



Oct. 4, 2018 • Week 6
GNACSports.com • @GNACSports

Contact: Blake Timm, Assistant Commissioner For Communications
503-805-8756 • btimm@gnacsports.com

GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Sat., Oct. 6

Simon Fraser, Western Oregon, Western Washington at Division II Conference Crossover, Romeoville, Ill.
Alaska, Seattle Pacific, Western Washington at Emerald City Open, Seattle, Wash.

LAST WEEK'S MEETS

Sat., Sept. 29

Charles Bowles Willamette Invitational at Bush's Pasture Park, Salem, Ore.

Men's Cardinal (8,000 Meters): Boise State 37, Portland 46, Lipscomb 68, Portland State 154, Central Washington 212, Western New Mexico 224, Seattle Pacific 238, Willamette 274, Humboldt State 276, Colorado College 277, Pacific Lutheran 284, Whitworth 291, Puget Sound 323, Saint Martin's 416, Concordia 434, Whitman 455, Lewis & Clark 462, Pacific (Ore.) 469, Augsburg 535.

Top 5 Finishers: 1, Andrew Rafla, BSU, 24:09.2. 2, Riley Campbell, BSU, 24:12.2. 3, Peter Allegre, UP, 24:32.0. 4, Silas Griffith, LIP, 24:33.4. 5, Colin Monaghan, PS, 24:33.8.

Top 5 GNAC Finishers: 22, Colby Otero, SPU, 25:17.9. 25, Corbin Carlton, CWU, 25:22.3. 44, Henry Milodragovich, CWU, 25:56.8. 48, Elius Graff, SPU, 26:00.2. 50, Josh Moats, CU, 26:02.8.

Women's Cardinal (5,000 Meters): Boise State 30, Lipscomb 68, Portland State 97, Seattle Pacific 140, Portland 140 (SPU wins tiebreaker), Point Loma 164, Oregon State 193, Central Washington 227, Humboldt State 249, Colorado College 315, Willamette 350, Whitworth 350 (Willamette wins tiebreaker), Puget Sound 367, Pacific (Ore.) 389, Concordia 401, Whitman 453, Western New Mexico 483, Pacific Lutheran 517, Lewis & Clark 581, Saint Martin's 639, Augsburg 665.

Top 5 Finishers: 1, Kristie Schoffield, BSU, 17:10.7. 2, Julia Fritz, LIP, 17:14.1. 3, Olivia Johnson, BSU, 17:19.8. 4, Alexa Shindruk, CWU, 17:21.0. 5, Claire Graves, BSU, 17:22.0.

Other Top GNAC Finishers: 7, Kaylee Mitchell, SPU, 17:24.8. 21, Kate Lilly, SPU, 17:49.0. 24, Dania Holmberg, SPU, 17:58.9. 40, Katherine Walter, SPU, 18:22.3.

Stanford Invitational

at Stanford Golf Course, Palo Alto, Calif.

Men's Open (8,000 Meters): Stanford 26, UCLA 53, Adams State 75, Cal Poly 90, San Jose State 129, Simon Fraser 189, UC Santa Barbara 197, British Columbia 273, Arizona State 287, Victoria 292, Claremont-Mudd-Scripps 294, Mt. SAC 307, Fresno Pacific 436, George Fox 444, UTSA 445, San Bernardino Valley 484, LA Harbor 509, Cal St. Monterey Bay 534.

Top 5 Finishers: 1, Robert Brandt, Unattached, 23:44.40. 2, Sydney Gidabuday, ASU, 23:55.60. 3, Alek Parsons, STAN, 23:58.00. 4, Garrett Reynolds, UCLA, 23:58.70. 5, Alex Ostberg, STAN, 24:00.10.

Top 5 GNAC Finishers: 38, Rowan Doherty, SFU, 25:15.70. 45, Pierre-Louis Detourbe, SFU, 25:23.20. 51, Sean Miller, SFU, 25:29.90. 52, Carlos Vargas, SFU, 25:30.10. 67, Aaron Ahl, SFU, 25:54.40.

Women's Open (6,000 Meters): Stanford 62, Adams State 69, Washington 90, UCLA 113, Cal Poly 139, San Jose State 142, Arizona State 161, UC Santa Barbara 249, Colorado 281, Victoria 308, British Columbia 310, Simon Fraser 313, Pomona-Pitzer 341, Claremont-Mudd-Scripps 354, UTSA 494, LA Harbor 500, Fresno Pacific 509, Mt. SAC 527, Cal St. Monterey Bay 544.

Top 5 Finishers: 1, Elise Cranny, STAN, 20:32.50. 2, Katie Rainsberger, UW, 20:39.70. 3, Fiona O'Keeffe, STAN, 20:41.20. 4, Elisha Flanagan, ASU, 20:59.00. 5, Kaitlyn Neal, UW, 21:01.20.

Top 5 GNAC Finishers: 30, Addy Townsend, SFU, 21:57.00. 49, Olivia Willett, SFU, 22:45.40. 88, Chelsea Ribiero, SFU, 23:08.80. 92, Emily Chilton, SFU, 23:13.00. 102, Claire Noort, SFU, 23:28.90.

Roy Griak Invitational

at Les Borstad Golf Course, St. Paul, Minn.

Men's Maroon Division II (8,000 Meters): Augustana (S.D.) 59, Sioux Falls 66, Iowa Central CC 68, Minnesota St. 117, Fort Lewis 119, Lakehead 180, MSU-Moorhead 181, Concordia-St. Paul 204, Mary 228, Northern State 264,

Montana State Billings 298, Benedictine (Kan.) 336, SW Minnesota St. 338, Minot State 433, Jamestown 481.

Top 5 Finishers: 1, Mason Phillips, USF, 24:53.1. 2, Johrdan Ccope, ICCO, 25:04.3. 3, Austin Pasch, MSU, 25:09.6. 4, Hosava Kretzmann, 25:15.5. 5, Nathan Schreoder, AUG, 25:19.4.

Top 5 GNAC Finishers: 35, Ivan Colmemero, MSUB, 26:38.0. 62, Ronald Venema, MSUB, 27:16.3. 65, Carson Jessup, MSUB, 27:22.6. 77, Mark Hovland, MSUB, 27:37.1. 94, Ase Ackerman, MSUB, 28:11.6.

Women's Maroon Division II (6,000 Meters):

Mary 60, Augustana (S.D.) 75, UC-Colorado Springs 89, Michigan Tech 117, Northern Michigan 177, Sioux Falls 181, Minnesota State 197, Fort Lewis 230, Northern State 338, Benedictine (Kan.) 350, MSU-Moorhead 363, St. Cloud State 374, Concordia-St. Paul 377, Lakehead 382, Montana St. Billings 419, Minot State 492, SW Minnesota St. 500, Upper Iowa 510, Bemidji State 551, Jamestown 580, Briar Cliff 621.

Top 5 Finishers: 1, Kayla Wooten, UCCS, 21:55.8. 2, Jaiden Schuette, Mary, 22:00.2. 3, Ida Narbuvooll, Mary, 22:04.7. 4, Mackenzie Kelly, AUG, 22:24.1. 5, Taryn Ceglowski, USF, 22:25.5.

Top 5 GNAC Finishers: 39, Ruth Chepsat, MSUB, 23:37.4. 48, Nikki Aiken, MSUB, 23:56.2. 122, Kailee Stoppel, MSUB, 25:58.7. 152, Sierra Durbin, MSUB, 27:00.1. 156, Madalyn Terwilliger, MSUB, 27:17.1

GNAC Cross Country Runners of the Week



MEN

Colby Otero, Seattle Pacific
Freshman • Kailua, Hawaii

Running in his second collegiate meet, Otero led the Falcons and all GNAC runners at the Charles Bowles Willamette Invitational, finishing 22nd in a time of 25:17.9 over 8,000 meters. He helped lead Seattle Pacific to a sixth-place team finish.

Also Nominated: Josh Moats (Concordia), Rowan Doherty (Simon Fraser), Sawyer Heckard (Western Oregon).



WOMEN

Alexa Shindruk, Central Washington
Senior • Lynden, Wash.

Shindruk took fourth place at the Charles Bowles Willamette Invitational, covering the 5,000-meter course in 17:21.0. She averaged 5 minutes, 35 seconds per mile as she was the top non-Division I placer in the race as Central Washington placed eighth as a team.

Also Nominated: Bailey Fjelstul (Concordia), Addy Townsend (Simon Fraser), Cassie McKinney (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
Sept. 10-16	Turlan Morlan, CWU	Kaylee Mitchell, SPU
Sept. 17-23	Ian Fay, WWU	Rebecca Lehman, WWU
Sept. 24-30	Colby Otero, SPU	Alexa Shindruk, CWU

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

GNAC News & Notes

IF YOU WANT TO BE THE BEST...: The eight GNAC teams that competed last week did not shy away from meets that pitted their athletes against top-flight competition.

That was no more apparent than in Salem, Oregon, where five conference squads competed against Division I competition at the Charles Bowles Willamette Invitational. Seattle Pacific's women's program made the biggest splash as it placed fourth in the 22-team women's competition. The Falcons tied with Division I Portland's B squad with 140 points with SPU taking the tiebreaker 3-2. (Portland's top athletes ran at the University of Wisconsin's Nuttycombe Invitational).

Central Washington led GNAC men's squads in the meet, placing fifth out of 19 teams with a score of 212 points. The Wildcats were the top-placing non-Division I program thanks in a part to a spread of just 49 seconds between the five scoring runners.

The Willamette Invitational yielded both of this week's GNAC Cross Country Athletes of the Week. Central Washington senior **Alexa Shindruk** earned the women's honor after she placed fourth with a time of 17:21.0. She was the first CWU selection for the award since the end of the 2014 season.

Seattle Pacific's freshman **Colby Otero** earned the Men's Cross Country Athlete of the Week award after he placed 22nd in the men's 8,000-meter race in a time of 25:17.9.

Simon Fraser showed well in a talented field of Division I competition at the Stanford Invitational. The Clan men placed sixth with a score of 189 points while the SFU women were 12th with 313 points. Senior Addy Townsend finished 30th with a time of 21:57.00 while senior Rowan Doherty paced the Clan men with his 38th place finish, covering the 8,000 meters in 25:15.70.

Montana State Billings continued its season at the huge Roy Griak Invitational in St. Paul, Minn. The Yellowjackets' men finished 11th while the women placed 15th.

BREAKING THE TAPE: A total of 10 GNAC athletes have earned victories in 11 races during the 2018 season...

MEN

- Rowan Doherty (SFU): USD Invite, Sept. 15 (25:23, 8,000 meters).
- Ian Fay (WWU): Ken Garland Invitational, Sept. 22 (26:03.50, 8,000 meters).
- Hunter Hutton (WOU): Linfield Harrier Classic, Aug. 31 (19:47.0, 6,000 meters).
- Godfrey Kemboi (NNU): EOU Invitational, Sept. 21 (26:13.91, 8,000 meters).
- Wesley Kirui (UAA): New Balance Skinny Raven Classic, Sept. 8 (21:07.2, 7,000 meters); UNLV Invitational, Sept. 22 (26:10.0, 8,000 meters).
- Turlan Morlan (CWU): CWU Invitational, Sept. 15 (7,000 meters).
- Dustin Nading (WOU): Ash Creek Invitational, Sept. 7 (21:02.5, 7,000 meters).

WOMEN

- Emmah Chelimo (UAA): UNLV Invitational, Sept. 22 (18:54.7, 5,000 meters).
- Bethany Danner (NNU): EOU Invitational, Sept. 21 (19:11.7, 5,000 meters).
- Rebecca Lehman (WWU): Ken Garland Invitational, Sept. 22 (18:15.19, 5,000 meters).
- Kaylee Mitchell (SPU): CWU Invitational, Sept. 15, (18:03, 5,000 meters).

Around The GNAC



ALASKA

LAST WEEK: No Meet

THIS WEEK: Oct. 6 at Emerald City Open

• Alaska did not compete last week. The Nanooks return to competition at the Emerald City Open on Saturday in Seattle.

• At the Ken Garland Invitational on Sept. 22, the Nanooks' women finished sixth while the men were incomplete with just four athletes competing.

• Junior **Alexandra Bergholtz** led all Alaska runners as she placed ninth in the women's 5,000-meter race in a time of 18:58.62. She finished sixth among GNAC runners and was the first conference runner not from Western Washington to finish.

• Junior **Kati Roivas** was the other UAF runner to finish in the top-30, placing 29th in a time of 20:18.46.

• Freshman **Zephan Ozturgut** led the four-man Alaska team in the men's 8,000-meter race, placing 52nd in a time of 28:47.84. Sophomore **Josiah Alverts** finished 66th in a time of 29:09.59.



ALASKA ANCHORAGE

LAST WEEK: No Meet

THIS WEEK: No Meet

• Alaska Anchorage is in the midst of a two-week break from competition. The Seawolves will not race again until the Western Washington Classic on Sat., Oct. 20.

• The Seawolves' men finished just short of a perfect score at the UNLV Invitational on Sept. 22, sweeping the top-four places for a final score of 18 points. The UAA women placed four top-runners in the top-seven to score the team victory with 26 points.

• In his second race for the Seawolves, junior **Wesley Kirui** finished just ahead of teammate **Felix Kemboi** to take the individual title with a time of 26:10.0 over 8,000 meters. Kemboi was clocked in a time of 26:10.1. Senior **Jorge Sanchez** finished third in the race with a time of 26:51.7 while sophomore **Nickson Koech** placed fourth with a time of 26:55.8.

• Junior **Emmah Chelimo** won her first race as a UAA cross country runner, covering the women's 5,000-meter course in a time of 18:54.7, averaging 6:05 per mile. Sophomore **Nancy Jeptoo** placed second in a time of 18:58.3. Senior **Zannah Jepchumba** placed sixth place in a time of 19:39.0 while senior **Danielle McCormick** finished seventh with a time of 19:41.6.

• In this week's USTFCCA Division II Coaches Polls, the Alaska Anchorage women dropped to No. 8 while the men dropped to No. 21.



CENTRAL WASHINGTON

LAST WEEK: Sept. 29 at Charles Bowles Willamette Invite Men - 5th of 19, 212 pts. Women - 8th of 22, 227 pts.

THIS WEEK: No Meet

• Both Central Washington teams posted solid performances at the Charles Bowles Willamette Invitational. The CWU

finished fifth and was the top non-Division I team in the meet. The Wildcats' women placed eighth and third among non-Division I teams.

• Senior **Alexa Shindruk** was named the GNAC Women's Cross Country Athlete of the Week after she finished fourth in the women's 5,000-meter race. She finished in a time of 17:21.0 and was the only non-Division I finisher in the top-five. Shindruk finished just 11 seconds behind winner Kristie Schofield of Boise State.

• Sophomore **Nicole Soleim** was the other CWU women's runner to place in the top-50, placing 47th in a time of 18:33.2.

• The Central Washington men had just a 49-second gap between the five scoring runners, the fourth smallest of the 19 teams in the meet. Senior **Corbin Carlton** was the leading runner for the Wildcats, finishing 25th as he covered the 8,000-meter course in 25:22.3.

• Sophomore **Henry Milodragovich** was the No. 2 runner, placing 44th in a time of 25:56.8. Senior **Tyler Humphries** rounded out the Wildcats' top-50 placers, finishing 49th in 26:01.1.

• Central Washington will not compete again until Sat., Oct. 13, at the Inland Empire Championships in Lewiston, Idaho.



CONCORDIA

LAST WEEK: Sept. 29 at Charles Bowles Willamette Invite Men - 15th of 19, 434 pts. Women - 15th of 22, 401 pts.

THIS WEEK: No Meet

• Concordia was among five GNAC teams competing against a wide field of college talent at the Charles Bowles

Willamette Invitational.

• The Cavaliers' men finished 15th in the 19-team field with 434 points. Senior **Josh Moats** was the team's lone top-50 placer, finishing 50th in a time of 26:02.8 over the 8,000-meter course. Junior **Noah Murry** finished 89th in 26:49.6 while senior **Dominic Giordano** rounded out the top-100 in 91st place with a time of 26:55.5.

• Concordia's women also placed 15th in a 22-team field with a score of 401 and was third among the four GNAC teams. Junior **Bailey Fjelstul** led the Cavaliers as she placed 70th with a time of 19:04.7 over 5,000 meters. Senior **Dalen Richardson** placed 75th in 19:10.8, senior **Nicole Pederson** was 84th in 19:20.8 and junior **Gabby Hobson** was 85th in 19:27.3. There was just 23 seconds between Concordia's top-four runners.

• The Cavaliers will race just one more time prior to the GNAC Championships, taking part in the Lewis & Clark Invitational in Estacada, Oregon, on Sat., Oct. 13.



MONTANA STATE BILLINGS

LAST WEEK: Sept. 29 at Roy Griak Invitational

Men - 11th of 15, 298 pts. Women - 16th of 22, 419 pts.

THIS WEEK: No Meet

• Montana State Billings tested itself against some of the top teams in the upper Midwest at the Roy Griak Invitational, hosted by the Univ. of Minnesota.

• Senior **Ivan Colmenero** was the top placer for MSUB in either race in 35th place, covering the 8,000-meter course in 26:38.0. Junior **Ronald Venema** placed 62nd in 27:16.3 and sophomore **Carson Jessup** finished 65th in 27:22.6.

• For the first time in her MSUB career, sophomore **Ruth Chepsat** led the Yellowjackets' women as she placed 39th, covering the 6,000-meter course in 23:37.4. Junior **Nikki Aiken** was 48th as she ran a time of 23:56.2.

• Montana State Billings will race just one more time prior to the GNAC Championships. That race will be at home as MSUB hosts the NCAA Division II West Region Preview Meet on Fri., Oct. 12.

Around The GNAC



NORTHWEST NAZARENE

LAST WEEK: No Meet

THIS WEEK: No Meet

• After running two meets in September, Northwest Nazarene will not race again until the Inland Empire Championships on Sat., Oct. 13. The meet will be the Nighthawks' last prior to the GNAC Championships.

• The NNU men won the EOU Invitational on Sept. 21. Junior **Godfrey Kemboi** won the second race of his NNU career as he covered the 8,000-meter course in 26:13.91. He finished just two seconds ahead of Alex Martin of the College of Idaho. Senior **Nick Hamilton** finished third in a time of 26:40.59.

• The Nighthawks' women placed a close second at the EOU Invitational. Junior **Bethany Danner** won the first race of her Northwest Nazarene career, covering the 5,000-meter course in a time of 19:17.11. Freshman **Kalen Johnson** finished third for the Nighthawks with a time of 19:28.26. Sophomore **Anna Hamilton** finished fourth in a time of 19:39.78 as the Nighthawks placed three runners in the top-four.

SAINT MARTIN'S

LAST WEEK: Sept. 29 at Charles Bowles Willamette Invite

Men - 14th of 19, 416 pts. Women - 21st of 22, 639 pts.

THIS WEEK: No Meet

• Saint Martin's continued its season on Saturday at the Charles Bowles Willamette Invitational, one of five GNAC teams competing in the meet.

• The Saints' men placed three runners in the top-100 to finish 14th as a team. Junior **Colton Buster** placed 86th as he covered the 8,000-meter course in 26:45.6 while freshman **Andrew Oslin** was just behind in 87th place with a time of 26:47.2. Freshman John Farrell just made the top-100 as he finished 99th in 27:07.1.

• Freshman **Alyssa Robinson** was the top Saint Martin's women's finisher in 127th place, covering the 5,000-meter course in 20:23.3. Junior **Yeshi Vaughan** placed 145th in a time of 20:39.0.

• The Saints will race twice more prior to the GNAC Championships. Their next week is the Warner Pacific Cross Country Classic on Sat., Oct. 13, in Portland.



SEATTLE PACIFIC

LAST WEEK: Sept. 29 at Charles Bowles Willamette Invite

Men - 7th of 19, 238 pts. Women - 4th of 22, 140 pts.

THIS WEEK: Oct. 6 at Emerald City Open

• Both Seattle Pacific teams showed well against Division I and Division II competition at the Charles Bowles Willamette Invitational.

• The Falcons' women finished in fourth place with 140 points. Seattle Pacific tied with Division I Portland, but won the tiebreaker 3-2. The SPU men placed a very competitive seventh with 238 points, second among the four competing GNAC teams.

• Freshman **Colby Otero** was named the GNAC Men's Cross Country Athlete of the Week. He finished 22nd as he covered the 8,000-meter course in 25:17.9. Otero was the No. 2 Division II placer and fifth among non-Division I competitors.

• Sophomore **Elius Graff** was the Falcons' other top-50 men's finisher, placing 48th in a time of 26:00.2.

• Seattle Pacific's women placed all five scoring runners in the top-50 to trigger the tie with Portland. Freshman **Kaylee Mitchell** led the way with a fourth-place finish, covering the 5,000-meter course in 17:24.8. She was the second non-Division I finisher in the race.

• Junior **Kate Lilly** placed 21st in a time of 17:49.0 while sophomore **Dania Holmberg** rounded out top-30 finishers in 24th place with a time of 17:58.9.

• The performance was enough to put the SPU women in the USTFCCA Division II Coaches Poll for the first time this season, entering at No. 21.

• The Charles Bowles Willamette Invitational started a string of three straight meets for the Falcons. They will race close to home on Saturday in the Emerald City Open at Seattle's Lower Woodland Park.

SIMON FRASER

LAST WEEK: Sept. 29 at Stanford Invitational

Men - 6th of 18, 189 pts. Women - 12th of 19, 313 pts.

THIS WEEK: Oct. 6 at Division II Conference Crossover

• Simon Fraser tested itself against Division I competition at the Stanford Invitational. The SFU men led the way with a sixth-place team finish while the Clan women finished 12th.

• Senior **Rowan Doherty** led the Simon Fraser men with his 38th place finish, covering the 8,000-meter course in 25:15.70. He averaged 5 minutes, 38 seconds per mile. Freshman **Pierre-Louis Detourbe** was just 10 seconds behind, placing 45th in a time of 25:23.20.

• Senior **Addy Townsend** was the top runner for the Clan in the women's 6,000-meter race, placing 30th with a time of 21:57.0. Sophomore **Olivia Willett** was the Clan's other top-50 placer, finishing 49th in a time of 22:25.40.

• Both the SFU men and women continue to be ranked in the USTFCCA Division II Coaches Polls. The Clan women are ranked No. 11 while the men are tied at No. 13 with Dallas Baptist.

• Simon Fraser makes another long trip this weekend, traveling to Romeoville, Ill., to compete in the Division II Conference Crossover on Saturday.

Around The GNAC



WESTERN OREGON

LAST WEEK: Sept. 29 at Charles Bowles Willamette Invite
Men - Incomplete Women - Incomplete

THIS WEEK: Oct. 6 at Division II Conference Crossover

- Western Oregon sent a small group of runners the short distance from Monmouth to Salem to compete at the Charles

Bowles Willamette Invitational.

- Senior **Zach Kanelis** was the top Western Oregon men's runner. He finished 94th in a time of 26:59.4 over 8,000 meters. He was one of three WOU men to race in the meet.
- Senior **Cassie McKinney** paced the Wolves' women, placing 88th as she covered the 5,000-meter course in 19:32.5. She was one of four WOU women to compete in the meet.
- Western Oregon's men went back up on spot to No. 10 in this week's USTFCCA Division II Coaches Poll. It is the team's highest ranking of the season.
- Western Oregon will send full squads to Romeoville, Ill., this weekend to compete in the Division II Conference Crossover.



WESTERN WASHINGTON

LAST WEEK: No Meet

THIS WEEK: Oct. 6 at Division II Conference Crossover and Emerald City Open

- Western Washington did not compete last weekend will send athletes to two different meets this week. The Vikings will compete at both the Division II Conference Crossover in Romeoville, Ill., and at the Emerald City Open in Seattle.
- Western Washington dominated the competition at the Ken Garland Invitational on Sept. 22. The Vikings' men swept the top-five places and seven of the top eight spots for a perfect 15-point score. The WWU women placed five in the top seven to win with a score of 21 points.
- Freshman **Ian Fay** won the men's 8,000-meter race in a time of 26:03.50, averaging 5 minutes, 14 seconds per mile. There was just a 23-second gap between the team's top-five runners. Senior **Jadon Olson** placed second with a time of 26:09.86. Senior **Kyler Sager** finished third in 26:11.47, junior **James Jaspersen** was fourth in 26:14.74 and sophomore **Eric Hamel** placed fifth in a time of 26:25.07.
- Freshman **Rebecca Lehman** won the women's 5,000-meter race in a time of 18:15.19. She averaged 5:54 per mile and finished 15 seconds ahead of second-place Michaela Kostecka of Spokane CC. Freshman **Shawnee Konrad** finished third for the Vikings in a time of 18:37.84. Sophomore **Jane Barr** was one-second behind in fourth place at 18:38.03.

Men's Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SFU	WOU	WWU
Preseason	T-21th	16th	13th	—
Sept. 19	21st	15th	T-10th	25th
Sept. 26	20th	14th	11th	25th
Oct. 3	22nd	T-13th	10th	—

West Region	UAA	CWU	SFU	WOU	WWU
Preseason	4th	—	3rd	2nd	6th
Sept. 18	4th	—	3rd	2nd	6th
Sept. 25	4th	—	3rd	2nd	6th
Oct. 2	5th	10th	3rd	2nd	6th

USTFCCCA DIVISION II COACHES POLL

Week 3 - Oct. 3, 2018		
Rk	School (1st)	Pts.
1.	Adams State (8)	200
2.	Grand Valley St. Colorado Mines	188
4.	Chico State	174
5.	Western State	170
6.	Augustana (S.D.)	160
7.	CSU-Pueblo	151
8.	Southern Indiana	144
9.	Mount Olive	136
10.	Western Oregon	126
11.	Queens (N.C.)	122
12.	Saginaw Valley St.	105
13.	Simon Fraser	95
	Dallas Baptist	95
15.	Missouri Southern	89
16.	Sioux Falls	78
17.	Lee (Tenn.)	72
18.	American International	71
19.	Walsh	55
20.	Cal Poly Pomona	54
21.	Malone	33
22.	Alaska Anchorage	31
23.	Edinboro	21
24.	Stonehill	16
25.	Embry-Riddle (Fla.)	13

USTFCCCA WEST REGION POLL

Week 3 - Oct. 2, 2018			
Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	Western Oregon	GNAC	2
3.	Simon Fraser	GNAC	3
4.	Cal Poly Pomona	CCAA	5
5.	Alaska Anchorage	GNAC	4
6.	Western Washington	GNAC	6
7.	Cal State San Marcos	CCAA	8
8.	UC San Diego	CCAA	7
9.	Academy of Art	PacWest	10
10.	Central Washington	GNAC	NR

[View Complete Regional Polls Online](#)

[View Complete Poll Online](#)

Women's Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SPU	SFU
Preseason	T-8th	—	11th
Sept. 19	7th	—	9th
Sept. 26	7th	—	9th
Oct. 3	8th	21st	11th

West Region	UAA	SFU	SPU	WWU
Preseason	2nd	3rd	9th	6th
Sept. 18	2nd	3rd	7th	10th
Sept. 25	2nd	3rd	6th	8th
Oct. 2	2nd	3rd	5th	9th

USTFCCCA DIVISION II COACHES POLL

Week 3 - Oct. 3, 2018		
Rk	School (1st)	Pts.
1.	Adams State (8)	200
2.	Grand Valley St.	189
3.	Western State	187
4.	Mary	176
5.	Colorado Mines	163
6.	Augustana (S.D.)	162
7.	Chico State	151
8.	Alaska Anchorage	141
9.	UC-Colorado Springs	138
10.	Walsh	132
11.	Simon Fraser	120
12.	Dallas Baptist	113
13.	Hillsdale	103
14.	Edinboro	91
15.	Michigan Tech	88
16.	Lee (Tenn.)	77
17.	Azusa Pacific	63
18.	Oklahoma Baptist	60
19.	Queens (N.C.)	57
20.	Drury	49
21.	Seattle Pacific	41
22.	Mount Olive	24
23.	Pittsburg State	23
24.	Stonehill	23
25.	Point Loma	15

USTFCCCA WEST REGION POLL

Week 3 - Oct. 2, 2018			
Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	Alaska Anchorage	GNAC	2
3.	Simon Fraser	GNAC	3
4.	Azusa Pacific	PacWest	5
5.	Seattle Pacific	GNAC	6
6.	Point Loma	PacWest	4
7.	Stanislaus State	CCAA	NR
8.	Cal State San Marcos	CCAA	7
9.	Western Washington	GNAC	8
10.	UC San Diego	CCAA	10

[View Complete Regional Polls Online](#)

[View Complete Poll Online](#)



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.

2018 GNAC Meet Summaries

Sat., Sept. 15

USD Invite

at Mission Bay Golf Course, San Diego, Calif.

Men (8,000 Meters): Simon Fraser 21, UC San Diego 61, San Diego 64, Cal State San Marcos 66, Soka 155.

Top 5 Finishers: 1, Rowan Doherty, SFU, 25:23. 2, Sean Miller, SFU, 25:51. 3, Pierre-Louis Detourb, SFU, 26:13. 5, Elijah Horwitz, UCSD, 26:14. 5, Cameron Proceviat, Coastal TC, 26:18.

Other Top GNAC Finishers: 6, Carlos Vargas, SFU, 26:19. 11, Aaron Ahl, SFU, 26:37.

Women (6,000 Meters): San Diego 44, Simon Fraser 47, Point Loma 54, UC San Diego 93, Cal State San Marcos 102.

Top 5 Finishers: 1, Hannah Rasmussen, USD, 21:58.3. 2, Hannah Beloit-Bucher, PLNU, 22:25.1. 3, Sophia Kaiser, SFU, 22:38.7. 4, Zani Moore, USD, 22:40.4. 5, Addy Townsend, SFU, 22:51.9.

Other Top GNAC Finishers: 7, Olivia Willett, SFU, 23:27.2. 11, Chelsea Ribeiro, SFU, 23:27.2. 22, Emily Chilton, SFU, 24:06.7.

MSU Invitational

at Bridger Creek Country Club, Bozeman, Mont.

Men (8,000 Meters): Montana State 22, Idaho State 35, Montana 76, Carroll (Mont.) 132, Montana State Billings 134, Montana State Northern 162.

Top 5 Finishers: 1, Ty Mogan, MSU, 24:51.37. 2, Duncan Hamilton, MSU, 25:16.69. 3, Wyatt Diderickson, ISU, 25:18.65. 4, Collin Buck, MSU, 25:19.78. 5, Jesse Allen, ISU, 25:34.00.

Top 5 GNAC Finishers: 22, Ivan Colmenero, MSUB, 26:25.03. 29, Ronald Venema, MSUB, 26:58.70. 35, Carson Jessop, MSUB, 28:01.69. 42, Ase Ackerman, MSUB, 28:38.99. 45, Logan Staus, MSUB, 28:59.42.

Women (5,000 Meters): Montana State 18, Montana 61, Idaho State 63, Montana State Billings 129, Carroll (Mont.) 130, Montana State Northern 151.

Top 5 Finishers: 1, Kelsi Lasota, MSU, 17:13.56. 2, Samantha Kelderman, MSU, 17:19.99. 3, Jenica Dodge, Unattached, 17:23.03. 4, Gillian Maness, MSU, 17:23.98. 5, Layne Oliver, MSU, 17:27.01.

Top 5 GNAC Finishers: 21, Nikki Aiken, MSUB, 18:38.66. 26, Ruth Chepsat, MSUB, 18:58.63. 33, Kailee Stoppel, MSUB, 20:08.68. 39, Sierra Durbin, MSUB, 20:59.92. 42, Madalyn Terwilliger, MSUB, 21:32.21.

CWU Invitational

at Rotary Park, Ellensburg, Wash.

Men (7,000 Meters): Western Washington 20, Central Washington 52, Seattle Pacific 65.

Top 5 Finishers: 1, Turlan Morlan, CWU, 22:37. 2, Eric Hamel, WWU, 22:49. 3, Bentley Wilson, WWU, 22:55. 4, Ian Fay, WWU, 22:59. 5, Edward Kiolbasa, WWU, 23:01.

Women (5,000 Meters): Seattle Pacific 24, Western Washington 47, Central Washington 52.

Top 5 Finishers: 1, Kaylee Mitchell, SPU, 18:03. 2, Alexa Shindruk, CWU, 18:25. 3, Kate Lilly, SPU, 18:43. 4, Dania Holmberg, SPU, 18:54. 5, Katherine Walter, SPU, 19:00.

Fri., Sept. 21

Gage McSpadden Memorial Invitational

at Spearfish Canyon GC, Spearfish, S.D.

Men (8,000 Meters): Black Hills St. 15, Montana State Billings 50, South Dakota Mines 69.

Top 5 Finishers: 1, Joshua Davis, BHSU, 27:14.8. 2, Keith Osowski, BHSU, 27:33.3. 3, Austin Williamson, BHSU, 27:34.2. 4, Jordan Theisen, BHSU, 27:38.3. 5, Jake Iverson, BHSU, 27:40.4.

Top 5 GNAC Finishers: 6, Ivan Colmenero, MSUB, 27:46.6. 8, Ronald Venema, MSUB, 27:57.2. 10, Carson Jessop, MSUB, 28:10.4. 12, Mark Hovland, MSUB, 28:35.5. 17, Ase Ackerman, MSUB, 29:07.7.

Women (5,000 Meters): Black Hills St. 17, Montana State Billings 56, South Dakota Mines 65.

Top 5 Finishers: 1, Tori Moore, BHSU, 19:24.5. 2, Nicole Allerdings, BHSU, 19:35.8. 3, Savannah Davis, BHSU, 19:51.7. 4, Nikki Aiken, MSUB, 20:07.2. 5, Cailey Roth, BHSU, 20:08.5.

Other Top GNAC Finishers: 9, Ruth Chepsat, MSUB, 20:35.2. 17, Sierra Durbin, MSUB, 23:04.2. 20, Madalyn Terwilliger, MSUB, 23:40.0. 21, Rachel Hiner, MSUB, 23:52.2.

SF State Invitational

at Speedway Meadow, Golden Gate Park, San Francisco, Calif.

Men (8,000 Meters): Biola 34, Academy of Art 51, UC Merced 87, Notre Dame de Namur 114, UC Santa Cruz 145, San Francisco St. 146, William Jessup 189, Menlo 204, Holy Names 276, Dominican (Calif.) 283, Pacific Union 293.

Top 5 Finishers: 1, Victor Moreau, AAU, 25:12.6. 2, Gabe Plencio, BU, 25:16.0. 3, Rabah Houali, AAU, 25:27.8. 4, Anthony Tyler, UCM, 25:27.8. 5, Freddie Hessian, AAU, 25:40.7.

Top 5 GNAC Finishers: None.

Women (6,000 Meters): Biola 39, Academy of Art 60, Cal St. East Bay 64, San Francisco St. 96, Western Oregon 146, Sonoma State 179, Notre Dame de Namur 185, William Jessup 243, UC Santa Cruz 248, Dominican (Calif.) 251, Mills 353, Pacific Union 357.

Top 5 Finishers: 1, Hasna Kaarour, AAU, 22:10.6. 2, Mackenna Mason, BU, 22:13.7. 3, Angelina Ronquillo, CSUEB, 22:18.6. 4, Clara Haynes, BU, 22:27.6. 5, Ceceila Carretero, 22:31.2.

Top 5 GNAC Finishers: 9, Kaylin Cantu, WOU, 23:10.1. 38, Cassie McKinney, WOU, 24:10.3. 39, Toni Gowen, WOU, 24:11.3. 49, Rachel Bayly, WOU, 24:34.8.

EOU Invitational

at Lane Farms, La Grande, Ore.

Men (8,000 Meters): Northwest Nazarene 30, College of Idaho 32, Eastern Oregon 68.

Top 5 Finishers: 1, Godfrey Kemboi, NNU, 26:13.91. 2, Alex Martin, CI, 26:15.97. 3, Nick Hamilton, NNU, 26:40.59. 4, Lane Inwards, EOU, 26:48.81. 5, Cole Campbell, CI, 26:51.84.

Other Top GNAC Finishers: 7, Tyler Shea, NNU, 27:04.28. 8, Treyson Conley, NNU, 27:10.61. 11, Levi Lewis, NNU, 27:25.18.

Women (5,000 Meters): College of Idaho 32, Northwest Nazarene 34, Eastern Oregon 62.

Top 5 Finishers: 1, Bethany Danner, NNU, 19:17.11. 2, Kaitlyn Schut, CI, 19:25.70. 3, Kalen Johnson, NNU, 19:28.26. 4, Anna Hamilton, NNU, 19:39.78. 5, Tamika Russell, CI, 19:46.83.

Other Top GNAC Finishers: 11, Emily Hammons, NNU, 20:33.63. 16, MaKenna Conley, NNU, 21:08.66.

2018 GNAC Meet Summaries

Sat., Sept. 22

UNLV Invitational

at Lake Las Vegas, Henderson, Nev.

Men (8,000 Meters): Alaska Anchorage 18, UC Riverside 58, Fresno State 84, Dixie State 88, Cerritos JC 113.

Top 5 Finishers: 1, Wesley Kiriū, UAA, 26:10.0. 2, Felix Kemboi, UAA, 26:10.1. 3, Jorge Sanchez, UAA, 26:51.7. 4, Nickson Koech, UAA, 26:55.8. 5, Kyle Warrick, Dixie, 26:59.6.

Other Top GNAC Finishers: 8, Jacob Moos, UAA, 27:20.1.

Women (5,000 Meters): Alaska Anchorage 26, UNLV 57, Fresno State 62, Dixie State 91, UC Riverside 125, Cerritos JC 180.

Top 5 Finishers: 1, Emmah Chelimo, UAA, 18:54.7. 2, Nancy Jeptoo, UAA, 18:58.3. 3, Ellie Leather, FSU, 19:17.9. 4, Agnes Mansaray, UNLV, 19:29.8. 5, Billie Hatch, Dixie, 19:32.4.

Other Top GNAC Finishers: 6, Zannah Jepchumba, UAA, 19:39.0. 7, Danielle McCormick, UAA, 19:41.6. 10, Ruth Cvanacara, UAA, 20:02.5.

Ken Garland Invitational

at Saint Martin's University, Lacey, Wash.

Men (8,000 Meters): Western Washington 15, Southern Idaho 61, Lane CC 77, Spokane CC 95, Saint Martin's 166, Treasure Valley CC 184, Clackamas CC 224, Olympic CC 243, Everett CC 250, Southwestern Oregon CC 292, Umpqua CC 293.

Top 5 Finishers: 1, Ian Fay, WWU, 26:03.50. 2, Jadon Olson, WWU, 26:09.86. 3, Kyler Sager, WWU, 26:11.47. 4, James Jaspersen, WWU, 26:14.74. 5, Eric Hamel, WWU, 26:25.07.

Women (5,000 Meters): Western Washington 21, Southern Idaho 69, Spokane CC 87, Lane CC 130, Central Washington 147, Alaska 173, Treasure Valley CC 180, Everett CC 196, Saint Martin's 218, Olympic CC 319, Umpqua CC 319.

Top 5 Finishers: 1, Rebecca Lehman, WWU, 18:15.19. 2, Micaela Kostecka, Spokane, 18:30.99. 3, Shawnee Konrad, WWU, 18:37.84. 4, Jane Barr, WWU, 18:38.03. 5, Delia Deleon, TVCC, 18:44.17.

Other Top GNAC Finishers: 6, Talia Dreicer, WWU, 18:45.91. 7, Tracy Melville, WWU, 18:46.17.

Sat., Sept. 29

Charles Bowles Willamette Invitational

at Bush's Pasture Park, Salem, Ore.

Men's Cardinal (8,000 Meters): Boise State 37, Portland 46, Lipscomb 68, Portland State 154, Central Washington 212, Western New Mexico 224, Seattle Pacific 238, Willamette 274, Humboldt State 276, Colorado College 277, Pacific Lutheran 284, Whitworth 291, Puget Sound 323, Saint Martin's 416, Concordia 434, Whitman 455, Lewis & Clark 462, Pacific (Ore.) 469, Augsburg 535.

Top 5 Finishers: 1, Andrew Rafla, BSU, 24:09.2. 2, Riley Campbell, BSU, 24:12.2. 3, Peter Allegre, UP, 24:32.0. 4, Silas Griffith, LIP, 24:33.4. 5, Colin Monaghan, PS, 24:33.8.

Top 5 GNAC Finishers: 22, Colby Otero, SPU, 25:17.9. 25, Corbin Carlton, CWU, 25:22.3. 44, Henry Milodragovich, CWU, 25:56.8. 48, Elius Graff, SPU, 26:00.2. 50, Josh Moats, CU, 26:02.8.

Women's Cardinal (5,000 Meters): Boise State 30, Lipscomb 68, Portland State 97, Seattle Pacific 140, Portland 140 (SPU wins tiebreaker), Point Loma 164, Oregon State 193, Central Washington 227, Humboldt State 249, Colorado College 315, Willamette 350, Whitworth 350 (Willamette wins tiebreaker), Puget Sound 367, Pacific (Ore.) 389, Concordia 401, Whitman 453, Western New Mexico 483, Pacific Lutheran 517, Lewis & Clark 581, Saint Martin's 639, Augsburg 665.

Top 5 Finishers: 1, Kristie Schoffield, BSU, 17:10.7. 2, Julia Fritz, LIP, 17:14.1. 3, Olivia Johnson, BSU, 17:19.8. 4, Alexa Shindruk, CWU, 17:21.0. 5, Claire Graves, BSU, 17:22.0.

Other Top GNAC Finishers: 7, Kaylee Mitchell, SPU, 17:24.8. 21, Kate Lilly, SPU, 17:49.0. 24, Dania Holmberg, SPU, 17:58.9. 40, Katherine Walter, SPU, 18:22.3.

Stanford Invitational

at Stanford Golf Course, Palo Alto, Calif.

Men's Open (8,000 Meters): Stanford 26, UCLA 53, Adams State 75, Cal Poly 90, San Jose State 129, Simon Fraser 189, UC Santa Barbara 197, British Columbia 273, Arizona State 287, Victoria 292, Claremont-Mudd-Scripps 294, Mt. SAC 307, Fresno Pacific 436, George Fox 444, UTSA 445, San Bernardino Valley 484, LA Harbor 509, Cal St. Monterey Bay 534.

Top 5 Finishers: 1, Robert Brandt, Unattached, 23:44.40. 2, Sydney Gidabuday, ASU, 23:55.60. 3, Alek Parsons, STAN, 23:58.00. 4, Garrett Reynolds, UCLA, 23:58.70. 5, Alex Ostberg, STAN, 24:00.10.

Top 5 GNAC Finishers: 38, Rowan Doherty, SFU, 25:15.70. 45, Pierre-Louis Detourbe, SFU, 25:23.20. 51, Sean Miller, SFU, 25:29.90. 52, Carlos Vargas, SFU, 25:30.10. 67, Aaron Ahl, SFU, 25:54.40.

Women's Open (6,000 Meters): Stanford 62, Adams State 69, Washington 90, UCLA 113, Cal Poly 139, San Jose State 142, Arizona State 161, UC Santa Barbara 249, Colorado 281, Victoria 308, British Columbia 310, Simon Fraser 313, Pomona-Pitzer 341, Claremont-Mudd-Scripps 354, UTSA 494, LA Harbor 500, Fresno Pacific 509, Mt. SAC 527, Cal St. Monterey Bay 544.

Top 5 Finishers: 1, Elise Cranny, STAN, 20:32.50. 2, Katie Rainsberger, UW, 20:39.70. 3, Fiona O'Keeffe, STAN, 20:41.20. 4, Elisha Flanagan, ASU, 20:59.00. 5, Kaitlyn Neal, UW, 21:01.20.

Top 5 GNAC Finishers: 30, Addy Townsend, SFU, 21:57.00. 49, Olivia Willett, SFU, 22:45.40. 88, Chelsea Ribiero, SFU, 23:08.80. 92, Emily Chilton, SFU, 23:13.00. 102, Claire Noort, SFU, 23:28.90.

Roy Griak Invitational

at Les Borstad Golf Course, St. Paul, Minn.

Men's Maroon Division II (8,000 Meters): Augustana (S.D.) 59, Sioux Falls 66, Iowa Central CC 68, Minnesota St. 117, Fort Lewis 119, Lakehead 180, MSU-Moorhead 181, Concordia-St. Paul 204, Mary 228, Northern State 264, Montana State Billings 298, Benedictine (Kan.) 336, SW Minnesota St. 338, Minot State 433, Jamestown 481.

Top 5 Finishers: 1, Mason Phillips, USF, 24:53.1. 2, Johrdan Cope, ICC, 25:04.3. 3, Austin Pasch, MSU, 25:09.6. 4, Hosava Kretzmann, 25:15.5. 5, Nathan Schreoder, AUG, 25:19.4.

Top 5 GNAC Finishers: 35, Ivan Colmemero, MSUB, 26:38.0. 62, Ronald Venema, MSUB, 27:16.3. 65, Carson Jessup, MSUB, 27:22.6. 77, Mark Hovland, MSUB, 27:37.1. 94, Ase Ackerman, MSUB, 28:11.6.

Women's Maroon Division II (6,000 Meters): Mary 60, Augustana (S.D.) 75, UC-Colorado Springs 89, Michigan Tech 117, Northern Michigan 177, Sioux Falls 181, Minnesota State 197, Fort Lewis 230, Northern State 338, Benedictine (Kan.) 350, MSU-Moorhead 363, St. Cloud State 374, Concordia-St. Paul 377, Lakehead 382, Montana St. Billings 419, Minot State 492, SW Minnesota St. 500, Upper Iowa 510, Bemidji State 551, Jamestown 580, Briar Cliff 621.

Top 5 Finishers: 1, Kayla Wooten, UCCS, 21:55.8. 2, Jaiden Schuette, Mary, 22:00.2. 3, Ida Narbuvoll, Mary, 22:04.7. 4, Mackenzie Kelly, AUG, 22:24.1. 5, Taryn Ceglowski, USF, 22:25.5.

Top 5 GNAC Finishers: 39, Ruth Chepsat, MSUB, 23:37.4. 48, Nikki Aiken, MSUB, 23:56.2. 122, Kailee Stoppel, MSUB, 25:58.7. 152, Sierra Durbin, MSUB, 27:00.1. 156, Madalyn Terwilliger, MSUB, 27:17.1.