



# gnac

## Great Northwest Athletic Conference

# TRACK & FIELD

## WEEKLY REPORT

Apr. 5, 2017 • Week 12

GNACSports.com • @GNACSports

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## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

#### Thurs., Apr. 6 - Fri., Apr. 7

Concordia, Western Oregon at John Knight Twilight, Monmouth, Ore.  
Central Washington at EWU Combined Events, Cheney, Wash.

#### Fri., Apr. 7 - Sat., Apr. 8

Central Washington, Northwest Nazarene, Saint Martin's at War IX Meet, Spokane, Wash.

#### Sat., Apr. 8

Seattle Pacific, Simon Fraser, Western Washington at Emilie Mondor Invitational, Burnaby, B.C.  
Montana State Billings at Bauer Invitational, Rapid City, S.D.

### LAST WEEK'S MEETS

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

#### San Francisco State Distance Carnival at Cox Stadium, San Francisco

**Women (Top 3 GNAC Finishers):** 100 Meters - 3, Katherine Lucas, SFU, 12.20. 200 Meters - 1, Valda Kabia, SFU, 24.69; 3, Chantel Desch, SFU, 25.13. 400 Meters - 2, Chantel Desch, SFU, 55.48. 800 Meters - 1, Danielle McCormick, UAA, 2:07.75; 2, Olivia Woods, WOU, 2:08.46; 3, Alana Mussatto, SFU, 2:08.79. Mile - 1, Julia Howley, SFU, 4:52.57; 2, Miryam Bassett, SFU, 4:54.94. 100m Hurdles - 1, Diana Voloshin, SFU, 14.03; 2, Lexi Tubbs, NNU, 14.43; 3, Kye Fedor, SFU, 14.95. 400m Hurdles - 2, Yvonne Jeschke, UAA, 1:03.13; 3, Elena Cano, UAA, 1:03.77. 4x100 Relay - 3, Alaska Anchorage, 47.79. 4x400 Relay - 1, Alaska Anchorage, 3:41.93. High Jump - 2, Katie Conklin, NNU, 5-4.5; 3, Rachel Bartlow, 5-2.5. Long Jump - 1, Jasmine McMullin, WWU, 18-8.5; 3, Kye Fedor, SFU, 18-0.5. Triple Jump - 1, Ella Brown, SFU, 38-5; 2, Jasmine McMullin, WWU, 38-1.5. Pole Vault - 3, Kourtney Gwin, NNU, 9-10.75. Shot Put - 2, Rachel Huffman, WOU, 42-11.75. Javelin - 1, Bethany Drake, WWU, 156-3; 2, Elise Snowden, NNU, 131-9; 3, Nicole Nobbs, NNU, 127-10.

**Men (Top 3 GNAC Finishers):** 100 Meters - 2, Kyler Ooley, CWU, 10.87; 3, Nathan Mah, SFU, 10.91. 200 Meters - 3, Logan Blake, NNU, 22.17. 400 Meters - 1, Daniel Kelloway, SFU, 48.17; 2, Nicholas Taylor, UAA, 48.19; 3, Adam Commandeur, UAA, 48.24. 800 Meters - 2, David Ribich, WOU, 1:49.41. 110m Hurdles - 1, Travis Turner, UAA, 14.80. 400m Hurdles - 1, Vladislav Tsygankov, SFU, 51.48. 4x100 Relay - 1, Alaska Anchorage, 42.34; 3, Northwest Nazarene, 43.08. 4x400 Relay - 1, Alaska Anchorage, 3:12.59. High Jump - 2, Connor Reinke, WOU, 6-6.25. Long Jump - 1, Alani Troutman, WOU, 23-10; 2, Vladislav Tsygankov, SFU, 23-1.25. Triple Jump - 1, Mark Seely, WWU, 45-11.75; 2, Somit Chhim, WWU, 44-7.5. Pole Vault - 1, Jared Webster, NNU, 15-1.75; 2, Zach McClanahan, NNU, 14-8; 3, Adam Thomas, WWU, 14-8. Shot Put - 1, Brandon Pless, WWU, 53-0; 2, Grant George, UAA, 49-9.25; 3, Brandon Bowen, WOU, 48-2.75.

### Stanford Invitational

#### at Stanford Stadium, Palo Alto, Calif.

**Women (Top 3 GNAC Finishers):** 1,500 Meters - Section 6 - 3, Addy Townsend, SFU, 4:28.36. 400m Hurdles - 3, Ali Anderson, CWU, 1:01.73. Shot Put (Collegiate) - 2, Aiyana Homer, CWU, 42-0.

**Men (Top 3 GNAC Finishers):** Pole Vault - 1, Payton Lewis, NNU, 17-0.75. Long Jump (Collegiate) - 2, Kodiak Landis, CWU, 22-9.25.

#### Sat., Apr. 1

### Shotwell Invitational

#### at Baker Stadium, Tacoma, Wash.

**Women's Team Scores:** Central Washington 127, Spokane CC 89.5, Western Washington 86.5, Seattle Pacific 76, Saint Martin's 70.5, Whitworth 68, Puget Sound 53, Pacific Lutheran 43.5, Olympic CC 14, Club Northwest 10, Green River CC 7, Everett CC 4, Alaska 1, Bellingham Distance Project 1.

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Kyra Brannan, SPU, 12.29; 2, Cheryl Hong, SPU, 12.41; 3, Macie Allen, WWU, 12.57. 200 Meters - 1, Grace Hamre, SMU, 25.47; 2, Tianna Banfro, CWU, 25.84; 3, Alexi Whatley, SMU, 25.96. 400 Meters - 2, Emily Sytsma, WWU, 58.86. 1,500 Meters - 2, Shawna Troupe, WWU, 4:52.65; 3, Brenna Liebel, CWU, 4:56.31. 5,000 Meters - 1, Lillianna Stelling, WWU, 17:31.90; 2, Peyton Shinnick, WWU, 17:57.37; 2, Alexandra Laiblin, WWU, 18:18.66. 100m Hurdles - 1, Tianna Banfro, CWU, 14.95; 2, Rose Walts, CWU, 15.43. 400m Hurdles - Brooke Benner, SPU, 1:04.32; 3, Emma Lambert, SPU, 1:04.79. Steeplechase - Kaitlyn McKinney, CWU, 12:16.88. 4x100 Relay - 1, Seattle Pacific, 48.11; 3, Saint Martin's, 49.42. 4x400 Relay - 1, Saint Martin's, 3:59.26. High Jump - 2, Cassidy Apo, SMU, 5-0.5; 3, Bridget Henry, WWU, 4-10.5. Pole Vault - 1, McKenna Emmert, CWU, 12-1.5; 3, Jewels Oliquiano, WWU, 10-8. Long Jump - 3, Brooke Williams, CWU, 16-6. Triple Jump - 1, Brooke Williams, CWU, 36-1.5; 2, Brooke Benner, SPU, 36-0. Shot Put - 3, Sammi Markham, CWU, 39-7. Discus - 1, Angela Mumford, CWU, 124-6; 3, Megan Vernoy, SMU, 117-8. Javelin - 2, Jona Spiller, SMU, 143-9; 3, Deanna Avalos, SMU, 143-9.

**Men's Team Scores:** Spokane CC 109, Western Washington 101, Central Washington 98, Whitworth 66, Olympic CC 59, Saint Martin's 57, Puget Sound 42, Pacific Lutheran 22, Seattle Pacific 22, Green River CC 14, Tacoma City RC 10, Club Northwest 10, Get Strong First TC 6, Alaska 3.

**Men (Top 3 GNAC Finishers):** 100 Meters - T2, Alex Taylor, WWU, 11.16. 200 Meters - 1, Jackson Hand, SMU, 22.25; 3, Latrelle Swayne, SMU, 22.73. 400 Meters - 1, Ryan McArthur, WWU, 49.40; 3, Justin Ramsey, WWU, 50.26. 800 Meters - 3, Keaton Spiller, WWU, 1:56.77. 1,500 Meters - 2, Jadon Olson, 4:03.29. 5,000 Meters - 2, Sean Eustis, 15:24.76; 3, Peter Butler, WWU, 15:28.26. 110m Hurdles - 2, Peyton Harris, SPU, 15.09; 3, Cordell Cummings, WWU, 15.33. 400m Hurdles - 1, Cordell Cummings, WWU, 55.49. Steeplechase - 1, Dylan Hayes, WWU, 9:27.86. 4x400 Relay - 1, Saint Martin's,

42.18; 2, Seattle Pacific, 44.04. 4x400 Relay - 1, Central Washington B, 3:27.49; 3, Central Washington A, 3:28.38. Pole Vault - 3, Chris Rickard, SMU, 13-7.75. Long Jump - 2, Latrelle Swayne, SMU, 21-8; 3, Anthony Manago, SMU, 21-4.25. Triple Jump - 1, Grant Scarlett, CWU, 42-2.75; 2, Nick Makrakis, WWU, 41-3.25. Shot Put - 2, Aidan Cain, CWU, 47-1. Discus - 2, Alberto Tafoya, CWU, 134-1; 3, Aidan Cain, CWU, 129-1.

### Linfield Jenn Boyman Memorial Invitational at Maxwell Field, McMinnville, Ore.

**Women (Top 3 GNAC Finishers):** Shot Put - 1, McKenzie Warren, CU, 54-1.25; 2, Christina MacDonald, 45-6.5; 3, Tasha Willing, CU, 43-0.5. Discus - 1, McKenzie Warren, CU, 169-3; 3, Tasha Willing, CU, 128-9. Hammer - 1, McKenzie Warren, CU, 176-8; 2, Tasha Willing, CU, 174-10; 3, Christina MacDonald, CU, 172-9. Javelin - 3, Christina MacDonald, CU, 123-8.

**Men (Top 3 GNAC Finishers):** 100 Meters - 3, Glen Felix, CU, 11.51. 800 Meters - 1, Ethan Livermore, CU, 1:55.53. 400m Hurdles - 2, Robert Bierly, CU, 59.02. 4x400 Relay - 2, Concordia, 3:32.99. Triple Jump - 2, Jimmy Wheeler, CU, 42-11.5. Shot Put - 2, Caleb Bridge, CU, 51-7; 3, Cyrius Vea, CU, 51-2.25. Discus - 1, Jakob Chamberlin, CU, 165-0; 2, Brett Elder, CU, 153-1. Hammer - 2, Joe Denniston, CU, 168-3; 3, Jakob Chamberlin, CU, 165-7.

#### Sat., Apr. 1 - Sun., Apr. 2

### UBC Open

#### at Dhillon Track, Vancouver, B.C.

**Women (Top 3 GNAC Finishers):** 200 Meters - 3, Natasha Friedmann, SFU, 26.69.

**Men (Top 3 GNAC Finishers):** Hammer - 2, Peter Behncke, SFU, 172-7.

#### Sun., Apr. 2

### Joe Benich Invitational

#### at Nottingham Field, Greeley, Colo.

**Women's Team Scores:** Northern Colorado 186, Colorado State 169.5, Chadron State 103.5, Black Hills State 101, Colorado 36, Wyoming 25, Montana State Billings 20.

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

**Men's Team Scores:** Colorado State 137, Chadron State 135, Northern Colorado 114, Black Hills State 109, Montana State Billings 58, Colorado 52, Wyoming 49.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Sam Zook, MSUB, 10.46. 200 Meters - 2, Sam Zook, MSUB, 21.48. Steeplechase - 2, Jorey Egeland, MSUB, 9:38.91. Javelin - 1, Beau Ackerman, MSUB, 180-9.

# GNAC Track & Field Athletes of the Week



## MEN'S TRACK

**David Ribich, Western Oregon  
Junior • Enterprise, Ore.**

Ribich ran a NCAA Championships automatic qualifier in the 1,500 meters at the Stanford Invitational, finishing the race's second section in a time of 3:43.77. The time is the best in Division II this season by three seconds and just short of Ribich's GNAC record. The junior also placed second in the 800 meters at the San Francisco Distance Carnival.

His time of 1:49.91 is a NCAA Championships provisional qualifier, is third best in Division II this season and places Ribich sixth on the GNAC all-time list.

**Also Nominated:** Jackson Hand (Saint Martin's), Sam Zook (Montana State Billings), Ebu Camara (Northwest Nazarene), Glen Felix (Concordia).



## WOMEN'S TRACK

**Danielle McCormick, Alaska Anchorage  
Sophomore • Soldotna, Alaska**

McCormick broke the Alaska Anchorage school record in the 800 meters, winning the event at the San Francisco State Distance Carnival with a time of 2:07.75. She broke the previous record of 2:09.34 set by Ivy O'Gwinn in 2013. The time is a NCAA Championship provisional qualifier, ranks third in Division II this season.

**Also Nominated:** Chase Stephens (Concordia), Lexi Tubbs (Northwest Nazarene), Brittany Grant (Western Washington), Olivia Woods (Western Oregon), Grace Hamre (Saint Martin's).



## MEN'S FIELD

**Payton Lewis, Northwest Nazarene  
Junior • Nampa, Idaho**

Competing outdoors for the first time this season, Lewis automatically qualified for the NCAA Championships as he won the pole vault at the Stanford Invitational with a mark of 17 feet, 0.75 inches. The mark is tied for the best in Division II this season and ties his lifetime best.

**Also Nominated:** Latrelle Swayne (Saint Martin's), Alani Troutman (Western Oregon), Beau Ackerman (Montana State Billings), Brandon Pless (Western Washington), Caleb Bridge (Concordia).



## WOMEN'S FIELD

**Bethany Drake, Western Washington  
Senior • Sandy, Ore.**

Drake opened her 2017 season by provisionally qualifying for the NCAA Championships in the javelin. She won the event at the San Francisco State Distance Carnival with a mark of 156 feet, 3 inches, which is second best in Division II this season. She also placed fifth in the invitational section of the javelin at the Stanford Invitational (only Division II

athlete in the field) with a mark of 151 feet, 11 inches.

**Also Nominated:** McKenzie Warren (Concordia), Elise Snowden (Northwest Nazarene), Rachael Huffman (Western Oregon), Jona Spiller (Saint Martin's).

## 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
Mar. 27-Apr. 2	David Ribich, WOU	Payton Lewis, NNU	Danielle McCormick, UAA	Bethany Drake, WWU

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

# Around The GNAC

## ALASKA ANCHORAGE



- A GNAC record in the women's 4x400-meter relay and a school record for **Danielle McCormick** in the women's 800 led the Seawolves' efforts at the San Francisco State Distance Carnival.

- McCormick won the women's 800 in a time of 2:07.25, breaking the previous record of 2:09.34 set by Ivy O'Brien in 2013. The mark was also a meet record, a NCAA

Championships provisional qualifier and is third in Division II this season. She was named the GNAC Women's Track Athlete of the Week.

- The 4x400-meter relay team of McCormick, **Mary Kathleen Cross**, **Hayley Bezanson** and **Vanessa Aniteye** ran a winning time of 3:41.93. That broke the GNAC record of 3:42.05 set by Simon Fraser in 2011. The time is a NCAA provisional qualifier and is second best in Division II this season.

- Senior **Dominik Notz** and junior **Edwin Kangogo** both earned provisional qualifying marks in the men's 5,000 meters. Notz ran 14:02.37, which is fifth best in Division II this season and puts Notz third on the GNAC all-time list. Kangogo ran 14:24.08, 14th best nationally.

- Sophomore **Jennah Jepchumba** set a provisional qualifying mark in the women's 10,000 meters. Her time of 36:11.04 is the fourth best time in Division II this season.

- The Seawolves also received a pair of provisional qualifiers in the steeplechase. Freshman **Christoph Sander** qualified in the men's event with a time of 9:09.94, 16th best in Division II. Junior **Mariah Burroughs** qualified in the women's event with a time of 10:39.44, 11th best in Division II.

- Alaska Anchorage's women are ranked No. 10 this week in the USTFCCA Division II Rankings while the men are ranked No. 16.

- Alaska Anchorage is off this weekend. The Seawolves return to action Apr. 13-15, competing in both the Mt. SAC Relays and the Bryan Clay Invitational.

## CENTRAL WASHINGTON



- Central Washington set a pair of school records to lead performances at the Stanford Invitational, the San Francisco State and the Shotwell Invitational.

- Three Wildcats all went under the school record in the 400-meter hurdles at Stanford. Junior **Ali Anderson** led the way with a third place time of 1:01.73. A NCAA Championships provisional qualifying time, the mark is 14th

in Division II and fifth on the GNAC all-time list. Freshman **Emily Bland** was fifth in 1:02.07, which is 19th in Division II and No. 10 on the GNAC all-time list.

- The CWU women's 4x400-meter relay team of Anderson, Bland, freshman **Erykah Weems** and senior **Madison Garcia** set a school record by five seconds at Stanford with a seventh place time of 3:45.52. The time is a NCAA meet provisional qualifier and is tied for eighth best in Division II this season.

- Senior **Kodiak Landis** took second place at Stanford in the men's long jump collegiate competition with a mark of 22 feet, 9.25 inches.

- At the Shotwell Invitational, senior **Tianna Banfro** won the women's 100-meter hurdles in 14.95 seconds and she placed second in the 200 meters in 25.84 seconds.

- The Wildcats also had four field event winners at the Shotwell. Senior **McKenna Emmert** won the women's pole vault with a mark of 12 feet, 1.5 inches. Sophomore **Brooke Williams** won the women's triple jump with a mark of 36 feet, 1.5 inches and freshman **Angela Mumford** won the women's discus in 124 feet, 6 inches. Freshman **Grant Scarlett** was the men's field event winner, taking the triple jump in 42 feet, 2.75 inches.

- The Wildcats' multi-event specialists will compete Thursday and Friday at the EWU Combined Events with the rest of the squad at the War IX Meet.

## CONCORDIA



- Concordia finished with five event winners and another GNAC record with performances at the Linfield Jenn Boyman Memorial Invitational in McMinnville, Ore.

- Senior **McKenzie Warren** won three events and reset the GNAC record in the women's discus. Warren set the record mark with a performance of 169 feet, 3 inches. Warren also won the shot put with a mark of 54 feet, 1.25 inches, winning

by nine feet, and the hammer with a mark of 176 feet, 8 inches. Warren leads Division II in the shot out and is ranked sixth in the hammer and 10th in the discus. She now owns GNAC outdoor records in every throwing event with the exception of the javelin.

- Freshman **Jakob Chamberlin** won the men's discus by 12 feet with a mark of 165 feet. He also placed third in the hammer with a mark of 165 feet, 7 inches.

- Senior **Ethan Livermore** was a winner in the men's 800 meters with a time of 1:55.53. Sophomore **Robert Bierly** finishes second in the 400-meter hurdles with a time of 59.02 seconds.

- Concordia also put together a second place finish in the men's 4x400-meter relay with a time of 3:32.99.

- The Concordia women dropped seven more spots to No. 20 in this week's USTFCCA Division II Rankings. The Cavaliers are the only GNAC women's team to be ranked in the top-25 each week of the 2017 season.

- Concordia will compete this weekend at Western Oregon's John Knight Twilight, which takes places Thursday and Friday in Monmouth, Ore.

## MONTANA STATE BILLINGS



- Montana State Billings picked up two men's event winners against a mix of Division I and Division II competition at the Tom Benich Invitational on Sunday in Greeley, Colo.

- Junior **Sam Zook** once again lowered his school records in the men's 100 meters and 200 meters. Zook won the 100 meters in a time of 10.46 seconds, which sits fourth on the

GNAC all-time list. The altitude converted mark of 10.49 seconds is a NCAA Championships provisional qualifier and is ninth in Division II. Zook placed second in the 200 meters in 21.48 seconds, which is ninth on the GNAC all-time list.

- Sophomore **Beau Ackerman** won the men's javelin with a mark of 180 feet, 9 inches. The mark currently ranks fourth best in the GNAC this season.

- Junior **Jorey Egeland** picked up the Yellowjackets' other top-three finish in the meet, placing second in the men's steeplechase with a time of 9:38.91, finishing four seconds behind defending national champion Jonah Theisen of Black Hills State. The altitude converted mark of 9:25.49 ranks third best in the GNAC this season.

- The Yellowjackets return to the track on Saturday, competing at the South Dakota Mines Bauer Invitational in Rapid City, S.D.

# Around The GNAC

## NORTHWEST NAZARENE



- Northwest Nazarene opened its outdoor season at two of the biggest meets the Crusaders will compete in this season: the Stanford Invitational and the San Francisco State Distance Carnival.
- Junior **Payton Lewis** guaranteed himself a spot at the NCAA Championships with an automatic qualifying mark in the men's pole vault. Lewis won at Stanford by matching his lifetime best of 17 feet, 0.75 inches. The mark ties him for first in Division II this season with Central Missouri's Cole Phillips. The effort earned Lewis selection as the GNAC Men's Field Athlete of the Week.
- Senior **Ebu Camara** broke NNU's 30-year-old record in the men's 400 meters, finishing 13th at Stanford with a time of 48.46 seconds. That broke the previous school record of 48.61 seconds set by Mike Gilbert in 1987. Camara also ran the top time in the GNAC this season in the 200 meters with a time of 21.61 seconds.
- Junior **Lexi Tubbs** finished second in the women's 100-meter hurdles at San Francisco State with a time of 14.43 seconds. The performance is third best in the GNAC this season. Senior **Micah Spatz** ran the GNAC's third fastest time this season in the men's 110-meter hurdles in 15.11 seconds at SF State.
- Freshman **Elise Snowden** and sophomore **Nicole Nobbs** finished second and third, respectively, at SF State in the women's javelin, just missing NCAA provisional qualifying marks. Snowden finished with a throw of 131 feet, 9 inches, while Nobbs finished at 127 feet, 10 inches.
- Northwest Nazarene will travel north to compete this weekend in Spokane at the War IX Meet.

## SAINT MARTIN'S



- A school record in the women's 4x100-meter relay team and a win for sophomore **Jackson Hand** in the men's 200 meters led Saint Martin's efforts at the Shotwell Invitational in Tacoma, Wash.
- The relay team of **Grace Hamre**, **Artresa Nickelsen**, **Kiernan Hawthorne** and **Alexi Whatley** finished third with a time of 49.42 seconds.
- Hand won the men's 200 meters in a time of 22.25 seconds, which ties him for fourth best in the GNAC this season. Senior **Latrelle Swayne** placed third with a time of 22.73 seconds. Swayne also had a second place finish in the long jump with a mark of 21 feet, 8 inches.
- Swayne and Hand coupled with seniors **Gibran Zaman** and **Mikel Smith** to win the men's 4x100-meter relay in 42.18 seconds. The time is currently the best in the GNAC this season.
- Sophomore **Jona Spiller** and junior **Deanna Avalos** improved their NCAA provisional qualifying marks in the women's javelin. Spiller placed second with a mark of 143 feet, 9 inches (43.82 meters), which ranks 10th in Division II. Avalos placed third, also at 143 feet, 9 inches (43.81 meters), which ranks 11th in Division II.
- Hamre won the women's 200 meters with a time of 25.47 seconds, which is the eighth best time in the GNAC this season.
- The Saints return to action this weekend, competing at the War IX Meet in Spokane on Friday and Saturday.

## SEATTLE PACIFIC



- Another NCAA Championships provisional qualifier for junior **Mary Charleson** and an event win for senior **Kyra Brannan** led Seattle Pacific's efforts at the San Francisco State Distance Carnival and the Shotwell Invitational.
- Charleson was the No. 2 Division II athlete in the women's 5,000 meters at SF State, finishing with a time of 16:59.29. The time is the best in the GNAC this season and tied for 10th in Division II. She was the only SPU athlete to compete in California.
- Brannan won the women's 100 meters at the Shotwell Invitational, which ranks third in the GNAC season. Earlier in the meet, Brannan joined **Becca Houk**, **Olivia Gabriel** and **Cheryl Hong** to win the 4x100-meter relay in 48.11 seconds, the third best time in the GNAC this season.
- Junior **Peyton Harris** took second at Shotwell in the 110-meter hurdles in 15.09 seconds, which ranks second in the GNAC this season. He then teamed with **Shayne Carpenter**, **Justin Ramsey** and **David Choi** to place third in the 4x100-meter relay at 44.04 seconds.
- Freshman **Brooke Benner** placed second in the women's triple jump with a mark of 36 feet. Senior **Sammi Markham** finished third in the women's shot put with a mark of 39 feet, 7 inches.
- Seattle Pacific will head north to compete this weekend, taking part in the Emilie Mondor Invitational at Simon Fraser on Saturday.

## SIMON FRASER



- Simon Fraser posted or improved seven NCAA Championships and set a GNAC record at the Stanford Invitational and the San Francisco State Distance Carnival.
- Senior **Vladislav Tsygankov** led the way as he set the GNAC record in the men's 400-meter hurdles in his first ever race in the event. He won at the SF State with a time of 51.48 seconds, bettering the mark of 52 seconds set by Alaska Anchorage's Shaun Ward in 2011. The time is a NCAA Championships provisional qualifier and is seventh in Division II this season. Tsygankov also placed second in the long jump at 23 feet, 1.25 inches.
- Sophomore **Addy Townsend** added a provisional qualifying mark in the women's 800 meters at Stanford, placing 14th in 2:08.39. That is 10th on the GNAC all-time list and sixth in Division II this season. Townsend also improved her provisional mark in the 1,500 meters with a time of 4:28.36 that ranks fifth in Division II.
- Junior **Alana Mussatto** improved her lifetime best in the women's 800 meters with a time of 2:08.79, which is eighth best in Division II. Junior **Paige Nock** is now 10th best in Division II in the 800 with a time of 2:09.17.
- Townsend was one of three SFU athletes to earn provisional qualifying marks in the women's 1,500 meters at Stanford. Junior **Julia Howley** is 11th in the nation with her time of 4:30.89 while junior **Miryam Bassett** is 19th with her time of 4:33.09.
- Senior **Chantel Desch** improved her GNAC best mark in the women's 400 meters. Her time of 55.48 at San Francisco State is No. 6 on the GNAC all-time list. Freshman **Diana Voloshin** earned a provisional qualifier in the 100-meter hurdles with a time of 14.93, which ranks her No. 3 on the GNAC all-time list.
- Simon Fraser reunites the squad for the second and final home meet of the season, hosting the Emilie Mondor Invitational on Saturday.

# Around The GNAC

## WESTERN OREGON



• One school record and seven NCAA Championships provisional qualifying marks highlighted Western Oregon's efforts at the San Francisco State Distance Carnival, Stanford Invitational and the Shotwell Invitational.

• Junior **David Ribich** was named the GNAC Men's Track Athlete of the Week after he automatically qualified for the

NCAA meet in the 1,500 meters at Stanford with a Division II leading time of 3:43.77. Ribich also provisionally qualified in the 800 meters at SF State with a time of 1:49.41, fourth on the GNAC all-time list and third in Division II this season.

• Sophomore **Olivia Woods** and junior **Megan Rose** both ran provisional qualifying mark in the women's 800 meters at SF State. Woods finished second and set a WOU record with a time of 2:08.46, seventh best in Division II. Rose was fourth in a time of 2:09.13, ninth best in Division II.

• Freshman **Alani Troutman** earned a provisional qualifier in the men's long jump at SF State. He won with a mark of 23 feet, 10 inches, tying him for 16th in Division II and No. 10 on the GNAC all-time list.

• Sophomore **Dustin Nading** notched a provisional qualifying mark in the men's 1,500 meters at Stanford. His time of 3:50.45 is 14th best in Division II. Junior **Suzie Van De Grift** provisionally qualified in the women's 1,500 at Stanford. Her time of 4:31.95 is 15th in Division II.

• Western Oregon enjoys a home meet this weekend, hosting the John Knight Twilight on Thursday and Friday.

## WESTERN WASHINGTON



• Two top marks in the throws led Western Washington's efforts as the Vikings competed at the San Francisco State Distance Carnival, the Stanford Invitational and the Shotwell Invitational.

• Competing in her first meet of the season, senior **Bethany Drake** provisionally qualified for nationals in the women's javelin. She won the event at SF State with a mark of 156 feet, 3 inches, which ranks second in Division II. She threw 151 feet, 11 inches, the day before at Stanford. The effort earned Drake selection as the GNAC Women's Field Athlete of the Week.

• Junior **Brandon Pless** improved his provisional qualifying mark in the men's shot put at SF State. His winning mark of 53 feet is 22nd in Division II, No. 3 on the WWU all-time list and No. 7 on the GNAC all-time list.

• Senior **Brittany Grant** improved her provisional qualifying mark in the women's steeplechase at SF State with a time of 10:32.60, moving her to eighth in Division II this season.

• Sophomore Anna Paradee tied for fifth place in the women's pole vault at Stanford with a clearance of 12 feet, 5.5 inches. The mark is sixth in Division II this season and No. 4 on the GNAC all-time list.

• Western Washington returns to competition this weekend, competing at the Emilie Mondor Invitational in Burnaby, B.C., on Saturday.

## 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	100 Meters	12.47	11.99	11.54
22.27	21.50	20.70	200 Meters	25.59	24.53	23.60
49.04	47.94	46.56	400 Meters	57.88	55.98	53.50
1:54.19	1:52.33	1:49.00	800 Meters	2:14.28	2:13.33	2:07.50
3:54.86	3:51.68	3:45.65	1,500 Meters	4:33.30	4:34.00	4:23.50
14:56.91	14:37.45	13:57.77	5,000 Meters	16:50.38	17:21.38	16:25.35
31:28.02	31:00.00	29:15.09	10,000 Meters	37:08.97	36:56.20	34:33.97
15.24	14.50	13.90	110/100m Hurdles	14.85	14.30	13.30
54.84	53.48	50.50	400m Hurdles	1:05.11	1:02.40	58.95
9:22.09	9:17.00	8:52.70	Steeplechase	11:13.04	11:05.00	10:21.33
1.96 / 6-5	2.03 / 6-8	2.17 / 7-1.5	High Jump	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	Pole Vault	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	Long Jump	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	Triple Jump	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	Shot Put	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	Discus	40.34 / 132-4	44.90 / 147-4	49.90 / 163-8
50.50 / 165-8	53.60 / 175-10	66.00 / 216-6	Hammer	46.45 / 152-4	52.00 / 170-7	59.05 / 193-8
59.10 / 193-11	58.34 / 191-5	67.10 / 220-2	Javelin	41.56 / 136-4	40.37 / 132-5	48.50 / 159-1
6,075	6,202	7,100	Dec./Hep.	4,381	4,442	5,180
NA	41.12	40.16	4x100 Relay	NA	47.00	45.36
NA	3:14.02	3:09.02	4x400 Relay	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'S AUTOMATIC QUALIFIERS AS OF APR. 3, 2017

Event	Athlete	Mark	Rank	Date
1,500 Meters	David Ribich, WOU	3:43.77	1st	3/31/17
Pole Vault	Payton Lewis, NNU	5.20/17-0.75	2nd	3/31/17

## MEN'S PROVISIONAL QUALIFIERS AS OF APR. 3, 2017

Event	Athlete	Mark	Rank	Date
100 Meters	Sam Zook, MSUB	10.49	9th	4/3/17
400 Meters	Vladislav Tsygankov, SFU	47.94	T-14th	3/25/17
800 Meters	David Ribich, WOU	1:49.41	3rd	3/31/17
1,500 Meters	Dustin Nading, WOU	3:50.45	14th	3/31/17
5,000 Meters	Dominik Notz, UAA	14:02.37	5th	3/31/17
	Edwin Kangogo, UAA	14:24.08	14th	3/31/17
400m Hurdles	Vladislav Tsygankov, SFU	51.48	4th	3/31/17
Steeplechase	Christoph Sander, UAA	9:09.94	16th	3/31/17
4x400 Relay	Alaska Anchorage	3:12.59	7th	3/31/17
High Jump	Tevin Gladden, UAA	2.05/6-8.75	T-9th	3/17/17
Long Jump	Alani Troutman, WOU	7.26/23-10	T-16th	3/31/17
Shot Put	Brandon Pless, WWU	16.15/53-00	22nd	3/31/17
Discus	<i>Jakob Chamberlin, CU</i>	<i>50.57/165-11</i>	<i>18th</i>	<i>3/17/17</i>
	<i>Caleb Bridge, CU</i>	<i>50.39/165-4</i>	<i>19th</i>	<i>3/17/17</i>
Hammer	Kauanoë Vanderpoel, SMU	56.92/186-9	21st	3/17/17
	Mitch Wilkens, SMU	55.37/181-8	30th	3/17/17
	Armando Tafoya, CWU	55.07/180-8	33rd	3/11/17
	Brandon Pless, WWU	54.98/180-4	T-35th	3/17/17
	Peter Behncke, SFU	53.78/176-5	43rd	3/24/17
Javelin	Alex Barry, WWU	58.66/192-5	26th	3/17/17
Decathlon	Travis Turner, UAA	6,761	7th	3/17/17
	David Sramek, UAA	6,381	9th	3/17/17

## WOMEN'S AUTOMATIC QUALIFIERS AS OF APR. 3, 2017

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

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

Event	Athlete	Mark	Rank	Date
400 Meters	Chantel Desch, SFU	55.48	8th	3/31/17
800 Meters	Danielle McCormick, UAA	2:07.75	3rd	3/31/17
	Addy Townsend, SFU	2:08.39	6th	3/31/17
	Olivia Woods, WOU	2:08.46	7th	3/31/17
	Alana Mussatto, SFU	2:08.79	8th	3/31/17
	Megan Rose, WOU	2:09.13	9th	3/31/17
	Paige Nock, SFU	2:09.17	10th	3/31/17
	Chynna Phan, SPU	2:12.94	23rd	3/25/17
1,500 Meters	Addy Townsend, SFU	4:28.36	5th	3/31/17
	Julia Howley, SFU	4:30.89	11th	3/31/17
	Suzie Van De Grift, WOU	4:31.95	15th	3/31/17
	Paige Nock, SFU	4:32.44	17th	3/25/17
	Miryam Bassett, SFU	4:33.09	19th	3/31/17
	Brittany Grant, WWU	4:33.29	21st	3/25/17
	Mary Charleson, SPU	4:33.58	22nd	3/25/17
5,000 Meters	Mary Charleson, SPU	16:59.29	T-10th	3/31/17
10,000 Meters	Zannah Jephchumba, UAA	36:11.04	4th	3/31/17
	Stephanie Rexus, CWU	36:45.37	14th	3/31/17
100m Hurdles	Diana Voloshin, SFU	14.03	10th	3/31/17
	Mariah Vongsaveng, CWU	14.26	T-17th	3/18/17
400m Hurdles	Ali Anderson, CWU	1:01.73	16th	3/31/17
	Emily Bland, CWU	1:02.07	19th	3/31/17
Steeplechase	Brittany Grant, WWU	10:32.60	8th	3/31/17
	Mariah Burroughs, UAA	10:38.44	11th	3/31/17
4x400 Relay	Alaska Anchorage	3:41.93	2nd	3/31/17
	Central Washington	3:45.52	T-8th	3/31/17
High Jump	Karolin Anders, UAA	1.69/5-6.5	T-14th	3/17/17
	<i>Tori Johnson, CU</i>	<i>1.68/5-6</i>	<i>T-16th</i>	<i>3/25/17</i>
Pole Vault	Anna Paradee, WWU	3.80/12-5.5	6th	3/31/17
	McKenna Emmert, CWU	3.70/12-0.75	16th	3/31/17
Triple Jump	Jasmine McMullin, WWU	11.85/38-10.5	T-20th	3/18/17
Shot Put	<i>McKenzie Warren, CU</i>	<i>17.26/56-7.5</i>	<i>1st</i>	<i>3/25/17</i>
	<i>Christina MacDonald, CU</i>	<i>13.97/45-10</i>	<i>23rd</i>	<i>3/18/17</i>
Discus	<i>McKenzie Warren, CU</i>	<i>51.59/169-3</i>	<i>6th</i>	<i>3/25/17</i>
Hammer	<i>McKenzie Warren, CU</i>	<i>56.65/185-10</i>	<i>10th</i>	<i>4/1/17</i>
	<i>Christina MacDonald, CU</i>	<i>55.31/181-5</i>	<i>13th</i>	<i>3/17/17</i>
	<i>Tasha Willing, CU</i>	<i>53.29/174-10</i>	<i>20th</i>	<i>4/1/17</i>
Javelin	Bethany Drake, WWU	47.82/156-3	2nd	3/31/17
	Amanda Short, WOU	45.28/148-7	6th	3/4/17
	Jona Spiller, SMU	43.82/143-9	10th	4/1/17
	Deanna Avalos, SMU	43.81/143-9	11th	4/1/17
	Sheila Limas De La Cruz, WOU	42.59/139-9	14th	3/4/17
	Sammi Markham, SPU	42.36/139-0	16th	3/25/17
	Claire Palmiter, SMU	41.09/134-10	24th	3/4/17
	<i>Christina MacDonald, CU</i>	<i>40.72/133-7</i>	<i>29th</i>	<i>3/25/17</i>
	Angelique Whistocken, CWU	40.38/132-6	32nd	3/11/17
Heptathlon	Scout Cai, SPU	4,781	7th	3/18/17

# Men's Regional & National Polls

## GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	WOU
Mar. 21	21st	—
Mar. 28	—	—
Apr. 4	16th	25th

## USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Apr. 4, 2017 (Week 3)

Rk	School	Pts.	Prev.
1.	Chico State	204.71	1
2.	Ashland	170.76	2
3.	Tiffin	124.11	7
4.	Texas A&M-Commerce	123.09	3
5.	Shorter	116.19	4
6.	Saint Augustine's	113.67	8
7.	Academy of Art	99.49	6
8.	Adams State	97.68	52
9.	Central Missouri	95.93	12
10.	Limestone	94.04	28
11.	Angelo State	75.02	5
12.	Lincoln (Mo.)	74.47	35
13.	Eastern New Mexico	70.71	11
14.	Texas A&M-Kingsville	68.66	9
15.	Minnesota State	65.03	15
16.	<b>Alaska Anchorage</b>	<b>62.43</b>	<b>26</b>
17.	West Texas A&M	62.09	36
18.	Mount Olive	59.02	16
19.	Shippensburg	57.51	18
20.	Fresno Pacific	56.48	NR
21.	Grand Valley State	52.56	42
22.	Pittsburg State	51.70	19
23.	Cal Poly Pomona	49.95	14
24.	Florida Tech	49.49	13
25.	<b>Western Oregon</b>	<b>47.57</b>	<b>88</b>

## USTFCCCA WEST REGION TEAM INDEX as of Apr. 4, 2017 (Week 3)

Rk	School	Pts.	Prev.
1.	Chico State	584.94	1
2.	UC San Diego	306.00	2
3.	Azusa Pacific	304.03	4
4.	Cal Poly Pomona	257.18	3
5.	<b>Alaska Anchorage</b>	<b>224.32</b>	<b>8</b>
6.	Academy of Art	202.27	5
7.	Fresno Pacific	192.73	22
8.	Stanislaus State	168.52	6
9.	<b>Western Oregon</b>	<b>147.72</b>	<b>14</b>
10.	<b>Western Washington</b>	<b>120.05</b>	<b>7</b>

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# Women's Regional & National Polls

## GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	CU	SMU	SFU
Mar. 21	—	8th	24th	—
Mar. 28	—	13th	—	25th
Apr. 4	10th	13th	—	16th

## USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS as of Apr. 4, 2017 (Week 3)

Rk	School	Pts.	Prev.
1.	West Texas A&M	176.70	11
2.	Angelo State	148.83	1
3.	Pittsburg State	135.87	51
4.	Johnson C. Smith	135.87	2
5.	Chico State	103.32	4
6.	Saint Augustine's	102.18	8
7.	Cal Baptist	93.19	5
8.	San Francisco St.	90.41	7
9.	Humboldt State	85.70	3
10.	<b>Alaska Anchorage</b>	<b>82.75</b>	<b>40</b>
11.	Western State	80.09	41
12.	Shippensburg	74.85	23
13.	Texas A&M-Kingsville	72.71	10
14.	Findlay	71.20	21
15.	Minnesota State	70.67	6
16.	<b>Simon Fraser</b>	<b>67.91</b>	<b>25</b>
17.	Academy of Art	62.42	22
18.	Grand Valley State	56.79	26
19.	Chadron State	54.29	19
20.	<b>Concordia (Ore.)</b>	<b>54.03</b>	<b>13</b>
21.	Wayne State (Neb.)	53.34	20
22.	UC San Diego	52.53	12
23.	Walsh	52.18	14
24.	Minnesota Duluth	48.50	NR
25.	Texas A&M-Commerce	45.55	15

## USTFCCCA WEST REGION TEAM INDEX as of Apr. 4, 2017 (Week 3)

Rk	School	Pts.	Prev.
1.	Chico State	289.80	1
2.	San Francisco St.	255.04	5
3.	<b>Simon Fraser</b>	<b>245.00</b>	<b>8</b>
4.	Azusa Pacific	231.11	4
5.	Humboldt State	216.02	3
6.	UC San Diego	209.00	2
7.	Academy of Art	205.53	6
8.	<b>Alaska Anchorage</b>	<b>199.97</b>	<b>11</b>
9.	<b>Concordia (Ore.)</b>	<b>189.55</b>	<b>7</b>
10.	Cal Baptist	187.20	10

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# 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)
<b>400m Hurdles</b>	<b>51.48</b>	<b>Vladislav Tsygankov, Simon Fraser (2017)</b>
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)
		Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols
4x400 Relay	3:13.84	Simon Fraser (2015)
		Stuart Ellenwood, Cameron Proceviat, Joel Webster, Daniel Kelloway
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)
<b>4x400 Relay</b>	<b>3:41.93</b>	<b>Alaska Anchorage (2017)</b>
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>
<b>Discus</b>	<b>55.31/169-3</b>	<b>McKenzie Warren, Concordia (2017)</b>
<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)
		Mackenzie Harsch, Rosie Smith, Sasha Halfyard, Jamie Ashcroft
4x400 Relay	3:44.11	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	3.83/12-6.75	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.

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

### San Francisco State Distance Carnival

#### at Cox Stadium, San Francisco

**Women (Top 3 GNAC Finishers):** 100 Meters - 3, Katherine Lucas, SFU, 12.20. 200 Meters - 1, Valda Kabia, SFU, 24.69; 3, Chantel Desch, SFU, 25.13. 400 Meters - 2, Chantel Desch, SFU, 55.48. 800 Meters - 1, Danielle McCormick, UAA, 2:07.75; 2, Olivia Woods, WOU, 2:08.46; 3, Alana Mussatto, SFU, 2:08.79. Mile - 1, Julia Howley, SFU, 4:52.57; 2, Miryam Bassett, SFU, 4:54.94. 100m Hurdles - 1, Diana Voloshin, SFU, 14.03; 2, Lexi Tubbs, NNU, 14.43; 3, Kye Fedor, SFU, 14.95. 400m Hurdles - 2, Yvonne Jeschke, UAA, 1:03.13; 3, Elena Cano, UAA, 1:03.77. 4x100 Relay - 3, Alaska Anchorage, 47.79. 4x400 Relay - 1, Alaska Anchorage, 3:41.93. High Jump - 2, Katie Conklin, NNU, 5-4.5; 3, Rachel Bartlow, 5-2.5. Long Jump - 1, Jasmine McMullin, WWU, 18-8.5; 3, Kye Fedor, SFU, 18-0.5. Triple Jump - 1, Ella Brown, SFU, 38-5; 2, Jasmine McMullin, WWU, 38-1.5. Pole Vault - 3, Kourtney Gwin, NNU, 9-10.75. Shot Put - 2, Rachel Huffman, WOU, 42-11.75. Javelin - 1, Bethany Drake, WWU, 156-3; 2, Elise Snowden, NNU, 131-9; 3, Nicole Nobbs, NNU, 127-10.

**Men (Top 3 GNAC Finishers):** 100 Meters - 2, Kyler Ooley, CWU, 10.87; 3, Nathan Mah, SFU, 10.91. 200 Meters - 3, Logan Blake, NNU, 22.17. 400 Meters - 1, Daniel Kelloway, SFU, 48.17; 2, Nicholas Taylor, UAA, 48.19; 3, Adam Commandeur, UAA, 48.24. 800 Meters - 2, David Ribich, WOU, 1:49.41. 110m Hurdles - 1, Travis Turner, UAA, 14.80. 400m Hurdles - 1, Vladislav Tsygankov, SFU, 51.48. 4x100 Relay - 1, Alaska Anchorage, 42.34; 3, Northwest Nazarene, 43.08. 4x400 Relay - 1, Alaska Anchorage, 3:12.59. High Jump - 2, Connor Reinke, WOU, 6-6.25. Long Jump - 1, Alani Troutman, WOU, 23-10; 2, Vladislav Tsygankov, SFU, 23-1.25. Triple Jump - 1, Mark Seely, WWU, 45-11.75; 2, Somit Chhim, WWU, 44-7.5. Pole Vault - 1, Jared Webster, NNU, 15-1.75; 2, Zach McClanahan, NNU, 14-8; 3, Adam Thomas, WWU, 14-8. Shot Put - 1, Brandon Pless, WWU, 53-0; 2, Grant George, UAA, 49-9.25; 3, Brandon Bowen, WOU, 48-2.75.

# 2017 GNAC Outdoor Meet Summaries

## Stanford Invitational

at Stanford Stadium, Palo Alto, Calif.

**Women (Top 3 GNAC Finishers):** 1,500 Meters - Section 6 - 3, Addy Townsend, SFU, 4:28.36. 400m Hurdles - 3, Ali Anderson, CWU, 1:01.73. Shot Put (Collegiate) - 2, Aiyana Homer, CWU, 42-0.

**Men (Top 3 GNAC Finishers):** Pole Vault - 1, Payton Lewis, NNU, 17-0.75. Long Jump (Collegiate) - 2, Kodiak Landis, CWU, 22-9.25.

Sat., Apr. 1

## Shotwell Invitational

at Baker Stadium, Tacoma, Wash.

**Women's Team Scores:** Central Washington 127, Spokane CC 89.5, Western Washington 86.5, Seattle Pacific 76, Saint Martin's 70.5, Whitworth 68, Puget Sound 53, Pacific Lutheran 43.5, Olympic CC 14, Club Northwest 10, Green River CC 7, Everett CC 4, Alaska 1, Bellingham Distance Project 1.

**Women (Top 3 GNAC Finishers):** 100 Meters - 1, Kyra Brannan, SPU, 12.29; 2, Cheryl Hong, SPU, 12.41; 3, Macie Allen, WWU, 12.57. 200 Meters - 1, Grace Hamre, SMU, 25.47; 2, Tianna Banfro, CWU, 25.84; 3, Alexi Whatley, SMU, 25.96. 400 Meters - 2, Emily Sytsma, WWU, 58.86. 1,500 Meters - 2, Shawna Troupe, WWU, 4:52.65; 3, Brenna Liebel, CWU, 4:56.31. 5,000 Meters - 1, Lillianna Stelling, WWU, 17:31.90; 2, Peyton Shinnick, WWU, 17:57.37; 2, Alexandra Laiblin, WWU, 18:18.66. 100m Hurdles - 1, Tianna Banfro, CWU, 14.95; 2, Rose Walts, CWU, 15.43. 400m Hurdles - Brooke Benner, SPU, 1:04.32; 3, Emma Lambert, SPU, 1:04.79. Steeplechase - Kaitlyn McKinney, CWU, 12:16.88. 4x100 Relay - 1, Seattle Pacific, 48.11; 3, Saint Martin's, 49.42. 4x400 Relay - 1, Saint Martin's, 3:59.26. High Jump - 2, Cassidy Apo, SMU, 5-0.5; 3, Bridget Henry, WWU, 4-10.5. Pole Vault - 1, McKenna Emmert, CWU, 12-1.5; 3, Jewels Oliquiano, WWU, 10-8. Long Jump - 3, Brooke Williams, CWU, 16-6. Triple Jump - 1, Brooke Williams, CWU, 36-1.5; 2, Brooke Benner, SPU, 36-0. Shot Put - 3, Sammi Markham, CWU, 39-7. Discus - 1, Angela Mumford, CWU, 124-6; 3, Megan Vernoy, SMU, 117-8. Javelin - 2, Jona Spiller, SMU, 143-9; 3, Deanna Avalos, SMU, 143-9.

**Men's Team Scores:** Spokane CC 109, Western Washington 101, Central Washington 98, Whitworth 66, Olympic CC 59, Saint Martin's 57, Puget Sound 42, Pacific Lutheran 22, Seattle Pacific 22, Green River CC 14, Tacoma City RC 10, Club Northwest 10, Get Strong First TC 6, Alaska 3.

**Men (Top 3 GNAC Finishers):** 100 Meters - T2, Alex Taylor, WWU, 11.16. 200 Meters - 1, Jackson Hand, SMU, 22.25; 3, Latrelle Swayne, SMU, 22.73. 400 Meters - 1, Ryan McArthur, WWU, 49.40; 3, Justin Ramsey, WWU, 50.26. 800 Meters - 3, Keaton Spiller, WWU, 1:56.77. 1,500 Meters - 2, Jadon Olson, 4:03.29. 5,000 Meters - 2, Sean Eustis, 15:24.76; 3, Peter Butler, WWU, 15:28.26. 110m Hurdles - 2, Peyton Harris, SPU, 15.09; 3, Cordell Cummings, WWU, 15.33. 400m Hurdles - 1, Cordell Cummings, WWU, 55.49. Steeplechase - 1, Dylan Hayes, WWU, 9:27.86. 4x400 Relay - 1, Saint Martin's, 42.18; 2, Seattle Pacific, 44.04. 4x400 Relay - 1, Central Washington B, 3:27.49; 3, Central Washington A, 3:28.38. Pole Vault - 3, Chris Rickard, SMU, 13-7.75. Long Jump - 2, Latrelle Swayne, SMU, 21-8; 3, Anthony Manago, SMU, 21-4.25. Triple Jump - 1, Grant Scarlett, CWU, 42-2.75; 2, Nick Makrakis, WWU, 41-3.25. Shot Put - 2, Aidan Cain, CWU, 47-1. Discus - 2, Alberto Tafoya, CWU, 134-1; 3, Aidan Cain, CWU, 129-1.

## Linfield Jenn Boyman Memorial Invitational

at Maxwell Field, McMinnville, Ore.

**Women (Top 3 GNAC Finishers):** Shot Put - 1, McKenzie Warren, CU, 54-1.25; 2, Christina MacDonald, 45-6.5; 3, Tasha Willing, CU, 43-0.5. Discus - 1, McKenzie Warren, CU, 169-3; 3, Tasha Willing, CU, 128-9. Hammer - 1, McKenzie Warren, CU, 176-8; 2, Tasha Willing, CU, 174-10; 3, Christina MacDonald, CU, 172-9. Javelin - 3, Christina MacDonald, CU, 123-8. **Men (Top 3 GNAC Finishers):** 100 Meters - 3, Glen Felix, CU, 11.51. 800 Meters - 1, Ethan Livermore, CU, 1:55.53. 400m Hurdles - 2, Robert Bierly, CU, 59.02. 4x400 Relay - 2, Concordia, 3:32.99. Triple Jump - 2, Jimmy Wheeler, CU, 42-11.5. Shot Put - 2, Caleb Bridge, CU, 51-7; 3, Cyrius Vea, CU, 51-2.25. Discus - 1, Jakob Chamberlin, CU, 165-0; 2, Brett Elder, CU, 153-1. Hammer - 2, Joe Denniston, CU, 168-3; 3, Jakob Chamberlin, CU, 165-7.

Sat., Apr. 1 - Sun., Apr. 2

## UBC Open

at Dhillon Track, Vancouver, B.C.

**Women (Top 3 GNAC Finishers):** 200 Meters - 3, Natasha Friedmann, SFU, 26.69.

**Men (Top 3 GNAC Finishers):** Hammer - 2, Peter Behncke, SFU, 172-7.

Sun., Apr. 2

## Joe Benich Invitational

at Nottingham Field, Greeley, Colo.

**Women's Team Scores:** Northern Colorado 186, Colorado State 169.5, Chadron State 103.5, Black Hills State 101, Colorado 36, Wyoming 25, Montana State Billings 20.

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

**Men's Team Scores:** Colorado State 137, Chadron State 135, Northern Colorado 114, Black Hills State 109, Montana State Billings 58, Colorado 52, Wyoming 49.

**Men (Top 3 GNAC Finishers):** 100 Meters - 1, Sam Zook, MSUB, 10.46. 200 Meters - 2, Sam Zook, MSUB, 21.48. Steeplechase - 2, Jorey Egeland, MSUB, 9:38.91. Javelin - 1, Beau Ackerman, MSUB, 180-9.