



Jan. 16, 2019 • Week 1
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Jan. 18 - Sat., Jan. 19
 Concordia, Northwest Nazarene at Ed Jacoby Invitational, Nampa, Idaho
 Central Washington at WSU Cougar Open, Pullman, Wash.

Sun., Jan. 20
 Montana State Billings at CSU Open, Chadron, Neb.

LAST WEEK'S MEETS

Fri., Jan. 11
MSU Open
 at **Worthington Arena, Bozeman, Mont.**
Women (Top 3 GNAC Finishers): None
Men (Top 3 GNAC Finishers): 60 Meters - 2, Kaelen Shay, MSUB, 6.94. 800 Meters - 1, Drake Henson, MSUB, 2:00.00. 3,000 Meters - 2, Tyus Mendoza, MSUB, 9:07.09; 3, Ivan Colmenero, MSUB, 9:07.16. High Jump - 2, Isaiah Girard, MSUB, 6-4.75. Triple Jump - 1, Ty Stanton, MSUB, 44-9.75. Weight Throw - 2, Forest Cross, MSUB, 50-1.75; 3, Beau Peaslee, MSUB, 48-11.5.

Fri., Jan. 11 - Sat., Jan. 12
Lauren McCluskey Memorial Invitational & Multis
 at **Kibbie Dome, Moscow, Idaho**
Women (Top 3 GNAC Finishers): 60 Meters - 3, Aujanique Doss, CWU, 7.93. 200 Meters - 2, Aujanique Doss, CWU, 25.89. 400 Meters - 1, Erykah Weems, CWU, 57.97. Mile - 2, Lily Tyrrell, CWU, 5:17.91. 3,000 Meters - 1, Alexa Shindruk, CWU, 10:02.89. 60m Hurdles - 1, Mariyah Vongsaveng, CWU, 8.77; 3, Ariya Kendrick, SMU, 9.17. 4x400 Relay - 1, Central Washington (Trinidad, Neria, Ortega, Weems), 4:00.98. 4x800 - 1, Central Washington (Gohr, Child, Mattson, Tyrrell), 10:25.91. Pole Vault - 3, Halle Irvine, CWU, 11-11.25. Long Jump - 2, Brooke Williams, CWU, 18-2.5. Triple Jump - 2, HarLee Ortega, CWU, 38-5. Shot Put - 2, Samantha La Rue, CWU, 44-10.25. Pentathlon - 3, Sidney Trinidad, CWU, 3,197.

Men (Top 3 GNAC Finishers): 60 Meters - 3, Bobby Widmar, CWU, 7.01. 200 Meters - 3, Michael Russell, SMU, 22.38. 60m Hurdles - 3, Ryan Gunther, CWU, 8.76. 4x400 Relay - 1, Central Washington (Calderon, Scott, Forster, Landis), 3:19.78. High Jump - 2, Tyler Cronk, SMU, 6-10.75. Pole Vault - 2, Braydon Maier, CWU, 15-3. Shot Put - 3, Ethan Tonder, CWU, 50-3.25. Weight Throw - 1, Aidan Cain, CWU, 55-9. Heptathlon - 3, Josh Schulz, SMU, 4,338.

Sat., Jan. 12
UW Indoor Preview
 at **Dempsey Indoor Center, Seattle, Wash.**
Women (Top 3 GNAC Finishers): 3,000 Meters - 3, Caroline Kurgat, UAA, 9:07.05 (NCAA Division II All-Conditions Record). High Jump - 2, Maddie Taylor, WWU, 5-8. Long Jump - 1, Renick Meyer, SPU, 18-10.75.
Men (Top 3 GNAC Finishers): 400 Meters - 2, Adam Brown, CU, 49.20. Long Jump - 2, Seren Dances, WWU, 22-7.25. Shot Put - 3, Josh Koch, CU, 53-8.5.

#GNACTF in 280 @GNACSports

#FireOnTheTrack Running in her first race in seven months, Alaska Anchorage's **Caroline Kurgat** set a Division II record by running 9:07.05 in the 3,000 meters at the UW Indoor Preview. The performance earned her GNAC Women's Track Athlete of the Week and USTFCCA Athlete of the Week honors.

#DroppingTheNeedle Kurgat's mark in the 3,000 meters is the second GNAC record broken this season. In December at the Jackson's Open, Central Washington's **Halle Irvine** set a record in the women's pole vault at 12 feet, 10.75 inches.

#StrengthInNumbers The UW Indoor Preview also saw four men set NCAA Championships provisional qualifiers in the 3,000 meters. The four times, led by Simon Fraser's **Rowan Doherty** in 8:12.35, are all in the top-10 in Division II.

#EarlyRankings The Central Washington women opened the season ranked No. 19 in the preseason USTFCCA Division II National Team Rankings. The first rankings of the season will be released next week.

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Cent. Washington	@CWUathletics	#ReignCrimson
Concordia	@gocugo	#gocugolf
MSU Billings	@MSUBSports	#MSUBTF
NW Nazarene	@NNUSports	
Saint Martin's	@SMUSaints	#SaintsStrong
Seattle Pacific	@SPUFalcons	
Simon Fraser	@SFUClan	#RepTheLeaf
W. Oregon	@WOUWolves	#WOUHOO
W. Washington	@WWUathletics	#VIKTorious



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GNAC Track & Field Athletes Of The Week



MEN'S TRACK
Rowan Doherty, Simon Fraser
 Junior • West Vancouver, B.C.

Doherty opened the season by running a time of 8:12.35 in the 3,000 meters at the UW Indoor Preview. He was the top Division II finisher, placing 18th. Doherty's time was a nine-second personal best, an NCAA Championships provisional qualifier, ranks No. 8 on the GNAC All-Time List and ranks No. 3 in Division II this season.

Also Nominated: Daniel Calderon (Central Washington), Adam Brown (Concordia), Tyler Jones (Western Oregon), Bryant Welch (Western Washington).



WOMEN'S TRACK
Caroline Kurgat, Alaska Anchorage
 Senior • Eldoret, Kenya

Running her first collegiate race in seven months, Kurgat set the Division II all-conditions record in the women's 3,000 meters at the UW Indoor Preview. Kurgat placed third in the race in a time of 9:07.05. The performance is the best run by a woman in Division II history, surpassing the 9:09.5 ran by Amy Harper of Cal Poly in 1983. Kurgat's mark is the fastest collegiate mark this season (all classifications) and fourth fastest in the world this season.

Also Nominated: Mariyah Vongsaveng (Central Washington), Macie Allen (Concordia), Jenna Bouyer (Seattle Pacific), Olivia Woods (Western Oregon), Savannah Smith (Western Washington).



MEN'S FIELD
Tyler Cronk, Saint Martin's
 Freshman • Kent, Wash.

Cronk made the most of his first collegiate meet, placing second in the high jump at the Lauren McCluskey Memorial Invitational with a clearance of 6 feet, 10.75 inches. The NCAA Championships provisional qualifying mark is tied for sixth-best in Division II this season and is No. 2 on the GNAC All-Time List. Cronk also placed sixth in the long jump

with a leap of 21 feet, 7.25 inches.

Also Nominated: Josh Koch (Concordia), Mont Child (Western Oregon), Tupre Wickliff (Western Washington).



WOMEN'S FIELD
Renick Meyer, Seattle Pacific
 Sophomore • Gresham, Ore.

Opening the season at the UW Indoor Preview, Meyer won the long jump with an indoor personal best of 18 feet, 10.75 inches. The NCAA provisional qualifying mark is the eighth-best in Division II this season and is No. 5 on the GNAC All-Time List. It was also SPU's first event victory at Dempsey Indoor since 2014. Meyer also ran 8.87 in the seconds-qualifying round of the 60-meter hurdles, just missing a spot in the event final.

Also Nominated: Chase Stephens (Concordia), Mariah Gronbach (Western Oregon), Maddie Taylor (Western Washington).

Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Nov. 26-Dec. 2	Mark Hovland, MSUB	Braydon Maier, CWU	Katie Collins, CWU	HarLee Ortega, CWU
Dec. 3-9	Elijah Castro, NNU	Jake Knight, NNU	Mariyah Vongsaveng, CWU	Halle Irvine, CWU
Jan. 7-13	Rowan Doherty, SFU	Tyler Cronk, SMU	Caroline Kurgat, UAA	Renick Meyer, SPU

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

Around The GNAC

ALASKA ANCHORAGE



- **Caroline Kurgat's** Division II all-time best in the 3,000 meters led the Seawolves in their season-opening effort at the UW Indoor Preview.
- Kurgat placed third with a time of 9:07.05 on Dempsey Indoor's oversized track to set a Division II all-time, all-conditions record. The mark surpassed the previous best of 9:09.50 set by Amy Harper of Cal Poly in 1983 and is the fourth fastest time in the world this season. The effort earned Kurgat selection as both the GNAC Women's Track Athlete of the Week and the USTFCCCA Division II Women's Athlete of the Week. It also automatically qualifies Kurgat for the NCAA Championships.
- Sophomore **Felix Kemboi** picked up an NCAA Championships provisional qualifier in the men's 3,000 meters, placing 30th in 8:20.94. The mark ranks as the fifth fastest in Division II this season.
- Senior **Danielle McCormick** and junior **Ruth Cvancara** earned provisional qualifying marks in the women's 800 meters. McCormick, the defending Division II national champion, placed fourth in 2:11.32, the fourth-best mark in Division II this season. Cvancara placed 12th in a time of 2:14.04, the seventh-best nationally.
- Freshman **Tylantia Atlas** opened her career by placing sixth in the women's 400 meters in 58.42 seconds. Senior **Yemi Knight** was seventh in the women's 600 meters, clocking 1:33.43, while sophomore **Brandon Nicholson** was seventh in the men's triple jump with a mark of 44 feet, 2 inches.
- Alaska Anchorage does not compete again until Jan. 25 & 26, returning to Seattle for the UW Invitational.

CENTRAL WASHINGTON



- Central Washington scored a trio of individual event victories at the Lauren McCluskey Memorial Invitational and Multis at the University of Idaho's Kibbie Dome.
- Junior **Erykah Weems** won the women's 400 meters by almost two seconds, finishing in a time of 57.97 seconds. Weems went on to combine with **Sidney Trinidad**, **Jasmyne Neria** and **HarLee Ortega** to win the women's 4x400-meter relay in 4:00.98.
- Senior **Mariyah Vongsaveng** won the women's 60-meter hurdles as she clocked 8.77 seconds, well ahead of the 9.15 run by Portland State's Alexis Buckhaults. Vongsaveng ran her season-best of 8.66 seconds at the Jackson's Open in December, which is tied for fifth best in Division II this season.
- Running in her first race since the NCAA Cross Country Championships, senior **Alexa Shindruk** easily won the 3,000 meters in a time of 10:02.89. She bested the Division I-laden field by over six seconds.
- The Wildcats also picked up two other relay victories. The women's 4x800-meter relay team of **Caitlin Gohr**, **Madison Child**, **Molly Mattson** and **Lily Tyrrell** won in 10:25.91. The men's 4x400-meter relay squad of **Daniel Calderon**, **Trevaughn Scott**, **Michael Forster** and **Kodiak Landis** score a five-second victory in a time of 3:19.78.
- Sophomore **Bobby Widmar** picked up CWU's top men's individual finish, placing third in the 60 meters in 7.01 seconds. Landis placed fourth in 7.16 seconds.
- The meet was the third for the Wildcats in the young season. To date, CWU has nine NCAA Championships provisional qualifying marks.

- Junior **Halle Irvine** opened the season by setting the GNAC record in the women's pole vault at the Jackson's Open. Her effort of 12 feet, 10.75 inches surpassed the previous record of 12 feet, 10.25 inches set by both McKemma Emmert of CWU and Anna Paradee of Western Washington in 2017.
- Central Washington opened the season ranked at No. 19 in the USTFCCCA Women's Division II National Team Rankings. The first in-season poll will be released next week.
- Central Washington is right back in action this weekend, taking part in the WSU Cougar Open in Pullman, Wash.

CONCORDIA



- An NCAA Championships provisional qualifying mark for senior **Josh Koch** and a top-three finish for junior **Adam Brown** led the Cavaliers in their season-opening UW Indoor Preview.
- Koch took third in the men's shot put with a mark of 53 feet, 8.5 inches. He led a sweep of third through eighth place for Concordia throwers. The mark currently ranks No. 31 in Division II this season. Sophomore **Seth Bridge** was fourth with a mark of 50 feet, 6.75 inches.
- Brown took second in the men's 400 meters, trailing only Jacoby McNamara of Oregon as he clocked a time of 49.20 seconds. Brown also competed in the 60 meters, placing 20th in 7.13 seconds.
- The Cavaliers' top women's efforts came in a quartet of 10th-place finishes. Junior **Joselynn Tensley** was 10th in the shot put with a mark of 41 feet, 5 inches while sophomore **Kori Sprague** was 10th in the weight throw with her mark of 49 feet, 3.5 inches. Junior **Chase Stephens** added a 10th-place finish in the triple mark with her leap of 35 feet, 6.75 inches. In addition, the Cavaliers' 4x400-meter relay team of **Chelsea Bone**, **Maddie Misi**, **Karlie Hurley** and **Ronni Van Sant** was 10th in a time of 4:04.00.
- Sophomore **Macie Allen** placed 16th in the women's 60 meters. Her time of 7.86 seconds moves her to No. 3 on the Concordia all-time list.
- Concordia will travel to Nampa, Idaho this weekend to compete in the Ed Jacoby Invitational.

MONTANA STATE BILLINGS



- Victories by junior **Drake Henson** and freshman **Ty Stanton** led Montana State Billings' performances against other Montana schools at the MSU Open.
- Henson won the men's 800 meters in a time of 2:00.00, finishing a half-second ahead of Montana's Karsten Paese. Stanton, meanwhile took top honors in the men's triple jump with his mark of 44 feet, 9.75 inches. He bettered Montana State's Alexander Lewis by almost two inches.
- Seniors **Tyus Mendoza** and **Ivan Colmenero** placed second and third, respectively, in the men's 3,000 meters. Mendoza finished in 9:07.09 while Colmenero finished in 9:07.16.
- In the women's 3,000 meters, junior **Nikki Aiken** came close to her personal best to place third in a time of 11:09.89.
- Junior **Isaiah Girard** had the Yellowjackets' best finish in the field events. Girard placed second in the high jump with a clearance of 6 feet, 4.75 inches.
- Montana State Billings is right back in action this weekend, traveling to Chadron, Neb., to take part in the CSC Open on Sunday.

Around The GNAC

NORTHWEST NAZARENE



- Northwest Nazarene has not competed since taking part in the Jackson's Open on Dec. 8. The Nighthawks will compete the entire season in Nampa, a run which continues with the Ed Jacoby Invitational on Friday and Saturday.
- The Nighthawks enter the week with one NCAA Championships provisional qualifier in senior **Jake Knight**. He won the shot put at the Jackson's Open with a mark of 56 feet, 8.5 inches. That set an NNU record, moved him to No. 4 on the GNAC All-Time List and provides the fifth-best mark in Division II this season.
- Knight's performance was one of four men's winners for NNU at the Jackson's Open. Sophomore **Elijah Castro** won the men's long jump with a mark of 23 feet, 2.75 inches, and also won the 60-meter hurdles in 8.37 seconds. Junior **Micah Tranch** won the men's high jump with a clearance of 6 feet, 4.25 inches.
- Senior **Lexi Tubbs** opened her season with a third-place finish in the women's 60-meter hurdles, clocking 8.89 seconds. The 2017 GNAC champion in the event, Tubbs did not compete in track in 2018.
- The Nighthawks also received third-place finishes from junior **Miranda Hagadorn** in the women's weight throw with a mark of 43 feet, 7.25 inches, and sophomore **Jackie Mahowald** in the women's triple jump with her mark of 38 feet, 1.5 inches.

SAINT MARTIN'S



- An NCAA Championships provisional qualifying mark in an outstanding collegiate debut for freshman **Tyler Cronk** led the Saints' efforts at the Lauren McCluskey Memorial Invitational & Multis.
- Cronk was named the GNAC Men's Field Athlete of the Week after he finished second in the high jump. His opening mark of 6 feet, 10.75 inches is tied for tie sixth-best in Division II this season. It is also No. 2 on the GNAC All-Time List, trailing former Saints' national champion Mikel Smith's best of 7 feet, 3.25 inches. Cronk also finished sixth in the long jump with a mark of 21 feet, 7.25 inches.
- Sophomore **Michael Russell** placed third in the men's 200 meters out of 49 competitors in the event, clocking a time of 22.38 seconds. Junior Josh Schultz added a third-place finish in the heptathlon, scoring 4,338 points in the seven-event discipline.
- Junior **Ariya Kendrick** was the Saint's top women's placer, taking third in the 60-meter hurdles in a time of 9.27 seconds.
- Freshman **Keshara Romain** took fourth in the women's triple jump with her mark of 37 feet, 1.75 inches, and took fifth in the long jump with a leap of 17 feet, 3.5 inches. Romain has already provisionally qualified for the NCAA Championships in the triple jump. Her best of 39 feet, 5 inches, at the Jackson's Open in December is No. 10 in Division II this season No. 6 on the GNAC All-Time List.
- Saint Martin's is off until the weekend of Jan. 25 and 26 when the Saints will take part in the UW Invitational.

SEATTLE PACIFIC



- Sophomore **Renick Meyer's** victory in the long jump at the UW Indoor Preview headlined Seattle Pacific's season-opening performances at the UW Indoor Preview.
- Meyer was named the GNAC Women's Field Athlete of the Week after she won the long jump over a field of 31 competitors. She finished with an indoor personal best of 18 feet, 10.75 inches. The NCAA Championships provisional qualifying mark is eighth in Division II this season and No. 5 on the GNAC All-Time List. Meyer also competed in the 60-meter hurdles, just missing the finals with her time of 8.87 seconds in the second preliminary round.
- Freshman **Peace Igbonagwam** was not far behind Meyer in fourth place in the long jump with her mark of 17 feet, 9 inches, in her collegiate debut.
- Junior **Kate Lilly** ran a respectable 10:02.40 in the women's 3,000 meters to open the season. Freshman **Kaylee Mitchell** finished in a time of 10:07.45 in her first collegiate race on the boards.
- Senior **Jesse Phan** had the top placing performance for the SPU men, finishing ninth in the 800 meters in a time of 1:56.22.
- Seattle Pacific will return to competition at Dempsey Indoor on Jan. 25 and 26, competing in the UW Invitational.

SIMON FRASER



- Simon Fraser opened the indoor season with a trio of NCAA Championships provisional qualifying performances at the UW Indoor Preview.
- Junior **Rowan Doherty** was named the GNAC Men's Track Athlete of the Week after he finished 18th in the men's 3,000 meters. His personal best time of 8:12.35 was the best among Division II competitors in the race and is the third fastest time nationally this season. The mark also ranks Doherty No. 8 on the GNAC All-Time List.
- Senior **Carlos Vargas** also hit a provisional qualifying mark in the same race, racing a time of 8:22.33. That time ranks No. 7 in Division II this season. Doherty and Vargas are among four GNAC runners to notch provisional qualifying marks in the event at the meet.
- Senior **Sophie Dodd** earned the Clan's first women's NCAA Championships provisional qualifier of the season. She placed 11th in the 800 meters with a time of 2:13.86, which ranks No. 6 in Division II this season. She was one of three GNAC competitors to notch provisional qualifiers in the event.
- Freshman **Renate Bluschke** was the top individual placer for the Clan, taking fourth in the 400 meters in a time of 56.86 seconds. She also teamed with Dodd, **Nicole Lindsay** and **Addy Townsend** to place fourth in the 4x400-meter relay in a time of 3:53.63.
- Simon Fraser will return to Dempsey Indoor on Jan. 25 and 26 to compete in the UW Invitational.

Around The GNAC

WESTERN OREGON



- An NCAA Championships provisional qualifier for senior **Tyler Jones** and a school record for senior **Olivia Woods** led Western Oregon at the UW Indoor Preview.
- Jones finished 23rd in the men's 3,000 meters and was second among Division II competitors in the field. His time of 8:17.20 ranks fourth in Division II this season and just missed a spot on the GNAC All-Time List.
- Woods, meanwhile, set the Western Oregon record in the women's 600 meters. She placed 10th in the race with a time of 1:34.51, which cut a second off her own previous record in the event.
- Sophomore **Curt Knott** had the highest individual finish for the WOU men, placing seventh in the 800 meters in a time of 54.23 seconds. Freshman **Max Carmona** finished eighth in the 600 meters in 1:22.84. The men's 4x400-meter relay team of **Gabe Arce-Torres**, **Lashaun Emile**, **Adam Alnazer** and Knott placed fifth in a time of 3:24.56.
- Freshman **Ana Popchock** turned in the only other top-10 performance for the WOU women, placing eighth in the triple jump with a mark of 36 feet, 2 inches.
- Western Oregon will return to Seattle in two weeks, taking part in the UW Invitational on Jan. 25 and 26.

WESTERN WASHINGTON



- A trio of solid efforts in the high jump led the Vikings as they began the season at the UW Indoor Preview.
- Junior **Maddie Taylor** cleared 5 feet, 8 inches, to finish second out of 32 competitors in the women's high jump. It is tied for second-best clearance in WWU history and is tied for sixth on the GNAC All-Time List. The NCAA Championships provisional qualifying mark is tied for sixth in Division II this season.
- Senior **Tupre Wickliff** and sophomore **Garrett Davies** finished sixth and seventh, respectively, in the men's high jump. Both athletes cleared 6 feet, 6.75 inches, with Wickliff taking sixth on fewer total misses.
- Senior **Anna Paradee** notched an NCAA Championships provisional qualifying mark in the women's pole vault, clearing 12 feet, 3.5 inches. The mark is tied for seventh in Division II this season.
- Freshman **Seren Dances** took second in the men's long jump with a leap of 22 feet, 7.25 inches. Freshman **Ethan Sterkel** placed fifth with his mark of 22 feet, 1 inch. Dances is provisionally qualified for nationals in the heptathlon, having scored 4,795 points at the Candy Cane XI meet in December.
- In addition to Dances, senior **Ian Rinefort** is provisionally qualified in the heptathlon. His score of 4,829 points at the Candy Cane XI meet is 19th in Division II this season.
- On the track, sophomore **Bryant Welch** led the way as he placed fourth in the 400 meters in 49.92 seconds. The Vikings' men's 4x400-meter relay team of **Mark Daniels**, **Koby Okezie**, **Reid Lovercamp** and **Myles Smith** was the top-placing non-Division I team, clocking 3:23.01 to place fourth.
- Western Washington returns to the track on Jan. 25 and 26, competing in Seattle at the UW Invitational.

GNAC Qualifiers For NCAA Indoor Championships

MEN PROVISIONAL QUALIFIERS AS OF JAN. 15, 2019

Event	Athlete	Mark	Rank	Date
3,000 Meters	Rowan Doherty, SFU	8:12.35	3rd	1/12/19
	Tyler Jones, WOU	8:17.20	4th	1/12/19
	Felix Kemboi, UAA	8:20.94	5th	1/12/19
	Carlos Vargas, SFU	8:22.33	7th	1/12/19
High Jump	Tyler Cronk, SMU	2.10/6-10.75	T-6th	1/12/19
Triple Jump	Zack Whittaker, CWU	14.62/47-11.75	14th	12/8/18
Shot Put	Jake Knight, NNU	17.28/56-8.5	8th	12/8/18
	Josh Koch, CU	16.37/53-8.5	31st	1/12/19
Heptathlon	Braydon Maier, CWU	5,156	7th	11/30/18
	Ian Rinefort, WWU	4,829	19th	11/30/18
	Seren Dances, WWU	4,795	26th	11/30/18

c - Mark Converted For Track Size

MEN'S AUTOMATIC QUALIFIERS AS OF JAN. 15, 2019

Event	Athlete	Mark	Rank	Date
3,000 Meters	Caroline Kurgat, UAA	9:07.05	1st	1/12/19

WOMEN'S PROVISIONAL QUALIFIERS AS OF JAN. 15, 2019

Event	Athlete	Mark	Rank	Date
800 Meters	Danielle McCormick, UAA	2:11.32	4th	1/12/19
	Sophie Dodd, SFU	2:13.86	6th	1/12/19
	Ruth Cavncara, UAA	2:14.04	7th	1/12/19
60m Hurdles	Mariah Vongsaveng, CWU	8.66	T-5th	12/8/18
High Jump	Maddie Taylor, WWU	1.73/5-8	T-6th	1/12/19
Pole Vault	Halle Irvine, CWU	3.93/12-10.75	2nd	12/8/18
	Anna Paradee, WWU	3.75/12-3.5	T-7th	1/12/19
Long Jump	Renick Meyer, SPU	5.76/18-10.75	8th	1/12/19
	HarLee Ortega, CWU	5.72/18-9.25	T-12th	11/30/18
	Brooke Williams, CWU	5.71/18-9	T-15th	12/8/18
Triple Jump	Keshara Romain, SMU	12.01/39-5	10th	12/8/18
	Brooke Williams, CWU	11.74/38-6.25	19th	12/8/18
	HarLee Ortega, CWU	11.71/38-5	21st	1/12/19
Shot Put	Samantha La Rue, CWU	13.67/44-10.25	3rd	1/12/19
Pentathlon	HarLee Ortega, CWU	3,729	3rd	11/30/18

2019 NCAA DIVISION II INDOOR TRACK AND FIELD CHAMPIONSHIPS QUALIFYING STANDARDS

MEN		Event	WOMEN	
NCAA Automatic	NCAA Provisional		NCAA Automatic	NCAA Provisional
6.72	6.88	60 Meters	7.46	7.68
7.90	8.22	60 Meter Hurdles	8.42	8.81
21.21	21.74	200 Meters	23.97	24.89
47.32	48.58	400 Meters	54.45	56.65
1:49.45	1:53.25	800 Meters	2:08.32	2:14.12
4:02:24	4:11.12	Mile	4:44.72	4:58.90
8:03.28	8:23.09	3,000 Meters	9:29.46	9:58.00
14:05.18	14:41.43	5,000 Meters	16:33.62	17:27.66
3:12.20	3:16.99	4x400 Relay	3:43.34	3:51.01
9:47.20	10:04.81	Distance Medley Relay	11:35.38	12:04.60
2.15/7-0.5	2.04/6-8.25	High Jump	1.76/5-9.25	1.67/5-5.75
5.23/17-1.75	4.73/15-6.25	Pole Vault	4.02/13-2.25	3.57/11-8.5
7.59/24-11	7.11/23-4	Long Jump	6.10/20-0	5.65/18-6.5
15.47/50-9.25	14.45/47-5	Triple Jump	12.48/40-11.5	11.64/38-2.25
18.08/59-4	16.07/52-8.75	Shot Put	15.59/51-1.75	13.61/44-8
21.02/65-8.25	17.59/57-8.5	Weight Throw	19.87/65-2.25	16.97/55-8.25
5,353	4,710	Heptathlon/Pentathlon	3,829	3,233

A Note On Qualifying: Athletes who meet the NCAA automatic standard for an event will automatically qualify for the NCAA Division II Championships. Athletes who meet the NCAA's provisional standard will be used to fill the championships field in descending order until the maximum field size is reached. To view the complete list of qualifying standards, visit http://www.ncaa.org/sites/default/files/2018DIIMWTF_Qualifying_Standards_20180829.pdf.

NCAA Division II Indoor Track & Field Championships: Fri., Mar. 8 & Sat., Mar. 9, Pittsburg, Kan.

Top Performances Lists (TFRRS): [NCAA Division II Men](#) | [NCAA Division II Women](#) | [GNAC Men](#) | [GNAC Women](#) | [U.S./World Best Lists \(T&FN\)](#)

Men's Indoor Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National
Preseason None

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Preseason - Dec. 11, 2018

Rk	School	Pts.	Prev.
1.	Adams State	178.43	3
2.	Colorado Mines	167.76	11
3.	Tiffin	140.07	2
4.	Ashland	128.80	4
5.	Grand Valley State	108.44	6
6.	Pittsburg State	92.57	1
7.	Findlay	79.63	9
8.	Central Missouri	72.43	26
9.	Texas A&M-Kingsville	68.51	19
10.	Colorado Mesa	64.61	11
11.	Texas A&M-Commerce	59.51	5
12.	West Texas A&M	57.34	16
13.	Academy of Art	51.92	8
14.	American International	42.96	33
15.	Saint Augustine's	42.80	20
16.	Northwood (Mich.)	40.78	38
17.	CSU-Pueblo	38.48	9
18.	Eastern New Mexico	35.37	16
19.	Queens (N.C.)	31.03	38
20.	Minnesota State	30.14	20
21.	Lincoln (Mo.)	30.00	14
22.	Mary	29.83	NR
23.	Chadron State	29.82	47
24.	Lee (Tenn.)	26.33	54
25.	Wingate	26.10	50

USTFCCCA WEST REGION TEAM INDEX

The first regional index will be released on Jan. 22.



[Complete Poll Online](#)

Women's Indoor Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National
Preseason CWU 19th

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Preseason - Dec. 11, 2018

Rk	School	Pts.	Prev.
1.	Grand Valley St.	174.24	8
2.	Lincoln (Mo.)	138.69	3
3.	Adams State	128.73	5
4.	West Texas A&M	97.73	1
5.	Azusa Pacific	96.92	10
6.	Lewis	82.30	15
7.	Ashland	75.87	29
8.	Western Colorado	72.04	2
9.	New Mexico Highlands	67.44	57
10.	Pittsburg State	57.96	5
11.	UC-Colorado Springs	55.90	13
12.	Texas A&M-Kingsville	52.45	43
13.	Augustana (S.D.)	49.19	53
14.	Cedarville	46.72	NR
15.	Indianapolis	46.03	60
16.	Southwest Baptist	45.03	49
17.	San Francisco St.	44.68	22
18.	Missouri Southern	43.08	11
19.	Central Washington	38.42	19
20.	Mount Olive	38.02	43
21.	Missouri S&T	35.05	60
22.	Lindenwood	33.97	17
23.	Millersville	32.84	17
24.	Franklin Pierce	32.74	NR
25.	Minnesota Duluth	32.21	36

USTFCCCA WEST REGION TEAM INDEX

The first regional index will be released on Jan. 22.



[Complete Poll Online](#)

GNAC Indoor Track & Field Records

MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
200 Meters	21.56	Carlos Ortiz, Concordia (2018)
400 Meters	47.61	Vladislav Tsygankov, Simon Fraser (2017)
800 Meters	1:49.68	Badane Sultessa, Western Oregon (2016)
Mile	3:58.88	David Ribich, Western Oregon (2018)
3,000 Meters	7:50.81	David Ribich, Western Oregon (2018)
5,000 Meters	13:47.73	Micah Chelimo, Alaska Anchorage (2014)
60m Hurdles	8.08	Travis Milbrandt, Western Oregon (2015)
4x400 Relay	3:12.45	Alaska Anchorage (2016)
Nicholas Taylor, Liam Lindsey, Adam Commandeur, Cody Thomas		
Distance Medley	9:40.15	Western Oregon (2017)*
Dustin Nading, AJ Holmberg, Josh Dempsey, David Ribich		
High Jump	2.22/7-3.25	Mikel Smith, Saint Martin's (2017)
Pole Vault	5.31/17-5	Ryan Brown, Western Washington (2011)
Long Jump	7.46/24-5.75	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015/2017)
Shot Put	17.94/58-10.75	Cameron Neel, Western Washington (2007)
Weight Throw	18.82/61-9	Anthony Marin, Western Oregon (2007)
Heptathlon	5,508	Chris Randolph, Seattle Pacific (2006)

MEN'S CONFERENCE MEET RECORDS

60 Meters	6.75	Alex Donigian, Western Washington (2014)
200 Meters	21.56	Carlos Ortiz, Concordia (2018)
400 Meters	47.80	Joel Webster, Simon Fraser (2016)
800 Meters	1:50.83	David Ribich, Western Oregon (2018)
Mile	4:10.01	David Ribich, Western Oregon (2017)
3,000 Meters	8:27.83	Henry Cheseto, Alaska Anchorage (2015)
5,000 Meters	14:36.06	Dominik Notz, Alaska Anchorage (2016)
60m Hurdles	8.08	Travis Milbrandt, Western Washington (2015)
4x400 Relay	3:14.10	Alaska Anchorage (2017)
Liam Lindsay, Darrior Gray, Nicholas Taylor, Adam Commandeur		
Distance Medley	10:04.58	Simon Fraser (2012)
Ryan Brockerville, Stuart Ellenwood, Keir Forster, Adam Reid		
High Jump	2.21/7-3	Mikel Smith, Saint Martin's (2017)
Pole Vault	5.16/16-11	Payton Lewis, Northwest Nazarene (2011)
Long Jump	7.38/24-2.5	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015/2017)
Shot Put	17.47/57-3.75	Cameron Neel, Central Washington (2007)
Weight Throw	18.63/61-1.75	Tyler Lamott, Concordia (2016)
Heptathlon	5,269	Kodiak Landis, Central Washington (2017)

CONFERENCE MEET HEPTATHLON EVENTS

60 Meters	7.03	Kodiak Landis, Central Washington (2018)
Long Jump	6.95/22-9.75	James Phillips, Concordia (2018)
Shot Put	13.28/43-7	James Phillips, Concordia (2018)
High Jump	2.01/6-7	Micah Tranch, Northwest Nazarene (2017)
60m Hurdles	8.28	Travis Turner, Alaska Anchorage (2017)
Pole Vault	5.05/16-6.75	Payton Lewis, Northwest Nazarene (2016)
1,000 Meters	2:43.00	Colin Alexander, Central Washington (2012)

WOMEN - ALL MEETS

60 Meters	7.54	Jamie Ashcroft, Alaska Anchorage (2017)
200 Meters	24.09	Jamie Ashcroft, Alaska Anchorage (2017)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:04.94	Helen Crofts, Simon Fraser (2011)
Mile	4:32.88	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:07.05	Caroline Kurgat, Alaska Anchorage (2019)*
5,000 Meters	16:10.32	Joyce Chelimo, Alaska Anchorage (2016)
60m Hurdles	8.51	Mariyah Vongsaveng, Central Washington (2017)
4x400 Relay	3:42.44	Seattle Pacific (2016)
Jalen Tims, Lynelle Decker, Cheryl Hong, Jahzelle Ambus		
Distance Medley	11:28.28	Simon Fraser (2015)
Rebecca Bassett, Monique Lisek, Paige Nock, Lindsey Butterworth		
High Jump	1.77/5-9.75	Danielle Ayers-Stamper, Seattle Pacific (2005)
Pole Vault	3.93/12-10.75	Halle Irvine, Central Washington (2018)
Long Jump	5.93/19-5.5	Danielle Ayers-Stamper, Seattle Pacific (2005)
Triple Jump	12.68/41-7.25	Jasmine McMullin, Western Washington (2018)
Shot Put	17.62/57-9.75	McKenzie Warren, Concordia (2017)*
Weight Throw	19.52/64-0.5	Christina MacDonald, Concordia (2018)
Pentathlon	4,007	Danielle Ayers-Stamper, Seattle Pacific (2005)

WOMEN'S CONFERENCE MEET RECORDS

60 Meters	7.55	Jamie Ashcroft, Alaska Anchorage (2017)
200 Meters	24.09	Jamie Ashcroft, Alaska Anchorage (2017)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:08.28	Jessica Pixler, Seattle Pacific (2010)
Mile	4:40.39	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:47.64	Jennifer Johnson, Simon Fraser (2015)
5,000 Meters	16:47.07	Sarah Porter, Western Washington (2010)
60m Hurdles	8.51	Mariyah Vongsaveng, Central Washington (2017)
4x400 Relay	3:46.41	Simon Fraser (2016)
Distance Medley	11:36.32	Seattle Pacific (2010)
Kate Harline, Jennifer Pike, Jane Larson, Jessica Pixler		
High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2014)
Pole Vault	3.91/12-10	Alison Silva, Northwest Nazarene (2014)
Long Jump	5.82/19-1.25	Tanya Bjornsson, Western Washington (2014)
Triple Jump	12.68/41-7.25	Jasmine McMullin, Western Washington (2018)
Shot Put	17.02/55-10.25	McKenzie Warren, Concordia (2017)
Weight Throw	18.29/60-0.25	Christina MacDonald, Concordia (2018)
Pentathlon	3,761	Karolin Anders, Alaska Anchorage (2015)

CONFERENCE MEET PENTATHLON EVENTS

60m Hurdles	8.75	Rosie Smith, Alaska Anchorage (2016)
High Jump	1.69/5-6.5	Taylor Fettig, Central Washington (2014 & 2015)
Karolin Anders, Alaska Anchorage (2015)		
Geneva Lehnert, Seattle Pacific (2017)		
Shot Put	11.96/39-3	Charlene Harber, Western Oregon (2012)
Long Jump	5.68/18-7.75	Karolin Anders, Alaska Anchorage (2016)
800 Meters	2:15.88	Ali Anderson, Central Washington (2017)

* - NCAA Division II record

GNAC Outdoor Track & Field Records

MEN - ALL MEETS

100 Meters	10.22
200 Meters	20.93
400 Meters	47.51
800 Meters	1:47.58
1,500 Meters	3:37.35
3,000 Meters	8:24.61
5,000 Meters	13:41.99
10,000 Meters	28:37.75
110m Hurdles	14.19
400m Hurdles	51.48
Steeplechase	8:45.63
4x100 Relay	41.10
4x400 Relay	3:10.60
High Jump	2.16/7-1
Pole Vault	5.40/17-8.5
Long Jump	7.91/25-11.5
Triple Jump	15.50/50-10.25
Shot Put	18.55/60-10.5
Discus	55.68/182-8
Hammer	62.89/206-4
Javelin	77.98/255-10
Decathlon	7,872

Alex Donigian, Western Washington (2015)
Alex Donigian, Western Washington (2016)
Ethan Hewitt, Alaska Anchorage (2011)
Badane Sultessa, Western Oregon (2015)
David Ribich, Western Oregon (2018)+
Jordan Welling, Western Washington (2014)
Micah Chelimo, Alaska Anchorage (2014)
Micah Chelimo, Alaska Anchorage (2014)
Travis Milbrandt, Western Washington (2016)
Vladislav Tsygankov, Simon Fraser (2017)
Micah Chelimo, Alaska Anchorage (2012)
Central Washington (2010)
Alaska Anchorage (2016)
Mikel Smith, Saint Martin's (2016)
Ryan Brown, Western Washington (2010)
David Registe, Alaska Anchorage (2009)
Wesley Gray, Western Oregon (2017)
Frank Catelli, Western Washington (2014)
Caleb Bridge, Concordia (2017)
Pro Escobedo, Western Oregon (2003)
Cody Parker, Alaska Anchorage (2013)
Chris Randolph, Seattle Pacific (2006)

WOMEN - ALL MEETS

100 Meters	11.64
200 Meters	23.99
400 Meters	53.56
800 Meters	2:02.10
1,500 Meters	4:11.06
3,000 Meters	9:35.75
5,000 Meters	15:41.21
10,000 Meters	32:33.24
100m Hurdles	13.64
400m Hurdles	59.17
Steeplechase	10:13.01
4x100 Relay	46.19
4x400 Relay	3:41.80
High Jump	1.78/5-10
Pole Vault	4.01/13-1.75
Long Jump	6.22/20-5
Triple Jump	12.42/40-9
Shot Put	17.39/57-0.75
Discus	55.74/182-10
Hammer	62.42/204-9
Javelin	54.18/177-9
Heptathlon	5,606

Jamie Ashcroft, Alaska Anchorage (2015)
NyEma Sims, Seattle Pacific (2007)
Mary Pierce, Alaska Anchorage (2007)
Helen Crofts, Simon Fraser (2013)
Jessica Pixler, Seattle Pacific (2010)
Sarah Porter, Western Washington (2011)
Caroline Kurgat, Alaska Anchorage (2018)
Caroline Kurgat, Alaska Anchorage (2018)
Mariyah Vongsaveng, Central Washington (2018)
Haleigh Lloyd, Alaska Anchorage (2015)
Katelyn Steen, Western Washington (2015)
Simon Fraser (2017)
Western Oregon (2018)
Teona Perkins, Seattle Pacific (2007)
Anna Paradee, Western Washington (2017)
Renick Meyer, Seattle Pacific (2018)
Ashley Potter, Western Oregon (2012)
McKenzie Warren, Concordia (2017)
Melissa Ausman, Concordia (2018)
Christina MacDonald, Concordia (2018)
Bethany Drake, Western Washington (2016)
Danielle Ayers-Stamper, Seattle Pacific (2005)

DECATHLON EVENTS

100 Meters	10.90
Long Jump	7.31/22-11.75
Shot Put	14.06/46-1.5
High Jump	2.06/6-9
400 Meters	48.21
110m Hurdles	14.82
Discus	46.00/150-11
Pole Vault	4.90/16-0.75
Javelin	61.04/200-3
1,500 Meters	4:22.12

Justin Miller, Humboldt State (2002)
Chris Randolph, Seattle Pacific (2006)
Alex Harrison, Western Washington (2010)
Justin Peterson, Central Washington (2014)
Cody Thomas, Alaska Anchorage (2014)
Chris Randolph, Seattle Pacific (2006)
Chris Randolph, Seattle Pacific (2006)
Zeb Udell, Western Oregon (2007)
Alex Harrison, Western Washington (2012)
Zac Vawter, Saint Martin's (2004)

HEPTATHLON EVENTS

100m Hurdles	13.70
High Jump	1.75/5-8.75
Shot Put	13.00/42-8
200 Meters	24.78
Long Jump	5.99/19-8
Javelin	45.21/14-84
800 Meters	2:12.52

Danielle Ayers-Stamper, Seattle Pacific (2005)
Danielle Ayers-Stamper, Seattle Pacific (2005)
Bridget Johnson, Western Oregon (2006)
Grace Morgan, Alaska Anchorage (2013)
Stephanie Huffman, Seattle Pacific (2013)
Katie Reichert, Western Washington (2012)
Bridgette Sexton, Seattle Pacific (2005)

MEN'S CONFERENCE MEET RECORDS

100 Meters	10.43
200 Meters	21.32
400 Meters	21.32
800 Meters	47.55
1,500 Meters	47.55
5,000 Meters	1:49.31
10,000 Meters	3:47.37
10,000 Meters	14:29.41
10,000 Meters	30:25.75
110m Hurdles	14.21
400m Hurdles	14.21
Steeplechase	52.12
4x100 Relay	8:47.26
4x100 Relay	41.10
4x400 Relay	3:13.84
High Jump	2.11/6-11
Pole Vault	5.14/16-10.75
Long Jump	7.52/24-8.25
Triple Jump	15.50/50-10.25
Shot Put	18.20/59-8.75
Discus	53.80/176-6.5
Hammer	61.61/202-1
Javelin	69.49/228-0
Decathlon	7,201

Anthony Wright, Central Washington (2010)
Rimar Christie, Northwest Nazarene (2013)
Tyrell Williams, Western Oregon (2014)
Ethan Hewitt, Alaska Anchorage (2012)
Kodiak Landis, Central Washington (2018)
Paul Mach, Seattle Pacific (2005)
David Ribich, Western Oregon (2017)
Micah Chelimo, Alaska Anchorage (2011)
Jordan Walling, Western Washington (2011)
Travis Milbrandt, Western Washington (2015)
Vladislav Tsygankov, Simon Fraser (2018)
Ryan Brockerville, Simon Fraser (2012)
Central Washington (2010)
Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols
Simon Fraser (2015)
Stuart Ellenwood, Cameron Proceviat, Joel Webster, Daniel Kelloway
Tevin Gladden, Alaska Anchorage (2017)
Ryan Brown, Western Washington (2010)
David Registe, Alaska Anchorage (2008)
Wesley Gray, Western Oregon (2017)
Josh Koch, Concordia (2016)
Caleb Bridge, Concordia (2017)
Michael Hoffman, Western Washington (2008)
Franz Burghagen, Alaska Anchorage (2013)
Cody Thomas, Alaska Anchorage (2016)

WOMEN'S CONFERENCE MEET RECORDS

100 Meters	11.81
200 Meters	24.30
400 Meters	54.46
800 Meters	2:06.38
1,500 Meters	4:24.01
3,000 Meters	9:53.80
5,000 Meters	16:39.39
10,000 Meters	34:49.33
100m Hurdles	13.82
400m Hurdles	1:00.10
Steeplechase	10:14.15
4x100 Relay	46.60
4x400 Relay	3:44.11
High Jump	1.77/5-9.75
Pole Vault	3.83/12-6.75
Long Jump	5.99/19-8
Triple Jump	12.42/40-9
Shot Put	16.55/54-3.75
Discus	53.01/173-11
Hammer	59.62/195-7
Javelin	52.40/171-11.25
Heptathlon	5,390

Jamie Ashcroft, Alaska Anchorage (2015)
Grace Morgan, Alaska Anchorage (2013)
Helen Crofts, Simon Fraser (2013)
Jessica Pixler, Seattle Pacific (2010)
Jessica Pixler, Seattle Pacific (2010)
Jessica Pixler, Seattle Pacific (2007)
Sarah Porter, Western Washington (2010)
Caroline Kurgat, Alaska Anchorage (2018)
Danielle Ayers-Stamper, Seattle Pacific (2005)
Erykah Weems, Central Washington (2018)
Katelyn Steen, Western Washington (2015)
Seattle Pacific (2018)
Renick Meyer, Julia Stepper, Becca Houk, Grace Bley
Seattle Pacific (2013)
Kishia Mitchell, Emily Quatier, Jasmine Johnson, McKayla Fricker
Taylor Fettig, Central Washington (2016)
Karis Anderson, Western Washington (2012)
Ali Worthen, Seattle Pacific (2013)
Ashley Potter, Western Oregon (2012)
McKenzie Warren, Concordia (2017)
Melissa Ausman, Concordia (2018)
Christina MacDonald, Concordia (2018)
Bethany Drake, Western Washington (2017)
Ali Worthen, Seattle Pacific (2013)

+ - Denotes Division II national record

2018-19 GNAC Indoor Meet Summaries

Nov. 30-Dec. 1, 2018

**Candy Cane XI Invitational
at Thorpe Fieldhouse, Cheney, Wash.**

Women (Top 3 GNAC Finishers): 600 Meters - 2, Katie Collins, CWU, 1:44.44. Pentathlon - 2, HarLee Ortega, CWU, 3,707.

Men (Top 3 GNAC Finishers): Heptathlon - 1, Braydon Maier, CWU, 5,132; 2, Ian Rinefort, WWU, 4,805; 3, Seren Dances, WWU, 4,771.

Dec. 1, 2018

Bobcat Preview

at Worthington Arena, Bozeman, Mont.

Women (Top 3 GNAC Finishers): 800 Meters - 3, Nikki Aiken, MSUB, 2:27.71. Mile - 1, Nikki Aiken, MSUB, 5:35.53. High Jump - Tie 2, Jamie Orme, MSUB, 4-8.25. Triple Jump - 1, Shaniah Schwend, MSUB, 35-1.75; 2, Brenna Beckett, MSUB, 34-10.5. Shot Put - 1, Hailey Steinbeisser, MSUB, 38-3.5. Weight Throw - 2, Hannah Nesson, MSUB, 44-8.75; 3, Hailey Steinbeisser, MSUB, 43-3.

Men (Top 3 GNAC Finishers): Mile - 2, Mark Hovland, MSUB, 4:34.43. Long Jump - 2, Ty Stanton, MSUB, 22-1. Triple Jump - 1, Ty Stanton, MSUB, 44-6; 2, Marcus Lindquist, MSUB, 44-1.25. Shot Put - 2, Brady Ostermiller, MSUB, 49-2.25. Weight Throw - 2, Beau Peaslee, MSUB, 46-10.25; 3, Brady Ostermiller, MSUB, 43-3.

Dec. 8, 2018

Jacksons Open

at Jacksons Track, Nampa, Idaho

Women (Top 3 GNAC Finishers): 60 Meters - 1, Artresa Nickelson, SMU, 8.07. 200 Meters - 1, Mariyah Vongsaveng, CWU, 25.87; 2, Ariya Kendrick, SMU, 26.81; 3, Artresa Nickelson, SMU, 26.87. 400 Meters - 1, Erykah Weems, CWU, 57.86; 2, Sidney Trinidad, CWU, 58.94; 3, Emily Bland, CWU, 1:02.45. 800 Meters - 2, Kianna Garmanian, SMU, 2:36.84. 3,000 Meters - 1, Alyssa Robinson, SMU, 12:03.39; 2, Sadie Dalglish, SMU, 12:27.26. 60m Hurdles - 2, Mariyah Vongsaveng, CWU, 8.66; 3, Lexi Tubbs, NNU, 8.89. 4x400 Relay - 3, Central Washington (Trinidad, Bland, Ortega, Weems), 4:03.28. High Jump - 3, Lexi Tubbs, NNU, 5-1. Pole Vault - 1, Halle Irvine, CWU, 12-10.75. Long Jump - 1, Brooke Williams, CWU, 18-9; 2, HarLee Ortega, CWU, 18-3.75; 3, Rose Walts, CWU, 17-10.25. Triple Jump - 1, Keshara Romain, SMU, 39-5; 2, Brooke Williams, CWU, 38-6.25; 3, Jackie Mahowald, NNU, 38-1.5. Weight Throw - 2, Miranda Hagadorn, NNU, 43-7.25.

Men (Top 3 GNAC Finishers): 60 Meters - 2, Zachary Magee, NNU, 7.13; 3, Logan Armstrong, SMU, 7.14. 200 Meters - 1, Michael Russell, SMU, 22.44; 2, Zachary Magee, NNU, 22.66; 3, Logan Armstrong, SMU, 22.87. 400 Meters - 3, Daniel Calderon, CWU, 50.20. 800 Meters - 2, Aaron Borger, NNU, 2:04.83. 60m Hurdles - 1, Elijah Castro, NNU, 8.37. 4x400 Relay - 2, Central Washington (Calderon, Gunther, Scott, Landis), 3:25.99. High Jump - 1, Micah Tranch, NNU, 6-4.25; 3, Dakota Tidwell, NNU, 6-0.5. Pole Vault - 3, Craig Boyle, SMU, 14-1.25. Long Jump - 1, Elijah Castro, NNU, 23-2.75; 2, Kodiak Landis, CWU, 22-4.5; 3, Josh Schulz, SMU, 22-3.75. Triple Jump - 1, Zach Whittaker, CWU, 47-11.75; 2, Braeden Kemmer, SMU, 42-1.5; 3, Elijah Castro, NNU, 41-10. Shot Put - 1, Jake Knight, NNU, 56-8.5. Weight Throw - 2, Canyon Anderson, NNU, 53-7.75.

Fri., Jan. 11

MSU Open

at Worthington Arena, Bozeman, Mont.

Women (Top 3 GNAC Finishers): None

Men (Top 3 GNAC Finishers): 60 Meters - 2, Kaelen Shay, MSUB, 6.94. 800 Meters - 1, Drake Henson, MSUB, 2:00.00. 3,000 Meters - 2, Tyus Mendoza, MSUB, 9:07.09; 3, Ivan Colmenero, MSUB, 9:07.16. High Jump - 2, Isaiah Girard, MSUB, 6-4.75. Triple Jump - 1, Ty Stanton, MSUB, 44-9.75. Weight Throw - 2, Forest Cross, MSUB, 50-1.75; 3, Beau Peaslee, MSUB, 48-11.5.

Fri., Jan. 11 - Sat., Jan. 12

**Lauren McCluskey Memorial Invitational & Multis
at Kibbie Dome, Moscow, Idaho**

Women (Top 3 GNAC Finishers): 60 Meters - 3, Aujanique Doss, CWU, 7.93. 200 Meters - 2, Aujanique Doss, CWU, 25.89. 400 Meters - 1, Erykah Weems, CWU, 57.97. Mile - 2, Lily Tyrrell, CWU, 5:17.91. 3,000 Meters - 1, Alexa Shindruk, CWU, 10:02.89. 60m Hurdles - 1, Mariyah Vongsaveng, CWU, 8.77; 3, Ariya Kendrick, SMU, 9.17. 4x400 Relay - 1, Central Washington (Trinidad, Neria, Ortega, Weems), 4:00.98. 4x800 - 1, Central Washington (Gohr, Child, Mattson, Tyrrell), 10:25.91. Pole Vault - 3, Halle Irvine, CWU, 11-11.25. Long Jump - 2, Brooke Williams, CWU, 18-2.5. Triple Jump - 2, HarLee Ortega, CWU, 38-5. Shot Put - 2, Samantha La Rue, CWU, 44-10.25. Pentathlon - 3, Sidney Trinidad, CWU, 3,197.

Men (Top 3 GNAC Finishers): 60 Meters - 3, Bobby Widmar, CWU, 7.01. 200 Meters - 3, Michael Russell, SMU, 22.38. 60m Hurdles - 3, Ryan Gunther, CWU, 8.76. 4x400 Relay - 1, Central Washington (Calderon, Scott, Forster, Landis), 3:19.78. High Jump - 2, Tyler Cronk, SMU, 6-10.75. Pole Vault - 2, Braydon Maier, CWU, 15-3. Shot Put - 3, Ethan Tonder, CWU, 50-3.25. Weight Throw - 1, Aidan Cain, CWU, 55-9. Heptathlon - 3, Josh Schulz, SMU, 4,338.

Sat., Jan. 12

UW Indoor Preview

at Dempsey Indoor Center, Seattle, Wash.

Women (Top 3 GNAC Finishers): 3,000 Meters - 3, Caroline Kurgat, UAA, 9:07.05 (NCAA Division II All-Conditions Record). High Jump - 2, Maddie Taylor, WWU, 5-8. Long Jump - 1, Renick Meyer, SPU, 18-10.75.

Men (Top 3 GNAC Finishers): 400 Meters - 2, Adam Brown, CU, 49.20. Long Jump - 2, Seren Dances, WWU, 22-7.25. Shot Put - 3, Josh Koch, CU, 53-8.5.