



Oct. 10, 2018 • Week 7
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GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Fri., Oct. 12

Montana State Billings at NCAA Division II West Region Preview Meet, Billings, Mont.

Sat., Oct. 13

Concordia at Lewis & Clark Invitational, Estacada, Ore.
 Central Washington, Northwest Nazarene, Seattle Pacific at Inland Empire Championships, Lewiston, Idaho
 Saint Martin's at Warner Pacific CC Classic, Portland, Ore.

LAST WEEK'S MEETS

Sat., Oct. 6

Division II Conference Crossover at Lewis Univ. Cross Country Course, Romeoville, Ill.

Men (8,000 Meters): Western State 84, Queens (N.C.) 115, Simon Fraser 127, Saginaw Valley 159, CSU-Pueblo 181, UC San Diego 201, Walsh 233, Western Washington 249, Western Oregon 249 (WWU wins tiebreaker 3-2), Southern Indiana 258, Cal St. San Marcos 325, Pittsburg St. 338, Academy of Art 351, Lindenwood 392, Washburn 396, Wayne St. (Mich.) 441, Indianapolis 451, Colorado Mesa 461, Michigan Tech 508, Lewis 527, Wis.-Parkside 539, Tampa 539 (Wis.-Parkside wins tiebreaker 4-1), Azusa Pacific 552, Ferris State 597, Davenport 564, Ill.-Springfield 755, Bentley 798.

Top 5 Finishers: 1, Austin Nolan, SIU, 24:33.80. 2, Marcelo Laguera, CSU-Pueblo, 24:35.70. 3, Derrick Williams, CSU-Pueblo, 24:41.50. 4, Tom Goforth, SVSU, 24:44.00. 5, Taylor Stack, WSC, 24:46.10.

Top 5 GNAC Finishers: 9, Rowan Doherty, SFU, 24:59.40. 10, Pierre-Louis Detourbe, SFU, 25:00.30. 11, Tyler Jones, WOU, 25:00.60. 17, Dustin Nading, WOU, 25:12.60. 20, Sean Miller, SFU, 25:17.70.

Women (6,000 Meters): Western State 38, Simon Fraser 146, Azusa Pacific 151, Western Washington 175, Pittsburg St. 181, Walsh 201, Queens (N.C.) 201 (Walsh wins tiebreaker 3-2),

Saginaw Valley 241, Michigan Tech 269, Point Loma 272, Wayne St. (Mich.) 286, Cal St. San Marcos 296, Tampa 327, UC San Diego 367, Academy of Art 389, Indianapolis 419, Ferris State 437, Southern Indiana 437 (Ferris State wins tiebreaker 4-1), Washburn 464, Northern Michigan 484, Wis.-Parkside 554, Colorado Mesa 603, Lewis 604, Bentley 712, Lindenwood 727, Davenport 829, Ill.-Springfield 854, Upper Iowa 893.

Top 5 Finishers: 1, Sophie Seward, WSC, 21:39.00. 2, Alicia Konieczek, WSC, 21:39.00. 3, Aneta Konieczek, WSC, 21:44.80. 4, Eileen Stressling, APU, 21:51.60. 5, Allison Dorr, SVSU, 21:55.30.

Top 5 GNAC Finishers: 10, Sophia Kaiser, SFU, 22:21.90. 15, Olivia Willett, SFU, 22:29.20. 22, Addy Townsend, SFU, 22:43.10. 28, Sophia Galvez, WWU, 22:54.10. 29, Talia Dreicer, WWU, 22:54.20.

Emerald City Open

at Lower Woodland Park, Seattle, Wash.

Men (8,000 Meters): Club Northwest 15, Western Washington 57, Seattle RC 79, Alaska 117, Northwest (Wash.) 139, Olympic CC 157.

Top 5 Finishers: 1, Gilbert Grundy, Unattached, 25:42. 2, Peter Kesting, CNW, 26:04. 3, Turner Wiley, CNW, 26:05. 4, Connor Peloquin, CNW, 26:20. 5, Chris Reed, CNW, 26:23.

Top 5 GNAC Finishers: 8, Peter Butler, WWU, 27:05. 11, Jesse Wiley, WWU, 27:11.12, Lukash Platil, UAF, 27:15. 13, Nick Mounier, WWU, 27:20. 14, Colton Hoggarth, WWU, 27:28.

Women (6,000 Meters): Club Northwest 16, Western Washington 68, Alaska 89, Seattle RC 92, Oiselle 177, Northwest (Wash.) 133.

Top 5 Finishers: 1, Erin Wagner, CNW, 21:37. 2, Elizabeth Harmon, CNW, 23:01. 3, Moria O'Connor Lenth, CNW, 23:03. 4, Alison Mandi, CNW, 23:05. 5, Alexandra Bergholtz, UAF, 23:19.

Other Top GNAC Finishers: 9, Aundrea Koger, WWU, 23:53. 11, Brook Wedin, WWU, 24:06. 19, Anja Majjala, UAF, 24:55. 22, Maria Rivera Valles, WWU, 25:15.

#GNACXC in 280

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#RepTheLeaf Simon Fraser led the GNAC at the Division II Conference Crossover, with the women placing second and the men placing third.

#VikingVengeance Western Washington's women placed fourth at the Division II Conference Crossover while the Vikings' men placed eighth. In addition, the Vikings placed second in both the men's and women's races at the Emerald City Open.

#AFreshmanLeadsThemAgain Simon Fraser freshman **Sophia Kaiser** was named the GNAC Women's Cross Country Athlete of the Week after she placed 10th at the Division II Conference Crossover.

#HomeStretch With three weeks left before the GNAC Championships, Western Oregon has run in its last regular season. Concordia, Northwest Nazarene and Seattle Pacific will compete in their final regular season meet this weekend.

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Concordia	@gocugo	#ShieldsUp
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Saint Martin's	@SMUSaints	#SaintsAlive
Seattle Pacific	@SPUFalcons	
Simon Fraser	@SFUClan	#NCAAeh
W. Oregon	@WOUWolves	#WOUWolves
W. Washington	@WWUAthletics	#GoWiks



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GNAC Cross Country Runners of the Week



MEN

Rowan Doherty, Simon Fraser
Senior • West Vancouver, B.C.

Doherty led all GNAC athletes in the men's 8,000-meter race at the Division II Conference Crossover in Romeoville, Ill. Doherty finished in ninth place in a time of 24:59.40 to lead the Clan to a third-place team finish with 127 points.

Also Nominated: Tyler Jones (Western Oregon), Eric Hamel (Western Washington).



WOMEN

Sophia Kaiser, Simon Fraser
Freshman • Karlsruhe, Germany

Kaiser was the top GNAC runner in the 6,000-meter race at the Division II Conference Crossover. She finished in 10th place with a time of 22:21.90 as she led the Clan to a second-place team finish with 146 points.

Also Nominated: Sophia Galvez (Western Washington).

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
Oct. 1-7	Rowan Doherty, SFU	Sophia Kaiser, SFU

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

GNAC News & Notes

GNAC TEAMS PERFORM WELL AT CONFERENCE CROSSOVER: The Division II Conference Crossover at Lewis University in Romeoville, Ill., is a great proving ground for teams with national meet aspirations. The three teams that traveled east from the GNAC certainly proved they have what it takes to compete at the highest levels.

Simon Fraser, in particular, showed their potential. The Clan women finished second in the 28-team field with a score of 146 points, finishing behind perennial Division II power Western State. Freshman **Sophia Kaiser** led the way, finishing in 10th place with a time a 22:21.90 that earned her GNAC Women's Cross Country Athlete of the Week honors. Sophomore **Olivia Willett** finished 15th in a time of 22:29.20.

The Clan men were just as strong, finishing third out of 27 teams with a score of 127 points. Senior **Rowan Doherty** earned GNAC Men's Cross Country Athlete of the Week honors after finishing ninth with a time of 24:59.40. Freshman **Pierre-Louis Detourbe** was right behind in 10th place with a time of 25:00.30.

Western Washington's women succeeded in a fourth-place finish with a score of 175 points. A pair of juniors led the way as **Sophia Galvez** finished 28th with a time of 22:54.10 while **Talia Dreicer** finished 29th in 22:54.20.

The Vikings' men finished eighth with a score of 249 points, winning a tiebreaker over conference rival Western Oregon thanks to better placing by the Vikings' No. 3, 4 and 5 runners. Sophomore **Eric Hamel** led the way as he finished 27th in 25:27.90.

Western Oregon was led by senior **Tyler Jones**, who finished in 11th place with a time of 25:00.60. Senior **Dustin Nading** also had a top-20 finish, placing 17th 25:12.60.

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: Oct. 6 at Emerald City Open
Men - 4th of 6, 117 pts. Women - 3rd of 6, 89 pts.
THIS WEEK: No Meet

- After a week off, Alaska returned to Washington and compiled a third-place women's finish and a fourth-place men's finish at the Emerald City Open.
- Junior **Alexandra Bergholtz** placed fifth in the women's 6,000-meter race, the best placing of any GNAC runner in the meet. She finished in a time of 23:13, translating to an average of 6:15 per mile.
- Sophomore **Anja Maijala** was the other top-20 women's finisher for Nanooks, placing 19th with a time of 24:55.
- Junior **Lukash Platil** paced the Alaska men, placing 12th in the 8,000-meter race with a time of 27:15, averaging 5:28 per mile. Freshman **Jack Matherly** was the No. 2 runner for UAF, placing 28th in 28:05.
- Alaska will not race again until Sat., Oct. 20, when the Nanooks compete at the Western Washington Classic.



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 Joptoo** placed second in a time of 18:58.3. Senior **Zannah Jephumba** placed sixth place in a time of 19:39.0 while senior **Danielle McCormick** finished seventh with a time of 19:41.6.
- Both the UAA men and women retained their positions on this week's USTFCCA Division II Polls with the women at No. 8 and the men at No. 22.



CENTRAL WASHINGTON

LAST WEEK: No Meet
THIS WEEK: Oct. 13 at Inland Empire Championships

- Central Washington did not compete last week. The Wildcats will race each of the next two weekends, beginning this Saturday at the Inland Empire Championships in Lewiston, Idaho.
- Both Central Washington teams posted solid performances at the Charles Bowles Willamette Invitational on Sept. 29. 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** 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 Schoffeld of Boise State.
- 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.



CONCORDIA

LAST WEEK: No Meet
THIS WEEK: Oct. 13 at Lewis & Clark Invitational

- Concordia did not race last week and will be in its final competition prior to the GNAC Championships this Saturday at the Lewis & Clark Invitational in Estacada, Ore.
- Concordia was among five GNAC teams competing against a wide field of college talent at the Charles Bowles Willamette Invitational on Sept. 29.
- 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.
- 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.



MONTANA STATE BILLINGS

LAST WEEK: No Meet
THIS WEEK: Oct. 12 at NCAA Division II West Region Preview Meet

- Montana State Billings did not compete last week. The Yellowjackets will enjoy a home meet for their final competition prior to the GNAC Championships, hosting the NCAA Division II West Region Preview Meet.
- Montana State Billings tested itself against some of the top teams in the upper Midwest at the Roy Griak Invitational on Sept. 29.
- 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.
- 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.



NORTHWEST NAZARENE

LAST WEEK: No Meet
THIS WEEK: Oct. 13 at Inland Empire Championships

- 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.

Around The GNAC



SAINT MARTIN'S

LAST WEEK: No Meet

THIS WEEK: Oct. 13 at Warner Pacific CC Classic

- Saint Martin's did not compete last week. The Saints travel to Oregon this Saturday to compete in the Warner Pacific Cross Country Classic in Portland.
- Saint Martin's continued its season on Saturday at the Charles Bowles Willamette Invitational on Sept. 29. 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 **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.



SEATTLE PACIFIC

LAST WEEK: No Meet

THIS WEEK: Oct. 13 at Inland Empire Championships

- After initially planning to race last weekend close to home, Seattle Pacific canceled its appearance at the Emerald City Open. The Falcons will race for the final time prior to the GNAC Championships this Saturday at the Inland Empire Championships.
- The notable exception was the fastest distance coach in the conference. Falcons' assistant **Chris Reed** finished fifth in the men's 8,000-meter race in a time of 26:23.
- The Falcons' women finished in fourth place at the Sept. 29 Charles Bowles Willamette Invitational 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** led the Falcons as 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.
- 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.
- The Seattle Pacific women leaped up nine spots in the USTFCCCA Division II Coaches Poll without running, ranking this week in a tie at No. 12.



SIMON FRASER

LAST WEEK: Oct. 6 at Division II Conference Crossover Men - 3rd of 27, 127 pts. Women - 2nd of 28, 146 pts.

THIS WEEK: No Meet

- Simon Fraser showed well against a large Division II field at the Division II Conference Crossover. The SFU women placed second while the men finished third.
- Freshman **Sophia Kaiser** was named the GNAC Women's Cross Country Athlete of the Week after she led the Clan with a ninth-place finish as she covered the 6,000-meter course in 22:21.90.
- Sophomore **Olivia Willett** provided another top-20 finish for the Clan as she placed 15th in a time of 22:29.20. Senior **Addy Townsend** placed 22nd with a time of 22:43.10.
- Senior Rowan Doherty claimed the GNAC Men's Cross Country Athlete of the Week for his ninth-place finish as he covered the 8,000-meter course in 24:59.40. He was 26 seconds behind the winning time of 24:33.80 run by Austin Nolan of Southern Indiana.

• Freshman **Pierre-Louis Detourbe** was right behind Doherty as he placed 10th in a time of 25:00.30. Senior **Sean Miller** added a top-20 finish as he placed 20th in a time of 25:17.70.

• The Simon Fraser men jumped up five spots to No. 8 in the latest USTFCCCA Division II Men's Coaches Poll. The Simon Fraser women climbed up one spot to No. 10.

• Simon Fraser will not compete this weekend. The Clan returns to the course on Oct. 20 at the Western Washington Classic.



WESTERN OREGON

LAST WEEK: Oct. 6 at Division II Conference Crossover Men - 9th of 27, 249 pts. Women - Did Not Compete

THIS WEEK: No Meet

- Western Oregon's men tested itself against the big field at the Division II Conference Crossover, placing ninth with 249 points. The Wolves tied with Western Washington, with the Vikings taking the tiebreaker 3-2.
- Senior **Tyler Jones** led the way for the Wolves with an 11th place finish, covering the 8,000-meter course in a time of 25:00.60. Senior **Dustin Nading** was 12 seconds behind in 17th place with a time of 25:12.60.
- Junior **Justin Crosswhite** placed 62nd for the Wolves in 25:59.10 while freshman **Hunter Hutton** was 65th in 25:59.30.
- The Western Oregon men dropped 14 places in the USTFCCCA Division II Coaches Poll, tying with Embry-Riddle (Fla.) at No. 24.
- The meet was the last scheduled for the Wolves prior to the GNAC Championships, which Western Oregon will host on Sat., Nov. 3 in Monmouth.



WESTERN WASHINGTON

LAST WEEK: Oct. 6 at Division II Conference Crossover Men - 8th of 27, 249 pts. Women - 4th of 28, 175 pts.

Oct. 6 at Emerald City Open

Men - 2nd of 6, 57 pts. Women - 2nd of 6, 68 pts.

THIS WEEK: No Meet

- Western Washington showed well at the Division II Conference Crossover, taking fourth in the women's competition and eighth in the men's race. In addition, the Vikings' second squads posted a pair of second-place finishes at the Emerald City Open.
- The Vikings' women were led at the Crossover by back-to-back finishes from juniors **Sophia Galvez** and **Talia Dreicer**. Galvez placed 28th as she covered the 6,000-meter course in 22:54.10 while Dreicer was 29th in 22:54.20. Freshman **Rebecca Lehman** finished 34th in a time of 22:59.50.
- The WWU men tied with Western Oregon at the Crossover, winning on a 3-2 tiebreaker with the No. 3-5 runners finishing higher than those of the Wolves. Sophomore **Eric Hamel** led the way with a 27th place finish as he covered the 8,000-meter course in 25:27.90. Junior **James Jespersion** was 39th in a time of 25:41.70.
- At the Emerald City Open, junior **Peter Butler** led the Western Washington finishers in eighth place, covering the men's 8,000-meter course in 27:05. Junior **Aundrea Koger** was the top women's finisher, placing ninth as she covered the 6,000-meter course in 23:53.
- Both the Vikings' men and women are ranked in this week's USTFCCCA Division II Coaches Poll. The WWU women are ranked No. 14 while the men are at No. 19. It is the first ranking for the women this season and the highest for the men.
- Western Washington will not compete again until they host the Western Washington Classic on Sat., Oct. 20.

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	—	
Oct. 10	22nd	8th	T-24th	19th	
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
Oct. 9	6th	9th	2nd	7th	4th

USTFCCCA DIVISION II COACHES POLL

Week 4 - Oct. 10, 2018		
Rk	School (1st)	Pts.
1.	Adams State (8)	200
2.	Grand Valley St.	189
3.	Colorado Mines	187
4.	Chico State	172
	Western State	172
6.	Augustana (S.D.)	158
7.	Queens (N.C.)	154
8.	Simon Fraser	144
9.	Saginaw Valley St.	136
10.	CSU-Pueblo	127
11.	Dallas Baptist	118
12.	Cal Poly Pomona	101
	Missouri Southern	101
14.	UC-Colorado Springs	83
15.	Sioux Falls	81
	Lee (Tenn.)	81
17.	Walsh	78
18.	UC San Diego	70
19.	Western Washington	69
20.	Malone	49
21.	Stonehill	39
22.	Alaska Anchorage	20
23.	American International	16
24.	Embry-Riddle (Fla.)	12
	Western Oregon	12

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

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

[View Complete Regional Polls Online](#)

Women's Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SPU	SFU	WWU
Preseason	T-8th	—	11th	—
Sept. 19	7th	—	9th	—
Sept. 26	7th	—	9th	—
Oct. 3	8th	21st	11th	—
Oct. 10	8th	T-12th	10th	14th
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
Oct. 9	2nd	3rd	5th	6th

USTFCCCA DIVISION II COACHES POLL

Week 4 - Oct. 10, 2018		
Rk	School (1st)	Pts.
1.	Adams State (8)	200
2.	Western State	192
3.	Grand Valley St.	184
4.	Mary	176
5.	Colorado Mines	165
6.	Augustana (S.D.)	160
7.	Chico State	153
8.	Alaska Anchorage	143
9.	UC-Colorado Springs	139
10.	Simon Fraser	128
11.	Azusa Pacific	120
12.	Seattle Pacific	108
	Dallas Baptist	108
14.	Western Washington	96
15.	Pittsburg St.	87
16.	Walsh	76
17.	Queens (N.C.)	65
18.	Hillsdale	60
19.	Edinboro	51
20.	Lee (Tenn.)	45
21.	Oklahoma Baptist	41
22.	Drury	36
23.	Michigan Tech	22
24.	Mount Olive	17
25.	Saginaw Valley St.	14

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

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

[View Complete Regional Polls 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. 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 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.

2018 GNAC Meet Summaries

Sat., Oct. 6

Division II Conference Crossover

at Lewis Univ. Cross Country Course, Romeoville, Ill.

Men (8,000 Meters): Western State 84, Queens (N.C.) 115, Simon Fraser 127, Saginaw Valley 159, CSU-Pueblo 181, UC San Diego 201, Walsh 233, Western Washington 249, Western Oregon 249 (WWU wins tiebreaker 3-2), Southern Indiana 258, Cal St. San Marcos 325, Pittsburg St. 338, Academy of Art 351, Lindenwood 392, Washburn 396, Wayne St. (Mich.) 441, Indianapolis 451, Colorado Mesa 461, Michigan Tech 508, Lewis 527, Wis.-Parkside 539, Tampa 539 (Wis.-Parkside wins tiebreaker 4-1), Azusa Pacific 552, Ferris State 597, Davenport 564, Ill.-Springfield 755, Bentley 798.

Top 5 Finishers: 1, Austin Nolan, SIU, 24:33.80. 2, Marcelo Laguera, CSU-Pueblo, 24:35.70. 3, Derrick Williams, CSU-Pueblo, 24:41.50. 4, Tom Goforth, SVSU, 24:44.00. 5, Taylor Stack, WSC, 24:46.10.

Top 5 GNAC Finishers: 9, Rowan Doherty, SFU, 24:59.40. 10, Pierre-Louis Detourbe, SFU, 25:00.30. 11, Tyler Jones, WOU, 25:00.60. 17, Dustin Nading, WOU, 25:12.60. 20, Sean Miller, SFU, 25:17.70.

Women (6,000 Meters): Western State 38, Simon Fraser 146, Azusa Pacific 151, Western Washington 175, Pittsburg St. 181, Walsh 201, Queens (N.C.) 201 (Walsh wins tiebreaker 3-2), Saginaw Valley 241, Michigan Tech 269, Point Loma 272, Wayne St. (Mich.) 286, Cal St. San Marcos 296, Tampa 327, UC San Diego 367, Academy of Art 389, Indianapolis 419, Ferris State 437, Southern Indiana 437 (Ferris State wins tiebreaker 4-1), Washburn 464, Northern Michigan 484, Wis.-Parkside 554, Colorado Mesa 603, Lewis 604, Bentley 712, Lindenwood 727, Davenport 829, Ill.-Springfield 854, Upper Iowa 893.

Top 5 Finishers: 1, Sophie Seward, WSC, 21:39.00. 2, Alicia Konieczek, WSC, 21:39.00. 3, Aneta Konieczek, WSC, 21:44.80. 4, Eileen Stressling, APU, 21:51.60. 5, Allison Dorr, SVSU, 21:55.30.

Top 5 GNAC Finishers: 10, Sophia Kaiser, SFU, 22:21.90. 15, Olivia Willett, SFU, 22:29.20. 22, Addy Townsend, SFU, 22:43.10. 28, Sophia Galvez, WWU, 22:54.10. 29, Talia Dreicer, WWU, 22:54.20.

Emerald City Open

at Lower Woodland Park, Seattle, Wash.

Men (8,000 Meters): Club Northwest 15, Western Washington 57, Seattle RC 79, Alaska 117, Northwest (Wash.) 139, Olympic CC 157.

Top 5 Finishers: 1, Gilbert Grundy, Unattached, 25:42. 2, Peter Kesting, CNW, 26:04. 3, Turner Wiley, CNW, 26:05. 4, Connor Peloquin, CNW, 26:20. 5, Chris Reed, CNW, 26:23.

Top 5 GNAC Finishers: 8, Peter Butler, WWU, 27:05. 11, Jesse Wiley, WWU, 27:11.12, Lukash Platil, UAF, 27:15. 13, Nick Mounier, WWU, 27:20. 14, Colton Hoggarth, WWU, 27:28.

Women (6,000 Meters): Club Northwest 16, Western Washington 68, Alaska 89, Seattle RC 92, Oiselle 177, Northwest (Wash.) 133.

Top 5 Finishers: 1, Erin Wagner, CNW, 21:37. 2, Elizabeth Harmon, CNW, 23:01. 3, Moria O'Connor Lenth, CNW, 23:03. 4, Alison Mandi, CNW, 23:05. 5, Alexandra Bergholtz, UAF, 23:19.

Other Top GNAC Finishers: 9, Aundrea Koger, WWU, 23:53. 11, Brook Wedin, WWU, 24:06. 19, Anja Majjala, UAF, 24:55. 22, Maria Rivera Valles, WWU, 25:15.