



Sept. 12, 2018 • Week 3
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GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Sat., Sept. 15

Simon Fraser at USD Invite, San Diego, Calif.
 Montana State Billings at MSU Cross Country Classic, Bozeman, Mont.
 Central Washington, Seattle Pacific, Western Washington at CWU Invitational, Ellensburg, Wash.

LAST WEEK'S MEETS

Fri., Sept. 7

Ash Creek Invitational at Ash Creek Preserve, Western Oregon University, Monmouth, Ore.

Men (7,000 Meters): Western Oregon 21, Willamette 45, Clackamas CC 109, Walla Walla 119, Concordia 149, Corban 151, Clark CC 154, SW Oregon CC 204, Umpqua CC 211.

Top 5 Finishers: 1, Dustin Nading, WOU, 21:02.5. 2, Tyler Jones, WOU, 21:06.8. 3, Keith Carlson, WU, 21:14.9. 4, Michael Montague, WU, 21:33.8. 5, Justin Crosswhite, WOU, 21:36.8.

Other Top GNAC Finishers: 6, Parker Marson, WOU, 21:39.8. 7, Hunter Hutton, WOU, 21:46.9.

Women (5,000 Meters): Western Oregon 42, Corban 45, Willamette 86, Concordia 93, Walla Walla 110, Linfield 119, Umpqua CC 184.

Top 5 Finishers: 1, Hazel Carr, WU, 19:30.6. 2, Hannah Clarizio, CRB, 19:54.6. 3, Kaylin Cantu, WOU, 19:57.1. 4, Sydney Nichol, CRB, 20:00.5. 5, Alexa Johnson, WWU, 20:10.1.

Other Top GNAC Finishers: 7, Shayla Solomon, WOU, 20:28.6. 8, Rachel Bayly, WOU, 20:37.7. 9, Cassie McKinney, WOU, 20:44.4.

CSI Classic

at Canyon Springs Golf Course, Twin Falls, Idaho

Men (7,000 Meters): Weber State 20, College of Idaho 53, Southern Idaho 64, Northwest Nazarene 101.

Top 5 Finishers: 1, Jacob Stone, WSU, 22:39.83. 2, Tyson Green, WSU, 22:39.96. 3, Curt Crossley, WSU, 22:55.38. 4, Taylor Dillon, WSU, 22:59.86. 5, Clayton VanDyke, CSI, 23:02.13.

Top 5 GNAC Finishers: 6, Godfrey Kemboi, NNU, 23:07.62. 22, Tyler Shea, NNU, 24:03.97. 29, Treyson Conley, 24:31.34. 31, Levi Lewis, NNU, 24:42.26. 41, Pablo Lopez, NNU, 26:49.75.
Women (5,000 Meters): Utah 28, Weber State 38, College of Idaho 99, Northwest Nazarene 106, Southern Idaho 106, Eastern Oregon 166.

Top 5 Finishers: 1, Molly Vitale-Sulli, CI, 18:37.25. 2, Scarlet Dale, Utah, 18:45.98. 3, Lexie Thompson, WSU, 18:55.06. 4, Sophie Ryan, Utah, 18:59.25. 5, Cara Woolnough, Utah, 19:02.34.

Top 5 GNAC Finishers: 15, Bethany Danner, NNU, 20:01.17. 18, Kalen Johnson, NNU, 20:16.15. 22, Emily Hammons, NNU, 20:43.14. 25, Anna Hamilton, NNU, 20:52.30. 30, Shailynn Hestand, NNU, 21:23.86.

Sat., Sept. 8

New Balance Skinny Raven Classic at Russian Jack Golf Course, Anchorage, Alaska

Men (7,000 Meters): Alaska Anchorage 15, Alaska 49.

Top 5 Finishers: 1, Wesley Kirui, UAA, 21:07.2. 2, Felix Kemboi, UAA, 21:09.4. 3, Jorge Sanchez, UAA, 22:10.7. 4, Nickson Koech, UAA, 22:14.5. 5, Jacob Moos, UAA, 22:23.8.

Women (6,000 Meters): Alaska Anchorage 15, Alaska 46.

Top 5 Finishers: 1, Rosie Brennan, APUNSC, 20:39.6. 2, Emmah Chelimo, UAA, 21:19.9. 3, Marine Dusser, UAA Nordic, 21:39.7. 4, Nancy Keptoo, UAA, 21:53.2. 5, Danielle McCormick, UAA, 22:04.8.

Other Top GNAC Finishers: 6, Ruth Cvcancara, UAA, 22:30.2. 7, Grace Gannon, UAA, 22:37.2.

#GNACXC in 280

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#HomelsWhereTheWinsAre Western Oregon swept both the men's and women's races on Friday at the Ash Creek Invitational in Monmouth. Alaska Anchorage also won both races in a dual over Alaska at the New Balance Skinny Raven Classic.

#DustinTheCompetition Western Oregon's **Dustin Nading** was named the GNAC Men's Cross Country Athlete of the Week after he won the Ash Creek Invitational with a time of 21:02.5.

#EmmahFlash Alaska Anchorage's **Emmah Chelimo** earned GNAC Women's Cross Country Athlete of the Week after she placed second in the New Balance Skinny Raven Classic.

#StartMeUp Central Washington, Seattle Pacific, Simon Fraser and Western Washington will all begin competition this weekend. The Wildcats will host the Falcons and Vikings in Ellensburg while the Clan travels to San Diego.

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Alaska Anchorage	@UAASeawolves	#JAASeawolves
Cent. Washington	@CWUathletics	#CWUWildcats
Concordia	@gocugo	#ShieldsUp
MSU Billings	@MSUBSports	#MSUBXC
NW Nazarene	@NNUCrusaders	#GoNNUCrusaders
Saint Martin's	@SMUSaints	#SaintsAlive
Seattle Pacific	@SPUFalcons	
Simon Fraser	@SFUClan	#NCAAeh
W. Oregon	@WOUWolves	#WOUWolves
W. Washington	@WWUathletics	#GoViks



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GNAC Cross Country Runners of the Week



MEN
Dustin Nading, Western Oregon
Senior • Longview, Wash.

Making his season debut at home, Nading won the Ash Creek Invitational by four seconds over teammate Tyler Jones. Nading covered the 7,000-meter course in 21:02.5, averaging 4:50 per mile. He led the Wolves to the team victory with 21 points.

Also Nominated: Wesley Kirui (Alaska Anchorage), Noah Murry (Concordia), Godfrey Kemboi (Northwest Nazarene).



WOMEN
Emmah Chelimo, Alaska Anchorage
Junior • Iten, Kenya

Opening the season at the Skinny Raven New Balance Classic in Anchorage, Chelimo finished second in the women's 6,000-meter race in a time of 21:19.9. She was beat only by Rosie Brennan, who was a 2018 U.S. Olympian in Nordic skiing. Chelimo led the Seawolves with a perfect score of 15 points to beat Alaska in a dual team competition.

Also Nominated: Bailey Fjelstul (Concordia), Kaylin Cantu (Western Oregon).

Past GNAC Runners of the Week

Date	Men	Women
Aug. 27 - Sept. 2	Hunter Hutton, WOU	Lindsey Dorney, SMU
Sept. 3-9	Dustin Nading, WOU	Emmah Chelimo, UAA

Complete Player of the Week releases are available online at GNACSports.com.

GNAC News & Notes

THERE'S NO PLACE LIKE HOME: There is nothing better than racing at home. Just ask Western Oregon and Alaska Anchorage.

Both the Wolves and Seawolves picked up a pair of team victories in races run last weekend on each team's home course. Western Oregon saw its men's team score 21 points and its women's team score 42 points to pick up victories at Friday's Ash Creek Invitational.

The WOU men placed 11 runners in the top-15 to pad its victory. The Wolves were led by senior **Dustin Nading**, who won his season debut in 21:02.5 over 7,000 meters. The win earned Nading selection as the GNAC Men's Cross Country Athlete of the Week. In all, the gap between the No. 1 and No. 5 runners was 44 seconds.

The Wolves' women were led by freshman **Kaylin Cantu**, who placed third in a time of 19:57.1 over 5,000 meters. Four of WOU's top-five runners placed in the top-10.

Alaska Anchorage, meanwhile, posted a perfect score of 15 points in both the men's and women's race in a dual against Alaska at the New Balance Skinny Raven Classic in Anchorage. Junior **Wesley Kirui**, a transfer from Division I Hampton, won in his UAA debut as he covered the men's 7,000-meter course in 21:07.2. Sophomore **Felix Kemboi** placed second in 21:09.4.

Junior **Emmah Chelimo** was named the GNAC Women's Cross Country Athlete of the Week after she placed second in the women's 6,000-meter race in a time of 21:19.9. She was beat by an athlete of elite caliber in Rosie Brennan, who was a member of the 2018 U.S. Olympic Team in Nordic skiing.

FOUR MORE TEAMS START SEASON THIS WEEKEND: After this weekend, all 11 GNAC cross country programs will have started competition. Central Washington will host Seattle Pacific and Western Washington on Saturday at the CWU Invitational at Ellensburg's Rotary Park. Simon Fraser will open the season in San Diego, participating in the USD Invite.

BREAKING THE TAPE: The list of GNAC athletes who have won races during the 2018 season...

MEN

- Hunter Hutton (WOU): Linfield Harrier Classic, Aug. 31 (19:47.0, 6,000 meters).
- Wesley Kirui (UAA): New Balance Skinny Raven Classic, Sept. 8 (21:07.2, 7,000 meters).
- Dustin Nading (WOU): Ash Creek Invitational, Sept. 7 (21:02.5, 7,000 meters).

Around The GNAC



ALASKA

LAST WEEK: Sept. 8: at New Balance Skinny Raven Classic
Men - 2nd of 2, 49 pts. Women - 2nd of 2, 46 pts.

THIS WEEK: No Meet

• Alaska opened the 2018 season in Anchorage last weekend, taking second in a pair of dual meet races against 49th state rival Alaska Anchorage.

• The Nanooks' women were led by senior **Alexandra Bergholtz**, who placed eighth in the 6,000-meter race in 22:39.2. Freshman **Anja Majjala** finished two places back in eighth with a time of 23:00.3 in her collegiate debut.

• Junior **Lukash Platil** paced the UAA men in the 7,000-meter race as he placed eighth in a time of 22:38.4. **Tristan Sayre** was the Nanooks' No. 2 runner, placing 14th in a time of 23:42.9.

• Alaska will take a week away from competition before coming to the lower 48 on Sat., Sept. 22, for the Ken Garland Classic at Saint Martin's University in Lacey, Wash.



ALASKA ANCHORAGE

LAST WEEK: Sept. 8 at New Balance Skinny Raven Classic
Men - 1st of 2, 15 pts. Women - 1st of 2, 15 pts.

THIS WEEK: No Meet

• Alaska Anchorage posted a pair of perfect 15-point team scores in a dual meet race over Alaska at the New Balance Skinny Raven Classic to open the 2018 season.

• Junior **Emmah Chelimo** was named the GNAC Women's Cross Country Athlete of the Week after she placed second in the women's 6,000-meter race, covering the course in 21:19.6. She averaged 4:54 per mile. Chelimo was beat in the race by Rosie Brennan, who was a member of the 2018 U.S. Olympic Team in Nordic skiing.

• Sophomore **Nancy Jeptoo** finished fourth for the Seawolves in a time of 21:53.2 while senior **Danielle McCormick** was fifth in 22:04.8.

• Junior **Wesley Kirui**, running in his first race for UAA, won the men's 7,000-meter race in 21:07.2 to lead a top-five sweep for the Seawolves. Sophomore Felix Kemboi was second in 21:09.4 while senior **Jorge Sanchez** was third in 22:10.7.

• Both the UAA men and women earn spots in the USTFCCA Division II Preseason Coaches Poll. The Seawolves' women are tied for eighth while the men are tied for 21st.

• Alaska Anchorage will not compete again until Sat., Sept. 22, when the Seawolves travel to Las Vegas for the UNLV Invitational.



CENTRAL WASHINGTON

LAST WEEK: No Meet

THIS WEEK: Sept. 15 at CWU Invitational

• Central Washington will open its 2018 cross country season at home on Sat., Sept. 15, hosting the CWU Invitational at Ellensburg's Rotary Park.

• Both the Central Washington men and women are picked to finish fifth in the GNAC Championships this season. The CWU women placed fifth at the 2017 GNAC Championships and return All-West Region senior **Alexa Shindruk**, who placed 11th to lead the Wildcats.

• Central Washington's men placed sixth at last year's conference meet. Senior **Tyler Humphries** is the team's top returning finisher, placing 29th.



CONCORDIA

LAST WEEK: Sept. 7 at Ash Creek Invitational
Men - 5th of 9, 149 pts. Women - 4th of 7, 93 pts.

THIS WEEK: No Meet

• Concordia saw its women's team take fourth place and the men place fifth in a preview of the GNAC Championships course at the Ash Creek Invitational.

• The Cavaliers' women placed three runners in the top-20 on the 5,000-meter race. Junior **Bailey Fjelstul** led the way with her 13th place in a time of 21:05.8 while junior **Gabby Hobson** was close behind in 14th place in 21:05.9. Junior **Kaitlyn Bailly** finished in 19th place in 21:41.0.

• Junior **Noah Murry** was Concordia's top placer in the men's 7,000-meter race, taking 20th in a time of 23:15.6. Freshman **Josh Allen** was 37th in 24:42.4 while freshman **Max Rotar** was 38th in 24:44.6.

• After running on both of the first two weekends of the season, Concordia will not compete on either of the next two weekends. The Cavaliers return on Sat., Sept. 29, at the Willamette Charles Bowles Invitational.



MONTANA STATE BILLINGS

LAST WEEK: No Meet

THIS WEEK: Sept. 15 at MSU Cross Country Classic

• Montana State Billings last compete at the Hardrocker Classic on Sept. 1 in Rapid City, S.D.

• Senior **Ivan Colmenero** started his final collegiate season strong, placing eighth in a time of 27:45.93 over 8,000 meters. Junior **Ronald Venema** placed ninth in 27:59.81.

• Junior **Nikki Aiken**, the only returning athlete on the women's team, opened the season placing eighth with a time of 20:53.89 over 6,000 meters. Sophomore junior college transfer **Ruth Chepsat** finished 12th in a time of 21:14.77.

• The Yellowjackets will head west on Saturday to compete at the MSU Cross Country Classic in Bozeman, Mont.



NORTHWEST NAZARENE

LAST WEEK: Sept. 8 at CSI Invitational

Men - 4th of 4, 101 pts. Women - 4th of 6, 106 pts.

THIS WEEK: No Meet

• Opening the 2018 season against Division I competition, Northwest Nazarene scored a pair of fourth-place team finishes at the CSI Invitational in Twin Falls, Idaho.

• Junior **Godfrey Kemboi** led the Nighthawks in the men's 7,000-meter race, placing sixth in a time of 23:07.62. Freshman **Tyler Shea** finished 22nd in his collegiate debut with a time of 24:03.97.

• Junior **Bethany Danner** was NNU's top women's placer. She finished in 15th place as she covered the 5,000-meter course in 20:01.17. Freshman **Kalen Johnson** finished 18th in her college premiere with a time of 20:16.15.

• Late last week, **Danny Bowman** was announced as the Nighthawks' new head cross country and track and field coach. A 2005 graduate of Northwest Nazarene, Bowman returns after four seasons as the head coach at Concordia-Irvine.

• Northwest Nazarene is off this weekend and will return to the course on Fri., Sept. 21, at the Eastern Oregon Invitational in La Grande, Ore.

Around The GNAC



SAINT MARTIN'S

LAST WEEK: No Meet

THIS WEEK: No Meet

- Saint Martin's last raced on Sept. 1, placing third in both the men's and women's races at the Puget Sound Invitational.
- Senior **Lindsey Dorney** placed second in the meet. She covered the 6,000-meter course in a time of 24:01. She was 20 seconds behind the winner, Emery Bradlina of Puget Sound. Freshman **Alyssa Robinson** placed ninth in 26:28.
- Freshman **Andrew Oslin** led the SMU men in his first collegiate meet, placing fourth in a time of 27:51 over 8,000 meters. Junior **Colton Buster** was not far behind, placing 10th in 28:18.
- The Saints do not compete again until Sat., Sept. 22, when they host the Ken Garland Classic. The meet is named in memory of the school's longtime baseball coach, who passed away unexpectedly last spring.



SEATTLE PACIFIC

LAST WEEK: No Meet

THIS WEEK: Sept. 15 at CWU Invitational

- Seattle Pacific was scheduled to open the season last Saturday at the Sundodger Invitational, but this year's meet is being limited to Division I competition. With the cancellation, the Falcons will open this Saturday at the CWU Invitational.
- The Falcons' women are picked to repeat their fourth-place finish at this year's GNAC Championships. Sophomore **Dania Holmberg** is the team's top returning placer, finishing 19th.
- The SPU men are predicted to repeat an eighth-place finish. Sophomore **Elius Graf** is the team's top returning conference meet finisher, placing 41st as a freshman.



SIMON FRASER

LAST WEEK: No Meet

THIS WEEK: Sept. 15 at USD Invitational

- Simon Fraser was scheduled to compete at the Sundodger Invitational last Saturday, but this year's meet is being limited to Division I competition. The Clan will now open this Saturday at the USD Invitational in San Diego.
- Both the SFU men and women are in the USTFCCCA Division II Coaches Top-25 preseason polls. The women are No. 11 while the men are No. 16.
- The Simon Fraser women are picked repeat in second place at the GNAC Championships this year. The Clan will be led by sophomore **Olivia Willett**, who placed ninth to earn All-GNAC honors.
- The SFU men are picked to repeat a third-place finish at the conference meet, tying with Western Washington in voting. The Clan returns two All-GNAC athletes in senior **Sean Miller**, who placed fifth in 2017, and senior **Rowan Doherty**, who placed seventh.



WESTERN OREGON

LAST WEEK: Sept. 7 at Ash Creek Invitational

Men - 1st of 9, 21 pts. Women - 1st of 7, 42 pts.

THIS WEEK: No Meet

- Running on its home course, Western Oregon was a team winner in both the men's and women's races at the Ash Creek Invitational.
- The Wolves' men placed 11 runners in the top-15 and finished with a score of 21 points, 24 points better than second place Willamette.
- Senior **Dustin Nading** was named the GNAC Men's Cross Country Athlete of the Week after he won the 7,000-meter race in a time of 21:02.5, averaging 4:50 per mile. Nading, the 2017-18 Google Cloud/CoSIDA Division II Cross Country/Track and Field Academic All-American of the Year, was four seconds better than teammate **Tyler Jones**. The senior placed second in 21:06.8.
- Rounding out the WOU scoring five was junior **Justin Crosswhite** (fifth, 21:36.8), senior **Parker Marson** (6th, 21:39.8) and freshman **Hunter Hutton** (seventh, 21:46.9).
- The WOU women won with a score of 42 points, edging second-place Corban by three points. Freshman **Kaylin Cantu** led the Wolves with a third-place finish, covering the 5,000-meter course in a time of 19:57.1.
- Sophomore **Shayla Solomon** was seventh in a time of 20:28.6. Junior **Rachel Bayly** finished eighth in 20:37.7 and senior **Cassie McKinney** placed ninth in 20:44.4.
- The Western Oregon men opened the year ranked No. 13 in the USTFCCCA Division II Preseason Coaches Poll.
- Western Oregon will not race this weekend, returning to action on Fri., Sept. 21 at the SF State Invitational in San Francisco.



WESTERN WASHINGTON

LAST WEEK: No Meet

THIS WEEK: Sept. 15 at CWU Invitational

- Western Washington will open the 2018 season on Saturday, competing at the CWU Invitational.
- Both the Vikings' men's and women's teams are picked to finish third at the GNAC Championships this season. The Vikings' women placed third at last year's meet, the final of three to be held on WWU's home course at Lake Padden. Junior **Tracy Melville** is the team's top returning placer after finishing 13th last year.
- The WWU men tied with Simon Fraser in the coaches' voting after finishing in fourth place last year. The Vikings' top returning placer is senior **Jadon Olson**, who earned All-GNAC honors with a sixth-place finish. The Vikings also return senior **Isaac Derline**, who redshirted in 2017 after placing third at the 2016 GNAC Championships.

Men's Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SFU	WOU
Preseason	T-21th	16th	13th

West Region	UAA	SFU	WOU	WWU
Preseason	4th	3rd	2nd	6th

USTFCCCA DIVISION II COACHES POLL

Preseason - Aug. 29		
Rk	School (1st)	Pts.
1.	Adams State (8)	200
2.	Grand Valley St.	192
3.	Colorado Mines	184
4.	Chico State	172
5.	Western State	171
6.	Queens (N.C.)	155
7.	Augustana (S.D.)	149
8.	CSU-Pueblo	146
9.	Southern Indiana	131
10.	Shippensburg	116
11.	Saginaw Valley St.	114
12.	Mount Olive	110
13.	Western Oregon	104
14.	Dallas Baptist	91
15.	Stonehill	85
16.	Simon Fraser	81
17.	Sioux Falls	67
18.	West Texas A&M	64
19.	Walsh	52
20.	Missouri Southern	45
21.	Lee (Tenn.)	37
	Alaska Anchorage	37
23.	American International	36
24.	Edinboro	24
25.	Cal Poly Pomona	15

Previous	Rk	School	Conf.	Prev.
1	1.	Chico State	CCAA	1
2	2.	Western Oregon	GNAC	2
3	3.	Simon Fraser	GNAC	4
9	4.	Alaska Anchorage	GNAC	5
4	5.	Cal Poly Pomona	CCAA	7
6	6.	Western Washington	GNAC	8
8	7.	Cal State San Marcos	CCAA	9
7	8.	Academy of Art	PacWest	6
12	9.	UC San Diego	CCAA	10
10	10.	Cal State East Bay	CCAA	11
NR				
11				
18				
16				
NR				
27				
14				
22				
17				
28				
NR				
19				
29				
NR				

USTFCCCA WEST REGION POLL

Preseason - Aug. 28		
Rk	School	Conf.
1.	Chico State	CCAA
2.	Western Oregon	GNAC
3.	Simon Fraser	GNAC
4.	Alaska Anchorage	GNAC
5.	Cal Poly Pomona	CCAA
6.	Western Washington	GNAC
7.	Cal State San Marcos	CCAA
8.	Academy of Art	PacWest
9.	UC San Diego	CCAA
10.	Cal State East Bay	CCAA

[View Complete Regional Polls Online](#)

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Women's Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SFU
Preseason	T-8th	11th

West Region	UAA	SFU	SPU	WWU
Preseason	2nd	3rd	9th	6th

USTFCCCA DIVISION II COACHES POLL

Preseason - Aug. 29		
Rk	School (1st)	Pts.
1.	Adams State (8)	200
2.	Grand Valley St.	189
3.	Western State	187
4.	Mary	176
5.	Hillsdale	165
6.	Augustana (S.D.)	159
7.	Chico State	155
8.	Alaska Anchorage	138
	Colorado Mines	138
10.	Pittsburg State	125
11.	Simon Fraser	121
12.	Southern Indiana	119
13.	Walsh	94
14.	Lee (Tenn.)	89
15.	UC-Colorado Springs	88
16.	Northern Michigan	77
17.	Queens (N.C.)	68
18.	Cal Poly Pomona	60
19.	Dallas Baptist	52
20.	Edinboro	51
21.	Oklahoma Baptist	48
22.	Mount Olive	33
23.	Stonehill	22
24.	Michigan Tech	17
25.	Humboldt State	11

Previous	Rk	School	Conf.	Prev.
1	1.	Chico State	CCAA	3
6	2.	Alaska Anchorage	GNAC	2
9	3.	Simon Fraser	GNAC	4
2	4.	Cal Poly Pomona	CCAA	6
7	5.	Humboldt State	CCAA	9
14	6.	Western Washington	GNAC	8
4	7.	Point Loma	PacWest	10
5	8.	Cal State San Marcos	CCAA	5
11	9.	Seattle Pacific	GNAC	13
18	10.	Azusa Pacific	PacWest	16
NR				
12				
31				
17				
13				
23				
16				
22				
19				
20				
28				
24				
NR				
NR				

USTFCCCA WEST REGION POLL

Preseason - Aug. 28		
Rk	School	Conf.
1.	Chico State	CCAA
2.	Alaska Anchorage	GNAC
3.	Simon Fraser	GNAC
4.	Cal Poly Pomona	CCAA
5.	Humboldt State	CCAA
6.	Western Washington	GNAC
7.	Point Loma	PacWest
8.	Cal State San Marcos	CCAA
9.	Seattle Pacific	GNAC
10.	Azusa Pacific	PacWest

[View Complete Regional Polls Online](#)

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2018 GNAC Meet Summaries

Fri., Aug. 31

Linfield Harrier Classic

at Joe Dancer Park, McMinnville, Ore.

Men (6,000 Meters): George Fox 27, Western Oregon 41, Oregon Tech 59.

Top 5 Finishers: 1, 1, Hunter Hutton, WOU, 19:47.0. 2, Simon Walsh, WOU, 20:03.0. 3, Dillon Rising, GFU, 20:05.5. 4, Peter Weiss, GFU, 20:06.6. 5, Timothy Kaelin, GFU, 20:12.2.

Other Top GNAC Finishers: 10, Sawyer Heckard, WOU, 20:35.4. 13, Neal Cranston, WOU, 20:55.5. 16, Curt Knott, WOU, 21:10.4.

Women (4,000 Meters): Oregon Tech 15, Western Oregon 51, George Fox 75, Linfield 111.

Top 5 Finishers: 1, Susie Garza, OIT, 15:10.2. 2, Kayle Moore, Ulitmook TC, 15:14.17. 3, Cindy Reed, OIT, 15:23.8. 4, Andie Kolasinski, OIT, 15:38.5. 5, Faith Widman, OIT, 15:38.8.

Top 5 GNAC Finishers: 7, Kailyn Cantu, WOU, 15:46.5. 10, Shayla Solomon, WOU, 16:07.3. 13, Rachel Bayly, WOU, 16:24.3. 14, Danel Camacho, WOU, 16:28.9. 15, Cassie McKinney, WOU, 16:45.1.

Sat., Sept. 1

Puget Sound Invitational

at Fort Steilacoom Park, Lakewood, Wash.

Men (8,000 Meters): Puget Sound 44, Pacific Lutheran 47, Saint Martin's 49, Green River CC 108, Olympic CC 116.

Top 5 Finishers: 1, Colin Monaghan, UPS, 25:55. 2, Jamin King, Club NW, 26:51. 3, Dennis Keith, Olympic, 27:26. 4, Andrew Oslin, SMU, 27:51. 5, Basil Engledow, UPS, 28:10.

Other Top GNAC Finishers: 10, Colton Buster, SMU, 28:18. 11, John Farrell, SMU, 28:22. 12, Miguel DeLaMalena, SMU, 28:58. 17, Noah Roberts, SMU, 29:15.

Women (6,000 Meters): Puget Sound 24, Pacific Lutheran 49, Saint Martin's 60.

Top 5 Finishers: 1, Emery Bradlina, UPS, 23:41. 2, Lindsey Dorney, SMU, 24:01. 3, Sam Schaffer, UPS, 24:32. 4, Abby Dalke, UPS, 25:13. 5, Alicia Keivanek, PLU, 26:09.

Other Top GNAC Finishers: 9, Alyssa Robinson, SMU, 26:28. 12, Sadie Dalgleish, SMU, 27:00. 19, Eliza Bannister, SMU, 28:32. 21, Olivia Abbott, SMU, 30:17.

Hardrock Cross Country Classic

at Robbinsdale Park, Rapid City, S.D.

Men (8,000 Meters): Black Hills St. 18, South Dakota Mines 60, Montana State Billings 71, Chadron State 87, Dawson CC 147.

Top 5 Finishers: 1, Joshua Davis, BHSU, 27:01.18. 2, Keith Osowski, BHSU, 27:18.99. 3, Ryan Moen, SDM, 27:30.18. 4, Jonah Theisen, BHSU, 27:37.87. 5, Jake Iverson, BHSU, 27:44.08.

Top 5 GNAC Finishers: 8, Ivan Colmenero, MSUB, 27:45.93. 9, Ronald Venema, MSUB, 27:59.81. 13, Ase Ackerman, MSUB, 28:40.37. 21, Carson Jessop, 29:24.02. 29, Drake Henson, MSUB, 30:10.62.

Women (6,000 Meters): Black Hills State 15, Chadron State 62, Montana State Billings 81.

Top 5 Finishers: 1, Nicole Allerdings, BHSU, 19:37.48. 2, Savannah Davis, BHSU, 20:18.80. 3, Xiomara Robinson, BHSU, 20:30.61. 4, Cailey Roth, BHSU, 20:36.39. 5, Tori Moore, BHSU, 20:37.95.

Top 5 GNAC Finishers: 8, Nikki Aiken, MSUB, 20:53.89. 12, Ruth Chepsat, MSUB, 21:14.77. 24, Kailee Stoppel, MSUB, 23:29.67. Madalyn Terwillger, MSUB, 24:35.45. 28, Sierra Holinka, MSUB, 24:49.98.

Fri., Sept. 7

Ash Creek Invitational

at Ash Creek Preserve, Western Oregon University, Monmouth, Ore.

Men (7,000 Meters): Western Oregon 21, Willamette 45, Clackamas CC 109, Walla Walla 119, Concordia 149, Corban 151, Clark CC 154, SW Oregon CC 204, Umpqua CC 211.

Top 5 Finishers: 1, Dustin Nading, WOU, 21:02.5. 2, Tyler Jones, WOU, 21:06.8. 3, Keith Carlson, WU, 21:14.9. 4, Michael Montague, WU, 21:33.8. 5, Justin Crosswhite, WOU, 21:36.8.

Other Top GNAC Finishers: 6, Parker Marson, WOU, 21:39.8. 7, Hunter Hutton, WOU, 21:46.9.

Women (5,000 Meters): Western Oregon 42, Corban 45, Willamette 86, Concordia 93, Walla Walla 110, Linfield 119, Umpqua CC 184.

Top 5 Finishers: 1, Hazel Carr, WU, 19:30.6. 2, Hannah Clarizio, CRB, 19:54.6. 3, Kaylin Cantu, WOU, 19:57.1. 4, Sydney Nichol, CRB, 20:00.5. 5, Alexa Johnson, WWU, 20:10.1.

Other Top GNAC Finishers: 7, Shayla Solomon, WOU, 20:28.6. 8, Rachel Bayly, WOU, 20:37.7. 9, Cassie McKinney, WOU, 20:44.4.

CSI Classic

at Canyon Springs Golf Course, Twin Falls, Idaho

Men (7,000 Meters): Weber State 20, College of Idaho 53, Southern Idaho 64, Northwest Nazarene 101.

Top 5 Finishers: 1, Jacob Stone, WSU, 22:39.83. 2, Tyson Green, WSU, 22:39.96. 3, Curt Crossley, WSU, 22:55.38. 4, Taylor Dillon, WSU, 22:59.86. 5, Clayton VanDyke, CSI, 23:02.13.

Top 5 GNAC Finishers: 6, Godfrey Kemboi, NNU, 23:07.62. 22, Tyler Shea, NNU, 24:03.97. 29, Treyson Conley, 24:31.34. 31, Levi Lewis, NNU, 24:42.26. 41, Pablo Lopez, NNU, 26:49.75.

Women (5,000 Meters): Utah 28, Weber State 38, College of Idaho 99, Northwest Nazarene 106, Southern Idaho 106, Eastern Oregon 166.

Top 5 Finishers: 1, Molly Vitale-Sulli, CI, 18:37.25. 2, Scarlet Dale, Utah, 18:45.98. 3, Lexie Thompson, WSU, 18:55.06. 4, Sophie Ryan, Utah, 18:59.25. 5, Cara Woolnough, Utah, 19:02.34.

Top 5 GNAC Finishers: 15, Bethany Danner, NNU, 20:01.17. 18, Kalen Johnson, NNU, 20:16.15. 22, Emily Hammons, NNU, 20:43.14. 25, Anna Hamilton, NNU, 20:52.30. 30, Shailynn Hestand, NNU, 21:23.86.

Sat., Sept. 8

New Balance Skinny Raven Classic

at Russian Jack Golf Course, Anchorage, Alaska

Men (7,000 Meters): Alaska Anchorage 15, Alaska 49.

Top 5 Finishers: 1, Wesley Kirui, UAA, 21:07.2. 2, Felix Kemboi, UAA, 21:09.4. 3, Jorge Sanchez, UAA, 22:10.7. 4, Nickson Koech, UAA, 22:14.5. 5, Jacob Moos, UAA, 22:23.8.

Women (6,000 Meters): Alaska Anchorage 15, Alaska 46.

Top 5 Finishers: 1, Rosie Brennan, APUNSC, 20:39.6. 2, Emmah Chelimo, UAA, 21:19.9. 3, Marine Dusser, UAA Nordic, 21:39.7. 4, Nancy Keptoo, UAA, 21:53.2. 5, Danielle McCormick, UAA, 22:04.8.

Other Top GNAC Finishers: 6, Ruth Cvancara, UAA, 22:30.2. 7, Grace Gannon, UAA, 22:37.2.