



Apr. 21, 2022 • Week 14  
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## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

**Thurs., Apr. 21-Fri., Apr. 22**

Montana State Billings at Trudnowski Open, Helena, Mont.

**Fri., Apr. 21-Sat., Apr. 23**

Seattle Pacific, Simon Fraser, Western Oregon at Oregon Relays, Eugene, Ore.

**Fri., Apr. 22**

Northwest Nazarene at Eastern Oregon Open, La Grande, Ore.

**Sat., Apr. 23**

Central Washington, Saint Martin's, Seattle Pacific, Western Washington at CWU Wildcat Invitational, Ellensburg, Wash.

### LAST WEEK'S MEETS

**Wed., Apr. 13 & Thurs., Apr. 14**

**Cal State LA Twilight**

at Jesse Owens Track, Los Angeles, Calif.

**Women (Top 3 GNAC Finishers):** Javelin - 2, Ryann Moline, MSUB, 121-1.

**Men (Top 3 GNAC Finishers):** 400 Hurdles - 1, Austin Albertin, CWU, 53.86. Hammer - 2, Forrest Cross, MSUB, 154-10.

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

**Bryan Clay Invitational**

at Cougar Stadium, Azusa, Calif.

**Women (Top 3 GNAC Finishers):** Pole Vault (Section 3): 2, Madison Licari, SPU, 12-0. Hephathlon (Section 1) - 2, McCall DeChenne, CWU, 4,657.

**Men (Top 3 GNAC Finishers):** 5,000 Meters (Section 2): 2, Jacob Moos, UAA, 14:28.59. Pole Vault (Section 2): 1, Kainoa Lee, SPU, 14-8.25. Javelin - 2, Jarrett Chong, SFU, 217-7.

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

**Mount SAC Relays**

at Hilmer Lodge Stadium, Walnut, Calif.

**Women (Top 3 GNAC Finishers):** None.

**Men (Top 3 GNAC Finishers):** None.

**Thurs., Apr. 14**

**Pacific Coast Classic**

at Jack Rose Track, Long Beach, Calif.

**Women (Top 3 GNAC Finishers):** None.

**Men (Top 3 GNAC Finishers):** None.

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

**Beach Invitational**

at Jack Rose Track, Long Beach, Calif.

**Women (Top 3 GNAC Finishers):** None.

**Men (Top 3 GNAC Finishers):** None.

**Lewis & Clark Invitational**

at Stouffer Family Center, Newberg, Ore., &

Eldon Fix Track, Portland, Ore.

**Women (Top 3 GNAC Finishers):** High Jump - 3, Kalulusno Ngaida, WOU, 5-1.25. Long Jump - 3, Macy Clemens, WOU, 16-4.25. Javelin - 1, Lyn-dee McLauchlin, WOU, 125-3.

**Men (Top 3 GNAC Finishers):** Hammer - 1, Mark Warren, WOU, 150-1.

## #GNACTF in 280

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**#RecordEffort** Simon Fraser's **Alison Andrews-Paul** set the all-time Division II record in the 800 meters at the Bryan Clay Invitational. Her time of 2:01.43 is No. 4 across all college divisions this season and No. 11 in the world.

**#MetricMilers** Four GNAC runners ran conference all-time top 10 times in the men's 1,500 meters at the Bryan Clay Invitational: Simon Fraser's **Aaron Ahl** (second) and Western Washington's **Mac Franks** (fourth), **Calahan Warren** (fifth) and **Drew Weber** (10th).

**#TipOfTheSpear** Simon Fraser's **Jarrett Chong** was named the GNAC Men's Field Athlete of the Week after he placed third in the javelin at Bryan Clay Invitational. His mark of 217 feet, 7 inches is third in Division II this season.

**#CaliforniaDreamin'** Between the five big meets in Southern California last week, there were a total of 28 NCAA Championships qualifying marks set or improved and a total of 16 changes to the GNAC all-time lists.

## Get Social

Twitter Accounts/Hashtags

For GNAC Track & Field Programs

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

# GNAC Athletes of the Week



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

Ahl ran the second-fastest outdoor 1,500 meters in GNAC history and the seventh-fastest in Division II history at the Bryan Clay Invitational on Friday, running 3:39.97 to place 29th in the 149-athlete field. He also placed ninth in the 800 meters at the Beach Invitational on Saturday with a time of 1:51.87.

**Also Nominated:** Joshua Wagner (Alaska Anchorage), Austin Albertin (Central Washington), Carson Jessop (Montana State Billings), Justin Crosswhite (Western Oregon), Mac Franks (Western Washington).



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

Andrews-Paul set the Division II record in the 800 meters at the Bryan Clay Invitational, finishing fourth in a time of 2:01.43 to break the previous record of 2:02.39 set by Carsyn Koch-Johnson of Cedarville in 2016. The time ranks No. 11 in the world this year. Andrews-Paul also placed fourth in the 400 meters in a time of 54.07 seconds that ranks No. 2 on the GNAC all-time list and No. 4 in Division II this season.

**Also Nominated:** E'Lexis Hollis (Central Washington), Kailee Stoppel (Montana State Billings), Annika Esvelt (Seattle Pacific), Ana Popchock (Western Oregon).



**MEN'S FIELD**  
**Jarrett Chong, Simon Fraser**  
 Freshman • Port Coquitlam, B.C.

Chong moved up to No. 3 in Division II this season in the javelin, finishing second at the Bryan Clay Invitational with a mark of 217 feet, 7 inches.

**Also Nominated:** Omar Young (Central Washington), Forrest Cross (Montana State Billings), Samuel Cole (Western Oregon).



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

Wright placed fourth in the javelin at the Pacific Coast Intercollegiate on Thursday with a mark of 151 feet, 4 inches. The mark ranks second in the GNAC this season and improves Wright's NCAA Championships provisional qualifying mark to No. 9.

**Also Nominated:** McCall DeChenne (Central Washington), Sydney Kania (Simon Fraser).

## 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
Apr. 11-17	Aaron Ahl, SFU	Jarrett Chong, SFU	Alison Andrews-Paul, SFU	Kaylee Wright, WOU

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

# Around The GNAC

## ALASKA ANCHORAGE



- A trio of GNAC top-10 performances for sophomores **Joshua Wagner** and **Coleman Nash** and junior **Enrique Campbell** led Alaska Anchorage at the Bryan Clay Invitational and the Beach Invitational.
- Wagner reset his own UAA record in the men's 110-meter hurdles, clocking 14.22 seconds at Bryan Clay. The time is No. 2 on the GNAC all-time list behind the record of 14.19 set by Western Washington's Travis Milrbandt in 2016 and is tied for 16th in Division II this season.
- Campbell broke the UAA record in the men's 100 meters, running 10.59 seconds at Bryan Clay to eclipse the previous record of 10.65 by Oshane Hylton in 2018. The time also ranks No. 10 on the GNAC all-time list, the first change to the list since 2019.
- Nash notched an NCAA Championships provisional qualifying time in the men's 10,000 meters at Bryan Clay. His time of 29:24.40 is 18th in Division II this season and No. 4 on the GNAC all-time list.
- Junior **Jacob Moos** had the lone top-three performance for the Seawolves in either meet, placing third in the second section of the 5,000 meters in a personal best time of 14:28.59.
- Senior **Tylantiss Atlas** was the top UAA women's performer. She turned in a time of 55.33 seconds in the 400 meters at the Bryan Clay, a time that is No. 22 in Division II this season and an NCAA Championships provisional qualifier.
- Alaska Anchorage will not compete this week. The Seawolves will be back in action on April 30 at the Ralph Vernacchia Invitational in Bellingham, Washington.

## CENTRAL WASHINGTON



- A national meet qualifying marks for junior **McCall DeChenne** and a victory for senior **Austin Albertin** led Central Washington's efforts in the Cal State LA Twilight, the Bryan Clay Invitational, the Pacific Coast Intercollegiate and the Beach Invitational.
- DeChenne provisionally qualified for the NCAA Championships in the heptathlon at the Bryan Clay with a score of 4,657 points that ranks No. 16 in Division II this season. In the process, DeChenne had lifetime best performances in the shot put (34-11.75), the 200 meters (25.18), long jump (17-1.5) and javelin (101-7).
- Albertin was one of just two GNAC athletes to win an event in SoCal last week, taking the men's 400-meter hurdles at the Cal State LA Twilight in a time of 53.86 seconds. The time is the best in the GNAC this season by nearly a second.
- Sophomore **E'lexis Hollis** had a strong performance in the women's 100 meters at the Bryan Clay, turning in a time of 12.04 that ranks second in the GNAC this season.
- At the Beach Invitational, junior **Jacob Thompson** had a season-best in the men's pole vault with a mark of 14 feet, 10 inches that is tied for second in the GNAC this season.
- Also at the Beach Invitational, senior **Zachary Sundt** had a two-second season-best in the men's 1,500 meters, turning in a time of 3:56.28.
- At the Bryan Clay, junior **Omar Young** notched the top mark in the conference this season in the men's discus. His mark of 151 feet, 4 inches placed 18th.
- Central Washington will host the CWU Wildcat Invitational on Saturday in Ellensburg.

## MONTANA STATE BILLINGS



- Senior **Carson Jessop** hit the national provisional qualifying mark in the steeplechase and Montana State Billings posted a pair of top-two finishes in the throws at the Cal State LA Twilight, Bryan Clay Invitational, Mt. SAC Relays, Pacific Coast Intercollegiate and the Beach Invitational.
- Jessop was fifth in his heat of the men's steeplechase at the Bryan Clay. His time of 9:07.74 is an NCAA Championships provisional qualifying time, is third in the GNAC this season and No. 21 in Division II. On Friday, Jessop ran the 800 meters at the Pacific Coast Intercollegiate and turned in a time of 1:59.33.
- At the Cal State LA Twilight, freshman **Ryann Moline** took second in the women's javelin with a mark of 121 feet, 1 inch. Junior **Forrest Cross** added a second-place finish in the men's hammer with a mark of 154 feet, 10 inches.
- Junior **Kailee Stoppel** had a personal best in the steeplechase at the Bryan Clay. Her time of 11:15.57 is the third-fastest in the GNAC this season. On Saturday, Stoppel added a personal best in the women's 1,500 meters in a time of 4:45.13.
- Also on Saturday, junior **Ase Ackerman** ran a lifetime best in the men's 1,500 meters with a time of 3:54.03. The time is No. 2 on the MSUB all-time list.
- Montana State Billings returns to action on Thursday and Friday, taking part in the Trudnowski Open in Helena, Montana.

## NORTHWEST NAZARENE



- Northwest Nazarene did not compete last week. The Nighthawks do not return to the track on Friday 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 19th 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



- Saint Martin's did not compete last week. The Saints return to action in Ellensburg, Washington on Saturday at the CWU Wildcat Invitational.
- Four individual event victories, including two in the women's distances, led Saint Martin's performances at the PLU Invitational on April 9 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).

## SEATTLE PACIFIC



- An NCAA Championships provisional qualifying time for sophomore **Annika Esvelt** and a pair of great performances in the pole vault headlined Seattle Pacific's performances at the Bryan Clay Invitational and the Mount SAC Relays.
- Running her first 10,000 meters on the track, Esvelt finished 12th overall at the Mount SAC Relays with a time of 34:20.76 that ranks No. 9 in Division II this season and No. 6 on the GNAC all-time list. She was second among Division II competitors in the race.
- Senior **Madison Licari** cleared 12 feet in the women's pole vault for the first time in her career and took second in her section of the event at the Bryan Clay with a clearance of 12 feet. Licari's mark is No. 2 in the GNAC this season.
- Sophomore **Kainoa Lee** was a winner in the second section of the men's pole vault at the Bryan Clay. His clearance of 14 feet, 8.25 inches is also No. 2 in the GNAC this season.
- Senior **Colin Boutin** ran a personal best in the men's 10,000 meters at the Bryan Clay, clocking a time of 31:11.10 that is the second-fastest time in SPU history and third-best in the GNAC this season.
- The Falcons also saw personal best performances from junior **Libby Michael** in the women's 1,500 meters (4:37.30), sophomore **Julius Shepherd** in the men's 400-meter hurdles (56.66) and sophomore **Aniya Green** in the women's 200 meters (25.71).
- Junior **David Njeri** added a ninth-place finish at the Bryan Clay in the men's triple jump with a mark of 48 feet, 4.5 inches.
- Seattle Pacific will send athletes to both the Oregon Relays, Friday and Saturday at Hayward Field in Eugene, and the CWU Wildcat Invitational on Saturday in Ellensburg.



## SIMON FRASER

- Junior **Alison Andrews-Paul's** Division II record performance in the women's 800 meters led Simon Fraser as it competed in the Bryan Clay Invitational, the Mount SAC Relays and the Beach Invitational.
- Running at the Bryan Clay on Thursday, Andrews-Paul placed fourth in the top section of the 800 in a Division I record time of 2:01.43. That eclipsed the previous Division II record of 2:02.39 set by Carsyn Koch-Johnson of Cedarville in 2016. The performance leads Division II, ranks fourth across all college divisions and was No. 11 in the world as of April 20. Later in the weekend, Andrews-Paul clocked a time of 54.07 seconds in the 400 meters that ranks No. 2 on the GNAC all-time list and No. 4 in Division II this season. The performances landed Andrews-Paul selection as the GNAC Women's Track Athlete of the Week and the USTFCCA Division II Women's Athlete of the Week.
- Junior **Aaron Ahl** was named the GNAC Men's Track Athlete of the Week after he ran the fourth-fastest 1,500 meters in Division II at the Bryan Clay on Friday. His time of 3:39.42 was a four-second personal best, is No. 4 on the GNAC all-time list and No. 2 in Division II this season.
- Freshman **Jarrett Chong** earned GNAC Men's Field Athlete of the Week honors after he took second in the javelin at the Bryan Clay. His mark of 217 feet, 7 inches moves him up to No. 3 in Division II this season and No. 11 on the GNAC all-time list.
- In all, Simon Fraser saw eight athletes make or improve NCAA Championships provisional qualifying marks in 10 different events.
- The SFU women moved up eight spots to No. 12 in this week's USTFCCA Division II Women's Outdoor Team Index. The SFU men returned to the top 25, ranked No. 24.
- Simon Fraser will compete this week in the Oregon Relays, Friday and Saturday at Hayward Field in Eugene.

## WESTERN OREGON



- Junior **Kaylee Wright's** performance in the women's javelin highlighted Western Oregon efforts at the Bryan Clay Invitational, Mount SAC Relays and Pacific Coast Intercollegiate to Southern California and the Lewis & Clark Invitational in Portland.
- Wright was named the GNAC Women's Field Athlete of the Week after she placed fourth in the javelin at the Pacific Coast Intercollegiate with a mark of 151 feet, 4 inches. She becomes the 24th GNAC women's athlete to surpass 150 feet in the javelin and is No. 9 in Division II this season.
- The Wolves had two men's athletes provisionally qualify for nationals in the 1,500 meters at the Bryan Clay. Senior **Justin Crosswhite** ran 3:48.93 to place 25th in a time that ranks No. 43 in Division II this season. Senior **Hunter Hutton** ran 3:49.48, ranking No. 48 in Division II this season.
- Senior **Bailey Smith** also provisionally qualified for nationals in the men's steeplechase at the Bryan Clay. His time of 9:09.65 ranks 24th in Division II this season and is fourth in the GNAC.
- At the Lewis & Clark Invitational, freshman **Mark Warren** won the men's hammer with a mark of 150 feet, 1 inch. Junior **Lyndee McLaughlin** was a winner in the women's javelin with a mark of 125 feet, 3 inches.
- The Wolves also received third-place finishes at L&C from senior **Kalulusno Ngaida** in the women's high jump (5-1.25) and freshman **Macy Clemens** in the women's long jump (16-4.25).
- Western Oregon will make the short trip to Eugene this week to compete in the Oregon Relays at Hayward Field.

# Around The GNAC

## WESTERN WASHINGTON



• A historic night in the men's 1,500 led Western Washington's performances at the Bryan Clay Invitational, Mount SAC Relays, Pacific Coast Intercollegiate and Beach Invitational.

• At the Bryan Clay on Friday, seniors **Mac Franks** and **Calahan Warren** and freshman **Drew Weber** ran the top three times in WWU history in the 1,500. Franks finished in a time of 3:42.22, Warren ran 3:43.00 and Weber ran 3:45.77. Franks set the WWU record, ranks No. 4 on the GNAC all-time list and is No. 6 in Division II this season. Warren ranks No. 5 on the GNAC all-time list and is No. 9 in Division II this season while Weber is No. 10 on the GNAC all-time and 19th in Division II.

• Weber went on to place eighth in the men's 800 meters at the Beach Invitational in a time of 1:51.84.

• Sophomore **Jeret Gillingham** earned an NCAA Championships provisional qualifying mark in the men's steeplechase at the Mount SAC Relays. His time of 8:59.42 ranks 14th in Division II this season.

• Senior **Amanda Short** secured a fifth-place finish in the javelin at the Pacific Coast Intercollegiate with a mark of 150 feet, 9 inches.

• Freshman **Kacey Provo** set an outdoor best in the men's pole vault at the Bryan Clay, placing fourth with his mark of 15 feet, 2.25 inches. The mark leads the GNAC this season.

• Western Washington will travel to Ellensburg on Saturday to compete in the CWU Wildcat 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. 20, 2022

Event	Athlete	Mark	Rank	Date
<b>400 Meters</b>	Callum Robinson, SFU	47.61	22nd	4/1/22
<b>800 Meters</b>	Charlie Dannatt, SFU	1:50.50	24th	4/15/22
	Aaron Ahl, SFU	1:51.45	33rd	4/1/22
	Paul Buckingham, SFU	1:51.54	35th	4/13/22
<b>1,500 Meters</b>	Aaron Ahl, SFU	3:39.42	2nd	4/13/22
	Charlie Dannatt, SFU	3:42.01	5th	4/1/22
	Mac Franks, WWU	3:42.22	6th	4/13/22
	Calahan Warren, WWU	3:43.00	9th	4/13/22
	Drew Weber, WWU	3:45.77	19th	4/13/22
	Kevin McDermott, WWU	3:48.46	38th	3/26/22
	Coleman Nash, UAA	3:48.86	42nd	3/24/22
	Justin Crosswhite, WOU	3:48.93	43rd	4/13/22
	Hunter Sutton, WOU	3:49.48	48th	4/13/22
<b>5,000 Meters</b>	Coleman Nash, UAA	13:53.33	7th	3/31/22
	Calahan Warren, WWU	14:13.90	29th	3/31/22
	Tyler Shea, NNU	14:23.08	54th	3/26/22
<b>10,000 Meters</b>	Coleman Nash, UAA	29:24.40	18th	4/13/22
<b>110 Hurdles</b>	Joshua Wagner, UAA	14.22	T-16th	4/13/22
<b>Steeplechase</b>	Mac Franks, WWU	8:52.50	8th	3/31/22
	Jeret Gillingham, WWU	8:59.42	14th	4/13/22
	Carson Jessop, MSUB	9:07.74	21st	4/13/22
	Bailey Smith, WOU	9:09.65	24th	4/13/22
	Drew Weber, WWU	9:12.25	26th	3/31/22
<b>High Jump</b>	Steven Schmidt, NNU	2.06/6-9	T-19th	4/1/22
<b>Triple Jump</b>	David Njeri, SPU	15.18/49-9.75	8th	3/31/22
<b>Javelin</b>	Jarrett Chong, SFU	66.33/217-7	3rd	4/13/22
	Austin Goldstein, WOU	62.96/206-7	16th	4/1/22
	Bryan Cortes, SFU	59.21/194-3	30th	3/26/22

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

Event	Athlete	Mark	Rank	Date
<b>200 Meters</b>	Marie-Éloïse Leclair, SFU	24.30	26th	4/13/22
<b>400 Meters</b>	Alison Andrews-Paul, SFU	54.07	4th	4/13/22
	Vanessa Aniteye, SPU	54.60	7th	3/31/22
	Emily Lindsay, SFU	55.01	14th	4/13/22
	Marie-Éloïse Leclair, SFU	55.44	T-19th	4/13/22
	Tylantiss Atlas, UAA	55.53	22nd	4/13/22
<b>800 Meters</b>	Alison Andrews-Paul, SFU	2:01.43	1st	4/13/22
	Vanessa Aniteye, SPU	2:11.16	22nd	3/19/22
	Ellie Rising, SPU	2:11.83	27th	3/31/22
<b>1,500 Meters</b>	Alison Andrews-Paul, SFU	4:21.52	3rd	3/31/22
	Megan Roxby, SFU	4:30.30	31st	4/13/22
	Mia Crocker, WWU	4:32.34	47th	4/13/22
	Sophie Wright, WWU	4:32.59	49th	4/13/22
<b>5,000 Meters</b>	Annika Esvelt, SPU	16:14.31	7th	3/31/22
<b>10,000 Meters</b>	Annika Esvelt, SPU	34:20.76	9th	4/13/22
<b>100 Hurdles</b>	Elena Cano, UAA	14.15	21st	3/31/22
<b>400 Hurdles</b>	Elena Cano, UAA	1:00.16	5th	3/31/22
	McCall DeChenne, CWU	1:01.60	17th	3/18/22
<b>Steeplechase</b>	Olivia Willett, SFU	10:36.43	10th	4/13/22
	Ila Davis, WWU	10:51.21	23rd	3/31/22
<b>4x100 Relay</b>	Seattle Pacific	46.70	17th	3/31/22
	Igbonagwam, Aniteye, Green, Bouyer			
<b>4x400 Relay</b>	Simon Fraser	3:42.35	3rd	4/1/22
	Binder, Andrews-Paul, Leclair, Lindsay			
	Seattle Pacific	3:45.91	13th	3/31/22
	Igbonagwam, Bouyer, Green, Aniteye			
<b>High Jump</b>	Elena Cano, UAA	1.71/5-7.25	T-14th	3/24/22
	Miya Koch, NNU	1.69/5-6.5	T-25th	3/26/22
<b>Pole Vault</b>	Kinsey Langin, NNU	3.75/12-3.5	T-38th	4/1/22
<b>Shot Put</b>	Moana Gianotti, WOU	13.99/45-10.75	T-23rd	4/14/22
<b>Javelin</b>	Amanda Short, WWU	47.48/155-9	4th	4/2/22
	Kaylee Wright, WOU	46.13/151-4	9th	4/14/22
<b>Heptathlon</b>	Elena Cano, UAA	4,996	6th	3/24/22
	McCall DeChenne, CWU	4,657	16th	4/13/22

# Men's Outdoor Regional & National Indexes

## GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	SFU
Mar. 29	—
Apr. 5	22nd
Apr. 12	—
Apr. 19	24th

## USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 4 - Apr. 19, 2022		Pts.	Prev.
Rk	School		
1.	West Texas A&M	293.74	1
2.	Grand Valley St.	250.79	4
3.	Texas A&M-Commerce	216.10	2
4.	Pittsburg State	194.75	3
5.	Adams State	173.43	6
6.	Central Missouri	133.63	5
7.	CSU-Pueblo	124.06	7
8.	UC-Colorado Springs	110.92	9
9.	Missouri Southern	96.74	10
10.	Colorado Mines	96.29	8
11.	Ashland	88.60	19
12.	Lee (Tenn.)	80.94	13
13.	Angelo State	79.05	11
14.	Southern Connecticut	77.35	17
15.	Queens (N.C.)	75.10	12
16.	Fort Hays St.	73.57	15
17.	Lincoln (Mo.)	70.07	14
18.	Washburn	63.58	30
19.	Harding	61.12	16
20.	Azusa Pacific	60.86	24
21.	Nebraska-Kearney	59.33	20
22.	Lindenwood	56.30	18
23.	Carson-Newman	55.76	23
24.	<b>Simon Fraser</b>	<b>55.63</b>	<b>26</b>
25.	Academy of Art	55.59	22

## USTFCCCA WEST REGION TEAM INDEX

Week 4 - Apr. 18, 2022		Pts.	Prev.
Rk	School		
1.	Cal Poly Pomona	902.70	1
2.	Azusa Pacific	796.27	2
3.	Chico State	742.74	3
4.	<b>Western Washington</b>	<b>594.34</b>	<b>4</b>
5.	Fresno Pacific	531.77	5
6.	Academy of Art	505.39	6
7.	<b>Simon Fraser</b>	<b>418.93</b>	<b>8</b>
8.	Cal State San Marcos	374.23	7
9.	Cal State LA	280.69	10
10.	<b>Northwest Nazarene</b>	<b>262.29</b>	<b>9</b>



[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
Apr. 19	—	12th	—

## USTFCCCA DIVISION II NATIONAL TEAM INDEX

Week 4 - Apr. 19, 2022		Pts.	Prev.
Rk	School		
1.	West Texas A&M	245.57	1
2.	Azusa Pacific	240.78	4
3.	Grand Valley St.	232.21	2
4.	Minnesota St.	184.67	6
5.	Fresno Pacific	166.66	3
6.	Adams State	163.07	9
7.	Pittsburg St.	124.99	10
8.	Texas A&M-Commerce	116.99	5
9.	Fort Hays St.	86.41	19
10.	Academy of Art	85.08	17
11.	Angelo State	83.85	7
12.	<b>Simon Fraser</b>	<b>82.52</b>	<b>20</b>
13.	CSU-Pueblo	81.21	21
14.	UC-Colorado Springs	80.70	11
15.	Queens (N.C.)	78.52	8
16.	Cal Poly Pomona	72.23	15
17.	Central Missouri	70.20	13
18.	Missouri Southern	67.81	14
19.	Lincoln (Mo.)	66.36	18
20.	Findlay	58.69	24
21.	Winona State	57.08	46
22.	Tiffin	50.19	26
23.	Lee (Tenn.)	48.74	12
24.	Harding	47.92	16
25.	Colorado Mesa	45.66	30

## USTFCCCA WEST REGION TEAM INDEX

Week 4 - Apr. 18, 2022		Pts.	Prev.
Rk	School		
1.	Azusa Pacific	1,138.49	1
2.	Fresno Pacific	643.86	2
3.	Cal Poly Pomona	500.89	3
4.	Academy of Art	459.31	5
5.	<b>Simon Fraser</b>	<b>397.98</b>	<b>7</b>
6.	Chico State	376.06	6
7.	Concordia (Calif.)	340.49	4
8.	Biola	315.19	8
9.	<b>Alaska Anchorage</b>	<b>260.12</b>	<b>9</b>
10.	<b>Seattle Pacific</b>	<b>259.57</b>	<b>12</b>



[Complete Poll Online](#)

# GNAC Indoor Track & Field Records

## MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
<b>200 Meters</b>	<b>21.40</b>	<b>Callum Robinson, Simon Fraser (2022)</b>
400 Meters	47.61	Vladislav Tsygankov, Simon Fraser (2017)
800 Meters	1:47.74	Derek Holdsworth, Western Oregon (2020)
<b>Mile</b>	<b>3:57.92</b>	<b>Aaron Ahl, Simon Fraser (2022)</b>
3,000 Meters	7:50.81	David Ribich, Western Oregon (2018)
5,000 Meters	13:47.73	Micah Chelimo, Alaska Anchorage (2014)
<b>60m Hurdles</b>	<b>8.07</b>	<b>Hunter Flick, Western Washington (2022)</b>
4x400 Relay	3:12.45	Alaska Anchorage (2016)
Nicholas Taylor, Liam Lindsey, Adam Commandeur, Cody Thomas		

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

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

## MEN'S CONFERENCE MEET RECORDS

60 Meters	6.75	Alex Donigian, Western Washington (2014)
<b>200 Meters</b>	<b>21.50</b>	<b>Callum Robinson, Simon Fraser (2022)</b>
400 Meters	47.80	Joel Webster, Simon Fraser (2016)
800 Meters	1:50.83	David Ribich, Western Oregon (2018)
<b>Mile</b>	<b>4:01.78</b>	<b>Aaron Ahl, Simon Fraser (2022)</b>
<b>3,000 Meters</b>	<b>8:21.23</b>	<b>Aaron Ahl, Simon Fraser (2022)</b>
5,000 Meters	14:36.06	Dominik Notz, Alaska Anchorage (2016)
60m Hurdles	8.08	Travis Milbrandt, Western Washington (2015)
4x400 Relay	3:14.10	Alaska Anchorage (2017)

Liam Lindsay, Darrior Gray, Nicholas Taylor, Adam Commandeur  
**Distance Medley 9:58.18** Simon Fraser (2019)

Pierre-Louis Detourbe, Nate St. Romain, Aaron Ahl, Rowan Doherty		
High Jump	2.21/7-3	Mikel Smith, Saint Martin's (2017)
Pole Vault	5.16/16-11	Payton Lewis, Northwest Nazarene (2011)
Long Jump	7.38/24-2.5	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015/2017)
Shot Put	17.47/57-3.75	Cameron Neel, Central Washington (2007)
Weight Throw	18.64/61-2	Aidan Cain, Central Washington (2020)
Heptathlon	5,269	Kodiak Landis, Central Washington (2017)

## CONFERENCE MEET HEPTATHLON EVENTS

60 Meters	7.03	Kodiak Landis, Central Washington (2018)
Long Jump	6.95/22-9.75	James Phillips, Concordia (2018)
	6.95/22-9.75	Kodiak Landis, Central Washington (2019)
Shot Put	13.69/44-11	Giovanni Brown, Concordia (2019)
<b>High Jump</b>	<b>2.05/6-8.75</b>	<b>Steven Schmidt, Northwest Nazarene (2022)</b>
60m Hurdles	8.28	Travis Turner, Alaska Anchorage (2017)
Pole Vault	5.05/16-6.75	Payton Lewis, Northwest Nazarene (2016)
1,000 Meters	2:41.39	Giovanni Brown, Concordia (2019)

## WOMEN - ALL MEETS

60 Meters	7.52	Paige Johnson, Concordia (2020)
200 Meters	24.09	Jamie Ashcroft, Alaska Anchorage (2017)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
<b>800 Meters</b>	<b>2:04.04</b>	<b>Alison Andrews-Paul, Simon Fraser (2022)</b>
Mile	4:32.88	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:07.05	Caroline Kurgat, Alaska Anchorage (2019)#
5,000 Meters	15:28.46	Caroline Kurgat, Alaska Anchorage (2019)#
60m Hurdles	8.51	Mariyah Vongsaveng, Central Washington (2017)
4x400 Relay	3:42.44	Seattle Pacific (2016)
Jalen Tims, Lynelle Decker, Cheryl Hong, Jahzelle Ambus		

**Distance Medley 11:23.47** Alaska Anchorage (2019)

Ruth Cvancara, Vanessa Aniteye, Danielle McCormick, Caroline Kurgat		
High Jump	1.77/5-9.75	Danielle Ayers-Stamper, Seattle Pacific (2005)
Pole Vault	3.93/12-10.75	Halle Irvine, Central Washington (2018)
Long Jump	5.98/19-7.5	Peace Igbonagwam, Seattle Pacific (2019)
Triple Jump	12.70/41-8	Keshara Romain, Saint Martin's (2020)
Shot Put	17.62/57-9.75	McKenzie Warren, Concordia (2017)*
Weight Throw	19.52/64-0.5	Christina MacDonald, Concordia (2018)
Pentathlon	4,007	Danielle Ayers-Stamper, Seattle Pacific (2005)

## WOMEN'S CONFERENCE MEET RECORDS

60 Meters	7.52	Paige Johnson, Concordia (2020)
200 Meters	24.09	Jamie Ashcroft, Alaska Anchorage (2017)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
<b>800 Meters</b>	<b>2:05.09</b>	<b>Alison Andrews-Paul, Simon Fraser (2022)</b>
Mile	4:40.39	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:47.64	Jennifer Johnson, Simon Fraser (2015)
5,000 Meters	16:47.07	Sarah Porter, Western Washington (2010)
60m Hurdles	8.51	Mariyah Vongsaveng, Central Washington (2017)
4x400 Relay	3:46.41	Simon Fraser (2016)

**Distance Medley 11:23.47** Alaska Anchorage (2019)

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

## CONFERENCE MEET PENTATHLON EVENTS

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

\* - NCAA Division II record

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



# GNAC Outdoor Track & Field Records

## MEN - ALL MEETS

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

## MEN'S CONFERENCE MEET RECORDS

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

+ - Denotes Division II national record

## WOMEN - ALL MEETS

100 Meters	11.64	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	23.99	NyEma Sims, Seattle Pacific (2007)
400 Meters	53.56	Mary Pierce, Alaska Anchorage (2007)
<b>800 Meters</b>	<b>2:01.43</b>	<b>Alison Andrews-Paul, Simon Fraser (2022)+</b>
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**

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

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

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

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

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

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

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

## **UBC Open at Thunderbird Park, Vancouver, B.C.**

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

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

3:48.13. 110 Hurdles - 1, Hunter Flick, WWU, 14.95; 2, Koby Okezie, WWU, 15.07; 3, Jalen Edwards, WWU, 15.47. 400 Hurdles - 1, Jorin Lenton, SFU, 55.15; 2, Koby Okezie, WWU, 55.79; 3, Jaden Edwards, WWU, 57.10. High Jump - 2, Beau Sheeran, WWU, 6-6.75. Long Jump - 1, Zackary Kuzyk, SFU, 23-0.75; 2, Blake 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 (Brenek, Engebretsen, Le, Daniels), 3:25.54; 2, Western Washington (Edwards, Knowles, Bloom, Henry), 3:28.36; 3, Western Washington (Kenny, McAllister, Cummings, Kibler), 3:30.34. High Jump - 1, Beau Sheeran, WWU, 6-6.75; 2, Ethan Sterkel, WWU, 6-6.75. 3, Damian Mercado, WWU, 6-2.75. Pole Vault - 1, Kacey Provo, WWU, 15-0; 2, Drew Klein, CWU, 14-6; 3, Jacob Thompson, CWU, 14-6. Long Jump - 2, Ethan Sterkel, WWU, 22-8. Triple Jump - 1, Damian Mercado, WWU, 43-5.75. Shot Put - 1, Ben Malquist, WWU, 50-0.75; 3, Jerrod Lee, WWU, 46-4.25. Discus - 2, Ben Malquist, WWU, 147-11. Hammer - 2, Jerrod Lee, WWU, 141-8; 3, Ben Malquist, WWU, 133-6. Javelin - 1, Jaydon Tryon, WWU, 190-9; 3, Drew Klein, CWU, 143-0.Y

**Yellowjacket/Battlin' Bear Open**

**at Longwood HS, Longwood, Mont.**

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

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

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

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

**Cheetah Sea Of Green Meet**

**at Percy Perry Stadium, Coquitlam, B.C.**

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

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

**NW Distance Jamboree**

**at Lane CC, Eugene, Ore.**

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

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

**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, Makylee 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-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.

**Wed., Apr. 13 & Thurs., Apr. 14**

## **Cal State LA Twilight**

**at Jesse Owens Track, Los Angeles, Calif.**

**Women (Top 3 GNAC Finishers):** Javelin - 2, Ryann Moline, MSUB, 121-1.

**Men (Top 3 GNAC Finishers):** 400 Hurdles - 1, Austin Albertin, CWU, 53.86. Hammer - 2, Forrest Cross, MSUB, 154-10.

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

## **Bryan Clay Invitational**

**at Cougar Stadium, Azusa, Calif.**

**Women (Top 3 GNAC Finishers):** Pole Vault (Section 3): 2, Madison Licari, SPU, 12-0. Heptathlon (Section 1) - 2, McCall DeChenne, CWU, 4,657.

**Men (Top 3 GNAC Finishers):** 5,000 Meters (Section 2): 2, Jacob Moos, UAA, 14:28.59. Pole Vault (Section 2): 1, Kainoa Lee, SPU, 14-8.25. Javelin - 2, Jarrett Chong, SFU, 217-7.

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

## **Mount SAC Relays**

**at Hilmer Lodge Stadium, Walnut, Calif.**

**Women (Top 3 GNAC Finishers):** None.

**Men (Top 3 GNAC Finishers):** None.

**Thurs., Apr. 14**

## **Pacific Coast Classic**

**at Jack Rose Track, Long Beach, Calif.**

**Women (Top 3 GNAC Finishers):** None.

**Men (Top 3 GNAC Finishers):** None.

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

## **Beach Invitational**

**at Jack Rose Track, Long Beach, Calif.**

**Women (Top 3 GNAC Finishers):** None.

**Men (Top 3 GNAC Finishers):** None.

## **Lewis & Clark Invitational**

**at Stouffer Family Center, Newberg, Ore., & Eldon Fix Track, Portland, Ore.**

**Women (Top 3 GNAC Finishers):** High Jump - 3, Kalulusno Ngaida, WOU, 5-1.25. Long Jump - 3, Macy Clemens, WOU, 16-4.25. Javelin - 1, Lyndee McLaughlin, WOU, 125-3.

**Men (Top 3 GNAC Finishers):** Hammer - 1, Mark Warren, WOU, 150-1.