



Sept. 23, 2021 • Week 5
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GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Fri., Sept. 24

Western Washington at Roy Griak Invitational
9:50 a.m., St. Paul, Minn.

Montana State Billings at Montana Open
4 p.m., Missoula, Mont.

Alaska, Simon Fraser, Western Oregon at Mike
Johnson Classic, 5 p.m., Monmouth, Ore.

Sat., Sept. 25

Central Washington, Saint Martin's, Western
Washington at Ken Garland Classic, 10 a.m.,
Lacey, Wash.

Sun., Sept. 26

Simon Fraser at Vancouver Spirit Run, 10 a.m.,
Vancouver, B.C.

LAST WEEK'S MEETS

Fri., Sept. 17

Eastern Oregon Invitational

at La Grande Country Club, La Grande, Ore.

Men (7,000m): Lewis-Clark State 30, College of
Idaho 54, Eastern Oregon 74, Northwest Nazarene
95, Whitman 106.

Top 5 Finishers: 1, Logan Hunt, CI, 22:02.3. 2,
Cole Olsen, LCSC, 22:16.1. 3, Tyler Shea, NNU,
22:24.5. 4, Travis Running, EOU, 22:31.0. 5, Clayton
VanDyke, LCSC, 22:31.6.

Other Top GNAC Finishers: 8, Dylan Tidwell, NNU,
22:45.0. 34, Chandler Emerson, NNU, 23:52.7. 38,
Treyson Conley, NNU, 24:08.3. 59, Norman Kosgei,
NNU, 26:37.4.

Women (5,000m): Lewis-Clark State 41, College
of Idaho 42, Northwest Nazarene 72, Whitman 91,
Spokane CC 129, Eastern Oregon 153.

Top 5 Finishers: 1, Julia LaMar, NNU, 19:22.9. 2,
Kahea Figueira, CI, 19:25.5. 3, Kalen Belton, NNU,
19:28.0. 4, Maja Plaznik, LCSC, 19:29.5. 5, Larissa
Mauer, CI, 19:30.9.

Other Top GNAC Finishers: 14, Emily McMahon,
NNU, 20:26.8. 25, Olivia Klein, NNU, 20:56.1. 31,
Jordan Woods, NNU, 21:06.2.

Gage McSpadden Memorial

at Spearfish Canyon Country Club, Spearfish, S.D.

Men (6,000m): Black Hills State 27, South Dakota
Mines 47, Central Wyoming 56.

Top 5 Finishers: 1, Ase Ackerman, MSUB, 19:21.5.
2, Tim Dunham, SDM, 19:30.3. 3, Timothy Brown,
BHSU, 20:12.6. 4, Matt Parker, BHSU, 20:13.1. 5,
Luke Crossley, CWC, 20:17.9.

Other Top GNAC Finishers: 21, Jordi Piero, MSUB,
22:35.2. 24, Jackson Bailey, MSUB, 24:21.0.

Women (5,000m): Montana State Billings 25, South
Dakota Mines 32.

Top 5 Finishers: 1, Xiomara Robinson, BHSU,
18:28.6. 2, Kailee Stoppel, MSUB, 19:56.2. 3, Ally
Whitmer, MSUB, 20:51.6. 4, Erica Dykstra, BHSU,
20:57.8. 5, Allyson Heiden, SDM, 21:11.3.

Other Top GNAC Finishers: 7, Madisan Chavez,
MSUB, 22:00.7. 13, Kylee Halpin, MSUB, 22:44.1.
14, Abbi Zent, MSUB, 22:51.4.

Sat., Sept. 18

PLU Invitational

at PLU Campus, Tacoma, Wash.

Men (8,000m): Pacific Lutheran 63, Central
Washington 68, Lewis & Clark 70, Puget Sound 122,
Seattle Pacific 128, Whitworth 140, Pacific (Ore.)
146, Green River CC 183.

Top 5 Finishers: 1, Riley Stewart, PAC, 25:21.5. 2,
Ryan Stracke, PLU, 25:25.8. 3, Frankie Reid, LC,
25:33.9. 4, Cayan Dibble, GRCC, 25:41.7. 5, Colin
Monaghan, UPS, 25:45.3.

Top 5 GNAC Finishers: 10, Trevor Allen, CWU,
25:57.7. 11, Colin Boutin, SPU, 26:15.3. 12, Ty Save-
ly, CWU, 26:16.0. 13, Shawn Clough, CWU, 26:17.2.
16, Rajesh Gill, CWU, 26:21.9.

Women (6,000m): Pacific (Ore.) 40, Lewis & Clark
58, Pacific Lutheran 107, Whitworth 113, Seattle
Pacific 118, Central Washington 130, Pierce CC 182,
Puget Sound 195, Olympic CC 244.

Top 5 Finishers: 1, Annika Esvelt, SPU, 22:15.7.
2, Kara Putman, PAC, 22:30.4. 3, Ellie Rising, SPU,
22:45.2. 4, Annie Berry, PAC, 23:02.4. 5, Riley
Buese, LC, 23:03.8.

Other Top GNAC Finishers: 12, Kelsey Washen-
berger, SPU, 23:28.7. 17, Kay Lester, CWU, 24:08.5.
22, Madison Child, CWU, 24:20.6.

#GNACXC in 280

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#PlayingAnAse Montana State Billings opened
the season with **Ase Ackerman** winning the men's
individual title at the Gage McSpadden Memorial.
He was named the GNAC Men's Cross Country
Athlete of the Week.

#AwesomeAnnika Seattle Pacific's **Annika Esvelt**
won the PLU Invitational by 15 seconds in just her
second collegiate meet, earning GNAC Women's
Cross Country Athlete of the Week honors.

#LaGrandeOpener Northwest Nazarene's **Julia
LaMar** made it a three-win weekend for the GNAC
as she opened her 2021 season with the women's
individual title at the Eastern Oregon Invitational in
La Grande, Oregon.

#HomewardBound Western Oregon will host its
second meet of the season, the Mike Johnson
Classic, on Friday. Saint Martin's will host the Ken
Garland Classic on Saturday in what will be a
preview of courses for the GNAC Championships.

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MSU Billings	@MSUBSports	#MSUBXC
NW Nazarene	@NNUSports	
Saint Martin's	@SMUSaints	#SaintsStrong
Seattle Pacific	@SPUFalcons	#gofalcs
Simon Fraser	@SFU_Athletics	#RepTheLeaf
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GNAC Cross Country Athletes of the Week



MEN

Ase Ackerman, Montana State Billings
Junior • Glendive, Mont.

Ackerman won the men's 6,000-meter at Friday's Gage McSpadden Memorial in a time of 19:21.5. Ackerman averaged 5:11 per mile and finished nine seconds ahead of Tim Dunham of South Dakota Mines. He is just the fourth MSUB men's athlete to win a race in the program's GNAC era and the first since Jorey Egeland on October 7, 2017.

Also Nominated: Trevor Allen (Central Washington), Tyler Shea (Northwest Nazarene).



WOMEN

Annika Esvelt, Seattle Pacific
Freshman • Spokane, Wash.

Competing in just her second collegiate cross country race, Esvelt posted an 11-second victory at the PLU Invitational. She covered the 6,000-meter course in a time of 22:15.7 for the 11-second win over Kara Putman of Pacific (Ore.), averaging 5:58 per mile.

Also Nominated: Kay Lester (Central Washington), Kailee Stoppel (Montana State Billings), Julia LaMar (Northwest Nazarene).

Past GNAC Athletes of the Week

Date	Men	Women
Aug. 23-29	Coleman Nash, UAA	Kendall Kramer, UAF
Aug. 30-Sept. 5	Kailanu Pagente, SMU	Naomi Bailey, UAF
Sept. 6-12	Aaron Ahl, SFU	Olivia Willett, SFU
Sept. 13-19	Ase Ackerman, MSUB	Annika Esvelt, SPU

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

GNAC News & Notes

FIRST-TIMERS: Individual success has been the hallmark of the GNAC cross country season in September. To date, 12 different conference athletes have won races. That includes three more last weekend.

Montana State Billings opened its season last Friday at the Gage McSpadden Memorial in Spearfish, South Dakota, and junior **Ase Ackerman** took charge in the small field. Ackerman became just the fourth men's runner in the Yellowjackets' GNAC era to win a race, running 19:21.5 over 6,000 meters. Ackerman was nine seconds ahead of South Dakota Mines' Tim Dunham to become the first MSUB men's winner since Jorey Egeland won the Yellowjacket Invitational on October 7, 2017.

The winning performance earned Ackerman selection as the GNAC Men's Cross Country Athlete of the Week.

Northwest Nazarene ran in its first race of the season and **Julia LaMar** came out on top. The sophomore won her second collegiate as she covered the 5,000-meter course at the Eastern Oregon Invitational in a time of 19:22.9. That was just enough to outdistance College of Idaho's Kahea Figueira by three seconds.

At Saturday's PLU Invitational on Tacoma, Washington, it was Seattle Pacific sophomore **Annika Esvelt** who crossed the line in first. Running in just her second collegiate cross country meet, Esvelt coasted to a 15-second win with a time of 22:15.7 over 6,000 meters. The winning performance earned Esvelt selection as the GNAC Women's Cross Country Athlete of the Week.

WINNER'S CIRCLE: The following GNAC athletes have picked up cross country victories during the 2021 season...

MEN

Coleman Nash, UAA (UAF Blue/Gold Race, Aug. 28, 22:53, 6,000m)
 Coleman Nash, UAA (Seawolf Throwdown, Sept. 4, 26:18.4, 8,000m)
 Kailanu Pagente, SMU (Puget Sound Invitational, Sept. 4, 19:03, 6,000m)
 Aaron Ahl, SFU (San Francisco St., Sept. 10, 24:30.6, 8,000m)
 Keanu Daos, WOU (Ash Creek Invitational, Sept. 10, 18:22.1, 4,000m)
 Ase Ackerman, MSUB (Gage McSpadden Memorial, Sept. 17, 19:21.5, 6,000m)

WOMEN

Kendall Kramer, UAF (UAF Blue/Gold Race, Aug. 28, 18:34, 5,000m)
 Naomi Bailey, UAF (Seawolf Throwdown, Sept. 4, 22:37.8, 6,000m)
 Sara Sabra, SMU (Puget Sound Invitational, Sept. 4, 15:35, 4,000m)
 Olivia Willett, SFU (SF State Invitational, Sept. 10, 21:57.6, 6,000m)
 Luz Garcia, WOU (Ash Creek Invitational, Sept. 10, 13:59.3, 4,000m)
 Julia LaMar, NNU (EOU Invitational, Sept. 17, 19:22.9, 5,000m)
 Annika Esvelt, SPU (PLU Invitational, Sept. 18, 22:15.7, 6,000m)

Around The GNAC

ALASKA



• Alaska did not race last week. The Nanooks return to the course on Friday at the Mike Johnson Classic in Monmouth, Oregon.

• Alaska last competed in the Seawolf Throwdown on Saturday, September 4. For the second time this season, Alaska captured the women's team title with a score of 23 points, 11 better than UAA. The Nanooks' men placed second with 18 points.

• Freshman **Naomi Bailey** won the 6,000-meter race in a time of 22:37.8. She was 45 seconds ahead of freshman teammate **Rosie Fordham**, who finished second for the second straight week.

• Junior **Mike Ophoff** was the Nanooks' lead runner in the men's race, finishing third in a time of 26:42.2. He was the only UAF runner in the top-six.

ALASKA ANCHORAGE



• Alaska Anchorage did not compete last week. The Seawolves do not race again until the Chambers Bay Collegiate Open on Saturday, October 2.

• The Seawolves last competed on Saturday, September 4, capturing the men's team title and placed second in the women's race in its own Seawolf Throwdown.

• Freshman **Coleman Nash** was the winner in the men's race as he covered the 8,000-meter course in a time of 26:18.4. He was nine seconds faster than junior **Jacob Moos**, who was second in 26:27.9.

• Senior **Nancy Jeptoo** led the Seawolves' women, covering the 6,000-meter distance in a time of 24:33.4 to place third. Junior **Alfin Nyamasyo** was fifth in a time of 26:00.9.

CENTRAL WASHINGTON



• Central Washington placed second in the men's race and sixth in the women's race at Saturday's PLU Invitational in Tacoma.

• The Wildcats' men finished with a score of 68 points, five points behind host Pacific Lutheran. There was a 39-second gap between the five scoring runners.

• Senior **Trevor Allen** led the way, placing 10th with a time of 25:57.7 over 8,000 meters. Freshman **Ty Savely** placed 12th in a time of 26:16. Freshman **Shawn Clough** was 13th in 26:17.2 while senior **Rajesh Gill** placed 16th in 26:21.9.

• The CWU women scored 130 points, 12 points behind Seattle Pacific. Junior **Kay Lester** was the Wildcat's top runner, placing 17th in a time of 24:08.5 over 6,000 meters.

• Junior **Madison Child** placed 22nd in a time of 24:20.6 while freshman **Kelli Heim** placed 28th in 24:39.8.

• Central Washington is one of three GNAC teams scheduled to compete in the Ken Garland Classic on Saturday in Lacey, Washington.

MONTANA STATE BILLINGS



• Montana State Billings opened its 2021 season by competing at the Gage McSpadden Memorial on Friday in Spearfish, South Dakota.

• The Yellowjackets only had two men's competitors but junior **Ase Ackerman** made the most of the opportunity. He was named the GNAC Men's Cross Country Athlete of the Week after winning the 6,000-meter race in a time of

19:21.5. He was nine seconds faster than Tim Dunham of South Dakota Mines.

• Ackerman is the fourth MSUB men's athlete to win a race in the GNAC era and the first since Jorey Egeland won the Yellowjacket Invitational on October 7, 2017.

• Montana State Billings won the two-team women's competition with a score of 25 points. Junior **Kailee Stoppel** placed second in a time of 19:56.2 over 5,000 meters while junior **Ally Whitmer** placed third in 20:51.6. Sophomore **Madisan Chavez** rounded out MSUB runners in the top-10, placing seventh in 22:00.7.

• Montana State Billings is back in action on Friday, competing in the Montana Open at the University of Montana Golf Course in Missoula.

NORTHWEST NAZARENE



• Northwest Nazarene opened the 2021 season with a third-place women's team finish and a fourth-place men's team finish at the Eastern Oregon Invitational in La Grande.

• Sophomore **Julia LaMar** opened the season with her second collegiate victory, covering the 5,000-meter course in a time of 19:22.9. She scored a three-second victory over College of Idaho's Kahea Figueira.

• Junior **Kalen Belton** was not far behind, placing third in a time of 19:28. Freshman **Emily McMahon** rounded out NNU finishers in the top-15, placing 14th in 20:26.8.

• Junior **Tyler Shea** led the NNU men, placing third in a time of 22:24.5 over 7,000 meters. Freshman **Dylan Tidwell** placed eighth in a time of 22:45.

• The Nighthawks' women are ranked ninth in the latest USTFCCA West Region Rankings.

• Northwest Nazarene will not compete again until the Charles Bowles Invitational on Saturday, October 2 in Salem, Oregon.

SAINT MARTIN'S



• Saint Martin's did not compete last week. The Saints will host the Ken Garland Classic on Saturday on the Saint Martin's campus.

• Saint Martin's started the 2021 season off in grand style, taking two individual victories and the men's team title at the Sept. 4 Puget Sound Invitational in Lakewood, Washington.

• The Saints' men won with a score of 42 points, finishing 15 points ahead of second-place Pacific Lutheran. The SMU women placed second with 44 points.

• Freshman **Kainalu Pagente** won the 6,000-meter race in a time of 19:05. He was two seconds ahead of second-place Caylan Dibble of Green River Community College. Junior **John Farrell** took third in a time of 19:12.

• Freshman **Sara Sabra** took home the women's title as she covered the 4,000-meter course in a time of 15:35. She was 11 seconds ahead of the second-place finisher, Jasmine Davis of Pierce Community College. Freshman **Ali Saucedo** was third in a time of 16:09.

• This weekend's Ken Garland Classic is named in memory of Garland, who served 10 years as SMU baseball coach and oversaw the grounds crew on campus before his unexpected passing in 2018.

Around The GNAC

SEATTLE PACIFIC



- Seattle Pacific scored a pair of fifth-place finishes at the PLU Invitational on Saturday in Tacoma.
- Sophomore **Annika Esvelt** was the winner in the women's 6,000-meter race in just her second collegiate race. Her 22:15.7 was 15 seconds ahead of second-place Kara Putman on Pacific (Ore.). The victory earned Esvelt selection as the GNAC Women's Cross Country Athlete of the Week.
- Freshman **Ellie Rising** added a third-place finish in a time of 22:45.2. Junior **Kelsey Washenberger** placed 12th in 23:28.7. The women finished with a score of 118 points, five points behind fourth-place Whitworth.
- The men scored a total of 128 points, six points behind fourth-place Puget Sound. Senior **Colin Boutin** was the Falcons' top finisher, placing 11th in a time of 26:15.3 over 8,000 meters.
- The Seattle Pacific women dropped out of the USTFCCCA Division II Coaches Poll but remain in the West Region Rankings at No. 8.
- Seattle Pacific is off this weekend. The Falcons will host the Chambers Bay Collegiate Open on Saturday, October 2 at Chambers Creek Regional Park in University Place, Washington. The course is a preview of the site for the 2022 Division II Championships, which will be hosted by SPU.

SIMON FRASER



- Simon Fraser did not race last week. The teams return to the course on Friday at the Mike Johnson Classic in Monmouth, Oregon, and will also have runners entered in Sunday's Vancouver Spirit Run.
- After not racing since 2019, Simon Fraser made a statement with a first-place women's finish and second-place men's finish at the SF State Invitational on September 10 in San Francisco.
- The SFU women placed all five scoring runners in the top-20 to win with a score of 36 points, 24 points ahead of Chico State. There was a 48-second gap between the No. 1 and No. 5 runners. Junior **Olivia Willett** won with a time of 21:57.6 over 6,000 meters. It was Willett's first collegiate cross country victory.
- Senior **Alison Andrews-Paul** placed fifth in 22:10.6. Junior **Megan Roxby** finished seventh in 22:13.6 and sophomore **Grace Chalk** was one place behind in 22:16.7. Junior **Claire Noort** rounded out the scoring five, placing 19th in 22:45.6.
- The SFU men placed second with 49 points. The team placed all five scoring runners in the top-16 led by junior **Aaron Ahl's** winning time of 24:30.6 over 8,000 meters. It is Ahl's first collegiate cross country victory and the second all-time individual win for SFU in the program's GNAC era.
- Sophomore **Charlie Dannatt** finished eighth with a time of 25:03.4 while freshman **Steve Arndt** was 11th in 25:20.1. Junior **Sebastian Brinkman** and sophomore **Ephrem Mekonnen** placed 16th and 17th, respectively, both recording times of 25:37.8.
- Simon Fraser's women dropped one spot to No. 11 in this week's USTFCCCA Division II Poll and remained at No. 2 in the West Region Poll. The SFU men are at No. 24 in this week's national poll and No. 4 in the West Region Rankings.

WESTERN OREGON



- Western Oregon did not compete last week. The Wolves return to the home course on Friday, hosting the Mike Johnson Classic on Saturday at the Ash Creek Preserve.
- Western Oregon opened the home meet schedule in winning fashion, taking both individual titles and a pair of second-place team finishes at the Ash Creek Invitational on September 10.
- The Wolves' women placed second with a score of 58 points. Junior **Luz Garcia**, in her first race in a WOU uniform, won with a time of 13:59.3 over 4,000 meters. Junior **Caitlin Heldt**, in her first cross country race for the Wolves, was second in a time of 14:08.7.
- The WOU men scored 63 points to earn a second-place finish. Junior **Keanu Daos** made his Western Oregon debut with the victory, covering the 6,000-meter course in a time of 18:22.1. Freshman **Tim Rambo** also had a strong debut, placing seventh in 19:05.5. Freshman **Easton Pomrankey** also earned a top-20 finish, placing 14th in 19:18.1.
- Friday's meet is named in honor of Mike Johnson, who served as Western Oregon head cross country and track and field coach for 17 years before retiring in 2020.

WESTERN WASHINGTON



- Western Washington did not race last week. The Vikings will split its squad this week, sending athletes to both the Roy Griak Invitational on Friday in St. Paul, Minnesota and Saturday's Ken Garland Classic in Lacey.
- Western Washington made a winning men's debut and the Vikings' women placed second at the CWU Invitational on September 11 in Ellensburg, Washington.
- The defending GNAC men's champions won the meet with a score of 29 points, 36 points ahead of College of Idaho. Senior **Kaleb Korta** placed second in a time of 19:40 over 6,000 meters. It was his first cross country race since running in the 2018 NCAA Division II Championships for Alaska Anchorage.
- Freshman **Jeret Gillingham** finished fourth in 20:02.2 while junior **Mac Franks** placed sixth in 20:09.1. Freshman **Jared Sands** placed eighth in 20:11.2 while freshman **Jalen Javurek** rounded out the five in ninth place and a time of 20:13.7.
- The Western Washington women scored 51 points to finish second and placed three runners in the top-10. Sophomore **Eugenia Palko** led the Vikings with a fourth-place finish, covering the 4,000-meter course in 15:57. Freshman **Sophie Wright** placed fifth in 16:06.1 while freshman **Mia Crocker** was seventh in a time of 16:06.9.
- The Western Washington men received votes in this week's USTFCCCA Division II Coaches Poll and are eighth in the West Region Rankings. The Vikings' women are 10th in this week's West Region Rankings.

Men's Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	SFU	WWU
Preseason	—	24th
Sept. 15	19th	—
Sept. 22	24th	RV (2)

NR - Not ranked in top-25, but is among others receiving votes.

West Region	UAA	SFU	WWU
Preseason	9th	—	4th
Sept. 14	—	3rd	8th
Sept. 21	—	4th	8th

USTFCCCA DIVISION II COACHES POLL

Week 2 - Sept. 22, 2021

Rk	School (1st)	Pts.	Prev.
1.	Colorado Mines (4)	236	1
	Grand Valley St. (4)	236	2
3.	Adams State	224	3
4.	Chico State	216	4
5.	Colorado Christian	204	10
6.	Augustana (S.D.)	195	9
7.	Queens (N.C.)	188	8
8.	Lee (Tenn.)	182	5
9.	Alabama-Huntsville	181	11
10.	Stanislaus State	155	14
11.	Pittsburg State	153	RV
12.	Southern Indiana	149	16
13.	UC-Colorado Springs	140	23
14.	Augusta	136	12
15.	Missouri Southern	130	6
16.	Western Colorado	114	7
17.	Wingate	108	13
18.	Walsh	102	20
19.	Fresno Pacific	100	29
20.	Lewis	88	15
21.	West Texas A&M	81	17
22.	NW Missouri State	77	18
23.	American International	72	21
24.	Simon Fraser	62	19
25.	Charleston	42	24

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

Week 2 - Sept. 21, 2021

Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	Stanislaus State	CCAA	2
3.	Fresno Pacific	PacWest	6
4.	Simon Fraser	GNAC	3
5.	Biola	PacWest	4
6.	Cal State San Marcos	CCAA	5
7.	Azusa Pacific	PacWest	7
8.	Western Washington	GNAC	8
9.	Cal Poly Pomona	CCAA	9
10.	Cal State East Bay	CCAA	10

[View Complete Regional Polls Online](#)

Women's Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	NNU	SPU	SFU
Preseason	27th	—	21st	11th
Sept. 15	—	RV (2)	22nd	10th
Sept. 22	—	—	—	11th

RV - Not ranked in top-25, but is among others receiving votes.

West Region	UAA	NNU	SFU	SPU	WWU
Preseason	6th	7th	2nd	5th	8th
Sept. 14	—	8th	2nd	5th	9th
Sept. 21	—	9th	2nd	8th	10th

USTFCCCA DIVISION II COACHES POLL

Week 2 - Sept. 22, 2021

Rk	School (1st)	Pts.	Prev.
1.	Grand Valley St. (8)	240	1
2.	Colorado Mines	231	2
3.	Adams State	223	3
4.	Augustana (S.D.)	215	4
5.	Lee (Tenn.)	209	6
6.	Stanislaus State	196	7
7.	Southwest Baptist	188	12
8.	Mary	180	8
9.	UC-Colorado Springs	177	9
10.	Southern Indiana	170	5
11.	Simon Fraser	161	10
12.	Queens (N.C.)	149	13
13.	Chico State	138	14
14.	Cedarville	136	16
15.	Walsh	120	11
16.	CSU Pueblo	118	18
17.	Wingate	117	17
18.	Dallas Baptist	105	22
19.	Wayne State (Mich.)	92	20
20.	Academy of Art	90	19
21.	Colorado Christian	81	27
22.	Minnesota Duluth	76	21
23.	NW Missouri State	59	NR
24.	Cal State San Marcos	48	25
25.	West Texas A&M	47	NR

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

Week 2 - Sept. 21, 2021

Rk	School	Conf.	Prev.
1.	Stanislaus State	CCAA	1
2.	Simon Fraser	GNAC	2
3.	Chico State	CCAA	3
4.	Academy of Art	PacWest	4
5.	Cal State San Marcos	CCAA	6
6.	Biola	PacWest	7
7.	Concordia Irvine	PacWest	10
8.	Seattle Pacific	GNAC	5
9.	Northwest Nazarene	GNAC	8
10.	Western Washington	GNAC	9

[View Complete Regional Polls Online](#)



2021 GNAC Meet Summaries

Sat., Aug. 28

UAF Blue/Gold Race

at UAF Trails, Fairbanks, Alaska

Men (7,000m): Alaska Anchorage 21, Alaska 35.

Top 5 Finishers: 1, Coleman Nash, UAA, 22:53. 2, Jacob Moos, UAA, 23:06. 3, Joe Davies, UAF, 23:23. 4, Mike Ophoff, UAF, 23:34. 5, Nickson Koech, UAA, 24:06.

Women (5,000m): Alaska 17, Montana State Billings 38.

Top 5 Finishers: 1, Kendall Kramer, UAF, 18:34. 2, Rosie Fordham, UAF, 18:41. 3, Naomi Bailey, UAF, 19:21. 4, Nancy Jeptoo, UAA, 20:42. 5, Delainey Zock, UAF, 21:00.

Fri., Sept. 3

Linfield Harrier Classic

at Joe Dancer Park, McMinnville, Ore.

NOTE: No GNAC Runners In Men's Race

Women (4,000m): Lane CC 34, Western Oregon 47, Linfield 60, Bushnell 81.

Top 5 Finishers: 1, Piper Crook, LCC, 15:54.2. 2, Katie Chapman, WOU, 16:14.5. 3, Jasmine Liebl, LCC, 16:20.4. 4, Olivia Flack, LCC, 16:24.9. 5, Rebecca Kuskie, BU, 16:27.6.

Other Top GNAC Runners: 9, Emily Johnson, WOU, 17:15.5. 12, Emily Moore, WOU, 17:21.1. 13, Kaiya Leamy, WOU, 17:26.2. 14, Lindie Larson, WOU, 17:27.8.

Sat., Sept. 4

Seawolf Throwdown

at Kincaid Park, Anchorage, Alaska

Men (8,000m): Alaska Anchorage 18, Alaska 38.

Top 5 Finishers: 1, Coleman Nash, UAA, 26:18.4. 2, Jacob Moos, UAA, 26:27.9. 3, Mike Ophoff, UAF, 26:42.2. 4, Nickson Koech, UAA, 26:54.8. 5, Jesus Availos, UAA, 27:36.2.

Women (6,000m): Alaska 23, Alaska Anchorage 32.

Top 5 Finishers: 1, Naomi Bailey, UAF, 22:37.8. 2, Rosie Fordham, UAF, 32:22.2. 3, Nancy Jeptoo, UAA, 24:34.2. 4, Delainey Zock, UAF, 25:04.8. 5, Alfin Nyamasyo, UAA, 26:00.9.

Puget Sound Invitational

at Fort Steilacoom Park, Lakewood, Wash.

Men (6,000m): Saint Martin's 42, Pacific Lutheran 57, Puget Sound 75, Seattle Pacific 89, Whatcom CC 94.

Top 5 Finishers: 1, Kainalu Pagente, SMU, 19:03. 2, Cayan Dibble, Green River CC, 19:05. 3, John Farrell, SMU, 19:12. 4, Colin Monaghan, UPS, 19:17. 5, Ryan Clough, Olympic CC, 19:22.

Other Top GNAC Finishers: 8, Colin Boutin, SPU, 19:34. 12, Lance Slichko, SMU, 20:03. 13, Michael Harwell, SMU, 20:06.

Women (4,000m): Pacific Lutheran 34, Saint Martin's 44, Pierce CC 73, Puget Sound 83, Olympic CC 124.

Top 5 Finishers: 1, Sara Sabra, SMU, 15:35. 2, Jasmine Davis, PCC, 15:46. 3, Alisha Saucedo, SMU, 16:09. 4, Izabelle Anderson, WCC, 16:25. 5, Annika Deazley, PLU, 16:35.

Other Top GNAC Finishers: 11, Naomi Hartley, SMU, 17:07. 15, Kya Ramirez, SMU, 17:26. 19, Abby Burton, SMU, 18:01.

Fri., Sept. 10

SF State Invitational

at Golden Gate Park, San Francisco, Calif.

Men (8,000m): Chico State 24, Simon Fraser 49, Concordia Irvine 123, Academy of Art 150, San Francisco St. 150 (Academy of Art wins tiebreaker 3-2), Santa Clara 160, Saint Mary's (Calif.) 166, Cal St. Monterey Bay 186, Menlo 230, William Jessup 290, San Jose St. 303.

Top 5 Finishers: 1, Aaron Ahl, SFU, 24:30.6. 2, Brayden McLaughlin, CSUS, 24:37.9. 3, Jose Pina, Unattached, 24:44.1. 4, Omar Alvarez, CSUC, 24:48. 5, Saba Khvichava, AAU, 24:48.7.

Other Top GNAC Finishers: 8, Charlie Dannatt, SFU, 25:03.4. 11, Scott Arndt, 25:20.1. 16, Sebastian Brinkman, SFU, 25:37.8. 17, Ephrem Mekonnen, SFU, 25:37.8.

Women (6,000m): Simon Fraser 36, Chico State 60, Academy of Art 84, Concordia Irvine 96, Cal State East Bay 146, Santa Clara 185, San Jose St. 196, Cal St. Monterey Bay 208, Saint Mary's (Calif.) 241, San Francisco St. 251, William Jessup 294, Sonoma State 322.

Top 5 Finishers: 1, Olivia Willett, SFU, 21:57.6. 2, Jori Paradis, CUI, 21:59.3. 3, Natalia Novak, AAU, 22:03.4. 4, Naomi Lagat, Menlo, 22:04.5. 5, Alison Andrews-Paul, SFU, 22:10.6.

Other Top GNAC Finishers: 7, Megan Roxby, SFU, 22:13.6. 8, Grace Chalk, SFU, 22:16.7. 19, Claire Noort, SFU, 22:45.6.

Ash Creek Invitational

at Ash Creek Preserve, Monmouth, Ore.

Men (6,000m): George Fox 36, Western Oregon 63, Lane CC 93, Willamette 93 (Lane CC wins tiebreaker 3-2), Seattle Pacific 142, Linfield 151, Everett CC 202, Clark CC 212, Southwestern Oregon CC 234, Umpqua CC 258.

Top 5 Finishers: 1, Keanu Daos, WOU, 18:22.1. 2, Justin Crosswhite, Unattached, 18:38.8. 3, Riley Watts, Lane CC, 18:45.1. 4, Logan Auxier, Lane CC, 18:48.7. 5, Peter Weiss, GFU, 18:57.

Other Top GNAC Finishers: 11, Colin Boutin, SPU, 19:07.9. 14, Easton Pomrankey, WOU, 19:18.1. 26, Cedar Davis-Frankfort, WOU, 19:35. 30, Jon Owen, SPU, 19:38.7.

Women (4,000m): George Fox 29, Western Oregon 58, Lane CC 74, Linfield 98, Pierce CC 98, Chemeketa CC 173, Umpqua CC 182.

Top 5 Finishers: 1, Luz Garcia, WOU, 13:59.3. 2, Caitlin Heldt, WOU, 14:08.7. 3, Annika Esvelt, SPU, 14:12.3. 4, Ellie Rising, 14:29.5. 5, Jessie Bailey, GFU, 14:32.3.

Other Top GNAC Finishers: 7, Kelsey Washenberger, SPU, 14:40.2.

Sat., Sept. 11

CWU Invitational

at Central Washington Univ. Campus, Ellensburg, Wash.

Men (6,000m): Western Washington 29, College of Idaho 65, Northwest (Wash.) 82, Central Washington 94, Eastern Oregon 103, Green River CC 153.

Top 5 Finishers: 1, Logan Hunt, CI, 19:27.5. 2, Kaleb Korta, WWU, 19:40. 3, Travis Running, EOU, 19:40.9. 4, Jeret Gillingham, WWU, 20:02.2. 5, Micah Murphy, NWU, 20:05.3.

Other Top GNAC Finishers: 6, Mac Franks, WWU, 20:09.1. 8, Sean Sands, WWU, 20:13.4. 9, Jalen Javurek, WWU, 20:13.7.

Women (4,000m): College of Idaho 29, Western Washington 51, Northwest (Wash.) 55, Central Washington 83, Eastern Oregon 124, Olympic CC 179.

Top 5 Finishers: 1, Kahea Figueira, CI, 15:33.8. 2, Larissa Mauer, CI, 15:40.2. 3, Sage Martin, CI, 15:56.4. 4, Eugenia Palko, WWU, 15:57. 5, Sophie Wright, WWU, 16:06.1.

Other Top GNAC Finishers: 6, Mia Crocker, WWU, 16:06.9. 10, Kay Lester, CWU, 16:34.7. 13, Tailer Cochran, CWU, 16:54.6.

2021 GNAC Meet Summaries

Fri., Sept. 17

Eastern Oregon Invitational

at La Grande Country Club, La Grande, Ore.

Men (7,000m): Lewis-Clark State 30, College of Idaho 54, Eastern Oregon 74, Northwest Nazarene 95, Whitman 106.

Top 5 Finishers: 1, Logan Hunt, CI, 22:02.3. 2, Cole Olsen, LCSC, 22:16.1. 3, Tyler Shea, NNU, 22:24.5. 4, Travis Running, EOU, 22:31.0. 5, Clayton VanDyke, LCSC, 22:31.6.

Other Top GNAC Finishers: 8, Dylan Tidwell, NNU, 22:45.0. 34, Chandler Emerson, NNU, 23:52.7. 38, Treyson Conley, NNU, 24:08.3. 59, Norman Kosgei, NNU, 26:37.4.

Women (5,000m): Lewis-Clark State 41, College of Idaho 42, Northwest Nazarene 72, Whitman 91, Spokane CC 129, Eastern Oregon 153.

Top 5 Finishers: 1, Julia LaMar, NNU, 19:22.9. 2, Kahea Figueira, CI, 19:25.5. 3, Kalen Belton, NNU, 19:28.0. 4, Maja Plaznik, LCSC, 19:29.5. 5, Larissa Mauer, CI, 19:30.9.

Other Top GNAC Finishers: 14, Emily McMahon, NNU, 20:26.8. 25, Olivia Klein, NNU, 20:56.1. 31, Jordan Woods, NNU, 21:06.2.

Gage McSpadden Memorial

at Spearfish Canyon Country Club, Spearfish, S.D.

Men (6,000m): Black Hills State 27, South Dakota Mines 47, Central Wyoming 56.

Top 5 Finishers: 1, Ase Ackerman, MSUB, 19:21.5. 2, Tim Dunham, SDM, 19:30.3. 3, Timothy Brown, BHSU, 20:12.6. 4, Matt Parker, BHSU, 20:13.1. 5, Luke Crossley, CWC, 20:17.9.

Other Top GNAC Finishers: 21, Jordi Piero, MSUB, 22:35.2. 24, Jackson Bailey, MSUB, 24:21.0.

Women (5,000m): Montana State Billings 25, South Dakota Mines 32.

Top 5 Finishers: 1, Xiomara Robinson, BHSU, 18:28.6. 2, Kailee Stoppel, MSUB, 19:56.2. 3, Ally Whitmer, MSUB, 20:51.6. 4, Erica Dykstra, BHSU, 20:57.8. 5, Allyson Heiden, SDM, 21:11.3.

Other Top GNAC Finishers: 7, Madisan Chavez, MSUB, 22:00.7. 13, Kylee Halpin, MSUB, 22:44.1. 14, Abbi Zent, MSUB, 22:51.4.

Sat., Sept. 18

PLU Invitational

at PLU Campus, Tacoma, Wash.

Men (8,000m): Pacific Lutheran 63, Central Washington 68, Lewis & Clark 70, Puget Sound 122, Seattle Pacific 128, Whitworth 140, Pacific (Ore.) 146, Green River CC 183.

Top 5 Finishers: 1, Riley Stewart, PAC, 25:21.5. 2, Ryan Stracke, PLU, 25:25.8. 3, Frankie Reid, LC, 25:33.9. 4, Cayan Dibble, GRCC, 25:41.7. 5, Colin Monaghan, UPS, 25:45.3.

Top 5 GNAC Finishers: 10, Trevor Allen, CWU, 25:57.7. 11, Colin Boutin, SPU, 26:15.3. 12, Ty Savely, CWU, 26:16.0. 13, Shawn Clough, CWU, 26:17.2. 16, Rajesh Gill, CWU, 26:21.9.

Women (6,000m): Pacific (Ore.) 40, Lewis & Clark 58, Pacific Lutheran 107, Whitworth 113, Seattle Pacific 118, Central Washington 130, Pierce CC 182, Puget Sound 195, Olympic CC 244.

Top 5 Finishers: 1, Annika Esvelt, SPU, 22:15.7. 2, Kara Putman, PAC, 22:30.4. 3, Ellie Rising, SPU, 22:45.2. 4, Annie Berry, PAC, 23:02.4. 5, Riley Buese, LC, 23:03.8.

Other Top GNAC Finishers: 12, Kelsey Washenberger, SPU, 23:28.7. 17, Kay Lester, CWU, 24:08.5. 22, Madison Child, CWU, 24:20.6.