

2018 GNAC Outdoor Track and Field Championship - 5/11/2018 to 5/12/2018**Western Oregon University****Results****Women 100 Meter Dash****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

McArthur Rec:	11.81	F	2015	Jamie Ashcroft, Alaska Anchorage
GNAC Records:	11.64	R	2015	Jamie Ashcroft, UAA
Qual Auto:	11.50	A	2018	DII Automatic Qualifying Standard
Qual Prov:	11.94	P	2018	DII Provisional Qualifying Standard

Name	School	Seed	Prelims	Wind	H#
Preliminaries					
1 Meyer, Renick	Seattle Pacific	12.31	P 11.89 Q	0.6	3
2 Quaynor, Meyer	Simon Fraser	12.29	12.15 Q	1.3	1
3 Weems, Erykah	Central Washington	12.68	12.21 Q	0.3	2
4 Stepper, Julia	Seattle Pacific	12.06	12.16 q	1.3	1
5 Ries, Marie	Alaska Anchorage	12.18	12.18 q	0.6	3
6 Bradley, Hannah	Western Washington	12.25	12.24 q	0.6	3
7 Houk, Becca	Seattle Pacific	12.25	12.31 q	1.3	1
8 Bley, Grace	Seattle Pacific	12.19	12.41 q	0.3	2
9 Greene, Emily	Western Washington	12.76	12.47	0.6	3
10 Vongsaveng, Mariyah	Central Washington	13.22	12.53	0.3	2
11 McLean, Kelsey	Western Washington	12.52	12.59	0.6	3
12 Doss, Aujanique	Central Washington	12.25	12.60	0.3	2
13 West, Bryce	Simon Fraser	12.65	12.61	1.3	1
14 Carter, Troi	Central Washington	12.63	12.72	1.3	1
15 Thomas, Alexia	Central Washington	12.43	12.73	0.3	2
16 Johnson, Michaela	Msu-Billings	12.39	12.75	0.3	2
17 Sears, Hailey	Western Oregon	12.79	12.79	1.3	1
18 Johnson, Tori	Concordia (Ore.)	12.76	12.83	0.3	2
19 Yuen, Camryn	Simon Fraser	12.85	12.89	1.3	1
20 Legras, Natalie	Western Oregon	13.07	13.03	0.6	3
21 Collins, Jewlz	Msu-Billings	12.66	13.12	0.6	3

Women 200 Meter Dash**8 Advance: Top 1 Each Heat plus Next 6 Best Times**

McArthur Rec:	24.45	F	2015	Jamie Ashcroft, Alaska Anchorage
GNAC Records:	23.99	R	2007	NyEma Sims, SPU
Qual Auto:	23.56	A	2018	DII Automatic Qualifying Standard
Qual Prov:	24.46	P	2018	DII Provisional Qualifying Standard

Name	School	Seed	Prelims	Wind	H#
Preliminaries					
1 Ries, Marie	Alaska Anchorage	24.62	24.91 Q	-0.9	2
2 Smith, Savannah	Western Washington	24.83	25.07 Q	-1.5	1
3 Bley, Grace	Seattle Pacific	24.95	25.21 q	-0.9	2
4 Houk, Becca	Seattle Pacific	25.43	25.40 q	-1.5	1
5 Bradley, Hannah	Western Washington	25.46	25.42 q	-1.5	1
6 Stepper, Julia	Seattle Pacific	25.03	25.54 q	-0.9	2
7 Meyer, Renick	Seattle Pacific	24.88	25.56 q	-1.5	1
8 Quaynor, Meyer	Simon Fraser	25.12	25.58 q	-1.5	1
9 Vongsaveng, Mariyah	Central Washington	25.30	25.72	-0.9	2
10 Taylor, Lani	Seattle Pacific	25.50	25.75	-0.9	2
11 West, Bryce	Simon Fraser	25.22	25.76	-1.5	1
12 Sears, Hailey	Western Oregon	26.35	26.11	-1.5	1
13 Doss, Aujanique	Central Washington	25.25	26.12	-0.9	2

2018 GNAC Outdoor Track and Field Championship - 5/11/2018 to 5/12/2018**Western Oregon University****Results****Preliminaries ... (Women 200 Meter Dash)**

Name	School	Seed	Prelims	Wind	H#
14 Sytsma, Emily	Western Washington	25.50	26.24	-0.9	2
15 Foos, Isabella	Western Washington	25.86	26.46	-1.5	1
16 Inderbitzin, Julia	Central Washington	26.96	26.69	-0.9	2

Women 400 Meter Dash**8 Advance: Top 1 Each Heat plus Next 6 Best Times**

McArthur Rec: 54.88 F 2017	Vanessa Aniteye, Alaska Anchorage
GNAC Records: 53.56 R 2007	Mary Pearce, UAA
Qual Auto: 53.15 A 2018	DII Automatic Qualifying Standard
Qual Prov: 55.93 P 2018	DII Provisional Qualifying Standard

Name	School	Seed	Prelims	H#
Preliminaries				
1 Aniteye, Vanessa	Alaska Anchorage	55.03	P 55.31 Q	2
2 Taylor, Lani	Seattle Pacific	55.93	56.28 Q	1
3 Bluschke, Renate	Simon Fraser	56.16	55.99 q	2
4 Knight, Akeilia	Alaska Anchorage	56.07	56.40 q	1
5 Smith, Savannah	Western Washington	57.12	57.13 q	2
6 Burke, Grayson	Western Oregon	57.43	57.85 q	1
7 Neria, Jasmyn	Central Washington	58.38	57.94 q	2
8 Sytsma, Emily	Western Washington	58.34	58.30 q	1
9 Inderbitzin, Julia	Central Washington	59.17	58.48	2
10 Collins, Jewlz	Msu-Billings	59.74	59.74	1
11 Tandecki, Taylor	Saint Martin's	1:00.00	59.77	1
12 Alston, D'Rhema	Alaska Anchorage	1:00.18	1:00.25	2

Women 800 Meter Run**9 Advance: Top 2 Each Heat plus Next 5 Best Times**

McArthur Rec: 2:06.38 F 2010	Sara Porter, Western Washington
GNAC Records: 2:02.10 R 2013	Helen Crofts, 2013
Qual Auto: 2:07.51 A 2018	DII Automatic Qualifying Standard
Qual Prov: 2:12.47 P 2018	DII Provisional Qualifying Standard

Name	School	Seed	Prelims	H#
Preliminaries				
1 Dodd, Sophie	Simon Fraser	2:11.15	P 2:09.14 Q	2
2 Woods, Olivia	Western Oregon	2:07.76	P 2:09.84 Q	1
3 McCormick, Danielle	Alaska Anchorage	2:06.17	P 2:09.81 Q	2
4 Phan, Chynna	Seattle Pacific	2:11.71	P 2:11.02 Q	1
5 Rose, Megan	Western Oregon	2:09.05	P 2:11.99 q	2
6 Townsend, Addy	Simon Fraser	2:06.82	2:12.69 q	1
7 Cvancara, Ruth	Alaska Anchorage	2:13.08	2:13.20 q	1
8 Lindsay, Nicole	Simon Fraser	2:15.49	2:15.31 q	1
9 Nock, Paige	Simon Fraser	2:14.02	2:15.33 q	2
10 Chilton, Emily	Simon Fraser	2:14.67	2:15.69	2
11 Konrad, Shawnee	Western Washington	2:19.35	2:20.38	2
12 Solomon, Shayla	Western Oregon	2:18.62	2:24.61	1
13 Bayly, Rachel	Western Oregon	2:22.33	2:28.35	2

2018 GNAC Outdoor Track and Field Championship - 5/11/2018 to 5/12/2018**Western Oregon University****Results****Women 10000 Meter Run**

McArthur Rec: 35:34.05 F 2008

GNAC Records: 32:33.24 R 2018

Qual Auto: 34:34.33 A 2018

Qual Prov: 36:37.02 P 2018

Lorene Young, Unattached

Caroline Kurgat, UAA

DII Automatic Qualifying Standard

DII Provisional Qualifying Standard

Name	School	Seed	Finals
Finals			
1 Kurgat, Caroline	Alaska Anchorage	32:33.24	34:49.33 F
2 Galvez, Sophia	Western Washington	37:21.71	37:11.23
3 Shindruk, Alexa	Central Washington	34:57.08	37:19.98
4 Jepchumba, Zennah	Alaska Anchorage	37:16.80	38:20.19
5 Swartz-Ireland, Tovah	Western Washington	39:11.94	38:28.89
6 Melville, Tracy	Western Washington		38:59.17
7 Mc Nerney, Sedona	Seattle Pacific	39:11.91	39:06.76
8 Laiblin, Alexandra	Western Washington	37:16.26	39:22.48
9 Clem, Delaney	Central Washington	38:42.87	39:37.53
10 Danner, Bethany	Northwest Nazarene		40:04.17
11 Vaughan, Yeshi	Saint Martin's	41:38.77	40:19.02
12 Hammons, Emily	Northwest Nazarene	40:44.46	41:28.59

Women 100 Meter Hurdles

8 Advance: Top 1 Each Heat plus Next 6 Best Times

McArthur Rec: 13.90 F 2017

GNAC Records: 13.64 R 2018

Qual Auto: 13.45 A 2018

Qual Prov: 14.23 P 2018

Mariyah Vongsaveng, Central Washington

Mariyah Vongsaveng, CWU

DII Automatic Qualifying Standard

DII Provisional Qualifying Standard

Name	School	Seed	Prelims	Wind	H#
Preliminaries					
1 Vongsaveng, Mariyah	Central Washington	13.64	F 13.84 Q	0.5	1
2 Meyer, Renick	Seattle Pacific	14.22	P 14.14 Q	0.8	2
3 Weems, Erykah	Central Washington	14.50	P 14.20 q	0.8	2
4 Trinidad, Sidney	Central Washington	14.70	14.50 q	0.5	1
5 Stephens, Chase	Concordia (Ore.)	15.05	14.72 q	0.5	1
6 Ortega, HarLee	Central Washington	14.89	14.74 q	0.8	2
7 Hansen, Claire	Western Washington	14.96	14.76 q	0.8	2
8 Kendrick, Ariya	Saint Martin's	15.07	14.77 q	0.8	2
9 Cano, Elena	Alaska Anchorage	14.98	15.12	0.5	1
10 Miran, Ally	Northwest Nazarene	15.38	15.30	0.8	2
11 Johnson, Michaela	Msu-Billings	14.57	15.32	0.5	1
12 Conklin, Katie	Northwest Nazarene	15.40	15.66	0.5	1
13 Collins, Katie	Central Washington	15.42	15.84	0.5	1
14 Masiala, Plamedia	Central Washington	15.45	16.47	0.8	2
15 Yonkman, Michaela	Western Oregon	15.83	18.35	0.8	2

2018 GNAC Outdoor Track and Field Championship - 5/11/2018 to 5/12/2018**Western Oregon University****Results****Women 400 Meter Hurdles****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

McArthur Rec: 1:00.23 F 2006 Kasey Harwood, Oregon
 GNAC Records: 59.17 R 2015 Haleigh Lloyd, UAA
 Qual Auto: 58.92 A 2018 DII Automatic Qualifying Standard
 Qual Prov: 1:02.09 P 2018 DII Provisional Qualifying Standard

Name	School	Seed	Prelims	H#
Preliminaries				
1 Anderson, Ali	Central Washington	1:00.95	1:02.38 Q	1
2 Trinidad, Sidney	Central Washington	1:01.97	1:02.79 Q	3
3 Weems, Erykah	Central Washington	1:00.77	1:04.30 Q	2
4 Collins, Katie	Central Washington	1:03.03	1:02.96 q	3
5 Madden, Sara	Western Oregon	1:03.39	1:03.47 q	1
6 Bone, Chelsea	Concordia (Ore.)		1:05.21 q	1
7 Notting, Megan	Simon Fraser	1:06.29	1:06.07 q	2
8 House, Molly	Western Washington	1:07.62	1:06.39 q	2
9 Niskanen, Nicole	Western Oregon	1:06.49	1:06.40	1
10 Svastisalee, Deja	Western Washington	1:06.88	1:06.79	1
11 Masiala, Plamedia	Central Washington	1:06.81	1:07.05	3
12 Jeschke, Yvonne	Alaska Anchorage	1:05.49	1:07.15	2
13 Cano, Elena	Alaska Anchorage	1:06.81	1:07.40	3
14 Miran, Ally	Northwest Nazarene	1:07.82	1:08.84	2
15 Brooks, Ashley	Concordia (Ore.)	1:08.19	1:09.24	1
16 Nickelson, Artresa	Saint Martin's	1:09.07	1:09.62	3
17 Yonkman, Michaela	Western Oregon	1:08.37	1:09.68	3

Women 3000 Meter Steeplechase

McArthur Rec: 10:14.16 F 2015 Katelyn Steen, Western Washington
 GNAC Records: 10:13.01 R 2014 Katelyn Steen, WWU
 Qual Auto: 10:19.33 A 2018 DII Automatic Qualifying Standard
 Qual Prov: 11:04.19 P 2018 DII Provisional Qualifying Standard

Name	School	Seed	Finals
Finals			
1 Dobie, Reta	Simon Fraser	10:33.81	10:43.38 P
2 Chelimo, Emmanuelah	Alaska Anchorage	11:00.09	10:49.33 P
3 Soleim, Nicole	Central Washington	10:48.96	11:00.43 P
4 Ribeiro, Chelsea	Simon Fraser	10:58.72	11:05.99
5 Burroughs, Mariah	Alaska Anchorage	10:49.95	11:06.60
6 Shinnick, Peyton	Western Washington	11:16.00	11:11.32
7 Kettel, Hailey	Seattle Pacific	11:12.08	11:16.89
8 Aiken, Nikki	Msu-Billings	11:30.20	11:19.43
9 Dorney, Lindsey	Saint Martin's	12:00.35	11:41.82
10 Tingelstad, Isabelle	Western Oregon	12:05.83	11:45.28
11 McKinney, Cassie	Western Oregon	12:00.73	11:45.64
12 Hobson, Gabby	Concordia (Ore.)	11:33.08	11:50.93
13 Fjelstul, Bailey	Concordia (Ore.)	11:39.52	11:55.10
14 Killingbeck, Aysia	Concordia (Ore.)	12:01.09	11:55.80
15 Townsend, Dana	Simon Fraser	11:16.61	11:58.92
16 Dalglish, Sadie	Saint Martin's	12:08.78	12:17.35

2018 GNAC Outdoor Track and Field Championship - 5/11/2018 to 5/12/2018**Western Oregon University****Results****Women High Jump****McArthur Rec: 5-10.75 F 1996****GNAC Records: 5-10 R 2007****Qual Auto: 1.77m A 2018****Qual Prov: 1.67m P 2018****Camile Jampulski, Unattached****Teona Perkins, SPU****DII Automatic Qualifying Standard****DII Provisional Qualifying Standard**

Name	School	Finals
Finals		
1 Taylor, Maddie	Western Washington	1.66m 5-05.25
2 Lehnert, Geneva	Seattle Pacific	1.61m 5-03.25
3 Conklin, Katie	Northwest Nazarene	J1.61m 5-03.25
3 Johnson, Tori	Concordia (Ore.)	J1.61m 5-03.25
3 Cai, Scout	Seattle Pacific	J1.61m 5-03.25
3 Stewart, Mackenzie	Simon Fraser	J1.61m 5-03.25
7 Ortega, HarLee	Central Washington	J1.61m 5-03.25
8 Stephens, Chase	Concordia (Ore.)	1.56m 5-01.25
8 Vest, Ashley	Saint Martin's	1.56m 5-01.25
10 Meadows, Shaddia	Central Washington	J1.56m 5-01.25
10 Pott, Tiffany	Saint Martin's	J1.56m 5-01.25
12 Fortune, Erin	Simon Fraser	1.51m 4-11.50
12 Phommathirath, Keeley	Central Washington	1.51m 4-11.50
12 Jeschke, Yvonne	Alaska Anchorage	1.51m 4-11.50
12 Collins, Katie	Central Washington	1.51m 4-11.50
12 Henry, Bridget	Western Washington	1.51m 4-11.50
12 Petz, Amy	Simon Fraser	1.51m 4-11.50
12 Orme, Jamie	Msu-Billings	1.51m 4-11.50
19 Faretta, Heather	Western Washington	J1.51m 4-11.50
19 Bone, Chelsea	Concordia (Ore.)	J1.51m 4-11.50
21 Schwend, Shaniah	Msu-Billings	J1.51m 4-11.50
--- Williams, Janessa	Msu-Billings	NH

Women Long Jump**McArthur Rec: 19-09.75 F 1996****GNAC Records: 20-05 R 2018****Qual Auto: 6.25m A 2018****Qual Prov: 5.79m P 2018****Julie Bright, Unattached****Renick Meyer, SPU****DII Automatic Qualifying Standard****DII Provisional Qualifying Standard**

Name	School	Finals	Wind
Finals			
1 Meyer, Renick	Seattle Pacific	5.91m P 19-04.75	+0.0 2
2 Ortega, HarLee	Central Washington	5.62m 18-05.25	-1.3 2
3 Wilson, Darian	Western Oregon	5.50m 18-00.50	+0.0 2
4 May, Kellie	Seattle Pacific	5.37m 17-07.50	+0.0 2
5 Phommathirath, Keeley	Central Washington	5.35m 17-06.75	+0.0 2
6 Loufoua, Nice	Northwest Nazarene	J5.35m 17-06.75	+0.0 1
7 Williams, Brooke	Central Washington	5.32m 17-05.50	-0.6 2
8 Irvine, Halle	Central Washington	5.28m 17-04.00	1.1 1
9 Fraser, Ashleigh	Saint Martin's	5.22m 17-01.50	1.4 1
10 Cai, Scout	Seattle Pacific	5.18m 17-00.00	+0.0 2
11 Stephens, Chase	Concordia (Ore.)	5.06m 16-07.25	+0.0 1
12 Walts, Rose	Central Washington	5.05m 16-07.00	-0.2 1
13 Munoz, Malea	Western Washington	J5.05m 16-07.00	NWI 1
14 Mahowald, Jackie	Northwest Nazarene	4.96m 16-03.25	+0.0 1

2018 GNAC Outdoor Track and Field Championship - 5/11/2018 to 5/12/2018**Western Oregon University****Results****Finals ... (Women Long Jump)**

Name	School	Finals	Wind
15 Bone, Chelsea	Concordia (Ore.)	J4.96m	16-03.25 +0.0 2
16 Beckett, Brenna	Msu-Billings	4.83m	15-10.25 0.2 1
17 Schwend, Shaniah	Msu-Billings	4.66m	15-03.50 +0.0 1
18 Orme, Jamie	Msu-Billings	4.56m	14-11.50 +0.0 1
19 Anderson, Ali	Central Washington	4.51m	14-09.75 +0.0 2
20 Olson, Devon	Western Washington	4.50m	14-09.25 +0.0 1

Women Shot Put

McArthur Rec: 55-10.50 F 2018

GNAC Records: 50-00.75 R 2017

Qual Auto: 15.68m A 2018

Qual Prov: 13.63m P 2018

McKenzie Warren, Iron Wood TC

McKenzie Warren, CU

DII Automatic Qualifying Standard

DII Provisional Qualifying Standard

Name	School	Finals
Finals		
1 MacDonald, Christina	Concordia (Ore.)	14.74m P 48-04.50 2
2 Ausman, Melissa	Concordia (Ore.)	14.10m P 46-03.25 2
3 Linenko, Katrina	Concordia (Ore.)	13.91m P 45-07.75 2
4 Tensley, Joselynn	Concordia (Ore.)	13.11m 43-00.25 2
5 Bring, Rachel	Concordia (Ore.)	12.85m 42-02.00 2
6 Willing, Tasha	Concordia (Ore.)	12.48m 40-11.50 2
7 Sprague, Kori	Concordia (Ore.)	J12.48m 40-11.50 2
8 Darden, Taylor	Concordia (Ore.)	12.18m 39-11.50 2
9 Taylor, Holly	Simon Fraser	11.78m 38-07.75 2
10 Vernoy, Megan	Saint Martin's	11.26m 36-11.50 1
11 Steinbeisser, Hailey	Msu-Billings	11.11m 36-05.50 1
12 Korolenko, Sasha	Northwest Nazarene	11.00m 36-01.25 1
13 Gianotti, Moana	Western Oregon	10.97m 36-00.00 1
14 Nessian, Hannah	Msu-Billings	10.88m 35-08.50 1
15 Stringari, Taylor	Msu-Billings	10.71m 35-01.75 1
16 Eddy, Chanelle	Western Washington	10.57m 34-08.25 1

Women Discus Throw

McArthur Rec: 179-08 F 2008

GNAC Records: 182-10 R 2018

Qual Auto: 51.73m A 2018

Qual Prov: 44.65m P 2018

Annie Hess, Concordia

Melissa Ausman, CU

DII Automatic Qualifying Standard

DII Provisional Qualifying Standard

Name	School	Finals
Finals		
1 Ausman, Melissa	Concordia (Ore.)	53.01m A 173-11 2
2 Bring, Rachel	Concordia (Ore.)	47.37m P 155-05 2
3 Vernoy, Megan	Saint Martin's	44.30m 145-04 2
4 Eddy, Chanelle	Western Washington	43.79m 143-08 2
5 Nessian, Hannah	Msu-Billings	41.86m 137-04 2
6 Schwendeman, Kiana	Western Washington	41.00m 134-06 2
7 Willing, Tasha	Concordia (Ore.)	40.93m 134-03 2
8 Gianotti, Moana	Western Oregon	40.33m 132-04 1
9 Gronbach, Mariah	Western Oregon	39.83m 130-08 1
10 Linenko, Katrina	Concordia (Ore.)	39.41m 129-03 2
11 Meadows, Shaddia	Central Washington	39.25m 128-09 1
12 Korff, Halie	Western Oregon	37.31m 122-05 1

2018 GNAC Outdoor Track and Field Championship - 5/11/2018 to 5/12/2018**Western Oregon University****Results****Finals ... (Women Discus Throw)**

	Name	School	Finals		
13	Lohof, Abbie	Msu-Billings	36.77m	120-08	1
14	Darden, Taylor	Concordia (Ore.)	35.70m	117-01	2
15	Coe, Taliah	Western Washington	34.92m	114-07	1
16	Stringari, Taylor	Msu-Billings	34.79m	114-02	1
17	Kuoha, Kassadee	Msu-Billings	33.34m	109-04	1
18	Willenbrock, Kendal	Northwest Nazarene	33.09m	108-07	1
19	Hagadorn, Miranda	Northwest Nazarene	32.21m	105-08	1
20	Wyllie, Reitta	Northwest Nazarene	31.04m	101-10	1

2018 GNAC Outdoor Track and Field Championship - 5/11/2018 to 5/12/2018**Western Oregon University****Results****Men 100 Meter Dash****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

McArthur Rec:	10.33	F	1993	Jean Olivier-Zirignon, Unattached
GNAC Records:	10.22	R	2015	Alex Donigian, WWU
Qual Auto:	10.28	A	2018	DII Automatic Qualifying Standard
Qual Prov:	10.59	P	2018	DII Provisional Qualifying Standard

Name	School	Seed	Prelims	Wind	H#
Preliminaries					
1 Zook, Sam	Msu-Billings	10.41	P 10.58 Q	1.1	3
2 Hylton, Oshane	Alaska Anchorage	10.71	10.72 Q	0.8	1
3 Ortiz, Carlos	Concordia (Ore.)	10.60	10.87 Q	-0.9	2
4 Mah, Nathan	Simon Fraser	10.82	10.75 q	1.1	3
5 Gray, Darrion	Alaska Anchorage	10.89	10.82 q	0.8	1
6 Schram, Mason	Msu-Billings	10.58	10.94 q	0.8	1
7 Frisby, Lamont	Msu-Billings	10.61	10.99 q	-0.9	2
8 Blodgett, Codi	Western Oregon	10.87	11.00 q	1.1	3
9 Widmar, Bobby	Central Washington	10.93	11.04	-0.9	2
10 Hand, Jackson	Saint Martin's	11.04	11.07	1.1	3
11 VanVliet, Nick	Concordia (Ore.)	10.99	11.16	1.1	3
12 Shay, Kaelen	Msu-Billings	10.99	11.16	0.8	1
13 Horwath, Harry	Central Washington	11.07	11.21	0.8	1
14 Kahut, Isaiah	Northwest Nazarene	10.94	11.22	-0.9	2
15 Jones, Daniel	Western Washington	11.09	11.26	-0.9	2
16 Armstrong, Logan	Saint Martin's	11.09	11.33	-0.9	2
17 Pratt, Dillon	Alaska Anchorage	11.27	11.34	0.8	1

Men 200 Meter Dash**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

McArthur Rec:	21.32	F	2014	Tyrell Williams, Western Oregon
GNAC Records:	20.93	R	2016	Alex Donigian, WWU
Qual Auto:	20.74	A	2018	DII Automatic Qualifying Standard
Qual Prov:	21.38	P	2018	DII Provisional Qualifying Standard

Name	School	Seed	Prelims	Wind	H#
Preliminaries					
1 Zook, Sam	Msu-Billings	21.08	21.45 Q	-0.2	3
2 Gray, Darrion	Alaska Anchorage	21.52	21.67 Q	-1.3	1
3 Lindsay, Liam	Alaska Anchorage	21.65	21.78 Q	-0.5	2
4 Ortiz, Carlos	Concordia (Ore.)	21.45	21.71 q	-1.3	1
5 Warner, Cody	Western Oregon	21.75	21.82 q	-0.2	3
6 Frisby, Lamont	Msu-Billings	22.03	21.92 q	-0.2	3
6 Blake, Logan	Northwest Nazarene	21.83	21.92 q	-0.5	2
8 Mah, Nathan	Simon Fraser	21.98	21.93 q	-0.2	3
9 Hylton, Oshane	Alaska Anchorage	21.42	21.96	-0.5	2
10 Landis, Kodiak	Central Washington	21.86	22.00	-1.3	1
11 Schram, Mason	Msu-Billings	22.06	22.21	-0.5	2
12 Welch, Bryant	Western Washington	21.80	22.22	-0.2	3
13 Hand, Jackson	Saint Martin's	21.92	22.30	-1.3	1
14 Widmar, Bobby	Central Washington	21.95	22.31	-0.5	2
15 Jones, Daniel	Western Washington	22.44	22.44	-0.2	3
16 Horwath, Harry	Central Washington	22.12	22.59	-1.3	1
17 Eyer, Rahkei	Msu-Billings	22.23	22.60	-0.5	2

2018 GNAC Outdoor Track and Field Championship - 5/11/2018 to 5/12/2018**Western Oregon University****Results****Preliminaries ... (Men 200 Meter Dash)**

Name	School	Seed	Prelims	Wind	H#
18 Knox, Stedman	Western Washington	22.34	22.84	-0.2	3

Men 400 Meter Dash**8 Advance: Top 1 Each Heat plus Next 6 Best Times**

McArthur Rec: 47.55 F 2012 **Ethan Hewitt, Alaska Anchorage**

GNAC Records: 47.51 R 2011 **Ethan Hewitt, UAA**

Qual Auto: 46.36 A 2018 **DII Automatic Qualifying Standard**

Qual Prov: 47.81 P 2018 **DII Provisional Qualifying Standard**

Name	School	Seed	Prelims	H#
Preliminaries				
1 Camara, Ebu	Northwest Nazarene	48.36	47.89 Q	1
2 Landis, Kodiak	Central Washington	47.87	47.96 Q	2
3 Webster, Joel	Simon Fraser	48.04	48.27 q	1
4 Lindsay, Liam	Alaska Anchorage	48.55	48.87 q	2
5 Calderon, Daniel	Central Washington	49.14	49.01 q	2
6 Porter, Doc	Central Washington	49.50	49.28 q	2
7 Welch, Bryant	Western Washington	49.09	49.39 q	1
8 Magee, Zachary	Northwest Nazarene	48.99	49.40 q	2
9 Smith, Myles	Western Washington	50.70	49.46	1
10 Taylor, Nicholas	Alaska Anchorage	49.02	49.48	1
11 Remington, Daniel	Alaska Anchorage	50.05	49.67	1
12 Dhillon, Hameet	Simon Fraser	50.68	50.31	2
13 Chhim, Sonny	Western Washington	50.60	50.68	2
14 Eyer, Rahkei	Msu-Billings	49.88	50.79	1

Men 800 Meter Run**9 Advance: Top 2 Each Heat plus Next 3 Best Times**

McArthur Rec: 1:49.03 F 1995 **Shannon Lemora, Nike International**

GNAC Records: 1:47.59 R 2015 **Badane Sultessa, WOU**

Qual Auto: 1:48.75 A 2018 **DII Automatic Qualifying Standard**

Qual Prov: 1:52.16 P 2018 **DII Provisional Qualifying Standard**

Name	School	Seed	Prelims	H#
Preliminaries				
1 Nading, Dustin	Western Oregon	1:52.11	1:52.69 Q	3
2 Ribich, David	Western Oregon	1:48.09	1:53.47 Q	2
3 Holmberg, AJ	Western Oregon	1:51.39	1:54.35 Q	1
4 Dempsey, Josh	Western Oregon	1:51.26	1:52.97 Q	3
5 Knott, Curt	Western Oregon	1:52.78	1:54.04 Q	2
6 Sager, Kyler	Western Washington	1:51.94	1:54.51 Q	1
7 Cranston, Neal	Western Oregon	1:52.61	1:54.19 q	2
8 Normandeau, Thomas	Western Oregon	1:53.39	1:54.37 q	3
9 Wallace, Noah	Concordia (Ore.)	1:54.05	1:54.86 q	1
10 Torres, Richard	Simon Fraser	1:55.13	1:55.47	2
11 Henson, Drake	Msu-Billings	1:56.15	1:55.78	2
12 Gomez, Enrique	Western Washington	1:55.95	1:56.17	3
13 Phan, Jesse	Seattle Pacific	1:55.05	1:56.27	3
14 Marshall, Dominick	Western Oregon	1:56.89	1:56.45	1
15 Freinhofer, Dylan	Simon Fraser	1:54.90	1:56.85	1
16 Cossette, Liam	Western Washington	1:55.11	1:57.05	2
17 Franks, Macauley	Western Washington	1:56.00	1:57.36	2

2018 GNAC Outdoor Track and Field Championship - 5/11/2018 to 5/12/2018**Western Oregon University****Results****Preliminaries ... (Men 800 Meter Run)**

Name	School	Seed	Prelims	H#
18 Groat, Evan	Central Washington	1:55.63	1:57.43	1
19 Spiller, Keaton	Western Washington	1:56.21	1:58.49	3
20 James, Brysten	Seattle Pacific	1:58.00	1:58.64	3
21 Foster, Liam	Simon Fraser	1:57.48	1:59.13	1
22 Leaf, Ron	Central Washington	1:55.88	1:59.86	1
23 Kanelis, Zach	Western Oregon	1:55.63	2:00.01	3

Men 10000 Meter Run

McArthur Rec: 30:25.75 F 2011 **Jordan Welling, Western Washington**

GNAC Records: 28:37.75 R 2014 **Micah Chelimo, UAA**

Qual Auto: 29:17.64 A 2018 **DII Automatic Qualifying Standard**

Qual Prov: 30:41.36 P 2018 **DII Provisional Qualifying Standard**

Name	School	Seed	Finals
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Finals

1 Boston, Josh	Central Washington	32:35.12	32:08.40
2 Butler, Peter	Western Washington		32:09.95
3 Koech, Nickson	Alaska Anchorage	32:07.73	32:12.47
4 Jacot, Ben	Western Washington	32:33.97	32:31.14
5 Kiolbasa, Edward	Western Washington	31:57.70	32:31.77
6 Wilson, Bentley	Western Washington	33:21.69	32:39.93
7 Hamilton, Nick	Northwest Nazarene	32:23.38	32:48.34
8 Boutin, Colin	Seattle Pacific	32:57.28	32:55.21
9 Conrardy, Matt	Central Washington	33:12.06	33:11.13
10 Colmenero, Ivan	Msu-Billings	33:04.84	33:20.70
11 Galloway, Shad	Seattle Pacific	33:10.68	33:38.40
12 Perkins, Joseph	Seattle Pacific	33:56.67	33:57.76
13 Garcia, Royce	Seattle Pacific	34:21.80	34:05.39
14 Lopez, Pablo	Northwest Nazarene	33:53.57	34:23.76
--- Sanchez, Jorge	Alaska Anchorage	31:20.37	DNF
--- Kemboi, Felix	Alaska Anchorage		DNF
--- Humphries, Tyler	Central Washington	32:15.22	DNF

Men 110 Meter Hurdles

8 Advance: Top 1 Each Heat plus Next 5 Best Times

McArthur Rec: 14.21 F 2015 **Travis Millbrandt, Western Washington**

GNAC Records: 14.19 R 2016 **Travis Milbrandt, WWU**

Qual Auto: 13.89 A 2018 **DII Automatic Qualifying Standard**

Qual Prov: 14.56 P 2018 **DII Provisional Qualifying Standard**

Name	School	Seed	Prelims	Wind	H#
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Preliminaries

1 Castro, Elijah	Northwest Nazarene	15.18	15.04 Q	0.4	3
2 Harris, Peyton	Seattle Pacific	15.08	15.29 Q	-0.9	1
3 Lewis, Payton	Northwest Nazarene	15.31	15.39 Q	0.7	2
4 Maier, Braydon	Central Washington	15.11	15.11 q	0.4	3
5 Cummings, Cordell	Western Washington	15.01	15.44 q	0.7	2
6 Phillips, James	Concordia (Ore.)	15.23	15.53 q	-0.9	1
7 Bade, Jeremy	Central Washington	15.86	15.53 q	-0.9	1
8 Gunther, Ryan	Central Washington	15.34	15.53 q	-0.9	1
9 Bosscher, Aaron	Western Washington	15.68	15.54	0.4	3
10 Brown, Giovanni	Concordia (Ore.)	15.34	15.54	0.7	2

2018 GNAC Outdoor Track and Field Championship - 5/11/2018 to 5/12/2018**Western Oregon University****Results****Preliminaries ... (Men 110 Meter Hurdles)**

Name	School	Seed	Prelims	Wind	H#
11 Forster, Michael	Central Washington	15.50	15.68	0.4	3
12 Dances, Seren	Western Washington	15.99	15.70	-0.9	1
13 Chism, Ryan	Northwest Nazarene	15.94	15.91	0.7	2
14 Bullo, Nick	Central Washington	16.16	15.99	0.4	3
15 Carpenter, Shayne	Seattle Pacific	16.30	16.03	0.4	3
16 Tidwell, Dakota	Northwest Nazarene	15.95	16.35	0.7	2
17 Mikulak, Mark	Saint Martin's	16.51	16.67	-0.9	1

Men 400 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 6 Best Times**

McArthur Rec:	51.33	F	1997	Keith Stuffle, Oregon International
GNAC Records:	51.48	R	2017	Vladislav Tsygankov, SFU
Qual Auto:	51.50	A	2018	DII Automatic Qualifying Standard
Qual Prov:	53.55	P	2018	DII Provisional Qualifying Standard

Name	School	Seed	Prelims	H#
Preliminaries				
1 Tsygankov, Vladislav	Simon Fraser	52.06	P 52.50 Q	2
2 Cummings, Cordell	Western Washington	53.70	54.38 Q	1
3 Lovercamp, Reid	Western Washington	54.94	55.31 q	2
4 Adhemar, Joshua	Simon Fraser	55.42	55.70 q	2
5 Brown, Giovanni	Concordia (Ore.)	54.86	56.33 q	1
6 Gunther, Ryan	Central Washington	57.07	56.75 q	2
7 Bullo, Nick	Central Washington	56.78	57.63 q	2
8 Bosscher, Aaron	Western Washington	57.31	57.83 q	1
9 Forster, Michael	Central Washington	56.17	58.28	1
10 Bierly, Robert	Concordia (Ore.)	57.61	58.46	1
11 Chism, Ryan	Northwest Nazarene	58.77	59.54	2
12 Anguay, Zach	Saint Martin's	59.59	59.90	1
13 Walter, Andrew	Saint Martin's	1:00.39	1:00.20	1
--- Wendling, Justin	Central Washington	58.15	DNF	2
--- Seifert, Peter	Concordia (Ore.)	56.27	DNF	1

Men 3000 Meter Steeplechase

McArthur Rec:	8:47.26	F	2012	Ryan Brockerville, Simon Fraser
GNAC Records:	8:45.63	R	2012	Micah Chelimo, UAA
Qual Auto:	8:53.80	A	2018	DII Automatic Qualifying Standard
Qual Prov:	9:17.36	P	2018	DII Provisional Qualifying Standard

Name	School	Seed	Finals	H#
Finals				
1 Egeland, Jorey	Msu-Billings	9:06.80	8:55.30 P	2
2 Jorgensen, Oliver	Simon Fraser	8:58.72	8:59.19 P	2
3 Charlton, Braeden	Simon Fraser	9:09.31	9:04.89 P	2
4 Carlton, Corbin	Central Washington	9:09.17	9:07.71 P	2
5 Fay, Ian	Western Washington	9:24.20	9:09.25 P	2
6 Korta, Kaleb	Alaska Anchorage	9:36.22	9:13.88 P	2
7 Giordano, Dominic	Concordia (Ore.)	9:22.08	9:18.71	2
8 Lewis, Judd	Concordia (Ore.)	9:23.46	9:30.00	2
9 Hamilton, Nick	Northwest Nazarene	9:45.80	9:33.23	1
10 McIlroy, Jackson	Western Washington	9:52.40	9:37.11	1
11 Ahl, Aaron	Simon Fraser	9:06.30	9:37.91	2

2018 GNAC Outdoor Track and Field Championship - 5/11/2018 to 5/12/2018**Western Oregon University****Results****Finals ... (Men 3000 Meter Steeplechase)**

Name	School	Seed	Finals	H#
12 Milodragovich, Henry	Central Washington	9:51.47	9:40.63	1
13 Heckman, Jasper	Saint Martin's	9:29.30	9:46.15	2
14 Jessop, Carson	Msu-Billings	10:04.06	9:46.77	1
15 Heckard, Sawyer	Western Oregon	9:58.29	9:48.20	1
16 Cirlincione, Dario	Western Washington	9:57.60	9:51.38	1
17 Lewis, Levi	Northwest Nazarene	10:16.70	9:53.84	1
18 Murry, Noah	Concordia (Ore.)	10:00.64	10:00.27	1
19 De LaMelena, Miguel	Saint Martin's	10:05.23	10:13.59	1
20 Boyd, Taryk	Central Washington	10:04.80	10:33.90	1

Men Pole Vault

McArthur Rec: 19-02.25 F 1997

GNAC Records: 17-08.50 R 2010

Qual Auto: 5.19m A 2018

Qual Prov: 4.80m P 2018

Tim Bright, Mizuno Track Club

Ryan Brown, WWU

DII Automatic Qualifying Standard

DII Provisional Qualifying Standard

Name	School	Finals
Finals		
1 Maier, Braydon	Central Washington	4.73m 15-06.25
2 Webster, Jared	Northwest Nazarene	4.58m 15-00.25
3 Thomas, Adam	Western Washington	4.43m 14-06.25
4 Konrad, J. T.	Western Washington	J4.43m 14-06.25
5 Flintoff, Davis	Seattle Pacific	4.28m 14-00.50
6 Cadena, Bryan	Central Washington	J4.28m 14-00.50
7 Collins, Jacob	Western Oregon	4.13m 13-06.50
8 Matzelle, Austin	Seattle Pacific	J4.13m 13-06.50
9 Wicks, Luke	Northwest Nazarene	J4.13m 13-06.50
10 Stallard, Jackson	Western Oregon	3.98m 13-00.75
10 Coelho, Matt	Western Washington	3.98m 13-00.75
--- Mataya, Rudy	Western Washington	NH
--- Lewis, Payton	Northwest Nazarene	NH
--- Tidwell, Dakota	Northwest Nazarene	NH
--- Hopkins, Spencer	Northwest Nazarene	NH
--- Boyle, Craig	Saint Martin's	NH
--- Gwin, Phillip	Northwest Nazarene	NH

Men Long Jump

McArthur Rec: 25-00 F 2006

GNAC Records: 25-11.50 R 2009

Qual Auto: 7.66m A 2018

Qual Prov: 7.24m P 2018

Jon Hill, Portland State

David Registe, UAA

DII Automatic Qualifying Standard

DII Provisional Qualifying Standard

Name	School	Finals	Wind
Finals			
1 Troutman, Alani	Western Oregon	6.83m 22-05.00	-0.2 2
2 Castro, Elijah	Northwest Nazarene	6.82m 22-04.50	0.9 2
3 Dances, Seren	Western Washington	6.74m 22-01.50	0.5 2
4 Schulz, Josh	Saint Martin's	6.68m 21-11.00	0.6 2
5 Brake, Chris	Alaska Anchorage	J6.68m 21-11.00	0.6 2
6 Harris, Peyton	Seattle Pacific	6.58m 21-07.25	0.5 1
7 Girard, Isaiah	Msu-Billings	6.57m 21-06.75	+0.0 2
8 Makrakis, Nick	Western Washington	6.54m 21-05.50	+0.0 1

2018 GNAC Outdoor Track and Field Championship - 5/11/2018 to 5/12/2018**Western Oregon University****Results****Finals ... (Men Long Jump)**

Name	School	Finals	Wind
9 Scarlett, Grant	Central Washington	6.52m 21-04.75	0.9 1
10 Nygren, Kyler	Western Washington	6.47m 21-02.75	+0.0 1
11 Forster, Michael	Central Washington	6.44m 21-01.50	-0.7 2
12 Nicholson, Brandon	Alaska Anchorage	6.39m 20-11.75	+0.0 2
13 McAllister, Cyrus	Western Washington	6.36m 20-10.50	1.1 1
14 Tranch, Micah	Northwest Nazarene	6.23m 20-05.25	0.7 1
15 Ringold, Jacob	Western Washington	6.17m 20-03.00	2.5 1
16 Tabary, Guillaume	Saint Martin's	6.12m 20-01.00	0.5 1
17 Brown, Giovanni	Concordia (Ore.)	6.08m 19-11.50	1.5 1
18 Moore, Nathan	Northwest Nazarene	6.03m 19-09.50	0.9 1
19 Whittaker, Zach	Central Washington	6.00m 19-08.25	0.4 1
20 Kruse, Mitch	Western Oregon	5.96m 19-06.75	0.5 1

Men Shot Put

McArthur Rec: 64-04.75 F 2018

GNAC Records: 60-10.50 R 2014

Qual Auto: 18.36m A 2018

Qual Prov: 16.08m P 2018

David Pless, Iron Wood TC

Frank Catelli, WWU

DII Automatic Qualifying Standard

DII Provisional Qualifying Standard

Name	School	Finals
Finals		
1 Koch, Josh	Concordia (Ore.)	17.86m P 58-07.25 2
2 Bridge, Caleb	Concordia (Ore.)	15.89m 52-01.75 2
3 Tonder, Ethan	Central Washington	15.59m 51-01.75 1
4 Tafoya, Alberto	Central Washington	15.54m 51-00.00 2
5 Bridge, Seth	Concordia (Ore.)	15.51m 50-10.75 2
6 VanBeuren, John	Northwest Nazarene	15.47m 50-09.25 2
7 Ostermiller, Brady	Msu-Billings	15.41m 50-06.75 2
8 Nichols, Sam	Concordia (Ore.)	15.04m 49-04.25 2
9 Elder, Brett	Concordia (Ore.)	14.84m 48-08.25 1
10 Chamberlin, Jakob	Concordia (Ore.)	14.68m 48-02.00 2
11 Child, Mont	Western Oregon	14.67m 48-01.75 1
12 Sieber, Nick	Western Oregon	14.55m 47-09.00 2
13 Cain, Aidan	Central Washington	14.53m 47-08.00 1
14 Malquist, Ben	Western Washington	14.31m 46-11.50 1
15 Cross, Forrest	Msu-Billings	14.15m 46-05.25 1
16 George, Grant	Alaska Anchorage	14.12m 46-04.00 1
17 Jensen, Connor	Concordia (Ore.)	14.10m 46-03.25 1
18 Bowen, Brandon	Western Oregon	14.05m 46-01.25 1
19 Pless, Brandon	Western Washington	13.84m 45-05.00 1
--- Steffey, Chris	Western Oregon	FOUL 1

Men Discus Throw

McArthur Rec: 194-10.75 F 2013

GNAC Records: 182-08 R 2017

Qual Auto: 55.83m A 2018

Qual Prov: 49.67m P 2018

Nathaniel Moses, Unattached

Caleb Bridge, CU

DII Automatic Qualifying Standard

DII Provisional Qualifying Standard

Name	School	Finals
Finals		
1 Chamberlin, Jakob	Concordia (Ore.)	53.16m P 174-05 2
2 Bridge, Caleb	Concordia (Ore.)	50.59m P 166-00 2

2018 GNAC Outdoor Track and Field Championship - 5/11/2018 to 5/12/2018**Western Oregon University****Results****Finals ... (Men Discus Throw)**

Name	School	Finals			
3 Koch, Josh	Concordia (Ore.)	49.69m P	163-00	2	
4 Pless, Brandon	Western Washington	48.61m	159-06	2	
5 Nichols, Sam	Concordia (Ore.)	48.60m	159-05	2	
6 Bridge, Seth	Concordia (Ore.)	48.57m	159-04	1	
7 VanBeuren, John	Northwest Nazarene	47.95m	157-04	2	
8 Steffey, Chris	Western Oregon	47.19m	154-10	2	
9 Elder, Brett	Concordia (Ore.)	46.57m	152-09	2	
10 Anderson, Canyon	Northwest Nazarene	44.88m	147-03	2	
11 Sieber, Nick	Western Oregon	44.77m	146-10	1	
12 Cain, Aidan	Central Washington	43.29m	142-00	1	
13 Ostermiller, Brady	Msu-Billings	43.27m	141-11	1	
14 Tafoya, Alberto	Central Washington	43.24m	141-10	1	
15 Adams, Desmond	Concordia (Ore.)	43.04m	141-02	1	
16 Jensen, Connor	Concordia (Ore.)	42.85m	140-07	1	
17 Child, Mont	Western Oregon	42.58m	139-08	1	
18 Flanagan, Nels	Msu-Billings	42.42m	139-02	1	
19 Cross, Forrest	Msu-Billings	42.19m	138-05	1	
20 George, Grant	Alaska Anchorage	39.63m	130-00	1	
--- Malquist, Ben	Western Washington	FOUL		1	

Women - Team Rankings - 7 Events Scored

1) Concordia (Ore.)	71	2) Seattle Pacific	49.5
3) Central Washington	38	4) Western Washington	37
5) Alaska Anchorage	28	6) Simon Fraser	19.5
7) Western Oregon	11	8) Northwest Nazarene	7.5
9) Saint Martin's	6.5	10) MSU-Billings	5

Men - Team Rankings - 7 Events Scored

1) Concordia (Ore.)	63	2) Central Washington	59
3) Western Washington	48	4) Northwest Nazarene	35
5) Simon Fraser	14	5) MSU-Billings	14
7) Western Oregon	13	7) Alaska Anchorage	13
9) Seattle Pacific	9	10) Saint Martin's	5