



Jan. 15, 2020 • Week 1  
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## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

**Sat., Jan. 18**  
 Montana State Billings Chadron State Open, Chadron, Neb.  
 Northwest Nazarene at Bronco Invite, Nampa, Idaho  
 Alaska Anchorage, Central Washington, Concordia, Saint Martin's, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at UW Preview, Seattle, Wash.

### LAST WEEK'S MEETS

**Sat., Jan. 11**  
**Snake River Open at Holt Arena, Pocatello, Idaho**  
**Women (Top 3 GNAC Finishers):** None.  
**Men (Top 3 GNAC Finishers):** 60 Meters - 3, Mason Schram, MSUB, 7.06 (7.02 in prelims). 200 Meters - 3, Tyler Rued, MSUB, 23.25. High Jump - 2, Isaiah Girard, MSUB, 6-6. Shot Put - 3, Forrest Cross, MSUB, 48-4.5.

## #GNACTF in 280

### @GNACSports

**#ItsAutomatic** Saint Martin's sophomore **Keshara Romain** has already punched her ticket for the NCAA Championships. Her mark of 41 feet, 6 inches in the triple jump at the Jackson's Open is an automatic qualifier and leads Division II.

**#SidneySurge** Central Washington junior **Sidney Trinidad** has earned two GNAC Athlete of the Week Award this season. She is provisionally qualified for nationals in both the pentathlon and the 400 meters.

**#SuperStart** Western Oregon freshman **Maya Hopwood** opened her career by winning the 55 meters at the Candy Cane XII meet, setting a school record in the process. The mark, converted to 60 meters, is a provisional qualifier for the NCAA Championships.

**#AllIn** All 10 GNAC teams will swing into action this weekend. Eight of those teams will be at Dempsey Indoor on Saturday at the UW Preview.

## Get Social

### Twitter Accounts/Hashtags For GNAC Track & Field Programs

GNAC	@GNACSports	#GNACTF
Alaska Anchorage	@UAASeawolves	#UAASeawolves
Cent. Washington	@CWUathletics	#ReignCrimson
Concordia	@gocugo	#gocugoff
MSU Billings	@MSUBSports	#MSUBTF
NW Nazarene	@NNUSports	
Saint Martin's	@SMUSaints	#SaintsStrong
Seattle Pacific	@SPUFalcons	
Simon Fraser	@SFUClan	#RepTheLeaf
W. Oregon	@WOUWolves	#HowAboutIt
W. Washington	@WWUathletics	#VIKtorious

# GNAC Track & Field Athletes of the Week - Dec. 9-15



**MEN'S TRACK**  
**Logan Blake, Northwest Nazarene**  
**Senior • Bend, Ore.**

Blake opened his indoor season by winning the 600 meters at the Jackson's Open with a time of 1:24.45. He went on to place third in the 200 meters in a time of 22.43 seconds.

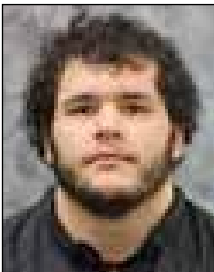
**Also Nominated:** Bobby Widmar (Central Washington), Michael Russell (Saint Martin's).



**WOMEN'S TRACK**  
**Sidney Trinidad, Central Washington**  
**Junior • Arlington, Wash.**

Trinidad earned an NCAA Championships provisional qualifying mark with a second-place finish in the 400 meters at the Jackson's Open. Her time of 56.19 seconds ranks No. 9 on the GNAC All-Time List and is No. 6 in Division II this season. The performance is Trinidad's second provisional qualifier in the season after hitting a qualifying mark in the pentathlon at the Candy Cane XII Meet.

pentathlon at the Candy Cane XII Meet.



**MEN'S FIELD**  
**Aidan Cain, Central Washington**  
**Senior • Monroe, Wash.**

Cain opened his 2019-20 season by winning the weight throw at the Jackson's Open on Saturday, finishing with a throw of 55 feet, 3.5 inches. Cain also took second in the shot put with an effort of 51 feet, 4.25 inches.

**Also Nominated:** Josh Schulz (Saint Martin's).



**WOMEN'S FIELD**  
**Keshara Romain, Saint Martin's**  
**Sophomore • Lacey, Wash.**

Romain opened the season by automatically qualifying for the NCAA Championships in the long jump and triple jump at the Jackson's Open. She won the event with a mark of 41 feet, 6 inches. The mark ranks No. 1 in Division II this season by 16 inches and is No. 7 in all divisions. It also moves her to No. 2 on the GNAC All-Time List. Romain also won the

long jump with a school-record mark of 18 feet, 10.75 inches, ranking her No. 7 on the GNAC All-Time List and ninth in Division II.

**Also Nominated:** Halle Irvine (Central Washington).

## Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Dec. 2-8	No Nominees	Tupre Wickliff, WWU	Maya Hopwood, WOU	Sidney Trinidad, CWU
Dec. 9-15	Logan Blake, NNU	Aidan Cain, CWU	Sidney Trinidad, CWU	Keshara Romain, SMU

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

# Around The GNAC

## ALASKA ANCHORAGE



- Alaska Anchorage will open the 2020 indoor season this Saturday, competing in the UW Preview in Seattle.

## CENTRAL WASHINGTON



WILDCATS

- Central Washington has already competed in two meets this season, taking part in the Candy Cane XII on Dec. 6 and 7 in Cheney, Washington, and the Jackson's Open on Dec. 14.
- Junior **Sidney Trinidad** has earned GNAC Athlete of the Week honors twice this season for NCAA Championships provisional qualifying performances. Trinidad was second in the pentathlon at the Candy Cane XII meet with a score of 3,282 points that is 21st in Division II. She also won the open 200 meters at the meet. Trinidad then placed second in the 400 meters at the Jackson's Open with a time of 56.19 seconds that is seventh in Division II and is No. 9 on the GNAC All-Time List.
- Senior **Erykah Weems** won the women's 55-meter hurdles at the Candy Cane XII meet in a time of 8.29 seconds. She was just faster in the preliminaries with a time of 8.26 seconds. Weems went on to finish third in the 200 meters at the Jackson's Open with a time of 26.07 seconds.
- Junior **Halle Irvine** won the women's pole vault at the Jackson's Open with a clearance of 12 feet, 1.5 inches. That mark ranks 11th in Division II this season.
- Senior **Aidan Cain** was named the GNAC Men's Field Athlete of the Week on Dec. 16 after he won the weight throw at the Jackson's Open with a mark of 55 feet, 3.5 inches and placed second in the shot put with a mark of 51 feet, 1 inch.
- Junior **Ethan Tonder** placed flip opposite of Cain at the Jackson's Open, winning the shot with a mark of 51 feet, 4.25 inches and placing second in the weight throw with a mark of 50 feet, 6 inches.
- Other event winners at the Jackson's Open included junior **Luke Simonson** in the men's high jump (6-2.25), senior **Zach Whittaker** in the men's triple jump (46-10) and senior **Samantha La Rue** in the women's shot put (44-9.5).
- Central Washington opens the 2020 portion of the schedule by taking part in the UW Preview on Saturday in Seattle.

## CONCORDIA



- Concordia will open the 2020 indoor season this Saturday, competing in the UW Preview in Seattle.

## MONTANA STATE BILLINGS



- Montana State Billings opened the 2020 portion of the schedule by competing in the Snake River Open last Saturday in Pocatello, Idaho.
- Senior **Isaiah Girard** led the way for the Yellowjackets, placing second in the men's high jump with a mark of 6 feet, 6 inches. Girard opened his season by placing second in the event at the Bobcat Preview on Dec. 6 at 6 feet, 5 inches.
- Senior **Forrest Cross** added a third-place finish at the Snake River Open in the men's shot put with a mark of 48 feet, 4.5 inches. Earlier, senior Marcus Lindquist placed third in the triple jump at the Bobcat Preview with a mark of 43 feet, 4.5 inches.
- In the men's sprints, senior **Mason Schram** placed third in the 60 meters with a time of 7.06 seconds after having run 7.02 seconds in the preliminary heats. Freshman **Tyler Rued** opened his collegiate career placing third in the 200 meters with a time of 23.25 seconds.
- Senior **Brenna Beckett** led the MSUB women at the Snake River Open, placing fourth in the long jump with a mark of 16 feet, 3 inches. She was also fourth in the triple jump with a mark of 34 feet, 2 inches.
- The Yellowjackets head southeast for their next meet, competing Saturday in the Chadron State Open in Chadron, Nebraska.

## NORTHWEST NAZARENE



- Northwest Nazarene opened the 2019-20 season close to home, competing at the Jackson's Open in Nampa on Dec. 14.
- Senior **Logan Blake** earned GNAC Men's Track Athlete of the Week on Dec. 16 after he won the 600 meters with a time of 1:24.45 and placed third in the 200 meters in 22.43 seconds.
- Junior **Katie Heckathorn** led the Nighthawks' women at the Jackson's Open, placing second in the triple jump with a mark of 33 feet, 11.25 inches. Senior transfer **Lauren Wuertz** led the women's efforts on the track, placing sixth in the 600 meters in 1:38.83.
- Sophomore **Colton Burr** added a sixth-place finish in the men's weight throw with a mark of 46 feet, 6 inches.
- Northwest Nazarene is back at the Jackson's Indoor Center this weekend, competing in the Bronco Invite on Saturday.

# Around The GNAC

## SAINT MARTIN'S



- Saint Martin's opened the indoor season with some impressive performances at the Jackson's Open in Nampa, Idaho on Dec. 14.
- Sophomore **Keshara Romain** led the way by automatically qualifying for the NCAA Championships in the triple jump, winning with a mark of 41 feet, 6 inches. The performance is just short of the GNAC record of 41-7.25 set by Western Washington's Jasmine McMullin in 2018. Romain also won the long jump with a mark of 18 feet, 10.75 inches that ties her for 10th in Division II this season and ranks seventh on the GNAC All-Time List. The performance earned Romain the GNAC Women's Field Athlete of the Week award on Dec. 16.
- Junior **Ashley Vest** added a field-event victory of her own, taking first in the women's long jump with a mark of 5 feet, 1 inch.
- Senior **Josh Schulz** led the SMU men with his victory in the long jump with a mark of 21 feet, 9.5 inches. He also placed second in the triple jump with a mark of 42 feet, 4.25 inches.
- Sophomore **Michael Russell** placed second in the men's 200 meters, clocking a time of 22.37 seconds, while sophomore **Braden Stowers** was third in the 800 meters in 2:14.08.
- Saint Martin's will be among the GNAC teams competing in the UW Preview on Saturday in Seattle.

## SEATTLE PACIFIC



- Seattle Pacific will open the indoor season on Saturday at the UW Preview in Seattle.
- The Falcons' women open the season ranked No. 20 in the USTFCCA Preseason Division II National Team Rankings.



## SIMON FRASER

- Simon Fraser made a quiet start to the season, sending a select number of athletes to the Michigan Indoor Track Series Meet One on Dec. 21 in Ypsilanti, Michigan.
- The full SFU squad will be in action this Saturday at the UW Preview in Seattle.
- The Clan women enter the season ranked No. 12 in the USTFCCA Division II National Team Rankings. They are the second-highest ranked West Region team.

## WESTERN OREGON



- Western Oregon opened the indoor season by sending a handful of athletes to the Candy Cane XII Meet in Cheney, Washington on Dec. 6 and 7.
- Freshman **Maya Hopwood** led the way by setting a WOU record in the women's 55 meters in her first collegiate meet. She clocked 7.02 seconds in the preliminaries before winning the final in 7.05 seconds. The effort earned Hopwood selection as the GNAC Women's Track Athlete of the Week on Dec. 9. After conversion to 7.57 seconds to account for the five-meter distance, Hopwood is tied for ninth in Division II in the 60 meters and has provisionally qualified for the NCAA Championships.
- Junior **Moana Gianotti** placed third in the women's shot put with a personal best mark of 42 feet, 2 inches. She missed a personal best in the weight throw with a mark of 47 feet, 6.5 inches. On the men's side, sophomore **Owen Collins** was fourth in the shot put with a personal-best of 48 feet, 2.75 inches.
- Junior **Makenzie Smith** placed eighth in her first pentathlon, finishing with a score of 2,769 points.
- Western Oregon puts its full team in action this weekend with the UW Preview on Saturday in Seattle.

## WESTERN WASHINGTON



- Western Washington opened the indoor season by competing in the Candy Cane XII Meet on Dec. 6 and 7.
- Senior **Tupre Wickliff** led the way, winning the men's high jump with a clearance of 6 feet, 6.75 inches. The effort earned Wickliff selection as the GNAC Men's Field Athlete of the Week on Dec. 9.
- Junior **Heather Faretta** made it a sweep of the high jump for the Vikings, winning the women's event with a clearance of 5 feet, 3 inches.
- Sophomore **Aliyah Dawkins** led three WWU multi-eventers to compete in Cheney. She placed fifth in the pentathlon with a score of 3,073 points. Sophomore **Leanna Kibbee** finished ninth with a score of 2,525 points. For the men, sophomore **Cooper Cummings** placed seventh in the heptathlon with a score of 4,149 points.
- The Vikings will see the season fully swing into action on Saturday, competing in the UW Preview in Seattle.

# GNAC Qualifiers For NCAA Indoor Championships

## MEN PROVISIONAL QUALIFIERS AS OF JAN. 14, 2020

No Qualifiers To Date

## WOMEN'S AUTOMATIC QUALIFIERS AS OF JAN. 14, 2020

Event	Athlete	Mark	Rank	Date
Triple Jump	Keshara Romain, SMU	12.65/41-6	1st	12/14/19

## WOMEN'S PROVISIONAL QUALIFIERS AS OF JAN. 14, 2020

Event	Athlete	Mark	Rank	Date
60 Meters	Maya Hopwood, WOU	7.57*	T-9th	12/6/19
400 Meters	Sidney Trinidad, CWU	56.19	7th	12/14/19
Pole Vault	Halle Irvine, CWU	3.70/12-1.5	11th	12/14/19
Long Jump	Keshara Romain, SMU	5.76/18-10.75	T-10th	12/14/19
Pentathlon	Sidney Trinidad, CWU	3,282	21st	12/6/19

\* - Converted from 55-meter race.

## 2020 NCAA Indoor Championships Qualifying Standards

MEN		Event	WOMEN	
NCAA Automatic	NCAA Provisional		NCAA Automatic	NCAA Provisional
6.72	6.87	60 Meters	7.47	7.67
7.90	8.21	60 Meter Hurdles	8.43	8.80
21.21	21.69	200 Meters	24.06	24.82
47.19	48.51	400 Meters	54.32	56.53
1:49.49	1:53.06	800 Meters	2:08.20	2:14.07
4:02.22	4:11.24	Mile	4:45.17	4:58.73
8:03.95	8:22.64	3,000 Meters	9:28.76	9:58.07
14:03.70	14:38.35	5,000 Meters	16:30.76	17:27.17
3:11.71	3:16.77	4x400 Relay	3:43.19	3:51.63
9:47.21	10:04.47	Distance Medley Relay	11:33.54	12:04.69
2.16/7-1	2.04/6-8.25	High Jump	1.75/5-8.75	1.67/5-5.75
5.22/17-1.5	4.77/15-7.75	Pole Vault	4.01/13-1.75	3.59/11-9.25
7.60/24-11.25	7.13/23-4.75	Long Jump	6.13/20-1.5	5.67/18-7.25
15.49/50-10	14.50/47-7	Triple Jump	12.55/41-2.25	11.70/38-4.75
18.18/59-7.75	16.21/53-2.25	Shot Put	15.70/51-6.25	13.70/44-11.5
21.04/69-0.5	17.68/58-0.25	Weight Throw	19.99/65-7	17.07/56-0
5,355	4,760	Heptathlon/Pentathlon	3,820	3,277

**A Note On Qualifying:** Athletes who meet the NCAA automatic standard for an event will automatically qualify for the NCAA Division II Championships. Athletes who meet the NCAA's provisional standard will be used to fill the championships field in descending order until the maximum field size is reached. To view the complete list of qualifying standards, [Click Here](#).

**NCAA Division II Indoor Track & Field Championships:** Fri., Mar. 13 & Sat., Mar. 14, Birmingham, Ala.

**Top Performances Lists (TFRS):** [NCAA Division II Men](#) | [NCAA Division II Women](#) | [GNAC Men](#) | [GNAC Women](#) | [U.S./World Best Lists \(T&FN\)](#)

# Men's Indoor Regional & National Polls

## GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National  
Preseason No GNAC Teams Ranked

## USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Preseason - Dec. 4, 2019  
Next Ranking: Tues., Jan. 28

Rk	School	Pts.	Prev.
1.	Tiffin	158.07	3
2.	Colorado Mines	132.11	12
3.	Central Missouri	131.00	7
4.	Ashland	123.84	1
5.	Lincoln (Mo.)	119.76	5
6.	Western Colorado	110.46	17
7.	Queens (N.C.)	76.04	13
8.	NW Missouri St.	61.28	17
9.	Missouri Southern	59.97	25
10.	Angelo State	58.44	19
11.	Grand Valley State	56.67	4
12.	Pittsburg St.	55.09	28
13.	Texas A&M-Kingsville	54.06	13
14.	Washburn	47.62	38
15.	West Texas A&M	47.36	19
16.	UC-Colorado Springs	46.23	21
17.	Northwood (Mich.)	45.43	13
18.	Adams State	43.15	2
19.	CSU-Pueblo	42.25	10
20.	Texas A&M-Commerce	40.30	8
21.	Findlay	37.59	10
22.	Minnesota State	33.04	33
23.	Limestone	27.82	57
24.	Clafin	25.07	39
25.	North Greenville	24.52	39

## USTFCCCA WEST REGION TEAM INDEX

First Regional Index Released On Tues., Jan. 28



[Complete Poll Online](#)

# Women's Indoor Regional & National Polls

## GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National  
Preseason SPU 12th SFU 20th

## USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Preseason - Dec. 4, 2019  
Next Ranking: Tues., Jan. 28

Rk	School	Pts.	Prev.
1.	Grand Valley St.	256.50	2
2.	Lincoln (Mo.)	138.69	3
3.	Adams State	134.91	1
4.	West Texas A&M	93.09	7
5.	Missouri Southern	92.60	8
6.	Ashland	73.20	11
7.	Pittsburg St.	72.48	6
8.	Azusa Pacific	66.89	40
9.	Saint Augustine's	64.90	5
10.	Southwest Baptist	62.20	29
11.	UC-Colorado Springs	60.51	8
12.	<b>Simon Fraser</b>	<b>58.82</b>	<b>NR</b>
13.	Minnesota State	57.52	56
14.	NW Missouri St.	53.46	NR
15.	Mary	49.65	14
16.	Central Missouri	49.18	44
17.	Augustana (S.D.)	47.94	21
18.	Western Colorado	42.09	32
19.	Academy of Art	40.95	19
20.	<b>Seattle Pacific</b>	<b>39.54</b>	<b>44</b>
21.	Tiffin	36.54	31
22.	Hillsdale	35.27	53
23.	San Francisco St.	33.21	10
24.	Saginaw Valley St.	30.77	28
25.	Walsh	28.53	25

## USTFCCCA WEST REGION TEAM INDEX

First Regional Index Released On Tues., Jan. 28



[Complete Poll Online](#)



# GNAC Indoor Track & Field Records

## MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
200 Meters	21.56	Carlos Ortiz, Concordia (2018)
400 Meters	47.61	Vladislav Tsygankov, Simon Fraser (2017)
800 Meters	1:49.68	Badane Sultessa, Western Oregon (2016)
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	18.82/61-9	Anthony Marin, Western Oregon (2007)
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	18.63/61-1.75	Tyler Lamott, Concordia (2016)
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	7.54	Jamie Ashcroft, Alaska Anchorage (2017)
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	12.68/41-7.25	Jasmine McMullin, Western Washington (2018)
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	7.55	Jamie Ashcroft, Alaska Anchorage (2017)
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	12.68/41-7.25	Jasmine McMullin, Western Washington (2018)
Shot Put	17.02/55-10.25	McKenzie Warren, Concordia (2017)
Weight Throw	18.29/60-0.25	Christina MacDonald, Concordia (2018)
Pentathlon	3,815	Scout Cai, Seattle Pacific (2019)

## CONFERENCE MEET PENTATHLON EVENTS

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

\* - NCAA Division II record

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

# GNAC Outdoor Track & Field Records

## MEN - ALL MEETS

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

## MEN'S CONFERENCE MEET RECORDS

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

+ - Denotes Division II national record

## WOMEN - ALL MEETS

100 Meters	11.64	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	23.99	NyEma Sims, Seattle Pacific (2007)
400 Meters	53.56	Mary Pierce, Alaska Anchorage (2007)
800 Meters	2:02.10	Helen Crofts, Simon Fraser (2013)
1,500 Meters	4:11.06	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:35.75	Sarah Porter, Western Washington (2011)
5,000 Meters	14:40.45	Caroline Kurgat, Alaska Anchorage (2019)
10,000 Meters	32:08.09	Caroline Kurgat, Alaska Anchorage (2019)+
100m Hurdles	13.64	Mariyah Vongsaveng, Central Washington (2018)
400m Hurdles	58.22	Sidney Trinidad, Central Washington (2019)
Steeplechase	10:02.45	Julia Howley, Simon Fraser (2019)
4x100 Relay	46.19	Simon Fraser (2017)
4x400 Relay	3:41.80	Western Oregon (2018)
High Jump	1.78/5-10	Teona Perkins, Seattle Pacific (2007)
Pole Vault	4.01/13-1.75	Anna Paradee, Western Washington (2017)
Long Jump	6.22/20-5	Renick Meyer, Seattle Pacific (2018)
Triple Jump	12.60/41-4.25	Chrisalyn Johnson, Alaska Anchorage (2019)
Shot Put	17.39/57-0.75	McKenzie Warren, Concordia (2017)
Discus	55.74/182-10	Melissa Ausman, Concordia (2018)
Hammer	62.42/204-9	Christina MacDonald, Concordia (2018)
Javelin	54.18/177-9	Bethany Drake, Western Washington (2016)
Heptathlon	5,606	Danielle Ayers-Stamper, Seattle Pacific (2005)

## WOMEN'S CONFERENCE MEET RECORDS

100 Meters	11.81	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	24.30	Grace Morgan, Alaska Anchorage (2013)
400 Meters	54.19	Vanessa Aniteye, Alaska Anchorage (2019)
800 Meters	2:06.38	Jessica Pixler, Seattle Pacific (2010)
1,500 Meters	4:23.02	Caroline Kurgat, Alaska Anchorage (2019)
3,000 Meters	9:53.80	Jessica Pixler, Seattle Pacific (2007)
5,000 Meters	16:35.10	Caroline Kurgat, Alaska Anchorage (2019)
10,000 Meters	34:49.33	Caroline Kurgat, Alaska Anchorage (2018)
100m Hurdles	13.82	Danielle Ayers-Stamper, Seattle Pacific (2005)
400m Hurdles	58.22	Sidney Trinidad, Central Washington (2019)
Steeplechase	110:02.45	Julia Howley, Simon Fraser (2019)
4x100 Relay	46.39	Seattle Pacific (2019)
4x400 Relay	3:44.11	Peace Igbonagwam, Jenna Bouyer, Grace Bley, Julia Stepper
		Seattle Pacific (2013)
		Kishia Mitchell, Emily Quatier, Jasmine Johnson, McKayla Fricker
High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2016)
Pole Vault	3.91/12-10	Scout Cai, Seattle Pacific (2019)
Long Jump	5.99/19-8	Ali Worthen, Seattle Pacific (2013)
Triple Jump	12.58/41-3.25	Chrisalyn Johnson, Alaska Anchorage (2019)
Shot Put	16.55/54-3.75	McKenzie Warren, Concordia (2017)
Discus	53.01/173-11	Melissa Ausman, Concordia (2018)
Hammer	59.62/195-7	Christina MacDonald, Concordia (2018)
Javelin	52.40/171-11.25	Bethany Drake, Western Washington (2017)
Heptathlon	5,390	Ali Worthen, Seattle Pacific (2013)



# 2019-20 GNAC Indoor Meet Summaries

**Fri., Dec. 6**

## **Bobcat Preview**

**at Worthington Arena, Bozeman, Mont.**

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

**Men (Top 3 GNAC Finishers):** High Jump - 2, Isaiah Girard, MSUB, 6-5. Triple Jump - 3, Marcus Lindquist, MSUB, 43-4.5.

**Fri., Dec. 6 - Sat., Dec. 7**

## **Candy Cane XII Invitational**

**at Thorpe Fieldhouse, Cheney, Wash.**

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Maya Hopwood, WOU, 7.05 (7.02 in prelims). 200 Meters - 1, Sidney Trinidad, CWU, 26.69; 2, McCall DeChenne, CWU, 27.13. 55m Hurdles - 1, Erykah Weems, CWU, 8.29 (8.26 in prelims). High Jump - 1, Heather Faretta, WWU, 5-3. Shot Put - 3, Moana Gianotti, WOU, 42-2. Pentathlon - 2, Sidney Trinidad, CWU, 3,263.

**Men (Top 3 GNAC Finishers):** High Jump - 1, Tupre Wickliff, WWU, 6-6.75.

**Sat., Dec. 14**

## **Jackson's Open**

**at Jackson's Indoor Center, Nampa, Idaho**

**Women (Top 3 GNAC Finishers):** 60 Meters - 2, Makiya Worthy, SMU, 7.91. 200 Meters - 2, Aujanique Doss, CWU, 26.05; 3, Erykah Weems, CWU, 26.07. 400 Meters - 2, Sidney Trinidad, CWU, 56.19. 60m Hurdles - 3, Lauryn Chandler, CWU, 9.17. 4x400 Relay - 3, Central Washington (Sidney Trinidad, Jasmyne Neria, Noelia Juarez, Erykah Weems), 4:03.24. High Jump - 1, Ashley Vest, SMU, 5-1. Pole Vault - 1, Halle Irvine, CWU, 12-1.5; 2, Alyssa Smith, SMU, 11-7.75; 3, Brittany Stevens, CWU, 10-8. Long Jump - 1, Keshara Romain, SMU, 18-10.75; 2, Halle Irvine, CWU, 18-2.25. Triple Jump - 1, Keshara Romain, SMU, 41-6; 2, Katie Heckathorn, NNU, 33-11.25; 3, Margaret Zilla, SMU, 33-8. Shot Put - 1, Samantha LaRue, CWU, 44-9.5. Weight Throw - 2, Meagan Smallbeck, CWU, 53-11.75.

**Men (Top 3 GNAC Finishers):** 200 Meters - 2, Michael Russell, SMU, 22.37; 3, Logan Blake, NNU, 22.43. 600 Meters - 1, Logan Blake, NNU, 1:24.45. 800 Meters - 2, Gunner Vallatini, CWU, 2:09.05; 3, Braden Stowers, SMU, 2:14.08. 4x400 Relay - 3, Central Washington (Daniel Calderon, Marcus Williams, Gunner Vallatini, Luke Simonson), 3:35.97. High Jump - 1, Luke Simonson, CWU, 6-2.25. Long Jump - 1, Josh Schulz, SMU, 21-9.5. Triple Jump - 1, Zach Whitaker, CWU, 46-10; 2, Josh Schulz, SMU, 42-4.25. Shot Put - 1, Ethan Tonder, CWU, 51-4.25; 2, Aidan Cain, CWU, 51-1; 3, Alberto Tafoya, CWU, 49-3. Weight Throw - 1, Aidan Cain, CWU, 55-3.5; 2, Ethan Tonder, CWU, 50-6.

**Sat., Dec. 21**

## **Michigan Indoor Track Series Meet No. 1**

**at Bowen Fieldhouse, Ypsilanti, Mich.**

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

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

**Sat., Jan. 11**

## **Snake River Open**

**at Holt Arena, Pocatello, Idaho**

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

**Men (Top 3 GNAC Finishers):** 60 Meters - 3, Mason Schram, MSUB, 7.06 (7.02 in prelims). 200 Meters - 3, Tyler Rued, MSUB, 23.25. High Jump - 2, Isaiah Girard, MSUB, 6-6. Shot Put - 3, Forrest Cross, MSUB, 48-4.5.