



ALASKA ANCHORAGE

2019 INDOOR TRACK & FIELD

GoSeawolves.com

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UAA MEDIA RELATIONS • ALASKA AIRLINES CENTER RM 124B • MAILING: 3211 PROVIDENCE DR • ANCHORAGE, ALASKA

January 10, 2019

UAA opens indoor campaign in Seattle

MEET DETAILS

WHAT: UW Preview

WHEN: Jan. 12

WHERE: Dempsey Indoor on the University of Washington Campus - Seattle, Wash.

LIVE VIDEO: www.FloTrack.com

The Alaska Anchorage track and field teams will open their indoor campaigns at the UW Preview hosted by the University of Washington. The meet will feature athletes from Div. 1, 2 and 3 in addition to several professional athletes.

National Champions Return

UAA will have two NCAA champions racing in Seattle Saturday. Danielle McCormick, the defending Div. II 800 national champion, will be competing in the 800. Caroline Kurgat, a three-time NCAA Champion (XC, 5K (O), 10K (O)), will compete in the 3,000. Kurgat will be in the same heat as two-time Olympian and three-time world championship medalist Shannon Rowbury.

GNAC Champions

UAA returns four student-athletes who won a GNAC Indoor Track and Field title in 2018; Chris Brake (triple jump), Felix Kemboi (5K), Danielle McCormick (800) and Daniel Remington (4x400).

School Record Holders

UAA returns five school record holders; David Sramek (pole vault), Chris Brake (triple jump), Vanessa Aniteye (400, 4x400), Danielle McCormick (800) and Caroline Kurgat (mile, distance medley relay).

Dual Sport Athlete

UAA volleyball player Chrisalyn Johnson will make her debut for the track team competing in the long jump Saturday. Johnson, a native of Anchorage, won the long jump and finished second in the 100 hurdles at the 2015 Alaska State Meet.

New Coach

The Seawolves welcomed Ray Shadowens to the program as an assistant coach. Shadowens comes to UAA after serving as the head coach at Buffalo State (NY). He was also an assistant coach at Pacific (Ore.), Bates (Maine) and Roger Williams (RI).

Looking Ahead

Alaska Anchorage will travel to the Gem State for the Ed Jacoby Invitational hosted by Boise State on Jan. 18.

SEAWOLF QUICK FACTS

GENERAL INFORMATION

Name: University of Alaska Anchorage
Website: GoSeawolves.com
Location: 3211 Providence Dr.
Anchorage, AK 99508
Founded: 1977
Enrollment: 14,308
Nickname: Seawolves
Colors: Green & Gold
Affiliation: NCAA Division II
Conference: Great Northwest Athletic Conf.
Interim Chancellor: Sam Gingerich
Interim Athletics Director: Tim McDiffett
Athletic Dept. Phone: 907-786-1250
Ticket Office Phone: 907-786-1293

COACHING STAFF

Head Coach: Michael Friess, 29th season
Alma Mater: Linfield ('85)
Phone: 907-786-1325
Email: track@alaska.edu
Assist. Coach: Ryan McWilliams, 8th season
Alma Mater: Angelo State ('09)
Phone: 907-786-1308
Email: rmbmcwilliams@alaska.edu
Assist. Coach: Ray Shadowens, 1st season
Alma Mater: Buffalo State ('09)
Phone: 907-786-1308
Email: run@uaa.alaska.edu

INDOOR INFORMATION

2018 NCAA Finish: M: M: NA, W: T-16th
2018 GNAC Finish: M: 2nd, W: 4th

OUTDOOR TEAM INFORMATION

2018 NCAA Finish: M: NA, W: T-8th
2018 GNAC Finish: M: 7th, W: 5th

MEDIA RELATIONS

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SOCIAL MEDIA

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University of Alaska Anchorage Cross
Country and Track & Field
Instagram:
UAA_Seawolves
SnapChat:
UAASeawolves

2019 ALASKA ANCHORAGE OUTDOOR TRACK & FIELD SCHEDULE

DATE	MEET	LOCATION
Jan. 12	at UW Preview	Seattle, Wash.
Jan. 18	at Ed Jacoby Invitational	Boise, Idaho
Jan. 25-26	at Husky Invite	Seattle, Wash.
Feb. 8-9	at Husky Classic	Seattle, Wash.
Feb. 15-16	at GNAC Championships	Nampa, Idaho
Feb. 23	at SPU Last Chance Meet	Seattle, Wash.
Mar. 8-9	at NCAA Championships	Pittsburg, Kansas

2019 NCAA DIVISION II INDOOR TRACK AND FIELD CHAMPIONSHIPS QUALIFYING STANDARDS

MEN			WOMEN	
NCAA PROV.	NCAA AUTO	EVENT	NCAA AUTO	NCAA PROVO
6.88	6.72	60 Meters	7.46	7.68
21.74	21.21	200 Meters	23.97	24.89
48.58	47.32	400 Meters	56.65	54.45
1:53.25	1:49.45	800 Meters	2:14.12	2:08.32
4:11.12	4:02.24	Mile	4:58.90	4:44.72
8:23.09	8:03.28	3,000 Meters	9:58.00	9:29.46
14:41.13	14:05.18	5,000 Meters	17:27.66	16:33.62
8.22	7.90	60 Hurdles	8.42	8.81
3:16.99	3:12.20	4x400 Relay	3:51.01	3:43.34
10:04.81	9:47.20	Distance Medley Relay	11:35.38	12:04.60
2.04 / 6-8.25	2.15 / 7-0.5	High Jump	1.67 / 5-5.75	1.76 / 5-9.25
4.73 / 15-6.25	5.23 / 17-1.75	Pole Vault	3.57 / 11-8.5	4.02 / 13-2.25
7.11 / 23-4	7.59 / 24-11	Long Jump	5.65 / 18-6.5	6.10 / 20-0.25
14.45 / 47-5	15.47 / 50-9.25	Triple Jump	11.64 / 38-2.25	12.48 / 40-11.5
16.07 / 52-8.75	18.08 / 59-4	Shot Put	13.61 / 44-8	15.59 / 51-1.75
17.59 / 57-8.5	21.02 / 68-11.75	Weight Throw	16.97 / 55-8.25	19.87 / 65-2.25
4,710 pts.	5,553 pts.	Pent./Hept.	3,233 pts.	3,829 pts.

INDOOR TRACK & FIELD

MEN'S RECORDS

60-Meter Dash

Darrion Gray 6.92 2/16/18
Darrion Gray 6.92 2/17/18

200-Meter Dash

Darrion Gray 21.60 2/17/18

400-Meter Dash

Ethan Hewitt 48.31 2/21/14
Adam Commandeur 48.31 2/17/17

800-Meter Run

Nathan Kipchumba 1:51.70 2/20-21/15

1,000-Meter Run

Travis Turner 2:41.46 2/19-20/16

One Mile Run

Alfred Kangogo 4:10.52 1/25-26/13

3,000-Meter Run

Dominik Notz 8:07.28* 3/11/17

5,000-Meter Run

Micah Chelimo 13:47.73* 2/14/14

60-Meter Hurdles

Cody Thomas 8.27 1/30-31/15

High Jump

Cody Thomas 6-10.25 3/13/15

Pole Vault

David Sramek 14-10 2/17/17

Long Jump

Tevin Gladden 24-1.75 2/17/17

Triple Jump

Chris Brake 47-7.25 2/17/18

Shot Put

Grant George 48-7.25 2/20-21/15

Weight Throw

Grant George 36-3.5 1/16-17/15

Heptathlon

Cody Thomas 5,538* 3/12/16

Distance Medley Relay

Jesse Miller 9:55.86 2/10/17
Adam Commandeur
Joe Day
Michael Mendenhall

4x400-Meter Relay

Nicholas Taylor 3:12.45* 2/13/16
Liam Lindsay
Adam Commandeur
Cody Thomas

*GNAC RECORD

WOMEN'S RECORDS

60-Meter Dash

Jamie Ashcroft 7.54* 2/17/17

200-Meter Dash

Jamie Ashcroft 24.09* 2/17/17

400-Meter Dash

Vanessa Aniteye 55.89 2/17/17

800-Meter Run

Danielle McCormick 2:07.13 2/11/18

One Mile Run

Caroline Kurgat 4:53.07 2/18/17

3,000-Meter Run

Joyce Chelimo 9:17.97* 2/13/16

5,000-Meter Run

Joyce Chelimo 16:10.32* 3/12/16

60-Meter Hurdles

Rosie Hewitt 8.66 1/30/16

High Jump

Karolin Anders 5-8 1/29/16

Pole Vault

Long Jump

Karolin Anders 18-7.75 1/16/16

Triple Jump

Karolin Anders 38-0 2/19-20/16

Shot Put

Karolin Anders 39-1.75 3/14/14

Weight Throw

Pentathlon

Karolin Anders 3,822 3/14/15

Distance Medley Relay

Jessica Pahkala 11:31.21 3/11/16
Mary-Kathleen Cross
Tamara Perez
Caroline Kurgat

4x400-Meter Relay

Jamie Ashcroft 3:45.10 3/11/17
Mary-Kathleen Cross
Hayley Bezanson
Vanessa Aniteye

* GNAC RECORD