



Jan. 23, 2019 • Week 2
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Contact: Blake Timm, Assistant Commissioner For Communications
 503-805-8756 • btimm@gnacsports.com

GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Jan. 25 - Sat., Jan. 26

Montana State Billings at Air Force Invitational, Colorado Springs, Colo.
 Alaska Anchorage, Concordia, Saint Martin's, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at UW Invitational, Seattle, Wash.

LAST WEEK'S MEETS

Fri., Jan. 18 - Sat., Jan. 19

Ed Jacoby Invitational at Jackson's Track, Nampa, Idaho
Women (Top 3 GNAC Finishers): 60 Meters - 3, Macie Allen, CU, 7.73. Pentathlon - 3, Chelsea Bone, CU, 3,368.

Men (Top 3 GNAC Finishers): 800 Meters - 1, Eduardo Orozco, UAA, 1:57.91. Mile - 2, Drew Johnson, UAA, 4:17.64. 3,000 Meters - 3, Nick Hamilton, NNU, 9:00.06. High Jump - 3, Chris Brake, UAA, 6-5. Long Jump - 3, Elijah Castro, NNU, 22-10. Triple Jump - 2, Chris Brake, UAA, 46-8.75; 3, Brandon Nicholson, UAA, 45-11.75. Shot Put - 2, Jake Knight, NNU, 55-4.75; 3, Josh Koch, CU, 53-5.75. Weight Throw - 3, Canyon Anderson, NNU, 55-0. Heptathlon - 2, Dakota Tidwell, 4,923.

WSU Indoor

at WSU Indoor Practice Facility, Pullman, Wash.

Women (Top 3 GNAC Finishers): 200 Meters - 1, Erykah Weems, CWU, 26.43; 2, Aujanique Doss, CWU, 26.53. 800 Meters - 3, Lily Ytrrell, CWU, 2:21.22. Mile - 1, Alexa Shindruk, CWU, 5:09.24; 3, Molly Mattson, CWU, 5:31.54. 60m Hurdles - 1, Mariyah Vongsaveng, CWU, 8.85. 4x400 Relay - 1, Central Washington (Sidney Trinidad, Mariyah Vongsaveng, Jasmyne Neria, Noelia Juarez), 4:03.74; 3, Central Washington B (Katie Collins, Emily Bland, Rachelle Hamilton, Kaitlyn Ditter), 4:17.38. High Jump - 2, HarLee Ortega, CWU, 5-5. Long Jump - 3, Brooke Williams, CWU, 18-3.75.

Men (Top 3 GNAC Finishers): 200 Meters - 3, Trevaughn Scott, CWU, 23.55. 400 Meters - 2, Daniel Calderon, CWU, 51.58; 3, Trevaughn Scott, CWU, 51.59. 4x400 Relay - 1, Central Washington (Daniel Calderon, Ryan Gunther, Michael Forster, Trevaughn Scott), 3:30.81. Triple Jump - 2, Zach Whittaker, CWU, 47-6.5. Shot Put - 3, Ethan Tonder, CWU, 50-10.25. Weight Throw - 2, Aidan Cain, CWU, 57-10.25.

Sun., Jan. 20

CSC Open at Nelson Physical Activity Center, Chadron, Neb.

Women (Top 3 GNAC Finishers): 60 Meters - 3, Anne Lory Chevalier, MSUB, 8.16. Long Jump - 3, Brenna Beckett, MSUB, 16-2.5. Triple Jump - 3, Shaniah Schwend, MSUB, 33-4.

Men (Top 3 GNAC Finishers): 3, Kaelen Shay, MSUB, 7.02. 200 Meters - 2, Kaelen Shay, MSUB, 23.36; 3, Rahkei Eyer, MSUB, 23.36. Mile - 3, Mark Hovland, MSUB, 4:26.82. 60m Hurdles - 3, Kyle Patelis, MSUB, 8.87. High Jump - 2, Isaiah Girard, MSUB, 6-6.75. Long Jump - 2, Isaiah Girard, MSUB, 22-11.25. Triple Jump - 3, Ty Stanton, MSUB, 44-3.25. Shot Put - 2, Brady Ostermiller, MSUB, 51-6.25.

#GNACTF in 280

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#CavalierCharge Concordia picked up three of the GNAC's four weekly track awards with **Adam Brown** earning Men's Track Athlete of the Week, **Macie Allen** earning Women's Track Athlete of the Week and **Chelsea Bone** winning Women's Field Athlete of the Week.

#AllenTown Macie Allen's time of 7.68 seconds in the preliminaries of the women's 60 meters at the Ed Jacoby Invitational is tied for the 26th fastest time in Division II this season.

#StrongStart Northwest Nazarene's Dakota Tidwell was named the Men's Field Athlete of the Week after scoring 4,923 points in the heptathlon at the Ed Jacoby Invitational. The NCAA Championships provisional qualifying mark is 18th in Division II this season.

#WellIndexed Central Washington moved up to No. 12 in the USTFCCA Division II Women's Indoor Track and Field Index. Alaska Anchorage moves into the top-25 at No. 13

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Concordia	@gocugo	#gocugof
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
Adam Brown, Concordia
 Junior • Portland, Ore.

Brown ran the fastest time in the GNAC this season in the 200 meters at the Ed Jacoby Invitational, placing fourth in the event with a time of 22.13 seconds. Brown then finished seventh in the 60 meters in a time 7.11 seconds. His time of 7.06 seconds in the preliminary round was the fourth-fastest in Concordia history and is fifth-fastest in the GNAC

this season.

Also Nominated: Daniel Calderon (Central Washington).



WOMEN'S TRACK
Macie Allen, Concordia
 Sophomore • Gresham, Ore.

Allen placed third in the 60 meters as the Ed Jacoby Invitational, clocking a time of 7.74 seconds in the finals. Her time of 7.68 in the preliminary heats leads the GNAC, is second-fastest in Concordia history and is an NCAA Championships provisional qualifier. Allen also placed seventh in the 200 meters in a time of 25.65 seconds, which is third-best in the

GNAC this season.

Also Nominated: Mariyah Vongasveng (Central Washington).



MEN'S FIELD
Dakota Tidwell, Northwest Nazarene
 Sophomore • South Jordan, Utah

Tidwell hit an NCAA Championships provisional qualifying mark in the heptathlon at the Ed Jacoby Invitational. His second-place score of 4,923 points is No. 18 in Division II this season and No. 10 on the GNAC All-Time List. Tidwell took second place in three of the event's seven disciplines: the 60 meters (7.26), the shot put (37-4) and pole vault (14-1.25).

His time in the 60 meters was an NNU school record.

Also Nominated: Emmanuel Carrizales (Concordia).



WOMEN'S FIELD
Chelsea Bone, Concordia
 Sophomore • Oregon City, Ore.

Bone broke the Concordia record in the pentathlon, placing third in the event at the Ed Jacoby Invitational with a score of 3,368 points. She was the top Division II finisher in the event out of 16 competitors. The NCAA Championships provisional qualifying mark is No. 18 in Division II this season and second in the GNAC.

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
Jan. 14-20	Adam Brown, CU	Dakota Tidwell, NNU	Macie Allen, CU	Chelsea Bone, CU

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

Around The GNAC

ALASKA ANCHORAGE



- Alaska Anchorage collected five top-three finishes to lead a limited roster that competed at the Ed Jacoby Invitational.
- Junior **Eduardo Orozco** led the Seawolves with his win in the men's 800 meters, finishing in 1:57.91. Freshman **Drew Johnson** finished second in the men's mile with a time of 4:17.64 and also took fourth in the 800 meters with a time of 1:59.97.
- In the field events, junior **Christopher Brake** finished second in the men's triple jump with a mark of 46 feet, 8.75 inches, ranking him second in the GNAC this season. Brake also finished third in the high jump, clearing 6 feet, 5 inches. Sophomore **Brandon Nicholson** placed third in the triple jump with his leap of 45 feet, 11.75 inches.
- Senior volleyballer turned jumper **Chrisalyn Johnson** placed fourth in the women's long jump with a mark of 17 feet, 11.75 inches, a mark that ranks fourth in the conference so far this season. In the five-event pentathlon, junior **Elena Cano** placed sixth with a score of 3,115 points.
- Seniors **Yvonne Jeschke** and **Yemi Knight** led the Seawolves' women in the track events. Jeschke placed sixth in the 800 meters in 2:19.02 while Knight was eighth in 2:20.92.
- In the first USTFCCA Women's Indoor Rankings of the season, Alaska Anchorage is at No. 13.
- Alaska Anchorage will fly a full contingent of athletes to Seattle this weekend to take part in the UW Invitational.

CENTRAL WASHINGTON



- Victories in the sprints and a NCAA Championships provisional qualifier for junior **Aidan Cain** led Central Washington at the WSU Indoor Open.
- Cain placed second in the men's weight throw with a mark of 57 feet, 10.5 inches. The leading mark in the GNAC is also the 28th-best mark in Division II this season.
- Junior **Erykah Weems** led the way in the sprints, winning the women's 200 meters in a time of 26.43 seconds with senior **Aujanique Doss** placing second in 26.53 seconds.
- Senior **Mariyah Vongsaveng** won the 60-meter hurdles in 8.85 seconds. She then paired with **Sidney Trinidad**, **Jasmyne Neria** and **Noelia Juarez** to win the 4x400-meter relay in 4:03.76, winning by over a second.
- In the men's sprints, **Daniel Calderon**, **Trevaughn Scott**, **Ryan Gunther** and **Michael Forster** made it a 4x400-meter relay sweep for the Wildcats, winning with a time of 3:30.81. Calderon also finished second in the open 400 in a time of 51.58 seconds while Scott was third in 51.59 seconds.
- Senior **Alexa Shindruk** added a victory in the women's mile, clocking a time of 5:09.04. Her converted time of 5:06.02 (for track size) ranks second in the GNAC this season.
- In the field events, senior **HarLee Ortega** placed second in the high jump with a clearance of 5 feet, 5 inches while junior **Samantha La Rue** was second in the shot put with a mark of 44 feet, 8.25 inches. For the men, senior **Zach Whittaker** was second in the men's triple jump at 47 feet, 6.5 inches.
- Central Washington moved up to No. 12 in the USTFCCA Division II Women's Indoor Team Index after opening at No. 19 in the preseason poll.
- Central Washington will compete in its third meet in as many weeks, taking part in the UW Invitational this weekend in Seattle.

CONCORDIA



- Three GNAC Athlete of the Week performances led a strong day for Concordia at the Ed Jacoby Invitational.
- Junior **Chelsea Bone** was named the GNAC Women's Field Athlete of the Week after she earned an NCAA Championships provisional qualifying mark in the pentathlon. Bone finished third with a school-record score of 3,368 points. That is 18th best in Division II this season.
- Sophomore **Macie Allen** earned the Women's Track Athlete of the Week award after she placed third in the 60 meters with a time of 7.73 seconds. She ran an NCAA Championships provisional qualifying time of 7.68 seconds in the preliminaries that leads the GNAC and is tied for No. 26 in Division II this season.
- Junior **Adam Brown** was named the Men's Track Athlete of the Week for his efforts in both the 60 meters and 200 meters. Brown ran the fastest time in the GNAC this season in the 200 meters, placing fourth in 22.13 seconds. Brown also placed seventh in the 60 meters in 7.06 seconds.
- Junior **Josh Koch** was Concordia's only other top-three placer, taking third in the men's shot put with a mark of 53 feet, 5.75 inches. Koch also finished seventh in the weight throw with a mark of 49 feet, 2.5 inches.
- Concordia returns to action this weekend, competing in the UW Invitational on Friday and Saturday in Seattle.

MONTANA STATE BILLINGS



- A pair of second-place finishes and a school record for junior **Isaiah Girard** led Montana State Billings' efforts on Sunday at the CSC Open in Chadron, Nebraska.
- Girard was second in the long jump with a leap of 22 feet, 11.25 inches. That surpassed the previous MSUB record of 22 feet, 8 inches, set by Taylor Firestone in 2012. Girard also finished second in the high jump with a clearance of 6 feet, 6.75 inches. His high jump mark ranks second in the GNAC with his long jump mark ranking third.
- Senior **Brady Ostermiller** added a second-place finish in the men's shot put with a mark of 51 feet, 6.25 inches. His season-best ranks third in the GNAC this season.
- Senior **Kaelen Shay** finished second in the men's 200 meters, clocking a time of 23.36 seconds that ranks him eighth in the GNAC (after track size and altitude conversion). Shay also finished third in the 60 meters with a time of 7.02 seconds. After conversion to 6.96 seconds for altitude, Shay leads the GNAC.
- The field event performances also led the MSUB women. Junior **Brenna Beckett** placed third in the long jump with a mark of 16 feet, 2.5 inches while senior **Shaniah Schwend** was third in the triple jump with a mark of 33 feet, 4 inches.
- It will be a quick turnaround for the Yellowjackets as they travel to Colorado Springs this weekend to compete in the Air Force Invitational.

Around The GNAC

NORTHWEST NAZARENE



- A provisional qualifying mark in the heptathlon for sophomore **Dakota Tidwell** led the Nighthawks at the Ed Jacoby Invitational.
- Tidwell placed second in the seven-event discipline with a score of 4,923 points to earn GNAC Men's Field Athlete of the Week honors. The performance ranks 18th in Division II this season and is No. 10 on the GNAC All-Time List. In the process, Tidwell ran a school-record in the 60 meters with a time of 7.26 seconds.
- A month after setting the NNU record in the men's shot put, senior **Jake Knight** placed second in the event with a mark of 55 feet, 4.75 inches. Freshman **Canyon Anderson** finished third in the men's weight throw with a mark of 55 feet. In addition, sophomore **Elijah Castro** placed third in the men's long jump with his mark of 22 feet, 10 inches.
- Senior **Nick Hamilton** had the Nighthawks' only top-three finish on the track, placing third in the men's 3,000 meters in a time of 9:00.06.
- Senior **Lexi Tubbs** led the Northwest Nazarene women, placing fourth in the 60-meter hurdles in 8.97 seconds. Sophomore **Jackie Mahowald** added a fifth-place finish in the women's triple jump with her mark of 37 feet, 6 inches.
- Northwest Nazarene is away from competition this weekend, returning to the Jackson's Indoor Center on Feb. 1 and 2 at the Jackson's/Nike Boise Indoor.

SAINT MARTIN'S



- Saint Martin's did not compete last week and return to the track for the UW Invitational in Seattle on Friday and Saturday.
- Freshman **Tyler Cronk's** provisional qualifying mark led the Saints in their season-opening UW Preview on Jan. 12. His collegiate debut 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.
- 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. 12 in Division II this season No. 6 on the GNAC All-Time List.

SEATTLE PACIFIC



Preview.

- The Falcons did not compete last weekend. They return to the track at Dempsey Indoor at this weekend's UW Invitational.
 - Sophomore **Renick Meyer's** victory in the long jump at the UW Indoor Preview headlined Seattle Pacific's season-opening performance two weeks ago at the UW Indoor
- Preview.
- Meyer 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 ninth 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.

SIMON FRASER



- Simon Fraser did not compete last week. The Clan is back in action on Friday and Saturday at the UW Invitational.
- Junior **Rowan Doherty** led the Clan's season-opening efforts at the UW Invitational on Jan. 12. He finished 18th in the men's 3,000 meters with a personal best time of 8:12.35. That was best among Division II competitors in the race and is the fourth 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. 10 in Division II this season. Doherty and Vargas were 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. 9 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.

Around The GNAC

WESTERN OREGON



• Western Oregon was away from competition last weekend. The Wolves are back on the track at the UW Invitational on Friday and Saturday.

• At the UW Indoor Preview on Jan. 12, senior **Tyler 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 seventh in Division II this season and just missed a spot on the GNAC All-Time List.

• Senior **Olivia 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 WASHINGTON



• Western Washington did not compete last week. The Vikings will head to Seattle this weekend for the UW Invitational.

• Junior **Maddie Taylor** led the Vikings in thier season-opening UW Indoor Preview on Jan. 12. 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 10th 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.

• 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.

GNAC Qualifiers For NCAA Indoor Championships

MEN PROVISIONAL QUALIFIERS AS OF JAN. 22, 2019

Event	Athlete	Mark	Rank	Date
3,000 Meters	Rowan Doherty, SFU	8:12.35	4th	1/12/19
	Tyler Jones, WOU	8:17.20	7th	1/12/19
	Felix Kemboi, UAA	8:20.94	9th	1/12/19
	Carlos Vargas, SFU	8:22.33	10th	1/12/19
	Tyler Cronk, SMU	2.10/6-10.75	T-6th	1/12/19
High Jump				
Triple Jump	Zack Whittaker, CWU	14.62/47-11.75	19th	12/8/18
Shot Put	Jake Knight, NNU	17.28/56-8.5	10th	12/8/18
	Josh Koch, CU	53-8.5/16.37	35th	1/12/19
Weight Throw	Aidan Cain, CWU	57-10.75/17.63	28th	1/18/19
Heptathlon	Braydon Maier, CWU	5,156	7th	11/30/18
	Dakota Tidwell, NNU	4,923	18th	1/18/19
	Ian Rinefort, WWU	4,829	21st	11/30/18
	Seren Dances, WWU	4,795	28th	11/30/18

c - Mark Converted For Track Size

WOMEN'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
60 Meters	Macie Allen, CU	7.68	T-26th	1/18/19
800 Meters	Danielle McCormick, UAA	2:11.32	4th	1/12/19
	Sophie Dodd, SFU	2:13.86	9th	1/12/19
	Ruth Cavncara, UAA	2:14.04	10th	1/12/19
60m Hurdles	Mariah Vongsaveng, CWU	8.66	T-7th	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-10th	1/12/19
Long Jump	Renick Meyer, SPU	5.76/18-10.75	9th	1/12/19
	HarLee Ortega, CWU	5.72/18-9.25	T-15th	11/30/18
	Brooke Williams, CWU	5.71/18-9	T-19th	12/8/18
	Keshara Romain, SMU	12.01/39-5	12th	12/8/18
	Brooke Williams, CWU	11.74/38-6.25	T-27th	12/8/18
	HarLee Ortega, CWU	11.71/38-5	21st	1/12/19
Shot Put	Samantha La Rue, CWU	13.67/44-10.2529th		1/12/19
Pentathlon	HarLee Ortega, CWU	3,729	3rd	11/30/18
	Chelsea Bone, CU	3,368	18th	1/18/19

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	None
Preseason	None
Jan. 22	None

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 1 - Jan. 22, 2019

Rk	School	Pts.	Prev.
1.	Ashland	177.86	3
2.	Adams State	156.67	1
3.	Tiffin	125.92	3
4.	Findlay	95.18	7
5.	Grand Valley State	95.09	5
6.	West Texas A&M	79.41	12
7.	Lee (Tenn.)	79.24	24
8.	Angelo State	77.94	26
9.	Central Missouri	75.72	8
10.	Academy of Art	71.62	13
11.	Colorado Mines	70.51	2
12.	Western Colorado	70.47	29
13.	Minnesota State	62.59	20
14.	Limestone	57.63	57
15.	Mary	57.05	22
16.	Northwest Missouri	50.04	32
17.	American International	45.17	14
18.	Colorado Mesa	40.64	10
19.	Northwood (Mich.)	38.98	16
20.	Pittsburg St.	38.29	6
21.	Chadron State	37.97	23
22.	Saginaw Valley State	35.69	44
23.	Lincoln (Mo.)	35.52	21
24.	Seton Hill	33.19	49
25.	Wingate	31.55	25

USTFCCCA WEST REGION TEAM INDEX

Rk	School	Pts.	Prev.
1.	Azusa Pacific	365.38	—
2.	Academy of Art	306.42	—
3.	Central Washington	302.55	—
4.	Western Washington	285.92	—
5.	Northwest Nazarene	243.47	—
6.	Concordia	183.57	—
7.	Montana State Billings	177.35	—
8.	Alaska Anchorage	175.01	—
9.	Saint Martin's	124.73	—
10.	Simon Fraser	115.36	—



[Complete Poll Online](#)

Women's Indoor Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	CWU
Preseason	—	19th
Jan. 22	13th	12th

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 1 - Jan. 22, 2019

Rk	School	Pts.	Prev.
1.	Grand Valley St.	259.39	1
2.	Adams State	193.37	3
3.	Lincoln (Mo.)	121.76	2
4.	UC-Colorado Springs	98.69	11
5.	San Francisco St.	91.14	17
6.	Academy of Art	79.85	26
7.	Lewis	78.97	6
8.	Ashland	69.95	7
9.	Pittsburg St.	62.41	10
10.	Indianapolis	62.17	15
11.	Missouri Southern	60.94	18
12.	Central Washington	51.60	19
13.	Alaska Anchorage	48.72	38
14.	Mary	47.69	45
15.	Southwest Baptist	47.17	16
16.	Western Colorado	46.81	8
17.	McKendree	45.16	46
18.	Azusa Pacific	45.09	5
19.	Missouri S&T	40.74	21
20.	Millersville	39.49	23
21.	Oklahoma Baptist	37.70	37
22.	West Texas A&M	36.56	4
23.	Franklin Pierce	36.00	24
24.	CSU-Pueblo	35.97	61
25.	Minnesota Duluth	35.05	25

USTFCCCA WEST REGION TEAM INDEX

Rk	School	Pts.	Prev.
1.	Central Washington	409.45	—
2.	San Francisco St.	303.47	—
3.	Academy of Art	239.88	—
4.	Stanislaus State	225.76	—
5.	Azusa Pacific	215.48	—
6.	Seattle Pacific	210.70	—
7.	Western Washington	181.04	—
8.	Concordia	164.48	—
9.	Alaska Anchorage	156.38	—
10.	Simon Fraser	109.92	—



[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	52.12
Steeplechase	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 Dalgleish, 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.

Fri., Jan. 18 - Sat., Jan. 19

Ed Jacoby Invitational

at Jackson's Track, Nampa, Idaho

Women (Top 3 GNAC Finishers): 60 Meters - 3, Macie Allen, CU, 7.73. Pentathlon - 3, Chelsea Bone, CU, 3,368.

Men (Top 3 GNAC Finishers): 800 Meters - 1, Eduardo Orozco, UAA, 1:57.91. Mile - 2, Drew Johnson, UAA, 4:17.64. 3,000 Meters - 3, Nick Hamilton, NNU, 9:00.06. High Jump - 3, Chris Brake, UAA, 6-5. Long Jump - 3, Elijah Castro, NNU, 22-10. Triple Jump - 2, Chris Brake, UAA, 46-8.75; 3, Brandon Nicholson, UAA, 45-11.75. Shot Put - 2, Jake Knight, NNU, 55-4.75; 3, Josh Koch, CU, 53-5.75. Weight Throw - 3, Canyon Anderson, NNU, 55-0. Heptathlon - 2, Dakota Tidwell, 4,923.

WSU Indoor

at WSU Indoor Practice Facility, Pullman, Wash.

Women (Top 3 GNAC Finishers): 200 Meters - 1, Erykah Weems, CWU, 26.43; 2, Aujanique Doss, CWU, 26.53. 800 Meters - 3, Lily Tyrrell, CWU, 2:21.22. Mile - 1, Alexa Shindruk, CWU, 5:09.24; 3, Molly Mattson, CWU, 5:31.54. 60m Hurdles - 1, Mariyah Vongsaveng, CWU, 8.85. 4x400 Relay - 1, Central Washington (Sidney Trinidad, Mariyah Vongsaveng, Jasmyne Neria, Noelia Juarez), 4:03.74; 3, Central Washington B (Katie Collins, Emily Bland, Rachele Hamilton, Kaitlyn Ditter), 4:17.38. High Jump - 2, HarLee Ortega, CWU, 5-5. Long Jump - 3, Brooke Williams, CWU, 18-3.75.

Men (Top 3 GNAC Finishers): 200 Meters - 3, Trevaughn Scott, CWU, 23.55. 400 Meters - 2, Daniel Calderon, CWU, 51.58; 3, Trevaughn Scott, CWU, 51.59. 4x400 Relay - 1, Central Washington (Daniel Calderon, Ryan Gunther, Michael Forster, Trevaughn Scott), 3:30.81. Triple Jump - 2, Zach Whittaker, CWU, 47-6.5. Shot Put - 3, Ethan Tonder, CWU, 50-10.25. Weight Throw - 2, Aidan Cain, CWU, 57-10.25.

2018-19 GNAC Indoor Meet Summaries

Sun., Jan. 20

CSC Open

at Nelson Physical Activity Center, Chadron, Neb.

Women (Top 3 GNAC Finishers): 60 Meters - 3, Anne Lory Chevalier, MSUB, 8.16. Long Jump - 3, Brenna Beckett, MSUB, 16-2.5. Triple Jump - 3, Shaniah Schwend, MSUB, 33-4.

Men (Top 3 GNAC Finishers): 3, Kaelen Shay, MSUB, 7.02. 200 Meters - 2, Kaelen Shay, MSUB, 23.36; 3, Rahkei Eyer, MSUB, 23.36. Mile - 3, Mark Hovland, MSUB, 4:26.82. 60m Hurdles - 3, Kyle Patelis, MSUB, 8.87. High Jump - 2, Isaiah Girard, MSUB, 6-6.75. Long Jump - 2, Isaiah Girard, MSUB, 22-11.25. Triple Jump - 3, Ty Stanton, MSUB, 44-3.25. Shot Put - 2, Brady Ostermiller, MSUB, 51-6.25.