



About The GNAC

With members in five states and the province of Canada and with a strong presence in or near the largest city of each, the Great Northwest Athletic Conference has established itself as one of the top Division II athletic conferences in the NCAA during its 17-year history.

Founded in July 2001, GNAC teams have had over 90 Division II top-10 national team finishes in 15 of the 16 sports that it sponsors.

The 2017-18 indoor season was arguably the best in conference history with seven of the GNAC's 10 schools scoring at the NCAA Championships. Western Oregon's men led way, tying for sixth place for the second straight year. The Wolves' distance medley relay team repeated as national champion while Dustin Nading won the title in the mile.

Alaska Anchorage led seven scoring women's teams with a 10th place finish and a national title in the 800 meters for Danielle McCormick.

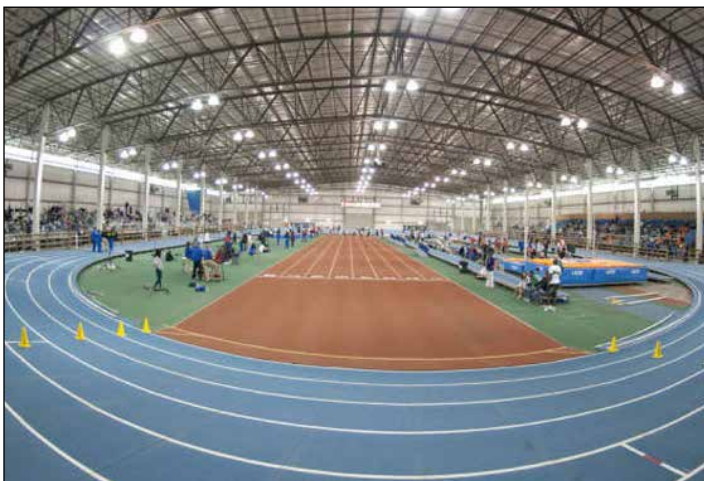
During the fall, Alaska Anchorage's cross country programs posted a pair of top-10 finishes at the NCAA Championships. The GNAC also netted both cross country Elite 90 Award winners in Central Washington's Alexa Shindruk and Western Oregon's Tyler Jones.

Western Washington's volleyball program put together a 30-match win streak en route to a trip to the NCAA Division II championship match, losing in five sets to Tampa. Soccer programs from Western Washington (women), Concordia (women) and Simon Fraser (men) all advanced to the postseason.

GNAC teams have won four national titles: Seattle University women's soccer in 2004, Seattle Pacific women's soccer in 2008, Western Washington men's basketball in 2012 and Western Washington women's soccer in 2016.



Ford Idaho Center HOME OF THE GNAC INDOOR TRACK & FIELD CHAMPIONSHIPS



The Great Northwest Athletic Conference Indoor Track and Field Championships returns to Nampa, home of the Ford Idaho Center, for the 16th consecutive year.

The Jacksons Indoor Track at the Ford Sports Complex has established a name in the track and field community since 2002, when the president of Jacksons Food Stores made a charitable contribution to Boise State University making it possible for Boise to purchase the track.

The constructed track is 200 meters long and includes an eight-lane straight track in the middle and six lanes banked on the oval. The track surface consists of Mondo, the world's leading performance multi-density synthetic rubber surface, a requirement by the NCAA and the USA Track & Field (USATF) for sanctioned championship events.

With all the accommodations made viable by the Ford Sports Complex, this track is the only world class championship facility in the Pacific Northwest.

In 2005, the USATF hosted the National Indoor Masters Championships, attracting more than 800 male and female athletes over the age of 40. The facility also hosted the 2012 NCAA Division I Indoor Track and Field Championships, which has been the largest event held in the facility.

The Ford Idaho Center also plays host to a variety of equestrian events. For six months out of the year the track is converted and used as a horse park.

On The Cover

Some of the top track and field athletes in the conference are featured on this year's GNAC Indoor Track and Field Championships program cover.

Clockwise From Top Left:

Sam Zook (Montana State Billings), Caroline Kurgat (Alaska Anchorage), Justin Crosswhite (Western Oregon), Braydon Maier (Central Washington), Addy Townsend (Simon Fraser), Chelsea Bone (Concordia), Josh Schulz (Saint Martin's), Renick Meyer (Seattle Pacific), Jake Knight (Northwest Nazarene), Anna Paradee (Western Washington).



New Look Teams, Top Marks Headline Indoor Meet

NAMPA, Idaho – The winds seem to be shifting on the sea that is GNAC indoor track and field.

After sharing the women's championship last year, Central Washington and Seattle Pacific sit poised to battle it out again when the GNAC Indoor Track and Field Championships begin on Friday at the Jacksons Indoor Center.

After Concordia took the men's trophy from Alaska Anchorage last year for its first title, it looks like another handoff may be in store. With considerable depth all across the board, Central Washington and Simon Fraser stand at the ready to step to the top of the podium.

WOMEN

The Falcons return a pair of champions in Scout Cai and Renick Meyer. Cai collected titles in both the pentathlon and pole vault last year, but has seen her action limited this indoor season due to injury. Nonetheless, Cai is 14th in Division II in the pentathlon (3,557). Meyer won the 60 meters and was second in the 60-meter hurdles last year. This year, Meyer leads the GNAC in the long jump (18-10.75) and is in the conference's top-five in the pentathlon and the 60-meter hurdles.

Among other returners, Kate Lilly is ranked second in the GNAC in the mile and fourth in 3,000 meters. A trio of freshmen will also vie for titles and key team points: Jenny Bouyer in the 60 and 200 meters, Peace Igbonagwam in the 60 meters and long jump and Madison Licari in the pole vault.

Mariyah Vongsaveng is the Wildcats' lone returning champion and hopes to make it three titles in four years in the 60-meter hurdles. The GNAC record holder has the 10th best time in Division II at 8.66 seconds. Senior HarLee Ortega has the No. 4 mark in Division II in the pentathlon (3,707) and has also provisionally qualified for nationals in the long jump. Alexa Shindruk, meanwhile, enters the meet ranked No. 14 in Division II in both the 3,000 meters (9:42.19) and the 5,000 meters (16:48.43).

Wildcats junior Halle Irvine hopes to claim her first indoor pole vault championship after setting the GNAC record at 12 feet, 10.75 inches, earlier this season. Samantha La Rue enters the meet with the conference's best mark in the shot put (44-10.25). Erykah Weems and Sidney Trinidad will play a factor in the sprints, with Weems entering the meet third in the GNAC in the 400 meters (56.82).

One can never count Simon Fraser out of the championship conversation thanks to its strengths in the distances. Addy Townsend hopes to reclaim her title in the 800 meters. She enters with the fourth-fastest time in Division II (2:08.70) and just missed an NCAA automatic qualifying time in the mile at 4:44.81. Sophie Dodd is also provisionally qualified for nationals with a time of 2:11.02 in the 800.

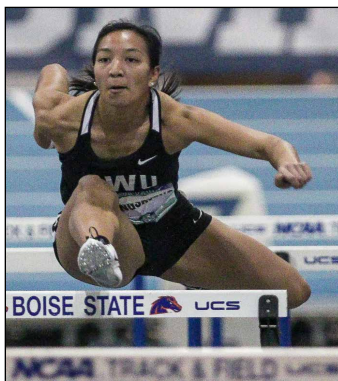
Simon Fraser is further bolstered in the sprints by Renate Bluschke, who leads the GNAC in the 400 meters (56.67), Meyer Quaynor in the 60 meters (7.79) and Bryce West in the 400 meters (58.29).

Alaska Anchorage will stake its successes on the track behind a pair of national champions. Danielle McCormick is the defending national champion in the 800 and owns a best of 2:10.90 this season, ranking 13th in Division II. Caroline Kurgat, meanwhile, hopes to add 3,000 and 5,000-meter indoor titles to her matched pair outdoors. Kurgat has run Division II all-time bests this year of 9:07.05 in the 3,000 and 15:28.46 in the 5,000.

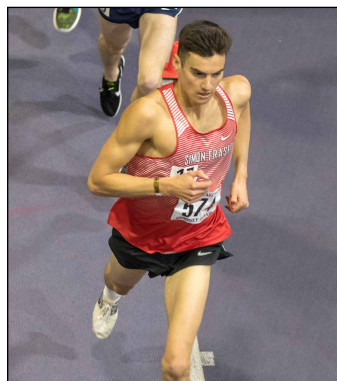
Western Washington enters the meet with seven of the top nine marks in the pole vault. The crew is led by 2017 GNAC champion Anna Paradee, who has the 28th best mark in Division II at 12 feet, 3.5 inches. Maddie Taylor leads the conference and is tied for sixth in Division II in the high jump (5-8). The Vikings will also look to Sophia Galvez, who ranks third in the conference in the 5,000 meters (17:37.16), and Hannah Bradley in the 60 meters (7.87).

Concordia enters the meet with some considerable depth all across the board. Chelsea Bone leads the way, ranking 16th in Division II in the pentathlon at 3,514 points. Macie Allen enters with the conference's top mark in the 60 meters (7.68) while Kori Sprague has the GNAC lead in the shot put (55-10.25).

Olivia Woods is poised to lead Western Oregon into the conference meet, resetting her own school record in the 400 meters (56.71) last week and notched an NCAA provisional qualifying time in the 800 meters (2:09.35), ranking seventh in Division II.



Central Washington senior Mariyah Vongsaveng hopes for her third GNAC title in the 60-meter hurdles in her four-year career. Photo by Loren Orr.



Simon Fraser junior Rowan Doherty is one of two SFU athletes provisionally qualified for nationals in both the mile and the 3,000 meters.

Northwest Nazarene's Lexi Tubbs won the 60-meter hurdles two years ago and has the 25th best time in Division II at 8.79 seconds. Jackie Mahowald picked up an NCAA provisional qualifier in the triple jump last week (38-5), breaking her own school record in the process.

Saint Martin's will also have a pair of title hopefuls. Freshman Keshara Romain enters with the GNAC lead in the triple jump (39-5) while Liz Larson is fourth in the weight throw (48-9).

MEN

Concordia took the conference by storm last year, using titles in the sprints and depth in the throws to claim its first-ever GNAC track championship. Those title winners are gone, though, and the depth in the throws is less, which opens the door for a number of other squads to challenge for the trophy.

Central Washington's Braydon Maier claimed the heptathlon title as a freshman. He has returned just as strong as a sophomore, ranking 10th in Division II with 5,156 points. Maier is also a title contender in the pole vault with an NCAA provisional qualifying mark of 15 feet, 7 inches.

Kodiak Landis, who won the heptathlon in 2017, has the third-best point total in Division II at 5,218 points while Michael Forster is 30th in the nation at 4,836 points. Aidan Cain enters the meet atop the conference in the weight throw (57-10.75) while Zach Whittaker leads the way in the triple jump (47-11.75).

Simon Fraser is in the title mix thanks to its considerable strength in the distance events. Aaron Ahl owns the No. 6 time in Division II in the mile (4:06.92) while Rowan Doherty ranks 10th in Division II in the 3,000 meters (8:12.35) and 14th in the mile (4:08.27). Pierre-Louis Detourbe is provisionally qualified in both the mile (4:07.80) and the 3,000 meters (8:16.19).

Where Simon Fraser is strong on the track, Northwest Nazarene is strongest in the field events. Jake Knight leads the Nighthawks with the league lead and 17th best mark in Division II in the shot put (56-8.5). Dakota Tidwell will be in the mix in the heptathlon, provisionally qualified for nationals with a total of 4,923 points. Elijah Castro leads the conference in both the 60-meter hurdles (8.37) and the long jump (23-2.75). On the track, Logan Blake enters with the No. 2 time in the GNAC in the 400 meters (49.33) and the No. 4 time in the 200 meters (22.21).

Montana State Billings' Kaelen Shay leads the GNAC in the 60 meters with a time of 6.96 seconds. Sam Zook, who won the 60 meters in 2017, is third this season in the 200 meters (22.16) while Drake Henson is in the GNAC top-five in the 800 meters (1:56.00). Isaiah Girard set the MSUB school record in the high jump (6-9) and is tied for 18th in Division II while Brady Ostermiller is third in the GNAC in the shot put (52-11.5).

Alaska Anchorage is led by defending champion Christopher Brake in the triple jump. He is currently second in the GNAC with a mark of 46 feet, 8.75 inches. Brake is also ranked fifth in the high jump (6-5) with David Sramek ranked fourth in the pole vault (14-7.25). The Seawolves, as always, will be well served in the distances. Wesley Kirui, the conference cross country champion, leads the GNAC in the 5,000 meters (14:18.62) while Edwin Kangogo is second (14:39.15).

Western Washington's best scoring chances will come in the field events. J.T. Konrad established an NCAA provisional qualifying mark in the pole vault with a GNAC-leading clearance of 16 feet, 0.75 inches. The Vikings have a pair of provisional qualifiers in the heptathlon in Ian Rinefort (4,829) and Seren Dances (4,795), with Dances ranked second in the GNAC in the long jump (22-11.75).

Concordia is led by defending shot put champion Josh Koch, who enters with the second-best mark in the GNAC this season at 53 feet, 9 inches. In all, the Cavaliers have three of the top-eight marks in the event. Giovanni Brown will vie for a heptathlon title, ranking third in the GNAC with 4,985 points, while Adam Brown leads the GNAC in the 400 meters (49.20) while ranking second in the 200 (22.13).

Western Oregon's best title chances will come in the distances. Tyler Jones stands at No. 3 in the GNAC with his NCAA provisional qualifying time of 8:17.20 in the 3,000 meters. Curt Knott has the GNAC's second-fastest 800 time (1:54.88) while Justin Crosswhite is fourth in the mile with a time of 4:10.47.

Saint Martin's freshman Tyler Cronk is just the second athlete in GNAC history to clear seven feet in the high jump. His clearance of 7 feet, 1 inch, automatically qualifies Cronk for the NCAA Championships.

2019 GNAC Indoor Track & Field Championships

Alaska Anchorage

SEAWOLVES



Kirui



McCormick



Friess

As Alaska Anchorage looks to return to the women's podium for the first time since 2016, all eyes will be on Caroline Kurgat. The senior has set NCAA Division II all-time bests in the 3,000 meters (9:07.05) and 5,000 meters (15:28.46) and is the clear favorite to win both events.

Senior Danielle McCormick is the defending national champion in the 800 meters and has the 13th best time nationally at 2:10.90. Ruth Cvacara is right behind with a time of 2:14.04. The women's DMR is 13th nationally with a best of 11:53.47.

The Seawolves' men's team is bolstered once again in the distances. Wesley Kirui is in the national top-20 in the 5,000 meters (14:18.62) while Felix Kemboi is in the top-25 in the 3,000 (8:20.94).

Eduardo Orozco has the GNAC's fifth-best time in the 800 meters (1:56.03) and Drew Johnson is fifth in the mile (4:17.64). In the field events, Christopher Brake is second in the triple jump (46-8.75) and fifth in the high jump (6-5) while multi-eventer David Sramek is fourth in the pole vault (14-7.25).

MEN

Name	Yr.	Hometown
Christopher Brake	Jr.	Nelson, New Zealand
Nathanial Brunett	Fr.	Clancy, Mont.
Daryl Bushnell	Fr.	Anchorage, Alaska
Enrique Campbell	Fr.	St. Catherine, Jamaica
Faisal Ibrahim	Fr.	Anchorage, Alaska
Joshua Jackman	So.	Kenai, Alaska
Drew Johnson	Fr.	Littleton, Colo.
Edwin Kangogo	Sr.	Eldoret, Kenya
Felix Kemboi	So.	Eldoret, Kenya
Wesley Kirui	Jr.	Nakuru, Kenya
Nickson Koech	So.	Kapsabet, Kenya
Brandon Nicholson	So.	Wasilla, Alaska
Eduardo Orozco	Jr.	King City, Calif.
Daniel Remington	Sr.	Fairbanks, Alaska
Jorge Sanchez	Sr.	Salinas, Calif.
David Sramek	Jr.	Klatovy, Czech Republic

WOMEN

Name	Yr.	Hometown
D'Rhema Alston	Sr.	Anchorage, Alaska
Vanessa Aniteye	Jr.	Norderstedt, Germany
Tylantiss Atlas	Fr.	Dallas, Texas
Riley Burroughs	Jr.	Wasilla, Alaska
Elena Cano	Jr.	Alpine, Texas
Emmah Chelimo	Jr.	Iten, Kenya
Kimberly Coscia	Jr.	Torrance, Calif.
Ruth Cvacara	So.	Anchorage, Alaska
Grace Gannon	So.	Anchorage, Alaska
Ann Gebauer	Fr.	Anchorage, Alaska
Arielle Himelbloom	So.	Kodiak, Alaska
Nancy Jeptoo	Fr.	Eldoret, Kenya
Yvonne Jeschke	Sr.	Au am Rhein, Germany
Chrisalyn Johnson	Sr.	Anchorage, Alaska
Joan Kipsanai	Fr.	Eldoret, Kenya
Kate Kirby	Fr.	Anchorage, Alaska
Yemi Knight	Sr.	St. Michael, Barbados
Caroline Kurgat	Sr.	Eldoret, Kenya
Mikayla Mader	Fr.	Anchorage, Alaska
Danielle McCormick	Sr.	Soldotna, Alaska
Marie Ries	Jr.	Wenden, Germany

Head Coach: Michael Friess

Associate Head Coach: Ryan McWilliams

Assistants: Ray Shadowens, Tevin Gladden, Adam Commandeur

Central Washington

WILDCATS



Landis



Ortega



Adkisson

After tying for the women's team title a year ago, the Wildcats would love to win it outright. HarLee Ortega leads the way, entering with the No. 4 mark in Division II in the pentathlon (3,707) and a provisional qualifier in the long jump (18-9.25). Alexa Shindruk is ranked No. 14 nationally in both the 3,000 meters (9:42.19) and the 5,000 meters (16:48.43).

Mariyah Vongsaveng is the defending champion in the 60-meter hurdles and is tied for 10th in Division II this season at 8.66 seconds. Halle Irvine set the GNAC indoor record earlier this season in the pole vault (12-10.75) and Samantha La Rue leads the league in the shot put (55-10.25).

Central Washington's men's scoring chances rely heavily on the field events. Kodiak Landis has the No. 3 Division II mark in the heptathlon (5,218) while Braydon Maier is 10th as the defending champion (5,132). Maier is second in the GNAC in the pole vault (15-3).

Zach Whittaker is provisionally qualified for nationals in the triple jump (47-11.75) as is Aidan Cain in the weight throw (57-10.75). The Wildcats enter with the GNAC's top time in the 4x400-meter relay

MEN

Name	Yr.	Hometown
Trevor Allen	So.	Lake Stevens, Wash.
Aidan Cain	So.	Monroe, Wash.
Daniel Calderon	Jr.	Tacoma, Wash.
Corbin Carlton	Sr.	Spokane, Wash.
Michael Forster	Sr.	Arlington, Wash.
Ryan Gunther	Sr.	Camas, Wash.
Kodiak Landis	Sr.	Snohomish, Wash.
Braydon Maier	So.	Selah, Wash.
Doc Porter	Jr.	Pendleton, Ore.
Trevaughn Scott	Sr.	Tacoma, Wash.
Ethan Tonder	So.	Vancouver, Wash.
Zach Whittaker	Sr.	Poulsbo, Wash.

WOMEN

Name	Yr.	Hometown
Allie Baldwin-Case	Fr.	Missoula, Mont.
Emily Bland	Jr.	Monroe, Wash.
Tawni Blankenship	Fr.	Ocean Shores, Wash.
Kayla Bloomquist	Fr.	Williston, N.D.
Troi Carter	Jr.	Gig Harbor, Wash.
Sydney Carter	Fr.	Bothell, Wash.
Madison Child	Fr.	Camas, Wash.
Delaney Clem	Jr.	Pendleton, Ore.
Katie Collins	Sr.	Nine Mile Falls, Wash.
Kaitlyn Ditter	Fr.	Yakima, Wash.
Brittany Dodge	Jr.	Pateros, Wash.
Aujanique Doss	Sr.	Tacoma, Wash.
Erin Eiswald	Fr.	Bellingham, Wash.
Kate Evans	Fr.	Scottsdale, Ariz.
Ashley Fahey	Fr.	Gig Harbor, Wash.
Avery Fisk	Fr.	Ellensburg, Wash.

WOMEN

Name	Yr.	Hometown
Caitlin Gohr	Fr.	Anchorage, Alaska
Rachelle Hamilton	Fr.	Okanagan, Wash.
Erika Hettick	Fr.	Gig Harbor, Wash.
Tia Hill	Fr.	Ellensburg, Wash.
Halle Irvine	Jr.	Yakima, Wash.
Mariah Jones	Sr.	Yakima, Wash.
Noelle Juarez	Fr.	Royal City, Wash.
Kirsten Kimminau	So.	Olympia, Wash.
Samantha La Rue	Jr.	Covington, Wash.
Kay Lester	Fr.	Othello, Wash.
Emily Lewis	Fr.	Yakima, Wash.
Sayana Lombard	Sr.	Renton, Wash.
Molly Mattson	Fr.	Selah, Wash.
Shaddia Meadows	Jr.	Naches, Wash.
Jasmyne Neria	So.	Lynden, Wash.
Yareli Ochoa	Fr.	Marysville, Wash.
HarLee Ortega	Sr.	Payette, Idaho
Kendra Otto Von Askervold	Fr.	Lake Stevens, Wash.
Morgan Robydek	Jr.	Tacoma, Wash.
Drew Sabisch	Fr.	Tumwater, Wash.
Nini Salavea	Fr.	Vancouver, Wash.
Alexa Shindruk	Sr.	Bellingham, Wash.
Megan Smallbeck	Fr.	Tacoma, Wash.
Jillyan Taylor	Fr.	Okanagan, Wash.
Sidney Trinidad	So.	Arlington, Wash.
Lily Tyrell	So.	Selah, Wash.
Mariyah Vongsaveng	Sr.	Federal Way, Wash.
Rose Walts	Jr.	Tonasket, Wash.
Erykah Weems	Jr.	Vancouver, Wash.
Brooke Williams	Sr.	Vancouver, Wash.
Kayla Wyatt	So.	Spokane, Wash.

Head Coach: Kevin Adkisson

Assistants: Brittany Aanstad, Bryan Mack, Wyatt Meyring, JT Statler, Bryan Contreras

2019 GNAC Indoor Track & Field Championships

Concordia

CAVALIERS



Brown



Stephens



Mantalas

Concordia won the men's title in its first year as a full Division II member and will look to depth for a chance to repeat. The Cavaliers have three of the top-eight marks in the shot put, led by Josh Koch's 53-9, and two of the top-eight in the weight throw.

Giovanni Brown will compete for the heptathlon title and is provisionally qualified for nationals at 4,985 points. Adam Brown leads the league in the 400 meters (49.20) and is second in the 200 (22.13).

The Concordia women have depth at all disciplines. Chelsea Bone will vie for the title in the pentathlon and sits 16th in Division II this season (3,514). Macie Allen enters with the conference's top mark in the 60 meters (7.68) and is fifth in the 200 meters (25.65) while Chase Stephens is third in the high jump (5-4.5) and fourth in the 60-meter hurdles (8.89).

Kori Sprague leads the throwing corps with a national provisional mark in the weight throw (55-10.25) while Joselynn Tensley is second in the GNAC in the shot put (41-5).

MEN			
Name	Yr.	Hometown	
Josh Allan	Fr.	Newport, Ore.	
Nick Ball	Fr.	Clackamas, Ore.	
Robert Bierly	Sr.	Boring, Ore.	
Caleb Bridge	Jr.	Ocean Shores, Wash.	
Seth Bridge	So.	Ocean Shores, Wash.	
Adam Brown	Jr.	Portland, Ore.	
Giovanni Brown	Sr.	Erie, Penn.	
Jacob Brown	So.	Portland, Ore.	
Emmanuel Carrizales	Jr.	Banks, Ore.	
Jakob Chamberlin	So.	Bellingham, Wash.	
Easton Christensen	Sr.	Oregon City, Ore.	
Joe Denniston	Jr.	Portland, Ore.	
Brett Elder	Jr.	Cloverdale, Ore.	
Andrey Gamza	Jr.	Portland, Ore.	
Dominic Giordano	Jr.	Edmonds, Wash.	
Connor Jensen	So.	Vancouver, Wash.	
Josh Koch	Sr.	Dayton, Nev.	
Robert Kochis	Sr.	Yuma, Ariz.	
Judd Lewis	Sr.	Wenatchee, Wash.	
Jose Macias	Jr.	Hermiston, Ore.	
Josh Moats	Jr.	Sherwood, Ore.	
Noah Murry	Jr.	Olympia, Wash.	
Sam Nichols	Sr.	Sparks, Nev.	
Tyler Powers	Sr.	Tigard, Ore.	
Dalton Rasmussen	Fr.	Roseburg, Ore.	
Max Rotar	Fr.	Portland, Ore.	
Matt Schweitz	Sr.	Milwaukie, Ore.	
Peter Seifert	Sr.	Sangerhausen, Germany	
Cullen Williams	Sr.	Corvallis, Mont.	

WOMEN			
Name	Yr.	Hometown	
Macie Allen	So.	Gresham, Ore.	
Kaitlyn Bailly	Jr.	Anchorage, Alaska	
Chelsea Bone	So.	Oregon City, Ore.	
Ashley Brooks	Jr.	Tacoma, Wash.	
Brianna Cole	So.	North Bend, Ore.	
Bailey Fjelstul	Jr.	Kenmore, Wash.	
Gabriella Hobson	Jr.	Coos Bay, Ore.	
Karlie Hurley	Jr.	North Bend, Wash.	
Paige Johnson	So.	Woodland Hills, Calif.	
Tori Johnson	Sr.	Estacada, Ore.	
Aysia Killingbeck	Sr.	Oakridge, Ore.	
Sasha Korolenko	So.	Bothell, Wash.	
Beth Leavitt	Sr.	Redmond, Ore.	
Katrina Linenko	Sr.	Newport, Ore.	
Megan Mayfield	Sr.	Salinas, Calif.	
Maddie Misi	Sr.	Beaverton, Ore.	
Nicole Pederson	Sr.	Redondo Beach, Calif.	
Elle Rauning	Fr.	Gresham, Ore.	
Dalen Richardson	Sr.	Boring, Ore.	
Kori Sprague	So.	Wildomar, Calif.	
Chase Stephens	Jr.	Palmer, Alaska	
Elizabeth Stottlemire	So.	Lacey, Wash.	
Joselynn Tensley	Jr.	Veradale, Wash.	
Ronni Van Zant	Fr.	Sheridan, Ore.	
Tommi Villers	Fr.	Corvallis, Ore.	

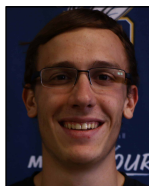
Head Coach: Jarret Mantalas

Associate Head Coach: Branko Djuricic

Assistants: Adam Riddle, Ray Kauffman, Jared Seckel, Emma Hill, Carlos Ortiz

Montana State Billings

YELLOWJACKETS



Girard



Aiken



Woehl

The Montana State Billings men looks to have a pair of title contenders in the field events. Isaiah Girard set the MSUB record in the high jump two weeks ago in Nampa (6-9) and has the second-best mark in the GNAC. Brady Ostermiller ranks third in the shot put (52-11.5). Both athletes are provisionally qualified for the NCAA Championships.

The Yellowjackets have three of the top-eight in the 60 meters, led by the No. 1 time of Kaelen Shay (6.96). Sam Zook, who won the 60 in 2017, is third in the 200 (22.16) and Drake Henson is in the top-five in the 800 meters (1:56.00).

The MSUB women are led by Hannah Nesson, who is seventh in the weight throw (45-11.75), while Hailey Steinbeisser is eighth in the GNAC in the shot put (38-3.5). Michaela Johnson enters with the 10th best time in the 60-meter hurdles (9.26). The Yellowjackets will also look to Nikki Aiken for points in the mile and 3,000 meters.

MEN			
Name	Yr.	Hometown	
Ase Ackerman	Sr.	Glendive, Mont.	
Beau Ackerman	Sr.	Glendive, Mont.	
Ivan Colmenero	Sr.	Manhattan, Mont.	
Forrest Cross	Jr.	Sundance, Wyo.	
Rahkei Eyer	Jr.	Boulder, Mont.	
Isaiah Girard	Jr.	Dillon, Mont.	
Lucas Harper	Fr.	Billings, Mont.	
Drake Henson	So.	Lewistown, Mont.	
Mark Hovland	Sr.	Billings, Mont.	
Carson Jessop	So.	Pinesdale, Mont.	
Marcus Lindquist	Jr.	Missoula, Mont.	
Kyle McLaughlin	Jr.	Belgrade, Mont.	
Tyus Mendoza	Sr.	Colstrip, Mont.	
Brady Ostermiller	Sr.	Shepherd, Mont.	
Kyle Patelis	Fr.	Billings, Mont.	
Beau Peaslee	Jr.	Miles City, Mont.	
Matthew Poore	Fr.	Billings, Mont.	
Mason Schram	Jr.	Gardiner, Mont.	
Kaelen Shay	Sr.	Billings, Mont.	
Ty Stanton	Fr.	Jordan, Mont.	
Logan Straus	Fr.	Billings, Mont.	
Ronald Venema	Jr.	Pinesdale, Mont.	
Sam Zook	Sr.	Casper, Wyo.	

WOMEN			
Name	Yr.	Hometown	
Nikki Aiken	Jr.	Belgrade, Mont.	
Brenna Beckett	Jr.	Broadview, Mont.	
Anne Lory Chevalier	Jr.	Billings, Mont.	
Sierra Durbin	Fr.	Moore, Mont.	
Rachel Hiner	So.	Harlowton, Mont.	
Brooke Johnson	Fr.	Casper, Wyo.	
Michaela Johnson	Jr.	Billings, Mont.	
Miranda Livingston	Jr.	Columbia Falls, Mont.	
Abbie Lohof	Jr.	Laurel, Mont.	
Myhia Metzenberg	Fr.	Miles City, Mont.	
Hannah Nesson	So.	Billings, Mont.	
Shaniah Schwend	Sr.	Bridger, Mont.	
Josey Smiedala	Jr.	Helena, Mont.	
Hailey Steinbeisser	Sr.	Sidney, Mont.	
Kailee Stoppel	Fr.	Billings, Mont.	
Taylor Stringari	Jr.	Shepherd, Mont.	
Madison Thompson	Fr.	Fort Benton, Mont.	
Janessa Williams	Sr.	Clancy, Mont.	

Head Coach: Jonathan Woehl

Assistants: Brandon Hammack, Jessica Goosmann, Dillon Gonglewski

2019 GNAC Indoor Track & Field Championships

Northwest Nazarene

NIGHTHAWKS



Tidwell

Mahowald

Bowman

Competing in its hometown, Northwest Nazarene aims to make its biggest splash in the field events. On the men's side, Jake Knight set the school record in the shot put and is 17th in Division II (56-8.5). Dakota Tidwell is the new face for the Nighthawks in the heptathlon, provisionally qualified for nationals at 4,923 points.

Elijah Castro leads the GNAC in the 60-meter hurdles (8.37) and the long jump (23-2.75) while Spencer Hopkins is third in the pole vault (15-3). Logan Blake enters with the No. 2 time in the 400 meters (49.33) and No. 4 time in the 200 meters (22.21) and Canyon Anderson is second in the weight throw (55-6.5).

Lexi Tubbs hopes to be a two-time champion in the women's 60-meter hurdles and is tied for third this season at 8.79 seconds. Jackie Mahowald enters the meet No. 3 in the conference and provisionally qualified for nationals in the triple jump (38-5).

MEN

Name	Yr.	Hometown
Ryan Abdalla	So.	Duvall, Wash.
Canyon Anderson	So.	Eagle, Idaho
Logan Blake	Jr.	Bend, Ore.
Parker Bogart	Fr.	Olympia, Wash.
Zach Booker	Fr.	Medford, Ore.
Aaron Borger	Fr.	Torrington, Wyo.
Grant Brookover	So.	Colville, Wash.
Peyton Brothers	Jr.	Nampa, Idaho
Colton Burr	Fr.	Weiser, Idaho
Elijah Castro	So.	Grants Pass, Ore.
Ryan Chism	Sr.	Star, Idaho
Stephen Christensen	Fr.	Jacksonville, Ore.
Treyson Conley	Fr.	Redmond, Ore.
Brayden Eiland	Sr.	Centralia, Wash.
Jeffrey Fairbanks	Fr.	Medford, Ore.
Skyler Galgan	Fr.	Meridian, Idaho
Phillip Gwin	Sr.	Orangevale, Calif.
Nicholas Hamilton	Sr.	Florence, Mont.
Dustin Hatlen	So.	Pacific, Calif.
Spencer Hopkins	So.	Lake Oswego, Ore.
Blake Johanson	So.	Nampa, Idaho
Isaiah Kahut	Jr.	Vancouver, Wash.
Godfrey Kemboi	Jr.	Iten, Kenya
Jake Knight	Sr.	Meridian, Idaho
Blaine Kreutz	Jr.	La Grande, Ore.
Levi Lewis	Jr.	Ontario, Ore.
Pablo Lopez-Hernandez	So.	Nampa, Idaho
Zachary Magee	So.	Coeur d'Alene, Idaho
Rylan Manzer	Jr.	Melba, Idaho
Cody Robbins	Fr.	Meridian, Idaho
Tyler Shea	Fr.	Spokane, Wash.
Dakota Tidwell	So.	South Jordan, Utah
Micah Tranch	Sr.	Wapato, Wash.
Cameron Willey	Fr.	Yakima, Wash.
Coby Yates	Fr.	Emmett, Idaho

WOMEN

Name	Yr.	Hometown
Katie Conklin	Sr.	The Dalles, Ore.
MaKenna Conley	Sr.	Redmond, Ore.
Bethany Danner	Jr.	McCall, Idaho
Anna Depew	Fr.	Stanwood, Wash.
Sage Earnest	Fr.	Nampa, Idaho
Jacquelyn Gallagher	Fr.	Meridian, Idaho
Kourtney Gwin	Jr.	Orangevale, Calif.
Miranda Kopp	Sr.	Nampa, Idaho
Annalisa Hamilton	So.	Florence, Mont.
Emily Hammons	Sr.	Nampa, Idaho
Ashley Harris	So.	Caldwell, Idaho
Katie Heckathorn	So.	Emmett, Idaho
Dakota Hutton-King	Fr.	Sun Valley, Idaho
Kalen Johnson	Fr.	Zillah, Wash.
Jackie Mahowald	Jr.	Nine Mile Falls, Wash.
Sierra Manzer	Sr.	Melba, Idaho
Ally Miran	So.	Garden Valley, Idaho
Heidi Nisly	So.	Victor, Mont.
Jenny Nobbs	Fr.	Zillah, Wash.
Nicole Nobbs	Sr.	Zillah, Wash.
Breann Porter	Fr.	Vancouver, Wash.
Lexi Tubbs	Jr.	Turlock, Calif.
Madi Vonbrethorst	Fr.	Spokane, Wash.
Kendal Willenbrock	So.	Gig Harbor, Wash.
Reitta Wyllie	So.	Long Creek, Ore.
Heather Yunek	Fr.	Sandpoint, Idaho

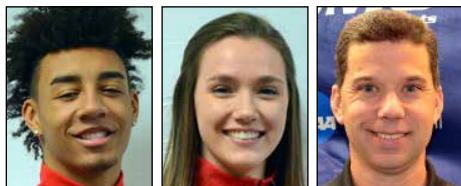
Head Coach: Danny Bowman

Associate Head Coach: Nick Collins

Assistants: Oscar Duncan, Ben Gall, Payton Lewis, John Knight

Saint Martin's

SAINTS



Cronk

Larson

Brewer

Saint Martin's top scoring chances will come from freshmen in the field events. Freshman Tyler Cronk will be the favorite in the men's high jump. His best of 7-1 is No. 2 in GNAC history, No. 4 in the Division II this season and automatically qualifies Cronk for the NCAA Championships.

Keshara Romain has the conference's top mark in the women's triple jump (39-5) and has provisionally qualified for the national meet.

Liz Larson hopes to end her college indoor career on a high note, entering the meet tied at No. 4 in the GNAC in the weight throw (48-9).

In the sprints, Michael Russell (22.38) and Jackson Hand (22.40) rank fifth and sixth, respectively, in the men's 200 meters. Josh Schulz is fourth in the GNAC in the long jump (22-11) and will be a factor in both the 60-meter hurdles and the heptathlon as will Chris Rickard and Craig Boyle in the pole vault.

MEN

Name	Yr.	Hometown
Zachary Anguay	Jr.	Wailuku, Hawaii
Logan Armstrong	Jr.	Seattle, Wash.
Micah Au-Haupua	Fr.	Pukalani, Hawaii
Craig Boyle	Sr.	Vancouver, Wash.
Colton Buster	Jr.	Centralia, Wash.
Dylan Chism	Jr.	Newcastle, Wash.
Ethan Clary	Fr.	Yelm, Wash.
Tyler Cronk	Fr.	Kent, Wash.
Miguel De LaMelena	So.	Vancouver, Wash.
Jack Farrell	Fr.	Lacey, Wash.
Jackson Hand	Sr.	Edmonds, Wash.
Cade Harris	So.	Wailuku, Hawaii
Braeden Kemmer	Fr.	Belfair, Wash.
Cooper McCullough	Fr.	Enumclaw, Wash.
Brandon McMillian	Fr.	Kent, Wash.
Andrew Oslin	Fr.	Puyallup, Wash.
Eric Parks	So.	Locust Grove, Ga.
Joe Phinazee	Fr.	Eagle River, Alaska
Michael Remer	Sr.	Wailuku, Hawaii
Chris Rickard	Fr.	Ewa Beach, Hawaii
Noah Roberts	So.	Lake Tapps, Wash.
Michael Russell	Jr.	Lacey, Wash.
Levi Schilter	Jr.	Pe Ell, Wash.
Josh Schulz	Fr.	Lacey, Wash.
Will Sinclair	Fr.	Montesano, Wash.
Braden Stowers	So.	Kailua, Hawaii
Guillaume Tabary	Fr.	Pukalani, Hawaii
Joshua Tanicala	Sr.	Maui, Hawaii
Kaunoe Vanderpoel	Sr.	Fairbanks, Alaska
Andrew Walter	Fr.	Tacoma, Wash.
Rudu Wani	Fr.	Tacoma, Wash.

WOMEN

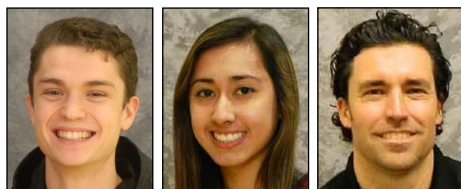
Name	Yr.	Hometown
Cassidy Apo	Sr.	Honolulu, Hawaii
Eliza Bannister	Fr.	Ilwaco, Wash.
Briana Cabrera	Fr.	Chino, Calif.
Sadie Dagleish	Sr.	Longview, Wash.
Lindsey Dorney	Sr.	Bothell, Wash.
Alycia Frazier	So.	Ewa Beach, Hawaii
Kianna Garmanian	Jr.	Everett, Wash.
Grace Hamre	Jr.	Chehalis, Wash.
Sarah Howsden	Sr.	Winlock, Wash.
Ariya Kendrick	Jr.	Kent, Wash.
Liz Larson	Sr.	Snoqualmie, Wash.
Kailey Martin	Fr.	Monroe, Ore.
Artresa Nickelson	So.	Vancouver, Wash.
Tiffany Pott	Jr.	Auburn, Wash.
Alyssa Robinson	Fr.	Kailua, Hawaii
Keshara Romain	Fr.	Lacey, Wash.
Jona Spiller	Sr.	Olympia, Wash.
Taylor Tandeki	So.	Enumclaw, Wash.
Megan Vernoy	Sr.	Brentwood, Calif.
Ashley Vest	So.	Poulsbo, Wash.

Head Coach: Jim Brewer

Assistants: Rachel Brewer, Atanas Atanasov, Cassidy Stevick, Dwight Midles, Marc Fish, Matt Staples, Paul Kelly

2019 GNAC Indoor Track & Field Championships

Seattle Pacific FALCONS



Graff **Cai** **Lerum**

Seattle Pacific is in a good position to challenge for another women's team title. The Falcons return a pair of champions in Scout Cai and Renick Meyer. Cai is the defending champ in the pentathlon and pole vault and is 14th in Division II this season in the pentathlon (3,557). Meyer won the 60 meters last year and is provisionally qualified for nationals in the pentathlon (3,326), 60-meter hurdles (8.77) and the long jump (18-10.75).

Freshman Jenna Bouyer leads the GNAC in the 200 meters (25.28) and is second in the 60 meters (7.77) while Peace Igbonagwam is third in the 60 (7.78) and sixth in the long jump (17-11). Kate Lilly leads the distance corps, ranking second in the mile (5:00.62) and fourth in the 3,000 (10:02.40).

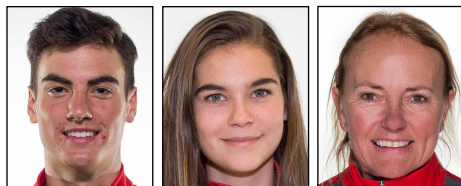
Jesse Phan leads the Seattle Pacific men with the sixth-fastest time in the 800 meters (1:56.22) while Elias Graff will pace the Falcons' distance team. That crew includes Shad Galloway, who is fifth in the GNAC in the 5,000 meters (15:53.79).

MEN		
Name	Yr.	Hometown
Sean Barbour	Fr.	Yakima, Wash.
Colin Boutin	So.	Valrico, Fla.
Shayne Carpenter	Jr.	Tacoma, Wash.
Davis Flintoff	So.	Vancouver, Wash.
Shad Galloway	So.	Portland, Ore.
Royce Garcia	So.	Honolulu, Hawaii
Elias Graff	So.	Portland, Ore.
Ben Hansen	So.	Los Angeles, Calif.
Nick Leidig	Fr.	Brier, Wash.
Alec Llamas	Fr.	Ventura, Calif.
Silas Newby	Fr.	Bothell, Wash.
Colby Otero	Fr.	Kailua, Hawaii
Joseph Perkins	Jr.	Happy Valley, Ore.
Jesse Phan	Sr.	Bellingham, Wash.
Aiden Pullen	Fr.	Washougal, Wash.
Jared Putney	Fr.	Issaquah, Wash.
Brayden Schultz	Fr.	Kenmore, Wash.
Christian Wong	Jr.	Renton, Wash.

WOMEN		
Name	Yr.	Hometown
Grace Bley	Jr.	Puyallup, Wash.
Jenna Bouyer	Fr.	University Place, Wash.
Scout Cai	Jr.	Colfax, Wash.
McKenzie Diaz	Fr.	Gig Harbor, Wash.
Anna Farmer	Fr.	Molalla, Ore.
Dania Holmberg	So.	Eagle, Idaho
Peace Igbonagwam	Fr.	Fairview, Ore.
Krystal Kaufman	Fr.	Ridgefield, Wash.
Emma Lambert	Sr.	Portland, Ore.
Geneva Lehnert	Sr.	Eugene, Ore.
Madison Licari	Fr.	Milton, Wash.
Kate Lilly	Jr.	Renton, Wash.
Emily Long	So.	Irvine, Calif.
Kellie May	So.	Irvine, Calif.
Amber McGraw	Fr.	Sammamish, Wash.
Sedona McMerney	Jr.	Fair Oaks, Calif.
Renick Meyer	So.	Gresham, Ore.
Kaylee Mitchell	Fr.	Salem, Ore.
Alexis Rogers	Fr.	Renton, Wash.
Abbie Steinhauer	So.	Lynnwood, Wash.
Julia Stepper	So.	Ariel, Wash.
Elizabeth Thompson	So.	Portland, Ore.
Rebecca Troesch	Fr.	Eagle, Idaho
Katherine Walter	Jr.	Brier, Wash.
Kelsey Washenberger	Fr.	Bend, Ore.

Head Coach: Karl Lerum
Assistants: Chris Reed, Audra Smith

Simon Fraser CLAN



Doherty **Bluschke** **Townsend**

As always, both Simon Fraser's men's and women's teams will figure into the title mix. And as always, the Clan will score almost all of their points on the track.

Addy Townsend just missed the automatic qualifying mark for nationals in the mile (4:44.81) two weeks ago, ranking No. 2 in Division II. She is also No. 4 in the 800 meters (2:08.70), an event where she won GNAC titles in 2016 and 2017.

Adding to that depth is Sophie Dodd in the 800 meters (2:11.02), who ranks 14th nationally. In the sprints, Renate Bluschke leads the GNAC in the 400 meters (56.67) and Meyer Quaynor is fourth in the 60 meters (7.79). The Clan also has the No. 2-ranked DMR in Division II with a time of 11:35.62.

For the men, Rowan Doherty ranks sixth in Division II in the 3,000 meters (8:12.35) and 14th in the mile (4:08.27). Aaron Ahl leads the GNAC and is No. 6 in Division II in the mile (4:06.92) while Pierre-Louis Detourbe is also provisionally qualified for nationals in both events.

Nathan Mah leads the GNAC in the 200 meters (22.05) and Nick Bauernschmitt is third in the 800 meters (1:55.68).

MEN		
Name	Yr.	Hometown
Josh Adhemar	Jr.	Abbotsford, B.C.
Aaron Ahl	So.	Calgary, Alta.
Nick Bauernschmitt	Fr.	Pembroke, Ont.
Ben Conrad	Jr.	Bridgewater, N.S.
Bryan Cortes	Fr.	Coquitlam, B.C.
Pierre-Louis Detourbe	So.	Saint-Pol-sur-Ternoise, France
Rowan Doherty	Jr.	West Vancouver, B.C.
Liam Foster	Fr.	Pitt Meadows, B.C.
Thomas Gallagher	So.	Keswick, Ont.
Zackary Kuzyk	So.	Maple Ridge, B.C.
Jorin Lenton	Fr.	Maple Ridge, B.C.
Nathan Mah	Jr.	Burnaby, B.C.
Sean Miller	Sr.	Nanaimo, B.C.
Sean Paulsen	Jr.	Pitt Meadows, B.C.
Justin Russell	So.	Delta, B.C.
Chris Sobczak	So.	South Milwaukee, Wis.
Nate St Romain	Fr.	Belleville, Ont.
Richard Torres	Jr.	Langley, B.C.
Carlos Vargas	Sr.	Brossard, Que.
Jordan Wilson	Jr.	Sechelt, B.C.

WOMEN		
Name	Yr.	Hometown
Renate Bluschke	So.	Black Creek, B.C.
Calli Charlton	Fr.	Vancouver, B.C.
Emily Chilton	So.	New Westminster, B.C.
Sophie Dodd	Sr.	Vancouver, B.C.
Kristie Elliott	Fr.	North Vancouver, B.C.
Erin Fortune	So.	Basel, Switzerland
Adrianna Klassen	Fr.	Langley, B.C.
Emily Lindsay	Fr.	Duncan, B.C.
Nicole Lindsay	So.	Duncan, B.C.
Emily Morley	Fr.	Maple Ridge, B.C.
Amy Morris	So.	Nanaimo, B.C.
Paige Nock	Sr.	Courtside, Ont.
Meyer Quaynor	So.	Surrey, B.C.
Chelsea Ribeiro	So.	Surrey, B.C.
Megan Roxby	Fr.	North Vancouver, B.C.
Mairin Shields-Brown	So.	Campbell River, B.C.
Addy Townsend	Jr.	Coquitlam, B.C.
Bryce West	Sr.	Collingwood, Ont.
Olivia Willett	So.	Coquitlam, B.C.
Camryn Yuen	So.	North Vancouver, B.C.

Head Coach: Brit Townsend
Assistants: Tom Dickson, Jerrold Jones, Donald Allemeersch

2019 GNAC Indoor Track & Field Championships

Western Oregon

WOLVES



Crosswhite



Gronbach



Johnson

Western Oregon's strength again this indoor season is in the distances. Tyler Jones leads the way on the men's side, owning Division II's 18th best time in the 3,000 meters (8:17.20). Justin Crosswhite, meanwhile, earned a provisional qualifier in the mile at the GVSU Big Meet last week (4:10.47).

In the sprints, Curt Knott is second in the GNAC in the 800 meters (1:54.88). The two-time defending champs in the men's DMR, the Wolves are 12th in Division II with a time of 9:54.85.

For the WOU women, Olivia Woods is ranked seventh in Division II in the 800 meters (2:15.57) and Grace Knapp is seventh in the GNAC in the mile (5:11.05).

The Wolves also expect points from Mariah Gronbach, who is third in the GNAC in the weight throw (52-2.5). Moana Gianotti is eighth in both the weight throw (45-3) and ninth in the shot put (38-3.25) and Anna Popchok is ranked eighth in the triple jump (36-2).

MEN

Name	Yr.	Hometown
Adam Alnazer	Fr.	Monterey, Calif.
Gabe Arce-Torres	Fr.	Lincoln City, Ore.
Codi Blodgett	Jr.	Clatskanie, Ore.
Isaac Burgett	Fr.	Independence, Ore.
Gabriel Campos-Davis	Fr.	Hood River, Ore.
Max Carmona	Fr.	Ojai, Calif.
Mont Child	So.	Molalla, Ore.
Sam Cole	So.	Monmouth, Ore.
Jacob Collins	Fr.	Dallas, Ore.
Owen Collins	Fr.	Portland, Ore.
Neal Cranston	So.	Canby, Ore.
Justin Crosswhite	Jr.	Hood River, Ore.
Lashaun Emile	Fr.	Portland, Ore.
Stephen Fey	So.	Portland, Ore.
Sawyer Heckard	So.	Coos Bay, Ore.
Hunter Hutton	Fr.	Bandon, Ore.
Tyler Jones	Sr.	Bend, Ore.
Zach Kanelis	Sr.	Camas, Wash.
Curt Knott	So.	Newport, Ore.
Jacob Kraus	Fr.	Clackamas, Ore.
Mitchell Kruse	So.	Sherwood, Ore.
Dominick Marshall	So.	Hillsboro, Ore.
Hunter Mosman	So.	Salem, Ore.
Dustin Nading	Sr.	Longview, Wash.
Trey Reed	So.	Scio, Ore.
Chris Steffey	So.	Redmond, Ore.
Alani Troutman	Jr.	Redmond, Ore.
Simon Walsh	Fr.	Portland, Ore.
Cody Warner	Sr.	Springfield, Ore.
Kyle Wells	Fr.	Gresham, Ore.

WOMEN

Name	Yr.	Hometown
Bethanie Altamirano	Fr.	Independence, Ore.
Rachel Bayly	Jr.	Moscow, Idaho
Lauren Berry	Fr.	Bothell, Wash.
Grayson Burke	Jr.	Vancouver, Wash.
Danel Camacho	Fr.	Roseville, Calif.
Kaylin Cantu	Fr.	Mount Angel, Ore.
Meghan Drader	Jr.	Amity, Ore.
Moana Gianotti	So.	Riddle, Ore.
Faeryn Glasscock	Fr.	Monmouth, Ore.
Antoinette Gowen	So.	Wilsonville, Ore.
Mariah Gronbach	Jr.	Grants Pass, Ore.
Logan Jackson	Fr.	Richland, Wash.
Olivia Jimenez	Fr.	Soledad, Calif.
Grace Knapp	Jr.	Sandy, Ore.
Halie Korff	Jr.	Astoria, Ore.
Natalie Legras	So.	Scio, Ore.
Cassie McKinney	Jr.	Vancouver, Wash.
Nicole Niskanen	So.	Albany, Ore.
Natalie Pihulak	Fr.	Clackamas, Ore.
Ana Popchok	Fr.	Maupin, Ore.
Hailey Sears	Sr.	Portland, Ore.
Sarra Soladey	Fr.	Kelso, Wash.
Shayla Solomon	So.	Junction City, Ore.
Darian Wilson	So.	Coquille, Ore.
Taryn Wilson	Fr.	San Juan Capistrano, Calif.
Olivia Woods	Sr.	Troutdale, Ore.
Michaela Yonkman	So.	Everson, Wash.
Kendra Zimmerdahl	Jr.	Portland, Ore.

Head Coach: Mike Johnson

Associate Head Coach: Octavious Gillespie-Bennett

Assistants: Zach Halloway, Emily Vala-Haynes

Western Washington

VIKINGS



Cummings



Taylor



Halsell

The field events have been the strength for Western Washington so far this season. On the women's side, Maddie Taylor owns the conference's top mark in the high jump. Her clearance of 5-8 is tied for sixth in Division II this season.

Anna Paradee will vie for the title in the pole vault. Her season best of 12-3.5 is second in the GNAC and 23rd in Division II. Of the top-nine athletes in the pole vault, seven are Vikings. In the men's pole vault, J.T. Konrad provisionally qualified for nationals with a GNAC-leading mark of 16-0.75.

On the track, Sophia Galvez is third in the GNAC in the 5,000 meters (17:37.16). Sprinter Hannah Bradley is fifth in the GNAC in the women's 60 meters (7.87).

Western Washington has two provisional qualifiers in the heptathlon with Ian Rinefort ranked 30th in Division II (4,805) and Seren Dances ranked 37th (4,771). Dances is also second in the GNAC in the long jump (22-11.75).

Koby Okezie is second in the GNAC in the 60-meter hurdles (8.43) while Cordell Cummings is ranked fifth (8.55).

MEN

Name	Yr.	Hometown
Mitchell Burton	Fr.	Bend, Ore.
Peter Butler	Sr.	Port Angeles, Wash.
Somit Chhim	Sr.	Kelso, Wash.
Sonny Chhim	So.	Kelso, Wash.
Liam Cossette	Jr.	Spokane, Wash.
Matt Creagan	So.	Lake Forest Park, Wash.
Ben Crowell	Jr.	Puyallup, Wash.
Cooper Cummings	Fr.	Lake Stevens, Wash.
Cordell Cummings	Jr.	Lake Stevens, Wash.
Seren Dances	Fr.	Port Townsend, Wash.
Mark Daniels	Fr.	Seattle, Wash.
Garrett Davies	So.	Vancouver, Wash.
Isaac Derline	Sr.	Kent, Wash.
Jeremiah Duckworth	Fr.	Federal Way, Wash.
Angelo Fernandez	So.	Kent, Wash.
Macaulay Franks	So.	Lake Forest Park, Wash.
Dylan Hayes	Sr.	Seattle, Wash.
Colton Hoggarth	Sr.	Yakima, Wash.
James Jasperson	Jr.	Lacey, Wash.
Noah Johnson	Fr.	Bellingham, Wash.
Daniel Jones	Sr.	Ferndale, Wash.
Ed Kiobasa	So.	Stillwater, Minn.
J.T. Konrad	Sr.	Spokane, Wash.
Reid Lovercamp	Sr.	Wenatchee, Wash.
Avery Lux	So.	Fort Collins, Colo.
Nick Makrakis	Sr.	Concord, Calif.
Ben Malquist	So.	Bellingham, Wash.
Iyan Manju	Fr.	Bellingham, Wash.
Rudy Mataya	Sr.	Burlington, Wash.
Cyrus McAllister	So.	Shoreline, Wash.
Jackson McIlroy	Fr.	Twain Harte, Calif.
Nickolas Mounier	Sr.	Kelso, Wash.
Jon Oglesby	So.	Athens, Ga.
Koby Okezie	Fr.	Tacoma, Wash.
Jaden Olson	Jr.	Mill Creek, Wash.
Ian Rinefort	Fr.	Ashland, Ore.
Jacob Ringold	Sr.	Vancouver, Wash.
Kyler Sager	Sr.	Snohomish, Wash.
Myles Smith	So.	Puyallup, Wash.
Ethan Sterkel	Fr.	Longview, Wash.
David Tran	So.	Vancouver, Wash.
Bryant Welch	So.	Burien, Wash.
Tupre Wickliff	Sr.	Vancouver, Wash.
Jesse Wiley	So.	Parkdale, Ore.
Christian Williams	Fr.	Seattle, Wash.
Bentley Wilson	So.	Newport Beach, Calif.
Ryan Witters	Fr.	Bothell, Wash.

WOMEN

Name	Yr.	Hometown
Amanda Andersen	So.	Richland, Wash.
Jane Barr	So.	Seattle, Wash.
Hannah Bradley	Jr.	Bellingham, Wash.
Aliyah Dawkins	Fr.	North Mankato, Minn.
Hannah Dodson	So.	Seattle, Wash.
Talia Dreicer	So.	Los Alamos, N.M.
Chanelle Eddy	Jr.	Bellingham, Wash.
Sarah Ellis	Fr.	Vancouver, Wash.
Heather Faretta	So.	Hanalei, Hawaii
Isabella Foos	So.	Olympia, Wash.
Sophia Galvez	Jr.	Los Alamos, N.M.
Cierra Graham	Fr.	Spokane, Wash.
Emily Greene	So.	Spokane, Wash.
Mallory Harder	Fr.	Bothell, Wash.
Molly House	So.	Auburn, Wash.
Leanne Kibbee	Fr.	Milford, Mass.
Aundrea Koger	Jr.	Osage City, Kan.
Shawnee Konrad	So.	Spokane, Wash.
Rebecca Lehman	Fr.	Spokane Valley, Wash.
Lainnie Lyamba	Fr.	Port Angeles, Wash.
Hannah Madsen	Fr.	Manhattan, Mont.
Maya McFadden	So.	Snohomish, Wash.
Kelsey McLean	So.	Kirkland, Wash.
Tracy Melville	Sr.	Lamont, Wash.
Hannah Nienaber	Fr.	Battle Ground, Wash.
Jewels Olquiano	Jr.	Kaneohe, Hawaii
Devon Olson	So.	Bothell, Wash.
Shakila Omar	So.	Tukwila, Wash.
Anna Paradee	Sr.	Tacoma, Wash.
Sophie Paradis	Fr.	Carnation, Wash.
Lexi Perry	Jr.	Arlington, Wash.
Sarah Retter	Fr.	Woodland, Wash.
Maria Rivera Valles	Fr.	Mount Vernon, Wash.
Rachael Roberts	Sr.	Woodinville, Wash.
Jamie Sanford	Fr.	San Diego, Calif.
Peyton Shinnick	Jr.	Maple Valley, Wash.
Waverly Shreffler	Jr.	Sequim, Wash.
Miranda Shulman	Fr.	Kamakin, Wash.
Savannah Smith	Sr.	Renton, Wash.
Tovah Swartz-Ireland	So.	Seattle, Wash.
Jaclyn Swiderski	Fr.	Ida, Mich.
Annika Taylor	Fr.	Poulsbo, Wash.
Jaleesa Taylor	Fr.	Kent, Wash.
Maddie Taylor	Jr.	Seattle, Wash.
Skylar Walston	Fr.	Bellingham, Wash.
Brook Wedin	Fr.	Mora, Minn.

Head Coach: Pee Wee Halsell

Assistants: Bill Roe, Eric Dudley, Ben Stensland, Karis Carter, Juan Castillo

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)

Conference Meet

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)

* - Denotes Division II National Record

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)

Conference Meet

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 Tayler 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)

* - Denotes Division II National Record

- Denotes Division II All-Time Best (run on oversized track)

GNAC Indoor Track & Field Men's Champions

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

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

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	3:14.70
2018	Alaska Anchorage	3:16.44

High Jump

2004	Cresap Watson, CWU	6-6.25
2005	Chris Randolph, SPU	6-4.25
2006	Jeff Word, WWU	6-6
2007	Cameron Bailey, CWU	6-8.75
2008	Keefe Brockman, WWU	6-4.75
2009	Cameron Bailey, CWU	6-7
2010	Brennan Boyes, CWU	6-4.75
2011	Brandon Roddewig, CWU	6-4.75
2012	Brennan Boyes, CWU	6-9
2013	Logan Myers, WWU	6-7
2014	Brett Watson, WWU	6-8.75
2015	Brett Watson, WWU	6-9
2016	Mikel Smith, SMU	6-9
2017	Mikel Smith, SMU	7-3
2018	Tupre Wickliff, WWU	6-7

60 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	Ashtin Mott, WOU	7.02
2009	Bryan Mack, CWU	6.95
2010	Anthony Wright, CWU	6.89
2011	Alex Tilley, WWU	7.05
2012	Bryan 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

Mile

2004	Nathan Carlson, SMU	4:18.54
2005	Ethan Barrons, WOU	4:15.27
2006	Andy Prentice, SMU	4:17.25
2007	Sam Brancheau, WWU	4:16.90
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

Distance Medley Relay

2004	Western Oregon	10:36.72
2005	Saint Martin's	10:19.74
2006	Seattle Pacific	10:28.71
2007	Seattle Pacific	10:24.56
2008	Western Washington	10:38.21
2009	Western Washington	10:26.42
2010	Western Washington	10:18.80
2011	Simon Fraser	10:05.58
2012	Simon Fraser	10:04.58
2013	Alaska Anchorage	10:06.58
2014	Simon Fraser	10:07.19
2015	Simon Fraser	10:14.41
2016	Montana State Billings	10:46.41
2017	Simon Fraser	10:15.17
2018	Simon Fraser	10:08.40

Pole Vault

2004	Scott Romney, WWU	14-11.5
2005	Hunter Verner, WWU	15-10.5
2006	Scott Romney, WWU	16-0.5
2007	Tyler Thornbrue, WWU	15-10
2008	Ryan Brown, WWU	15-10
2009	Ryan Brown, WWU	16-6
2010	Ryan Brown, WWU	16-12.5
2011	Ryan Brown, WWU	15-9.25
2012	Scott Hunter, CWU	14-11
2013	Scott Hunter, CWU	14-9
2014	Greyson Kilgore, NNU	14-10
2015	Payton Lewis, NNU	16-11
2016	Payton Lewis, NNU	15-10
2017	Payton Lewis, NNU	16-17.5
2018	Jared Webster, NNU	15-11

200 Meters

2004	Isaac Frederick, WOU	22.04
2005	Ryan Jewell, SPU	22.46
2006	Mike Khabibulin, WWU	22.80
2007	Michael Dean, WWU	22.42
2008	Ashtin Mott, WOU	22.16
2009	Radio Battle, CWU	21.97
2010	Kincaid Nichols, CWU	22.22
2011	Andrew Boss, SFU	21.84
2012	Maurus Hope, NNU	21.91
2013	Alex Donigian, WWU	21.96
2014	Alex Donigian, WWU	21.79
2015	Cody Warner, WOU	21.60
2016	Cody Warner, WOU	21.78
2017	Ebu Camara, NNU	21.67
2018	Carlos Ortiz, CU	21.56

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

Long Jump

2004	Chris Randolph, SPU	21-10
2005	Chris Randolph, SPU	22-6.5
2006	Chris Randolph, SPU	22-7.75
2007	Justin Felt, SPU	22-3.5
2008	Zeb Udell, WOU	23-0
2009	Zeb Udell, WOU	23-0.75
2010	Matson Hardie, WOU	23-8
2011	Kyle Lane, WOU	23-4.5
2012	Manny Melo, CWU	23-2.75
2013	Kevin Yates, WWU	23-4
2014	Kevin Yates, WWU	22-10.5
2015	Vladislav Tsygankov, SFU	23-6.75
2016	Vladislav Tsygankov, SFU	24-2.5
2017	Vladislav Tsygankov, SFU	24-2.25
2018	Vladislav Tsygankov, SFU	23-11.5

Weight Throw

2004	Brandon Jasmin, WOU	49-3.5
2005	Carlos Aguilar, WOU	54-1.75
2006	Carlos Aguilar, WOU	54-3.25
2007	Anthony Marin, WOU	59-8.25
2008	Anthony Marin, WOU	58-2
2009	Tyler Fischer, CWU	58-6
2010	Tyler Fischer, CWU	58-3
2011	Matt Schryvers, WOU	56-7.25
2012	Sam Washington, SMU	55-11.75
2013	Sam Washington, SMU	57-0.25
2014	Kevin Stanley, CWU	58-1.25
2015	Kevin Stanley, CWU	59-9.25
2016	Tyler Lamott, CU	61-1.75
2017	Armando Tafuya, CWU	57-0.25
2018	John Van Beuren, NNU	58-6.75

400 Meters

2004	Isaac Frederick, WOU	49.76
2005	Chris Randolph, SPU	49.99
2006	Cresap Watson, CWU	49.90
2007	Michael Dean, WWU	49.95
2008	Matt Rogstad, CWU	49.58
2009	Maurus Hope, NNU	49.75
2010	Matt Kaino, WOU	49.17
2011	Andrew Boss, SFU	49.18
2012	Maurus Hope, NNU	48.45
2013	Jonathon Poolman, WWU	48.85
2014	Ethan Hewitt, UAA	48.31
2015	Joel Webster, SFU	48.34
2016	Joel Webster, SFU	47.80
2017	Vladislav Tsygankov, SFU	48.01
2018	Liam Lindsay, UAA	48.50

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 Welling, WWU	15:15.60
2009	John Riak, SMU	15:09.89
2010	Jordan Welling, WWU	14:51.53
2011	Jordan Welling, WWU	15:15.07
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 Kemboi, UAA	15:12.63

60 Meter Hurdles

2004	Josh Freeman, WWU	8.48
2005	Alex Clark, CWU	8.40
2006	Robert Edwards, CWU	8.36
2007	Robert Edwards, CWU	8.26
2008	Lloyd Massey, WOU	8.66
2009	Dallas Beaty, NNU	8.51
2010	Andy Loscutoff, WOU	8.34
2011	Anthony Hogan, CWU	8.42
2012	Brett Campbell, WOU	8.37
2013	Andrew Venema, CWU	8.29
2014	Peter Maguire, WWU	8.24
2015	Travis Milbrandt, WWU	8.08
2016	Travis Milbrandt, WWU	8.09
2017	Travis Turner, UAA	8.32
2018	James Phillips, CU	8.30

Triple Jump

2004	Justin Lawrence, CWU	48-5.25
2005	Blake Herrington, WOU	46-3.25
2006	Greg Hamm, NNU	47-7.75
2007	Greg Hamm, NNU	46-8
2008	Greg Hamm, NNU	47-5.25
2009	Rendel Jones, CWU	46-8.75
2010	Rendel Jones, CWU	47-7.25
2011	Tim Clendaniel, WWU	46-11
2012	Matson Hardie, WOU	47-3.75
2013	Matson Hardie, WOU	48-1.5
2014	Luke Plummer, CWU	46-3.25
2015	Luke Plummer, CWU	49-5
2016	Luke Plummer, CWU	49-2.25
2017	Luke Plummer, CWU	49-5
2018	Chris Brake, UAA	47-7.25

Shot Put

2004	Kevin Johnson, WOU	49-8.5
2005	Cameron Neel, CWU	55-7.5
2006	Cameron Neel, CWU	53-3.75
2007	Cameron Neel, CWU	57-3.75
2008	Zach Barclay, NNU	48-9.5
2009	Tyler Fischer, CWU	52-3.25
2010	Jason Slowey, WOU	51-3.75
2011	Jason Slowey, WOU	52-8
2012	Tanner Rottrup, MSUB	50-2
2013	Tanner Rottrup, MSUB	52-8.75
2014	Jacon Gilbert, WWU	52-10.75
2015	Kevin Stanley, CWU	51-10
2016	Josh Koch, CU	53-7.5
2017	Sam Nichols, CU	51-6
2018	Josh Koch, CU	54-4.25

Heptathlon

2011	Nate Johnson, SPU	4,576
2012	Nate Johnson, SPU	4,860
2013	Cody Thomas, UAA	4,863
2014	Cody Thomas, UAA	4,904
2015	Cody Thomas, UAA	4,984
2016	Payton Lewis, NNU	5,163
2017	Kodiak Landis, CWU	5,269
2018	Braydon Maier, CWU	5,006

GNAC Indoor Track & Field Women's Champions

Team Champion

2004	Seattle Pacific	160
2005	Seattle Pacific	188
2006	Seattle Pacific	154
2007	Seattle Pacific	192
2008	Seattle Pacific	183
2009	Seattle Pacific	181
2010	Seattle Pacific	179.5
2011	Seattle Pacific	126.5
2012	Seattle Pacific	182
2013	Alaska Anchorage	147
2014	Alaska Anchorage	154
2015	Seattle Pacific	146
2016	Alaska Anchorage	164
2017	Seattle Pacific	124
2018	Central Washington	136
	Seattle Pacific	136

800 Meters

2004	Jennifer Marsh, SPU	2:14.80
2005	Josie Lavin, SPU	2:16.09
2006	Ashley Puga, NNU	2:16.55
2007	Jessica Pixler, SPU	2:11.52
2008	Jessica Pixler, SPU	2:10.18
2009	Ashley Puga, NNU	4:47.37
2010	Jessica Pixler, SPU	2:08.28
2011	Brianna Kane, SFU	2:14.58
2012	McKayla Fricker, SPU	2:15.53
2013	Helen Crofts, SFU	2:12.29
2014	Sarah Sawatzky, SFU	2:08.57
2015	Lindsey Butterworth, SFU	2:10.04
2016	Addy Townsend, SFU	2:11.54
2017	Addy Townsend, SFU	2:12.09
2018	Danielle McCormick, UAA	2:09.19

4x400 Relay

2004	Central Washington	3:58.72
2005	Central Washington	4:00.32
2006	Central Washington	3:59.48
2007	Seattle Pacific	3:58.68
2008	Seattle Pacific	3:57.36
2009	Northwest Nazarene	3:55.58
2010	Western Washington	3:55.21
2011	Simon Fraser	3:51.72
2012	Seattle Pacific	3:53.59
2013	Simon Fraser	3:48.36
2014	Seattle Pacific	3:51.94
2015	Seattle Pacific	3:50.68
2016	Simon Fraser	3:46.31
2017	Alaska Anchorage	3:46.99
2018	Central Washington	3:50.64

High Jump

2004	Sharon Bjella, SPU	5-3.25
2005	Danielle Ayers-Stamper, SPU	5-6
2006	Teona Perkins, SPU	5-6.5
2007	Emily Peterson, NNU	5-5.75
2008	Teona Golding, SPU	5-5.25
2009	Ali Worthen, SPU	5-8.5
2010	Brittany Aanstad, SPU	5-5.5
2011	Ali Worthen, SPU	5-5.5
2012	Katie Pelchar, WOU	5-7.25
2013	Alexis Anderson, WOU	5-5.25
2014	Taylor Fettig, CWU	5-9.75
2015	Naphtali Ward, SPU	5-6.5
2016	Tori Johnson, CU	5-7.25
2017	Geneva Lehnert, SPU	5-5.25
2018	Tori Johnson, CU	5-7.25

60 Meters

2004	Kinyatta Leonhardt, SPU	7.96
2005	Kinyatta Leonhardt, SPU	7.96
2006	Whitney Knox, WWU	8.02
2007	Latasha Essien, SPU	7.73
2008	Latasha Essien, SPU	7.90
2009	Latasha Essien, SPU	7.77
2010	Latasha Essien, SPU	7.67
2011	Jane Channell, SFU	7.81
2012	Kishia Mitchell, SPU	7.80
2013	Tanya Bjornsson, WWU	7.84
2014	Jamie Ashcroft, UAA	7.69
2015	Jamie Ashcroft, UAA	7.65
2016	Jamie Ashcroft, UAA	7.61
2017	Jamie Ashcroft, UAA	7.55
2018	Renick Meter, SPU	7.71

Mile

2004	Jamie Witt, SPU	5:09.21
2005	Karen Dickson, SPU	5:08.23
2006	Katie Hummel, CWU	5:08.11
2007	Jessica Pixler, SPU	4:54.53
2008	Jessica Pixler, SPU	4:50.38
2009	Ashley Puga, NNU	4:47.37
2010	Jessica Pixler, SPU	4:40.39
2011	Jessica Smith, SFU	5:04.83
2012	Lindsey Butterworth, SFU	5:07.32
2013	Lindsey Butterworth, SFU	4:58.09
2014	McKayla Fricker, SPU	5:00.37
2015	Lindsey Butterworth, SFU	4:55.34
2016	Joyce Chelimo, UAA	5:00.28
2017	Caroline Kurgat, UAA	4:53.07
2018	Tamara Perez, UAA	5:00.52

Distance Medley Relay

2004	Seattle Pacific	12:47.76
2005	Seattle Pacific	12:35.89
2006	Central Washington	12:24.60
2007	Seattle Pacific	11:58.41
2008	Seattle Pacific	12:04.81
2009	Seattle Pacific	12:01.79
2010	Seattle Pacific	11:36.32
2011	Simon Fraser	11:46.64
2012	Simon Fraser	12:11.42
2013	Simon Fraser	11:47.86
2014	Alaska Anchorage	11:58.61
2015	Simon Fraser	11:59.08
2016	Simon Fraser	11:58.28
2017	Simon Fraser	12:05.77
2018	Simon Fraser	11:37.88

Pole Vault

2004	Danielle Juarez, WWU	11-6.25
2005	Allison Hedges, SPU	11-10
2006	Amy Harris, SPU	11-7.75
2007	Monica Anderson, SPU	11-0.25
2008	Melissa Peaslee, SPU	12-9
2009	Christy Miller, WWU	12-4
2010	Melissa Peaslee, SPU	12-0
2011	Becca Clark, CWU	12-0.5
2012	Kati Davis, CWU	12-5.5
2013	Karis Anderson, WWU	12-4
2014	Alison Silva, NNU	12-10
2015	Alison Silva, NNU	11-8
2016	Michaela Kahns, SPU	11-6.25
2017	Anna Paradee, WWU	12-6.75
2018	Scout Cai, SPU	12-4.75

200 Meters

2004	Kinyatta Leonhardt, SPU	25.40
2005	Terran Legard, CWU	25.25
2006	Anna Soule, SPU	26.04
2007	Latasha Essien, SPU	25.50
2008	Jessica Hinton, SPU	25.92
2009	Jessica Hinton, SPU	25.35
2010	Eleanor Siler, WWU	25.03
2011	Jane Channell, SFU	25.57
2012	Madison McClung, WOU	25.16
2013	Rosie Smith, UAA	25.20
2014	Jamie Ashcroft, UAA	24.69
2015	Jamie Ashcroft, UAA	24.22
2016	Jahzelle Ambus, SPU	24.35
2017	Jamie Ashcroft, UAA	24.09
2018	Ali Anderson, CWU	25.00

3,000 Meters

2013	Susan Tanui, UAA	9:54.95
2014	Joyce Kipchumba, UAA	17:22.40
2015	Jennifer Johnson, SFU	9:47.64
2016	Joyce Chelimo, UAA	9:50.70
2017	Shannon Porter, SMU	10:01.86
2018	Julia Howley, SFU	9:47.83

Long Jump

2004	Katy Kociemba, WOU	17-9.5
2005	Danielle Ayers-Stamper, SPU	18-9.75
2006	Jacqueline Postlewait, WOU	17-8
2007	Kim Bascom, WWU	18-3.75
2008	Jacque Postlewait, WOU	18-0.5
2009	Ali Worthen, SPU	18-6.5
2010	Emily Warman, WWU	18-3.75
2011	Ali Worthen, SPU	18-2.5
2012	Ali Worthen, SPU	18-9.25
2013	Emily Warman, WWU	18-9.75
2014	Tanya Bjornsson, WWU	19-1.25
2015	Karolin Anders, UAA	18-6.5
2016	Karolin Anders, UAA	18-5.75
2017	Kyra Brannan, SPU	19-0.5
2018	Jasmine McMullin, WWU	18-9.75

Weight Throw

2004	Kristen Hepler, WOU	53-9.25
2005	Heather Yergen, CWU	46-11.5
2006	Krissy Tandle, CWU	50-0.75
2007	Sabrina Freed, WOU	49-4.25
2008	Sabrina Freed, WOU	51-4.25
2009	Krissy Tandle, CWU	52-4.75
2010	Joy Warrington, NNU	49-10.5
2011	Torrie Self, CWU	53-7.5
2012	Joy Warrington, NNU	53-1
2013	Becki Duhamel, CWU	54-2
2014	Caitlin Curtis, NNU	50-10
2015	Becki Duhamel, CWU	57-10.25
2016	McKenzie Warren, CU	56-11.75
2017	McKenzie Warren, CU	56-10.25
2018	Christina MacDonald, CU	60-0.25

400 Meters

2004	Terran Legard, CWU	57.69
2005	Terran Legard, CWU	56.57
2006	Terran Legard, CWU	57.75
2007	Heidi Dimmitt, WWU	59.11
2008	Elisa Decker, NNU	58.21
2009	Eleanor Siler, WWU	56.23
2010	Eleanor Siler, WWU	56.93
2011	Helen Crofts, SFU	55.90
2012	Eleanor Siler, WWU	56.70
2013	Melissa Grammer, NNU	57.16
2014	Kishia Mitchell, SPU	57.00
2015	Jahzelle Ambus, SPU	56.18
2016	Jahzelle Ambus, SPU	54.87
2017	Chantel Desch, SFU	55.37
2018	Ali Anderson, SPU	55.68

5,000 Meters

2004	Alana Garcia, SU	19:33.9
2005	Karin Rohde, SPU	18:41.46
2006	Brandy Anderson, CWU	18:27.98
2007	Karin Rohde, SPU	18:17.35
2008	Jane Larson, SPU	17:39.95
2009	Jane Larson, SPU	17:27.34
2010	Sarah Porter, WWU	16:47.07
2011	Sarah Porter, WWU	17:17.92
2012	Heidi Laabs-Johnson, SPU	17:42.79
2013	Susan Tanui, UAA	17:51.26
2014	Joyce Kipchumba, UAA	17:22.40
2015	Anna Patti, SPU	17:14.01
2016	Joyce Chelimo, UAA	17:05.05
2017	Caroline Kurgat, UAA	17:44.68
2018	Kennedy Rufener, WOU	17:18.64

* - Because of lap counting error, 2004 race was 5,200 meters

60 Meter Hurdles

2004	Monica Smith, WOU	9.22
2005	Danielle Ayers-Stamper, SPU	8.66
2006	Linda Blake, SPU	9.10
2007	Kelsey Cooley, SPU	9.30
2008	Michelle Howe, WWU	9.30
2009	Michelle Howe, WWU	9.07
2010	Michelle Howe, WWU	9.02
2011	Tanya Bjornsson, WWU	8.98
2012	Ali Worthen, SPU	8.75
2013	Tanya Bjornsson, WWU	8.79
2014	Tanya Bjornsson, WWU	8.72
2015	Chelsey Knott, NNU	8.82
2016	Mariyah Vongsaveng, CWU	8.72
2017	Lexi Tubbs, NNU	8.68
2018	Mariyah Vongsaveng, CWU	8.58

Triple Jump

2004	Lea Tiger, CWU	36-5
2005	Amanda Merrill, NNU	36-9
2006	Amanda Merrell, NNU	37-0.25
2007	Kim Bascom, WWU	37-9.25
2008	Megan Paulsen, WWU	37-0.25
2009	Laura Vonarx, NNU	37-2.25
2010	Ashley Potter, WOU	38-10.5
2011	Katharine Lotze, CWU	38-5
2012	Ashley Potter, WOU	39-7
2013	Alexis Anderson, WOU	37-10.5
2014	Karolin Anders, UAA	36-10.5
2015	Jasmine McMullin, WWU	38-2.75
2016	Jasmine McMullin, WWU	40-1.25
2017	Ella Brown, SFU	39-10
2018	Jasmine McMullin, WWU	41-7.25

Shot Put

2004	Chevonna Lynch, WOU	40-4.75
2005	Krissy Tandle, CWU	40-11.5
2006	Krissy Tandle, CWU	44-8.75
2007	Krissy Tandle, CWU	42-10.25
2008	Amy Carroll, NNU	42-9
2009	Krissy Tandle, CWU	48-9.5
2010	Joy Warrington, NNU	45-9.25
2011	Torrie Self, CWU	45-10
2012	Joy Warrington, NNU	45-2.25
2013	Becki Duhamel, CWU	43-5.25
2014	Vessie Umu, NNU	43-10.75
2015	Becki Duhamel, CWU	44-8
2016	McKenzie Warren, CU	53-7.5
2017	McKenzie Warren, CU	55-10.25
2018	Melissa Ausman, CU	50-1.75

Pentathlon

2011	Katy Gross, SPU	3,297
2012	Katy Gross, SPU	3,469
2013	Katy Gross, SPU	3,505
2014	Karolin Anders, UAA	3,640
2015	Karolin Anders, UAA	3,761
2016	Karolin Anders, UAA	3,711
2017	Scout Cai, SPU	3,499
2018	Scout Cai, SPU	3,610

Meet Schedule

FRI., FEB. 15

Field Events (Finals)

2:45 p.m.	Women's Weight Throw
3:45 p.m.	Men's Pole Vault
4:15 p.m.	Men's Long Jump
4:30 p.m.	Women's High Jump
5:30 p.m.	Men's Weight Throw
5:40 p.m.	Women's Long Jump

Running Events

2 p.m.	National Anthems
2:15 p.m.	Women's Pentathlon 800 Meters (approximate)
2:30 p.m.	Women's 60 Meter Hurdles (Preliminaries)
2:45 p.m.	Men's 60 Meter Hurdles (Preliminaries)
3:05 p.m.	Women's 60 Meters (Preliminaries)
3:20 p.m.	Men's 60 Meters (Preliminaries)
3:35 p.m.	Women's 400 Meters (Preliminaries)
4:05 p.m.	Men's 400 Meters (Preliminaries)
4:35 p.m.	Women's 800 Meters (Preliminaries)
4:50 p.m.	Men's 800 Meters (Preliminaries)
5:05 p.m.	Women's 200 Meters (Preliminaries)
5:35 p.m.	Men's 200 Meters (Preliminaries)
6:05 p.m.	Women's 5,000 Meters (Final)
6:30 p.m.	Men's 5,000 Meters (Final)
6:55 p.m.	Women's Distance Medley (Final)
7:15 p.m.	Men's Distance Medley (Final)

NOTE: Meet schedule is subject to change.

SAT., FEB. 16

Field Events (Finals)

10 a.m.	Men's High Jump
10:05 a.m.	Women's Shot Put
10:15 a.m.	Women's Triple Jump
Noon	Women's Pole Vault
12:25 p.m.	Men's Triple Jump
12:30 p.m.	Men's Shot Put

Running Events

11 a.m.	National Anthems
11:10 a.m.	Women's Mile Run (Final)
11:30 a.m.	Men's Mile Run (Final)
11:50 a.m.	Women's 60 Meter Hurdles (Final)
12:00 p.m.	Men's 60 Meter Hurdles (Final)
12:10 p.m.	Men's Heptathlon 1,000 Meters (approximate)
12:15 p.m.	Women's 400 Meter Dash (Final)
12:25 p.m.	Men's 400 Meter Dash (Final)
12:30 p.m.	Women's 60 Meter Dash (Final)
12:40 p.m.	Men's 60 Meter Dash (Final)
12:50 p.m.	Women's 800 Meter Run (Final)
1:00 p.m.	Men's 800 Meter Run (Final)
1:10 p.m.	Women's 200 Meter Dash (Final)
1:20 p.m.	Men's 200 Meter Dash (Final)
1:30 p.m.	Women's 3,000 Meters (Final)
2 p.m.	Men's 3,000 Meters (Final)
2:30 p.m.	Men's 1,600 Meter Relay (Final)
2:45 p.m.	Women's 1,600 Meter Relay (Final)
3:15 p.m.	Awards Ceremony

MULTI-EVENT SCHEDULE

Men's Heptathlon

Fri., Feb. 15

9 a.m.	60 Meter Dash
9:45 a.m.	Long Jump*
11 a.m.	Shot Put*
12:10 p.m.	High Jump*

Sat., Feb. 16

8:45 a.m.	60 Meter Hurdles
9:20 a.m.	Pole Vault*
12:10 p.m.	1,000 Meter Run*

Women's Pentathlon

Fri., Feb. 15

9:15 a.m.	60 Meter Hurdles
10 a.m.	High Jump*
Noon	Shot Put*
1 p.m.	Long Jump*
2:15 p.m.	800 Meter Run*

* - Estimated start time. Each event will begin 30 minutes after conclusion of previous event.



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