

**GNAC INDOOR TRACK & FIELD CHAMPIONSHIPS**

Nampa, ID  
 Ford Idaho Center Jacksons Track  
 2/15/2019 - 2/16/2019



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# START LIST

## Men's Indoor Heptathlon 60m Hurdles

| Lane                  | Name             | Team               |
|-----------------------|------------------|--------------------|
| <b>Section 1 of 3</b> |                  |                    |
| 1                     | KRUSE, Mitch     | Western Oregon     |
| 2                     |                  |                    |
| 3                     | FORSTER, Michael | Central Washington |
| 4                     |                  |                    |
| 5                     | BROWN, Giovanni  | Concordia (Ore.)   |
| 6                     |                  |                    |
| 7                     | CUMMINGS, Cooper | Western Washington |
| 8                     |                  |                    |
| <b>Section 2 of 3</b> |                  |                    |
| 1                     |                  |                    |
| 2                     |                  |                    |
| 3                     | TIDWELL, Dakota  | Northwest Nazarene |
| 4                     |                  |                    |
| 5                     | LANDIS, Kodiak   | Central Washington |
| 6                     |                  |                    |
| 7                     | MAIER, Braydon   | Central Washington |
| 8                     |                  |                    |
| <b>Section 3 of 3</b> |                  |                    |
| 1                     |                  |                    |
| 2                     |                  |                    |
| 3                     | RINEFORT, Ian    | Western Washington |
| 4                     |                  |                    |
| 5                     | SRAMEK, David    | Alaska Anchorage   |
| 6                     |                  |                    |
| 7                     | SCHULZ, Josh     | Saint Martin's     |
| 8                     |                  |                    |

## Men's Indoor Heptathlon Pole Vault

| Lane                 | Name             | Team               |
|----------------------|------------------|--------------------|
| <b>Flight 1 of 1</b> |                  |                    |
| 1                    | MAIER, Braydon   | Central Washington |
| 2                    | RINEFORT, Ian    | Western Washington |
| 3                    | SRAMEK, David    | Alaska Anchorage   |
| 4                    | LANDIS, Kodiak   | Central Washington |
| 5                    | FORSTER, Michael | Central Washington |
| 6                    | TIDWELL, Dakota  | Northwest Nazarene |
| 7                    | BROWN, Giovanni  | Concordia (Ore.)   |
| 8                    | CUMMINGS, Cooper | Western Washington |
| 9                    | SCHULZ, Josh     | Saint Martin's     |
| 10                   | KRUSE, Mitch     | Western Oregon     |

## Men's Indoor Heptathlon 1000 Meters

| Lane                  | Name             | Team               |
|-----------------------|------------------|--------------------|
| <b>Section 1 of 1</b> |                  |                    |
| 1                     | BROWN, Giovanni  | Concordia (Ore.)   |
| 2                     | FORSTER, Michael | Central Washington |
| 3                     | SCHULZ, Josh     | Saint Martin's     |

## Men's Indoor Heptathlon 1000 Meters (cont'd)

| Lane | Name             | Team               |
|------|------------------|--------------------|
| 4    | LANDIS, Kodiak   | Central Washington |
| 5    | CUMMINGS, Cooper | Western Washington |
| 6    | RINEFORT, Ian    | Western Washington |
| 7    | TIDWELL, Dakota  | Northwest Nazarene |
| 8    | SRAMEK, David    | Alaska Anchorage   |
| 9    | KRUSE, Mitch     | Western Oregon     |
| 10   | MAIER, Braydon   | Central Washington |

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**START LIST****Men's High Jump**

| Lane                 | Name               | Team               | Mark  |
|----------------------|--------------------|--------------------|-------|
| <b>Flight 1 of 1</b> |                    |                    |       |
| 1                    | NICHOLSON, Brandon | Alaska Anchorage   | 1.75m |
| 2                    | GIRARD, Isaiah     | MSU-Billings       | 2.06m |
| 3                    | WICKLIFF, Tupre    | Western Washington | 2.01m |
| 4                    | DANCES, Seren      | Western Washington | 1.93m |
| 5                    | BRAKE, Chris       | Alaska Anchorage   | 1.96m |
| 6                    | KUZYK, Zackary     | Simon Fraser       | 1.95m |
| 7                    | MAKRAKIS, Nick     | Western Washington | 1.90m |
| 8                    | TRANCH, Micah      | Northwest Nazarene | 1.94m |
| 9                    | CARRIZALES, Emmy   | Concordia (Ore.)   | 1.91m |
| 10                   | STERKEL, Ethan     | Western Washington | 1.90m |
| 11                   | CRONK, Tyler       | Saint Martin's     | 2.16m |
| 12                   | DAVIES, Garrett    | Western Washington | 2.00m |
| 13                   | GUNTHER, Ryan      | Central Washington | NM    |

**Women's Shot Put**

| Lane                 | Name                 | Team               | Mark   |
|----------------------|----------------------|--------------------|--------|
| <b>Flight 1 of 2</b> |                      |                    |        |
| 1                    | MOELLER, Katerina    | Northwest Nazarene | 10.88m |
| 2                    | WILLENBROCK, Kenda   | Northwest Nazarene | 10.49m |
| 3                    | KORFF, Halie         | Western Oregon     | 10.96m |
| 4                    | DODGE, Brittany      | Central Washington | 11.37m |
| 5                    | NESSAN, Hannah       | MSU-Billings       | 10.84m |
| 6                    | STRINGARI, Taylor    | MSU-Billings       | 11.31m |
| 7                    | GRONBACH, Mariah     | Western Oregon     | 10.47m |
| <b>Flight 2 of 2</b> |                      |                    |        |
| 1                    | MCFADDEN, Maya       | Western Washington | 11.87m |
| 2                    | TENSLEY, Joselynn    | Concordia (Ore.)   | 12.62m |
| 3                    | FISK, Avery          | Central Washington | 11.90m |
| 4                    | SPRAGUE, Kori        | Concordia (Ore.)   | 11.69m |
| 5                    | LA RUE, Samantha     | Central Washington | 13.67m |
| 6                    | STEINBEISSER, Hailey | MSU-Billings       | 11.67m |
| 7                    | EDDY, Chanelle       | Western Washington | 11.87m |
| 8                    | ORTEGA, HarLee       | Central Washington | 11.72m |
| 9                    | GIANOTTI, Moana      | Western Oregon     | 11.66m |

**Women's Triple Jump**

| Lane                 | Name                | Team               | Mark   |
|----------------------|---------------------|--------------------|--------|
| <b>Flight 1 of 2</b> |                     |                    |        |
| 1                    | WALTS, Rose         | Central Washington | 10.82m |
| 2                    | WILSON, Darian      | Western Oregon     | NM     |
| 3                    | HUTTON-KING, Dakota | Northwest Nazarene | 10.22m |
| 4                    | HECKATHORN, Katie   | Northwest Nazarene | 10.40m |
| 5                    | OLSON, Devon        | Western Washington | 10.83m |
| 6                    | JOHNSON, Chrisalyn  | Alaska Anchorage   | NM     |
| 7                    | KIBBEE, Leanne      | Western Washington | NM     |
| 8                    | VONBRETHORST, Ma    | Northwest Nazarene | NM     |
| 9                    | SANFORD, Jamie      | Western Washington | 10.64m |

**Women's Triple Jump (cont'd)**

| Lane                 | Name              | Team               | Mark   |
|----------------------|-------------------|--------------------|--------|
| <b>Flight 2 of 2</b> |                   |                    |        |
| 1                    | MAHOWALD, Jackie  | Northwest Nazarene | 11.71m |
| 2                    | WILLIAMS, Brooke  | Central Washington | 11.74m |
| 3                    | STEPHENS, Chase   | Concordia (Ore.)   | 11.33m |
| 4                    | ROMAIN, Keshara   | Saint Martin's     | 12.01m |
| 5                    | IGBONAGWAM, Peace | Seattle Pacific    | 11.16m |
| 6                    | MAY, Kellie       | Seattle Pacific    | 11.06m |
| 7                    | ORTEGA, HarLee    | Central Washington | 11.71m |
| 8                    | POPCHOCK, Anna    | Western Oregon     | 11.02m |
| 9                    | CONKLIN, Katie    | Northwest Nazarene | 10.85m |

**Men's Triple Jump**

| Lane                 | Name               | Team               | Mark   |
|----------------------|--------------------|--------------------|--------|
| <b>Flight 1 of 1</b> |                    |                    |        |
| 1                    | NEWBY, Silas       | Seattle Pacific    | 13.24m |
| 2                    | BRAKE, Chris       | Alaska Anchorage   | 14.24m |
| 3                    | NICHOLSON, Brandon | Alaska Anchorage   | 14.01m |
| 4                    | RINGOLD, Jacob     | Western Washington | 13.56m |
| 5                    | DANCES, Seren      | Western Washington | NM     |
| 6                    | LINDQUIST, Marcus  | MSU-Billings       | 13.44m |
| 7                    | WHITTAKER, Zach    | Central Washington | 14.62m |
| 8                    | CARRIZALES, Emmy   | Concordia (Ore.)   | 12.51m |
| 9                    | GAMZA, Andrey      | Concordia (Ore.)   | NM     |
| 10                   | KEMMER, Braeden    | Saint Martin's     | 12.84m |
| 11                   | CHHIM, Somit       | Western Washington | 13.55m |
| 12                   | MAKRAKIS, Nick     | Western Washington | 13.11m |
| 13                   | DUCKWORTH, Jeremia | Western Washington | 13.17m |

**Men's Shot Put**

| Lane                 | Name             | Team               | Mark   |
|----------------------|------------------|--------------------|--------|
| <b>Flight 1 of 2</b> |                  |                    |        |
| 1                    | COLLINS, Karsten | Western Oregon     | 14.37m |
| 2                    | JENSEN, Connor   | Concordia (Ore.)   | 14.44m |
| 3                    | ELDER, Brett     | Concordia (Ore.)   | 15.02m |
| 4                    | ANDERSON, Canyon | Northwest Nazarene | 14.21m |
| 5                    | CHILD, Mont      | Western Oregon     | 14.15m |
| 6                    | COLLINS, Owen    | Western Oregon     | 14.07m |
| 7                    | YATES, Coby      | Northwest Nazarene | 12.59m |
| 8                    | AU-HAUPUA, Micah | Saint Martin's     | 13.23m |
| 9                    | ROBBINS, Cody    | Northwest Nazarene | 13.55m |
| 10                   | BURR, Colton     | Northwest Nazarene | 13.19m |
| 11                   | COLE, Sam        | Western Oregon     | 13.19m |
| <b>Flight 2 of 2</b> |                  |                    |        |
| 1                    | NICHOLS, Sam     | Concordia (Ore.)   | 15.64m |
| 2                    | KOCH, Josh       | Concordia (Ore.)   | 16.38m |
| 3                    | CROSS, Forrest   | MSU-Billings       | 15.78m |
| 4                    | BRIDGE, Seth     | Concordia (Ore.)   | 15.41m |
| 5                    | KNIGHT, Jake     | Northwest Nazarene | 17.28m |

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### Men's Shot Put (cont'd)

| Lane | Name          | Team               | Mark   |
|------|---------------|--------------------|--------|
| 6    | BRIDGE, Caleb | Concordia (Ore.)   | 15.03m |
| 7    | CAIN, Aidan   | Central Washington | 15.57m |
| 8    | MALQUIST, Ben | Western Washington | 15.11m |
| 9    | TONDER, Ethan | Central Washington | 15.50m |

### Women's Pole Vault

| Lane                 | Name               | Team               | Mark  |
|----------------------|--------------------|--------------------|-------|
| <b>Flight 1 of 1</b> |                    |                    |       |
| 1                    | GRAHAM, Cierra     | Western Washington | 3.30m |
| 2                    | OLIVIANO, Jewels   | Western Washington | 3.30m |
| 3                    | ROBERTS, Rachael   | Western Washington | 3.45m |
| 4                    | LICARI, Madison    | Seattle Pacific    | 3.45m |
| 5                    | PERRY, Lexi        | Western Washington | 3.38m |
| 6                    | ANDERSEN, Amanda   | Western Washington | 3.30m |
| 7                    | ELLIS, Sarah       | Western Washington | 3.15m |
| 8                    | PARADIS, Sophie    | Western Washington | 3.30m |
| 9                    | PARADEE, Anna      | Western Washington | 3.75m |
| 10                   | CABRERA, Brianna   | Saint Martin's     | 3.04m |
| 11                   | BLANKENSHIP, Tawni | Central Washington | 3.19m |
| 12                   | EISWALD, Erin      | Central Washington | 3.15m |
| 13                   | GWIN, Kourtney     | Northwest Nazarene | 3.25m |
| 14                   | LAMBERT, Emma      | Seattle Pacific    | 3.15m |
| 15                   | DODSON, Hannah     | Western Washington | 3.15m |
| 16                   | IRVINE, Halle      | Central Washington | 3.93m |
| 17                   | WYATT, Kayla       | Central Washington | 3.15m |
| 18                   | CAI, Scout         | Seattle Pacific    | NM    |

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**Women's 1 Mile Run**

| Lane                  | Name                | Team               | Time    |
|-----------------------|---------------------|--------------------|---------|
| <b>Section 1 of 1</b> |                     |                    |         |
| 1                     | TOWNSEND, Addy      | Simon Fraser       | 4:44.81 |
| 2                     | MCGRAW, Amber       | Seattle Pacific    | 5:21.87 |
| 3                     | MITCHELL, Kaylee    | Seattle Pacific    | 5:10.25 |
| 4                     | NOCK, Paige         | Simon Fraser       | 5:09.36 |
| 5                     | KURGAT, Caroline    | Alaska Anchorage   | NT      |
| 6                     | WASHENBERGER, Kel   | Seattle Pacific    | 5:08.38 |
| 7                     | LILLY, Kate         | Seattle Pacific    | 5:00.62 |
| 8                     | LEHMAN, Rebecca     | Western Washington | NT      |
| 9                     | CVANCARA, Ruth      | Alaska Anchorage   | NT      |
| 10                    | KNAPP, Grace        | Western Oregon     | 5:11.05 |
| 11                    | HAMILTON, Annalisa  | Northwest Nazarene | 5:20.67 |
| 12                    | ZIMMERDAHL, Kendra  | Western Oregon     | NT      |
| 13                    | TYRRELL, Lily       | Central Washington | 5:17.91 |
| 14                    | MCCORMICK, Danielle | Alaska Anchorage   | NT      |
| 15                    | ROXBY, Megan        | Simon Fraser       | 5:12.74 |

**Men's 1 Mile Run**

| Lane                  | Name               | Team               | Time    |
|-----------------------|--------------------|--------------------|---------|
| <b>Section 1 of 2</b> |                    |                    |         |
| 1                     | GIORDANO, Dominic  | Concordia (Ore.)   | 4:33.92 |
| 2                     | SHEA, Tyler        | Northwest Nazarene | 4:27.25 |
| 3                     | WILSON, Jordan     | Simon Fraser       | 4:28.40 |
| 4                     | HANSEN, Ben        | Seattle Pacific    | 4:31.80 |
| 5                     | FEY, Stephen       | Western Oregon     | NT      |
| 6                     | KEMBOI, Felix      | Alaska Anchorage   | NT      |
| 7                     | LEWIS, Judd        | Concordia (Ore.)   | 4:36.33 |
| 8                     | IBRAHIM, Faisal    | Alaska Anchorage   | 4:27.08 |
| 9                     | GARCIA, Royce      | Seattle Pacific    | 4:38.62 |
| 10                    | HUTTON, Hunter     | Western Oregon     | NT      |
| 11                    | JONES, Tyler       | Western Oregon     | NT      |
| 12                    | SCHULTZ, Brayden   | Seattle Pacific    | 4:34.11 |
| 13                    | KIRUI, Wesley      | Alaska Anchorage   | NT      |
| 14                    | MOSMAN, Hunter     | Western Oregon     | NT      |
| 15                    | ROTAR, Max         | Concordia (Ore.)   | NT      |
| <b>Section 2 of 2</b> |                    |                    |         |
| 1                     | JASPERSON, James   | Western Washington | 4:21.58 |
| 2                     | JOHNSON, Drew      | Alaska Anchorage   | 4:17.64 |
| 3                     | GALLAGHER, Thomas  | Simon Fraser       | 4:18.74 |
| 4                     | AHL, Aaron         | Simon Fraser       | 4:06.92 |
| 5                     | CROSSWHITE, Justin | Western Oregon     | 4:20.10 |
| 6                     | HOVLAND, Mark      | MSU-Billings       | 4:18.78 |
| 7                     | COSSETTE, Liam     | Western Washington | 4:21.62 |
| 8                     | KEMBOI, Godfrey    | Northwest Nazarene | 4:26.96 |
| 9                     | GRAFF, Elius       | Seattle Pacific    | 4:25.40 |
| 10                    | OTERO, Colby       | Seattle Pacific    | 4:23.80 |

**Women's 60m Hurdles**

| <b>Finals</b>         |                  |                    |      |
|-----------------------|------------------|--------------------|------|
| Lane                  | Name             | Team               | Time |
| <b>Section 1 of 1</b> |                  |                    |      |
| 1                     | CANO, Elena      | Alaska Anchorage   | 9.23 |
| 2                     | TRINIDAD, Sidney | Central Washington | 9.14 |
| 3                     | WEEMS, Erykah    | Central Washington | 8.91 |
| 4                     | TUBBS, Lexi      | Northwest Nazarene | 8.82 |
| 5                     | MEYER, Renick    | Seattle Pacific    | 8.83 |
| 6                     | STEPHENS, Chase  | Concordia (Ore.)   | 8.94 |
| 7                     | KENDRICK, Ariya  | Saint Martin's     | 9.16 |
| 8                     | ORTEGA, HarLee   | Central Washington | 9.27 |

**Men's 60m Hurdles**

| <b>Finals</b>         |                   |                    |      |
|-----------------------|-------------------|--------------------|------|
| Lane                  | Name              | Team               | Time |
| <b>Section 1 of 1</b> |                   |                    |      |
| 1                     | CASTRO, Elijah    | Northwest Nazarene | 8.58 |
| 2                     | OKEZIE, Koby      | Western Washington | 8.52 |
| 3                     | BROWN, Giovanni   | Concordia (Ore.)   | 8.45 |
| 4                     | GALGAN, Skyleer   | Northwest Nazarene | 8.41 |
| 5                     | CUMMINGS, Cordell | Western Washington | 8.42 |
| 6                     | MAIER, Braydon    | Central Washington | 8.48 |
| 7                     | DANCES, Seren     | Western Washington | 8.58 |
| 8                     | FORSTER, Michael  | Central Washington | 8.66 |

**Women's 400 Meters**

| <b>Finals</b>         |                  |                    |       |
|-----------------------|------------------|--------------------|-------|
| Lane                  | Name             | Team               | Time  |
| <b>Section 1 of 2</b> |                  |                    |       |
| 1                     |                  |                    |       |
| 2                     |                  |                    |       |
| 3                     | SMITH, Savannah  | Western Washington | 58.05 |
| 4                     | DODD, Sophie     | Simon Fraser       | 57.77 |
| 5                     | BLEY, Grace      | Seattle Pacific    | 58.03 |
| 6                     | BURKE, Grayson   | Western Oregon     | 58.14 |
| 7                     |                  |                    |       |
| 8                     |                  |                    |       |
| <b>Section 2 of 2</b> |                  |                    |       |
| 1                     |                  |                    |       |
| 2                     |                  |                    |       |
| 3                     | BLUSCHKE, Renate | Simon Fraser       | 57.33 |
| 4                     | ANITEYE, Vanessa | Alaska Anchorage   | 56.62 |
| 5                     | WEEMS, Erykah    | Central Washington | 57.00 |
| 6                     | TRINIDAD, Sidney | Central Washington | 57.55 |
| 7                     |                  |                    |       |
| 8                     |                  |                    |       |

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**Men's 400 Meters****Finals**

| Lane Name             | Team              | Time               |       |
|-----------------------|-------------------|--------------------|-------|
| <b>Section 1 of 2</b> |                   |                    |       |
| 1                     |                   |                    |       |
| 2                     |                   |                    |       |
| 3                     | CALDERON, Daniel  | Central Washington | 49.89 |
| 4                     | BLAKE, Logan      | Northwest Nazarene | 49.70 |
| 5                     | PORTER, Doc       | Central Washington | 49.71 |
| 6                     | CUMMINGS, Cordell | Western Washington | 50.12 |
| 7                     |                   |                    |       |
| 8                     |                   |                    |       |

**Section 2 of 2**

|   |                   |                    |       |
|---|-------------------|--------------------|-------|
| 1 |                   |                    |       |
| 2 |                   |                    |       |
| 3 | ARCE-TORRES, Gabe | Western Oregon     | 49.60 |
| 4 | BROWN, Adam       | Concordia (Ore.)   | 49.21 |
| 5 | MAGEE, Zachary    | Northwest Nazarene | 49.36 |
| 6 | DANIELS, Mark     | Western Washington | 49.65 |
| 7 |                   |                    |       |
| 8 |                   |                    |       |

**Women's 60 Meters****Finals**

| Lane Name             | Team               | Time               |      |
|-----------------------|--------------------|--------------------|------|
| <b>Section 1 of 1</b> |                    |                    |      |
| 1                     | QUAYNOR, Meyer     | Simon Fraser       | 7.87 |
| 2                     | IGBONAGWAM, Peace  | Seattle Pacific    | 7.81 |
| 3                     | MEYER, Renick      | Seattle Pacific    | 7.73 |
| 4                     | ALLEN, Macie       | Concordia (Ore.)   | 7.63 |
| 5                     | BOUYER, Jenna      | Seattle Pacific    | 7.69 |
| 6                     | STEPPER, Julia     | Seattle Pacific    | 7.75 |
| 7                     | BRADLEY, Hannah    | Western Washington | 7.84 |
| 8                     | NICKELSON, Artresa | Saint Martin's     | 7.97 |

**Men's 60 Meters****Finals**

| Lane Name             | Team              | Time               |      |
|-----------------------|-------------------|--------------------|------|
| <b>Section 1 of 1</b> |                   |                    |      |
| 1                     | BLODGETT, Codi    | Western Oregon     | 7.11 |
| 2                     | SCHRAM, Mason     | MSU-Billings       | 7.09 |
| 3                     | MAH, Nathan       | Simon Fraser       | 7.06 |
| 4                     | WARNER, Cody      | Western Oregon     | 7.01 |
| 5                     | CAMPBELL, Enrique | Alaska Anchorage   | 7.05 |
| 6                     | LANDIS, Kodiak    | Central Washington | 7.08 |
| 7                     | PATELIS, Kyle     | MSU-Billings       | 7.10 |
| 8                     | OKEZIE, Koby      | Western Washington | 7.12 |

**Women's 800 Meters****Finals**

| Lane Name             | Team               | Time               |         |
|-----------------------|--------------------|--------------------|---------|
| <b>Section 1 of 1</b> |                    |                    |         |
| 1                     | TOWNSEND, Addy     | Simon Fraser       | 2:14.55 |
| 2                     | NOCK, Paige        | Simon Fraser       | 2:14.78 |
| 3                     | SHIELDS-BROWN, Mai | Simon Fraser       | 2:15.04 |
| 4                     | ROXBY, Megan       | Simon Fraser       | 2:16.58 |
| 5                     | KONRAD, Shawnee    | Western Washington | 2:17.95 |
| 6                     | NISLY, Heidi       | Northwest Nazarene | 2:18.42 |
| 7                     | WOODS, Olivia      | Western Oregon     | 2:18.72 |
| 8                     | DODD, Sophie       | Simon Fraser       | 2:19.04 |

**Men's 800 Meters****Finals**

| Lane Name             | Team            | Time               |         |
|-----------------------|-----------------|--------------------|---------|
| <b>Section 1 of 1</b> |                 |                    |         |
| 1                     | KNOTT, Curt     | Western Oregon     | 1:53.89 |
| 2                     | OROZCO, Eduardo | Alaska Anchorage   | 1:54.58 |
| 3                     | VARGAS, Carlos  | Simon Fraser       | 1:54.59 |
| 4                     | PHAN, Jesse     | Seattle Pacific    | 1:55.18 |
| 5                     | TORRES, Richard | Simon Fraser       | 1:55.16 |
| 6                     | SAGER, Kyle     | Western Washington | 1:55.17 |
| 7                     | AHL, Aaron      | Simon Fraser       | 1:55.27 |
| 8                     | CARMONA, Max    | Western Oregon     | 1:55.57 |

**Women's 200 Meters****Finals**

| Lane Name             | Team          | Time             |       |
|-----------------------|---------------|------------------|-------|
| <b>Section 1 of 2</b> |               |                  |       |
| 1                     |               |                  |       |
| 2                     |               |                  |       |
| 3                     | ALLEN, Macie  | Concordia (Ore.) | 25.56 |
| 4                     | BOUYER, Jenna | Seattle Pacific  | 25.46 |
| 5                     | MEYER, Renick | Seattle Pacific  | 25.48 |
| 6                     | WEST, Bryce   | Simon Fraser     | 25.68 |
| 7                     |               |                  |       |
| 8                     |               |                  |       |

**Section 2 of 2**

|   |                   |                    |       |
|---|-------------------|--------------------|-------|
| 1 |                   |                    |       |
| 2 |                   |                    |       |
| 3 | WEEMS, Erykah     | Central Washington | 25.29 |
| 4 | IGBONAGWAM, Peace | Seattle Pacific    | 25.11 |
| 5 | BLEY, Grace       | Seattle Pacific    | 25.14 |
| 6 | SMITH, Savannah   | Western Washington | 25.33 |
| 7 |                   |                    |       |
| 8 |                   |                    |       |

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**Men's 200 Meters****Finals**

| Lane Name | Team | Time |
|-----------|------|------|
|-----------|------|------|

**Section 1 of 2**

|   |                   |                    |       |
|---|-------------------|--------------------|-------|
| 1 |                   |                    |       |
| 2 |                   |                    |       |
| 3 | CAMPBELL, Enrique | Alaska Anchorage   | 22.48 |
| 4 | BLAKE, Logan      | Northwest Nazarene | 22.23 |
| 5 | BROWN, Adam       | Concordia (Ore.)   | 22.28 |
| 6 | SMITH, Myles      | Western Washington | 22.56 |
| 7 |                   |                    |       |
| 8 |                   |                    |       |

**Section 2 of 2**

|   |                  |                    |       |
|---|------------------|--------------------|-------|
| 1 |                  |                    |       |
| 2 |                  |                    |       |
| 3 | WELCH, Bryant    | Western Washington | 22.17 |
| 4 | HAND, Jackson    | Saint Martin's     | 21.92 |
| 5 | RUSSELL, Michael | Saint Martin's     | 22.12 |
| 6 | MAH, Nathan      | Simon Fraser       | 22.17 |
| 7 |                  |                    |       |
| 8 |                  |                    |       |

**Women's 3000 Meters**

| Lane Name | Team | Time |
|-----------|------|------|
|-----------|------|------|

**Section 1 of 2**

|    |                     |                    |          |
|----|---------------------|--------------------|----------|
| 1  | MATTSON, Molly      | Central Washington | 10:44.73 |
| 2  | GANNON, Grace       | Alaska Anchorage   | 10:57.24 |
| 3  | CHARLTON, Calli     | Simon Fraser       | 10:43.22 |
| 4  | MORRIS, Amy         | Simon Fraser       | 10:48.00 |
| 5  | CRONIN, Theresa     | Alaska Anchorage   | NT       |
| 6  | TYRRELL, Lily       | Central Washington | 10:50.60 |
| 7  | CANTU, Kaylin       | Western Oregon     | 11:03.39 |
| 8  | MCNERNEY, Sedona    | Seattle Pacific    | 10:42.86 |
| 9  | HAMMONS, Emily      | Northwest Nazarene | 11:27.81 |
| 10 | HOBSON, Gabby       | Concordia (Ore.)   | 11:16.19 |
| 11 | BURROUGHS, Riley    | Alaska Anchorage   | 11:21.49 |
| 12 | HIMELBLOOM, Arielle | Alaska Anchorage   | NT       |
| 13 | COSCIA, Kimberly    | Alaska Anchorage   | NT       |
| 14 | AIKEN, Nikki        | MSU-Billings       | 10:48.01 |
| 15 | MANZER, Sierra      | Northwest Nazarene | 11:13.09 |

**Section 2 of 2**

|   |                   |                    |          |
|---|-------------------|--------------------|----------|
| 1 | LILLY, Kate       | Seattle Pacific    | 10:02.40 |
| 2 | SHINDRUK, Alexa   | Central Washington | 9:42.19  |
| 3 | MITCHELL, Kaylee  | Seattle Pacific    | 10:07.45 |
| 4 | GALVEZ, Sophia    | Western Washington | 10:32.76 |
| 5 | WILLETT, Olivia   | Simon Fraser       | 10:13.13 |
| 6 | KURGAT, Caroline  | Alaska Anchorage   | 9:07.05  |
| 7 | WASHENBERGER, Kel | Seattle Pacific    | 10:17.75 |
| 8 | DANNER, Bethany   | Northwest Nazarene | 10:30.73 |

**Women's 3000 Meters (cont'd)**

| Lane Name | Team             | Time             |          |
|-----------|------------------|------------------|----------|
| 9         | RIBEIRO, Chelsea | Simon Fraser     | 10:31.03 |
| 10        | JEPTOO, Nancy    | Alaska Anchorage | 9:59.30  |

**Men's 3000 Meters**

| Lane Name | Team | Time |
|-----------|------|------|
|-----------|------|------|

**Section 1 of 2**

|    |                  |                    |         |
|----|------------------|--------------------|---------|
| 1  | CONLEY, Treyson  | Northwest Nazarene | 9:19.83 |
| 2  | SANCHEZ, Jorge   | Alaska Anchorage   | NT      |
| 3  | HAMILTON, Nick   | Northwest Nazarene | 9:00.06 |
| 4  | ACKERMAN, Ase    | MSU-Billings       | 9:08.40 |
| 5  | PUTNEY, Jared    | Seattle Pacific    | 9:14.62 |
| 6  | BOUTIN, Colin    | Seattle Pacific    | 9:15.50 |
| 7  | GRAFF, Elius     | Seattle Pacific    | 9:17.35 |
| 8  | MOATS, Josh      | Concordia (Ore.)   | 9:05.88 |
| 9  | HANSEN, Ben      | Seattle Pacific    | 9:22.34 |
| 10 | GARCIA, Royce    | Seattle Pacific    | 9:25.95 |
| 11 | LEWIS, Levi      | Northwest Nazarene | 9:26.11 |
| 12 | SCHULTZ, Brayden | Seattle Pacific    | 9:31.85 |
| 13 | ALLEN, Trevor    | Central Washington | NT      |
| 14 | GALLOWAY, Shad   | Seattle Pacific    | 9:01.58 |
| 15 | KOECH, Nickson   | Alaska Anchorage   | NT      |

**Section 2 of 2**

|    |                     |                    |         |
|----|---------------------|--------------------|---------|
| 1  | JONES, Tyler        | Western Oregon     | 8:17.20 |
| 2  | JASPERSON, James    | Western Washington | 8:38.60 |
| 3  | DOHERTY, Rowan      | Simon Fraser       | 8:12.35 |
| 4  | SOBCZAK, Chris      | Simon Fraser       | 8:55.65 |
| 5  | HAYES, Dylan        | Western Washington | 8:44.70 |
| 6  | OTERO, Colby        | Seattle Pacific    | 8:47.85 |
| 7  | KIRUI, Wesley       | Alaska Anchorage   | 8:29.22 |
| 8  | DETOURBE, Pierre-Lo | Simon Fraser       | 8:14.88 |
| 9  | KANGOGO, Edwin      | Alaska Anchorage   | 8:38.04 |
| 10 | VARGAS, Carlos      | Simon Fraser       | 8:22.33 |
| 11 | CARLTON, Corbin     | Central Washington | 8:49.06 |
| 12 | KEMBOL, Felix       | Alaska Anchorage   | 8:20.94 |

**Women's 4 x 400m Relay**

| Lane Team | Time |
|-----------|------|
|-----------|------|

**Section 1 of 2**

|   |                        |   |         |
|---|------------------------|---|---------|
| 1 |                        |   |         |
| 2 |                        |   |         |
| 3 | Northwest Nazarene (A) | A | NT      |
| 4 | Western Washington (A) | A | 4:10.09 |
| 5 | Saint Martin's (A)     | A | 4:56.71 |
| 6 |                        |   |         |

**Section 2 of 2**

|   |                        |   |         |
|---|------------------------|---|---------|
| 1 | Concordia (Ore.) (A)   | A | 4:04.00 |
| 2 | Central Washington (A) | A | 4:00.57 |
| 3 | Western Oregon (A)     | A | 3:55.37 |

# GNAC INDOOR TRACK & FIELD CHAMPIONSHIPS

Nampa, ID

Ford Idaho Center Jacksons Track

2/15/2019 - 2/16/2019



OFFICIAL MEET REPORT

printed: 2/15/2019 8:26 PM

## START LIST

### Women's 4 x 400m Relay (cont'd)

| Lane | Team                 |   | Time    |
|------|----------------------|---|---------|
| 4    | Simon Fraser (A)     | A | 3:48.38 |
| 5    | Seattle Pacific (A)  | A | 3:54.83 |
| 6    | Alaska Anchorage (A) | A | 3:59.78 |

### Men's 4 x 400m Relay

| Lane                  | Team                   |   | Time    |
|-----------------------|------------------------|---|---------|
| <b>Section 1 of 2</b> |                        |   |         |
| 1                     |                        |   |         |
| 2                     |                        |   |         |
| 3                     |                        |   |         |
| 4                     | Saint Martin's (A)     | A | 3:30.02 |
| 5                     | Concordia (Ore.) (A)   | A | NT      |
| 6                     | Alaska Anchorage (A)   | A | 3:24.85 |
| <b>Section 2 of 2</b> |                        |   |         |
| 1                     |                        |   |         |
| 2                     | Western Oregon (A)     | A | 3:24.56 |
| 3                     | Western Washington (A) | A | 3:23.01 |
| 4                     | Central Washington (A) | A | 3:19.78 |
| 5                     | Simon Fraser (A)       | A | 3:22.62 |
| 6                     | Northwest Nazarene (A) | A | 3:23.81 |