



Feb. 17, 2022 • Week 5
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Mon., Feb. 21-Tues., Feb. 22
GNAC Indoor Track and Field Championships
Spokane, Wash.

Sat., Feb. 26
Central Washington, Seattle Pacific, Simon Fraser,
Western Washington at SPU Final Qualifier,
Seattle, Wash.

LAST WEEK'S MEETS

Fri., Feb. 11
Lilac Grand Prix
at The Podium, Spokane, Wash.
Women (Top 3 GNAC Finishers): DMR - 2, Simon Fraser (Roxby, Lindsay, Vanderput, Andrews-Paul), 11:57.44.
Men (Top 3 GNAC Finishers): DMR - 1, Simon Fraser (Dannatt, Robinson, Good, Ahl), 9:42.95.

Fri., Feb. 11
GVSU Big Meet (Friday Session)
at Kelly Family Sports Center, Allendale, Mich.
Women (Top 3 GNAC Finishers): None.
Men (Top 3 GNAC Finishers): 3,000 Meters (Heat 2) - 1, Coleman Nash, UAA, 8:16.42. Long Jump - 1, Collin Sample, UAA, 22-7.

Fri., Feb. 11-Sat., Feb. 12
Husky Classic
at Dempsey Indoor Center, Seattle, Wash.
Women (Top 3 GNAC Finishers): High Jump - 2, Aliyah Dawkins, WWU, 5-5.25.
Men (Top 3 GNAC Finishers): 4x400 Relay - 3, Western Washington (Welch, Daniels, Brenek, Oglesby), 3:19.03. High Jump - 2, Beau Sheeran, WWU, 6-7. Pole Vault - 3, Tyrel Halme, WWU, 12-7.5.

Mountain State Games
at Holt Arena, Pocatello, Idaho
Women (Top 3 GNAC Finishers): 60 Meters - 1, Abbey Wood, NNU, 7.73. 200 Meters - 2, Abbey Wood, NNU, 25.66. 4x400 Relay - 3, Northwest Nazarene (Brence, DeJong, Drury, Johnson), 4:05.96. Pole Vault - 3, Kinsey Langin, NNU, 11-7.75. Shot Put - 3, Destany Herbert, NNU, 43-9.
Men (Top 3 GNAC Finishers): 400 Meters - 3, Ben Ralston, MSUB, 50.60. Mile - 3, Ase Ackerman, MSUB, 4:16.67. 3,000 Meters - 3, Logan Straus, MSUB, 8:39.52. 4x400 Relay - 3, Northwest Nazarene (Braseth, Kosegi, Wilkins, Ellis), 3:29.47. DMR - 3, Northwest Nazarene (Emerson, Braseth, Kosgei, Shea), 10:25.81. High Jump - 3, Gerohm Rihari, NNU, 6-6. Triple Jump - 3, Gerohm Rihari, NNU, 42-3.5. Weight Throw - 1, Colton Burr, NNU, 57-7; 3, Dylan Hendry, NNU, 54-4.5. Heptathlon - 2, Turner Nye, NNU, 4,798; 3, Steven Schmidt, NNU, 4,608.

Sat., Feb. 12
GVSU Big Meet (Saturday Session)
at Kelly Family Sports Center, Allendale, Mich.
Women (Top 3 GNAC Finishers): 400 Meters - 3, Tylantiss Atlas, UAA, 56.42.
Men (Top 3 GNAC Finishers): 60 Hurdles - 2, Joshua Wagner, UAA, 8.30. 4x400 Relay - 2, Alaska Anchorage (Wagner, Angarita, Hunter, Velasco), 3:22.19.

Sat., Feb. 12
Whitworth Invitational
at The Podium, Spokane, Wash.
Women (Top 3 GNAC Finishers): 60 Meters - 2, Marie-Eloise Leclair, SFU, 7.60; 3, Makenna Hansen, CWU, 7.66. 200 Meters - 1, Marie-Eloise Leclair, SFU, 24.75; 3, Makenna Hansen, CWU, 25.01. 400 Meters - 1, Emily Lindsay, SFU, 56.38. 800 Meters - 1, Alison Andrews-Paul, SFU, 2:05.75. Mile - 2, Megan Roxby, SFU, 5:10.44. 3,000 Meters - 1, Annika Esvelt, SPU, 9:38.43. High Jump - 1, Sydney Kania, SFU, 5-4.5; 2, Kylie Griffin, CWU, 5-4.5. Pole Vault - 2, Madison Licari, SPU, 11-8.5. Long Jump - 1, Peace Igbonagwam, SPU, 18-4.5; 2, Makaylee Young, CWU, 17-7.5. Triple Jump - 1, Primrose Kennedy, SFU, 36-11.5; 2, Erica Cabanos, CWU, 36-5. Weight Throw - 2, Meagan Smallbeck, CWU, 54-9.5.
Men (Top 3 GNAC Finishers): 1, Callum Robinson, SFU, 21.40 (GNAC Record). 400 - 1, Callum Robinson, SFU, 48.54. 800 Meters - 3, Paul Buckingham, SFU, 1:52.23. Mile - 1, Aaron Ahl, SFU, 4:05.34; 2, Charlie Dannatt, SFU, 4:07.28. 4x400 Relay - 3, Simon Fraser (Lenton, Buckingham, Chapman, Schmidt), 3:25.65. Long Jump - 2, Zackary Kuzyk, SFU, 22-9. Triple Jump - 1, David Njeri, SPU, 47-11.25; 3, Christopher Hines, CWU, 44-2. Weight Throw - 3, Omar Young, CWU, 53-1.75.

Sun., Feb. 13
Portland Indoor #4
at Chiles Center, Portland, Ore.
Women (Top 3 GNAC Finishers): None.
Men (Top 3 GNAC Finishers): None.

#GNACTF in 280 @GNACSports

#OneLapRecord Simon Fraser's **Callum Robinson** broke the GNAC men's 200-meter record last weekend, winning the event at the Whitworth Invitational. His teammate, **Alison Andrews-Paul**, won the women's 800 with the No. 2 time in GNAC history.

#FastRace Simon Fraser's **Marie-Éloise Leclair**, Seattle Pacific's **Jenna Bouyer** and Central Washington's **Makenna Hansen**, all ran GNAC top-10 times in the women's 60 meters at the Whitworth Invitational. A fourth athlete, SPU's **Peace Igbonagwam**, entered the top 10 in the preliminaries.

#LiveStream A live stream of the GNAC Indoor Track and Field Championships will be available on RunnerSpace.com. Field events can be followed via live results (with video) at GNAC.live.

#Get Your Tickets 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	#HowIAboutIt
W. Washington	@WWUAthletics	#VIKTorious

GNAC Athletes of the Week



MEN'S TRACK
Callum Robinson, Simon Fraser
 Sophomore • Goderich, Ont.

Robinson broke the GNAC record in the 200 meters, winning the event at the Whitworth Invitational. His time of 21.40 seconds broke the previous record of 21.47 seconds set by SFU's Jeremiah Lauzon in 2020. The NCAA Championships provisional qualifying mark is 14th in Division II this season.

Robinson also won the 400 meters in 48.54 seconds and was part of SFU's distance medley relay team that set the facility record at The Podium during Friday night's Lilac Grand Prix.

Also Nominated: Benjamin Ralston (Montana State Billings), Tyler Shea (Northwest Nazarene), Brandon McMillian-Thomas (Saint Martin's), David Njeri (Seattle Pacific), Hunter Hutton (Western Oregon), Mac Franks (Western Washington).



MEN'S FIELD
Steven Schmidt, Northwest Nazarene
 Freshman • Battle Ground, Wash.

During the heptathlon at the Mountain State Games, Schmidt established the top mark of the conference this season in the high jump with a mark of 6 feet, 9 inches. The mark ties him for No. 7 on the GNAC All-Time List, is an NCAA Championships provisional qualifier and ranks 24th in Division II this season. Schmidt placed third in the heptathlon with a score

of 4,608 points.

Also Nominated: Collin Sample (Alaska Anchorage), Andrew Alfred (Saint Martin's), Sam Cole (Western Oregon), Beau Sheeran (Western Washington).



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

Andrews-Paul won the 800 meters at the Whitworth Invitational, improving to No. 2 on the GNAC All-Time List with a time of 2:05.75. She won the race by five seconds over Leah Holmgren of Idaho. The time ranks No. 2 in Division II this season.

Also Nominated: Chantel Chase (Montana State Billings), Abbey Wood (Northwest Nazarene), Eden Mortensen (Saint Martin's), Annika Esvelt (Seattle Pacific), Caitlin Heldt (Western Oregon), Aliyah Dawkins (Western Washington).



WOMEN'S FIELD
Peace Igbonagwam, Seattle Pacific
 Senior • Fairview, Ore.

Igbonagwam won the long jump at the Whitworth Invitational with a leap of 18 feet, 4.5 inches. She was a winner by over nine inches over second-place Makaylee Young of Central Washington. Igbonagwam also ran 7.65 seconds in the preliminaries of the 60 meters, ranking No. 9 on the GNAC All-Time List.

Also Nominated: Mette Van Der Meer (Alaska Anchorage), Kendall Lynn (Montana State Billings), Destany Herbert (Northwest Nazarene), Margaret Zilla (Saint Martin's), Sydney Kania (Simon Fraser), Ana Popchock (Western Oregon), 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
Feb. 7-13	Callum Robinson, SFU	Steven Schmidt, NNU	Alison Andrews-Paul, SFU	Peace Igbonagwam, SPU

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

GNAC Indoor Championships Preview

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

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

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

While the competitive nature of the conference meet hasn't changed, the location has. The GNAC entered into a multi-year agreement last spring to hold the meet at The Podium after years of conducting the meet in Nampa, Idaho.

WOMEN

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

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

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

Simon Fraser also has the conference's top times in the 4x400-meter relay (3:46.38) and the distance medley relay (11:36.75), both of which rank No. 5 in Division II this season.

Seattle Pacific will angle for its third team championship in the last four years. Senior **Peace Igbonagwam** is the only returning women's champion from the 2020 meet. The GNAC record holder in the long jump has the conference's best mark of 18 feet, 4.5 inches. She will also be a factor in the sprints, holding top-five times in the 60, 200 and 400 meters. Her best of 7.65 seconds in the 60 meters ranks No. 9 on the GNAC all-time list.

Adding to the Falcons' depth in the sprints is junior **Jenna Bouyer**, who ran 7.66 seconds in the 60 meters in Spokane and is tied for No. 10 on the GNAC All-Time List. She enters the meet with the fourth-fastest time this season in the 200 meters and No. 5 in the 400 meters.

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

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

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

Western Washington will be paced by junior **Aliyah Dawkins**. The 2021 outdoor champion in the high jump, Dawkins owns the top mark in the conference at 5 feet, 6 inches. She also ranks fifth in the GNAC in the 60-meter hurdles



(9.12). Junior **Brook Wedin** ranks third in the 5,000 meters (18:03.99) and fourth in the 3,000 meters (10:17.84).

The Vikings are further complemented by freshman **Mia Crocker**, who ranks fifth in the 900 meters (2:18.89) and freshman **Ila Davis**, who is fifth in the mile (5:10.66). In the field events, sophomore **Matty Lagerway** ranks third in the long jump (18-1.5).

Sophomore **Ana Popchock** leads Western Oregon after she set the school record in the 60-meter hurdles earlier this season. Her time of 8.83 seconds leads the conference and is top-35 in Division II. Popchock will also be a factor in the triple jump with the second-best mark in the

GNAC at 36 feet, 10.5 inches.

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

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

Northwest Nazarene is led by freshman **Abbey Wood**, who ranks sixth in the GNAC in both the 60 meters (7.72) and 200 meters (25.66) and freshman **Kinsey Langin**, who leads the conference with a mark of 11 feet, 9.75 inches in the pole vault.

Montana State Billings freshman **Kendall Lynn** enters the championships ranked No. 5 in the triple jump (37-0.75) and sixth in the long jump (17-4.75). Saint Martin's is paced by freshman **Sara Sabra**, who ranks fourth in the 5,000 meters (19:02.03).

MEN

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

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

Freshman **Hunter Flick** captured the GNAC record in the 60-meters with a time of 8.07 seconds at the Husky Classic, ranking him 15th in Division II. Junior **Ethan Sterkel** is one of two returning men's champions. The 2020 long jump champ has the best mark in the GNAC at 23 feet 9.5 inches, which ranks No. 24 in Division II.

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

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

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GNAC Indoor Championships Preview

Ahl was also part of a SFU distance medley relay team that set the GNAC record and ducked under the Division II record with a time of 9:38.04 at January's John Thomas Terrier Classic.

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

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

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

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

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

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

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

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

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

TICKET INFORMATION: 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.

WEBCAST & LIVE RESULTS INFORMATION: As part of its partnership with Spokane Sports, RunnerSpace will provide a live webcast of all track events during the championships this coming Monday and Tuesday. Access to the webcast requires a RunnerSpace +PLUS subscription. A one-month subscription to the service costs \$12.99 and can be purchased online at plus.runnerspace.com.

RunnerSpace has provided webcasts for almost all of the meets that have taken place at The Podium this season. They will also be providing the stream for the USATF Indoor Championships, which will be held at The Podium on Feb. 26 and 27, the Pac-12 Indoor Invitational, the USATF Youth Indoor Championships and the USATF Masters Indoor Championships.

Fans of the field events will have the opportunity to watch video of athletes in action through the live results provided by Athletic Timing at GNAC.live. Cameras will be positioned at each field event and video of each attempt in a field series will be embedded in the results to view. Video will be available in real time once each mark is recorded.

To view the field series videos, click on the results link for the appropriate event and then click on the camera icon next to an athlete's name. A pop-up window will open, allowing viewers to see video of each attempt for an athlete.

All video on the live results will be available for viewing for free for up to 24 hours after the conclusion of the meet. After that, viewing will require a subscription to Athletic.net's premium service, which runs \$9.99 per month.

In addition to the live results, fans have the option to receive an email, text or tweet when results are available for a specific athlete or team. Alerts can be set up by visiting GNAC.live and clicking on the "Add Notifications" button on the left side of the page. Notifications can be added once the meet entry list has been finalized.

MEET SCHEDULE

Subject To Change

MONDAY, FEB. 21

Heptathlon

9:00 a.m. 60 Meters
9:45 a.m. Long Jump*
11:00 a.m. Shot Put*
12:10 p.m. High Jump*

Pentathlon

9:15 a.m. 60 Hurdles
10:00 a.m. High Jump*
12:00 p.m. Shot Put*
1:00 p.m. Long Jump*
2:15 p.m. 800 Meters*

Field Events

2:30 p.m. Weight Throw-Men
3:00 p.m. Long Jump-Women
3:15 p.m. Pole Vault-Men
5:00 p.m. High Jump-Women
5:30 p.m. Weight Throw-Women
5:30 p.m. Long Jump-Men

Running Events

2:15 p.m. Pentathlon 800 Meters
2:40 p.m. Women's 60 Hurdles (Prelims)
2:50 p.m. Men's 60 Hurdles (Prelims)
3:05 p.m. Women's 60 (Prelims)
3:20 p.m. Men's 60 (Prelims)
3:45 p.m. Women's 400 (Prelims)
4:10 p.m. Men's 400 (Prelims)
4:30 p.m. Women's 800 (Prelims)
4:45 p.m. Men's 800 (Prelims)
5:00 p.m. Women's 200 (Prelims)
5:20 p.m. Men's 200 (Prelims)
5:45 p.m. Women's 5,000 (Final)
6:10 p.m. Men's 5,000 (Final)
6:35 p.m. Women's DMR (Final)
7:00 p.m. Men's DMR (Final)

TUESDAY, FEB. 22

Heptathlon

8:30 a.m. 60 Hurdles
9:05 a.m. Pole Vault
11:40 a.m. 1,000 Meter Run

Field Events

9:30 a.m. High Jump-Men
10:05 a.m. Shot Put-Men
10:10 a.m. Triple Jump-Women
12:15 p.m. Pole Vault-Women
12:30 p.m. Shot Put-Women
12:45 p.m. Triple Jump-Men

Running Events

11 a.m. Women's Mile (Final)
11:20 a.m. Men's Mile (Final)
11:40 a.m. Heptathlon: 1,000 (approx.)
12:00 p.m. Women's 60 Hurdles (Final)
12:10 p.m. Men's 60 Hurdles (Final)
12:20 p.m. Women's 60 (Final)
12:25 p.m. Men's s 60 (Final)
12:45 p.m. Women's 400 (Final)
12:55 p.m. Men's 400 (Final)
1:05 p.m. Women's s 800 (Final)
1:50 p.m. Men's 800 (Final)
1:25 p.m. Women's 200 (Final)
1:30 p.m. Men's 200 (Final)
1:35 p.m. Women's 3000 Heat 1 (Final)
1:50 p.m. Women's 3000 Heat 2 (Final)
2:05 p.m. Men's 3000 Heat 1 (Final)
2:20 p.m. Men's 3000 Heat 2 (Final)
2:40 p.m. Women's 4x400 (Final)
2:50 p.m. Men's 4x400 (Final)

Around The GNAC

ALASKA ANCHORAGE



- Freshman **Mette Van der Meer's** school record in the women's pole vault led Alaska Anchorage's performances at the GVSU Big Meet on Friday and Saturday in Allendale, Michigan.
- Van der Meer improved her school record to 11 feet, 8 inches, placing 10th in the competition. The mark ranks No. 4 in the GNAC this season. She also set a personal-best of 9.11 seconds in the 60-meter hurdles, the No. 4 mark in UAA history.
- Senior **Collin Sample** won the men's long jump with a leap of 22 feet, 10.75 inches. The performance is second-best in UAA history behind his season-best of 23 feet, 9.5 inches, which is the best in the GNAC this season.
- Freshman **Coleman Nash** won his heat in the men's 3,000 meters. His time of 8:16.42 improves his NCAA Championships provisional qualifier and ranks No. 4 in the GNAC this season.
- In the sprints, senior **Tylantiss Atlas** placed third in the women's 400 meters with a time of 56.42 seconds. The NCAA Championships provisional qualifying time is No. 27 in Division II this season and No. 2 in the GNAC this season.
- Sophomore **Joshua Wagner** placed second in the men's 60-meter hurdles with a time of 8.30 seconds. He also ran a season-best in the men's 200 meters with a time of 22.46 seconds.
- The men's 4x400-meter relay team of Wagner, **Kevin Angarita**, **Timothy Hunter** and **Adrian Velasco** placed second with a time of 3:22.19 that ranks No. 2 in the GNAC this season.
- Alaska Anchorage placed fifth in both the men's and women's team race at the 2020 Indoor Championships. The men scored 83 points while the women scored 65 points.

CENTRAL WASHINGTON



- Senior **Makenna Hansen's** school record in the women's 60 meters led eight top-three finishes for Central Washington at the Whitworth Invitational on Saturday in Spokane.
- Hansen was part of a 60-meter race where three GNAC athletes ran all-time top-10 times. Hansen was third in a time of 7.66 seconds, which ties her for No. 10 on the GNAC all-time list. It is the fourth time this year where Hansen has broken her own school record and ranks 35th in Division II this season. She also placed third in the 200 meters in 25.01 seconds.
- Junior **Kylie Griffin** placed second in the women's high jump with a mark of 5 feet, 4.5 inches. Freshman **Makaylee Young** finished second in the women's long jump with a leap of 17 feet, 7.5 inches, which ranks No. 5 in the GNAC this season. Sophomore **Erica Cabanos** added a second-place finish in the women's triple jump at 36 feet, 5 inches.
- Senior **Meghan Smallbeck** finished second in the women's weight throw to lead the CWU throwers with a mark of 54 feet, 9.5 inches.
- Junior **Chris Hines** led the Central Washington men in the field events, placing third in the triple jump with his mark of 44 feet, 2 inches, which ranks third in the GNAC this season. Junior **Omar Young** finished third in the weight throw with a mark of 53 feet, 1.75 inches, ranking him No. 3 in the GNAC.
- Senior **Bryan Sidor** was the top CWU men's finisher in the running events, placing ninth in the 200 meters in 22.65 seconds.
- Central Washington placed third in both the men's and women's team competitions at the 2020 GNAC Indoor Championships. The CWU finished with 102 points while the men scored 86 points.

MONTANA STATE BILLINGS



- Freshman **Benjamin Ralston's** school record in the 400 meters led Montana State Billings' performances at the Mountain State Games on Friday and Saturday in Pocatello, Idaho.
- Ralston placed third in a time of 50.60 seconds, breaking the previous record of 50.82 seconds set by Rahkei Eyer in 2018. The time ranks No. 9 in the GNAC this season.
- Sophomore **Kendall Lynn** placed second in the women's long jump, establishing a new personal best with a leap of 17 feet, 4.75 inches that is just short of the MSUB record. The mark ranks No. 5 in the GNAC this season.
- Junior **Ase Ackerman** led MSUB's efforts on the track, placing third in the men's mile with a lifetime best time of 4:16.67. After conversion to 4:11.78 for altitude, the time ranks seventh in the GNAC this season. Junior **Logan Straus** added a third-place finish in the 3,000 meters with a time of 8:39.52.
- Sophomore **Bradley Graves** ran a lifetime best in the preliminaries of the men's 60-meter hurdles with a time of 8.58 seconds. The performance ranks fifth in the GNAC this season and just missed the MSUB record.
- Freshman **Dakota Lobemeyer** finished sixth in the women's shot put with a mark of 39 feet, 7.75 inches. She enters the GNAC Championships tied for No. 4 in the event.
- Montana State Billings placed 10th in both the men's and women's team competitions at the 2020 GNAC Indoor Championships. The MSUB men scored 12 points and the women scored three points.

NORTHWEST NAZARENE



- A win by senior **Colton Burr** in the men's weight throw and a GNAC season-best by freshman **Steven Schmidt** in the men's high jump led 47 personal bests for Northwest Nazarene at the Mountain State Game.
- Burr won the weight throw with a mark of 57 feet, 7 inches, which ranks No. 3 on NNU's all-time list. He leads the GNAC entering the conference meet and ranks fifth in the shot put.
- Schmidt was named the GNAC Men's Field Athlete of the Week after he established the season-best in the high jump during the heptathlon competition. His clearance of 6 feet, 9 inches is tied for No. 7 on the GNAC all-time list and is a GNAC Championships provisional qualifier, tying him for 24th in Division II this season.
- Sophomore **Turner Nye** established an NCAA Championships provisional qualifying score in the men's heptathlon, placing second with 4,798 points. The mark ranks 30th in Division II this season. Schmidt placed third with 4,608 points.
- Junior **Abbey Wood** won the women's 60 meters in a time of 7.73 seconds, missing the NNU school record by two-thousandths of a second. She later placed second in the 200 meters with a time of 25.66 seconds. Both times rank No. 6 in the conference this season.
- Freshman **Kinsey Langin** placed third in the women's pole vault with her clearance of 11 feet, 7.75 inches. Sophomore **Destany Herbert** established the top mark in the GNAC this season in the women's shot put, placing third at 43 feet, 9 inches.
- Northwest Nazarene tied for seventh in the men's team competition at the 2020 GNAC Indoor Championships with a score of 39 points. The Nighthawks' women placed ninth with 20 points.
- The 2021 championships marks the first time that it is not being held in Northwest Nazarene's hometown. The meet was held at the Jacksons Indoor Center in Nampa from 2004 to 2020.

Around The GNAC

SAINT MARTIN'S



- Sophomore **Margaret Zilla's** fifth-place finish in the women's triple jump headlined Saint Martin's performances at the Whitworth Invitational.
- Zilla finished with a mark of 31 feet, 6.5 inches, making her best mark on the first attempt.
- Freshman **Claire Skaggs** placed seventh in the women's pole vault with a clearance of 10 feet, 8.75 inches, which is a personal best. Junior **Brianna Cabrera** placed eighth with a clearance of 10 feet, 2.75 inches.
- Junior **Andrew Alfred** led Saint Martin's men's finishers, placing 10th in the pole vault with a mark of 13 feet, 9.75 inches. The mark ranks No. 7 in the GNAC this season.
- Sophomore **Eden Mortensen** led SMU's efforts on the track, placing 13th in the preliminaries of the women's 60-meter hurdles in 9.56 seconds. Sophomore **Abby Burton** ran 12:30.79 in the women's 3,000 meters to place 18th.
- Junior **Brandon McMillian-Thomas** was the top men's track finisher for the Saints, placing 17th in the preliminaries of the men's 60-meter hurdles in 9.08 seconds.
- The Saint Martin's men tied for seventh at the 2020 GNAC Indoor Championships with a score of 39 points. The Saints' women placed eighth with 26 points.

SEATTLE PACIFIC



- Senior **Peace Igbonagwam** won the women's long jump and was part of an impressive 60 meters to lead Seattle Pacific at the Whitworth Invitational.
- Igbonagwam was named the GNAC Women's Field Athlete of the Week for her victory in the long jump with a mark of 18 feet, 4.5 inches. The mark leads the GNAC this season as she enters as the defending champion in the event. Igbonagwam also ran 7.65 in the preliminaries of the 60 meters, a time that ranks No. 9 on the GNAC all-time list.
- Senior **Jenna Bouyer** was also part of that impressive 60-meter performance, placing fourth with a time of 7.66 seconds that is tied for No. 10 on the GNAC all-time list. The times for both Igbonagwam and Bouyer are NCAA Championships provisional qualifying times.
- Sophomore **Annika Esvelt** ran the top time in the conference this season in the women's 3,000 meters. She won with an eight-second lead on the rest of the field with a time of 9:38.43 that ranks No. 9 on the GNAC all-time list and No. 18 in Division II this season.
- Junior **David Njeri** set the SPU indoor record for the men's 60 meters, placing sixth in the final with a time of 7.00 seconds. He later added a victory in his specialty, the triple jump, with a mark of 47 feet, 11.25 inches. Sophomore **Jeff Gordon** finished in a time of 7.11 seconds in both the preliminaries and in the finals of the 60 meters.
- In the women's field events, senior **Madison Licari** placed third in the pole vault with a lifetime best mark of 11 feet, 8.5 inches. Freshman **Charlie Hill** also cleared 11 feet, 8.5 inches and was awarded fifth place. The marks are tied for second in the GNAC this season.
- The Seattle Pacific women placed second at the 2020 GNAC Indoor Championships. Their score of 121 points was seven points short of champion Concordia. The SPU men placed ninth with a score of 21 points.



SIMON FRASER

- Sophomore **Callum Robinson** broke the GNAC record in the men's 200 meters as Simon Fraser closed the regular season at the Whitworth Invitational on Saturday.
- Robinson won the event in a time of 21.40 seconds, breaking the previous record of 21.47 seconds by SFU's Jeremiah Lauzon in 2020. The NCAA Championships provisional qualifying time, which ranks No. 14 in Division II this season, earned Robinson selection as the GNAC Men's Track Athlete of the Week. Robinson also won the 400 meters in a time of 48.54 seconds.
- Senior **Alison Andrews-Paul** ran the second-fastest time in GNAC history in the women's 800 meters, winning in a time of 2:05.75. The time ranks No. 2 in Division II this season and earned her selection as the GNAC Women's Track Athlete of the Week.
- Freshman **Marie-Éloïse Leclair** was the winner in the women's 200 meters in a time of 24.75 seconds that is No. 8 on the GNAC all-time list. The NCAA Championships provisional qualifier is tied for 24th in Division II this season.
- Junior **Emily Lindsay** added a victory in the women's 400 meters in a time of 56.38 seconds. The NCAA Championships provisional qualifying time ranks 25th in Division II this season.
- Senior **Aaron Ahl** was the winner in the men's mile in a time of 4:05.34 while sophomore **Charlie Dannatt** was second in 4:07.28.
- During Friday's Lilac Grand Prix, the SFU men's distance medley relay team of Dannatt, Robinson, **Aiden Good** and Ahl won in a time of 9:42.95. The women placed second in a time of 11:57.44 in a race that saw Nike's Union Athletics Club set a world record in 10:39.91.
- Simon Fraser enters the GNAC Championships ranked No. 11 in the men's USTFCCA Division II Team Index. The women are ranked No. 18.
- Both the Simon Fraser men and women placed fourth at the 2020 GNAC Indoor Championships. The women finished with a score of 85 points while the men scored 84 points.

Around The GNAC

WESTERN OREGON



• Sophomore **Hunter Hutton** improved his NCAA Championships provisional qualifying time in the men's mile, leading WOU's efforts in the Husky Classic on Friday and Saturday and the Portland Indoor #4 meet on Sunday.

• Hutton placed 35th in the race with a time of 4:07.35. He improves to No. 7 on the GNAC all-time list and ranks 23rd

in Division II this season.

• Sophomore **Maya Hopwood** led WOU's individual women's finishers, placing eighth in the finals of the 60 meters in 7.96 seconds after running 7.82 in the preliminaries. Freshman **Maliyah Thompson** just missed the finals, placing 10th in the preliminaries in 7.85 seconds.

• Senior **Sam Cole** was the top men's individual finisher in Seattle, placing eighth in the men's weight throw with a mark of 51 feet, 7.75 inches that ranks fourth in the GNAC this season. Junior **Mark Warren** was ninth at 49 feet, 2.25 inches.

• Sophomore **Gabe Arce-Torres** placed 10th in the men's 400 meters in a time of 50.73 seconds.

• Junior **Caitlin Heldt** improved her season-best in the women's 3,000 meters, crossing in a time of 10:07.50 that ranks No. 4 in WOU history. The time ranks No. 3 in the GNAC this season.

• Freshman **Easton Pomrankey** was WOU's top finisher at the Portland Indoor, placing fourth in the men's 800 in a time of 1:59.49. Freshman **Katie Chapman** placed eighth in the women's 800 in 2:26.50.

• Western Oregon placed sixth in the men's team competition at the 2020 GNAC Indoor Championships with a score of 73 points. The women placed seventh with a score of 51 points.

WESTERN WASHINGTON



• A leading performance by the Western Washington men's 4x400-meter relay team and an improvement in the men's 3,000 meters by senior **Mac Franks** led the Vikings at the Husky Classic On Friday and Saturday.

• The team of **Bryant Welch, Mark Daniels, Lucas Brenek** and **Jon Oglesby** placed third in a time of 3:19.03 that not only leads the GNAC but is the fifth-fastest time in WWU history.

• Franks lowered his school-record time in the men's 3,000 meters, running 8:09.40 as he finished 27th out of 80 runners. The time is No. 4 on the GNAC All-Time List and is 23rd in Division II this season.

• Sophomore **Kevin McDermott** ran the No. 2 time in WWU history in the 5,000 meters, running a time of 14:26.03. The time is No. 7 on the GNAC all-time list, leads the GNAC and ranks 43rd in Division II this season.

• Senior **Beau Sheeran** had another second-place finish in the men's high jump, clearing 6 feet, 7 inches. He ranks No. 2 in the GNAC this season.

• Senior **Aliyah Dawkins** added a second-place finish in the women's high jump with her mark of 5 feet, 5.25 inches. On Saturday, Dawkins placed sixth in the long jump with a mark of 17 feet, 4.25 inches.

• Sophomore **Katie Potts** posted a lifetime best in the women's shot put, coming up with a best of 38 feet, 11.25 inches.

• Western Washington is the defending men's indoor champion, winning the 2020 GNAC Indoor Championships with a score of 137 points. The Vikings were 50 points better than second-place Concordia. The WWU women placed sixth with 61.66 points.

Men's Indoor Regional & National Indexes

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	SFU
Jan. 25	—
Feb. 1	11th
Feb. 8	13th
Feb. 15	11th

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 4 - Feb. 15, 2022			Prev.
Rk	School	Pts.	
1.	Pittsburg State	183.02	2
2.	Colorado Mines	166.21	6
3.	Grand Valley State	163.08	1
4.	Ashland	146.87	2
5.	American International	123.42	9
6.	West Texas A&M	122.62	7
7.	Central Missouri	120.73	4
8.	Texas A&M-Commerce	81.46	15
9.	Lee (Tenn.)	77.00	5
10.	Adams State	73.14	6
11.	Simon Fraser	63.31	13
12.	Fort Hays State	62.71	10
13.	UC-Colorado Springs	61.86	11
14.	CSU Pueblo	59.30	12
15.	Queens (N.C.)	53.99	31
16.	Minnesota State	48.45	23
17.	Missouri Southern	47.79	21
18.	Azusa Pacific	46.47	14
19.	MSU Moorhead	43.47	17
20.	Nebraska-Kearney	42.45	19
21.	Southern Connecticut	41.82	16
22.	Harding	36.21	24
23.	Tusculum	35.50	38
24.	Northwood (Mich.)	33.59	28
25.	Colorado Mesa	32.51	20

USTFCCCA WEST REGION TEAM INDEX

Week 4 - Feb. 14, 2022			Prev.
Rk	School	Pts.	
1.	Western Washington	488.67	1
2.	Azusa Pacific	453.73	2
3.	Simon Fraser	333.30	3
4.	Academy of Art	305.30	4
5.	Northwest Nazarene	282.81	6
6.	Western Oregon	194.24	5
7.	Alaska Anchorage	170.53	7
8.	Central Washington	146.97	8
9.	Montana St. Billings	100.26	9
10.	Concordia (Calif.)	75.64	10



[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
Feb. 15	18th

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 4 - Feb. 15, 2022			Prev.
Rk	School	Pts.	
1.	Grand Valley St.	161.86	5
2.	Minnesota State	140.78	1
3.	Azusa Pacific	140.53	2
4.	West Texas A&M	126.38	4
5.	Pittsburg State	121.76	3
6.	Adams State	113.94	8
7.	Indianapolis	94.72	6
8.	CSU Pueblo	87.09	10
9.	UC-Colorado Springs	81.61	7
10.	Central Missouri	79.07	14
11.	Saginaw Valley St.	72.30	9
12.	Academy of Art	72.07	13
13.	Cal Poly Pomona	59.15	25
14.	Northwest Missouri St.	57.45	12
15.	Queens (N.C.)	53.54	20
16.	Lee (Tenn.)	49.16	11
17.	Western Colorado	48.19	17
18.	Simon Fraser	45.39	16
19.	Findlay	44.71	21
20.	Winona State	43.93	15
21.	Fort Hays State	42.85	19
22.	Colorado Mines	42.23	33
23.	Angelo State	41.10	60
24.	Walsh	38.07	18
25.	Augustana (S.D.)	35.12	27

USTFCCCA WEST REGION TEAM INDEX

Week 4 - Feb. 14, 2022			Prev.
Rk	School	Pts.	
1.	Azusa Pacific	481.11	1
2.	Academy of Art	376.96	2
3.	Cal Poly Pomona	237.82	6
4.	Simon Fraser	221.87	3
5.	Central Washington	207.10	4
6.	Western Washington	181.90	5
7.	Seattle Pacific	171.51	8
8.	Western Oregon	165.31	7
9.	Concordia (Calif.)	130.44	9
10.	Cal St. San Marcos	94.78	NR



[Complete Poll Online](#)

GNAC Provisional Qualifiers For NCAA Indoor Championships

MEN'S QUALIFIERS AS OF FEB. 13, 2022

Event	Athlete	Mark	Rank	Date
200 Meters	Callum Robinson, SFU	21.40	14th	2/12/22
800 Meters	Mac Franks, WWU	1:51.47	28th	1/28/22
	Paul Buckingham, SFU	1:52.23	40th	2/12/22
	Aidan Good, SFU	1:52.39	44th	1/30/22
	Will Henry, WWU	1:52.82	55th	12/11/21
Mile	Aaron Ahl, SFU	3:57.95	1st	1/30/22
	Hunter Hutton, WOU	4:07.05	23rd	2/11/22
	Charlie Dannatt, SFU	4:07.28	28th	2/12/22
	Mac Franks, WWU	4:08.41	36th	1/15/22
	Henry Ruckman-Utting, SFU	4:09.10	43rd	1/30/22
	Kevin McDermott, WWU	4:10.37	59th	2/5/22
3,000 Meters	Aaron Ahl, SFU	7:53.89	1st	1/15/22
	Mac Franks, WWU	8:09.40	23rd	2/11/22
	Scott Arndt, SFU	8:12.90	32nd	1/30/22
	Coleman Nash, UAA	8:16.42	56th	2/11/22
	Kevin McDermott, WWU	8:19.37	66th	1/15/22
5,000 Meters	Kevin McDermott, WWU	14:26.03	43rd	2/11/22
	Coleman Nash, UAA	14:29.18	22nd	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	3rd	1/28/22
	(Mekonnen, Robinson, Good, Ahl)			
	Western Washington	9:50.83	21st	2/5/22
	(McDermott, Daniels, Sturdevant, Franks)			
High Jump	Steven Schmidt, NNU	2.06/6-9	T-24th	2/11/22
Long Jump	Ethan Sterkel, WWU	7.25/23-9.5	24th	1/28/22
Triple Jump	David Njeri, SPU	14.95/49-0.75	18th	12/11/21
Heptathlon	Turner Nye, NNU	4,798	30th	2/11/22

WOMEN'S QUALIFIERS AS OF FEB. 13, 2022

Event	Athlete	Mark	Rank	Date
60 Meters	Marie-Eloise Leclair, SFU	7.60	T-18th	2/12/22
	Peace Igbonagwam, SPU	7.65	T-32nd	2/12/22
	Jenna Bouyer, SPU	7.66	T-35th	2/12/22
	Makenna Hansen, CWU	7.66	T-35th	2/12/22
200 Meters	Marie-Eloise Leclair, SFU	24.75	T-24th	2/12/22
400 Meters	Emily Lindsay, SFU	56.38	25th	2/12/22
	Tylantiss Atlas, UAA	56.42	27th	2/12/22
800 Meters	Alison Andrews-Paul, SFU	2:05.75	2nd	2/12/22
Mile	Megan Roxby, SFU	4:57.67	48th	1/28/22
3,000 Meters	Annika Esvelt, SPU	9:38.43	18th	2/12/22
	Olivia Willett, SFU	9:50.83	40th	1/28/22
5,000 Meters	Annika Esvelt, SPU	16:31.74	6th	1/28/22
60m Hurdles	Ana Popchok, WOU	8.83	T-31st	2/4/22
4x400 Relay	Simon Fraser	3:46.38	5th	1/28/22
	(Binder, Andrews-Paul, Leclair, Lindsay)			
DMR	Simon Fraser	11:36.75	5th	1/30/22
	(Roxby, Lindsey, Chilton, Andrews-Paul)			
High Jump	Aliyah Dawkins, WWU	1.68/5-6	T-26th	12/3/21
Weight Throw	Meagan Smallbeck, CWU	17.24/56-6.75	35th	1/22/22
Pentathlon	Jenelle Hurley, WOU	3,346	21st	2/4/22

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 (TFRS): [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	21.40	Callum Robinson, Simon Fraser (2022)
400 Meters	47.61	Vladislav Tsygankov, Simon Fraser (2017)
800 Meters	1:47.74	Derek Holdsworth, Western Oregon (2020)
Mile	3:57.92	Aaron Ahl, Simon Fraser (2022)
3,000 Meters	7:50.81	David Ribich, Western Oregon (2018)
5,000 Meters	13:47.73	Micah Chelimo, Alaska Anchorage (2014)
60m Hurdles	8.07	Hunter Flick, Western Washington (2022)
4x400 Relay	3:12.45	Alaska Anchorage (2016)
Nicholas Taylor, Liam Lindsey, Adam Commandeur, Cody Thomas		

Distance Medley 9:38.04 Simon Fraser (2022)

Ephrem Mekonnen, Callum Robinson, Aiden Good, Aaron Ahl		
High Jump	2.22/7-3.25	Mikel Smith, Saint Martin's (2017)
Pole Vault	5.31/17-5	Ryan Brown, Western Washington (2011)
Long Jump	7.46/24-5.75	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015/2017)
Shot Put	17.94/58-10.75	Cameron Neel, Western Washington (2007)
Weight Throw	18.85/61-10.25	Aidan Cain, Central Washington (2020)
Heptathlon	5,508	Chris Randolph, Seattle Pacific (2006)

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)
		Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols
4x400 Relay	3:13.84	Simon Fraser (2015)
		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)
		Peace Igbonagwam, Jenna Bouyer, Grace Bley, Julia Stepper
4x400 Relay	3:44.11	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.

Fri., Feb. 11

Lilac Grand Prix

at The Podium, Spokane, Wash.

Women (Top 3 GNAC Finishers): DMR - 2, Simon Fraser (Roxby, Lindsay, Vanderput, Andrews-Paul), 11:57.44.

Men (Top 3 GNAC Finishers): DMR - 1, Simon Fraser (Dannatt, Robinson, Good, Ahl), 9:42.95.

Fri., Feb. 11

GVSU Big Meet (Friday Session)

at Kelly Family Sports Center, Allendale, Mich.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): 3,000 Meters (Heat 2) - 1, Coleman Nash, UAA, 8:16.42. Long Jump - 1, Collin Sample, UAA, 22-7.

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

Husky Classic

at Dempsey Indoor Center, Seattle, Wash.

Women (Top 3 GNAC Finishers): High Jump - 2, Aliyah Dawkins, WWU, 5-5.25.

Men (Top 3 GNAC Finishers): 4x400 Relay - 3, Western Washington (Welch, Daniels, Brenek, Oglesby), 3:19.03. High Jump - 2, Beau Sheeran, WWU, 6-7. Pole Vault - 3, Tyrel Halme, WWU, 12-7.5.

Mountain State Games

at Holt Arena, Pocatello, Idaho

Women (Top 3 GNAC Finishers): 60 Meters - 1, Abbey Wood, NNU, 7.73. 200 Meters - 2, Abbey Wood, NNU, 25.66. 4x400 Relay - 3, Northwest Nazarene (Brence, DeJong, Drury, Johnson), 4:05.96. Pole Vault - 3, Kinsey Langin, NNU, 11-7.75. Shot Put - 3, Destany Herbert, NNU, 43-9.

Men (Top 3 GNAC Finishers): 400 Meters - 3, Ben Ralston, MSUB, 50.60. Mile - 3, Ase Ackerman, MSUB, 4:16.67. 3,000 Meters - 3, Logan Straus, MSUB, 8:39.52. 4x400 Relay - 3, Northwest Nazarene (Braseth, Kosegi, Wilkins, Ellis), 3:29.47. DMR - 3, Northwest Nazarene (Emerson, Braseth, Kosgei, Shea), 10:25.81. High Jump - 3, Gerohm Rihari, NNU, 6-6. Triple Jump - 3, Gerohm Rihari, NNU, 42-3.5. Weight Throw - 1, Colton Burr, NNU, 57-7; 3, Dylan Hendry, NNU, 54-4.5. Heptathlon - 2, Turner Nye, NNU, 4,798; 3, Steven Schmidt, NNU, 4,608.

Sat., Feb. 12

GVSU Big Meet (Saturday Session)

at Kelly Family Sports Center, Allendale, Mich.

Women (Top 3 GNAC Finishers): 400 Meters - 3, Tylantiss Atlas, UAA, 56.42.

Men (Top 3 GNAC Finishers): 60 Hurdles - 2, Joshua Wagner, UAA, 8.30. 4x400 Relay - 2, Alaska Anchorage (Wagner, Angarita, Hunter, Velasco), 3:22.19.

2021-22 GNAC Meet Summaries

Sat., Feb. 12

Whitworth Invitational

at The Podium, Spokane, Wash.

Women (Top 3 GNAC Finishers): 60 Meters - 2, Marie-Eloise Leclair, SFU, 7.60; 3, Makenna Hansen, CWU, 7.66. 200 Meters - 1, Marie-Eloise Leclair, SFU, 24.75; 3, Makenna Hansen, CWU, 25.01. 400 Meters - 1, Emily Lindsay, SFU, 56.38. 800 Meters - 1, Alison Andrews-Paul, SFU, 2:05.75. Mile - 2, Megan Roxby, SFU, 5:10.44. 3,000 Meters - 1, Annika Esvelt, SPU, 9:38.43. High Jump - 1, Sydney Kania, SFU, 5-4.5; 2, Kylie Griffin, CWU, 5-4.5. Pole Vault - 2, Madison Licari, SPU, 11-8.5. Long Jump - 1, Peace Igbonagwam, SPU, 18-4.5; 2, Makaylee Young, CWU, 17-7.5. Triple Jump - 1, Primrose Kennedy, SFU, 36-11.5; 2, Erica Cabanos, CWU, 36-5. Weight Throw - 2, Meagan Smallbeck, CWU, 54-9.5.

Men (Top 3 GNAC Finishers): 1, Callum Robinson, SFU, 21.40 (GNAC Record). 400 - 1, Callum Robinson, SFU, 48.54. 800 Meters - 3, Paul Buckingham, SFU, 1:52.23. Mile - 1, Aaron Ahl, SFU, 4:05.34; 2, Charlie Dannatt, SFU, 4:07.28. 4x400 Relay - 3, Simon Fraser (Lenton, Buckingham, Chapman, Schmidt), 3:25.65. Long Jump - 2, Zackary Kuzyk, SFU, 22-9. Triple Jump - 1, David Njeri, SPU, 47-11.25; 3, Christopher Hines, CWU, 44-2. Weight Throw - 3, Omar Young, CWU, 53-1.75.

Sun., Feb. 13

Portland Indoor #4

at Chiles Center, Portland, Ore.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): None.