

GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Sat., Oct. 2

Alaska Anchorage, Saint Martin's, Seattle Pacific,
Simon Fraser at Chambers Bay Collegiate Open,
9 a.m., University Place, Wash.
Central Washington, Northwest Nazarene at
Charles
Bowles Invitational, 9:30 a.m., Salem, Ore.

LAST WEEK'S MEETS

Fri., Sept. 24

Roy Griak Invitational

at Les Bolstad Cross Country Course, Minneapolis, Minn.

Men's Maroon (8,000m): Wayne State (Mich.) 68, Western Washington 72, Indiana Wesleyan 98, Michigan Tech 138, Mary 152, Black Hills State 179, Dordt 190, Sioux Falls 235, Minnesota State 269, Central (Iowa) 293, Minnesota Duluth 323, St. Scholastica 374, Concordia-St. Paul 392, Winona State 421, Northwestern (Iowa) 442, Northern State 578, Baker 507, Chadron State 547, North Iowa Area CC 560, Dakota State 576, Grinnell 600, MSU-Moorhead 642, Minnesota-Crookston 688, Midland 691, Upper Iowa 752, Wis.-River Falls 774, Dallas 851.

Top 5 Finishers: 1, Clayton Sayen, MTU, 25:17.7. 2, Ransom Allen, WSU, 25:22.5. 3, Zac Truman, WSU, 25:41.3. 4, Melvin Kipkemboi, NICC, 25:48.7. 5, Mac Franks, WWU, 25:50.7.

Other Top GNAC Finishers: 10, Kalen Korta, WWU, 25:57.8. 12, Jerret Gillingham, WWU, 25:59.9. 21, Kevin McDermott, WWU, 26:08.9. 24, Jalen Javurek, WWU, 26:11.9.

Women's Maroon (6,000m): Mary 64, Minnesota Duluth 69, Minnesota State 96, Wayne State (Mich.) 183, Winona State 206, Western Washington 209, Northern Michigan 228, Black Hills St. 231, Michigan Tech 237, Sioux Falls 252, Dordt 338, Central (Iowa) 369, Northern State 377, Indiana Wesleyan 389, MSU-Moorhead 424, Grinnell 471, St. Cloud St. 496, Bemidji State 501, Baker 528, St. Scholastica 541, Wis.-River Falls 588, Upper Iowa 621, Dallas 693, Chadron State 698, Concordia-St. Paul 757, Midland 764, Minnesota-Crookston 831.

Top 5 Finishers: 1, Lindsay Cunningham, Wino-

na, 21:44.9. 2, Mackenzie Hall, UMD, 22:25.1. 3, Alyssa Becker, Mary, 22:34.9. 4, Taylor Hestekin, Mary, 22:40.6. 5, Amanda Montplaisir, MSU, 22:42.4.

Top 5 GNAC Finishers: 27, Ila Davis, WWU, 23:21.7. 33, Brittany Aquino, WWU, 23:37.6. 41, Shawnee Konrad, WWU, 23:45.8. 56, Brook Wedin, WWU, 24:01.3. 60, Sophie Wright, WWU, 24:02.7.

Montana Open

at UM Golf Course, Missoula, Mont.

Men (7,000m): Montana 30, Carroll (Mont.) 76, Montana State Billings 77, Rocky Mountain 103, Montana Tech 115, Montana State-Northern 118.
Top 5 Finishers: 1, Cooper West, MSU, 20:44.5. 2, Jackson Wilson, RMC, 20:48.4. 3, Owen Smith, MSU, 20:50.4. 4, Ase Ackerman, MSUB, 20:52.5. 5, Jordan Hansen, UM, 20:56.0.

Other Top GNAC Finishers: 7, Carson Jessop, MSUB, 21:22.3. 24, Logan Straus, MSUB, 22:21.4. 30, Bryant Edgerton, MSUB, 22:34.9. 48, Jordi Piero, MSUB, 23:52.1.

Women (5,000m): Montana State 41, Montana Tech 72, Carroll (Mont.) 86, Montana 99, Rocky Mountain 111, Montana Western 144, Montana State Billings 151, Montana State-Northern 203.

Top 5 Finishers: 1, Becca Richtman, MTU, 16:49.9. 2, Reghan Worley, CC, 17:13.3. 3, Beatrix Frissell, Unattached, 17:24.3. 4, Grace Gilbreth, MSU, 17:25.9. 5, Mei-Li Stevens, RMC, 17:36.8.

Top 5 GNAC Finishers: 6, Kailee Stoppel, MSUB, 17:37.6. 28, Ally Whitmer, MSUB, 19:14.4. 38, Kendra Wood, MSUB, 19:36.8. 44, Sierra Durbin, MSUB, 20:02.8. 46, Kylee Halpin, MSUB, 20:19.5.

Fri., Sept. 24

Mike Johnson Classic

at Ash Creek Preserve, Monmouth, Ore.

Men (8,000m): Portland 26, Simon Fraser 47, Eastern Washington 69, Cal State East Bay 151, Western Oregon 154, Pacific (Ore.) 165, George Fox 188, Portland State 207, UO Running Club 243, Willamette 279, Linfield 326, Alaska 356, Multnomah 399, Everett CC 401.

Top 5 Finishers: 1, Justin Hazell, UP, 24:49.8. 2, Justin Roosma, EWU, 24:50.9. 3, Aaron Ahl, SFU, 25:07.0. 4, Clement Leduc, UP, 25:20.4. 5, Eliason Kabasenche, Unattached, 25:22.5.

Other Top GNAC Finishers: 7, Charlie Dannatt, SFU, 25:27.0. 12, Sebastian Brinkman, SFU, 25:43.4. 15, Scott Arndt, SFU, 25:48.4. 16, Aiden Good, SFU, 25:48.7.

Women (6,000m): Simon Fraser 30, Eastern Washington 78, Portland State 113, Cal State East Bay 129, Western Oregon 150, Pacific (Ore.) 157, Alaska 164, Portland 171, George Fox 233, Linfield 291, UO Running Club 313, Willamette 326, Chemeketa CC 369.

Top 5 Finishers: 1, Luz Garcia, WOU, 21:46.4. 2, Olivia Willett, SFU, 21:52.5. 2, Alison Andrews-Paul, SFU, 21:59.7. 4, Rosie Fordham, UAF, 22:19.4. 5, Megan Roxby, SFU, 22:22.5.

Sat., Sept. 25

Ken Garland Classic

at Saint Martin's Univ. Campus, Lacey, Wash.

Men (8,000m): Southern Idaho 35, Northwest (Wash.) 48, Northwest Nazarene 64, Saint Martin's 89, Western Washington 111.

Top 5 Finishers: 1, Tyler Shea, NNU, 25:36. 2, Micah Murphy, NWU, 25:40. 3, Shane Gard, CSI, 25:41. 4, Dylan Tidwell, NNU, 25:46. 5, Dawson Andrews, NWU, 25:47.

Other Top GNAC Finishers: 8, John Farrell, SMU, 26:24. 12, Kainalu Pagente, SMU, 26:34. 14, Treyson Conley, NNU, 26:38.

Women (6,000m): Southern Idaho 29, Northwest Nazarene 57, Northwest (Wash.) 71, Saint Martin's 74.

Top 5 Finishers: 1, Natalya Babcock, CSI, 23:19. 2, Kalen Belton, NNU, 23:29. 3, Julia LaMar, NNU, 23:30. 4, Audrey Camp, CSI, 23:35. 5, Ellie Summer, NWU, 23:35.

Other Top GNAC Finishers: 6, Sara Sabra, SMU, 23:40. 11, Cassidy Walchak-Sloan, SMU, 24:16. 15, Delphine Maurer, WWU, 24:28.



GNAC Cross Country Athletes of the Week



MEN

Tyler Shea, Northwest Nazarene
Junior • Spokane, Wash.

Shea won his third career race on Saturday, taking the men's 8,000-meter race at the Ken Garland Classic. Shea finished in 25:36 and was four seconds faster than Micah Murphy of Northwest (Wash). Shea led the Nighthawks to a third-place team finish.

Also Nominated: Ase Ackerman (Montana State Billings), Jack Farrell (Saint Martin's), Aaron Ahl (Simon Fraser), Miguel Villar (Western Oregon), Mac Franks (Western Washington).



WOMEN

Luz Garcia, Western Oregon
Junior • Los Angeles, Calif.

Garcia made it two wins in as many races this season, taking top honors at the Mike Johnson Classic on Friday. Garcia covered the 6,000-meter course in 21:46.4 to finish six seconds ahead of Simon Fraser's Olivia Willett. Garcia led the Wolves to a fifth-place team finish.

Also Nominated: Kailee Stoppel (Montana State Billings), Kalen Belton (Northwest Nazarene), Sara Sabra (Saint Martin's), Olivia Willett (Simon Fraser), Ila Davis (Western Washington).

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
Sept. 20-26	Tyler Shea, NNU	Luz Garcia, WOU

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

GNAC News & Notes

GARCIA MAKES IT TWO FOR TWO: Junior **Luz Garcia** has raced twice in her first season at Western Oregon after transferring from Cal Poly Pomona. She seems right at home on her new home course.

Garcia was selected as the GNAC Cross Country Women's Athlete of the Week after she picked up that second win on Friday at the Mike Johnson Classic on the Wolves' Ash Creek Preserve course. Garcia finished in a time of 21:46.4 over 6,000 meters, averaging 5:50 per mile to finish six seconds ahead of Simon Fraser's **Olivia Willett**.

Garcia opened the season by winning the Ash Creek Invitational on Sept. 10, running 13:59.3 for 4,000 meters.

Before arriving at Western Oregon, Garcia was a major contributor to a Cal Poly Pomona squad that finished sixth at the 2019 NCAA Division II West Regional, which was also run at Ash Creek. Garcia placed 13th and was the Broncos' No. 1 runner, clocking a time of 21:08.8.

VIKINGS SAIL TO STRONG GRIAK PERFORMANCES: In Western Washington's first solid test against national competition since sweeping the 2019 GNAC titles, Western Washington proved that both their men's and women's teams can compete with anyone in the nation.

The WWU men placed second in the men's maroon race at Friday's Roy Griak Invitational in St. Paul, Minnesota. The Vikings placed all five scoring runners in the top 25 to finish with a score of 72 points, just four points behind

Wayne State (Mich.). Junior **Mac Franks** placed fifth in a time of 25:50.7 over 8,000 meters while senior **Kaleb Korta** finished 10th in a time of 25:57.8.

The Western Washington women placed sixth in the maroon race with a score of 209 points and were just three points behind fifth-place Winona State. Freshman **Ila Davis** led the Vikings with a 27th-place finish, covering the 6,000-meter course in a time of 23:21.7.

NATIONAL MEET PREVIEW (2022 EDITION): Seattle Pacific will host the Chambers Bay Collegiate Open on Saturday at Chambers Creek Regional Park in University Place, Washington. The meet will be a first look at the facility that will be the site of the 2022 NCAA Division II Championships. Seattle Pacific will host the meet, along with championships for men's soccer, women's soccer, volleyball and field hockey as part of the 2022 Division II Fall Festival.

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)
Tyler Shea, NNU (Ken Garland Classic, Sept. 24, 25:36, 8,000m)

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)
Luz Garcia, WOU (Mike Johnson Classic, Sept. 24, 21:46.4, 6,000m)

Around The GNAC

ALASKA



- Returning to the course after three weeks, the Alaska women placed seventh and the men placed 12th at the Mike Johnson Classic on Friday in Monmouth, Oregon.
- The Nanooks' women scored 164 points, seven points behind sixth-place Pacific (Ore.). Freshman **Rosie Fordham** led the way with her third top-five finish of the season, placing fourth in a time of 22:19.4 over 6,000 meters.
- Freshman **Delainey Zock** provided the Nanooks' other top-25 finish, placing 23rd in a time of 23:20.1.
- The Alaska men finished with a team score of 356 points. Senior **Zephan Ozturgut** was the Nanooks' top finisher, placing 74th in a time of 28:01.8 over 8,000 meters. Freshman **Patrick Marbacher** placed 80th in a time of 28:17.4.
- The Nanooks will not race this coming weekend. Alaska will complete its regular season on Saturday, Oct. 9, at the Bill Roe Classic in Bellingham, Washington.

ALASKA ANCHORAGE



- Alaska Anchorage did not compete last week. The Seawolves will race for the first time in over a month on Saturday at the Chambers Bay Collegiate Open in University Place, Washington.
- 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 24:33.2 to place third. Junior **Alfin Nyamasyo** was fifth in a time of 26:00.9.

CENTRAL WASHINGTON



- Running for the third consecutive week, Central Washington sent a limited number of athletes to the Ken Garland Classic on Saturday in Lacey, Washington. The Wildcats fielded incomplete teams.
- Freshman **Dylan Thompson** was the top CWU men's runner, placing 24th in a time of 27:33 over 8,000 meters. Sophomore **Garrett Hough** was 32nd in a time of 28:34. The Wildcats had three men's runners in the meet.
- Junior **Caitlin Gohr** led four Central Washington women's runners, placing 26th in a time of 25:44 over 6,000 meters. Sophomore **Katelynn Strate** added a 29th-place finish in a time of 25:59.
- Central Washington will send complete teams to Salem, Oregon for the Charles Bowles Classic on Saturday.

MONTANA STATE BILLINGS



- Paced by a trio of top-10 finishes the Montana State Billings posted a third-place men's finish and a seventh-place women's finish at the Montana Open on Friday in Missoula.
- The Yellowjackets' men scored 77 points, just one point behind second-place Carroll (Mont.). Junior **Ase Ackerman** led the way with a fourth-place finish, covering the 7,000-meter course in a time of 20:52.5. It was Ackerman's third top-five finish of the season. Senior **Carson Jessop** added a seventh-place in a time of 21:22.3.
- The MSUB women scored a total of 151 points, seven points behind sixth-place Montana Western. Junior **Kailee Stoppel** led the way with a sixth-place finish, running the 5,000-meter course in a time of 17:37.6. Junior **Ally Whitmer** was the Yellowjackets' No. 2, runner, placing 28th in 19:14.4.
- Montana State Billings will be off this weekend. The Yellowjackets will conclude the regular season on Friday, October 8, hosting the Yellowjacket Open at Billings' Amend Park.

NORTHWEST NAZARENE



- Northwest Nazarene ran to a second-place women's finish and a third-place men's finish at the Ken Garland Invitational in Lacey, Washington.
- Junior **Tyler Shea** was named the GNAC Men's Cross Country Athlete of the Week after he won the men's 8,000-meter race in a time of 25:36, finishing four seconds ahead of Micah Murphy of Northwest (Wash.). It was Shea's first victory of the season and the third of his NNU career.
- Freshman **Dylan Tidwell** added a top-five finish, placing fourth in a time of 25:46.
- Sophomores **Kalen Belton** and **Julia LaMar** finished second and third, respectively, in the women's 6,000-meter race. Belton crossed in second place in 23:29 while LaMar was one second behind in 25:30.
- Northwest Nazarene is back in the course this weekend, competing in the Charles Bowles Invitational on Saturday in Salem, Oregon.

SAINT MARTIN'S



- Saint Martin's posted a pair of fourth-place finishes at home in Saturday's Ken Garland Classic, which served as a preview of the course for the GNAC Championships.
- The Saints' men finished with a score of 89 points. Junior **John Farrell** had the team's lone top-10 finish, placing eighth in a time of 26:24 over 8,000 meters. Freshman **Kainalu Pagente** placed 12 in a time of 26:34.
- The Saint Martin's women scored a total of 74 points, three points behind third-place Northwest (Wash.). Freshman **Sara Sabra** posted the Saints' lone top-10 finish, clocking 23:40 over 6,000 meters to place sixth. Freshman **Cassidy Walchak-Sloan** placed 11th in a time of 24:16.
- Saint Martin's will complete its regular-season schedule this Saturday, competing in the Chambers Bay Collegiate Open in nearby University Place.

Around The GNAC

SEATTLE PACIFIC



- Seattle Pacific did not race last weekend. The Falcons will host the Chambers Bay Collegiate Open on Saturday in University Place, Washington. Chambers Bay Collegiate Park will be the site of the 2022 Division II Championships when Seattle Pacific hosts the Division II Fall Festival.

- Seattle Pacific scored a pair of fifth-place finishes at the PLU Invitational on Sept. 18 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.). Freshman **Ellie Rising** added a third-place finish in a time of 22:45.2. 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 one spot in the USTFCCA Division II Coaches Poll to No. 9.

SIMON FRASER



- Simon Fraser continues to run strong, winning the women's team competition and placing second in the men's race at Friday's Mike Johnson Classic in Monmouth, Oregon.

- The SFU women scored 30 points to finish 48 points ahead of Division I Eastern Washington. The team placed three runners in the top-five and all five scoring runners in the top-13. There was a one-minute gap between the five runners.

- Junior **Olivia Willett** led the way, placing second in a time of 21:52.5 over 6,000 meters. Senior **Alison Andrews-Paul** was third in 21:59.7 and junior **Megan Roxby** placed fifth in 22:22.5.

- The SFU men scored a total of 47 points, 21 points behind Division I Portland and 22 points ahead of third-place Division I Eastern Washington. There was a gap of just 41 seconds between the scoring five runners.

- Junior **Aaron Ahl** led the way, placing third behind two Division I runners in a time of 25:07 over 8,000 meters. Sophomore **Charlie Dannatt** placed seventh in 25:27 while junior **Sebastian Brinkman** was 12th in 25:43.4.

- Simon Fraser's women rose two spots to No. 9 in this week's USTFCCA Division II Coaches Poll and is No. 1 in the West Region Rankings. The SFU men rose four spots to No. 19 in the national poll and are third in the West Region Rankings.

- Simon Fraser returns to racing on Saturday at the Chambers Bay Collegiate Open in University Place, Washington.

WESTERN OREGON



- Hosting its second home meet of the season, Western Oregon posted a pair of fifth-place team finishes at the Mike Johnson Classic on Friday.

- The Wolves' women scored a total of 150 points, seven points ahead of Pacific (Ore.). Junior **Luz Garcia** was named the GNAC Women's Cross Country Athlete of the Week after

she won her second meet of the season, covering the 6,000-meter course in a time of 21:46.7. Garcia won by six seconds over Simon Fraser's Olivia Willett.

- Junior **Caitlin Heldt** added an 11th-place finish in a time of 22:37.6.

- The Western Oregon men scored 154 points, three points behind fifth-place Cal State East Bay and 11 points ahead of Pacific (Ore.). Junior **Miguel Villar** was the Wolves' top placer, finishing 18th in a time of 25:53.1 over 8,000 meters.

- Western Oregon will not race this weekend. The Wolves will take their longest road trip of the season next week, competing in the Lewis Crossover in Romeoville, Illinois on Saturday, October 9.

WESTERN WASHINGTON



- Western Washington performed well in the high-powered Roy Griak Invitational last Friday in St. Paul, Minnesota.

- The Vikings' men placed three runners in the top 15 and all five scoring runners in the top 30 to place second with a score of 72 points. The WWU women were a competitive sixth with a score of 209 points.

- Junior **Mac Franks** led the WWU men's charge, placing fifth in a time of 25:50.7 over 8,000 meters. Senior **Kaleb Korta** finished 10th in 25:57.8 and freshman **Jeret Gillingham** finished 12th in 25:59.9.

- Freshman **Ila Davis** paced the Vikings' women, placing 27th in a time of 23:21.7 over 6,000 meters. Senior **Brittany Aquino** finished 33rd in 23:37.6 and senior **Shawnee Konrad** was 41st in a time of 23:45.8.

- Western Washington also sent a limited number of runners to Saturday's Ken Garland Classic in Lacey, Washington. The men placed fifth with 111 points while the women were incomplete.

- Freshman **Ethan Bursch** led the WWU men in Lacey, placing 19th in a time of 26:58 over 8,000 meters. Freshman **Delphine Maurer** led the WWU women, running 24:28 over 6,000 meters to place 15th.

- The Western Washington men received votes in this week's USTFCCA Division II Coaches Poll for the second consecutive week. Both the WWU men and women are No. 8 in this week's West Region Rankings.

- The Vikings do not race again until they host the Bill Roe Classic in Bellingham on Saturday, October 9.

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)
Sept. 29	19th	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
Sept. 28	—	3rd	8th

USTFCCCA DIVISION II COACHES POLL

Week 3 - Sept. 29, 2021

Rk	School (1st)	Pts.
1.	Colorado Mines (4)	236
	Grand Valley St. (4)	236
3.	Adams State	224
4.	Augustana (S.D.)	215
5.	Colorado Christian	205
6.	Chico State	194
7.	Lee (Tenn.)	188
8.	Alabama-Huntsville	186
9.	Southern Indiana	166
10.	Pittsburg State	162
11.	Queens (N.C.)	159
12.	Missouri Southern	151
13.	Fresno Pacific	136
14.	UC-Colorado Springs	134
15.	Charleston	123
16.	Wingate	120
17.	Augusta	118
18.	Western Colorado	112
19.	Simon Fraser	99
20.	Lewis	84
	Northwest Missouri St.	84
22.	West Texas A&M	66
23.	Biola	59
24.	American International	49
25.	Walsh	44

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

Week 3 - Sept. 28, 2021

Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	Fresno Pacific	PacWest	3
3.	Simon Fraser	GNAC	4
4.	Biola	PacWest	5
5.	Cal State San Marcos	CCAA	6
6.	Stanislaus State	CCAA	2
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
Sept. 29	—	—	—	9th

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
Sept. 28	—	—	1st	9th	8th

USTFCCCA DIVISION II COACHES POLL

Week 3 - Sept. 29, 2021

Rk	School (1st)	Pts.
1.	Grand Valley St. (8)	240
2.	Colorado Mines	231
3.	Adams State	223
4.	Augustana (S.D.)	214
5.	Lee (Tenn.)	209
6.	Southwest Baptist	193
7.	UC-Colorado Springs	191
8.	Mary	180
9.	Simon Fraser	172
10.	Southern Indiana	169
11.	Stanislaus State	153
	Queens (N.C.)	153
13.	Chico State	150
14.	Cedarville	131
15.	Walsh	123
16.	Wingate	115
17.	CSU Pueblo	113
18.	Dallas Baptist	102
19.	Minnesota Duluth	100
20.	Cal State San Marcos	85
21.	Colorado Christian	77
22.	Minnesota State	74
23.	Academy of Art	57
24.	Wayne State (Mich.)	54
25.	West Texas A&M	51

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

Week 3 - Sept. 28, 2021

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

[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.

Fri., Sept. 24

Roy Griak Invitational

at Les Bolstad Cross Country Course, Minneapolis, Minn.

Men's Maroon (8,000m): Wayne State (Mich.) 68, Western Washington 72, Indiana Wesleyan 98, Michigan Tech 138, Mary 152, Black Hills State 179, Dordt 190, Sioux Falls 235, Minnesota State 269, Central (Iowa) 293, Minnesota Duluth 323, St. Scholastica 374, Concordia-St. Paul 392, Winona State 421, Northwestern (Iowa) 442, Northern State 578, Baker 507, Chadron State 547, North Iowa Area CC 560, Dakota State 576, Grinnell 600, MSU-Moorhead 642, Minnesota-Crookston 688, Midland 691, Upper Iowa 752, Wis.-River Falls 774, Dallas 851.

Top 5 Finishers: 1, Clayton Sayen, MTU, 25:17.7. 2, Ransom Allen, WSU, 25:22.5. 3, Zac Truman, WSU, 25:41.3. 4, Melvin Kipkemboi, NICC, 25:48.7. 5, Mac Franks, WWU, 25:50.7.

Other Top GNAC Finishers: 10, Kalen Korta, WWU, 25:57.8. 12, Jerret Gillingham, WWU, 25:59.9. 21, Kevin McDermott, WWU, 26:08.9. 24, Jalen Javurek, WWU, 26:11.9.

Women's Maroon (6,000m): Mary 64, Minnesota Duluth 69, Minnesota State 96, Wayne State (Mich.) 183, Winona State 206, Western Washington 209, Northern Michigan 228, Black Hills St. 231, Michigan Tech 237, Sioux Falls 252, Dordt 338, Central (Iowa) 369, Northern State 377, Indiana Wesleyan 389, MSU-Moorhead 424, Grinnell 471, St. Cloud St. 496, Bemidji State 501, Baker 528, St. Scholastica 541, Wis.-River Falls 588, Upper Iowa 621, Dallas 693, Chadron State 698, Concordia-St. Paul 757, Midland 764, Minnesota-Crookston 831.

Top 5 Finishers: 1, Lindsay Cunningham, Winona, 21:44.9. 2, Mackenzie Hall, UMD, 22:25.1. 3, Alyssa Becker, Mary, 22:34.9. 4, Taylor Hestekin, Mary, 22:40.6. 5, Amanda Montplaisir, MSU, 22:42.4.

Top 5 GNAC Finishers: 27, Ila Davis, WWU, 23:21.7. 33, Brittany Aquino, WWU, 23:37.6. 41, Shawnee Konrad, WWU, 23:45.8. 56, Brook Wedin, WWU, 24:01.3. 60, Sophie Wright, WWU, 24:02.7.

Montana Open

at UM Golf Course, Missoula, Mont.

Men (7,000m): Montana 30, Carroll (Mont.) 76, Montana State Billings 77, Rocky Mountain 103, Montana Tech 115, Montana State-Northern 118.

Top 5 Finishers: 1, Cooper West, MSU, 20:44.5. 2, Jackson Wilson, RMC, 20:48.4. 3, Owen Smith, MSU, 20:50.4. 4, Ase Ackerman, MSUB, 20:52.5. 5, Jordan Hansen, UM, 20:56.0.

Other Top GNAC Finishers: 7, Carson Jessop, MSUB, 21:22.3. 24, Logan Straus, MSUB, 22:21.4. 30, Bryant Edgerton, MSUB, 22:34.9. 48, Jordi Piero, MSUB, 23:52.1.

Women (5,000m): Montana State 41, Montana Tech 72, Carroll (Mont.) 86, Montana 99, Rocky Mountain 111, Montana Western 144, Montana State Billings 151, Montana State-Northern 203.

Top 5 Finishers: 1, Becca Richtman, MTU, 16:49.9. 2, Reghan Worley, CC, 17:13.3. 3, Beatrix Frissell, Unattached, 17:24.3. 4, Grace Gilbreth, MSU, 17:25.9. 5, Mei-Li Stevens, RMC, 17:36.8.

Top 5 GNAC Finishers: 6, Kailee Stoppel, MSUB, 17:37.6. 28, Ally Whitmer, MSUB, 19:14.4. 38, Kendra Wood, MSUB, 19:36.8. 44, Sierra Durbin, MSUB, 20:02.8. 46, Kylee Halpin, MSUB, 20:19.5.

2021 GNAC Meet Summaries

Fri., Sept. 24

Mike Johnson Classic

at Ash Creek Preserve, Monmouth, Ore.

Men (8,000m): Portland 26, Simon Fraser 47, Eastern Washington 69, Cal State East Bay 151, Western Oregon 154, Pacific (Ore.) 165, George Fox 188, Portland State 207, UO Running Club 243, Willamette 279, Linfield 326, Alaska 356, Multnomah 399, Everett CC 401.

Top 5 Finishers: 1, Justin Hazell, UP, 24:49.8. 2, Justin Roosma, EWU, 24:50.9. 3, Aaron Ahl, SFU, 25:07.0. 4, Clement Leduc, UP, 25:20.4. 5, Eliason Kabasenché, Unattached, 25:22.5.

Other Top GNAC Finishers: 7, Charlie Dannatt, SFU, 25:27.0. 12, Sebastian Brinkman, SFU, 25:43.4. 15, Scott Arndt, SFU, 25:48.4. 16, Aiden Good, SFU, 25:48.7.

Women (6,000m): Simon Fraser 30, Eastern Washington 78, Portland State 113, Cal State East Bay 129, Western Oregon 150, Pacific (Ore.) 157, Alaska 164, Portland 171, George Fox 233, Linfield 291, UO Running Club 313, Willamette 326, Chemeketa CC 369.

Top 5 Finishers: 1, Luz Garcia, WOU, 21:46.4. 2, Olivia Willett, SFU, 21:52.5. 2, Alison Andrews-Paul, SFU, 21:59.7. 4, Rosie Fordham, UAF, 22:19.4. 5, Megan Roxby, SFU, 22:22.5.

Sat., Sept. 25

Ken Garland Classic

at Saint Martin's Univ. Campus, Lacey, Wash.

Men (8,000m): Southern Idaho 35, Northwest (Wash.) 48, Northwest Nazarene 64, Saint Martin's 89, Western Washington 111.

Top 5 Finishers: 1, Tyler Shea, NNU, 25:36. 2, Micah Murphy, NWU, 25:40. 3, Shane Gard, CSI, 25:41. 4, Dylan Tidwell, NNU, 25:46. 5, Dawson Andrews, NWU, 25:47.

Other Top GNAC Finishers: 8, John Farrell, SMU, 26:24. 12, Kainalu Pagente, SMU, 26:34. 14, Treyson Conley, NNU, 26:38.

Women (6,000m): Southern Idaho 29, Northwest Nazarene 57, Northwest (Wash.) 71, Saint Martin's 74.

Top 5 Finishers: 1, Natalya Babcock, CSI, 23:19. 2, Kalen Belton, NNU, 23:29. 3, Julia LaMar, NNU, 23:30. 4, Audrey Camp, CSI, 23:35. 5, Ellie Summer, NWU, 23:35.

Other Top GNAC Finishers: 6, Sara Sabra, SMU, 23:40. 11, Cassidy Walchak-Sloan, SMU, 24:16. 15, Delphine Maurer, WWU, 24:28.