

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****Women 60 Meter Dash****Top 8 Advance by Time**

=====					
All-Time:	1	7.45	2023	Marie-Eloise Leclair,	Simon Fras
Meet:	2	7.52	2020	Paige Johnson,	Concordia
Podium:	3	7.07	2/27/2022	Mikiah Brisco,	Unattached
Name			Year	School	Prelims H#
=====					

Preliminaries

1	Leclair, Marie-Eloise	Simon Fraser	1	7.38q	1
	7.380 (7.380)				
2	Hollis, E'Lexis	Central Washington	2	7.51q	3
	7.502 (7.502)				
3	Thompson, Maliyah	Western Oregon		7.65q	1
	7.641 (7.641)				
4	Wood, Abbey	Northwest Nazarene		7.66q	2
	7.653 (7.653)				
5	Cannan, Emma	Simon Fraser		7.70q	2
	7.699 (7.699)				
6	Cummings, Jaeland	Simon Fraser		7.76q	3 7.751
	7.751 (7.751)				
7	Williams, Juliette	Central Washington		7.76q	2 7.752
	7.752 (7.752)				
8	Manley, Olivia	Alaska Anchorage		7.76q	2 7.758
	7.758 (7.758)				
9	Hopwood, Maya	Western Oregon		7.77	3
	7.770 (7.770)				
10	Cheney, Caitlyn	Western Washington		7.83	1
	7.822 (7.822)				
11	Popchock, Ana	Western Oregon		7.88	1
	7.877 (7.877)				
12	Nwokoma, Ujunwa	Western Oregon		7.89	1
	7.889 (7.889)				
13	Hull, Tatum	MSU-Billings		7.93	3
	7.928 (7.928)				
14	Polkinghorn, Hannah	Western Washington		7.97	2
	7.961 (7.961)				
15	Richardson, Mya	MSU-Billings		8.01	3
	8.003 (8.003)				
16	Chandler, Lauryn	Central Washington		8.05	1
	8.042 (8.042)				
17	Lavato, Josie	Western Oregon		8.07	1 8.061
	8.061 (8.061)				
18	Baniaga, Katie	Northwest Nazarene		8.07	2 8.068
	8.068 (8.068)				
19	Thompson, Madison	MSU-Billings		8.11	2 8.107
	8.107 (8.107)				
20	Vu, Madison	Saint Martin's		8.11	2 8.110
	8.110 (8.110)				
21	Baniaga, Kayla	Northwest Nazarene		8.14	3
	8.135 (8.135)				
22	Williams, Shayna	Northwest Nazarene		8.15	3
	8.148 (8.148)				
23	Jacobs, Jordan	Simon Fraser		8.18	3
	8.176 (8.176)				
24	Ronse, Dominique	Simon Fraser		8.57	1
	8.565 (8.565)				

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****Women 200 Meter Dash****Top 8 Advance by Time**

=====					
All-Time:	1	23.80	2023	Marie-Eloise Leclair,	Simon Fras
Meet:	2	24.09	2017	Jamie Ashcroft,	Alaska Anchorage
Podium:	3	23.18	2/23/2023	Jadyn Mays,	Oregon
Name			Year	School	Prelims H#
=====					
1	Leclair, Marie-Eloise			Simon Fraser	2 24.02q 1
	24.014 (24.014)				
2	Cannan, Emma			Simon Fraser	24.78q 5
	24.778 (24.778)				
3	Wood, Abbey			Northwest Nazarene	25.14q 3
	25.136 (25.136)				
4	Manley, Olivia			Alaska Anchorage	25.17q 7
	25.165 (25.165)				
5	Williams, Juliette			Central Washington	25.40q 4
	25.394 (25.394)				
6	Hopper, Elise			Central Washington	25.78q 5
	25.778 (25.778)				
7	Green, Aniya			Seattle Pacific	25.85q 2
	25.843 (25.843)				
8	Cheney, Caitlyn			Western Washington	25.86q 6
	25.856 (25.856)				
9	Cummings, Jaeland			Simon Fraser	25.94 6
	25.939 (25.939)				
10	Vidad, Joei			Alaska Anchorage	25.96 3
	25.958 (25.958)				
11	Miller, Anna			Western Washington	25.97 7 25.968
	25.968 (25.968)				
11	Hopwood, Maya			Western Oregon	25.97 6 25.968
	25.968 (25.968)				
13	Brence, Kalli			Northwest Nazarene	25.98 5
	25.975 (25.975)				
14	DeChenne, McCall			Central Washington	25.99 2
	25.987 (25.987)				
15	Harris, Donna Marie			Central Washington	26.11 1
	26.109 (26.109)				
16	Baniaga, Katie			Northwest Nazarene	26.16 4
	26.157 (26.157)				
17	Polkinghorn, Hannah			Western Washington	26.17 3
	26.165 (26.165)				
18	Williams, Shayna			Northwest Nazarene	26.27 2
	26.265 (26.265)				
19	Backman, Kaitlyn			Alaska Anchorage	26.38 5
	26.374 (26.374)				
20	Hollis, E'Lexis			Central Washington	26.40 4
	26.395 (26.395)				
21	Bell, Cree			Saint Martin's	26.49 1
	26.483 (26.483)				
22	Jacobs, Jordan			Simon Fraser	26.56 6
	26.558 (26.558)				
23	Hull, Tatum			MSU-Billings	26.57 2
	26.562 (26.562)				
24	Lavato, Josie			Western Oregon	26.69 4
	26.681 (26.681)				

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Women 200 Meter Dash**

25 Baniaga, Kayla	Northwest Nazarene	26.73	7
26.730 (26.730)			
26 Klein, Bella	MSU-Billings	27.24	3
27.240 (27.240)			
27 Vu, Madison	Saint Martin's	27.26	7
27.259 (27.259)			

Women 400 Meter Dash**Top 8 Advance by Time**

=====					
All-Time: 1	53.82	2023	Marie-Eloise Leclair, Simon Fras		
Meet: 2	54.87	2016	Jahzelle Ambus, Seattle Pacific		
Podium: 3	51.88	2/27/2022	Lynna Irby, adidas		
Name	Year	School	Prelims	H#	
=====					
1 Harris, Donna Marie		Central Washington	58.01q	3	
27.359 (27.359)		58.009 (30.650)			
2 Bosma, Claire		Simon Fraser	58.29q	5	
27.468 (27.468)		58.287 (30.819)			
3 Hopper, Elise		Central Washington	58.39q	4	
26.390 (26.390)		58.390 (32.000)			
4 DeChenne, McCall		Central Washington	58.68q	1	
26.977 (26.977)		58.679 (31.702)			
5 Binder, Erika		Simon Fraser	58.76q	2	
27.374 (27.374)		58.755 (31.381)			
6 Bell, Cree		Saint Martin's	58.97q	2	
27.208 (27.208)		58.962 (31.754)			
7 Vidad, Joei		Alaska Anchorage	59.12q	4	
26.600 (26.600)		59.118 (32.518)			
8 Miller, Anna		Western Washington	59.42q	1	
27.130 (27.130)		59.419 (32.289)			
9 DeJong, Laine		Northwest Nazarene	59.48	2	
27.466 (27.466)		59.475 (32.009)			
10 Green, Aniya		Seattle Pacific	59.74	3	
26.723 (26.723)		59.735 (33.012)			
11 Crane, Marissa		Seattle Pacific	1:00.02	1	
26.874 (26.874)		1:00.015 (33.141)			
12 Cvancara, Sophia		Alaska Anchorage	1:00.34	5	
27.915 (27.915)		1:00.333 (32.418)			
13 De Arvizu Sarrias, Blanc		Alaska Anchorage	1:00.55	4	
27.053 (27.053)		1:00.549 (33.496)			
14 Brown, Johanna		Seattle Pacific	1:00.87	5	
27.832 (27.832)		1:00.862 (33.030)			
15 Hart, Jessy		Western Oregon	1:01.68	5	
29.104 (29.104)		1:01.674 (32.570)			
16 Graham, Hailey		Northwest Nazarene	1:01.91	2	
28.007 (28.007)		1:01.901 (33.894)			
17 Mansfield, Brooke		Western Washington	1:01.96	1	
28.587 (28.587)		1:01.952 (33.365)			
18 Gomez, Alejandra		Northwest Nazarene	1:02.06	3	
28.242 (28.242)		1:02.054 (33.812)			
19 Lambing, Madeline		Western Oregon	1:02.14	3	
28.125 (28.125)		1:02.135 (34.010)			

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****Women 800 Meter Run****8 Advance: Top 2 Each Heat plus Next 4 Best Times**

=====					
All-Time:	1	2:04.94	2011	Hellen Crofts, Simon Fraser	
Meet:	2	2:08.28	2010	Jessica Pixler, Seattle Pacific	
Podium:	3	2:01.27	1/28/2023	Kaela Edwards, adidas	
Name			Year School	Prelims	H#
=====					
1 Roxby, Megan			Simon Fraser	2:16.06Q	1
31.270 (31.270)		1:05.436 (34.166)		1:40.867 (35.431)	2:16.060 (35.193)
2 Aniteye, Vanessa			Seattle Pacific	2:17.37Q	2
32.118 (32.118)		1:05.781 (33.663)		1:41.608 (35.827)	2:17.362 (35.754)
3 Saucedo, Alisha			Saint Martin's	2:17.26Q	1
31.994 (31.994)		1:06.308 (34.314)		1:42.438 (36.130)	2:17.253 (34.815)
4 Stoppel, Kailee			MSU-Billings	2:17.93Q	2
31.972 (31.972)		1:05.528 (33.556)		1:41.950 (36.422)	2:17.925 (35.975)
5 Ledesma, Marian			Western Washington	2:17.73q	1
31.762 (31.762)		1:06.268 (34.506)		1:42.070 (35.802)	2:17.724 (35.654)
6 Prangle, Sarah			Simon Fraser	2:17.83q	1
31.833 (31.833)		1:06.529 (34.696)		1:42.929 (36.400)	2:17.826 (34.897)
7 McDevitt, Zoe			Central Washington	2:18.74q	1
32.041 (32.041)		1:06.575 (34.534)		1:42.589 (36.014)	2:18.735 (36.146)
8 Roe, Bailey			Alaska Anchorage	2:19.47q	2
32.096 (32.096)		1:06.596 (34.500)		1:42.871 (36.275)	2:19.465 (36.594)
9 Kroontje, Emmy			Western Washington	2:20.36	2
32.153 (32.153)		1:05.394 (33.241)		1:42.251 (36.857)	2:20.359 (38.108)
10 Vanderput, Elizabeth			Simon Fraser	2:21.44	2
32.466 (32.466)		1:06.689 (34.223)		1:43.362 (36.673)	2:21.439 (38.077)
11 Thompson, Madison			Central Washington	2:22.91	2
33.112 (33.112)		1:08.458 (35.346)		1:45.274 (36.816)	2:22.910 (37.636)
12 Tasdemir, Selin			Simon Fraser	2:24.74	1
32.129 (32.129)		1:06.916 (34.787)		1:44.144 (37.228)	2:24.736 (40.592)
13 Collins-Winn, Evelyn			Western Washington	2:26.43	1
32.328 (32.328)		1:07.361 (35.033)		1:46.328 (38.967)	2:26.424 (40.096)
14 Smith, Charisma			Seattle Pacific	2:28.51	2
32.830 (32.830)		1:08.136 (35.306)		1:46.505 (38.369)	2:28.501 (41.996)

Women 5000 Meter Run

=====					
All-Time:	1	15:28.46	2019	Caroline Kurgat, Alaska An	
Meet:	2	16:47.07	2010	Sarah Porter, Western Wash	
Podium:	3	15:21.56	2/11/2022	Kellyn Taylor, Hoka NAZ El	
Name			Year School	Finals	
=====					
Finals					
1 Shannon, Meaera			Western Washington	17:55.64	
39.037 (39.037)		1:19.840 (40.803)		2:01.287 (41.447)	2:43.698 (42.411)
3:26.578 (42.880)		4:09.594 (43.016)		4:51.934 (42.340)	5:34.501 (42.567)
6:17.746 (43.245)		7:01.547 (43.801)		7:45.401 (43.854)	8:29.394 (43.993)
9:13.411 (44.017)		9:57.257 (43.846)		10:41.402 (44.145)	11:25.524 (44.122)
12:09.711 (44.187)		12:54.216 (44.505)		13:38.704 (44.488)	14:22.810 (44.106)
15:07.041 (44.231)		15:51.064 (44.023)		16:34.358 (43.294)	17:17.072 (42.714)
17:55.632 (38.560)					

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Women 5000 Meter Run**

2 Heldt, Caitlin	Western Oregon	18:04.89		
38.988 (38.988)	1:19.485 (40.497)	2:00.942 (41.457)	2:43.371 (42.429)	
3:26.338 (42.967)	4:09.331 (42.993)	4:52.210 (42.879)	5:34.815 (42.605)	
6:18.042 (43.227)	7:01.853 (43.811)	7:45.684 (43.831)	8:29.687 (44.003)	
9:13.703 (44.016)	9:57.587 (43.884)	10:41.719 (44.132)	11:25.824 (44.105)	
12:10.216 (44.392)	12:55.061 (44.845)	13:39.990 (44.929)	14:24.900 (44.910)	
15:09.969 (45.069)	15:55.387 (45.418)	16:40.718 (45.331)	17:25.269 (44.551)	
18:04.885 (39.616)				
3 Sabra, Sara	Saint Martin's	18:20.62		
39.269 (39.269)	1:20.778 (41.509)	2:03.225 (42.447)	2:45.975 (42.750)	
3:29.155 (43.180)	4:12.533 (43.378)	4:56.223 (43.690)	5:40.258 (44.035)	
6:24.957 (44.699)	7:08.365 (43.408)	7:52.977 (44.612)	8:38.006 (45.029)	
9:23.187 (45.181)	10:08.656 (45.469)	10:54.437 (45.781)	11:40.306 (45.869)	
12:25.847 (45.541)	13:10.630 (44.783)	13:56.639 (46.009)	14:42.305 (45.666)	
15:27.650 (45.345)	16:13.721 (46.071)	16:58.782 (45.061)	17:42.109 (43.327)	
18:20.615 (38.506)				
4 Wood, Tressa	Alaska Anchorage	18:31.27		
40.312 (40.312)	1:22.409 (42.097)	2:05.686 (43.277)	2:48.752 (43.066)	
3:32.046 (43.294)	4:16.155 (44.109)	4:59.807 (43.652)	5:44.323 (44.516)	
6:29.435 (45.112)	7:14.331 (44.896)	7:59.776 (45.445)	8:44.940 (45.164)	
9:30.021 (45.081)	10:15.920 (45.899)	11:01.033 (45.113)	11:46.000 (44.967)	
12:31.315 (45.315)	13:17.345 (46.030)	14:02.598 (45.253)	14:48.928 (46.330)	
15:34.709 (45.781)	16:20.205 (45.496)	17:05.410 (45.205)	17:49.402 (43.992)	
18:31.263 (41.861)				
5 Parker, Alanna	Western Washington	18:31.87		
39.878 (39.878)	1:22.800 (42.922)	2:06.213 (43.413)	2:49.614 (43.401)	
3:31.850 (42.236)	4:16.006 (44.156)	5:00.122 (44.116)	5:44.292 (44.170)	
6:29.123 (44.831)	7:14.119 (44.996)	7:59.234 (45.115)	8:44.276 (45.042)	
9:29.615 (45.339)	10:15.453 (45.838)	11:00.333 (44.880)	11:44.874 (44.541)	
12:30.746 (45.872)	13:16.495 (45.749)	14:02.459 (45.964)	14:48.730 (46.271)	
15:34.636 (45.906)	16:20.519 (45.883)	17:06.110 (45.591)	17:51.294 (45.184)	
18:31.861 (40.567)				
6 Reeck, Ashley	Western Washington	18:32.29		
39.850 (39.850)	1:22.381 (42.531)	2:05.955 (43.574)	2:48.810 (42.855)	
3:31.547 (42.737)	4:15.474 (43.927)	4:59.459 (43.985)	5:43.572 (44.113)	
6:28.041 (44.469)	7:12.760 (44.719)	7:57.800 (45.040)	8:43.129 (45.329)	
9:29.036 (45.907)	10:14.917 (45.881)	10:59.715 (44.798)	11:45.364 (45.649)	
12:31.607 (46.243)	13:17.863 (46.256)	14:04.067 (46.204)	14:50.568 (46.501)	
15:36.724 (46.156)	16:23.340 (46.616)	17:08.963 (45.623)	17:54.774 (45.811)	
18:32.284 (37.510)				
7 Mulch, Matise	Seattle Pacific	18:36.06		
40.757 (40.757)	1:23.565 (42.808)	2:06.961 (43.396)	2:50.926 (43.965)	
3:33.404 (42.478)	4:17.672 (44.268)	5:01.849 (44.177)	5:44.916 (43.067)	
6:29.603 (44.687)	7:14.393 (44.790)	7:58.706 (44.313)	8:43.426 (44.720)	
9:29.341 (45.915)	10:15.138 (45.797)	11:00.012 (44.874)	11:45.470 (45.458)	
12:31.038 (45.568)	13:16.922 (45.884)	14:02.777 (45.855)	14:49.131 (46.354)	
15:34.946 (45.815)	16:20.950 (46.004)	17:06.860 (45.910)	17:53.335 (46.475)	
18:36.059 (42.724)				

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Women 5000 Meter Run**

8 Parker, Alexis	Western Washington	18:44.11		
40.064 (40.064)	1:23.135 (43.071)	2:06.514 (43.379)	2:50.674 (44.160)	
3:33.206 (42.532)	4:17.827 (44.621)	5:01.746 (43.919)	5:46.365 (44.619)	
6:31.902 (45.537)	7:17.858 (45.956)	8:03.628 (45.770)	8:48.842 (45.214)	
9:33.469 (44.627)	10:19.509 (46.040)	11:05.755 (46.246)	11:52.222 (46.467)	
12:38.743 (46.521)	13:25.091 (46.348)	14:11.413 (46.322)	14:57.200 (45.787)	
15:42.840 (45.640)	16:29.102 (46.262)	17:15.434 (46.332)	18:01.165 (45.731)	
18:44.110 (42.945)				
9 Marion, Ella	Simon Fraser	18:59.23		
39.303 (39.303)	1:20.515 (41.212)	2:02.888 (42.373)	2:45.700 (42.812)	
3:28.880 (43.180)	4:12.273 (43.393)	4:55.949 (43.676)	5:39.940 (43.991)	
6:24.722 (44.782)	7:08.980 (44.258)	7:53.814 (44.834)	8:38.916 (45.102)	
9:25.178 (46.262)	10:12.195 (47.017)	10:59.386 (47.191)	11:46.638 (47.252)	
12:33.925 (47.287)	13:21.537 (47.612)	14:08.960 (47.423)	14:56.466 (47.506)	
15:44.804 (48.338)	16:32.826 (48.022)	17:22.156 (49.330)	18:12.064 (49.908)	
18:59.230 (47.166)				
10 Halsell, Laura	Western Washington	19:12.05		
40.611 (40.611)	1:23.262 (42.651)	2:06.661 (43.399)	2:50.379 (43.718)	
3:33.510 (43.131)	4:17.951 (44.441)	5:01.465 (43.514)	5:46.038 (44.573)	
6:31.557 (45.519)	7:17.556 (45.999)	8:03.286 (45.730)	8:48.351 (45.065)	
9:34.760 (46.409)	10:22.781 (48.021)	11:08.967 (46.186)	11:56.972 (48.005)	
12:45.000 (48.028)	13:32.850 (47.850)	14:21.731 (48.881)	15:10.197 (48.466)	
15:59.147 (48.950)	16:48.847 (49.700)	17:38.113 (49.266)	18:26.366 (48.253)	
19:12.042 (45.676)				
11 Miller, Sidra	Western Washington	19:12.14		
40.479 (40.479)	1:23.421 (42.942)	2:06.832 (43.411)	2:50.620 (43.788)	
3:32.918 (42.298)	4:17.518 (44.600)	5:01.411 (43.893)	5:45.899 (44.488)	
6:31.165 (45.266)	7:17.139 (45.974)	8:02.902 (45.763)	8:47.984 (45.082)	
9:33.918 (45.934)	10:21.020 (47.102)	11:09.139 (48.119)	11:56.691 (47.552)	
12:45.417 (48.726)	13:34.224 (48.807)	14:23.226 (49.002)	15:12.032 (48.806)	
16:01.914 (49.882)	16:50.981 (49.067)	17:40.139 (49.158)	18:28.567 (48.428)	
19:12.132 (43.565)				
12 Clifton, Ali	Western Oregon	19:22.36		
39.502 (39.502)	1:20.935 (41.433)	2:04.610 (43.675)	2:49.288 (44.678)	
3:32.261 (42.973)	4:17.373 (45.112)	5:02.184 (44.811)	5:49.162 (46.978)	
6:37.264 (48.102)	7:23.220 (45.956)	8:09.487 (46.267)	8:56.062 (46.575)	
9:45.028 (48.966)	10:33.181 (48.153)	11:22.742 (49.561)	12:10.030 (47.288)	
12:59.873 (49.843)	13:50.398 (50.525)	14:41.218 (50.820)	15:30.710 (49.492)	
16:17.507 (46.797)	17:07.152 (49.645)	17:52.077 (44.925)	18:34.160 (42.083)	
19:22.356 (48.196)				
13 Flack, Olivia	Western Oregon	19:25.84		
40.165 (40.165)	1:22.062 (41.897)	2:05.712 (43.650)	2:50.254 (44.542)	
3:34.336 (44.082)	4:19.377 (45.041)	5:04.985 (45.608)	5:50.965 (45.980)	
6:37.632 (46.667)	7:24.021 (46.389)	8:11.132 (47.111)	8:59.041 (47.909)	
9:47.386 (48.345)	10:35.861 (48.475)	11:24.807 (48.946)	12:14.126 (49.319)	
13:03.989 (49.863)	13:54.157 (50.168)	14:43.784 (49.627)	15:32.490 (48.706)	
16:21.641 (49.151)	17:09.747 (48.106)	17:57.752 (48.005)	18:45.736 (47.984)	
19:25.836 (40.100)				

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Women 5000 Meter Run**

14 Ramirez, Kya	Saint Martin's	19:27.58		
39.605 (39.605)	1:21.024 (41.419)	2:04.814 (43.790)	2:49.378 (44.564)	
3:32.499 (43.121)	4:17.316 (44.817)	5:02.344 (45.028)	5:48.009 (45.665)	
6:35.047 (47.038)	7:22.343 (47.296)	8:09.424 (47.081)	8:57.142 (47.718)	
9:45.175 (48.033)	10:33.490 (48.315)	11:22.482 (48.992)	12:10.543 (48.061)	
12:59.435 (48.892)	13:48.420 (48.985)	14:37.725 (49.305)	15:26.734 (49.009)	
16:15.908 (49.174)	17:04.959 (49.051)	17:53.566 (48.607)	18:41.345 (47.779)	
19:27.571 (46.226)				
15 Garcia, Luz	Western Oregon	19:31.22		
41.270 (41.270)	1:23.869 (42.599)	2:07.225 (43.356)	2:51.361 (44.136)	
3:34.923 (43.562)	4:19.982 (45.059)	5:05.706 (45.724)	5:51.927 (46.221)	
6:38.820 (46.893)	7:25.885 (47.065)	8:13.529 (47.644)	9:01.794 (48.265)	
9:50.051 (48.257)	10:38.264 (48.213)	11:27.838 (49.574)	12:16.306 (48.468)	
13:05.597 (49.291)	13:55.189 (49.592)	14:44.405 (49.216)	15:33.048 (48.643)	
16:22.102 (49.054)	17:10.494 (48.392)	17:59.086 (48.592)	18:47.161 (48.075)	
19:31.214 (44.053)				
16 Ruelas, Monica	Alaska Anchorage	19:58.59		
40.945 (40.945)	1:22.887 (41.942)	2:06.296 (43.409)	2:50.070 (43.774)	
3:33.661 (43.591)	4:18.961 (45.300)	5:04.698 (45.737)	5:52.414 (47.716)	
6:41.033 (48.619)	7:30.192 (49.159)	8:19.533 (49.341)	9:09.186 (49.653)	
9:59.459 (50.273)	10:49.766 (50.307)	11:40.708 (50.942)	12:31.767 (51.059)	
13:20.878 (49.111)	14:10.533 (49.655)	15:00.993 (50.460)	15:51.735 (50.742)	
16:42.864 (51.129)	17:33.210 (50.346)	18:22.677 (49.467)	19:12.693 (50.016)	
19:58.582 (45.889)				
17 Mastin, Zoie	Central Washington	20:33.55		
43.605 (43.605)	1:31.106 (47.501)	2:18.033 (46.927)	3:05.361 (47.328)	
3:52.009 (46.648)	4:38.982 (46.973)	5:26.967 (47.985)	6:15.800 (48.833)	
7:03.906 (48.106)	7:52.805 (48.899)	8:41.661 (48.856)	9:31.669 (50.008)	
10:22.077 (50.408)	11:11.994 (49.917)	12:02.233 (50.239)	12:53.647 (51.414)	
13:44.758 (51.111)	14:36.283 (51.525)	15:27.796 (51.513)	16:19.485 (51.689)	
17:11.655 (52.170)	18:04.322 (52.667)	18:55.252 (50.930)	19:46.758 (51.506)	
20:33.549 (46.791)				
18 Wyatt, Olivia	Central Washington	20:48.81		
44.439 (44.439)	1:32.398 (47.959)	2:21.568 (49.170)	3:10.699 (49.131)	
4:00.841 (50.142)	4:50.951 (50.110)	5:42.169 (51.218)	6:32.694 (50.525)	
7:19.081 (46.387)	8:06.743 (47.662)	8:56.636 (49.893)	9:46.541 (49.905)	
10:36.484 (49.943)	11:26.879 (50.395)	12:17.798 (50.919)	13:09.093 (51.295)	
14:01.160 (52.067)	14:51.427 (50.267)	15:43.086 (51.659)	16:35.580 (52.494)	
17:27.233 (51.653)	18:19.527 (52.294)	19:09.452 (49.925)	20:01.285 (51.833)	
20:48.808 (47.523)				

Women 60 Meter Hurdles**Top 8 Advance by Time**

All-Time: 1	8.51	2017	Mariyah Vongsaveng, Central Wash
Meet: 2	8.51	2017	Mariyah Vongsaveng, Central Wash
Podium: 3	7.82	2/27/2022	Gabbi Cunningham, NIKE
Name	Year	School	Prelims H#

Preliminaries

1 Chandler, Lauryn	Central Washington	8.65q	1
8.643 (8.643)			
2 Thompson, Maliyah	Western Oregon	8.80q	2
3 Popchock, Ana	Western Oregon	8.93q	1
8.929 (8.929)			

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Women 60 Meter Hurdles**

4	DeChenne, McCall	Central Washington	9.16q	3	
	9.156 (9.156)				
5	De Arvizu Sarrias, Blanc	Alaska Anchorage	9.19q	2	
6	Cintron, Gabriela	Saint Martin's	9.21q	1	
	9.204 (9.204)				
7	Chang, Hannah	Seattle Pacific	9.27q	3	
	9.266 (9.266)				
8	Porter, Isabella	Western Washington	9.36q	2	
9	DeGroot, Ellie	Central Washington	9.40	1	
	9.392 (9.392)				
10	Hull, Tatum	MSU-Billings	9.41	3	
	9.402 (9.402)				
11	Lagerwey, Matty	Western Washington	9.45	1	
	9.445 (9.445)				
12	Clay, Amariyah	Western Oregon	9.52	3	
	9.517 (9.517)				
13	Sewell, Sarah	Central Washington	9.53	2	
	8.793 (8.793)				
14	Mansfield, Brooke	Western Washington	9.61	3	
	9.606 (9.606)				
15	McDevitt, Zoe	Central Washington	9.66	3	
	9.651 (9.651)				
16	Mader, Mikayla	Alaska Anchorage	9.77	2	9.765
17	Duncan, Alyssa	Saint Martin's	9.77	1	9.768
	9.768 (9.768)				
18	Avery, Nicole	Western Washington	9.94	2	

Women Distance Medley

All-Time: 1	11:23.47	2019	Alaska Anchorage
			Cvancara, Aniteye, McCormick, Kurgat
Meet: 2	11:23.47	2019	Alaska Anchorage
			Cvancara, Aniteye, McCormick, Kurgat
Podium: 3	10:39.91	2/11/2022	Nike Union Athletics Club,
			E Donaghu, R Rogers, S Johnson, S Osika
School			Finals

Finals

1	Western Washington	11:59.03			
	1) Wright, Sophie	2) Ledesma, Marian			
	3) Crocker, Mia	4) Davis, Ila			
	3:38.564 (3:38.564)	4:37.668 (59.104)	6:56.606 (2:18.938)	11:59.022 (5:02.416)	
2	Simon Fraser	12:21.55			
	1) Watkins, Rachael	2) Bosma, Claire			
	3) Roxby, Megan	4) Cameron, Kate			
	3:44.930 (3:44.930)	4:42.349 (57.419)	7:05.427 (2:23.078)	12:21.550 (5:16.123)	
3	Northwest Nazarene	12:28.25			
	1) Erler, Morgan	2) Gomez, Alejandra			
	3) Knowles, Makenze	4) Klein, Olivia			
	3:45.258 (3:45.258)	4:45.805 (1:00.547)	7:09.420 (2:23.615)	12:28.244 (5:18.824)	
4	Western Oregon	12:30.89			
	1) Perez, Natalie	2) Altamirano, Bethanie			
	3) Chapman, Katie	4) Hutton, Holly			
	3:57.768 (3:57.768)	4:56.809 (59.041)	7:19.871 (2:23.062)	12:30.889 (5:11.018)	

1	Yenor, Kinsey	Northwest Nazarene	3.73m	12-02.75
	2.98 3.13 3.28 3.43 3.58 3.73 3.88 3.93			
	PPP PPP PPP O O O PPP XXX			
2	Tassara, Kayla	Seattle Pacific	3.58m	11-09.00
	2.98 3.13 3.28 3.43 3.58 3.73			
	PPP PPP O XXO XO XXX			
3	Daugherty, Lizzy	Seattle Pacific	J3.58m	11-09.00
	2.98 3.13 3.28 3.43 3.58 3.73			
	PPP O O O XXO XXX			
4	Hill, Charlie	Seattle Pacific	3.28m	10-09.00
	2.98 3.13 3.28 3.43			
	PPP XO XO XXX			
5	Tran, Annie	Western Washington	J3.28m	10-09.00
	2.98 3.13 3.28 3.43			
	O XO XXO XXX			
6	Skaggs, Claire	Saint Martin's	2.98m	9-09.25
	2.98 3.13			
	XXO XXX			
-	Coble, Kaylee	Western Washington	NH	
	2.98			
	XXX			

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****Women Long Jump**

All-Time: 1 5.98m 2019										Peace Igbonagwam, Seattle Pacific		
Meet: 2 5.98m 2019										Peace Igbonagwam, Seattle Pacific		
Podium: 3 6.55m 2/27/2022										Quanesha Burks		
Name		Year		School		Finals		H#				
1	Nwokoma, Ujunwa			Western Oregon		5.79m	19-00.00	2				
	5.76m	5.79m	FOUL	FOUL	FOUL	5.65m						
2	Hurley, Jenelle			Western Oregon		5.48m	17-11.75	2				
	FOUL	FOUL	5.46m	FOUL	5.34m	5.48m						
3	Hull, Tatum			MSU-Billings		5.47m	17-11.50	2				
	4.92m	5.02m	5.20m	5.18m	5.23m	5.47m						
4	Polkinghorn, Hannah			Western Washington		5.46m	17-11.00	2				
	5.05m	5.04m	5.31m	5.46m	5.25m	5.16m						
5	Cabanos, Erica			Central Washington		5.38m	17-08.00	1				
	5.14m	5.13m	5.29m	5.06m	5.32m	5.38m						
6	Lagerwey, Matty			Western Washington		5.33m	17-06.00	2				
	5.21m	5.31m	5.33m	FOUL	5.18m	4.97m						
7	Lynn, Kendall			MSU-Billings		5.22m	17-01.50	2				
	4.91m	5.11m	5.09m	4.97m	5.21m	5.22m						
8	Kania, Sydney			Simon Fraser		5.16m	16-11.25	2				
	5.06m	5.06m	5.16m	FOUL	FOUL	5.05m						
9	Popchock, Ana			Western Oregon		5.13m	16-10.00	1				
	5.01m	5.04m	5.12m	5.13m	5.07m	5.01m						
10	Thompson, Maliyah			Western Oregon		5.06m	16-07.25	2				
	FOUL	5.05m	5.06m									
11	Zilla, Margaret			Saint Martin's		5.04m	16-06.50	2				
	FOUL	5.04m	4.98m									
12	Duncan, Alyssa			Saint Martin's		5.00m	16-05.00	2				
	4.72m	4.75m	5.00m									
13	Chandler, Lauryn			Central Washington		4.95m	16-03.00	1				
	4.29m	4.95m	4.89m									
14	Glaze, Jayden			Alaska Anchorage		4.93m	16-02.25	1				
	4.91m	4.74m	4.93m									
15	Cote, Larissa			Simon Fraser		4.92m	16-01.75	1				
	FOUL	4.60m	4.92m									
16	Duenninger, Carlotta			Alaska Anchorage		4.89m	16-00.50	2				
	FOUL	FOUL	4.89m									
17	Avery, Nicole			Western Washington		4.87m	15-11.75	1				
	4.52m	4.87m	4.87m									
18	Primrose, Kennedy			Simon Fraser		4.86m	15-11.50	1				
	4.62m	4.61m	4.86m									
19	Paugh, Madison			Simon Fraser		4.85m	15-11.00	1				
	FOUL	4.85m	FOUL									
20	Jacobs, Cailey			Simon Fraser		4.80m	15-09.00	1				
	FOUL	4.63m	4.80m									
21	Clay, Amariyah			Western Oregon		4.76m	15-07.50	2				
	FOUL	FOUL	4.76m									
22	Thompson, Madison			MSU-Billings		4.70m	15-05.00	1				
	4.70m	4.59m	4.61m									
23	Alberts, Ellie			Northwest Nazarene		4.60m	15-01.25	1				
	4.60m	4.58m	4.49m									
24	Chang, Hannah			Seattle Pacific		J4.60m	15-01.25	1				
	4.19m	4.60m	PASS									
25	Ronse, Dominique			Simon Fraser		4.56m	14-11.50	1				
	4.43m	4.56m	FOUL									

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Women Long Jump**

26	Severson, Madeline	MSU-Billings	4.54m	14-10.75	1
	4.53m 4.50m 4.54m				
27	DeGroot, Ellie	Central Washington	4.05m	13-03.50	1
	4.05m PASS 3.99m				

Women Weight Throw

All-Time: 1 19.52m 2018 Christina MacDonald, Concordia									
Meet: 2 18.67m 2020 Kori Sprague, Concordia									
Podium: 3 24.28m 2/27/2022 Janee Kassanavoid, NIKE									
Name		Year		School		Finals		H#	
1	Westfall, Raine			Western Washington		16.62m	54-06.50	2	
	16.62m	16.15m	FOUL	FOUL	FOUL	FOUL			
2	Potts, Katie			Western Washington		16.07m	52-08.75	2	
	FOUL	FOUL	14.78m	15.54m	16.07m	15.05m			
3	Saribay, Jocelyn			Saint Martin's		15.97m	52-04.75	2	
	FOUL	FOUL	13.90m	15.97m	15.12m	14.39m			
4	Herbert, Destany			Northwest Nazarene		15.05m	49-04.50	2	
	14.27m	FOUL	15.05m	14.86m	14.30m	FOUL			
5	Jones, Grace			MSU-Billings		14.96m	49-01.00	2	
	14.08m	13.58m	13.29m	14.28m	13.68m	14.96m			
6	Liniewski, Zuzanna			Simon Fraser		14.47m	47-05.75	2	
	13.86m	12.90m	14.39m	12.79m	FOUL	14.47m			
7	Lyness, Liliana			Western Oregon		14.39m	47-02.50	2	
	FOUL	FOUL	14.39m	13.60m	13.72m	12.31m			
8	Jolma, Brynn			MSU-Billings		13.94m	45-09.00	1	
	12.82m	13.22m	13.94m	13.03m	13.14m	13.69m			
9	Parks, Mara			Western Washington		13.81m	45-03.75	1	
	13.10m	11.82m	13.81m	12.13m	13.50m	FOUL			
10	Mendoza, Jazmin			Central Washington		13.62m	44-08.25	1	
	13.57m	13.62m	FOUL						
11	Carpenter, Emillia			Western Oregon		13.24m	43-05.25	2	
	11.13m	FOUL	13.24m						
12	Green, Jaida			MSU-Billings		13.05m	42-09.75	1	
	13.01m	13.05m	12.13m						
13	Board, Brenna			Central Washington		12.67m	41-07.00	1	
	12.22m	12.37m	12.67m						
14	Crawford, Jordan			Northwest Nazarene		12.52m	41-01.00	2	
	12.52m	12.24m	12.05m						
15	Cookman, Jordan			MSU-Billings		12.30m	40-04.25	1	
	12.30m	FOUL	11.92m						
16	Flowers, Quinci			Saint Martin's		11.72m	38-05.50	1	
	FOUL	11.69m	11.72m						
17	Neilson, Sarah			Saint Martin's		11.50m	37-08.75	1	
	10.84m	11.50m	8.89m						
18	Sanders, Abigail			Western Oregon		9.55m	31-04.00	1	
	9.55m	9.28m	FOUL						

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon**

=====					
Meet: 2 2:15.88 2017		Ali Anderson, Central Washington			
Podium: 3 2:18.63 2/3/2022		Peyton Teevens, Washington State			
Name	Year	School	Finals	Points	
=====					
1 Sewell, Sarah		Central Washington	2:21.90	798	
34.585 (34.585)	1:10.715 (36.130)	1:47.708 (36.993)	2:21.899 (34.191)		
2 DeGroot, Ellie		Central Washington	2:25.99	744	
34.911 (34.911)	1:10.584 (35.673)	1:48.347 (37.763)	2:25.983 (37.636)		
3 Huber, Carley		Central Washington	2:26.56	737	
35.142 (35.142)	1:11.268 (36.126)	1:48.702 (37.434)	2:26.554 (37.852)		
4 Hurley, Jenelle		Western Oregon	2:30.82	683	
35.406 (35.406)	1:12.510 (37.104)	1:51.134 (38.624)	2:30.813 (39.679)		
5 Powers, Emily		Northwest Nazarene	2:33.91	645	
36.238 (36.238)	1:14.137 (37.899)	1:54.156 (40.019)	2:33.903 (39.747)		
6 Chang, Hannah		Seattle Pacific	2:39.62	577	
35.559 (35.559)	1:12.872 (37.313)	1:54.514 (41.642)	2:39.613 (45.099)		
7 Avery, Nicole		Western Washington	2:43.25	536	
35.881 (35.881)	1:15.621 (39.740)	2:00.429 (44.808)	2:43.249 (42.820)		
8 Clemens, Macy		Western Oregon	2:44.04	527	
37.345 (37.345)	1:17.238 (39.893)	2:03.053 (45.815)	2:44.033 (40.980)		
9 Clay, Amariyah		Western Oregon	2:44.23	525	
35.589 (35.589)	1:14.094 (38.505)	1:57.198 (43.104)	2:44.221 (47.023)		
10 Lagerwey, Matty		Western Washington	2:49.19	472	
38.650 (38.650)	1:20.815 (42.165)	2:06.647 (45.832)	2:49.186 (42.539)		
11 Deters, Amity		Western Oregon	2:53.93	424	
38.683 (38.683)	1:21.035 (42.352)	2:07.625 (46.590)	2:53.923 (46.298)		

Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

=====					
Meet: 2 8.75 2016		Rosie Smith, Alaska Anchorage			
Podium: 3 8.38 2/3/2022		Avery McMullen, Colorado			
Name	Year	School	Finals	H#	Points
=====					
1 Hurley, Jenelle		Western Oregon	9.16	3	877
9.154 (9.154)					
2 Lagerwey, Matty		Western Washington	9.25	3	858 9.243
9.243 (9.243)					
2 Chang, Hannah		Seattle Pacific	9.25	3	858 9.243
9.243 (9.243)					
4 Sewell, Sarah		Central Washington	9.29	3	850
9.286 (9.286)					
5 DeGroot, Ellie		Central Washington	9.35	2	838
9.341 (9.341)					
6 Deters, Amity		Western Oregon	9.45	1	818
9.443 (9.443)					
7 Avery, Nicole		Western Washington	9.66	2	777
9.658 (9.658)					
8 Clay, Amariyah		Western Oregon	9.69	2	771
9.682 (9.682)					
9 Huber, Carley		Central Washington	9.75	1	759
9.748 (9.748)					
10 Clemens, Macy		Western Oregon	9.82	2	746
9.820 (9.820)					
11 Powers, Emily		Northwest Nazarene	10.55	1	613
10.550 (10.550)					

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon**

6	Chang, Hannah	Seattle Pacific	4.80m	15-09.00	506
	4.80m 4.74m 4.80m				
7	Clay, Amariyah	Western Oregon	4.79m	15-08.75	503
	FOUL FOUL 4.79m				
8	Sewell, Sarah	Central Washington	4.74m	15-06.75	490
	4.74m 1.48m FOUL				
9	Huber, Carley	Central Washington	4.58m	15-00.50	448
	3.75m 4.55m 4.58m				
10	Powers, Emily	Northwest Nazarene	4.34m	14-03.00	388
	4.31m FOUL 4.34m				
10	DeGroot, Ellie	Central Washington	4.34m	14-03.00	388
	4.32m 3.96m 4.34m				

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

=====						
Meet: 2 11.96m 2012			Charlene Harber, Central Washington			
Podium: 3 12.73m 2/3/2022			Margaret Nelson, Eastern Washington			
Name		Year	School	Finals		Points
=====						
1	Lagerwey, Matty		Western Washington	10.92m	35-10.00	590
	10.52m 10.92m 9.95m					
2	Hurley, Jenelle		Western Oregon	9.65m	31-08.00	507
	9.15m 9.65m 9.00m					
3	Deters, Amity		Western Oregon	8.90m	29-02.50	458
	8.35m 8.33m 8.90m					
4	Clemens, Macy		Western Oregon	8.86m	29-01.00	455
	8.76m 8.86m 8.76m					
5	Clay, Amariyah		Western Oregon	8.82m	28-11.25	452
	7.68m 7.69m 8.82m					
6	Avery, Nicole		Western Washington	8.59m	28-02.25	438
	7.99m 8.44m 8.59m					
7	Huber, Carley		Central Washington	8.52m	27-11.50	433
	8.10m 8.09m 8.52m					
8	Powers, Emily		Northwest Nazarene	8.42m	27-07.50	427
	8.32m 8.16m 8.42m					
9	Sewell, Sarah		Central Washington	8.25m	27-01.00	416
	7.67m 7.95m 8.25m					
10	Chang, Hannah		Seattle Pacific	8.00m	26-03.00	399
	FOUL 7.31m 8.00m					
11	DeGroot, Ellie		Central Washington	7.76m	25-05.50	384
	7.20m 7.37m 7.76m					

Women Indoor Pentathlon

=====					
All-Time: 1 4007 2005		Danielle Ayers-Stamper, Seattle			
Meet: 2 3815 2005		Danielle Ayers-Stamper, Seattle			
Podium: 3 4231 2/3/2022		Avery McMullen, Colorado			
Name	Year	School	Finals	H#	
=====					
1	Hurley, Jenelle	Western Oregon	3585		
2	Lagerwey, Matty	Western Washington	3129		
3	Sewell, Sarah	Central Washington	3003		
4	Deters, Amity	Western Oregon	2979		
5	DeGroot, Ellie	Central Washington	2964		
6	Clemens, Macy	Western Oregon	2922		

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Women Indoor Pentathlon**

7 Huber, Carley	Central Washington	2889
8 Clay, Amariyah	Western Oregon	2861
9 Chang, Hannah	Seattle Pacific	2852
10 Avery, Nicole	Western Washington	2841
11 Powers, Emily	Northwest Nazarene	2650

Men 60 Meter Dash**Top 8 Advance by Time**

=====					
All-Time: 1	6.72	2015	Alex Donigian, Western Washingto		
Meet: 2	6.75	2014	Alex Donigian, Western Washingto		
Podium: 3	6.45	2/27/2022	Christian Coleman, NIKE		
Name		Year School		Prelims	H#
=====					

Preliminaries

1 Durfee, Brayden	Northwest Nazarene	6.91q	2	
6.904 (6.904)				
2 Penson-Mccoy, Jesaiah	Simon Fraser	6.93q	1	
6.930 (6.930)				
3 Johnson, Noah	Western Washington	6.98q	1	
6.977 (6.977)				
4 Mickenham, Nolan	Western Washington	6.99q	1	
6.988 (6.988)				
5 Suzuki, Kaito	Simon Fraser	7.00q	2	6.992
6.992 (6.992)				
6 Ralston, Ben	MSU-Billings	7.00q	3	6.995
6.995 (6.995)				
7 Johnson, Ethan	Western Washington	7.02q	2	
7.019 (7.019)				
8 Loggins, Dominique	Western Oregon	7.03q	3	
7.022 (7.022)				
9 Woodard, Tyrone	Western Washington	7.04	2	
7.037 (7.037)				
10 Greenwalt, Ryan	Western Washington	7.07	3	
7.065 (7.065)				
11 Belcher, Jeremy	Simon Fraser	7.08	3	7.071
7.071 (7.071)				
12 Garner, Dallin	Northwest Nazarene	7.08	1	7.074
7.074 (7.074)				
13 Driesner, Alex	Western Oregon	7.11	1	
7.101 (7.101)				
14 Webster, Isaiah	Central Washington	7.12	2	
7.111 (7.111)				
15 Gordon, Jeff	Seattle Pacific	7.13	3	
7.127 (7.127)				
16 Okere, Favor	MSU-Billings	7.15	1	
7.141 (7.141)				
17 Baze, Dustin	Western Oregon	7.18	2	
7.172 (7.172)				
18 Ullery, William	MSU-Billings	7.19	2	
7.181 (7.181)				
19 Breuer, Dylan	Northwest Nazarene	7.23	3	
7.229 (7.229)				
20 Belanger, Jacob	Alaska Anchorage	7.25	1	
7.249 (7.249)				

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Men 60 Meter Dash**

21 Wong, Nicholas	Northwest Nazarene	7.28	3	7.275
7.275 (7.275)				
22 Monro, Nicholas	Simon Fraser	7.28	3	7.280
7.280 (7.280)				
23 Thomas, Nate	Seattle Pacific	7.29	2	
7.285 (7.285)				
24 Furtado, Blake	Simon Fraser	7.38	1	
7.379 (7.379)				

Men 200 Meter Dash**Top 8 Advance by Time**

=====				
All-Time: 1	21.40	2022	Callum Robinson, Simon Fraser	
Meet: 2	21.50	2022	Calum Robinson, Simon Fraser	
Podium: 3	21.22	2/17/2023	David Phillips, CSUN	
Name	Year	School	Prelims	H#
=====				
1 Penson-Mccoy, Jesaiah		Simon Fraser	21.78q	3
21.773 (21.773)				
2 Braseth, Hunter		Northwest Nazarene	21.89q	4
21.886 (21.886)				
3 Durfee, Brayden		Northwest Nazarene	22.10q	2
22.099 (22.099)				
4 Mickenham, Nolan		Western Washington	22.12q	6
22.118 (22.118)				
5 Hendrix, Amari		Western Oregon	22.23q	1
22.229 (22.229)				
6 Johnson, Ethan		Western Washington	22.37q	2
22.368 (22.368)				
7 Driesner, Alex		Western Oregon	22.40q	4
22.399 (22.399)				
8 Gordon, Jeff		Seattle Pacific	22.44q	5
22.440 (22.440)				
9 Woodring, Maurice		Western Washington	22.45	3
22.445 (22.445)				
10 Ralston, Ben		MSU-Billings	22.47	2
22.465 (22.465)				
11 Johnson, Noah		Western Washington	22.49	4
22.482 (22.482)				
12 Suzuki, Kaito		Simon Fraser	22.52	5
22.517 (22.517)				
13 Greenwalt, Ryan		Western Washington	22.57	1
22.561 (22.561)				
14 Shepherd, Julius		Seattle Pacific	22.63	4
22.629 (22.629)				
15 Hunt, Sylvanus		Northwest Nazarene	22.80	6
22.798 (22.798)				22.798
16 Webster, Isaiah		Central Washington	22.80	3
22.800 (22.800)				22.800
17 Belcher, Jeremy		Simon Fraser	22.91	5
22.905 (22.905)				
18 Hunter, Timothy		Alaska Anchorage	22.99	6
22.986 (22.986)				22.986
19 Garner, Dallin		Northwest Nazarene	22.99	1
22.987 (22.987)				22.987

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Men 200 Meter Dash**

20	Baze, Dustin	Western Oregon	23.23	3
	23.223 (23.223)			
21	Ames, Trevor	Northwest Nazarene	23.26	2
	23.255 (23.255)			
22	Belanger, Jacob	Alaska Anchorage	23.40	5
	23.396 (23.396)			
23	Kremser, Maximilian	Alaska Anchorage	23.58	1
	23.575 (23.575)			
24	Wilkins, Shalkar	Northwest Nazarene	23.71	6
	23.707 (23.707)			

Men 400 Meter Dash**Top 8 Advance by Time**

=====					
All-Time: 1 47.61 2017		Vladislav Tsygankov, Simon Frase			
Meet: 2 47.80 2016		Joel Webster, Simon Fraser			
Podium: 3 45.75 2/27/2022		Trevor Bassitt, Ashland Universi			
Name	Year	School	Prelims	H#	
=====					
1	Angarita, Kevin	Alaska Anchorage	49.10q	2	
	23.186 (23.186)	49.097 (25.911)			
2	Durfee, Brayden	Northwest Nazarene	49.56q	5	
	22.873 (22.873)	49.551 (26.678)			
3	Yasin, Joel	Western Oregon	49.58q	1	
	23.573 (23.573)	49.580 (26.007)			
4	Archer, Isaiah	Seattle Pacific	49.75q	4	49.743
	23.846 (23.846)	49.743 (25.897)			
5	Ralston, Ben	MSU-Billings	49.75q	6	49.744
	23.035 (23.035)	49.744 (26.709)			
6	Albertin, Austin	Central Washington	49.78q	5	
	23.120 (23.120)	49.780 (26.660)			
7	Le, Brian	Western Washington	49.83q	3	
	23.238 (23.238)	49.825 (26.587)			
8	Kremser, Maximilian	Alaska Anchorage	50.06q	1	
	23.088 (23.088)	50.051 (26.963)			
9	Lenton, Jorrin	Simon Fraser	50.19	2	
	23.444 (23.444)	50.181 (26.737)			
10	Woodring, Maurice	Western Washington	50.25	4	
	22.866 (22.866)	50.245 (27.379)			
11	Shepherd, Julius	Seattle Pacific	50.31	3	
	23.412 (23.412)	50.309 (26.897)			
12	Allen, Felix	Simon Fraser	50.36	6	
	23.886 (23.886)	50.351 (26.465)			
13	Kron, Anderson	Northwest Nazarene	50.53	1	
	23.398 (23.398)	50.522 (27.124)			
14	Arce-Torres, Gabe	Western Oregon	50.79	3	
	23.763 (23.763)	50.783 (27.020)			
15	Hunter, Timothy	Alaska Anchorage	50.82	5	
	23.229 (23.229)	50.812 (27.583)			
16	Stewart, Josh	Northwest Nazarene	51.11	5	
	23.884 (23.884)	51.103 (27.219)			
17	Breuer, Dylan	Northwest Nazarene	51.34	6	
	24.178 (24.178)	51.334 (27.156)			
18	Franco, Zachary	Saint Martin's	51.44	2	
	23.858 (23.858)	51.436 (27.578)			

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Men 400 Meter Dash**

19 Ames, Trevor	Northwest Nazarene	51.47	3
24.180 (24.180)	51.468 (27.288)		
20 Carpenter, Evan	Seattle Pacific	52.04	2
23.433 (23.433)	52.040 (28.607)		
21 Wilkins, Shalkar	Northwest Nazarene	52.13	6
24.278 (24.278)	52.128 (27.850)		
22 Wani, Rudu	Saint Martin's	54.10	4
25.393 (25.393)	54.100 (28.707)		

Men 800 Meter Run**8 Advance: Top 2 Each Heat plus Next 2 Best Times**

=====				
All-Time: 1	1:47.74	2020	Derek Holdsworth, Western Oreg	
Meet: 2	1:50.83	2018	David Ribich, Western Oregon	
Podium: 3	1:45.30	2/27/2022	Bryce Hoppel, adidas	
Name	Year	School	Prelims	H#
=====				
1 Weber, Drew		Western Washington	1:51.08Q	1
26.869 (26.869)	54.815 (27.946)	1:22.740 (27.925)	1:51.077 (28.337)	
2 Bloom, Jonah		Western Washington	1:53.69Q	3
27.050 (27.050)	55.788 (28.738)	1:25.333 (29.545)	1:53.687 (28.354)	
3 Ellis, Quincy		Northwest Nazarene	1:55.51Q	2
28.072 (28.072)	58.499 (30.427)	1:26.940 (28.441)	1:55.503 (28.563)	
4 Sanchez, Keeton		Western Oregon	1:53.78Q	1
27.335 (27.335)	55.371 (28.036)	1:23.763 (28.392)	1:53.773 (30.010)	
5 Schmidt, Jordan		Simon Fraser	1:53.83Q	3
27.466 (27.466)	56.213 (28.747)	1:25.616 (29.403)	1:53.826 (28.210)	
6 Henry, Will		Western Washington	1:55.63Q	2
27.683 (27.683)	58.178 (30.495)	1:26.826 (28.648)	1:55.625 (28.799)	
7 Palmen, Connor		Western Washington	1:54.30q	1
27.776 (27.776)	56.215 (28.439)	1:25.078 (28.863)	1:54.296 (29.218)	
8 Correa, Johan		Central Washington	1:54.35q	3
26.722 (26.722)	55.346 (28.624)	1:24.872 (29.526)	1:54.350 (29.478)	
9 Farrell, John		Saint Martin's	1:54.89	3
27.673 (27.673)	56.423 (28.750)	1:25.906 (29.483)	1:54.890 (28.984)	
10 Pratapas, Jack		Central Washington	1:55.15	1
27.876 (27.876)	56.453 (28.577)	1:25.457 (29.004)	1:55.149 (29.692)	
11 Bogale, Kirubel		Simon Fraser	1:55.27	3
27.313 (27.313)	56.019 (28.706)	1:25.423 (29.404)	1:55.268 (29.845)	
12 Chapman, Tomas		Simon Fraser	1:55.85	2
27.920 (27.920)	58.373 (30.453)	1:27.578 (29.205)	1:55.841 (28.263)	
13 Klus, Emmett		Western Oregon	1:56.12	2
27.697 (27.697)	58.097 (30.400)	1:26.968 (28.871)	1:56.115 (29.147)	
14 Schoening, Benjamin		Simon Fraser	1:56.40	3
28.134 (28.134)	57.163 (29.029)	1:26.785 (29.622)	1:56.395 (29.610)	
15 Ahl, Braden		Simon Fraser	1:59.14	2
28.390 (28.390)	58.941 (30.551)	1:29.068 (30.127)	1:59.139 (30.071)	
16 Wani, Rudu		Saint Martin's	2:06.63	2
29.477 (29.477)	59.144 (29.667)	1:31.197 (32.053)	2:06.629 (35.432)	
-- Rambo, Tim		Western Oregon	DQ	1 Rule 7-4.1
27.567 (27.567)	56.062 (28.495)	1:26.016 (29.954)	1:56.089 (30.073)	

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****Men 5000 Meter Run**

=====			
All-Time: 1	13:47.73	2014	Micah Chelimo, Alaska Anch
Meet: 2	14:36.06	2016	Dominik Notz, Alaska Ancho
Podium: 3	14:01.31	12/10/2022	Wil Smith, Gonzaga
Name		Year School	Finals
=====			

Finals

1	Nash, Cole	Alaska Anchorage	14:17.092		
	35.801 (35.801)	1:09.692 (33.891)	1:41.983 (32.291)	2:15.397 (33.414)	
	2:49.204 (33.807)	3:23.508 (34.304)	3:57.746 (34.238)	4:31.915 (34.169)	
	5:05.793 (33.878)	5:40.213 (34.420)	6:14.730 (34.517)	6:49.718 (34.988)	
	7:24.761 (35.043)	8:00.278 (35.517)	8:35.196 (34.918)	9:10.475 (35.279)	
	9:45.783 (35.308)	10:21.032 (35.249)	10:56.092 (35.060)	11:31.206 (35.114)	
	12:04.121 (32.915)	12:37.090 (32.969)	13:11.568 (34.478)	13:45.026 (33.458)	
	14:17.090 (32.064)				
2	Brinkman, Sebastian	Simon Fraser	14:23.492		
	33.913 (33.913)	1:07.571 (33.658)	1:41.614 (34.043)	2:15.135 (33.521)	
	2:48.938 (33.803)	3:23.253 (34.315)	3:57.464 (34.211)	4:31.569 (34.105)	
	5:05.583 (34.014)	5:39.922 (34.339)	6:14.407 (34.485)	6:49.422 (35.015)	
	7:24.496 (35.074)	7:59.994 (35.498)	8:34.961 (34.967)	9:10.241 (35.280)	
	9:45.527 (35.286)	10:20.770 (35.243)	10:55.870 (35.100)	11:30.945 (35.075)	
	12:05.921 (34.976)	12:41.545 (35.624)	13:16.625 (35.080)	13:51.067 (34.442)	
	14:23.483 (32.416)				
3	Oslin, Andrew	Western Washington	14:41.01		
	35.004 (35.004)	1:09.488 (34.484)	1:43.529 (34.041)	2:17.432 (33.903)	
	2:51.334 (33.902)	3:25.784 (34.450)	4:00.843 (35.059)	4:35.587 (34.744)	
	5:10.627 (35.040)	5:45.933 (35.306)	6:21.179 (35.246)	6:56.941 (35.762)	
	7:32.319 (35.378)	8:08.322 (36.003)	8:44.287 (35.965)	9:20.588 (36.301)	
	9:56.500 (35.912)	10:32.604 (36.104)	11:09.049 (36.445)	11:45.507 (36.458)	
	12:21.916 (36.409)	12:58.105 (36.189)	13:34.679 (36.574)	14:10.165 (35.486)	
	14:41.002 (30.837)				
4	Zapherson, Michael	Alaska Anchorage	14:45.73		
	34.876 (34.876)	1:09.420 (34.544)	1:43.758 (34.338)	2:18.310 (34.552)	
	2:51.946 (33.636)	3:26.110 (34.164)	4:01.369 (35.259)	4:36.355 (34.986)	
	5:11.010 (34.655)	5:46.751 (35.741)	6:22.319 (35.568)	6:58.830 (36.511)	
	7:35.393 (36.563)	8:12.192 (36.799)	8:48.908 (36.716)	9:25.884 (36.976)	
	10:02.321 (36.437)	10:37.937 (35.616)	11:14.063 (36.126)	11:49.763 (35.700)	
	12:25.901 (36.138)	13:01.841 (35.940)	13:37.411 (35.570)	14:12.626 (35.215)	
	14:45.722 (33.096)				
5	Karamitsos, George	Western Washington	14:49.22		
	34.590 (34.590)	1:08.630 (34.040)	1:42.389 (33.759)	2:15.768 (33.379)	
	2:49.562 (33.794)	3:23.888 (34.326)	3:58.537 (34.649)	4:34.171 (35.634)	
	5:10.172 (36.001)	5:46.283 (36.111)	6:21.755 (35.472)	6:58.267 (36.512)	
	7:34.875 (36.608)	8:11.666 (36.791)	8:48.454 (36.788)	9:25.477 (37.023)	
	10:02.688 (37.211)	10:38.860 (36.172)	11:16.418 (37.558)	11:53.653 (37.235)	
	12:30.710 (37.057)	13:06.909 (36.199)	13:40.871 (33.962)	14:16.368 (35.497)	
	14:49.219 (32.851)				
6	Gillingham, Jeret	Western Washington	14:50.53		
	34.261 (34.261)	1:08.218 (33.957)	1:43.148 (34.930)	2:18.278 (35.130)	
	2:53.815 (35.537)	3:29.667 (35.852)	4:05.590 (35.923)	4:41.410 (35.820)	
	5:17.405 (35.995)	5:53.641 (36.236)	6:29.590 (35.949)	7:05.942 (36.352)	
	7:42.434 (36.492)	8:19.452 (37.018)	8:56.856 (37.404)	9:33.453 (36.597)	
	10:10.701 (37.248)	10:47.746 (37.045)	11:24.255 (36.509)	12:01.829 (37.574)	
	12:38.025 (36.196)	13:13.607 (35.582)	13:46.359 (32.752)	14:20.646 (34.287)	
	14:50.526 (29.880)				

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Men 5000 Meter Run**

7 Smith, Bailey	Western Oregon	14:52.91		
35.451 (35.451)	1:10.534 (35.083)	1:45.461 (34.927)	2:20.707 (35.246)	
2:55.574 (34.867)	3:30.831 (35.257)	4:06.313 (35.482)	4:41.707 (35.394)	
5:17.169 (35.462)	5:53.126 (35.957)	6:29.103 (35.977)	7:05.378 (36.275)	
7:41.683 (36.305)	8:18.354 (36.671)	8:55.115 (36.761)	9:31.507 (36.392)	
10:08.270 (36.763)	10:43.816 (35.546)	11:20.046 (36.230)	11:55.535 (35.489)	
12:30.829 (35.294)	13:06.648 (35.819)	13:42.063 (35.415)	14:18.569 (36.506)	
14:52.908 (34.339)				
8 Clough, Ryan	Western Washington	14:56.79		
34.309 (34.309)	1:08.478 (34.169)	1:43.265 (34.787)	2:16.868 (33.603)	
2:50.337 (33.469)	3:24.594 (34.257)	3:59.101 (34.507)	4:34.596 (35.495)	
5:10.460 (35.864)	5:46.539 (36.079)	6:22.091 (35.552)	6:58.544 (36.453)	
7:35.102 (36.558)	8:11.988 (36.886)	8:48.695 (36.707)	9:25.693 (36.998)	
10:03.007 (37.314)	10:39.478 (36.471)	11:16.798 (37.320)	11:54.141 (37.343)	
12:31.387 (37.246)	13:08.862 (37.475)	13:45.300 (36.438)	14:21.906 (36.606)	
14:56.786 (34.880)				
9 Mekonnen, Ephrem	Simon Fraser	14:59.41		
34.715 (34.715)	1:09.069 (34.354)	1:43.481 (34.412)	2:17.221 (33.740)	
2:51.075 (33.854)	3:25.676 (34.601)	4:01.152 (35.476)	4:36.123 (34.971)	
5:11.340 (35.217)	5:47.172 (35.832)	6:22.588 (35.416)	6:59.049 (36.461)	
7:35.626 (36.577)	8:12.416 (36.790)	8:49.176 (36.760)	9:26.080 (36.904)	
10:03.203 (37.123)	10:39.072 (35.869)	11:16.515 (37.443)	11:53.898 (37.383)	
12:31.096 (37.198)	13:09.135 (38.039)	13:47.460 (38.325)	14:24.837 (37.377)	
14:59.408 (34.571)				
10 Straus, Logan	MSU-Billings	15:18.06		
35.950 (35.950)	1:11.395 (35.445)	1:46.391 (34.996)	2:21.629 (35.238)	
2:56.880 (35.251)	3:32.812 (35.932)	4:09.221 (36.409)	4:46.097 (36.876)	
5:22.779 (36.682)	5:59.841 (37.062)	6:36.915 (37.074)	7:14.118 (37.203)	
7:52.135 (38.017)	8:30.021 (37.886)	9:08.601 (38.580)	9:46.281 (37.680)	
10:23.303 (37.022)	11:01.097 (37.794)	11:38.832 (37.735)	12:16.298 (37.466)	
12:53.855 (37.557)	13:31.809 (37.954)	14:10.225 (38.416)	14:46.378 (36.153)	
15:18.051 (31.673)				
11 Avalos, Jesus	Alaska Anchorage	15:37.46		
36.435 (36.435)	1:11.766 (35.331)	1:46.982 (35.216)	2:21.913 (34.931)	
2:57.159 (35.246)	3:32.858 (35.699)	4:08.849 (35.991)	4:44.678 (35.829)	
5:20.980 (36.302)	5:57.962 (36.982)	6:35.582 (37.620)	7:13.311 (37.729)	
7:51.440 (38.129)	8:29.786 (38.346)	9:08.797 (39.011)	9:46.761 (37.964)	
10:24.997 (38.236)	11:04.136 (39.139)	11:43.718 (39.582)	12:22.702 (38.984)	
13:02.008 (39.306)	13:41.036 (39.028)	14:20.394 (39.358)	14:58.900 (38.506)	
15:37.451 (38.551)				
12 Mckenney, Dustyn	Western Oregon	15:56.92		
36.131 (36.131)	1:10.963 (34.832)	1:46.085 (35.122)	2:21.337 (35.252)	
2:57.005 (35.668)	3:33.099 (36.094)	4:09.556 (36.457)	4:46.316 (36.760)	
5:23.025 (36.709)	6:00.059 (37.034)	6:37.298 (37.239)	7:15.136 (37.838)	
7:53.817 (38.681)	8:33.369 (39.552)	9:13.456 (40.087)	9:52.947 (39.491)	
10:33.342 (40.395)	11:14.297 (40.955)	11:54.917 (40.620)	12:35.947 (41.030)	
13:17.152 (41.205)	13:58.788 (41.636)	14:38.795 (40.007)	15:19.481 (40.686)	
15:56.917 (37.436)				

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Men 5000 Meter Run**

13 Boutin, Colin	Seattle Pacific	15:57.53		
35.445 (35.445)	1:11.245 (35.800)	1:46.902 (35.657)	2:23.140 (36.238)	
2:59.984 (36.844)	3:36.799 (36.815)	4:13.879 (37.080)	4:51.358 (37.479)	
5:28.959 (37.601)	6:06.889 (37.930)	6:45.262 (38.373)	7:24.775 (39.513)	
8:03.993 (39.218)	8:43.941 (39.948)	9:23.623 (39.682)	10:03.390 (39.767)	
10:44.196 (40.806)	11:24.910 (40.714)	12:05.337 (40.427)	12:44.946 (39.609)	
13:24.700 (39.754)	14:04.014 (39.314)	14:43.150 (39.136)	15:21.381 (38.231)	
15:57.528 (36.147)				
14 Harwell, Michael	Saint Martin's	16:09.80		
35.159 (35.159)	1:10.690 (35.531)	1:46.638 (35.948)	2:22.899 (36.261)	
3:00.243 (37.344)	3:37.617 (37.374)	4:16.419 (38.802)	4:55.906 (39.487)	
5:35.641 (39.735)	6:14.944 (39.303)	6:54.230 (39.286)	7:33.778 (39.548)	
8:12.452 (38.674)	8:53.038 (40.586)	9:33.487 (40.449)	10:13.559 (40.072)	
10:54.078 (40.519)	11:34.317 (40.239)	12:14.571 (40.254)	12:54.880 (40.309)	
13:34.243 (39.363)	14:13.799 (39.556)	14:52.920 (39.121)	15:32.252 (39.332)	
16:09.796 (37.544)				
15 Slichko, Lance	Saint Martin's	16:59.03		
36.777 (36.777)	1:13.269 (36.492)	1:50.265 (36.996)	2:27.713 (37.448)	
3:06.363 (38.650)	3:44.774 (38.411)	4:24.011 (39.237)	5:03.852 (39.841)	
5:44.093 (40.241)	6:24.821 (40.728)	7:06.089 (41.268)	7:47.339 (41.250)	
8:29.092 (41.753)	9:11.258 (42.166)	9:53.827 (42.569)	10:37.021 (43.194)	
11:20.246 (43.225)	12:03.339 (43.093)	12:46.302 (42.963)	13:29.292 (42.990)	
14:12.390 (43.098)	14:55.670 (43.280)	15:38.526 (42.856)	16:20.406 (41.880)	
16:59.021 (38.615)				
-- Savely, Ty	Central Washington	DNF		
35.657 (35.657)	1:10.995 (35.338)	1:46.003 (35.008)	2:20.941 (34.938)	
2:55.831 (34.890)	3:31.081 (35.250)	4:06.594 (35.513)	4:41.972 (35.378)	
5:17.797 (35.825)	5:53.915 (36.118)	6:29.876 (35.961)	7:06.364 (36.488)	
7:42.810 (36.446)	8:20.266 (37.456)	8:58.159 (37.893)	9:36.425 (38.266)	

Men 60 Meter Hurdles**Top 8 Advance by Time**

=====					
All-Time: 1	8.07	2022	Hunter Flick, Western Washington		
Meet: 2	8.08	2015	Travis Milbrandt, Western Washin		
Podium: 3	7.37	2/27/2022	Grant Holloway, adidas		
Name		Year School	Prelims	H#	
=====					

Preliminaries

1 Graves, Bradley	MSU-Billings	8.34q	1	
8.339 (8.339)				
2 Wise, Aiden	Central Washington	8.43q	1	8.423
8.423 (8.423)				
2 Conklin, Justin	Western Oregon	8.43q	2	8.423
8.423 (8.423)				
4 Nye, Turner	Northwest Nazarene	8.46q	1	
8.453 (8.453)				
5 Kron, Anderson	Northwest Nazarene	8.56q	2	
8.552 (8.552)				
6 Boyd, Andrew	Saint Martin's	8.75q	2	
8.746 (8.746)				
7 Easley, Logan	Central Washington	8.82q	1	
8.812 (8.812)				
8 Sorah, Brennen	Western Oregon	8.83q	1	
8.822 (8.822)				

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Men 60 Meter Hurdles**

9 Woodring, Maurice	Western Washington	8.86	2
8.859 (8.859)			
10 Martelles, Sean	Western Washington	9.09	2
8.746 (8.746)			

Men Distance Medley

=====					
All-Time: 1	9:38.04	2022	Simon Fraser		
			Mekonnen, Robinson, Good, Ahl		
Meet: 2	9:58.18	2019	Simon Fraser		
			Pierre-Louis, Romain, Ahl, Doherty		
Podium: 3	9:42.95	2/11/2022	Simon Fraser		
School				Finals	
=====					

Finals

1 Simon Fraser					10:12.48
1) Good, Aiden		2) Allen, Felix			
3) Schmidt, Jordan		4) Dannatt, Charlie			
3:07.433 (3:07.433)	3:57.707 (50.274)	5:56.290 (1:58.583)	10:12.472 (4:16.182)		
2 Western Oregon					10:14.38
1) Klus, Emmett		2) Stevens, Deshaun			
3) Smith, Wyatt		4) Pomrankey, Easton			
3:08.708 (3:08.708)	3:59.499 (50.791)	5:56.770 (1:57.271)	10:14.371 (4:17.601)		
3 Western Washington					10:17.68
1) Henry, Will		2) Pinto, Denzel			
3) Eifert, Ian		4) Korta, Kaleb			
3:08.833 (3:08.833)	4:00.412 (51.579)	5:57.639 (1:57.227)	10:17.672 (4:20.033)		
4 Saint Martin's					10:19.22
1) Pagente, Kainalu		2) Franco, Zachary			
3) Farrell, John		4) Cortes, Isaac			
3:09.173 (3:09.173)	4:00.980 (51.807)	5:58.198 (1:57.218)	10:19.213 (4:21.015)		
5 Northwest Nazarene					10:31.01
1) Kemble, Brody		2) Breuer, Dylan			
3) Rau, Jonah		4) Ellis, Quincy			
3:13.515 (3:13.515)	4:05.536 (52.021)	6:05.676 (2:00.140)	10:31.001 (4:25.325)		
6 Alaska Anchorage					10:31.32
1) Tveit, Ries		2) Belanger, Jacob			
3) Zukowski, Stephen		4) Elliott, Ty			
3:16.702 (3:16.702)	4:10.343 (53.641)	6:10.626 (2:00.283)	10:31.315 (4:20.689)		
7 MSU-Billings					10:36.64
1) May, Wyatt		2) Ullery, William			
3) McColloch, Gaven		4) Jessop, Carson			
3:16.939 (3:16.939)	4:08.909 (51.970)	6:09.766 (2:00.857)	10:36.636 (4:26.870)		
8 Seattle Pacific					10:54.30
1) Owen, Jon		2) Carpenter, Evan			
3) Franco, Kade		4) LeBlanc, Brennan			
3:12.778 (3:12.778)	4:05.668 (52.890)	6:16.111 (2:10.443)	10:54.299 (4:38.188)		

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****Men High Jump**

All-Time: 1 2.22m 2017 Mikel Smith, Saint Martin's									
Meet: 2 2.21m 2017 Mikel Smith, Saint Martin's									
Podium: 3 2.28m 2/27/2022 JuVaughn Harrison									
Name			Year			School		Finals	
1	Rihari, Gerohm					Northwest Nazarene		1.99m	6-06.25
	1.74	1.79	1.84	1.89	1.94	1.99	2.04		
	PPP	PPP	O	O	O	O	XXX		
2	Schmidt, Steven					Northwest Nazarene		1.94m	6-04.25
	1.74	1.79	1.84	1.89	1.94				
	PPP	PPP	PPP	PPP	O				
3	Conklin, Justin					Western Oregon		1.89m	6-02.25
	1.74	1.79	1.84	1.89					
	PPP	PPP	O	O					
4	Kibler, Trent					Western Washington		J1.89m	6-02.25
	1.74	1.79	1.84	1.89	1.94				
	PPP	PPP	XXO	XO	XXX				
5	Okere, Favor					MSU-Billings		J1.89m	6-02.25
	1.74	1.79	1.84	1.89	1.94				
	O	XO	O	XXO	XXX				
6	Steele, Jacob					Northwest Nazarene		1.84m	6-00.50
	1.74	1.79	1.84	1.89					
	PPP	O	O	XXX					
7	Webster, Isaiah					Central Washington		J1.84m	6-00.50
	1.74	1.79	1.84	1.89					
	PPP	XXO	O	XXX					
8	Burchfield, Gabe					Western Oregon		J1.84m	6-00.50
	1.74	1.79	1.84	1.89					
	PPP	PPP	XO	XXX					
9	Greenlee, Manu					Western Washington		1.79m	5-10.50
	1.74	1.79	1.84						
	PPP	O	XXX						
--	Easley, Logan					Central Washington		NH	
	1.74								
	XXX								
--	McDiarmid, Caysen					Simon Fraser		NH	
	1.74								
	XXX								

Men Long Jump

All-Time: 1 7.46m 2016 Vladislav Tsygankov, Simon Fraser									
Meet: 2 7.38m 2016 Vladislav Tsygankov, Simon Fraser									
Podium: 3 8.19m 2/27/2022 Jarriion Lawson									
Name		Year		School		Finals			H#
1	Schmidt, Steven			Northwest Nazarene		6.98m	22-11.00	2	
	6.67m	6.98m	PASS	PASS	FOUL PASS				
2	Nguyen, Hewson			Saint Martin's		6.97m	22-10.50	2	
	6.60m	FOUL	6.58m	6.36m	FOUL 6.97m				
3	Greenwalt, Ryan			Western Washington		6.96m	22-10.00	2	
	6.96m	6.87m	6.91m	PASS	PASS 6.62m				
4	Webster, Isaiah			Central Washington		6.93m	22-09.00	2	
	6.57m	6.63m	5.99m	6.60m	6.93m 6.12m				

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Men Long Jump**

5	Njeri, David	Seattle Pacific	6.89m	22-07.25	1
	6.60m 6.89m 6.86m PASS PASS PASS				
6	Rihari, Gerohm	Northwest Nazarene	6.84m	22-05.25	2
	FOUL 6.65m 6.84m FOUL FOUL FOUL				
7	White, Tyler	Western Oregon	6.67m	21-10.75	2
	FOUL 6.67m FOUL 6.36m FOUL 6.49m				
8	Hines, Christopher	Central Washington	6.60m	21-08.00	1
	6.52m 6.49m 6.60m FOUL FOUL FOUL				
9	Monro, Nicholas	Simon Fraser	J6.60m	21-08.00	1
	6.35m 6.46m 6.60m 6.25m 6.48m 6.34m				
10	Sample, Collin	Alaska Anchorage	6.55m	21-06.00	2
	6.55m FOUL FOUL				
11	Schulz, Andrew	Saint Martin's	6.50m	21-04.00	2
	6.50m 6.31m 6.47m				
12	Burchfield, Gabe	Western Oregon	J6.50m	21-04.00	1
	6.31m 6.39m 6.50m				
13	Furtado, Blake	Simon Fraser	J6.50m	21-04.00	2
	FOUL FOUL 6.50m				
14	Stevens, Deshaun	Western Oregon	6.40m	21-00.00	1
	6.40m FOUL 6.24m				
15	Klein, Drew	Central Washington	6.35m	20-10.00	1
	FOUL 6.35m 6.28m				
16	Olson, Bryce	MSU-Billings	6.09m	19-11.75	1
	6.09m 6.09m 5.86m				
17	Koonantha, Ping	Western Oregon	J6.09m	19-11.75	1
	5.99m 6.09m 5.49m				
18	Silva, Tre	Central Washington	6.07m	19-11.00	1
	4.94m FOUL 6.07m				
19	Thomas, Nate	Seattle Pacific	6.04m	19-09.75	1
	5.97m 6.04m 5.63m				
20	McDiarmid, Caysen	Simon Fraser	5.90m	19-04.25	1
	5.90m 5.72m 5.66m				
21	Salisbury, Zach	Simon Fraser	5.74m	18-10.00	1
	5.57m 5.50m 5.74m				

Men Weight Throw

=====					
All-Time:	1	18.85m	2007	Aidan Cain, Western Washington	
Meet:	2	18.64m	2020	Aiden Cain, Central Washington	
Podium:	3	24.84m	2/27/2022	Alex Young, Unattached	
Name	Year	School	Finals	H#	
=====					
1	Hendry, Dylan	Northwest Nazarene	17.54m	57-06.50	2
	17.02m FOUL 15.73m 16.29m 17.54m 17.22m				
2	Campbell, Miller	Western Washington	16.92m	55-06.25	2
	15.61m FOUL FOUL 16.92m 16.71m FOUL				
3	Warren, Mark	Western Oregon	16.14m	52-11.50	2
	16.14m FOUL 14.71m 15.95m FOUL FOUL				
4	Ramos, Angelo	Western Washington	15.92m	52-02.75	2
	14.66m 15.85m 15.26m 15.15m 15.43m 15.92m				
5	Perkins, Isaac	MSU-Billings	15.43m	50-07.50	2
	14.66m 14.84m 15.43m 15.10m 14.86m 14.60m				
6	Beaton, Angus	Central Washington	14.66m	48-01.25	2
	14.52m 14.66m FOUL FOUL 14.53m 13.60m				

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Men Weight Throw**

7	Parnell, Justin	Western Oregon	14.63m	48-00.00	2
	14.63m 14.30m 14.42m 14.00m 14.07m 13.58m				
8	Knight, Derek	Northwest Nazarene	14.60m	47-11.00	2
	13.93m 14.14m 13.61m 13.21m 13.72m 14.60m				
9	Swaney, Braden	Northwest Nazarene	13.34m	43-09.25	2
	12.87m 12.69m 13.34m FOUL 12.51m FOUL				
10	Kiesman, Jacob	Northwest Nazarene	12.99m	42-07.50	1
	12.44m 11.34m 12.99m				
11	Franklin, Wyatt	Central Washington	12.97m	42-06.75	1
	FOUL 11.44m 12.97m				
12	Alberts, Carter	Northwest Nazarene	12.15m	39-10.50	1
	12.09m 12.15m 11.68m				
13	Sandefur, Cort	MSU-Billings	12.06m	39-07.00	1
	12.06m 11.63m 11.67m				
14	Warren, Jacob	Saint Martin's	11.52m	37-09.50	1
	FOUL FOUL 11.52m				
15	Simicich, Nathan	Western Washington	11.37m	37-03.75	1
	10.90m 11.37m FOUL				

Heptathlon: #1 Men 60 Meter Dash Heptathlon

=====						
Meet:	2	7.03	2018	Kodiak Landis, Central Washington		
Podium:	3	6.84	2/2/2023	Hakim McMorris, California		
Name			Year	School	Finals	H# Points
=====						
1	Holmes, Darius			Seattle Pacific	7.14	1 833
	7.139 (7.139)					
2	Schmidt, Steven			Northwest Nazarene	7.27	2 789
	7.269 (7.269)					
3	Boyd, Andrew			Saint Martin's	7.36	1 759 7.358
	7.358 (7.358)					
4	Maier, Braydon			Central Washington	7.36	2 759 7.360
	7.360 (7.360)					
5	Burchfield, Gabe			Western Oregon	7.43	2 736
	7.427 (7.427)					
6	Sorah, Brennen			Western Oregon	7.44	1 732
	7.432 (7.432)					
7	Walker, JJ			Western Oregon	7.45	2 729
	7.446 (7.446)					
8	Klein, Drew			Central Washington	7.48	2 719
	7.474 (7.474)					
9	Abernathy, Ty			Western Oregon	7.49	2 716
	7.489 (7.489)					

Heptathlon: #4 Men High Jump Heptathlon

=====						
Meet:	2	2.05m	2022	Steven Schmidt, Northwest Nazarene		
Podium:	3	2.13m	2/2/2023	Steven Schmidt, Northwest Nazarene		
Name			Year	School	Finals	Points
=====						
1	Schmidt, Steven			Northwest Nazarene	2.14m3	7-00.25 934
	1.69 1.72 1.75 1.78 1.81 1.84 1.87 1.90 1.93 1.96 1.99 2.02 2.05 2.08 2.11 2.14 2.17 2.20					
	PPP PPP PPP PPP PPP PPP PPP PPP PPP O PPP O PPP O O XO PPP XX					

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Heptathlon: #4 Men High Jump Heptathlon**

2	Burchfield, Gabe	Western Oregon	1.87m	6-01.50	687
	1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81 1.84 1.87 1.90				
	PPP PPP PPP PPP PPP PPP PPP PPP O PPP O PPP O XXX				
3	Maier, Braydon	Central Washington	1.78m	5-10.00	610
	1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81				
	PPP PPP PPP PPP PPP PPP PPP PPP XO XO XXX				
4	Boyd, Andrew	Saint Martin's	1.75m	5-08.75	585
	1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78				
	PPP PPP PPP O PPP PPP O O XO XXX				
4	Sorah, Brennen	Western Oregon	1.75m	5-08.75	585
	1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81				
	PPP PPP PPP PPP PPP PPP PPP PPP XO PPP XXX				
4	Walker, JJ	Western Oregon	1.75m	5-08.75	585
	1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78				
	PPP PPP PPP PPP PPP PPP PPP O XO XXX				
7	Holmes, Darius	Seattle Pacific	1.72m	5-07.75	560
	1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78				
	XO O PPP O PPP XXO XO XXO PPP XXX				
8	Klein, Drew	Central Washington	1.66m	5-05.25	512
	1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72				
	PPP PPP PPP XO O O PPP XXX				
9	Abernathy, Ty	Western Oregon	1.57m	5-01.75	441
	1.51 1.54 1.57 1.60				
	O O O XXX				

Heptathlon: #2 Men Long Jump Heptathlon

=====						
Meet: 2 6.95m 2018			Landis, Brown			
Podium: 3 7.04m 2/2/2023			Hakim McMorris, California			
Name		Year	School	Finals		Points
=====						
1	Schmidt, Steven		Northwest Nazarene	6.59m	21-07.50	718
	6.42m	6.59m	FOUL			
2	Maier, Braydon		Central Washington	6.54m	21-05.50	707
	6.26m	6.54m	6.53m			
3	Klein, Drew		Central Washington	6.48m	21-03.25	693
	4.50m	6.22m	6.48m			
4	Holmes, Darius		Seattle Pacific	6.45m	21-02.00	686
	6.19m	6.17m	6.45m			
5	Burchfield, Gabe		Western Oregon	6.28m	20-07.25	648
	6.28m	6.26m	6.16m			
6	Sorah, Brennen		Western Oregon	6.25m	20-06.25	641
	5.76m	6.22m	6.25m			
7	Boyd, Andrew		Saint Martin's	6.05m	19-10.25	597
	6.05m	5.74m	5.06m			
8	Abernathy, Ty		Western Oregon	5.93m	19-05.50	571
	5.83m	5.74m	5.93m			
9	Walker, JJ		Western Oregon	5.74m	18-10.00	531
	5.74m	5.36m	PASS			

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****Heptathlon: #3 Men Shot Put Heptathlon**

Meet: 2 13.69m 2019				Giovanni Brown, Concordia		
Podium: 3 14.31m 2/2/2023				Hakim McMorris, California		
Name	Year	School		Finals		Points
1 Schmidt, Steven		Northwest Nazarene		12.52m	41-01.00	638
10.91m 12.52m FOUL						
2 Boyd, Andrew		Saint Martin's		12.46m	40-10.50	634
FOUL 12.46m 12.38m						
3 Maier, Braydon		Central Washington		11.93m	39-01.75	602
11.63m 11.49m 11.93m						
4 Sorah, Brennen		Western Oregon		11.48m	37-08.00	575
FOUL 11.46m 11.48m						
5 Burchfield, Gabe		Western Oregon		10.69m	35-01.00	527
FOUL 10.69m 10.66m						
5 Walker, JJ		Western Oregon		10.69m	35-01.00	527
10.69m 10.10m 10.18m						
7 Holmes, Darius		Seattle Pacific		10.49m	34-05.00	515
FOUL FOUL 10.49m						
8 Klein, Drew		Central Washington		10.07m	33-00.50	490
9.79m 9.61m 10.07m						
9 Abernathy, Ty		Western Oregon		8.58m	28-01.75	401
7.54m 8.58m 8.05m						

Women - Team Rankings - 6 Events Scored

1) Western Washington	66	2) Western Oregon	52
3) Seattle Pacific	22	4) Northwest Nazarene	21
5) Saint Martin's	19	6) Central Washington	16
7) MSU-Billings	15	8) Simon Fraser	12
9) Alaska Anchorage	8		

Men - Team Rankings - 5 Events Scored

1) Northwest Nazarene	49	2) Western Washington	44
3) Western Oregon	27	4) Alaska Anchorage	18
4) Simon Fraser	18	6) Saint Martin's	13
7) Central Washington	11	8) MSU-Billings	10
9) Seattle Pacific	5		

Combined Team Scores - 11 Events Scored

1) Western Washington	110	2) Western Oregon	79
3) Northwest Nazarene	70	4) Saint Martin's	32
5) Simon Fraser	30	6) Central Washington	27
6) Seattle Pacific	27	8) Alaska Anchorage	26
9) MSU-Billings	25		