



GNAC MEN'S OUTDOOR TRACK & FIELD ALL-TIME REGIONAL/NATIONAL AWARD WINNERS

Updated Through 2023 Season

REGIONAL AWARDS

USTFCCCA WEST REGION TRACK ATHLETE OF THE YEAR

Dominic Notz, Alaska Anchorage	2015
David Ribich, Western Oregon	2018

USTFCCCA WEST REGION FIELD ATHLETE OF THE YEAR

Beau Ackerman, Montana State Billings	2021
David Registe, Alaska Anchorage	2009

USTFCCCA WEST REGION COACH OF THE YEAR

Pee Wee Halsell, Western Washington	2021
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USTFCCCA WEST REGION ASSISTANT COACH OF THE YEAR

Ryan McWilliams, Alaska Anchorage	2016
Eric Dudley, Western Washington	2019
TJ Garlatz, Alaska Anchorage/Western Washington	2010/2021

USTFCCCA ALL-WEST REGION SELECTIONS

Top-Five Ranked Individuals & Top-Three Ranked Relays In Region Awarded Starting In 2011

ALASKA ANCHORAGE

Name	Event	Years
Dylan Anthony	10,000 Meters	2013-14
Dylan Anthony	Steeplechase	2013
Elliott Bauer	400-Meter Hurdles	2014-15
Elliott Bauer	4x400 Relay	2014-15
Franz Burghafen	Javelin	2013-14-15
Bobo Camara	400-Meter Hurdles	2014
Bobo Camara	4x400 Relay	2014
Micah Chelimo	1,500 Meters	2011-12-14
Micah Chelimo	5,000 Meters	2012-14
Micah Chelimo	10,000 Meters	2014
Micah Chelimo	Steeplechase	2011-12
Henry Cheseto	5,000 Meters	2015-16
Henry Cheseto	10,000 Meters	2015-16
Adam Commandeur	400 Meters	2015
Adam Commandeur	4x400 Relay	2014-16-17
Tevin Gladden	High Jump	2016-17
Darrion Gray	4x400 Relay	2015-17
Ethan Hewitt	400 Meters	2011-12-14
Ethan Hewitt	4x400 Relay	2011-14
Gabe Holland	Discus	2011
Drew Johnson	1,500 Meters	2019
Alfred Kangogo	800 Meters	2011
Alfred Kangogo	1,500 Meters	2011-12
Edwin Kangogo	10,000 Meters	2017
Edwin Kangogo	Steeplechase	2017-19
Isaac Kangogo	1,500 Meters	2013-14
Nathan Kipchumba	800 Meters	2015-16
Wesley Kirui	Steeplechase	2019
Liam Lindsay	4x400 Relay	2015-16-17
Coleman Nash	5,000 Meters	2022
Coleman Nash	10,000 Meters	2022
Dominic Notz	5,000 Meters	2015-17
Dominic Notz	10,000 Meters	2015-17
Cody Parker	Javelin	2012-13-15-16

David Registe	100 Meters	2011
David Registe	200 Meters	2011
David Registe	4x400 Relay	2011
Victor Samoei	10,000 Meters	2015
Jorge Sanchez	5,000 Meters	2018
Lawson Sims	Steeplechase	2021
Levi Sutton	4x400 Relay	2011
Nicholas Taylor	4x400 Relay	2016-17
Cody Thomas	400 Meters	2016
Cody Thomas	4x400 Relay	2016
Cody Thomas	Decathlon	2013-14-16
Joshua Wagner	110-Meter Hurdles	2021-22
Joshua Wagner	400-Meter Hurdles	2021
Shaun Ward	400-Meter Hurdles	2011-12
Shaun Ward	4x400 Relay	2011

CENTRAL WASHINGTON

Name	Event	Years
Quinton Agosta	Hammer	2012-13
Nate Andaya	4x400 Relay	2019
Angus Beaton	Hammer	2021
Brennan Boyes	High Jump	2011-12-13
Nick Bullo	4x400 Relay	2019
Aidan Cain	Shot Put	2021
Aidan Cain	Discus	2021
Aidan Cain	Hammer	2019-21
Jason Caryl	Decathlon	2011
Zachary Davis	100 Meters	2021
Zachary Davis	4x100 Relay	2021
Ryan Gunther	4x400 Relay	2019
Andrew Harris	Hammer	2021
Anthony Hogan	110-Meter Hurdles	2011
Harry Horwath	4x100 Relay	2021
Mike Jensen	Shot Put	2012
Drew Klein	Decathlon	2022
Kodiak Landis	400 Meters	2018
Kodiak Landis	Long Jump	2018
Kodiak Landis	Decathlon	2018
Braden Keller	Javelin	2012-13
Bryan Mack	Triple Jump	2012-13
Braydon Maier	Pole Vault	2021
Braydon Maier	Decathlon	2018-19-21
Logan Martin	Hammer	2023
Troy Martin	Discus	2013-14
Lewis Meyers	High Jump	2011-13
Scott Morrison	400 Meters	2011
Martin Napeahi	Discus	2021
Justin Peterson	High Jump	2014-15
Doc Porter	4x100 Relay	2021
Luke Plummer	Triple Jump	2015-16
Brandon Roddewig	High Jump	2011
Tommy Sheriff	High Jump	2011
Bryan Sidor	4x100 Relay	2021
Kevin Stanley	Shot Put	2014-15
Kevin Stanley	Hammer	2014-15
Bernari Sternes	110-Meter Hurdles	2016

GNAC MEN'S OUTDOOR TRACK & FIELD REGIONAL/NATIONAL AWARD WINNERS

USTFCCCA ALL-WEST REGION SELECTIONS

CENTRAL WASHINGTON

Name	Event	Years
Bernari Sternes	400-Meter Hurdles	2016
Armando Tafoya	Shot Put	2016
Armando Tafoya	Discus	2016-17
Armando Tafoya	Hammer	2016-17
Ethan Tonder	Shot Put	2021
Ethan Tonder	Hammer	2021
Gunner Vallatini	400-Meter Hurdles	2021
Gunner Vallatini	4x400 Relay	2019
Andrew Venema	110-Meter Hurdles	2012
Zach Whittaker	Triple Jump	2018-19
Branden Wise	Javelin	2023

CONCORDIA

Name	Event	Years
Caleb Bridge	Discus	2018-19
Caleb Bridge	Shot Put	2019
Giovanni Brown	Decathlon	2019
Jakob Chamberlin	Discus	2018
Jakob Chamberlin	Hammer	2018
Easton Christensen	Javelin	2018-19
Joe Denniston	Hammer	2019
Josh Koch	Shot Put	2018-19
Sam Nichols	Discus	2018-19
Carlos Ortiz	100 Meters	2018
Dalton Rasmussen	Javelin	2019
Jacob Slate	Hammer	2018

MONTANA STATE BILLINGS

Name	Event	Years
Beau Ackerman	Javelin	2018-21
Forrest Cross	Discus	2023
Jorey Egeland	Steeplechase	2018
Rahkei Eyer	4x100 Relay	2019
Isaiah Girard	High Jump	2021
Carson Jessop	Steeplechase	2023
Payden Lynn	Triple Jump	2021
Anthony Montanez	Shot Put	2014
Robert Peterson	Steeplechase	2016
Tanner Rottrup	Shot Put	2013
Mason Schram	4x100 Relay	2019
Kaelen Shay	4x100 Relay	2019
Sam Zook	100 Meters	2017-18-19
Sam Zook	200 Meters	2017-18-19
Sam Zook	4x100 Relay	2019

NORTHWEST NAZARENE

Name	Event	Years
Colton Burr	Hammer	2022
Ebu Camara	100 Meters	2017
Ebu Camara	400 Meters	2018
Rimar Christie	100 Meters	2013-14
Rimar Christie	200 Meters	2013
Rimar Christie	4x100 Relay	2013
Andrew Curtis	4x100 Relay	2013
Andrew Curtis	4x400 Relay	2011
Dan Hill	4x400 Relay	2011
Cody Henderson	4x100 Relay	2013
Dylan Hendry	Hammer	2022-23
Cole Hoberg	High Jump	2014-15-16-17

Maurus Hope	400-Meter Hurdles	2011-12
Maurus Hope	4x400 Relay	2011
Jake Knight	Shot Put	2019
Jake Knight	Discus	2019
Stephen Larlee	Triple Jump	2011-14
Payton Lewis	Pole Vault	2015-16-17-18
Grant Miller	Hammer	2011
Brady Monson	Javelin	2021
Steven Schmidt	High Jump	2022-23
Steven Schmidt	Pole Vault	2023
Steven Schmidt	Decathlon	2022-23
Kevin Rima	Discus	2012-13-14
Derek Sepe	4x100 Relay	2013
Tyler Shea	10,000 Meters	2021
Matt Stark	4x400 Relay	2011
Dakota Tidwell	Decathlon	2019
Dylan Tidwell	800 Meters	2021
John VanBeuren	Shot Put	2018
John VanBeuren	Hammer	2018
Laurenz Waldbauer	Javelin	2022
Barak Watson	10,000 Meters	2012
Jared Webster	Pole Vault	2017

SAINT MARTIN'S

Name	Event	Years
Brian Chalkey	Javelin	2015-18
Tyler Cronk	High Jump	2019
Michael Davis	Triple Jump	2013
Josh Schulz	Long Jump	2022
Mikel Smith	High Jump	2015-16-17
Kauanoë Vanderpoel	Hammer	2017
Kyle Van Santen	5,000 Meters	2012
Sam Washington	Shot Put	2012-13

SEATTLE PACIFIC

Name	Event	Years
AJ Baker	Steeplechase	2011-12-13
Ryan Endresen	400-Meter Hurdles	2011
Nate Johnson	Decathlon	2011-12
David Njeri	Triple Jump	2021-22-23
Seth Pierson	1,500 Meters	2013
Nathan Seely	800 Meters	2012

SIMON FRASER

Name	Event	Years
Joshua Adehmar	400-Meter Hurdles	2019
Aaron Ahl	800 Meters	2022
Aaron Ahl	1,500 Meters	2022
Aaron Ahl	Steeplechase	2019
Sebastian Brinkman	5,000 Meters	2023
Jarrett Chong	Javelin	2022
Bryan Cortes	Javelin	2022-23
Charlie Dannatt	800 Meters	2022
Charlie Dannatt	1,500 Meters	2022-23
Pierre-Louis Detourbe	Steeplechase	2019
Rowan Doherty	1,500 Meters	2019
Stuart Ellenwood	4x400 Relay	2015
Oliver Jorgensen	Steeplechase	2014-18
Daniel Kelloway	400 Meters	2015-16-17
Daniel Kelloway	4x400 Relay	2015
Vladislav Moldavanov	Triple Jump	2015
Cameron Proceviat	800 Meters	2015-16

GNAC MEN'S OUTDOOR TRACK & FIELD REGIONAL/NATIONAL AWARD WINNERS

USTFCCA ALL-WEST REGION SELECTIONS

SIMON FRASER

Name	Event	Years
Cameron Proceviat	1,500 Meters	2015-16
Cameron Proceviat	4x400 Relay	2015
Callum Robinson	400 Meters	2022
Nate St. Romain	400-Meter Hurdles	2019
Marc-Antoine Rouleau	10,000 Meters	2016
Vladislav Tsygankov	400-Meter Hurdles	2017-18
Vladislav Tsygankov	Long Jump	2015
Vladislav Tsygankov	Triple Jump	2017
Travis Vugteveen	1,500 Meters	2015
Joel Webster	4x400 Relay	2015

WESTERN OREGON

Name	Event	Years
Brady Beagley	Steeplechase	2013
Shane Brooks	Javelin	2013
Ryan Chapman	Steeplechase	2011
Sam Cole	Hammer	2022
Will Crook	Javelin	2011
Josh Dempsey	800 Meters	2016
Kaleb Dobson	400-Meter Hurdles	2015
Austin Goldstein	Javelin	2022
Dayne Gordien	Shot Put	2023
Dayne Gordien	Discus	2023
Wesley Gray	Triple Jump	2017
Josh Hanna	800 Meters	2013
Ryan Hansen	800 Meters	2013
Matson Hardie	Long Jump	2012
Zach Holloway	Steeplechase	2013
Hunter Hutton	1,500 Meters	2023
Matt Kaino	400 Meters	2011
Connor Kasler	800 Meters	2011
Curt Knott	800 Meters	2019
Justin Larson	Javelin	2016
Tim Lundy	Pole Vault	2011
Jeremy Moore	Shot Put	2016
Dustin Nading	1,500 Meters	2017-18
Chris Olsen	800 Meters	2012-13
Chris Reed	1,500 Meters	2011
Chris Reed	5,000 Meters	2011
Chris Reed	10,000 Meters	2011
David Ribich	800 Meters	2017-18
David Ribich	1,500 Meters	2016-17-18
Jason Slowey	Shot Put	2011
Jason Slowey	Discus	2011
Brandon Snook	Steeplechase	2011
Dan Sprinkle	Steeplechase	2012
Badane Sultessa	800 Meters	2015-16
Alani Troutman	Long Jump	2018
Cody Warner	200 Meters	2016
Jordan Werner	110-Meter Hurdles	2011
Aaron Whitaker	400 Meters	2017

WESTERN WASHINGTON

Name	Event	Years
Karlington Anunagba	100 Meters	2019
Alex Barry	Javelin	2017-18-19
Lucas Brenek	4x400 Relay	2021
Ryan Brown	Pole Vault	2011
Miller Campbell	Hammer	2023

Frank Catelli	Shot Put	2013-14
Frank Catelli	Discus	2014
Spencer Claeys	Javelin	2018
Time Clendaniel	Triple Jump	2011
Cordell Cummings	110-Meter Hurdles	2019-21
Cordell Cummings	400-Meter Hurdles	2019-21
Cordell Cummings	4x400 Relay	2021
Seren Dances	Long Jump	2019
Mark Daniels	4x400 Relay	2021
Costel David	Javelin	2019
Alex Donigian	100 Meters	2013-14-15-16
Alex Donigian	200 Meters	2016
Ben Elder	Shot Put	2011
Ben Elder	Discus	2011
Mac Franks	800 Meters	2021
Mac Franks	1,500 Meters	2022
Mac Franks	Steeplechase	2021-22
Jacob Gilbert	Shot Put	2014
Jeret Gillingham	Steeplechase	2021-22-23
Bennett Grimes	5,000 Meters	2011
Bennett Grimes	10,000 Meters	2011
Shane Gruger	4x100 Relay	2012
Eric Hamel	10,000 Meters	2021
Alex Harrison	Javelin	2011-12
Alex Harrison	Decathlon	2012
John Haskin	Javelin	2015-16
Slater Hirst	Javelin	2014
Michael Hoffman	Discus	2011-12
Michael Hoffman	Hammer	2011-12
George Karamitsos	10,000 Meters	2023
Trent Kibler	High Jump	2021
J.T. Konrad	Pole Vault	2016
Kaleb Korta	Steeplechase	2021
Matt Lutz	Steeplechase	2016
Ryan Macdonald	Discus	2013-14-15
Ben Malquist	Shot Put	2021-22
Kevin McDermott	1,500 Meters	2021
Kevin McDermott	5,000 Meters	2023
Kevin McDermott	10,000 Meters	2023
Cooper McNatt	Javelin	2019
Travis Milbrandt	110-Meter Hurdles	2015-16
Logan Myers	100-Meter Hurdles	2013-14-15
Logan Myers	High Jump	2013-14
Cory Okazaki	110-Meter Hurdles	2011
Koby Okezie	110-Meter Hurdles	2021
Andrew Oslin	10,000 Meters	2023
Mark Pangliinan	4x100 Relay	2012
Brandon Pless	Shot Put	2016-17
Brandon Pless	Discus	2017
Jon Poolman	400 Meters	2013
Kacey Provo	Pole Vault	2021-22
Brock Steffen	4x100 Relay	2012
Ethan Sterkel	Long Jump	2022
Jaydon Tryon	Javelin	2021-23
Calahan Warren	1,500 Meters	2021-22
Calahan Warren	5,000 Meters	2021-22
Calahan Warren	10,000 Meters	2021
Brett Watson	High Jump	2012-13-14-15
Brett Watson	Long Jump	2015
Drew Weber	800 Meters	2022-23
Drew Weber	1,500 Meters	2023
Bryant Welch	4x400 Relay	2021

GNAC MEN'S OUTDOOR TRACK & FIELD REGIONAL/NATIONAL AWARD WINNERS

USTFCCA ALL-WEST REGION SELECTIONS

WESTERN WASHINGTON

Name	Event	Years
Jordan Welling	5,000 Meters	2011
Jordan Welling	10,000 Meters	2011
Nelson Westlin	Shot Put	2012
Tupre Wickliff	High Jump	2018

COLLEGE SPORTS COMMUNICATORS

ACADEMIC ALL-DISTRICT TRACK/CROSS COUNTRY

Includes All XC/TF Honorees During GNAC Era

First Team

Alex Barry, Western Washington	2017
Angus Beaton, Central Washington	2023
Jacob Belanger, Alaska Anchorage	2023
Codi Blodgett, Western Oregon	2019
Jonah Bloom, Western Washington	2023
Adam Brown, Concordia	2019
Giovanni Brown, Concordia	2019
Eric Brill, Western Washington	2010-12
Jason Buckmeier, Western Oregon	2006
Nathan Carlson, Saint Martin's	2003-05
Nathaniel Castle, Seattle Pacific	2002
Micah Chelimo, Alaska Anchorage	2011-12
Carraig Colahan, Western Oregon	2013
Justin Crosswhite, Western Oregon	2020-21-22
Mac Franks, Western Washington	2022
Mitchell Gibbs, Simon Fraser	2023
Nick Glancy, Seattle Pacific	2002
Ryan Greenwalt, Western Washington	2023
Alex Harrison, Western Washington	2010-12
Chris Hines, Central Washington	2023
Mike Hinshaw, Western Oregon	2002-03
Tyler Jones, Western Oregon	2018-19
Jed Kallen-Brown, Alaska	2005
Alfred Kangogo, Alaska Anchorage	2013
Gordie Kordas, Western Washington	2017
Justin Karr, Western Oregon	2011
Nik Karr, Western Oregon	2008
Felix Kemboi, Alaska Anchorage	2020
Kaleb Korta, Western Washington	2023
Maruis Korthauser, Alaska	2007
Tim LeCount, Seattle Pacific	2004-05
Keith Lamay, Western Washington	2008
Brian Le, Western Washington	2023
Jorin Lenton, Simon Fraser	2023
Paul Mach, Seattle Pacific	2003-04-05
Michael Madrid, Alaska Anchorage	2007
Braydon Maier, Central Washington	2023
Chad Meis, Seattle Pacific	2010
Isaac Mitchell, Northwest Nazarene	2016
Dustin Nading, Western Oregon	2018
Coleman Nash, Alaska Anchorage	2023
Einar Often, Alaska	2010
Chris Olsen, Western Oregon	2013
Andrew Oslin, Western Washington	2023
Lewis Polkow, Montana State Billings	2012-13
Cameron Proceviat, Simon Fraser	2016
Robert Renninger, Seattle	2006
David Ribich, Western Oregon	2018
Nathan Richards, Western Washington	2015
Felix Robertson, Alaska Anchorage	2023

Brian Roncace, Northwest Nazarene	2002
Kyler Sager, Western Washington	2018-19
Ty Savely, Central Washington	2023
Jordan Schmidt, Simon Fraser	2023
Tobias Schwoerer, Alaska Anchorage	2002
Nate Seely, Seattle Pacific	2011-12
Tyler Shea, Northwest Nazarene	2021-22
Bailey Smith, Western Oregon	2022
Brandon Snook, Western Oregon	2011
Eddie Strickler, Seattle Pacific	2007
Will Smith, Western Oregon	2002
Zack Sundt, Central Washington	2023
Ries Tevit, Alaska Anchorage	2023
Tyson Vanderby, Montana State Billings	2013
Joshua Wagner, Alaska Anchorage	2023
Shaun Ward, Alaska Anchorage	2012
Jordan Welling, Western Washington	2009-10-11
Andrew Wise, Western Washington	2016-17-18
Andrew Zackery, Western Washington	2010

GNAC MEN'S OUTDOOR TRACK & FIELD REGIONAL/NATIONAL AWARD WINNERS

NATIONAL AWARDS

USTFCCCA DIVISION II FIELD ATHLETE OF THE YEAR

Chris Randolph, Seattle Pacific 2006

USTFCCCA DIVISION II TRACK SCHOLAR-ATHLETE OF THE YEAR

David Ribich, Western Oregon 2017

USTFCCCA DIVISION II FIELD SCHOLAR-ATHLETE OF THE YEAR

Cody Thomas, Alaska Anchorage 2016

USTFCCCA DIVISION II ASSISTANT COACH OF THE YEAR

TJ Crater, Central Washington 2007

COLLEGE SPORTS COMMUNICATORS

ACADEMIC ALL-AMERICA TRACK & FIELD/CROSS COUNTRY

First Team

Nathan Carlson, Saint Martin's 2012

Justin Crosswhite, Western Oregon 2022

Alex Harrison, Western Washington 2012

Coleman Nash, Alaska Anchorage 2023

Tyler Jones, Western Oregon 2019

Dustin Nading, Western Oregon 2018

David Ribich, Western Oregon 2018

Second Team

Eric Brill, Western Washington 2012

Micah Chelimo, Alaska Anchorage 2012

Justin Crosswhite, Western Oregon 2021

Mike Hinshaw, Western Oregon 2002-03

Tyler Jones, Western Oregon 2018

Paul Mach, Seattle Pacific 2005

Cameron Proceviat, Simon Fraser 2016

Tobias Schwoerer, Alaska Anchorage 2002

Nate Seely, Seattle Pacific 2012

Third Team

Adam Brown, Concordia 2019

Nathan Carlson, Saint Martin's 2003

Paul Mach, Seattle Pacific 2004

Isaac Mitchell, Northwest Nazarene 2016

Brice Roncace, Northwest Nazarene 2002

Will Smith, Western Oregon 2003

CSC DIVISION II ACADEMIC XC/T&F

ACADEMIC ALL-AMERICAN OF THE YEAR

Dustin Nading, Western Oregon 2018