



May 5, 2021 • Week 9  
GNACSports.com • @GNACSports

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

## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

#### Thurs., May 6

Western Oregon at George Fox Meet, Newberg, Ore.

#### Fri., May 7

Seattle Pacific, Western Washington at Ken Shannon Invitational, Seattle, Wash.

Western Oregon at Oregon Twilight, Eugene, Ore.

#### Sat., May 8

Montana State Billings at DSU Last Chance Meet, Dickinson, N.D.

### LAST WEEK'S MEETS

#### Fri., Apr. 30

##### Buc Scoring Meet

at Boppell Field, Spokane, Wash.

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Grace Bley, SPU, 12.01; 3, Jenna Bouyer, SPU, 12.06. 200 Meters - 1, Grace Bley, SPU, 24.53; 2, Jenna Bouyer, SPU, 24.80. 800 Meters - 1, Ellie Rising, SPU, 2:12.80. 1,500 Meters - 1, Dania Holmberg, SPU, 4:29.73. Steeplechase - 3, Kate Lilly, SPU, 11:37.53. 4x400 Relay - 3, Seattle Pacific (Bouyer, Smith, Rising, Bley), 3:53.15. Pole Vault - 1, Scout Cai, SPU, 13-3; 2, Lizzy Daugherty, SPU, 10-9.

**Men (Top 3 GNAC Finishers):** Steeplechase - 1, Jared Putney, SPU, 9:23.92; 3, Austin Weese, SPU, 9:45.81. Triple Jump - 2, David Njeri, SPU, 48-0.5.

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

##### OSU High Performance Meet

at Whyte Track and Field Center, Corvallis, Ore.

**Women (Top 3 GNAC Finishers):** 5,000 Meters - 2, Caitlin Heldt, WOU, 17:08.22.

**Men (Top 3 GNAC Finishers):** 1,500 Meters - 2, Justin Crosswhite, WOU, 3:50.61. Steeplechase - 1, Bailey Smith, WOU, 9:18.34. Triple Jump - 3, Jalon Fields, WOU, 46-2.75.

#### Sat., May 1

##### Ralph Vernacchia Meet

at Civic Stadium, Bellingham, Wash.

**Women's Team Scores:** Western Washington 200, Central Washington 186, Saint Martin's 102, Pacific Lutheran 78, Alaska Anchorage 70, Puget Sound 59.

**Women (Top 3 GNAC Finishers):** 100 Meters - 2, Karlie Hurley, WWU, 12.26; 3, Makiya Worthy, SMU, 12.35. 200 Meters - 2, Makiya Worthy, SMU, 25.45. 400 Meters - 1, Dani Taylor, CWU, 59.96; 2, Kaitlyn Backman, UAA, 1:00.79; 3, Kierrla Yates, SMU, 1:02.49. 800 Meters - 1, Cassidy Walchak-Sloan, SMU, 2:17.64; 2, Tylantiss Atlas, UAA, 2:19.61. 1,500 Meters - 2, Elaina Hansen, SMU, 5:00.56; 3, Madison Child, CWU, 5:00.59. 5,000 Meters - 1, Molly Mattson, CWU, 18:11.92; 2, Zoie Mastin, CWU,

18:41.30; 3, Sara Sabra, SMU, 19:41.79. 100 Hurdles - 1, Aliyah Dawkins, WWU, 14.55; 2, Lauryn Chandler, CWU, 15.22; 3, Gabriela Cintron, SMU, 15.57. 400 Hurdles - 1, Rachel Krill, CWU, 1:07.14; 2, Haley Bartolaba, UAA, 1:07.60. Steeplechase - 1, Talia Dreicer, WWU, 11:16.69; 2, Ila Davis, WWU, 11:26.72; 3, Caitlin Gohr, CWU, 11:38.68. 4x100 Relay - 1, Central Washington (Robydek, Doss, Hansen, Green), 49.59. 4x400 Relay - 1, Alaska Anchorage (Backman, Bartolaba, Johansen, Nyamasyo), 4:09.63; 2, Saint Martin's (Zilla, Worthy, Mortensen, Walchak-Sloan), 4:13.14; 3, Western Washington (Hurley, Kortuem, Davis, Dreicer), 4:17.00. High Jump - 2, Aliyah Dawkins, WWU, 5-6.5; Tie 3, Ashley Vest, SMU, 5-2.5; Tie 3, Rachele Hamilton, CWU, 5-2.5. Pole Vault - 1, Lexi Perry, WWU, 10-10.75; 2, Madison Fassiotto, WWU, 10-10.75; 3, Sophie Paradis, WWU, 10-4.75. Long Jump - 1, Matty Langerway, WWU, 18-4.35; 2, Jillyan Taylor, CWU, 18-1.755; 3, Aliyah Dawkins, WWU, 18-0.25. Triple Jump - 1, Karlie Hurley, WWU, 38-9.5; 2, Devon Olson, WWU, 38-1.25; 2, Jamie Sanford, WWU, 36-11.75. Shot Put - 1, Avery Fisk, CWU, 44-10.25; 2, Katie Potts, WWU, 41-2.25; 3, Jocelyn Saribay, SMU, 40-11.5. Discus - 1, Avery Fisk, CWU, 145-5; 2, Katie Potts, WWU, 138-2; 3, Taliyah Coe, WWU, 133-1. Hammer - 1, Meagan Smallbeck, CWU, 177-6; 3, Raine Westfall, WWU, 148-10. Javelin - 2, Natalie Vetto, WWU, 143-2; Carlotta Duenninger, UAA, 125-11.

**Men's Team Scores:** Western Washington 279, Central Washington 128, Pacific Lutheran 109, Saint Martin's 92, Puget Sound 38, Alaska Anchorage 37.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Ryan Greenwalt, WWU, 10.90; 2, Zachary Davis, CWU, 10.91; 2, Landon Armstrong, SMU, 11.10. 200 Meters - 1, Bryant Welch, WWU, 21.99; 2, Landon Armstrong, SMU, 22.21; 3, Joshua Wagner, UAA, 22.27. 400 Meters - 1, Bryant Welch, WWU, 49.05; 2, Doc Porter, CWU, 49.44; 3, Lucas Brenek, WWU, 49.98. 800 Meters - 1, Mac Franks, WWU, 1:55.76; 2, Brock Knowles, WWU, 1:56.67; 3, Rudu Wani, SMU, 1:58.52. 5,000 Meters - 1, Kevin McDermott, WWU, 14:33.21; 3, Cole Nash, UAA, 14:46.88. 110 Hurdles - 1, Cordell Cummings, WWU, 14.53; 2, Joshua Wagner, UAA, 14.62; 3, Koby Okezie, WWU, 14.79. 400 Hurdles - 1, Cordell Cummings, WWU, 53.57; 2, Gunner Vallatini, CWU, 54.69; 3, Austin Albertin, CWU, 55.85. Steeplechase - 1, Jeret Gillingham, WWU, 9:03.33; 2, Mac Franks, WWU, 9:05.12; 3, Kaleb Korta, WWU, 9:17.05. 4x100 Relay - 1, Western Washington A (Woodard, Flick, Daniels, Tran), 42.93; 3, Western Washington B (Cummings, Okezie, Edwards, Witters), 55.47. 4x400 Relay - 1, Central Washington (Albertin, Vallatini, Solvberg, Porter), 3:24.62; 3, Alaska Anchorage (Bushnell, McGill, Belanger, Nash), 3:33.48. High Jump - 1, Ethan Sterkel, WWU, 6-3.25; 2, Trent Kibler, WWU, 6-3.25; 3, Iyan Manju, WWU, 6-1.25. Pole Vault - 1, Kacey Provo, WWU, 14-5.5; 3, Andrew Alfred, SMU, 13-5.75. Long Jump - 1, David Tran, WWU,

23-5.25; 2, Ryan Greenwalt, WWU, 23-2.75; 2, Ethan Sterkel, WWU, 23-2. Triple Jump - 1, Josh Schulz, SMU, 43-3.75; 3, Cooper McCullough, SMU, 37-7.75. Shot Put - 2, Ben Malquist, WWU, 52-6.75; 3, Micah Au-Haupt, SMU, 45-4.5. Discus - 2, Ben Malquist, WWU, 147-2; 3, Wyatt Franklin, CWU, 143-9. Hammer - 1, Andrew Harris, CWU, 189-10; 2, Ethan Tonder, CWU, 177-9; 3, Angus Beaton, CWU, 172-0. Javelin - 1, Jaydon Tryon, WWU, 178-5; 2, Mason Salley, WWU, 172-7; 3, Sean Witters, WWU, 179-9.

#### Mon., May 3-Tues., May 4

##### GNAC Combined Events Championships

at CWU Recreation Sports Complex, Ellensburg, Wash.

**Women's Heptathlon:** 1, Renick Meyer, SPU, 4,903; 2, Elena Cano, UAA, 4,855; 3, Jenelle Hurley, WOU, 4,519; 4, McCall DeChenne, CWU, 4,383; 5, Hailey Holsey, CWU, 4,321; 6, Jaidyn Kinneveauk, NNU, 4,167; 7, Kellie May, SPU, 3,944; 8, Leanne Kibbee, WWU, 3,840; 9, Amity Deters, WOU, 3,740; 10, Ellie Earnest, NNU, 3,692; 11, Makenzie Smith, WOU, 2,970.

**Heptathlon Event Winners:** 100 Hurdles - Renick Meyer, SPU, 14.25. High Jump - Elena Cano, UAA & Jenelle Hurley, WOU, 5-4.25. Shot Put - Kellie May, SPU, 34-8.25. 200 Meters - McCall DeChenne, CWU, 25.75. Long Jump - Renick Meyer, SPU, 19-2. Javelin - Renick Meyer, SPU, 108-10. 800 Meters - McCall DeChenne, CWU, 2:19.93.

**Men's Decathlon:** 1, Braydon Maier, CWU, 6,776; 2, JJ Walker, WOU, 6,584; 3, Ryan Thoma, CWU, 6,580; 4, David Sramek, UAA, 6,320; 5, Cooper Cummings, WWU, 5,916; 6, Turner Nye, NNU, 5,891; 7, Ryan Kenny, WWU, 5,697; 8, Deshaun Stevens, WOU, 5,460; 9, Matt Mitchell, NNU, 5,040; 10, Jake Thompson, WOU, 4,687; 11, Logan Easley, CWU, 4,364.

**Decathlon Event Winner:** 100 Meters - Ryan Kenny, WWU and David Sramek, UAA, 11.35. Long Jump - Ryan Thoma, CWU, 22-7.75. Shot Put - Braydon Maier, CWU, 37-5.75. High Jump - Matt Mitchell, NNU, 6-1.25. 400 Meters - Deshaun Stevens, WOU, 51.16. 110 Hurdles - Braydon Maier, CWU, 15.26. Discus - JJ Walker, WOU, 115-1. Pole Vault - Braydon Maier, CWU, 15-5. Javelin - Ryan Thoma, CWU, 169-6. 1,500 Meters - Braydon Maier, CWU, 4:39.37.

# GNAC Athletes of the Week



**MEN'S TRACK**  
**Jeret Gillingham, Western Washington**  
 Freshman • Sandy, Ore.

Gillingham won the steeplechase at the Ralph Vernacchia Meet in a time of 9:03.33. The time is tops in the GNAC this season and No. 2 on Western Washington's all-time list. The performance is also an NCAA Championships provisional qualifier and ranks No. 19 in Division II this season.

**Also Nominated:** Joshua Wagner (Alaska Anchorage), Doc Porter (Central Washington), Jared Putney (Seattle Pacific), Hunter Hutton (Western Oregon).



**WOMEN'S TRACK**  
**Dania Holmberg, Seattle Pacific**  
 Senior • Eagle, Idaho

Holmberg won the 1,500 meters at the Buc Scoring Meet on Friday by eight seconds, winning with a GNAC-leading time of 4:29.73. The time is an NCAA Championships provisional qualifier and ranks No. 22 in Division II this season.

**Also Nominated:** Dani Taylor (Central Washington), Caitlin Heldt (Western Oregon), Aliyah Dawkins (Western Washington).



**MEN'S FIELD**  
**David Tran, Western Washington**  
 Senior • Vancouver, Wash.

Tran was the winner in the long jump at the Ralph Vernacchia Meet on Saturday with a leap of 23 feet, 5.25 inches. The mark leads the GNAC, is No. 6 on WWU's all-time list and is just short of an NCAA Championships provisional qualifying mark.

**Also Nominated:** Andrew Harris (Central Washington), David Njeri (Seattle Pacific), Jalon Fields (Western Oregon).



**WOMEN'S FIELD**  
**Scout Cai, Seattle Pacific**  
 Senior • Colfax, Wash.

Cai broke the GNAC record in the pole vault at the Buc Scoring Meet in Spokane on Friday. Cai won the event with a clearance of 13 feet, 3 inches, which surpasses the previous record of 13 feet, 1.75 inches, set by Anna Paradee of Western Washington in 2017. Cai has won all nine pole vault competitions she has entered this season.

**Also Nominated:** Carlotta Duenninger (Alaska Anchorage), Meagan Smallbeck (Central Washington), Jenelle Hurley (Western Oregon), Natalie Vetto (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
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
Apr. 26-May 2	Jeret Gillingham, WWU	David Tran, WWU	Dania Holmberg, SPU	Natalie Vetto, WWU
				Scout Cai, SPU

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

# Around The GNAC

## ALASKA ANCHORAGE



- Freshman **Joshua Wagner's** school record in the men's 110-meter hurdles led Alaska Anchorage's performances at the Ralph Vernacchia Meet on Saturday.
- Wagner took second with a time of 14.62 seconds, surpassing the 14.74 seconds run by Cody Thomas in 2016. The time ranks third in the GNAC this season. Wagner also third in the 200 meters with a time of 22.27 seconds.
- Freshman **Carlotta Duenninger** moved into No. 2 on the UAA all-time list in the women's javelin, placing third with her throw of 125 feet, 11 inches.
- The Seawolves' lone winner in the meet was the women's 4x400 relay where **Kaitlyn Backman, Haley Bartolaba, Victoria Johnansen** and **Alfin Nyamasoy** combined for a time of 4:09.63.
- Backman added a second-place finish in the 400 meters in 1:00.79 while Bartolaba was second in the 400-meter hurdles in 1:07.60.
- At the GNAC Combined Events Championships, senior **Elena Cano** placed second in the women's heptathlon with a score of 4,855 points. The day one points leader, Cano tied for first in the high jump (5-4.25).
- Senior **David Sramek** placed fourth in the men's decathlon with a score of 6,320 points. Sramek tied for first in the opening event, the 100 meters, in 11.35 seconds.
- The Ralph Vernacchia Meet was the final regular-season meet for Alaska Anchorage. The Seawolves will compete next at the GNAC Outdoor Track and Field Championships, May 14 and 15 in Monmouth, Oregon.

## CENTRAL WASHINGTON



- A dominant performance in the women's throws led Central Washington's efforts at the Ralph Vernacchia Meet.
- Junior **Avery Fisk** won two of the throws for the second straight week, winning the shot put with a mark of 44 feet, 10.25 inches, and the discus with a mark of 145 feet, 5 inches.
- Junior **Meagan Smallbeck** won the hammer with an NCAA Championships provisional qualifying mark of 177 feet, 6 inches. The GNAC-leading mark is No. 2 on the CWU all-time list and ties her for 26th in Division II this season.
- In the men's throws, senior **Andrew Harris** was a winner in the men's hammer once again with a mark of 189 feet, 10 inches.
- The CWU women picked up four wins in the chat. Freshman **Dani Taylor** was first in the 400 meters in 59.95 seconds while freshman **Rachel Krill** won the 400-meter hurdles in 1:07.74. Junior **Molly Mattson** won the 5,000 meters in 18:11.92 and the women's 4x100-meter relay team with a time of 49.59 seconds.
- The men were led by junior **Zachary Davis**, who took second in the 100 meters in 10.91 seconds. Senior **Doc Porter** placed second in the 400 meters in 49.44 seconds with senior **Gunner Vallatini** placing second in the 400-meter hurdles in 54.69 seconds. The men's 4x400-meter relay team won with a time of 3:24.62.
- At the GNAC Combined Events Championships, senior **Braydon Maier** won the men's decathlon with a score of 6,776 points. Maier, who also won in 2018, won the shot put (37-5.75), the 110-meter hurdles (15.26), pole vault (15-5) and the 1,500 meters en route to the victory. Freshman Ryan Thoma placed third with 6,850 points.
- Sophomore **McCall DeChenne** placed fourth in the women's heptathlon with a score of 4,383 points. DeChenne won both the 200 meters (25.75) and the 800 meters (2:19.93).
- The Ralph Vernacchia Meet was the final regular-season meet for Central Washington. The Wildcats will compete next at the GNAC Outdoor Track and Field Championships, May 14 and 15 in Monmouth, Oregon.

## MONTANA STATE BILLINGS



- Montana State Billings did not compete last week. The Yellowjackets will close their regular season with the DSU Last Chance Meet on Saturday in Dickinson, N.D.
- 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 on April 23 and 24.
- Ackerman won the college section of the javelin at the Drake Relays for the second time in his career. 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.

## NORTHWEST NAZARENE



- Sixth place finishes for junior **Jaidyn Kinneveauk** and sophomore **Turner Nye** paced Northwest Nazarene at the GNAC Combined Events Championships.
- Kinneveauk placed sixth in the women's heptathlon with a score of 4,167 points. Nye placed sixth in the men's decathlon with a score of 5,891 points. Freshman Matt Mitchell was the individual winner in the decathlon high jump, clearing 6 feet, 1.25 inches.
- The rest of the NNU team completed the regular season by competing in the BYU Robison Invitational on April 23 and 24 in Provo, Utah.
- Freshman **Kinsey Langin** 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 30th in Division II this season.
- Junior **Tyler 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.
- Next for the Nighthawks will be the GNAC Outdoor Track and Field Championships, May 14 and 15 in Monmouth, Oregon.

# Around The GNAC

## SAINT MARTIN'S



- Wins for freshman **Cassidy Walchak-Sloan** and Josh Schulz led **Saint Martin's** performances at the Ralph Vernacchia Meet.
- Walchak-Sloan won the women's 800 meters, recording a time of 2:17.64 which ranks sixth in the GNAC. Schulz won the men's triple jump by over four feet with a mark of 43 feet.

3.75 inches.

- Walchak-Sloan had one of four top-three finishes for the SMU women on the track. Freshman **Makiya Worthy** was second in the 200 meters in 25.45 seconds. Freshman **Elaina Hansen** was second in the 1,500 meters in 5:00.56 and freshman **Kierria Yates** was third in the 400 meters in a time of 1:02.49.
- Sophomore **Landon Armstrong** led the Saint Martin's men on the track, placing second in the 200 meters in a time of 22.21 seconds and placing third in the 100 meters in 11.10 seconds.
- In the women's field events, junior **Ashley Vest** tied for third in the high jump with a clearance of 5 feet, 2.5 inches. Freshman **Jocelyn Saribay** added a third-place finish in the shot put with her mark of 40 feet, 11.5 inches.
- Junior Andrew Alfred finished third in the men's pole vault, clearing 13 feet, 5.75 inches. Sophomore Cooper McCullough added a third-place finish in the men's triple jump at 45 feet, 4.5 inches.
- The Ralph Vernacchia Meet was the last of the regular season for Saint Martin's. The Saints will compete next at the GNAC Outdoor Track and Field Championships, May 14 and 15 in Monmouth, Oregon.

## SEATTLE PACIFIC



- Senior **Scout Cai**'s GNAC record in the women's pole vault led Seattle Pacific's performances on Friday at the Buc Scoring Meet in Spokane.
- Cai was named the GNAC Women's Field Athlete of the Week after she won the pole vault with a record mark of 13 feet, 3 inches. The clearance surpassed the previous record

of 13 feet, 1.75 inches, set by Anna Paradee of Western Washington in 2017. In nine pole vault competitions she has competed in this season, Cai has won all nine times.

- Junior **Dania Holmberg** was named the GNAC Women's Track Athlete of the Week after she won the 1,500 meters in a time of 4:29.73. The GNAC-leading mark is an NCAA Championships provisional qualifier and is 29th in Division II this season.
- Senior **Grace Bley** ran a pair of lifetime bests, winning the 100 meters in 12.01 seconds and breaking the stadium record in the 200 meters in 24.53 seconds.
- Sophomore **David Njeri** took over the GNAC lead in the men's triple jump, taking second with a mark of 48 feet, 0.5 inches.
- At the GNAC Combined Events Championships, junior **Renick Meyer** used a strong second day to win the women's heptathlon with a score of 4,903 points. Meyer won three of the discipline's events, the 100-meter hurdles (14.25), the long jump (19-2) and the javelin (108-10). It is the second heptathlon title for Meyer, who also won in 2018. Junior Kellie May was the individual winner in the shot put (34-8.25).
- Seattle Pacific will complete the regular season on Friday at the Ken Shannon Invitational in Seattle.



## 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



- A win for junior **Bailey Smith** in the men's steeplechase and a school record for junior **Caitlin Heldt** in the women's 5,000 meters led Western Oregon at the OSU High Performance Meet in Corvallis, Oregon.

• Heldt ran a 70-second lifetime best to finish second in the 5,000, finishing in a time of 17:08.22. That edged out Kennedy Rufener's previous record of 17:08.51 set in 2018.

- Smith was the Wolves' lone winner in the Division I laden meet, winning the men's steeplechase with a time of 9:18.34. The time ranks fifth in the GNAC this season.
- Senior **Justin Crosswhite** picked up a second-place finish in the men's 1,500 meters in a time of 3:50.61. The NCAA Championships provisional qualifying time ranks 55th in Division II this season.
- Sophomore **Jalon Fields** added a third-place finish in the men's triple jump with a mark of 46 feet, 2.75 inches.
- At the GNAC Combined Events Championships, junior **JJ Walker** used a solid second day to finish second overall in the men's decathlon with a score of 6,584 points. Walker was the individual winner of the javelin with a mark of 115 feet, 1 inch. Junior **Deshaun Stevens** won the 400 meters in 51.16 seconds.
- Freshman **Jenelle Hurley** placed third in the women's heptathlon with a score of 4,519 points. Hurley tied for first in the high jump, clearing 5 feet, 4.25 inches.
- Western Oregon will close the regular season at the George Fox Meet on Thursday and with a handful of athletes entered in the Oregon Twilight on Friday in Eugene.

## WESTERN WASHINGTON



- Western Washington's men captured 13 event victories while the women took five as the Vikings hosted the Ralph Vernacchia Meet.

- Freshman **Jeret Gillingham** was named the GNAC Men's Track Athlete of the Week after he won the steeplechase in a time of 9:03.33. The GNAC-leading mark is an NCAA Championships provisional qualifying mark and ranks 19th in Division II this season.
- Senior **David Tran** was named the GNAC Men's Field Athlete of the Week after he won the long jump with a GNAC-leading mark of 23 feet, 5.25 inches. He just narrowly missed the NCAA Championships provisional qualifying mark of 23 feet, 10 inches.
- Senior **Cordell Cummings** won both men's hurdles events, taking the 110-meter hurdles in 14.53 seconds and the 400-meter hurdles in 53.57 seconds. Junior **Bryant Welch** was also a two-event winner in the 200 meters in 21.99 seconds and the 400 meters in 49.05 seconds.
- Junior **Aliyah Dawkins** won the women's 100-meter hurdles in 14.55 seconds. Senior **Talia Dreicer** won the women's steeplechase in 11:16.69 while freshman **Madison Fassiotto** won the pole vault with a clearance of 10 feet, 10.75 inches.
- At the GNAC Combined Events Championships, sophomore **Cooper Cummings** was the top WWU finisher in the men's decathlon, placing fifth with a score of 5,916 points. Freshman **Ryan Kenny** tied for first in the opening event, the 100 meters, with a time of 11.35 seconds.
- Sophomore **Leanne Kibbee** finished eighth in the women's heptathlon, compiling a score of 3,840 points.
- Western Washington closes the regular season on Friday, taking part in the Ken Shannon Invitational in Seattle.

# 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
May 4	No Ranked GNAC Teams

## USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 6 - May 4, 2021

Rk	School	Pts.	Prev.
1.	Grand Valley St.	245.23	5
2.	Ashland	201.75	2
3.	Colorado Mines	192.15	1
4.	Angelo State	185.26	3
5.	West Texas A&M	184.61	4
6.	Pittsburg State	155.10	6
7.	Texas A&M-Commerce	127.85	8
8.	Central Missouri	119.66	10
9.	Missouri Southern	110.26	7
10.	UC Colorado Springs	107.13	13
11.	Tiffin	103.62	9
12.	Adams State	96.70	11
13.	Limestone	84.32	12
14.	Lee (Tenn.)	77.54	15
15.	Western Colorado	67.60	26
16.	Minnesota State	67.50	33
17.	Colorado Mesa	66.16	19
18.	Academy of Art	65.85	14
19.	Alabama-Huntsville	63.48	17
20.	Northwood (Mich.)	60.32	20
21.	Queens (N.C.)	57.82	16
22.	Southern Connecticut	53.09	18
23.	Harding	49.93	22
24.	Findlay	48.04	24
25.	Lincoln (Mo.)	47.79	27

## USTFCCCA WEST REGION TEAM INDEX

Week 6 - May 3, 2021

Rk	School	Pts.	Prev.
1.	<b>Western Washington</b>	<b>989.74</b>	<b>1</b>
2.	Azusa Pacific	804.61	3
3.	Fresno Pacific	665.57	2
4.	<b>Central Washington</b>	<b>632.62</b>	<b>4</b>
5.	Academy of Art	619.66	5
6.	<b>Western Oregon</b>	<b>570.97</b>	<b>6</b>
7.	Biola	412.39	7
8.	Concordia Irvine	390.75	8
9.	<b>Northwest Nazarene</b>	<b>319.80</b>	<b>9</b>
10.	<b>Alaska Anchorage</b>	<b>233.26</b>	<b>10</b>



[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
May 4	No Ranked GNAC Teams

## USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 6 - May 4, 2021

Rk	School	Pts.	Prev.
1.	Azusa Pacific	302.45	1
2.	Grand Valley State	243.28	2
3.	West Texas A&M	169.34	3
4.	Missouri Southern	168.20	4
5.	Adams State	161.93	5
6.	Saginaw Valley State	115.24	6
7.	Minnesota State	109.50	11
8.	Academy of Art	1005.38	13
9.	Mary	103.29	8
10.	CSU Pueblo	99.14	7
11.	Central Missouri	92.21	12
12.	Fort Hays State	85.01	17
13.	Queens (N.C.)	77.63	9
14.	Lewis	77.23	14
15.	Pittsburg State	70.70	10
16.	Angelo State	68.56	15
17.	UC-Colorado Springs	68.45	28
18.	Texas A&M-Commerce	66.24	16
19.	Lincoln (Mo.)	61.75	47
20.	Lee (Tenn.)	61.38	22
21.	Hillsdale	60.83	18
22.	Fresno Pacific	57.90	20
23.	Western Colorado	56.15	21
24.	Nebraska Kearney	55.89	19
25.	Colorado Mesa	55.61	23

## USTFCCCA WEST REGION TEAM INDEX

Week 6 - May 3, 2021

Rk	School	Pts.	Prev.
1.	Azusa Pacific	1,260.79	1
2.	Academy of Art	720.25	4
3.	Fresno Pacific	713.36	2
4.	Biola	653.37	3
5.	Concordia Irvine	610.64	5
6.	<b>Western Washington</b>	<b>549.78</b>	<b>6</b>
7.	<b>Seattle Pacific</b>	<b>449.31</b>	<b>7</b>
8.	<b>Central Washington</b>	<b>399.53</b>	<b>8</b>
9.	<b>Western Oregon</b>	<b>302.59</b>	<b>9</b>
10.	<b>Northwest Nazarene</b>	<b>230.24</b>	<b>10</b>



[Complete Poll Online](#)

# GNAC Qualifiers For NCAA Outdoor Championships

## MEN'S AUTOMATIC QUALIFIERS AS OF MAY 2, 2021

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

## MEN'S PROVISIONAL QUALIFIERS AS OF MAY 2, 2021

Event	Athlete	Mark	Rank	Date
1,500 Meters	Calahan Warren, WWU	3:44.82	13th	4/3/21
	Hunter Hutton, WOU	3:48.57	35th	4/30/21
	Mac Franks, WWU	3:49.57	49th	4/9/21
	Justin Crosswhite, WOU	3:50.61	55th	4/30/21
5,000 Meters	Calahan Warren, WWU	14:16.17	41st	3/20/21
	10,000 Meters	Calahan Warren, WWU	29:55.17	32nd
Steeplechase	Eric Hamel, WWU	30:17.34	44th	3/26/21
	Tyler Shea, NNU	30:31.78*	59th	4/21/21
	Kevin McDermott, WWU	30:46.49	75th	3/26/21
	Jeret Gillingham, WWU	9:03.33	19th	5/1/21
	Mac Franks, WWU	9:05.12	22nd	5/1/21
High Jump	Lawson Sims, UAA	9:05.98	25th	4/9/21
	Kaleb Korta, WWU	9:12.73	34th	4/9/21
	Isaiah Girard, MSUB	2.05/6-8.75	T-21st	4/1/21
Hammer	Andrew Harris, CWU	59.92/196-7	18th	4/17/21
	Aidan Cain, CWU	55.70/182-9	49th	4/10/21
Decathlon	Braydon Maier, CWU	6,849	12th	4/16/21
	JJ Walker, WOU	6,432	30th	3/10/21
	Ryan Thoma, CWU	6,399	29th	4/16/21

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

Event	Athlete	Mark	Rank	Date
1,500 Meters	Dania Holmberg, SPU	4:29.73	22nd	4/30/21
	5,000 Meters	Dania Holmberg, SPU	16:57.67	29th
High Jump	Caitlin Heldt, WOU	17:08.22	36th	4/30/21
	Aliyah Dawkins, WWU	1.69/5-6.5	T-26th	5/1/21
	Pole Vault	Scout Cai, SPU	4.03/13-3	9th
Triple Jump	Kinsey Langin, NNU	3.86/12-8	T-30th	4/21/21
	Karlie Hurley, WWU	12.04/39-6	29th	4/3/21
Hammer	Meagan Smallbeck, CWU	54.11/177-6	T-26th	5/1/21
	Javelin	Hannah Nienaber, WWU	47.52/155-11	6th
Heptathlon	Kaylee Wright, WOU	43.95/144-2	22nd	3/23/21
	Natalie Vetto, WWU	43.64/143-2	23rd	5/1/21
	Renick Meyer, SPU	4,629	22nd	4/16/21
Jenelle Hurley, WOU	4,596	24th	4/16/21	

\* - Converted from 31:24.60 for altitude.

# 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	<b>4.04/13-3</b>	<b>Scout Cai, Seattle Pacific (2021)</b>
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 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, 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, 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, 22.400; 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, 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, 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.

**Fri., Apr. 30**

**Buc Scoring Meet  
at Boppell Field, Spokane, Wash.**

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Grace Bley, SPU, 12.01; 3, Jenna Bouyer, SPU, 12.06. 200 Meters - 1, Grace Bley, SPU, 24.53; 2, Jenna Bouyer, SPU, 24.80. 800 Meters - 1, Ellie Rising, SPU, 2:12.80. 1,500 Meters - 1, Dania Holmberg, SPU, 4:29.73. Steeplechase - 3, Kate Lilly, SPU, 11:37.53. 4x400 Relay - 3, Seattle Pacific (Bouyer, Smith, Rising, Bley), 3:53.15. Pole Vault - 1, Scout Cai, SPU, 13-3; 2, Lizzy Daugherty, SPU, 10-9.

**Men (Top 3 GNAC Finishers):** Steeplechase - 1, Jared Putney, SPU, 9:23.92; 3, Austin Weese, SPU, 9:45.81. Triple Jump - 2, David Njeri, SPU, 48-0.5.

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

**OSU High Performance Meet  
at Whyte Track and Field Center, Corvallis, Ore.**

**Women (Top 3 GNAC Finishers):** 5,000 Meters - 2, Caitlin Heldt, WOU, 17:08.22.

**Men (Top 3 GNAC Finishers):** 1,500 Meters - 2, Justin Crosswhite, WOU, 3:50.61. Steeplechase - 1, Bailey Smith, WOU, 9:18.34. Triple Jump - 3, Jalon Fields, WOU, 46-2.75.

**Sat., May 1**

**Ralph Vernacchia Meet  
at Civic Stadium, Bellingham, Wash.**

**Women's Team Scores:** Western Washington 200, Central Washington 186, Saint Martin's 102, Pacific Lutheran 78, Alaska Anchorage 70, Puget Sound 59.

**Women (Top 3 GNAC Finishers):** 100 Meters - 2, Karlie Hurley, WWU, 12.26; 3, Makiya Worthy, SMU, 12.35. 200 Meters - 2, Makiya Worthy, SMU, 25.45. 400 Meters - 1, Dani Taylor, CWU, 59.96; 2, Kaitlyn Backman, UAA, 1:00.79; 3, Kierrla Yates, SMU, 1:02.49. 800 Meters - 1, Cassidy Walchak-Sloan, SMU, 2:17.64; 2, Tylantiss Atlas, UAA, 2:19.61. 1,500 Meters - 2, Elaina Hansen, SMU, 5:00.56; 3, Madison Child, CWU, 5:00.59. 5,000 Meters - 1, Molly Mattson, CWU, 18:11.92; 2, Zoie Mastin, CWU, 18:41.30; 3, Sara Sabra, SMU, 19:41.79. 100 Hurdles - 1, Aliyah Dawkins, WWU, 14.55; 2, Lauryn Chandler, CWU, 15.22; 3, Gabriela Cintron, SMU, 15.57. 400 Hurdles - 1, Rachel Krill, CWU, 1:07.14; 2, Haley Bartolaba, UAA, 1:07.60. Steeplechase - 1, Talia Dreicer, WWU, 11:16.69; 2, Ila Davis, WWU, 11:26.72; 3, Caitlin Gohr, CWU, 11:38.68. 4x100 Relay - 1, Central Washington (Robydek, Doss, Hansen, Green), 49.59. 4x400 Relay - 1, Alaska Anchorage (Backman, Bartolaba, Johansen, Nyamasyo), 4:09.63; 2, Saint Martin's (Zilla, Worthy, Mortensen, Walchak-Sloan), 4:13.14; 3, Western Washington (Hurley, Kortuem, Davis, Dreicer), 4:17.00. High Jump - 2, Aliyah Dawkins, WWU, 5-6.5; Tie 3, Ashley Vest, SMU, 5-2.5; Tie 3, Rachelle Hamilton, CWU, 5-2.5. Pole Vault - 1, Lexi Perry, WWU, 10-10.75; 2, Madison Fassiotto, WWU, 10-10.75; 3, Sophie Paradis, WWU, 10-4.75. Long Jump - 1, Matty Langerway, WWU, 18-4.35; 2, Jillyan Taylor, CWU, 18-1.755; 3, Aliyah Dawkins, WWU, 18-0.25. Triple Jump - 1, Karlie Hurley, WWU, 38-9.5; 2, Devon Olson, WWU, 38-1.25; 2, Jamie Sanford, WWU, 36-11.75. Shot Put - 1, Avery Fisk, CWU, 44-10.25; 2, Katie Potts, WWU, 41-2.25; 3, Jocelyn Saribay, SMU, 40-11.5. Discus - 1, Avery Fisk, CWU, 145-5; 2, Katie Potts, WWU, 138-2; 3, Taliyah Coe, WWU, 133-1. Hammer - 1, Meagan Smallbeck, CWU, 177-6; 3, Raine Westfall, WWU, 148-10. Javelin - 2, Natalie Vetto, WWU, 143-2; Carlotta Duenninger, UAA, 125-11.

# 2021 GNAC Meet Summaries

## Ralph Vernacchia Meet Continued

**Men's Team Scores:** Western Washington 279, Central Washington 128, Pacific Lutheran 109, Saint Martin's 92, Puget Sound 38, Alaska Anchorage 37.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Ryan Greenwalt, WWU, 10.90; 2, Zachary Davis, CWU, 10.91; 2, Landon Armstrong, SMU, 11.10. 200 Meters - 1, Bryant Welch, WWU, 21.99; 2, Landon Armstrong, SMU, 22.21; 3, Joshua Wagner, UAA, 22.27. 400 Meters - 1, Bryant Welch, WWU, 49.05; 2, Doc Porter, CWU, 49.44; 3, Lucas Brenek, WWU, 49.98. 800 Meters - 1, Mac Franks, WWU, 1:55.76; 2, Brock Knowles, WWU, 1:56.67; 3, Rudu Wani, SMU, 1:58.52. 5,000 Meters - 1, Kevin McDermott, WWU, 14:33.21; 3, Cole Nash, UAA, 14:46.88. 110 Hurdles - 1, Cordell Cummings, WWU, 14.53; 2, Joshua Wagner, UAA, 14.62; 3, Koby Okezie, WWU, 14.79. 400 Hurdles - 1, Cordell Cummings, WWU, 53.57; 2, Gunner Vallatini, CWU, 54.69; 3, Austin Albertin, CWU, 55.85. Steeplechase - 1, Jeret Gillingham, WWU, 9:03.33; 2, Mac Franks, WWU, 9:05.12; 3, Kaleb Korta, WWU, 9:17.05. 4x100 Relay - 1, Western Washington A (Woodard, Flick, Daniels, Tran), 42.93; 3, Western Washington B (Cummings, Okezie, Edwards, Witters), 55.47. 4x400 Relay - 1, Central Washington (Albertin, Vallatini, Solvberg, Porter), 3:24.62; 3, Alaska Anchorage (Bushnell, McGill, Belanger, Nash), 3:33.48. High Jump - 1, Ethan Sterkel, WWU, 6-3.25; 2, Trent Kibler, WWU, 6-3.25; 3, Iyan Manju, WWU, 6-1.25. Pole Vault - 1, Kacey Provo, WWU, 14-5.5; 3, Andrew Alfred, SMU, 13-5.75. Long Jump - 1, David Tran, WWU, 23-5.25; 2, Ryan Greenwalt, WWU, 23-2.75; 2, Ethan Sterkel, WWU, 23-2. Triple Jump - 1, Josh Schulz, SMU, 43-3.75; 3, Cooper McCullough, SMU, 37-7.75. Shot Put - 2, Ben Malquist, WWU, 52-6.75; 3, Micah Au-Hauptu, SMU, 45-4.5. Discus - 2, Ben Malquist, WWU, 147-2; 3, Wyatt Franklin, CWU, 143-9. Hammer - 1, Andrew Harris, CWU, 189-10; 2, Ethan Tonder, CWU, 177-9; 3, Angus Beaton, CWU, 172-0. Javelin - 1, Jaydon Tryon, WWU, 178-5; 2, Mason Salley, WWU, 172-7; 3, Sean Witters, WWU, 179-9.

## Mon., May 3-Tues., May 4

### GNAC Combined Events Championships

at CWU Recreation Sports Complex, Ellensburg, Wash.

**Women's Heptathlon:** 1, Renick Meyer, SPU, 4,903; 2, Elena Cano, UAA, 4,855; 3, Jenelle Hurley, WOU, 4,519; 4, McCall DeChenne, CWU, 4,383; 5, Hailey Holsey, CWU, 4,321; 6, Jaidyn Kinneeveauk, NNU, 4,167; 7, Kellie May, SPU, 3,944; 8, Leanne Kibbee, WWU, 3,840; 9, Amity Deters, WOU, 3,740; 10, Ellie Earnest, NNU, 3,692; 11, Makenzie Smith, WOU, 2,970.

**Heptathlon Event Winners:** 100 Hurdles - Renick Meyer, SPU, 14.25. High Jump - Elena Cano, UAA & Jenelle Hurley, WOU, 5-4.25. Shot Put - Kellie May, SPU, 34-8.25. 200 Meters - McCall DeChenne, CWU, 25.75. Long Jump - Renick Meyer, SPU, 19-2. Javelin - Renick Meyer, SPU, 108-10. 800 Meters - McCall DeChenne, CWU, 2:19.93.

**Men's Decathlon:** 1, Braydon Maier, CWU, 6,776; 2, JJ Walker, WOU, 6,584; 3, Ryan Thoma, CWU, 6,580; 4, David Sramek, UAA, 6,320; 5, Cooper Cummings, WWU, 5,916; 6, Turner Nye, NNU, 5,891; 7, Ryan Kenny, WWU, 5,697; 8, Deshaun Stevens, WOU, 5,460; 9, Matt Mitchell, NNU, 5,040; 10, Jake Thompson, WOU, 4,687; 11, Logan Easley, CWU, 4,364.

**Decathlon Event Winner:** 100 Meters - Ryan Kenny, WWU and David Sramek, UAA, 11.35. Long Jump - Ryan Thoma, CWU, 22-7.75. Shot Put - Braydon Maier, CWU, 37-5.75. High Jump - Matt Mitchell, NNU, 6-1.25. 400 Meters - Deshaun Stevens, WOU, 51.16. 110 Hurdles - Braydon Maier, CWU, 15.26. Discus - JJ Walker, WOU, 115-1. Pole Vault - Braydon Maier, CWU, 15-5. Javelin - Ryan Thoma, CWU, 169-6. 1,500 Meters - Braydon Maier, CWU, 4:39.37.