



May 12, 2021 • Week 10  
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## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

**Fri., May 14-Sat., May 15**  
**GNAC Outdoor Track and Field Championships**  
**at McArthur Field, Monmouth, Ore.**

Fri., May 14  
Field Events (Finals)  
Noon Men's Long Jump  
12:15 p.m. Women's Long Jump  
1:15 p.m. Men's Discus  
2:15 p.m. Women's Shot Put  
3 p.m. Men's Pole Vault  
4 p.m. Women's High Jump  
4:15 p.m. Women's Discus  
5:20 p.m. Men's Shot Put

Running Events (Preliminaries Unless Noted)  
1:45 p.m. Men's Steeplechase (Final)  
2:15 p.m. Women's Steeplechase (Final)  
2:50 p.m. Men's 110-Meter Hurdles  
3:05 p.m. Women's 100-Meter Hurdles  
3:20 p.m. Men's 400 Meters  
3:40 p.m. Women's 400 Meters  
4 p.m. Men's 100 Meters  
4:15 p.m. Women's 100 Meters  
4:30 p.m. Men's 800 Meters  
5 p.m. Men's 400-Meter Hurdles  
5:30 p.m. Women's 400-Meter Hurdles  
5:50 p.m. Men's 200 Meters  
6:20 p.m. Women's 200 Meters  
6:40 p.m. Men's 10,000 Meters (Final)  
7:30 p.m. Women's 10,000 Meters (Final)

No preliminary will be held in the women's 800 meters.

### Sat., May 15

**Field Events (Finals)**  
12:05 p.m. Women's Triple Jump  
12:15 p.m. Men's Triple Jump  
12:20 p.m. Men's Javelin  
12:45 p.m. Men's Hammer  
3:40 p.m. Women's Javelin  
3:45 p.m. Women's Pole Vault  
4 p.m. Women's Hammer  
4:15 p.m. Men's High Jump

### Running Events (Finals)

2:10 p.m. National Anthem  
2:15 p.m. Men's 4x100 Relay  
2:25 p.m. Women's 4x100 Relay  
2:35 p.m. Men's 1,500 Meters  
2:55 p.m. Women's 1,500 Meters  
3:20 p.m. Men's 110-Meter Hurdles  
3:30 p.m. Women's 110 Meter Hurdles  
3:40 p.m. Men's 400 Meters  
3:50 p.m. Women's 400 Meters  
4 p.m. Men's 100 Meters  
4:10 p.m. Women's 100 Meters  
4:20 p.m. Men's 800 Meters  
4:30 p.m. Women's 800 Meters  
4:50 p.m. Men's 400-Meter Hurdles  
5:05 p.m. Women's 400-Meter Hurdles  
5:20 p.m. Men's 200 Meters

5:30 p.m. Women's 200 Meters  
5:40 p.m. Men's 5,000 Meters  
6:10 p.m. Women's 5,000 Meters  
6:50 p.m. Men's 4x400 Relay  
7 p.m. Women's 4x400 Relay  
7:15 p.m. Awards Ceremony

### LAST WEEK'S MEETS

**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 - Deshan 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.

### Thurs., May 6

**Dickinson State Last Chance Meet**  
**at Henry Biesiot Activities Center, Dickinson, N.D.**  
**Women (Top 3 GNAC Finishers):** Steeplechase - 2, Kailee Stoppel, MSUB, 11:52.64. 4x100 Relay - 3, Montana State Billings (Beckett, Lynn, Baughman, Johnson), 53.06. Triple Jump - 3, Kendall Lynn, MSUB, 37-8.75. Discus - 3, Taylor Stringari, MSUB, 115-6. Hammer - 1, Taylor Stringari, MSUB, 156-7.

**Men (Top 3 GNAC Finishers):** 1,500 Meters - 2, Ase Ackerman, MSUB, 4:01.56. Triple Jump - 1, Bryce Olson, MSUB, 45-7. Javelin - 2, Caden Venters, MSUB, 169-0.

### Frank Haskins Invite

**at Stoffer Family Stadium, Newberg, Ore.**  
**Women (Top 3 GNAC Finishers):** Steeplechase - 2, Kaiya Leamy, WOU, 13:04.37.  
**Men (Top 3 GNAC Finishers):** Hammer - 2, Samuel Cole, WOU, 162-9.

### Fri., May 7

**Oregon Twilight**  
**at Hayward Field, Eugene, Ore.**  
**Women (Top 3 GNAC Finishers):** None.  
**Men (Top 3 GNAC Finishers):** None.

**Ken Shannon Invitational**  
**at Husky Track, Seattle, Wash.**

**Women (Top 3 GNAC Finishers):** 200 Meters - 2, Grace Bley, SPU, 25.19; 3, Julia Stepper, SPU, 25.87. 400 Meters - 1, McCall DeChenne, CWU, 57.91; 2, Jasmyne Neria, CWU, 1:00.41; 2, Charisma Smith, SPU, 1:01.20. 800 Meters - 1, Ellie Rising, SPU, 2:11.91; 2, Kelsey Washenberger, SPU, 2:19.24. 1,500 Meters - 1, Dania Holmberg, SPU, 4:34.83; 2, Cassidy Walchak-Sloan, SMU, 4:46.38; 3, Molly Mattson, CWU, 4:53.15. 100 Hurdles - 1, Lauryn Chandler, CWU, 14.86; 2, McCall DeChenne, CWU, 14.97. 4x100 Relay - 2, Seattle Pacific (Bouyer, Meyer, Bley, Stepper), 46.554. Pole Vault - 2, Scout Cai, SPU, 12-1.5. Long Jump - 2, Renick Meyer, SPU, 17-6.75; 3, Yareli Ochoa, CWU, 16-8.75. Triple Jump - 2, Karlie Hurley, WWU, 39-2.25; 3, Kellie May, SPU, 35-2.5. Shot Put - 2, Avery Fisk, CWU, 43-2.5; 3, Katie Potts, WWU, 41-0.25. Discus - 1, Katie Potts, WWU, 139-3; 2, Taliyah Coe, WWU, 135-1; 3, Avery Fisk, CWU, 129-3. Hammer - 1, Meagan Smallbeck, CWU, 167-5; 2, Raine Westfall, WWU, 148-1; 3, Payton Elenbaas, CWU, 136-10. Javelin - 3, Natalie Vetto, WWU, 143-7.

**Men (Top 3 GNAC Finishers):** 200 Meters - 3, Ryan Greenwalt, WWU, 22.69. 400 Meters - 1, Zachary Franco, SMU, 49.92; 2, Julis Shepherd, SPU, 50.62; 3, Austin Albertin, CWU, 1:19. 800 Meters - 2, Brayden Schultz, SPU, 1:57.31; 3, Nick Sarsyz, SMU, 1:58.02. 1,500 Meters - 1, Calahan Warren, SPU, 3:45.48; 2, Kevin McDermott, WWU, 3:48.96; 3, Mac Franks, WWU, 3:49.47. 110 Hurdles - 3, Koby Okezie, WWU, 14.71. Pole Vault - 1, Braydon Maier, CWU, 14-5.25; 2, Andrew Alfred, SMU, 14-5.25; 3, Brad Bowman, SPU, 13-11.25. Long Jump - 1, Cyrus McAllister, WWU, 19-9.75. Triple Jump - 1, David Njeri, SPU, 46-10.25. Shot Put - 2, Ben Malquist, WWU, 50-4.75. Discus - 2, Martin Napeahi, CWU, 142-1. Hammer - 3, Andrew Harris, CWU, 194-10.

### Sat., May 8-Sun., May 9

**Canis Latrans Qualifier & Multis**  
**at Bohner Track, Nampa, Idaho**  
**Women (Top 3 GNAC Finishers):** 100 Meters - 2, Madysen Fouse, NNU, 13.68. 100 Hurdles - 1, Jaidyn Kinneeveauk, NNU, 15.43. 400 Hurdles - 1, Hailey Graham, NNU, 1:08.44. High Jump - 1, Madi VonBrethost, NNU, 5-3.25; 3, Jaidyn Kinneeveauk, NNU, 4-9.5. Long Jump - 2, Ellie Alberts, NNU, 16-1; 3, Madi VonBrethost, NNU, 15-11.75. Triple Jump - 2, Ellie Alberts, NNU, 34-10.25; 3, Dakota Hutton-King, NNU, 34-0.75. Shot Put - 1, Destany Herbert, NNU, 40-4.25. Hammer - 2, Jessa Saum, NNU, 145-0; 3, Destany Herbert, NNU, 143-2. Javelin - 2, Nizhoni Buckway, NNU, 119-0.  
**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Magnus Hemingway, NNU, 11.27. 800 Meters - 1, Norman Kosegi, NNU, 2:02.21. 110 Hurdles - 1, Elijah Castro, NNU, 16.23; 2, Noah Smith, NNU, 17.24. 400 Hurdles - 1, Turner Nye, NNU, 56.20; 3, Noah Smith, NNU, 1:00.59. High Jump - 1, Matt Mitchell, NNU, 5-10.75. Long Jump - 2, Elijah Castro, NNU, 21-4. Triple Jump - 2, Colton Sedlacek, NNU, 38-11.5. Shot Put - 3, Cody Robbins, NNU, 48-1.75. Hammer - 1, Colton Burr, NNU, 164-10; 2, Dylan Hendry, NNU, 155-1.

# GNAC Athletes of the Week



**MEN'S TRACK**  
**Lawson Sims, Alaska Anchorage**  
 Senior • Casper, Wyo.

Sims ran the first sub-nine-minute time in the steeplechase in the GNAC this season, running 8:55.38 to place sixth at the Oregon Twilight. The NCAA Championships provisional qualifying time is currently No. 9 in Division II this season and No. 5 on the GNAC All-Time List.

**Also Nominated:** Hunter Hutton (Western Oregon).



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

Rising won the 800 meters at the Ken Shannon Invitational, clocking an NCAA Championships provisional qualifying time of 2:11.91. The time leads the GNAC and is No. 24 in Division II this season.

**Also Nominated:** McCall DeChenne (Central Washington), Kailee Stoppel (Montana State Billings), Maya Hopwood (Western Oregon).



**MEN'S FIELD**  
**Braydon Maier, Central Washington**  
 Senior • Selah, Wash.

After winning the decathlon at the GNAC Combined Events Championships earlier in the week, Maier came back to win the pole vault at the Ken Shannon Invitational on Friday with a clearance of 14 feet, 5.25 inches.

**Also Nominated:** Sam Cole (Western Oregon), Ben Malquist (Western Washington).



**WOMEN'S FIELD**  
**Natalie Vetto, Western Washington**  
 Senior • Colfax, Wash.

Vetto improved her NCAA Championships provisional qualifying mark in the javelin, placing third at the Ken Shannon Invitational. Finishing behind two Division I competitors, Vetto threw a season-best 143 feet, 7 inches, to rank 23rd in Division II this season.

**Also Nominated:** Meagan Smallbeck (Central Washington), Kendall Lynn (Montana State Billings).

## 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
May 3-9	Lawson Sims, UAA	Braydon Maier, CWU	Ellie Rising, SPU	Scout Cai, SPU
				Natalie Vetto, WWU

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

# GNAC Outdoor Championships Preview

MONMOUTH, Ore. – Western Washington and Seattle Pacific have waited two years to defend their GNAC outdoor track and field titles.

Despite the late start to the 2021 season due to the COVID-19 pandemic, both teams are in position to make runs at those defenses as the GNAC Outdoor Track and Field Championships commence on Friday at McArthur Field.

The Vikings were the runaway winners in 2019, taking the title by 51 points over Central Washington as they won their first GNAC title since 2015. It was closer for Seattle Pacific, winning by four points over the Wildcats to secure back-to-back titles and the Falcons' fourth in the last five years.

Many of the athletes that led the Vikings and Falcons to the 2019 titles are back this year. Western Washington returns senior hurdles champion **Cordell Cummings** and has four athletes that lead the GNAC in seven events. Seattle Pacific returns champions in senior **Grace Bley** in the 200 meters and senior **Scout Cai** in the pole vault. The Falcons have five athletes that lead the GNAC in eight events.

## MEN

Cummings is close to his personal bests in both hurdles events, posting times of 14.53 seconds in the 110-meter hurdles and 53.57 seconds in the 400-meter hurdles. Senior **Koby Okezie** gives WWU a one-two punch in the 110-meter hurdles with a season-best of 14.55 seconds.

Senior transfer **Calahan Warren** has the conference's top times in the 1,500 meters (3:44.82), 5,000 meters (14:16.17) and 10,000 meters (29:55.17) and has provisionally qualified for the NCAA Championships in all three events. Depth will be a factor for the Vikings in the distances with three of the top four times in the 10,000 and three of the top five in the 5,000.

Freshman **Jeret Gillingham** is No. 2 in the GNAC in the steeplechase (9:03.33) and is also an NCAA provisional qualifier. In the field events, Western Washington has conference leaders in senior **David Tran** in the long jump (23-5.25) and junior **Ben Malquist** in the shot put (52-7.5).

Central Washington will challenge with depth all across the roster. Senior **Braydon Maier** earned the Wildcats 10 points with his win in the decathlon last week while freshman **Ryan Thoma** scored six points with his third-place finish. Maier is also the GNAC leader in the pole vault (15-5).

Senior **Andrew Harris** leads the GNAC in the hammer with an NCAA provisional qualifying mark of 196 feet, 7 inches. The Wildcats will have a notable absence in senior **Aidan Cain**. The defending hammer champ leads the conference in the discus (158-3), is second in the hammer and third in the shot put.

On the track, junior **Gunner Vallatini** sits No. 2 in the conference in the 400-meter hurdles (54.69) while junior **Zachary Davis** is fifth in the 100 meters (10.91).

Senior **Logan Blake** leads Northwest Nazarene. The defending champion in the 400 meters, Blake leads the conference with a best of 48.87 seconds run back in March. Junior **Tyler Shea** ranks among the GNAC leaders in both the 5,000 meters (14:56.34) and the 10,000 meters (31:24.60). Freshman **Dylan Tidwell** is expected to compete for the 800-meter title. His best of 1:52.16 is third in the GNAC.

Western Oregon's strength will once again be in the middle distances. Senior **Justin Crosswhite** leads the conference in the 800 meters with a time of 1:57.97 at the Oregon Relays. He is an NCAA provisional qualifier in the 1,500 meters, ranking fifth in the GNAC with a time of 3:49.87.

Freshman **Keola Yadao** ran the fastest time in the GNAC in the 100 meters in his only meet of the season. His 10.62 seconds at April's Titan Invite just missed a spot on the GNAC All-Time List. Sophomore **Dominique Loggins** is ranked third in the 100 meters (10.88). In the field events, junior **JJ Walker** placed second in the decathlon last week and is No. 2 in the pole vault (15-3). Junior **Austin Goldstein** owns the second-best mark in the javelin (188-1).

Montana State Billings senior **Beau Ackerman**, the 2018 champion in the javelin, is automatically qualified for nationals with a throw of 232 feet, 11 inches at April's Yellowjacket/Battlin' Bear Invitational. Senior **Isaiah Girard** is the defending champion in the high jump and has the conference's best mark at 6 feet, 8.75 inches.

Senior transfer **Lawson Sims**, whose 8:55.38 in the steeplechase is No. 5 on the GNAC All-Time List, leads Alaska Anchorage. Freshman **Joshua Wagner** will compete for titles in both the 110-meter hurdles (14.62) and 400-meter hurdles (54.74). Wagner set the UAA record in the 110-meter hurdles earlier this month.

Seattle Pacific sophomore **David Njeri** leads the conference with a mark of 48 feet, 0.5 inches in the triple jump while sophomore **Jeff Gordon** is No. 4 in the 200 meters (22.12).

Saint Martin's is led by sophomore **Michael Russell**, who owns season-bests of 10.96 seconds in the 100 meters and 22.10 seconds in the 200 meters. Sophomore **Andrew Oslin** is in the GNAC's top-10 in both the 5,000 meters (14:50.24) and 10,000 meters (31:15.47).

## WOMEN

Seattle Pacific not only has several of conference leaders but also has considerable depth. The Falcons have the top three times in the 100 meters, the top two times in the 200 meters and the top four times in the 1,500 meters.

Bley, the defending 200-meter champion, has the conference's top times in both the 200 (24.53) and the 100 meters (12.01). Sophomore **Jenna Bouyer** is second in both the 100 meters (12.06) and the 200 meters (24.80).

Senior **Dania Holmberg** is the GNAC leader in the 1,500 meters at 4:29.73 and the 5,000 meters at 16:57.67. She has provisionally qualified for nationals in both events. Freshman **Ellie Rising** ran the top time in the 800 meters (2:11.91) last weekend and is also an NCAA provisional qualifier.

The defending champion in the pole vault, senior **Scout Cai** set the GNAC record with a clearance of 13 feet, 3 inches, at the Buc Scoring Meet two weeks ago. Senior **Renick Meyer** earned the Falcons 10 points with her win in the heptathlon last week. The 2018 champion and GNAC record holder in the long jump, Meyer leads the conference in her specialty (19-2) as well as the 100-meter hurdles (14.25).

Central Washington is led by conference leaders in three of the four throwing events. Junior **Avery Fisk** has the GNAC lead in the shot put at 44 feet, 10.25 inches, and the discus at 145 feet, 5 inches. Junior **Meagan Smallbeck** leads the conference in the hammer with an NCAA provisional mark of 177 feet, 6 inches.

Sophomore **McCall DeChenne** placed fourth in the GNAC heptathlon last week and leads the conference with a time of 1:02.28 in the 400-meter hurdles. Junior **Molly Mattson** has the leading time in the 10,000 meters at 38:39.38.

Western Washington is once again led by its javelin throwers with three of the top four marks in the conference. Senior **Hannah Nienaber** is ranked seventh in Division II with her GNAC-leading mark of 155 feet, 11 inches. Senior **Natalie Vetto** is 23rd nationally at 143 feet, 2 inches.

Senior **Karlie Kurley**, a Concordia transfer, leads the conference in the triple jump at 39 feet, 6 inches, and is third in both the long jump (18-6.5) and the 400 meters (57.00). Senior **Talia Dreicer** leads the GNAC in the steeplechase (11:16.12) and sophomore **Aliyah Dawkins** owns the top mark in the high jump (5-6.25).

Senior **Elena Cano** leads Alaska Anchorage. After finishing second in last week's heptathlon, Cano owns the No. 2 marks in the GNAC in the 100-meter hurdles (14.44), 400-meter hurdles (1:03.60) and the long jump (18-8). Junior **Tylantiss Atlas** is ranked No. 2 in the 400 meters with a time of 56.97 seconds.

Northwest Nazarene senior **Lauren Wuertz** leads the GNAC in the 400 meters at 56.48 seconds, giving the Nighthawks potential for a men's and women's sweep. Freshman **Kinsey Langin** is provisionally qualified for nationals in the pole vault with an NNU record of 12 feet, 8 inches. The Nighthawks also have the No. 2 and No. 3 athletes in the 10,000 meters in junior **Kalen Johnson** (39:18.86) and senior **Bethany Danner** (39:32.04).

Saint Martin's is led by the sprints and distances. Freshman **Makiya Worthy** has the No. 2 time in the 200 meters at 24.94 seconds. Freshman **Cassidy Walchak-Sloan** sits at No. 3 in the 800 meters (2:17.64) and No. 5 in the 1,500 meters (4:46.38). Freshman **Jocelyn Saribay** is fifth in the shot put (40-11.5).

Freshman **Kendall Lynn** leads Montana State Billings after she set the school record in the triple jump at 37 feet, 8.75 inches last week. Senior **Taylor Stringari** has the No. 2 mark in the GNAC in the hammer (156-7) and freshman **Joleen Pollat** is fourth in the shot put (41-0.25).



# Around The GNAC

## ALASKA ANCHORAGE



- Senior **Lawson Sims**' performance in the men's steeplechase led a handful of Alaska Anchorage athletes that competed on Friday at the Oregon Twilight at Hayward Field.

- Sims placed sixth amidst a Division I field with a time of 8:55.38. The NCAA Championships provisional qualifying time is No. 9 in Division II this season and No. 5 on the

GNAC All-Time List. The performance earned Sims selection as the GNAC Men's Track Athlete of the Week.

- Senior **Ruth Cvancara** was the Seawolves other competitor at Hayward, placing 21st in the women's 800 meters in 2:26.98.

- At the May 1 Ralph Vernacchia Meet, freshman **Joshua Wagner** set the UAA record in the men's 110-meter hurdles with a time of 14.62 seconds, surpassing the 14.74 seconds run by Cody Thomas in 2016.

- 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.

- 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.

- Alaska Anchorage placed third in the women's team competition at the 2019 GNAC Championships with 119.5 points. The men placed fourth with 97 points.

## CENTRAL WASHINGTON



- Central Washington closed the regular season with four event victories at Friday's Ken Shannon Invitational in Seattle.

- Senior **Braydon Maier** was named the GNAC Men's Field Athlete of the Week after he won the pole vault with a clearance of 14 feet, 5.25 inches.

- At the GNAC Combined Events Championships, 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** won the women's 400 meters in 57.91 seconds. DeChenne placed fourth in the women's heptathlon at the GNAC Combined Events with a score of 4,383 points. DeChenne won both the 200 meters (25.75) and the 800 meters (2:19.93).

- Sophomore **Lauryn Chandler** won the women's 100-meter hurdles in a time of 14.86 seconds with DeChenne right behind in second in 14.97 seconds.

- Junior **Meagan Smallbeck** won the women's hammer by almost 20 feet with a mark of 167 feet, 5 inches. Junior **Avery Fisk** added a second-place finish in the women's shot put (43-2.5) and third in the discus (129-3).

- In the men's throws, junior **Martin Napeahi** finished second in the discus with a mark of 142 feet, 1 inch. Senior **Andrew Harris** placed third in the hammer with a mark of 194 feet, 100 inches.

- Central Washington was a close second in the women's team competition at the 2019 GNAC Championships with 162 points. The Wildcats placed just four points behind champion Seattle Pacific. The Wildcats were also second in the men's team competition with 122 points.

## MONTANA STATE BILLINGS



- Freshman **Kendall Lynn**'s school record in the women's triple jump topped Montana State Billings' performances in the Dickinson State Last Chance Meet on Thursday in Dickinson, North Dakota.

- Lynn placed third in the women's triple with a mark of 37 feet, 0.5 inches set by Shahiah Schwend in 2018. The season-best is No. 3 in the GNAC this season.

- Freshman **Bryce Olson** won the men's triple jump with a mark of 45 feet, 7 inches that was 18 inches better than the second-place competitor.

- Senior **Taylor Stringari** was the other event winner for the Yellowjackets, taking first in the women's hammer with a season-best mark of 156 feet, 7 inches that is No. 2 in the GNAC this season.

- Junior **Kailee Stoppel** finished second in the women's steeplechase with a time of 11:52.64. Sophomore **Ase Ackerman** registered a season-best in the men's 1,500 meters, placing second in a time of 4:01.56.

- Sophomore **Caden Venters** added a second-place finish in the men's javelin with a throw of 169 feet.

- Montana State Billings finished eighth in the men's team competition at the 2019 GNAC Championships with 38 points. The women placed 10th with a total of nine points.

## NORTHWEST NAZARENE



- The Nighthawks posted several first-place finishes at a last-minute add to the schedule, the Cania Latrans Qualifier & Multis on Saturday and Sunday in Nampa.

- The NNU women swept the hurdles races with junior **Jaidyn Kinneveauk** winning the 100-meter hurdles in 15.43 seconds and freshman **Hailey Graham** winning the 400-meter hurdles in 1:08.44.

- The Nighthawks also swept the men's hurdles races. senior **Elijah Castro** took the 110-meter hurdles in 16.23 seconds. Castro also finished second in the long jump, leaping 21 feet, 4 inches. Sophomore Turner Nye won the 400-meter hurdles in 56.20 seconds.

- Sophomore **Destany Herbert** led the women's field event, taking first in the shot put with a mark of 40 feet, 4.25 inches. Herbert also finished third in the hammer with a throw of 143 feet, 2 inches.

- The Nighthawks' men had two winners in the sprints. Freshman **Magnus Hemingway** won the 100 meters in 11.27 seconds. Sophomore **Norman Kosegi** won the 800 meters in 2:02.21.

- Freshman **Matt Mitchell** came back from the GNAC Combined Events Championships to win the men's high jump with a clearance of 5 feet, 10.75 inches. Junior **Colton Burr** was the winner in the men's hammer with a mark of 164 feet, 10 inches.

- At the 2019 GNAC Championships, Northwest Nazarene finished sixth in the men's team competition with 90 points. The women placed ninth with 25.5 points.

# Around The GNAC

## SAINT MARTIN'S



- Freshman **Zach Franco's** win in the men's 400 meters topped Saint Martin's performances at the Ken Shannon Invitational on Friday in Seattle.
- Franco was the winner by almost a second, crossing the line in a time of 49.92 seconds that ranks him sixth in the GNAC this season.
- Freshman **Cassidy Walchak-Sloan** took second place in the women's 1,500 meters in a season-best time of 4:46.38 that ranks her No. 5 in the GNAC. Freshman **Elaina Hansen** added a sixth-place finish in 4:59.88 with freshman Sara Sabra right behind in seventh at 5:00.62.
- Junior **Andrew Alfred** added a second-place finish in the men's pole vault. He and Central Washington's Braydon Maier both cleared 14 feet, 5.25 inches, but Maier was declared the winner based on fewer misses.
- Freshman **Kierrla Yates** placed sixth in the women's pole vault with a clearance of 9 feet, 8 inches.
- Saint Martin's finished eighth in the women's team competition at the 2019 GNAC Championships with a score of 26.5 points. The Saints' men placed ninth with a score of 36 points.

## SEATTLE PACIFIC



- NCAA Championships provisional qualifiers for freshman **Ellie Rising** and the women's 4x100-meter relay team led Seattle Pacific at the Ken Shannon Invitational on Friday.
- Rising was named the GNAC Women's Track Athlete of the Week after she won the 800 meters in a time of 2:11.91. The time leads the GNAC and is No. 24 in Division II this season.
- The women's 4x100 relay team of **Jenna Bouyer, Renick Meyer, Grace Bley** and **Julia Stepper** won in a time of 46.55 seconds. The Falcons became the first GNAC relay to provisionally qualify for the NCAA Championships this season and rank 22nd in Division II this season. The time also ranks No. 6 on the GNAC All-Time List.
- Senior **Dania Holmberg** ended the regular season with another victory in the women's 1,500 meters, posting a time of 4:34.83.
- Sophomore **David Njeri** added another victory in the men's triple jump, beating his Division I competitors by over two feet with his mark of 46 feet, 10.25 inches.
- On the track, senior **Elius Graff** led four SPU competitors in the men's 1,500 meters, placing fifth in a time of 3:58.12.
- Seattle Pacific is the two-time defending GNAC women's champion. The Falcons won in 2019 with 166 points, finishing four points ahead of Central Washington. Meyer won the GNAC heptathlon last week with a score of 4,903 points. The SPU men placed 10th in 2019 with a score of 28 points.



## 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



- Western Oregon closed the regular season by sending a handful of competitors to Hayward Field in Eugene for the Oregon Twilight.
- Freshman **Maya Hopwood** led the Wolves with a fourth-place finish in the women's 100 meters. Hopwood finished just off of her season-best with a time of 12.61 seconds.
- Senior **Kurt Knott** led three WOU competitors in the men's 800 meters, placing ninth in a time of 1:54.74. He was followed closely by freshman **Emmett Klus** in 1:55.26 and senior **Max Carmona** in 1:55.50. Former WOU two-lap standout Derek Holdsworth was fourth in 1:49.14.
- Sophomore **Hunter Hutton** had a spot in the Bill McChesney 1,500 meters, placing 26th in a time of 3:49.20.
- Western Oregon finished seventh in both the men's and women's team competitions at the 2019 GNAC Outdoor Championships. Both teams scored 41 points.

## WESTERN WASHINGTON



- A top-three sweep in the men's 1,500 meters led Western Washington's performances at the Ken Shannon Invitational.
- Senior **Calahan Warren** led the sweep, winning with a time of 3:45.48. Freshman **Kevin McDermott** was second in 3:48.96 and junior **Mac Franks** was third in 3:49.97.
- Senior **Natalie Vetto** was named the GNAC Women's Field Athlete of the Week after she took third in the women's javelin with a season-best mark of 143 feet, 7 inches. The performance improves her NCAA Championships provisional qualifying mark, ranking her 23rd in Division II this season.
- Freshman **Katie Potts** won the women's discus with a mark of 139 feet, 3 inches. She enters the GNAC Championships with the No. 3 mark in the conference.
- Senior **Karlie Hurley** placed second in the women's triple jump with a mark of 39 feet, 2.25 inches. She enters the GNAC Championships as the leader in the event at 39 feet, 6 inches.
- Western Washington is the defending men's champion. At the 2019 Outdoor Championships, the Vikings surged with a total of 173 points to finish 51 points ahead of second-place Central Washington. The women placed fifth in 2019 with a total of 95 points.

# 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
May 11	No Ranked GNAC Teams

## USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 7 - May 11, 2021		Pts.	Prev.
Rk	School		
1.	Grand Valley St.	235.05	1
2.	West Texas A&M	223.04	5
3.	Angelo State	1900.38	4
4.	Pittsburg State	184.45	6
5.	Ashland	183.74	2
6.	Colorado Mines	181.98	3
7.	Texas A&M-Commerce	157.91	7
8.	Central Missouri	130.23	8
9.	Missouri Southern	112.35	9
10.	Tiffin	110.48	11
11.	Adams State	85.67	12
12.	UC Colorado Springs	85.62	10
13.	Lee	68.40	14
14.	Limestone	65.02	13
15.	Western Colorado	63.05	15
16.	Academy of Art	62.32	18
17.	Colorado Mesa	60.45	17
18.	Lincoln (Mo.)	57.44	25
19.	Northwood	57.12	20
20.	Alabama-Huntsville	57.08	19
21.	Findlay	56.02	24
22.	Minnesota State	52.13	16
23.	Queens (N.C.)	51.62	21
24.	Harding	49.42	23
25.	Southern Connecticut	48.13	22

## USTFCCCA WEST REGION TEAM INDEX

Week 7 - May 10, 2021		Pts.	Prev.
Rk	School		
1.	<b>Western Washington</b>	<b>982.73</b>	<b>1</b>
2.	Azusa Pacific	788.41	2
3.	Fresno Pacific	654.96	3
4.	<b>Central Washington</b>	<b>630.71</b>	<b>4</b>
5.	Academy of Art	616.78	5
6.	<b>Western Oregon</b>	<b>553.78</b>	<b>6</b>
7.	Biola	404.61	7
8.	Concordia Irvine	380.23	8
9.	<b>Northwest Nazarene</b>	<b>340.74</b>	<b>9</b>
10.	<b>Alaska Anchorage</b>	<b>27.32</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
May 11	No Ranked GNAC Teams

## USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 7 - May 11, 2021		Pts.	Prev.
Rk	School		
1.	Azusa Pacific	204.83	1
2.	Grand Valley State	226.08	2
3.	West Texas A&M	192.75	3
4.	Adams State	188.41	5
5.	Missouri Southern	164.80	4
6.	Saginaw Valley State	131.01	6
7.	Angelo State	105.15	16
8.	Minnesota State	104.59	7
9.	Lewis	103.73	14
10.	Academy of Art	93.92	8
11.	Fort Hays State	93.82	12
12.	Mary	91.67	9
13.	CSU Pueblo	90.40	10
14.	Central Missouri	87.79	11
15.	Lincoln (Mo.)	74.50	19
16.	Texas A&M-Commerce	71.82	18
17.	Queens (N.C.)	71.39	13
18.	Pittsburg State	65.62	15
19.	Lee (Tenn.)	55.66	20
20.	UC Colorado Springs	55.31	17
21.	Hillsdale	53.76	21
22.	Western Colorado	48.76	23
23.	Fresno Pacific	47.95	22
24.	Colorado Mesa	46.97	25
25.	Nebraska-Kearney	46.21	24

## USTFCCCA WEST REGION TEAM INDEX

Week 7 - May 10, 2021		Pts.	Prev.
Rk	School		
1.	Azusa Pacific	1,245.71	1
2.	Academy of Art	713.73	2
3.	Fresno Pacific	700.80	3
4.	Biola	633.87	4
5.	Concordia Irvine	594.26	5
6.	<b>Western Washington</b>	<b>538.24</b>	<b>6</b>
7.	<b>Seattle Pacific</b>	<b>467.48</b>	<b>7</b>
8.	<b>Central Washington</b>	<b>393.01</b>	<b>8</b>
9.	<b>Western Oregon</b>	<b>289.98</b>	<b>9</b>
10.	<b>Northwest Nazarene</b>	<b>238.11</b>	<b>10</b>



[Complete Poll Online](#)

# GNAC Qualifiers For NCAA Outdoor Championships

## MEN'S AUTOMATIC QUALIFIERS AS OF MAY 9, 2021

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

  

Event	Athlete	Mark	Rank	Date
<b>1,500 Meters</b>	Calahan Warren, WWU	3:44.82	13th	4/3/21
	Hunter Hutton, WOU	3:48.57	37th	4/30/21
	Kevin McDermott, WWU	3:48.96	T-44th	5/7/21
	Mac Franks, WWU	3:49.47	T-51st	5/7/21
	Justin Crosswhite, WOU	3:50.61	59th	4/30/21
<b>5,000 Meters</b>	Calahan Warren, WWU	14:16.17	42nd	3/20/21
<b>10,000 Meters</b>	Calahan Warren, WWU	29:55.17	32nd	3/26/21
	Eric Hamel, WWU	30:17.34	46th	3/26/21
	Tyler Shea, NNU	30:31.78*	60th	4/21/21
	Kevin McDermott, WWU	30:46.49	78th	3/26/21
<b>Steeplechase</b>	Lawson Sims, UAA	8:55.38	9th	5/7/21
	Jeret Gillingham, WWU	9:03.33	20th	5/1/21
	Mac Franks, WWU	9:05.12	24th	5/1/21
	Kaleb Korta, WWU	9:12.73	35th	4/9/21
<b>High Jump</b>	Isaiah Girard, MSUB	2.05/6-8.75	T-24th	4/1/21
<b>Hammer</b>	Andrew Harris, CWU	59.92/196-7	20th	4/17/21
	Aidan Cain, CWU	55.70/182-9	54th	4/10/21
<b>Decathlon</b>	Braydon Maier, CWU	6,849	13th	4/16/21
	JJ Walker, WOU	6,584	22nd	5/3/21
	Ryan Thoma, CWU	6,580	23rd	5/3/21

\* - Converted from 31:24.60 for altitude.

## WOMEN'S PROVISIONAL QUALIFIERS AS OF MAY 9, 2021

Event	Athlete	Mark	Rank	Date
<b>800 Meters</b>	Ellie Rising, SPU	2:11.91	24th	5/7/21
<b>1,500 Meters</b>	Dania Holmberg, SPU	4:29.73	24th	4/30/21
<b>5,000 Meters</b>	Dania Holmberg, SPU	16:57.67	30th	4/23/21
	Caitlin Heldt, WOU	17:08.22	38th	4/30/21
<b>4x100 Relay</b>	Seattle Pacific	46.54	22nd	5/7/21
<b>High Jump</b>	Alyyah Dawkins, WWU	1.69/5-6.5	T-26th	5/1/21
<b>Pole Vault</b>	Scout Cai, SPU	4.03/13-3	T-11th	4/30/21
	Kinsey Langin, NNU	3.86/12-8	T-31st	4/21/21
<b>Long Jump</b>	Renick Meyer, SPU	5.84/19-2	T-31st	5/3/21
<b>Triple Jump</b>	Karlie Hurley, WWU	12.04/39-6	T-30th	4/3/21
<b>Hammer</b>	Meagan Smallbeck, CWU	54.11/177-6	T-31st	5/1/21
<b>Javelin</b>	Hannah Nienaber, WWU	47.52/155-11	7th	4/9/21
	Kaylee Wright, WOU	43.95/144-2	22nd	3/23/21
	Natalie Vetto, WWU	43.64/143-2	23rd	5/1/21
<b>Heptathlon</b>	Renick Meyer, SPU	4,903	14th	5/3/21
	Elena Cano, UAA	4,855	18th	5/3/21
	Jenelle Hurley, WOU	4,596	30th	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	<b>100 Meters</b>	12.31	11.90	11.52
22.06	21.32	20.74	<b>200 Meters</b>	25.27	24.40	23.55
48.62	47.71	46.36	<b>400 Meters</b>	57.54	55.87	53.52
1:54.03	1:51.87	1:48.79	<b>800 Meters</b>	2:13.08	2:12.07	2:06.90
3:54.86	3:50.68	3:44.38	<b>1,500 Meters</b>	4:30.39	4:32.89	4:21.49
15:01.60	14:32.33	13:55.74	<b>5,000 Meters</b>	16:50.38	17:10.15	16:10.04
31:56.66	30:47.12	29:16.79	<b>10,000 Meters</b>	37:08.97	36:35.68	34:27.88
15.24	14.51	13.90	<b>110/100m Hurdles</b>	14.62	14.19	13.47
54.84	53.34	51.34	<b>400m Hurdles</b>	1:03.43	1:01.82	58.71
9:13.88	9:13.76	8:51.96	<b>Steeplechase</b>	11:11.32	10:59.70	10:13.78
1.96 / 6-5	2.05 / 6-8.75	2.14 / 7-0.25	<b>High Jump</b>	1.62 / 5-3.75	1.68 / 5-6	1.77 / 5-9.75
4.51 / 14-9.5	4.81 / 15-9.25	5.24 / 17-2.25	<b>Pole Vault</b>	3.32 / 10-10.75	3.67 / 12-0.5	4.10 / 13-5.25
6.89 / 22-7.25	7.26 / 23-10	7.68 / 25-2.5	<b>Long Jump</b>	5.55 / 18-2.5	5.80 / 19-0.25	6.23 / 20-5.25
13.82 / 45-4.25	14.69 / 48-2.5	15.67 / 51-5	<b>Triple Jump</b>	11.56 / 37-11.25	11.89 / 39-0.5	12.77 / 41-10.75
15.47 / 50-9.25	16.34 / 53-7.5	18.42 / 60-5.25	<b>Shot Put</b>	12.82 / 42-0.75	13.85 / 45-5.25	15.76 / 51-8.5
48.57 / 159-4	49.97 / 163-11	56.37 / 184-11	<b>Discus</b>	41.00 / 134-6	45.51 / 149-3	53.61 / 175-10
54.43 / 178-7	55.59 / 182-4	65.89 / 216-2	<b>Hammer</b>	49.58 / 162-0	52.09 / 170-10	60.58 / 198-9
59.10 / 193-11	58.75 / 192-9	69.57 / 228-3	<b>Javelin</b>	44.71 / 146-8	41.84 / 137-3	49.63 / 162-10
6,452	6,325	7,252	<b>Dec./Hep.</b>	4,593	4,529	5,207
NA	41.06	40.26	<b>4x100 Relay</b>	NA	46.73	45.52
NA	3:13.73	3:08.52	<b>4x400 Relay</b>	NA	3:48.64	3:39.55

**GNAC Championships:** The top-20 performers as listed in TFRRS will qualify for the championship meet in addition to any performers who meet the GNAC standard.



# GNAC Indoor Track & Field Records

## MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
200 Meters	21.47	Jeremiah Lauzon, Simon Fraser (2020)
400 Meters	47.61	Vladislav Tsygankov, Simon Fraser (2017)
800 Meters	1:47.74	Derek Holdsworth, Western Oregon (2020)
Mile	3:58.88	David Ribich, Western Oregon (2018)
3,000 Meters	7:50.81	David Ribich, Western Oregon (2018)
5,000 Meters	13:47.73	Micah Chelimo, Alaska Anchorage (2014)
60m Hurdles	8.08	Travis Milbrandt, Western Oregon (2015)
4x400 Relay	3:12.45	Alaska Anchorage (2016)
Nicholas Taylor, Liam Lindsey, Adam Commandeur, Cody Thomas		
Distance Medley	9:40.15	Western Oregon (2017)*
Dustin Nading, AJ Holmberg, Josh Dempsey, David Ribich		
High Jump	2.22/7-3.25	Mikel Smith, Saint Martin's (2017)
Pole Vault	5.31/17-5	Ryan Brown, Western Washington (2011)
Long Jump	7.46/24-5.75	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015/2017)
Shot Put	17.94/58-10.75	Cameron Neel, Western Washington (2007)
Weight Throw	18.85/61-10.25	Aidan Cain, Central Washington (2020)
Heptathlon	5,508	Chris Randolph, Seattle Pacific (2006)

## MEN'S CONFERENCE MEET RECORDS

60 Meters	6.75	Alex Donigian, Western Washington (2014)
200 Meters	21.56	Carlos Ortiz, Concordia (2018)
400 Meters	47.80	Joel Webster, Simon Fraser (2016)
800 Meters	1:50.83	David Ribich, Western Oregon (2018)
Mile	4:10.01	David Ribich, Western Oregon (2017)
3,000 Meters	8:27.83	Henry Cheseto, Alaska Anchorage (2015)
5,000 Meters	14:36.06	Dominik Notz, Alaska Anchorage (2016)
60m Hurdles	8.08	Travis Milbrandt, Western Washington (2015)
4x400 Relay	3:14.10	Alaska Anchorage (2017)
Liam Lindsay, Darrior Gray, Nicholas Taylor, Adam Commandeur		
Distance Medley	9:58.18	Simon Fraser (2019)
Pierre-Louis Detourbe, Nate St. Romain, Aaron Ahl, Rowan Doherty		
High Jump	2.21/7-3	Mikel Smith, Saint Martin's (2017)
Pole Vault	5.16/16-11	Payton Lewis, Northwest Nazarene (2011)
Long Jump	7.38/24-2.5	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015/2017)
Shot Put	17.47/57-3.75	Cameron Neel, Central Washington (2007)
Weight Throw	18.64/61-2	Aidan Cain, Central Washington (2020)
Heptathlon	5,269	Kodiak Landis, Central Washington (2017)

## CONFERENCE MEET HEPTATHLON EVENTS

60 Meters	7.03	Kodiak Landis, Central Washington (2018)
Long Jump	6.95/22-9.75	James Phillips, Concordia (2018)
	6.95/22-9.75	Kodiak Landis, Central Washington (2019)
Shot Put	13.69/44-11	Giovanni Brown, Concordia (2019)
High Jump	2.01/6-7	Micah Tranch, Northwest Nazarene (2017)
60m Hurdles	8.28	Travis Turner, Alaska Anchorage (2017)
Pole Vault	5.05/16-6.75	Payton Lewis, Northwest Nazarene (2016)
1,000 Meters	2:41.39	Giovanni Brown, Concordia (2019)

## WOMEN - ALL MEETS

60 Meters	7.52	Paige Johnson, Concordia (2020)
200 Meters	24.09	Jamie Ashcroft, Alaska Anchorage (2017)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:04.94	Helen Crofts, Simon Fraser (2011)
Mile	4:32.88	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:07.05	Caroline Kurgat, Alaska Anchorage (2019)#
5,000 Meters	15:28.46	Caroline Kurgat, Alaska Anchorage (2019)#
60m Hurdles	8.51	Mariyah Vongsaveng, Central Washington (2017)
4x400 Relay	3:42.44	Seattle Pacific (2016)
Jalen Tims, Lynelle Decker, Cheryl Hong, Jahzelle Ambus		
Distance Medley	11:23.47	Alaska Anchorage (2019)
Ruth Cvancara, Vanessa Aniteye, Danielle McCormick, Caroline Kurgat		
High Jump	1.77/5-9.75	Danielle Ayers-Stamper, Seattle Pacific (2005)
Pole Vault	3.93/12-10.75	Halle Irvine, Central Washington (2018)
Long Jump	5.98/19-7.5	Peace Igbonagwam, Seattle Pacific (2019)
Triple Jump	12.70/41-8	Keshara Romain, Saint Martin's (2020)
Shot Put	17.62/57-9.75	McKenzie Warren, Concordia (2017)*
Weight Throw	19.52/64-0.5	Christina MacDonald, Concordia (2018)
Pentathlon	4,007	Danielle Ayers-Stamper, Seattle Pacific (2005)

## WOMEN'S CONFERENCE MEET RECORDS

60 Meters	7.52	Paige Johnson, Concordia (2020)
200 Meters	24.09	Jamie Ashcroft, Alaska Anchorage (2017)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:08.28	Jessica Pixler, Seattle Pacific (2010)
Mile	4:40.39	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:47.64	Jennifer Johnson, Simon Fraser (2015)
5,000 Meters	16:47.07	Sarah Porter, Western Washington (2010)
60m Hurdles	8.51	Mariyah Vongsaveng, Central Washington (2017)
4x400 Relay	3:46.41	Simon Fraser (2016)
Distance Medley	11:23.47	Alaska Anchorage (2019)
Ruth Cvancara, Vanessa Aniteye, Danielle McCormick, Caroline Kurgat		
High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2014)
Pole Vault	3.93/12-10.75	Halle Irvine, Central Washington (2019)
Long Jump	5.98/19-7.5	Peace Igbonagwam, Seattle Pacific (2019)
Triple Jump	12.70/41-8	Keshara Romain, Saint Martin's (2020)
Shot Put	17.02/55-10.25	McKenzie Warren, Concordia (2017)
Weight Throw	18.67/61-3	Kori Sprague, Concordia (2020)
Pentathlon	3,815	Scout Cai, Seattle Pacific (2019)

## CONFERENCE MEET PENTATHLON EVENTS

60m Hurdles	8.75	Rosie Smith, Alaska Anchorage (2016)
High Jump	1.69/5-6.5	Taylor Fettig, Central Washington (2014 & 2015)
		Karolin Anders, Alaska Anchorage (2015)
		Geneva Lehnert, Seattle Pacific (2017)
		Scout Cai, Seattle Pacific (2019)
Shot Put	11.96/39-3	Charlene Harber, Western Oregon (2012)
Long Jump	5.68/18-7.75	Karolin Anders, Alaska Anchorage (2016)
800 Meters	2:15.88	Ali Anderson, Central Washington (2017)

\* - NCAA Division II record

# - Division II all-time all-conditions best (oversized track)



# GNAC Outdoor Track & Field Records

## MEN - ALL MEETS

100 Meters	10.22	Alex Donigian, Western Washington (2015)
200 Meters	20.93	Alex Donigian, Western Washington (2016)
400 Meters	47.51	Ethan Hewitt, Alaska Anchorage (2011)
800 Meters	1:47.58	Badane Sultessa, Western Oregon (2015)
1,500 Meters	3:37.35	David Ribich, Western Oregon (2018)+
3,000 Meters	8:24.61	Jordan Welling, Western Washington (2014)
5,000 Meters	13:41.99	Micah Chelimo, Alaska Anchorage (2014)
10,000 Meters	28:37.75	Micah Chelimo, Alaska Anchorage (2014)
110m Hurdles	14.19	Travis Milbrandt, Western Washington (2016)
400m Hurdles	51.48	Vladislav Tsygankov, Simon Fraser (2017)
Steeplechase	8:45.63	Micah Chelimo, Alaska Anchorage (2012)
4x100 Relay	41.10	Central Washington (2010)
4x400 Relay	3:10.60	Alaska Anchorage (2016)
High Jump	2.16/7-1	Mikel Smith, Saint Martin's (2016)
Pole Vault	5.40/17-8.5	Ryan Brown, Western Washington (2010)
Long Jump	7.91/25-11.5	David Registe, Alaska Anchorage (2009)
Triple Jump	15.50/50-10.25	Wesley Gray, Western Oregon (2017)
Shot Put	18.55/60-10.5	Frank Catelli, Western Washington (2014)
Discus	55.78/183-0	Jake Knight, Northwest Nazarene (2019)
Hammer	62.89/206-4	Pro Escobedo, Western Oregon (2003)
Javelin	77.98/255-10	Cody Parker, Alaska Anchorage (2013)
Decathlon	7,872	Chris Randolph, Seattle Pacific (2006)

## MEN'S CONFERENCE MEET RECORDS

100 Meters	10.43	Anthony Wright, Central Washington (2010)
200 Meters	21.32	Rimar Christie, Northwest Nazarene (2013)
	21.32	Tyrell Williams, Western Oregon (2014)
400 Meters	47.55	Ethan Hewitt, Alaska Anchorage (2012)
	47.55	Kodiak Landis, Central Washington (2018)
800 Meters	1:49.31	Paul Mach, Seattle Pacific (2005)
1,500 Meters	3:47.37	David Ribich, Western Oregon (2017)
5,000 Meters	14:29.41	Micah Chelimo, Alaska Anchorage (2011)
10,000 Meters	30:25.75	Jordan Walling, Western Washington (2011)
110m Hurdles	14.21	Travis Milbrandt, Western Washington (2015)
400m Hurdles	51.77	Cordell Cummings, Western Washington (2019)
Steeplechase	8:47.26	Ryan Brockerville, Simon Fraser (2012)
4x100 Relay	41.10	Central Washington (2010)
4x400 Relay	3:13.84	Simon Fraser (2015)
		Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols
		Stuart Ellenwood, Cameron Proceviat, Joel Webster, Daniel Kelloway
High Jump	2.11/6-11	Tevin Gladden, Alaska Anchorage (2017)
Pole Vault	5.14/16-10.75	Ryan Brown, Western Washington (2010)
Long Jump	7.52/24-8.25	David Registe, Alaska Anchorage (2008)
Triple Jump	15.50/50-10.25	Wesley Gray, Western Oregon (2017)
Shot Put	18.20/59-8.75	Josh Koch, Concordia (2016)
Discus	55.74/182-10	Jake Knight, Northwest Nazarene (2019)
Hammer	61.61/202-1	Michael Hoffman, Western Washington (2008)
Javelin	69.49/228-0	Franz Burghagen, Alaska Anchorage (2013)
Decathlon	7,201	Cody Thomas, Alaska Anchorage (2016)

+ - Denotes Division II national record

## WOMEN - ALL MEETS

100 Meters	11.64	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	23.99	NyEma Sims, Seattle Pacific (2007)
400 Meters	53.56	Mary Pierce, Alaska Anchorage (2007)
800 Meters	2:02.10	Helen Crofts, Simon Fraser (2013)
1,500 Meters	4:11.06	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:35.75	Sarah Porter, Western Washington (2011)
5,000 Meters	14:40.45	Caroline Kurgat, Alaska Anchorage (2019)
10,000 Meters	32:08.09	Caroline Kurgat, Alaska Anchorage (2019)+
100m Hurdles	13.64	Mariyah Vongsaveng, Central Washington (2018)
400m Hurdles	58.22	Sidney Trinidad, Central Washington (2019)
Steeplechase	10:02.45	Julia Howley, Simon Fraser (2019)
4x100 Relay	46.19	Simon Fraser (2017)
4x400 Relay	3:41.80	Western Oregon (2018)
High Jump	1.78/5-10	Teona Perkins, Seattle Pacific (2007)
Pole Vault	<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 Johnsn, MSUB, 13.55. 1,500 Meters - 2, Kailee Stoppel, MSUB, 4:56.66. 100 Hurdles - 2, Michaela Johnson, MSUB, 17.34; 3, Marley Glessner, MSUB, 17.82. 400 Hurdles - 2, Sierra Durbin, MSUB, 1:09.11; 3, Marley Glessner, MSUB, 1:17.82. 4x400 Relay - 3, Montana State Billings (Durbin, Glessner, Lynn, Whitmer), 4:22.71. Long Jump - 1, Brenna Beckett, MSUB, 16-9.75; 2, Kendall Lynn, MSUB, 16-9.25. Triple Jump - 1, Kendall Lynn, MSUB, 35-6.75; 2, Brenna Beckett, MSUB, 34-11.75. Shot Put - 3, Joleen Pollat, MSUB, 38-3.25. Hammer - 1, Taylor Stringari, MSUB, 148-8. Javelin - 1, Jordan Cookman, MSUB, 123-9.

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



# 2021 GNAC Meet Summaries

**Sat., Apr. 3**

## **WWU Invitational**

**at Civic Stadium, Bellingham, Wash.**

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

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

## **NW Distance Jamboree**

**at Lane Community College, Eugene, Ore.**

**Women (Top 3 GNAC Finishers):** None.

**Men (Top 3 GNAC Finishers):** None.

**Fri., Apr. 9**

## **Seattle Pacific Dual vs. SeattleU**

**at West Seattle Stadium, Seattle, Wash.**

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

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

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

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

## **John Knight Twilight**

**at McArthur Field, Monmouth, Ore.**

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

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

# 2021 GNAC Meet Summaries

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

**Aggie Invitational**

**at Ralph Maughan Track Stadium, Logan, Utah**

**Women (Top 3 GNAC Finishers):** 400 Meters - 2, Lauren Wuertz, NNU, 55.02.

Pole Vault - 1, Kinsey Langin, NNU, 12-5.5.

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

**Sat., Apr. 10**

**PLU Invitational**

**at PLU Track, Tacoma, Wash.**

**Women (Top 3 GNAC Finishers):** 100 Meters - 2, Makiya Worthy, SMU, 12.35. 200 Meters - 1, Makiya Worthy, SMU, 24.94. 800 Meters - 2, Cassidy Walchak-Sloan, SMU, 2:23.19. 800 Meters - 2, Cassidy Sloan-Walchak, SMU, 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; 3, 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 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.

## Thurs., May 6

### Dickinson State Last Chance Meet

at Henry Biesiot Activities Center, Dickinson, N.D.

**Women (Top 3 GNAC Finishers):** Steeplechase - 2, Kailee Stoppel, MSUB, 11:52.64. 4x100 Relay - 3, Montana State Billings (Beckett, Lynn, Baughman, Johnson), 53.06. Triple Jump - 3, Kendall Lynn, MSUB, 37-8.75. Discus - 3, Taylor Stringari, MSUB, 115-6. Hammer - 1, Taylor Stringari, MSUB, 156-7.

**Men (Top 3 GNAC Finishers):** 1,500 Meters - 2, Ase Ackerman, MSUB, 4:01.56. Triple Jump - 1, Bryce Olson, MSUB, 45-7. Javelin - 2, Caden Venters, MSUB, 169-0.

### Frank Haskins Invite

at Stoffer Family Stadium, Newberg, Ore.

**Women (Top 3 GNAC Finishers):** Steeplechase - 2, Kaiya Leamy, WOU, 13:04.37.

**Men (Top 3 GNAC Finishers):** Hammer - 2, Samuel Cole, WOU, 162-9.

## Fri., May 7

### Oregon Twilight

at Hayward Field, Eugene, Ore.

**Women (Top 3 GNAC Finishers):** None.

**Men (Top 3 GNAC Finishers):** None.

### Ken Shannon Invitational

at Husky Track, Seattle, Wash.

**Women (Top 3 GNAC Finishers):** 200 Meters - 2, Grace Bley, SPU, 25.19; 3, Julia Stepper, SPU, 25.87. 400 Meters - 1, McCall DeChenne, CWU, 57.91; 2, Jasmyne Neria, CWU, 1:00.41; 2, Charisma Smith, SPU, 1:01.20. 800 Meters - 1, Ellie Rising, SPU, 2:11.91; 2, Kelsey Washenberger, SPU, 2:19.24. 1,500 Meters - 1, Dania Holmberg, SPU, 4:34.83; 2, Cassidy Walchak-Sloan, SMU, 4:46.38; 3, Molly Mattson, CWU, 4:53.15. 100 Hurdles - 1, Lauryn Chandler, CWU, 14.86; 2, McCall DeChenne, CWU, 14.97. 4x100 Relay - 2, Seattle Pacific (Bouyer, Meyer, Bley, Stepper), 46.554. Pole Vault - 2, Scout Cai, SPU, 12-1.5. Long Jump - 2, Renick Meyer, SPU, 17-6.75; 3, Yareli Ochoa, CWU, 16-8.75. Triple Jump - 2, Karlie Hurley, WWU, 39-2.25; 3, Kellie May, SPU, 35-2.5. Shot Put - 2, Avery Fisk, CWU, 43-2.5; 3, Katie Potts, WWU, 41-0.25. Discus - 1, Katie Potts, WWU, 139-3; 2, Taliyah Coe, WWU, 135-1; 3, Avery Fisk, CWU, 129-3. Hammer - 1, Meagan Smallbeck, CWU, 167-5; 2, Raine Westfall, WWU, 148-1; 3, Payton Elenbaas, CWU, 136-10. Javelin - 3, Natallie Vetto, WWU, 143-7.

**Men (Top 3 GNAC Finishers):** 200 Meters - 3, Ryan Greenwalt, WWU, 22.69. 400 Meters - 1, Zachary Franco, SMU, 49.92; 2, Julis Shepherd, SPU, 50.62; 3, Austin Albertin, CWU, 1.19. 800 Meters - 2, Brayden Schultz, SPU, 1:57.31; 3, Nick Sarsyz, SMU, 1:58.02. 1,500 Meters - 1, Calahan Warren, SPU, 3:45.48; 2, Kevin McDermott, WWU, 3:48.96; 3, Mac Franks, WWU, 3:49.47. 110 Hurdles - 3, Koby Okezie, WWU, 14.71. Pole Vault - 1, Braydon Maier, CWU, 14-5.25; 2, Andrew Alfred, SMU, 14-5.25; 3, Brad Bowman, SPU, 13-11.25. Long Jump - 1, Cyrus McAllister, WWU, 19-9.75. Triple Jump - 1, David Njeri, SPU, 46-10.25. Shot Put - 2, Ben Malquist, WWU, 50-4.75. Discus - 2, Martin Napeahi, CWU, 142-1. Hammer - 3, Andrew Harris, CWU, 194-10.

# 2021 GNAC Meet Summaries

Sat., May 8-Sun., May 9

Canis Latrans Qualifier & Multis

at Bohner Track, Nampa, Idaho

**Women (Top 3 GNAC Finishers):** 100 Meters - 2, Madyson Fouse, NNU, 13.68. 100 Hurdles - 1, Jaidyn Kinneeveauk, NNU, 15.43. 400 Hurdles - 1, Hailey Graham, NNU, 1:08.44. High Jump - 1, Madi VonBrethost, NNU, 5-3.25; 3, Jaidyn Kinneeveauk, NNU, 4-9.5. Long Jump - 2, Ellie Alberts, NNU, 16-1; 3, Madi VonBrethost, NNU, 15-11.75. Triple Jump - 2, Ellie Alberts, NNU, 34-10.25; 3, Dakota Hutton-King, NNU, 34-0.75. Shot Put - 1, Destany Herbert, NNU, 40-4.25. Hammer - 2, Jessa Saum, NNU, 145-0; 3, Destany Herbert, NNU, 143-2. Javelin - 2, Nizhoni Buckway, NNU, 119-0.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Magnus Hemingway, NNU, 11.27. 800 Meters - 1, Norman Kosegi, NNU, 2:02.21. 110 Hurdles - 1, Elijah Castro, NNU, 16.23; 2, Noah Smith, NNU, 17.24. 400 Hurdles - 1, Turner Nye, NNU, 56.20; 3, Noah Smith, NNU, 1:00.59. High Jump - 1, Matt Mitchell, NNU, 5-10.75. Long Jump - 2, Elijah Castro, NNU, 21-4. Triple Jump - 2, Colton Sedlacek, NNU, 38-11.5. Shot Put - 3, Cody Robbins, NNU, 48-1.75. Hammer - 1, Colton Burr, NNU, 164-10; 2, Dylan Hendry, NNU, 155-1.