



Jan. 25, 2017 • Week 3  
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## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

**Fri., Jan. 27 - Sat., Jan. 28**  
 Alaska Anchorage, Central Washington, Concordia, Saint Martin's, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at UW Invitational, Seattle, Wash.

### LAST WEEK'S MEETS

**Fri., Jan. 20 & Sat., Jan. 21**  
**Air Force Invitational**  
 at Cadet Field House, Colorado Springs, Colo.  
**Men (Top 3 GNAC Finishers):** 60 Meters - 6, Sam Zook, MSUB, 6.90. Long Jump - 6, Austin Lindquist, MSUB, 21-10.25.

### WSU Open

at WSU Indoor Practice Facility, Pullman, Wash.  
**Women (Top 3 GNAC Finishers):** 200 Meters - Section 6 - 2, Shaddia Medows, CWU, 29.16; Section 10 - 1, Aujanique Doss, CWU, 26.79; 3, Julia Inderbitzin, CWU, 28.14; Section 11 - 2, Katia Hawley, CWU, 27.62; Section 12 - 1, Madison Garcia, CWU, 26.26. 400 Meters - Section 4 - 2, Tianna Banfro, CWU, 1:02.77; Section 5 - 1, Julia Inderbitzin, CWU, 1:01.92; 3, Mariyah Vongsaveng, CWU, 1:03.86; Section 6 - 3, Erykah Weems, CWU, 1:00.57. 800 Meters - Section 3 - 2, Ali Anderson, CWU, 2:15.99. 3,000 Meters - 1, Aleza Shindruk, CWU, 10:34.51; 2, Stephanie Rexus, CWU, 10:38.71. 60m Hurdles - 2, Mariyah Vongsaveng, CWU, 8.98. 4x400 Relay - Section 2 - 1, Central Washington A, 4:03.52; 2, Central Washington B, 4:18.30. Long Jump - Flight 3 - 3, Brooke Williams, CWU, 16-2.25. Shot Put - Flight 2 - 1, Aiyana Homer, CWU, 41-1.75; 2, Angela Mumford, CWU, 40-0.5. Weight Throw - Flight 1 - 1, Samantha La Rue, CWU, 48-3.5; 3, Mikaela Krouse, CWU, 40-10.5; Flight 2 - 3, Aiyana Homer, CWU, 52-7.25.

**Men (Top 3 GNAC Finishers):** 800 Meters - Section 2 - 2, Darren Arndt, CWU, 2:05.02; Section 3 - 3, Trevaughn Scott, CWU, 1:58.14. 3,000 Meters - Section 2 - 2, Kaleb Javier, CWU, 9:33.33. 4x400 Relay - Section 1 - 1, Central Washington, 3:32.75. Long Jump - Flight 2 - 3, Zach Whittaker, CWU, 20-3; Flight 4 - 2, Luke Plummer, CWU, 22-9. Triple Jump - Flight 2 - 2, Luke Plummer, CWU, 47-1.5. Shot Put - Flight 2 - 3, Armando Tafoya, CWU, 49-7.75.

### Sat., Jan. 21

**Bronco Invitational**  
 at Jackson's Track, Nampa, Idaho  
**Women (Top 3 GNAC Finishers):** 60m Hurdles - Prelims - 3, Lexi Tubbs, NNU, 8.89. Triple Jump - 3, Rachel Siltman, CU, 37-6.75. Shot Put - 1, McKenzie Warren, CU, 57-7. Weight Throw - 2, Christina MacDonald, CU, 56-1; 3, McKenzie Warren, CU, 54-1.  
**Men (Top 3 GNAC Finishers):** 3,000 Meters - 3, Godfrey Kemboi, NNU, 8:57.27. High Jump - 1, Cole Hoberg, NNU, 6-9.75. Pole Vault - 2, Payton Lewis, NNU, 16-2.75; 3, Jared Webster, NNU, 15-9. Shot Put - 3, Cyrius Vea, CU, 48-10.25.

### Dave Little Alumni Mile

at Don Young Center, Spearfish, S.D.

**Women (Top 3 GNAC Finishers):** 400 Meters - 1, Josey Smiedala, MSUB, 1:01.60. 60m Hurdles - 1, Michaela Johnson, MSUB, 9.15. High Jump - 2, Jamie Orme, MSUB, 5-0.25. Long Jump - 2, Brenna Beckett, MSUB, 15-6.25; 3, Shaniah Schwend, MSUB, 15-2.25. Triple Jump - 2, Brenna Beckett, MSUB, 34-4. Shot Put - 3, Taylor Stringari, MSUB, 35-1.75.  
**Men (Top 3 GNAC Finishers):** 60 Meters - Tie 2, Kaelyn Shay, MSUB, 7.18. 400 Meters - 3, Nathan Vandersby, MSUB, 53.42. 3,000 Meters - 2, Garrett Love, MSUB, 8:58.87. High Jump - 2, Chuck Carr, MSUB, 6-8. 3, Isaiah Girard, MSUB, 6-6.

## #GNACTF in 140 @GNACSports

**#AmongTheBest** Concordia's **McKenzie Warren** had the second best indoor women's shot put mark in Division II history, 57 feet, 7 inches, at the Bronco Invitational. The performance was two centimeters short of the Division II record and earned the senior her second USTFCCCA Women's Athlete of the Week award.

**#RecordBreakers** Three Montana State Billings' athletes smashed school records over the weekend. **Sam Zook** broke his own record in the men's 60 meters, **Chuck Carr** broke a 45-year-old record in the men's high jump and **Michaela Johnson** broke the school mark in the women's 60 meters.

**#CrusaderRecord** Northwest Nazarene's **Cole Hoberg** also set a school record with his mark of 6 feet. 9.75 inches in the men's high jump at the Bronco Invitational.

**#Qualified** A total of 30 GNAC athletes have provisional qualifying marks for the NCAA Division II Indoor Track and Field Championships.

## Get Social

### Twitter Accounts/Hashtags For GNAC Track & Field Programs

GNAC	@GNACSports	#GNACTF
Alaska Anchorage	@UAASeawolves	#UAASeawolves
Cent. Washington	@CWUathletics	#CWUWildcats
Concordia	@gocugo	#gocugof
MSU Billings	@MSUBSports	#MSUBTF
NW Nazarene	@NNUSports	#GoNNUCrusaders
Saint Martin's	@SMUSaints	#SaintsAlive
Seattle Pacific	@SPUFalcons	
Simon Fraser	@SFUClan	
W. Oregon	@WOUWolves	#NCAAeh
W. Washington	@WWUathletics	#WOUHOO
		#GoViks



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# GNAC Track & Field Athletes of the Week



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

For the second week in a row, Zook broke his own school record in the 60 meters, placing sixth in the event at the Air Force Invitational in a time of 6.90 seconds. The time is second best in the GNAC this season and No. 8 in GNAC history.

**Also Nominated:** Logan Blake (Northwest Nazarene).



**WOMEN'S TRACK**  
**Ali Anderson, Central Washington**  
 Junior • Camano Island, Wash.

Anderson ran the fastest time in the GNAC this season in the 800 meters, placing second in the third section at the WSU Open in a time of 2:15.99. The performance is a NCAA Championships provisional qualifier and is the 12th best in Division II this season. Anderson, a multi-event specialist, also tied for second in her flight of the long jump with a mark

of 17 feet, 4.5 inches.

**Also Nominated:** Lexi Tubbs (Northwest Nazarene).



**MEN'S FIELD**  
**Cole Hoberg, Northwest Nazarene**  
 Senior • Pririe City, Ore.

Hoberg was one of two GNAC athletes this week to set a school record in the men's high jump. Hoberg won the high jump at the Bronco Invitational with a clearance of 6 feet, 9.75 inches. In addition to the school record, Hoberg claimed a NCAA Championships provisional qualifier and tied for the fourth best mark in GNAC history. Hoberg's performance ties

him for seventh in the GNAC this season.

**Also Nominated:** Chuck Carr (Montana State Billings), Jared Webster (Northwest Nazarene), James Phillips (Concordia).



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

Warren finished just two centimeters short of the NCAA Division II record in the shot put, winning the event at the Bronco Invitational with a mark of 57 feet, 7 inches. The performance is also a GNAC record. Warren won the event, which was dominated by Division I competition, by eight feet. Warren also placed third in the weight throw with a mark of 54 feet, 1 inches.

**Also Nominated:** Michaela Johnson (Montana State Billings), Kawena Warren (Northwest Nazarene).

## 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

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

## GNAC Indoor Track & Field Championships



Fri., Feb. 17 & Sat., Feb. 18  
**Jacksons Indoor Complex, Ford Idaho Center**  
 Nampa, Idaho

Visit the [GNAC Indoor Track & Field Championships Page](#) for additional event information and the event schedule.

### Qualifying Procedures

There are no minimum qualifying standards for athletes for the GNAC Indoor Track & Field Championships. Coaches may enter up to 25 athletes per gender in an unlimited number of events. Institutions may enter one team per gender in relay events.

# Around The GNAC

## ALASKA ANCHORAGE



- Alaska Anchorage did not compete last weekend. The Seawolves return to action this weekend at the UW Invitational in Seattle. The Seawolves opened their 2017 indoor track schedule at the UW Preview on Jan. 14.
- Senior **Joe Day** currently owns the fifth fastest time in Division II this season in the men's 800 meters, having run 1:52.07 at the UW Preview.
- Senior **Dominik Notz** opened the year by placing 11th in the competitive third section of the men's 3,000 meters at the UW Preview. His time of 8:14.19 is a NCAA Championships provisional qualifier and sixth fastest in Division II this season.
- The Seawolves have two provisional qualifiers in the 400 meters. Senior **Adam Commandeur** ran 48.60 seconds in the men's 400 at the UW Preview, which is 23rd best in Division II. Senior **Mary Kathleen Cross** is 16th in Division II after she ran 56.86 seconds in the women's 400.
- Senior **Jamie Ashcroft** leads the GNAC and is 17th in Division II in the women's 200 meters after running a time of 25.02 seconds at the UW Preview. She also ran 7.74 seconds in the preliminaries of the 60 meters, the second best time in the conference to date.
- Sophomore **Danielle McCormick** is No. 2 in the GNAC in the women's 800 meters after running a time of 2:15.68 at the UW Preview. Junior **Tamara Perez** is third, having run a time of 2:16.63.

## CENTRAL WASHINGTON



- In their first full squad meet of the season, Central Washington posted three GNAC season bests and a pair of provisional qualifiers at the WSU Open in Pullman, Wash.
- Junior **Ali Anderson** was named the GNAC Women's Track Athlete of the Week after she hit a NCAA Championships provisional qualifying mark in the 800 meters. Her time of 2:15.99 leads the GNAC and is 12th in Division II. Anderson also placed second in her flight of the long jump with a mark of 17 feet, 4.5 inches.
- Sophomore **Mariyah Vongsaveng** notched a provisional qualifier in the 60-meter hurdles, placing second in a time of 8.98 seconds. The time is tops in the GNAC this season and ties her for 25th in Division II.
- Senior **Armando Tafoya** posted the GNAC's top mark this season in men's weight throw, placing fourth in his flight with a mark of 54 feet, 1.25 inches. Tafoya also placed third in his section of the shot put. His mark of 49 feet, 7.75 inches is second best in the GNAC.
- Event winners at the WSU Open include sophomore **Alexa Shindruk** in the women's 3,000 meters (10:34.51) and the men's 4x400-meter relay (3:32.75). **Stephanie Rexus** placed second in the women's 3,000 in 10:38.71.
- The Wildcats also received section victories from sophomore **Aujanique Doss** in the women's 200 meters (26.79), sophomore **Julia Inderbitzin** in the women's 400 (1:01.92) and junior **Aiyana Homer** in the women's shot put (41-1.75).
- Central Washington is back on the track this weekend, taking part in the UW Invitational.

## CONCORDIA



- Concordia notched three GNAC bests and a near Division II record at the Bronco Invitational in Nampa, Idaho.
- Senior **McKenzie Warren** was named the GNAC Women's Field Athlete of the Week and USTFCCA Women's Indoor Athlete of the Week for the second straight week after a near national record performance. Warren won the shot put with a mark of 57 feet, 7 inches (17.55m). The performance just missed the NCAA Division II record of 17.57m set by Andriane Blewitt of Ashland in 2003. The mark is also third best in all NCAA divisions this season. Warren also placed third in the weight throw with a mark of 54 feet, 1 inch, second best this in the GNAC in 2017.
- Senior **Christina MacDonald** improved her GNAC best in the women's weight throw, placing second with a mark of 56 feet, 1 inch. The mark is No. 4 in GNAC history and 23rd in Division II this season.
- The Cavaliers took the top-two spots in the women's triple jump. Senior **Rachel Siltman** took the GNAC lead with a mark of 37 feet, 5.75 inches. The mark placed third in the competition. Freshman **Chase Stephens** placed fourth in the competition and is second in the GNAC with a mark of 37 feet, 5.75 inches.
- Freshman **Adam Brown** posted the GNAC's third best mark in the men's 400 meters, tying for fourth place with a time of 22.26 seconds.
- Concordia will be among the eight teams from the GNAC competing at the UW Invitational on Friday and Saturday in Seattle.
- Concordia is in the third year of its transition to Division II member. As such, the Cavaliers are not eligible to compete at the NCAA Championships.

## MONTANA STATE BILLINGS



- Yellowjackets' athletes broke three school records and hit a NCAA Championships provisional qualifier in a pair of meets over the weekend.
- Junior **Sam Zook** broke the MSUB record in the men's 60 meters for the second straight week, placing sixth at the Air Force Invitational in a time of 6.90 seconds. The time is also second best in the GNAC this season and eighth best in conference history. The performance earned Zook selection as the GNAC Men's Track Athlete of the Week.
- Freshman **Chuck Carr** set the MSUB record in the men's high jump in just his second collegiate meet. Carr placed second in the event at the Dave Little Alumni Mile, clearing 6 feet, 8 inches. The performance is a NCAA Championships provisional qualifier, is second best in the GNAC this season and the 10th best in GNAC history.
- Freshman **Michaela Johnson** broke school record in the women's 60 meters as she clocked a time of 9.15 seconds at the Dave Little Alumni Mile, besting the previous mark of 9.31 set by Hope Reid in 2015.
- Zook was among three MSUB athletes to travel to the Division I-laden Air Force Invitational. Senior **Austin Lindquist** placed sixth in the men's long jump with a mark of 21 feet, 10.25 inches, while junior **Nels Flanagan** placed 11th in the men's shot put with a mark of 41 feet, 8.75 inches.
- Sophomore **Josey Smiedala** won the women's 400 meters at the Dave Little Alumni Mile with a time of 1:01.60. Freshman **Brenna Beckett** placed second in both the women's long jump (15-6.25) and the triple jump (34-4) and freshman **Jamie Orme** placed second in the high jump (5-0.25). Senior **Garrett Love** placed second in the men's 3,000 meters in a time of 8:58.87.
- The Yellowjackets are off this weekend. They will compete next at the Conglomerate Open on Feb. 3 and 4 in Gillette, Wyo.

# Around The GNAC

## NORTHWEST NAZARENE



- Senior **Cole Hoberg's** school record performance in the men's high jump highlighted a solid performance for Northwest Nazarene at the Bronco Invitational in Nampa, Idaho.
- Hoberg was named GNAC Men's Field Athlete of the Week after he won the high jump with a NNU school record mark of 6 feet, 9.75 inches. The mark is second best in the GNAC this season and ties for fourth in GNAC history. It is also a NCAA Championships provisional qualifying mark and ties him for seventh in Division II this season.
- Junior **Jared Webster** improved his season best mark in the men's pole vault, placing third with a mark of 15 feet, 9 inches. Webster is currently tied for 16th in Division II this season. Senior **Zach McClanahan** placed fourth with a mark of 15 feet, 3 inches.
- Junior **Lexi Tubbs** was the third fastest qualifier in the women's 60-meter hurdles with a time of 8.89 seconds, but did not compete in the finals. Senior **Taylor Deskins** placed sixth in the 60 meters with a time of 7.96 seconds and ran 7.92 in her preliminary heat.
- Junior **Payton Lewis** had a solid double, placing second in the men's pole vault with a mark of 16 feet, 2.75 inches, and finished sixth in the 60-meter hurdles in a time of 8.51 seconds (8.40 seconds in the preliminaries). Lewis currently ranks fifth in Division II in the pole vault with a clearance of 16 feet, 6.75 inches at December's Jackson's Open.
- The Crusaders will have the weekend off. They return to the Jackson's Indoor Center on Feb. 3 and 4, participating in the Jackson's Invitational.

## SAINT MARTIN'S



- Saint Martin's did not compete last weekend. The Saints return to the track this weekend at the UW Invitational.
- Senior **Mikel Smith** enters the week with the second best mark in Division II in the men's high jump. His mark of 7 feet, 0.25 inches, cleared at the December Jackson's Open, was a quarter inch off of his own GNAC record.
- Sophomore **Jackson Hand** owns the conference's best mark in the men's 200 meters, having run 21.94 seconds at the Jackson's Open. He is just short of the NCAA provisional qualifying mark of 21.83 seconds. Senior **David Durden** is third in the GNAC in the men's 60-meter hurdles with his time of 8.47 seconds at the Jackson's Open.
- Senior **Shannon Porter** enters the weekend sixth in the GNAC in the women's 3,000 meters. She opened the indoor season by running a time of 10:05.52 at the Vandal Invitational, which is two seconds off the NCAA provisional qualifying mark.
- Senior **Kirby Neale** has the third best mark in the GNAC in the women's weight throw, having netted a mark of 52 feet, 10.75 inches at the Vandal Invitational.

## SEATTLE PACIFIC



- Seattle Pacific did not compete last weekend and return to competition in their hometown on Friday and Saturday at the UW Invitational.
- Junior **Mary Charleson** enters the meet with NCAA Championships provisional qualifying marks in both the women's mile and 3,000 meters. Charleson's time of 9:48.85 in the 3,000 meters is seventh in Division II this season while her time of 4:58.95 in the mile is 13th. Senior **Sarah Macdonald** also holds a provisional mark in the 3,000 meters. Her time of 10:00.86 is 21st in Division II.
- Sophomore **Geneva Lehnert** is tied for 25th in Division II in the women's high jump. She cleared 5 feet, 5 inches in the UW Preview on Jan. 14. Senior **Kyra Brannan** is tied for 22nd in the women's long jump with her mark of 18 feet, 6.5 inches.
- Freshman **Lani Taylor** is fourth in the GNAC in the women's 400 meters with a time of 57.91 seconds while senior **Cheryl Hong** is fifth in 58.76 seconds. Senior **Becca Houk** enters with the fifth best time in the GNAC in the women's 60 meters with a time of 7.96 seconds.

## SIMON FRASER



- Simon Fraser took the weekend off from competition. The Clan returns to the track on Friday and Saturday at the UW Invitational.
- Senior **Chantel Desch** led SFU's NCAA Championships provisional qualifiers at the Jan. 14 UW Preview, placing second in her section of the women's 400 meters in a time of 56.70 seconds. The time leads the GNAC and is ninth in Division II this season.
- Senior **Daniel Kelloway** leads the GNAC in the men's 400 meters. He placed second in his section with a time of 48.46 seconds, which is 15th in Division II.
- In the distances, senior **Marc-Antoine Rouleau** ran the 15th fastest time in Division II this season in the men's 3,000 in 8:24.01. Junior **Julia Howley** has the 15th best time in the women's 3,000 as she ran 9:58.27.
- Freshman **Katherine Lucas** owns the GNAC's fastest time in the women's 60 meters, running 7.72 seconds in her first collegiate meet. The time is also seventh fastest in GNAC history. Lucas is also second in the 200 meterd with her time of 25.24 seconds.
- Junior **Paige Nock** sits No. 3 in the GNAC in the women's mile with a time of 5:05.41. Freshman **Diana Voloshin** is second in the women's 60-meter hurdles with her time of 8.86 seconds.

# Around The GNAC

## WESTERN OREGON



- Western Oregon did not compete last weekend. The Wolves return to competition this weekend at the UW Invitational.
- Junior **Josh Dempsey** enters the week No. 3 in Division II in the men's 800 meters with his time of 1:51.35 in the UW Preview. The time also ranks No. 4 in GNAC history.
- Junior **David Ribich** owns the fifth fastest time this season in Division II in the men's 3,000 meters with his time of 8:13.94 at the UW Preview. The time also ranks as the fifth fastest time in GNAC history.
- Senior **Kennedy Rufener** leads the way for WOU women's distances. Her time of 10:21.89 in the 3,000 meters is 10th best in the GNAC.
- Western Oregon's men's 4x400-meter relay enters the week second in the GNAC with a time of 3:23.25.

## WESTERN WASHINGTON



- Western Washington sat out of competition last weekend. The Vikings return to Seattle on Friday and Saturday to compete at the UW Invitational.
- The Vikings emerged with three NCAA Championships provisional qualifiers at the UW Preview. Senior **Brittany Grant** got off to a strong start with her time of 9:56.22 in the women's 3,000 meters. The NCAA provisional qualifying performance is second best in the GNAC this season and 11th in Division II.
- Sophomore **Anna Paradee** notched a NCAA provisional qualifying mark in the women's pole vault. She cleared 12 feet, 0.75 inches, which ranks 11th in Division II this season.
- Senior **Andrew Wise** also earned a provisional qualifying mark in the men's 3,000 meters. His time of 8:23.18 is third in the GNAC and 14th in Division II.
- Junior **Brandon Pless** leads the GNAC in the men's shot put with a mark of 50 feet, 5.25 inches, at the UW Preview. His mark of 53 feet, 11.25 inches in the weight throw is second best in the GNAC.
- Senior **Megan Mortensen** had the second best performance in school history in the women's weight throw with her distance of 48 feet, 6.25. She was just two inches shy of the school record. Sophomore **Sophia Roberts** had the third best performance in school history in the event at 42 feet, 7 inches.

# Men's Indoor Regional & National Polls

## GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA
Preseason	19th
Jan. 24	—

## USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS

Week 1 - Jan. 24, 2017		Pts.	Prev.
Rk	School		
1.	Ashland	207.68	6
2.	Tiffin	16.977	2
3.	Adams State	127.66	1
4.	Grand Valley State	101.15	4
5.	Texas A&M-Commerce	85.09	14
6.	Saint Augustine's	80.87	5
7.	Minnesota State	76.23	9
8.	Lincoln (Mo.)	73.50	3
9.	Azusa Pacific	72.42	8
10.	Central Missouri	67.39	27
11.	Western State	66.53	12
12.	CSU-Pueblo	64.69	64
13.	Pittsburg State	62.35	10
14.	Sioux Falls	59.68	37
15.	Findlay	53.13	11
16.	Angelo State	52.20	NR
17.	West Texas A&M	50.17	16
18.	Texas A&M-Kingsville	49.61	18
19.	Limestone	47.91	17
20.	Shorter	47.53	15
21.	Emporia State	47.07	29
22.	Hillsdale	38.72	23
23.	UC-Colorado Springs	36.00	105
24.	St. Thomas Aquinas	35.53	54
25.	Cal State LA	34.98	NR

## USTFCCCA WEST REGION TEAM INDEX

Week 1 - Jan. 24, 2017		Pts.	Prev.
Rk	School		
1.	Azusa Pacific	437.05	—
2.	<b>Northwest Nazarene</b>	<b>282.34</b>	—
3.	Academy of Art	223.96	—
4.	<b>Concordia (Ore.)</b>	<b>216.07</b>	—
5.	<b>Central Washington</b>	<b>211.35</b>	—
6.	<b>Montana State Billings</b>	<b>197.51</b>	—
7.	<b>Simon Fraser</b>	<b>157.74</b>	—
8.	<b>Alaska Anchorage</b>	<b>153.38</b>	—
9.	<b>Saint Martin's</b>	<b>128.53</b>	—
10.	<b>Western Washington</b>	<b>117.66</b>	—

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# Women's Indoor Regional & National Polls

## GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	No GNAC Teams Ranked
Preseason	No GNAC Teams Ranked
Jan. 24	

## USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS

Week 1 - Jan. 24, 2017		Pts.	Prev.
Rk	School		
1.	Grand Valley St.	180.10	2
2.	Pittsburg State	112.72	1
3.	Adams State	110.36	17
4.	Johnson C. Smith	103.93	5
5.	Chadron State	97.04	28
6.	Minnesota State	88.42	21
7.	Minnesota Duluth	86.40	7
8.	West Texas A&M	78.65	12
9.	Southwest Baptist	73.03	25
10.	Bellarmino	71.88	59
11.	Ashland	62.52	6
12.	Azusa Pacific	60.92	51
13.	Saint Augustine's	59.92	8
14.	Central Missouri	59.68	31
15.	Texas A&M-Kingsville	59.02	22
16.	CSU-Pueblo	53.43	33
17.	Findlay	49.28	13
18.	Lincoln (Mo.)	48.13	4
19.	American International	43.29	61
20.	Winona State	38.68	18
21.	McKendree	36.64	90
22.	St. Cloud State	34.50	58
23.	Oklahoma Baptist	33.96	NR
24.	Western State	33.16	11
25.	Eastern New Mexico	33.01	NR

## USTFCCCA WEST REGION TEAM INDEX

Week 1 - Jan. 24, 2017		Pts.	Prev.
Rk	School		
1.	Azusa Pacific	317.24	—
2.	<b>Central Washington</b>	<b>256.47</b>	—
3.	<b>Seattle Pacific</b>	<b>225.73</b>	—
4.	<b>Simon Fraser</b>	<b>220.64</b>	—
5.	<b>Concordia (Ore.)</b>	<b>209.28</b>	—
6.	Academy of Art	201.69	—
7.	<b>Alaska Anchorage</b>	<b>181.40</b>	—
8.	<b>Northwest Nazarene</b>	<b>169.83</b>	—
9.	San Francisco St.	151.46	—
10.	<b>Western Washington</b>	<b>99.96</b>	—

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# GNAC Qualifiers For NCAA Division II Indoor Championships

## MEN'S PROVISIONAL QUALIFIERS AS OF JAN. 24

Event	Athlete	Mark	Rank	Date
<b>60 Meters</b>	Kodiak Landis, CWU	6.83	T-12th	12/8/16
<b>400 Meters</b>	Daniel Kelloway, SFU	48.46	15th	1/14/17
	Adam Commandeur, UAA	48.60	23rd	1/14/17
<b>800 Meters</b>	Josh Dempsey, WOU	1:51.35	3rd	1/14/17
	Joe Day, UAA	1:52.07	5th	1/14/17
<b>3,000 Meters</b>	David Ribich, WOU	8:13.94	5th	1/14/17
	Dominik Notz, UAA	8:14.19	6th	1/14/17
	Andrew Wise, WWU	8:23.18	14th	1/14/17
	Marc Antoine-Rouleau, SFU	8:24.01	15th	1/14/17
<b>High Jump</b>	Mikel Smith, SMU	2.14/7-0.25	2nd	12/10/16
	Cole Hoberg, NNU	2.08/6-9.75	T-7th	1/21/17
<b>Pole Vault</b>	Payton Lewis, NNU	5.05/16-6.75	5th	12/10/16
	Jared Webster, NNU	4.85/15-11	T-16th	1/13/17
<b>Triple Jump</b>	Luke Plummer, CWU	14.89/48-10.25	12th	12/10/16
<b>Heptathlon</b>	Kodiak Landis, CWU	5,143	4th	12/3/16

\* - Concordia ineligible for NCAA Championships qualification. Marks shown for reference and comparison.

## WOMEN'S PROVISIONAL QUALIFIERS AS OF JAN. 14

Event	Athlete	Mark	Rank	Date
<b>200 Meters</b>	Jamie Ashcroft, UAA	25.02	17th	1/14/17
<b>400 Meters</b>	Chantel Desch, SFU	56.70	9th	1/14/17
	Mary Kathleen Cross, UAA	56.86	16th	1/14/17
<b>800 Meters</b>	Ali Anderson, CWU	2:14.44	12th	1/20/17
<b>Mile</b>	Mary Charleson, SPU	4:58.95	13th	1/14/17
<b>3,000 Meters</b>	Mary Charleson, SPU	9:48.85	7th	1/14/17
	Brittany Grant, WWU	9:56.22	11th	1/14/17
	Julia Howley, SFU	9:58.27	15th	1/14/17
	Sarah Macdonald, SPU	10:00.86	21st	1/14/17
<b>60m Hurdles</b>	Mariah Vongsaveng, CWU	8.83	T-25th	12/10/16
<b>High Jump</b>	Geneva Lehnert, SPU	1.65/5-5	T-25th	1/14/17
<b>Pole Vault</b>	McKenna Emmert, CWU	3.70/12-1.5	T-7th	12/10/16
	Anna Paradee, WWU	3.68/12-0.75	11th	1/14/17
<b>Long Jump</b>	Kyra Brannan, SPU	5.65/18-6.5	T-22nd	1/14/17
<b>Shot Put</b>	McKenzie Warren, CU	17.55/57-7	1st	1/21/17*
	Christina MacDonald, CU	13.72/45-0.25	21st	1/21/17*
<b>Weight Throw</b>	Christina MacDonald, CU	17.09/56-1	23rd	1/21/17*
	McKenzie Warren, CU	16.48/54-1	33rd	1/21/17*
<b>Pentathlon</b>	HarLee Ortega, CWU	3,311	18th	12/3/16

## National Meet Qualifying Standards

### 2017 NCAA DIVISION II INDOOR TRACK AND FIELD CHAMPIONSHIPS QUALIFYING STANDARDS

MEN		Event	WOMEN	
NCAA Automatic	NCAA Provisional		NCAA Automatic	NCAA Provisional
6.72	6.90	<b>60 Meters</b>	7.42	7.71
7.89	8.27	<b>60 Meter Hurdles</b>	8.33	8.84
21.27	21.83	<b>200 Meters</b>	24.00	25.06
47.30	48.73	<b>400 Meters</b>	54.30	57.01
1:49.24	1:53.70	<b>800 Meters</b>	2:08.93	2:15.09
4:03.36	4:12.43	<b>Mile</b>	4:47.13	5:01.11
8:03.13	8:25.06	<b>3,000 Meters</b>	9:30.44	10:03.17
14:04.40	14:44.96	<b>5,000 Meters</b>	16:35.00	17:28.78
3:11.53	3:17.50	<b>4x400 Relay</b>	3:44.43	3:51.71
9:47.05	10:07.52	<b>Distance Medley Relay</b>	11:33.60	12:10.84
2.17/7-1.5	2.03/6-8	<b>High Jump</b>	1.78/5-10	1.65/5-5
5.20/17-0.75	4.66/15-3.5	<b>Pole Vault</b>	4.05/13-3.5	3.55/11-7.75
7.60/24-11.25	7.08/23-2.75	<b>Long Jump</b>	6.10/20-0.25	5.60/18-4.5
15.47/50-9.25	14.40/47-3	<b>Triple Jump</b>	12.42/40-9	11.54/37-10.5
18.56/60-10.75	15.77/51-9	<b>Shot Put</b>	15.35/50-4.5	13.40/43-11.75
20.99/68-10.5	17.19/56-4.75	<b>Weight Throw</b>	19.44/63-9.5	16.34/53-7.5
5,330	4,650	<b>Heptathlon/Pentathlon</b>	3,875	3,285

**A Note On Qualifying:** Athletes who meet the NCAA automatic standard for an event will automatically qualify for the NCAA Division II Championships. Athletes who meet the NCAA's provisional standard will be used to fill the championships field in descending order until the maximum field size is reached. To view the complete list of qualifying standards, visit [http://www.ncaa.org/sites/default/files/2016-17TF\\_Qualifying\\_Criteria\\_20160909.pdf](http://www.ncaa.org/sites/default/files/2016-17TF_Qualifying_Criteria_20160909.pdf)

NCAA Division II Indoor Track & Field Championships: Fri., Mar. 10 & Sat., Mar. 11, Birmingham, Ala.

Top Performances Lists (TFRRS): [NCAA Division II Men](#) | [NCAA Division II Women](#) | [GNAC Men](#) | [GNAC Women](#) | [U.S./World Best Lists \(T&FN\)](#)

# 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)
Mile	4:05.21	David Ribich, Western Oregon (2016)
3,000 Meters	8:10.19	Dominik Notz, Alaska Anchorage (2016)
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	9:50.07	Western Oregon (2016)
Sam Naffziger, Aaron Whitaker, Josh Dempsey, David Ribich		
High Jump	2.15/7-0.5	Mikel Smith, Saint Martin's (2015)
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)
Mile	4:10.13	Robert Peterson, Montana St. Billings (2016)
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)
4x400 Relay	3:16.09	Alaska Anchorage (2014)
Elliott Bauer, Adam Commandeur, Bobo Camaara, Ethan Hewitt		
Distance Medley	10:04.58	Simon Fraser (2012)
Ryan Brockerville, Stuart Ellenwood, Keir Forster, Adam Reid		
High Jump	2.06/6-9	Brennan Boyes, Central Washington (2012)
		Brett Watson, Western Washington (2015)
		Andrew Galbraith, Northwest Nazarene (2015)
		Mikel Smith, Saint Martin's (2016)
Pole Vault	5.16/16-11	Payton Lewis, Northwest Nazarene (2011)
Long Jump	7.38/24-2.5	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015)
Shot Put	17.47/57-3.75	Cameron Neel, Central Washington (2007)
Weight Throw	18.63/61-1.75	Tyler Lamott, Concordia (2016)
Heptathlon	5,163	Payton Lewis, Northwest Nazarene (2016)

## 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)
High Jump	1.99/6-6	Jaysen Yoro, Saint Martin's (2015)
60m Hurdles	8.34	Travis Turner, Alaska Anchorage (2016)
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

60 Meters	7.60	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	24.25	Jamie Ashcroft, Alaska Anchorage (2015)
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)
60m Hurdles	8.53	Mailea Luquin, Seattle Pacific (2016)
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)
Pole Vault	3.91/12-10	Alison Silva, Northwest Nazarene (2014)
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>17.55/57-7</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

60 Meters	7.60	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	24.25	Jamie Ashcroft, Alaska Anchorage (2015)
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)
60m Hurdles	8.66	Danielle Ayers-Stamper, Seattle Pacific (2005)
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)
Shot Put	16.34/53-7.5	McKenzie Warren, Concordia (2016)
Weight Throw	17.63/57-10.25	Becki Duhamel, Central Washington (2015)
Pentathlon	3,761	Karolin Anders, Alaska Anchorage (2015)

## 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)
		Charlene Harber, Western Oregon (2012)
		Karolin Anders, Alaska Anchorage (2016)
		Ali Anderson, Central Washington (2016)
Shot Put	11.96/39-3	
Long Jump	5.68/18-7.75	
800 Meters	2:22.15	



# 2017 GNAC Indoor Meet Summaries

**Dec. 3, 2016**

**Candy Cane Invitational  
at Thorpe Fieldhouse, Cheney, Wash.**

**Women (Top 3 GNAC Finishers):** Pentathlon - 3, HarLee Ortega, CWU, 3,290.

**Men (Top 3 GNAC Finishers):** Heptathlon - 1, Kodiak Landis, CWU, 5,119.

**Dec. 3, 2016**

**Yellowjacker Holiday Open  
at Don Young Center, Spearfish, S.D.**

**Women (Top 3 GNAC Finishers):** 400 Meters - 2, Josey Smiedala, MSUB, 1:00.72. 60m Hurdles - 2, Michaela Johnson, MSUB, 9.36 (9.40 in prelims).

4x400 Relay - 1, Montana State Billings, 4:17.21. Long Jump - 3, Krysten Mossberg, MSUB, 15-11.5. Shot Put - 2, Hailey Steinbeisser, MSUB, 37-1.75.

**Men (Top 3 GNAC Finishers):** 3,000 Meters - 2, Jorey Egeland, MSUB, 9:04.18. 4x400 Relay - 3, Montana State Billings, 3:45.90. High Jump - 2, Chuck Carr, MSUB, 6-4.75. Long Jump - 2, Chuck Carr, MSUB, 20-4.5; 3, Marcus Lindquist, MSUB, 20-4.25.

**Dec. 10, 2016**

**Jackson's Open  
at Bozeman, Mont.**

**Women (Top 3 GNAC Finishers):** 400 Meters - 2, Grace Hamre, SMU, 1:00.06; 3, Kiernan Hawthorne, SMU, 1:00.40. Mile - 3, Bethany Danner, NNU, 5:56.15.

High Jump - 3, Rachel Miller, NNU, 5-3. Pole Vault - 1, McKenna Emmert, CWU, 12-1.5. Triple Jump - 3, HarLee Ortega, CWU, 37-4.5. Weight Throw - 3, Katrina Cryderman, NNU, 44-11.5.

**Men (Top 3 GNAC Finishers):** 60 Meters - 1, Kyler Ooley, CWU, 6.94. 200 Meters - 2, Jackson Hand, SMU, 21.94. 60m Hurdles - 2, Payton Lewis, NNU, 8.45 (8.39 in prelims); 3, David Durden, SMU, 8.47. High Jump - 1, Mikel Smith, SMU, 7-0.25; 2, Cole Hoberg, NNU, 6-8.25. Pole Vault - 1, Payton Lewis, NNU, 16-6.75; 3, Jared Webster, NNU, 15-1. Long Jump - 1, Luke Plummer, CWU, 23-2; 3, Blaine Kuntz, NNU, 22-3.5. Triple Jump - 1, Luke Plummer, CWU, 48-10.25. Weight Throw, 2, Vincent Fuafeau, SMU, 46-8.75.

**Thurs., Jan.12 - Fri., Jan. 13**

**Vandal Invitational  
at Kibbie Dome, Moscow, Idaho**

**Women (Top 3 GNAC Finishers):** 200 Meters - 1, Alexi Whatley, SMU, 26.39; 3, Grace Hamre, SMU, 26.51. 3,000 Meters - 1, Shannon Porter, SMU, 10:05.52. 4x400 Relay - 2, Saint Martin's, 4:19.86. 4x800 Relay - 1, Saint Martin's, 9:58.74. Shot Put - Tie 3rd, Aiyanna Homer, CWU, 40-0.5. Weight Throw - 2, Kirby Neale, SMU, 52-10.75. Pentathlon - 1, Ali Anderson, 3,207; 3, HarLee Ortega, CWU, 2,922.

**Men (Top 3 GNAC Finishers):** 200 Meters - 2, Logan Armstrong, SMU, 22.81; 3, Mikel Smith, SMU, 22.97. 4x800 Relay - 3, Saint Martin's, 8:52.45. Pole Vault - 3, Craig Boyle, SMU, 13-3.5. Weight Throw - Tie 2, Mitch Wilkens, SMU, 52-7.5.

**Fri., Jan. 13**

**MSU Invitational  
at Brick Breeden Fieldhouse, Bozeman, Mont.**

**Women (Top 3 GNAC Finishers):** Distance Medley Relay - 3, Montana State Billings, 12:42.95.

**Men (Top 3 GNAC Finishers):** 60 Meters - 1, Sam Zook, MSUB, 6.94; 3, Kaelen Shay, MSUB, 7.18. High Jump - 3, Chuck Carr, MSUB, 6-4.75. Long Jump - 2, Austin Lindquist, MSUB, 21-10.25. Weight Throw - 2, Nels Flanagan, MSUB, 52-4.75.

**Sat., Jan. 14**

**UW Preview  
at Dempsey Indoor Center, Seattle, Wash.**

**Women (Top 3 GNAC Finishers):** 200 Meters - Section 1 - 2, Rachel Bayly, WOU, 29.42; Section 3 - 1, Vanesse Aniteye, UAA, 25.82; Section 4 - 1, Diana Voloshin, SFU, 26.37. 400 Meters - Section 2 - 1, Emma Lambert, SPU, 1:00.96; Section 6 - 1, Cheryl Hong, SPU, 58.76. 800 Meters - Section 2 - 1, Danielle McCormick, UAA, 2:15.68; 2, Tamara Perez, UAA, 2:16.63. Mile - Section 1 - Reta Dobie, SFU, 5:23.10; Section 2 - 1, Tamara Perez, UAA, 5:12.07; Section 3 - 1, Mary Charleson, SPU, 4:58.95; 2, Paige Nock, SFU, 5:05.41. 3,000 Meters - Section 1 - 1, Kennedy Rufener, WOU, 10:21.89; Section 2 - Mary Charleson, SPU, 9:48.85. 4x400 Relay - Section 1 - 3, Western Oregon, 4:17.30; Section 2 - 2, Western Oregon, 4:00.57; Section 3 - 2, Simon Fraser, 3:58.06. High Jump - Flight 1, Tie 2, Mackenzie Stewart, SFU, 5-3. Pole Vault - Section 1 - 1, Anna Paradee, WWU, 12-0.75. Long Jump - Flight 2 - 3, Simon Fraser, 16-10; Flight 3 - 2, Kyra Brannan, SPU, 18-6.5. Triple Jump - Flight 1 - 2, Chase Stephens, CU, 36-11.75. Shot Put - Flight 1 - 2, Rachel McKinnis, CU, 40-9.5; Flight 2 - 1, McKenzie Warren, CU, 54-8. Weight Throw - Section 1 - 2, Tasha Willings, CU, 49-8.25; 3, Rachael Huffman, WOU, 46-9.5; Flight 2 - 2, Christi MacDonald, CU, 54-10; 3, McKenzie Warren, CU, 53-3.75.

**Men (Top 3 GNAC Finishers):** 200 Meters - Section 3 - 1, Daniel Remington, UAA, 22.94; Section 4 - Eric Jones, UAA, 22.96; Section 7 - 1, Darrion Gray, UAA, 22.38. 400 Meters - Section 1 - 1, Casey Parks, SFU, 53.21; Section 7 - Nicholas Taylor, UAA, 48.98. 600 Meters - Section 2 - 1, AJ Holmberg, WOU, 1:20.59. Mile - Section 1 - 1, Jordan Wilson, SFU, 4:26.22. 4x400 Relay - Section 1 - 1, Concordia, 3:24.94. Shot Put - Flight 1 - 1, Caleb Bridge, CU, 48-3.5; 2, Sam Nichols, CU, 47-9.75; 3, Cyrius Vea, CU, 47-5.75.

**Fri., Jan. 20 & Sat., Jan. 21**

**Air Force Invitational  
at Cadet Field House, Colorado Springs, Colo.**

**Men (Top GNAC Finishers):** 60 Meters - 6, Sam Zook, MSUB, 6.90. Long Jump - 6, Austin Lindquist, MSUB, 21-10.25.

**WSU Open**

**at WSU Indoor Practice Facility, Pullman, Wash.**

**Women (Top 3 GNAC Finishers):** 200 Meters - Section 6 - 2, Shaddia Medows, CWU, 29.16; Section 10 - 1, Aujanique Doss, CWU, 26.79; 3, Julia Inderbitzin, CWU, 28.14; Section 11 - 2, Katia Hawley, CWU, 27.62; Section 12 - 1, Madison Garcia, CWU, 26.26. 400 Meters - Section 4 - 2, Tianna Banfro, CWU, 1:02.77; Section 5 - 1, Julia Inderbitzin, CWU, 1:01.92; 3, Mariyah Vongsaveng, CWU, 1:03.86; Section 6 - 3, Erykah Weems, CWU, 1:00.57. 800 Meters - Section 3 - 2, Ali Anderson, CWU, 2:15.99. 3,000 Meters - 1, Aleza Shindruk, CWU, 10:34.51; 2, Stephanie Rexus, CWU, 10:38.71. 60m Hurdles - 2, Mariyah Vongsaveng, CWU, 8.98. 4x400 Relay - Section 2 - 1, Central Washington A, 4:03.52; 2, Central Washington B, 4:18.30. Long Jump - Flight 3 - 3, Brooke Williams, CWU, 16-2.25. Shot Put - Flight 2 - 1, Aiyana Homer, CWU, 41-1.75; 2, Angela Mumford, CWU, 40-0.5. Weight Throw - Flight 1 - 1, Samantha La Rue, CWU, 48-3.5; 3, Mikaela Krouse, CWU, 40-10.5; Flight 2 - 3, Aiyana Homer, CWU, 52-7.25.

**Men (Top 3 GNAC Finishers):** 800 Meters - Section 2 - 2, Darren Arndt, CWU, 2:05.02; Section 3 - 3, Trevaughn Scott, CWU, 1:58.14. 3,000 Meters - Section 2 - 2, Kaleb Javier, CWU, 9:33.33. 4x400 Relay - Section 1 - 1, Central Washington, 3:32.75. Long Jump - Flight 2 - 3, Zach Whittaker, CWU, 20-3; Flight 4 - 2, Luke Plummer, CWU, 22-9. Triple Jump - Flight 2 - 2, Luke Plummer, CWU, 47-1.5. Shot Put - Flight 2 - 3, Armando Tafoya, CWU, 49-7.75.

# 2017 GNAC Indoor Meet Summaries

**Sat., Jan. 21**

**Bronco Invitational**

**at Jackson's Track, Nampa, Idaho**

**Women (Top 3 GNAC Finishers):** 60m Hurdles - Prelims - 3, Lexi Tubbs, NNU, 8.89. Triple Jump - 3, Rachel Siltman, CU, 37-6.75. Shot Put - 1, McKenzie Warren, CU, 57-7. Weight Throw - 2, Christina MacDonald, CU, 56-1; 3, McKenzie Warren, CU, 54-1.

**Men (Top 3 GNAC Finishers):** 3,000 Meters - 3, Godfrey Kemboi, NNU, 8:57.27. High Jump - 1, Cole Hoberg, NNU, 6-9.75. Pole Vault - 2, Payton Lewis, NNU, 16-2.75; 3, Jared Webster, NNU, 15-9. Shot Put - 3, Cyrius Vea, CU, 48-10.25.

**Dave Little Alumni Mile**

**at Don Young Center, Spearfish, S.D.**

**Women (Top 3 GNAC Finishers):** 400 Meters - 1, Josey Smiedala, MSUB, 1:01.60. 60m Hurdles - 1, Michaela Johnson, MSUB, 9.15. High Jump - 2, Jamie Orme, MSUB, 5-0.25. Long Jump - 2, Brenna Beckett, MSUB, 15-6.25; 3, Shaniah Schwend, MSUB, 15-2.25. Triple Jump - 2, Brenna Beckett, MSUB, 34-4. Shot Put - 3, Taylor Stringari, MSUB, 35-1.75.

**Men (Top 3 GNAC Finishers):** 60 Meters - Tie 2, Kaelyn Shay, MSUB, 7.18. 400 Meters - 3, Nathan Vandersby, MSUB, 53.42. 3,000 Meters - 2, Garrett Love, MSUB, 8:58.87. High Jump - 2, Chuck Carr, MSUB, 6-8. 3, Isaiah Girard, MSUB, 6-6.