



Apr. 16, 2019 • Week 13
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Wed., Apr. 17 - Fri., Apr. 19

Alaska Anchorage, Central Washington, Concordia, Saint Martin's, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at Bryan Clay Invitational, Azusa, Calif.

Thurs., Apr. 18 - Fri., Apr. 19

Alaska Anchorage, Central Washington, Simon Fraser, Western Oregon at Mt. SAC Relays, Torrance, Calif.

Fri., Apr. 19 - Sat., Apr. 20

Alaska Anchorage, Central Washington, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at Beach Invitational, Long Beach, Calif.

Sat., Apr. 20

Concordia at Cougar Open, Canby, Ore.
Montana State Billings at MSU Open, Bozeman, Mont.

LAST WEEK'S MEETS

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

UCSD Triton Classic

at Triton Track & Field Stadium, La Jolla, Calif.

Women (Top 3 GNAC Finishers): 800 Meters - 2, Alana Mussatto, SFU, 2:09.68. 1,500 Meters - 2, Miryam Bassett, SFU, 4:28.91. 4x400 Relay - 2, Simon Fraser (Bryce West, Sophie Dodd, Alana Mussatto, Renate Bluschke), 3:45.30. Shot Put (Open) - 1, Katrina Linenko, CU, 44-11.

Men (Top 3 GNAC Finishers): None.

Sat., Apr. 13

Montana Open

at Dornblaser Field, Missoula, Mont.

Women (Top 3 GNAC Finishers): 200 Meters - 3, Anne Lory Chevalier, MSUB, 27.35. 400 Meters - 1, Brenna Beckett, MSUB, 1:00.16. Steeplechase - 2, Nikki Aiken, MSUB, 11:46.44; 3, Kailee Stoppel, MSUB, 12:51.20. 4x100 Relay - 3, Montana State Billings (Anne Lory Chevalier, Josey Smiedala, Madison Thompson, Brenna Beckett), 51.35. 4x400 Relay - 3, Montana State Billings (Sierra Durbin, Josey Smiedala, Kailee Stoppel, Brenna Beckett), 4:21.47. High Jump - 3, Janessa Williams, MSUB, 4-11.75. Long Jump - 3, Brenna Beckett, MSUB, 16-4.5.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Sam Zook, MSUB, 10.84. 200 Meters - 1, Sam Zook, MSUB, 21.61. Steeplechase - 2, Ase Ackerman, MSUB, 10:34.07. High Jump - 1, Isaiah Girard, MSUB, 6-9. Triple Jump - 2, Ty Stanton, 44-11.75. Shot Put - 3, Brady Ostermiller, MSUB, 49-1.75. Discus - 3, Brady Ostermiller, MSUB, 147-0. Javelin - 3, Beau Peaslee, MSUB, 173-7.

Sat., Apr. 13

NNU Open

at Brian & Nichole Bohner Track, Nampa, Idaho

Women (Top 3 GNAC Finishers): 100 Meters - 2, Lexi Tubbs, NNU, 12.66. 800 Meters - 3, Heidi Nisly, NNU, 2:20.40. 1,500 Meters - 1, Heidi Nisly, NNU, 4:46.35. 5,000 Meters - 3, Bethany Danner, NNU, 19:10.62. 100m Hurdles - 2, Lexi Tubbs, NNU, 14.68; 3, Katie Conklin, NNU, 15.41. Steeplechase - 3, Sierra Manzer, NNU, 12:01.38. High Jump - 1, Katie Conklin, NNU, 5-4.25. Pole Vault - 2, Kourtney Gwin, NNU, 11-0.25. Long Jump

- 2, Jackie Mahowald, NNU, 16-9.75. Triple Jump - 1, Katie Heckathorn, NNU, 35-3; 2, Dakota Hutton-King, NNU, 35-2.5. Hammer - 2, Miranda Hagadorn, NNU, 143-5. Javelin - 1, Ellie Logan, NNU, 156-2; 2, Nicole Nobbs, NNU, 136-1.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Cameron Willey, NNU, 11.07; 2, Zachary Magee, NNU, 11.24. 200 Meters - 1, Logan Blake, NNU, 22.21; 2, Zachary Magee, NNU, 22.82. 400 Meters - 1, Logan Blake, NNU, 48.47. 1,500 Meters - 2, Godfrey Kemboi, NNU, 4:02.92. 110m Hurdles - 1, Elijah Castro, NNU, 15.37; 2, Skyler Galvan, NNU, 15.71; 3, Blaine Kreutz, NNU, 16.17. Steeplechase - 3, Nick Hamilton, NNU, 9:59.25. 4x100 Relay - 1, Northwest Nazarene (Cameron Willey, Isaiah Kahut, Elijah Castro, Logan Blake), 41.89. 4x400 Relay - 2, Northwest Nazarene (Dakota Tidwell, Blaine Kreutz, Blake Johanson, Aaron Berger), 3:26.72. High Jump - 2, Micah Tranch, 6-3.25. Long Jump - 1, Elijah Castro, NNU, 23-6. Shot Put - 1, Jake Knight, NNU, 60-0.25. Discus - 1, Jake Knight, NNU, 178-5. Hammer - 2, Brayden Eiland, NNU, 170-11. Javelin - 2, Micah Tranch, 191-2.

Jay Hammer Invitational

at SMU Track, Lacey, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Julia Stepper, SPU, 12.15; 3, Grace Bley, SPU, 12.24. 200 Meters - 1, Savannah Smith, WWU, 25.19. 400 Meters - 1, Rebecca Troescher, SPU, 59.13; 2, Krystal Kaufman, SPU, 1:00.29. 800 Meters - 2, Shawnee Konrad, WWU, 2:19.61; 3, Elizabeth Thompson, SPU, 2:19.95. 1,500 Meters - 1, Dania Holmberg, SPU, 4:34.90; 2, Kate Lilly, SPU, 4:35.37; 3, Kaylee Mitchell, SPU, 4:41.02. 5,000 Meters - 1, Rebecca Lehman, WWU, 17:59.94. 100m Hurdles - 3, Ariya Kendrick, SMU, 15.44. 400m Hurdles - 1, Molly House, WWU, 1:07.22; 3, Ashley Brooks, CU, 1:13.69. 4x100 Relay - 1, Seattle Pacific (Peace Igbonagwam, Jenna Bouyer, Grace Bley, Julia Stepper), 47.00; 3, Western Washington (Kelsey McLean, Hannah Bradley, Savannah Smith, Inmai Keyes), 48.82. High Jump - 1, Maddie Taylor, WWU, 5-5.25. Pole Vault - 1, Lexi Perry, WWU, 11-11.25; 2, Sarah Ellis, WWU, 11-5.25; 3, Sophie Paradis, WWU, 10-11.5. Long Jump - 3, Aliyah Dawkins, WWU, 16-5.75. Triple Jump - 3, Devon Olson, WWU, 33-3. Hammer - 1, Liz Larson, SMU, 177-4. Javelin - 1, Natalie Vetto, WWU, 135-9; 2, Jona Spiller, SMU, 135-4; 3, Hannah Nienaber, WWU, 132-4.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Karlington Anunagba, WWU, 10-33; 3, Bryant Welch, WWU, 10-80. 200 Meters - 1, Michael Russell, SMU, 22.10; 2, Jackson Hand, SMU, 22.31. 400 Meters - 3, Sonny Chhim, WWU, 50.38. 800 Meters - 3, Jesse Phan, SPU, 1:58.06. 1,500 Meters - 2, James Jespersen, WWU, 3:58.49; 3, Liam Cossette, WWU, 3:59.06. 3,000 Meters - 3, Shad Galloway, SPU, 8:51.18. 10,000 Meters - 1, Eric Hamel, WWU, 32:38.04; 2, Matthew Creagan, WWU, 32:42.93; 3, Andrew Oslin, SMU, 32:49.92. 110m Hurdles - 2, Cordell Cummings, WWU, 14.81. 400m Hurdles - 1, Andrey Gamza, CU, 57.25; 2, Reid Loverkamp, WWU, 58.96. 4x100 Relay - 1, Saint Martin's (Logan Armstrong, Michael Russell, Josh Schulz, Jackson Hand), 42.52; 3, Western Washington (Daniel Jones, Mitchell Burton, Sonny Chhim, Noah Johnson), 43.10. 4x400 Relay - 1, Western Washington (Reid Loverkamp, Ryan Witters, Mcauley Franks, Bryant Welch), 3:22.90. High Jump - 1, Tupre Wickliff, WWU, 6-4; 3, Josh Schulz, SMU, 6-0. Pole Vault - 2, Craig Boyle, SMU, 14-11. Long Jump - 3, Rudy Mtaya, WWU, 21-0.5. Triple Jump - 2, Jeremiah Duckworth, WWU, 43-1; 3, Silas Newby, SPU, 42-11.5. Shot Put - Micah

Au-Hauptu, SMU, 44-5.25; 3, Connor Jensen, CU, 43-6. Discus - 2, Connor Jensen, CU, 135-3. Hammer - 2, Cade Harris, SMU, 161-10. Javelin - 1, Easton Christenson, CU, 184-5.

CWU Wildcat Invitational

at CWU Sports & Recreation Center, Ellensburg, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Erykah Weems, CWU, 12.41; 2, Aujanique Doss, CWU, 12.53; 3, Mariyah Vongsaveng, CWU, 12.71. 200 Meters - 1, Erykah Weems, CWU, 25.32; 2, Aujanique Doss, CWU, 25.89. 400 Meters - 1, Noelia Joarez, CWU, 59.26. 2, Jasmyne Neria, CWU, 59.77. 800 Meters - 1, Lily Tyrrell, CWU, 2:19.98; 2, Caitlin Gohr, CWU, 2:25.29; 3, Kayla Bloomquist, CWU, 2:25.31. 1,500 Meters - 1, Madison Child, CWU, 5:04.33; 2, Sam Goedde, CWU, 5:33.05. 3,000 Meters - 1, Alexa Shindruk, CWU, 9:58.50; 2, Lily Tyrrell, CWU, 10:41.93; 3, Molly Mattson, CWU, 10:51.09. 100m Hurdles - 1, Mariyah Vongsaveng, CWU, 14.02; 2, Sidney Trinidad, CWU, 14.63; 3, HarLee Ortega, CWU, 15.27. 400m Hurdles - 1, Katie Collins, CWU, 1:04.77; 2, Emily Bland, CWU, 1:06.20; 3, Tia Hill, CWU, 1:08.38. Steeplechase - 1, Molly Mattson, CWU, 11:45.50; 3, Kate Evans, CWU, 12:20.65. 4x100 Relay - 1, Central Washington, 49.04. 4x400 Relay - 1, Central Washington A, 4:07.87; 3, Central Washington B, 4:33.13. High Jump - 1, HarLee Ortega, CWU, 5-5.75; 3, Kaitlyn Ditter, CWU, 4-11.75. Pole Vault - 1, Halle Irvine, CWU, 11-9.75; 2, Kayla Wyatt, CWU, 11-3.75; 3, Tawni Blankenship, CWU, 11-3.75. Long Jump - 1, HarLee Ortega, CWU, 18-4.25; 2, Brooke Williams, CWU, 18-1.75; 3, Halle Irvine, CWU, 18-0.25. Triple Jump - 1, Brooke Williams, CWU, 37-8; 2, Rose Walts, CWU, 36-7; 3, Sydney Carter, CWU, 32-5. Shot Put - 1, Samantha La Rue, CWU, 42-3.25; 3, Brittany Dodge, CWU, 38-11. Discus - 1, Chanelle Eddy, WWU, 134-4; 2, Samantha La Rue, CWU, 133-3; 3, Shaddia Meadows, CWU, 130-5. Hammer - 1, Samantha La Rue, CWU, 150-8; 2, Meagan Smallbeck, CWU, 147-2; 3, Brittany Dodge, CWU, 127-9. Javelin - 3, Sidney Trinidad, CWU, 100-6.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Bobby Widmar, CWU, 10.81; 3, Harry Horwath, CWU, 10.84. 200 Meters - 2, Harry Horwath, CWU, 21.96; 3, Doc Porter, CWU, 22.65. 400 Meters - 1, Daniel Calderon, CWU, 49.46; 2, Doc Porter, CWU, 50.13. 800 Meters - 1, Harsiman Singh, CWU, 2:02.46. 1,500 Meters - 1, Trevor Allen, CWU, 4:09.63; 3, Rajesh Gill, CWU, 4:13.60. 3,000 Meters - 1, Turlan Morlan, CWU, 8:57.46; 2, Corbin Carlton, CWU, 9:05.25; 3, Rajesh Gill, CWU, 9:13.29. 110m Hurdles - 1, Ryan Gunther, CWU, 15.54; 2, Nick Bullo, CWU, 15.87; 3, Trevaughn Scott, CWU, 16.21. 400m Hurdles - 1, Trevaughn Scott, CWU, 55.48; 3, Michael Forster, CWU, 56.45. Steeplechase - 1, Taryk Boyd, CWU, 10:20.54; 2, Zack Sundt, CWU, 10:32.15. 4x100 Relay - 2, Central Washington, 43.19. Pole Vault - Tie 1, Tysen Campbell, CWU, 14-1.25; Tie 1, Bryan Cadena, CWU, 14-1.25. Tie 1, Jacob Thompson, CWU, 14-1.25. Long Jump - 1, Kameron Eck, CWU, 21-1.5; 2, Michael Forster, CWU, 20-11.75. Triple Jump - 1, Zach Whittaker, CWU, 46-10. Shot Put - 1, Aidan Cain, CWU, 52-2; 2, Ben Malquist, WWU, 51-0.75; 3, Ethan Tonder, CWU, 50-11.5. Discus - 1, Aidan Cain, CWU, 157-6; 3, Andrew Harris, CWU, 143-7. Hammer - 1, Ethan Tonder, CWU, 168-5; 2, Aidan Cain, CWU, 167-5; 3, Andrew Harris, CWU, 163-8. Javelin - 2, Tyree Rutter, CWU, 168-1; 3, Griffey Lytle, CWU, 163-7.



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GNAC Track & Field Athletes of the Week



MEN'S TRACK
Karlington Anunagba, Western Washington
 Freshman • Lagos, Nigeria

Anunagba earned his second consecutive award by winning the 100 meters at the Jay Hammer Invitational in a time of 10.33 seconds. The performance is the second-fastest in GNAC and WWU history and is an NCAA Championships provisional qualifier that ranks third in Division II this season.

Also Nominated: Bobby Widmar (Central Washington), Sam Zook (Montana State Billings), Logan Blake (Northwest Nazarene), Michael Russell (Saint Martin's), Nathan Mah (Simon Fraser).



WOMEN'S TRACK
Miryam Bassett, Simon Fraser
 Senior • Nanaimo, B.C.

Bassett placed second in the 1,500 meters at the Triton Invitational in an NCAA Championships provisional qualifying time of 4:28.91. The new personal best ranks No. 11 in Division II this season.

Also Nominated: Mariyah Vongsaveng (Central Washington), Macie Allen (Concordia), Ariya Kendrick (Saint Martin's), Savannah Smith (Western Washington).



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

Knight won both the shot put and the discus at the NNU Open, resetting his school records in both events. He took the shot put with a mark of 60 feet, 0.25 inches, which ranks No. 2 on the GNAC All-Time List and is No. 4 in Division II this season. Knight won the discus with a mark of 178 feet, 5 inches, moving him to No. 3 on the GNAC All-Time

List and No. 8 in Division II this season.

Also Nominated: Aidan Cain (Central Washington), Sam Nichols (Concordia), Micah Au-Haupu (Saint Martin's), Ben Malquist (Western Washington).



WOMEN'S FIELD
HarLee Ortega, Central Washington
 Senior • Payette, Idaho

Ortega won both the high jump and the long jump at the CWU Wildcat Invitational. Ortega cleared 5 feet, 5.75 inches in the high jump, winning by more than three inches. Ortega took the long jump with a mark of 18 feet, 4.25 inches, Ortega is now second in the GNAC this season in the high jump and fifth in the long jump.

Also Nominated: Katrina Linenko (Concordia), Liz Larson (Saint Martin's), Lexi Perry (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
Apr. 8-14	Karlington Anunagba, WWU	Jake Knight, NNU	Miryam Bassett, SFU	Liz Larson, SMU
				HarLee Ortega, CWU

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

Around The GNAC

ALASKA ANCHORAGE



- After two weeks away from competition, Alaska Anchorage will make the rounds to this weekend's big Southern California meets: the Mt. SAC Relays, the Bryan Clay Invitational and the Beach Invitational.
- Senior **Caroline Kurgat** a set Division II record in the 10,000 meters in the Seawolves' last meet, 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, 19th), sophomore **Ruth Cvancara** in the 800 meters (2:11.43, 16th) and senior **Chrisalyn Johnson** in the triple jump (40-1.5, tie 10th) and the long jump (19-2.5, tie 18th). Men's provisional qualifiers include sophomore **Felix Kemboi** in the 5,000 meters (14:28.84, 18th) and senior **Edwin Kangogo** in the steeplechase (8:56.08, 2nd).
- Alaska Anchorage's women dropped three spots to No. 13 in this week's USTFCCA Division II Team Index.

CENTRAL WASHINGTON



- Central Washington posted a number of individual event winners and nationals provisional qualifiers at their own CWU Wildcat Invitational, the first meet held at the new CWU Recreation Sports Complex.
- Senior **HarLee Ortega** was named the GNAC Field Athlete of the Week after she won both the high jump and long jump. She cleared 5 feet, 5.75 inches in the high jump, ranking her second in the GNAC and tied for 29th in Division II. Ortega's mark of 18 feet, 4.25 inches in the long jump ranks fifth on the GNAC. Ortega is also provisionally qualified for nationals in the heptathlon with a score of 4,913 points that ranks 11th in Division II.
- Senior **Mariah Vongsaveng** notched an NCAA provisional qualifying time in the women's 100-meter hurdles. Her time of 14.02 seconds is tied for 14th in Division II this season. Vongsaveng also placed third in the 100 meters in 12.71 seconds.
- Junior **Aidan Cain** notched personal bests in both the shot put and hammer. He won the shot put with a mark of 52 feet, 2 inches and was second in the hammer with a mark of 167 feet, 5 inches. Cain was also the winner of the discus with a mark of 157 feet, 6 inches. Sophomore **Ethan Tonder** had a personal best in the hammer to win with a mark of 168 feet, 5 inches.
- Junior **Samantha La Rue** won the women's hammer with a mark of 150 feet, 8 inches. She also won the shot put with a mark of 42 feet, 3.25 inches.
- The Wildcats swept both steeplechase races. Freshman **Molly Mattson** won the women's race in a time of 11:45.50 while junior **Taryk Boyd** won the men's race in a time of 10:20.54.
- Central Washington will join the Southern California fray this weekend with athletes scheduled to compete at the Mt. SAC Relays, the Bryan Clay Invitational and the Beach Invitational.

CONCORDIA



- A win for junior **Katrina Linenko** and top-10 finishes in the throws and sprints led Concordia at the UCSD Triton Invitational.
- Linenko won the women's shot put with a mark of 44 feet, 11 inches. She went on to place 22nd in the discus with a mark of 145 feet, 7 inches.
- Senior **Sam Nichols** also improved his NCAA Championships provisional qualifying mark in the men's discus with a seventh-place mark of 173 feet, 11 inches. That ranks 11th in Division II this season.
- Senior **Josh Koch** improved his provisional qualifying mark in the men's shot put, placing 22nd with a mark of 55 feet, 11.25 inches. The mark ranks 21st in Division II this season.
- Sophomore **Macie Allen** placed seventh in the women's 100 meters with a time of 12.01 seconds. She then partnered with **Ronni Van Zant**, **Maddie Misi** and **Karlie Hurley** to take fifth in the 4x100-meter relay with a time of 47.89 seconds.
- Sophomore **Elizabeth Stottlemire** finished ninth in the women's javelin with a mark of 136 feet, 11 inches, while junior **Adam Brown** finished 10th in the men's 400 meters with his time of 49.17 seconds.
- The Cavaliers also sent a number of athletes to the Jay Hammer Invitational in Lacey, Washington. Senior **Easton Christensen** won the men's javelin with a mark of 184 feet, 5 inches while sophomore **Connor Jensen** was second in the discus (135-3) and third in the shot put (43-6).
- Concordia returns to Southern California this weekend to compete at the Bryan Clay Invitational. The Cavaliers will also take part in the Cougar Open in Canby, Oregon on Saturday.

MONTANA STATE BILLINGS



- A pair of victories by senior **Sam Zook** in the men's sprints led the Yellowjackets in the Montana Open in Missoula.
- Zook took a pair of close races, winning the 100 meters in 10.84 seconds and the 200 meters in 21.61 seconds. The effort in the 200 meters is the best in the GNAC this season.
- Junior **Isaiah Girard** picked the victory in the men's high jump, matching his season-best with a mark of 6 feet, 9 inches. Girard enters the week tied for 17th in Division II this season.
- Junior **Brenna Beckett** was the lone winner for the Yellowjackets' women, taking the 400 meters in 1:00.16. Beckett also ran the anchor leg on both MSUB women's relays, both of which took third, and also placed third in the long jump with a leap of 16 feet, 4.5 inches.
- Junior **Nikki Aiken** continued to improve in the women's steeplechase, placing second in 11:46.44. Freshman **Ase Ackerman** placed second in his first go at the men's steeplechase in 10:34.07.
- Junior **Ty Stanton** led MSUB's field event athletes, placing second in the men's triple jump with a mark of 44 feet, 11.65 inches.
- Montana State Billings is one of two GNAC teams not sending athletes to Southern California this weekend. The Yellowjackets will stay close to home, competing at the Montana State Open on Saturday in Bozeman.

Around The GNAC

NORTHWEST NAZARENE



• Two more record performances for senior **Jake Knight** and a third for sophomore **Elijah Castro** led Northwest Nazarene as they hosted the NNU Open.

• Knight was named the GNAC Men's Field Athlete of the Week after he won both the shot put and discus, breaking his own school records in the process. His winning mark of 60 feet, 0.25 inches in the shot put ranks No. 2 on the GNAC

All-Time List and is fourth in Division II this season. His mark of 178 feet, 5 inches is third on the GNAC All-Time List and eighth in Division II this season.

• Castro broke his own school record as well in the men's long jump, winning with a mark of 23 feet, 6 inches. The mark is just short of the NCAA Championships provisional qualifying mark and leads the GNAC. Castro also won the 110-meter hurdles in 15.37 seconds.

• Senior **Ellie Logan** improved her NCAA provisional qualifying mark in the javelin, winning with a mark of 156 feet, 2 inches that leads the GNAC and is fifth in Division II this season.

• The NNU men won all three sprint races. Freshman **Cameron Willey** won the 100 meters (11.07) while junior **Logan Blake** won both the 200 meters (22.21) and the 400 meters (48.47).

• Sophomore Heidi Nisly won the women's 1,500 meters for the Nighthawks, clocking a time of 4:46.35. The NNU women also received victories from senior Katie Conklin in the high jump (5-4.25) and sophomore Katie Heckathorn in the triple jump (35-3).

• Northwest Nazarene will take the weekend off from competition. They will compete next at the Robison Invitational, Apr. 25 and 26 in Provo, Utah.

SAINT MARTIN'S



• Wins in the throws and sprints led Saint Martin's during their lone home meet of the season, the Jay Hammer Invitational.

• Ironically, one of the top performances came in the hammer. Senior **Liz Larson** won the women's hammer by almost 20 feet in her final home meet with a mark of 177

feet, 5 inches. Larson is provisionally qualified for nationals with a season-best mark of 188 feet, 3 inches.

• Sophomore **Michael Russell** won both of his races, taking the men's 400 meters in 49.94 seconds and the 200 meters in 22.10 seconds. Russell's time in the 200 meters ranks fifth in the GNAC. Russell also ran the second leg of the 4x100-meter relay which won in 42.52 seconds.

• Freshman **Micah Au-Hauptu** won the shot put with a mark of 44 feet, 5.25 inches, and was fourth in the discus at 124 feet, 6 inches. Sophomore **Cade Harris** added a second place finish in the men's hammer with a mark of 161 feet, 10 inches.

• Senior **Jona Spiller** just missed an NCAA provisional qualifying mark in the women's javelin, taking second with her throw of 135 feet, 5 inches.

• Saint Martin's will be among the GNAC in Southern California this weekend, taking part in the Bryan Clay Invitational. It will be the Saints' second-to-last meet prior to the GNAC Championships.

SEATTLE PACIFIC



• A pair of victories for freshman **Julia Stepper** led Seattle Pacific's performances at the Jay Hammer Invitational.

• Stepper picked up the win in the 100 meters, battling wet and blustery conditions to win in 12.15 seconds. She also anchored a 4x100-meter relay that won with a time of 47.00 seconds.

• Freshman **Rebecca Troescher** ducked under the one-minute mark in the women's 400 meters, winning in a time of 59.13 seconds. Sophomore **Dania Holmberg** earned the win in the women's 1,500 meters, running 4:34.90 in a top-three sweep of the event for the Falcons.

• Senior **Jesse Phan** placed third in the men's 800 meters with a time of 1:58.06 while sophomore **Shad Galloway** was third in 3,000 meters in 8:51.18. Junior **Shayne Carpenter** ran a personal best in the men's 110-meter hurdles, finishing sixth in a time of 15.87 seconds.

• Freshman **Silas Newby** also had a personal best in the men's triple jump, placing third with a mark of 42 feet, 11.5 inches. The performance ranks 10th among GNAC jumpers.

• The Falcons will be among the teams visiting Southern California this weekend, taking part in both the Bryan Clay Invitational and the Beach Invitational.

SIMON FRASER



• The sprints and middle distances headlined Simon Fraser's performances at the UCSD Triton Invitational in La Jolla, California.

• Senior **Miryam Bassett** was named the GNAC Women's Track Athlete of the Week after she placed second in the 1,500 meters with a personal best time of 4:28.91. The time improves Bassett to No. 11 in Division II this season.

• Senior **Alana Mussatto** lowered her season best in the women's 800 meters, placing second with a time of 2:09.68. That currently ranks No. 9 in Division II this season. Mussatto then teamed with **Sophie Dodd**, **Bryce West** and **Renate Bluschke** to take second in the 4x400-meter relay in a time of 3:45.30. That improves the Clan to No. 11 in Division II this season.

• Bluschke went to place sixth in the women's 400 meters with a season-best time of 56.37 seconds.

• Junior **Nathan Mah** led the Simon Fraser men, taking sixth in the 100 meters in a time of 10.75 seconds and eighth in the 200 meters in 21.82 seconds. Mah combined with **Joshua Adehmar**, **Nate St Romain** and **Kaito Suzuki** to run 42.08 seconds in the 4x100 relay, ranking third in the GNAC this season.

• The Simon Fraser's women moved up two spots to No. 11 in this week's USTFCCA Division II Team Index.

• Simon Fraser returns to Southern California this weekend to participate in the Bryan Clay Invitational, the Mt. SAC Relays and the Beach Invitational.

Around The GNAC

WESTERN OREGON



• Western Oregon did not compete this weekend. The Wolves will send athletes south this weekend to compete in the Bryan Clay Invitational, Mt. SAC Relays and the Beach Invitational.

• The Wolves scored victories in both 400-meter races at the John Knight Twilight on Apr. 5. 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.

• Wilson is Western Oregon's lone NCAA Championships provisional qualifier for the women, ranked 21st in the javelin with her mark of 139 feet, 7 inches. Senior **Tyler Jones** is a provisional qualifier in the men's 5,000 meters, ranked 20th with a time of 14:32.10.

WESTERN WASHINGTON



• Another outstanding men's 100-meter performance **Karlington Anunagba** led Western Washington's performances at the Jay Hammer Invitational.

• Anunagba was named the GNAC Men's Track Athlete of the Week for the second consecutive week after he won the race in a time of 10.33 seconds. The NCAA Championships provisional qualifying time ranks No. 3 in Division II this season. It is also No. 2 on the GNAC All-Time List behind the 10.22 run by WWU's Alex Donigian in 2015.

• Junior **Cordell Cummings** set a personal best in the men's 110-meter hurdles, placing second in a time of 14.81 seconds. Sophomore **Bryant Welch** added a third-place finish and personal best in the 100 meters in a time of 10.80 seconds.

• Junior **Lexi Perry** recorded the second-best mark in the women's pole vault in the GNAC season, winning the event at the Jay Hammer with a clearance of 11 feet, 11.25 inches.

• A handful of WWU throwers also made the trip east to the CWU Wildcat Invitational. Sophomore **Ben Malquist** led the way, placing second in the men's shot put with a mark of 51 feet, 0.75 inches. The effort ranks seventh in the GNAC this season.

• Western Washington's women dropped three spots to No. 24 in last week's USTFCCA Division II Team Index.

• The Vikings will be among the GNAC teams in Southern California this weekend competing at the Bryan Clay Invitational and the Beach Invitational.

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. 15, 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. 15, 2019

Event	Athlete	Mark	Rank	Date
100 Meters	Karlington Anunagba, WWU	10.33	4th	4/13/19
1,500 Meters	Rowan Doherty, SFU	3:49.41	T-21st	3/28/19
5,000 Meters	Sean Miller, SFU	14:26.45	16th	3/28/19
	Felix Kemboi, UAA	14:28.84	18th	3/28/19
	Tyler Jones, WOU	14:32.10	20th	3/28/19
Steeplechase	Edwin Kangogo, UAA	8:56.08	2nd	3/28/19
	Pierre-Louis Detourbe, SFU	9:02.73	7th	3/28/19
	Aaron Ahl, SFU	9:07.73	12th	3/28/19
	Dylan Hayes, WWU	9:10.99	16th	3/28/19
High Jump	Isaiah Girard, MSUB	2.06/6-9	T-17th	3/23/19
Pole Vault	JT Konrad, WWU	4.80/15-9	24th	3/30/19
Shot Put	Jake Knight, NNU	18.29/60-0.25	4th	4/13/19
	Josh Koch, CU	17.05/55-11.25	21st	4/12/19
	Brady Ostermiller, MSUB	16.20/53-1.75	T-47th	3/30/19
Discus	Jake Knight, NNU	54.39/178-5	8th	4/13/19
	Sam Nichols, CU	53.02/173-11	11th	4/12/19
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	19th	3/16/19
	Timothy Hatton, SFU	59.34/194-8	21st	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	24th	3/30/19

WOMEN'S AUTOMATIC QUALIFIERS AS OF APR. 15, 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. 15, 2019

Event	Athlete	Mark	Rank	Date
100 Meters	Macie Allen, CU	11.92	T-26th	3/27/19
400 Meters	Vanessa Aniteye, UAA	55.71	19th	3/28/19
800 Meters	Sophie Dodd, SFU	2:07.44	3rd	3/28/19
	Alana Mussatto, SFU	2:09.68	9th	3/28/19
	Ruth Cvancara, UAA	2:11.43	16th	3/28/19
	Paige Nock, SFU	2:11.67	17th	3/28/19
1,500 Meters	Miriam Bassett, SFU	4:30.53	11th	3/28/19
	Danielle McCormick, UAA	4:28.91	16th	4/12/19
	Kate Lilly, SPU	4:32.64*	18th	3/28/19
5,000 Meters	Dania Holmberg, SPU	17:06.47	12th	3/28/19
10,000 Meters	Alexa Shindruk, CWU	34:25.41	3rd	3/29/19
	Sophia Galvez, WWU	36:28.86	16th	3/28/19
100m Hurdles	Mariyah Vongsaveng, CWU	14.02	T-14th	4/13/19
400m Hurdles	Sidney Trinidad, CWU	1:00.44	10th	4/5/19
Steeplechase	Kaylee Mitchell, SPU	10:37.53	7th	3/28/19
	Chelsea Ribeiro, SFU	10:38.40	8th	3/23/19
	Olivia Willett, SFU	10:56.88	14th	3/23/19
	Talia Dreicer, WWU	10:58.11	21st	4/5/19
4x100 Relay	Seattle Pacific	46.23	T-10th	3/22/19
4x400 Relay	Alaska Anchorage	3:44.20	8th	3/28/19
	Simon Fraser	3:45.30	11th	4/12/19
High Jump	Maddie Taylor, WWU	1.74/5-8.5	4th	3/16/19
	HarLee Ortega, CWU	1.67/5-5.75	T-29th	4/13/19
Pole Vault	Halle Irvine, CWU	3.65/11-11.75	T-35th	3/29/19
Long Jump	Chrisalyn Johnson, UAA	5.85/19-2.5	T-18th	3/28/19
	Renick Meyer, SPU	5.84/19-2	T-21st	3/22/19
Triple Jump	Chrislayn Johnson, UAA	12.23/40-1.5	T-10th	3/28/19
Shot Put	Katrina Linenko, CU	13.8145-3.75	37th	3/16/19
Hammer	Liz Larson, SMU	57.37/188-3	5th	4/5/19
Javelin	Ellie Logan, NNU	47.60/156-2	5th	4/13/19
	Raquel Pellecer, WWU	47.31/155-2	6th	3/2/19
	Paige Shimkus, WWU	47.01/154-3	7th	3/9/19
	Natalie Vetto, WWU	43.27/141-11	17th	3/30/19
	Darian Wilson, WOU	42.55/139-7	21st	3/23/19
	Elizabeth Stottlemire, CU	42.39/139-1	T-23rd	3/16/19
	Hannah Nienaber, WWU	41.85/137-4	29th	3/2/19
Heptathlon	Scout Cai, SPU	5,001	6th	3/22/19
	HarLee Ortega, CWU	4,913	11th	3/22/19
	Renick Meyer, SPU	4,879	12th	3/22/19
	Sidney Trinidad, CWU	4,674	20th	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	—	—	—
Apr. 16	—	—	—

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 5 - Apr. 16, 2019		
Rk	School	Pts.
1.	Angelo State	183.16
2.	Grand Valley St.	161.56
3.	West Texas A&M	144.49
4.	Colorado Mines	141.88
5.	Texas A&M-Kingsville	130.41
6.	Lincoln (Mo.)	129.06
7.	Saint Augustine's	115.46
8.	Texas A&M-Commerce	107.84
9.	Ashland	97.70
10.	Central Missouri	94.75
11.	Queens (N.C.)	89.62
12.	Missouri Southern	83.09
13.	Tiffin	80.94
14.	Pittsburg State	75.33
15.	CSU-Pueblo	74.32
16.	North Greenville	73.07
17.	UC San Diego	69.37
18.	Academy of Art	68.21
19.	Carson-Newman	59.65
20.	Saginaw Valley St.	51.01
21.	Albany State (Ga.)	50.57
22.	Shippensburg	49.89
23.	Adams State	49.78
24.	Chico State	49.09
25.	Northwest Missouri St.	49.00

USTFCCCA WEST REGION TEAM INDEX

as of Apr. 16, 2019			
Rk	School	Pts.	Prev.
1.	Chico State	784.81	1
2.	UC San Diego	625.76	2
3.	Cal Poly Pomona	571.60	3
4.	Western Washington	545.74	4
5.	Academy of Art	344.79	5
6.	Simon Fraser	344.79	9
7.	Concordia	335.04	8
8.	Cal State LA	316.55	6
9.	Northwest Nazarene	315.43	10
10.	Azusa Pacific	288.54	7



[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
Apr. 16	13th	—	—	11th	24th

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 5 - Apr. 16, 2019		
Rk	School	Pts.
1.	Grand Valley St.	285.89
2.	Angelo State	173.35
3.	Missouri Southern	170.73
4.	Lincoln (Mo.)	164.62
5.	Pittsburg State	118.20
6.	Adams State	115.02
7.	West Texas A&M	114.69
8.	Saint Augustine's	99.12
9.	San Francisco St.	91.75
10.	Ashland	90.18
11.	Simon Fraser	81.68
12.	UC-Colorado Springs	77.57
13.	Alaska Anchorage	76.93
14.	Texas A&M-Commerce	71.13
15.	Mount Olive	67.17
16.	Colorado Mines	66.85
17.	New Mexico Highlands	61.91
18.	Franklin Pierce	61.74
19.	UC San Diego	61.25
20.	Lindenwood	52.43
21.	Oklahoma Baptist	51.49
22.	Azusa Pacific	48.21
23.	Southwest Baptist	44.21
24.	Western Washington	44.19
25.	Virginia State	42.41

USTFCCCA WEST REGION TEAM INDEX

as of Apr. 16, 2019			
Rk	School	Pts.	Prev.
1.	San Francisco St.	512.26	3
2.	Azusa Pacific	495.53	1
3.	UC San Diego	465.29	2
4.	Fresno Pacific	411.59	4
5.	Central Washington	385.06	12
6.	Seattle Pacific	382.11	5
7.	Cal Poly Pomona	374.00	6
8.	Simon Fraser	336.55	8
9.	Stanislaus State	320.75	13
10.	Alaska Anchorage	320.21	7



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

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

WOMEN'S CONFERENCE MEET RECORDS

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

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

+ - Denotes Division II national record

2018-19 GNAC 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.

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 Dalglish, 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 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, Tyler 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. 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.

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

UCSD Triton Classic

at Triton Track & Field Stadium, La Jolla, Calif.

Women (Top 3 GNAC Finishers): 800 Meters - 2, Alana Mussatto, SFU, 2:09.68. 1,500 Meters - 2, Miryam Bassett, SFU, 4:28.91. 4x400 Relay - 2, Simon Fraser (Bryce West, Sophie Dodd, Alana Mussatto, Renate Bluschke), 3:45.30. Shot Put (Open) - 1, Katrina Linenko, CU, 44-11.

Men (Top 3 GNAC Finishers): None.

Sat., Apr. 13

Montana Open

at Dornblaser Field, Missoula, Mont.

Women (Top 3 GNAC Finishers): 200 Meters - 3, Anne Lory Chevalier, MSUB, 27.35. 400 Meters - 1, Brenna Beckett, MSUB, 1:00.16. Steeplechase - 2, Nikki Aiken, MSUB, 11:46.44; 3, Kailee Stoppel, MSUB, 12:51.20. 4x100 Relay - 3, Montana State Billings (Anne Lory Chevalier, Josey Smiedala, Madison Thompson, Brenna Beckett), 51.35. 4x400 Relay - 3, Montana State Billings (Sierra Durbin, Josey Smiedala, Kailee Stoppel, Brenna Beckett), 4:21.47. High Jump - 3, Janessa Williams, MSUB, 4-11.75. Long Jump - 3, Brenna Beckett, MSUB, 16-4.5.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Sam Zook, MSUB, 10.84. 200 Meters - 1, Sam Zook, MSUB, 21.61. Steeplechase - 2, Ase Ackerman, MSUB, 10:34.07. High Jump - 1, Isaiah Girard, MSUB, 6-9. Triple Jump - 2, Ty Stanton, 44-11.75. Shot Put - 3, Brady Ostermiller, MSUB, 49-1.75. Discus - 3, Brady Ostermiller, MSUB, 147-0. Javelin - 3, Beau Peaslee, MSUB, 173-7.

2018-19 GNAC Outdoor Meet Summaries

Sat., Apr. 13

NUU Open

at Brian & Nichole Bohner Track, Nampa, Idaho

Women (Top 3 GNAC Finishers): 100 Meters - 2, Lexi Tubbs, NNU, 12.66. 800 Meters - 3, Heidi Nisly, NNU, 2:20.40. 1,500 Meters - 1, Heidi Nisly, NNU, 4:46.35. 5,000 Meters - 3, Bethany Danner, NNU, 19:10.62. 100m Hurdles - 2, Lexi Tubbs, NNU, 14.68; 3, Katie Conklin, NNU, 15.41. Steeplechase - 3, Sierra Manzer, NNU, 12:01.38. High Jump - 1, Katie Conklin, NNU, 5-4.25. Pole Vault - 2, Kourtney Gwin, NNU, 11-0.25. Long Jump - 2, Jackie Mahowald, NNU, 16-9.75. Triple Jump - 1, Katie Heckathorn, NNU, 35-3; 2, Dakota Hutton-King, NNU, 35-2.5. Hammer - 2, Miranda Hagadorn, NNU, 143-5. Javelin - 1, Ellie Logan, NNU, 156-2; 2, Nicole Nobbs, NNU, 136-1.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Cameron Willey, NNU, 11.07; 2, Zachary Magee, NNU, 11.24. 200 Meters - 1, Logan Blake, NNU, 22.21; 2, Zachary Magee, NNU, 22.82. 400 Meters - 1, Logan Blake, NNU, 48.47. 1,500 Meters - 2, Godfrey Kemboi, NNU, 4:02.92. 110m Hurdles - 1, Elijah Castro, NNU, 15.37; 2, Skyler Galvan, NNU, 15.71; 3, Blaine Kreutz, NNU, 16.17. Steeplechase - 3, Nick Hamilton, NNU, 9:59.25. 4x100 Relay - 1, Northwest Nazarene (Cameron Willey, Isaiah Kahut, Elijah Castro, Logan Blake), 41.89. 4x400 Relay - 2, Northwest Nazarene (Dakota Tidwell, Blaine Kreutz, Blake Johanson, Aaron Borger), 3:26.72. High Jump - 2, Micah Tranch, 6-3.25. Long Jump - 1, Elijah Castro, NNU, 23-6. Shot Put - 1, Jake Knight, NNU, 60-0.25. Discus - 1, Jake Knight, NNU, 178-5. Hammer - 2, Brayden Eiland, NNU, 170-11. Javelin - 2, Micah Tranch, 191-2.

Jay Hammer Invitational

at SMU Track, Lacey, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Julia Stepper, SPU, 12.15; 3, Grace Bley, SPU, 12.24. 200 Meters - 1, Savannah Smith, WWU, 25.19. 400 Meters - 1, Rebecca Troesch, SPU, 59.13; 2, Krystal Kaufman, SPU, 1:00.29. 800 Meters - 2, Shawnee Konrad, WWU, 2:19.61; 3, Elizabeth Thompson, SPU, 2:19.95. 1,500 Meters - 1, Dania Holmberg, SPU, 4:34.90; 2, Kate Lilly, SPU, 4:35.37; 3, Kaylee Mitchell, SPU, 4:41.02. 5,000 Meters - 1, Rebecca Lehman, WWU, 17:59.94. 100m Hurdles - 3, Ariya Kendrick, SMU, 15.44. 400m Hurdles - 1, Molly House, WWU, 1:07.22; 3, Ashley Brooks, CU, 1:13.69. 4x100 Relay - 1, Seattle Pacific (Peace Igbonagwam, Jenna Bouyer, Grace Bley, Julia Stepper), 47.00; 3, Western Washington (Kelsey McLean, Hannah Bradley, Savannah Smith, Inmai Keyes), 48.82. High Jump - 1, Maddie Taylor, WWU, 5-5.25. Pole Vault - 1, Lexi Perry, WWU, 11-11.25; 2, Sarah Ellis, WWU, 11-5.25; 3, Sophie Paradis, WWU, 10-11.5. Long Jump - 3, Aliyah Dawkins, WWU, 16-5.75. Triple Jump - 3, Devon Olson, WWU, 33-3. Hammer - 1, Liz Larson, SMU, 177-4. Javelin - 1, Natalie Vetto, WWU, 135-9; 2, Jona Spiller, SMU, 135-4; 3, Hannah Nienaber, WWU, 132-4.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Karlington Anunagba, WWU, 10.33; 3, Bryant Welch, WWU, 10.80. 200 Meters - 1, Michael Russell, SMU, 22.10; 2, Jackson Hand, SMU, 22.31. 400 Meters - 3, Sonny Chhim, WWU, 50.38. 800 Meters - 3, Jesse Phan, SPU, 1:58.06. 1,500 Meters - 2, James Jespersion, WWU, 3:58.49; 3, Liam Cossette, WWU, 3:59.06. 3,000 Meters - 3, Shad Galloway, SPU, 8:51.18. 10,000 Meters - 1, Eric Hamel, WWU, 32:38.04; 2, Matthew Creagan, WWU, 32:42.93; 3, Andrew Oslin, SMU, 32:49.92. 110m Hurdles - 2, Cordell Cummings, WWU, 14.81. 400m Hurdles - 1, Andrey Gamza, CU, 57.25; 2, Reid Loverkamp, WWU, 58.96. 4x100 Relay - 1, Saint Martin's (Logan Armstrong, Michael Russell, Josh Schulz, Jackson Hand), 42.52; 3, Western Washington (Daniel Jones, Mitchell Burton, Sonny Chhim, Noah Johnson), 43.10. 4x400 Relay - 1, Western Washington (Reid Loverkamp, Ryan Witters, Macauley Franks, Bryant Welch), 3:22.90. High Jump - 1, Tupre Wickliff, WWU, 6-4; 3, Josh Schulz, SMU, 6-0. Pole Vault - 2, Craig Boyle, SMU, 14-11. Long Jump - 3, Rudy Mtaya, WWU, 21-0.5. Triple Jump - 2, Jeremiah Duckworth, WWU, 43-1; 3, Silas Newby, SPU, 42-11.5. Shot Put - Micah Au-Haupt, SMU, 44-5.25; 3, Connor Jensen, CU, 43-6. Discus - 2, Connor Jensen, CU, 135-3. Hammer - 2, Cade Harris, SMU, 161-10. Javelin - 1, Easton Christenson, CU, 184-5.

CWU Wildcat Invitational

at CWU Sports & Recreation Center, Ellensburg, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Erykah Weems, CWU, 12.41; 2, Aujanique Doss, CWU, 12.53; 3, Mariyah Vongsaveng, CWU, 12.71. 200 Meters - 1, Erykah Weems, CWU, 25.32; 2, Aujanique Doss, CWU, 25.89. 400 Meters - 1, Noelia Joarez, CWU, 59.26. 2, Jasmyne Neria, CWU, 59.77. 800 Meters - 1, Lily Tyrrell, CWU, 2:19.98; 2, Caitlin Gohr, CWU, 2:25.29; 3, Kayla Bloomquist, CWU, 2:25.31. 1,500 Meters - 1, Madison Child, CWU, 5:04.33; 2, Sam Goedde, CWU, 5:33.05. 3,000 Meters - 1, Alexa Shindruk, CWU, 9:58.50; 2, Lily Tyrrell, CWU, 10:41.93; 3, Molly Mattson, CWU, 10:51.09. 100m Hurdles - 1, Mariyah Vongsaveng, CWU, 14.02; 2, Sidney Trinidad, CWU, 14.63; 3, HarLee Ortega, CWU, 15.27. 400m Hurdles - 1, Katie Collins, CWU, 1:04.77; 2, Emily Bland, CWU, 1:06.20; 3, Tia Hill, CWU, 1:08.38. Steeplechase - 1, Molly Mattson, CWU, 11:45.50; 3, Kate Evans, CWU, 12:20.65. 4x100 Relay - 1, Central Washington, 49.04. 4x400 Relay - 1, Central Washington A, 4:07.87; 3, Central Washington B, 4:33.13. High Jump - 1, HarLee Ortega, CWU, 5-5.75; 3, Kaitlyn Ditter, CWU, 4-11.75. Pole Vault - 1, Halle Irvine, CWU, 11-9.75; 2, Kayla Wyatt, CWU, 11-3.75; 3, Tawni Blankenship, CWU, 11-3.75. Long Jump - 1, HarLee Ortega, CWU, 18-4.25; 2, Brooke Williams, CWU, 18-1.75; 3, Halle Irvine, CWU, 18-0.25. Triple Jump - 1, Brooke Williams, CWU, 37-8; 2, Rose Walts, CWU, 36-7; 3, Sydney Carter, CWU, 32-5. Shot Put - 1, Samantha La Rue, CWU, 42-3.25; 3, Brittany Dodge, CWU, 38-11. Discus - 1, Chanelle Eddy, WWU, 134-4; 2, Samantha La Rue, CWU, 133-3; 3, Shaddia Meadows, CWU, 130-5. Hammer - 1, Samantha La Rue, CWU, 150-8; 2, Meagan Smallbeck, CWU, 147-2; 3, Brittany Dodge, CWU, 127-9. Javelin - 3, Sidney Trinidad, CWU, 100-6.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Bobby Widmar, CWU, 10.81; 3, Harry Horwath, CWU, 10.84. 200 Meters - 2, Harry Horwath, CWU, 21.96; 3, Doc Porter, CWU, 22.65. 400 Meters - 1, Daniel Calderon, CWU, 49.46; 2, Doc Porter, CWU, 50.13. 800 Meters - 1, Harsiman Singh, CWU, 2:02.46. 1,500 Meters - 1, Trevor Allen, CWU, 4:09.63; 3, Rajesh Gill, CWU, 4:13.60. 3,000 Meters - 1, Turlan Morlan, CWU, 8:57.46; 2, Corbin Carlton, CWU, 9:05.25; 3, Rajesh Gill, CWU, 9:13.29. 110m Hurdles - 1, Ryan Gunther, CWU, 15.54; 2, Nick Bullo, CWU, 15.87; 3, Trevaughn Scott, CWU, 16.21. 400m Hurdles - 1, Trevaughn Scott, CWU, 55.48; 3, Michael Forster, CWU, 56.45. Steeplechase - 1, Taryk Boyd, CWU, 10:20.54; 2, Zack Sundt, CWU, 10:32.15. 4x100 Relay - 2, Central Washington, 43.19. Pole Vault - Tie 1, Tysen Campbell, CWU, 14-1.25; Tie 1, Bryan Cadena, CWU, 14-1.25. Tie 1, Jacob Thompson, CWU, 14-1.25. Long Jump - 1, Kameron Eck, CWU, 21-1.5; 2, Michael Forster, CWU, 20-11.75. Triple Jump - 1, Zach Whittaker, CWU, 46-10. Shot Put - 1, Aidan Cain, CWU, 52-2; 2, Ben Malquist, WWU, 51-0.75; 3, Ethan Tonder, CWU, 50-11.5. Discus - 1, Aidan Cain, CWU, 157-6; 3, Andrew Harris, CWU, 143-7. Hammer - 1, Ethan Tonder, CWU, 168-5; 2, Aidan Cain, CWU, 167-5; 3, Andrew Harris, CWU, 163-8. Javelin - 2, Tyree Rutter, CWU, 168-1; 3, Griffey Lytle, CWU, 163-7.