

2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024**Central Washington University****Results****Event 1 Women 3000 Meter Steeplechase**

	Name	School	Seed	Finals
Finals				
1	#464 Davis, Ila	Western Washington	10:11.97	10:41.15
	44.892 (44.892) 2:06.241 (1:21.349) 3:30.974 (1:24.733) 4:55.538 (1:24.564)			
	6:22.743 (1:27.205) 7:50.191 (1:27.448) 9:20.287 (1:30.096) 10:41.141 (1:20.854)			
2	#491 Reeck, Ashley	Western Washington	10:34.38	11:04.29
	45.278 (45.278) 2:07.413 (1:22.135) 3:32.129 (1:24.716) 4:58.852 (1:26.723)			
	6:27.676 (1:28.824) 7:59.492 (1:31.816) 9:33.013 (1:33.521) 11:04.284 (1:31.271)			
3	#455 Bassett, Elie	Western Washington	11:39.36	11:14.23
	48.119 (48.119) 2:15.110 (1:26.991) 3:43.775 (1:28.665) 5:14.792 (1:31.017)			
	6:46.504 (1:31.712) 8:18.297 (1:31.793) 9:51.239 (1:32.942) 11:14.223 (1:22.984)			
4	#470 Halsell, Laura	Western Washington	11:05.48	11:21.49
	46.310 (46.310) 2:12.469 (1:26.159) 3:40.988 (1:28.519) 5:11.395 (1:30.407)			
	6:42.834 (1:31.439) 8:16.422 (1:33.588) 9:50.831 (1:34.409) 11:21.481 (1:30.650)			
5	#459 Collins-Winn, Evelyn	Western Washington	11:13.34	11:24.46
	46.484 (46.484) 2:13.253 (1:26.769) 3:42.988 (1:29.735) 5:15.360 (1:32.372)			
	6:52.136 (1:36.776) 8:27.490 (1:35.354) 9:59.832 (1:32.342) 11:24.455 (1:24.623)			
6	#285 Ewing, Maya	Seattle Pacific	11:23.39	11:30.69
	46.624 (46.624) 2:13.232 (1:26.608) 3:42.294 (1:29.062) 5:16.021 (1:33.727)			
	6:50.689 (1:34.668) 8:26.115 (1:35.426) 10:01.605 (1:35.490) 11:30.685 (1:29.080)			
7	#385 Flack, Olivia	Western Oregon	11:16.96	11:35.97
	46.938 (46.938) 2:13.924 (1:26.986) 3:44.895 (1:30.971) 5:19.360 (1:34.465)			
	6:56.839 (1:37.479) 8:35.018 (1:38.179) 10:11.851 (1:36.833) 11:35.964 (1:24.113)			
8	#21 Williamson, Avery	Alaska Anchorage	11:25.56	11:42.14
	48.158 (48.158) 2:15.421 (1:27.263) 3:45.254 (1:29.833) 5:17.493 (1:32.239)			
	6:53.551 (1:36.058) 8:31.275 (1:37.724) 10:10.478 (1:39.203) 11:42.137 (1:31.659)			
9	#377 Chapman, Katie	Western Oregon	11:35.33	11:47.67
	46.658 (46.658) 2:12.966 (1:26.308) 3:41.638 (1:28.672) 5:12.567 (1:30.929)			
	6:48.931 (1:36.364) 8:28.786 (1:39.855) 10:09.345 (1:40.559) 11:47.661 (1:38.316)			
10	#122 Eagleton, Cecily	Msu-Billings	11:46.06	11:59.49
	49.646 (49.646) 2:19.204 (1:29.558) 3:50.833 (1:31.629) 5:25.197 (1:34.364)			
	7:01.824 (1:36.627) 8:41.272 (1:39.448) 10:22.309 (1:41.037) 11:59.483 (1:37.174)			
11	#390 Larson, Lindie	Western Oregon	12:15.26	12:13.44
	49.534 (49.534) 2:21.076 (1:31.542) 3:56.961 (1:35.885) 5:36.066 (1:39.105)			
	7:17.896 (1:41.830) 8:59.457 (1:41.561) 10:39.575 (1:40.118) 12:13.435 (1:33.860)			
12	#82 Smith, Allison	Central Washington	12:25.25	12:21.00
	49.102 (49.102) 2:18.583 (1:29.481) 3:53.015 (1:34.432) 5:31.648 (1:38.633)			
	7:13.646 (1:41.998) 8:57.838 (1:44.192) 10:44.305 (1:46.467) 12:21.000 (1:36.695)			
13	#17 Spaic, Sofija	Alaska Anchorage	11:51.89	12:21.65
	49.456 (49.456) 2:20.344 (1:30.888) 3:56.230 (1:35.886) 5:35.576 (1:39.346)			
	7:17.367 (1:41.791) 9:01.573 (1:44.206) 10:46.790 (1:45.217) 12:21.647 (1:34.857)			
14	#74 Mikkelsen, Hannah	Central Washington	12:01.55	12:32.36
	49.168 (49.168) 2:20.323 (1:31.155) 3:56.521 (1:36.198) 5:37.871 (1:41.350)			
	7:22.488 (1:44.617) 9:09.842 (1:47.354) 10:53.462 (1:43.620) 12:32.358 (1:38.896)			
15	#196 Stewart, Keelin	Northwest Nazarene	12:32.84	12:40.72
	49.861 (49.861) 2:20.724 (1:30.863) 3:57.878 (1:37.154) 5:41.314 (1:43.436)			
	7:28.445 (1:47.131) 9:17.663 (1:49.218) 11:04.017 (1:46.354) 12:40.718 (1:36.701)			
16	#286 Flolo, Katelyn	Seattle Pacific	12:24.70	12:50.50
	47.823 (47.823) 2:18.776 (1:30.953) 3:54.500 (1:35.724) 5:35.938 (1:41.438)			
	7:22.620 (1:46.682) 9:12.158 (1:49.538) 11:01.888 (1:49.730) 12:50.494 (1:48.606)			

Event 2 Men 3000 Meter Steeplechase

	Name	School	Seed	Finals
Finals				
1	#515 Gillingham, Jeret	Western Washington	8:52.33	8:45.40
	37.769 (37.769) 1:48.412 (1:10.643) 2:58.271 (1:09.859) 4:09.736 (1:11.465)			
	5:20.289 (1:10.553) 6:30.674 (1:10.385) 7:40.341 (1:09.667) 8:45.394 (1:05.053)			

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	Name	School	Seed	Finals
2	#498 Alderfer, Jared	Western Washington	9:17.96	9:09.19
	36.789 (36.789) 1:47.377 (1:10.588) 2:58.490 (1:11.113) 4:10.204 (1:11.714)			
	5:22.719 (1:12.515) 6:37.301 (1:14.582) 7:53.378 (1:16.077) 9:09.182 (1:15.804)			
3	#511 Eifert, Ian	Western Washington	9:26.00	9:13.61
	38.586 (38.586) 1:49.078 (1:10.492) 2:59.089 (1:10.011) 4:11.635 (1:12.546)			
	5:26.264 (1:14.629) 6:43.626 (1:17.362) 8:01.769 (1:18.143) 9:13.603 (1:11.834)			
4	#523 Javurek, Jalen	Western Washington	9:30.27	9:26.72
	38.160 (38.160) 1:50.988 (1:12.828) 3:05.753 (1:14.765) 4:22.266 (1:16.513)			
	5:39.611 (1:17.345) 6:57.352 (1:17.741) 8:14.796 (1:17.444) 9:26.711 (1:11.915)			
5	#445 Smith, Bailey	Western Oregon	9:13.53	9:35.13
	40.096 (40.096) 1:53.384 (1:13.288) 3:06.305 (1:12.921) 4:21.381 (1:15.076)			
	5:38.203 (1:16.822) 6:57.890 (1:19.687) 8:17.952 (1:20.062) 9:35.126 (1:17.174)			
6	#48 Tveit, Ries	Alaska Anchorage	9:24.18	9:38.30
	41.239 (41.239) 1:54.324 (1:13.085) 3:08.502 (1:14.178) 4:23.372 (1:14.870)			
	5:40.969 (1:17.597) 7:00.188 (1:19.219) 8:20.828 (1:20.640) 9:38.295 (1:17.467)			
7	#306 LeBlanc, Brennan	Seattle Pacific	9:38.30	9:44.49
	40.261 (40.261) 1:54.038 (1:13.777) 3:08.568 (1:14.530) 4:24.098 (1:15.530)			
	5:41.400 (1:17.302) 7:01.634 (1:20.234) 8:24.354 (1:22.720) 9:44.482 (1:20.128)			
8	#558 Salazar, Matthew	Western Washington	9:39.94	9:46.94
	41.833 (41.833) 1:56.925 (1:15.092) 3:15.038 (1:18.113) 4:35.226 (1:20.188)			
	5:55.122 (1:19.896) 7:14.374 (1:19.252) 8:34.264 (1:19.890) 9:46.932 (1:12.668)			
9	#507 Bursch, Ethan	Western Washington	9:47.63	9:52.91
	39.610 (39.610) 1:54.067 (1:14.457) 3:09.416 (1:15.349) 4:26.004 (1:16.588)			
	5:45.749 (1:19.745) 7:08.275 (1:22.526) 8:32.401 (1:24.126) 9:52.909 (1:20.508)			
10	#568 Werner, Logan	Western Washington	9:39.74	9:52.99
	41.140 (41.140) 1:55.455 (1:14.315) 3:11.272 (1:15.817) 4:29.133 (1:17.861)			
	5:49.613 (1:20.480) 7:10.615 (1:21.002) 8:33.363 (1:22.748) 9:52.990 (1:19.627)			
11	#556 Rodriguez, Diego	Western Washington	9:48.46	9:53.32
	39.669 (39.669) 1:53.797 (1:14.128) 3:08.971 (1:15.174) 4:25.053 (1:16.082)			
	5:43.848 (1:18.795) 7:04.997 (1:21.149) 8:29.446 (1:24.449) 9:53.315 (1:23.869)			
12	#264 Dale, Eli	Saint Martin's	9:45.13	10:02.47
	40.644 (40.644) 1:54.532 (1:13.888) 3:10.095 (1:15.563) 4:29.374 (1:19.279)			
	5:52.409 (1:23.035) 7:16.848 (1:24.439) 8:40.594 (1:23.746) 10:02.470 (1:21.876)			
13	#300 Demmert, Silas	Seattle Pacific	10:04.65	10:22.42
	41.983 (41.983) 1:57.455 (1:15.472) 3:16.737 (1:19.282) 4:38.733 (1:21.996)			
	6:03.934 (1:25.201) 7:30.211 (1:26.277) 8:55.932 (1:25.721) 10:22.419 (1:26.487)			
14	#522 Jacob-Kurilo, Maxwell	Western Washington	10:03.12	10:33.39
	40.621 (40.621) 1:57.998 (1:17.377) 3:19.236 (1:21.238) 4:42.869 (1:23.633)			
	6:09.057 (1:26.188) 7:38.443 (1:29.386) 9:08.130 (1:29.687) 10:33.389 (1:25.259)			
---	#31 Hansen, Truman	Alaska Anchorage	9:47.17	DNF
	41.549 (41.549) 1:55.981 (1:14.432) 3:11.760 (1:15.779) 4:29.001 (1:17.241)			
	5:50.194 (1:21.193)			
---	#149 May, Wyatt	Msu-Billings	9:46.41	DNF
	41.867 (41.867) 1:56.283 (1:14.416) 3:12.287 (1:16.004) 4:30.052 (1:17.765)			
	5:51.656 (1:21.604)			

Event 3 Women 100 Meter Hurdles

	Name	School	Seed	Prelims	Wind	H#
Preliminaries						
1	#55 Chandler, Lauryn	Central Washington	13.95	14.10 Q	+0.0	1
	14.094 (14.094)					
2	#7 Heite, Liv	Alaska Anchorage	14.27	14.32 Q	-0.1	2
	14.313 (14.313)					
3	#405 Thompson, Maliyah	Western Oregon	14.55	14.34 q	-0.1	2
	14.340 (14.340)					

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4	#281 Chang, Hannah	Seattle Pacific	14.30	14.41	q	+0.0	1
	14.405 (14.405)						

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	Name	School	Seed	Prelims	Wind	H#
5	#57 DeGroot, Ellie 14.631 (14.631)	Central Washington	14.08	14.64 q	-0.1	2
6	#6 De Arvizu Sarrias, Blanca 14.823 (14.823)	Alaska Anchorage	14.51	14.83 q	+0.0	1
7	#10 Mader, Mikayla 14.860 (14.860)	Alaska Anchorage	15.10	14.86 q	-0.1	2
8	#19 Van Der Meer, Mette 14.898 (14.898)	Alaska Anchorage	14.73	14.90 q	-0.1	2
9	#77 Ntekpere, Emy 15.152 (15.152)	Central Washington	15.42	15.16	+0.0	1
10	#456 Bates, Naomi 15.158 (15.158)	Western Washington	15.87	15.16	-0.1	2
11	#242 Cintron, Gabriela 15.250 (15.250)	Saint Martin's	15.27	15.25	+0.0	1
12	#378 Clemens, Macy 15.275 (15.275)	Western Oregon	15.04	15.28	-0.1	2
13	#15 Simmons, Lacie 15.295 (15.295)	Alaska Anchorage	14.97	15.30	+0.0	1
14	#76 Nhye, Candace 15.380 (15.380)	Central Washington	14.94	15.38	+0.0	1
15	#488 Porter, Isabella 15.605 (15.605)	Western Washington	15.73	15.61	-0.1	2

Event 4 Men 110 Meter Hurdles

	Name	School	Seed	Prelims	Wind	H#
Preliminaries						
1	#114 Wise, Aiden 14.672 (14.672)	Central Washington	14.54	14.68 Q	+0.0	1
2	#102 Klein, Drew 14.724 (14.724)	Central Washington	14.91	14.73 Q	1.6	2
3	#418 Conklin, Justin 14.881 (14.881)	Western Oregon	15.28	14.89 q	1.6	2
4	#510 Edwards, Jaden 14.885 (14.885)	Western Washington	15.08	14.89 q	1.6	2
5	#88 Boast, Josh 14.905 (14.905)	Central Washington	15.26	14.91 q	1.6	2
6	#416 Burchfield, Gabe 15.204 (15.204)	Western Oregon	15.19	15.21 q	+0.0	1
7	#220 Johansson, Luke 15.307 (15.307)	Northwest Nazarene	15.39	15.31 q	+0.0	1
8	#451 Walker, JJ 15.602 (15.602)	Western Oregon	15.66	15.61 q	+0.0	1
9	#260 Boyd, Andrew 15.771 (15.771)	Saint Martin's	15.23	15.78	+0.0	1
10	#142 Carlson, Benji 15.777 (15.777)	Msu-Billings	15.94	15.78	1.6	2
11	#36 Larsen, Anders 15.814 (15.814)	Alaska Anchorage	16.06	15.82	1.6	2
12	#45 Robertson, Felix 16.279 (16.279)	Alaska Anchorage	16.37	16.28	+0.0	1
13	#147 Fenley, Ryan 16.378 (16.378)	Msu-Billings	17.24	16.38	+0.0	1

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Name	School	Seed	Prelims	H#
Preliminaries				
1 #460 Cook, Kennedy 55.987 (55.987)	Western Washington	56.77	55.99 Q	1
2 #313 Bosma, Claire 56.219 (56.219)	Simon Fraser	56.57	56.22 Q	2
3 #315 Cannan, Emma 56.365 (56.365)	Simon Fraser	56.58	56.37 Q	3
4 #280 Brown, Johanna 57.303 (57.303)	Seattle Pacific	57.31	57.31 q	2
5 #253 Vu, Madison 57.317 (57.317)	Saint Martin's	57.30	57.32 q	3
6 #282 Crane, Marissa 57.843 (57.843)	Seattle Pacific	56.95	57.85 q	1
7 #169 DeJong, Laine 57.916 (57.916)	Northwest Nazarene	57.60	57.92 q	2
8 #386 Hart, Jessy 58.094 (58.094)	Western Oregon	58.51	58.10 q	1
9 #287 Green, Aniya 58.302 (58.302)	Seattle Pacific	58.17	58.31	3
10 #61 Harris, Donna Marie 58.516 (58.516)	Central Washington	58.63	58.52	2
11 #479 Miller, Anna 58.737 (58.737)	Western Washington	1:02.37	58.74	3
12 #372 Altamirano, Bethanie 59.080 (59.080)	Western Oregon	58.54	59.08	3
13 #172 Farnsworth, Kalli 59.126 (59.126)	Northwest Nazarene	58.61	59.13	2
14 #295 Smith, Charisma 59.734 (59.734)	Seattle Pacific	1:00.55	59.74	1
15 #1 Backman, Kaitlyn 59.840 (59.840)	Alaska Anchorage	1:01.28	59.84	1
16 #5 Cvancara, Sophia 1:00.886 (1:00.886)	Alaska Anchorage	1:00.11	1:00.89	3
--- #20 Vidad, Joei	Alaska Anchorage	58.30	DNF	1

Event 6 Men 400 Meter Dash

Name	School	Seed	Prelims	H#
Preliminaries				
1 #506 Brenek, Lucas 48.045 (48.045)	Western Washington	48.13	48.05 Q	1
2 #24 Angarita, Kevin 48.310 (48.310)	Alaska Anchorage	47.81	48.31 Q	2
3 #532 Le, Brian 49.095 (49.095)	Western Washington	48.63	49.10 q	2
4 #438 Murphy, Brennen 49.129 (49.129)	Western Oregon	48.24	49.13 q	1
5 #425 Hendrix, Amari 49.507 (49.507)	Western Oregon	48.80	49.51 q	2
6 #205 Breuer, Dylan 48.045 (48.045)	Northwest Nazarene	49.85	49.85 q	1
7 #267 Franco, Zachary 50.119 (50.119)	Saint Martin's	50.09	50.12 q	1
8 #548 Pinto, Denzel 50.397 (50.397)	Western Washington	50.93	50.40 q	2

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	Name	School	Seed	Prelims	H#
9	#432 Le, Teo 50.696 (50.696)	Western Oregon	51.09	50.70	1
10	#32 Hunter, Timothy 50.938 (50.938)	Alaska Anchorage	52.02	50.94	2
11	#299 Carpenter, Evan 51.695 (51.695)	Seattle Pacific	51.28	51.70	1
12	#222 Kindler, Christian 52.160 (52.160)	Northwest Nazarene	50.35	52.16	2
13	#30 Grant, Morgan 52.161 (52.161)	Alaska Anchorage	52.46	52.57	2
14	#37 Mandujano, Jesse 54.516 (54.516)	Alaska Anchorage	52.78	54.52	1

Event 7 Women 100 Meter Dash

	Name	School	Seed	Prelims	Wind	H#
Preliminaries						
1	#325 Leclair, Marie-Eloise 11.510 (11.510)	Simon Fraser	11.50	11.51 Q	0.4	1
2	#63 Hollis, E'Lexis 11.546 (11.546)	Central Washington	11.45	11.55 Q	0.6	2
3	#458 Cheney, Caitlyn 11.906 (11.906)	Western Washington	11.91	11.91 q	0.4	1
4	#319 Cummings, Jaeland 12.011 (12.011)	Simon Fraser	12.22	12.02 q	0.4	1
5	#86 Williams, Juliette 12.065 (12.065)	Central Washington	12.30	12.07 q	0.4	1
6	#59 Gonzales, Zoe 12.156 (12.156)	Central Washington	12.18	12.16 q	0.6	2
7	#471 Heiman, Annabelle 12.283 (12.283)	Western Washington	12.19	12.29 q	0.6	2
8	#487 Polkinghorn, Hannah 12.285 (12.285)	Western Washington	12.43	12.29 q	0.6	2
9	#391 Lavato, Josie 12.517 (12.517)	Western Oregon	12.58	12.52	0.4	1
10	#9 Liessfeld, Vivien 12.638 (12.638)	Alaska Anchorage		12.64	0.4	1
11	#3 Binford, Portia 12.743 (12.743)	Alaska Anchorage	12.69	12.75	0.4	1
12	#180 Harms, Gabbie 12.807 (12.807)	Northwest Nazarene	12.71	12.81	0.6	2
13	#125 Hamill, Katelyn 12.934 (12.934)	Msu-Billings	12.77	12.94	0.6	2
14	#135 Sanchez, Alyssa 13.260 (13.260)	Msu-Billings	12.99	13.26	0.4	1
---	#405 Thompson, Maliyah	Western Oregon	12.32	DNF	0.6	2

Event 8 Men 100 Meter Dash

	Name	School	Seed	Prelims	Wind	H#
Preliminaries						
1	#26 Caleb, Joshua 10.406 (10.406)	Alaska Anchorage	10.34	10.41 Q	-0.6	1
2	#539 Mickenham, Nolan 10.489 (10.489)	Western Washington	10.60	10.49 Q	1.3	2
3	#357 Hall, Jacob 10.588 (10.588)	Simon Fraser	10.60	10.59 q	1.3	2

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	Name	School	Seed	Prelims	Wind	H#
4	#524 Johnson, Ethan 10.489 (10.489)	Western Washington	10.77	10.69 q	1.3	2
5	#364 O'Donnell, Liam 10.694 (10.694)	Simon Fraser	10.63	10.70 q	-0.6	1
6	#365 Penson-McCoy, Jesaiah 10.714 (10.714)	Simon Fraser	10.81	10.72 q	-0.6	1
7	#95 Green, Josh 10.731 (10.731)	Central Washington	10.63	10.74 q	-0.6	1
8	#204 Braseth, Hunter 10.770 (10.770)	Northwest Nazarene	10.95	10.77 q	1.3	2
9	#513 Fischer, Derek 10.799 (10.799)	Western Washington	10.82	10.80	-0.6	1
10	#422 Driesner, Alex 10.846 (10.846)	Western Oregon	10.84	10.85	1.3	2
11	#428 Johnson, Thomas 10.886 (10.886)	Western Oregon	10.86	10.89	1.3	2
12	#148 Herbert, JayCee 10.892 (10.892)	Msu-Billings	10.69	10.90	1.3	2
13	#39 Mercier, Marc 10.916 (10.916)	Alaska Anchorage	10.88	10.92	-0.6	1
14	#33 Jana, Riday 10.997 (10.997)	Alaska Anchorage	10.94	11.00	-0.6	1
15	#154 Ralston, Ben 11.129 (11.129)	Msu-Billings	10.97	11.13	1.3	2
16	#41 Morris, Brian 11.255 (11.255)	Alaska Anchorage	11.18	11.26	-0.6	1

Event 9 Women 800 Meter Run

	Name	School	Seed	Prelims	H#
Preliminaries					
1	#475 Ledesma, Marian 1:04.470 (1:04.470) 2:11.474 (1:07.004)	Western Washington	2:08.94	2:11.48 Q	1
2	#336 Roxby, Megan 1:05.238 (1:05.238) 2:12.706 (1:07.468)	Simon Fraser	2:08.48	2:12.71 Q	2
3	#497 Wright, Sophie 1:04.375 (1:04.375) 2:12.128 (1:07.753)	Western Washington	2:11.56	2:12.13 Q	1
4	#462 Crocker, Mia 1:05.948 (1:05.948) 2:13.253 (1:07.305)	Western Washington	2:16.88	2:13.26 Q	2
5	#251 Saucedo, Alisha 1:04.811 (1:04.811) 2:13.353 (1:08.542)	Saint Martin's	2:14.17	2:13.36 q	1
6	#473 Kroontje, Emmy 1:05.326 (1:05.326) 2:13.759 (1:08.433)	Western Washington	2:13.10	2:13.76 q	2
7	#395 Merritt, Amelia 1:05.797 (1:05.797) 2:14.551 (1:08.754)	Western Oregon	2:16.57	2:14.56 q	2
8	#4 Chisar, Jess 1:05.504 (1:05.504) 2:15.708 (1:10.204)	Alaska Anchorage	2:17.59	2:15.71 q	2
9	#341 Vanderput, Elizabeth 1:05.588 (1:05.588) 2:16.303 (1:10.715)	Simon Fraser	2:13.24	2:16.31	2
10	#340 Tasdemir, Selin 1:05.110 (1:05.110) 2:17.588 (1:12.478)	Simon Fraser	2:15.75	2:17.59	1
11	#403 Smith, Riley 1:06.481 (1:06.481) 2:19.233 (1:12.752)	Western Oregon	2:17.08	2:19.24	1
12	#329 Millar, Stephanie 1:06.638 (1:06.638) 2:19.586 (1:12.948)	Simon Fraser	2:19.48	2:19.59	1

2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024**Central Washington University****Results****Preliminaries ... (Event 9 Women 800 Meter Run)**

	Name	School	Seed	Prelims	H#
13	#331 Prangley, Charlotte 1:06.854 (1:06.854) 2:20.242 (1:13.388)	Simon Fraser	2:22.19	2:20.25	1
14	#397 Nguyen, Kaydence 1:06.239 (1:06.239) 2:20.241 (1:14.002)	Western Oregon	2:17.53	2:20.82	1
15	#84 Thompson, Madison 1:05.700 (1:05.700) 2:21.523 (1:15.823)	Central Washington	2:17.93	2:21.53	2

Event 10 Men 800 Meter Run

	Name	School	Seed	Prelims	H#
Preliminaries					
1	#567 Weber, Drew 53.590 (53.590) 1:51.084 (57.494)	Western Washington	1:49.88	1:51.09 Q	2
2	#426 Hosking, Elwood 55.760 (55.760) 1:51.257 (55.497)	Western Oregon	1:51.65	1:51.26 Q	3
3	#91 Correa, Johan 56.638 (56.638) 1:51.425 (54.787)	Central Washington	1:49.71	1:51.43 Q	1
4	#99 Hutton, Max 53.852 (53.852) 1:51.345 (57.493)	Central Washington	1:51.40	1:51.35 Q	2
5	#369 Thomson, Andrew 56.345 (56.345) 1:51.519 (55.174)	Simon Fraser	1:51.57	1:51.52 Q	1
6	#366 Plummer, Colton 55.833 (55.833) 1:51.586 (55.753)	Simon Fraser	1:51.57	1:51.59 Q	3
7	#442 Rodriguez, Isaiah 55.661 (55.661) 1:51.733 (56.072)	Western Oregon	1:49.66	1:51.74 q	3
8	#414 Bohannon, Grant 55.581 (55.581) 1:52.200 (56.619)	Western Oregon	1:52.56	1:52.20 q	3
9	#441 Pomrankey, Easton 56.958 (56.958) 1:52.757 (55.799)	Western Oregon	1:52.47	1:52.76	1
10	#545 Palmen, Connor 54.066 (54.066) 1:52.884 (58.818)	Western Washington	1:52.37	1:52.89	2
11	#276 Pagente, Kainalu 56.524 (56.524) 1:53.413 (56.889)	Saint Martin's	1:52.03	1:53.42	1
12	#444 Sanchez, Keeton 51.654 (51.654) 1:53.858 (1:02.204)	Western Oregon	1:52.44	1:53.86	2
13	#270 Higgins, Francis (Timmy) 57.362 (57.362) 1:55.900 (58.538)	Saint Martin's	1:57.02	1:55.90	1
14	#108 Pratapas, Jack 54.650 (54.650) 1:56.275 (1:01.625)	Central Washington	1:55.19	1:56.28	2
15	#106 Perez, Chase 55.102 (55.102) 1:58.275 (1:03.173)	Central Washington	1:55.13	1:58.28	2
16	#358 House, kaelan 57.326 (57.326) 2:00.306 (1:02.980)	Simon Fraser	1:54.79	2:00.31	1

Event 11 Women 400 Meter Hurdles

	Name	School	Seed	Prelims	H#
Preliminaries					
1	#7 Heite, Liv 1:02.953 (1:02.953)	Alaska Anchorage	1:03.22	1:02.96 Q	2
2	#71 McDevitt, Zoe 1:03.848 (1:03.848)	Central Washington	1:03.69	1:03.85 Q	1
3	#389 Lambing, Madeline 1:03.366 (1:03.366)	Western Oregon	1:03.10	1:03.37 q	2
4	#68 Huber, Carley 1:04.109 (1:04.109)	Central Washington	1:04.31	1:04.11 q	1

2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024**Central Washington University****Results****Preliminaries ... (Event 11 Women 400 Meter Hurdles)**

	Name	School	Seed	Prelims	H#
5	#57 DeGroot, Ellie 1:04.115 (1:04.115)	Central Washington	1:00.89	1:04.12 q	1
6	#6 De Arvizu Sarrias, Blanca 1:04.144 (1:04.144)	Alaska Anchorage	1:03.74	1:04.15 q	1
7	#464 Davis, Ila 1:04.325 (1:04.325)	Western Washington	1:03.99	1:04.33 q	2
8	#456 Bates, Naomi 1:04.789 (1:04.789)	Western Washington	1:04.29	1:04.79 q	2
9	#175 Gomez, Alejandra 1:05.684 (1:05.684)	Northwest Nazarene	1:04.82	1:05.69	1
10	#190 Levy, Ellie 1:06.571 (1:06.571)	Northwest Nazarene	1:06.43	1:06.58	2
11	#376 Carstensen, Rilee 1:07.512 (1:07.512)	Western Oregon	1:07.74	1:07.52	1
12	#177 Graham, Hailey 1:07.744 (1:07.744)	Northwest Nazarene	1:06.93	1:07.75	1
13	#118 Clark-Sexson, Annelise 1:08.011 (1:08.011)	Msu-Billings	1:08.23	1:08.02	2
14	#15 Simmons, Lacie 1:08.370 (1:08.370)	Alaska Anchorage	1:06.79	1:08.37	2
15	#76 Nhye, Candace 1:10.842 (1:10.842)	Central Washington	1:09.22	1:10.85	2

Event 12 Men 400 Meter Hurdles

	Name	School	Seed	Prelims	H#
Preliminaries					
1	#88 Boast, Josh 54.130 (54.130)	Central Washington	53.71	54.13 Q	1
2	#102 Klein, Drew 55.631 (55.631)	Central Washington	54.70	55.64 Q	2
3	#510 Edwards, Jaden 55.353 (55.353)	Western Washington	55.51	55.36 q	1
4	#220 Johansson, Luke 55.813 (55.813)	Northwest Nazarene	54.94	55.82 q	1
5	#114 Wise, Aiden 56.310 (56.310)	Central Washington	54.82	56.31 q	2
6	#520 Hong, Ethan 56.900 (56.900)	Western Washington	59.12	56.90 q	2
7	#350 Carr, Tyson 56.925 (56.925)	Simon Fraser	56.80	56.93 q	2
8	#113 Williams, Reilly 57.106 (57.106)	Central Washington	55.86	57.11 q	2
9	#430 King, Elijah 57.184 (57.184)	Western Oregon	58.28	57.19	1
10	#157 Scott, Kaleb 58.654 (58.654)	Msu-Billings	59.44	58.66	2
11	#439 Ness, Caleb 58.662 (58.662)	Western Oregon	57.74	58.67	1
12	#261 Boyd, Noah 1:00.109 (1:00.109)	Saint Martin's	59.78	1:00.11	1

2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024**Central Washington University****Results****Event 13 Women 200 Meter Dash**

	Name	School	Seed	Prelims	Wind	H#
Preliminaries						
1	#325 Leclair, Marie-Eloise 23.209 (23.209)	Simon Fraser	24.10	23.21 Q	-1.1	1
2	#63 Hollis, E'Lexis 24.136 (24.136)	Central Washington	24.16	24.14 Q	-1.9	2
3	#458 Cheney, Caitlyn 24.616 (24.616)	Western Washington	24.88	24.62 q	-1.1	1
4	#86 Williams, Juliette 24.911 (24.911)	Central Washington	24.61	24.92 q	-1.9	2
5	#315 Cannan, Emma 25.035 (25.035)	Simon Fraser	24.84	25.04 q	-1.1	1
6	#319 Cummings, Jaeland 25.204 (25.204)	Simon Fraser	25.80	25.21 q	-1.9	2
7	#471 Heiman, Annabelle 25.310 (25.310)	Western Washington	25.36	25.31 q	-1.9	2
8	#253 Vu, Madison 25.339 (25.339)	Saint Martin's	25.41	25.34 q	-1.1	1
9	#59 Gonzales, Zoe 25.363 (25.363)	Central Washington	25.40	25.37	-1.1	1
10	#487 Polkinghorn, Hannah 25.368 (25.368)	Western Washington	25.53	25.37	-1.9	2
11	#287 Green, Aniya 25.524 (25.524)	Seattle Pacific	25.54	25.53	-1.1	1
12	#460 Cook, Kennedy 25.367 (25.367)	Western Washington	25.42	25.55	-1.9	2
13	#479 Miller, Anna 25.561 (25.561)	Western Washington	25.79	25.57	-1.1	1
14	#172 Farnsworth, Kalli 25.815 (25.815)	Northwest Nazarene	25.29	25.82	-1.9	2
15	#134 Richardson, Mya 26.097 (26.097)	Msu-Billings	26.13	26.10	-1.1	1
16	#180 Harms, Gabbie 26.234 (26.234)	Northwest Nazarene	25.80	26.24	-1.9	2

Event 14 Men 200 Meter Dash

	Name	School	Seed	Prelims	Wind	H#
Preliminaries						
1	#26 Caleb, Joshua 21.038 (21.038)	Alaska Anchorage	21.23	21.04 Q	0.9	1
2	#95 Green, Josh 21.127 (21.127)	Central Washington	21.38	21.13 Q	-0.2	2
3	#365 Penson-Mccoy, Jesaiah 21.216 (21.216)	Simon Fraser	21.85	21.22 q	0.9	1
4	#204 Braseth, Hunter 21.470 (21.470)	Northwest Nazarene	21.62	21.47 q	-0.2	2
5	#422 Driesner, Alex 21.794 (21.794)	Western Oregon	22.09	21.80 q	0.9	1
6	#364 O'Donnell, Liam 21.831 (21.831)	Simon Fraser	22.31	21.84 q	-0.2	2
7	#517 Greenwalt, Ryan 21.835 (21.835)	Western Washington	21.90	21.84 q	-0.2	2
8	#24 Angarita, Kevin 21.860 (21.860)	Alaska Anchorage	21.97	21.86 q	-0.2	2

2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024**Central Washington University****Results****Preliminaries ... (Event 14 Men 200 Meter Dash)**

	Name	School	Seed	Prelims	Wind	H#
9	#357 Hall, Jacob 22.032 (22.032)	Simon Fraser	21.85	22.04	0.9	1
10	#513 Fischer, Derek 22.162 (22.162)	Western Washington	22.03	22.17	0.9	1
11	#33 Jana, Riday 22.172 (22.172)	Alaska Anchorage	22.09	22.18	-0.2	2
12	#148 Herbert, JayCee 22.180 (22.180)	Msu-Billings	22.49	22.18	-0.2	2
13	#437 Mitchell, Joshua 22.374 (22.374)	Western Oregon	22.47	22.38	0.9	1
14	#144 Dezember, Mason 22.562 (22.562)	Msu-Billings	22.74	22.57	-0.2	2
15	#41 Morris, Brian 22.580 (22.580)	Alaska Anchorage	22.34	22.58	0.9	1
16	#432 Le, Teo 22.886 (22.886)	Western Oregon	23.27	22.89	0.9	1

Event 15 Women 10000 Meter Run

	Name	School	Seed	Finals
Finals				
1	#482 Nystrom, Meaera 1:24.292 (1:24.292) 2:50.736 (1:26.444) 4:16.198 (1:25.462) 5:44.436 (1:28.238) 7:13.074 (1:28.638) 8:42.125 (1:29.051) 10:11.155 (1:29.030) 11:40.314 (1:29.159) 13:10.068 (1:29.754) 14:40.943 (1:30.875) 16:10.666 (1:29.723) 17:40.803 (1:30.137) 19:10.680 (1:29.877) 20:38.630 (1:27.950) 22:09.148 (1:30.518) 23:39.336 (1:30.188) 25:08.793 (1:29.457) 26:39.735 (1:30.942) 28:11.422 (1:31.687) 29:42.193 (1:30.771) 31:12.501 (1:30.308) 32:41.979 (1:29.478) 34:11.943 (1:29.964) 35:40.462 (1:28.519) 37:01.214 (1:20.752)	Western Washington	36:18.94	37:01.22
2	#387 Heldt, Caitlin 1:24.112 (1:24.112) 2:50.597 (1:26.485) 4:15.135 (1:24.538) 5:41.058 (1:25.923) 7:08.243 (1:27.185) 8:36.294 (1:28.051) 10:05.231 (1:28.937) 11:34.856 (1:29.625) 13:04.238 (1:29.382) 14:34.602 (1:30.364) 16:05.429 (1:30.827) 17:37.071 (1:31.642) 19:08.593 (1:31.522) 20:40.025 (1:31.432) 22:11.658 (1:31.633) 23:44.334 (1:32.676) 25:16.939 (1:32.605) 26:49.776 (1:32.837) 28:23.234 (1:33.458) 29:56.552 (1:33.318) 31:30.395 (1:33.843) 33:02.721 (1:32.326) 34:35.653 (1:32.932) 36:05.878 (1:30.225) 37:26.657 (1:20.779)	Western Oregon	35:54.51	37:26.66
3	#493 Smith, Emma 1:25.595 (1:25.595) 2:54.088 (1:28.493) 4:24.179 (1:30.091) 5:54.199 (1:30.020) 7:24.926 (1:30.727) 8:55.503 (1:30.577) 10:25.515 (1:30.012) 11:56.930 (1:31.415) 13:29.967 (1:33.037) 15:00.903 (1:30.936) 16:31.474 (1:30.571) 18:02.515 (1:31.041) 19:33.020 (1:30.505) 21:02.751 (1:29.731) 22:33.329 (1:30.578) 24:02.752 (1:29.423) 25:33.656 (1:30.904) 27:04.616 (1:30.960) 28:36.485 (1:31.869) 30:09.585 (1:33.100) 31:43.277 (1:33.692) 33:16.126 (1:32.849) 34:45.290 (1:29.164) 36:12.878 (1:27.588) 37:34.949 (1:22.071)	Western Washington	37:13.42	37:34.95
4	#478 McLain, Danielle 1:30.633 (1:30.633) 2:59.514 (1:28.881) 4:28.391 (1:28.877) 5:58.335 (1:29.944) 7:28.572 (1:30.237) 9:00.907 (1:32.335) 10:31.616 (1:30.709) 12:03.191 (1:31.575) 13:35.008 (1:31.817) 15:07.871 (1:32.863) 16:41.384 (1:33.513) 18:14.115 (1:32.731) 19:44.759 (1:30.644) 21:13.824 (1:29.065) 22:44.677 (1:30.853) 24:16.787 (1:32.110) 25:48.661 (1:31.874) 27:19.241 (1:30.580) 28:49.616 (1:30.375) 30:19.292 (1:29.676) 31:49.618 (1:30.326) 33:19.659 (1:30.041) 34:47.962 (1:28.303) 36:14.847 (1:26.885) 37:38.695 (1:23.848)	Western Washington	37:24.14	37:38.70

2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024**Central Washington University****Results****Finals ... (Event 15 Women 10000 Meter Run)**

Name	School	Seed	Finals
5 #292 Mulch, Matise	Seattle Pacific	38:38.25	37:58.94
1:31.466 (1:31.466)	3:00.573 (1:29.107)	4:28.733 (1:28.160)	5:58.875 (1:30.142)
7:28.885 (1:30.010)	8:59.111 (1:30.226)	10:29.846 (1:30.735)	12:01.996 (1:32.150)
13:35.223 (1:33.227)	15:08.145 (1:32.922)	16:41.565 (1:33.420)	18:12.772 (1:31.207)
19:42.306 (1:29.534)	21:14.099 (1:31.793)	22:44.961 (1:30.862)	24:17.059 (1:32.098)
25:48.931 (1:31.872)	27:19.541 (1:30.610)	28:48.883 (1:29.342)	30:19.570 (1:30.687)
31:51.863 (1:32.293)	33:25.819 (1:33.956)	34:58.513 (1:32.694)	36:29.660 (1:31.147)
37:58.938 (1:29.278)			
6 #171 Erler, Morgan	Northwest Nazarene	36:53.62	38:31.09
1:25.102 (1:25.102)	2:51.375 (1:26.273)	4:16.470 (1:25.095)	5:44.794 (1:28.324)
7:13.451 (1:28.657)	8:42.503 (1:29.052)	10:11.648 (1:29.145)	11:41.677 (1:30.029)
13:13.114 (1:31.437)	14:44.299 (1:31.185)	16:16.008 (1:31.709)	17:48.152 (1:32.144)
19:21.821 (1:33.669)	20:56.372 (1:34.551)	22:30.058 (1:33.686)	24:04.165 (1:34.107)
25:41.116 (1:36.951)	27:18.209 (1:37.093)	28:54.641 (1:36.432)	30:34.332 (1:39.691)
32:13.293 (1:38.961)	33:49.972 (1:36.679)	35:28.456 (1:38.484)	37:03.028 (1:34.572)
38:31.081 (1:28.053)			
7 #484 Parker, Alexis	Western Washington	37:37.85	38:40.24
1:31.156 (1:31.156)	3:00.793 (1:29.637)	4:29.488 (1:28.695)	5:59.465 (1:29.977)
7:29.936 (1:30.471)	9:01.751 (1:31.815)	10:33.521 (1:31.770)	12:06.409 (1:32.888)
13:38.806 (1:32.397)	15:12.393 (1:33.587)	16:46.858 (1:34.465)	18:21.162 (1:34.304)
19:55.625 (1:34.463)	21:29.433 (1:33.808)	23:02.386 (1:32.953)	24:36.183 (1:33.797)
26:10.136 (1:33.953)	27:44.557 (1:34.421)	29:18.831 (1:34.274)	30:54.069 (1:35.238)
32:29.905 (1:35.836)	34:05.835 (1:35.930)	35:40.828 (1:34.993)	37:14.399 (1:33.571)
38:40.238 (1:25.839)			
8 #249 Sabra, Sara	Saint Martin's	37:17.43	38:44.39
1:27.511 (1:27.511)	2:55.321 (1:27.810)	4:24.287 (1:28.966)	5:54.044 (1:29.757)
7:24.859 (1:30.815)	8:54.964 (1:30.105)	10:25.207 (1:30.243)	11:56.686 (1:31.479)
13:29.724 (1:33.038)	15:01.691 (1:31.967)	16:35.028 (1:33.337)	18:09.270 (1:34.242)
19:42.673 (1:33.403)	21:16.046 (1:33.373)	22:51.862 (1:35.816)	24:28.355 (1:36.493)
26:05.951 (1:37.596)	27:43.617 (1:37.666)	29:21.639 (1:38.022)	31:00.039 (1:38.400)
32:38.525 (1:38.486)	34:12.399 (1:33.874)	35:46.108 (1:33.709)	37:17.915 (1:31.807)
38:44.382 (1:26.467)			
9 #483 Parker, Alanna	Western Washington	37:29.45	39:08.89
1:30.757 (1:30.757)	3:00.287 (1:29.530)	4:29.056 (1:28.769)	5:59.036 (1:29.980)
7:29.684 (1:30.648)	9:01.560 (1:31.876)	10:33.249 (1:31.689)	12:06.470 (1:33.221)
13:39.054 (1:32.584)	15:12.548 (1:33.494)	16:46.700 (1:34.152)	18:21.049 (1:34.349)
19:55.448 (1:34.399)	21:31.154 (1:35.706)	23:08.014 (1:36.860)	24:43.272 (1:35.258)
26:18.378 (1:35.106)	27:52.558 (1:34.180)	29:29.798 (1:37.240)	31:06.944 (1:37.146)
32:42.985 (1:36.041)	34:19.627 (1:36.642)	35:58.824 (1:39.197)	37:35.440 (1:36.616)
39:08.889 (1:33.449)			
10 #248 Ramirez, Kya	Saint Martin's	37:42.34	39:26.88
1:30.925 (1:30.925)	3:00.064 (1:29.139)	4:28.014 (1:27.950)	5:57.049 (1:29.035)
7:27.328 (1:30.279)	8:58.277 (1:30.949)	10:29.541 (1:31.264)	12:01.714 (1:32.173)
13:34.940 (1:33.226)	15:08.064 (1:33.124)	16:41.917 (1:33.853)	18:14.535 (1:32.618)
19:48.498 (1:33.963)	21:24.783 (1:36.285)	23:02.324 (1:37.541)	24:37.496 (1:35.172)
26:15.512 (1:38.016)	27:54.140 (1:38.628)	29:33.456 (1:39.316)	31:12.714 (1:39.258)
32:52.591 (1:39.877)	34:32.050 (1:39.459)	36:12.488 (1:40.438)	37:52.516 (1:40.028)
39:26.876 (1:34.360)			

2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024**Central Washington University****Results**

11	#400 Potratz, Kyla	Western Oregon				41:08.88
	1:30.878 (1:30.878)	3:00.535 (1:29.657)	4:29.222 (1:28.687)	6:00.113 (1:30.891)		
	7:31.798 (1:31.685)	9:07.018 (1:35.220)	10:43.205 (1:36.187)	12:20.884 (1:37.679)		
	14:00.078 (1:39.194)	15:39.410 (1:39.332)	17:18.861 (1:39.451)	18:59.714 (1:40.853)		
	20:40.221 (1:40.507)	22:23.086 (1:42.865)	24:05.783 (1:42.697)	25:50.008 (1:44.225)		
	27:33.929 (1:43.921)	29:18.869 (1:44.940)	31:03.449 (1:44.580)	32:47.561 (1:44.112)		
	34:33.438 (1:45.877)	36:15.521 (1:42.083)	37:51.613 (1:36.092)	39:25.456 (1:33.843)		
	41:08.876 (1:43.420)					

2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024**Central Washington University****Results****Finals ... (Event 15 Women 10000 Meter Run)**

	Name	School	Seed	Finals
12	#117 Berendsen, Carey	Msu-Billings	39:47.10	42:14.08
	1:31.479 (1:31.479)	3:05.689 (1:34.210)	4:39.326 (1:33.637)	6:16.516 (1:37.190)
	7:49.167 (1:32.651)	9:26.467 (1:37.300)	10:31.578 (1:05.111)	12:42.223 (2:10.645)
	14:22.433 (1:40.210)	16:03.231 (1:40.798)	17:46.813 (1:43.582)	19:30.521 (1:43.708)
	21:13.596 (1:43.075)	22:56.154 (1:42.558)	24:43.094 (1:46.940)	26:30.395 (1:47.301)
	28:21.978 (1:51.583)	30:11.234 (1:49.256)	32:01.103 (1:49.869)	33:51.035 (1:49.932)
	35:33.605 (1:42.570)	37:11.266 (1:37.661)	38:52.293 (1:41.027)	40:35.437 (1:43.144)
	42:14.071 (1:38.634)			
13	#379 Clifton, Ali	Western Oregon	39:17.49	42:43.10
	1:30.481 (1:30.481)	3:00.212 (1:29.731)	4:28.310 (1:28.098)	5:56.759 (1:28.449)
	7:27.855 (1:31.096)	9:00.456 (1:32.601)	10:33.006 (1:32.550)	12:07.849 (1:34.843)
	13:48.839 (1:40.990)	15:31.441 (1:42.602)	17:14.067 (1:42.626)	18:57.226 (1:43.159)
	20:40.056 (1:42.830)	22:24.622 (1:44.566)	24:14.019 (1:49.397)	26:03.677 (1:49.658)
	27:52.657 (1:48.980)	29:43.864 (1:51.207)	31:35.639 (1:51.775)	33:27.826 (1:52.187)
	35:21.629 (1:53.803)	37:14.659 (1:53.030)	39:07.885 (1:53.226)	40:56.969 (1:49.084)
	42:43.098 (1:46.129)			
14	#138 Tolman, Aspen	Msu-Billings	41:31.90	43:48.20
	1:32.160 (1:32.160)	3:08.188 (1:36.028)	4:49.038 (1:40.850)	6:32.547 (1:43.509)
	8:15.959 (1:43.412)	10:00.862 (1:44.903)	11:46.008 (1:45.146)	13:30.519 (1:44.511)
	15:15.342 (1:44.823)	17:01.477 (1:46.135)	18:48.472 (1:46.995)	20:34.421 (1:45.949)
	22:21.432 (1:47.011)	24:07.955 (1:46.523)	25:54.901 (1:46.946)	27:43.566 (1:48.665)
	29:32.200 (1:48.634)	31:19.594 (1:47.394)	33:08.712 (1:49.118)	34:58.968 (1:50.256)
	36:47.666 (1:48.698)	38:34.193 (1:46.527)	40:20.478 (1:46.285)	42:06.301 (1:45.823)
	43:48.198 (1:41.897)			
---	#465 Edens, Ella	Western Washington	37:03.92	DNF
	1:30.238 (1:30.238)	2:59.205 (1:28.967)	4:28.146 (1:28.941)	5:57.949 (1:29.803)
	7:28.147 (1:30.198)	9:00.670 (1:32.523)	10:31.922 (1:31.252)	12:03.444 (1:31.522)
	13:35.538 (1:32.094)	15:08.390 (1:32.852)	16:42.278 (1:33.888)	18:16.076 (1:33.798)
	19:50.895 (1:34.819)	21:27.190 (1:36.295)	23:03.253 (1:36.063)	24:40.725 (1:37.472)
	26:19.327 (1:38.602)	27:59.272 (1:39.945)		

Event 16 Men 10000 Meter Run

	Name	School	Seed	Finals
Finals				
1	#221 Kemble, Brody	Northwest Nazarene	30:15.60	30:46.90
	1:09.518 (1:09.518)	2:22.549 (1:13.031)	3:34.482 (1:11.933)	4:47.005 (1:12.523)
	5:59.186 (1:12.181)	7:11.843 (1:12.657)	8:24.989 (1:13.146)	9:37.391 (1:12.402)
	10:50.946 (1:13.555)	12:06.820 (1:15.874)	13:22.091 (1:15.271)	14:36.274 (1:14.183)
	15:51.414 (1:15.140)	17:08.154 (1:16.740)	18:23.781 (1:15.627)	19:39.124 (1:15.343)
	20:54.661 (1:15.537)	22:07.701 (1:13.040)	23:22.658 (1:14.957)	24:36.905 (1:14.247)
	25:52.147 (1:15.242)	27:06.523 (1:14.376)	28:20.765 (1:14.242)	29:35.103 (1:14.338)
	30:46.900 (1:11.797)			
2	#544 Oslin, Andrew	Western Washington	29:57.88	31:04.70
	1:11.791 (1:11.791)	2:23.838 (1:12.047)	3:34.905 (1:11.067)	4:47.495 (1:12.590)
	6:00.000 (1:12.505)	7:13.121 (1:13.121)	8:27.633 (1:14.512)	9:42.510 (1:14.877)
	10:56.933 (1:14.423)	12:13.111 (1:16.178)	13:28.746 (1:15.635)	14:44.622 (1:15.876)
	16:00.294 (1:15.672)	17:14.623 (1:14.329)	18:30.019 (1:15.396)	19:46.225 (1:16.206)
	21:02.138 (1:15.913)	22:18.525 (1:16.387)	23:36.442 (1:17.917)	24:54.149 (1:17.707)
	26:12.394 (1:18.245)	27:30.708 (1:18.314)	28:48.546 (1:17.838)	30:03.181 (1:14.635)
	31:04.692 (1:01.511)			

2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024
Central Washington University

Results

3	#509 Clough, Ryan	Western Washington				29:35.91	31:16.14
	1:09.256 (1:09.256)	2:22.270 (1:13.014)	3:34.185 (1:11.915)	4:46.740 (1:12.555)			
	5:58.914 (1:12.174)	7:11.552 (1:12.638)	8:24.694 (1:13.142)	9:37.106 (1:12.412)			
	10:50.672 (1:13.566)	12:06.536 (1:15.864)	13:21.840 (1:15.304)	14:36.027 (1:14.187)			
	15:51.159 (1:15.132)	17:07.874 (1:16.715)	18:23.516 (1:15.642)	19:38.821 (1:15.305)			
	20:55.306 (1:16.485)	22:12.905 (1:17.599)	23:31.202 (1:18.297)	24:48.641 (1:17.439)			
	26:06.951 (1:18.310)	27:26.223 (1:19.272)	28:45.875 (1:19.652)	30:03.693 (1:17.818)			
	31:16.136 (1:12.443)						

2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024**Central Washington University****Results****Finals ... (Event 16 Men 10000 Meter Run)**

Name	School	Seed	Finals
4 #557 Rutledge, Leo	Western Washington	31:51.21	32:04.39
1:17.383 (1:17.383)	2:37.173 (1:19.790)	3:53.975 (1:16.802)	5:10.710 (1:16.735)
6:28.497 (1:17.787)	7:46.086 (1:17.589)	9:02.536 (1:16.450)	10:18.625 (1:16.089)
11:34.728 (1:16.103)	12:51.209 (1:16.481)	14:07.577 (1:16.368)	15:24.107 (1:16.530)
16:41.558 (1:17.451)	17:59.556 (1:17.998)	19:15.260 (1:15.704)	20:31.899 (1:16.639)
21:47.329 (1:15.430)	23:03.850 (1:16.521)	24:21.753 (1:17.903)	25:39.075 (1:17.322)
26:56.548 (1:17.473)	28:14.917 (1:18.369)	29:31.928 (1:17.011)	30:48.451 (1:16.523)
32:04.389 (1:15.938)			
5 #533 Lennon, Dylan	Western Washington	32:23.43	32:04.42
1:17.581 (1:17.581)	2:37.337 (1:19.756)	3:54.343 (1:17.006)	5:11.046 (1:16.703)
6:28.833 (1:17.787)	7:46.510 (1:17.677)	9:03.326 (1:16.816)	10:19.578 (1:16.252)
11:35.481 (1:15.903)	12:51.541 (1:16.060)	14:07.896 (1:16.355)	15:24.386 (1:16.490)
16:41.824 (1:17.438)	17:59.691 (1:17.867)	19:15.492 (1:15.801)	20:32.216 (1:16.724)
21:47.745 (1:15.529)	23:03.703 (1:15.958)	24:21.659 (1:17.956)	25:39.406 (1:17.747)
26:56.779 (1:17.373)	28:15.215 (1:18.436)	29:32.247 (1:17.032)	30:48.683 (1:16.436)
32:04.418 (1:15.735)			
6 #218 Ingram, Asher	Northwest Nazarene	32:03.41	32:14.66
1:17.178 (1:17.178)	2:37.379 (1:20.201)	3:54.098 (1:16.719)	5:10.837 (1:16.739)
6:28.570 (1:17.733)	7:45.967 (1:17.397)	9:03.652 (1:17.685)	10:20.161 (1:16.509)
11:36.747 (1:16.586)	12:52.502 (1:15.755)	14:09.163 (1:16.661)	15:26.133 (1:16.970)
16:43.443 (1:17.310)	18:00.199 (1:16.756)	19:16.317 (1:16.118)	20:32.790 (1:16.473)
21:50.440 (1:17.650)	23:08.593 (1:18.153)	24:28.664 (1:20.071)	25:47.602 (1:18.938)
27:07.140 (1:19.538)	28:26.149 (1:19.009)	29:45.860 (1:19.711)	31:03.205 (1:17.345)
32:14.654 (1:11.449)			
7 #43 Payne, George	Alaska Anchorage	31:59.11	32:30.38
1:17.127 (1:17.127)	2:37.025 (1:19.898)	3:54.303 (1:17.278)	5:11.175 (1:16.872)
6:28.605 (1:17.430)	7:46.125 (1:17.520)	9:02.721 (1:16.596)	10:19.000 (1:16.279)
11:35.255 (1:16.255)	12:51.787 (1:16.532)	14:08.583 (1:16.796)	15:25.895 (1:17.312)
16:44.117 (1:18.222)	18:02.667 (1:18.550)	19:21.374 (1:18.707)	20:40.560 (1:19.186)
21:59.176 (1:18.616)	23:18.632 (1:19.456)	24:39.374 (1:20.742)	26:00.342 (1:20.968)
27:20.700 (1:20.358)	28:43.726 (1:23.026)	30:06.090 (1:22.364)	31:22.975 (1:16.885)
32:30.373 (1:07.398)			
8 #562 Souza-Ponce, Eric Anthony	Western Washington	32:10.39	32:35.83
1:17.813 (1:17.813)	2:37.533 (1:19.720)	3:54.216 (1:16.683)	5:10.957 (1:16.741)
6:28.779 (1:17.822)	7:46.328 (1:17.549)	9:03.066 (1:16.738)	10:19.272 (1:16.206)
11:35.121 (1:15.849)	12:51.433 (1:16.312)	14:08.249 (1:16.816)	15:24.659 (1:16.410)
16:42.227 (1:17.568)	17:59.947 (1:17.720)	19:16.409 (1:16.462)	20:35.935 (1:19.526)
21:54.336 (1:18.401)	23:13.959 (1:19.623)	24:35.656 (1:21.697)	25:59.737 (1:24.081)
27:20.250 (1:20.513)	28:41.267 (1:21.017)	30:01.564 (1:20.297)	31:22.827 (1:21.263)
32:35.826 (1:12.999)			
9 #572 Zeljak, Spencer	Western Washington	32:13.33	32:40.43
1:16.674 (1:16.674)	2:36.559 (1:19.885)	3:53.529 (1:16.970)	5:10.232 (1:16.703)
6:27.958 (1:17.726)	7:45.791 (1:17.833)	9:02.392 (1:16.601)	10:18.903 (1:16.511)
11:34.378 (1:15.475)	12:51.002 (1:16.624)	14:07.311 (1:16.309)	15:23.847 (1:16.536)
16:41.304 (1:17.457)	17:59.351 (1:18.047)	19:17.017 (1:17.666)	20:34.717 (1:17.700)
21:54.726 (1:20.009)	23:14.896 (1:20.170)	24:34.935 (1:20.039)	25:58.044 (1:23.109)
27:22.760 (1:24.716)	28:46.283 (1:23.523)	30:10.055 (1:23.772)	31:20.297 (1:10.242)
32:40.424 (1:20.127)			

2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024**Central Washington University****Results**

10	#312 Venable, Isaac	Seattle Pacific	32:27.17	33:23.07
	1:17.957 (1:17.957)	2:37.832 (1:19.875)	3:54.659 (1:16.827)	5:12.035 (1:17.376)
	6:30.181 (1:18.146)	7:48.831 (1:18.650)	9:08.149 (1:19.318)	10:27.452 (1:19.303)
	11:48.954 (1:21.502)	13:10.669 (1:21.715)	14:32.393 (1:21.724)	15:52.931 (1:20.538)
	17:14.295 (1:21.364)	18:34.795 (1:20.500)	19:55.399 (1:20.604)	21:17.415 (1:22.016)
	22:37.558 (1:20.143)	23:58.891 (1:21.333)	25:20.633 (1:21.742)	26:41.433 (1:20.800)
	28:03.010 (1:21.577)	29:24.982 (1:21.972)	30:46.531 (1:21.549)	32:07.932 (1:21.401)
	33:23.064 (1:15.132)			

2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024**Central Washington University****Results****Finals ... (Event 16 Men 10000 Meter Run)**

	Name	School	Seed	Finals
11	#146 Edgerton, Bryant	Msu-Billings	32:55.64	33:38.24
	1:15.781 (1:15.781)	2:36.729 (1:20.948)	3:53.727 (1:16.998)	5:10.537 (1:16.810)
	6:28.411 (1:17.874)	7:46.478 (1:18.067)	9:04.385 (1:17.907)	10:24.086 (1:19.701)
	11:43.988 (1:19.902)	13:03.037 (1:19.049)	14:22.224 (1:19.187)	15:42.431 (1:20.207)
	17:03.691 (1:21.260)	18:26.349 (1:22.658)	19:48.982 (1:22.633)	21:13.657 (1:24.675)
	22:37.971 (1:24.314)	24:03.820 (1:25.849)	25:30.054 (1:26.234)	26:53.181 (1:23.127)
	28:16.005 (1:22.824)	29:40.304 (1:24.299)	31:02.143 (1:21.839)	32:23.540 (1:21.397)
	33:38.234 (1:14.694)			
12	#563 Tobon, Eduardo	Western Washington	32:08.29	33:44.67
	1:17.540 (1:17.540)	2:36.890 (1:19.350)	3:54.002 (1:17.112)	5:10.744 (1:16.742)
	6:28.168 (1:17.424)	7:46.004 (1:17.836)	9:02.907 (1:16.903)	10:19.190 (1:16.283)
	11:34.973 (1:15.783)	12:52.123 (1:17.150)	14:08.856 (1:16.733)	15:25.307 (1:16.451)
	16:45.267 (1:19.960)	18:06.903 (1:21.636)	19:31.922 (1:25.019)	20:59.955 (1:28.033)
	22:27.272 (1:27.317)	23:54.262 (1:26.990)	25:22.266 (1:28.004)	26:50.296 (1:28.030)
	28:16.275 (1:25.979)	29:42.655 (1:26.380)	31:07.492 (1:24.837)	32:30.090 (1:22.598)
	33:44.668 (1:14.578)			
13	#301 Endresen, Gabe	Seattle Pacific	33:12.32	33:52.44
	1:18.425 (1:18.425)	2:38.077 (1:19.652)	3:54.879 (1:16.802)	5:12.163 (1:17.284)
	6:30.492 (1:18.329)	7:48.910 (1:18.418)	9:08.319 (1:19.409)	10:28.206 (1:19.887)
	11:49.303 (1:21.097)	13:10.867 (1:21.564)	14:32.892 (1:22.025)	15:53.502 (1:20.610)
	17:15.002 (1:21.500)	18:36.987 (1:21.985)	20:00.079 (1:23.092)	21:24.468 (1:24.389)
	22:48.811 (1:24.343)	24:12.744 (1:23.933)	25:37.599 (1:24.855)	27:02.191 (1:24.592)
	28:27.237 (1:25.046)	29:52.268 (1:25.031)	31:15.415 (1:23.147)	32:37.534 (1:22.119)
	33:52.434 (1:14.900)			
14	#543 O'Day, Cale	Western Washington	31:38.29	33:54.72
	1:17.322 (1:17.322)	2:36.471 (1:19.149)	3:53.481 (1:17.010)	5:10.255 (1:16.774)
	6:27.990 (1:17.735)	7:45.825 (1:17.835)	9:02.812 (1:16.987)	10:19.678 (1:16.866)
	11:36.168 (1:16.490)	12:53.810 (1:17.642)	14:13.792 (1:19.982)	15:34.618 (1:20.826)
	16:55.241 (1:20.623)	18:18.392 (1:23.151)	19:41.290 (1:22.898)	21:04.367 (1:23.077)
	22:27.719 (1:23.352)	23:52.942 (1:25.223)	25:18.063 (1:25.121)	26:45.753 (1:27.690)
	28:12.202 (1:26.449)	29:37.593 (1:25.391)	31:05.057 (1:27.464)	32:30.646 (1:25.589)
	33:54.716 (1:24.070)			
15	#440 Parker, Logan	Western Oregon	32:37.14	34:00.23
	1:18.231 (1:18.231)	2:38.131 (1:19.900)	3:55.046 (1:16.915)	5:11.649 (1:16.603)
	6:29.586 (1:17.937)	7:47.374 (1:17.788)	9:05.536 (1:18.162)	10:24.811 (1:19.275)
	11:43.698 (1:18.887)	13:02.712 (1:19.014)	14:21.847 (1:19.135)	15:42.106 (1:20.259)
	17:04.069 (1:21.963)	18:26.676 (1:22.607)	19:50.067 (1:23.391)	21:15.604 (1:25.537)
	22:40.179 (1:24.575)	24:03.406 (1:23.227)	25:27.600 (1:24.194)	26:56.230 (1:28.630)
	28:24.172 (1:27.942)	29:51.332 (1:27.160)	31:16.946 (1:25.614)	32:42.106 (1:25.160)
	34:00.223 (1:18.117)			
16	#304 Gale, Nathaniel	Seattle Pacific	32:55.68	34:30.64
	1:18.828 (1:18.828)	2:38.360 (1:19.532)	3:55.426 (1:17.066)	5:12.686 (1:17.260)
	6:30.983 (1:18.297)	7:50.358 (1:19.375)	9:10.986 (1:20.628)	10:32.326 (1:21.340)
	11:55.432 (1:23.106)	13:17.874 (1:22.442)	14:40.394 (1:22.520)	16:04.879 (1:24.485)
	17:29.363 (1:24.484)	18:53.948 (1:24.585)	20:18.503 (1:24.555)	21:44.396 (1:25.893)
	23:10.760 (1:26.364)	24:36.304 (1:25.544)	26:02.624 (1:26.320)	27:28.164 (1:25.540)
	28:54.727 (1:26.563)	30:22.324 (1:27.597)	31:48.449 (1:26.125)	33:12.402 (1:23.953)
	34:30.638 (1:18.236)			

2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024**Central Washington University****Results**

17	#419 Davis-Frankfort, Cedar	Western Oregon	32:21.79	36:01.87
	1:18.495 (1:18.495)	2:37.500 (1:19.005)	3:54.776 (1:17.276)	5:11.365 (1:16.589)
	6:29.161 (1:17.796)	7:46.786 (1:17.625)	9:04.208 (1:17.422)	10:24.215 (1:20.007)
	11:46.268 (1:22.053)	13:12.605 (1:26.337)	14:40.109 (1:27.504)	16:04.453 (1:24.344)
	17:33.682 (1:29.229)	19:03.846 (1:30.164)	20:35.462 (1:31.616)	22:07.084 (1:31.622)
	23:40.526 (1:33.442)	25:16.959 (1:36.433)	26:53.740 (1:36.781)	28:30.055 (1:36.315)
	30:07.900 (1:37.845)	31:37.125 (1:29.225)	33:01.787 (1:24.662)	34:30.931 (1:29.144)
	36:01.865 (1:30.934)			

2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024**Central Washington University****Results****Finals ... (Event 16 Men 10000 Meter Run)**

	Name	School	Seed	Finals
18	#434 Mckenney, Dustyn	Western Oregon	32:51.23	36:23.54
	1:18.165 (1:18.165)	2:37.799 (1:19.634)	3:54.610 (1:16.811)	5:11.291 (1:16.681)
	6:29.073 (1:17.782)	7:47.052 (1:17.979)	9:05.685 (1:18.633)	10:27.565 (1:21.880)
	11:51.441 (1:23.876)	13:16.906 (1:25.465)	14:43.268 (1:26.362)	16:11.422 (1:28.154)
	17:41.409 (1:29.987)	19:11.059 (1:29.650)	20:37.830 (1:26.771)	21:59.829 (1:21.999)
	23:28.737 (1:28.908)	25:00.846 (1:32.109)	26:34.752 (1:33.906)	28:10.278 (1:35.526)
	29:47.376 (1:37.098)	31:26.207 (1:38.831)	33:08.048 (1:41.841)	34:45.860 (1:37.812)
	36:23.540 (1:37.680)			
---	#500 Billings, Jonah	Western Washington	31:12.27	DNF
	1:16.907 (1:16.907)	2:36.810 (1:19.903)	3:53.767 (1:16.957)	5:10.487 (1:16.720)
	6:28.233 (1:17.746)	7:46.194 (1:17.961)	9:03.121 (1:16.927)	10:19.904 (1:16.783)
	11:37.131 (1:17.227)	12:58.977 (1:21.846)	14:24.202 (1:25.225)	

Event 17 Women Long Jump

	Name	School	Seed	Finals	Wind	H#
Finals						
1	#398 Nwokoma, Ujunwa	Western Oregon	5.91m	5.84m	NWI	2
2	#77 Ntekpere, Emy	Central Washington	5.61m	5.78m	+0.0	2
3	#9 Liessfeld, Vivien	Alaska Anchorage	5.64m	5.51m	-0.3	2
4	#487 Polkinghorn, Hannah	Western Washington	5.51m	5.49m	0.4	2
5	#380 Deters, Amity	Western Oregon	5.30m	5.37m	+0.0	2
6	#461 Cook, Kora	Western Washington	5.31m	5.35m	+0.0	2
7	#454 Avery, Nicole	Western Washington	5.14m	5.30m	0.2	1
8	#68 Huber, Carley	Central Washington	4.98m	5.23m	+0.0	1
9	#76 Nhye, Candace	Central Washington	5.27m	5.10m	+0.0	2
10	#179 Green, Vai	Northwest Nazarene	5.21m	5.09m	-1.6	1
11	#291 Mock, Sophie	Seattle Pacific	5.40m	4.98m	+0.0	2
12	#463 Danner-Bunn, Ayla	Western Washington	5.12m	4.96m	+0.0	1
13	#290 Kessler, Paige	Seattle Pacific	4.84m	4.84m	+0.0	1
14	#75 Moore, Tehya	Central Washington	5.00m	4.82m	0.1	1
15	#135 Sanchez, Alyssa	Msu-Billings	4.76m	4.55m	0.2	1
---	#378 Clemens, Macy	Western Oregon	5.36m	FOUL		2

Event 18 Men Javelin Throw

	Name	School	Seed	Finals	H#
Finals					
1	#352 Chong, Jarrett	Simon Fraser	66.12m	64.25m	2
2	#237 Waldbauer, Laurenz	Northwest Nazarene	70.71m	64.04m	2
3	#541 Nelson, Andrew	Western Washington	60.69m	60.55m	2
4	#268 Guidry, Ethan	Saint Martin's	61.01m	59.51m	2
5	#505 Braunstein, Jakob	Western Washington	61.88m	59.31m	2
6	#570 Witters, Sean	Western Washington	57.33m	57.76m	2
7	#260 Boyd, Andrew	Saint Martin's	57.85m	53.80m	2
8	#360 Malkoske, Riley	Simon Fraser	54.56m	53.68m	2
9	#451 Walker, JJ	Western Oregon	49.77m	52.42m	1
10	#258 Armstrong, Landon	Saint Martin's	52.17m	51.79m	1
11	#115 Wise, Branden	Central Washington	57.40m	51.64m	2
12	#421 Dickson, Anthony	Western Oregon	45.34m	46.82m	1
13	#145 Dunham, Bryce	Msu-Billings	48.55m	45.75m	1
14	#201 Alberts, Carter	Northwest Nazarene	45.65m	43.62m	1

2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024**Central Washington University****Results****Event 19 Women Shot Put**

	Name	School	Seed	Finals	H#
Finals					
1	#489 Potts, Katie	Western Washington	13.88m	14.14m	2
2	#183 Herbert, Destany	Northwest Nazarene	14.34m	14.00m	2
3	#485 Parks, Mara	Western Washington	13.22m	13.46m	2
4	#469 Grandbois, Maddy	Western Washington	12.47m	12.56m	2
5	#53 Board, Brenna	Central Washington	12.26m	12.33m	2
6	#121 Cooper, Hannah	Msu-Billings	12.16m	12.04m	2
7	#188 Kwok, Emma	Northwest Nazarene	11.31m	11.79m	2
8	#78 Prazer, Ellie	Central Washington	11.29m	11.27m	1
9	#170 Eldridge, Jordan	Northwest Nazarene	10.68m	11.22m	1
10	#124 Green, Jaida	Msu-Billings	11.69m	11.04m	2
11	#388 Helmen, Maya	Western Oregon	10.47m	10.84m	1
12	#73 Mendoza, Jazmin	Central Washington	10.66m	10.69m	1
13	#401 Ramirez-Carmona, Marliyn	Western Oregon	13.15m	10.63m	2
14	#243 Dillon, Taylor	Saint Martin's	10.30m	10.52m	1
15	#255 Ward, Taja	Saint Martin's	10.42m	10.42m	1
16	#127 Jones, Grace	Msu-Billings	10.53m	10.41m	1

Event 20 Men Long Jump

	Name	School	Seed	Finals	Wind	H#
Finals						
1	#112 Webster, Isaiah	Central Washington	7.35m	7.30m	-1.5	2
2	#39 Mercier, Marc	Alaska Anchorage	7.12m	7.06m	-3.0	2
3	#102 Klein, Drew	Central Washington	6.96m	7.02m	-0.5	2
4	#537 Menicke, Gabe	Western Washington	6.64m	7.01m	0.4	1
5	#363 Monro, Nicholas	Simon Fraser	6.79m	6.98m	+0.0	2
6	#517 Greenwalt, Ryan	Western Washington	6.97m	6.97m	-2.1	2
7	#278 Schulz, Andrew	Saint Martin's	6.75m	6.92m	1.4	2
8	#354 Furtado, Blake	Simon Fraser	6.75m	6.88m	-1.1	2
9	#453 White, Tyler	Western Oregon	6.73m	6.82m	-1.1	2
10	#431 Koonantha, Ping	Western Oregon	6.74m	6.62m	NWI	2
11	#416 Burchfield, Gabe	Western Oregon	6.68m	6.54m	NWI	1
12	#528 Kenny, Ryan	Western Washington	6.33m	6.46m	NWI	1
13	#565 Vongphet, Anouthai	Western Washington	6.55m	6.42m	NWI	1
14	#273 Nguyen, Hewson	Saint Martin's	6.59m	6.21m	NWI	1
15	#451 Walker, JJ	Western Oregon	6.51m	6.19m	NWI	1
16	#147 Fenley, Ryan	Msu-Billings	6.33m	5.98m	NWI	1
---	#355 Gibbs, Mitchell	Simon Fraser	6.69m	FOUL		1
---	#449 Stevens, Deshaun	Western Oregon	6.72m	FOUL		1

Event 21 Men Discus Throw

	Name	School	Seed	Finals	H#
Finals					
1	#566 Wall, Liam	Western Washington	48.47m	50.95m	2
2	#94 Franklin, Wyatt	Central Washington	49.27m	47.95m	2
3	#103 Kriete, Wes	Central Washington	45.18m	43.21m	2
4	#564 Turner, Noah	Western Washington	43.30m	42.57m	2
5	#156 Sandefur, Cort	Msu-Billings	41.15m	42.23m	2
6	#104 Martin, Logan	Central Washington	41.26m	42.15m	2

2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024**Central Washington University****Results****Finals ... (Event 21 Men Discus Throw)**

	Name	School	Seed	Finals	H#
7	#25 Bushnell, Eric	Alaska Anchorage	42.07m	42.08m	2
8	#550 Ramos, Angelo	Western Washington	39.01m	40.35m	1
9	#141 Bentley, Cole	Msu-Billings	39.69m	37.89m	1
10	#223 Knight, Derek	Northwest Nazarene	43.53m	37.86m	2
11	#435 Meade, Danny	Western Oregon	38.94m	36.95m	1
12	#508 Campbell, Miller	Western Washington	39.20m	36.79m	1
13	#561 Simicich, Nathan	Western Washington	38.09m	36.73m	1
14	#201 Alberts, Carter	Northwest Nazarene	38.74m	35.94m	1
---	#152 Perkins, Isaac	Msu-Billings	39.97m	FOUL	2

Event 22 Women Javelin Throw

	Name	School	Seed	Finals	H#
Finals					
1	#408 Wright, Kaylee	Western Oregon	44.01m	46.71m	2
2	#174 Gebers, Maddie	Northwest Nazarene	42.25m	45.12m	2
3	#193 Powers, Emily	Northwest Nazarene	43.03m	41.44m	2
4	#72 McGough, Lauryn	Central Washington	36.97m	40.16m	2
5	#375 Carpenter, Emillia	Western Oregon	37.32m	40.13m	2
6	#120 Cookman, Jordan	Msu-Billings	34.23m	38.49m	1
7	#121 Cooper, Hannah	Msu-Billings	36.90m	37.89m	2
8	#330 Paugh, Madison	Simon Fraser	38.44m	37.67m	2
9	#402 Sanders, Abigail	Western Oregon	36.58m	37.62m	2
10	#9 Liessfeld, Vivien	Alaska Anchorage	33.94m	34.10m	1
11	#130 Linday, Brianna	Msu-Billings	35.41m	33.40m	2
12	#192 Newell, Sierra	Northwest Nazarene	33.27m	31.86m	1
13	#454 Avery, Nicole	Western Washington	30.72m	31.61m	1
14	#472 King, Tess	Western Washington	32.10m	30.60m	1
15	#131 Littrell, Darci	Msu-Billings	32.14m	29.52m	1
16	#75 Moore, Tehya	Central Washington	29.59m	25.90m	1

Event 23 Women Pole Vault

	Name	School	Seed	Finals	
Finals					
1	#283 Daugherty, Lizzy	Seattle Pacific	3.82m	3.77m	
2	#296 Thomason, Emily	Seattle Pacific	3.72m	J3.77m	
3	#495 Tran, Annie	Western Washington	3.67m	3.67m	
4	#480 Mohlman, Sydney	Western Washington	3.61m	J3.67m	
5	#54 Bryant, Cariann	Central Washington	3.40m	3.37m	
6	#60 Haarer, Isabella	Central Washington	2.90m	3.07m	
7	#85 Thornhill, Kyra	Central Washington	3.18m	2.92m	
7	#80 Ross, Alena	Central Washington	2.88m	2.92m	
---	#393 Lemeza, Alecia	Western Oregon	3.05m	NH	
---	#72 McGough, Lauryn	Central Washington	4.01m	NH	
---	#79 Rannow, Kim	Central Washington	2.58m	NH	
---	#252 Skaggs, Claire	Saint Martin's	3.21m	NH	
---	#192 Newell, Sierra	Northwest Nazarene	2.85m	NH	

2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024**Central Washington University****Results****Event 24 Women Hammer Throw**

	Name	School	Seed	Finals	H#
Finals					
1	#183 Herbert, Destany	Northwest Nazarene	48.78m	49.57m	2
2	#58 Elenbaas, Payton	Central Washington	48.37m	49.31m	2
3	#124 Green, Jaida	Msu-Billings	46.81m	48.13m	1
4	#375 Carpenter, Emillia	Western Oregon	47.51m	47.28m	2
5	#170 Eldridge, Jordan	Northwest Nazarene	49.54m	47.27m	2
6	#326 Liniewski, Zuzanna	Simon Fraser	54.27m	47.15m	2
7	#320 Hanger, Kaitlyn	Simon Fraser	47.54m	45.57m	2
8	#485 Parks, Mara	Western Washington	46.79m	44.65m	1
9	#53 Board, Brenna	Central Washington	48.21m	43.74m	2
10	#73 Mendoza, Jazmin	Central Washington	44.44m	43.40m	1
11	#126 Jolma, Brynn	Msu-Billings	46.80m	43.23m	1
12	#250 Saribay, Jocelyn	Saint Martin's	47.28m	42.89m	2
13	#394 Lyness, Liliana	Western Oregon	46.60m	42.16m	1
14	#388 Helmen, Maya	Western Oregon	41.79m	42.07m	1
15	#127 Jones, Grace	Msu-Billings	48.90m	41.22m	2
16	#120 Cookman, Jordan	Msu-Billings	43.45m	39.18m	1
17	#121 Cooper, Hannah	Msu-Billings	43.36m	36.57m	1
18	#133 McColly, Mattea	Msu-Billings	38.56m	33.83m	1

Event 25 Men High Jump

	Name	School	Seed	Finals
Finals				
1	#212 Groce, Jonah	Northwest Nazarene	2.03m	1.98m
2	#418 Conklin, Justin	Western Oregon	1.95m	1.95m
3	#112 Webster, Isaiah	Central Washington	1.75m	1.92m
4	#516 Greenlee, Manu	Western Washington	1.96m	1.87m
5	#361 McDiarmid, Caysen	Simon Fraser	1.80m	1.82m
5	#150 Okere, Favor	Msu-Billings	1.88m	1.82m
7	#416 Burchfield, Gabe	Western Oregon	1.91m	J1.82m
7	#147 Fenley, Ryan	Msu-Billings	1.81m	J1.82m
7	#274 Olmstead, Connor	Saint Martin's	1.87m	J1.82m
10	#36 Larsen, Anders	Alaska Anchorage	1.81m	J1.82m
10	#417 Clark, Maddax	Western Oregon	1.76m	J1.82m
---	#528 Kenny, Ryan	Western Washington	1.85m	NH
---	#143 Coronel, Trenton	Msu-Billings	1.73m	NH