



Apr. 9, 2019 • Week 12
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Apr. 12 - Sat., Apr. 13

Concordia, Simon Fraser at UCSD Triton Classic, La Jolla, Calif.
Central Washington at EWU Peuller Invitational, Cheney, Wash.

Sat., Apr. 13

Central Washington at CWU Wildcat Invitational,
Ellensburg, Wash.

Western Oregon at Pacific Luau Meet, Forest Grove, Ore.
Montana State Billings at Bauer Invitational, Rapid City, S.D.
Northwest Nazarene at NNU Open, Nampa, Idaho
Saint Martin's, Seattle Pacific, Western Washington at Jay
Hammer Invitational, Lacey, Wash.

LAST WEEK'S MEETS

Fri., Apr. 5

John Knight Twilight
at McArthur Field, Monmouth, Ore.

Women's Team Scores: Southern Oregon 109, Western Oregon
93, Concordia 86, Corban 66, Portland State 63, College of Idaho
55, Northwest Christian 44, Oregon 40, Willamette 39, Portland
33, Mt. Hood CC 11, Cal St. East Bay 8, Linfield 8, Southwestern
Oregon CC 6.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Karlie Hurley,
CU, 13.02; 3, Maddie Misi, CU, 13.06. 400 Meters - 1, Olivia
Woods, WOU, 58.13; 3, Grayson Burke, WOU, 59.09. 5,000
Meters - 2, Danel Camacho, WOU, 19:19.40. 100m Hurdles - 2,
Chase Stephens, CU, 14.93. 4x100 Relay - 1, Concordia (Macie
Allen, Karlie Hurley, Ronni VanZant, Maddie Misi), 48.01. 4x400
Relay - 2, Concordia (Macie Allen, Chelsea Bone, Karlie Hurley,
Maddie Misi), 3:58.08. Triple Jump - 1, Karlie Hurley, CU, 36-8.5.
Shot Put - 1, Katrina Linenko, CU, 45-0.5. Discus - 1, Moana
Gianotti, WOU, 141-10. Javelin - 1, Darian Wilson, WOU, 138-3.

Men's Team Scores: Western Oregon 116, Southern Oregon
107, Concordia 107, Corban 62, College of Idaho 36, Mt. Hood
CC 33, Northwest Christian 29, Clark CC 28, Portland 26, Willa-
mette 22, Portland State 19, UO Running Club 16, Southwestern
Oregon CC 16, Oregon 10, Mt. Tabor TC 6, Central Oregon CC 5,
Cal State East Bay 5.

Men (Top 3 GNAC Finishers): 100 Meters - 3, Codi Blodgett,
WOU, 11.33. 200 Meters - 3, Adam Brown, CU, 22.47. 400
Meters - 1, Gabe Arce-Torres, WOU, 49.38. 800 Meters - 2, Curt
Knott, WOU, 1:57.95; 3, Trey Reed, WOU, 1:58.37. 1,500 Meters
- 1, Justin Crosswhite, WOU, 3:53.42; 2, Hunter Hutton, WOU,
3:54.40; 3, Tyler Jones, WOU, 3:55.82. Steeplechase - 1, Hunter
Mosman, WOU, 9:29.41. 4x400 Relay - 3, Concordia (Adam
Brown, Tyler Powers, Giovanni Brown, Peter Seifert), 3:27.98.
Shot Put - 1, Josh Koch, CU, 53-5.5; 2, Seth Bridge, CU, 50-9.25.
Discus - 1, Sam Nichols, CU, 170-2; 3, Caleb Bridge, CU, 158-5.
Hammer - 2, Joe Denniston, CU, 173-10; 3, Sam Cole, WOU,
164-11. Javelin - 1, Easton Christensen, CU, 193-2; 2, Matt
Schweitz, CU, 188-8; 3, Austin Goldstein, WOU, 177-9.

War XII Meet

at Spokane Falls Track Complex, Spokane, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 3, Tia Hill, CWU,
12.94; 400 Meters - 3, Noelia Juarez, CWU, 59.29. 100m Hurdles
- 1, Mariyah Vongsaveng, CWU, 14.47; 3, Sidney Trinidad, CWU,
14.96. 400m Hurdles - 1, Sidney Trinidad, CWU, 1:00.44; 2, Erykah
Weems, CWU, 1:04.17. 4x400 Relay - 1, Central Washington,
48.13. 4x400 Relay - 1, Central Washington (Sidney Trinidad,
Katie Collins, Jasmyne Neria, Erykah Weems), 3:54.49; 3, Central
Washington B (Kayla Bloomquist, Emily Bland, Noelia Juarez, Lily
Tyrrell), 4:09.85. Pole Vault - 2, Halle Irvine, CWU, 11-3.75.

Men (Top 3 GNAC Finishers): 110m Hurdles - 2, Braydon Maier,
CWU, 15.32. 4x100 Relay - 3, Central Washington (Nate Andaya,
Michael Forster, Ryan Gunther, Trevaughn Scott), 43.71. 4x400
Relay - 1, Central Washington (Doc Porter, Michael Forster, Daniel
Calderon, Trevaughn Scott), 3:19.03. Shot Put - 3, Ethan Tonder,
CWU, 52-6.75.

Fri., Apr. 5

WWU Team Invitational
at Civic Stadium, Bellingham, Wash.

Women's Team Scores: British Columbia 211, Western Washing-
ton 184.5, Saint Martin's 101.5, Seattle Pacific 50.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Hannah Brad-
ley, WWU, 12.67; 3, Artresa Nickelson, SMU, 12.99. 200 Meters
- 1, Savannah Smith, WWU, 25.80; 2, Hannah Bradley, WWU,
26.40; 3, Rebecca Troesch, SPU, 26.80. 400 Meters - 1, Rebecca
Troesch, SPU, 1:00.10. 800 Meters - 2, Krystal Kaufman, SPU,
2:16.88; 3, Shawnee Konrad, WWU, 2:18.68. 1,500 Meters - 3,
Shawnee Konrad, WWU, 4:49.87. 5,000 Meters - 3, Sadie
Dalgleish, SMU, 21:07.8. 100m Hurdles - 1, Molly House, WWU,
16.60; 2, Tiffany Pott, SMU, 16.70. 400m Hurdles - 2, Molly House,
WWU, 1:04.95; 3, Ashley Vest, SMU, 1:13.54. Steeplechase - 1,
Talia Dreicer, WWU, 10:58.11. 4x100 Relay - 2, Saint Martin's
(Ariya Kendrick, Keshara Romain, Grace Hamre, Artresa Nickel-
son), 50:07; 3, Western Washington (Kelsey McLean, Mirannda
Schulman, Lainnie Lyamba, Jaleesa Taylor), 50:07. 4x400 Relay -
2, Western Washington (Miranda Schulman, Isabella Foes, Shakila
Omar, Mallory Harder), 4:14.1; 3, Western Washington B (Talia Dre-
icer, Aundrea Koger, Rebecca Lehman, Waverly Shreffler), 4:21.4.
High Jump - 1, Maddie Taylor, WWU, 5-5.75; Tie 3, Tiffany Pott,
SMU, 4-11.75; Tie 3, Heather Faretta, WWU, 4-11.75. Pole Vault
- 1, Lexi Perry, WWU, 11-7.75; 2, Sophie Paradis, WWU, 11-3.75;
3, Madison Licari, SPU, 11-3.75. Long Jump - 1, Keshara Romain,
SMU, 18-7.75; 3, Devon Olson, WWU, 17-0.75. Triple Jump - 1,
Keshara Romain, SMU, 37-0.5. Shot Put - 1, Chanelle Eddy, WWU,
41-1. Discus - 1, Megan Vernoy, SMU, 145-2; 2, Chanelle Eddy,
WWU, 144-5. Hammer - 1, Liz Larson, SMU, 188-3; 3, Chanelle
Eddy, WWU, 124-0. Javelin - 1, Paige Shimkus, WWU, 142-8; 2,
Raquel Pellecer, WWU, 139-8; 3, Amanda Short, WWU, 133-7.

Men's Team Scores: Western Washington 248.5, British Columbia
189, Saint Martin's 118.5, Seattle Pacific 34.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Karlington
Anunagba, WWU, 10.77; 3, Logan Amrstrong, SMU, 11.37. 200
Meters - 2, Bryant Welch, WWU, 22.80; 3, Jackson Hand, 22.80.
400 Meters - 1, Bryant Welch, WWU, 48.95; 2, Myles Smith, WWU,
49.36. 800 Meters - 1, Kyler Sager, WWU, 1:52.46; 2, Ben Crowell,
WWU, 1:56.71. 5,000 Meters - 1, James Jespersion, WWU,
15:02.7; 2, Nick Mounier, WWU, 15:08.6; 3, Dylan Hayes, WWU,

15:08.9. 110m Hurdles - 1, Cordell Cummings, WWU, 15.15.
400m Hurdles - 1, Cordell Cummings, WWU, 55.00; 3, Koby
Okezie, WWU, 56.30. Steeplechase - 2, Wilson Turk, WWU,
10:55.29; 3, Dario Cirilincione, WWU, 11:23.71. 4x100 Relay - 1,
Saint Martin's (Logan Armstrong, Michael Russell, Josh Schulz,
Jackson Hand), 42.31; 3, Western Washington (Daniel Jones,
Mitchell Burton, Sonny Chhim, Noah Johnson), 47.46. 4x400
Relay - 2, Western Washington (Mark Daniels, Reid Lovercamp,
Jon Oglesby, Ryan Witters), 3:26.2. High Jump - 1, Tupre Wickliff,
WOU, 6-4; 2, Ethan Sterkel, WWU, 6-2; 3, Nick Makrakis, WWU,
6-2. Pole Vault - 1, Craig Boyle, SMU, 15-1.5; 2, Chris Rickard,
SMU, 14-9.5; 3, Cooper Cummings, WWU, 13-9.75. Long Jump
- 1, Seren Dances, WWU, 23-2.5; 2, Ethan Sterkel, WWU, 23-0;
3, Josh Schulz, SMU, 21-6.25. Triple Jump - 1, Jacob Ringold,
WWU, 45-5.75; 2, Nick Makrakis, WWU, 43-1; 3, Jeremiah
Duckworth, WWU, 41-4.25. Shot Put - 1, Ben Malquist, WWU,
50-2.5; 2, Micah Au-Haupt, SMU, 44-10.25; 3, Avery Lux, WWU,
44-7. Discus - 1, Avery Lux, WWU, 149-1; 2, Ben Malquist, WWU,
147-5. Hammer - 3, Avery Lux, WWU, 179-2. Javelin - 1, Cooper
McNatt, WWU, 182-0; 2, Costel David, WWU, 177-1.

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

Colorado Invitational
at Potts Field, Boulder, Colo.

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

Sat., Apr. 6

Linfield Jenn Boyman Memorial Invitational
at Maxwell Field, McMinnville, Ore.

Women (Top 3 GNAC Finishers): 800 Meters - 1, Rachel Bayly,
WOU, 2:28.91. 400m Hurdles - 1, Grayson Burke, WOU, 1:07.60.
Men (Top 3 GNAC Finishers): None.

Sun., Apr. 7

Emilie Mondor Invitational
at South Fraser Athletic Park, Surrey, B.C.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Meyer
Quaynor, SFU, 12.38; 2, Emily Lindsay, SFU, 12.49. 200 Meters
- 1, Emily Lindsay, SFU, 25.30; 2, Bryce West, SFU, 25.38. 800
Meters - 1, Miryam Bassett, SFU, 2:13.14; 2, Mairin Shields-
Brown, SFU, 2:13.60; 3, Emily Chilton, SFU, 2:14.44. 1,500
Meters - 3, Paige Nock, SFU, 4:44.65. 2,000m Steeplechase - 1,
Julia Howley, SFU, 6:40.34; 2, Olivia Willett, SFU, 6:55.13. 4x100
Relay - 1, Simon Fraser, 48.52. 4x400m Relay - 1, Simon Fraser,
3:49.35. Shot Put - 2, Holly Taylor, SFU, 38-11.5. Discus - 2,
Holly Taylor, SFU, 126-6. Hammer - 1, Holly Taylor, SFU, 162-2.
Javelin - 1, Lauren Fridman, SFU, 132-9.

Men (Top 3 GNAC Finishers): 200 Meters - 3, Nathan Mah,
SFU, 21.86. 400 Meters - 2, Nate St Romain, SFU, 50.34; 3,
Nick Bauernschmitt, SFU, 50.73. 800 Meters - 2, Rowan Doherty,
SFU, 1:54.07. 1,500 Meters - 1, Sean Miller, SFU, 3:56.43; 2,
Thomas Gallagher, SFU, 3:59.53. 2,000m Steeplechase - 1,
Aaron Ahl, SFU, 5:58.90; 3, Chris Sobczak, SFU, 6:13.81. 4x100
Relay - 1, Simon Fraser, 42.56. 4x400 Relay - 1, Simon Fraser,
3:21.03. High Jump - 2, Zackary Kuzyk, SFU, 6-3.25. Long Jump
- 1, Zackary Kuzyk, SFU 20-11.25. Javelin - 1, Timothy Hatton,
SFU, 177-0; 2, Bryan Cortes, SFU, 175-10.



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GNAC Track & Field Athletes of the Week



MEN'S TRACK

Karlington Anunagba, Western Washington
Freshman • Lagos, Nigeria

Making his collegiate debut at the WWU Team Invitational, Anunagba won the 100 meters in a time of 10.77 seconds. The GNAC-leading time ranks No. 5 on Western Washington's all-time list.

Also Nominated: Braydon Maier (Central Washington), Sam Zook (Montana State Billings), Michael

Russell (Saint Martin's), Rowan Doherty (Simon Fraser), Hunter Mosman (Western Oregon).



MEN'S FIELD

Sam Nichols, Concordia
Senior • Sparks, Nev.

Nichols won the discus at the John Knight Twilight on Friday, notching an NCAA Championships provisional qualifying mark in the process. Nichols threw 170 feet, 2 inches, ranking him second in the GNAC this season and 15th in Division II.

Also Nominated: Ethan Tonder (Central Washing-

ton), Craig Boyle (Saint Martin's), Sam Cole (Western Oregon), Seren Dances (Western Washington).

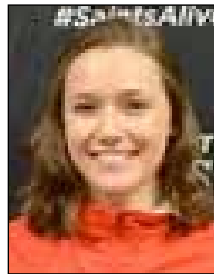


WOMEN'S TRACK

Sidney Trinidad, Central Washington
Sophomore • Arlington, Wash.

Trinidad won the 400-meter hurdles at the War XII Meet in Spokane. Her time of 1:00.04 is an NCAA Championships provisional qualifier, ranks No. 6 on the GNAC All-Time List and is tied for 10th in Division II this season. Trinidad also placed third in the 100-meter hurdles in 14.96 seconds.

Also Nominated: Karlie Hurley (Concordia), Ashley Vest (Saint Martin's), Miryam Bassett (Simon Fraser), Grayson Burke (Western Oregon), Talia Dreicer (Western Washington).



WOMEN'S FIELD

Liz Larson, Saint Martin's
Senior • Snoqualmie, Wash.

Larson won the hammer throw and improved her NCAA Championships provisional qualifying mark at the WWU Team Invitational. Larson won by 27 feet with a mark of 188 feet, 3 inches, moving her to No. 5 in Division II this season and No. 5 on the GNAC All-Time List.

Also Nominated: Halle Irvine (Central Washington), Holly Taylor (Simon Fraser), Moana Gianotti (Western Oregon), Chanelle Eddy (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 |
| Apr. 1-7 | Karlington Anunagba, WWU | Sam Nichols, CU | Sidney Trinidad, CWU | Chrisalyn Johnson, UAA |
| | | | | Liz Larson, SMU |

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

Around The GNAC

ALASKA ANCHORAGE



• Alaska Anchorage is in the midst of a three-week break from competition. The Seawolves are in action next the weekend of Apr. 18-20 at the Mt. SAC Relays, Bryan Clay Invitational and Beach Invitational.

• Senior **Caroline Kurgat** was named the USTFCCCA Division II Women's Athlete of the Week after setting a Division II record in the 10,000 meters at the Stanford

Invitational on Mar. 29. 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 **Danielle McCormick** is also automatically qualified for nationals in the women's 800 meters. Her school-record time of 2:04.65 at the Mike Fanelli Track Classic leads Division II. McCormick is also provisionally qualified in the 1,500 meters (4:32.17).

• Other women who have hit NCAA provisional qualifying marks for UAA include junior **Vanessa Aniteye** in the 400 meters (55.71, 15th), sophomore **Ruth Cvancara** in the 800 meters (2:11.43, 13th) and senior **Chrisalyn Johnson** in the triple jump (40-1.5, tie 9th) and the long jump (19-2.5, tie 15th). Men's provisional qualifiers include sophomore **Felix Kemboi** in the 5,000 meters (14:28.84, 15th) and senior **Edwin Kangogo** in the steeplechase (8:56.08, 2nd).

• Alaska Anchorage's women jumped four spots to No. 10 in this week's USTFCCCA Division II Women's Team Index, leading four top-25 GNAC teams.

CENTRAL WASHINGTON



• A pair of solid performances in the women's hurdles led Central Washington's efforts at the War XII Meet in Spokane, Washington.

• Sophomore **Sidney Trinidad** was named the GNAC Women's Track Athlete of the Week after she won the 400-meter hurdles in a time of 1:00.44. The NCAA Championships provisional qualifying time ranks 10th in

Division II and sixth on the GNAC All-Time List. Trinidad also took third in the 100-meter hurdles (14.96) and ran the leadoff leg of the Wildcats' winning 4x400-meter relay team (3:54.49).

• Racing for just the second time during the outdoor season, senior **Mariyah Vongsaveng** won the women's 100-meter hurdles in 14.47 seconds. She also placed fourth in the 100 meters (12.95).

• Sophomore **Braydon Maier** led the CWU men with his second-place finish in the 110-meter hurdles, clocking a time of 15.32 seconds. Sophomore **Ethan Tonder** took third place in the men's shot put with a mark of 52 feet, 6.75 inches.

• Junior **Halle Irvine** placed second in the women's pole vault with a clearance of 11 feet, 3.75 inches.

• Central Washington will head east once again on Friday, competing in the Eastern Washington Peuller Invitational before coming home on Saturday to host the CWU Wildcat Invitational on the new track at the CWU Recreation Sports Complex.

CONCORDIA



• A strong day in the throws led Concordia's performances at the John Knight Twilight on Friday. The Cavaliers' men tied for second with 107 points while the women placed third with 86 points.

• Senior **Sam Nichols** was named the GNAC Men's Field Athlete of the Week after he won the discus with an NCAA Championships provisional qualifying mark of 170 feet, 2

inches. The mark ranks 15th in Division II this season and No. 9 on the GNAC All-Time List.

• Senior **Easton Christensen** was a winner in the men's javelin with a mark of 193 feet, 2 inches. Senior **Josh Koch** was a winner in the men's shot put with a mark of 53 feet, 5.5 inches.

• Junior **Katrina Linenko** led the women's throwers with her winning performance in the shot put with a mark of 45 feet, 5.5 inches. Sophomore **Elizabeth Stottlemyre** finished fourth in the javelin with a mark of 125 feet, 1 inch.

• Junior **Karlie Hurley** took top honors in the women's triple jump with her leap of 36 feet, 8.5 inches. She went on to place second in the women's 100 meters in 13.02 seconds while senior **Maddie Misi** was third in 13.06 seconds.

• The women's 4x400-meter relay team of **Macie Allen**, Hurley, **Ronni VanZant** and Misi was a winner in 48.01 seconds.

• Concordia will send a number of athletes to the UCSD Triton Invitational this weekend in La Jolla, California, with the balance of the team competing at the Jay Hammer Invitational on Saturday.

MONTANA STATE BILLINGS



• Season-best marks by the women's triple jumpers led Montana State Billings' performances at the Colorado Invitational.

• Senior **Janessa Williams** and junior **Brenna Beckett** finished 12th and 13th, respectively, with Williams leaping 34 feet, 9.5 inches and Beckett clearing 34 feet, 7.75 inches.

• Junior **Isaiah Girard** equaled his season-best and school record in the men's high jump, clearing 6 feet, 9 inches to place fourth. Senior **Beau Peaslee** finished fifth in the men's javelin with a mark of 171 feet, 4 inches.

• In the sprints, senior **Sam Zook** took fifth place in the men's 100 meters with a time of 11.04 seconds. He finished second among Division II competitors in the event.

• The distances were led by junior **Nikki Aiken**, who placed fifth in the women's steeplechase with a time of 12:12.14.

• Montana State Billings will head back to South Dakota for the second time this season, competing at the Bauer Invitational on Saturday in Rapid City.

Around The GNAC

NORTHWEST NAZARENE



• Northwest Nazarene did not compete last weekend. The Nighthawks will host their second and final home meet of the season, the NNU Open, on Saturday.

• The Nighthawks continue to be led by **Jake Knight**. The senior enters the week ranked eighth in Division II in the men's discus at 177 feet, 10 inches, and 11th in the shot put at 58 feet, 1 inch. Both marks are NNU school records and

NCAA Championships provisional qualifiers.

• Sophomore **Dakota Tidwell** leads the GNAC and is ranked 12th in the men's decathlon, having finished with a score of 6,708 points at the NNU Invitational. The mark is an NCAA Championships provisional qualifier.

• Senior **Ellie Logan** is the only NNU women's athlete to be provisionally qualified for nationals so far this season. Her mark of 152 feet, 9 inches, ranks seventh in Division II and is third in the GNAC.

SAINT MARTIN'S



• Improvement on a national qualifying mark by senior **Liz Larson** and a school record by freshman **Keshara Romain** led Saint Martin's performance at the WWU Team Invitational.

• Larson was named the GNAC Women's Field Athlete of the Week after she won the hammer by 27 feet. Her mark of 188 feet, 3 inches, is fifth in Division II this season and No. 5 on the GNAC All-Time List.

• Romain set the school record in the women's long jump, winning the event with a mark of 18 feet, 7.75 inches. She also took top honors in the triple jump with a mark of 37 feet, 0.5 inches.

• The Saints took the top-two places in the men's pole vault. Senior **Craig Boyle** won with a mark of 15 feet, 1.5 inches, while senior **Chris Rickard** placed second at 14 feet, 9.5 inches.

• In the women's throws, senior **Megan Vernoy** won the discus with a mark of 145 feet, 2 inches.

• The men also scored a win in the 4x100-meter relay with the team of **Logan Armstong, Michael Russell, Josh Schulz** and **Jackson Hand** finishing in a time of 42.31 seconds.

• Saint Martin's will host its lone home meet of the season, the Jay Hammer Invitational, on Saturday in Lacey, Washington.

SEATTLE PACIFIC



• Season-best performances in an unusual women's pole vault competition led a limited Seattle Pacific roster competing at the WWU Team Invitational.

• The event was moved inside from Civic Stadium to the adjacent SportsPlex due to high winds. Freshman **Madison Licari** was unphased, finishing third with a mark of 11 feet, 3.75 inches. Freshman **Emma Lambert** also cleared 11-3.75, placing fourth.

• Freshman **Rebecca Troescher** was the lone event winner for the Falcons in Bellingham, winning the women's 400 meters in 1:00.1. Troescher also placed third in the 200 meters in a time of 26.8 seconds.

• Freshman **Krystal Kaufman** finished second in the women's 800 meters with a time of 2:16.88.

• The SPU men were led by freshman **Sean Barbour**, who placed fifth in the indoor-outdoor pole vault with a mark of 13 feet, 9.75 inches. Freshman **Silas Newby** finished sixth in the long jump with a leap of 20 feet, 5.75 inches.

• Junior **Shayne Carpenter** led the men's efforts on the track, placing sixth in the 110-meter hurdles in 16.47 seconds.

• The Falcons' women are ranked No. 22 in this week's USTFCCA Division II Team Index.

• The Falcons will continue to compete close to home, taking part in the Jay Hammer Invitational on Saturday in Lacey, Washington.

SIMON FRASER



• Competing against a clearly Canadian field, Simon Fraser won 14 events and scored 30 top-three finishes at their own Emilie Mondor Invitational in Surrey, B.C.

• The impressive number of winners and top-three finishes earn the Clan selection as the GNAC Team of the Week.

• Senior **Miryam Bassett** led the winners, taking the women's 800 meters with a time of 2:13.14. Bassett led a top-six sweep in the event by the Clan. **Mairin Shields-Brown** placed second in 2:13.60.

• Sophomore **Holly Taylor** had top-four finishes in all four throws. She won the women's hammer with a mark of 162 feet, 2 inches, placed second in both the shot put (38-11.5) and the discus (126-6) and was fourth in the javelin (121-10). Freshman **Lauren Fridman** won the javelin with her mark of 132 feet, 9 inches.

• Freshman **Timothy Hatton** added a victory in the men's javelin with a mark of 177 feet.

• In the women's sprints, sophomore **Meyer Quaynor** won the 100 meters in 12.38 seconds while freshman **Emily Lindsay** won the 200 meters in 25.30 seconds. The Clan also won both relays, taking the 4x100-meter relay in 48.52 seconds and the 4x400-meter relay in 3:49.35.

• Senior **Sean Miller** led the men's track efforts, winning the 1,500 meters in a time of 3:56.43 while junior **Thomas Gallagher** was second in 3:59.53. The Clan also won both men's relays with the 4x100-meter relay running 42.56 seconds and the 4x400-meter relay running 3:21.03.

• The Simon Fraser's women are ranked No. 13 in this week's USTFCCA Division II Team Index.

• Simon Fraser will head to southern California this weekend, taking part in the UCSD Triton Invitational in La Jolla.

WESTERN OREGON



• The distance runners and throwers shined for Western Oregon under the lights at their own John Knight Twilight on Friday.

• The Wolves scored victories in both 400-meter races. Senior **Olivia Woods** captured the women's race in a time of 58.13 seconds, leading three WOU athletes to finish in

the top-four. Freshman **Gabe Arce-Torres** won the men's one-lap with a time of 49.38 seconds.

• Junior **Hunter Mosman** took 10 seconds off of his season-best in the men's steeplechase, winning in a time of 9:29.41. Junior **Justin Crosswhite** added a victory in the men's 1,500 meters in a time of 3:53.42, leading a top-three WOU sweep in the race.

• Sophomore **Moana Gianotti** improved her lifetime best in the women's discus, winning with a mark of 141 feet, 10 inches. Sophomore **Darian Wilson** was the winner of the women's javelin with her mark of 138 feet, 3 inches.

Around The GNAC

• The Wolves sent a limited number of athletes to the Linfield Jenn Boyman Memorial Invitational in McMinnville, Oregon on Saturday. Junior **Grayson Burke** was the winner in her first-ever women's 400-meter hurdles race in a time of 1:07.60. Sophomore **Rachel Bayly** was the winner in the women's 800 meters by more than two seconds with a time of 2:28.91.

• Western Oregon will compete close to home once again this weekend, taking part in the Pacific Luau Invitational on Saturday in Forest Grove, Oregon.

WESTERN WASHINGTON



• An outstanding debut for freshman **Karlington Anunagba** and 17 individual event victories led Western Washington's performances at their own WWU Team Invitational on Friday.

• Anunagba was named the GNAC Men's Track Athlete of the Week after he won his first collegiate race, taking the 100 meters in a time of 10.77 seconds. The time is the fastest in

the GNAC this season and the sixth-fastest in WWU history.

• Sophomore **Bryant Welch** won the men's 400 meters in a personal-best 48.95 seconds. Senior **Kyler Sager** took the men's 800 meters in a time of 1:52.46 while senior **James Jespersion** won the 5,000 meters in 15:02.7.

• Junior **Cordell Cummings** won both men's hurdles races, winning the 110-meter hurdles in 15.15 seconds and the 400-meter hurdles in 55 seconds. Sophomore **Molly House** was the winner of the women's 100-meter hurdles in a time of 16.60 seconds.

• The Vikings' top women's performances came in the field events. Senior Maddie Taylor won the high jump with a mark of 5 feet, 5.75 inches. Junior Lexi Perry won the pole vault with a personal best mark of 11 feet, 7.75 inches.

• In the throws, freshman **Paige Shimkus** won the women's javelin with a mark of 142 feet, 8 inches. Junior **Chanelle Eddy** was the winner of the women's shot put with a mark of 41 feet, 1 inch.

• Sophomore **Talia Dreicer** led the WWU women's performances on the track, winning the steeplechase in a time of 10:58.11. The NCAA Championships provisional qualifying time ranks 16th in Division II this season.

• Western Washington's women are ranked No. 21 in last week's USTFCCA 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. 8, 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. 8, 2019

| Event | Athlete | Mark | Rank | Date |
|--------------|----------------------------|---------------|--------|---------|
| 1,500 Meters | Rowan Doherty, SFU | 3:49.41 | T-15th | 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 | 12th | 3/28/19 |
| High Jump | Isaiah Girard, MSUB | 2.06/6-9 | T-15th | 3/23/19 |
| Pole Vault | JT Konrad, WWU | 4.80/15-9 | 18th | 3/30/19 |
| Shot Put | Jake Knight, NNU | 17.70/58-1 | 11th | 3/30/19 |
| | Josh Koch, CU | 16.63/54-6.75 | 33rd | 3/23/19 |
| | Brady Ostermiller, MSUB | 16.20/53-1.75 | T-43rd | 3/30/19 |
| Discus | Jake Knight, NNU | 54.20/177-10 | 8th | 3/23/19 |
| | Sam Nichols, CU | 51.86/170-2 | 15th | 4/5/19 |
| 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 | 17th | 3/16/19 |
| | Timothy Hatton, SFU | 59.34/194-8 | 19th | 3/30/19 |
| Decathlon | Dakota Tidwell, NNU | 6,708 | 12th | 3/23/19 |
| | Giovanni Brown, CU | 6,505 | 17th | 3/25/19 |
| | Ian Rinefort, WWU | 6,303 | 22nd | 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 | 23rd | 3/27/19 |
| 400 Meters | Vanessa Aniteye, UAA | 55.71 | 15th | 3/28/19 |
| | Sophie Dodd, SFU | 2:07.44 | 3rd | 3/28/19 |
| 800 Meters | Alana Mussatto, SFU | 2:09.86 | 9th | 3/28/19 |
| | Ruth Cvancara, UAA | 2:11.43 | 13th | 3/28/19 |
| | Paige Nock, SFU | 2:11.67 | 14th | 3/28/19 |
| 1,500 Meters | Miryam Bassett, SFU | 4:30.53 | 11th | 3/28/19 |
| | Danielle McCormick, UAA | 4:32.17 | 15th | 3/23/19 |
| 5,000 Meters | Kate Lilly, SPU | 4:32.64* | 17th | 3/28/19 |
| | Dania Holmberg, SPU | 17:06.47 | 9th | 3/28/19 |
| 10,000 Meters | Alexa Shindruk, CWU | 34:25.41 | 3rd | 3/29/19 |
| | Sophia Galvez, WWU | 36:28.86 | 13th | 3/28/19 |
| 400m Hurdles | Sidney Trinidad, CWU | 1:00.44 | 10th | 4/5/19 |
| Steeplechase | Kaylee Mitchell, SPU | 10:37.53 | 6th | 3/28/19 |
| | Chelsea Ribeiro, SFU | 10:38.40 | 7th | 3/23/19 |
| | Olivia Willett, SFU | 10:56.88 | 12th | 3/23/19 |
| 4x100 Relay | Talia Dreicer, WWU | 10:58.11 | 16th | 4/5/19 |
| | Seattle Pacific | 46.23 | T-9th | 3/22/19 |
| 4x400 Relay | Alaska Anchorage | 3:44.20 | 7th | 3/28/19 |
| | Simon Fraser | 3:48.01 | 14th | 3/28/19 |
| High Jump | Maddie Taylor, WWU | 1.74/5-8.5 | 4th | 3/16/19 |
| Pole Vault | Halle Irvine, CWU | 3.65/11-11.75 | T-33rd | 3/29/19 |
| | Chrisalyn Johnson, UAA | 5.85/19-2.5 | T-15th | 3/28/19 |
| Long Jump | Renick Meyer, SPU | 5.84/19-2 | T-18th | 3/22/19 |
| | Chrislayn Johnson, UAA | 12.23/40-1.5 | T-9th | 3/28/19 |
| Triple Jump | Katrina Linenko, CU | 13.8145-3.75 | 35th | 3/16/19 |
| Shot Put | Liz Larson, SMU | 57.37/188-3 | 5th | 4/5/19 |
| | Raquel Pellecer, WWU | 47.31/155-2 | 5th | 3/2/19 |
| Hammer | Paige Shimkus, WWU | 47.01/154-3 | 6th | 3/9/19 |
| | Ellie Logan, NNU | 46.57/152-9 | 7th | 3/23/19 |
| Javelin | Natalie Vetto, WWU | 43.27/141-11 | 16th | 3/30/19 |
| | Darian Wilson, WOU | 42.55/139-7 | 20th | 3/23/19 |
| Heptathlon | Elizabeth Stottlemeyre, CU | 42.39/139-1 | T-22nd | 3/16/19 |
| | Hannah Nienaber, WWU | 41.85/137-4 | 27th | 3/2/19 |
| | Scout Cai, SPU | 5,001 | 5th | 3/22/19 |
| Heptathlon | HarLee Ortega, CWU | 4,913 | 10th | 3/22/19 |
| | Renick Meyer, SPU | 4,879 | 11th | 3/22/19 |
| | Sidney Trinidad, CWU | 4,674 | 17th | 3/22/19 |

* - converted from mile

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 | — | — | — |
| Apr. 9 | — | — | — |

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

| Week 4 - Apr. 9, 2019 | | |
|-----------------------|------------------------|--------|
| Rk | School | Pts. |
| 1. | Angelo State | 203.53 |
| 2. | West Texas A&M | 173.75 |
| 3. | Lincoln (Mo.) | 142.09 |
| 4. | Texas A&M-Commerce | 134.75 |
| 5. | Grand Valley St. | 129.90 |
| 6. | Saint Augustine's | 120.53 |
| 7. | Ashland | 104.23 |
| 8. | Texas A&M-Kingsville | 100.93 |
| 9. | Tiffin | 98.54 |
| 10. | Academy of Art | 90.18 |
| 11. | Pittsburg State | 85.47 |
| 12. | Missouri Southern | 85.30 |
| 13. | CSU-Pueblo | 77.58 |
| 14. | Adams State | 75.57 |
| 15. | Colorado Mines | 75.43 |
| 16. | Queens (N.C.) | 75.39 |
| 17. | UC San Diego | 70.86 |
| 18. | Central Missouri | 68.99 |
| 19. | Chico State | 66.34 |
| 20. | Findlay | 59.72 |
| 21. | Shippensburg | 58.17 |
| 22. | Embry-Riddle (Fla.) | 55.43 |
| 23. | Northwood (Mich.) | 54.18 |
| 24. | Lee (Tenn.) | 53.34 |
| 25. | Northwest Missouri St. | 51.58 |

USTFCCCA WEST REGION TEAM INDEX

| as of Apr. 9, 2019 | | | |
|--------------------|---------------------------|---------------|----------|
| Rk | School | Pts. | Prev. |
| 1. | Chico State | 810.34 | 1 |
| 2. | UC San Diego | 663.59 | 3 |
| 3. | Cal Poly Pomona | 583.83 | 2 |
| 4. | Western Washington | 529.79 | 4 |
| 5. | Academy of Art | 432.23 | 5 |
| 6. | Cal State LA | 326.58 | 6 |
| 7. | Azusa Pacific | 315.76 | 11 |
| 8. | Concordia | 315.67 | 8 |
| 9. | Simon Fraser | 305.57 | 7 |
| 10. | Northwest Nazarene | 290.31 | 9 |



[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 |
| Apr. 9 | 10th | — | 22nd | 13th | 21st |

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

| Week 4 - Apr. 9, 2019 | | |
|-----------------------|---------------------------|--------------|
| Rk | School | Pts. |
| 1. | Grand Valley St. | 268.61 |
| 2. | Angelo State | 186.77 |
| 3. | Missouri Southern | 174.96 |
| 4. | Lincoln (Mo.) | 157.84 |
| 5. | West Texas A&M | 130.66 |
| 6. | Adams State | 126.29 |
| 7. | Pittsburg State | 120.25 |
| 8. | Saint Augustine's | 102.06 |
| 9. | San Francisco St. | 97.16 |
| 10. | Alaska Anchorage | 86.55 |
| 11. | UC-Colorado Springs | 82.59 |
| 12. | Ashland | 82.11 |
| 13. | Simon Fraser | 81.37 |
| 14. | Colorado Mines | 79.19 |
| 15. | Texas A&M-Commerce | 72.97 |
| 16. | Mount Olive | 72.06 |
| 17. | UC San Diego | 67.99 |
| 18. | New Mexico Highlands | 65.53 |
| 19. | Franklin Pierce | 62.17 |
| 20. | Lindenwood | 55.53 |
| 21. | Western Washington | 51.94 |
| 22. | Seattle Pacific | 51.60 |
| 23. | Azusa Pacific | 50.78 |
| 24. | Point Loma | 46.31 |
| 25. | Virginia State | 44.27 |

USTFCCCA WEST REGION TEAM INDEX

| as of Apr. 9, 2019 | | | |
|--------------------|-------------------------|---------------|-----------|
| Rk | School | Pts. | Prev. |
| 1. | Azusa Pacific | 501.07 | 3 |
| 2. | UC San Diego | 486.77 | 2 |
| 3. | San Francisco St. | 481.50 | 1 |
| 4. | Fresno Pacific | 432.01 | 6 |
| 5. | Seattle Pacific | 395.84 | 4 |
| 6. | Cal Poly Pomona | 372.42 | 5 |
| 7. | Alaska Anchorage | 341.79 | 7 |
| 8. | Simon Fraser | 338.38 | 10 |
| 9. | Academy of Art | 322.76 | 8 |
| 10. | Chico State | 315.74 | 13 |



[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 | 45.21/14-84 |
| 800 Meters | 2:12.52 |

| |
|--|
| Danielle Ayers-Stamper, Seattle Pacific (2005) |
| Danielle Ayers-Stamper, Seattle Pacific (2005) |
| Bridget Johnson, Western Oregon (2006) |
| Grace Morgan, Alaska Anchorage (2013) |
| Stephanie Huffman, Seattle Pacific (2013) |
| Katie Reichert, Western Washington (2012) |
| Bridgette Sexton, Seattle Pacific (2005) |

MEN'S CONFERENCE MEET RECORDS

| | |
|---------------|----------------|
| 100 Meters | 10.43 |
| 200 Meters | 21.32 |
| 400 Meters | 47.55 |
| 800 Meters | 1:49.31 |
| 1,500 Meters | 3:47.37 |
| 5,000 Meters | 14:29.41 |
| 10,000 Meters | 30:25.75 |
| 110m Hurdles | 14.21 |
| 400m Hurdles | 52.12 |
| Steeplechase | 8:47.26 |
| 4x100 Relay | 41.10 |
| 4x400 Relay | 3:13.84 |
| High Jump | 2.11/6-11 |
| Pole Vault | 5.14/16-10.75 |
| Long Jump | 7.52/24-8.25 |
| Triple Jump | 15.50/50-10.25 |
| Shot Put | 18.20/59-8.75 |
| Discus | 53.80/176-6.5 |
| Hammer | 61.61/202-1 |
| Javelin | 69.49/228-0 |
| Decathlon | 7,201 |

| |
|--|
| Anthony Wright, Central Washington (2010) |
| Rimar Christie, Northwest Nazarene (2013) |
| Tyrell Williams, Western Oregon (2014) |
| Ethan Hewitt, Alaska Anchorage (2012) |
| Kodiak Landis, Central Washington (2018) |
| Paul Mach, Seattle Pacific (2005) |
| David Ribich, Western Oregon (2017) |
| Micah Chelimo, Alaska Anchorage (2011) |
| Jordan Walling, Western Washington (2011) |
| Travis Milbrandt, Western Washington (2015) |
| Vladislav Tsygankov, Simon Fraser (2018) |
| Ryan Brockerville, Simon Fraser (2012) |
| Central Washington (2010) |
| Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols |
| Simon Fraser (2015) |
| Stuart Ellenwood, Cameron Proceviat, Joel Webster, Daniel Kelloway |
| Tevin Gladden, Alaska Anchorage (2017) |
| Ryan Brown, Western Washington (2010) |
| David Registe, Alaska Anchorage (2008) |
| Wesley Gray, Western Oregon (2017) |
| Josh Koch, Concordia (2016) |
| Caleb Bridge, Concordia (2017) |
| Michael Hoffman, Western Washington (2008) |
| Franz Burghagen, Alaska Anchorage (2013) |
| Cody Thomas, Alaska Anchorage (2016) |

WOMEN'S CONFERENCE MEET RECORDS

| | |
|---------------|-----------------|
| 100 Meters | 11.81 |
| 200 Meters | 24.30 |
| 400 Meters | 54.46 |
| 800 Meters | 2:06.38 |
| 1,500 Meters | 4:24.01 |
| 3,000 Meters | 9:53.80 |
| 5,000 Meters | 16:39.39 |
| 10,000 Meters | 34:49.33 |
| 100m Hurdles | 13.82 |
| 400m Hurdles | 1:00.10 |
| Steeplechase | 10:14.15 |
| 4x100 Relay | 46.60 |
| 4x400 Relay | 3:44.11 |
| High Jump | 1.77/5-9.75 |
| Pole Vault | 3.83/12-6.75 |
| Long Jump | 5.99/19-8 |
| Triple Jump | 12.42/40-9 |
| Shot Put | 16.55/54-3.75 |
| Discus | 53.01/173-11 |
| Hammer | 59.62/195-7 |
| Javelin | 52.40/171-11.25 |
| Heptathlon | 5,390 |

| |
|--|
| Jamie Ashcroft, Alaska Anchorage (2015) |
| Grace Morgan, Alaska Anchorage (2013) |
| Helen Crofts, Simon Fraser (2013) |
| Jessica Pixler, Seattle Pacific (2010) |
| Jessica Pixler, Seattle Pacific (2010) |
| Jessica Pixler, Seattle Pacific (2007) |
| Sarah Porter, Western Washington (2010) |
| Caroline Kurgat, Alaska Anchorage (2018) |
| Danielle Ayers-Stamper, Seattle Pacific (2005) |
| Erykah Weems, Central Washington (2018) |
| Katelyn Steen, Western Washington (2015) |
| Seattle Pacific (2018) |
| Renick Meyer, Julia Stepper, Becca Houk, Grace Bley |
| Seattle Pacific (2013) |
| Kishia Mitchell, Emily Quatier, Jasmine Johnson, McKayla Fricker |
| Taylor Fettig, Central Washington (2016) |
| Karis Anderson, Western Washington (2012) |
| Ali Worthen, Seattle Pacific (2013) |
| Ashley Potter, Western Oregon (2012) |
| McKenzie Warren, Concordia (2017) |
| Melissa Ausman, Concordia (2018) |
| Christina MacDonald, Concordia (2018) |
| Bethany Drake, Western Washington (2017) |
| Ali Worthen, Seattle Pacific (2013) |

+ - Denotes Division II national record

2018-19 GNAC 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 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.

Fri., Apr. 5

John Knight Twilight

at McArthur Field, Monmouth, Ore.

Women's Team Scores: Southern Oregon 109, Western Oregon 93, Concordia 86, Corban 66, Portland State 63, College of Idaho 55, Northwest Christian 44, Oregon 40, Willamette 39, Portland 33, Mt. Hood CC 11, Cal St. East Bay 8, Linfield 8, Southwestern Oregon CC 6.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Karlie Hurley, CU, 13.02; 3, Maddie Misi, CU, 13.06. 400 Meters - 1, Olivia Woods, WOU, 58.13; 3, Grayson Burke, WOU, 59.09. 5,000 Meters - 2, Danel Camacho, WOU, 19:19.40. 100m Hurdles - 2, Chase Stephens, CU, 14.93. 4x100 Relay - 1, Concordia (Macie Allen, Karlie Hurley, Ronni VanZant, Maddie Misi), 48.01. 4x400 Relay - 2, Concordia (Macie Allen, Chelsea Bone, Karlie Hurley, Maddie Misi), 3:58.08. Triple Jump - 1, Karlie Hurley, CU, 36-8.5. Shot Put - 1, Katrina Linenko, CU, 45-0.5. Discus - 1, Moana Gianotti, WOU, 141-10. Javelin - 1, Darian Wilson, WOU, 138-3.

Men's Team Scores: Western Oregon 116, Southern Oregon 107, Concordia 107, Corban 62, College of Idaho 36, Mt. Hood CC 33, Northwest Christian 29, Clark CC 28, Portland 26, Willamette 22, Portland State 19, UO Running Club 16, Southwestern Oregon CC 16, Oregon 10, Mt. Tabor TC 6, Central Oregon CC 5, Cal State East Bay 5.

Men (Top 3 GNAC Finishers): 100 Meters - 3, Codi Blodgett, WOU, 11.33. 200 Meters - 3, Adam Brown, CU, 22.47. 400 Meters - 1, Gabe Arce-Torres, WOU, 49.38. 800 Meters - 2, Curt Knott, WOU, 1:57.95; 3, Trey Reed, WOU, 1:58.37. 1,500 Meters - 1, Justin Crosswhite, WOU, 3:53.42; 2, Hunter Hutton, WOU, 3:54.40; 3, Tyler Jones, WOU, 3:55.82. Steeplechase - 1, Hunter Mosman, WOU, 9:29.41. 4x400 Relay - 3, Concordia (Adam Brown, Tyler Powers, Giovanni Brown, Peter Seifert), 3:27.98. Shot Put - 1, Josh Koch, CU, 53-5.5; 2, Seth Bridge, CU, 50-9.25. Discus - 1, Sam Nichols, CU, 170-2; 3, Caleb Bridge, CU, 158-5. Hammer - 2, Joe Denniston, CU, 173-10; 3, Sam Cole, WOU, 164-11. Javelin - 1, Easton Christensen, CU, 193-2; 2, Matt Schweitz, CU, 188-8; 3, Austin Goldstein, WOU, 177-9.

War XII Meet

at Spokane Falls Track Complex, Spokane, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 3, Tia Hill, CWU, 12.94. 400 Meters - 3, Noelia Juarez, CWU, 59.29. 100m Hurdles - 1, Mariyah Vongsaveng, CWU, 14.47; 3, Sidney Trinidad, CWU, 14.96. 400m Hurdles - 1, Sidney Trinidad, CWU, 1:00.44; 2, Erykah Weems, CWU, 1:04.17. 4x400 Relay - 1, Central Washington, 48.13. 4x400 Relay - 1, Central Washington (Sidney Trinidad, Katie Collins, Jasmyne Neria, Erykah Weems), 3:54.49; 3, Central Washington B (Kayla Bloomquist, Emily Bland, Noelia Juarez, Lily Tyrrell), 4:09.85. Pole Vault - 2, Halle Irvine, CWU, 11-3.75.

Men (Top 3 GNAC Finishers): 110m Hurdles - 2, Braydon Maier, CWU, 15.32. 4x100 Relay - 3, Central Washington (Nate Andaya, Michael Forster, Ryan Gunther, Trevaughn Scott), 43.71. 4x400 Relay - 1, Central Washington (Doc Porter, Michael Forster, Daniel Calderon, Trevaughn Scott), 3:19.03. Shot Put - 3, Ethan Tonder, CWU, 52-6.75.

2018-19 GNAC Outdoor Meet Summaries

Fri., Apr. 5

WWU Team Invitational

at Civic Stadium, Bellingham, Wash.

Women's Team Scores: British Columbia 211, Western Washington 184.5, Saint Martin's 101.5, Seattle Pacific 50.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Hannah Bradley, WWU, 12.67; 3, Artresa Nickelson, SMU, 12.99. 200 Meters - 1, Savannah Smith, WWU, 25.80; 2, Hannah Bradley, WWU, 26.40; 3, Rebecca Troesch, SPU, 26.80. 400 Meters - 1, Rebecca Troesch, SPU, 1:00.10. 800 Meters - 2, Krystal Kaufman, SPU, 2:16.88; 3, Shawnee Konrad, WWU, 2:18.68. 1,500 Meters - 3, Shawnee Konrad, WWU, 4:49.87. 5,000 Meters - 3, Sadie Dagleish, SMU, 21:07.8. 100m Hurdles - 1, Molly House, WWU, 16.60; 2, Tiffany Pott, SMU, 16.70. 400m Hurdles - 2, Molly House, WWU, 1:04.95; 3, Ashley Vest, SMU, 1:13.54. Steeplechase - 1, Talia Dreicer, WWU, 10:58.11. 4x100 Relay - 2, Saint Martin's (Ariya Kendrick, Keshara Romain, Grace Hamre, Artresa Nickelson), 50.07; 3, Western Washington (Kelsey McLean, Mirannda Schulman, Lainnie Lyamba, Jaleesa Taylor), 50.07. 4x400 Relay - 2, Western Washington (Miranda Schulman, Isabella Foos, Shakila Omar, Mallory Harder), 4:14.1; 3, Western Washington B (Talia Dreicer, Aundrea Koger, Rebecca Lehman, Waverly Shreffler), 4:21.4. High Jump - 1, Maddie Taylor, WWU, 5-5.75; Tie 3, Tiffany Pott, SMU, 4-11.75; Tie 3, Heather Faretta, WWU, 4-11.75. Pole Vault - 1, Lexi Perry, WWU, 11-7.75; 2, Sophie Paradis, WWU, 11-3.75; 3, Madison Licari, SPU, 11-3.75. Long Jump - 1, Keshara Romain, SMU, 18-7.75; 3, Devon Olson, WWU, 17-0.75. Triple Jump - 1, Keshara Romain, SMU, 37-0.5. Shot Put - 1, Chanelle Eddy, WWU, 41-1. Discus - 1, Megan Vernoy, SMU, 145-2; 2, Chanelle Eddy, WWU, 144-5. Hammer - 1, Liz Larson, SMU, 188-3; 3, Chanelle Eddy, WWU, 124-0. Javelin - 1, Paige Shimkus, WWU, 142-8; 2, Raquel Pellecer, WWU, 139-8; 3, Amanda Short, WWU, 133-7.

Men's Team Scores: Western Washington 248.5, British Columbia 189, Saint Martin's 118.5, Seattle Pacific 34.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Karlington Anunagba, WWU, 10.77; 3, Logan Armstrong, SMU, 11.37. 200 Meters - 2, Bryant Welch, WWU, 22.80; 3, Jackson Hand, 22.80. 400 Meters - 1, Bryant Welch, WWU, 48.95; 2, Myles Smith, WWU, 49.36. 800 Meters - 1, Kyler Sager, WWU, 1:52.46; 2, Ben Crowell, WWU, 1:56.71. 1,500 Meters - 1, James Jespersen, WWU, 15:02.7; 2, Nick Mounier, WWU, 15:08.6; 3, Dylan Hayes, WWU, 15:08.9. 110m Hurdles - 1, Cordell Cummings, WWU, 15.15. 400m Hurdles - 1, Cordell Cummings, WWU, 55.00; 3, Koby Okezie, WWU, 56.30. Steeplechase - 2, Wilson Turk, WWU, 10:55.29; 3, Dario Cirilincione, WWU, 11:23.71. 4x100 Relay - 1, Saint Martin's (Logan Armstrong, Michael Russell, Josh Schulz, Jackson Hand), 42.31; 3, Western Washington (Daniel Jones, Mitchell Burton, Sonny Chhim, Noah Johnson), 47.46. 4x400 Relay - 2, Western Washington (Mark Daniels, Reid Lovercamp, Jon Oglesby, Ryan Witters), 3:26.2. High Jump - 1, Tupre Wickliff, WOU, 6-4; 2, Ethan Sterkel, WWU, 6-2; 3, Nick Makrakis, WWU, 6-2. Pole Vault - 1, Craig Boyle, SMU, 15-1.5; 2, Chris Rickard, SMU, 14-9.5; 3, Cooper Cummings, WWU, 13-9.75. Long Jump - 1, Seren Dances, WWU, 23-2.5; 2, Ethan Sterkel, WWU, 23-0; 3, Josh Schulz, SMU, 21-6.25. Triple Jump - 1, Jacob Ringold, WWU, 45-5.75; 2, Nick Makrakis, WWU, 43-1; 3, Jeremiah Duckworth, WWU, 41-4.25. Shot Put - 1, Ben Malquist, WWU, 50-2.5; 2, Micah Au-Haupt, SMU, 44-10.25; 3, Avery Lux, WWU, 44-7. Discus - 1, Avery Lux, WWU, 149-1; 2, Ben Malquist, WWU, 147-5. Hammer - 3, Avery Lux, WWU, 179-2. Javelin - 1, Cooper McNatt, WWU, 182-0; 2, Costel David, WWU, 177-1.

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

Colorado Invitational

at Potts Field, Boulder, Colo.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): None.

Sat., Apr. 6

Linfield Jenn Boyman Memorial Invitational

at Maxwell Field, McMinnville, Ore.

Women (Top 3 GNAC Finishers): 800 Meters - 1, Rachel Bayly, WOU, 2:28.91.

400m Hurdles - 1, Grayson Burke, WOU, 1:07.60.

Men (Top 3 GNAC Finishers): None.

Sun., Apr. 7

Emilie Mondor Invitational

at South Fraser Athletic Park, Surrey, B.C.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Meyer Quaynor, SFU, 12.38; 2, Emily Lindsay, SFU, 12.49. 200 Meters - 1, Emily Lindsay, SFU, 25.30; 2, Bryce West, SFU, 25.38. 800 Meters - 1, Miryam Bassett, SFU, 2:13.14; 2, Mairin Shields-Brown, SFU, 2:13.60; 3, Emily Chilton, SFU, 2:14.44. 1,500 Meters - 3, Paige Nock, SFU, 4:44.65. 2,000m Steeplechase - 1, Julia Howley, SFU, 6:40.34; 2, Olivia Willett, SFU, 6:55.13. 4x100 Relay - 1, Simon Fraser, 48.52. 4x400n Relay - 1, Simon Fraser, 3:49.35. Shot Put - 2, Holly Taylor, SFU, 38-11.5. Discus - 2, Holly Taylor, SFU, 126-6. Hammer - 1, Holly Taylor, SFU, 162-2. Javelin - 1, Lauren Fridman, SFU, 132-9.

Men (Top 3 GNAC Finishers): 200 Meters - 3, Nathan Mah, SFU, 21.86. 400 Meters - 2, Nate St Romain, SFU, 50.34; 3, Nick Bauernschmitt, SFU, 50.73. 800 Meters - 2, Rowan Doherty, SFU, 1:54.07. 1,500 Meters - 1, Sean Miller, SFU, 3:56.43; 2, Thomas Gallagher, SFU, 3:59.53. 2,000m Steeplechase - 1, Aaron Ahl, SFU, 5:58.90; 3, Chris Sobczak, SFU, 6:13.81. 4x100 Relay - 1, Simon Fraser, 42.56. 4x400 Relay - 1, Simon Fraser, 3:21.03. High Jump - 2, Zackary Kuzyk, SFU, 6-3.25. Long Jump - 1, Zackary Kuzyk, SFU 20-11.25. Javelin - 1, Timothy Hatton, SFU, 177-0; 2, Bryan Cortes, SFU, 175-10.