



# GNAC WOMEN'S ROWING ALL-TIME REGATTA RESULTS

Updated Through 2022-23 Season

## 2019-20

**Head Of The Oklahoma (Oct. 5 at Boathouse District, Oklahoma City, Okla.):** Women's Collegiate 8+ - 1, Texas, 13:38.54; 2, Alabama, 14:05.76; 3, Tulsa, 14:13.85; 4, Southern Methodist, 14:14.98; 5, Oklahoma, 14:28.26; 6, Kansas, 14:23.36; 7, Alabama "B", 14:26.44; 8, Central Oklahoma, 14:32.61; 9, Oklahoma "B", 14:33.89; 10, Tulsa "B", 14:46.09; 11, Southern Methodist "B", 14:49.58; 12, Kansas "B", 15:10.29; 13, Southern Methodist "C", 15:10.47; 14, Kansas "C", 15:20.08; 15, Southern Methodist "D", 15:30.44; 16, Oklahoma "C", 15:42.31; 17, Central Oklahoma "B", 15:58.81. Women's Collegiate Novice/Freshman 8+ - 1, Southern Methodist, 15:27.64; 2, Kansas, 16:39.31; 3, Oklahoma State, 17:13.34; 4, Central Oklahoma, 18:01.12; 5, Southern Methodist "B", 18:36.92; 6, Texas A&M, 18:57.25; 7, Oklahoma State "B", 19:30.04; 8, St. Edward's, 23:52.69. Women's Collegiate Novice/Freshman 4+ - 1, Alabama, 16:03.83; 2, Tulsa, 16:18.13; 3, Southern Methodist, 16:32.45; 4, Kansas, 16:43.06; 5, Southern Methodist "B", 17:21.78; 6, Oklahoma State, 18:04.45; 7, Texas A&M, 19:09.97; 8, Texas Christian, 19:25.88; 9, Central Oklahoma, 19:34.28; 10, Central Oklahoma "B", 20:19.94; 11, Texas A&M-Galveston, 22:50.00. Women's Collegiate 4+ - 1, Oklahoma "B", 15:24.81; 2, Central Oklahoma, 15:24.93; 2, Oklahoma, 15:25.42; 4, Alabama, 15:27.98; 5, Southern Methodist, 15:34.32; 6, Tulsa, 15:35.33; 7, Southern Methodist "B", 15:45.86; 8, Tulsa "B", 15:51.68; 9, Kansas, 15:54.12; 10, Alabama "B", 15:55.86; 11, Tulsa "C", 16:01.62; 12, Kansas "B", 16:03.95; 13, Central Oklahoma "B", 16:05.21; 14, Oklahoma "C", 16:06.11; 15, Oklahoma "D", 16:07.03; 16, Southern Methodist "D", 16:07.21; 16, Southern Methodist "C", 16:08.75; 18, Alabama "C", 16:16.17; 19, Kansas "C", 16:25.743; 20, Oklahoma "E", 16:32.48; 21, Kansas "D", 16:34.81; 22, Kansas "E", 16:47.77; 23, Southern Methodist "F", 16:48.59; 24, Central Oklahoma "C", 17:05.27; 25, Southern Methodist "E", 17:09.97; 26, Kansas Club, 18:16.70; 27, Central Oklahoma "D", 18:38.84; 28, St. Edward's, 19:08.67; 29, Texas A&M, 19:47.93. Women's Collegiate 4+ Grand Final (500m) - 1, Central Oklahoma, 1:54.50; 2, Texas Christian, 2:13.55. Women's Collegiate 8+ Petite Final (500m) - 1, Kansas "B", 1:39.56; 2, Central Oklahoma "B", 1:49.01. Women's Collegiate 8+ Grand Final (500m) - 1, Texas, 1:26.55; 2, Oklahoma, 1:28.48; 3, Alabama "B", 1:29.14; 4, Kansas, 1:29.45; 5, Central Oklahoma, 1:30.14; 6, Alabama, 1:32.31.

**Tulsa Invite (Nov. 2 at Rogers Point Park, Catoosa, Okla.):** Varsity 8+ - 1, Southern Methodist, 17:46.64; 2, Tulsa, 17:49.36; 3, Kansas, 17:53.83; 4, Southern Methodist "B", 17:57.17; 5, Kansas "B", 18:33.93; 6, Central Oklahoma, 18:39.31; 7, Tulsa "B", 18:43.97; 8, Southern Methodist "C", 19:06.09; 9, Kansas "D", 19:20.32; 10, Southern Methodist "D", 19:22.24; 11, Kansas "C", 19:50.16; 12, Central Oklahoma "B", 21:27.64; 13, Kansas "E", 21:55.48; 14, Kansas "F", 22:50.02. Novice 4+ - 1, Southern Methodist, 23:07.39; 2, Southern Methodist "B", 24:11.59; 3, Central Oklahoma, 24:29.09; 4, Tulsa, 25:30.86; 5, Central Oklahoma "B", 2:34.0.

**Head Of The Lake Regatta (Nov. 3 at Montlake Cut, Seattle, Wash.):** Championship Women's 8+ - 1, Washington, 17:04.77; 2, Washington "B", 17:22.88; 3, Seattle Pacific, 18:08.99; 4, Portland, 18:39.46; 5, Pacific Lutheran, 18:58.22; 6, Seattle, 19:22.02; 7, UC Davis, 20:01.67. Women's Collegiate JV 8+ - 1, Washington, 18:48.64; 2, Seattle Pacific, 18:48.64; 3, Portland, 19:27.49. Women's Collegiate 3V 8+ - 1, British Columbia, 18:15.0; 2, Western Washington, 18:49.93; 3, Western Washington "B", 19:18.58; 4, Pacific Lutheran, 21:17.11; 5, Seattle, 21:50.80; 6, Seattle Pacific, 22:53.14.

**Head Of The Lagoon Regatta (Nov. 9 at Foster City, Calif.):** Women's Collegiate 4+ - 1, Saint Mary's (Calif.), 21:14.5; 2, Saint Mary's (Calif.) "B", 22:11.6; 3, Humboldt State, 22:20.9; 4, Sonoma State, 22:56.2; 5, Chico State, 23:16.4. Women's Collegiate Novice 4+ - 1, California, 20:51.5; 2, California "B", 22:12.8; 2, Sonoma State, 24:03.1; 4, Stanford Lightweight, 24:15.3; 5, Humboldt State, 24:42.6; 6, Cal Maritime, 26:10.1; 7, UC Davis, 26:38.7; 8, Chico State, 27:14.9; 9, Saint Mary's (Calif.), 27:49.4. Women's Collegiate 8+ - 1, Saint Mary's (Calif.), 19:52.4; 2, Humboldt State, 20:10.9; 3, UC Davis, 20:49.0; 4, Cal Maritime, 23:55.1; 5, UC Davis "B", 25:48.2; 6, Sonoma State, 26:05.8. Women's Collegiate Novice 8+ - 1, California, 20:15.2; 2, UC Davis, 23:38.3; 3, Humboldt State, 26:46.7; 4, Chico State, 27:33.6.

**San Diego Fall Classic (Nov. 10 at Mission Bay, San Diego, Calif.):** Women's Open 8+ - 1, Univ. of San Diego, 16:05.52; 2, San Diego State, 16:15.89; 3, San Diego State "B", 16:37.33; 4, Univ. of San Diego "B", 16:58.91; 5, San Diego State "C", 17:04.23; 6, Univ. of San Diego "C", 17:05.65; 7, UC San Diego, 17:09.90; 8, UC Santa Barbara, 17:10.53; 9, UC San Diego "B", 18:14.10; 10, Orange Coast, 18:52.09.

**PLU Invitational (Mar. 7 at American Lake, Steilacoom, Wash.):** Women's Varsity 8+ - 1, Seattle Pacific, 6:54.6; 2, Puget Sound, 7:01.7; 3, Western Washington, 7:05.6. Women's Varsity 4+ - 1, Seattle Pacific, 7:39.52; 2, Western Washington, 8:12.6; 3, Puget Sound, 8:54.9. Women's 2nd Varsity 8+ - 1, Seattle Pacific 3V, 7:26.4; 2, Puget Sound, 7:36.1; 3, Portland Novice, 7:54.9. Women's 4+ - 1, Seattle Pacific "B", 8:09.3; 2, Western Washington "B", 8:36.2; 3, Puget Sound "B", 8:59.1. Women's Varsity 8+ Grand Final - 1, Seattle Pacific, 6:50.9; 2, Portland, 7:00.8; 3, Puget Sound, 7:01.4. Women's Varsity 8+ Petite Final - 1, Western Washington, 6:54.6; 2, Seattle, 7:03.6; 3, Pacific Lutheran, 7:16.2. Women's 2nd Varsity 8+ - 1, Seattle Pacific, 7:13.2; 2, Portland, 7:16.7; 3, Puget Sound, 7:36.4. Women's 2nd Varsity 8+ - 1, Seattle Pacific, 7:33.9; 2, Western Washington, 7:46.3; 3, Pacific Lutheran, 8:25.7. Women's 3rd Varsity 8+ - 1, Seattle Pacific, 7:33.3; 2, Puget Sound, 8:01.8; 3, Portland, 8:09.05.

Remainder of 2019-20 season canceled due to the COVID-19 pandemic. No GNAC Championships or NCAA Championships were contested.

## 2020-21

**PLU Invitational (Mar. 20 at American Lake, Steilacoom, Wash.):** Varsity 8+ - 1, Seattle Pacific, 7:01.2; 2, Pacific Lutheran, 7:16.2. 2nd Varsity 8+ - 1, Pacific Lutheran, 7:54.7; 2, Seattle Pacific, 8:01.3. Varsity 4+ - 1, Seattle Pacific, 8:03.0; 2, Portland, 8:13.6; 3, Puget Sound, 9:16.8. Varsity 4+ - 1, Seattle Pacific "B", 8:18.1; 2, Pacific Lutheran, 9:56.3. Varsity 8+ Second Session - 1, Seattle Pacific, 6:55.6; 2, Seattle, 7:14.9; 3, Puget Sound, 7:33.0. 2nd Varsity 8+ Second Session - 1, Seattle, 7:54.6; 2, Seattle Pacific, 8:06.9. Varsity 4+ Second Session - 1, Seattle Pacific, 8:02.1; 2, Portland, 8:37.4; 3, Pacific Lutheran, 9:44.3. Varsity 4+ Second Session - 1, Seattle Pacific B, 7:48.2; 2, Puget Sound, 8:56.5.

**Falcon Regatta (Mar. 27 at Lake Washington Ship Canal, Seattle, Wash.):** Open 4+ Flight 1 - 1, Seattle Pacific, 8:01.6; 2, Central Oklahoma, 8:20.3. Novice 4 - 1, Central Oklahoma, 7:55.0; 2, Seattle Pacific, 8:01.9; 3, Seattle Pacific "B", 8:42.6. Varsity 4+ Flight 1 - 1, Seattle Pacific, 7:50.2; 2, Central Oklahoma, 7:52.7; 3, Western Washington, 8:15.6. Varsity 8+ Flight 1 - 1, Central Oklahoma, 6:53.6; 2, Seattle Pacific, 6:54.3; 3, Western Washington, 7:11.5. 2nd Varsity 8+ - 1, Seattle Pacific, 7:25.4; 2, Central Oklahoma, 7:37.1. Varsity 4+ Flight 2 - 1, Central Oklahoma, 7:52.4; 2, Seattle Pacific, 7:57.6; 3, Western Washington, 8:37.8. Varsity 8+ Flight 2 - 1, Central Oklahoma, 6:51.0; 2, Seattle Pacific, 6:51.3; 3, Western Washington, 7:11.4.

**Central Oklahoma vs. Tulsa & Kansas State (Apr. 10 at Rogers Point Park, Catoosa, Okla.):** Varsity 4+ - 1, Kansas State, 9:01.92; 2, Central Oklahoma, 9:23.38; 3, Tulsa, 9:33.34. 2nd Varsity 4+ - 1, Kansas State, 9:40.73; 2, Tulsa, 10:01.01; 3, Central Oklahoma, 10:17.08. Varsity 8+ - 1, Central Oklahoma, 7:30.91; 2, Tulsa, 7:44.37; 3, Kansas State, 7:55.10.

**Viking Regatta (Apr. 17 at Lake Samish, Bellingham, Wash.):** Varsity 4+ - 1, Seattle Pacific, 7:48.20; 2, Western Washington, 8:15.91. Varsity 8+ - 1, Seattle Pacific, 6:59.80; 2, Western Washington, 7:10.20; 3, Seattle Pacific "B", 7:37.10.

# GNAC WOMEN'S ROWING ALL-TIME REGATTA RESULTS

## 2020-21 CONTINUED

**Longhorn Invite (Apr. 24 at Walter E. Long Lake, Austin, Texas):** Varsity 8+ Heat 1 – 1, Texas, 6:10.43; 2, Notre Dame, 6:32.90; 3, Central Oklahoma, 6:33.11; 4, Tulsa, 6:35.02. Varsity 4+ Heat 1 – 1, Texas, 7:05.17; 2, Notre Dame, 7:23.45; 3, Tulsa, 7:30.05; 4, Central Oklahoma, 7:42.57. 3rd Varsity 8+ Heat 1 – 1, Texas, 6:48.74; 2, Notre Dame, 6:54.48; 3, Central Oklahoma, 7:39.61. 3rd Varsity 8+ B Final – 1, Texas "B", 7:05.29; 2, Central Oklahoma, 7:42.05. Varsity 4+ B Final – 1, Tulsa, 7:28.69; 2, Oklahoma, 7:49.81; 3, Central Oklahoma, 7:50.97. Varsity 8+ B Final – 1, Central Oklahoma, 6:30.39; 2, Tulsa, 6:32.91; 3, Oklahoma, 6:35.51.

**Windermere Cup (May 1 at Montlake Cut, Seattle, Wash.):** Women's Open Collegiate 8+ - 1, Seattle Pacific, 7:02.50; 2, Washington, 7:10.91.

**GNAC Championships (May 15 at Vancouver Lake, Vancouver, Wash.):** Team Scores – Central Oklahoma 30, Seattle Pacific 25, Western Washington 20, Humboldt State incomplete. Open 4+ - 1, Seattle Pacific, 8:01.44; 2, Central Oklahoma, 8:09.60. Varsity 4+ - 1, Central Oklahoma, 7:42.95; 2, Seattle Pacific, 7:44.94; 3, Western Washington, 8:21.58. Varsity 8+ - 1, Central Oklahoma, 6:29.85; 2, Seattle Pacific, 6:50.57; 3, Western Washington, 7:01.81.

**NCAA Championships (May 28-30 at Nathan Benderson Park, Sarasota, Fla.):** Team Scores – Central Oklahoma, 20, Mercyhurst 15, Florida Tech 10, Embry-Riddle (Fla.) 5. Varsity 8+ Prelims Heat 1 – 1, Central Oklahoma, 6:34.52; 2, Embry-Riddle (Fla.), 7:14.33. Varsity 4+ Prelims Heat 2 – 1, Central Oklahoma, 7:36.88; 2, Florida Tech, 8:11.01. Varsity 4+ Grand Final – 1, Central Oklahoma, 7:42.65; 2, Mercyhurst, 8:05.21; 3, Florida Tech, 8:13.98. Varsity 8+ Grand Final – 1, Central Oklahoma, 6:39.73; 2, Mercyhurst, 6:53.14; 3, Florida Tech, 6:59.29.

## 2021-22

**Head of the Oklahoma (Oct. 2-3 at Oklahoma River, Oklahoma City, Okla.):** Women's Collegiate 8+ - 1, Alabama, 13:31.90; 2, Tulsa, 13:41.77; 3, Alabama "B," 13:53.94; 4, Gonzaga, 14:01.28; 5, Oklahoma, 14:03.62; 6, Tulsa "B," 14:17.88; 7, Central Oklahoma, 14:40.91; 8, Oklahoma "B," 15:06.52; 9, Wichita State, 15:45.70; 10, Central Oklahoma "B," 16:39.37. Women's Collegiate Novice/Frosh 4+ - 1, Alabama, 15:41.45; 2, Wichita State, 19:01.08; 3, Texas Christian, 19:48.45; 4, Texas Christian "B," 19:53.41; 5, Kansas State Association, 20:15.22; 6, Central Oklahoma, 20:38.54; 7, Oklahoma State, 21:07.15; 8, Central Oklahoma "B," 21:35.63; 9, Oklahoma State "B," 22:50.92. Women's Collegiate 4+ (Row For The Cure) – 1, Gonzaga, 15:12.94; 2, Alabama, 15:18.41; 3, Tulsa, 15:26.57; 4, Tulsa "B," 15:38.00; 5, Alabama "B," 15:39.60; 6, Oklahoma, 15:41.86; 7, Kansas, 16:00.28; 8, Oklahoma "B," 16:01.54; 9, Tulsa "C," 16:03.63; 10, Gonzaga "B," 16:08.40; 11, Tulsa "D," 16:10.17; 12, Kansas "B," 16:19.25; 13, Alabama "D," 16:20.62; 14, Alabama "C," 16:21.06; 15, Kansas "C," 16:26.54; 16, Central Oklahoma, 16:28.53; 17, Oklahoma "C," 16:51.23; 18, Central Oklahoma "C," 17:00.25; 19, Kansas "D," 17:03.75; 20, Oklahoma "D," 17:06.42; 21, Wichita State, 17:57.69; 22, Central Oklahoma "B," 18:17.65. Women's Collegiate 8+ Petite Final – 1, Wichita State, 1:50.16; 2, Central Oklahoma, 1:57.96; 3, Texas Christian, 2:04.96.

**American Lake Fall Classic (Oct. 17 at American Lake, Lakewood, Wash.):** Women's Collegiate JV 8+ - 1, Portland, 19:29.4; 2, Seattle Pacific, 20:32.3; 3, Seattle, 21:49.7; 4, Pacific (Ore.), 23:53.2; 5, Pacific Lutheran, 25:46.6. Women's Collegiate 4+ - 1, Portland, 20:51.1; 2, Seattle, 21:12.7; 3, Seattle Pacific, 21:32.8; 4, Oregon, 22:28.2; 5, Portland "B," 22:34.3; 6, Pacific Lutheran, 23:14.3; 7, Seattle "B," 23:41.6; 8, Seattle "C," 26:01.7; 9, Pacific Lutheran "B," 26:32.7.

**Head Of The Lake (Nov. 7 at Montlake Cut, Seattle, Wash.):** Women's 8+ Championship - 1, Washington, 11:15.767; 2, Washington "B," 11:23.332; 3, Gonzaga, 11:38.788; 4, Gonzaga "B," 11:50.753; 5, Portland, 12:05.715; 6, Seattle Pacific, 12:18.849; 7, Seattle, 12:59.845; 8, Puget Sound, 13:27.552; 9, Oregon, 15:21.278. Women's Collegiate/Open 4+ - 1, Oregon, 14:26.468; 2, Seattle Pacific, 14:55.307; 3, Seattle, 15:11.236; 4, Washington State Men, 15:12.204.

**Head Of The Lagoon (Nov. 13 at Foster City Lagoon, Foster City, Calif.):** Women's Collegiate 4+ - 1, Washington "B," 20:42.2; 2, Washington, 20:48.5; 3, Sacramento State, 21:09.6; 4, California, 21:40.8; 5, Sacramento State "B," 21:43.3; 6, Washington "C," 21:50.7; 7, California "B," 22:06.9; 8, Cal Poly Humboldt, 22:30.4; 9, Stanford, 22:34.1; 10, UC Davis, 22:49.3. Women's Collegiate Frosh/Novice 4+ - 1, California, 21:21.3; 2, California "B," 21:22.3; 3, Cal Poly Humboldt, 24:43.8; 4, California "C," 25:38.9; 5, UC Davis, 25:39.8; 6, Sonoma State, 25:48.7; 7, UC Davis "B," 26:01.2. Women's Collegiate 8+ - 1, Washington, 17:59.1; 2, Washington "C," 18:10.5; 3, Stanford, 18:40.1; 4, California, 20:01.6; 5, California "B," 20:03.8; 6, Saint Mary's (Calif.), 20:22.2; 7, Washington "B," 20:42.6; 8, Cal Poly Humboldt, 21:04.6; 9, Sonoma State, 26:00.7. Women's Collegiate Novice 8+ - 1, UC Davis, 22:29.6; 2, Cal Poly Humboldt, 23:17.2; 3, Sacramento State, 23:30.4; 4, Chico State, 26:44.6; 5, UC Davis "B," 27:00.2.

**PLU Invitational (Mar. 5 at American Lake, Lakewood, Wash.):** Varsity 8+ Session 1 – 1, Western Washington, 7:01.4; 2, Seattle Pacific, 7:17.4; 3, Pacific Lutheran, 7:21.8. 2nd Varsity 8+ Session 1 – Gonzaga, 7:14.8; 2, Seattle Pacific, 7:59.2; 3, Pacific Lutheran, 8:20.8. Varsity 4+ Session 1 – 1, Gonzaga, 7:44.1; 2, Gonzaga "B," 8:00.0; 3, Seattle Pacific, 8:11.7; 4, Western Washington, 8:24.1. 2nd Varsity 4+ Session 1 – 1, Seattle Pacific, 8:34.1; 2, Seattle, 8:46.8; 3, Puget Sound, 9:31.1. 2nd Varsity 4+ Session 1 – 1, Gonzaga, 8:15.8; 2, Western Washington, 8:42.4. Varsity 8+ Session 2 – 1, Gonzaga, 7:06.5; 2, Western Washington, 7:26.5; 3, Puget Sound, 8:05.1. Varsity 8+ Session 2 – 1, Gonzaga "B," 7:14.1; 2, Seattle, 7:30.7; 3, Seattle Pacific, 7:41.6; 4, Pacific Lutheran, 7:58.7. 2nd Varsity 8+ Session 2 – 1, Seattle Pacific, 8:15.3; 2, Seattle, 8:17.3. Varsity 4+ Session 2 – 1, Gonzaga, 8:10.8; 2, Gonzaga "B," 8:23.5; 3, Western Washington, 8:46.2. 3V/4V/2V 8+ Session 2 – 1, Gonzaga, 7:35.6; 2, Seattle Pacific, 8:34.2; 3, Pacific Lutheran, 8:30.7. Open 4+ - 1, Gonzaga, 8:34.0; 2, Western Washington, 8:45.5.

**Central Oklahoma vs. Creighton (Mar. 12 at Oklahoma River, Oklahoma City, Okla.):** Varsity 8+ - 1, Creighton, 7:16.67; 2, Central Oklahoma, 7:24.4; 3, Creighton "B," 7:56.52. Varsity 4+ - 1, Central Oklahoma, 8:12.31; 2, Creighton, 8:21.40; 3, Creighton "B," 8:31.25; 4, Central Oklahoma "B," 8:54.01. 3V/4V/Novice 8+ - 1, Creighton, 7:50.88; 2, Central Oklahoma, 7:55.48; 3, Creighton "B," 8:47.88.

**Sacramento State Invitational (Mar. 12 at Lake Natoma, Gold River, Calif.):** Varsity 4+ - 1, Orange Coast JC, 8:18.9; 2, Sacramento State, 8:21.7; 3, Orange Coast JC "B," 8:22.8; 4, Cal Poly Humboldt, 8:25.9; 5, Santa Clara, 8:36.9; 6, Saint Mary's (Calif.), 9:16.7. Varsity 8+ - 1, Sacramento State, 7:03.7; 2, Portland, 7:14.6; 3, Cal Poly Humboldt, 7:20.4; 4, Saint Mary's (Calif.), 7:30.0; 5, Santa Clara, 7:36.1. Novice 8+ - 1, Cal Poly Humboldt, 7:43.0; 2, Orange Coast JC, 7:49.8; 3, Cal Poly Humboldt "B," 8:26.5. Novice 4+ - 1, Santa Clara, 8:11.8; 2, Sacramento State, 8:29.4; 3, Cal Poly Humboldt, 8:40.8; 4, Orange Coast JC, 8:52.1.

**Davis Invite (Mar. 13 at Port of West Sacramento, Sacramento, Calif.):** Varsity 8+ - 1, Cal Poly Humboldt, 7:13.3; 2, UC Davis, 7:20.0. Varsity 4+ - 1, Cal Poly Humboldt, 7:44.7; 2, UC Davis, 7:59.4; 3, UC Davis "B," 8:14.5; 4, Cal Poly Humboldt "B," 8:36.6. Novice 4+ - 1, Orange Coast JC, 7:26.1; 2, Orange Coast JC "B," 7:34.0; 3, Cal Poly Humboldt, 7:48.3; 4, UC Davis, 8:03.9; 5, UC Davis "B," 9:38.6. Frosh/Novice 8+ - 1, Orange Coast JC, 7:27.3; 2, UC Davis, 7:53.5; 3, Cal Poly Humboldt, 8:08.0.

**Cal Poly Humboldt Regatta (Mar. 26 at Humboldt Bay Aquatic Center, Arcata, Calif.):** Novice 4+ - 1, Cal Poly Humboldt, 8:46.07; 2, Cal Poly Humboldt "B," 8:57.45; 3, Chico State, 9:12.26; 4, Cal Poly Humboldt "C," 9:35.70. Varsity 4+ - 1, Cal Poly Humboldt, 8:18.54; 2, Cal Poly Humboldt "B," 8:28.01; 3, Cal Poly Humboldt "C," 9:05.01; 4, Chico State, 9:22.67; 5, Cal Maritime, 9:54.09. Women's 2x – 1, Cal Poly Humboldt, 8:35.07; 2, Cal Poly Humboldt "B," 9:00.51; 3, Cal Poly Humboldt "C," 9:12.45; 4, Cal Poly Humboldt "D," 9:25.25; 5, Menlo, 11:21.51.

# GNAC WOMEN'S ROWING ALL-TIME REGATTA RESULTS

## 2021-22 CONTINUED

**Central Oklahoma vs. Seattle Pacific and Kansas (Mar. 26 at Oklahoma River, Oklahoma City, Okla.):** Varsity 8+ - 1, Kansas, 6:48.18; 2, Kansas "B," 6:53.83; 3, Central Oklahoma, 6:54.34; 4, Seattle Pacific, 7:05.63. Varsity 4+ - 1, Kansas, 7:42.11; 2, Seattle Pacific, 7:48.77; 3, Kansas "B," 7:52.24; 4, Central Oklahoma, 7:56.71. Open 4+ - 1, Central Oklahoma, 8:01.9; 2, Seattle Pacific, 8:12.84. 2nd/3rd/Open 4+ - 1, Central Oklahoma "B," 8:28.03; 2, Seattle Pacific, 8:29.57; 3, Central Oklahoma, 8:32.07.

**Husky Open (Apr. 2 at Montlake Cut, Seattle, Wash.):** Collegiate 3V/Frosh 8+ - 1, Puget Sound, 7:34.491; 2, Seattle, 7:51.944; 3, Seattle Pacific, 8:08.270. Collegiate Varsity 4+ - 1, Western Washington, 8:01.049; 2, Portland, 8:09.176; 3, Western Washington "B," 8:29.570; 4, Lewis & Clark, 9:03.829. Collegiate Varsity 8+ - 1, Portland, 7:09.827; 2, Western Washington, 7:18.416; 3, Seattle, 7:26.411.

**Florida Intercollegiate Rowing Championships & Sunshine State Invitational (Apr. 1-2 at Nathan Benderson Park, Sarasota, Fla.):** Women's Division II Varsity 4+ - 1, Embry-Riddle (Fla.), 7:33.58; 2, Barry, 7:52.76; 3, Seattle Pacific, 7:58.29; 4, Florida Tech, 7:58.60; 5, Rollins, 8:08.72. Varsity 8+ - 1, Barry, 6:42.93; 2, Embry-Riddle (Fla.), 6:44.55; 3, Seattle Pacific, 6:47.96; 4, Florida Tech, 6:56.87; 5, Rollins, 7:09.48; 6, Florida, 7:17.49; 7, Florida State, 7:19.98. Junior Varsity 4+ - 1, Seattle Pacific, 7:59.98; 2, Embry-Riddle (Fla.), 8:03.09; 3, Florida Tech, 8:06.49; 4, Florida, 8:12.33; 5, Rollins, 8:14.15. 2nd Varsity 8+ - 1, Seattle Pacific, 7:35.29; 2, Embry-Riddle (Fla.), 7:48.27; 3, Florida, 8:27.92; 4, New Crew SRQ, 9:36.49. Junior Varsity 4+ - 1, Embry-Riddle (Fla.), 7:30.20; 2, Central Florida, 7:39.85; 3, Florida Tech, 7:43.02; 4, Seattle Pacific, 7:46.06; 5, Barry, 7:57.61; 6, Florida, 8:01.48; 7, Rollins, 8:10.30; 8, Florida State, 8:11.37.

**Falcon Regatta (Apr. 9 at Lake Washington Ship Canal, Seattle, Wash.):** Open 4+ - 1, Western Washington, 8:04.8; 2, Seattle Pacific, 8:09.04; 3, Seattle Pacific "B," 8:14.1. Varsity 4+ Flight 1 - 1, Western Washington, 7:50.9; 2, Seattle Pacific, 8:04.1; 3, Cal Poly Humboldt, 8:15.5. Varsity 8+ Flight 1 - 1, Seattle Pacific, 6:51.6; 2, Cal Poly Humboldt, 6:51.9; 3, Western Washington, 6:55.9. Varsity 4+ Flight 2 - 1, Seattle Pacific, 8:02.8; 2, Cal Poly Humboldt, 8:14.8; 3, Seattle Pacific Novice, 8:37.1. Varsity 8+ Flight 2 - 1, Cal Poly Humboldt, 6:53.2; 2, Seattle Pacific, 6:53.5; 3, Seattle Pacific 2V, 7:39.8. Alumni 8+ - 1, SPU Alumni, 1:41.1; 2, Seattle Pacific Novice, 1:47.4.

**Southern Intercollegiate Rowing Championships (Apr. 15-16 at Melton Hill Lake, Oak Ridge, Tenn.):** Women's 2 Time Trial - 1, Tulane, 8:02.502; 2, Texas, 8:12.505; 3, Georgia Tech, 8:35.721; 4, Central Oklahoma, 8:41.187; 5, Georgia, 8:45.897; 6, Clemson, 9:34.678; 7, Tennessee, 9:51.963. Novice 4+ Time Trial - 1, Central Oklahoma, 7:35.297; 2, Kansas State, 7:35.316; 3, Florida, 7:37.886; 4, Wisconsin, 7:40.003; 5, Florida State, 7:41.325; 6, Purdue, 7:49.883; 7, Georgia Tech, 7:50.201; 8, Texas Christian, 7:58.349; 9, South Carolina, 7:58.864; 10, Northwestern State, 8:08.615; 11, Virginia Tech, 8:11.456; 12, Georgia, 8:15.138; 13, Tulane, 8:26.749; 14, Murray State, 8:31.722; 15, Texas, 8:38.507; 16, Rowing Club at NC State, 8:44.930; 17, Emory, 8:44.930; 18, Auburn, 8:54.530; 19, High Point, 9:02.104. Women's Varsity 4+ Time Trial - 1, Wisconsin, 7:31.198; 2, Embry-Riddle (Fla.), 7:39.030; 3, Central Oklahoma, 7:42.034; 4, Kansas State, 7:44.354; 5, Rollins, 8:15.413; 6, UD Women, 8:19.889; 7, Florida Tech, 8:26.342. Varsity 8+ Time Trial - 1, Wisconsin, 6:36.918; 2, Central Oklahoma, 6:42.866; 3, UD Women, 6:43.242; 4, Purdue, 6:43.845; 5, Kansas State, 6:47.673; 6, Virginia, 6:48.782; 7, Embry-Riddle (Fla.), 6:49.235; 8, Florida Tech, 6:51.978; 9, Kansas State "B," 6:53.951; 10, Rollins, 7:14.196; 11, UD Women "B," 7:16.904; 12, Purdue "B," 7:22.195. 2x Time Trial - 1, Tampa, 8:23.897; 2, College of Charleston, 8:26.415; 3, William & Mary, 8:34.826; 4, Texas, 8:45.847; 5, Virginia Commonwealth, 8:51.866; 6, Central Oklahoma, 9:00.060. Novice 4+ Semifinals - 1, Wisconsin, 7:54.967; 2, Central Oklahoma, 8:06.065; 3, Florida State, 8:10.929; 4, Texas Christian, 8:25.733; 5, Georgia, 8:32.498; 6, South Carolina, 8:37.591. Varsity 4+ Semifinal - 1, Central Oklahoma, 7:48.961; 2, Embry-Riddle (Fla.), 8:06.507; 3, UD Women, 8:33.448. Varsity 8+ Semifinal - 1, Central Oklahoma, 6:59.070; 2, Virginia, 7:00.681; 3, UD Women, 7:01.160; 4, Embry-Riddle (Fla.), 7:03.905; 5, Rollins, 7:27.295; 6, UC Women "B," 7:30.855. 2x A Final - 1, Tampa, 8:39.426; 2, College of Charleston, 8:40.437; 3, Texas, 8:48.015; 4, William & Mary, 8:52.149; 5, Virginia Commonwealth, 9:05.375; 6, Central Oklahoma, 9:09.833. Women's 2 A Final - 1, Tulane, 8:43.074; 2, Texas, 8:47.259; 3, Georgia Tech, 8:56.207; 4, Central Oklahoma, 9:02.530; 5, Georgia, 9:20.064; 6, Clemson, 10:10.223; 7, Tennessee, 10:23.152. Novice 4+ A Final - 1, Wisconsin, 8:01.880; 2, Kansas State, 8:02.844; 3, Central Oklahoma, 8:16.278; 4, Florida State, 8:16.885; 5, Florida, 8:22.861; 6, Georgia Tech, 8:26.605. Varsity 4+ A Final - 1, Kansas State, 7:44.680; 2, Wisconsin, 7:47.602; 3, Embry-Riddle (Fla.), 7:50.976; 4, Central Oklahoma, 7:56.245; 5, Florida Tech, 8:27.563. Varsity 8+ A Final - 1, Kansas State, 7:04.180; 2, Wisconsin, 7:08.648; 3, Virginia, 7:10.162; 4, UD Women, 7:15.353; 5, Central Oklahoma, 7:15.386; 6, Kansas State "B," 7:17.780.

**Covered Bridge Regatta (Apr. 16 at Dexter Lake, Lowell, Ore.):** Varsity 8+ - 1, Cal Poly Humboldt, 7:06.9; 2, UC Davis, 7:13.9; 3, Lewis & Clark, 7:28.7; 4, Oregon, 8:06.9. Novice 4+ - 1, Washington State, 8:06.4; 2, Chico State, 8:36.6; 3, Cal Poly Humboldt, 8:44.7; 4, Southern Oregon, 9:04.7; 5, Oregon, 9:08.6; 6, UNLV, 11:11.9. JV/Varsity 4+ - 1, Cal Poly Humboldt, 8:14.2; 2, Oregon, 8:15.3; 3, Sonoma State, 9:21.8. Varsity 8+ - 1, Cal Poly Humboldt, 7:22.9; 2, UC Davis, 7:34.2; 3, Lewis & Clark, 7:52.7; 4, Oregon, 8:28.6. Novice 4+ - 1, Washington State, 8:28.1; 2, Cal Poly Humboldt, 9:13.7; 3, Southern Oregon, 9:42.5; 4, UNLV, 12:38.9. JV/Varsity 4+ - 1, Cal Poly Humboldt, 9:36.3; 2, Oregon, 9:42.7; 3, Chico State, 9:46.7; 4, Pacific (Ore.), 10:22.3; 5, Sonoma State, 11:43.4.

**Western Intercollegiate Rowing Championships (Apr. 30-May 1 at Lake Natoma, Gold River, Calif.):** Varsity 8+ D2/D3/Club - 1, Cal Poly Humboldt, 7:03.261; 2, UC Irvine, 7:11.253; 3, Pacific Lutheran, 7:15.706; 4, UC Davis, 7:20.198; 5, Lewis & Clark, 7:29.222. Varsity 8+ D2/D3/Club - 1, Western Washington, 6:57.535; 2, Seattle Pacific, 7:03.107; 3, UC Santa Barbara, 7:16.638; 4, Puget Sound, 7:29.195; 5, Oregon, 7:58.506. Varsity 8+ D2/D3/Club - 1, Washington State, 8:12.649; 2, Oregon, 8:24.162; 3, Western Washington, 8:25.064; 4, Pacific Lutheran, 8:43.041. Varsity 4+ D2/D3/Club - 1, Seattle Pacific, 8:09.732; 2, Cal Poly Humboldt, 8:21.698; 3, UC Santa Barbara, 8:31.784; 4, UC Irvine, 8:45.438. Novice 4+ - 1, Oregon, 8:22.521; 2, Seattle, 8:27.01; 3, Cal Poly Humboldt, 8:28.661; 4, Orange Coast JC, 8:44.115; 5, Santa Clara, 9:03.285; 6, California, 9:08.545; 7, UC Davis, 9:20.83. Novice 4+ - 1, UC Santa Barbara, 8:29.443; 2, Seattle Pacific, 8:48.928; 3, Saint Mary's (Calif.), 9:05.487; 4, Southern Oregon, 9:33.832; 5, Pacific (Ore.), 10:06.537. 6, UC Davis, 10:35.983; 7, Sonoma State, 11:37.56. Novice 4+ - 1, Cal Poly Humboldt, 9:38.497; 2, Orange Coast JC, 9:55.006; 3, Puget Sound, 10:03.483; 4, Chico State, 10:23.834; 5, Santa Clara, 10:45.897; 6, Saint Mary's (Calif.), 11:05.941; 7, Southern Oregon, 11:40.522. Varsity 8+ D2/D3/Club Grand Final - 1, Western Washington, 6:50.64; 2, Cal Poly Humboldt, 6:54.171; 3, Seattle Pacific, 6:59.171; 4, UC Irvine, 7:07.887; 5, UC Santa Barbara, 7:08.176; 6, Pacific Lutheran, 7:12.531. 2nd Varsity 8+ D2/D3/Club Final - 1, Seattle Pacific, 7:29.625; 2, Pacific Lutheran, 7:51.759; 3, Lewis & Clark, 7:56.954. Varsity 4+ D2/D3/Club Grand Final - 1, Washington State, 8:13.167; 2, Seattle Pacific, 8:15.054; 3, Cal Poly Humboldt, 8:19.081; 4, Oregon, 8:22.361; 5, Western Washington, 8:31.616; 6, UC Santa Barbara, 8:40.237. Novice 4+ D2/D3/Club Grand Final - 1, San Diego, 8:04.077; 2, UC San Diego, 8:12.161; 3, Loyola Marymount, 8:23.564; 4, Oregon, 8:25.907; 5, Seattle, 8:28.165; 6, Seattle Pacific, 8:59.159.

**Windermere Cup/Opening Day Regatta (May 7 at Montlake Cut, Seattle, Wash.):** Women's Collegiate Varsity 4+ - 1, Washington, 7:12.328; 2, Seattle Pacific, 8:08.308. 3, Seattle, 8:17.362; 4, Western Washington, 8:26.350. Women's Collegiate Open 8+ - 1, Washington, 7:04.414; 2, Seattle Pacific, 7:38.143. Women's Cascade Cup 8+ - 1, Washington, 6:35.856; 2, Western Washington, 6:54.456; 3, Seattle Pacific, 6:59.192; 4, Seattle, 7:14.832.

**GNAC Championships (May 14 at Dexter Lake, Lowell, Ore.):** Team Scores - Western Washington 26, Seattle Pacific, 25, Central Oklahoma 24, Cal Poly Humboldt 15. Open 4+ (exhibition) - 1, Central Oklahoma, 8:08.39; 2, Seattle Pacific, 8:20.08; 3, Cal Poly Humboldt, 8:22.94; 4, Western Washington, 8:28.31. Varsity 4+ - 1, Central Oklahoma, 7:54.95; 2, Seattle Pacific, 8:05.96; 3, Western Washington, 8:11.23; 4, Cal Poly Humboldt, 8:15.33. Varsity 8+ - 1, Western Washington, 7:03.43; 2, Seattle Pacific, 7:04.32; 3, Central Oklahoma, 7:06.00; 4, Cal Poly Humboldt, 7:18.44.

## GNAC WOMEN'S ROWING ALL-TIME REGATTA RESULTS

### 2021-22 CONTINUED

**NCAA Championships (May. 27-28 at Nathan Benderson Park, Sarasota, Fla.):** Team Scores – Mercyhurst 30, Western Washington 19, Embry-Riddle (Fla.) 19, Jefferson 14, Central Oklahoma 14, Seattle Pacific 9 (Western Washington awarded second, Jefferson awarded fourth based on placement on varsity 8+ boat). Varsity 8+ Prelims Heat 1 – 1, Mercyhurst, 6:37.140. 2, Central Oklahoma, 6:40.398. 3, Seattle Pacific, 6:44.257. Varsity 8+ Prelims Heat 2 – 1, Jefferson, 6:38.671. 2, Western Washington, 6:42.899. 3, Embry-Riddle (Fla.), 7:13.441. Varsity 4+ Prelims Heat 1 – 1, Embry-Riddle (Fla.), 7:37.272. 2, Seattle Pacific, 7:52.782. 3, Jefferson, 8:11.299. Varsity 4+ Prelims Heat 2 – 1, Mercyhurst, 7:32.224. 2, Central Oklahoma, 7:34.877. 3, Western Washington, 8:06.401. Varsity 8+ Repechage – 1, Western Washington, 6:48.027. 2, Embry-Riddle (Fla.), 6:50.613. 3, Seattle Pacific, 6:53.263. 4, Central Oklahoma, 6:53.655. Varsity 4+ Repechage – 1, Central Oklahoma, 7:44.075. 2, Seattle Pacific, 7:52.267. 3, Western Washington, 7:54.639. 4, Jefferson, 8:18.095. Varsity 4+ Petite Final – 1, Western Washington, 8:21.102. 2, Jefferson, 8:39.668. Varsity 4+ Grand Final – 1, Mercyhurst, 7:47.465. 2, Embry-Riddle (Fla.), 7:49.647. 3, Central Oklahoma, 7:55.407. 4, Seattle Pacific, 8:10.227. Varsity 8+ Petite Final – 1, Central Oklahoma, 7:00.384. 2, Seattle Pacific, 7:02.326. Varsity 8+ Grand Final – 1, Mercyhurst, 7:03.709. 2, Western Washington, 7:03.739. 3, Jefferson, 7:08.855. 4, Embry-Riddle (Fla.), 7:16.699.

### 2022-23

**PLU Invitational (Mar. 4 at American Lake, Lakewood, Wash.):** Varsity 8+ (Session 1, Race 2) – 1, Seattle Pacific, 7:06.73; 2, Western Washington, 7:12.99; 3, Puget Sound, 7:29.50. Varsity 4+ (Session 1, Race 1) – 1, Seattle Pacific, 7:59.21; 2, Western Washington, 8:29.63. Varsity 4+ (Session 1, Race 2) – 1, Seattle Pacific 2V4, 8:14.94; 2, Western Washington 2V4, 8:18.56; 3, Seattle, 8:35.95. 2nd Varsity 8 (Session 1) – 1, Seattle, 7:22.90; 2, Gonzaga 5V, 7:35.16; 3, Seattle Pacific 3V, 7:55.60; 4, Pacific Lutheran, 8:21.83. Varsity 8 (Session 2, Race 1) – 1, Western Washington, 7:11.17; 2, Gonzaga 4V, 7:21.80; 3, Pacific Lutheran, 7:48.65. Varsity 8+ (Session 2, Race 2) – 1, Seattle Pacific, 7:02.81; 2, Seattle, 7:20.18; 3, Puget Sound, 7:24.02. Varsity 4+ (Session 2) – 1, Seattle Pacific, 8:14.92; 2, Seattle, 9:16.86. 2nd Varsity 8+ (Session 2, Race 2) – 1, Seattle Pacific 3V, 7:47.53; 2, Western Washington, 7:48.13; 3, Pacific Lutheran, 8:53.61.

**Central Oklahoma vs. Tulsa, Oklahoma & Kansas State (Mar. 4 at Oklahoma River, Oklahoma City, Okla.):** Varsity 8+ (Session 1) – 1, Tulsa, 7:06.4; 2, Oklahoma, 7:12.8; 3, Kansas State, 7:18.5; 4, Central Oklahoma, 7:30.0. Varsity 4+ (Session 1) – 1, Kansas State, 7:40.6; 2, Tulsa, 7:45.2; 3, Oklahoma, 7:50.9; 4, Central Oklahoma, 8:27.3. Varsity 8+ (Session 2) – 1, Tulsa, 7:02.4; 2, Oklahoma, 7:08.0; 3, Kansas State, 7:23.5; 4, Central Oklahoma, 7:29.8. 2nd Varsity 4+ – 1, Kansas State, 8:06.4; 2, Oklahoma, 8:10.8; 3, Tulsa 3V, 8:11.3; 4, Central Oklahoma, 8:18.6.

**Central Oklahoma vs. Creighton (Mar. 11 at Oklahoma River, Oklahoma City, Okla.):** Varsity 8+ – 1, Creighton, 7:49.15; 2, Central Oklahoma, 7:55.98; 3, Creighton 2V, 8:16.34. Varsity 4+ – 1, Creighton, 8:44.03; 2, Central Oklahoma, 8:44.56; 3, Creighton 2V, 9:48.72.

**Sacramento State Invite (Mar. 11 at Lake Natoma, Gold River, Calif.):** Regatta canceled due to dangerous water conditions (Cal Poly Humboldt entered).

**Cal Poly Humboldt vs. UC Davis (Mar. 12 at Port of Sacramento, West Sacramento, Calif.):** Regatta canceled.

**Central Oklahoma Regatta (Mar. 17 & 18, Oklahoma River, Oklahoma City, Okla.):** Varsity 8+ (Friday) – 1, Kansas B, 7:27.98; 2, Kansas A, 7:32.72; 3, Central Oklahoma, 7:38.82. Varsity 4+ (Friday) – 1, Kansas A, 8:04.74; 2, Kanass B, 8:09.89; 3, Central Oklahoma A, 8:13.42; 4, Central Oklahoma B, 8:42.95. Varsity 8+ (Saturday Session 1) – 1, Central Oklahoma A, 7:22.01; 2, Central Oklahoma B, 7:46.98. Varsity 8+ (Morning Session 2) – 1, Central Oklahoma A, 8:20.80; 2, Central Oklahoma B, 8:23.82; 3, Central Oklahoma C, 8:34.49; 4, Central Oklahoma D, 8:34.33; 5, Texas, 8:53.28.

**Hornet Invitational (Mar. 18 at Lake Natoma, Gold River, Calif.):** Varsity 8+ (Morning Session) – 1, Cal Poly Humboldt, 6:36.5; 2, Saint Mary's (Calif.), 6:40.7. 2nd Varsity 8+ (Morning Session) – 1, Saint Mary's (Calif.), 6:57.4; 2, Cal Poly Humboldt, 7:17.9. Varsity 4+ (Morning Session) – 1, Cal Poly Humboldt, 6:42.8; 2, Cal Poly Humboldt B, 6:54.0; 3, Saint Mary's (Calif.), 8:07.5. Varsity 4+ (Afternoon Session) – 1, Sacramento State, 7:23.4; 2, Cal Poly Humboldt, 7:34.6; 3, Sacramento State B, 7:37.7; 4, Cal Poly Humboldt B, 8:05.5. Frosh/Novice 8+ – 1, Sacramento State, 7:10.1; 2, Humboldt State, 7:16.5.

**Husky Open (Mar. 25 at Montlake Cut, Seattle, Wash.):** Varsity 8+ – 1, Portland, 6:57.570; 2, Cal Poly Humboldt, 6:59.873; 3, Seattle Pacific, 7:12.668; 4, Western Washington, 7:16.834; 5, Seattle, 7:25.058. 2nd Varsity 8+ – 1, Seattle, 7:22.487; 2, Portland, 7:22.904; 3, Seattle Pacific, 7:38.643; 4, Cal Poly Humboldt, 7:58.792. Varsity 4+ – 1, Cal Poly Humboldt, 8:12.502; 2, Seattle Pacific, 8:18.555; 3, Portland, 8:29.921; 4, Western Washington, 8:30.892. Collegiate 4+ – 1, Washington, 7:39.544; 2, Washington B, 7:45.776; 3, Washington C, 7:46.557; 4, Cal Poly Humboldt, 8:29.406; 5, Seattle, 8:31.579. Collegiate 8+ – 1, Cal Poly Humboldt, 7:17.415; 2, Seattle Pacific, 7:29.118; 3, Seattle Pacific B, 8:02.664; 4, Cal Poly Humboldt B, 8:17.314. Varsity 8+ (Second Session) – 1, Cal Poly Humboldt, 8:23.635; 2, Seattle Pacific, 8:31.179; 3, Western Washington, 8:37.854; 4, Cal Poly Humboldt B, 8:52.671.

**FIRA Championships (Apr. 1 at Nathan Benderson Park, Sarasota, Fla.):** Division II Varsity 4+ – 1, Central Oklahoma, 7:40.14; 2, Embry-Riddle (Fla.), 7:53.18; 3, Rollins, 8:04.07; 4, Barry, 8:18.63. Varsity 8+ – 1, Central Oklahoma, 6:48.80; 2, Embry-Riddle (Fla.), 6:53.39; 3, Barry, 7:01.26; 4, Rollins, 7:05.91; 5, Central Florida, 7:11.07; 6, Florida, 7:23.06; 7, Florida State, 7:45.42.

**Falcon Regatta (Apr. 1 at Lake Washington Ship Canal, Seattle, Wash.):** Open 4+ (Session 1) – 1, Seattle Pacific, 8:15.5; 2, Western Washington, 8:29.7. Varsity 4+ (Session 1) – 1, Seattle Pacific, 8:07.4; 2, Western Washington, 8:12.0. Varsity 8+ (Session 1) – 1, Seattle Pacific, 7:15.9; 2, Western Washington, 7:18.1; 3, Seattle Pacific 3V, 8:03.8. Varsity 4+ (Session 2) – 1, Seattle Pacific, 7:13.4; 2, Western Washington, 7:22.3; 3, Seattle Pacific 3V, 7:54.7. Varsity 4+ (Session 2) – 1, Seattle Pacific, 8:10.2; 2, Western Washington, 8:17.0. Open 4+ (Session 2) – 1, Seattle Pacific, 8:14.2; 2, Western Washington, 8:30.1.

**Blue Heron Regatta (Apr. 1 at Humboldt Bay, Arcata, Calif.):** Varsity 8+ – 1, Cal Poly Humboldt, 6:13.5; 2, Saint Mary's (Calif.) 2V8, 6:16.4; 3, Saint Mary's (Calif.), 6:44.1; 4, Cal Poly Humboldt Novice, 7:09.9. Varsity 4+ – 1, Cal Poly Humboldt A, 7:02.5; 2, Cal Poly Humboldt B, 7:18.1; Cal Poly Humboldt Novice, 7:21.8; 4, Saint Mary's (Calif.), 7:30.4; 5, Sonoma State, 8:15.6.

**Covered Bridge Regatta (Apr. 8 at Dexter Lake, Dexter, Ore.):** Varsity 4+ – 1, Western Washington, 8:11.24; 2, Cal Poly Humboldt, 8:14.26; 3, Oregon, 8:33.85; 4, Southern Oregon, 9:19.48; 5, Sacramento State, 10:01.32; 6, UNLV, 11:05.40. JV4+ – 1, Western Washington, 8:20.12; 2, Sonoma State, 10:21.99. JV/Novice 8+ – 1, Lewis & Clark, 7:51.81; 2, Cal Poly Humboldt, 8:00.98. Novice 4+ – 1, Western Washington, 8:32.41; 2, Cal Poly Humboldt, 8:32.80; 3, Oregon, 8:49.10; 4, Lewis & Clark, 9:15.06; 5, Lake Oswego CR, 9:20.51. Varsity 8+ – 1, Cal Poly Humboldt, 7:11.91; 2, Western Washington, 7:16.04; Lewis & Clark, 7:35.49. Varsity 4+ (Session 2) – 1, Cal Poly Humboldt, 8:00.18; 2, Oregon, 8:34.73; 3, Southern Oregon, 9:38.98. JV4+ (Session 2) – 1, Cal Poly Humboldt, 8:26.22; 2, Sonoma State, 9:48.29. JV/Novice 8+ (Session 2) – 1, UC Berkeley, 7:46.31; 2, Lewis & Clark, 7:48.16; 3, Cal Poly Humboldt, 8:02.71.

## GNAC WOMEN'S ROWING ALL-TIME REGATTA RESULTS

### 2022-23 CONTINUED

**Knecht Cup (Apr. 15 & 16 at Cooper River, Cherry Hill, N.J.):** Women's Club 4+ - DI/DII (Heat 3) – 1, Central Oklahoma, 8:13.93; 2, Seattle Pacific, 8:24.59; 3, Jefferson, 8:34.75; 4, D'Youville, 8:42.59; 5, Franklin Pierce, 9:06.58; 6, Mercyhurst, 9:33.56. Women's Club 8+ - DI/DII (Heat 3) – 1, Central Oklahoma, 7:07.18; 2, Seattle Pacific, 7:10.19; 3, Mercyhurst, 7:12.76; 4, Jefferson, 7:25.81; 5, D'Youville, 8:04.70; 6, Franklin Pierce, 8:42.67. Women's Club 4+ - DI/DII Grand Final – 1, Central Oklahoma, 8:04.80; 2, New Hampshire, 8:11.47; 3, Lafayette, 8:16.48; 4, Seattle Pacific, 8:21.65; 5, D'Youville, 8:24.96; 6, Jefferson, 8:29.23. Women's Club 4+ - DI/DII Grand Final – 1, Mercyhurst, 7:00.63; 2, Central Oklahoma, 7:01.16; 3, Seattle Pacific, 7:08.82; 4, Jefferson, 7:14.16; 5, Lafayette, 7:14.18; 6, Army, 7:48.73.

**WIRA Championships (Apr. 28 & 29 at Lake Natoma, Gold River, Calif.):** Varsity 8+ D2/D3/Club (Heat 1) – 1, Cal Poly Humboldt, 6:56.87; 2, UC Santa Barbara, 7:03.81; 3, UC Davis, 7:15.35; Arizona State, 7:17.28; 5, Puget Sound, 7:20.93. Varsity 8+ D2/D3/Club (Heat 2) – 1, Central Oklahoma, 6:57.65; 2, Seattle Pacific, 6:58.69; 3, UC Irvine, 7:08.52; 4, Lewis & Clark, 7:12.78; 5, Pacific Lutheran, 7:29.55; 6, Pacific (Ore.), 7:50.71. Second Varsity 8+ D2/D3/Club (Prelim Heat) – 1, Cal Poly Humboldt, 7:23.992; 2, Seattle Pacific, 7:29.558; 3, Lewis & Clark, 7:37.742; 4, UC Santa Barbara, 7:39.854; 5, Pacific Lutheran, 8:23.23. Varsity 4+ D2/D3/Club (Heat 1) – 1, Central Oklahoma, 7:54.314; 2, UC Irvine, 8:02.969; 3, UC Davis, 8:16.683; 4, Pacific (Ore.), 8:54.1; 5, Sonoma State, 10:00.245. Varsity 4+ D2/D3/Club (Heat 2) – 1, UC Santa Barbara, 7:44.42; 2, Cal Poly Humboldt, 7:50.269; 3, California Leightweights, 8:20.962; 5, Puget Sound, 8:59.167; 5, Southern Oregon, 10:09.995. Varsity 4+ D2/D3/Club (Heat 3) – 1, Seattle Pacific, 7:52.045; 2, Central Oklahoma B, 7:56.096; 3, Orange Coast College, 8:01.972; 4, Arizona State, 8:15.523; 5, Oregon, 8:17.883; 6, Arizona State B, 8:48.03. Novice 4+ (Heat 1) – 1, Central Oklahoma, 8:00.683; 2, Santa Clara, 8:06.445; 3, Seattle Pacific, 8:18.132; 4, UC Santa Barbara, 8:40.654; 5, Pacific (Ore.), 8:48.844; 6, Saint Mary's (Calif.), 9:07.674; 7, UC Irvine, 10:02.054. Novice 4+ (Heat 2) – 1, Saint Mary's (Calif.), 7:50.148; 2, Oregon, 8:28.299; 3, Cal Poly Humboldt, 8:33.489; 4, UC Davis, 8:52.795; 5, California Lightweights, 9:04.55; 6, Arizona State, 9:11.113. Varsity 8+ D2/D3/Club (Grand Final) – 1, Cal Poly Humboldt, 6:59.884; 2, Central Oklahoma, 7:03.914; 3, Seattle Pacific, 7:05.467; 4, UC Santa Barbara, 7:15.33; 5, UC Irvine, 7:20.933; 6, UC Davis, 7:35.524. Second Varsity 8+ D2/D3/Club (Grand Final) – 1, Cal Poly Humboldt, 7:26.394; 2, Seattle Pacific, 7:32.619; 3, Lewis & Clark, 7:36.84; 4, UC Santa Barbara, 7:45.075; 5, Pacific Lutheran, 8:17.595. Varsity 4+ D2/D3/Club (Grand Final) – 1, UC Santa Barbara, 7:44.718; 2, Seattle Pacific, 7:47.896; 3, Central Oklahoma, 7:52.793; 4, Cal Poly Humboldt, 7:53.534; 5, Central Oklahoma B, 7:57.876; 6, UC Irvine, 8:22.133. Novice 4+ (Grand Final) – 1, Central Oklahoma, 8:10.432; 2, Saint Mary's (Calif.), 8:17.474; 3, Santa Clara, 8:46.228; 4, Seattle Pacific, 9:06.153; 5, Oregon, 9:07.874; 6, Cal Poly Humboldt, 9:22.53.

**Winderemere Cup/Opening Day Regatta (May 6 at Montlake Cut, Seattle, Wash.):** Erickson Cascade Cap Varsity 8+ - 1, Washington, 6:45.976; 2, Seattle Pacific, 7:00.513; 3, Seattle, 7:04.931; 4, Western Washington, 7:05.251. Third Varsity 8+ - 1, Washington, 6:52.920; 2, Seattle, 7:26.760; 3, Seattle Pacific, 7:32.983. Open 8+ - 1, Washington Purple, 7:07.005; 2, Gonzaga, 7:23.293; 3, Western Washington, 7:27.927. Collegiate Varsity 4+ - 1, Washington, 7:28.624; 2, Seattle Pacific, 7:59.361; 3, Seattle, 8:34.422.

**GNAC Championships (May 13 at Dexter Lake, Dexter, Ore.):** Team Scores: Central Oklahoma 27, Cal Poly Humboldt 26, Western Washington 19, Seattle Pacific 18. Exhibition 4+: 1, Seattle Pacific, 8:03.544. 2, Cal Poly Humboldt, 8:09.330. 3, Central Oklahoma, 8:15.804. 4, Western Washington, 8:16.112. Varsity 4+ Final: 1, Central Oklahoma, 7:51.924. 2, Western Washington, 7:56.064. 3, Cal Poly Humboldt, 7:56.088. 4, Seattle Pacific, 7:57.458. Varsity 8+ Final: 1, Cal Poly Humboldt, 7:01.991. 2, Central Oklahoma, 7:05.537. 3, Seattle Pacific, 7:05.663. 4, Western Washington, 7:09.889.

**NCAA Division II Championships (May 26 & 27 at Camden County Boathouse, Pennsauken, N.J.):** Team Scores: Cal Poly Humboldt 30, Central Oklahoma 25, Seattle Pacific 18, Western Washington 14, Embry-Riddle (Fla.) 11, Jefferson 7. Varsity 8+ Heat 1: 1, Cal Poly Humboldt, 7:25.270. 2, Western Washington, 7:42.444. 3, Embry-Riddle (Fla.), 7:47.746. Varsity 8+ Heat 2: 1, Central Oklahoma, 7:13.140. 2, Seattle Pacific, 7:17.690. 3, Jefferson, 7:52.180. Varsity 4+ Heat 1: 1, Central Oklahoma, 8:13.810. 2, Seattle Pacific, 8:20.500. 3, Jefferson, 8:30.340. Varsity 4+ Heat 2: 1, Cal Poly Humboldt, 8:04.522. 2, Western Washington, 8:25.552. 3, Embry-Riddle (Fla.), 8:39.054. Varsity 8+ Repechage: 1, Seattle Pacific, 7:15.149. 2, Embry-Riddle (Fla.), 7:18.119. 3, Jefferson, 7:20.843. 4, Western Washington, 7:29.223. Varsity 4+ Repechage: 1, Western Washington, 8:01.496. 2, Seattle Pacific, 8:03.672. 3, Jefferson, 8:06.880. 4, Embry-Riddle (Fla.), 8:08.818. Varsity 4+ Petite Final: 1, Jefferson, 8:30.227. 2, Embry-Riddle (Fla.), 8:33.663. Varsity 4+ Grand Final: 1, Cal Poly Humboldt, 8:06.762. 2, Central Oklahoma, 8:12.350. 3, Western Washington, 8:20.610. 4, Seattle Pacific, 8:23.180. Varsity 8+ Petite Final: 1, Western Washington, 7:29.235. 2, Jefferson, 7:40.339. Varsity 8+ Grand Final: 1, Cal Poly Humboldt, 7:15.143. 2, Central Oklahoma, 7:19.871. 3, Seattle Pacific, 7:21.967. 4, Embry-Riddle (Fla.), 7:30.265.