



Feb. 1, 2017 • Week 4  
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## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

**Fri., Feb. 3 - Sat., Feb. 4**

Central Washington, Western Washington  
at Cougar Indoor, Pullman, Wash.  
Montana State Billings at Conglomerate Open,  
Gillette, Wyo.  
Northwest Nazarene at Jackson's Invitational,  
Nampa, Idaho

**Sat., Feb. 4**

Simon Fraser at Harry Jerome Invitational,  
Richmond, B.C.

### LAST WEEK'S MEETS

**Fri., Jan. 27 Sat., Jan. 28**

**UW Invitational**

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

**Women (Top 3 GNAC Finishers):** 200 Meters - Section 2 - 3, Valda Kabia, SFU, 25.04; Section 4 - 3, Jamie Ashcroft, UAA, 24.90; Section 9 - 2, Kyra Brannan, SPU, 25.68; 3, Tianna Banfro, CWU, 26.08; Section 10 - 1, Katherine Lucas, SFU, 25.16; Section 14 - 3, Macie Allen, WWU, 26.81; Section 15 - 3, Nicole Lindsay, SFU, 26.52; Section 16 - 1, Kira Peterson, SFU, 26.14; 3, Hannah Bradley, WWU, 27.90; Section 21 - 2, Deja Svastisalee, WWU, 27.51. 400 Meters - Section 2 - 1, Nicole Lindsay, SFU, 58.66; Section 4 - 1, Lani Taylor, SPU, 56.79; Section 5 - 1, Vanessa Aniteye, UAA, 56.71; Section 6 - 3, Hayley Bezanson, 58.44; Section 7 - 2, Cheryl Hong, SPU, 59.38; Section 8 - 2, Olivia Woods, WOU, 58.35; Section 10 - 3, Chantel Desch, SFU, 56.95. 800 Meters - Section 1 - 2, Ali Anderson, CWU, 2:14.11; Section 3 - 3, Paige Nock, SFU, 2:14.01; Section 4 - 3, Tamara Perez, UAA, 2:13.91. Mile - Section 1 - 2, Sarah Macdonald, SPU, 5:03.79; Section 2 - 2, Mary Charleson, SPU, 4:56.37. 4x400 Relay - Section 1 - 2, Western Washington, 4:04.70; Section 2 - 3, Central Washington, 3:59.32; Section 3 - 1, Alaska Anchorage, 3:49.75; Section 4 - 2, Seattle Pacific, 3:52.50; 3, Simon Fraser, 3:56.89. Distance Medley Relay - Section 2 - 2, Simon Fraser, 11:39.36. Long Jump - Flight 3 - 3, Kyra Brannan, SPU, 18-2.25. Shot Put - Flight 1 - 1, Aiyana Homer, CWU, 41-6; 2, Nicole White, CU, 41-3.25; Flight 3 - 1, McKenzie Warren, CU, 56-1.25. Weight Throw - Flight 2 - 2, Aiyana Homer, CWU, 53-3.5.

**Men (Top 3 GNAC Finishers):** 200 Meters - Section 5 - 1, Darrion Gray, UAA, 22.17; Section 7 - 2, Jackson Hand, SMU, 22.46; 3, Adam Brown, CU, 22.66; Section 8 - 3, Daniel Jones, WWU, 23.03; Section 9 - 3, Kyler Ooley, CWU, 23.09; Section 10 - 3, Nathan Mah, SFU, 22.58; Section 12 - 2, Aaron Bosscher, WWU, 24.42. 400 Meters - Section 3 - 2, AJ Holmberg, WOU, 49.28; Section 7 - 2, Joel Webster, SFU, 49.94; Section 8 - 3, Daniel Kelloway, SFU, 48.31. 800 Meters - Section 2 - 3, Kyler Sager, WWU, 1:55.02; Section 4 - 1, Josh Dempsey, WOU, 1:52.05. Mile - Section 1 - 1, Dustin Nading, WOU, 4:15.08; Section 5 - 5, David Ribich, WOU, 4:02.30. 3,000 Meters - Section 3 - 2, Dominik Notz, UAA, 8:11.10. 5,000 Meters - Section 2 - 1, Andrew Wise, WWU, 14:39.59. 4x400 Relay - Section 1 - 1, Concordia, 3:24.18; 2, Western Oregon B, 3:32.38; Section 2 - 3, Simon Fraser B, 3:33.71; Section 3 - 1, Alaska Anchorage, 3:16.74; 2, Simon Fraser A, 3:16.88. Distance Medley Relay - Section 1 - 2, Western Oregon B, 10:14.66; Section 2 - Western Oregon A, 9:45.45. Pole Vault - Flight 1 - 2, Gordon Kordas, WWU, 15-9.25. Long Jump - Flight 1 - 2, Anthony Manago, SMU, 22-1.5. Triple Jump - Flight 1 - 1, Zach Whittaker, CWU, 46-2.75. Shot Put - Flight 1 - 3, Brandon Pless, WWU, 49-3.75. Weight Throw - Flight 1 - 2

## #GNACTF in 140 @GNACSports

**#WOUHOO** Western Oregon set five school records and two GNAC records at the UW Invitational to earn Red Lion Hotels/GNAC Team of the Week honors.

**#SimplyAutomatic** Western Oregon's **David Ribich** set GNAC records in both the mile and in the distance medley relay, automatically qualifying for the NCAA Championships in both events. The effort earned the junior selection as the USTFCCCA Division II Men's Athlete of the Week.

**#FreshmanPhenom** Simon Fraser's **Katherine Lucas** improved her mark in women's 60 meters to 7.66 seconds, second best in the GNAC this season and fourth best in GNAC history.

**#HotShot** Concordia's **McKenzie Warren** was named GNAC Women's Field Athlete of the Week after winning the women's shot put at the UW Invitational. Her season best mark is tops in Division II and No. 4 in the U.S. this season.

**#NationalRankings** Western Oregon's men jumped to No. 17 in the USTFCCCA Division II computer rankings while the Alaska Anchorage women are ranked at No. 21.

## Get Social

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

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



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# GNAC Track & Field Athletes of the Week



**MEN'S TRACK**  
**David Ribich, Western Oregon**  
**Junior • Enterprise, Ore.**

Ribich set the WOU and GNAC records in the men's mile, finishing fifth in the fifth section of the event at the UW Invitational with a time of 4:02.30. The time is a NCAA Championships automatic qualifier and is the best mark in Division II this season. Ribich also anchored the Wolves' school and GNAC record distance medley relay with a time of 9:45.45. The

performance is the best in Division II and a national meet automatic qualifier.

**Also Nominated:** Isaac Mitchell (Northwest Nazarene), Andrew Wise (Western Washington), Sean Miller (Simon Fraser).



**WOMEN'S TRACK**  
**Jamie Ashcroft, Alaska Anchorage**  
**Senior • Shawnigan Lake, B.C.**

Ashcroft ran two GNAC-leading performances and improved her NCAA Championships provisional qualifying marks in the sprints at the UW Invitational. She ran 7.63 seconds in the second qualifying round of the 60 meters, which ties her for 10th best in Division II this season. She also ran a time of 24.90 seconds in section four of the 200 meters, which is

tied for 19th in Division II.

**Also Nominated:** Brittany Grant (Western Washington), Shannon Porter (Saint Martin's), Suzie Van de Grift (Western Oregon), Addy Townsend (Simon Fraser).



**MEN'S FIELD**  
**Gordon Kordas, Western Washington**  
**Senior • Blaine, Wash.**

At the UW Invitational, Kordas placed sixth in the second flight of the pole vault with a clearance of 15 feet, 9.25 inches. The performance was a NCAA Championships provisional qualifier and third best in the GNAC this season. The mark also ties Kordas for ninth on the GNAC all-time list.



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

Warren won the GNAC weekly award for the third consecutive week after winning the shot put at the UW Invitational. Her mark of 56 feet, 1.25 inches, was more than six feet better than the rest of the field. Warren continues to lead Division II in the shot put with her season best of 57 feet, 7 inches, and is third among all divisions. Warren also placed 11th in

her flight of the weight throw at 52 feet, 3 inches.

**Also Nominated:** Anna Paradee (Western Washington).

## Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Jan. 9-15	David Ribich, WOU	Brandon Pless, WWU	Mary Charleson, SPU	McKenzie Warren, CU
Jan. 16-22	Sam Zook, MSUB	Cole Hoberg, NNU	Ali Anderson, CWU	McKenzie Warren, CU
Jan. 23-29	David Ribich, WOU	Gordon Kordas, WWU	Jamie Ashcroft, UAA	McKenzie Warren, CU

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 picked up nine NCAA Championships provisional qualifiers at the UW Invitational.
- Senior **Jamie Ashcroft** was named the GNAC Women's Track Athlete of the Week for her two GNAC-leading performances, Ashcroft ran 7.63 seconds in the preliminary rounds of the 60 meters and 24.90 seconds in the 200 meters. Her mark in the 60 meters is tied for 10th best in

Division II.

- Senior **Dominik Notz** ran the conference's top time this season in the men's 3,000 meters, placing second in his section of the race in 8:11.10. The time is fifth best in Division II and was just short of his GNAC record of 8:10.19, set last season. Senior **Caroline Kurgat** also ran a provisional qualifier in the women's 3,000 meters. Her time of 9:42.45 is second best in the GNAC this season.
- Junior **Tamara Perez** ran the GNAC's top time in the women's 800 meters as she ran 2:13.91. Freshman **Vanessa Aniteye** hit a NCAA Championships provisional mark in the women's 200. Her time of 56.81 seconds is third best in the GNAC.
- Junior **Edwin Kangogo** ran a NCAA Championships provisional qualifying time in the men's 5,000 meters. His time of 14:41.02 is fourth best in the GNAC.
- In the multi-events, senior **Travis Turner** owns the 14th best point total in Division II in the heptathlon, placing third with 4,951 points. The performance was just short of his lifetime best of 4,983 points and is 14th in Division II.
- All four Seawolves' relay teams hit NCAA Championships provisional qualifying marks. The men's 4x400 relay won it's section in 3:16.74, which is 15th in Division II and sixth in GNAC history. The women's 4x400 relay won its section in 3:49.75, eighth best in Division II and ninth in GNAC history. The men's distance medley relay is ninth best in Division II with a time of 10:03.45 while the women are third with a time of 11:47.67.
- Alaska Anchorage will compete again on the weekend of Fri., Feb. 10, returning to Seattle for the Husky Classic and UW Indoor Open.

## CENTRAL WASHINGTON



- Two improvements on NCAA Championships provisional qualifying marks highlighted the Wildcats' performances at the UW Invitational.
- Junior **Ali Anderson** improved on her qualifying mark in the women's 800 meters. She placed second in her flight in 2:14.11, which is fourth in the GNAC and 18th in Division II.
- Sophomore **Mariyah Vongsaveng** improved her provisional mark in the women's 60 meters with a time of 8.80 seconds in the preliminary heats. She is now tied for 24th in Division II and leads the GNAC.
- Senior **Armando Tafoya** improved his marks in both throwing events. He put up the GNAC's best mark in the shot put with a mark of 50 feet, 11.5 inches. His mark of 55 feet, 9.75 in the weight throw is second best in the league.
- Junior **Aiyana Homer** won her flight of the shot put with a mark of 41 feet, 6 inches and was second in her flight of the weight throw at 53 feet, 3.5 inches.
- Other CWU section and flight winners included junior **Zach Whittaker** in the men's triple jump (46-2.75, No. 2 in GNAC) and freshman **Erykah Weems** in the women's 60-meter hurdles preliminaries (8.98 seconds).
- Central Washington returns to action this weekend, taking part in the Cougar Invitational in Pullman, Wash., on Friday and Saturday.

## CONCORDIA



- Throwers once again led the way for Concordia at the UW Invitational.
- Senior **McKenzie Warren** was named the GNAC Women's Field Athlete of the Week for the third consecutive week as she won the shot put with a mark of 56 feet, 1.25 inches. She won the competition by over four feet. Warren's season best of 57 feet, 7 inches, continues to be third best in all collegiate divisions and fourth best in the U.S. by a female this season.
- Senior **Christina MacDonald** placed eighth in the top flight of the women's weight throw with a mark of 54 feet, 7.5 inches. She leads the GNAC and has the 25th best mark in Division II in the weight throw at 56 feet, 1 inch.
- Freshman **Chase Stephens** placed fifth in her flight of the women's triple jump with a mark of 35 feet, 5.75 inches, which is third best in the GNAC. Sophomore **Tori Johnson** matched her season best in the women's high jump with a clearance of 5 feet, 3 inches.
- The Concordia men were led by the 4x400-meter relay team. The Cavaliers won their section in a time of 3:24.18.
- Concordia is away from competition this weekend. They return to the track on Feb. 10 and 11 for the Husky Classic in Seattle.

## MONTANA STATE BILLINGS



- Montana State Billings did not compete last weekend. They put the spikes back on this weekend, taking part in the Conglomerate Open in Gillette, Wyo.
- At the Air Force Invitational on Jan. 21, junior **Sam Zook** broke the MSUB record in the men's 60 meters in a time of 6.90 seconds. The time is also second best in the GNAC this season and eighth best in conference history.
- Freshman **Chuck Carr** set the MSUB record in the men's high jump at the Jan. 22 Dave Little Alumni Mile, clearing 6 feet, 8 inches. The performance is a NCAA Championships provisional qualifier, is third best in the GNAC this season and the 10th best in GNAC history.
- Freshman **Michaela Johnson** broke the 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.

## NORTHWEST NAZARENE



- A limited roster posted solid marks for the Crusaders at the UW Invitational.
- Junior **Isaac Mitchell** led the way with a NCAA Championships provisional qualifying mark in the men's 5,000 meters. His time of 14:34.93 is the top mark in the GNAC this season, eighth best in Division II and No. 10 all-time in the GNAC.
- Senior **Cole Hoberg** placed fourth in his flight of the men's high jump with a clearance of 6 feet, 6.75 inches. Junior **Payton Lewis** placed 10th in his flight of the men's pole vault of 16 feet, 3.25 inches. Both marks were short of seasonal bests for both athletes. Lewis is fifth in Division II in the pole vault this season with a mark of 16 feet, 6.75 inches. Hoberg is tied for ninth in the high jump with a season best of 6 feet, 9.75 inches.
- Northwest Nazarene competes again in its backyard on Friday and Saturday, competing at the Jackson's Invitational in Nampa, Idaho.

# Around The GNAC

## SAINT MARTIN'S



- Two Saint Martin's athletes established NCAA Championships provisional qualifying marks to lead the Saints at the UW Invitational.
- Senior **Shannon Porter** established the conference's top time this season in the women's 3,000 meters. Her time of 9:30.70 is a NCAA provisional qualifier, is No. 3 in Division II this season and No. 4 in GNAC history.
- Senior **Kirby Neale** put up a mark of 53 feet, 10.5 inches in the women's weight throw. The performance is third best in the GNAC this season, is a NCAA Championships provisional qualifier and is the 10th best mark in GNAC history.
- Sophomore **Jackson Hand** placed second in his section of the men's 200 meters with a time of 22.46 seconds.
- The Saints also had three top flight placers in the men's field events. Senior **Anthony Manago** was second in his flight of the long jump with a mark of 22 feet, 1.5 inches, while senior **Mitch Wilkens** was second in his flight of the weight throw with a mark of 51 feet, 3.5 inches. Senior **Mikel Smith** placed sixth in his flight of the men's high jump with a mark of 6 feet, 10.75 inches.
- Saint Martin's will not compete next weekend. They return to action on at the Hsuky Classic on Feb. 11 and the UW Indoor Open on Feb. 12.

## SEATTLE PACIFIC



- Seattle Pacific added a NCAA Championships provisional qualifying mark while others improved their marks at the UW Invitational.
- Freshman **Lani Taylor** hit a NCAA provisional qualifying mark in the women's 400 meters, winning her section in a time of 56.79 seconds. The performance is tied for 24th in Division and is the No. 7 time in GNAC history.
- Junior **Mary Charleson** improved her provisional qualifying mark in the women's mile as she placed second in her section with a time of 4:56.37. The mark is 14th best in Division II and second in the GNAC. Senior Sarah Macdonald also improved her time in the mile, placing second in her section with a time of 5:03.39.
- Freshman **Brooke Benner** placed 11th in her first collegiate indoor pentathlon with a score of 3,282 points. In the competitions, she cleared 5 feet, 3.25 inches in the high jump, which is the second best mark in the GNAC this season behind teammate **Geneva Lehnert**.
- Senior **Kyra Brannan** placed second in her section of the women's 200 meters in 25.68 seconds and was third in her flight of the long jump with a mark of 18 feet, 2.25 inches. Brannan is tied for the 25th best mark in Division II in the long jump with her season best of 18 feet, 6.5 inches.
- Seattle Pacific will not compete next weekend. The Falcons will be back for the Husky Classic and UW Indoor Open on Feb. 10, 11 & 12.

## SIMON FRASER



- It was a great weekend for Simon Fraser as the Clan established eight NCAA Championships provisional qualifiers at the UW Invitational.
- Senior **Daniel Kelloway** ran the GNAC's best mark this season and the third best in conference history in the men's 400 meters, placing third in his section in 48.31 seconds. The time is 15th best in Division II this season.
- Freshman **Katherine Lucas** improved her mark in the women's 60 meters, running 7.66 seconds in the second round of preliminaries. The mark is No. 2 in the GNAC this season and moves Lucas to No. 4 on the GNAC all-time list.
- Sophomore **Abby Townsend** ran a NCAA provisional qualifying mark in the women's mile. She placed fourth in her section in 4:54.60. That leads the GNAC, is 11th in Division II and is the sixth best mark in conference history.
- Junior **Paige Nock** improved to the 15th best mark in Division II and the second best in the GNAC in the women's 800. She placed third in her section with a time of 2:14.01.
- Sophomore **Valda Kabia** earned a NCAA Championships provisional mark in the women's 200 meters. Her time of 25.04 seconds is second best in the GNAC this season and tied for 25th in Division II.
- Three Simon Fraser relays earned NCAA provisional qualifying marks. The women's distance medley relay ran the top time in Division II this season, placing second in its section in a time of 11:39.36. The men's DMR ran 9:54.51, which is fifth best in Division II. In addition, the men's 4x400 relay team ran the 17th best time in Division II at 3:16.88.
- Sophomore **Carlos Vargas** netted a provisional qualifier in the men's mile. His time of 4:11.52 is second in the GNAC and 14th in Division II. Sophomore **Sean Miller** is also No. 2 in the GNAC and 11th in Division II in the men's 5,000 meters with a time of 14:37.39.
- Simon Fraser races close to home this weekend, competing in the Harry Jerome Invitational on Saturday in Richmond, B.C.

## WESTERN OREGON



- Two NCAA Championships automatic qualifiers led a big weekend for Western Oregon at the UW Invitational. The Wolves also netted two GNAC record and five school records to earn recognition as the Red Lion Hotels/GNAC Team of the Week.
- Junior **David Ribich** was named GNAC Men's Track Athlete of the Week and USTFCCA Division II Men's Athlete of the Week after setting the WOU and GNAC records in the mile. The only Division II competitor in his fast section, Ribich automatically qualified for nationals with a time of 4:02.30.
- Ribich then joined forces with **Dustin Nading**, **AJ Holmberg** and **Josh Dempsey** to set GNAC and WOU records in the men's distance medley relay. The team's time of 9:45.45 smashed the old record by five seconds and automatically qualified WOU for the NCAA Championships.
- Senior **Kennedy Rufener** set a WOU record and a NCAA provisional qualifier in the women's 5,000 meters. She placed fifth in her section with a time of 17:24.07, which is 14th best in Division II.
- Both women's relay teams ran school records. **Suzie Van de Grift**, **Megan Rose**, **Olivia Woods** and **Nicole Maurmann** set a record in the DMR with a time 12:05.24. Rose, Van de Grift, Woods and **Grayson Burke** combined to set the WOU record in the 4x400 relay in a time of 4:06.03.
- Van de Grift also ran a NCAA provisional qualifying time in the 800 meters. Her performance of 2:14.10 is third in the GNAC and tied for 16th in Division II.

# Around The GNAC

## WESTERN WASHINGTON



- Two new NCAA Championships provisional qualifying marks highlighted Western Washington's efforts at the UW Invitational.

- Senior **Gordon Kordas** was named GNAC Men's Field Athlete of the Week after he earned a provisional qualifying mark in the men's pole vault. He placed second in his flight

with a clearance of 15 feet, 9.25 inches, which is third in the GNAC and No. 9 on the GNAC all-time list.

- Senior **Andrew Wise** hit a provisional qualifying mark in the men's 5,000 meters, winning the second section of the race with a time of 14:39.59. The time ranks 13th in Division II this season.

- Senior **Nathan van Tuinen** put up the second best mark in the GNAC this season in the men's long jump with an effort of 22 feet, 10.5 inches. Junior **Bryan Lee** put together the top mark in the conference in the men's weight throw with a mark of 55 feet, 11 inches while senior **Brandon Pless** improved to third in the GNAC with his effort of 54 feet, 4.75 inches.

- Junior **Anna Paradee** placed sixth in her flight in the women's pole vault with a clearance of 12 feet, 0.75 inches, which tied her season best. Paradee is 14th in Division II in the event.

- Western Washington returns to action this weekend, competing on Friday and Saturday at the Cougar Indoor in Pullman, Wash.

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

# GNAC Qualifiers For NCAA Division II Indoor Championships

## MEN'S AUTOMATIC QUALIFIERS AS OF JAN. 31

Event	Athlete	Mark	Rank	Date
Mile	David Ribich, WOU	4:02.30	1st	1/27/17
DMR	Western Oregon	9:45.45	1st	1/28/17

## MEN'S PROVISIONAL QUALIFIERS AS OF JAN. 31

Event	Athlete	Mark	Rank	Date
<b>60 Meters</b>	Kodiak Landis, CWU	6.83	T-14th	12/8/16
<b>400 Meters</b>	Daniel Kelloway, SFU	48.31	15th	1/28/17
	Adam Commandeur, UAA	48.60	26th	1/14/17
<b>800 Meters</b>	Josh Dempsey, WOU	1:51.35	6th	1/14/17
	Joe Day, UAA	1:52.07	9th	1/14/17
<b>Mile</b>	Carlos Vargas, SFU	4:11.52	14th	1/27/17
<b>3,000 Meters</b>	Dominik Notz, UAA	8:11.10	5th	1/28/17
	David Ribich, WOU	8:13.94	11th	1/14/17
	Andrew Wise, WWU	8:23.18	21st	1/14/17
	Marc Antoine-Rouleau, SFU	8:24.01	22nd	1/14/17
<b>5,000 Meters</b>	Isaac Mitchell, NNU	14:34.93	8th	1/27/17
	Sean Miller, SFU	14:37.59	11th	1/28/17
	Andrew Wise, WWU	14:39.59	13th	1/27/17
	Edwin Kangogo, UAA	14:41.02	16th	1/27/17
<b>4x400 Relay</b>	Alaska Anchorage	3:16.74	15th	1/27/17
	Simon Fraser	3:16.88	17th	1/27/17
<b>DMR</b>	Simon Fraser	9:54.51	5th	1/28/17
	Alaska Anchorage	10:03.45	9th	1/28/17
<b>High Jump</b>	Mikel Smith, SMU	2.14/7-0.25	3rd	12/10/16
	Cole Hoberg, NNU	2.08/6-9.75	T-9th	1/21/17
	Chuck Carr, MSUB	2.03/6-8	T-28th	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-20th	1/13/17
	Gordon Kordas, WWU	4.81/15-9.25	24th	1/27/17
<b>Triple Jump</b>	Luke Plummer, CWU	14.89/48-10.25	13th	12/10/16
<b>Heptathlon</b>	Kodiak Landis, CWU	5,143	5th	12/3/16
	Travis Turner, UAA	4,951	14th	1/28/17

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

## WOMEN'S PROVISIONAL QUALIFIERS AS OF JAN. 31

Event	Athlete	Mark	Rank	Date
<b>60 Meters</b>	Jamie Ashcroft, UAA	7.63	T-10th	1/28/17
	Katherine Lucas, SFU	7.66	T-16th	1/28/17
<b>200 Meters</b>	Jamie Ashcroft, UAA	24.90	T-19th	1/28/17
	Valda Kabia, SFU	25.04	T-26th	1/28/17
<b>400 Meters</b>	Chantel Desch, SFU	56.70	20th	1/14/17
	Lani Taylor, SPU	56.79	T-24th	1/28/17
	Mary Kathleen Cross, UAA	56.86	28th	1/14/17
<b>800 Meters</b>	Tamara Perez, UAA	2:13.91	14th	1/28/17
	Paige Nock, SFU	2:14.01	15th	1/28/17
	Suzie Van de Grift, WOU	2:14.10	T-16th	1/28/17
	Ali Anderson, CWU	2:14.11	18th	1/28/17
	Alana Mussatto, SFU	2:14.29	20th	1/28/17
	Sophie Dodd, SFU	2:14.61	23rd	1/28/17
<b>Mile</b>	Addy Townsend, SFU	4:54.60	11th	1/28/17
	Mary Charleson, SPU	4:56.37	14th	1/28/17
	Miryam Bassett, SFU	5:00.83	22nd	1/28/17
<b>3,000 Meters</b>	Shannon Porter, SMU	9:30.70	3rd	1/28/17
	Caroline Kurgat, UAA	9:42.45	9th	1/28/17
	Mary Charleson, SPU	9:48.85	15th	1/14/17
	Brittany Grant, WWU	9:56.22	20th	1/14/17
	Julia Howley, SFU	9:58.27	25th	1/14/17
	Sarah Macdonald, SPU	10:00.86	31st	1/14/17
<b>5,000 Meters</b>	Kennedy Rufener, WOU	17:24.07	14th	1/28/17
<b>60m Hurdles</b>	Mariah Vongsaveng, CWU	8.80	T-24th	1/28/17
<b>4x400 Relay</b>	Alaska Anchorage	3:49.75	8th	1/28/17
<b>DMR</b>	Simon Fraser	11:39.36	1st	1/27/17
	Seattle Pacific	11:42.22	2nd	1/27/17
	Alaska Anchorage	11:47.67	3rd	1/27/17
	Western Oregon	12:05.24	8th	1/27/17
<b>High Jump</b>	Geneva Lehnert, SPU	1.65/5-5	T-30th	1/14/17
<b>Pole Vault</b>	McKenna Emmert, CWU	3.70/12-1.5	T-11th	12/10/16
	Anna Paradee, WWU	3.68/12-0.75	14th	1/14/17
<b>Long Jump</b>	Kyra Brannan, SPU	5.65/18-6.5	T-25th	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	26th	1/21/17*
<b>Weight Throw</b>	Christina MacDonald, CU	17.09/56-1	25th	1/21/17*
	McKenzie Warren, CU	16.48/54-1	38th	1/21/17*
	Kriby Neale, SMU	16.42/53-10.5	41st	1/28/17
<b>Pentathlon</b>	HarLee Ortega, CWU	3,311	T-23rd	12/3/16

# Men's Indoor Regional & National Polls

## GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	WOU
Preseason	19th	—
Jan. 24	—	—
Jan. 31	—	14th

## USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS

Week 2 - Jan. 31, 2017		Pts.	Prev.
Rk	School		
1.	Ashland	207.11	1
2.	Tiffin	147.56	2
3.	CSU-Pueblo	121.57	12
4.	Grand Valley State	116.40	4
5.	Adams State	110.62	3
6.	Sioux Falls	77.50	14
7.	Azusa Pacific	70.69	9
8.	Minnesota State	69.88	7
9.	Western State	68.52	11
10.	Lincoln (Mo.)	68.06	8
11.	Shorter	67.56	16
12.	Angelo State	65.46	16
13.	Texas A&M-Commerce	64.39	5
14.	<b>Western Oregon</b>	<b>64.00</b>	<b>27</b>
15.	Pittsburg State	58.39	13
16.	Central Missouri	58.10	10
17.	Saint Augustine's	52.38	6
18.	Emporia State	50.14	21
19.	Findlay	45.52	15
20.	Texas A&M-Kingsville	44.36	18
21.	Limestone	38.49	19
22.	St. Thomas Aquinas	35.19	24
23.	UC-Colorado Springs	34.55	23
24.	West Texas A&M	33.94	17
25.	Cal State LA	32.23	25

## USTFCCCA WEST REGION TEAM INDEX

Week 2 - Jan. 31, 2017		Pts.	Prev.
Rk	School		
1.	Azusa Pacific	421.57	1
2.	<b>Northwest Nazarene</b>	<b>241.09</b>	<b>2</b>
3.	<b>Simon Fraser</b>	<b>240.99</b>	<b>7</b>
4.	<b>Alaska Anchorage</b>	<b>229.97</b>	<b>8</b>
5.	<b>Central Washington</b>	<b>214.74</b>	<b>5</b>
6.	<b>Western Washington</b>	<b>204.25</b>	<b>10</b>
7.	<b>Western Oregon</b>	<b>173.12</b>	<b>12</b>
8.	Academy of Art	166.05	3
9.	<b>Montana State Billings</b>	<b>113.02</b>	<b>6</b>
10.	<b>Saint Martin's</b>	<b>111.40</b>	<b>9</b>

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# Women's Indoor Regional & National Polls

## GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA
Preseason	—
Jan. 24	—
Jan. 31	21st

## USTFCCCA DIVISION II NATIONAL TEAM COMPUTER RANKINGS

Week 2 - Jan. 31, 2017		Pts.	Prev.
Rk	School		
1.	Grand Valley St.	161.57	1
2.	Pittsburg State	126.83	2
3.	Minnesota State	105.54	6
4.	Chadron State	96.89	5
5.	Adams State	94.48	3
6.	Johnson C. Smith	88.42	4
7.	Minnesota Duluth	82.68	7
8.	Azusa Pacific	79.13	12
9.	West Texas A&M	72.51	8
10.	Western State	70.36	24
11.	Central Missouri	68.17	14
12.	CSU-Pueblo	65.65	16
13.	Texas A&M-Kingsville	57.51	15
14.	Ashland	52.93	11
15.	Findlay	51.39	17
16.	Ursuline	49.99	50
17.	Southwest Baptist	49.04	9
18.	Saint Augustine's	44.23	13
19.	Hillsdale	44.13	35
20.	Merrimack	40.00	121
21.	<b>Alaska Anchorage</b>	<b>39.09</b>	<b>78</b>
22.	Walsh	38.79	40
23.	Bellarmine	38.11	10
24.	New Mexico Highlands	34.96	39
25.	Lincoln (Mo.)	33.96	18

## USTFCCCA WEST REGION TEAM INDEX

Week 2 - Jan. 31, 2017		Pts.	Prev.
Rk	School		
1.	Azusa Pacific	394.90	1
2.	<b>Simon Fraser</b>	<b>285.77</b>	<b>4</b>
3.	<b>Seattle Pacific</b>	<b>271.05</b>	<b>3</b>
4.	Academy of Art	267.42	6
5.	<b>Alaska Anchorage</b>	<b>200.13</b>	<b>7</b>
6.	<b>Central Washington</b>	<b>174.55</b>	<b>2</b>
7.	<b>Western Washington</b>	<b>161.88</b>	<b>10</b>
8.	San Francisco St.	159.69	9
9.	<b>Northwest Nazarene</b>	<b>104.26</b>	<b>8</b>
10.	<b>Western Oregon</b>	<b>88.25</b>	<b>15</b>

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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>
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 9:45.45 Western Oregon (2017) Dustin Nading, AJ Holmberg, 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

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 Veal, CU, 47-5.75.

**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.

# 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.

9:45.45. Pole Vault - Flight 1 - 2, Gordon Kordas, WWU, 15-9.25. Long Jump - Flight 1 - 2, Anthony Manago, SMU, 22-1.5. Triple Jump - Flight 1 - 1, Zach Whittaker, CWU, 46-2.75. Shot Put - Flight 1 - 3, Brandon Pless, WWU, 49-3.75. Weight Throw - Flight 1 - 2, Mitch Wilkins, SMU, 51-3.5. Heptathlon - 3, Travis Turner, UAA, 4,951.

## **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.

**Fri., Jan. 27 Sat., Jan. 28**

## **UW Invitational**

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

**Women (Top 3 GNAC Finishers):** 200 Meters - Section 2 - 3, Valda Kabia, SFU, 25.04; Section 4 - 3, Jamie Ashcroft, UAA, 24.90; Section 9 - 2, Kyra Brannan, SPU, 25.68; 3, Tianna Banfro, CWU, 26.08; Section 10 - 1, Katherine Lucas, SFU, 25.16; Section 14 - 3, Macie Allen, WWU, 26.81; Section 15 - 3, Nicole Lindsay, SFU, 26.52; Section 16 - 1, Kira Peterson, SFU, 26.14; 3, Hannah Bradley, WWU, 27.90; Section 21 - 2, Deja Svastisalee, WWU, 27.51. 400 Meters - Section 2 - 1, Nicole Lindsay, SFU, 58.66; Section 4 - 1, Lani Taylor, SPU, 56.79; Section 5 - 1, Vanessa Aniteye, UAA, 56.71; Section 6 - 3, Hayley Bezanson, 58.44; Section 7 - 2, Cheryl Hong, SPU, 59.38; Section 8 - 2, Olivia Woods, WOU, 58.35; Section 10 - 3, Chantel Desch, SFU, 56.95. 800 Meters - Section 1 - 2, Ali Anderson, CWU, 2:14.11; Section 3 - 3, Paige Nock, SFU, 2:14.01; Section 4 - 3, Tamara Perez, UAA, 2:13.91. Mile - Section 1 - 2, Sarah Macdonald, SPU, 5:03.79; Section 2 - 2, Mary Charleson, SPU, 4:56.37. 4x400 Relay - Section 1 - 2, Western Washington, 4:04.70; Section 2 - 3, Central Washington, 3:59.32; Section 3 - 1, Alaska Anchorage, 3:49.75; Section 4 - 2, Seattle Pacific, 3:52.50; 3, Simon Fraser, 3:56.89. Distance Medley Relay - Section 2 - 2, Simon Fraser, 11:39.36. Long Jump - Flight 3 - 3, Kyra Brannan, SPU, 18-2.25. Shot Put - Flight 1 - 1, Aiyana Homer, CWU, 41-6; 2, Nicole White, CU, 41-3.25; Flight 3 - 1, McKenzie Warren, CU, 56-1.25. Weight Throw - Flight 2 - 2, Aiyana Homer, CWU, 53-3.5.

**Men (Top 3 GNAC Finishers):** 200 Meters - Section 5 - 1, Darrion Gray, UAA, 22.17; Section 7 - 2, Jackson Hand, SMU, 22.46; 3, Adam Brown, CU, 22.66; Section 8 - 3, Daniel Jones, WWU, 23.03; Section 9 - 3, Tyler Ooley, CWU, 23.09; Section 10 - 3, Nathan Mah, SFU, 22.58; Section 12 - 2, Aaron Bosscher, WWU, 24.42. 400 Meters - Section 3 - 2, AJ Holmberg, WOU, 49.28; Section 7 - 2, Joel Webster, SFU, 49.94; Section 8 - 3, Daniel Kelloway, SFU, 48.31. 800 Meters - Section 2 - 3, Tyler Sager, WWU, 1:55.02; Section 4 - 1, Josh Dempsey, WOU, 1:52.05. Mile - Section 1 - 1, Dustin Nading, WOU, 4:15.08; Section 5 - 5, David Ribich, WOU, 4:02.30. 3,000 Meters - Section 3 - 2, Dominik Notz, UAA, 8:11.10. 5,000 Meters - Section 2 - 1, Andrew Wise, WWU, 14:39.59. 4x400 Relay - Section 1 - 1, Concordia, 3:24.18; 2, Western Oregon B, 3:32.38; Section 2 - 3, Simon Fraser B, 3:33.71; Section 3 - 1, Alaska Anchorage, 3:16.74; 2, Simon Fraser A, 3:16.88. Distance Medley Relay - Section 1 - 2, Western Oregon B, 10:14.66; Section 2 - Western Oregon A,