



Apr. 13, 2022 • Week 13
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Wed., Apr. 13-Fri., Apr. 15

Alaska Anchorage, Central Washington, Montana State Billings, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at Bryan Clay Invitational, Azusa, Calif.

Wed., Apr. 13-Sat., Apr. 16

Montana State Billings, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at Mt. SAC Relays, Walnut, Calif.

Thurs., Apr. 14

Central Washington, Montana State Billings, Western Oregon, Western Washington at Pacific Coast Intercollegiate, Long Beach, Calif.

Fri., Apr. 15-Sat., Apr. 16

Alaska Anchorage, Central Washington, Montana State Billings, Simon Fraser, Western Washington at Beach Invitational, Long Beach, Calif.

Sat., Apr. 16

Saint Martin's, Western Oregon at Lewis & Clark Invitational, Portland, Ore.

LAST WEEK'S MEETS

Fri., Apr. 8

John Knight Twilight

at McArthur Field, Monmouth, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Maliyah Thompson, WOU, 12.36; 3, Maya Hopwood, WOU, 12.51. 200 Meters - 2, Maliyah Thompson, WOU, 22.55; 3, Jessy Hart, WOU, 26.55. 1,500 Meters - 1, Caitlin Heldt, WOU, 4:54.68; 2, Katie Chapman, WOU, 4:56.36. 100 Hurdles - 1, Jenelle Hurley, WOU, 14.55; 3, Maliyah Thompson, WOU, 15.09. 4x100 Relay - 1, Western Oregon (Hopwood, Wilson, Popchock, Thompson), 48.91. 4x400 Relay - 1, Western Oregon (Clemens, Deters, Hurley, Hart), 4:17.44; 2, Western Oregon (Chapman, Heldt, Larson, Green), 4:28.77. Long Jump - 2, Jenelle Hurley, WOU, 18-1; 3, Ana Popchock, WOU, 17-4.25. Triple Jump - 1, Ana Popchock, WOU, 37-6; 3, Kalulusno Ngaida, WOU, 35-0.5. Javelin - 1, Kaylee Wright, WOU, 144-4; 3, Lyndee McLaughlin, WOU, 129-3.

Men (Top 3 Finishers): 100 Meters - 2, Amari Hendrix, WOU, 11.16. 800 Meters - 1, Justin Crosswhite, WOU, 1:53.55; 2, Emmett Klus, WOU, 1:56.18; 3, Keeton Sanchez, WOU, 1:57.25. 110 Hurdles - 1, Brennen Sorah, WOU, 15.67. 400 Hurdles - 1, Aaron Hanible, WOU, 56.67. 4x100 Relay - 1, Western Oregon (Hanible, Cossette, Hendrix, Mazzeo), 44.69. 4x400 Relay - 1, Western Oregon (Klus, Rambo, Crosswhite, Sanchez), 3:27.35. High Jump - 2, Devin Hasher, WOU, 6-2.75. Long Jump - 2, Marlon Harrison, WOU, 20-5.25. Triple Jump - 2, Marlon Harrison, WOU, 42-4.25; 3, Jacob Flury, WOU, 41-4.5. Shot Put - 2, Owen Collins, WOU, 46-4.5. Discus

- 3, Mark Warren, WOU, 120-0. Hammer - 1, Sam Cole, WOU, 166-8; 2, Owen Collins, WOU, 165-7; 3, Mark Warren, WOU, 156-6. Javelin - 1, Austin Goldstein, WOU, 194-10; 2, Eli Nafziger, WOU, 178-10.

Fri., Apr. 8

Whitworth Peace Meet

at Boppell Track, Spokane, Wash.

Women (Top 3 GNAC Finishers): 200 Meters - 3, McCall DeChenne, CWU, 25.37. 5,000 Meters - 1, Rosie Melville, CWU, 19:15.65; 3, Madison Child, CWU, 19:25.94. 100 Hurdles - 2, Lauryn Chandler, CWU, 14.85. Steeplechase - 2, Caitlin Gohr, CWU, 12:34.96. 4x400 Relay - 2, Central Washington (Child, Gohr, Lester, Thompson), 4:28.20. Long Jump - 2, Erica Cabanos, CWU, 17-3.25; 3, Makaylee Young, CWU, 16-11.5. Triple Jump - 1, Erica Cabanos, CWU, 36-7. Discus - 3, Avery Fisk, CWU, 138-6.

Men (Top 3 GNAC Finishers): None.

Sat., Apr. 9

Bauer Open

at O'Hara Stadium, Rapid City, S.D.

Women (Top 3 GNAC Finishers): 200 Meters - 3, Taylor Gordon, MSUB, 28.85. 400 Hurdles - 2, Sierra Durbin, MSUB, 1:12.54. 4x100 Relay - 2, Montana State Billings (Thompson, Hamill, Gordon, Clark), 1:00.63. 4x400 Relay - 1, Montana State Billings (Severson, Durbin, Clark, Whitmer), 4:27.41. Long Jump - 1, Kendall Lynn, MSUB, 17-3.5; 2, Madeline Severson, MSUB, 16-7.5. Triple Jump - 1, Kendall Lynn, MSUB, 37-2.5. Shot Put - 3, Dakota Lobmeyer, MSUB, 40-7. Discus - 2, Ryann Moline, MSUB, 124-9. Javelin - 1, Ryann Moline, MSUB, 126-1; 3, Jordan Cookman, MSUB, 113-5.

Men (Top 3 GNAC Finishers): 200 Meters - 1, Ben Ralston, MSUB, 23.54. 110 Hurdles - 1, Bradley Graves, MSUB, 14.65. 4x100 Relay - 1, Montana State Billings (Ullery, Graves, Okere, Ralston), 43.26. Javelin - 3, Ryder Klein, MSUB, 153-0.

PLU Invitational

at PLU Track, Tacoma, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Cree Bell, SMU, 12.70. 400 Meters - 1, Jenna Bouyer, SPU, 57.07; 2, Peace Igbonagwam, SPU, 57.46. 800 Meters - 1, Sophie Wright, WWU, 2:16.83; 2, Cassidy Walchak-Sloan, SMU, 2:18.66; 3, Libby Michael, SPU, 2:21.80. 1,500 Meters - 1, Alisha Saucedo, SMU, 5:07.49. 5,000 Meters - 1, Ila Davis, WWU, 17:49.45. 10,000 Meters - 1, Sara Sabra, SMU, 38:41.95; 2, Brittany Aquino, WWU, 40:06.60; 3, Abby Burton, SMU, 46:05.55. 100 Hurdles - 1, Gabriela Cintron, SMU, 15.82; 3, Naomi Bates, WWU, 16.10. 400 Hurdles - 3, Naomi Bates, WWU, 1:10.66. 4x100 Relay - 2, Western Washington (Lyamba, Cheney, Neal, Sanford), 50.96. 4x400 Relay - 1, Saint Martin's (Vu, Saucedo, Walchak-Sloan, Bell), 4:09.39. High Jump - 1, Jessica Neal,

WWU, 5-3.25. Pole Vault - 2, Madison Licari, SPU, 11-8. Long Jump - 3, Leanne Kibbee, WWU, 16-9.75. Triple Jump - 2, Jamie Sanford, WWU, 33-5.75; 3, Margaret Zilla, SMU, 32-11.25. Shot Put - 1, Katie Potts, WWU, 40-9.75; 3, Jocelyn Saribay, SMU, 37-10.5. Discus - 3, Katie Potts, WWU, 134-2.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Landon Armstrong, SMU, 11.07. 200 Meters - 1, Bryant Welch, WWU, 21.82; 2, Ryan Greenwalt, WWU, 22.45; 3, Lucas Brenek, WWU, 22.57. 400 Meters - 1, Isaiah Archer, SPU, 49.58; 2, Mark Daniels, WWU, 50.36; 3, David Njeri, SPU, 50.53. 800 Meters - 1, Jonah Bloom, WWU, 2:00.20; 2, Jon Owen, SPU, 2:01.19. 1,500 Meters - 2, Will Henry, WWU, 4:00.09. 10,000 Meters - 1, Jalen Javurek, WWU, 32:20.72; 2, Brennan LeBlanc, SPU, 33:18.69; 3, Gabe Endresen, SPU, 33:52.04. 110 Hurdles - 1, Koby Okezie, WWU, 15.13; 2, Andrew Boyd, SMU, 15.54. 400 Hurdles - 1, Julis Shepherd, SPU, 57.28; 2, Andrew Boyd, SMU, 57.63; 3, Kale Engebretsen, WWU, 59.16. Steeplechase - 1, Quinn Wilcox, WWU, 9:40.54. 4x100 Relay - 1, Seattle Pacific (Njeri, Gordon, Shepherd, Holmes), 43.65. 4x400 Relay - 1, Saint Martin's (Wani, Cortes, Schulz, Pagente), 3:40.80. High Jump - 2, Ethan Sterkel, WWU, 6-5.5; 3, Beau Sheeran, WWU, 6-5.5. Pole Vault - 1, Kainoa Lee, SPU, 14-10. Long Jump - 1, Josh Schulz, SMU, 22-7; 2, Ethan Sterkel, WWU, 22-1.5; 3, Andrew Schulz, SMU, 21-10.25. Triple Jump - 1, Damian Mercado, WWU, 44-6; 2, Josh Schulz, SMU, 43-5. Shot Put - 1, Ben Malquist, WWU, 48-5.25; 3, Micah Au-Haupt, SMU, 45-5.75. Discus - 2, Ben Malquist, WWU, 147-7. Hammer - 3, Jerrod Lee, WWU, 146-10. Javelin - 2, Jaydon Tryon, WWU, 165-4.

Emilie Mondor Invitational

at Terry Fox Field, Burnaby, B.C.

Women (Top 3 GNAC Finishers): 400 Meters - 1, Alison Andrews-Paul, SFU, 55.26; 3, Emily Lindsay, SFU, 55.98. 800 Meters - 2, Olivia Willett, SFU, 2:15.75; 3, Megan Roxby, SFU, 2:16.02. 4x100 Relay - 1, Simon Fraser (Binder, Leclair, Lindsay, Voloshin), 48.04. High Jump - 2, Sydney Kania, SFU, 5-1.75. Long Jump - 3, Kyra Stewart, SFU, 16-8. Triple Jump - 2, Madison Paugh, SFU, 34-0. Hammer - 3, Zuzanna Liniewski, SFU, 151-8.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Jeremy Belcher, SFU, 11.27; 2, Jesaiah Penson-Mccoy, SFU, 11.51. 200 Meters - 1, Jesaiah Penson-Mccoy, SFU, 22.65. 400 Meters - 2, Felix Allen, SFU, 50.22. 800 Meters - 1, Aaron Ahl, SFU, 1:51.67; 2, Charlie Dannatt, SFU, 1:52.35. 400 Hurdles - 2, Jorin Lenton, SFU, 57.11. 4x100 Relay - 1, Simon Fraser (Belcher, Robinson, Suzuki, Penson-Mccoy), 41.87. Long Jump - 2, Blake Furtado, SFU, 20-9.75. Javelin - 1, Jarrett Chong, SFU, 179-11; 2, Bryan Cortes, SFU, 164-3.

GNAC Athletes of the Week



MEN'S TRACK
Aaron Ahl, Simon Fraser
 Junior • Calgary, Alta.

Ahl won the 800 meters at SFU's Emelie Mondor Invitational on Saturday in Burnaby, beating a field of 40 competitors with a time of 1:51.67. The time was just short of his season-best of 1:51.45, which is an NCAA Championships provisional qualifying mark.

Also Nominated: Bryan Sidor (Central Washington), Bradley Graves (Montana State Billings), Andrew Boyd (Saint Martin's), Justin Crosswhite (Western Oregon), Bryant Welch (Western Washington).



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

Andrews-Paul earned an NCAA Championships provisional qualifier for the second straight week, winning the 400 meters at the Emelie Mondor Invitational. Her time of 55.26 seconds ranks No. 8 on the GNAC all-time list and is No. 13 in Division II this season.

Also Nominated: Rose Melville (Central Washington), Madison Thompson (Montana State Billings), Sara Sabra (Saint Martin's), Jenelle Hurley (Western Oregon), Ila Davis (Western Washington).



MEN'S FIELD
Damian Mercado, Western Washington
 Freshman • Maple Valley, Wash.

Mercado won the triple jump at the PLU Invitational on Saturday with a mark of 44 feet, 6 inches that was a foot better than second-place Josh Schulz of Saint Martin's. The mark ranks No. 3 in the GNAC this season.

Also Nominated: Drew Klein (Central Washington), Forrest Cross (Montana State Billings), Josh Schulz (Saint Martin's), Jarrett Chong (Simon Fraser), Samuel Cole (Western Oregon).



WOMEN'S FIELD
Erica Cabanos, Central Washington
 Senior • Lebanon, Ore.

Cabanos won the triple jump at Friday's Whitworth Peace Meet with a mark of 36 feet, 7 inches that ranks No. 4 in the GNAC this season. Cabanos also took second in the long jump with a season-best leap of 17 feet, 3.25 inches.

Also Nominated: Dakota Lobmeyer (Montana State Billings), Margaret Zilla (Saint Martin's), Sydney Kania (Simon Fraser), Ana Popchock (Western Oregon), Jessica Neal (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
Mar. 28-Apr. 3	Coleman Nash, UAA Charlie Dannatt, SFU	David Njeri, SPU	Alison Andrews-Paul, SFU	Amanda Short, WWU
Apr. 4-10	Aaron Ahl, SFU	Damian Mercado, WWU	Alison Andrews-Paul, SFU	Erica Cabanos, CWU

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

Around The GNAC

ALASKA ANCHORAGE



• Alaska Anchorage did not compete last week. The Seawolves will be among the GNAC teams in Southern California this week competing at the Bryan Clay Invitational and the Beach Invitational.

• NCAA Championships provisional qualifying marks for sophomore **Coleman Nash** and senior **Tylantiss Atlas** led Alaska Anchorage's performances at the Mike Fanelli Track

Classic, Mar. 31-Apr. 2.

• Nash placed third in the 5,000 meters in a time of 13:53.33 which 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. 18 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 ranks No. 18 in Division II this season. Cano also placed second in the 400-meter hurdles in a time of 1:00.16, ranking 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.

CENTRAL WASHINGTON



• A pair of top-two finishes for sophomore **Erica Cabanos** in the horizontal jumps led Central Washington's efforts at the Whitworth Peace Meet on Friday in Spokane.

• Cabanos was named the GNAC Women's Field Athlete of the Week after she won the triple jump with a mark of 36 feet, 7 inches, and took second in the long jump with a mark of 17 feet, 3.25 inches. The triple jump mark ranks No. 4 in

the GNAC this season.

• Freshman **Rose Melville** was the Wildcats' other event winner, capturing the women's 5,000 meters in a time of 19:15.65. Senior **Madison Child** placed third in the race in 19:25.94.

• Junior **Lauryn Chandler** finished second in the women's 100-meter hurdles in a time of 14.85 seconds. Senior **Caitlin Gohr** added a second-place finish in the women's steeplechase, clocking in at 12:34.96. Junior **McCall DeChenne** was third in the 200 meters in a time of 25.37 seconds.

• The women's 4x400-meter relay team of Child, Gohr, **Kay Lester** and **Madison Thompson** also finished second in a time of 4:28.20.

• Senior **Bryan Sidor** led Central Washington's men's performances, placing fourth in the 400 meters in a time of 52.98 seconds. Junior **Chris Hines** placed fourth in the 400-meter hurdles in 57.53 seconds.

• In the throws, senior **Avery Fisk** placed third in the women's discus with her mark of 138 feet, 6 inches. Junior **Omar Young** placed fifth in the men's discus with his mark of 144 feet.

• Central Washington will be among the GNAC teams in Southern California with entries in the Bryan Clay Invitational, the Pacific Coast Intercollegiate and the Beach Invitational.

MONTANA STATE BILLINGS



• A pair of wins for sophomore **Kendall Lynn** in the horizontal jumps led seven event victories for Montana State Billings at Bauer Invitational on Saturday in Rapid City, South Dakota.

• Lynn improved her season-best in the women's triple jump, winning with a mark of 37 feet, 2.5 inches. She also took top

honors in the long jump with a winning mark of 17 feet, 3.5 inches.

• Sophomore **Bradley Graves** was the winner of the men's 110-meter hurdles in a season-best time of 14.65 seconds. He went on to help **William Ullery**, **Favor Okere** and **Ben Ralston** win the men's 4x100-meter relay in a time of 43.26 seconds.

• The women's 4x400-meter relay team of **Madeline Severson**, **Sierra Durbin**, **Annelise Clark** and **Ally Whitmer** also picked up a victory, clocking a time of 4:27.41.

• The Yellowjackets showed well in the javelin. Freshman **Ryann Moline** won the women's javelin with a mark of 126 feet, 1 inch while sophomore **Jordan Cookman** was third at 113 feet, 5 inches. Freshman **Ryder Klein** was third in the men's javelin with a mark of 153 feet.

• Ralston was the other MSUB winner on the track, winning the men's 200 meters in a time of 23.54 seconds.

• Montana State Billings makes its way to Southern California this week, participating in the Bryan Clay Invitational, the Mt. SAC Relays, the Pacific Coast Intercollegiate and the Beach Invitational.

NORTHWEST NAZARENE



• Northwest Nazarene did not compete last week. The Nighthawks do not return to the track until Friday, Apr. 22, at the Eastern Oregon Open in La Grande.

• 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 Apr. 1 and 2.

• 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 16th 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).

Around The GNAC

SAINT MARTIN'S



- Four individual event victories, including two in the women's distances, led Saint Martin's performances at the PLU Invitational on Saturday in Tacoma, Washington.
- Freshman **Sara Sabra** won the women's 10,000 meters with the fastest time in the GNAC so far this season, clocking in at 38:41.95. Freshman **Alisha Saucedo** won the women's 1,500 meters in a time of 5:07.49.
- Sophomore **Gabriela Cintron** earned a victory in the women's 100-meter hurdles in a time of 15.82 seconds. She was one of two athletes to go under 15 seconds in the competition.
- Senior **Josh Schulz** was the lone men's event winner, taking first in the long jump with a mark of 22 feet, 7 inches. His brother, freshman **Andrew Schulz**, took third with a mark of 21 feet, 10.25 inches. Josh Schulz also took third in the triple jump with a mark of 43 feet, 5 inches.
- Sophomore **Cree Bell** placed second in the women's 100 meters in a time of 12.70 seconds while her male counterpart, sophomore **Landon Armstrong**, placed second in the men's 100 in a time of 11.07 seconds.
- Other runner-up finishes for the Saints included freshman **Cassidy Walchak-Sloan** in the women's 800 meters (2:18.66) and sophomore **Andrew Boyd** in both the men's 110-meter hurdles (15.54) and 400-meter hurdles (57.63).
- One of two GNAC teams not to travel to Southern California this week, Saint Martin's will instead compete at the Lewis & Clark Invitational on Saturday in Portland.

SEATTLE PACIFIC



- Dual victories for freshman **Isaiah Archer** and senior **Jenna Bouyer** in the 400 meters led Seattle Pacific's performances at the PLU Invitational in Tacoma.
- Archer became the first SPU men's runner to break 50 seconds in the 400 meters since 2017, winning the event in a time of 49.58 seconds. Bouyer, meanwhile, coasted to the win in the women's 400 meters in a time of 57.07 seconds with senior **Peace Igbonagwam** placing second in 57.46 seconds.
- Sophomore **Julius Shepherd** also earned a victory in the men's 400-meter hurdles, clocking a time of 57.28 seconds. Sophomore **Kainoa Lee** was also a winner in the men's pole vault, clearing 14 feet, 10 inches.
- The SPU men also had a strong showing in the distances. Freshman **Brennan LeBlanc** took second in the 10,000 meters in a time of 33:18.69 while freshman **Gabe Endresen** was third in a time of 33:52.04. Sophomore **Jon Owen** took second in the 800 meters with a time of 2:01.19.
- Senior **Madison Licari** led the SPU women in the field events, placing second in the women's pole vault with her mark of 11 feet, 8 inches. On the track, junior **Libby Michael** added a third-place finish in the women's 800 meters in a time of 2:21.80.
- The Falcons' women dropped two spots in this week's USTFCCA Division II Women's Outdoor Team Index to No. 22.
- Seattle Pacific will be in Southern California this week, concentrating its efforts on the Bryan Clay Invitational.



SIMON FRASER

- Another NCAA Championships provisional qualifying time for junior **Alison Andrews-Paul** led seven Simon Fraser event winners as SFU hosted the Emilie Mondor Invitational at Terry Fox Field.
- Andrews-Paul earned her second straight GNAC Women's Track Athlete of the Week award, winning the 400 meters in a time of 55.26 seconds. The time ranks No. 8 on the GNAC all-time list and is 13th in Division II this season. In the same race, sophomore **Emily Lindsay** placed third with a provisional qualifying time of 55.98 that is tied for 21st in Division II this season.
- Junior **Aaron Ahl** picked up GNAC Men's Track Athlete of the Week honors after he beat a field of 40 competitors in the 800 meters, winning at home in a time of 1:51.67.
- In all, SFU won three men's individual track races. Junior **Jeremy Belcher** won the 100 meters in 11.27 seconds while freshman **Jesaiah Penson-McCoy** won the 200 meters in 22.65 seconds. Freshman **Jarrett Chong** was also a winner in the men's javelin with a throw of 179 feet, 11 inches.
- Simon Fraser ran unopposed on both 4x100-meter relays. The women clocked a time of 48.04 seconds while the men finished in a GNAC-leading time of 41.87 seconds.
- The SFU women moved up one spot to No. 20 in this week's USTFCCA Division II Women's Outdoor Team Index.
- Simon Fraser will make the tour of Southern California this week, competing in the Bryan Clay Invitational, Mt. SAC Relays and the Beach Invitational.

WESTERN OREGON



- Western Oregon finished with seven event winners and victories in all four relay races as the Wolves hosted the John Knight Twilight on Friday in Monmouth.
- The WOU women had six of those victories. Junior **Jenelle Hurley** led the list, setting a personal-best in the 100-meter hurdles to win in a time of 14.55 seconds.
- Senior **Caitlin Heldt** opened her outdoor season with a victory in the women's 1,500 meters, clocking a time of 4:54.68.
- In the women's field events, senior **Ana Popchock** won the triple jump with a mark of 37 feet, 6 inches and placed third in the long jump with a personal best of 17 feet, 4.25 inches. Junior **Kaylee Wright** was the winner in the javelin with a throw of 144 feet, 4 inches.
- Two of the three men's individual event victories on the track came in the hurdles. Junior **Brennan Sorah** won the 110-meter hurdles in a time of 15.67 seconds while senior **Aaron Hanible** took the 400-meter hurdles in a time of 56.67 seconds.
- Senior **Justin Crosswhite** won the men's 800 meters in his final home meet in a time of 1:53.55.
- In the men's field events, senior **Austin Goldstein** won another javelin competition with his throw of 194 feet, 10 inches. Senior **Sam Cole** won the hammer with his mark of 166 feet, 8 inches.
- Western Oregon will send its top athletes to Southern California this week to compete in the Bryan Clay Invitational, Mt. SAC Relays and the Pacific Coast Intercollegiate. Athletes will also stay local, competing on Saturday at the Lewis & Clark Invitational.

Around The GNAC

WESTERN WASHINGTON



- Western Washington earned 11 individual event victories at the PLU Invitational on Saturday in Tacoma.
- Freshman **Damian Mercado** was selected as the GNAC Men's Field Athlete of the Week after he won the triple jump with his mark of 44 feet, 6 inches.
- Junior **Bryant Welch** led a top-three sweep for the Vikings in the men's 200 meters, winning in a time of 21.82 seconds. Freshman **Ryan Greenwalt** was second in 22.45 seconds while freshman **Lucas Brenek** was third in 22.57 seconds.
- The Vikings also received men's running-event victories from freshman **Jonah Bloom** in the 800 meters (2:00.20), freshman **Quinn Wilcox** in the steeplechase (9:40.54), freshman **Jalen Javurek** in the 10,000 meters (32:20.72) and sophomore **Koby Okezie** in the 110-meter hurdles (15.13).
- Freshman **Ila Davis** led the women's track event winners, capturing the 5,000 meters in a time of 17:49.45 that ranks No. 2 in the GNAC this season. Freshman **Sophie Wright** added a victory in the 800 meters in a time of 2:16.83.
- Junior **Ben Malquist** was among the WWU leaders in the field events, winning the shot put with a mark of 40 feet, 5.25 inches and taking second in the discus with a throw of 147 feet, 7 inches.
- Freshman **Katie Potts** made it a WWU sweep in the shot put, winning the women's event with her mark of 40 feet, 9.75 inches.
- Other WWU field-event winners included freshman **Jessica Neal** in the women's high jump, winning with a mark of 5 feet, 3.25 inches.
- Western Washington will be among the GNAC teams competing in Southern California, participating in the Bryan Clay Invitational, the Mt. SAC Relays, Pacific Coast Intercollegiate and the Beach Invitational.

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. 10, 2022

Event	Athlete	Mark	Rank	Date
400 Meters	Callum Robinson, SFU	47.61	14th	4/1/22
800 Meters	Charlie Dannatt, SFU	1:51.23	T-21st	4/1/22
	Aaron Ahl, SFU	1:51.45	24th	4/1/22
1,500 Meters	Charlie Dannatt, SFU	3:42.01	3rd	4/1/22
	Aaron Ahl, SFU	3:42.34	6th	4/1/22
	Calahan Warren, WWU	3:46.14	13th	3/26/22
	Mac Franks, WWU	3:47.25	18th	3/31/22
	Drew Weber, WWU	3:47.76	23rd	3/26/22
	Kevin McDermott, WWU	3:48.46	29th	3/26/22
	Coleman Nash, UAA	3:48.86	32nd	3/24/22
5,000 Meters	Coleman Nash, UAA	13:53.33	2nd	3/31/22
	Calahan Warren, WWU	14:13.90	15th	3/31/22
	Tyler Shea, NNU	14:23.08	28th	3/26/22
110 Hurdles	Joshua Wagner, UAA	14.37	27th	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	17th	3/31/22
High Jump	Steven Schmidt, NNU	2.06/6-9	T-16th	4/1/22
Triple Jump	David Njeri, SPU	15.18/49-9.75	5th	3/31/22
Javelin	Jarrett Chong, SFU	63.91/209-8	10th	4/1/22
	Austin Goldstein, WOU	62.96/206-7	13th	4/1/22
	Bryan Cortes, SFU	59.21/194-3	28th	3/26/22

WOMEN'S QUALIFIERS AS OF APR. 10, 2022

Event	Athlete	Mark	Rank	Date
400 Meters	Vanessa Aniteye, SPU	54.60	5th	3/31/22
	Alison Andrews-Paul, SFU	55.26	13th	4/9/22
	Tylantiss Atlas, UAA	55.75	18th	3/24/22
	Emily Lindsay, SFU	55.98	T-21st	4/9/22
800 Meters	Vanessa Aniteye, SPU	2:11.16	11th	3/19/22
	Ellie Rising, SPU	2:11.83	17th	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	3rd	3/31/22
100 Hurdles	Elena Cano, UAA	14.15	18th	3/31/22
400 Hurdles	Elena Cano, UAA	1:00.16	5th	3/31/22
	McCall DeChenne, CWU	1:01.60	16th	3/18/22
Steeplechase	Olivia Willett, SFU	10:46.66	6th	4/1/22
	Ila Davis, WWU	10:51.21	7th	3/31/22
4x100 Relay	Seattle Pacific	46.70	14th	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	8th	3/31/22
	Igbonagwam, Bouyer, Green, Aniteye			
High Jump	Elena Cano, UAA	1.71/5-7.25	T-12th	3/24/22
	Miya Koch, NNU	1.69/5-6.5	T-21st	3/26/22
Pole Vault	Kinsey Langin, NNU	3.75/12-3.5	T-31st	4/1/22
Javelin	Amanda Short, WWU	47.48/155-9	4th	4/2/22
	Kaylee Wright, WOU	45.54/149-5	10th	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
Apr. 12	—

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 3 - Apr. 12, 2022		
Rk	School	Pts.
1.	West Texas A&M	326.09
2.	Texas A&M-Commerce	235.24
3.	Pittsburg State	199.48
4.	Grand Valley St.	192.92
5.	Central Missouri	143.72
6.	Adams State	125.34
7.	CSU Pueblo	115.86
8.	Colorado Mines	112.85
9.	UC-Colorado Springs	107.90
10.	Misouri Southern	105.17
11.	Angelo State	99.88
12.	Queens (N.C.)	98.10
13.	Lee (Tenn.)	94.63
14.	Lincoln (Mo.)	85.50
15.	Fort Hays State	75.24
16.	Harding	74.73
17.	Southern Connecticut	62.18
18.	Lindenwood	60.39
19.	Ashland	56.67
20.	Nebraska-Kearney	55.94
21.	Alabama-Huntsville	53.03
22.	Academy of Art	52.07
23.	Carson-Newman	51.00
24.	Azusa Pacific	49.35
25.	Cal Poly Pomona	47.64

USTFCCCA WEST REGION TEAM INDEX

Week 3 - Apr. 11, 2022			
Rk	School	Pts.	Prev.
1.	Cal Poly Pomona	977.98	1
2.	Azusa Pacific	706.56	2
3.	Chico State	681.13	3
4.	Western Washington	622.83	4
5.	Fresno Pacific	568.55	5
6.	Academy of Art	516.89	6
7.	Cal State San Marcos	430.34	8
8.	Simon Fraser	424.02	7
9.	Northwest Nazarene	286.74	9
10.	Cal State LA	262.57	10



[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
Apr. 12	—	22nd	20th

USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 3 - Apr. 12, 2022		
Rk	School	Pts.
1.	West Texas A&M	288.45
2.	Grand Valley State	180.52
3.	Fresno Pacific	173.98
4.	Azusa Pacific	170.74
5.	Texas A&M-Commerce	126.24
6.	Minnesota State	120.05
7.	Angelo State	116.86
8.	Queens (N.C.)	114.72
9.	Adams State	108.86
10.	Pittsburg State	105.47
11.	UC-Colorado Springs	98.56
12.	Lee (Tenn.)	89.12
13.	Central Missouri	84.96
14.	Missouri Southern	82.83
15.	Cal Poly Pomona	81.78
16.	Harding	79.41
17.	Academy of Art	73.16
18.	Lincoln (Mo.)	71.39
19.	Fort Hays State	70.02
20.	Simon Fraser	61.98
21.	CSU Pueblo	61.57
22.	Seattle Pacific	52.35
23.	Walsh	49.66
24.	Findlay	48.13
25.	West Alabama	47.45

USTFCCCA WEST REGION TEAM INDEX

Week 3 - Apr. 11, 2022			
Rk	School	Pts.	Prev.
1.	Azusa Pacific	945.97	1
2.	Fresno Pacific	691.75	2
3.	Cal Poly Pomona	571.73	3
4.	Concordia (Calif.)	403.41	4
5.	Academy of Art	385.21	5
6.	Chico State	323.02	6
7.	Simon Fraser	317.33	10
8.	Biola	300.68	8
9.	Alaska Anchorage	294.08	7
10.	Western Washington	285.56	9



[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	Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols Simon Fraser (2015)
		Stuart Ellenwood, Cameron Proceviat, Joel Webster, Daniel Kelloway
High Jump	2.11/6-11	Tevin Gladden, Alaska Anchorage (2017)
Pole Vault	5.14/16-10.75	Ryan Brown, Western Washington (2010)
Long Jump	7.52/24-8.25	David Registe, Alaska Anchorage (2008)
Triple Jump	15.50/50-10.25	Wesley Gray, Western Oregon (2017)
Shot Put	18.20/59-8.75	Josh Koch, Concordia (2016)
Discus	55.74/182-10	Jake Knight, Northwest Nazarene (2019)
Hammer	61.61/202-1	Michael Hoffman, Western Washington (2008)
Javelin	71.19/233-7	Beau Ackerman, Montana State Billings (2022)
Decathlon	7,201	Cody Thomas, Alaska Anchorage (2016)

+ - Denotes Division II national record

WOMEN - ALL MEETS

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

WOMEN'S CONFERENCE MEET RECORDS

100 Meters	11.81	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	24.30	Grace Morgan, Alaska Anchorage (2013)
400 Meters	54.19	Vanessa Aniteye, Alaska Anchorage (2019)
800 Meters	2:06.38	Jessica Pixler, Seattle Pacific (2010)
1,500 Meters	4:23.02	Caroline Kurgat, Alaska Anchorage (2019)
3,000 Meters	9:53.80	Jessica Pixler, Seattle Pacific (2007)
5,000 Meters	16:35.10	Caroline Kurgat, Alaska Anchorage (2019)
10,000 Meters	34:49.33	Caroline Kurgat, Alaska Anchorage (2018)
100m Hurdles	13.82	Danielle Ayers-Stamper, Seattle Pacific (2005)
400m Hurdles	58.22	Sidney Trinidad, Central Washington (2019)
Steeplechase	110:02.45	Julia Howley, Simon Fraser (2019)
4x100 Relay	46.39	Seattle Pacific (2019)
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, 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 (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, 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.

Fri., Apr. 8

John Knight Twilight

at McArthur Field, Monmouth, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Maliyah Thompson, WOU, 12.36; 3, Maya Hopwood, WOU, 12.51. 200 Meters - 2, Maliyah Thompson, WOU, 22.55; 3, Jessy Hart, WOU, 26.55. 1,500 Meters - 1, Caitlin Heldt, WOU, 4:54.68; 2, Katie Chapman, WOU, 4:56.36. 100 Hurdles - 1, Jenelle Hurley, WOU, 14.55; 3, Maliyah Thompson, WOU, 15.09. 4x100 Relay - 1, Western Oregon (Hopwood, Wilson, Popchuck, Thompson), 48.91. 4x400 Relay - 1, Western Oregon (Clemens, Deters, Hurley, Hart), 4:17.44; 2, Western Oregon (Chapman, Heldt, Larson, Green), 4:28.77. Long Jump - 2, Jenelle Hurley, WOU, 18-1; 3, Ana Popchuck, WOU, 17-4.25. Triple Jump - 1, Ana Popchuck, WOU, 37-6; 3, Kalulusno Ngaida, WOU, 35-0.5. Javelin - 1, Kaylee Wright, WOU, 144-4; 3, Lyndee McLauchlin, WOU, 129-3.

Men (Top 3 Finishers): 100 Meters - 2, Amari Hendrix, WOU, 11.16. 800 Meters - 1, Justin Crosswhite, WOU, 1:53.55; 2, Emmett Klus, WOU, 1:56.18; 3, Keeton Sanchez, WOU, 1:57.25. 110 Hurdles - 1, Brennen Sorah, WOU, 15.67. 400 Hurdles - 1, Aaron Hanible, WOU, 56.67. 4x100 Relay - 1, Western Oregon (Hanible, Cossette, Hendrix, Mazzeo), 44.69. 4x400 Relay - 1, Western Oregon (Klus, Rambo, Crosswhite, Sanchez), 3:27.35. High Jump - 2, Devin Hasher, WOU, 6-2.75. Long Jump - 2, Marlon Harrison, WOU, 20-5.25. Triple Jump - 2, Marlon Harrison, WOU, 42-4.25; 3, Jacob Flury, WOU, 41-4.5. Shot Put - 2, Owen Collins, WOU, 46-4.5. Discus - 3, Mark Warren, WOU, 120-0. Hammer - 1, Sam Cole, WOU, 166-8; 2, Owen Collins, WOU, 165-7; 3, Mark Warren, WOU, 156-6. Javelin - 1, Austin Goldstein, WOU, 194-10; 2, Eli Nafziger, WOU, 178-10.

2021-22 GNAC Outdoor Meet Summaries

Fri., Apr. 8

Whitworth Peace Meet

at Boppell Track, Spokane, Wash.

Women (Top 3 GNAC Finishers): 200 Meters - 3, McCall DeChenne, CWU, 25.37. 5,000 Meters - 1, Rosie Melville, CWU, 19:15.65; 3, Madison Child, CWU, 19:25.94. 100 Hurdles - 2, Lauryn Chandler, CWU, 14.85. Steeplechase - 2, Caitlin Gohr, CWU, 12:34.96. 4x400 Relay - 2, Central Washington (Child, Gohr, Lester, Thompson), 4:28.20. Long Jump - 2, Erica Cabanos, CWU, 17-3.25; 3, Makaylee Young, CWU, 16-11.5. Triple Jump - 1, Erica Cabanos, CWU, 36-7. Discus - 3, Avery Fisk, CWU, 138-6.

Men (Top 3 GNAC Finishers): None.

Sat., Apr. 9

Bauer Open

at O'Harra Stadium, Rapid City, S.D.

Women (Top 3 GNAC Finishers): 200 Meters - 3, Taylor Gordon, MSUB, 28.85. 400 Hurdles - 2, Sierra Durbin, MSUB, 1:12.54. 4x100 Relay - 2, Montana State Billings (Thompson, Hamill, Gordon, Clark), 1:00.63. 4x400 Relay - 1, Montana State Billings (Severson, Durbin, Clark, Whitmer), 4:27.41. Long Jump - 1, Kendall Lynn, MSUB, 17-3.5; 2, Madeline Severson, MSUB, 16-7.5. Triple Jump - 1, Kendall Lynn, MSUB, 37-2.5. Shot Put - 3, Dakota Lobmeyer, MSUB, 40-7. Discus - 2, Ryann Moline, MSUB, 124-9. Javelin - 1, Ryann Moline, MSUB, 126-1; 3, Jordan Cookman, MSUB, 113-5.

Men (Top 3 GNAC Finishers): 200 Meters - 1, Ben Ralston, MSUB, 23.54. 110 Hurdles - 1, Bradley Graves, MSUB, 14.65. 4x100 Relay - 1, Montana State Billings (Ullery, Graves, Okere, Ralston), 43.26. Javelin - 3, Ryder Klein, MSUB, 153-0.

PLU Invitational

at PLU Track, Tacoma, Wash.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Cree Bell, SMU, 12.70. 400 Meters - 1, Jenna Bouyer, SPU, 57.07; 2, Peace Igbonagwam, SPU, 57.46. 800 Meters - 1, Sophie Wright, WWU, 2:16.83; 2, Cassidy Walchak-Sloan, SMU, 2:18.66; 3, Libby Michael, SPU, 2:21.80. 1,500 Meters - 1, Alisha Saucedo, SMU, 5:07.49. 5,000 Meters - 1, Ila Davis, WWU, 17:49.45. 10,000 Meters - 1, Sara Sabra, SMU, 38:41.95; 2, Brittany Aquino, WWU, 40:06.60; 3, Abby Burton, SMU, 46:05.55. 100 Hurdles - 1, Gabriela Cintron, SMU, 15.82; 3, Naomi Bates, WWU, 16.10. 400 Hurdles - 3, Naomi Bates, WWU, 1:10.66. 4x100 Relay - 2, Western Washington (Lyamba, Cheney, Neal, Sanford), 50.96. 4x400 Relay - 1, Saint Martin's (Vu, Saucedo, Walchak-Sloan, Bell), 4:09.39. High Jump - 1, Jessica Neal, WWU, 5-3.25. Pole Vault - 2, Madison Licari, SPU, 11-8. Long Jump - 3, Leanne Kibbee, WWU, 16-9.75. Triple Jump - 2, Jamie Sanford, WWU, 33-5.75; 3, Margaret Zilla, SMU, 32-11.25. Shot Put - 1, Katie Potts, WWU, 40-9.75; 3, Jocelyn Saribay, SMU, 37-10.5. Discus - 3, Katie Potts, WWU, 134-2.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Landon Armstrong, SMU, 11.07. 200 Meters - 1, Bryant Welch, WWU, 21.82; 2, Ryan Greenwalt, WWU, 22.45; 3, Lucas Brenek, WWU, 22.57. 400 Meters - 1, Isaiah Archer, SPU, 49.58; 2, Mark Daniels, WWU, 50.36; 3, David Njeri, SPU, 50.53. 800 Meters - 1, Jonah Bloom, WWU, 2:00.20; 2, Jon Owen, SPU, 2:01.19. 1,500 Meters - 2, Will Henry, WWU, 4:00.09. 10,000 Meters - 1, Jalen Javurek, WWU, 32:20.72; 2, Brennan LeBlanc, SPU, 33:18.69; 3, Gabe Endresen, SPU, 33:52.04. 110 Hurdles - 1, Koby Okezie, WWU, 15.13; 2, Andrew Boyd, SMU, 15.54. 400 Hurdles - 1, Julis Shepherd, SPU, 57.28; 2, Andrew Boyd, SMU, 57.63; 3, Kale Engebretsen, WWU, 59.16. Steeplechase - 1, Quinn Wilcox, WWU, 9:40.54. 4x100 Relay - 1, Seattle Pacific (Njeri, Gordon, Shepherd, Holmes), 43.65. 4x400 Relay - 1, Saint Martin's (Wani, Cortes, Schulz, Pagente), 3:40.80. High Jump - 2, Ethan Sterkel, WWU, 6-5.5; 3, Beau Sheeran, WWU, 6-5.5. Pole Vault - 1, Kainoa Lee, SPU, 14-10. Long Jump - 1, Josh Schulz, SMU, 22-7; 2, Ethan Sterkel, WWU, 22-1.5; 3, Andrew Schulz, SMU, 21-10.25. Triple Jump - 1, Damian Mercado, WWU, 44-6; 2, Josh Schulz, SMU, 43-5. Shot Put - 1, Ben Malquist, WWU, 48-5.25; 3, Micah Au-Hauptu, SMU, 45-5.75. Discus - 2, Ben Malquist, WWU, 147-7. Hammer - 3, Jerrod Lee, WWU, 146-10. Javelin - 2, Jaydon Tryon, WWU, 165-4.

Emilie Mondor Invitational

at Terry Fox Field, Burnaby, B.C.

Women (Top 3 GNAC Finishers): 400 Meters - 1, Alison Andrews-Paul, SFU, 55.26; 3, Emily Lindsay, SFU, 55.98. 800 Meters - 2, Olivia Willett, SFU, 2:15.75; 3, Megan Roxby, SFU, 2:16.02. 4x100 Relay - 1, Simon Fraser (Binder, Leclair, Lindsay, Voloshin), 48.04. High Jump - 2, Sydney Kania, SFU, 5-1.75. Long Jump - 3, Kyra Stewart, SFU, 16-8. Triple Jump - 2, Madison Paugh, SFU, 34-0. Hammer - 3, Zuzanna Liniewski, SFU, 151-8.

Men (Top 3 GNAC Finishers): 100 Meters - 1, Jeremy Belcher, SFU, 11.27; 2, Jesaiah Penson-McCoy, SFU, 11.51. 200 Meters - 1, Jesaiah Penson-McCoy, SFU, 22.65. 400 Meters - 2, Felix Allen, SFU, 50.22. 800 Meters - 1, Aaron Ahl, SFU, 1:51.67; 2, Charlie Dannatt, SFU, 1:52.35. 400 Hurdles - 2, Jorin Lenton, SFU, 57.11. 4x100 Relay - 1, Simon Fraser (Belcher, Robinson, Suzuki, Penson-McCoy), 41.87. Long Jump - 2, Blake Furtado, SFU, 20-9.75. Javelin - 1, Jarrett Chong, SFU, 179-11; 2, Bryan Cortes, SFU, 164-3.