



Apr. 14, 2021 • Week 6
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Apr. 16-Sat., Apr. 17

Central Washington, Northwest Nazarene, Seattle Pacific, Western Oregon, Western Washington at CWU Wildcat Invitational, Ellensburg, Wash. Montana State Billings at Idaho State Bengal Invite, Pocatello, Idaho

Sat., Apr. 17

Western Oregon at Lane Invite, Eugene, Ore.

LAST WEEK'S MEETS

Thurs., Apr. 1

Fri., Apr. 9

Seattle Pacific Dual vs. Seattle

at West Seattle Stadium, Seattle, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Grace Bley, SPU, 12.34; 3, Julia Stepper, SPU, 12.41. 200 Meters - 1, Grace Bley, SPU, 26.10; 2, Julia Stepper, SPU, 27.11. 400 Meters - 2, Charisma Smith, SPU, 1:02.17. 1,500 Meters - 1, Dania Holmberg, SPU, 4:36.54; 2, Ellie Rising, SPU, 4:46.65. 3,000 Meters - 1, Belle Brandenfels, SPU, 10:34.54. 100m Hurdles - Renick Meyer, SPU, 14.81; 3, Abby Kaufman, SPU, 18.52. 4x100 Relay - 1, Seattle Pacific (Bouyer, Meyer, Stepper, Bley), 47.79. 4x400 Relay - 2, Seattle Pacific (Bley, Bouyer, Stepper, Smith), 4:10.24. Pole Vault - 1, Scout Cai, SPU, 10-11.75; 2, Lizzy Daugherty, SPU, 10-0; 3, Emily Northey, SPU, 9-6.25. Long Jump - 1, Renick Meyer, SPU, 18-4.5. Javelin - 1, Scout Cai, SPU, 115-4; 2, Abby Kaufmann, SPU, 109-10.

Men (Top 3 GNAC Finishers): 200 Meters - 1, Evan Carpenter, SPU, 23.95; 2, Julius Shepherd, SPU, 25.16. 400 Meters - 1, Julius Shepherd, SPU, 52.37; 3, Evan Carpenter, SPU, 53.19. 800 Meters - 2, Brayden Schultz, SPU, 1:59.30. Steeplechase - 1, Jared Putney, SPU, 9:37.15; 2, Austin Weese, SPU, 9:47.49; 3, Colin Boutin, SPU, 10:03.64. 4x100 Relay - 2, Seattle Pacific (Carpenter, Shepherd, Owen, Hentges), 3:35.95. Pole Vault - 1, Kainoa Lee, SPU, 12-11.5. Long Jump - 1, David Njeri, SPU, 20-4.5.

Fri., Apr. 9-Sat., Apr. 10

John Knight Twilight

at McArthur Field, Monmouth, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Maya Hopwood, WOU, 12.25; 2, Lauren Berry, WOU, 13.13. 200 Meters - 1, Karlie Hurley, WWU, 25.13; 2, Maya Hopwood, WOU, 26.43; 3, Jenelle Hurley, WOU, 26.80. 400 Meters - 1, Tylantiss Atlas, UAA, 56.97; 2, Karlie Hurley, WWU, 57.63; 3, Kaitlyn Backman, UAA, 1:00.77. 800 Meters - 2, Shayla Solomon, WOU, 2:24.13; 3, Ila Davis, WWU, 2:28.73. 5,000 Meters - 1, Caitlin Heldt, WOU, 18:18.47; 3, Arielle Himelbloom, UAA, 20:03.82. 100 Hurdles - 1, Aliyah Dawkins, WWU, 14.96; 2, Elena Cano, WWU, 15.03. 400 Hurdles - 1, Elena Cano, UAA, 1:04.81; 2, Michaela Yonkman, WOU, 1:06.68; 3, Haley Bartolaba, UAA, 1:06.26. 4x400 Relay - 1, Alaska Anchorage (Cano, Backman, Johnsen, Atlas), 4:11.93; 2, Western Oregon (Popchok, Deters, Carstensen, Yonkman), 4:15.03. High Jump - 1, Jenelle Hurley, WOU, 5-4.5; 2, Aliyah Dawkins, WWU, 5-2.5; 3, Elena Cano, UAA, 5-2.5. Long Jump - 1, Jamie Sanford, WWU, 17-4.75; 2, Elena Cano,

UAA, 17-1.25; 3, Lauren Berry, WOU, 16-0.25. Triple Jump - 1, Devon Olson, WWU, 36-9; 2, Ana Popchok, WOU, 36-3.5; 3, Jamie Sanford, WWU, 34-10.5. Shot Put - 1, Katie Potts, WWU, 41-4.5; 2, Moana Gianotti, WOU, 40-9.5; 3, Mattison Crook, 40-3.25. Discus - 1, Moana Gianotti, WOU, 134-9; 2, Taliyah Coe, WWU, 127-0; 3, Katie Potts, WWU, 125-11. Hammer - 1, Moana Gianotti, WOU, 151-0; 2, Raine Westfall, WWU, 148-3; 3, Katie Potts, WWU, 140-3. Javelin - 1, Hannah Nienaber, WWU, 155-11; 2, Kaylee Wright, WOU, 137-11; 3, Amanda Short, WWU, 133-11.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Dominique Loggins, WOU, 10.86; 3, Joshua Wagner, UA, 10.97. 200 Meters - 1, Joshua Wagner, UAA, 22.40; 2, Enrique Campbell, UAA, 22.51; 3, Bryant Welch, WWU, 22.58. 400 Meters - 2, Lucas Brenek, WWU, 49.24; 3, Enrique Campbell, UAA, 50.01. 800 Meters - 1, Justin Crosswhite, WOU, 1:53.98; 2, Calahan Warren, WWU, 1:54.00; 3, Mac Franks, WWU, 1:54.06. 1,500 Meters - 1, Calahan Warren, WWU, 3:48.42; 2, Hunter Hutton, WOU, 3:49.24; 3, Mac Franks, WWU, 3:49.57. 5,000 Meters - 1, Cole Nash, UAA, 14:38.89. 110m Hurdles - 1, Koby Okezie, WWU, 14.68; 2, Joshua Wagner, UAA, 14.84; 3, Cordell Cummings, WWU, 14.85. 400m Hurdles - 1, Cordell Cummings, WWU, 53.90; 2, Aaron Hanible, WOU, 56.06; 3, Daryl Bushnell, UAA, 57.97. Steeplechase - 1, Lawson Sims, UAA, 9:05.98; 2, Kaleb Korta, WOU, 9:12.73; 3, Jeret Gillingham, WWU, 9:16.03. 4x400 Relay - 1, Alaska Anchorage (Sramek, Wagner, McGill, Campbell), 43.14. 4x400 Relay - 1, Western Oregon (Walker, Hanible, Reed, Crosswhite), 3:26.52; 2, Alaska Anchorage (Wagner, Sramek, Sims, Campbell), 3:30.42. High Jump - 1, Trent Kibler, WWU, 6-6.75; 2, Devin Hasher, WOU, 6-4.75. Triple Jump - 2, Damian Mercado, WWU, 44-7; 3, Jalon Fields, WOU, 44-1.5. Shot Put - 1, Ben Malquist, WWU, 52-4; 2, Owen Collins, WOU, 48-4.75; 3, Sam Cole, WOU, 44-4. Discus - 2, Ben Malquist, WWU, 136-10; 3, Owen Collins, WOU, 136-2. Hammer - 1, Sam Cole, WOU, 163-0; 2, Owen Collins, WOU, 137-7. Javelin - 1, Austin Goldstein, WOU, 188-1; 3, Jaydon Tryon, WWU, 181-2.

Fri., Apr. 9-Sat., Apr. 10

Aggie Invitational

at Ralph Maughan Track Stadium, Logan, Utah

Women (Top 3 GNAC Finishers): 400 Meters - 2, Lauren Wuertz, NNU, 55.02. Pole Vault - 1, Kinsey Langin, NNU, 12-5.5.

Men (Top 3 GNAC Finishers): 400 Meters - 2, Logan Blake, NNU, 49.67. 800 Meters - 3, Dylan Tidwell, NNU, 1:56.76. Steeplechase - 1, Treyson Conley, NNU, 11:04.17.

Sat., Apr. 10

PLU Invitational

at PLU Track, Tacoma, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Makiya Worthy, SMU, 12.35. 200 Meters - 1, Makiya Worthy, SMU, 24.94. 800 Meters - 2, Cassidy Walchak-Sloan, SMU, 2:23.19. 800 Meters - 2, Cassidy Sloan-Walchak, SMU, 2:23.19. 1,500 Meters - 1, Cassidy Sloan-Walchak, SMU, 4:51.28. 5,000 Meters - 1, Elaina Hansen, SMU, 18:51.96. 100m Hurdles - 2, Eden Mortensen, SMU, 16.18. High Jump - 2, Jessica Neal, WWU, 5-3; 3, Ashley Vest, SMU,

5-1. Pole Vault - Tie 1, Scout Cai, SPU, SPU, 10-11.75; Tie 1, Lexi Perry, WWU, 10-11.75; 3, Hannah Dobson, WWU, 10-6. Long Jump - 2, Margaret Zilla, SMU, 15-10.5. Triple Jump - 1, Margaret Zilla, SMU, 34-2.25; 3, Hannah Cook, SMU, 30-0.75. Shot Put - 1, Jocelyn Saribay, SMU, 38-3.25; 2, Jasmine Kaufman, WWU, 37-8; 3, Andrew Cleveland Barearra, WWU, 36-10.5. Discus - 2, Jocelyn Saribay, SMU, 117-1. Hammer - 2, Johanna Zilla, SMU, 140-11.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Michael Russell, SMU, 10.96; 3, Landon Armstrong, SMU, 11.20. 200 Meters - 1, Michael Russell, SMU, 22.10. 800 Meters - 1, Brock Knowles, WWU, 1:59.48. 1,500 Meters - 1, Nick Sarysz, SMU, 4:07.64; 2, Andrew Oslin, SMU, 4:07.82. 5,000 Meters - 2, Andrew Oslin, SMU, 15:35.05. 110m Hurdles - 1, Andrew Boyd, SMU, 15.74; 2, Ryan Kenny, WWU, 17.77. High Jump - Tie 2, Andrew Boyd, SMU, 5-7. Pole Vault - 2, Cooper Holy, WWU, 13-11.25; 3, Andrew Alfred, SMU, 13-11.25. Long Jump - 3, Andrew Schulz, SMU, 20-10. Shot Put - 2, Micah Au-Haupu, SMU, 45-4.5. Discus - 3, Micah Au-Haupu, SMU, 132-3. Javelin - 1, Landon Armstrong, SMU, 163-9.

War XII Meet

at Spokane Falls CC, Spokane, Wash.

Women (Top 3 GNAC Finishers): 1,500 Meters - 2, Molly Mattson, CWU, 5:00.25. 5,000 Meters - 3, Molly Mattson, CWU, 18:55.62. 100m Hurdles - 2, McCall DeChenne, CWU, 15.16. 400m Hurdles - 1, McCall DeChenne, CWU, 1:02.28. Steeplechase - 3, Caitlin Gohr, CWU, 12:22.0. 4x100 Relay - 2, Central Washington (Hansen, Doss, Ochoa, Robydek), 48.79. 4x400 Relay - 1, Central Washington C (Green, Chandler, Robydek, Taylor), 4:03.23. High Jump - 2, Rachelle Hamilton, CWU, 5-3. Long Jump - 1, Jillyan Taylor, CWU, 16-8.75; 2, Erica Cabanos, CWU, 16-5.75. Discus - 2, Avery Fisk, CWU, 135-8.

Men (Top 3 GNAC Finishers): 400 Meters - 3, Doc Porter, CWU, 50.33. 4x100 Relay - 1, Central Washington (Davis, Horwath, Sidor, Easley), 42.56. Pole Vault - 2, Braydon Meier, CWU, 15-2.75. Long Jump - 1, Ryan Thoma, CWU, 22-3.75. Shot Put - 3, Aidan Cain, CWU, 50-4. Discus - 2, Martin Napeahi, CWU, 153-1. Hammer - 2, Andrew Harris, CWU, 188-7.

Bauer Open

at O'Harra Stadium, Rapid City, S.D.

Women (Top 3 GNAC Finishers): 1,500 Meters - 3, Kailee Stoppel, MSUB, 4:58.45. 400m Hurdles - 2, Sierra Durbin, MSUB, 1:08.72; 3, Kendall Lynn, MSUB, 1:10.29. 4x400 Relay - 2, Montana State Billings (Lynn, Durbin, Glessner, Whitmer), 4:24.29. Long Jump - 1, Kendall Lynn, MSUB, 17-3.25. Javelin - 1, Jordan Cookman, MSUB, 126-4.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Mason Schram, MSUB, 10.97. 1,500 Meters - 2, Ase Ackerman, MSUB, 4:02.77. 5,000 Meters - 3, Bryant Edgerton, MSUB, 16:25.30. Steeplechase - 1, Carson Jessup, MSUB, 9:33.89. 4x100 Relay - 2, Montana State Billings (Olson, Schram, Lynn, Harper), 43.27. 4x400 Relay - 3, Montana State Billings (Olson, Redgrave, Jessop, McMillen), 3:32.26. Javelin - 1, Beau Ackerman, MSUB, 213-8.

GNAC Athletes of the Week



MEN'S TRACK
Lawson Sims, Western Washington
 Senior • Casper, Wyo.

Sims provisionally qualified for the NCAA Championships with his victory in the steeplechase at the John Knight Twilight. His time of 9:05.98 ranks No. 12 in Division II this season and is the fifth-fastest in UAA history. Sims also ran the third leg on the Seawolves' 4x400-meter relay team that finished second in 3:30.42.



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

Hopwood ran the fastest time in the GNAC this season in the 100 meters at the John Knight Twilight. She won the event with a personal-best time of 12.25 seconds, tying her with Seattle Pacific's Julia Stepper for the top mark in the conference. She also took second in the 200 meters in a time of 26.43 seconds.

Also Nominated: Ryan Thoma (Central Washington), Mason Schram (Montana State Billings), Logan Blake (Northwest Nazarene), Michael Russell (Saint Martin's), Hunter Hutton (Western Oregon), Koby Okezie (Western Washington).

Also Nominated: Elena Cano (Alaska Anchorage), McCall DeChenne (Central Washington), Kailee Stoppel (Montana State Billings), Lauren Wuertz (Northwest Nazarene), Cassidy Walchak-Sloan (Saint Martin's), Karlie Hurley (Western Washington).



MEN'S FIELD
Trent Kibler, Western Washington
 Freshman • Tumwater, Wash.

Kibler won the high jump at the John Knight Twilight by two inches, finishing with a clearance of 6 feet, 6.75 inches. The mark is the second-best in the GNAC this season.

Also Nominated: Aidan Cain (Central Washington), Beau Ackerman (Montana State Billings), Matt Mitchell (Northwest Nazarene), Micah Au-Hauptu (Saint Martin's), Austin Goldstein (Western Oregon).



WOMEN'S FIELD
Kinsey Langin, Northwest Nazarene
 Freshman • Meridian, Idaho

Langin tied for first in the pole vault at the Aggie Invitational, breaking the NNU outdoor record with her mark of 12 feet, 5.5 inches. The mark surpassed the previous record of 12-2.25 set by Alison Silva in 2014. The NCAA Championships provisional qualifying mark ranks in a tie for 25th in Division II this season and is No. 7 on the GNAC All-Time List.

Also Nominated: Avery Fisk (Central Washington), Jordan Cookman (Montana State Billings), Jocelyn Saribay (Saint Martin's), Moana Gianotti (Western Oregon), Hannah Nienaber (Western Washington).

Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Feb. 15-21	Dylan Tidwell, NNU	Colton Burr, NNU	Kalen Johnson, NNU	Kinsey Langin, NNU
Mar. 1-7	Jeff Gordon, SPU	Carter McGinnis, SPU	Grace Bley, SPU	Scout Cai, SPU
Mar. 8-14	Justin Crosswhite, WOU	JJ Walker, WOU	Maya Hopwood, WOU	Kaylee Wright, WOU
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
Mar. 29-Apr. 4	Calahan Warren, WWU	Beau Ackerman, MSUB	Elena Cano, UAA	Karlie Hurley, WWU
Apr. 5-11	Lawson Sims, UAA	Trent Kibler, WWU	Maya Hopwood, WOU	Kinsey Langin, NNU

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

Around The GNAC

ALASKA ANCHORAGE



- Led by senior **Lawson Sims**, Alaska Anchorage won seven events at the John Knight Twilight on Friday and Saturday.
- Sims was named the GNAC Men's Track Athlete of the Week after he won the steeplechase in a time of 9:05.88. The NCAA Championships provisional qualifying time ranks No. 12 in Division II this season.
- Freshman **Joshua Wagner** won the men's 200 meters in 22.40 seconds. He went on to place second in the 110-meter hurdles in 14.84 seconds and third in the 100 meters in 10.97 seconds. Wagner also ran legs on both Seawolves' winning relay teams. He was the leadoff leg of the 4x400-meter relay team that won in 3:30.42 and the second leg of the 4x100-meter relay team that won in 43.14 seconds.
- Senior **Elena Cano** won the 400-meter hurdles in 1:04.81. She also took second in both the 100-meter hurdles (15.03) and the long jump (17-1) and placed third in the high jump (5-2.5). Cano ran the leadoff leg of the Seawolves' winning 4x400-meter relay team, which won in 4:11.93.
- Freshman **Cole Nash** was the winner by a literal hair in the men's 5,000 meters. His time of 14:38.886 just beat out Ian Vickstrom, who finished in 14:38.887.
- Junior **Tylantiss Atlas** picked up the victory in the women's 400 meters with a GNAC-leading time of 56.97 seconds.
- Alaska Anchorage is off this weekend. The Seawolves return to Monmouth on Saturday, April 23, to compete in the Western Oregon Pop-Up Meet.

CENTRAL WASHINGTON



- A sweep of the top spots in the long jump led five event victories for Central Washington at the War XIV Meet in Spokane.
- Freshman **Ryan Thoma** won the men's long jump with a mark of 22 feet, 3.75 inches. Junior **Jillian Taylor** made it a sweep when she won the women's long jump with her mark of 16 feet, 8.75 inches.
- Sophomore **McCall DeChenne** won the women's 400-meter hurdles with the fastest time in the GNAC this season, running a time of 1:02.28. DeChenne also took second in the 100-meter hurdles in 15.16 seconds.
- The Wildcats picked up a pair of relay victories. The women's 4x400-meter relay team won in a time of 4:03.23 while the men's 4x100-meter relay team won in a time of 42.56 seconds.
- Central also had a number of second-place finishes in the field events. Junior **Avery Fisk** took second in the women's discus with a mark of 135 feet, 8 inches. Senior **Andrew Harris** was second in the men's hammer with a mark of 188 feet, 7 inches while senior **Braydon Maier** was second in the men's pole vault with a clearance of 15 feet, 2.75 inches. Junior **Rachelle Hamilton** placed second in the women's high jump, clearing 5 feet, 3 inches.
- Junior **Molly Mattson** added a second-place finish in the women's 1,500 meters in a time of 5:00.25.
- Central Washington will spend this weekend at home, hosting the CWU Wildcat Invitational on Friday and Saturday.

MONTANA STATE BILLINGS



- Montana State Billings picked up five event victories at the Bauer Open in Rapid City, South Dakota.
- Senior **Mason Schram** was a winner in the men's 100 meters, clocking a time of 10.97 seconds that is just off his season-best of 10.93 seconds. Junior **Carson Jessup** added a victory in the men's steeplechase in a time of 9:33.89.
- The Yellowjackets swept top honors in the javelin. Senior **Beau Ackerman** threw over 200 feet again as he won the men's javelin with a mark of 213 feet, 8 inches. Freshman **Jordan Cookman** improved her school record in the women's javelin with a mark of 126 feet, 4 inches. It is the third time she has reset the school record this season.
- Freshman **Kendall Lynn** won the women's long jump with a mark of 17 feet, 3.25 inches, and went on to post a season-best of 1:10.29 in the 400-meter hurdles to place third.
- The MSUB women were led on the track by junior **Sierra Durbin**, who was second in the 400-meter hurdles in 1:08.72. Durbin also ran the second leg on the Yellowjackets' 4x400-meter relay team, which placed second in 4:24.29.
- Montana State Billings returns to competition on Friday and Saturday, taking part in the Idaho State Bengal Open in Pocatello, Idaho.

NORTHWEST NAZARENE



- Freshman **Kinsey Langin's** NCAA Championships provisional qualifying mark in the women's javelin led Northwest Nazarene against Division I competition at the Aggie Invitational in Logan, Utah.
- Langin was named the GNAC Women's Field Athlete of the Week after she took first in a tiebreaker over Idaho State's Louis Lallement with a mark of 12 feet, 5.5 inches. The mark moves Langin to No. 7 on the GNAC All-Time List and ties her for 25th in Division II this season. It also set an NNU school record, surpassing the 12 feet, 2.25 inches set by Alison Silva in 2014.
- Junior **Treyson Conley** was the Nighthawks' other event winner as he won the men's steeplechase in a time of 11:04.17.
- The Nighthawks collected a pair of second-place finishes in the 400 meters. Senior **Logan Blake** took second in the men's 400 with a time of 49.67 seconds. Senior **Lauren Wuertz** took second in the women's 400 in a time of 55.02 seconds. Wuertz also ran the second-fastest time in NNU history in the women's 200 in 25.25 seconds.
- Freshman **Dylan Tidwell** was the other top-three finisher for NNU, placing third in the 800 meters in 1:56.76.
- Northwest Nazarene is right back in action this weekend, traveling to Ellensburg, Washington to take part in the CWU Wildcat Invitational on Friday and Saturday.

Around The GNAC

SAINT MARTIN'S



• It was a full day for Saint Martin's as the Saints had 10 event winners at the PLU Invitational in Tacoma, Washington.

• Sophomore **Michael Russell** picked up victories in both the men's 100 meters and 200 meters. He won the 100 meters in a time of 10.96 and the 200 meters in a time of

22.10 seconds, which ties his GNAC-leading time.

• Freshman **Makiya Worthy** made it a sweep of the 100 meters, winning the women's race in a time of 12.35 seconds. Worthy placed second in the 200 meters in 24.94 seconds.

• In the distances, freshman **Cassidy Sloan-Walchak** won the women's 1,500 meters in a time of 4:51.28 and freshman **Nicholas Sarysz** won the men's metric mile in 4:07.62. In the women's 5,000 meters, freshman **Elaina Hansen** won in a time of 18:51.96.

• Freshman **Margaret Zilla** won the women's triple jump with her mark of 34 feet, 2.25 inches. Freshman **Jocelyn Saribay** added a first-place finish in the women's shot put with her mark of 38 feet, 3.25 inches.

• Sophomore **Andrew Boyd** added a victory in the men's 110-meter hurdles, clocking a time of 15.74 seconds. In the men's javelin, sophomore **Landon Armstrong** won with his throw of 163 feet, 9 inches.

• Saint Martin's will not compete next weekend. The Saints will be back in action on April 24 at the Peyton-Shotwell Invitational in Tacoma, Washington.

SEATTLE PACIFIC



• Competing in a rare dual meet with Division I SeattleU, Seattle Pacific picked up 14 event victories in the competition on Friday at West Seattle Stadium.

• Senior **Grace Bley** picked up two victories in the meet, taking the women's 100 meters in 12.34 seconds and the 200 meters in 26.10 seconds. Junior **Renick Meyer** also

won a pair of events, winning the women's long jump with a leap of 18 feet, 4.5 inches and the 100-meter hurdles in 14.81 seconds.

• Senior **Scout Cai** also won twice, capturing the women's javelin with a mark of 115 feet, 4 inches before winning her specialty, the pole vault with a clearance of 10 feet, 11.75 inches. At Saturday's PLU Invitational, Cai equaled that 10 feet, 11.75 inches to tie for first.

• Freshman **Julius Shepherd** led the efforts for the SPU men, winning the 400 meters in 52.37 seconds. Freshman **Evan Carpenter** added a win in the 200 meters with a time of 23.95 seconds.

• Sophomore **Jared Putney** won the men's steeplechase by 10 seconds, clocking a personal-best time of 9:37.15. Freshman **Kainoa Lee** won the men's pole vault with a clearance of 12 feet, 11.5 inches while sophomore **David Njeri** won the long jump with his mark of 20 feet, 4.5 inches.

• Seattle Pacific returns to action this Friday and Saturday, competing in the CWU Wildcat Invitational.



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 finished with eight event victories as the Wolves hosted the John Knight Twilight at McArthur Field.

• Freshman **Maya Hopwood** was named the GNAC Women's Track Athlete of the Week after her win in the 100 meters and a second-place finish in the 200 meters.

Hopwood ran 12.25 seconds in the 100, tying her for first in the GNAC this season. She finished second in the 200 with a time of 26.43 seconds.

• Junior **Moana Gianotti** was the Wolves' lone two-event winner, capturing the discus with a mark of 134 feet, 9 inches, and the hammer with a mark of 151 feet.

• Sophomore **Hunter Hutton** earned an NCAA Championships provisional qualifier in the men's 1,500 meters. He finished second with a time of 3:49.24, which ranks 23rd in Division II this season.

• Senior **Austin Goldstein** led the way for the WOU men, winning the javelin with his mark of 188 feet, 1 inch. Junior **Sam Cole** was the winner in the hammer with his mark of 163 feet.

• In the distances, senior **Justin Crosswhite** just missed his personal best in the men's 800 meters, winning with a time of 1:53.98. Crosswhite also ran the anchor leg on the Wolves' men's 4x400-meter relay team which won in a time of 3:26.52. Sophomore **Caitlin Heldt** won the women's 5,000 meters in a time of 18:18.47.

• Western Oregon will compete in two meets next weekend. The Wolves will send athletes to both the CWU Wildcat Invitational on Friday and Saturday and also send athletes to the Lane CC Invite in Eugene, Oregon.

WESTERN WASHINGTON



• Western Washington finished with 11 victories as the Vikings split their squad between the John Knight Twilight and the PLU Invitational.

• Freshman **Trent Kibler** was named the GNAC Men's Field Athlete of the Week after he won the high jump at the John Knight Twilight. His mark of 6 feet, 6.75 inches is second in the GNAC this season.

• Senior **Hannah Nienaber** improved her NCAA Championships provisional mark at the John Knight Twilight, winning the women's javelin with a mark of 155 feet, 11 inches. The mark ranks fifth in Division II this season and is No. 14 on the GNAC All-Time List.

• The Vikings had a pair of provisional qualifiers in the men's distances in Monmouth. Senior **Mac Franks** was third in the 1,500 in 3:49.57, ranking him 26th in Division II. Junior **Kaleb Korta** took second in the steeplechase in 9:12.73, which ranks No. 16 in Division II.

• The Vikings swept the men's hurdle races in Monmouth with junior **Koby Okezie** winning the 110-meter hurdles in 14.69 seconds that moved him into No. 7 on the GNAC All-Time List. Senior **Cordell Cummings** won the 400-meter hurdles in 53.90 seconds.

• In the women's sprints at the John Knight, senior **Karlie Hurley** won the 200 meters in 25.13 seconds. Sophomore **Aliyah Dawkins** captured the 100-meter hurdles in 14.96 seconds.

• Western Washington returns to action this weekend, competing in the CWU Wildcat Invitational on Friday and Saturday.

Men's Outdoor Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	
Mar. 30	No Ranked GNAC Teams
Apr. 6	No Ranked GNAC Teams
Apr. 13	No Ranked GNAC Teams

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 3 - Apr. 13, 2021

Rk	School	Pts.	Prev.
1.	Grand Valley State	230.77	2
2.	Angelo State	226.61	1
3.	West Texas A&M	220.18	3
4.	Pittsburg State	187.46	5
5.	Ashland	181.66	4
6.	Texas A&M-Commerce	160.57	6
7.	Adams State	138.80	10
8.	Missouri Southern	119.78	8
9.	Central Missouri	119.09	9
10.	UC Colorado Springs	109.07	7
11.	Tiffin	106.60	12
12.	Queens (N.C.)	91.42	14
13.	Lee (Tenn.)	85.32	15
14.	Colorado Mines	68.84	26
15.	Colorado Mesa	66.04	21
16.	Alabama-Huntsville	65.20	17
17.	Lincoln (Mo.)	64.23	19
18.	Western Colorado	61.86	11
19.	Harding	61.08	13
20.	Washburn	54.24	16
21.	Limestone	48.98	25
22.	Northwood (Mich.)	47.65	22
23.	Oklahoma Baptist	47.61	20
24.	Azusa Pacific	45.18	RV
25.	CSU Pueblo	42.28	18

USTFCCCA WEST REGION TEAM INDEX

Week 3 - Apr. 12, 2021

Rk	School	Pts.	Prev.
1.	Fresno Pacific	701.00	1
2.	Azusa Pacific	698.92	NR
3.	Central Washington	596.48	4
4.	Academy of Art	485.17	3
5.	Biola	470.87	5
6.	Concordia Irvine	449.93	2
7.	Northwest Nazarene	330.72	6
8.	Montana State Billings	283.60	7
9.	Alaska Anchorage	280.93	8
10.	Humboldt State	179.43	9



[Complete Poll Online](#)

Women's Outdoor Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	
Mar. 30	No Ranked GNAC Teams
Apr. 6	No Ranked GNAC Teams
Apr. 13	No Ranked GNAC Teams

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 3 - Apr. 13, 2021

Rk	School	Pts.	Prev.
1.	West Texas A&M	270.39	1
2.	Azusa Pacific	265.29	3
3.	Grand Valley State	222.05	2
4.	Missouri Southern	164.68	4
5.	CSU Pueblo	111.44	5
6.	Central Missouri	107.16	12
7.	Queens (N.C.)	101.62	9
8.	Angelo State	94.69	6
9.	Texas A&M-Commerce	92.41	10
10.	Minnesota State	88.76	14
11.	Adams State	87.17	7
12.	Lee (Tenn.)	80.86	21
13.	Colorado Mesa	80.83	27
14.	Lewis	80.51	8
15.	Saginaw Valley St.	76.42	77
16.	Northwest Missouri	72.73	20
17.	Pittsburg State	69.78	11
18.	UC Colorado Springs	66.03	19
19.	Fort Hays State	63.19	16
20.	Mary	60.08	25
21.	Academy of Art	59.07	15
22.	Wingate	55.37	30
23.	Harding	53.95	13
24.	Western Colorado	53.21	18
25.	Fresno Pacific	52.38	17

USTFCCCA WEST REGION TEAM INDEX

Week 3 - Apr. 12, 2021

Rk	School	Pts.	Prev.
1.	Azusa Pacific	1,278.54	1
2.	Fresno Pacific	793.38	3
3.	Biola	761.26	2
4.	Concordia Irvine	578.00	4
5.	Academy of Art	549.93	5
6.	Seattle Pacific	421.27	6
7.	Central Washington	405.18	7
8.	Point Loma	250.15	8
9.	Northwest Nazarene	197.90	9
10.	Montana State Billings	126.79	10



[Complete Poll Online](#)

GNAC Qualifiers For NCAA Outdoor Championships

MEN'S AUTOMATIC QUALIFIERS AS OF APR. 11, 2021

Event	Athlete	Mark	Rank	Date
Javelin	Beau Ackerman, MSUB	71.00/232-11	3rd	4/1/21

MEN'S PROVISIONAL QUALIFIERS AS OF APR. 11, 2021

Event	Athlete	Mark	Rank	Date
1,500 Meters	Calahan Warren, WWU	3:44.82	4th	4/3/21
	Hunter Hutton, WOU	3:49.24	23rd	4/9/21
	Mac Franks, WWU	3:49.57	26th	4/9/21
5,000 Meters	Calahan Warren, WWU	14:16.17	19th	3/20/21
10,000 Meters	Calahan Warren, WWU	29:55.17	20th	3/26/21
	Eric Hamel, WWU	30:17.34	30th	3/26/21
	Kevin McDermott, WWU	30:46.49	54th	3/26/21
Steeplechase	Lawson Sims, UAA	9:05.98	12th	4/9/21
	Kaleb Korta, WWU	9:12.73	16th	4/9/21
High Jump	Isaiah Girard, MSUB	2.05/6-8.75	T-18th	4/1/21
Hammer	Andrew Harris, CWU	57.50/188-8	23rd	3/26/21
	Aidan Cain, CWU	55.70/182-9	33rd	4/10/21
Decathlon	JJ Walker, WOU	6,432	23rd	3/10/21

WOMEN'S PROVISIONAL QUALIFIERS AS OF APR. 11, 2021

Event	Athlete	Mark	Rank	Date
5,000 Meters	Dania Holmberg, SPU	17:04.76	19th	3/20/21
Pole Vault	Scout Cai, SPU	3.95/12-11.5	T-13th	3/6/21
	Kinsey Langin, NNU	3.80/12-5.5	T-25th	4/9/21
Triple Jump	Karlie Hurley, WWU	12.04/39-6	21st	4/3/21
Javelin	Hannah Nienaber, WWU	47.52/155-11	5th	4/9/21
	Kaylee Wright, WOU	43.95/144-2	20th	3/23/21
	Natalie Vetto, WWU	42.06/138-0	29th	4/3/21

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.

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 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, 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.

Thurs., Apr. 1

MSUB/Rocky Meet

at Lockwood High School, Lockwood, Mont.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Michaela Johnsn, MSUB, 13.55. 1,500 Meters - 2, Kailee Stoppel, MSUB, 4:56.66. 100 Hurdles - 2, Michaela Johnson, MSUB, 17.34; 3, Marley Glessner, MSUB, 17.82. 400 Hurdles - 2, Sierra Durbin, MSUB, 1:09.11; 3, Marley Glessner, MSUB, 1:17.82. 4x400 Relay - 3, Montana State Billings (Durbin, Glessner, Lynn, Whitmer), 4:22.71. Long Jump - 1, Brenna Beckett, MSUB, 16-9.75; 2, Kendall Lynn, MSUB, 16-9.25. Triple Jump - 1, Kendall Lynn, MSUB, 35-6.75; 2, Brenna Beckett, MSUB, 34-11.75. Shot Put - 3, Joleen Pollat, MSUB, 38-3.25. Hammer - 1, Taylor Stringari, MSUB, 148-8. Javelin - 1, Jordan Cookman, MSUB, 123-9.

Men (Top 3 GNAC Finishers): 200 Meters - 2, Mason Schram, MSUB, 23.51. 110 Hurdles - 3, Cody Welsh, MSUB, 18.24. 400 Hurdles - 3, Carson Ullmer, MSUB, 1:00.04. 4x100 Relay - 2, Montana State Billings (Olson, Schram, Lynn, Eyer), 42.85. 4x400 Relay - 2, Montana State Billings (Redgrave, McMillen, Jessop, Olson), 3:31.81. High Jump - 1, Isaiah Girard, MSUB, 6-8.75. Long Jump - 3, Isaiah Girard, MSUB, 22-0.75. Triple Jump - 1, Bryce Olson, MSUB, 43-5.75; 2, Payden Lynn, MSUB, 42-8; 3, Garrett McMillen, MSUB, 42-7.5. Javelin - 1, Beau Ackerman, 232-11; 2, Payden Lynn, MSUB, 173-10.

2021 GNAC Meet Summaries

Sat., Apr. 3

WWU Invitational

at Civic Stadium, Bellingham, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Julia Stepper, SPU, 12.25. 200 Meters - 2, Grace Bley, SPU, 24.86; 3rd, Jenna Bouyer, SPU, 25.55. 400 Meters - 1, Jenna Bouyer, SPU, 57.89; 2, Grace Bley, SPU, 58.04; 3, Kaitlyn Backman, UAA, 1:01.20. 800 Meters - 1, Tylantiss Atlas, UAA, 2:19.71; 3, Alfin Nyamasyo, UAA, 2:23.27. 5,000 Meters - 1, Sienna Taylor, WWU, 18:30.00; 2, Ila Davis, WWU, 18:45.41. 100 Hurdles - 1, Renick Meyer, SPU, 14.86; 2, Aliyah Dawkins, WWU, 14.91; 3, Elena Cano, UAA, 15.02. 400 Hurdles - 1, Elena Cano, UAA, 1:04.94; 3, Haley Bartaolaba, UAA, 1:09.65. 4x100 Relay - 1, Seattle Pacific (Bouyer, Meyer, Stepper, Bley), 47.05. 4x400 Relay - 1, Alaska Anchorage (Cano, Nyamasyo, Bartolaba, Backman), 4:07.82. High Jump - 1, Jessica Neal, WWU, 5-5.25; 3, Elena Cano, UAA, 4-11.5. Pole Vault - 1, Scout Cai, SPU, 12-0.5; 2, Hannah Dodson, WWU, 11-6.5; Tie 3, Madison Fassiotta, WWU, 11-0.75; Tie 3, Lexi Perry, WWU, 11-0.75. Long Jump - 1, Karlie Hurley, WWU, 18-6.5; 2, Renick Meyer, SPU, 18-4.5; 3, Elena Cano, UAA, 17-6. Triple Jump - 1, Karlie Hurley, WWU, 39-6; 2, Devon Olson, WWU, 38-7; 3, Jamie Sanford, WWU, 37-3. Shot Put - 1, Katie Potts, WWU, 41-8.5; 2, Mattison Crook, WWU, 38-9.5; 3, Scout Cai, SPU, 36-7. Discus - 2, Taliyah Coe, WWU, 127-10; 3, Katie Potts, WWU, 119-0. Hammer - 2, Raine Westfall, WWU, 155-6; 3, Mattison Crook, WWU, 142-4. Javelin - 1, Hannah Nienaber, WWU, 154-5; 2, Natalie Vetto, WWU, 138-0.

Men (Top 3 GNAC Finishers): 100 Meters - 1, David Tran, WWU, 11.04; 2, Tyrone Woodard, WWU, 11.24. 200 Meters - 1, Enrique Campbell, UAA, 22.29; 2, Bryant Welch, WWU, 22.35; 3, Lucas Brenek, WWU, 22.97. 400 Meters - 1, Enrique Campbell, UAA, 50.01; 2, Bryant Welch, WWU, 50.09. 800 Meters - 1, Mac Franks, WWU, 1:56.30; 2, Brock Knowles, WWU, 1:59.79. 1,500 Meters - 1, Calahan Warren, WWU, 3:44.82; 2, Mac Franks, WWU, 3:52.93; 3, Cole Nash, UAA, 3:55.84. 110 Hurdles - 1, Joshua Wagner, UAA, 14.75; 2, Cordell Cummings, WWU, 14.85; 3, Hunter Flick, WWU, 15.61. 400 Hurdles - 1, Cordell Cummings, WWU, 53.96; 2, Joshua Wagner, UAA, 55.16; 3, Jaden Edwards, WWU, 57.21. Steeplechase - 1, Lawson Sims, UAA, 9:18.57; 2, Ian Fay, WWU, 9:35.87. 4x400 Relay - 1, Western Washington A (Brenek, Unknown, Daniels, Engebretsen), 3:25.88; 2, Alaska Anchorage (Campbell, Sramek, Wagner, McGill), 3:26.81; 3, Western Washington B (Bursch, Franks, Knowles, Warren), 3:32.27. High Jump - 1, Ethan Sterkel, WWU, 6-3.25. Pole Vault - 1, Kasey Provo, WWU, 14-7.5; 3, David Sramek, UAA, 13-7.75. Long Jump - 1, Ethan Sterkel, WWU, 21-4; 2, Ryan Kenny, WWU, 20-10.75; 3, Damian Mercado, WWU, 20-6.5. Triple Jump - 1, Damian Mercado, WWU, 43-3.75. Shot Put - 1, Ben Malquist, WWU, 52-7.5. Discus - 1, Ben Malquist, WWU, 145-11. Javelin - 1, Jaydon Tryon, WWU, 175-8; 2, Sean Witters, WWU, 168-11; 3, Mason Salley, WWU, 166-7.

NW Distance Jamboree

at Lane Community College, Eugene, Ore.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): None.

Fri., Apr. 9

Seattle Pacific Dual vs. SeattleU

at West Seattle Stadium, Seattle, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Grace Bley, SPU, 12.34; 3, Julia Stepper, SPU, 12.41. 200 Meters - 1, Grace Bley, SPU, 26.10; 2, Julia Stepper, SPU, 27.11. 400 Meters - 2, Charisma Smith, SPU, 1:02.17. 1,500 Meters - 1, Dania Holmberg, SPU, 4:36.54; 2, Ellie Rising, SPU, 4:46.65. 3,000 Meters - 1, Belle Brandenfels, SPU, 10:34.54. 100m Hurdles - Renick Meyer, SPU, 14.81; 3, Abby Kaufman, SPU, 18.52. 4x100 Relay - 1, Seattle Pacific (Bouyer, Meyer, Stepper, Bley), 47.79. 4x400 Relay - 2, Seattle Pacific (Bley, Bouyer, Stepper, Smith), 4:10.24. Pole Vault - 1, Scout Cai, SPU, 10-11.75; 2, Lizzy Daugherty, SPU, 10-0; 3, Emily Northey, SPU, 9-6.25. Long Jump - 1, Re-

nick Meyer, SPU, 18-4.5. Javelin - 1, Scout Cai, SPU, 115-4; 2, Abby Kaufmann, SPU, 109-10.

Men (Top 3 GNAC Finishers): 200 Meters - 1, Evan Carpenter, SPU, 23.95; 2, Julius Shepherd, SPU, 25.16. 400 Meters - 1, Julius Shepherd, SPU, 52.37; 3, Evan Carpenter, SPU, 53.19. 800 Meters - 2, Brayden Schultz, SPU, 1:59.30. Steeplechase - 1, Jared Putney, SPU, 9:37.15; 2, Austin Weese, SPU, 9:47.49; 3, Colin Boutin, SPU, 10:03.64. 4x100 Relay - 2, Seattle Pacific (Carpenter, Shepherd, Owen, Hentges), 3:35.95. Pole Vault - 1, Kainoa Lee, SPU, 12-11.5. Long Jump - 1, David Njeri, SPU, 20-4.5.

Fri., Apr. 9-Sat., Apr. 10

John Knight Twilight

at McArthur Field, Monmouth, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Maya Hopwood, WOU, 12.25; 2, Lauren Berry, WOU, 13.13. 200 Meters - 1, Karlie Hurley, WWU, 25.13; 2, Maya Hopwood, WOU, 26.43; 3, Jenelle Hurley, WOU, 26.80. 400 Meters - 1, Tylantiss Atlas, UAA, 56.97; 2, Karlie Hurley, WWU, 57.63; 3, Kaitlyn Backman, UAA, 1:00.77. 800 Meters - 2, Shayla Solomon, WOU, 2:24.13; 3, Ila Davis, WWU, 2:28.73. 5,000 Meters - 1, Caitlin Heldt, WOU, 18:18.47; 3, Arielle Himelbloom, UAA, 20:03.82. 100 Hurdles - 1, Aliyah Dawkins, WWU, 14.96; 2, Elena Cano, WWU, 15.03. 400 Hurdles - 1, Elena Cano, UAA, 1:04.81; 2, Michaela Yonkman, WOU, 1:06.68; 3, Haley Bartolaba, UAA, 1:06.26. 4x400 Relay - 1, Alaska Anchorage (Cano, Backman, Johnsen, Atlas), 4:11.93; 2, Western Oregon (Popchok, Deters, Carstensen, Yonkman), 4:15.03. High Jump - 1, Jenelle Hurley, WOU, 5-4.5; 2, Aliyah Dawkins, WWU, 5-2.5; 3, Elena Cano, UAA, 5-2.5. Long Jump - 1, Jamie Sanford, WWU, 17-4.75; 2, Elena Cano, WWU, 17-1.25; 3, Lauren Berry, WOU, 16-0.25. Triple Jump - 1, Devon Olson, WWU, 36-9; 2, Ana Popchok, WOU, 36-3.5; 3, Jamie Sanford, WWU, 34-10.5. Shot Put - 1, Katie Potts, WWU, 41-4.5; 2, Moana Gianotti, WOU, 40-9.5; 3, Mattison Crook, 40-3.25. Discus - 1, Moana Gianotti, WOU, 134-9; 2, Taliyah Coe, WWU, 127-0; 3, Katie Potts, WWU, 125-11. Hammer - 1, Moana Gianotti, WOU, 151-0; 2, Raine Westfall, WWU, 148-3; 3, Katie Potts, WWU, 140-3. Javelin - 1, Hannah Nienaber, WWU, 155-11; 2, Kaylee Wright, WOU, 137-11; 3, Amanda Short, WWU, 133-11.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Dominique Loggins, WOU, 10.86; 3, Joshua Wagner, UA, 10.97. 200 Meters - 1, Joshua Wagner, UAA, 22.400; 2, Enrique Campbell, UAA, 22.51; 3, Bryant Welch, WWU, 22.58. 400 Meters - 2, Lucas Brenek, WWU, 49.24; 3, Enrique Campbell, UAA, 50.01. 800 Meters - 1, Justin Crosswhite, WOU, 1:53.98; 2, Calahan Warren, WWU, 1:54.00; 3, Mac Franks, WWU, 1:54.06. 1,500 Meters - 1, Calahan Warren, WWU, 3:48.42; 2, Hunter Hutton, WOU, 3:49.24; 3, Mac Franks, WWU, 3:49.57. 5,000 Meters - 1, Cole Nash, UAA, 14:38.89. 110m Hurdles - 1, Koby Okezie, WWU, 14.68; 2, Joshua Wagner, UAA, 14.84; 3, Cordell Cummings, WWU, 14.85. 400m Hurdles - 1, Cordell Cummings, WWU, 53.90; 2, Aaron Hanible, WOU, 56.06; 3, Daryl Bushnell, UAA, 57.97. Steeplechase - 1, Lawson Sims, UAA, 9:05.98; 2, Kaleb Korta, WOU, 9:12.73; 3, Jeret Gillingham, WWU, 9:16.03. 4x400 Relay - 1, Alaska Anchorage (Sramek, Wagner, McGill, Campbell), 43.14. 4x400 Relay - 1, Western Oregon (Walker, Hanible, Reed, Crosswhite), 3:26.52; 2, Alaska Anchorage (Wagner, Sramek, Sims, Campbell), 3:30.42. High Jump - 1, Trent Kibler, WWU, 6-6.75; 2, Devin Hasher, WOU, 6-4.75. Triple Jump - 2, Damian Mercado, WWU, 44-7; 3, Jalon Fields, WOU, 44-1.5. Shot Put - 1, Ben Malquist, WWU, 52-4; 2, Owen Collins, WOU, 48-4.75; 3, Sam Cole, WOU, 44-4. Discus - 2, Ben Malquist, WWU, 136-10; 3, Owen Collins, WOU, 136-2. Hammer - 1, Sam Cole, WOU, 163-0; 2, Owen Collins, WOU, 137-7. Javelin - 1, Austin Goldstein, WOU, 188-1; 3, Jaydon Tryon, WWU, 181-2.

2021 GNAC Meet Summaries

Fri., Apr. 9-Sat., Apr. 10

Aggie Invitational

at Ralph Maughan Track Stadium, Logan, Utah

Women (Top 3 GNAC Finishers): 400 Meters - 2, Lauren Wuertz, NNU, 55.02. Pole Vault - 1, Kinsey Langin, NNU, 12-5.5.

Men (Top 3 GNAC Finishers): 400 Meters - 2, Logan Blake, NNU, 49.67. 800 Meters - 3, Dylan Tidwell, NNU, 1:56.76. Steeplechase - 1, Treyson Conley, NNU, 11:04.17.

Sat., Apr. 10

PLU Invitational

at PLU Track, Tacoma, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Makiya Worthy, SMU, 12.35. 200 Meters - 1, Makiya Worthy, SMU, 24.94. 800 Meters - 2, Cassidy Walchak-Sloan, SMU, 2:23.19. 800 Meters - 2, Cassidy Sloan-Walchak, SMU, 2:23.19. 1,500 Meters - 1, Cassidy Sloan-Walchak, SMU, 4:51.28. 5,000 Meters - 1, Elaina Hansen, SMU, 18:51.96. 100m Hurdles - 2, Eden Mortensen, SMU, 16.18. High Jump - 2, Jessica Neal, WWU, 5-3; 3, Ashley Vest, SMU, 5-1. Pole Vault - Tie 1, Scout Cai, SPU, SPU, 10-11.75; Tie 1, Lexi Perry, WWU, 10-11.75; 3, Hannah Dobson, WWU, 10-6. Long Jump - 2, Margaret Zilla, SMU, 15-10.5. Triple Jump - 1, Margaret Zilla, SMU, 34-2.25; 3, Hannah Cook, SMU, 30-0.75. Shot Put - 1, Jocelyn Saribay, SMU, 38-3.25; 2, Jasmine Kaufman, WWU, 37-8; 3, Carmen Cleveland Barerra, WWU, 36-10.5. Discus - 2, Jocelyn Saribay, SMU, 117-1. Hammer - 2, Johanna Zilla, SMU, 140-11.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Michael Russell, SMU, 10.96; 3, Landon Armstrong, SMU, 11.20. 200 Meters - 1, Michael Russell, SMU, 22.10. 800 Meters - 1, Brock Knowles, WWU, 1:59.48. 1,500 Meters - 1, Nick Sarysz, SMU, 4:07.64; 2, Andrew Oslin, SMU, 4:07.82. 5,000 Meters - 2, Andrew Oslin, SMU, 15:35.05. 110m Hurdles - 1, Andrew Boyd, SMU, 15.74; 2, Ryan Kenny, WWU, 17.77. High Jump - Tie 2, Andrew Boyd, SMU, 5-7. Pole Vault - 2, Cooper Holy, WWU, 13-11.25; 3, Andrew Alfred, SMU, 13-11.25. Long Jump - 3, Andrew Schulz, SMU, 20-10. Shot Put - 2, Micah Au-Hauptu, SMU, 45-4.5. Discus - 3, Micah Au-Hauptu, SMU, 132-3. Javelin - 1, Landon Armstrong, SMU, 163-9.

War XII Meet

at Spokane Falls CC, Spokane, Wash.

Women (Top 3 GNAC Finishers): 1,500 Meters - 2, Molly Mattson, CWU, 5:00.25. 5,000 Meters - 3, Molly Mattson, CWU, 18:55.62. 100m Hurdles - 2, McCall DeChenne, CWU, 15.16. 400m Hurdles - 1, McCall DeChenne, CWU, 1:02.28. Steeplechase - 3, Caitlin Gohr, CWU, 12:22.0. 4x100 Relay - 2, Central Washington (Hansen, Doss, Ochoa, Robydek), 48.79. 4x400 Relay - 1, Central Washington C (Green, Chandler, Robydek, Taylor), 4:03.23. High Jump - 2, Rachelle Hamilton, CWU, 5-3. Long Jump - 1, Jillyan Taylor, CWU, 16-8.75; 2, Erica Cabanos, CWU, 16-5.75. Discus - 2, Avery Fisk, CWU, 135-8.

Men (Top 3 GNAC Finishers): 400 Meters - 3, Doc Porter, CWU, 50.33. 4x100 Relay - 1, Central Washington (Davis, Horwath, Sidor, Easley), 42.56. Pole Vault - 2, Braydon Meier, CWU, 15-2.75. Long Jump - 1, Ryan Thoma, CWU, 22-3.75. Shot Put - 3, Aidan Cain, CWU, 50-4. Discus - 3, Martin Napeahi, CWU, 153-1. Hammer - 2, Andrew Harris, CWU, 188-7.

Bauer Open

at O'Harra Stadium, Rapid City, S.D.

Women (Top 3 GNAC Finishers): 1,500 Meters - 3, Kailee Stoppel, MSUB, 4:58.45. 400m Hurdles - 2, Sierra Durbin, MSUB, 1:08.72; 3, Kendall Lynn, MSUB, 1:10.29. 4x400 Relay - 2, Montana State Billings (Lynn, Durbin, Glessner, Whitmer), 4:24.29. Long Jump - 1, Kendall Lynn, MSUB, 17-3.25. Javelin - 1, Jordan Cookman, MSUB, 126-4.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Mason Schram, MSUB, 10.97. 1,500 Meters - 2, Ase Ackerman, MSUB, 4:02.77. 5,000 Meters - 3, Bryant Edgerton, MSUB, 16:25.30. Steeplechase - 1, Carson Jessup, MSUB, 9:33.89. 4x100 Relay - 2, Montana State Billings (Olson, Schram, Lynn, Harper), 43.27. 4x400 Relay - 3, Montana State Billings (Olson, Redgrave, Jessop, McMillen), 3:32.26. Javelin - 1, Beau Ackerman, MSUB, 213-8.