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Seattle Pacific, Alaska Anchorage Earn Top Spots In Cross Country Preseason Polls

PORTLAND, Ore. – In a close vote that illustrates the strength of the conference, Seattle Pacific's women and Alaska Anchorage's men have been picked to top the league in the 2019 GNAC Cross Country Preseason Coaches Poll.

The Falcons, who finished third last year, received five of 11 first-place votes and a total of 101 points. Alaska Anchorage, the champion each of the last four seasons, is picked second with 99 points while Simon Fraser is a close third with 96 points. The Seawolves picked up four first-place votes and the Clan took the remaining two.

Seattle Pacific will be vying for its first GNAC championship since 2008 while Simon Fraser is looking to top the podium for the first time since 2014. All three teams, along with Western Washington, qualified for the NCAA Championships, led by Alaska Anchorage's sixth-place finish.

The Alaska Anchorage men received four first-place votes and a total of 101 points. Simon Fraser is picked a close second with 99 points and three first-place votes. Western Washington is one point behind at 98. The Vikings picked up the remaining four first-place votes.

The Seawolves will aim for the program's ninth GNAC title in the last 10 years, a streak broken only by a 2017 victory by Western Oregon. Simon Fraser is eyeing its first-ever GNAC championship while Western Washington would like to return to the podium for the first time since 2009.

In the USTFCCCA Division II Preseason Coaches Poll, released on Wednesday, three GNAC women's teams were ranked in the top-10: Alaska Anchorage at No. 7, Simon Fraser at No. 8 and Seattle Pacific at No. 9. Western Washington opens the season at No. 17. In the men's poll, Simon Fraser opens the season ranked No. 13. Alaska Anchorage enters at No. 17 and Western Washington is No. 24.

For the first time, the GNAC Cross Country Championships will head to Billings, Montana. Montana State Billings will host the championships on Saturday, Oct. 26 at Amend Park, the site of the 2018 NCAA West Regional Championships. Western Oregon's Ash Creek Preserve, the site of last year's GNAC Championship, will host the regional on Saturday, Nov. 9.

2019 GNAC Preseason Cross Country Polls

WOMEN

Team (1st Place Votes)	2018 GNAC Finish	Pts.
1. Seattle Pacific (5)	3rd (64 pts.)	101
2. Alaska Anchorage (4)	1st (49 pts.)	99
3. Simon Fraser (2)	2nd (60 pts.)	96
4. Western Washington	4th (86 pts.)	83
5. Central Washington	5th (113 pts.)	70
6. Northwest Nazarene	6th (174 pts.)	57
7. Western Oregon	7th (208 pts.)	52
8. Montana State Billings	8th (242 pts.)	35
9. Alaska	9th (245 pts.)	32
10. Concordia	10th (246 pts.)	20
11. Saint Martin's	11th (335 pts.)	15

MEN

Team (1st Place Votes)	2018 GNAC Finish	Pts.
1. Alaska Anchorage (4)	1st (46 pts.)	101
2. Simon Fraser (3)	2nd (54 pts.)	99
3. Western Washington (4)	3rd (60 pts.)	98
4. Western Oregon	4th (104 pts.)	71
5. Central Washington	5th (142 pts.)	70
6. Seattle Pacific	7th (183 pts.)	61
7. Northwest Nazarene	6th (169 pts.)	58
8. Montana State Billings	8th (217 pts.)	34
9. Alaska	9th (261 pts.)	29
10. Concordia	10th (280 pts.)	23
11. Saint Martin's	11th (300 pts.)	14

Votes awarded on a 11-10-9-8-7-6-5-4-3-2-1 basis.

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The 2019 season will commence on Friday, Aug. 30 with Concordia and Western Oregon taking part in the Linfield Harrier Classic in McMinnville, Oregon.

WOMEN

While it has been a decade since Seattle Pacific topped the podium, it has never been far from it. The Falcons have finished no worse than third each of the last three years. In 2018, the Falcons took it a step further with a fourth-place finish at the NCAA West Regional that qualified the team for the NCAA Championships for the first time since 2015.

Seattle Pacific returns five of its seven runners that scored at all three meets. Sophomore **Kaylee Mitchell** leads the way after a banner season that saw her earn GNAC Freshman of the Year, All-West Region and All-American honors. She placed third at the GNAC Championships in a time of 21:35.2 over 6,000 meters and went on to place 35th at the NCAA Championships (23:24.9). Senior **Kate Lilly** just missed All-GNAC honors but earned All-West Region distinction with a 10th place regionals finish (21:34.11).

Senior **Katherine Walter** finished just behind Lilly at the GNAC Championships in 13th place (22:07.5) and went on to place 19th at the regional meet. Junior **Dania Holmberg** placed 14th at conference (22:10.4) while junior **Elizabeth Thompson** placed 22nd (22:38.9).

Alaska Anchorage continued its heritage as one of the West Region's most dominant programs in 2018. The Seawolves were a 31-point winner over Simon Fraser at the GNAC Championships and bettered the Clan by 19 points to win the West Region title. The program went on to a sixth-place finish at the NCAA Championships, marking the 11th straight top-10 nationals finish for the Seawolves.

Senior **Emmah Chelimo** is back after a banner season in 2018, winning the GNAC championship in 21:25.1 and the West Region title in 20:57.47. The USTFCCCA West Region Athlete of the Year earned All-American honors with a 23rd-place national meet finish (25:15.5). Chelimo is joined by junior **Nancy Jeptoo**, who was the West Region runner-up (21:08.65) and an All-American (38th, 23:27.4), and junior **Ruth Cvancara**, who finished 24th at the conference meet.

Simon Fraser returns five runners that placed in the top-40 at the conference meet. The Clan is led by junior **Olivia Willett**, who placed fourth at both the GNAC Championships (21:49.1) and the West Regional (21:18.31) before earning All-American honors with a 36th-place NCAA Championships finish.

Senior **Chelsea Ribeiro** finished 16th at the GNAC Championships (22:19.9) and just missed an all-region certificate with a 28th-place finish at the West Regional (21:59.97). Adding to Simon Fraser's depth is sophomore **Megan Roxby**, who was 32nd at the GNAC meet last year, senior **Claire Noort** (35th, 23:11.1) and sophomore **Emily Chilton** (37th, 23:14.4).

Western Washington is picked fourth after placing fourth at the GNAC Championships and fifth at the West Regional Championships. The Vikings return a lineup that includes seven runners who placed in the top-40 at the conference meet. Senior **Sophia Galvez** just missed All-GNAC honors, placing 11th at the conference meet in 21:59.5. Junior **Jane Barr** earned All-West Region distinction with a 24th-place regionals finish (21:50.86) and was the Vikings' top finisher at the national meet, placing 65th (24:01.5).

Bolstering Western Washington's depth is sophomore **Shawnee Konrad**, who was 17th in the GNAC meet in 22:23.6, and seniors **Tracy Melville** (23rd, 22:41.4), **Talia Dreicer** (27th, 22:48.2) and **Aundrea Koger** (29th, 22:53.4).

Picked to repeat at fifth place, Central Washington also returns five runners that finished with top-50 conference meet finishes. Junior **Nicole Soleim** earned All-GNAC honors with a sixth-place finish (21:31.1) and All-West Region honors with a fifth-place finish (21:57.52). One of two CWU athletes to qualify for the national meet as individuals last year, Soleim placed 57th in 23:55.40.

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Sophomore **Molly Mattson** finished 30th at the conference meet (22:58.1) while sophomore **Madison Child** placed 34th (23:08.1).

Northwest Nazarene is led by senior **Bethany Danner**, who finished 19th at the GNAC Championships (22:32.2) and accomplished a 48th-place finish at regionals (22:22.49). She is complemented by returning sophomore **Kalen Johnson**, who placed 26th at the GNAC meet (22:46.9), and junior **Annalisa Hamilton**, who finished 33rd (23:04.1).

Western Oregon will be led by senior **Grace Knapp**, who is up-and-coming after finishing 18th at the GNAC Championships last year (22:30.9) and 34th at the regional meet (22:10.97). Also back for the Wolves is sophomore **Kaylin Cantu** (42nd, 23:22.6) and senior **Cassie McKinney** (50th, 24:06.3).

Montana State Billings jumped from 11th place in 2017 to eighth in 2018. Senior **Nikki Aiken** led the way and is the Yellowjackets' top returning runner after placing 31st last year (23:01.9). Also returning after good freshman seasons are sophomores **Kailee Stoppel** (54th, 24:20.2) and **Sierra Durbin** (78th, 26:07.6).

After an improved junior season for Alaska, senior **Alex Bergholtz** returns as the top runner for the Nanooks. Bergholtz finished 21st at the GNAC Championships in 22:35.1. Also among the Nanooks' four returning conference meet placers is junior **Anja Maijala**, who placed 52nd in 24:06.8.

Concordia returns three runners who competed at the conference meet last year. The Cavaliers are led by senior **Bailey Fjelstul**, who finished 44th in 23:39.8. Saint Martin's is led by sophomore **Alyssa Robinson**, who finished 79th at the GNAC Championships as a freshman (26:17.7).

MEN

After losing the championship to a talented Western Oregon team the year before, Alaska Anchorage reloaded to take back the conference title last year. The championship was the eighth in the last nine years for the Seawolves, who went on to place third at the NCAA West Regional Championships and eighth at the NCAA Championships. It was Alaska Anchorage's eighth top-10 nationals finish over the last nine years.

The Seawolves benefited from the talent of Division I transfer **Wesley Kirui**, who earned the GNAC Athlete and Newcomer of the Year awards after he won the meet in 24:38. The junior-to-be went on to place fifth at the NCAA West Regional in 31:04.74 and earned All-American distinction by placing ninth at the NCAA Championships in 32:35.1.

Junior **Felix Kemboi** was the runner-up to Kirui at the GNAC Championships in a time of 24:38.6 and was the runner-up at the NCAA West Regional in 30:50.84. He went on to place 54th at the NCAA Championships. Also returning is junior **Nickson Koech**, who placed 11th at the GNAC meet (25:14.2) and earned All-West Region honors with a 23rd-place regional meet finish (31:43.37).

Simon Fraser placed second at the GNAC Championships for the third consecutive season, finishing just 11 points behind Alaska Anchorage. The Clan's second-place West Region Championships finish was its third top-four finish in as many years and qualified SFU for the national meet for the third time in program history.

A pair of returning All-West Region runners will lead the Clan. Senior **Carlos Vargas** placed 17th at the regional meet (31:05.05) while placing 21st at the GNAC Championships (25:46.3). Junior **Aaron Ahl** was 21st at regionals (31:40.81) after finishing 15th at the GNAC meet (25:23.7).

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Simon Fraser's lineup features seven runners that ran at the GNAC Championships last year. Adding to the team's depth is junior **Chris Sobczak**, who finished 18th at the GNAC meet (25:30.8) and 38th at regionals (32:06.06), and senior **Thomas Gallagher**, who finished 22nd at the GNAC meet (25:50.1).

Western Washington qualified as a team for the NCAA Championships for the 10th time in 2018 after finishing third at the GNAC Championships and fifth at the NCAA West Regional. The Vikings have finished no worse than fourth at the conference meet as a GNAC member and is predicted to continue that trend in 2019.

The Vikings are led by a pair of returning All-GNAC and All-West Region runners. Senior **Jadon Olson** finished ninth at the GNAC Championships in a time of 25:04.3 and went on to place 20th at the regional meet in 31:40.63. Junior **Eric Hamel** was one place behind at the conference meet, clocking 25:13.4, and placed 22nd at regionals in 31:42.83. Hamel was the Vikings' top finisher at the national meet, placing 58th in 33:55.6.

The Western Washington lineup is complemented by two other top-20 GNAC Championships finishers in senior **James Jaspersen**, who placed 12th at conference (25:22.6) and 36th at regionals (32:02.4), and junior **Ed Kiolbasa**, who placed 16th at the conference meet (25:25.8).

Western Oregon is picked fourth after finishing in that position last year. The Wolves showed well in the first conference meet run in Monmouth since 2014 and went on to place sixth at the NCAA West Regional, just missing out on a team invitation to the national meet.

Senior **Justin Crosswhite**, who placed 40th in last year's GNAC Championships (26:19.4) and 75th at the regional meet (32:52.66), leads six Wolves' returners. Sophomore **Hunter Hutton** is the top-returning GNAC Championships placer after finishing 35th in his freshman season (26:09.4) while sophomore **Hunter Mosman** placed 41st (26:23.7).

Central Washington placed a solid fifth at the GNAC Championships in 2018 and will lean on a junior-heavy lineup for a chance to move up in the standings. **Trevor Allen** leads the way after he placed 30th at the GNAC meet (25:56.4) and 66th at the regional meet (32:41.39). **Henry Milodragovich** was one place behind with his conference meet time of 26:00.2 while **Rajesh Gill** placed 49th in a time of 26:36.9.

Seattle Pacific has climbed four places at the GNAC Championships over the last three seasons and is predicted to move up one more spot in 2019. Of the six returning finishers from last year's meet, three had top-40 finishes. Junior **Elius Graff** placed 24th in 25:51.5. Junior **Colin Boutin** was 29th in 25:56 and was the Falcons' top regionals finisher with a 61st-place time of 32:25.88. Sophomore **Colby Otero** finished 32nd last year, clocking 26:03.

Northwest Nazarene, which finished sixth in last year's conference meet, is led by junior **Godfrey Kemboi**. He earned All-GNAC honors by placing eighth in a time of 25:00.4 and went on to place 34th at the West Regional in 31:58.42 despite extensive delays in the Nighthawks' flights to Billings. Kemboi is backed by sophomore returners **Trey Conley** (58th, 26:52.1) and **Tyler Shea** (63rd, 26:55.8).

Alaska is picked to finish ninth for the third consecutive year. Senior **Lukash Platil** leads the Nanooks after he finished 27th at last year's GNAC Championships in 25:55.3. Also among the program's four returning conference meet finishers is senior **Jacob Walsh** (66th, 27:09.9) and sophomore **Zaphan Ozturgut** (69th, 27:27.2).

Picked to repeat in 10th place, Concordia is led by senior **Noah Murry**, who placed 64th at the GNAC meet in a time of 26:59.3. Saint Martin's, meanwhile, returns five placers from last year's meet and is led by sophomore **Andrew Oslin** (56th, 26:45.6).

Team Capsules Follow On Next Page



GNAC 2019 Cross Country Teams At A Glance

ALASKA

Head Coach: Nick Crawford (Bowdoin, 2009, 5th Year)

Assistant Coach: Eliska Albrigtsen

GNAC Championships Finish: Men – 9th, 261 pts. Women – 9th, 245 pts.

NCAA West Regionals Finish: Men – Incomplete Women – Incomplete

NCAA Championships Finish: Did Not Compete

Top Returning Men's Runners: Josiah Alverts (Jr., 82nd at GNAC Championships, 28:08.4), Jack Matherly (So., Did Not Compete at GNAC Championships; 115th at NCAA West Regional, 33:50.81), Zaphan Ozturgut (So., 69th at GNAC Championships, 27:27.2), Lukash Platil (Sr., 27th at GNAC Championships, 25:55.3), Jacob Walsh (Sr., 66th at GNAC Championships, 27:09.9).

Other Returning Men's Conference Meet Finishers: Logan Mowry (So., 77th, 27:52.1).

Key Men's Newcomers: N/A.

Top Returning Women's Runners: Alex Bergholtz (Sr., 21st at GNAC Championships, 22:35.1; 115th at NCAA West Regional, 23:39.05), Hannah Dueling (Jr., 77th at GNAC Championships, 25:56.8), Anja Maijala (Jr., 52nd at GNAC Championships, 24:06.8), Maggie Meads (So., 72nd at GNAC Championships, 25:33.7).

Other Returning Women's Conference Meet Finishers: None.

Key Women's Newcomers: N/A.

ALASKA ANCHORAGE

Head Coach: Michael Friess (Linfield, 1985, 30th Season)

Assistant Coaches: Ryan McWilliams, Ray Shadowens

GNAC Championships Finish: Men – 1st, 46 pts. Women – 1st, 49 pts.

NCAA West Regionals Finish: Men – 3rd, 66 pts. Women – 1st, 116 pts.

NCAA Championships Finish: Men – 8th, 279 pts. Women – 6th, 255 pts.

Top Returning Men's Runners: Felix Kemboi (Jr., All-GNAC, All-West Region, 2nd at GNAC Championships, 24:38.6; 2nd at NCAA West Regional, 30:50.84; 54th at NCAA Championships, 33:51.7), Wesley Kirui (Jr., GNAC Athlete of the Year, GNAC Newcomer of the Year, All-GNAC, All-West Region, All-American, 1st at GNAC Championships, 24:38.0; 5th at NCAA West Regional, 31:04.74; 9th at NCAA Championships, 32:35.1).

Other Returning Men's Conference Meet Finishers: Nickson Koech (Jr., 11th, 25:14.2).

Key Men's Newcomers: N/A.

Top Returning Women's Runners: Emmah Chelimo (Sr., GNAC Athlete of the Year, All-GNAC, All-West Region, USTFCCCA West Region Athlete of the Year, All-American, 1st at GNAC Championships, 21:25.1; 1st at NCAA West Regional, 20:57.47; 23rd at NCAA Championships, 23:15.5), Nancy Jeptoo (Jr., GNAC Newcomer of the Year, All-GNAC, All-West Region, All-American, 5th at GNAC Championships, 21:51.8; 2nd at NCAA West Regional, 21:08.65; 38th at NCAA Championships, 23:27.4).

Other Returning Women's Conference Meet Finishers: Ruth Cvancara (Jr., 24th, 22:42.8).

Key Women's Newcomers: N/A.

CENTRAL WASHINGTON

Head Coach: Kevin Adkisson (Willamette, 1981, 26th Year)

Assistant Coach: Bryan Contreras

GNAC Championships Finish: Men – 5th, 113 pts. Women – 5th, 142 pts.

NCAA West Regionals Finish: Men – 10th, 351 pts. Women – 10th, 256 pts.

NCAA Championships Finish: Men – Did Not Compete Women – Individuals

Top Returning Men's Runners: Trevor Allen (Jr., 30th at GNAC Championships, 25:56.4; 66th at NCAA West Regional, 32:41.39), Henry Milodragovich (Jr., 31st at GNAC Championships, 26:00.2; 93rd at NCAA West Regional, 33:21.95), Rajesh Gill (Jr., 49th at GNAC Championships, 26:36.9; 104th at NCAA West Regional, 33:32.09).

Other Returning Men's Conference Meet Finishers: Matt Conrardy (Sr., 59th, 26:53.40), Donovan Barnhart (Jr., 67th, 27:11.90).

Key Men's Newcomers: Garrett Hough (Fr., Dana Point, Calif. – Dana Hills), Tate Hutchins (Fr., Lynden, Wash. – Lynden).

Top Returning Women's Runners: Nicole Soleim (Jr., All-GNAC, All-West Region, 6th at GNAC Championships, 21:31.1; 5th at NCAA West Regional, 21:27.52; 57th at NCAA Championships, 23:55.30), Molly Mattson (So., 30th at GNAC Championships, 22:58.1; 65th at NCAA West Regional, 22:32.40), Madison Child (So., 34th at GNAC Championships, 23:08.1; 92nd at NCAA West Regional, 23:06.12), Delaney Clem (Sr., 46th at GNAC Championships, 23:54.0; 91st at NCAA West Regional, 23:06.03), Kayla Bloomquist (So., 48th at GNAC Championships, 24:02.5; 112th at NCAA West Regional, 23:25.05), Caitlin Gohr (So., 51st at GNAC Championships, 24:06.6; 136th at NCAA West Regional, 24:02.76).

Other Returning Women's Conference Meet Finishers: Kay Lester (So., 62nd, 24:38.9), Maddie Dougherty (So., 68th, 25:00.4).

Key Women's Newcomers: Lily Tyrell (Jr., Selah, Wash. – Eastern Washington Univ.), Jenna Heesacker (Fr., Issaquah, Wash. – Issaquah), Ryan Hyatt (Fr., Pullman, Wash. – Pullman).

CONCORDIA**Head Coach:** Jerret Mantalas (Western Oregon, 2006, 6th Season)**Assistant Coach:** Jared Seckel**GNAC Championships Finish:** Men – 10th, 280 pts. Women – 10th, 246 pts.**NCAA West Regionals Finish:** Men – 20th, 536 pts. Women – 22nd, 628 pts.**NCAA Championships Finish:** Did Not Compete**Top Returning Men's Runners:** Noah Murry (Sr., 64th at GNAC Championships, 26:59.3; 112th at NCAA West Regional, 33:47.64), Max Rotar (So., 87th at GNAC Championships, 29:05.7; 162nd at NCAA West Regional, 37:06.47).**Other Returning Men's Conference Meet Finishers:** None.**Key Men's Newcomers:** N/A**Top Returning Women's Runners:** Bailey Fjelstul (Sr., 44th at GNAC Championships, 23:39.8; 127th at NCAA West Regional, 23:47.28), Gabriella Hobson (Sr., 57th at GNAC Championships, 24:28.3; 126th at NCAA West Regional, 23:47.25).**Other Returning Women's Conference Meet Finishers:** Kaitlyn Bailly (Sr., 74th, 25:37.6).**Key Women's Newcomers:** N/A**MONTANA STATE BILLINGS****Head Coach:** Jonathan Woehl (Northwest (Iowa), 2008, 3rd Season)**GNAC Championships Finish:** Men – 8th, 217 pts. Women – 8th, 242 pts.**NCAA West Regionals Finish:** Men – 16th, 432 pts. Women – 23rd, 635 pts.**NCAA Championships Finish:** Did Not Compete**Top Returning Men's Runners:** Ase Ackerman (So., 78th at GNAC Championships, 27:55.4; 144th at NCAA West Regional, 34:55.52), Carson Jessop (Jr., 43rd at GNAC Championships, 26:25.7; 128th at NCAA West Regional, 34:17.32), Logan Straus (So., 74th at GNAC Championships, 27:44.8; 140th at NCAA West Regional, 34:48.19), Ronald Venema (Sr., 37th at GNAC Championships, 26:16.1; 63rd at NCAA West Regional, 32:37.19).**Key Men's Newcomers:** Bryant Edgerton (Fr., Townsend, Mont. – Broadwater), Will Steinfeldt (Fr., Reed Point, Mont. – Reed Point).**Top Returning Women's Runners:** Nikki Aiken (Sr., 31st at GNAC Championships, 23:01.9; 111th at NCAA West Regional, 23:24.49), Sierra Durbin (So., 78th at GNAC Championships, 26:07.6; 170th at NCAA West Regional, 25:52.20), Kailee Stoppel (So., 54th at GNAC Championships, 24:20.2; 141st at NCAA West Regional, 24:23.33).**Other Returning Women's Conference Meet Finishers:** Miranda Livingston (Jr., 86th, 28:41.8), Rachel Hiner (So., 83rd, 26:44.1).**Key Women's Newcomers:** N/A.**NORTHWEST NAZARENE****Head Coach:** Danny Bowman (Northwest Nazarene, 2005, 2nd Season)**Assistant Coach:** Ben Gall**GNAC Championships Finish:** Men – 6th, 169 pts. Women – 6th, 174 pts.**NCAA West Regionals Finish:** Men – Incomplete Women – 14th, 451 pts.**NCAA Championships Finish:** Did Not Compete**Top Returning Men's Runners:** Godfrey Kemboi (Jr., First Team All-GNAC, 8th at GNAC Championships, 25:00.4; 34th at NCAA West Regional, 31:58.42), Tyler Shea (So., 63rd at GNAC Championships, 26:55.8), Trey Conley (So., 58th at GNAC Championships, 26:52.1).**Key Men's Newcomers:** Norman Kosgei (Fr., Eldoret, Kenya – Kolanya Boys School), Brett Bergler (Fr., Spokane, Wash. – Lewis & Clark), Brodie Dick (Fr., Medford, Ore. – North Medford), Gabe Martin (Fr., Anchorage, Alaska – Grace Christian).**Top Returning Women's Runners:** Bethany Danner (Sr., 19th at GNAC Championships, 22:32.2; 48th at NCAA West Regional, 22:22.49), Kalen Johnson (So., 26th at GNAC Championships, 22:46.9; 50th at NCAA West Regional, 22:23.59), Annalisa Hamilton (Jr., 33rd at GNAC Championships, 23:04.1; 78th at NCAA West Regional, 22:47.4).**Other Returning Women's Conference Meet Finishers:** Heidi Nisly (Jr., 68th at GNAC Championships, 25:10.4).**Key Women's Newcomers:** Sage Way (Fr., Cascade, Idaho – Cascade), Julia MeMar (Fr., Eagle, Idaho – Eagle).

SAINT MARTIN'S**Head Coach:** Jim Brewer (Western Washington, 1998, 7th Year)**Assistant Coach:** Rachel Brewer**GNAC Championships Finish:** Men – 11th, 300 pts. Women – 11th, 335 pts.**NCAA West Regionals Finish:** Men – 23rd, 636 pts. Women – 26th, 828 pts.**NCAA Championships Finish:** Did Not Compete**Top Returning Men's Runners:** Andrew Oslin (So., 56th at GNAC Championships, 26:45.6; 109th at NCAA West Regional, 33:42.33), Miguel De La Malena (Jr., 72nd at GNAC Championships, 27:35.8; 151st at NCAA West Regional, 35:15.70), Joe Edgecomb (Sr., Did Not Compete in 2018; 2017: 86th at GNAC Championships, 28:51.49).**Other Returning Men's Conference Meet Finishers:** Noah Roberts (So., 86th, 28:44.6), Braden Stowers (So., 94th, 32:48.6), Joe Phinazee (So., 95th, 33:39.6).**Key Men's Newcomers:** Marcus Rice (Jr., Spokane, Wash. – Spokane Falls CC), Nick Sarysz (Fr., Longview, Wash. – R.A. Long).**Top Returning Women's Runners:** Alyssa Robinson (So., 79th at GNAC Championships, 26:17.7; 161st at NCAA West Regional, 25:02.5).**Other Returning Women's Conference Meet Finishers:** None.**Key Women's Newcomers:** Elaiana Hansen (Fr., Tenino, Wash. – Rainier), Bethany Forward (Fr., Federal Way, Wash. – Federal Way), Naomi Hartley (Fr., Puyallup, Wash. – Rogers).**SEATTLE PACIFIC****Head Coach:** Karl Lerum (Pacific Lutheran, 1998, 7th Year)**Assistant Coaches:** Chris Reed, Audra Smith**GNAC Championships Finish:** Men – 7th, 183 pts. Women – 3rd, 64 pts.**NCAA West Regionals Finish:** Men – 14th, 395 pts. Women – 4th, 182 pts.**NCAA Championships Finish:** Men – Did Not Compete Women – 15th, 466 pts.**Top Returning Men's Runners:** Elius Graff (Jr., 24th at GNAC Championships, 25:51.5; 65th at NCAA West Regional, 32:29.25); Colin Boutin (Jr., 29th at GNAC Championships, 25:56.0; 61st at NCAA West Regional, 32:25.88); Colby Otero (So., 32nd at GNAC Championships, 26:03.0; 80th at NCAA West Regional, 32:59.12); Joseph Perkins (Jr., 50th at GNAC Championships, 26:37.5; 121st at NCAA West Regional, 34:01.01).**Other Returning Men's Conference Meet Finishers:** Brayden Schultz (So., 52nd, 26:43.5), Shad Galloway (Jr., 53rd, 26:43.80).**Key Men's Newcomers:** Jacob Allmaras (Fr., Medford, Ore. – North Medford), Sheamus Mahoney (Fr., Cheney, Wash. – Central Valley), Rory McClelland (Fr., Issaquah, Wash. – Liberty), Kyle Orrison (Fr., Dublin, Calif. – Dublin), Bailey Rockholt (Fr., Live Oak, Calif. – Sutter Union).**Top Returning Women's Runners:** Kaylee Mitchell (So., First Team All-GNAC, GNAC Freshman of the Year, All-West Region, All-American, 3rd at GNAC Championships, 21:35.2; 16th at NCAA West Regional, 21:43.05; 35th at NCAA Championships, 23:24.9), Kate Lilly (Sr., All-West Region, 12th at GNAC Championships, 22:06.8; 10th at NCAA West Regional, 21:34.11; 120th at NCAA Championships, 24:32.6), Katherine Walter (Sr., All-West Region, 13th at GNAC Championships, 22:07.5; 19th at NCAA West Regional, 21:43.93; 85th at NCAA Championships, 24:18.4), Dania Holmberg (Jr., 14th at GNAC Championships, 22:10.4; 67th at NCAA West Regional, 22:34.35; 176th at NCAA Championships, 25:26.1), Elizabeth Thompson (Jr., 22nd at GNAC Championships, 22:38.9; 72nd at NCAA West Regional, 22:39.92; 218th at NCAA Championships, 26:06.6).**Other Returning Women's Conference Meet Finishers:** Sedona McNerney (Sr., 40th, 23:19.1), Krystal Oien (Kaufman) (So., 43rd, 23:31.3).**Key Women's Newcomers:** Libby Michael (Fr., Nine Mile Falls, Wash. – Deer Park), Kelsey Washenberger (R-Fr., Bend, Ore. – Summit).**SIMON FRASER****Head Coach:** Brit Townsend (Simon Fraser, 1986, 21st Year)**GNAC Championships Finish:** Men – 2nd, 54 pts. Women – 2nd, 60 pts.**NCAA West Regionals Finish:** Men – 2nd, 63 pts. Women – 2nd, 85 pts.**NCAA Championships Finish:** Men – 9th, 342 pts. Women – 14th, 421 pts.**Top Returning Men's Runners:** Carlos Vargas (Sr., All-West Region, 21st at GNAC Championships, 25:46.3; 17th at NCAA West Regional, 31:05.05; 100th at NCAA Championships, 34:37.2), Chris Sobczak (Jr., 18th at GNAC Championships, 25:30.8; 38th at NCAA West Regional, 32:06.06; 205th at NCAA Championships, 36:11.6), Aaron Ahl (Jr., All-West Region, 15th at GNAC Championships, 25:23.7; 21st at NCAA West Regional, 31:40.81; 198th at NCAA Championships, 36:02.2), Thomas Gallagher (Sr., 22nd at GNAC Championships, 25:50.1; 47th at NCAA West Regional, 32:19.20; 252nd at NCAA Championships, 37:32.0).**Other Returning Men's Conference Meet Finishers:** Jordan Wilson (Jr., 54th, 26:45.0), Liam Foster (So., 70th, 27:32.7), Paul Buckingham (Jr., 75th, 27:46.2).**Key Men's Newcomers:** Tomas Chapman (Jr., Vancouver, B.C. – Douglas Coll.), Ephrem Mekonnen (Fr., Burnaby, B.C. – Burnaby South).**Top Returning Women's Runners:** Olivia Willett (Jr., All-GNAC, All-West Region, All-American, 4th at GNAC Championships, 21:49.1; 4th at NCAA West Regional, 21:18.31; 36th at NCAA Championships, 23:26.5), Chelsea Ribeiro (Sr., 16th at GNAC Championships, 22:19.9; 28th at NCAA West Regional, 21:58.97; 109th at NCAA Championships, 24:29.1), Megan Roxby (So., 32nd at GNAC Championships, 23:02.7; 96th at NCAA West Regional, 23:08.90; 183rd at NCAA Championships, 25:31.8), Emily Chilton (So., 37th at GNAC Championships, 23:14.4; 69th at NCAA West Regional, 22:37.84; 219th at NCAA Championships, 26:09.1).**Other Returning Women's Conference Meet Finishers:** Claire Noort (Sr., 35th, 23:11.1), Calli Chartlon (Jr., 45th, 23:48.6), Amy Morris (Jr., 49th, 24:04.1).**Key Women's Newcomers:** Hope Stewart (So., Nanaimo, B.C. – Univ. of Hawaii), Ailson Andrews-Paul (Sr., Ohope Beach, New Zealand – Baylor Univ.), Grace Chalk (Fr., Langley, B.C. – Walnut Grove).

WESTERN OREGON**Head Coach:** Mike Johnson (Eastern Washington, 1972, 16th Year)**Assistant Coaches:** Octavious Gillespie-Bennett, Zach Holloway**GNAC Championships Finish:** Men – 4th, 104 pts. Women – 7th, 208 pts.**NCAA West Regionals Finish:** Men – 6th, 182 pts. Women – 18th, 497 pts.**NCAA Championships Finish:** Men – Individuals Women – Did Not Compete**Top Returning Men's Runners:** Justin Crosswhite (Sr., 40th at GNAC Championships, 26:19.4; 75th at NCAA West Regional, 32:52.66), Hunter Mosman (Sr., 41st at GNAC Championships, 26:23.7; 62nd at NCAA West Regional, 32:38.17), Hunter Hutton (So., 35th at GNAC Championships, 26:09.4; 126th at NCAA West Regional, 34:24.27).**Other Returning Men's Conference Meet Finishers:** Curt Knott (Jr., 62nd, 26:55.3), Sawyer Heckard (Sr., 65th, 26:59.7), Stephen Fey (Sr., 68th, 27:27.1).**Key Men's Newcomers:** Andy Muha (Jr., Portland, Ore. – Lane CC).**Top Returning Women's Runners:** Grace Knapp (Sr., 18th at GNAC Championships, 22:30.9; 34th at NCAA West Regional, 22:10.97), Kaylin Cantu (So., 42nd at GNAC Championships, 23:22.6; 61st at NCAA West Regional, 22:31.40), Cassie McKinney (Sr., 50th at GNAC Championships, 24:06.3; 137th at NCAA West Regional, 24:24.36).**Other Returning Women's Conference Meet Finishers:** Danel Camacho (Sr., 61st, 24:35.9), Rachel Bayly (Sr., 67th, 25:04.2), Shayla Solomon (So., 63rd, 24:42.2).**Key Women's Newcomers:** Jaden Mandal (Fr., Salem, Ore. – West Salem).**WESTERN WASHINGTON****Head Coach:** Kelven "Pee Wee" Halsell (Wayland Baptist, 1981, 33rd Year)**Assistant Coach:** Bill Roe, Juan Castillo**GNAC Championships Finish:** Men – 3rd, 60 pts. Women – 4th, 86 pts.**NCAA West Regionals Finish:** Men – 5th, 159 pts. Women – 5th, 187 pts.**NCAA Championships Finish:** Men – 26th, 677 pts. Women – 20th, 525 pts.**Top Returning Men's Runners:** Jadon Olson (Sr., All-GNAC, All-West Region, 9th at GNAC Championships, 25:04.3; 20th at NCAA West Regional, 31:40.63; 123rd at NCAA Championships, 34:52.7), Eric Hamel (Jr., All-GNAC, All-West Region, 10th at GNAC Championships, 25:13.4; 22nd at NCAA West Regional, 31:42.83; 58th at NCAA Championships, 33:55.6), James Jaspersen (Sr., 12th at GNAC Championships, 25:22.6; 36th at NCAA West Regional, 32:02.04; 210th at NCAA Championships, 36:20.3), Ed Kiolbasa (Jr., 16th at GNAC Championships, 25:25.8; 55th at NCAA West Regional, 32:28.86; 225th at NCAA Championships, 36:39.6).**Other Returning Men's Conference Meet Finishers:** Colton Hoggarth (Jr., 34th, 26:09.4), Liam Cossette (Sr., 44th, 26:28.3).**Key Men's Newcomers:** John Lehr (Fr., Redmond, Wash. – Redmond), Bryce Rosenwald (R-Fr., Bellevue, Wash. – Interlake).**Top Returning Women's Runners:** Sophia Galvez (Sr., 11th at GNAC Championships, 21:59.5; 29th at NCAA West Regional, 22:03.77; 66th at NCAA Championships, 24:02.2), Jane Barr (Jr., All-West Region, 15th at GNAC Championships, 22:10.9; 24th at NCAA West Regional, 21:50.86; 65th at NCAA Championships, 24:01.5), Shawnee Konrad (So., 17th at GNAC Championships, 22:23.6; 36th at NCAA West Regional, 22:11.87; 160th at NCAA Championships, 25:10.8), Tracy Melville (Sr., 23rd at GNAC Championships, 22:41.4; 64th at NCAA West Regional, 22:32.00; 163rd at NCAA Championships, 25:12.7), Talia Dreicer (Sr., 27th at GNAC Championships, 22:48.2; 71st at NCAA West Regional, 22:39.21; 184th at NCAA Championships, 25:32.2), Aundrea Koger (Sr., 29th at GNAC Championships, 22:53.4), Rebecca Lehman (So., 36th at GNAC Championships, 23:12.6; 35th at NCAA West Regional, 21:11.28; 172nd at NCAA Championships, 25:21.7).**Key Women's Newcomers:** Eugenia Palko (Fr., Port Orchard, Wash. – South Kitsap).