



Feb. 6, 2020 • Week 4
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Feb. 7-Sat., Feb. 8

Central Washington, Montana State Billings,
 Northwest Nazarene, Seattle Pacific
 at Nike Indoor Invite, Nampa, Idaho

Sat., Feb. 8-Sun., Feb. 9

Concordia, Saint Martin's, Simon Fraser, Western
 Oregon, Western Washington at Portland Indoor
 #1, Newberg, Ore. (Sat.) & Portland, Ore. (Sun.)

LAST WEEK'S MEETS

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

UW Invitational

at Dempsey Indoor, Seattle, Wash.

Women (Top 3 GNAC Finishers): Long Jump - 3,
 Peace Igbonagwam, SPU, 18-5.75.

Men (Top 3 GNAC Finishers): 800 Meters - 1,
 Derek Holdsworth, WOU, 1:47.74 (GNAC Record).
 DMR - 1, Western Oregon (Justin Crosswhite,
 Gabe Arce-Torres, Max Carmona, Derek Hold-
 sworth), 9:52.02. Weight Throw - 2, Aidan Cain,
 CWU, 61-10.25 (GNAC Record).

Sat., Feb. 1

BSHU Myrle Hanson Open

at Donald Young Center, Spearfish, S.D.

Women (Top 3 GNAC Finishers): 200 Meters -
 2, Brenna Beckett, MSUB, 27.34. 3,000 Meters
 - 2, Nikki Aiken, MSUB, 11:08.12. Long Jump - 2,
 Brenna Beckett, MSUB, 17-2.25.

Men (Top 3 GNAC Finishers): 60 Meters - 1,
 Mason Schram, MSUB, 7.12. 200 Meters - 2,
 Rahkei Eyer, MSUB, 23.10. 3,000 Meters - 3, Ase
 Ackerman, MSUB, 9:10.38. High Jump - 2, Isaiah
 Girard, MSUB, 6-4. Shot Put - 2, Forrest Cross,
 MSUB, 46-11.

Harry Jerome Games

at Richmond Oval, Richmond, B.C.

Women (Top 3 GNAC Finishers): 60 Meters - 3,
 Jordan Jacobs, SFU, 8.20. 600 Meters - 2, Adri-
 anna Klassen, SFU, 1:43.28. 1,500 Meters - 2,
 Grace Chalk, SFU, 4:57.35.

Men (Top 3 GNAC Finishers): None.

#GNACTF in 280

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#BigTimeRecord Western Oregon's **Derek Holdsworth** smashed the GNAC record in the 800 meters at the UW Invitational. His time of 1:47.74 also leads Division II and is No. 3 among all college competitors. Holdsworth was named both the GNAC and USTFCCCA Men's Track Athlete of the Week.

#WeightyMark Central Washington's **Aidan Cain** erased a 13-year-old GNAC record in the men's weight throw with a mark of 61 feet, 10.25 inches in Seattle. He was named the GNAC Men's Field Athlete of the Week.

#CombinedPower Western Washington's **Aliyah Dawkins** and **Seren Dances** established school records in the pentathlon and heptathlon at the UW Invitational. Dawkins earned two NCAA Championships provisional qualifying marks to take GNAC Women's Field Athlete of the Week honors.

#Threepeat Simon Fraser's **Addy Townsend** won her third straight GNAC Women's Track Athlete of the Week award after she automatically qualified for nationals in the 800 meters.

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NW Nazarene	@NNUSports	
Saint Martin's	@SMUSaints	#SaintsStrong
Seattle Pacific	@SPUFalcons	
Simon Fraser	@SFUClan	#RepTheLeaf
W. Oregon	@WOUWolves	#HowlAboutIt
W. Washington	@WWUAthletics	#VIKtorious

GNAC Track & Field Athletes of the Week



MEN'S TRACK

Derek Holdsworth, Western Oregon
Junior • Williamsburg, Va.

Holdsworth set the GNAC record in the 800 meters, beating a Division I laden field at the UW Invitational. Holdsworth's winning time of 1:47.74 blew past the GNAC record set by the Wolves' Badane Sultessa in 2016 and automatically qualifies Holdsworth for the NCAA Championships. The performance is the top mark in Division II this season, No. 3 in all

college divisions and is among the top-10 times run in the world in the event this indoor season.

Also Nominated: Bobby Widmar (Central Washington), Colby Otero (Seattle Pacific), Jeremiah Lauzon (Simon Fraser), Ryan Greenwalt (Western Washington).



WOMEN'S TRACK

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

Townsend had another personal best in the 800 meters and hit an NCAA Championships automatic qualifying mark at the UW Invitational to win her third straight award. The top non-Division I or professional finisher, Townsend placed ninth in a time of 2:07.74. That leads Division II and moves Townsend into No. 7 on the GNAC All-Time List. The time is

also 21st this season across all college divisions.

Also Nominated: Emmah Chelimo (Alaska Anchorage), Erykah Weems (Central Washington), Grace Knapp (Western Oregon).



MEN'S FIELD

Aidan Cain, Central Washington
Senior • Monroe, Wash.

Cain set the GNAC record in the weight throw while taking second in the event at the UW Invitational. His mark of 61 feet, 10.25 inches eclipsed the former record of 61 feet, 9 inches set by Western Oregon's Anthony Marin in 2007, which was the oldest remaining record on the GNAC men's indoor list. An NCAA Championships provisional qualifying

mark, it is also No. 17 on the Division II season-best list. Cain also placed 12th in the shot put with a mark of 48 feet, 8.25 inches.

Also Nominated: Chris Brake (Alaska Anchorage), Seth Bridge (Concordia), Seren Dances (Western Washington).



WOMEN'S FIELD

Aliyah Dawkins, Western Washington
Sophomore • North Mankato, Minn.

Dawkins provisionally qualified for the NCAA Championships and set the WWU record in the pentathlon at the UW Invitational. Dawkins finished fifth with a score of 3,310 points that ranks her 25th in Division II this season. During the five-event discipline, Dawkins won the high jump with a clearance of 5 feet, 7.75 inches that moves her to No. 9 on the

GNAC All-Time List.

Also Nominated: Samantha La Rue (Central Washington), Sasha Korolenko (Concordia), Moana Gianotti (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
Jan. 27-Feb. 2	Derek Holdsworth, WOU	Aidan Cain, CWU	Addy Townsend, SFU	Aliyah Dawkins, WWU

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

Around The GNAC

ALASKA ANCHORAGE



- Led by the distance medley relay teams, Alaska Anchorage posted several NCAA Championships provisional qualifying marks at the UW Invitational.
- The men's DMR squad of **Felix Kemboi**, **Joshua Wagner**, **Eduardo Orozco** and **Wesley Kirui** placed third in a time of 9:59.65. The second-fastest time in the GNAC this season, the mark ranks 10th in Division II.
- The women's DMR of **Nancy Jeptoo**, **Tylantiss Atlas**, **Ruth Cvancara** and **Emmah Chelimo** also posted a provisional qualifying mark, placing fifth in 11:51.24. That is also second-fastest in the GNAC and fourth in Division II this season.
- Chelimo added an NCAA provisional qualifying time in the women's 3,000 meters. She placed 37th out of 66 competitors in a time of 9:41.98, ranking her ninth in Division II. Jeptoo also provisionally qualified in the mile as her 38th-place time of 4:58.98 ranks 21st in Division II.
- The Seawolves finished the meet with three other top-10 finishes. Senior **Chris Brake** placed eighth in the men's high jump with a clearance of 6 feet, 5 inches. Senior **Elena Cano** was ninth in the women's 60-meter hurdles with a time of 8.96 seconds and the women's 4x400-meter relay team placed 10th in a time of 3:56.98.
- Alaska Anchorage is No. 6 in the USTFCCCA Women's West Region Team Index. The men are ranked No. 8. Both are unchanged since last week.
- The Seawolves will not compete again until Feb. 14 and 15, heading east for the GVSU Big Meet in Allendale, Michigan.

CENTRAL WASHINGTON



- Senior **Aidan Cain's** GNAC record in the men's weight throw headlined Central Washington's performances at the UW Invitational.
- Cain placed second out of 21 competitors with a mark of 61 feet, 10.25 inches. That replaced one of the oldest records in the GNAC record book of 61 feet, 9 inches, set by Western Oregon's Anthony Marin in 2007. The NCAA Championships provisional qualifying mark ranks 17th in Division II and earned Cain selection as the GNAC Men's Field Athlete of the Week.
- The women's 4x400-meter relay team of **Noelia Juarez**, **Erykah Weems**, **McCall DeChenne** and **Sidney Trinidad** set a school record with its fourth-place finish in a time of 3:50.17. That bettered the previous record of 3:50.28 set in 2017. The NCAA Championships provisional qualifying time is 10th in Division II this season.
- Weems also had another strong performance in the sprints. She placed seventh in the 200 meters in a time of 25.16 seconds and was eighth in the 60-meter hurdles in 9.01 seconds after running 8.87 seconds in the prelims. She was the only Division II athlete to make the final.
- Junior **Ethan Tonder** notched a seventh-place finish in the men's shot put with a mark of 52 feet, 4.5 inches.
- Central Washington slipped to third in this week's USTFCCCA Women's West Region Team Index. The Wildcats' men held steady at No. 6.
- Central Washington will travel to the Jackson's Indoor Center in Nampa, Idaho this weekend for the Nike Indoor Invite on Friday and Saturday.

CONCORDIA



- A solid day for the throwers led Concordia's performances at the UW Invitational.
- Junior **Jakob Chamberlin** led the way with a sixth-place finish in the men's shot put with a mark of 55 feet, 3 inches. He also placed 11th in the weight throw with a mark of 55 feet, 5 inches.
- Senior **Caleb Bridge** was not far behind Chamberlin with an eighth-place finish in the men's shot put with a mark of 52 feet, 3.75 inches. Senior **Brett Elder** was 11th in the shot with a mark of 50 feet.
- Senior **Kori Sprague** led the CU women's throwers with her 10th place finish in the weight throw, finishing with a mark of 55 feet, 10 inches. Sophomore **Sasha Korolenko** threw for a lifetime best of 54 feet, 4 inches in the event and placed 15th.
- Senior **Katrina Linenko** was the only Concordia competitor in the women's shot put, placing 11th with her mark of 44 feet, 8 inches.
- Senior **Karlie Hurley** led a limited number of Cavaliers' athletes to compete in the track events, placing 20th in the women's 400 meters in 58.29 seconds.
- Concordia slipped to No. 3 in this week's USTFCCCA Men's West Region Team Index while the Cavaliers' women moved up one spot to No. 2.
- Concordia will compete this weekend in the Portland Indoor #2 meet. Saturday's events will be held at George Fox University's Austin Sports Center in Newberg, Oregon. Sunday's events will be at the University of Portland's Chiles Center.

MONTANA STATE BILLINGS



- A slew of second-place finishes and a win for senior **Mason Schram** in the men's 60 meters led Montana State Billings in its return to Spearfish, S.D., on Saturday for the Myrle Hanson Open.
- Schram took the close win with a time of 7.12 seconds, just edging out second-place Donte Wilson of Dickinson State with his time of 7.14.
- Senior **Brenna Beckett** had two of those runner-up efforts. She took second in one of her specialties, the women's long jump, with a mark of 17 feet, 2.25 inches. She also took second in the 200 meters with a time of 27.34 seconds.
- Senior **Nikki Aiken** had the other top-two finish for the women, placing second in the 5,000 meters with a time of 11:08.12.
- Senior **Isaiah Girard** notched a second-place finish in the men's high jump with a clearance of 6 feet, 4 inches. Senior **Forrest Cross** added a runner-up finish in the men's shot put with a mark of 46 feet, 11 inches.
- Junior **Rahkei Eyer** added a second-place finish in the men's 200 meters with a time of 23.10 seconds. The effort ties him for seventh in the GNAC this season. Sophomore **Ase Ackerman** was third in the 3,000 meters with a time of 9:10.38.
- The MSUB men cracked the USTFCCCA West Region Team Index for the first time this season, entering at No. 9.
- The Yellowjackets will compete this weekend in their final meet before the GNAC Indoor Championships, taking part in the Nike Indoor Invite in Nampa on Friday and Saturday.

Around The GNAC

NORTHWEST NAZARENE



• Northwest Nazarene was one of two GNAC squads to not compete last weekend. The Nighthawks return to the Jackson's Indoor Center on Friday and Saturday for the Nike Indoor Invite.

• Senior **Logan Blake's** win in the men's 400 meters led Northwest Nazarene at the Ed Jacoby Invitational & Multis in Nampa on Jan. 24 and 25. 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.

• Sophomore **Aaron Borger** 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.

SAINT MARTIN'S



• Saint Martin's was the other GNAC squad not to compete last weekend. The Saints head south to Oregon this weekend to take part in the Portland Indoor #2 meet. It is the program's last scheduled meet prior to the GNAC Championships.

• A series of second-place finishes across the board led Saint Martin's performances in the Portland Indoor No. 1 meet on Jan. 25 and 26.

• Sophomore **Tyler Cronk** was the 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.

• The Saint Martin's men remain at No. 10 in this week's USTFCCA West Region Team Index.

SEATTLE PACIFIC



• A school-record run for sophomore **Colby Otero** in the men's 5,000 meters topped the performances for Seattle Pacific at the UW Invitational.

• Running his first-ever indoor 5,000, Otero clocked a time of 14:35.10 to erase the SPU indoor record of 14:56.77 run by Turner Wiley in 2016 and the overall record of 14:39.6 run outdoors by Walt Notter in 1969. Otero placed 17th out of 45 finishers and was the top Division II athlete in the field. An NCAA Championships provisional qualifier, Otero is 31st in Division II this season.

• In the women's 5,000 meters, junior **Dania Holmberg** and senior **Kate Lilly** each earned NCAA Championships provisional qualifying marks. Holmberg placed 17th in a time of 16:49.07, a time that ranks seventh in Division II this season. Lilly was 37th of 52 finishers in 17:23.92, which ranks 21st in Division II.

• Sophomore **Peace Igbonagwam** was the Falcons' lone top-three finisher, taking third in the women's long jump with a mark of 18 feet, 5.75 inches. The mark is second in the GNAC this season.

• Competing in her first pentathlon of the season, junior **Renick Meyer** placed seventh with a score of 3,187 points. She finished fifth in the 60-meter hurdles (8.99), the long jump (17-1.5) and the 800 meters (2:33.94).

• The Falcons' women moved up three spots to No. 5 in this week's USTFCCA West Region Team Index.

• Seattle Pacific heads east this weekend to take part in the Nike Indoor Invite in Nampa, Idaho on Friday and Saturday.

SIMON FRASER



• Senior **Addy Townsend's** automatic qualifying time in the women's 800 meters led Simon Fraser's efforts at the UW Invitational.

• Townsend punched her ticket to the national meet with a ninth-place time of 2:07.74. The performance is the leading time in Division II, ranks 21st across all college divisions and moves her to No. 7 on the GNAC All-Time List in the event. The performance gave Townsend her third consecutive selection as the GNAC Women's Track Athlete of the Week.

• Sophomore **Mairin Shields-Brown** earned an NCAA Championships provisional qualifying time in the women's 800 meters. She placed 37th of 53 finishers with a time of 2:13.17 that ranks 10th in Division II this season.

• Freshman **Jeremiah Lauzon** performed well against Division I competition in the men's 200 meters, placing fifth in a time of 21.97 seconds. It is his third finish under 22 seconds this season. Lauzon teamed with **Kaito Suzuki**, **Joshua Adehmar** and **Callum Robinson** to place fifth in the 4x400-meter relay in a time of 3:20.93.

• The Clan also set a small number of athletes to the Harry Jerome Indoor Games in Richmond, B.C., on Saturday. Freshman **Grace Chalk** led SFU with a second-place finish in the women's 1,500 meters in a time of 4:57.35. Sophomore **Adrianna Klassen** added a second-place finish in the 600 meters in 1:43.28.

• The Clan women moved up one spot to No. 11 in this week's USTFCCA Division II National Team Rankings. Both the SFU men's and women's teams are No. 7 in this week's West Region Team Indexes.

• Simon Fraser will send a small contingent of athletes to Oregon this weekend to participate in the Portland Indoor #2 on Saturday and Sunday.

Around The GNAC

WESTERN OREGON



• A record performance for junior **Derek Holdsworth** headlined Western Oregon's performances at the UW Invitational.

• Holdsworth won the men's 800 meters in a time of 1:47.74, smashing the GNAC record of 1:49.68 set in 2016 by the Wolves' Badane Sultessa. The NCAA Championships

automatic qualifying mark not only leads Division II, but also ranks No. 3 across all college divisions and is No. 9 in the world in all conditions. Holdsworth earned selection as both the GNAC Men's Track Athlete of the Week and the USTFCCA Division II Men's Athlete of the Week.

• Senior **Justin Crosswhite** improved his NCAA Championships provisional qualifying mark in the men's mile, turning in a time of 4:07.30. Placing 25th of 53 finishers, Crosswhite moved to No. 6 on the GNAC All-Time List and now ranks eighth in Division II this season.

• Crosswhite and Holdsworth teamed with **Gabe Arce-Torres** and **Max Carmona** to win the distance medley relay in a time of 9:52.02. The NCAA Championships provisional qualifying time ranks third in Division II this season.

• Junior **Moana Gianotti** led the WOU women, placing 10th in the shot put with a mark of 44 feet, 9 inches. The mark ranks No. 4 on the WOU All-Time List.

• The Western Oregon men are ranked No. 16 in this week's USTFCCA Division II Team Index. The Wolves are also ranked No. 5 in the West Region Team Index.

• Western Oregon will travel the short distance to Newberg and Portland this weekend for Portland Indoor No. 2.

WESTERN WASHINGTON



• A pair of big combined event performances for sophomores **Aliyah Dawkins** and **Seren Dances** led Western Washington's efforts at the UW Invitational.

• Dawkins was named the GNAC Women's Field Athlete of the Week after she placed fifth in the pentathlon with a WWU record score of 3,310 points. As part of the event, Dawkins

won the high jump with a mark of 5 feet, 7.75 inches that ties her for ninth on the GNAC All-Time List. Earning NCAA Championships provisional marks in both events, the score in the pentathlon ranks 25th in Division II and the mark in the high jump ties her for 10th.

• Dances also set a Western Washington record in the heptathlon, finishing fifth with a score of 5,069 points. The point total is an NCAA Championships provisional qualifier, ranks 12th in Division II this season and is No. 7 on the GNAC All-Time List. Dances recorded lifetime bests in five of the seven disciplines.

• Junior **Ben Malquist** recorded a 10th-place finish in the men's shot put with a mark of 50 feet, 2 inches. He tied his lifetime best in the event.

• Junior **Bryant Welch** placed seventh in the men's 400 meters, clocking 49.04 seconds. Junior **Myles Smith** was not far behind, placing 14th in 49.66 seconds.

• The Western Washington men moved up to the top spot in this week's USTFCCA West Region Team Index. The Vikings moved onto the women's list this week at No. 10.

• Western Washington will travel to Oregon this weekend to take part in Portland Indoor No. 2.

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

GNAC Qualifiers For NCAA Indoor Championships

MEN'S PROVISIONAL QUALIFIERS AS OF FEB. 5, 2020

Event	Athlete	Mark	Rank	Date
800 Meters	Derek Holdworth, WOU	1:47.74	1st	1/31/20

MEN'S PROVISIONAL QUALIFIERS AS OF FEB. 5, 2020

Event	Athlete	Mark	Rank	Date
200 Meters	Jeremiah Lauzon, SFU	21.55	T-12th	1/24/20
Mile	Justin Crosswhite, WOU	4:07.30	8th	1/31/20
5,000 Meters	Colby Otero, SPU	14:35.10	31st	1/31/20
	Edward Kilobasa, WWU	14:36.45	37th	1/31/20
DMR	Western Oregon	9:52.02	3rd	1/31/20
	Alaska Anchorage	9:59.65	10th	1/31/20
High Jump	Tyler Cronk, SMU	2.10/6-10.75	T-8th	1/18/20
Shot Put	Jakob Chamberlin, CU	16.78/55-0.75	20th	1/18/20
	Caleb Bridge, CU	16.43/53-11	28th	1/24/20
Weight Throw	Aidan Cain, CWU	18.85/61-10.25	17th	1/31/20
	Jakob Chamberlin, CU	17.81/58-5.25	31st	1/18/20
Heptathlon	Seren Dances, WWU	5,069	12th	1/31/20
	JJ Walker, CU	4,791	25th	1/24/20

WOMEN'S AUTOMATIC QUALIFIERS AS OF FEB. 5, 2020

Event	Athlete	Mark	Rank	Date
800 Meters	Addy Townsend, SFU	2:07.74	1st	1/31/20
Triple Jump	Keshara Romain, SMU	12.65/41-6	1st	12/14/19

WOMEN'S PROVISIONAL QUALIFIERS AS OF FEB. 5, 2020

Event	Athlete	Mark	Rank	Date
60 Meters	Maya Hopwood, WOU	7.57*	T-11th	12/6/19
400 Meters	Sidney Trinidad, CWU	56.19	15th	12/14/19
	Tylantiss Atlas, UAA	56.33	19th	1/24/20
800 Meters	Mairin Shields-Brown, SFU	2:13.17	10th	1/31/20
Mile	Addy Townsend, SFU	4:49.03	3rd	1/18/20
	Nancy Jeptoo, UAA	4:58.46	21st	1/31/20
3,000 Meters	Emmah Chelimo, UAA	9:41.98	9th	1/31/20
5,000 Meters	Dania Holmberg, SPU	16:49.07	7th	1/31/20
	Grace Knapp, WOU	16:59.24	11th	1/31/20
	Kate Lilly, SPU	17:23.92	21st	1/31/20
60m Hurdles	Erykah Weems, CWU	8.78	T-17th	1/18/20
4x400 Relay	Central Washington	3:50.17	10th	1/31/20
	Alaska Anchorage	11:51.24	4th	1/31/20
DMR	Simon Fraser	11:36.73	1st	1/24/20
	Alaska Anchorage	11:51.24	4th	1/31/20
High Jump	Aliyah Dawkins, WWU	1.72/5-7.75	T-10th	1/31/20
Pole Vault	Scout Cai, SPU	3.80/12-5.5	21st	1/31/20
	Halle Irvine, CWU	3.70/12-1.5	30th	12/14/19
Long Jump	Keshara Romain, SMU	5.76/18-10.75	T-14th	12/14/19
Shot Put	Samantha La Rue, CWU	14.08/46-0.75	25th	1/23/20
Weight Throw	Kori Sprague, CU	18.28/59-11.75	7th	1/18/20
Pentathlon	Elena Cano, UAA	3,436	18th	1/24/20
	Paige Johnson, CU	3,398	19th	1/24/20
	Aliyah Dawkins, WWU	3,310	25th	1/31/20
	Sidney Trinidad, CWU	3,282	26th	12/6/19

* - Converted from 55-meter race.

Men's Indoor Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	WOU
Preseason	—
Jan. 28	—
Feb. 4	16th

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 2 - Feb. 4, 2020		
Rk	School	Pts.
1.	Lincoln (Mo.)	149.35
2.	Tiffin	137.04
3.	Colorado Mines	136.90
4.	Ashland	133.97
5.	American International	95.42
6.	Missouri Southern	93.94
7.	NW Missouri St.	90.63
8.	Angelo State	78.31
9.	CSU-Pueblo	76.86
10.	Saint Augustine's	73.04
11.	Grand Valley St.	72.03
12.	Central Missouri	69.13
13.	Findlay	62.24
14.	Western Colorado	59.28
15.	Carson-Newman	51.73
16.	Western Oregon	45.20
17.	Shippensburg	44.94
18.	West Texas A&M	43.24
19.	Northwood (Mich.)	42.55
20.	North Greenville	40.75
21.	Pittsburg State	40.02
22.	Minnesota State	38.37
23.	Saginaw Valley St.	37.62
24.	Emporia State	36.87
25.	Adams State	32.63

USTFCCCA WEST REGION TEAM INDEX

Week 2 - Feb. 4, 2020			
Rk	School	Pts.	Prev.
1.	Western Washington	442.88	2
2.	Academy of Art	338.04	4
3.	Concordia (Ore.)	276.63	1
4.	Azusa Pacific	260.29	3
5.	Western Oregon	234.75	5
6.	Central Washington	226.53	6
7.	Simon Fraser	209.99	7
8.	Alaska Anchorage	195.27	8
9.	Montana State Billings	123.84	9
10.	Saint Martin's	122.65	10



[Complete Poll Online](#)

Women's Indoor Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	SPU	SFU
Preseason	20th	12th
Jan. 28	—	12th
Feb. 4	—	11th

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 2 - Feb. 4, 2020		
Rk	School	Pts.
1.	Grand Valley St.	203.93
2.	Lincoln (Mo.)	149.36
3.	NW Missouri St.	115.11
4.	Minnesota State	101.33
5.	Missouri Southern	91.27
6.	Indianapolis	81.65
7.	Southwest Baptist	78.50
8.	Tiffin	77.01
9.	Adams State	74.51
10.	West Texas A&M	73.95
11.	Simon Fraser	71.37
12.	UC-Colorado Springs	69.95
13.	Azusa Pacific	64.80
14.	Lee (Tenn.)	57.47
15.	Pittsburg State	56.20
16.	Saginaw Valley St.	51.83
17.	CSU-Pueblo	45.18
18.	Mary	43.82
19.	West Chester	38.24
20.	American International	37.00
21.	Stanislaus State	36.31
22.	Central Missouri	33.04
23.	Academy of Art	32.11
24.	Angelo State	31.93
25.	Southern Indiana	31.69

USTFCCCA WEST REGION TEAM INDEX

Week 2 - Feb. 4, 2020			
Rk	School	Pts.	Prev.
1.	Azusa Pacific	278.34	2
2.	Concordia (Ore.)	277.53	3
3.	Central Washington	276.88	1
4.	Academy of Art	245.94	4
5.	Seattle Pacific	197.96	8
6.	Alaska Anchorage	191.86	6
7.	Simon Fraser	190.38	5
8.	Cal Poly Pomona	159.95	12
9.	Stanislaus State	145.80	10
10.	Western Washington	134.61	15



[Complete Poll Online](#)

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

MEN'S CONFERENCE MEET RECORDS

60 Meters	6.75	Alex Donigian, Western Washington (2014)
200 Meters	21.56	Carlos Ortiz, Concordia (2018)
400 Meters	47.80	Joel Webster, Simon Fraser (2016)
800 Meters	1:50.83	David Ribich, Western Oregon (2018)
Mile	4:10.01	David Ribich, Western Oregon (2017)
3,000 Meters	8:27.83	Henry Cheseto, Alaska Anchorage (2015)
5,000 Meters	14:36.06	Dominik Notz, Alaska Anchorage (2016)
60m Hurdles	8.08	Travis Milbrandt, Western Washington (2015)
4x400 Relay	3:14.10	Alaska Anchorage (2017)
Liam Lindsay, Darrior Gray, Nicholas Taylor, Adam Commandeur		
Distance Medley	9:58.18	Simon Fraser (2019)
Pierre-Louis Detourbe, Nate St. Romain, Aaron Ahl, Rowan Doherty		
High Jump	2.21/7-3	Mikel Smith, Saint Martin's (2017)
Pole Vault	5.16/16-11	Payton Lewis, Northwest Nazarene (2011)
Long Jump	7.38/24-2.5	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015/2017)
Shot Put	17.47/57-3.75	Cameron Neel, Central Washington (2007)
Weight Throw	18.63/61-1.75	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.

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

UW Invitational

at Dempsey Indoor, Seattle, Wash.

Women (Top 3 GNAC Finishers): Long Jump - 3, Peace Igbonagwam, SPU, 18-5.75.

Men (Top 3 GNAC Finishers): 800 Meters - 1, Derek Holdsworth, WOU, 1:47.74 (GNAC Record). DMR - 1, Western Oregon (Justin Crosswhite, Gabe Arce-Torres, Max Carmona, Derek Holdsworth), 9:52.02. Weight Throw - 2, Aidan Cain, CWU, 61-10.25 (GNAC Record).

Sat., Feb. 1

BSHU Myrle Hanson Open

at Donald Young Center, Spearfish, S.D.

Women (Top 3 GNAC Finishers): 200 Meters - 2, Brenna Beckett, MSUB, 27.34. 3,000 Meters - 2, Nikki Aiken, MSUB, 11:08.12. Long Jump - 2, Brenna Beckett, MSUB, 17-2.25.

Men (Top 3 GNAC Finishers): 60 Meters - 1, Mason Schram, MSUB, 7.12. 200 Meters - 2, Rahkei Eyer, MSUB, 23.10. 3,000 Meters - 3, Ase Ackerman, MSUB, 9:10.38. High Jump - 2, Isaiah Girard, MSUB, 6-4. Shot Put - 2, Forrest Cross, MSUB, 46-11.

Harry Jerome Games

at Richmond Oval, Richmond, B.C.

Women (Top 3 GNAC Finishers): 60 Meters - 3, Jordan Jacobs, SFU, 8.20. 600 Meters - 2, Adrianna Klassen, SFU, 1:43.28. 1,500 Meters - 2, Grace Chalk, SFU, 4:57.35.

Men (Top 3 GNAC Finishers): None.