



Feb. 27, 2020 • Week 7
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Sat., Feb. 29

Alaska Anchorage, Central Washington, Concordia, Northwest Nazarene, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at SPU Final Qualifier, Seattle, Wash.

LAST WEEK'S MEETS

Fri., Feb. 21-Sat., Feb. 22

GNAC Indoor Track & Field Championships at Jackson's Sports Center, Nampa, Idaho

Women's Team Scores: Concordia 128.33, Seattle Pacific 121, Central Washington 102, Simon Fraser 84, Alaska Anchorage 65, Western Washington 61.66, Western Oregon 51, Saint Martin's 26, Northwest Nazarene 20, Montana State Billings 3.

Women's Champions: 60 Meters - Paige Johnson, CU, 7.52 (Meet & GNAC Record). 200 Meters - Erykah Weems, CWU, 24.56. 400 Meters - Erykah Weems, CWU, 56.69. 800 Meters - Addy Townsend, SFU, 2:10.87. Mile - Addy Townsend, SFU, 4:58.62. 3,000 Meters - Kate Lilly, SPU, 9:47.88. 5,000 Meters - Emmah Chelimo, UAA, 17:21.08. 60m Hurdles - Paige Johnson, CU, 8.55. 4x400 Relay - Central Washington (Noelia Juarez, McCall DeChenne, Sidney Trinidad, Erykah Weems), 3:49.73. DMR - Simon Fraser (Addy Townsend, Renate Bluschke, Megan Roxby, Mairin Shields-Brown), 12:03.65. High Jump - Paige

Johnson, CU, 5-5.75. Pole Vault - Halle Irvine, CWU, 12-07.5. Long Jump - Peace Igbonagwam, SPU, 19-5.5. Triple Jump - Keshara Romain, SMU, 41-8 (Meet & GNAC Record). Shot Put - 1, Katrina Linenko, CU, 46-2.75. Weight Throw - Kori Sprague, CU, 61-3 (Meet Record). Pentathlon - Elena Cano, UAA, 3,543.

Men's Team Scores: Western Washington 137, Concordia 87, Central Washington 86, Simon Fraser 85, Alaska Anchorage 83, Western Oregon 73, Saint Martin's 39, Northwest Nazarene 39, Seattle Pacific 21, Montana State Billings 12.

Men's Champions: 60 Meters - Dominique Loggins, WOU, 6.86. 200 Meters - Jeremiah Lauzon, SFU, 21.71. 400 Meters - Logan Blake, NNU, 48.52. 800 Meters - Derek Holdsworth, WOU, 1:54.20. Mile - Charlie Dannatt, SFU, 4:13.42. 3,000 Meters - Felix Kemboi, UAA, 8:31.50. 5,000 Meters - Weley Kirui, UAA, 14:48.55. 60m Hurdles - Cordell Cummings, WWU, 8.31. 4x400 Relay - Western Washington (Bryant Welch, Mark Daniels, Jon Oglesby, Myles Smith), 3:17.76. DMR - Alaska Anchorage (Lawson Sims, Daryl Bushnell, Eduardo Orozco, Felix Kemboi), 10:05.60. High Jump - Tyler Cronk, SMU, 7-1. Pole Vault - Tysen Campbell, CWU, 15-7. Long Jump - Ethan Sterkel, WWU, 23-8.75. Triple Jump - Zach Whittaker, CWU, 48-4.5. Shot Put - Caleb Bridge, CU, 54-7.25. Weight Throw - Aidan Cain, 61-2 (Meet Record). Heptathlon - Dakota Tidwell, NNU, 4,914.

#GNACTF in 280

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#FittingEnd Concordia finished its final GNAC Indoor Track and Field Championships by winning the women's title with a score of 128.33 points, ending Seattle Pacific's string of three straight titles.

#BigTimePaigeTurner Concordia sophomore **Paige Johnson** scored 35 points and won three titles for the Cavaliers. It is the second-most points scored by an individual female athlete in meet history. In the process, Johnson broke the GNAC record in the 60 meters.

#RomainRecord Saint Martin's sophomore **Keshara Romain** broke the GNAC record to win the women's triple jump. She also took second in the long jump to earn Women's Field Athlete of the Meet honors.

#FinalQualifier Eight GNAC teams will be in Seattle this weekend for the SPU Final Qualifier. It is the final chance to improve marks before the national meet field is announced next week.

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GNAC Indoor Championships Special Awards Winners



MEN'S TRACK ATHLETE OF THE MEET
Logan Blake, Northwest Nazarene
 Senior • Bend, Ore.

Blake won the GNAC championship in the men's 400 meters, running 48.52 seconds to finish just ahead of Myles Smith of Western Washington. Blake came back to place third in the 200 meters with a time of 22.20 seconds and also ran the leadoff leg of the Nighthawks' 4x400-meter relay team.



WOMEN'S TRACK ATHLETE OF THE MEET
Addy Townsend, Simon Fraser
 Senior • Coquitlam, B.C.

Townsend became a four-time champion in the women's 800 meters, winning the title in 2:10.87. She also won the mile in a time of 4:58.67. Townsend also ran the leadoff leg of the Clan's winning distance medley relay team and ran the third leg of the second-place 4x400-meter relay team.



MEN'S FIELD ATHLETE OF THE MEET
Tyler Cronk, Saint Martin's
 Sophomore • Kent, Wash.

Cronk repeated as the men's high jump champion, clearing 7 feet, 1 inch to automatically qualify for the NCAA Indoor Championships. Cronk went on to finish second in the long jump with a mark of 22 feet, 11.75 inches, and fourth in the triple jump with a mark of 46 feet, 3.5 inches. Cronk accounted for 23 of the Saints' 39 men's points in the meet.



WOMEN'S FIELD ATHLETE OF THE MEET
Keshara Romain, Saint Martin's
 Sophomore • Lacey, Wash.

Romain set the GNAC and meet record in the women's triple jump. Her winning mark of 41 feet, 8 inches surpassed the previous record of 41 feet, 7.25 inches, set by Western Washington's Jasmine McMullin in 2018. Romain also placed second in the long jump with a mark of 19 feet, 2.5 inches.



MEN'S PERFORMANCE OF THE MEET
Aidan Cain, Central Washington
 Senior • Monroe, Wash.

Cain was recognized for his win and meet record mark in the men's weight throw. The winning mark of 61 feet, 2 inches surpassed the previous meet record of 61 feet, 1.75 inches, set by Concordia's Tyler Lamott in 2016.



WOMEN'S PERFORMANCE OF THE MEET
Paige Johnson, Concordia
 Sophomore • Los Angeles, Calif.

Of the three titles that Johnson won, none was as impressive as the 60 meters. Johnson ran a winning time of 7.52 seconds to eclipse not only the meet record of 7.55 seconds run by Alaska Anchorage's Jamie Ashcroft in 2017, but also the conference record of 7.54 seconds that also belonged to Ashcroft.

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.

Around The GNAC

ALASKA ANCHORAGE



- Distance runners carried the day for both the Alaska Anchorage men and women at the GNAC Indoor Championships. Both teams placed fifth with the men scoring 83 points and the women scoring 65 points.
- Junior **Wesley Kirui** repeated as the men's 5,000-meter champion with a time of 14:48.55. He went on to place fourth in the 3,000 meters in a time of 8:35.37. Junior **Felix**

Kemboi earned the 3,000-meter title with a time of 8:31.50 as the Seawolves scored 22 points in the event.

• Senior **Emmah Chelimo** was the winner of the women's 5,000 meters in a time of 17:21.08, scoring a 43-second victory over second-place Chelsea Ribiero of Simon Fraser. Chelimo went on to place fourth in the 3,000 in 10:03.70 while junior **Nancy Jeptoo** was third in 9:48.73.

• The men's distance medley relay team of **Lawson Sims, Daryl Bushnell, Eduardo Orozco** and **Kemboi** picked up UAA's first victory in the event since 2013 with a time of 10:05.60.

• Senior **Elena Cano** beat three-time champion Scout Cai of Seattle Pacific for her first pentathlon title. Her score of 3,543 points moves her up to No. 8 on the GNAC All-Time List and No. 14 in Division II this season. Cano was the individual winner in both the high jump (5-4.5) and the long jump (18-1).

• Senior **David Sramek** was the runner-up in the men's heptathlon, dueling champion Dakota Tidwell of Northwest Nazarene to the finish for a score of 4,795 points.

• Alaska Anchorage moved up to No. 3 in this week's USTFCCCA West Region Team Index while the women remained at No. 6.

• Alaska Anchorage will compete on Saturday at the SPU Final Qualifier in Seattle.

CENTRAL WASHINGTON



• Central Washington placed a close third in the men's team race at the GNAC Indoor Championships with 86 points while the women placed third with 102 points.

• Senior **Aidan Cain** earned the Men's Performance of the Meet Award for his meet-record victory in the weight throw. His winning mark of 61 feet, 2 inches surpassed the previous record of 61 feet, 1.75 inches set by Concordia's Tyler

Lamott in 2017.

• Senior **Erykah Weems** picked up two championships in the sprints. She won the women's 200 meters in 24.56 seconds and the 400 meters in 56.69 seconds. Weems also placed second in the 60-meter hurdles in 8.61 seconds.

• Weems also anchored the Wildcats' winning women's 4x400-meter relay team. The squad of **Noelia Juarez, McCall DeChenne, Sidney Trinidad** and Weems won in a time of 3:49.73, which ranks 23rd in Division II this season.

• The Wildcats swept the gold medals in the pole vault. Senior **Halle Irvine** earned what had been an elusive first women's title with a clearance 12 feet, 0.75 inches. Sophomore **Tysen Campbell** took home the men's title with a clearance of 15 feet, 7 inches.

• Senior **Zach Whittaker** became a two-time champion in the men's triple jump. Whittaker tied with Alaska Anchorage's Chris Brake with a mark of 48 feet, 4.5 inches, but Whittaker was awarded the title based on his second-best mark. The leap ties Whittaker for No. 24 in Division II this season.

• Central Washington's women remained at No. 4 in this week's USTFCCCA West Region Team Index. The men dropped one spot to No. 7.

• Central Washington will compete on Saturday at the SPU Final Qualifier in Seattle.

CONCORDIA



• Dueling with Seattle Pacific right down to the end, the Concordia women won their first and only GNAC indoor championship. The Cavaliers scored 128.33 points to the Falcons' 121. The Concordia men placed second with 87 points.

• Sophomore **Paige Johnson** received the Women's Performance of the Meet award after setting the meet & conference record in the 60 meters with her time of 7.52 seconds. That broke the meet record of 7.55 seconds and conference record of 7.54 seconds set by Alaska Anchorage's Jamie Ashcroft in 2017. The time ranks Johnson ninth in Division II this season.

• Johnson won three events and scored 35 total points in the meet, the second-most all-time in a single meet by a woman at the GNAC Indoor Championships. She also won the 60-meter hurdles in a time of 8.55 seconds and the high jump with a clearance of 5 feet, 5.75 inches. The hurdles time is tied for third in Division II this season and the high jump mark is tied for 24th.

• The Cavaliers swept the women's throws. Senior **Kori Sprague** claimed her second title in the weight throw with a mark of 61 feet, 3 inches that broke the meet record of 60 feet, 0.25 inches set by the Cavaliers' Christina MacDonald in 2018. Senior **Katrina Linenko** won the shot put with a mark of 46 feet, 2.75 inches.

• Senior **Caleb Bridge** provided Concordia's only men's title, taking the shot put with a mark of 54 feet, 7.25 inches to lead a top-three sweep in the event for the Cavaliers.

• Senior **Adam Brown** placed second in the men's 60 meters in 7.05 seconds. Sophomore **Jordan Gloden** was second in the 60-meter hurdles in 8.35 seconds. Junior **Jakob Chamberlin** was second in the weight throw at 57-6.5

• Concordia's women moved back to the No. 1 spot in the USTFCCCA West Region Team Index. The men climbed one spot to No. 4.

• Concordia will compete on Saturday at the SPU Final Qualifier in Seattle.

MONTANA STATE BILLINGS



• Montana State Billings finished 10th in both the men's and women's team races at the GNAC Indoor Championships.

• Senior **Mason Schram** was the top placer and point scorer for the Yellowjackets, placing fourth in the men's 60 meters in a time 7.07 seconds.

• Senior **Isaiah Girard** picked up two points in the men's high jump, placing seventh with a clearance of 6 feet, 5 inches. The remaining men's points came from the distance medley relay team, which placed sixth in 10:34.11.

• Senior **Nikki Aiken** notched an eighth-place finish in the women's 5,000 meters in a time of 18:34.62. She went on to place 10th in the 3,000 meters in 10:38.84 and also helped MSUB score a point in the distance medley relay which placed eighth in 13:02.71.

• Sophomore **Mariah May** was the other MSUB individual women's point scorer, taking eighth in the weight throw with a mark of 49 feet, 3 inches.

• Montana State Billings will now turn its attention to the outdoor season. The Yellowjackets will compete next when they host the Yellowjacket Open on Saturday, Mar. 21 in Billings.

Around The GNAC

NORTHWEST NAZARENE



• The Northwest Nazarene men finished the GNAC Indoor Championships tied for seventh place with 39 points. The Nighthawks' women placed ninth with 20 points.

• Senior **Logan Blake** was selected as the Men's Track Athlete of the Meet. He won the 400 meters in a time of 48.52 seconds and also placed third in the 200 meters in 22.20 seconds. Blake also ran the lead leg of the

Nighthawks' 4x400-meter relay team.

• Senior **Dakota Tidwell** outlasted Alaska Anchorage's David Sramek for the heptathlon title with a score of 4,813 points. The total is 30th in Division II this season. Tidwell won two individual events, the shot put (38-7.75) and the 60-meter hurdles (8.82). Tidwell also earned the silver medal in the pole vault with a clearance of 14 feet, 1.25 inches.

• Sophomore **Madi VonBrethorst** led the NNU women with a fourth-place finish in the women's high jump. Her mark of 5 feet, 5.75 inches is an NCAA Championships provisional qualifier and is tied for 33rd in Division II this season.

• Senior **Lauren Wuertz** placed seventh in the women's 400 meters in 57.77 seconds while sophomore **McKenna Emerson** was seventh in the 200 in 2:21.75.

• In the men's competition, junior **Spencer Hopkins** placed seventh in the pole vault with a mark of 11 feet, 7.75 inches and junior **Elijah Castro** was eighth in the 60-meter hurdles in 9.51 seconds.

• Northwest Nazarene's men find themselves at No. 10 in this week's USTFCCA West Region Team Index.

• The Nighthawks will be among the GNAC teams competing at Saturday's SPU Final Qualifier in Seattle.

SAINT MARTIN'S



• Saint Martin's tied for seventh place in the men's competition at the GNAC Indoor Championships with 39 points. The Saints' women finished eighth with 26 points.

• Sophomore **Keshara Romain** was named the Women's Field Athlete of the Meet after winning the triple jump and placing second in the long jump. Romain set GNAC and

meet records in the triple jump with a mark of 41 feet, 8 inches. That surpassed the previous record of 41 feet, 7.25 inches set by Western Washington's Jasmine McMullin in 2018. Already automatically qualified for nationals in the event, the mark is No. 2 in Division II this season. Romain also finished second in the long jump with a mark of 19 feet, 2.5 inches, which ranks 12th in Division II this season.

• Sophomore **Tyler Cronk** was named the Men's Field Athlete of the Meet after repeating as high jump champion and earning top-four finishes in both horizontal jumps. Cronk cleared 7 feet, 1 inch in the high jump to automatically qualify for the NCAA Championships. The mark ranks No. 3 in Division II this season. Cronk placed second in the long jump at 22 feet, 4.75 inches and was fourth in the triple jump at 46 feet, 3.5 inches.

• Junior **Alyssa Smith** captured a fourth-place finish in the women's pole vault with a clearance of 11 feet, 7 inches.

• Sophomore **Michael Russell** added a fourth-place finish in the men's 200 meters with a time of 22.21 seconds. He also helped the Saints place fourth in the 4x400-meter relay with a time of 3:22.16.

• The Saint Martin's men remained at No. 9 in this week's USTFCCA West Region Team Index.

• Outside of trips to nationals for Romain and Cronk, Saint Martin's has concluded the indoor season. The Saints open the outdoor schedule at the Ed Boitano Invitational in Tacoma on Saturday, Mar. 7.

SEATTLE PACIFIC



• The Seattle Pacific women saw its string of three straight GNAC indoor titles snapped, finishing second with a score of 121 points. The Falcons' men placed ninth with 21 points.

• Sophomore **Peace Igbonagwam** became the two-time champion in the women's long jump, winning with a mark of 19 feet, 5.5 inches. The NCAA Championships provisional

qualifying mark ranks ninth in Division II this season. Igbonagwam also placed third in the 200 (24.78), fourth in the 60 (7.69) and seventh in the triple jump (37-1.25).

• Senior **Kate Lilly** earned her first GNAC championship, winning the women's 3,000 meters in a time of 9:47.88. Lilly finished just ahead of teammate **Dania Holmberg**, who was second in 9:47.95, and also ranks 20th in Division II this season. The time for Holmberg is good for 22nd in Division II this season.

• Senior **Grace Bley** led a 2-3-4 finish in the women's 200 meters for the Falcons. Her time of 24.65 seconds is good for No. 6 on the GNAC All-Time List and ties her for 20th in Division II this season.

• Senior **Scout Cai** missed a fourth-straight title in the pentathlon. Hampered by injury, Cai placed second with a score of 3,406 points that ranks 24th in Division II this season.

• Sophomore **David Njeri** led the SPU men. Njeri placed third in the triple jump with a mark of 47 feet, 8 inches and less than five minutes later placed fourth in the 60-meter hurdles in 8.41 seconds.

• Freshman **Brad Bowman** placed fifth in the men's pole vault with a mark of 13 feet, 1.5 inches while sophomore **Colby Otero** was seventh in the 3,000 meters in 8:42.77.

• The Falcons' women improved two spots to No. 2 in this week's USTFCCA Indoor Team Index.

• Seattle Pacific will host the SPU Final Qualifier on Saturday.

SIMON FRASER



• Simon Fraser placed fourth in both team competitions at the GNAC Indoor Championships with the men scoring 85 points and the women scoring 83 points.

• Senior **Addy Townsend** was named the Women's Track Athlete of the Meet after winning both the 800 meters and

the mile. She became a four-time champion in the 800 meters with a time of 2:10.87 and captured the mile in a time of 4:58.62. Townsend also ran the leadoff leg on the Clan's winning distance medley relay team and the third leg of the 4x400-meter relay team.

• Sophomore **Jeremiah Lauzon** took home the men's 200-meter title with a time of 21.71 seconds, nearly a tenth of a second ahead of Adam Brown of Concordia.

• Freshman **Charlie Dannatt** completed an impressive comeback from injury, winning the men's mile in a time of 4:13.72. Dannatt's first meet of the season had been just the weekend before. Senior **Rowan Doherty** placed second in a time of 4:13.71.

• The women's distance medley relay of Townsend, **Renate Bluschke**, **Megan Roxby** and **Mairin Shields-Brown**, won in a time of 12:03.65.

• Freshman **Sydney Kania** picked up a silver medal in the women's high jump with a mark of 5 feet, 5.75 inches. Junior **Chelsea Ribiero** was second in the women's 5,000 meters in 18:04.54.

• The Clan women dropped to No. 16 in this week's USTFCCA Division II Indoor Team Index. Both the men and women are No. 8 in the West Region Team Index.

• Simon Fraser will compete in the SPU Final Qualifier on Saturday in Seattle.

Around The GNAC

WESTERN OREGON



- Western Oregon captured sixth place in the men's competition at the GNAC Indoor Championships with 73 points. The women placed seventh with 51 points.
- Freshman **Dominique Loggins** won the title for the Wolves in the men's 60 meters with a time 6.68 seconds. Now No. 7 on the GNAC All-Time List, the NCAA Championships provisional qualifying time is 35th in Division II this season.
- Junior **Derek Holdsworth** led five scorers in the men's 800 meters as he won the title with a time of 1:54.20. The Wolves went 1-2-4-5 in the event with sophomore **Max Carmona** placing second in a time of 1:55.25.
- Freshman **Maya Hopwood** collected a silver medal in the women's 60 meters with a time of 7.64 seconds. She went on to place seventh in the 200 meters with a time of 25.25 seconds.
- The men's 4x400-meter relay team of **Gabe Arce-Torres, Lashaun Emile, Aaron Hanible** and Holdsworth was just edged out for the title, placing second with a time of 3:17.80.
- Junior **Moana Gianotti** placed third in the women's shot put with a mark of 43 feet, 7 inches. Freshman **Jenelle Hurley** was third in the women's pentathlon with a score of 3,334 points. That ranks 30th in Division II this season.
- Western Oregon climbed one spot to No. 22 in this week's USTFCCA Division II Men's Indoor Team Index. The Wolves are sixth in the men's West Region Team Index.
- Western Oregon will be among the GNAC teams competing in the SPU Final Qualifier on Saturday in Seattle.

WESTERN WASHINGTON



- Western Washington ran away with its second consecutive GNAC men's indoor title. The team's 137 points was 50 points better than second-place Concordia. The WWU women placed sixth with 61.66 seconds.
- Senior **Cordell Cummings** led the individual champions with his repeat title in the men's 60-meter hurdles in a time of 8.31 seconds. Sophomore **Ethan Sterkel** collected the gold medal in the men's long jump. His mark of 23 feet, 8.75 inches is No. 5 on the GNAC All-Time List and tied for 22nd in Division II this season.
- The men's 4x400-meter relay team of **Bryant Welch, Mark Daniels, Jon Oglesby** and **Myles Smith** just edged out Western Oregon for the title with a time of 3:17.76.
- Junior **Ed Kiolbasa** bolstered the point total with silver medals in both the men's 3,000 and 5,000 meters. Kiolbasa finished the 5,000 with a time of 14:51.79 on Friday. He was just outdueled by Alaska Anchorage's Felix Kemboi for the 3,000 title with a time of 8:31.80.
- Senior **Lexi Perry** led the WWU women with a second-place finish in the pole vault as she cleared 11 feet, 7 inches. Senior **Sophia Galvez** notched a third-place finish in the 5,000 meters with a time of 18:04.54. Junior **Devon Olson** was third in the triple jump with a mark of 38 feet, 2 inches.
- Western Washington remained No. 1 in this week's USTFCCA West Region Team Index for the third consecutive week. The Vikings' women remained at No. 10.
- Western Washington will compete on Saturday at the SPU Final Qualifier in Seattle.

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 AUTOMATIC QUALIFIERS AS OF FEB. 26, 2020

Event	Athlete	Mark	Rank	Date
800 Meters	Derek Holdsworth, WOU	1:47.74	1st	1/31/20
High Jump	Tyler Cronk, SMU	2.16/7-1	3rd	2/21/20

MEN'S PROVISIONAL QUALIFIERS AS OF FEB. 26, 2020

Event	Athlete	Mark	Rank	Date
60 Meters	Dominique Loggins, WOU	6.86	35th	2/21/20
200 Meters	Jeremiah Lauzon, SFU	21.47	T-22nd	2/14/20
Mile	Justin Crosswhite, WOU	4:04.36	7th	2/14/20
5,000 Meters	Felix Kemboi, UAA	4:10.89	29th	2/14/20
	Wesley Kirui, UAA	14:30.44	32nd	2/14/20
	Colby Otero, SPU	14:35.10	44th	1/31/20
DMR	Edward Kilobasa, WWU	14:36.45	48th	1/31/20
	Western Oregon	9:52.02	6th	1/31/20
	Simon Fraser	9:54.74	8th	2/14/20
High Jump	Alaska Anchorage	9:59.65	22nd	1/31/20
	Chris Brake, UAA	2.06/6-9	T-26th	2/21/20
	Tupre Wickliff, WWU	2.06/6-9	T-25th	2/21/20
Long Jump	Ethan Sterkel, WWU	7.23/23-8.75	T-22nd	2/21/20
Triple Jump	Zach Whittaker, CWU	14.74/48-4.5	T-24th	2/21/20
	Chris Brake, UAA	14.74/48-4.5	T-24th	2/21/20
	David Njeri, SPU	14.53/47-8	T34th	2/21/20
Shot Put	Jakob Chamberlin, CU	16.78/55-0.75	24th	1/18/20
	Caleb Bridge, CU	16.64/54-7.25	30th	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	29th	2/7/20
	Jakob Chamberlin, CU	17.81/58-5.25	35th	1/18/20
	Bryan Lee, WWU	17.78/58-4	38th	2/14/20
Heptathlon	Seren Dances, WWU	5,069	17th	1/31/20
	Dakota Tidwell, NNU	4,813	30th	2/21/20
	David Sramek, UAA	4,795	33rd	2/21/20
	JJ Walker, CU	4,791	34th	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	12.70/41-8	2nd	2/21/20

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

Event	Athlete	Mark	Rank	Date
60 Meters	Paige Johnson, CU	7.52	9th	2/21/20
200 Meters	Maya Hopwood, WOU	7.57*	T-17th	12/6/19
	Macie Allen, CU	7.61	T-26th	2/8/20
	Julia Stepper, SPU	7.67	T-49th	2/21/20
400 Meters	Erykah Weems, CWU	24.56	17th	2/21/20
	Grace Bley, SPU	24.65	T-20th	2/21/20
	Peace Igbonagwam, SPU	24.78	35th	2/21/20
800 Meters	Sidney Trinidad, CWU	56.19	27th	12/14/19
	Tylantiss Atlas, UAA	56.24	30th	2/14/20
	Erykah Weems, CWU	56.44	T-33rd	2/14/20
3,000 Meters	Ruth Cvancara, UAA	2:12.28	16th	2/14/20
	Mairin Shields-Brown, SFU	2:13.17	21st	1/31/20
	Nancy Jeptoo, UAA	4:54.77	13th	2/14/20
5,000 Meters	Emmah Chelimo, UAA	9:41.98	19th	1/31/20
	Kate Lilly, SPU	9:47.88	20th	2/21/20
	Dania Holmberg, SPU	9:47.95	22nd	2/21/20
60m Hurdles	Nancy Jeptoo, UAA	9:48.73	23rd	2/21/20
	Dania Holmberg, SPU	16:49.07	9th	1/31/20
	Grace Knapp, WOU	16:59.24	19th	1/31/20
4x400 Relay	Emmah Chelimo, UAA	17:00.67	20th	2/14/20
	Kate Lilly, SPU	17:23.92	38th	1/31/20
	Paige Johnson, CU	8.55	T-3rd	2/21/20
DMR	Erykah Weems, CWU	8.61	115th	2/14/20
	Paige Johnson, CU	8.73	17th	2/21/20
	Central Washington	3:49.73	23rd	2/21/20
High Jump	Simon Fraser	11:36.73	4th	1/24/20
	Alaska Anchorage	11:51.24	14th	1/31/20
	Aliyah Dawkins, WWU	1.72/5-7.75	T-10th	1/31/20
Pole Vault	Paige Johnson, CU	1.68/5-5.75	T-24th	2/21/20
	Madison VonBrethost, NNU	1.67/5-5.75	T-33rd	2/21/20
	Sydney Kania, SFU	1.67/5-5.75	T-33rd	2/21/20
Long Jump	Chase Stephens, CU	1.67/5-5.75	T-33rd	2/21/20
	Scout Cai, SPU	3.80/12-5.5	T-31st	1/31/20
	Halle Irvine, CWU	3.70/12-1.5	T-43rd	12/14/19
Triple Jump	Peace Igbonagwam, SPU	5.93/19-5.5	8th	2/21/20
	Keshara Romain, SMU	5.85/19-2.5	12th	2/21/20
	Renick Meyer, SPU	5.82/19-1.25	14th	2/21/20
Shot Put	Paige Johnson, CU	5.79/19-0	T-19th	2/21/20
	Kalulusno Ngaida, WOU	11.77/38-7.5	34th	2/21/20
	Samantha La Rue, CWU	14.10/46-3.25	30th	2/14/20
Weight Throw	Katrina Linenko, CU	14.09/46-2.75	31st	2/21/20
	Kori Sprague, CU	18.67/61-3	11th	2/21/20
	Megan Smallbeck, CWU	17.22/56-6	41st	2/21/20
Pentathlon	Elena Cano, UAA	3,543	14th	2/21/20
	Scout Cai, SPU	3,406	24th	2/21/20
	Paige Johnson, CU	3,398	25th	1/24/20
	Janelle Hurley, WOU	3,334	30th	2/21/20
	Sidney Trinidad, CWU	3,322	31st	2/21/20
	Aliyah Dawkins, WWU	3,310	33rd	1/31/20

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
Feb. 25	22nd

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 5 - Feb. 25, 2020		Pts.	Prev.
Rk	School		
1.	Angelo State	137.11	8
2.	Lincoln (Mo.)	134.38	3
3.	Tiffin	129.94	1
4.	Colorado Mines	128.73	2
5.	Ashland	117.04	4
6.	American International	106.66	5
7.	Missouri Southern	96.02	6
8.	Grand Valley St.	91.56	7
9.	Saint Augustine's	76.50	11
10.	Central Missouri	70.22	10
11.	NW Missouri St.	65.12	9
12.	Adams State	56.25	12
13.	CSU-Pueblo	55.03	16
14.	Minnesota State	55.00	14
15.	Western Colorado	53.62	19
16.	West Texas A&M	52.60	28
17.	Emporia State	49.54	13
18.	Findlay	48.94	15
19.	Queens (N.C.)	47.54	18
20.	Lee (Tenn.)	42.20	22
21.	Pittsburg St.	42.07	25
22.	Western Oregon	39.96	23
23.	Northwood (Mich.)	38.17	24
24.	North Greenville	37.89	17
25.	Oklahoma Baptist	36.59	30

USTFCCCA WEST REGION TEAM INDEX

Week 5 - Feb. 25, 2020		Pts.	Prev.
Rk	School		
1.	Western Washington	463.41	1
2.	Academy of Art	314.24	2
3.	Alaska Anchorage	284.35	4
4.	Concordia (Ore.)	279.62	5
5.	Azusa Pacific	277.08	3
6.	Western Oregon	241.65	7
7.	Central Washington	238.52	6
8.	Simon Fraser	216.44	8
9.	Saint Martin's	116.99	9
10.	Northwest Nazarene	110.19	11



[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
Feb. 25	—	16th

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 5 - Feb. 25, 2020		Pts.	Prev.
Rk	School		
1.	Grand Valley St.	229.35	1
2.	Missouri Southern	116.67	2
3.	NW Missouri St.	106.93	3
4.	West Texas A&M	101.05	8
5.	Lincoln (Mo.)	96.42	4
6.	Adams State	90.09	5
7.	Indianapolis	88.03	7
8.	Mary	82.28	16
9.	Minnesota State	78.04	6
10.	Angelo State	68.90	29
11.	Pittsburg St.	67.93	10
12.	Azusa Pacific	63.54	9
13.	Tiffin	60.87	11
14.	Saginaw Valley St.	60.51	15
15.	Southwest Baptist	54.68	12
16.	Simon Fraser	52.54	13
17.	CSU-Pueblo	49.04	17
18.	UC-Colorado Springs	44.15	14
19.	Saint Augustine's	43.78	52
20.	Fayetteville State	42.82	37
21.	Lee (Tenn.)	42.07	18
22.	Central State	39.40	19
23.	Central Missouri	37.14	26
24.	San Francisco St.	35.32	20
25.	Stanislaus State	32.88	23

USTFCCCA WEST REGION TEAM INDEX

Week 5 - Feb. 25, 2020		Pts.	Prev.
Rk	School		
1.	Concordia (Ore.)	323.49	2
2.	Seattle Pacific	290.35	5
3.	Azusa Pacific	264.60	1
4.	Central Washington	237.05	4
5.	Academy of Art	217.95	3
6.	Alaska Anchorage	2216.20	6
7.	Stanislaus State	207.66	7
8.	Simon Fraser	165.12	9
9.	Cal Poly Pomona	156.33	8
10.	Western Washington	152.22	10



[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	18.64/61-2	Aidan Cain, Central Washington (2020)
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	7.52	Paige Johnson, Concordia (2020)
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	12.70/41-8	Keshara Romain, Saint Martin's (2020)
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	7.52	Paige Johnson, Concordia (2020)
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	12.70/41-8	Keshara Romain, Saint Martin's (2020)
Shot Put	17.02/55-10.25	McKenzie Warren, Concordia (2017)
Weight Throw	18.67/61-3	Kori Sprague, Concordia (2020)
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 (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.

Fri., Feb. 21-Sat., Feb. 22

GNAC Indoor Track & Field Championships

at Jackson's Sports Center, Nampa, Idaho

Women's Team Scores: Concordia 128.33, Seattle Pacific 121, Central Washington 102, Simon Fraser 84, Alaska Anchorage 65, Western Washington 61.66, Western Oregon 51, Saint Martin's 26, Northwest Nazarene 20, Montana State Billings 3.

Women's Champions: 60 Meters - Paige Johnson, CU, 7.52 (Meet & GNAC Record). 200 Meters - Erykah Weems, CWU, 24.56. 400 Meters - Erykah Weems, CWU, 56.69. 800 Meters - Addy Townsend, SFU, 2:10.87. Mile - Addy Townsend, SFU, 4:58.62. 3,000 Meters - Kate Lilly, SPU, 9:47.88. 5,000 Meters - Emmah Chelimo, UAA, 17:21.08. 60m Hurdles - Paige Johnson, CU, 8.55. 4x400 Relay - Central Washington (Noelia Juarez, McCall DeChenne, Sidney Trinidad, Erykah Weems), 3:49.73. DMR - Simon Fraser (Addy Townsend, Renate Bluschke, Megan Roxby, Mairin Shields-Brown), 12:03.65. High Jump - Paige Johnson, CU, 5-5.75. Pole Vault - Halle Irvine, CWU, 12-07.5. Long Jump - Peace Igbonagwam, SPU, 19-5.5. Triple Jump - Keshara Romain, SMU, 41-8 (Meet & GNAC Record). Shot Put - 1, Katrina Linenko, CU, 46-2.75. Weight Throw - Kori Sprague, CU, 61-3 (Meet Record). Pentathlon - Elena Cano, UAA, 3,543.

Men's Team Scores: Western Washington 137, Concordia 87, Central Washington 86, Simon Fraser 85, Alaska Anchorage 83, Western Oregon 73, Saint Martin's 39, Northwest Nazarene 39, Seattle Pacific 21, Montana State Billings 12.

Men's Champions: 60 Meters - Dominique Loggins, WOU, 6.86. 200 Meters - Jeremiah Lauzon, SFU, 21.71. 400 Meters - Logan Blake, NNU, 48.52. 800 Meters - Derek Holdsworth, WOU, 1:54.20. Mile - Charlie Dannatt, SFU, 4:13.42. 3,000 Meters - Felix Kemboi, UAA, 8:31.50. 5,000 Meters - Weley Kirui, UAA, 14:48.55. 60m Hurdles - Cordell Cummings, WWU, 8.31. 4x400 Relay - Western Washington (Bryant Welch, Mark Daniels, Jon Oglesby, Myles Smith), 3:17.76. DMR - Alaska Anchorage (Lawson Sims, Daryl Bushnell, Eduardo Orozco, Felix Kemboi), 10:05.60. High Jump - Tyler Cronk, SMU, 7-1. Pole Vault - Tysen Campbell, CWU, 15-7. Long Jump - Ethan Sterkel, WWU, 23-8.75. Triple Jump - Zach Whittaker, CWU, 48-4.5. Shot Put - Caleb Bridge, CU, 54-7.25. Weight Throw - Aidan Cain, 61-2 (Meet Record). Heptathlon - Dakota Tidwell, NNU, 4,914.