



Feb. 1, 2022 • Week 3
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Feb. 4-Sat., Feb. 5

Alaska Anchorage, Central Washington, Northwest Nazarene, Saint Martin's, Simon Fraser, Western Oregon, Western Washington at WSU Open, Spokane, Wash.

LAST WEEK'S MEETS

Fri., Jan. 28 & Sat., Jan. 29

UW Invitational

at Dempsey Indoor, Seattle, Wash.

Women (Top 3 GNAC Finishers): 5,000 Meters - 2, Annika Esvelt, SPU, 16:31.74.

Men (Top 3 GNAC Finishers): 60 Meters - 2, Enrique Campbell, UAA, 6.92. 400 Meters - 1, Austin Albertin, CWU, 49.21; 2, Lucas Brenek, WWU, 50.23; 3, Enrique Campbell, UAA, 50.51. 60m Hurdles - 2, Hunter Flick, WWU, 8.07; 3, Joshua Wagner, UAA, 8.09. 4x400 Relay - 2, Western Washington (Welch, Daniels, Le, Edwards), 3:21.94; 3, Alaska Anchorage (Wagner, Rohde, Hunter, Campbell), 3:26.72. DMR - 2, Western Washington (McDermott, Daniels, Sturdevant, Franks), 9:54.14. High Jump - 2, Ethan Sterkel, WWU, 6-5; 3, Beau Sheeran, WWU, 6-5. Pole Vault - 2, Cooper Cummings, WWU, 14-9. Long Jump - 1, Ethan Sterkel, WWU, 23-9.5. Triple Jump - 3, David Njeri, SPU, 47-1.5. Shot Put - 3, Ben Malquist, WWU, 50-5.5.

Fri., Jan. 28 & Sun., Jan. 30

John Thomas Terrier Classic at Boston University Track & Terris Center, Boston, Mass.

Women (Top 3 GNAC Finishers): 1,000 Meters - 1, Alison Andrews-Paul, SFU, 2:44.54 (No. 2 All-Time Division II). 4x400 Relay - 2, Simon Fraser (Binder, Andrews-Paul, Leclair, Lindsay), 3:46.48. DMR - 1, Simon Fraser (Roxby, Lindsey, Chilton, Andrews-Paul), 11:36.75.

Men (Top 3 GNAC Finishers): DMR - 3, Simon Fraser (Mekonnen, Robinson, Good, Ahl), 9:38.04 (surpassed previous Division II record).

Sat., Jan. 29

Don Holst Open

at Nelson Physical Education Center, Chadron, Neb.

Women (Top 3 GNAC Finishers): 400 Meters - 3, Madeline Severson, MSUB, 1:04.20. 800 Meters - 1, Kailee Stoppel, MSUB, 2:23.59; 3, Ally Whitmer, MSUB, 2:31.81. Mile - 1, Kailee Stoppel, MSUB, 5:21.02. 4x400 Relay - 2, Montana State Billings (Severson, Clark, Chase, Taylor), 4:21.77. Long Jump - 1, Kendall Lynn, MSUB, 16-8.5; 2, Madison Thompson, MSUB, 15-6.25. Triple Jump - 1, Kendall Lynn, MSUB, 35-1.

Men (Top 3 GNAC Finishers): 200 Meters - 3, William Ullery, MSUB, 23.67. 400 Meters - 2, Ben Ralston, MSUB, 52.65. 800 Meters - 1, Ase Ackerman, MSUB, 2:00.05; 2, Carson Jessop, MSUB, 2:00.27. Mile - 1, Ase Ackerman, MSUB, 4:22.22; 2, Logan Straus, MSUB, 4:24.88. 60m Hurdles - 2, Bradley Graves, MSUB, 8.63.

Stacy Dragila Invitational

at Holt Arena, Pocatello, Idaho

Women (Top 3 GNAC Finishers): 60 Meters - 2, Abbey Wood, NNU, 7.79.

Men (Top 3 GNAC Finishers): Triple Jump - 1, Colton Sedlacek, NNU, 41-9.75. Weight Throw - 1, Dylan Hendry, NNU, 55-10.5; 2, Colton Burr, NNU, 55-9.25.

#GNACTF in 280

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#AhlIn Simon Fraser's **Aaron Ahl** ran the second-fastest time in Division II history in the men's mile, and the fastest since 1986, at the John Thomas Terrier Classic.

#RecordEffort The Simon Fraser men's distance medley relay surpassed the GNAC and Division II record in Boston, falling short of claiming the record outright with American International beating SFU in the same race.

#HuntingTheBarriers Western Washington's **Hunter Flick** knocked off the GNAC record in the men's 60-meter hurdles at the UW Invitational, knocking WWU alumnus Travis Millbrandt off the top of the list.

#FirstTimeSuccess Running her first-ever 5,000 meters on the track, Seattle Pacific's **Annika Esvelt** ran a time that ranks No. 2 in Division II this season and No. 2 in SPU history at the UW Invitational.

#QualifyingSurge Conference athletes set a total of 18 NCAA Championships provisional qualifying marks in meet this weekend. In all, the GNAC has 30 qualifying marks in 19 events.

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Twitter Accounts/Hashtags For GNAC Track & Field Programs

GNAC	@GNACSports	#GNACTF
Alaska Anchorage	@UAASeawolves	#UAASeawolves
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	#HowlAboutIt
W. Washington	@WWUathletics	#VIKTorious

GNAC Athletes of the Week



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

Ahl ran the second-fastest mile in Division II history and became the second GNAC athlete to break the four-minute barrier at the John Thomas Terrier Classic. Ahl placed fifth in the largely Division I field on Sunday, finishing in 3:57.95 to break the conference record of 3:58.88 set by Western Oregon's David Ribich in 2018. On Friday, Ahl also anchored SFU's

distance medley relay team that surpassed the Division II record on Friday. The team finished in 9:38.04, eclipsing the previous GNAC and Division II record of 9:40.15 set by Western Oregon in 2017 (American International set the new Division II record in the same race in 9:36.62).

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



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

Sterkel tied his Western Washington record and No. 4 GNAC all-time mark in the long jump at the UW Invitational. Sterkel won with a mark of 23 feet, 9.5 inches, posting a victory over the 23-athlete field by nearly eight inches. The mark leads the GNAC this season and ranks 18th in Division II.

Also Nominated: Coen Giusti (Montana State Billings), Blake Furtado (Simon Fraser), Owen Collins (Western Oregon).



WOMEN'S TRACK
Annika Esvelt, Seattle Pacific
 Freshman • Spokane, Wash.

Running her first ever 5,000 meters on the track, Esvelt ran the second-fastest time in Division II this season with a time of 16:31.74 at the UW Invitational. Esvelt placed second out of 18 finishers, 14 of whom were Division I competitors. The performance ranks No. 7 on the GNAC All-Time List and is No. 2 on Seattle Pacific's all-time list.

Also Nominated: Kailee Stoppel (Montana State Billings), Marie-Eloise Leclair (Simon Fraser), Caitlin Heldt (Western Oregon), Mia Crocker (Western Washington).



WOMEN'S FIELD
Jenelle Hurley, Western Oregon
 Sophomore • Grants Pass, Ore.

Hurley turned in the top mark in the GNAC this season in the long jump at the UW Invitational. Her fourth-place mark of 18 feet, 2.25 inches was just short of the NCAA Championships provisional qualifying mark. Hurley also finished with a mark of 5 feet, 0.25 inches in the high jump and 9.58 in the 60-meter hurdles.

Also Nominated: Brynn Jolma (Montana State Billings), Kennedy Primrose (Simon Fraser), 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
Jan. 17-23	Ase Ackerman, MSUB	Owen Collins, WOU	Juliette Williams, CWU	Erica Cabanos, CWU
Jan. 24-30	Aaron Ahl, SFU	Ethan Sterkel, WWU	Annika Esvelt, SPU	Jenelle Hurley, WOU

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

Around The GNAC

ALASKA ANCHORAGE



- Alaska Anchorage saw three school records fall as the Seawolves competed at the UW Invitational on Friday and Saturday in Seattle.
- Sophomore **Joshua Wagner** lowered his own school record in the men's 60-meter hurdles, finishing third in a time of 8.09 seconds. The mark ranks third on the GNAC All-Time List after Western Washington's Hunter Flick broke the GNAC record in the same race. The time is 17th in Division II this season.
- Freshman **Mette Van der Meer** set a school record in the women's pole vault, clearing 11 feet, 2.5 inches to finish in 11th place. Van der Meer also placed seventh in the 60-meter hurdles in 9.17 seconds.
- Junior **Enrique Campbell** tied the school record in the men's 60-meter hurdles in a time of 6.92 seconds, placing second. The time leads the GNAC and is just short of the NCAA Championships provisional qualifying time of 6.87 seconds.
- Freshman **Coleman Nash** ran an NCAA Championships provisional qualifying time in the men's 5,000 meters. His 13th place time of 14:29.18 ranks 18th in Division II this season.
- The men's 4x400-meter relay team of Wagner, **Jacob Belanger**, **Timothy Hunter** and Campbell placed third in 3:22.83. The women's 4x400-meter relay team of **Victoria Johansen**, **Blanca De Arvizu Sarrias**, **Kaitlyn Bachman** and **Tylantiss Atlas** placed fifth in 4:14.38.
- Alaska Anchorage heads back south this week to take part in the WSU Open on Friday and Saturday in Spokane.

CENTRAL WASHINGTON



- Senior **Austin Albertin's** winning performance in the men's 400 meters led Central Washington's performances at the UW Invitational.
- Albertin bettered a field of 22 athletes, mostly from the Division II ranks, with a time of 49.21 seconds. He was a full second ahead of second-place Lucas Brenek of Western Washington. Albertin also placed ninth in the 200 meters in 22.78 seconds.
- Juniors **McCall DeChenne** and **Lauryn Chandler** both raced in the finals of the women's 60-meter hurdles. DeChenne finished fifth in a time of 8.97 seconds that is the best in the GNAC this season. Chandler placed sixth in 8.99 seconds, the second-best time in the conference. DeChenne was second in the preliminaries with a time of 9.03 seconds.
- Senior **Meagan Smallbeck** was the top non-Division I finisher in the women's weight throw, placing fifth with a mark of 54 feet, 4.5 inches.
- Senior **Bryan Sidor** led the way in the men's 200 meters, placing seventh in a time of 22.75 seconds. Freshman **Aiden Wise** added an eighth-place finish in the men's 60-meters, running 8.65 after clocking 8.62 seconds in the preliminaries.
- Junior **Omar Young** put together a fourth-place finish in the men's weight throw with a mark of 51 feet, 3 inches.
- Central Washington heads east to Spokane this week, taking part in the WSU Open on Friday and Saturday.

MONTANA STATE BILLINGS



- Juniors **Ase Ackerman** and **Kailee Stoppel** swept the 800 meters and mile in their respective genders, earning the majority of Montana State Billings' five wins at the Don Holst Open on Saturday in Chadron, Nebraska.
- Ackerman finished just ahead of teammate **Carson Jessop** in the men's 800 meters, winning in a time of 2:05.05. Jessop was second in 2:00.27. Ackerman was a two-second winner of teammate **Logan Straus** in the mile, clocking a time of 4:22.22.
- Stoppel was the winner in the women's 800 meters by nearly five seconds, crossing the line in a time of 2:23.59. Stoppel was a four-second winner in the mile, capturing the race in a time of 5:21.02.
- Sophomore **Kendall Lynn** was a winner once again in the women's triple jump, finishing with a mark of 35 feet, 1 inch. Lynn also improved her season-best in the long jump with a mark of 16 feet, 8.5 inches.
- Sophomore **Bradley Graves** made his debut in the men's 60-meter hurdles and placed second with a time of 8.63 seconds. The time ranks seventh in the GNAC this season and 0.12 seconds off of the MSUB record.
- Freshman **Chantel Chase** also performed well in her first time in the women's 60 meters, placing fourth with a time of 8.25 seconds. The performance ranks seventh in MSUB history.
- The women's 4x400-meter relay team of **Madeline Severson**, **Annelise Clark**, Chase and **Skyler Taylor** took second with a time of 4:21.77.
- Montana State Billings is off this weekend. The Yellowjackets conclude the indoor regular season at the Mountain State Games on February 11 and 12 in Pocatello, Idaho.

NORTHWEST NAZARENE



- Victories by junior **Colton Sedlacek** in the men's triple jump and junior **Dylan Hendry** in the men's weight throw led Northwest Nazarene's return to competition at the Stacy Dragila Invitational on Saturday in Pocatello, Idaho.
- Sedlacek led three finishers in the triple jump, winning with a mark of 41 feet, 9.75 inches.
- Hendry paced a one-two finish for the Nighthawks in the weight throw with his winning mark of 55 feet, 10.5 inches. Junior **Colton Burr** was close behind in second place with his mark of 55 feet, 9.25 inches. The marks rank No. 1 and No. 2 in the GNAC this season.
- Junior **Abbey Wood** had a great debut for NNU, taking second in the women's 60 meters in a time of 7.79 seconds. The time just missed the NNU school record and ranks fifth in the GNAC this season. Wood also ran a lifetime best in the 200 meters, clocking 26.64 seconds.
- Sophomore **Ellie Alberts** was the Nighthawks' top competitor in the women's field events, finishing fifth in the triple jump with a mark of 34 feet, 1.25 inches. Sophomore **Destany Herbert** placed fifth in the shot put with a mark of 40 feet, 4.25 inches. Herbert's mark is No. 2 in the GNAC this season.
- Freshman **Kinsey Langin** placed sixth in the pole vault with a clearance of 11 feet, 4.5 inches. Freshman **Julie Cheney** also cleared 11 feet, 4.5 inches and was awarded eighth place. The two are tied for second in the GNAC this season.
- Freshman **Steven Schmidt** tied for fourth in the men's high jump with three other competitors, clearing 6 feet, 5 inches.
- Northwest Nazarene returns to action this weekend, competing at the WSU Open on Friday and Saturday in Spokane.

Around The GNAC

SAINT MARTIN'S



- Saint Martin's did not compete last week. The Saints will be among the six GNAC teams competing at the WSU Open on Friday and Saturday in Spokane.
- A pair of second-place finishes in the 3,000 meters led Saint Martin's performances at the Lauren McCluskey Memorial Open in Moscow, Idaho on January 22.
- Freshman **Kainalu Pagente** collected a second-place finish in the men's 3,000 in a time of 8:46.09. Junior **Lance Slichko** was not far behind in third place in a time of 8:49.81.
- Freshman **Sara Sabra** placed second in the women's 3,000 in a time of 10:45.83, leading three SMU runners to finish sixth or better in the race.
- Sophomore **Andrew Boyd** scored a third-place finish in the men's 60-meter hurdles, running a time of 8.61 seconds after clocking 8.64 seconds in the preliminaries.
- The Saints' top efforts in the field events came from the women. Junior **Brianna Cabrera** and freshman **Phoebe Young** tied for fifth in the pole vault, clearing 10 feet, while freshman **Claire Skaggs** placed eighth at 9 feet, 6.25 inches. Sophomore **Eden Mortensen** was eighth in the high jump, clearing 4 feet, 10.25 inches.

SEATTLE PACIFIC



- Sophomore **Annika Esvelt's** super debut in the women's 5,000 meters led Seattle Pacific's performances at the UW Invitational.
- Esvelt was named the GNAC Women's Track Athlete of the Week after she placed second in her first track race at the distance with a time of 16:31.74. The time ranks No. 2 in SPU history, No. 2 in Division II this season and No. 7 on the GNAC All-Time List.
- Sophomore **Jeff Gordon** had the Falcons' best men's track race of the meet, placing sixth in the 200 meters with a time of 22.73 seconds. Gordon also just missed the finals in the 60 meters, placing 12th in the preliminaries with a time of 7.14 seconds.
- Sophomore **Julius Shepherd** was 11th in a time of 22.88 seconds. He went on to place sixth in the 400 meters with a time of 51.14 seconds.
- In the women's sprints, seniors **Peace Igbonagwam** and **Jenna Bouyer** just missed spots in the 60-meter final. Both athletes ran times of 7.85 seconds, with Igbonagwam placing 11th and Bouyer placing 13th in the preliminaries. The duo also finished back-to-back in the 400 meters, with Igbonagwam clocking 58.71 seconds and Bouyer clocking 58.77 seconds.
- Junior **David Njeri** was SPU's top athlete in the men's field events, placing third in the triple jump with a mark of 47 feet, 1.5 inches and fifth in the long jump with a leap of 22 feet, 7 inches. Sophomore **Kainoa Lee** placed fourth in the pole vault with a clearance of 14 feet, 3.25 inches.
- Seattle Pacific will not compete this week. The Falcons return to the track on February 11 and 12 at the Husky Classic in Seattle.



SIMON FRASER

- Simon Fraser set two GNAC records, ran two times ranked No. 2 in Division II history, established four GNAC all-time top-10 marks and notched 10 NCAA Championships provisional qualifying marks at the John Thomas Terrier Classic on Friday and Sunday in Boston.
- For its outstanding performances against fields dominated by Division I competition, Simon Fraser was named the GNAC Team of the Week.
- Junior **Aaron Ahl** was named the GNAC Men's Track Athlete of the Week after running the second-fastest time in Division II history in the mile. Ahl placed fifth in a time of 3:57.95 to surpass the former GNAC record of 3:58.88 set by Western Oregon's David Ribich in 2018. Ahl is only the second GNAC athlete to break the four-minute mile barrier.
- Ahl also teamed with freshman **Ephrem Mekonnen**, sophomore **Callum Robinson** and freshman **Aiden Good** to surpass the previous Division II record in the men's distance medley relay. The team placed third in a time of 9:38.04, eclipsing the former GNAC and Division II record of 9:40.15 set by Western Oregon in 2017. The time ranks No. 2 in Division II history as American International ran 9:36.62 to win the same race.
- Senior **Alison Andrews-Paul** ran the second-fastest time in Division II history in the women's 1,000 meters. Andrews-Paul finished a close second place to Boston College's Katherine Mitchell in a time of 2:44.54.
- Andrews-Paul teamed with sophomore **Erika Binder**, freshman **Marie-Eloise Leclair** and junior **Emily Lindsay** to place second in the 4x400-meter relay with a time of 3:46.88. The time ranks fourth in Division II this season and No. 6 on the GNAC All-Time List.
- Among the SFU women to earn NCAA Championships provisional qualifying marks were Leclair in the 200 meters (24.82, 17th), sophomore **Megan Roxby** in the mile (4:57.67, 33rd) and junior **Olivia Willett** in the mile (9:50.83, 21st).
- Other Simon Fraser men earning NCAA Championships provisional qualifying marks included Good in the 800 meters (1:52.39, 27th), freshman **Henry Ruckman-Utting** in the mile (4:09.10, 30th) and freshman **Scott Arndt** in the 3,000 meters (8:12.80, 11th).
- The Simon Fraser women moved up to No. 15 in the USTFCCCA Division II Team Index while Simon Fraser earned a top 25 spot for the first time this season at No. 11.
- Simon Fraser is back in action this weekend in Spokane, competing at the WSU Open on Friday and Saturday.

Around The GNAC

WESTERN OREGON



- Western Oregon saw a number of solid performances on Friday and Saturday at the UW Invitational.
- Junior **Jenelle Hurley** was named the GNAC Women's Field Athlete of the Week after she turned in the top mark of the GNAC this season in the long jump, placing fourth with a mark of 18 feet, 2.25 inches. She also posted a mark of 5 feet, 0.25 inches in the high jump and 9.58 seconds in the 60-meter hurdles.
- Senior **Hunter Hutton** improved his NCAA Championships provisional qualifier in the men's mile. Hutton placed 25th in a time of 4:07.37 that ranks second in the GNAC this season and No. 22 in Division II.
- Sophomore **Maliyah Thompson** just missed the finals in the women's 60-meter hurdles, placing second in the preliminaries in a time of 9.48 seconds. Freshman **Brennan Sorah** just missed in the men's 60-meter hurdles with an 11th-place time in the preliminaries of 8.87 seconds.
- Senior **Moana Gianotti** added an eighth-place finish in the women's shot put with a mark of 42 feet, 4 inches and placed 10th in the weight throw with a mark of 48 feet, 3.5 inches.
- In the men's throws, senior **Owen Collins** placed fifth in the men's shot put with a mark of 47 feet, 3.75 inches and was eighth in the weight throw at 44 feet, 11 inches.
- Western Oregon will be among the GNAC teams competing at the WSU Open on Friday and Saturday in Spokane.

WESTERN WASHINGTON



- Freshman **Hunter Flick's** GNAC record in the men's 60-meter hurdles and junior **Ethan Sterkel's** school-record tying performance in the long jump headlined a solid Western Washington weekend at the UW Invitational.
- Flick ran a blistering 8.07 seconds to place second in the finals and surpassed the previous WWU and conference record of 8.08 seconds set by Travis Milbrandt in 2015. The NCAA Championships provisional qualifying time ranks No. 15 in Division II.
- Sterkel was named the GNAC Men's Field Athlete of the Week after he won the long jump with a mark of 23 feet, 9.5 inches. The mark tied his own WWU record and his No. 4 mark on the GNAC All-Time List. The performance also improved his NCAA Championships provisional qualifier, ranking No. 18.
- Junior **Mac Franks** reset his own school record in the men's 800 meters, placing fifth with a time of 1:51.47. The time ranks No. 7 on the GNAC All-Time List, leads the conference in 2022 and is 27th in Division II this season.
- Freshman **Raine Westfall** improved her own school record in the women's weight throw, placing eighth with a mark of 50 feet, 0.5 inches. The performance ranks No. 2 in the GNAC this season.
- The men's distance medley relay team of **Kevin McDermott, Mark Daniels, Landon Sturdevant** and Franks broke the school record with a second-place time of 9:54.13. The performance ranks No. 6 in Division II this season.
- Freshman **Mia Crocker** lowered her lifetime best in the women's 800 meters, clocking a time of 2:18.19 that ranks No. 6 on the WWU all-time list.
- The men's 4x400-meter relay team of **Bryant Welch, Daniels, Brian Le** and **Jaden Edwards** finished second with a time of 3:21.94 that leads the conference this season.
- Western Washington heads east this weekend to take part in the WSU Open on Friday and Saturday.

Men's Indoor Regional & National Indexes

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	SFU
Jan. 25	—
Feb. 1	11th

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 2 - Feb. 1, 2022		Pts.	Prev.
Rk	School		
1.	Grand Valley St.	157.55	1
2.	Ashland	135.06	2
3.	Adams State	132.54	7
4.	Pittsburg State	120.25	3
5.	American International	103.94	20
6.	Central Missouri	98.77	6
7.	UC-Colorado Springs	96.88	8
8.	Fort Hays State	93.67	5
9.	West Texas A&M	89.92	12
10.	Lee (Tenn.)	84.74	4
11.	Simon Fraser	72.74	35
12.	CSU Pueblo	66.75	9
13.	Texas A&M-Commerce	63.77	13
14.	Nebraska-Kearney	54.06	10
15.	Southern Connecticut	50.15	33
16.	Missouri Southern	49.94	24
17.	MSU Moorhead	48.20	17
18.	Colorado Mesa	46.90	22
19.	Alabama-Huntsville	44.74	46
20.	Tiffin	42.05	27
21.	Findlay	40.73	11
22.	Minnesota State	39.99	18
23.	Colorado Mines	39.91	28
24.	Lincoln (Mo.)	39.76	23
25.	Azusa Pacific	39.37	25

USTFCCCA WEST REGION TEAM INDEX

Week 2 - Jan. 31, 2022		Pts.	Prev.
Rk	School		
1.	Western Washington	509.34	2
2.	Azusa Pacific	380.71	1
3.	Simon Fraser	318.31	6
4.	Academy of Art	220.76	4
5.	Western Oregon	187.74	5
6.	Northwest Nazarene	179.19	7
7.	Alaska Anchorage	176.74	11
8.	Central Washington	174.51	3
9.	Fresno Pacific	168.15	NR
10.	Montana State Billings	102.10	8



[Complete Poll Online](#)

Women's Indoor Regional & National Indexes

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	SFU
Jan. 25	21st
Feb. 1	15th

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 2 - Feb. 1, 2022		Pts.	Prev.
Rk	School		
1.	Grand Valley St.	145.08	2
2.	Pittsburg State	138.91	4
3.	Minnesota State	134.11	3
4.	Azusa Pacific	133.71	1
5.	UC-Colorado Springs	124.60	11
6.	West Texas A&M	117.71	7
7.	Adams State	114.15	9
8.	Indianapolis	96.58	10
9.	Saginaw Valley St.	85.58	13
10.	Academy of Art	75.40	16
11.	CSU Pueblo	74.97	5
12.	Lincoln (Mo.)	74.68	8
13.	Lee (Tenn.)	70.73	6
14.	Northwest Missouri St.	68.84	14
15.	Simon Fraser	62.18	21
16.	Fort Hays State	56.37	12
17.	Findlay	49.26	17
18.	Winona State	49.06	22
19.	Central Missouri	44.73	27
20.	Walsh	43.08	15
21.	Mary	42.09	18
22.	Queens (N.C.)	39.87	19
23.	Cal Poly Pomona	37.24	49
24.	Sioux Falls	36.16	28
25.	Hillsdale	33.05	20

USTFCCCA WEST REGION TEAM INDEX

Week 2 - Jan. 31, 2022		Pts.	Prev.
Rk	School		
1.	Azusa Pacific	441.59	1
2.	Academy of Art	303.09	3
3.	Simon Fraser	236.30	6
4.	Cal Poly Pomona	213.50	8
5.	Western Washington	211.52	7
6.	Central Washington	210.01	2
7.	Seattle Pacific	168.31	9
8.	Western Oregon	158.85	5
9.	Concordia (Calif.)	133.33	4
10.	Fresno Pacific	88.37	NR



[Complete Poll Online](#)

GNAC Provisional Qualifiers For NCAA Indoor Championships

MEN'S QUALIFIERS AS OF JAN. 30, 2022

Event	Athlete	Mark	Rank	Date
200 Meters	Callum Robinson, SFU	21.64	T-21st	1/30/22
800 Meters	Mac Franks, WWU	1:51.47	12th	1/28/22
	Aidan Good, SFU	1:52.39	27th	1/30/22
	Will Henry, WWU	1:52.82	34th	12/11/21
Mile	Aaron Ahl, SFU	3:57.95	1st	1/30/22
	Hunter Hutton, WOU	4:07.47	22nd	1/28/22
	Mac Franks, WWU	4:08.41	26th	1/15/22
	Henry Ruckman-Utting, SFU	4:09.10	30th	1/30/22
3,000 Meters	Aaron Ahl, SFU	7:53.89	1st	1/15/22
	Scott Arndt, SFU	8:12.90	11th	1/30/22
	Mac Franks, WWU	8:14.59	16th	1/15/22
	Kevin McDermott, WWU	8:19.37	27th	1/15/22
5,000 Meters	Coleman Nash, UAA	14:29.18	18th	1/28/22
60 Hurdles	Hunter Flick, WWU	8.07	15th	1/28/22
	Joshua Wagner, UAA	8.09	17th	1/28/22
DMR	Simon Fraser	9:38.04	2nd	1/28/22
	(Mekonnen, Robinson, Good, Ahl)			
	Western Washington	9:54.14	6th	1/28/22
	(McDermott, Daniels, Sturdevant, Franks)			
Long Jump	Ethan Sterkel, WWU	7.25/23-9.5	18th	1/28/22
Triple Jump	David Njeri, SPU	14.95/49-0.75	17th	12/11/21

WOMEN'S QUALIFIERS AS OF JAN. 30, 2022

Event	Athlete	Mark	Rank	Date
200 Meters	Marie-Eloise Leclair, SFU	24.82	17th	1/28/22
400 Meters	Emily Lindsay, SFU	56.39	12th	1/15/22
800 Meters	Alison Andrews-Paul, SFU	2:08.61	2nd	1/15/22
Mile	Megan Roxby, SFU	4:57.67	33rd	1/28/22
3,000 Meters	Olivia Willett, SFU	9:50.83	21st	1/28/22
	Annika Esvelt, SPU	9:51.80	23rd	1/15/22
5,000 Meters	Annika Esvelt, SPU	16:31.74	2nd	1/28/22
4x400 Relay	Simon Fraser	3:46.38	4th	1/28/22
	(Binder, Andrews-Paul, Leclair, Lindsay)			
DMR	Simon Fraser	11:36.75	1st	1/30/22
	(Roxby, Lindsey, Chilton, Andrews-Paul)			
High Jump	Aliyah Dawkins, WWU	1.68/5-6	T-15th	12/3/21
Weight Throw	Meagan Smallbeck, CWU	17.24/56-6.75	29th	1/22/22

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	3:57.92	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)

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.

Fri., Jan. 21-Sat., Jan. 22

Dave Little Alumni Mile

at Donald Young Center, Spearfish, S.D.

Women's Team Scores: Dickinson State 169, Black Hills State 149, Montana State Billings 110.5, Rocky Mountain 73, South Dakota Mines 71.5.

Women (Top 3 GNAC Finishers): 400 Meters - 2, Madeline Severson, MSUB, 1:04.07. 800 Meters - 2, Ally Whitmer, MSUB, 2:35.49; 3, Anna Jessop, MSUB, 2:43.31. 3,000 Meters - 3, Kailee Stoppel, MSUB, 10:45.34. 4x400 Relay - 3, Montana State Billings (Severson, Clark, Hamill, Whitmer), 4:28.49. DMR - 2, Montana State Billings (Stoppel, Clark, Taylor, Jessop), 14:24.33; 3, Montana State Billings (Whitmer, Bohl, Seigle, Wiersema), 14:24.46. High Jump - 3, Madeline Severson, MSUB, 4-10.5.

Men's Team Scores: Dickinson State 154, South Dakota Mines, Black Hills State 119, Montana State Billings 62, Rocky Mountain 46, Dawson CC 34, Deja Vu Track Club 10.

Men (Top 3 GNAC Finishers): 200 Meters - 2, Ben Ralston, MSUB, 23.86; 3, William Ullery, MSUB, 23.93. 5,000 Meters - 1, Ase Ackerman, MSUB, 15:20.69; 2, Logan Straus, MSUB, 15:22.29. DMR - 1, Montana State Billings (Peiro, Ralston, Bailey, Edgerton), 11:30.94.

Sat., Jan. 22

Lauren McCluskey Memorial Open

at Kibbee ASUI Activity Center, Moscow, Idaho

Women (Top 3 GNAC Finishers): 60 Meters - 3, Juliette Williams, CWU, 7.89. 200 Meters - 2, Makenna Hansen, CWU, 25.32. 3,000 Meters - 2, Sara Sabra, SMU, 10:45.83. 60 Hurdles - 3, McCall DeChenne, CWU, 9.07. 4x400 Relay - 2, Central Washington (Ochoa, Hansen, Sewell, DeChenne), 4:06.75. Triple Jump - 1, Erica Cabanos, CWU, 36-7. Weight Throw - 2, Meagan Smallbeck, CWU, 56-6.75.

Men (Top 3 GNAC Finishers): 800 Meters - 3, Austin Albertin, CWU, 1:56.54. Mile - 1, Trevor Allen, CWU, 4:26.41. 3,000 Meters - 2, Kainalu Pagente, SMU, 8:46.09; 3, Lance Slichko, SMU, 8:49.81. 60 Hurdles - 2, Aiden Wise, CWU, 8.59; 3, Andrew Boyd, SMU, 8.61.

Sat., Jan. 22 & Sun., Jan. 23

Portland Indoor #2

at Austin Sports Complex, Newberg, Ore. (Jan. 22) & Chiles Center, Portland, Ore. (Jan. 23).

Women (Top 3 GNAC Finishers): 60 Meters - 1, Maya Hopwood, WOU, 7.93. Mile - 1, Katie Chapman, WOU, 5:15.85. 60 Hurdles - 2, Ana Popchock, WOU, 9.39; 3, Maliyah Thompson, WOU, 9.53. High Jump - 3, Kalulusno Ngaida, WOU, 5-2.25. Long Jump - 2, Amity Deters, WOU, 16-9.75. Triple Jump - 1, Ana Popchock, WOU, 36-4.75; 2, Kalulusno Ngaida, WOU, 35-6.75. Shot Put - 1, Moana Gianotti, WOU, 40-10.5. Weight Throw - 2, Liliana Lyness, WOU, 42-9.75; 3, Emillia Carpenter, WOU, 41-6.

Men (Top 3 GNAC Finishers): 400 Meters - 3 Aaron Hanible, WOU, 51.70. 60 Hurdles - 2, Brennen Sorah, WOU, 8.74; 3, Gabe Burchfield, WOU, 8.88. Triple Jump - 1, Marley Harrison, WOU, 44-3.5; 3, Jacob Flury, WOU, 39-11.25. Shot Put - 1, Owen Collins, WOU, 45-3. Weight Throw - 1, Owen Collins, WOU, 51-3; 2, Mark Warren, WOU, 49-0.75.

2021 GNAC Meet Summaries

Fri., Jan. 28 & Sat., Jan. 29

UW Invitational

at Dempsey Indoor, Seattle, Wash.

Women (Top 3 GNAC Finishers): 5,000 Meters - 2, Annika Esvelt, SPU, 16:31.74.

Men (Top 3 GNAC Finishers): 60 Meters - 2, Enrique Campbell, UAA, 6.92. 400 Meters - 1, Austin Albertin, CWU, 49.21; 2, Lucas Brenek, WWU, 50.23; 3, Enrique Campbell, UAA, 50.51. 60m Hurdles - 2, Hunter Flick, WWU, 8.07; 3, Joshua Wagner, UAA, 8.09. 4x400 Relay - 2, Western Washington (Welch, Daniels, Le, Edwards), 3:21.94; 3, Alaska Anchorage (Wagner, Rohde, Hunter, Campbell), 3:26.72. DMR - 2, Western Washington (McDermott, Daniels, Sturdevant, Franks), 9:54.14. High Jump - 2, Ethan Sterkel, WWU, 6-5; 3, Beau Sheeran, WWU, 6-5. Pole Vault - 2, Cooper Cummings, WWU, 14-9. Long Jump - 1, Ethan Sterkel, WWU, 23-9.5. Triple Jump - 3, David Njeri, SPU, 47-1.5. Shot Put - 3, Ben Malquist, WWU, 50-5.5.

Fri., Jan. 28 & Sun., Jan. 30

John Thomas Terrier Classic

at Boston University Track & Terris Center, Boston, Mass.

Women (Top 3 GNAC Finishers): 1,000 Meters - 1, Alison Andrews-Paul, SFU, 2:44.54 (No. 2 All-Time Division II). 4x400 Relay - 2, Simon Fraser (Binder, Andrews-Paul, Leclair, Lindsay), 3:46.48. DMR - 1, Simon Fraser (Roxby, Lindsey, Chilton, Andrews-Paul), 11:36.75.

Men (Top 3 GNAC Finishers): DMR - 3, Simon Fraser (Mekonnen, Robinson, Good, Ahl), 9:38.04 (surpassed previous Division II record).

Sat., Jan. 29

Don Holst Open

at Nelson Physical Education Center, Chadron, Neb.

Women (Top 3 GNAC Finishers): 400 Meters - 3, Madeline Severson, MSUB, 1:04.20. 800 Meters - 1, Kailee Stoppel, MSUB, 2:23.59; 3, Ally Whitmer, MSUB, 2:31.81. Mile - 1, Kailee Stoppel, MSUB, 5:21.02. 4x400 Relay - 2, Montana State Billings (Severson, Clark, Chase, Taylor), 4:21.77. Long Jump - 1, Kendall Lynn, MSUB, 16-8.5; 2, Madison Thompson, MSUB, 15-6.25. Triple Jump - 1, Kendall Lynn, MSUB, 35-1.

Men (Top 3 GNAC Finishers): 200 Meters - 3, William Ullery, MSUB, 23.67. 400 Meters - 2, Ben Ralston, MSUB, 52.65. 800 Meters - 1, Ase Ackerman, MSUB, 2:00.05; 2, Carson Jessop, MSUB, 2:00.27. Mile - 1, Ase Ackerman, MSUB, 4:22.22; 2, Logan Straus, MSUB, 4:24.88. 60m Hurdles - 2, Bradley Graves, MSUB, 8.63.

Stacy Dragila Invitational

at Holt Arena, Pocatello, Idaho

Women (Top 3 GNAC Finishers): 60 Meters - 2, Abbey Wood, NNU, 7.79.

Men (Top 3 GNAC Finishers): Triple Jump - 1, Colton Sedlacek, NNU, 41-9.75. Weight Throw - 1, Dylan Hendry, NNU, 55-10.5; 2, Colton Burr, NNU, 55-9.25.