



Mar. 23, 2022 • Week 10  
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## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

**Thurs., Mar 24 & Fri., Mar. 25**  
Western Oregon at Adams/Klein Combined Events, Santa Barbara, Calif.  
Alaska Anchorage at Aztec Open, San Diego, Calif.

**Fri., Mar. 25-Sat., Mar. 26**  
Montana St. Billings at Yellow Jacket Spring Open, Spearfish, S.D.

**Sat., Mar. 26**  
Northwest Nazarene at Team 4 Titus & Ely Meet, Irvine, Calif.  
Central Washington, Saint Martin's, Seattle Pacific at Peyton-Shotwell Invitational, Tacoma, Wash.  
Western Oregon at Willamette Invitational, Salem, Ore.

**Sat., Mar. 26-Sun., Mar. 27**  
Simon Fraser, Western Washington at UBC Invitational, Vancouver, B.C.

### LAST WEEK'S MEETS

**Fri., Mar. 18-Sat., Mar. 19**  
**Willie Williams/Dave Murray Distance Classic at Drachman Stadium, Tucson, Ariz.**  
**Women (Top 3 GNAC Finishers):** 400 Hurdles - 2, McCall DeChenne, CWU, 1:01.60.  
**Men (Top 3 GNAC Finishers):** 400 Hurdles - Austin Albertin, CWU, 53.62.

**Sat., Mar. 19**  
**Doris Heritage Track Festival at West Seattle Stadium, Seattle, Wash.**  
**Women (Top 3 GNAC Finishers):** 100 Meters - 2, E'lexis Hollis, CWU, 12.54; 3, Aniya Green, SPU, 12.75. 200 Meters - 2, Tylantiss Atlas, UAA, 25.38; 3, Aniya Green, SPU, 25.89. 400 Meters - 1, Peace Igbonagwam, SPU, 56.94; 2, Tylantiss Atlas, UAA, 58.35; 3, Jenna Bouyer, SPU, 58.44. 800 Meters - 1, Vanessa Aniteye, SPU, 2:11.16; 2, Sophie Wright, WWU, 2:13.78; 3, Mia Crocker, WWU, 2:16.93. 1,500 Meters - 1, Annika Esvelt, SPU, 4:44.80; 2, Nancy Jeptoo, UAA, 4:45.37; 3, Libby Michael, SPU, 4:53.29. 5,000 Meters - 1, Naomi Hartley, SMU, 18:06.48; 2, Sara Sabra, SMU, 18:52.63. 400 Hurdles - 3, Naomi Bates, WWU, 1:08.30. 4x100 Relay - 1, Saint Martin's (Vu, Bell, Zilla, Cintron), 50.73; 2, Western Washington (Neal, Bates, Cheney, Sanford), 51.64. 4x400 Relay - 1, Seattle Pacific (Igbonagwam, Bouyer, Aniteye, Brown), 4:00.92; 2, Alaska Anchorage (Atlas, Vidad, Backmann Johansen), 4:06.45; 3, Western Washington (Lagerwey, Dawkins, Kibbee, Neal), 4:11.08. High Jump - 1, Akor Maywin, UAA, 5-1.25; 2, Kyle Griffin, CWU, 4-11.5; 3, Eden Mortensen, SMU, 4-9.5. Pole Vault - 2, Madison Licari, SPU, 11-1.5; 3, Lizzy Daugherty,

SPU, 11-1.5. Long Jump - 3, Makaylee Young, CWU, 17-1.5. Triple Jump - 2, Jessica Neal, WWU, 32-9.5. Shot Put - 2, Avery Fisk, CWU, 40-7.5. Hammer - 1, Raine Westfall, WWU, 154-5; 2, Meagan Smallbeck, CWU, 135-7.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Jeff Gordon, SPU, 11.12; 3, Ryan Greenwalt, WWU, 11.31. 200 Meters - 1, David Njeri, SPU, 22.23; 2, Bryan Sidor, CWU, 22.27; 3, Ryan Henry, WWU, 22.56. 400 Meters - 1, Bryant Welch, WWU, 49.45; 3, Isaiah Archer, SPU, 50.53. 800 Meters - 1, Brock Knowles, 1:58.87; 2, Jon Owen, SPU, 2:00.21; 3, Steven Baltz, SMU, 2:02.40. 1,500 Meters - 3, Ty Savely, CWU, 4:08.63. 5,000 Meters - 1, Jeret Gillingham, WWU, 14:47.24; 3, Colin Boutin, SPU, 15:05.23. 400 Hurdles - 3, Jaden Edwards, WWU, 56.65. 4x100 Relay - 2, Saint Martin's (J. Schulz, A. Schulz, Tanicula, Boyd), 44.06. 4x400 Relay - 1, Seattle Pacific (Njeri, Archer, Shepherd, Owen), 3:27.65; 2, Western Washington (Daniels, Engebretsen, Henry, Edwards); 3, Western Washington (Kenny, Kibler, McAllister, Cummings), 3:33.29. High Jump - 1, Beau Sheeran, WWU, 6-5. Pole Vault - 2, Kainoa Lee, SPU, 14-1.75; 3, Drew Klein, CWU, 13-7.75. Long Jump - 1, Josh Schulz, SMU, 22-10; 2, Andrew Schulz, SMU, 21-10.25; 3, Tre Silva, CWU, 21-3.25. Triple Jump - 2, Tre Silva, CWU, 40-6.25; 3, Felix Robertson, UAA, 40-0.75. Shot Put - 1, Ben Malquist, WWU, 51-0.75. Hammer - 2, Angus Beaton, CWU, 159-3. Javelin - 2, Jaydon Tryon, WWU, 178-7.

### Hornet Invite

**at Hornet Stadium, Sacramento, Calif.**  
**Women (Top 3 GNAC Finishers):** 400 Hurdles - 1, Elena Cano, UAA, 1:00.86. 4x400 Relay - 2, Alaska Anchorage (Cano, Bartolaba, Sarri, Flad), 4:03.16.  
**Men (Top 3 GNAC Finishers):** 110 Hurdles - 1, Joshua Wagner, UAA, 14.37. 400 Hurdles - Joshua Wagner, UAA, 54.23.

### Sat., Mar. 19

**Yellowjackets-Battlin' Bears Open at Lockwood HS Track, Lockwood, Mont.**  
**Women (Top 3 GNAC Finishers):** 100 Meters - 2, Chantel Chase, MSUB, 13.30. 200 Meters - 2, Chantel Chase, MSUB, 27.15; 3, Taylor Gordon, MSUB, 28.25. 400 Meters - 1, Madeline Severson, MSUB, 1:01.26; 2, Abbi Zent, MSUB, 1:09.76. 800 Meters - 2, Ally Whitmer, MSUB, 2:31.15. 1,500 Meters - 2, Kit Wiersema, MSUB, 5:27.64. 5,000 Meters - 1, Kailee Stoppel, MSUB, 18:58.83. 400 Hurdles - 1, Annelisa Clark, MSUB, 1:11.46; 3, Sierra Durbin, MSUB, 1:13.19. 4x100 Relay - 2, Montana State Billings, 51.10. 4x400 Relay - 2, Montana State Billings B, 4:17.02; 3, Montana State Billings A, 4:40.50. High Jump - 2, Madeline Severson, 4-9.75. Long Jump - 2, Madison Thompson, MSUB, 16-6. Discus - 2, Ryann Moline, MSUB, 127-10.  
**Men (Top 3 GNAC Finishers):** 100 Meters - 3, Ben

Ralston, MSUB, 11.42. 200 Meters - 1, Ben Ralston, MSUB, 22.82. 800 Meters - 1, Ase Ackerman, MSUB, 1:57.86; 2, Carson Jassop, MSUB, 1:59.85. 110 Hurdles - 1, Bradley Graves, MSUB, 15.35. 4x100 Relay - 2, Montana State Billings, 43.84. High Jump - 3, Favor Okere, MSUB, 5-8.75. Triple Jump - 3, Garrett McMillen, MSUB, 42-5.25. Shot Put - 1, Braden Anderson, MSUB, 46-6.25; 2, Forrest Cross, MSUB, 46-1.5. Discus - 1, Forrest Cross, MSUB, 144-4. Hammer - 2, Forrest Cross, MSUB, 145-8; 3, Coen Giusti, MSUB, 142-1. Javelin - 1, Ryder Klein, MSUB, 157-10.

### OSU PNW Invite

**at Whyte Track and Field Center, Corvallis, Ore.**  
**Women's Team Scores:** Oregon State 135, Seattle 43, Oregon 41, Western Oregon 39, George Fox 30, Cal Poly Humboldt 27, Linfield 23, Cascadia Elite 5.  
**Women (Top 3 GNAC Finishers):** 100 Meters - 3, Maliyah Thompson, WOU, 12.14. 100 Hurdles - 2, Jenelle Hurley, WOU, 14.88. 400 Hurdles - Rilee Carstensen, 1:10.72. Triple Jump - 2, Kalulusno Ngaida, WOU, 36-2.75.  
**Men's Team Scores:** Seattle 74, Cal Poly Humboldt 52.5, Western Oregon 43, George Fox 41, Linfield 30, Umpqua CC 22, Oregon 20, Alpha TC 17.5, Willamette 11, MMTCC 8, Cooney's T&F Club 7, UO Running Club 3.  
**Men (Top 3 GNAC Finishers):** 400 Meters - 2, Gabe Arce-Torres, WOU, 50.18. 800 Meters - 1, Justin Crosswhite, WOU, 1:56.18. 110 Hurdles - 2, James Duane, WOU, 15.75; 3, Aaron Hanible, WOU, 16.09. High Jump - 3, Devin Hasher, WOU, 6-2.75. Long Jump - 2, Marley Harrison, WOU, 21-4. Shot Put - 3, Sam Cole, WOU, 46-3.5.

### SFU High Performance Meet #1 at Terry Fox Field, Burnaby, B.C.

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Jordan Jacobs, SFU, 13.10; 2, Estella Mainella, SFU, 13.41. 200 Meters - 1, Estella Mainella, SFU, 26.87; 3, Dominique Ronse, SFU, 28.23. 400 Meters - 1, Elizabeth Vanderput, SFU, 58.71; 2, Jordan Jacobs, SFU, 1:01.13. 800 Meters - 1, Kate Cameron, SFU, 2:18.40; 2, Claire Bosma, SFU, 2:26.09. 1,500 Meters - 1, Grace Chalk, SFU, 4:58.38; 2, Charlotte Prangley, SFU, 5:00.71; 3, Alicia Ranahan, SFU, 5:03.11. 3,000 Meters - 1, Olivia Willett, SFU, 10:26.63; 2, Ella Marion, SFU, 10:48.76. 100 Hurdles - 1, Diana Voloshin, SFU, 14.68. High Jump - 1, Sydney Kania, SFU, 5-1. Long Jump - 1, Danielle Waller, SFU, 17-0; 2, Kennedy Primrose, SFU, 16-5; 3, Madison Paugh, SFU, 16-3.25. Shot Put - 1, Kaitlyn Hanger, SFU, 30-7.75.  
**Men (Top 3 GNAC Finishers):** 100 Meters - 3, Jesaiah Penson-McCoy, SFU, 11.41. 200 Meters - 3, Jesaiah Penson-McCoy, SFU, 22.60. 400 Meters - 1, Jordan Schmidt, SFU, 51.37; 2, Felix Allen, SFU, 51.53. 1,500 Meters - 1, Aiden Good, SFU, 3:53.96. 3,000 Meters - 1, Scott Arndt, SFU, 8:39.01; 3, Ephrem Mekonnen, SFU, 8:48.58. Long Jump - 1, Zackary Kuzyk, SFU, 21-0.75; 2, Mitchell Gibbs, SFU, 19-6. Triple Jump - 1, Nick Kuzyk, SFU, 38-5.

# GNAC Athletes of the Week



**MEN'S TRACK**  
**Joshua Wagner, Alaska Anchorage**  
 Sophomore • Niederhar, Germany

Wagner provisionally qualified for the NCAA Championships in the 110-meter hurdles at the Hornet Invitational. He won with a wind-aided time of 14.37 seconds, which is No. 5 in Division II this season and is No. 3 on the GNAC all-time list. Wagner also placed second in the 400-meter hurdles in 54.23 seconds and ran on the Seawolves' seventh-place

4x100-meter relay team.

**Also Nominated:** Austin Albertin (Central Washington), Bradley Graves (Montana State Billings), Steven Baltz (Saint Martin's), Aiden Good (Simon Fraser), Justin Crosswhite (Western Oregon), Jeret Gillingham (Western Washington).



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

Schulz posted a four-inch season-best to win the long jump at the Doris Heritage Track Festival, winning with a mark of 22 feet, 10 inches. The current GNAC leader in the event, Schulz has won in all three outdoor competitions he has competed in this season.

**Also Nominated:** Collin Sample (Alaska Anchorage), Tre Silva (Central Washington), Forrest Cross (Montana State Billings), Zackary Kuzyk (Simon Fraser), Marlon Harrison (Western Oregon), Beau Sheeran (Western Washington).



**WOMEN'S TRACK**  
**Elena Cano, Alaska Anchorage**  
 Senior • Alpine, Texas

Racing against a largely Division I field, Cano won the 400-meter hurdles at the Hornet Invitational on Saturday in Sacramento. Her time of 1:00.86 is an NCAA Championships provisional qualifying time, is No. 8 on the GNAC all-time list and leads Division II this season. Cano also placed fifth in the 100-meter hurdles (14.76 seconds) and fifth in the long jump

(18-5.25) and ran a leg on the Seawolves' second-place 4x400-meter relay team (4:03.16).

**Also Nominated:** McCall DeChenne (Central Washington), Madeline Severson (Montana State Billings), Naomi Hartley (Saint Martin's), Olivia Willett (Simon Fraser), Malayah Thompson (Western Oregon), Sophie Wright (Western Washington).



**WOMEN'S FIELD**  
**Kaylee Wright, Western Oregon**  
 Freshman • John Day, Ore.

Wright improved her NCAA Championships provisional qualifying mark at the OSU PNW Invite, placing fourth with a mark of 143 feet. The performance ranks No. 9 in Division II this season and was the top non-Division I placer in the event.

**Also Nominated:** Avery Fisk (Central Washington), Ryann Moline (Montana State Billings), Eden Mortensen (Saint Martin's), Sydney Kania (Simon Fraser), Raine Westfall (Western Washington).

## Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Nov. 29-Dec. 5	Cooper Cummings, WWU	No Selection	Aliyah Dawkins, WWU	No Selection
Dec. 6-12	Mac Franks, WWU	David Njeri, SPU	Annika Esvelt, SPU	Meagan Smallbeck, CWU
Jan. 10-16	Aaron Ahl, SFU Joshua Wagner, UAA	Ethan Sterkel, WWU	Alison Andrews-Paul, SFU	Meagan Smallbeck, CWU
Jan. 17-23	Ase Ackerman, MSUB	Owen Collins, WOU	Juliette Williams, CWU	Erica Cabanos, CWU
Jan. 24-30	Aaron Ahl, SFU	Ethan Sterkel, WWU	Annika Esvelt, SPU	Jenelle Hurley, WOU
Jan. 31-Feb. 6	Austin Albertin, CWU	Ethan Sterkel, WWU	Ana Popchok, 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
Mar. 14-20	Joshua Wagner, UAA	Josh Schulz, SMU	Elena Cano, UAA	Kaylee Wright, WOU

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

# Around The GNAC

## ALASKA ANCHORAGE



- A pair of NCAA Championships provisional qualifying marks in the hurdles paced the start to the Alaska Anchorage outdoor season as the Seawolves competed at both the Hornet Invitational in Sacramento and the Doris Heritage Track Festival in Seattle.
- Senior **Elena Cano** notched a provisional qualifying time in the 400-meter hurdles, winning in a time of 1:00.86. The time leads Division II this season and is No. 8 on the GNAC all-time list. Cano also finished fifth in the 100-meter hurdles (17.76) and fifth in the long jump (18-5.25) and ran a leg on the Seawolves' 4x400-meter relay team to earn GNAC Women's Track Athlete of the Week honors.
- Sophomore **Joshua Wagner** hit a provisional mark in the 110-meter hurdles, winning in 14.37 seconds. The time is No. 5 in Division II this season and No. 3 on the GNAC all-time list. Wagner also placed second in the 400-meter hurdles in 54.23 seconds to earn GNAC Men's Track Athlete of the Week honors.
- Freshman **Mette Van der Meer** set the UAA school record in the women's pole vault, clearing 10 feet, 11.75 inches to finish seventh. Senior **Collin Sample** placed fifth in the long jump at 22 feet, 7.25 inches and ninth in the men's triple jump at 41 feet, 2.5 inches.
- Senior **Tylantiss Atlas** led the UAA performances at the Doris Heritage Track Festival, winning the women's 200 meters in 25.38 seconds and placing second in the 400 meters in 58.35 seconds. Senior **Akor Maywin** won the women's high jump with a mark of 5 feet, 1.25 inches.
- Alaska Anchorage heads to the sun for its next week, competing in the Aztec Invitational Thursday through Saturday in San Diego.

## CENTRAL WASHINGTON



- A pair of standout performances from junior **McCall DeChenne** and senior **Austin Albertin** led Central Washington as it competed in both the Willie Williams Classic in Tucson, Arizona, and the Doris Heritage Track Festival.
- DeChenne placed second in the women's 400-meter hurdles in Arizona against a largely Division I field with a time of 1:01.60. The NCAA Championships provisional qualifying time ranks second in Division II this season and is No. 10 on the GNAC all-time list.
- Augustin ran lifetime bests against the Division I talent, placing second in the men's 400-meter hurdles in 53.62 seconds and placing 16th in the 400 meters in 48.83 seconds.
- At the Doris Heritage Track Festival, seniors **Angus Beaton** and **Meghan Smallbeck** posted dueling second-place finishes in the hammer. Beaton was second in the men's competition with a mark of 159 feet, 3 inches. Smallbeck took second in the women's event with a mark of 143 feet, 11 inches.
- Sophomore **E'lexis Hollis** took second in the women's 100 meters, clocking a time of 12.54 seconds. In the men's sprints, senior **Bryan Sidor** was second in the men's 200 meters with a time of 22.27 seconds.
- Adding second-place finishes in the field events were senior **Avery Fisk** in the women's shot put with a mark of 40 feet, 7.5 inches, junior **Kylie Griffin** in the women's high jump with a clearance of 4 feet, 11.5 inches and junior **Tre Silva** in the men's triple jump with a mark of 40 feet, 6.25 inches.
- Central Washington will compete on Saturday at the Peyton-Shotwell Invitational in Tacoma, Washington.

## MONTANA STATE BILLINGS



- Montana State Billings collected nine individual event victories as it opened the outdoor season with the Yellowjackets/Battlin' Bears Open in Lockwood, Montana.
- Junior **Forrest Cross** opened the season with a win in the men's discus with a mark of 144 feet, 4 inches. He also placed second in the shot put with a best of 46 feet, 1.5 inches. It was Cross' first outdoor meet since 2018.
- Sophomore **Bradley Graves** made his MSUB outdoor debut with a victory in the men's 110-meter hurdles in a time of 15.35 seconds.
- The Yellowjacket women's victories all came on the track. Freshman **Madeline Severson** won the 400 meters in a time of 1:01.26. She went on to place second in the high jump with a clearance of 4 feet, 9.75 inches.
- Junior **Kailee Stoppel** took first in the 5,000 meters in a time of 18:58.83. Freshman **Annelise Clark** also won the women's 400-meter hurdles in her MSUB outdoor debut in 1:11.26.
- Junior **Ase Ackerman** led a one-two finish for MSUB in the men's 800 meters, winning in 1:57.86 while senior **Carson Jessop** was second in a time of 1:59.85.
- Sophomore **Braden Anderson** added a victory in the men's shot put with a mark of 46 feet, 6.25 inches and sophomore **Ryder Klein** won the men's javelin with his mark of 157 feet, 10 inches.
- Montana State Billings competes again on Friday and Saturday at the Yellow Jacket Spring Open in Spearfish, South Dakota.

## 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



- Three event winners led a day of personal bests for Saint Martin's at the Doris Heritage Track Festival on Saturday in Seattle.
- Senior **Josh Schulz** earned GNAC Men's Field Athlete of the Week honors for the second straight week after he won the long jump with a mark of 22 feet, 10 inches. The performance was a four-inch season-best. Sophomore **Andrew Schulz** was second in with a mark of 21 feet, 10.25 inches.
- Sophomore **Naomi Hartley** was a winner in the women's 5,000 meters in a time of 18:06.48. Freshman **Sara Sabra** was second place in a time of 18:52.63.
- The women's 4x100-meter relay team of **Madison Vu**, **Cree Bell**, **Margaret Zilla** and **Gabriela Cintron** had the third victory for the Saints with a time of 50.73 seconds.
- The men's 4x100-meter relay team of Josh Schulz, **Landon Armstrong**, **Andrew Boyd** and Andrew Schulz notched a second-place time of 44.06 seconds.
- Freshman **Steven Baltz** rounded out the Saints' top-three finishers in the meet, placing third in the men's 800 meters in a time of 2:02.40.
- Saint Martin's is back in action this Saturday, competing in the Peyton-Shotwell Invitational in Tacoma.



# Around The GNAC

## SEATTLE PACIFIC



• Five individual event victories led the day for Seattle Pacific as it hosted the Doris Heritage Track Festival on Saturday at West Seattle Stadium.

• Junior **David Njeri** was a winner in his first-ever collegiate attempt at the men's 200 meters, running a time of 22.23 seconds that currently leads the GNAC. Sophomore **Jeff**

**Gordon** added a victory in the men's 100 meters with a time of 11.12 seconds.

• The men's 4x400-meter relay team, comprised of Njeri, **Isaiah Archer**, **Julius Shepherd** and **Jon Owen**, won with a time of 3:27.65.

• In the women's sprints, senior **Peace Igbonagwam** captured the 400 meters in a time of 56.94 seconds. Senior **Vanessa Aniteye** was the winner of the 800 meters in 2:11.16.

• Sophomore **Annika Esvelt** provided a victory in the women's 1,500 meters in a time of 4:44.80.

• Igbonagwam combined with **Jenna Bouyer**, Aniteye and **Johanna Brown** to win the women's 4x400-meter relay in a time of 4:00.92.

• The Falcons went 2-3-4 in the women's pole vault. Senior **Madison Licari** was second with a mark of 11 feet, 1.5 inches. Sophomore **Lizzy Daugherty** was third, also clearing 11 feet, 1.5 inches, and freshman **Charlie Hill** was fourth with a clearance of 10 feet, 7.5 inches.

• Seattle Pacific will be among the GNAC teams competing on Saturday at the Peyton-Shotwell Invitational in Tacoma, Washington.



## SIMON FRASER

• Simon Fraser opened the outdoor season at home, hosting the first of two high performance meets on the season at Terry Fox Field.

• The home team was the winner in all 10 women's events on the day. The distances led the way with junior **Olivia**

**Willett** winning the 3,000 meters in a time of 10:26.83 while freshman **Grace Chalk** won the 1,500 meters in 4:58.38.

• In the women's sprints, freshman **Jordan Jacobs** won the 100 meters (13.10), freshman **Estrella Mainella** won the 200 meters (26.87), freshman **Elizabeth Vanderput** won the 400 meters (58.71) and freshman **Kate Cameron** won the 800 meters (2:18.40). Senior **Diana Voloshin** added a victory in the 100-meter hurdles (14.68).

• Women's field event winners included freshman **Sydney Kania** in the high jump (5-1), freshman **Danielle Waller** in the long jump (17-0) and freshman **Kaitlyn Hanger** in the shot put (30-7.75).

• Freshman **Aiden Good** led five SFU men's event winners, taking first in the 1,500 meters in a time of 3:53.96. Freshman **Scott Arndt** won the 3,000 meters in a time of 8:39.01 and freshman **Jordan Schmidt** won the 400 meters in 51.37 seconds.

• In the men's field events, sophomore **Zackary Kuzyk** won the long jump with a mark of 21 feet, 0.75 inches and freshman **Nickolas Kuzyk** won the triple jump with a mark of 38 feet, 5 inches.

• Simon Fraser will remain north of the border this week, competing at the UBC Invitational in Vancouver on Saturday and Sunday.

## WESTERN OREGON



• Victories for senior **Justin Crosswhite** and freshman **Rilee Carstensen** and an NCAA Championships provisional mark improvement for freshman **Kaylee Wright** led Western Oregon's performances at the OSU PNW Invite in Corvallis, Oregon.

• Running in his first race for WOU this season, Crosswhite won the men's 800 meters in a time of 1:56.18. Carstensen opened her outdoor season with a win in the women's 400-meter hurdles, clocking a time of 1:10.72.

• Wright was named the GNAC Women's Field Athlete of the Week after she placed fourth in the women's javelin with a mark of 143 feet. The performance leads the GNAC and ranks No. 9 in Division II this season.

• Junior **Jenelle Hurley** placed second in the women's 100-meter hurdles in a personal-best time of 14.88 seconds. Senior **Kalulusno Ngaida** added a second-place finish in the women's triple jump with her mark of 36 feet, 2.75 inches.

• For the men, sophomore **Gabe Arce-Torres** captured second place in the 400 meters with a time of 50.18 seconds and freshman **James Duane** was second in the 110-meter hurdles in a time of 16.09 seconds. Junior **Marlon Harrison** took second place in the men's long jump with a personal-best mark of 21 feet, 4 inches.

• The Wolves' multi-event specialists will compete on Thursday and Friday at the Adams/Klein Combined Events meet in Santa Barbara, California. The rest of the team will compete at the Willamette Invitational on Saturday in Salem, Oregon.

## WESTERN WASHINGTON



• Six individual event victories, five for the men, led Western Washington's performances at the Doris Heritage Track Festival in Seattle.

• Sophomore **Jeret Gillingham** took first place in the men's 5,000 meters in a time of 14:47.24. The performance is the best in the GNAC this season by 18 seconds.

• Junior **Bryant Welch** took top honors in the men's 400 meters in a time of 49.25 seconds. Freshman **Brock Knowles** won the men's 800 meters with a time of 1:58.87.

• In the men's field events, senior **Beau Sheeran** was the winner in the high jump with a mark of 6 feet, 5 inches while junior **Ben Malquist** took first place in the shot put with his mark of 51 feet, 0.75 inches.

• Freshman **Raine Westfall** recorded her third victory in three meets in the women's hammer, winning with a mark of 154 feet, 5 inches.

• Freshman **Sophie Wright** added a second-place finish in the women's 800 meters with a time of 2:13.78. The performance is No. 6 in WWU history and just missed the NCAA Championships provisional qualifying mark of 2:12.24.

• Five WWU women's distance runners will compete at the Aztec Invitational in San Diego this weekend. The rest of the team heads north to compete in the UBC Invitational on Saturday and Sunday in Vancouver.

# GNAC Provisional Qualifiers For NCAA Outdoor Championships

## MEN'S QUALIFIERS AS OF MAR. 20, 2022

Event	Athlete	Mark	Rank	Date
110 Hurdles	Joshua Wagner, UAA	14.37	5th	3/19/22
Javelin	Austin Goldstein, WOU	60.60/198-10	6th	3/5/22

## WOMEN'S QUALIFIERS AS OF MAR. 20, 2022

Event	Athlete	Mark	Rank	Date
800 Meters	Vanessa Aniteye, SPU	2:11.16	3rd	3/19/22
400 Hurdles	Elena Cano, UAA	1:00.86	1st	3/19/22
	McCall DeChenne, CWU	1:01.60	2nd	3/18/22
Steeplechase	Ila Davis, WWU	10:54.62	1st	3/11/22
Javelin	Kaylee Wright, WOU	43.59/143-0	9th	3/19/22
	Amanda Short, WWU	43.26/141-11	10th	3/4/22

## 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)
<b>200 Meters</b>	<b>21.40</b>	<b>Callum Robinson, Simon Fraser (2022)</b>
400 Meters	47.61	Vladislav Tsygankov, Simon Fraser (2017)
800 Meters	1:47.74	Derek Holdsworth, Western Oregon (2020)
<b>Mile</b>	<b>3:57.92</b>	<b>Aaron Ahl, Simon Fraser (2022)</b>
3,000 Meters	7:50.81	David Ribich, Western Oregon (2018)
5,000 Meters	13:47.73	Micah Chelimo, Alaska Anchorage (2014)
<b>60m Hurdles</b>	<b>8.07</b>	<b>Hunter Flick, Western Washington (2022)</b>
4x400 Relay	3:12.45	Alaska Anchorage (2016)

Nicholas Taylor, Liam Lindsey, Adam Commandeur, Cody Thomas

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

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

## MEN'S CONFERENCE MEET RECORDS

60 Meters	6.75	Alex Donigian, Western Washington (2014)
<b>200 Meters</b>	<b>21.50</b>	<b>Callum Robinson, Simon Fraser (2022)</b>
400 Meters	47.80	Joel Webster, Simon Fraser (2016)
800 Meters	1:50.83	David Ribich, Western Oregon (2018)
<b>Mile</b>	<b>4:01.78</b>	<b>Aaron Ahl, Simon Fraser (2022)</b>
<b>3,000 Meters</b>	<b>8:21.23</b>	<b>Aaron Ahl, Simon Fraser (2022)</b>
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)
<b>High Jump</b>	<b>2.05/6-8.75</b>	<b>Steven Schmidt, Northwest Nazarene (2022)</b>
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)
<b>800 Meters</b>	<b>2:04.04</b>	<b>Alison Andrews-Paul, Simon Fraser (2022)</b>
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)
<b>800 Meters</b>	<b>2:05.09</b>	<b>Alison Andrews-Paul, Simon Fraser (2022)</b>
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.

**Fri., Mar. 18-Sat., Mar. 19**

**Willie Williams/Dave Murray Distance Classic  
at Drachman Stadium, Tucson, Ariz.**

**Women (Top 3 GNAC Finishers):** 400 Hurdles - 2, McCall DeChenne, CWU, 1:01.60.

**Men (Top 3 GNAC Finishers):** 400 Hurdles - 2, Austin Albertin, CWU, 53.62.

**Sat., Mar. 19**

**Doris Heritage Track Festival**

**at West Seattle Stadium, Seattle, Wash.**

**Women (Top 3 GNAC Finishers):** 100 Meters - 2, E'lexis Hollis, CWU, 12.54; 3, Aniya Green, SPU, 12.75. 200 Meters - 2, Tylantiss Atlas, UAA, 25.38; 3, Aniya Green, SPU, 25.89. 400 Meters - 1, Peace Igbonagwam, SPU, 56.94; 2, Tylantiss Atlas, UAA, 58.35; 3, Jenna Bouyer, SPU, 58.44. 800 Meters - 1, Vanessa Aniteye, SPU, 2:11.16; 2, Sophie Wright, WWU, 2:13.78; 3, Mia Crocker, WWU, 2:16.93. 1,500 Meters - 1, Annika Esvelt, SPU, 4:44.80; 2, Nancy Jeptoo, UAA, 4:45.37; 3, Libby Michael, SPU, 4:53.29. 5,000 Meters - 1, Naomi Hartley, SMU, 18:06.48; 2, Sara Sabra, SMU, 18:52.63. 400 Hurdles - 3, Naomi Bates, WWU, 1:08.30. 4x100 Relay - 1, Saint Martin's (Vu, Bell, Zilla, Cintron), 50.73; 2, Western Washington (Neal, Bates, Cheney, Sanford), 51.64. 4x400 Relay - 1, Seattle Pacific (Igbonagwam, Bouyer, Aniteye, Brown), 4:00.92; 2, Alaska Anchorage (Atlas, Vidad, Backman, Johansen), 4:06.45; 3, Western Washington (Lagerwey, Dawkins, Kibbee, Neal), 4:11.08. High Jump - 1, Akor Maywin, UAA, 5-1.25; 2, Kyle Griffin, CWU, 4-11.5; 3, Eden Mortensen, SMU, 4-9.5. Pole Vault - 2, Madison Licari, SPU, 11-1.5; 3, Lizzy Daugherty, SPU, 11-1.5. Long Jump - 3, Makaylee Young, CWU, 17-1.5. Triple Jump - 2, Jessica Neal, WWU, 32-9.5. Shot Put - 2, Avery Fisk, CWU, 40-7.5. Hammer - 1, Raine Westfall, WWU, 154-5; 2, Meagan Smallbeck, CWU, 135-7.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Jeff Gordon, SPU, 11.12; 3, Ryan Greenwalt, WWU, 11.31. 200 Meters - 1, David Njeri, SPU, 22.23; 2, Bryan Sidor, CWU, 22.27; 3, Ryan Henry, WWU, 22.56. 400 Meters - 1, Bryant Welch, WWU, 49.45; 3, Isaiah Archer, SPU, 50.53. 800 Meters - 1, Brock Knowles, WWU, 1:58.87; 2, Jon Owen, SPU, 2:00.21; 3, Steven Baltz, SMU, 2:02.40. 1,500 Meters - 3, Ty Savely, CWU, 4:08.63. 5,000 Meters - 1, Jeret Gillingham, WWU, 14:47.24; 3, Colin Boutin, SPU, 15:05.23. 400 Hurdles - 3, Jaden Edwards, WWU, 56.65. 4x100 Relay - 2, Saint Martin's (J. Schulz, A. Schulz, Tanicala, Boyd), 44.06. 4x400 Relay - 1, Seattle Pacific (Njeri, Archer, Shepherd, Owen), 3:27.65; 2, Western Washington (Daniels, Engebretsen, Henry, Edwards); 3, Western Washington (Kenny, Kibler, McAllister, Cummings), 3:33.29. High Jump - 1, Beau Sheeran, WWU, 6-5. Pole Vault - 2, Kainoa Lee, SPU, 14-1.75; 3, Drew Klein, CWU, 13-7.75. Long Jump - 1, Josh Schulz, SMU, 22-10; 2, Andrew Schulz, SMU, 21-10.25; 3, Tre Silva, CWU, 21-3.25. Triple Jump - 2, Tre Silva, CWU, 40-6.25; 3, Felix Robertson, UAA, 40-0.75. Shot Put - 1, Ben Malquist, WWU, 51-0.75. Hammer - 2, Angus Beaton, CWU, 159-3. Javelin - 2, Jaydon Tryon, WWU, 178-7.

# 2021-22 GNAC Outdoor Meet Summaries

## Hornet Invite

at Hornet Stadium, Sacramento, Calif.

**Women (Top 3 GNAC Finishers):** 400 Hurdles - 1, Elena Cano, UAA, 1:00.86.

4x400 Relay - 2, Alaska Anchorage (Cano, Bartolaba, Sarri, Flad), 4:03.16.

**Men (Top 3 GNAC Finishers):** 110 Hurdles - 1, Joshua Wagner, UAA, 14.37.

400 Hurdles - Joshua Wagner, UAA, 54.23.

## Sat., Mar. 19

### Yellowjackets-Battlin' Bears Open

at Lockwood HS Track, Lockwood, Mont.

**Women (Top 3 GNAC Finishers):** 100 Meters - 2, Chantel Chase, MSUB,

13.30. 200 Meters - 2, Chantel Chase, MSUB, 27.15; 3, Taylor Gordon, MSUB,

28.25. 400 Meters - 1, Madeline Severson, MSUB, 1:01.26; 2, Abbi Zent, MSUB,

1:09.76. 800 Meters - 2, Ally Whitmer, MSUB, 2:31.15. 1,500 Meters - 2, Kit Wi-

ersema, MSUB, 5:27.64. 5,000 Meters - 1, Kailee Stoppel, MSUB, 18:58.83. 400

Hurdles - 1, Annelisa Clark, MSUB, 1:11.46; 3, Sierra Durbin, MSUB, 1:13.19.

4x100 Relay - 2, Montana State Billings, 51.10. 4x400 Relay - 2, Montana State

Billings B, 4:17.02; 3, Montana State Billings A, 4:40.50. High Jump - 2, Madeline

Severson, 4-9.75. Long Jump - 2, Madison Thompson, MSUB, 16-6. Discus - 2,

Ryann Moline, MSUB, 127-10.

**Men (Top 3 GNAC Finishers):** 100 Meters - 3, Ben Ralston, MSUB, 11.42. 200

Meters - 1, Ben Ralston, MSUB, 22.82. 800 Meters - 1, Ase Ackerman, MSUB,

1:57.86; 2, Carson Jessop, MSUB, 1:59.85. 110 Hurdles - 1, Bradley Graves,

MSUB, 15.35. 4x100 Relay - 2, Montana State Billings, 43.84. High Jump - 3,

Favor Okere, MSUB, 5-8.75. Triple Jump - 3, Garrett McMillen, MSUB, 42-5.25.

Shot Put - 1, Braden Anderson, MSUB, 46-6.25; 2, Forrest Cross, MSUB, 46-

1.5. Discus - 1, Forrest Cross, MSUB, 144-4. Hammer - 2, Forrest Cross, MSUB,

145-8; 3, Coen Giusti, MSUB, 142-1. Javelin - 1, Ryder Klein, MSUB, 157-10.

## OSU PNW Invite

at Whyte Track and Field Center, Corvallis, Ore.

**Women's Team Scores:** Oregon State 135, Seattle 43, Oregon 41, Western

Oregon 39, George Fox 30, Cal Poly Humboldt 27, Linfield 23, Cascadia Elite 5.

**Women (Top 3 GNAC Finishers):** 100 Meters - 3, Maliyah Thompson, WOU,

12.14. 100 Hurdles - 2, Jenelle Hurley, WOU, 14.88. 400 Hurdles - 1, Rilee

Carstensen, WOU, 1:10.72. Triple Jump - 2, Kalulusno Ngaida, WOU, 36-2.75.

**Men's Team Scores:** Seattle 74, Cal Poly Humboldt 52.5, Western Oregon 43,

George Fox 41, Linfield 30, Umpqua CC 22, Oregon 20, Alpha TC 17.5, Willa-

mette 11, MMTC 8, Cooney's T&F Club 7, UO Running Club 3.

**Men (Top 3 GNAC Finishers):** 400 Meters - 2, Gabe Arce-Torres, WOU, 50.18.

800 Meters - 1, Justin Crosswhite, WOU, 1:56.18. 110 Hurdles - 2, James

Duane, WOU, 15.75; 3, Aaron Hanible, WOU, 16.09. High Jump - 3, Devin

Hasher, WOU, 6-2.75. Long Jump - 2, Marlon Harrison, WOU, 21-4. Shot Put -

3, Sam Cole, WOU, 46-3.5.

## SFU High Performance Meet #1

at Terry Fox Field, Burnaby, B.C.

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Jordan Jacobs, SFU, 13.10;

2, Estella Mainella, SFU, 13.41. 200 Meters - 1, Estella Mainella, SFU, 26.87;

3, Dominique Ronse, SFU, 28.23. 400 Meters - 1, Elizabeth Vanderput, SFU,

58.71; 2, Jordan Jacobs, SFU, 1:01.13. 800 Meters - 1, Kate Cameron, SFU,

2:18.40; 2, Claire Bosma, SFU, 2:26.09. 1,500 Meters - 1, Grace Chalk, SFU,

4:58.38; 2, Charlotte Prangle, SFU, 5:00.71; 3, Alicia Ranahan, SFU, 5:03.11.

3,000 Meters - 1, Olivia Willett, SFU, 10:26.63; 2, Ella Marion, SFU, 10:48.76.

100 Hurdles - 1, Diana Voloshin, SFU, 14.68. High Jump - 1, Sydney Kania,

SFU, 5-1. Long Jump - 1, Danielle Waller, SFU, 17-0; 2, Kennedy Primrose,

SFU, 16-5; 3, Madison Paugh, SFU, 16-3.25. Shot Put - 1, Kaitlyn Hanger, SFU,

30-7.75.