



2022 INDOOR TRACK & FIELD  
**gnac**  
Championships  
gnac FEB. 21-22 SPOKANE, WA

# About The GNAC

With members in five states and the province of Canada and with a strong presence in or near the largest city of each, the Great Northwest Athletic Conference has established itself as one of the top Division II athletic conferences in the NCAA during its 20-year history.

Founded in July 2001, GNAC teams have had over 100 Division II top-10 national team finishes in 15 of the 17 sports that it sponsors.

The 2021-22 season opened with national-caliber performances across all of its sports. Simon Fraser women's cross country claimed both the conference and NCAA West Regional titles en route to a 16th place national meet finish. The GNAC placed five women in the top 10 at the regional meet, including three from Alaska.

The conference advanced Alaska Anchorage freshman Coleman Nash to the men's national meet. He placed 27th to come home an All-American.

The Western Washington volleyball team won its sixth West Regional title and advanced to the national semifinals of the NCAA Championships. Seattle Pacific and Western Washington faced each other for the women's soccer West Regional title, with the Falcons advancing to the national quarterfinals.

Both Seattle Pacific men's soccer and Central Washington football advanced to the opening round of each sport's respective NCAA playoffs.

GNAC teams have won four national titles: Seattle University women's soccer in 2004, Seattle Pacific women's soccer in 2008, Western Washington men's basketball in 2012 and Western Washington women's soccer in 2016.



## The Podium

### HOME OF THE GNAC INDOOR TRACK & FIELD CHAMPIONSHIPS



Since opening last fall, The Podium has become a magnet for indoor track and field competition in the West.

The Great Northwest Athletic Conference was the first collegiate conference to sign on to hold its conference meet at The Podium. The facility hosted the Mountain Pacific Sports Federation's championships and will host the USA Track & Field Indoor Championships on Feb. 26 and 27.

The only venue in the Northwest whose primary function is hosting indoor track meets, The Podium continues the region's long-standing history with the sport of running. The venue features a state-of-the-art, 200-meter six-lane hydraulic banked track with a Beynon rubberized surface and fixed seating for 3,000 athletes and fans. The track is one of the few 200-meter hydraulic banked tracks in the U.S. and is the first in the western U.S.

In addition to the hydraulic track, The Podium boasts two throwing cages, two horizontal jump pits, high jump and pole vault pits and an eight-lane 60-meter sprint straightaway on the infield. The venue is outfitted with Gill equipment. The facility also includes a temperature-controlled warm-up track on the lower level, a spectator level with concessions, and an entire floor dedicated to media, press and timing.

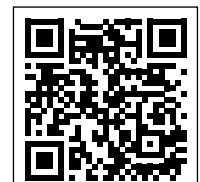
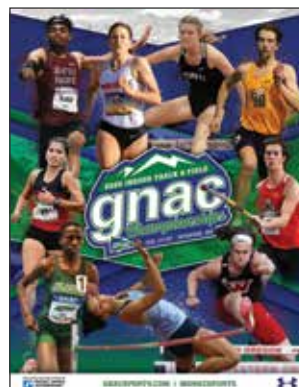
The Podium is located in downtown Spokane, adjacent to both the Spokane Arena and Riverfront Park—the site of the 1974 World's Fair, and is within walking distance to hotels, restaurants and entertainment.

## On The Cover

After no meet in 2021, the conference's top athletes are primed and ready to make a run for conference titles at the 2022 GNAC Indoor Track and Field Championships.

### Clockwise From Top Left:

David Njeri (Seattle Pacific), Alison Andrews-Paul (Simon Fraser), McCall DeChenne (Central Washington), Ase Ackerman (Montana State Billings), Turner Nye (Northwest Nazarene), JJ Walker (Western Oregon), Aliyah Dawkins (Western Washington), Nancy Jeptoo (Alaska Anchorage) and Sara Sabra (Saint Martin's).



### Live Results

Visit [GNAC.live](https://GNAC.live) to scan this QR code with your smartphone to view entries & results for this year's GNAC Indoor Track and Field Championships.

# Competition Fierce As Indoor Track Makes Return

SPOKANE, Wash. – An 18-month long break from indoor track and field has done little to lessen the competitive nature of the GNAC.

After going without an indoor season in 2021 due to the COVID-19 pandemic, the conference's athletes came into 2022 prepared and stand to challenge for some record performances as the GNAC Indoor Track and Field Championships take place Monday and Tuesday at The Podium.

A total of 33 athletes and four relay teams enter the meet having attained NCAA Championships provisional qualifying marks in 24 events. There have also been a total of 24 changes to the conference's all-time top-10 list, including three records set on the men's side.

## WOMEN

After winning the cross country title in the fall, Simon Fraser looks poised to challenge for its first indoor title thanks to its strength in the sprints and the distances.

Senior Alison Andrews-Paul ran the second-fastest time in conference history in the 800 meters at last week's Whitworth Invitational in 2:05.75, which is also No. 2 in Division II this season. Junior Megan Roxby owns the conference's top time in the mile in 4:57.67 while senior Olivia Willett ranks No. 2 in the 3,000 meters.

Freshman Marie-Éloïse Leclair owns the GNAC's top time in both the 60 meters and the 200 meters, both NCAA Championships provisional qualifying times. Leclair ran 7.60 seconds in the 60 meters at the Whitworth Invitational, leading a race that saw four conference athletes register top-10 all-time marks.

Seattle Pacific will angle for its third team championship in the last four years. Senior Peace Igbonagwam is the only returning women's champion from the 2020 meet. The GNAC record holder in the long jump has the conference's best mark of 18 feet, 4.5 inches. She will also be a factor in the sprints, holding top-five times in the 60, 200 and 400 meters.

Adding to the Falcons' depth in the sprints is junior Jenna Bouyer, who ran 7.66 seconds in the 60 meters in Spokane and is tied for No. 10 on the GNAC all-time list. She enters the meet ranked No. 4 in the GNAC in the 200 meters and No. 5 in the 400 meters.

In the distances, sophomore Annika Esvelt will be a contender for the title in both the 3,000 and 5,000 meters. The GNAC leader in both events, Esvelt's time of 16:31.74 in the 5,000 is No. 6 in Division II while her 9:38.43 in the 3,000 is No. 9 on the GNAC All-Time List.

Central Washington brings a measure of experience to the women's competition. Senior Meagan Smallbeck has an NCAA Championships provisional qualifying mark in the weight throw at 56 feet, 6.75 inches while junior Avery Fisk has the No. 3 mark in the conference in the shot put at 41 feet, 1.75 inches.

Junior McCall DeChenne will factor in both the pentathlon and the 60-meter hurdles, where her time of 8.97 seconds ranks second in the conference. DeChenne is also No. 3 in the GNAC in the 400 meters (58.63). Senior Makenna Hansen ran 7.66 seconds in the 60 meters last week at The Podium, tying for 10th on the GNAC all-time list. Hansen also ranks second this season in the 200 meters (25.01).

Western Washington will be paced by junior Aliyah Dawkins. The 2021 outdoor champion in the high jump, Dawkins owns the top mark in the conference at 5 feet, 6 inches. She also ranks fifth in the GNAC in the 60-meter hurdles (9.12). Junior Brook Wedin ranks third in the 5,000 meters (18:03.99) and fourth in the 3,000 meters (10:17.84).

The Vikings are further complemented by freshman Mia Crocker, who ranks fifth in the 800 meters (2:18.89) and freshman Ila Davis, who is fifth in the mile (5:10.66). In the field events, sophomore Matty Lagerway ranks third in the long jump (18-1.5).

Sophomore Ana Popchock leads Western Oregon after she set the school record in the 60-meter hurdles with a GNAC leading time of 8.83 seconds. Popchock will also be a factor in the triple jump with the second-best mark in the GNAC at 36 feet, 10.5 inches.

Sophomore Jencelle Hurley owns a NCAA provisional qualifying mark with her score of 3,346 points and is second in the GNAC in the long jump at 18 feet, 3.25 inches. Junior Caitlin Heldt had top-three conference times in both the 3,000 and 5,000 meters while sophomore Maya Hopwood will vie for titles in both the 60 and 200 meters.

For Alaska Anchorage, senior Tylantiss Atlas has the second-best time in the 400 meters at 56.42 seconds as she looks to add to her 2021 outdoor title. Freshman Mette Van Der Meer is tied for second in the pole vault at 11 feet, 8.5 inches. Junior Bailey Roe is No. 4 in the mile while senior Nancy Jeptoo is No. 6 in the mile and No. 8 in the 800 meters.

Northwest Nazarene is led by freshman Abbey Wood, who ranks sixth in the GNAC in both the 60 meters (7.72) and 200 meters (25.66) and freshman Kinsey Langin, who



*Seattle Pacific's Peace Igbonagwam is the defending champion in the women's long jump and owns the conference's top mark this season.*



*Simon Fraser's Aaron Ahl is No. 2 all-time in Division II history with his GNAC record time of 3:57.95 in the mile, which he ran in Boston in January.*

leads the conference with a mark of 11 feet, 9.75 inches in the pole vault.

Montana State Billings freshman Kendall Lynn enters the championships ranked No. 5 in the triple jump and sixth in the long jump. Saint Martin's is paced by freshman Sara Sabra, who ranks fourth in the 5,000 meters.

## MEN

Western Washington has won the last two men's championships (2019 & 2020) and certainly has the talent to make it three in a row.

Senior Mac Franks has high-scoring potential in the middle and long distances. His GNAC season-best of 1:51.47 in the 800 meters is No. 7 on the GNAC all-time list while his time of 8:09.40 in the 3,000 meters is No. 4. Franks is provisionally qualified for nationals for both events as well as the mile with a time of 4:08.41.

Freshman Hunter Flick captured the GNAC record in the 60-meter hurdles with a time of 8.07 seconds at the Husky Classic, ranking him 15th in Division II. One of two returning men's champions, junior Ethan Sterkel has the best mark in the long jump in the GNAC at 23 feet 9.5 inches, which ranks No. 24 in Division II.

Sophomore Kevin McDermott owns NCAA provisional qualifying times in the mile (4:10.37), 3,000 meters (8:19.37) and 5,000 meters (14:26.09) and leads the conference in the 5,000. The Vikings are further bolstered by GNAC-leading marks by junior Cooper Cummings in the pole vault (14-9) and senior Ben Malquist's top mark in the shot put (52-2.5) and senior Beau Sheeran's No. 2 mark in the high jump (6-7).

Simon Fraser will try to put an end to Western Washington's title run with incredible strength in the sprints and distances. Senior Aaron Ahl set the GNAC record in the mile with a time of 3:57.95 that is the second-fastest in Division II history. Ahl also owns the Division II best in the 3,000 meters, running a 7:53.89 that is three seconds shy of the conference record.

Sophomore Callum Robinson set the GNAC record in the 200 meters at last week's Whitworth Invitational with a time of 21.40 seconds that ranks 14th in Division II this season. The team is further helped by the defending mile champion in sophomore Charlie Dannatt (4:07.28), junior Paul Buckingham in the 800 meters (1:52.23) and freshman Scott Arndt in the 3,000 meters (8:12.90).

Alaska Anchorage sophomore Joshua Wagner will challenge WWU's Flick for the 60-meter hurdles title. Wagner ran a UAA record of 8.09 seconds in the same race in which Flick set the conference record. Junior Enrique Campbell enters the meet with the top time in the 60 meters at 6.92 seconds while Wagner sits fourth in the 200 meters (22.46).

Freshman Coleman Nash will be key in the distances with the No. 2 time in the GNAC in the 5,000 meters (14:29.18) and the No. 4 time in the 3,000 meters (8:16.42). Freshman Collin Sample enters the meet with the second-best mark in the long jump at 22 feet, 11 inches.

Senior Austin Albertin leads Central Washington, ranking No. 2 time in the GNAC in the 400 meters at 49.09 seconds and No. 8 in the 200 meters (22.60). Senior Tysen Campbell is tied for second in the pole vault at 17 feet, 7.25 inches, while junior Zachary Davis sits third in the 60 meters (7.01).

Freshman Christopher Hines ranks third in the conference in the triple jump at 44 feet, 2 inches while freshman Omar Young is third in the weight throw at 53 feet, 1.75 inches.

Northwest Nazarene freshman Steven Schmidt owns the top mark in the high jump at 6 feet, 9 inches, and will be a contender in the heptathlon. Sophomore Turner Nye has the top score in the heptathlon this season at 4,798 points and is tied for second in the pole vault at 14 feet, 7.25 inches.

Junior Tyler Shea set the NNU record in the 3,000 meters earlier this season with a time of 8:31.60. Junior Colton Burr and sophomore Dylan Hendry are first and second in the weight throw at the 57 feet, 7 inches and 55 feet, 10.5 inches, respectively, while Hendry ranks second in the shot put.

Sophomore Hunter Hutton is No. 2 in the mile for Western Oregon with an NCAA provisional time of 4:04.47. Sophomore Marley Harrison is second in the conference in the triple jump at 44 feet, 3.5 inches. In the throws, senior Owen Collins enters at No. 3 in the shot put (47-4.5) and No. 5 in the weight throw (51-3) while senior Sam Cole is No. 4 in the weight throw (51-7.75) and No. 6 in the shot put (45-3).

Junior David Njeri is the favorite in the triple jump for Seattle Pacific with a season-best mark of 49 feet, 0.75 inches. Montana State Billings will be paced by junior Ase Ackerman in the distances and freshman Coen Guisti in the weight throw. Saint Martin's will be led by sophomore Andrew Boyd in the 60-meter hurdles.

# 2022 GNAC Indoor Track & Field Championships

## Alaska Anchorage

# SEAWOLVES



**Wagner Atlas McWilliams**

While Alaska Anchorage continues to be strong in the distances, it is finding similar success in the sprints and jumps.

Sophomore Joshua Wagner enters the meet with the third-best mark in GNAC history in the men's 60-meter hurdles at 8.09 seconds. He ran the time in the same UW Invitational race where Western Washington's Hunter Flick set the GNAC record. Senior Tylantiss Atlas has the GNAC's second-best time in the women's 400 meters at 56.42 seconds.

In the jumps, freshman Collin Sample is No. 2 in the GNAC in the men's long jump (22-11). The Seawolves also have a strong women's pole vaulter in freshman Mette Van Der Meer, whose season-best of 11 feet, 8 inches in a close fourth in the GNAC.

Freshman Coleman Nash owns NCAA Championships provisional qualifying marks in the men's 3,000 (8:16.42) and 5,000 (14:29.18). Senior Nancy Jeptoo ranks sixth in the women's mile (5:12.06). Jeptoo was the champion in the 5,000 meters in 2019.

### MEN

Name	Yr.	Hometown
Kevin Angarita	Fr.	Cali, Colombia
Jesus Avalos	Sr.	King City, Calif.
Jacob Belanger	Jr.	Anchorage, Alaska
Daryl Bushnell	Jr.	Anchorage, Alaska
Enrique Campbell	Jr.	St. Catherine, Jamaica
Timothy Hunter	Jr.	Salinas, Calif.
Collin Hurd	Sr.	Rancho Santa Margarita, Calif.
Joshua Jackman	Sr.	Kenai, Alaska
Titus Kangogo	Jr.	Eldoret, Kenya
Felix Kemboi	Sr.	Eldoret, Kenya
Nickson Koech	Sr.	Kapsabet, Kenya
Jacob Moos	Jr.	Galena, Alaska
Coleman Nash	So.	Littleton, Colo.
Felix Robertson	Fr.	Wasilla, Alaska
Wyatt Rohde	Fr.	Eagle River, Alaska
Collin Sample	Sr.	Lake Elsinore, Calif.
Adrian Velasco	Fr.	Anchorage, Alaska
Joshua Wagner	So.	Niederahr, Germany
Benjamin Wiese	Fr.	Newport, Ore.

### WOMEN

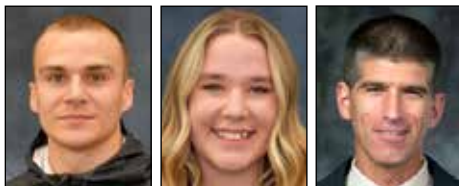
Name	Yr.	Hometown
Tylantiss Atlas	Sr.	Dallas, Texas
Kaitlyn Backman	So.	Anchorage, Alaska
Haley Bartolaba	So.	Sitka, Alaska
Mariah Brelsford	Sr.	Bozeman, Mont.
Blanca De Arvizu Sarrias	Fr.	Huarte, Spain
Carlotta Duenninger	So.	Ratingen, Germany
Leonie Flad	Fr.	Gomaringen, Germany
Arielle Himelbloom	Sr.	Kodiak, Alaska
Nancy Jeptoo	Sr.	Eldoret, Kenya
Victoria Johansen	Jr.	Anchorage, Alaska
Joan Kipsanai	Jr.	Eldoret, Kenya
Mikayla Mader	Jr.	Anchorage, Alaska
Akor Maywin	Sr.	Odessa, Texas
Alfin Nyamasyo	Sr.	Makueni, Kenya
Bailey Roe	Jr.	Fairbanks, Alaska
Sofija Spaic	So.	Palmer, Alaska
Mette Van Der Meer	Fr.	Dronten, The Netherlands

**Head Coach:** Ryan McWilliams

**Assistants:** Ray Shadowens, Chas Davis, Danielle Patterson

## Central Washington

# WILDCATS



**Albertin Smallbeck Adkisson**

Central Washington looks to be in the mix for both the men's and women's team titles thanks to its strength in nearly all disciplines.

Senior Meghan Smallbeck hopes to win her first GNAC indoor title in 2022. She leads the conference in the women's weight throw with an NCAA Championships provisional qualifying mark of 56 feet, 6.75 inches. Junior McCall DeChenne is No. 2 in the GNAC in the 60-meter hurdles (8.97) and will also be a factor in the pentathlon.

Senior Makenna Hansen ran 7.66 seconds in the 60 meters in Spokane last week, tying her for No. 10 on the GNAC all-time list.

Senior Austin Albertin has the conference's second-best time in the men's 400 (49.09). Senior Tysen Campbell is tied for second in the men's pole vault (17-7.25) while junior Zachary Davis is a close third in the 60 meters (7.01). The Wildcats are the defending champion from 2020 in the women's 4x400-meter relay.

### MEN

Name	Yr.	Hometown
Austin Albertin	Sr.	Finley, Wash.
Trevor Allen	Sr.	Lake Stevens, Wash.
Tysen Campbell	Sr.	Granite Falls, Wash.
Shawn Clough	Jr.	Port Orchard, Wash.
Zachary Davis	Sr.	Seattle, Wash.
Logan Easley	So.	East Wenatchee, Wash.
Wyatt Franklin	So.	Ellensburg, Wash.
Rajesh Gill	Sr.	Federal Way, Wash.
Chris Hines	Jr.	Steilacoom, Wash.
Bryan Sidor	Sr.	Aberdeen, Wash.
Tre Silva	Jr.	Nooksack, Wash.
Spencer Solvberg	Sr.	Marysville, Wash.
Jacob Thompson	Sr.	Mililani, Hawaii
Bobby Widmar	Sr.	Sparks, Nev.
Aiden Wise	Fr.	Ridgefield, Wash.
Omar Young	Jr.	Auburn, Wash.

### WOMEN

Name	Yr.	Hometown
Brenna Board	Jr.	Mill Creek, Wash.
Erica Cabanos	So.	Puyallup, Wash.
Lauryn Chandler	Jr.	Bremerton, Wash.
Madison Child	Sr.	Camas, Wash.
Allison Coleman	So.	Richland, Wash.
McCall DeChenne	Jr.	Ephrata, Wash.
Payton Elenbaas	So.	Lynden, Wash.
Caitlin Gohr	Sr.	Anchorage, Alaska
Kiarra Green	Jr.	Marysville, Wash.
Kylie Griffin	Jr.	Oregon City, Ore.
Makenna Hansen	Sr.	Lacey, Wash.
Jenna Heesacker	Sr.	Issaquah, Wash.
E'lexis Hollis	So.	Ellensburg, Wash.
Kay Lester	Sr.	Othello, Wash.
Meredith Massey	Jr.	Kennewick, Wash.
Molly Mattson	Sr.	Selah, Wash.
Jazmin Mendoza	Fr.	Stevenson, Wash.
Audrey Moore	Sr.	East Wenatchee, Wash.
Alexa Neff	So.	Pasco, Wash.
Yareli Ochoa	Sr.	Marysville, Wash.
Mercedes Pesina	So.	Pasco, Wash.
Sarah Sewell	Fr.	Mill Creek, Wash.
Meghan Smallbeck	Sr.	Tacoma, Wash.
Madison Thompson	Fr.	Ellensburg, Wash.
Juliette Williams	So.	Arlington, Wash.
Makaylee Young	Fr.	Hermiston, Ore.

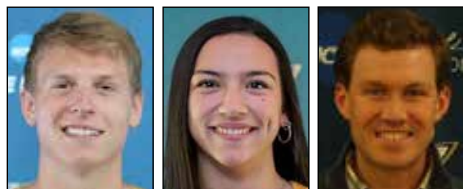
**Head Coach:** Kevin Adkisson

**Assistants:** Brittany Aanstad, Bryan Mack, Bryan Contreras, Wyatt Meyring, JT Statler

## 2022 GNAC Indoor Track & Field Championships

### Montana State Billings

# YELLOWJACKETS



Straus Lynn Woehl

With larger rosters and several school records broken this season, Montana State Billings is showing significant signs of growth.

Freshman Kendall Lynn has broken the women's triple jump record multiple times and enters the meet fourth in the GNAC at 36 feet, 0.75 inches, and is ranked sixth in the long jump (17-4.75). Freshman Benjamin Ralston broke the MSUB men's 400-meter record last week with a time of 50.71 seconds.

Junior Kailee Stoppel paces the Yellowjackets' women's efforts on the track, ranking seventh in the GNAC in the 800 meters (2:23.59) and eighth in the 3,000 meters (10:45.34).

In the distances, junior Ase Ackerman and Logan Straus have duelled each other all season and to each other's benefit. Ackerman enters the meet ranked No. 7 in the GNAC in the men's mile (4:16.67) while Straus is No. 10 in the 3,000 meters (8:39.52). Freshman Coen Giusti leads MSUB in the men's field events, ranking sixth in the conference in the weight throw (49-6.5).

#### MEN

Name	Yr.	Hometown
Ase Ackerman	Jr.	Glendive, Mont.
Braden Anderson	Fr.	Dillon, Mont.
Jackson Bailey	Fr.	Missoula, Mont.
Isaac Cliff	Fr.	Roundup, Mont.
Bryant Edgerton	Jr.	Townsend, Mont.
Brandon Geck	Fr.	Huntley, Mont.
Bradley Graves	So.	Ballantine, Mont.
Coen Giusti	Fr.	Boulder, Mont.
Lucas Harper	Jr.	Billings, Mont.
Carson Jessop	Sr.	Pinesdale, Mont.
Ryder Klein	Fr.	Roundup, Mont.
Jordan Lahi	Jr.	Zuni, N.M.
Garrett McMillen	Fr.	Park City, Mont.
Favor Okere	So.	Rock Springs, Wyo.
Bryce Olson	Fr.	Three Forks, Mont.
Jordi Peiro	Fr.	Apple Valley, Calif.
Benjamin Ralston	Fr.	Boise, Idaho
Jon Rocha	Fr.	Othello, Wash.
Logan Straus	Jr.	Billings, Mont.
William Ullery	Fr.	Fort Benton, Mont.

#### WOMEN

Name	Yr.	Hometown
Bossan Abdyeva	Fr.	Mary, Turkmenistan
Emmah Baughman	Fr.	Alberton, Mont.
Sophia Bohl	Fr.	Billings, Mont.
Chantel Chase	Fr.	Pompeys Pillar, Mont.
Aubrie Christman	Fr.	Helena, Mont.
Annelise Clark	Fr.	Glenrock, Wyo.
Jordan Cookman	Fr.	Forsyth, Mont.
Sierra Durbin	Jr.	Moore, Mont.
Faith Ekness	Fr.	Shepherd, Mont.
Marley Glessner	Fr.	Frenchtown, Mont.
Taylor Gordon	Fr.	Eagle, Idaho
Kylee Halpin	Fr.	Bozeman, Mont.
Katelyn Hamill	Fr.	Helena, Mont.
Whitney Herden	Fr.	Belfry, Mont.
Maisie Hoskins	So.	Fareham, United Kingdom
Anna Jessop	Fr.	Pinesdale, Mont.
Michaela Johnson	Sr.	Billings, Mont.
Brynn Jolma	So.	Winnett, Mont.
Grace Jones	Fr.	Helena, Mont.
Dakota Lobmeyer	Fr.	Cheyenne, Wyo.
Kendall Lynn	Fr.	Three Forks, Mont.
Kaitlin Mason	Jr.	Great Falls, Mont.
Ryann Moline	Fr.	Brockway, Mont.
Riley Noser	Fr.	Glasgow, Mont.
Madeline Severson	Fr.	Manhattan, Mont.
Izzy Siegle	Fr.	Glendive, Mont.
Shauna Stene	Fr.	Billings, Mont.
Kailee Stoppel	Jr.	Billings, Mont.
Skyler Taylor	Fr.	Aberdeen, Wash.
Madison Thompson	Jr.	Fort Benton, Mont.
Aspen Tolman	Fr.	Westminster, Colo.
Danara Tulimaiau	Fr.	Billings, Mont.
Ally Whitmer	Jr.	Pocatello, Idaho
Kit Wiersema	Fr.	Manhattan, Mont.
Kendra Woods	Fr.	Billings, Mont.
Abbi Zent	Fr.	Meridian, Idaho

Head Coach: Jonathan Woehl

Assistants: Nels Flanagan, Taylor Stringari, Kevin Bjerke, Zach Girard, Dillon Gongloewski, Austin Lindquist

### Northwest Nazarene

# NIGHTHAWKS



Hendry Wood Bowman

Despite a late start to the indoor season, Northwest Nazarene enters the GNAC Championships with a number of title contenders.

Junior Abbey Wood will be among the competitive field in the women's 60 meters. Her best of 7.72 seconds is just short of the NNU record and among six GNAC athletes this season who have run under 7.75 seconds. Freshman Kinsey Langin established the top mark in the conference in the women's pole vault, reaching 11 feet, 9.75 inches at the WSU Open.

Freshman Steven Schmidt went 6 feet, 9 inches in the men's high jump at the Mountain State Games, leading the conference and ranking 24th in Division II. Sophomore Turner Nye leads the GNAC in the heptathlon with an NCAA Championships provisional qualifying score of 4,798 points. Junior Tyler Shea set the NNU record in the men's 3,000 meters (8:31.60) at the WSU Open.

Junior Colton Burr (57-7) and sophomore Dylan Hendry (55-10.5) are Nos. 1 and 2 in the conference, respectively, in the men's weight throw while Hendry is second in the conference in the shot put (47-9).

#### MEN

Name	Yr.	Hometown
Bryan Bach	Fr.	Chehalis, Wash.
Josh Beck	Fr.	Oregon City, Ore.
Aaron Berger	Jr.	Torrington, Wyo.
Hunter Braseth	Fr.	Boise, Idaho
Dylan Breuer	Fr.	Bothell, Wash.
Colton Burr	Jr.	Weiser, Idaho
Elijah Castro	Sr.	Grants Pass, Ore.
Treyson Conley	So.	Redmond, Ore.
Quincy Ellis	Fr.	Boise, Idaho
Chandler Emerson	Fr.	Eagle, Idaho
Jeffrey Fairbanks	Jr.	Medford, Ore.
Bryson Gonzalez	Fr.	Nampa, Idaho
Magnus Hemingway	Fr.	Meridian, Idaho
Dylan Hendry	Jr.	New Plymouth, Idaho
Drew Hollenbeck	Fr.	Bonney Lake, Wash.
Sylvanus Hunt	Fr.	Kennewick, Wash.
Derek Knight	Fr.	Nampa, Idaho
William Koenig	Fr.	Yakima, Wash.
Norman Kosgei	Jr.	Eldoret, Kenya
Lars Lamb	Fr.	Bothell, Wash.
Turner Nye	So.	Medford, Ore.
Gerohm Rihari	Fr.	Sugar City, Idaho
Cody Robbins	Jr.	Meridian, Idaho
Hunter Romine	Fr.	Valencia, Calif.
Steven Schmidt	Fr.	Battle Ground, Wash.
Brody Schut	So.	Eagle, Idaho
Colton Sedlacek	Jr.	Parma, Idaho
Tyler Shea	Jr.	Spokane, Wash.
Jacob Steele	Fr.	Nampa, Idaho
Braden Swaney	Fr.	Kennewick, Wash.
Cade Van Boven	Fr.	Everson, Wash.
Laurenz Waldbauer	Fr.	Vilsbiburg, Germany
Cade Westrich	Fr.	Lynden, Wash.
Shalkar Wilkins	Fr.	Hillsboro, Ore.
Cameron Willey	Jr.	Yakima, Wash.
Nicholas Wong	Fr.	Boise, Idaho

#### WOMEN

Name	Yr.	Hometown
Ellie Alberts	So.	Cashmere, Wash.
Daphne Auxier	Fr.	Payette, Idaho
Katie Baniaga	Fr.	Boise, Idaho
Kayla Baniaga	Fr.	Boise, Idaho
Kalen Belton	So.	Zillah, Wash.
Kalli Brence	Fr.	Middleton, Idaho
Nizhoni Buckway	Fr.	Coalville, Utah
Ashanti Byrd	Fr.	Boise, Idaho
Julie Cheney	Fr.	Meridian, Idaho
Emma Clark	So.	Melba, Idaho
Laine DeJong	Fr.	Lynden, Wash.
Kaitlyn Drury	Fr.	Cascade, Idaho
Ellie Earnest	Fr.	Nampa, Idaho
Chloe Edmiston	Fr.	Nampa, Idaho
Haylee Facer	Fr.	Weiser, Idaho
Corinne Fernandez	Fr.	Meridian, Idaho
Madyson Fouse	Fr.	Pocatello, Idaho
Alejandra Gomez	Fr.	Cabo, Mexico
Hailey Graham	Fr.	Kelso, Wash.
Destany Herbert	So.	Pomeroy, Wash.
Dakota Hutton-King	Jr.	Sun Valley, Idaho
Alexie Johnson	Fr.	Boise, Idaho
Kalyssa Kempthorn	Fr.	Lake Oswego, Ore.
Olivia Klein	Fr.	Meridian, Idaho
Miya Koch	Fr.	Boise, Idaho
Isabelle Kronz	Fr.	Nampa, Idaho
Kinsey Langin	Fr.	Meridian, Idaho
Olivia Mancinelli	Fr.	Kennewick, Wash.
Madelyn Martin	Fr.	Oroville, Wash.
Emily McMahon	Fr.	Prescott, Ariz.
Elizabeth McMullen	Fr.	Ilwaco, Wash.
Alyssa Quinn	Fr.	Meridian, Idaho
Shayna Williams	Fr.	Nampa, Idaho
Olivia Williamson	Fr.	Caldwell, Idaho
Abbey Wood	Jr.	Ontario, Ore.
Jordan Woods	So.	Meridian, Idaho
Savanna Wooddy	Fr.	Vancouver, Wash.

Head Coach: Danny Bowman

Associate Head Coach: Ben Gall

Assistants: Jeff Eastman, Shane Peterson, John Mahr

# 2022 GNAC Indoor Track & Field Championships

## Saint Martin's

# SAINTS



Schulz



Cabrera



Carter

Under interim head coach Scott Carter, Saint Martin's is establishing a new baseline for the program with a young roster.

On the men's side, sophomore Andrew Boyd is fourth in the GNAC in the 60-meter hurdles (8.52). Sophomore Andrew Schulz ranks ninth in the conference in the long jump (21-6.25) and will be among the competitors in the 60 meters (7.24). Junior Micah Au-Paupu is ninth in the shot put (43-6.5).

For the women, freshman Sara Sabra ranks fourth in the conference in the 5,000 meters at 19:02.03 while freshman Kya Ramirez is sixth at 20:15.8. Freshman Cassidy Walchak-Sloan has the sixth-best time in the 800 meters at 2:19.99. In the field events, freshman Phoebe Young is sixth in the pole vault (11-7) and senior Brianna Cabrera is 11th (10-2.75).

MEN		
Name	Yr.	Hometown
Donovan Albert	Jr.	Montesano, Wash.
Andrew Alfred	Jr.	Valley Springs, Calif.
Landon Armstrong	So.	Seattle, Wash.
Micah Au-Haupu	Jr.	Pukalani, Hawaii
Steven Baltz	Fr.	Puyallup, Wash.
Andrew Boyd	So.	Olympia, Wash.
Isaac Cortes	Fr.	Granite Falls, Wash.
Miguel De LaMelena	Sr.	Vancouver, Wash.
Jaskaran Dhatt	So.	Bellingham, Wash.
Josh Eiland	Jr.	Centralia, Wash.
Jack Farrell	Jr.	Lacey, Wash.
Zach Franco	So.	Lakewood, Wash.
Nicholas Georgia	Fr.	Honolulu, Hawaii
Michael Harwell	Fr.	Freeland, Wash.
Brandon McMillian-Thomas	Jr.	Kent, Wash.
Kainalu Pagente	Fr.	Pearl City, Hawaii
Noa Peralta	Sr.	Olympia, Wash.
Esteban Quiyono	Sr.	Bothell, Wash.
Noah Roberts	Jr.	Ewa Beach, Hawaii
Michael Russell	Jr.	Lake Tapps, Wash.
Andrew Schulz	So.	Pe Ell, Wash.
Noah Simons	Fr.	Lacey, Wash.
Lance Slichko	Jr.	Puyallup, Wash.
Joshua Tanicala	Jr.	Pukalani, Hawaii
Marquees Wade	So.	Tacoma, Wash.
Rudu Wani	So.	Tacoma, Wash.

WOMEN		
Name	Yr.	Hometown
Cree Bell	So.	Hamilton, Ont.
Peyton Bodi	So.	Monroe, Ore.
Annika Briggs	So.	Spokane, Wash.
Abby Burton	So.	Medford, Ore.
Judy Ann Cabico	So.	Ewa Beach, Hawaii
Brianna Cabrera	Jr.	Chino, Calif.
Abigail Carlson	Fr.	Yelm, Wash.
Jackie Cazares-Blas	Fr.	Puyallup, Wash.
Gabriela Cintron	So.	Puyallup, Wash.
Hannah Cook	So.	Raymond, Wash.
Naomi Hartley	So.	Puyallup, Wash.
JaTarya Hoskins	Fr.	Coupeville, Wash.
Madison Johnson	Fr.	Wenatchee, Wash.
Eden Mortensen	So.	Tacoma, Wash.
Kya Ramirez	Fr.	Yelm, Wash.
Sara Sabra	Fr.	Lincoln, Calif.
Jocelyn Saribay	Fr.	Waipahu, Hawaii
Alisha Saucedo	Fr.	Federal Way, Wash.
Claire Skaggs	Fr.	Bellingham, Wash.
Maddy Vu	Fr.	Olympia, Wash.
Cassidy Walchak-Sloan	Fr.	Olympia, Wash.
Kierrla Yates	So.	Longview, Wash.
Phoebe Young	Fr.	Silt, Colo.
Margaret Zilla	So.	Olympia, Wash.

Interim Head Coach: Scott Carter

Assistants: Dwight Midles, Marc Fish, Kaycee Selga, John Schultz, Mikel Hildebrandt, Dylan Chism

## Seattle Pacific

# FALCONS



Gordon



Esvelt



Lerum

As in past years, eyes will be on Seattle Pacific's women to see if they can win their third indoor title in the last five years.

Sophomore Annika Esvelt will be among the favorites in the women's 3,000 and 5,000 meters. Esvelt's time of 16:31.74 in the 5,000 is No. 7 on the GNAC all-time list and sixth in Division II. Her time of 9:38.43 in the 3,000 is No. 9 on the GNAC list and No. 18 in Division II. Freshman Ellie Rising sits at No. 2 in the GNAC in the 800 meters (2:15.01).

The Falcons contribute to a loaded field in the women's 60 meters. Senior Peace Igbonagwam's time of 7.65 seconds is No. 9 on the GNAC all-time list. The defending champion in the long jump, she has the best mark in the GNAC this season at 18-4.5. Senior Jenna Bouyer is tied for No. 10 in the 60 at 7.66 seconds. Igbonagwam and Bouyer also rank in the GNAC season top-five in the 200 and 400 meters.

Junior David Njeri leads the SPU men with the conference's leading mark in the triple jump. His 49 feet, 0.75 inches mark ranks 18th in Division II. Sophomore Jeff Gordon ranks No. 5 in the 200 meters (22.48) and is 10th in the 60 meters.

MEN		
Name	Yr.	Hometown
Isaiah Archer	Fr.	Silverdale, Wash.
Brad Bowman	So.	Tacoma, Wash.
Evan Carpenter	So.	Bellevue, Wash.
Gabe Endresen	Fr.	Mill Creek, Wash.
Jeff Gordon	So.	Stafford, Va.
Darius Holmes	So.	Klamath Falls, Ore.
Brennan LeBlanc	Fr.	Duvall, Wash.
Kainoa Lee	So.	San Leandro, Calif.
Rory McClelland	Fr.	Issaquah, Wash.
David Njeri	Jr.	Tacoma, Wash.
Jon Owen	So.	Valrico, Fla.
Ben Sheirbon	Fr.	Wilsonville, Ore.
Julius Shepherd	So.	Fairfield, Calif.
Drew Thompson	Fr.	Wilmington, N.C.
Gabe Woodard	Fr.	Everett, Wash.

WOMEN		
Name	Yr.	Hometown
Jenna Bouyer	Sr.	University Place, Wash.
Johanna Brown	Fr.	Enumclaw, Wash.
Lizzy Daugherty	So.	Lake Stevens, Wash.
Annika Esvelt	So.	Spokane, Wash.
McKenzie Fletcher	Fr.	Coeur d'Alene, Idaho
Aniya Green	So.	Dupont, Wash.
Charlie Hill	Fr.	Oregon City, Ore.
Peace Igbonagwam	Sr.	Fairview, Ore.
Madison Licari	Sr.	Milton, Wash.
Emily Northey	Sr.	Brier, Wash.
Ellie Rising	So.	Goldendale, Wash.
Charisma Smith	So.	Fife, Wash.
Nicki Yorges	Fr.	Eugene, Ore.

Head Coach: Karl Lerum

Associate Head Coach: Chris Reed

Assistant: Kate Carlson

# SIMON FRASER



Ahl Willett Townsend

The men's and women's cross country champions in the fall, Simon Fraser will make a case to sweep both titles during the indoor season.

Junior Aaron Ahl enters as one of the top men's distance runners in Division II. His GNAC record time of 3:57.95 is the second-fastest in Division II history. Ahl also owns the top time in Division II this season the 3,000 (7:53.89). Sophomore Charlie Dannatt is the defending champion in the mile and has a best of 4:07.28 this season.

Sophomore Callum Robinson set the GNAC record in the 200 meters at last week's Whitworth Invitational, clocking a time of 21.40 seconds that is 14th in Division II this season.

Senior Alison Andrews-Paul has the No. 2 time in Division II in the women's 800, a 2:05.75 that is second-fastest in GNAC history. Junior Megan Roxby leads the conference in the women's mile while senior Olivia Willett is No. 2 in the 3,000 meters.

Freshman Marie-Eloise Leclair ran 7.60 seconds in the women's 60 meters last week in Spokane, the fifth-fastest in GNAC history, and also owns the eighth-fastest time in GNAC history in the 200 (24.75).

MEN			WOMEN		
Name	Yr.	Hometown	Name	Yr.	Hometown
Aaron Ahl	Jr.	Calgary, Alta.	Alison Andrews-Paul	Sr.	Ohope Beach, New Zealand
Felix Allen	Fr.	Langley, B.C.	Erika Binder	Fr.	Calgary, Alta.
Scott Arndt	Fr.	Waterloo, Ont.	Claire Bosma	Fr.	Richmond, B.C.
Nicholas Bauernschmitt	Jr.	Pembroke, Ont.	Kate Cameron	Fr.	Nanaimo, B.C.
Jeremy Belcher	Fr.	New Westminster, B.C.	Emily Chilton	Sr.	New Westminster, B.C.
Kirubel Bogale	Fr.	Surrey, B.C.	Kaitlyn Hanger	Fr.	Burnaby, B.C.
Sebastian Brinkman	Fr.	Bellevue, Wash.	Jordan Jacobs	So.	Langley, B.C.
Paul Buckingham	Jr.	Langley, B.C.	Milena Kalisch	Fr.	New Westminster, B.C.
Jose Castro	Fr.	Brampton, Ont.	Sydney Kania	So.	Sydney, Australia
Tomas Chapman	So.	Vancouver, B.C.	Marie-Eloise Leclair	Fr.	Candiac, Que.
Jarrett Chong	So.	Port Coquitlam, B.C.	Emily Lindsay	Jr.	Duncan, B.C.
Charlie Dannatt	So.	North Vancouver, B.C.	Zuzanna Liniewski	Fr.	Burnaby, B.C.
Blake Furtado	So.	Saanich, B.C.	Estella Mainella	Fr.	Surrey, B.C.
Mitchell Gibbs	Fr.	Surrey, B.C.	Ella Marion	Fr.	Calgary, Alta.
Aiden Good	Fr.	Carstairs, Alta.	Maddy Paugh	Fr.	Nanaimo, B.C.
Nickolas Kuzyk	Fr.	Maple Ridge, B.C.	Charlotte Prangley	Fr.	North Vancouver, B.C.
Zackary Kuzyk	Sr.	Maple Ridge, B.C.	Kennedy Primrose	Fr.	Surrey, B.C.
Jorin Lenton	So.	Maple Ridge, B.C.	Alicia Ranahan	Fr.	North Vancouver, B.C.
Micah Logie	Fr.	Surrey, B.C.	Dominique Ronse	Fr.	Langley, B.C.
Ephrem Mekonnen	So.	Burnaby, B.C.	Megan Roxby	Jr.	North Vancouver, B.C.
Michael Miller	Fr.	White Rock, B.C.	Carly Seemann	Fr.	Coquitlam, B.C.
Brendan Moore	So.	Calgary, Alta.	Natasha Smigelski	Fr.	Coquitlam, B.C.
Jesaiah Penson-McCoy	Fr.	Surrey, B.C.	Elizabeth Vanderput	Fr.	Calgary, Alta.
Joel Perriard	So.	Ukraine	Danielle Waller	Jr.	Surrey, B.C.
Callum Robinson	So.	Goderich, Ont.	Olivia Willett	Sr.	Coquitlam, B.C.
Henry Ruckman-Utting	Fr.	Burnaby, B.C.			
Jordan Schmidt	So.	Langley, B.C.			
Kaito Suzuki	So.	Tokyo, Japan			
Andrew Thomson	Fr.	Abbotsford, B.C.			

Head Coach: Brit Townsend

Assistants: Jessica Brockerville, Tom Dickson, Jerrold Jones, Don Allemeers, Lindsey Butterworth, Cameron Proceviat

# Western Oregon WOLVES



Collins Hopwood Gillespie-Bennett

A young lineup provides Western Oregon strength in all the major disciplines.

Sophomore Ana Popchock set the WOU record in the women's 60-meter hurdles two ago and has the top time in the conference at 8.83 seconds. She also owns the No. 2 mark in the GNAC in the triple jump (36-10.5). Sophomore Jenelle Hurley owns an NCAA Championships provisional qualifying mark in the pentathlon with 3,346 points and has the No. 2 GNAC mark in the long jump (18-3.25).

Sophomore Maya Hopwood will vie for titles in both the 60 meters (7.82) and the 200 meters (26.43) while junior Caitlin Heldt ranks No. 2 in the GNAC in the 5,000 (17:43.91) and No. 3 in the 3,000 (10:07.50).

Sophomore Hunter Hutton leads the Wolves' men, owning an NCAA championships provisional time in the mile at 4:07.05. Sophomore Marley Harrison ranks No. 2 in the conference in the triple jump (44-3.5). Senior Owen Collins ranks No. 3 in the shot put (47-4.5) and senior Sam Cole is No. 4 in the weight throw (51-7.75). Junior JJ Walker will vie for the title in the pentathlon.

MEN			WOMEN		
Name	Yr.	Hometown	Name	Yr.	Hometown
Talon Aguilar	Fr.	Maple Valley, Wash.	Josie Ackerman	Fr.	Seattle, Wash.
Gabe Arce-Torres	So.	Lincoln City, Ore.	Bethanie Altamirano	So.	Independence, Ore.
Carson Austin	Fr.	Albany, Ore.	Krystal Andres	Fr.	Salem, Ore.
Gabriel Burchfield	Fr.	Grants Pass, Ore.	Hailey Blue	Fr.	Sherwood, Ore.
Riley Clark	Fr.	Hermiston, Ore.	Kaylin Cantu	So.	Mount Angel, Ore.
Sam Cole	Sr.	Monmouth, Ore.	Emellia Carpenter	Fr.	Elmira, Ore.
Owen Collins	Sr.	Portland, Ore.	Rilee Carstensen	Fr.	Newberg, Ore.
Justin Conklin	So.	The Dalles, Ore.	Katie Chapman	Fr.	Lowell, Ore.
Danny Cossette	Fr.	Medford, Ore.	Danielle Clem	So.	Sherwood, Ore.
Keanu Daos	Jr.	Kennewick, Wash.	Macy Clemens	Fr.	Klamath Falls, Ore.
Cedar Davis-Frankfort	Fr.	Grants Pass, Ore.	Natalie Clemente	Fr.	Fairbanks, Alaska
James Duane	Fr.	Medford, Ore.	Amity Deters	Fr.	Amity, Ore.
Chase Eckenfels	So.	Kailua, Hawaii	Luz Garcia	So.	Los Angeles, Calif.
Jacob Flury	So.	Lake Oswego, Ore.	Moana Gianotti	Jr.	Riddle, Ore.
Aero Franklin	Fr.	Bandon, Ore.	Peyton Green	Fr.	Tigard, Ore.
Austin Goldstein	Sr.	Sherwood, Ore.	Halle Hargett	Fr.	Newport, Ore.
Aaron Hanible	So.	Brentwood, Calif.	Madison Hargett	Jr.	Newport, Ore.
Marlon Harrison	So.	Las Vegas, Nev.	Jessy Hart	Fr.	Sweet Home, Ore.
Devin Hasher	Jr.	Pilot Rock, Ore.	Caitlin Heldt	So.	Savannah, Ga.
Amari Hendrix	Fr.	Hillsboro, Ore.	Maya Hopwood	So.	Bend, Ore.
Hunter Hutton	So.	Bandon, Ore.	Jenelle Hurley	So.	Grants Pass, Ore.
Jordan Kemper	Fr.	Ashland, Ore.	Logan Jackson	So.	Richland, Wash.
Emmett Klus	So.	Burns, Ore.	Emily Johnson	Fr.	The Dalles, Ore.
Dominique Loggins	Fr.	Tualatin, Ore.	Kaitlyn Kruse	Fr.	Troutdale, Ore.
James Mazzeo	So.	Costa Mesa, Calif.	Madeline Lambing	Fr.	Hillsboro, Ore.
Jaden McCabe	Fr.	Bend, Ore.	Lindie Larson	Fr.	Redding, Calif.
Dustyn McKenney	Fr.	Buchanan, Calif.	Josie Lavato	Fr.	Buffalo, Minn.
Bryce Mefford	Fr.	Lake Stevens, Wash.	Kaiya Leamy	Fr.	Corvallis, Ore.
Maxwell Moore	Jr.	Newport, Ore.	Liliana Lyness-Morales	Fr.	Mill City, Ore.
Eli Nafziger	So.	Albany, Ore.	Lyndee McLaughlin	So.	Klamath Falls, Ore.
Easton Pomrankey	Fr.	Kettle Falls, Wash.	Emily Moore	Fr.	Bend, Ore.
Timothy Rambo	Fr.	Auburn, Wash.	Kalulusno Ngaida	Jr.	Aumsville, Ore.
Keeton Sanchez	Fr.	Buckeye, Ariz.	Ana Popchock	So.	Maupin, Ore.
Matthew Schenk	Fr.	Central Point, Ore.	Shannon Smith	Fr.	Bandon, Ore.
Billie Smith	So.	Cody, Wyo.	Maliyah Thompson	Fr.	Salem, Ore.
Wyatt Smith	Fr.	Oakland, Ore.	Taryn Wilson	So.	San Juan Capistrano, Calif.
Brennen Sorah	Fr.	Adair, Ore.	Kaylee Wright	So.	John Day, Ore.
Caleb Southworth	Fr.	Milwaukie, Ore.			
Deshaun Stevens	So.	Peyton, Colo.			
Jake Thompson	Fr.	Newberg, Ore.			
Miguel Villar	So.	Madera, Calif.			
JJ Walker	Jr.	Everett, Wash.			
Mark Warren	Jr.	Warrenton, Ore.			

Head Coach: Octavian Gillespie-Bennett

Assistants: Zach Holloway, Emily Vala-Haynes,

Cody Warner, Matt Lydum, Max Lydum, Branko Djuricic

# 2022 GNAC Indoor Track & Field Championships

## Western Washington

# VIKINGS



Franks



Crocker



Halsell

The two-time defending men's champions (2019 & 2020), Western Washington has the depth to make three in a row.

Senior Mac Franks has come into his own, setting the WWU records for both the 800 meters and the 3,000 meters. His time of 8:09.40 in the 3,000 is the fourth-fastest in GNAC history while his 1:51.47 in the 800 is seventh.

Junior Ethan Sterkel is the defending champion in the long jump and equaled his WWU record in the event this season at 23 feet, 9.5 inches. Freshman Hunter Flick owns the conference record in the 60-meter hurdles at 8.07 seconds and ranks No. 15 in Division II this season. Sophomore Kevin McDermott leads the GNAC in the 5,000 (14:26.03), junior Cooper Cummings tops the list in the pole vault (14-9) and senior Ben Malquist leads in the shot put (52-2.5).

Junior Aliyah Dawkins leads the WWU women with her conference-leading mark in the high jump at 5 feet, 6 inches. Junior Brook Wedin ranks third in the 5,000 (18:03.99) and fourth in the 3,000 (10:17.84). Freshman Mia Crocker is fifth in the GNAC in the 800 meters (2:18.89) as is freshman Ila Davis in the mile (5:10.66).

MEN			WOMEN		
Name	Yr.	Hometown	Name	Yr.	Hometown
Lucas Brenek	Fr.	Honolulu, Hawaii	Naomi Bates	Fr.	Honolulu, Hawaii
Ethan Bursch	Fr.	Shelton, Wash.	Caitlyn Cheney	Fr.	Ellensburg, Wash.
Sonny Chim	Sr.	Kelso, Wash.	Carmen Cleveland Barrera	Fr.	Onalaska, Wash.
Cooper Cummings	Jr.	Lake Stevens, Wash.	Kaylee Coble	Fr.	Wenatchee, Wash.
Seren Dances	Jr.	Port Townsend, Wash.	Taliah Coe	Jr.	Renton, Wash.
Mark Daniels	Jr.	Seattle, Wash.	Mia Crocker	Fr.	Sammamish, Wash.
Jaden Edwards	Fr.	Ladera Ranch, Calif.	Mattison Crook	Fr.	Des Moines, Wash.
Kale Engebretsen	So.	Enumclaw, Wash.	Ila Davis	Fr.	Spokane, Wash.
Hunter Flick	Fr.	La Verne, Calif.	Aliyah Dawkins	Jr.	North Mankato, Minn.
Mac Franks	Jr.	Lake Forest Park, Wash.	Alexandra Dorn	Fr.	Seattle, Wash.
Jeret Gillingham	Fr.	Sandy, Ore.	Jasmine Kaufman	Fr.	Las Vegas, Nev.
Ryan Greenwalt	So.	Kirkland, Wash.	Leanne Kibbee	Jr.	Milford, Mass.
Tyrel Halme	Fr.	Amboy, Wash.	Shawnee Konrad	Sr.	Mead, Wash.
Ryan Henry	Fr.	Dallas, Texas	Matty Lagerwey	So.	La Conner, Wash.
Will Henry	Fr.	Park City, Utah	Estera Levinte	Fr.	Bothell, Wash.
Jalen Javurek	Fr.	Portland, Ore.	Lainnie Lyamba	Jr.	Port Angeles, Wash.
Noah Johnson	Jr.	Bellingham, Wash.	Delphine Maurer	Fr.	San Diego, Calif.
Ryan Kenny	Fr.	Everett, Wash.	Jessica Neal	So.	Lacey, Wash.
Trent Kibler	Fr.	Tumwater, Wash.	Eugenia Palko	Fr.	Port Orchard, Wash.
Brock Knowles	Fr.	Shelton, Wash.	Katie Potts	So.	Everett, Wash.
Kaleb Korta	Jr.	Galena, Alaska	Jamie Sanford	Jr.	San Diego, Calif.
Brian Le	Fr.	Tumwater, Wash.	Annie Tran	Fr.	Everett, Wash.
Jerrold Lee	Sr.	Lake Stevens, Wash.	Brook Wedin	Jr.	Mora, Minn.
Ben Malquist	Sr.	Bellingham, Wash.	Raine Westfall	So.	Port Angeles, Wash.
Iyan Manju	Jr.	Bellingham, Wash.	Sophie Wright	Fr.	Palmer, Alaska
Cyrus McAllister	Jr.	Shoreline, Wash.			
Kevin McDermott	So.	Port Orchard, Wash.			
Nick McIver	Fr.	Snohomish, Wash.	<b>Head Coach:</b> Pee Wee Halsell		
Damian Mercado	So.	Maple Valley, Wash.	<b>Assistants:</b> Eric Dudley, Ben Stensland, T.J. Garlatz,		
Jon Oglesby	Sr.	Athens, Ga.	Damien Fisher, DJ Brown		
Denzel Pinto	Fr.	Beaverton, Ore.			
Kacey Provo	So.	Auburn, Wash.			
Alec Ritter	So.	Enumclaw, Wash.			
Sean Sands	Fr.	Pine, Colo.			
Beau Sheeran	Sr.	Beaverton, Ore.			
Ethan Sterkel	Jr.	Longview, Wash.			
Landon Sturdevant	Fr.	Ferndale, Wash.			
Drew Weber	So.	Vancouver, Wash.			
Bryant Welch	Sr.	Burien, Wash.			
Quinn Wilcox	Fr.	Portland, Ore.			
Ryan Witters	Jr.	Bothell, Wash.			
Tyrone Woodard	Fr.	Bothell, Wash.			

# GNAC National Top 20 Qualifiers

Provisional Qualifying Marks As Of Feb. 13, 2022

MEN					WOMEN				
Event	Athlete	Mark	Rank	Date	Event	Athlete	Mark	Rank	Date
200 Meters	Callum Robinson, SFU	21.40	14th	2/12/22	60 Meters	Marie-Eloise Leclair, SFU	7.60	T-18th	2/12/22
800 Meters	Mac Franks, WWU	1:51.47	28th	1/28/22		Peace Igbonagwam, SPU	7.65	T-32nd	2/12/22
	Paul Buckingham, SFU	1:52.23	40th	2/12/22		Jenna Bouyer, SPU	7.66	T-35th	2/12/22
	Aidan Good, SFU	1:52.39	44th	1/30/22		Makenna Hansen, CWU	7.66	T-35th	2/12/22
	Will Henry, WWU	1:52.82	55th	12/11/21	200 Meters	Marie-Eloise Leclair, SFU	24.75	T-24th	2/12/22
Mile	Aaron Ahl, SFU	3:57.95	1st	1/30/22	400 Meters	Emily Lindsay, SFU	56.38	25th	2/12/22
	Hunter Hutton, WOU	4:07.05	23rd	2/11/22		Tylantiss Atlas, UAA	56.42	27th	2/12/22
	Charlie Dannatt, SFU	4:07.28	28th	2/12/22	800 Meters	Alison Andrews-Paul, SFU	2:05.75	2nd	2/12/22
	Mac Franks, WWU	4:08.41	36th	1/15/22	Mile	Megan Roxby, SFU	4:57.67	48th	1/28/22
	Henry Ruckman-Utting, SFU	4:09.10	43rd	1/30/22	3,000 Meters	Annika Esvelt, SPU	9:38.43	18th	2/12/22
	Kevin McDermott, WWU	4:10.37	59th	2/5/22		Olivia Willett, SFU	9:50.83	40th	1/28/22
3,000 Meters	Aaron Ahl, SFU	7:53.89	1st	1/15/22	5,000 Meters	Annika Esvelt, SPU	16:31.74	6th	1/28/22
	Mac Franks, WWU	8:09.40	23rd	2/11/22	60m Hurdles	Ana Popchock, WOU	8.83	T-31st	2/4/22
	Scott Arndt, SFU	8:12.90	32nd	1/30/22	4x400 Relay	Simon Fraser	3:46.38	5th	1/28/22
	Coleman Nash, UAA	8:16.42	56th	2/11/22		(Binder, Andrews-Paul, Leclair, Lindsay)			
	Kevin McDermott, WWU	8:19.37	66th	1/15/22	DMR	Simon Fraser	11:36.75	5th	1/30/22
5,000 Meters	Kevin McDermott, WWU	14:26.03	43rd	2/11/22		(Roxby, Lindsey, Chilton, Andrews-Paul)			
	Coleman Nash, UAA	14:29.18	22nd	1/28/22	High Jump	Aliyah Dawkins, WWU	1.68/5-6	T-26th	12/3/21
60 Hurdles	Hunter Flick, WWU	8.07	15th	1/28/22	Weight Throw	Meagan Smallbeck, CWU	17.24/56-6.75	35th	1/22/22
	Joshua Wagner, UAA	8.09	17th	1/28/22	Pentathlon	Jenelle Hurley, WOU	3,346	21st	2/4/22
DMR	Simon Fraser	9:38.04	3rd	1/28/22					
	(Mekonnen, Robinson, Good, Ahl)								
	Western Washington	9:50.83	21st	2/5/22					
	(McDermott, Daniels, Sturdevant, Franks)								
High Jump	Steven Schmidt, NNU	2.06/6-9	T-24th	2/11/22					
Long Jump	Ethan Sterkel, WWU	7.25/23-9.5	24th	1/28/22					
Triple Jump	David Njeri, SPU	14.95/49-0.75	18th	12/11/21					
Heptathlon	Turner Nye, NNU	4,798	30th	2/11/22					



# GNAC Indoor Track & Field Records

## MEN

### All Meets

60 Meters	6.72	Alex Donigian, Western Washington (2015)
200 Meters	21.40	Callum Robinson, Simon Fraser (2022)
400 Meters	47.61	Vladislav Tsygankov, Simon Fraser (2017)
800 Meters	1:47.74	Derek Holdsworth, Western Oregon (2020)
Mile	3:57.92	Aaron Ahl, Simon Fraser (2022)
3,000 Meters	7:50.81	David Ribich, Western Oregon (2018)
5,000 Meters	13:47.73	Micah Chelimo, Alaska Anchorage (2014)
60m Hurdles	8.07	Hunter Flick, Western Washington (2022)
4x400 Relay	3:12.45	Alaska Anchorage (2016)

Nicholas Taylor, Liam Lindsey, Adam Commandeur, Cody Thomas

Distance Medley 9:38.04 Simon Fraser (2022)

Ephrem Mekonnen, Callum Robinson, Aiden Good, Aaron Ahl

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	18.85/61-10.25	Aidan Cain, Central Washington (2020)
Heptathlon	5.508	Chris Randolph, Seattle Pacific (2006)

### Conference Meet

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	18.64/61-2	Aidan Cain, Central Washington (2020)
Heptathlon	5.269	Kodiak Landis, Central Washington (2017)

### Conference Meet Heptathlon Events

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

## WOMEN

### All Meets

60 Meters	7.52	Paige Johnson, Concordia (2020)
200 Meters	24.09	Jamie Ashcroft, Alaska Anchorage (2017)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:04.94	Helen Crofts, Simon Fraser (2011)
Mile	4:32.88	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:07.05	Caroline Kurgat, Alaska Anchorage (2019)#
5,000 Meters	15:28.46	Caroline Kurgat, Alaska Anchorage (2019)#
60m Hurdles	8.51	Mariyah Vongsaveng, Central Washington (2017)
4x400 Relay	3:42.44	Seattle Pacific (2016)

Jalen Tims, Lynelle Decker, Cheryl Hong, Jahzelle Ambus

Distance Medley 11:23.47 Alaska Anchorage (2019)

Ruth Cvancara, Vanessa Aniteye, Danielle McCormick, Caroline Kurgat

High Jump	1.77/5-9.75	Danielle Ayers-Stamper, Seattle Pacific (2005)
Pole Vault	3.93/12-10.75	Halle Irvine, Central Washington (2018)
Long Jump	5.98/19-7.5	Peace Igbonagwam, Seattle Pacific (2019)
Triple Jump	12.70/41-8	Keshara Romain, Saint Martin's (2020)
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)

### Conference Meet

60 Meters	7.52	Paige Johnson, Concordia (2020)
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	3.93/12-10.75	Halle Irvine, Central Washington (2019)
Long Jump	5.98/19-7.5	Peace Igbonagwam, Seattle Pacific (2019)
Triple Jump	12.70/41-8	Keshara Romain, Saint Martin's (2020)
Shot Put	17.02/55-10.25	McKenzie Warren, Concordia (2017)
Weight Throw	18.67/61-3	Kori Sprague, Concordia (2020)
Pentathlon	3.815	Scout Cai, Seattle Pacific (2019)

### Conference Meet Pentathlon Events

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

\* - Denotes Division II National Record

# - Denotes Division II All-Time Best (run on oversized track)

# GNAC Indoor Track & Field Men's Champions

## Team Champion

2004	Western Oregon	164
2005	Western Washington	141
2006	Western Washington	151
2007	Central Washington	171.5
2008	Western Oregon	178
2009	Western Oregon	169
2010	Western Oregon	171
2011	Western Oregon	147.8
2012	Western Oregon	142.5
2013	Western Washington	152
2014	Western Washington	157
2015	Alaska Anchorage	142
2016	Alaska Anchorage	164
2017	Alaska Anchorage	154
2018	Concordia	114
2019	Western Washington	138.5
2020	Western Washington	137
2021	No Meet - COVID-19	

## 60 Meters

2004	Greg Coleman, WOU	7.08
2005	Eddie Kaeka, WWU	7.16
2006	Dustin Wilson, WWU	7.15
2007	Matt Rogstad, CWU	7.15
2008	Ashtin Mott, WOU	7.02
2009	Bryan Mack, CWU	6.95
2010	Anthony Wright, CWU	6.89
2011	Alex Tilley, WWU	7.05
2012	Bryan Mack, CWU	6.90
2013	Alex Donigian, WWU	6.85
2014	Alex Donigian, WWU	6.75
2015	Alex Donigian, WWU	6.82
2016	Kent McKinney, CWU	6.91
2017	Sam Zook, MSUB	6.90
2018	Carlos Ortiz, CU	6.85
2019	Cody Warner, WOU	7.01
2020	Dominique Loggins, WOU	6.86

## 200 Meters

2004	Isaac Frederick, WOU	22.04
2005	Ryan Jewell, SPU	22.46
2006	Mike Khabibulin, WWU	22.80
2007	Michael Dean, WWU	22.42
2008	Ashtin Mott, WOU	22.16
2009	Radio Battle, CWU	21.97
2010	Kincaid Nichols, CWU	22.22
2011	Andrew Boss, SFU	21.84
2012	Maurus Hope, NNU	21.91
2013	Alex Donigian, WWU	21.96
2014	Alex Donigian, WWU	21.79
2015	Cody Warner, WOU	21.60
2016	Cody Warner, WOU	21.78
2017	Ebu Camara, NNU	21.67
2018	Carlos Ortiz, CU	21.56
2019	Jackson Hand, SMU	21.93
2020	Jeremiah Lauzon, SFU	21.71

## 400 Meters

2004	Isaac Frederick, WOU	49.76
2005	Chris Randolph, SPU	49.99
2006	Cresap Watson, CWU	49.90
2007	Michael Dean, WWU	49.95
2008	Matt Rogstad, CWU	49.58
2009	Maurus Hope, NNU	49.75
2010	Matt Kaino, WOU	49.17
2011	Andrew Boss, SFU	49.18
2012	Maurus Hope, NNU	48.45
2013	Jonathon Poolman, WWU	48.85
2014	Ethan Hewitt, UAA	48.31
2015	Joel Webster, SFU	48.34
2016	Joel Webster, SFU	47.80
2017	Vladislav Tsygankov, SFU	48.01
2018	Liam Lindsay, UAA	48.50
2019	Adam Brown, CU	49.03
2020	Logan Blake, NNU	48.52

## 800 Meters

2004	Paul Mach, SPU	1:51.49
2005	Andy Prentice, SMU	1:53.39
2006	Andy Prentice, SMU	1:54.70
2007	Eddie Strickler, SPU	1:55.23

2008	Keith Lemay, WWU	1:57.86
2009	Zeke Van Patten, WOU	1:53.43
2010	Nathan Seely, SPU	1:54.86
2011	Nathan Seely, SPU	1:54.35
2012	Nathan Seely, SPU	1:54.10
2013	Ryan Hansen, WOU	1:53.27
2014	Josh Hanna, WOU	1:54.14
2015	Cameron Proceviat, SFU	1:52.41
2016	Cameron Proceviat, SFU	1:55.86
2017	Josh Dempsey, WOU	1:52.47
2018	David Ribich, WOU	1:50.83
2019	Kyler Sager, WWU	1:53.29
2020	Derek Holdsworth, WOU	1:54.20

## Mile

2004	Nathan Carlson, SMU	4:18.54
2005	Ethan Barrons, WOU	4:15.27
2006	Andy Prentice, SMU	4:17.25
2007	Sam Brancheau, WWU	4:16.90
2008	John Riak, SMU	4:21.50
2009	Zeke Van Patten, WOU	4:17.02
2010	Anthony Tomsich, WWU	4:14.08
2011	Chris Reed, WOU	4:12.22
2012	Seth Pierson, SPU	4:13.27
2013	Micah Chelimo, UAA	4:12.46
2014	Robert Peterson, MSUB	4:11.05
2015	Brady Beagley, WOU	4:10.31
2016	Robert Peterson, MSUB	4:10.13
2017	David Ribich, WOU	4:10.01
2018	David Ribich, WOU	4:11.08
2019	Justin Crosswhite, WOU	4:13.86
2021	Charlie Dannatt, SFU	4:13.42

## 3,000 Meters

2013	Micah Chelimo, UAA	8:29.35
2014	Micah Chelimo, UAA	8:28.35
2015	Henry Cheseto, UAA	8:27.83
2016	Dominik Notz, UAA	8:31.91
2017	David Ribich, WOU	8:29.77
2018	Rowan Doherty, SFU	8:28.48
2019	Rowan Doherty, SFU	8:31.30
2020	Felix Kemboi, UAA	8:31.50

## 5,000 Meters

2004	Steve DeKoker, WWU	15:24.02
2005	Sam Scotchmer, CWU	15:03.96
2006	Sam Scotchmer, CWU	15:03.96
2007	John Riak, SMU	15:01.67
2008	Jordan Welling, WWU	15:15.60
2009	John Riak, SMU	15:09.89
2010	Jordan Welling, WWU	14:51.53
2011	Jordan Welling, WWU	15:15.07
2012	Barak Watson, NNU	14:51.07
2013	Micah Chelimo, UAA	14:55.17
2014	Micah Chelimo, UAA	14:50.02
2015	Henry Cheseto, UAA	14:39.24
2016	Dominik Notz, UAA	14:36.46
2017	Dominik Notz, UAA	15:00.80
2018	Felix Kemboi, UAA	15:12.63
2019	Wesley Kirui, UAA	14:55.66
2020	Wesley Kirui, UAA	14:48.55

## 60 Meter Hurdles

2004	Josh Freeman, WWU	8.48
2005	Alex Clark, CWU	8.40
2006	Robert Edwards, CWU	8.36
2007	Robert Edwards, CWU	8.26
2008	Lloyd Massey, WOU	8.66
2009	Dallas Beaty, NNU	8.51
2010	Andy Loscutoff, WOU	8.34
2011	Anthony Hogan, CWU	8.42
2012	Brett Campbell, WOU	8.37
2013	Andrew Venema, CWU	8.29
2014	Peter Maguire, WWU	8.24
2015	Travis Milbrandt, WWU	8.08
2016	Travis Milbrandt, WWU	8.09
2017	Travis Turner, UAA	8.32
2018	James Phillips, CU	8.30
2019	Cordell Cummings, WWU	8.33
2020	Cordell Cummings, WWU	8.31

## 4x400 Relay

2004	Central Washington	3:23.79
2005	Central Washington	3:25.54
2006	Northwest Nazarene	3:24.60
2007	Central Washington	3:20.98
2008	Northwest Nazarene	3:23.22
2009	Northwest Nazarene	3:20.61
2010	Western Oregon	3:19.36
2011	Northwest Nazarene	3:20.23
2012	Western Oregon	3:18.60
2013	Western Washington	3:18.17
2014	Alaska Anchorage	3:16.09
2015	Simon Fraser	3:16.49
2016	Alaska Anchorage	3:16.76
2017	Alaska Anchorage	3:14.70
2018	Alaska Anchorage	3:16.44
2019	Central Washington	3:19.67
2020	Western Oregon	3:17.80

## Distance Medley Relay

2004	Western Oregon	10:36.72
2005	Saint Martin's	10:19.74
2006	Seattle Pacific	10:28.71
2007	Seattle Pacific	10:24.56
2008	Western Washington	10:38.21
2009	Western Washington	10:26.42
2010	Western Washington	10:18.80
2011	Simon Fraser	10:05.58
2012	Simon Fraser	10:04.58
2013	Alaska Anchorage	10:06.58
2014	Simon Fraser	10:07.19
2015	Simon Fraser	10:14.41
2016	Montana State Billings	10:46.41
2017	Simon Fraser	10:15.17
2018	Simon Fraser	10:08.40
2019	Simon Fraser	9:58.18
2020	Alaska Anchorage	10:05.60

## Long Jump

2004	Chris Randolph, SPU	21-10
2005	Chris Randolph, SPU	22-6.5
2006	Chris Randolph, SPU	22-7.75
2007	Justin Felt, SPU	22-3.5
2008	Zeb Udell, WOU	23-0
2009	Zeb Udell, WOU	23-0.75
2010	Matson Hardie, WOU	23-8
2011	Kyle Lane, WOU	23-4.5
2012	Manny Melo, CWU	23-2.75
2013	Kevin Yates, WWU	23-4
2014	Kevin Yates, WWU	22-10.5
2015	Vladislav Tsygankov, SFU	23-6.75
2016	Vladislav Tsygankov, SFU	24-2.5
2017	Vladislav Tsygankov, SFU	24-2.25
2018	Vladislav Tsygankov, SFU	23-11.5
2019	Seren Dances, WWU	23-0.5
2020	Ethan Sterkel, WWU	23-8.75

## Triple Jump

2004	Justin Lawrence, CWU	48-5.25
2005	Blake Herrington, WOU	46-3.25
2006	Greg Hamm, NNU	47-7.75
2007	Greg Hamm, NNU	46-8
2008	Greg Hamm, NNU	47-5.25
2009	Rendel Jones, CWU	46-8.75
2010	Rendel Jones, CWU	47-7.25
2011	Tim Clendaniel, WWU	46-11
2012	Matson Hardie, WOU	47-3.75
2013	Matson Hardie, WOU	48-1.5
2014	Luke Plummer, CWU	46-3.25
2015	Luke Plummer, CWU	49-5
2016	Luke Plummer, CWU	49-2.25
2017	Luke Plummer, CWU	49-5
2018	Chris Brake, UAA	47-7.25
2019	Zach Whittaker, CWU	48-8.75
2020	Zach Whittaker, CWU	48-4.5

## High Jump

2004	Cresap Watson, CWU	6-6.25
2005	Chris Randolph, SPU	6-4.25
2006	Jeff Word, WWU	6-6
2007	Cameron Bailey, CWU	6-8.75
2008	Keefe Brockman, WWU	6-4.75

2009	Cameron Bailey, CWU	6-7
2010	Brennan Boyes, CWU	6-4.75
2011	Brandon Roddewig, CWU	6-4.75
2012	Brennan Boyes, CWU	6-9
2013	Logan Myers, WWU	6-7
2014	Brett Watson, WWU	6-8.75
2015	Brett Watson, WWU	6-9
2016	Mikel Smith, SMU	6-9
2017	Mikel Smith, SMU	7-3
2018	Tupre Wickliff, WWU	6-7
2019	Tyler Cronk, SMU	7-0.5
2020	Tyler Cronk, SMU	7-1

## Pole Vault

2004	Scott Romney, WWU	14-11.5
2005	Hunter Verner, WWU	15-10.5
2006	Scott Romney, WWU	16-0.5
2007	Tyler Thornbrue, WWU	15-10
2008	Ryan Brown, WWU	15-10
2009	Ryan Brown, WWU	16-6
2010	Ryan Brown, WWU	16-1.25
2011	Ryan Brown, WWU	15-9.25
2012	Scott Hunter, CWU	14-11
2013	Scott Hunter, CWU	14-9
2014	Greyson Kilgore, NNU	14-10
2015	Payton Lewis, NNU	16-11
2016	Payton Lewis, NNU	15-10
2017	Payton Lewis, NNU	16-1.75
2018	Jared Webster, NNU	15-11
2019	JT Konrad, WWU	15-8.25
2020	Tysen Campbell, CWU	15-7

## Weight Throw

2004	Brandon Jasmin, WOU	49-3.5
2005	Carlos Aguilar, WOU	54-1.75
2006	Carlos Aguilar, WOU	54-3.25
2007	Anthony Marin, WOU	59-8.25
2008	Anthony Marin, WOU	58-2
2009	Tyler Fischer, CWU	58-6
2010	Tyler Fischer, CWU	58-3
2011	Matt Schryvers, WOU	56-7.25
2012	Sam Washington, SMU	55-11.75
2013	Sam Washington, SMU	57-0.25
2014	Kevin Stanley, CWU	58-1.25
2015	Kevin Stanley, CWU	59-9.25
2016	Tyler Lamott, CU	61-1.75
2017	Armando Tafoya, CWU	57-0.25
2018	John Van Beuren, NNU	58-6.75
2019	Kauano'e Vanderpool, SMU	56-8.5
2020	Aidan Cain, CWU	61-2

## Shot Put

2004	Kevin Johnson, WOU	49-8.5
2005	Cameron Neel, CWU	55-7.5
2006	Cameron Neel, CWU	53-3.75
2007	Cameron Neel, CWU	57-3.75
2008	Zach Barclay, NNU	48-9.5
2009	Tyler Fischer, CWU	52-3.25
2010	Jason Slowey, WOU	51-3.75
2011	Jason Slowey, WOU	52-8
2012	Tanner Rottrup, MSUB	50-2
2013	Tanner Rottrup, MSUB	52-8.75
2014	Jacon Gilbert, WWU	52-10.75
2015	Kevin Stanley, CWU	51-10
2016	Josh Koch, CU	53-7.5
2017	Sam Nichols, CU	51-6
2018	Josh Koch, CU	54-4.25
2019	Josh Koch, CU	56-7.5
2020	Caleb Bridge, CU	54-7.25

## Heptathlon

2011	Nate Johnson, SPU	4,576
2012	Nate Johnson, SPU	4,860
2013	Cody Thomas, UAA	4,863
2014	Cody Thomas, UAA	4,904
2015	Cody Thomas, UAA	4,984
2016	Payton Lewis, NNU	5,163
2017	Kodiak Landis, CWU	5,269
2018	Braydon Maier, CWU	5,006
2019	Kodiak Landis, CWU	5,228
2020	Dakota Tidwell, NNU	4,194

# GNAC Indoor Track & Field Women's Champions

<b>Team Champion</b>		2008 Jessica Pixler, SPU	2:10.18	<b>4x400 Relay</b>	2009 Ali Worthen, SPU	5-8.5	
2004 Seattle Pacific	160	2009 Ashley Puga, NNU	4:47.37	2004 Central Washington	3:58.72	2010 Brittany Aanstad, SPU	5-5.5
2005 Seattle Pacific	188	2010 Jessica Pixler, SPU	2:08.28	2005 Central Washington	4:00.32	2011 Ali Worthen, SPU	5-5.5
2006 Seattle Pacific	154	2011 Brianna Kane, SFU	2:14.58	2006 Central Washington	3:59.48	2012 Katie Pelchar, WOU	5-7.25
2007 Seattle Pacific	192	2012 McKayla Fricker, SPU	2:15.53	2007 Seattle Pacific	3:58.68	2013 Alexis Anderson, WOU	5-5.25
2008 Seattle Pacific	183	2013 Helen Crofts, SFU	2:12.29	2008 Seattle Pacific	3:57.36	2014 Tayler Fetting, CWU	5-9.75
2009 Seattle Pacific	181	2014 Sarah Sawatzky, SFU	2:08.57	2009 Northwest Nazarene	3:55.58	2015 Naphtali Ward, SPU	5-6.5
2010 Seattle Pacific	179.5	2015 Lindsey Butterworth, SFU	2:10.04	2010 Western Washington	3:55.21	2016 Tori Johnson, CU	5-7.25
2011 Seattle Pacific	126.5	2016 Addy Townsend, SFU	2:11.54	2011 Simon Fraser	3:51.72	2017 Geneva Lehnert, SPU	5-5.25
2012 Seattle Pacific	182	2017 Addy Townsend, SFU	2:12.09	2012 Seattle Pacific	3:53.59	2018 Tori Johnson, CU	5-7.25
2013 Alaska Anchorage	147	2018 Danielle McCormick, UAA	2:09.19	2013 Simon Fraser	3:48.36	2019 Maddie Taylor, WWU	5-6.5
2014 Alaska Anchorage	154	2019 Addy Townsend, SFU	2:10.12	2014 Seattle Pacific	3:51.94	2020 Paige Johnson, CU	5-5.75
2015 Seattle Pacific	146	2020 Addy Townsend, SFU	2:10.87	2015 Seattle Pacific	3:50.68		
2016 Alaska Anchorage	164			2016 Simon Fraser	3:46.31	<b>Pole Vault</b>	
2017 Seattle Pacific	124	<b>Mile</b>		2017 Alaska Anchorage	3:46.99	2004 Danielle Juarez, WWU	11-6.25
2018 Central Washington	136	2004 Jamie Witt, SPU	5:09.21	2018 Central Washington	3:50.64	2005 Allison Hedges, SPU	11-10
Seattle Pacific	136	2005 Karen Dickson, SPU	5:08.23	2019 Simon Fraser	3:49.99	2006 Amy Harris, SPU	11-7.75
2019 Seattle Pacific	154	2006 Katie Hummel, CWU	5:08.11	2020 Central Washington	3:49.73	2007 Monica Anderson, SPU	11-0.25
2020 Concordia	128.33	2007 Jessica Pixler, SPU	4:54.53			2008 Melissa Peaslee, SPU	12-9
		2008 Jessica Pixler, SPU	4:50.38	<b>Distance Medley Relay</b>		2009 Christy Miller, WWU	12-4
<b>60 Meters</b>		2009 Ashley Puga, NNU	4:47.37	2004 Seattle Pacific	12:47.76	2010 Melissa Peaslee, SPU	12-0
2004 Kinyatta Leonhardt, SPU	7.96	2010 Jessica Pixler, SPU	4:40.39	2005 Seattle Pacific	12:35.89	2011 Becca Clark, CWU	12-0.5
2005 Kinyatta Leonhardt, SPU	7.96	2011 Jessica Smith, SFU	5:04.83	2006 Central Washington	12:24.60	2012 Kati Davis, CWU	12-5.5
2006 Whitney Knox, WWU	8.02	2012 Lindsey Butterworth, SFU	5:07.32	2007 Seattle Pacific	11:58.41	2013 Karis Anderson, WWU	12-4
2007 Latasha Essien, SPU	7.73	2013 Lindsey Butterworth, SFU	4:58.09	2008 Seattle Pacific	12:04.81	2014 Alison Silva, NNU	12-10
2008 Latasha Essien, SPU	7.90	2014 McKayla Fricker, SPU	5:00.37	2009 Seattle Pacific	12:01.79	2015 Alison Silva, NNU	11-8
2009 Latasha Essien, SPU	7.77	2015 Lindsey Butterworth, SFU	4:55.34	2010 Seattle Pacific	11:06.32	2016 Michaela Kahns, SPU	11-6.25
2010 Latasha Essien, SPU	7.67	2016 Joyce Chelimo, UAA	5:00.28	2011 Simon Fraser	11:46.64	2017 Anna Paradee, WWU	12-6.75
2011 Jane Channell, SFU	7.81	2017 Caroline Kurgat, UAA	4:53.07	2012 Simon Fraser	12:11.42	2018 Scout Cai, SPU	12-4.75
2012 Kishia Mitchell, SPU	7.80	2018 Tamara Perez, UAA	5:00.52	2013 Simon Fraser	11:47.86	2019 Anna Paradee, WWU	12-7.5
2013 Tanya Bjornsson, WWU	7.84	2019 Caroline Kurgat, UAA	4:47.86	2014 Alaska Anchorage	11:58.61	2020 Halle Irvine, CWU	12-0.75
2014 Jamie Ashcroft, UAA	7.69	2020 Addy Townsend, SFU	4:58.62	2015 Simon Fraser	11:59.08		
2015 Jamie Ashcroft, UAA	7.65			2016 Simon Fraser	11:58.28	<b>Weight Throw</b>	
2016 Jamie Ashcroft, UAA	7.61	<b>3,000 Meters</b>		2017 Simon Fraser	12:05.77	2004 Kristen Hepler, WOU	53-9.25
2017 Jamie Ashcroft, UAA	7.55	2013 Susan Tanui, UAA	9:54.95	2018 Simon Fraser	11:37.88	2005 Heather Yergen, CWU	46-11.5
2018 Renick Meter, SPU	7.71	2014 Joyce Kipchumba, UAA	17:22.40	2019 Alaska Anchorage	11:23.47	2006 Krissy Tandle, CWU	50-0.75
2019 Macie Allen, CU	7.58	2015 Jennifer Johnson, SFU	9:47.64	2020 Simon Fraser	12:03.55	2007 Sabrina Freed, WOU	49-4.25
2021 Paige Johnson, CU	7.52	2016 Joyce Chelimo, UAA	9:50.70			2008 Sabrina Freed, WOU	51-4.25
		2017 Shannon Porter, SMU	10:01.86	<b>Long Jump</b>		2009 Krissy Tandle, CWU	52-4.75
<b>200 Meters</b>		2018 Julia Howley, SFU	9:47.83	2004 Katy Kociemba, WOU	17-9.5	2010 Joy Warrington, NNU	49-10.5
2004 Kinyatta Leonhardt, SPU	25.40	2019 Caroline Kurgat, UAA	9:54.40	2005 Danielle Ayers-Stamper, SPU	18-9.75	2011 Torrie Self, CWU	53-7.5
2005 Terran Legard, CWU	25.25	2020 Kate Lilly, SPU	9:47.88	2006 Jacqueline Postlewait, WOU	17-8	2012 Joy Warrington, NNU	53-1
2006 Anna Soule, SPU	26.04			2007 Kim Bascom, WWU	18-3.75	2013 Becki Duhamel, CWU	54-2
2007 Latasha Essien, SPU	25.50	<b>5,000 Meters</b>		2008 Jacque Postlewait, WOU	18-0.5	2014 Caitlin Curtis, NNU	50-10
2008 Jessica Hinton, SPU	25.92	2004 Alana Garcia, SU	19:33.9*	2009 Ali Worthen, SPU	18-6.5	2015 Becki Duhamel, CWU	57-10.25
2009 Jessica Hinton, SPU	25.35	2005 Karin Rohde, SPU	18:41.46	2010 Emily Warman, WWU	18-3.75	2016 McKenzie Warren, CU	56-11.75
2010 Eleanor Siler, WWU	25.03	2006 Brandy Anderson, CWU	18:27.98	2011 Ali Worthen, SPU	18-2.5	2017 McKenzie Warren, CU	56-10.25
2011 Jane Channell, SFU	25.57	2007 Karin Rohde, SPU	18:17.35	2012 Ali Worthen, SPU	18-9.25	2018 Christina MacDonald, CU	60-0.25
2012 Madison McClung, WOU	25.16	2008 Jane Larson, SPU	17:39.95	2013 Emily Warman, WWU	18-9.75	2019 Kori Sprague, CU	54-6.5
2013 Rosie Smith, UAA	25.20	2009 Jane Larson, SPU	17:27.34	2014 Tanya Bjornsson, WWU	19-1.25	2020 Kori Sprague, CU	61-3
2014 Jamie Ashcroft, UAA	24.69	2010 Sarah Porter, WWU	16:47.07	2015 Karolin Anders, UAA	18-6.5		
2015 Jamie Ashcroft, UAA	24.22	2011 Sarah Porter, WWU	17:17.92	2016 Karolin Anders, UAA	18-5.75	<b>Shot Put</b>	
2016 Jahzelle Ambus, SPU	24.35	2012 Heidi Laabs-Johnson, SPU	17:42.79	2017 Kyra Brannan, SPU	19-0.5	2004 Chevonna Lynch, WOU	40-4.75
2017 Jamie Ashcroft, UAA	24.09	2013 Susan Tanui, UAA	17:51.26	2018 Jasmine McMullin, WWU	18-9.75	2005 Krissy Tandle, CWU	40-11.5
2018 Ali Anderson, CWU	25.00	2014 Joyce Kipchumba, UAA	17:22.40	2019 Peace Igbonagwam, SPU	19-7.5	2006 Krissy Tandle, CWU	44-8.75
2019 Grace Bley, SPU	24.86	2015 Anna Patti, SPU	17:14.01	2020 Peace Igbonagwam, SPU	19-5.5	2007 Krissy Tandle, CWU	42-10.25
2020 Erykah Weems, CWU	24.56	2016 Joyce Chelimo, UAA	17:05.05			2008 Amy Carroll, NNU	42-9
		2017 Caroline Kurgat, UAA	17:44.68	<b>Triple Jump</b>		2009 Krissy Tandle, CWU	48-9.5
<b>400 Meters</b>		2018 Kennedy Rufener, WOU	17:18.64	2004 Lea Tiger, CWU	36-5	2010 Joy Warrington, NNU	45-9.25
2004 Terran Legard, CWU	57.69	2019 Nancy Jeptoo, UAA	17:48.46	2005 Amanda Merrill, NNU	36-9	2011 Torrie Self, CWU	45-10
2005 Terran Legard, CWU	56.57	2020 Emmah Chelimo, UAA	17:21.08	2006 Amanda Merrell, NNU	37-0.25	2012 Joy Warrington, NNU	45-2.25
2006 Terran Legard, CWU	57.75			2007 Kim Bascom, WWU	37-9.25	2013 Becki Duhamel, CWU	43-5.25
2007 Heidi Dimmitt, WWU	59.11	* - Because of lap counting error, 2004 race was 5,200 meters		2008 Megan Paulsen, WWU	37-0.25	2014 Vessie Umu, NNU	43-10.75
2008 Elisa Decker, NNU	58.21	<b>60 Meter Hurdles</b>		2009 Laura Vonarx, NNU	37-2.25	2015 Becki Duhamel, CWU	44-8
2009 Eleanor Siler, WWU	56.23	2004 Monica Smith, WOU	9.22	2010 Ashley Potter, WOU	38-10.5	2016 McKenzie Warren, CU	53-7.5
2010 Eleanor Siler, WWU	56.93	2005 Danielle Ayers-Stamper, SPU	8.66	2011 Katharine Lotze, CWU	38-5	2017 McKenzie Warren, CU	55-10.25
2011 Helen Crofts, SFU	55.90	2006 Linda Blake, SPU	9.10	2012 Ashley Potter, WOU	39-7	2018 Melissa Ausman, CU	50-1.75
2012 Eleanor Siler, WWU	56.70	2007 Kelsey Cooley, SPU	9.30	2013 Alexis Anderson, WOU	37-10.5	2019 Samantha La Rue, CWU	42-4.75
2013 Melissa Grammer, NNU	57.16	2008 Michelle Howe, WWU	9.30	2014 Karolin Anders, UAA	36-10.5	2020 Katrina Linenko, CU	46-2.75
2014 Kishia Mitchell, SPU	57.00	2009 Michelle Howe, WWU	9.07	2015 Jasmine McMullin, WWU	38-2.75		
2015 Jahzelle Ambus, SPU	56.18	2010 Michelle Howe, WWU	9.02	2016 Jasmine McMullin, WWU	40-1.25	<b>Pentathlon</b>	
2016 Jahzelle Ambus, SPU	54.87	2011 Tanya Bjornsson, WWU	8.98	2017 Ella Brown, SFU	39-10	2011 Katy Gross, SPU	3,297
2017 Chantel Desch, SFU	55.37	2012 Ali Worthen, SPU	8.75	2018 Jasmine McMullin, WWU	41-7.25	2012 Katy Gross, SPU	3,469
2018 Ali Anderson, SPU	55.68	2013 Tanya Bjornsson, WWU	8.79	2019 HarLee Ortega, CWU	39-3.75	2013 Katy Gross, SPU	3,505
2019 Erykah Weems, CWU	56.24	2014 Tanya Bjornsson, WWU	8.72	2020 Keshara Romain, SMU	41-8	2014 Karolin Anders, UAA	3,640
2020 Erykah Weems, CWU	56.69	2015 Chelsey Knott, NNU	8.82			2015 Karolin Anders, UAA	3,761
		2016 Mariyah Vongsaveng, CWU	8.72	<b>High Jump</b>		2016 Karolin Anders, UAA	3,711
<b>800 Meters</b>		2017 Lexi Tubbs, NNU	8.68	2004 Sharon Bjella, SPU	5-3.25	2017 Scout Cai, SPU	3,499
2004 Jennifer Marsh, SPU	2:14.80	2018 Mariyah Vongsaveng, CWU	8.58	2005 Danielle Ayers-Stamper, SPU	5-6	2018 Scout Cai, SPU	3,610
2005 Josie Lavin, SPU	2:16.09	2019 Lexi Tubbs, NNU	8.63	2006 Teona Perkins, SPU	5-6.5	2019 Scout Cai, SPU	3,815
2006 Ashley Puga, NNU	2:16.55	2020 Paige Johnson, CU	8.55	2007 Emily Peterson, NNU	5-5.75	2020 Elena Cano, UAA	3,543
2007 Jessica Pixler, SPU	2:11.52			2008 Teona Golding, SPU	5-5.25		

# Meet Schedule

## MONDAY, FEB. 21

### Field Events (Finals)

2:45 p.m.	Men's Weight Throw
3:10 p.m.	Women's Long Jump
3:15 p.m.	Men's Pole Vault
5 p.m.	Women's High Jump
5:30 p.m.	Women's Weight Throw
5:40 p.m.	Men's Long Jump

### Running Events

2 p.m.	National Anthems
2:15 p.m.	Women's Pentathlon 800 Meters (approximate)
2:40 p.m.	Women's 60 Meter Hurdles (Preliminaries)
2:50 p.m.	Men's 60 Meter Hurdles (Preliminaries)
3:05 p.m.	Women's 60 Meters (Preliminaries)
3:20 p.m.	Men's 60 Meters (Preliminaries)
3:45 p.m.	Women's 400 Meters (Preliminaries)
4:10 p.m.	Men's 400 Meters (Preliminaries)
4:30 p.m.	Women's 800 Meters (Preliminaries)
4:45 p.m.	Men's 800 Meters (Preliminaries)
5 p.m.	Women's 200 Meters (Preliminaries)
5:20 p.m.	Men's 200 Meters (Preliminaries)
5:50 p.m.	Women's 5,000 Meters (Final)
6:20 p.m.	Men's 5,000 Meters (Final)
6:50 p.m.	Women's Distance Medley (Final)
7:10 p.m.	Men's Distance Medley (Final)

**NOTE:** Meet schedule is subject to change.

## MULTI-EVENT SCHEDULE

### Men's Heptathlon

Mon., Feb. 21

9 a.m.	60 Meter Dash
9:45 a.m.	Long Jump*
11 a.m.	Shot Put*
12:10 p.m.	High Jump*

Tues., Feb. 22

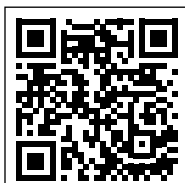
8:30 a.m.	60 Meter Hurdles
9:20 a.m.	Pole Vault*
11:40 a.m.	1,000 Meter Run*

### Women's Pentathlon

Tues., Feb. 22

9:15 a.m.	60 Meter Hurdles
10 a.m.	High Jump*
Noon	Shot Put*
1 p.m.	Long Jump*
2:15 p.m.	800 Meter Run*

\* - Estimated start time. Each event will begin 30 minutes after conclusion of previous event.



## Live Results

Visit [GNAC.live](http://GNAC.live) to scan this QR code with your smartphone to view entries & results for this year's GNAC Indoor Track and Field Championships.

## TUESDAY, FEB. 22

### Field Events (Finals)

9:30 a.m.	Men's High Jump
10:05 a.m.	Men's Shot Put
10:10 a.m.	Women's Triple Jump
Noon	Women's Pole Vault
12:30 p.m.	Women's Shot Put
12:45 p.m.	Men's Triple Jump

### Running Events

10:55 a.m.	National Anthems
11 a.m.	Women's Mile Run (Final)
11:20 a.m.	Men's Mile Run (Final)
11:40 a.m.	Men's Heptathlon 1,000 Meters (approximate)
Noon	Women's 60 Meter Hurdles (Final)
12:10 p.m.	Men's 60 Meter Hurdles (Final)
12:20 p.m.	Women's 60 Meter Dash (Final)
12:25 p.m.	Men's 60 Meter Dash (Final)
12:45 p.m.	Women's 400 Meter Dash (Final)
12:55 p.m.	Men's 400 Meter Dash (Final)
1:05 p.m.	Women's 800 Meter Run (Final)
1:15 p.m.	Men's 800 Meter Run (Final)
1:25 p.m.	Women's 200 Meter Dash (Final)
1:30 p.m.	Men's 200 Meter Dash (Final)
1:35 p.m.	Women's 3,000 Meters (Final)
2:05 p.m.	Men's 3,000 Meters (Final)
2:50 p.m.	Women's 4x400 Meter Relay (Final)
3:05 p.m.	Men's 4x400 Meter Relay (Final)
3:20 p.m.	Awards Ceremony



**TUESDAY 2/22/22  
IS D2 DAY**

On the second day of the GNAC Indoor Track and Field Championships, February 22, NCAA Division II institutions nationwide will celebrate the first **DII Day**. DII Day is an opportunity for everyone associated with Division II to celebrate the impact of athletics and of student-athletes on their campus and community.

About 300 member institutions in the NCAA are classified as Division II. Division II is all about balance. Students participate in highly competitive athletics, have the best access ratio to NCAA championships of any division and can earn athletics scholarships, but their college experience includes so much more than sports participation. The balanced approach in athletics, academics and community engagement allows Division II student-athletes to focus on their academic pursuits, internships, studies abroad and all that interests them.

