

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****Women 100 Meter Dash**

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McArthur Rec: F 11.81 2015      Jamie Ashcroft, Alaska Anchorage
GNAC Records: R 11.64 2015      Jamie Ashcroft, UAA
  GNAC Meet: M 11.81 2015      Jamie Ashcroft, UAA
  Qual Auto: A 11.50 2019      DII Automatic Qualifying Standard
  Qual Prov: P 11.93 2019      DII Provisional Qualifying Standard
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Name	Year	School	Seed	Prelims	Wind	H#
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Preliminaries						
1 Allen, Macie		Concordia (Ore.)	11.78	P 11.89Q	0.6	3
2 Bouyer, Jenna		Seattle Pacific	12.36	11.92Q	2.3	2
3 Quaynor, Meyer		Simon Fraser	12.10	12.06Q	1.1	1
4 Stepper, Julia		Seattle Pacific	11.96	12.00q	2.3	2
5 Bley, Grace		Seattle Pacific	12.16	12.05q	2.3	2
6 Meyer, Renick		Seattle Pacific	12.05	12.07q	1.1	1
7 Igbonagwam, Peace		Seattle Pacific	12.25	12.17q	0.6	3
8 Bradley, Hannah		Western Washington	12.19	12.19q	0.6	3
9 Lindsay, Emily		Simon Fraser	12.49	12.45	1.1	1
10 Nickelson, Artresa		Saint Martin's	12.57	12.51	2.3	2
11 Vongsaveng, Mariyah		Central Washington	12.69	12.52	0.6	3
12 VanZant, Ronni		Concordia (Ore.)	12.46	12.58	1.1	1
13 Chevalier, Anne Lory		Msu-Billings	12.76	12.64	1.1	1
14 Hill, Tia		Central Washington	12.94	12.69	0.6	3
15 McLean, Kelsey		Western Washington	12.88	12.74	2.3	2
16 Misi, Maddie		Concordia (Ore.)	12.76	12.77	2.3	2
17 Jackson, Logan		Western Oregon	13.04	12.78	2.3	2
18 Robydek, Morgan		Central Washington	12.98	12.82	0.6	3
19 Sears, Hailey		Western Oregon	12.63	12.85	0.6	3
20 Mason, Kaitlin		Msu-Billings	12.84	13.05	1.1	1

**Women 200 Meter Dash**

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McArthur Rec: F 24.45 2015      Jamie Ashcroft, Alaska Anchorage
GNAC Records: R 23.99 2007      NyEma Sims, SPU
  GNAC Meet: M 24.30 2013      Grace Morgan, UAA
  Qual Auto: A 23.59 2019      DII Automatic Qualifying Standard
  Qual Prov: P 24.33 2019      DII Provisional Qualifying Standard
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Name	Year	School	Seed	Prelims	Wind	H#
=====						
1 Bley, Grace		Seattle Pacific	24.48	24.54Q	1.6	2
2 Allen, Macie		Concordia (Ore.)	24.43	24.66Q	1.0	3
3 Smith, Savannah		Western Washington	24.78	24.86Q	1.3	1
4 Aniteye, Vanessa		Alaska Anchorage	24.84	24.77q	1.6	2
5 Bradley, Hannah		Western Washington	25.29	24.82q	1.6	2
6 Bouyer, Jenna		Seattle Pacific	24.79	24.89q	1.3	1
7 Igbonagwam, Peace		Seattle Pacific	25.12	24.93q	1.6	2
8 Quaynor, Meyer		Simon Fraser	25.21	25.13q	1.3	1
9 Atlas, Tylantiss		Alaska Anchorage		25.14	1.3	1
10 West, Bryce		Simon Fraser	24.93	25.21	1.0	3
11 Trinidad, Sidney		Central Washington	25.43	25.43	1.0	3
12 Hurley, Karlie		Concordia (Ore.)	25.25	25.45	1.3	1
13 Lindsay, Emily		Simon Fraser	25.30	25.74	1.0	3
14 Stepper, Julia		Seattle Pacific	25.07	25.77	1.0	3
15 Nickelson, Artresa		Saint Martin's	26.09	25.93	1.3	1
16 Sears, Hailey		Western Oregon	26.18	26.13	1.3	1
17 Alston, D'Rhema		Alaska Anchorage	25.93	26.18	1.6	2

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18	Wilson, Taryn	Western Oregon	26.18	26.22	1.6	2
19	Chevalier, Anne Lory	Msu-Billings	26.21	26.32	1.0	3
20	Jackson, Logan	Western Oregon	26.41	26.37	1.6	2
21	Misi, Maddie	Concordia (Ore.)	26.19	26.39	1.0	3

**Women 400 Meter Dash**

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McArthur Rec:	F	54.88	2017	Vanessa Aniteye, Alaska Anchorage		
GNAC Records:	R	53.56	2007	Mary Pearce, UAA		
GNAC Meet:	M	54.46	2013	Helen Croft, SFU		
Qual Auto:	A	53.46	2019	DII Automatic Qualifying Standard		
Qual Prov:	P	55.96	2019	DII Provisional Qualifying Standard		
	Name		Year	School	Seed	Prelims H#
=====						
1	Aniteye, Vanessa	Alaska Anchorage			54.82	P 55.25Q 2
2	Atlas, Tylantiss	Alaska Anchorage			56.31	56.67Q 1
3	Ries, Marie	Alaska Anchorage			56.95	56.25q 2
4	Smith, Savannah	Western Washington			56.50	56.28q 2
5	Bluschke, Renate	Simon Fraser			55.71	56.86q 1
6	West, Bryce	Simon Fraser			57.66	57.32q 1
7	Hurley, Karlie	Concordia (Ore.)			57.59	57.53q 1
8	Troescher, Rebecca	Seattle Pacific			58.18	57.63q 2
9	Juarez, Noelia	Central Washington			57.96	57.98 2
10	Neria, Jasmyne	Central Washington			58.48	58.88 1
11	Altamirano, Bethanie	Western Oregon			59.43	58.94 1
12	Alston, D'Rhema	Alaska Anchorage			59.56	59.18 2

**Women 800 Meter Run**

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McArthur Rec:	F	2:06.38	2010	Sara Porter, Western Washington		
GNAC Records:	R	2:02.10	2013	Helen Crofts, 2013		
GNAC Meet:	M	2:06.38	2010	Jessica Pixler, SPU		
Qual Auto:	A	2:07.15	2019	DII Automatic Qualifying Standard		
Qual Prov:	P	2:12.18	2019	DII Provisional Qualifying Standard		
	Name		Year	School	Seed	Prelims H#
=====						
1	McCormick, Danielle	Alaska Anchorage			2:05.00	P 2:09.09Q 3
2	Woods, Olivia	Western Oregon			2:07.93	P 2:10.49Q 2
3	Cvancara, Ruth	Alaska Anchorage			2:10.27	2:13.14Q 1
4	Nock, Paige	Simon Fraser			2:10.66	P 2:10.34Q 3
5	Mussatto, Alana	Simon Fraser			2:07.83	P 2:11.06Q 2
6	Dodd, Sophie	Simon Fraser			2:07.44	2:13.23Q 1
7	Shields-Brown, Mairin	Simon Fraser			2:11.30	P 2:11.30q 3
8	Jeptoo, Nancy	Alaska Anchorage			2:13.08	2:12.60q 2
9	Kaufman, Krystal	Seattle Pacific			2:12.80	2:13.39q 1
10	Tyrrell, Lily	Central Washington			2:14.16	2:13.82 2
11	Chilton, Emily	Simon Fraser			2:14.44	2:16.22 1
12	Nisly, Heidi	Northwest Nazarene			2:19.85	2:18.23 2
13	Pederson, Nicole	Concordia (Ore.)			2:18.57	2:19.72 3
14	Klassen, Adrianna	Simon Fraser			2:17.13	2:20.17 3
15	Shreffler, Waverly	Western Washington			2:18.61	2:21.23 1
16	Solomon, Shayla	Western Oregon			2:18.83	2:24.31 2
17	Richardson, Dalen	Concordia (Ore.)			2:21.67	2:25.94 1

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****Women 10000 Meter Run**

McArthur Rec:	F	34:49.33	2018	Caroline Kurgat, Alaska Anchorage		
GNAC Records:	R	32:33.24	2018	Caroline Kurgat, UAA		
GNAC Meet:	M	34:49.33	2018	Caroline Kurgat, UAA		
Qual Auto:	A	34:13.34	2019	DII Automatic Qualifying Standard		
Qual Prov:	P	36:35.97	2019	DII Provisional Qualifying Standard		
Name		Year	School	Seed	Finals	Points

**Finals**

1	Kurgat, Caroline	Alaska Anchorage	32:08.09	38:03.64	10
2	Walter, Katherine	Seattle Pacific		38:11.53	8
3	McNerney, Sedona	Seattle Pacific	37:09.10	38:12.88	6
4	Swartz-Ireland, Tovah	Western Washington	38:17.25	38:30.07	5
5	Galvez, Sophia	Western Washington	36:28.86	38:44.80	4
6	Clem, Delaney	Central Washington	38:53.44	39:41.49	3
7	Melville, Tracy	Western Washington	39:01.05	40:34.42	2
8	Coscia, Kimberly	Alaska Anchorage	40:04.04	40:42.46	1
9	McKinney, Cassie	Western Oregon	39:37.81	41:27.30	
10	Hammons, Emily	Northwest Nazarene		41:52.92	
11	Burroughs, Riley	Alaska Anchorage	38:09.30	42:07.46	

**Women 100 Meter Hurdles**

McArthur Rec:	F	13.84	2018	Mariyah Vongsaveng, Central Washington			
GNAC Records:	R	13.64	2018	Mariyah Vongsaveng, CWU			
GNAC Meet:	M	13.82	2005	Danielle Ayers-Stamper, SPU			
Qual Auto:	A	13.51	2019	DII Automatic Qualifying Standard			
Qual Prov:	P	14.22	2019	DII Provisional Qualifying Standard			
Name		Year	School	Seed	Prelims	Wind	H#

**Preliminaries**

1	Vongsaveng, Mariyah	Central Washington	13.88	P 14.00Q	0.3	1
2	Trinidad, Sidney	Central Washington	14.50	P 14.01Q	1.1	2
3	Weems, Erykah	Central Washington	14.44	P 14.08Q	1.4	3
4	Meyer, Renick	Seattle Pacific	14.39	P 14.17q	1.4	3
5	Tubbs, Lexi	Northwest Nazarene	14.36	14.54q	1.1	2
6	Stephens, Chase	Concordia (Ore.)	14.60	14.56q	0.3	1
7	Cano, Elena	Alaska Anchorage	14.77	14.88q	0.3	1
8	Ortega, HarLee	Central Washington	14.98	15.16q	1.1	2
9	Miran, Ally	Northwest Nazarene	15.04	15.23	1.4	3
10	Popchock, Ana	Western Oregon	15.28	15.44	1.1	2
11	Bland, Emily	Central Washington	15.57	15.45	0.3	1
12	Legras, Natalie	Western Oregon	15.97	15.59	1.4	3
13	Hill, Tia	Central Washington	15.51	15.67	0.3	1
14	Taylor, Jaleesa	Western Washington	15.10	15.96	1.4	3
15	Yonkman, Michaela	Western Oregon	16.03	16.07	1.1	2
16	Kirby, Kate	Alaska Anchorage	16.27	16.10	0.3	1
17	Kibbee, Leanne	Western Washington	15.60	16.21	1.1	2
18	DePew, Anna	Northwest Nazarene	15.94	16.22	1.4	3
19	Ditter, Kaitlyn	Central Washington	16.05	16.38	0.3	1

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****Women 400 Meter Hurdles**

Name	Year	School	Seed	Prelims	H#
McArthur Rec: F	1:00.10	2018	Erykah Weems, Central Washington		
GNAC Records: R	59.17	2015	Haleigh Lloyd, UAA		
GNAC Meet: M	1:00.10	2018	Erykah Weems, CWU		
Qual Auto: A	59.05	2019	DII Automatic Qualifying Standard		
Qual Prov: P	1:01.92	2019	DII Provisional Qualifying Standard		
1	Trinidad, Sidney	Central Washington	59.11	A 58.22Q	1
2	Weems, Erykah	Central Washington	1:02.37	P 1:00.41Q	3
3	Jeschke, Yvonne	Alaska Anchorage	1:05.07	1:03.50Q	2
4	Collins, Katie	Central Washington	1:03.90	1:03.49q	3
5	Bland, Emily	Central Washington	1:04.16	1:04.19q	1
6	Hill, Tia	Central Washington	1:06.52	1:04.54q	3
7	House, Molly	Western Washington	1:04.95	1:04.79q	1
8	Popchock, Ana	Western Oregon	1:03.80	1:04.90q	2 1:04.893
9	Burke, Grayson	Western Oregon	1:05.04	1:04.90	3 1:04.894
10	Cano, Elena	Alaska Anchorage	1:03.72	1:04.95	2
11	Yonkman, Michaela	Western Oregon	1:05.27	1:05.83	2
12	Niskanen, Nicole	Western Oregon	1:07.30	1:06.78	1
13	Brooks, Ashley	Concordia (Ore.)	1:08.11	1:07.85	3
14	Soladey, Sarra	Western Oregon	1:08.57	1:07.90	2
15	Durbin, Sierra	Msu-Billings	1:07.84	1:07.93	1
16	Smiedala, Josey	Msu-Billings	1:11.24	1:08.41	3
17	Hamilton, Rachelle	Central Washington	1:11.11	1:09.54	2
18	Nobbs, Jennifer	Northwest Nazarene	1:12.72	1:12.32	1

**Women 3000 Meter Steeplechase**

Name	Year	School	Seed	Finals	Points
McArthur Rec: F	10:14.16	2015	Katelyn Steen, Western Washington		
GNAC Records: R	10:13.01	2014	Katelyn Steen, WWU		
GNAC Meet: M	10:14.15	2015	Katelyn Steen, WWU		
Qual Auto: A	10:12.97	2019	DII Automatic Qualifying Standard		
Qual Prov: P	11:01.67	2019	DII Provisional Qualifying Standard		
<b>Finals</b>					
1	Howley, Julia	Simon Fraser	10:03.19	10:02.45A	10
2	Mitchell, Kaylee	Seattle Pacific	10:37.53	10:39.74P	8
3	Ribeiro, Chelsea	Simon Fraser	10:38.40	10:52.17P	6
4	Willett, Olivia	Simon Fraser	10:42.19	10:59.13P	5
5	Dreicer, Talia	Western Washington	10:58.11	11:14.13	4
6	Washenberger, Kelsey	Seattle Pacific	11:34.01	11:22.25	3
7	Aiken, Nikki	Msu-Billings	11:25.91	11:22.87	2
8	Gannon, Grace	Alaska Anchorage	11:46.63	11:27.08	1
9	Gohr, Caitlin	Central Washington	11:40.46	11:37.95	
10	Hobson, Gabby	Concordia (Ore.)	11:56.44	11:50.68	
11	Manzer, Sierra	Northwest Nazarene	11:48.68	11:55.19	
12	Earnest, Sage	Northwest Nazarene	12:48.63	12:37.44	
13	Stoppel, Kailee	Msu-Billings	12:39.07	12:38.53	
--	Evans, Kate	Central Washington	12:20.65	DNF	

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****Women Pole Vault**

Name	Year	School	Seed	Finals	Points
McArthur Rec: F 13-06.25	2001	Becky Holliday, Clackamas CC			
GNAC Records: R 13-01.75	2017	Anna Paradee, WWU			
GNAC Meet: M 3.83m	2012	Karis Anderson, WWU			
Qual Auto: A 4.08m	2019	DII Automatic Qualifying Standard			
Qual Prov: P 3.65m	2019	DII Provisional Qualifying Standard			
Name	Year	School	Seed	Finals	Points
1 Cai, Scout		Seattle Pacific	3.71m	3.91mM	12-10.00 10
2 Perry, Lexi		Western Washington	3.64m	3.62m	11-10.50 6
3 Licari, Madison		Seattle Pacific	3.45m	J3.62m	11-10.50 8
4 Blankenship, Tawni		Central Washington	3.45m	3.32m	10-10.75 4
4 Oliquiano, Jewels		Western Washington	3.50m	3.32m	10-10.75 4
4 Walston, Skylar		Western Washington	3.45m	3.32m	10-10.75 4
7 Ellis, Sarah		Western Washington	3.49m	J3.32m	10-10.75 1.50
7 Stevens, Brittany		Central Washington	3.51m	J3.32m	10-10.75 1.50
9 Gwin, Kourtney		Northwest Nazarene	3.46m	J3.32m	10-10.75
10 Lambert, Emma		Seattle Pacific	3.50m	J3.32m	10-10.75
11 Dodson, Hannah		Western Washington	3.25m	J3.32m	10-10.75
12 Paradis, Sophie		Western Washington	3.45m	3.17m	10-04.75
13 Eiswald, Erin		Central Washington	3.15m	3.02m	9-10.75
13 Cabrera, Brianna		Saint Martin's	3.10m	3.02m	9-10.75
15 Otto von Askervold, Kend		Central Washington	3.15m	J3.02m	9-10.75
15 Andersen, Amanda		Western Washington	3.10m	J3.02m	9-10.75
-- Wyatt, Kayla		Central Washington	3.51m	NH	
-- Irvine, Halle		Central Washington	3.90m	NH	
-- Graham, Cierra		Western Washington	3.35m	NH	

**Women Long Jump**

Name	Year	School	Seed	Finals	Wind	H#	Points
McArthur Rec: F 19-09.75	1996	Julie Bright, Unattached					
GNAC Records: R 20-05	2018	Renick Meyer, SPU					
GNAC Meet: M 5.99m	2013	Ali Worthen, SPU					
Qual Auto: A 6.29m	2019	DII Automatic Qualifying Standard					
Qual Prov: P 5.80m	2019	DII Provisional Qualifying Standard					
Name	Year	School	Seed	Finals	Wind	H#	Points
1 Ortega, HarLee		Central Washington	5.59m	5.77m	1.3	18-11.25	2 10
2 Johnson, Chrisalyn		Alaska Anchorage	5.92m	5.73m	2.4	18-09.75	2 8
3 Meyer, Renick		Seattle Pacific	5.84m	5.66m	2.1	18-07.00	2 6
4 Igbonagwam, Peace		Seattle Pacific	5.79m	5.60m	0.8	18-04.50	2 5
5 VanZant, Ronni		Concordia (Ore.)	5.58m	5.57m	0.5	18-03.25	2 4
6 Williams, Brooke		Central Washington	5.87m	5.55m	+0.0	18-02.50	2 3
7 Romain, Keshara		Saint Martin's	5.68m	5.53m	+0.0	18-01.75	2 2
8 Irvine, Halle		Central Washington	5.49m	J5.53m	+0.0	18-01.75	1 1
9 Bone, Chelsea		Concordia (Ore.)	5.42m	5.52m	0.4	18-01.50	1
10 Cai, Scout		Seattle Pacific	5.52m	5.34m	0.4	17-06.25	2
11 Ochoa, Yareli		Central Washington	5.20m	5.25m	0.5	17-02.75	1
12 Stephens, Chase		Concordia (Ore.)	5.15m	5.19m	1.2	17-00.50	1
13 Cano, Elena		Alaska Anchorage	5.50m	5.17m	1.6	16-11.50	2
14 Walts, Rose		Central Washington	5.16m	5.04m	1.3	16-06.50	1
15 Taylor, Jillyan		Central Washington	5.11m	J5.04m	1.0	16-06.50	1
16 Olson, Devon		Western Washington	5.20m	5.02m	-0.4	16-05.75	1
17 DePew, Anna		Northwest Nazarene	5.15m	5.00m	2.4	16-05.00	1
18 Berry, Lauren		Western Oregon	5.00m	4.93m	1.4	16-02.25	1
19 Kibbee, Leanne		Western Washington	5.17m	J4.93m	1.1	16-02.25	1

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20 Beckett, Brenna	Msu-Billings	5.29m	4.92m	0.1	16-01.75	1
21 Sanford, Jamie	Western Washington	5.15m	4.85m	1.1	15-11.00	1

**Women Shot Put**

McArthur Rec: F 55-10.50	2018	McKenzie Warrren, Iron Wood TC
GNAC Records: R 50-00.75	2017	McKenzie Warren, CU
GNAC Meet: M 16.55m	2017	McKenzie Warren, CU
Qual Auto: A 15.74m	2019	DII Automatic Qualifying Standard
Qual Prov: P 13.76m	2019	DII Provisional Qualifying Standard

Name	Year	School	Seed	Finals	Points
1 Linenko, Katrina		Concordia (Ore.)	13.81m	13.85mP	45-05.25 10
2 Taylor, Holly		Simon Fraser	12.76m	12.98m	42-07.00 8
3 La Rue, Samantha		Central Washington	12.88m	12.95m	42-06.00 6
4 Gianotti, Moana		Western Oregon	13.02m	12.61m	41-04.50 5
5 Dodge, Brittany		Central Washington	12.17m	12.54m	41-01.75 4
6 Sidibe, Saran		Central Washington	11.84m	11.55m	37-10.75 3
7 Eddy, Chanelle		Western Washington	12.78m	11.46m	37-07.25 2
8 Nessian, Hannah		Msu-Billings	11.83m	11.06m	36-03.50 1
9 Fisk, Avery		Central Washington	11.39m	11.03m	36-02.25
10 McFadden, Maya		Western Washington	11.48m	10.98m	36-00.25
11 Steinbeisser, Hailey		Msu-Billings	11.65m	10.83m	35-06.50
12 Stringari, Taylor		Msu-Billings	10.90m	9.96m	32-08.25
13 Moeller, Katerina		Northwest Nazarene	11.13m	9.83m	32-03.00

**Women Discus Throw**

McArthur Rec: F 179-08	2008	Annie Hess, Concordia
GNAC Records: R 182-10	2018	Melissa Ausman, CU
GNAC Meet: M 53.01m	2018	Melissa Ausman, CU
Qual Auto: A 52.79m	2019	DII Automatic Qualifying Standard
Qual Prov: P 45.11m	2019	DII Provisional Qualifying Standard

Name	Year	School	Seed	Finals	H#	Points
1 Linenko, Katrina		Concordia (Ore.)	44.39m	44.51m	146-00	2 10
2 Eddy, Chanelle		Western Washington	44.01m	43.49m	142-08	2 8
3 Gianotti, Moana		Western Oregon	43.24m	41.48m	136-01	2 6
4 Vernoy, Megan		Saint Martin's	44.25m	40.12m	131-07	2 5
5 Nessian, Hannah		Msu-Billings	42.39m	39.93m	131-00	2 4
6 Taylor, Holly		Simon Fraser	38.56m	37.50m	123-00	1 3
7 Fisk, Avery		Central Washington	39.93m	36.76m	120-07	2 2
8 Sidibe, Saran		Central Washington	38.97m	35.88m	117-08	1 1
9 Lohof, Abbie		Msu-Billings	39.92m	34.16m	112-01	2
10 Meadows, Shaddia		Central Washington	39.76m	33.93m	111-04	2
11 Jones, Mariah		Central Washington	33.65m	33.54m	110-00	1
12 Wyllie, Reitta		Northwest Nazarene	36.53m	33.26m	109-01	1
13 La Rue, Samantha		Central Washington	40.61m	33.16m	108-09	2
14 Saum, Jessa		Northwest Nazarene	39.41m	31.51m	103-04	1

**Heptathlon: #4 Women 200 Meter Dash Heptathlon**

Name	Year	School	Finals	Wind	H#	Points
1 Trinidad, Sidney		Central Washington	25.56	-1.7	1	836

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2 Meyer, Renick	Seattle Pacific	25.61	-1.7	1	832
3 Ortega, HarLee	Central Washington	25.80	-1.7	1	815
4 Cai, Scout	Seattle Pacific	26.09	-1.7	1	789
5 Collins, Katie	Central Washington	26.31	-2.0	2	770
6 VanZant, Ronni	Concordia (Ore.)	26.38	-1.7	1	764
7 Bone, Chelsea	Concordia (Ore.)	26.51	-1.7	1	753
8 Cano, Elena	Alaska Anchorage	26.52	-1.7	1	752
9 Meadows, Shaddia	Central Washington	27.75	-2.0	2	651
10 May, Kellie	Seattle Pacific	28.02	-2.0	2	629
11 Stephens, Chase	Concordia (Ore.)	28.22	-2.0	2	614
12 Dawkins, Aliyah	Western Washington	28.25	-2.0	2	611
13 Jeschke, Yvonne	Alaska Anchorage	29.16	-2.0	2	542
14 DePew, Anna	Northwest Nazarene	29.36	-2.0	2	528

**Heptathlon: #7 Women 800 Meter Run Heptathlon**

Name	Year School	Finals	Points
1 Trinidad, Sidney	Central Washington	2:14.39	901
2 Jeschke, Yvonne	Alaska Anchorage	2:15.88	880
3 Cai, Scout	Seattle Pacific	2:20.21	821
4 Bone, Chelsea	Concordia (Ore.)	2:20.47	817
5 Ortega, HarLee	Central Washington	2:20.98	810
6 Collins, Katie	Central Washington	2:22.19	794
7 Cano, Elena	Alaska Anchorage	2:27.82	720
8 Meyer, Renick	Seattle Pacific	2:30.32	689
9 May, Kellie	Seattle Pacific	2:37.90	597
10 VanZant, Ronni	Concordia (Ore.)	2:38.28	593
11 Meadows, Shaddia	Central Washington	2:42.96	539
12 DePew, Anna	Northwest Nazarene	2:44.96	517
13 Stephens, Chase	Concordia (Ore.)	2:45.39	513
-- Dawkins, Aliyah	Western Washington	DNF	

**Heptathlon: #1 Women 100 Meter Hurdles Heptathlon**

McArthur Rec: F 13.90

Name	Year School	Finals	Wind	H#	Points
1 Trinidad, Sidney	Central Washington	14.50	+0.0	4	909
2 Meyer, Renick	Seattle Pacific	14.55	+0.0	4	902
3 Stephens, Chase	Concordia (Ore.)	14.69	+0.0	4	883
4 Ortega, HarLee	Central Washington	14.98	-0.3	3	844
5 Cano, Elena	Alaska Anchorage	15.05	+0.0	4	835
6 Cai, Scout	Seattle Pacific	15.51	-0.3	3	775
7 Dawkins, Aliyah	Western Washington	15.62	-0.2	2	762
8 May, Kellie	Seattle Pacific	15.92	-0.3	3	724
9 Bone, Chelsea	Concordia (Ore.)	15.96	-0.3	3	719
10 DePew, Anna	Northwest Nazarene	16.12	-0.2	2	700
11 VanZant, Ronni	Concordia (Ore.)	16.18	-0.2	2	692
12 Jeschke, Yvonne	Alaska Anchorage	16.66	-0.2	1	635
13 Meadows, Shaddia	Central Washington	16.75	-0.2	1	625
14 Collins, Katie	Central Washington	16.83	-0.2	1	616

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****Heptathlon: #2 Women High Jump Heptathlon**

Name	Year School	Finals	Points
1 Ortega, HarLee	Central Washington	1.69m	5-06.50 842
2 Dawkins, Aliyah	Western Washington	1.63m	5-04.25 771
2 Cai, Scout	Seattle Pacific	1.63m	5-04.25 771
2 Bone, Chelsea	Concordia (Ore.)	1.63m	5-04.25 771
5 Stephens, Chase	Concordia (Ore.)	1.57m	5-01.75 701
5 Cano, Elena	Alaska Anchorage	1.57m	5-01.75 701
5 Trinidad, Sidney	Central Washington	1.57m	5-01.75 701
8 Meadows, Shaddia	Central Washington	1.54m	5-00.50 666
8 Jeschke, Yvonne	Alaska Anchorage	1.54m	5-00.50 666
10 May, Kellie	Seattle Pacific	1.45m	4-09.00 566
10 VanZant, Ronni	Concordia (Ore.)	1.45m	4-09.00 566
10 Collins, Katie	Central Washington	1.45m	4-09.00 566
10 DePew, Anna	Northwest Nazarene	1.45m	4-09.00 566
14 Meyer, Renick	Seattle Pacific	1.42m	4-07.75 534

**Heptathlon: #5 Women Long Jump Heptathlon**

Name	Year School	Finals	Wind	Points
1 Meyer, Renick	Seattle Pacific	5.57m	-2.2 18-03.25	720
2 Ortega, HarLee	Central Washington	5.53m	-0.7 18-01.75	709
3 May, Kellie	Seattle Pacific	5.32m	0.1 17-05.50	648
4 VanZant, Ronni	Concordia (Ore.)	5.31m	-2.3 17-05.25	645
5 Cai, Scout	Seattle Pacific	5.30m	-1.6 17-04.75	643
6 Cano, Elena	Alaska Anchorage	5.26m	0.3 17-03.25	631
7 Bone, Chelsea	Concordia (Ore.)	5.13m	0.6 16-10.00	595
8 Stephens, Chase	Concordia (Ore.)	5.09m	0.6 16-08.50	584
9 Trinidad, Sidney	Central Washington	5.02m	-1.2 16-05.75	565
10 Dawkins, Aliyah	Western Washington	4.99m	-1.0 16-04.50	557
11 Jeschke, Yvonne	Alaska Anchorage	4.84m	-1.5 15-10.50	516
12 DePew, Anna	Northwest Nazarene	4.68m	-2.1 15-04.25	474
13 Meadows, Shaddia	Central Washington	4.64m	-0.4 15-02.75	464
14 Collins, Katie	Central Washington	4.34m	-1.3 14-03.00	388

**Heptathlon: #3 Women Shot Put Heptathlon**

Name	Year School	Finals	Points
1 Ortega, HarLee	Central Washington	11.33m	37-02.25 617
2 Bone, Chelsea	Concordia (Ore.)	11.25m	36-11.00 612
3 Cai, Scout	Seattle Pacific	11.23m	36-10.25 610
4 Meyer, Renick	Seattle Pacific	10.48m	34-04.75 561
5 May, Kellie	Seattle Pacific	10.44m	34-03.00 558
6 Stephens, Chase	Concordia (Ore.)	10.33m	33-10.75 551
7 Meadows, Shaddia	Central Washington	9.68m	31-09.25 509
8 VanZant, Ronni	Concordia (Ore.)	9.37m	30-09.00 488
9 Collins, Katie	Central Washington	9.34m	30-07.75 486
10 Cano, Elena	Alaska Anchorage	8.95m	29-04.50 461
11 Dawkins, Aliyah	Western Washington	8.48m	27-10.00 430
12 Trinidad, Sidney	Central Washington	7.76m	25-05.50 384
13 Jeschke, Yvonne	Alaska Anchorage	7.70m	25-03.25 380
14 DePew, Anna	Northwest Nazarene	7.15m	23-05.50 345

McArthur Rec: F 670.50m



**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****Heptathlon: #6 Women Javelin Throw Heptathlon**

Name	Year School	Finals	Points
1 Bone, Chelsea	Concordia (Ore.)	42.49m	139-05 715
2 Cai, Scout	Seattle Pacific	37.78m	123-11 625
3 Ortega, HarLee	Central Washington	35.16m	115-04 575
4 VanZant, Ronni	Concordia (Ore.)	34.08m	111-10 554
5 Stephens, Chase	Concordia (Ore.)	33.00m	108-03 534
6 Meyer, Renick	Seattle Pacific	32.62m	107-00 526
7 Jeschke, Yvonne	Alaska Anchorage	32.00m	105-00 515
8 Cano, Elena	Alaska Anchorage	30.86m	101-03 493
9 Trinidad, Sidney	Central Washington	30.54m	100-02 487
10 Collins, Katie	Central Washington	28.44m	93-04 447
11 Meadows, Shaddia	Central Washington	26.65m	87-05 413
12 Dawkins, Aliyah	Western Washington	25.91m	85-00 399
13 May, Kellie	Seattle Pacific	25.33m	83-01 389
14 DePew, Anna	Northwest Nazarene	24.11m	79-01 366

**Women Heptathlon**

GNAC Records: R 5606 2005	Danielle Ayers-Stamper, SPU
GNAC Meet: M 5390 2013	Ali Worthen, Seattle Pacific
Qual Auto: A 5195 2019	DII Automatic Qualifying Standard
Qual Prov: P 4504 2019	DII Provisional Qualifying Standard

Name	Year School	Seed	Finals	H#	Points
1 Ortega, HarLee	Central Washington	4913	5212A	10	
2 Cai, Scout	Seattle Pacific	5001	5034P	8	
3 Bone, Chelsea	Concordia (Ore.)	5009	4982P	6	
4 Trinidad, Sidney	Central Washington	4674	4783P	5	
5 Meyer, Renick	Seattle Pacific	4925	4764P	4	
6 Cano, Elena	Alaska Anchorage	4516	4593P	3	
7 Stephens, Chase	Concordia (Ore.)	4212	4380	2	
8 VanZant, Ronni	Concordia (Ore.)	4015	4302	1	
9 Jeschke, Yvonne	Alaska Anchorage	4236	4134		
10 May, Kellie	Seattle Pacific	3993	4111		
11 Collins, Katie	Central Washington	4135	4067		
12 Meadows, Shaddia	Central Washington	3810	3867		
13 Dawkins, Aliyah	Western Washington	3686	3530		
14 DePew, Anna	Northwest Nazarene	3587	3496		

**Men 100 Meter Dash**

McArthur Rec: F 10.33 1993	Jean-Olivier-Zirignon, Unattached
GNAC Records: R 10.22 2015	Alex Donigian, WWU
GNAC Meet: M 10.43 2010	Anthony Wright, CWU
Qual Auto: A 10.28 2019	DII Automatic Qualifying Standard
Qual Prov: P 10.58 2019	DII Provisional Qualifying Standard

Name	Year School	Seed	Prelims	Wind	H#
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**Preliminaries**

1 Zook, Sam	Msu-Billings	10.63	10.62Q	2.1	2
2 Anunagba, Karlington	Western Washington	10.33	10.82Q	1.2	1
3 Widmar, Bobby	Central Washington	10.81	10.85q	2.1	2
4 Blodgett, Codi	Western Oregon	10.81	10.87q	2.1	2
5 Campbell, Enrique	Alaska Anchorage	11.02	10.93q	2.1	2

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6	Horwath, Harry	Central Washington	10.84	10.96q	1.2	1	
7	Shay, Kaelen	Msu-Billings	10.98	10.97q	2.1	2	
8	Jones, Daniel	Western Washington	10.84	11.03q	1.2	1	11.022
9	Mah, Nathan	Simon Fraser	10.75	11.03	1.2	1	11.023
10	Schram, Mason	Msu-Billings	10.75	11.20	2.1	2	
11	Johnson, Noah	Western Washington	11.17	11.21	1.2	1	11.206
12	Fernandez, Angelo	Western Washington	11.22	11.21	2.1	2	11.210
13	Armstrong, Logan	Saint Martin's	11.19	11.23	2.1	2	
14	Willey, Cameron	Northwest Nazarene	11.07	11.24	1.2	1	
15	Harper, Lucas	Msu-Billings	11.37	11.57	1.2	1	
16	Hylton, Oshane	Alaska Anchorage	10.80	11.62	1.2	1	

**Men 200 Meter Dash**

=====							
McArthur Rec:	F	21.32	2014	Tyrell Williams, Western Oregon			
GNAC Records:	R	20.93	2016	Alex Donigian, WWU			
GNAC Meet:	M	21.32	2013	Rimar Christie, NNU			
GNAC Meet:	M	21.32	2014	Tyrell Williams, Western Oregon			
Qual Auto:	A	20.75	2019	DII Automatic Qualifying Standard			
Qual Prov:	P	21.36	2019	DII Provisional Qualifying Standard			
Name	Year	School	Seed	Prelims	Wind	H#	
=====							
1	Zook, Sam	Msu-Billings	21.44	21.65Q	0.9	1	
2	Brown, Adam	Concordia (Ore.)	21.48	21.80Q	0.6	2	
3	Blake, Logan	Northwest Nazarene	21.98	21.82Q	0.6	3	
4	Welch, Bryant	Western Washington	21.80	22.01q	0.6	3	
5	Campbell, Enrique	Alaska Anchorage	22.05	22.09q	0.9	1	
6	Mah, Nathan	Simon Fraser	21.82	22.11q	0.6	2	
7	Hand, Jackson	Saint Martin's	22.04	22.20q	0.9	1	
8	Horwath, Harry	Central Washington	21.96	22.24q	0.6	3	
9	Eyer, Rahkei	Msu-Billings	21.95	22.25	0.6	2	
10	Smith, Myles	Western Washington	22.40	22.27	0.6	3	22.264
11	Widmar, Bobby	Central Washington	22.44	22.27	0.6	3	22.267
12	Shay, Kaelen	Msu-Billings	22.75	22.49	0.9	1	22.482
13	Russell, Michael	Saint Martin's	21.69	22.49	0.6	3	22.485
14	Jones, Daniel	Western Washington	21.94	22.57	0.9	1	
15	Schram, Mason	Msu-Billings	22.24	22.86	0.6	2	
16	Powers, Tyler	Concordia (Ore.)	22.54	22.87	0.6	2	
17	Blodgett, Codi	Western Oregon	21.99	22.92	0.6	2	

**Men 400 Meter Dash**

=====							
McArthur Rec:	F	47.55	5/12/2018	Kodiak Landis, Central Wash			
GNAC Records:	R	47.51	2011	Ethan Hewitt, UAA			
GNAC Meet:	M	47.55	2012	Ethan Hewitt, UAA			
GNAC Meet:	M	47.55	2018	Kodiak Landis, Central Washington			
Qual Auto:	A	46.23	2019	DII Automatic Qualifying Standard			
Qual Prov:	P	47.77	2019	DII Provisional Qualifying Standard			
Name	Year	School	Seed	Prelims	H#		
=====							
1	Brown, Adam	Concordia (Ore.)	48.90	48.73Q	1		
2	Magee, Zachary	Northwest Nazarene	48.72	48.77Q	3		
3	Arce-Torres, Gabe	Western Oregon	49.07	48.93Q	2		
4	Welch, Bryant	Western Washington	48.95	48.80q	1		
5	Porter, Doc	Central Washington	50.13	49.02q	1		

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****...Men 400 Meter Dash**

6	Blake, Logan	Northwest Nazarene	48.27	49.08q	2
7	Calderon, Daniel	Central Washington	49.01	49.13q	3
8	Oglesby, Jon	Western Washington	50.28	49.30q	3
9	Smith, Myles	Western Washington	49.36	49.35	3
10	Rinefort, Ian	Western Washington	50.14	49.37	1
11	Daniels, Mark	Western Washington	50.54	49.86	1
12	Russell, Michael	Saint Martin's	49.04	50.00	2
13	Remington, Daniel	Alaska Anchorage	50.47	50.31	2
14	Chhim, Sonny	Western Washington	50.38	50.48	2
15	Brunett, Nathaniel	Alaska Anchorage	50.50	51.13	3
16	Powers, Tyler	Concordia (Ore.)	51.82	52.94	3

**Men 800 Meter Run**

=====					
McArthur Rec:	F	1:49.03	1995	Shannon Lemora, Nike International	
GNAC Records:	R	1:47.59	2015	Badane Sultessa, WOU	
GNAC Meet:	M	1:49.31	2005	Paul Mach, SPU	
Qual Auto:	A	1:48.78	2019	DII Automatic Qualifying Standard	
Qual Prov:	P	1:52.03	2019	DII Provisional Qualifying Standard	
Name	Year	School	Seed	Prelims	H#
=====					
1	Johnson, Drew	Alaska Anchorage	1:55.88	1:53.37Q	3
2	Kemboi, Felix	Alaska Anchorage	1:54.21	1:53.92Q	1
3	Phan, Jesse	Seattle Pacific	1:53.71	1:54.32Q	2
4	Knott, Curt	Western Oregon	1:51.45	1:53.99Q	1
5	Carmona, Max	Western Oregon	1:53.07	1:54.09Q	3
6	Sager, Kyler	Western Washington	1:52.46	1:54.42Q	2
7	Cossette, Liam	Western Washington	1:54.74	1:54.12q	3
8	Alnazer, Adam	Western Oregon	1:54.26	1:54.70q	2
9	Reed, Trey	Western Oregon	1:55.16	1:54.87q	1
10	Crosswhite, Justin	Western Oregon	1:54.80	1:55.06	2
11	Franks, Macauley	Western Washington	1:55.67	1:55.08	2
12	Cranston, Neal	Western Oregon	1:53.83	1:55.50	1
13	Torres, Richard	Simon Fraser	1:54.82	1:56.00	1
14	Bauernschmitt, Nick	Simon Fraser	1:52.56	1:57.61	3
15	Buckingham, Paul	Simon Fraser	1:57.86	1:58.20	1
16	Crowell, Ben	Western Washington	1:56.71	1:59.63	3
17	Kanelis, Zach	Western Oregon	1:54.31	2:00.61	3
18	Paulsen, Sean	Simon Fraser	2:00.18	2:01.34	1
--	Helvey, Brock	Alaska Anchorage	1:57.57	DNF	2

**Men 10000 Meter Run**

=====					
McArthur Rec:	F	30:25.75	2011	Jordan Welling, Western Washington	
GNAC Records:	R	28:37.75	2014	Micah Chelimo, UAA	
GNAC Meet:	M	30:25.75	2011	Jordan Walling, WWU	
Qual Auto:	A	29:13.60	2019	DII Automatic Qualifying Standard	
Qual Prov:	P	30:42.74	2019	DII Provisional Qualifying Standard	
Name	Year	School	Seed	Finals	Points
=====					

**Finals**

1	Kangogo, Edwin	Alaska Anchorage		31:56.62	10
2	Kiolbasa, Edward	Western Washington	31:38.74	32:19.18	8
3	Koech, Nickson	Alaska Anchorage	31:02.62	32:21.60	6
4	Hamel, Eric	Western Washington	32:38.04	32:25.54	5

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****....Men 10000 Meter Run**

5	Boutin, Colin	Seattle Pacific	32:47.41	32:28.66	4
6	Wilson, Bentley	Western Washington	31:34.80	32:53.46	3
7	Morlan, Turlan	Central Washington	31:53.48	33:02.95	2
8	Kemboi, Godfrey	Northwest Nazarene		33:06.61	1
9	Hamilton, Nick	Northwest Nazarene	32:26.10	33:17.51	
10	Colmenero, Ivan	Msu-Billings	33:12.93	33:20.54	
11	Lewis, Judd	Concordia (Ore.)		33:22.23	
12	Gill, Rajesh	Central Washington	32:49.39	33:24.86	
13	Barnhart, Donovan	Central Washington	33:01.84	33:26.11	
14	Oslin, Andrew	Saint Martin's	32:49.92	33:39.18	
15	Perkins, Joseph	Seattle Pacific	32:57.75	33:58.54	
16	Heckard, Sawyer	Western Oregon	32:49.01	34:11.04	
17	Creagan, Matthew	Western Washington	32:42.93	34:12.86	
18	Conrardy, Matt	Central Washington	33:23.61	34:26.61	
19	Venema, Ronald	Msu-Billings	34:13.53	35:28.28	
--	Ritter, Alec	Western Washington	33:49.39	DNF	

**Men 110 Meter Hurdles**

McArthur Rec:	F 14.21	2015	Travis Millbrandt, Western Washington
GNAC Records:	R 14.19	2016	Travis Milbrandt, WWU
GNAC Meet:	M 14.21	2015	Travis Millbrandt, WWU
Qual Auto:	A 13.89	2019	DII Automatic Qualifying Standard
Qual Prov:	P 14.53	2019	DII Provisional Qualifying Standard

Name	Year	School	Seed	Prelims	Wind	H#
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**Preliminaries**

1	Okezie, Koby	Western Washington	15.02	15.11Q	0.5	3
2	Cummings, Cordell	Western Washington	14.52	15.12Q	0.6	1
3	Castro, Elijah	Northwest Nazarene	15.05	15.36Q	0.1	2
4	Maier, Braydon	Central Washington	15.32	15.43q	0.6	1 15.427
5	Brown, Giovanni	Concordia (Ore.)	15.08	15.43q	0.1	2 15.429
6	Galgan, Skyler	Northwest Nazarene	15.30	15.47q	0.5	3
7	Gunther, Ryan	Central Washington	15.54	15.61q	0.1	2
8	Scott, Trevaughn	Central Washington	16.21	15.76q	0.5	3
9	Tidwell, Dakota	Northwest Nazarene	16.01	15.85	0.5	3
10	Carpenter, Shayne	Seattle Pacific	15.62	15.90	0.5	3
11	Remington, Daniel	Alaska Anchorage	15.56	16.05	0.1	2
12	Dances, Seren	Western Washington	15.44	16.08	0.5	3
13	Bullo, Nick	Central Washington	15.87	16.15	0.6	1
14	Kreutz, Blaine	Northwest Nazarene	16.17	16.21	0.1	2
15	McMillian-Thomas, Brando	Saint Martin's	16.32	16.37	0.6	1
16	Chism, Ryan	Northwest Nazarene	16.15	16.42	0.1	2
17	Vallatini, Gunner	Central Washington	17.00	16.51	0.6	1
18	Burton, Mitchell	Western Washington	15.98	16.76	0.6	1
19	Forster, Michael	Central Washington	15.41	19.11	0.6	1

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****Men 400 Meter Hurdles**

Name	Year	School	Seed	Prelims	H#
McArthur Rec:	F 51.33	1997	Keith Stuffle, Oregon International		
GNAC Records:	R 51.48	2017	Vladislav Tsygankov, SFU		
GNAC Meet:	M 52.12	2018	Vladislav Tsygankov, SFU		
Qual Auto:	A 51.34	2019	DII Automatic Qualifying Standard		
Qual Prov:	P 53.42	2019	DII Provisional Qualifying Standard		
Name	Year	School	Seed	Prelims	H#
1 St. Romain, Nate		Simon Fraser	53.32	P 53.40Q	2
2 Cummings, Cordell		Western Washington	51.95	53.45Q	1
3 Scott, Trevaughn		Central Washington	54.19	53.64Q	3
4 Adhemar, Joshua		Simon Fraser	53.42	54.87q	3
5 Gamza, Andrey		Concordia (Ore.)	54.89	55.47q	2
6 Okezie, Koby		Western Washington	55.45	55.64q	1
7 Forster, Michael		Central Washington	56.45	56.36q	1
8 Gunther, Ryan		Central Washington	57.60	56.94q	3
9 Cirlincione, Dario		Western Washington	58.40	56.99	2
10 Andaya, Nate		Central Washington	58.59	57.34	3
11 Vallatini, Gunner		Central Washington	56.76	57.45	2 57.444
12 Bullo, Nick		Central Washington	58.89	57.45	1 57.449
13 Seifert, Peter		Concordia (Ore.)	57.31	57.89	3
14 Lovercamp, Reid		Western Washington	58.20	58.07	1
15 Conrad, Ben		Simon Fraser	58.35	58.22	1
16 Bushnell, Daryl		Alaska Anchorage	58.86	58.42	2
17 Wendling, Justin		Central Washington	58.61	58.63	3
18 Galgan, Skyler		Northwest Nazarene	57.61	59.00	2
19 Bierly, Robert		Concordia (Ore.)	59.37	59.96	1
20 Anguay, Zach		Saint Martin's	1:00.82	1:01.38	3
21 Chism, Ryan		Northwest Nazarene	59.60	1:01.55	2

**Men 3000 Meter Steeplechase**

Name	Year	School	Seed	Finals	Points
McArthur Rec:	F 8:47.26	2012	Ryan Brockerville, Simon Fraser		
GNAC Records:	R 8:45.63	2012	Micah Chelimo, UAA		
GNAC Meet:	M 8:47.26	2012	Ryan Brockerville, SFU		
Qual Auto:	A 8:52.85	2019	DII Automatic Qualifying Standard		
Qual Prov:	P 9:15.02	2019	DII Provisional Qualifying Standard		
Name	Year	School	Seed	Finals	Points

**Finals**

1 Kirui, Wesley		Alaska Anchorage		9:03.95P	10
2 Hayes, Dylan		Western Washington	9:05.90	9:08.22P	8
3 Ahl, Aaron		Simon Fraser	9:02.10	9:16.78	6
4 Otero, Colby		Seattle Pacific	9:32.36	9:19.33	5
5 Carlton, Corbin		Central Washington	9:28.18	9:26.11	4
6 Hamilton, Nick		Northwest Nazarene	9:47.69	9:29.89	3
7 McMichael, Porter		Western Washington	9:33.82	9:31.54	2
8 Putney, Jared		Seattle Pacific	9:39.88	9:37.96	1
9 Mosman, Hunter		Western Oregon	9:28.61	9:43.41	
10 McIlroy, Jackson		Western Washington	9:33.87	9:52.56	
11 Sobczak, Chris		Simon Fraser	9:29.24	9:57.48	
12 Murry, Noah		Concordia (Ore.)	9:54.98	10:00.16	
13 Boyd, Taryk		Central Washington	10:11.19	10:04.98	
14 Ackerman, Ase		Msu-Billings	10:26.50	10:07.04	
15 Lewis, Levi		Northwest Nazarene	10:08.32	10:09.24	
16 Schultz, Brayden		Seattle Pacific	10:06.13	10:10.66	

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****...Men 3000 Meter Steeplechase**

17 Conley, Treyson	Northwest Nazarene	10:19.62	10:17.40
18 Walsh, Simon	Western Oregon	9:36.96	10:22.37

**Men High Jump**

McArthur Rec: F	7-04.50	1999	Chris Nelson, Unattached		
GNAC Records: R	7-01	2016	Mikel Smith, SMU		
GNAC Meet: M	2.11m	2017	Tevin Gladden, UAA		
Qual Auto: A	2.15m	2019	DII Automatic Qualifying Standard		
Qual Prov: P	2.04m	2019	DII Provisional Qualifying Standard		
Name	Year	School	Seed	Finals	Points
1 Girard, Isaiah		Msu-Billings	2.08m	2.05mP	6-08.75 10
2 Cronk, Tyler		Saint Martin's	2.15m	J2.05mP	6-08.75 8
3 Brake, Chris		Alaska Anchorage	2.01m	J2.05mP	6-08.75 6
4 Wickliff, Tupre		Western Washington	2.01m	2.00m	6-06.75 5
5 Sterkel, Ethan		Western Washington	1.95m	J2.00m	6-06.75 4
6 Makrakis, Nick		Western Washington	2.01m	1.95m	6-04.75 3
7 Davies, Garrett		Western Washington	1.94m	J1.95m	6-04.75 2
8 Dances, Seren		Western Washington	1.94m	1.90m	6-02.75 1
9 Kuzyk, Zackary		Simon Fraser	1.93m	J1.90m	6-02.75
10 Tranch, Micah		Northwest Nazarene	1.95m	1.85m	6-00.75
11 Schulz, Josh		Saint Martin's	1.83m	J1.85m	6-00.75
12 Maier, Braydon		Central Washington	1.91m	J1.85m	6-00.75
13 Manju, Iyan		Western Washington	1.86m	1.80m	5-10.75
-- Carrizales, Emmy		Concordia (Ore.)	1.92m	NH	

**Men Long Jump**

McArthur Rec: F	25-00	2006	Jon Hill, Portland State				
GNAC Records: R	25-11.50	2009	David Registe, UAA				
GNAC Meet: M	7.52m	2008	David Registe, UAA				
Qual Auto: A	7.68m	2019	DII Automatic Qualifying Standard				
Qual Prov: P	7.25m	2019	DII Provisional Qualifying Standard				
Name	Year	School	Seed	Finals	Wind	H#	Points
1 Dances, Seren		Western Washington	7.07m	7.20m	1.0	23-07.50	2 10
2 Castro, Elijah		Northwest Nazarene	7.16m	7.03m	0.7	23-00.75	2 8
3 Schulz, Josh		Saint Martin's	6.75m	6.87m	0.6	22-06.50	2 6
4 Kuzyk, Zackary		Simon Fraser	6.95m	6.85m	0.6	22-05.75	2 5
5 Makrakis, Nick		Western Washington	6.78m	6.73m	1.1	22-01.00	2 4
6 Sramek, David		Alaska Anchorage	6.94m	6.70m	1.0	21-11.75	2 3
7 Cronk, Tyler		Saint Martin's	6.80m	6.67m	0.6	21-10.75	2 2
8 Eck, Kameron		Central Washington	6.67m	6.65m	0.9	21-10.00	1 1
9 Girard, Isaiah		Msu-Billings	6.75m	6.64m	1.4	21-09.50	1
10 Tidwell, Dakota		Northwest Nazarene	6.60m	6.58m	0.4	21-07.25	1
11 Forster, Michael		Central Washington	6.68m	6.57m	1.5	21-06.75	1
12 Kreutz, Blaine		Northwest Nazarene	6.69m	6.56m	1.3	21-06.25	1
13 Brake, Chris		Alaska Anchorage	6.60m	6.55m	1.8	21-06.00	1
14 Sterkel, Ethan		Western Washington	7.01m	6.53m	0.6	21-05.25	2
15 Mataya, Rudy		Western Washington	6.53m	6.52m	0.9	21-04.75	1
16 Maier, Braydon		Central Washington	6.75m	6.50m	1.1	21-04.00	2
17 Rinefort, Ian		Western Washington	6.72m	6.47m	1.5	21-02.75	1
18 Stanton, Ty		Msu-Billings	6.53m	6.29m	+0.0	20-07.75	1
19 Andaya, Nate		Central Washington	6.62m	6.06m	1.3	19-10.75	1

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20 Harper, Lucas Msu-Billings 6.53m 5.72m 1.9 18-09.25 1

**Men Shot Put**

McArthur Rec:	F	64-04.75	2018	David Pless, Iron Wood TC		
GNAC Records:	R	60-10.50	2014	Frank Catelli, WWU		
GNAC Meet:	M	18.20m	2016	Josh Koch, CU		
Qual Auto:	A	18.36m	2019	DII Automatic Qualifying Standard		
Qual Prov:	P	16.16m	2019	DII Provisional Qualifying Standard		
Name	Year	School	Seed	Finals	H#	Points
1 Knight, Jake		Northwest Nazarene	18.29m	18.01mP	59-01.25	2 10
2 Koch, Josh		Concordia (Ore.)	17.12m	17.16mP	56-03.75	2 8
3 Nichols, Sam		Concordia (Ore.)	15.51m	16.11m	52-10.25	2 6
4 Malquist, Ben		Western Washington	15.56m	16.00m	52-06.00	2 5
5 Bridge, Caleb		Concordia (Ore.)	16.51m	15.57m	51-01.00	2 4
6 Cain, Aidan		Central Washington	15.90m	15.45m	50-08.25	2 3
7 Tafoya, Alberto		Central Washington	15.14m	15.39m	50-06.00	1 2
8 Tonder, Ethan		Central Washington	16.02m	15.34m	50-04.00	2 1
9 Elder, Brett		Concordia (Ore.)	15.45m	15.14m	49-08.25	2
10 Cole, Sam		Western Oregon	14.61m	14.80m	48-06.75	1
11 Steffey, Chris		Western Oregon	14.63m	14.45m	47-05.00	1
12 Collins, Owen		Western Oregon	14.88m	14.33m	47-00.25	1
13 Ostermiller, Brady		Msu-Billings	16.20m	14.32m	46-11.75	2
14 Collins, Karsten		Western Oregon	14.39m	14.08m	46-02.50	1
15 Robbins, Cody		Northwest Nazarene	14.27m	13.84m	45-05.00	1
16 Au-Haupu, Micah		Saint Martin's	13.67m	13.72m	45-00.25	1
17 Jensen, Connor		Concordia (Ore.)	14.68m	13.66m	44-09.75	1
18 Maier, Riley		Central Washington	13.39m	13.08m	42-11.00	1
19 Burr, Colton		Northwest Nazarene	13.59m	11.75m	38-06.75	1

**Men Discus Throw**

McArthur Rec:	F	194-10.75	2013	Nathaniel Moses, Unattached		
GNAC Records:	R	182-08	2017	Caleb Bridge, CU		
GNAC Meet:	M	53.80m	2017	Caleb Bridge, CU		
Qual Auto:	A	56.11m	2019	DII Automatic Qualifying Standard		
Qual Prov:	P	49.78m	2019	DII Provisional Qualifying Standard		
Name	Year	School	Seed	Finals	H#	Points
1 Knight, Jake		Northwest Nazarene	55.78m	55.74mM	182-10	2 10
2 Bridge, Caleb		Concordia (Ore.)	51.69m	51.68mP	169-07	2 8
3 Cain, Aidan		Central Washington	48.01m	49.31m	161-09	2 6
4 Nichols, Sam		Concordia (Ore.)	53.02m	49.29m	161-08	2 5
5 Elder, Brett		Concordia (Ore.)	50.58m	48.71m	159-10	2 4
6 Koch, Josh		Concordia (Ore.)	48.70m	46.19m	151-06	2 3
7 Napeahi, Martin		Central Washington	44.16m	45.60m	149-07	1 2
8 Collins, Karsten		Western Oregon	44.38m	45.21m	148-04	1 1
9 Steffey, Chris		Western Oregon	47.09m	44.68m	146-07	2
10 Lux, Avery		Western Washington	45.44m	44.27m	145-03	2
11 Harris, Andrew		Central Washington	43.76m	43.34m	142-02	1
12 Collins, Owen		Western Oregon	45.13m	42.13m	138-03	2
13 Ostermiller, Brady		Msu-Billings	45.05m	41.42m	135-11	1
14 Jensen, Connor		Concordia (Ore.)	44.32m	40.17m	131-09	1
15 Malquist, Ben		Western Washington	44.94m	39.68m	130-02	1

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16 Yates, Coby	Northwest Nazarene	41.47m	37.76m	123-11	1
17 Maier, Riley	Central Washington	41.74m	37.71m	123-09	1

**Decathlon: #1 Men 100 Meter Dash Decathlon**

McArthur Rec: F 10.33

Name	Year School	Finals	Wind	H#	Points
1 Schulz, Josh	Saint Martin's	11.17	+0.0	2	823
2 Dances, Seren	Western Washington	11.20	+0.0	2	817
3 Rinefort, Ian	Western Washington	11.34	+0.0	2	786
4 Sramek, David	Alaska Anchorage	11.38	+0.0	1	778
5 Forster, Michael	Central Washington	11.41	+0.0	2	771
6 Tidwell, Dakota	Northwest Nazarene	11.42	+0.0	2	769
7 Kreutz, Blaine	Northwest Nazarene	11.49	+0.0	2	755
8 Andaya, Nate	Central Washington	11.52	+0.0	2	748
9 Maier, Braydon	Central Washington	11.54	+0.0	1	744
10 Brown, Giovanni	Concordia (Ore.)	11.78	+0.0	1	695
11 Cummings, Cooper	Western Washington	11.90	+0.0	1	671
12 Carrizales, Emmy	Concordia (Ore.)	11.91	+0.0	1	669
13 Kruse, Mitch	Western Oregon	12.01	+0.0	1	649
14 Ball, Nick	Concordia (Ore.)	12.38	+0.0	1	578

**Decathlon: #5 Men 400 Meter Dash Decathlon**

McArthur Rec: F 47.55

Name	Year School	Finals	H#	Points
1 Rinefort, Ian	Western Washington	50.75	2	780
2 Sramek, David	Alaska Anchorage	50.86	2	775
3 Brown, Giovanni	Concordia (Ore.)	50.92	2	773
4 Kreutz, Blaine	Northwest Nazarene	51.40	1	751
5 Schulz, Josh	Saint Martin's	51.61	1	742
6 Andaya, Nate	Central Washington	51.94	1	727
7 Dances, Seren	Western Washington	52.32	2	711
8 Tidwell, Dakota	Northwest Nazarene	52.41	2	707
9 Maier, Braydon	Central Washington	52.57	2	700
10 Forster, Michael	Central Washington	52.59	2	699
11 Kruse, Mitch	Western Oregon	53.53	1	659
12 Cummings, Cooper	Western Washington	56.14	1	554
13 Ball, Nick	Concordia (Ore.)	56.46	1	541
14 Carrizales, Emmy	Concordia (Ore.)	57.29	1	510

**Decathlon: #10 Men 1500 Meter Run Decathlon**

Name	Year School	Finals	Points
1 Brown, Giovanni	Concordia (Ore.)	4:19.02	818
2 Sramek, David	Alaska Anchorage	4:29.51	748
3 Tidwell, Dakota	Northwest Nazarene	4:31.82	733
4 Kruse, Mitch	Western Oregon	4:33.47	722
5 Forster, Michael	Central Washington	4:35.67	708
6 Cummings, Cooper	Western Washington	4:38.09	692
7 Maier, Braydon	Central Washington	4:38.30	691
8 Andaya, Nate	Central Washington	4:38.97	687



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9 Schulz, Josh	Saint Martin's	4:46.27	641
10 Carrizales, Emmy	Concordia (Ore.)	4:57.90	572
11 Dances, Seren	Western Washington	5:07.45	518
12 Ball, Nick	Concordia (Ore.)	5:08.61	511
-- Rinefort, Ian	Western Washington	DNF	

**Decathlon: #6 Men 110 Meter Hurdles Decathlon**

McArthur Rec: F 14.21

Name	Year School	Finals	Wind	H#	Points
1 Brown, Giovanni	Concordia (Ore.)	15.08	-0.2	1	840
2 Maier, Braydon	Central Washington	15.39	-0.2	1	803
3 Dances, Seren	Western Washington	15.44	-0.2	1	797
4 Forster, Michael	Central Washington	15.49	-0.2	1	791
5 Tidwell, Dakota	Northwest Nazarene	16.30	0.3	2	699
6 Rinefort, Ian	Western Washington	16.39	0.3	2	689
7 Kreutz, Blaine	Northwest Nazarene	16.41	0.3	2	687
8 Sramek, David	Alaska Anchorage	16.66	0.3	2	660
9 Cummings, Cooper	Western Washington	17.05	0.8	3	619
10 Andaya, Nate	Central Washington	17.10	0.8	3	614
11 Carrizales, Emmy	Concordia (Ore.)	17.29	0.6	4	594
12 Schulz, Josh	Saint Martin's	18.03	0.8	3	521
13 Kruse, Mitch	Western Oregon	18.32	0.6	4	494
14 Ball, Nick	Concordia (Ore.)	20.82	0.6	4	287

**Decathlon: #4 Men High Jump Decathlon**

McArthur Rec: F 88.50m

Name	Year School	Finals	Points
1 Dances, Seren	Western Washington	1.94m	6-04.25 749
2 Maier, Braydon	Central Washington	1.91m	6-03.25 723
3 Brown, Giovanni	Concordia (Ore.)	1.82m	5-11.50 644
3 Rinefort, Ian	Western Washington	1.82m	5-11.50 644
3 Sramek, David	Alaska Anchorage	1.82m	5-11.50 644
3 Forster, Michael	Central Washington	1.82m	5-11.50 644
7 Kreutz, Blaine	Northwest Nazarene	1.79m	5-10.50 619
7 Tidwell, Dakota	Northwest Nazarene	1.79m	5-10.50 619
9 Schulz, Josh	Saint Martin's	1.76m	5-09.25 593
9 Cummings, Cooper	Western Washington	1.76m	5-09.25 593
9 Carrizales, Emmy	Concordia (Ore.)	1.76m	5-09.25 593
12 Kruse, Mitch	Western Oregon	1.67m	5-05.75 520
13 Ball, Nick	Concordia (Ore.)	1.55m	5-01.00 426
14 Andaya, Nate	Central Washington	1.52m	4-11.75 404

**Decathlon: #8 Men Pole Vault Decathlon**

McArthur Rec: F 230.25m

Name	Year School	Finals	Points
1 Sramek, David	Alaska Anchorage	4.60m	15-01.00 790
2 Maier, Braydon	Central Washington	4.40m	14-05.25 731
3 Tidwell, Dakota	Northwest Nazarene	4.30m	14-01.25 702
4 Brown, Giovanni	Concordia (Ore.)	4.10m	13-05.25 645

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5	Cummings, Cooper	Western Washington	4.00m	13-01.50	617
5	Andaya, Nate	Central Washington	4.00m	13-01.50	617
7	Dances, Seren	Western Washington	3.80m	12-05.50	562
8	Schulz, Josh	Saint Martin's	3.70m	12-01.50	535
9	Forster, Michael	Central Washington	3.60m	11-09.75	509
9	Kruse, Mitch	Western Oregon	3.60m	11-09.75	509
11	Carrizales, Emmy	Concordia (Ore.)	3.30m	10-10.00	431
12	Kreutz, Blaine	Northwest Nazarene	3.20m	10-06.00	406
13	Ball, Nick	Concordia (Ore.)	3.10m	10-02.00	381
--	Rinefort, Ian	Western Washington	NH		

**Decathlon: #2 Men Long Jump Decathlon**

McArthur Rec: F 300.00m

Name	Year School	Finals	Wind	Points
1	Dances, Seren	Western Washington	6.79m 1.9	22-03.50 764
2	Sramek, David	Alaska Anchorage	6.72m 3.0	22-00.75 748
3	Forster, Michael	Central Washington	6.68m -0.6	21-11.00 739
4	Rinefort, Ian	Western Washington	6.61m 2.1	21-08.25 723
5	Tidwell, Dakota	Northwest Nazarene	6.60m 3.0	21-08.00 720
6	Schulz, Josh	Saint Martin's	6.58m -2.8	21-07.25 716
7	Kreutz, Blaine	Northwest Nazarene	6.35m -1.1	20-10.00 664
8	Maier, Braydon	Central Washington	6.34m +0.0	20-09.75 661
9	Andaya, Nate	Central Washington	6.31m 1.2	20-08.50 655
10	Brown, Giovanni	Concordia (Ore.)	6.24m -1.1	20-05.75 639
11	Cummings, Cooper	Western Washington	6.21m 0.1	20-04.50 632
12	Kruse, Mitch	Western Oregon	6.17m 1.9	20-03.00 624
13	Carrizales, Emmy	Concordia (Ore.)	6.10m 1.2	20-00.25 608
14	Ball, Nick	Concordia (Ore.)	5.64m 3.3	18-06.00 510

**Decathlon: #3 Men Shot Put Decathlon**

McArthur Rec: F 772.75m

Name	Year School	Finals	Points
1	Brown, Giovanni	Concordia (Ore.)	14.04m 46-00.75 731
2	Maier, Braydon	Central Washington	11.58m 38-00.00 581
3	Forster, Michael	Central Washington	11.50m 37-08.75 576
4	Kreutz, Blaine	Northwest Nazarene	11.33m 37-02.25 566
5	Kruse, Mitch	Western Oregon	10.83m 35-06.50 536
6	Carrizales, Emmy	Concordia (Ore.)	10.80m 35-05.25 534
7	Tidwell, Dakota	Northwest Nazarene	10.23m 33-06.75 499
8	Rinefort, Ian	Western Washington	10.04m 32-11.25 488
9	Dances, Seren	Western Washington	10.03m 32-11.00 487
10	Andaya, Nate	Central Washington	10.00m 32-09.75 486
11	Schulz, Josh	Saint Martin's	9.95m 32-07.75 483
11	Ball, Nick	Concordia (Ore.)	9.95m 32-07.75 483
13	Sramek, David	Alaska Anchorage	9.89m 32-05.50 479
14	Cummings, Cooper	Western Washington	9.57m 31-04.75 460

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McArthur Rec: F 2338.75m

Name	Year School	Finals	Points
1 Brown, Giovanni	Concordia (Ore.)	45.22m	148-04 771
2 Kruse, Mitch	Western Oregon	36.31m	119-01 590
3 Maier, Braydon	Central Washington	35.93m	117-10 582
4 Kreutz, Blaine	Northwest Nazarene	33.98m	111-06 543
5 Dances, Seren	Western Washington	33.02m	108-04 524
6 Tidwell, Dakota	Northwest Nazarene	32.98m	108-02 523
7 Forster, Michael	Central Washington	31.77m	104-03 499
8 Carrizales, Emmy	Concordia (Ore.)	31.35m	102-10 491
9 Schulz, Josh	Saint Martin's	30.30m	99-05 470
10 Rinefort, Ian	Western Washington	30.11m	98-09 467
11 Sramek, David	Alaska Anchorage	29.29m	96-01 450
12 Cummings, Cooper	Western Washington	29.24m	95-11 450
13 Ball, Nick	Concordia (Ore.)	29.06m	95-04 446
14 Andaya, Nate	Central Washington	21.96m	72-00 309

**Decathlon: #9 Men Javelin Throw Decathlon**

Name	Year School	Finals	Points
1 Kruse, Mitch	Western Oregon	53.03m	174-00 634
2 Forster, Michael	Central Washington	51.55m	169-01 612
3 Maier, Braydon	Central Washington	50.45m	165-06 595
4 Tidwell, Dakota	Northwest Nazarene	48.08m	157-09 560
5 Carrizales, Emmy	Concordia (Ore.)	45.86m	150-05 528
6 Dances, Seren	Western Washington	45.55m	149-05 523
7 Andaya, Nate	Central Washington	44.69m	146-07 510
8 Cummings, Cooper	Western Washington	41.91m	137-06 470
9 Rinefort, Ian	Western Washington	40.95m	134-04 456
10 Brown, Giovanni	Concordia (Ore.)	40.59m	133-02 451
11 Schulz, Josh	Saint Martin's	40.52m	132-11 450
12 Ball, Nick	Concordia (Ore.)	39.73m	130-04 438
13 Sramek, David	Alaska Anchorage	39.27m	128-10 432

**Men Decathlon**

Name	Year School	Seed	Finals	H#	Points
1 Brown, Giovanni	Concordia (Ore.)	6836	7007P		10
2 Maier, Braydon	Central Washington	7005	6811P		8
3 Forster, Michael	Central Washington	6527	6548P		6
4 Tidwell, Dakota	Northwest Nazarene	6708	6531P		5
5 Sramek, David	Alaska Anchorage	6270	6504P		4
6 Dances, Seren	Western Washington	6500	6452P		3
7 Schulz, Josh	Saint Martin's	5969	5974		2
8 Kruse, Mitch	Western Oregon	4898	5937		1
9 Cummings, Cooper	Western Washington	5487	5758		
10 Andaya, Nate	Central Washington	5083	5757		
11 Carrizales, Emmy	Concordia (Ore.)	5354	5530		

GNAC Records: R 7872 2006 Chris Randolph, SPU

GNAC Meet: M 7201 2016 Cody Thomas, UAA

Qual Auto: A 7242 2019 DII Automatic Qualifying Standard

Qual Prov: P 6300 2019 DII Provisional Qualifying Standard

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**...Men Decathlon**

12 Rinefort, Ian	Western Washington	6682	5033
13 Ball, Nick	Concordia (Ore.)	4359	4601