



Jan. 22, 2020 • Week 2
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Thurs., Jan. 23
 Central Washington at Idaho Open, Moscow, Idaho

Fri., Jan. 24-Sat., Jan. 25
 Alaska Anchorage, Concordia, Northwest Nazarene, Western Washington at Ed Jacoby Invitational & Multis, Nampa, Idaho
 Simon Fraser at John Thomas Terrier Classic, Boston, Mass.

Sat., Jan. 25
 Montana State Billings at BHSU Myrle Hanson Open, Spearfish, S.D.

Sat., Jan 25-Sun., Jan. 26
 Saint Martin's, Seattle Pacific, Simon Fraser, Western Oregon at Portland Indoor #1, Newberg, Ore. (Sat.) & Portland, Ore. (Sun.)

LAST WEEK'S MEETS

Sat., Jan. 18
CSC Open
 at Nelson Physical Activity Center, Chadron, Neb.

Women (Top 3 GNAC Finishers): Long Jump - 1, Brenna Beckett, MSUB, 16-8.5. Triple Jump - 1, Brenna Beckett, MSUB, 35-3.25.

Men (Top 3 GNAC Finishers): Mile - 3, Ase Ackerman, MSUB, 4:32.89. 3,000 Meters - 3, Ronald Venema, MSUB, 9:42.39. Shot Put - 3, Forrest Cross, MSUB, 45-9.

Bronco Invite
 at Jackson's Indoor Center, Nampa, Idaho
Women (Top 3 GNAC Finishers): None.
Men (Top 3 GNAC Finishers): Triple Jump - 3, Colton Sedlack, NNU, 40-9.75.

UW Preview
 at Dempsey Indoor Center, Seattle, Wash.
Women (Top 3 GNAC Finishers): Triple Jump - 3, Keshara Romain, SMU, 39-1. Weight Throw - 3, Kori Sprague, CU, 59-11.75.
Men (Top 3 GNAC Finishers): 200 Meters - 3, Jeremiah Lauzon, SFU, 21.60. 800 Meters - 1, Derek Holdsworth, WOU, 1:50.02.

#GNACTF in 280 @GNACSports

#NoHoldsBarred Western Oregon's **Derek Holdworth** opened his season by winning the men's 800 meters at the UW Preview. His time of 1:50.02 leads Division II and earned him GNAC Men's Track Athlete of the Week honors.

#NiceDebut Simon Fraser's **Addy Townsend** opened her season with a time of 4:49.03 in the women's mile against Division I competition. The effort ranks No. 3 in Division II and earned GNAC Women's Track Athlete of the Week honors.

#WeightWinners Concordia swept the GNAC Field Athlete of the Week awards. **Jakob Chamberlin** won the men's award after placing fourth in the shot put at the UW Preview. **Kori Sprague** earned the women's award with her third place mark in the weight throw.

#AnotherRecord Western Oregon's **Maya Hopwood** set another school record in just her second collegiate meet, running 7.73 seconds in the women's 60 meters.

Get Social

Twitter Accounts/Hashtags For GNAC Track & Field Programs

GNAC	@GNACSports	#GNACTF
Alaska Anchorage	@UAASEawolves	#UAASEawolves
Cent. Washington	@CWUAthletics	#ReignCrimson
Concordia	@gocugo	#gocugolf
MSU Billings	@MSUBSports	#MSUBTF
NW Nazarene	@NNUSports	
Saint Martin's	@SMUSaints	#SaintsStrong
Seattle Pacific	@SPUFalcons	
Simon Fraser	@SFUClan	#RepTheLeaf
W. Oregon	@WOUWolves	#HowIAboutIt
W. Washington	@WWUAthletics	#VIKtorious

GNAC Track & Field Athletes of the Week



MEN'S TRACK

**Derek Holdsworth, Western Oregon
Junior • Williamsburg, Va.**

Holdsworth opened his Western Oregon career in big fashion, winning the 800 meters at the UW Preview in a time of 1:50.02. He finished just ahead of 2018 IAAF World Championships silver medalist Drew Windle for the win. The NCAA Championships provisional qualifying time is the best in Division II this season, is No. 3 on the GNAC All-Time List and

is No. 6 in the nation this season across all college divisions. Holdsworth also ran the anchor leg on the Wolves' fourth-place 4x400-meter relay team.

Also Nominated: Daniel Calderon-Hernandez (Central Washington), Jordan Gloden (Concordia), Logan Blake (Northwest Nazarene), Michael Russell (Saint Martin's), Jeremiah Lauzon (Simon Fraser), Drew Weber (Western Washington).



MEN'S FIELD

**Jakob Chamberlin, Concordia
Junior • Bellingham, Wash.**

Chamberlin returned from a redshirt season with a solid performance at the UW Preview. The junior finished fourth in the shot put with a lifetime best of 55 feet, 0.75 inches. The NCAA Championships provisional qualifying mark is 15th in Division II this season and is No. 5 on the GNAC All-Time List.

Chamberlin also placed seventh in the weight throw with a mark of 58 feet, 5.25 inches. He was the top Division II competitor in both events.

Also Nominated: Ethan Tonder (Central Washington), Colton Sedlack (Northwest Nazarene), Tyler Cronk (Saint Martin's), Devin Hasher (Western Oregon), Bryan Lee (Western Washington).



WOMEN'S TRACK

**Addy Townsend, Simon Fraser
Senior • Coquitlam, B.C.**

Townsend opened her season by placing eighth in the mile at the UW Preview, clocking a time of 4:49.03. She was third among collegiate competitors in the event and was the top Division II competitor by 10 seconds. The NCAA Championships provisional qualifier ranks third in Division II this season.

Also Nominated: Erykah Weems (Central Washington), Paige Johnson (Concordia), Bethany Danner (Northwest Nazarene), Dania Holmberg (Seattle Pacific), Maya Hopwood (Western Oregon), Hannah Bradley (Western Washington).



WOMEN'S FIELD

**Kori Sprague, Concordia
Senior • Wildomar, Calif.**

Sprague opened the season with the second-best mark in GNAC history in the weight throw at the UW Preview. Sprague placed third in the event with a mark of 59 feet, 11.75 inches and trailed just two Division I competitors. The NCAA Championships provisional qualifying mark ranks seventh in Division II this season.

Also Nominated: Samantha La Rue (Central Washington), Brenna Beckett (Montana State Billings), Emma Clark (Northwest Nazarene), Keshara Romain (Saint Martin's), Kalulusno Ngaida (Western Oregon), Lexi Perry (Western 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
Jan. 13-19	Derek Holdsworth, WOU	Jakob Chamberlin, CU	Addy Townsend, SFU	Kori Sprague, CU

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

Around The GNAC

ALASKA ANCHORAGE



- Senior **Emmah Chelimo's** nationals provisional qualifying mark in the 3,000 meters led Alaska Anchorage at its season-opening event, the UW Preview.
- Chelimo placed 33rd in the race with a time of 9:44.61. She was the top Division II finisher with a time that ranks her No. 5 in Division II this season.
- Sophomore **Tylantiss Atlas** posted a top-10 finish in the women's 400 meters, placing eighth in 57.07 seconds. Senior **Marie Ries** was one place behind in ninth in a time of 57.09 seconds.
- Senior **Chris Brake** led the UAA men with his eighth-place finish in the high jump, clearing 6 feet, 4.75 inches. Brake went on to finish 18th in the long jump with a leap of 21 feet, 6.75 inches.
- Alaska Anchorage returns to the Lower 48 for its next meet this weekend, traveling to the Ed Jacoby Invitational & Multis in Nampa, Idaho on Friday and Saturday.

CENTRAL WASHINGTON



- An NCAA Championships provisional qualifying mark for seniors **Erykah Weems** and **Samantha La Rue** headlined Central Washington's efforts at the UW Preview.
- Weems had the third-fastest qualifying time in the women's 60-meter hurdles (but did not advance due to place in her heat). The time of 8.78 seconds tied her for 13th in Division II this season. Weems also placed 12th in the 400 meters in 57.46 seconds and anchored the 4x400-meter relay team that placed eighth in 3:55.92.
- La Rue notched a provisional qualifying mark in the shot put, placing eighth with a mark of 45 feet, 3.75 inches. She was the top-placing non-Division I athlete. The mark ranks La Rue 19th in Division II and ties her for 10th on the GNAC All-Time List. La Rue also placed 19th in the weight throw with a mark of 51 feet, 1.75 inches.
- Junior **Sidney Trinidad** added a 12th-place finish in the women's 800 meters, closing close to her lifetime best in 2:16.45.
- Junior **Ethan Tonder** led the Central Washington men with an eighth-place finish in the shot put with a mark of 49 feet, 8.5 inches. Tonder also finished 17th in the weight throw with a mark of 50 feet, 10.25 inches. Senior **Aidan Cain** just missed the top-10 in the weight throw, finishing 11th with a mark of 55 feet, 4.75 inches.
- On the track, senior **Daniel Calderon-Hernandez** led the way with an 11th-place finish in the 400 meters in a time of 50.09 seconds.
- Central Washington jumps right back into action with a rare Thursday meet, competing in the Idaho Open in Moscow.

CONCORDIA



- Concordia's throwers led the day as the Cavaliers opened their 2020 season at the UW Preview.
- After a redshirt season, junior **Jakob Chamberlin** earned two NCAA Championships provisional qualifying marks and was named the GNAC Men's Field Athlete of the Week. Chamberlin placed fourth in the shot put with a mark of 55 feet, 0.75 inches. That ranks 15th in Division II this season and No. 5 on the GNAC All-Time List. He also placed seventh in the weight throw with a mark of 58 feet, 5.25 inches that ranks 23rd in Division II.
- Senior **Kori Sprague** was named the GNAC Women's Field Athlete of the Week after she placed third in the weight throw with a mark of 59 feet, 11.75 inches. The NCAA provisional qualifying mark is seventh in Division II and is No. 2 on the GNAC All-Time List.
- Following Chamberlin in the shot put was junior **Seth Bridge**, who placed sixth with a mark of 52 feet, 7.25 inches, and senior **Caleb Bridge**, who was eighth at 50 feet, 10.25 inches.
- Sophomore **Dillon Zheol** added a seventh-place finish in the men's triple jump, leaping 46 feet, 3.5 inches.
- Junior **Macie Allen** led the way for the Cavaliers on the track, placing eighth in the first qualifying heats of the women's 60 meters in 7.72 seconds. She went on to run 7.80 seconds in the preliminaries. Senior **Amelia Maguin** finished 14th in the women's 400 meters in 57.48 seconds.
- Concordia returns to action at the Ed Jacoby Invitational & Multis in Nampa, Idaho on Friday and Saturday.

MONTANA STATE BILLINGS



- Senior **Brenna Beckett's** two victories in the horizontal jumps led Montana State Billings' efforts at the Chadron State Open on Saturday in Chadron, Nebraska.
- Beckett was the winner in the long jump by almost five inches with a leap of 16 feet, 8.5 inches. She went on to take first in the triple jump with a mark of 35 feet, 3.25 inches.
- Sophomore **Ase Ackerman** led the efforts on the track with a third-place finish in the men's mile in a time of 4:32.89. Sophomore **Logan Straus** was right behind in fourth place in 4:36.43. Senior **Ronald Venema** was third in the 3,000 meters in a time of 9:42.39 while freshman **Bryant Edgerton** was fourth in 9:45.72.
- Senior **Forrest Cross** added a third-place finish in the men's shot put with a mark of 45 feet, 9 inches.
- In the women's throws, sophomore **Mariah May** placed fourth in the shot put with a personal best of 37 feet, 5 inches. She went on to place sixth in the weight throw with a mark of 45 feet, 2.25 inches.
- The women's efforts on the track were led by sophomore **Sierra Durbin**, placing fifth in the 800 meters in a time of 2:31.77.
- The Yellowjackets return to action on Saturday, competing in the Black Hills State Myrle Hanson Open in Spearfish, S.D.

Around The GNAC

NORTHWEST NAZARENE



- Freshman **Colton Sedlack's** third-place finish in the men's triple jump led Northwest Nazarene in its return to competition at the Bronco Invite in Nampa.
- Sedlack opened his college career with the third-place effort and a mark of 40 feet, 9.75 inches. He was the only Nighthawks' athlete with a top-three finish.
- Senior **Logan Blake** placed fourth in the men's 400 meters. His time of 49.68 seconds in the fastest in the GNAC so far this season.
- Junior **Elijah Castro** finished fourth in the men's long jump with a mark of 21 feet, 6.25 inches and added a fifth-place finish in the 60-meter hurdles in 8.59 seconds. Sophomore **Coby Yates** added a fourth-place finish in the men's weight throw at 44 feet, 4.25 inches.
- Freshman **Emma Clark** led the NNU women with her fifth-place finish in the pole vault, clearing 10 feet. She also placed seventh in the triple jump at 36 feet, 4.75 inches before joining fellow freshman **McKenna Emerson** in suiting up for the Nighthawks' basketball team that evening.
- Senior **Bethany Danner** finished seventh in the women's 3,000 meters with a time of 10:33.21 while freshman **Lauren Wuertz** was eighth in the 400 meters in 59.30 seconds.
- Northwest Nazarene is right back at the Jackson's Indoor Center this weekend, taking part in the Ed Jacoby Invitational & Multis on Friday and Saturday.

SAINT MARTIN'S



- Another solid performance by sophomore **Keshara Romain** in the horizontal jumps led Saint Martin's at the UW Preview.
- Romain finished third in the women's triple jump, using her third attempt to clear 39 feet, 1 inch. She was beaten only by athletes from Stanford and Oregon. Romain went on to place seventh in the long jump with a mark of 17 feet, 9 inches. Last month, Romain automatically qualified for nationals in the triple jump with a mark of 41 feet, 6 inches.
- Sophomore **Tyler Cronk** opened his season by provisionally qualifying for nationals in the men's high jump. He placed fourth with a clearance of 6 feet, 10.75 inches. The mark ties him for sixth in Division II this season.
- Freshman **Zach Franco** placed 11th in the non-championship men's 600 meters distance, clocking a time of 1:23.83. Sophomore **Michael Russell** had the Saints' other top-15 finish on the day, placing 14th in the men's 400 meters in 50.39 seconds.
- Freshman **Makiya Worthy** was the only competitor on the track for the SMU women, placing 45th in the 60 meters with a time of 8.38 seconds.
- Saint Martin's will come to Portland this weekend, taking part in the Portland Indoor #1 meet. Saturday's events will be held at George Fox University in Newberg, Oregon, with Sunday's events at the University of Portland's Chiles Center.

SEATTLE PACIFIC



- A fourth-place finish for sophomore **Peace Igbonagwam** in the long jump paced Seattle Pacific's season-opening efforts at the UW Preview.
- Igbonagwam finished with a mark of 18 feet, 1 inch. She was bettered in the competition only by two Division I athletes and an open competitor and is the best by a GNAC athlete in the month in January. Junior **Renick Meyer** was not far behind in seventh place with a mark of 17 feet, 9.75 inches.
- Running her first indoor meet since 2018, junior **Dania Holmberg** placed 17th in the women's mile with a time of 4:58.90. It was Holmberg's first sub-five minute time in the mile.
- Junior **Julia Stepper** led four SPU athletes in the women's 60 meters, placing 17th in a time of 7.82 seconds. Senior **Katherine Walter** was 13th in the 1,000 meters in a time of 3:05.47 and senior **Grace Bley** was 15th in the 200 meters in 25.42 seconds.
- Sophomore **David Njeri** was the only male competitor in the meet for the Falcons, placing 11th in the triple jump with a mark of 45 feet, 7.25 inches.
- The Falcons' women open the season ranked No. 20 in the USTFCCA Preseason Division II National Team Rankings. The first regular-season ranking will come out on January 28.
- Seattle Pacific will send a select group of athletes to compete in the Portland Indoor #1 meet on Saturday and Sunday.



SIMON FRASER

- A solid return to the boards for senior **Addy Townsend** and an exciting debut for freshman **Jeremiah Lauzon** led Simon Fraser's performances at the UW Preview.
- Townsend placed eighth in the women's mile. The top Division II placer in the event clocked a time of 4:49.03. The NCAA Championships provisional qualifying mark ranks No. 3 in Division II this season. The performance earned Townsend selections as the GNAC Women's Track Athlete of the Week.
- Lauzon had quite the debut, placing third in the men's 200 meters in a time of 21.60 seconds. The top time in the GNAC, the NCAA Championships provisional qualifying mark is tied for eighth-best in Division II this season and is No. 4 on the GNAC All-Time List. Lauzon also ran seven seconds in the 60 meters, placing 15th in the qualification round.
- The SFU women were the top non-Division I team in the 4x400-meter relay, placing fourth in a time of 3:53.75.
- Sophomore **Zackary Kuzyk** finished tied for ninth in the men's high jump with a personal best of 6 feet, 4.75 inches. Kuzyk also placed eighth in the long jump with another personal best of 22 feet, 5.25 inches.
- The Clan women entered the season ranked No. 12 in the USTFCCA Division II National Team Rankings. They are the second-highest ranked West Region team.
- Simon Fraser will split its squad this week with competitors at the Portland Indoor #1 in Oregon and the John Thomas Terrier Classic in Boston.

Around The GNAC

WESTERN OREGON



- A winning season debut by junior **Derek Holdsworth** led Western Oregon's performances at the UW Preview.
- Holdsworth was named the GNAC Men's Track Athlete of the Week after he won the 800 meters in a time of 1:50.02. He was the only GNAC athlete to win an event at the meet. The mark ranks No. 4 on the GNAC All-Time List and currently leads Division II. It is also No. 6 this season across all college divisions.
- Freshman **Maya Hopwood** added another school record as she broke the WOU mark in the women's 60 meters, clocking 7.73 seconds in both the qualifying round and preliminaries. Hopwood placed 11th in the qualifications round and just missed a spot on the GNAC All-Time List.
- Senior **Justin Crosswhite** notched an NCAA Championships provisional qualifying time in the men's mile, placing 24th in a time of 4:09.73. The top Division II competitor in the event, the time is No. 5 in Division II this season.
- Junior **Kalulusno Ngaida** and freshman **Jenelle Hurley** opened their WOU careers by tying for 10th place in the women's high jump, clearing 5 feet, 3 inches. Ngaida added an 11th place finish in the triple jump with a mark of 36 feet, 9 inches.
- Sophomore **Gabe Arce-Torres** added a top-10 finish, placing ninth in the 400 meters with a time of 49.91 seconds. Sophomore **Max Carmona** placed eighth in the men's 600 meters in 1:22.37.
- Western Oregon returns to action this weekend, competing in the Portland Indoor #1 meet in Newberg, Oregon on Saturday and in Portland on Sunday.

WESTERN WASHINGTON



- A number of top-10 finishes led a solid effort for Western Washington at the UW Preview.
- Senior **Bryan Lee** returned from a season away due to injury to place ninth in the men's weight throw with a mark of 57 feet, 3.75 inches. Second among Division II competitors, Lee is second in the GNAC with his performance.
- Senior **Cordell Cummings** placed sixth in the men's 60-meter hurdles in 8.53 seconds after running 8.40 seconds in the preliminaries. His mark currently leads the GNAC. Junior **Jon Oglesby** placed eighth in the men's 400 meters with a time of 49.91 seconds while freshman **Drew Weber** was sixth in the 800 meters in a time of 1:55.15.
- In the men's field events, senior **Tupre Wickliff** was sixth in the high jump as he matched his season-best of 6 feet, 6.75 inches. Junior **Ben Malquist** placed ninth in the shot put with a mark of 49 feet, 5.5 inches.
- Sophomore **Annika Taylor** was the top-placing women's finisher for the Vikings, placing 13th in the non-championship 600-meter distance in a time of 1:39.31. In the field events, senior **Lexi Perry** cleared 11 feet, 6.25 inches to place 17th in the pole vault.
- Western Washington heads east for its next competition, taking part in the Ed Jacoby Invitational & Multis in Nampa, Idaho, on Friday and Saturday.

GNAC Qualifiers For NCAA Indoor Championships

MEN PROVISIONAL QUALIFIERS AS OF JAN. 21, 2020

Event	Athlete	Mark	Rank	Date
200 Meters	Jeremiah Lauzon, SFU	21.60	T-8th	1/18/20
800 Meters	Derek Holdworth, WOU	1:50.02	1st	1/18/20
Mile	Justin Crosswhite, WOU	4:09.72	5th	1/18/20
High Jump	Tyler Cronk, SMU	2.10/6-10.75	T-6th	1/18/20
Shot Put	Jakob Chamberlin, CU	16.78/55-0.75	15th	1/18/20
Weight Throw	Jakob Chamberlin, CU	17.81/58-5.25	23rd	1/18/20

WOMEN'S AUTOMATIC QUALIFIERS AS OF JAN. 21, 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. 21, 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	9th	12/14/19
Mile	Addy Townsend, SFU	4:49.03	3rd	1/18/20
3,000 Meters	Emmah Chelimo, UAA	9:44.61	5th	1/18/20
60m Hurdles	Erykah Weems, CWU	8.78	T-13th	1/18/20
Pole Vault	Halle Irvine, CWU	3.70/12-1.5	11th	12/14/19
	Scout Cai, SPU	3.66/12-0	21st	1/18/20
Long Jump	Keshara Romain, SMU	5.76/18-10.75	T-13th	12/14/19
Shot Put	Samantha La Rue, CWU	13.81/45-3.75	19th	1/18/20
Weight Throw	Kori Sprague, CU	18.28/59-11.75	7th	1/18/20
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.	Simon Fraser	58.82	NR
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.	Seattle Pacific	39.54	44
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)