



May 1, 2019 • Week 15  
 GNACSports.com • @GNACSports

Contact: Blake Timm, Assistant Commissioner For Communications  
 503-805-8756 • btimm@gnacsports.com

## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

#### Thurs., May 2

Montana State Billings at University of Providence Open, Great Falls, Mont.

#### Fri., May 3

Concordia, Simon Fraser, Western Oregon at Portland Twilight, Portland, Ore.

#### Fri., May 3-Sat., May 4

Simon Fraser at Dylan Armstrong Twilight, Kelowna, B.C.

#### Sat., May 4

Central Washington, Concordia, Seattle Pacific, Simon Fraser, Western Washington at Ken Shannon Invitational, Seattle, Wash.  
 Alaska Anchorage, Concordia, Western Oregon at Linfield Open, McMinnville, Ore.  
 Montana State Billings at Dickinson State Last Chance Invitational, Dickinson, N.D.

#### Sat., Apr. 20

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

### LAST WEEK'S MEETS

#### Fri., Apr. 26 - Sat., Apr. 27

#### OSU High Performance Meet

at Whyte Track and Field Center, Corvallis, Ore.

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Macie Allen, CU, 11.78. 800 Meters (Invitational) - 2, Olivia Woods, WOU, 2:09.74. 4x400 Relay - 3, Western Oregon, 3:58.93.  
**Men (Top 3 GNAC Finishers):** 400 Meters - 3, Adam Brown, CU, 49.60. 400m Hurdles - 2, Andrey Gamza, CU, 54.89. Shot Put - 2, Caleb Bridge, CU, 54-2.

#### Idaho/Utah Border Clash

at Ed Jacoby Track, Boise, Idaho

**Women (Top 3 GNAC Finishers):** 100 Meters - 2, Lexi Tubbs, NNU, 12.64. 400 Meters - 2, MaKenna Conley, NNU, 1:02.66; 3, Breann Porter, NNU, 1:04.02. 100m Hurdles - 2, Lexi Tubbs, NNU, 14.56. Steeplechase - 1, Sierra Manzer, NNU, 11:48.68; 2, Sage Earnest, NNU, 12:48.63. High Jump - 1, Katie Conklin, NNU, 5-3.75; Tie 2, Madison VonBrethorst, NNU, 5-0.5. Pole Vault - 2, Kourtney Gwin, NNU, 11-4.25. Triple Jump - 2, Jackie Mahowald, NNU, 38-6.75; 3, Dakota Hutton-King, NNU, 36-3.5. Discus - 3, Jenna Saum, NNU, 129-3. Javelin - 1, Ellie Logan, NNU, 165-6; 2, Nicole Nobbs, NNU, 125-9.

**Men (Top 3 GNAC Finishers):** 200 Meters - 2, Logan Blake, NNU, 21.98. 400 Meters - 1, Logan Blake, NNU, 48.27; 2, Zachary Magee, NNU, 49.13. 1,500 Meters - 2, Godfrey Kembai, NNU, 4:03.62; 3, Tyler Shea, NNU, 4:04.93. 110m Hurdles - 2, Skyler Galgan, NNU, 15.47; 3, Ryan Chism, NNU, 16.42. Steeplechase - 1, Nick Hamilton, NNU, 9:58.97; 2, Levi Lewis, NNU, 10:10.24. 4x100 Relay - 1, Northwest Nazarene (Cameron Willey, Zachary Magee, Elijah Castro, Logan Blake), 41.71. High Jump - 1, Micah Tranch, NNU, 6-3.25. Long Jump - 1, Elijah Castro, NNU, 22-7. Shot Put - 1, Jake Knight, NNU, 58-1.25. Discus - 1, Jake Knight,

NNU, 183-0. Hammer - 3, Brayden Eiland, NNU, 159-11.

#### Sat., Apr. 27

**Jack Christensen Invitational**  
 at Jack Christensen Track, Fort Collins, Colo.

**Women (Top 3 GNAC Finishers):** Steeplechase - 1, Nikki Aiken, MSUB, 11:43.94.

**Men (Top 3 GNAC Finishers):** 200 Meters - 2, Sam Zook, MSUB, 21.39. Shot Put - 2, Brady Ostermiller, MSUB, 49-3.5.

#### Sat., Apr. 27

**Ralph Vernacchia Invitational**  
 at Civic Stadium, Bellingham, Wash.

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Grace Bley, SPU, 12.30; Jenna Bouyer, SPU, 12.64; 3, Artresa Nickelson, SMU, 12.68. 200 Meters - 1, Grace Bley, SPU, 24.70; 2, Jenna Bouyer, SPU, 25.23; 3, Peace Igbonagwam, SPU, 25.28. 400 Meters - 1, Renate Bluschke, SFU, 57.06; 2, Savannah Smith, WWU, 57.88; 3, Rebecca Troesch, SPU, 58.64. 800 Meters - 2, Miryam Bassett, SFU, 2:13.33. 1,500 Meters - 1, Rebecca Lehman, WWU, 4:38.93; 2, Lily Tyrell, CWU, 4:44.94; 3, Olivia Willett, SFU, 4:45.11. 5,000 Meters - 2, Sophia Galvez, WWU, 17:40.50; 3, Sedona McNeerney, SPU, 17:48.60. 10,000 Meters - 1, Alexa Shindruk, CWU, 37:19.03; 3, Kiersten Kimminau, CWU, 41:30.95. 100m Hurdles - 1, Mariyah Vongsaveng, CWU, 14.06; 2, Erykah Weems, CWU, 14.44. 400m Hurdles - 1, Erykah Weems, CWU, 1:05.52; 2, Emily Bland, CWU, 1:06.05; 3, Molly House, WWU, 1:06.51. Steeplechase - 2, Kaylee Mitchell, SPU, 10:38.09; 3, Talia Dreicer, WWU, 10:58.67. 4x100 Relay - 1, Western Washington (Kelsey McLean, Devon Olson, Savannah Smith, Hannah Bradley), 48.97; 2, Central Washington (Tori Carter, Ajuanique Doss, Makenna Hansen, Yareli Ochoa), 49.64. 4x400 Relay - 1, Seattle Pacific (Peace Igbonagwam, Jenna Bouyer, Grace Bley, Rebecca Troesch), 3:54.56; 2, Central Washington (Noelia Juarez, Kayla Bloomquist, Lily Tyrell, Jasmyne Neria), 4:01.59; 3, Western Washington (Miranda Schulman, Shawnee Konrad, Isabella Foss, Molly House), 4:08.13. High Jump - 1, Maddie Taylor, WWU, 5-7.25; 3, Geneva Lehnert, SPU, 5-4.25. Pole Vault - 1, Halle Irvine, CWU, 12-9.5; 3, Lexi Perry, WWU, 11-9.75. Long Jump - 1, Peace Igbonagwam, SPU, 18-1. Triple Jump - 1, Keshara Romain, SMU, 37-5.75; 2, Rose Walts, CWU, 36-5.75; 3, Devon Olson, WWU, 36-5. Shot Put - 1, Samantha La Rue, CWU, 41-8.5; 3, Holly Taylor, SFU, 38-8.75. Discus - 2, Chanelle Eddy, WWU, 140-1; 3, Megan Vernoy, SMU, 137-6. Hammer - 1, Liz Larson, SMU, 183-5; 3, Holly Taylor, SFU, 157-10. Javelin (Invitational) - 3, Amanda Short, WWU, 156-3. Javelin (Open) - 1, Maya McFadden, WWU, 129-6; 3, Sarah Howsden, SMU, 122-7.

**Men (Top 3 GNAC Finishers):** 100 Meters - 2, Bobby Widmar, CWU, 11.04; 2, Harry Horwath, CWU, 11.11. 200 Meters - 2, Karlington Anunagba, WWU, 21.68. 400 Meters - 1, Jon Oglesby, WWU, 50.32; 3, Daniel Jones, WWU, 50.64; 3, Sonny Chhim, WWU, 50.75. 800 Meters - 1, Nick Bauernschmitt, SFU, 1:53.60; 3, Kyler Sager, WWU, 1:54.70. 1,500 Meters - 2, James Jasperson, 3:58.14; 3, Liam Cossette, WWU, 3:58.35. 5,000 Meters (Invitational) - 2, Edward Kiobasa, WWU, 14:47.71; 3, Bentley Wilson, WWU, 14:54.83. 5,000 Meters (Open) - 1, Rajesh Gill, CWU, 15:53.76; 2, Donovan Barnhart, CWU, 15:58.89; 3, Andrew Oslin, SMU, 15:59.13. 10,000 Meters - 1, Alec Ritter, WWU, 33:49.39. 110m Hurdles - 2, Cordell Cummings, WWU, 15.18; 3, Shayne Carpenter, SPU, 15.62. 400m Hurdles - 1, Josh Adehmar, SFU, 54.75; 2, Nate St Romain, SFU, 55.11; 3, Trevaughn Scott, CWU,

56.49. Steeplechase - 2, Colby Otero, SPU, 9:38.29; 3, Jared Putney, SPU, 9:55.79. 4x100 Relay - 2, Central Washington (Garret Steuk, Harry Horwath, Daniel Calderon, Bobby Widmar), 43.62; 3, Western Washington (Willie Broxton, Jr., Noah Johnson, Sonny Chhim, Bryant Welch), 43.72. 4x400 Relay - 1, Western Washington (Cordell Cummings, Sonny Chhim, Bryant Welch, Myles Smith), 3:17.46; 2, Central Washington (Harry Horwath, Doc Porter, Trevaughn Scott, Daniel Calderon), 3:21.81; 3, Simon Fraser (Josh Adehmar, Nick Bauerschmitt, Richard Torres, Nate St Romain), 3:23.33. Pole Vault - 2, Craig Boyle, SMU, 14-3.25; 3, Bryan Cadena, CWU, 13-9.25. High Jump - 1, Tupre Wickliff, WWU, 6-4.75; 2, Ethan Sterkel, WWU, 6-4.75; 3, Garrett Davies, WWU, 6-2.75. Long Jump - 1, Zackary Kuzyk, SFU, 22-9.75; 3, Kameron Eck, CWU, 21-10.75. Triple Jump - 2, Jacob Ringold, WWU, 44-10.75. Shot Put - 1, Ben Malquist, WWU, 50-10; 2, Aidan Cain, CWU, 50-6; 3, Alberto Tafoya, CWU, 49-7. Discus - 1, Aidan Cain, CWU, 150-3; 3, Avery Lux, WWU, 145-0. Hammer - 2, Avery Lux, WWU, 176-4. Javelin (Invitational) - 1, Mason Salley, WWU, 190-6; 2, Timothy Hatton, SFU, 184-7; 3, Costel David, WWU, 181-3.

#### Mon., Apr. 29 - Tues., Apr. 30

#### GNAC Combined Event Championships

at CWU Recreation Sports Complex, Ellensburg, Wash.

**Women's Heptathlon:** 1, HarLee Ortega, CWU, 5,212; 2, Scout Cai, SPU, 5,034; 3, Chelsea Bone, CU, 4,982; 4, Sidney Trinidad, CWU, 4,783; 5, Renick Meyer, SPU, 4,764; 6, Elena Cano, UAA, 4,593; 7, Chase Stephens, CU, 4,380; 8, Ronni VanZant, CU, 4,302; 9, Yvonne Jeschke, UAA, 4,134; 10, Kellie May, SPU, 4,111; 11, Katie Collins, CWU, 4,067; 12, Shaddia Meadows, CWU, 3,867; 13, Aliyah Dawkins, WWU, 3,530; 14, Anna DePew, NNU, 3,496.

**Heptathlon Individual Event Winners:** 100m Hurdles - Sidney Trinidad, CWU, 14.50. High Jump - HarLee Ortega, CWU, 5-6.5. Shot Put - HarLee Ortega, CWU, 37-2.25. 200 Meters - Sidney Trinidad, CWU, 25.56. Long Jump - Renick Meyer, SPU, 18-3.25. Javelin - Chelsea Bone, CU, 139-5. 800 Meters - Sidney Trinidad, CWU, 2:14.39.

**Men's Decathlon:** 1, Giovanni Brown, CU, 7,007; 2, Braydon Maier, CWU, 6,811; 3, Michael Forster, CWU, 6,548; 4, Dakota Tidwell, NNU, 6,531; 5, David Sramek, UAA, 6,504; 6, Seren Dances, WWU, 6,452; 7, Josh Schulz, SMU, 5,974; 8, Mitch Kruse, WOU, 5,937; 9, Cooper Cummings, WWU, 5,758; 10, Nate Andaya, CWU, 5,757; 11, Emmy Carrizales, CU, 5,530; 12, Ian Rinefort, WWU, 5,033; 13, Nick Ball, CU, 4,601.

**Decathlon Individual Event Winners:** 100 Meters - Josh Schulz, SMU, 11.17. Long Jump - Seren Dances, WWU, 22-3.5. Shot Put - Giovanni Brown, CU, 46-0.75. High Jump - Seren Dances, WWU, 6-4.25. 400 Meters - Ian Rinefort, WWU, 50.75. 110m Hurdles - Giovanni Brown, CU, 15.08. Discus - Giovanni Brown, CU, 148-4. Pole Vault - David Sramek, UAA, 15-1. Javelin - Mitch Kruse, WOU, 174-0. 1,500 Meters - Giovanni Brown, CU, 4:19.02.



Tourism Burnaby Is A Proud Sponsor Of The Great Northwest Athletic Conference

# GNAC Track & Field Athletes of the Week



**MEN'S TRACK**  
**Josh Adehmar, Simon Fraser**  
 Senior • Abbotsford, B.C.

Adehmar won the 400-meter hurdles at the Ralph Vernacchia Invitational. His time of 54.75 seconds is an NCAA Championships provisional qualifier and ranks second in the GNAC this season.

**Also Nominated:** Rajesh Gill (Central Washington), Andrey Gamza (Concordia), Sam Zook (Montana State Billings), Andrew Oslin (Saint Martin's), Codi Blodgett (Western Oregon), Karlington Anunagba (Western Washington).



**WOMEN'S TRACK**  
**Macie Allen, Concordia**  
 Sophomore • Gresham, Ore.

Allen won the 100 meters at the OSU High Performance Meet, bettering a group of primarily Division I competitors. Her time of 11.78 seconds is No. 2 on the GNAC All-Time List, leads the GNAC this season and is tied for 21st in Division II this season.

**Also Nominated:** Alexa Shindruk (Central Washington), Anne Lory Chevalier (Montana State Billings), Artresa Nickelson (Saint Martin's), Renate Bluschke (Saint Martin's), Grace Knapp (Western Oregon).



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

Knight moved up the record board once again, setting the GNAC record in the discus at the Idaho/Utah Border Clash. His winning mark of 183 feet surpassed the previous GNAC record of 182 feet, 8 inches, set by Caleb Bridge of Concordia in 2017. The mark ranks Knight sixth in Division II and is just short of the NCAA Championships automatic

qualifying mark of 184 feet, 1 inch.

**Also Nominated:** Aidan Cain (Central Washington), Caleb Bridge (Concordia), Brady Ostermiller (Montana State Billings), Craig Boyle (Saint Martin's), Zackary Kuzyk (Simon Fraser), Sam Cole (Western Oregon), Mason Salley (Western Washington).



**WOMEN'S FIELD**  
**Halle Irvine, Central Washington**  
 Junior • Yakima, Wash.

Irvine won the pole vault at the Ralph Vernacchia Invitational with a personal best mark of 12 feet, 9.5 inches. The performance moves Irvine up to No. 2 on the GNAC All-Time List and improves her to a tie for 14th in Division II this season.

**Also Nominated:** Elizabeth Stottlemire (Concordia), Janessa Williams (Montana State Billings), Ellie Logan (Northwest Nazarene), Liz Larson (Saint Martin's), Moana Gianotti (Western Oregon), Amanda Short (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
Apr. 15-21	Cordell Cummings, WWU	Jake Knight, NNU	Caroline Kurgat, UAA	HarLee Ortega, CWU
Apr. 22-28	Josh Adehmar, SFU	Jake Knight, NNU	Sidney Trinidad, CWU	Chrisalyn Johnson, UAA
			Macie Allen, CU	Brooke Williams, CWU
				Halle Irvine, CWU

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

# Around The GNAC

## ALASKA ANCHORAGE



- Alaska Anchorage's full squad last competed at the SoCal trio of the Bryan Clay Invitational Mt. SAC Relays and Beach Invitational. The Seawolves will be in action on Saturday at the Linfield Open in McMinnville, Oregon.

- Seawolves' athletes broke five records in the SoCal meets. Senior **Caroline Kurgat** lowered her own GNAC record in the 5,000 meters with a time of 15:40.45 at the Bryan Clay.

The time currently leads Division II. Kurgat also broke the UAA record in the 1,500 meters in 4:19.48. The NCAA Championships automatic qualifier is No. 2 in Division II and No. 3 on the GNAC All-Time List.

- Senior **Danielle McCormick** broke her own UAA record in the women's 800 meters at the Bryan Clay. Her time of 2:05.00 is third in Division II and No. 5 on the GNAC All-Time List.

- Senior **Chrisalyn Johnson** broke her own school record in the long jump with a leap of 19 feet, 5.25 inches. The mark ranks Johnson in a tie for 15th in Division II this season and No. 6 on the GNAC All-Time List.

- Sophomore **David Sramek** set the UAA record in the men's pole vault with a clearance of 15 feet, 1 inch in the decathlon at the Bryan Clay. He equaled that clearance at the GNAC Combined Event Championships. His fifth-place score of 6,504 points is an NCAA Championships provisional qualifier and ranks 26th in Division II.

- Junior **Elena Cano** placed sixth in the heptathlon at the GNAC Combined Event Championships. Her score of 4,593 points ranks 33rd in Division II this season.

- Alaska Anchorage's women enter the week ranked No. 9 in the USTFCCA Division II Team Index.

## CENTRAL WASHINGTON



- Central Washington notches strong showings at both the Ralph Vernacchia Invitational and the GNAC Combined Event Championships.

- Junior **Halle Irvine** was named the GNAC Women's Field Athlete of the Week after she won the pole vault with a mark of 12 feet, 9.5 inches. That moves Irvine to No. 2 on the GNAC All-Time and ties her for 14th in Division II this

season.

- Senior **Mariyah Vongsaveng** claimed first place in the women's 100-meter hurdles in 14.06 seconds while junior **Erykah Weems** was second in 14.44 seconds. Weems went on to win the 400-meter hurdles in a time of 1:05.52.

- In the distances, senior Alexa Shindruk was an easy winner in the women's 10,000 meters in a time of 37:19.03. Sophomore **Rajesh Gill** won the men's open 5,000 meters in a time of 15:53.76 while sophomore **Donovan Barnhart** was second in 15:58.89.

- Junior **Samantha La Rue** added a victory in the women's shot put with a mark of 41 feet, 8.5 inches.

- In the GNAC Combined Event Championships, senior **HarLee Ortega** won the title in the heptathlon with a score of 5,212 points that automatically qualifies her for the NCAA Championships. She also moves up to No. 5 on the GNAC All-Time List. In the process, Ortega won the high jump (5-6.5) and the shot put (37-2.25). Sophomore **Sidney Trinidad** placed fourth with 4,783 points and won the 100-meter hurdles (14.50), 200 meters (25.56) and the 800 meters (2:14.39).

- Sophomore **Braydon Maier** finished second in the decathlon with a score of 6,811 points while senior **Michael Forster** finished third with a score of 6,548 points.

- Central Washington will compete at the Ken Shannon Invitational on Saturday.

## CONCORDIA



- Sophomore Macie Allen's improvement in the women's 100 meters led Concordia's performances at the OSU High Performance Meet in Corvallis, Oregon.

- Allen was named the GNAC Women's Track Athlete of the Week after winning the 100 meters in 11.78 seconds. The time is the second-fastest in GNAC history and ties her for 21st in Division II this season.

- Sophomore **Elizabeth Stottlemire** improved her NCAA Championships provisional qualifying mark in the women's javelin. She placed eighth with a throw of 142 feet, 8 inches, which ranks her fifth in the GNAC and 21st in Division II.

- Junior **Caleb Bridge** placed second in the men's shot put with a mark of 54 feet, 2 inches. The NCAA Championships provisional qualifying mark ranks 42nd in Division II this season.

- At the GNAC Combined Event Championships, senior **Giovanni Brown** came home with the title in the men's decathlon with a score of 7,007 points. The total ranks No. 4 on the GNAC All-Time List and is ninth in Division II this season. Brown earned individual victories in the shot put (46-0.75), the 110-meter hurdles (15.08), the discus (148-4) and the 1,500 meters (4:19.02).

- Senior **Chelsea Bone** placed third in the women's heptathlon with a score of 4,982 points. Bone was the individual winner in the javelin, throwing an NCAA Championships provisional qualifying mark of 139 feet, 5 inches.

- Concordia will split between three meets this weekend, competing at the Portland Twilight on Friday and at both the Ken Shannon Invitational in Seattle and the Linfield Open in McMinnville, Oregon on Saturday.

## MONTANA STATE BILLINGS



- Junior **Nikki Aiken's** win in the women's steeplechase and senior **Sam Zook's** efforts in the men's sprints led Montana State Billings at the Jack Christensen Invitational in Fort Collins, Colorado.

- Aiken notched the Yellowjackets' only win of the meet, taking the steeplechase in a time of 11:43.94. That knocked three seconds off of her season best in the event.

- Zook, meanwhile, placed second in the men's 200 meters in 21.14 seconds and was fourth in the 100 meters in a time of 10.69 seconds. Both times were just short of season bests attained at the Montana State Open the previous weekend.

- Senior **Brady Ostermiller** was MSUB's other top-three finisher in the meet, placing second in the men's shot put with a mark of 49 feet, 3.5 inches. Ostermiller is tied for 52nd in Division II in the event with his season best of 53 feet, 1.75 inches.

- Montana State Billings will split its squad for the final weekend before the GNAC Championships. Some of the squad will travel to the University of Providence Open in Great Falls, Montana on Thursday and the rest will travel to the Dickinson State Last Chance Invitational in North Dakota on Saturday.

# Around The GNAC

## NORTHWEST NAZARENE



- Senior Jake Knight's GNAC record in the discus and senior **Ellie Logan's** school-record toss in the women's javelin led Northwest Nazarene's performances at the Idaho/Utah Border Clash in Boise, Idaho.
- Knight was named the GNAC Field Athlete of the Week for the third consecutive week after he broke the conference record in the discus with a throw of 183 feet. That bettered the previous record of 182 feet, 8 inches set by Concordia's Caleb Bridge in 2017. Knight is now sixth in Division II this season.
- Logan won with her mark of 165 feet, 6 inches, beating her own previous record by over three feet. The mark automatically qualifies Logan for the NCAA Championships, ranks third in Division II this season and is No. 4 on the GNAC All-Time List. Senior **Nicole Nobbs** was second with a mark of 125 feet, 9 inches.
- The Nighthawks also received women's victories from senior **Katie Conklin** in the high jump (5-3.75) and senior **Sierra Manzer** in the steeplechase (11:48.68).
- Junior **Logan Blake** led the NNU men with a win in the 400 meters with a lifetime best time of 48.27 seconds. He also placed second in the 200 meters in 21.98 seconds.
- The NNU men also received victories from senior **Micah Tranch** in the high jump (6-3.25), sophomore **Elijah Castro** in the long jump (22-7), senior **Jake Knight** in the shot put (58-1.25) and senior **Nick Hamilton** in the steeplechase (9:58.97).
- At the GNAC Combined Event Championships, sophomore **Dakota Tidwell** finished fourth in the men's decathlon with a score of 6,531 points.
- The Border Clash and the Combined Event Championships were the last meets for Northwest Nazarene prior to next week's GNAC Outdoor Track and Field Championships.

## SAINT MARTIN'S



- Two victories on the women's side led Saint Martin's as they concluded the regular season at the Ralph Vernacchia Invitational in Bellingham, Washington.
- Senior **Liz Larson** picked up yet another victory in the women's hammer, winning with a mark of 183 feet, 5 inches. Larson's season best of 188 feet, 3 inches, ranks seventh in Division II this season.
- Freshman **Keshara Romain** was the winner of the women's triple jump, hitting a mark of 37 feet, 5.75 inches. She finished a foot ahead of second-place Rose Walts of Central Washington.
- Senior **Jona Spiller** improved her NCAA Championships provisional qualifier in the women's javelin, placing third with a mark of 142 feet, 5 inches. The performance ranks 23rd in Division II this season.
- Senior **Craig Boyle** led the Saint Martin's men, placing second in the pole vault with a clearance of 14 feet, 3.25 inches. Freshman **Andrew Osiin** placed third in the 5,000 meters, clocking a time of 15:59.13.
- Junior **Josh Schulz** placed seventh in the men's decathlon at the GNAC Combined Event Championships, scoring a personal-best 5,974 points. Schulz won the first event of the competition, the 100 meters, in a time of 11.17 seconds.
- Saint Martin's will compete next at the GNAC Outdoor Track and Field Championships, May 10 and 11 in Monmouth, Oregon.

## SEATTLE PACIFIC



- Junior **Grace Bley's** two event victories along with a victory by the 4x400-meter relay team led Seattle Pacific at the Ralph Vernacchia Invitational.
- Bley led a top-three sweep for the Falcons in the women's 200 meters, cruising with a time of 24.70 seconds. Earlier in the day, Bley took the 100 meters in a time of 12.30 seconds. Bley then combined with **Peace Igonagwam**, **Jenna Bouyer** and **Rebecca Troescher** to win the 4x400-meter relay by seven seconds in a time of 3:54.56.
- Igonagwam also earned her first collegiate individual victory outdoors, taking the long jump with a mark of 18 feet, 1 inch.
- On the men's side, freshman **Colby Otero** turned in a second-place finish in the steeplechase with a time of 9:38.29. Fellow freshman **Jared Putney** was third in a time of 9:55.79.
- At the GNAC Combined Event Championships, junior **Scout Cai** placed a solid second in the heptathlon with her score of 5,034 points. The mark improves Cai's NCAA Championships provisional qualifying mark to seventh. Sophomore **Renick Meyer**, last year's champion, was fifth with a score of 4,764 points. Meyer won the long jump with a mark of 18 feet, 3.25 inches.
- The Falcons will compete on Saturday at the Ken Shannon Invitational in Seattle before setting sights on the GNAC Outdoor Track and Field Championships.

## SIMON FRASER



- Four event wins and an NCAA Championships provisional qualifying time for senior **Josh Adehmar** led Simon Fraser at the Ralph Vernacchia Invitational.
- Adehmar was named the GNAC Men's Track Athlete of the Week after he won the 400-meter hurdles in a time of 53.42 seconds. The mark ranks second in the GNAC and 38th in Division II this season.
- Freshman **Nick Bauernschmitt** won the men's 800 meters in a time of 1:53.60 while sophomore **Zackary Kuzyk** won the men's long jump with a leap of 22 feet, 9.75 inches.
- Sophomore **Renate Bluschke** won the women's 400 meters in a time of 57.06 seconds. Her best of 55.41 seconds, run at the Bryan Clay Invitational, ranks 28th in Division II this season.
- Freshman **Timothy Hatton** led the Simon Fraser throwers, placing second in the men's javelin with a mark of 184 feet, 7 inches. Freshman **Holly Taylor** placed third in the women's shot put at 38 feet, 8.75 inches and third in the hammer at 157 feet, 10 inches.
- The Simon Fraser's women are ranked No. 11 in this week's USTFCCA Division II Team Index.
- Simon Fraser will split its squad in the final weekend before the GNAC Championships, traveling to the Dylan Armstrong Classic in Kelowna, B.C., and the Portland Twilight.

# Around The GNAC

## WESTERN OREGON



- Senior **Grace Knapp's** performance in the women's 5,000 meters led Western Oregon as it competed at the OSU High Performance Meet in Corvallis, Oregon.
- Knapp ran the fifth-fastest time in WOU history, placing 12th in a time of 17:33.58. The time ranks eighth in the GNAC this season.
- Senior **Olivia Woods**, meanwhile, clocked a second place finish in the women's 800 meters with a time of 2:09.74. The performance moves her up to No. 12 in Division II this season. Woods also played a role in WOU's 4x400-meter relay team which placed third in a time of 3:58.93.
- Junior **Hunter Mosman** led the Wolves' men with his sixth-place finish in the steeplechase, turning in a time of 9:28.61. Junior **Justin Crosswhite** placed seventh in the invitational section of the men's 1,500 meters with a time of 3:51.80.
- At the GNAC Combined Event Championships, sophomore **Mitch Kruse** placed eighth in the men's decathlon with a lifetime-best score of 5,937 points. Kruse's competition was topped by his victory in the javelin with a mark of 174 feet. He was also second in the discus with a mark of 119 feet. 1 inch.
- Western Oregon will be in action on Friday at the Portland Twilight before closing the regular season on Saturday at the Linfield Open.

## WESTERN WASHINGTON



- Western Washington posted 10 event victories and an NCAA Championships provisional qualifying mark for junior **Amanda Short** at their own Ralph Vernacchia Invitational.
- Short placed third in the women's javelin with her mark of 156 feet, 3 inches. The mark moves Short to No. 13 on the GNAC All-Time List and is seventh in Division II this season.
- Junior **Maddie Taylor** led WWU's women's victories, taking the high jump with her leap of 5 feet, 7.25 inches. Freshman **Rebecca Lehman** was the winner of the 1,500 meters in a time of 4:38.93.
- Sophomore **Jon Oglesby** led a top-three sweep for the Vikings in the men's 400 meters with a time of 50.32 seconds. Freshman **Alec Ritter** took the 10,000 meters in a time of 33:49.39 while senior **Tupre Wickliff** won the high jump with a mark of 6 feet, 4.75 inches.
- Freshman **Karlington Anunagba** placed second in his first collegiate men's 200 meters, running a time of 21.68 seconds that is third-fastest in WWU history.
- At the GNAC Combined Event Championships, sophomore **Seren Dances** took sixth place in the men's decathlon with a score of 6,452 points. Dances held the first day lead thanks to individual victories in the long jump (22-3.5) and the high jump (6-4.25). Freshman **Cooper Cummings** was ninth with 5,758 points. Freshman **Aliyah Dawkins** was ninth in the women's heptathlon with a score of 2,574 points.
- The Vikings will conclude the regular season on Saturday at the Ken Shannon Invitational in Seattle.

## 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. 30, 2019

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

## MEN PROVISIONAL QUALIFIERS AS OF APR. 30, 2019

Event	Athlete	Mark	Rank	Date
100 Meters	Karlington Anunagba, WWU	10.33	6th	4/13/19
800 Meters	Curt Knott, WOU	1:51.45	28th	4/17/19
1,500 Meters	Rowan Doherty, SFU	3:48.44	21st	4/17/19
5,000 Meters	Sean Miller, SFU	14:26.45	26th	3/28/19
	Felix Kemboi, UAA	14:28.84	29th	3/28/19
	Tyler Jones, WOU	14:32.10	34th	3/28/19
110m Hurdles	Cordell Cummings, WWU	14.52	T-32nd	4/17/19
400m Hurdles	Cordell Cummings, WWU	51.95	4th	4/17/19
	Josh Adhemar, SFU	53.42	38th	4/17/19
Steeplechase	Edwin Kangogo, UAA	8:56.08	4th	3/28/19
	Aaron Ahl, SFU	9:02.10	11th	4/17/19
	Pierre-Louis Detourbe, SFU	9:02.73	13th	3/28/19
	Dylan Hayes, WWU	9:05.90	18th	4/18/19
High Jump	Isaiah Girard, MSUB	2.08/6-9.75	T-19th	4/20/19
Pole Vault	JT Konrad, WWU	4.80/15-9	34th	3/30/19
Shot Put	Jake Knight, NNU	18.29/60-0.25	6th	4/13/19
	Josh Koch, CU	17.05/55-11.25	22nd	4/12/19
	Caleb Bridge, CU	16.51/54-2	42nd	4/26/19
	Brady Ostermiller, MSUB	16.20/53-1.75	T-52nd	3/30/19
Discus	Jake Knight, NNU	55.78/183-0	6th	4/26/19
	Sam Nichols, CU	53.02/173-11	14th	4/12/19
	Caleb Bridge, CU	51.69/169-7	21st	4/20/19
Hammer	Joe Denniston, CU	56.65/185-10	33rd	4/20/19
Javelin	Easton Christensen, CU	63.29/207-8	11th	4/20/19
	Dalton Rasmussen, CU	62.68/205-8	14th	3/9/19
	Cooper McNatt, WWU	59.70/195-10	25th	3/16/19
	Timothy Hatton, SFU	59.34/194-8	27th	3/30/19
Decathlon	Giovanni Brown, CU	7,007	9th	4/30/19
	Braydon Maier, CWU	7,005	10th	4/17/19
	Dakota Tidwell, NNU	6,708	15th	3/23/19
	Ian Rinefort, WWU	6,682	17th	4/17/19
	Michael Forster, CWU	6,548	22nd	4/30/19
	David Sramek, UAA	6,504	26th	4/30/19
	Seren Dances, WWU	6,500	27th	4/30/19

## WOMEN'S AUTOMATIC QUALIFIERS AS OF APR. 30, 2019

Event	Athlete	Mark	Rank	Date
800 Meters	Danielle McCormick, UAA	2:05.00	3rd	4/17/19
1,500 Meters	Caroline Kurgat, UAA	4:19.48	2nd	4/17/19
5,000 Meters	Caroline Kurgat, UAA	15:40.45	1st	4/17/19
10,000 Meters	Caroline Kurgat, UAA	32:08.09	1st	3/29/19
Steeplechase	Julia Howley, SFU	10:03.19	1st	3/29/19
Javelin	Ellie Logan, NNU	50.44/165-6	3rd	4/26/19
Heptathlon	HarLee Ortega, CWU	5,212	4th	4/30/19

## WOMEN'S PROVISIONAL QUALIFIERS AS OF APR. 30, 2019

Event	Athlete	Mark	Rank	Date
100 Meters	Macie Allen, CU	11.78	T-21st	4/26/19
400 Meters	Vanessa Aniteye, UAA	54.82	15th	4/17/19
	Renate Bluschke, SFU	55.71	28th	4/17/19
800 Meters	Sophie Dodd, SFU	2:07.44	5th	3/28/19
	Alana Mussatto, SFU	2:07.83	6th	4/17/19
	Olivia Woods, WOU	2:09.74	12th	4/26/19
	Ruth Cvancara, UAA	2:10.27	14th	4/17/19
	Paige Nock, SFU	2:10.66	18th	4/17/19
	Mairin Shields-Brown, SFU	2:11.30	24th	4/17/19
1,500 Meters	Julia Howley, SFU	4:26.01	13th	4/17/19
	Miryam Bassett, SFU	4:28.66	18th	4/17/19
	Sophie Dodd, SFU	4:29.63	21st	4/17/19
	Kate Lilly, SPU	4:30.09	22nd	4/17/19
	Dania Homberg, SPU	4:31.45	27th	4/17/19
	Danielle McCormick, UAA	4:32.17	29th	3/23/19
5,000 Meters	Julia Howley, SFU	16:10.89	4th	4/17/19
	Kate Lilly, SPU	16:51.60	16th	4/17/19
	Dania Holmberg, SPU	16:55.05	18th	4/17/19
10,000 Meters	Alexa Shindruk, CWU	34:25.41	3rd	3/29/19
	Sophia Galvez, WWU	36:28.86	30th	3/28/19
100m Hurdles	Mariyah Vongsaveng, CWU	14.02	T-16th	4/13/19
400m Hurdles	Sidney Trinidad, CWU	59.11	4th	4/17/19
Steeplechase	Kaylee Mitchell, SPU	10:37.53	8th	3/28/19
	Chelsea Ribeiro, SFU	10:38.40	10th	3/23/19
	Olivia Willett, SFU	10:56.88	16th	3/23/19
	Talia Dreicer, WWU	10:58.11	27th	4/5/19
4x100 Relay	Seattle Pacific	46.23	T-20th	3/22/19
4x400 Relay	Alaska Anchorage	3:44.20	15th	3/28/19
	Simon Fraser	3:45.30	21st	4/12/19
High Jump	Maddie Taylor, WWU	1.74/5-8.5	T-4th	3/16/19
	HarLee Ortega, CWU	1.69/5-6.5	T-22nd	4/30/19
Pole Vault	Halle Irvine, CWU	3.90/12-9.5	T-14th	4/26/19
Long Jump	Chrisalyn Johnson, UAA	5.92/19-5.25	T-15th	4/17/19
	Brooke Williams, CWU	5.87/19-3.25	24th	4/17/19
	Renick Meyer, SPU	5.84/19-2	T-31st	3/22/19
Triple Jump	Chrislayn Johnson, UAA	12.23/40-1.5	T-12th	3/28/19
	Brooke Williams, CWU	11.8838-11.75	36th	4/17/19
Shot Put	Katrina Linenko, CU	13.8145-3.75	47th	3/16/19
Hammer	Liz Larson, SMU	57.37/188-3	7th	4/5/19
Javelin	Amanda Short, WWU	47.62/156-3	7th	4/27/19
	Raquel Pellecer, WWU	47.31/155-2	8th	3/2/19
	Paige Shimkus, WWU	47.01/154-3	9th	3/9/19
	Darian Wilson, WOU	45.88/150-6	12th	3/29/19
	Elizabeth Stottlemire, CU	43.48/142-8	21st	4/26/19
	Jona Spiller, SMU	43.41/142-5	23rd	4/27/19
	Hannah Nienaber, WWU	43/40/142-5	24th	4/17/19
	Natalie Vetto, WWU	43.27/141-11	25th	3/30/19
	Chelsea Bone, CU	42.49/139-5	28th	4/30/19
Heptathlon	Scout Cai, SPU	5,034	7th	4/30/19
	Chelsea Bone, CU	5,009	9th	4/17/19
	Renick Meyer, SPU	4,925	15th	4/17/19
	Sidney Trinidad, CWU	4,783	19th	4/30/19
	Elena Cano, UAA	4,593	33rd	4/30/19

# Men's Outdoor Regional & National Polls

## GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	CU	NNU	WWU
Mar. 19	23rd	21st	8th
Mar. 26	—	24th	16th
Apr. 2	—	—	—
Apr. 9	—	—	—
Apr. 16	—	—	—
Apr. 23	—	—	—
Apr. 30	—	—	—

## USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 7 - Apr. 30, 2019		
Rk	School	Pts.
1.	Angelo State	183.64
2.	Colorado Mines	144.83
3.	Grand Valley State	138.11
4.	West Texas A&M	134.35
5.	Texas A&M-Commerce	126.57
6.	Texas A&M-Kingsville	126.39
7.	Lincoln (Mo.)	124.62
8.	Ashland	124.49
9.	Saint Augustine's	107.10
10.	Central Missouri	97.89
11.	Adams State	87.36
12.	Queens (N.C.)	86.32
13.	Tiffin	81.99
14.	Northwest Missouri St.	76.76
15.	Pittsburg State	74.02
16.	North Greenville	72.41
17.	Missouri Southern	72.16
18.	CSU-Pueblo	67.47
19.	Chico State	66.46
20.	Minnesota State	64.48
21.	Academy of Art	62.74
22.	Mount Olive	59.14
23.	UC San Diego	52.88
24.	American International	48.35
25.	Shippensburg	48.05

## USTFCCCA WEST REGION TEAM INDEX

as of Apr. 30, 2019			
Rk	School	Pts.	Prev.
1.	Chico State	783.94	1
2.	Academy of Art	594.29	5
3.	UC San Diego	573.18	2
4.	<b>Western Washington</b>	<b>551.71</b>	<b>4</b>
5.	Cal Poly Pomona	539.12	3
6.	<b>Concordia</b>	<b>375.66</b>	<b>6</b>
7.	Cal State LA	338.22	7
8.	<b>Simon Fraser</b>	<b>301.47</b>	<b>9</b>
9.	Azusa Pacific	296.67	12
10.	<b>Central Washington</b>	<b>268.03</b>	<b>8</b>



[Complete Poll Online](#)

# Women's Outdoor Regional & National Polls

## GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	CWU	SPU	SFU	WWU
Mar. 19	—	—	15th	—	7th
Mar. 26	21st	22nd	6th	16th	15th
Apr. 2	6th	24th	11th	9th	20th
Apr. 9	10th	—	22nd	13th	21st
Apr. 16	13th	—	—	11th	24th
Apr. 23	8th	—	—	10th	—
Apr. 30	9th	—	—	11th	—

## USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 7 - Apr. 30, 2019		
Rk	School	Pts.
1.	Grand Valley St.	259.81
2.	Missouri Southern	186.52
3.	Lincoln (Mo.)	169.45
4.	Adams State	166.26
5.	Angelo State	145.75
6.	Pittsburg State	113.44
7.	West Texas A&M	112.12
8.	Saint Augustine's	104.99
9.	<b>Alaska Anchorage</b>	<b>100.55</b>
10.	Ashland	93.04
11.	<b>Simon Fraser</b>	<b>88.37</b>
12.	San Francisco St.	77.60
13.	Azusa Pacific	71.34
14.	Mary	64.74
15.	UC-Colorado Springs	63.01
16.	Fresno Pacific	57.44
17.	Lindenwood	54.43
18.	Texas A&M-Commerce	53.84
19.	Franklin Pierce	53.11
20.	New Mexico Highlands	52.47
21.	Mount Olive	51.68
22.	UC San Diego	48.46
23.	Colorado Mines	48.36
24.	Western Colorado	46.52
25.	Oklahoma Baptist	46.50

## USTFCCCA WEST REGION TEAM INDEX

as of Apr. 30, 2019			
Rk	School	Pts.	Prev.
1.	Azusa Pacific	539.10	1
2.	San Francisco St.	451.79	2
3.	Fresno Pacific	450.89	5
4.	UC San Diego	431.64	3
5.	<b>Central Washington</b>	<b>428.68</b>	<b>4</b>
6.	<b>Simon Fraser</b>	<b>393.21</b>	<b>6</b>
7.	<b>Alaska Anchorage</b>	<b>389.72</b>	<b>7</b>
8.	<b>Seattle Pacific</b>	<b>385.46</b>	<b>8</b>
9.	Cal Poly Pomona	343.22	9
10.	Academy of Art	331.43	14



[Complete Poll Online](#)

# GNAC Indoor Track & Field Records

## MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
200 Meters	21.56	Carlos Ortiz, Concordia (2018)
400 Meters	47.61	Vladislav Tsygankov, Simon Fraser (2017)
800 Meters	1:49.68	Badane Sultessa, Western Oregon (2016)
Mile	3:58.88	David Ribich, Western Oregon (2018)
3,000 Meters	7:50.81	David Ribich, Western Oregon (2018)
5,000 Meters	13:47.73	Micah Chelimo, Alaska Anchorage (2014)
60m Hurdles	8.08	Travis Milbrandt, Western Oregon (2015)
4x400 Relay	3:12.45	Alaska Anchorage (2016)
Nicholas Taylor, Liam Lindsey, Adam Commandeur, Cody Thomas		
Distance Medley	9:40.15	Western Oregon (2017)*
Dustin Nading, AJ Holmberg, Josh Dempsey, David Ribich		
High Jump	2.22/7-3.25	Mikel Smith, Saint Martin's (2017)
Pole Vault	5.31/17-5	Ryan Brown, Western Washington (2011)
Long Jump	7.46/24-5.75	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015/2017)
Shot Put	17.94/58-10.75	Cameron Neel, Western Washington (2007)
Weight Throw	18.82/61-9	Anthony Marin, Western Oregon (2007)
Heptathlon	5,508	Chris Randolph, Seattle Pacific (2006)

## MEN'S CONFERENCE MEET RECORDS

60 Meters	6.75	Alex Donigian, Western Washington (2014)
200 Meters	21.56	Carlos Ortiz, Concordia (2018)
400 Meters	47.80	Joel Webster, Simon Fraser (2016)
800 Meters	1:50.83	David Ribich, Western Oregon (2018)
Mile	4:10.01	David Ribich, Western Oregon (2017)
3,000 Meters	8:27.83	Henry Cheseto, Alaska Anchorage (2015)
5,000 Meters	14:36.06	Dominik Notz, Alaska Anchorage (2016)
60m Hurdles	8.08	Travis Milbrandt, Western Washington (2015)
4x400 Relay	3:14.10	Alaska Anchorage (2017)

Liam Lindsay, Darrior Gray, Nicholas Taylor, Adam Commandeur

**Distance Medley 9:58.18 Simon Fraser (2019)**

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

High Jump	2.21/7-3	Mikel Smith, Saint Martin's (2017)
Pole Vault	5.16/16-11	Payton Lewis, Northwest Nazarene (2011)
Long Jump	7.38/24-2.5	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015/2017)
Shot Put	17.47/57-3.75	Cameron Neel, Central Washington (2007)
Weight Throw	18.63/61-1.75	Tyler Lamott, Concordia (2016)
Heptathlon	5,269	Kodiak Landis, Central Washington (2017)

## CONFERENCE MEET HEPTATHLON EVENTS

60 Meters	7.03	Kodiak Landis, Central Washington (2018)
<b>Long Jump</b>	<b>6.95/22-9.75</b>	<b>James Phillips, Concordia (2018)</b>
	<b>6.95/22-9.75</b>	<b>Kodiak Landis, Central Washington (2019)</b>
<b>Shot Put</b>	<b>13.69/44-11</b>	<b>Giovanni Brown, Concordia (2019)</b>
High Jump	2.01/6-7	Micah Tranch, Northwest Nazarene (2017)
60m Hurdles	8.28	Travis Turner, Alaska Anchorage (2017)
Pole Vault	5.05/16-6.75	Payton Lewis, Northwest Nazarene (2016)
<b>1,000 Meters</b>	<b>2:41.39</b>	<b>Giovanni Brown, Concordia (2019)</b>

## WOMEN - ALL MEETS

60 Meters	7.54	Jamie Ashcroft, Alaska Anchorage (2017)
200 Meters	24.09	Jamie Ashcroft, Alaska Anchorage (2017)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:04.94	Helen Crofts, Simon Fraser (2011)
Mile	4:32.88	Jessica Pixler, Seattle Pacific (2010)
<b>3,000 Meters</b>	<b>9:07.05</b>	<b>Caroline Kurgat, Alaska Anchorage (2019)#</b>
<b>5,000 Meters</b>	<b>15:28.46</b>	<b>Caroline Kurgat, Alaska Anchorage (2019)#</b>
60m Hurdles	8.51	Mariyah Vongsaveng, Central Washington (2017)
4x400 Relay	3:42.44	Seattle Pacific (2016)

Jalen Tims, Lynelle Decker, Cheryl Hong, Jahzelle Ambus

**Distance Medley 11:23.47 Alaska Anchorage (2019)**

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

High Jump	1.77/5-9.75	Danielle Ayers-Stamper, Seattle Pacific (2005)
<b>Pole Vault</b>	<b>3.93/12-10.75</b>	<b>Halle Irvine, Central Washington (2018)</b>
<b>Long Jump</b>	<b>5.98/19-7.5</b>	<b>Peace Igbonagwam, Seattle Pacific (2019)</b>
Triple Jump	12.68/41-7.25	Jasmine McMullin, Western Washington (2018)
Shot Put	17.62/57-9.75	McKenzie Warren, Concordia (2017)*
Weight Throw	19.52/64-0.5	Christina MacDonald, Concordia (2018)
Pentathlon	4,007	Danielle Ayers-Stamper, Seattle Pacific (2005)

## WOMEN'S CONFERENCE MEET RECORDS

60 Meters	7.55	Jamie Ashcroft, Alaska Anchorage (2017)
200 Meters	24.09	Jamie Ashcroft, Alaska Anchorage (2017)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:08.28	Jessica Pixler, Seattle Pacific (2010)
Mile	4:40.39	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:47.64	Jennifer Johnson, Simon Fraser (2015)
5,000 Meters	16:47.07	Sarah Porter, Western Washington (2010)
60m Hurdles	8.51	Mariyah Vongsaveng, Central Washington (2017)
4x400 Relay	3:46.41	Simon Fraser (2016)

**Distance Medley 11:23.47**

**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)
<b>Long Jump</b>	<b>5.98/19-7.5</b>	<b>Peace Igbonagwam, Seattle Pacific (2019)</b>
Triple Jump	12.68/41-7.25	Jasmine McMullin, Western Washington (2018)
Shot Put	17.02/55-10.25	McKenzie Warren, Concordia (2017)
Weight Throw	18.29/60-0.25	Christina MacDonald, Concordia (2018)
<b>Pentathlon</b>	<b>3,815</b>	<b>Scout Cai, Seattle Pacific (2019)</b>

## CONFERENCE MEET PENTATHLON EVENTS

60m Hurdles	8.75	Rosie Smith, Alaska Anchorage (2016)
<b>High Jump</b>	<b>1.69/5-6.5</b>	<b>Taylor Fettig, Central Washington (2014 &amp; 2015)</b>
		<b>Karolin Anders, Alaska Anchorage (2015)</b>
		<b>Geneva Lehnert, Seattle Pacific (2017)</b>
		<b>Scout Cai, Seattle Pacific (2019)</b>
Shot Put	11.96/39-3	Charlene Harber, Western Oregon (2012)
Long Jump	5.68/18-7.75	Karolin Anders, Alaska Anchorage (2016)
800 Meters	2:15.88	Ali Anderson, Central Washington (2017)

\* - NCAA Division II record

# - Division II all-time all-conditions best (oversized track)



# GNAC Outdoor Track & Field Records

## MEN - ALL MEETS

100 Meters	10.22	Alex Donigian, Western Washington (2015)
200 Meters	20.93	Alex Donigian, Western Washington (2016)
400 Meters	47.51	Ethan Hewitt, Alaska Anchorage (2011)
800 Meters	1:47.58	Badane Sultessa, Western Oregon (2015)
1,500 Meters	3:37.35	David Ribich, Western Oregon (2018)+
3,000 Meters	8:24.61	Jordan Welling, Western Washington (2014)
5,000 Meters	13:41.99	Micah Chelimo, Alaska Anchorage (2014)
10,000 Meters	28:37.75	Micah Chelimo, Alaska Anchorage (2014)
110m Hurdles	14.19	Travis Milbrandt, Western Washington (2016)
400m Hurdles	51.48	Vladislav Tsygankov, Simon Fraser (2017)
Steeplechase	8:45.63	Micah Chelimo, Alaska Anchorage (2012)
4x100 Relay	41.10	Central Washington (2010)
4x400 Relay	3:10.60	Alaska Anchorage (2016)
High Jump	2.16/7-1	Mikel Smith, Saint Martin's (2016)
Pole Vault	5.40/17-8.5	Ryan Brown, Western Washington (2010)
Long Jump	7.91/25-11.5	David Registe, Alaska Anchorage (2009)
Triple Jump	15.50/50-10.25	Wesley Gray, Western Oregon (2017)
Shot Put	18.55/60-10.5	Frank Catelli, Western Washington (2014)
<b>Discus</b>	<b>55.78/183-0</b>	<b>Jake Knight, Northwest Nazarene (2019)</b>
Hammer	62.89/206-4	Pro Escobedo, Western Oregon (2003)
Javelin	77.98/255-10	Cody Parker, Alaska Anchorage (2013)
Decathlon	7,872	Chris Randolph, Seattle Pacific (2006)

## MEN'S CONFERENCE MEET RECORDS

100 Meters	10.43	Anthony Wright, Central Washington (2010)
200 Meters	21.32	Rimar Christie, Northwest Nazarene (2013)
	21.32	Tyrell Williams, Western Oregon (2014)
400 Meters	47.55	Ethan Hewitt, Alaska Anchorage (2012)
	47.55	Kodiak Landis, Central Washington (2018)
800 Meters	1:49.31	Paul Mach, Seattle Pacific (2005)
1,500 Meters	3:47.37	David Ribich, Western Oregon (2017)
5,000 Meters	14:29.41	Micah Chelimo, Alaska Anchorage (2011)
10,000 Meters	30:25.75	Jordan Walling, Western Washington (2011)
110m Hurdles	14.21	Travis Milbrandt, Western Washington (2015)
400m Hurdles	52.12	Vladislav Tsygankov, Simon Fraser (2018)
Steeplechase	8:47.26	Ryan Brockerville, Simon Fraser (2012)
4x100 Relay	41.10	Central Washington (2010)
		Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols
4x400 Relay	3:13.84	Simon Fraser (2015)
		Stuart Ellenwood, Cameron Proceviat, Joel Webster, Daniel Kelloway
High Jump	2.11/6-11	Tevin Gladden, Alaska Anchorage (2017)
Pole Vault	5.14/16-10.75	Ryan Brown, Western Washington (2010)
Long Jump	7.52/24-8.25	David Registe, Alaska Anchorage (2008)
Triple Jump	15.50/50-10.25	Wesley Gray, Western Oregon (2017)
Shot Put	18.20/59-8.75	Josh Koch, Concordia (2016)
Discus	53.80/176-6.5	Caleb Bridge, Concordia (2017)
Hammer	61.61/202-1	Michael Hoffman, Western Washington (2008)
Javelin	69.49/228-0	Franz Burghagen, Alaska Anchorage (2013)
Decathlon	7,201	Cody Thomas, Alaska Anchorage (2016)

+ - Denotes Division II national record

## WOMEN - ALL MEETS

100 Meters	11.64	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	23.99	NyEma Sims, Seattle Pacific (2007)
400 Meters	53.56	Mary Pierce, Alaska Anchorage (2007)
800 Meters	2:02.10	Helen Crofts, Simon Fraser (2013)
1,500 Meters	4:11.06	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:35.75	Sarah Porter, Western Washington (2011)
5,000 Meters	15:41.21	Caroline Kurgat, Alaska Anchorage (2018)
<b>10,000 Meters</b>	<b>32:08.09</b>	<b>Caroline Kurgat, Alaska Anchorage (2019)+</b>
100m Hurdles	13.64	Mariyah Vongsaveng, Central Washington (2018)
400m Hurdles	59.17	Haleigh Lloyd, Alaska Anchorage (2015)
<b>Steeplechase</b>	<b>10:03.19</b>	<b>Julia Howley, Simon Fraser (2019)</b>
4x100 Relay	46.19	Simon Fraser (2017)
4x400 Relay	3:41.80	Western Oregon (2018)
High Jump	1.78/5-10	Teona Perkins, Seattle Pacific (2007)
Pole Vault	4.01/13-1.75	Anna Paradee, Western Washington (2017)
Long Jump	6.22/20-5	Renick Meyer, Seattle Pacific (2018)
Triple Jump	12.42/40-9	Ashley Potter, Western Oregon (2012)
Shot Put	17.39/57-0.75	McKenzie Warren, Concordia (2017)
Discus	55.74/182-10	Melissa Ausman, Concordia (2018)
Hammer	62.42/204-9	Christina MacDonald, Concordia (2018)
Javelin	54.18/177-9	Bethany Drake, Western Washington (2016)
Heptathlon	5,606	Danielle Ayers-Stamper, Seattle Pacific (2005)

## WOMEN'S CONFERENCE MEET RECORDS

100 Meters	11.81	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	24.30	Grace Morgan, Alaska Anchorage (2013)
400 Meters	54.46	Helen Crofts, Simon Fraser (2013)
800 Meters	2:06.38	Jessica Pixler, Seattle Pacific (2010)
1,500 Meters	4:24.01	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:53.80	Jessica Pixler, Seattle Pacific (2007)
5,000 Meters	16:39.39	Sarah Porter, Western Washington (2010)
10,000 Meters	34:49.33	Caroline Kurgat, Alaska Anchorage (2018)
100m Hurdles	13.82	Danielle Ayers-Stamper, Seattle Pacific (2005)
400m Hurdles	1:00.10	Erykah Weems, Central Washington (2018)
Steeplechase	10:14.15	Katelyn Steen, Western Washington (2015)
4x100 Relay	46.60	Seattle Pacific (2018)
		Renick Meyer, Julia Stepper, Becca Houk, Grace Bley
4x400 Relay	3:44.11	Seattle Pacific (2013)
		Kishia Mitchell, Emily Quatier, Jasmine Johnson, McKayla Fricker
High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2016)
Pole Vault	3.83/12-6.75	Karis Anderson, Western Washington (2012)
Long Jump	5.99/19-8	Ali Worthen, Seattle Pacific (2013)
Triple Jump	12.42/40-9	Ashley Potter, Western Oregon (2012)
Shot Put	16.55/54-3.75	McKenzie Warren, Concordia (2017)
Discus	53.01/173-11	Melissa Ausman, Concordia (2018)
Hammer	59.62/195-7	Christina MacDonald, Concordia (2018)
Javelin	52.40/171-11.25	Bethany Drake, Western Washington (2017)
Heptathlon	5,390	Ali Worthen, Seattle Pacific (2013)

# 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 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 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 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, Jasmyn 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.



# 2018-19 GNAC Outdoor Meet Summaries

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

**Bryan Clay Invitational**

**at Cougar Stadium, Azusa, Calif.**

**Women (Top 3 GNAC Finishers):** 1,500 Meters Open - 2, Sophie Dodd, SFU, 4:29.63; 3, Dania Holmberg, SPU, 4:31.45. 5,000 Meters Heat 1 - 3, Caroline Kurgat, UAA, 15:40.45. 5,000 Meters Heat 4 - 3, Dania Holmberg, SPU, 16:55.05. Discus - 3, Raquel Pellecer, WWU, 153-10. Heptathlon Group 1 - 2, Sidney Trinidad, CWU, 4,668.

**Men (Top 3 GNAC Finishers):** 400m Hurdles - 2, Cordell Cummings, WWU, 51.95. Shot Put - 3, Jake Knight, NNU, 56-9.25. Discus - 1, Jake Knight, NNU, 182-5. Decathlon Group 2 - 3, Giovanni Brown, CU, 6,836.

**Thurs., Apr. 18 - Sat., Apr. 20**

**Mt. SAC Relays**

**at El Camino College, Torrance, Calif.**

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

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

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

**Beach Invitational**

**at Long Beach State, Long Beach, Calif.**

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

**Men (Top 3 GNAC Finishers):** 5,000 Meters - 3, Dylan Hayes, WWU, 15:10.58.

**Sat., Apr. 20**

**MSU Open**

**at Bobcat Track and Field Complex, Bozeman, Mont.**

**Women (Top 3 GNAC Finishers):** 400 Meters - 2, Brenna Beckett, MSUB, 1:00.07. 4x100 Relay - 2, Montana State Billings (Anne Lory Chevalier, Madison Thompson, Kaitiin Mason, Brenna Beckett), 50.03. Triple Jump - 1, Janessa Williams, MSUB, 36-10.25.

**Men (Top 3 GNAC Finishers):** 100 Meters - 2, Sam Zook, MSUB, 10.60; 3, Mason Schram, MSUB, 10.72. 200 Meters - 1, Sam Zook, MSUB, 21.37; 3, Rahkei Eyer, MSUB, 21.88. 10,000 Meters - 2, Ivan Colmenero, 34:16.61; 3, Ronald Venema, MSUB, 35:19.14. 4x100 Relay - 1, Montana State Billings (Kaelen Shay, Mason Schram, Kyle Patelis, Sam Zook), 41.57. High Jump - 1, Isaiah Girard, MSUB, 6-9.75. Triple Jump - 2, Ty Stanton, MSUB, 48-2.5. Shot Put - 2, Brady Ostermiller, MSUB, 49-6.25. Javelin - 3, Beau Peaslee, MSUB, 164-6.

**Cougar Open**

**at Clackamas CC, Oregon City, Ore.**

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Macie Allen, CU, 11.94; 2, Karlie Hurley, CU, 12.48. 200 Meters - 1, Karlie Hurley, CU, 25.53; 3, Ronni Van Zant, CU, 26.43. 800 Meters - 2, Nicole Pederson, CU, 2:18.57. 100m Hurdles - 1, Chase Stephens, CU, 15.16. 4x100 Relay - 1, Concordia (Ronni Van Zant, Maddie Misi, Karlie Hurley, Macie Allen), 47.62. Shot Put - 1, Katrina Linenko, CU, 44-3.5. Discus - 1, Katrina Linenko, CU, 141-7. Hammer - 2, Mariah Gronbach, WOU, 163-9. Javelin - 1, Elizabeth Stottlemyre, CU, 136-4.

**Men (Top 3 GNAC Finishers):** 400 Meters - 2, Adam Brown, CU, 48.90. 800 Meters - 2, Trey Reed, WOU, 1:56.48. 400m Hurdles - 1, Andrey Gamza, CU, 55.60. Triple Jump - 3, Emmy Carrizales, CU, 42-5.5. Shot Put - 1, Josh Koch, CU, 54-10; 3, Brett Elder, CU, 50-8.25. Discus - 2, Caleb Bridge, CU, 169-7; 3, Sam Nichols, CU, 165-7. Hammer - 2, Joe Denniston, CU, 185-10; 3, Josh Koch, CU, 175-1. Javelin - 1, Easton Christensen, CU, 207-8; 2, Matt Schweitz, CU, 188-9.

**Fri., Apr. 26 - Sat., Apr. 27**

**OSU High Performance Meet**

**at Whyte Track and Field Center, Corvallis, Ore.**

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Macie Allen, CU, 11.78. 800 Meters (Invitational) - 2, Olivia Woods, WOU, 2:09.74. 4x400 Relay - 3, Western Oregon, 3:58.93.

**Men (Top 3 GNAC Finishers):** 400 Meters - 3, Adam Brown, CU, 49.60. 400m Hurdles - 2, Andrey Gamza, CU, 54.89. Shot Put - 2, Caleb Bridge, CU, 54-2.

**Idaho/Utah Border Clash**

**at Ed Jacoby Track, Boise, Idaho**

**Women (Top 3 GNAC Finishers):** 100 Meters - 2, Lexi Tubbs, NNU, 12.64. 400 Meters - 2, MaKenna Conley, NNU, 1:02.66; 3, Breann Porter, NNU, 1:04.02.

100m Hurdles - 2, Lexi Tubbs, NNU, 14.56. Steeplechase - 1, Sierra Manzer, NNU, 11:48.68; 2, Sage Earnest, NNU, 12:48.63. High Jump - 1, Katie Conklin, NNU, 5-3.75; Tie 2, Madison VonBrethorst, NNU, 5-0.5. Pole Vault - 2, Kourtney Gwin, NNU, 11-4.25. Triple Jump - 2, Jackie Mahowald, NNU, 38-6.75; 3, Dakota Hutton-King, NNU, 36-3.5. Discus - 3, Jenna Saum, NNU, 129-3. Javelin - 1, Ellie Logan, NNU, 165-6; 2, Nicole Nobbs, NNU, 125-9.

**Men (Top 3 GNAC Finishers):** 200 Meters - 2, Logan Blake, NNU, 21.98. 400 Meters - 1, Logan Blake, NNU, 48.27; 2, Zachary Magee, NNU, 49.13. 1,500 Meters - 2, Godfrey Kemboi, NNU, 4:03.62; 3, Tyler Shea, NNU, 4:04.93. 110m Hurdles - 2, Skyler Galgan, NNU, 15.47; 3, Ryan Chism, NNU, 16.42. Steeplechase - 1, Nick Hamilton, NNU, 9:58.97; 2, Levi Lewis, NNU, 10:10.24. 4x100 Relay - 1, Northwest Nazarene (Cameron Willey, Zachary Magee, Elijah Castro, Logan Blake), 41.71. High Jump - 1, Micah Tranch, NNU, 6-3.25. Long Jump - 1, Elijah Castro, NNU, 22-7. Shot Put - 1, Jake Knight, NNU, 58-1.25. Discus - 1, Jake Knight, NNU, 183-0. Hammer - 3, Brayden Eiland, NNU, 159-11.

**Sat., Apr. 27**

**Jack Christensen Invitational**

**at Jack Christensen Track, Fort Collins, Colo.**

**Women (Top 3 GNAC Finishers):** Steeplechase - 1, Nikki Aiken, MSUB, 11:43.94.

**Men (Top 3 GNAC Finishers):** 200 Meters - 2, Sam Zook, MSUB, 21.39. Shot Put - 2, Brady Ostermiller, MSUB, 49-3.5.

# 2018-19 GNAC Outdoor Meet Summaries

Sat., Apr. 27

Ralph Vernacchia Invitational  
at Civic Stadium, Bellingham, Wash.

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Grace Bley, SPU, 12.30; Jenna Bouyer, SPU, 12.64; 3, Artresa Nickelson, SMU, 12.68. 200 Meters - 1, Grace Bley, SPU, 24.70; 2, Jenna Bouyer, SPU, 25.23; 3, Peace Igbonagwam, SPU, 25.28. 400 Meters - 1, Renate Bluschke, SFU, 57.06; 2, Savannah Smith, WWU, 57.88; 3, Rebecca Troescher, SPU, 58.64. 800 Meters - 2, Miryam Bassett, SFU, 2:13.33. 1,500 Meters - 1, Rebecca Lehman, WWU, 4:38.93; 2, Lily Tyrell, CWU, 4:44.94; 3, Olivia Willett, SFU, 4:45.11. 5,000 Meters - 2, Sophia Galvez, WWU, 17:40.50; 3, Sedona Mc Nerney, SPU, 17:48.60. 10,000 Meters - 1, Alexa Shindruk, CWU, 37:19.03; 3, Kiersten Kimminau, CWU, 41:30.95. 100m Hurdles - 1, Mariyah Vongsaveng, CWU, 14.06; 2, Erykah Weems, CWU, 14.44. 400m Hurdles - 1, Erykah Weems, CWU, 1:05.52; 2, Emily Bland, CWU, 1:06.05; 3, Molly House, WWU, 1:06.51. Steeplechase - 2, Kaylee Mitchell, SPU, 10:38.09; 3, Talia Dreicer, WWU, 10:58.67. 4x100 Relay - 1, Western Washington (Kelsey McLean, Devon Olson, Savannah Smith, Hannah Bradley), 48.97; 2, Central Washington (Tori Carter, Ajuanique Doss, Makenna Hansen, Yareli Ochoa), 49.64. 4x400 Relay - 1, Seattle Pacific (Peace Igbonagwam, Jenna Bouyer, Grace Bley, Rebecca Troescher), 3:54.56; 2, Central Washington (Noelia Juarez, Kayla Bloomquist, Lily Tyrell, Jasmyne Neria), 4:01.59; 3, Western Washington (Mirranda Schulman, Shawnee Konrad, Isabella Foos, Molly House), 4:08.13. High Jump - 1, Maddie Taylor, WWU, 5-7.25; 3, Geneva Lehnert, SPU, 5-4.25. Pole Vault - 1, Halle Irvine, CWU, 12-9.5; 3, Lexi Perry, WWU, 11-9.75. Long Jump - 1, Peace Igbonagwam, SPU, 18-1. Triple Jump - 1, Keshara Romain, SMU, 37-5.75; 2, Rose Walts, CWU, 36-5.75; 3, Devon Olson, WWU, 36-5. Shot Put - 1, Samantha La Rue, CWU, 41-8.5; 3, Holly Taylor, SFU, 38-8.75. Discus - 2, Chanelle Eddy, WWU, 140-1; 3, Megan Vernoy, SMU, 137-6. Hammer - 1, Liz Larson, SMU, 183-5; 3, Holly Taylor, SFU, 157-10. Javelin (Invitational) - 3, Amanda Short, WWU, 156-3. Javelin (Open) - 1, Maya McFadden, WWU, 129-6; 3, Sarah Howsden, SMU, 122-7.

**Men (Top 3 GNAC Finishers):** 100 Meters - 2, Bobby Widmar, CWU, 11.04; 2, Harry Horwath, CWU, 11.11. 200 Meters - 2, Karlington Anunagba, WWU, 21.68. 400 Meters - 1, Jon Oglesby, WWU, 50.32; 3, Daniel Jones, WWU, 50.64; 3, Sonny Chhim, WWU, 50.75. 800 Meters - 1, Nick Bauernschmitt, SFU, 1:53.60; 3, Kyler Sager, WWU, 1:54.70. 1,500 Meters - 2, James Jaspersen, 3:58.14; 3, Liam Cossette, WWU, 3:58.35. 5,000 Meters (Invitational) - 2, Edward Kiobasa, WWU, 14:47.71; 3, Bentley Wilson, WWU, 14:54.83. 5,000 Meters (Open) - 1, Rajesh Gill, CWU, 15:53.76; 2, Donovan Barnhart, CWU, 15:58.89; 3, Andrew Oslin, SMU, 15:59.13. 10,000 Meters - 1, Alec Ritter, WWU, 33:49.39. 110m Hurdles - 2, Cordell Cummings, WWU, 15.18; 3, Shayne Carpenter, SPU, 15.62. 400m Hurdles - 1, Josh Adehmar, SFU, 54.75; 2, Nate St Romain, SFU, 55.11; 3, Trevaughn Scott, CWU, 56.49. Steeplechase - 2, Colby Otero, SPU, 9:38.29; 3, Jared Putney, SPU, 9:55.79. 4x100 Relay - 2, Central Washington (Garret Steuk, Harry Horwath, Daniel Calderon, Bobby Widmar), 43.62; 3, Western Washington (Willie Broxton, Jr., Noah Johnson, Sonny Chhim, Bryant Welch), 43.72. 4x400 Relay - 1, Western Washington (Cordell Cummings, Sonny Chhim, Bryant Welch, Myles Smith), 3:17.46; 2, Central Washington (Harry Horwath, Doc Porter, Trevaughn Scott, Daniel Calderon), 3:21.81; 3, Simon Fraser (Josh Adehmar, Nick Bauerschmitt, Richard Torres, Nate St Romain), 3:23.33. Pole Vault - 2, Craig Boyle, SMU, 14-3.25; 3, Bryan Cadena, CWU, 13-9.25. High Jump - 1, Tupre Wickliff, WWU, 6-4.75; 2, Ethan Sterkel, WWU, 6-4.75; 3, Garrett Davies, WWU, 6-2.75. Long Jump - 1, Zackary Kuzyk, SFU, 22-9.75; 3, Kameron Eck, CWU, 21-10.75. Triple Jump - 2, Jacob Ringold, WWU, 44-10.75. Shot Put - 1, Ben Malquist, WWU, 50-10; 2, Aidan Cain, CWU, 50-6; 3, Alberto Tafoya, CWU, 49-7. Discus - 1, Aidan Cain, CWU, 150-3; 3, Avery Lux, WWU, 145-0. Hammer - 2, Avery Lux, WWU, 176-4. Javelin (Invitational) - 1, Mason Salley, WWU, 190-6; 2, Timothy Hatton, SFU, 184-7; 3, Costel David, WWU, 181-3.

Mon., Apr. 29 - Tues., Apr. 30

GNAC Combined Event Championships  
at CWU Recreation Sports Complex, Ellensburg, Wash.

**Women's Heptathlon:** 1, HarLee Ortega, CWU, 5,212; 2, Scout Cai, SPU, 5,034; 3, Chelsea Bone, CU, 4,982; 4, Sidney Trinidad, CWU, 4,783; 5, Renick Meyer, SPU, 4,764; 6, Elena Cano, UAA, 4,593; 7, Chase Stephens, CU, 4,380; 8, Ronni VanZant, CU, 4,302; 9, Yvonne Jeschke, UAA, 4,134; 10, Kellie May, SPU, 4,111; 11, Katie Collins, CWU, 4,067; 12, Shaddia Meadows, CWU, 3,867; 13, Aliyah Dawkins, WWU, 3,530; 14, Anna DePew, NNU, 3,496.

**Heptathlon Individual Event Winners:** 100m Hurdles - Sidney Trinidad, CWU, 14.50. High Jump - HarLee Ortega, CWU, 5-6.5. Shot Put - HarLee Ortega, CWU, 37-2.25. 200 Meters - Sidney Trinidad, CWU, 25.56. Long Jump - Renick Meyer, SPU, 18-3.25. Javelin - Chelsea Bone, CU, 139-5. 800 Meters - Sidney Trinidad, CWU, 2:14.39.

**Men's Decathlon:** 1, Giovanni Brown, CU, 7,007; 2, Braydon Maier, CWU, 6,811; 3, Michael Forster, CWU, 6,548; 4, Dakota Tidwell, NNU, 6,531; 5, David Sramek, UAA, 6,504; 6, Seren Dances, WWU, 6,452; 7, Josh Schulz, SMU, 5,974; 8, Mitch Kruse, WOU, 5,937; 9, Cooper Cummings, WWU, 5,758; 10, Nate Andaya, CWU, 5,757; 11, Emmy Carrizales, CU, 5,530; 12, Ian Rinefort, WWU, 5,033; 13, Nick Ball, CU, 4,601.

**Decathlon Individual Event Winners:** 100 Meters - Josh Schulz, SMU, 11.17. Long Jump - Seren Dances, WWU, 22-3.5. Shot Put - Giovanni Brown, CU, 46-0.75. High Jump - Seren Dances, WWU, 6-4.25. 400 Meters - Ian Rinefort, WWU, 50.75. 110m Hurdles - Giovanni Brown, CU, 15.08. Discus - Giovanni Brown, CU, 148-4. Pole Vault - David Sramek, UAA, 15-1. Javelin - Mitch Kruse, WOU, 174-0. 1,500 Meters - Giovanni Brown, CU, 4:19.02.