



Mar. 20, 2019 • Week 8  
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## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

#### Thurs., Mar. 21 - Fri., Mar. 22

Central Washington at Sam Adams Combined Event  
Invitational, Spokane, Wash.

#### Fri., Mar. 22 - Sat., Mar. 23

Northwest Nazarene at NNU Invitational, Nampa, Idaho  
Seattle Pacific at Aztec Invitational, San Diego

#### Sat., Mar. 23

Montana State Billings at Yellow Jacket Spring Open,  
Spearfish, S.D.  
Alaska Anchorage, Central Washington, Concordia,  
Simon Fraser, Western Oregon at Willamette  
Invitational, Salem, Ore.

### LAST WEEK'S MEETS

#### Fri., Mar. 15-Sat., Mar. 16

##### Hornet Invitational

at Hornet Stadium, Sacramento, Calif.

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

**Men (Top 3 GNAC Finishers):** Shot Put - 3, Jake Knight,  
NNU, 56-5.25. Discus - 1, Jake Knight, NNU, 176-4.

##### L&C Spring Break Invitational at Eldon Fix Track, Portland, Ore.

**Women (Top 3 GNAC Finishers):** 100 Meters - 1,  
Hailey Sears, WOU, 12.90. 400m Hurdles - 3, Michaela  
Yonkman, WOU, 1:06.34. 4x400 Relay - 3, Concordia  
(Dalen Richardson, Gabby Hobson, Kaitlyn Bailly, Aysia  
Killingbeck), 4:23.94. Discus - 3, Moana Gianotti, WOU,  
136-10. Javelin - 1, Elizabeth Stottlemire, CU, 139-1; 2,  
Halie Korff, WOU, 132-8.

**Men (Top 3 GNAC Finishers):** 100 Meters - 2, Codi  
Blodgett, WOU, 11.25. 200 Meters - 2, Codi Blodgett,  
WOU, 22.41. 400 Meters - 1, Trey Reed, WOU, 50.99.  
800 Meters - 1, Justin Crosswhite, WOU, 1:54.80; 2,  
Neal Cranston, WOU, 1:57.45. 1,500 Meters - 2, Parker  
Marson, WOU, 3:57.31. Steeplechase - 3, Dylan Hayes,  
WWU, 9:25.57. High Jump - 3, Mitch Kruse, WOU, 5-8.5.  
Long Jump - 3, Mitch Kruse, WOU, 20-8.5. Shot Put - 1,  
Seth Bridge, CU, 49-8.25; 2, Caleb Bridge, CU, 47-9; 3,  
Owen Collins, WOU, 47-7.25. Discus - 1, Caleb Bridge,  
CU, 160-2; 2, Connor Jensen, CU, 143-11; 3, Karsten  
Collins, WOU, 143-4. Hammer - 1, Joe Denniston, CU,  
177-0; 2, Seth Bridge, CU, 160-11. Javelin - 1, Easton  
Christensen, CU, 206-9.

#### Sat., Mar. 16

##### Doris Heritage Track Festival at West Seattle Stadium, Seattle, Wash.

**Women (Top 3 GNAC Finishers):** 200 Meters - 3, Renick  
Meter, SPU, 26.13. 400 Meters - 1, Savannah Smith,  
WWU, 56.96. 800 Meters - 1, Krystal Kaufman, SPU,  
2:15.03; 3, Lily Tyrrell, CWU, 2:16.56. 1,500 Meters - 1,  
Kate Lilly, SPU, 4:35.56; 2, Kaylee Mitchell, SPU, 4:37.73;  
3, Dania Holmberg, SPU, 4:39.13. 5,000 Meters - 2,  
Sophia Galvez, WWU, 17:55.28; 3, Tovah Swartz-Ireland,  
WWU, 18:08.65. 100m Hurdles - 1, Renick Meter, SPU,  
14.74; 2, Sidney Trinidad, CWU, 14.98. Steeplechase - 1,  
Talia Dreicer, WWU, 11:32.96; 2, Peyton Shinnick, WWU,  
11:46.96; 3, Sadie Dalgleish, SMU, 13:16.48. 4x100 Relay  
- 1, Seattle Pacific, 47.52. 4x400 Relay - 1, Central Wash-  
ington, 3:57.62; 2, Seattle Pacific, 4:06.68. High Jump - 1,  
Maddie Taylor, WWU, 5-8.5; 2, Heather Faretta, WWU,  
5-5. Pole Vault - Tie 2, Brittany Stevens, CWU, 11-5.75; Tie  
2, Jewels Oliquiano, WWU, 11-5.75. Long Jump - 1, Halle  
Irvine, CWU, 17-3.5; Tie 2, Brooke Williams, CWU, 16-  
11.5; Tie 2, Keshara Romain, SMU, 16-11.5. Triple Jump  
- 1, Brooke Williams, CWU, 38-7; 2, Keshara Romain,  
SMU, 37-5.25; 3, Rose Walts, CWU, 36-2.25. Shot Put  
- 1, Brittany Dodge, WWU, 37-1.75; 3, Maya McFadden,  
WWU, 35-11.25. Hammer - 1, Holly Taylor, SFU, 149-0.  
Javelin - 1, Paige Shimkus, WWU, 146-2.

**Men (Top 3 GNAC Finishers):** 400 Meters - 2, Daniel Cal-  
deron, CWU, 49.75; 3, Ian Rinefort, WWU, 50.14. 800 Me-  
ters - 2, Jesse Phan, SPU, 1:56.77; 3, Macauley Franks,  
WWU, 1:57.71. 400m Hurdles - 2, Koby Okezie, WWU,  
55.45. Steeplechase - 3, Zack Sundt, CWU, 10:12.80.  
4x400 Relay - 1, Western Washington, 3:17.62; 2, Central  
Washington, 3:26.50. High Jump - 1, Tyler Cronk, SMU,  
7-0.5; 2, Tupre Wickliff, WWU, 6-7; 3, Mick Makrakis,  
WWU, 6-5. Pole Vault - 1, Craig Boyle, SMU, 15-5; 3, JT  
Konrad, WWU, 15-5. Long Jump - 1, Ethan Sterkel, WWU,  
22-9.25; 2, Seren Dances, WWU, 22-4.25; 3, Tyler Cronk,  
SMU, 22-3.75. Triple Jump - 1, Jacob Ringold, WWU,  
44-6; 2, Seren Dances, WWU, 43-10.5. Shot Put - 1, Ben  
Malquist, WWU, 48-10.25. Hammer - 2, Avery Lux, WWU,  
164-1; 3, Aidan Cain, CWU, 155-10. Javelin - 1, Cooper  
McNatt, WWU, 195-10; 2, Timothy Hatton, SFU, 189-6; 3,  
Mason Salley, WWU, 172-2.

#### Sat., Mar. 16

##### EOU Team Challenge at EOU Track, La Grande, Ore.

**Women's Team Scores:** Eastern Oregon 284.5, College  
of Idaho 198.5, Northwest Nazarene 88, Treasure Valley  
CC 39, Central Washington 10.

**Women (Top 3 GNAC Finishers):** 400 Meters - 1,  
Jasmyne Neria, CWU, 1:00.86; 2, MaKenna Conley,  
NNU, 1:04.03; 3, Breann Porter, NNU, 1:04.15. 100m  
Hurdles - 2, Ally Miran, NNU, 16.00. 400m Hurdles - 3,  
Ally Miran, NNU, 1:10.98. Pole Vault - 3, Kourtney Gwin,  
NNU, 10-0. Long Jump - 3, Anna DePew, NNU, 16-10.75.  
Triple Jump - 2, Katie Heckathorn, NNU, 34-6.25.

**Men's Team Scores:** Eastern Oregon 216, College of  
Idaho 167, Northwest Nazarene 136, Treasure Valley CC  
22, Central Washington 12.

**Men (Top 3 GNAC Finishers):** 100 Meters - 2, Isaiah  
Kahut, NNU, 11.63; 3, Cameron Willey, NNU, 11.76. 200  
Meters - 1, Logan Blake, NNU, 22.33; 3, Doc Porter,  
CWU, 22.82. 400 Meters - 3, Doc Porter, CWU, 50.45.  
800 Meters - 2, Godfrey Kemboi, NNU, 2:02.62. 110m  
Hurdles - 2, Skyler Galvan, NNU, 16.02; 3, Dakota Tid-  
well, NNU, 16.55. 4x400 Relay - 1, Northwest Nazarene  
(Logan Blake, Dakota Tidwell, Blaine Kreutz, Zachary  
Magee), 3:23.86. High Jump - Tie 1, Dakota Tidwell,  
NNU, 6-2.75. Long Jump - 2, Dakota Tidwell, NNU,  
21-5.25; 3, Blaine Kreutz, NNU, 21-2.5. Triple Jump - 2,  
Zach Booker, NNU, 41-5. Shot Put - 2, Cody Robbins,  
NNU, 44-11.75.

##### Peyton Scoring Meet

at Baker Stadium, Tacoma, Wash.

**Women's Team Scores:** Puget Sound 137, Spokane CC  
94, Olympic CC 82, Green River CC 75, Pacific Lutheran  
67, Saint Martin's 18, Yelm Tornado TC 9, Central  
Washington 6.

**Women (Top 3 GNAC Finishers):** Discus - 2, Megan  
Vernoy, SMU, 132-3; 3, Avery Fisk, CWU, 123-8. Ham-  
mer - 1, Liz Larson, SMU, 174-9.

**Men's Team Scores:** Puget Sound 123, Olympic CC  
107, Spokane CC 83, Green River CC 70, Saint Martin's  
34, Central Washington 34, Pacific Lutheran 20, Tacoma  
City RC 4.5.

**Men (Top 3 GNAC Finishers):** Shot Put - 1, Micah  
Au-Haupt, SMU, 43-7.75. Discus - 1, Aidan Cain, CWU,  
147-2; 2, Martin Napeahi, CWU, 141-3; 3, Riley Maier,  
CWU, 133-11. Hammer - 3, Cade Harris, SMU, 135-10.

# GNAC Track & Field Athletes of the Week



**MEN'S TRACK**  
**Dylan Hayes, Western Washington**  
 Senior • Seattle, Wash.

Hayes was the top Division II finisher in the steeplechase at the L&C Spring Break Open. Hayes placed third in a time 9:25.37. The leading time in the GNAC so far this season, the performance also ranks ninth in Division II.

**Also Nominated:** Judd Lewis (Concordia), Michael Russell (Saint Martin's), Justin Crosswhite (Western Oregon).



**WOMEN'S TRACK**  
**Savannah Smith, Western Washington**  
 Senior • Renton, Wash.

Smith won the 400 meters by over a second at the Doris Heritage Track Festival in Seattle. Her winning time of 56.96 seconds leads the GNAC and ranks ninth in Division II this season.

**Also Nominated:** Dalen Richardson (Concordia), Artresa Nickelson (Saint Martin's), Hailey Sears (Western Oregon).



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

Cronk went over seven feet in the high jump for the first time in his outdoor collegiate career, winning the high jump at the Doris Heritage Track Festival. His mark of 7 feet, 0.5 inches is an automatic qualifier for the NCAA Championships and is No. 2 on the GNAC All-Time List. He leads the nation and is a half-inch short of the GNAC record of 7 feet, 1 inch.

**Also Nominated:** Easton Christensen (Concordia), Jake Knight (Northwest Nazarene), Cooper McNatt (Western Washington).



**WOMEN'S FIELD**  
**Maddie Taylor, Western Washington**  
 Senior • Seattle, Wash.

Taylor took over as the Division II national leader in the high jump with her victory at the Doris Heritage Track Festival. Taylor won by over three inches with a clearance of 5 feet, 8.5 inches, which is an NCAA Championships provisional qualifier. The mark ties her for fifth on the GNAC All-Time List and leads Division II by an inch-and-a-half.

**Also Nominated:** Katrina Linenko (Concordia), Liz Larson (Saint Martin's).

## 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
Jan. 21-27	Pierre-Louis Detourbe, SFU	Giovanni Brown, CU	Caroline Kurgat, UAA	Chelsea Bone, CU
Jan. 28-Feb. 3	Aaron Ahl, SFU	Isaiah Girard, MSUB	Addy Townsend, SFU	HarLee Ortega, CWU
Feb. 4-10	Justin Crosswhite, WOU	Tyler Cronk, SMU	Olivia Woods, WOU	Jackie Mahowald, NNU
Feb. 18-24	Max Carmona, WOU	Jake Knight, NNU	Alexa Shindruk, CWU	Anna Paradee, WWU
Feb. 25 - Mar. 3	Jackson Hand, SMU	Craig Boyle, SMU	Ana Popchock, WOU	Raquel Pellecer, WWU
Mar. 4-10	Cordell Cummings, WWU	Josh Koch, CU	Molly House, WWU	Liz Larson, SMU
Mar. 11-17	Dylan Hayes, WWU	Tyler Cronk, SMU	Savannah Smith, WWU	Maddie Taylor, WWU

Complete Player of the Week releases are available online at [GNACsports.com](http://GNACsports.com).

# Around The GNAC

## ALASKA ANCHORAGE



- Alaska Anchorage will open the 2019 outdoor season on Saturday, competing in the Willamette Invitational in Salem, Oregon.
- Alaska Anchorage posted the best point total ever for a GNAC team at the NCAA Division II Indoor Track and Field Championships. The Seawolves' women placed fourth with 34 points. The UAA men tied for 52nd place with two points.
- Senior **Caroline Kurgat** was the high point-scorer in the women's meet with 32 points thanks to her two national titles. Kurgat won the 3,000 meters in a meet record time of 9:15.45, won the 5,000 meters in a meet-record time of 16:06.37 and anchored the Seawolves' distance medley relay team. Kurgat was named earlier this week the USTFCCA Division II Women's Indoor Track Athlete of the Year.
- The DMR team of **Ruth Cvancara, Vanessa Aniteye, Danielle McCormick** and Kurgat placed second with a time of 11:26.00, five seconds behind national champion Adams State. The time was just short of the quartet's season-best of 11:23.47, which is the sixth-fastest in Division II history.
- The Seawolves' lone men's points came from the DMR team of **Felix Kemboi, Nathaniel Brunett, Eduardo Orozco** and **Drew Johnson**, which placed seventh in a time of 9:50.04. That performance ranks No. 8 on the GNAC All-Time List.

## CENTRAL WASHINGTON



- Central Washington split its squad three ways last weekend, sending athletes to the Peyton Scoring Meet in Tacoma, the Doris Heritage Track Festival in Seattle and the EOU Team Challenge in La Grande, Oregon.
- The Wildcats saw its most victories come in the field events at the Doris Heritage Track Festival. Junior **Halle Irvine** won the long jump with a mark of 17 feet, 3.5 inches, with senior Brooke Williams finishing in a tie for second at 16 feet, 11.5 inches. Junior **Brittany Dodge** took the shot put with a mark of 37 feet, 1.75 inches. The Wildcat women's 4x400-meter relay was also a winner in a time of 3:57.62.
- Junior **Daniel Calderon** placed second in the men's 400 meters in a time of 49.75 seconds, which currently ranks at the top time in the GNAC this season.
- At the Peyton Scoring Meet, senior **Trevaughn Scott** won the men's 400 meters in a time of 50.96 seconds, giving the Wildcats three runners in the GNAC's top-six in the event. Junior **Aidan Cain** won the discus with his winning mark of 147 feet, 2 inches.
- At the EOU Team Challenge, sophomore **Jasmyne Neria** won the women's 400 meters in a time of 1:00.86, leading a top-three sweep for the GNAC. Junior **Doc Porter** placed third in both the 200 meters (22.82) and the 400 meters (50.45) to lead the CWU men.
- Central Washington will send its multi-event athletes to Spokane for the Sam Adams Combined Event Invite on Thursday with the rest of the squad competing in the Willamette Invitational on Saturday in Salem, Oregon.

## CONCORDIA



- Concordia's throwers continued another strong start to the season with performances at the L&C Spring Break Open in Portland.
- Senior **Easton Christensen** picked up an NCAA Championships provisional qualifying mark in the men's javelin. His winning throw of 206 feet, 9 inches is the second throw in the conference over 200 feet this season and ranks him fourth in Division II.
- Sophomore **Elizabeth Stottlemyre** also picked up a provisional qualifying mark in the women's javelin, winning with a mark of 139 feet, 1 inch. That is the third-best mark in the GNAC this season and sixth in Division II.
- Junior **Caleb Bridge** won the men's discus with a mark of 160 feet, 2 inches, that ranks him second in the GNAC. He also placed second in the hammer with a mark of 160 feet, 11 inches. Sophomore **Seth Bridge** won the shot put with a mark of 49 feet, 8.25 inches and was second in the discus at 143 feet, 11 inches.
- Junior **Joe Denniston** earned the win in the men's hammer with his mark of 177 feet. A season-best, the mark ranks second in the GNAC this season.
- The women's 4x400-meter relay topped a short roster of Concordia runners competing, placing third in a time of 4:23.94.
- The Cavaliers return to competition on Saturday, taking part in the Willamette Invitational in Salem, Oregon.

## MONTANA STATE BILLINGS



- Montana State Billings did not advance any competitors to the NCAA Indoor Championships. The Yellowjackets open the outdoor season on Saturday at the Yellow Jacket Spring Open in Spearfish, S.D.

## NORTHWEST NAZARENE



- A pair of school records for senior **Jake Knight** led Northwest Nazarene's performances at both the Hornet Invitational and the EOU Team Challenge.
- Competing at the Hornet Invitational, Knight won the discus with a mark of 176 feet, 4 inches. That broke the previous NNU record of 168-3 set by Kevin Rima in 2014. It was also an NCAA Championships provisional qualifying mark, leads Division II this season and is No. 4 on the GNAC All-Time List. Knight also placed third in the shot put. The mark of 56 feet, 5.25 inches, broke John Van Beuren's record of 53-9 set in 2018. That is also a provisional qualifying mark, ranking Knight fifth in Division II and fifth on the GNAC All-Time List.
- Two other NNU athletes had top-five finishes against the Division I laden field in Sacramento. Senior **Micah Tranch** placed fifth in the men's javelin at 182-10 while junior **Jackie Mahowald** was fifth in the women's triple jump with a personal best of 38 feet, 9.5 inches.
- Sophomore **Dakota Tidwell** led the Nighthawks' efforts at the EOU Team Challenge. He won the men's high jump with a mark of 6 feet, 2.75 inches, placed second in the long jump (21-5.25) and third in the 110-meter hurdles (16.55 seconds). He also ran on the NNU 4x400-meter relay team that won in a time of 3:23.86.
- Junior Logan Blake won the men's 200 meters with a time of 22.33 seconds. Junior Ally Miran led the NNU women as she placed in the 100-meter hurdles in 16 seconds. Sophomore Katie Heckathorn was second in the triple jump (34-6.25).
- The Nighthawks will host their lone meet of the season, the NNU Invitational, on Friday and Saturday.

# Around The GNAC

## SAINT MARTIN'S



- NCAA Championships qualifying performances for freshman **Tyler Cronk** and senior **Liz Larson** led the Saints at the Doris Heritage Track Festival and the Peyton Scoring Meet.
- Competing in Seattle for his first outdoor meet of the season, Cronk won the men's high jump with a mark of 7 feet, 0.5 inches. The mark is an automatic qualifier for nationals and ties him for first in Division II this season. It also earned Cronk selection as the GNAC Men's Field Athlete of the Week.
- Larson, competing in Tacoma, improved her provisional qualifying mark in the women's hammer as she won with a mark of 174 feet, 9 inches. That ranks her No. 3 in Division II this season and leads the GNAC by 33 feet.
- Senior **Craig Boyle** was a winner in the men's pole vault at the Doris Heritage meet, clearing 15 feet, 5 inches.
- Freshman **Micah Au-Haupt** joined Larson as a winner in the field events at the Peyton Scoring Meet, winning the shot put with a mark of 43 feet, 7.75 inches. Senior **Megan Vernoy** placed second in the discus with a mark of 132 feet, 3 inches.
- Saint Martin's will not compete at a meet this weekend. The Saints' multi-eventers will return to competition on Mar. 25 and 26 at the Boxer Combined Event in Forest Grove, Oregon.

## SEATTLE PACIFIC



- Outstanding performances in the 1,500 meters led Seattle Pacific as it hosted its only meet of the outdoor season on Saturday, the Doris Heritage Track Festival.
- The women scored a 1-2-3 finish in the 1,500 meters. Junior **Kate Lilly** led the way with her winning time of 4:35.56. Freshman **Kaylee Mitchell** was second in 4:37.73 while junior **Dania Holmberg** was third in 4:39.13.
- Freshman **Colby Otero** ducked under four minutes in the men's 1,500 for the first time, placing seventh with a time of 3:59.82.
- Senior **Jesse Phan** had the Falcons' best men's finish, taking second place in the 800 meters with a time of 1:56.77. The time ranks third in the GNAC this season.
- Freshman **Krystal Kaufman** added a victory in the women's 800 meters with a time of 2:15.03.
- Sophomore **Renick Meyer** won the women's 100-meter hurdles in a time of 14.74 seconds and took third in the 200 meters in 26.13 seconds. Meyer also ran the leadoff leg on the Falcons' winning 4x100-meter relay team, which clocked a time of 47.52 seconds.
- A select group of Seattle Pacific athletes will be in action in San Diego this weekend, competing at the Aztec Invitational. It will include the first multi-event competition for the Falcons this season.

## SIMON FRASER



- Top-three finishes in the field events led a limited Simon Fraser roster that competed at the Doris Heritage Track Festival on Saturday.
- Sophomore **Holly Taylor** won the women's hammer with a mark of 149 feet. The performance is second-best in the GNAC this season.
- Freshman **Timothy Hatton** took second place in the men's javelin with a toss of 189 feet, 6 inches. That ranks fourth in the GNAC this season. Freshman **Bryan Cortes** placed fourth with a toss of 169 feet, 1 inch.
- Freshman **Lauren Fridman** finished seventh in the women's javelin with a mark of 123 feet, 5 inches.
- The full Simon Fraser squad is expected to be in action this weekend on Saturday in Salem, Oregon, at the Willamette Invitational.

## WESTERN OREGON



- A trio of individual victories led a solid weekend for Western Oregon at the L&C Spring Break Open in Portland.
- Junior **Justin Crosswhite** led the way as he won the men's 800 meters in a GNAC season-best time of 1:54.80. Sophomore **Trey Reed** added a victory in the men's 400 meters with a time of 50.99 seconds.
- Senior **Hailey Sears** collected the victory in the 100 meters with a time of 12.90 seconds that ranks sixth in the GNAC.
- Senior **Codi Blodgett** placed second in both of his races, clocking 11.25 seconds in the men's 100 meters and 22.41 seconds in the 200 meters. Blodgett ranks third in the GNAC in the 100 and fourth in the 200.
- In the distances, senior **Parker Marson** led the Wolves with a third-place finish in the men's 1,500 meters with a time of 3:57.31. The time currently leads the GNAC.
- In the throws, sophomore **Moana Gianotti** threw a lifetime best of 136 feet, 10 inches in the women's discus to place third. She moved up to No. 7 on the WOU All-Time List and currently ranks second this season in the GNAC.
- Western Oregon returns to action this weekend at the Willamette Invitational in Salem, Oregon. The Wolves' multi-eventers will compete on Monday and Tuesday at the Boxer Combined Event in Forest Grove, Oregon.

# Around The GNAC

## WESTERN WASHINGTON



- Western Washington saw three GNAC Athlete of the Week worthy performances at both the Doris Heritage Track Festival and the L&C Spring Break Open.
- Senior **Maddie Taylor** set the WWU record in the women's high jump at the Doris Heritage meet, winning the event with a clearance of 5 feet, 8.5 inches. That broke a 35-year-old record of 5-8.25 set by Kristy Dees in 1984. The NCAA provisional qualifying mark leads the GNAC, is tied for No. 5 on the GNAC All-Time List and earned Taylor selection as the GNAC Women's Field Athlete of the Week.
- Senior **Savannah Smith** was selected as the GNAC Women's Track Athlete of the Week after she won the 400 meters at the Doris Heritage in 56.96 seconds. The time currently leads the GNAC by nearly a second.
- Competing at the L&C Spring Break Open, senior **Dylan Hayes** won the steeplechase in a time of 9:25.57 to earn GNAC Men's Track Athlete of the Week honors. The time ranks first in the GNAC by seven seconds.
- Sophomore **Cooper McNatt** threw for an NCAA Championships provisional qualifying mark in the men's javelin in Seattle. His winning mark of 195 feet, 10 inches, ranks third in the GNAC and is tied for seventh in Division II.
- Other event winners for the Vikings in the Doris Heritage include sophomore **Talia Dreicer** in the women's steeplechase (11:32.96), senior **Cordell Cummings** in the men's 110-meter hurdles (14.92), freshman **Ethan Sterkel** in the men's long jump (22-9.25) and sophomore **Ben Malquist** in the men's shot put (48-10.25). The WWU men also won the 4x400-meter relay in a time of 3:17.62.
- Western Washington is off this weekend, returning to competition at the Mike Fanelli Track Classic in Hayward, California from Mar. 28-30 and at the UBC Invitational in Vancouver, B.C., on Mar. 30 and 31.

# GNAC Qualifiers For NCAA Outdoor Championships

## MEN AUTOMATIC QUALIFIERS AS OF MAR. 19, 2019

Event	Athlete	Mark	Rank	Date
High Jump	Tyler Cronk, SMU	2.15/7-0.5	T-1st	3/16/19

## MEN PROVISIONAL QUALIFIERS AS OF MAR. 10, 2019

Event	Athlete	Mark	Rank	Date
Shot Put	Jake Knight, NNU	17.20/56-5.25	5th	3/15/19
	Josh Koch, CU	16.22/53-2.75	10th	3/2/19
Discus	Jake Knight, NNU	53.74/176-4	1st	3/15/19
Javelin	Easton Christensen, CU	63.03/206-9	4th	3/16/19
	Dalton Rasmussen, CU	62/68/205-8	5th	3/9/19
	Cooper McNatt, WWU	59.70/195-10	T-7th	3/16/19

## WOMEN'S PROVISIONAL QUALIFIERS AS OF MAR. 19, 2019

Event	Athlete	Mark	Rank	Date
400m Hurdles	Sidney Trinidad, CWU	1:01.00	4th	3/16/19
Steeplechase	Kaylee Mitchell, SPU	10:51.22	2nd	3/9/19
High Jump	Maddie Taylor, WWU	1.74/5-8.5	1st	3/16/19
Shot Put	Katrina Linenko, CU	13.8145-3.75	7th	3/16/19
Hammer	Liz Larson, SMU	53.26/174-9	3rd	3/15/19
Javelin	Raquel Pellecer, WWU	47.31/155-2	3rd	3/2/19
	Paige Shimkus, WWU	46.34/152-0	4th	3/9/19
	Elizabeth Stottlemire, CU	42.39/139-1	6th	3/16/19
	Darian Wilson, WOU	42.36/139-0	7th	3/9/19
	Hannah Nienaber, WWU	41.85/137-4	12th	3/2/19

# GNAC & NCAA Championships Qualifying Standards

MEN			EVENT	WOMEN		
GNAC	NCAA Prov.	NCAA Auto		GNAC	NCAA Prov.	NCAA Auto.
10.88	10.58	10.28	100 Meters	12.47	11.93	11.50
22.06	21.36	20.75	200 Meters	25.39	24.33	23.59
48.62	47.77	46.23	400 Meters	57.73	55.96	53.46
1:54.03	1:52.03	1:48.78	800 Meters	2:13.14	2:12.18	2:07.15
3:54.86	3:50.52	3:44.28	1,500 Meters	4:33.30	4:33.24	4:22.06
14:56.91	14:32.80	13:54.33	5,000 Meters	16:50.38	17:10.86	16:10.21
31:28.02	30:42.74	29:13.60	10,000 Meters	37:08.97	36:35.97	34:13.34
15.24	14.53	13.89	110/100m Hurdles	14.83	14.22	13.51
54.84	53.42	51.34	400m Hurdles	1:03.43	1:01.92	59.05
9:13.88	9:15.02	8:52.85	Steeplechase	11:11.32	11:01.67	10:12.97
1.96 / 6-5	2.04 / 6-8.25	2.15 / 7-0.5	High Jump	1.62 / 5-3.75	1.67 / 5-5.75	1.77 / 5-9.75
4.51 / 14-9.5	4.80 / 15-9	5.20 / 17-0.75	Pole Vault	3.23 / 10-7	3.65 / 11-11.75	4.08 / 13-4.5
6.89 / 22-7.25	7.25 / 23-9.5	7.68 / 25-2.5	Long Jump	5.38 / 17-8	5.80 / 19-0.25	6.29 / 20-7.5
13.93 / 45-8.5	14.66 / 48-1.25	15.69 / 51-5.75	Triple Jump	11.56 / 37-11.25	11.85 / 38-10.5	12.77 / 41-10.75
15.47 / 50-9.25	16.16 / 53-0.25	18.36 / 60-3	Shot Put	12.82 / 42-0.75	13.76 / 45-1.75	15.74 / 51-7.75
48.57 / 159-4	49.78 / 163-4	56.11 / 184-1	Discus	41.00 / 134-6	45.11 / 148-0	52.79 / 173-2
54.43 / 178-7	55.08 / 180-8	65.03 / 213-4	Hammer	49.38 / 162-0	51.812 / 170-0	60.45 / 198-4
59.10 / 193-11	58.68 / 192-6	68.34 / 224-2	Javelin	44.71 / 146-8	41.59 / 136-5	49.44 / 162-2
6,280	6,300	7,242	Dec./Hep.	4,520	4,504	5,195
NA	41.09	40.20	4x100 Relay	NA	46.86	45.52
NA	3:13.91	3:09.18	4x400 Relay	NA	3:48.20	3:40.10

**GNAC Championships:** The top-20 performers as listed in TFRRS will qualify for the championship meet in addition to any performers who meet the GNAC standard.

# Men's Outdoor Regional & National Polls

## GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	CU	NNU	WWU
Mar. 19	23rd	21st	8th

## USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 1 - Mar. 19, 2019

Rk	School	Pts.	Prev.
1.	Chico State	238.47	9
2.	Angelo State	233.42	7
3.	Embry-Riddle (Fla.)	179.67	NR
4.	UC San Diego	173.02	40
5.	Lee (Tenn.)	164.57	19
6.	Cal Poly Pomona	148.92	44
7.	Academy of Art	142.34	7
8.	<b>Western Washington</b>	<b>125.65</b>	<b>40</b>
9.	Saint Augustine's	105.52	4
10.	Stanislaus State	95.18	55
11.	Albany State (Ga.)	94.44	26
12.	Colorado Mines	74.24	10
13.	Mount Olive	70.26	35
14.	Azusa Pacific	70.09	44
15.	Adams State	69.58	13
16.	Alabama-Huntsville	66.43	55
17.	Nova Southeastern	64.31	NR
18.	UC-Colorado Springs	60.98	61
19.	Cal State San Marcos	60.38	NR
20.	St. Thomas Aquinas	57.34	NR
21.	<b>Northwest Nazarene</b>	<b>55.03</b>	<b>77</b>
22.	Queens (N.C.)	54.35	28
23.	<b>Concordia (Ore.)</b>	<b>53.21</b>	<b>77</b>
24.	Morehouse	53.05	NR
25.	Cal State LA	50.99	68

## USTFCCCA WEST REGION TEAM INDEX

as of Mar. 19, 2019

Rk	School	Pts.	Prev.
1.	Chico State	906.84	—
2.	UC San Diego	775.75	—
3.	Cal Poly Pomona	674.57	—
4.	<b>Western Washington</b>	<b>544.48</b>	—
5.	Academy of Art	419.05	—
6.	Azusa Pacific	360.63	—
7.	Stanislaus State	359.26	—
8.	Cal State San Marcos	358.61	—
9.	Cal State LA	355.45	—
10.	Fresno Pacific	238.75	—



[Complete Poll Online](#)

# Women's Outdoor Regional & National Polls

## GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	SPU	WWU
Mar. 19	15th	7th

## USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 1 - Mar. 19, 2019

Rk	School	Pts.	Prev.
1.	Angelo State	267.05	3
2.	Azusa Pacific	207.39	19
3.	UC San Diego	200.74	73
4.	San Francisco St.	180.67	10
5.	Academy of Art	172.99	35
6.	Fresno Pacific	164.26	40
7.	<b>Western Washington</b>	<b>134.36</b>	<b>55</b>
8.	Cal Poly Pomona	116.79	NR
9.	Stanislaus State	108.77	65
10.	Alabama-Huntsville	95.38	NR
11.	CSU-Pueblo	86.29	70
12.	Concordia (Calif.)	79.98	73
13.	West Texas A&M	76.79	6
14.	Cal State LA	76.39	59
15.	<b>Seattle Pacific</b>	<b>73.96</b>	<b>50</b>
16.	UC-Colorado Springs	73.30	29
17.	Chico State	69.57	24
18.	Mount Olive	58.62	16
19.	Saint Augustine's	52.58	2
20.	Humboldt State	51.67	73
21.	Slippery Rock	50.86	24
22.	Western Colorado	49.87	8
23.	Lee (Tenn.)	49.32	73
24.	Point Loma	47.57	NR
25.	Benedict	46.90	NR

## USTFCCCA WEST REGION TEAM INDEX

as of Mar. 19, 2019

Rk	School	Pts.	Prev.
1.	UC San Diego	631.73	—
2.	Azusa Pacific	535.98	—
3.	Fresno Pacific	506.23	—
4.	Cal Poly Pomona	396.36	—
5.	Academy of Art	396.36	—
6.	San Francisco St.	382.41	—
7.	<b>Western Washington</b>	<b>372.49</b>	—
8.	Stanislaus State	369.70	—
9.	Concordia (Calif.)	353.24	—
10.	Chico State	311.75	—



[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 9:58.18 Simon Fraser (2019)**

**Pierre-Louis Detourbe, Nate St. Romain, Aaron Ahl, Rowan Doherty**

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)
<b>Long Jump</b>	<b>6.95/22-9.75</b>	<b>James Phillips, Concordia (2018)</b>
		<b>Kodiak Landis, Central Washington (2019)</b>
<b>Shot Put</b>	<b>13.69/44-11</b>	<b>Giovanni Brown, Concordia (2019)</b>
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)
<b>1,000 Meters</b>	<b>2:41.39</b>	<b>Giovanni Brown, Concordia (2019)</b>

## 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 11:23.47 Alaska Anchorage (2019)**

**Ruth Cvancara, Vanessa Aniteye, Danielle McCormick, Caroline Kurgat**

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>
<b>Long Jump</b>	<b>5.98/19-7.5</b>	<b>Peace Igbonagwam, Seattle Pacific (2019)</b>
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 11:23.47**

**Ruth Cvancara, Vanessa Aniteye, Danielle McCormick, Caroline Kurgat**

High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2014)
Pole Vault	3.91/12-10	Alison Silva, Northwest Nazarene (2014)
<b>Long Jump</b>	<b>5.98/19-7.5</b>	<b>Peace Igbonagwam, Seattle Pacific (2019)</b>
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)
<b>Pentathlon</b>	<b>3,815</b>	<b>Scout Cai, Seattle Pacific (2019)</b>

## CONFERENCE MEET PENTATHLON EVENTS

60m Hurdles	8.75	Rosie Smith, Alaska Anchorage (2016)
<b>High Jump</b>	<b>1.69/5-6.5</b>	<b>Taylor Fettig, Central Washington (2014 &amp; 2015)</b>
		<b>Karolin Anders, Alaska Anchorage (2015)</b>
		<b>Geneva Lehnert, Seattle Pacific (2017)</b>
		<b>Scout Cai, Seattle Pacific (2019)</b>
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	45.21/14-84
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	47.55
800 Meters	1:49.31
1,500 Meters	3:47.37
5,000 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.

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

## Jacksons Open/Nike Boise Indoor

at Jacksons Track, Nampa, Idaho

**Women (Top 3 GNAC Finishers):** 60m Hurdles - 2, Lexi Tubbs, NNU, 8.94.

**Men (Top 3 GNAC Finishers):** DMR - 3, Montana State Billings (Ase Ackerman, Kyle McLaughlin, Drake Henson, Mark Hovland), 10:44.21. High Jump - 2, Isaiah Girard, MSUB, 6-9. Long Jump - 3, Ty Stanton, MSUB, 22-5.75. Triple Jump - 2, Ty Stanton, MSUB, 45-2.5. Shot Put - 3, Jake Knight, NNU, 54-11.25. Weight Throw - 2, Canyon Anderson, NNU, 55-6.5.

## Cougar Indoor

at WSU Indoor Center, Pullman, Wash.

**Women (Top 3 GNAC Finishers):** 60 Meters - 3, Meyer Quaynor, SFU, 7.82. 200 Meters - 2, Aujanique Doss, CWU, 26.54. 400 Meters - 1, Sidney Trinidad, CWU, 58.86; 3, Noelia Juarez, CWU, 1:00.70. 800 Meters - 1, Paige Nock, SFU, 2:20.06; 3, Mairin Shields-Brown, SFU, 2:20.28. Mile - 1, Kate Lilly, SPU, 5:09.89; 2, Kellie Washenberger, SPU, 5:11.43; 3, Paige Nock, SFU, 5:12.42. 3,000 Meters - 1, Kate Lilly, SPU, 10:21.93; 2, Kellie Washberger, SPU, 10:23.04. High Jump - 3, Geneva Lehnert, SPU, 5-3. Long Jump - 1, Brooke Williams, CWU, 18-1.75; 3, Peace Igbonagwam, SPU, 17-11. Triple Jump - 1, Peace Igbonagwam, SPU, 36-7.5. Shot Put - 3, Avery Fisk, CWU, 39-0.5. Weight Throw - 2, Mariah Gronbach, WOU, 52-2.5. Pentathlon - 1, HarLee Ortega, CWU, 3,651; 3, Scout Cai, SPU, 3,536.

**Men (Top 3 GNAC Finishers):** 400 Meters - 2, Daniel Calderon, CWU, 50.64; 3, Trevaughn Scott, CWU, 51.32. 800 Meters - 3, Simon Walsh, WOU, 1:59.54. Mile - 1, Kyler Sager, WWU, 4:22.63; 3, James Jespersen, WWU, 4:24.91. 3,000 Meters - 2, Dylan Hayes, WWU, 8:50.80; 3, Colby Otero, SPU, 8:53.99. 5,000 Meters - 2, Shad Galloway, SPU, 15:53.79; 3, Colin Boutin, SPU, 15:56.66. 4x400 Relay - 1, Central Washington (Daniel Calderon, Ryan Gunther, Trevaughn Scott, Doc Porter), 3:26.13. Long Jump - 2, Silas Newby, SPU, 20-10.75. Triple Jump - 2, Zach Whittaker, CWU, 46-9.5; 3, Silas Newby, SPU, 41-5.75. Shot Put - 1, Aidan Cain, CWU, 51-1; 3, Karsten Collins, WOU, 47-1.75. Weight Throw - 2, Aidan Cain, CWU, 58-3.75. Heptathlon - 1, Kodiak Landis, CWU, 5,194; 3, Michael Forster, CWU, 4,812.

## Bruce Lehane Scarlet & White Classic

at Boston University Track & Tennis Center, Boston, Mass.

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

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

Fri., Feb. 8

## Husky Classic

at Dempsey Indoor Center, Seattle, Wash.

**Women (Top 3 GNAC Finishers):** 400 Meters - 1, Erykah Weems, CWU, 56.82. 60m Hurdles - 2, Mariyah Vongsaveng, CWU, 8.78. High Jump - 3, Heather Faretta, WWU, 5-4.25.

**Men (Top 3 GNAC Finishers):** 400 Meters - 2, Myles Smith, WWU, 50.31. 60m Hurdles - 3, Cordell Cummings, WWU, 8.55. High Jump - 1, Tyler Cronk, SMU, 7-1.

Fri., Feb. 8 - Sat., Feb. 9

## GVSU Big Meet

at Kelly Family Sports Center, Allendale, Mich.

**Women (Top 3 GNAC Finishers):** 400 Meters - 2, Olivia Woods, WOU, 56.71.

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

Sat., Feb. 9

## Bronco Challenge

at Jacksons Indoor Center, Nampa, Idaho

**Women (Top 3 GNAC Finishers):** 60m Hurdles - 3, Lexi Tubbs, NNU, 8.79.

High Jump - 3, Katie Conklin, NNU, 5-3.75. Triple Jump - 2, Jackie Mahowald, NNU, 38-5.

**Men (Top 3 GNAC Finishers):** 400 Meters - 2, Logan Blake, NNU, 49.32. High Jump - Tie 3, Micah Tranch, NNU, 6-2.75. Shot Put - 2, Jake Knight, NNU, 54-11.5. Weight Throw - 2, Canyon Anderson, NNU, 52-6.5; 3, Brayden Eiland, NNU, 50-3.5.

# 2018-19 GNAC Indoor Meet Summaries

**Feb 15-16, 2019**

## **GNAC Indoor Track & Field Championships at Jacksons Indoor Center, Nampa, Idaho**

**Women's Team Scores:** Seattle Pacific 154, Central Washington 150, Alaska Anchorage 83, Western Washington 79, Simon Fraser 70, Concordia 49, Western Oregon 29, Northwest Nazarene 28, Saint Martin's 17, Montana State Billings 3.

**Women's Champions:** 60 Meters - Macie Allen, CU, 7.58. 200 Meters - Grace Bley, SPU, 24.86. 400 Meters - Erykah Weems, CWU, 56.24. 800 Meters - Addy Townsend, SFU, 2:10.12. Mile - Caroline Kurgat, UAA, 4:47.86. 3,000 Meters - Caroline Kurgat, UAA, 9:54.40. 5,000 Meters - Nancy Jeptoo, UAA, 17:48.46. 60m Hurdles - Lexi Tubbs, NNU, 8.63. 4x400 Relay - Simon Fraser (Bryce West, Sophie Dodd, Addy Townsend, Renate Bluschke), 3:49.99. DMR - Alaska Anchorage (Ruth Cvancara, Vanessa Aniteye, Danielle McCormick, Caroline Kurgat), 11:23.47 (GNAC Record). High Jump - Maddie Taylor, WWU, 5-6.5. Pole Vault - Anna Paradee, WWU, 12-9. Long Jump - Peace Igbonagwam, SPU, 19-7.5 (GNAC Record). Triple Jump - HarLee Ortega, CWU, 39-3.75. Shot Put - Samantha La Rue, CWU, 42-4.75. Weight Throw - Kori Sprague, CU, 54-6.5. Pentathlon - Scout Cai, SPU, 3,815 (Meet Record).

**Men's Team Scores:** Western Washington 138.5, Alaska Anchorage 114.5, Central Washington 97, Northwest Nazarene 71, Simon Fraser 66, Western Oregon 55, Saint Martin's 49.5, Concordia 45, Montana State Billings 14.5, Seattle Pacific 11.

**Men's Champions:** 60 Meters - Cody Warner, WOU, 7.01. 200 Meters - Jackson Hand, SMU, 21.93. 400 Meters - Adam Brown, CU, 49.03. 800 Meters - Kyler Sager, WWU, 1:53.29. Mile - Justin Crosswhite, WOU, 4:13.86. 3,000 Meters - Rowan Doherty, SFU, 8:31.30. 5,000 Meters - Wesley Kirui, UAA, 14:55.66. 60m Hurdles - Cordell Cummings, WWU, 8.33. 4x400 Relay - Central Washington (Daniel Calderon, Trevaughn Scott, Doc Porter, Kodiak Landis), 3:19.67. DMR - Simon Fraser (Pierre-Louis Detourbe, Nate St. Romain, Aaron Ahl, Rowan Doherty), 9:58.18 (Meet Record). High Jump - Tyler Cronk, SMU, 7-0.5. Pole Vault - J.T. Konrad, WWU, 15-8.25. Long Jump - Seren Dances, WWU, 23-0.5. Triple Jump - Zach Whittaker, CWU, 48-8.75. Shot Put - Josh Koch, CU, 56-7.5. Weight Throw - Kauanoë Vanderpoel, SMU, 56-8.5. Heptathlon - Kodiak Landis, CWU, 5,228.

**Feb. 23, 2019**

## **SPU Final Qualifier**

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

**Women (Top 3 GNAC Finishers):** 60 Meters - 2, Meyer Quaynor, SFU, 7.73; 3, Jenna Bouyer, SPU, 7.75. 200 Meters - 2, Emily Lindsay, WWU, 25.73; 3, Savannah Smith, WWU, 25.85. 400 Meters - 1, Vanessa Aniteye, UAA, 56.28; 2, Sidney Trinidad, CWU, 56.80; 3, Erykah Weems, CWU, 57.34. 800 Meters - 1, Danielle McCormick, UAA, 2:10.63; 2, Sophie Dodd, SFU, 2:10.99; 3, Ruth Cvancara, UAA, 2:12.92. Mile - 1, Nancy Jeptoo, UAA, 4:51.09; 2, Kate Lilly, SPU, 4:52.21; 3, Kaylee Mitchell, SPU, 4:57.78. 3,000 Meters - 1, Alexa Shindruk, CWU, 9:52.57; 2, Chelsea Ribiero, SFU, 10:05.38. 60m Hurdles - 1, Mariyah Vongsaveng, CWU, 8.62; 2, Elena Cano, UAA, 9.05. 4x400 Relay - 1, Simon Fraser (Bryce West, Sophie Dodd, Addy Townsend, Renate Bluschke), 3:48.43; 3, Western Oregon (Bethanie Altamirano, Annie Wright, Taryn Wilson, Olivia Woods), 3:52.91. High Jump - 1, Maddie Taylor, WWU, 5-7.75; 3, Geneva Lehnert, SPU, 5-3.75. Pole Vault - 3, Anna Paradee, WWU, 12-8.25. Long Jump - 1, Peace Igbonagwam, SPU, 18-9; 2, Renick Meyer, SPU, 18-5.25; 3, Brooke Williams, CWU, 18-3.25. Triple Jump - 1, Brooke Williams, CWU, 38-10.5; 2, Chrisalyn Johnson, UAA, 38-5.5; 3, Kellie May, SPU, 37-11.25. Shot Put - 1, Samantha La Rue, CWU, 43-5; 2, Moana Gianotti, WOU, 41-10.5; 3, Brittany Dodge, CWU, 39-9.75. Weight Throw - 3, Mariah Gronbach, WOU, 52-5.25.

**Men (Top 3 GNAC Finishers):** 60 Meters - 3, Enrique Campbell, UAA, 7.02. 200 Meters - 2, David Sramek, UAA, 22.90; 3, Noah Johnson, WWU, 23.27. 400 Meters - 1, Michael Russell, SMU, 50.21; 2, Trevaughn Scott, CWU, 50.30; 3, Joshua Adehmar, SFU, 50.78. 800 Meters - 2, Max Carmona, WOU, 1:54.56; 3, Richard Torres, SFU, 1:54.90. Mile - 2, Hunter Hutton, WOU, 4:14.44; 3, Thomas Gallagher, SFU, 4:16.02. 3,000 Meters - 2, Edwin Kangogo, UAA, 8:28.94; 3, Colby Otero, SPU, 8:29.42. 60m Hurdles - 1, Seren Dances, WWU, 8.48; 2, Ryan Gunther, CWU, 8.50; 3, Trevaughn Scott, CWU, 8.71. DMR - 1, Simon Fraser (Aaron Ahl, Pierre-Louis Detourbe, Rowan Doherty, Carlos Vargas), 9:49.47; 2, Alaska Anchorage (Felix Kemboi, Nathaniel Brunett, Eduardo Orozco, Drew Johnson), 9:50.19; 3, Western Oregon (Justin Crosswhite, Gabe Arce-Torres, Curt Knott, Tyler Jones), 9:50.69. High Jump - 1, Tupre Wickliff, WWU, 6-7.5; 2, Isaiah Girard, MSUB, 6-5.5. Pole Vault - 1, Braydon Maier, CWU, 15-11.75; 2, Kodiak Landis, CWU, 15-0; 2, Chris Rickard, SMU, 14-6. Long Jump - 1, Seren Dances, WWU, 22-6.25; 3, Zackary Kuzyk, SFU, 21-6. Triple Jump - 1, Zach Whittaker, CWU, 47-1.75; 2, Brandon Nicholson, UAA, 45-1.5. Shot Put - 1, Jake Knight, NNU, 57-11.25; 2, Josh Koch, CU, 54-4.75; 3, Ethan Tonder, CWU, 51-9. Weight Throw - 1, Joe Denniston, CU, 56-0.5; 2, Aidan Cain, CWU, 54-6; 3, Mont Child, WOU, 53-11.25.

**Fri., Mar. 8 - Sat., Mar. 9**

## **NCAA Division II Indoor Track and Field Championships at Robert Plaster Center, Pittsburg, Kan.**

**Women's Team Scores:** 1, Adams State, 87. 4, Alaska Anchorage, 34. 40, Western Oregon, 4. 44, Seattle Pacific, 3. 53, Central Washington, 2.

**Events:** 800 Meters - 3, Danielle McCormick, UAA, 2:06.28 (2:07.83 in prelims); 5, Olivia Woods, WOU, 2:08.44 (2:08.73 in prelims); 9, Sophie Dodd, SFU, 2:09.06. Mile - 12, Kate Lilly, SPU, 4:54.79. 14, Nancy Jeptoo, UAA, 5:01.15. 3,000 Meters - 1, Caroline Kurgat, UAA, 9:15.45 (meet record); 9, Alexa Shindruk, 9:36.71. 5,000 Meters - 1, Caroline Kurgat, UAA, 16:06.37 (meet record); 11, Alexa Shindruk, CWU, 16:56.77. 60m Hurdles - 10, Lexi Tubbs, NNU, 8.72; 13, Mariyah Vongsaveng, CWU, 8.80. DMR - 2, Alaska Anchorage (Ruth Cvancara, Vanessa Aniteye, Danielle McCormick, Caroline Kurgat), 11:26.00; 12, Simon Fraser (Sophie Dodd, Renate Bluschke, Mairin Shields-Brown, Paige Nock), 12:17.14. High Jump - 11, Maddie Taylor, WWU, 5-6/1.68. Pole Vault - 11, Halle Irvine, CWU, 12-6.75/3.83; Tie 12, Anna Paradee, WWU, 12-6.75/3.83; 17, Scout Cai, SPU, 11-10.75/3.63. Long Jump - 6, Peace Igbonagwam, SPU, 19-2.75/5.86. Pentathlon - 7, HarLee Ortega, CWU, 3,677; 11, Chelsea Bone, CU, 3,624.

**Men's Team Scores:** 1, Ashland, 38. 21, Simon Fraser, 10. 46, Central Washington, 3. 52, Alaska Anchorage, 2.

**Events:** 800 Meters - 14, Pierre-Louis Detourbe, SFU, 4:21.33; 16, Aaron Ahl, SFU, 4:28.79. 3,000 Meters - 7, Rowan Doherty, SFU, 8:16.14. DMR - 2, Simon Fraser (Pierre-Louis Detourbe, Nate St Romain, Carlos Vargas, Rowan Doherty), 9:48.57; 7, Alaska Anchorage (Felix Kemboi, Nathaniel Brunett, Eduardo Orozco, Drew Johnson), 9:50.04; 9, Western Oregon (Justin Crosswhite, Gabe Arce-Torres, Curt Knott, Tyler Jones), 9:50.77. High Jump - 12, Tyler Cronk, SMU, 6-8.25/2.04. Triple Jump - 8, Zach Whittaker, CWU, 49-4.5/15.05. Shot Put - 11, Jake Knight, NNU, 56-7.25/17.25. Heptathlon - 7, Braydon Maier, CWU, 5,288; 12, Kodiak Landis, CWU, 4,989.

# 2018-19 GNAC Outdoor Meet Summaries

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

**Linfield Erik Anderson Memorial Icebreaker  
at Maxwell Field, McMinnville, Ore.**

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

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

**Sat., Mar. 2**

**Willamette Opener**

**at Charles Bowles Track, Ore.**

**Women (Top 3 GNAC Finishers):** 100 Meters - 3, Hailey Sears, WOU, 12.87. 200 Meters - 2, Taryn Wilson, WOU, 26.37; 3, Hailey Sears, WOU, 26.47. 400 Meters - 2, Bethanie Altamirano, WOU, 59.56. 100m Hurdles - 1, Ana Popchock, WOU, 15.78; 2, Michaela Yonkman, WOU, 16.13. 400m Hurdles - 1, Nicole Niskanen, WOU, 1:08.99; 2, Michaela Yonkman, WOU, 1:09.00; 3, Ana Popchock, WOU, 1:10.83. Long Jump - 1, Lauren Berry, WOU, 16-5. Shot Put - 1, Moana Gianotti, WOU, 41-7.25. Discus - 2, Moana Gianotti, WOU, 129-10; 3, Mariah Gronbach, WOU, 126-1. Hammer - 1, Moana Gianotti, WOU, 141-8; 3, Mariah Gronbach, WOU, 137-9. Javelin - 2, Halie Korff, WOU, 127-7.

**Men (Top 3 GNAC Finishers):** 200 Meters - 2, Codi Blodgett, WOU, 22.52. 400 Meters - 1, Max Carmona, WOU, 51.05; 2, Gabriel Campos-Davis, WOU, 51.49. 800 Meters - 1, Hunter Hutton, WOU, 1:57.94; 2, Simon Walsh, WOU, 2:00.12. 1,500 Meters - 2, Parker Marson, WOU, 3:59.89. Shot Put - 1, Mont Child, WOU, 46-10.25; 2, Chris Steffey, WOU, 46-5.25; 3, Owen Collins, WOU, 45-7.75. Discus - 1, Chris Steffey, WOU, 145-8; 3, Mont Child, WOU, 132-9. Hammer - 1, Sam Cole, WOU, 162-3; 3, Karsten Collins, WOU, 131-7. Javelin - 1, Kyle Wells, WOU, 172-4.

**Ed Boitano Invitational**

**at Baker Stadium, Tacoma, Wash.**

**Women's Team Scores:** Western Washington 199, Whitworth 117.5, Saint Martin's 83, Lewis & Clark 72, Puget Sound 53.5, Olympic CC 36, Seattle Pacific 34, Central Washington 15, Everett CC 4.

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Artresa Nickelson, SMU, 12.92; 2, Devon Olson, WWU, 13.46. 200 Meters - 1, Aujanique Doss, CWU, 25.58; 2, Artresa Nickelson, SMU, 26.43. 3, Grace Hamre, SMU, 26.45. 800 Meters - 1, Annika Wilson, WWU, 2:24.57; 2, Waverly Shreffler, WWU, 2:26.90; 3, Dania Holmberg, SPU, 2:28.65. 1,500 - 1, Dania Holmberg, SPU, 4:46.70; 2, Sophia Galvez, WWU, 4:50.13; 3, Sedona McNeerney, SPU, 4:55.87. 10,000 Meters - 1, Tovan Swartz-Ireland, WWU, 38:17.25. 100m Hurdles - 2, Ariya Kendrick, SMU, 16.07; 3, Molly House, WWU, 16.36. 400m Hurdles - 2, Molly House, WWU, 1:07.48. 4x100 Relay - 1, Saint Martin's (Ariya Kendrick, Taylor Tandecki, Grace Hamre, Artresa Nickelson), 51.04. High Jump - 1, Tiffany Pott, SMU, 5-53.75; 2, Heather Farette, WWU, 5-1.75; 3, Ashley Vest, SMU, 5-1.75. Pole Vault - 1, Sophie Paradis, 10-11.75; 2, Hannah Dodson, WWU, 10-6; 3, Cierra Graham, WWU, 10-6. Long Jump - 1, Keshara Romain, SMU, 17-1.25; 2, Leanne Kibbee, WWU, 16-8; 3, Devon Olson, WWU, 16-1.75. Triple Jump - 3, Jamie Sanford, WWU, 33-2.5. Shot Put - 3, Maya McFadden, WWU, 37-8. Discus - 1, Chanelle Eddy, WWU, 140-9; 3, Megan Vernoy, SMU, 137-3. Javelin - 1, Raquel Pellecer, WWU, 155-2; 2, Paige Shimkus, WWU, 146-1; 3, Hannah Nienaber, WWU, 137-3.

**Men's Team Scores:** Western Washington 178.5, Whitworth 141, Saint Martin's 83, Olympic CC 69, Lewis & Clark 55.5, Seattle Pacific 53, Puget Sound 51, Tacoma RC 4, Everett CC 3.

**Men (Top 3 GNAC Finishers):** 100 Meters - 2, Logan Armstrong, SMU, 11.19. 200 Meters - 1, Jackson Hand, SMU, 22.04; 2, Michael Russell, SMU, 22.19; 3, Logan Armstrong, SMU, 22.84. 800 Meters - 3, Jesse Phan, SPU, 2:01.97. 1,500 Meters - 1, Macauley Franks, WWU, 4:04.08; 2, Porter McMichael, WWU, 4:06.63; 3, Colton Hoggarth, WWU, 4:07.43. 10,000 Meters - 1, Jadon Olson, WWU, 31:23.74; 2, Bentley Wilson, WWU, 31:34.80. Steeplechase - 1, Jared Putney, SPU, 9:47.13; 2, Porter McMichael, WWU, 9:51.12; 3, Colby Otero, SPU, 9:53.84. 4x400 Relay - 1, Saint Martin's (Logan Armstrong, Michael Russell, Josh Schulz, Jackson Hand), 42.33. 4x400 Relay - 3, Seattle Pacific (Jesse Phan, Alec Llamas, Silas Newby, Shayne Carpenter), 3:34.84. High Jump - 1, Garrett Davies, WWU, 6-3.5. Pole Vault - 1, Craig Boyle, SMU, 14-5.25; 2, Chris Rickard, SMU, 14-5.25. Long Jump - 1, Ethan Sterkel, WWU, 21-11.5. Triple Jump - 3, Jeremiah Duckworth, WWU, 44-6.75. Shot Put - 1, Ben Malquist, WWU, 46-10; 3, Avery Lux, WWU, 42-5.25. Discus - 2, Ben Malquist, WWU, 134-5; 3, Avery Lux, WWU, 131-10. Javelin - 1, Mason Salley, WWU, 180-8; 2, Cooper McNatt, WWU, 177-2; 3, Cooper Cummings, WWU, 146-2.

**Sat., Mar. 11**

**Saints Open**

**at Mt. Hood CC, Gresham, Ore.**

**Women (Top 3 GNAC Finishers):** Shot Put - 1, Katrina Linenko, CU, 44-6.5. Discus - 1, Katrina Linenko, CU, 132-3.

**Men (Top 3 GNAC Finishers):** Shot Put - 1, Josh Koch, CU, 53-2.75; 3, Connor Jensen, CU, 48-2. Discus - 1, Caleb Bridge, CU, 156-7; 2, Seth Bridge, CU, 150-10; 3, Connor Jensen, CU, 145-5. Hammer - 1, Joe Denniston, CU, 170-10. Javelin - 1, Dalton Rasmussen, CU, 205-8.

**Pacific Preview**

**at Hanson Stadium, Forest Grove, Ore.**

**Women (Top 3 GNAC Finishers):** Discus - 3, Halie Korff, WOU, 119-6. Javelin - 1, Darian Wilson, WOU, 139-0; 2, Halie Korff, WOU, 128-0.

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

# 2018-19 GNAC Outdoor Meet Summaries

Sat., Mar. 11

**PLU Open**

**at PLU Track, Tacoma, Wash.**

**Women's Team Scores:** Western Washington 206.5, Central Washington 178.5, Pacific Lutheran 123.5, Seattle Pacific 117, Olympic CC 26, Puget Sound 21.5, Green River CC 13, Saint Martin's 10, Northwest (Wash.) 9, Get Strong First 4, Club Northwest 2.

**Women (Top 3 GNAC Finishers):** 100 Meters - 2, Grace Bley, SPU, 12.54. 200 Meters - 1, Grace Bley, SPU, 25.10; 3, Erykah Weems, CWU, 25.68. 400 Meters - 1, Erykah Weems, CWU, 57.64; 2, Sidney Trinidad, CWU, 59.00; 3, Katie Collins, CWU, 59.95. 800 Meters - 1, Krystal Kaufman, SPU, 2:19.42; 2, Aundrea Koger, WWU, 2:19.93; 3, Rebcca Lehmann, WWU, 2:26.26. 1,500 Meters - 2, Lily Tyrrell, CWU, 4:44.45; 3, Dania Holmberg, SPU, 4:45.45. 5,000 Meters - 1, Brook Wedin, WWU, 18:17.08; 2, Molly Mattson, CWU, 18:19.55; 3, Madison Child, CWU, 18:19.81. 10,000 Meters - 1, Kiersten Kimminau, CWU, 41:22.67. 100m Hurdles - 1, Jaleesa Taylor, WWU, 15.71; 2, Kellie May, SPU, 16.03; 3, Molly House, WWU, 16.28. 400m Hurdles - 1, Molly House, WWU, 1:06.03; 2, Tia Hill, CWU, 1:08.29. Steeplechase - 1, Kaylee Mitchell, SPU, 10:51.22; 2, Kelsey Washenberger, SPU, 11:48.82. 4x100 Relay - 1, Central Washington, 48.84; 3, Western Washington, 49.95. 4x400 Relay - 1, Central Washington A, 3:59.03; 2, Seattle Pacific, 4:01.00; 3, Central Washington B, 4:06.11. High Jump - 2, Heather Faretta, WWU, 5-2.5; 3, Geneva Lehnert, SPU, 5-0.5. Pole Vault - 1, Lexi Perry, WWU, 11-5.75; 2, Syklar Walston, WWU, 10-11.75; 3, Tawni Blankenship, WWU, 10-6. Long Jump - 2, Yareli Ochoa, CWU, 17-0.75; 3, Lainnie Lyamba, WWU, 15-6.25. Triple Jump - 2, Devon Olson, WWU, 34-11.25; 3, Lexi Perry, WWU, 34-11. Shot Put - 3, Brittany Dodge, CWU, 38-2.75. Discus - 1, Chanelle Eddy, WWU, 133-6; 3, Samantha La Rue, CWU, 126-7. Hammer - 1, Liz Larson, SMU, 172-10. Javelin - 1, Paige Shimkus, WWU, 152-0.

**Men's Team Scores:** Western Washington 236, Central Washington 203, Olympic CC 66, Pacific Lutheran 54, Seattle Pacific 46, Puget Sound 44, Green River CC 18, Club Northwest 8, Guam 6, Evergreen St. 5.

**Men (Top 3 GNAC Finishers):** 100 Meters - 2, Cordell Cummings, WWU, 11.26; 3, Harry Horwath, CWU, 11.27. 200 Meters - 1, Harry Howarth, CWU, 22.50; 2, Bryant Welch, WWU, 22.58; 3, Daniel Calderon, CWU, 23.21. 400 Meters - 1, Daniel Calderon, CWU, 49.79; 2, Doc Porter, CWU, 50.16; 3, Jon Oglesby, WWU, 50.44. 800 Meters - 1, Liam Cossette, WWU, 1:56.03; 3, Myles Smith, WWU, 1:56.81. 1,500 Meters - 2, Trevor Allen, CWU, 4:03.90; Bentley Wilson, WWU, 4:04.86. 5,000 Meters - 3, Jesse Wiley, WWU, 15:16.73. 10,000 Meters - 1, Turlan Morlan, CWU, 32:26.64. 110m Hurdles - 1, Seren Dances, WWU, 16.06; 2, Alex McGeachy, CWU, 16.26; 3, Chris McGraw, PLU, 16.30. 400m Hurdles - 1, Cordell Cummings, WWU, 54.17; 2, Trevaughn Scott, CWU, 54.32; 3, Koby Okezie, WWU, 56.81. Steeplechase - 1, Colby Otero, SPU, 9:32.51; 2, Porter McMichael, WWU, 9:33.82; 3, Jared Putney, SPU, 9:45.10. 4x100 Relay - 2, Western Washington, 42.21. 4x400 Relay - 1, Central Washington A, 3:26.33; 2, Central Washington B, 3:26.45; 3, Seattle Pacific, 3:30.39. High Jump - 1, Tupre Wickliff, WWU, 6-5; 2, Garrett Davies, WWU, 6-3.25. Pole Vault - 1, Jacob Thompson, CWU, 13-11.25; 3, Ian Rinefort, WWU, 12-11.5. Long Jump - 1, Ethan Sterkel, WWU, 21-6.75; 2, Rudy Mataya, WWU, 21-1.5. Shot Put - 1, Ethan Tonder, CWU, 50-8; 2, Ben Malquist, WWU, 49-4.25; 3, Aidan Cain, CWU, 47-2.25. Discus - 1, Aidan Cain, CWU, 150-8; 2, Riley Maier, CWU, 136-7; 3, Ben Malquist, WWU, 134-2. Hammer - 2, Avery Lux, WWU, 180-1. Javelin - 1, Mason Salley, WWU, 183-6; 3, Cooper McNatt, WWU, 178-5.

Fri., Mar. 15-Sat., Mar. 16

**Hornet Invitational**

**at Hornet Stadium, Sacramento, Calif.**

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

**Men (Top 3 GNAC Finishers):** Shot Put - 3, Jake Knight, NNU, 56-5.25. Discus - 1, Jake Knight, NNU, 176-4.

**L&C Spring Break Invitational**

**at Eldon Fix Track, Portland, Ore.**

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Hailey Sears, WOU, 12.90. 400m Hurdles - 3, Michaela Yonkman, WOU, 1:06.34. 4x400 Relay - 3, Concordia (Dalen Richardson, Gabby Hobson, Kaitlyn Bailly, Aysia Killingbeck), 4:23.94. Discus - 3, Moana Gianotti, WOU, 136-10. Javelin - 1, Elizabeth Stottlemire, CU, 139-1; 2, Halie Korff, WOU, 132-8.

**Men (Top 3 GNAC Finishers):** 100 Meters - 2, Codi Blodgett, WOU, 11.25. 200 Meters - 2, Codi Blodgett, WOU, 22.41. 400 Meters - 1, Trey Reed, WOU, 50.99. 800 Meters - 1, Justin Crosswhite, WOU, 1:54.80; 2, Neal Cranston, WOU, 1:57.45. 1,500 Meters - 2, Parker Marson, WOU, 3:57.31. Steeplechase - 3, Dylan Hayes, WWU, 9:25.57. High Jump - 3, Mitch Kruse, WOU, 5-8.5. Long Jump - 3, Mitch Kruse, WOU, 20-8.5. Shot Put - 1, Seth Bridge, CU, 49-8.25; 2, Caleb Bridge, CU, 47-9; 3, Owen Collins, WOU, 47-7.25. Discus - 1, Caleb Bridge, CU, 160-2; 2, Connor Jensen, CU, 143-11; 3, Karsten Collins, WOU, 143-4. Hammer - 1, Joe Denniston, CU, 177-0; 2, Seth Bridge, CU, 160-11. Javelin - 1, Easton Christensen, CU, 206-9.

Sat., Mar. 16

**Doris Heritage Track Festival**

**at West Seattle Stadium, Seattle, Wash.**

**Women (Top 3 GNAC Finishers):** 200 Meters - 3, Renick Meter, SPU, 26.13. 400 Meters - 1, Savannah Smith, WWU, 56.96. 800 Meters - 1, Krystal Kaufman, SPU, 2:15.03; 3, Lily Tyrrell, CWU, 2:16.56. 1,500 Meters - 1, Kate Lilly, SPU, 4:35.56; 2, Kaylee Mitchell, SPU, 4:37.73; 3, Dania Holmberg, SPU, 4:39.13. 5,000 Meters - 2, Sophia Galvez, WWU, 17:55.28; 3, Tovah Swartz-Ireland, WWU, 18:08.65. 100m Hurdles - 1, Renick Meter, SPU, 14.74; 2, Sidney Trinidad, CWU, 14.98. Steeplechase - 1, Talia Dreicer, WWU, 11:32.96; 2, Peyton Shinnick, WWU, 11:46.96; 3, Sadie Dalgleish, SMU, 13:16.48. 4x100 Relay - 1, Seattle Pacific, 47.52. 4x400 Relay - 1, Central Washington, 3:57.62; 2, Seattle Pacific, 4:06.68. High Jump - 1, Maddie Taylor, WWU, 5-8.5; 2, Heather Faretta, WWU, 5-5. Pole Vault - Tie 2, Brittany Stevens, CWU, 11-5.75; Tie 2, Jewels Oliquiano, WWU, 11-5.75. Long Jump - 1, Halle Irvine, CWU, 17-3.5; Tie 2, Brooke Williams, CWU, 16-11.5; Tie 2, Keshara Romain, SMU, 16-11.5. Triple Jump - 1, Brooke Williams, CWU, 38-7; 2, Keshara Romain, SMU, 37-5.25; 3, Rose Walts, CWU, 36-2.25. Shot Put - 1, Brittany Dodge, WWU, 37-1.75; 3, Maya McFadden, WWU, 35-11.25. Hammer - 1, Holly Taylor, SFU, 149-0. Javelin - 1, Paige Shimkus, WWU, 146-2.

**Men (Top 3 GNAC Finishers):** 400 Meters - 2, Daniel Calderon, CWU, 49.75; 3, Ian Rinefort, WWU, 50.14. 800 Meters - 2, Jesse Phan, SPU, 1:56.77; 3, Macauley Franks, WWU, 1:57.71. 400m Hurdles - 2, Koby Okezie, WWU, 55.45. Steeplechase - 3, Zack Sundt, CWU, 10:12.80. 4x400 Relay - 1, Western Washington, 3:17.62; 2, Central Washington, 3:26.50. High Jump - 1, Tyler Cronk, SMU, 7-0.5; 2, Tupre Wickliff, WWU, 6-7; 3, Mick Makrakis, WWU, 6-5. Pole Vault - 1, Craig Boyle, SMU, 15-5; 3, JT Konrad, WWU, 15-5. Long Jump - 1, Ethan Sterkel, WWU, 22-9.25; 2, Seren Dances, WWU, 22-4.25; 3, Tyler Cronk, SMU, 22-3.75. Triple Jump - 1, Jacob Ringold, WWU, 44-6; 2, Seren Dances, WWU, 43-10.5. Shot Put - 1, Ben Malquist, WWU, 48-10.25. Hammer - 2, Avery Lux, WWU, 164-1; 3, Aidan Cain, CWU, 155-10. Javelin - 1, Cooper McNatt, WWU, 195-10; 2, Timothy Hatton, SFU, 189-6; 3, Mason Salley, WWU, 172-2.

# 2018-19 GNAC Outdoor Meet Summaries

**Sat., Mar. 16**

## **EOU Team Challenge**

**at EOU Track, La Grande, Ore.**

**Women's Team Scores:** Eastern Oregon 284.5, College of Idaho 198.5, Northwest Nazarene 88, Treasure Valley CC 39, Central Washington 10.

**Women (Top 3 GNAC Finishers):** 400 Meters - 1, Jasmyne Neria, CWU, 1:00.86; 2, MaKenna Conley, NNU, 1:04.03; 3, Breann Porter, NNU, 1:04.15. 100m Hurdles - 2, Ally Miran, NNU, 16.00. 400m Hurdles - 3, Ally Miran, NNU, 1:10.98. Pole Vault - 3, Kourtney Gwin, NNU, 10-0. Long Jump - 3, Anna DePew, NNU, 16-10.75. Triple Jump - 2, Katie Heckathorn, NNU, 34-6.25.

**Men's Team Scores:** Eastern Oregon 216, College of Idaho 167, Northwest Nazarene 136, Treasure Valley CC 22, Central Washington 12.

**Men (Top 3 GNAC Finishers):** 100 Meters - 2, Isaiah Kahut, NNU, 11.63; 3, Cameron Willey, NNU, 11.76. 200 Meters - 1, Logan Blake, NNU, 22.33; 3, Doc Porter, CWU, 22.82. 400 Meters - 3, Doc Porter, CWU, 50.45. 800 Meters - 2, Godfrey Kemboi, NNU, 2:02.62. 110m Hurdles - 2, Skyler Galvan, NNU, 16.02; 3, Dakota Tidwell, NNU, 16.55. 4x400 Relay - 1, Northwest Nazarene (Logan Blake, Dakota Tidwell, Blaine Kreutz, Zachary Magee), 3:23.86. High Jump - Tie 1, Dakota Tidwell, NNU, 6-2.75. Long Jump - 2, Dakota Tidwell, NNU, 21-5.25; 3, Blaine Kreutz, NNU, 21-2.5. Triple Jump - 2, Zach Booker, NNU, 41-5. Shot Put - 2, Cody Robbins, NNU, 44-11.75.

## **Peyton Scoring Meet**

**at Baker Stadium, Tacoma, Wash.**

**Women's Team Scores:** Puget Sound 137, Spokane CC 94, Olympic CC 82, Green River CC 75, Pacific Lutheran 67, Saint Martin's 18, Yelm Tornado TC 9, Central Washington 6.

**Women (Top 3 GNAC Finishers):** Discus - 2, Megan Vernoy, SMU, 132-3; 3, Avery Fisk, CWU, 123-8. Hammer - 1, Liz Larson, SMU, 174-9.

**Men's Team Scores:** Puget Sound 123, Olympic CC 107, Spokane CC 83, Green River CC 70, Saint Martin's 34, Central Washington 34, Pacific Lutheran 20, Tacoma City RC 4.5.

**Men (Top 3 GNAC Finishers):** Shot Put - 1, Micah Au-Haupu, SMU, 43-7.75. Discus - 1, Aidan Cain, CWU, 147-2; 2, Martin Napeahi, CWU, 141-3; 3, Riley Maier, CWU, 133-11. Hammer - 3, Cade Harris, SMU, 135-10.