



Mar. 30, 2022 • Week 11
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Thurs., Mar. 31-Sat., Apr. 2

Alaska Anchorage, Simon Fraser, Western Oregon,
Western Washington at Mike Fanelli Track Classic,
San Francisco, Calif.

Fri., Apr. 1-Sat., Apr. 2

Simon Fraser, Western Oregon at Stanford Invitational,
Palo Alto, Calif.
Northwest Nazarene at Northwest Nazarene Invitational,
Nampa, Idaho
Central Washington, Western Oregon at Hayward
Premiere, Eugene, Ore.

Fri., Apr. 1

Seattle Pacific at West Coast Relays, Clovis, Calif.

Sat., Apr. 2

Central Washington, Western Washington at WWU
Invitational, Bellingham, Wash.
Montana State Billings at Yellowjackets/Battlin' Bear
Open, Lockwood, Mont.

LAST WEEK'S MEETS

Thurs., Mar. 24-Fri., Mar. 25

**Aztec Invitational - Combined Events
at The Sports Deck, San Diego, Calif.**

Women (Top 3 GNAC Finishers): Heptathlon - 1, Elena
Cano, UAA, 4.996.

Adams/Klein Combined Events

at Westmont College, Santa Barbara, Calif.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): None.

Fri., Mar. 25-Sat., Mar. 26

Yellow Jacket Spring Open

at Lyle Hare Stadium, Spearfish, S.D.

Women (Top 3 GNAC Finishers): 400 Meters - 2,
Madeline Severson, MSUB, 1:01.67. 800 Meters - 2, Ally
Whitmer, MSUB, 2:28.88. Steeplechase - 2, Kailee Stoppel,
MSUB, 12:31.35. 4x100 Relay - 1, Montana State Billings
(Thompson, Hamill, Gordon, Chase), 50.70. 4x400 Relay - 1,
Montana State Billings (Severson, Durbin, Whitmer, Chase),
4:15.50.

Men (Top 3 GNAC Finishers): 400 Meters - 1, Ben Ralston,
MSUB, 50.50. 800 Meters - 2, Ase Ackerman, MSUB,
1:59.18. 1,500 Meters - 1, Ase Ackerman, MSUB, 3:58.62.
110 Hurdles - 3, Bradley Graves, MSUB, 15.97. Steeple-
chase - 2, Carson Jessop, MSUB, 9:37.46. 4x100 Relay - 2,
Montana State Billings (Ullery, Graves, Okere, Ralston),
43.42. Javelin - 3, Ryder Klein, MSUB, 155-8.

Aztec Invitational

at The Sports Deck, San Diego, Calif.

Women (Top 5 GNAC Finishers): None.

Men (Top 5 GNAC Finishers): 1,500 Meters - 2, Coleman
Nash, UAA, 3:48.66. 110 Hurdles - 3, Joshua Wagner, UAA,
14.84.

Sat., Mar. 26

Willamette Invitational

at Charles Bowles Track, Salem, Ore.

Women's Team Scores: Oregon State 166, Western
Oregon 151, Lane CC 117, Bushnell 47, Willamette 24, Mt.
Hood CC 23, Southwestern Oregon CC 12, Umpqua CC 8,
UO Running Club 3.

Women (Top 3 GNAC Finishers): 100 Meters - 3, Maya
Hopwood, WOU, 12.42. 200 Meters - 3, Ana Popchok,
WOU, 26.27. 400 Meters - 2, Jessy Hart, WOU, 59.44.
800 Meters - 2, Katie Chapman, WOU, 2:23.76. 1,500
Meters - 3, Kaylin Cantu, WOU, 4:53.25. 100 Hurdles - 2,
Ana Popchok, WOU, 15.31. 400 Hurdles - 3, Madeline
Lambing, WOU, 1:08.03. 4x400 Relay - 2, Western Oregon
(Carstensen, Hart, Chapman, Lambing), 4:11.48. Triple
Jump - 1, Ana Popchok, WOU, 37-6.75; 2, Kalulusno
Ngaida, WOU, 35-3. Shot Put - 1, Liliana Pyness, WOU,
38-7; 3, Halle Hargett, WOU, 35-7.75. Javelin - 1, Kaylee
Weight, WOU, 149-5.

Men's Team Scores: Lane CC 205, Western Oregon
129, Willamette 66, UO Running Club 49, Umpqua CC 42,
Bushnell 29, Southwestern Oregon CC 21, Corban 10, Mt.
Hood CC 3.

Men (Top 3 GNAC Finishers): 800 Meters - 3, Bryce Mef-
ford, WOU, 2:01.56. 1,500 Meters - 1, Bailey Smith, WOU,
3:57.15. 400 Hurdles - 1, Aaron Hanible, WOU, 56.74. High
Jump - 2, Justin Conklin, WOU, 6-2.75; 3, Devin Hasher,
WOU, 6-2.75. Triple Jump - 3, Marlon Harrison, WOU, 45-3.
Shot Put - 1, Owen Collins, WOU, 46-8.25; 3, Mark Warren,
WOU, 43-10. Hammer - 2, Mark Warren, WOU, 143-2; 3,
Owen Collins, WOU, 141-8. Javelin - 1, Austin Goldstein,
WOU, 203-2.

Sat., Mar. 26

Peyton-Shotwell Invitational

at Baker Stadium, Tacoma, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Cree
Bell, SMU, 12.75; 2, Madison Vu, SMU, 12.98. 200 Meters -
1, Jenna Bouyer, SPU, 24.68; 2, Peace Igbonagwam, SPU,
24.77; 3, Vanessa Aniteye, SPU, 25.19. 400 Meters - 1,
Johanna Brown, SPU, 1:01.80. 1,500 Meters - 1, Annika Es-
velt, SPU, 4:39.08; 2, Ellie Rising, SPU, 4:45.22; 3, Kelsey
Washenberger, SPU, 4:48.07. 100 Hurdles - 1, Gabriela
Cintron, SMU, 15.35; 2, Eden Mortensen, SMU, 15.51. 400
Hurdles - 1, McKenzie Fletcher, SPU, 1:07.79; 3, Eden
Mortensen, SMU, 1:08.88. 4x100 Relay - 1, Seattle Pacific
(Igbonagwam, Aniteye, Aniya Green, Bouyer), 47.00. 4x400
Relay - 1, Seattle Pacific (Igbonagwam, Bouyer, Rising,
Aniteye), 3:49.64. Pole Vault - 1, Madison Licari, SPU, 11-5;
2, Lizza Daugherty, SPU, 10-5.25; 3, Charlie Hill, SPU,
10-5.25. Triple Jump - 2, Margaret Zilla, CWU, 32-3.5. Shot
Put - 1, Avery Fisk, CWU, 42-4.25; 3, Jocelyn Saribay, SMU,
37-5.75. Discus - 1, Avery Fisk, CWU, 139-7.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Josh Schulz,
SMU, 11.30; 3, Andrew Schulz, SMU, 11.38. 200 Meters - 1,
Jeff Gordon, SPU, 22.13; 2, David Njeri, SPU, 22.14. 400
Meters - 1, Evan Carpenter, SPU, 50.82; 3, Andrew Boyd,
SMU, 52.01. 800 Meters - 1, Isaiah Archer, SPU, 1:55.61; 2,
Zack Sundt, CWU, 1:59.23. 1,500 Meters - 1, Zack Sundt,
CWU, 4:04.76; 2, Jon Owen, SPU, 4:07.22. 110 Hurdles - 1,

Aiden Wise, CWU, 15.17; 2, Andrew Boyd, SMU, 15.36; 3,
Drew Klein, CWU, 15.90. 400 Hurdles - 1, Julius Shepherd,
SPU, 56.96; 2, Aiden Wise, CWU, 57.56. 4x400 Relay - 1,
Seattle Pacific (Carpenter, Njeri, Gordon, Archer), 3:26.32. Pole
Vault - 1, Andrew Alfred, SMU, 13-8.25. Long Jump - 1, Andrew
Schulz, SMU, 22-5.25; 3, Drew Klein, CWU, 21-0.75. Triple
Jump - 2, Christopher Hines, CWU, 43-1.75; 3, Josh Schulz,
SMU, 42-7. Shot Put - 1, Micah Au-Haupt, SMU, 45-2.25; 3,
Wyatt Franklin, CWU, 40-5. Discus - 1, Franklin Wyatt, CWU,
144-1; 2, Micah Au-Haupt, SMU, 125-6; 3, Omar Young, CWU,
124-10.

Team 4 Titus & Ely Invitational at Eagles Field, Irvine, Calif.

Women (Top 3 GNAC Finishers): 400 Meters - 3, Laine
DeJong, NNU, 59.07. 4x400 Relay - 2, Northwest Nazarene
(DeJong, Wood, Drury, Gomez), 4:06.14. High Jump - 1,
Miya Koch, NNU, 5-6.5. Pole Vault - 1, Kinsey Langin, NNU,
11-5.75; 2, Julie Cheney, NNU, 10-11.75. Long Jump - 3, Laine
DeJong, NNU, 17-8. Triple Jump - 2, Ellie Alberts, NNU, 33-4.5.
Hammer - 3, Destany Herbert, NNU, 144-10. Javelin - 1,
Nizhoni Buckway, NNU, 131-1.

Men (Top 3 GNAC Finishers): 200 Meters - 1, Hunter
Braseth, NNU, 21.92. 5,000 Meters - 1, Tyler Shea, NNU,
14:23.08. 4x100 Relay - 1, Northwest Nazarene (Wong,
Braseth, Willey, Hunt), 42.05. High Jump - 2, Steven Schmidt,
NNU, 6-7. Hammer - 3, Dylan Hendry, NNU, 174-2. Javelin - 1,
Steven Schmidt, NNU, 168-11.

Sat., Mar. 26-Sun., Mar 27

UBC Open

at Thunderbird Park, Vancouver, B.C.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Ma-
rie-Éloïse Leclair, SFU, 11.88. 200 Meters - 2, Emily Lindsay,
SFU, 24.88. 400 Meters - 1, Claire Bosma, SFU, 59.27; 2,
Shawnee Konrad, WWU, 1:03.02. 800 Meters - 1, Olivia Wil-
lett, SFU, 2:13.97; 2, Emily Chilton, SFU, 2:15.54; 3, Elizabeth
Vanderput, SFU, 2:18.75. 100 Hurdles - 1, Diana Voloshin,
SFU, 14.93. High Jump - 3, Jessica Neal, WWU, 5-3. Pole
Vault - 2, Annie Tran, WWU, 10-10; 3, Kaylee Coble, WWU,
9-10. Triple Jump - 1, Kennedy Primrose, SFU, 37-3.75; 3,
Madison Paugh, SFU, 34-5.5. Discus - 2, Katie Potts, WWU,
139-4.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Noah Johnson,
WWU, 10.97; 2, Jesaiah Penson-Mccoy, SFU, 11.03. 200
Meters - 3, Jesaiah Penson-Mccoy, SFU, 22.15. 800 Meters
- 1, Paul Buckingham, SFU, 1:52.15; 2, Mac Franks, WWU,
1:52.65; 3, Drew Weber, WWU, 1:53.10. 1,500 Meters - 1,
Calahan Warren, WWU, 3:46.14; 2, Drew Weber, WWU,
3:47.76; 3, Mac Franks, WWU, 3:48.13. 110 Hurdles - 1,
Hunter Flick, WWU, 14.95; 2, Koby Okezie, WWU, 15.07; 3,
Jalen Edwards, WWU, 15.47. 400 Hurdles - 1, Jorin Lenton,
SFU, 55.15; 2, Koby Okezie, WWU, 55.79; 3, Jaden Edwards,
WWU, 57.10. High Jump - 2, Beau Sheeran, WWU, 6-6.75.
Long Jump - 1, Zackary Kuzyk, SFU, 23-0.75; 2, Blake Furta-
do, SFU, 21-10.25; 3, Ryan Greenwalt, WWU, 21-8.75. Triple
Jump - 1, Damian Mercado, WWU, 44-3.5. Shot Put - 2, Jerrod
Lee, WWU, 42-4.75. Javelin - 1, Jarrett Chong, SFU, 203-1; 2,
Bryan Cortes, SFU, 194-3. Decathlon - 2, Cooper Cummings,
WWU, 5,565.

GNAC Athletes of the Week



MEN'S TRACK

Tyler Shea, Northwest Nazarene
Junior • Spokane, Wash.

Shea opened his outdoor season by setting the NNU record in the 5,000 meters at Saturday's Team 4 Titus & Ely Invitational in Irvine, California. Shea won by 38 seconds, crossing the finish line in a time of 14:23.08. The NCAA Championships provisional qualifying time ranks 12th in Division II this season.

Also Nominated: Coleman Nash (Alaska Anchorage), Zach Sundt (Central Washington), Benjamin Ralston (Montana State Billings), Andrew Boyd (Saint Martin's), Jeff Gordon (Seattle Pacific), Paul Buckingham (Simon Fraser), Bailey Smith (Western Oregon), Calahan Warren (Western Washington).



MEN'S FIELD

Austin Goldstein, Western Oregon
Senior • Sherwood, Ore.

Goldstein became the 25th athlete in GNAC history to surpass 200 feet in the javelin, winning the event at Saturday's Willamette Invitational with a mark of 203 feet, 2 inches. The performance improved Goldstein's NCAA Championships provisional qualifying mark, ranking No. 6 in Division II this season.

Also Nominated: Wyatt Franklin (Central Washington), Forrest Cross (Montana State Billings), Dylan Hendry (Northwest Nazarene), Andrew Schulz (Saint Martin's), Jarrett Chong (Simon Fraser), Cooper Cummings (Western Washington).



WOMEN'S TRACK

Tylantiss Atlas, Alaska Anchorage
Senior • Dallas, Texas

Atlas performed well against the Division I-laden field at the Aztec Invitational in San Diego. She placed sixth in the 400 meters in an NCAA Championships provisional qualifying time of 55.75 seconds, which ranks No. 5 in Division II this season. Atlas ran the fourth-fastest time in UAA history in the 200 meters, clocking 24.64 seconds, and ran

a leg on the Seawolves' 4x400-meter relay team that ran the eighth-fastest time in UAA history at 3:53.68.

Also Nominated: Madeline Severson (Montana State Billings), Abbey Wood (Northwest Nazarene), Cree Bell (Saint Martin's), Jenna Bouyer (Seattle Pacific), Marie-Éloïse Leclair (Simon Fraser), Ana Popchock (Western Oregon), Mia Crocker (Western Washington).



WOMEN'S FIELD

Elena Cano, Alaska Anchorage
Senior • Alpine, Texas

Cano hit a pair of NCAA Championships provisional qualifying marks while winning the heptathlon at the Aztec Invitational. She won the overall seven-event discipline with a score of 4,593 points that leads Division II this season and is No. 2 in UAA history. She also hit a provisional qualifier in the high jump with a clearance of 5 feet, 7.25 inches which is tied for

sixth in Division II this season and tied for No. 8 on the GNAC all-time list. Cano also ran in the open 100-meter hurdles (14.99) and ran a leg on the Seawolves' 4x400-meter relay team.

Also Nominated: Avery Fisk (Central Washington), Ryann Moline (Montana State Billings), Miya Koch (Northwest Nazarene), Jocelyn Saribay (Saint Martin's), Kennedy Primrose (Western Oregon), Katie Potts (Western Washington).

Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Nov. 29-Dec. 5	Cooper Cummings, WWU	No Selection	Aliyah Dawkins, WWU	No Selection
Dec. 6-12	Mac Franks, WWU	David Njeri, SPU	Annika Esvelt, SPU	Meagan Smallbeck, CWU
Jan. 10-16	Aaron Ahl, SFU Joshua Wagner, UAA	Ethan Sterkel, WWU	Alison Andrews-Paul, SFU	Meagan Smallbeck, CWU
Jan. 17-23	Ase Ackerman, MSUB	Owen Collins, WOU	Juliette Williams, CWU	Erica Cabanos, CWU
Jan. 24-30	Aaron Ahl, SFU	Ethan Sterkel, WWU	Annika Esvelt, SPU	Jenelle Hurley, WOU
Jan. 31-Feb. 6	Austin Albertin, CWU	Ethan Sterkel, WWU	Ana Popchock, WOU	Jenelle Hurley, WOU
Feb. 7-13	Callum Robinson, SFU	Steven Schmidt, NNU	Alison Andrews-Paul, SFU	Peace Igbonagwam, SPU
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
Mar. 21-27	Tyler Shea, NNU	Austin Goldstein, WOU	Tylantiss Atlas, UAA	Elena Cano, UAA

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

Around The GNAC

ALASKA ANCHORAGE



- A pair of GNAC Athlete of the Week performances and four NCAA Championships provisional qualifying marks led Alaska Anchorage at the Aztec Invitational in San Diego.
- Senior **Elena Cano** was named the GNAC Women's Field Athlete of the Week after she won the heptathlon with a score of 4,996 points. The total is an NCAA Championships provisional qualifier and leads Division II this season. During the competition, Cano hit a provisional qualifying mark in the high jump. Her clearance of 5 feet, 6.5 inches is tied for sixth in Division II this season and tied for eighth on the GNAC all-time list.
- Senior **Tylantiss Atlas** was named the Women's Track Athlete of the Week after she placed sixth against Division I competition in the 400 meters. Her time of 55.75 seconds is an NCAA Championships provisional qualifier, ranks No. 5 in Division II this season and is No. 4 all-time at UAA. Both Atlas and Cano combined with **Joel Vidad** and **Leonie Flad** on the women's 4x400-meter relay team that ran the eighth-fastest time in UAA history at 3:53.68.
- Sophomore **Coleman Nash** placed second in the men's 1,500 meters. His time of 3:48.86 is an NCAA Championships provisional qualifying mark and ranks No. 17 in Division II this season. Junior **Jacob Moos** placed fourth in a time of 3:50.16.
- Sophomore **Joshua Wagner** placed third in the men's 110-meter hurdles in a time of 14.84 seconds. Freshman **Mette Van der Meer** bettered her own UAA record in the women's pole vault with a clearance of 11 feet, 4.25 inches.
- Alaska Anchorage will head for the Bay Area this week, competing in the Mike Fanelli Track Classic Thursday through Saturday.

CENTRAL WASHINGTON



- Central Washington picked up five individual victories, including two by senior **Avery Fisk**, at the Peyton-Shotwell Invitational on Saturday in Tacoma.
- Fisk was a winner in the women's discus throw with a mark of 139 feet, 7 inches, and also won the shot put with a mark of 42 feet, 4.25 inches. Both marks are lifetime bests and the shot put mark leads the GNAC this season.
- Freshman **Aiden Wise** picked up a victory in the men's 110-meter hurdles with a season-best time of 15.17 seconds. He also placed second in the 400 meters with a time of 57.56 seconds.
- Sophomore **Wyatt Franklin** won the men's discus with a mark of 144 feet, 1 inch and added a third-place finish in the shot put at 40 feet, 5 inches. Junior **Omar Young** placed third in the men's discus with his mark of 124 feet, 10 inches.
- Senior **Zachary Sundt** was the Wildcats' other winner on the track, taking first in the men's 1,500 meters in a time of 4:04.76. He also finished second in the 800 meters in a time of 1:59.23.
- Other top-three finishers for the Wildcats included junior **Chris Hines**, who placed second in the men's triple jump (43-1.75) and freshman **Drew Klein**, who was third in the men's long jump (21-0.75).
- Central Washington will split its squad this week, taking a select group of athletes to the Hayward Premiere in Eugene on Friday and Saturday. The rest of the squad will compete in Saturday's WWU Invitational in Bellingham.

MONTANA STATE BILLINGS



- Montana State Billings had solid performances in the middle distances and in the relays to lead its efforts at the Yellow Jacket Spring Open on Friday and Saturday in Spearfish, South Dakota.
- Junior **Ase Ackerman** picked up the victory in the men's 1,500 meters, clocking a time of 3:58.62. He also placed second in the 800 meters in a time of 1:59.18.
- Freshman **Benjamin Ralston** won the men's 400 meters in a time of 50.50 seconds, a time that is No. 5 on the MSUB all-time list. Sophomore **Bradley Graves** added a third-place finish in the men's 110-meter hurdles in 15.97 seconds.
- The women's 4x100-meter relay team of **Madison Thompson, Katelyn Hamill, Taylor Gordon** and **Chantel Chase** was a five-second winner in a time of 50.70 seconds. The women's 4x400-meter relay team of **Madeline Severson, Sierra Durbin, Ally Whitmer** and Chase was a 10-second winner in a time of 4:15.50.
- The Yellowjackets picked up a pair of second-place finishes in the steeplechase. Junior **Kailee Stoppel** was second in the women's event with a time of 12:31.35 while junior **Carson Jessop** was second in the men's race in 9:37.46.
- Severson added a second-place finish in the women's 400 meters in a time of 1:01.67. Junior **Ally Whitmer** added a second-place finish in the women's 800 in a time of 2:28.88.
- Montana State Billings will open April at home, co-hosting the Yellowjacket/Battlin' Bear Open on Saturday in Lockwood, Montana.

NORTHWEST NAZARENE



- Northwest Nazarene opened the outdoor season with a pair of NCAA Championships provisional qualifying marks at the Team 4 Titus & Ely Invitational on Saturday in Irvine, California.
- Senior **Tyler Shea** earned a provisional qualifying time in the men's 5,000 meters. He won in a time of 14:23.08 that shattered the NNU record by 13 seconds and ranks No. 12 in Division II this season. The effort earned Shea selection as the GNAC Men's Track Athlete of the Week.
- Freshman **Miya Koch** earned a provisional qualifying mark in the women's high jump, setting the NNU record with a mark of 5 feet, 6.5 inches. She currently ranks No. 10 in Division II this season.
- Freshman **Hunter Braseth** was a winner in the men's 200 meters with a time of 21.92 seconds that leads the GNAC this season.
- Sophomore **Kinsey Langin** led a top-two sweep for NNU in the women's pole vault. Langin won with her mark of 11 feet, 5.75 inches while freshman **Julie Cheney** was second with a clearance of 10 feet, 11.75 inches.
- The Nighthawks took victories in both the men's and women's javelin. Freshman **Steven Schmidt** won for the men with a mark of 168 feet, 11 inches. Schmidt was also second in the high jump with a clearance of 6 feet, 7 inches. Freshman **Nizhoni Buckway** won the women's competition with a throw of 131 feet, 1 inch.
- Northwest Nazarene returns home this week, hosting the Northwest Nazarene Invitational on Friday and Saturday.

Around The GNAC

SAINT MARTIN'S



• Saint Martin's athletes picked up five individual event victories at the Peyton-Shotwell Invitational on Saturday in Tacoma.

• Sophomore **Cree Bell** led a one-two finish for the Saints in the women's 100 meters. Bell won in a time of 12.75 seconds while freshman **Maddy Vu** was second in 12.98

seconds.

• Sophomore **Gabriela Cintron** won the women's 100-meter hurdles in 15.35 seconds with sophomore **Eden Mortensen** taking second in 15.51 seconds. Mortensen also took third in the 400-meter hurdles with a time of 1:08.88.

• Junior **Andrew Alfred** led three men's field event victories for the Saints, winning the pole vault with a clearance of 13 feet, 8.25 inches. Freshman **Andrew Schulz** won the long jump for the first time this season with a mark of 22 feet, 5.25 inches.

• Senior **Micah Au-Haupt** took the shot put with a mark of 45 feet, 2.25 inches. He also took second in the discus with a mark of 125 feet, 6 inches.

• Sophomore **Margaret Zilla** took second place in the women's triple jump with a mark of 32 feet, 3.5 inches. Senior **Josh Schulz** was third in the men's portion of the event with a mark of 42 feet, 7 inches.

• Saint Martin's will not compete this week. The Saints return to action on Saturday, Apr. 9, competing in the Pacific Luau Meet in Forest Grove, Oregon.

SEATTLE PACIFIC



• Seattle Pacific picked up an impressive 12 victories, seven for the women and five for the men, at the Peyton-Shotwell Invitational on Saturday in Tacoma.

• The Falcons swept the gold medals in the 200 and 400 meters. Senior **Jenna Bouyer** won the women's 200 in a time of 24.68 seconds. Senior **Peace Igbonagwam** was

second in 24.77 seconds and senior **Vanessa Aniteye** was third in 25.19 seconds.

• On the men's side, sophomore **Jeff Gordon** won the 200 in 22.13 seconds while junior **David Njeri** was second in 22.14 seconds.

• The women's 400 meters saw freshman **Johanna Brown** win in a time of 1:01.80 while sophomore **Evan Carpenter** won the men's race in a time of 50.82 seconds.

• The Falcons added a third men's victory on the track with freshman **Isaiah Archer** taking the 800 meters in 1:55.61. On the women's side, freshman **McKenzie Fletcher** won the 400-meter hurdles in a time of 1:07.79.

• Seattle Pacific also swept the top-three spots in the women's pole vault. Senior **Madison Licari** won with a clearance of 11 feet, 5 inches. Sophomore **Lizzy Daugherty** was second and freshman **Charlie Hill** placed third with both clearing 10 feet, 5.25 inches.

• Sophomore **Annika Esvelt** went under 4:40 in the women's 1,500 meters for the first time, winning in a time of 4:39.08. Sophomore **Ellie Rising** was second in 4:45.22 and senior **Kelsey Washenberger** was third in 4:48.07.

• The Falcons swept the women's relays with the 4x100-meter relay winning in 47 seconds and the 4x400-meter relay clocking a time of 3:49.64. The men's 4x400-meter relay was also a winner in a time of 3:26.32.

• Seattle Pacific will head to California's Central Valley this week, competing in the West Coast Relays on Friday in Clovis.



SIMON FRASER

• A pair of NCAA Championships provisional qualifying marks in the men's javelin and an impressive outdoor debut for freshman **Marie-Éloïse Leclair** led Simon Fraser's performances at the UBC Open on Saturday and Sunday in Vancouver, B.C.

• Freshman **Garrett Chong** and sophomore **Bryan Cortes** scored the provisional qualifiers in the men's javelin. Chong became the 26th GNAC athlete to throw over 200 feet, winning with a mark of 203 feet, 1 inch that ranks ninth in Division II this season. Cortes placed second with a mark of 194 feet, 1 inch that ranks 18th in Division II this season.

• Leclair won the women's 100 meters in a time of 11.88 seconds, a time that ranks her No. 4 on the GNAC all-time list. She just missed the NCAA Championships provisional qualifying time of 11.86 seconds.

• Simon Fraser won just about every women's track event. Sophomore **Emily Lindsay** won the 200 meters in 24.88 seconds. Freshman **Claire Bosma** took first in the 400 meters in 59.27 seconds. Junior **Olivia Willett** led a top-three sweep in the 800 meters in 2:13.97 and sophomore **Diana Voloshin** won the 100-meter hurdles in a time of 14.93 seconds.

• Sophomore **Paul Buckingham** captured the men's 800 meters in a time of 1:52.15. Freshman **Jorin Lenton** took the men's 400-meter hurdles in a time of 55.15 seconds.

• Freshman **Kennedy Primrose** won the women's triple jump with a mark of 37 feet, 3.75 inches. Sophomore **Zackary Kuzyk** won the men's long jump with a mark of 23 feet, 0.75 inches.

• Simon Fraser will compete in the Bay Area this weekend, taking part in both the Mike Fanelli Track Classic and the Stanford Invitational.

WESTERN OREGON



• Six event victories and an improvement of senior **Austin Goldstein's** NCAA Championships provisional qualifying mark in the men's javelin led Western Oregon's efforts at the Willamette Invitational on Saturday in Salem, Oregon.

• Goldstein became the 25th athlete in GNAC history to go over 200 feet in the javelin, winning with a mark of 203 feet, 2 inches that ranks eighth in Division II this season. The performance earned Goldstein selection as the GNAC Men's Field Athlete of the Week.

• Junior **Kaylee Wright** also improved her NCAA provisional qualifying mark in the women's javelin, winning with a throw of 149 feet, 5 inches that ranks sixth in Division II this season.

• Senior **Ana Popchock** added a victory in the women's triple jump, moving to No. 8 on the WOU all-time list with her winning mark of 37 feet, 6.75 inches. Popchock also placed second in the 100-meter hurdles in 15.31 seconds and third in the 200 meters in 26.27 seconds.

• Senior **Bailey Smith** led the WOU men on the track, winning the 1,500 meters in a time of 3:57.15. Senior **Aaron Hanible** made his outdoor season debut by winning the men's 400-meter hurdles in a time of 56.74 seconds.

• The Wolves swept the gold medals in the shot put. Senior **Owen Collins** won the men's shot put with a mark of 46 feet, 8.25 inches, while sophomore **Liliana Lyness-Morales** won the women's shot put with a mark of 38 feet, 7 inches.

• Western Oregon multi-event specialists competed in the Adams/Klein Combined Events on Thursday and Friday in Santa Barbara, California. Junior **Brennan Sorah** placed seventh in the decathlon with a score of 5,650 points. Junior **Jenelle Hurley** was eighth in the heptathlon with a score of 4,480 points.

• Western Oregon will send some athletes this week to the Bay Area for the Mike Fanelli Track Classic and the Stanford Invitational and others to Eugene for the Hayward Premiere meet.

Around The GNAC

WESTERN WASHINGTON



• A top-four sweep in the men's 1,500 meters, all in NCAA Championships provisional qualifying times, led Western Washington's performances at the UBC Open in Vancouver, B.C.

• Senior **Calahan Warren** led the way, winning the event in a time of 3:46.14 that ranks No. 6 in Division II this season.

Freshman **Drew Weber** was second with his time of 3:47.76, ranking 12th in Division II. Junior **Mac Franks** was third in a time of 3:48.13 that is 14th in Division II while freshman **Kevin McDermott's** fourth-place time of 3:48.46 ranks 17th nationally.

• Freshman **Hunter Flick** won the men's 110-meter hurdles in a time of 14.95 seconds. Sophomore **Koby Okezie** added a second-place finish in the 400-meter hurdles in 55.79 seconds.

• The Vikings also earned victories from sophomore **Noah Johnson** in the men's 100 meters in 10.97 seconds and from freshman **Damian Mercado** in the men's triple jump with a mark of 44 feet, 3.5 inches.

• In the combined events, sophomore **Cooper Cummings** placed second in the decathlon with a score of 5,565 points. Sophomore **Leanne Kibbee** added a fourth-place finish in the heptathlon with a score of 3,687 points.

• The Vikings also sent a small contingent of women's distance runners to the Aztec Invitational in San Diego. The quartet was led by freshman **Mia Crocker**, who placed eighth in the 1,500 meters in a time of 4:35.38.

• Western Washington will send a small contingent of athletes to San Francisco on Thursday and Friday for the Mike Fanelli Track Classic. The Vikings will then host the first of two home meets of the season, the WWU Invitational, on Saturday.

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 Provisional Qualifiers For NCAA Outdoor Championships

MEN'S QUALIFIERS AS OF MAR. 27, 2022

Event	Athlete	Mark	Rank	Date
1,500 Meters	Calahan Warren, WWU	3:46.14	6th	3/26/22
	Drew Weber, WWU	3:47.76	12th	3/26/22
	Mac Franks, WWU	3:48.13	14th	3/26/22
	Kevin McDermott, WWU	3:48.46	15th	3/26/22
	Coleman Nash, UAA	3:48.86	17th	3/24/22
5,000 Meters	Tyler Shea, NNU	14:23.08	12th	3/26/22
110 Hurdles	Joshua Wagner, UAA	14.37	13th	3/19/22
Javelin	Austin Goldstein, WOU	61.93/203-2	8th	3/26/22
	Jarrett Chong, SFU	61.89/203-1	9th	3/26/22
	Bryan Cortes, SFU	59.21/194-3	18th	3/26/22

WOMEN'S QUALIFIERS AS OF MAR. 27, 2022

Event	Athlete	Mark	Rank	Date
400 Meters	Tylantiss Atlas, UAA	55.75	5th	3/24/22
800 Meters	Vanessa Aniteye, SPU	2:11.16	7th	3/19/22
400 Hurdles	Elena Cano, UAA	1:00.86	5th	3/19/22
	McCall DeChenne, CWU	1:01.60	6th	3/18/22
Steeplechase	Ila Davis, WWU	10:54.62	5th	3/11/22
High Jump	Elena Cano, UAA	1.71/5-7.25	T-6th	3/24/22
	Miya Koch, NNU	1.69/5-6.5	10th	3/26/22
Javelin	Kaylee Wright, WOU	45.54/149-5	6th	3/26/22
	Amanda Short, WWU	43.26/141-11	14th	3/4/22
Heptathlon	Elena Cano, UAA	4,996	1st	3/24/22

Men's Outdoor Regional & National Indexes

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National
Mar. 29 No Ranked GNAC Teams

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 1 - Mar. 29, 2022

Rk	School	Pts.	Prev.
1.	Grand Valley St.	280.74	1
2.	West Texas A&M	234.57	2
3.	CSU Pueblo	177.33	NR
4.	Texas A&M-Commerce	151.21	7
5.	Pittsburg State	138.81	4
6.	UC-Colorado Springs	131.16	22
7.	Lee (Tenn.)	120.00	22
8.	Harding	115.55	53
9.	Adams State	110.90	15
10.	Southern Connecticut	104.65	10
11.	Cal Poly Pomona	100.16	NR
12.	Azusa Pacific	94.84	35
13.	Central Missouri	91.35	11
14.	Alabama-Huntsville	83.43	41
15.	Angelo State	80.94	3
16.	Lincoln (Mo.)	73.72	21
17.	Mount Olive	69.82	NR
18.	Fort Hays State	63.74	17
19.	Limestone	56.17	14
20.	Chadron State	55.66	36
21.	Fresno Pacific	54.57	NR
22.	Academy of Art	53.80	17
23.	Queens (N.C.)	51.71	30
24.	Wingate	49.62	NR
25.	Colorado Mines	49.07	6

USTFCCCA WEST REGION TEAM INDEX

Week 1 - Mar. 28, 2022

Rk	School	Pts.	Prev.
1.	Cal Poly Pomona	1,042.16	NR
2.	Azusa Pacific	769.37	NR
3.	Fresno Pacific	630.43	NR
4.	Chico State	589.92	NR
5.	Cal State San Marcos	537.63	NR
6.	Western Washington	490.97	NR
7.	Academy of Art	343.43	NR
8.	Cal State LA	305.83	NR
9.	Concordia (Calif.)	264.20	NR
10.	Northwest Nazarene	232.57	NR



[Complete Poll Online](#)

Women's Outdoor Regional & National Indexes

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National
Mar. 29 UAA 16th

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 1 - Mar. 29, 2022

Rk	School	Pts.	Prev.
1.	West Texas A&M	267.58	3
2.	Azusa Pacific	241.89	1
3.	Grand Valley St.	230.13	2
4.	Fresno Pacific	158.82	22
5.	Cal Poly Pomona	122.91	NR
6.	UC-Colorado Springs	109.07	29
7.	Queens (N.C.)	108.52	9
8.	Harding	99.44	44
9.	Adams State	94.57	4
10.	Angelo State	90.15	18
11.	Lee (Tenn.)	89.92	28
12.	Fort Hays State	87.24	46
13.	Missouri Southern	81.82	7
14.	Lincoln (Mo.)	78.24	22
15.	CSU Pueblo	74.94	15
16.	Alaska Anchorage	64.31	NR
17.	Findlay	62.06	46
18.	Academy of Art	59.79	12
19.	West Alabama	52.18	38
20.	Wayne State (Neb.)	50.89	29
21.	Northwest Missouri St.	47.42	13
22.	Embry-Riddle (Fla.)	46.21	NR
23.	Slippery Rock	44.63	25
24.	Tiffin	44.47	13
25.	Minnesota State	41.16	11

USTFCCCA WEST REGION TEAM INDEX

Week 1 - Mar. 28, 2022

Rk	School	Pts.	Prev.
1.	Azusa Pacific	1,005.25	NR
2.	Cal Poly Pomona	633.93	NR
3.	Fresno Pacific	607.58	NR
4.	Concordia (Calif.)	588.40	NR
5.	Alaska Anchorage	355.03	NR
6.	Biola	347.33	NR
7.	Chico State	292.49	NR
8.	Western Washington	281.23	NR
9.	Western Oregon	279.63	NR
10.	Cal State San Marcos	246.60	NR



[Complete Poll Online](#)

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.

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 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 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, Willamette 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.

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.

Thurs., Mar. 24-Fri., Mar. 25

Aztec Invitational - Combined Events

at The Sports Deck, San Diego, Calif.

Women (Top 3 GNAC Finishers): Heptathlon - 1, Elena Cano, UAA, 4,996.

Adams/Klein Combined Events

at Westmont College, Santa Barbara, Calif.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): None.

Fri., Mar. 25-Sat., Mar. 26

Yellow Jacket Spring Open

at Lyle Hare Stadium, Spearfish, S.D.

Women (Top 3 GNAC Finishers): 400 Meters - 2, Madeline Severson, MSUB, 1:01.67. 800 Meters - 2, Ally Whitmer, MSUB, 2:28.88. Steeplechase - 2, Kailee Stoppel, MSUB, 12:31.35. 4x100 Relay - 1, Montana State Billings (Thompson, Hamill, Gordon, Chase), 50.70. 4x400 Relay - 1, Montana State Billings (Severson, Durbin, Whitmer, Chase), 4:15.50.

Men (Top 3 GNAC Finishers): 400 Meters - 1, Ben Ralston, MSUB, 50.50. 800 Meters - 2, Ase Ackerman, MSUB, 1:59.18. 1,500 Meters - 1, Ase Ackerman, MSUB, 3:58.62. 110 Hurdles - 3, Bradley Graves, MSUB, 15.97. Steeplechase - 2, Carson Jessop, MSUB, 9:37.46. 4x100 Relay - 2, Montana State Billings (Ullery, Graves, Okere, Ralston), 43.42. Javelin - 3, Ryder Klein, MSUB, 155-8.

Aztec Invitational

at The Sports Deck, San Diego, Calif.

Women (Top 5 GNAC Finishers): None.

Men (Top 5 GNAC Finishers): 1,500 Meters - 2, Coleman Nash, UAA, 3:48.66. 110 Hurdles - 3, Joshua Wagner, UAA, 14.84.

Sat., Mar. 26

Willamette Invitational

at Charles Bowles Track, Salem, Ore.

Women's Team Scores: Oregon State 166, Western Oregon 151, Lane CC 117, Bushnell 47, Willamette 24, Mt. Hood CC 23, Southwestern Oregon CC 12, Umpqua CC 8, UO Running Club 3.

Women (Top 3 GNAC Finishers): 100 Meters - 3, Maya Hopwood, WOU, 12.42. 200 Meters - 3, Ana Popchok, WOU, 26.27. 400 Meters - 2, Jessy Hart, WOU, 59.44. 800 Meters - 2, Katie Chapman, WOU, 2:23.76. 1,500 Meters - 3, Kaylin Cantu, WOU, 4:53.25. 100 Hurdles - 2, Ana Popchok, WOU, 15.31. 400 Hurdles - 3, Madeline Lambing, WOU, 1:08.03. 4x400 Relay - 2, Western Oregon (Carstensen, Hart, Chapman, Lambing), 4:11.48. Triple Jump - 1, Ana Popchok, WOU, 37-6.75; 2, Kalulusno Ngaida, WOU, 35-3. Shot Put - 1, Liliana Pyness, WOU, 38-7; 3, Halle Hargett, WOU, 35-7.75. Javelin - 1, Kaylee Weight, WOU, 149-5.

Men's Team Scores: Lane CC 205, Western Oregon 129, Willamette 66, UO Running Club 49, Umpqua CC 42, Bushnell 29, Southwestern Oregon CC 21, Corban 10, Mt. Hood CC 3.

Men (Top 3 GNAC Finishers): 800 Meters - 3, Bryce Mefford, WOU, 2:01.56. 1,500 Meters - 1, Bailey Smith, WOU, 3:57.15. 400 Hurdles - 1, Aaron Hanible, WOU, 56.74. High Jump - 2, Justin Conklin, WOU, 6-2.75; 3, Devin Hasher, WOU, 6-2.75. Triple Jump - 3, Marlon Harrison, WOU, 45-3. Shot Put - 1, Owen Collins, WOU, 46-8.25; 3, Mark Warren, WOU, 43-10. Hammer - 2, Mark Warren, WOU, 143-2; 3, Owen Collins, WOU, 141-8. Javelin - 1, Austin Goldstein, WOU, 203-2.

2021-22 GNAC Outdoor Meet Summaries

Sat., Mar. 26

Payton-Shotwell Invitational at Baker Stadium, Tacoma, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Cree Bell, SMU, 12.75; 2, Madison Vu, SMU, 12.98. 200 Meters - 1, Jenna Bouyer, SPU, 24.68; 2, Peace Igbonagwam, SPU, 24.77; 3, Vanessa Aniteye, SPU, 25.19. 400 Meters - 1, Johanna Brown, SPU, 1:01.80. 1,500 Meters - 1, Annika Esvelt, SPU, 4:39.08; 2, Ellie Rising, SPU, 4:45.22; 3, Kelsey Washenberger, SPU, 4:48.07. 100 Hurdles - 1, Gabriela Cintron, SMU, 15.35; 2, Eden Mortensen, SMU, 15.51. 400 Hurdles - 1, McKenzie Fletcher, SPU, 1:07.79; 3, Eden Mortensen, SMU, 1:08.88. 4x100 Relay - 1, Seattle Pacific (Igbonagwam, Aniteye, Aniya Green, Bouyer), 47.00. 4x400 Relay - 1, Seattle Pacific (Igbonagwam, Bouyer, Rising, Aniteye), 3:49.64. Pole Vault - 1, Madison Licari, SPU, 11-5; 2, Lizza Daugherty, SPU, 10-5.25; 3, Charlie Hill, SPU, 10-5.25. Triple Jump - 2, Margaret Zilla, SMU, 32-3.5. Shot Put - 1, Avery Fisk, CWU, 42-4.25; 3, Jocelyn Saribay, SMU, 37-5.75. Discus - 1, Avery Fisk, CWU, 139-7.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Josh Schulz, SMU, 11.30; 3, Andrew Schulz, SMU, 11.38. 200 Meters - 1, Jeff Gordon, SPU, 22.13; 2, David Njeri, SPU, 22.14. 400 Meters - 1, Evan Carpenter, SPU, 50.82; 3, Andrew Boyd, SMU, 52.01. 800 Meters - 1, Isaiah Archer, SPU, 1:55.61; 2, Zack Sundt, CWU, 1:59.23. 1,500 Meters - 1, Zack Sundt, CWU, 4:04.76; 2, Jon Owen, SPU, 4:07.22. 110 Hurdles - 1, Aiden Wise, CWU, 15.17; 2, Andrew Boyd, SMU, 15.36; 3, Drew Klein, CWU, 15.90. 400 Hurdles - 1, Julius Shepherd, SPU, 56.96; 2, Aiden Wise, CWU, 57.56. 4x400 Relay - 1, Seattle Pacific (Carpenter, Njeri, Gordon, Archer), 3:26.32. Pole Vault - 1, Andrew Alfred, SMU, 13-8.25. Long Jump - 1, Andrew Schulz, SMU, 22-5.25; 3, Drew Klein, CWU, 21-0.75. Triple Jump - 2, Christopher Hines, CWU, 43-1.75; 3, Josh Schulz, SMU, 42-7. Shot Put - 1, Micah Au-Haupt, SMU, 45-2.25; 3, Wyatt Franklin, CWU, 40-5. Discus - 1, Franklin Wyatt, CWU, 144-1; 2, Micah Au-Haupt, SMU, 125-6; 3, Omar Young, CWU, 124-10.

Team 4 Titus & Ely Invitational at Eagles Field, Irvine, Calif.

Women (Top 3 GNAC Finishers): 400 Meters - 3, Laine DeJong, NNU, 59.07. 4x400 Relay - 2, Northwest Nazarene (DeJong, Wood, Drury, Gomez), 4:06.14. High Jump - 1, Miya Koch, NNU, 5-6.5. Pole Vault - 1, Kinsey Langin, NNU, 11-5.75; 2, Julie Cheney, NNU, 10-11.75. Long Jump - 3, Laine DeJong, NNU, 17-8. Triple Jump - 2, Ellie Alberts, NNU, 33-4.5. Hammer - 3, Destany Herbert, NNU, 144-10. Javelin - 1, Nizhoni Buckway, NNU, 131-1.

Men (Top 3 GNAC Finishers): 200 Meters - 1, Hunter Braseth, NNU, 21.92. 5,000 Meters - 1, Tyler Shea, NNU, 14:23.08. 4x100 Relay - 1, Northwest Nazarene (Wong, Braseth, Willey, Hunt), 42.05. High Jump - 2, Steven Schmidt, NNU, 6-7. Hammer - 3, Dylan Hendry, NNU, 174-2. Javelin - 1, Steven Schmidt, NNU, 168-11.

Sat., Mar. 26-Sun., Mar 27

UBC Open

at Thunderbird Park, Vancouver, B.C.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Marie-Éloïse Leclair, SFU, 11.88. 200 Meters - 2, Emily Lindsay, SFU, 24.88. 400 Meters - 1, Claire Bosma, SFU, 59.27; 2, Shawnee Konrad, WWU, 1:03.02. 800 Meters - 1, Olivia Willett, SFU, 2:13.97; 2, Emily Chilton, SFU, 2:15.54; 3, Elizabeth Vanderput, SFU, 2:18.75. 100 Hurdles - 1, Diana Voloshin, SFU, 14.93. High Jump - 3, Jessica Neal, WWU, 5-3. Pole Vault - 2, Annie Tran, WWU, 10-10; 3, Kaylee Coble, WWU, 9-10. Triple Jump - 1, Kennedy Primrose, SFU, 37-3.75; 3, Madison Paugh, SFU, 34-5.5. Discus - 2, Katie Potts, WWU, 139-4.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Noah Johnson, WWU, 10.97; 2, Jesaiah Penson-McCoy, SFU, 11.03. 200 Meters - 3, Jesaiah Penson-McCoy, SFU, 22.15. 800 Meters - 1, Paul Buckingham, SFU, 1:52.15; 2, Mac Franks, WWU, 1:52.65; 3, Drew Weber, WWU, 1:53.10. 1,500 Meters - 1, Calahan Warren, WWU, 3:46.14; 2, Drew Weber, WWU, 3:47.76; 3, Mac Franks, WWU,

3:48.13. 110 Hurdles - 1, Hunter Flick, WWU, 14.95; 2, Koby Okezie, WWU, 15.07; 3, Jalen Edwards, WWU, 15.47. 400 Hurdles - 1, Jorrin Lenton, SFU, 55.15; 2, Koby Okezie, WWU, 55.79; 3, Jaden Edwards, WWU, 57.10. High Jump - 2, Beau Sheeran, WWU, 6-6.75. Long Jump - 1, Zackary Kuzyk, SFU, 23-0.75; 2, Blake Furtado, SFU, 21-10.25; 3, Ryan Greenwalt, WWU, 21-8.75. Triple Jump - 1, Damian Mercado, WWU, 44-3.5. Shot Put - 2, Jerrod Lee, WWU, 42-4.75. Javelin - 1, Jarrett Chong, SFU, 203-1; 2, Bryan Cortes, SFU, 194-3. Decathlon - 2, Cooper Cummings, WWU, 5,565.