



Jan. 29, 2020 • Week 3
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Jan. 31-Sat., Feb. 1

Alaska Anchorage, Central Washington, Concordia, Saint Martin's, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at UW Invitational, Seattle, Wash.

Sat., Feb. 1

Montana State Billings at BHSU Myrle Hanson Open, Spearfish, S.D.
 Simon Fraser at Bruce Lehane Scarlet & White Invite, Boston, Mass.

LAST WEEK'S MEETS

Thurs., Jan. 23

Idaho Open

at Kibbie ASUI Activity Center, Moscow, Idaho
Women (Top 3 GNAC Finishers): 200 Meters - 1, Erykah Weems, CWU, 25.00. 400 Meters - 2, Noelia Juarez, CWU, 58.25. 60m Hurdles - 1, Erykah Weems, CWU, 8.97. 4x400 Relay - 3, Central Washington (Noelia Juarez, McCall DeChenne, Dani Taylor, Palmer Flippo), 4:07.31. Shot Put - 3, Samantha La Rue, CWU, 46-2.5.
Men (Top 3 GNAC Finishers): 4x400 Relay - 3, Central Washington (Luke Simonson, Gunner Vallatini, Spencer Solvberg, Daniel Calderon), 3:31.18. Triple Jump - 1, Zach Whittaker, CWU, 46-10.75.

Fri., Jan. 24-Sat., Jan. 25

John Thomas Terrier Classic

at Boston Univ. Track & Tennis Center, Boston, Mass.

Women (Top 3 GNAC Finishers): DMR - 1, Simon Fraser (Mairin Shields-Brown, Renate Bluschke, Megan Roxby, Addy Townsend), 11:36.73.
Men (Top 3 GNAC Finishers): None.

Ed Jacoby Invitational & Multis

at Jackson's Indoor Center, Nampa, Idaho

Women (Top 3 GNAC Finishers): 200 Meters - 3, Tylantiss Atlas, UAA, 24.96. 400 Meters - 3, Tylantiss Atlas, UAA, 56.33. Mile - 2, Nancy Jeptoo, UAA, 4:59.95. Weight Throw - 1, Kori Sprague, CU, 59-11.75. Pentathlon - 2, Elena Cano, UAA, 3,436; 3, Paige Johnson, CU, 3,398.
Men (Top 3 GNAC Finishers): 400 Meters - 1, Logan Blake, NNU, 49.31. Triple Jump - 3, Chris Brake, UAA, 47-1.5. Shot Put - 3, Jakob Chamberlin, CU, 54-4.75. Weight Throw - 1, Joe Denniston,

CU, 56-5.75; 2, Jakob Chamberlin, CU, 55-10.5. Heptathlon - 3, JJ Walker, CU, 4,791.

Sat., Jan. 25 & Sun., Jan. 26

Portland Indoor #1

at Austin Family Center, Newberg, Ore. (Sat.) & Chiles Center, Portland, Ore. (Sun.)

Women (Top 3 GNAC Finishers): 60 Meters - 1, Maya Hopwood, WOU, 7.62. 200 Meters - 2, Maya Hopwood, WOU, 26.10. 800 Meters - 2, Emily Chilton, SFU, 2:19.68; 3, Nicole Lindsay, SFU, 2:21.24. Mile - 2, Jillian Green, WOU, 5:10.79. 60m Hurdles - 2, Ana Popchock, WOU, 9.36. 4x400 Relay - 3, Western Oregon (Logan Jackson, Jillian Green, Michaela Yonkman, Ana Popchock), 4:13.00. High Jump - 1, Kalulusno Ngaida, WOU, 5-3; 2, Ashley Vest, SMU, 5-3. Pole Vault - 2, Alyssa Smith, SMU, 10-11.75. Long Jump - 1, Jenelle Hurley, WOU, 17-10.75; 2, Danielle Waller, SFU, 17-1.5; 3, Darian Wilson, WOU, 16-11.25. Weight Throw - 1, Moana Gianotti, WOU, 49-5.

Men (Top 3 GNAC Finishers): 200 Meters - 2, Michael Russell, SMU, 23.15; 3, Barrington Walker, SMU, 23.19. 800 Meters - 2, Hunter Hutton, WOU, 1:56.41; 3, Richard Torres, SFU, 1:56.95. 60m Hurdles - 1, Brennen Sorah, WOU, 8.96. 4x400 Relay - 1, Western Oregon (Deshaun Stevens, Trey Reed, Emmett Klus, Max Carmo-na), 3:24.75; 2, Saint Martin's (Nick Georgia, Barrington Walker, Michael Russell, Zachary Franco), 3:25.57. High Jump - 2, Tyler Cronk, SMU, 6-7. Long Jump - 2, Tyler Cronk, SMU, 22-7.75; 3, Josh Schulz, SMU, 22-6.25. Weight Throw - 2, Owen Collins, WOU, 51-9; 3, Sam Cole, WOU, 49-10.5.

Sat., Jan. 25

BHSU Dave Little Alumni Mile

at Donald Young Center, Spearfish, S.D.

Women (Top 3 GNAC Finishers): 5,000 Meters - 3, Nikki Aiken, MSUB, 19:21.14. Long Jump - 1, Brenna Beckett, MSUB, 17-5.5. Triple Jump - 1, Brenna Beckett, MSUB, 36-5.75.

Men (Top 3 GNAC Finishers): 60 Meters - 2, Mason Schram, MSUB, 7.04. Shot Put - 3, Forrest Cross, MSUB, 49-1.75.

#GNACTF in 280

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#LaserLauzon Simon Fraser's **Jeremiah Lauzon** ran a GNAC record of 21.55 seconds in the men's 200 meters at the John Thomas Terrier Classic in Boston. The record earned Lauzon selection as the GNAC Men's Track Athlete of the Week.

#Repeat Simon Fraser's **Addy Townsend** repeated as GNAC Women's Track Athlete of the Week after she ran Division II's best time in 800 meters in Boston and anchored the Clan's DMR that ran the fastest time in Division II so far this season.

#ClimbingTheLadder Western Oregon freshman **Maya Hopwood** improved her school record in the 60 meters. Her winning time of 7.62 seconds is No. 3 on the GNAC All-Time List.

#DoubleRecord For the second week in a row, Montana State Billings senior **Brenna Beckett** won both the long jump and triple jump at the BHSU Dave Little Alumni Mile. In the process, Beckett broke both school records.

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GNAC Track & Field Athletes of the Week



MEN'S TRACK
Jeremiah Lauzon, Simon Fraser
 Freshman • Red Deer, Alta.

Lauzon set the GNAC indoor record in the 200 meters on Saturday at the John Thomas Terrier Classic in Boston. Lauzon was the top non-Division I finisher in the race, placing seventh in 21.55 seconds. That bettered the previous record of 21.56 seconds set by Concordia's Carlos Ortiz in 2018. The NCAA Championships provisional qualifying time ties him

for 10th in Division II this season.

Also Nominated: Trevor Allen (Central Washington), Jordan Gloden (Concordia), Logan Blake (Northwest Nazarene), Michael Russell (Saint Martin's), Hunter Hutton (Western Oregon).



MEN'S FIELD
Tyler Cronk, Saint Martin's
 Sophomore • Kent, Wash.

Cronk finished second in both the high jump and long jump at the Portland Indoor #1 meet's Saturday session in Newberg, Oregon. Cronk placed second in the high jump with a mark of 6 feet, 7 inches, and then added a second-place finish in the long jump with a mark of 22 feet, 7.75 inches. The performance in the long jump is the top mark in the GNAC

this season while his mark in the high jump was his second-best of the season.

Also Nominated: Chris Brake (Alaska Anchorage), Aidan Cain (Central Washington), Joe Denniston (Concordia), Colton Sedlack (Northwest Nazarene), Seren Dances (Western Washington).



WOMEN'S TRACK
Addy Townsend, Simon Fraser
 Senior • Coquitlam, B.C.

Townsend earned the award for the second week in a row thanks to a pair of impressive performances at the John Thomas Terrier Classic in Boston. On Saturday, Townsend ran the leading time in Division II this season in the 800 meters, placing 12th out of 150 runners in a time of 2:08.47. The time leads Division II by nearly a second and a half. Townsend

also ran the anchor leg on the Clan's winning distance medley relay team. The winning time of 11:36.73 is an NCAA Championships provisional qualifier and leads Division II.

Also Nominated: Tylantiss Atlas (Alaska Anchorage), Erykah Weems (Central Washington), Paige Johnson (Concordia), Lauren Wuertz (Northwest Nazarene), Hannah Cook (Saint Martin's), Maya Hopwood (Western Oregon).



WOMEN'S FIELD
Samantha La Rue, Central Washington
 Senior • Covington, Wash.

La Rue improved her NCAA Championships provisional qualifying mark and spot on the GNAC All-Time List in the shot put at the Idaho Open on Thursday. La Rue was the top non-Division I placer in the event, placing third with a mark of 46 feet, 2.5 inches. That moves La Rue to No. 8 on the GNAC All-Time List and No. 19 in Division II this season.

La Rue also placed fourth in the weight throw with a mark of 53 feet, 2.75 inches.

Also Nominated: Kori Sprague (Concordia), Brenna Beckett (Montana State Billings), Madi VonBrethost (Northwest Nazarene), Ashley Vest (Saint Martin's), Jenelle Hurley (Western Oregon).

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 |
| Jan. 20-26 | Jeremiah Lauzon, SFU | Tyler Cronk, SMU | Addy Townsend, SFU | Samantha La Rue, CWU |

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

Around The GNAC

ALASKA ANCHORAGE



- A pair of third-place finishes for sophomore **Tylantiss Atlas** led Alaska Anchorage's performances at the Ed Jacoby Invitational & Multis.

- Atlas placed third in the women's 400 meters with a time of 56.33 seconds. The NCAA Championships provisional qualifying mark ranks 17th in Division II this season. Atlas also took third in the 200 meters with a time of 24.96

seconds that leads the GNAC.

- Senior **Elena Cano** also earned an NCAA Championships provisional qualifying mark in the women's pentathlon, placing fifth with a score of 3,436 points. The score is the third-best in UAA history and ranks 15th in Division II this season.

- Sophomore **Nancy Jeptoo** ducked under five minutes in the women's mile, placing second with a time of 4:59.95. Senior **Emmah Chelimo** was not far back in 11th with a time of 5:03.17.

- Junior **David Sramek** placed fourth in his first heptathlon of the season, scoring 4,717 points. Senior **Chris Brake** added a third-place finish in the men's triple jump at 47 feet, 1.5 inches, and was fifth in the high jump with a clearance of 6 feet, 7 inches.

- Senior **Wesley Kirui** was fifth in the men's mile with a time of 4:16.02. Junior **Felix Kemboi** was sixth in a time of 4:16.51.

- Alaska Anchorage is No. 6 in the USTFCCCA Women's West Region Team Index. The men are ranked No. 8.

- The Seawolves return to action this weekend, competing at the UW Invitational on Friday and Saturday.

CENTRAL WASHINGTON



WILDCATS

- An improvement in a provisional qualifying mark for senior **Samantha La Rue** and a school record for senior **Erykah Weems** led Central Washington at Thursday's Idaho Open in Moscow.

- La Rue was named the GNAC Women's Field Athlete of the Week after placing third in the shot put with a mark of 46 feet, 2.5 inches, and fourth in the weight throw with a mark of 53 feet, 2.75 inches. The shot put mark improved her NCAA Championships provisional mark, ranking her 19th in Division II and moving her to No. 8 on the GNAC All-Time List.

- Weems tied the CWU record in the women's 200 meters, winning the event with a time of 25.00 seconds. Weems also won the 60-meter hurdles in a time of 8.97 seconds and took fourth in the 60 meters in 7.87 seconds.

- In the women's 400 meters, senior **Noelia Juarez** took second with a time of 58.25 seconds.

- Senior **Aidan Cain** also earned a nationals provisional qualifying mark in the men's weight throw, taking fourth with a throw of 58 feet, 0.25 inches. The mark ranks 32nd in Division II this season.

- Senior **Zach Whittaker** was the lone men's event winner, taking the triple jump with a leap of 46 feet, 10.75 inches.

- The Wildcats took third place in both 4x400-meter relay races. The women finished in 4:07.31 while the men clocked in at 3:31.18.

- Central Washington is the top-ranked team in this week's USTFCCCA Women's West Region Team Index. The Wildcats' men are ranked No. 6.

- Central Washington runs closer to home this weekend, traveling to Seattle for the UW Invitational on Friday and Saturday.

CONCORDIA



- Victories in the weight throw along with a school-record and nationals provisional qualifier in junior **Paige Johnson's** debut led Concordia at the Ed Jacoby Invitational & Multis.

- Johnson secured the provisional qualifier in the women's pentathlon, placing third with a score of 3,398 points that ranks her 18th in Division II. In the competition, Johnson set a Concordia record in the 60-meter hurdles with a time of

8.81 seconds. That bettered the previous record of 8.82 seconds set by Eunice Makinde in 2012.

- Senior **Kori Sprague** was the winner in the women's weight throw, taking the event with a mark of 59 feet, 11.75 inches that tied her mark from last week. She ranks No. 7 on the Division II best list.

- On the men's side, senior **Joe Denniston** captured first in the men's weight throw with his mark of 56 feet, 5.75 inches. Junior **Jakob Chamberlin** was second with a mark of 55 feet, 10.5 inches and also took third in the shot put with a mark of 54 feet, 4.75 inches. Chamberlin's best of 55 feet, 0.75 inches in the shot ranks 18th in Division II.

- Sophomore **JJ Walker** took third in his first indoor men's heptathlon, compiling a score of 4,791 points. The score is an NCAA Championships provisional qualifier and ranks 21st in Division II this season.

- The Concordia men are ranked No. 1 in this week's USTFCCCA Men's West Region Team Index. The Cavaliers' women are ranked No. 3.

- Concordia will be among eight GNAC teams competing on Friday and Saturday at the UW Invitational in Seattle.

MONTANA STATE BILLINGS



- Senior **Brenna Beckett** won both horizontal jumps for the second consecutive week to lead Montana State Billings' performances at the BHSU Dave Little Alumni Mile in Spearfish, S.D.

- Beckett smashed school records in both disciplines. She won the women's long jump with a mark of 17 feet, 5.5 inches, surpassing the previous record of 16 feet, 9.75 inches set by Delaware Steingruber in 2012. Likewise, Beckett won the triple jump with a mark of 36 feet, 5.75 inches to surpass the mark of 35 feet, 10 inches set by Janessa Williams in 2017.

- Senior **Mason Schram** led the efforts for the Yellowjackets on the track, taking second in the men's 60 meters with a time of 7.14 seconds. Schram's season-best of 7.02 seconds, run at the Jan. 10 Snake River Open, is second in the GNAC this season.

- Senior **Forrest Cross** finished third in the men's shot put for the second straight meet with a mark of 49 feet, 1.75 inches. Cross was just three seconds behind the winner, Shane Collins of Chadron State.

- Senior **Nikki Aiken** added a third-place finish in the women's 5,000 meters, crossing the line in a time of 19:21.14.

- Other notable performances included senior **Taylor Stringari**, who placed sixth in the women's weight throw with a mark and 44 feet, 6 inches, and sophomore **Ase Ackerman** and his sixth-place finish in the men's 5,000 meters in a time of 16:10.59.

- The Yellowjackets are right back in Spearfish on Saturday, competing in the Black Hills State Myrle Hanson Open.

Around The GNAC

NORTHWEST NAZARENE



- Senior **Logan Blake's** win in the men's 400 meters led Northwest Nazarene at the Ed Jacoby Invitational & Multis in Nampa.
- Blake bettered a largely Division I field with a GNAC-leading time of 49.31 seconds. He went on to finish fourth in the 200 meters in 22.22 seconds. Both times just missed lifetime bests.
- Sophomore **Aaron Berger** also notched a top-10 finish in the men's 600 meters, clocking 1:26.78 in the three-lap non-championship distance.
- Sophomore **Madi VonBrethorst** led the NNU women's performances, placing fourth in the high jump with a clearance of 5 feet, 5.25 inches. The mark ranks as third best in NNU history.
- Junior **Heidi Nisly** led the NNU women's efforts on the track, placing eighth in the women's 800 meters, finishing in a time of 2:24.66. Nisly also ran on the Nighthawks' distance medley relay team that placed seventh in a time of 12:45.60.
- Northwest Nazarene will take this weekend off and will return to the Jackson's Indoor Center on Feb. 7 and 8 for the Nike Indoor Invite.

SAINT MARTIN'S



- A series of second-place finishes across the board led Saint Martin's performances in the Portland Indoor No. 1 meet, Saturday in Newberg, Oregon and Sunday in Portland.
- Sophomore **Tyler Cronk** was named the GNAC Men's Field Athlete of the Week after he notched a pair of second-place finishes. Cronk was runner-up in the long jump with a mark of 22 feet, 7.75 inches, which leads the GNAC. He also took second in the high jump with a clearance of 6 feet, 7 inches.
- Sophomore **Michael Russell** took second in the men's 200 meters with a time of 23.15 seconds while sophomore **Barrington Walker** was third in 23.19 seconds. The Saints' 4x400-meter relay of **Nick Georgia**, Walker, Russell and **Zachary Walker** also finished second in a time of 3:25.57.
- The Saint Martin's women picked up a pair of second-place finishes in the field events. Junior **Ashley Vest** took second in the high jump with a clearance of 5 feet, 3 inches. Junior **Alyssa Smith** was third in the pole vault with a mark of 10 feet, 11.75 inches. Freshman **Margaret Zilla** took fourth in the women's long jump with her mark of 16 feet, 6 inches.
- Saint Martin's placed three athletes in the finals of the men's 60 meters. Freshman **Landon Armstrong** led the way, placing fifth in a time of 7.14 seconds. In the women's sprints, freshman **Makiya Worthy** made the finals of the 60 meters and placed eighth in a time of 8.34 seconds.
- The Saint Martin's men enter the week ranked No. 10 in the USTFCCCA West Region Team Index.
- Saint Martin's will be among the eight GNAC teams in Seattle on Friday and Saturday for the UW Invitational.

SEATTLE PACIFIC



- Seattle Pacific traveled a small group of men's athletes to Oregon last weekend to compete in the Portland Indoor No. 1 meet.
- Sophomore **David Njeri** led the way for the Falcons, placing fourth in the 400 meters with a time of 52.25 seconds. Freshman **Julius Shepherd** was two places back in sixth with a time of 53.50 seconds.
- Sophomore **Colby Otero** added a fifth-place finish in the mile, clocking in with a time of 4:24.23. A season-best for Otero, the time ranks ninth in the GNAC this season.
- While not competing last week, the Falcons' women are ranked eighth in this week's USTFCCCA West Region Team Index.
- Seattle Pacific will send a full contingent of men and women across town to Dempsey Indoor to take part in the UW Invitational.



SIMON FRASER

- Simon Fraser split its squad last weekend, sending a handful of athletes east to the John Thomas Terrier Classic in Boston and others to the Portland Indoor No. 1 meet in Oregon.
- In Boston, freshman **Jeremiah Lauzon** made the biggest splash with his GNAC record in the men's 200 meters. Lauzon placed seventh with a time of 21.55 seconds to eclipse the previous record of 21.56 seconds run by Concordia's Carlos Ortiz in 2018. The NCAA Championships provisional qualifying mark ties him for 10th in Division II this season and earned Lauzon selection as the GNAC Men's Track Athlete of the Week.
- Senior **Addy Townsend** repeated as the GNAC Women's Track Athlete of the Week after she placed 12th out of 150 runners in the 800 meters in Boston. Her time of 2:08.47 is the top time in Division II this season by a second and a half. She also anchored the Clan's distance medley relay team that won in an NCAA Championships provisional qualifying time of 11:37.73. The mark run by **Mairin Shields-Brown**, **Renate Bluschke**, **Megan Roxby** and Townsend is the best in Division II this season.
- Sophomore **Zackary Kuzyk** notched a seventh-place finish in the men's high jump in Boston, clearing 6 feet, 6.75 inches. He was the top non-Division I placer in the competition.
- At the Portland Indoor, the Clan's top performances came in the 800 meters. Junior **Emily Chilton** placed second in the women's race in a time of 2:19.68 while junior **Nicole Lindsay** placed third in a time of 2:21.24. In the men's 800, senior **Richard Torres** placed third in 1:56.95.
- Freshman **Danielle Waller** added a second-place finish in the women's long jump in Portland with a leap of 17 feet, 1.5 inches.
- The Clan women remained ranked No. 12 in this week's USTFCCCA Division II National Team Rankings. The women are fifth in the West Region Team Index while the men are No. 7.
- Simon Fraser will once again split its squad, sending select athletes back to Boston for the Bruce Lehane Scarlet & White Invite while the rest of the squad heads to Seattle for the UW Invitational.

Around The GNAC

WESTERN OREGON



- Freshman **Maya Hopwood** notched a pair of impressive performances to lead Western Oregon at the Portland Indoor No. 1 meet.
- Hopwood won the women's 60 meters with a time of 7.62 seconds. That not only improved her WOU record, but moved her to No. 3 on the GNAC All-Time List. Her converted mark of 7.57 seconds from the 55 meters at the Candy Cane XII meet ties her for 10th in Division II this season. On Sunday, Hopwood took second in the 200 meters in a time of 26.10 seconds.
- The Wolves had a trio of victories in the women's field events. Junior **Moana Gianotti** won the weight throw with a mark of 49 feet, 5 inches, ranking her fifth in the GNAC this season. Freshman **Jenelle Hurley** won the long jump with a mark of 17 feet, 10.75 inches while junior **Kalulusno Ngaido** took the high jump with a clearance of 5 feet, 3 inches.
- In the men's track events, freshman **Brennen Sorah** debuted with a victory in the 60-meter hurdles with a time of 8.96 seconds. The Wolves also saw the 4x400-meter relay team of **Deshaun Stevens**, **Trey Reed**, **Emmett Klus** and **Max Carmona** win in a time of 3:24.75.
- Western Oregon took second and third in the men's weight throw. Sophomore **Owen Collins** took second with a mark of 51 feet, 9 inches, while junior **Sam Cole** was third at 49 feet, 10.5 inches.
- The Wolves' men are ranked No. 5 in this week's USTFCCCA West Region Team Index. The WOU women are ranked No. 7.
- Western Oregon will be among eight GNAC teams competing in Seattle this weekend at the UW Invitational.

WESTERN WASHINGTON



- Sophomore **Seren Dances** was Western Washington's lone competitor at the Ed Jacoby Invitational & Multis in Nampa.
- Dances placed fifth in the men's heptathlon with a score of 4,694 points. He was in second place through the first day of competition thanks to a win in the long jump with a mark of 22 feet, 7.75 inches and second-place finishes in the 60 meters (7.18) and high jump (6-3.25). Dances' second day was highlighted by a third-place finish in the 60-meter hurdles (8.55).
- The Western Washington men enter the week ranked No. 2 in the USTFCCCA West Region Team Index.
- Western Washington's full squad will be in action in Seattle this weekend, taking part in the UW Invitational.

GNAC Qualifiers For NCAA Indoor Championships

MEN PROVISIONAL QUALIFIERS AS OF JAN. 28, 2020

| Event | Athlete | Mark | Rank | Date |
|--------------|------------------------|---------------|--------|---------|
| 200 Meters | Jeremiah Lauzon, SFU | 21.55 | T-10th | 1/24/20 |
| 800 Meters | Derek Holdworth, WOU | 1:50.02 | 2nd | 1/18/20 |
| Mile | Justin Crosswhite, WOU | 4:09.72 | 8th | 1/18/20 |
| High Jump | Tyler Cronk, SMU | 2.10/6-10.75 | T-7th | 1/18/20 |
| Shot Put | Jakob Chamberlin, CU | 16.78/55-0.75 | 18th | 1/18/20 |
| | Caleb Bridge, CU | 16.43/53-11 | 27th | 1/24/20 |
| Weight Throw | Jakob Chamberlin, CU | 17.81/58-5.25 | 29th | 1/18/20 |
| | Aidan Cain, CWU | 17.68/58-0.25 | 32nd | 1/23/20 |
| Heptathlon | JJ Walker, CU | 4,791 | 21st | 1/24/20 |

WOMEN'S AUTOMATIC QUALIFIERS AS OF JAN. 28, 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. 28, 2020

| Event | Athlete | Mark | Rank | Date |
|--------------|----------------------|----------------|--------|----------|
| 60 Meters | Maya Hopwood, WOU | 7.57* | T-10th | 12/6/19 |
| 400 Meters | Sidney Trinidad, CWU | 56.19 | 13th | 12/14/19 |
| | Tylantiss Atlas, UAA | 56.33 | 17th | 1/24/20 |
| 800 Meters | Addy Townsend, SFU | 2:08.47 | 1st | 1/24/20 |
| Mile | Addy Townsend, SFU | 4:49.03 | 3rd | 1/18/20 |
| 3,000 Meters | Emmah Chelimo, UAA | 9:44.61 | 9th | 1/18/20 |
| 60m Hurdles | Erykah Weems, CWU | 8.78 | T-16th | 1/18/20 |
| DMR | Simon Fraser | 11:36.73 | 1st | 1/24/20 |
| Pole Vault | Halle Irvine, CWU | 3.70/12-1.5 | 17th | 12/14/19 |
| | Scout Cai, SPU | 3.66/12-0 | 26th | 1/18/20 |
| Long Jump | Keshara Romain, SMU | 5.76/18-10.75 | T-13th | 12/14/19 |
| Shot Put | Samantha La Rue, CWU | 14.08/46-0.75 | 19th | 1/23/20 |
| Weight Throw | Kori Sprague, CU | 18.28/59-11.75 | 7th | 1/18/20 |
| Pentathlon | Elena Cano, UAA | 3,436 | 15th | 1/24/20 |
| | Paige Johnson, CU | 3,398 | 18th | 1/24/20 |
| | Sidney Trinidad, CWU | 3,282 | 23rd | 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 | No GNAC Teams Ranked |
| Preseason | No GNAC Teams Ranked |
| Jan. 28 | No GNAC Teams Ranked |

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 1 - Jan. 28, 2020

| Rk | School | Pts. | Prev. |
|-----|------------------------|--------|-------|
| 1. | Tiffin | 162.08 | 1 |
| 2. | Lincoln (Mo.) | 150.15 | 5 |
| 3. | Ashland | 144.52 | 4 |
| 4. | American International | 115.66 | 58 |
| 5. | Colorado Mines | 113.58 | 2 |
| 6. | Missouri Southern | 107.86 | 9 |
| 7. | NW Missouri St. | 91.99 | 8 |
| 8. | Grand Valley St. | 91.47 | 11 |
| 9. | CSU-Pueblo | 81.27 | 19 |
| 10. | Saint Augustine's | 66.09 | 42 |
| 11. | Western Colorado | 64.35 | 6 |
| 12. | Central Missouri | 63.07 | 3 |
| 13. | Carson-Newman | 58.66 | 30 |
| 14. | Northwood (Mich.) | 50.08 | 17 |
| 15. | North Greenville | 48.73 | 25 |
| 16. | Findlay | 47.38 | 21 |
| 17. | Pittsburg St. | 43.79 | 12 |
| 18. | Shippensburg | 38.03 | 25 |
| 19. | Oklahoma Baptist | 37.86 | 53 |
| 20. | Angelo State | 36.17 | 10 |
| 21. | West Texas A&M | 35.96 | 15 |
| 22. | Adams State | 34.98 | 18 |
| 23. | Southern Connecticut | 34.72 | 38 |
| 24. | Minnesota St. | 33.97 | 22 |
| 25. | Lee (Tenn.) | 31.95 | NR |

[Complete Poll Online](#)

USTFCCCA WEST REGION TEAM INDEX

Week 1 - Jan. 28, 2020

| Rk | School | Pts. | Prev. |
|-----|-------------------------------|---------------|-------|
| 1. | <i>Concordia (Ore.)</i> | 303.10 | — |
| 2. | <i>Western Washington</i> | 290.81 | — |
| 3. | Azusa Pacific | 289.51 | — |
| 4. | Academy of Art | 273.40 | — |
| 5. | <i>Western Oregon</i> | 233.78 | — |
| 6. | <i>Central Washington</i> | 232.78 | — |
| 7. | <i>Simon Fraser</i> | 232.44 | — |
| 8. | <i>Alaska Anchorage</i> | 178.12 | — |
| 9. | <i>Montana State Billings</i> | 145.09 | — |
| 10. | <i>Saint Martin's</i> | 136.02 | — |



Women's Indoor Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

| | | |
|-----------|------|------|
| National | SPU | SFU |
| Preseason | 20th | 12th |
| Jan. 28 | — | 12th |

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 1 - Jan. 28, 2020

| Rk | School | Pts. | Prev. |
|-----|------------------------|--------------|-----------|
| 1. | Grand Valley St. | 203.29 | 1 |
| 2. | Lincoln (Mo.) | 131.22 | 2 |
| 3. | NW Missouri St. | 121.61 | 14 |
| 4. | Minnesota State | 110.05 | 13 |
| 5. | Indianapolis | 94.17 | 49 |
| 6. | Tiffin | 91.19 | 21 |
| 7. | Southwest Baptist | 91.00 | 10 |
| 8. | Adams State | 86.17 | 3 |
| 9. | Lee (Tenn.) | 77.39 | 52 |
| 10. | Azusa Pacific | 74.92 | 8 |
| 11. | West Texas A&M | 69.73 | 4 |
| 12. | <i>Simon Fraser</i> | 67.96 | 12 |
| 13. | Missouri Southern | 60.53 | 5 |
| 14. | Saginaw Valley St. | 56.45 | 24 |
| 15. | Pittsburg St. | 54.22 | 7 |
| 16. | Mary | 51.82 | 15 |
| 17. | UC-Colorado Springs | 50.68 | 11 |
| 18. | American International | 44.83 | 68 |
| 19. | CSU-Pueblo | 40.23 | 30 |
| 20. | Central Missouri | 39.96 | 16 |
| 21. | West Chester | 37.89 | 26 |
| 22. | Southern Indiana | 33.83 | NR |
| 23. | Colorado Mesa | 31.89 | 80 |
| 24. | Central State | 31.73 | NR |
| 25. | Western Colorado | 31.37 | 18 |

[Complete Poll Online](#)

USTFCCCA WEST REGION TEAM INDEX

Week 1 - Jan. 28, 2020

| Rk | School | Pts. | Prev. |
|-----|---------------------------|---------------|-------|
| 1. | <i>Central Washington</i> | 306.00 | — |
| 2. | Azusa Pacific | 305.45 | — |
| 3. | <i>Concordia</i> | 301.18 | — |
| 4. | Academy of Art | 236.45 | — |
| 5. | <i>Simon Fraser</i> | 218.92 | — |
| 6. | <i>Alaska Anchorage</i> | 159.03 | — |
| 7. | <i>Western Oregon</i> | 120.03 | — |
| 8. | <i>Seattle Pacific</i> | 117.85 | — |
| 9. | SF State | 115.73 | — |
| 10. | Stanislaus State | 104.57 | — |



GNAC Indoor Track & Field Records

MEN - ALL MEETS

| | | |
|---|----------------|--|
| 60 Meters | 6.72 | Alex Donigian, Western Washington (2015) |
| 200 Meters | 21.55 | Jeremiah Lauzon, Simon Fraser (2020) |
| 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 Whittaker, 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.

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.

Thurs., Jan. 23

Idaho Open

at Kibbie ASUI Activity Center, Moscow, Idaho

Women (Top 3 GNAC Finishers): 200 Meters - 1, Erykah Weems, CWU, 25.00. 400 Meters - 2, Noelia Juarez, CWU, 58.25. 60m Hurdles - 1, Erykah Weems, CWU, 8.97. 4x400 Relay - 3, Central Washington (Noelia Juarez, McCall DeChenne, Dani Taylor, Palmer Flippo), 4:07.31. Shot Put - 3, Samantha La Rue, CWU, 46-2.5.

Men (Top 3 GNAC Finishers): 4x400 Relay - 3, Central Washington (Luke Simonson, Gunner Vallatini, Spencer Solvberg, Daniel Calderon), 3:31.18. Triple Jump - 1, Zach Whittaker, CWU, 46-10.75.

Fri., Jan. 24-Sat., Jan. 25

John Thomas Terrier Classic

at Boston Univ. Track & Tennis Center, Boston, Mass.

Women (Top 3 GNAC Finishers): DMR - 1, Simon Fraser (Mairin Shields-Brown, Renate Bluschke, Megan Roxby, Addy Townsend), 11:36.73.

Men (Top 3 GNAC Finishers): None.

Ed Jacoby Invitational & Multis

at Jackson's Indoor Center, Nampa, Idaho

Women (Top 3 GNAC Finishers): 200 Meters - 3, Tylantiss Atlas, UAA, 24.96. 400 Meters - 3, Tylantiss Atlas, UAA, 56.33. Mile - 2, Nancy Jeptoo, UAA, 4:59.95. Weight Throw - 1, Kori Sprague, CU, 59-11.75. Pentathlon - 2, Elena Cano, UAA, 3,436; 3, Paige Johnson, CU, 3,398.

Men (Top 3 GNAC Finishers): 400 Meters - 1, Logan Blake, NNU, 49.31. Triple Jump - 3, Chris Brake, UAA, 47-1.5. Shot Put - 3, Jakob Chamberlin, CU, 54-4.75. Weight Throw - 1, Joe Denniston, CU, 56-5.75; 2, Jakob Chamberlin, CU, 55-10.5. Heptathlon - 3, JJ Walker, CU, 4,791.

2019-20 GNAC Indoor Meet Summaries

Sat., Jan. 25 & Sun., Jan. 26

Portland Indoor #1

at Austin Family Center, Newberg, Ore. (Sat.) & Chiles Center, Portland, Ore. (Sun.)

Women (Top 3 GNAC Finishers): 60 Meters - 1, Maya Hopwood, WOU, 7.62. 200 Meters - 2, Maya Hopwood, WOU, 26.10. 800 Meters - 2, Emily Chilton, SFU, 2:19.68; 3, Nicole Lindsay, SFU, 2:21.24. Mile - 2, Jillian Green, WOU, 5:10.79. 60m Hurdles - 2, Ana Popchock, WOU, 9.36. 4x400 Relay - 3, Western Oregon (Logan Jackson, Jillian Green, Michaela Yonkman, Ana Popchock), 4:13.00. High Jump - 1, Kalulusno Ngaida, WOU, 5-3; 2, Ashley Vest, SMU, 5-3. Pole Vault - 2, Alyssa Smith, SMU, 10-11.75. Long Jump - 1, Jenelle Hurley, WOU, 17-10.75; 2, Danielle Waller, SFU, 17-1.5; 3, Darian Wilson, WOU, 16-11.25. Weight Throw - 1, Moana Gianotti, WOU, 49-5.

Men (Top 3 GNAC Finishers): 200 Meters - 2, Michael Russell, SMU, 23.15; 3, Barrington Walker, SMU, 23.19. 800 Meters - 2, Hunter Hutton, WOU, 1:56.41; 3, Richard Torres, SFU, 1:56.95. 60m Hurdles - 1, Brennen Sorah, WOU, 8.96. 4x400 Relay - 1, Western Oregon (Deshaun Stevens, Trey Reed, Emmett Klus, Max Carmona), 3:24.75; 2, Saint Martin's (Nick Georgia, Barrington Walker, Michael Russell, Zachary Franco), 3:25.57. High Jump - 2, Tyler Cronk, SMU, 6-7. Long Jump - 2, Tyler Cronk, SMU, 22-7.75; 3, Josh Schulz, SMU, 22-6.25. Weight Throw - 2, Owen Collins, WOU, 51-9; 3, Sam Cole, WOU, 49-10.5.

Sat., Jan. 25

BHSU Dave Little Alumni Mile

at Donald Young Center, Spearfish, S.D.

Women (Top 3 GNAC Finishers): 5,000 Meters - 3, Nikki Aiken, MSUB, 19:21.14. Long Jump - 1, Brenna Beckett, MSUB, 17-5.5. Triple Jump - 1, Brenna Beckett, MSUB, 36-5.75.

Men (Top 3 GNAC Finishers): 60 Meters - 2, Mason Schram, MSUB, 7.04. Shot Put - 3, Forrest Cross, MSUB, 49-1.75.