



Mar. 28, 2019 • Week 9  
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## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

**Thurs., Mar. 28 - Sat., Mar. 30**

Alaska Anchorage, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at Mike Fanelli Track Classic, Hayward, Calif.

**Fri., Mar. 29 - Sat., Mar. 30**

Alaska Anchorage, Central Washington, Seattle Pacific, Simon Fraser, Western Oregon at Stanford Invitational, Palo Alto, Calif.

**Sat., Mar. 30**

Montana State Billings at Yellowjacket/Battlin' Bear Open, Laurel, Mont.  
Northwest Nazarene at Team 4 Titus & Ely, Irvine, Calif.  
Simon Fraser, Western Washington at UBC Invitational, Vancouver, B.C.  
Central Washington at Boxer Open, Forest Grove, Ore.

### LAST WEEK'S MEETS

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

**Sam Adams Combined Event Invitational at Boppell Track, Spokane, Wash.**

**Women (Top 3 GNAC Finishers):** Heptathlon - 1, HarLee Ortega, CAU, 4,913; 3, Sidney Trinidad, CWU, 4,674.

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

**Thurs., Mar. 21 - Sat., Mar. 23**

**Aztec Invitational at SDSU Sports Deck, San Diego, Calif.**

**Women (Top 3 GNAC Finishers):** 4x100 Relay - 1, Seattle Pacific (Julia Stepper, Peace Igbonagwam, Grace Bley, Jenna Bouyer), 46.23. Triple Jump (Invitational) - 3, Peace Igbonagwam, SPU, 37-9.5.

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

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

**NU Invitational**

at Brian & Nichole Bohner Track, Nampa, Idaho  
**Women (Top 3 GNAC Finishers):** 100 Meters - 3, Lexi Tubbs, NNU, 12.95. 800 Meters - 3, Heidi Nisly, NNU, 2:21.72. 1,500 Meters - 2, Heidi Nisly, NNU, 4:50.21. 5,000 Meters - 2, Bethany Danner, NNU, 18:59.63; 3, Emily Hammons, NNU, 19:43.99. 100m Hurdles - 1, Lexi Tubbs, NNU, 14.60; 3, Katie Conklin, NNU, 15.50. 400m Hurdles - 1, Ally Miran, NNU, 1:06.36. Steeplechase - 3, Sierra Manzer, NNU, 12:07.34. High Jump - 1, Katie

Conklin, NNU, 5-3; 2, Madison Vonbrethorst, NNU, 5-1. Pole Vault - 3, Kourtney Gwin, NNU, 10-0. Long Jump - 2, Jackie Mahowald, NNU, 16-10; 3, Dakota Hutton-King, NNU, 16-8.5. Triple Jump - 1, Jackie Mahowald, NNU, 38-7; 3, Katie Heckathorn, NNU, 35-3. Hammer - 2, Miranda Hagadorn, NNU, 149-2. Javelin - 1, Ellie Logan, NNU, 152-9; 3, Nicole Nobbs, NNU, 127-5. Heptathlon - 2, Anna Depew, NNU, 3,587.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Cameron Willey, NNU, 11.27; 2, Isaiah Kahut, NNU, 11.29. 200 Meters - 1, Logan Blake, NNU, 22.13; 2, Zachary Magee, NNU, 22.53. 400 Meters - 1, Logan Blake, NNU, 48.69; 2, Zachary Magee, NNU, 48.72. 1,500 Meters - 2, Godfrey Kemboi, NNU, 4:05.26. 5,000 Meters - 1, Godfrey Kemboi, NNU, 15:44.65; 2, Tyler Shea, NNU, 16:02.40. 110m Hurdles - 3, Skyler Galgan, NNU, 15.66. 400m Hurdles - 2, Skyler Galvan, NNU, 58.18. Steeplechase - 2, Nick Hamilton, NNU, 9:47.69. High Jump - 1, Micah Tranch, NNU, 6-4.75. Long Jump - 1, Elijah Castro, NNU, 23-4.75. Triple Jump - 3, Zach Booker, NNU, 42-5.5. Shot Put - 1, Jake Knight, NNU, 57-10.5. Discus - 1, Jake Knight, NNU, 177-10. Hammer - 1, Brayden Eiland, NNU, 176-0. Decathlon - 1, Dakota Tidwell, NNU, 6,708; 2, Blaine Kreutz, NNU, 6,071.

**Sat., Mar. 23**

**Yellow Jacket Spring Open at Lyle Hare Stadium, Spearfish, S.D.**

**Women (Top 3 GNAC Finishers):** 4x400 Relay - 2, Montana State Billings (Sierra Durbin, Josey Smiedala, Kailee Stoppel, Brenna Beckett), 4:13.06. Long Jump - 1, Brenna Beckett, MSUB, 15-11; 2, Madison Thompson, MSUB, 15-9; 3, Shaniah Schwend, MSUB, 15-3.5. Triple Jump - 3, Shaniah Schwend, MSUB, 34-6.75. Discus - 2, Hannah Nesson, MSUB, 123-0.

**Men (Top 3 GNAC Finishers):** 100 Meters - 2, Kaelen Shay, MSUB, 11.06; 3, Mason Schram, MSUB, 11.11. High Jump - 1, Isaiah Girard, MSUB, 6-9. Long Jump - 2, Isaiah Girard, MSUB, 21-4.25. Shot Put - 1, Brady Ostermiller, MSUB, 48-2.75. Discus - 3, Brady Ostermiller, MSUB, 133-2.

### Willamette Invitational

at Charles Bowles Track, Salem, Ore.

**Women (Top 3 GNAC Finishers):** 100 Meters - 2, Meyer Quaynor, SFU, 12.31; 3, Macie Allen, CU, 12.33. 200 Meters - 3, Vanessa Aniteye, UAA, 26.51. 400 Meters - 1, Vanessa Aniteye, UAA, 56.17; 2, Olivia Wood, WOU, 56.42; 3, Sophie Dodd, SFU, 57.06. 800 Meters - 1, Mairin Shields-Brown, SFU, 2:14.24; 2, Paige Nock, SFU, 2:15.18; 3, Megan Roxby, SFU, 2:16.14. 1,500 Meters - 1, Danielle McCormick, UAA, 4:32.17; 3, Miryam Bassett, SFU, 4:34.19. 5,000 Meters - 3, Molly Mattson, CWU, 18:01.17. 100m Hurdles - 1, Elena Cano, UAA, 15.04; 2, Erykah Weems, CWU, 15.12. 400m Hurdles - 1, Erykah Weems, CWU, 1:04.03; 3, Yvonne Jeschke, UAA, 1:05.95. Steeplechase - 1, Chelsea Ribiero, SFU, 10:38.40; 2, Olivia Willett, SFU, 10:56.88. 4x100 Relay - 1, Concordia, 48.02; 2, Simon Fraser, 48.14. 4x400 Relay - 1, Simon Fraser, 3:56.10. High Jump - 2, Yvonne Jeschke, UAA, 5-2.25. Long Jump - 1, Chrisalyn Johnson, UAA, 18-2.25; 2, Elena Cano, UAA, 17-0; 3, Chase Stephens, CU, 16-10.75. Triple Jump - 1, Chrisalyn Johnson, UAA, 39-11.5.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Nathan Mah, SFU, 10.97; 3, Enrique Campbell, UAA, 11.12. 200 Meters - 1, Nathan Mah, SFU, 21.98; 2, Enrique Campbell, UAA, 22.20. 400 Meters - 1, Gabe Arce-Torres, WOU, 49.07; 2, Adam Brown, CU, 49.20. 800 Meters - 1, Curt Knott, WOU, 1:53.60; 2, Neal Cranston, WOU, 1:53.83; 3, Parker Marson, WOU, 1:54.36. 1,500 Meters - 1, Justin Crosswhite, WOU, 3:51.45; 2, Hunter Hutton, WOU, 3:53.27; 3, Felix Kemboi, UAA, 3:53.37. 400m Hurdles - 1, Nate St. Romain, SFU, 54:21; 2, Joshua Adehmar, SFU, 54.46; 3, Peter Seifert, CU, 57.31. Steeplechase - 1, Aaron Ahl, SFU, 9:31.08; 2, Hunter Mosman, WOU, 9:39.96; 3, Chris Sobczak, SFU, 9:40.23. 4x400 Relay - 1, Simon Fraser, 3:23.38. High Jump - 3, Chris Brake, UAA, 6-4. Shot Put - 1, Josh Koch, CU, 54-6.75; 3, Ethan Tonder, CWU, 51-8.25. Discus - 1, Sam Nichols, CU, 166-9; 3, Brett Elder, CU, 155-6. Hammer - 1, Joe Denniston, CU, 167-7; 2, Josh Koch, CU, 162-2; 3, Mont Child, WOU, 157-6. Javelin - 1, Timothy Hatton, SFU, 189-3; 3, Matt Schweitz, CU, 178-2.



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# GNAC Track & Field Athletes of the Week



**MEN'S TRACK**  
**Nathan Mah, Simon Fraser**  
 Junior • Burnaby, B.C.

Mah won both of his events at the Willamette Invitational in season-best times, taking the 100 meters in 10.97 seconds and the 200 meters in 21.98 seconds. He also ran the anchor leg on the Clan's 4x100-meter relay team, which finished second in 42.71 seconds.

**Also Nominated:** Adam Brown (Concordia), Logan Blake (Northwest Nazarene), Justin Crosswhite (Western Oregon).



**WOMEN'S TRACK**  
**Chelsea Ribeiro, Simon Fraser**  
 Junior • Surrey, B.C.

Ribeiro was the winner of the steeplechase at the Willamette Invitational by 18 seconds. Her time of 10:38.40 is an NCAA Championships provisional qualifier and leads Division II this season.

**Also Nominated:** Danielle McCormick (Alaska Anchorage), Sidney Trinidad (Central Washington), Kaylin Cantu (Western Oregon).



**MEN'S FIELD**  
**Jake Knight, Northwest Nazarene**  
 Senior • Meridian, Idaho

Knight won both of his events with NCAA Championships provisional qualifying marks at the NNU Invitational. Knight won the discus with a mark of 177 feet, 10 inches, which ranks No. 3 in Division II this season. He went on to win the shot put with a mark of 57 feet, 10.5 inches, that ranks seventh in Division II this season. Both marks rank Knight at

No. 3 on the GNAC All-Time List in both disciplines.

**Also Nominated:** Sam Nichols (Concordia), Isaiah Girard (Montana State Billings), Timothy Hatton (Simon Fraser), Owen Collins (Western Oregon).



**WOMEN'S FIELD**  
**Chrisalyn Johnson, Alaska Anchorage**  
 Senior • Anchorage, Alaska

Johnson won both the long jump and triple jump at the Willamette Invitational. Johnson set a UAA school record in the triple jump with a mark of 39 feet, 11.5 inches, provisionally qualifying her for the NCAA Championships. She ranks fifth in Division II and No. 4 on the GNAC All-Time List. Johnson won the long jump with a leap of 18 feet, 2.25 inches.



**Scout Cai, Seattle Pacific**  
 Junior • Colfax, Wash.

Cai opened her outdoor season by placing third in her section of the heptathlon at the Division I-heavy Aztec Invitational. Her score of 5,001 points ranks No. 3 in Division II this season. During the competition, Cai won the 800 meters, placed fourth in the high jump and shot put and fifth in the 200 meters and javelin.

**Also Nominated:** HarLee Ortega (Central Washington), Katrina Linenko (Concordia), Hannah Nesson (Montana State Billings), Ellie Logan (Northwest Nazarene), Darian Wilson (Western Oregon).

## 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
Mar. 18-24	Nathan Mah, SFU	Jake Knight, NNU	Chelsea Ribeiro, SFU	Chrisalyn Johnson, UAA
				Scout Cai, SPU

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

# Around The GNAC

## ALASKA ANCHORAGE



- Senior **Chrisalyn Johnson's** record leap in the triple jump led Alaska Anchorage in the team's first outdoor meet of the season, the Willamette Invitational on Saturday.
- Johnson set the UAA record in the event with a mark of 39 feet, 11.5 inches, bettering the 39 feet, 3.75 inches set by Kim Brady in 2018. The mark also ranks No. 4 on the GNAC All-Time List and is No. 5 in Division II this season. Johnson also won the long jump with a mark of 18 feet, 2.25 inches. The efforts earned Johnson selection as the GNAC Women's Field Co-Athlete of the Week.
- Senior **Danielle McCormick** notched an NCAA Championships provisional qualifying mark in the women's 1,500 meters. Her winning time of 4:32.17 ranks fifth in Division II this season.
- Junior **Vanessa Aniteye** won the women's 400 meters with a GNAC-leading time of 56.17 seconds and finished third in the 200 meters in 25.61 seconds. Junior **Elena Cano** won the 100-meter hurdles in 15.04 seconds was second in the long jump with a mark of 17 feet.
- The Alaska Anchorage men were led by freshman Enrique Campbell, who placed second in the 200 meters with a time of 22.20 seconds and third in the 100 meters in 11.12 seconds. Junior Chris Brake placed third in the high jump with a clearance of 6 feet, 4 inches, and sophomore Felix Kemboi was third in the 1,500 meters in 3:53.37.
- Alaska Anchorage's women enter the week at No. 21 in the USTFCCA Division II Women's Team Index.
- Alaska Anchorage heads to the Bay Area this weekend to compete in both the Mike Fanelli Track Classic and the Stanford Invitational.

## CENTRAL WASHINGTON



- Central Washington had solid performances from its multi-event performers at the Sam Adams Combined Event Invitational and overall solid squad performances at the Willamette Invitational.
- Senior **HarLee Ortega** won the women's heptathlon at Sam Adams with a score of 4,913 points, an NCAA Championships provisional qualifying total that ranks fifth in Division II. She tied for first in the high jump (5-2.5). Sophomore **Sidney Trinidad** placed fourth with a score of 4,674 points, which ranks 10th in Division II. Trinidad posted wins in the 100-meter hurdles (14.78), the long jump (17-7) and the 800 meters (2:14.86).
- At Willamette, junior **Erykah Weems** led the way as she won the women's 400-meter hurdles in a time of 1:04.03. She went on to place second in the 100-meter hurdles in a time of 15.12 seconds.
- Freshman **Molly Mattson** led the distance corps with a third-place finish in the women's 5,000 meters with a time of 18:01.17. Junior **Delaney Clem** finished fifth in a time of 18:23.13. Senior **Alexa Shindruk** placed fifth in the women's 1,500 meters in a time of 4:36.84.
- Sophomore **Ethan Tonder** led the Central Washington men, placing third in the shot put with a mark of 51 feet, 8.25 inches and fourth in the hammer with a mark of 156 feet, 9 inches. Sophomore **Trevor Allen** placed fourth in the men's 5,000 meters in a time of 15:02.16.
- Central Washington will send athletes to three different meets. The Wildcats will compete in the Mike Fanelli Track Classic and the Stanford Invitational along with the Boxer Open in Forest Grove, Oregon.

## CONCORDIA



- The Cavaliers' throwers led the way at the Willamette Invitational on Saturday while the multi-eventers turned in great performances at the Boxer Combined-Event on Monday and Tuesday in Forest Grove, Oregon.
- At Willamette, senior **Sam Nichols** earned an NCAA Championships provisional qualifying mark in the men's discus. His winning throw of 166 feet, 9 inches is No. 9 in Division II this season. Nichols also placed fifth in the shot put at 49 feet, 3.75 inches.
- Senior **Josh Koch** improved his provisional qualifying mark in the men's shot put. His winning mark of 54 feet, 6.75 inches ranks 19th in Division II. Koch added a second-place finish in the men's hammer with a mark of 162 feet, 2 inches. Junior Joe Denniston won the hammer with a mark of 177 feet.
- The women's 4x100-meter relay team was a winner in a time of 48.02 seconds. Freshman **Macie Allen** led the way individually as she took third in the women's 100 meters in 12.33 seconds.
- At the Boxer Combined Event, senior **Giovanni Brown** finished second in the men's decathlon with a score of 6,505 points. The NCAA Championships provisional qualifying mark ranks 10th in Division II. In the process, Brown finished first in the shot put (40-7), 110-meter hurdles (15.37) and the 1,500 meters (4:23.82).
- Junior **Chase Stephens** finished fifth in the women's heptathlon with a score of 4,212 points. Stephens' competition included a victory in the 100-meter hurdles (14.90).
- Concordia will not compete this weekend. The Cavaliers return to action on Apr. 6 at the John Knight Twilight in Monmouth, Oregon.

## MONTANA STATE BILLINGS



- A record mark for junior **Isaiah Girard** in the men's high jump and good season-opening marks for the sprints highlighted Montana State Billings' outdoor opener at the Yellow Jacket Spring Open in Spearfish, S.D.
- Girard won with a mark of 6 feet, 9 inches, breaking his own record of 6 feet, 7.5 inches. That mark leads the GNAC and ties him for sixth in Division II this season. Girard also placed second in the long jump with a mark of 21 feet, 4.5 inches.
- Senior **Kaelen Shay** led the Yellowjackets' sprinters with a second-place finish in the 100 meters with a time of 11.06 seconds. Junior **Mason Schram** was third in 11.11 seconds and **Kyle Patelis** was fourth in 11.25 seconds.
- Senior **Brady Ostermiller** won the men's shot put with a mark of 48 feet, 2.75 inches. Sophomore **Hannah Nesson** placed second in the discus with a mark of 130 feet, 10 inches.
- Montana State Billings will co-host its only home meet on the season with Rocky Mountain, the Yellowjacket/Battlin' Bears Invitational on Saturday in Laurel, Montana.



# Around The GNAC

## NORTHWEST NAZARENE



- Senior **Jake Knight** reset his own school records for the second consecutive week as Northwest Nazarene hosted its own NNU Invitational on Friday and Saturday.
- Knight won the discus with a mark of 177 feet, 10 inches. That ranks third in Division II this season. Knight also was a winner in the shot put with a mark of 57 feet, 10.5 inches, ranking him seventh in Division II. The two record marks earned Knight selection as GNAC Men's Field Athlete of the Week.
- Sophomore **Dakota Tidwell** won the men's decathlon with a score of 6.708 points. The NCAA Championships provisional qualifying mark ranks sixth in Division II this season. Tidwell won four of the event's 10 disciplines: the 100 meters (11.42), the pole vault (14-9), the javelin (167-11) and the 1,500 meters (4:33.99).
- Junior **Logan Blake** was a winner in both the men's 200 meters (22.13) and the 400 meters (48.69). Sophomore **Elijah Castro** just missed his own school record in men's long jump with a leap of 23 feet, 4.75 inches.
- Senior **Lexi Tubbs** made her outdoor season debut, winning the women's 100-meter hurdles in 14.60 seconds. She also placed third in the 100 meters in a time of 12.95 seconds.
- Senior **Jackie Mahowald** won the women's triple jump with a personal best of 38 feet, 1 inch. Senior **Ellie Logan** was an easy winner in the women's javelin as her mark of 152 feet, 9 inches moved her to No. 6 in Division II this season.
- Northwest Nazarene's men dropped three spots to No. 24 in the latest USTFCCA Division II Team Index.
- The Nighthawks will travel to Irvine, California this weekend to compete at the Team 4 Titus & Ely meet at Concordia-Irvine.

## SAINT MARTIN'S



- Junior **Josh Schulz** hit a personal best in the men's decathlon to pace Saint Martin's in the Boxer Combined Event in Forest Grove, Oregon on Monday and Tuesday.
- Schultz finished fifth in the 17-man field with a score of 5,969 points. He won the long jump on day one with a mark of 21 feet, 7.25 inches, placed second in the 100 meters (11.26) and third in the 400 meters (51.58).
- Junior **Tiffany Pott** finished 14th out of a large field of 26 athletes in the women's heptathlon. Pott placed sixth in the high jump with a clearance of 4 feet, 10.75 inches.
- Saint Martin's will not compete again until heading north to Bellingham, Washington, for the WWU Team Invitational on Sat., Apr. 5.

## SEATTLE PACIFIC



- A record performance in the women's 4x100-meter relay and an NCAA Championships provisional qualifier for junior **Scout Cai** in the women's heptathlon led the Falcons at the Aztec Invitational in San Diego.
- The relay squad of **Peace Igbonagwam, Jenna Bouyer, Grace Bley** and **Julia Stepper** beat Division I teams to win in a school record time of 46.23 seconds. The time ranks No. 2 in Division II this season and No. 2 on the GNAC All-Time List.
- Cai became the first GNAC athlete to eclipse 5,000 points in the heptathlon this season, placing fourth in her group with a score of 5,001 points. The NCAA Championships provisional qualifying mark ranks third in Division II this season. Along the way, Cai won the 800 meters (2:18.91) and was fourth in the high jump (5-4.5) and shot put (34-6.75). The effort earned Cai selection as the GNAC Women's Field Co-Athlete of the Week.
- Sophomore **Renick Meyer** was fifth in the same section of the heptathlon as Cai with a total of 4,879 points. She placed third in the long jump (19-2) and 200 meters (25.49) and fourth in the 100-meter hurdles (14.63).
- Igbonagwam added a fifth-place finish in the open women's long jump with a mark of 19 feet.
- The Falcons' women jumped nine spots in the latest USTFCCA Division II Team Index to No. 9.
- The Falcons will head to the Bay Area this weekend to take part in both the Mike Fanelli Track Classic and the Stanford Invitational.

## SIMON FRASER



- Some solid performances in the sprints and the steeplechase, in particular by junior **Nathan Mah**, led Simon Fraser at the Willamette Invitational.
- Mah won both the men's 100 meters and 200 meters in GNAC leading times, winning the 100 in 10.97 seconds and the 200 meters in 21.98 seconds. The pair of performances earned Mah selection as the GNAC Men's Track Athlete of the Week.
- Senior **Chelsea Ribeiro** led a one-two finish in the women's steeplechase, winning in a time of 10:38.40. The NCAA Championships provisional qualifying time leads Division II so far this season. The performance also earned Ribeiro selection as the GNAC Women's Track Athlete of the Week. Sophomore **Olivia Willett** was second with a time of 10:56.88.
- Sophomore **Aaron Ahl** won the men's steeplechase with a time of 9:31.08 while sophomore **Chris Sobczak** was second in 9:39.81.
- Freshman **Nate St. Romain** won the men's 400-meter hurdles in a time of 54.21 seconds. In the women's 800 meters, sophomore **Mairin Shields-Brown** led a one through five sweep for the Clan with a time of 2:14.24.
- In the men's javelin, freshman **Timothy Hatton** picked up the win with a mark of 189 feet, 3 inches.
- The Simon Fraser women leaped up into the top-25 of the USTFCCA Division II Team Index this week, emerging at No. 16.
- Simon Fraser will divide up between three different meets this week. A select group heads to the Bay Area for the Mike Fanelli Track Classic and the Stanford Invitational while more will head across town on Saturday to the UBC Invitational in Vancouver, B.C.

## Around The GNAC

### WESTERN OREGON



- A sweep of the top three places in the men's 800 meters led Western Oregon's efforts at the Willamette Invitational.
- Sophomore **Curt Knott** led the way with a winning time of 1:53.60. Sophomore **Neal Cranston** was second in 1:53.83 while senior **Parker Marson** was third in 1:54.36. All three times lead the GNAC.
- Junior **Justin Crosswhite** added a victory in the men's 1,500 meters with a career-best time of 3:51.45. Freshman **Hunter Hutton** finished second in 3:53.27. Freshman **Gabe Arce-Torres** collected the win in the men's 400 meters in a time of 49.07 seconds.
- Senior **Olivia Woods** paced the WOU women with her second-place finish in the 400 meters in a time of 56.42 seconds.
- Sophomore **Darian Wilson** improved her NCAA Championships provisional qualifying mark in the women's javelin. Her mark of 139 feet, 7 inches, ranks 14th in Division II this season.
- Western Oregon will join the action in the Bay Area, competing in both the Mike Fanelli Track Classic and the Stanford Invitational.

### WESTERN WASHINGTON



- Western Washington did not compete last weekend. The Vikings will split its athletes between two meets this weekend, sending a select group to the Mike Fanelli Track Classic in the Bay Area and others to the UBC Invitational in Vancouver, B.C.
- Senior **Maddie Taylor** set the WWU record in the women's high jump at the Doris Heritage Track Classic on Mar. 16, 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.
- The Vikings have continued their tradition of dominance in the women's javelin. Junior **Raquel Pellecer** leads Division II with her mark of 155 feet, 2 inches, set at the Ed Boitano Invitational on Mar. 2. Freshman **Paige Shimkus** is third in Division II with her mark of 152 feet from the Mar. 9 PLU Open. Sophomore **Hannah Nienaber** is sixth in Division II with a mark of 137 feet, 4 inches.
- Sophomore **Cooper McNatt** owns an NCAA Championships provisional qualifying mark in the men's javelin. He is tied for 12th in Division II with his mark of 195 feet, 10 inches at the Doris Heritage Track Classic.
- Western Washington's women entered the week ranked No. 15 while the men were ranked 16th in the latest USTFCCA Division II Team Index.

# GNAC Qualifiers For NCAA Outdoor Championships

## MEN AUTOMATIC QUALIFIERS AS OF MAR. 24, 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. 24, 2019

Event	Athlete	Mark	Rank	Date
High Jump	Isaiah Girard, MSUB	2.06/6-9	T-6th	3/23/19
Shot Put	Jake Knight, NNU	17.64/57-10.5	7th	3/23/19
	Josh Koch, CU	16.63/54-6.75	19th	3/23/19
Discus	Jake Knight, NNU	54.20/177-10	3rd	3/23/19
	Sam Nichols, CU	50.84/166-9	9th	3/23/19
Javelin	Easton Christensen, CU	63.03/206-9	7th	3/16/19
	Dalton Rasmussen, CU	62/68/205-8	8th	3/9/19
	Cooper McNatt, WWU	59.70/195-10	T-12th	3/16/19
Decathlon	Dakota Tidwell, NNU	6,708	6th	3/23/19

## WOMEN'S PROVISIONAL QUALIFIERS AS OF MAR. 24, 2019

Event	Athlete	Mark	Rank	Date
1,500 Meters	Danielle McCormick, UAA	4:32.17	3rd	3/23/19
400m Hurdles	Sidney Trinidad, CWU	1:01.00	4th	3/16/19
Steeplechase	Chelsea Ribeiro, SFU	10:38.40	1st	3/23/19
	Kaylee Mitchell, SPU	10:51.22	4th	3/9/19
	Olivia Willett	10:56.88	5th	3/23/19
4x100 Relay	Seattle Pacific	46.23	2nd	3/22/19
High Jump	Maddie Taylor, WWU	1.74/5-8.5	1st	3/16/19
Long Jump	Renick Meyer, SPU	5.84/19-2	6th	3/22/19
Triple Jump	Chrislayn Johnson, UAA	12.18/39-11.5	5th	3/23/19
Shot Put	Katrina Linenko, CU	13.8145-3.75	15th	3/16/19
Hammer	Liz Larson, SMU	53.26/174-9	10th	3/15/19
Javelin	Raquel Pellecer, WWU	47.31/155-2	5th	3/2/19
	Ellie Logan, NNU	46.57/152-9	6th	3/23/19
	Paige Shimkus, WWU	46.34/152-0	7th	3/9/19
	Darian Wilson, WOU	42.55/139-7	14th	3/23/19
	Elizabeth Stottlemire, CU	42.39/139-1	15th	3/16/19
	Hannah Nienaber, WWU	41.85/137-4	19th	3/2/19
Heptathlon	Scout Cai, SPU	5,001	3rd	3/22/19
	HarLee Ortega, CWU	4,913	5th	3/22/19
	Sidney Trinidad, CWU	4,674	10th	3/22/19

# 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
Mar. 26	—	24th	16th

## USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 2 - Mar. 26, 2019

Rk	School	Pts.	Prev.
1.	Angelo State	158.52	2
2.	Embry-Riddle (Fla.)	135.46	3
3.	Lee (Tenn.)	121.11	5
4.	Saint Augustine's	119.59	9
5.	Academy of Art	116.63	7
6.	Chico State	115.04	1
7.	West Texas A&M	102.68	90
8.	UC San Diego	101.38	4
9.	Texas A&M-Commerce	87.96	NR
10.	Cal Poly Pomona	84.88	6
11.	Texas A&M-Kingsville	83.77	NR
12.	Ashland	77.74	NR
13.	Pittsburg State	76.47	NR
14.	Adams State	72.94	15
15.	Western Colorado	72.57	30
16.	<b>Western Washington</b>	<b>72.09</b>	<b>8</b>
17.	Albany State (Ga.)	71.33	11
18.	Johnson C. Smith	66.36	28
19.	Northwest Missouri St.	66.28	NR
20.	UC-Colorado Springs	63.35	18
21.	Stanislaus State	63.22	10
22.	Nova Southeastern	59.46	17
23.	American International	55.73	NR
24.	<b>Northwest Nazarene</b>	<b>51.91</b>	<b>21</b>
25.	Queens (N.C.)	47.85	22

## USTFCCCA WEST REGION TEAM INDEX

as of Mar. 26, 2019

Rk	School	Pts.	Prev.
1.	Chico State	741.89	1
2.	Cal Poly Pomona	735.41	3
3.	UC San Diego	661.81	2
4.	<b>Western Washington</b>	<b>456.15</b>	<b>4</b>
5.	Academy of Art	378.24	5
6.	Azusa Pacific	371.74	6
7.	Cal State LA	366.45	9
8.	Stanislaus State	332.88	7
9.	<b>Northwest Nazarene</b>	<b>320.22</b>	<b>13</b>
10.	<b>Concordia (Ore.)</b>	<b>314.77</b>	<b>11</b>



[Complete Poll Online](#)

# Women's Outdoor Regional & National Polls

## GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	CWU	SPU	SFU	WWU
Mar. 19	—	—	15th	—	7th
Mar. 26	21st	22nd	6th	16th	15th

## USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 2 - Mar. 26, 2019

Rk	School	Pts.	Prev.
1.	Angelo State	183.99	1
2.	San Francisco St.	158.43	4
3.	Azusa Pacific	121.22	2
4.	West Texas A&M	119.10	13
5.	UC San Diego	117.97	3
6.	<b>Seattle Pacific</b>	<b>114.09</b>	<b>6</b>
7.	UC-Colorado Springs	107.22	16
8.	Academy of Art	104.26	5
9.	Ashland	100.93	NR
10.	Fresno Pacific	98.57	6
11.	Point Loma	74.87	24
12.	Adams State	74.60	40
13.	Saint Augustine's	71.87	19
14.	Missouri Southern	69.59	NR
15.	<b>Western Washington</b>	<b>69.55</b>	<b>7</b>
16.	<b>Simon Fraser</b>	<b>61.73</b>	<b>100</b>
17.	Limestone	60.99	98
18.	Alabama-Huntsville	55.31	10
19.	Cal State LA	54.64	14
20.	Cal Poly Pomona	54.12	8
21.	<b>Alaska Anchorage</b>	<b>53.11</b>	<b>NR</b>
22.	<b>Central Washington</b>	<b>52.92</b>	<b>31</b>
23.	Franklin Pierce	51.76	NR
24.	Concordia (Calif.)	51.18	12
25.	Pittsburg State	50.25	NR

## USTFCCCA WEST REGION TEAM INDEX

as of Mar. 26, 2019

Rk	School	Pts.	Prev.
1.	UC San Diego	555.73	1
2.	Azusa Pacific	471.28	2
3.	San Francisco St.	454.87	6
4.	Fresno Pacific	447.32	3
5.	<b>Seattle Pacific</b>	<b>393.15</b>	<b>14</b>
6.	Cal Poly Pomona	378.04	4
7.	Academy of Art	355.31	5
8.	<b>Central Washington</b>	<b>328.83</b>	<b>13</b>
9.	Stanislaus State	319.66	8
10.	<b>Western Washington</b>	<b>315.72</b>	<b>7</b>



[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)

<b>Pierre-Louis Detourbe, Nate St. Romain, Aaron Ahl, Rowan Doherty</b>		
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)
	<b>6.95/22-9.75</b>	<b>Kodiak Landis, Central Washington (2019)</b>
Shot Put	<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)
1,000 Meters	<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)
3,000 Meters	<b>9:07.05</b>	<b>Caroline Kurgat, Alaska Anchorage (2019)#</b>
5,000 Meters	<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)

<b>Ruth Cvancara, Vanessa Aniteye, Danielle McCormick, Caroline Kurgat</b>		
High Jump	1.77/5-9.75	Danielle Ayers-Stamper, Seattle Pacific (2005)
Pole Vault	<b>3.93/12-10.75</b>	<b>Halle Irvine, Central Washington (2018)</b>
Long Jump	<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 Alaska Anchorage (2019)  
 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)
Long Jump	<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)
Pentathlon	<b>3,815</b>	<b>Scout Cai, Seattle Pacific (2019)</b>

## 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)
		<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	45.21/114-84
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
110m Hurdles	14:29.41
400m Hurdles	30:25.75
Steeplechase	14.21
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 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.

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

## **Sam Adams Combined Event Invitational**

**at Boppell Track, Spokane, Wash.**

**Women (Top 3 GNAC Finishers):** Heptathlon - 1, HarLee Ortega, CAU, 4,913; 3, Sidney Trinidad, CWU, 4,674.

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

**Thurs., Mar. 21 - Sat., Mar. 23**

## **Aztec Invitational**

**at SDSU Sports Deck, San Diego, Calif.**

**Women (Top 3 GNAC Finishers):** 4x100 Relay - 1, Seattle Pacific (Julia Stepper, Peace Igbonagwam, Grace Bley, Jenna Bouyer), 46.23. Triple Jump (Invitational) - 3, Peace Igbonagwam, SPU, 37-9.5.

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

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

## **NNU Invitational**

**at Brian & Nichole Bohner Track, Nampa, Idaho**

**Women (Top 3 GNAC Finishers):** 100 Meters - 3, Lexi Tubbs, NNU, 12.95. 800 Meters - 3, Heidi Nisly, NNU, 2:21.72. 1,500 Meters - 2, Heidi Nisly, NNU, 4:50.21. 5,000 Meters - 2, Bethany Danner, NNU, 18:59.63; 3, Emily Hammons, NNU, 19:43.99. 100m Hurdles - 1, Lexi Tubbs, NNU, 14.60; 3, Katie Conklin, NNU, 15.50. 400m Hurdles - 1, Ally Miran, NNU, 1:06.36. Steeplechase - 3, Sierra Manzer, NNU, 12:07.34. High Jump - 1, Katie Conklin, NNU, 5-3; 2, Madison Vonbrethorst, NNU, 5-1. Pole Vault - 3, Kourtney Gwin, NNU, 10-0. Long Jump - 2, Jackie Mahowald, NNU, 16-10; 3, Dakota Hutton-King, NNU, 16-8.5. Triple Jump - 1, Jackie Mahowald, NNU, 38-7; 3, Katie Heckathorn, NNU, 35-3. Hammer - 2, Miranda Hagadorn, NNU, 149-2. Javelin - 1, Ellie Logan, NNU, 152-9; 3, Nicole Nobbs, NNU, 127-5. Heptathlon - 2, Anna Depew, NNU, 3,587.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Cameron Willey, NNU, 11.27; 2, Isaiah Kahut, NNU, 11.29. 200 Meters - 1, Logan Blake, NNU, 22.13; 2, Zachary Magee, NNU, 22.53. 400 Meters - 1, Logan Blake, NNU, 48.69; 2, Zachary Magee, NNU, 48.72. 1,500 Meters - 2, Godfrey Kemboi, NNU, 4:05.26. 5,000 Meters - 1, Godfrey Kemboi, NNU, 15:44.65; 2, Tyler Shea, NNU, 16:02.40. 110m Hurdles - 3, Skyler Galvan, NNU, 15.66. 400m Hurdles - 2, Skyler Galvan, NNU, 58.18. Steeplechase - 2, Nick Hamilton, NNU, 9:47.69. High Jump - 1, Micah Tranch, NNU, 6-4.75. Long Jump - 1, Elijah Castro, NNU, 23-4.75. Triple Jump - 3, Zach Booker, NNU, 42-5.5. Shot Put - 1, Jake Knight, NNU, 57-10.5. Discus - 1, Jake Knight, NNU, 177-10. Hammer - 1, Brayden Eiland, NNU, 176-0. Decathlon - 1, Dakota Tidwell, NNU, 6,708; 2, Blaine Kreutz, NNU, 6,071.

**Sat., Mar. 23**

## **Yellow Jacket Spring Open**

**at Lyle Hare Stadium, Spearfish, S.D.**

**Women (Top 3 GNAC Finishers):** 4x400 Relay - 2, Montana State Billings (Sierra Durbin, Josey Smiedala, Kailee Stoppel, Brenna Beckett), 4:13.06. Long Jump - 1, Brenna Beckett, MSUB, 15-11; 2, Madison Thompson, MSUB, 15-9; 3, Shaniah Schwend, MSUB, 15-3.5. Triple Jump - 3, Shaniah Schwend, MSUB, 34-6.75. Discus - 2, Hannah Nesson, MSUB, 123-0.

**Men (Top 3 GNAC Finishers):** 100 Meters - 2, Kaelen Shay, MSUB, 11.06; 3, Mason Schram, MSUB, 11.11. High Jump - 1, Isaiah Girard, MSUB, 6-9. Long Jump - 2, Isaiah Girard, MSUB, 21-4.25. Shot Put - 1, Brady Ostermiller, MSUB, 48-2.75. Discus - 3, Brady Ostermiller, MSUB, 133-2.



# 2018-19 GNAC Outdoor Meet Summaries

Sat., Mar. 23

## Willamette Invitational

at Charles Bowles Track, Salem, Ore.

**Women (Top 3 GNAC Finishers):** 100 Meters - 2, Meyer Quaynor, SFU, 12.31; 3, Macie Allen, CU, 12.33. 200 Meters - 3, Vanessa Aniteye, UAA, 26.51. 400 Meters - 1, Vanessa Aniteye, UAA, 56.17; 2, Olivia Wood, WOU, 56.42; 3, Sophie Dodd, SFU, 57.06. 800 Meters - 1, Mairin Shields-Brown, SFU, 2:14.24; 2, Paige Nock, SFU, 2:15.18; 3, Megan Roxby, SFU, 2:16.14. 1,500 Meters - 1, Danielle McCormick, UAA, 4:32.17; 3, Miryam Bassett, SFU, 4:34.19. 5,000 Meters - 3, Molly Mattson, CWU, 18:01.17. 100m Hurdles - 1, Elena Cano, UAA, 15.04; 2, Erykah Weems, CWU, 15.12. 400m Hurdles - 1, Erykah Weems, CWU, 1:04.03; 3, Yvonne Jeschke, UAA, 1:05.95. Steeplechase - 1, Chelsea Ribiero, SFU, 10:38.40; 2, Olivia Willett, SFU, 10:56.88. 4x100 Relay - 1, Concordia, 48.02; 2, Simon Fraser, 48.14. 4x400 Relay - 1, Simon Fraser, 3:56.10. High Jump - 2, Yvonne Jeschke, UAA, 5-2.25. Long Jump - 1, Chrisalyn Johnson, UAA, 18-2.25; 2, Elena Cano, UAA, 17-0; 3, Chase Stephens, CU, 16-10.75. Triple Jump - 1, Chrisalyn Johnson, UAA, 39-11.5.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Nathan Mah, SFU, 10.97; 3, Enrique Campbell, UAA, 11.12. 200 Meters - 1, Nathan Mah, SFU, 21.98; 2, Enrique Campbell, UAA, 22.20. 400 Meters - 1, Gabe Arce-Torres, WOU, 49.07; 2, Adam Brown, CU, 49.20. 800 Meters - 1, Curt Knott, WOU, 1:53.60; 2, Neal Cranston, WOU, 1:53.83; 3, Parker Marson, WOU, 1:54.36. 1,500 Meters - 1, Justin Crosswhite, WOU, 3:51.45; 2, Hunter Hutton, WOU, 3:53.27; 3, Felix Kemboi, UAA, 3:53.37. 400m Hurdles - 1, Nate St. Romain, SFU, 54:21; 2, Joshua Aدهmar, SFU, 54.46; 3, Peter Seifert, CU, 57.31. Steeplechase - 1, Aaron Ahl, SFU, 9:31.08; 2, Hunter Mosman, WOU, 9:39.96; 3, Chris Sobczak, SFU, 9:40.23. 4x400 Relay - 1, Simon Fraser, 3:23.38. High Jump - 3, Chris Brake, UAA, 6-4. Shot Put - 1, Josh Koch, CU, 54-6.75; 3, Ethan Tonder, CWU, 51-8.25. Discus - 1, Sam Nichols, CU, 166-9; 3, Brett Elder, CU, 155-6. Hammer - 1, Joe Denniston, CU, 167-7; 2, Josh Koch, CU, 162-2; 3, Mont Child, WOU, 157-6. Javelin - 1, Timothy Hatton, SFU, 189-3; 3, Matt Schweitz, CU, 178-2.