

**2019 GNAC Combine Event Championships - 4/29/2019 to 4/30/2019****4/29/2019 to 4/30/2019****Results****Event 1 Men Decathlon**

	<b>Name</b>	<b>School</b>	<b>Finals</b>	<b>H#</b>
<b>Finals</b>				
1	Brown, Giovanni	Concordia (Ore.)	7007	
2	Maier, Braydon	Central Washington	6811	
3	Forster, Michael	Central Washington	6548	
4	Tidwell, Dakota	Northwest Nazarene	6531	
5	Sramek, David	Alaska Anchorage	6504	
6	Dances, Seren	Western Washington	6452	
7	Schulz, Josh	Saint Martin's	5974	
8	Kruse, Mitch	Western Oregon	5937	
9	Cummings, Cooper	Western Washington	5758	
10	Andaya, Nate	Central Washington	5757	
11	Carrizales, Emmy	Concordia (Ore.)	5530	
12	Rinefort, Ian	Western Washington	5033	
13	Ball, Nick	Concordia (Ore.)	4601	

**Event 1 Decathlon: #1 Men 100 Meter Dash Decathlon**

	<b>Name</b>	<b>School</b>	<b>Finals</b>	<b>Wind</b>	<b>H#</b>
<b>Finals</b>					
1	Schulz, Josh	Saint Martin's	11.17	+0.0	2
2	Dances, Seren	Western Washington	11.20	+0.0	2
3	Rinefort, Ian	Western Washington	11.34	+0.0	2
4	Sramek, David	Alaska Anchorage	11.38	+0.0	1
5	Forster, Michael	Central Washington	11.41	+0.0	2
6	Tidwell, Dakota	Northwest Nazarene	11.42	+0.0	2
7	Kreutz, Blaine	Northwest Nazarene	11.49	+0.0	2
8	Andaya, Nate	Central Washington	11.52	+0.0	2
9	Maier, Braydon	Central Washington	11.54	+0.0	1
10	Brown, Giovanni	Concordia (Ore.)	11.78	+0.0	1
11	Cummings, Cooper	Western Washington	11.90	+0.0	1
12	Carrizales, Emmy	Concordia (Ore.)	11.91	+0.0	1
13	Kruse, Mitch	Western Oregon	12.01	+0.0	1
14	Ball, Nick	Concordia (Ore.)	12.38	+0.0	1

**Event 1 Decathlon: #2 Men Long Jump Decathlon**

	<b>Name</b>	<b>School</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>				
1	Dances, Seren	Western Washington	6.79m	22-03.50 1.9
2	Sramek, David	Alaska Anchorage	6.72m	22-00.75 3.0
3	Forster, Michael	Central Washington	6.68m	21-11.00 -0.6
4	Rinefort, Ian	Western Washington	6.61m	21-08.25 2.1
5	Tidwell, Dakota	Northwest Nazarene	6.60m	21-08.00 3.0
6	Schulz, Josh	Saint Martin's	6.58m	21-07.25 -2.8
7	Kreutz, Blaine	Northwest Nazarene	6.35m	20-10.00 -1.1
8	Maier, Braydon	Central Washington	6.34m	20-09.75 +0.0
9	Andaya, Nate	Central Washington	6.31m	20-08.50 1.2
10	Brown, Giovanni	Concordia (Ore.)	6.24m	20-05.75 -1.1
11	Cummings, Cooper	Western Washington	6.21m	20-04.50 0.1
12	Kruse, Mitch	Western Oregon	6.17m	20-03.00 1.9
13	Carrizales, Emmy	Concordia (Ore.)	6.10m	20-00.25 1.2

**2019 GNAC Combine Event Championships - 4/29/2019 to 4/30/2019****4/29/2019 to 4/30/2019****Results****Finals ... (Event 1 Decathlon: #2 Men Long Jump Decathlon)**

Name	School	Finals	Wind
14 Ball, Nick	Concordia (Ore.)	5.64m	18-06.00 3.3

**Event 1 Decathlon: #3 Men Shot Put Decathlon**

Name	School	Finals
<b>Finals</b>		
1 Brown, Giovanni	Concordia (Ore.)	14.04m 46-00.75
2 Maier, Braydon	Central Washington	11.58m 38-00.00
3 Forster, Michael	Central Washington	11.50m 37-08.75
4 Kreutz, Blaine	Northwest Nazarene	11.33m 37-02.25
5 Kruse, Mitch	Western Oregon	10.83m 35-06.50
6 Carrizales, Emmy	Concordia (Ore.)	10.80m 35-05.25
7 Tidwell, Dakota	Northwest Nazarene	10.23m 33-06.75
8 Rinefort, Ian	Western Washington	10.04m 32-11.25
9 Dances, Seren	Western Washington	10.03m 32-11.00
10 Andaya, Nate	Central Washington	10.00m 32-09.75
11 Ball, Nick	Concordia (Ore.)	9.95m 32-07.75
11 Schulz, Josh	Saint Martin's	9.95m 32-07.75
13 Sramek, David	Alaska Anchorage	9.89m 32-05.50
14 Cummings, Cooper	Western Washington	9.57m 31-04.75

**Event 1 Decathlon: #4 Men High Jump Decathlon**

Name	School	Finals
<b>Finals</b>		
1 Dances, Seren	Western Washington	1.94m 6-04.25
2 Maier, Braydon	Central Washington	1.91m 6-03.25
3 Forster, Michael	Central Washington	1.82m 5-11.50
3 Sramek, David	Alaska Anchorage	1.82m 5-11.50
3 Brown, Giovanni	Concordia (Ore.)	1.82m 5-11.50
3 Rinefort, Ian	Western Washington	1.82m 5-11.50
7 Kreutz, Blaine	Northwest Nazarene	1.79m 5-10.50
7 Tidwell, Dakota	Northwest Nazarene	1.79m 5-10.50
9 Schulz, Josh	Saint Martin's	1.76m 5-09.25
9 Carrizales, Emmy	Concordia (Ore.)	1.76m 5-09.25
9 Cummings, Cooper	Western Washington	1.76m 5-09.25
12 Kruse, Mitch	Western Oregon	1.67m 5-05.75
13 Ball, Nick	Concordia (Ore.)	1.55m 5-01.00
14 Andaya, Nate	Central Washington	1.52m 4-11.75

**Event 1 Decathlon: #5 Men 400 Meter Dash Decathlon**

Name	School	Finals	H#
<b>Finals</b>			
1 Rinefort, Ian	Western Washington	50.75	2
2 Sramek, David	Alaska Anchorage	50.86	2
3 Brown, Giovanni	Concordia (Ore.)	50.92	2
4 Kreutz, Blaine	Northwest Nazarene	51.40	1
5 Schulz, Josh	Saint Martin's	51.61	1
6 Andaya, Nate	Central Washington	51.94	1
7 Dances, Seren	Western Washington	52.32	2
8 Tidwell, Dakota	Northwest Nazarene	52.41	2
9 Maier, Braydon	Central Washington	52.57	2

**2019 GNAC Combine Event Championships - 4/29/2019 to 4/30/2019**

4/29/2019 to 4/30/2019

**Results****Finals ... (Event 1 Decathlon: #5 Men 400 Meter Dash Decathlon)**

	Name	School	Finals	H#
10	Forster, Michael	Central Washington	52.59	2
11	Kruse, Mitch	Western Oregon	53.53	1
12	Cummings, Cooper	Western Washington	56.14	1
13	Ball, Nick	Concordia (Ore.)	56.46	1
14	Carrizales, Emmy	Concordia (Ore.)	57.29	1

**Event 1 Decathlon: #6 Men 110 Meter Hurdles Decathlon**

	Name	School	Finals	Wind	H#
<b>Finals</b>					
1	Brown, Giovanni	Concordia (Ore.)	15.08	-0.2	1
2	Maier, Braydon	Central Washington	15.39	-0.2	1
3	Dances, Seren	Western Washington	15.44	-0.2	1
4	Forster, Michael	Central Washington	15.49	-0.2	1
5	Tidwell, Dakota	Northwest Nazarene	16.30	0.3	2
6	Rinefort, Ian	Western Washington	16.39	0.3	2
7	Kreutz, Blaine	Northwest Nazarene	16.41	0.3	2
8	Sramek, David	Alaska Anchorage	16.66	0.3	2
9	Cummings, Cooper	Western Washington	17.05	0.8	3
10	Andaya, Nate	Central Washington	17.10	0.8	3
11	Carrizales, Emmy	Concordia (Ore.)	17.29	0.6	4
12	Schulz, Josh	Saint Martin's	18.03	0.8	3
13	Kruse, Mitch	Western Oregon	18.32	0.6	4
14	Ball, Nick	Concordia (Ore.)	20.82	0.6	4

**Event 1 Decathlon: #7 Men Discus Throw Decathlon**

	Name	School	Finals	
<b>Finals</b>				
1	Brown, Giovanni	Concordia (Ore.)	45.22m	148-04
2	Kruse, Mitch	Western Oregon	36.31m	119-01
3	Maier, Braydon	Central Washington	35.93m	117-10
4	Kreutz, Blaine	Northwest Nazarene	33.98m	111-06
5	Dances, Seren	Western Washington	33.02m	108-04
6	Tidwell, Dakota	Northwest Nazarene	32.98m	108-02
7	Forster, Michael	Central Washington	31.77m	104-03
8	Carrizales, Emmy	Concordia (Ore.)	31.35m	102-10
9	Schulz, Josh	Saint Martin's	30.30m	99-05
10	Rinefort, Ian	Western Washington	30.11m	98-09
11	Sramek, David	Alaska Anchorage	29.29m	96-01
12	Cummings, Cooper	Western Washington	29.24m	95-11
13	Ball, Nick	Concordia (Ore.)	29.06m	95-04
14	Andaya, Nate	Central Washington	21.96m	72-00

**Event 1 Decathlon: #8 Men Pole Vault Decathlon**

	Name	School	Finals	
<b>Finals</b>				
1	Sramek, David	Alaska Anchorage	4.60m	15-01.00
2	Maier, Braydon	Central Washington	4.40m	14-05.25
3	Tidwell, Dakota	Northwest Nazarene	4.30m	14-01.25
4	Brown, Giovanni	Concordia (Ore.)	4.10m	13-05.25
5	Cummings, Cooper	Western Washington	4.00m	13-01.50

**2019 GNAC Combine Event Championships - 4/29/2019 to 4/30/2019****4/29/2019 to 4/30/2019****Results****Finals ... (Event 1 Decathlon: #8 Men Pole Vault Decathlon)**

Name	School	Finals	
5 Andaya, Nate	Central Washington	4.00m	13-01.50
7 Dances, Seren	Western Washington	3.80m	12-05.50
8 Schulz, Josh	Saint Martin's	3.70m	12-01.50
9 Kruse, Mitch	Western Oregon	3.60m	11-09.75
9 Forster, Michael	Central Washington	3.60m	11-09.75
11 Carrizales, Emmy	Concordia (Ore.)	3.30m	10-10.00
12 Kreutz, Blaine	Northwest Nazarene	3.20m	10-06.00
13 Ball, Nick	Concordia (Ore.)	3.10m	10-02.00
--- Rinefort, Ian	Western Washington	NH	

**Event 1 Decathlon: #9 Men Javelin Throw Decathlon**

Name	School	Finals	
<b>Finals</b>			
1 Kruse, Mitch	Western Oregon	53.03m	174-00
2 Forster, Michael	Central Washington	51.55m	169-01
3 Maier, Braydon	Central Washington	50.45m	165-06
4 Tidwell, Dakota	Northwest Nazarene	48.08m	157-09
5 Carrizales, Emmy	Concordia (Ore.)	45.86m	150-05
6 Dances, Seren	Western Washington	45.55m	149-05
7 Andaya, Nate	Central Washington	44.69m	146-07
8 Cummings, Cooper	Western Washington	41.91m	137-06
9 Rinefort, Ian	Western Washington	40.95m	134-04
10 Brown, Giovanni	Concordia (Ore.)	40.59m	133-02
11 Schulz, Josh	Saint Martin's	40.52m	132-11
12 Ball, Nick	Concordia (Ore.)	39.73m	130-04
13 Sramek, David	Alaska Anchorage	39.27m	128-10

**Event 1 Decathlon: #10 Men 1500 Meter Run Decathlon**

Name	School	Finals
<b>Finals</b>		
1 Brown, Giovanni	Concordia (Ore.)	4:19.02
2 Sramek, David	Alaska Anchorage	4:29.51
3 Tidwell, Dakota	Northwest Nazarene	4:31.82
4 Kruse, Mitch	Western Oregon	4:33.47
5 Forster, Michael	Central Washington	4:35.67
6 Cummings, Cooper	Western Washington	4:38.09
7 Maier, Braydon	Central Washington	4:38.30
8 Andaya, Nate	Central Washington	4:38.97
9 Schulz, Josh	Saint Martin's	4:46.27
10 Carrizales, Emmy	Concordia (Ore.)	4:57.90
11 Dances, Seren	Western Washington	5:07.45
12 Ball, Nick	Concordia (Ore.)	5:08.61
--- Rinefort, Ian	Western Washington	DNF

**Women - Team Rankings - 1 Events Scored**

1) Central Washington	15	2) Seattle Pacific	12
3) Concordia (Ore.)	9	4) Alaska Anchorage	3

**2019 GNAC Combine Event Championships - 4/29/2019 to 4/30/2019****4/29/2019 to 4/30/2019****Results****Event 2 Women Heptathlon**

	Name	School	Finals	H#
<b>Finals</b>				
1	Ortega, HarLee	Central Washington	5212	
2	Cai, Scout	Seattle Pacific	5034	
3	Bone, Chelsea	Concordia (Ore.)	4982	
4	Trinidad, Sidney	Central Washington	4783	
5	Meyer, Renick	Seattle Pacific	4764	
6	Cano, Elena	Alaska Anchorage	4593	
7	Stephens, Chase	Concordia (Ore.)	4380	
8	VanZant, Ronni	Concordia (Ore.)	4302	
9	Jeschke, Yvonne	Alaska Anchorage	4134	
10	May, Kellie	Seattle Pacific	4111	
11	Collins, Katie	Central Washington	4067	
12	Meadows, Shaddia	Central Washington	3867	
13	Dawkins, Aliyah	Western Washington	3530	
14	DePew, Anna	Northwest Nazarene	3496	

**Event 2 Heptathlon: #1 Women 100 Meter Hurdles Heptathlon**

	Name	School	Finals	Wind	H#
<b>Finals</b>					
1	Trinidad, Sidney	Central Washington	14.50	+0.0	4
2	Meyer, Renick	Seattle Pacific	14.55	+0.0	4
3	Stephens, Chase	Concordia (Ore.)	14.69	+0.0	4
4	Ortega, HarLee	Central Washington	14.98	-0.3	3
5	Cano, Elena	Alaska Anchorage	15.05	+0.0	4
6	Cai, Scout	Seattle Pacific	15.51	-0.3	3
7	Dawkins, Aliyah	Western Washington	15.62	-0.2	2
8	May, Kellie	Seattle Pacific	15.92	-0.3	3
9	Bone, Chelsea	Concordia (Ore.)	15.96	-0.3	3
10	DePew, Anna	Northwest Nazarene	16.12	-0.2	2
11	VanZant, Ronni	Concordia (Ore.)	16.18	-0.2	2
12	Jeschke, Yvonne	Alaska Anchorage	16.66	-0.2	1
13	Meadows, Shaddia	Central Washington	16.75	-0.2	1
14	Collins, Katie	Central Washington	16.83	-0.2	1

**Event 2 Heptathlon: #2 Women High Jump Heptathlon**

	Name	School	Finals	
<b>Finals</b>				
1	Ortega, HarLee	Central Washington	1.69m	5-06.50
2	Cai, Scout	Seattle Pacific	1.63m	5-04.25
2	Bone, Chelsea	Concordia (Ore.)	1.63m	5-04.25
2	Dawkins, Aliyah	Western Washington	1.63m	5-04.25
5	Cano, Elena	Alaska Anchorage	1.57m	5-01.75
5	Trinidad, Sidney	Central Washington	1.57m	5-01.75
5	Stephens, Chase	Concordia (Ore.)	1.57m	5-01.75
8	Jeschke, Yvonne	Alaska Anchorage	1.54m	5-00.50
8	Meadows, Shaddia	Central Washington	1.54m	5-00.50
10	May, Kellie	Seattle Pacific	1.45m	4-09.00
10	DePew, Anna	Northwest Nazarene	1.45m	4-09.00
10	VanZant, Ronni	Concordia (Ore.)	1.45m	4-09.00

**2019 GNAC Combine Event Championships - 4/29/2019 to 4/30/2019****4/29/2019 to 4/30/2019****Results****Finals ... (Event 2 Heptathlon: #2 Women High Jump Heptathlon)**

	<b>Name</b>	<b>School</b>	<b>Finals</b>	
10	Collins, Katie	Central Washington	1.45m	4-09.00
14	Meyer, Renick	Seattle Pacific	1.42m	4-07.75

**Event 2 Heptathlon: #3 Women Shot Put Heptathlon**

	<b>Name</b>	<b>School</b>	<b>Finals</b>	
<b>Finals</b>				
1	Ortega, HarLee	Central Washington	11.33m	37-02.25
2	Bone, Chelsea	Concordia (Ore.)	11.25m	36-11.00
3	Cai, Scout	Seattle Pacific	11.23m	36-10.25
4	Meyer, Renick	Seattle Pacific	10.48m	34-04.75
5	May, Kellie	Seattle Pacific	10.44m	34-03.00
6	Stephens, Chase	Concordia (Ore.)	10.33m	33-10.75
7	Meadows, Shaddia	Central Washington	9.68m	31-09.25
8	VanZant, Ronni	Concordia (Ore.)	9.37m	30-09.00
9	Collins, Katie	Central Washington	9.34m	30-07.75
10	Cano, Elena	Alaska Anchorage	8.95m	29-04.50
11	Dawkins, Aliyah	Western Washington	8.48m	27-10.00
12	Trinidad, Sidney	Central Washington	7.76m	25-05.50
13	Jeschke, Yvonne	Alaska Anchorage	7.70m	25-03.25
14	DePew, Anna	Northwest Nazarene	7.15m	23-05.50

**Event 2 Heptathlon: #4 Women 200 Meter Dash Heptathlon**

	<b>Name</b>	<b>School</b>	<b>Finals</b>	<b>Wind</b>	<b>H#</b>
<b>Finals</b>					
1	Trinidad, Sidney	Central Washington	25.56	-1.7	1
2	Meyer, Renick	Seattle Pacific	25.61	-1.7	1
3	Ortega, HarLee	Central Washington	25.80	-1.7	1
4	Cai, Scout	Seattle Pacific	26.09	-1.7	1
5	Collins, Katie	Central Washington	26.31	-2.0	2
6	VanZant, Ronni	Concordia (Ore.)	26.38	-1.7	1
7	Bone, Chelsea	Concordia (Ore.)	26.51	-1.7	1
8	Cano, Elena	Alaska Anchorage	26.52	-1.7	1
9	Meadows, Shaddia	Central Washington	27.75	-2.0	2
10	May, Kellie	Seattle Pacific	28.02	-2.0	2
11	Stephens, Chase	Concordia (Ore.)	28.22	-2.0	2
12	Dawkins, Aliyah	Western Washington	28.25	-2.0	2
13	Jeschke, Yvonne	Alaska Anchorage	29.16	-2.0	2
14	DePew, Anna	Northwest Nazarene	29.36	-2.0	2

**Event 2 Heptathlon: #5 Women Long Jump Heptathlon**

	<b>Name</b>	<b>School</b>	<b>Finals</b>	<b>Wind</b>
<b>Finals</b>				
1	Meyer, Renick	Seattle Pacific	5.57m	18-03.25 -2.2
2	Ortega, HarLee	Central Washington	5.53m	18-01.75 -0.7
3	May, Kellie	Seattle Pacific	5.32m	17-05.50 0.1
4	VanZant, Ronni	Concordia (Ore.)	5.31m	17-05.25 -2.3
5	Cai, Scout	Seattle Pacific	5.30m	17-04.75 -1.6
6	Cano, Elena	Alaska Anchorage	5.26m	17-03.25 0.3
7	Bone, Chelsea	Concordia (Ore.)	5.13m	16-10.00 0.6
8	Stephens, Chase	Concordia (Ore.)	5.09m	16-08.50 0.6

**2019 GNAC Combine Event Championships - 4/29/2019 to 4/30/2019****4/29/2019 to 4/30/2019****Results****Finals ... (Event 2 Heptathlon: #5 Women Long Jump Heptathlon)**

Name	School	Finals	Wind
9 Trinidad, Sidney	Central Washington	5.02m	16-05.75 -1.2
10 Dawkins, Aliyah	Western Washington	4.99m	16-04.50 -1.0
11 Jeschke, Yvonne	Alaska Anchorage	4.84m	15-10.50 -1.5
12 DePew, Anna	Northwest Nazarene	4.68m	15-04.25 -2.1
13 Meadows, Shaddia	Central Washington	4.64m	15-02.75 -0.4
14 Collins, Katie	Central Washington	4.34m	14-03.00 -1.3

**Event 2 Heptathlon: #6 Women Javelin Throw Heptathlon**

Name	School	Finals
<b>Finals</b>		
1 Bone, Chelsea	Concordia (Ore.)	42.49m 139-05
2 Cai, Scout	Seattle Pacific	37.78m 123-11
3 Ortega, HarLee	Central Washington	35.16m 115-04
4 VanZant, Ronni	Concordia (Ore.)	34.08m 111-10
5 Stephens, Chase	Concordia (Ore.)	33.00m 108-03
6 Meyer, Renick	Seattle Pacific	32.62m 107-00
7 Jeschke, Yvonne	Alaska Anchorage	32.00m 105-00
8 Cano, Elena	Alaska Anchorage	30.86m 101-03
9 Trinidad, Sidney	Central Washington	30.54m 100-02
10 Collins, Katie	Central Washington	28.44m 93-04
11 Meadows, Shaddia	Central Washington	26.65m 87-05
12 Dawkins, Aliyah	Western Washington	25.91m 85-00
13 May, Kellie	Seattle Pacific	25.33m 83-01
14 DePew, Anna	Northwest Nazarene	24.11m 79-01

**Event 2 Heptathlon: #7 Women 800 Meter Run Heptathlon**

Name	School	Finals
<b>Finals</b>		
1 Trinidad, Sidney	Central Washington	2:14.39
2 Jeschke, Yvonne	Alaska Anchorage	2:15.88
3 Cai, Scout	Seattle Pacific	2:20.21
4 Bone, Chelsea	Concordia (Ore.)	2:20.47
5 Ortega, HarLee	Central Washington	2:20.98
6 Collins, Katie	Central Washington	2:22.19
7 Cano, Elena	Alaska Anchorage	2:27.82
8 Meyer, Renick	Seattle Pacific	2:30.32
9 May, Kellie	Seattle Pacific	2:37.90
10 VanZant, Ronni	Concordia (Ore.)	2:38.28
11 Meadows, Shaddia	Central Washington	2:42.96
12 DePew, Anna	Northwest Nazarene	2:44.96
13 Stephens, Chase	Concordia (Ore.)	2:45.39
--- Dawkins, Aliyah	Western Washington	DNF

**Women - Team Rankings - 1 Events Scored**

1) Central Washington	15	2) Seattle Pacific	12
3) Concordia (Ore.)	9	4) Alaska Anchorage	3