



Apr. 6, 2022 • Week 12

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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Apr. 8

Western Oregon at John Knight Twilight, Monmouth, Ore.

Central Washington at Whitworth Peace Meet,
Spokane, Wash.

Montana State Billings at Bauer Open, Rapid City, S.D.

Sat., Apr. 9

Simon Fraser at Emilie Mondor Invite, Burnaby, B.C.

Saint Martin's, Seattle Pacific, Western Washington
at PLU Invitational, Tacoma, Wash.

LAST WEEK'S MEETS

Thurs., Mar. 31-Fri., Apr. 1

Mike Fanelli Track Classic

at Cox Stadium, San Francisco, Calif.

Women (Top 3 GNAC Finishers): 400 Meters - 1, Tylantiss Atlas, UAA, 56.13. 1,500 Meters - 1, Alison Andrews-Paul, SFU, 4:21.52. Mile - 1, Olivia Willett, SFU, 5:05.50. 100 Hurdles - 2, Elena Cano, UAA, 14.15. 400 Hurdles - 2, Elena Cano, UAA, 1:00.16. 4x100 Relay - 2, Alaska Anchorage (Van der Meet, Cano, Vidad, Atlas), 48.46. 4x400 Relay - 1, Alaska Anchorage (Atlas, Vidad, Cano De Arvizu Sarr), 3:50.35; 3, Alaska Anchorage (Backman, Bartolaba, Johansen, Flad), 4:02.96. Sprint Medley - 1, Alaska Anchorage (Backman, Van der Meer, Vidad, Atlas), 4:13.76. High Jump - 3, Sydney Kania, SFU, 5-2.25.

Men (Top 3 GNAC Finishers): 400 Meters - 2, Enrique Campbell, UAA, 49.14. 1,500 Meters - 3, Mac Franks, WWU, 3:47.25. Mile - 3, Scott Arndt, SFU, 4:16.59. 5,000 Meters - 3, Coleman Nash, UAA, 13:53.33. 110 Hurdles - 1, Joshua Wagner, UAA, 14.47. 400 Hurdles - 3, Adrian Velasco, UAA, 54.91. Steeplechase - 2, Mac Franks, WWU, 8:52.50; 3, Jeret Gillingham, WWU, 8:59.80. 4x100 Relay - 2, Alaska Anchorage (Campbell, Wagner, Hunter, Belanger), 41.87. 4x400 Relay - 3, Alaska Anchorage (Wagner, Velasco, Hunter, Rohde), 3:20.41. High Jump - 1, Zackary Kuzky, SFU, 6-0.5. Long Jump - 2, Blake Furtado, SFU, 22-3.

Fri., Apr. 1

West Coast Relays

at Veterans Memorial Stadium, Clovis, Calif.

Women (Top 3 GNAC Finishers): 5,000 Meters - 2, Annika Esvelt, SPU, 16:41.31. 4x100 Relay - 2, Seattle Pacific (Igbonagwam, Aniteye, Green, Bouyer), 46.70.

Men (Top 3 GNAC Finishers): 5,000 Meters (Section 2) - 2, Colin Boutin, SPU, 15:07.51. Long Jump - 3, David Njeri, SPU, 22-9. Triple Jump - 2, David Njeri, SPU, 49-9.75.

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

Stanford Invitational

at Cobb Track, Palo Alto, Calif.

Women (Top 3 GNAC Finishers): 4x400 Relay - 2, Simon Fraser (Binder, Andrews-Paul, Leclair, Lindsay), 3:42.35. High Jump - 3, Sydney Kania, SFU, 5-3.

Men (Top 3 GNAC Finishers): 800 Meters (Section 1) - 2, Aaron Ahl, SFU, 1:51.45. 800 Meters (Section 3) - 1, Charlie Dannatt, SFU, 1:51.23. 800 Meters (Section 4) - 2, Jordan Schmidt, SFU, 1:51.69. Javelin - 1, Jarrett Chong, SFU, 209-8.

Hayward Premiere

at Hayward Field, Eugene, Ore.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): Steeplechase - 2, Bailey Smith, WOU, 9:13.80.

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

NUU Invitational & Multis

at Bohner Track, Nampa, Idaho

Women (Top 3 GNAC Finishers): 100 Meters - 1, Abbey Wood, NNU, 12.06. 400 Meters - 1, Kalli Brence, NNU, 58.78. 800 Meters - 3, Kalen Belton, NNU, 2:23.79. 1,500 Meters - 2, Kalen Belton, NNU, 5:00.15. 10,000 Meters - 2, Emily McMahon, NNU, 44:27.09; 3, Jordan Woods, NNU, 45:01.49. 4x100 Relay - 1, Northwest Nazarene (Wood, Williams, Fouse, Baniaga), 49.29. 4x400 Relay - 1, Northwest Nazarene (Baniaga, Brence, Drury, DeJong), 4:02.45. High Jump - 1, Miya Koch, NNU, 5-5. Pole Vault - 1, Kinsey Langin, NNU, 12-3.5; 2, Julie Cheney, NNU, 11-9.75. Long Jump - 1, Laine DeJong, NNU, 17-6.75; 2, Ellie Alberts, NNU, 17-2. Triple Jump - 1, Ellie Alberts, NNU, 35-5.25. Shot Put - 2, Destany Herbert, NNU, 42-3.25. Discus - 3, Destany Herbert, NNU, 129-9. Hammer - 2, Destany Herbert, NNU, 162-11. Javelin - 1, Nizhoni Buckway, NNU, 128-2.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Hunter Braseth, NNU, 10.84; 3, Cameron Willey, NNU, 11.05. 200 Meters - 1, Hunter Braseth, NNU, 21.76. 400 Meters - 3, Shalkar Wilkins, NNU, 51.38. 800 Meters - 3, Tyler Shea, NNU, 1:57.20. 1,500 Meters - 2, Tyler Shea, NNU, 3:56.58. 4x400 Relay - 2, Northwest Nazarene, 3:27.20. High Jump - 1, Gerohm Rihari, NNU, 6-6.75. Long Jump - 1, Gerohm Rihari, NNU, 21-11.5; 2, Josh Johnson, NNU, 21-9.5. Discus - 2, Dylan Hendry, NNU, 140-10. Hammer - 1, Colton Burr, NNU, 181-0. Javelin - 3, Abe Mitchell, NNU, 156-0. Decathlon - 2, Steven Schmidt, NNU, 6,378.

Sat., Apr. 2

WWU Invitational

at Civic Stadium, Bellingham, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Caitlyn Cheney, WWU, 12.60; 2, Makylee Young, CWU, 12.78; 3, Lainnie Lyamba, WWU, 12.86. 200 Meters - 2, Caitlyn Cheney, WWU, 27.00; 3, Matty Lagerwey, WWU, 28.33. 100 Hurdles - 3, Naomi Bates, WWU, 16.08. Steeplechase - 3, Ila Davis, WWU, 10:51.21. 4x400 Relay - 1, Western Washington (Cheney, Davis, Bates, Wright), 4:10.97; 2, Central Washington (Thompson, Massey, Child, Lester), 4:25.99. High Jump - 1, Leanna Kibbee, WWU, 4-11. Pole Vault - 1, Annie Tran, WWU, 11-5.75; 2, Allison Coleman, CWU, 10-2. Long Jump - 1, Matty Lagerwey, WWU, 18-3.75. Triple Jump - 2, Lainnie Lyamba, WWU, 36-0; 3, Jamie Sanford, WWU, 35-11.5. Shot Put - 2, Katie Potts, WWU, 39-9.25; 3, Jasmine Kaufman, WWU, 39-3.75. Discus - 1, Katie Potts, WWU, 139-9; 2, Payton Elenbaas, CWU, 129-4; 3, Taliah Coe, WWU, 118-10. Hammer - 3, Raine Westfall, WWU, 158-4. Javelin - 1, Amanda Short, WWU, 155-9; 3, Leanne Kibbee, WWU, 91-0.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Noah Johnson, WWU, 11.14; 3, Ryan Greenwalt, WWU, 11.33. 200

Meters - 1, Brian Le, WWU, 22.87; 2, Cyrus McAllister, WWU, 23.60; 3, Willie Coleman, WWU, 24.09. 400 Meters - 1, Bryant Welch, WWU, 49.31; 3, Lucas Brenek, WWU, 50.14. 800 Meters - 1, Drew Weber, WWU, 1:51.78; 2, Mac Franks, WWU, 1:52.49; 3, Calahan Warren, WWU, 1:53.21. 1,500 Meters - 3, Alec Ritter, WWU, 4:04.00. 5,000 Meters - 2, Jalen Javurek, WWU, 14:54.10; 3, Jared Alderfer, WWU, 15:01.57. 110 Hurdles - 1, Koby Okezie, WWU, 14.96; 2, Jaden Edwards, WWU, 15.37; 3, Drew Klein, CWU, 16.11. 400 Hurdles - 1, Jaden Edwards, WWU, 54.60; 2, Koby Okezie, WWU, 54.99; 3, Kale Engebretsen, WWU, 58.98. 4x100 Relay - 1, Western Washington (Witters, Le, Daniels, Johnson), 42.78. 4x400 Relay - 1, Western Washington (Brenek, Engebretsen, Le, Daniels), 3:25.54; 2, Western Washington (Edwards, Knowles, Bloom, Henry), 3:28.36; 3, Western Washington (Kenny, McAllister, Cummings, Kibler), 3:30.34. High Jump - 1, Beau Sheeran, WWU, 6-6.75; 2, Ethan Sterkel, WWU, 6-6.75. 3, Damian Mercado, WWU, 6-2.75. Pole Vault - 1, Kacey Provo, WWU, 15-0; 2, Drew Klein, CWU, 14-6; 3, Jacob Thompson, CWU, 14-6. Long Jump - 2, Ethan Sterkel, WWU, 22-8. Triple Jump - 1, Damian Mercado, WWU, 43-5.75. Shot Put - 1, Ben Malquist, WWU, 50-0.75; 3, Jerrod Lee, WWU, 46-4.25. Discus - 2, Ben Malquist, WWU, 147-11. Hammer - 2, Jerrod Lee, WWU, 141-8; 3, Ben Malquist, WWU, 133-6. Javelin - 1, Jaydon Tryon, WWU, 190-9; 3, Drew Klein, CWU, 143-0. Y

Yellowjacket/Battlin' Bear Open

at Longwood HS, Longwood, Mont.

Women's Team Scores: Carroll (Mont.) 49, Dickinson St. 48, Montana State Billings 44, South Dakota Mines 43, Montana Tech 21, Providence (Mont.) 20, Black Hills State 15, Rocky Mountain 9, Montana St.-Northern 3, Montana Western 2.

Women (Top 3 GNAC Finishers): 4x100 Relay - 2, Montana State Billings (Thompson, Hamill, Gordon, Clark), 51.30. High Jump - 3, Madeline Severson, MSUB, 4-9.75. Long Jump - 1, Kendall Lynn, MSUB, 17-8.25. Triple Jump - 1, Kendall Lynn, MSUB, 36-10.5.

Men's Team Scores: Dickinson St. 70, Carroll (Mont.) 54, South Dakota Mines 50, Rocky Mountain 38.5, Montana State Billings 36, Black Hills State 17.5, Providence (Mont.) 14, Montana Western 6, Central Wyoming 4, Montana Tech 3.

Men (Top 3 GNAC Finishers): 5,000 Meters - 3, Ase Ackerman, MSUB, 15:44.92. 4x100 Relay - 3, Montana State Billings (Ullery, Graves, Okere, Ralston), 43.02. Shot Put - 3, Forrest Cross, MSUB, 47-5.

Cheetah Sea Of Green Meet

at Percy Perry Stadium, Coquitlam, B.C.

Women (Top 3 GNAC Finishers): 400 Meters - 1, Claire Bosma, SFU, 58.60; 3, Jordan Jacobs, SFU, 1:00.79.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Jeremy Belcher, SFU, 11.03; 2, Kaito Suzuki, SFU, 11.08. 200 Meters - 1, Kaito Suzuki, SFU, 22.34; 2, Jeremy Belcher, SFU, 22.55. 400 Meters - 2, Felix Allen, SFU, 50.47; 3, Jorin Lenton, SFU, 51.50. 1,500 Meters - 1, Jose Castro, SFU, 4:03.69; 2, Kirubel Bogale, SFU, 4:05.29; 3, Brendan Moore, SFU, 4:11.53.

NW Distance Jamboree

at Lane CC, Eugene, Ore.

Women (Top 3 GNAC Finishers): 1,500 Meters - 1, Cassidy Walchak-Sloan, SMU, 4:38.95.

Men (Top 3 GNAC Finishers): 1, Rajesh Gill, CWU, 32:38.10

GNAC Athletes of the Week



MEN'S TRACK
Coleman Nash, Alaska Anchorage
 Sophomore • Littleton, Colo.

Nash moved to No. 2 on the GNAC all-time list in the 5,000 meters, finishing third in the event at the Mike Fanelli Track Classic in a time 13:53.33. The fastest non-Division I or open competitor in the event, Nash also surpassed the NCAA Championships provisional qualifying time and ranks No. 2 in Division II this season.



Charlie Dannatt, Simon Fraser
 Sophomore • North Vancouver, B.C.

Dannatt moved into No. 2 on the GNAC all-time list in the 1,500 meters, placing fourth in the invitational section of the event at the Stanford Invitational in a time of 3:42.01. The NCAA Championships provisional qualifying time ranks No. 2 in Division II this season. Dannatt also ran an NCAA provisional qualifying time in the 800 meters, winning his section with a time of 1:51.23 that ties him for No. 15 in Division II this season.

Also Nominated: Rajesh Gill (Central Washington), Ase Ackerman (Montana State Billings), Hunter Braseth (Northwest Nazarene), Lance Slichko (Saint Martin's), Bailey Smith (Western Oregon), Mac Franks (Western Washington).



MEN'S FIELD
David Njeri, Seattle Pacific
 Junior • Tacoma, Wash.

Njeri moved up to No. 3 on the GNAC all-time list in the triple jump, placing second in the event at the West Coast Relays in Clovis, California. His mark of 49 feet, 9.75 inches, which came on his final attempt, is an NCAA Championships provisional qualifier and ranks No. 4 in Division II this season. Njeri also placed third in the long jump with a mark of 22 feet, 9 inches.

Also Nominated: Drew Klein (Central Washington), Forrest Cross (Montana State Billings), Colton Burr (Northwest Nazarene), Jarrett Chong (Simon Fraser), Austin Goldstein (Western Oregon), Jaydon Tryon (Western Washington).



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

Andrews-Paul won the 1,500 meters at the Mike Fanelli Track Classic in a meet-record time of 4:21.52. The NCAA Championships provisional qualifying time leads Division II this season and moves her to No. 5 on the GNAC all-time list. She also ran a leg on the Simon Fraser 4x400-meter relay team that finished in a time of 3:42.35, the third-best in Division II this season.

Also Nominated: Elena Cano (Alaska Anchorage), Makaylee Young (Central Washington), Kailee Stoppel (Montana State Billings), Abbey Wood (Northwest Nazarene), Vanessa Aniteye (Seattle Pacific), Maliyah Thompson (Western Oregon), Ila Davis (Western Washington).



WOMEN'S FIELD
Amanda Short, Western Washington
 Senior • Lebanon, Ore.

Short improved her NCAA Championships provisional qualifying mark in the javelin at the WWU Invitational, winning the event with a mark of 155 feet, 9 inches. The performance ranks No. 4 in Division II this season.

Also Nominated: Allison Coleman (Central Washington), Kendall Lynn (Montana State Billings), Kinsey Langin (Northwest Nazarene), Sydney Kania (Simon Fraser), Liliana Lyness-Morales (Western Oregon).

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	Ethan Sterkel, WWU	Alison Andrews-Paul, SFU	Meagan Smallbeck, CWU
Jan. 17-23	Joshua Wagner, UAA	Owen Collins, WOU	Juliette Williams, CWU	Erica Cabanos, CWU
Jan. 24-30	Ase Ackerman, MSUB	Ethan Sterkel, WWU	Annika Esvelt, SPU	Jenelle Hurley, WOU
Jan. 31-Feb. 6	Aaron Ahl, SFU	Ethan Sterkel, WWU	Ana Popchok, WOU	Jenelle Hurley, WOU
Feb. 7-13	Austin Albertin, CWU	Steven Schmidt, NNU	Alison Andrews-Paul, SFU	Peace Igbonagwam, SPU
Feb. 21-27	Callum Robinson, SFU	Ethan Sterkel, WWU	Mia Crocker, WWU	Aliyah Dawkins, WWU
Feb. 28-Mar. 6	Mac Franks, WWU	Austin Goldstein, WOU	Cassidy Walchak-Sloan, SMU	Amanda Short, WWU
Mar. 7-13	Sean Sands, WWU	Josh Schulz, SMU	Ila Davis, WWU	Raine Westfall, WWU
Mar. 14-20	Andrew Boyd, SMU	Josh Schulz, SMU	Elena Cano, UAA	Kaylee Wright, WOU
Mar. 21-27	Joshua Wagner, UAA	Austin Goldstein, WOU	Tylantiss Atlas, UAA	Elena Cano, UAA
Mar. 28-Apr. 3	Tyler Shea, NNU	David Njeri, SPU	Alison Andrews-Paul, SFU	Amanda Short, WWU
	Coleman Nash, UAA			
	Charlie Dannatt, SFU			

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

Around The GNAC

ALASKA ANCHORAGE



- NCAA Championships provisional qualifying marks for sophomore **Coleman Nash** and senior **Tylantiss Atlas** led Alaska Anchorage's performances at the Mike Fanelli Track Classic.
- Nash was named the GNAC Men's Track Co-Athlete of the Week after he placed third in the 5,000 meters in a time of 13:53.33 that is No. 2 on the GNAC all-time list. The performance is No. 2 in Division II this season.
- Atlas won the women's 400 meters in a meet record time of 56.13 seconds. The provisional qualifying time ranks No. 3 in Division II this season.
- Sophomore **Joshua Wagner** won the men's 110-meter hurdles in a meet-record time of 14.47 seconds and added a fourth-place finish in the 400-meter hurdles in 55.21 seconds.
- Senior **Elena Cano** placed second in the women's 100-meter hurdles in a school-record time of 14.15 seconds which improves her to No. 16 in Division II this season. Cano also placed second in the 400-meter hurdles in a time of 1:00.16, improving her to No. 5 in Division II this season.
- Freshman **Mette Van der Meer** improved her own school record in the women's pole vault again, placing sixth with a mark of 11 feet, 6.5 inches. She also placed fourth in the 100-meter hurdles in a time of 15.57 seconds.
- Both UAA 4x100-meter relay teams placed second with the men clocking 41.87 seconds and the women finishing in 48.46 seconds.
- Alaska Anchorage will not compete this week. The Seawolves will head to Southern California next week for the Bryan Clay Invitational on Apr. 13-15 and the Beach Invitational on Apr. 16.

CENTRAL WASHINGTON



- Central Washington spread its talent across three meets last weekend, competing in the Hayward Premiere and the NW Distance Jamboree in Eugene and the WWU Invitational in Bellingham.
- Senior **Rajesh Gill** was the Wildcats' lone event winner for the week, winning the men's 5,000 at the NW Distance Jamboree in a time of 32:38.10.
- The Wildcats picked up five second-place finishes at the WWU Invitational, two in the pole vault. Freshman **Drew Klein** placed second in the men's pole vault with a clearance of 14 feet, 6 inches. Sophomore **Allison Coleman** took second in the women's pole vault as she cleared 10 feet, 2 inches.
- Freshman **Makaylee Young** took second place in the women's 100 meters in a time of 12.78 seconds and also placed fifth in the long jump with a leap of 17 feet, 1.25 inches.
- The women's 4x400-meter relay team of **Madison Thompson, Meredith Massey, Madison Child** and **Kay Lester** took second with a time of 4:25.99.
- Sophomore **Payton Elenbaas** was second in the women's discus with a mark of 129 feet, 4 inches. She placed fourth in the shot put with a mark of 38 feet, 5 inches and fifth in the hammer with a mark of 137 feet.
- Junior **McCall DeChenne** led CWU's performances at the Hayward Premiere, placing sixth in the women's 400-meter hurdles in a time of 1:02.89. Senior **Avery Fisk** placed ninth in the women's discus with a mark of 137 feet, 2 inches and junior **Lauryn Chandler** was 10th in the women's 100-meter hurdles in 14.79 seconds.
- Central Washington will head east on Friday to take part in the Whitworth Peace Meet in Spokane.

MONTANA STATE BILLINGS



- Sophomore **Kendall Lynn's** school record and victory in the women's long jump led Montana State Billings at its own Yellowjackets/Battlin' Bears Open on Saturday in Longwood, Montana.
- The 10-team meet was cut short after the running of the 1,500 meters due to severe weather that included gusty winds and lightning.
- Lynn reset her MSUB record in the long jump, winning with a mark of 17 feet, 8.25 inches. She also took first place in the triple jump, recording a mark of 36 feet, 10.25 inches.
- Freshman **Madeline Severson** placed third in the women's high jump with a mark of 4 feet, 9.75 inches, tying her lifetime outdoor best.
- Junior **Ase Ackerman** was the lone individual winner for MSUB on the track, placing third in the men's 5,000 meters in a time of 15:44.92.
- Junior **Forrest Cross** added a third-place finish in the men's shot put with a mark of 47 feet, 5 inches, ranking him third in the GNAC this season.
- The women's 4x100-meter relay team of **Madison Thompson, Katelyn Hamill, Taylor Gordon** and **Annelise Clark** placed second in 51.30 seconds while the men's 4x100-meter relay team of **William Ullery, Bradley Graves, Favor Okere** and **Ben Ralston** placed third in 43.02 seconds.
- Montana State Billings returns to action on Friday, taking part in the Bauer Open in Rapid City, South Dakota.

NORTHWEST NAZARENE



- Northwest Nazarene brought home 14 first-place finishes and saw freshman **Steven Schmidt** and sophomore **Kinsey Langin** land NCAA Championships provisional qualifying marks at the NNU Invitational & Multis on Friday and Saturday in Nampa.
- Schmidt cleared 6 feet, 9 inches in the decathlon high jump, one of four disciplines he won en route to a second-place finish with 6,378 points. The high jump mark is a national meet provisional qualifier, tied for seventh on the GNAC all-time list and tied for 12th in Division II this season.
- Langin led a top-two sweep for the Nighthawks in the women's pole vault, winning with a clearance of 12 feet, 3.5 inches that ties her for 28th in Division II this season. Freshman Julie Cheney was second, clearing 11 feet, 9.75 inches.
- Freshman **Hunter Braseth** swept the men's short sprints, taking first in the 100 meters in 10.84 seconds and first in the 200 meters in 21.76 seconds. Junior **Abbey Wood** added a victory in the women's 100 meters in a time of 12.06 seconds. Sophomore **Kalli Brence** was also a winner in the women's 400 meters in a time of 58.78 seconds.
- The Nighthawks swept top honors in both genders in both the high jump and long jump. Freshman **Miya Koch** won the women's high jump with a clearance of 5 feet, 5 inches, while freshman **Gerohm Rihari** won the men's with a mark of 6 feet, 6.75 inches. Rihari also won the men's long jump with a mark of 21 feet, 11.5 inches while sophomore **Laine DeJong** won the women's with her leap of 17 feet, 6.75 inches.
- Additional field event winners included junior **Ellie Alberts** in the women's triple jump (35-5.25), freshman **Nizhoni Buckway** in the women's javelin (128-2) and senior **Colton Burr** in the men's hammer (181-0).
- Northwest Nazarene will not compete for the next two weeks. The Nighthawks return to action on April 22 at the Eastern Oregon Open in La Grande.

Around The GNAC

SAINT MARTIN'S



- Saint Martin's posted a trio of top-three finishes as the Saints participated in the NW Distance Jamboree on Saturday in Eugene, Oregon.
- Freshman **Cassidy Walchak-Sloan** was the winner in the women's 1,500 meters, finishing four seconds ahead of Portland's Ellie Erikson in a time of 4:38.95.
- Junior **Lance Slichko** added a second-place finish in the men's 10,000 meters with a time of 32:39.77.
- Freshman **Michael Harwell** took third against a field of Division I competitors in the men's steeplechase in a time of 10:16.12.
- Freshman **Sara Sabra** rounded out the Saints' top-five finishers, placing fourth in the women's 5,000 meters in a time of 18:29.57.
- Saint Martin's will have its full team in action on Saturday, competing in the PLU Invitational in Tacoma.

SEATTLE PACIFIC



- Junior **David Njeri's** impressive mark in the men's triple jump and senior **Vanessa Aniteye's** top-three time in the women's 400 meters led Seattle Pacific at the West Coast Relays on Friday in Clovis, California.
- Njeri was named the GNAC Men's Field Athlete of the Week after placing second in the triple jump with a mark of 49 feet, 9.75 inches that ranks No. 3 on the GNAC all-time list. The NCAA Championships provisional qualifying mark ranks fourth in Division II in this season. Njeri placed third in the long jump with a mark of 22 feet, 9 inches.
- Aniteye set the SPU record in the women's 400 meters in her first race at the distance since 2019, placing fifth with an NCAA Championships provisional qualifying time of 54.60 seconds that is No. 3 in Division II this season.
- Aniteye also had a role in two relays that earned national meet provisional qualifying times. The Falcons' 4x100-meter team of **Peace Igbonagwam**, Aniteye, **Aniya Green** and **Jenna Bouyer** placed second in a time of 46.70 seconds that ranks 11th in Division II this season and No. 8 on the GNAC all-time list. The same four took fourth in the 4x400-meter relay in a time of 3:45.91 that is sixth in Division II this season.
- Freshman **Annika Esvelt** earned a national meet provisional qualifier in the women's 5,000 meters, placing second with a time of 16:08.95. The time ranks No. 6 on the GNAC all-time list and second in Division II this season.
- Sophomore **Ellie Rising** ran an NCAA Championships provisional qualifying time in the women's 800 meters. The defending GNAC champion ran 2:11.83 to place seventh with the 14th-fastest time in Division II this season.
- The SPU women are ranked No. 20 in this week's USTFCCA Division II Team Index.
- Seattle Pacific will compete closer to home this week, taking part in the PLU Invitational on Saturday in Tacoma.



SIMON FRASER

- Junior **Alison Andrews-Paul's** Division II-leading time in the women's 1,500 meters led Simon Fraser as the team competed at both the Mike Fanelli Track Classic and the Stanford Invitational in the Bay Area.
- Andrews-Paul was named the GNAC Women's Track Athlete of the Week after winning the metric mile in a time of 4:21.52. The NCAA Championships provisional qualifying mark leads Division II this season and is No. 5 on the GNAC all-time list.
- Sophomore **Charlie Dannatt** shared GNAC Men's Track Athlete of the Week honors after he placed fourth in the invitational heat of men's 1,500 meters at the Stanford Invitational. His time of 3:42.01 is an NCAA Championships provisional qualifier, ranks No. 2 on the GNAC all-time list and No. 2 in Division II this season.
- The women's 4x400-meter relay team of **Erika Binder**, Andrews-Paul, **Marie-Éloïse Leclair** and **Emily Lindsay** took second at Stanford with a time of 3:42.35 that ranks No. 4 on the GNAC all-time list and third in Division II this season.
- Junior **Olivia Willett** met the NCAA Championships provisional standard in the women's steeplechase at Stanford. She placed sixth in a time of 10:46.66 that ranks fifth in Division II this season.
- Freshman **Jarrett Chong** improved his national meet provisional qualifying mark in the men's javelin. He won at Stanford with a mark of 209 feet, 8 inches that leads the GNAC and is ninth in Division II this season.
- The SFU women are ranked No. 21 in this week's USTFCCA Division II Team Index and No. 22 in the men's index.
- Simon Fraser will host the second of three scheduled home meets this season, the Emilie Mondor Invitational, on Saturday.

WESTERN OREGON



- Senior **Bailey Smith's** second-place finish in the men's steeplechase led Western Oregon's performances as the Wolves competed at the Mike Fanelli Classic, the Stanford Invitational, the Hayward Premiere and the NW Distance Jamboree.
- Smith placed second in the steeplechase at the Hayward Premiere in a time of 9:13.80. That just missed the NCAA Championships provisional qualifying mark and ranks No. 8 on the WOU all-time list.
- Senior **Austin Goldstein** improved his national meet provisional qualifying mark in the men's javelin at Hayward, placing sixth with a throw of 206 feet, 7 inches that ranks No. 12 in Division II this season.
- At the Hayward Premiere on Saturday, senior **Ana Popchock** placed 10th in the women's triple jump with a mark of 36 feet, 7 inches. Sophomore **Madeline Lambing** had the top track-event finish, placing 12th in the women's 400-meter hurdles in a time of 1:07.20.
- Senior **Owen Collins** led Western Oregon's efforts at Stanford, placing fifth in the men's hammer with a mark of 156 feet, 8 inches. Senior **Moana Gianotti** led was ninth in the women's shot put with her mark of 40 feet, 7.75 inches.
- In Saturday's events at Stanford, freshman **Emillia Carpenter** placed sixth in the women's javelin with a mark of 116 feet, 3 inches. Freshman **Halle Hargett** added a sixth-place finish in the women's discus with her throw of 116 feet, 8 inches.
- Western Oregon returns home for its only meet of the season, hosting the John Knight Twilight on Friday.

Around The GNAC

WESTERN WASHINGTON



• Western Washington picked up 19 event victories at its own WWU Invitational on Saturday and saw several athletes pick up or improve NCAA Championships provisional qualifying marks both at home and at the Mike Fanelli Track Classic in San Francisco.

• Senior **Amanda Short** was named the GNAC Women's Field Athlete of the Week after winning the javelin at the

WWU Invitational and improving her own national meet provisional qualifying mark with a throw of 155 feet, 9 inches. The mark improved Short to No. 4 in Division II this season.

• Senior **Mac Franks** had an impressive slate of performances in both California and Washington. At the Mike Fanelli on Thursday, Franks set the WWU men's steeplechase record in a time of 8:52.50, ranking No. 4 on the GNAC all-time list and No. 4 in Division II this season. Franks placed third in the 1,500 on Friday with a time of 3:47.25 that led all collegiate finishers and is 17th in Division II this season. Both are NCAA Championships provisional qualifying times. On Saturday, Franks placed second in the 800 meters at the WWU Invitational in a time of 1:52.49.

• Senior **Calahan Warren** earned an NCAA provisional qualifier in the men's 5,000 meters at the Mike Fanelli. His time of 14:13.90 is 14th in Division II this season.

• Sophomore **Jeret Gillingham** placed third in Thursday's men's steeplechase in 8:59.90, ranking No. 7 in Division II. Freshman **Drew Weber** placed seventh in 9:12.25, which ranks No. 15 in Division II this season. Weber went on to win the men's 800 in Bellingham on Saturday in a time of 1:51.78.

• Freshman **Ila Davis** placed third in the women's steeplechase at the WWU Invitational with an NCAA provisional qualifying time of 10:51.21, ranking sixth in Division II this season.

• Freshman **Jaden Edwards** established a personal best in the men's 400-meter hurdles in 54.60 seconds while freshman **Jaydon Tryon** won the men's javelin with a personal-best mark of 190 feet, 9 inches.

• Western Washington returns to action on Saturday at the PLU Invitational in Tacoma.

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 APR. 3, 2022

Event	Athlete	Mark	Rank	Date
400 Meters	Callum Robinson, SFU	47.61	11th	4/1/22
800 Meters	Charlie Dannatt, SFU	1:51.23	T-15th	4/1/22
	Aaron Ahl, SFU	1:51.45	18th	4/1/22
1,500 Meters	Charlie Dannatt, SFU	3:42.01	2nd	4/1/22
	Aaron Ahl, SFU	3:42.34	5th	4/1/22
	Calahan Warren, WWU	3:46.14	12th	3/26/22
	Mac Franks, WWU	3:47.25	17th	3/31/22
	Drew Weber, WWU	3:47.76	21st	3/26/22
	Kevin McDermott, WWU	3:48.46	26th	3/26/22
	Coleman Nash, UAA	3:48.86	29th	3/24/22
5,000 Meters	Coleman Nash, UAA	13:53.33	2nd	3/31/22
	Calahan Warren, WWU	14:13.90	14th	3/31/22
	Tyler Shea, NNU	14:23.08	22nd	3/26/22
110 Hurdles	Joshua Wagner, UAA	14.37	20th	3/19/22
Steeplechase	Mac Franks, WWU	8:52.50	4th	3/31/22
	Jeret Gillingham, WWU	8:59.80	7th	3/31/22
	Drew Weber, WWU	9:12.25	15th	3/31/22
High Jump	Steven Schmidt, NNU	2.06/6-9	T-12th	4/1/22
Triple Jump	David Njeri, SPU	15.18/49-9.75	4th	3/31/22
Javelin	Jarrett Chong, SFU	63.91/209-8	9th	4/1/22
	Austin Goldstein, WOU	62.96/206-7	12th	4/1/22
	Bryan Cortes, SFU	59.21/194-3	26th	3/26/22

WOMEN'S QUALIFIERS AS OF APR. 3, 2022

Event	Athlete	Mark	Rank	Date
400 Meters	Vanessa Aniteye, SPU	54.60	3rd	3/31/22
	Tylantiss Atlas, UAA	55.75	13th	3/24/22
800 Meters	Vanessa Aniteye, SPU	2:11.16	8th	3/19/22
	Ellie Rising, SPU	2:11.83	14th	3/31/22
1,500 Meters	Alison Andrews-Paul, SFU	4:21.52	1st	3/31/22
5,000 Meters	Annika Esvelt, SPU	16:14.31	2nd	3/31/22
100 Hurdles	Elena Cano, UAA	14.15	16th	3/31/22
400 Hurdles	Elena Cano, UAA	1:00.16	5th	3/31/22
	McCall DeChenne, CWU	1:01.60	12th	3/18/22
Steeplechase	Olivia Willett, SFU	10:46.66	5th	4/1/22
	Ila Davis, WWU	10:51.21	6th	3/31/22
4x100 Relay	Seattle Pacific	46.70	11th	3/31/22
	Igbonagwam, Aniteye, Green, Bouyer			
4x400 Relay	Simon Fraser	3:42.35	3rd	4/1/22
	Binder, Andrews-Paul, Leclair, Lindsay			
	Seattle Pacific	3:45.91	6th	3/31/22
	Igbonagwam, Bouyer, Green, Aniteye			
High Jump	Elena Cano, UAA	1.71/5-7.25	T-8th	3/24/22
	Miya Koch, NNU	1.69/5-6.5	T-14th	3/26/22
Pole Vault	Kinsley Langin, NNU	3.75/12-3.5	T-28th	4/1/22
Javelin	Amanda Short, WWU	47.48/155-9	4th	4/2/22
	Kaylee Wright, WOU	45.54/149-5	8th	3/26/22
Heptathlon	Elena Cano, UAA	4,996	2nd	3/24/22

Men's Outdoor Regional & National Indexes

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	SFU
Mar. 29	—
Apr. 5	22nd

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 2 - Apr. 5, 2022		Pts.	Prev.
Rk	School		
1.	Grand Valley St.	222.00	1
2.	West Texas A&M	215.03	2
3.	Texas A&M-Commerce	201.75	4
4.	Adams State	156.15	9
5.	Pittsburg State	152.82	5
6.	CSU-Pueblo	142.26	3
7.	Angelo State	119.49	15
8.	Colorado Mines	104.62	25
9.	Queens (N.C.)	99.55	23
10.	Central Missouri	97.98	13
11.	UC-Colorado Springs	94.59	6
12.	Lee (Tenn.)	90.34	7
13.	Fort Hays State	85.82	18
14.	Southern Connecticut	80.98	10
15.	Harding	75.08	8
16.	Missouri Southern	73.91	49
17.	Cal Poly Pomona	65.04	11
18.	Nebraska-Kearney	64.65	32
19.	Lincoln (Mo.)	60.72	16
20.	Alabama-Huntsville	58.99	14
21.	Azusa Pacific	58.83	12
22.	Simon Fraser	55.87	63
23.	Ashland	53.04	30
24.	Academy of Art	52.74	22
25.	NW Missouri St.	52.53	26

USTFCCCA WEST REGION TEAM INDEX

Week 2 - Apr. 4, 2022		Pts.	Prev.
Rk	School		
1.	Cal Poly Pomona	978.56	1
2.	Azusa Pacific	694.27	2
3.	Chico State	652.14	4
4.	Western Washington	626.76	6
5.	Fresno Pacific	570.10	3
6.	Academy of Art	532.89	7
7.	Simon Fraser	412.79	11
8.	Cal State San Marcos	390.37	5
9.	Northwest Nazarene	304.59	10
10.	Cal State LA	277.45	8



[Complete Poll Online](#)

Women's Outdoor Regional & National Indexes

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SPU	SFU
Mar. 29	16th	—	—
Apr. 5	—	20th	21st

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 2 - Apr. 5, 2022		Pts.	Prev.
Rk	School		
1.	West Texas A&M	211.30	1
2.	Grand Valley State	192.43	3
3.	Azusa Pacific	188.11	2
4.	Fresno Pacific	168.24	4
5.	Angelo State	144.10	10
6.	Adams State	134.43	9
7.	Cal Poly Pomona	103.26	5
8.	Queens (N.C.)	94.80	7
9.	Texas A&M-Commerce	93.74	27
10.	Minnesota State	92.01	25
11.	Lincoln (Mo.)	82.32	14
12.	Harding	82.02	8
13.	Embry-Riddle (Fla.)	81.65	22
14.	Fort Hays State	81.39	12
15.	Missouri Southern	79.83	13
16.	Academy of Art	79.60	18
17.	UC-Colorado Springs	77.83	6
18.	CSU-Pueblo	71.31	15
19.	Pittsburg State	70.18	35
20.	Seattle Pacific	68.86	36
21.	Simon Fraser	60.02	87
22.	Lee (Tenn.)	57.52	11
23.	Colorado Mines	56.35	31
24.	West Alabama	55.76	19
25.	Tiffin	53.76	24

USTFCCCA WEST REGION TEAM INDEX

Week 2 - Apr. 4, 2022		Pts.	Prev.
Rk	School		
1.	Azusa Pacific	952.87	1
2.	Fresno Pacific	646.80	3
3.	Cal Poly Pomona	591.06	2
4.	Concordia (Calif.)	433.69	4
5.	Academy of Art	363.81	14
6.	Chico State	352.05	7
7.	Alaska Anchorage	323.74	5
8.	Biola	291.88	6
9.	Western Washington	291.08	8
10.	Simon Fraser	274.59	10



[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, Riley 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

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 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.

Thurs., Mar. 31-Fri., Apr. 1

Mike Fanelli Track Classic at Cox Stadium, San Francisco, Calif.

Women (Top 3 GNAC Finishers): 400 Meters - 1, Tylantiss Atlas, UAA, 56.13. 1,500 Meters - 1, Alison Andrews-Paul, SFU, 4:21.52. Mile - 1, Olivia Willett, SFU, 5:05.50. 100 Hurdles - 2, Elena Cano, UAA, 14.15. 400 Hurdles - 2, Elena Cano, UAA, 1:00.16. 4x100 Relay - 2, Alaska Anchorage (Van der Meet, Cano, Vidad, Atlas), 48.46. 4x400 Relay - 1, Alaska Anchorage (Atlas, Vidad, Cano De Arvizu Sarri), 3:50.35; 3, Alaska Anchorage (Backman, Bartolaba, Johansen, Flad), 4:02.96. Sprint Medley - 1, Alaska Anchorage (Backman, Van der Meer, Vidad, Atlas), 4:13.76. High Jump - 3, Sydney Kania, SFU, 5-2.25.

Men (Top 3 GNAC Finishers): 400 Meters - 2, Enrique Campbell, UAA, 49.14. 1,500 Meters - 3, Mac Franks, WWU, 3:47.25. Mile - 3, Scott Arndt, SFU, 4:16.59. 5,000 Meters - 3, Coleman Nash, UAA, 13:53.33. 110 Hurdles - 1, Joshua Wagner, UAA, 14.47. 400 Hurdles - 3, Adrian Velasco, UAA, 54.91. Steeplechase - 2, Mac Franks, WWU, 8:52.50; 3, Jeret Gillingham, WWU, 8:59.80. 4x100 Relay - 2, Alaska Anchorage (Campbell, Wagner, Hunter, Belanger), 41.87. 4x400 Relay - 3, Alaska Anchorage (Wagner, Velasco, Hunter, Rohde), 3:20.41. High Jump - 1, Zackary Kuzyk, SFU, 6-0.5. Long Jump - 2, Blake Furtado, SFU, 22-3.

Fri., Apr. 1

West Coast Relays at Veterans Memorial Stadium, Clovis, Calif.

Women (Top 3 GNAC Finishers): 5,000 Meters - 2, Annika Esvelt, SPU, 16:41.31. 4x100 Relay - 2, Seattle Pacific (Igbonagwam, Aniteye, Green, Bouyer), 46.70.

Men (Top 3 GNAC Finishers): 5,000 Meters (Section 2) - 2, Colin Boutin, SPU, 15:07.51. Long Jump - 3, David Njeri, SPU, 22-9. Triple Jump - 2, David Njeri, SPU, 49-9.75.

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

Stanford Invitational at Cobb Track, Palo Alto, Calif.

Women (Top 3 GNAC Finishers): 4x400 Relay - 2, Simon Fraser (Binder, Andrews-Paul, Leclair, Lindsay), 3:42.35. High Jump - 3, Sydney Kania, SFU, 5-3.

Men (Top 3 GNAC Finishers): 800 Meters (Section 1) - 2, Aaron Ahl, SFU, 1:51.45. 800 Meters (Section 3) - 1, Charlie Dannatt, SFU, 1:51.23. 800 Meters (Section 4) - 2, Jordan Schmidt, SFU, 1:51.69. Javelin - 1, Jarrett Chong, SFU, 209-8.

Hayward Premiere at Hayward Field, Eugene, Ore.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): Steeplechase - 2, Bailey Smith, WOU, 9:13.80.

2021-22 GNAC Outdoor Meet Summaries

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

NUU Invitational & Multis

at Bohner Track, Nampa, Idaho

Women (Top 3 GNAC Finishers): 100 Meters - 1, Abbey Wood, NNU, 12.06. 400 Meters - 1, Kalli Brence, NNU, 58.78. 800 Meters - 3, Kalen Belton, NNU, 2:23.79. 1,500 Meters - 2, Kalen Belton, NNU, 5:00.15. 10,00 Meters - 2, Emily McMahon, NNU, 44:27.09; 3, Jordan Woods, NNU, 45:01.49. 4x100 Relay - 1, Northwest Nazarene (Wood, Williams, Fouse, Baniaga), 49.29. 4x400 Relay - 1, Northwest Nazarene (Baniaga, Brence, Drury, DeJong), 4:02.45. High Jump - 1, Miya Koch, NNU, 5-5. Pole Vault - 1, Kinsey Langin, NNU, 12-3.5; 2, Julie Cheney, NNU, 11-9.75. Long Jump - 1, Laine DeJong, NNU, 17-6.75; 2, Ellie Alberts, NNU, 17-2. Triple Jump - 1, Ellie Alberts, NNU, 35-5.25. Shot Put - 2, Destany Herbert, NNU, 42-3.25. Discus - 3, Destany Herbert, NNU, 129-9. Hammer - 2, Destany Herbert, NNU, 162-11. Javelin - 1, Nizhoni Buckway, NNU, 128-2.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Hunter Braseth, NNU, 10.84; 3, Cameron Willey, NNU, 11.05. 200 Meters - 1, Hunter Braseth, NNU, 21.76. 400 Meters - 3, Shalkar Wilkins, NNU, 51.38. 800 Meters - 3, Tyler Shea, NNU, 1:57.20. 1,500 Meters - 2, Tyler Shea, NNU, 3:56.58. 4x400 Relay - 2, Northwest Nazarene, 3:27.20. High Jump - 1, Gerohm Rihari, NNU, 6-6.75. Long Jump - 1, Gerohm Rihari, NNU, 21-11.5; 2, Josh Johnson, NNU, 21-9.5. Discus - 2, Dylan Hendry, NNU, 140-10. Hammer - 1, Colton Burr, NNU, 181-0. Javelin - 3, Abe Mitchell, NNU, 156-0. Decathlon - 2, Steven Schmidt, NNU, 6,378.

Sat., Apr. 2

WWU Invitational

at Civic Stadium, Bellingham, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Caitlyn Cheney, WWU, 12.60; 2, Makaylee Young, CWU, 12.78; 3, Linnie Lyamba, WWU, 12.86. 200 Meters - 2, Caitlyn Cheney, WWU, 27.00; 3, Matty Lagerwey, WWU, 28.33. 100 Hurdles - 3, Naomi Bates, WWU, 16.08. Steeplechase - 3, Ila Davis, WWU, 10:51.21. 4x400 Relay - 1, Western Washington (Cheney, Davis, Bates, Wright), 4:10.97; 2, Central Washington (Thompson, Massey, Child, Lester), 4:25.99. High Jump - 1, Leanna Kibbee, WWU, 4-11. Pole Vault - 1, Annie Tran, WWU, 11-5.75; 2, Allison Coleman, CWU, 10-2. Long Jump - 1, Matty Lagerwey, WWU, 18-3.75. Triple Jump - 2, Linnie Lyamba, WWU, 36-0; 3, Jamie Sanford, WWU, 35-11.5. Shot Put - 2, Katie Potts, WWU, 39-9.25; 3, Jasmine Kaufman, WWU, 39-3.75. Discus - 1, Katie Potts, WWU, 139-9; 2, Payton Elenbaas, CWU, 129-4; 3, Taliah Coe, WWU, 118-10. Hammer - 3, Raine Westfall, WWU, 158-4. Javelin - 1, Amanda Short, WWU, 155-9; 3, Leanne Kibbee, WWU, 91-0.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Noah Johnson, WWU, 11.14; 3, Ryan Greenwalt, WWU, 11.33. 200 Meters - 1, Brian Le, WWU, 22.87; 2, Cyrus McAllister, WWU, 23.60; 3, Willie Coleman, WWU, 24.09. 400 Meters - 1, Bryant Welch, WWU, 49.31; 3, Lucas Brenek, WWU, 50.14. 800 Meters - 1, Drew Weber, WWU, 1:51.78; 2, Mac Franks, WWU, 1:52.49; 3, Calahan Warren, WWU, 1:53.21. 1,500 Meters - 3, Alec Ritter, WWU, 4:04.00. 5,000 Meters - 2, Jalen Javurek, WWU, 14:54.10; 3, Jared Alderfer, WWU, 15:01.57. 110 Hurdles - 1, Koby Okezie, WWU, 14.96; 2, Jaden Edwards, WWU, 15.37; 3, Drew Klein, CWU, 16.11. 400 Hurdles - 1, Jaden Edwards, WWU, 54.60; 2, Koby Okezie, WWU, 54.99; 3, Kale Engebretsen, WWU, 58.98. 4x100 Relay - 1, Western Washington (Witters, Le, Daniels, Johnson), 42.78. 4x400 Relay - 1, Western Washington (Brenke, Engebretsen, Le, Daniels), 3:25.54; 2, Western Washington (Edwards, Knowles, Bloom, Henry), 3:28.36; 3, Western Washington (Kenny, McAllister, Cummings, Kibler), 3:30.34. High Jump - 1, Beau Sheeran, WWU, 6-6.75; 2, Ethan Sterkel, WWU, 6-6.75. 3, Damian Mercado, WWU, 6-2.75. Pole Vault - 1, Kacey Provo, WWU, 15-0; 2, Drew Klein, CWU, 14-6; 3, Jacob Thompson, CWU, 14-6. Long Jump - 2, Ethan Sterkel, WWU, 22-8. Triple Jump - 1, Damian Mercado, WWU, 43-5.75. Shot Put - 1, Ben Malquist, WWU, 50-0.75; 3, Jerrod Lee, WWU, 46-4.25. Discus - 2, Ben Malquist, WWU, 147-11. Hammer - 2, Jerrod Lee, WWU, 141-8; 3, Ben Malquist, WWU, 133-6. Javelin - 1, Jaydon Tryon, WWU, 190-9; 3, Drew Klein, CWU, 143-0.Y

Yellowjacket/Battlin' Bear Open

at Longwood HS, Longwood, Mont.

Women's Team Scores: Carroll (Mont.) 49, Dickinson St. 48, Montana State Billings 44, South Dakota Mines 43, Montana Tech 21, Providence (Mont.) 20, Black Hills State 15, Rocky Mountain 9, Montana St.-Northern 3, Montana Western 2.

Women (Top 3 GNAC Finishers): 4x100 Relay - 2, Montana State Billings (Thompson, Hamill, Gordon, Clark), 51.30. High Jump - 3, Madeline Severson, MSUB, 4-9.75. Long Jump - 1, Kendall Lynn, MSUB, 17-8.25. Triple Jump - 1, Kendall Lynn, MSUB, 36-10.5.

Men's Team Scores: Dickinson St. 70, Carroll (Mont.) 54, South Dakota Mines 50, Rocky Mountain 38.5, Montana State Billings 36, Black Hills State 17.5, Providence (Mont.) 14, Montana Western 6, Central Wyoming 4, Montana Tech 3.

Men (Top 3 GNAC Finishers): 5,000 Meters - 3, Ase Ackerman, MSUB, 15:44.92. 4x100 Relay - 3, Montana State Billings (Ullery, Graves, Okere, Ralston), 43.02. Shot Put - 3, Forrest Cross, MSUB, 47-5.

Cheetah Sea Of Green Meet

at Percy Perry Stadium, Coquiltam, B.C.

Women (Top 3 GNAC Finishers): 400 Meters - 1, Claire Bosma, SFU, 58.60; 3, Jordan Jacobs, SFU, 1:00.79.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Jeremy Belcher, SFU, 11.03; 2, Kaito Suzuki, SFU, 11.08. 200 Meters - 1, Kaito Suzuki, SFU, 22.34; 2, Jeremy Belcher, SFU, 22.55. 400 Meters - 2, Felix Allen, SFU, 50.47; 3, Jorin Lenton, SFU, 51.50. 1,500 Meters - 1, Jose Castro, SFU, 4:03.69; 2, Kirubel Bogale, SFU, 4:05.29; 3, Brendan Moore, SFU, 4:11.53.

NW Distance Jamboree

at Lane CC, Eugene, Ore.

Women (Top 3 GNAC Finishers): 1,500 Meters - 1, Cassidy Walchak-Sloan, SMU, 4:38.95.

Men (Top 3 GNAC Finishers): 1, Rajesh Gill, CWU, 32:38.10