



Mar. 17, 2022 • Week 9
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Sat., Mar. 19

Alaska Anchorage, Central Washington, Saint Martin's, Seattle Pacific, Western Washington at Doris Heritage Distance Carnival, Seattle, Wash.
Alaska Anchorage at Hornet Invitational, Sacramento, Calif.
Western Oregon at OSU PNW Invite, Corvallis, Ore.
Montana State Billings at MSUB/RMC Icebreaker Open, Lockwood, Mont.
Simon Fraser at SFU High Performance #1, Burnaby, B.C.

LAST WEEK'S MEETS

Fri., Mar. 10-Sat., Mar. 11

NCAA Division II Indoor Championships at Plaster Center, Pittsburg, Kan.

Women's Team Scores: 1, Minnesota St., 58. Tie 12, Simon Fraser, 20. Tie 47, Seattle Pacific, 1.

Events: 800 Meters - 1, Alison Andrews-Paul, 2:04.04 (Meet Record, 2:08.65 in prelims). 5,000 Meters - 8, Annika Esvelt, SPU, 16:31.12. 4x400 Relay - 4, Simon Fraser (Binder, Andrews-Paul, LeClair, Lindsay), 3:44.08. DMR - 4, Simon Fraser (Roxby, Lindsay, Chilton, Andrews-Paul), 11:26.80.

Men's Team Scores: 1, Grand Valley St., 66. 12, Simon Fraser, 17. Tie 38, Western Washington, 3.

Events: 400 Meters - 10, Callum Robinson, SFU, 47.65. 800 Meters - 6, Mac Franks, WWU, 1:51.88 (1:51.41 in prelims). Mile - 5, Charlie Dannatt, SFU, 4:01.51 (4:04.73 in prelims); 10, Mac Franks, WWU, 4:08.61; 11, Aaron Ahl, SFU, 4:08.62. 3,000 Meters - 4, Aaron Ahl, SFU, 8:00.27. DMR - 2, Simon Fraser (Dannatt, Robinson, Buckingham, Ahl), 9:36.05. High Jump - Tie 14, Beau Sheeran, WWU, 6-6.75.

Sat., Mar. 13

PLU Open

at PLU Track, Tacoma, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, E'lexis Hollis, CWU, 12.22; 2, Makenna Hansen, CWU, 12.22. 200 Meters - 1, Makenna Hansen, CWU, 25.14; 3, Juliette Williams, CWU, 26.15. 400 Meters - 1, Peace Igbonagwam, SPU, 57.91; 2,

Johanna Brown, SPU, 1:00.59; 3, Aniya Green, SPU, 1:01.47. 800 Meters - 1, Vanessa Aniteye, SPU, 2:12.31; 2, Mia Crocker, WWU, 2:14.00; 3, Sophie Wright, WWU, 2:14.77. 1,500 Meters - 1, Ellie Rising, SPU, 4:45.13; 2, Brook Wedin, WWU, 4:46.21; 3, Nicki Yorges, SPU, 4:57.40. 5,000 Meters - 2, Jenna Heesacker, CWU, 20:43.48. 100 Hurdles - 1, Lauryn Chandler, CWU, 14.78; 2, McCall DeChenne, CWU, 14.91. 400 Hurdles - 1, McCall DeChenne, CWU, 1:02.21. 4x100 Relay - 1, Seattle Pacific (Igbonagwam, Aniteye, Green, Bouyer), 47.37; 2, Central Washington (Hansen, Ochoa, Hollis, Williams), 47.46. 4x400 Relay - 1, Seattle Pacific (Igbonagwam, Aniteye, Bouyer, Rising), 4:03.55. Pole Vault - 2, Charlie Hill, SPU, 10-11.75; 3, Madison Licari, SPU, 10-11.75. Long Jump - 2, Erica Cabanos, CWU, 16-3.25; 3, Makaylee Young, CWU, 16-3. Shot Put - 1, Avery Fisk, CWU, 41-1.5; 3, Carmen Cleveland Berrera, WWU, 37-8.75. Discus - 1, Katie Potts, WWU, 143-11; 2, Avery Fisk, CWU, 136-6. Hammer - 1, Raine Westfall, WWU, 162-0; 2, Payton Elenbaas, CWU, 138-8.

Men (Top 3 GNAC Finishers): 100 Meters - 3, Zachary Davis, CWU, 11.23. 200 Meters - 2, Brian Le, WWU, 22.65; 3, Bryan Sidor, CWU, 22.75. 400 Meters - 1, Ryan Greenwalt, WWU, 50.60. 1,500 Meters - 3, Zack Sundt, CWU, 3:58.21. 5,000 Meters - 1, Ty Savely, CWU, 15:11.34. 110 Hurdles - 1, Andrew Boyd, SMU, 15.23; Aiden Wise, CWU, 15.60. 400 Hurdles - 1, Jaden Edwards, WWU, 56.16; 2, Aiden Wise, CWU, 57.18; 3, Reilly Williams, CWU, 57.93. 4x400 Relay - 1, Seattle Pacific (Njeri, Carpenter, Archer, Shepherd), 3:28.14; 2, Western Washington (Engebretsen, Witter, Le, Brenek), 3:29.07; 3, Western Washington (Sturdevant, Henry, Bloom, Knowles), 3:30.20. Pole Vault - 2, Brad Bowman, SPU, 13-1.5; 3, Andrew Alfred, SMU, 13-1.5. Long Jump - 1, Josh Schulz, SMU, 22-0.25; 3, Andrew Schulz, SMU, 20-5.25. Shot Put - 2, Ben Malquist, WWU, 49-10. Discus - 2, Wyatt Franklin, CWU, 148-5; 3, Ben Malquist, WWU, 147-7. Hammer - 2, Angus Beaton, CWU, 168-2; 3, Noa Peralta, SMU, 155-4. Javelin - 2, Jaydon Tryon, WWU, 174-7.

#GNACTF in 280

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#NationalChampion Simon Fraser's Alison

Andrews-Paul led the GNAC at the NCAA Division II Indoor Championships, winning the national title in the women's 800 meters in a time of 2:04.04. The time is the third-fastest in Division II history.

#SaintsAlive Saint Martin's Andrew Boyd and

Josh Schulz swept the GNAC Men's Track and Men's Field Athlete of the Week after winning their respective events at the PLU Open.

#VikingsWin Western Washington's Ila Davis and

Raine Westfall made it a sweep of the women's weekly awards at the PLU Open thank to wins in the steeplechase and the hammer, respectively.

#HonoringHeritage Seattle Pacific will host the

Doris Heritage Track Festival on Saturday, honoring the longtime former Falcons athlete and coach.

Get Social

Twitter Accounts/Hashtags For GNAC Track & Field Programs

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

GNAC Athletes of the Week



MEN'S TRACK
Andrew Boyd, Saint Martin's
 Sophomore • Olympia, Wash.

Boyd was the winner in the 110-meter hurdles at Saturday's PLU Open with a time of 15.23 seconds.

Also Nominated: Ryan Greenwalt (Western Washington).



WOMEN'S TRACK
Ila Davis, Western Washington
 Freshman • Spokane, Wash.

Davis became the first athlete in Division II this season to hit an NCAA Championships provisional qualifying time in the steeplechase, winning the event at the PLU Open. Running virtually alone, Davis won in a time of 10:54.62 and beat second-place Annika Deazley of Pacific Lutheran by over two minutes.

Also Nominated: Gabriela Cintron (Saint Martin's), Vanessa Aniteye (Seattle Pacific).



MEN'S FIELD
Josh Schulz, Saint Martin's
 Senior • Pe Ell, Wash.

Schulz won the long jump at the PLU open, finishing with a mark of 22 feet, 0.25 inches. He beat a field of 15 competitors and was the conference's lone winner in the men's field events.

Also Nominated: Jaydon Tryon (Western Washington).



WOMEN'S FIELD
Raine Westfall, Western Washington
 Freshman • Port Angeles, Wash.

Westfall won the hammer at the PLU Open by 24 feet, beating the field of 16 competitors with a mark of 162 feet. The mark ranks No. 7 this season among Division II competitors.

Also Nominated: Briana Cabrera (Saint Martin's).

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
Feb. 21-27	Mac Franks, WWU	Ethan Sterkel, WWU	Mia Crocker, WWU	Aliyah Dawkins, WWU
Feb. 28-Mar. 6	Sean Sands, WWU	Austin Goldstein, WOU	Cassidy Walchak-Sloan, SMU	Amanda Short, WWU
Mar. 7-13	Andrew Boyd, SMU	Josh Schulz, SMU	Ila Davis, WWU	Raine Westfall, WWU

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

Around The GNAC

ALASKA ANCHORAGE



- Alaska Anchorage opens its outdoor season on Saturday, sending athletes to both the Hornet Invitational in Sacramento, California and to the Doris Heritage Track Festival in Seattle.

CENTRAL WASHINGTON



- Central Washington picked up six individual event victories, five on the women's side, at the PLU Open on Saturday in Tacoma.
- Two of those victories came in the women's sprints. Sophomore **E'lexis Hollis** won the 100 meters in 12.22 seconds. Senior **Makenna Hansen** won the 200 meters in 25.14 seconds and was second in the 100 meters, matching

Hollis' time of 12.22 seconds.

- The Wildcats swept the women's hurdles races with junior **Lauryn Chandler** winning the 100-meter discipline in 14.78 seconds and junior **McCall DeChenne** winning the 400-meter discipline in 1:02.21. DeChenne was also second in the 100-meter hurdles in 14.91 seconds.
- Senior **Avery Fisk** was the lone field event winner for the Wildcats, taking the women's shot put with a mark of 41 feet, 1.5 inches. Fisk also took second in the discus with a mark of 136 feet, 6 inches.
- Sophomore **Ty Savely** was Central Washington's lone men's winner, taking the 5,000 meters with a four-second margin in a time of 15:11.34.
- Sophomore **Wyatt Franklin** placed second in the men's discus with a mark of 148 feet, 5 inches, while senior **Angus Beaton** was second in the hammer with a mark of 168 feet, 2 inches.
- Central Washington will be among five GNAC teams competing at the Doris Heritage Track Festival on Saturday in Seattle.

MONTANA STATE BILLINGS



- Montana State Billings will not begin the outdoor season until Saturday when it co-hosts the MSUB/RMC Icebreaker Open in Lockwood, Montana.

NORTHWEST NAZARENE



- Northwest Nazarene will not open its outdoor season until Saturday, Mar. 26, taking part in the Team 4 Titus & Ely Meet in Irvine, California.

SAINT MARTIN'S



- Two men's victories led Saint Martin's efforts at the PLU Open on Saturday in Tacoma, Washington.

- Sophomore **Andrew Boyd** was named the GNAC Men's Track Athlete of the Week after he won the 110-meter hurdles in a time of 15.23 seconds. The time is the fastest in the GNAC this season. Boyd also placed seventh in 400

meters in 51.96 seconds.

- Senior **Josh Schulz** was selected as the GNAC Men's Field Athlete of the Week after he captured the long jump with a mark of 22 feet, 0.25 inches. That mark also leads the conference this season by over two feet and was a winner by 14 inches over Markell Carter of Everett CC.

- Junior **Andrew Schulz** added a third-place finish in the men's long jump with his mark of 20 feet, 5.25 inches, while senior **Andrew Alfred** was third in the men's pole vault with a clearance of 13 feet, 1.5 inches.

- Sophomore **Gabriela Cintron** led the Saint Martin's women on the track, placing fourth in the 100-meter hurdles in 15.88 seconds. Senior **Brianna Cabrera** tied for sixth in the women's pole vault with a clearance of 9 feet, 6.25 inches.

- Saint Martin's will head north to Seattle on Saturday to take part in the Doris Heritage Track Festival.

SEATTLE PACIFIC



- Five women's victories, three in individual events and two in the relays, led Seattle Pacific at the PLU Open on Saturday in Tacoma.

- Senior **Vanessa Aniteye**, running in her first meet for SPU, won the women's 800 meters in a time of 2:12.51. Senior **Peace Igbonagwam** added a victory in the women's 400 meters in a time of 57.91 seconds. Both times are the best in the GNAC this season.

- Sophomore **Ellie Rising** was the third individual champion, taking the top spot in the women's 1,500 meters in a time of 4:45.13.

- All three played a part in the relay victories. Igbonagwam and Aniteye combined with **Aniya Green** and **Jenna Bouyer** to win the 4x100-meter relay in 47.37 seconds. Igbonagwam, Aniteye and Rising teamed with Bouyer to win the 4x400-meter relay by 12 seconds in a time of 4:03.55.

- In the women's pole vault, freshman **Charlie Hill** placed second with a mark of 10 feet, 11.75 inches while senior **Madison Licari** was third as she also cleared 10 feet, 11.75 inches.

- Sophomore **Brad Bowman** was the top SPU men's placer, taking second in the pole vault with his mark of 13 feet, 1.5 inches.

- At the Division II Indoor Championships, freshman **Annika Esvelt** earned All-American honors with her eighth-place finish in the women's 5,000 meters in a time of 16:31.12.

- Seattle Pacific will host its only home meet of the season on Saturday, the Doris Heritage Track Festival, at West Seattle Stadium.

Around The GNAC



SIMON FRASER

- Senior **Alison Andrews-Paul** won the national championship in the women's 800 meters to lead Simon Fraser at the Division II Indoor Track and Field Championships on Friday and Saturday in Pittsburg, Kansas.
- Andrews-Paul used a surge over the final lap to win in a meet and facility record time of 2:04.04. She also set the GNAC record with the third-fastest time in Division II history. She is the third SFU athlete to win a national title in the 800 meters, joining Helen Crofts (2013) and Lindsey Butterworth (2015).
- Senior **Aaron Ahl** earned All-American honors in the men's 3,000 meters, placing fourth in a time of 8:00.64. That lessened the sting of missing the finals in the mile, where Ahl was 10th in prelims in 4:08.62.
- Junior **Charlie Dannatt** brought home an All-American trophy in the men's mile, placing fifth in a time a 4:10.51. Dannatt ran a time of 4:04.73 in the prelims, the second-fastest time on Friday.
- Sophomore **Callum Robinson** placed 10th in the prelims of the men's 400 meters, clocking a time of 47.65 seconds that ranks No. 2 on the GNAC all-time list.
- Simon Fraser also earned All-American status with all three entered relays. The men's distance medley relay of Dannatt, Robinson, **Paul Buckingham** and Ahl placed second in a GNAC record time of 9:36.05. The women's DMR of **Megan Roxby, Emily Lindsay, Emily Chilton** and Andrews-Paul placed fourth in 11:26.80, the No. 2 time in the event in GNAC history.
- The women's 4x400-meter relay of Andrews-Paul, **Erika Binder, Marie-Éloïse Leclair** and Lindsay came together to place four in a time of 3:44.08. The time is No. 4 on the GNAC all-time list.
- Simon Fraser opens its outdoor season at home on Saturday, hosting the first of two high performance meets at Terry Fox Field.

WESTERN OREGON



- Western Oregon did not complete last weekend. The Wolves return to action on Saturday at the OSU PNW Invite in Corvallis.
- Western Oregon opened the 2022 outdoor season by sending a small number of athletes to the Willamette Opener on Mar. 5 in Salem, Oregon.
- Senior **Austin Goldstein** won the javelin with a mark of 198 feet, 10 inches. The mark is an NCAA Championships provisional qualifier and ranks second in Division II this season. Sophomore **Eli Nafziger** added a third-place finish with a throw of 164 feet, 9 inches.
- Sophomore **Kaylee Wright** gave the Wolves a sweep of the javelin, winning the women's event with a throw of 138 feet, 3 inches. The NCAA Championships provisional qualifier ranks No. 5 in Division II this season.
- Wright led a podium sweep in the women's javelin for the Wolves. Junior **Madison Hargett** was second with a throw of 122 feet, 1 inch while sophomore **Lyndee McLachlin** was third with a mark of 118 feet.
- Sophomore **Jenelle Hurley** added a third-place finish in the women's shot put with her mark of 33 feet, 6.75 inches.

WESTERN WASHINGTON



- Western Washington picked up six individual event victories at the PLU Open on Saturday in Tacoma.
- Freshman **Ila Davis** was named the GNAC Women's Track Athlete of the Week after she won the steeplechase in a time of 10:54.62. She is the first Division II athlete to hit a provisional qualifying time for the NCAA Championships this season.
- Freshman **Raine Westfall** was selected as the GNAC Women's Field Athlete of the Week after she won the hammer with a mark of 162 feet. The performance is the best in the GNAC this season.
- The WWU women also received a victory from freshman **Katie Potts** in the discus with a mark of 143 feet, 11 inches.
- For the WWU men, freshman **Ryan Greenwalt** won the 400 meters in a time of 50.60 seconds while freshman **Jalen Edwards** won the 400-meter hurdles in a time of 56.16 seconds.
- Freshman **Jeret Gillingham** won the men's steeplechase with a time of 9:06.26. The time would have been a provisional qualifying time for the NCAA Championships, but the times in the race were ruled to be unofficial after the barriers were set too low.
- At the Division II Indoor Track and Field Championships, junior **Mac Franks** earned All-American honors in the men's 800 meters, placing sixth in a time of 1:51.88. He placed ninth in Friday's prelims in the mile with a time of 4:08.61.
- Senior **Beau Sheeran** finished tied for 14th in the men's high jump, clearing the opening height of 6 feet, 6.75 inches.
- Western Washington continues the outdoor season in Seattle on Saturday at the Doris Heritage Track Festival.

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
Feb. 22	11th
Mar. 1	13th
Mar. 7	11th

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 7 - Mar. 7, 2022		Pts.	Prev.
Rk	School		
1.	Pittsburg State	204.92	1
2.	Grand Valley St.	156.11	2
3.	West Texas A&M	143.89	3
4.	Colorado Mines	131.79	4
5.	Central Missouri	124.34	6
6.	American International	122.30	8
7.	Ashland	116.02	7
8.	Adams State	103.15	5
9.	Texas A&M-Commerce	95.42	9
10.	Lee (Tenn.)	69.72	10
11.	Simon Fraser	63.13	13
12.	Minnesota State	62.87	12
13.	CSU Pueblo	54.52	14
14.	Missouri Southern	54.19	11
15.	Academy of Art	53.57	16
16.	Colorado Mesa	52.07	17
17.	Fort Hays St.	51.37	15
18.	Queens (N.C.)	48.46	19
19.	UC-Colorado Springs	45.34	18
20.	Nebraska-Kearney	41.61	21
21.	Tusculum	36.88	24
22.	Harding	36.57	22
23.	Azusa Pacific	35.27	23
24.	Tiffin	32.38	25
25.	Southern Connecticut	31.58	20

USTFCCCA WEST REGION TEAM INDEX

Week 6 - Feb. 28, 2022		Pts.	Prev.
Rk	School		
1.	Western Washington	510.07	1
2.	Azusa Pacific	448.43	2
3.	Simon Fraser	312.52	3
4.	Academy of Art	309.70	4
5.	Northwest Nazarene	270.81	5
6.	Western Oregon	266.85	6
7.	Alaska Anchorage	176.34	7
8.	Central Washington	128.67	8
9.	Montana St. Billings	90.66	9
10.	Seattle Pacific	77.27	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
Feb. 15	18th
Feb. 22	24th
Mar. 1	—
Mar. 7	25th

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 7 - Mar. 7, 2022		Pts.	Prev.
Rk	School		
1.	Minnesota State	184.18	1
2.	Grand Valley St.	165.91	2
3.	Adams State	129.24	3
4.	Azusa Pacific	127.46	6
5.	West Texas A&M	123.02	4
6.	Academy of Art	118.33	7
7.	Pittsburg St.	117.79	5
8.	Central Missouri	85.56	8
9.	UC-Colorado Springs	72.05	13
10.	Queens (N.C.)	70.16	11
11.	Northwest Missouri St.	69.23	12
12.	Saginaw Valley St.	68.84	15
13.	Indianapolis	63.10	9
14.	Angelo State	58.97	14
15.	CSU Pueblo	57.94	10
16.	Winona State	55.55	17
17.	Texas A&M-Commerce	53.65	16
18.	Augustana (S.D.)	48.81	25
19.	Mary	45.01	20
20.	Lee (Tenn.)	44.18	18
21.	Hillsdale	42.72	19
22.	Cal Poly Pomona	42.60	21
23.	Colorado Mines	40.81	22
24.	Findlay	34.69	25
25.	Simon Fraser	33.00	26

USTFCCCA WEST REGION TEAM INDEX

Week 6 - Feb. 28, 2022		Pts.	Prev.
Rk	School		
1.	Azusa Pacific	497.06	1
2.	Academy of Art	391.71	2
3.	Simon Fraser	228.93	4
4.	Western Oregon	213.74	9
5.	Cal Poly Pomona	211.24	3
6.	Western Washington	205.36	6
7.	Central Washington	198.83	5
8.	Seattle Pacific	159.80	8
9.	Concordia (Calif.)	151.38	7
10.	Cal State San Marcos	89.06	10



[Complete Poll Online](#)

GNAC Provisional Qualifiers For NCAA Outdoor Championships

MEN'S QUALIFIERS AS OF MAR. 14, 2022

Event	Athlete	Mark	Rank	Date
Javelin	Austin Goldstein, WOU	60.60/198-10	2nd	3/5/22

WOMEN'S QUALIFIERS AS OF MAR. 14, 2022

Event	Athlete	Mark	Rank	Date
Steeplechase	Ila Davis, WWU	10:54.62	1st	3/11/22
Javelin	Amanda Short, WWU	43.26/141-11	5th	3/4/22
Javelin	Kaylee Wright, WOU	42.15/138-3	7th	3/5/22

GNAC & NCAA Outdoor Championships Qualifying Standards

MEN		EVENT	WOMEN	
GNAC	NCAA Provisional		GNAC	NCAA Provisional
10.88	10.55	100 Meters	12.19	11.86
22.06	21.26	200 Meters	25.14	24.38
48.62	47.78	400 Meters	57.54	55.98
1:54.03	1:51.64	800 Meters	2:13.08	2:12.24
3:55.03	3:49.99	1,500 Meters	4:30.39	4:32.67
14:57.87	14:25.65	5,000 Meters	16:50.38	17:08.52
31:58.69	30:35.82	10,000 Meters	37:08.97	36:36.59
15.31	14.49	110/100m Hurdles	14.62	14.21
55.23	53.29	400m Hurdles	1:03.43	1:03.00
9:13.88	9:13.44	Steeplechase	11:11.32	11:00.95
1.95 / 6-4.75	2.05 / 6-8.75	High Jump	1.62 / 5-3.75	1.68 / 5-6
4.51 / 14-9.5	4.82 / 15-9.75	Pole Vault	3.32 / 10-10.75	3.75 / 12-3.5
6.84 / 22-5.25	7.26 / 23-10	Long Jump	5.55 / 18-2.5	5.82 / 19-1
13.82 / 45-4.25	14.71 / 48-3.25	Triple Jump	11.56 / 37-11.25	11.94 / 39-2.25
15.47 / 50-9.25	16.67 / 54-8.25	Shot Put	12.82 / 42-0.75	13.99 / 45-10.75
48.57 / 159-4	50.45 / 165-6	Discus	41.00 / 134-6	45.90 / 150-7
54.43 / 178-7	56.86 / 186-6	Hammer	49.58 / 162-0	52.43 / 172-0
58.14 / 190-9	58.38 / 191-6	Javelin	44.71 / 146-8	41.92 / 137-6
6,452	6,420	Dec./Hep.	4,593	4,529
NA	41.06	4x100 Relay	NA	46.75
NA	3:14.05	4x400 Relay	NA	3:48.62

GNAC Championships: The top-16 performers as listed in TFRRS will qualify for the championship meet in addition to any performers who meet the GNAC standard.

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	21.50	Callum Robinson, Simon Fraser (2022)
400 Meters	47.80	Joel Webster, Simon Fraser (2016)
800 Meters	1:50.83	David Ribich, Western Oregon (2018)
Mile	4:01.78	Aaron Ahl, Simon Fraser (2022)
3,000 Meters	8:21.23	Aaron Ahl, Simon Fraser (2022)
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	2.05/6-8.75	Steven Schmidt, Northwest Nazarene (2022)
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	2:04.04	Alison Andrews-Paul, Simon Fraser (2022)
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	2:05.09	Alison Andrews-Paul, Simon Fraser (2022)
Mile	4:40.39	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:47.64	Jennifer Johnson, Simon Fraser (2015)
5,000 Meters	16:47.07	Sarah Porter, Western Washington (2010)
60m Hurdles	8.51	Mariyah Vongsaveng, Central Washington (2017)
4x400 Relay	3:46.41	Simon Fraser (2016)

Distance Medley 11:23.47 Alaska Anchorage (2019)

Ruth Cvancara, Vanessa Aniteye, Danielle McCormick, Caroline Kurgat		
High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2014)
Pole Vault	3.93/12-10.75	Halle Irvine, Central Washington (2019)
Long Jump	5.98/19-7.5	Peace Igbonagwam, Seattle Pacific (2019)
Triple Jump	12.70/41-8	Keshara Romain, Saint Martin's (2020)
Shot Put	17.02/55-10.25	McKenzie Warren, Concordia (2017)
Weight Throw	18.67/61-3	Kori Sprague, Concordia (2020)
Pentathlon	3,815	Scout Cai, Seattle Pacific (2019)

CONFERENCE MEET PENTATHLON EVENTS

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

* - NCAA Division II record

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

GNAC Outdoor Track & Field Records

MEN - ALL MEETS

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

MEN'S CONFERENCE MEET RECORDS

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

+ - Denotes Division II national record

WOMEN - ALL MEETS

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

WOMEN'S CONFERENCE MEET RECORDS

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

2021-22 GNAC Indoor Meet Summaries

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

Candy Cane Multis

at Thorpe Field House, Cheney, Wash.

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

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

Sat., Dec. 11

Spokane Invitational

at The Podium, Spokane, Wash.

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

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

Fri., Jan. 14

Cougar Classic Open

at The Podium, Spokane, Wash.

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

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

Bobcat Challenge

at Worthington Arena, Bozeman, Mont.

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

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

Sat., Jan. 15

UW Indoor Preview

at Dempsey Indoor, Seattle, Wash.

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

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

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

Dave Little Alumni Mile

at Donald Young Center, Spearfish, S.D.

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

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

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

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

Sat., Jan. 22

Lauren McCluskey Memorial Open

at Kibbee ASUI Activity Center, Moscow, Idaho

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

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

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

Portland Indoor #2

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

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

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

2021-22 GNAC Indoor 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 Indoor 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, Makylee 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.

Mon., Feb. 21 & Tues., Feb. 22

GNAC Indoor Track and Field Championships

at The Podium, Spokane, Wash.

Women's Team Scores: Simon Fraser 124, Western Oregon 115, Western Washington 113, Central Washington 106, Seattle Pacific 79, Alaska Anchorage 42, Northwest Nazarene 31, Saint Martin's 30, Montana State Billings 19.

Women's Champions: 60 Meters - E'Lexis Hollis, CWU, 7.58. 200 Meters - Marie-Eloise LeClair, SFU, 24.53. 400 Meters - Emily Lindsay, SFU, 55.79. 800 Meters - Alison Andrews-Paul, SFU, 2:05.09. Mile - Megan Roxby, SFU, 5:02.38. 3,000 Meters - Annika Esvelt, SPU, 9:50.84. 5,000 Meters - Annika Esvelt, SPU, 17:31.71. 60 Hurdles - Diana Voloshin, SFU, 8.77. 4x400 Relay - Simon Fraser (Erika Binder, Alison Andrews-Paul, Marie-Eloise LeClair, Emily Lindsay), 3:47.07. DMR - Simon Fraser (Megan Roxby, Emily Lindsay, Emily Chilton, Alison Andrews-Paul), 12:13.12. High Jump - Aliyah Dawkins, WWU, 5-5.75. Pole Vault - Charlie Hill, SPU, 12-0.75. Long Jump - Peace Igbonagwam, SPU, 18-1. Triple Jump - Ana Popchock, WOU, 37-2.25. Shot Put - Moana Gianotti, WOU, 44-11.5. Weight Throw - Meagan Smallbeck, CWU, 56-2. Pentathlon - Jenelle Hurley, WOU, 3,457.

Men's Team Scores: Western Washington 171, Simon Fraser 110, Western Oregon 107.33, Alaska Anchorage 83, Northwest Nazarene 80.16, Central Washington 40.5, Seattle Pacific 29, Montana State Billings 20, Saint Martin's 18.

Men's Team Champions: 60 Meters - Bobby Widmar, CWU, 6.96. 200 Meters - Callum Robinson, SFU, 21.76. 400 Meters - Callum Robinson, SFU, 47.82. 800 Meters - Mac Franks, WWU, 1:51.45. Mile - Aaron Ahl, SFU, 4:01.78. 3,000 Meters - Aaron Ahl, SFU, 8:21.23. 5,000 Meters - Kevin McDermott, WWU, 14:52.36. 60 Hurdles - Joshua Wagner, UAA, 8.11. 4x400 Relay - Alaska Anchorage (Wyatt Rhode, Kevin Angarita, Adrian Velasco, Joshua Wagner), 3:22.22. DMR - Simon Fraser (Aiden Good, Jordan Schmidt, Tomas Chapman, Aaron Ahl), 10:09.88. High Jump - Beau Sheeran, WWU, 6-10.75. Pole Vault - Kacey Provo, WWU, 15-3. Long Jump - Ethan Sterkel, WWU, 23-10. Triple Jump - David Njeri, SPU, 46-10.25. Shot Put - Ben Malquist, WWU, 51-1. Weight Throw - Colton Burr, NNU, 57-6.25. Heptathlon - Steven Schmidt, NNU, 4,588.

Sat., Feb. 26

SPU Final Qualifier

at Dempsey Indoor, Seattle, Wash.

Women (Top 3 GNAC Finishers): 60 Meters - 3, Maya Hopwood, WOU, 7.85. 400 Meters - 3, Tylantiss Atlas, UAA, 58.58. Mile - 1, Mia Crocker, WWU, 5:03.57; 2, Sophie Wright, WWU, 5:05.41. 3,000 Meters - 2, Caitlin Heldt, WOU, 10:07.67; 3, Ila Davis, WWU, 10:12.11. 60 Hurdles - 1, Lauryn Chandler, CWU, 8.84; 3, Diana Voloshin, SFU, 8.99. High Jump - 2, Aliyah Dawkins, WWU, 5-6. Pole Vault - 2, Charlie Hill, SPU, 11-8.5. Shot Put - 2, Meagan Smallbeck, CWU, 32-1. Weight Throw - 1, Meagan Smallbeck, CWU, 56-10.25.

Men (Top 3 GNAC Finishers): 400 Meters - 1, Austin Albertin, CWU, 49.56; 2, Isaiah Archer, SPU, 49.71. 800 Meters - 1, Mac Franks, WWU, 1:50.07; 2, Drew Weber, WWU, 1:50.61; 3, Paul Buckingham, SFU, 1:52.41. Mile - 1, Hunter Hutton, WOU, 4:09.67. 60 Hurdles - 1, Joshua Wagner, UAA, 8.21. High Jump - 2, Beau Sheeran, WWU, 6-7. Long Jump - 1, Ethan Sterkel, WWU, 23-8.25. Triple Jump - 1, David Njeri, SPU, 46-4.75; 2, Marley Harrison, WOU, 42-10.25.

Fri., Mar. 10-Sat., Mar. 11

NCAA Division II Indoor Championships

at Plaster Center, Pittsburg, Kan.

Women's Team Scores: 1, Minnesota St., 58. Tie 12, Simon Fraser, 20. Tie 47, Seattle Pacific, 1.

Events: 800 Meters - 1, Alison Andrews-Paul, 2:04.04 (Meet Record, 2:08.65 in prelims). 5,000 Meters - 8, Annika Esvelt, SPU, 16:31.12. 4x400 Relay - 4, Simon Fraser (Binder, Andrews-Paul, LeClair, Lindsay), 3:44.08. DMR - 4, Simon Fraser (Roxby, Lindsay, Chilton, Andrews-Paul), 11:26.80.

Men's Team Scores: 1, Grand Valley St., 66. 12, Simon Fraser, 17. Tie 38, Western Washington, 3.

Events: 400 Meters - 10, Callum Robinson, SFU, 47.65. 800 Meters - 6, Mac Franks, WWU, 1:51.88 (1:51.41 in prelims). Mile - 5, Charlie Dannatt, SFU, 4:01.51 (4:04.73 in prelims); 10, Mac Franks, WWU, 4:08.61; 11, Aaron Ahl, SFU, 4:08.62. 3,000 Meters - 4, Aaron Ahl, SFU, 8:00.27. DMR - 2, Simon Fraser (Dannatt, Robinson, Buckingham, Ahl), 9:36.05. High Jump - Tie 14, Beau Sheeran, WWU, 6-6.75.

2021-22 GNAC Outdoor Meet Summaries

Fri., Mar. 4 & Sat., Mar. 5

Ed Boitano Invitational

at Baker Stadium, Tacoma, Wash.

Women's Team Scores: Pacific Lutheran 156.5, Whitworth 143, Colorado College 81, Western Washington 46, Saint Martin's 42, Evergreen State 40, Olympic CC 39, Puget Sound 38.5, Spokane CC 32, Green River CC 11, Get Strong First TC 6, Seattle Pacific 6.

Women (Top 3 GNAC Finishers): 1,500 Meters - 1, Cassidy Walchak-Sloan, SMU, 4:41.89; 2, Naomi Hartley, SMU, 4:54.51. 100 Hurdles - 2, Eden Mortensen, SMU, 15.49. 4x100 Relay - 2, Saint Martin's (Vu, Bell, Mortensen, Zilla), 50.91. Pole Vault - 2, Annie Tran, WWU, 10-11; 3, Madison Licari, SPU, 10-11. Discus - 1, Taliah Coe, WWU, 125-10. Hammer - 1, Raine Westfall, WWU, 152-7. Javelin - 1, Amanda Short, WWU, 141-11.

Men's Team Scores: Pacific Lutheran 167, Whitworth 163, Spokane CC 110, Western Washington 59, Saint Martin's 58, Puget Sound 55, Colorado College 40, Olympic CC 38, Green River CC 27, Evergreen State 13, Seattle Pacific 8.

Men (Top 3 GNAC Finishers): 100 Meters - 3, Ryan Witters, WWU, 11.73. 200 Meters - 2, Ryan Witters, WWU, 23.22. 110 Hurdles - 3, Brandon MacMillian-Thomas, SMU, 16.72. 400 Hurdles - 3, Kale Engebretsen, WWU, 1:00.02. 4x100 Relay - 3, Saint Martin's (A. Schulz, J. Schulz, Tanicala, Boyd), 44.35. Pole Vault - 2, Kainoa Lee, SPU, 14-2. Long Jump - 1, Josh Schulz, SMU, 22-6.25. Shot Put - 2, Micah Au-Hauptu, SMU, 46-6.25. Javelin - 2, Jaydon Tryon, WWU, 166-8; 3, Sean Witters, WWU, 164-4.

Sat., Mar. 5

Willamette Opener

at Charles Bowles Track, Salem, Ore.

Women's Team Scores: Oregon State 92, Willamette 88, Corban 88, Mt. Hood CC 48, Western Oregon 39, UO Running Club 28.

Women (Top 3 GNAC Finishers): Shot Put - 3, Jenelle Hurley, WOU, 33-6.75. Javelin - 1, Kaylee Wright, WOU, 138-3; 2, Madison Hargett, WOU, 122-1; 3, Lyndee McLaughlin, WOU, 118-0.

Men's Team Scores: Corban 123, UO Running Club 111, Willamette 95, Western Oregon 36, Mt. Hood CC 32.

Men (Top 3 GNAC Finishers): Javelin - 1, Austin Goldstein, WOU, 198-10; 3, Eli Nafziger, WOU, 164-9.

Sat., Mar. 13

PLU Open

at PLU Track, Tacoma, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, E'lexis Hollis, CWU, 12.22; 2, Makenna Hansen, CWU, 12.22. 200 Meters - 1, Makenna Hansen, CWU, 25.14; 3, Juliette Williams, CWU, 26.15. 400 Meters - 1, Peace Igbonagwam, SPU, 57.91; 2, Johanna Brown, SPU, 1:00.59; 3, Aniya Green, SPU, 1:01.47. 800 Meters - 1, Vanessa Aniteye, SPU, 2:12.31; 2, Mia Crocker, WWU, 2:14.00; 3, Sophie Wright, WWU, 2:14.77. 1,500 Meters - 1, Ellie Rising, SPU, 4:45.13; 2, Brook Wedin, WWU, 4:46.21; 3, Nicki Yorges, SPU, 4:57.40. 5,000 Meters - 2, Jenna Heesacker, CWU, 20:43.48. 100 Hurdles - 1, Lauryn Chandler, CWU, 14.78; 2, McCall DeChenne, CWU, 14.91. 400 Hurdles - 1, McCall DeChenne, CWU, 1:02.21. 4x100 Relay - 1, Seattle Pacific (Igbonagwam, Aniteye, Green, Bouyer), 47.37; 2, Central Washington (Hansen, Ochoa, Hollis, Williams), 47.46. 4x400 Relay - 1, Seattle Pacific (Igbonagwam, Aniteye, Bouyer, Rising), 4:03.55. Pole Vault - 2, Charlie Hill, SPU, 10-11.75; 3, Madison Licari, SPU, 10-11.75. Long Jump - 2, Erica Cabanos, CWU, 16-3.25; 3, Makaylee Young, CWU, 16-3. Shot Put - 1, Avery Fisk, CWU, 41-1.5; 3, Carmen Cleveland Berrera, WWU, 37-8.75. Discus - 1, Katie Potts, WWU, 143-11; 2, Avery Fisk, CWU, 136-6. Hammer - 1, Raine Westfall, WWU, 162-0; 2, Payton Elenbaas, CWU, 138-8.

Men (Top 3 GNAC Finishers): 100 Meters - 3, Zachary Davis, CWU, 11.23. 200 Meters - 2, Brian Le, WWU, 22.65; 3, Bryan Sidor, CWU, 22.75. 400 Meters - 1, Ryan Greenwalt, WWU, 50.60. 1,500 Meters - 3, Zack Sundt, CWU, 3:58.21. 5,000 Meters - 1, Ty Savely, CWU, 15:11.34. 110 Hurdles - 1, Andrew Boyd, SMU, 15.23; 2, Aiden Wise, CWU, 15.60. 400 Hurdles - 1, Jaden Edwards, WWU, 56.16; 2, Aiden Wise, CWU, 57.18; 3, Reilly Williams, CWU, 57.93. 4x400 Relay - 1, Seattle Pacific (Njeri, Carpenter, Archer, Shepherd), 3:28.14; 2, Western Washington (Engebretsen, Witter, Le, Brenek), 3:29.07; 3, Western Washington (Sturdevant, Henry, Bloom, Knowles), 3:30.20. Pole Vault - 2, Brad Bowman, SPU, 13-1.5; 3, Andrew Alfred, SMU, 13-1.5. Long Jump - 1, Josh Schulz, SMU, 22-0.25; 3, Andrew Schulz, SMU, 20-5.25. Shot Put - 2, Ben Malquist, WWU, 49-10. Discus - 2, Wyatt Franklin, CWU, 148-5; 3, Ben Malquist, WWU, 147-7. Hammer - 2, Angus Beaton, CWU, 168-2; 3, Noa Peralta, SMU, 155-4. Javelin - 2, Jaydon Tryon, WWU, 174-7.