



Apr. 3, 2019 • Week 11
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Apr. 5

Concordia, Western Oregon at John Knight Twilight, Monmouth, Ore.
Saint Martin's, Seattle Pacific, Western Washington at WWU Team Invitational, Bellingham, Wash.
Central Washington at War XII Meet, Spokane, Wash.

Fri., Apr. 5 - Sat., Apr. 6

Montana State Billings at Colorado Invitational, Boulder, Colo.

Sat., Apr. 6

Simon Fraser, Emilie Mondor Invitational, Burnaby, B.C.
Western Oregon at Linfield Jen Boyman Invitational, McMinnville, Ore.

LAST WEEK'S MEETS

Mon., Mar. 25 - Tues., Mar. 26

Boxer Combined Event

at Hanson Stadium, Forest Grove, Ore.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): Decathlon - 2, Giovanni Brown, CU, 6,505.

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

Mike Fanelli Track Classic

at Chabot College, Hayward, Calif.

Women (Top 3 GNAC Finishers): 400 Meters - 1, Vanessa Aniteye, UAA, 55.71. 800 Meters - 1, Danielle McCormick, UAA, 2:05.65; 3, Sophie Dodd, SFU, 2:07.44. 1,500 Meters - 3, Miryam Bassett, SFU, 4:30.53. Mile - 1, Miryam Bassett, SFU, 4:53.72; 2, Kate Lilly, SPU, 4:54.46. 400m Hurdles - 1, Elena Cano, UAA, 1:03.72; 2, Yvonne Jeschke, UAA, 1:05.14. 4x100 Relay - 2, Simon Fraser (Emily Lindsay, Bryce West, Renate Bluschke, Meyer Quaynor), 47.80. 4x400 Relay - 1, Alaska Anchorage (Vanessa Aniteye, Tylantiss Atlas, Marie Ries, Danielle McCormick), 3:44.20; 2, Simon Fraser (Bryce West, Sophie Dodd, Alana Mussatto, Renate Bluschke), 3:48.01. Long Jump - 1, Elena Cano, UAA, 17-8.

Men (Top 3 GNAC Finishers): 800 Meters - 2, Curt Knott, WOU, 1:52.26. Mile - 1, Rowan Doherty, SFU, 4:08.31; 2, Carlos Vargas, SFU, 4:09.67; 3, Felix Kemboi, UAA, 4:11.23. 400m Hurdles - 2, Nate St Romain, SFU, 54.18; 3, Joshua Adhemar, SFU, 54.71. 4x100 Relay - 2, Simon Fraser (Joshua Adhemar, Nate St Romain, Kaito Suzuki, Nathan Mah), 42.52. 4x400 Relay - 1, Simon Fraser (Joshua Adhemar, Nick Bauernschmitt, Richard Torres, Nate St Romain), 3:20.55; 2, Alaska Anchorage (Nathaniel Brunett, Oshane Hylton, Joshua Jackman, Daniel Remington), 3:22.82. High Jump - 2, Chris Brake, UAA, 6-4.25; 3, Zackary Kuzyk, SFU, 6-2.25. Shot Put - 1, Owen Collins, WOU, 45-9.75; 2, Karsten Collins, WOU, 45-7.75.

Clyde Littlefield Texas Relays

at Mike A. Myers Stadium Austin, Texas

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): None.

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

Stanford Invitational

at Cobb Track, Palo Alto, Calif.

Women (Top 3 GNAC Finishers): Steeplechase (Section 3) - 1, Julia Howley, SFU, 10:03.19. Pole Vault - 3, Scout Cai, SPU, 11-10.75.

Men (Top 3 GNAC Finishers): High Jump (Invitational) - 3, Tyler Cronk, SMU, 6-9.

Sat., Mar. 30

Team 4 Titus & Ely

at Eagles Field, Irvine, Calif.

Women (Top 3 GNAC Finishers): 800 Meters - 1, Heidi Nisly, NNU, 2:20.89. 1,500 Meters - 1, Heidi Nisly, NNU, 4:54.67. 5,000 Meters - 1, Bethany Danner, NNU, 18:22.77. 100m Hurdles - 3, Lexi Tubbs, NNU, 14.44. High Jump - 1, Katie Conklin, NNU, 5-5. Triple Jump - 1, Jackie Mahowald, NNU, 38-7.5.

Men (Top 3 GNAC Finishers): 400 Meters - 2, Logan Blake, NNU, 48.97; 3, Zachary Magee, NNU, 49.48. 800 Meters - 3, Peyton Brothers, NNU, 2:01.67. 1,500 Meters - 1, Godfrey Kemboi, NNU, 4:03.68; 3, Peyton Brothers, NNU, 4:06.50. 5,000 Meters - 2, Treyson Conley, NNU, 16:02.34. 10,000 Meters - 1, Nick Hamilton, NNU, 32:26.10. 400m Hurdles - 3, Skyler Galvan, NNU, 57.89. 4x400 Relay - 2, Northwest Nazarene (Logan Blake, Peyton Brothers, Godfrey Kemboi, Zachary Magee), 3:27.18. High Jump - 3, Micah Tranch, NNU, 6-4.25. Long Jump - 1, Elijah Castro, NNU, 23-2. Shot Put - 1, Jake Knight, NNU, 58-1; 3, Cody Robbins, NNU, 44-8.25. Discus - 1, Jake Knight, NNU 176-8.

Yellowjacket/Battlin' Bear Open

at Laurel Sports Complex, Laurel, Mont.

Women (Top 3 GNAC Finishers): 400 Meters - 2, Brenna Beckett, MSUB, 1:00.45. 5,000 Meters - 3, Nikki Aiken, MSUB, 19:06.03. High Jump - 2, Janessa Williams, MSUB, 4-9. Shot Put - 3, Hailey Steinbeisser, MSUB, 38-2.75. Discus - 3, Hannah Nesson, MSUB, 132-0. Hammer - 2, Hailey Steinbeisser, MSUB, 132-3.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Sam Zook, MSUB, 11.11. 1,500 Meters - 2, Mark Hovland, MSUB, 4:05.92. 4x100 Relay - 1, Montana State Billings (Kaelen Shay, Mason Schram, Kyle Patelis, Sam Zook), 41.88. High Jump - 2, Isaiah Girard, MSUB, 6-6.25. Long Jump - 2, Isaiah Girard, MSUB, 22-1.75. Triple Jump - 2, Ty Stanton, MSUB, 44-8.75. Shot Put - 1, Brady Ostermiller, MSUB, 53-1.75.

Pacific Open

at Hanson Stadium, Forest Grove, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Aujanique Doss, CWU, 12.57; 2, Yareli Ochoa, CWU, 12.97; 3, Morgan Robydek, CWU, 13.26. 200 Meters - 2, Aujanique Doss, CWU, 25.31. 400 Meters - 1, Noelia Juarez, CWU, 59.29; 3, Kayla Bloomquist, CWU, 1:00.35. 800 Meters - 2, Caitlin Gohr, CWU, 2:28.79. Pole Vault - 1, Halle Irvine, CWU, 11-11.75; 2, Brittany Stevens, CWU, 11-5.75; 3, Tawni Blankenship, CWU, 10-11.75. Long Jump - 1, Brooke Williams, CWU, 17-11.75; 2, Halle Irvine, CWU, 17-4.75; 3, Rose Walts, CWU, 16-11.25. Triple Jump - 1, Brooke Williams, CWU, 37-8.5; 3, Rose Walts, CWU, 36-4.75. Hammer - 1, Meagan Smallbeck, CWU, 153-0.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Bobby Widmar, CWU, 11.16; 3, Harry Horwath, CWU, 11.20. 200 Meters - 2, Harry Horwath, CWU, 22.39. 400 Meters - 1, Daniel Calderon, CWU, 49.45. 1,500 Meters - 1, Trevor Allen, CWU, 4:02.92. 110m Hurdles - 2, Gunner Vallatini, CWU, 17.52. 400m Hurdles - 1, Gunner Vallatini, CWU, 58.34. 4x400 Relay - 1, Central Washington (Nate Andaya, Gunner Vallatini, Braydon Maier, Daniel Calderon), 3:28.35. Pole Vault - 1, Braydon Maier, CWU, 14-11. Long Jump - 1, Nate Andaya, CWU, 21-8.75. Triple Jump - 1, Zach Whittaker, CWU, 44-11.5. Shot Put - 1, Ethan Tonder, CWU, 51-4.5; 3, Aidan Cain, CWU, 46-10. Discus - 2, Aidan Cain, CWU, 151-0. Hammer - 2, Ethan Tonder, CWU, 162-3; 3, Aidan Cain, CWU, 160-2.

Sat., Mar. 30 - Sun., Mar. 31

UBC Invitational

at Thunderbird Park, Vancouver, B.C.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Hannah Bradley, SFU, 12.40. 200 Meters - 2, Hannah Bradley, WWU, 25.59; 3, Savannah Smith, WWU, 25.70. 400 Meters - 2, Savannah Smith, WWU, 57.38. 800 Meters - 1, Emily Chilton, SFU, 2:15.89; 3, Adrianna Klassen, SFU, 2:18.23. 100m Hurdles - 1, Molly House, WWU, 16.36; 2, Emily Morley, SFU, 16.95. Pole Vault - 1, Jewels Oliquiano, WWU, 10-10; 2, Hannah Dodson, WWU, 10-6; 3, Sarah Ellis, WWU, 10-6. Shot Put - 3, Holly Taylor, SFU, 41-10.5. Discus - 3, Chanelle Eddy, WWU, 134-8. Hammer - 3, Holly Taylor, SFU, 154-5. Javelin - 2, Paige Shimkus, WWU, 154-2; 3, Raquel Pellecer, WWU, 148-11. Heptathlon - 1, Aliyah Dawkins, WWU, 3,686.

Men (Top 3 GNAC Finishers): 200 Meters - 2, Bryant Welch, WWU, 22.46. 800 Meters - 3, Macauley Franks, WWU, 1:55.70. 110m Hurdles - 3, Cordell Cummings, WWU, 15.11. 400m Hurdles - 1, Cordell Cummings, WWU, 54.35. High Jump - 1, Garrett Davies, WWU, 6-4.25; 3, Ethan Sterkel, WWU, 6-2.25. Pole Vault - 1, JT Konrad, WWU, 15-9. Long Jump - 1, Ethan Sterkel, WWU, 21-9; 2, Rudy Mataya, WWU, 21-2.5. Shot Put - 2, Ben Malquist, WWU, 49-10.5. Discus - 1, Avery Lux, WWU, 141-1. Javelin - 3, Timothy Hatton, SFU, 194-8. Decathlon - 1, Ian Rinefort, WWU, 6,303; 2, Seren Dances, WWU, 6,029; 3, Cooper Cummings, WWU, 5,487.



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GNAC Track & Field Athletes of the Week



MEN'S TRACK

Edwin Kangogo, Alaska Anchorage
Senior • Eldoret, Kenya

One of two GNAC competitors in the top section of the steeplechase at the Mike Fanelli Track Classic, Kangogo placed eighth with a time of 8:56.08. The NCAA Championships provisional qualifying mark ranks second in Division II this season behind Jake Mitchem of Colorado Mines, who edged Kangogo out for seventh (8:56.02). The time also ranks fourth

on the GNAC All-Time List.

Also Nominated: Daniel Calderon (Central Washington), Pierre-Louis Detourbe (Simon Fraser), Curt Knott (Western Oregon), Dylan Hayes (Western Washington).



MEN'S FIELD

JT Konrad, Western Washington
Senior • Spokane, Wash.

Konrad established an NCAA Championships provisional qualifying mark in the pole vault, winning the event at the UBC Open. Konrad cleared 15 feet, 9 inches, which ties him for 13th in Division II this season.

Also Nominated: Ethan Tonder (Central Washington), Giovanni Brown (Concordia), Brady Ostermiller (Montana State Billings), Jake Knight (Northwest Nazarene), Tyler Cronk (Saint Martin's), Owen Collins (Western Oregon).



WOMEN'S TRACK

Caroline Kurgat, Alaska Anchorage
Senior • Eldoret, Kenya

Kurgat broke her third Division II record of the season and her first of the outdoor campaign, the only Division II competitor in the invitational section of the 10,000 meters at the Stanford Invitational, Kurgat placed fifth with a time of 32:08.29. That blew away the previous Division II best of 32:28.57 set by Sylvia Mosqueda of Cal State LA in 1988.

The NCAA Championships automatic qualifying time ranks No. 3 in all college divisions this season.

Also Nominated: Alexa Shindruk (Central Washington), Macie Allen (Concordia), Kaylee Mitchell (Seattle Pacific), Julia Howley (Simon Fraser), Grayson Burke (Western Oregon), Sophia Galvez (Western Washington).



WOMEN'S FIELD

Chrisalyn Johnson, Alaska Anchorage
Senior • Anchorage, Alaska

Johnson reset her UAA record in the triple jump and set a new record in the long jump while winning both events at the Mike Fanelli Track Classic. Johnson won the triple jump with a mark of 40 feet, 1.5 inches, becoming the fourth athlete in GNAC history to clear 40 feet in the event. She ranks ninth in Division II this season. She went on to take the long

jump with a mark of 19 feet, 2.5 inches, which is tied for No. 8 in Division II this season and No. 8 on the GNAC All-Time List.

Also Nominated: Brooke Williams (Central Washington), Tiffany Pott (Saint Martin's), Darian Wilson (Western Oregon), Paige Shimkus (Western Washington).

Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Nov. 26-Dec. 2	Mark Hovland, MSUB	Braydon Maier, CWU	Katie Collins, CWU	HarLee Ortega, CWU
Dec. 3-9	Elijah Castro, NNU	Jake Knight, NNU	Mariyah Vongsaveng, CWU	Halle Irvine, CWU
Jan. 7-13	Rowan Doherty, SFU	Tyler Cronk, SMU	Caroline Kurgat, UAA	Renick Meyer, SPU
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
Mar. 25-31	Edwin Kangogo, UAA	JT Konrad, WWU	Caroline Kurgat, UAA	Scout Cai, SPU
				Chrisalyn Johnson, UAA

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

Around The GNAC

ALASKA ANCHORAGE



- Alaska Anchorage came home with records and a number of NCAA Championships qualifying performances at the Mike Fanelli Track Classic and the Stanford Invitational.
- Senior **Caroline Kurgat** was named the GNAC Women's Track Athlete of the Week and USTFCCCA Division II Women's Athlete of the Week after setting a Division II record in the 10,000 meters at the Stanford Invitational.

Kurgat placed fifth in the invitational section of the race with a time of 32:08.29 that bettered the previous record of 32:28.57 set by Sylvia Mosqueda of Cal State LA in 1988. The NCAA Championships automatic qualifying mark ranks sixth in the world this season.

- Senior **Chrisalyn Johnson** earned GNAC Women's Field Athlete of the Week after she set school records in both the triple jump and long at the Mike Fanelli Track Classic. Winning both events, Johnson finished with a mark of 40 feet, 1.5 inches in the triple jump that ranks No. 4 on the GNAC All-Time List and No. 9 in Division II this season. Her winning mark of 19 feet, 2.5 inches is tied for No. 8 in Division II this season and No. 8 on the GNAC All-Time List.
- Senior **Edwin Kangogo** was named the GNAC Men's Track Athlete of the Week after he placed sixth in the top section of the steeplechase in a time of 8:56.08. The NCAA Championships provisional qualifying performance is No. 4 on the GNAC All-Time List and No. 2 in Division II this season.
- Senior **Danielle McCormick** reset her own school record in the women's 800 meters at the Mike Fanelli meet, winning with a time of 2:05.65 that automatically qualifies her for the NCAA Championships. The time leads Division II this season and is No. 6 on the GNAC All-Time List.
- Junior **Vanessa Aniteye** won the women's 400 meters at the Mike Fanelli meet, running a time of 55.71 seconds that ranks eighth in Division II this season. Sophomore **Ruth Cvancara** also hit an NCAA provisional qualifying time in the race, clocking a 2:11.43 that ranks ninth in Division II.
- Alaska Anchorage's women jumped 15 spots to No. 6 in this week's USTFCCCA Division II Women's Team Index.
- The Seawolves are not scheduled to compete again until Apr. 18, traveling back to California for the Mt. SAC Relays, the Bryan Clay Invitational and the Beach Invitational.

CENTRAL WASHINGTON



- Central Washington posted a nationals-qualifying performance at the Stanford Invitational and notched a number of first-place finishes at the Boxer Open in Forest Grove, Oregon.
- Senior **Alexa Shindruk** ran a personal best in the women's 10,000 meters at Stanford. Her time of 34:25.41 in the race's second section is an NCAA Championships provisional qualifier, is No. 6 on the GNAC All-Time List and is No. 2 in Division II this season.
- Junior **Halle Irvine** led CWU finishers at the Boxer Open, winning the women's pole vault with a mark of 11 feet, 11.75 inches that ties her for 14th in Division II this season. Irvine led a top-three sweep of the event with sophomore **Brittany Stevens** placing second at 11 feet, 5.75 inches and freshman **Tawni Blankenship** taking third at 10 feet, 11.75 inches.
- Senior **Brooke Williams** led a top-three sweep for the Wildcats in the women's long jump, winning with a mark of 17 feet, 11.75 inches. Irvine was second at 17 feet, 4.75 inches and junior **Rose Walts** placed third at 16 feet, 11.25 inches. Williams also won the triple jump with a mark of 37 feet, 8.5 inches.

- The Wildcats also took first through third in the women's 100 meters. Senior **Aujanique Doss** won in a time of 12.57 seconds. Freshman **Yareli Ochoa** was second in 12.57 seconds and junior **Morgan Robydek** was third in 13.26 seconds.
- Senior **Bobby Widmar** led the CWU men with his win in the 100 meters, clocking a time of 11.16 seconds while junior **Daniel Calderon** won the 400 meters in 49.45 seconds.
- The CWU men also took the first-place positions in three of the four jumps. Sophomore **Braydon Maier** won the pole vault with a mark of 14 feet, 11 inches. Sophomore **Nate Andaya** won the long jump at 21 feet, 8.75 and senior **Zach Whittaker** won the triple jump at 44 feet, 11.5 inches.
- Central Washington heads east this weekend, competing at the War XII Meet on Friday in Spokane, Washington.

CONCORDIA



- Concordia's week on the track was highlighted by the multi-eventers at the Boxer Combined Event and sophomore **Macie Allen's** run at the Texas Relays.
- 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).
- In Austin, Allen managed to run an NCAA Championships provisional qualifying time of 11.92 seconds in the 100 meters. The time ranks No. 6 on the GNAC All-Time List.
- Concordia will compete on Friday at the John Knight Twilight in Monmouth, Oregon.

MONTANA STATE BILLINGS



- Victories in the men's sprints led Montana State Billings at its own Yellowjacket/Battlin' Bear Invitational in Laurel, Montana.
- Senior **Sam Zook** won the 100 meters in a time of 11.11 seconds. He also anchored a 4x100-meter team that took home the win in a time of 41.88 seconds. The team included senior **Kaelen Shay**, junior **Mason Schram** and freshman **Kyle Patelis**.
- Senior **Brady Ostermiller** won the men's shot put with an NCAA Championships provisional qualifying mark of 53 feet, 1.75 inches. That ranks third in the GNAC and ties him for No. 31 in Division II this season. Junior **Isaiah Girard** took second place in both the high jump (6-6.25) and the long jump (22-17.5).
- Junior **Hailey Steinbeisser** took second place in the women's hammer with a mark of 132 feet, 3 inches, and placed third in the shot put at 38 feet, 2.75 inches.
- On the track, junior **Brenna Beckett** took second in the women's 400 meters with a time of 1:00.45. Senior **Janessa Williams** added a second-place finish in the women's high jump at 4 feet, 9 inches.
- Montana State Billings heads south this weekend, taking part in the Colorado Invitational in Boulder on Friday and Saturday.

Around The GNAC

NORTHWEST NAZARENE



- A pair of wins of senior **Jake Knight** and another school record led Northwest Nazarene at the Team 4 Titus & Ely Invitational in Irvine, California.
- Knight won the men's shot put with a mark of 58 feet, 1 inch, breaking his own school record. That improves Knight to No. 3 on the GNAC All-Time List and No. 10 in Division II this season. Knight also won the discus with a mark of 176

feet, 8 inches.

- Sophomore **Heidi Nisly** was also a two-event winner. She won the women's 800 meters in 2:20.89 and also won the 1,500 meters in 4:54.67.
- The Nighthawks also took two of three men's distance races. Junior **Godfrey Kemboi** won the 1,500 meters in 4:03.68 while senior **Nick Hamilton** took the 10,000 meters in 32:26.10. Junior **Bethany Danner** added a win in the women's 5,000 meters in 18:22.77.
- In the field events, sophomore **Elijah Castro** was a winner in the men's long jump with a mark of 23 feet, 2 inches. Junior **Jackie Mahowald** won the women's triple jump with a mark of 38 feet, 7.5 inches and senior **Katie Conklin** won the women's high jump at 5 feet, 5 inches.
- The Team 4 Titus & Ely meet has special meaning for NNU head coach **Danny Bowman**. The meet is named in honor of his two sons, who continue to battle Batten disease. The meet was established when Bowman was head coach at Concordia Irvine.
- The Nighthawks will take this weekend away from competition before hosting the NNU Open on Sat., Apr. 13.

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 last 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.
- Freshman **Tyler Cronk** took the trip to the Bay Area, competing in the invitational section of the high jump at the Stanford Invitational. One of three Division II athletes in the section, Cronk placed third as he cleared 6 feet, 9 inches.
- The full Saint Martin's squad will be in action on Friday, taking part in the WWU Team Invitational in Bellingham, Washington.

SEATTLE PACIFIC



- A school record in the steeplechase for freshman **Kaylee Mitchell** led Seattle Pacific's performances at the Mike Fanelli Track Classic and the Stanford Invitational.

- Mitchell finished sixth with a time of 10:37.53 at the Mike Fanelli, surpassing the previous SPU record of 10:45.54 set by Suzie Strickler in 2008. The NCAA Championships

provisional qualifying mark ranks fifth in Division II this season.

- Sophomore **Dania Holmberg** notched an NCAA provisional qualifying time in the women's 5,000 meters, running 17:06.47 at the Mike Fanelli. The time ranks No. 9 in Division II this season.
- Junior **Kate Lilly** earned an NCAA provisional mark in the women's 1,500 meters after finishing second in the mile in a time of 4:54.46. When converted to 4:32.64 for 1,500 meters, Lilly ranks 11th in Division II this season.
- At the Stanford Invitational, junior **Scout Cai** tied for second place in the women's pole vault with a clearance of 11 feet, 10.75 inches. That missed the NCAA provisional qualifying mark by an inch. Freshman **Peace Igbonagwam** placed eighth in the invitational section of the women's long jump at 18 feet, 9 inches.
- Freshmen **Colby Otero** and **Jared Putney** led the SPU men with personal bests in the steeplechase at the Mike Fanelli. Otero ran 9:32.36 while Putney ran 9:39.88.
- The Falcons' women are ranked No. 11 in the latest USTFCCCA Division II Team Index.
- The Falcons will take part in the WWU Team Invitational on Friday in Bellingham, Wash.

SIMON FRASER



- A GNAC record for senior **Julia Howley** in the women's steeplechase led Simon Fraser as the Clan competed in the Mike Fanelli Track Classic, Stanford Invitational and UBC Open.

- Howley finished fourth overall in the event at the Stanford Invitational. Her time of 10:03.19 easily beat the previous GNAC record of 10:13.01 set by Western Washington's Katelyn Steen in 2014. The NCAA Championships automatic qualifier leads Division II and is fourth in all college divisions.
- Sophomores **Pierre-Louis Detourbe** and **Aaron Ahl** earned provisional qualifying marks in the men's steeplechase at the Mike Fanelli. Detourbe ran 9:02.73, ranking No. 6 in Division II, while Ahl ran 9:07.73 to rank eighth in Division II.
- Also at the Mike Fanelli, senior **Sophie Dodd** led a trio of SFU athletes to provisionally qualify in the 800 meters. Dodd finished third in a time of 2:07.44 that ranks 10th on the GNAC All-Time List and third in Division II. Senior **Alana Mussatto** ran 2:09.86, ranking seventh in Division II, while senior **Paige Nock** ran 2:11.67 to rank 10th in Division II.
- Senior **Rowan Doherty** earned a provisional qualifying time in the men's 1,500 meters in 3:50.90, ranking seventh in Division II. Senior **Sean Miller** is No. 13 in Division II in the men's 5,000 meters after running a time of 14:26.45.
- Freshman **Timothy Hatton** led the Clan's efforts at the UBC Open. Hatton was third in the men's javelin with a throw of 194 feet, 8 inches. The NCAA Championships provisional qualifying mark ranks 17th in Division II.
- The Simon Fraser's women are ranked No. 9 in this week's USTFCCCA Division II Team Index.
- Simon Fraser will race at home this weekend, hosting the Emilie Mondor Invitational in Surrey, B.C.

Around The GNAC

WESTERN OREGON



- Sophomore **Darian Wilson's** NCAA provisional qualifying mark in the javelin led Western Oregon's performances at the Stanford Invitational and Mike Fanelli Track Classic.
- Competing in the invitational section at Stanford, Wilson placed seventh with a mark of 154 feet, 5 inches. That ranks eighth in Division II this season and third in the GNAC.

Wilson went on to finish third in the long jump at the Mike Fanelli with a leap of 17 feet, 9.75 inches.

- Senior **Tyler Jones** picked up a provisional qualifying time in the men's 5,000 meters at the Mike Fanelli meet. His time of 14:32.10 ranks 17th in Division II this season.
- The Wolves won one-two in the men's shot put at the Mike Fanelli. Sophomore **Owen Collins** went with a mark of 45 feet, 9.75 inches while his brother, sophomore **Karsten Collins**, finished second at 45 feet, 7.75 inches.
- Sophomore **Curt Knott** led WOU's Saturday performances with a second-place finish in the men's 800 meters at the Mike Fanelli. His time of 1:52.78 just missed the NCAA provisional qualifying time.
- Sophomore **Mitchell Kruse** opened the week by placing 13th in the decathlon at the Boxer Combined Event with a score of 4,898 points.
- Western Oregon will host its lone regular-season home meet of the season, the John Knight Twilight, on Friday.

WESTERN WASHINGTON



- Senior **JT Konrad's** NCAA provisional qualifying mark in the men's pole vault led Western Washington's performances at the UBC Open and the Mike Fanelli Track Classic.

Konrad was named the GNAC Men's Field Athlete of the Week after he won the pole vault at the UBC Open with a mark of 15 feet, 9 inches. That mark ties him for 13th in Division II this season.

- The Vikings swept the top-four spots in the women's pole vault at the UBC Open. The quartet was led by junior **Jewels Oliquiano**, who won with a mark of 10 feet, 10 inches. Sophomore **Hannah Dodson** was second with a clearance of 10 feet, 6 inches.
- Sophomore **Natalie Vetto** notched an NCAA Championships provisional mark in the women's javelin at the UBC Open, placing sixth at 141 feet, 11 inches. That ranks 15th in Division II this season. Freshman **Paige Shimkus** was second in the event at 154 feet, 2 inches.
- Freshman **Ian Rinefort** won the men's decathlon at the UBC Open with a score of 6,303 points. The NCAA provisional qualifying score of 16th in Division II. Sophomore **Seren Dances** was second with 6,029 points. Freshman **Aliyah Dawkins** won the women's heptathlon with a score of 3,686 points.
- At the Mike Fanelli Track Classic, junior **Sophia Galvez** notched a provisional qualifying time in the women's 10,000 meters. Her time of 36:28.86 is 10th in Division II. Senior **Dylan Hayes** ran 9:10.99 to hit a provisional mark in the men's steeplechase. He sits at No. 11 in Division II.
- Western Washington's women are ranked No. 20 in the latest USTFCCCA Division II Team Index.
- The Vikings will host its first home meet of the season, the WWU Team Invitational, on Friday.

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.

GNAC Qualifiers For NCAA Outdoor Championships

MEN AUTOMATIC QUALIFIERS AS OF APR. 2, 2019

Event	Athlete	Mark	Rank	Date
High Jump	Tyler Cronk, SMU	2.15/7-0.5	T-2nd	3/16/19

MEN PROVISIONAL QUALIFIERS AS OF APR. 2, 2019

Event	Athlete	Mark	Rank	Date
1,500 Meters	Rowan Doherty, SFU	3:49.41	7th	3/28/19
5,000 Meters	Sean Miller, SFU	14:26.45	13th	3/28/19
	Felix Kemboi, UAA	14:28.84	15th	3/28/19
	Tyler Jones, WOU	14:32.10	17th	3/28/19
Steeplechase	Edwin Kangogo, UAA	8:56.08	2nd	3/28/19
	Pierre-Louis Detourbe, SFU	9:02.73	6th	3/28/19
	Aaron Ahl, SFU	9:07.73	8th	3/28/19
	Dylan Hayes, WWU	9:10.99	11th	3/28/19
High Jump	Isaiah Girard, MSUB	2.06/6-9	T-10th	3/23/19
Pole Vault	JT Konrad, WWU	4.80/15-9	T-13th	3/30/19
Shot Put	Jake Knight, NNU	17.70/58-1	10th	3/30/19
	Josh Koch, CU	16.63/54-6.75	27th	3/23/19
	Brady Ostermiller, MSUB	16.20/53-1.75	T-31st	3/30/19
Discus	Jake Knight, NNU	54.20/177-10	5th	3/23/19
	Sam Nichols, CU	50.84/166-9	12th	3/23/19
Javelin	Easton Christensen, CU	63.03/206-9	10th	3/16/19
	Dalton Rasmussen, CU	62/68/205-8	11th	3/9/19
	Cooper McNatt, WWU	59.70/195-10	T-14th	3/16/19
Decathlon	Timothy Hatton, SFU	59.34/194-8	17th	3/30/19
	Dakota Tidwell, NNU	6,708	10th	3/23/19
	Giovanni Brown, CU	6,505	14th	3/25/19
	Ian Rinefort, WWU	6,303	16th	3/30/19

WOMEN'S AUTOMATIC QUALIFIERS AS OF APR. 2, 2019

Event	Athlete	Mark	Rank	Date
800 Meters	Danielle McCormick, UAA	2:05.65	1st	3/28/19
10,000 Meters	Caroline Kurgat, UAA	32:08.09	1st	3/29/19
Steeplechase	Julia Howley, SFU	10:03.19	1st	3/29/19

WOMEN'S PROVISIONAL QUALIFIERS AS OF APR. 2, 2019

Event	Athlete	Mark	Rank	Date
100 Meters	Macie Allen, CU	11.92	14th	3/27/19
400 Meters	Vanessa Aniteye, UAA	55.71	8th	3/28/19
	Sophie Dodd, SFU	2:07.44	3rd	3/28/19
800 Meters	Alana Mussatto, SFU	2:09.86	7th	3/28/19
	Ruth Cvancara, UAA	2:11.43	9th	3/28/19
	Paige Nock, SFU	2:11.67	10th	3/28/19
1,500 Meters	Miryam Bassett, SFU	4:30.53	8th	3/28/19
	Danielle McCormick, UAA	4:32.17	10th	3/23/19
	Kate Lilly, SPU	4:32.64	11th	3/28/19
5,000 Meters	Dania Holmberg, SPU	17:06.47	9th	3/28/19
10,000 Meters	Alexa Shindruk, CWU	34:25.41	2nd	3/29/19
	Sophia Galvez, WWU	36:28.86	10th	3/28/19
400m Hurdles	Sidney Trinidad, CWU	1:01.00	8th	3/16/19
Steeplechase	Kaylee Mitchell, SPU	10:37.53	5th	3/28/19
	Chelsea Ribeiro, SFU	10:38.40	1st	3/23/19
	Olivia Willett, SFU	10:56.88	11th	3/23/19
4x100 Relay	Seattle Pacific	46.23	T-2nd	3/22/19
4x400 Relay	Alaska Anchorage	3:44.20	5th	3/28/19
	Simon Fraser	3:48.01	10th	3/28/19
High Jump	Maddie Taylor, WWU	1.74/5-8.5	2nd	3/16/19
Pole Vault	Halle Irvine, CWU	3.65/11-11.75	T-14th	3/29/19
Long Jump	Chrisalyn Johnson, UAA	5.85/19-2.5	9th	3/28/19
	Renick Meyer, SPU	5.84/19-2	12th	3/22/19
Triple Jump	Chrislayn Johnson, UAA	12.23/40-1.5	9th	3/28/19
Shot Put	Katrina Linenko, CU	13.8145-3.75	25th	3/16/19
Hammer	Liz Larson, SMU	53.26/174-9	13th	3/15/19
Javelin	Raquel Pellecer, WWU	47.31/155-2	5th	3/2/19
	Paige Shimkus, WWU	47.01/154-3	6th	3/9/19
	Ellie Logan, NNU	46.57/152-9	7th	3/23/19
	Darian Wilson, WOU	45.88/150-6	8th	3/29/19
	Natalie Vetto, WWU	43.27/141-11	15th	3/30/19
	Elizabeth Stottlemyre, CU	42.39/139-1	20th	3/16/19
	Hannah Nienaber, WWU	41.85/137-4	23rd	3/2/19
Heptathlon	Scout Cai, SPU	5,001	3rd	3/22/19
	HarLee Ortega, CWU	4,913	6th	3/22/19
	Renick Meyer, SPU	4,879	7th	3/22/19
	Sidney Trinidad, CWU	4,674	11th	3/22/19

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
Apr. 2	—	—	—

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 3 - Apr. 2, 2019

Rk	School	Pts.	Prev.
1.	Angelo State	182.75	1
2.	Saint Augustine's	167.90	4
3.	West Texas A&M	163.92	7
4.	Academy of Art	151.85	5
5.	Grand Valley State	109.65	NR
6.	Embry-Riddle (Fla.)	98.19	2
7.	Texas A&M-Commerce	95.57	9
8.	UC San Diego	93.70	8
9.	Chico State	85.33	6
10.	Findlay	84.37	41
11.	Queens (N.C.)	82.60	25
12.	CSU-Pueblo	78.74	49
13.	Lee (Tenn.)	71.26	3
14.	Pittsburg State	69.49	13
15.	Adams State	69.44	14
16.	Texas A&M-Kingsville	68.89	11
17.	Tiffin	68.17	28
18.	Carson-Newman	65.31	59
19.	Colorado Mines	64.39	35
20.	Limestone	59.95	29
21.	Ashland	55.76	12
22.	Central Missouri	54.34	34
23.	Southern Connecticut	53.07	NR
24.	Albany State (Ga.)	52.09	17
25.	Northwest Missouri St.	47.58	19

USTFCCCA WEST REGION TEAM INDEX

as of Apr. 2, 2019

Rk	School	Pts.	Prev.
1.	Chico State	756.38	1
2.	Cal Poly Pomona	630.71	2
3.	UC San Diego	629.53	3
4.	Western Washington	485.05	4
5.	Academy of Art	465.07	5
6.	Cal State LA	356.31	7
7.	Simon Fraser	313.97	13
8.	Concordia (Ore.)	313.30	10
9.	Northwest Nazarene	311.84	9
10.	Stanislaus State	310.19	8



[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
Apr. 2	6th	24th	11th	9th	20th

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 3 - Apr. 2, 2019

Rk	School	Pts.	Prev.
1.	Grand Valley St.	167.89	NR
2.	San Francisco St.	148.64	2
3.	West Texas A&M	131.52	4
4.	Angelo State	129.19	1
5.	Missouri Southern	122.67	14
6.	Alaska Anchorage	116.01	21
7.	Saint Augustine's	104.59	13
8.	Academy of Art	103.87	8
9.	Simon Fraser	99.02	16
10.	Pittsburg State	94.12	25
11.	Seattle Pacific	93.62	6
12.	Colorado Mines	86.44	99
13.	Mount Olive	84.16	45
14.	UC San Diego	81.75	5
15.	Fresno Pacific	78.73	10
16.	Ashland	75.25	9
17.	Azusa Pacific	73.14	3
18.	Adams State	62.71	12
19.	Tiffin	61.71	30
20.	Western Washington	60.56	15
21.	Cal Poly Pomona	58.26	20
22.	Texas A&M-Commerce	57.12	26
23.	Concordia (Calif.)	57.01	24
24.	Central Washington	56.37	22
25.	New Mexico Highlands	54.84	46

USTFCCCA WEST REGION TEAM INDEX

as of Apr. 2, 2019

Rk	School	Pts.	Prev.
1.	San Francisco St.	504.04	3
2.	UC San Diego	498.53	1
3.	Azusa Pacific	431.54	2
4.	Seattle Pacific	429.39	5
5.	Cal Poly Pomona	398.81	6
6.	Fresno Pacific	391.80	4
7.	Alaska Anchorage	362.10	17
8.	Academy of Art	361.41	7
9.	Central Washington	324.22	8
10.	Simon Fraser	322.28	15



[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)
Long Jump	6.95/22-9.75	James Phillips, Concordia (2018)
	6.95/22-9.75	Kodiak Landis, Central Washington (2019)
Shot Put	13.69/44-11	Giovanni Brown, Concordia (2019)
High Jump	2.01/6-7	Micah Tranch, Northwest Nazarene (2017)
60m Hurdles	8.28	Travis Turner, Alaska Anchorage (2017)
Pole Vault	5.05/16-6.75	Payton Lewis, Northwest Nazarene (2016)
1,000 Meters	2:41.39	Giovanni Brown, Concordia (2019)

WOMEN - ALL MEETS

60 Meters	7.54	Jamie Ashcroft, Alaska Anchorage (2017)
200 Meters	24.09	Jamie Ashcroft, Alaska Anchorage (2017)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:04.94	Helen Crofts, Simon Fraser (2011)
Mile	4:32.88	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:07.05	Caroline Kurgat, Alaska Anchorage (2019)#
5,000 Meters	15:28.46	Caroline Kurgat, Alaska Anchorage (2019)#
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)
Pole Vault	3.93/12-10.75	Halle Irvine, Central Washington (2018)
Long Jump	5.98/19-7.5	Peace Igbonagwam, Seattle Pacific (2019)
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	5.98/19-7.5	Peace Igbonagwam, Seattle Pacific (2019)
Triple Jump	12.68/41-7.25	Jasmine McMullin, Western Washington (2018)
Shot Put	17.02/55-10.25	McKenzie Warren, Concordia (2017)
Weight Throw	18.29/60-0.25	Christina MacDonald, Concordia (2018)
Pentathlon	3,815	Scout Cai, Seattle Pacific (2019)

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)
		Scout Cai, Seattle Pacific (2019)
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	32:08.09
100m Hurdles	13.64
400m Hurdles	59.17
Steeplechase	10:03.19
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 (2019)+
Mariyah Vongsaveng, Central Washington (2018)
Haleigh Lloyd, Alaska Anchorage (2015)
Julia Howley, Simon Fraser (2019)
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
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 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 Stottlemyre, 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 Adhemar, 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.

Mon., Mar. 25 - Tues., Mar. 26

Boxer Combined Event

at Hanson Stadium, Forest Grove, Ore.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): Decathlon - 2, Giovanni Brown, CU, 6,505.

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

Mike Fanelli Track Classic

at Chabot College, Hayward, Calif.

Women (Top 3 GNAC Finishers): 400 Meters - 1, Vanessa Aniteye, UAA, 55.71. 800 Meters - 1, Danielle McCormick, UAA, 2:05.65; 3, Sophie Dodd, SFU, 2:07.44. 1,500 Meters - 3, Miryam Bassett, SFU, 4:30.53. Mile - 1, Miryam Bassett, SFU, 4:53.72; 2, Kate Lilly, SPU, 4:54.46. 400m Hurdles - 1, Elena Cano, UAA, 1:03.72; 2, Yvonne Jeschke, UAA, 1:05.14. 4x100 Relay - 2, Simon Fraser (Emily Lindsay, Bryce West, Renate Bluschke, Meyer Quaynor), 47.80. 4x400 Relay - 1, Alaska Anchorage (Vanessa Aniteye, Tylantiss Atlas, Marie Ries, Danielle McCormick), 3:44.20; 2, Simon Fraser (Bryce West, Sophie Dodd, Alana Mussatto, Renate Bluschke), 3:48.01. Long Jump - 1, Elena Cano, UAA, 17-8.

Men (Top 3 GNAC Finishers): 800 Meters - 2, Curt Knott, WOU, 1:52.26. Mile - 1, Rowan Doherty, SFU, 4:08.31; 2, Carlos Vargas, SFU, 4:09.67; 3, Felix Kemboi, UAA, 4:11.23. 400m Hurdles - 2, Nate St Romain, SFU, 54.18; 3, Joshua Adhemar, SFU, 54.71. 4x100 Relay - 2, Simon Fraser (Joshua Adhemar, Nate St Romain, Kaito Suzuki, Nathan Mah), 42.52. 4x400 Relay - 1, Simon Fraser (Joshua Adhemar, Nick Bauernschmitt, Richard Torres, Nate St Romain), 3:20.55; 2, Alaska Anchorage (Nathaniel Brunett, Oshane Hylton, Joshua Jackman, Daniel Remington), 3:22.82. High Jump - 2, Chris Brake, UAA, 6-4.25; 3, Zackary Kuzyk, SFU, 6-2.25. Shot Put - 1, Owen Collins, WOU, 45-9.75; 2, Karsten Collins, WOU, 45-7.75.

Clyde Littlefield Texas Relays

at Mike A. Myers Stadium Austin, Texas

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): None.

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

Stanford Invitational

at Cobb Track, Palo Alto, Calif.

Women (Top 3 GNAC Finishers): Steeplechase (Section 3) - 1, Julia Howley, SFU, 10:03.19. Pole Vault - 3, Scout Cai, SPU, 11-10.75.

Men (Top 3 GNAC Finishers): High Jump (Invitational) - 3, Tyler Cronk, SMU, 6-9.

Sat., Mar. 30

Team 4 Titus & Ely

at Eagles Field, Irvine, Calif.

Women (Top 3 GNAC Finishers): 800 Meters - 1, Heidi Nisly, NNU, 2:20.89. 1,500 Meters - 1, Heidi Nisly, NNU, 4:54.67. 5,000 Meters - 1, Bethany Danner, NNU, 18:22.77. 100m Hurdles - 3, Lexi Tubbs, NNU, 14.44. High Jump - 1, Katie Conklin, NNU, 5-5. Triple Jump - 1, Jackie Mahowald, NNU, 38-7.5.

Men (Top 3 GNAC Finishers): 400 Meters - 2, Logan Blake, NNU, 48.97; 3, Zachary Magee, NNU, 49.48. 800 Meters - 3, Peyton Brothers, NNU, 2:01.67. 1,500 Meters - 1, Godfrey Kemboi, NNU, 4:03.68; 3, Peyton Brothers, NNU, 4:06.50. 5,000 Meters - 2, Treyson Conley, NNU, 16:02.34. 10,000 Meters - 1, Nick Hamilton, NNU, 32:26.10. 400m Hurdles - 3, Skyler Galvan, NNU, 57.89. 4x400 Relay - 2, Northwest Nazarene (Logan Blake, Peyton Brothers, Godfrey Kemboi, Zachary Magee), 3:27.18. High Jump - 3, Micah Tranch, NNU, 6-4.25. Long Jump - 1, Elijah Castro, NNU, 23-2. Shot Put - 1, Jake Knight, NNU, 58-1; 3, Cody Robbins, NNU, 44-8.25. Discus - 1, Jake Knight, NNU 176-8.

Yellowjacket/Battlin' Bear Open

at Laurel Sports Complex, Laurel, Mont.

Women (Top 3 GNAC Finishers): 400 Meters - 2, Brenna Beckett, MSUB, 1:00.45. 5,000 Meters - 3, Nikki Aiken, MSUB, 19:06.03. High Jump - 2, Janessa Williams, MSUB, 4-9. Shot Put - 3, Hailey Steinbeisser, MSUB, 38-2.75. Discus - 3, Hannah Nesson, MSUB, 132-0. Hammer - 2, Hailey Steinbeisser, MSUB, 132-3.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Sam Zook, MSUB, 11.11. 1,500 Meters - 2, Mark Hovland, MSUB, 4:05.92. 4x100 Relay - 1, Montana State Billings (Kaelen Shay, Mason Schram, Kyle Patelis, Sam Zook), 41.88. High Jump - 2, Isaiah Girard, MSUB, 6-6.25. Long Jump - 2, Isaiah Girard, MSUB, 22-1.75. Triple Jump - 2, Ty Stanton, MSUB, 44-8.75. Shot Put - 1, Brady Ostermiller, MSUB, 53-1.75.

2018-19 GNAC Outdoor Meet Summaries

Sat., Mar. 30

Pacific Open

at Hanson Stadium, Forest Grove, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Aujanique Doss, CWU, 12.57; 2, Yareli Ochoa, CWU, 12.97; 3, Morgan Robydek, CWU, 13.26. 200 Meters - 2, Aujanique Doss, CWU, 25.31. 400 Meters - 1, Noelia Juarez, CWU, 59.29; 3, Kayla Bloomquist, CWU, 1:00.35. 800 Meters - 2, Caitlin Gohr, CWU, 2:28.79. Pole Vault - 1, Halle Irvine, CWU, 11-11.75; 2, Brittany Stevens, CWU, 11-5.75; 3, Tawni Blankenship, CWU, 10-11.75. Long Jump - 1, Brooke Williams, CWU, 17-11.75; 2, Halle Irvine, CWU, 17-4.75; 3, Rose Walts, CWU, 16-11.25. Triple Jump - 1, Brooke Williams, CWU, 37-8.5; 3, Rose Walts, CWU, 36-4.75. Hammer - 1, Meagan Smallbeck, CWU, 153-0.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Bobby Widmar, CWU, 11.16; 3, Harry Horwath, CWU, 11.20. 200 Meters - 2, Harry Horwath, CWU, 22.39. 400 Meters - 1, Daniel Calderon, CWU, 49.45. 1,500 Meters - 1, Trevor Allen, CWU, 4:02.92. 110m Hurdles - 2, Gunner Vallatini, CWU, 17.52. 400m Hurdles - 1, Gunner Vallatini, CWU, 58.34. 4x400 Relay - 1, Central Washington (Nate Andaya, Gunner Vallatini, Braydon Maier, Daniel Calderon), 3:28.35. Pole Vault - 1, Braydon Maier, CWU, 14-11. Long Jump - 1, Nate Andaya, CWU, 21-8.75. Triple Jump - 1, Zach Whittaker, CWU, 44-11.5. Shot Put - 1, Ethan Tonder, CWU, 51-4.5; 3, Aidan Cain, CWU, 46-10. Discus - 2, Aidan Cain, CWU, 151-0. Hammer - 2, Ethan Tonder, CWU, 162-3; 3, Aidan Cain, CWU, 160-2.

Sat., Mar. 30 - Sun., Mar. 31

UBC Invitational

at Thunderbird Park, Vancouver, B.C.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Hannah Bradley, SFU, 12.40. 200 Meters - 2, Hannah Bradley, WWU, 25.59; 3, Savannah Smith, WWU, 25.70. 400 Meters - 2, Savannah Smith, WWU, 57.38. 800 Meters - 1, Emily Chilton, SFU, 2:15.89; 3, Adrianna Klassen, SFU, 2:18.23. 100m Hurdles - 1, Molly House, WWU, 16.36; 2, Emily Morley, SFU, 16.95. Pole Vault - 1, Jewels Oliquiano, WWU, 10-10; 2, Hannah Dodson, WWU, 10-6; 3, Sarah Ellis, WWU, 10-6. Shot Put - 3, Holly Taylor, SFU, 41-10.5. Discus - 3, Chanelle Eddy, WWU, 134-8. Hammer - 3, Holly Taylor, SFU, 154-5. Javelin - 2, Paige Shimkus, WWU, 154-2; 3, Raquel Pellecer, WWU, 148-11. Heptathlon - 1, Aliyah Dawkins, WWU, 3,686.

Men (Top 3 GNAC Finishers): 200 Meters - 2, Bryant Welch, WWU, 22.46. 800 Meters - 3, Macauley Franks, WWU, 1:55.70. 110m Hurdles - 3, Cordell Cummings, WWU, 15.11. 400m Hurdles - 1, Cordell Cummings, WWU, 54.35. High Jump - 1, Garrett Davies, WWU, 6-4.25; 3, Ethan Sterkel, WWU, 6-2.25. Pole Vault - 1, JT Konrad, WWU, 15-9. Long Jump - 1, Ethan Sterkel, WWU, 21-9; 2, Rudy Mataya, WWU, 21-2.5. Shot Put - 2, Ben Malquist, WWU, 49-10.5. Discus - 1, Avery Lux, WWU, 141-1. Javelin - 3, Timothy Hatton, SFU, 194-8. Decathlon - 1, Ian Rinefort, WWU, 6,303; 2, Seren Dances, WWU, 6,029; 3, Cooper Cummings, WWU, 5,487.