



Jan. 18, 2022 • Week 1
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Jan. 21-Sat., Jan. 22
 Montana State Billings at Dave Little Mile,
 Spearfish, S.D.

Sat., Jan. 22
 Central Washington, Saint Martin's at Lauren
 McCluskey Memorial Open, Moscow, Idaho
 Western Oregon at Portland Indoor No. 2,
 Newberg, Ore.

Sun., Jan. 23
 Western Oregon at Portland Indoor No. 2,
 Portland, Ore.

LAST WEEK'S MEETS

Fri., Jan. 14
Cougar Classic Open
at The Podium, Spokane, Wash.
Women (Top 3 GNAC Finishers): 400 Meters - 2,
 McCall DeChenne, CWU, 59.00. 800 Meters - 3,
 Sarah Sewell, CWU, 2:18.83. Weight Throw - 1,
 Meghan Smallbeck, CWU, 54-0.5.
Men (Top 3 GNAC Finishers): 400 Meters - 2,
 Austin Albertin, CWU, 49.09. 3,000 Meters - 2,
 Coleman Nash, UAA, 8:28.95. Long Jump - 2,
 Collin Sample, UAA, 21-8.

Bobcat Challenge
at Worthington Arena, Bozeman, Mont.
Women (Top 3 GNAC Finishers): 800 Meters - 1,
 Kailee Stoppel, MSUB, 2:24.72. 4x400 Relay - 2,
 Montana State Billings (Whitmer, Zent, Siegel,
 Jessop), 4:44.54. Triple Jump - 1, Kendall Lynn,
 MSUB, 36-0.75.
Men (Top 3 GNAC Finishers): 200 Meters - 2,
 William Ullery, MSUB, 23.47. 4x400 Relay - 3,
 Montana State Billings (Ackerman, Straus, Jessop,
 Bailey), 3:42.35. Triple Jump - 1, Garrett McMillen,
 MSUB, 41-7.

Sat., Jan. 15
UW Indoor Preview
at Dempsey Indoor, Seattle, Wash.
Women (Top 3 GNAC Finishers): 60 Meters - 3,
 Marie-Eloise Leclair, SFU, 7.72. 400 Meters - 3,
 Emily Lindsay, SFU, 56.39. 800 Meters - 1, Alison
 Andrews-Paul, SFU, 2:08.61; 3, Mia Crocker,
 WWU, 2:20.16. 1,000 Meters - 3, Katie Chapman,
 WOU, 3:12.21. 4x400 Relay - 1, Simon Fraser
 (Binder, Andrews-Paul, Leclair, Lindsay), 3:50.46;
 3, Western Oregon (Hurley, Lambing, Popchock,
 Hart), 4:10.61. High Jump - 3, Sydney Kania,
 SFU, 5-3. Long Jump - 3, Janelle Hurley, WOU,
 17-9.75.
Men (Top 3 GNAC Finishers): 200 Meters - 3,
 Ryan Henry, WWU, 22.85. 600 Meters - 1, Isaiah
 Archer, SPU, 1:21.72; 2, Mark Daniels, WWU,
 1:24.56; 3, Brian Le, WWU, 1:25.64. 4x400 Relay
 - 2, Simon Fraser (Lenton, Allen, Good, Schmidt),
 3:23.61; 3, Western Washington (Chiim, Witters,
 Le, Daniels), 3:27.14. High Jump - 2, Ethan Sterkel,
 WWU, 6-6.75; 3, Zackary Kuzyk, SFU, 6-4.75.
 Pole Vault - 3, Kacey Provo, WWU, 14-3.25.
 Long Jump - 1, Ethan Sterkel, WWU, 23-7.25; 3,
 Zackary Kuzyk, SFU, 22-8. Triple Jump - 3, David
 Njeri, SPU, 47-9.

#GNACTF in 280 @GNACSports

#BigReturn Running in his first official collegiate meet in almost two years, Simon Fraser's **Aaron Ahl** ran the eighth-fastest time in Division II history and the second-fastest time in GNAC history in the men's 3,000 meters at the UW Indoor Preview.

#TopsInDivisionII Simon Fraser's **Alison Andrews-Paul** was named the USTFCCA Division II Athlete of the Week after she won the 800 meters at the UW Indoor Preview with a time that leads Division II this season and is the 10th fastest this season at all collegiate levels.

#NoBarriers Alaska Anchorage's **Joshua Wagner** set the Seawolves' record in the men's 60-meter hurdles at the Cougar Classic Open, earning him No. 2 on the GNAC All-Time List.

#PrepareToQualify Conference athletes established 12 marks over the week that provisionally qualify for the NCAA Championships. All but three of those marks rank in the top 10 this season.

Get Social

Twitter Accounts/Hashtags For GNAC Track & Field Programs

GNAC	@GNACSports	#GNACTF
Alaska Anchorage	@UAASeawolves	#JAASeawolves
Cent. Washington	@CWUAthletics	#ReignCrimson
MSU Billings	@MSUBSports	#MSUBTF
NW Nazarene	@NNUSports	
Saint Martin's	@SMUSaints	#SaintsStrong
Seattle Pacific	@SPUFalcons	
Simon Fraser	@SFU_Athletics	#RepTheLeaf
W. Oregon	@WOUWolves	#HowIAboutIt
W. Washington	@WWUAthletics	#VIKtorious

GNAC Athletes of the Week



MEN'S TRACK
Aaron Ahl, Simon Fraser
 Junior • Calgary, Alta.

Ahl ran the second-fastest time in GNAC history in the 3,000 meters at Saturday's UW Indoor Preview. Placing seventh, Ahl was the second collegiate finisher with a time of 7:53.89. That trails only the 7:50.81 Division II all-conditions record set by Western Oregon's David Ribich in 2018. The time is the seventh-fastest in Division II history under all

conditions and is the third-fastest time this season across all college divisions.



Joshua Wagner, Alaska Anchorage
 Sophomore • Niederahr, Germany

Wagner ran the second-fastest time in GNAC history in the 60-meter hurdles, clocking a time of 8.15 seconds in the preliminaries at the Cougar Classic on Friday. The NCAA Championships provisional qualifying mark ranks 18th in Division II this season. The effort was the second-fastest time of the prelims and Wagner went on to place fourth in the final with a time of 8.52 seconds. Wagner also placed fourth

in the 200 meters with a time of 22.49 seconds, which ranks No. 9 all-time at UAA.

Also Nominated: Austin Albertin (Central Washington), Ase Ackerman (Montana State Billings), Hunter Hutton (Western Oregon), Mac Franks (Western Washington).



MEN'S FIELD
Ethan Sterkel, Western Washington
 Sophomore • Longview, Wash.

Sterkel won the long jump at the UW Indoor Preview on Saturday, hitting an NCAA Championships provisional qualifying mark with his winning leap of 23 feet, 7.25 inches. The mark leads the GNAC and is No. 17 in Division II this season. Sterkel was also the top collegiate finisher in the high jump, placing second with a mark of 6 feet, 6.75 inches.

Also Nominated: Collin Sample (Alaska Anchorage), Zackary Kuzyk (Simon Fraser), Owen Collins (Western Oregon).



WOMEN'S TRACK
Alison Andrews-Paul, Simon Fraser
 Junior • Ohope Beach, New Zealand

Andrews-Paul opened her SFU indoor career with a victory in the 800 meters at the UW Indoor Preview, running 2:08.61. She won the event by eight seconds over Hannah Wilson of Stanford. The time leads Division II and is No. 10 across all college divisions this season. The time also ranks No. 10 on the GNAC All-Time List.

Also Nominated: Makenna Hansen (Central Washington), Kailee Stoppel (Montana State Billings), Ana Popchok (Western Oregon), Mia Crocker (Western Washington).



WOMEN'S FIELD
Meagan Smallbeck, Central Washington
 Senior • Tacoma, Wash.

Smallbeck was a winner in the weight throw at Friday's Cougar Classic Open. Her mark of 54 feet, 0.5 inches was 20 inches better than second-place Gabriela Sanchez of UC Santa Barbara.

Also Nominated: Sydney Kania (Simon Fraser), Jenelle Hurley (Western Oregon), Raine Westfall

(Western Washington).

Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Nov. 29-Dec. 5	Cooper Cummings, WWU	No Selection	Aliyah Dawkins, WWU	No Selection
Dec. 6-12	Mac Franks, WWU	David Njeri, SPU	Annika Esvelt, SPU	Meagan Smallbeck, CWU
Jan. 10-16	Aaron Ahl, SFU Joshua Wagner, UAA	Ethan Sterkel, WWU	Alison Andrews-Paul, SFU	Meagan Smallbeck, CWU

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

Around The GNAC

ALASKA ANCHORAGE



- Sophomore **Joshua Wagner's** school-record performance in the men's 60-meter hurdles led Alaska Anchorage in its debut at the Cougar Classic Open on Friday.
- Wagner ran 8.15 seconds in the preliminary heats, a time that is No. 2 on the GNAC All-Time List and ranks 18th in Division II this season. He went on to finish fourth in the finals in 8.52 seconds and also placed fourth in the 200 meters in 22.49 seconds. The performance earned Wagner selection as the GNAC Men's Track Co-Athlete of the Week.
- In the women's 60-meter hurdles, freshman **Mette Van der Meer** opened her collegiate career by running 9.20 seconds, which ranks No. 6 on the UAA all-time list.
- Freshman **Coleman Nash** took second in the men's 3,000 meters in 8:28.95 while junior **Jacob Moos** was seventh in a time of 8:34.
- Senior **Nancy Jeptoo** opened the year by placing fifth in the women's 3,000 meters in a time of 10:53.
- In the field events, senior Collin Sample placed second in the men's long jump with a leap of 21 feet, 8 inches, which ranks No. 6 on the UAA all-time list. Sophomore **Carlotta Duenninger** finished 10th in the high jump with a clearance of 4 feet, 9 inches.
- Alaska Anchorage returns to action on January 28 and 29, competing at the UW Invitational in Seattle.

CENTRAL WASHINGTON



- Senior **Meagan Smallbeck's** winning effort in the weight throw led Central Washington's performances at the Cougar Classic Open on Friday.
- Smallbeck was named the GNAC Women's Field Athlete of the Week for winning with a mark of 54 feet, 0.5 inches. She was 20 inches better than second-place Gabriela Sanchez of UC Santa Barbara. It is Smallbeck's second Athlete of the Week award of the season.
- The Wildcats had a total of 11 top-five finishes in the meet with four top-three women's finishes. In the running events, junior **McCall DeChenne** placed second in the 400 meters in 59 seconds while freshman **Sarah Sewell** placed third in the 800 meters in a time of 2:18.83.
- In the field events, **Kylie Griffin** placed second in the women's high jump with a clearance of 5 feet, 3 inches.
- The other top-three finish came in the men's 400 meters with senior **Austin Albertin** finishing second in a GNAC-leading time of 49.09 seconds.
- The Wildcats sent senior distance runners **Rajesh Gill** and **Trevor Allen** to compete in the loaded men's 3,000 meters at the UW Indoor Preview on Saturday in Seattle. Allen ran 8:39.50 while Gill finished in 8:58.94.
- Central Washington returns to action this weekend, taking part in the Lauren McCluskey Memorial Open on Saturday in Moscow, Idaho.

MONTANA STATE BILLINGS



- A sweep of victories in the triple jump led Montana State Billings as the Yellowjackets opened the season at the Bobcat Challenge on Friday in Bozeman, Montana.
- Sophomore **Kendall Lynn** was the winner in the women's triple jump with her mark of 36 feet, 0.75 inches. Sophomore **Garrett McMillen** was uncontested in the men's triple jump, putting up a mark of 41 feet, 7 inches.
- Junior **Kailee Stoppel** provided the third Yellowjackets victory of the day, winning the women's 800 meters in a time of 2:24.72. She also ran a personal best in the mile, placing seventh in 5:31.52.
- Freshman **William Uilery** started his MSUB indoor career with a second-place finish in the 200 meters in a time of 23.47 seconds. Junior **Ase Ackerman** finished fourth in the men's mile in a time of 4:22.01.
- Ackerman also combined with **Logan Straus**, **Carson Jessup** and **Jackson Bailey** to place third in the men's 4x400-meter relay, running a time of 3:42.35.
- Montana State Billings returns to action this weekend, taking part in the Dave Little Mile meet in Spearfish, South Dakota on Friday and Saturday.

NORTHWEST NAZARENE



- Northwest Nazarene's scheduled weekend trip to the Snake River Open in Pocatello, Idaho was canceled. The Nighthawks are scheduled to compete next at the Stacy Dragila Invitational in Pocatello on Saturday, January 29.
- The Nighthawks opened the 2020-21 season at the Spokane Invitational on December 11.
- Freshman **Miya Koch** led the NNU women's placers, tying for fourth in the high jump with a mark of 5 feet, 3 inches. Sophomore **Destany Herbert** placed seventh in the shot put with a mark of 42 feet, 4.75 inches and seventh in the weight throw at 49 feet, 5.5 inches. Both marks broke Herbert into the NNU top-10 lists.
- Junior **Colton Burr** led a number of solid NNU efforts in the men's throws, placing fourth in the weight throw with a mark of 52 feet, 9.5 inches and eighth in the shot put with a mark of 43 feet, 10.75 inches. Junior **Cody Robbins** placed sixth in the men's shot put with a mark of 44 feet, 8.75 inches.
- Freshman **Steven Schmidt** tied for fifth in the men's high jump with a clearance of 6 feet, 6.75 inches. Sophomore **Turner Nye** added an eighth-place finish in the pole vault at 14 feet, 7.25 inches.

SAINT MARTIN'S



- Saint Martin's last competed in the Spokane Open on December 11. The Saints are scheduled to compete at the Lauren McCluskey Memorial Open in Moscow, Idaho on Saturday.
- In Spokane, sophomore **Andrew Boyd** led the way with his seventh-place finish in the men's 60-meter hurdles in 8.59 seconds. Boyd had the fourth-fastest time in the preliminaries at 8.52 seconds.
- Freshman **Cassidy Walchak-Sloan** added an eighth-place finish in the women's mile with a time of 5:13.03.
- Sophomore **Andrew Schulz** was the leading Saints placer in the field events, finishing eighth in the long jump with a mark of 21 feet, 6.25 inches.

Around The GNAC

SEATTLE PACIFIC



- A number of top-five performances in the men's sprints and middle distances led Seattle Pacific's efforts at the UW Indoor Preview on Saturday.
- Freshman **Isaiah Archer** won the men's 1,000 meters in a time of 1:21.72 while freshman **Gabe Woodard** placed fifth in 1:29.38. Sophomore **Jon Owen** finished fourth in the 1,000 meters in 2:40.80 while sophomore **Evan Carpenter** was fifth in the 400 meters in a time of 51.56 seconds.
- Woodard, Archer, Carpenter and sophomore **Julius Shepherd** combined to take fifth in the 4x400-meter relay, running a time of 3:33.83.
- Junior **David Njeri** added a third-place finish in the men's triple jump, beating a pair of Stanford competitors with his leap of 47 feet, 9 inches.
- Sophomore **Annika Esvelt** led the SPU women as she lowered her NCAA Championships provisional qualifying time in the 3,000 meters. She was the first non-Division I or open athlete in a time of 9:51.80, which ranks No. 12 in Division II this season.
- Senior **Madison Licari** was the top women's field event performer, placing seventh in the pole vault with a clearance of 11 feet, 2.5 inches.
- Seattle Pacific returns to Dempsey Indoor on January 28 and 29 for the UW Invitational.



SIMON FRASER

- Running in its first official meet since March 2020, Simon Fraser made a big splash against top competition at the UW Indoor Preview in Seattle.
- Junior **Alison Andrews-Paul** was named the GNAC Women's Track Athlete of the Week and the USTFCCCA Division II Women's Athlete of the Week after she won the 800 meters in 2:08.61. She won by eight seconds over Stanford's Hannah Wilson. The time leads Division II, is No. 10 across all divisions this season and ranks No. 10 on the GNAC All-Time List.
- Junior **Aaron Ahl** was named the GNAC Men's Track Co-Athlete of the Week after running 7:53.89 in the 3,000 meters. The top non-Division I or open competitor in the event, Ahl's time is the eighth-fastest in Division II history under all conditions, leads Division II this season and is the third-fastest across all college divisions. On the GNAC All-Time List, Ahl only trails the Division II all-time best of 7:50.81 run by Western Oregon's David Ribich in 2018.
- Junior **Emily Lindsay** took third in the women's 400 meters in an NCAA Championships provisional qualifying time of 56.39 seconds. The performance ranks fifth in Division II this season.
- Andrews-Paul and Lindsay combined with freshmen **Erika Binder** and **Marie-Eloise Leclair** to win the 4x400-meter relay in a time of 3:50.46. The performance ranks fourth in Division II this season. Leclair also took third in the 60 meters with a time of 7.72 seconds.
- Freshman **Zackary Kuzyk** took third in the men's high jump, clearing 6 feet, 4.75 inches, and also took third in the long jump with a mark of 22 feet, 8 inches.
- Simon Fraser competes again in two weeks. The team will be in split-squad mode, sending some competitors to the John Thomas Terrier Classic in Boston and others to the UW Invitational in Seattle.

WESTERN OREGON



- Senior **Ana Popchock's** performances in the hurdles and jumps highlighted Western Oregon's performances at the UW Indoor Preview on Saturday.
- Popchock placed fifth in the women's 60-meter hurdles in a time of 9.05 seconds. Her time of 9.04 seconds in the preliminaries ranks No. 2 on the WOU all-time list. Popchock also ran strong in the 60-meter preliminaries with a time of 8.10 seconds and placed fifth in the triple jump with a mark of 35 feet, 9 inches.
- Junior **Maya Hopwood** placed eighth in the finals of the women's 60 meters in a time of 7.98 seconds.
- Junior **Hunter Hutton** ran an NCAA Championships provisional qualifying time in the men's mile. His 15th-place time of 4:07.78 ranks fifth in Division II this season and No. 9 on the GNAC All-Time List.
- Junior **Brennan Sorah** ran strong in the men's 60-meter hurdles. He ran a time of 9.05 seconds in the preliminaries and went on to place fifth in the finals in a time of 9.00 seconds. Freshman **Caleb Southworth** added a fourth-place finish in the men's 600 meters in 1:26.95.
- In the field events, junior **Jenelle Hurley** led the way with a third-place finish in the women's long jump, leaping 17 feet, 9.75 inches. Senior **Moana Gianotti** was fourth in the women's shot put with a mark of 40 feet, 5 inches and sixth in the weight throw at 48 feet, 8 inches.
- Western Oregon returns to action this weekend, participating in the Portland Indoor No. 2 meet in Newberg, Oregon on Saturday and Portland on Sunday.

WESTERN WASHINGTON



- Two school records and junior **Ethan Sterkel's** winning performance in the long jump led Western Washington's efforts at Saturday's UW Indoor Preview.
- Sterkel was named the GNAC Men's Field Athlete of the Week after winning the long jump with a school-record mark of 23 feet, 7.25 inches. The NCAA Championships provisional qualifying performance ranks 17th in Division II this season. Sterkel also took second in the high jump with a mark of 6 feet, 6.75 inches.
- Junior **Mac Franks** established a WWU record in the 3,000 meters with a time of 8:14.59. He placed 19th in the 50-competitor field. His time ranks No. 10 on the GNAC All-Time List and No. 6 in Division II this season. In the same event, freshman **Kevin McDermott** ran an NCAA Championships provisional qualifying time of 8:19.37, which ranks 10th in Division II this season.
- Sophomore **Raine Westfall** set the WWU record in the women's weight throw, placing fourth with a mark of 49 feet, 10.5 inches.
- Freshman **Mia Crocker** added a third-place finish in the women's 800 meters with a time of 2:20.16. The time ranks No. 8 on the WWU all-time list.
- In the men's sprints, freshman **Tyrone Woodard** placed eighth in the 60 meters with a time of 7.22 seconds after running 7.12 seconds in the preliminary heats. Freshman **Ryan Henry** placed third in 200 meters in 22.85 seconds with freshman **Lucas Brenek** right behind in fourth at 23.09 seconds.
- Western Washington will return to the track on January 28 and 29, competing in the UW Invitational in Seattle.

Men's Indoor Regional & National Indexes

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National

There were no ranked GNAC teams in 2021. There was no GNAC season due to the COVID-19 pandemic.



USTFCCCA DIVISION II NATIONAL TEAM INDEX

Final - Mar. 13, 2021

Note: First 2022 index released on January 25

Rk	School	Pts.	Prev.
1.	Ashland	70	—
2.	Grand Valley St.	53	—
3.	West Texas A&M	39	—
4.	Lee (Tenn.)	34	—
5.	Pittsburg St.	30	—
6.	Colorado Mines	26	—
7.	Lincoln (Mo.)	25	—
8.	Texas A&M-Commerce	23.5	—
9.	Tiffin	22	—
10.	Northwood (Mich.)	20	—
11.	Findlay	16	—
	NW Missouri St.	16	—
	Central Missouri St.	16	—
14.	Carson-Newman	15	—
	Western Colorado	15	—
	Missouri Southern	15	—
17.	UC-Colorado Springs	13	—
	Queens (N.C.)	13	—
19.	Quincy (Ill.)	12	—
20.	Minnesota State	11.5	—
21.	CSU Pueblo	11	—
	Texas A&M-Kingsville	11	—
	Angelo State	11	—
	Colorado Mesa	11	—

[Complete Poll Online](#)

USTFCCCA WEST REGION TEAM INDEX

Final - Mar. 1, 2021

Note: First 2022 index released on January 24

Rk	School	Pts.	Prev.
1.	Northwest Nazarene	472.20	1
2.	Concordia-Irvine	428.67	2
3.	Academy of Art	288.91	3
4.	Montana State Billings	270.25	4
5.	Biola	191.60	5

Women's Indoor Regional & National Indexes

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National

There were no ranked GNAC teams in 2021. There was no GNAC season due to the COVID-19 pandemic.



USTFCCCA DIVISION II NATIONAL TEAM INDEX

Final - May 13, 2021

NOTE: First 2022 rankings released on January 25

Rk	School	Pts.	Prev.
1.	Grand Valley St.	93	—
2.	Minnesota State	40	—
3.	West Texas A&M	37	—
4.	Central Missouri	36.5	—
5.	Saginaw Valley St.	35	—
6.	CSU Pueblo	32	—
7.	Indianapolis	24	—
8.	UC-Colorado Springs	21	—
9.	Missouri Southern	20	—
10.	Hillsdale	19	—
	Pittsburg State	19	—
12.	Augustana (S.D.)	18	—
	Colorado Mesa	18	—
14.	Tiffin	15	—
15.	Mary	13	—
16.	Fort Hays State	12	—
	Adams State	12	—
18.	Southwest Baptist	11	—
19.	Concordia-St. Paul	10	—
	Queens (N.C.)	10	—
	Mount Olive	10	—
22.	Lincoln (Mo.)	9	—
23.	Southern Indiana	8	—
	Wayne State (Neb.)	8	—
	Black Hills State	8	—
	Angelo State	8	—
	Ashland	8	—
	Colorado Mines	8	—
	Academy of Art	8	—

[Complete Poll Online](#)

USTFCCCA WEST REGION TEAM INDEX

Final - Mar. 1, 2021

Note: First 2022 index released on January 24

Rk	School	Pts.	Prev.
1.	Northwest Nazarene	503.34	1
2.	Concordia Irvine	482.81	2
3.	Academy of Art	372.81	3
4.	Biola	249.51	1
5.	Montana State Billings	210.17	5

GNAC Provisional Qualifiers For NCAA Indoor Championships

MEN'S QUALIFIERS AS OF JAN. 17, 2022

Event	Athlete	Mark	Rank	Date
800 Meters	Mac Franks, WWU	1:52.34	12th	12/11/21
	Will Henry, WWU	1:52.82	15th	12/11/21
Mile	Hunter Hutton, WOU	4:07.78	5th	1/15/22
	Mac Franks, WWU	4:08.41	6th	1/15/22
3,000 Meters	Aaron Ahl, SFU	7:53.89	1st	1/15/22
	Mac Franks, WWU	8:14.59	5th	1/15/22
	Kevin McDermott, WWU	8:19.37	10th	1/15/22
60 Hurdles	Joshua Wagner, UAA	8.15	18th	1/14/22
Long Jump	Ethan Sterkel, WWU	7.19/23-7.25	17th	1/15/22
Triple Jump	David Njeri, SPU	14.95/49-0.75	10th	12/11/21

WOMEN'S QUALIFIERS AS OF JAN. 17, 2022

Event	Athlete	Mark	Rank	Date
400 Meters	Emily Lindsay, SFU	56.39	5th	1/15/22
800 Meters	Alison Andrews-Paul, SFU	2:08.61	1st	1/15/22
3,000 Meters	Annika Esvelt, SPU	9:51.80	12th	1/15/22
4x400 Relay	Simon Fraser (Binder, Andrews-Paul, Leclair, Lindsay)	3:50.46	4th	1/15/22
High Jump	Aliyah Dawkins, WWU	1.68/5-6	T-11th	12/3/21

2022 NCAA Indoor Championships Qualifying Standards

NCAA Provisional	Event	NCAA Provisional
6.87	60 Meters	7.67
8.23	60 Meter Hurdles	8.83
21.69	200 Meters	24.85
48.52	400 Meters	56.80
1:52.85	800 Meters	2:14.51
4:10.99	Mile	4:58.15
8:21.16	3,000 Meters	9:58.36
14:29.97	5,000 Meters	17:26.42
3:17.02	4x400 Relay	3:52.59
10:05.84	Distance Medley Relay	12:07.33
2.04/6-8.25	High Jump	1.67/5-5.75
4.78/15-8.25	Pole Vault	3.69/12-1.25
7.12/23-4.5	Long Jump	5.67/18-7.25
14.44/47-4.5	Triple Jump	11.70/38-4.75
16.38/53-9	Shot Put	13.70/44-11.5
17.84/58-6.5	Weight Throw	17.08/56-0.5
4,753	Heptathlon/Pentathlon	3,258

A Note On Qualifying: There is no automatic qualifying marks for the 2022 NCAA Championships. Athletes who meet the NCAA's provisional standard will be used to fill the championships field in descending order until the maximum field size is reached. To view the complete list of qualifying standards, [Click Here](#).

NCAA Division II Indoor Track & Field Championships: Fri., Mar. 11 & Sat., Mar. 12, Pittsburg, Kansas

Top Performances Lists (TFRRS): [NCAA Division II Men](#) | [NCAA Division II Women](#) | [GNAC Men](#) | [GNAC Women](#) | [U.S./World Best Lists \(T&FN\)](#)

GNAC Indoor Track & Field Records

MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
200 Meters	21.47	Jeremiah Lauzon, Simon Fraser (2020)
400 Meters	47.61	Vladislav Tsygankov, Simon Fraser (2017)
800 Meters	1:47.74	Derek Holdsworth, Western Oregon (2020)
Mile	3:58.88	David Ribich, Western Oregon (2018)
3,000 Meters	7:50.81	David Ribich, Western Oregon (2018)
5,000 Meters	13:47.73	Micah Chelimo, Alaska Anchorage (2014)
60m Hurdles	8.08	Travis Milbrandt, Western Oregon (2015)
4x400 Relay	3:12.45	Alaska Anchorage (2016)
Nicholas Taylor, Liam Lindsey, Adam Commandeur, Cody Thomas		
Distance Medley	9:40.15	Western Oregon (2017)*
Dustin Nading, AJ Holmberg, Josh Dempsey, David Ribich		
High Jump	2.22/7-3.25	Mikel Smith, Saint Martin's (2017)
Pole Vault	5.31/17-5	Ryan Brown, Western Washington (2011)
Long Jump	7.46/24-5.75	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015/2017)
Shot Put	17.94/58-10.75	Cameron Neel, Western Washington (2007)
Weight Throw	18.85/61-10.25	Aidan Cain, Central Washington (2020)
Heptathlon	5,508	Chris Randolph, Seattle Pacific (2006)

MEN'S CONFERENCE MEET RECORDS

60 Meters	6.75	Alex Donigian, Western Washington (2014)
200 Meters	21.56	Carlos Ortiz, Concordia (2018)
400 Meters	47.80	Joel Webster, Simon Fraser (2016)
800 Meters	1:50.83	David Ribich, Western Oregon (2018)
Mile	4:10.01	David Ribich, Western Oregon (2017)
3,000 Meters	8:27.83	Henry Cheseto, Alaska Anchorage (2015)
5,000 Meters	14:36.06	Dominik Notz, Alaska Anchorage (2016)
60m Hurdles	8.08	Travis Milbrandt, Western Washington (2015)
4x400 Relay	3:14.10	Alaska Anchorage (2017)
Liam Lindsay, Darrior Gray, Nicholas Taylor, Adam Commandeur		
Distance Medley	9:58.18	Simon Fraser (2019)
Pierre-Louis Detourbe, Nate St. Romain, Aaron Ahl, Rowan Doherty		
High Jump	2.21/7-3	Mikel Smith, Saint Martin's (2017)
Pole Vault	5.16/16-11	Payton Lewis, Northwest Nazarene (2011)
Long Jump	7.38/24-2.5	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015/2017)
Shot Put	17.47/57-3.75	Cameron Neel, Central Washington (2007)
Weight Throw	18.64/61-2	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)

WOMEN'S CONFERENCE MEET RECORDS

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)

* - NCAA Division II record

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

GNAC Outdoor Track & Field Records

MEN - ALL MEETS

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

MEN'S CONFERENCE MEET RECORDS

100 Meters	10.43	Anthony Wright, Central Washington (2010)
200 Meters	21.32	Rimar Christie, Northwest Nazarene (2013)
	21.32	Tyrell Williams, Western Oregon (2014)
400 Meters	47.55	Ethan Hewitt, Alaska Anchorage (2012)
	47.55	Kodiak Landis, Central Washington (2018)
800 Meters	1:49.31	Paul Mach, Seattle Pacific (2005)
1,500 Meters	3:47.37	David Ribich, Western Oregon (2017)
5,000 Meters	14:29.41	Micah Chelimo, Alaska Anchorage (2011)
10,000 Meters	30:25.75	Jordan Walling, Western Washington (2011)
110m Hurdles	14.21	Travis Milbrandt, Western Washington (2015)
400m Hurdles	51.77	Cordell Cummings, Western Washington (2019)
Steeplechase	8:47.26	Ryan Brockerville, Simon Fraser (2012)
4x100 Relay	41.10	Central Washington (2010)
4x400 Relay	3:13.84	Simon Fraser (2015)
		Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols
		Stuart Ellenwood, Cameron Proceviat, Joel Webster, Daniel Kelloway
High Jump	2.11/6-11	Tevin Gladden, Alaska Anchorage (2017)
Pole Vault	5.14/16-10.75	Ryan Brown, Western Washington (2010)
Long Jump	7.52/24-8.25	David Registe, Alaska Anchorage (2008)
Triple Jump	15.50/50-10.25	Wesley Gray, Western Oregon (2017)
Shot Put	18.20/59-8.75	Josh Koch, Concordia (2016)
Discus	55.74/182-10	Jake Knight, Northwest Nazarene (2019)
Hammer	61.61/202-1	Michael Hoffman, Western Washington (2008)
Javelin	71.19/233-7	Beau Ackerman, Montana State Billings (2022)
Decathlon	7,201	Cody Thomas, Alaska Anchorage (2016)

+ - Denotes Division II national record

WOMEN - ALL MEETS

100 Meters	11.64	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	23.99	NyEma Sims, Seattle Pacific (2007)
400 Meters	53.56	Mary Pierce, Alaska Anchorage (2007)
800 Meters	2:02.10	Helen Crofts, Simon Fraser (2013)
1,500 Meters	4:11.06	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:35.75	Sarah Porter, Western Washington (2011)
5,000 Meters	14:40.45	Caroline Kurgat, Alaska Anchorage (2019)
10,000 Meters	32:08.09	Caroline Kurgat, Alaska Anchorage (2019)+
100m Hurdles	13.64	Mariyah Vongsaveng, Central Washington (2018)
400m Hurdles	58.22	Sidney Trinidad, Central Washington (2019)
Steeplechase	10:02.45	Julia Howley, Simon Fraser (2019)
4x100 Relay	46.19	Simon Fraser (2017)
4x400 Relay	3:41.80	Western Oregon (2018)
High Jump	1.78/5-10	Teona Perkins, Seattle Pacific (2007)
Pole Vault	4.04/13-3	Scout Cai, Seattle Pacific (2021)
Long Jump	6.22/20-5	Renick Meyer, Seattle Pacific (2018)
Triple Jump	12.60/41-4.25	Chrisalyn Johnson, Alaska Anchorage (2019)
Shot Put	17.39/57-0.75	McKenzie Warren, Concordia (2017)
Discus	55.74/182-10	Melissa Ausman, Concordia (2018)
Hammer	62.42/204-9	Christina MacDonald, Concordia (2018)
Javelin	54.18/177-9	Bethany Drake, Western Washington (2016)
Heptathlon	5,606	Danielle Ayers-Stamper, Seattle Pacific (2005)

WOMEN'S CONFERENCE MEET RECORDS

100 Meters	11.81	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	24.30	Grace Morgan, Alaska Anchorage (2013)
400 Meters	54.19	Vanessa Aniteye, Alaska Anchorage (2019)
800 Meters	2:06.38	Jessica Pixler, Seattle Pacific (2010)
1,500 Meters	4:23.02	Caroline Kurgat, Alaska Anchorage (2019)
3,000 Meters	9:53.80	Jessica Pixler, Seattle Pacific (2007)
5,000 Meters	16:35.10	Caroline Kurgat, Alaska Anchorage (2019)
10,000 Meters	34:49.33	Caroline Kurgat, Alaska Anchorage (2018)
100m Hurdles	13.82	Danielle Ayers-Stamper, Seattle Pacific (2005)
400m Hurdles	58.22	Sidney Trinidad, Central Washington (2019)
Steeplechase	110:02.45	Julia Howley, Simon Fraser (2019)
4x100 Relay	46.39	Seattle Pacific (2019)
4x400 Relay	3:44.11	Peace Igbonagwam, Jenna Bouyer, Grace Bley, Julia Stepper
		Seattle Pacific (2013)
		Kishia Mitchell, Emily Quatier, Jasmine Johnson, McKayla Fricker
High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2016)
Pole Vault	3.91/12-10	Scout Cai, Seattle Pacific (2019)
Long Jump	5.99/19-8	Ali Worthen, Seattle Pacific (2013)
Triple Jump	12.58/41-3.25	Chrisalyn Johnson, Alaska Anchorage (2019)
Shot Put	16.55/54-3.75	McKenzie Warren, Concordia (2017)
Discus	53.01/173-11	Melissa Ausman, Concordia (2018)
Hammer	59.62/195-7	Christina MacDonald, Concordia (2018)
Javelin	52.40/171-11.25	Bethany Drake, Western Washington (2017)
Heptathlon	5,390	Ali Worthen, Seattle Pacific (2013)

2021-22 GNAC Indoor Meet Summaries

Fri., Dec. 3 & Sat., Dec. 4

Candy Cane Multis

at Thorpe Field House, Cheney, Wash.

Women (Top 3 GNAC Finishers): Pentathlon - 2, Aliyah Dawkins, WWU, 3,237; 3, McCall DeChenne, CWU, 3,120.

Men (Top 3 GNAC Finishers): Heptathlon - 2, Copper Cummings, WWU, 4,300.

Sat., Dec. 11

Spokane Invitational

at The Podium, Spokane, Wash.

Women (Top 3 GNAC Finishers): 200 Meters - 3, Peace Igbonagwam, SPU, 25.12. 400 Meters - 3, McCall DeChenne, CWU, 58.63. Mile - 3, Annika Esvelt, SPU, 5:06.38. Weight Throw - 3, Meagan Smallbeck, CWU, 55-6.5.

Men (Top 3 GNAC Finishers): 800 Meters - 2, Mac Franks, WWU, 1:52.34. 5,000 Meters - 3, Kevin McDermott, WWU, 15:12.11. 4x400 Relay - 3, Western Oregon (Walker, Stevens, Rambo, Southworth), 3:28.28. Triple Jump - 2, David Njeri, SPU, 49-0.75.

Fri., Jan. 14

Cougar Classic Open

at The Podium, Spokane, Wash.

Women (Top 3 GNAC Finishers): 400 Meters - 2, McCall DeChenne, CWU, 59.00. 800 Meters - 3, Sarah Sewell, CWU, 2:18.83. Weight Throw - 1, Meghan Smallbeck, CWU, 54-0.5.

Men (Top 3 GNAC Finishers): 400 Meters - 2, Austin Albertin, CWU, 49.09. 3,000 Meters - 2, Coleman Nash, UAA, 8:28.95. Long Jump - 2, Collin Sample, UAA, 21-8.

Bobcat Challenge

at Worthington Arena, Bozeman, Mont.

Women (Top 3 GNAC Finishers): 800 Meters - 1, Kailee Stoppel, MSUB, 2:24.72. 4x400 Relay - 2, Montana State Billings (Whitmer, Zent, Siegel, Jessop), 4:44.54. Triple Jump - 1, Kendall Lynn, MSUB, 36-0.75.

Men (Top 3 GNAC Finishers): 200 Meters - 2, William Ullery, MSUB, 23.47. 4x400 Relay - 3, Montana State Billings (Ackerman, Straus, Jessop, Bailey), 3:42.35. Triple Jump - 1, Garrett McMillen, MSUB, 41-7.

Sat., Jan. 15

UW Indoor Preview

at Dempsey Indoor, Seattle, Wash.

Women (Top 3 GNAC Finishers): 60 Meters - 3, Marie-Eloise Leclair, SFU, 7.72. 400 Meters - 3, Emily Lindsay, SFU, 56.39. 800 Meters - 1, Alison Andrews-Paul, SFU, 2:08.61; 3, Mia Crocker, WWU, 2:20.16. 1,000 Meters - 3, Katie Chapman, WOU, 3:12.21. 4x400 Relay - 1, Simon Fraser (Binder, Andrews-Paul, Leclair, Lindsay), 3:50.46; 3, Western Oregon (Hurley, Lambing, Popchock, Hart), 4:10.61. High Jump - 3, Sydney Kania, SFU, 5-3. Long Jump - 3, Janelle Hurley, WOU, 17-9.75.

Men (Top 3 GNAC Finishers): 200 Meters - 3, Ryan Henry, WWU, 22.85. 600 Meters - 1, Isaiah Archer, SPU, 1:21.72; 2, Mark Daniels, WWU, 1:24.56; 3, Brian Le, WWU, 1:25.64. 4x400 Relay - 2, Simon Fraser (Lenton, Allen, Good, Schmidt), 3:23.61; 3, Western Washington (Chiim, Witters, Le, Daniels), 3:27.14. High Jump - 2, Ethan Sterkel, WWU, 6-6.75; 3, Zackary Kuzyk, SFU, 6-4.75. Pole Vault - 3, Kacey Provo, WWU, 14-3.25. Long Jump - 1, Ethan Sterkel, WWU, 23-7.25; 3, Zackary Kuzyk, SFU, 22-8. Triple Jump - 3, David Njeri, SPU, 47-9.