



Feb. 7, 2019 • Week 4
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Feb. 8

Northwest Nazarene at Bronco Challenge,
 Nampa, Idaho

Fri., Feb. 8-Sat., Feb. 9

Alaska Anchorage, Central Washington,
 Concordia, Saint Martin's, Seattle Pacific,
 Simon Fraser, Western Washington
 at Husky Classic, Seattle, Wash.
 Western Oregon at GVSU Big Meet,
 Allendale, Mich.

LAST WEEK'S MEETS

Fri., Feb. 1-Sat., Feb. 2

**Jacksons Open/Nike Boise Indoor
 at Jacksons Track, Nampa, Idaho**

Women (Top 3 GNAC Finishers): 60m Hurdles -
 2, Lexi Tubbs, NNU, 8.94.

Men (Top 3 GNAC Finishers): DMR - 3, Montana
 State Billings (Ase Ackerman, Kyle McLaughlin,
 Drake Henson, Mark Hovland), 10:44.21. High
 Jump - 2, Isaiah Girard, MSUB, 6-9. Long Jump
 - 3, Ty Stanton, MSUB, 22-5.75. Triple Jump - 2,
 Ty Stanton, MSUB, 45-2.5. Shot Put - 3, Jake
 Knight, NNU, 54-11.25. Weight Throw - 2, Canyon
 Anderson, NNU, 55-6.5.

Cougar Indoor

at WSU Indoor Center, Pullman, Wash.

Women (Top 3 GNAC Finishers): 60 Meters -
 3, Meyer Quaynor, SFU, 7.82. 200 Meters - 2,
 Aujanique Doss, CWU, 26.54. 400 Meters - 1,
 Sidney Trinidad, CWU, 58.86; 3, Noelia Juarez,
 CWU, 1:00.70. 800 Meters - 1, Paige Nock, SFU,
 2:20.06; 3, Mairin Shields-Brown, SFU, 2:20.28.
 Mile - 1, Kate Lilly, SPU, 5:09.89; 2, Kellie
 Washenberger, SPU, 5:11.43; 3, Paige Nock,
 SFU, 5:12.42. 3,000 Meters - 1, Kate Lilly, SPU,
 10:21.93; 2, Kellie Washenberger, SPU, 10:23.04.
 High Jump - 3, Geneva Lehnert, SPU, 5-3. Long
 Jump - 1, Brooke Williams, CWU, 18-1.75; 3,
 Peace Igbonagwam, SPU, 17-11. Triple Jump - 1,
 Peace Igbonagwam, SPU, 36-7.5. Shot Put - 3,
 Avery Fisk, CWU, 39-0.5. Weight Throw - 2,
 Mariah Gronbach, WOU, 52-2.5. Pentathlon - 1,
 HarLee Ortega, CWU, 3,651; 3, Scout Cai, SPU,
 3,536.

Men (Top 3 GNAC Finishers): 400 Meters - 2,
 Daniel Calderon, CWU, 50.64; 3, Trevaughn
 Scott, CWU, 51.32. 800 Meters - 3, Simon Walsh,
 WOU, 1:59.54. Mile - 1, Kyler Sager, WWU,
 4:22.63; 3, James Jespersion, WWU, 4:24.91.
 3,000 Meters - 2, Dylan Hayes, WWU, 8:50.80;
 3, Colby Otero, SPU, 8:53.99. 5,000 Meters
 - 2, Shad Galloway, SPU, 15:53.79; 3, Colin
 Boutin, SPU, 15:56.66. 4x400 Relay - 1, Central
 Washington (Daniel Calderon, Ryan Gunther,
 Trevaughn Scott, Doc Porter), 3:26.13. Long
 Jump - 2, Silas Newby, SPU, 20-10.75. Triple
 Jump - 2, Zach Whittaker, CWU, 46-9.5; 3, Silas
 Newby, SPU, 41-5.75. Shot Put - 1, Aidan Cain,
 CWU, 51-1; 3, Karsten Collins, WOU, 47-1.75.
 Weight Throw - 2, Aidan Cain, CWU, 58-3.75.
 Heptathlon - 1, Kodiak Landis, CWU, 5,194; 3,
 Michael Forster, CWU, 4,812.

**Bruce Lehane Scarlet & White Classic
 at Boston University Track & Tennis Center,
 Boston, Mass.**

Women (Top 3 GNAC Finishers): None.
Men (Top 3 GNAC Finishers): None.

#GNACTF in 280

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#BostonYou'reMyTown Simon Fraser's **Aaron Ahl**
 and **Addy Townsend** were named the GNAC Men's
 and Women's Track Athletes of the Week after
 establishing top-four NCAA Championships marks
 in the mile at the Bruce Lehane Scarlet & White
 Invitational.

#MileMarkers Simon Fraser saw three athletes
 qualify for nationals in the men's mile. Joining Ahl
 on the list is **Pierre-Louis Detourbe** and **Rowan
 Doherty**.

#TopsAtFiveAndSeven Central Washington
 swept top honors in the multi-events at the Cougar
 Indoor with **HarLee Ortega** winning the women's
 pentathlon and **Kodiak Landis** winning the men's
 heptathlon. Ortega was named the GNAC Women's
 Field Athlete of the Week.

#RecordLeap Montana State Billings' **Isaiah Girard**
 set the MSUB record in the men's high jump at
 the Jacksons/Nike Boise Indoor. The effort was
 an NCAA Championships provisional qualifier and
 earned Girard GNAC Men's Field Athlete of the
 Week honors.

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Concordia	@gocugo	#gocugotf
MSU Billings	@MSUBSports	#MSUBTF
NW Nazarene	@NNUSports	
Saint Martin's	@SMUSaints	#SaintsStrong
Seattle Pacific	@SPUFalcons	
Simon Fraser	@SFUClan	#RepTheLeaf
W. Oregon	@WOUWolves	#WOUHOO
W. Washington	@WWUathletics	#VIKTorious

GNAC Track & Field Athletes Of The Week



MEN'S TRACK

Aaron Ahl, Simon Fraser
Sophomore • Calgary, Alta.

Running amidst a Division I field at the Bruce Lehane Scarlet & White Invitational in Boston, Ahl ran the fourth-fastest time in Division II this season in the mile. Ahl was 12th in a time of 4:06.92, which is the fastest in the GNAC this season and No. 4 on the GNAC All-Time List.

Also Nominated: Daniel Calderon (Central Washington), Logan Blake (Northwest Nazarene), Kyler Sager (Western Washington).



WOMEN'S TRACK

Addy Townsend, Simon Fraser
Junior • Coquitlam, B.C.

Townsend turned in a lifetime best in the mile at the Bruce Lehane Scarlet & White Invitational, running 4:44.81 to finish fourth in the Division I laden field. The time moves her up to No. 2 in Division II this season and just missed the NCAA Championships automatic qualifying mark of 4:44.72. The performance also ranks No. 2 on the GNAC All-Time List.

Townsend also the third leg of the Clan's 4x400-meter relay team that finished fifth in 3:48.38.

Also Nominated: Sidney Trinidad (Central Washington), Lexi Tubbs (Northwest Nazarene), Kate Lilly (Seattle Pacific).



MEN'S FIELD

Isaiah Girard, Montana State Billings
Junior • Dillon, Mont.

Girard set the MSUB record in the high jump at the Jacksons/Nike Boise Indoor, placing second in the event with a clearance of 6 feet, 9 inches. The NCAA Championships provisional qualifying mark is tied for No. 18 in Division II this year and lists Girard in a tie for seventh on the GNAC All-Time List.

Also Nominated: Aidan Cain (Central Washington), Canyon Anderson (Northwest Nazarene).



WOMEN'S FIELD

HarLee Ortega, Central Washington
Senior • Payette, Idaho

Ortega was the winner in the pentathlon at the Cougar Indoor, finishing with a score of 3,651 points. She placed just 31 points ahead of Washington State's Lindsey Schauble to claim first multi-event win of the season. Ortega finished in the top-four in all five events, winning the high jump (5-3.75), shot put (36-3) and long jump (17-11.75).

Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Nov. 26-Dec. 2	Mark Hovland, MSUB	Braydon Maier, CWU	Katie Collins, CWU	HarLee Ortega, CWU
Dec. 3-9	Elijah Castro, NNU	Jake Knight, NNU	Mariyah Vongsaveng, CWU	Halle Irvine, CWU
Jan. 7-13	Rowan Doherty, SFU	Tyler Cronk, SMU	Caroline Kurgat, UAA	Renick Meyer, SPU
Jan. 14-20	Adam Brown, CU	Dakota Tidwell, NNU	Macie Allen, CU	Chelsea Bone, CU
Jan. 21-27	Pierre-Louis Detourbe, SFU	Giovanni Brown, CU	Caroline Kurgat, UAA	Chelsea Bone, CU
Jan. 28-Feb. 3	Aaron Ahl, SFU	Tyler Cronk, SMU	Addy Townsend, SFU	HarLee Ortega, CWU
		Isaiah Girard, MSUB		

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

Around The GNAC

ALASKA ANCHORAGE



- Alaska Anchorage did not compete last weekend. The Seawolves will complete their regular season on Friday and Saturday at the Husky Classic.
- Another national all-time best for **Caroline Kurgat** led Alaska Anchorage's performances at the UW Invitational. The senior won the women's 5,000 meters in a Division II all-time all-conditions best time of 15:28.46 (run on an oversized track). That time is 33 seconds better than the official Division II record of 16:01.09 set by Neely Spence of Shippensburg in 2011. The NCAA Championships automatic qualifying time earned Kurgat selection as that week's GNAC Women's Track Athlete of the Week and the USTFCCA Division II Women's Athlete of the Week.
- The Seawolves netted two NCAA provisional qualifiers in the men's 5,000 meters. Junior **Wesley Kirui** placed eighth in 14:18.62, moving to No. 6 on the GNAC All-Time List and No. 15 in Division II this season. Senior **Edwin Kangogo** ran 14:39.15, placing 18th and ranking 39th in Division II.
- Senior **Danielle McCormick**, the defending national champion in the women's 800 meters, improved her NCAA provisional mark. McCormick ran 2:10.90, placing 25th (second Division II placer) is now No. 8 in Division II this season.
- Without competing, Alaska Anchorage dropped one spot to No. 8 in this week's USTFCCA Division II Women's Indoor Index.

CENTRAL WASHINGTON



- Winning performances in the multi-events once again led Central Washington as the Wildcats competed at the Cougar Indoor in Pullman, Wash.
- Senior **HarLee Ortega** was named the GNAC Women's Field Athlete of the Week after she won the pentathlon with a score of 3,651 points. She won two of the event's five disciplines: the high jump (5-3.75, tie for first) and the long jump (17-11.75). The point total was just below her season best of 3,729 points, which ranks fourth in Division II.
- Senior **Kodiak Landis** won the men's heptathlon with a score of 5,218 points, moving him to third in Division II this season. Landis won the 60 meters (7.00) and the pole vault (14-5.25) and was second in the 1,000 meters (2:45.88) and long jump (22-5.25). Senior **Michael Forster** finished third in the heptathlon with a score of 4,812 points.
- Sophomore **Sidney Trinidad** was the Wildcats' lone event winner on the track, capturing the women's 400 meters in a time of 58.86 seconds. Senior **Aujanique Doss** finished second in the 200 meters in a time of 26.54 seconds.
- Junior **Aidan Cain** was the lone men's individual event winner, taking the men's shot put with a mark of 51 feet, 1 inch. The season-best ranks No. 6 in the GNAC this season.
- The men's 4x400 relay team of **Daniel Calderon, Trevaughn Scott, Ryan Gunther** and **Doc Porter** won with a time of 3:26.13, a full five seconds ahead of second-place Seattle.
- Central Washington dropped four spots to No. 12 in this week's USTFCCA Division II Women's Indoor Team Index.
- Central Washington will complete the run-up to next week's GNAC Championships in Seattle, competing in the Husky Classic on Friday and Saturday.

CONCORDIA



- Concordia did not compete this week. The Cavaliers will join other GNAC squads this week in Seattle at the Husky Classic.
- Senior **Giovanni Brown** led the way at the UW Invitational on Jan. 25 and 26, finishing eighth in the heptathlon. His score of 4,985 points ranks 19th in Division II this season and places him at No. 7 on the GNAC All-Time List. In individual events, Brown won the 1,000 meters (2:35.26) and placed second in the shot put (44-4).
- Sophomore **Chelsea Bone** set the Concordia record in the pentathlon for the second time in as many weeks, placing 13th with a score of 3,514 points. She moved up to No. 7 on the GNAC All-Time List and to No. 16 in Division II this season.
- Sophomore **Kori Sprague** established an NCAA Championships provisional qualifying mark in the women's weight throw. Her fifth-place mark of 55 feet, 10.25 inches is 36th in Division II this season, leads the GNAC and is sixth on the GNAC All-Time List.
- Sophomore **Macie Allen** had a fifth-place finish in the qualifying rounds of the women's 60 meters, clocking 7.74 seconds. Senior **Josh Koch** took seventh in the invitational section of the men's shot put with his mark of 53 feet, 9 inches, while senior **Sam Nichols** took seventh in the open men's shot put with a mark of 51 feet, 3.75 inches.

MONTANA STATE BILLINGS



- After two weeks of tying the school record, junior **Isaiah Girard** finally captured it outright in the men's high jump to lead Montana State Billings' performances at the Jacksons/Nike Boise Indoor.
- Girard placed second as he cleared a height of 6 feet, 9 inches. That bettered the record of 6 feet, 8 inches set by Chuck Carr in 2017 and equaled by Girard this season. In the process, Girard provisionally qualified for the NCAA Championships with a tie for the 18th-best mark in Division II and tied for No. 7 on the GNAC All-Time List. His effort earned Girard selection as GNAC Men's Field Athlete of the Week.
- Senior **Tyus Mendoza** led the Yellowjackets in the track events, placing fourth in the men's 5,000 meters in 15:30.02. The time is the fourth-fastest in the GNAC this season. In the sprints, senior **Sam Zook** took seventh in the men's 60 meters with a time of 7.15 seconds after running a season-best 7.01 seconds in Friday's preliminaries.
- Senior **Brady Ostermiller** was the other top performer for MSUB in the field events, placing fifth in the men's shot put with a mark of 50 feet, 9.25 inches.
- The distance medley relay team of **Kailee Stoppel, Anne Lory Chevalier, Sierra Durbin** and **Nikki Aiken** led the MSUB women, placing fifth in 13:07.42.
- The Jackson/Nike Boise Indoor was the Yellowjackets' last meet before the GNAC Championships, which take place next Feb. 15 and 16 at the Jacksons Indoor Center in Nampa, Idaho.

Around The GNAC

NORTHWEST NAZARENE



- **Canyon Anderson's** lifetime best in the men's weight throw led Northwest Nazarene's efforts at the Jacksons/Nike Boise Indoor.
- The sophomore finished second in the event with a mark of 55 feet, 6.5 inches, despite nearly being scratched out of the competition. It is the second-best mark in the GNAC this season.
- Senior **Lexi Tubbs** led the Nighthawks' efforts on the track, finishing second in the women's 60-meter hurdles with a time of 8.94 seconds. The 2017 GNAC champion in the event and two-sport standout (she also plays basketball) has the No. 3 time in the GNAC this season at 8.89 seconds.
- Junior **Logan Blake** placed in the top-eight in both the men's 200 and 400 meters despite an ankle injury. Blake placed fourth in the 400 meters in 49.33 seconds and was seventh in the 200 meters in 22.35 seconds after running 22.21 in the preliminaries.
- Senior **Jake Knight** placed third in the men's shot put with a mark of 54 feet, 11.25 inches. In the women's field events, sophomore **Jackie Mahowald** was fourth in the triple jump with her leap of 37 feet, 1.25 inches.
- The Nighthawks will close their regular season with one more meet on the site of the GNAC Championships, taking part in Friday's Bronco Challenge at the Jacksons Indoor Center.

SAINT MARTIN'S



- Saint Martin's did not compete last week. The Saints will complete their tune-ups for the GNAC Championships at the Husky Classic on Friday and Saturday.
- Another stellar effort for freshman **Tyler Cronk** in the men's high jump led Saint Martin's performances at the UW Invitational on Jan. 22 and 23.
- Cronk, one of three non-Division I competitors in the event, finished second with a clearance of 6 feet, 9.75 inches. He tied with Utah State's Leaugen Fray-Benoit in terms of clearance, but Fray-Benoit was awarded first based on fewer misses.
- Freshman **Keshara Romain** turned in a ninth-place finish in the women's triple jump with a mark of 37 feet, 4.5 inches, the best mark by a non-Division I athlete.
- In the men's weight throw, senior **Kauanoë Vanderpoel** finished 12th in the weight throw with a mark of 52 feet. Senior **Liz Larson** added a 23rd place mark in the women's weight throw with a mark of 47 feet, 8 inches.
- Senior **Jackson Hand** and sophomore **Michael Russell** led the Saints' efforts on the track. Hand placed 11th in the men's 200 meters with a time of 22.40 seconds while Russell was 14th in a time of 22.51 seconds.

SEATTLE PACIFIC



- A pair of victories for junior **Kate Lilly** and the first competition of the season for junior **Scout Cai** headlined Seattle Pacific's efforts at the Cougar Indoor.
- Lilly won the first two races of her collegiate career, taking the mile in 5:09.89 and the 3,000 meters in 10:21.93. Freshman **Kelsey Washenberger** was second in both races, clocking 5:11.43 in the mile and 10:23.04 in the 3,000.
- After missing the first few weeks of the season due to injury, Cai placed third in the pentathlon with a score of 3,536 points. She finished in a three-way tie for first in the high jump (5-3.75) and was third in the 800 meters (2:26.55). Cai's point total is an NCAA Championships provisional qualifier and ranks 14th in Division II this season.
- Sophomore **Renick Meyer** was fourth in the pentathlon. Her season-best score of 3,326 points is the 27th best in Division II this season. Meyer won the opening event of the competition, the 60-meter hurdles, in 8.77 seconds. That time is an NCAA Championships provisional qualifier and is 21st in Division II this season.
- Freshman **Peace Igbonagwam** took the victory in the triple jump with a lifetime best of 36 feet, 7.5 inches. She also placed third in the long jump at 17 feet, 11 inches, and fourth in the 60 meters in 7.88 seconds.
- Freshman **Silas Newby** led the Seattle Pacific men, placing second in the long jump at 20 feet, 10.75 inches, and third in the triple jump with a mark of 41 feet, 5.75 inches.
- Sophomores **Shad Galloway** and **Colin Boutin** took second and third in the men's 5,000 with times of 15:53.79 and 15:56.66, respectively.
- Seattle Pacific will close the indoor regular season at the Husky Classic on Friday and Saturday.

SIMON FRASER



- Big performances in Beantown for Simon Fraser's top athletes led the Clan's performances in both the Bruce Lehane Scarlet & White Invitational and the Cougar Indoor.
- Senior **Addy Townsend** was named the GNAC Women's Track Athlete of the Week after she placed fourth in the women's mile in a time of 4:44.81. That time is No. 2 in Division II this season and No. 3 on the GNAC All-Time List. The mark just missed the NCAA Championships automatic qualifying time of 4:44.72.
- Townsend also combined with **Bryce West**, **Sophie Dodd** and **Renate Bluschke** to take fourth in the women's 4x400-meter relay with a time of 3:48.38. The NCAA provisional qualifying time is 13th in Division II this season.
- Sophomore Aaron Ahl was selected as the GNAC Men's Track Athlete of the Week after placing 12th in the men's mile with a time of 4:06.92. The performance ranks No. 4 on the GNAC All-Time List and the NCAA provisional qualifying mark is No. 4 in Division II this season.
- Two other SFU men established NCAA provisional marks in the mile. Sophomore **Pierre-Louis Detourbe** is 10th in Division II after running 4:07.80 while senior **Rowan Doherty** is 12th with a time of 4:08.27.
- At the Cougar Indoor, junior **Paige Nock** led the Clan as she won the women's 800 meters in a time of 2:20.06. Sophomore **Meyer Quaynor** took third in the women's 60 meters with a time of 7.82 seconds.
- The Simon Fraser women moved up seven spots to No. 7 in the USTFCCCA Division II Women's Team Index. The SFU men arrived in the top-25 for the first time this season, ranking No. 17.
- Simon Fraser will be among the GNAC teams competing at the Husky Classic on Friday and Saturday in Seattle.

Around The GNAC

WESTERN OREGON



• Paced by solid efforts in the sprints, Western Oregon continued its season by sending athletes to the Cougar Indoor in Pullman, Wash.

• Senior **Cody Warner** led the way as he placed fifth in the men's 60 meters with a time of 7.07 seconds. The time is just slower than his season best of 6.99 seconds, which ties

him for second in the GNAC this season.

• Freshman **Ana Popchock** finished seventh in the women's 60-meter hurdles in 9.56 seconds and later went on to place fourth in the triple jump with a mark of 35 feet, 11.5 inches.

• Senior **Hailey Sears** emerged with a season-best in the women's 60 meters, clocking 8.37 in preliminaries. Junior Natalie Legras did as well as she finished with a time of 8.38 seconds.

• Junior **Mariah Gronbach** was the Wolves' top finisher overall, placing second in the weight throw with her mark of 52 feet, 2.5 inches. The season-best effort ranks third in the GNAC this season.

• Freshman **Simon Walsh** notched his first top-three finish as a collegian, placing third in the men's 800 meters in a time of 1:59.54.

• Western Oregon will take its longest trip of the indoor season this weekend, traveling to Allendale, Michigan to take part in the GVSU Big Meet.

WESTERN WASHINGTON



• A first-place finish for senior **Kyler Sager** in the men's mile led the performances of a small contingent of Western Washington athletes at the Cougar Indoor.

• Sager led the first of 35 competitors in the event, crossing the line in 4:22.63. He just edged out Willamette's Michael Montague by a second for the win. Junior **James Jaspersen**

was third in a time of 4:24.91 and junior **Liam Cossette** was fourth in 4:24.95.

• Senior **Dylan Hayes** scored a second-place finish in the men's 3,000 meters, running a time of 8:50.80 in the 31-runner field. The season-best ranks Hayes No. 9 in the GNAC this season after conversion to 8:44.70 for track size. Sophomore **Ed Kiolbasa** added a ninth-place finish in a time of 9:02.16.

• The Vikings will be among the GNAC teams competing this weekend at the Husky Classic in Seattle.

GNAC Qualifiers For NCAA Indoor Championships

MEN PROVISIONAL QUALIFIERS AS OF FEB. 4, 2019

Event	Athlete	Mark	Rank	Date
Mile	Aaron Ahl, SFU	4:06.92	4th	2/2/19
	Pierre-Louis Detourbe, SFU	4:07.80	10th	2/2/19
	Rowan Doherty, SFU	4:08.27	12th	2/2/19
3,000 Meters	Rowan Doherty, SFU	8:12.35	6th	1/12/19
	Pierre-Louis Detourbe, SFU	8:16.19	8th	1/25/19
	Tyler Jones, WOU	8:17.20	10th	1/12/19
	Felix Kemboi, UAA	8:20.94	15th	1/12/19
	Carlos Vargas, SFU	8:22.33	19th	1/12/19
5,000 Meters	Wesley Kirui, UAA	14:18.62	15th	1/25/19
	Edwin Kangogo, UAA	14:39.15	39th	1/25/19
DMR	Simon Fraser	9:58.86	9th	1/25/19
High Jump	Western Oregon	10:01.78	14th	1/25/19
	Tyler Cronk, SMU	2.10/6-10.75	T-8th	1/12/19
Triple Jump	Isaiah Girard, MSUB	2.06/6-9	T-18th	2/1/19
	Zack Whittaker, CWU	14.62/47-11.75	25th	12/8/18
Shot Put	Jake Knight, NNU	17.28/56-8.5	16th	12/8/18
	Josh Koch, CU	53-9/16.38	40th	1/25/19
Weight Throw	Brady Ostermiller, MSUB	52-11.5/16/14	T-46th	1/24/19
	Aidan Cain, CWU	57-10.75/17.63	32nd	1/18/19
Heptathlon	Kodiak Landis, CWU	5,218	3rd	2/1/19
	Braydon Maier, CWU	5,156c	10th	11/30/18
	Giovanni Brown, CU	4,985	19th	1/25/19
	Dakota Tidwell, NNU	4,923	25th	1/18/19
	Michael Forster, CWU	4,836	29th	2/1/19
	Ian Rinefort, WWU	4,829c	30th	11/30/18
	Seren Dances, WWU	4,795c	37th	11/30/18

WOMEN'S AUTOMATIC QUALIFIERS AS OF FEB. 4, 2019

Event	Athlete	Mark	Rank	Date
3,000 Meters	Caroline Kurgat, UAA	9:07.05	1st	1/12/19
5,000 Meters	Caroline Kurgat, UAA	15:28.46	1st	1/25/19

WOMEN'S PROVISIONAL QUALIFIERS AS OF FEB. 4, 2019

Event	Athlete	Mark	Rank	Date	
60 Meters	Macie Allen, CU	7.68	T-31st	1/18/19	
	Addy Townsend, SFU	2:08.70	4th	1/25/19	
800 Meters	Danielle McCormick, UAA	2:10.90	8th	1/25/19	
	Sophie Dodd, SFU	2:11.02	9th	2/1/19	
	Ruth Cavncara, UAA	2:14.04	18th	1/12/19	
	Mile	Addy Townsend, SFU	4:44.81	2nd	2/1/19
	3,000 Meters	Alexa Shindruk, CWU	9:42.19	9th	1/25/19
60m Hurdles	Mariyah Vongsaveng, CWU	8.66	T-9th	12/8/18	
	Renick Meyer, SPU	8.77	21st	2/1/19	
4x400 Relay	Simon Fraser	3:48.38	13th	2/1/19	
	Simon Fraser	11:35.62	1st	1/25/19	
DMR	Alaska Anchorage	11:53.47	5th	1/25/19	
	Maddie Taylor, WWU	1.73/5-8	T-6th	1/12/19	
High Jump	Halle Irvine, CWU	3.93/12-10.75	5th	12/8/18	
	Pole Vault	Anna Paradee, WWU	3.75/12-3.5	23rd	1/12/19
Long Jump	Renick Meyer, SPU	5.76/18-10.75	T-14th	1/12/19	
	HarLee Ortega, CWU	5.72/18-9.25	T-21st	11/30/18	
Triple Jump	Brooke Williams, CWU	5.71/18-9	T-26th	12/8/18	
	Keshara Romain, SMU	12.01/39-5	14th	12/8/18	
Shot Put	Brooke Williams, CWU	11.74/38-6.25	29th	12/8/18	
	HarLee Ortega, CWU	11.71/38-5	T-32nd	1/12/19	
Weight Throw	Samantha La Rue, CWU	13.67/44-10.25	40th	1/12/19	
	Kori Sprague, CU	17.02/55-10.25	36th	1/25/19	
Pentathlon	HarLee Ortega, CWU	3,729c	4th	11/30/18	
	Scout Cai, SPU	3,557	14th	2/1/19	
	Chelsea Bone, CU	3,514	16th	1/25/19	
	Renick Meyer, SPU	3,326	27th	2/1/19	

c - Mark Converted For Track Size

2019 NCAA DIVISION II INDOOR TRACK AND FIELD CHAMPIONSHIPS QUALIFYING STANDARDS

MEN			WOMEN	
NCAA Automatic	NCAA Provisional	Event	NCAA Automatic	NCAA Provisional
6.72	6.88	60 Meters	7.46	7.68
7.90	8.22	60 Meter Hurdles	8.42	8.81
21.21	21.74	200 Meters	23.97	24.89
47.32	48.58	400 Meters	54.45	56.65
1:49.45	1:53.25	800 Meters	2:08.32	2:14.12
4:02:24	4:11.12	Mile	4:44.72	4:58.90
8:03.28	8:23.09	3,000 Meters	9:29.46	9:58.00
14:05.18	14:41.43	5,000 Meters	16:33.62	17:27.66
3:12.20	3:16.99	4x400 Relay	3:43.34	3:51.01
9:47.20	10:04.81	Distance Medley Relay	11:35.38	12:04.60
2.15/7-0.5	2.04/6-8.25	High Jump	1.76/5-9.25	1.67/5-5.75
5.23/17-1.75	4.73/15-6.25	Pole Vault	4.02/13-2.25	3.57/11-8.5
7.59/24-11	7.11/23-4	Long Jump	6.10/20-0	5.65/18-6.5
15.47/50-9.25	14.45/47-5	Triple Jump	12.48/40-11.5	11.64/38-2.25
18.08/59-4	16.07/52-8.75	Shot Put	15.59/51-1.75	13.61/44-8
21.02/65-8.25	17.59/57-8.5	Weight Throw	19.87/65-2.25	16.97/55-8.25
5,353	4,710	Heptathlon/Pentathlon	3,829	3,233

A Note On Qualifying: Athletes who meet the NCAA automatic standard for an event will automatically qualify for the NCAA Division II Championships. Athletes who meet the NCAA's provisional standard will be used to fill the championships field in descending order until the maximum field size is reached. To view the complete list of qualifying standards, visit http://www.ncaa.org/sites/default/files/2018DIIMWTF_Qualifying_Standards_20180829.pdf.

NCAA Division II Indoor Track & Field Championships: Fri., Mar. 8 & Sat., Mar. 9, Pittsburg, Kan.

Top Performances Lists (TFRS): [NCAA Division II Men](#) | [NCAA Division II Women](#) | [GNAC Men](#) | [GNAC Women](#) | [U.S./World Best Lists \(T&FN\)](#)

Men's Indoor Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	SFU
Preseason	—
Jan. 22	—
Jan. 29	—
Feb. 5	17th

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 3 - Feb. 5, 2019				
Rk	School	Pts.	Prev.	
1.	Adams State	183.02	3	
2.	Ashland	168.35	1	
3.	Tiffin	119.96	2	
4.	Grand Valley St.	95.49	6	
5.	West Texas A&M	84.36	11	
6.	Findlay	81.99	8	
7.	Central Missouri	76.42	4	
8.	Colorado Mines	75.54	5	
9.	Academy of Art	72.10	7	
10.	Minnesota State	64.79	10	
11.	Saint Augustine's	64.01	20	
12.	Western Colorado	61.17	12	
13.	Angelo State	58.82	9	
14.	Lee (Tenn.)	50.71	14	
15.	Mary	47.76	15	
16.	Northwest Missouri	44.76	13	
17.	Simon Fraser	44.16	29	
18.	CSU-Pueblo	44.13	19	
19.	Pittsburg State	42.03	17	
20.	American International	41.59	16	
21.	Lincoln (Mo.)	40.99	35	
22.	Colorado Mesa	40.81	24	
23.	Northwood (Mich.)	40.74	18	
24.	Texas A&M-Kingsville	38.94	41	
25.	Chadron State	35.62	22	

USTFCCCA WEST REGION TEAM INDEX

as of Feb. 5, 2019			
Rk	School	Pts.	Prev.
1.	Central Washington	308.18	4
2.	Academy of Art	291.50	3
3.	Azusa Pacific	288.96	1
4.	Western Washington	271.11	2
5.	Montana State Billings	256.96	5
6.	Simon Fraser	254.02	9
7.	Northwest Nazarene	224.71	7
8.	Alaska Anchorage	200.46	6
9.	Concordia	178.78	8
10.	Western Oregon	132.98	10



[Complete Poll Online](#)

Women's Indoor Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	CWU	SFU
Preseason	—	19th	—
Jan. 22	13th	12th	—
Jan. 29	7th	12th	14th
Feb. 5	8th	16th	7th

USTFCCCA DIVISION II NATIONAL TEAM RANKINGS

Week 3 - Feb. 5, 2019				
Rk	School	Pts.	Prev.	
1.	Grand Valley St.	201.75	1	
2.	Adams State	200.94	2	
3.	San Francisco St.	122.46	4	
4.	Lincoln (Mo.)	104.65	3	
5.	Lewis	88.39	6	
6.	UC-Colorado Springs	81.02	5	
7.	Simon Fraser	73.28	14	
8.	Alaska Anchorage	67.63	7	
9.	Ashland	62.40	11	
10.	Azusa Pacific	60.73	8	
11.	Saint Augustine's	59.64	34	
12.	Indianapolis	59.21	9	
13.	Missouri Southern	55.58	10	
14.	Mary	52.75	22	
15.	Franklin Pierce	48.93	13	
16.	Central Washington	43.73	12	
17.	Pittsburg State	43.04	15	
18.	West Texas A&M	42.87	24	
19.	Colorado Mines	39.31	31	
20.	Millersville	38.90	19	
21.	Academy of Art	38.00	16	
22.	Mount Olive	35.20	18	
23.	Missouri S&T	33.93	20	
24.	Southwest Baptist	30.90	17	
25.	Shippensburg	29.18	71	

USTFCCCA WEST REGION TEAM INDEX

as of Feb. 5, 2019			
Rk	School	Pts.	Prev.
1.	San Francisco St.	394.60	2
2.	Central Washington	340.32	1
3.	Seattle Pacific	274.38	5
4.	Azusa Pacific	259.58	3
5.	Academy of Art	255.90	4
6.	Simon Fraser	203.33	9
7.	Western Washington	177.24	6
8.	Alaska Anchorage	171.11	7
9.	Stanislaus State	130.06	10
10.	Concordia	128.14	8



[Complete Poll Online](#)

GNAC Indoor Track & Field Records

MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
200 Meters	21.56	Carlos Ortiz, Concordia (2018)
400 Meters	47.61	Vladislav Tsygankov, Simon Fraser (2017)
800 Meters	1:49.68	Badane Sultessa, Western Oregon (2016)
Mile	3:58.88	David Ribich, Western Oregon (2018)
3,000 Meters	7:50.81	David Ribich, Western Oregon (2018)
5,000 Meters	13:47.73	Micah Chelimo, Alaska Anchorage (2014)
60m Hurdles	8.08	Travis Milbrandt, Western Oregon (2015)
4x400 Relay	3:12.45	Alaska Anchorage (2016)
Nicholas Taylor, Liam Lindsey, Adam Commandeur, Cody Thomas		
Distance Medley	9:40.15	Western Oregon (2017)*
Dustin Nading, AJ Holmberg, Josh Dempsey, David Ribich		
High Jump	2.22/7-3.25	Mikel Smith, Saint Martin's (2017)
Pole Vault	5.31/17-5	Ryan Brown, Western Washington (2011)
Long Jump	7.46/24-5.75	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015/2017)
Shot Put	17.94/58-10.75	Cameron Neel, Western Washington (2007)
Weight Throw	18.82/61-9	Anthony Marin, Western Oregon (2007)
Heptathlon	5,508	Chris Randolph, Seattle Pacific (2006)

MEN'S CONFERENCE MEET RECORDS

60 Meters	6.75	Alex Donigian, Western Washington (2014)
200 Meters	21.56	Carlos Ortiz, Concordia (2018)
400 Meters	47.80	Joel Webster, Simon Fraser (2016)
800 Meters	1:50.83	David Ribich, Western Oregon (2018)
Mile	4:10.01	David Ribich, Western Oregon (2017)
3,000 Meters	8:27.83	Henry Cheseto, Alaska Anchorage (2015)
5,000 Meters	14:36.06	Dominik Notz, Alaska Anchorage (2016)
60m Hurdles	8.08	Travis Milbrandt, Western Washington (2015)
4x400 Relay	3:14.10	Alaska Anchorage (2017)
Liam Lindsay, Darrior Gray, Nicholas Taylor, Adam Commandeur		
Distance Medley	10:04.58	Simon Fraser (2012)
Ryan Brockerville, Stuart Ellenwood, Keir Forster, Adam Reid		
High Jump	2.21/7-3	Mikel Smith, Saint Martin's (2017)
Pole Vault	5.16/16-11	Payton Lewis, Northwest Nazarene (2011)
Long Jump	7.38/24-2.5	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015/2017)
Shot Put	17.47/57-3.75	Cameron Neel, Central Washington (2007)
Weight Throw	18.63/61-1.75	Tyler Lamott, Concordia (2016)
Heptathlon	5,269	Kodiak Landis, Central Washington (2017)

CONFERENCE MEET HEPTATHLON EVENTS

60 Meters	7.03	Kodiak Landis, Central Washington (2018)
Long Jump	6.95/22-9.75	James Phillips, Concordia (2018)
Shot Put	13.28/43-7	James Phillips, Concordia (2018)
High Jump	2.01/6-7	Micah Tranch, Northwest Nazarene (2017)
60m Hurdles	8.28	Travis Turner, Alaska Anchorage (2017)
Pole Vault	5.05/16-6.75	Payton Lewis, Northwest Nazarene (2016)
1,000 Meters	2:43.00	Colin Alexander, Central Washington (2012)

WOMEN - ALL MEETS

60 Meters	7.54	Jamie Ashcroft, Alaska Anchorage (2017)
200 Meters	24.09	Jamie Ashcroft, Alaska Anchorage (2017)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:04.94	Helen Crofts, Simon Fraser (2011)
Mile	4:32.88	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:07.05	Caroline Kurgat, Alaska Anchorage (2019)#
5,000 Meters	15:28.46	Caroline Kurgat, Alaska Anchorage (2019)#
60m Hurdles	8.51	Mariyah Vongsaveng, Central Washington (2017)
4x400 Relay	3:42.44	Seattle Pacific (2016)
Jalen Tims, Lynelle Decker, Cheryl Hong, Jahzelle Ambus		
Distance Medley	11:28.28	Simon Fraser (2015)
Rebecca Bassett, Monique Lisek, Paige Nock, Lindsey Butterworth		
High Jump	1.77/5-9.75	Danielle Ayers-Stamper, Seattle Pacific (2005)
Pole Vault	3.93/12-10.75	Halle Irvine, Central Washington (2018)
Long Jump	5.93/19-5.5	Danielle Ayers-Stamper, Seattle Pacific (2005)
Triple Jump	12.68/41-7.25	Jasmine McMullin, Western Washington (2018)
Shot Put	17.62/57-9.75	McKenzie Warren, Concordia (2017)*
Weight Throw	19.52/64-0.5	Christina MacDonald, Concordia (2018)
Pentathlon	4,007	Danielle Ayers-Stamper, Seattle Pacific (2005)

WOMEN'S CONFERENCE MEET RECORDS

60 Meters	7.55	Jamie Ashcroft, Alaska Anchorage (2017)
200 Meters	24.09	Jamie Ashcroft, Alaska Anchorage (2017)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:08.28	Jessica Pixler, Seattle Pacific (2010)
Mile	4:40.39	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:47.64	Jennifer Johnson, Simon Fraser (2015)
5,000 Meters	16:47.07	Sarah Porter, Western Washington (2010)
60m Hurdles	8.51	Mariyah Vongsaveng, Central Washington (2017)
4x400 Relay	3:46.41	Simon Fraser (2016)
Distance Medley	11:36.32	Seattle Pacific (2010)
Kate Harline, Jennifer Pike, Jane Larson, Jessica Pixler		
High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2014)
Pole Vault	3.91/12-10	Alison Silva, Northwest Nazarene (2014)
Long Jump	5.82/19-1.25	Tanya Bjornsson, Western Washington (2014)
Triple Jump	12.68/41-7.25	Jasmine McMullin, Western Washington (2018)
Shot Put	17.02/55-10.25	McKenzie Warren, Concordia (2017)
Weight Throw	18.29/60-0.25	Christina MacDonald, Concordia (2018)
Pentathlon	3,761	Karolin Anders, Alaska Anchorage (2015)

CONFERENCE MEET PENTATHLON EVENTS

60m Hurdles	8.75	Rosie Smith, Alaska Anchorage (2016)
High Jump	1.69/5-6.5	Taylor Fettig, Central Washington (2014 & 2015)
Karolin Anders, Alaska Anchorage (2015)		
Geneva Lehnert, Seattle Pacific (2017)		
Shot Put	11.96/39-3	Charlene Harber, Western Oregon (2012)
Long Jump	5.68/18-7.75	Karolin Anders, Alaska Anchorage (2016)
800 Meters	2:15.88	Ali Anderson, Central Washington (2017)

* - NCAA Division II record

- Division II all-time all-conditions best (oversized track)

GNAC Outdoor Track & Field Records

MEN - ALL MEETS

100 Meters	10.22
200 Meters	20.93
400 Meters	47.51
800 Meters	1:47.58
1,500 Meters	3:37.35
3,000 Meters	8:24.61
5,000 Meters	13:41.99
10,000 Meters	28:37.75
110m Hurdles	14.19
400m Hurdles	51.48
Steeplechase	8:45.63
4x100 Relay	41.10
4x400 Relay	3:10.60
High Jump	2.16/7-1
Pole Vault	5.40/17-8.5
Long Jump	7.91/25-11.5
Triple Jump	15.50/50-10.25
Shot Put	18.55/60-10.5
Discus	55.68/182-8
Hammer	62.89/206-4
Javelin	77.98/255-10
Decathlon	7,872

Alex Donigian, Western Washington (2015)
Alex Donigian, Western Washington (2016)
Ethan Hewitt, Alaska Anchorage (2011)
Badane Sultessa, Western Oregon (2015)
David Ribich, Western Oregon (2018)+
Jordan Welling, Western Washington (2014)
Micah Chelimo, Alaska Anchorage (2014)
Micah Chelimo, Alaska Anchorage (2014)
Travis Milbrandt, Western Washington (2016)
Vladislav Tsygankov, Simon Fraser (2017)
Micah Chelimo, Alaska Anchorage (2012)
Central Washington (2010)
Alaska Anchorage (2016)
Mikel Smith, Saint Martin's (2016)
Ryan Brown, Western Washington (2010)
David Registe, Alaska Anchorage (2009)
Wesley Gray, Western Oregon (2017)
Frank Catelli, Western Washington (2014)
Caleb Bridge, Concordia (2017)
Pro Escobedo, Western Oregon (2003)
Cody Parker, Alaska Anchorage (2013)
Chris Randolph, Seattle Pacific (2006)

WOMEN - ALL MEETS

100 Meters	11.64
200 Meters	23.99
400 Meters	53.56
800 Meters	2:02.10
1,500 Meters	4:11.06
3,000 Meters	9:35.75
5,000 Meters	15:41.21
10,000 Meters	32:33.24
100m Hurdles	13.64
400m Hurdles	59.17
Steeplechase	10:13.01
4x100 Relay	46.19
4x400 Relay	3:41.80
High Jump	1.78/5-10
Pole Vault	4.01/13-1.75
Long Jump	6.22/20-5
Triple Jump	12.42/40-9
Shot Put	17.39/57-0.75
Discus	55.74/182-10
Hammer	62.42/204-9
Javelin	54.18/177-9
Heptathlon	5,606

Jamie Ashcroft, Alaska Anchorage (2015)
NyEma Sims, Seattle Pacific (2007)
Mary Pierce, Alaska Anchorage (2007)
Helen Crofts, Simon Fraser (2013)
Jessica Pixler, Seattle Pacific (2010)
Sarah Porter, Western Washington (2011)
Caroline Kurgat, Alaska Anchorage (2018)
Caroline Kurgat, Alaska Anchorage (2018)
Mariyah Vongsaveng, Central Washington (2018)
Haleigh Lloyd, Alaska Anchorage (2015)
Katelyn Steen, Western Washington (2015)
Simon Fraser (2017)
Western Oregon (2018)
Teona Perkins, Seattle Pacific (2007)
Anna Paradee, Western Washington (2017)
Renick Meyer, Seattle Pacific (2018)
Ashley Potter, Western Oregon (2012)
McKenzie Warren, Concordia (2017)
Melissa Ausman, Concordia (2018)
Christina MacDonald, Concordia (2018)
Bethany Drake, Western Washington (2016)
Danielle Ayers-Stamper, Seattle Pacific (2005)

DECATHLON EVENTS

100 Meters	10.90
Long Jump	7.31/22-11.75
Shot Put	14.06/46-1.5
High Jump	2.06/6-9
400 Meters	48.21
110m Hurdles	14.82
Discus	46.00/150-11
Pole Vault	4.90/16-0.75
Javelin	61.04/200-3
1,500 Meters	4:22.12

Justin Miller, Humboldt State (2002)
Chris Randolph, Seattle Pacific (2006)
Alex Harrison, Western Washington (2010)
Justin Peterson, Central Washington (2014)
Cody Thomas, Alaska Anchorage (2014)
Chris Randolph, Seattle Pacific (2006)
Chris Randolph, Seattle Pacific (2006)
Zeb Udell, Western Oregon (2007)
Alex Harrison, Western Washington (2012)
Zac Vawter, Saint Martin's (2004)

HEPTATHLON EVENTS

100m Hurdles	13.70
High Jump	1.75/5-8.75
Shot Put	13.00/42-8
200 Meters	24.78
Long Jump	5.99/19-8
Javelin	45.21/114-84
800 Meters	2:12.52

Danielle Ayers-Stamper, Seattle Pacific (2005)
Danielle Ayers-Stamper, Seattle Pacific (2005)
Bridget Johnson, Western Oregon (2006)
Grace Morgan, Alaska Anchorage (2013)
Stephanie Huffman, Seattle Pacific (2013)
Katie Reichert, Western Washington (2012)
Bridgette Sexton, Seattle Pacific (2005)

MEN'S CONFERENCE MEET RECORDS

100 Meters	10.43
200 Meters	21.32
400 Meters	21.32
800 Meters	47.55
1,500 Meters	47.55
5,000 Meters	1:49.31
10,000 Meters	3:47.37
110m Hurdles	14:29.41
400m Hurdles	30:25.75
Steeplechase	14.21
4x100 Relay	41.10
4x400 Relay	3:13.84
High Jump	2.11/6-11
Pole Vault	5.14/16-10.75
Long Jump	7.52/24-8.25
Triple Jump	15.50/50-10.25
Shot Put	18.20/59-8.75
Discus	53.80/176-6.5
Hammer	61.61/202-1
Javelin	69.49/228-0
Decathlon	7,201

Anthony Wright, Central Washington (2010)
Rimar Christie, Northwest Nazarene (2013)
Tyrell Williams, Western Oregon (2014)
Ethan Hewitt, Alaska Anchorage (2012)
Kodiak Landis, Central Washington (2018)
Paul Mach, Seattle Pacific (2005)
David Ribich, Western Oregon (2017)
Micah Chelimo, Alaska Anchorage (2011)
Jordan Walling, Western Washington (2011)
Travis Milbrandt, Western Washington (2015)
Vladislav Tsygankov, Simon Fraser (2018)
Ryan Brockerville, Simon Fraser (2012)
Central Washington (2010)
Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols
Simon Fraser (2015)
Stuart Ellenwood, Cameron Proceviat, Joel Webster, Daniel Kelloway
Tevin Gladden, Alaska Anchorage (2017)
Ryan Brown, Western Washington (2010)
David Registe, Alaska Anchorage (2008)
Wesley Gray, Western Oregon (2017)
Josh Koch, Concordia (2016)
Caleb Bridge, Concordia (2017)
Michael Hoffman, Western Washington (2008)
Franz Burghagen, Alaska Anchorage (2013)
Cody Thomas, Alaska Anchorage (2016)

WOMEN'S CONFERENCE MEET RECORDS

100 Meters	11.81
200 Meters	24.30
400 Meters	54.46
800 Meters	2:06.38
1,500 Meters	4:24.01
3,000 Meters	9:53.80
5,000 Meters	16:39.39
10,000 Meters	34:49.33
100m Hurdles	13.82
400m Hurdles	1:00.10
Steeplechase	10:14.15
4x100 Relay	46.60
4x400 Relay	3:44.11
High Jump	1.77/5-9.75
Pole Vault	3.83/12-6.75
Long Jump	5.99/19-8
Triple Jump	12.42/40-9
Shot Put	16.55/54-3.75
Discus	53.01/173-11
Hammer	59.62/195-7
Javelin	52.40/171-11.25
Heptathlon	5,390

Jamie Ashcroft, Alaska Anchorage (2015)
Grace Morgan, Alaska Anchorage (2013)
Helen Crofts, Simon Fraser (2013)
Jessica Pixler, Seattle Pacific (2010)
Jessica Pixler, Seattle Pacific (2010)
Jessica Pixler, Seattle Pacific (2007)
Sarah Porter, Western Washington (2010)
Caroline Kurgat, Alaska Anchorage (2018)
Danielle Ayers-Stamper, Seattle Pacific (2005)
Erykah Weems, Central Washington (2018)
Katelyn Steen, Western Washington (2015)
Seattle Pacific (2018)
Renick Meyer, Julia Stepper, Becca Houk, Grace Bley
Seattle Pacific (2013)
Kishia Mitchell, Emily Quatier, Jasmine Johnson, McKayla Fricker
Taylor Fettig, Central Washington (2016)
Karis Anderson, Western Washington (2012)
Ali Worthen, Seattle Pacific (2013)
Ashley Potter, Western Oregon (2012)
McKenzie Warren, Concordia (2017)
Melissa Ausman, Concordia (2018)
Christina MacDonald, Concordia (2018)
Bethany Drake, Western Washington (2017)
Ali Worthen, Seattle Pacific (2013)

+ - Denotes Division II national record

2018-19 GNAC Indoor Meet Summaries

Nov. 30-Dec. 1, 2018

**Candy Cane XI Invitational
at Thorpe Fieldhouse, Cheney, Wash.**

Women (Top 3 GNAC Finishers): 600 Meters - 2, Katie Collins, CWU, 1:44.44. Pentathlon - 2, HarLee Ortega, CWU, 3,707.

Men (Top 3 GNAC Finishers): Heptathlon - 1, Braydon Maier, CWU, 5,132; 2, Ian Rinefort, WWU, 4,805; 3, Seren Dances, WWU, 4,771.

Dec. 1, 2018

Bobcat Preview

at Worthington Arena, Bozeman, Mont.

Women (Top 3 GNAC Finishers): 800 Meters - 3, Nikki Aiken, MSUB, 2:27.71. Mile - 1, Nikki Aiken, MSUB, 5:35.53. High Jump - Tie 2, Jamie Orme, MSUB, 4-8.25. Triple Jump - 1, Shaniah Schwend, MSUB, 35-1.75; 2, Brenna Beckett, MSUB, 34-10.5. Shot Put - 1, Hailey Steinbeisser, MSUB, 38-3.5. Weight Throw - 2, Hannah Nesson, MSUB, 44-8.75; 3, Hailey Steinbeisser, MSUB, 43-3.

Men (Top 3 GNAC Finishers): Mile - 2, Mark Hovland, MSUB, 4:34.43. Long Jump - 2, Ty Stanton, MSUB, 22-1. Triple Jump - 1, Ty Stanton, MSUB, 44-6; 2, Marcus Lindquist, MSUB, 44-1.25. Shot Put - 2, Brady Ostermiller, MSUB, 49-2.25. Weight Throw - 2, Beau Peaslee, MSUB, 46-10.25; 3, Brady Ostermiller, MSUB, 43-3.

Dec. 8, 2018

Jacksons Open

at Jacksons Track, Nampa, Idaho

Women (Top 3 GNAC Finishers): 60 Meters - 1, Artresa Nickelson, SMU, 8.07. 200 Meters - 1, Mariyah Vongsaveng, CWU, 25.87; 2, Ariya Kendrick, SMU, 26.81; 3, Artresa Nickelson, SMU, 26.87. 400 Meters - 1, Erykah Weems, CWU, 57.86; 2, Sidney Trinidad, CWU, 58.94; 3, Emily Bland, CWU, 1:02.45. 800 Meters - 2, Kianna Garmanian, SMU, 2:36.84. 3,000 Meters - 1, Alyssa Robinson, SMU, 12:03.39; 2, Sadie Dalgleish, SMU, 12:27.26. 60m Hurdles - 2, Mariyah Vongsaveng, CWU, 8.66; 3, Lexi Tubbs, NNU, 8.89. 4x400 Relay - 3, Central Washington (Trinidad, Bland, Ortega, Weems), 4:03.28. High Jump - 3, Lexi Tubbs, NNU, 5-1. Pole Vault - 1, Halle Irvine, CWU, 12-10.75. Long Jump - 1, Brooke Williams, CWU, 18-9; 2, HarLee Ortega, CWU, 18-3.75; 3, Rose Walts, CWU, 17-10.25. Triple Jump - 1, Keshara Romain, SMU, 39-5; 2, Brooke Williams, CWU, 38-6.25; 3, Jackie Mahowald, NNU, 38-1.5. Weight Throw - 2, Miranda Hagadorn, NNU, 43-7.25.

Men (Top 3 GNAC Finishers): 60 Meters - 2, Zachary Magee, NNU, 7.13; 3, Logan Armstrong, SMU, 7.14. 200 Meters - 1, Michael Russell, SMU, 22.44; 2, Zachary Magee, NNU, 22.66; 3, Logan Armstrong, SMU, 22.87. 400 Meters - 3, Daniel Calderon, CWU, 50.20. 800 Meters - 2, Aaron Borger, NNU, 2:04.83. 60m Hurdles - 1, Elijah Castro, NNU, 8.37. 4x400 Relay - 2, Central Washington (Calderon, Gunther, Scott, Landis), 3:25.99. High Jump - 1, Micah Tranch, NNU, 6-4.25; 3, Dakota Tidwell, NNU, 6-0.5. Pole Vault - 3, Craig Boyle, SMU, 14-1.25. Long Jump - 1, Elijah Castro, NNU, 23-2.75; 2, Kodiak Landis, CWU, 22-4.5; 3, Josh Schulz, SMU, 22-3.75. Triple Jump - 1, Zach Whittaker, CWU, 47-11.75; 2, Braeden Kemmer, SMU, 42-1.5; 3, Elijah Castro, NNU, 41-10. Shot Put - 1, Jake Knight, NNU, 56-8.5. Weight Throw - 2, Canyon Anderson, NNU, 53-7.75.

Fri., Jan. 11

MSU Open

at Worthington Arena, Bozeman, Mont.

Women (Top 3 GNAC Finishers): None

Men (Top 3 GNAC Finishers): 60 Meters - 2, Kaelen Shay, MSUB, 6.94. 800 Meters - 1, Drake Henson, MSUB, 2:00.00. 3,000 Meters - 2, Tyus Mendoza, MSUB, 9:07.09; 3, Ivan Colmenero, MSUB, 9:07.16. High Jump - 2, Isaiah Girard, MSUB, 6-4.75. Triple Jump - 1, Ty Stanton, MSUB, 44-9.75. Weight Throw - 2, Forest Cross, MSUB, 50-1.75; 3, Beau Peaslee, MSUB, 48-11.5.

Fri., Jan. 11 - Sat., Jan. 12

**Lauren McCluskey Memorial Invitational & Multis
at Kibbie Dome, Moscow, Idaho**

Women (Top 3 GNAC Finishers): 60 Meters - 3, Aujanique Doss, CWU, 7.93. 200 Meters - 2, Aujanique Doss, CWU, 25.89. 400 Meters - 1, Erykah Weems, CWU, 57.97. Mile - 2, Lily Tyrrell, CWU, 5:17.91. 3,000 Meters - 1, Alexa Shindruk, CWU, 10:02.89. 60m Hurdles - 1, Mariyah Vongsaveng, CWU, 8.77; 3, Ariya Kendrick, SMU, 9.17. 4x400 Relay - 1, Central Washington (Trinidad, Neria, Ortega, Weems), 4:00.98. 4x800 - 1, Central Washington (Gohr, Child, Mattson, Tyrrell), 10:25.91. Pole Vault - 3, Halle Irvine, CWU, 11-11.25. Long Jump - 2, Brooke Williams, CWU, 18-2.5. Triple Jump - 2, HarLee Ortega, CWU, 38-5. Shot Put - 2, Samantha La Rue, CWU, 44-10.25. Pentathlon - 3, Sidney Trinidad, CWU, 3,197.

Men (Top 3 GNAC Finishers): 60 Meters - 3, Bobby Widmar, CWU, 7.01. 200 Meters - 3, Michael Russell, SMU, 22.38. 60m Hurdles - 3, Ryan Gunther, CWU, 8.76. 4x400 Relay - 1, Central Washington (Calderon, Scott, Forster, Landis), 3:19.78. High Jump - 2, Tyler Cronk, SMU, 6-10.75. Pole Vault - 2, Braydon Maier, CWU, 15-3. Shot Put - 3, Ethan Tonder, CWU, 50-3.25. Weight Throw - 1, Aidan Cain, CWU, 55-9. Heptathlon - 3, Josh Schulz, SMU, 4,338.

Sat., Jan. 12

UW Indoor Preview

at Dempsey Indoor Center, Seattle, Wash.

Women (Top 3 GNAC Finishers): 3,000 Meters - 3, Caroline Kurgat, UAA, 9:07.05 (NCAA Division II All-Conditions Record). High Jump - 2, Maddie Taylor, WWU, 5-8. Long Jump - 1, Renick Meyer, SPU, 18-10.75.

Men (Top 3 GNAC Finishers): 400 Meters - 2, Adam Brown, CU, 49.20. Long Jump - 2, Seren Dances, WWU, 22-7.25. Shot Put - 3, Josh Koch, CU, 53-8.5.

Fri., Jan. 18 - Sat., Jan. 19

Ed Jacoby Invitational

at Jackson's Track, Nampa, Idaho

Women (Top 3 GNAC Finishers): 60 Meters - 3, Macie Allen, CU, 7.73. Pentathlon - 3, Chelsea Bone, CU, 3,368.

Men (Top 3 GNAC Finishers): 800 Meters - 1, Eduardo Orozco, UAA, 1:57.91. Mile - 2, Drew Johnson, UAA, 4:17.64. 3,000 Meters - 3, Nick Hamilton, NNU, 9:00.06. High Jump - 3, Chris Brake, UAA, 6-5. Long Jump - 3, Elijah Castro, NNU, 22-10. Triple Jump - 2, Chris Brake, UAA, 46-8.75; 3, Brandon Nicholson, UAA, 45-11.75. Shot Put - 2, Jake Knight, NNU, 55-4.75; 3, Josh Koch, CU, 53-5.75. Weight Throw - 3, Canyon Anderson, NNU, 55-0. Heptathlon - 2, Dakota Tidwell, 4,923.

WSU Indoor

at WSU Indoor Practice Facility, Pullman, Wash.

Women (Top 3 GNAC Finishers): 200 Meters - 1, Erykah Weems, CWU, 26.43; 2, Aujanique Doss, CWU, 26.53. 800 Meters - 3, Lily Tyrrell, CWU, 2:21.22. Mile - 1, Alexa Shindruk, CWU, 5:09.24; 3, Molly Mattson, CWU, 5:31.54. 60m Hurdles - 1, Mariyah Vongsaveng, CWU, 8.85. 4x400 Relay - 1, Central Washington (Sidney Trinidad, Mariyah Vongsaveng, Jasmyne Neria, Noelia Juarez), 4:03.74; 3, Central Washington B (Katie Collins, Emily Bland, Rachelle Hamilton, Kaitlyn Ditter), 4:17.38. High Jump - 2, HarLee Ortega, CWU, 5-5. Long Jump - 3, Brooke Williams, CWU, 18-3.75.

Men (Top 3 GNAC Finishers): 200 Meters - 3, Trevaughn Scott, CWU, 23.55. 400 Meters - 2, Daniel Calderon, CWU, 51.58; 3, Trevaughn Scott, CWU, 51.59. 4x400 Relay - 1, Central Washington (Daniel Calderon, Ryan Gunther, Michael Forster, Trevaughn Scott), 3:30.81. Triple Jump - 2, Zach Whittaker, CWU, 47-6.5. Shot Put - 3, Ethan Tonder, CWU, 50-10.25. Weight Throw - 2, Aidan Cain, CWU, 57-10.25.

2018-19 GNAC Indoor Meet Summaries

Sun., Jan. 20

CSC Open

at Nelson Physical Activity Center, Chadron, Neb.

Women (Top 3 GNAC Finishers): 60 Meters - 3, Anne Lory Chevalier, MSUB, 8.16. Long Jump - 3, Brenna Beckett, MSUB, 16-2.5. Triple Jump - 3, Shaniah Schwend, MSUB, 33-4.

Men (Top 3 GNAC Finishers): 3, Kaelen Shay, MSUB, 7.02. 200 Meters - 2, Kaelen Shay, MSUB, 23.36; 3, Rahkei Eyer, MSUB, 23.36. Mile - 3, Mark Hovland, MSUB, 4:26.82. 60m Hurdles - 3, Kyle Patelis, MSUB, 8.87. High Jump - 2, Isaiah Girard, MSUB, 6-6.75. Long Jump - 2, Isaiah Girard, MSUB, 22-11.25. Triple Jump - 3, Ty Stanton, MSUB, 44-3.25. Shot Put - 2, Brady Ostermiller, MSUB, 51-6.25.

Fri., Jan. 22-Sat., Jan. 23

Air Force Invitational

at Cadet Field House, Colorado Springs, Colo.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): 800 Meters - 2, Drake Henson, MSUB, 1:56.00. 3,000 Meters - 2, Ivan Colmenero, MSUB, 9:13.22; 3, Tyus Mendoza, MSUB, 9:24.94.

UW Invitational

at Dempsey Indoor Center, Seattle, Wash.

Women (Top 3 GNAC Finishers): 5,000 Meters - 1, Caroline Kurgat, UAA, 15:28.46 (Division II all-time best).

Men (Top 3 GNAC Finishers): High Jump - 2, Tyler Cronk, SMU, 6-9.75.

Fri., Feb. 1-Sat., Feb. 2

Jacksons Open/Nike Boise Indoor

at Jacksons Track, Nampa, Idaho

Women (Top 3 GNAC Finishers): 60m Hurdles - 2, Lexi Tubbs, NNU, 8.94.

Men (Top 3 GNAC Finishers): DMR - 3, Montana State Billings (Ase Ackerman, Kyle McLaughlin, Drake Henson, Mark Hovland), 10:44.21. High Jump - 2, Isaiah Girard, MSUB, 6-9. Long Jump - 3, Ty Stanton, MSUB, 22-5.75. Triple Jump - 2, Ty Stanton, MSUB, 45-2.5. Shot Put - 3, Jake Knight, NNU, 54-11.25. Weight Throw - 2, Canyon Anderson, NNU, 55-6.5.

Cougar Indoor

at WSU Indoor Center, Pullman, Wash.

Women (Top 3 GNAC Finishers): 60 Meters - 3, Meyer Quaynor, SFU, 7.82. 200 Meters - 2, Aujanique Doss, CWU, 26.54. 400 Meters - 1, Sidney Trinidad, CWU, 58.86; 3, Noelia Juarez, CWU, 1:00.70. 800 Meters - 1, Paige Nock, SFU, 2:20.06; 3, Mairin Shields-Brown, SFU, 2:20.28. Mile - 1, Kate Lilly, SPU, 5:09.89; 2, Kellie Washenberger, SPU, 5:11.43; 3, Paige Nock, SFU, 5:12.42. 3,000 Meters - 1, Kate Lilly, SPU, 10:21.93; 2, Kellie Washberger, SPU, 10:23.04. High Jump - 3, Geneva Lehnert, SPU, 5-3. Long Jump - 1, Brooke Williams, CWU, 18-1.75; 3, Peace Igbonagwam, SPU, 17-11. Triple Jump - 1, Peace Igbonagwam, SPU, 36-7.5. Shot Put - 3, Avery Fisk, CWU, 39-0.5. Weight Throw - 2, Mariah Gronbach, WOU, 52-2.5. Pentathlon - 1, HarLee Ortega, CWU, 3,651; 3, Scout Cai, SPU, 3,536.

Men (Top 3 GNAC Finishers): 400 Meters - 2, Daniel Calderon, CWU, 50.64; 3, Trevaughn Scott, CWU, 51.32. 800 Meters - 3, Simon Walsh, WOU, 1:59.54. Mile - 1, Kyler Sager, WWU, 4:22.63; 3, James Jespersen, WWU, 4:24.91. 3,000 Meters - 2, Dylan Hayes, WWU, 8:50.80; 3, Colby Otero, SPU, 8:53.99. 5,000 Meters - 2, Shad Galloway, SPU, 15:53.79; 3, Colin Boutin, SPU, 15:56.66. 4x400 Relay - 1, Central Washington (Daniel Calderon, Ryan Gunther, Trevaughn Scott, Doc Porter), 3:26.13. Long Jump - 2, Silas Newby, SPU, 20-10.75. Triple Jump - 2, Zach Whittaker, CWU, 46-9.5; 3, Silas Newby, SPU, 41-5.75. Shot Put - 1, Aidan Cain, CWU, 51-1; 3, Karsten Collins, WOU, 47-1.75. Weight Throw - 2, Aidan Cain, CWU, 58-3.75. Heptathlon - 1, Kodiak Landis, CWU, 5,194; 3, Michael Forster, CWU, 4,812.

Bruce Lehane Scarlet & White Classic

at Boston University Track & Tennis Center, Boston, Mass.

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): None.