



Feb. 13, 2020 • Week 5  
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## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

**Fri., Feb. 14 - Sat., Feb. 15**

Alaska Anchorage at GVSU Big Meet, Allendale, Mich.

Simon Fraser at David Hemery Valentine Invite, Boston, Mass.

Central Washington, Concordia, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at Husky Classic, Seattle, Wash.

**Sat., Feb. 15**

Northwest Nazarene, Western Oregon at Boise State Team Challenge, Nampa, Idaho

### LAST WEEK'S MEETS

**Fri., Feb. 7 & Sat., Feb. 8**

**Nike Indoor Invite**

at Jackson's Indoor Center, Nampa, Idaho

**Women (Top 3 GNAC Finishers):** 60 Meters - 1, Peace Igbonagwam, SPU, 7.78 (7.70 in prelims). 200 Meters - Tie 2, Grace Bley, SPU, 25.11 (24.78 in prelims); Tie 2, Julia Stepper, SPU, 25.11. Pole Vault - 3, Halle Irvine, CWU, 12-1.5. Long Jump - 1, Renick Meyer, SPU, 18-9.25; 3, Peace Igbonagwam, SPU, 17-11.75. Triple Jump - 2, Peace Igbonagwam, SPU, 38-2.25. Weight Throw - 3, Meagan Smallbeck, CWU, 53-6.25.

**Men (Top 3 GNAC Finishers):** Mile - 3, Trevor Allen, CWU, 4:23.52. 3,000 Meters - 3, Ase Ackerman, MSUB, 8:56.62. Triple Jump - 1, Zach Whittaker, CWU, 45-5.75. Shot Put - 3, Ethan Tonder, CWU, 51-5.5. Weight Throw - 1, Andrew Harris, CWU, 58-8.75; 3, Alberto Tafoya, CWU, 54-9.25.

**Sat., Feb. 8 & Sun., Feb. 9**

**Portland Indoor #2**

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

**Women (Top 3 GNAC Finishers):** 60 Meters - 1, Macie Allen, CU, 7.61; 3, Maya Hopwood, WOU, 7.75. 400 Meters - 2, Amelia Maguin, CU, 58.15. 800 Meters - 3, Annika Taylor, WWU, 2:18.93. Mile - 3, Kate Lilly, SPU, 5:02.66. 60m Hurdles - 1, Paige Johnson, CU, 8.88. High Jump - 1, Kalulus-no Ngaida, WOU, 5-5.25; 2, Jessica Neal, WWU, 5-3.25; Tie 3, Paige Johnson, CU, 5-3.25. Pole Vault - 1, Lexi Perry, WWU, 11-5.75; 2, Madison Fassiotto, WWU, 10-11.75; 3, Hannah Dodson, WWU, 10-6. Triple Jump - 1, Keshara Romain, SMU, 40-1.5; 2, Karlie Hurley, CU, 37-4. Shot Put - 3, Katie Potts, WWU, 36-7.5. Weight Throw - 1, Sasha Korolenko, CU, 54-9.5; 3, Moana Gianotti, WOU, 49-9.

**Men (Top 3 GNAC Finishers):** 60 Meters - 1, Dominique Loggins, WOU, 6.98. 200 Meters - 2, Ryan Witters, WWU, 24.51. 800 Meters - 2, Drew Weber, WWU, 1:55.90; 3, Zach Kanelis, WOU, 1:56.61. 3,000 Meters - 2, Edward Kiolbasa, WWU, 8:27.29. 60m Hurdles - 1, Jordan Gloden, CU, 8.49; 2, Justin Conklin, CU, 8.69. 4x400 Relay - 3, Western Oregon (Neal Cranston, Zach Kanelis, Emmett Klus, Bryce Mefford), 3:31.31. High Jump - 1, Tupre Wickliff, WWU, 6-6.75; 3, Devin Hasher, WOU, 6-3.5. Pole Vault - 3, Cooper Cummings, WWU, 14-3.25. Triple Jump - 1, Tyler Cronk, SMU, 45-9.75; 2, Dillon Zheol, CU, 45-5.75; 3, Josh Schulz, SMU, 45-3.5. Shot Put - Nick Sieber, WOU, 50-0.75; 2, Owen Collins, WOU, 48-1.25; 3, Karsten Collins, WOU, 46-9.5. Weight Throw - 3, Seth Bridge, CU, 56-7.25.

## #GNACTF in 280

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**#DynamicDebut** Western Oregon's **Dominique Loggins** ran the fastest time in the GNAC in the men's 60 meters. His 6.98 seconds won at the Portland Indoor #2 meet and earned GNAC Men's Track Athlete of the Week honors.

**#SeattleSweep** Seattle Pacific's **Peace Igbonagwam** and **Renick Meyer** swept the GNAC women's weekly honors. Igbonagwam won the 60 meters at the Nike Indoor Invite and Meyer was the winner of the long jump. Meyer is tied for 20th-best mark in Division II.

**#WeightyExpectations** Central Washington's **Andrew Harris** was named the GNAC Men's Field Athlete of the Week after winning the weight throw at the Nike Indoor Invite and provisionally qualifying for the NCAA Championships.

**#AMacielnG** Concordia's **Macie Allen** won the women's 60 meters at the Portland Indoor #2 meet. Her time of 7.61 seconds provisionally qualifies her for the NCAA Championships.

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W. Washington	@WWUAthletics	#VIKtorious

# GNAC Track & Field Athletes of the Week



## MEN'S TRACK

**Dominique Loggins, Western Oregon**  
Freshman • Tualatin, Ore.

Running in his first collegiate track and field meet, Loggins proceeded to run a conference season-best time of 6.98 seconds to win the 60 meters at the Portland Indoor #2 meet. He just edged out former Concordia standout Adam Brown, who ran 7.07 seconds. The performance is the fifth-fastest in Western Oregon indoor history.

**Also Nominated:** Daniel Calderon-Hernandez (Central Washington), Jordan Gloden (Concordia), Ase Ackerman (Montana State Billings), Landon Armstrong (Saint Martin's), Ed Kiobasa (Western Washington).



## WOMEN'S TRACK

**Peace Igbonagwam, Seattle Pacific**  
Sophomore • Fairview, Ore.

Igbonagwam had one of her best SPU meets on the track at the Nike Indoor Invite. She won the 60 meters in a time of 7.78 seconds, narrowly beating out a cadre of Division I and open competitors. She ran a 7.70 in the preliminary heats, ranking her third in the GNAC this season. Igbonagwam added a seventh-place finish in the 200 meters with a time of

25.34 seconds. In addition, Igbonagwam was second in the triple jump (38-2.25) and third in the long jump (17-11.75).

**Also Nominated:** Molly Mattson (Central Washington), Paige Johnson (Concordia), Nikki Aiken (Montana State Billings), Makiya Worthy (Saint Martin's), Maya Hopwood (Western Oregon), Annika Taylor (Western Washington).



## MEN'S FIELD

**Andrew Harris, Central Washington**  
Senior • North Bend, Wash.

Harris posted a win in the men's weight throw at the Nike Indoor Invite in Nampa, Idaho. His mark of 58 feet, 8.75 inches was over three feet better than second-place Oran Wasserman of Utah State and ranks 10th on the GNAC All-Time List.

**Also Nominated:** Seth Bridge (Concordia), Forrest Cross (Montana State Billings), Tyler Cronk (Saint Martin's), Nick Sieber (Western Oregon), Tupre Wickliff (Western Washington).



## WOMEN'S FIELD

**Renick Meyer, Seattle Pacific**  
Junior • Gresham, Ore.

Meyer was a winner in the long jump at the Nike Boise Indoor, posting a season-best by over a foot with a mark of 18 feet, 9.25 inches. The NCAA Championships provisional qualifying mark ranks second in the GNAC and is tied for 20th in Division II this season. Meyer also placed fourth in the 60-meter hurdles (8.99), 13th in the 60 meters and

15th in the 200.

**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
Feb. 3-9	Dominique Loggins, WOU	Andrew Harris, CWU	Peace Igbonagwam, SPU	Renick Meyer, SPU

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

# Around The GNAC

## ALASKA ANCHORAGE



• Alaska Anchorage did not compete last weekend. The Seawolves' final tuneup before the GNAC Indoor Championships will be at the GVSU Big Meet on Friday and Saturday in Allendale, Mich.

• The distance medley relay teams led UAA at its last meet, the UW Invitational on Jan. 31 and Feb. 1. 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 13th 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 fifth 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 and ranks 10th in Division II. Jeptoo also provisionally qualified in the mile as her 38th-place time of 4:58.98 ranks 28th 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 remains at No. 6 in the USTFCCCA Men's West Region Team Index while the women remain at No. 8.

## CENTRAL WASHINGTON



• Despite a late arrival due to road conditions, Central Washington came away with seven top-three finishes at the Nike Indoor Invite in Nampa, Idaho.

• Senior **Andrew Harris** was named the GNAC Men's Field Athlete of the Week after he won the weight throw with a mark of 58 feet, 8.75 inches. The leading mark in the GNAC and an NCAA Championships provisional qualifier, it ranks

Harris in a tie for 27th in Division II.

• Senior **Alberto Tafoya** was third in the weight throw with a mark of 54 feet, 9.25 inches. In the men's shot put, junior **Ethan Tonder** placed third with a mark of 51 feet, 5.5 inches. In the women's throws, sophomore **Meagan Smallbeck** was third in the weight throw with her mark of 53 feet, 6.25 inches.

• Senior **Zach Whittaker** was the Wildcats' other event winner, taking the men's triple jump with a leap of 45 feet, 5.75 inches.

• In the women's pole vault, junior **Halle Irvine** placed third with a clearance of 12 feet, 1.5 inches.

• On the track, junior **Trevor Allen** placed third in the men's mile with a time of 4:23.52. In the 400 meters, senior **Daniel Calderon-Hernandez** set the CWU indoor record with a time of 49.24 seconds. The performance bettered the old record of 49.33 set by Scott Morrison in 2010.

• Central Washington enters the week ranked No. 5 in the USTFCCCA Women's West Region Team Index. The men are ranked No. 6.

• Central Washington's final meet before the GNAC Indoor Championships will be the Husky Classic on Feb. 14 and 15 in Seattle.

## CONCORDIA



• The sprinters carried the day for Concordia at the Portland Indoor #2 meet, held Saturday in Newberg, Oregon and Sunday in Portland.

• Junior **Macie Allen** won the women's 60 meters, advancing out of the prelims with a time of 7.72 seconds before winning the final in a time of 7.61 seconds. The NCAA Championships provisional qualifier ties her for 23rd in

Division II this season.

• Sophomore **Paige Johnson** was the winner of the women's 60-meter hurdles, running 8.85 seconds in the prelims before taking the final in a time of 8.88 seconds. Johnson also tied for third in the high jump with a clearance of 5 feet, 3.25 inches. Senior **Amelia Maguin** added a second-place finish in the 400 meters in 58.15 seconds.

• The Cavaliers went 1-2 in the men's 60-meter hurdles. Sophomore **Jordan Gloden** won in a time of 8.49 while freshman **Justin Conklin** was second in 8.69 seconds.

• Sophomore **Sasha Korolenko** won the women's weight throw with her mark of 54 feet, 9.5 inches. Senior **Caleb Bridge** took third in the men's event with a mark of 56 feet, 7.25 inches.

• Senior **Karlie Hurley** added a second-place finish in the women's triple jump at 37 feet, 4 inches while sophomore **Dillon Zheol** was second in the men's triple jump at 45 feet, 5.75 inches.

• Concordia moved back up to No. 1 in this week's USTFCCCA Women's West Region Team Index. The men dropped one spot to No. 4.

• Concordia will compete in Seattle this weekend in the Husky Classic on Friday and Saturday.

## MONTANA STATE BILLINGS



• Montana State Billings concluded its preparation for the GNAC Indoor Championships by competing in the Nike Indoor Invite in Nampa, Idaho.

• Sophomore **Ase Ackerman** had the highest finish for the Yellowjackets, taking third in the men's 3,000 meters in a season-best 8:56.62. Ackerman also placed sixth in the mile

with a time of 4:27.16.

• Senior **Nikki Aiken** posted a pair of seventh-place finishes in the women's distances. Aiken ran a lifetime best of 10:56.82 in the 3,000 meters and then clocked 15:56.92 in the 5,000 meters.

• Senior **Isaiah Girard** placed fourth in the men's high jump with a clearance of 6 feet, 5 inches.

• In the throws, senior **Forrest Cross** took seventh place in the men's weight throw with his mark of 48 feet, 4 inches. He also placed seventh in the shot put with a mark of 48 feet.

• The MSUB men dropped one spot in the USTFCCCA West Region Team Index, sitting this week at No. 10.

• The Yellowjackets do not compete again until the GNAC Indoor Championships on February 21 and 22 in Nampa.

# Around The GNAC

## NORTHWEST NAZARENE



- Junior **Elijah Castro** and freshman **Colton Sedlacek** placed in the top-six in the men's horizontal jumps to lead a limited Northwest Nazarene roster at the Nike Indoor Invite.
- Castro tied for fifth in the long jump, finishing with a best of 21 feet, 5.25 inches. Sedlacek placed sixth in the triple jump with a leap of 41 feet, 6 inches.
- Freshman **Emma Clark** added a seventh-place finish in the women's triple jump with a mark of 36 feet, 11.75 inches, the fifth-best mark in NNU history. The day before, Clark cleared 10 feet, 8 inches in the pole vault to move to No. 8 on the NNU all-time list.
- Freshman **McKenna Emerson** was NNU's top performer on the track, placing eighth in the women's 800 meters in a time of 2:23.52.
- Next up for the Nighthawks will be the GNAC Indoor Championships on Feb. 21 and 22 at the Jackson's Indoor Center.

## SAINT MARTIN'S



- Wins by sophomores **Keshara Romain** and **Tyler Cronk** in the triple jump led Saint Martin's performances at the Portland Indoor #2 meet.
- Romain surpassed 40 feet in the women's triple jump for the second time this season, winning the event with a mark of 40 feet, 1.5 inches. She was nearly three-feet better than the second-place finisher.
- Cronk set a lifetime best in winning the men's triple jump with a mark of 45 feet, 9.25 inches after fouling on his first two attempts of the competition. Senior **Josh Schulz** added a third-place finish with his mark of 45 feet, 3.5 inches.
- Schulz and freshman **Landon Armstrong** both qualified for the finals of the men's 60 meters. Armstrong succeeded in finishing fifth in 7.11 seconds while Schulz right behind in sixth at 7.12 seconds.
- Sophomore **Briana Cabrera** took fourth place in the women's pole vault with a clearance of 10 feet.
- The Saint Martin's men moved up one spot to No. 9 in this week's USTFCCCA West Region Team Index.
- The Saints will next compete at the GNAC Indoor Championships on Feb. 21 and 22.

## SEATTLE PACIFIC



- First-place finishes from sophomore **Peace Igbonagwam** and junior **Renick Meyer** led Seattle Pacific as the Falcons competed at both the Nike Indoor Invite and the Portland Indoor #2 meet.
- Igbonagwam was named the GNAC Women's Track Athlete of the Week after taking first in the 60 meters in Nampa and placing top-seven in three other events. She won the 60 meters in 7.78 seconds after running 7.70 in the prelims. She then went on to place seventh in the 200 meters in 25.34 seconds. In the field events, Igbonagwam placed second in the triple jump with a mark of 38 feet, 1.25 inches and third in the long jump with a leap of 17 feet, 11.75 inches.
- Meyer was named the GNAC Women's Field Athlete of the Week after she won the long jump with an NCAA Championships provisional qualifying mark of 18 feet, 9.25 inches. The performance ties her for 20th in Division II this season. Meyer also took fourth in the 60-meter hurdles in a time of 8.99 seconds.
- Sophomore **David Njeri** posted a pair of top-five finishes in Nampa. He took fourth in the men's 60-meter hurdles in 8.61 seconds and tied for fifth in the long jump with a best of 21 feet, 5.25 inches.
- At the Portland Indoor #2, senior **Kate Lilly** led the way with a third-place finish in the women's mile with a time of 5:02.66. Senior **Katherine Walter** placed seventh in the women's 3,000 meters in 10:14.60.
- The men's efforts in Portland were led by sophomore **Colby Otero**, who placed fourth in the mile with a time of 4:17.48.
- The Falcons' women moved up one spot to No. 4 in this week's USTFCCCA West Region Team Index.
- Seattle Pacific will complete its run-up for the GNAC Indoor Championships with the Husky Classic on Friday and Saturday.



## SIMON FRASER

- Simon Fraser did not complete last weekend. The Clan will split its squad this weekend. A select group of athletes will go to the David Hemery Valentine Invite in Boston while the rest of the squad will aim for entries in Husky Classic.
- Senior **Addy Townsend's** automatic qualifying time in the women's 800 meters led Simon Fraser's efforts at the UW Invitational on Jan. 31 and Feb. 1. 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.
- 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 14th 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 women down two spots to No. 13 in this week's USTFCCCA 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.

# Around The GNAC

## WESTERN OREGON



• Three first-place finishes, led by freshman **Dominique Loggins'** win in the men's 60 meters, headline Western Oregon's performances in the Portland Indoor #2 meet.

• Loggins was named the GNAC Men's Track Athlete of the Week after picking up the win in his first collegiate meet, running 7.02 seconds in the preliminaries and 6.98 in the

finals. The time leads the GNAC and just short of the NCAA Championships provisional qualifying time of 6.87 seconds.

• Junior **Kalulusno Ngaida** took first place in the women's high jump, turning in a season-best mark of 5 feet, 5.25 inches, a two-inch improvement.

• Senior **Nick Sieber** added a first-place finish in the men's shot put, finishing at 50 feet, 0.75 inches to lead a top-three WOU sweep. Sophomore **Owen Collins** finished second with a mark of 48 feet, 1.25 inches and sophomore **Karsten Collins** was third at 46 feet, 9.5 inches.

• Senior **Moana Gianotti** placed third in the women's weight throw with her mark of 49 feet, 9 inches.

• Freshman **Brennen Sorah** added a fourth-place finish in the men's 60-meter hurdles, clocking a time of 8.74 seconds. Senior **Zach Kanelis** added a third-place finish in the men's 800 meters in 1:56.61. The men's 4x400 relay team also took third in a time of 3:31.31.

• The Western Oregon men are ranked No. 20 in this week's USTFCCA Division II Team Index. The Wolves are also ranked No. 5 in the West Region Team Index while the women are at No. 10.

• Western Oregon will compete this weekend at both the Husky Classic in Seattle and the Boise State Team Challenge in Nampa.

## WESTERN WASHINGTON



• Middle and long distances led the way for Western Washington at the Portland Indoor #2 meet.

• Junior **Ed Kiolbasa** turned in a second-place finish in the men's 3,000 meters, clocking a time of 8:27.29. He led all collegiate competitors in the race and moved to No. 4 on the WWU all-time list.

• Sophomore **Annika Taylor** placed third in the women's 800 meters in a time of 2:18.93. That ranks No. 5 on the WWU all-time list.

• Junior **Tovah Swartz-Ireland** placed fourth in the women's 3,000 meters in a time of 10:12.05 while senior **Sophia Galvez** was sixth in a time of 10:13.74.

• Junior **Jane Barr** added a fourth-place finish in the fourth in the women's mile in a time 5:08.11, the eighth-fastest time in WWU history. Sophomore **Rebecca Lehman** was sixth in a time of 5:10.17.

• In the field events, senior **Tupre Wickliff** was the winner of the men's high jump with a clearance of 6 feet, 6.75 inches. Freshman **Jessica Neal** was second in the women's high jump with her mark of 5 feet, 3.25 inches. Freshman **Katie Potts** added a third-place finish in the women's shot put with a mark of 36 feet, 7.5 inches.

• The Western Washington men are ranked No. 1 in the USTFCCA West Region Team Index for the second consecutive week. The Vikings moved two spots to No. 8.

• Western Washington will complete its tuneup for the GNAC Indoor Championships by competing in the Husky Classic in Seattle on Friday and Saturday.

## 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. 12, 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. 12, 2020

Event	Athlete	Mark	Rank	Date
200 Meters	Jeremiah Lauzon, SFU	21.55	16th	1/24/20
Mile	Justin Crosswhite, WOU	4:07.30	11th	1/31/20
5,000 Meters	Colby Otero, SPU	14:35.10	32nd	1/31/20
	Edward Kilobasa, WWU	14:36.45	38th	1/31/20
DMR	Western Oregon	9:52.02	4th	1/31/20
	Alaska Anchorage	9:59.65	13th	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	22nd	1/18/20
	Caleb Bridge, CU	16.43/53-11	32nd	1/24/20
Weight Throw	Aidan Cain, CWU	18.85/61-10.25	18th	1/31/20
	Andrew Harris, CWU	17.90/58-8.75	T-27th	2/7/20
	Jakob Chamberlin, CU	17.81/58-5.25	33rd	1/18/20
Heptathlon	Seren Dances, WWU	5,069	17th	1/31/20
	JJ Walker, CU	4,791	32nd	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	2nd	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-13th	12/6/19
	Macie Allen, CU	7.61	T-23rd	2/8/20
200 Meters	Grace Bley, SPU	24.78	23rd	2/7/20
400 Meters	Sidney Trinidad, CWU	56.19	16th	12/14/19
	Tylantiss Atlas, UAA	56.33	20th	1/24/20
800 Meters	Mairin Shields-Brown, SFU	2:13.17	14th	1/31/20
Mile	Addy Townsend, SFU	4:49.03	6th	1/18/20
	Nancy Jeptoo, UAA	4:58.46	28th	1/31/20
3,000 Meters	Emmah Chelimo, UAA	9:41.98	10th	1/31/20
5,000 Meters	Dania Holmberg, SPU	16:49.07	8th	1/31/20
	Grace Knapp, WOU	16:59.24	12th	1/31/20
	Kate Lilly, SPU	17:23.92	21st	1/31/20
60m Hurdles	Erykah Weems, CWU	8.78	T-18th	1/18/20
4x400 Relay	Central Washington	3:50.17	15th	1/31/20
DMR	Simon Fraser	11:36.73	1st	1/24/20
	Alaska Anchorage	11:51.24	5th	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	T-26th	1/31/20
	Halle Irvine, CWU	3.70/12-1.5	T-33rd	12/14/19
Long Jump	Keshara Romain, SMU	5.76/18-10.75	T-15th	12/14/19
	Renick Meyer, SPU	5.72/18-9.25	T-20th	2/7/20
Shot Put	Samantha La Rue, CWU	14.08/46-0.75	28th	1/23/20
Weight Throw	Kori Sprague, CU	18.28/59-11.75	11th	1/18/20
Pentathlon	Elena Cano, UAA	3,436	21st	1/24/20
	Paige Johnson, CU	3,398	24th	1/24/20
	Aliyah Dawkins, WWU	3,310	28th	1/31/20
	Sidney Trinidad, CWU	3,282	29th	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
Feb. 11	20th

## USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 3 - Feb. 11, 2020		
Rk	School	Pts.
1.	Lincoln (Mo.)	142.87
2.	Ashland	136.94
3.	Tiffin	131.80
4.	Colorado Mines	122.57
5.	American International	102.73
6.	Missouri Southern	102.72
7.	NW Missouri St.	80.52
8.	Angelo State	80.29
9.	Saint Augustine's	80.20
10.	Grand Valley St.	75.53
11.	CSU-Pueblo	67.21
12.	Central Missouri	66.93
13.	North Greenville	61.72
14.	Western Colorado	58.94
15.	Findlay	56.91
16.	Adams State	53.69
17.	Shippensburg	48.22
18.	Lee (Tenn.)	43.05
19.	West Texas A&M	42.23
20.	<b>Western Oregon</b>	<b>41.20</b>
21.	Pittsburg State	41.08
22.	Northwood (Mich.)	39.84
23.	Queens (N.C.)	39.29
24.	Carson-Newman	38.88
25.	Minnesota State	34.51

## USTFCCCA WEST REGION TEAM INDEX

Week 3 - Feb. 11, 2020			
Rk	School	Pts.	Prev.
1.	<b>Western Washington</b>	<b>490.41</b>	1
2.	Academy of Art	336.86	2
3.	Azusa Pacific	271.52	4
4.	<b>Concordia (Ore.)</b>	<b>259.47</b>	3
5.	<b>Western Oregon</b>	<b>251.38</b>	5
6.	<b>Central Washington</b>	<b>244.58</b>	6
7.	<b>Simon Fraser</b>	<b>195.73</b>	7
8.	<b>Alaska Anchorage</b>	<b>182.72</b>	8
9.	<b>Saint Martin's</b>	<b>128.27</b>	10
10.	<b>Montana State Billings</b>	<b>90.81</b>	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
Feb. 11	—	13th

## USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 3 - Feb. 11, 2020		
Rk	School	Pts.
1.	Grand Valley St.	210.42
2.	Lincoln (Mo.)	137.74
3.	NW Missouri St.	127.72
4.	Missouri Southern	126.86
5.	Minnesota State	99.39
6.	West Texas A&M	93.20
7.	UC-Colorado Springs	76.17
8.	Indianapolis	74.50
9.	Adams State	70.35
10.	Tiffin	68.95
11.	Southwest Baptist	65.88
12.	Lee (Tenn.)	62.19
13.	<b>Simon Fraser</b>	<b>59.49</b>
14.	Azusa Pacific	58.92
15.	Mary	56.93
16.	Pittsburg State	55.85
17.	CSU-Pueblo	45.69
18.	Saginaw Valley St.	45.66
19.	West Chester	34.63
20.	Angelo State	32.60
21.	Academy of Art	32.27
22.	Stanislaus State	31.92
23.	Fayetteville State	31.53
24.	Central Missouri	31.49
25.	Queens (N.C.)	27.72

## USTFCCCA WEST REGION TEAM INDEX

Week 3 - Feb. 11, 2020			
Rk	School	Pts.	Prev.
1.	<b>Concordia (Ore.)</b>	<b>274.40</b>	2
2.	Academy of Art	272.92	4
3.	Azusa Pacific	268.32	1
4.	<b>Seattle Pacific</b>	<b>262.08</b>	5
5.	<b>Central Washington</b>	<b>258.32</b>	3
6.	<b>Alaska Anchorage</b>	<b>180.44</b>	6
7.	<b>Simon Fraser</b>	<b>174.31</b>	7
8.	<b>Western Washington</b>	<b>171.02</b>	10
9.	Stanislaus State	139.58	9
10.	<b>Western Oregon</b>	<b>128.72</b>	11



[Complete Poll Online](#)

# GNAC Indoor Track & Field Records

## MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
<b>200 Meters</b>	<b>21.55</b>	<b>Jeremiah Lauzon, Simon Fraser (2020)</b>
400 Meters	47.61	Vladislav Tsygankov, Simon Fraser (2017)
<b>800 Meters</b>	<b>1:47.74</b>	<b>Derek Holdsworth, Western Oregon (2020)</b>
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)
<b>Weight Throw</b>	<b>18.85/61-10.25</b>	<b>Aidan Cain, Central Washington (2020)</b>
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 Popchok, WOU, 9.36. 4x400 Relay - 3, Western Oregon (Logan Jackson, Jillian Green, Michaela Yonkman, Ana Popchok), 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.

**Fri., Feb. 7 & Sat., Feb. 8**

**Nike Indoor Invite**

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

**Women (Top 3 GNAC Finishers):** 60 Meters - 1, Peace Igbonagwam, SPU, 7.78 (7.70 in prelims). 200 Meters - Tie 2, Grace Bley, SPU, 25.11 (24.78 in prelims); Tie 2, Julia Stepper, SPU, 25.11. Pole Vault - 3, Halle Irvine, CWU, 12-1.5. Long Jump - 1, Renick Meyer, SPU, 18-9.25; 3, Peace Igbonagwam, SPU, 17-11.75. Triple Jump - 2, Peace Igbonagwam, SPU, 38-2.25. Weight Throw - 3, Meagan Smallbeck, CWU, 53-6.25.

**Men (Top 3 GNAC Finishers):** Mile - 3, Trevor Allen, CWU, 4:23.52. 3,000 Meters - 3, Ase Ackerman, MSUB, 8:56.62. Triple Jump - 1, Zach Whittaker, CWU, 45-5.75. Shot Put - 3, Ethan Tonder, CWU, 51-5.5. Weight Throw - 1, Andrew Harris, CWU, 58-8.75; 3, Alberto Tafoya, CWU, 54-9.25.

**Sat., Feb. 8 & Sun., Feb. 9**

**Portland Indoor #2**

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

**Women (Top 3 GNAC Finishers):** 60 Meters - 1, Macie Allen, CU, 7.61; 3, Maya Hopwood, WOU, 7.75. 400 Meters - 2, Amelia Maguin, CU, 58.15. 800 Meters - 3, Annika Taylor, WWU, 2:18.93. Mile - 3, Kate Lilly, SPU, 5:02.66. 60m Hurdles - 1, Paige Johnson, CU, 8.88. High Jump - 1, Kalulusno Ngaida, WOU, 5-5.25; 2, Jessica Neal, WWU, 5-3.25; Tie 3, Paige Johnson, CU, 5-3.25. Pole Vault - 1, Lexi Perry, WWU, 11-5.75; 2, Madison Fassiotto, WWU, 10-11.75; 3, Hannah Dodson, WWU, 10-6. Triple Jump - 1, Keshara Romain, SMU, 40-1.5; 2, Karlie Hurley, CU, 37-4. Shot Put - 3, Katie Potts, WWU, 36-7.5. Weight Throw - 1, Sasha Korolenko, CU, 54-9.5; 3, Moana Gianotti, WOU, 49-9.

**Men (Top 3 GNAC Finishers):** 60 Meters - 1, Dominique Loggins, WOU, 6.98. 200 Meters - 2, Ryan Witters, WWU, 24.51. 800 Meters - 2, Drew Weber, WWU, 1:55.90; 3, Zach Kanelis, WOU, 1:56.61. 3,000 Meters - 2, Edward Kiolbasa, WWU, 8:27.29. 60m Hurdles - 1, Jordan Gloden, CU, 8.49; 2, Justin Conklin, CU, 8.69. 4x400 Relay - 3, Western Oregon (Neal Cranston, Zach Kanelis, Emmett Klus, Bryce Mefford), 3:31.31. High Jump - 1, Tupre Wickliff, WWU, 6-6.75; 3, Devin Hasher, WOU, 6-3.5. Pole Vault - 3, Cooper Cummings, WWU, 14-3.25. Triple Jump - 1, Tyler Cronk, SMU, 45-9.75; 2, Dillon Zheol, CU, 45-5.75; 3, Josh Schulz, SMU, 45-3.5. Shot Put - Nick Sieber, WOU, 50-0.75; 2, Owen Collins, WOU, 48-1.25; 3, Karsten Collins, WOU, 46-9.5. Weight Throw - 3, Seth Bridge, CU, 56-7.25.