



Mar. 31, 2021 • Week 4  
 GNACSports.com • @GNACSports

Contact: Blake Timm, Assistant Commissioner For Communications  
 503-805-8756 • btimm@gnacsports.com

## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

#### Thurs., Apr. 1

Montana State Billings at MSUB/Rocky Meet, Lockwood, Colo.

#### Sat., Apr. 3

Alaska Anchorage, Seattle Pacific, Western Washington at WWU Invitational, Bellingham, Wash.

Western Oregon at NW Distance Jamboree, Eugene, Ore.

### LAST WEEK'S MEETS

#### Fri., Mar. 26

##### Team 4 Titus

at Concordia Irvine Track, Irvine, Calif.

**Men (Top 3 GNAC Finishers):** 100 Meters - 2, Magnus Hemingway, NNU, 11.01. 400 Meters - 1, Logan Blake, NNU, 48.87. 800 Meters - 1, Dylan Tidwell, NNU, 1:53.25. 5,000 Meters - 1, Tyler Shea, NNU, 14:46.82. 110 Hurdles - 2, Turner Nye, NNU, 15.75. 4x100 Relay - 3, Northwest Nazarene (Williee, Magee, Beck, Hemingway), 43.01. 4x400 Relay - 1, Northwest Nazarene (Magee, Nye, Beck, Blake), 3:23.77. Pole Vault - 3, Turner Nye, NNU, 13-9.75. Shot Put - 2, Colton Burr, 46-0.5; 3, Cody Robbins, NNU, 45-10.755. Discus - 3, Dylan Hendry, NNU, 142-10. Hammer - 2, Colton Burr, NNU, 165-11; 3, Dylan Hendry, NNU, 157-0. Javelin - 1, Brody Monson, NNU, 177-4.

#### Sat., Mar. 27

##### Ed Boitano Invitational

at Baker Stadium, Tacoma, Wash.

**Women's Team Scores:** Central Washington 154, Western Washington 138, Seattle Pacific 127, Saint Martin's 91, Pacific Lutheran 86, Puget Sound 49, Everett CC 17, Green River CC 5.

**Women (Top 3 GNAC Finishers):** 100 Meters - 2, Grace Bley, SPU, 12.29; 3, Julia Stepper, SPU, 12.43. 200 Meters - 1, Grace Bley, SPU, 24.61; 3, Julia Stepper, SPU, 25.15. 400 Meters - 2, Jasmyne Neria, CWU, 1:00.50; 3, Charisma Smith, SPU, 1:00.79. 800 Meters - 1, Ellie Rising, SPU, 2:13.95; 2, Dania Holmberg, SPU, 2:17.78; 3, Elizabeth Thompson, SPU, 2:21.27. 1,500 Meters - 1, Kelsey Washenberger, SPU, 4:50.57; 2, Cassidy Walchak-Sloan, SMU, 4:54.25; 3, Belle Brandefels, SPU, 5:00.04. 5,000 Meters - 2, Abby Burton, SMU, 21:51.31. 10,000 Meters - 2, Molly

Mattson, CWU, 38:39.38; 3, Sara Sabra, SMU, 40:27.55. 100 Hurdles - 1, Lauryn Chandler, CWU, 15.29; 2, Aliyah Dawkins, WWU, 15.49; 3, Gabriel Cintron, SMU, 16.39. 400 Hurdles - 1, McCall DeChenne, CWU, 1:03.02; 2, Rachel Krill, CWU, 1:06.08. 4x100 Relay - 1, Saint Martin's, 50.28. 4x400 Relay - 1, Seattle Pacific, 3:59.91; 2, Central Washington, 4:05.23. High Jump - 2, Jessica Neal, WWU, 5-5; 3, Eden Mortensen, SMU, 5-1. Pole Vault - 1, Scout Cai, SPU, 11-9.75; 2, Lexi Perry, WWU, 11-3.75; 3, Lizzy Daugherty, SPU, 10-10. Long Jump - 1, Renick Meyer, SPU, 18-11.75; 2, Yareli Ochoa, CWU, 17-7.5; 3, Aliyah Dawkins, WWU, 17-5.5. Triple Jump - 1, Karlie Hurley, WWU, 37-9.25; 2, Devon Olson, WWU, 36-10.5; 3, Jamie Sanford, WWU, 36-4.25. Shot Put - 1, Avery Fisk, CWU, 42-11.5; 2, Jocelyn Saribay, SMU, 38-11; 3, Katie Potts, WWU, 38-8.75. Discus - 1, Avery Fisk, CWU, 136-11; 2, Saran Sidibe, CWU, 135-3. Hammer - 1, Meagan Smallbeck, CWU, 159-5; 3, Raine Westfall, WWU, 146-3. Javelin - 1, Hannah Nienaber, WWU, 148-4; 3, Amanda Short, WWU, 132-7.

**Men's Team Scores:** Western Washington 266, Central Washington 140, Saint Martin's 85, Pacific Lutheran 69, Everett CC 42, Seattle Pacific 37, Puget Sound 32, Multnomah 23.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Zachary Davis, CWU, 11.14; 2, Harry Horwath, CWU, 11.20; 3, Noah Johnson, WWU, 11.44. 200 Meters - 1, Michael Russell, SMU, 22.10; 2, Harry Horwath, CWU, 22.35; 3, Zachary Davis, CWU, 22.42. 400 Meters - 1, Lukas Brenek, WWU, 49.52; 2, Bryant Welch, WWU, 49.61. 800 Meters - 1, Calahan Warren, WWU, 1:55.88; 2, Mac Franks, WWU, 1:56.33; 3, Brayden Schultz, SPU, 1:58.18. 1,500 Meters - 1, Jack Farrell, SMU, 4:01.22; 2, Rajesh Gill, CWU, 4:07.13; 3, Ian Fay, WWU, 4:07.57. 5,000 Meters - 1, Jack Farrell, SMU, 15:47.50; 2, Donovan Barnhart, CWU, 15:58.81. 10,000 Meters - 1, Calahan Warren, WWU, 29:55.17; 2, Eric Hamel, WWU, 30:17.34. 110 Hurdles - 1, Koby Okezie, WWU, 14.86; 2, Hunter Flick, WWU, 15.21; 3, Cordell Cummings, WWU, 15.42. 400 Hurdles - 1, Cordell Cummings, WWU, 54.13; 2, Gunner Vallatini, CWU, 55.97; 3, Koby Okezie, WWU, 58.13. Steeplechase - 1, Kaleb Korta, WWU, 9:19.40; 2, Jeret Gillingham, WWU, 9:27.55; 3, Mac Franks, WWU, 9:27.92. 4x400 Relay - 1, Saint Martin's, 3:25.88; 2, Seattle

Pacific, 3:33.10. High Jump - 1, Damian Mercado, WWU, 6-2.75; 2, Andrew Boyd, SMU, 5-8.75. Pole Vault - 1, Kacey Provo, WWU, 14-11; 2, Tysen Campbell, CWU, 14-5.25; 3, Andrew Alfred, SMU, 14-5.25. Long Jump - 2, David Tran, WWU, 22-2.25; 3, Ryan Greenwalt, WWU, 22-1. Triple Jump - 3, Damian Mercado, WWU, 42-0.5. Shot Put - 2, Ben Malquist, WWU, 55-1.7.5. Discus - 1, Aidan Cain, CWU, 149-2; 2, Martin Napeahi, CWU, 145-10. Hammer - 1, Andrew Harris, CWU, 188-8; 2, Aidan Cain, CWU, 176-4; 3, Ethan Tonder, 175-7. Javelin - 1, Mason Salley, WWU, 179-6; 2, Sean Witters, WWU, 165-4; 3, Jaydon Tryon, WWU, 161-7.

#### Team 4 Ely

at Concordia Irvine Track, Irvine, Calif.

**Women (Top 3 GNAC Finishers):** 400 Meters - 3, Lauren Wuertz, NNU, 57.85. 5,000 Meters - 3, Kalen Johnson, NNU, 18:05.76. 4x400 Relay - 2, Northwest Nazarene (Wuertz, Porter, Emerson, Brence), 3:59.15. Shot Put - 3, Destany Herbert, NNU, 37-5.75.

#### Sat., Mar. 27-Sun., Mar. 28

##### Yellow Jacket Spring Open

at Lyle Hare Stadium, Spearfish, S.D.

**Women (Top 3 GNAC Finishers):** Steeplechase - 1, Kailee Stoppel, MSUB, 12:37.11. Shot Put - 3, Joleen Pollat, MSUB, 41-0.25. Javelin - 3, Jordan Cookman, MSUB, 114-6.

**Men (Top 3 GNAC Finishers):** 800 Meters - 3, Carson Jessup, MSUB, 2:04.40. 5,000 Meters - 3, Ase Ackerman, MSUB, 15:52.80. Steeplechase - 2, Carson Jessup, MSUB, 9:56.01. 4x100 Relay - 2, Montana State Billings (Olson, Schram, Lynn Eyer), 43.28. High Jump - 1, Isaiah Girard, MSUB, 6-6.75.

# GNAC Athletes of the Week



**MEN'S TRACK**  
**Calahan Warren, Western Washington**  
**Senior • Auburndale, Fla.**

Warren earned his second-consecutive award after winning both the 10,000 meters and 800 meters at the Ed Boitano Invitational. Warren won the 10,000 on Friday in a time of 29:55.17. The NCAA Championships provisional qualifying time is No. 8 in Division II this season and No. 10 on the GNAC All-Time List. On Saturday, Warren won the 800

meters in a time of 1:55.88.

**Also Nominated:** Zachary Davis (Central Washington), Carson Jessup (Montana State Billings), Tyler Shea (Northwest Nazarene), Jack Farrell (Saint Martin's), Justin Crosswhite (Western Oregon).



**WOMEN'S TRACK**  
**Ellie Rising, Seattle Pacific**  
**Freshman • Goldendale, Wash.**

Rising won the 800 meters at the Ed Boitano Invitational, running 2:13.95. The time is No. 13 in Division II this season and marks a six-second drop in her time in the event this season. Rising also ran the second leg on the Falcons' winning 4x400-meter relay team, which crossed the line in 3:59.91.

**Also Nominated:** Lauryn Chandler (Central Washington), Kailee Stoppel (Montana State Billings), Lauren Wuertz (Northwest Nazarene), Cassidy Walchak-Sloan (Saint Martin's), Maliyah Thompson (Western Oregon), Karlie Hurley (Western Washington).



**MEN'S FIELD**  
**Andrew Harris, Central Washington**  
**Senior • North Bend, Wash.**

Harris won the hammer throw at the Ed Boitano Invitational with an NCAA Championships provisional qualifying mark of 188 feet, 8 inches. The mark currently ranks No. 14 in Division II this season. Harris also placed fourth in the discus with a mark of 139 feet, 2 inches.

**Also Nominated:** Isaiah Girard (Montana State Billings), Dylan Hendry (Northwest Nazarene), Andrew Boyd (Saint Martin's), JJ Walker (Western Oregon), Kacey Provo (Western Washington).



**WOMEN'S FIELD**  
**Hannah Nienaber, Western Washington**  
**Junior • Battle Ground, Wash.**

Nienaber extended her NCAA Championships provisional qualifying mark in the javelin, winning the event at the Ed Boitano Invitational. Her mark of 149 feet currently leads the GNAC and ranks No. 6 in Division II this season.

**Also Nominated:** Avery Fisk (Central Washington), Kendall Lynn (Montana State Billings), Destany Herbert (Northwest Nazarene), Eden Mortensen (Saint Martin's), Kaylee Wright (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. 15-21	Calahan Warren, WWU	Beau Ackerman, MSUB	Dania Holmberg, SPU	Hannah Nienaber, WWU
Mar. 22-28	Calahan Warren, WWU	Andrew Harris, CWU	Ellie Rising, SPU	Hannah Nienaber, WWU

Complete Player of the Week releases are available online at [GNACSports.com](http://GNACSports.com).

# Around The GNAC

## ALASKA ANCHORAGE



- Alaska Anchorage did not compete last week. The Seawolves return to the track at the WWU Invitational in Bellingham on Saturday.
- Alaska Anchorage opened the season at the Doris Heritage Track Festival, March 20 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.

## CENTRAL WASHINGTON



- Central Washington put together a pair of strong team performances at the Ed Boitano Invitational. The CWU women won the team competition with 154 points while the men took second with 140 points.
- Senior **Andrew Harris** was named the GNAC Men's Field Athlete of the Week after he won the hammer with a mark of 188 feet, 8 inches. The NCAA Championships provisional qualifying mark leads the GNAC and is 14th in Division II this season.
- Junior **Avery Fisk** won a pair of throwing events on the women's side, taking the shot put with a mark of 42 feet, 11 inches, and the discus with a mark of 136 feet, 11 inches. Both marks are the best in the GNAC this season.
- Junior **Meagan Smallbeck** provided a third victory in the women's throws, capturing the hammer with a mark of 159 feet, 1 inch.
- Senior **Aidan Cain** took first place in the men's discus with a GNAC-leading mark of 149 feet, 2 inches, and took second in the hammer with a mark of 176 feet, 4 inches.
- Sophomore **Lauryn Chandler** won the women's 100-meter hurdles with a time of 15.29 seconds. Sophomore **McCall DeChenne** won the 400-meter hurdles with a GNAC-leading time of 1:03.02.
- Senior **Zachary Davis** was the winner in the men's 100 meters in 11.14 seconds and also placed third in the 200 meters in 22.42 seconds.
- Central Washington is off this week. The Wildcats return to action on Saturday, April 10, at the War XIII meet in Spokane.

## MONTANA STATE BILLINGS



- Senior **Isaiah Girard's** win in the men's high jump led Montana State Billings' performances at the Yellow Jacket Spring Open in Spearfish, S.D.
- Girard won the high jump by two inches, finishing with a GNAC-leading mark of 6 feet, 6.75 inches. He also competed in the long jump and 100 meters.
- Sophomore **Carson Jessup** led the Yellowjackets on the track, placing second in the men's steeplechase in a time of 9:56.01. He went on to place third in the 800 meters in 2:04.40. Sophomore **Ase Ackerman** placed third in the 5,000 meters with his time of 15:52.80.
- Two of the Yellowjackets' top-three finishes on the women's side came in the throws. Freshman **Joleen Pollat** placed third in the shot put with a mark of 41 feet, 0.25 inches, while freshman **Jordan Cookman** took third in the javelin with a throw of 114 feet, 6 inches.
- Junior **Kailee Stoppel** was the lone competitor in the women's steeplechase, finishing with a time of 12:37.11.
- Montana State Billings will host its second meet of the season this Thursday, the MSUB/Rocky Meet at Lockwood High School in Lockwood, Montana.

## NORTHWEST NAZARENE



- Northwest Nazarene opened the 2021 outdoor season with four event victories at the Team 4 Titus and Team 4 Ely meets in Irvine, California.
- All four wins came in the men's section of the meet, the Team 4 Titus meet on Friday. Senior **Logan Blake** led the way, winning the 400 meters in a GNAC-leading time of 48.87 seconds. Blake was also part of the Nighthawks' winning 4x400-meter relay team, which clocked in at 3:23.77.
- Freshman **Dylan Tidwell** won the men's 800 meters, clocking a GNAC-leading time of 1:53.25. Tidwell also ran in the 1,500 meters, clocking a time of 4:11.13.
- Junior **Tyler Shea** ran away from the field in the men's 5,000 meters, winning by 23 seconds in a time of 14:46.82. He currently has the fourth-fastest time in the GNAC.
- Freshman **Brody Monson** won the men's javelin in his collegiate debut, finishing with a throw of 177 feet, 4 inches.
- In the Team 4 Ely women's section on Saturday, senior **Lauren Wuertz** led the way with her third-place finish in the 400 meters in a time of 57.85 seconds. The performance is second-fastest in the GNAC this season and No. 6 on the NNU All-Time List.
- Junior **Kalen Johnson** placed third in the women's 5,000 meters in a time of 18:05.76. The time is No. 2 in the GNAC this season and No. 5 on the NNU All-Time List.
- Sophomore **Destany Herbert** placed third in the women's shot put with a mark of 37 feet, 5.75 inches, and went on to place fifth in the hammer and seventh in the discus.
- Northwest Nazarene will take the weekend off from competition. The Nighthawks will be back in action on April 9 and 10 at the Aggie Invitational in Logan, Utah.

# Around The GNAC

## SAINT MARTIN'S



- Saint Martin's placed third in the men's team competition and fourth in the women's team race at the Ed Boitano Invitational in Tacoma.
- Sophomore **Michael Russell** won the men's 200 meters to lead the Saints. His time of 22.10 seconds leads the conference.
- Freshman **Jack Farrell** won two distances. He opened the day by winning the 1,500 meters in 4:01.22 and closed with a victory in the 5,000 meters in a time of 15:47.40. Farrell's time in the 1,500 ranks third in the GNAC this season.
- The Saints also took top honors in the men's 4x400-meter relay with a time of 3:25.88. Saint Martin's also won the women's 4x100-meter relay with a time of 50.28 seconds.
- Freshman **Cassidy Walchak-Sloan** was the Saints' top women's finisher, placing second in the 1,500 meters in a time of 4:54.25.
- Freshman **Jocelyn Saribay** added a second-place finish in the women's shot put with a mark of 38 feet, 11 inches. The mark is the fourth-best in the GNAC this season.
- Saint Martin's will sit out of competition this weekend. The Saints return to the track on Saturday, April 10 when they take part in the PLU Open in Tacoma.

## SEATTLE PACIFIC



- Seattle Pacific picked up six event victories as the Falcons' women placed third and the men sixth at the Ed Boitano Invitational.
- Freshman **Ellie Rising** was named the GNAC Women's Track Athlete of the Week after she won the 800 meters in a time of 2:13.95, which ranks No. 13 in Division II this season. It was her second victory in the two-lap discipline in as many weeks and marked a six-second improvement since the start of the season.
- Senior **Grace Bley** won the women's 200 meters in a GNAC-leading time of 24.61 seconds. She also ran the leadoff leg of the Falcons' winning 4x400-meter relay team, which finished in 3:59.91. Sophomore **Kelsey Washenberger** won the 1,500 meters in 4:50.57.
- Senior **Scout Cai** won her third women's pole vault competition in as many meets, clearing 11 feet, 9.75 inches. Junior **Renick Meyer** won the women's long jump in her first competition in over a year. Her mark of 18 feet, 11.5 inches won by 16 inches.
- Sophomore **Brayden Schultz** earned Seattle Pacific's best men's finish, placing third in the 800 meters in a time of 1:58.18. He also ran the second leg on the Falcons' second-place 4x400-meter relay team, which ran 3:33.10.
- Freshman **Austin Weese** took fourth in his first-ever run at the men's steeplechase, clocking a time of 9:33.86.
- Seattle Pacific returns to competition this Saturday, competing in the WWU Invitational in Bellingham.



## 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 did not compete last weekend. The Wolves will return to the track this Saturday at the NW Distance Jamboree in Eugene, 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 March 20 and hosted Humboldt and Pacific (Ore.) on March 23.
- Junior **JJ Walker** picked up victories in both meets in a variety of events. On March 20, Walker won the men's 400 meters in 53.64 seconds. On March 23, 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 March 20. 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 March 20 with a mark of 47 feet, 2.5 inches, and on March 23 with a mark of 44 feet, 7.75 inches. Junior **Sam Cole** won the hammer on both days, throwing 162 feet, 6 inches on March 20 and 155 feet, 11 inches on March 23. Junior **Karsten Collins** won both discus competitions, winning on March 20 with a mark of 138 feet, 4 inches, and on March 23 with a mark of 141 feet, 2 inches.
- Sophomore **Aaron Hanible** won both men's hurdles events on March 23, 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 March 20, winning with a throw of 144 feet, 2 inches. She currently ranks No. 15 in Division II.

## WESTERN WASHINGTON



- Western Washington won the men's team competition, took second in the women's competition and captured nine event victories at the Ed Boitano Invitational.
- Senior **Calahan Warren** was named the GNAC Men's Track Athlete of the Week for the second straight week after he won the 10,000 meters in 29:55.17. The NCAA Championships provisional qualifying time is No. 10 on the GNAC All-Time List and No. 8 in Division II this season. Warren also won the 800 meters in 1:55.88.
- Junior **Hannah Nienaber** repeated as GNAC Women's Field Athlete of the Week after she won the javelin with a mark of 149 feet, improving her NCAA Championships provisional qualifying mark. She currently ranks No. 6 in Division II.
- The Vikings took both men's hurdles races. Junior **Koby Okezie** won the 110-meter hurdles in 14.86 seconds while senior **Cordell Cummings** took the 400-meter hurdles in 54.13 seconds.
- Other WWU men's winners on the track included freshman **Lucas Brenek** in the 400 meters in 49.52 seconds and junior **Kaleb Korta** in the steeplechase in 9:19.40. Men's field event winners included freshman **Damian Mercado** in the high jump (6-2.75), freshman **Kasey Provo** in the pole vault (14-5.25) and junior **Mason Salley** in the javelin (179-7).
- Senior **Karlie Hurley** joined Nienaber as women's winners, taking the triple jump with a mark of 37 feet, 99.25 inches, moving into No. 7 on the WWU All-Time List. She also took second in the 200 meters in 25.47 seconds.
- Western Washington will host the first of two home meets this season, the WWU Invitational, on Saturday.

# Men's Outdoor Regional & National Polls

## GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National  
Mar. 30 No Ranked GNAC Teams

## USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 1 - Mar. 30, 2021

Rk	School	Pts.	Prev.
1.	Grand Valley State	236.54	—
2.	West Texas A&M	233.03	—
3.	Ashland	225.21	—
4.	Angelo State	183.66	—
5.	UC Colorado Springs	173.62	—
6.	Harding	124.99	—
7.	Tiffin	111.21	—
8.	Queens (N.C.)	110.01	—
9.	Lee (Tenn.)	105.36	—
10.	Missouri Southern	92.42	—
11.	Texas A&M-Commerce	91.82	—
12.	Alabama-Huntsville	91.55	—
13.	CSU Pueblo	89.26	—
14.	Pittsburg State	85.23	—
15.	Colorado Mesa	64.59	—
16.	Northwood (Mich.)	64.45	—
17.	Oklahoma Baptist	63.10	—
18.	Adams State	60.54	—
19.	Wingate	60.19	—
20.	Lincoln (Mo.)	57.34	—
21.	Carson-Newman	52.27	—
22.	Emporia State	48.77	—
23.	Limestone	45.86	—
24.	Colorado Christian	39.91	—
25.	Lewis	39.47	—

[Complete Poll Online](#)

## USTFCCCA WEST REGION TEAM INDEX

Week 1 - Mar. 29, 2021

Rk	School	Pts.	Prev.
1.	Concordia (Calif.)	601.91	—
2.	<b>Central Washington</b>	<b>554.08</b>	—
3.	Biola	536.89	—
4.	<b>Northwest Nazarene</b>	<b>334.63</b>	—
5.	Academy of Art	290.93	—
6.	<b>Montana State Billings</b>	<b>268.47</b>	—
7.	Humboldt State	261.64	—
8.	<b>Seattle Pacific</b>	<b>171.36</b>	—
9.	<b>Alaska Anchorage</b>	<b>155.15</b>	—



# Women's Outdoor Regional & National Polls

## GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National  
Mar. 30 No Ranked GNAC Teams

## USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 1 - Mar. 30, 2021

Rk	School	Pts.	Prev.
1.	Azusa Pacific	259.10	—
2.	Grand Valley State	258.49	—
3.	West Texas A&M	225.28	—
4.	Lewis	164.55	—
5.	Harding	124.73	—
6.	CSU Pueblo	118.87	—
7.	Angelo State	117.76	—
8.	Fresno Pacific	117.58	—
9.	Lee (Tenn.)	97.14	—
10.	Texas A&M-Commerce	89.84	—
11.	Western Colorado	78.98	—
12.	Missouri Southern	76.77	—
13.	Queens (N.C.)	73.29	—
14.	Adams State	65.97	—
15.	Concordia (Calif.)	64.73	—
16.	Biola	64.60	—
17.	Colorado Mesa	63.95	—
18.	UC Colorado Springs	60.30	—
19.	Colorado Mines	59.79	—
20.	Tiffin	55.83	—
21.	Emmanuel (Ga.)	54.95	—
22.	Southern Wesleyan	53.88	—
23.	Alabama-Huntsville	52.38	—
24.	Academy of Art	47.57	—
25.	Dallas Baptist	44.06	—

[Complete Poll Online](#)

## USTFCCCA WEST REGION TEAM INDEX

Week 1 - Mar. 29, 2021

Rk	School	Pts.	Prev.
1.	Azusa Pacific	994.08	—
2.	Biola	731.30	—
3.	Concordia (Calif.)	719.43	—
4.	<b>Central Washington</b>	<b>486.95</b>	—
5.	<b>Seattle Pacific</b>	<b>465.15</b>	—
6.	Academy of Art	345.11	—
7.	Point Loma	298.60	—
8.	<b>Northwest Nazarene</b>	<b>199.63</b>	—
9.	<b>Montana State Billings</b>	<b>138.29</b>	—
10.	Humboldt State	80.42	—



# GNAC Qualifiers For NCAA Outdoor Championships

## MEN'S PROVISIONAL QUALIFIERS AS OF MAR. 28, 2021

Event	Athlete	Mark	Rank	Date
<b>5,000 Meters</b>	Calahan Warren, WWU	14:16.17	7th	3/20/21
<b>10,000 Meters</b>	Calahan Warren, WWU	29:55.17	8th	3/26/21
	Eric Hamel, WWU	30:17.34	9th	3/26/21
	Kevin McDermott, WWU	30:46.49	17th	3/26/21
<b>Hammer</b>	Andrew Harris, CWU	57.50/188-8	14th	3/26/21
<b>Javelin</b>	Beau Ackerman, MSUB	67.23/220-7	3rd	3/19/21
<b>Decathlon</b>	JJ Walker, WOU	6,432	6th	3/10/21

## WOMEN'S PROVISIONAL QUALIFIERS AS OF MAR. 28, 2021

Event	Athlete	Mark	Rank	Date
<b>5,000 Meters</b>	Dania Holmberg, SPU	17:04.76	9th	3/20/21
<b>Pole Vault</b>	Scout Cai, SPU	3.95/12-11.5	T-8th	3/6/21
<b>Javelin</b>	Hannah Nienaber, WWU	45.43/149-0	6th	3/26/21
	Kaylee Wright, WOU	43.95/144-2	15th	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	<b>100 Meters</b>	12.31	11.90	11.52
22.06	21.32	20.74	<b>200 Meters</b>	25.27	24.40	23.55
48.62	47.71	46.36	<b>400 Meters</b>	57.54	55.87	53.52
1:54.03	1:51.87	1:48.79	<b>800 Meters</b>	2:13.08	2:12.07	2:06.90
3:54.86	3:50.68	3:44.38	<b>1,500 Meters</b>	4:30.39	4:32.89	4:21.49
15:01.60	14:32.33	13:55.74	<b>5,000 Meters</b>	16:50.38	17:10.15	16:10.04
31:56.66	30:47.12	29:16.79	<b>10,000 Meters</b>	37:08.97	36:35.68	34:27.88
15.24	14.51	13.90	<b>110/100m Hurdles</b>	14.62	14.19	13.47
54.84	53.34	51.34	<b>400m Hurdles</b>	1:03.43	1:01.82	58.71
9:13.88	9:13.76	8:51.96	<b>Steeplechase</b>	11:11.32	10:59.70	10:13.78
1.96 / 6-5	2.05 / 6-8.75	2.14 / 7-0.25	<b>High Jump</b>	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	<b>Pole Vault</b>	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	<b>Long Jump</b>	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	<b>Triple Jump</b>	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	<b>Shot Put</b>	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	<b>Discus</b>	41.00 / 134-6	45.51 / 149-3	53.61 / 175-10
54.43 / 178-7	55.59 / 182-4	65.89 / 216-2	<b>Hammer</b>	49.58 / 162-0	52.09 / 170-10	60.58 / 198-9
59.10 / 193-11	58.75 / 192-9	69.57 / 228-3	<b>Javelin</b>	44.71 / 146-8	41.84 / 137-3	49.63 / 162-10
6,452	6,325	7,252	<b>Dec./Hep.</b>	4,593	4,529	5,207
NA	41.06	40.26	<b>4x100 Relay</b>	NA	46.73	45.52
NA	3:13.73	3:08.52	<b>4x400 Relay</b>	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.

# 2021 GNAC Meet Summaries

**Fri., Mar. 26**

## **Team 4 Titus**

**at Concordia Irvine Track, Irvine, Calif.**

**Men (Top 3 GNAC Finishers):** 100 Meters - 2, Magnus Hemingway, NNU, 11.01. 400 Meters - 1, Logan Blake, NNU, 48.87. 800 Meters - 1, Dylan Tidwell, NNU, 1:53.25. 5,000 Meters - 1, Tyler Shea, NNU, 14:46.82. 110 Hurdles - 2, Turner Nye, NNU, 15.75. 4x100 Relay - 3, Northwest Nazarene (Willee, Magee, Beck, Hemingway), 43.01. 4x400 Relay - 1, Northwest Nazarene (Magee, Nye, Beck, Blake), 3:23.77. Pole Vault - 3, Turner Nye, NNU, 13-9.75. Shot Put - 2, Colton Burr, 46-0.5; 3, Cody Robbins, NNU, 45-10.755. Discus - 3, Dylan Hendry, NNU, 142-10. Hammer - 2, Colton Burr, NNU, 165-11; 3, Dylan Hendry, NNU, 157-0. Javelin - 1, Brody Monson, NNU, 177-4.

**Sat., Mar. 27**

## **Ed Boitano Invitational**

**at Baker Stadium, Tacoma, Wash.**

**Women's Team Scores:** Central Washington 154, Western Washington 138, Seattle Pacific 127, Saint Martin's 91, Pacific Lutheran 86, Puget Sound 49, Everett CC 17, Green River CC 5.

**Women (Top 3 GNAC Finishers):** 100 Meters - 2, Grace Bley, SPU, 12.29; 3, Julia Stepper, SPU, 12.43. 200 Meters - 1, Grace Bley, SPU, 24.61; 3, Julia Stepper, SPU, 25.15. 400 Meters - 2, Jasmyne Neria, CWU, 1:00.50; 3, Charisma Smith, SPU, 1:00.79. 800 Meters - 1, Ellie Rising, SPU, 2:13.95; 2, Dania Holmberg, SPU, 2:17.78; 3, Elizabeth Thompson, SPU, 2:21.27. 1,500 Meters - 1, Kelsey Washenberger, SPU, 4:50.57; 2, Cassidy Walchak-Sloan, SMU, 4:54.25; 3, Belle Brandelfels, SPU, 5:00.04. 5,000 Meters - 2, Abby Burton, SMU, 21:51.31. 10,000 Meters - 2, Molly Mattson, CWU, 38:39.38; 3, Sara Sabra, SMU, 40:27.55. 100 Hurdles - 1, Lauryn Chandler, CWU, 15.29; 2, Aliyah Dawkins, WWU, 15.49; 3, Gabriel Cintron, SMU, 16.39. 400 Hurdles - 1, McCall DeChenne, CWU, 1:03.02; 2, Rachel Krill, CWU, 1:06.08. 4x100 Relay - 1, Saint Martin's, 50.28. 4x400 Relay - 1, Seattle Pacific, 3:59.91; 2, Central Washington, 4:05.23. High Jump - 2, Jessica Neal, WWU, 5-5; 3, Eden Mortensen, SMU, 5-1. Pole Vault - 1, Scout Cai, SPU, 11-9.75; 2, Lexi Perry, WWU, 11-3.75; 3, Lizzy Daugherty, SPU, 10-10. Long Jump - 1, Renick Meyer, SPU, 18-11.75; 2, Yareli Ochoa, CWU, 17-7.5; 3, Aliyah Dawkins, WWU, 17-5.5. Triple Jump - 1, Karlie Hurley, WWU, 37-9.25; 2, Devon Olson, WWU, 36-10.5; 3, Jamie Sanford, WWU, 36-4.25. Shot Put - 1, Avery Fisk, CWU, 42-11.5; 2, Jocelyn Saribay, SMU, 38-11; 3, Katie Potts, WWU, 38-8.75. Discus - 1, Avery Fisk, CWU, 136-11; 2, Saran Sidibe, CWU, 135-3. Hammer - 1, Meagan Smallbeck, CWU, 159-5; 3, Raine Westfall, WWU, 146-3. Javelin - 1, Hannah Nienaber, WWU, 148-4; 3, Amanda Short, WWU, 132-7.

**Men's Team Scores:** Western Washington 266, Central Washington 140, Saint Martin's 85, Pacific Lutheran 69, Everett CC 42, Seattle Pacific 37, Puget Sound 32, Multnomah 23.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Zachary Davis, CWU, 11.14; 2, Harry Horwath, CWU, 11.20; 3, Noah Johnson, WWU, 11.44. 200 Meters - 1, Michael Russell, SMU, 22.10; 2, Harry Horwath, CWU, 22.35; 3, Zachary Davis, CWU, 22.42. 400 Meters - 1, Lukas Brenek, WWU, 49.52; 2, Bryant Welch, WWU, 49.61. 800 Meters - 1, Calahan Warren, WWU, 1:55.88; 2, Mac Franks, WWU, 1:56.33; 3, Brayden Schultz, SPU, 1:58.18. 1,500 Meters - 1, Jack Farrell, SMU, 4:01.22; 2, Rajesh Gill, CWU, 4:07.13; 3, Ian Fay, WWU, 4:07.57. 5,000 Meters - 1, Jack Farrell, SMU, 15:47.50; 2, Donovan Barnhart, CWU, 15:58.81. 10,000 Meters - 1, Calahan Warren, WWU, 29:55.17; 2, Eric Hamel, WWU, 30:17.34. 110 Hurdles - 1, Koby Okezie, WWU, 14.86; 2, Hunter Flick, WWU, 15.21; 3, Cordell Cummings, WWU, 15.42. 400 Hurdles - 1, Cordell Cummings, WWU, 54.13; 2, Gunner Vallatini, CWU, 55.97; 3, Koby Okezie, WWU, 58.13. Steeplechase - 1, Kaleb Korta, WWU, 9:19.40; 2, Jeret Gillingham, WWU, 9:27.55; 3, Mac Franks, WWU, 9:27.92. 4x400 Relay - 1, Saint Martin's, 3:25.88; 2, Seattle Pacific, 3:33.10. High Jump - 1, Damian Mercado, WWU, 6-2.75; 2, Andrew Boyd, SMU, 5-8.75. Pole Vault - 1, Kacey Provo, WWU, 14-11; 2, Tysen Campbell, CWU, 14-5.25; 3, Andrew Alfred, SMU, 14-5.25. Long Jump - 2, David

Tran, WWU, 22-2.25; 3, Ryan Greenwalt, WWU, 22-1. Triple Jump - 3, Damian Mercado, WWU, 42-0.5. Shot Put - 2, Ben Malquist, WWU, 551-7.75. Discus - 1, Aidan Cain, CWU, 149-2; 2, Martin Napeahi, CWU, 145-10. Hammer - 1, Andrew Harris, CWU, 188-8; 2, Aidan Cain, CWU, 176-4; 3, Ethan Tonder, 175-7. Javelin - 1, Mason Salley, WWU, 179-6; 2, Sean Witters, WWU, 165-4; 3, Jaydon Tryon, WWU, 161-7.

## **Team 4 Ely**

**at Concordia Irvine Track, Irvine, Calif.**

**Women (Top 3 GNAC Finishers):** 400 Meters - 3, Lauren Wuertz, NNU, 57.85. 5,000 Meters - 3, Kalen Johnson, NNU, 18:05.76. 4x400 Relay - 2, Northwest Nazarene (Wuertz, Porter, Emerson, Brence), 3:59.15. Shot Put - 3, Destany Herbert, NNU, 37-5.75.

**Sat., Mar. 27-Sun., Mar. 28**

## **Yellow Jacket Spring Open**

**at Lyle Hare Stadium, Spearfish, S.D.**

**Women (Top 3 GNAC Finishers):** Steeplechase - 1, Kailee Stoppel, MSUB, 12:37.11. Shot Put - 3, Joleen Pollat, MSUB, 41-0.25. Javelin - 3, Jordan Cookman, MSUB, 114-6.

**Men (Top 3 GNAC Finishers):** 800 Meters - 3, Carson Jessup, MSUB, 2:04.40. 5,000 Meters - 3, Ase Ackerman, MSUB, 15:52.80. Steeplechase - 2, Carson Jessup, MSUB, 9:56.01. 4x100 Relay - 2, Montana State Billings (Olson, Schram, Lynn Eyer), 43.28. High Jump - 1, Isaiah Girard, MSUB, 6-6.75.