



Feb. 10, 2022 • Week 4  
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## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

**Fri., Feb. 11-Sat., Feb. 12**

Alaska Anchorage at GVSU Big Meet,  
Allendale, Mich.

Western Oregon, Western Washington  
at Husky Classic, Seattle, Wash.

Montana State Billings, Northwest Nazarene at  
Mountain State Games, Pocatello, Idaho

**Fri., Feb. 11**

Simon Fraser at Lilac Grand Prix, Spokane, Wash.

**Sat., Feb. 12**

Central Washington, Saint Martin's, Seattle Pacific,  
Simon Fraser at Whitworth Invitational,  
Spokane, Wash.

**Sun., Feb. 13**

Western Oregon at Portland Indoor #4,  
Portland, Ore.

### LAST WEEK'S MEETS

**Thurs., Feb. 3-Sat., Feb. 5**

**WSU Invitational**

**at The Podium, Spokane, Wash.**

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

**Men (Top 3 GNAC Finishers):** DMR - 2, Western  
Washington (McDermott, Welch, Weber, Franks),  
9:50.83. Long Jump - 3, Ethan Sterkel, WWU,  
23-5.5.

**Fri., Feb. 4**

**WSU Open**

**at The Podium, Spokane, Wash.**

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

**Men (Top 3 GNAC Finishers):** 400 Meters - 3,  
Austin Albertin, CWU, 49.40. High Jump - 2, Beau  
Sheeran, WWU, 6-6.75.

## #GNACTF in 280

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**#LeapingRepeat** Western Washington's **Ethan Sterkel** was named the GNAC Men's Field Athlete of the Week for the second consecutive week and the third time this season after placing third in the long jump at the WSU Invitational.

**#NoBarriers** Western Oregon's **Ana Popchock** was named the GNAC Women's Track Athlete of the Week after she broke the WOU record and set an NCAA Championships provisional qualifying mark in the 60-meter hurdles at the WSU Open.

**#GoldenMedley** Western Washington's men's distance medley relay reset the school record for the second time in as many weeks, improving its No. 8 time on the Division II season-best list.

**#ScoutingTheVenue** Central Washington, Saint Martin's, Seattle Pacific and Simon Fraser will all be at The Podium this weekend for the Whitworth Invitational, the last meet ahead of the GNAC Championships.

**#GetYourTickets** Tickets are now on sale for the GNAC Indoor Track and Field Championships, which will take place Feb. 21 and 22 in Spokane.

## Get Social

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	#HowAboutIt
W. Washington	@WWUAthletics	#VIKTorious

# GNAC Athletes of the Week



**MEN'S TRACK**  
**Austin Albertin, Central Washington**  
 Senior • Finley, Wash.

Albertin placed third in the 400 meters at the WSU Open on Friday in Spokane. The top non-Division I placer out of 38 finishers, Albertin crossed the line in a time of 49.40 seconds.

**Also Nominated:** Tyler Shea (Northwest Nazarene), Kainalu Pagente (Saint Martin's), Keeton

Sanchez (Western Oregon), Kevin McDermott (Western Washington).



**WOMEN'S TRACK**  
**Ana Popchock, Western Oregon**  
 Sophomore • Maupin, Ore.

Popchock finished fourth in the 60-meter hurdles at the WSU Open. Her NCAA Championships provisional qualifying time of 8.83 seconds leads the GNAC and is tied for 22nd in Division II this season. Popchock also placed fifth in the triple jump with a lifetime best mark of 36 feet, 10.5 inches.

**Also Nominated:** Abbey Wood (Northwest Nazarene), Sara Sabra (Saint Martin's), Ila Davis (Western Washington).



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

Sterkel placed third in the long jump at the WSU Invitational with a mark of 23 feet, 5.5 inches. He was one of just three individual GNAC top-three finishers at either WSU meet over the weekend. Sterkel also placed 11th in the high jump at the WSU Open with a clearance of 6 feet, 2.75 inches.

**Also Nominated:** Steven Schmidt (Northwest Nazarene), Owen Collins (Western Oregon).



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

Hurley hit the NCAA Championships provisional qualifying mark in the pentathlon at the WSU Invitational on Thursday, placing 10th with a score of 3,436 points. The total leads the GNAC and is 20th in Division II this season. One of just three non-Division I athletes in the field, Hurley tied for fifth in the high jump (5-3.75).

**Also Nominated:** Meagan Smallbeck (Central Washington), Kinsey Langin (Northwest Nazarene), Aliyah Dawkins (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
Jan. 31-Feb. 6	Austin Albertin, CWU	Ethan Sterkel, WWU	Ana Popchock, WOU	Jenelle Hurley, WOU

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

# Around The GNAC

## ALASKA ANCHORAGE



- Senior **Collin Sample's** fourth-place finish in the men's long jump led Alaska Anchorage's efforts at the WSU Open on Friday in Spokane.
- Sample was the top non-Division I finisher in the field, recording a mark of 21 feet, 11.75 inches. The performance was short of a season-best of 22 feet, 3.5 inches at the UW Invite on Jan. 28.
- The men's 4x400-meter relay team of **Kevin Angarita, Timothy Hunter, Adrian Velasco** and **Wyatt Rhode** also placed fourth in a time of 3:26.12. They were the top non-Division I finishers in the field.
- Angarita added a 10th-place finish in the men's 400 meters. His time of 50.96 seconds ranks eighth in the GNAC this season.
- Freshman **Blanca De Arvizu Sarrias** led the Seawolves' women's finishers, placing 26th in the 60-meter hurdles in 9.54 seconds. Sophomore **Carlotta Duenninger** was 27th in the high jump, clearing 4 feet, 8.25 inches.
- Alaska Anchorage will conclude the indoor regular season with its longest road trip of the season, competing in the GVSU Big Meet on Friday and Saturday in Allendale, Michigan.

## CENTRAL WASHINGTON



- Senior **Austin Albertin's** performance in the men's 400 meters and senior **Meagan Smallbeck's** performance in the women's weight throw paced Central Washington at the WSU Open and WSU Invitational in Spokane.
- Albertin was named the GNAC Men's Track Athlete of the Week after he placed third in the 400 meters in the WSU Open. His time of 49.40 seconds was the top non-Division I performance in the field. Albertin also competed in the 800 meters in the WSU Invitational, placing 18th in 1:57.11.
- Smallbeck was the Wildcats' top women's finisher in the meet, placing fourth in the weight throw with a mark of 55 feet, 9 inches. She was the top non-Division I finisher and the only non-Division I athlete in the top 10.
- Senior **Makenna Hansen** broke her own school record in the women's 60 meters for the third time this season, running a time of 7.73 seconds in the preliminary heats. The time ranks No. 3 in the GNAC this season.
- Senior **Avery Fisk** was the Wildcats' top finisher in the WSU Invitational, placing 11th in the women's shot put with a mark of 39 feet, 5.75 inches.
- The Wildcats' women's distance medley relay team of **Kay Lester, Madison Thompson, Caitlin Gohr** and **Madison Child** placed seventh during the second day of the WSU Invitational, finishing in a time of 13:32.19.
- Central Washington completes its regular-season indoor schedule on Saturday in Spokane, competing at the Whitworth Invitational.

## MONTANA STATE BILLINGS



- Montana State Billings did not compete last weekend. The Yellowjackets will return to the track on Friday and Saturday at the Mountain State Games in Pocatello, Idaho.
  - 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 Jan. 29 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 over 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.
- ## NORTHWEST NAZARENE
- Junior **Tyler Shea** broke the Northwest Nazarene record in the men's 3,000 meters to lead the Nighthawks' performances at the WSU Open.
  - Competing indoors for the first time this season, Shea placed 10th in a time of 8:31.60. He was the top non-Division I finisher in the field and the only non-Division I finisher in the top 25.
  - Junior **Abbey Wood** was one of two non-Division I finalists in the women's 60 meters, placing sixth in a time of 7.73 seconds after clocking 7.72 seconds in the preliminaries. The mark is tied for first in the GNAC this season and is the fastest by a conference athlete since Jan. 15.
  - Sophomore **Kinsey Langin** tied for fifth place in the women's pole vault and was among five athletes to clear 11 feet, 9.75 inches. The mark is the best in the GNAC this season and just missed the NCAA Championships provisional qualifying mark of 12 feet, 1.25 inches.
  - Freshman **Hunter Braseth** was the top non-Division I finisher in the men's 400 meters, breaking 50 seconds for the first time with a fifth-place time of 49.97 seconds. The time ranks fourth in the GNAC this season.
  - The men's 4x400-meter relay team, comprised of Braseth, **Josh Beck, Shalkar Wilkins** and **Quincy Ellis**, placed fifth in a time of 3:28.00 that ranks fourth in the GNAC this season. Freshman **Steven Schmidt** added a sixth-place finish in the men's high jump with a clearance of 6 feet, 4.75 inches.
  - Northwest Nazarene will remain in the Gem State this weekend, competing in the Mountain State Games in Pocatello on Friday and Saturday.

# Around The GNAC

## SAINT MARTIN'S



• A small corps of distance runners represented Saint Martin's at the WSU Open and WSU Invitational on Friday and Saturday in Spokane.

• Freshman **Sara Sabra** led the way, placing 13th in the women's 5,000 meters in a time of 19:02.03. Freshman **Kya Ramirez** placed 15th in a time of 20:15.80. The times rank fourth and sixth, respectively, in the conference this season.

• Freshman **Cassidy Walchak-Sloan** added a 13th-place finish in the women's 800 meters with a time of 2:20.33. She was the top non-Division I finisher in the field.

• Freshman **Kainalu Pagente** was the Saints' top men's finisher, placing 15th in the men's 5,000 meters in a season-best time of 15:27.28. Junior **Lance Slichko** placed 17th in a time of 15:50.23.

• Saint Martin's will return to The Podium on Saturday to compete in the Whitworth Invitational.

## SEATTLE PACIFIC



• Seattle Pacific did not compete last week. The Falcons will conclude the indoor regular season on Saturday in Spokane at the Whitworth Invitational.

• Sophomore **Annika Esvelt's** super debut in the women's 5,000 meters led Seattle Pacific's performances at the UW Invitational on Jan. 28 and 29.

• Esvelt finished 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.



## SIMON FRASER

• After a big week in Boston at the end of January, Simon Fraser did not compete. The team will be back in action at the Whitworth Invitational on Saturday in Spokane with a handful of athletes racing in the Lilac Grand on Friday night.

• 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 Jan. 28 and 30 in Boston.

• 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), sophomore **Megan Roxby** in the mile (4:57.67) and junior **Olivia Willett** in the mile (9:50.83t).

• Other Simon Fraser men earning NCAA Championships provisional qualifying marks included Good in the 800 meters (1:52.39), freshman **Henry Ruckman-Utting** in the mile (4:09.10) and freshman **Scott Arndt** in the 3,000 meters (8:12.80).

• With the weekend away from the track, the Simon Fraser men dropped to No. 13 in the USTFCCA Division II Indoor Track Index while the SFU women dropped to No. 16.

## Around The GNAC

### WESTERN OREGON



• A pair of Athlete of the Week-winning performances, including a school record for sophomore **Ana Popchock**, led the Western Oregon efforts at the WSU Open and WSU Invitational.

• Popchock was named the GNAC Women's Track Athlete of the Week after she broke the WOU record in the 60-meter hurdles in the WSU Open, placing fourth in a time of 8.83 seconds. That bettered the previous record of 8.91 seconds set by Rochelle Pappel in 2015. The mark leads the GNAC and is tied for 22nd in Division II this season. Popchock later finished fifth in the triple jump with a mark of 36 feet, 10.5 inches.

• Junior **Jenelle Hurley** repeated as the GNAC Women's Field Athlete of the Week after she earned an NCAA Championships provisional qualifying mark in the pentathlon at the WSU Invitational. She placed 10th with a score of 3,346 points, which ranks 20th in Division II this season.

• Junior **Marlon Harrison** was the Wolves' top male finisher, placing fifth in the triple jump with a mark of 43 feet, 5 inches. Senior **Owen Collins** added a ninth-place finish in the shot put with a mark of 47 feet, 4.5 inches that ranks second in the GNAC this season.

• Sophomore **Maliyah Thompson** just missed joining Popchock in the finals of the women's 60-meter hurdles, placing 10th in the preliminary heats in a time of 9.14 seconds.

• Western Oregon has two meets on the docket this weekend. The Wolves will send athletes to the Husky Classic on Friday and Saturday in Seattle and to the Portland Indoor #4 meet on Sunday at the Chiles Center.

### WESTERN WASHINGTON



• Junior **Ethan Sterkel** had another solid performance in the men's long jump and a record for the men's distance medley relay team led Western Washington's performances at the WSU Open and WSU Invitational.

• Sterkel was named the GNAC Men's Field Athlete of the Week once again after placing third in the long jump with a mark of 23 feet, 5.5 inches. He was the top non-Division I finisher in the event and tied with Kamau Carlisle of California, but was awarded third based on previous marks.

• The men's DMR of **Kevin McDermott, Bryant Welch, Drew Weber and Mac Franks** broke the WWU record for the second straight week, placing second behind Division I Idaho in a time of 9:50.82. The time betters the Vikings NCAA Championships provisional qualifier in the event and ranks eighth in Division II this season.

• On Saturday, McDermott lowered his season-best in the men's mile with an eighth-place time of 4:10.37. The NCAA Championships provisional qualifying time ranks 51st in Division II this season. Franks added a fourth-place finish in the men's 800 meters in a time of 1:52.20. Both athletes were the top non-Division I finishers in their races.

• Senior **Beau Sheeran** posted a second-place finish in the men's high jump with a mark of 6 feet, 6.75 inches. He is tied for the top mark in the GNAC this season.

• Senior **Aliyah Dawkins** was WWU's top women's finisher, taking fifth in the high jump with a mark of 5 feet, 5.25 inches.

• Freshman **Ila Davis** added a 14th-place finish in the mile in a time of 5:10.66. Freshman **Sophie Wright** was 16th in the women's 800 meters with a time of 2:21.87.

• Western Washington closes out the indoor regular this weekend by competing in the Husky Classic on Friday and Saturday in Seattle.

## GNAC Indoor Track & Field Championships

Tickets are now on sale for the 2022 GNAC Indoor Track and Field Championships as the annual event moves this month to the Northwest's newest and best indoor track facility.

The 2022 meet will take on Monday, Feb. 21 and Tuesday, Feb. 22 at The Podium in Spokane, Washington.

Advanced purchase general admission tickets are \$15 per day. Tickets for students, youth 12 and under, seniors, members of the military and first responders are available for \$10 per day. A two-day ticket is available for \$30 for general admission or \$20 for students, youth 12 and under, seniors, members of the military and first responders. Tickets can be purchased at <https://bit.ly/gnacindoortracktix2021>.

Per county health regulations, a facemask worn over the nose and mouth will be required of all spectators. Per facility regulations, spectators are allowed one clear plastic vinyl bag no larger than 14 inches by 14 inches by six inches. Backpacks and purses larger than 4.5 inches by 6.5 inches are not permitted. Exceptions will be made for medically necessary items or single compartment diaper bags. Outside food and drink are not permitted.



Opened for competition last fall, The Podium will be the home of the GNAC Indoor Track and Field Championships through at least 2024. 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.

For more information on The Podium, including updated spectator information, visit [thepodiumusa.com](http://thepodiumusa.com).

# Men's Indoor Regional & National Indexes

## GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	SFU
Jan. 25	—
Feb. 1	11th
Feb. 8	13th

## USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 3 - Feb. 8, 2022		Pts.	Prev.
Rk	School		
1.	Grand Valley St.	166.68	1
2.	Ashland	147.82	2
3.	Pittsburg State	120.51	4
4.	Central Missouri	118.58	6
5.	Lee (Tenn.)	116.42	10
6.	Adams State	115.49	3
7.	West Texas A&M	110.24	9
8.	Colorado Mines	93.65	23
9.	American International	84.71	5
10.	Fort Hays State	82.13	8
11.	UC-Colorado Springs	77.71	7
12.	CSU Pueblo	73.76	12
13.	<b>Simon Fraser</b>	<b>66.47</b>	<b>11</b>
14.	Azusa Pacific	56.61	25
15.	Texas A&M-Commerce	56.47	13
16.	Southern Connecticut	50.27	15
17.	MSU Moorhead	48.49	17
18.	Tiffin	47.53	20
19.	Nebraska-Kearney	46.31	14
20.	Colorado Mesa	45.60	18
21.	Missouri Southern	42.24	16
22.	Findlay	36.29	21
23.	Minnesota State	36.15	22
24.	Harding	35.42	29
25.	Alabama-Huntsville	33.61	19

## USTFCCCA WEST REGION TEAM INDEX

Week 3 - Feb. 7, 2022		Pts.	Prev.
Rk	School		
1.	<b>Western Washington</b>	<b>533.97</b>	<b>1</b>
2.	Azusa Pacific	491.38	2
3.	<b>Simon Fraser</b>	<b>301.21</b>	<b>3</b>
4.	Academy of Art	288.33	4
5.	<b>Western Oregon</b>	<b>211.38</b>	<b>5</b>
6.	<b>Northwest Nazarene</b>	<b>196.27</b>	<b>6</b>
7.	<b>Alaska Anchorage</b>	<b>167.20</b>	<b>7</b>
8.	<b>Central Washington</b>	<b>166.50</b>	<b>8</b>
9.	<b>Montana State Billings</b>	<b>98.96</b>	<b>10</b>
10.	Concordia (Calif.)	78.08	11



[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
Feb. 8	16th

## USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 3 - Feb. 8, 2022		Pts.	Prev.
Rk	School		
1.	Minnesota State	158.34	3
2.	Azusa Pacific	155.84	4
3.	Pittsburg State	137.31	1
4.	West Texas A&M	131.92	6
5.	Grand Valley State	121.13	1
6.	Indianapolis	107.38	8
7.	UC-Colorado Springs	98.62	5
8.	Adams State	78.50	7
9.	Saginaw Valley St.	76.73	9
10.	CSU Pueblo	75.26	11
11.	Lee (Tenn.)	69.15	13
12.	Northwest Missouri St.	65.51	14
13.	Academy of Art	60.09	10
14.	Central Missouri	59.70	19
15.	Winona State	56.34	18
16.	<b>Simon Fraser</b>	<b>51.67</b>	<b>15</b>
17.	Western Colorado	49.89	33
18.	Walsh	49.39	20
19.	Fort Hays State	48.41	16
20.	Queens (N.C.)	47.39	22
21.	Findlay	45.21	17
22.	Mary	38.74	21
23.	Sioux Falls	33.61	24
24.	Concordia-St. Paul	31.34	28
25.	Cal Poly Pomona	28.77	23

## USTFCCCA WEST REGION TEAM INDEX

Week 3 - Feb. 7, 2022		Pts.	Prev.
Rk	School		
1.	Azusa Pacific	485.89	1
2.	Academy of Art	375.11	2
3.	<b>Simon Fraser</b>	<b>226.94</b>	<b>3</b>
4.	<b>Central Washington</b>	<b>220.84</b>	<b>6</b>
5.	<b>Western Washington</b>	<b>219.56</b>	<b>5</b>
6.	Cal Poly Pomona	217.73	4
7.	<b>Western Oregon</b>	<b>196.68</b>	<b>8</b>
8.	<b>Seattle Pacific</b>	<b>155.13</b>	<b>7</b>
9.	Concordia (Calif.)	117.35	9
10.	Cal State LA	78.23	11



[Complete Poll Online](#)

# GNAC Provisional Qualifiers For NCAA Indoor Championships

## MEN'S QUALIFIERS AS OF FEB. 6, 2022

Event	Athlete	Mark	Rank	Date
<b>200 Meters</b>	Callum Robinson, SFU	21.64	T-26th	1/30/22
<b>800 Meters</b>	Mac Franks, WWU	1:51.47	16th	1/28/22
	Aidan Good, SFU	1:52.39	T-35th	1/30/22
	Will Henry, WWU	1:52.82	47th	12/11/21
<b>Mile</b>	Aaron Ahl, SFU	3:57.95	1st	1/30/22
	Hunter Hutton, WOU	4:07.47	24th	1/28/22
	Mac Franks, WWU	4:08.41	30th	1/15/22
	Henry Ruckman-Utting, SFU	4:09.10	37th	1/30/22
	Kevin McDermott, WWU	4:10.37	51st	2/5/22
<b>3,000 Meters</b>	Aaron Ahl, SFU	7:53.89	1st	1/15/22
	Scott Arndt, SFU	8:12.90	25th	1/30/22
	Mac Franks, WWU	8:14.59	33rd	1/15/22
	Kevin McDermott, WWU	8:19.37	53rd	1/15/22
<b>5,000 Meters</b>	Coleman Nash, UAA	14:29.18	22nd	1/28/22
<b>60 Hurdles</b>	Hunter Flick, WWU	8.07	15th	1/28/22
	Joshua Wagner, UAA	8.09	17th	1/28/22
<b>DMR</b>	Simon Fraser (Mekonnen, Robinson, Good, Ahl)	9:38.04	2nd	1/28/22
	Western Washington (McDermott, Daniels, Sturdevant, Franks)	9:50.83	8th	2/5/22
<b>Long Jump</b>	Ethan Sterkel, WWU	7.25/23-9.5	22nd	1/28/22
<b>Triple Jump</b>	David Njeri, SPU	14.95/49-0.75	17th	12/11/21

## WOMEN'S QUALIFIERS AS OF FEB. 6, 2022

Event	Athlete	Mark	Rank	Date
<b>200 Meters</b>	Marie-Eloise Leclair, SFU	24.82	21st	1/28/22
<b>400 Meters</b>	Emily Lindsay, SFU	56.39	14th	1/15/22
<b>800 Meters</b>	Alison Andrews-Paul, SFU	2:08.61	2nd	1/15/22
<b>Mile</b>	Megan Roxby, SFU	4:57.67	44th	1/28/22
<b>3,000 Meters</b>	Olivia Willett, SFU	9:50.83	30th	1/28/22
	Annika Esvelt, SPU	9:51.80	32nd	1/15/22
<b>5,000 Meters</b>	Annika Esvelt, SPU	16:31.74	2nd	1/28/22
<b>60m Hurdles</b>	Ana Popchock, WOU	8.83	T-22nd	2/4/22
<b>4x400 Relay</b>	Simon Fraser (Binder, Andrews-Paul, Leclair, Lindsay)	3:46.38	4th	1/28/22
<b>DMR</b>	Simon Fraser (Roxby, Lindsey, Chilton, Andrews-Paul)	11:36.75	4th	1/30/22
<b>High Jump</b>	Aliyah Dawkins, WWU	1.68/5-6	T-22nd	12/3/21
<b>Weight Throw</b>	Meagan Smallbeck, CWU	17.24/56-6.75	31st	1/22/22
<b>Pentathlon</b>	Jenelle Hurley, WOU	3,346	20th	2/4/22

## 2022 NCAA Indoor Championships Qualifying Standards

NCAA Provisional	Event	NCAA Provisional
6.87	<b>60 Meters</b>	7.67
8.23	<b>60 Meter Hurdles</b>	8.83
21.69	<b>200 Meters</b>	24.85
48.52	<b>400 Meters</b>	56.80
1:52.85	<b>800 Meters</b>	2:14.51
4:10.99	<b>Mile</b>	4:58.15
8:21.16	<b>3,000 Meters</b>	9:58.36
14:29.97	<b>5,000 Meters</b>	17:26.42
3:17.02	<b>4x400 Relay</b>	3:52.59
10:05.84	<b>Distance Medley Relay</b>	12:07.33
2.04/6-8.25	<b>High Jump</b>	1.67/5-5.75
4.78/15-8.25	<b>Pole Vault</b>	3.69/12-1.25
7.12/23-4.5	<b>Long Jump</b>	5.67/18-7.25
14.44/47-4.5	<b>Triple Jump</b>	11.70/38-4.75
16.38/53-9	<b>Shot Put</b>	13.70/44-11.5
17.84/58-6.5	<b>Weight Throw</b>	17.08/56-0.5
4,753	<b>Heptathlon/Pentathlon</b>	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)
<b>Mile</b>	<b>3:57.92</b>	<b>Aaron Ahl, Simon Fraser (2022)</b>
3,000 Meters	7:50.81	David Ribich, Western Oregon (2018)
5,000 Meters	13:47.73	Micah Chelimo, Alaska Anchorage (2014)
<b>60m Hurdles</b>	<b>8.07</b>	<b>Hunter Flick, Western Washington (2022)</b>
4x400 Relay	3:12.45	Alaska Anchorage (2016)

Nicholas Taylor, Liam Lindsey, Adam Commandeur, Cody Thomas

## Distance Medley 9:38.04 Simon Fraser (2022)

<b>Ephrem Mekonnen, Callum Robinson, Aiden Good, Aaron Ahl</b>		
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)

<b>Pierre-Louis Detourbe, Nate St. Romain, Aaron Ahl, Rowan Doherty</b>		
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)

<b>Ruth Cvancara, Vanessa Aniteye, Danielle McCormick, Caroline Kurgat</b>		
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)

<b>Ruth Cvancara, Vanessa Aniteye, Danielle McCormick, Caroline Kurgat</b>		
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.

# 2021-22 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 & Tennis 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.

**Thurs., Feb. 3-Sat., Feb. 5**

**WSU Invitational**

**at The Podium, Spokane, Wash.**

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

**Men (Top 3 GNAC Finishers):** DMR - 2, Western Washington (McDermott, Welch, Weber, Franks), 9:50.83. Long Jump - 3, Ethan Sterkel, WWU, 23-5.5.

**Fri., Feb. 4**

**WSU Open**

**at The Podium, Spokane, Wash.**

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

**Men (Top 3 GNAC Finishers):** 400 Meters - 3, Austin Albertin, CWU, 49.40. High Jump - 2, Beau Sheeran, WWU, 6-6.75.