



Feb. 19, 2020 • Week 6
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Feb. 21 - Sat., Feb. 22
 GNAC Indoor Track & Field Championships
 Jackson's Indoor Center, Nampa, Idaho
 Live Results: GNAC.live

Friday Schedule

Combined Events: 9 a.m.
 Running Events: 2:15 p.m.
 Field Events: 2:45 p.m.

Saturday Schedule

Combined Events: 8:45 a.m.
 Field Events: 9:30 a.m.
 Running Events: 11 a.m.
 Awards Ceremony: 3:15 p.m.

LAST WEEK'S MEETS

Fri., Feb. 14
GVSU Big Meet (Day 1)
at Kelly Family Sports Center, Allendale, Mich.
Women (Top 3 GNAC Finishers): Mile - 3, Nancy Jeptoo, UAA, 4:54.29. Long Jump - 3, Elena Cano, UAA, 18-7.
Men (Top 3 GNAC Finishers): 5,000 Meters (Heat 4) - 2, Jacob Moos, UAA, 14:53.61. 5,000 Meters (Heat 5) - 3, Jorge Sanchez, UAA, 14:55.91. High Jump - 2, Chris Brake, UAA, 6-6.75. Triple Jump - 3, Chris Brake, UAA, 46-8.

Fri., Feb. 14-Sat., Feb. 15
David Hemery Valentine Invite
at Boston University Track & Tennis Center, Boston, Mass.
Women (Top 3 GNAC Finishers): None.
Men (Top 3 GNAC Finishers): DMR - 2, Simon Fraser (Charlie Dannatt, Paul Buckingham, Callum Robinson, Rowan Doherty), 9:54.74.

Fri., Feb. 14-Sat., Feb. 15
Boise State Challenge
at Jackson's Indoor Center, Nampa, Idaho
Women (Top 3 GNAC Finishers): 60 Meters - 1, Maya Hopwood, WOU, 7.69 (7.58 in prelims). 200 Meters - 3, Maya Hopwood, WOU, 25.59 (25.17 in prelims).
Men (Top 3 GNAC Finishers): 60m Hurdles - 3, Elijah Castro, NNU, 8.55 (8.51 in prelims).

Husky Classic
at Dempsey Indoor, Seattle, Wash.
Women (Top 3 GNAC Finishers): 200 Meters - 1, Peace Igbonagwam, SPU, 25.25; 3, Grace Bley, SPU, 25.26. 4x400 Relay - 1, Concordia (Karlie Hurley, Paige Johnson, Macie Allen, Amelia Maguin), 3:54.46. Pole Vault - 3, Scout Cai, SPU, 12-0.5.
Men (Top 3 GNAC Finishers): 4x400 Relay - 2, Western Washington (Bryant Welch, Mark Daniels, Jon Oglesby, Myles Smith), 3:17.49.

Sat., Feb. 15
GVSU Big Meet (Day 2)
at Kelly Family Sports Center, Allendale, Mich.
Women (Top 3 GNAC Finishers): 800 Meters - 3, Ruth Cvancara, UAA, 2:13.41. 3,000 Meters - 3, Nancy Jeptoo, UAA, 9:53.80.
Men (Top 3 GNAC Finishers): 3,000 Meters - 1, Wesley Kirui, UAA, 8:27.19; 2, Felix Kemboi, UAA, 8:27.61.

#GNACTF in 280

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#ShesAutomatic Simon Fraser's **Addy Townsend** earned her second NCAA Championships automatic qualifying mark, running 4:40.40 in the mile at the David Hemery Valentine Invite. She was named the GNAC Women's Track Athlete of the Week.

#RecordRedux Simon Fraser freshman **Jeremiah Lauzon** lowered his GNAC record in the men's 200 meters to 21.47 seconds in Boston to earn GNAC Men's Track Athlete of the Week honors.

#MiddleDistanceU Western Oregon's **Justin Crosswhite** ran the No. 2 time in GNAC history in the men's mile, clocking 4:10.89 at the Husky Classic. Western Oregon now has the top-three times in GNAC history in the event.

#DefendingChampions Western Washington is the defending GNAC Indoor Championships men's champion. The Seattle Pacific women will aim for the program's third straight team trophy.

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Simon Fraser	@SFUClan	#RepTheLeaf
W. Oregon	@WOUWolves	#HowAboutIt
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GNAC Track & Field Athletes of the Week



MEN'S TRACK

Jeremiah Lauzon, Simon Fraser
Freshman • Red Deer, Alta.

Lauzon reset his own GNAC record in the 200 meters at the David Hemery Valentine Invite in Boston. Lauzon finished seventh out of 228 total finishers with a time of 21.47 seconds, bettering his 21.51 run back in Boston in January. The NCAA Championships provisional qualifying time is tied for 16th in Division II this season.



WOMEN'S TRACK

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

Townsend automatically qualified for the NCAA Championships in the mile at the David Hemery Valentine Invite in Boston. The top Division II finisher in the race, Townsend was 16th out of 250 entrants with a time of 4:40.40. The time is No. 3 in Division II this season and moves her to No. 2 on the GNAC All-Time List. Townsend is automatically qualified for nationals in both the mile and 800 meters.

Also Nominated: Wesley Kirui (Alaska Anchorage), Bobby Widmar (Central Washington), Elijah Castro (Northwest Nazarene), Justin Crosswhite (Western Oregon).

Also Nominated: Nancy Jeptoo (Alaska Anchorage), Erykah Weems (Central Washington), Paige Johnson (Concordia), Lauren Wuertz (Northwest Nazarene), Peace Igbonagwam (Seattle Pacific), Maya Hopwood (Western Oregon).



MEN'S FIELD

Zach Whittaker, Central Washington
Senior • Poulsbo, Wash.

Whittaker posted a season-best in the triple jump at the Husky Classic, placing fourth with a leap of 48 feet, 2 inches. The mark leads the conference entering the GNAC Championships. It is also an NCAA Championships provisional qualifying mark, ranking 24th in Division II this season.



WOMEN'S FIELD

Kori Sprague, Concordia
Senior • Wildomar, Calif.

Sprague moved up to No. 2 on the GNAC All-Time List in the weight throw, finishing fourth in the event at the Husky Classic. Her mark of 61 feet, 0.75 inches has her tied for eighth in Division II this season. She is one of just two athletes in GNAC history to surpass 60 feet in the event.

Also Nominated: Seth Bridge (Concordia), Brennen Sorah (Western Oregon), Bryan Lee (Western Washington).

Also Nominated: Halle Irvine (Central Washington), Madi VonBrethost (Northwest Nazarene), Kalulusno Ngaida (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
Feb. 10-16	Jeremiah Lauzon, SFU	Zach Whittaker, CWU	Addy Townsend, SFU	Kori Sprague, CU

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

GNAC Indoor Championships Preview

NAMPA, Idaho – A record-breaking season will make for an exciting GNAC Indoor Track and Field Championships, which return to the Jackson's Indoor Center on Friday and Saturday.

A total of three conference records have been broken entering the meet. Western Oregon's **Derek Holdsworth** obliterated the men's 800-meter record in a time that still ranks among the top at the college level this season. Simon Fraser's **Jeremiah Lauzon** took down the men's 200-meter record while Central Washington senior **Aidan Cain** took down a 13-year-old record in the men's weight throw.

MEN

After a four-year wait, Western Washington made its return to the top of the podium and the Vikings have the talent to make a run for the trophy again.

Sophomore **Seren Dances** is the Vikings' best chance for scoring in multiple events. The defending champion in the long jump, Dances has the top mark in the conference at 22 feet, 7.75 inches, and has provisionally qualified for nationals in the heptathlon with 5,089 points. He is also third in the GNAC in the 60-meter hurdles and eighth in the pole vault.

Senior **Cordell Cummings** is the one returning champion in the 60-meter hurdles and has the second-fastest time this season at 8.40 seconds. Senior **Tupre Wickliff** won the high jump in 2018 and enters the meet with the second-best mark at 6 feet, 7 inches. The Vikings will also be helped by top entry marks from junior **Ed Kiolbasa** in the 3,000 (8:27.29) and **Bryant Welch** in the 400 meters (49.04).

Alaska Anchorage placed second last year and, with the right number of champions, could vie for its first title since 2017. Senior **Chris Brake** was the 2018 champion in the triple jump and has the top mark in the conference this season at 47 feet, 1.5 inches. He is also tied for the second-best mark in the high jump. Senior **David Sramek** will provide critical points in the heptathlon and is among the top-10 athletes in the long jump.

The Seawolves will need the usual strong performances on the track to top the podium. Junior **Wesley Kirui** is the defending champion in the 5,000 meters and leads the GNAC with a time of 14:30.44. Junior **Felix Kemboi**, the 2018 5,000-meter champion, is second in the mile (4:10.89).

Third place a year ago, Central Washington's strength in the field events will make the Wildcats a team contender. Senior **Zach Whittaker** is the returning champion in the triple jump and owns the conference's second-best mark at 48 feet, 2 inches. Senior **Aidan Cain** leads a solid throwing corps after setting the GNAC record in the weight throw of 61 feet, 10.25 inches at the UW Invitational. Senior **Andrew Harris** also has an NCAA provisional qualifying mark in the event.

Junior **Daniel Calderon** is the Wildcats' top track entrant, entering with the No. 3 time in the 400 meters at 49.24 seconds. Sophomore **Tysen Campbell** is among three GNAC athletes who have cleared 14 feet, 7 inches in the pole vault this season.

Western Oregon and Simon Fraser enter the meet with two of the fastest newcomers around. Holdsworth blew away the 800-meter record at the UW Invitational. His time of 1:47.74 not only leads Division II but is No. 3 among all college competitors this season. Lauzon, a freshman, broke the conference record in January with a time of 21.55 in the 200 meters and lowered it to 21.47 last week.

Likewise, Western Oregon freshman **Dominique Loggins** clocked the fastest time in the GNAC in the 60 meters, 6.98 seconds, at the Portland Indoor #2 meet. Senior **Justin Crosswhite** is the defending champion in the men's mile and is solidly placed to repeat with a league-leading time of 4:04.36.

Simon Fraser is bolstered with talent in the sprints and distances. Freshman **Callum Robinson** complements Lauzon with the No. 2 time in the 200 meters (22.13) and the top time in the 400 meters (48.89). Junior **Thomas Gallagher** ranks fourth in the mile (4:15.06) and senior **Sean Miller** is seventh in the 5,000 meters (15:06.13).

Concordia's points will once again come primarily from the throws. The Cavaliers have the top three marks in the shot put, led by nationals provisional qualifying marks for junior **Jakob Chamberlin** (55-0.75) and senior **Caleb Bridge** (53-11). Junior **JJ Walker** leads the GNAC in the pole vault (14-7.5) and has a provisional qualifying score in the heptathlon.



The 2019 GNAC Freshman of the Year, Saint Martin's sophomore **Tyler Cronk** is the defending champion in the high jump and has a top mark of 6 feet, 8.75 inches. He also ranks second in the long jump.

WOMEN

Seattle Pacific has claimed or shared the conference title in four of the last five years and is poised to make it five out of the last six.

The Falcons return four individuals, led by senior **Scout Cai**. The three-time defending champion in the pentathlon, Cai has yet to compete in the combined event this season. The 2018 pole vault champ, Cai leads the conference this season with a nationals provisional qualifying mark of 12 feet, 5.5 inches. Sophomore **Peace Igbonagwam** won the long jump as a freshman. She enters among the conference leaders in both horizontal jumps, the 60 meters and 200 meters.

Senior **Grace Bley** won the 200 meters last year and has the top time again this year at 24.78 seconds. Junior

Renick Meyer won the long jump in 2018 and has provisionally qualified for nationals with her season-best of 18 feet, 9.25 inches. Sophomore **Dania Holmberg** owns the GNAC's top time in the 5,000 meters (16:49.07).

Central Washington shared the title with Seattle Pacific in 2018 and finished second last year. The Wildcats return a pair of champions in seniors **Erykah Weems** and **Samantha La Rue**. Weems won the 400 meters and was a close second in the 60-meter hurdles. She owns the GNAC's top time in the hurdles at 8.78 seconds and is third in the 400. La Rue will defend her shot put title and has the conference's top mark this season by over two feet at 46 feet, 3.25 inches.

Junior **Sidney Trinidad** has NCAA provisional qualifying marks in both the pentathlon (3,282) and the 400 meters. She also has the top time in the GNAC at 56.19 seconds. Senior **Halle Irvine** hopes to finally win the pole vault after finishing second each of the last two years.

Alaska Anchorage will once again pin its title hopes on the distances. Sophomore **Nancy Jeptoo** is the defending champion in the 5,000 meters. So far this season, she has turned in national meet provisional times in both the mile (4:54.77) and 3,000 meters (9:53.80). Senior **Emmah Chelimo**, the two-time GNAC cross country champion, leads the league in the 3,000 meters (9:41.98).

Senior **Elena Cano** leads the conference in the pentathlon with 3,436 points while sophomore **Tylantiss Atlas** is No. 2 in both the 200 meters (24.96) and 400 meters (56.33). Junior **Ruth Cvancara** is second in the 800, clocking 2:12.28 last week in Seattle.

Simon Fraser will heat things up on the track. Senior **Addy Townsend** has earned an automatic spot at nationals in both the 800 meters (2:07.74) and the mile (4:40.40), ranking in the top-three in Division II in both categories. Junior **Mairin Shields-Brown** is provisionally qualified for nationals in the 800 meters with a time of 2:13.17.

Fourth in the team race a year ago, Western Washington is led by sophomore **Aliyah Dawkins**. She leads the conference with her mark of 5 feet, 7.75 inches in the high jump and is also provisionally qualified for nationals in the pentathlon. Junior **Jane Barr**, who is sixth in the mile (5:08.11) and sophomore **Tovah Swartz-Ireland**, who is sixth in the 3,000 (10:12.05), bolstered the Vikings in the distances.

Keshara Romain of Saint Martin's, a sophomore, is the favorite in both the triple jump and long jump. Romain has automatically qualified for nationals in the triple jump with her mark of 41 feet, 6 inches, ranking No. 2 in Division II and on the GNAC All-Time List. She also owns the conference's top mark in the long jump at 18 feet, 10.75 inches.

Freshman **Maya Hopwood** leads Western Oregon. She moved in closer on the GNAC record in the 60 meters, clocking 7.58 seconds last week on the track in Nampa. Senior **Grace Knapp** will be in the mix in the 5,000 meters with her time of 16:59.24 ranking in the top-15 for Division II.

Concordia junior **Macie Allen** will challenge Hopwood for the 60-meter gold medal. The champion last year, Allen enters with a season-best time of 7.61 seconds. Senior **Kori Sprague** aims to defend her title in the weight throw and leads the GNAC with a mark of 59 feet, 11.75 inches. Junior **Paige Johnson** will be among the contenders in the 60-meter hurdles, high jump and pentathlon with the conference's No. 2 marks in all three events.

Around The GNAC

ALASKA ANCHORAGE



- Alaska Anchorage picked up a few more national meet provisional qualifiers and conference-leading marks at the GVSU Big Meet in Allendale, Michigan.
- Sophomore **Nancy Jeptoo** was third in both the women's mile and 3,000 meters. Jeptoo ran 4:54.29 in the mile on Friday, which leads the GNAC and is 17th in Division II this season. She ran 9:53.80 in the 3,000 on Saturday, which is second in the GNAC and 32nd in Division II.
- Junior **Wesley Kirui** won the men's 3,000 meters with a GNAC-leading time of 8:27.19. He also ran 14:30.44 in the fastest heat of the 5,000 meters on Friday, which leads the GNAC and ranks 30th in Division II this season. Junior **Felix Kemboi** finished second in the 3,000 in 8:27.61 and earned a provisional qualifying mark in the mile. His time of 4:10.89 is No. 26 in Division II.
- Junior **Ruth Cvancara** earned a provisional qualifying mark in the women's 800. Her third-place time of 2:13.41 ranks 15th in Division II. Sophomore **Tylantiss Atlas** also earned a provisional mark in the women's 400. Her 12th-place time of 56.24 seconds ranks 20th in Division II.
- Senior **Chris Brake** placed second in the men's high jump, clearing 6 feet, 6.75 inches. He also took third in the triple jump at 46 feet, 8 inches. Senior **Elena Cano** added a third-place finish in the women's long jump with a jump of 18 feet, 7 inches.
- Alaska Anchorage moved up to No. 4 in this week's USTFCCA West Region Team Index while the women remained at No. 6.
- Alaska Anchorage was the men's runner-up at the 2019 GNAC Indoor Championships with a score of 114.5 points. The women placed third with 83 points.

CENTRAL WASHINGTON



- A pair of fourth-place finishes for senior **Zach Whittaker** and **Erykah Weems** led a small contingent of Central Washington athletes at the Husky Classic.
- Whittaker was named the GNAC Men's Field Athlete of the Week after taking fourth in the triple jump with a season-best mark of 48 feet, 2 inches. The NCAA Championships provisional qualifying mark leads the GNAC and is 24th in Division II this season.
- Weems took fourth in the women's 400 meters with a season-best time of 56.44 seconds. The NCAA provisional qualifying time ranks 25th in Division II this season. Weems also took fifth in the 60-meter hurdles. Her time of 8.70 seconds moves her to 15th in Division II this season.
- Senior **Samantha La Rue** improved her season-best in the women's shot put. She placed 10th with a mark of 46 feet, 3.25 inches, leads the GNAC and ranks 30th in Division II this season.
- Junior **Sidney Trinidad** was right behind Weems in the women's 400 meters, placing ninth with a time of 57.47 seconds.
- Senior **Aidan Cain** led the Wildcats in the throws, placing 11th in the men's weight throw with a mark of 56 feet, 8 inches.
- Central Washington's women moved up one spot to No. 4 in this week's USTFCCA West Region Team Index. The men are ranked No. 6 for the second straight week.
- Central Washington was the women's runner-up at last year's GNAC Indoor Championships after sharing the title the year before. The Wildcats scored 150 points. Central placed third in the men's team competition with 97 points.

CONCORDIA



- A lifetime best for senior **Kori Sprague** in the women's weight throw and a win for the women's 4x400-meter relay team paced Concordia at the Husky Classic.
- Sprague was named the GNAC Women's Field Athlete of the Week after she placed fourth with a mark of 61 feet, 0.75 inches. The mark moves Sprague up to No. 2 on the GNAC All-Time List and ties her for eighth in Division II this season. She is the second athlete in GNAC history to surpass 60 feet in the event.
- The 4x400-meter relay team of **Karlie Hurley**, **Paige Johnson**, **Macie Allen** and **Amelia Maguin** won in a time of 3:54.46. Johnson went on to place fourth in the long jump with a mark of 17 feet, 11 inches and was sixth in the 60-meter hurdles in 8.73 seconds.
- Sophomore **Dillon Zheol** was the top individual finisher for the Concordia men, placing seventh in the triple jump with a leap of 46 feet, 2 inches. Junior **Seth Bridge** placed 10th in the shot put with a mark of 52 feet, 5.25 inches.
- Hurley added a seventh-place finish in women's triple jump with a leap of 37 feet, 6.75 inches. Maguin finished 10th in the women's 400 meters in a time of 57.74 seconds.
- Concordia dropped to No. 2 in this week's USTFCCA Women's West Region Team Index. The men dropped one spot to No. 5.
- Concordia notched a sixth-place finish in the women's team competition at the GNAC Indoor Championships with a score of 49 points. The Cavaliers' men placed eighth with 45 points.

MONTANA STATE BILLINGS



- Montana State Billings concluded its preparation for the GNAC Indoor Championships by competing in the Nike Indoor Invite in Nampa, Idaho on February 7 and 8.
- 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.
- Montana State Billings placed ninth on the men's side at the 2019 GNAC Indoor Championships with a score of 14.5 points. The women placed 10th with three points.

Around The GNAC

NORTHWEST NAZARENE



- Junior **Elijah Castro's** third-place finish in the men's 60-meter hurdles led Northwest Nazarene's efforts at the Boise State Challenge in Nampa.
- Castro was the top placer for the Nighthawks in the meet, finishing in a time of 8.55 seconds after running 8.51 seconds in the preliminary heats.
- Sophomore **Coby Yates** led a solid effort in the men's throws, placing sixth in the weight throw with a mark of 48 feet, 11.5 inches. The effort was a lifetime best by over two feet. Sophomore **Colton Burr** placed sixth in the shot put with a mark of 45 feet, 9 inches.
- Sophomore **Madi VonBrethost** tied for fifth place in the women's high jump, clearing 5 feet, 3.75 inches. She also had a 14th-place finish in the triple jump with a leap of 34 feet, 11.75 inches.
- Senior **Lauren Wuertz** collected a fourth-place finish in the women's 400 meters with a time of 57.79 seconds. She enters the GNAC Championships with the conference's eighth-best time.
- Competing in its hometown, a short three-mile drive from campus, Northwest Nazarene finished fourth in the men's competition at the 2019 championships with 71 points. The women placed eighth with 28 points.

SAINT MARTIN'S



- Wins by sophomores **Keshara Romain** and **Tyler Cronk** in the triple jump led Saint Martin's performances in their last meet, the Portland Indoor #2 meet, on Feb. 4 and 5 in Newberg and Portland.
- 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. Romain enters the GNAC Championships with the No. 2 mark in Division II in the event at 41 feet, 6 inches.
- 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. The defending champion in the high jump, Cronk leads the GNAC and is tied for ninth in Division II with a best of 6 feet, 10.75 inches.
- 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 remained at No. 9 in this week's USTFCCCA West Region Team Index.
- Saint Martin's placed seventh in the men's competition at the 2019 GNAC Championships with a score of 49.5 points. The Saints' women placed ninth with 17 points.

SEATTLE PACIFIC



- Sophomore **Peace Igbonagwam's** victory in the women's 200 meters led Seattle Pacific's performances at the Husky Classic.
- Igbonagwam beat out Oregon State's Lauren Miller by three-thousandths of a second, earning the win with a time of 25.25 seconds. The sophomore led a 1-2-4 finish for the Falcons as senior **Grace Bley** was third in 25.26 seconds and junior **Julia Stepper** was fourth in 25.41 seconds.
- Sophomore **David Njeri** was the only SPU men's athlete to compete at Dempsey. He placed fifth in the triple jump with a mark of 46 feet, 4 inches.
- The Falcons' women dropped one spot to No. 5 in this week's USTFCCCA West Region Team Index.
- Seattle Pacific is the two-time defending women's indoor champion. The Falcons won the 2019 meet with a score of 154 points, beating Central Washington by four points. The SPU men placed 10th with 11 points.



SIMON FRASER

- Another GNAC record for freshman **Jeremiah Lauzon** and another NCAA Championships automatic qualifier for senior **Addy Townsend** led another solid effort for Simon Fraser at the David Hemery Valentine Invite in Boston.
- Lauzon lowered his conference record in the men's 200 meters, placing seventh out of 228 finishers in a time of 21.47 seconds that bettered his previous record time of 21.55 seconds. The effort earned Lauzon selection as the GNAC Men's Track Athlete of the Week. The effort is tied for 16th in Division II this season.
- Townsend added a national meet automatic qualifier in the women's mile. She placed 16th out of 250 finishers with a time of 4:40.40. The performance ranks No. 2 on the GNAC All-Time List and No. 3 in Division II this season. The effort earned Townsend her fourth GNAC Women's Track Athlete of the Week award of the season. She is also automatically qualified in the 800 meters with her time of 2:07.74 ranking second in Division II.
- Freshman **Callum Robinson** ran the conference's best time in the men's 400 meters, placing 26th with a time of 48.89 seconds.
- The men's distance medley relay of **Charlie Dannatt**, **Paul Buckingham**, **Robinson** and **Rowan Doherty**, placed second with a time of 9:54.74. The NCAA Championships provisional qualifying time is eighth-best in Division II and is the second-fastest time in the GNAC this season.
- The Clan women remained at No. 13 in this week's USTFCCCA Division II Indoor Team Index and are No. 9 in the West Region Team Index. The Simon Fraser men are No. 8 in the West Region Team Index.
- Simon Fraser placed fifth in both the men's and women's team races at the 2019 GNAC Championships. The men finished with a score of 66 points while the women scored 70 points.

Around The GNAC

WESTERN OREGON



- Freshman **Maya Hopwood's** win in the women's 60 meters led Western Oregon's performances at both the Boise State Challenge and the Husky Classic.
- Hopwood was a top-three finisher in both short sprints in Nampa. She won the 60 meters in 7.69 seconds after running a 7.58-second time in the prelims that ranks No. 2 on the GNAC All-Time List. Hopwood placed second in the 200 meters in 25.59 seconds after running 25.17 seconds in the preliminaries.
- Senior **Justin Crosswhite** improved his NCAA Championships provisional qualifying time in the men's mile in Seattle. He placed 36th out of 75 finishers with a time of 4:04.36. The time ranks No. 2 on the GNAC All-Time List and gives WOU the three top times in conference history. It also ranks Crosswhite No. 7 in Division II this season.
- Junior **Kalulusno Ngaida** posted a sixth-place finish in the women's triple jump with a season-best leap of 37 feet, 7.25 inches.
- The Western Oregon men dropped three spots to No. 23 in this week's USTFCCA Division II Men's Indoor Team Index. The Wolves are seventh in the men's West Region Team Index.
- At the 2019 GNAC Indoor Championships, the men placed sixth with a score of 55 points while the women placed seventh with a score of 29 points.

WESTERN WASHINGTON



- A second-place finish for the men's 4x400-meter relay led a limited Western Washington roster competing at the Husky Classic.
- The team of **Bryant Welch, Mark Daniels, Jon Oglesby** and **Myles Smith** placed second with a time of 3:17.49. The top time in the GNAC this season is also the third-fastest time in Western Washington history.
- Senior **Bryan Lee** set a school record in the men's weight throw. His ninth-place mark of 58 feet, 4 inches was an NCAA Championships provisional qualifier and ranks 36th in Division II this season.
- Junior **Ben Malquist** added an 11th-place finish in the men's shot put with a mark of 52 feet, 3.75 inches.
- Sophomore **Aliyah Dawkins** was the top finisher for the WWU women, tying for sixth in the high jump with a mark of 5 feet, 3 inches. Sophomore **Leanne Kibbee** added a ninth-place finish in the long jump at 16 feet, 2.25 inches.
- Western Washington remained No. 1 in this week's USTFCCA West Region Team Index for the second consecutive week. The Vikings dropped two spots to No. 10.
- Western Washington is the defending men's champion, scoring 138.5 points in 2019 for a 24-point victory over Alaska Anchorage. The Vikings' women placed fourth last year with 79 points.

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. 16, 2020

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

MEN'S PROVISIONAL QUALIFIERS AS OF FEB. 16, 2020

Event	Athlete	Mark	Rank	Date
200 Meters	Jeremiah Lauzon, SFU	21.47	T-16th	2/14/20
Mile	Justin Crosswhite, WOU	4:04.36	7th	2/14/20
	Felix Kemboi, UAA	4:10.89	26th	2/14/20
5,000 Meters	Wesley Kirui, UAA	14:30.44	30th	2/14/20
	Colby Otero, SPU	14:35.10	42nd	1/31/20
	Edward Kilobasa, WWU	14:36.45	47th	1/31/20
DMR	Western Oregon	9:52.02	6th	1/31/20
	Simon Fraser	9:54.74	8th	2/14/20
	Alaska Anchorage	9:59.65	20th	1/31/20
High Jump	Tyler Cronk, SMU	2.10/6-10.75	T-9th	1/18/20
Triple Jump	Zach Whittaker, CWU	14.68/48-2	24th	2/14/20
Shot Put	Jakob Chamberlin, CU	16.78/55-0.75	24th	1/18/20
	Caleb Bridge, CU	16.43/53-11	34th	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
	Bryan Lee, WWU	17.78/58-4	36th	2/14/20
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. 15, 2020

Event	Athlete	Mark	Rank	Date
800 Meters	Addy Townsend, SFU	2:07.74	2nd	1/31/20
Mile	Addy Townsend, SFU	4:40.40	3rd	2/14/20
Triple Jump	Keshara Romain, SMU	12.65/41-6	2nd	12/14/19

WOMEN'S PROVISIONAL QUALIFIERS AS OF FEB. 15, 2020

Event	Athlete	Mark	Rank	Date
60 Meters	Maya Hopwood, WOU	7.57*	T-16th	12/6/19
	Macie Allen, CU	7.61	T-23rd	2/8/20
200 Meters	Grace Bley, SPU	24.78	26th	2/7/20
400 Meters	Sidney Trinidad, CWU	56.19	18th	12/14/19
	Tylantiss Atlas, UAA	56.24	20th	2/14/20
	Erykah Weems, CWU	56.44	25th	2/14/20
800 Meters	Ruth Cvancara, UAA	2:12.28	15th	2/14/20
	Mairin Shields-Brown, SFU	2:13.17	19th	1/31/20
Mile	Nancy Jeptoo, UAA	4:54.77	17th	2/14/20
3,000 Meters	Emmah Chelimo, UAA	9:41.98	13th	1/31/20
	Nancy Jeptoo, UAA	9:53.80	32nd	2/15/20
5,000 Meters	Dania Holmberg, SPU	16:49.07	9th	1/31/20
	Grace Knapp, WOU	16:59.24	19th	1/31/20
	Emmah Chelimo, UAA	17:00.67	20th	2/14/20
	Kate Lilly, SPU	17:23.92	38th	1/31/20
60m Hurdles	Erykah Weems, CWU	8.70	15th	2/14/20
	Paige Johnson, CU	8.73	17th	2/14/20
4x400 Relay	Central Washington	3:50.17	22nd	1/31/20
DMR	Simon Fraser	11:36.73	3rd	1/24/20
	Alaska Anchorage	11:51.24	12th	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-29th	1/31/20
	Halle Irvine, CWU	3.70/12-1.5	T-39th	12/14/19
Long Jump	Keshara Romain, SMU	5.76/18-10.75	T-17th	12/14/19
	Renick Meyer, SPU	5.72/18-9.25	T-24th	2/7/20
Shot Put	Samantha La Rue, CWU	14.10/46-3.25	30th	2/14/20
	Katrina Linenko, CU	13.81/45-3.75	34th	2/14/20
Weight Throw	Kori Sprague, CU	18.61/61-0.75	T-8th	2/14/20
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
Feb. 18	23rd

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 4 - Feb. 18, 2020		
Rk	School	Pts.
1.	Tiffin	140.07
2.	Colorado Mines	135.63
3.	Lincoln (Mo.)	132.16
4.	Ashland	122.89
5.	American International	112.40
6.	Missouri Southern	101.87
7.	Grand Valley St.	94.63
8.	Angelo State	78.68
9.	NW Missouri State	74.59
10.	Central Missouri	73.72
11.	Saint Augustine's	70.94
12.	Adams State	60.52
13.	Emporia State	58.39
14.	Minnesota State	52.40
15.	Findlay	51.36
16.	CSU-Pueblo	49.79
17.	North Greenville	49.23
18.	Queens (N.C.)	48.19
19.	Western Colorado	47.53
20.	Shippensburg	45.70
21.	Carson-Newman	42.82
22.	Lee (Tenn.)	42.34
23.	Western Oregon	40.23
24.	Northwood (Mich.)	39.99
25.	Pittsburg St.	39.21

USTFCCCA WEST REGION TEAM INDEX

Week 4 - Feb. 18, 2020			
Rk	School	Pts.	Prev.
1.	Western Washington	431.96	1
2.	Academy of Art	349.03	2
3.	Azusa Pacific	325.83	3
4.	Alaska Anchorage	295.87	8
5.	Concordia (Ore.)	249.26	4
6.	Central Washington	231.52	6
7.	Western Oregon	213.56	5
8.	Simon Fraser	186.25	7
9.	Saint Martin's	113.82	9
10.	Concordia Irvine	84.56	13



[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
Feb. 18	—	13th

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 4 - Feb. 18, 2020		
Rk	School	Pts.
1.	Grand Valley St.	239.77
2.	Missouri Southern	125.19
3.	NW Missouri St.	123.50
4.	Lincoln (Mo.)	111.90
5.	Adams State	101.58
6.	Minnesota State	100.95
7.	Indianapolis	88.93
8.	West Texas A&M	88.56
9.	Azusa Pacific	67.66
10.	Pittsburg St.	66.52
11.	Tiffin	64.91
12.	Southwest Baptist	63.70
13.	Simon Fraser	56.11
14.	UC-Colorado Springs	55.30
15.	Saginaw Valley St.	50.84
16.	Mary	48.16
17.	CSU-Pueblo	47.98
18.	Lee (Tenn.)	44.57
19.	Central State	41.35
20.	San Francisco St.	38.18
21.	Academy of Art	36.27
22.	West Chester	34.16
23.	Stanislaus State	33.45
24.	Queens (N.C.)	32.65
25.	Oklahoma Baptist	31.82

USTFCCCA WEST REGION TEAM INDEX

Week 4 - Feb. 18, 2020			
Rk	School	Pts.	Prev.
1.	Azusa Pacific	287.06	3
2.	Concordia (Ore.)	256.73	1
3.	Academy of Art	241.50	2
4.	Central Washington	232.79	5
5.	Seattle Pacific	224.72	4
6.	Alaska Anchorage	220.93	6
7.	Stanislaus State	214.23	9
8.	Cal Poly Pomona	174.73	11
9.	Simon Fraser	153.72	7
10.	Western Washington	138.32	8



[Complete Poll Online](#)

GNAC Indoor Track & Field Records

MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
200 Meters	21.47	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 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.

Fri., Feb. 14

GVSU Big Meet (Day 1)

at Kelly Family Sports Center, Allendale, Mich.

Women (Top 3 GNAC Finishers): Mile - 3, Nancy Jeptoo, UAA, 4:54.29. Long Jump - 3, Elena Cano, UAA, 18-7.

Men (Top 3 GNAC Finishers): 5,000 Meters (Heat 4) - 2, Jacob Moos, UAA, 14:53.61. 5,000 Meters (Heat 5) - 3, Jorge Sanchez, UAA, 14:55.91. High Jump - 2, Chris Brake, UAA, 6-6.75. Triple Jump - 3, Chris Brake, UAA, 46-8.

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

David Hemery Valentine Invite

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

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): DMR - 2, Simon Fraser (Charlie Dannatt, Paul Buckingham, Callum Robinson, Rowan Doherty), 9:54.74.

2019-20 GNAC Indoor Meet Summaries

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

Boise State Challenge

at Jackson's Indoor Center, Nampa, Idaho

Women (Top 3 GNAC Finishers): 60 Meters - 1, Maya Hopwood, WOU, 7.69 (7.58 in prelims). 200 Meters - 3, Maya Hopwood, WOU, 25.59 (25.17 in prelims).

Men (Top 3 GNAC Finishers): 60m Hurdles - 3, Elijah Castro, NNU, 8.55 (8.51 in prelims).

Husky Classic

at Dempsey Indoor, Seattle, Wash.

Women (Top 3 GNAC Finishers): 200 Meters - 1, Peace Igbonagwam, SPU, 25.25; 3, Grace Bley, SPU, 25.26. 4x400 Relay - 1, Concordia (Karie Hurley, Paige Johnson, Macie Allen, Amelia Maguin), 3:54.46. Pole Vault - 3, Scout Cai, SPU, 12-0.5.

Men (Top 3 GNAC Finishers): 4x400 Relay - 2, Western Washington (Bryant Welch, Mark Daniels, Jon Oglesby, Myles Smith), 3:17.49.

Sat., Feb. 15

GVSU Big Meet (Day 2)

at Kelly Family Sports Center, Allendale, Mich.

Women (Top 3 GNAC Finishers): 800 Meters - 3, Ruth Cvancara, UAA, 2:13.41. 3,000 Meters - 3, Nancy Jeptoo, UAA, 9:53.80.

Men (Top 3 GNAC Finishers): 3,000 Meters - 1, Wesley Kirui, UAA, 8:27.19; 2, Felix Kemboi, UAA, 8:27.61.