nienaber** was named the GNAC Women's Field Athlete of the Week after she placed second in the javelin with a lifetime-best mark of 146 feet, 4 inches. The NCAA Championships provisional qualifying mark is currently No. 9 in Division II this season.
- Senior **Eric Hamel** followed Warren for second place in the men's 5,000 meters. His time of 14:43.56 is No. 9 on the GNAC All-Time List.
- Senior **Karlie Hurley** won the women's 400 meters in a time of 57.62 seconds, moving her to No. 10 on the WWU All-Time List.
- The Vikings' men recorded two victories in the field events. Junior **Ben Malquist** won the shot put with a GNAC-leading mark of 50 feet, 2 inches. Freshman **Trent Kilber** took top honors in the high jump with his mark of 6 feet, 4.75 inches.
- After the long layoff, Western Washington will be right back to competition on Saturday, taking part in the Ed Boitano Invitational in Tacoma, Washington.

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.	Prev.
1.	Ashland	215.47	2
2.	Grand Valley State	194.22	1
3.	Colorado Mines	156.49	3
4.	West Texas A&M	146.81	4
5.	Central Missouri	101.94	5
6.	Lee (Tenn.)	93.57	7
7.	Northwest Missouri	85.23	9
8.	Tiffin	81.05	6
9.	Pittsburg State	78.19	8
10.	Missouri Southern	67.80	11
11.	Texas A&M-Commerce	66.63	10
12.	Findlay	62.52	14
13.	UC-Colorado Springs	58.42	12
14.	Adams State	49.94	20
15.	Carson-Newman	49.75	17
16.	Lincoln (Mo.)	49.74	16
17.	Western Colorado	48.70	13
18.	Northwood (Mich.)	43.63	19
19.	Minnesota State	39.15	18
20.	CSU Pueblo	38.12	21
21.	Augustana (S.D.)	37.48	22
22.	Nebraska-Kearney	32.89	22
23.	Northern State	30.97	26
24.	Queens (N.C.)	30.63	24
25.	Lindenwood	28.06	32

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.	Prev.
1.	Grand Valley St.	307.19	1
2.	Minnesota State	228.65	2
3.	Central Missouri	123.31	3
4.	UC-Colorado Springs	110.07	5
5.	West Texas A&M	107.54	4
6.	Saginaw Valley State	88.77	8
7.	Pittsburg State	87.19	6
8.	Colorado Mines	81.71	7
9.	Augustana (S.D.)	74.90	14
10.	Southwest Baptist	72.77	13
11.	Missouri Southern	71.44	12
12.	Indianapolis	71.06	11
13.	Tiffin	68.04	10
14.	CSU Pueblo	63.91	9
15.	Hillsdale	54.01	16
16.	Winona State	44.41	17
17.	Mary	43.56	18
18.	Lincoln (Mo.)	41.43	19
19.	Adams State	39.63	20
20.	Lee (Tenn.)	37.75	15
21.	Queens (N.C.)	32.97	23
22.	Findlay	31.90	22
23.	Fort Hays State	31.87	24
24.	Ashland	29.91	21
25.	Concordia-St. Paul	29.37	27

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. 23, 2021

Event	Athlete	Mark	Rank	Date
5,000 Meters	Calahan Warren, WWU	14:16.17	1st	3/20/21
Javelin	Beau Ackerman, MSUB	67.23/220-7	3rd	3/19/21
Decathlon	JJ Walker, WOU	6,432	3rd	3/10/21

WOMEN'S PROVISIONAL QUALIFIERS AS OF MAR. 23, 2021

Event	Athlete	Mark	Rank	Date
5,000 Meters	Dania Holmberg, SPU	17:04.76	2nd	3/20/21
Pole Vault	Scout Cai, SPU	12-11.5	4th	3/6/21
Javelin	Hannah Nienaber, WWU	44.61/146-4	9th	3/20/21
	Kaylee Wright, WOU	43.95/144-2	13th	3/23/21

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.

2021 GNAC Meet Summaries

Fri., Mar. 19

Yellowjacket-Battlin' Bear Ice Breaker Open at Lockwood High School, Lockwood, Mont.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Kaitlin Mason, MSUB, 13.30. 100 Hurdles - 2, Kendall Lynn, MSUB, 17.71. 4x100 Relay - 1, Montana State Billings (Johnson, Lynn, Baughman, Mason), 52.47. 4x400 Relay - 1, Montana State Billings (Durbin, Glessner, Stoppel, Whitmer), 4:33.29. Long Jump - 1, Kendall Lynn, MSUB, 16-5.75; 2, Brenna Beckett, MSUB, 16-5.25. Shot Put - 1, Joleen Pollat, MSUB, 38-10.5; 2, Grace Jones, MSUB, 35-7.75. Discus - 1, Taylor Stringari, MSUB, 106-0; 2, Joleen Pollat, MSUB, 99-3; 3, Grace Jones, MSUB, 94-4. Hammer - 1, Taylor Stringari, MSUB, 153-6; 3, Grace Jones, MSUB, 110-8. Javelin - 1, Jordan Cookman, MSUB, 123-7; 2, Joleen Pollat, MSUB, 86-5.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Mason Schram, MSUB, 11.22; 2, Rahkei Eyer, MSUB, 11.55. 1,500 Meters - 3, Ase Ackerman, MSUB, 4:10.02. 110 Hurdles - 1, Cody Welch, MSUB, 17.80; 2, Carson Ullmer, MSUB, 18.51. 4x100 Relay - 1, Montana State Billings A (Harper, Schram, Lynn, Eyer), 43.18; 2, Montana State Billings B (Wells, Olson, McMillen, Girard), 44.70. 4x400 Relay - 2, Montana State Billings B (Olson, Welch, Ullmer, Wells), 3:36.49; 3, Montana State Billings A (Bailey, Straus, Jessop, Redgrave), 3:37.56. High Jump - 1, Isaiah Girard, MSUB, 6-5. Long Jump - 1, Bryce Olsen, MSUB, 20-5.25; 2, Isaiah Girard, MSUB, 19-11.75; 3, Payden Lynn, MSUB, 19-11.5. Shot Put - 3, Braden Anderson, MSUB, 40-4. Discus - 1, Coen Guisti, MSUB, 120-7. Hammer - 1, Coen Guisti, MSUB, 140-4; 3, Braden Anderson, MSUB, 113-0. Javelin - 1, Beau Ackerman, MSUB, 220-7; 2, Payden Lynn, MSUB, 184-6.

Sat., Mar. 20

Doris Heritage Track Festival at West Seattle Stadium, Seattle, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Jenna Bouyer, SPU, 12.28; 1, Grace Bley, SPU, 12.28; 3, Peace Igbonagwam, SPU, 12.32. 200 Meters - 2, Grace Bley, SPU, 24.95; 3, Jenna Bouyer, SPU, 25.52. 400 Meters - 1, Karlie Hurley, WWU, 57.62; 3, Jasmyne Neria, CWU, 1:00.15; 800 Meters - 1, Ellie Rising, SPU, 2:16.18; 2, Elizabeth Thompson, SPU, 2:17.16; 3, Cassidy Walchak-Sloan, SMU, 2:20.96. 1,500 Meters - 1, Elizabeth Thompson, SPU, 4:45.20; 2, Ellie Rising, SPU, 4:46.07. 5,000 Meters - 1, Dania Holmberg, SPU, 17:04.76; 3, Belle Brandenfels, SPU, 18:22.96. 400 Hurdles - 2, McCall DeChenne, CWU, 1:03.45; 3, Elena Cano, UAA, 1:03.60. 4x100 Relay - 3, Central Washington, 49.81. Pole Vault - 1, Scout Cai, SPU, 11-9.75; 2, Hannah Dodson, WWU, 10-10; 3, Lizzy Daugherty, SPU, 10-10. Long Jump - 3, Karlie Hurley, WWU, 17-5.5. Shot Put - 2, Avery Fisk, CWU, 42-4.75. Hammer - 1, Meagan Smallbeck, CWU, 160-5. Javelin - 2, Hannah Nienaber, WWU, 146-4.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Michael Russell, SMU, 11.03; 3, Zachary Davis, CWU, 11.09. 200 Meters - 2, Michael Russell, SMU, 22.31; 3, Enrique Campbell, UAA, 22.36. 400 Meters - 1, Enrique Campbell, UAA, 49.75; 2, Doc Porter, CWU, 49.82. 1,500 Meters - 2, Lawson Sims, UAA, 4:00.68. 5,000 Meters - 1, Calahan Warren, WWU, 14:16.17; 2, Eric Hamel, WWU, 14:43.56; 3, Cole Nash, UAA, 14:45.66. 400 Hurdles - 3, Gunner Valentini, CWU, 56.31. High Jump - 1, Trent Kibler, WWU, 6-4.75; 2, Damian Mercado, 6-0.75. Pole Vault - 1, Brad Bowman, SPU, 11-11.75. Long Jump - 1, David Sramek, UAA, 21-3.25; 2, Damian Mercado, WWU, 20-6.5. Shot Put - 1, Ben Malquist, WWU, 50-2; 2, Ethan Tonder, CWU, 49-6.25; 3, Aidan Cain, CWU, 48-10. Hammer - 3, Aidan Cain, CWU, 175-3. Javelin - 2, Jaydon Tryon, WWU, 171-0; 3, Ryan Thoma, CWU, 166-7.

Western Oregon/Oregon St./Humboldt St. Tri-Meet At McArthur Field, Monmouth, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Maya Hopwood, WOU, 12.56; 3, Lauren Berry, WOU, 13.34. 200 Meters - 1, Maya Hopwood, WOU, 26.45. 400 Meters - 1, Adael Scatena, WOU, 57.89. 4x400 Relay - 2, Western Oregon (Popchock, Yonkman, Hurley, Carstensen), 4:07.46. Javelin - 3, Kaylee Wright, WOU, 129-1.

Men (Top 3 GNAC Finishers): 400 Meters - 1, JJ Walker, WOU, 53.64. 800 Meters - 1, Justin Crosswhite, WOU, 1:53.38; 2, Emmett Klus, WOU, 1:56.45. 1,500 Meters - 1, Bailey Smith, WOU, 4:05.28. 110 Hurdles - 1, Deshaun Stevens, WOU, 20.33. High Jump - 2, Eli Nafziger, WOU, 5-9.25. Long Jump - 1, Jalon Fields, WOU, 22-2.5; 2, Eli Nafziger, WOU, 21-3.25; 3, Deshaun Jackson, WOU, 20-10. Shot Put - 1, Owen Collins, WOU, 47-2.5; 3, Sam Cole, WOU, 44-2. Discus - 1, Karsten Collins, WOU, 138-4. Hammer - 1, Sam Cole, WOU, 162-6; 2, Karsten Collins, WOU, 153-2. Javelin - 1, Austin Goldstein, WU, 173-0.

Tues., Mar. 23

Western Oregon/Humboldt State/Pacific (Ore.) Tri-Meet at McArthur Field, Monmouth, Ore.

Women's Team Scores: Western Oregon 247, Pacific (Ore.) 126, Humboldt State 110.

Women (Top 3 GNAC Finishers): 200 Meters - 1, Maliyah Thompson, WOU, 26.86. 800 Meters - 1, Ashley Hauger, WOU, 2:25.59. 1,500 Meters - 1, Caitlin Heldt, WOU, 5:01.37; 3, Lindie Larson, WOU, 5:10.15. 100 Hurdles - 1, Maliyah Thompson, WOU, 15.66. 400 Hurdles - 1, Michaela Yonkman, WOU, 1:06.62. 4x100 Relay - 1, Western Oregon A (Hopwood, Popchock, Thompson, Jackson), 49.33; 2, Western Oregon B (Hurley, Carstensen, Berry, Yonkman), 52.46. 4x400 Relay - 1, Western Oregon B (Hopwood, Hurley, Yonkman, Carstensen), 4:11.39; 3, Western Oregon A (Detters, Hauger, McCarver, Leamy), 4:32.90. High Jump - 1, Jenelle Hurley, WOU, 5-3.75; 3, Ana Popchock, WOU, 4-9.95. Long Jump - 1, Makenzie Smith, WOU, 16-4.25; 3, Lauren Berry, WU, 15-11.5. Triple Jump - 2, Lauren Berry, WOU, 31-6.5. Shot Put - 1, Moana Gianotti, WOU, 39-5.75; 3, Lilianna Lyness, WOU, 34-6.75. Discus - 1, Moana Gianotti, WOU, 131-10; 2, Krystal Andres, WOU, 115-5. Hammer - 2, Moana Gianotti, WOU, 139-5; 3, Lilianna Lyness, WOU, 126-10. Javelin - 1, Kaylee Wright, WOU, 144-2; 3, Krystal Andres, WOU, 120-11.

Men's Team Scores: Western Oregon 237.5, Humboldt State 125.5, Pacific (Ore.) 73.

Men (Top 3 GNAC Finishers): 200 Meters - 2, Eli Nafziger, WOU, 24.41. 1,500 Meters - 1, Justin Crosswhite, WOU, 3:54.07. 5,000 Meters - 3, Cedar Davis-Frankfort, WOU, 17:36.46. 110 Hurdles - 1, Aaron Hanible, WOU, 16.40; 2, JJ Walker, WOU, 16.40. 400 Hurdles - 1, Aaron Hanible, WOU, 57.85. 4x100 Relay - 1, Western Oregon (Loggins, Hanible, Walker, Nafziger), 44.15. 4x400 Relay - 1, Western Oregon B (Stevens, Klus, Hanible, Walker), 3:27.79; 2, Western Oregon C (Reed, Crosswhite, Mefford, Austin), 3:30.46. High Jump - 1, Deshaun Stevens, WOU, 5-6. Pole Vault - 1, JJ Walker, WOU, 15-3; Tie 3, Deshaun Stevens, WOU, 10-0. Long Jump - 1, JJ Walker, WOU, 20-8.5; 2, Jalon Fields, WOU, 20-7.75; 3, Jacob Flury, WOU, 19-6. Triple Jump - 2, Jalon Fields, WOU, 43-7. Shot Put - 1, Owen Collins, WOU, 44-7.75. Discus - 1, Karsten Collins, WOU, 141-2; 3, Owen Collins, WOU, 133-6. Hammer - 1, Sam Cole, WOU, 155-11; 2, Owen Collins, WOU, 152-9; 3, Karsten Collins, WOU, 150-1. Javelin - 2, Eli Nafziger, WOU, 159-6.