



Mar. 29, 2017 • Week 11  
GNACSports.com • @GNACSports

Contact: Blake Timm, Assistant Commissioner For Communications  
503-805-8756 • btimm@gnacsports.com

## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

#### Fri., Mar. 31 - Sat., Apr. 1

Alaska Anchorage, Central Washington, Northwest Nazarene, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at Stanford Invitational, Palo Alto, Calif.  
Alaska Anchorage, Central Washington, Northwest Nazarene, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at San Francisco St. Distance Carnival, San Francisco, Calif.

#### Sat., Apr. 1

Simon Fraser at UBC Oepn, Vancouver, B.C.  
Central Washington, Saint Martin's, Seattle Pacific, Western Washington at Shotwell Invitational, Tacoma, Wash.]  
Concordia at Linfield Jen Boyman Memorial Invitational, McMinnville, Ore.  
Montana State Billings at Tom Bench Invitational, Greeley, Colo.

#### Sat., Mar. 25

Central Washington, Seattle Pacific, Western Washington at Doris Heritage Distance Carnival, Seattle, Wash.  
Alaska Anchorage, Central Washington, Concordia, Western Oregon at Willamette Invitational, Salem, Ore.  
Montana State Billings at Bobcat Invitational, Bozeman, Mont.  
British Columbia at Simon Fraser (Dual Meet), Burnaby, B.C.

### LAST WEEK'S MEETS

#### Sat., Mar. 25

##### Doris Heritage Distance Festival at West Seattle Stadium, Seattle, Wash.

**Women (Top 3 GNAC Finishers):** 200 Meters - 2, Cheryl Hong, SPU, 25.99; 3, Lani Taylor, SPU, 26.12. 400 Meters - 2, Savannah Smith, WWU, 58.70; 3, Emily Sytama, WWU, 59.60. 800 Meters - 1, Chynna Phan, SPU, 2:12.94; 2, Kate Lilly, SPU, 2:15.20. 10,000 Meters - 1, Sophia Galvez, WWU, 38:27.78; 2, Alexandra Laiblin, WWU, 39:25.53. 4x400 Relay - 1, Seattle Pacific B, 4:01.70; 2, Seattle Pacific D, 4:04.22; 3, Seattle Pacific C, 4:09.09. High Jump - 1, Geneva Lehnert, SPU, 5-2.5; 2, Bridget Henry, WWU, 5-0.5. Pole Vault - 2, Anna Paradee, WWU, 11-11.75; 3, Rachael Roberts, WWU, 11-5.75. Long Jump - 1, Geneva Lehnert, SPU, 17-8; 2, Miranda Osadchey, WWU, 17-1.5; 3, Kyra Brannan, SPU, 17-0.75. Shot Put - 2, Sammi Markham, SPU, 39-4.5. Hammer - 3, Sophia Roberts, WWU, 128-11. Javelin - 1, Sammi Markham, SPU, 139-0.  
**Men (Top 3 GNAC Finishers):** 200 Meters - 1, Kodiak Landis, CWU, 22.38; 2, Justin Ramsey, SPU, 23.35; 3, Lane Mallula, WWU, 23.36. 400 Meters - 3, Justin Ramsey, SPU, 50.84. 800 Meters - 2, Jesse Phan, SPU, 1:58.08; 3, Logan Giese, WWU, 1:59.28. 5,000 Meters - 1, Isaac Derline, WWU, 14:50.17; 2, Dylan Hayes, WWU, 15:24.45; 3, Nick Mounier, WWU, 15:42.22. 10,000 Meters - 1, Lloyd Byram,

SPU, 33:25.91. 4x400 Relay - 1, Seattle Pacific C, 3:33.86; 2, Seattle Pacific A, 3:37.48; 3, Seattle Pacific B, 3:37.58. High Jump - 2, Zach Telfer, SPU, 5-4.5. Pole Vault - 1, Adam Thomas, WWU, 14-11; 2, Gordon Kordas, WWU, 14-5.25; 3, Jacob Hino, WWU, 13-11.25. Long Jump - 1, Peyton Harris, SPU, 21-7.25; 3, Zane Irvine, CWU, 19-1.25. Shot Put - 2, Brandon Pless, WWU, 52-5.5. Hammer - 2, Brandon Pless, WWU, 173-8. Javelin - 1, Tyree Rutter, CWU, 185-11; 3, Griffey Lytle, CWU, 183-7.

#### Willamette Invitational

##### at Charles Bowles Track, Salem, Ore.

**Women (Top 3 GNAC Finishers):** 100 Meters - 3, Marie Ries, UAA, 12.37. 400 Meters - 3, Mary Kathleen Cross, UAA, 56.70. 800 Meters - 1, Danielle McCormick, UAA, 2:15.41; 3, Hayley Bezanson, UAA, 2:18.24. 1,500 Meters - 1, Nicole Maurmann, WOU, 4:40.60. 100m Hurdles - 2, Erykah Weems, CWU, 14.88; 3, Elena Cano, UAA, 15.02. 400m Hurdles - 2, Erykah Weems, CWU, 1:03.23; 3, Yvonne Jeschke, UAA, 1:03.92. Steeplechase - 1, Jordyn Block, UAA, 11:33.55. 4x100 Relay - 1, Alaska Anchorage, 47.40. 4x400 Relay - 1, Western Oregon, 3:49.01; 2, Alaska Anchorage A, 3:55.12; 3, Alaska Anchorage B, 4:10.21. High Jump - 1, Tori Johnson, CU, 5-6. Long Jump - 3, Karolin Anders, UAA, 18-1.75. Triple Jump - 2, Karolin Anders, UAA, 37-9.25; 3, Alexia Blalock, UAA, 37-7.25. Shot Put - 1, McKenzie Warren, CU, 56-7.75; 3, Christina MacDonald, CU, 45-4.75. Discus - 2, McKenzie Warren, CU, 157-1. Hammer - 1, McKenzie Warren, CU, 175-6.25; 2, Tasha Willing, CU, 167-11.5; 3, Christina MacDonald, CU, 164-0.5.

**Men (Top 3 GNAC Finishers):** 200 Meters - 2, Darrion Gray, UAA, 22.34. 400 Meters - 2, Aaron Whitaker, WOU, 48.80; 3, Adam Brown, CU, 49.13. 800 Meters - 1, AJ Holmberg, WOU, 1:53.02; 2, Joe Day, UAA, 1:53.35. 110m Hurdles - 2, Andrey Gamza, CU, 15.20; 3, Harry White, WOU, 15.59. 400m Hurdles - 3, Andrey Gamza, CU, 57.50. Steeplechase - 2, Kaleb Korta, UAA, 9:25.60. 4x100 Relay - 1, Alaska Anchorage, 42.37. 4x400 Relay - 1, Alaska Anchorage, 3:18.64; 2, Western Oregon, 3:23.23. High Jump - Connor Reinke, WOU, 6-1.5. Long Jump - 2, Alani Troutman, WOU, 22-5.25; 3, Tevin Gladden, UAA, 21-10.75. Triple Jump - 2, Kolton Koenig-Rohde, WOU, 43-3.75; 3, Tevin Gladden, UAA, 42-2. Shot Put - 2, Grant George, UAA, 49-10.75; 3, Brandon Bowen, WOU, 49-6.25. Discus - 1, Jakob Chamberlin, CU, 164-9.75; 2, Brett Elder, CU, 157-11.5; 3, Caleb Bridge, CU, 156-3.5. Hammer - 1, Jakob Chamberlin, CU, 175-8.25; 2, Kegan Allen, WOU, 158-4.75; 3, Caleb Bridge, CU, 144-2.5.

#### Achilles Cup

##### at Terry Fox Field, Burnaby, B.C.

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Valda Kabia, SFU, 12.21; 2, Katherine Lucas, SFU, 12.25; 3, Kira Pederson, SFU, 12.42. 200 Meters - 1, Valda Kabia, SFU, 24.78; 2, Katherine Lucas, SFU, 24.92; 3, Kira Pederson, 25.40. 400 Meters - 1, Chantel Desch, SFU, 55.76; 2, Sophie Dodd, SFU, 56.31. 800 Meters - 1, Addy Townsend, SFU,

2:11.27; 2, Alana Mussatto, SFU, 2:12.80. 1,500 Meters - 3, Paige Nock, SFU, 4:32.44. 4x100 Relay - 1, Simon Fraser, 47.22. 4x400 Relay - 1, Simon Fraser, 3:51.58. High Jump - 3, Mackenzie Stewart, SFU, 5-3. Long Jump - 3, Diana Voloshin, SFU, 17-8.25. Triple Jump - 1, Ella Brown, SFU, 38-6. Shot Put - 2, Mackenzie Stewart, SFU, 35-10.5. Javelin - 2, Natalie Rycroft, SFU, 102-3; 3, Mackenzie Stewart, SFU, 72-5.75.

**Men (Top 3 GNAC Finishers):** 100 Meters - 3, Nathan Mah, SFU, 11.11. 200 Meters - 2, Nathan Mah, SFU, 22.43. 400 Meters - 1, Vladislav Tsygankov, SFU, 47.94; 2, Daniel Kelloway, SFU, 48.06; 3, Hameet Dhillon, SFU, 50.73. 800 Meters - 3, Dylan Freinhofer, SFU, 1:54.07. 4x100 Relay - 3, Simon Fraser, 1:34.53. 4x400 Relay - 1, Simon Fraser, 3:16.10. Long Jump - 1, Vladislav Tsygankov, SFU, 23-2; 2, Alex Wu, SFU, 21-10.75. Triple Jump - 1, Othniel Spence, SFU, 37-1. Shot Put - 1, Nathan Kyeame, SFU, 37-1. Hammer - 2, Peter Behncke, SFU, 176-5.

#### Bobcat Invitational

##### at Bobcat Track & Field Complex, Bozeman, Mont.

**Women (Top 3 GNAC Finishers):** 100 Meters - 2, Katie Eastburn, MSUB, 12.86; 3, Josey Smiedala, MSUB, 13.24. 200 Meters - 3, Katie Eastburn, MSUB, 25.88. 400 Meters - 2, Miranda Livingston, MSUB, 1:07.67. 100m Hurdles - 2, Michaela Johnson, MSUB, 15.44. 400m Hurdles - 3, Janessa Williams, MSUB, 1:06.70. 4x400 Relay - 3, Montana State Billings, 4:12.99. High Jump - 3, Jamie Orme, MSUB, 4-11. Shot Put - 2, Taylor Stringari, MSUB, 37-8; 3, Hailey Steinbeisser, MSUB, 35-0.25. Discus - 2, Kassadee Kuoha, MSUB, 115-10; 3, Taylor Stringari, MSUB, 111-10.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Sam Zook, MSUB, 10.68. 200 Meters - 1, Sam Zook, MSUB, 21.61. 400 Meters - 2, Kyle McLaughlin, MSUB, 55.48; 3, Santiago De La Rosa, MSUB, 56.78. 5,000 Meters - 1, Corey Egeland, MSUB, 15:39.53. 110m Hurdles - 2, Austin Lindquist, MSUB, 15.95. 4x400 Relay - 2, Montana State Billings, 3:43.41. High Jump - 2, Chuck Carr, MSUB, 6-4.75; 3, Isaiah Girard, MSUB, 6-4.75. Long Jump - 2, Chuck Carr, MSUB, 20-10.75; 3, Marcus Lindquist, MSUB, 20-4.25. Triple Jump - 1, Austin Lindquist, MSUB, 42-8.25. Javelin - 1, Beau Ackerman, MSUB, 179-11; 3, Forest Cross, MSUB, 118-3.

#### Mon., Mar. 27 - Tues., Mar. 28

##### Pacific Multis

##### at Hanson Stadium, Forest Grove, Ore.

**Women's Heptathlon:** No GNAC Finishers.

**Men's Decathlon:** 5, Giovanni Brown, CU, 5,585; 6, James Phillips, CU, 5,396.

# GNAC Track & Field Athletes of the Week



**MEN'S TRACK**  
**Sam Zook, Montana State Billings**  
**Junior • Casper, Wyo.**

Zook won both the 100 meters and 200 meters at the Bobcat Invitational in school record times. He ran 10.68 seconds in the 100, breaking the previous MSUB record of 10.87, and moved into No. 10 on the GNAC All-Time List. He then won the 200 meters in 21.61 seconds to better the former school record of 21.74 seconds.



**WOMEN'S TRACK**  
**Valda Kabia, Simon Fraser**  
**Sophomore • Surrey, B.C.**

Kabia won both the 100 meters and 200 meters at the Achilles Cup in a pair of GNAC-leading times. She captured the 100 meters in 12.21 seconds and took the 200 meters in 24.78 seconds. The performances helped lead the Clan to a 67-51 win over British Columbia in the annual dual meet between the two schools.

**Also Nominated:** AJ Holmberg (Western Oregon), Isaac Derline (Western Washington), Jared Seckel (Concordia).

**Also Nominated:** Grayson Burke (Western Oregon), Katelyn Eastburn (Montana State Billings), Brittany Grant (Western Washington), Lexi Tubbs (Northwest Nazarene).



**MEN'S FIELD**  
**Brandon Pless, Western Washington**  
**Senior • Sedro-Woolley, Wash.**

Pless posted an outdoor personal best and a NCAA Championships provisional qualifying mark in the shot put at the Doris Heritage Distance Festival, finishing second with a mark 52 feet, 5.5 inches. The performance ranks fifth on the WWU top-10 list and also places him No. 10 on the GNAC All-Time List.

**Also Nominated:** Alani Troutman (Western Oregon).



**WOMEN'S FIELD**  
**McKenzie Warren, Concordia**  
**Senior • Sandy, Ore.**

Warren added two more feet to her GNAC record in the women's shot put, winning the Willamette Invitational with a mark of 56 feet, 7.5 inches. The mark is the fifth best in Division II history. She also won the hammer with a mark of 175 feet, 6.25 inches, and placed second in the discus with a mark of 157 feet, 1 inch, that improves her to No. 3 on the

GNAC All-Time List.

**Also Nominated:** Amanda Short (Western Oregon), Anna Paradee (Western Washington).

## Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Jan. 9-15	David Ribich, WOU	Brandon Pless, WWU	Mary Charleson, SPU	McKenzie Warren, CU
Jan. 16-22	Sam Zook, MSUB	Cole Hoberg, NNU	Ali Anderson, CWU	McKenzie Warren, CU
Jan. 23-29	David Ribich, WOU	Gordon Kordas, WWU	Jamie Ashcroft, UAA	McKenzie Warren, CU
Jan. 30 - Feb. 5	Daniel Kelloway, SFU	Nels Flanagan, MSUB	Addy Townsend, SFU	McKenna Emmert, CWU
Feb. 6-12	Sam Zook, MSUB	Payton Lewis, NNU	Shannon Porter, SMU	McKenzie Warren, CU
Feb. 20-26	Dustin Nading, WOU	Tevin Gladden, UAA	Olivia Woods, WOU	Kyra Brannan, SPU
Feb. 27-Mar. 5	Peter Butler, WWU	Jacob Ringold, WWU	Alexi Whatley, SMU	Megan Mortensen, WWU
Mar. 6-12	Trevaughn Scott, CWU	Brandon Pless, WWU	Erykah Weems, CWU	Rachael Huffman, WOU
Mar. 13-19	Codi Blodgett, WOU	Travis Turner, UAA	Mariyah Vongsaveng, CWU	McKenzie Warren, CU
Mar. 20-26	Sam Zook, MSUB	Brandon Pless, WWU	Valda Kabia, SFU	McKenzie Warren, CU

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

# Around The GNAC

## ALASKA ANCHORAGE



- Alaska Anchorage received a school record performance from junior **Grant George** in the men's shot put to lead efforts at the Willamette Invitational in Salem, Ore.
- George finished second in the event with a mark of 49 feet, 10.5 inches. That bettered his previous record mark of 48 feet, 2.75 inches, and currently ranks third in the GNAC.
- Sophomore **Danielle McCormick** was a winner in the women's 800 meters in a time of 2:15.41, which ranks fifth in the GNAC this season. Senior **Hayley Bezanson** was third in 2:18.24. Freshman **Jordyn Block** won the women's steeplechase in a time of 11:33.55.
- In the men's sprints, junior **Darrion Gray** placed second in the 200 meters in 22.34 seconds and senior **Joe Day** placed second in the 800 meters in 1:53.35.
- Both men's relay teams were winners at Willamette. The 4x100-meter relay team finished with a winning time of 42.37 seconds and the 4x400-meter relay team won in a time of 3:18.74. The women's 4x100-meter relay team also won with a time of 47.40 seconds.
- To date, Alaska Anchorage has had four athletes set NCAA Championships qualifying marks in five events. Senior **Karolin Anders** has two of those marks, including an automatic qualifying mark in the heptathlon (5,180 points).
- The Seawolves be in the Bay Area this weekend taking part in both the Stanford Invitational and the San Francisco State Distance Carnival.

## CENTRAL WASHINGTON



- Central Washington was in split squad mode, sending athletes to both the Willamette Invitational in Salem, Ore., and the Doris Heritage Distance Festival in Seattle.
- Freshman **Erykah Weems** was the Wildcats' top performer at Willamette as she placed second in both hurdles events. She ran 14.88 in the 100-meter hurdles, ranking her third in the GNAC this season. Her time of 1:03.23 in the 400-meter hurdles is second best in the league.
- The Wildcats' other notable performances in Salem came in the distances. Sophomore **Alexa Shindruk** was sixth in the women's 5,000 meters with a time of 17:31.40, the third best time in the GNAC this season. Senior **Stephanie Rexus** placed second in the B section of the women's 1,500 meters with a time of 4:50.32.
- In Seattle, senior **Kodiak Landis** was a winner in the 200 meters as he ran a time of 22.38 seconds, a time that ranks fourth in the GNAC this season.
- The Wildcats also took two of the top three spots in the men's javelin in Seattle. Freshman **Tyree Rutter** took the event with a mark of 185 feet, 11 inches, while **Griffey Lytle** was third at 183 feet, 7 inches.
- Central Washington enters the week with three NCAA Championships provisional qualifiers. Sophomore **Mariyah Vongsaveng** is tied for eighth in Division II in the women's 100-meter hurdles (14.26 seconds). Senior **McKenna Emmert** is tied for 13th in the women's pole vault (11-11.75) while senior **Armando Tafoya** is 25th in the hammer (180-8).
- Central Washington will head south this weekend to compete at the Stanford Invitational and the San Francisco Distance Carnival.

## CONCORDIA



- The throws once again led the day for Concordia as the Cavaliers competed at the Willamette Invitational.
- Senior **McKenzie Warren** broke her own GNAC record in the women's shot put, winning the event by over nine feet with a mark of 56 feet, 7.75 inches. She also won the hammer with a mark of 175 feet, 6.25 inches, and placed second in the discus with a mark of 157 feet, 1 inch. The performance earned Warren selection as GNAC Women's Field Athlete of the Week and USTFCCCA Division II Women's Athlete of the Week.
- Freshman **Jakob Chamberlin** won both the men's discus and hammer. He finished just short of a season best in the discus with a mark of 164 feet, 9.75 inches and his mark of 175 feet, 8 inches in the hammer is sixth best in the GNAC. The freshman currently has the ninth best mark in Division II in the discus.
- Sophomore **Tori Johnson** won the women's high jump with a clearance of 5 feet, 6 inches, which ties her for ninth in Division II this season.
- Freshman **Andrey Gamza** was a top-three finisher in both men's hurdles events, placing second in the 110-meter hurdles in 15.20 seconds and third in the 400-meter hurdles in 57.50 seconds.
- The Concordia women slipped five spots to No. 13 in the USTFCCCA Division II Women's Computer Rankings. The Cavaliers' women are ranked seventh in the West Region and the men are ranked 10th.
- Concordia will stay close to home this weekend, competing at the Linfield Jen Boyman Memorial Invitational on Saturday in McMinnville, Ore.

## MONTANA STATE BILLINGS



- Montana State Billings received a number of top-three finishes in a virtual dual meet between the Yellowjackets and Montana State at the Bobcat Invitational in Bozeman, Mont.
- Junior **Sam Zook** was a winner in men's 100 meters and 200 meters, both in school record times. He won the 100 in a time of 10.68 seconds and then won the 200 meters in a time of 21.61 seconds. Zook now leads the GNAC in both events. Both times rank Zook No. 10 on the GNAC All-Time List and earned him selection as the GNAC Men's Track Athlete of the Week.
- Junior **Jorey Egeland** won the men's 5,000 meters in a time of 13:39.53, a time which ranks sixth in the GNAC this season. Senior **Austin Lindquist** won the men's triple jump with a mark of 42 feet, 8.25 inches and finished second in the 110-meter hurdles in 15.95 seconds. Sophomore **Beau Ackerman** was the winner in the men's javelin with a mark of 179 feet, 11 inches.
- The Yellowjackets collected three runner-up finishes from freshmen in the women's sprints. **Katelyn Eastburn** was second in the 100 meters in 12.86 seconds. **Miranda Livingston** was second in the 400 meters in 1:07.67 while **Michaela Johnson** was second in the 100-meter hurdles in 15.44 seconds.
- Freshman **Chuck Carr** also posted a pair second place finishes in the jumps. He placed second in the high jump with a mark of 6 feet, 4.75 inches, and was runner-up in the long jump in 20 feet, 10.75 inches.
- The Yellowjackets head to Greeley, Colo., this weekend to compete in the Tom Bench Invitational, hosted by Northern Colorado.

# Around The GNAC

## NORTHWEST NAZARENE



- At long last, Northwest Nazarene opens its outdoor season this weekend when they travel to the Bay Area for the San Francisco State Distance Carnival and the Stanford Invitational.
- The Crusaders returned home from the NCAA Division II Indoor Track and Field Championships with one First Team All-American and one second team selection.
- Junior **Payton Lewis** was an All-American in the men's pole vault for second consecutive season. He placed third for the second straight year as he cleared 16 feet, 10.75 inches. It is Lewis' fourth All-American trophy overall.
- After being entered at the last minute due to a medical scratch, senior **Cole Hoberg** earned Second Team All-America distinction as he placed 10th in the men's high jump with a clearance of 6 feet, 9.5 inches.

## SAINT MARTIN'S



- Saint Martin's did not compete last weekend after a strong performance the previous weekend at the L&C Spring Break Open. The Saints return to the track on Saturday at the Shotwell Invitational in Tacoma, Wash.
- Junior **Kauanoë Vanderpoel** a NCAA Championships provisional qualifying mark in the men's hammer, placing third at L&C with a mark of 186 feet, 9 inches. The mark is sixth best in Division II this season and is No. 16 on the GNAC All-Time List.
- The Saints earned a top-three sweep in the women's javelin at L&C. Junior **Deanna Avalos** won with a mark of 133 feet, 7 inches. Senior **Kathryn Walker** was second with a mark of 130 feet, 4 inches and sophomore **Jona Spiller** was third in 128 feet, 8 inches.
- Saint Martin's women were ranked No. 24 in the first USTFCCCA Division II Outdoor Computer Rankings of the season, but have dropped out since that time.

## SEATTLE PACIFIC



- Seattle Pacific honored its legendary former head coach with three NCAA Championships provisional qualifiers and seven individual event victories at the Doris Heritage Distance Festival.
- Junior **Chynna Phan** won the women's 800 meters in a time of 2:12.94. The time is a NCAA provisional qualifier and is third best in the GNAC and 12th in Division II.
- Senior **Sammi Markham** earned a provisional qualifying mark in the women's javelin as she won the event with a mark of 139 feet. That ranks 13th in Division II this season. Markham also placed second in the shot put with a mark of 39 feet, 4.5 inches.
- Junior **Mary Charleson** earned a provisional qualifying mark in the women's 1,500 meters. Her fifth place time of 4:33.58 is fourth in the GNAC and 13th in Division II this season.
- Sophomore **Geneva Lehnert** won two events, capturing the high jump with a mark of 5 feet, 2.5 inches, and the long jump with a mark of 17 feet, 8 inches. Junior **Peyton Harris** was SPU's lone individual men's winner, taking the long jump with a mark of 21 feet, 7.25 inches.
- Seattle Pacific will be in split squad mode this weekend. The Falcons' top athletes will compete at the Stanford Invitational and the San Francisco State Distance Carnival. The rest of the squad will be at the Shotwell Invitational in Tacoma, Wash.

## SIMON FRASER



- Simon Fraser opened its outdoor season at home and established seven NCAA Championships provisional qualifying marks at the Achilles Cup dual with British Columbia.
- Sophomore **Valda Kabia** was named the GNAC Women's Track Athlete of the Week after she won both sprint events. She won the 100 meters in 12.21 seconds and the 200 meters in 24.78 seconds, both of which lead the GNAC.
- Sophomore **Addy Townsend** and junior **Alana Mussatto** took the top two places in the women's 800 meters in provisional qualifying times. Townsend won in a time of 2:11.27, the seventh best time in Division II this season. Mussatto was second in 2:12.80, 11th best in Division II this season.
- Senior **Chantel Desch** won the women's 400 meters in 55.76 seconds, provisionally qualifying her for nationals. The time is eighth best in Division II.
- Junior **Paige Nock** placed third in the 1,500 meters with a time of 4:32.44. The provisional qualifying time is eighth best in Division II. Junior **Julia Howley** ran 4:33.33 in the same race, 12th best in Division II this season.
- Senior **Vladislav Tsygankov** opened his season with a lifetime best in the men's 400 meters, winning in a NCAA provisional qualifying time of 47.94 seconds. The time is tied for 10th in Division II so far this season and ranks sixth on the GNAC All-Time List. Tsygankov also won the long jump with a mark of 23 feet, 2 inches.
- Senior **Peter Behncke** provisionally qualified for nationals in the men's hammer, placing second with a mark of 176 feet, 5 inches.
- Simon Fraser split the results in its annual dual with cross-town rival British Columbia. The Clan won the women's dual by a score of 67-51. The Thunderbirds took the men's competition 63-52.
- Simon Fraser will compete all across the West Coast. The Clan will compete at the Stanford Invitational and the San Francisco State Distance Carnival and will also have athletes at the UBC Open in Vancouver, B.C.

## WESTERN OREGON



- A school record in the women's 4x400-meter relay team topped Western Oregon's efforts at the Willamette Invitational.
- The squad of **Grayson Burke, Megan Rose, Suzie Van De Grift** and **Olivia Woods** won in a time of 3:49.01, bettering the old record by two seconds.
- Senior **Nicole Maurmann** was a winner in the women's 1,500 meters in a time of 4:40.60. The performance is 10th best in WOU history and seventh best in the GNAC this season.
- Junior **AJ Holmberg** was the lone WOU men's event winner as he took the 800 meters in a time of 1:53.02. The performance is the best in the GNAC this season. Senior **Aaron Whitaker** placed second in the 400 meters with a time of 48.80 seconds.
- The quartet that won the men's indoor distance medley relay made its outdoor debut. Holmberg, **Dustin Nading, David Ribich** and **Josh Dempsey** finished second in the 4x400-meter relay with a time of 3:23.23.
- The WOU men also had a pair of second place finishes in the jumps. Freshman **Alani Troutman** placed second in the long jump with a mark of 22 feet, 5.25 inches, and freshman **Kolton Koenig-Rohde** was runner-up in the triple jump in 43 feet, 3.75 inches.
- Western Oregon will be in the Bay Area this weekend, competing in the Stanford Invitational and the San Francisco State Distance Carnival.

# Around The GNAC

## WESTERN WASHINGTON



• A sweep of the men's pole vault and NCAA Championships provisional qualifying marks for seniors **Brandon Pless** and **Brittany Grant** led Western Washington's efforts at the Doris Heritage Distance Festival.

• Pless placed second in the shot put with a provisional qualifying mark of 52 feet, 5.5 inches. The mark is 22nd in

Division II this season and 10th on the GNAC All-Time List. Pless also placed second in the hammer with a mark of 173 feet, 8 inches. The performances made Pless the GNAC Men's Field Athlete of the Week.

• Grant notched a provisional qualifying mark in the women's 1,500 meters as she placed fourth with a time of 4:40.49, behind three Division I competitors from Washington. The time is second best in the GNAC and 11th in Division II this season.

• Sophomore **Adam Thomas** won the men's pole vault with a mark of 14 feet, 11 inches. Senior **Gordie Kordas** was second at 14 feet, 5.25 inches and senior **Jacob Hino** was third at 13 feet, 11.25 inches.

• Junior **Isaac Derline** was a winner in the men's 5,000 meters, winning by 24 seconds in a time of 14:50.17. He led a top-three sweep for the Vikings in the event.

• In the women's sprints, sophomore **Savannah Smith** was second in the 400 meters in a time of 58.70 seconds and sophomore **Emily Systema** placed third in 59.60 seconds.

• Freshman **Sophia Galvez** won the women's section of a mixed 10,000 meters race, running the fastest time in the GNAC this season at 38:27.78. Junior **Alexandra Laiblin** was second in a time of 39:25.33.

• Western Washington will split its squad this weekend, sending athletes to both the Stanford Invitational and the San Francisco State Distance Carnival in the Bay Area and to the Shotwell Invitational in Tacoma, Wash.

## GNAC Outdoor Championships/National Qualifying Standards

MEN			EVENT	WOMEN		
GNAC	NCAA Prov.	NCAA Auto		GNAC	NCAA Prov.	NCAA Auto.
10.99	10.61	10.31	<b>100 Meters</b>	12.47	11.99	11.54
22.27	21.50	20.70	<b>200 Meters</b>	25.59	24.53	23.60
49.04	47.94	46.56	<b>400 Meters</b>	57.88	55.98	53.50
1:54.19	1:52.33	1:49.00	<b>800 Meters</b>	2:14.28	2:13.33	2:07.50
3:54.86	3:51.68	3:45.65	<b>1,500 Meters</b>	4:33.30	4:34.00	4:23.50
14:56.91	14:37.45	13:57.77	<b>5,000 Meters</b>	16:50.38	17:21.38	16:25.35
31:28.02	31:00.00	29:15.09	<b>10,000 Meters</b>	37:08.97	36:56.20	34:33.97
15.24	14.50	13.90	<b>110/100m Hurdles</b>	14.85	14.30	13.30
54.84	53.48	50.50	<b>400m Hurdles</b>	1:05.11	1:02.40	58.95
9:22.09	9:17.00	8:52.70	<b>Steeplechase</b>	11:13.04	11:05.00	10:21.33
1.96 / 6-5	2.03 / 6-8	2.17 / 7-1.5	<b>High Jump</b>	1.62 / 5-3.75	1.68 / 5-6	1.77 / 5-9.75
4.36 / 14-3.5	4.76 / 15-7.25	5.20 / 17-0.75	<b>Pole Vault</b>	3.23 / 10-7	3.61 / 11-10	4.00 / 13-1.5
6.89 / 22-7.25	7.22 / 23-8.25	7.65 / 25-1.25	<b>Long Jump</b>	5.43 / 17-9.75	5.76 / 18-10.75	6.15 / 20-2.25
13.93 / 45-8.5	14.56 / 47-9.25	15.77 / 51-9	<b>Triple Jump</b>	11.42 / 37-5.25	11.75 / 38-6.75	12.70 / 41-8
14.98 / 49-1.75	15.95 / 52-4	18.39 / 60-4	<b>Shot Put</b>	12.82 / 42-0.75	13.53 / 44-4.75	15.73 / 51-7.25
46.20 / 151-7	49.35 / 161-11	55.60 / 182-5	<b>Discus</b>	40.34 / 132-4	44.90 / 147-4	49.90 / 163-8
50.50 / 165-8	53.60 / 175-10	66.00 / 216-6	<b>Hammer</b>	46.45 / 152-4	52.00 / 170-7	59.05 / 193-8
59.10 / 193-11	58.34 / 191-5	67.10 / 220-2	<b>Javelin</b>	41.56 / 136-4	40.37 / 132-5	48.50 / 159-1
6,075	6,202	7,100	<b>Dec./Hep.</b>	4,381	4,442	5,180
NA	41.12	40.16	<b>4x100 Relay</b>	NA	47.00	45.36
NA	3:14.02	3:09.02	<b>4x400 Relay</b>	NA	3:48.72	3:40.96

**GNAC Championships:** The top-20 performers as listed in TFRRS will qualify for the championship meet in addition to any performers who meet the GNAC standard.

# GNAC Qualifiers For NCAA Outdoor Championships

## MEN PROVISIONAL QUALIFIERS AS OF MAR. 28, 2017

Event	Athlete	Mark	Rank	Date
<b>400 Meters</b>	Vladislav Tsygankov, SFU	47.94	T-10th	3/25/17
<b>High Jump</b>	Tevin Gladden, UAA	2.05/6-8.75	T-7th	3/17/17
<b>Shot Put</b>	Brandon Pless, WWU	15.99/52-5.5	22nd	3/25/17
<b>Discus</b>	Jakob Chamberlin, CU	50.57/165-11	9th	3/17/17
	Caleb Bridge, CU	50.39/165-4	10th	3/17/17
<b>Hammer</b>	Kauanoë Vanderpoel, SMU	56.92/186-9	16th	3/17/17
	Mitch Wilkens, SMU	55.37/181-8	23rd	3/17/17
	Armando Tafoya, CWU	55.07/180-8	25th	3/11/17
	Brandon Pless, WWU	54.98/180-4	T-27th	3/17/17
	Peter Behncke, SFU	53.78/176-5	33rd	3/24/17
<b>Javelin</b>	Alex Barry, WWU	58.66/192-5	20th	3/17/17
<b>Decathlon</b>	Travis Turner, UAA	6,761	6th	3/17/17
	David Sramek, UAA	6,381	8th	3/17/17

## WOMEN'S AUTOMATIC QUALIFIERS AS OF MAR. 28, 2017

Event	Athlete	Mark	Rank	Date
<b>Heptathlon</b>	Karolin Anders, UAA	5,180	4th	3/18/17

## WOMEN'S PROVISIONAL QUALIFIERS AS OF MAR. 28, 2017

Event	Athlete	Mark	Rank	Date
<b>400 Meters</b>	Chantel Desch, SFU	55.76	8th	3/25/17
<b>800 Meters</b>	Addy Townsend, SFU	2:11.27	7th	3/25/17
	Alana Mussatto, SFU	2:12.80	11th	3/25/17
	Chynna Phan, SPU	2:12.94	12th	3/25/17
<b>1,500 Meters</b>	Paige Nock, SFU	4:32.44	8th	3/25/17
	Brittany Grant, WWU	4:33.29	11th	3/25/17
	Julia Howley, SFU	4:33.33	12th	3/25/17
<b>100m Hurdles</b>	Mary Charleson, SPU	4:33.58	13th	3/25/17
	Mariah Vongsaveng, CWU	14.26	T-8th	3/18/17
<b>Steeplechase</b>	Brittany Grant, WWU	11:04.36	10th	3/18/17
<b>High Jump</b>	Karolin Anders, UAA	1.69/5-6.5	8th	3/17/17
	Tori Johnson, CU	1.68/5-6	T-9th	3/25/17
<b>Pole Vault</b>	Anna Paradee, WWU	3.75/12-3.5	T-6th	3/18/17
	McKenna Emmert, CWU	3.65/11-11.75	T-13th	3/18/17
<b>Triple Jump</b>	Jasmine McMullin, WWU	11.85/38-10.5	14th	3/18/17
<b>Shot Put</b>	McKenzie Warren, CU	17.26/56-7.5	1st	3/25/17
	Christina MacDonald, CU	13.97/45-10	16th	3/18/17
	McKenzie Warren, CU	47.87/157-1	6th	3/25/17
<b>Discus</b>	McKenzie Warren, CU	56.65/185-10	6th	3/17/17
<b>Hammer</b>	Christina MacDonald, CU	55.31/181-5	10th	3/17/17
	Amanda Short, WOU	45.28/148-7	1st	3/4/17
<b>Javelin</b>	Deanna Avalos, SMU	43.71/143-5	5th	3/4/17
	Jona Spiller, SMU	42.94/140-10	9th	3/4/17
	Sheila Limas De La Cruz, WOU	42.59/139-9	11th	3/4/17
	Sammi Markham, SPU	42.36/139-0	13th	3/25/17
	Claire Palmiter, SMU	41.09/134-10	19th	3/4/17
<b>Heptathlon</b>	Christina MacDonald, CU	40.72/133-7	22nd	3/25/17
	Angelique Whistocken, CWU	40.38/132-6	27th	3/11/17
	Scout Cai, SPU	4,781	7th	3/18/17

# Men's Regional & National Polls

## GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA
Mar. 21	21st
Mar. 28	—

## USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Mar. 28, 2017 (Week 2)

Rk	School	Pts.	Prev.
1.	Chico State	180.35	1
2.	Ashland	164.76	NR
3.	Texas A&M-Commerce	123.07	7
4.	Shorter	108.61	8
5.	Angelo State	103.81	4
6.	Academy of Art	100.21	2
7.	Tiffin	99.44	NR
8.	Saint Augustine's	90.89	30
9.	Texas A&M-Kingsville	87.60	6
10.	Lee (Tenn.)	79.50	11
11.	Eastern New Mexico	77.33	5
12.	Central Missouri	77.09	18
13.	Florida Tech	74.41	25
14.	Cal Poly Pomona	70.79	19
15.	Minnesota State	67.71	10
16.	Mount Olive	59.72	38
17.	Johnson C. Smith	58.19	29
18.	Shippensburg	53.29	NR
19.	Pittsburg State	50.27	12
20.	Slippery Rock	48.82	31
21.	Edinboro	45.34	20
22.	Azusa Pacific	44.84	9
23.	UC San Diego	43.15	3
24.	CSU-Pueblo	42.98	17
25.	Cal State LA	42.42	24

## USTFCCCA WEST REGION TEAM INDEX as of Mar. 28, 2017 (Week 2)

Rk	School	Pts.	Prev.
1.	Chico State	515.54	1
2.	UC San Diego	392.61	2
3.	Cal Poly Pomona	304.82	4
4.	Azusa Pacific	293.26	3
5.	Academy of Art	204.70	6
6.	Stanislaus State	190.41	7
7.	<b>Western Washington</b>	<b>171.81</b>	<b>8</b>
8.	<b>Alaska Anchorage</b>	<b>160.66</b>	<b>12</b>
9.	<b>Central Washington</b>	<b>125.13</b>	<b>11</b>
10.	<b>Concordia (Ore.)</b>	<b>125.06</b>	<b>13</b>

[View Complete Regional Index Online](#)



[Complete Poll Online](#)

# Women's Regional & National Polls

## GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	CU	SMU	SFU
Mar. 21	8th	24th	—
Mar. 28	13th	—	25th

## USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Mar. 28, 2017 (Week 2)

Rk	School	Pts.	Prev.
1.	Angelo State	180.25	1
2.	Johnson C. Smith	152.51	10
3.	Humboldt State	114.36	2
4.	Chico State	101.23	3
5.	Cal Baptist	100.27	6
6.	Minnesota State	92.24	5
7.	San Francisco St.	88.65	12
8.	Saint Augustine's	86.32	48
9.	Nova Southeastern	76.20	4
10.	Texas A&M-Kingsville	74.35	11
11.	West Texas A&M	70.50	NR
12.	UC San Diego	69.66	7
13.	<b>Concordia (Ore.)</b>	<b>66.21</b>	<b>8</b>
14.	Walsh	59.79	NR
15.	Texas A&M-Commerce	59.53	15
16.	Azusa Pacific	59.04	18
17.	Queens (N.C.)	58.86	44
18.	Cal Poly Pomona	57.17	13
19.	Chadron State	56.63	17
20.	Wayne State (Neb.)	55.99	NR
21.	Findlay	55.79	NR
22.	Academy of Art	51.86	9
23.	Shippensburg	49.34	NR
24.	Lee (Tenn.)	46.25	43
25.	<b>Simon Fraser</b>	<b>45.74</b>	<b>NR</b>

## USTFCCCA WEST REGION TEAM INDEX as of Mar. 28, 2017 (Week 2)

Rk	School	Pts.	Prev.
1.	Chico State	256.73	2
2.	UC San Diego	253.96	1
3.	Humboldt State	249.83	2
4.	Azusa Pacific	222.12	7
5.	San Francisco St.	220.82	10
6.	Academy of Art	189.78	4
7.	<b>Concordia (Ore.)</b>	<b>187.58</b>	<b>8</b>
8.	<b>Simon Fraser</b>	<b>173.52</b>	<b>8</b>
9.	<b>Seattle Pacific</b>	<b>173.47</b>	<b>6</b>
10.	Cal Baptist	168.50	11

[View Complete Regional Index Online](#)



[Complete Poll Online](#)

# GNAC Indoor Track & Field Records

## MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
200 Meters	21.3	Cody Warner, Western Oregon (2015)
400 Meters	47.80	Joel Webster, Simon Fraser (2016)
800 Meters	1:49.68	Badane Sultessa, Western Oregon (2016)
<b>Mile</b>	<b>4:02.30</b>	<b>David Ribich, Western Oregon (2017)</b>
<b>3,000 Meters</b>	<b>8:07.28</b>	<b>Dominik Notz, Alaska Anchorage (2017)</b>
5,000 Meters	13:47.73	Micah Chelimo, Alaska Anchorage (2014)
60m Hurdles	8.08	Travis Milbrandt, Western Oregon (2015)
4x400 Relay	3:12.45	Alaska Anchorage (2016)

Nicholas Taylor, Liam Lindsey, Adam Commandeur, Cody Thomas

**Distance Medley 9:40.15 Western Oregon (2017)\***

**Dustin Nading, AJ Holmberg, Josh Dempsey, David Ribich**

<b>High Jump</b>	<b>2.22/7-3.25</b>	<b>Mikel Smith, Saint Martin's (2017)</b>
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)
Shot Put	17.94/58-10.75	Cameron Neel, Western Washington (2007)
Weight Throw	18.82/61-9	Anthony Marin, Western Oregon (2007)
Heptathlon	5,508	Chris Randolph, Seattle Pacific (2006)

## MEN'S CONFERENCE MEET RECORDS

60 Meters	6.75	Alex Donigian, Western Washington (2014)
200 Meters	21.60	Cody Warner, Western Oregon (2015)
400 Meters	47.80	Joel Webster, Simon Fraser (2016)
800 Meters	1:51.49	Paul Mach, Seattle Pacific (2004)
<b>Mile</b>	<b>4:10.01</b>	<b>David Ribich, Western Oregon (2017)</b>
3,000 Meters	8:27.83	Henry Cheseto, Alaska Anchorage (2015)
5,000 Meters	14:36.06	Dominik Notz, Alaska Anchorage (2016)
60m Hurdles	8.08	Travis Milbrandt, Western Washington (2015)
<b>4x400 Relay</b>	<b>3:14.10</b>	<b>Alaska Anchorage (2017)</b>

**Liam Lindsay, Darrior Gray, Nicholas Taylor, Adam Commandeur**

Distance Medley 10:04.58 Simon Fraser (2012)

Ryan Brockerville, Stuart Ellenwood, Keir Forster, Adam Reid

<b>High Jump</b>	<b>2.21/7-3</b>	<b>Mikel Smith, Saint Martin's (2017)</b>
Pole Vault	5.16/16-11	Payton Lewis, Northwest Nazarene (2011)
Long Jump	7.38/24-2.5	Vladislav Tsygankov, Simon Fraser (2016)
<b>Triple Jump</b>	<b>15.06/49-5</b>	<b>Luke Plummer, Central Washington (2015/2017)</b>
Shot Put	17.47/57-3.75	Cameron Neel, Central Washington (2007)
Weight Throw	18.63/61-1.75	Tyler Lamott, Concordia (2016)
<b>Heptathlon</b>	<b>5,269</b>	<b>Kodiak Landis, Central Washington (2017)</b>

## CONFERENCE MEET HEPTATHLON EVENTS

60 Meters	7.07	Jaysen Yoro, Saint Martin's (2015)
Long Jump	6.83/22-5	Jake Hyde, Western Oregon (2012)
Shot Put	12.52/41-1	Geryson Kilgore, Northwest Nazarene (2012)
<b>High Jump</b>	<b>2.01/6-7</b>	<b>Micah Tranch, Northwest Nazarene (2017)</b>
<b>60m Hurdles</b>	<b>8.28</b>	<b>Travis Turner, Alaska Anchorage (2017)</b>
Pole Vault	5.05/16-6.75	Payton Lewis, Northwest Nazarene (2016)
1,000 Meters	2:43.00	Colin Alexander, Central Washington (2012)

## WOMEN - ALL MEETS

<b>60 Meters</b>	<b>7.54</b>	<b>Jamie Ashcroft, Alaska Anchorage (2017)</b>
<b>200 Meters</b>	<b>24.09</b>	<b>Jamie Ashcroft, Alaska Anchorage (2017)</b>
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:04.94	Helen Crofts, Simon Fraser (2011)
Mile	4:32.88	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:17.97	Joyce Chelimo, Alaska Anchorage (2016)
5,000 Meters	16:10.32	Joyce Chelimo, Alaska Anchorage (2016)
<b>60m Hurdles</b>	<b>8.51</b>	<b>Mariyah Vongsaveng, Central Washington (2017)</b>
4x400 Relay	3:42.44	Seattle Pacific (2016)

Jalen Tims, Lynelle Decker, Cheryl Hong, Jahzelle Ambus

Distance Medley 11:28.28 Simon Fraser (2015)

Rebecca Bassett, Monique Lisek, Paige Nock, Lindsey Butterworth

High Jump	1.77/5-9.75	Danielle Ayers-Stamper, Seattle Pacific (2005)
<b>Pole Vault</b>	<b>3.92/12-10.25</b>	<b>McKenna Emmert, Central Washington (2017)</b>
		<b>Anna Laradee, Western Washington (2017)</b>
Long Jump	5.93/19-5.5	Danielle Ayers-Stamper, Seattle Pacific (2005)
Triple Jump	12.40/40-8.25	Ashley Potter, Western Oregon (2012)
<b>Shot Put</b>	<b>17.62/57-9.75</b>	<b>McKenzie Warren, Concordia (2017)*</b>
Weight Throw	17.74/58-2.5	Kristin Hepler, Western Oregon (2004)
Pentathlon	4,007	Danielle Ayers-Stamper, Seattle Pacific (2005)

## WOMEN'S CONFERENCE MEET RECORDS

<b>60 Meters</b>	<b>7.55</b>	<b>Jamie Ashcroft, Alaska Anchorage (2017)</b>
<b>200 Meters</b>	<b>24.09</b>	<b>Jamie Ashcroft, Alaska Anchorage (2017)</b>
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:08.28	Jessica Pixler, Seattle Pacific (2010)
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)
<b>60m Hurdles</b>	<b>8.51</b>	<b>Mariyah Vongsaveng, Central Washington (2017)</b>

4x400 Relay 3:46.41 Simon Fraser (2016)

Distance Medley 11:36.32 Seattle Pacific (2010)

Kate Harline, Jennifer Pike, Jane Larson, Jessica Pixler

High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2014)
Pole Vault	3.91/12-10	Alison Silva, Northwest Nazarene (2014)
Long Jump	5.82/19-1.25	Tanya Bjornsson, Western Washington (2014)
Triple Jump	12.22/40-1.25	Jasmine McMullin, Western Washington (2016)
<b>Shot Put</b>	<b>17.02/55-10.25</b>	<b>McKenzie Warren, Concordia (2017)</b>
Weight Throw	17.63/57-10.25	Becki Duhamel, Central Washington (2015)
Pentathlon	3,761	Karolin Anders, Alaska Anchorage (2015)

## 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)
		<b>Geneva Lehnert, Seattle Pacific (2017)</b>
Shot Put	11.96/39-3	Charlene Harber, Western Oregon (2012)
Long Jump	5.68/18-7.75	Karolin Anders, Alaska Anchorage (2016)
<b>800 Meters</b>	<b>2:15.88</b>	<b>Ali Anderson, Central Washington (2017)</b>

\* - NCAA Division II record



# 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	3:43.61	David Ribich, Western Oregon (2016)
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	52.00	Shaun Ward, Alaska Anchorage (2011)
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	15.21/49-11	Justin Lawrence, Central Washington (2004)
Shot Put	18.55/60-10.5	Frank Catelli, Western Washington (2014)
Discus	54.07/177-5	Ryan Macdonald, Western Washington (2015)
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)

## DECATHLON EVENTS

100 Meters	10.90	Justin Miller, Humboldt State (2002)
Long Jump	7.31/22-11.75	Chris Randolph, Seattle Pacific (2006)
Shot Put	14.06/46-1.5	Alex Harrison, Western Washington (2010)
High Jump	2.06/6-9	Justin Peterson, Central Washington (2014)
400 Meters	48.21	Cody Thomas, Alaska Anchorage (2014)
110m Hurdles	14.82	Chris Randolph, Seattle Pacific (2006)
Discus	46.00/150-11	Chris Randolph, Seattle Pacific (2006)
Pole Vault	4.90/16-0.75	Zeb Udell, Western Oregon (2007)
Javelin	61.04/200-3	Alex Harrison, Western Washington (2012)
1,500 Meters	4:22.12	Zac Vawter, Saint Martin's (2004)

## 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)
800 Meters	1:49.31	Paul Mach, Seattle Pacific (2005)
1,500 Meters	3:49.03	Alfred Kangogo, Alaska Anchorage (2010)
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	52.23	Shaun Ward, Alaska Anchorage (2011)
Steeplechase	8:47.26	Ryan Brockerville, Simon Fraser (2012)
4x100 Relay	41.10	Central Washington (2010)
4x400 Relay	3:13.84	Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols Simon Fraser (2015)
High Jump	2.07/6-9.5	Eric Draper, Alaska Anchorage (2006)
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	15.00/49-2.5	Justin Lawrence, Central Washington (2003)
Shot Put	18.20/59-8.75	Josh Koch, Concordia (2016)
Discus	51.67/169-6	Tyler Fischer, Central Washington (2008)
Hammer	61.61/202-1	Michael Hoffman, Western Washington (2008)
Javelin	69.49/228-0	Franz Burghagen, Alaska Anchorage (2013)
Decathlon	7,201	Cody Thomas, Alaska Anchorage (2016)

## WOMEN - ALL MEETS

100 Meters	11.64	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	23.99	NyEma Sims, Seattle Pacific (2007)
400 Meters	53.56	Mary Pierce, Alaska Anchorage (2007)
800 Meters	2:02.10	Helen Crofts, Simon Fraser (2013)
1,500 Meters	4:11.06	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:35.75	Sarah Porter, Western Washington (2011)
5,000 Meters	15:44.07	Jessica Pixler, Seattle Pacific (2010)
10,000 Meters	33:14.41	Joyce Chelimo, Alaska Anchorage (2016)
100m Hurdles	13.70	Danielle Ayers-Stamper, Seattle Pacific (2005)
400m Hurdles	59.17	Haleigh Lloyd, Alaska Anchorage (2015)
Steeplechase	10:13.01	Katelyn Steen, Western Washington (2015)
4x100 Relay	46.56	Alaska Anchorage (2014)
4x400 Relay	3:42.05	Simon Fraser (2011)
High Jump	1.78/5-10	Teona Perkins, Seattle Pacific (2007)
Pole Vault	3.85/12-7.5	Karis Anderson, Western Washington (2012)
Long Jump	5.99/19-8	Stephanie Huffman, Seattle Pacific (2002)
	5.99/19-8	Ali Worthen, Seattle Pacific (2013)
Triple Jump	12.42/40-9	Ashley Potter, Western Oregon (2012)
<b>Shot Put</b>	<b>17.26/56-7.5</b>	<b>McKenzie Warren, Concordia (2017)</b>
Discus	50.52/165-9	Jessica Houston, Alaska Anchorage (2005)
<b>Hammer</b>	<b>56.65/185-10</b>	<b>McKenzie Warren, Concordia (2017)</b>
Javelin	54.18/177-9	Bethany Drake, Western Washington (2016)
Heptathlon	5,606	Danielle Ayers-Stamper, Seattle Pacific (2005)

## HEPTATHLON EVENTS

100m Hurdles	13.70	Danielle Ayers-Stamper, Seattle Pacific (2005)
High Jump	1.75/5-8.75	Danielle Ayers-Stamper, Seattle Pacific (2005)
Shot Put	13.00/42-8	Bridget Johnson, Western Oregon (2006)
200 Meters	24.78	Grace Morgan, Alaska Anchorage (2013)
Long Jump	5.99/19-8	Stephanie Huffman, Seattle Pacific (2013)
Javelin	45.21/14-84	Katie Reichert, Western Washington (2012)
800 Meters	2:12.52	Bridgette Sexton, 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	54.46	Helen Crofts, Simon Fraser (2013)
800 Meters	2:06.38	Jessica Pixler, Seattle Pacific (2010)
1,500 Meters	4:24.01	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:53.80	Jessica Pixler, Seattle Pacific (2007)
5,000 Meters	16:39.39	Sarah Porter, Western Washington (2010)
10,000 Meters	35:43.38	Joyce (Chelimo) Kipchumba, Alaska Anchorage (2014)
100m Hurdles	13.82	Danielle Ayers-Stamper, Seattle Pacific (2005)
400m Hurdles	1:00.29	Haleigh Lloyd, Alaska Anchorage (2015)
Steeplechase	10:14.15	Katelyn Steen, Western Washington (2015)
4x100 Relay	46.68	Alaska Anchorage (2014)
4x400 Relay	3:44.11	Mackenzie Harsch, Rosie Smith, Sasha Halfyard, Jamie Ashcroft Seattle Pacific (2013)
High Jump	1.77/5-9.75	Kishia Mitchell, Emily Quatier, Jasmine Johnson, McKayla Fricker Tayler Fettig, Central Washington (2016)
Pole Vault	3.83/12-6.75	Karis Anderson, Western Washington (2012)
Long Jump	5.99/19-8	Ali Worthen, Seattle Pacific (2013)
Triple Jump	12.42/40-9	Ashley Potter, Western Oregon (2012)
Shot Put	14/04/46-0.75	Anica Knispel, Montana State Billings (2011)
Discus	46.08/151-2.5	Megan Mortensen, Western Washington (2016)
Hammer	54.51/178-10	Audrey Oswald, Humboldt State (2006)
Javelin	50.19/164-8.25	Katie Reichert, Western Washington (2016)
Heptathlon	5,390	Ali Worthen, Seattle Pacific (2013)

# 2017 GNAC Outdoor Meet Summaries

**Sat., Mar. 4**

## **Willamette Opener**

**at Charles Bowles Track, Salem, Ore.**

**Women's Team Scores:** Western Oregon 60, Corban 36, Portland 19, Willamette 17, Colorado College 9, UO Running Club 7.

**Women (Top 3 GNAC Finishers):** 100 Meters - 2, Laura Patrick, WOU, 12.61. 200 Meters - 3, Laura Patrick, WOU, 26.09. 800 Meters - 3, Rachel Bayly, WOU, 2:35.34. 100m Hurdles - 1, Sara Madden, WOU, 16:14. 400m Hurdles - 1, Sara Madden, WOU, 1:06.41; 3, Felicia Covey, WOU, 1:08.25. Long Jump - 1, Kathryn Pitts, WOU, 35-4.5. Shot Put - 1, Rachael Huffman, WOU, 42-1.75. Discus - 1, Rachael Huffman, WOU, 136-3.75; 3, Halie Korff, WOU, 122-2. Hammer - 1, Alecia Falck, WOU, 147-7.5; 3, Sylvia Dean, WOU, 139-8.25. Javelin - 1, Amanda Short, WOU, 148-7; 2, Shelia Limas De La Cruz, WOU, 139-9; 3, Jalie Korff, WOU, 131-2.25.

**Men's Team Scores:** Western Oregon 48, Portland 36, Willamette 30, Corban 27, Colorado College 19.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Codi Blodgett, WOU, 11.04; 2, Devon Fortier, WOU, 11.20. 200 Meters - 1, Aaron Whitaker, WOU, 22.65. 800 Meters - 1, Michael Chin, WOU, 1:56.99; 3, Curt Knott, WOU, 1:59.20. 110m Hurdles - 2, Harry White, WOU, 15.74. High Jump - 2, Connor Reinke, WOU, 6-2.75. Long Jump - 1, Alani Troutman, WOU, 21-11.5; 2, Jalon Fields, WOU, 20-5.75. Triple Jump - 1, Jalon Fields, WOU, 43-4.25. Shot Put - 1, Brandon Bowen, WOU, 49-7.25. Discus - 2, Kegan Allen, WOU, 134-11.25; 3, Brandon Bowen, WOU, 134-4.75. Hammer - 1, Kegan Allen, WOU, 139-2.

## **Ed Boitano Invitational**

**at Baker Stadium, Tacoma, Wash.**

**Women (Top 3 GNAC Finishers):** 200 Meters - 1, Grace Hamre, SMU, 26.05. 400 Meters - 2, Grace Hamre, SMU, 59.59. 1,500 Meters - 2, Waverly Shreffler, WWU, 4:55.73; 3, Maddy Hutchison, WWU, 4:56.55. 10,000 Meters - 2, Alexandra Laiblin, WWU, 38:31.51; 3, Larissa Kolasinski, SMU, 39:39.57. 100m Hurdles - 1, Alexi Whatley, SMU, 16.08; 3, Brooke Benner, SPU, 16.17. 400m Hurdles - 1, Alexi Whatley, SMU, 1:04.06; 3, Megan Teigen, SMU, 1:06.61. Steeplechase - 1, Hailey Kettel, SPU, 11:58.06. 4x100 Relay - 1, Saint Martin's, 49.52. High Jump - 1, Tiffany Pott, SMU, 5-1; 2, Bridget Henry, WWU, 5-1; 3, Cassidy Apo, SMU, 4-11. Pole Vault - 1, Michaela Kahns, SPU, 10-11.75; 2, Ryleigh Crenshaw, SPU, 10-11.75; 3, Emma Lambert, SPU, 10-6. Long Jump - 2, Alexi Whatley, SMU, 16-8; 3, Lamea Munoz, WWU, 16-7.75. Shot Put - 1, Megan Mortensen, WWU, 39-5; 3, Megan Vernoy, SMU, 38-2.75. Discus - 1, Megan Mortensen, WWU, 137-4; 3, Megan Vernoy, SMU, 130-2. Javelin - 1, Deanna Avalos, SMU, 143-05; 2, Jona Spiller, SMU, 140-10; 3, Claire Palmiter, SMU, 134-10.

**Men (Top 3 GNAC Finishers):** 200 Meters - 3, Logan Armstrong, SMU, 23.06. 400 Meters - 3, Gibran Zaman, SMU, 52.43. 800 Meters - 3, Colton Hoggarth, WWU, 2:02.86. 1,500 Meters - 2, Keaton Spiller, WWU, 4:05.10. 10,000 Meters - 1, Peter Butler, WWU, 31:53.72. 110m Hurdles - 2, Peyton Harris, SPU, 15.68. 4x100 Relay - 1, Saint Martin's, 42.47; 3, Seattle Pacific, 45.38. 4x400 Relay - 2, Seattle Pacific, 3:24.00. High Jump - 3, Anthony Manago, SMU, 5-7. Pole Vault - 1, Jacob Hino, WWU, 14-7.25; 2, Chris Rickard, SMU, 13-1.5; 3, Craig Boyle, SMU, 12-7.5. Long Jump - 1, Jacob Ringold, WWU, 20-9.75. Triple Jump - 1, Jacob Ringold, WWU, 41-11.5. Shot Put - 1, Brandon Pless, WWU, 48-9. Discus - 1, Brandon Pless, WWU, 145-11; 2, Bryan Lee, WWU, 134-5; 3, Corbin Ferry, SMU, 133-1. Javelin - 3, Costel David, WWU, 165-5.

**Sat., Mar. 11**

## **PLU Open**

**at PLU Track, Parkland, Wash.**

**Women (Top 3 GNAC Finishers):** 100 Meters - 2, Madison Garcia, CWU, 12.56; 3, Katia Hawley, CWU, 12.77. 200 Meters - 1, Erykah Weems, CWU, 25.32; 2, Tianna Banfro, CWU, 25.59; 3, Madison Garcia, CWU, 25.61. 400 Meters - 1, Erykah Weems, CWU, 56.45; 2, Ali Anderson, CWU, 56.59; 3, Emily Bland, CWU, 58.54. 800 Meters - 2, Brenna Liebel, CWU, 2:26.92. 1,500 Meters - 1, Brenna Liebel, CWU, 4:58.42; 2, Kaitlyn McKinney, CWU, 5:04.49. 5,000 Meters - 1, Stephanie Rexus, CWU, 17:57.28; 2, Delaney Clem, CWU, 18:32.33. 4x100 Relay - 1, Central Washington, 49.00. 4x400 Relay - 1, Central Washington A, 4:10.04; 3, Central Washington B, 4:29.87. Long Jump - 2, Brooke Williams, CWU, 16-3.75; 3, Halle Irvine, CWU, 15-6.25. Discus - 1, Megan Mortensen, WWU, 136-5; 2, Samantha LaRue, CWU, 125-8. Hammer - 1, Angela Mumford, CWU, 13-61; 2, Aiyana Homer, CWU, 135-4; 3, Samantha La Rue, CWU, 134-11. Javelin - 1, Angelique Whistocken, CWU, 132-6; 2, Sayana Lombard-Chappell, CWU, 125-0.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Kyler Ooley, CWU, 10.93; 3, Garret Steuk, CWU, 11.22. 200 Meters - 3, Kyler Ooley, CWU, 22.45. 400 Meters - 1, Trevaughn Scott, CWU, 49.92; 3, Daniel Calderon, CWU, 50.87. 800 Meters - 2, Aaron Rainboth, CWU, 1:58.42. 1,500 Meters - 2, Ron Leaf, CWU, 4:03.59. 5,000 Meters - 1, Tyler Humphries, CWU, 15:44.79; 2, Josh Boston, CWU, 15:49.60; 3, Hanson Lee, CWU, 16:11.39. 10,000 Meters - 1, Matt Conrardy, CWU, 33:54.36. 4x400 Relay - 1, Central Washington, 3:29.24. Triple Jump - 2, Chris Roa, CWU, 38-7.75. Shot Put - Armando Tafoya, CWU, 49-11; 3, Alberto Tafoya, CWU, 46-8.75. Discus - 1, Brandon Pless, WWU, 152-11; 2, Armando Tafoya, CWU, 147-11; 3, Bryan Lee, WWU, 146-6. Hammer - 1, Armando Tafoya, CWU, 180-8; 2, Brandon Pless, WWU, 174-10. Javelin - 2, Griffey Lytle, CWU, 188-10.

## **Pacific Preview**

**at Hanson Stadium, Forest Grove, Ore.**

**Women (Top 3 GNAC Finishers):** Discus - 1, Rachael Huffman, WOU, 144-5; 3, Mariah Gronbach, WOU, 129-6. Hammer - 1, Alecia Falck, WOU, 147-6; 2, Sylvia Dean, WOU.

**Men (Top 3 GNAC Finishers):** Hammer - 1, Kegan Allen, WOU, 156-0.

**Fri., Mar 17 - Sat., Mar. 18**

## **Hornet Invitational**

**at Hornet Stadium, Sacramento, Calif.**

**Women (Top 3 GNAC Finishers):** Heptathlon - 1, Karolin Anders, UAA, 5,180.

**Men (Top 3 GNAC Finishers):** High Jump - 2, Tevin Gladden, UAA, 6-8.75. Decathlon - 1, Travis Turner, UAA, 6,761; 2, David Sramek, UAA, 6,381.

# 2017 GNAC Outdoor Meet Summaries

**Fri., Mar. 17 - Sat., Mar. 18**

**L&C Spring Break Open  
at Eldox Fix Track, Portland, Ore.**

**Women's Team Scores:** Oregon State 177, Western Washington 82.5, Seattle 82, Saint Martin's 81, Concordia 77, Portland 53, Linfield 32, George Fox 30.5, Mt. Hood CC 20, Northwest Christian 19, Pacific (Ore.) 17, Northwest (Wash.) 13, Lewis & Clark 13, Pacific Lutheran 13, Seattle Pacific 7, Clackamas CC 6, Central Washington 6, Western Oregon 6.

**Women (Top 3 GNAC Finishers):** 400 Meters - 3, Alexi Whatley, SMU, 59.48. 400m Hurdles - 2, Alexi Whatley, SMU, 1:04.43. Steeplechase - 1, Brittany Grant, WWU, 11:04.36; 3, Grace Knapp, WOU, 11:24.05. 4x100 Relay - 1, Western Washington, 48.71; 2, Saint Martin's, 50.46. 4x400 Relay - 2, Saint Martin's, 4:01.49. High Jump - 2, Miranda Osadchey, WWU, 5-2.5. Pole Vault - 3, Anna Paradee, WWU, 12-3.5. Long Jump - 3, Jasmine McMullin, WWU, 17-6.75. Triple Jump - 1, Jasmine McMullin, WWU, 38-10.5. Shot Put - 1, McKenzie Warren, CU, 52-11; 3, Christina MacDonald, CU, 45-10. Discus - 2, McKenzie Warren, CU, 185-3. Hammer - 1, McKenzie Warren, CU, 185-10; 2, Christina MacDonald, CU, 181-5; 3, Kirby Neale, SMU, 170-6. Javelin - 1, Deanna Avalos, SMU, 133-7; 2, Kathryn Walker, SMU, 130-4; 3, Jona Spiller, SMU, 128-8.

**Men's Team Scores:** Western Washington 137, George Fox 111, Concordia 57.5, Saint Martin's 52, Pacific Lutheran 51, Seattle 48.5, Linfield 47, Clackamas CC 44, Portland 43, Mt. Hood CC 34.5, Iron Wood TC 20, Portland State 16, Clark CC 15, Pacific (Ore.) 14.5, Lewis & Clark 14, Northwest (Wash.) 14, Central Washington 9, Brooks Beasts RC 8, Bowerman TC 4.

**Men (Top 3 GNAC Finishers):** 100 Meters - 3, Latrelle Swayne, SMU, 11.09. 800 Meters - 3, Keaton Spiller, WWU, 1:56.94. 110m Hurdles - 2, Cordell Cummings, WWU, 15.68. 400m Hurdles - 2, Andrey Gamza, CU, 56.06. 4x100 Relay - 3, Saint Martin's, 42.59. Pole Vault - 1, Adam Thomas, WWU, 15-1.5; 2, Gordie Kordas, WWU, 15-1.5. Long Jump - 1, Kevin Yates, WWU, 23-4; 3, Anthony Manago, SMU, 22-8. Triple Jump - 2, Somit Chhim, WWU, 45-6.25. Shot Put - 1, Brandon Pless, WWU, 52-1.75. Discus - 2, Jakob Chamberlain, CU, 165-11; 3, Caleb Bridge, CU, 165-4. Hammer - 3, Kauanoie Vanderpoel, SMU, 186-9. Javelin - 1, Alex Barry, WWU, 192-5; 3, Brett Elder, CU, 165-1.

**Sat., Mar. 18**

**Buc Scoring Meet  
at Boppell Track, Spokane, Wash.**

**Women (Top 3 GNAC Finishers):** 100 Meters - 2, Madison Garcia, CWU, 12.72. 200 Meters - 1, Madison Garcia, CWU, 25.56; 2, Aujanique Doss, CWU, 25.61. 100m Hurdles - 1, Mariyah Vongsaveng, CWU, 14.26; 2, Rose Walts, CWU, 15.24; 3, Emily Bland, CWU, 15.28. 400m Hurdles - 1, Emily Bland, CWU, 1:02.99; 2, Erykah Weems, CWU, 1:04.04; 3, Ali Anderson, CWU, 1:05.07. Steeplechase - 1, Kaitlyn McKinney, CWU, 12:43.88. 4x400 Relay - 1, Central Washington, 4:00.25. Pole Vault - 1, McKenna Emmert, CWU, 11-11.75.

**Men (Top 3 Finishers):** 100 Meters - 2, Kyler Ooley, CWU, 11.05. 200 Meters - 2, Kyler Ooley, 23.08. 400 Meters - 2, Daniel Calderon, CWU, 50.76. 400m Hurdles - 1, Trevaughn Scott, CWU, 54.89. 4x400 Relay - 1, Central Washington A, 3:24.88; 3, Central Washington B, 3:38.12. Triple Jump - 1, Zach Whittaker, CWU, 47-1.75. Shot Put - 3, Armando Tafoya, CWU, 51-4.25. Discus - 1, Armando Tafoya, CWU, 161-9. Hammer - 2, Armando Tafoya, CWU, 179-1.

**Lane Preview**

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

**Women (Top 3 GNAC Finishers):** 400 Meters - 1, Laura Patrick, WOU, 1:01.52. 3,000 Meters - 1, Nicole Maurmann, WOU, 10:04.72. 100m Hurdles - 3, Sara Madden, WOU, 16.46. 400m Hurdles - 1, Sara Madden, WOU, 1:07.35. Long Jump - 2, Kathryn Pitts, WOU, 15-7.5. Triple Jump - 1, Kathryn Pitts, WOU, 35-7.25. Shot Put - 1, Rachael Huffman, WOU, 42-0.5. Discus - 1, Rachael Huffman, WOU, 135-1. Hammer - 3, Alecia Falck, WOU, 143-2.

**Men (Top 3 Finishers):** 100 Meters - 1, Codi Blodgett, WOU, 11.13; 2, Devon Fortier, WOU, 11.20. 200 Meters - 2, Codi Blodgett, WOU, 22.85; 3, Devon Fortier, WOU, 22.86. 400 Meters - 3, Cody Warner, WOU, 51.80. 800 Meters - 2, Thomas Normandeau, WOU, 1:56.86. High Jump - 1, Connor Reinke, WOU, 6-4; 2, Kolton Koenig-Rohde, WOU, 6-0. Long Jump - 3, Alani Troutman, WOU, 21-8.25. Triple Jump - 2, Kolton Koenig-Rohde, WOU, 44-7. Shot Put - 1, Brandon Bowen, WOU, 49-6.25; Logan Barker, WOU, 42-3.25. Discus - 1, Brandon Bowen, WOU, 131-9. Hammer - 1, Kegan Allen, WOU, 153-11; 2, Zach Smith, WOU, 133-0; 3, Logan Barker, WOU, 120-10.

**Sat., Mar. 25**

**Doris Heritage Distance Festival  
at West Seattle Stadium, Seattle, Wash.**

**Women (Top 3 GNAC Finishers):** 200 Meters - 2, Cheryl Hong, SPU, 25.99; 3, Lani Taylor, SPU, 26.12. 400 Meters - 2, Savannah Smith, WWU, 58.70; 3, Emily Sytama, WWU, 59.60. 800 Meters - 1, Chynna Phan, SPU, 2:12.94; 2, Kate Lilly, SPU, 2:15.20. 10,000 Meters - 1, Sophia Galvez, WWU, 38:27.78; 2, Alexandra Laiblin, WWU, 39:25.53. 4x400 Relay - 1, Seattle Pacific B, 4:01.70; 2, Seattle Pacific D, 4:04.22; 3, Seattle Pacific C, 4:09.09. High Jump - 1, Geneva Lehnert, SPU, 5-2.5; 2, Bridget Henry, WWU, 5-0.5. Pole Vault - 2, Anna Paradee, WWU, 11-11.75; 3, Rachael Roberts, WWU, 11-5.75. Long Jump - 1, Geneva Lehnert, SPU, 17-8; 2, Miranda Osadchey, WWU, 17-1.5; 3, Kyra Brannan, SPU, 17-0.75. Shot Put - 2, Sammi Markham, SPU, 39-4.5. Hammer - 3, Sophia Roberts, WWU, 128-11. Javelin - 1, Sammi Markham, SPU, 139-0.

**Men (Top 3 GNAC Finishers):** 200 Meters - 1, Kodiak Landis, CWU, 22.38; 2, Justin Ramsey, SPU, 23.35; 3, Lane Mallula, WWU, 23.36. 400 Meters - 3, Justin Ramsey, SPU, 50.84. 800 Meters - 2, Jesse Phan, SPU, 1:58.08; 3, Logan Giese, WWU, 1:59.28. 5,000 Meters - 1, Isaac Derline, WWU, 14:50.17; 2, Dylan Hayes, WWU, 15:24.45; 3, Nick Mounier, WWU, 15:42.22. 10,000 Meters - 1, Lloyd Byram, SPU, 33:25.91. 4x400 Relay - 1, Seattle Pacific C, 3:33.86; 2, Seattle Pacific A, 3:37.48; 3, Seattle Pacific B, 3:37.58. High Jump - 2, Zach Telfer, SPU, 5-4.5. Pole Vault - 1, Adam Thomas, WWU, 14-11; 2, Gordon Kordas, WWU, 14-5.25; 3, Jacob Hino, WWU, 13-11.25. Long Jump - 1, Peyton Harris, SPU, 21-7.25; 3, Zane Irvine, CWU, 19-1.25. Shot Put - 2, Brandon Pless, WWU, 52-5.5. Hammer - 2, Brandon Pless, WWU, 173-8. Javelin - 1, Tyree Rutter, CWU, 185-11; 3, Griffey Lytle, CWU, 183-7.

# 2017 GNAC Outdoor Meet Summaries

## Willamette Invitational

### at Charles Bowles Track, Salem, Ore.

**Women (Top 3 GNAC Finishers):** 100 Meters - 3, Marie Ries, UAA, 12.37. 400 Meters - 3, Mary Kathleen Cross, UAA, 56.70. 800 Meters - 1, Danielle McCormick, UAA, 2:15.41; 3, Hayley Bezanson, UAA, 2:18.24. 1,500 Meters - 1, Nicole Maurmann, WOU, 4:40.60. 100m Hurdles - 2, Erykah Weems, CWU, 14.88; 3, Elena Cano, UAA, 15.02. 400m Hurdles - 2, Erykah Weems, CWU, 1:03.23; 3, Yvonne Jeschke, UAA, 1:03.92. Steeplechase - 1, Jordyn Block, UAA, 11:33.55. 4x100 Relay - 1, Alaska Anchorage, 47.40. 4x400 Relay - 1, Western Oregon, 3:49.01; 2, Alaska Anchorage A, 3:55.12; 3, Alaska Anchorage B, 4:10.21. High Jump - 1, Tori Johnson, CU, 5-6. Long Jump - 3, Karolin Anders, UAA, 18-1.75. Triple Jump - 2, Karolin Anders, UAA, 37-9.25; 3, Alexia Blalock, UAA, 37-7.25. Shot Put - 1, McKenzie Warren, CU, 56-7.75; 3, Christina MacDonald, CU, 45-4.75. Discus - 2, McKenzie Warren, CU, 157-1. Hammer - 1, McKenzie Warren, CU, 175-6.25; 2, Tasha Willing, CU, 167-11.5; 3, Christina MacDonald, CU, 164-0.5.

**Men (Top 3 GNAC Finishers):** 200 Meters - 2, Darrion Gray, UAA, 22.34. 400 Meters - 2, Aaron Whitaker, WOU, 48.80; 3, Adam Brown, CU, 49.13. 800 Meters - 1, AJ Holmberg, WOU, 1:53.02; 2, Joe Day, UAA, 1:53.35. 110m Hurdles - 2, Andrey Gamza, CU, 15.20; 3, Harry White, WOU, 15.59. 400m Hurdles - 3, Andrey Gamza, CU, 57.50. Steeplechase - 2, Kaleb Korta, UAA, 9:25.60. 4x100 Relay - 1, Alaska Anchorage, 42.37. 4x400 Relay - 1, Alaska Anchorage, 3:18.64; 2, Western Oregon, 3:23.23. High Jump - Connor Reinke, WOU, 6-1.5. Long Jump - 2, Alani Troutman, WOU, 22-5.25; 3, Tevin Gladden, UAA, 21-10.75. Triple Jump - 2, Kolton Koenig-Rohde, WOU, 43-3.75; 3, Tevin Gladden, UAA, 42-2. Shot Put - 2, Grant George, UAA, 49-10.75; 3, Brandon Bowen, WOU, 49-6.25. Discus - 1, Jakob Chamberlin, CU, 164-9.75; 2, Brett Elder, CU, 157-11.5; 3, Caleb Bridge, CU, 156-3.5. Hammer - 1, Jakob Chamberlin, CU, 175-8.25; 2, Kegan Allen, WOU, 158-4.75; 3, Caleb Bridge, CU, 144-2.5.

## Achilles Cup

### at Terry Fox Field, Burnaby, B.C.

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Valda Kabia, SFU, 12.21; 2, Katherine Lucas, SFU, 12.25; 3, Kira Pederson, SFU, 12.42. 200 Meters - 1, Valda Kabia, SFU, 24.78; 2, Katherine Lucas, SFU, 24.92; 3, Kira Pederson, 25.40. 400 Meters - 1, Chantel Desch, SFU, 55.76; 2, Sophie Dodd, SFU, 56.31. 800 Meters - 1, Addy Townsend, SFU, 2:11.27; 2, Alana Mussatto, SFU, 2:12.80. 1,500 Meters - 3, Paige Nock, SFU, 4:32.44. 4x100 Relay - 1, Simon Fraser, 47.22. 4x400 Relay - 1, Simon Fraser, 3:51.58. High Jump - 3, Mackenzie Stewart, SFU, 5-3. Long Jump - 3, Diana Voloshin, SFU, 17-8.25. Triple Jump - 1, Ella Brown, SFU, 38-6. Shot Put - 2, Mackenzie Stewart, SFU, 35-10.5. Javelin - 2, Natalie Rycroft, SFU, 102-3; 3, Mackenzie Stewart, SFU, 72-5.75.

**Men (Top 3 GNAC Finishers):** 100 Meters - 3, Nathan Mah, SFU, 11.11. 200 Meters - 2, Nathan Mah, SFU, 22.43. 400 Meters - 1, Vladislav Tsygankov, SFU, 47.94; 2, Daniel Kelloway, SFU, 48.06; 3, Hameet Dhillon, SFU, 50.73. 800 Meters - 3, Dylan Freinhofer, SFU, 1:54.07. 4x100 Relay - 3, Simon Fraser, 1:34.53. 4x400 Relay - 1, Simon Fraser, 3:16.10. Long Jump - 1, Vladislav Tsygankov, SFU, 23-2; 2, Alex Wu, SFU, 21-10.75. Triple Jump - 1, Othniel Spence, SFU, 37-1. Shot Put - 1, Nathan Kyeame, SFU, 37-1. Hammer - 2, Peter Behncke, SFU, 176-5.

## Bobcat Invitational

### at Bobcat Track & Field Complex, Bozeman, Mont.

**Women (Top 3 GNAC Finishers):** 100 Meters - 2, Katie Eastburn, MSUB, 12.86; 3, Josey Smiedala, MSUB, 13.24. 200 Meters - 3, Katie Eastburn, MSUB, 25.88. 400 Meters - 2, Miranda Livingston, MSUB, 1:07.67. 100m Hurdles - 2, Michaela Johnson, MSUB, 15.44. 400m Hurdles - 3, Janessa Williams, MSUB, 1:06.70. 4x400 Relay - 3, Montana State Billings, 4:12.99. High Jump - 3, Jamie Orme, MSUB, 4-11. Shot Put - 2, Taylor Stringari, MSUB, 37-8; 3, Hailey Steinbeisser, MSUB, 35-0.25. Discus - 2, Kassadee Kuoha, MSUB, 115-10; 3, Taylor Stringari, MSUB, 111-10.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Sam Zook, MSUB, 10.68. 200 Meters - 1, Sam Zook, MSUB, 21.61. 400 Meters - 2, Kyle McLaughlin, MSUB, 55.48; 3, Santiago De La Rosa, MSUB, 56.78. 5,000 Meters - 1, Jorey Egeland, MSUB, 15:39.53. 110m Hurdles - 2, Austin Lindquist, MSUB, 15.95. 4x400 Relay - 2, Montana State Billings, 3:43.41. High Jump - 2, Chuck Carr, MSUB, 6-4.75; 3, Isaiah Girard, MSUB, 6-4.75. Long Jump - 2, Chuck Carr, MSUB, 20-10.75; 3, Marcus Lindquist, MSUB, 20-4.25. Triple Jump - 1, Austin Lindquist, MSUB, 42-8.25. Javelin - 1, Beau Ackerman, MSUB, 179-11; 3, Forest Cross, MSUB, 118-3.

## Mon., Mar. 27 - Tues., Mar. 28

### Pacific Multis

#### at Hanson Stadium, Forest Grove, Ore.

**Women's Heptathlon:** No GNAC Finishers.

**Men's Decathlon:** 5, Giovanni Brown, CU, 5,585; 6, James Phillips, CU, 5,396.