



Oct. 7, 2021 • Week 7
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GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Fri., Oct. 8

Montana State Billings at Yellowjacket Open,
11 a.m., Billings, Mont.

Sat., Oct. 9

Alaska, Central Washington, Northwest Nazarene,
Seattle Pacific, Western Washington at Bill Roe
Classic, 10 a.m., Bellingham, Wash.
Western Oregon at Lewis Crossover, 10:30 a.m.,
Romeoville, Ill.
Simon Fraser at TWU Cross Country Open,
2 p.m., Abbotsford, B.C.

LAST WEEK'S MEETS

Fri., Oct. 1

Providence Open

at Acaconda Hills, Great Falls, Mont.

Men (8,000m): Montana State Billings 15.

Top 5 Finishers: 1, Carson Jessop, MSUB,
29:12. 2, Ase Ackerman, MSUB, 29:20.6. 3, Bryant
Edgerton, MSUB, 29:25.6. 4, Nash Grafe, UPROV,
29:34.2. 5, Ciaran Molloy, UPROV, 29:44.9.

Other Top GNAC Finishers: 6, Jordy Peiro,
MSUB, 29:55.7. 12, Jackson Bailey, MSUB, 32:15.

Women: No Competing GNAC Teams

Sat., Oct. 2

Chambers Bay Collegiate Open

at Chambers Creek Regional Park, University
Place, Wash.

Men (8,000m): Alaska Anchorage 56, Northwest
(Wash.) 59, Saint Martin's 96, Spokane CC 100,
Puget Sound 101, Seattle Pacific 121, Green River
CC 165, Everett CC 198, Olympic CC 204.

Top 5 Finishers: 1, Coleman Nash, UAA, 25:01.9.
2, Jacob Moos, UAA, 25:16.1. 3, Colin Monaghan,
UPS, 25:25.1. 4, Micah Murphy, NWU, 25:28. 5,
Felix Kemboi, UAA, 25:49.

Other Top GNAC Finishers: 7, Jack Farrell, SMU,
25:54.9. 11, Jesus Avalos, UAA, 26:14.4.

Women (5,000m): Northwest (Wash.) 64, Alaska
Anchorage 80, Saint Martin's 82, Seattle Pacific
105, Spokane CC 137, Pierce CC 152, Puget
Sound 169, Whatcom CC 185, Everett CC 194,
Olympic CC 223.

Top 5 Finishers: 1, Annika Esvelt, SPU, 18:32.9.

2, Nancy Jeptoo, UAA, 18:43.7. 3, Izabelle Ander-
son, WCC, 18:44.7. 4, Ellie Rising, SPU, 18:45.8.
5, Ellie Summers, NWU, 19:03.

Other Top GNAC Finishers: 7, Sara Sabra,
SMU, 19:12.3. 10, Cassidy Walchak-Sloan, SMU,
19:25.6

Charles Bowles Willamette Invitational at Bush's Pasture Park, Salem, Ore.

Men's Cardinal (8,000m): Washington 15,
Portland 74, Humboldt State 133, Seattle 136,
George Fox 140, Western New Mexico 160,
Central Washington 173, Pacific Lutheran 177,
Pacific (Ore.) 212, Willamette 280, Whitman 290,
Whitworth 303, Lewis & Clark 371.

Top 5 Finishers: 1, Joe Waskom, UW, 23:42.9.
2, Leo Daschbach, UW, 23:44. 3, Tibebe Proctor,
UW, 23:46.5. 4, Luke Houser, UW, 23:46.6. 5,
Ryan Renken, UW, 23:48.8.

Top 5 GNAC Finishers: 20, Trevor Allen, CWU,
25:36.2. 24, Rajesh Gill, CWU, 25:42.8. 52, Zach
Sundt, CWU, 26:23.1. 56, Mateo Rivera, CWU,
26:30.4. 59, Henry Milodragovich, CWU, 26:34.8.

Women's Cardinal (5,000m): Portland 56,
George Fox 85, Seattle 87, Oregon State 123,
Hawaii 126, Humboldt State 153, Pacific (Ore.)
159, Point Loma 238, Pacific Lutheran 282, Whit-
man 289, Whitworth 292, Western New Mexico
303, Central Washington 236, Lewis & Clark 420.

Top 5 Finishers: 1, Rosa Granados, HSU,
18:11.3. 2, Ellie Erikson, UP, 18:18.1. 3, Anna-
Sophie Meusburger, UP, 18:18.7. 4, Sophia Morgan,
UP, 18:18.7. 5, Sandy Williamson, HSU, 18:23.

Top 5 GNAC Finishers: 60, Kay Lester, CWU,
19:53.7. 72, Katelynn Strate, CWU, 20:10.9. 73,
Tailer Cochran, CWU, 20:10.9. 82, Kelli Heim,
CWU, 20:27.8. 97, Caitlin Gohr, CWU, 20:46.

#GNACXC in 280

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#ThreeForThree Alaska Anchorage freshman
Coleman Nash won his third race in as many tries
at the Chambers Bay Collegiate Open, earning his
second GNAC Men's Cross Country Athlete of the
Week award for the season.

#TwiceAsNice Seattle Pacific's **Annika Esvelt**
won her second race of the season, capturing
the Chambers Bay Collegiate Open to win GNAC
Women's Cross Country Athlete of the Week
honors.

#CleanSweep The Montana State Billings men
swept the top three places at the small University of
Providence Open in Great Falls.

#ThisOnesForYouBill Western Washington will
host the Bill Roe Classic on Saturday. The former
WWU Classic was renamed for the late Vikings'
assistant coach who passed away in February 2020.

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| Saint Martin's | @SMUSaints | #SaintsStrong |
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GNAC Cross Country Athletes of the Week



MEN

Coleman Nash, Alaska Anchorage
Freshman • Littleton, Colo.

Nash won for the third time in as many meets this season, capturing the Chambers Bay Collegiate Open on Saturday. Nash won in a time of 25:01.9 over 8,000 meters, finishing 15 seconds ahead of teammate Jacob Moos. Nash led the Seawolves to the team title with 56 points.

Also Nominated: Carson Jessop (Montana State Billings), Jack Farrell (Saint Martin's).



WOMEN

Annika Esvelt, Seattle Pacific
Sophomore • Spokane, Wash.

Esvelt was a winner for the second time this season, winning Saturday's Chambers Bay Collegiate Open. Esvelt ran a time of 18:32.9 over 5,000 meters, finishing 11 seconds ahead of second-place Nancy Jeptoo of Alaska Anchorage.

Also Nominated: Nancy Jeptoo (Alaska Anchorage), Sara Sabra (Saint Martin's).

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 |
| Sept. 27-Oct. 3 | Coleman Nash, UAA | Annika Esvelt, SPU |

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

GNAC News & Notes

BATTLIN' BY THE BAY: A handful of GNAC teams took the chance to get an early preview of the course that will host the 2022 NCAA Division II Cross Country Championships. The conference talent that took part in the Chambers Bay Collegiate Open on Saturday did not disappoint.

Alaska Anchorage freshman **Coleman Nash** and Seattle Pacific sophomore **Annika Esvelt** won their respective races to achieve a GNAC sweep. Nash was an easy winner in the men's 8,000-meter race in a time of 25:01.9 to finish 15 seconds ahead of junior teammate **Jacob Moos**, who was second in 25:16.1.

Nash led the Seawolves to the men's team title with 56 points, three points ahead of second-place Northwest (Wash.). It was the third victory in three collegiate races for Nash.

Esvelt, meanwhile, won for the second time in three races, covering the 5,000-meter course in 18:32.9. She finished 11 seconds ahead of Alaska Anchorage senior **Nancy Jeptoo**, who placed 10th at the 2019 NCAA Division II Championships.

The Seawolves placed second in the women's competition with 80 points while an injury-depleted Seattle Pacific team placed fourth.

Saint Martin's showed significant improvement, placing third in both the men's and women's competitions. The women scored 82 points to finish between Alaska Anchorage and Seattle Pacific. Freshman **Sara Sabra** led the Saints with a seventh-place finish in a time of 19:12.3.

The SMU men compiled a score of 96 points, four points ahead of fourth-place Spokane CC. Junior **Jack Farrell** led the way with a seventh-place finish of his own with a time of 25:54.9.

The Chambers Bay Collegiate Open provided 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)
Kainalu 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)
Carson Jessop, MSUB (Providence Invitational, Oct. 1, 29:12, 8,000m)
Coleman Nash, UAA (Chambers Bay Collegiate Open, Oct. 2, 25:01.9, 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)
Annika Esvelt, SPU (Chambers Bay Collegiate Open, Oct. 2, 18:32.9, 6,000m)

Around The GNAC

ALASKA



- Alaska did not compete last week. The Nanooks will conclude the regular season this Saturday at the Bill Roe Classic in Bellingham, Washington.
- Returning to the course after three weeks, the Alaska women placed seventh and the men placed 12th at the Mike Johnson Classic on September 24 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.

ALASKA ANCHORAGE



- Alaska Anchorage scored the men's team victory and placed second in the women's competition at the Chambers Bay Collegiate Open on Saturday in University Place, Washington.
- The Seawolves' men finished with a score of 56 points and placed three runners in the top-10. Freshman **Coleman Nash** was named the GNAC Men's Cross Country Athlete of the Week after he won with a time of 25:01.9 over 8,000 meters. It was Nash's third race victory of the season.
- Nash was 15 seconds ahead of junior **Jacob Moos**, who placed second in a time of 25:16.1. Senior and 2019 GNAC champion **Felix Kemboi** finished fifth in 25:49, knocking over two minutes off of his time at the Seawolf Throwdown in early September.
- The Alaska Anchorage women scored 80 points to finish 26 points behind first-place Northwest (Wash.). Senior **Nancy Jeptoo** was UAA's lone top-10 finisher, placing second in 18:43.7 over 5,000 meters. Sophomore **Bailey Roe** placed 14th in a time of 19:58.3.
- The Chambers Bay Collegiate Open was the final regular-season race for the Seawolves. Alaska Anchorage will compete next at the GNAC Championships on Saturday, October 23 in Lacey, Washington.

CENTRAL WASHINGTON



- Central Washington ran to a seventh-place men's finish and a 13th-place women's finish as the only GNAC team competing at the Charles Bowles Willamette Invitational on Saturday in Salem, Oregon.
- The Wildcats' men finished with 173 points, 13 points behind sixth-place Western New Mexico and four points ahead of Pacific Lutheran.
- Senior **Trevor Allen** led CWU in 20th place, covering the 8,000-meter course in 25:27.7. Freshman **Shawn Clough** placed 22nd in 25:36.2 and senior **Rajesh Gill** was 24th in 25:42.8.
- Central Washington's women finished with a score of 326 points, 23 points behind 12th-place Western New Mexico. Junior **Kay Lester** led the Wildcats, placing 60th in a time of 19:53.7 over 5,000 meters. Sophomore **Katelynn Strate** was 72nd and freshman **Tailer Cochran** placed 73rd, both recording times of 20:10.9.
- Central Washington is one of just two GNAC teams set to compete in each of the next two weeks. The Wildcats will be at the Bill Roe Classic on Saturday in Bellingham, Washington.

MONTANA STATE BILLINGS



- Montana State Billings sent its men's team to the University of Providence Open on Friday in Great Falls, winning the small meet with a perfect score of 15 points.
- The Yellowjackets swept the top three spots in a meet that featured 400 feet of elevation gain. Senior **Carson Jessop** was the winner in a time of 29:12 over 8,000 meters. Junior **Ase Ackerman** placed second in 29:20.6 and sophomore **Bryant Edgerton** was third in 29:25.6.

• The MSUB women last raced on September 24, placing seventh at the Montana Open in Missoula.

• 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 conclude its regular season this Friday, hosting the Yellowjacket/Battlin' Bear Invitational at Amend Park in Billings.

NORTHWEST NAZARENE



- Northwest Nazarene did not compete. The Nighthawks will conclude the regular season on Saturday at the Bill Roe Classic in Bellingham, Washington.
- Northwest Nazarene ran to a second-place women's finish and a third-place men's finish at the Ken Garland Invitational on September 25 in Lacey, Washington.
- Junior **Tyler Shea** 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.

SAINT MARTIN'S



- In a great team showing, Saint Martin's placed third in both the men's and women's races at the Chambers Bay Collegiate Open on Saturday.
- The Saints' women finished with a score of 80 points, just two points behind second-place Alaska Anchorage and 23 points ahead of Seattle Pacific.
- Freshman **Sara Sabra** led the way with a seventh-place finish, covering the 5,000-meter course in a time of 19:12.3. Freshman **Cassidy Walchak-Sloan** placed 10th in a time of 19:25.6. In all, Saint Martin's placed four runners in the top 20.
- The Saint Martin's men finished with a score of 96 points, 36 points behind second-place Northwest (Wash.) and four points ahead of Spokane CC.
- Junior **Jack Farrell** led the Saints, placing eighth with a personal-best time of 25:54.9 over 8,000 meters. Freshman **Kainalu Pagente** placed 15th in a time of 26:27.1, which was also a personal best.
- The Chambers Bay Collegiate Open closed the regular season for Saint Martin's. The Saints will host the GNAC Championships on Saturday, October 23 on the SMU campus in Lacey, Washington.

Around The GNAC

SEATTLE PACIFIC



- Seattle Pacific posted a fourth-place women's team finish and a sixth-place men's team finish at its own Chambers Bay Collegiate Open on Saturday in University Place, Washington.
- The Falcons' women finished with a score of 105 points and had three runners finish in the top 15.
- Sophomore **Annika Esvelt** was named the GNAC Women's Cross Country Athlete of the Week after winning her second consecutive meet, covering the 5,000-meter course in a time of 18:32.9. She was 11 seconds faster than Alaska Anchorage's Nancy Jeptoo, who placed second.
- Sophomore **Ellie Rising** had her third top-five finish of the season, placing fourth in 18:45.8. Freshman **Nicki Yorges** finished 11th in a time of 19:35.1.
- The Seattle Pacific men finished with a score of 121 points, 20 points behind fifth-place Puget Sound.
- The Falcons had a pair of top-20 finishes. Senior **Colin Boutin** finished 14th in a time of 26:26 over 8,000 meters. Sophomore **Brennan LeBlanc** placed 16th in his second collegiate meet in 26:41.7.
- The Seattle Pacific women held steady at No. 9 in the USTFCCA Division II West Region Rankings.
- Seattle Pacific will close the regular season on Saturday at the Bill Roe Classic in Bellingham, Washington.

SIMON FRASER



- Simon Fraser did not compete last week. The team will split on Saturday with athletes at the Bill Roe Classic in Bellingham, Washington and the TWU Cross Country Open in Abbotsford, British Columbia.
- Simon Fraser won the women's team competition and placed second in the men's race at Friday's Mike Johnson Classic on September 24 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.
- With no racing last week, the SFU climbed two spots to No. 17 in the USTFCCA Division II Coaches Poll while the women dropped two spots to No. 11. The SFU women are No. 1 in the West Region Rankings and the men are No. 2.

WESTERN OREGON



- Western Oregon did not compete last week. The Wolves head east this week to take part in the Lewis Crossover on Saturday in Romeoville, Illinois.
- Hosting its second home meet of the season, Western Oregon posted a pair of fifth-place team finishes at the Mike Johnson Classic on September 25 at the Ash Creek Preserve.
- The Wolves' women scored a total of 150 points, seven points ahead of Pacific (Ore.). Junior **Luz Garcia** 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 WASHINGTON



- Western Washington did not compete last week. The Vikings close the regular season on Saturday, hosting the Bill Roe Classic at the Sudden Valley Golf Course in Bellingham.
- Western Washington performed well in the high-powered Roy Griak Invitational on September 24 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 the Ken Garland Classic on September 25. The men placed fifth with 111 points while the women did not have enough runners for a team score. 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 Bill Roe Classic is named in memory of the longtime Western Washington assistant coach, who was also a former president of USA Track and Field and renowned internationally in the cross country and track and field communities. Roe passed away unexpectedly in February 2020.

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) |
| Oct. 6 | 17th | 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 |
| Sept. 28 | — | 2nd | 8th |

USTFCCCA DIVISION II COACHES POLL

| Week 4 - Oct. 6, 2021 | | |
|-----------------------|------------------------|------------|
| Rk | School (1st) | Pts. |
| 1. | Grand Valley St. (4) | 236 |
| | Colorado Mines (4) | 236 |
| 3. | Adams State | 224 |
| 4. | Augustana (S.D.) | 216 |
| 5. | Chico State | 202 |
| 6. | Colorado Christian | 197 |
| 7. | Lee (Tenn.) | 184 |
| 8. | Wingate | 180 |
| 9. | Western Colorado | 170 |
| 10. | Southern Indiana | 165 |
| 11. | Pittsburg State | 159 |
| 12. | Alabama-Huntsville | 155 |
| 13. | UC-Colorado Springs | 150 |
| 14. | Missouri Southern | 142 |
| 15. | Mississippi College | 126 |
| 16. | Charleston | 121 |
| 17. | Simon Fraser | 117 |
| 18. | Queens (N.C.) | 108 |
| 19. | Lewis | 87 |
| 20. | Fresno Pacific | 83 |
| 21. | Northwest Missouri St. | 81 |
| 22. | Biola | 72 |
| 23. | Augusta | 65 |
| 24. | Cal State San Marcos | 50 |
| 25. | Stanislaus State | 42 |

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

| Week 4 - Oct. 5, 2021 | | | Conf. | Prev. |
|-----------------------|---------------------------|-------|-------------|----------|
| Rk | School | Prev. | | |
| 1. | Chico State | 1 | CCAA | 1 |
| 2. | Simon Fraser | 1 | GNAC | 3 |
| 3. | Fresno Pacific | 3 | PacWest | 2 |
| 4. | Biola | 4 | PacWest | 5 |
| 5. | Cal State San Marcos | 6 | CCAA | 6 |
| 6. | Stanislaus State | 5 | CCAA | 2 |
| 7. | Azusa Pacific | 7 | PacWest | 7 |
| 8. | Western Washington | 16 | GNAC | 8 |
| 9. | Cal Poly Pomona | 18 | CCAA | 9 |
| 10. | Humboldt State | 9 | CCAA | NR |

[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 |
| Oct. 6 | — | — | — | 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 |
| Sept. 28 | — | — | 1st | 9th | 8th |
| Oct. 5 | — | — | 1st | 9th | 8th |

USTFCCCA DIVISION II COACHES POLL

| Week 4 - Oct. 6, 2021 | | |
|-----------------------|----------------------|------------|
| Rk | School (1st) | Pts. |
| 1. | Adams State (5) | 235 |
| | Grand Valley St. (3) | 235 |
| 3. | Augustana (S.D.) | 226 |
| 4. | Colorado Mines | 213 |
| 5. | Lee (Tenn.) | 211 |
| 6. | UC-Colorado Springs | 199 |
| 7. | CSU Pueblo | 193 |
| 8. | Queens (N.C.) | 180 |
| 9. | Mary | 167 |
| 10. | Western Colorado | 164 |
| 11. | Simon Fraser | 158 |
| 12. | Wingate | 145 |
| 13. | Southwest Baptist | 142 |
| 14. | Chico State | 140 |
| 15. | Southern Indiana | 131 |
| 16. | Stanislaus State | 127 |
| 17. | Cedarville | 113 |
| 18. | Walsh | 98 |
| 19. | Minnesota Duluth | 95 |
| | Dallas Baptist | 95 |
| 21. | Cal State San Marcos | 75 |
| | Colorado Christian | 75 |
| | Minnesota State | 75 |
| 24. | Wayne State (Mich) | 58 |
| 25. | Saginaw Valley St. | 36 |

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

| Week 4 - Oct. 5, 2021 | | | Conf. | Prev. |
|-----------------------|---------------------------|-------|-------------|----------|
| Rk | School | Prev. | | |
| 1. | Simon Fraser | 3 | GNAC | 2 |
| 2. | Chico State | 1 | CCAA | 3 |
| 3. | Stanislaus State | 4 | CCAA | 1 |
| 4. | Cal State San Marcos | 2 | CCAA | 5 |
| 5. | Biola | 5 | PacWest | 6 |
| 6. | Concordia Irvine | 7 | PacWest | 7 |
| 7. | Academy of Art | 17 | PacWest | 5 |
| 8. | Western Washington | 11 | GNAC | 8 |
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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, Cayen 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 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.

Fri., Oct. 1

Providence Open

at Acaconda Hills, Great Falls, Mont.

Men (8,000m): Montana State Billings 15.

Top 5 Finishers: 1, Carson Jessop, MSUB, 29:12. 2, Ase Ackerman, MSUB, 29:20.6. 3, Bryant Edgerton, MSUB, 29:25.6. 4, Nash Grafe, UPROV, 29:34.2. 5, Ciaran Molloy, UPROV, 29:44.9.

Other Top GNAC Finishers: 6, Jordy Peiro, MSUB, 29:55.7. 12, Jackson Bailey, MSUB, 32:15.

Women: No Competing GNAC Teams

Sat., Oct. 2

Chambers Bay Collegiate Open

at Chambers Creek Regional Park, University Place, Wash.

Men (8,000m): Alaska Anchorage 56, Northwest (Wash.) 59, Saint Martin's 96, Spokane CC 100, Puget Sound 101, Seattle Pacific 121, Green River CC 165, Everett CC 198, Olympic CC 204.

Top 5 Finishers: 1, Coleman Nash, UAA, 25:01.9. 2, Jacob Moos, UAA, 25:16.1. 3, Colin Monaghan, UPS, 25:25.1. 4, Micah Murphy, NWU, 25:28. 5, Felix Kemboi, UAA, 25:49.

Other Top GNAC Finishers: 7, Jack Farrell, SMU, 25:54.9. 11, Jesus Avalos, UAA, 26:14.4.

Women (5,000m): Northwest (Wash.) 64, Alaska Anchorage 80, Saint Martin's 82, Seattle Pacific 105, Spokane CC 137, Pierce CC 152, Puget Sound 169, Whatcom CC 185, Everett CC 194, Olympic CC 223.

Top 5 Finishers: 1, Annika Esvelt, SPU, 18:32.9. 2, Nancy Jeptoo, UAA, 18:43.7. 3, Izabelle Anderson, WCC, 18:44.7. 4, Ellie Rising, SPU, 18:45.8. 5, Ellie Summers, NWU, 19:03.

Other Top GNAC Finishers: 7, Sara Sabra, SMU, 19:12.3. 10, Cassidy Walchak-Sloan, SMU, 19:25.6

Charles Bowles Willamette Invitational

at Bush's Pasture Park, Salem, Ore.

Men's Cardinal (8,000m): Washington 15, Portland 74, Humboldt State 133, Seattle 136, George Fox 140, Western New Mexico 160, Central Washington 173, Pacific Lutheran 177, Pacific (Ore.) 212, Willamette 280, Whitman 290, Whitworth 303, Lewis & Clark 371.

Top 5 Finishers: 1, Joe Waskom, UW, 23:42.9. 2, Leo Daschbach, UW, 23:44. 3, Tibebe Proctor, UW, 23:46.5. 4, Luke Houser, UW, 23:46.6. 5, Ryan Renken, UW, 23:48.8.

Top 5 GNAC Finishers: 20, Trevor Allen, CWU, 25:36.2. 24, Rajesh Gill, CWU, 25:42.8. 52, Zach Sundt, CWU, 26:23.1. 56, Mateo Rivera, CWU, 26:30.4. 59, Henry Milodragovich, CWU, 26:34.8.

Women's Cardinal (5,000m): Portland 56, George Fox 85, Seattle 87, Oregon State 123, Hawaii 126, Humboldt State 153, Pacific (Ore.) 159, Point Loma 238, Pacific Lutheran 282, Whitman 289, Whitworth 292, Western New Mexico 303, Central Washington 236, Lewis & Clark 420.

Top 5 Finishers: 1, Rosa Granados, HSU, 18:11.3. 2, Ellie Erikson, UP, 18:18.1. 3, Anna-Sophie Meusburger, UP, 18:18.7. 4, Sophia Morgan, UP, 18:18.7. 5, Sandy Williamson, HSU, 18:23.

Top 5 GNAC Finishers: 60, Kay Lester, CWU, 19:53.7. 72, Katelynn Strate, CWU, 20:10.9. 73, Tailer Cochran, CWU, 20:10.9. 82, Kelli Heim, CWU, 20:27.8. 97, Caitlin Gohr, CWU, 20:46.