

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****Women 100 Meter Dash**

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=====
McArthur Rec: F 11.81 2015      Jamie Ashcroft, Alaska Anchorage
GNAC Records: R 11.64 2015      Jamie Ashcroft, UAA
  GNAC Meet: M 11.81 2015      Jamie Ashcroft, UAA
  Qual Auto: A 11.50 2019      DII Automatic Qualifying Standard
  Qual Prov: P 11.93 2019      DII Provisional Qualifying Standard
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Name	Year	School	Seed	Prelims	Wind	H#
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Preliminaries						
1 Allen, Macie		Concordia (Ore.)	11.78	P 11.89Q	0.6	3
2 Bouyer, Jenna		Seattle Pacific	12.36	11.92Q	2.3	2
3 Quaynor, Meyer		Simon Fraser	12.10	12.06Q	1.1	1
4 Stepper, Julia		Seattle Pacific	11.96	12.00q	2.3	2
5 Bley, Grace		Seattle Pacific	12.16	12.05q	2.3	2
6 Meyer, Renick		Seattle Pacific	12.05	12.07q	1.1	1
7 Igbonagwam, Peace		Seattle Pacific	12.25	12.17q	0.6	3
8 Bradley, Hannah		Western Washington	12.19	12.19q	0.6	3
9 Lindsay, Emily		Simon Fraser	12.49	12.45	1.1	1
10 Nickelson, Artresa		Saint Martin's	12.57	12.51	2.3	2
11 Vongsaveng, Mariyah		Central Washington	12.69	12.52	0.6	3
12 VanZant, Ronni		Concordia (Ore.)	12.46	12.58	1.1	1
13 Chevalier, Anne Lory		Msu-Billings	12.76	12.64	1.1	1
14 Hill, Tia		Central Washington	12.94	12.69	0.6	3
15 McLean, Kelsey		Western Washington	12.88	12.74	2.3	2
16 Misi, Maddie		Concordia (Ore.)	12.76	12.77	2.3	2
17 Jackson, Logan		Western Oregon	13.04	12.78	2.3	2
18 Robydek, Morgan		Central Washington	12.98	12.82	0.6	3
19 Sears, Hailey		Western Oregon	12.63	12.85	0.6	3
20 Mason, Kaitlin		Msu-Billings	12.84	13.05	1.1	1

**Women 100 Meter Dash**

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McArthur Rec: F 11.81 2015      Jamie Ashcroft, Alaska Anchorage
GNAC Records: R 11.64 2015      Jamie Ashcroft, UAA
  GNAC Meet: M 11.81 2015      Jamie Ashcroft, UAA
  Qual Auto: A 11.50 2019      DII Automatic Qualifying Standard
  Qual Prov: P 11.93 2019      DII Provisional Qualifying Standard
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Name	Year	School	Prelims	Finals	Wind	Points
=====						
Finals						
1 Allen, Macie		Concordia (Ore.)	11.89	12.08	-1.3	10
2 Bley, Grace		Seattle Pacific	12.05	12.16	-1.3	8
3 Igbonagwam, Peace		Seattle Pacific	12.17	12.20	-1.3	6
4 Bouyer, Jenna		Seattle Pacific	11.92	12.28	-1.3	5
5 Meyer, Renick		Seattle Pacific	12.07	12.30	-1.3	4
6 Quaynor, Meyer		Simon Fraser	12.06	12.31	-1.3	3
7 Stepper, Julia		Seattle Pacific	12.00	12.32	-1.3	2
8 Bradley, Hannah		Western Washington	12.19	12.45	-1.3	1

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****Women 200 Meter Dash**

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=====
McArthur Rec: F 24.45 2015      Jamie Ashcroft, Alaska Anchorage
GNAC Records: R 23.99 2007      NyEma Sims, SPU
  GNAC Meet: M 24.30 2013      Grace Morgan, UAA
  Qual Auto: A 23.59 2019      DII Automatic Qualifying Standard
  Qual Prov: P 24.33 2019      DII Provisional Qualifying Standard
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Name	Year	School	Seed	Prelims	Wind	H#
=====						
Preliminaries						
1 Bley, Grace		Seattle Pacific	24.48	24.54Q	1.6	2
2 Allen, Macie		Concordia (Ore.)	24.43	24.66Q	1.0	3
3 Smith, Savannah		Western Washington	24.78	24.86Q	1.3	1
4 Aniteye, Vanessa		Alaska Anchorage	24.84	24.77q	1.6	2
5 Bradley, Hannah		Western Washington	25.29	24.82q	1.6	2
6 Bouyer, Jenna		Seattle Pacific	24.79	24.89q	1.3	1
7 Igbonagwam, Peace		Seattle Pacific	25.12	24.93q	1.6	2
8 Quaynor, Meyer		Simon Fraser	25.21	25.13q	1.3	1
9 Atlas, Tylantiss		Alaska Anchorage		25.14	1.3	1
10 West, Bryce		Simon Fraser	24.93	25.21	1.0	3
11 Trinidad, Sidney		Central Washington	25.43	25.43	1.0	3
12 Hurley, Karlie		Concordia (Ore.)	25.25	25.45	1.3	1
13 Lindsay, Emily		Simon Fraser	25.30	25.74	1.0	3
14 Stepper, Julia		Seattle Pacific	25.07	25.77	1.0	3
15 Nickelson, Artresa		Saint Martin's	26.09	25.93	1.3	1
16 Sears, Hailey		Western Oregon	26.18	26.13	1.3	1
17 Alston, D'Rhema		Alaska Anchorage	25.93	26.18	1.6	2
18 Wilson, Taryn		Western Oregon	26.18	26.22	1.6	2
19 Chevalier, Anne Lory		Msu-Billings	26.21	26.32	1.0	3
20 Jackson, Logan		Western Oregon	26.41	26.37	1.6	2
21 Misi, Maddie		Concordia (Ore.)	26.19	26.39	1.0	3

**Women 200 Meter Dash**

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=====
McArthur Rec: F 24.45 2015      Jamie Ashcroft, Alaska Anchorage
GNAC Records: R 23.99 2007      NyEma Sims, SPU
  GNAC Meet: M 24.30 2013      Grace Morgan, UAA
  Qual Auto: A 23.59 2019      DII Automatic Qualifying Standard
  Qual Prov: P 24.33 2019      DII Provisional Qualifying Standard
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Name	Year	School	Prelims	Finals	Wind	Points
=====						
Finals						
1 Bley, Grace		Seattle Pacific	24.54	24.56	-1.2	10
2 Bradley, Hannah		Western Washington	24.82	24.81	-1.2	8
3 Allen, Macie		Concordia (Ore.)	24.66	25.11	-1.2	6
4 Bouyer, Jenna		Seattle Pacific	24.89	25.14	-1.2	5
5 Igbonagwam, Peace		Seattle Pacific	24.93	25.21	-1.2	4
6 Aniteye, Vanessa		Alaska Anchorage	24.77	25.27	-1.2	3
7 Smith, Savannah		Western Washington	24.86	25.41	-1.2	2
8 Quaynor, Meyer		Simon Fraser	25.13	25.80	-1.2	1

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****Women 400 Meter Dash**

McArthur Rec:	F	54.88	2017	Vanessa Aniteye, Alaska Anchorage
GNAC Records:	R	53.56	2007	Mary Pearce, UAA
GNAC Meet:	M	54.46	2013	Helen Croft, SFU
Qual Auto:	A	53.46	2019	DII Automatic Qualifying Standard
Qual Prov:	P	55.96	2019	DII Provisional Qualifying Standard
Name			Year School	Seed Prelims H#

**Preliminaries**

1	Aniteye, Vanessa	Alaska Anchorage	54.82	P 55.25Q	2
2	Atlas, Tylantiss	Alaska Anchorage	56.31	56.67Q	1
3	Ries, Marie	Alaska Anchorage	56.95	56.25q	2
4	Smith, Savannah	Western Washington	56.50	56.28q	2
5	Bluschke, Renate	Simon Fraser	55.71	56.86q	1
6	West, Bryce	Simon Fraser	57.66	57.32q	1
7	Hurley, Karlie	Concordia (Ore.)	57.59	57.53q	1
8	Troescher, Rebecca	Seattle Pacific	58.18	57.63q	2
9	Juarez, Noelia	Central Washington	57.96	57.98	2
10	Neria, Jasmyne	Central Washington	58.48	58.88	1
11	Altamirano, Bethanie	Western Oregon	59.43	58.94	1
12	Alston, D'Rhema	Alaska Anchorage	59.56	59.18	2

**Women 400 Meter Dash**

McArthur Rec:	F	54.88	2017	Vanessa Aniteye, Alaska Anchorage
GNAC Records:	R	53.56	2007	Mary Pearce, UAA
GNAC Meet:	M	54.46	2013	Helen Croft, SFU
Qual Auto:	A	53.46	2019	DII Automatic Qualifying Standard
Qual Prov:	P	55.96	2019	DII Provisional Qualifying Standard
Name			Year School	Prelims Finals Points

**Finals**

1	Aniteye, Vanessa	Alaska Anchorage	55.25	54.19M	10
2	Ries, Marie	Alaska Anchorage	56.25	56.09	8
3	Smith, Savannah	Western Washington	56.28	56.10	6
4	Bluschke, Renate	Simon Fraser	56.86	56.50	5
5	Troescher, Rebecca	Seattle Pacific	57.63	57.47	4
6	West, Bryce	Simon Fraser	57.32	57.54	3
7	Hurley, Karlie	Concordia (Ore.)	57.53	1:00.76	2
8	Atlas, Tylantiss	Alaska Anchorage	56.67	1:04.71	1

**Women 800 Meter Run**

McArthur Rec:	F	2:06.38	2010	Sara Porter, Western Washington
GNAC Records:	R	2:02.10	2013	Helen Crofts, 2013
GNAC Meet:	M	2:06.38	2010	Jessica Pixler, SPU
Qual Auto:	A	2:07.15	2019	DII Automatic Qualifying Standard
Qual Prov:	P	2:12.18	2019	DII Provisional Qualifying Standard
Name			Year School	Seed Prelims H#

**Preliminaries**

1	McCormick, Danielle	Alaska Anchorage	2:05.00	P 2:09.09Q	3
2	Woods, Olivia	Western Oregon	2:07.93	P 2:10.49Q	2
3	Cvancara, Ruth	Alaska Anchorage	2:10.27	2:13.14Q	1
4	Nock, Paige	Simon Fraser	2:10.66	P 2:10.34Q	3
5	Mussatto, Alana	Simon Fraser	2:07.83	P 2:11.06Q	2

## 2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019

## Western Oregon University

## Results

## ...Women 800 Meter Run

6	Dodd, Sophie	Simon Fraser	2:07.44	2:13.23Q	1
7	Shields-Brown, Mairin	Simon Fraser	2:11.30	P 2:11.30q	3
8	Jeptoo, Nancy	Alaska Anchorage	2:13.08	2:12.60q	2
9	Kaufman, Krystal	Seattle Pacific	2:12.80	2:13.39q	1
10	Tyrrell, Lily	Central Washington	2:14.16	2:13.82	2
11	Chilton, Emily	Simon Fraser	2:14.44	2:16.22	1
12	Nisly, Heidi	Northwest Nazarene	2:19.85	2:18.23	2
13	Pederson, Nicole	Concordia (Ore.)	2:18.57	2:19.72	3
14	Klassen, Adrianna	Simon Fraser	2:17.13	2:20.17	3
15	Shreffler, Waverly	Western Washington	2:18.61	2:21.23	1
16	Solomon, Shayla	Western Oregon	2:18.83	2:24.31	2
17	Richardson, Dalen	Concordia (Ore.)	2:21.67	2:25.94	1

## Women 800 Meter Run

McArthur Rec:	F	2:06.38	2010	Sara Porter, Western Washington
GNAC Records:	R	2:02.10	2013	Helen Crofts, 2013
GNAC Meet:	M	2:06.38	2010	Jessica Pixler, SPU
Qual Auto:	A	2:07.15	2019	DII Automatic Qualifying Standard
Qual Prov:	P	2:12.18	2019	DII Provisional Qualifying Standard

Name	Year	School	Prelims	Finals	Points
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## Finals

1	McCormick, Danielle	Alaska Anchorage	2:09.09	2:08.67P	10
2	Dodd, Sophie	Simon Fraser	2:13.23	2:09.01P	8
3	Mussatto, Alana	Simon Fraser	2:11.06	2:10.18P	6
4	Nock, Paige	Simon Fraser	2:10.34	2:11.86P	5
5	Woods, Olivia	Western Oregon	2:10.49	2:12.62	4
6	Shields-Brown, Mairin	Simon Fraser	2:11.30	2:13.08	3
7	Jeptoo, Nancy	Alaska Anchorage	2:12.60	2:13.32	2
8	Kaufman, Krystal	Seattle Pacific	2:13.39	2:13.57	1
9	Cvancara, Ruth	Alaska Anchorage	2:13.14	2:14.17	

## Women 1500 Meter Run

McArthur Rec:	F	4:13.81	1997	Jennifer Bravard, Asics Track Club
GNAC Records:	R	4:11.06	2010	Jessica Pixler, SPU
GNAC Meet:	M	4:24.01	2010	Jessica Pixler, SPU
Qual Auto:	A	4:22.06	2019	DII Automatic Qualifying Standard
Qual Prov:	P	4:33.24	2019	DII Provisional Qualifying Standard

Name	Year	School	Seed	Finals	H#	Points
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1	Kurgat, Caroline	Alaska Anchorage	4:19.48	4:23.02M	2	10
2	Lilly, Kate	Seattle Pacific	4:28.99	4:27.13P	2	8
3	McCormick, Danielle	Alaska Anchorage	4:32.17	4:27.74P	2	6
4	Bassett, Miryam	Simon Fraser	4:26.48	4:27.85P	2	5
5	Jeptoo, Nancy	Alaska Anchorage	4:36.20	4:29.32P	2	4
6	Howley, Julia	Simon Fraser	4:26.01	4:30.39P	2	3
7	Mitchell, Kaylee	Seattle Pacific	4:32.72	4:32.81P	2	2
8	Thompson, Elizabeth	Seattle Pacific	4:39.49	4:41.19	2	1
9	Konrad, Shawnee	Western Washington	4:41.78	4:42.33	1	
10	Koger, Aundrea	Western Washington	4:40.16	4:42.42	2	
11	Lehman, Rebecca	Western Washington	4:38.93	4:43.08	2	
12	Cvancara, Ruth	Alaska Anchorage	4:35.33	4:43.28	2	
13	Willett, Olivia	Simon Fraser	4:42.07	4:43.43	1	

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****...Women 1500 Meter Run**

14	Ribeiro, Chelsea	Simon Fraser	4:44.92	4:45.48	1
15	Barr, Jane	Western Washington	4:45.85	4:46.60	1
16	Roxby, Megan	Simon Fraser	4:38.07	4:47.42	2
17	Nisly, Heidi	Northwest Nazarene	4:46.35	4:50.17	1
18	Pederson, Nicole	Concordia (Ore.)	4:48.48	4:54.00	1
19	Gohr, Caitlin	Central Washington	4:58.07	4:57.69	1

**Women 5000 Meter Run**

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McArthur Rec:	F	16:39.39	2010	Sarah Porter, Western Washington	
GNAC Records:	R	15:41.21	2018	Caroline Kurgat, UAA	
GNAC Meet:	M	16:39.39	2010	Sarah Porter, WWU	
Qual Auto:	A	16:10.21	2019	DII Automatic Qualifying Standard	
Qual Prov:	P	17:10.86	2019	DII Provisional Qualifying Standard	
Name	Year	School	Seed	Finals	Points
=====					
1	Kurgat, Caroline	Alaska Anchorage	15:40.45	16:35.10F	10
2	Shindruk, Alexa	Central Washington	17:18.99	16:47.08P	8
3	Holmberg, Dania	Seattle Pacific	16:55.05	17:12.52	6
4	Lilly, Kate	Seattle Pacific	16:51.60	17:14.21	5
5	Jeptoo, Nancy	Alaska Anchorage	17:21.70	17:16.67	4
6	Mitchell, Kaylee	Seattle Pacific	17:16.79	17:17.56	3
7	Knapp, Grace	Western Oregon	17:33.58	17:29.49	2
8	Mattson, Molly	Central Washington	17:51.39	17:52.70	1
9	Washenberger, Kelsey	Seattle Pacific	17:50.65	17:56.05	
10	Walter, Katherine	Seattle Pacific	17:51.81	18:07.86	
11	Galvez, Sophia	Western Washington	17:40.50	18:12.49	
12	Aiken, Nikki	Msu-Billings	18:51.66	18:15.89	
13	Cantu, Kaylin	Western Oregon	18:04.46	18:17.83	
14	Swartz-Ireland, Tovah	Western Washington	17:50.05	18:19.43	
15	Gannon, Grace	Alaska Anchorage	18:08.66	18:22.42	
16	Danner, Bethany	Northwest Nazarene	18:22.77	18:26.90	
17	McNerney, Sedona	Seattle Pacific	17:48.60	18:27.67	
18	Charlton, Calli	Simon Fraser	18:55.42	18:39.67	
19	Child, Madison	Central Washington	18:19.81	18:46.53	
20	Burroughs, Riley	Alaska Anchorage	18:20.76	18:50.75	
21	Morris, Amy	Simon Fraser	18:28.89	18:58.67	
22	Lehman, Rebecca	Western Washington	17:59.94	19:05.61	
23	Clem, Delaney	Central Washington	18:23.13	19:19.49	

**Women 10000 Meter Run**

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McArthur Rec:	F	34:49.33	2018	Caroline Kurgat, Alaska Anchorage	
GNAC Records:	R	32:33.24	2018	Caroline Kurgat, UAA	
GNAC Meet:	M	34:49.33	2018	Caroline Kurgat, UAA	
Qual Auto:	A	34:13.34	2019	DII Automatic Qualifying Standard	
Qual Prov:	P	36:35.97	2019	DII Provisional Qualifying Standard	
Name	Year	School	Seed	Finals	Points
=====					
1	Kurgat, Caroline	Alaska Anchorage	32:08.09	38:03.64	10
2	Walter, Katherine	Seattle Pacific		38:11.53	8
3	McNerney, Sedona	Seattle Pacific	37:09.10	38:12.88	6
4	Swartz-Ireland, Tovah	Western Washington	38:17.25	38:30.07	5
5	Galvez, Sophia	Western Washington	36:28.86	38:44.80	4
6	Clem, Delaney	Central Washington	38:53.44	39:41.49	3

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****...Women 10000 Meter Run**

7 Melville, Tracy	Western Washington	39:01.05	40:34.42	2
8 Coscia, Kimberly	Alaska Anchorage	40:04.04	40:42.46	1
9 McKinney, Cassie	Western Oregon	39:37.81	41:27.30	
10 Hammons, Emily	Northwest Nazarene		41:52.92	
11 Burroughs, Riley	Alaska Anchorage	38:09.30	42:07.46	

**Women 100 Meter Hurdles**

McArthur Rec: F 13.84	2018	Mariyah Vongsaveng, Central Washington				
GNAC Records: R 13.64	2018	Mariyah Vongsaveng, CWU				
GNAC Meet: M 13.82	2005	Danielle Ayers-Stamper, SPU				
Qual Auto: A 13.51	2019	DII Automatic Qualifying Standard				
Qual Prov: P 14.22	2019	DII Provisional Qualifying Standard				
Name	Year	School	Seed	Prelims	Wind	H#

**Preliminaries**

1 Vongsaveng, Mariyah	Central Washington	13.88	P 14.00Q	0.3	1
2 Trinidad, Sidney	Central Washington	14.50	P 14.01Q	1.1	2
3 Weems, Erykah	Central Washington	14.44	P 14.08Q	1.4	3
4 Meyer, Renick	Seattle Pacific	14.39	P 14.17q	1.4	3
5 Tubbs, Lexi	Northwest Nazarene	14.36	14.54q	1.1	2
6 Stephens, Chase	Concordia (Ore.)	14.60	14.56q	0.3	1
7 Cano, Elena	Alaska Anchorage	14.77	14.88q	0.3	1
8 Ortega, HarLee	Central Washington	14.98	15.16q	1.1	2
9 Miran, Ally	Northwest Nazarene	15.04	15.23	1.4	3
10 Popchock, Ana	Western Oregon	15.28	15.44	1.1	2
11 Bland, Emily	Central Washington	15.57	15.45	0.3	1
12 Legras, Natalie	Western Oregon	15.97	15.59	1.4	3
13 Hill, Tia	Central Washington	15.51	15.67	0.3	1
14 Taylor, Jaleesa	Western Washington	15.10	15.96	1.4	3
15 Yonkman, Michaela	Western Oregon	16.03	16.07	1.1	2
16 Kirby, Kate	Alaska Anchorage	16.27	16.10	0.3	1
17 Kibbee, Leanne	Western Washington	15.60	16.21	1.1	2
18 DePew, Anna	Northwest Nazarene	15.94	16.22	1.4	3
19 Ditter, Kaitlyn	Central Washington	16.05	16.38	0.3	1

**Women 100 Meter Hurdles**

McArthur Rec: F 13.84	2018	Mariyah Vongsaveng, Central Washington				
GNAC Records: R 13.64	2018	Mariyah Vongsaveng, CWU				
GNAC Meet: M 13.82	2005	Danielle Ayers-Stamper, SPU				
Qual Auto: A 13.51	2019	DII Automatic Qualifying Standard				
Qual Prov: P 14.22	2019	DII Provisional Qualifying Standard				
Name	Year	School	Prelims	Finals	Wind	Points

**Finals**

1 Vongsaveng, Mariyah	Central Washington	14.00	13.99P	-1.6	10	
2 Trinidad, Sidney	Central Washington	14.01	14.31	-1.6	8	
3 Meyer, Renick	Seattle Pacific	14.17	14.41	-1.6	6	
4 Weems, Erykah	Central Washington	14.08	14.45	-1.6	5	14.443
5 Stephens, Chase	Concordia (Ore.)	14.56	14.45	-1.6	4	14.450
6 Tubbs, Lexi	Northwest Nazarene	14.54	14.62	-1.6	3	
7 Cano, Elena	Alaska Anchorage	14.88	15.10	-1.6	2	
8 Ortega, HarLee	Central Washington	15.16	15.66	-1.6	1	

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****Women 400 Meter Hurdles**

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=====
McArthur Rec: F 1:00.10 2018      Erykah Weems, Central Washington
GNAC Records: R   59.17 2015      Haleigh Lloyd, UAA
  GNAC Meet: M 1:00.10 2018      Erykah Weems, CWU
  Qual Auto: A   59.05 2019      DII Automatic Qualifying Standard
  Qual Prov: P 1:01.92 2019      DII Provisional Qualifying Standard
  Name                Year School                Seed    Prelims  H#
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## Preliminaries

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=====
 1 Trinidad, Sidney      Central Washington      59.11    A 58.22Q  1
 2 Weems, Erykah         Central Washington     1:02.37  P 1:00.41Q  3
 3 Jeschke, Yvonne       Alaska Anchorage       1:05.07    1:03.50Q  2
 4 Collins, Katie        Central Washington     1:03.90    1:03.49q  3
 5 Bland, Emily          Central Washington     1:04.16    1:04.19q  1
 6 Hill, Tia             Central Washington     1:06.52    1:04.54q  3
 7 House, Molly          Western Washington     1:04.95    1:04.79q  1
 8 Popchock, Ana         Western Oregon          1:03.80    1:04.90q  2 1:04.893
 9 Burke, Grayson        Western Oregon          1:05.04    1:04.90   3 1:04.894
10 Cano, Elena           Alaska Anchorage       1:03.72    1:04.95   2
11 Yonkman, Michaela     Western Oregon          1:05.27    1:05.83   2
12 Niskanen, Nicole      Western Oregon          1:07.30    1:06.78   1
13 Brooks, Ashley        Concordia (Ore.)       1:08.11    1:07.85   3
14 Soladey, Sarra        Western Oregon          1:08.57    1:07.90   2
15 Durbin, Sierra        Msu-Billings           1:07.84    1:07.93   1
16 Smiedala, Josey       Msu-Billings           1:11.24    1:08.41   3
17 Hamilton, Rachelle    Central Washington     1:11.11    1:09.54   2
18 Nobbs, Jennifer       Northwest Nazarene     1:12.72    1:12.32   1
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**Women 400 Meter Hurdles**

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=====
McArthur Rec: F 1:00.10 2018      Erykah Weems, Central Washington
GNAC Records: R   59.17 2015      Haleigh Lloyd, UAA
  GNAC Meet: M 1:00.10 2018      Erykah Weems, CWU
  Qual Auto: A   59.05 2019      DII Automatic Qualifying Standard
  Qual Prov: P 1:01.92 2019      DII Provisional Qualifying Standard
  Name                Year School                Prelims    Finals  Points
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## Finals

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=====
 1 Weems, Erykah         Central Washington     1:00.41    59.08R  10
 2 Trinidad, Sidney      Central Washington     58.22      59.15R   8
 3 Bland, Emily          Central Washington     1:04.19    1:03.03   6
 4 Collins, Katie        Central Washington     1:03.49    1:03.24   5
 5 Popchock, Ana         Western Oregon          1:04.90    1:03.69   4
 6 Jeschke, Yvonne       Alaska Anchorage       1:03.50    1:04.39   3
 7 Hill, Tia             Central Washington     1:04.54    1:04.78   2
 8 House, Molly          Western Washington     1:04.79    1:05.72   1
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**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****Women 3000 Meter Steeplechase**

Name	Year	School	Seed	Finals	Points
McArthur Rec:	F 10:14.16	2015	Katelyn Steen, Western Washington		
GNAC Records:	R 10:13.01	2014	Katelyn Steen, WWU		
GNAC Meet:	M 10:14.15	2015	Katelyn Steen, WWU		
Qual Auto:	A 10:12.97	2019	DII Automatic Qualifying Standard		
Qual Prov:	P 11:01.67	2019	DII Provisional Qualifying Standard		
Name	Year	School	Seed	Finals	Points
1 Howley, Julia		Simon Fraser	10:03.19	10:02.45A	10
2 Mitchell, Kaylee		Seattle Pacific	10:37.53	10:39.74P	8
3 Ribeiro, Chelsea		Simon Fraser	10:38.40	10:52.17P	6
4 Willett, Olivia		Simon Fraser	10:42.19	10:59.13P	5
5 Dreicer, Talia		Western Washington	10:58.11	11:14.13	4
6 Washenberger, Kelsey		Seattle Pacific	11:34.01	11:22.25	3
7 Aiken, Nikki		Msu-Billings	11:25.91	11:22.87	2
8 Gannon, Grace		Alaska Anchorage	11:46.63	11:27.08	1
9 Gohr, Caitlin		Central Washington	11:40.46	11:37.95	
10 Hobson, Gabby		Concordia (Ore.)	11:56.44	11:50.68	
11 Manzer, Sierra		Northwest Nazarene	11:48.68	11:55.19	
12 Earnest, Sage		Northwest Nazarene	12:48.63	12:37.44	
13 Stoppel, Kailee		Msu-Billings	12:39.07	12:38.53	
-- Evans, Kate		Central Washington	12:20.65	DNF	

**Women 4x100 Meter Relay**

School	Seed	Finals	Points	
McArthur Rec:	F 46.60	2018	Seattle Pacific, Seattle Pacific	
GNAC Records:	R 46.19	2017	Simon Fraser, Simon Fraser	
GNAC Meet:	M 46.60	2018	Seattle Pacific, SPU	
Qual Auto:	A 45.52	2019	DII Automatic Qualifying Standard	
Qual Prov:	P 46.86	2019	DII Provisional Qualifying Standard	
School	Seed	Finals	Points	
1 Seattle Pacific 'A'	46.23	46.32F	10	
1) Igbonagwam, Peace				
2) Bouyer, Jenna				
3) Bley, Grace				
4) Stepper, Julia				
2 Concordia (Ore.) 'A'	47.62	47.21	8	
1) VanZant, Ronni				
2) Misi, Maddie				
3) Hurley, Karlie				
4) Allen, Macie				
3 Simon Fraser 'A'	47.80	47.42	6	
1) Lindsay, Emily				
2) West, Bryce				
3) Bluschke, Renate				
4) Quaynor, Meyer				
4 Alaska Anchorage 'A'	48.32	48.47	5	
1) Johnson, Chrisalyn				
2) Atlas, Tylantiss				
3) Cano, Elena				
4) Alston, D'Rhema				
5 Central Washington 'A'	48.13	48.63	4	
1) Vongsaveng, Mariyah				
2) Hill, Tia				
3) Robydek, Morgan				
4) Ochoa, Yareli				
6 Western Oregon 'A'	49.11	49.07	3	
1) Legras, Natalie				
2) Sears, Hailey				
3) Jackson, Logan				
4) Wilson, Taryn				
7 Western Washington 'A'	48.82	49.23	2	
1) McLean, Kelsey				
2) Olson, Devon				
3) Shulman, Mirannda				
4) Taylor, Jaleesa				
8 Saint Martin's 'A'	49.66	49.83	1	
1) Pott, Tiffany				
2) Romain, Keshara				
3) Tandecki, Taylor				
4) Nickelson, Artresa				



**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****Women 4x400 Meter Relay**

McArthur Rec: F 3:44.44 2018		Simon Fraser, Simon Fraser		
GNAC Records: R 3:41.93 2017		Alaska Anchorage, Alaska Anchorage		
GNAC Meet: M 3:44.11 2013		Seattle Pacific, SPU		
Qual Auto: A 3:40.10 2019		DII Automatic Qualifying Standard		
Qual Prov: P 3:48.20 2019		DII Provisional Qualifying Standard		
School	Year	Seed	Finals	Points
1 Central Washington 'A'		3:48.30	3:45.93P	10
1) Collins, Katie		2) Trinidad, Sidney		
3) Ortega, HarLee		4) Weems, Erykah		
2 Simon Fraser 'A'		3:45.30	3:46.19P	8
1) West, Bryce		2) Dodd, Sophie		
3) Mussatto, Alana		4) Bluschke, Renate		
3 Western Oregon 'A'		3:55.79	3:50.93	6
1) Burke, Grayson		2) Altamirano, Bethanie		
3) Woods, Olivia		4) Yonkman, Michaela		
4 Alaska Anchorage 'A'		3:44.20	3:52.17	5
1) Aniteye, Vanessa		2) Ries, Marie		
3) Cano, Elena		4) McCormick, Danielle		
5 Seattle Pacific 'A'		3:53.65	3:56.14	4
1) Igbonagwam, Peace		2) Bouyer, Jenna		
3) Bley, Grace		4) Troescher, Rebecca		
6 Western Washington 'A'		4:07.87	3:58.11	3
1) Shulman, Mirannda		2) Smith, Savannah		
3) Konrad, Shawnee		4) Foos, Isabella		
7 Concordia (Ore.) 'A'		3:58.08	4:01.05	2
1) Bone, Chelsea		2) Misi, Maddie		
3) Brooks, Ashley		4) Hurley, Karlie		
8 Msu-Billings 'A'		4:13.50	4:15.78	1
1) Durbin, Sierra		2) Smiedala, Josey		
3) Stoppel, Kailee		4) Beckett, Brenna		

**Women High Jump**

McArthur Rec: F 5-10.75 1996		Camile Jampulski, Unattached			
GNAC Records: R 5-10 2007		Teona Perkins, SPU			
GNAC Meet: M 1.77m 2016		Tayler Fettig, CWU			
Qual Auto: A 1.77m 2019		DII Automatic Qualifying Standard			
Qual Prov: P 1.67m 2019		DII Provisional Qualifying Standard			
Name	Year	School	Seed	Finals	Points
1 Ortega, HarLee		Central Washington	1.69m	1.67mP	5-05.75 10
2 Taylor, Maddie		Western Washington	1.74m	J1.67mP	5-05.75 8
3 Faretta, Heather		Western Washington	1.65m	1.62m	5-03.75 5.50
3 Lehnert, Geneva		Seattle Pacific	1.65m	1.62m	5-03.75 5.50
5 Dawkins, Aliyah		Western Washington	1.63m	J1.62m	5-03.75 4
6 Cano, Elena		Alaska Anchorage	1.57m	1.57m	5-01.75 3
7 Pott, Tiffany		Saint Martin's	1.62m	1.52m	4-11.75 0.50
7 VonBrethorst, Madison		Northwest Nazarene	1.57m	1.52m	4-11.75 0.50
7 Cai, Scout		Seattle Pacific	1.63m	1.52m	4-11.75 0.50
7 Jeschke, Yvonne		Alaska Anchorage	1.58m	1.52m	4-11.75 0.50
7 Meadows, Shaddia		Central Washington	1.54m	1.52m	4-11.75 0.50
7 Bone, Chelsea		Concordia (Ore.)	1.64m	1.52m	4-11.75 0.50
13 Retter, Sarah		Western Washington	1.57m	J1.52m	4-11.75
13 Stephens, Chase		Concordia (Ore.)	1.57m	J1.52m	4-11.75

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****...Women High Jump**

15	Ochoa, Yareli	Central Washington	1.55m	J1.52m	4-11.75
16	Hamilton, Rachelle	Central Washington	1.57m	J1.52m	4-11.75
17	Ditter, Kaitlyn	Central Washington	1.57m	J1.52m	4-11.75
18	Licari, Madison	Seattle Pacific	1.40m	J1.52m	4-11.75
--	Swiderski, Jaclyn	Western Washington	1.47m	NH	
--	Henry, Bridget	Western Washington	1.44m	NH	

**Women Pole Vault**

McArthur Rec: F 13-06.25		2001	Becky Holliday, Clackamas CC			
GNAC Records: R 13-01.75		2017	Anna Paradee, WWU			
GNAC Meet: M 3.83m		2012	Karis Anderson, WWU			
Qual Auto: A 4.08m		2019	DII Automatic Qualifying Standard			
Qual Prov: P 3.65m		2019	DII Provisional Qualifying Standard			
Name	Year	School	Seed	Finals		Points
1	Cai, Scout	Seattle Pacific	3.71m	3.91mM	12-10.00	10
2	Perry, Lexi	Western Washington	3.64m	3.62m	11-10.50	6
3	Licari, Madison	Seattle Pacific	3.45m	J3.62m	11-10.50	8
4	Blankenship, Tawni	Central Washington	3.45m	3.32m	10-10.75	4
4	Oliquiano, Jewels	Western Washington	3.50m	3.32m	10-10.75	4
4	Walston, Skylar	Western Washington	3.45m	3.32m	10-10.75	4
7	Ellis, Sarah	Western Washington	3.49m	J3.32m	10-10.75	1.50
7	Stevens, Brittany	Central Washington	3.51m	J3.32m	10-10.75	1.50
9	Gwin, Kourtney	Northwest Nazarene	3.46m	J3.32m	10-10.75	
10	Lambert, Emma	Seattle Pacific	3.50m	J3.32m	10-10.75	
11	Dodson, Hannah	Western Washington	3.25m	J3.32m	10-10.75	
12	Paradis, Sophie	Western Washington	3.45m	3.17m	10-04.75	
13	Eiswald, Erin	Central Washington	3.15m	3.02m	9-10.75	
13	Cabrera, Brianna	Saint Martin's	3.10m	3.02m	9-10.75	
15	Otto von Askervold, Kend	Central Washington	3.15m	J3.02m	9-10.75	
15	Andersen, Amanda	Western Washington	3.10m	J3.02m	9-10.75	
--	Wyatt, Kayla	Central Washington	3.51m	NH		
--	Irvine, Halle	Central Washington	3.90m	NH		
--	Graham, Cierra	Western Washington	3.35m	NH		

**Women Long Jump**

McArthur Rec: F 19-09.75		1996	Julie Bright, Unattached				
GNAC Records: R 20-05		2018	Renick Meyer, SPU				
GNAC Meet: M 5.99m		2013	Ali Worthen, SPU				
Qual Auto: A 6.29m		2019	DII Automatic Qualifying Standard				
Qual Prov: P 5.80m		2019	DII Provisional Qualifying Standard				
Name	Year	School	Seed	Finals	Wind	H#	Points
1	Ortega, HarLee	Central Washington	5.59m	5.77m	1.3	18-11.25	2 10
2	Johnson, Chrisalyn	Alaska Anchorage	5.92m	5.73m	2.4	18-09.75	2 8
3	Meyer, Renick	Seattle Pacific	5.84m	5.66m	2.1	18-07.00	2 6
4	Igbonagwam, Peace	Seattle Pacific	5.79m	5.60m	0.8	18-04.50	2 5
5	VanZant, Ronni	Concordia (Ore.)	5.58m	5.57m	0.5	18-03.25	2 4
6	Williams, Brooke	Central Washington	5.87m	5.55m	+0.0	18-02.50	2 3
7	Romain, Keshara	Saint Martin's	5.68m	5.53m	+0.0	18-01.75	2 2
8	Irvine, Halle	Central Washington	5.49m	J5.53m	+0.0	18-01.75	1 1
9	Bone, Chelsea	Concordia (Ore.)	5.42m	5.52m	0.4	18-01.50	1
10	Cai, Scout	Seattle Pacific	5.52m	5.34m	0.4	17-06.25	2

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11	Ochoa, Yareli	Central Washington	5.20m	5.25m	0.5	17-02.75	1
12	Stephens, Chase	Concordia (Ore.)	5.15m	5.19m	1.2	17-00.50	1
13	Cano, Elena	Alaska Anchorage	5.50m	5.17m	1.6	16-11.50	2
14	Walts, Rose	Central Washington	5.16m	5.04m	1.3	16-06.50	1
15	Taylor, Jillyan	Central Washington	5.11m	J5.04m	1.0	16-06.50	1
16	Olson, Devon	Western Washington	5.20m	5.02m	-0.4	16-05.75	1
17	DePew, Anna	Northwest Nazarene	5.15m	5.00m	2.4	16-05.00	1
18	Berry, Lauren	Western Oregon	5.00m	4.93m	1.4	16-02.25	1
19	Kibbee, Leanne	Western Washington	5.17m	J4.93m	1.1	16-02.25	1
20	Beckett, Brenna	Msu-Billings	5.29m	4.92m	0.1	16-01.75	1
21	Sanford, Jamie	Western Washington	5.15m	4.85m	1.1	15-11.00	1

**Women Triple Jump**

McArthur Rec: F 40-09 1992 Lavern Clark (92), Ashley Potter (12), Unattached, Western Ore  
 GNAC Records: R 40-09 2012 Ashley Potter, WOU  
 GNAC Meet: M 12.42m 2012 Ashley Potter, WOU  
 Qual Auto: A 12.77m 2019 DII Automatic Qualifying Standard  
 Qual Prov: P 11.85m 2019 DII Provisional Qualifying Standard

Name	Year	School	Seed	Finals	Wind	H#	Points
1	Johnson, Chrisalyn	Alaska Anchorage	12.23m	12.58mM	-1.1	41-03.25	2 10
2	Romain, Keshara	Saint Martin's	11.42m	12.37mP	-2.8	40-07.00	2 8
3	Hurley, Karlie	Concordia (Ore.)	11.19m	12.09mP	-1.5	39-08.00	1 6
4	Ortega, HarLee	Central Washington	11.75m	12.07mP	-2.8	39-07.25	2 5
5	Williams, Brooke	Central Washington	11.88m	11.78m	-1.3	38-07.75	2 4
6	Mahowald, Jackie	Northwest Nazarene	11.82m	11.53m	-1.9	37-10.00	2 3
7	Stephens, Chase	Concordia (Ore.)	11.23m	11.49m	-0.6	37-08.50	2 2
8	Olson, Devon	Western Washington	11.10m	11.36m	-1.8	37-03.25	1 1
9	Igbonagwam, Peace	Seattle Pacific	11.51m	11.14m	-1.4	36-06.75	2
10	Schwend, Shaniah	Msu-Billings	10.80m	11.00m	-1.5	36-01.25	1
11	Williams, Janessa	Msu-Billings	11.26m	10.84m	-0.9	35-06.75	2
12	Perry, Lexi	Western Washington	10.64m	10.61m	-2.3	34-09.75	1
13	Taylor, Jillyan	Central Washington	10.50m	10.52m	-0.6	34-06.25	1
14	Beckett, Brenna	Msu-Billings	11.22m	10.42m	-3.0	34-02.25	2
15	Heckathorn, Katie	Northwest Nazarene	10.74m	10.38m	-2.6	34-00.75	1
--	Hutton-King, Dakota	Northwest Nazarene	11.06m	FOUL			1
--	Lyamba, Lainnie	Western Washington	10.67m	FOUL			1
--	Walts, Rose	Central Washington	11.15m	FOUL			1
--	VonBrethorst, Madison	Northwest Nazarene	10.70m	FOUL			1

**Women Shot Put**

McArthur Rec: F 55-10.50 2018 McKenzie Warrren, Iron Wood TC  
 GNAC Records: R 50-00.75 2017 McKenzie Warren, CU  
 GNAC Meet: M 16.55m 2017 McKenzie Warren, CU  
 Qual Auto: A 15.74m 2019 DII Automatic Qualifying Standard  
 Qual Prov: P 13.76m 2019 DII Provisional Qualifying Standard

Name	Year	School	Seed	Finals	Points
1	Linenko, Katrina	Concordia (Ore.)	13.81m	13.85mP	45-05.25 10
2	Taylor, Holly	Simon Fraser	12.76m	12.98m	42-07.00 8
3	La Rue, Samantha	Central Washington	12.88m	12.95m	42-06.00 6
4	Gianotti, Moana	Western Oregon	13.02m	12.61m	41-04.50 5
5	Dodge, Brittany	Central Washington	12.17m	12.54m	41-01.75 4

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****...Women Shot Put**

6 Sidibe, Saran	Central Washington	11.84m	11.55m	37-10.75	3
7 Eddy, Chanelle	Western Washington	12.78m	11.46m	37-07.25	2
8 Nessian, Hannah	Msu-Billings	11.83m	11.06m	36-03.50	1
9 Fisk, Avery	Central Washington	11.39m	11.03m	36-02.25	
10 McFadden, Maya	Western Washington	11.48m	10.98m	36-00.25	
11 Steinbeisser, Hailey	Msu-Billings	11.65m	10.83m	35-06.50	
12 Stringari, Taylor	Msu-Billings	10.90m	9.96m	32-08.25	
13 Moeller, Katerina	Northwest Nazarene	11.13m	9.83m	32-03.00	

**Women Discus Throw**

McArthur Rec: F 179-08	2008	Annie Hess, Concordia				
GNAC Records: R 182-10	2018	Melissa Ausman, CU				
GNAC Meet: M 53.01m	2018	Melissa Ausman, CU				
Qual Auto: A 52.79m	2019	DII Automatic Qualifying Standard				
Qual Prov: P 45.11m	2019	DII Provisional Qualifying Standard				
Name	Year	School	Seed	Finals	H#	Points
1 Linenko, Katrina		Concordia (Ore.)	44.39m	44.51m	146-00	2 10
2 Eddy, Chanelle		Western Washington	44.01m	43.49m	142-08	2 8
3 Gianotti, Moana		Western Oregon	43.24m	41.48m	136-01	2 6
4 Vernoy, Megan		Saint Martin's	44.25m	40.12m	131-07	2 5
5 Nessian, Hannah		Msu-Billings	42.39m	39.93m	131-00	2 4
6 Taylor, Holly		Simon Fraser	38.56m	37.50m	123-00	1 3
7 Fisk, Avery		Central Washington	39.93m	36.76m	120-07	2 2
8 Sidibe, Saran		Central Washington	38.97m	35.88m	117-08	1 1
9 Lohof, Abbie		Msu-Billings	39.92m	34.16m	112-01	2
10 Meadows, Shaddia		Central Washington	39.76m	33.93m	111-04	2
11 Jones, Mariah		Central Washington	33.65m	33.54m	110-00	1
12 Wyllie, Reitta		Northwest Nazarene	36.53m	33.26m	109-01	1
13 La Rue, Samantha		Central Washington	40.61m	33.16m	108-09	2
14 Saum, Jessa		Northwest Nazarene	39.41m	31.51m	103-04	1

**Women Hammer Throw**

McArthur Rec: F 207-04	2006	Cari Soong, Team XO				
GNAC Records: R 203-06	2018	Christina MacDonald, CU				
GNAC Meet: M 59.62m	2018	Christina McDonald, CU				
Qual Auto: A 60.45m	2019	DII Automatic Qualifying Standard				
Qual Prov: P 51.82m	2019	DII Provisional Qualifying Standard				
Name	Year	School	Seed	Finals	H#	Points
1 Larson, Liz		Saint Martin's	57.37m	54.86mP	180-00	2 10
2 Taylor, Holly		Simon Fraser	49.44m	49.87m	163-07	2 8
3 Smallbeck, Meagan		Central Washington	46.65m	47.57m	156-01	2 6
4 La Rue, Samantha		Central Washington	48.09m	46.04m	151-00	2 5
5 Hagadorn, Miranda		Northwest Nazarene	45.46m	44.32m	145-05	2 4
6 Gianotti, Moana		Western Oregon	44.37m	42.30m	138-09	2 3
7 Saum, Jessa		Northwest Nazarene	40.30m	41.89m	137-05	1 2
8 Steinbeisser, Hailey		Msu-Billings	40.31m	40.98m	134-05	1 1
9 Jones, Mariah		Central Washington	40.85m	40.16m	131-09	2
10 Dodge, Brittany		Central Washington	44.04m	37.62m	123-05	2
11 Stringari, Taylor		Msu-Billings	42.01m	37.58m	123-03	2
12 Eddy, Chanelle		Western Washington	37.79m	36.62m	120-02	1
13 Lohof, Abbie		Msu-Billings	36.05m	35.78m	117-05	1

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****...Women Hammer Throw**

14 Nessian, Hannah	Msu-Billings	38.71m	35.61m	116-10	1
15 Willenbrock, Kendal	Northwest Nazarene	40.61m	32.20m	105-08	1

**Women Javelin Throw**

McArthur Rec: F 168-02	1995	Kelsey Stellick, Oregon			
GNAC Records: R 177-09	2016	Bethany Drake, WWU			
GNAC Meet: M 52.40m	2017	Bethany Drake, WWU			
Qual Auto: A 49.44m	2019	DII Automatic Qualifying Standard			
Qual Prov: P 41.59m	2019	DII Provisional Qualifying Standard			
Name	Year	School	Seed	Finals	Points
1 Logan, Ellie		Northwest Nazarene	50.44m	47.97mP	157-04 10
2 Wilson, Darian		Western Oregon	45.88m	46.13mP	151-04 8
3 Short, Amanda		Western Washington	47.62m	45.14mP	148-01 6
4 Fridman, Lauren		Simon Fraser	41.19m	44.60mP	146-04 5
5 Shimkus, Paige		Western Washington	47.01m	44.58mP	146-03 4
6 Nobbs, Nicole		Northwest Nazarene	41.48m	44.05mP	144-06 3
7 Nienaber, Hannah		Western Washington	43.40m	43.24mP	141-10 2
8 Vetto, Natalie		Western Washington	43.27m	43.12mP	141-06 1
9 Pellecer, Raquel		Western Washington	47.31m	41.16m	135-00
10 Stottlemire, Elizabeth		Concordia (Ore.)	43.48m	40.60m	133-02
11 McFadden, Maya		Western Washington	39.47m	38.48m	126-03
12 Bone, Chelsea		Concordia (Ore.)	42.49m	37.09m	121-08

**Heptathlon: #4 Women 200 Meter Dash Heptathlon**

Name	Year	School	Finals	Wind H#	Points
1 Trinidad, Sidney		Central Washington	25.56	-1.7 1	836
2 Meyer, Renick		Seattle Pacific	25.61	-1.7 1	832
3 Ortega, HarLee		Central Washington	25.80	-1.7 1	815
4 Cai, Scout		Seattle Pacific	26.09	-1.7 1	789
5 Collins, Katie		Central Washington	26.31	-2.0 2	770
6 VanZant, Ronni		Concordia (Ore.)	26.38	-1.7 1	764
7 Bone, Chelsea		Concordia (Ore.)	26.51	-1.7 1	753
8 Cano, Elena		Alaska Anchorage	26.52	-1.7 1	752
9 Meadows, Shaddia		Central Washington	27.75	-2.0 2	651
10 May, Kellie		Seattle Pacific	28.02	-2.0 2	629
11 Stephens, Chase		Concordia (Ore.)	28.22	-2.0 2	614
12 Dawkins, Aliyah		Western Washington	28.25	-2.0 2	611
13 Jeschke, Yvonne		Alaska Anchorage	29.16	-2.0 2	542
14 DePew, Anna		Northwest Nazarene	29.36	-2.0 2	528

**Heptathlon: #7 Women 800 Meter Run Heptathlon**

Name	Year	School	Finals	Points
1 Trinidad, Sidney		Central Washington	2:14.39	901
2 Jeschke, Yvonne		Alaska Anchorage	2:15.88	880
3 Cai, Scout		Seattle Pacific	2:20.21	821
4 Bone, Chelsea		Concordia (Ore.)	2:20.47	817
5 Ortega, HarLee		Central Washington	2:20.98	810
6 Collins, Katie		Central Washington	2:22.19	794
7 Cano, Elena		Alaska Anchorage	2:27.82	720

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****...Heptathlon: #7 Women 800 Meter Run Heptathlon**

8 Meyer, Renick	Seattle Pacific	2:30.32	689
9 May, Kellie	Seattle Pacific	2:37.90	597
10 VanZant, Ronni	Concordia (Ore.)	2:38.28	593
11 Meadows, Shaddia	Central Washington	2:42.96	539
12 DePew, Anna	Northwest Nazarene	2:44.96	517
13 Stephens, Chase	Concordia (Ore.)	2:45.39	513
-- Dawkins, Aliyah	Western Washington	DNF	

**Heptathlon: #1 Women 100 Meter Hurdles Heptathlon**

McArthur Rec: F 13.90

Name	Year School	Finals	Wind	H#	Points
1 Trinidad, Sidney	Central Washington	14.50	+0.0	4	909
2 Meyer, Renick	Seattle Pacific	14.55	+0.0	4	902
3 Stephens, Chase	Concordia (Ore.)	14.69	+0.0	4	883
4 Ortega, HarLee	Central Washington	14.98	-0.3	3	844
5 Cano, Elena	Alaska Anchorage	15.05	+0.0	4	835
6 Cai, Scout	Seattle Pacific	15.51	-0.3	3	775
7 Dawkins, Aliyah	Western Washington	15.62	-0.2	2	762
8 May, Kellie	Seattle Pacific	15.92	-0.3	3	724
9 Bone, Chelsea	Concordia (Ore.)	15.96	-0.3	3	719
10 DePew, Anna	Northwest Nazarene	16.12	-0.2	2	700
11 VanZant, Ronni	Concordia (Ore.)	16.18	-0.2	2	692
12 Jeschke, Yvonne	Alaska Anchorage	16.66	-0.2	1	635
13 Meadows, Shaddia	Central Washington	16.75	-0.2	1	625
14 Collins, Katie	Central Washington	16.83	-0.2	1	616

**Heptathlon: #2 Women High Jump Heptathlon**

Name	Year School	Finals	Points
1 Ortega, HarLee	Central Washington	1.69m	5-06.50 842
2 Dawkins, Aliyah	Western Washington	1.63m	5-04.25 771
2 Cai, Scout	Seattle Pacific	1.63m	5-04.25 771
2 Bone, Chelsea	Concordia (Ore.)	1.63m	5-04.25 771
5 Stephens, Chase	Concordia (Ore.)	1.57m	5-01.75 701
5 Cano, Elena	Alaska Anchorage	1.57m	5-01.75 701
5 Trinidad, Sidney	Central Washington	1.57m	5-01.75 701
8 Meadows, Shaddia	Central Washington	1.54m	5-00.50 666
8 Jeschke, Yvonne	Alaska Anchorage	1.54m	5-00.50 666
10 May, Kellie	Seattle Pacific	1.45m	4-09.00 566
10 VanZant, Ronni	Concordia (Ore.)	1.45m	4-09.00 566
10 Collins, Katie	Central Washington	1.45m	4-09.00 566
10 DePew, Anna	Northwest Nazarene	1.45m	4-09.00 566
14 Meyer, Renick	Seattle Pacific	1.42m	4-07.75 534

**Heptathlon: #5 Women Long Jump Heptathlon**

Name	Year School	Finals	Wind	Points
1 Meyer, Renick	Seattle Pacific	5.57m	-2.2	18-03.25 720
2 Ortega, HarLee	Central Washington	5.53m	-0.7	18-01.75 709
3 May, Kellie	Seattle Pacific	5.32m	0.1	17-05.50 648
4 VanZant, Ronni	Concordia (Ore.)	5.31m	-2.3	17-05.25 645

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****...Heptathlon: #5 Women Long Jump Heptathlon**

5	Cai, Scout	Seattle Pacific	5.30m	-1.6	17-04.75	643
6	Cano, Elena	Alaska Anchorage	5.26m	0.3	17-03.25	631
7	Bone, Chelsea	Concordia (Ore.)	5.13m	0.6	16-10.00	595
8	Stephens, Chase	Concordia (Ore.)	5.09m	0.6	16-08.50	584
9	Trinidad, Sidney	Central Washington	5.02m	-1.2	16-05.75	565
10	Dawkins, Aliyah	Western Washington	4.99m	-1.0	16-04.50	557
11	Jeschke, Yvonne	Alaska Anchorage	4.84m	-1.5	15-10.50	516
12	DePew, Anna	Northwest Nazarene	4.68m	-2.1	15-04.25	474
13	Meadows, Shaddia	Central Washington	4.64m	-0.4	15-02.75	464
14	Collins, Katie	Central Washington	4.34m	-1.3	14-03.00	388

**Heptathlon: #3 Women Shot Put Heptathlon**

McArthur Rec: F 670.50m

Name	Year School	Finals	Points
1 Ortega, HarLee	Central Washington	11.33m 37-02.25	617
2 Bone, Chelsea	Concordia (Ore.)	11.25m 36-11.00	612
3 Cai, Scout	Seattle Pacific	11.23m 36-10.25	610
4 Meyer, Renick	Seattle Pacific	10.48m 34-04.75	561
5 May, Kellie	Seattle Pacific	10.44m 34-03.00	558
6 Stephens, Chase	Concordia (Ore.)	10.33m 33-10.75	551
7 Meadows, Shaddia	Central Washington	9.68m 31-09.25	509
8 VanZant, Ronni	Concordia (Ore.)	9.37m 30-09.00	488
9 Collins, Katie	Central Washington	9.34m 30-07.75	486
10 Cano, Elena	Alaska Anchorage	8.95m 29-04.50	461
11 Dawkins, Aliyah	Western Washington	8.48m 27-10.00	430
12 Trinidad, Sidney	Central Washington	7.76m 25-05.50	384
13 Jeschke, Yvonne	Alaska Anchorage	7.70m 25-03.25	380
14 DePew, Anna	Northwest Nazarene	7.15m 23-05.50	345

**Heptathlon: #6 Women Javelin Throw Heptathlon**

Name	Year School	Finals	Points
1 Bone, Chelsea	Concordia (Ore.)	42.49m 139-05	715
2 Cai, Scout	Seattle Pacific	37.78m 123-11	625
3 Ortega, HarLee	Central Washington	35.16m 115-04	575
4 VanZant, Ronni	Concordia (Ore.)	34.08m 111-10	554
5 Stephens, Chase	Concordia (Ore.)	33.00m 108-03	534
6 Meyer, Renick	Seattle Pacific	32.62m 107-00	526
7 Jeschke, Yvonne	Alaska Anchorage	32.00m 105-00	515
8 Cano, Elena	Alaska Anchorage	30.86m 101-03	493
9 Trinidad, Sidney	Central Washington	30.54m 100-02	487
10 Collins, Katie	Central Washington	28.44m 93-04	447
11 Meadows, Shaddia	Central Washington	26.65m 87-05	413
12 Dawkins, Aliyah	Western Washington	25.91m 85-00	399
13 May, Kellie	Seattle Pacific	25.33m 83-01	389
14 DePew, Anna	Northwest Nazarene	24.11m 79-01	366

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****Women Heptathlon**

Name	Year	School	Seed	Finals	H#	Points
=====						
GNAC Records: R	5606	2005	Danielle Ayers-Stamper, SPU			
GNAC Meet: M	5390	2013	Ali Worthen, Seattle Pacific			
Qual Auto: A	5195	2019	DII Automatic Qualifying Standard			
Qual Prov: P	4504	2019	DII Provisional Qualifying Standard			
Name	Year	School	Seed	Finals	H#	Points
=====						
1 Ortega, HarLee		Central Washington	4913	5212A		10
2 Cai, Scout		Seattle Pacific	5001	5034P		8
3 Bone, Chelsea		Concordia (Ore.)	5009	4982P		6
4 Trinidad, Sidney		Central Washington	4674	4783P		5
5 Meyer, Renick		Seattle Pacific	4925	4764P		4
6 Cano, Elena		Alaska Anchorage	4516	4593P		3
7 Stephens, Chase		Concordia (Ore.)	4212	4380		2
8 VanZant, Ronni		Concordia (Ore.)	4015	4302		1
9 Jeschke, Yvonne		Alaska Anchorage	4236	4134		
10 May, Kellie		Seattle Pacific	3993	4111		
11 Collins, Katie		Central Washington	4135	4067		
12 Meadows, Shaddia		Central Washington	3810	3867		
13 Dawkins, Aliyah		Western Washington	3686	3530		
14 DePew, Anna		Northwest Nazarene	3587	3496		

**Men 100 Meter Dash**

Name	Year	School	Seed	Prelims	Wind	H#
=====						
McArthur Rec: F	10.33	1993	Jean-Olivier-Zirignon, Unattached			
GNAC Records: R	10.22	2015	Alex Donigian, WWU			
GNAC Meet: M	10.43	2010	Anthony Wright, CWU			
Qual Auto: A	10.28	2019	DII Automatic Qualifying Standard			
Qual Prov: P	10.58	2019	DII Provisional Qualifying Standard			
Name	Year	School	Seed	Prelims	Wind	H#
=====						
Preliminaries						
1 Zook, Sam		Msu-Billings	10.63	10.62Q	2.1	2
2 Anunagba, Karlington		Western Washington	10.33	10.82Q	1.2	1
3 Widmar, Bobby		Central Washington	10.81	10.85q	2.1	2
4 Blodgett, Codi		Western Oregon	10.81	10.87q	2.1	2
5 Campbell, Enrique		Alaska Anchorage	11.02	10.93q	2.1	2
6 Horwath, Harry		Central Washington	10.84	10.96q	1.2	1
7 Shay, Kaelen		Msu-Billings	10.98	10.97q	2.1	2
8 Jones, Daniel		Western Washington	10.84	11.03q	1.2	1 11.022
9 Mah, Nathan		Simon Fraser	10.75	11.03	1.2	1 11.023
10 Schram, Mason		Msu-Billings	10.75	11.20	2.1	2
11 Johnson, Noah		Western Washington	11.17	11.21	1.2	1 11.206
12 Fernandez, Angelo		Western Washington	11.22	11.21	2.1	2 11.210
13 Armstrong, Logan		Saint Martin's	11.19	11.23	2.1	2
14 Willey, Cameron		Northwest Nazarene	11.07	11.24	1.2	1
15 Harper, Lucas		Msu-Billings	11.37	11.57	1.2	1
16 Hylton, Oshane		Alaska Anchorage	10.80	11.62	1.2	1



**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****Men 100 Meter Dash**

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=====
McArthur Rec: F 10.33 1993      Jean-Olivier-Zirignon, Unattached
GNAC Records: R 10.22 2015      Alex Donigian, WWU
  GNAC Meet: M 10.43 2010      Anthony Wright, CWU
  Qual Auto: A 10.28 2019      DII Automatic Qualifying Standard
  Qual Prov: P 10.58 2019      DII Provisional Qualifying Standard
Name                          Year School                    Prelims    Finals    Wind Points
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Finals
 1 Zook, Sam                    Msu-Billings                    10.62      11.01    -1.4    10
 2 Horwath, Harry               Central Washington                10.96      11.20    -1.4     8
 3 Widmar, Bobby                Central Washington                10.85      11.22    -1.4     6
 4 Campbell, Enrique            Alaska Anchorage                  10.93      11.24    -1.4     5    11.237
 5 Blodgett, Codi               Western Oregon                     10.87      11.24    -1.4     4    11.239
 6 Shay, Kaelen                 Msu-Billings                      10.97      11.35    -1.4     3
 7 Jones, Daniel                Western Washington                 11.03      11.45    -1.4     2

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**Men 200 Meter Dash**

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McArthur Rec: F 21.32 2014      Tyrell Williams, Western Oregon
GNAC Records: R 20.93 2016      Alex Donigian, WWU
  GNAC Meet: M 21.32 2013      Rimar Christie, NNU
  GNAC Meet: M 21.32 2014      Tyrell Williams, Western Oregon
  Qual Auto: A 20.75 2019      DII Automatic Qualifying Standard
  Qual Prov: P 21.36 2019      DII Provisional Qualifying Standard
Name                          Year School                    Seed    Prelims    Wind H#
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Preliminaries
 1 Zook, Sam                    Msu-Billings                    21.44      21.65Q   0.9     1
 2 Brown, Adam                  Concordia (Ore.)                 21.48      21.80Q   0.6     2
 3 Blake, Logan                 Northwest Nazarene                21.98      21.82Q   0.6     3
 4 Welch, Bryant                Western Washington                 21.80      22.01q   0.6     3
 5 Campbell, Enrique            Alaska Anchorage                  22.05      22.09q   0.9     1
 6 Mah, Nathan                  Simon Fraser                      21.82      22.11q   0.6     2
 7 Hand, Jackson                Saint Martin's                    22.04      22.20q   0.9     1
 8 Horwath, Harry               Central Washington                 21.96      22.24q   0.6     3
 9 Eyer, Rahkei                 Msu-Billings                      21.95      22.25    0.6     2
10 Smith, Myles                 Western Washington                 22.40      22.27    0.6     3    22.264
11 Widmar, Bobby                Central Washington                 22.44      22.27    0.6     3    22.267
12 Shay, Kaelen                 Msu-Billings                      22.75      22.49    0.9     1    22.482
13 Russell, Michael             Saint Martin's                    21.69      22.49    0.6     3    22.485
14 Jones, Daniel                Western Washington                 21.94      22.57    0.9     1
15 Schram, Mason                Msu-Billings                      22.24      22.86    0.6     2
16 Powers, Tyler                Concordia (Ore.)                  22.54      22.87    0.6     2
17 Blodgett, Codi               Western Oregon                     21.99      22.92    0.6     2

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**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****Men 200 Meter Dash**

McArthur Rec:	F	21.32	2014	Tyrell Williams, Western Oregon				
GNAC Records:	R	20.93	2016	Alex Donigian, WWU				
GNAC Meet:	M	21.32	2013	Rimar Christie, NNU				
GNAC Meet:	M	21.32	2014	Tyrell Williams, Western Oregon				
Qual Auto:	A	20.75	2019	DII Automatic Qualifying Standard				
Qual Prov:	P	21.36	2019	DII Provisional Qualifying Standard				
Name			Year School	Prelims	Finals	Wind	Points	

**Finals**

1	Brown, Adam	Concordia (Ore.)	21.80	22.07	-2.7	10
2	Blake, Logan	Northwest Nazarene	21.82	22.12	-2.7	8
3	Welch, Bryant	Western Washington	22.01	22.15	-2.7	6
4	Zook, Sam	Msu-Billings	21.65	22.18	-2.7	5
5	Hand, Jackson	Saint Martin's	22.20	22.52	-2.7	4
6	Horwath, Harry	Central Washington	22.24	22.63	-2.7	3
7	Mah, Nathan	Simon Fraser	22.11	22.72	-2.7	2
8	Campbell, Enrique	Alaska Anchorage	22.09	22.98	-2.7	1

**Men 400 Meter Dash**

McArthur Rec:	F	47.55	5/12/2018	Kodiak Landis, Central Wash				
GNAC Records:	R	47.51	2011	Ethan Hewitt, UAA				
GNAC Meet:	M	47.55	2012	Ethan Hewitt, UAA				
GNAC Meet:	M	47.55	2018	Kodiak Landis, Central Washington				
Qual Auto:	A	46.23	2019	DII Automatic Qualifying Standard				
Qual Prov:	P	47.77	2019	DII Provisional Qualifying Standard				
Name			Year School	Seed	Prelims	H#		

**Preliminaries**

1	Brown, Adam	Concordia (Ore.)	48.90	48.73Q	1
2	Magee, Zachary	Northwest Nazarene	48.72	48.77Q	3
3	Arce-Torres, Gabe	Western Oregon	49.07	48.93Q	2
4	Welch, Bryant	Western Washington	48.95	48.80q	1
5	Porter, Doc	Central Washington	50.13	49.02q	1
6	Blake, Logan	Northwest Nazarene	48.27	49.08q	2
7	Calderon, Daniel	Central Washington	49.01	49.13q	3
8	Oglesby, Jon	Western Washington	50.28	49.30q	3
9	Smith, Myles	Western Washington	49.36	49.35	3
10	Rinefort, Ian	Western Washington	50.14	49.37	1
11	Daniels, Mark	Western Washington	50.54	49.86	1
12	Russell, Michael	Saint Martin's	49.04	50.00	2
13	Remington, Daniel	Alaska Anchorage	50.47	50.31	2
14	Chhim, Sonny	Western Washington	50.38	50.48	2
15	Brunett, Nathaniel	Alaska Anchorage	50.50	51.13	3
16	Powers, Tyler	Concordia (Ore.)	51.82	52.94	3

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****Men 400 Meter Dash**

McArthur Rec:	F	47.55	5/12/2018	Kodiak Landis, Central Wash			
GNAC Records:	R	47.51	2011	Ethan Hewitt, UAA			
GNAC Meet:	M	47.55	2012	Ethan Hewitt, UAA			
GNAC Meet:	M	47.55	2018	Kodiak Landis, Central Washington			
Qual Auto:	A	46.23	2019	DII Automatic Qualifying Standard			
Qual Prov:	P	47.77	2019	DII Provisional Qualifying Standard			
Name			Year School	Prelims	Finals	Points	

**Finals**

1	Blake, Logan	Northwest Nazarene	49.08	47.88	10
2	Welch, Bryant	Western Washington	48.80	48.30	8
3	Brown, Adam	Concordia (Ore.)	48.73	48.49	6
4	Magee, Zachary	Northwest Nazarene	48.77	48.93	5
5	Arce-Torres, Gabe	Western Oregon	48.93	48.97	4
6	Porter, Doc	Central Washington	49.02	49.28	3
7	Calderon, Daniel	Central Washington	49.13	49.31	2
8	Oglesby, Jon	Western Washington	49.30	50.33	1

**Men 800 Meter Run**

McArthur Rec:	F	1:49.03	1995	Shannon Lemora, Nike International			
GNAC Records:	R	1:47.59	2015	Badane Sultessa, WOU			
GNAC Meet:	M	1:49.31	2005	Paul Mach, SPU			
Qual Auto:	A	1:48.78	2019	DII Automatic Qualifying Standard			
Qual Prov:	P	1:52.03	2019	DII Provisional Qualifying Standard			
Name			Year School	Seed	Prelims	H#	

**Preliminaries**

1	Johnson, Drew	Alaska Anchorage	1:55.88	1:53.37Q	3
2	Kemboi, Felix	Alaska Anchorage	1:54.21	1:53.92Q	1
3	Phan, Jesse	Seattle Pacific	1:53.71	1:54.32Q	2
4	Knott, Curt	Western Oregon	1:51.45	1:53.99Q	1
5	Carmona, Max	Western Oregon	1:53.07	1:54.09Q	3
6	Sager, Kyler	Western Washington	1:52.46	1:54.42Q	2
7	Cossette, Liam	Western Washington	1:54.74	1:54.12q	3
8	Alnazer, Adam	Western Oregon	1:54.26	1:54.70q	2
9	Reed, Trey	Western Oregon	1:55.16	1:54.87q	1
10	Crosswhite, Justin	Western Oregon	1:54.80	1:55.06	2
11	Franks, Macauley	Western Washington	1:55.67	1:55.08	2
12	Cranston, Neal	Western Oregon	1:53.83	1:55.50	1
13	Torres, Richard	Simon Fraser	1:54.82	1:56.00	1
14	Bauernschmitt, Nick	Simon Fraser	1:52.56	1:57.61	3
15	Buckingham, Paul	Simon Fraser	1:57.86	1:58.20	1
16	Crowell, Ben	Western Washington	1:56.71	1:59.63	3
17	Kanelis, Zach	Western Oregon	1:54.31	2:00.61	3
18	Paulsen, Sean	Simon Fraser	2:00.18	2:01.34	1
--	Helvey, Brock	Alaska Anchorage	1:57.57	DNF	2

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****Men 800 Meter Run**

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McArthur Rec: F 1:49.03 1995 Shannon Lemora, Nike International
GNAC Records: R 1:47.59 2015 Badane Sultessa, WOU
  GNAC Meet: M 1:49.31 2005 Paul Mach, SPU
  Qual Auto: A 1:48.78 2019 DII Automatic Qualifying Standard
  Qual Prov: P 1:52.03 2019 DII Provisional Qualifying Standard
Name Year School Prelims Finals Points
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**Finals**

Name	Year	School	Prelims	Finals	Points
1 Phan, Jesse		Seattle Pacific	1:54.32	1:53.99	10
2 Sager, Kyler		Western Washington	1:54.42	1:54.96	8
3 Kemboi, Felix		Alaska Anchorage	1:53.92	1:55.21	6
4 Knott, Curt		Western Oregon	1:53.99	1:55.35	5
5 Alnazer, Adam		Western Oregon	1:54.70	1:55.37	4
6 Carmona, Max		Western Oregon	1:54.09	1:55.52	3
7 Johnson, Drew		Alaska Anchorage	1:53.37	1:55.80	2
8 Cossette, Liam		Western Washington	1:54.12	1:56.62	1
9 Reed, Trey		Western Oregon	1:54.87	1:57.03	

**Men 1500 Meter Run**

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=====
McArthur Rec: F 3:44.14 2014 Matthew Clowes, Concordia
GNAC Records: R 3:37.35 2018 David Ribich, WOU
  GNAC Meet: M 3:47.37 2017 David Ribich, WOU
  Qual Auto: A 3:44.28 2019 DII Automatic Qualifying Standard
  Qual Prov: P 3:50.52 2019 DII Provisional Qualifying Standard
Name Year School Seed Finals H# Points
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Name	Year	School	Seed	Finals	H#	Points
1 Vargas, Carlos		Simon Fraser	3:51.17	3:54.18	2	10
2 Doherty, Rowan		Simon Fraser	3:48.44	3:54.96	2	8
3 Johnson, Drew		Alaska Anchorage	3:49.73	3:55.85	2	6
4 Crosswhite, Justin		Western Oregon	3:51.45	3:56.79	2	5
5 Ahl, Aaron		Simon Fraser	3:51.14	3:56.99	2	4
6 Kemboi, Felix		Alaska Anchorage	3:50.63	3:57.70	2	3
7 Marson, Parker		Western Oregon	3:50.96	3:57.79	2	2
8 Jaspersen, James		Western Washington	3:53.72	3:57.95	2	1
9 Hoggarth, Colton		Western Washington	4:03.34	3:58.43	1	
10 Franks, Macauley		Western Washington	4:00.49	3:58.57	1	
11 Gallagher, Thomas		Simon Fraser	3:55.81	3:59.38	2	
12 Shea, Tyler		Northwest Nazarene	4:04.93	4:00.47	1	
13 Mosman, Hunter		Western Oregon	3:59.95	4:03.99	1	
14 Fey, Stephen		Western Oregon	4:03.44	4:08.84	1	
15 Murry, Noah		Concordia (Ore.)	4:08.05	4:15.38	1	
-- Carlton, Corbin		Central Washington	4:01.98	DNF	1	
-- Wilson, Jordan		Simon Fraser	3:57.71	DNF	2	

**Men 5000 Meter Run**

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=====
McArthur Rec: F 14:29.41 2011 Micah Chelimo, Alaska Anchorage
GNAC Records: R 13:41.99 2014 Micah Chelimo, UAA
  GNAC Meet: M 14:29.41 2011 Micah Chelimo, UAA
  Qual Auto: A 13:54.33 2019 DII Automatic Qualifying Standard
  Qual Prov: P 14:32.80 2019 DII Provisional Qualifying Standard
Name Year School Seed Finals Points
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1 Miller, Sean		Simon Fraser	14:26.45	14:46.49	10
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**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****...Men 5000 Meter Run**

2	Kangogo, Edwin	Alaska Anchorage	14:39.30	14:51.47	8
3	Otero, Colby	Seattle Pacific	14:57.28	14:58.57	6
4	Kiolbasa, Edward	Western Washington	14:47.71	15:04.15	5
5	Kemboi, Felix	Alaska Anchorage	14:28.84	15:06.72	4
6	Jones, Tyler	Western Oregon	14:32.10	15:07.35	3
7	Sobczak, Chris	Simon Fraser	14:59.92	15:08.15	2
8	Graff, Elius	Seattle Pacific	15:12.91	15:09.83	1
9	Allen, Trevor	Central Washington	14:56.18	15:11.41	
10	Ibrahim, Faisal	Alaska Anchorage	15:18.34	15:12.10	
11	Marson, Parker	Western Oregon	15:04.88	15:16.92	
12	Lehr, John	Western Washington	14:56.94	15:18.48	
13	Morlan, Turlan	Central Washington	15:04.25	15:19.42	
14	Koech, Nickson	Alaska Anchorage	14:54.87	15:22.58	
15	Gill, Rajesh	Central Washington	15:45.96	15:25.09	
16	McIlroy, Jackson	Western Washington	15:17.27	15:30.13	
17	Jasperson, James	Western Washington		15:32.52	
18	Wilson, Bentley	Western Washington	14:54.83	15:37.27	
19	Putney, Jared	Seattle Pacific		15:39.22	
20	Galloway, Shad	Seattle Pacific	15:20.04	15:41.98	
21	Wiley, Jesse	Western Washington	15:16.73	15:44.86	
22	Colmenero, Ivan	Msu-Billings	15:42.91	15:54.78	

**Men 10000 Meter Run**

=====					
McArthur Rec:	F	30:25.75	2011	Jordan Welling, Western Washington	
GNAC Records:	R	28:37.75	2014	Micah Chelimo, UAA	
GNAC Meet:	M	30:25.75	2011	Jordan Walling, WWU	
Qual Auto:	A	29:13.60	2019	DII Automatic Qualifying Standard	
Qual Prov:	P	30:42.74	2019	DII Provisional Qualifying Standard	
Name		Year	School	Seed	Finals Points
=====					
1	Kangogo, Edwin		Alaska Anchorage		31:56.62 10
2	Kiolbasa, Edward		Western Washington	31:38.74	32:19.18 8
3	Koech, Nickson		Alaska Anchorage	31:02.62	32:21.60 6
4	Hamel, Eric		Western Washington	32:38.04	32:25.54 5
5	Boutin, Colin		Seattle Pacific	32:47.41	32:28.66 4
6	Wilson, Bentley		Western Washington	31:34.80	32:53.46 3
7	Morlan, Turlan		Central Washington	31:53.48	33:02.95 2
8	Kemboi, Godfrey		Northwest Nazarene		33:06.61 1
9	Hamilton, Nick		Northwest Nazarene	32:26.10	33:17.51
10	Colmenero, Ivan		Msu-Billings	33:12.93	33:20.54
11	Lewis, Judd		Concordia (Ore.)		33:22.23
12	Gill, Rajesh		Central Washington	32:49.39	33:24.86
13	Barnhart, Donovan		Central Washington	33:01.84	33:26.11
14	Oslin, Andrew		Saint Martin's	32:49.92	33:39.18
15	Perkins, Joseph		Seattle Pacific	32:57.75	33:58.54
16	Heckard, Sawyer		Western Oregon	32:49.01	34:11.04
17	Creagan, Matthew		Western Washington	32:42.93	34:12.86
18	Conrardy, Matt		Central Washington	33:23.61	34:26.61
19	Venema, Ronald		Msu-Billings	34:13.53	35:28.28
--	Ritter, Alec		Western Washington	33:49.39	DNF

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****Men 110 Meter Hurdles**

McArthur Rec:	F	14.21	2015	Travis Millbrandt, Western Washington		
GNAC Records:	R	14.19	2016	Travis Milbrandt, WWU		
GNAC Meet:	M	14.21	2015	Travis Millbrandt, WWU		
Qual Auto:	A	13.89	2019	DII Automatic Qualifying Standard		
Qual Prov:	P	14.53	2019	DII Provisional Qualifying Standard		
Name	Year	School	Seed	Prelims	Wind	H#

**Preliminaries**

1	Okezie, Koby	Western Washington	15.02	15.11Q	0.5	3
2	Cummings, Cordell	Western Washington	14.52	15.12Q	0.6	1
3	Castro, Elijah	Northwest Nazarene	15.05	15.36Q	0.1	2
4	Maier, Braydon	Central Washington	15.32	15.43q	0.6	1 15.427
5	Brown, Giovanni	Concordia (Ore.)	15.08	15.43q	0.1	2 15.429
6	Galgan, Skyler	Northwest Nazarene	15.30	15.47q	0.5	3
7	Gunther, Ryan	Central Washington	15.54	15.61q	0.1	2
8	Scott, Trevaughn	Central Washington	16.21	15.76q	0.5	3
9	Tidwell, Dakota	Northwest Nazarene	16.01	15.85	0.5	3
10	Carpenter, Shayne	Seattle Pacific	15.62	15.90	0.5	3
11	Remington, Daniel	Alaska Anchorage	15.56	16.05	0.1	2
12	Dances, Seren	Western Washington	15.44	16.08	0.5	3
13	Bullo, Nick	Central Washington	15.87	16.15	0.6	1
14	Kreutz, Blaine	Northwest Nazarene	16.17	16.21	0.1	2
15	McMillian-Thomas, Brando	Saint Martin's	16.32	16.37	0.6	1
16	Chism, Ryan	Northwest Nazarene	16.15	16.42	0.1	2
17	Vallatini, Gunner	Central Washington	17.00	16.51	0.6	1
18	Burton, Mitchell	Western Washington	15.98	16.76	0.6	1
19	Forster, Michael	Central Washington	15.41	19.11	0.6	1

**Men 110 Meter Hurdles**

McArthur Rec:	F	14.21	2015	Travis Millbrandt, Western Washington		
GNAC Records:	R	14.19	2016	Travis Milbrandt, WWU		
GNAC Meet:	M	14.21	2015	Travis Millbrandt, WWU		
Qual Auto:	A	13.89	2019	DII Automatic Qualifying Standard		
Qual Prov:	P	14.53	2019	DII Provisional Qualifying Standard		
Name	Year	School	Prelims	Finals	Wind	Points

**Finals**

1	Cummings, Cordell	Western Washington	15.12	14.91	-1.9	10
2	Brown, Giovanni	Concordia (Ore.)	15.43	15.12	-1.9	8
3	Okezie, Koby	Western Washington	15.11	15.18	-1.9	6
4	Maier, Braydon	Central Washington	15.43	15.47	-1.9	5
5	Castro, Elijah	Northwest Nazarene	15.36	15.52	-1.9	4
6	Galgan, Skyler	Northwest Nazarene	15.47	15.93	-1.9	3
7	Gunther, Ryan	Central Washington	15.61	15.96	-1.9	2
8	Scott, Trevaughn	Central Washington	15.76	16.35	-1.9	1

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****Men 400 Meter Hurdles**

McArthur Rec:	F	51.33	1997	Keith Stuffle, Oregon International
GNAC Records:	R	51.48	2017	Vladislav Tsygankov, SFU
GNAC Meet:	M	52.12	2018	Vladislav Tsygankov, SFU
Qual Auto:	A	51.34	2019	DII Automatic Qualifying Standard
Qual Prov:	P	53.42	2019	DII Provisional Qualifying Standard
Name		Year	School	Seed Prelims H#

**Preliminaries**

1	St. Romain, Nate	Simon Fraser	53.32	P 53.40Q	2
2	Cummings, Cordell	Western Washington	51.95	53.45Q	1
3	Scott, Trevaughn	Central Washington	54.19	53.64Q	3
4	Adhemar, Joshua	Simon Fraser	53.42	54.87q	3
5	Gamza, Andrey	Concordia (Ore.)	54.89	55.47q	2
6	Okezie, Koby	Western Washington	55.45	55.64q	1
7	Forster, Michael	Central Washington	56.45	56.36q	1
8	Gunther, Ryan	Central Washington	57.60	56.94q	3
9	Cirlincione, Dario	Western Washington	58.40	56.99	2
10	Andaya, Nate	Central Washington	58.59	57.34	3
11	Vallatini, Gunner	Central Washington	56.76	57.45	2 57.444
12	Bullo, Nick	Central Washington	58.89	57.45	1 57.449
13	Seifert, Peter	Concordia (Ore.)	57.31	57.89	3
14	Lovercamp, Reid	Western Washington	58.20	58.07	1
15	Conrad, Ben	Simon Fraser	58.35	58.22	1
16	Bushnell, Daryl	Alaska Anchorage	58.86	58.42	2
17	Wendling, Justin	Central Washington	58.61	58.63	3
18	Galgan, Skyler	Northwest Nazarene	57.61	59.00	2
19	Bierly, Robert	Concordia (Ore.)	59.37	59.96	1
20	Anguay, Zach	Saint Martin's	1:00.82	1:01.38	3
21	Chism, Ryan	Northwest Nazarene	59.60	1:01.55	2

**Men 400 Meter Hurdles**

McArthur Rec:	F	51.33	1997	Keith Stuffle, Oregon International
GNAC Records:	R	51.48	2017	Vladislav Tsygankov, SFU
GNAC Meet:	M	52.12	2018	Vladislav Tsygankov, SFU
Qual Auto:	A	51.34	2019	DII Automatic Qualifying Standard
Qual Prov:	P	53.42	2019	DII Provisional Qualifying Standard
Name		Year	School	Prelims Finals Points

**Finals**

1	Cummings, Cordell	Western Washington	53.45	51.77M	10
2	Adhemar, Joshua	Simon Fraser	54.87	52.89P	8 52.886
3	St. Romain, Nate	Simon Fraser	53.40	52.89P	6 52.887
4	Scott, Trevaughn	Central Washington	53.64	53.68	5
5	Gamza, Andrey	Concordia (Ore.)	55.47	54.18	4
6	Okezie, Koby	Western Washington	55.64	55.23	3
7	Forster, Michael	Central Washington	56.36	56.85	2
8	Gunther, Ryan	Central Washington	56.94	57.17	1

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****Men 3000 Meter Steeplechase**

Name	Year	School	Seed	Finals	Points
McArthur Rec: F 8:47.26	2012	Ryan Brockerville, Simon Fraser			
GNAC Records: R 8:45.63	2012	Micah Chelimo, UAA			
GNAC Meet: M 8:47.26	2012	Ryan Brockerville, SFU			
Qual Auto: A 8:52.85	2019	DII Automatic Qualifying Standard			
Qual Prov: P 9:15.02	2019	DII Provisional Qualifying Standard			
1 Kirui, Wesley		Alaska Anchorage		9:03.95P	10
2 Hayes, Dylan		Western Washington	9:05.90	9:08.22P	8
3 Ahl, Aaron		Simon Fraser	9:02.10	9:16.78	6
4 Otero, Colby		Seattle Pacific	9:32.36	9:19.33	5
5 Carlton, Corbin		Central Washington	9:28.18	9:26.11	4
6 Hamilton, Nick		Northwest Nazarene	9:47.69	9:29.89	3
7 McMichael, Porter		Western Washington	9:33.82	9:31.54	2
8 Putney, Jared		Seattle Pacific	9:39.88	9:37.96	1
9 Mosman, Hunter		Western Oregon	9:28.61	9:43.41	
10 McIlroy, Jackson		Western Washington	9:33.87	9:52.56	
11 Sobczak, Chris		Simon Fraser	9:29.24	9:57.48	
12 Murry, Noah		Concordia (Ore.)	9:54.98	10:00.16	
13 Boyd, Taryk		Central Washington	10:11.19	10:04.98	
14 Ackerman, Ase		Msu-Billings	10:26.50	10:07.04	
15 Lewis, Levi		Northwest Nazarene	10:08.32	10:09.24	
16 Schultz, Brayden		Seattle Pacific	10:06.13	10:10.66	
17 Conley, Treyson		Northwest Nazarene	10:19.62	10:17.40	
18 Walsh, Simon		Western Oregon	9:36.96	10:22.37	

**Men 4x100 Meter Relay**

School	Year	Seed	Finals	Points
McArthur Rec: F 41.00	1995	University of Oregon, University of Oregon		
GNAC Records: R 41.10	2010	Central Washington, Central Washington		
GNAC Meet: M 41.10	2010	Central Washington, CWU		
Qual Auto: A 40.20	2019	DII Automatic Qualifying Standard		
Qual Prov: P 41.09	2019	DII Provisional Qualifying Standard		
1 Msu-Billings 'A'		41.69	41.28	10
1) Shay, Kaelen		2) Zook, Sam		
3) Schram, Mason		4) Eyer, Rahkei		
2 Northwest Nazarene 'A'		41.71	41.94	8
1) Willey, Cameron		2) Magee, Zachary		
3) Castro, Elijah		4) Blake, Logan		
3 Simon Fraser 'A'		42.08	42.06	6
1) Adhemar, Joshua		2) St. Romain, Nate		
3) Suzuki, Kaito		4) Mah, Nathan		
4 Saint Martin's 'A'		42.22	42.09	5
1) Armstrong, Logan		2) Russell, Michael		
3) Schulz, Josh		4) Hand, Jackson		
5 Alaska Anchorage 'A'		41.90	42.32	4
1) Brunett, Nathaniel		2) Campbell, Enrique		
3) Sramek, David		4) Brake, Chris		
6 Western Washington 'A'		43.10	42.39	3
1) Chhim, Sonny		2) Johnson, Noah		
3) Fernandez, Angelo		4) Burton, Mitchell		
-- Central Washington 'A'		42.98	DQ	3rd Exchange
1) Andaya, Nate		2) Horwath, Harry		



**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****...Men 4x100 Meter Relay**

3) Steuk, Garret

4) Widmar, Bobby

**Men 4x400 Meter Relay**

McArthur Rec: F 3:13.84 2015		Simon Fraser, Simon Fraser	
GNAC Records: R 3:10.60 2016		Alaska Anchorage, Alaska Anchorage	
GNAC Meet: M 3:13.84 2015		Simon Fraser, SFU	
Qual Auto: A 3:09.18 2019		DII Automatic Qualifying Standard	
Qual Prov: P 3:13.91 2019		DII Provisional Qualifying Standard	
School	Seed	Finals	Points
1 Western Washington 'A'	3:17.46	3:15.54	10
1) Cummings, Cordell			
3) Welch, Bryant			
2 Northwest Nazarene 'A'	3:23.86	3:17.59	8
1) Magee, Zachary			
3) Tidwell, Dakota			
3 Western Oregon 'A'	3:26.11	3:17.87	6
1) Arce-Torres, Gabe			
3) Carmona, Max			
4 Central Washington 'A'	3:19.03	3:18.68	5
1) Calderon, Daniel			
3) Scott, Trevaughn			
5 Simon Fraser 'A'	3:18.86	3:19.71	4
1) Mah, Nathan			
3) Adhemar, Joshua			
6 Alaska Anchorage 'A'	3:22.82	3:20.90	3
1) Sramek, David			
3) Brunett, Nathaniel			
7 Concordia (Ore.) 'A'	3:27.98	3:21.92	2
1) Brown, Giovanni			
3) Gamza, Andrey			
8 Saint Martin's 'A'	3:28.56	3:25.48	1
1) Schulz, Josh			
3) Russell, Michael			

**Men High Jump**

McArthur Rec: F 7-04.50 1999		Chris Nelson, Unattached		
GNAC Records: R 7-01 2016		Mikel Smith, SMU		
GNAC Meet: M 2.11m 2017		Tevin Gladden, UAA		
Qual Auto: A 2.15m 2019		DII Automatic Qualifying Standard		
Qual Prov: P 2.04m 2019		DII Provisional Qualifying Standard		
Name	Year School	Seed	Finals	Points
1 Girard, Isaiah	Msu-Billings	2.08m	2.05mP	6-08.75 10
2 Cronk, Tyler	Saint Martin's	2.15m	J2.05mP	6-08.75 8
3 Brake, Chris	Alaska Anchorage	2.01m	J2.05mP	6-08.75 6
4 Wickliff, Tupre	Western Washington	2.01m	2.00m	6-06.75 5
5 Sterkel, Ethan	Western Washington	1.95m	J2.00m	6-06.75 4
6 Makrakis, Nick	Western Washington	2.01m	1.95m	6-04.75 3
7 Davies, Garrett	Western Washington	1.94m	J1.95m	6-04.75 2
8 Dances, Seren	Western Washington	1.94m	1.90m	6-02.75 1
9 Kuzyk, Zackary	Simon Fraser	1.93m	J1.90m	6-02.75
10 Tranch, Micah	Northwest Nazarene	1.95m	1.85m	6-00.75

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****...Men High Jump**

11 Schulz, Josh	Saint Martin's	1.83m	J1.85m	6-00.75
12 Maier, Braydon	Central Washington	1.91m	J1.85m	6-00.75
13 Manju, Iyan	Western Washington	1.86m	1.80m	5-10.75
-- Carrizales, Emmy	Concordia (Ore.)	1.92m	NH	

**Men Pole Vault**

McArthur Rec: F	19-02.25	1997	Tim Bright, Mizuno Track Club		
GNAC Records: R	17-08.50	2010	Ryan Brown, WWU		
GNAC Meet: M	5.14m	2010	Ryan Brown, WWU		
Qual Auto: A	5.20m	2019	DII Automatic Qualifying Standard		
Qual Prov: P	4.80m	2019	DII Provisional Qualifying Standard		
Name	Year	School	Seed	Finals	Points
1 Maier, Braydon		Central Washington	4.70m	4.83mP	15-10.00 10
2 Sramek, David		Alaska Anchorage	4.60m	4.73m	15-06.25 8
3 Boyle, Craig		Saint Martin's	4.70m	J4.73m	15-06.25 6
4 Campbell, Tysen		Central Washington	4.40m	4.58m	15-00.25 5
5 Konrad, J. T.		Western Washington	4.80m	J4.58m	15-00.25 4
6 Hopkins, Spencer		Northwest Nazarene		4.43m	14-06.25 3
7 Rickard, Chris		Saint Martin's	4.51m	J4.43m	14-06.25 2
8 Barbour, Sean		Seattle Pacific	4.31m	J4.43m	14-06.25 1
9 Cadena, Bryan		Central Washington	4.30m	4.28m	14-00.50
10 Thompson, Jacob		Central Washington	4.30m	4.13m	13-06.50
11 Cummings, Cooper		Western Washington	4.21m	J4.13m	13-06.50
12 Tidwell, Dakota		Northwest Nazarene	4.50m	J4.13m	13-06.50
13 Andaya, Nate		Central Washington	4.00m	3.98m	13-00.75
14 Brown, Giovanni		Concordia (Ore.)	4.25m	J3.98m	13-00.75
-- Williams, Christian		Western Washington	4.10m	NH	
-- Rinefort, Ian		Western Washington	4.31m	NH	

**Men Long Jump**

McArthur Rec: F	25-00	2006	Jon Hill, Portland State				
GNAC Records: R	25-11.50	2009	David Registe, UAA				
GNAC Meet: M	7.52m	2008	David Registe, UAA				
Qual Auto: A	7.68m	2019	DII Automatic Qualifying Standard				
Qual Prov: P	7.25m	2019	DII Provisional Qualifying Standard				
Name	Year	School	Seed	Finals	Wind	H#	Points
1 Dances, Seren		Western Washington	7.07m	7.20m	1.0	23-07.50	2 10
2 Castro, Elijah		Northwest Nazarene	7.16m	7.03m	0.7	23-00.75	2 8
3 Schulz, Josh		Saint Martin's	6.75m	6.87m	0.6	22-06.50	2 6
4 Kuzyk, Zackary		Simon Fraser	6.95m	6.85m	0.6	22-05.75	2 5
5 Makrakis, Nick		Western Washington	6.78m	6.73m	1.1	22-01.00	2 4
6 Sramek, David		Alaska Anchorage	6.94m	6.70m	1.0	21-11.75	2 3
7 Cronk, Tyler		Saint Martin's	6.80m	6.67m	0.6	21-10.75	2 2
8 Eck, Kameron		Central Washington	6.67m	6.65m	0.9	21-10.00	1 1
9 Girard, Isaiah		Msu-Billings	6.75m	6.64m	1.4	21-09.50	1
10 Tidwell, Dakota		Northwest Nazarene	6.60m	6.58m	0.4	21-07.25	1
11 Forster, Michael		Central Washington	6.68m	6.57m	1.5	21-06.75	1
12 Kreutz, Blaine		Northwest Nazarene	6.69m	6.56m	1.3	21-06.25	1
13 Brake, Chris		Alaska Anchorage	6.60m	6.55m	1.8	21-06.00	1
14 Sterkel, Ethan		Western Washington	7.01m	6.53m	0.6	21-05.25	2
15 Mataya, Rudy		Western Washington	6.53m	6.52m	0.9	21-04.75	1

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16 Maier, Braydon	Central Washington	6.75m	6.50m	1.1	21-04.00	2
17 Rinefort, Ian	Western Washington	6.72m	6.47m	1.5	21-02.75	1
18 Stanton, Ty	Msu-Billings	6.53m	6.29m	+0.0	20-07.75	1
19 Andaya, Nate	Central Washington	6.62m	6.06m	1.3	19-10.75	1
20 Harper, Lucas	Msu-Billings	6.53m	5.72m	1.9	18-09.25	1

**Men Triple Jump**

McArthur Rec: F 51-02.25	1996	Steve Miller, Unattached
GNAC Records: R 50-10.25	2017	Wesley Gray, WOU
GNAC Meet: M 15.50m	2017	Wesley Gray, WOU
Qual Auto: A 15.69m	2019	DII Automatic Qualifying Standard
Qual Prov: P 14.66m	2019	DII Provisional Qualifying Standard

Name	Year	School	Seed	Finals	Wind	H#	Points
1 Whittaker, Zach		Central Washington	14.27m	14.91mP	0.7	48-11.00	2 10
2 Brake, Chris		Alaska Anchorage	14.07m	14.54m	3.3	47-08.50	2 8
3 Brown, Giovanni		Concordia (Ore.)	13.42m	14.44m	+0.0	47-04.50	2 6
4 Dances, Seren		Western Washington	13.37m	14.33m	3.7	47-00.25	1 5
5 Ringold, Jacob		Western Washington	14.24m	14.27m	2.8	46-10.00	2 4
6 Gamza, Andrey		Concordia (Ore.)	13.80m	13.79m	2.3	45-03.00	2 3
7 Duckworth, Jeremiah		Western Washington	13.58m	J13.79m	+0.0	45-03.00	2 2
8 Makrakis, Nick		Western Washington	13.79m	13.64m	3.6	44-09.00	2 1
9 Lindquist, Marcus		Msu-Billings	13.45m	13.32m	1.9	43-08.50	2
10 Stanton, Ty		Msu-Billings	14.17m	13.25m	0.8	43-05.75	2
11 Newby, Silas		Seattle Pacific	13.09m	13.02m	1.8	42-08.75	1
12 Booker, Zach		Northwest Nazarene	12.94m	12.87m	1.9	42-02.75	1
13 Carrizales, Emmy		Concordia (Ore.)	12.94m	12.34m	2.5	40-06.00	1
14 Eck, Kameron		Central Washington	12.14m	12.08m	1.9	39-07.75	1

**Men Shot Put**

McArthur Rec: F 64-04.75	2018	David Pless, Iron Wood TC
GNAC Records: R 60-10.50	2014	Frank Catelli, WWU
GNAC Meet: M 18.20m	2016	Josh Koch, CU
Qual Auto: A 18.36m	2019	DII Automatic Qualifying Standard
Qual Prov: P 16.16m	2019	DII Provisional Qualifying Standard

Name	Year	School	Seed	Finals	H#	Points
1 Knight, Jake		Northwest Nazarene	18.29m	18.01mP	59-01.25	2 10
2 Koch, Josh		Concordia (Ore.)	17.12m	17.16mP	56-03.75	2 8
3 Nichols, Sam		Concordia (Ore.)	15.51m	16.11m	52-10.25	2 6
4 Malquist, Ben		Western Washington	15.56m	16.00m	52-06.00	2 5
5 Bridge, Caleb		Concordia (Ore.)	16.51m	15.57m	51-01.00	2 4
6 Cain, Aidan		Central Washington	15.90m	15.45m	50-08.25	2 3
7 Tafoya, Alberto		Central Washington	15.14m	15.39m	50-06.00	1 2
8 Tonder, Ethan		Central Washington	16.02m	15.34m	50-04.00	2 1
9 Elder, Brett		Concordia (Ore.)	15.45m	15.14m	49-08.25	2
10 Cole, Sam		Western Oregon	14.61m	14.80m	48-06.75	1
11 Steffey, Chris		Western Oregon	14.63m	14.45m	47-05.00	1
12 Collins, Owen		Western Oregon	14.88m	14.33m	47-00.25	1
13 Ostermiller, Brady		Msu-Billings	16.20m	14.32m	46-11.75	2
14 Collins, Karsten		Western Oregon	14.39m	14.08m	46-02.50	1
15 Robbins, Cody		Northwest Nazarene	14.27m	13.84m	45-05.00	1
16 Au-Haup, Micah		Saint Martin's	13.67m	13.72m	45-00.25	1

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17 Jensen, Connor	Concordia (Ore.)	14.68m	13.66m	44-09.75	1
18 Maier, Riley	Central Washington	13.39m	13.08m	42-11.00	1
19 Burr, Colton	Northwest Nazarene	13.59m	11.75m	38-06.75	1

**Men Discus Throw**

McArthur Rec: F	194-10.75	2013	Nathaniel Moses, Unattached			
GNAC Records: R	182-08	2017	Caleb Bridge, CU			
GNAC Meet: M	53.80m	2017	Caleb Bridge, CU			
Qual Auto: A	56.11m	2019	DII Automatic Qualifying Standard			
Qual Prov: P	49.78m	2019	DII Provisional Qualifying Standard			
Name	Year	School	Seed	Finals	H#	Points
1 Knight, Jake		Northwest Nazarene	55.78m	55.74mM	182-10	2 10
2 Bridge, Caleb		Concordia (Ore.)	51.69m	51.68mP	169-07	2 8
3 Cain, Aidan		Central Washington	48.01m	49.31m	161-09	2 6
4 Nichols, Sam		Concordia (Ore.)	53.02m	49.29m	161-08	2 5
5 Elder, Brett		Concordia (Ore.)	50.58m	48.71m	159-10	2 4
6 Koch, Josh		Concordia (Ore.)	48.70m	46.19m	151-06	2 3
7 Napeahi, Martin		Central Washington	44.16m	45.60m	149-07	1 2
8 Collins, Karsten		Western Oregon	44.38m	45.21m	148-04	1 1
9 Steffey, Chris		Western Oregon	47.09m	44.68m	146-07	2
10 Lux, Avery		Western Washington	45.44m	44.27m	145-03	2
11 Harris, Andrew		Central Washington	43.76m	43.34m	142-02	1
12 Collins, Owen		Western Oregon	45.13m	42.13m	138-03	2
13 Ostermiller, Brady		Msu-Billings	45.05m	41.42m	135-11	1
14 Jensen, Connor		Concordia (Ore.)	44.32m	40.17m	131-09	1
15 Malquist, Ben		Western Washington	44.94m	39.68m	130-02	1
16 Yates, Coby		Northwest Nazarene	41.47m	37.76m	123-11	1
17 Maier, Riley		Central Washington	41.74m	37.71m	123-09	1

**Men Hammer Throw**

McArthur Rec: F	228-10	2004	Scott Boothby, Club Northwest			
GNAC Records: R	206-04	2003	Pro Escobedo, WOU			
GNAC Meet: M	61.61m	2008	Michael Hoffman, WWU			
Qual Auto: A	65.03m	2019	DII Automatic Qualifying Standard			
Qual Prov: P	55.08m	2019	DII Provisional Qualifying Standard			
Name	Year	School	Seed	Finals	H#	Points
1 Cain, Aidan		Central Washington	52.68m	57.75mP	189-06	2 10
2 Lux, Avery		Western Washington	54.90m	55.35mP	181-07	2 8
3 Denniston, Joe		Concordia (Ore.)	56.65m	55.26mP	181-03	2 6
4 Koch, Josh		Concordia (Ore.)	53.37m	52.53m	172-04	2 5
5 Tonder, Ethan		Central Washington	51.35m	52.41m	171-11	2 4
6 Harris, Andrew		Central Washington	49.88m	52.22m	171-04	1 3
7 Child, Mont		Western Oregon	50.48m	51.19m	167-11	2 2
8 Cole, Sam		Western Oregon	50.62m	50.56m	165-10	2 1
9 Beaton, Angus		Central Washington	48.42m	49.94m	163-10	1
10 Tafoya, Alberto		Central Washington	51.18m	48.88m	160-04	2
11 Harris, Cade		Saint Martin's	49.32m	48.85m	160-03	1
12 Eiland, Brayden		Northwest Nazarene	53.66m	47.53m	155-11	2
13 Peaslee, Beau		Msu-Billings	43.52m	45.76m	150-01	1
14 Ostermiller, Brady		Msu-Billings	45.17m	43.68m	143-04	1
15 Bridge, Caleb		Concordia (Ore.)	43.63m	41.69m	136-09	1

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****Men Javelin Throw**

Name	Year	School	Seed	Finals	H#	Points
=====						
McArthur Rec:	F	259-05	1990	Brian Crouser, New York Athletic Club		
GNAC Records:	R	255-10	2013	Cody Parker, UAA		
GNAC Meet:	M	69.49m	2013	Franz Burghagen, UAA		
Qual Auto:	A	68.34m	2019	DII Automatic Qualifying Standard		
Qual Prov:	P	58.68m	2019	DII Provisional Qualifying Standard		
Name	Year	School	Seed	Finals	H#	Points
=====						
1 Rasmussen, Dalton		Concordia (Ore.)	62.68m	67.13mP	220-03	2 10
2 Christensen, Easton		Concordia (Ore.)	65.44m	64.76mP	212-06	2 8
3 Barry, Alex		Western Washington	48.10m	62.87mP	206-03	1 6
4 David, Costel		Western Washington	57.55m	61.86mP	202-11	2 5
5 Tranch, Micah		Northwest Nazarene	58.27m	57.37m	188-03	2 4
6 Hatton, Timothy		Simon Fraser	59.34m	57.01m	187-00	2 3
7 Rutter, Tyree		Central Washington	52.43m	56.65m	185-10	1 2
8 McNatt, Cooper		Western Washington	59.70m	55.67m	182-08	2 1
9 Schweitz, Matt		Concordia (Ore.)	57.53m	55.21m	181-02	2
10 Claeys, Spencer		Western Washington	54.05m	54.43m	178-07	1
11 Salley, Mason		Western Washington	58.07m	53.65m	176-00	2
12 Goldstein, Austin		Western Oregon	54.17m	52.97m	173-09	1
13 Cortes, Bryan		Simon Fraser	54.93m	52.11m	170-11	2
14 Elder, Brett		Concordia (Ore.)	52.05m	51.35m	168-06	1
15 Lytle, Griffey		Central Washington	52.75m	50.74m	166-06	1
16 Wells, Kyle		Western Oregon	52.80m	50.52m	165-09	1
17 Tidwell, Dakota		Northwest Nazarene	51.27m	50.29m	165-00	1
18 Kruse, Mitch		Western Oregon	53.03m	47.10m	154-06	1
-- Peaslee, Beau		Msu-Billings	52.90m	FOUL		1

**Decathlon: #1 Men 100 Meter Dash Decathlon**

Name	Year	School	Finals	Wind	H#	Points
=====						
McArthur Rec:	F	10.33				
Name	Year	School	Finals	Wind	H#	Points
=====						
1 Schulz, Josh		Saint Martin's	11.17	+0.0	2	823
2 Dances, Seren		Western Washington	11.20	+0.0	2	817
3 Rinefort, Ian		Western Washington	11.34	+0.0	2	786
4 Sramek, David		Alaska Anchorage	11.38	+0.0	1	778
5 Forster, Michael		Central Washington	11.41	+0.0	2	771
6 Tidwell, Dakota		Northwest Nazarene	11.42	+0.0	2	769
7 Kreutz, Blaine		Northwest Nazarene	11.49	+0.0	2	755
8 Andaya, Nate		Central Washington	11.52	+0.0	2	748
9 Maier, Braydon		Central Washington	11.54	+0.0	1	744
10 Brown, Giovanni		Concordia (Ore.)	11.78	+0.0	1	695
11 Cummings, Cooper		Western Washington	11.90	+0.0	1	671
12 Carrizales, Emmy		Concordia (Ore.)	11.91	+0.0	1	669
13 Kruse, Mitch		Western Oregon	12.01	+0.0	1	649
14 Ball, Nick		Concordia (Ore.)	12.38	+0.0	1	578

**Decathlon: #5 Men 400 Meter Dash Decathlon**

Name	Year	School	Finals	H#	Points
=====					
McArthur Rec:	F	47.55			
Name	Year	School	Finals	H#	Points
=====					
1 Rinefort, Ian		Western Washington	50.75	2	780
2 Sramek, David		Alaska Anchorage	50.86	2	775
3 Brown, Giovanni		Concordia (Ore.)	50.92	2	773

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****...Decathlon: #5 Men 400 Meter Dash Decathlon**

4	Kreutz, Blaine	Northwest Nazarene	51.40	1	751
5	Schulz, Josh	Saint Martin's	51.61	1	742
6	Andaya, Nate	Central Washington	51.94	1	727
7	Dances, Seren	Western Washington	52.32	2	711
8	Tidwell, Dakota	Northwest Nazarene	52.41	2	707
9	Maier, Braydon	Central Washington	52.57	2	700
10	Forster, Michael	Central Washington	52.59	2	699
11	Kruse, Mitch	Western Oregon	53.53	1	659
12	Cummings, Cooper	Western Washington	56.14	1	554
13	Ball, Nick	Concordia (Ore.)	56.46	1	541
14	Carrizales, Emmy	Concordia (Ore.)	57.29	1	510

**Decathlon: #10 Men 1500 Meter Run Decathlon**

Name	Year School	Finals	Points
1	Brown, Giovanni	Concordia (Ore.)	4:19.02 818
2	Sramek, David	Alaska Anchorage	4:29.51 748
3	Tidwell, Dakota	Northwest Nazarene	4:31.82 733
4	Kruse, Mitch	Western Oregon	4:33.47 722
5	Forster, Michael	Central Washington	4:35.67 708
6	Cummings, Cooper	Western Washington	4:38.09 692
7	Maier, Braydon	Central Washington	4:38.30 691
8	Andaya, Nate	Central Washington	4:38.97 687
9	Schulz, Josh	Saint Martin's	4:46.27 641
10	Carrizales, Emmy	Concordia (Ore.)	4:57.90 572
11	Dances, Seren	Western Washington	5:07.45 518
12	Ball, Nick	Concordia (Ore.)	5:08.61 511
--	Rinefort, Ian	Western Washington	DNF

**Decathlon: #6 Men 110 Meter Hurdles Decathlon**

McArthur Rec: F 14.21

Name	Year School	Finals	Wind	H#	Points
1	Brown, Giovanni	Concordia (Ore.)	15.08	-0.2	1 840
2	Maier, Braydon	Central Washington	15.39	-0.2	1 803
3	Dances, Seren	Western Washington	15.44	-0.2	1 797
4	Forster, Michael	Central Washington	15.49	-0.2	1 791
5	Tidwell, Dakota	Northwest Nazarene	16.30	0.3	2 699
6	Rinefort, Ian	Western Washington	16.39	0.3	2 689
7	Kreutz, Blaine	Northwest Nazarene	16.41	0.3	2 687
8	Sramek, David	Alaska Anchorage	16.66	0.3	2 660
9	Cummings, Cooper	Western Washington	17.05	0.8	3 619
10	Andaya, Nate	Central Washington	17.10	0.8	3 614
11	Carrizales, Emmy	Concordia (Ore.)	17.29	0.6	4 594
12	Schulz, Josh	Saint Martin's	18.03	0.8	3 521
13	Kruse, Mitch	Western Oregon	18.32	0.6	4 494
14	Ball, Nick	Concordia (Ore.)	20.82	0.6	4 287

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****Decathlon: #4 Men High Jump Decathlon**

McArthur Rec: F 88.50m

Name	Year School	Finals	Points
1 Dances, Seren	Western Washington	1.94m 6-04.25	749
2 Maier, Braydon	Central Washington	1.91m 6-03.25	723
3 Brown, Giovanni	Concordia (Ore.)	1.82m 5-11.50	644
3 Rinefort, Ian	Western Washington	1.82m 5-11.50	644
3 Sramek, David	Alaska Anchorage	1.82m 5-11.50	644
3 Forster, Michael	Central Washington	1.82m 5-11.50	644
7 Kreutz, Blaine	Northwest Nazarene	1.79m 5-10.50	619
7 Tidwell, Dakota	Northwest Nazarene	1.79m 5-10.50	619
9 Schulz, Josh	Saint Martin's	1.76m 5-09.25	593
9 Cummings, Cooper	Western Washington	1.76m 5-09.25	593
9 Carrizales, Emmy	Concordia (Ore.)	1.76m 5-09.25	593
12 Kruse, Mitch	Western Oregon	1.67m 5-05.75	520
13 Ball, Nick	Concordia (Ore.)	1.55m 5-01.00	426
14 Andaya, Nate	Central Washington	1.52m 4-11.75	404

**Decathlon: #8 Men Pole Vault Decathlon**

McArthur Rec: F 230.25m

Name	Year School	Finals	Points
1 Sramek, David	Alaska Anchorage	4.60m 15-01.00	790
2 Maier, Braydon	Central Washington	4.40m 14-05.25	731
3 Tidwell, Dakota	Northwest Nazarene	4.30m 14-01.25	702
4 Brown, Giovanni	Concordia (Ore.)	4.10m 13-05.25	645
5 Cummings, Cooper	Western Washington	4.00m 13-01.50	617
5 Andaya, Nate	Central Washington	4.00m 13-01.50	617
7 Dances, Seren	Western Washington	3.80m 12-05.50	562
8 Schulz, Josh	Saint Martin's	3.70m 12-01.50	535
9 Forster, Michael	Central Washington	3.60m 11-09.75	509
9 Kruse, Mitch	Western Oregon	3.60m 11-09.75	509
11 Carrizales, Emmy	Concordia (Ore.)	3.30m 10-10.00	431
12 Kreutz, Blaine	Northwest Nazarene	3.20m 10-06.00	406
13 Ball, Nick	Concordia (Ore.)	3.10m 10-02.00	381
-- Rinefort, Ian	Western Washington	NH	

**Decathlon: #2 Men Long Jump Decathlon**

McArthur Rec: F 300.00m

Name	Year School	Finals	Wind	Points
1 Dances, Seren	Western Washington	6.79m 1.9	22-03.50	764
2 Sramek, David	Alaska Anchorage	6.72m 3.0	22-00.75	748
3 Forster, Michael	Central Washington	6.68m -0.6	21-11.00	739
4 Rinefort, Ian	Western Washington	6.61m 2.1	21-08.25	723
5 Tidwell, Dakota	Northwest Nazarene	6.60m 3.0	21-08.00	720
6 Schulz, Josh	Saint Martin's	6.58m -2.8	21-07.25	716
7 Kreutz, Blaine	Northwest Nazarene	6.35m -1.1	20-10.00	664
8 Maier, Braydon	Central Washington	6.34m +0.0	20-09.75	661
9 Andaya, Nate	Central Washington	6.31m 1.2	20-08.50	655
10 Brown, Giovanni	Concordia (Ore.)	6.24m -1.1	20-05.75	639
11 Cummings, Cooper	Western Washington	6.21m 0.1	20-04.50	632
12 Kruse, Mitch	Western Oregon	6.17m 1.9	20-03.00	624

**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****...Decathlon: #2 Men Long Jump Decathlon**

13 Carrizales, Emmy	Concordia (Ore.)	6.10m	1.2	20-00.25	608
14 Ball, Nick	Concordia (Ore.)	5.64m	3.3	18-06.00	510

**Decathlon: #3 Men Shot Put Decathlon**

McArthur Rec: F 772.75m

Name	Year School	Finals	Points
1 Brown, Giovanni	Concordia (Ore.)	14.04m	46-00.75 731
2 Maier, Braydon	Central Washington	11.58m	38-00.00 581
3 Forster, Michael	Central Washington	11.50m	37-08.75 576
4 Kreutz, Blaine	Northwest Nazarene	11.33m	37-02.25 566
5 Kruse, Mitch	Western Oregon	10.83m	35-06.50 536
6 Carrizales, Emmy	Concordia (Ore.)	10.80m	35-05.25 534
7 Tidwell, Dakota	Northwest Nazarene	10.23m	33-06.75 499
8 Rinefort, Ian	Western Washington	10.04m	32-11.25 488
9 Dances, Seren	Western Washington	10.03m	32-11.00 487
10 Andaya, Nate	Central Washington	10.00m	32-09.75 486
11 Schulz, Josh	Saint Martin's	9.95m	32-07.75 483
11 Ball, Nick	Concordia (Ore.)	9.95m	32-07.75 483
13 Sramek, David	Alaska Anchorage	9.89m	32-05.50 479
14 Cummings, Cooper	Western Washington	9.57m	31-04.75 460

**Decathlon: #7 Men Discus Throw Decathlon**

McArthur Rec: F 2338.75m

Name	Year School	Finals	Points
1 Brown, Giovanni	Concordia (Ore.)	45.22m	148-04 771
2 Kruse, Mitch	Western Oregon	36.31m	119-01 590
3 Maier, Braydon	Central Washington	35.93m	117-10 582
4 Kreutz, Blaine	Northwest Nazarene	33.98m	111-06 543
5 Dances, Seren	Western Washington	33.02m	108-04 524
6 Tidwell, Dakota	Northwest Nazarene	32.98m	108-02 523
7 Forster, Michael	Central Washington	31.77m	104-03 499
8 Carrizales, Emmy	Concordia (Ore.)	31.35m	102-10 491
9 Schulz, Josh	Saint Martin's	30.30m	99-05 470
10 Rinefort, Ian	Western Washington	30.11m	98-09 467
11 Sramek, David	Alaska Anchorage	29.29m	96-01 450
12 Cummings, Cooper	Western Washington	29.24m	95-11 450
13 Ball, Nick	Concordia (Ore.)	29.06m	95-04 446
14 Andaya, Nate	Central Washington	21.96m	72-00 309

**Decathlon: #9 Men Javelin Throw Decathlon**

Name	Year School	Finals	Points
1 Kruse, Mitch	Western Oregon	53.03m	174-00 634
2 Forster, Michael	Central Washington	51.55m	169-01 612
3 Maier, Braydon	Central Washington	50.45m	165-06 595
4 Tidwell, Dakota	Northwest Nazarene	48.08m	157-09 560
5 Carrizales, Emmy	Concordia (Ore.)	45.86m	150-05 528
6 Dances, Seren	Western Washington	45.55m	149-05 523
7 Andaya, Nate	Central Washington	44.69m	146-07 510
8 Cummings, Cooper	Western Washington	41.91m	137-06 470



**2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019****Western Oregon University****Results****....Decathlon: #9 Men Javelin Throw Decathlon**

9 Rinefort, Ian	Western Washington	40.95m	134-04	456
10 Brown, Giovanni	Concordia (Ore.)	40.59m	133-02	451
11 Schulz, Josh	Saint Martin's	40.52m	132-11	450
12 Ball, Nick	Concordia (Ore.)	39.73m	130-04	438
13 Sramek, David	Alaska Anchorage	39.27m	128-10	432

**Men Decathlon**

GNAC Records: R	7872	2006	Chris Randolph, SPU			
GNAC Meet: M	7201	2016	Cody Thomas, UAA			
Qual Auto: A	7242	2019	DII Automatic Qualifying Standard			
Qual Prov: P	6300	2019	DII Provisional Qualifying Standard			
Name	Year	School	Seed	Finals	H#	Points
1 Brown, Giovanni		Concordia (Ore.)	6836	7007P	10	
2 Maier, Braydon		Central Washington	7005	6811P	8	
3 Forster, Michael		Central Washington	6527	6548P	6	
4 Tidwell, Dakota		Northwest Nazarene	6708	6531P	5	
5 Sramek, David		Alaska Anchorage	6270	6504P	4	
6 Dances, Seren		Western Washington	6500	6452P	3	
7 Schulz, Josh		Saint Martin's	5969	5974	2	
8 Kruse, Mitch		Western Oregon	4898	5937	1	
9 Cummings, Cooper		Western Washington	5487	5758		
10 Andaya, Nate		Central Washington	5083	5757		
11 Carrizales, Emmy		Concordia (Ore.)	5354	5530		
12 Rinefort, Ian		Western Washington	6682	5033		
13 Ball, Nick		Concordia (Ore.)	4359	4601		

**Women - Team Rankings - 21 Events Scored**

1) Seattle Pacific	166	2) Central Washington	162
3) Alaska Anchorage	119.50	4) Simon Fraser	101
5) Western Washington	95	6) Concordia (Ore.)	73.50
7) Western Oregon	41	8) Saint Martin's	26.50
9) Northwest Nazarene	25.50	10) MSU-Billings	9

**Men - Team Rankings - 21 Events Scored**

1) Western Washington	173	2) Central Washington	122
3) Concordia (Ore.)	116	4) Alaska Anchorage	97
5) Northwest Nazarene	90	6) Simon Fraser	74
7) Western Oregon	41	8) MSU-Billings	38
9) Saint Martin's	36	10) Seattle Pacific	28