GNAC MEN’S INDOOR TRACK & FIELD
CHAMPIONS & YEARLY AWARDS
Updated Through 2019 Season

TEAM CHAMPION
2004 Western Oregon 164
2005 Western Washington 141
2006 Western Washington 151
2007 Central Washington 171.5
2008 Western Oregon 178
2009 Western Oregon 169
2010 Western Oregon 171
2011 Western Oregon 147.8
2012 Western Oregon 142.5
2013 Western Washington 152
2014 Western Washington 157
2015 Alaska Anchorage 142
2016 Alaska Anchorage 164
2017 Alaska Anchorage 154
2018 Concordia 114
2019 Western Washington 138.5

ATHLETE OF THE YEAR
2006 Andy Prentice, Saint Martin’s
2007 Cameron Neel, Central Washington
2008 Zeb Udell, Western Oregon
2009 Zeke Van Patten, Western Oregon
2010 Western Oregon 157
2011 Western Oregon 152
2012 Ryan Brown, Western Washington
2013 Ryan Brown, Western Washington
2014 Western Washington 157
2015 Alaska Anchorage 142
2016 Alaska Anchorage 164
2017 Alaska Anchorage 154
2018 Concordia 114
2019 Western Washington 138.5

CONFERENCE MEET TRACK
2004 David Ribich, Western Oregon
2005 Pee Wee Halsell, Western Washington
2006 Pee Wee Halsell, Western Washington
2007 Kevin Adkisson, Central Washington
2008 Mike Johnson, Western Oregon
2009 Mike Johnson, Western Oregon
2010 Mike Johnson, Western Oregon
2011 Mike Johnson, Western Oregon
2012 Mike Johnson, Western Oregon
2013 Mike Johnson, Western Oregon
2014 Mike Johnson, Western Oregon
2015 Michael Friess, Alaska Anchorage
2016 Michael Friess, Alaska Anchorage
2017 Mike Johnson, Western Oregon

CONFERENCE MEET FIELD
2004 Isaac Frederick, Western Oregon
2005 Chris Randolph, Seattle Pacific
2006 Andy Prentice, Saint Martin’s
2007 Michael Dean, Western Washington
2008 Zeb Udell, Western Oregon
2009 Zeke Van Patten, Western Oregon
2010 Tyler Fischer, Central Washington
2011 Andrew Boss, Simon Fraser
2012 Maurus Hope, Northwest Nazarene
2013 Micah Chelimo, Alaska Anchorage
2014 Alex Donigian, Western Washington
2015 Cody Thomas, Alaska Anchorage
2016 Payton Lewis, Northwest Nazarene
2017 Vladislav Tsygankov, Simon Fraser

CONFERENCE MEET PERFORMANCE OF THE MEET
2004 Mike Johnson, Western Oregon
2005 Pee Wee Halsell, Western Washington
2006 Pee Wee Halsell, Western Washington
2007 Kevin Adkisson, Central Washington
2008 Mike Johnson, Western Oregon
2009 Mike Johnson, Western Oregon
2010 Mike Johnson, Western Oregon
2011 Mike Johnson, Western Oregon
2012 Mike Johnson, Western Oregon
2013 Mike Johnson, Western Oregon
2014 Mike Johnson, Western Oregon
2015 Michael Friess, Alaska Anchorage
2016 Michael Friess, Alaska Anchorage
2017 Mike Johnson, Western Oregon

CONFERENCE MEET OUTSTANDING PERFORMER
2004 Mark Mellein, Western Washington
2005 Cameron Neel, Central Washington
2006 Robert Edwards, Central Washington
2007 Adrian Elmo, Central Washington
2008 Zeb Udell, Western Oregon
2009 Josiah Price, Saint Martin’s
2010 Augustine Agyei, Western Washington
2011 Anthony Zackery, W. Washington
2012 Ryan Hansen, Western Oregon
2013 Alex Donigian, Western Washington
2014 Mitch Kamusta, Northwest Nazarene
2015 Bedane Sultessa, Western Oregon
2016 Kodiak Landis, Central Washington
2017 Dustin Nading, Western Oregon
2018 Tupre Wicklif, Western Washington
2019 Pierre-Louis Detourbe, Simon Fraser

NEWCOMER OF THE YEAR
2004 Mark Mellein, Western Washington
2005 Cameron Neel, Central Washington
2006 Robert Edwards, Central Washington
2007 Adrian Elmo, Central Washington
2008 Zeb Udell, Western Oregon
2009 Josiah Price, Saint Martin’s
2010 Augustine Agyei, Western Washington
2011 None Selected
2012 Ryan Hansen, Western Oregon
2013 Alex Donigian, Western Washington
2014 Mitch Kamusta, Northwest Nazarene
2015 Bedane Sultessa, Western Oregon
2016 Kodiak Landis, Central Washington
2017 Dustin Nading, Western Oregon
2018 Tupre Wicklif, Western Washington
2019 Pierre-Louis Detourbe, Simon Fraser

FRESHMAN OF THE YEAR
2004 Paul Dzikwa, Western Washington
2005 Blake Herrington, Western Oregon
2006 Matt Rognstad, Central Washington
2007 Michael Dean, Western Washington
2008 Astin Mott, Western Oregon
2009 Maurus Hope, Northwest Nazarene
2010 Matson Hardie, Western Oregon
2011 Kyle Lane, Western Oregon
2012 Logan Myers, Western Washington
2013 Kevin Yates, Western Washington
2014 Micah Spatz, Northwest Nazarene
2015 Payton Lewis, Northwest Nazarene
2016 Daniel Jones, Western Washington
2017 Adam Brown, Concordia
2018 Felix Kemboi, Alaska Anchorage
2019 Tyler Cronk, Saint Martin’s

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INDIVIDUAL EVENT CHAMPIONS

6 METERS
2004 Greg Coleman, WOU 7.08
2005 Eddie Kaeka, WWU 7.16
2006 Dustin Wilson, WWU 7.15
2007 Matt Rogstad, CWU 7.15
2008 Ashlin Mott, WOU 7.02
2009 Bryan Mack, CWU 6.95
2010 Anthony Wright, CWU 6.89
2011 Alex Tilley, WWU 7.05
2012 Ryan Mack, CWU 6.90
2013 Alex Donigian, WWU 6.85
2014 Alex Donigian, WWU 6.75
2015 Alex Donigian, WWU 6.82
2016 Kent McKinney, CWU 6.91
2017 Sam Zook, MSUB 6.90
2018 Carlos Ortiz, CU 6.85
2019 Cody Warner, WOU 7.01

800 METERS
2004 Paul Mach, SPU 1:51.49
2005 Andy Prentice, SMU 1:53.39
2006 Andy Prentice, SMU 1:54.70
2007 Eddie Strickler, SPU 1:55.23
2008 Keith Lemay, WWU 1:57.86
2009 Zeke Van Patten, WOU 1:53.43
2010 Nathan Seely, SPU 1:54.86
2011 Nathan Seely, SPU 1:54.35
2012 Nathan Seely, SPU 1:54.10
2013 Ryan Hansen, WOU 1:53.27
2014 Josh Hanna, WOU 1:54.14
2015 Cameron Proceviat, SFU 1:52.41
2016 Cameron Proceviat, SFU 1:55.86
2017 Josh Dempsey, WOU 1:52.47
2018 David Ribich, WOU 1:50.83
2019 Kyler Sager, WWU 1:53.29

1,000 METERS
2004 Nathan Carlson, SMU 4:18.54
2005 Ethan Barrons, WOU 4:15.27
2006 Andy Prentice, SMU 4:17.25
2007 Sam Branch, WWU 4:19.00
2008 John Riak, SMU 4:21.50
2009 Zeke Van Patten, WOU 4:17.02
2010 Anthony Tomsich, WWU 4:14.08
2011 Chris Reed, WOU 4:12.22
2012 Seth Pierson, SPU 4:13.27
2013 Micah Chelimo, UAA 4:12.46
2014 Robert Peterson, MSUB 4:11.05
2015 Brady Beagley, WOU 4:10.31
2016 Robert Peterson, MSUB 4:10.13
2017 David Ribich, WOU 4:10.01
2018 David Ribich, WOU 4:11.08
2019 Justin Crosswhite, WOU 4:13.86

3,000 METERS
2013 Micah Chelimo, UAA 8:29.35
2014 Micah Chelimo, UAA 8:28.35
2015 Henry Cheseto, UAA 8:27.83
2016 Dominik Notz, UAA 8:31.91
2017 David Ribich, WOU 8:29.77
2018 Rowan Doherty, SFU 8:28.48
2019 Rowan Doherty, SFU 8:31.30

5,000 METERS
2004 Steve DeKoker, WWU 15:24.02
2005 Sam Scotchmer, CWU 15:03.96
2006 Sam Scotchmer, CWU 15:03.96
2007 John Riak, SMU 15:01.67
2008 Jordan Wellin, WWU 15:15.60
2009 John Riak, SMU 15:09.89
2010 Jordan Wellin, WWU 14:51.53
2011 Jordan Wellin, WWU 15:07.07
2012 Barak Watson, NNU 14:51.07
2013 Micah Chelimo, UAA 14:55.17
2014 Micah Chelimo, UAA 14:50.02
2015 Henry Cheseto, UAA 14:39.24
2016 Dominik Notz, UAA 14:36.46
2017 Dominik Notz, UAA 15:00.80
2018 Felix Kimboi, UAA 15:12.63
2019 Wesley Kirui, UAA 14:55.66

MILE
2004 Nathan Carlson, SMU 4:18.54
2005 Ethan Barrons, WOU 4:15.27
2006 Andy Prentice, SMU 4:17.25
2007 Sam Branch, WWU 4:19.00
2008 John Riak, SMU 4:21.50
2009 Zeke Van Patten, WOU 4:17.02
2010 Anthony Tomsich, WWU 4:14.08
2011 Chris Reed, WOU 4:12.22
2012 Seth Pierson, SPU 4:13.27
2013 Micah Chelimo, UAA 4:12.46
2014 Robert Peterson, MSUB 4:11.05
2015 Brady Beagley, WOU 4:10.31
2016 Robert Peterson, MSUB 4:10.13
2017 David Ribich, WOU 4:10.01
2018 David Ribich, WOU 4:11.08
2019 Justin Crosswhite, WOU 4:13.86

4X400 RELAY
2004 Central Washington 3:23.79
2005 Central Washington 3:25.54
2006 Northwest Nazarene 3:24.60
2007 Central Washington 3:20.98
2008 Northwest Nazarene 3:23.22
2009 Northwest Nazarene 3:20.61
2010 Western Oregon 3:19.36
2011 Northwest Nazarene 3:20.23
2012 Western Oregon 3:18.60
2013 Western Washington 3:18.17
2014 Alaska Anchorage 3:16.09
2015 Simon Fraser 3:16.49
2016 Alaska Anchorage 3:16.76
2017 Alaska Anchorage 3:14.10
2018 Alaska Anchorage 3:16.44
2019 Central Washington 3:19.67
<table>
<thead>
<tr>
<th>Distance Medley Relay</th>
<th>Long Jump</th>
<th>Weight Throw</th>
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</thead>
<tbody>
<tr>
<td>2004 Western Oregon</td>
<td>Chris Randolph, SPU</td>
<td>Brandon Jasmin, WOU</td>
</tr>
<tr>
<td>2005 Saint Martin’s</td>
<td>Chris Randolph, SPU</td>
<td>Carlos Aguilar, WOU</td>
</tr>
<tr>
<td>2006 Seattle Pacific</td>
<td>Chris Randolph, SPU</td>
<td>Carlos Aguilar, WOU</td>
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<tr>
<td>2007 Seattle Pacific</td>
<td>Justin Felt, SPU</td>
<td>Anthony Marin, WOU</td>
</tr>
<tr>
<td>2008 Western Washing</td>
<td>Zeb Udell, WOU</td>
<td>Anthony Marin, WOU</td>
</tr>
<tr>
<td>2009 Western Washing</td>
<td>Zeb Udell, WOU</td>
<td>Tyler Fischer, CWU</td>
</tr>
<tr>
<td>2010 Western Washing</td>
<td>Matson Hardie, WOU</td>
<td>Tyler Fischer, CWU</td>
</tr>
<tr>
<td>2011 Simon Fraser</td>
<td>Kyle Lane, WOU</td>
<td>Matt Schryvers, WOU</td>
</tr>
<tr>
<td>2012 Simon Fraser</td>
<td>Manny Melo, CWU</td>
<td>Sam Washington, SMU</td>
</tr>
<tr>
<td>2013 Alaska Anchorage</td>
<td>Kevin Yates, WWU</td>
<td>Kevin Stanley, CWU</td>
</tr>
<tr>
<td>2014 Simon Fraser</td>
<td>Kevin Yates, WWU</td>
<td>Kevin Stanley, CWU</td>
</tr>
<tr>
<td>2015 Simon Fraser</td>
<td>Vladislav Tsygankov, SFU</td>
<td>Tyler Lamott, CU</td>
</tr>
<tr>
<td>2016 Montana State Billings</td>
<td>Vladislav Tsygankov, SFU</td>
<td>Payton Lewis, NNU</td>
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<tr>
<td>2017 Simon Fraser</td>
<td>Vladislav Tsygankov, SFU</td>
<td>Kauanoe Vanderpoel, SMU</td>
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<tr>
<td>2018 Simon Fraser</td>
<td>Vladislav Tsygankov, SFU</td>
<td>Matt Schryvers, WOU</td>
</tr>
<tr>
<td>2019 Simon Fraser</td>
<td>Seren Dances, WWU</td>
<td>Matt Schryvers, WOU</td>
</tr>
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<table>
<thead>
<tr>
<th>High Jump</th>
<th>Triple Jump</th>
<th>Heptathlon</th>
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<tbody>
<tr>
<td>2004 Crespas Watson, CWU</td>
<td>Justin Lawrence, CWU</td>
<td>Nate Johnson, SPU</td>
</tr>
<tr>
<td>2006 Jeff Word, WWU</td>
<td>Greg Ham, NNU</td>
<td>Luke Plummer, CWU</td>
</tr>
<tr>
<td>2007 Cameron Bailey, CWU</td>
<td>Greg Ham, NNU</td>
<td>Luke Plummer, CWU</td>
</tr>
<tr>
<td>2009 Cameron Bailey, CWU</td>
<td>Rendel Jones, CWU</td>
<td>Luke Plummer, CWU</td>
</tr>
<tr>
<td>2010 Brennan Boyes, CWU</td>
<td>Rendel Jones, CWU</td>
<td>Tim Clendaniel, WWU</td>
</tr>
<tr>
<td>2011 Brandon Roddey, CWU</td>
<td>Rendel Jones, CWU</td>
<td>Wehr, WWU</td>
</tr>
<tr>
<td>2012 Brennan Boyes, CWU</td>
<td>Rendel Jones, CWU</td>
<td>Tim Clendaniel, WWU</td>
</tr>
<tr>
<td>2013 Logan Myers, WWU</td>
<td>Rendel Jones, CWU</td>
<td>Wehr, WWU</td>
</tr>
<tr>
<td>2014 Brett Watson, WWU</td>
<td>Rendel Jones, CWU</td>
<td>Wehr, WWU</td>
</tr>
<tr>
<td>2015 Mattson Hardie, WOU</td>
<td>Rendel Jones, CWU</td>
<td>Wehr, WWU</td>
</tr>
<tr>
<td>2016 Mikel Smith, SMU</td>
<td>Rendel Jones, CWU</td>
<td>Wehr, WWU</td>
</tr>
<tr>
<td>2017 Mikel Smith, SMU</td>
<td>Rendel Jones, CWU</td>
<td>Wehr, WWU</td>
</tr>
<tr>
<td>2018 Tupre Wickliff, WWU</td>
<td>Rendel Jones, CWU</td>
<td>Wehr, WWU</td>
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<td>2019 Tyler Cronk, SMU</td>
<td>Rendel Jones, CWU</td>
<td>Wehr, WWU</td>
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<tr>
<th>Pole Vault</th>
<th>Short Put</th>
<th>Shot Put</th>
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<tbody>
<tr>
<td>2004 Scott Romney, WWU</td>
<td>Kevin Johnson, WOU</td>
<td>Brandon Jasmin, WOU</td>
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<td>2005 Hunter Verner, WWU</td>
<td>Cameron Neel, CWU</td>
<td>Brandon Jasmin, WOU</td>
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<tr>
<td>2006 Scott Romney, WWU</td>
<td>Cameron Neel, CWU</td>
<td>Brandon Jasmin, WOU</td>
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<tr>
<td>2007 Tyler Thornton, WWU</td>
<td>Cameron Neel, CWU</td>
<td>Brandon Jasmin, WOU</td>
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<td>2008 Ryan Brown, WWU</td>
<td>Cameron Neel, CWU</td>
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<td>2011 Ryan Brown, WWU</td>
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<td>Brandon Jasmin, WOU</td>
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<td>2012 Scott Hunter, WWU</td>
<td>Cameron Neel, CWU</td>
<td>Brandon Jasmin, WOU</td>
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<td>2013 Scott Hunter, WWU</td>
<td>Cameron Neel, CWU</td>
<td>Brandon Jasmin, WOU</td>
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<tr>
<td>2014 Greyson Kilgore, NNU</td>
<td>Cameron Neel, CWU</td>
<td>Brandon Jasmin, WOU</td>
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<tr>
<td>2015 Payton Lewis, NNU</td>
<td>Cameron Neel, CWU</td>
<td>Brandon Jasmin, WOU</td>
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<td>2016 Payton Lewis, NNU</td>
<td>Cameron Neel, CWU</td>
<td>Brandon Jasmin, WOU</td>
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<td>2017 Payton Lewis, NNU</td>
<td>Cameron Neel, CWU</td>
<td>Brandon Jasmin, WOU</td>
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<tr>
<td>2018 Jared Webster, NNU</td>
<td>Cameron Neel, CWU</td>
<td>Brandon Jasmin, WOU</td>
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<td>2019 JT Konrad, WWU</td>
<td>Cameron Neel, CWU</td>
<td>Brandon Jasmin, WOU</td>
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