



Jan. 30, 2019 • Week 3  
 GNACSports.com • @GNACSports

Contact: Blake Timm, Assistant Commissioner For Communications  
 503-805-8756 • btimm@gnacsports.com

## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

**Fri., Feb. 1-Sat., Feb. 2**

Montana State Billings at Colorado Invitational, Boulder, Colo.

Northwest Nazarene at Jackson's/Nike Boise Indoor, Nampa, Idaho

Simon Fraser at Bruce Lehane Scarlet & White Invite, Boston, Mass.

Simon Fraser at Hillsdale Wide Track Classic, Hillsdale, Mich.

Central Washington, Simon Fraser, Western Washington at Cougar Indoor, Pullman, Wash.

### LAST WEEK'S MEETS

**Fri., Jan. 22-Sat., Jan. 23**

**Air Force Invitational**

at Cadet Field House, Colorado Springs, Colo.  
**Women (Top 3 GNAC Finishers):** None.

**Men (Top 3 GNAC Finishers):** 800 Meters - 2, Drake Henson, MSUB, 1:56.00. 3,000 Meters - 2, Ivan Colmenero, MSUB, 9:13.22; 3, Tyus Mendoza, MSUB, 9:24.94.

### UW Invitational

at Dempsey Indoor Center, Seattle, Wash.

**Women (Top 3 GNAC Finishers):** 5,000 Meters - 1, Caroline Kurgat, UAA, 15:28.46 (Division II all-time best).

**Men (Top 3 GNAC Finishers):** High Jump - 2, Tyler Cronk, SMU, 6-9.75.

## #GNACTF in 280

### @GNACSports

**#KurgatReigns** For the second straight meet, Alaska Anchorage's **Caroline Kurgat** set a Division II all-time best. Her time of 15:28.46 in the 5,000 meters at the UW Invitational was a Division II best by 33 seconds. The effort earned Kurgat GNAC Women's Track Athlete of the Week and USTFCCA Division II Women's Athlete of the Week awards.

**#MultiLevel** Solid multi-event performances by Concordia's **Giovanni Brown** and **Chelsea Bone** earned the duo selection as the GNAC Field Athletes of the Week. It was the second such selection in as many weeks for Bone.

**#GoldenMedley** Simon Fraser's women's distance medley relay team ran the fastest time in Division II this season, clocking 11:35.62 at the UW Invitational.

**#OnTheMark** Nine GNAC athletes earned new NCAA Championships qualifying mark along with five relay teams. Four other athletes improved on qualifying performances.

## Get Social

### Twitter Accounts/Hashtags For GNAC Track & Field Programs

GNAC	@GNACSports	#GNACTF
Alaska Anchorage	@UAASeawolves	#JAASeawolves
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

# GNAC Track & Field Athletes Of The Week



## MEN'S TRACK

**Pierre-Louis Detourbe, Simon Fraser**  
**Sophomore • Saint-Pol-sur-Ternoise, France**

The top Division II finisher in the 3,000 meters at the UW Invitational, Detourbe placed 10th in a time of 8:16.19. Hitting an NCAA Championships provisional qualifying mark in his first-ever indoor meet, Detourbe now has the No. 8 best mark in Division II this season and just missed a spot on the GNAC All-Time List.

**Also Nominated:** Jackson Hand (Saint Martin's), Tyler Jones (Western Oregon), Koby Okezie (Western Washington).



## MEN'S FIELD

**Giovanni Brown, Concordia**  
**Senior • Erie, Pa.**

Competing in his first heptathlon of the season, Brown hit an NCAA Championships provisional qualifying mark with his score of 4,985 points at the UW Invitational. The mark is second-best in the GNAC this season and is No. 7 on the GNAC All-Time List. Brown placed eighth in the primarily Division I field.

**Tyler Cronk, Saint Martin's**  
**Freshman • Kent, Wash.**

Cronk continued his great collegiate start, placing second in the high jump at the UW Invitational. Cronk and Utah State's Leaugen Fray-Benoit both cleared 6 feet, 9.75, inches, with Fray-Benoit awarded first place based on fewer misses.

**Also Nominated:** Brady Ostermiller (Montana State Billings), Mont Child (Western Oregon).



## WOMEN'S TRACK

**Caroline Kurgat, Alaska Anchorage**  
**Senior • Eldoret, Kenya**

For the second time in as many races, Kurgat set a Division II all-time all-conditions best, this time in the 5,000 meters at the UW Invitational. Her winning time of 15:28.46 was 33 seconds faster than the official Division II record of 16:01.59 set by Neely Spence of Shippensburg in 2011. It is the top collegiate time in the event this season (all levels)

and is the 20th fastest time ever in the indoor 5,000 meters by a collegian. The performance is also the 12th fastest in the world this season.

**Also Nominated:** Alexa Shindruk (Central Washington), Chase Stephens (Concordia), Ariya Kendrick (Saint Martin's), Addy Townsend (Simon Fraser), Olivia Woods (Western Oregon), Sophia Galvez (Western Washington).



## WOMEN'S FIELD

**Chelsea Bone, Concordia**  
**Sophomore • Oregon City, Ore.**

For the second straight week, Bone set the Concordia record in the pentathlon. At the UW Invitational, Bone finished with a score 3,514 points. While finishing in 13th place, she was the only Division II athlete in the competition and finished fourth in the 800 meters. The mark moves Bone to No. 7 on the GNAC All-Time List and ranks No. 14 in Division II

this season.

**Also Nominated:** Samantha La Rue (Central Washington), Keshara Romain (Saint Martin's), 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	Mariah 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](http://GNACSports.com).

# Around The GNAC

## ALASKA ANCHORAGE



- Another national all-time best for the incomparable **Caroline Kurgat** led Alaska Anchorage's performances at the UW Invitational.
- The senior won the women's 5,000 meters in a Division II all-time all-conditions best time of 15:28.46 (run on an oversized track). That time is 33 seconds better than the official Division II record of 16:01.09 set by Neely Spence of Shippensburg in 2011. It is the second Division II all-time best for Kurgat is as many weeks. The NCAA Championships automatic qualifying time earned Kurgat selection as the GNAC Women's Track Athlete of the Week and the USTFCCA Division II Women's Athlete of the Week.
- The Seawolves netted two NCAA provisional qualifiers in the men's 5,000 meters. Junior **Wesley Kirui** eighth in 14:18.62, moving to No. 6 on the GNAC All-Time List and No. 15 in Division II this season. Senior **Edwin Kangogo** ran 14:39.15, placing 18th and ranking 36th in Division II.
- Senior **Danielle McCormick**, the defending national champion in the women's 800 meters, improved her NCAA provisional mark. McCormick ran 2:10.90, placing 25th (second Division II placer) and moved to No. 6 in Division II this season.
- The Seawolves' women's distance medley relay team also notched a provisional qualifying mark. The quartet of **Ruth Cvancara**, **Tylantiss Atlas**, McCormick and **Nancy Jeptoo** ran 11:53.47, which is fourth in Division II this season.
- Alaska Anchorage jumped six spots in this week's USTFCCA Division II Women's Team Index to No. 7.
- Alaska Anchorage will not compete again until traveling to Seattle again on Feb. 8 and 9 for the Husky Classic.

## CENTRAL WASHINGTON



- A solid NCAA Championships provisional qualifying time for senior **Alexa Shindruk** led Central Washington at the UW Invitational.
- Shindruk ran 9:42.19 in the women's 3,000 meters, a personal indoor best to place 38th overall and first among Division II competitors. The time is fifth fastest in Division II this season.
- Senior **Mariyah Vongsaveng** showed well in the women's 60-meter hurdles amidst the Division I field, placing fourth in a time of 8.66 seconds that matched her season best. That time is tied for seventh-best in Division II this season.
- Junior **Erykah Weems** just missed the top-10 in the women's 400 meters, placing 12th in 57.21 seconds. The time ranks No. 2 in the GNAC this season.
- Junior **Samantha La Rue** established a lifetime best in the women's weight throw. Her mark of 53 feet, 5 inches, was good for 11th place and is the second-best mark in the GNAC this season.
- Sophomore **Braydon Maier** led a limited CWU men's roster to gain entry to the meet, placing ninth in the heptathlon with a score of 4,974 points. His best individual event finish came in the high jump, placing sixth with a clearance of 6 feet, 0.75 inches.
- Central Washington retained its spot at No. 12 in this week's USTFCCA Division II Women's Indoor Team Index.
- Central Washington will send a more expanded roster to Pullman, Washington this weekend to compete at the Cougar Indoor.

## CONCORDIA



- A pair of NCAA Championships provisional qualifying performances in the multi-events headlined Concordia's performances at the UW Invitational.
- Senior **Giovanni Brown** finished eighth in the heptathlon, the highest Division II placer. His score of 4,985 points ranks 17th in Division II this season and places his at No. 7 on the GNAC All-Time List. In individual events, Brown won the 1,000 meters (2:35.26) and placed second in the shot put (44-4). The performance earned Brown selection as the GNAC Men's Field Co-Athlete of the Week.
- Sophomore **Chelsea Bone** set the Concordia record in the pentathlon for the second time in as many weeks, placing 13th with a score of 3,514 points. She was the top Division II placer, moved up to No. 7 on the GNAC All-Time List and to No. 14 in Division II this season. The performance earned Bone selection as the GNAC Women's Field Athlete of the Week for the second straight week.
- Sophomore **Kori Sprague** established an NCAA Championships provisional qualifying mark in the women's weight throw. Her fifth-place mark of 55 feet, 10.25 inches is 32nd in Division II this season, leads the GNAC and is sixth on the GNAC All-Time List.
- Sophomore **Macie Allen** had a fifth-place finish in the qualifying rounds of the women's 60 meters, clocking 7.74 seconds. Senior **Josh Koch** took seventh in the invitational section of the men's shot put with his mark of 53 feet, 9 inches, while senior **Sam Nichols** took seventh in the open men's shot put with a mark of 51 feet, 3.75 inches.
- Concordia will compete once more before the GNAC Indoor Championships, taking part in the Husky Classic on Feb. 8 and 9.

## MONTANA STATE BILLINGS



- Senior **Brady Ostermiller's** NCAA provisional qualifying mark in the men's shot put led Montana State Billings' efforts at the Air Force Invitational.
- Ostermiller placed fourth with a season-best mark of 52 feet, 11.5 inches. The mark is 44th in Division II this season and is third-best in the GNAC. Ostermiller also had a mark of 46 feet, 7.5 inches in the weight throw.
- Sophomore **Drake Henson** surpassed his own MSUB record in the men's 800 meters, placing second in a time of 1:56.00. He bettered his previous best of 1:56.13. When converted to 1:54.65 to account for altitude, Henson has the best mark in the GNAC this season.
- Junior **Isaiah Girard** tied the MSUB school record in the men's high jump, taking sixth with his clearance of 6 feet, 8 inches. The mark tied the record set by Chuck Carr in 2017 and ranks second in the GNAC this season.
- The Yellowjackets had a pair of top-three finishers in the men's 3,000 meters. Senior **Ivan Colmenero** placed second in a time of 9:13.22 while senior **Tyus Mendoza** placed third in 9:24.94.
- A trio of personal best times in the 800 meters led the Yellowjackets' women. Freshman **Sierra Durbin** led the way, placing fourth in 2:29.63. Junior **Miranda Livingston** was sixth in 2:37.70 and sophomore **Rachel Hiner** was seventh in 2:38.51.
- Montana State Billings will compete for the final time before the GNAC Indoor Championships this weekend, traveling to the Colorado Invitational.

# Around The GNAC

## NORTHWEST NAZARENE



- Northwest Nazarene did not compete last week. The Nighthawks will have three meets over the next three weeks, beginning with the Jackson's/Nike Boise Indoor this weekend in Nampa, Idaho.
- A provisional qualifying mark in the heptathlon for sophomore **Dakota Tidwell** led the Nighthawks at the Ed Jacoby Invitational on Jan. 18 & 19. Tidwell placed second with a score of 4,923 points. The performance ranks 21st in Division II this season. 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 **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.

## SAINT MARTIN'S



- Another stellar effort for freshman **Tyler Cronk** in the men's high jump led Saint Martin's performances at the UW Invitational.
- Cronk, one of three non-Division I competitors in the event, finished second with a clearance of 6 feet, 9.75 inches. He tied with Utah State's Leaugen Fray-Benoit in terms of clearance, but Fray-Benoit was awarded first based on fewer misses. For his effort, Cronk was named the GNAC Men's Field Co-Athlete of the Week.
- Freshman **Keshara Romain** turned in a ninth-place finish in the women's triple jump with a mark of 37 feet, 4.5 inches, the best mark by a non-Division I athlete.
- In the men's weight throw, senior **Kauanoë Vanderpoel** finished 12th in the weight throw with a mark of 52 feet. Senior **Liz Larson** added a 23rd place mark in the women's weight throw with a mark of 47 feet, 8 inches.
- Senior **Jackson Hand** and sophomore **Michael Russell** led the Saints' efforts on the track. Hand placed 11th in the men's 200 meters with a time of 22.40 seconds while Russell was 14th in a time of 22.51 seconds.
- Saint Martin's will not compete this week. The Saints return to the track for the Husky Classic on Feb. 8 and 9.

## SEATTLE PACIFIC



- A big season-best for junior **Kate Lilly** in the women's mile headlined Seattle Pacific's efforts at the UW Invitational.
- Lilly cut five seconds off of her lifetime best as she ran a time of 5:00.62. The time is the best in the GNAC this season and is not far off the NCAA Championships provisional qualifying mark of 4:58.90.
- Sophomore **Kellie May** also posted a season-best in the women's triple jump, finishing 15th with her leap of 36 feet, 3.5 inches. Her previous best was a mark of 35 feet, 2.5 inches two weeks ago. The performance ranks May sixth in the GNAC this season.
- Freshman **Peace Igbonagwam** led the Falcons in the sprints, clocking 7.78 seconds in the qualification flights of the women's 60 meters. It was the second-fastest time recorded by a Division II competitor in the event and is third best in the GNAC this season.
- Freshman **Sean Barbour** led a limited SPU men's lineup that competed at the UW Invitational, placing 18th in the pole vault with a clearance of 13 feet, 0.25 inches.
- Seattle Pacific will be in action both weekends leading up to the GNAC Indoor Championships. The Falcons will compete at the Cougar Indoor on Friday and Saturday.

## SIMON FRASER



- A Division II season-best and four new NCAA Championships provisional qualifying marks led Simon Fraser's performances at the UW Invitational.
- The women's distance medley relay team of senior **Paige Nock**, sophomore **Renate Bluschke**, senior **Sophie Dodd** and senior **Addy Townsend** placed eighth in a time of 11:35.62. The mark leads Division II and was just off of the automatic qualifying time of 11:35.38 for the NCAA Championships.
- Likewise, the Clan women's 4x400-meter relay team also established a provisional qualifying time. The team of senior **Bryce West**, Dodd, Townsend and Bluschke finished sixth in 3:49.03, a mark that is No. 4 in Division II this season.
- In addition to her legs in both relays, Townsend picked up a provisional qualifying mark in the 800 meters. The top Division II placer in the event, Townsend was 10th in a time of 2:08.70. That leads the GNAC and is third in Division II this season. In the same race, Dodd improved her season best with a time of 2:13.11, ranking her ninth in Division II.
- Sophomore **Pierre-Louis Detourbe** established a provisional qualifying mark in the men's 3,000 meters, running 8:16.19. He was the lone Division II competitor in a sea of Division I and elite-level open competitors. The time ranks Detourbe seventh in Division II this season. It was his first-ever indoor meet.
- The Clan men's distance medley relay team of sophomore **Aaron Ahl**, freshman **Nate St. Romain**, senior **Carlos Vargas** and Detourbe placed fourth in a time of 9:58.86, which ranks SFU No. 7 in Division II this season.
- The men's 4x400-meter relay team of junior **Josh Adhemar**, freshman **Kaito Suzuki**, junior **Richard Torres** and St. Romain added a fifth-place finish with a time of 3:22.62. It is the second-fastest time in the GNAC this season.
- Simon Fraser's women bubbled up big, appearing at No. 14 in this week's USTFCCA Division II Team Index. The Clan had been ranked at No. 60 in the index last week.
- Simon Fraser will send runners to three different meets this week. The Clan's elite runners will compete at the Hillsdale Wide Track Classic in Michigan and the Bruce Lehane Scarlet & White Classic in Boston. The bulk of the team will travel to the Cougar Indoor.



# Around The GNAC

## WESTERN OREGON



• An NCAA Championships provisional qualifying mark for the two-time defending champion men's distance medley relay team led Western Oregon's efforts at the UW Invitational.

• The quartet of junior **Justin Crosswhite**, freshman **Lashaun Emile**, sophomore **Curt Knott** and senior **Tyler**

**Jones** placed sixth overall in a time of 10:01.78. The mark ranks No. 10 in Division II this season and is second in the GNAC.

• Sophomore **Mont Child** came away with a pair of solid marks in the men's throws. Child placed 16th in the shot put with a mark of 46 feet, 5.25 inches and ended up 20th in the weight throw at 48 feet, 10 inches. In the women's throws, junior **Mariah Gronbach** placed 18th in the weight throw with a mark of 51 feet, 0.75 inches.

• Senior **Olivia Woods** ran her first 800-meter race of the season, clocking in with a time of 2:15.57. The performance is sixth-best in Division II this season.

• Senior **Cody Warner** had the fastest time for a Division II athlete in the meet in the men's 60 meters, running 6.99 seconds in the preliminary flights. He later ran 7.03 in the second set of flights. The performance ties him for second in the GNAC this season.

• Western Oregon will not compete again until Feb. 8 and 9, returning to Seattle for the Husky Classic.

## WESTERN WASHINGTON



• A pair of 11th-place finishes in the men's field events led Western Washington performances at the UW Invitational.

• Senior **Jacob Ringold** led four WWU finishers in the men's triple jump, placing 11th with a mark of 44 feet, 6 inches. Senior **Somit Chhim** was not far behind with a mark of 44 feet, 3.25 inches.

• Sophomore **Ben Malquist** scored an 11th-place finish in the men's shot put, finishing with a mark of 47 feet, 9.25 inches.

• Sophomore **Myles Smith** moved up to No. 7 in the WWU record book in the men's 400 meters, placing 14th in a time of 49.88 seconds. He led four Vikings to compete in the event out of 37 competitors, primarily from Division I schools.

• Freshman **Ian Rinefort** finished in 16th place in the heptathlon, posting a score of 4,650 points in his second multi-event performance of the season. He finished fourth in the heptathlon's final event, the 1,000 meters, with a time of 2:39.05.

• The Vikings will send a select number of athletes this weekend to the Cougar Indoor in Pullman, Washington. The rest of the team will next compete at the Husky Classic on Feb. 8 and 9.

# GNAC Qualifiers For NCAA Indoor Championships

## MEN PROVISIONAL QUALIFIERS AS OF JAN. 29, 2019

Event	Athlete	Mark	Rank	Date
<b>3,000 Meters</b>	Rowan Doherty, SFU	8:12.35	5th	1/12/19
	Pierre-Louis Detourbe, SFU	8:16.19	7th	1/25/19
	Tyler Jones, WOU	8:17.20	9th	1/12/19
	Felix Kemboi, UAA	8:20.94	13th	1/12/19
	Carlos Vargas, SFU	8:22.33	16th	1/12/19
<b>5,000 Meters</b>	Wesley Kirui, UAA	14:18.62	15th	1/25/19
	Edwin Kangogo, UAA	14:39.15	36th	1/25/19
<b>DMR</b>	Simon Fraser	9:58.86	7th	1/25/19
	Western Oregon	10:01.78	10th	1/25/19
<b>High Jump</b>	Tyler Cronk, SMU	2.10/6-10.75	T-8th	1/12/19
<b>Triple Jump</b>	Zack Whittaker, CWU	14.62/47-11.75	23rd	12/8/18
<b>Shot Put</b>	Jake Knight, NNU	17.28/56-8.5	14th	12/8/18
	Josh Koch, CU	53-9/16.38	35th	1/25/19
	Brady Ostermiller, MSUB	52-11.5/16/14	44th	1/24/19
<b>Weight Throw</b>	Aidan Cain, CWU	57-10.75/17.63	29th	1/18/19
<b>Heptathlon</b>	Braydon Maier, CWU	5,156c	8th	11/30/18
	Giovanni Brown, CU	4,985	17th	1/25/19
	Dakota Tidwell, NNU	4,923	21st	1/18/19
	Ian Rinefort, WWU	4,829c	25th	11/30/18
	Seren Dances, WWU	4,795c	32nd	11/30/18

c - Mark Converted For Track Size

## WOMEN'S AUTOMATIC QUALIFIERS AS OF JAN. 29, 2019

Event	Athlete	Mark	Rank	Date
<b>3,000 Meters</b>	Caroline Kurgat, UAA	9:07.05	1st	1/12/19
<b>5,000 Meters</b>	Caroline Kurgat, UAA	15:28.46	1st	1/25/19

## WOMEN'S PROVISIONAL QUALIFIERS AS OF JAN. 29, 2019

Event	Athlete	Mark	Rank	Date
<b>60 Meters</b>	Macie Allen, CU	7.68	T-29th	1/18/19
<b>800 Meters</b>	Addy Townsend, SFU	2:08.70	3rd	1/25/19
	Danielle McCormick, UAA	2:10.90	6th	1/25/19
	Sophie Dodd, SFU	2:13.11	9th	1/25/19
	Ruth Cavncara, UAA	2:14.04	13th	1/12/19
<b>3,000 Meters</b>	Alexa Shindruk, CWU	9:42.19	5th	1/25/19
<b>4x400 Relay</b>	Simon Fraser	3:50.03	10th	1/25/19
<b>DMR</b>	Simon Fraser	11:35.62	1st	1/25/19
	Alaska Anchorage	11:53.47	4th	1/25/19
<b>60m Hurdles</b>	Mariyah Vongsaveng, CWU	8.66	T-7th	12/8/18
<b>High Jump</b>	Maddie Taylor, WWU	1.73/5-8	T-6th	1/12/19
<b>Pole Vault</b>	Halle Irvine, CWU	3.93/12-10.75	2nd	12/8/18
	Anna Paradee, WWU	3.75/12-3.5	T-19th	1/12/19
<b>Long Jump</b>	Renick Meyer, SPU	5.76/18-10.75	T-11th	1/12/19
	HarLee Ortega, CWU	5.72/18-9.25	T-16th	11/30/18
	Brooke Williams, CWU	5.71/18-9	T-21st	12/8/18
<b>Triple Jump</b>	Keshara Romain, SMU	12.01/39-5	12th	12/8/18
	Brooke Williams, CWU	11.74/38-6.25	29th	12/8/18
	HarLee Ortega, CWU	11.71/38-5	32nd	1/12/19
<b>Shot Put</b>	Samantha La Rue, CWU	13.67/44-10.25	35th	1/12/19
<b>Weight Throw</b>	Kori Sprague, CU	17.02/55-10.25	32nd	1/25/19
<b>Pentathlon</b>	HarLee Ortega, CWU	3,729c	3rd	11/30/18
	Chelsea Bone, CU	3,514	14th	1/25/19

## 2019 NCAA DIVISION II INDOOR TRACK AND FIELD CHAMPIONSHIPS QUALIFYING STANDARDS

MEN			WOMEN	
NCAA Automatic	NCAA Provisional	Event	NCAA Automatic	NCAA Provisional
6.72	6.88	<b>60 Meters</b>	7.46	7.68
7.90	8.22	<b>60 Meter Hurdles</b>	8.42	8.81
21.21	21.74	<b>200 Meters</b>	23.97	24.89
47.32	48.58	<b>400 Meters</b>	54.45	56.65
1:49.45	1:53.25	<b>800 Meters</b>	2:08.32	2:14.12
4:02:24	4:11.12	<b>Mile</b>	4:44.72	4:58.90
8:03.28	8:23.09	<b>3,000 Meters</b>	9:29.46	9:58.00
14:05.18	14:41.43	<b>5,000 Meters</b>	16:33.62	17:27.66
3:12.20	3:16.99	<b>4x400 Relay</b>	3:43.34	3:51.01
9:47.20	10:04.81	<b>Distance Medley Relay</b>	11:35.38	12:04.60
2.15/7-0.5	2.04/6-8.25	<b>High Jump</b>	1.76/5-9.25	1.67/5-5.75
5.23/17-1.75	4.73/15-6.25	<b>Pole Vault</b>	4.02/13-2.25	3.57/11-8.5
7.59/24-11	7.11/23-4	<b>Long Jump</b>	6.10/20-0	5.65/18-6.5
15.47/50-9.25	14.45/47-5	<b>Triple Jump</b>	12.48/40-11.5	11.64/38-2.25
18.08/59-4	16.07/52-8.75	<b>Shot Put</b>	15.59/51-1.75	13.61/44-8
21.02/65-8.25	17.59/57-8.5	<b>Weight Throw</b>	19.87/65-2.25	16.97/55-8.25
5,353	4,710	<b>Heptathlon/Pentathlon</b>	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](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
Jan. 29	None

## USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 2 - Jan. 29, 2019

Rk	School	Pts.	Prev.
1.	Ashland	187.38	1
2.	Tiffin	141.46	3
3.	Adams State	132.93	2
4.	Central Missouri	97.35	9
5.	Colorado Mines	89.08	11
6.	Grand Valley St.	88.63	5
7.	Academy of Art	86.74	10
8.	Findlay	83.97	4
9.	Angelo State	73.94	8
10.	Minnesota State	70.62	13
11.	West Texas A&M	67.40	6
12.	Western Colorado	63.20	12
13.	Northwest Missouri	61.10	16
14.	Lee (Tenn.)	59.54	7
15.	Mary	57.16	15
16.	American International	55.38	17
17.	Pittsburg State	49.60	20
18.	Northwood (Mich.)	43.56	19
19.	CSU-Pueblo	41.92	27
20.	Saint Augustine's	37.93	28
21.	Limestone	37.31	14
22.	Chadron State	36.99	21
23.	Texas A&M-Commerce	35.90	32
24.	Colorado Mesa	35.53	18
25.	Saginaw Valley St.	31.36	22

## USTFCCCA WEST REGION TEAM INDEX

as of Jan. 29, 2019

Rk	School	Pts.	Prev.
1.	Azusa Pacific	323.66	1
2.	<b>Western Washington</b>	<b>298.01</b>	<b>4</b>
3.	Academy of Art	292.00	2
4.	<b>Central Washington</b>	<b>270.96</b>	<b>3</b>
5.	<b>Montana State Billings</b>	<b>244.06</b>	<b>7</b>
6.	<b>Alaska Anchorage</b>	<b>231.72</b>	<b>8</b>
7.	<b>Northwest Nazarene</b>	<b>219.02</b>	<b>5</b>
8.	<b>Concordia (Ore.)</b>	<b>201.03</b>	<b>6</b>
9.	<b>Simon Fraser</b>	<b>156.08</b>	<b>10</b>
10.	<b>Western Oregon</b>	<b>131.70</b>	<b>11</b>



[Complete Poll Online](#)

# Women's Indoor Regional & National Polls

## GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	CWU	SFU
Preseason	—	19th	—
Jan. 22	13th	12th	—
Jan. 29	7th	12th	14th

## USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 2 - Jan. 29, 2019

Rk	School	Pts.	Prev.
1.	Grand Valley St.	249.77	1
2.	Adams State	137.69	2
3.	Lincoln (Mo.)	128.41	3
4.	San Francisco St.	100.79	5
5.	UC-Colorado Springs	97.86	4
6.	Lewis	92.81	7
7.	<b>Alaska Anchorage</b>	<b>79.26</b>	<b>13</b>
8.	Azusa Pacific	73.51	18
9.	Indianapolis	67.39	10
10.	Missouri Southern	64.52	11
11.	Ashland	64.48	8
12.	<b>Central Washington</b>	<b>62.99</b>	<b>12</b>
13.	Franklin Pierce	54.17	23
14.	<b>Simon Fraser</b>	<b>52.53</b>	<b>60</b>
15.	Pittsburg State	52.45	9
16.	Academy of Art	50.72	6
17.	Southwest Baptist	46.86	15
18.	Mount Olive	45.43	29
19.	Millersville	38.97	20
20.	Missouri S&T	37.56	19
21.	McKendree	34.82	17
22.	Mary	34.76	14
23.	Western Colorado	33.16	16
24.	West Texas A&M	32.96	22
25.	Oklahoma Baptist	31.37	21

## USTFCCCA WEST REGION TEAM INDEX

as of Jan. 29, 2019

Rk	School	Pts.	Prev.
1.	<b>Central Washington</b>	<b>376.26</b>	<b>1</b>
2.	San Francisco St.	337.56	2
3.	Azusa Pacific	259.80	5
4.	Academy of Art	216.50	3
5.	<b>Seattle Pacific</b>	<b>213.35</b>	<b>6</b>
6.	<b>Western Washington</b>	<b>198.52</b>	<b>7</b>
7.	<b>Alaska Anchorage</b>	<b>190.40</b>	<b>9</b>
8.	<b>Concordia</b>	<b>166.57</b>	<b>8</b>
9.	<b>Simon Fraser</b>	<b>162.76</b>	<b>10</b>
10.	Stanislaus State	155.84	4



[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)
<b>3,000 Meters</b>	<b>9:07.05</b>	<b>Caroline Kurgat, Alaska Anchorage (2019)#</b>
<b>5,000 Meters</b>	<b>15:28.46</b>	<b>Caroline Kurgat, Alaska Anchorage (2019)#</b>
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)
<b>Pole Vault</b>	<b>3.93/12-10.75</b>	<b>Halle Irvine, Central Washington (2018)</b>
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

# - Division II all-time all-conditions best (oversized track)



# 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	45.21/114-84
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, 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.

# 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.

**Fri., Jan. 22-Sat., Jan. 23**

**Air Force Invitational**

**at Cadet Field House, Colorado Springs, Colo.**

**Women (Top 3 GNAC Finishers):** None.

**Men (Top 3 GNAC Finishers):** 800 Meters - 2, Drake Henson, MSUB, 1:56.00. 3,000 Meters - 2, Ivan Colmenero, MSUB, 9:13.22; 3, Tyus Mendoza, MSUB, 9:24.94.

**UW Invitational**

**at Dempsey Indoor Center, Seattle, Wash.**

**Women (Top 3 GNAC Finishers):** 5,000 Meters - 1, Caroline Kurgat, UAA, 15:28.46 (Division II all-time best).

**Men (Top 3 GNAC Finishers):** High Jump - 2, Tyler Cronk, SMU, 6-9.75.