



Mar. 14, 2019 • Week 7
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Contact: Blake Timm, Assistant Commissioner For Communications
 503-805-8756 • btimm@gnacsports.com

GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Mar. 15 - Sat., Mar. 16

Northwest Nazarene, Simon Fraser at Hornet Invitational, Sacramento, Calif.
 Concordia, Western Oregon at L&C Spring Break Open, Portland, Ore.

Sat., Mar. 16

Central Washington, Northwest Nazarene at EOU Team Challenge, La Grande, Ore.
 Saint Martin's Seattle Pacific, Simon Fraser, Western Washington at Doris Heritage Track Festival, Seattle, Wash.

LAST WEEK'S MEETS

Fri., Mar. 8 - Sat., Mar. 9

NCAA Division II Indoor Track and Field Championships

at Robert Plaster Center, Pittsburg, Kan.

Women's Team Scores: 1, Adams State, 87. 4, Alaska Anchorage, 34. 40, Western Oregon, 4. 44, Seattle Pacific, 3. 53, Central Washington, 2.

Events: 800 Meters - 3, Danielle McCormick, UAA, 2:06.28 (2:07.83 in prelims); 5, Olivia Woods, WOU, 2:08.44 (2:08.73 in prelims); 9, Sophie Dodd, SFU, 2:09.06. Mile - 12, Kate Lilly, SPU, 4:54.79. 14, Nancy Jeptoo, UAA, 5:01.15. 3,000 Meters - 1, Caroline Kurgat, UAA, 9:15.45 (meet record); 9, Alexa Shindruk, 9:36.71. 5,000 Meters - 1, Caroline Kurgat, UAA, 16:06.37 (meet record); 11, Alexa Shindruk, CWU, 16:56.77. 60m Hurdles - 10, Lexi Tubbs, NNU, 8.72; 13, Mariyah Vongsaveng, CWU, 8.80. DMR - 2, Alaska Anchorage (Ruth Cvancara, Vanessa Aniteye, Danielle McCormick, Caroline Kurgat), 11:26.00; 12, Simon Fraser (Sophie Dodd, Renate Bluschke, Mairin Shields-Brown, Paige Nock), 12:17.14. High Jump - 11, Maddie Taylor, WWU, 5-6/1.68. Pole Vault - 11, Halle Irvine, CWU, 12-6.75/3.83; Tie 12, Anna Paradee, WWU, 12-6.75/3.83; 17, Scout Cai, SPU, 11-10.75/3.63. Long Jump - 6, Peace Igbonagwam, SPU, 19-2.75/5.86. Pentathlon - 7, HarLee Ortega, CWU, 3,677; 11, Chelsea Bone, CU, 3,624.

Men's Team Scores: 1, Ashland, 38. 21, Simon Fraser, 10. 46, Central Washington, 3. 52, Alaska Anchorage, 2. **Events:** 800 Meters - 14, Pierre-Louis Detourbe, SFU, 4:21.33; 16, Aaron Ahl, SFU, 4:28.79. 3,000 Meters - 7, Rowan Doherty, SFU, 8:16.14. DMR - 2, Simon Fraser (Pierre-Louis Detourbe, Nate St Romain, Carlos Vargas, Rowan Doherty), 9:48.57; 7, Alaska Anchorage (Felix Kemboi, Nathaniel Brunett, Eduardo Orozco, Drew Johnson), 9:50.04; 9, Western Oregon (Justin Crosswhite, Gabe Arce-Torres, Curt Knott, Tyler Jones), 9:50.77. High

Jump - 12, Tyler Cronk, SMU, 6-8.25/2.04. Triple Jump - 8, Zach Whittaker, CWU, 49-4.5/15.05. Shot Put - 11, Jake Knight, NNU, 56-7.25/17.25. Heptathlon - 7, Braydon Maier, CWU, 5,288; 12, Kodiak Landis, CWU, 4,989.

Sat., Mar. 11

Saints Open at Mt. Hood CC, Gresham, Ore.

Women (Top 3 GNAC Finishers): Shot Put - 1, Katrina Linenko, CU, 44-6.5. Discus - 1, Katrina Linenko, CU, 132-3.

Men (Top 3 GNAC Finishers): Shot Put - 1, Josh Koch, CU, 53-2.75; 3, Connor Jensen, CU, 48-2. Discus - 1, Caleb Bridge, CU, 156-7; 2, Seth Bridge, CU, 150-10; 3, Connor Jensen, CU, 145-5. Hammer - 1, Joe Denniston, CU, 170-10. Javelin - 1, Dalton Rasmussen, CU, 205-8.

Pacific Preview

at Hanson Stadium, Forest Grove, Ore.

Women (Top 3 GNAC Finishers): Discus - 3, Halie Korff, WOU, 119-6. Javelin - 1, Darian Wilson, WOU, 139-0; 2, Halie Korff, WOU, 128-0.

Men (Top 3 GNAC Finishers): None.

Sat., Mar. 11

PLU Open

at PLU Track, Tacoma, Wash.

Women's Team Scores: Western Washington 206.5, Central Washington 178.5, Pacific Lutheran 123.5, Seattle Pacific 117, Olympic CC 26, Puget Sound 21.5, Green River CC 13, Saint Martin's 10, Northwest (Wash.) 9, Get Strong First 4, Club Northwest 2.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Grace Bley, SPU, 12.54. 200 Meters - 1, Grace Bley, SPU, 25.10; 3, Erykah Weems, CWU, 25.68. 400 Meters - 1, Erykah Weems, CWU, 57.64; 2, Sidney Trinidad, CWU, 59.00; 3, Katie Collins, CWU, 59.95. 800 Meters - 1, Krystal Kaufman, SPU, 2:19.42; 2, Aundrea Koger, WWU, 2:19.93; 3, Rebcca Lehman, WWU, 2:26.26. 1,500 Meters - 2, Lily Tyrrell, CWU, 4:44.45; 3, Dania Holmberg, SPU, 4:45.45. 5,000 Meters - 1, Brook Wedin, WWU, 18:17.08; 2, Molly Mattson, CWU, 18:19.55; 3, Madison Child, CWU, 18:19.81. 10,000 Meters - 1, Kiersten Kimminau, CWU, 41:22.67. 100m Hurdles - 1, Jaleesa Taylor, WWU, 15.71; 2, Kellie May, SPU, 16.03; 3, Molly House, WWU, 16.28. 400m Hurdles - 1, Molly House, WWU, 1:06.03; 2, Tia Hill, CWU, 1:08.29. Steeplechase - 1, Kaylee Mitchell, SPU, 10:51.22; 2, Kelsey Washenberger, SPU, 11:48.82. 4x100 Relay - 1, Central Washington, 48.84; 3, Western Washington, 49.95. 4x400 Relay - 1, Central Washington A, 3:59.03; 2, Seattle Pacific, 4:01.00; 3, Central Washington B, 4:06.11. High Jump - 2, Heather Faretta, WWU, 5-2.5;

3, Geneva Lehnert, SPU, 5-0.5. Pole Vault - 1, Lexi Perry, WWU, 11-5.75; 2, Syklar Walston, WWU, 10-11.75; 3, Tawni Blankenship, WWU, 10-6. Long Jump - 2, Yareli Ochoa, CWU, 17-0.75; 3, Lainnie Lyamba, WWU, 15-6.25. Triple Jump - 2, Devon Olson, WWU, 34-11.25; 3, Lexi Perry, WWU, 34-11. Shot Put - 3, Brittany Dodge, CWU, 38-2.75. Discus - 1, Chanelle Eddy, WWU, 133-6; 3, Samantha La Rue, CWU, 126-7. Hammer - 1, Liz Larson, SMU, 172-10. Javelin - 1, Paige Shimkus, WWU, 152-0.

Men's Team Scores: Western Washington 236, Central Washington 203, Olympic CC 66, Pacific Lutheran 54, Seattle Pacific 46, Puget Sound 44, Green River CC 18, Club Northwest 8, Guam 6, Evergreen St. 5.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Cordell Cummings, WWU, 11.26; 3, Harry Horwath, CWU, 11.27. 200 Meters - 1, Harry Howarth, CWU, 22.50; 2, Bryant Welch, WWU, 22.58; 3, Daniel Calderon, CWU, 23.21. 400 Meters - 1, Daniel Calderon, CWU, 49.79; 2, Doc Porter, CWU, 50.16; 3, Jon Oglesby, WWU, 50.44. 800 Meters - 1, Liam Cossette, WWU, 1:56.03; 3, Myles Smith, WWU, 1:56.81. 1,500 Meters - 2, Trevor Allen, CWU, 4:03.90; Bentley Wilson, WWU, 4:04.86. 5,000 Meters - 3, Jesse Wiley, WWU, 15:16.73. 10,000 Meters - 1, Turlan Morlan, CWU, 32:26.64. 110m Hurdles - 1, Seren Dances, WWU, 16.06; 2, Alex McGeachy, CWU, 16.26; 3, Chris McGraw, PLU, 16.30. 400m Hurdles - 1, Cordell Cummings, WWU, 54.17; 2, Trevaughn Scott, CWU, 54.32; 3, Koby Okezie, WWU, 56.81. Steeplechase - 1, Colby Otero, SPU, 9:32.51; 2, Porter McMichael, WWU, 9:33.82; 3, Jared Putney, SPU, 9:45.10. 4x100 Relay - 2, Western Washington, 42.21. 4x400 Relay - 1, Central Washington A, 3:26.33; 2, Central Washington B, 3:26.45; 3, Seattle Pacific, 3:30.39. High Jump - 1, Tupre Wickliff, WWU, 6-5; 2, Garrett Davies, WWU, 6-3.25. Pole Vault - 1, Jacob Thompson, CWU, 13-11.25; 3, Ian Rinefort, WWU, 12-11.5. Long Jump - 1, Ethan Sterkel, WWU, 21-6.75; 2, Rudy Mataya, WWU, 21-1.5. Shot Put - 1, Ethan Tonder, CWU, 50-8; 2, Ben Malquist, WWU, 49-4.25; 3, Aidan Cain, CWU, 47-2.25. Discus - 1, Aidan Cain, CWU, 150-8; 2, Riley Maier, CWU, 136-7; 3, Ben Malquist, WWU, 134-2. Hammer - 2, Avery Lux, WWU, 180-1. Javelin - 1, Mason Salley, WWU, 183-6; 3, Cooper McNatt, WWU, 178-5.

GNAC Track & Field Athletes of the Week



MEN'S TRACK
Cordell Cummings, Western Washington
 Junior • Lake Stevens, Wash.

Cummings won the 400-meter hurdles at Saturday's PLU Open in Tacoma. His winning time of 54.17 seconds is the best in GNAC this season and fifth-best in Division II this season.



WOMEN'S TRACK
Molly House, Western Washington
 Sophomore • Auburn, Wash.

House was the winner of the 400-meter hurdles at the PLU Open in Tacoma, clocking a time of 1:06.03. It is the best time in the GNAC this season and No. 17 in Division II.



MEN'S FIELD
Josh Koch, Concordia
 Senior • Dayton, Nev.

Koch opened his outdoor season by notching an NCAA Championships provisional qualifying mark in the shot put at the Saints Open in Gresham, Oregon. He won the event by over four feet with a mark of 53 feet, 2.75 inches, which currently ranks fourth in Division II. Koch also placed fourth in the discus with a mark of 143 feet, 4 inches.



WOMEN'S FIELD
Liz Larson, Saint Martin's
 Senior • Snoqualmie, Wash.

Larson opened her outdoor season with a win and an NCAA Championships provisional qualifying mark in the hammer at the PLU Open. Larson won by over 18 feet with a mark of 172 feet, 10 inches, which also ranks No. 3 in Division II this season.

Also Nominated: Katrina Linenko (Concordia), Darian Wilson (Western Oregon), Paige Shimkus (Western Washington).

Also Nominated: Avery Lux (Western Washington).

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	Isaiah Girard, MSUB	Addy Townsend, SFU	HarLee Ortega, CWU
Feb. 4-10	Justin Crosswhite, WOU	Tyler Cronk, SMU	Olivia Woods, WOU	Jackie Mahowald, NNU
Feb. 18-24	Max Carmona, WOU	Jake Knight, NNU	Alexa Shindruk, CWU	Anna Paradee, WWU
Feb. 25 - Mar. 3	Jackson Hand, SMU	Craig Boyle, SMU	Ana Popchock, WOU	Raquel Pellecer, WWU
Mar. 4-10	Cordell Cummings, WWU	Josh Koch, CU	Molly House, WWU	Liz Larson, SMU

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

Around The GNAC

ALASKA ANCHORAGE



• Alaska Anchorage posted the best point total ever for a GNAC team at the NCAA Division II Indoor Track and Field Championships. The Seawolves' women placed fourth with 34 points. The UAA men tied for 52nd place with two points.

• Senior **Caroline Kurgat** was the high point-scorer in the women's meet with 32 points thanks to her two national titles. Kurgat won the 3,000 meters in a meet record time of

9:15.45, won the 5,000 meters in a meet-record time of 16:06.37 and anchored the Seawolves' distance medley relay team. Kurgat was named earlier this week the USTFCCA Division II Women's Indoor Track Athlete of the Year.

• The DMR team of **Ruth Cvancara, Vanessa Aniteye, Danielle McCormick** and Kurgat placed second with a time of 11:26.00, five seconds behind national champion Adams State. The time was just short of the quartet's season-best of 11:23.47, which is the sixth-fastest in Division II history.

• McCormick closed her college indoor career as an individual All-American, placing third in the 800 meters in a time of 2:06.28. The time is No. 2 on the GNAC All-Time List.

• Freshman **Nancy Jeptoo** placed 14th in the preliminaries of the women's mile with a time of 5:01.15.

• The Seawolves' lone men's points came from the DMR team of **Felix Kemboi, Nathaniel Brunett, Eduardo Orozco** and **Drew Johnson**, which placed seventh in a time of 9:50.04. That performance ranks No. 8 on the GNAC All-Time List.

• Alaska Anchorage will not begin its outdoor season until Sat., Mar. 23, competing at the Willamette Invitational in Salem, Ore.

CENTRAL WASHINGTON



• Central Washington saw three athletes earn All-American honors at the NCAA Division II Indoor Track and Field Championships.

• Two of those trophies came via seventh-place finishes in the combined events. Sophomore **Braydon Maier** placed seventh in the heptathlon with a score of 5,288 points, moving him up to No. 4 on the GNAC All-Time List. Senior

HarLee Ortega placed seventh in the pentathlon with a score of 3,677 points.

• Senior **Zach Whittaker** earned an All-American trophy with an eighth-place finish in the men's triple jump, finishing with a mark of 49 feet, 4.5 on his second attempt of the competition.

• Senior **Alexa Shindruk** placed ninth in the women's 3,000 meters in 9:36.71 and finished 11th in the 5,000 meters in 16:56.77. Senior **Mariyah Vongsaveng** was 13th in 60-meter hurdles in a time of 8.80 seconds. On the men's side, senior **Kodiak Landis** was 12th in the heptathlon with a score of 4,989 points.

• The rest of the Wildcats continued the outdoor season at the PLU Open in Tacoma, Washington. The CWU women placed second with a score of 178.5 points while the men placed second with 203 points.

• Central Washington's men saw victories from **Harry Howarth** in the 200 meters (22.50), **Daniel Calderon** in the 400 meters (49.79), **Ethan Tonder** in the shot put (50-8) and **Aidan Cain** in the discus (150-8). The women received wins from **Erykah Weems** in the 400 meters (57.64) and **Kiersten Kimminau** in the 10,000 meters (41:22.77).

• Central Washington continues its outdoor season on Saturday at the EOU Team Challenge in La Grande.

CONCORDIA



• Sophomore **Chelsea Bone** scored a season-best as the Cavaliers' lone competitor at the NCAA Division II Indoor Track and Field Championships.

• Bone finished 11th in the women's pentathlon with a score of 3,624 points, moving her to No. 6 on the GNAC All-Time List. In the competition, Bone tied for second in the high jump (5-5) and placed sixth in the shot put (36-4.5).

• Throwers, meanwhile, led the way for Concordia as a limited roster competed at the Saints Open in Gresham, Oregon.

• Senior **Josh Koch** was named the GNAC Men's Field Athlete of the Week after he won the shot put with a mark of 53 feet, 2.75 inches. The NCAA Championships provisional qualifying mark ranks No. 4 in Division II this season. Koch also finished fourth in the discus with a mark of 143 feet, 4 inches.

• Freshman **Dalton Rasmussen** became the 23rd athlete in conference history to throw over 200 feet in the men's javelin, winning with a mark of 205 feet, 8 inches. The NCAA Championships provisional qualifying mark leads Division II so far this season.

• Sophomore **Katrina Linenko** won both of her events, taking the shot put with a mark of 44 feet, 6.5 inches and the discus with a mark of 132 feet, 3 inches.

• Junior **Caleb Bridge** won the men's discus with a mark of 156 feet, 7 inches, while junior **Joe Denniston** won the hammer with a mark of 170 feet, 10 inches.

• Concordia stays close to home this week, competing at the Lewis & Clark Spring Break Open on Friday and Saturday in Portland.

MONTANA STATE BILLINGS



• Montana State Billings did not advance any competitors to the NCAA Indoor Championships. The Yellowjackets open the outdoor season on Sat., Mar. 23, at the Yellow Jacket Spring Open in Spearfish, S.D.

NORTHWEST NAZARENE



• Seniors **Jake Knight** and **Lexi Tubbs** turned in strong efforts as they closed their collegiate indoor careers at the NCAA Division II Indoor Track and Field Championships.

• Returning to nationals after a redshirt year, Tubbs placed 10th in the women's 60-meter hurdles in a time of 8.72 seconds. The time was just short of her lifetime best from earlier this season at 8.63 seconds.

• Competing in his only season for the Nighthawks, Knight finished 11th in the men's shot put with a mark of 56 feet, 7.25 inches. The performance was 16 inches short of his season best and NNU record of 57 feet, 11.25 inches.

• Northwest Nazarene is scheduled to open its outdoor schedule this weekend, at both the Hornet Invitational in Sacramento, Calif., and at the EOU Team Challenge in La Grande, Oregon.

Around The GNAC

SAINT MARTIN'S



- It was not the performance freshman **Tyler Cronk** wanted, but the experience was good at the NCAA Division II Indoor Track and Field Championships.
- Cronk placed 12th in the men's high jump, gaining his lone clearance at the opening height of 6 feet, 8.25 inches. He finished the season with a best of 7 feet, 1 inch.
- On the outdoor oval, the Saints sent a limited roster of primarily throwers to the PLU Open in Tacoma, Washington.
- Senior **Liz Larson** was named the GNAC Women's Field Athlete of the Week after she won the hammer with a mark of 172 feet, 10 inches. It was an NCAA Championships provisional qualifying mark and ranks her No. 3 in Division II this season.
- Freshman **Ethan Clary** was the lone competitor at the PLU Open for the SMU men, finishing 10th in the hammer with a mark of 120 feet.
- Saint Martin's will compete on Saturday at the Doris Heritage Track Festival in Seattle.

SEATTLE PACIFIC



- An All-American trophy for freshman **Peace Igbonagwam** led the Seattle Pacific performances at the NCAA Division II Indoor Track and Field Championships.
- Igbonagwam placed sixth in the women's long jump, completing her first indoor season with a mark of 19 feet, 2.75 inches.
- Junior **Kate Lilly** was the top GNAC competitor in the women's mile, placing 12th with a time of 4:54.79. Junior **Scout Cai** was forced to withdraw from the pentathlon after clipping two of the five flights of hurdles and failing to finish the race. She went on to place 17th in the pole vault with a mark of 11 feet, 10.5 inches.
- The remainder of SPU's athletes put together solid performances at the PLU Open. The Falcons' women placed fourth with 117 points while the men placed fifth with 46 points.
- Freshman **Kaylee Mitchell** was a winner in her first-ever women's steeplechase race, clocking a time of 10:51.22. The time is just six seconds off of the Seattle Pacific record.
- Junior **Grace Bley** was a winner in the women's 200 meters, clocking a time of 25.10 seconds, and also placed second in the 100 meters with a time of 12.54 seconds. Freshman **Krystal Kaufman** captured the women's 800 meters in a time of 2:19.42.
- Freshman **Colby Otero** provided the Falcons a sweep of the steeplechase events, winning the men's race in a time of 9:32.51. It was a 21-second improvement over his time in the race last week.
- Seattle Pacific will host its only home meet of the season on Saturday, the Doris Heritage Track Festival at West Seattle Stadium.

SIMON FRASER



- Outstanding efforts from the men's distances led Simon Fraser's efforts at the NCAA Division II Indoor Track and Field Championships.
- The men's distance medley relay team of **Pierre-Louis Doherty**, **Nate St. Romain**, **Carlos Vargas** and **Rowan Doherty** finished as the national runner-up with a time of 9:48.57. That bettered the school record run by the quartet two weeks earlier by a second and ranks No. 5 on the GNAC All-Time List.
- Doherty also earned an individual All-American trophy, placing seventh in the 3,000 meters with a time of 8:16.14.
- In the men's mile, Detourbe led the way as he finished 14th in a time of 4:21.33. Sophomore **Aaron Ahl** placed 16th in a time of 4:28.79.
- Senior **Sophie Dodd** led the Simon Fraser women, placing ninth in the 800 meters with a time of 2:09.06. She was the first time qualifier left out of the finals. The women's DMR team of Dodd, **Renate Bluschke**, **Mairin Shields-Brown** and **Paige Nock** placed 12th in a time of 12:17.14.
- Junior **Addy Townsend** was expected to be a title contender in the women's 800 meters, as well as anchor the DMR, but was scratched from the meet due to illness.
- Simon Fraser will open its outdoor season this weekend at both the Hornet Invitational in Sacramento, California and the Doris Heritage Track Festival in Seattle.

WESTERN OREGON



- Senior **Olivia Woods** and the men's distance medley relay led the way for Western Oregon at the NCAA Division II Indoor Track and Field Championships.
- Woods closed her collegiate indoor career as an All-American, placing fifth in the women's 800 meters with a time of 2:08.44. That time ranks her No. 7 on the GNAC All-Time List. Woods was one of two time qualifiers to gain entry into the final.
- The men's DMR squad of **Justin Crosswhite**, **Gabe Arce-Torres**, **Curt Knott** and **Tyler Jones** just missed First Team All-American honors, placing ninth in a time of 9:50.77.
- On the outdoor oval, the Wolves sent a limited number of field event performers to Forest Grove, Oregon on Saturday for the Pacific Preview.
- Sophomore **Darian Wilson** led a one-two finish for Western Oregon in the women's javelin. Her winning throw of 139 feet is an NCAA Championships provisional qualifier and ranks No. 4 in Division II this season. Junior **Halie Korff** was second with her mark of 128 feet. Korff also placed third in the discus with a mark of 119 feet, 6 inches.
- Western Oregon is back in action this weekend, competing in the L&C Spring Break Open on Friday and Saturday in Portland.

WESTERN WASHINGTON



- Freshman Maddie Taylor and senior **Anna Paradee** showed well for Western Washington in her nationals experience at the NCAA Division II Indoor Track & Field Championships.
- Taylor finished in 11th place with a clearance of 5 feet, 6 inches. She cleared the opening height of 5-4.25 inches on her second attempt and cleared 5-6 on her first attempt.
- One of three GNAC entrants in the women's pole vault, Paradee finished in a tie for 12th place with a mark of 12 feet, 6.75 inches. Paradee cleared the first three heights of the competition and finished tied with Callie Ruffener of Central Missouri.
- Outdoors, Western Washington picked up both team wins at the PLU Open on Saturday. The WWU women won with a score of 206.5 points while the men won with a score of 236 points.
- The Vikings picked up both GNAC Track Athletes of the Week awards thanks to top performances over the hurdles. Junior **Cordell Cummings** earned Men's Track Athlete of the Week honors after he won the 400-meter hurdles in 54.17 seconds and placed second in the 110-meter hurdles with a time of 11.26 seconds.
- Sophomore **Molly House** was named the Women's Track Athlete of the Week after she won the 400-meter hurdles in a time of 1:06.03. She added a third-place finish in the 100-meter hurdles in 16.28 seconds.
- Freshman **Paige Shimkus** became the 21st athlete in GNAC history to surpass 150 feet in the women's pole vault. She won the event with a mark of 152 feet, which is an NCAA Championships provisional qualifier and No. 3 in Division II this season.
- Western Washington continues the season on Saturday at the Doris Heritage Track Festival in Seattle.

GNAC Qualifiers For NCAA Outdoor Championships

MEN PROVISIONAL QUALIFIERS AS OF MAR. 10, 2019

Event	Athlete	Mark	Rank	Date
Shot Put	Josh Koch, CU	16.22/53-2.75	4th	3/2/19
Javelin	Dalton Rasmussen, CU	62/68/205-8	1st	3/9/19

WOMEN'S PROVISIONAL QUALIFIERS AS OF MAR. 10, 2019

Event	Athlete	Mark	Rank	Date
Steeplechase	Kaylee Mitchell, SPU	10:51.22	1st	3/9/19
Hammer	Liz Larson, SMU	52.69/172-10	3rd	3/9/19
Javelin	Raquel Pellecer, WWU	47.31/155-2	2nd	3/2/19
	Paige Shimkus, WWU	46.34/152-0	3rd	3/9/19
	Darian Wilson, WOU	42.36/139-0	4th	3/9/19
	Hannah Nienaber, WWU	41.85/137-4	7th	3/2/19

GNAC & NCAA Championships Qualifying Standards

MEN			EVENT	WOMEN		
GNAC	NCAA Prov.	NCAA Auto		GNAC	NCAA Prov.	NCAA Auto.
10.88	10.58	10.28	100 Meters	12.47	11.93	11.50
22.06	21.36	20.75	200 Meters	25.39	24.33	23.59
48.62	47.77	46.23	400 Meters	57.73	55.96	53.46
1:54.03	1:52.03	1:48.78	800 Meters	2:13.14	2:12.18	2:07.15
3:54.86	3:50.52	3:44.28	1,500 Meters	4:33.30	4:33.24	4:22.06
14:56.91	14:32.80	13:54.33	5,000 Meters	16:50.38	17:10.86	16:10.21
31:28.02	30:42.74	29:13.60	10,000 Meters	37:08.97	36:35.97	34:13.34
15.24	14.53	13.89	110/100m Hurdles	14.83	14.22	13.51
54.84	53.42	51.34	400m Hurdles	1:03.43	1:01.92	59.05
9:13.88	9:15.02	8:52.85	Steeplechase	11:11.32	11:01.67	10:12.97
1.96 / 6-5	2.04 / 6-8.25	2.15 / 7-0.5	High Jump	1.62 / 5-3.75	1.67 / 5-5.75	1.77 / 5-9.75
4.51 / 14-9.5	4.80 / 15-9	5.20 / 17-0.75	Pole Vault	3.23 / 10-7	3.65 / 11-11.75	4.08 / 13-4.5
6.89 / 22-7.25	7.25 / 23-9.5	7.68 / 25-2.5	Long Jump	5.38 / 17-8	5.80 / 19-0.25	6.29 / 20-7.5
13.93 / 45-8.5	14.66 / 48-1.25	15.69 / 51-5.75	Triple Jump	11.56 / 37-11.25	11.85 / 38-10.5	12.77 / 41-10.75
15.47 / 50-9.25	16.16 / 53-0.25	18.36 / 60-3	Shot Put	12.82 / 42-0.75	13.76 / 45-1.75	15.74 / 51-7.75
48.57 / 159-4	49.78 / 163-4	56.11 / 184-1	Discus	41.00 / 134-6	45.11 / 148-0	52.79 / 173-2
54.43 / 178-7	55.08 / 180-8	65.03 / 213-4	Hammer	49.38 / 162-0	51.812 / 170-0	60.45 / 198-4
59.10 / 193-11	58.68 / 192-6	68.34 / 224-2	Javelin	44.71 / 146-8	41.59 / 136-5	49.44 / 162-2
6,280	6,300	7,242	Dec./Hep.	4,520	4,504	5,195
NA	41.09	40.20	4x100 Relay	NA	46.86	45.52
NA	3:13.91	3:09.18	4x400 Relay	NA	3:48.20	3:40.10

GNAC Championships: The top-20 performers as listed in TFRRS will qualify for the championship meet in addition to any performers who meet the GNAC standard.

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 9:58.18 Simon Fraser (2019)

Pierre-Louis Detourbe, Nate St. Romain, Aaron Ahl, Rowan Doherty

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)
	6.95/22-9.75	Kodiak Landis, Central Washington (2019)
Shot Put	13.69/44-11	Giovanni Brown, Concordia (2019)
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	2:41.39	Giovanni Brown, Concordia (2019)

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 11:23.47 Alaska Anchorage (2019)

Ruth Cvancara, Vanessa Aniteye, Danielle McCormick, Caroline Kurgat

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	5.98/19-7.5	Peace Igbonagwam, Seattle Pacific (2019)
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 11:23.47

Alaska Anchorage (2019)

Ruth Cvancara, Vanessa Aniteye, Danielle McCormick, Caroline Kurgat

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	5.98/19-7.5	Peace Igbonagwam, Seattle Pacific (2019)
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	3,815	Scout Cai, Seattle Pacific (2019)

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)
		Scout Cai, Seattle Pacific (2019)
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	Alex Donigian, Western Washington (2015)
200 Meters	20.93	Alex Donigian, Western Washington (2016)
400 Meters	47.51	Ethan Hewitt, Alaska Anchorage (2011)
800 Meters	1:47.58	Badane Sultessa, Western Oregon (2015)
1,500 Meters	3:37.35	David Ribich, Western Oregon (2018)+
3,000 Meters	8:24.61	Jordan Welling, Western Washington (2014)
5,000 Meters	13:41.99	Micah Chelimo, Alaska Anchorage (2014)
10,000 Meters	28:37.75	Micah Chelimo, Alaska Anchorage (2014)
110m Hurdles	14.19	Travis Milbrandt, Western Washington (2016)
400m Hurdles	51.48	Vladislav Tsygankov, Simon Fraser (2017)
Steeplechase	8:45.63	Micah Chelimo, Alaska Anchorage (2012)
4x100 Relay	41.10	Central Washington (2010)
4x400 Relay	3:10.60	Alaska Anchorage (2016)
High Jump	2.16/7-1	Mikel Smith, Saint Martin's (2016)
Pole Vault	5.40/17-8.5	Ryan Brown, Western Washington (2010)
Long Jump	7.91/25-11.5	David Registe, Alaska Anchorage (2009)
Triple Jump	15.50/50-10.25	Wesley Gray, Western Oregon (2017)
Shot Put	18.55/60-10.5	Frank Catelli, Western Washington (2014)
Discus	55.68/182-8	Caleb Bridge, Concordia (2017)
Hammer	62.89/206-4	Pro Escobedo, Western Oregon (2003)
Javelin	77.98/255-10	Cody Parker, Alaska Anchorage (2013)
Decathlon	7,872	Chris Randolph, Seattle Pacific (2006)

DECATHLON EVENTS

100 Meters	10.90	Justin Miller, Humboldt State (2002)
Long Jump	7.31/22-11.75	Chris Randolph, Seattle Pacific (2006)
Shot Put	14.06/46-1.5	Alex Harrison, Western Washington (2010)
High Jump	2.06/6-9	Justin Peterson, Central Washington (2014)
400 Meters	48.21	Cody Thomas, Alaska Anchorage (2014)
110m Hurdles	14.82	Chris Randolph, Seattle Pacific (2006)
Discus	46.00/150-11	Chris Randolph, Seattle Pacific (2006)
Pole Vault	4.90/16-0.75	Zeb Udell, Western Oregon (2007)
Javelin	61.04/200-3	Alex Harrison, Western Washington (2012)
1,500 Meters	4:22.12	Zac Vawter, Saint Martin's (2004)

MEN'S CONFERENCE MEET RECORDS

100 Meters	10.43	Anthony Wright, Central Washington (2010)
200 Meters	21.32	Rimar Christie, Northwest Nazarene (2013)
	21.32	Tyrell Williams, Western Oregon (2014)
400 Meters	47.55	Ethan Hewitt, Alaska Anchorage (2012)
	47.55	Kodiak Landis, Central Washington (2018)
800 Meters	1:49.31	Paul Mach, Seattle Pacific (2005)
1,500 Meters	3:47.37	David Ribich, Western Oregon (2017)
5,000 Meters	14:29.41	Micah Chelimo, Alaska Anchorage (2011)
10,000 Meters	30:25.75	Jordan Walling, Western Washington (2011)
110m Hurdles	14.21	Travis Milbrandt, Western Washington (2015)
400m Hurdles	52.12	Vladislav Tsygankov, Simon Fraser (2018)
Steeplechase	8:47.26	Ryan Brockerville, Simon Fraser (2012)
4x100 Relay	41.10	Central Washington (2010)
		Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols
4x400 Relay	3:13.84	Simon Fraser (2015)
		Stuart Ellenwood, Cameron Proceviat, Joel Webster, Daniel Kelloway
High Jump	2.11/6-11	Tevin Gladden, Alaska Anchorage (2017)
Pole Vault	5.14/16-10.75	Ryan Brown, Western Washington (2010)
Long Jump	7.52/24-8.25	David Registe, Alaska Anchorage (2008)
Triple Jump	15.50/50-10.25	Wesley Gray, Western Oregon (2017)
Shot Put	18.20/59-8.75	Josh Koch, Concordia (2016)
Discus	53.80/176-6.5	Caleb Bridge, Concordia (2017)
Hammer	61.61/202-1	Michael Hoffman, Western Washington (2008)
Javelin	69.49/228-0	Franz Burghagen, Alaska Anchorage (2013)
Decathlon	7,201	Cody Thomas, Alaska Anchorage (2016)

+ - Denotes Division II national record

WOMEN - ALL MEETS

100 Meters	11.64	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	23.99	NyEma Sims, Seattle Pacific (2007)
400 Meters	53.56	Mary Pierce, Alaska Anchorage (2007)
800 Meters	2:02.10	Helen Crofts, Simon Fraser (2013)
1,500 Meters	4:11.06	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:35.75	Sarah Porter, Western Washington (2011)
5,000 Meters	15:41.21	Caroline Kurgat, Alaska Anchorage (2018)
10,000 Meters	32:33.24	Caroline Kurgat, Alaska Anchorage (2018)
100m Hurdles	13.64	Mariyah Vongsaveng, Central Washington (2018)
400m Hurdles	59.17	Haleigh Lloyd, Alaska Anchorage (2015)
Steeplechase	10:13.01	Katelyn Steen, Western Washington (2015)
4x100 Relay	46.19	Simon Fraser (2017)
4x400 Relay	3:41.80	Western Oregon (2018)
High Jump	1.78/5-10	Teona Perkins, Seattle Pacific (2007)
Pole Vault	4.01/13-1.75	Anna Paradee, Western Washington (2017)
Long Jump	6.22/20-5	Renick Meyer, Seattle Pacific (2018)
Triple Jump	12.42/40-9	Ashley Potter, Western Oregon (2012)
Shot Put	17.39/57-0.75	McKenzie Warren, Concordia (2017)
Discus	55.74/182-10	Melissa Ausman, Concordia (2018)
Hammer	62.42/204-9	Christina MacDonald, Concordia (2018)
Javelin	54.18/177-9	Bethany Drake, Western Washington (2016)
Heptathlon	5,606	Danielle Ayers-Stamper, Seattle Pacific (2005)

HEPTATHLON EVENTS

100m Hurdles	13.70	Danielle Ayers-Stamper, Seattle Pacific (2005)
High Jump	1.75/5-8.75	Danielle Ayers-Stamper, Seattle Pacific (2005)
Shot Put	13.00/42-8	Bridget Johnson, Western Oregon (2006)
200 Meters	24.78	Grace Morgan, Alaska Anchorage (2013)
Long Jump	5.99/19-8	Stephanie Huffman, Seattle Pacific (2013)
Javelin	45.21/114-84	Katie Reichert, Western Washington (2012)
800 Meters	2:12.52	Bridgette Sexton, Seattle Pacific (2005)

WOMEN'S CONFERENCE MEET RECORDS

100 Meters	11.81	Jamie Ashcroft, Alaska Anchorage (2015)
200 Meters	24.30	Grace Morgan, Alaska Anchorage (2013)
400 Meters	54.46	Helen Crofts, Simon Fraser (2013)
800 Meters	2:06.38	Jessica Pixler, Seattle Pacific (2010)
1,500 Meters	4:24.01	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:53.80	Jessica Pixler, Seattle Pacific (2007)
5,000 Meters	16:39.39	Sarah Porter, Western Washington (2010)
10,000 Meters	34:49.33	Caroline Kurgat, Alaska Anchorage (2018)
100m Hurdles	13.82	Danielle Ayers-Stamper, Seattle Pacific (2005)
400m Hurdles	1:00.10	Erykah Weems, Central Washington (2018)
Steeplechase	10:14.15	Katelyn Steen, Western Washington (2015)
4x100 Relay	46.60	Seattle Pacific (2018)
		Renick Meyer, Julia Stepper, Becca Houk, Grace Bley
4x400 Relay	3:44.11	Seattle Pacific (2013)
		Kishia Mitchell, Emily Quatier, Jasmine Johnson, McKayla Fricker
High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2016)
Pole Vault	3.83/12-6.75	Karis Anderson, Western Washington (2012)
Long Jump	5.99/19-8	Ali Worthen, Seattle Pacific (2013)
Triple Jump	12.42/40-9	Ashley Potter, Western Oregon (2012)
Shot Put	16.55/54-3.75	McKenzie Warren, Concordia (2017)
Discus	53.01/173-11	Melissa Ausman, Concordia (2018)
Hammer	59.62/195-7	Christina MacDonald, Concordia (2018)
Javelin	52.40/171-11.25	Bethany Drake, Western Washington (2017)
Heptathlon	5,390	Ali Worthen, Seattle Pacific (2013)

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, Rachele 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.

Fri., Feb. 8

Husky Classic

at Dempsey Indoor Center, Seattle, Wash.

Women (Top 3 GNAC Finishers): 400 Meters - 1, Erykah Weems, CWU, 56.82. 60m Hurdles - 2, Mariyah Vongsaveng, CWU, 8.78. High Jump - 3, Heather Faretta, WWU, 5-4.25.

Men (Top 3 GNAC Finishers): 400 Meters - 2, Myles Smith, WWU, 50.31. 60m Hurdles - 3, Cordell Cummings, WWU, 8.55. High Jump - 1, Tyler Cronk, SMU, 7-1.

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

GVSU Big Meet

at Kelly Family Sports Center, Allendale, Mich.

Women (Top 3 GNAC Finishers): 400 Meters - 2, Olivia Woods, WOU, 56.71.

Men (Top 3 GNAC Finishers): None.

Sat., Feb. 9

Bronco Challenge

at Jacksons Indoor Center, Nampa, Idaho

Women (Top 3 GNAC Finishers): 60m Hurdles - 3, Lexi Tubbs, NNU, 8.79. High Jump - 3, Katie Conklin, NNU, 5-3.75. Triple Jump - 2, Jackie Mahowald, NNU, 38-5.

Men (Top 3 GNAC Finishers): 400 Meters - 2, Logan Blake, NNU, 49.32. High Jump - Tie 3, Micah Tranch, NNU, 6-2.75. Shot Put - 2, Jake Knight, NNU, 54-11.5. Weight Throw - 2, Canyon Anderson, NNU, 52-6.5; 3, Brayden Eiland, NNU, 50-3.5.

2018-19 GNAC Indoor Meet Summaries

Feb 15-16, 2019

GNAC Indoor Track & Field Championships at Jacksons Indoor Center, Nampa, Idaho

Women's Team Scores: Seattle Pacific 154, Central Washington 150, Alaska Anchorage 83, Western Washington 79, Simon Fraser 70, Concordia 49, Western Oregon 29, Northwest Nazarene 28, Saint Martin's 17, Montana State Billings 3.

Women's Champions: 60 Meters - Macie Allen, CU, 7.58. 200 Meters - Grace Bley, SPU, 24.86. 400 Meters - Erykah Weems, CWU, 56.24. 800 Meters - Addy Townsend, SFU, 2:10.12. Mile - Caroline Kurgat, UAA, 4:47.86. 3,000 Meters - Caroline Kurgat, UAA, 9:54.40. 5,000 Meters - Nancy Jeptoo, UAA, 17:48.46. 60m Hurdles - Lexi Tubbs, NNU, 8.63. 4x400 Relay - Simon Fraser (Bryce West, Sophie Dodd, Addy Townsend, Renate Bluschke), 3:49.99. DMR - Alaska Anchorage (Ruth Cvancara, Vanessa Aniteye, Danielle McCormick, Caroline Kurgat), 11:23.47 (GNAC Record). High Jump - Maddie Taylor, WWU, 5-6.5. Pole Vault - Anna Paradee, WWU, 12-9. Long Jump - Peace Igbonagwam, SPU, 19-7.5 (GNAC Record). Triple Jump - HarLee Ortega, CWU, 39-3.75. Shot Put - Samantha La Rue, CWU, 42-4.75. Weight Throw - Kori Sprague, CU, 54-6.5. Pentathlon - Scout Cai, SPU, 3,815 (Meet Record).

Men's Team Scores: Western Washington 138.5, Alaska Anchorage 114.5, Central Washington 97, Northwest Nazarene 71, Simon Fraser 66, Western Oregon 55, Saint Martin's 49.5, Concordia 45, Montana State Billings 14.5, Seattle Pacific 11.

Men's Champions: 60 Meters - Cody Warner, WOU, 7.01. 200 Meters - Jackson Hand, SMU, 21.93. 400 Meters - Adam Brown, CU, 49.03. 800 Meters - Kyler Sager, WWU, 1:53.29. Mile - Justin Crosswhite, WOU, 4:13.86. 3,000 Meters - Rowan Doherty, SFU, 8:31.30. 5,000 Meters - Wesley Kirui, UAA, 14:55.66. 60m Hurdles - Cordell Cummings, WWU, 8.33. 4x400 Relay - Central Washington (Daniel Calderon, Trevaughn Scott, Doc Porter, Kodiak Landis), 3:19.67. DMR - Simon Fraser (Pierre-Louis Detourbe, Nate St. Romain, Aaron Ahl, Rowan Doherty), 9:58.18 (Meet Record). High Jump - Tyler Cronk, SMU, 7-0.5. Pole Vault - J.T. Konrad, WWU, 15-8.25. Long Jump - Seren Dances, WWU, 23-0.5. Triple Jump - Zach Whittaker, CWU, 48-8.75. Shot Put - Josh Koch, CU, 56-7.5. Weight Throw - Kauanoë Vanderpoel, SMU, 56-8.5. Heptathlon - Kodiak Landis, CWU, 5,228.

Feb. 23, 2019

SPU Final Qualifier

at Dempsey Indoor Center, Seattle, Wash.

Women (Top 3 GNAC Finishers): 60 Meters - 2, Meyer Quaynor, SFU, 7.73; 3, Jenna Bouyer, SPU, 7.75. 200 Meters - 2, Emily Lindsay, WWU, 25.73; 3, Savannah Smith, WWU, 25.85. 400 Meters - 1, Vanessa Aniteye, UAA, 56.28; 2, Sidney Trinidad, CWU, 56.80; 3, Erykah Weems, CWU, 57.34. 800 Meters - 1, Danielle McCormick, UAA, 2:10.63; 2, Sophie Dodd, SFU, 2:10.99; 3, Ruth Cvancara, UAA, 2:12.92. Mile - 1, Nancy Jeptoo, UAA, 4:51.09; 2, Kate Lilly, SPU, 4:52.21; 3, Kaylee Mitchell, SPU, 4:57.78. 3,000 Meters - 1, Alexa Shindruk, CWU, 9:52.57; 2, Chelsea Ribiero, SFU, 10:05.38. 60m Hurdles - 1, Mariyah Vongsaveng, CWU, 8.62; 2, Elena Cano, UAA, 9.05. 4x400 Relay - 1, Simon Fraser (Bryce West, Sophie Dodd, Addy Townsend, Renate Bluschke), 3:48.43; 3, Western Oregon (Bethanie Altamirano, Annie Wright, Taryn Wilson, Olivia Woods), 3:52.91. High Jump - 1, Maddie Taylor, WWU, 5-7.75; 3, Geneva Lehnert, SPU, 5-3.75. Pole Vault - 3, Anna Paradee, WWU, 12-8.25. Long Jump - 1, Peace Igbonagwam, SPU, 18-9; 2, Renick Meyer, SPU, 18-5.25; 3, Brooke Williams, CWU, 18-3.25. Triple Jump - 1, Brooke Williams, CWU, 38-10.5; 2, Chrisalyn Johnson, UAA, 38-5.5; 3, Kellie May, SPU, 37-11.25. Shot Put - 1, Samantha La Rue, CWU, 43-5; 2, Moana Gianotti, WOU, 41-10.5; 3, Brittany Dodge, CWU, 39-9.75. Weight Throw - 3, Mariah Gronbach, WOU, 52-5.25.

Men (Top 3 GNAC Finishers): 60 Meters - 3, Enrique Campbell, UAA, 7.02. 200 Meters - 2, David Sramek, UAA, 22.90; 3, Noah Johnson, WWU, 23.27. 400 Meters - 1, Michael Russell, SMU, 50.21; 2, Trevaughn Scott, CWU, 50.30; 3, Joshua Adehmar, SFU, 50.78. 800 Meters - 2, Max Carmona, WOU, 1:54.56; 3, Richard Torres, SFU, 1:54.90. Mile - 2, Hunter Hutton, WOU, 4:14.44; 3, Thomas Gallagher, SFU, 4:16.02. 3,000 Meters - 2, Edwin Kangogo, UAA, 8:28.94; 3, Colby Otero, SPU, 8:29.42. 60m Hurdles - 1, Seren Dances, WWU, 8.48; 2, Ryan Gunther, CWU, 8.50; 3, Trevaughn Scott, CWU, 8.71. DMR - 1, Simon Fraser (Aaron Ahl, Pierre-Louis Detourbe, Rowan Doherty, Carlos Vargas), 9:49.47; 2, Alaska Anchorage (Felix Kemboi, Nathaniel Brunett, Eduardo Orozco, Drew Johnson), 9:50.19; 3, Western Oregon (Justin Crosswhite, Gabe Arce-Torres, Curt Knott, Tyler Jones), 9:50.69. High Jump - 1, Tupre Wickliff, WWU, 6-7.5; 2, Isaiah Girard, MSUB, 6-5.5. Pole Vault - 1, Braydon Maier, CWU, 15-11.75; 2, Kodiak Landis, CWU, 15-0; 2, Chris Rickard, SMU, 14-6. Long Jump - 1, Seren Dances, WWU, 22-6.25; 3, Zackary Kuzyk, SFU, 21-6. Triple Jump - 1, Zach Whittaker, CWU, 47-1.75; 2, Brandon Nicholson, UAA, 45-1.5. Shot Put - 1, Jake Knight, NNU, 57-11.25; 2, Josh Koch, CU, 54-4.75; 3, Ethan Tonder, CWU, 51-9. Weight Throw - 1, Joe Denniston, CU, 56-0.5; 2, Aidan Cain, CWU, 54-6; 3, Mont Child, WOU, 53-11.25.

Fri., Mar. 8 - Sat., Mar. 9

NCAA Division II Indoor Track and Field Championships at Robert Plaster Center, Pittsburg, Kan.

Women's Team Scores: 1, Adams State, 87. 4, Alaska Anchorage, 34. 40, Western Oregon, 4. 44, Seattle Pacific, 3. 53, Central Washington, 2.

Events: 800 Meters - 3, Danielle McCormick, UAA, 2:06.28 (2:07.83 in prelims); 5, Olivia Woods, WOU, 2:08.44 (2:08.73 in prelims); 9, Sophie Dodd, SFU, 2:09.06. Mile - 12, Kate Lilly, SPU, 4:54.79. 14, Nancy Jeptoo, UAA, 5:01.15. 3,000 Meters - 1, Caroline Kurgat, UAA, 9:15.45 (meet record); 9, Alexa Shindruk, 9:36.71. 5,000 Meters - 1, Caroline Kurgat, UAA, 16:06.37 (meet record); 11, Alexa Shindruk, CWU, 16:56.77. 60m Hurdles - 10, Lexi Tubbs, NNU, 8.72; 13, Mariyah Vongsaveng, CWU, 8.80. DMR - 2, Alaska Anchorage (Ruth Cvancara, Vanessa Aniteye, Danielle McCormick, Caroline Kurgat), 11:26.00; 12, Simon Fraser (Sophie Dodd, Renate Bluschke, Mairin Shields-Brown, Paige Nock), 12:17.14. High Jump - 11, Maddie Taylor, WWU, 5-6/1.68. Pole Vault - 11, Halle Irvine, CWU, 12-6.75/3.83; Tie 12, Anna Paradee, WWU, 12-6.75/3.83; 17, Scout Cai, SPU, 11-10.75/3.63. Long Jump - 6, Peace Igbonagwam, SPU, 19-2.75/5.86. Pentathlon - 7, HarLee Ortega, CWU, 3,677; 11, Chelsea Bone, CU, 3,624.

Men's Team Scores: 1, Ashland, 38. 21, Simon Fraser, 10. 46, Central Washington, 3. 52, Alaska Anchorage, 2.

Events: 800 Meters - 14, Pierre-Louis Detourbe, SFU, 4:21.33; 16, Aaron Ahl, SFU, 4:28.79. 3,000 Meters - 7, Rowan Doherty, SFU, 8:16.14. DMR - 2, Simon Fraser (Pierre-Louis Detourbe, Nate St Romain, Carlos Vargas, Rowan Doherty), 9:48.57; 7, Alaska Anchorage (Felix Kemboi, Nathaniel Brunett, Eduardo Orozco, Drew Johnson), 9:50.04; 9, Western Oregon (Justin Crosswhite, Gabe Arce-Torres, Curt Knott, Tyler Jones), 9:50.77. High Jump - 12, Tyler Cronk, SMU, 6-8.25/2.04. Triple Jump - 8, Zach Whittaker, CWU, 49-4.5/15.05. Shot Put - 11, Jake Knight, NNU, 56-7.25/17.25. Heptathlon - 7, Braydon Maier, CWU, 5,288; 12, Kodiak Landis, CWU, 4,989.

2018-19 GNAC Outdoor Meet Summaries

Fri., Mar. 1 - Sat., Mar. 2

**Linfield Erik Anderson Memorial Icebreaker
at Maxwell Field, McMinnville, Ore.**

Women (Top 3 GNAC Finishers): None.

Men (Top 3 GNAC Finishers): None.

Sat., Mar. 2

Willamette Opener

at Charles Bowles Track, Ore.

Women (Top 3 GNAC Finishers): 100 Meters - 3, Hailey Sears, WOU, 12.87. 200 Meters - 2, Taryn Wilson, WOU, 26.37; 3, Hailey Sears, WOU, 26.47. 400 Meters - 2, Bethanie Altamirano, WOU, 59.56. 100m Hurdles - 1, Ana Popchock, WOU, 15.78; 2, Michaela Yonkman, WOU, 16.13. 400m Hurdles - 1, Nicole Niskanen, WOU, 1:08.99; 2, Michaela Yonkman, WOU, 1:09.00; 3, Ana Popchock, WOU, 1:10.83. Long Jump - 1, Lauren Berry, WOU, 16-5. Shot Put - 1, Moana Gianotti, WOU, 41-7.25. Discus - 2, Moana Gianotti, WOU, 129-10; 3, Mariah Gronbach, WOU, 126-1. Hammer - 1, Moana Gianotti, WOU, 141-8; 3, Mariah Gronbach, WOU, 137-9. Javelin - 2, Halie Korff, WOU, 127-7.

Men (Top 3 GNAC Finishers): 200 Meters - 2, Codi Blodgett, WOU, 22.52. 400 Meters - 1, Max Carmona, WOU, 51.05; 2, Gabriel Campos-Davis, WOU, 51.49. 800 Meters - 1, Hunter Hutton, WOU, 1:57.94; 2, Simon Walsh, WOU, 2:00.12. 1,500 Meters - 2, Parker Marson, WOU, 3:59.89. Shot Put - 1, Mont Child, WOU, 46-10.25; 2, Chris Steffey, WOU, 46-5.25; 3, Owen Collins, WOU, 45-7.75. Discus - 1, Chris Steffey, WOU, 145-8; 3, Mont Child, WOU, 132-9. Hammer - 1, Sam Cole, WOU, 162-3; 3, Karsten Collins, WOU, 131-7. Javelin - 1, Kyle Wells, WOU, 172-4.

Ed Boitano Invitational

at Baker Stadium, Tacoma, Wash.

Women's Team Scores: Western Washington 199, Whitworth 117.5, Saint Martin's 83, Lewis & Clark 72, Puget Sound 53.5, Olympic CC 36, Seattle Pacific 34, Central Washington 15, Everett CC 4.

Women (Top 3 GNAC Finishers): 100 Meters - 1, Artresa Nickelson, SMU, 12.92; 2, Devon Olson, WWU, 13.46. 200 Meters - 1, Aujanique Doss, CWU, 25.58; 2, Artresa Nickelson, SMU, 26.43. 3, Grace Hamre, SMU, 26.45. 800 Meters - 1, Annika Wilson, WWU, 2:24.57; 2, Waverly Shreffler, WWU, 2:26.90; 3, Dania Holmberg, SPU, 2:28.65. 1,500 - 1, Dania Holmberg, SPU, 4:46.70; 2, Sophia Galvez, WWU, 4:50.13; 3, Sedona McNeerney, SPU, 4:55.87. 10,000 Meters - 1, Tovan Swartz-Ireland, WWU, 38:17.25. 100m Hurdles - 2, Ariya Kendrick, SMU, 16.07; 3, Molly House, WWU, 16.36. 400m Hurdles - 2, Molly House, WWU, 1:07.48. 4x100 Relay - 1, Saint Martin's (Ariya Kendrick, Taylor Tandecki, Grace Hamre, Artresa Nickelson), 51.04. High Jump - 1, Tiffany Pott, SMU, 5-53.75; 2, Heather Farette, WWU, 5-1.75; 3, Ashley Vest, SMU, 5-1.75. Pole Vault - 1, Sophie Paradis, 10-11.75; 2, Hannah Dodson, WWU, 10-6; 3, Cierra Graham, WWU, 10-6. Long Jump - 1, Keshara Romain, SMU, 17-1.25; 2, Leanne Kibbee, WWU, 16-8; 3, Devon Olson, WWU, 16-1.75. Triple Jump - 3, Jamie Sanford, WWU, 33-2.5. Shot Put - 3, Maya McFadden, WWU, 37-8. Discus - 1, Chanelle Eddy, WWU, 140-9; 3, Megan Vernoy, SMU, 137-3. Javelin - 1, Raquel Pellecer, WWU, 155-2; 2, Paige Shimkus, WWU, 146-1; 3, Hannah Nienaber, WWU, 137-3.

Men's Team Scores: Western Washington 178.5, Whitworth 141, Saint Martin's 83, Olympic CC 69, Lewis & Clark 55.5, Seattle Pacific 53, Puget Sound 51, Tacoma RC 4, Everett CC 3.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Logan Armstrong, SMU, 11.19. 200 Meters - 1, Jackson Hand, SMU, 22.04; 2, Michael Russell, SMU, 22.19; 3, Logan Armstrong, SMU, 22.84. 800 Meters - 3, Jesse Phan, SPU, 2:01.97. 1,500 Meters - 1, Macauley Franks, WWU, 4:04.08; 2, Porter McMichael, WWU, 4:06.63; 3, Colton Hoggarth, WWU, 4:07.43. 10,000 Meters - 1, Jadon Olson, WWU, 31:23.74; 2, Bentley Wilson, WWU, 31:34.80. Steeplechase - 1, Jared Putney, SPU, 9:47.13; 2, Porter McMichael, WWU, 9:51.12; 3, Colby Otero, SPU, 9:53.84. 4x400 Relay - 1, Saint Martin's (Logan Armstrong, Michael Russell, Josh Schulz, Jackson Hand), 42.33. 4x400 Relay - 3, Seattle Pacific (Jesse Phan, Alec Llamas, Silas Newby, Shayne Carpenter), 3:34.84. High Jump - 1, Garrett Davies, WWU, 6-3.5. Pole Vault - 1, Craig Boyle, SMU, 14-5.25; 2, Chris Rickard, SMU, 14-5.25. Long Jump - 1, Ethan Sterkel, WWU, 21-11.5. Triple Jump - 3, Jeremiah Duckworth, WWU, 44-6.75. Shot Put - 1, Ben Malquist, WWU, 46-10; 3, Avery Lux, WWU, 42-5.25. Discus - 2, Ben Malquist, WWU, 134-5; 3, Avery Lux, WWU, 131-10. Javelin - 1, Mason Salley, WWU, 180-8; 2, Cooper McNatt, WWU, 177-2; 3, Cooper Cummings, WWU, 146-2.

Sat., Mar. 11

Saints Open

at Mt. Hood CC, Gresham, Ore.

Women (Top 3 GNAC Finishers): Shot Put - 1, Katrina Linenko, CU, 44-6.5. Discus - 1, Katrina Linenko, CU, 132-3.

Men (Top 3 GNAC Finishers): Shot Put - 1, Josh Koch, CU, 53-2.75; 3, Connor Jensen, CU, 48-2. Discus - 1, Caleb Bridge, CU, 156-7; 2, Seth Bridge, CU, 150-10; 3, Connor Jensen, CU, 145-5. Hammer - 1, Joe Denniston, CU, 170-10. Javelin - 1, Dalton Rasmussen, CU, 205-8.

Pacific Preview

at Hanson Stadium, Forest Grove, Ore.

Women (Top 3 GNAC Finishers): Discus - 3, Halie Korff, WOU, 119-6. Javelin - 1, Darian Wilson, WOU, 139-0; 2, Halie Korff, WOU, 128-0.

Men (Top 3 GNAC Finishers): None.

2018-19 GNAC Outdoor Meet Summaries

Sat., Mar. 11

PLU Open

at PLU Track, Tacoma, Wash.

Women's Team Scores: Western Washington 206.5, Central Washington 178.5, Pacific Lutheran 123.5, Seattle Pacific 117, Olympic CC 26, Puget Sound 21.5, Green River CC 13, Saint Martin's 10, Northwest (Wash.) 9, Get Strong First 4, Club Northwest 2.

Women (Top 3 GNAC Finishers): 100 Meters - 2, Grace Bley, SPU, 12.54. 200 Meters - 1, Grace Bley, SPU, 25.10; 3, Erykah Weems, CWU, 25.68. 400 Meters - 1, Erykah Weems, CWU, 57.64; 2, Sidney Trinidad, CWU, 59.00; 3, Katie Collins, CWU, 59.95. 800 Meters - 1, Krystal Kaufman, SPU, 2:19.42; 2, Aundrea Koger, WWU, 2:19.93; 3, Rebcca Lehamn, WWU, 2:26.26. 1,500 Meters - 2, Lily Tyrrell, CWU, 4:44.45; 3, Dania Holmberg, SPU, 4:45.45. 5,000 Meters - 1, Brook Wedin, WWU, 18:17.08; 2, Molly Mattson, CWU, 18:19.55; 3, Madison Child, CWU, 18:19.81. 10,000 Meters - 1, Kiersten Kimminau, CWU, 41:22.67. 100m Hurdles - 1, Jaleesa Taylor, WWU, 15.71; 2, Kellie May, SPU, 16.03; 3, Molly House, WWU, 16.28. 400m Hurdles - 1, Molly House, WWU, 1:06.03; 2, Tia Hill, CWU, 1:08.29. Steeplechase - 1, Kaylee Mitchell, SPU, 10:51.22; 2, Kelsey Washenberger, SPU, 11:48.82. 4x100 Relay - 1, Central Washington, 48.84; 3, Western Washington, 49.95. 4x400 Relay - 1, Central Washington A, 3:59.03; 2, Seattle Pacific, 4:01.00; 3, Central Washington B, 4:06.11. High Jump - 2, Heather Faretta, WWU, 5-2.5; 3, Geneva Lehnert, SPU, 5-0.5. Pole Vault - 1, Lexi Perry, WWU, 11-5.75; 2, Syklar Walston, WWU, 10-11.75; 3, Tawni Blankenship, WWU, 10-6. Long Jump - 2, Yareli Ochoa, CWU, 17-0.75; 3, Lainnie Lyamba, WWU, 15-6.25. Triple Jump - 2, Devon Olson, WWU, 34-11.25; 3, Lexi Perry, WWU, 34-11. Shot Put - 3, Brittany Dodge, CWU, 38-2.75. Discus - 1, Chanelle Eddy, WWU, 133-6; 3, Samantha La Rue, CWU, 126-7. Hammer - 1, Liz Larson, SMU, 172-10. Javelin - 1, Paige Shimkus, WWU, 152-0.

Men's Team Scores: Western Washington 236, Central Washington 203, Olympic CC 66, Pacific Lutheran 54, Seattle Pacific 46, Puget Sound 44, Green River CC 18, Club Northwest 8, Guam 6, Evergreen St. 5.

Men (Top 3 GNAC Finishers): 100 Meters - 2, Cordell Cummings, WWU, 11.26; 3, Harry Horwath, CWU, 11.27. 200 Meters - 1, Harry Howarth, CWU, 22.50; 2, Bryant Welch, WWU, 22.58; 3, Daniel Calderon, CWU, 23.21. 400 Meters - 1, Daniel Calderon, CWU, 49.79; 2, Doc Porter, CWU, 50.16; 3, Jon Oglesby, WWU, 50.44. 800 Meters - 1, Liam Cossette, WWU, 1:56.03; 3, Myles Smith, WWU, 1:56.81. 1,500 Meters - 2, Trevor Allen, CWU, 4:03.90; Bentley Wilson, WWU, 4:04.86. 5,000 Meters - 3, Jesse Wiley, WWU, 15:16.73. 10,000 Meters - 1, Turlan Morlan, CWU, 32:26.64. 110m Hurdles - 1, Seren Dances, WWU, 16.06; 2, Alex McGeachy, CWU, 16.26; 3, Chris McGraw, PLU, 16.30. 400m Hurdles - 1, Cordell Cummings, WWU, 54.17; 2, Trevaughn Scott, CWU, 54.32; 3, Koby Okezie, WWU, 56.81. Steeplechase - 1, Colby Otero, SPU, 9:32.51; 2, Porter McMichael, WWU, 9:33.82; 3, Jared Putney, SPU, 9:45.10. 4x100 Relay - 2, Western Washington, 42.21. 4x400 Relay - 1, Central Washington A, 3:26.33; 2, Central Washington B, 3:26.45; 3, Seattle Pacific, 3:30.39. High Jump - 1, Tupre Wickliff, WWU, 6-5; 2, Garrett Davies, WWU, 6-3.25. Pole Vault - 1, Jacob Thompson, CWU, 13-11.25; 3, Ian Rinefort, WWU, 12-11.5. Long Jump - 1, Ethan Sterkel, WWU, 21-6.75; 2, Rudy Mataya, WWU, 21-1.5. Shot Put - 1, Ethan Tonder, CWU, 50-8; 2, Ben Malquist, WWU, 49-4.25; 3, Aidan Cain, CWU, 47-2.25. Discus - 1, Aidan Cain, CWU, 150-8; 2, Riley Maier, CWU, 136-7; 3, Ben Malquist, WWU, 134-2. Hammer - 2, Avery Lux, WWU, 180-1. Javelin - 1, Mason Salley, WWU, 183-6; 3, Cooper McNatt, WWU, 178-5.