



Apr. 28, 2021 • Week 7
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Apr. 30-Sat., May 1

Western Oregon, Western Washington at OSU High Performance Meet, Corvallis, Ore.

Fri., Apr. 30

Seattle Pacific at Buc Scoring Meet, Spokane, Wash.

Sat., May 1

Alaska Anchorage, Central Washington, Saint Martin's, Seattle Pacific, Western Washington at Ralph Vernacchia Meet, Bellingham, Wash.

LAST WEEK'S MEETS

Fri., Apr. 23

Drake Relays

at Drake Stadium, Des Moines, Iowa

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): College High Jump - 3, Isaiah Girard, MSUB, 6-6.75. College Javelin - 1, Beau Ackerman, MSUB, 216-3.

Western Oregon Pop-Up Meet

at McArthur Field, Monmouth, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Maliyah Thompson, WOU, 13.07; 3, Victoria Johansen, UAA, 13.45. 200 Meters - 3, Kaitlyn Backman, UAA, 27.12. 400 Meters - 1, Tylantiss Atlas, UAA, 58.13; 3, Kaitlyn Backman, UAA, 1:01.39. 800 Meters - 1, Ruth Cvanacara, UAA, 2:20.52; 2, Shayla Solomon, WOU, 2:23.82; 3, Ashley Hauger, WOU, 2:29.76. 1,500 Meters - 1, Caitlin Heldt, WOU, 4:49.05. 100 Hurdles - 1, Maliyah Thompson, WOU, 15.37. 2, Ana Popchok, WOU, 15.56; 3, Michaela Yonkman, WOU, 16.32. 400 Hurdles - 1, Michaela Yonkman, WOU, 1:05.71; 2, Ana Popchok, WOU, 1:06.49; 3, Haley Bartolaba, UAA, 1:06.95. Shot Put - 1, Moana Gianotti, WOU, 41-8.75; 2, Liliana Lyness, WOU, 35-5.25. Discus - 1, Moana Gianotti, WOU, 140-7; 2, Krystal Andres, WOU, 116-10. Hammer - 1, Moana Gianotti, WOU, 144-9; 2, Liliana Lyness, WOU, 113-4.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Enrique Campbell, UAA, 10.94; 2, Joshua Jackman, UAA, 11.78; 3, Jacob Belanger, UAA, 11.88. 200 Meters - 1, Enrique Campbell, UAA, 21.95; 2, Joshua Wagner, UAA, 22.41; 3, Jacob Belanger, UAA, 23.83. 400 Meters - 2, Collin Hurd, UAA, 54.93. 800 Meters - 2, Wyatt Smith, WOU, 1:57.17; 3, Tim Rambo, WOU, 1:57.69. 1,500 Meters - 1, Cole Nash, UAA, 3:59.89; 2, Jacob Moos, UAA, 4:00.09. 10,000 Meters - 1, Cedar David-Frankfort, WOU, 35:51.06. 110 Hurdles - 1, Joshua Wagner, UAA, 15.03; 2, Aaron Hanbile, WOU, 15.87; 3, David Sramek, UAA, 16.34. 400 Hurdles - 1, Aaron Hanbile, WOU, 56.40; 2, Andrew McGill, UAA, 57.55; 3, Daryl Bushnell, UAA, 59.87. Shot Put - 1, Owen Collins, WOU, 48-2.75; 2, Karsten Collins, WOU, 45-1; 3, Sam Cole, WOU, 43-9. Discus - 1, Karsten Collins, WOU, 14-27; 2, Owen Collins, WOU, 142-7. Hammer - 1, Sam Cole, WOU, 161-1; 3, Owen Collins, WOU, 150-7.

Fri., Apr. 23-Sat., Apr. 24

BYU Robison Invitational

at Clarence Robison Track, Provo, Utah

Women (Top 3 GNAC Finishers): 10,000 Meters - 2, Kalen Johnson, NNU, 39:18.86; 3, Bethany Danner, NNU, 39:32.04.

Men (Top 3 GNAC Finishers): 800 Meters - 2, Dylan Tidwell, NNU, 1:53.64. 10,000 Meters - 1, Tyler Shea, NNU, 31:24.60.

Trudnowski Open

at Vigilante Field, Helena, Mont.

Women (Top 3 GNAC Finishers): 200 Meters - 2, Kendall Lynn, MSUB, 27.99. 5,000 Meters - 2, Kailee Stoppel, MSUB, 18:54.55. 100 Hurdles - 2, Michaela Johnson, MSUB, 16.79. 4x100 Relay - 2, Montana State Billings (Mason, Lynn, Baughman, Johnson), 52.73. Triple Jump - 1, Kendall Lynn, MSUB, 35-8.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Mason Schram, MSUB, 11.13. 200 Meters - 2, Mason Schram, MSUB, 22.45. 800 Meters - 3, Logan Straus, MSUB, 2:00.17. 1,500 Meters - 2, Ase Ackerman, MSUB, 4:06.94. 5,000 Meters - 1, Carson Jessup, MSUB, 15:45.63. Long Jump - 3, Bryce Olson, MSUB, 21-1.25. Triple Jump - 2, Bryce Olson, MSUB, 44-1.5. Javelin - 1, Payden Lynn, MSUB, 171-2.

Oregon Relays

at Hayward Field, Eugene, Ore.

Women (Top 3 GNAC Finishers): Invitational 1,500 - 1, Addy Townsend, SFU (Competing Unattached), 4:15.78.

Men (Top 3 GNAC Finishers): 800 Meters - 2, Justin Crosswhite, WOU, 1:51.97.

Sat., Apr. 24

Linfield Invitational

at Maxwell Field, McMinnville, Ore.

Women (Top 3 GNAC Finishers): 200 Meters - 2, Kaitlyn Backman, UAA, 26.86. 100 Hurdles - 1, Elena Cano, UAA, 15.03. 400 Hurdles - 1, Elena Cano, UAA, 1:04.18. 4x400 Relay (Backman, Bartolaba, Nyamasyo, Johansen), 4:09.44. Long Jump - 1, Elena Cano, UAA, 18-3.75. Javelin - 3, Darian Wilson, WOU, 115-3.

Men (Top 3 GNAC Finishers): 400 Meters - 1, Enrique Campbell, UAA, 49.80. 110 Hurdles - 1, Joshua Wagner, UAA, 14.88. 400 Hurdles - 1, Joshua Wagner, UAA, 54.74; 2, Daryl Bushnell, UAA, 56.91. Steeplechase - 1, Lawson Sims, UAA, 9:22.32; 3, Cole Nash, UAA, 9:42.62. 4x400 Relay - 1, Alaska Anchorage (Wagner, Jackman, Sims, Bushnell), 3:25.73. High Jump - 1, Devin Hasher, WOU, 6-1.25. Long Jump - 3, Eli Nafziger, WOU, 22-0.75. Triple Jump - 1, Marley Harrison, WOU, 43-0.25.

Sat., Apr. 24

Peyton-Shotwell Invitational

at Baker Stadium, Tacoma, Wash.

Women's Team Scores: Central Washington 257, Seattle Pacific 111, Pacific Lutheran 94, Saint Martin's 83, Western Washington 74, Puget Sound 47, Everett CC 26, Multnomah 12, Olympic CC 9, Green River CC 5.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Julia Stepper, SPU, 12.20; 2, Makenna Hansen, CWU, 12.51; 3, Kiara Green, CWU, 12.80. 200 Meters - 1, Grace Bley, SPU, 25.12; 2, Julia Stepper, SPU, 25.61. 400 Meters - 1, Karlie Hurley, WWU, 57.00; 2, Peace Igbonagwam, SPU, 57.26; 3, Grace Bley, SPU, 57.80. 800 Meters - 1, Ellie Rising, SPU, 2:15.64; 3, Cassidy Walchak-Sloan, SMU, 2:18.98. 1,500 Meters - 1, Talia Dreicer, WWU, 4:55.08; 2, Ila Davis, WWU, 4:59.21; 3, Molly Mattson, CWU, 4:59.46. 5,000 Meters - 1, Dania Holmberg, SPU, 16:57.67. 10,000 Meters - 1, Kay Lester, CWU, 41:20.54. 100 Hurdles - 1, McCall DeChenne, CWU, 14.57; 2, Lauryn Chandler, CWU, 14.61. 400 Hurdles - 1, McCall DeChenne, CWU, 1:03.86; 3, Rachel Krill, CWU, 1:05.84. Steeplechase - 1, Caitlin Gohr, CWU, 11:48.50; 2, Kate Lilly, SPU, 11:57.59; 3, Tailer Cochran, CWU, 13:18.83. 4x100 Relay - 1, Saint Martin's, 50.96; 2, Western Washington, 52.34. 4x400 Relay - 2, Central Washington, 4:14.33. High Jump - 2, Ashley Vest, SMU, 4-11; 3, Rachelle Hamilton, CWU, 4-11. Pole Vault - 1, Scout Cai, SPU, 12-3.5; 2, Lizzy Daugherty, SPU, 10-4; 3, Annie Tran, WWU, 10-4. Long Jump - 1, Erica Cabanos, CWU, 16-11.75; 2, Jillyan Taylor, CWU, 16-10.75; 3, Hailey Holsey, CWU, 15-6.25. Triple Jump - 1, Erica Cabanos, CWU, 34-3; 2, Taylor Bogle, CWU, 33-3.25. Shot Put - 1, Avery Fisk, CWU, 43-8; 2, Jocelyn Saribay, SMU, 37-10; 3, Brittany Dodge, CWU, 37-8. Discus - 1, Avery Fisk, CWU, 136-0; 3, Saran Sidibe, CWU, 123-11. Hammer - 1, Meagan Smallbeck, CWU, 163-10; 2, Mercedes Pesina, 155-3; 3, Payton Elenbaas, CWU, 140-0. Javelin - 1, Natalie Vetto, WWU, 139-11.

Men's Team Scores: Central Washington 184, Western Washington 165, Saint Martin's 99.5, Pacific Lutheran 86.5, Seattle Pacific 53, Everett CC 40, Puget Sound 28, Olympic CC 21, Multnomah 5.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Zachary Davis, CWU, 10.95; 2, Harry Horwath, CWU, 11.24. 200 Meters - 1, Landon Armstrong, SMU, 22.50; 2, Ryan Greenwalt, WWU, 22.66; 3, Doc Porter, CWU, 22.80. 400 Meters - 1, Lucas Brenek, WWU, 49.64; 2, Bryant Welch, WWU, 50.17; 3, Doc Porter, CWU, 50.38. 800 Meters - 1, Jack Farrell, SMU, 1:58.44; 2, Brock Knowles, WWU, 1:58.56; 3, Bryanden Schultz, SPU, 1:59.22. 1,500 Meters - 1, Kevin McDermott, WWU, 3:51.00; 2, Mac Franks, WWU, 3:51.43; 3, Elius Graff, SPU, 3:58.29. 5,000 Meters - 1, Calahan Warren, WWU, 14:36.67. 10,000 Meters - 1, Rajesh Gill, CWU, 33:00.27; 2, Donovan Barnhart, CWU, 33:12.12; 3, Mateo Rivera, CWU, 33:36.36. 110 Hurdles - 1, Hunter Flick, WWU, 14.65; 2, Jaden Edwards, WWU, 15.32; 3, Braydon Maier, CWU, 15.35. 400 Hurdles - 1, Cordell Cummings, WWU, 53.75; 2, Austin Albertin, CWU, 55.54; 3, Gunner Vallatino, CWU, 55.64. 4x100 Relay - 1, Saint Martin's, 43.71. 4x400 Relay - 1, Central Washington, 3:24.97. High Jump - 1, Trent Kibler, WWU, 6-0.75; 3, Andrew Boyd, SMU, 5-7. Pole Vault - 1, Kacey Provo, WWU, 14-10.25; 3, Andrew Alfred, SMU, 13-10.5. Long Jump - 1, David Njeri, SPU, 22-4.25; 2, Andrew Schulz, SMU, 20-7.25. Triple Jump - 2, David Njeri, SPU, 45-7.25. Shot Put - 2, Ethan Tonder, CWU, 49-5.5; 3, Aidan Cain, CWU, 47-5.25. Discus - 1, Aidan Cain, CWU, 143-11; 2, Wyatt Franklin, CWU, 142-7; 3, Martin Mapeahi, CWU, 137-9. Hammer - 1, Andrew Harris, CWU, 190-10; 2, Aidan Cain, CWU, 182-7; 3, Ethan Tonder, CWU, 177-8. Javelin - 1, Jaydon Tryon, WWU, 173-11; 2, Sean Witters, WWU, 163-11.

GNAC Athletes of the Week



MEN'S TRACK

Enrique Campbell, Alaska Anchorage
Sophomore • St. Catherine, Jamaica

Campbell won all three events he competed in at two meets in Oregon. At Friday's Western Oregon Pop-Up, Campbell won the 100 meters in 10.94 seconds and the 200 meters in a GNAC-leading 21.95 seconds. Both are personal bests and rank on Alaska Anchorage's top-10 lists. At Saturday's Linfield Invitational, Campbell won the 400 meters in

a time of 49.80 seconds.

Also Nominated: Zachary Davis (Central Washington), Carson Jessop (Montana State Billings), Tyler Shea (Northwest Nazarene), Landon Armstrong (Saint Martin's), Justin Crosswhite (Western Oregon), Cordell Cummings (Western Washington).



MEN'S FIELD

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

Ackerman won the college division javelin for the second year in a row at the prestigious Drake Relays with a mark of 216 feet, 3 inches. He was the only athlete to throw over 200 feet in the competition, winning by 26 feet. His mark would have finished third in the meet's university division.

Also Nominated: Aidan Cain (Central Washington), Dylan Hendry (Northwest Nazarene), Andrew Schulz (Saint Martin's), Karsten Collins (Western Oregon), Kacey Provo (Western Washington).



WOMEN'S TRACK

Elena Cano, Alaska Anchorage
Senior • Alpine, Texas

Cano won three events, including both hurdles disciplines, at the Linfield Invitational. She captured the 100-meter hurdles in 15.03 seconds, winning by nearly a second, and won the 400-meter hurdles in 1:04.18 with a four-second margin of victory. Cano also won the long jump with a personal-best mark of 18 feet, 3.75 inches.

Also Nominated: Kay Lester (Central Washington), Kailee Stoppel (Montana State Billings), Eden Mortensen (Saint Martin's), Maliyah Thompson (Western Oregon), Karlie Hurley (Western Washington).



WOMEN'S FIELD

Kinsey Langin, Northwest Nazarene
Freshman • Meridian, Idaho

Langin improved her NCAA Championships provisional qualifying mark in the pole vault, placing fourth at the BYU Robison Invitational with a mark of 12 feet, 8 inches. The mark ties her for 29th in Division II this season and ranks No. 4 on the GNAC All-Time List.



Natalie Vetto, Western Washington
Junior • Kirkland, Wash.

Vetto won the javelin at the Peyton-Shotwell Invitational with a mark of 139 feet, 11 inches. The season-best improved her to No. 27 in Division II this season.

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

Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Feb. 15-21	Dylan Tidwell, NNU	Colton Burr, NNU	Kalen Johnson, NNU	Kinsey Langin, NNU
Mar. 1-7	Jeff Gordon, SPU	Carter McGinnis, SPU	Grace Bley, SPU	Scout Cai, SPU
Mar. 8-14	Justin Crosswhite, WOU	JJ Walker, WOU	Maya Hopwood, WOU	Kaylee Wright, WOU
Mar. 15-21	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
Apr. 12-18	Keola Yadao, WOU	Andrew Harris, CWU	Lauren Wuertz, NNU	Renick Meyer, SPU
Apr. 19-25	Enrique Campbell, UAA	Beau Ackerman, MSUB	Elena Cano, UAA	Kinsey Langin, NNU
				Natalie Vetto, WWU

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

Around The GNAC

ALASKA ANCHORAGE



- Alaska Anchorage fared well in a pair of meets in Oregon last week, competing at the Western Oregon Pop-Up Meet on Friday and the Linfield Invitational on Saturday.
- Sophomore **Enrique Campbell** was named the GNAC Men's Track Athlete of the Week after winning all three of his events. At WOU, Campbell won the 100 meters in 10.94 seconds and the 200 meters in 21.95 seconds, both personal bests. At Linfield, Campbell won the 400 meters in a time of 49.80 seconds.
- Senior **Elena Cano** was named the GNAC Women's Track Athlete of the Week after winning three events at Linfield. Cano swept both hurdles disciplines, winning the 100-meter hurdles in 15.03 seconds and the 400-meter hurdles in 1:04.18. Cano also won the long jump with a mark of 18 feet, 3.75 inches.
- The Seawolves won six total events at Western Oregon. Freshman **Joshua Wagner** won the men's 110-meter hurdles in 15.03 seconds while freshman **Cole Nash** won the men's 1,500 meters in 3:59.89.
- Junior **Tylantiss Atlas** won the women's 400 meters at WOU in a time of 58.13 seconds. Senior **Ruth Cvancara** won her season debut in the women's 800 meters in 2:20.52.
- At Linfield, senior **Lawson Sims** added a win in the men's steeplechase with a time of 9:22.32.
- The Seawolves will travel to Bellingham, Washington this weekend, closing the regular season on Saturday at the Ralph Vernacchia Meet.

CENTRAL WASHINGTON



- Central Washington won both team titles and scored a total of 13 event victories on Saturday at the Peyton-Shotwell Invitational in Tacoma.
- The Wildcats' women swept all three hurdles races. Sophomore **McCall DeChenne** won the 100-meter hurdles in 14.57 seconds and the 400-meter hurdles in 1:03.86. Junior **Caitlin Gohr** won the steeplechase in a time of 11:48.50.
- The CWU women also claimed three of the four throws. Junior **Avery Fisk** won the shot put with her mark of 43 feet, 8 inches, and won the discus with a mark of 136 feet. Junior **Meagan Smallbeck** won the hammer by eight feet with her GNAC-leading mark of 163 feet, 10 inches.
- The Wildcats also performed well in the men's throws. Senior **Andrew Harris** won the hammer with a mark of 190 feet, 10 inches, and senior **Aidan Cain** won the discus with his mark of 143 feet, 11 inches. Cain was also second in the hammer and third in the shot put.
- Freshman **Erica Cabanos** won both women's horizontal jumps, capturing the long jump with a mark of 16 feet, 11.75 inches, and the triple jump at 34 feet, 3 inches.
- On the track, senior **Zachary Davis** won the men's 100 meters in 10.95 seconds. Senior **Rajesh Gill** took first in the men's 10,000 meters in a time of 33:00.27 to lead a top-three sweep for CWU. Junior **Kay Lester** was the winner in the women's 10,000 meters, clocking a time of 41:20.54.
- Central Washington closes the regular season on Saturday, participating in the Ralph Vernacchia Meet in Bellingham.

MONTANA STATE BILLINGS



- Performances by seniors **Beau Ackerman** and **Isaiah Girard** at the Drake Relays led Montana State Billings as the team competed both in Iowa and at the Trudnowski Open in Helena, Montana.
- Ackerman was named the GNAC Men's Field Athlete of the Week after he won the college section of the javelin at the Drake Relays for the second time. Ackerman won with a throw of 216 feet, 3 inches, a mark that would have placed third in the university section.
- Girard took third in the college section of the men's high jump, clearing the bar at 6 feet, 6.75 inches.
- Senior **Mason Schram** won the men's 100 meters to lead MSUB at the Trudnowski Open, crossing the line in a time of 11.13 seconds. Schram took second in the 200 meters with a time of 22.45 seconds.
- Freshman **Kendall Lynn** was the winner in the women's triple jump with her mark of 35 feet, 8 inches. In the men's field events, freshman **Payden Lynn** won the javelin with his mark of 171 feet, 2 inches. Freshman **Bryce Olson** took second in the triple jump with a mark of 44 feet, 1.5 inches, and placed third in the long jump at 21 feet, 1.25 inches.
- On the track, junior **Carson Jessop** ran a personal best in the men's 5,000 meters to win in a time of 15:45.53.
- Montana State Billings will not compete this weekend. The Yellowjackets will close its regular season on May 4 at the Dickinson State Last Chance Meet in Dickinson, North Dakota.

NORTHWEST NAZARENE



- An improved NCAA Championships provisional qualifying mark for freshman **Kinsey Langin** and a win for junior **Tyler Shea** led Northwest Nazarene's performances at the BYU Robison Invitational in Provo, Utah.
- Langin was named the GNAC Co-Women's Field Athlete of the Week after she placed fourth in the pole vault with a lifetime best and NNU record clearance of 12 feet, 8 inches. The mark moves Langin to No. 4 on the GNAC All-Time List and ties her for 29th in Division II this season.
- Shea easily won the men's 10,000 meters by over a minute, crossing in a time of 31:24.60. The time ranks third in the GNAC this season.
- The NNU women also performed well in the 10,000 meters. Junior **Kalen Johnson** took second with a time of 39:18.86 while senior **Bethany Danner** was third in 39:32.04.
- In the sprints, freshman **Dylan Tidwell** took second in the men's 800 meters in a time of 1:53.64. Senior **Lauren Wuertz** set a personal best in the women's 400 meters, placing seventh in a time of 56.48 seconds.
- The Robison Invitational was the final regular-season event of the season for Northwest Nazarene. Next for the Nighthawks is the GNAC Combined Event Championships on Monday and Tuesday in Ellensburg, Washington.

Around The GNAC

SAINT MARTIN'S



- Three men's event victories led performances for Saint Martin's on Saturday at the Peyton-Shotwell Invitational.
- Sophomore **Landon Armstrong** landed first place in the men's 200 meters with a time of 22.50 seconds. Sophomore **Jack Farrell** added a victory in the men's 800 meters in 1:58.44 while the men's 4x100-meter relay team won with a time of 43.71 seconds.
- Freshman **Cassidy Sloan-Walchak** led the women's efforts on the track, placing third in the 800 meters in a time of 2:18.98. Freshman **Eden Mortensen** took fourth in the 100-meter hurdles with her time of 15.56 seconds.
- Freshman **Jocelyn Saribay** led the SMU field competitors, placing second in the shot put with her mark of 37 feet, 10 inches. Junior **Ashley Vest** added a second-place finish in the women's high jump, clearing 4 feet, 11 inches.
- Freshman **Andrew Schulz** placed second in the men's long jump with a leap of 20 feet, 7.25 inches. Junior **Andrew Alfred** added a third-place finish in the men's pole vault with his clearance of 13 feet, 10.5 inches.
- Saint Martin's will close the regular season this Saturday, competing at the Ralph Vernacchia Meet in Bellingham.

SEATTLE PACIFIC



- Seattle Pacific collected six event victories and took second place in the women's team competition at the Peyton-Shotwell Invitational on Saturday in Tacoma.
- The Falcons took first place in three of the four women's short sprints. Junior **Julia Stepper** took first in the 100 meters in a GNAC-leading time of 12.20 seconds. Stepper also had a second-place finish in the 200 meters at 25.1 seconds. Senior **Grace Bley** won the 200 meters in 25.12 seconds. Freshman **Ellie Rising** was the winner in the 800 meters with a time of 2:15.64.
- Junior **Dania Holmberg** was the winner in the women's 5,000 meters, running a GNAC-leading time of 16:57.67. The time is also a NCAA Championships provisional qualifying time and ranks her 24th in Division II this season.
- Senior **Scout Cai** earned her eighth victory in the women's pole vault this season, clearing a height of 12 feet, 3.5 inches.
- Sophomore **David Njeri** was the lone SPU men's winner, taking the long jump with a mark of 22 feet, 4.25 inches. Njeri added a second-place finish in the triple jump with a mark of 45 feet, 7.25 inches.
- Sophomore **Peace Igbonagwam** added a second-place finish in the women's 400 meters with a time of 57.26 seconds. It was her first open 400 race of the season. Sophomore **Brayden Schultz** placed third in the men's 800 meters in 1:59.22.
- Seattle Pacific has two meets on the schedule this week. The Falcons will compete at both the Buc Scoring Meet in Tacoma on Friday and the Ralph Vernacchia in Bellingham on Saturday.



SIMON FRASER

- Due to the closure of the U.S./Canada border due to the COVID-19 pandemic, Simon Fraser's will not compete in the GNAC track and field season.

WESTERN OREGON



- It was a busy weekend for Western Oregon as the Wolves hosted the WOU Pop-Up Meet on Friday while also sending athletes to the Oregon Relays and the Linfield Invitational.
- The Wolves won 12 events in the Pop-Up Meet. Senior **Moana Gianotti** won three of the women's throws, capturing top honors in the shot put (41-8.75), the discus (140-7) and the hammer (144-9).
- Freshman **Maliyah Thompson** was a two-event winner, taking first in the women's 100 meters in 13.07 seconds and the 100-meter hurdles in 15.37 seconds.
- In the distances at Monmouth, junior **Caitlin Heldt** won the women's 1,500 meters in 4:49.05 while freshman **Cedar Davis-Frankfort** won the men's 10,000 meters in 35:51.06
- At the Oregon Relays, senior **Justin Crosswhite** finished second in the 800 meters in a time of 1:51.97 and also placed seventh in the 1,500 meters in 3:51.06. Junior **Hunter Hutton** placed fifth in the 800 meters in a time of 1:53.57.
- Freshman **Maya Hopwood** took seventh in the women's 100 meters at the Oregon Relays in a time of 12.55 seconds. Sophomore **Jalon Fields** was fourth in the men's triple jump at 45 feet, 0.5 inches, and sophomore **Jenelle Hurley** was sixth in the women's high jump at 5 feet, 3.75 inches.
- At Linfield, senior **Dylan Hasher** was the Wolves' lone event winner as he took the men's high jump with a mark of 6 feet, 1.25 inches.
- Western Oregon will close the regular season by competing at the OSU High Performance Meet in Corvallis on Friday and Saturday.

WESTERN WASHINGTON



- Western Washington finished second in the men's team competition and picked up a total of 11 event victories on Saturday at the Peyton-Shotwell Invitational.
- Senior **Natalie Vetto** was named the GNAC Co-Women's Field Athlete of the Week after she won the women's javelin and improved her NCAA Championships provisional qualifying mark with a throw of 139 feet, 11 inches. She now ranks 27th in Division II this season.
- Senior **Cordell Cummings** led a WWU men's sweep in the hurdles, winning the 400-meter hurdles in a GNAC-leading time of 53.75 seconds. Freshman **Hunter Flick** won the 110-meter hurdles in 14.65 seconds.
- Freshman **Trent Kibler** won the men's high jump for the fourth time in as many competitions with a clearance of 6 feet, 0.75 inches.
- Other men's event winners for the Vikings included freshman **Lucas Brenek** in the 400 meters (49.64), freshman **Kevin McDermott** in the 1,500 meters (3:51.00), senior **Calahan Warren** in the 5,000 meters (14:36.67), freshman **Kacey Provo** in the pole vault (14-10.25) and sophomore **Jaydon Tryon** in the javelin (173-10).
- Senior **Karlie Hurley** won the women's 400 meters, improving her season-best with a time of 57.00 seconds. Junior **Talia Dreicer** was the other women's winner, taking the 1,500 meters in 4:55.08.
- Western Washington hosts its second and final home meet of the season this weekend, the Ralph Vernacchia Meet on 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
Apr. 20	No Ranked GNAC Teams
Apr. 27	No Ranked GNAC Teams

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 4 - Apr. 27, 2021

Rk	School	Pts.	Prev.
1.	Colorado Mines	209.53	8
2.	Ashland	209.24	2
3.	Angelo State	201.20	4
4.	West Texas A&M	200.58	3
5.	Grand Valley State	197.74	1
6.	Pittsburg State	166.96	5
7.	Missouri Southern	140.26	7
8.	Texas A&M-Commerce	134.52	6
9.	Tiffin	120.28	6
10.	Central Missouri	119.90	10
11.	Adams State	103.28	12
12.	Limestone	90.37	23
13.	UC Colorado Springs	78.25	11
14.	Academy of Art	69.61	14
15.	Lee (Tenn.)	65.14	15
16.	Queens (N.C.)	62.06	13
17.	Alabama-Huntsville	57.68	16
18.	Southern Connecticut	56.74	32
19.	Colorado Mesa	56.02	17
20.	Northwood (Mich.)	53.52	20
21.	CSU Pueblo	52.48	31
22.	Harding	52.29	19
23.	Washburn	51.87	21
24.	Findlay	51.22	18
25.	Carson-Newman	49.76	29

USTFCCCA WEST REGION TEAM INDEX

Week 5 - Apr. 26, 2021

Rk	School	Pts.	Prev.
1.	Western Washington	908.73	1
2.	Fresno Pacific	678.44	3
3.	Azusa Pacific	676.48	2
4.	Central Washington	659.91	4
5.	Academy of Art	590.36	5
6.	Western Oregon	556.87	6
7.	Biola	440.55	7
8.	Concordia Irvine	404.33	8
9.	Northwest Nazarene	341.62	9
10.	Alaska Anchorage	258.76	12



[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
Apr. 20	No Ranked GNAC Teams
Apr. 27	No Ranked GNAC Teams

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 5 - Apr. 27, 2021

Rk	School	Pts.	Prev.
1.	Azusa Pacific	293.97	1
2.	Grand Valley State	233.43	3
3.	West Texas A&M	194.32	2
4.	Missouri Southern	183.00	4
5.	Adams State	162.22	15
6.	Saginaw Valley State	121.59	12
7.	CSU Pueblo	105.94	6
8.	Mary	96.15	5
9.	Queens (N.C.)	93.67	9
10.	Pittsburg State	89.99	22
11.	Minnesota State	88.54	14
12.	Central Missouri	87.83	8
13.	Academy of Art	83.13	7
14.	Lewis	82.42	11
15.	Angelo State	79.42	10
16.	Texas A&M-Commerce	74.13	13
17.	Fort Hays State	67.24	24
18.	Hillsdale	66.45	41
19.	Nebraska-Kearney	66.06	19
20.	Fresno Pacific	60.38	17
21.	Western Colorado	58.50	21
22.	Lee (Tenn.)	54.71	16
23.	Colorado Mesa	53.92	18
24.	Northwest Missouri St.	53.56	20
25.	Tiffin	48.01	26

USTFCCCA WEST REGION TEAM INDEX

Week 5 - Apr. 26, 2021

Rk	School	Pts.	Prev.
1.	Azusa Pacific	1,248.63	1
2.	Fresno Pacific	751.15	2
3.	Biola	691.27	3
4.	Academy of Art	611.46	5
5.	Concordia Irvine	607.13	4
6.	Western Washington	523.17	6
7.	Seattle Pacific	422.29	8
8.	Central Washington	420.12	7
9.	Western Oregon	311.44	9
10.	Northwest Nazarene	264.96	11



[Complete Poll Online](#)

GNAC Qualifiers For NCAA Outdoor Championships

MEN'S AUTOMATIC QUALIFIERS AS OF APR. 26, 2021

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

MEN'S PROVISIONAL QUALIFIERS AS OF APR. 26, 2021

Event	Athlete	Mark	Rank	Date
1,500 Meters	Calahan Warren, WWU	3:44.82	8th	4/3/21
	Hunter Hutton, WOU	3:48.89	32nd	4/23/21
	Mac Franks, WWU	3:49.57	41st	4/9/21
5,000 Meters	Calahan Warren, WWU	14:16.17	27th	3/20/21
10,000 Meters	Calahan Warren, WWU	29:55.17	32nd	3/26/21
	Eric Hamel, WWU	30:17.34	44th	3/26/21
	Tyler Shea, NNU	30:31.78*	58th	4/21/21
	Kevin McDermott, WWU	30:46.49	75th	3/26/21
Steeplechase	Lawson Sims, UAA	9:05.98	20th	4/9/21
	Kaleb Korta, WWU	9:12.73	28th	4/9/21
High Jump	Isaiah Girard, MSUB	2.05/6-8.75	T-19th	4/1/21
Hammer	Andrew Harris, CWU	59.92/196-7	18th	4/17/21
	Aidan Cain, CWU	55.70/182-9	46th	4/10/21
Decathlon	Braydon Maier, CWU	6,849	12th	4/16/21
	JJ Walker, WOU	6,432	28th	3/10/21
	Ryan Thoma, CWU	6,399	29th	4/16/21

* - Converted from 31:24.60 for altitude.

WOMEN'S PROVISIONAL QUALIFIERS AS OF APR. 18, 2021

Event	Athlete	Mark	Rank	Date
5,000 Meters	Dania Holmberg, SPU	16:57.67	24th	4/23/21
Pole Vault	Scout Cai, SPU	3.95/12-11.5	T-18th	3/6/21
	Kinsey Langin, NNU	3.86/12-8	T-29th	4/21/21
Triple Jump	Karlie Hurley, WWU	12.04/39-6	T-26th	4/3/21
Javelin	Hannah Nienaber, WWU	47.52/155-11	6th	4/9/21
	Kaylee Wright, WOU	43.95/144-2	22nd	3/23/21
Heptathlon	Natalie Vetto, WWU	42.65/139-11	27th	4/23/21
	Renick Meyer, SPU	4,629	19th	4/16/21
	Jenelle Hurley, WOU	4,596	21st	4/16/21

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 Johnson, 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 Fassiotto, 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, Johnasen, 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, 22.40; 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.

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, 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 Barrera, 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, Rachele 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.

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

CWU Wildcat Invitational

at CWU Recreation & Sport Complex, Ellensburg, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Grace Bley, SPU, 12.26; 2, Jenna Bouyer, SPU, 12.37. 200 Meters - 2, Grace Bley, SPU, 25.04; 3, Julia Stepper, SPU, 25.22. 400 Meters - 1, Jasmyne Neria, CWU, 59.21; 2, Dani Taylor, CWU, 59.97. 800 Meters - 2, Annika Esvelt, SPU, 2:24.87. 1,500 Meters - 3, Madison Child, CWU, 4:58.57. 3,000 Meters - 1, Molly Mattson, CWU, 10:39.73; 2, Kate Lilly, SPU, 10:46.64; 3, Zoie Mastin, CWU, 11:05.70. 5,000 Meters - 1, Tailer Cochran, CWU, 21:19.60. 100m Hurdles - 1, Aliyah Dawkins, WWU, 14.61; 2, Lauryn Chandler, CWU, 14.70. 400m Hurdles - 1, Rachel Krill, CWU, 1:04.56. 4x100 Relay - 1, Central Washington A, 48.17; 2, Central Washington B, 52.65. 4x400 Relay - 1, Central Washington, 4:02.46. High Jump - 1, Aliyah Dawkins, WWU, 5-5.75; 2, Rachele Hamilton, CWU, 5-3.75. Pole Vault - 1, Scout Cai, SPU, 12-1.5; Tie 2, Lexi Perry, WWU, 11-1.75; Tie 2, Lizzy Daugherty, SPU, 11-1.75. Long Jump - 1, Aliyah Dawkins, WWU, 18-2.5; 2, Jamie Sanford, WWU, 17-9; 3, Devon Olson, WWU, 17-8.25. Triple Jump - 1, Karlie Hurley, WWU, 38-7.5; 2, Devon Olson, WWU, 37-5; 3, Jamie Sanford, WWU, 36-9. Shot Put - 3, Carmen Cleveland Barrera, WWU, 40-5. Discus - 1, Avery Fisk, CWU, 144-11; 3, Taliah Coe, WWU, 130-10. Hammer - 1, Meagan Smallbeck, CWU, 160-2. Javelin - 1, Hannah Nienaber, WWU, 148-10; 3, Natalie Vetto, WWU, 130-9. Heptathlon - 1, Renick Meyer, SPU, 4:629; 2, Jenelle Hurley, WOU, 4,596; 3, McCall DeChenne, CWU, 4,479.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Zachary Davis, CWU, 11.17; 3, Ryan Greenwalt, WWU, 11.18. 200 Meters - 2, Bryant Welch, WWU, 22.21; 3, Harry Horwath, CWU, 22.43. 400 Meters - 1, Ryan Witters, WWU, 51.30; 2, Sonny Chhim, WWU, 52.97. 800 Meters - 3, JR Hentges, SPU, 2:01.70. 1,500 Meters - 3, Jared Putney, SPU, 4:02.42. 110m Hurdles - 1, Koby Okezie, WWU, 14.55; 2, Cordell Cummings, WWU, 14.82; 3, Hunter Flick, WWU, 14.94. 400m Hurdles - 1, Cordell Cummings, WWU, 54.50; 2, Gunner Valentini, CWU, 55.05; 3, Austin Albertini, CWU, 56.00. 4x100 Relay - 1, Central Washington, 42.11. 4x400 Relay - 2, Western Washington, 3:22.45; 3, Central Washington, 3:25.62. High Jump - 1, Trent Kibler, WWU, 6-3.25; 2, Damian Mercado, WWU, 6-1.25. Pole Vault - 1, Jacob Thompson, CWU, 14-11; 3, Kacey Provo, WWU, 14-5.25. Long Jump - 1, Ryan Greenwalt, WWU, 21-11.75; 2, David Njeri, SPU, 21-10.25. Triple Jump - 1, David Njeri, SPU, 47-1.75; 2, Damian Mercado, WWU, 44-6.25. Shot Put - 1, Ben Malquist, WWU, 52-6.5; 2, Aidan Cain, CWU, 48-5.5; 3, Ethan Tonder, CWU, 47-1.5. Discus - 1, Aidan Cain, CWU, 158-3; 2, Omar Young, CWU, 145-3; Wyatt Franklin, CWU, 142-7. Hammer - 1, Andrew Harris, CWU, 196-7; 2, Ethan Tonder, CWU, 189-11; 3, Aidan Cain, CWU, 179-5. Javelin - 1, Sean Witters, WWU, 180-2; 2, Jaydon Tryon, WWU, 175-11; 3, Mason Salley, WWU, 159-11. Decathlon - 1, Braydon Maier, CWU, 6,849; 2, Ryan Thoma, CWU, 6,399; 3, Turner Nye, NNU, 5,708.

2021 GNAC Meet Summaries

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

Idaho State Bengal Invitational

Davis Field, Pocatello, Idaho

Women (Top 3 GNAC Finishers): 400 Meters - 2, Lauren Wuertz, NNU, 56.68.

Pole Vault - 2, Kinsey Langin, NNU, 12-1.5.

Men (Top 3 GNAC Finishers): 5,000 Meters - 3, Tyler Shea, NNU, 14:56.34.

Triple Jump - 1, Bryce Olson, MSUB, 43-7.

Sat., Apr. 17

Titan Invitational

at Lane CC, Eugene, Ore.

Women (Top 3 GNAC Finishers): 800 Meters - 1, Shayla Solomon, WOU,

2:21.74; 2, Ashley Hauger, WOU, 2:23.94. 100m Hurdles - 3, Ana Popchock,

WOU, 15.63. 400m Hurdles - 1, Ana Popchock, WOU, 1:05.58; 2, Michaela

Yonkman, WOU, 1:06.99. Steeplechase - 2, Kaiya Leamy, WOU, 13:10.88. Shot

Put - 2, Moana Gianotti, WOU, 41-1.75. Discus - 2, Moana Gianotti, WOU, 148-

8. Javelin - 1, Kaylee Wright, WOU, 134-2; 3, Krystal Andres, WOU, 122-11.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Keola Yadao, WOU, 10.62. 800

Meters - 2, Emmett Klus, WOU, 1:55.24; 3, Curt Knott, WOU, 1:57.24. 5,000

Meters - Dominic Giordano, 15:36.65. 400m Hurdles - 2, Aaron Hanible, WOU,

55.88. High Jump - 2, Devin Hasher, WOU, 6-4.75. Long Jump - 2, Jalon Fields,

WOU, 23-2.75. Triple Jump - 2, Jalon Fields, WOU, 46-4.25. Shot Put - 1, Owen

Collins, WOU, 47-8.5. Hammer - 3, Sam Cole, WOU, 155-11.

Fri., Apr. 23

Drake Relays

at Drake Stadium, Des Moines, Iowa

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): College High Jump - 3, Isaiah Girard, MSUB,

6-6.75. College Javelin - 1, Beau Ackerman, MSUB, 216-3.

Western Oregon Pop-Up Meet

at McArthur Field, Monmouth, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Maliyah Thompson, WOU,

13.07; 3, Victoria Johansen, UAA, 13.45. 200 Meters - 3, Kaitlyn Backman, UAA,

27.12. 400 Meters - 1, Tylantiss Atlas, UAA, 58.13; 3, Kaitlyn Backman, UAA,

1:01.39. 800 Meters - 1, Ruth Cvancara, UAA, 2:20.52; 2, Shayla Solomon,

WOU, 2:23.82; 3, Ashley Hauger, WOU, 2:29.76. 1,500 Meters - 1, Caitlin

Heldt, WOU, 4:49.05. 100 Hurdles - 1, Maliyah Thompson, WOU, 15.37. 2, Ana

Popchock, WOU, 15.56; 3, Michaela Yonkman, WOU, 16.32. 400 Hurdles - 1,

Michaela Yonkman, WOU, 1:05.71; 2, Ana Popchock, WOU, 1:06.49; 3, Haley

Bartolaba, UAA, 1:06.95. Shot Put - 1, Moana Gianotti, WOU, 41-8.75; 2, Liliana

Lyness, WOU, 35-5.25. Discus - 1, Moana Gianotti, WOU, 140-7; 2, Krystal

Andres, WOU, 116-10. Hammer - 1, Moana Gianotti, WOU, 144-9; 2, Liliana

Lyness, WOU, 113-4.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Enrique Campbell, UAA, 10.94;

2, Joshua Jackman, UAA, 11.78; 3, Jacob Belanger, UAA, 11.88. 200 Meters

- 1, Enrique Campbell, UAA, 21.95; 2, Joshua Wagner, UAA, 22.41; 3, Jacob

Belanger, UAA, 23.83. 400 Meters - 2, Collin Hurd, UAA, 54.93. 800 Meters - 2,

Wyatt Smith, WOU, 1:57.17; 3, Tim Rambo, WOU, 1:57.69. 1,500 Meters - 1,

Cole Nash, UAA, 3:59.89; 2, Jacob Moos, UAA, 4:00.09. 10,000 Meters - 1,

Cedar David-Frankfort, WOU, 35:51.06. 110 Hurdles - 1, Joshua Wagner,

UAA, 15.03; 2, Aaron Hanible, WOU, 15.87; 3, David Sramek, UAA, 16.34. 400

Hurdles - 1, Aaron Hanible, WOU, 56.40; 2, Andrew McGill, UAA, 57.55; 3, Daryl

Bushnell, UAA, 59.87. Shot Put - 1, Owen Collins, WOU, 48-2.75; 2, Karsten

Collins, WOU, 45-1; 3, Sam Cole, WOU, 43-9. Discus - 1, Karsten Collins, WOU,

14-27; 2, Owen Collins, WOU, 142-7. Hammer - 1, Sam Cole, WOU, 161-1; 3,

Owen Collins, WOU, 150-7.

Fri., Apr. 23-Sat., Apr. 24

BYU Robison Invitational

at Clarence Robison Track, Provo, Utah

Women (Top 3 GNAC Finishers): 10,000 Meters - 2, Kalen Johnson, NNU,

39:18.86; 3, Bethany Danner, NNU, 39:32.04.

Men (Top 3 GNAC Finishers): 800 Meters - 2, Dylan Tidwell, NNU, 1:53.64.

10,000 Meters - 1, Tyler Shea, NNU, 31:24.60.

Trudnowski Open

at Vigilante Field, Helena, Mont.

Women (Top 3 GNAC Finishers): 200 Meters - 2, Kendall Lynn, MSUB, 27.99.

5,000 Meters - 2, Kailee Stoppel, MSUB, 18:54.55. 100 Hurdles - 2, Michaela

Johnson, MSUB, 16.79. 4x100 Relay - 2, Montana State Billings (Mason, Lynn,

Baughman, Johnson), 52.73. Triple Jump - 1, Kendall Lynn, MSUB, 35-8.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Mason Schram, MSUB, 11.13.

200 Meters - 2, Mason Schram, MSUB, 22.45. 800 Meters - 3, Logan Straus,

MSUB, 2:00.17. 1,500 Meters - 2, Ase Ackerman, MSUB, 4:06.94. 5,000 Meters

- 1, Carson Jessup, MSUB, 15:45.63. Long Jump - 3, Bryce Olson, MSUB,

21-1.25. Triple Jump - 2, Bryce Olson, MSUB, 44-1.5. Javelin - 1, Payden Lynn,

MSUB, 171-2.

Oregon Relays

at Hayward Field, Eugene, Ore.

Women (Top 3 GNAC Finishers): Invitational 1,500 - 1, Addy Townsend, SFU

(Competing Unattached), 4:15.78.

Men (Top 3 GNAC Finishers): 800 Meters - 2, Justin Crosswhite, WOU,

1:51.97.

Sat., Apr. 24

Linfield Invitational

at Maxwell Field, McMinnville, Ore.

Women (Top 3 GNAC Finishers): 200 Meters - 2, Kaitlyn Backman, UAA,

26.86. 100 Hurdles - 1, Elena Cano, UAA, 15.03. 400 Hurdles - 1, Elena Cano,

UAA, 1:04.18. 4x400 Relay (Backman, Bartolaba, Nyamasyo, Johansen),

4:09.44. Long Jump - 1, Elena Cano, UAA, 18-3.75. Javelin - 3, Darian Wilson,

WOU, 115-3.

Men (Top 3 GNAC Finishers): 400 Meters - 1, Enrique Campbell, UAA, 49.80.

110 Hurdles - 1, Joshua Wagner, UAA, 14.88. 400 Hurdles - 1, Joshua Wagner,

UAA, 54.74; 2, Daryl Bushnell, UAA, 56.91. Steeplechase - 1, Lawson Sims,

UAA, 9:22.32; 3, Cole Nash, UAA, 9:42.62. 4x400 Relay - 1, Alaska Anchorage

(Wagner, Jackman, Sims, Bushnell), 3:25.73. High Jump - 1, Devin Hasher,

WOU, 6-1.25. Long Jump - 3, Eli Nafziger, WOU, 22-0.75. Triple Jump - 1,

Marley Harrison, WOU, 43-0.25.

2021 GNAC Meet Summaries

Sat., Apr. 24

Peyton-Shotwell Invitational

at Baker Stadium, Tacoma, Wash.

Women's Team Scores: Central Washington 257, Seattle Pacific 111, Pacific Lutheran 94, Saint Martin's 83, Western Washington 74, Puget Sound 47, Everett CC 26, Multnomah 12, Olympic CC 9, Green River CC 5.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Julia Stepper, SPU, 12.20; 2, Makenna Hansen, CWU, 12.51; 3, Kiarra Green, CWU, 12.80. 200 Meters - 1, Grace Bley, SPU, 25.12; 2, Julia Stepper, SPU, 25.61. 400 Meters - 1, Karlie Hurley, WWU, 57.00; 2, Peace Igbonagwam, SPU, 57.26; 3, Grace Bley, SPU, 57.80. 800 Meters - 1, Ellie Rising, SPU, 2:15.64; 3, Cassidy Walchak-Sloan, SMU, 2:18.98. 1,500 Meters - 1, Talia Dreicer, WWU, 4:55.08; 2, Ila Davis, WWU, 4:59.21; 3, Molly Mattson, CWU, 4:59.46. 5,000 Meters - 1, Dania Holmberg, SPU, 16:57.67. 10,000 Meters - 1, Kay Lester, CWU, 41:20.54. 100 Hurdles - 1, McCall DeChenne, CWU, 14.57; 2, Lauryn Chandler, CWU, 14.61. 400 Hurdles - 1, McCall DeChenne, CWU, 1:03.86; 3, Rachel Krill, CWU, 1:05.84. Steeplechase - 1, Caitlin Gohr, CWU, 11:48.50; 2, Kate Lilly, SPU, 11:57.59; 3, Tailer Cochran, CWU, 13:18.83. 4x100 Relay - 1, Saint Martin's, 50.96; 2, Western Washington, 52.34. 4x400 Relay - 2, Central Washington, 4:14.33. High Jump - 2, Ashley Vest, SMU, 4-11; 3, Rachelle Hamilton, CWU, 4-11. Pole Vault - 1, Scout Cai, SPU, 12-3.5; 2, Lizzy Daugherty, SPU, 10-4; 3, Annie Tran, WWU, 10-4. Long Jump - 1, Erica Cabanos, CWU, 16-11.75; 2, Jillyan Taylor, CWU, 16-10.75; 3, Hailey Holsey, CWU, 15-6.25. Triple Jump - 1, Erica Cabanos, CWU, 34-3; 2, Taylor Bogle, CWU, 33-3.25. Shot Put - 1, Avery Fisk, CWU, 43-8; 2, Jocelyn Saribay, SMU, 37-10; 3, Brittany Dodge, CWU, 37-8. Discus - 1, Avery Fisk, CWU, 136-0; 3, Saran Sidibe, CWU, 123-11. Hammer - 1, Meagan Smallbeck, CWU, 163-10; 2, Mercedes Pesina, 155-3; 3, Payton Elenbaas, CWU, 140-0. Javelin - 1, Natalie Vetto, WWU, 139-11.

Men's Team Scores: Central Washington 184, Western Washington 165, Saint Martin's 99.5, Pacific Lutheran 86.5, Seattle Pacific 53, Everett CC 40, Puget Sound 28, Olympic CC 21, Multnomah 5.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Zachary Davis, CWU, 10.95; 2, Harry Horwath, CWU, 11.24. 200 Meters - 1, Landon Armstrong, SMU, 22.50; 2, Ryan Greenwalt, WWU, 22.66; 3, Doc Porter, CWU, 22.80. 400 Meters - 1, Lucas Brenek, WWU, 49.64; 2, Bryant Welch, WWU, 50.17; 3, Doc Porter, CWU, 50.38. 800 Meters - 1, Jack Farrell, SMU, 1:58.44; 2, Brock Knowles, WWU, 1:58.56; 3, Bryaden Schultz, SPU, 1:59.22. 1,500 Meters - 1, Kevin McDermott, WWU, 3:51.00; 2, Mac Franks, WWU, 3:51.43; 3, Elius Graff, SPU, 3:58.29. 5,000 Meters - 1, Calahan Warren, WWU, 14:36.67. 10,000 Meters - 1, Rajesh Gill, CWU, 33:00.27; 2, Donovan Barnhart, CWU, 33:12.12; 3, Mateo Rivera, CWU, 33:36.36. 110 Hurdles - 1, Hunter Flick, WWU, 14.65; 2, Jaden Edwards, WWU, 15.32; 3, Braydon Maier, CWU, 15.35. 400 Hurdles - 1, Cordell Cummings, WWU, 53.75; 2, Austin Albertin, CWU, 55.54; 3, Gunner Vallatino, CWU, 55.64. 4x100 Relay - 1, Saint Martin's, 43.71. 4x400 Relay - 1, Central Washington, 3:24.97. High Jump - 1, Trent Kibler, WWU, 6-0.75; 3, Andrew Boyd, SMU, 5-7. Pole Vault - 1, Kacey Provo, WWU, 14-10.25; 3, Andrew Alfred, SMU, 13-10.5. Long Jump - 1, David Njeri, SPU, 22-4.25; 2, Andrew Schulz, SMU, 20-7.25. Triple Jump - 2, David Njeri, SPU, 45-7.25. Shot Put - 2, Ethan Tonder, CWU, 49-5.5; 3, Aidan Cain, CWU, 47-5.25. Discus - 1, Aidan Cain, CWU, 143-11; 2, Wyatt Franklin, CWU, 142-7; 3, Martin Mapeahi, CWU, 137-9. Hammer - 1, Andrew Harris, CWU, 190-10; 2, Aidan Cain, CWU, 182-7; 3, Ethan Tonder, CWU, 177-8. Javelin - 1, Jaydon Tryon, WWU, 173-11; 2, Sean Witters, WWU, 163-11.