

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Women 100 Meter Dash****8 Advance: Top 1 Each Heat plus Next 6 Best Times**

GNAC Records:	11.64	R	2015	Jamie Ashcroft, UAA
GNAC Meet:	11.66	M	5/14/2022	Marie-Eloise Leclair, Simon Fraser
Qual Auto:	11.52	A	2021	DII Automatic Qualifying Standard
Qual Prov:	11.90	P	2021	DII Provisional Qualifying Standard

Name	School	Seed	Prelims	Wind	H#
Preliminaries					
1 Leclair, Marie-Eloise 11.438 (11.438)	Simon Fraser	11.45	A 11.44 Q	1.2	1
2 Hollis, E'Lexis 11.639 (11.639)	Central Washington	11.63	R 11.64 Q	1.4	2
3 Wood, Abbey 11.977 (11.977)	Northwest Nazarene	11.96	11.98 q	1.4	2
4 Thompson, Maliyah 12.091 (12.091)	Western Oregon	11.96	12.10 q	1.2	1
5 Cannan, Emma 12.106 (12.106)	Simon Fraser	12.02	12.11 q	1.4	2
6 Williams, Juliette 12.174 (12.174)	Central Washington	12.01	12.18 q	1.2	1
7 Cummings, Jaeland 12.222 (12.222)	Simon Fraser	12.11	12.23 q	1.4	2
7 Hopwood, Maya 12.222 (12.222)	Western Oregon	12.20	12.23 q	1.2	1
9 Cheney, Caitlyn 12.255 (12.255)	Western Washington	12.22	12.26	1.2	1
10 Brence, Kalli 12.368 (12.368)	Northwest Nazarene	12.71	12.37	1.2	1
11 Vu, Madison 12.579 (12.579)	Saint Martin's	12.58	12.58	1.4	2
12 Baniaga, Katie 12.607 (12.607)	Northwest Nazarene	12.76	12.61	1.4	2
13 Green, Kiarra 12.754 (12.754)	Central Washington	12.82	12.76	1.2	1
14 Polkinghorn, Hannah 12.792 (12.792)	Western Washington	12.67	12.80	1.4	2
15 Hopper, Elise 13.012 (13.012)	Central Washington	12.74	13.02	1.2	1
--- Sills, Grace	Saint Martin's	12.80	DNS	1.4	2

Women 100 Meter Dash

GNAC Records:	11.64	R	2015	Jamie Ashcroft, UAA
GNAC Meet:	11.66	M	5/14/2022	Marie-Eloise Leclair, Simon Fraser
Qual Auto:	11.52	A	2021	DII Automatic Qualifying Standard
Qual Prov:	11.90	P	2021	DII Provisional Qualifying Standard

Name	School	Prelims	Finals	Wind
Finals				
1 Leclair, Marie-Eloise 11.461 (11.461)	Simon Fraser	11.44	11.47 A	1.0
2 Hollis, E'Lexis 11.533 (11.533)	Central Washington	11.64	11.54 R	1.0
3 Wood, Abbey 11.910 (11.910)	Northwest Nazarene	11.98	11.91	1.0
4 Cannan, Emma 12.103 (12.103)	Simon Fraser	12.11	12.11	1.0

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Finals ... (Women 100 Meter Dash)**

Name	School	Prelims	Finals	Wind
5 Williams, Juliette 12.177 (12.177)	Central Washington	12.18	12.18	1.0
6 Thompson, Maliyah 12.191 (12.191)	Western Oregon	12.10	12.20	1.0
7 Cummings, Jaeland 12.218 (12.218)	Simon Fraser	12.23	12.22	1.0
8 Hopwood, Maya 12.264 (12.264)	Western Oregon	12.23	12.27	1.0

Women 200 Meter Dash

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

GNAC Records: 23.88 R 5/14/2022 Marie-Eloise Leclair, Simon Fraser

GNAC Meet: 23.88 M 5/14/2022 Marie-Eloise Leclair, Simon Fraser

Qual Auto: 23.55 A 2021 DII Automatic Qualifying Standard

Qual Prov: 24.40 P 2021 DII Provisional Qualifying Standard

Name	School	Seed	Prelims	Wind	H#
Preliminaries					
1 Leclair, Marie-Eloise 23.950 (23.950)	Simon Fraser	23.42	P 23.95 Q	1.1	1
2 Wood, Abbey 24.729 (24.729)	Northwest Nazarene	24.49	24.73 Q	1.1	2
3 Cannan, Emma 24.989 (24.989)	Simon Fraser	24.75	24.99 q	1.1	1
4 Williams, Juliette 24.992 (24.992)	Central Washington	24.72	25.00 q	1.1	2
5 Cummings, Jaeland 25.327 (25.327)	Simon Fraser	25.40	25.33 q	1.1	2
6 Miller, Anna 25.346 (25.346)	Western Washington	25.39	25.35 q	1.1	1
7 Green, Aniya 25.518 (25.518)	Seattle Pacific	25.30	25.52 q	1.1	2
8 Cheney, Caitlyn 25.616 (25.616)	Western Washington	25.14	25.62 q	1.1	1
9 Hollis, E'Lexis 25.691 (25.691)	Central Washington	25.35	25.70	1.1	2
10 Harris, Donna Marie 25.694 (25.694)	Central Washington	25.81	25.70	1.1	1
11 Brence, Kalli 25.815 (25.815)	Northwest Nazarene	25.36	25.82	1.1	1
12 Polkinghorn, Hannah 25.879 (25.879)	Western Washington	25.74	25.88	1.1	2
13 Hopwood, Maya 25.982 (25.982)	Western Oregon	26.07	25.99	1.1	2
14 Baniaga, Katie 26.034 (26.034)	Northwest Nazarene	25.80	26.04	1.1	1
15 Vu, Madison 26.188 (26.188)	Saint Martin's	26.01	26.19	1.1	2
16 Hopper, Elise 26.498 (26.498)	Central Washington	26.11	26.50	1.1	1

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Women 200 Meter Dash**

GNAC Records:	23.88	R	5/14/2022	Marie-Eloise Leclair, Simon Fraser
GNAC Meet:	23.88	M	5/14/2022	Marie-Eloise Leclair, Simon Fraser
Qual Auto:	23.55	A	2021	DII Automatic Qualifying Standard
Qual Prov:	24.40	P	2021	DII Provisional Qualifying Standard

Name	School	Prelims	Finals	Wind
Finals				
1 Leclair, Marie-Eloise 24.116 (24.116)	Simon Fraser	23.95	24.12 P	1.4
2 Wood, Abbey 24.699 (24.699)	Northwest Nazarene	24.73	24.70	1.4
3 Williams, Juliette 24.898 (24.898)	Central Washington	25.00	24.90	1.4
4 Cannan, Emma 25.174 (25.174)	Simon Fraser	24.99	25.18	1.4
5 Miller, Anna 25.619 (25.619)	Western Washington	25.35	25.62	1.4
6 Cummings, Jaeland 25.793 (25.793)	Simon Fraser	25.33	25.80	1.4
7 Cheney, Caitlyn 25.825 (25.825)	Western Washington	25.62	25.83	1.4
8 Green, Aniya 26.140 (26.140)	Seattle Pacific	25.52	26.14	1.4

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

GNAC Records:	53.56	R	2007	Mary Pearce, UAA
GNAC Meet:	54.19	M	2019	Vanessa Aniteye, UAA
Qual Auto:	53.52	A	2021	DII Automatic Qualifying Standard
Qual Prov:	55.87	P	2021	DII Provisional Qualifying Standard

Name	School	Seed	Prelims	H#
Preliminaries				
1 Bosma, Claire 57.793 (57.793)	Simon Fraser	57.75	57.80 Q	1
2 DeJong, Laine 58.248 (58.248)	Northwest Nazarene	57.26	58.25 Q	2
3 Crane, Marissa 57.950 (57.950)	Seattle Pacific	57.81	57.95 q	1
4 Green, Aniya 58.385 (58.385)	Seattle Pacific	57.99	58.39 q	2
5 Miller, Anna 58.469 (58.469)	Western Washington	58.01	58.47 q	2
6 Hart, Jessy 58.991 (58.991)	Western Oregon	59.30	59.00 q	1
7 Hopper, Elise 59.085 (59.085)	Central Washington	58.49	59.09 q	2
8 Vidad, Joei 59.154 (59.154)	Alaska Anchorage	58.32	59.16 q	1
9 Brown, Johanna 59.354 (59.354)	Seattle Pacific	58.41	59.36	1
10 Altamirano, Bethanie 59.584 (59.584)	Western Oregon	59.55	59.59	1
11 Harris, Donna Marie 59.818 (59.818)	Central Washington	58.93	59.82	2

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Preliminaries ... (Women 400 Meter Dash)**

Name	School	Seed	Prelims	H#
12 Backman, Kaitlyn 59.884 (59.884)	Alaska Anchorage	59.55	59.89	2
13 Klein, Bella 1:00.663 (1:00.663)	Msu-Billings	1:00.04	1:00.67	1
14 Bell, Cree 1:01.012 (1:01.012)	Saint Martin's	1:00.12	1:01.02	2
15 Williams, Shayna 1:01.526 (1:01.526)	Northwest Nazarene	59.78	1:01.53	1
16 Fletcher, McKenzie 1:01.855 (1:01.855)	Seattle Pacific	59.77	1:01.86	2

Women 400 Meter Dash

GNAC Records:	53.56	R	2007	Mary Pearce, UAA
GNAC Meet:	54.19	M	2019	Vanessa Aniteye, UAA
Qual Auto:	53.52	A	2021	DII Automatic Qualifying Standard
Qual Prov:	55.87	P	2021	DII Provisional Qualifying Standard

Name	School	Prelims	Finals
Finals			
1 Bosma, Claire 57.198 (57.198)	Simon Fraser	57.80	57.20
2 DeJong, Laine 57.528 (57.528)	Northwest Nazarene	58.25	57.53
3 Crane, Marissa 57.574 (57.574)	Seattle Pacific	57.95	57.58
4 Miller, Anna 58.229 (58.229)	Western Washington	58.47	58.23
5 Hart, Jessy 58.918 (58.918)	Western Oregon	59.00	58.92
6 Hopper, Elise 59.063 (59.063)	Central Washington	59.09	59.07
7 Green, Aniya 59.497 (59.497)	Seattle Pacific	58.39	59.50
--- Vidad, Joei	Alaska Anchorage	59.16	DNS

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

GNAC Records:	2:02.10	R	2013	Helen Crofts, 2013
GNAC Meet:	2:06.38	M	2010	Jessica Pixler, SPU
Qual Auto:	2:06.90	A	2021	DII Automatic Qualifying Standard
Qual Prov:	2:12.07	P	2021	DII Provisional Qualifying Standard

Name	School	Seed	Prelims	H#
Preliminaries				
1 Ledesma, Marian 1:07.987 (1:07.987)	Western Washington	2:08.98	2:12.86 Q	3
2 Wright, Sophie 1:05.790 (1:05.790)	Western Washington	2:13.19	2:14.02 Q	2
3 Roxby, Megan 1:05.254 (1:05.254)	Simon Fraser	2:09.34	2:14.82 Q	1
4 Saucedo, Alisha 1:08.225 (1:08.225)	Saint Martin's	2:15.17	2:14.01 Q	3
5 Crocker, Mia 1:06.021 (1:06.021)	Western Washington	2:13.26	2:14.03 Q	2
6 Vanderput, Elizabeth 1:05.860 (1:05.860)	Simon Fraser	2:15.19	2:16.83 Q	1

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Preliminaries ... (Women 800 Meter Run)**

	Name	School	Seed	Prelims	H#
7	Cameron, Kate 1:07.854 (1:07.854)	Simon Fraser 2:15.747 (1:07.893)	2:14.73	2:15.75 q	3
8	Chilton, Emily 1:06.321 (1:06.321)	Simon Fraser 2:17.132 (1:10.811)	2:14.70	2:17.14 q	1
9	Bassett, Elie 1:06.319 (1:06.319)	Western Washington 2:17.313 (1:10.994)	2:16.35	2:17.32	2
10	Nyamasyo, Alfin 1:06.618 (1:06.618)	Alaska Anchorage 2:17.453 (1:10.835)	2:17.06	2:17.46	1
11	Thompson, Madison 1:06.967 (1:06.967)	Central Washington 2:17.855 (1:10.888)	2:18.77	2:17.86	1
12	Prangle, Sarah 1:06.851 (1:06.851)	Simon Fraser 2:18.072 (1:11.221)	2:18.31	2:18.08	2
13	Kroontje, Emmy 1:06.228 (1:06.228)	Western Washington 2:18.695 (1:12.467)	2:16.80	2:18.70	2
14	Smith, Riley 1:06.736 (1:06.736)	Western Oregon 2:19.288 (1:12.552)	2:18.15	2:19.29	2
15	Roe, Bailey 1:08.754 (1:08.754)	Alaska Anchorage 2:19.679 (1:10.925)	2:17.74	2:19.68	3
16	Strausbaugh, Jordan 1:08.266 (1:08.266)	Alaska Anchorage 2:21.638 (1:13.372)	2:17.22	2:21.64	3
17	Hutton, Holly 1:06.994 (1:06.994)	Western Oregon 2:25.752 (1:18.758)	2:17.79	2:25.76	1

Women 800 Meter Run

GNAC Records:	2:02.10	R	2013	Helen Crofts, 2013
GNAC Meet:	2:06.38	M	2010	Jessica Pixler, SPU
Qual Auto:	2:06.90	A	2021	DII Automatic Qualifying Standard
Qual Prov:	2:12.07	P	2021	DII Provisional Qualifying Standard

	Name	School	Prelims	Finals
Finals				
1	Ledesma, Marian 1:11.578 (1:11.578)	Western Washington 2:14.496 (1:02.919)	2:12.86	2:14.50
2	Roxby, Megan 1:11.772 (1:11.772)	Simon Fraser 2:16.475 (1:04.703)	2:14.82	2:16.48
3	Crocker, Mia 1:11.923 (1:11.923)	Western Washington 2:17.757 (1:05.835)	2:14.03	2:17.76
4	Wright, Sophie 1:11.823 (1:11.823)	Western Washington 2:17.920 (1:06.097)	2:14.02	2:17.92
5	Saucedo, Alisha 1:11.989 (1:11.989)	Saint Martin's 2:17.970 (1:05.981)	2:14.01	2:17.97
6	Chilton, Emily 1:11.603 (1:11.603)	Simon Fraser 2:18.641 (1:07.038)	2:17.14	2:18.65
7	Vanderput, Elizabeth 1:12.001 (1:12.001)	Simon Fraser 2:21.403 (1:09.403)	2:16.83	2:21.41
8	Cameron, Kate 1:12.131 (1:12.131)	Simon Fraser 2:23.160 (1:11.029)	2:15.75	2:23.16

2023 GNAC Championship - 5/12/2023 to 5/13/2023

Western Oregon University

Results

Women 1500 Meter Run

GNAC Records: 4:11.06 R 2010

Jessica Pixler, SPU

GNAC Meet: 4:23.02 M 2019

Caroline Kurgat, UAA

Qual Auto: 4:21.49 A 2021

DII Automatic Qualifying Standard

Qual Prov: 4:32.89 P 2021

DII Provisional Qualifying Standard

Name	School	Seed	Finals
Finals			
1 Walchak-Sloan, Cassidy	Saint Martin's	4:27.97	4:28.45 P
51.235 (51.235)	2:05.242 (1:14.007)	3:19.529 (1:14.287)	4:28.441 (1:08.912)
2 Reeck, Ashley	Western Washington	4:33.80	4:36.21
51.411 (51.411)	2:05.458 (1:14.047)	3:20.093 (1:14.635)	4:36.203 (1:16.110)
3 Crocker, Mia	Western Washington	4:31.56	4:36.65
51.467 (51.467)	2:05.492 (1:14.025)	3:21.381 (1:15.889)	4:36.650 (1:15.269)
4 Cameron, Kate	Simon Fraser	4:37.63	4:39.76
52.091 (52.091)	2:06.664 (1:14.573)	3:23.976 (1:17.312)	4:39.754 (1:15.778)
5 Wright, Sophie	Western Washington	4:32.90	4:41.23
51.876 (51.876)	2:06.261 (1:14.385)	3:23.397 (1:17.136)	4:41.226 (1:17.829)
6 Stoppel, Kailee	Msu-Billings	4:42.03	4:41.58
54.102 (54.102)	2:11.280 (1:17.178)	3:31.768 (1:20.488)	4:41.579 (1:09.811)
7 Saucedo, Alisha	Saint Martin's	4:40.50	4:42.10
52.712 (52.712)	2:08.711 (1:15.999)	3:29.390 (1:20.679)	4:42.092 (1:12.702)
8 Watkins, Rachael	Simon Fraser	4:40.41	4:42.28
52.260 (52.260)	2:07.213 (1:14.953)	3:25.927 (1:18.714)	4:42.275 (1:16.348)
9 Michael, Libby	Seattle Pacific	4:38.90	4:42.74
52.462 (52.462)	2:06.467 (1:14.005)	3:23.187 (1:16.720)	4:42.732 (1:19.545)
10 Smith, Riley	Western Oregon	4:42.01	4:43.94
53.010 (53.010)	2:08.681 (1:15.671)	3:27.071 (1:18.390)	4:43.939 (1:16.868)
11 Tasdemir, Selin	Simon Fraser	4:39.39	4:44.35
52.538 (52.538)	2:07.766 (1:15.228)	3:28.505 (1:20.739)	4:44.350 (1:15.845)
12 Hutton, Holly	Western Oregon	4:47.11	4:48.15
53.523 (53.523)	2:10.200 (1:16.677)	3:30.685 (1:20.485)	4:48.150 (1:17.465)
13 Prangley, Sarah	Simon Fraser	4:42.94	4:49.15
52.358 (52.358)	2:07.969 (1:15.611)	3:28.240 (1:20.271)	4:49.147 (1:20.907)
14 Ewing, Maya	Seattle Pacific	4:45.56	4:58.05
54.895 (54.895)	2:15.304 (1:20.409)	3:42.506 (1:27.202)	4:58.042 (1:15.536)
15 Collins-Winn, Evelyn	Western Washington	4:42.10	5:03.72
54.315 (54.315)	2:13.519 (1:19.204)	3:39.752 (1:26.233)	5:03.715 (1:23.963)
--- Strausbaugh, Jordan	Alaska Anchorage	4:46.83	DNS

Women 5000 Meter Run

GNAC Records: 14:40.45 R 2019

Caroline Kurgat, UAA

GNAC Meet: 16:35.10 M 2019

Caroline Kurgat, UAA

Qual Auto: 16:10.04 A 2021

DII Automatic Qualifying Standard

Qual Prov: 17:10.15 P 2021

DII Provisional Qualifying Standard

Name	School	Seed	Finals
Finals			
1 Davis, Ila	Western Washington	17:08.91	18:12.34
45.597 (45.597)	2:19.537 (1:33.940)	3:51.469 (1:31.933)	5:23.005 (1:31.536)
6:53.941 (1:30.937)	8:17.335 (1:23.394)	9:42.474 (1:25.140)	11:09.997 (1:27.524)
12:37.839 (1:27.842)	14:05.301 (1:27.462)	15:31.158 (1:25.858)	16:54.963 (1:23.806)
18:12.335 (1:17.372)			
2 Reeck, Ashley	Western Washington	17:29.47	18:22.50
46.757 (46.757)	2:20.343 (1:33.586)	3:51.997 (1:31.655)	5:23.287 (1:31.290)
6:54.555 (1:31.269)	8:18.769 (1:24.214)	9:44.517 (1:25.748)	11:11.556 (1:27.040)
12:38.573 (1:27.017)	14:05.653 (1:27.081)	15:33.203 (1:27.550)	17:01.973 (1:28.770)
18:22.497 (1:20.524)			

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Finals ... (Women 5000 Meter Run)**

Name	School	Seed	Finals
3 Esvelt, Annika	Seattle Pacific	16:52.91	18:28.11
46.273 (46.273)	2:19.576 (1:33.303)	3:51.723 (1:32.148)	5:23.130 (1:31.407)
6:53.879 (1:30.750)	8:17.204 (1:23.325)	9:42.427 (1:25.223)	11:10.041 (1:27.614)
12:38.162 (1:28.122)	14:06.604 (1:28.442)	15:35.473 (1:28.870)	17:04.703 (1:29.230)
18:28.107 (1:23.404)			
4 Nyamasyo, Alfin	Alaska Anchorage	17:55.96	18:52.36
47.455 (47.455)	2:20.654 (1:33.200)	3:52.241 (1:31.587)	5:23.445 (1:31.204)
6:54.531 (1:31.087)	8:18.553 (1:24.022)	9:45.978 (1:27.425)	11:19.348 (1:33.370)
12:51.769 (1:32.422)	14:24.516 (1:32.747)	15:56.450 (1:31.934)	17:29.596 (1:33.146)
18:52.359 (1:22.764)			
5 Marion, Ella	Simon Fraser	18:31.43	18:55.40
47.282 (47.282)	2:20.935 (1:33.654)	3:52.715 (1:31.780)	5:24.459 (1:31.744)
6:56.207 (1:31.748)	8:28.063 (1:31.856)	10:00.857 (1:32.794)	11:32.277 (1:31.420)
13:02.071 (1:29.794)	14:32.277 (1:30.207)	16:02.815 (1:30.538)	17:32.655 (1:29.841)
18:55.393 (1:22.738)			
6 Sabra, Sara	Saint Martin's	17:43.67	18:58.14
46.130 (46.130)	2:19.903 (1:33.774)	3:51.503 (1:31.600)	5:23.042 (1:31.540)
6:54.487 (1:31.446)	8:21.270 (1:26.783)	9:52.096 (1:30.826)	11:26.434 (1:34.338)
13:01.413 (1:34.979)	14:33.431 (1:32.018)	16:07.364 (1:33.934)	17:38.543 (1:31.179)
18:58.134 (1:19.592)			
7 Heldt, Caitlin	Western Oregon	17:06.05	18:59.30
45.750 (45.750)	2:19.757 (1:34.007)	3:51.645 (1:31.888)	5:22.838 (1:31.194)
6:54.288 (1:31.450)	8:19.612 (1:25.324)	9:48.280 (1:28.668)	11:20.882 (1:32.602)
12:52.739 (1:31.857)	14:27.231 (1:34.493)	16:03.395 (1:36.164)	17:35.467 (1:32.072)
18:59.293 (1:23.826)			
8 Smith, Emma	Western Washington	18:23.05	19:08.84
47.633 (47.633)	2:21.185 (1:33.552)	3:52.798 (1:31.613)	5:24.303 (1:31.506)
6:56.766 (1:32.463)	8:30.111 (1:33.346)	10:04.393 (1:34.282)	11:35.228 (1:30.835)
13:08.185 (1:32.957)	14:39.796 (1:31.612)	16:14.849 (1:35.053)	17:47.852 (1:33.004)
19:08.835 (1:20.983)			
9 Mulch, Matise	Seattle Pacific	17:57.50	19:14.94
47.667 (47.667)	2:21.101 (1:33.434)	3:53.033 (1:31.932)	5:24.513 (1:31.480)
6:56.388 (1:31.876)	8:28.344 (1:31.956)	9:59.467 (1:31.123)	11:32.033 (1:32.566)
13:04.691 (1:32.658)	14:40.373 (1:35.682)	16:12.968 (1:32.596)	17:46.711 (1:33.743)
19:14.939 (1:28.229)			
10 Shannon, Meaera	Western Washington	17:42.50	19:26.79
46.045 (46.045)	2:20.115 (1:34.070)	3:51.737 (1:31.622)	5:23.659 (1:31.922)
6:54.942 (1:31.283)	8:29.155 (1:34.213)	10:03.671 (1:34.517)	11:36.848 (1:33.177)
13:11.435 (1:34.588)	14:47.889 (1:36.454)	16:24.692 (1:36.804)	17:59.787 (1:35.095)
19:26.787 (1:27.001)			
11 Carstens, Alauna	Saint Martin's	17:39.69	19:34.21
45.985 (45.985)	2:20.137 (1:34.152)	3:51.883 (1:31.746)	5:22.850 (1:30.968)
6:54.322 (1:31.472)	8:21.297 (1:26.976)	9:52.309 (1:31.012)	11:26.400 (1:34.092)
13:01.545 (1:35.145)	14:35.815 (1:34.270)	16:15.646 (1:39.832)	17:58.497 (1:42.851)
19:34.203 (1:35.707)			
12 Parker, Alanna	Western Washington	18:17.10	19:36.70
47.165 (47.165)	2:21.009 (1:33.844)	3:52.961 (1:31.952)	5:24.237 (1:31.276)
6:56.121 (1:31.885)	8:29.713 (1:33.592)	10:04.442 (1:34.729)	11:39.655 (1:35.213)
13:15.984 (1:36.330)	14:53.862 (1:37.878)	16:30.671 (1:36.810)	18:05.673 (1:35.002)
19:36.693 (1:31.020)			
13 Klein, Olivia	Northwest Nazarene	18:53.61	19:50.23
46.589 (46.589)	2:20.555 (1:33.967)	3:52.431 (1:31.876)	5:23.853 (1:31.422)
6:55.345 (1:31.493)	8:28.324 (1:32.979)	10:04.508 (1:36.184)	11:42.264 (1:37.756)
13:22.639 (1:40.376)	15:02.023 (1:39.384)	16:42.746 (1:40.724)	18:22.344 (1:39.598)
19:50.221 (1:27.877)			

2023 GNAC Championship - 5/12/2023 to 5/13/2023
Western Oregon University
Results

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Finals ... (Women 5000 Meter Run)**

	Name	School	Seed	Finals
14	Hartley, Naomi	Saint Martin's	18:21.12	20:05.98
	47.016 (47.016)	2:20.839 (1:33.823)	3:52.753 (1:31.915)	5:24.097 (1:31.344)
	6:55.635 (1:31.538)	8:27.811 (1:32.177)	10:02.900 (1:35.089)	11:40.099 (1:37.199)
	13:20.493 (1:40.395)	15:02.808 (1:42.315)	16:46.849 (1:44.041)	18:30.348 (1:43.500)
	20:05.979 (1:35.632)			
15	Perez, Natalie	Western Oregon	18:16.16	20:20.04
	47.175 (47.175)	2:20.631 (1:33.456)	3:52.557 (1:31.926)	5:24.050 (1:31.494)
	6:57.126 (1:33.076)	8:31.943 (1:34.818)	10:10.082 (1:38.139)	11:51.632 (1:41.550)
	13:31.997 (1:40.366)	15:14.564 (1:42.567)	16:58.107 (1:43.543)	18:41.439 (1:43.333)
	20:20.037 (1:38.598)			
16	Erler, Morgan	Northwest Nazarene	17:53.29	20:22.85
	46.460 (46.460)	2:20.331 (1:33.872)	3:52.158 (1:31.827)	5:23.585 (1:31.428)
	6:54.980 (1:31.395)	8:23.515 (1:28.535)	10:01.561 (1:38.046)	11:48.415 (1:46.854)
	13:38.005 (1:49.591)	15:24.853 (1:46.848)	17:08.850 (1:43.997)	18:53.523 (1:44.673)
	20:22.848 (1:29.326)			
---	Halsell, Laura	Western Washington	18:45.41	DNS
---	Wood, Tressa	Alaska Anchorage	18:18.95	DNS
---	Baker, Nell	Alaska Anchorage	17:31.76	DNS

Women 10000 Meter Run

GNAC Records:	32:08.09	R	2019	Caroline Kurgat, UAA
GNAC Meet:	34:49.33	M	2018	Caroline Kurgat, UAA
Qual Auto:	34:27.88	A	2021	DII Automatic Qualifying Standard
Qual Prov:	36:35.68	P	2021	DII Provisional Qualifying Standard

	Name	School	Seed	Finals
Finals				
1	Shannon, Meaera	Western Washington	36:56.79	36:51.65
	1:27.292 (1:27.292)	2:52.551 (1:25.260)	4:17.735 (1:25.184)	5:43.904 (1:26.170)
	7:11.592 (1:27.688)	8:39.638 (1:28.046)	10:07.884 (1:28.246)	11:33.786 (1:25.902)
	13:02.232 (1:28.447)	14:30.264 (1:28.032)	15:59.784 (1:29.520)	17:28.691 (1:28.907)
	18:57.794 (1:29.103)	20:26.799 (1:29.006)	21:57.860 (1:31.061)	23:27.573 (1:29.714)
	24:59.334 (1:31.761)	26:30.005 (1:30.672)	28:01.662 (1:31.658)	29:33.068 (1:31.406)
	31:04.582 (1:31.514)	32:34.466 (1:29.884)	34:04.723 (1:30.258)	35:32.866 (1:28.144)
	36:51.647 (1:18.781)			
2	Heldt, Caitlin	Western Oregon	36:20.29	37:05.14
	1:26.994 (1:26.994)	2:52.252 (1:25.258)	4:17.479 (1:25.228)	5:43.679 (1:26.200)
	7:11.318 (1:27.640)	8:39.337 (1:28.019)	10:07.616 (1:28.280)	11:33.520 (1:25.904)
	13:01.236 (1:27.716)	14:29.765 (1:28.530)	15:59.508 (1:29.743)	17:28.988 (1:29.481)
	18:58.090 (1:29.102)	20:27.076 (1:28.987)	21:58.154 (1:31.078)	23:27.845 (1:29.692)
	24:59.663 (1:31.818)	26:30.328 (1:30.666)	28:02.056 (1:31.728)	29:33.468 (1:31.413)
	31:05.693 (1:32.225)	32:38.556 (1:32.863)	34:11.200 (1:32.645)	35:41.366 (1:30.166)
	37:05.138 (1:23.772)			
3	Baker, Nell	Alaska Anchorage		37:21.63
	1:27.982 (1:27.982)	2:53.022 (1:25.040)	4:18.083 (1:25.062)	5:44.292 (1:26.209)
	7:12.102 (1:27.810)	8:40.804 (1:28.702)	10:10.433 (1:29.630)	11:40.452 (1:30.019)
	13:10.834 (1:30.383)	14:41.842 (1:31.008)	16:13.558 (1:31.716)	17:45.662 (1:32.104)
	19:17.333 (1:31.671)	20:49.069 (1:31.736)	22:20.816 (1:31.747)	23:49.847 (1:29.032)
	25:21.444 (1:31.598)	26:53.152 (1:31.708)	28:26.134 (1:32.982)	29:59.091 (1:32.958)
	31:32.964 (1:33.873)	33:04.612 (1:31.648)	34:36.134 (1:31.522)	36:06.385 (1:30.252)
	37:21.624 (1:15.239)			

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results**

4 Erler, Morgan		Northwest Nazarene	38:25.07	37:27.89
1:28.311 (1:28.311)	2:53.122 (1:24.811)	4:18.366 (1:25.244)	5:44.558 (1:26.192)	
7:12.511 (1:27.954)	8:40.918 (1:28.407)	10:09.972 (1:29.055)	11:41.171 (1:31.199)	
13:15.132 (1:33.962)	14:48.137 (1:33.005)	16:21.203 (1:33.066)	17:52.300 (1:31.098)	
19:22.293 (1:29.993)	20:50.496 (1:28.204)	22:20.562 (1:30.066)	23:49.585 (1:29.024)	
25:21.160 (1:31.575)	26:52.895 (1:31.736)	28:25.880 (1:32.985)	29:58.838 (1:32.958)	
31:32.684 (1:33.847)	33:04.398 (1:31.714)	34:35.820 (1:31.422)	36:06.200 (1:30.380)	
37:27.883 (1:21.684)				

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Finals ... (Women 10000 Meter Run)**

Name	School	Seed	Finals
5 Mulch, Matisse	Seattle Pacific	38:22.99	38:28.65
1:35.392 (1:35.392)	3:08.808 (1:33.417)	4:39.924 (1:31.116)	6:13.677 (1:33.754)
7:45.938 (1:32.261)	9:18.836 (1:32.899)	10:50.920 (1:32.084)	12:23.291 (1:32.372)
13:55.540 (1:32.249)	15:26.223 (1:30.684)	16:57.140 (1:30.918)	18:28.865 (1:31.725)
20:01.082 (1:32.218)	21:33.636 (1:32.554)	23:07.400 (1:33.764)	24:41.041 (1:33.642)
26:13.105 (1:32.064)	27:44.250 (1:31.145)	29:18.138 (1:33.888)	30:52.129 (1:33.992)
32:24.972 (1:32.844)	33:57.436 (1:32.464)	35:30.394 (1:32.958)	37:03.223 (1:32.829)
38:28.646 (1:25.423)			
6 Smith, Emma	Western Washington	38:22.52	38:51.71
1:34.762 (1:34.762)	3:08.279 (1:33.517)	4:39.516 (1:31.237)	6:13.715 (1:34.200)
7:46.248 (1:32.533)	9:18.474 (1:32.226)	10:50.661 (1:32.188)	12:23.348 (1:32.687)
13:55.744 (1:32.397)	15:26.496 (1:30.752)	16:57.678 (1:31.182)	18:30.538 (1:32.860)
20:02.556 (1:32.018)	21:33.820 (1:31.265)	23:07.151 (1:33.331)	24:40.924 (1:33.773)
26:12.902 (1:31.978)	27:45.508 (1:32.607)	29:22.622 (1:37.114)	30:59.396 (1:36.774)
32:34.828 (1:35.432)	34:11.158 (1:36.330)	35:48.104 (1:36.947)	37:23.123 (1:35.019)
38:51.704 (1:28.581)			
7 Wood, Tressa	Alaska Anchorage		39:00.85
1:35.016 (1:35.016)	3:08.479 (1:33.464)	4:39.957 (1:31.478)	6:14.124 (1:34.167)
7:46.462 (1:32.338)	9:19.118 (1:32.657)	10:51.431 (1:32.313)	12:23.815 (1:32.384)
13:56.414 (1:32.599)	15:28.873 (1:32.460)	17:02.391 (1:33.518)	18:35.042 (1:32.652)
20:09.266 (1:34.224)	21:44.492 (1:35.227)	23:20.089 (1:35.597)	24:55.619 (1:35.530)
26:31.860 (1:36.242)	28:08.254 (1:36.394)	29:45.690 (1:37.437)	31:22.210 (1:36.520)
32:55.545 (1:33.336)	34:30.706 (1:35.162)	36:04.668 (1:33.962)	37:34.706 (1:30.038)
39:00.850 (1:26.145)			
8 Parker, Alanna	Western Washington	38:22.97	39:08.75
1:34.144 (1:34.144)	3:08.024 (1:33.881)	4:39.270 (1:31.246)	6:13.004 (1:33.734)
7:45.497 (1:32.494)	9:18.391 (1:32.894)	10:50.782 (1:32.392)	12:23.658 (1:32.876)
13:56.063 (1:32.406)	15:28.524 (1:32.462)	17:01.736 (1:33.212)	18:34.374 (1:32.638)
20:08.087 (1:33.714)	21:41.864 (1:33.778)	23:15.200 (1:33.336)	24:48.224 (1:33.024)
26:23.466 (1:35.242)	28:00.688 (1:37.223)	29:36.284 (1:35.596)	31:14.825 (1:38.541)
32:52.269 (1:37.444)	34:29.068 (1:36.799)	36:05.188 (1:36.121)	37:39.864 (1:34.676)
39:08.748 (1:28.884)			
9 Ramirez, Kya	Saint Martin's	39:16.14	39:15.59
1:31.717 (1:31.717)	3:06.388 (1:34.672)	4:39.601 (1:33.213)	6:12.687 (1:33.086)
7:45.220 (1:32.533)	9:18.158 (1:32.938)	10:50.522 (1:32.365)	12:23.094 (1:32.572)
13:55.516 (1:32.423)	15:26.344 (1:30.828)	16:58.849 (1:32.505)	18:31.138 (1:32.290)
20:04.559 (1:33.421)	21:39.630 (1:35.071)	23:13.826 (1:34.197)	24:48.586 (1:34.760)
26:24.120 (1:35.535)	28:00.835 (1:36.715)	29:34.472 (1:33.638)	31:11.698 (1:37.226)
32:50.158 (1:38.460)	34:28.623 (1:38.466)	36:06.000 (1:37.377)	37:43.296 (1:37.297)
39:15.584 (1:32.288)			
10 Halsell, Laura	Western Washington	38:48.15	39:28.60
1:34.538 (1:34.538)	3:08.293 (1:33.755)	4:39.742 (1:31.450)	6:13.684 (1:33.942)
7:46.159 (1:32.475)	9:19.310 (1:33.152)	10:52.523 (1:33.213)	12:26.762 (1:34.240)
14:00.644 (1:33.882)	15:34.170 (1:33.526)	17:08.677 (1:34.508)	18:43.420 (1:34.744)
20:17.711 (1:34.291)	21:54.483 (1:36.772)	23:28.117 (1:33.634)	25:01.301 (1:33.184)
26:38.374 (1:37.074)	28:14.684 (1:36.310)	29:49.997 (1:35.313)	31:24.936 (1:34.940)
33:03.366 (1:38.430)	34:39.026 (1:35.660)	36:20.369 (1:41.344)	37:56.130 (1:35.762)
39:28.598 (1:32.468)			

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results**

11	Ruelas, Monica		Alaska Anchorage	39:28.04	40:31.80
	1:35.001 (1:35.001)	3:08.513 (1:33.512)	4:39.899 (1:31.386)	6:14.312 (1:34.413)	
	7:46.915 (1:32.604)	9:19.546 (1:32.631)	10:52.204 (1:32.659)	12:26.552 (1:34.348)	
	14:01.018 (1:34.466)	15:38.230 (1:37.212)	17:15.501 (1:37.272)	18:51.897 (1:36.396)	
	20:29.254 (1:37.358)	22:08.400 (1:39.146)	23:48.462 (1:40.062)	25:28.331 (1:39.870)	
	27:07.918 (1:39.588)	28:48.430 (1:40.512)	30:28.391 (1:39.961)	32:10.772 (1:42.382)	
	33:53.041 (1:42.269)	35:34.891 (1:41.850)	37:15.895 (1:41.004)	38:56.800 (1:40.906)	
	40:31.794 (1:34.994)				

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Finals ... (Women 10000 Meter Run)**

Name	School	Seed	Finals
12 Clifton, Ali	Western Oregon	40:35.69	40:53.70
1:31.792 (1:31.792)	3:06.550 (1:34.759)	4:39.766 (1:33.216)	6:13.282 (1:33.516)
7:45.962 (1:32.681)	9:18.208 (1:32.246)	10:51.166 (1:32.958)	12:24.261 (1:33.096)
14:00.718 (1:36.457)	15:36.795 (1:36.078)	17:15.001 (1:38.206)	18:51.232 (1:36.232)
20:30.648 (1:39.416)	22:13.235 (1:42.588)	23:54.389 (1:41.154)	25:37.580 (1:43.191)
27:22.274 (1:44.694)	29:07.268 (1:44.994)	30:50.972 (1:43.704)	32:33.978 (1:43.007)
34:17.882 (1:43.904)	35:59.937 (1:42.055)	37:40.006 (1:40.069)	39:21.402 (1:41.396)
40:53.691 (1:32.290)			
13 Tolman, Aspen	Msu-Billings	42:09.89	42:28.49
1:36.389 (1:36.389)	3:20.052 (1:43.664)	5:05.720 (1:45.668)	6:49.836 (1:44.116)
8:32.652 (1:42.817)	10:14.564 (1:41.912)	11:57.462 (1:42.899)	13:40.424 (1:42.962)
15:24.752 (1:44.328)	17:06.944 (1:42.192)	18:49.976 (1:43.032)	20:33.108 (1:43.132)
22:16.173 (1:43.066)	23:59.938 (1:43.766)	25:43.802 (1:43.864)	27:29.129 (1:45.328)
29:11.243 (1:42.114)	30:54.251 (1:43.008)	32:37.057 (1:42.806)	34:17.659 (1:40.602)
35:59.948 (1:42.289)	37:41.546 (1:41.599)	39:22.318 (1:40.772)	41:01.860 (1:39.542)
42:28.483 (1:26.623)			
14 Whitmer, Ally	Msu-Billings	43:37.90	42:28.79
1:36.698 (1:36.698)	3:20.324 (1:43.626)	5:05.971 (1:45.648)	6:49.502 (1:43.532)
8:32.277 (1:42.775)	10:14.801 (1:42.524)	11:57.776 (1:42.975)	13:40.700 (1:42.924)
15:24.470 (1:43.771)	17:06.624 (1:42.154)	18:49.657 (1:43.033)	20:32.822 (1:43.166)
22:16.495 (1:43.673)	24:00.252 (1:43.758)	25:44.080 (1:43.828)	27:28.820 (1:44.740)
29:10.943 (1:42.124)	30:53.966 (1:43.023)	32:37.370 (1:43.404)	34:17.933 (1:40.564)
36:01.261 (1:43.328)	37:44.129 (1:42.868)	39:26.227 (1:42.098)	41:06.571 (1:40.344)
42:28.786 (1:22.215)			
15 Himelbloom, Arielle	Alaska Anchorage	40:51.39	42:52.10
1:35.665 (1:35.665)	3:09.204 (1:33.540)	4:41.953 (1:32.749)	6:18.762 (1:36.810)
7:56.941 (1:38.179)	9:35.599 (1:38.658)	11:16.677 (1:41.078)	12:57.596 (1:40.919)
14:38.426 (1:40.830)	16:20.593 (1:42.168)	18:04.936 (1:44.343)	19:49.536 (1:44.600)
21:33.213 (1:43.678)	23:17.933 (1:44.720)	25:03.901 (1:45.968)	26:51.000 (1:47.099)
28:38.291 (1:47.292)	30:27.659 (1:49.368)	32:18.360 (1:50.701)	34:05.830 (1:47.471)
35:52.326 (1:46.496)	37:38.035 (1:45.710)	39:27.154 (1:49.120)	41:12.731 (1:45.577)
42:52.098 (1:39.367)			
--- Parker, Alexis	Western Washington	39:08.95	DNF
1:34.221 (1:34.221)	3:08.056 (1:33.835)	4:39.280 (1:31.224)	6:13.244 (1:33.964)
7:45.780 (1:32.537)	9:18.721 (1:32.941)	10:51.211 (1:32.490)	12:24.026 (1:32.815)
13:56.862 (1:32.836)	15:29.166 (1:32.304)	17:03.109 (1:33.944)	18:36.741 (1:33.632)
20:11.367 (1:34.626)	21:46.360 (1:34.994)	23:22.888 (1:36.528)	25:00.985 (1:38.097)
26:39.075 (1:38.090)	28:18.921 (1:39.846)	29:59.356 (1:40.436)	31:40.346 (1:40.990)
--- Sabra, Sara	Saint Martin's	37:27.60	DNF
1:27.578 (1:27.578)	2:52.820 (1:25.242)	4:18.684 (1:25.865)	5:46.614 (1:27.930)
7:17.407 (1:30.793)	8:48.853 (1:31.446)	10:22.312 (1:33.459)	11:56.807 (1:34.496)
13:29.920 (1:33.114)	15:04.957 (1:35.037)	16:40.437 (1:35.480)	18:15.592 (1:35.156)
19:50.348 (1:34.756)	21:24.880 (1:34.532)	23:00.894 (1:36.014)	24:35.994 (1:35.100)
26:11.656 (1:35.662)	27:45.925 (1:34.270)		

Women 100 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 6 Best Times**

GNAC Records:	13.64 R 2018	Mariyah Vongsaveng, CWU
GNAC Meet:	13.82 M 2005	Danielle Ayers-Stamper, SPU
Qual Auto:	13.47 A 2021	DII Automatic Qualifying Standard
Qual Prov:	14.19 P 2021	DII Provisional Qualifying Standard

Name	School	Seed	Prelims	Wind	H#
Preliminaries					
1 Chandler, Lauryn	Central Washington	13.99	P 13.90 Q	1.0	1
13.899 (13.899)					

2023 GNAC Championship - 5/12/2023 to 5/13/2023

Western Oregon University

Results

2 Voloshin, Diana
14.223 (14.223)

Simon Fraser

14.33

14.23 Q

1.9 2

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Preliminaries ... (Women 100 Meter Hurdles)**

	Name	School	Seed	Prelims	Wind	H#
3	DeGroot, Ellie 14.540 (14.540)	Central Washington	14.78	14.54 q	1.9	2
4	Thompson, Maliyah 14.580 (14.580)	Western Oregon	14.61	14.58 q	1.0	1
5	Chang, Hannah 14.630 (14.630)	Seattle Pacific	14.50	14.63 q	1.9	2
6	Cintron, Gabriela 14.826 (14.826)	Saint Martin's	14.79	14.83 q	1.9	2
7	Lagerwey, Matty 14.842 (14.842)	Western Washington	14.91	14.85 q	1.0	1
8	De Arvizu Sarrias, Blanca 14.986 (14.986)	Alaska Anchorage	14.68	14.99 q	1.0	1
9	Hurley, Jenelle 15.042 (15.042)	Western Oregon	14.94	15.05	1.0	1
10	Porter, Isabella 15.081 (15.081)	Western Washington	15.17	15.09	1.9	2
11	Clay, Amariyah 15.130 (15.130)	Western Oregon	15.60	15.13	1.9	2
12	Bates, Naomi 15.138 (15.138)	Western Washington	15.63	15.14	1.0	1
13	Popchock, Ana 15.171 (15.171)	Western Oregon	15.35	15.18	1.0	1
14	Deters, Amity 15.439 (15.439)	Western Oregon	15.54	15.44	1.0	1
15	Sewell, Sarah 15.833 (15.833)	Central Washington	15.59	15.84	1.9	2
16	Avery, Nicole 16.854 (16.854)	Western Washington	15.33	16.86	1.9	2

Women 100 Meter Hurdles**GNAC Records: 13.64 R 2018****GNAC Meet: 13.82 M 2005****Qual Auto: 13.47 A 2021****Qual Prov: 14.19 P 2021****Mariyah Vongsaveng, CWU****Danielle Ayers-Stamper, SPU****DII Automatic Qualifying Standard****DII Provisional Qualifying Standard**

	Name	School	Prelims	Finals	Wind
Finals					
1	Chandler, Lauryn 13.964 (13.964)	Central Washington	13.90	13.97 P	1.5
2	Voloshin, Diana 14.243 (14.243)	Simon Fraser	14.23	14.25	1.5
3	Thompson, Maliyah 14.310 (14.310)	Western Oregon	14.58	14.31	1.5
4	Chang, Hannah 14.530 (14.530)	Seattle Pacific	14.63	14.53	1.5
5	De Arvizu Sarrias, Blanca 14.830 (14.830)	Alaska Anchorage	14.99	14.83	1.5
6	Cintron, Gabriela 14.835 (14.835)	Saint Martin's	14.83	14.84	1.5
7	Lagerwey, Matty 15.305 (15.305)	Western Washington	14.85	15.31	1.5
---	DeGroot, Ellie 17.974 (17.974)	Central Washington	14.54	DQ	1.5

2023 GNAC Championship - 5/12/2023 to 5/13/2023

Western Oregon University

Results

Women 400 Meter Hurdles

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

GNAC Records:	58.22	R	2019	Sidney Trinidad, CWU
GNAC Meet:	58.22	M	2019	Sidney Trinidad, CWU
Qual Auto:	58.71	A	2021	DII Automatic Qualifying Standard
Qual Prov:	1:01.82	P	2021	DII Provisional Qualifying Standard

Name	School	Seed	Prelims	H#
Preliminaries				
1 Binder, Erika 1:03.290 (1:03.290)	Simon Fraser	1:02.54	1:03.29 Q	2
2 Mansfield, Brooke 1:04.161 (1:04.161)	Western Washington	1:04.18	1:04.17 Q	1
3 Lambing, Madeline 1:04.223 (1:04.223)	Western Oregon	1:05.29	1:04.23 q	1
4 McDevitt, Zoe 1:04.550 (1:04.550)	Central Washington	1:04.60	1:04.55 q	2
5 Twiss, Grace 1:04.757 (1:04.757)	Central Washington	1:03.83	1:04.76 q	2
6 Flad, Leonie 1:05.029 (1:05.029)	Alaska Anchorage	1:06.93	1:05.03 q	1
7 Hurley, Jenelle 1:06.105 (1:06.105)	Western Oregon	1:05.22	1:06.11 q	1
8 Bates, Naomi 1:06.158 (1:06.158)	Western Washington	1:07.48	1:06.16 q	2
9 Sewell, Sarah 1:06.194 (1:06.194)	Central Washington	1:05.01	1:06.20	2
10 De Arvizu Sarrias, Blanca 1:07.489 (1:07.489)	Alaska Anchorage	1:05.96	1:07.49	1
11 Huber, Carley 1:07.541 (1:07.541)	Central Washington	1:05.82	1:07.55	2
12 Graham, Hailey 1:09.063 (1:09.063)	Northwest Nazarene	1:07.56	1:09.07	2
13 Clark, Annelise 1:09.507 (1:09.507)	Msu-Billings	1:08.90	1:09.51	1
14 Gomez, Alejandra 1:12.022 (1:12.022)	Northwest Nazarene	1:05.62	1:12.03	2
15 DeGroot, Ellie 1:14.884 (1:14.884)	Central Washington	1:04.41	1:14.89	1
--- DeChenne, McCall	Central Washington	1:02.19	DNF	1

Women 400 Meter Hurdles

GNAC Records:	58.22	R	2019	Sidney Trinidad, CWU
GNAC Meet:	58.22	M	2019	Sidney Trinidad, CWU
Qual Auto:	58.71	A	2021	DII Automatic Qualifying Standard
Qual Prov:	1:01.82	P	2021	DII Provisional Qualifying Standard

Name	School	Prelims	Finals
Finals			
1 Binder, Erika 1:01.741 (1:01.741)	Simon Fraser	1:03.29	1:01.75 P
2 McDevitt, Zoe 1:02.950 (1:02.950)	Central Washington	1:04.55	1:02.95
3 Mansfield, Brooke 1:03.104 (1:03.104)	Western Washington	1:04.17	1:03.11
4 Lambing, Madeline 1:03.361 (1:03.361)	Western Oregon	1:04.23	1:03.37

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Finals ... (Women 400 Meter Hurdles)**

Name	School	Prelims	Finals
5 Twiss, Grace 1:04.276 (1:04.276)	Central Washington	1:04.76	1:04.28
6 Hurley, Jenelle 1:04.518 (1:04.518)	Western Oregon	1:06.11	1:04.52
7 Flad, Leonie 1:05.437 (1:05.437)	Alaska Anchorage	1:05.03	1:05.44
8 Bates, Naomi 1:06.842 (1:06.842)	Western Washington	1:06.16	1:06.85

Women 3000 Meter SteeplechaseGNAC Records: **10:02.45 R 2019**

Katelyn Steen, WWU

GNAC Meet: **10:02.45 M 2019**

Julia Howley, SFU

Qual Auto: **10:13.78 A 2021**

DII Automatic Qualifying Standard

Qual Prov: **10:59.70 P 2021**

DII Provisional Qualifying Standard

Name	School	Seed	Finals
Finals			
1 Davis, Ila 44.333 (44.333) 6:25.473 (1:26.814)	Western Washington	10:21.10	10:41.34 P
2 Reeck, Ashley 44.351 (44.351) 6:26.338 (1:27.375)	Western Washington	11:03.09	10:54.82 P
3 Stoppel, Kailee 46.334 (46.334) 6:36.475 (1:30.729)	Msu-Billings	11:14.64	11:05.32
4 Collins-Winn, Evelyn 45.783 (45.783) 6:40.935 (1:31.912)	Western Washington	11:27.70	11:10.36
5 Nyamasyo, Alfin 44.811 (44.811) 6:32.068 (1:32.715)	Alaska Anchorage	11:24.05	11:15.01
6 Ewing, Maya 46.198 (46.198) 6:49.459 (1:32.597)	Seattle Pacific	11:37.77	11:19.21
7 Flack, Olivia 45.548 (45.548) 6:52.030 (1:35.345)	Western Oregon	11:36.68	11:29.64
8 Halsell, Laura 47.235 (47.235) 6:53.505 (1:33.518)	Western Washington	11:33.42	11:44.28
9 Chapman, Katie 46.489 (46.489) 6:54.243 (1:37.714)	Western Oregon	12:15.27	11:51.55
10 Williamson, Avery 47.358 (47.358) 7:05.143 (1:40.489)	Alaska Anchorage	11:57.84	11:56.89
11 Larson, Lindie 46.749 (46.749) 7:05.924 (1:39.148)	Western Oregon	12:08.99	12:01.10
12 Miller, Sidra 48.001 (48.001) 7:02.765 (1:38.669)	Western Washington	11:56.33	12:07.29
13 Spaic, Sofija 47.659 (47.659) 7:16.404 (1:39.758)	Alaska Anchorage	12:02.69	12:17.44

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Finals ... (Women 3000 Meter Steeplechase)**

Name	School	Seed	Finals
14 Stewart, Keelin 47.648 (47.648) 7:16.839 (1:43.599)	Northwest Nazarene 2:17.241 (1:29.594) 3:52.385 (1:35.144) 9:04.428 (1:47.589) 10:49.219 (1:44.792)	12:42.35 5:33.240 (1:40.855) 12:24.805 (1:35.587)	12:24.81
15 Flolo, Katelyn 47.115 (47.115) 7:09.345 (1:42.988)	Seattle Pacific 2:15.839 (1:28.724) 3:48.930 (1:33.092) 8:55.839 (1:46.494) 10:44.480 (1:48.642)	11:46.15 5:26.358 (1:37.428) 12:34.171 (1:49.692)	12:34.18
16 Dalling, Kaylee 48.884 (48.884) 7:25.860 (1:44.412)	Msu-Billings 2:21.731 (1:32.848) 3:58.623 (1:36.892) 9:13.554 (1:47.694) 11:01.519 (1:47.965)	12:39.08 5:41.449 (1:42.827) 12:42.478 (1:40.959)	12:42.48

Women 4x100 Meter Relay

GNAC Records:	45.88	R	5/14/2022	Seattle Pacific, Seattle Paci
				P Igbonagwam, V Aniteye, A Green, J Bouyer
GNAC Meet:	45.88	M	5/14/2022	Seattle Pacific, Seattle Paci
				P Igbonagwam, V Aniteye, A Green, J Bouyer
Qual Auto:	45.52	A	2021	DII Automatic Qualifying Standard
Qual Prov:	46.73	P	2021	DII Provisional Qualifying Standard
Team				Relay

Finals	Team	Relay	Seed	Finals
1	Simon Fraser 1) Voloshin, Diana 46.401 (46.401)	A 2) Leclair, Marie-Eloise	46.56	46.41 P 4) Cummings, Jaeland
2	Northwest Nazarene 1) Baniaga, Katie 47.059 (47.059)	A 2) Wood, Abbey	47.52	47.06 4) Baniaga, Kayla
3	Central Washington 1) Hopper, Elise 47.079 (47.079)	A 2) Williams, Juliette	47.31	47.08 4) Hollis, E'Lexis
4	Western Oregon 1) Lavato, Josie 48.175 (48.175)	A 2) Popchock, Ana	48.23	48.18 4) Thompson, Maliyah
5	Seattle Pacific 1) Green, Aniya 49.098 (49.098)	A 2) Crane, Marissa	49.78	49.10 4) Smith, Charisma
6	Alaska Anchorage 1) Mader, Mikayla 49.205 (49.205)	A 2) Backman, Kaitlyn	48.84	49.21 4) Slate, Essence
7	Msu-Billings 1) Klein, Bella 49.836 (49.836)	A 2) Richardson, Mya	49.53	49.84 4) Thompson, Madison
---	Western Washington 1) Mansfield, Brooke 49.711 (49.711)	A 2) Miller, Anna	47.55	DQ 4) Cheney, Caitlyn

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Women 4x400 Meter Relay**

GNAC Records:	3:41.80	R	2018	Western Oregon, Western Oregon
GNAC Meet:	3:43.50	M	5/14/2022	Simon Fraser, Simon Fraser
Qual Auto:	3:39.55	A	2021	E Binder, A Andrews-Paul, M Leclair, E Lindsay
Qual Prov:	3:48.64	P	2021	DII Automatic Qualifying Standard
				DII Provisional Qualifying Standard

Team	Relay	Seed	Finals
Finals			
1 Simon Fraser	A	3:47.65	3:48.45 P
1) Cannan, Emma	2) Bosma, Claire	3) Binder, Erika	4) Leclair, Marie-Eloise
1:55.474 (1:55.474)	2:53.064 (57.590)	3:48.444 (55.380)	
2 Central Washington	A	3:54.55	3:52.34
1) Harris, Donna Marie	2) Hopper, Elise	3) Williams, Juliette	4) DeGroot, Ellie
1:57.838 (1:57.838)	2:54.786 (56.948)	3:52.336 (57.550)	
3 Western Washington	A	3:56.98	3:54.06
1) Cheney, Caitlyn	2) Crocker, Mia	3) Miller, Anna	4) Ledesma, Marian
2:00.973 (2:00.973)	2:58.376 (57.404)	3:54.060 (55.684)	
4 Western Oregon	A	3:58.73	3:57.42
1) Hart, Jessy	2) Altamirano, Bethanie	3) Hurley, Jenelle	4) Lambing, Madeline
1:58.951 (1:58.951)	2:57.454 (58.503)	3:57.411 (59.957)	
5 Northwest Nazarene	A	3:55.87	3:58.14
1) Wood, Abbey	2) DeJong, Laine	3) Williams, Shayna	4) Gomez, Alejandra
2:00.191 (2:00.191)	3:00.729 (1:00.538)	3:58.135 (57.407)	
6 Seattle Pacific	A	3:54.94	3:59.28
1) Brown, Johanna	2) Michael, Libby	3) Crane, Marissa	4) Smith, Charisma
2:01.281 (2:01.281)	3:01.916 (1:00.635)	3:59.278 (57.362)	
7 Alaska Anchorage	A	3:54.66	4:00.77
1) Backman, Kaitlyn	2) De Arvizu Sarrias, Blanca	3) Flad, Leonie	4) Cvancara, Sophia
2:01.015 (2:01.015)	3:00.252 (59.237)	4:00.765 (1:00.513)	
8 Msu-Billings	A	4:06.24	4:01.06
1) Klein, Bella	2) Richardson, Mya	3) Clark, Annelise	4) Severson, Madeline
2:00.955 (2:00.955)	3:01.512 (1:00.558)	4:01.057 (59.545)	

Women High Jump

GNAC Records:	1.78m	R	2007	Teona Perkins, SPU
GNAC Meet:	1.77m	M	2016	Taylor Fettig, CWU
Qual Auto:	1.77m	A	2021	DII Automatic Qualifying Standard
Qual Prov:	1.68m	P	2021	DII Provisional Qualifying Standard

Name	School	Finals
Finals		
1 Kania, Sydney	Simon Fraser	1.66m 5-05.25
2 Hurley, Jenelle	Western Oregon	J1.66m 5-05.25
3 Deters, Amity	Western Oregon	1.61m 5-03.25
4 Koch, Miya	Northwest Nazarene	J1.61m 5-03.25
5 Ngaida, Kalulusno	Western Oregon	1.56m 5-01.25
6 McLauchlin, Lyndee	Western Oregon	1.51m 4-11.50
7 Severson, Madeline	Msu-Billings	J1.51m 4-11.50
8 Clemens, Macy	Western Oregon	J1.51m 4-11.50
9 Duenninger, Carlotta	Alaska Anchorage	J1.51m 4-11.50
9 Windbiel, Olivia	Simon Fraser	J1.51m 4-11.50
11 Avery, Nicole	Western Washington	1.46m 4-09.50
11 Mader, Mikayla	Alaska Anchorage	1.46m 4-09.50
13 DeGroot, Ellie	Central Washington	1.41m 4-07.50
--- Huber, Carley	Central Washington	NH

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Women Pole Vault****GNAC Records: 4.04m R 2021****Scout Cai, SPU****GNAC Meet: 3.91m M 2019****Scout Cai, SPU****Qual Auto: 4.10m A 2021****DII Automatic Qualifying Standard****Qual Prov: 3.67m P 2021****DII Provisional Qualifying Standard**

Name	School	Finals		
Finals				
1 Yenor, Kinsey	Northwest Nazarene	4.01m	M	13-01.75
2 Thomason, Emily	Seattle Pacific	3.77m	P	12-04.50
3 Daugherty, Lizzy	Seattle Pacific	3.62m		11-10.50
4 Tran, Annie	Western Washington	3.47m		11-04.50
5 Coble, Kaylee	Western Washington	3.32m		10-10.75
6 Sykes, Jancy	Central Washington	3.02m		9-10.75
--- Hart, Jessy	Western Oregon		NH	
--- Young, Peyton	Western Oregon		NH	
--- Skaggs, Claire	Saint Martin's		NH	
--- Hill, Charlie	Seattle Pacific		NH	

Women Long Jump**GNAC Records: 6.22m R 2018****Renick Meyer, SPU****GNAC Meet: 5.99m M 2013****Ali Worthen, SPU****Qual Auto: 6.23m A 2021****DII Automatic Qualifying Standard****Qual Prov: 5.80m P 2021****DII Provisional Qualifying Standard**

Name	School	Finals		Wind	H#
Finals					
1 Nwokoma, Ujunwa	Western Oregon	5.68m		18-07.75	1.2 2
2 Lagerwey, Matty	Western Washington	5.61m		18-05.00	0.8 2
3 Hurley, Jenelle	Western Oregon	5.58m		18-03.75	2.5 2
4 Clemens, Macy	Western Oregon	5.56m		18-03.00	2.2 1
5 Clark, Emma	Northwest Nazarene	5.52m		18-01.50	2.1 2
6 Duncan, Alyssa	Saint Martin's	5.50m		18-00.50	0.3 2
7 DeJong, Laine	Northwest Nazarene	5.45m		17-10.75	1.5 1
8 Clay, Amariyah	Western Oregon	5.29m		17-04.25	1.4 1
9 Deters, Amity	Western Oregon	5.25m		17-02.75	0.3 1
10 Cabanos, Erica	Central Washington	5.23m		17-02.00	0.3 2
11 Slate, Essence	Alaska Anchorage	5.19m		17-00.50	0.8 2
12 Polkinghorn, Hannah	Western Washington	5.18m		17-00.00	1.6 1
13 Stewart, Kyra	Simon Fraser	5.17m		16-11.50	1.7 1
14 Popchock, Ana	Western Oregon	5.13m		16-10.00	1.9 1
14 Lynn, Kendall	Msu-Billings	5.13m		16-10.00	1.2 2
16 Zilla, Margaret	Saint Martin's	5.00m		16-05.00	0.6 1
17 Ronse, Dominique	Simon Fraser	4.97m		16-03.75	0.9 1
18 Avery, Nicole	Western Washington	4.91m		16-01.50	0.7 2
19 Thompson, Madison	Msu-Billings	4.87m		15-11.75	2.0 1
20 Glaze, Jayden	Alaska Anchorage	4.66m		15-03.50	1.1 1
20 Hicks, Maliyah	Seattle Pacific	4.66m		15-03.50	0.9 1

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Women Triple Jump****GNAC Records: 12.60m R 2019****Chrisalyn Johnson, UAA****GNAC Meet: 12.58m M 2019****Chrisalyn Johnson, UAA****Qual Auto: 12.77m A 2021****DII Automatic Qualifying Standard****Qual Prov: 11.89m P 2021****DII Provisional Qualifying Standard**

Name	School	Finals	Wind	H#
Finals				
1 Duncan, Alyssa	Saint Martin's	12.03m P 39-05.75	1.7	2
2 Lynn, Kendall	Msu-Billings	11.74m 38-06.25	1.1	2
3 Clay, Amariyah	Western Oregon	11.68m 38-04.00	0.7	2
4 Popchock, Ana	Western Oregon	11.50m 37-08.75	+0.0	2
5 Cabanos, Erica	Central Washington	11.28m 37-00.25	1.7	2
6 Ngaida, Kalulusno	Western Oregon	11.20m 36-09.00	0.1	2
7 Clemens, Macy	Western Oregon	11.08m 36-04.25	2.5	1
8 Zilla, Margaret	Saint Martin's	11.02m 36-02.00	-0.2	1
9 Clark, Emma	Northwest Nazarene	10.97m 36-00.00	1.5	2
10 Windbiel, Olivia	Simon Fraser	10.86m 35-07.75	1.3	2
11 Lagerwey, Matty	Western Washington	10.75m 35-03.25	0.7	1
12 Moore, Tehya	Central Washington	10.73m 35-02.50	1.3	1
13 Alberts, Ellie	Northwest Nazarene	10.70m 35-01.25	2.5	1
14 Paugh, Madison	Simon Fraser	10.66m 34-11.75	2.3	1
15 Sewell, Sarah	Central Washington	10.58m 34-08.50	1.5	1
16 Sanchez, Alyssa	Msu-Billings	10.46m 34-04.00	2.2	1
17 Green, Kiarra	Central Washington	10.14m 33-03.25	1.2	1
--- Primrose, Kennedy	Simon Fraser	DNS	NWI	2

Women Shot Put**GNAC Records: 17.39m R 2017****McKenzie Warren, CU****GNAC Meet: 16.55m M 2017****McKenzie Warren, CU****Qual Auto: 15.76m A 2021****DII Automatic Qualifying Standard****Qual Prov: 13.85m P 2021****DII Provisional Qualifying Standard**

Name	School	Finals	H#
Finals			
1 Herbert, Destany	Northwest Nazarene	14.26m P 46-09.50	2
2 Saribay, Jocelyn	Saint Martin's	12.79m 41-11.50	2
3 Parks, Mara	Western Washington	12.65m 41-06.00	2
4 Grandbois, Maddy	Western Washington	12.23m 40-01.50	2
5 Lyness, Liliana	Western Oregon	12.17m 39-11.25	2
6 Board, Brenna	Central Washington	11.86m 38-11.00	2
7 Crawford, Jordan	Northwest Nazarene	11.22m 36-09.75	1
8 Clay, Amariyah	Western Oregon	11.09m 36-04.75	1
9 Jones, Grace	Msu-Billings	11.07m 36-04.00	2
10 Green, Jaida	Msu-Billings	11.00m 36-01.25	2
11 Potts, Katie	Western Washington	10.94m 35-10.75	2
12 McMullen, Ebby	Northwest Nazarene	10.27m 33-08.50	1
13 Buckway, Nizhoni	Northwest Nazarene	9.88m 32-05.00	1
14 Mendoza, Jazmin	Central Washington	9.69m 31-09.50	1

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Women Discus Throw****GNAC Records: 55.74m R 2018****GNAC Meet: 53.01m M 2018****Qual Auto: 53.61m A 2021****Qual Prov: 45.51m P 2021****Melissa Ausman, CU****Melissa Ausman, CU****DII Automatic Qualifying Standard****DII Provisional Qualifying Standard**

Name	School	Finals	H#
Finals			
1 Potts, Katie	Western Washington	43.78m 143-08	2
2 Board, Brenna	Central Washington	39.74m 130-04	2
3 Andres, Krystal	Western Oregon	39.69m 130-02	2
4 Moline, Ryann	Msu-Billings	39.39m 129-03	2
5 Herbert, Destany	Northwest Nazarene	38.51m 126-04	2
6 Elenbaas, Payton	Central Washington	36.98m 121-04	2
7 Holmes, Isabella	Central Washington	36.94m 121-02	2
8 Saribay, Jocelyn	Saint Martin's	33.84m 111-00	2
9 Crawford, Jordan	Northwest Nazarene	33.04m 108-05	2
10 Jolma, Brynn	Msu-Billings	32.48m 106-07	1
11 Newell, Sierra	Northwest Nazarene	31.21m 102-05	1
12 Tulimaiau, Danara	Msu-Billings	30.88m 101-04	1
13 Green, Jaida	Msu-Billings	29.98m 98-04	1
14 Parks, Mara	Western Washington	29.87m 98-00	1
15 Jones, Grace	Msu-Billings	25.87m 84-10	1
16 Yamasaki, Shy	Saint Martin's	23.35m 76-07	1

Women Hammer Throw**GNAC Records: 62.42m R 2018****GNAC Meet: 59.62m M 2018****Qual Auto: 60.58m A 2021****Qual Prov: 52.09m P 2021****Christina MacDonald, CU****Christina McDonald, CU****DII Automatic Qualifying Standard****DII Provisional Qualifying Standard**

Name	School	Finals	H#
Finals			
1 Westfall, Raine	Western Washington	52.45m P 172-01	2
2 Herbert, Destany	Northwest Nazarene	49.83m 163-06	2
3 Hanger, Kaitlyn	Simon Fraser	48.09m 157-09	2
4 Liniewski, Zuzanna	Simon Fraser	47.90m 157-02	2
5 Carpenter, Emillia	Western Oregon	46.06m 151-01	2
6 Crawford, Jordan	Northwest Nazarene	45.83m 150-04	1
7 Lyness, Liliana	Western Oregon	45.51m 149-04	2
8 Board, Brenna	Central Washington	44.44m 145-10	2
9 Mendoza, Jazmin	Central Washington	43.74m 143-06	1
10 Jones, Grace	Msu-Billings	43.73m 143-06	2
11 Parks, Mara	Western Washington	43.23m 141-10	1
12 Cookman, Jordan	Msu-Billings	42.41m 139-02	1
13 Saribay, Jocelyn	Saint Martin's	42.20m 138-05	2
14 Green, Jaida	Msu-Billings	41.67m 136-08	1
15 Jolma, Brynn	Msu-Billings	41.01m 134-06	1
16 Tulimaiau, Danara	Msu-Billings	39.86m 130-09	1
17 Neilsen, Sarah	Saint Martin's	38.85m 127-05	1
18 Potts, Katie	Western Washington	37.51m 123-01	1
--- Elenbaas, Payton	Central Washington	FOUL	1

2023 GNAC Championship - 5/12/2023 to 5/13/2023

Western Oregon University

Results

Women Javelin Throw

GNAC Records: 54.18m R 2016

Bethany Drake, WWU

GNAC Meet: 52.40m M 2017

Bethany Drake, WWU

Qual Auto: 49.63m A 2021

DII Automatic Qualifying Standard

Qual Prov: 41.84m P 2021

DII Provisional Qualifying Standard

Name	School	Finals	H#
Finals			
1 Wright, Kaylee	Western Oregon	43.25m P 141-11	2
2 McLauchlin, Lyndee	Western Oregon	40.20m 131-11	2
3 Sanders, Abigail	Western Oregon	38.74m 127-01	2
4 Powers, Emily	Northwest Nazarene	38.18m 125-03	1
5 Lagerwey, Matty	Western Washington	37.50m 123-00	1
6 Duenninger, Carlotta	Alaska Anchorage	37.42m 122-09	2
7 Buckway, Nizhoni	Northwest Nazarene	36.96m 121-03	2
8 Paugh, Madison	Simon Fraser	36.63m 120-02	2
9 Avery, Nicole	Western Washington	35.81m 117-06	2
10 Hargett, Madison	Western Oregon	35.12m 115-03	1
11 Moline, Ryann	Msu-Billings	34.49m 113-02	2
12 Newell, Sierra	Northwest Nazarene	32.09m 105-03	1
13 Carpenter, Emillia	Western Oregon	31.61m 103-08	2
14 Cookman, Jordan	Msu-Billings	30.45m 99-11	1
15 Miles, Ally	Northwest Nazarene	29.87m 98-00	1
16 Hurley, Jenelle	Western Oregon	29.38m 96-05	1

Heptathlon: #4 Women 200 Meter Dash Heptathlon

GNAC Records: 24.78 R 2013

Grace Morgan, UAA

GNAC Meet: 24.78 M 2013

Grace Morgan, UAA

Name	School	Finals	Wind	H#
Finals				
1 Thompson, Maliyah	Western Oregon	25.24	-0.7	2
2 DeChenne, McCall	Central Washington	25.43	-0.7	2
3 Hurley, Jenelle	Western Oregon	26.11	-0.7	2
4 Lagerwey, Matty	Western Washington	26.29	0.2	1
5 Avery, Nicole	Western Washington	26.41	-0.7	2
6 Chang, Hannah	Seattle Pacific	26.64	-0.7	2
7 DeGroot, Ellie	Central Washington	26.68	-0.7	2
8 Duenninger, Carlotta	Alaska Anchorage	26.73	-0.7	2
9 Deters, Amity	Western Oregon	26.78	0.2	1
10 Clay, Amariyah	Western Oregon	26.99	0.2	1
11 Huber, Carley	Central Washington	27.80	0.2	1
12 Newell, Sierra	Northwest Nazarene	28.68	0.2	1
13 Clemens, Macy	Western Oregon	28.74	0.2	1

Heptathlon: #7 Women 800 Meter Run Heptathlon

GNAC Records: 2:12.52 R 2005

Bridgette Sexton, SPU

GNAC Meet: 2:14.20 M 2015

Hayleigh Lloyd, UAA

Name	School	Finals
Finals		
1 DeGroot, Ellie	Central Washington	2:23.88
2 Duenninger, Carlotta	Alaska Anchorage	2:31.03
3 Hurley, Jenelle	Western Oregon	2:34.30

2023 GNAC Championship - 5/12/2023 to 5/13/2023

Western Oregon University

Results

Finals ... (Heptathlon: #7 Women 800 Meter Run Heptathlon)

Name	School	Finals
4 Chang, Hannah	Seattle Pacific	2:36.53
5 Lagerwey, Matty	Western Washington	2:37.89
6 Clemens, Macy	Western Oregon	2:41.99
7 Deters, Amity	Western Oregon	2:42.54
8 Thompson, Maliyah	Western Oregon	2:43.19
9 Avery, Nicole	Western Washington	2:44.41
10 Clay, Amariyah	Western Oregon	2:44.57
--- Huber, Carley	Central Washington	DNF
--- DeChenne, McCall	Central Washington	DNF
--- Newell, Sierra	Northwest Nazarene	DNS

Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

GNAC Records:	13.70	R	2005	Danielle Ayers-Stamper, SPU
GNAC Meet:	14.17	M	2016	Maliea Luquin, SPU
GNAC Meet:	14.17	M	2013	Ali Worthen, SPU

Name	School	Finals	Wind	H#
Finals				
1 Chang, Hannah	Seattle Pacific	14.53	2.0	4
2 Thompson, Maliyah	Western Oregon	14.61	2.0	4
3 DeChenne, McCall	Central Washington	14.73	1.4	3
4 DeGroot, Ellie	Central Washington	14.82	2.0	4
5 Lagerwey, Matty	Western Washington	14.91	2.3	1
6 Hurley, Jenelle	Western Oregon	14.94	2.0	4
7 Avery, Nicole	Western Washington	15.41	-0.3	2
8 Deters, Amity	Western Oregon	15.54	-0.3	2
9 Clay, Amariyah	Western Oregon	15.67	1.4	3
10 Clemens, Macy	Western Oregon	16.09	-0.3	2
11 Huber, Carley	Central Washington	16.14	1.4	3
12 Duenninger, Carlotta	Alaska Anchorage	16.17	2.3	1
13 Newell, Sierra	Northwest Nazarene	18.97	2.3	1

Heptathlon: #2 Women High Jump Heptathlon

GNAC Records:	1.75m	R	2005	Danielle Ayers-Stamper, SPU
GNAC Meet:	1.73m	M	2014	Taylor Fettig, CWU

Name	School	Finals
Finals		
1 Hurley, Jenelle	Western Oregon	1.61m 5-03.25
2 Deters, Amity	Western Oregon	1.58m 5-02.25
3 Clemens, Macy	Western Oregon	1.52m 4-11.75
4 Chang, Hannah	Seattle Pacific	1.49m 4-10.50
4 Clay, Amariyah	Western Oregon	1.49m 4-10.50
4 Thompson, Maliyah	Western Oregon	1.49m 4-10.50
7 Lagerwey, Matty	Western Washington	1.46m 4-09.50
7 Duenninger, Carlotta	Alaska Anchorage	1.46m 4-09.50
7 DeGroot, Ellie	Central Washington	1.46m 4-09.50
10 DeChenne, McCall	Central Washington	1.40m 4-07.00
11 Newell, Sierra	Northwest Nazarene	1.37m 4-06.00
12 Avery, Nicole	Western Washington	1.34m 4-04.75
--- Huber, Carley	Central Washington	NH

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Heptathlon: #5 Women Long Jump Heptathlon**

GNAC Records: 6.22m R 2018 Renick Meyer, SPU

GNAC Meet: 6.22m M 2018 Renick Meyer, SPU

Name	School	Finals	Wind
Finals			
1 Hurley, Jenelle	Western Oregon	5.68m	18-07.75 -2.2
2 Clemens, Macy	Western Oregon	5.15m	16-10.75 0.7
3 DeChenne, McCall	Central Washington	5.09m	16-08.50 -1.5
4 Clay, Amariyah	Western Oregon	5.04m	16-06.50 -0.9
5 Lagerwey, Matty	Western Washington	5.01m	16-05.25 -0.4
6 Duenninger, Carlotta	Alaska Anchorage	4.90m	16-01.00 0.2
7 Chang, Hannah	Seattle Pacific	4.85m	15-11.00 -0.7
8 Deters, Amity	Western Oregon	4.84m	15-10.50 -1.7
9 Avery, Nicole	Western Washington	4.80m	15-09.00 +0.0
10 Thompson, Maliyah	Western Oregon	4.64m	15-02.75 0.1
11 DeGroot, Ellie	Central Washington	4.58m	15-00.50 -0.5
12 Huber, Carley	Central Washington	4.49m	14-08.75 0.9
13 Newell, Sierra	Northwest Nazarene	4.09m	13-05.00 +0.0

Heptathlon: #3 Women Shot Put Heptathlon

GNAC Records: 13.00m R 2006 Bridget Johnson, WOU

GNAC Meet: 12.88m M 2006 Bridget Johnson, WOU

Name	School	Finals
Finals		
1 Clay, Amariyah	Western Oregon	10.59m 34-09.00
2 Lagerwey, Matty	Western Washington	10.45m 34-03.50
3 Clemens, Macy	Western Oregon	9.80m 32-02.00
4 DeChenne, McCall	Central Washington	9.67m 31-08.75
5 Avery, Nicole	Western Washington	9.46m 31-00.50
6 Newell, Sierra	Northwest Nazarene	9.21m 30-02.75
7 Hurley, Jenelle	Western Oregon	9.15m 30-00.25
8 Huber, Carley	Central Washington	9.07m 29-09.25
9 Thompson, Maliyah	Western Oregon	9.02m 29-07.25
10 Deters, Amity	Western Oregon	9.01m 29-06.75
11 Duenninger, Carlotta	Alaska Anchorage	8.81m 28-11.00
12 DeGroot, Ellie	Central Washington	8.80m 28-10.50
13 Chang, Hannah	Seattle Pacific	8.79m 28-10.25

Heptathlon: #6 Women Javelin Throw Heptathlon

GNAC Records: 45.21m R 2012 Katie Reichert, WWU

GNAC Meet: 45.21m M 2012 Katie Reichert, WWU

Name	School	Finals
Finals		
1 Duenninger, Carlotta	Alaska Anchorage	37.10m 121-09
2 Avery, Nicole	Western Washington	36.62m 120-02
3 Lagerwey, Matty	Western Washington	35.11m 115-02
4 Hurley, Jenelle	Western Oregon	33.91m 111-03
5 Clemens, Macy	Western Oregon	29.44m 96-07
6 Newell, Sierra	Northwest Nazarene	28.74m 94-03
7 Chang, Hannah	Seattle Pacific	26.64m 87-05
8 DeChenne, McCall	Central Washington	26.38m 86-06

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Finals ... (Heptathlon: #6 Women Javelin Throw Heptathlon)**

Name	School	Finals	Finals
9 Deters, Amity	Western Oregon	26.00m	85-04
10 DeGroot, Ellie	Central Washington	25.92m	85-00
11 Thompson, Maliyah	Western Oregon	25.83m	84-09
12 Huber, Carley	Central Washington	25.29m	83-00
13 Clay, Amariyah	Western Oregon	21.95m	72-00

Women Heptathlon

GNAC Records:	5606	R	2005	Danielle Ayers-Stamper, SPU
GNAC Meet:	5390	M	2013	Ali Worthen, SPU
Qual Auto:	5207	A	2021	DII Automatic Qualifying Standard
Qual Prov:	4529	P	2021	DII Provisional Qualifying Standard

Name	School	Seed	Finals	H#
Finals				
1 Hurley, Jenelle	Western Oregon	4720	4803 P	
2 Lagerwey, Matty	Western Washington	3856	4495	
3 Duenninger, Carlotta	Alaska Anchorage	4376	4281	
4 Chang, Hannah	Seattle Pacific		J4253	
5 DeGroot, Ellie	Central Washington	4172	J4253	
6 Thompson, Maliyah	Western Oregon	4017	4233	
7 Deters, Amity	Western Oregon	4039	4140	
8 Avery, Nicole	Western Washington	3876	4125	
9 Clay, Amariyah	Western Oregon	3831	4063	
10 Clemens, Macy	Western Oregon	3749	4054	
11 DeChenne, McCall	Central Washington	4447	3738	
12 Huber, Carley	Central Washington	3786	2627	

Men 100 Meter Dash**8 Advance: Top 1 Each Heat plus Next 6 Best Times**

GNAC Records:	10.22	R	2015	Alex Donigian, WWU
GNAC Meet:	10.43	M	2010	Anthony Wright, CWU
Qual Auto:	10.28	A	2021	DII Automatic Qualifying Standard
Qual Prov:	10.57	P	2021	DII Provisional Qualifying Standard

Name	School	Seed	Prelims	Wind	H#
Preliminaries					
1 Campbell, Enrique 10.460 (10.460)	Alaska Anchorage	10.72	P 10.46 Q	0.4	2
2 Johnson, Noah 10.593 (10.593)	Western Washington	10.58	10.60 Q	0.8	1
3 Loggins, Dominique 10.795 (10.795)	Western Oregon	10.90	10.80 q	0.8	1
4 Penson-Mccoy, Jesaiah 10.801 (10.801)	Simon Fraser	10.63	10.81 q	0.4	2
5 Durfee, Brayden 10.833 (10.833)	Northwest Nazarene	10.84	10.84 q	0.8	1
6 Johnson, Ethan 10.877 (10.877)	Western Washington	10.89	10.88 q	0.4	2
7 Suzuki, Kaito 10.890 (10.890)	Simon Fraser	10.71	10.89 q	0.8	1
8 Belcher, Jeremy 10.899 (10.899)	Simon Fraser	10.85	10.90 q	0.8	1
9 Georgia, Nick 10.928 (10.928)	Saint Martin's	11.05	10.93	0.4	2

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Preliminaries ... (Men 100 Meter Dash)**

Name	School	Seed	Prelims	Wind	H#
10 Gordon, Jeff 10.995 (10.995)	Seattle Pacific	10.90	11.00	0.4	2
11 Garner, Dallin 11.005 (11.005)	Northwest Nazarene	11.15	11.01	0.4	2
12 Greenwalt, Ryan 11.054 (11.054)	Western Washington	10.83	11.06	0.4	2
13 Webster, Isaiah 11.057 (11.057)	Central Washington	10.97	11.06	0.8	1
14 Mickenham, Nolan 11.108 (11.108)	Western Washington	10.60	11.11	0.4	2
--- Braseth, Hunter	Northwest Nazarene	10.72	FS	0.8	1

Men 100 Meter Dash

GNAC Records:	10.22	R	2015	Alex Donigian, WWU
GNAC Meet:	10.43	M	2010	Anthony Wright, CWU
Qual Auto:	10.28	A	2021	DII Automatic Qualifying Standard
Qual Prov:	10.57	P	2021	DII Provisional Qualifying Standard

Name	School	Prelims	Finals	Wind
Finals				
1 Campbell, Enrique 10.506 (10.506)	Alaska Anchorage	10.46	10.51 P	1.8
2 Johnson, Noah 10.514 (10.514)	Western Washington	10.60	10.52 P	1.8
3 Penson-Mccoy, Jesaiah 10.680 (10.680)	Simon Fraser	10.81	10.68	1.8
4 Loggins, Dominique 10.730 (10.730)	Western Oregon	10.80	10.73	1.8
5 Johnson, Ethan 10.754 (10.754)	Western Washington	10.88	10.76	1.8
6 Suzuki, Kaito 10.771 (10.771)	Simon Fraser	10.89	10.78	1.8
7 Durfee, Brayden 10.776 (10.776)	Northwest Nazarene	10.84	10.78	1.8
8 Belcher, Jeremy 10.892 (10.892)	Simon Fraser	10.90	10.90	1.8

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

GNAC Records:	20.93	R	2016	Alex Donigian, WWU
GNAC Meet:	21.32	M	2014	Tyrell Williams, Western Oregon
GNAC Meet:	21.32	M	2013	Rimar Christie, NNU
Qual Auto:	20.74	A	2021	DII Automatic Qualifying Standard
Qual Prov:	21.32	P	2021	DII Provisional Qualifying Standard

Name	School	Seed	Prelims	Wind	H#
Preliminaries					
1 Penson-Mccoy, Jesaiah 21.545 (21.545)	Simon Fraser	21.43	21.55 Q	3.0	2
2 Braseth, Hunter 21.573 (21.573)	Northwest Nazarene	21.46	21.58 Q	0.4	1
3 Durfee, Brayden 21.698 (21.698)	Northwest Nazarene	21.65	21.70 q	3.0	2
4 Georgia, Nick 21.950 (21.950)	Saint Martin's	22.31	21.95 q	3.0	2

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Preliminaries ... (Men 200 Meter Dash)**

Name	School	Seed	Prelims	Wind	H#
5 Belcher, Jeremy 21.968 (21.968)	Simon Fraser	22.33	21.97 q	3.0	2
6 Johnson, Ethan 21.983 (21.983)	Western Washington	22.16	21.99 q	3.0	2
7 Suzuki, Kaito 22.130 (22.130)	Simon Fraser	22.18	22.13 q	3.0	2
8 Campbell, Enrique 22.142 (22.142)	Alaska Anchorage	21.55	22.15 q	0.4	1
9 Hendrix, Amari 22.194 (22.194)	Western Oregon	22.21	22.20	0.4	1
10 Le, Brian 22.296 (22.296)	Western Washington	21.74	22.30	3.0	2
11 Ralston, Ben 22.324 (22.324)	Msu-Billings	22.00	22.33	0.4	1
12 Johnson, Jaden 22.351 (22.351)	Western Washington	22.46	22.36	0.4	1
13 Hunt, Sylvanus 22.493 (22.493)	Northwest Nazarene	22.29	22.50	0.4	1
14 Gordon, Jeff 22.494 (22.494)	Seattle Pacific	22.06	22.50	0.4	1
15 Belanger, Jacob 23.750 (23.750)	Alaska Anchorage	22.80	23.75	0.4	1

Men 200 Meter Dash

GNAC Records:	20.93	R	2016
GNAC Meet:	21.32	M	2014
GNAC Meet:	21.32	M	2013
Qual Auto:	20.74	A	2021
Qual Prov:	21.32	P	2021

Alex Donigian, WWU
Tyrell Williams, Western Oregon
Rimar Christie, NNU
DII Automatic Qualifying Standard
DII Provisional Qualifying Standard

Name	School	Prelims	Finals	Wind
Finals				
1 Penson-Mccoy, Jesaiah 21.546 (21.546)	Simon Fraser	21.55	21.55	1.6
2 Durfee, Brayden 21.547 (21.547)	Northwest Nazarene	21.70	21.55	1.6
3 Braseth, Hunter 21.693 (21.693)	Northwest Nazarene	21.58	21.70	1.6
4 Campbell, Enrique 21.731 (21.731)	Alaska Anchorage	22.15	21.74	1.6
5 Georgia, Nick 22.058 (22.058)	Saint Martin's	21.95	22.06	1.6
6 Johnson, Ethan 22.072 (22.072)	Western Washington	21.99	22.08	1.6
7 Belcher, Jeremy 22.082 (22.082)	Simon Fraser	21.97	22.09	1.6
8 Suzuki, Kaito 22.579 (22.579)	Simon Fraser	22.13	22.58	1.6

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Men 400 Meter Dash****8 Advance: Top 1 Each Heat plus Next 6 Best Times**

GNAC Records:	47.51	R	2011	Ethan Hewitt, UAA
GNAC Meet:	47.55	M	2018	Kodiak Landis, Central Washington
GNAC Meet:	47.55	M	2012	Ethan Hewitt, UAA
Qual Auto:	46.36	A	2021	DII Automatic Qualifying Standard
Qual Prov:	47.71	P	2021	DII Provisional Qualifying Standard

Name	School	Seed	Prelims	H#
Preliminaries				
1 Hendrix, Amari 48.066 (48.066)	Western Oregon	49.55	48.07 Q	1
2 Angarita, Kevin 48.668 (48.668)	Alaska Anchorage	47.81	48.67 Q	2
3 Brenek, Lucas 48.511 (48.511)	Western Washington	48.91	48.52 q	1
4 Archer, Isaiah 48.539 (48.539)	Seattle Pacific	48.24	48.54 q	1
5 Ralston, Ben 49.149 (49.149)	Msu-Billings	48.35	49.15 q	2
6 Le, Brian 49.649 (49.649)	Western Washington	48.35	49.65 q	2
7 Arce-Torres, Gabe 49.779 (49.779)	Western Oregon	49.98	49.78 q	2
8 Carpenter, Evan 50.114 (50.114)	Seattle Pacific	50.24	50.12 q	1
9 Ames, Trevor 50.211 (50.211)	Northwest Nazarene	49.72	50.22	2
10 Hunter, Timothy 50.394 (50.394)	Alaska Anchorage	50.05	50.40	1
11 Kremser, Maximilian 50.461 (50.461)	Alaska Anchorage	47.87	50.47	1
12 Franco, Zachary 50.522 (50.522)	Saint Martin's	50.42	50.53	1
13 Shepherd, Julius 50.826 (50.826)	Seattle Pacific	50.59	50.83	1
14 Yasin, Joel 51.235 (51.235)	Western Oregon	50.28	51.24	2
15 Ramsay, Camron 51.410 (51.410)	Central Washington	50.38	51.41	2

Men 400 Meter Dash

GNAC Records:	47.51	R	2011	Ethan Hewitt, UAA
GNAC Meet:	47.55	M	2018	Kodiak Landis, Central Washington
GNAC Meet:	47.55	M	2012	Ethan Hewitt, UAA
Qual Auto:	46.36	A	2021	DII Automatic Qualifying Standard
Qual Prov:	47.71	P	2021	DII Provisional Qualifying Standard

Name	School	Prelims	Finals
Finals			
1 Angarita, Kevin 47.589 (47.589)	Alaska Anchorage	48.67	47.59 P
2 Hendrix, Amari 47.925 (47.925)	Western Oregon	48.07	47.93
3 Archer, Isaiah 48.069 (48.069)	Seattle Pacific	48.54	48.07

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Finals ... (Men 400 Meter Dash)**

Name	School	Prelims	Finals
4 Brenek, Lucas 48.647 (48.647)	Western Washington	48.52	48.65
5 Arce-Torres, Gabe 49.249 (49.249)	Western Oregon	49.78	49.25
6 Le, Brian 49.536 (49.536)	Western Washington	49.65	49.54
7 Ralston, Ben 50.151 (50.151)	Msu-Billings	49.15	50.16
8 Carpenter, Evan 50.896 (50.896)	Seattle Pacific	50.12	50.90

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

GNAC Records:	1:47.59 R 2015	Badane Sultessa, WOU
GNAC Meet:	1:49.31 M 2005	Paul Mach, SPU
Qual Auto:	1:48.79 A 2021	DII Automatic Qualifying Standard
Qual Prov:	1:51.87 P 2021	DII Provisional Qualifying Standard

Name	School	Seed	Prelims	H#
Preliminaries				
1 Dannatt, Charlie 54.176 (54.176)	Simon Fraser	1:50.95	P 1:50.51 Q	1
2 Weber, Drew 55.572 (55.572)	Western Washington	1:49.34	1:51.97 Q	2
3 Bloom, Jonah 55.720 (55.720)	Western Washington	1:50.75	1:52.17 Q	3
4 Klus, Emmett 55.601 (55.601)	Western Oregon	1:51.24	1:52.07 Q	2
5 Sanchez, Keeton 55.369 (55.369)	Western Oregon	1:52.12	1:52.18 Q	3
6 Schmidt, Jordan 54.508 (54.508)	Simon Fraser	1:50.43	1:53.17 Q	1
7 Correa, Johan 55.646 (55.646)	Central Washington	1:50.78	1:52.24 q	3
8 Good, Aiden 55.313 (55.313)	Simon Fraser	1:51.69	1:52.31 q	2
9 Pomrankey, Easton 56.526 (56.526)	Western Oregon	1:55.04	1:52.39	3
10 Thomson, Andrew 56.122 (56.122)	Simon Fraser	1:52.11	1:53.47	3
11 Ellis, Quincy 56.232 (56.232)	Northwest Nazarene	1:54.31	1:53.81	3
12 Ahl, Braden 55.913 (55.913)	Simon Fraser	1:55.26	1:55.62	1
13 Rambo, Tim 56.865 (56.865)	Western Oregon	1:54.22	1:55.75	1
14 Chapman, Tomas 55.824 (55.824)	Simon Fraser	1:53.71	1:56.14	2
15 Wani, Rudu 55.745 (55.745)	Saint Martin's	1:57.20	1:58.18	2
16 Palmen, Connor 56.182 (56.182)	Western Washington	1:53.14	1:58.52	1
17 House, kaelan 56.555 (56.555)	Simon Fraser	1:53.99	1:59.44	2

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Men 800 Meter Run**

GNAC Records: 1:47.59 R 2015 **Badane Sultessa, WOU**
GNAC Meet: 1:49.31 M 2005 **Paul Mach, SPU**
Qual Auto: 1:48.79 A 2021 **DII Automatic Qualifying Standard**
Qual Prov: 1:51.87 P 2021 **DII Provisional Qualifying Standard**

Name	School	Prelims	Finals
Finals			
1 Dannatt, Charlie 54.043 (54.043)	Simon Fraser 1:49.971 (55.928)	1:50.51	1:49.98 P
2 Klus, Emmett 53.836 (53.836)	Western Oregon 1:50.892 (57.056)	1:52.07	1:50.90 P
3 Correa, Johan 53.218 (53.218)	Central Washington 1:51.432 (58.214)	1:52.24	1:51.44 P
4 Bloom, Jonah 55.288 (55.288)	Western Washington 1:52.031 (56.743)	1:52.17	1:52.04
5 Weber, Drew 55.957 (55.957)	Western Washington 1:52.649 (56.692)	1:51.97	1:52.65
6 Good, Aiden 54.684 (54.684)	Simon Fraser 1:52.841 (58.157)	1:52.31	1:52.85
7 Schmidt, Jordan 56.335 (56.335)	Simon Fraser 1:54.940 (58.605)	1:53.17	1:54.94
8 Sanchez, Keeton 55.768 (55.768)	Western Oregon 1:59.374 (1:03.606)	1:52.18	1:59.38

Men 1500 Meter Run

GNAC Records: 3:37.35 R 2018 **David Ribich, WOU**
GNAC Meet: 3:47.37 M 2017 **David Ribich, WOU**
Qual Auto: 3:44.38 A 2021 **DII Automatic Qualifying Standard**
Qual Prov: 3:50.68 P 2021 **DII Provisional Qualifying Standard**

Name	School	Seed	Finals
Finals			
1 Sanchez, Keeton 46.879 (46.879)	Western Oregon 1:54.853 (1:07.974) 2:59.675 (1:04.822)	3:53.46 3:54.195 (54.520)	3:54.20
2 Weber, Drew 46.899 (46.899)	Western Washington 1:54.727 (1:07.828) 2:59.869 (1:05.142)	3:44.83 3:54.991 (55.122)	3:55.00
3 Johnson, Drew 47.018 (47.018)	Alaska Anchorage 1:55.103 (1:08.085) 3:00.037 (1:04.934)	3:47.66 3:55.250 (55.213)	3:55.25
4 Ackerman, Ase 47.386 (47.386)	Msu-Billings 1:55.157 (1:07.771) 3:00.082 (1:04.925)	3:50.23 3:55.259 (55.177)	3:55.26
5 Hutton, Hunter 47.108 (47.108)	Western Oregon 1:54.821 (1:07.713) 3:00.099 (1:05.278)	3:46.67 3:55.666 (55.567)	3:55.67
6 Thomson, Andrew 47.078 (47.078)	Simon Fraser 1:54.933 (1:07.855) 2:59.736 (1:04.803)	3:50.99 3:55.705 (55.969)	3:55.71
7 Pomrankey, Easton 47.769 (47.769)	Western Oregon 1:55.214 (1:07.445) 3:00.757 (1:05.543)	3:51.52 3:56.649 (55.892)	3:56.65
8 Jessop, Carson 47.646 (47.646)	Msu-Billings 1:55.392 (1:07.746) 3:00.444 (1:05.052)	3:58.80 3:57.971 (57.527)	3:57.98
9 Castro, Jose 46.598 (46.598)	Simon Fraser 1:54.586 (1:07.988) 3:00.377 (1:05.791)	3:54.20 4:00.020 (59.643)	4:00.02
10 Ritter, Alec 47.577 (47.577)	Western Washington 1:54.951 (1:07.374) 3:00.321 (1:05.370)	3:58.64 4:00.904 (1:00.583)	4:00.91
11 Sundt, Zack 47.909 (47.909)	Central Washington 1:55.699 (1:07.790) 3:01.204 (1:05.505)	3:59.15 4:01.459 (1:00.255)	4:01.46
12 Owen, Jon 47.998 (47.998)	Seattle Pacific 1:55.431 (1:07.433) 3:01.557 (1:06.126)	3:59.01 4:02.573 (1:01.016)	4:02.58

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Finals ... (Men 1500 Meter Run)**

	Name	School	Seed	Finals
13	Rambo, Tim 47.297 (47.297)	Western Oregon	4:01.92	4:03.51
	1:55.125 (1:07.828)	3:00.600 (1:05.475)	4:03.508 (1:02.908)	
14	Eifert, Ian 48.241 (48.241)	Western Washington	4:01.65	4:04.51
	1:56.220 (1:07.979)	3:03.219 (1:06.999)	4:04.510 (1:01.291)	
15	Bogale, Kirubel 47.596 (47.596)	Simon Fraser	3:56.35	4:11.70
	1:55.658 (1:08.062)	3:03.817 (1:08.159)	4:11.698 (1:07.881)	
16	Chapman, Tomas 46.225 (46.225)	Simon Fraser	3:58.01	4:14.43
	1:54.675 (1:08.450)	3:03.473 (1:08.798)	4:14.427 (1:10.954)	

Men 5000 Meter Run

GNAC Records:	13:41.99	R	2014	Micah Chelimo, UAA
GNAC Meet:	14:29.41	M	2011	Micah Chelimo, UAA
Qual Auto:	13:55.74	A	2021	DII Automatic Qualifying Standard
Qual Prov:	14:32.33	P	2021	DII Provisional Qualifying Standard

	Name	School	Seed	Finals
Finals				
1	McDermott, Kevin 35.808 (35.808)	Western Washington	14:09.26	14:42.03
	5:16.714 (1:11.152)	2:55.657 (1:09.927)	4:05.562 (1:09.906)	
	10:09.552 (1:12.527)	7:44.558 (1:14.240)	8:57.025 (1:12.468)	
	14:42.027 (1:02.378)	11:23.597 (1:14.046)	12:34.307 (1:10.710)	13:39.650 (1:05.343)
2	Kemble, Brody 35.691 (35.691)	Northwest Nazarene	14:50.96	14:54.91
	5:16.958 (1:11.143)	2:55.915 (1:10.284)	4:05.815 (1:09.901)	
	10:09.440 (1:12.636)	7:44.793 (1:14.268)	8:56.804 (1:12.012)	
	14:54.906 (1:06.525)	11:23.493 (1:14.053)	12:36.582 (1:13.090)	13:48.381 (1:11.800)
3	Clough, Ryan 36.787 (36.787)	Western Washington	14:26.58	14:59.15
	5:19.499 (1:11.261)	2:57.338 (1:10.449)	4:08.238 (1:10.900)	
	10:11.775 (1:14.163)	7:44.877 (1:13.305)	8:57.613 (1:12.736)	
	14:59.147 (1:07.094)	11:25.401 (1:13.626)	12:39.641 (1:14.240)	13:52.053 (1:12.412)
4	Oslin, Andrew 35.960 (35.960)	Western Washington	14:22.73	15:05.23
	5:18.588 (1:11.930)	2:56.614 (1:10.588)	4:06.659 (1:10.045)	
	10:11.454 (1:14.103)	7:45.829 (1:13.542)	8:57.351 (1:11.522)	
	15:05.221 (1:06.214)	11:27.228 (1:15.774)	12:43.572 (1:16.344)	13:59.007 (1:15.436)
5	Peckham, John 36.155 (36.155)	Alaska Anchorage	14:51.52	15:10.77
	5:20.364 (1:12.414)	2:57.089 (1:10.442)	4:07.951 (1:10.862)	
	10:17.108 (1:16.780)	7:46.578 (1:13.772)	9:00.328 (1:13.750)	
	15:10.765 (1:06.090)	11:34.581 (1:17.473)	12:51.483 (1:16.903)	14:04.675 (1:13.192)
6	Brinkman, Sebastian 35.475 (35.475)	Simon Fraser	14:15.45	15:12.06
	5:16.481 (1:11.146)	2:55.424 (1:10.025)	4:05.336 (1:09.912)	
	10:11.289 (1:13.630)	7:44.512 (1:14.263)	8:57.659 (1:13.148)	
	15:12.055 (1:09.460)	11:27.567 (1:16.279)	12:44.823 (1:17.256)	14:02.595 (1:17.772)
7	Christensen, Steiner 37.336 (37.336)	Central Washington	15:19.30	15:24.73
	5:28.473 (1:14.918)	2:58.899 (1:09.346)	4:13.555 (1:14.656)	
	10:30.184 (1:14.104)	7:59.977 (1:15.488)	9:16.081 (1:16.104)	
	15:24.727 (1:08.470)	11:45.925 (1:15.742)	13:02.420 (1:16.495)	14:16.257 (1:13.838)
8	Straus, Logan 36.534 (36.534)	Msu-Billings	14:50.89	15:26.73
	5:21.558 (1:12.148)	2:58.125 (1:10.996)	4:09.410 (1:11.286)	
	10:28.691 (1:18.984)	7:52.157 (1:15.845)	9:09.707 (1:17.550)	
	15:26.726 (1:05.822)	11:46.348 (1:17.658)	13:04.873 (1:18.525)	14:20.905 (1:16.032)

2023 GNAC Championship - 5/12/2023 to 5/13/2023
Western Oregon University
Results

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Finals ... (Men 5000 Meter Run)**

Name	School	Seed	Finals
9 Cortes, Isaac	Saint Martin's	14:54.46	15:29.09
36.875 (36.875)	1:47.541 (1:10.666)	2:57.549 (1:10.009)	4:08.377 (1:10.828)
5:20.111 (1:11.734)	6:32.719 (1:12.608)	7:46.887 (1:14.169)	9:00.067 (1:13.180)
10:18.374 (1:18.308)	11:36.530 (1:18.156)	12:56.831 (1:20.301)	14:14.471 (1:17.641)
15:29.083 (1:14.612)			
10 Sands, Sean	Western Washington	14:57.74	15:37.00
37.671 (37.671)	1:49.808 (1:12.138)	3:01.083 (1:11.276)	4:14.751 (1:13.668)
5:28.701 (1:13.950)	6:44.467 (1:15.766)	8:01.000 (1:16.534)	9:18.231 (1:17.232)
10:36.015 (1:17.784)	11:54.607 (1:18.593)	13:13.951 (1:19.344)	14:31.918 (1:17.967)
15:36.995 (1:05.078)			
11 Korta, Kaleb	Western Washington	15:07.76	15:37.86
37.021 (37.021)	1:47.869 (1:10.848)	2:57.881 (1:10.012)	4:09.716 (1:11.836)
5:23.915 (1:14.200)	6:40.613 (1:16.698)	7:59.313 (1:18.700)	9:16.881 (1:17.569)
10:35.276 (1:18.395)	11:54.563 (1:19.287)	13:13.422 (1:18.860)	14:30.905 (1:17.484)
15:37.853 (1:06.948)			
12 Souza-Ponce, Eric Anthony	Western Washington	14:44.38	15:40.05
36.301 (36.301)	1:46.351 (1:10.050)	2:56.881 (1:10.530)	4:07.037 (1:10.156)
5:19.217 (1:12.180)	6:32.761 (1:13.545)	7:48.131 (1:15.370)	9:04.219 (1:16.088)
10:22.693 (1:18.475)	11:42.415 (1:19.722)	13:03.921 (1:21.506)	14:24.829 (1:20.908)
15:40.043 (1:15.214)			
13 Smith, Bailey	Western Oregon	14:36.13	15:44.98
37.495 (37.495)	1:48.494 (1:11.000)	2:58.379 (1:09.885)	4:09.323 (1:10.944)
5:22.265 (1:12.942)	6:37.745 (1:15.480)	7:56.181 (1:18.436)	9:14.197 (1:18.016)
10:32.640 (1:18.444)	11:53.265 (1:20.625)	13:14.129 (1:20.864)	14:31.677 (1:17.548)
15:44.976 (1:13.300)			
14 Ackerman, Ase	Msu-Billings		15:48.73
37.090 (37.090)	1:49.476 (1:12.386)	3:00.827 (1:11.351)	4:15.097 (1:14.270)
5:28.936 (1:13.840)	6:44.661 (1:15.725)	7:59.765 (1:15.105)	9:16.383 (1:16.618)
10:34.211 (1:17.829)	11:55.693 (1:21.482)	13:13.694 (1:18.002)	14:36.245 (1:22.552)
15:48.721 (1:12.476)			
15 Boutin, Colin	Seattle Pacific	15:17.26	15:49.32
38.051 (38.051)	1:52.242 (1:14.191)	3:07.059 (1:14.818)	4:22.139 (1:15.080)
5:36.066 (1:13.928)	6:51.302 (1:15.236)	8:08.921 (1:17.619)	9:27.903 (1:18.983)
10:47.420 (1:19.517)	12:05.445 (1:18.025)	13:24.176 (1:18.732)	14:40.591 (1:16.415)
15:49.311 (1:08.720)			
16 Hutton, Hunter	Western Oregon		15:53.14
37.257 (37.257)	1:48.251 (1:10.994)	2:58.575 (1:10.324)	4:10.019 (1:11.444)
5:22.524 (1:12.506)	6:38.007 (1:15.484)	7:55.901 (1:17.894)	9:15.111 (1:19.211)
10:35.456 (1:20.345)	11:56.822 (1:21.366)	13:18.402 (1:21.580)	14:38.939 (1:20.538)
15:53.140 (1:14.201)			
17 Spink, Kolby	Western Oregon	15:13.31	16:06.23
36.417 (36.417)	1:46.610 (1:10.193)	2:56.738 (1:10.128)	4:07.645 (1:10.908)
5:21.803 (1:14.158)	6:38.713 (1:16.911)	7:58.736 (1:20.023)	9:21.731 (1:22.996)
10:44.799 (1:23.068)	12:09.599 (1:24.800)	13:32.545 (1:22.947)	14:52.271 (1:19.726)
16:06.221 (1:13.950)			
--- Gillingham, Jeret	Western Washington	14:28.20	DNF
37.615 (37.615)	1:50.642 (1:13.028)	3:00.623 (1:09.981)	4:14.121 (1:13.498)
5:28.423 (1:14.303)	6:44.349 (1:15.926)	8:01.532 (1:17.183)	
--- Karamitsos, George	Western Washington	14:17.33	DNS
--- Zapherson, Michael	Alaska Anchorage	14:33.17	DNS
--- Johnson, Drew	Alaska Anchorage		DNS
--- Tveit, Ries	Alaska Anchorage	15:37.77	DNS

2023 GNAC Championship - 5/12/2023 to 5/13/2023

Western Oregon University

Results

Men 10000 Meter Run

GNAC Records: 28:37.75 R 2014

Micah Chelimo, UAA

GNAC Meet: 30:25.75 M 2011

Jordan Walling, WWU

Qual Auto: 29:16.79 A 2021

DII Automatic Qualifying Standard

Qual Prov: 30:47.12 P 2021

DII Provisional Qualifying Standard

Name	School	Seed	Finals
Finals			
1 Oslin, Andrew	Western Washington	29:41.91	30:36.34 P
1:12.946 (1:12.946)	2:22.184 (1:09.239)	3:33.284 (1:11.100)	4:44.710 (1:11.426)
5:56.468 (1:11.758)	7:09.204 (1:12.737)	8:21.503 (1:12.299)	9:35.654 (1:14.151)
10:49.827 (1:14.174)	12:03.661 (1:13.834)	13:18.600 (1:14.939)	14:33.196 (1:14.597)
15:47.171 (1:13.975)	17:02.562 (1:15.391)	18:16.980 (1:14.418)	19:32.273 (1:15.294)
20:48.342 (1:16.070)	22:04.685 (1:16.343)	23:20.640 (1:15.955)	24:34.996 (1:14.356)
25:50.062 (1:15.067)	27:06.052 (1:15.990)	28:21.332 (1:15.280)	29:32.619 (1:11.288)
30:36.340 (1:03.722)			
2 Kemble, Brody	Northwest Nazarene	31:27.97	31:08.62
1:13.892 (1:13.892)	2:28.226 (1:14.335)	3:42.936 (1:14.710)	4:58.359 (1:15.423)
6:13.518 (1:15.160)	7:25.384 (1:11.866)	8:40.383 (1:14.999)	9:52.696 (1:12.314)
11:07.764 (1:15.068)	12:23.742 (1:15.978)	13:40.285 (1:16.544)	14:56.138 (1:15.854)
16:11.432 (1:15.294)	17:28.827 (1:17.396)	18:45.897 (1:17.070)	20:05.260 (1:19.364)
21:20.968 (1:15.708)	22:34.261 (1:13.293)	23:47.902 (1:13.641)	25:01.958 (1:14.056)
26:16.538 (1:14.580)	27:30.818 (1:14.281)	28:44.574 (1:13.756)	29:58.270 (1:13.697)
31:08.614 (1:10.344)			
3 Clough, Ryan	Western Washington	29:55.94	31:27.58
1:13.350 (1:13.350)	2:27.286 (1:13.936)	3:42.248 (1:14.963)	4:57.236 (1:14.988)
6:12.556 (1:15.320)	7:24.769 (1:12.214)	8:39.636 (1:14.868)	9:52.395 (1:12.759)
11:07.489 (1:15.094)	12:23.497 (1:16.008)	13:40.031 (1:16.534)	14:55.857 (1:15.826)
16:11.253 (1:15.396)	17:28.560 (1:17.307)	18:45.630 (1:17.071)	20:04.997 (1:19.367)
21:21.388 (1:16.391)	22:35.559 (1:14.172)	23:52.305 (1:16.746)	25:09.238 (1:16.934)
26:26.292 (1:17.054)	27:44.164 (1:17.873)	29:00.673 (1:16.509)	30:15.563 (1:14.890)
31:27.571 (1:12.008)			
4 Zapherson, Michael	Alaska Anchorage	30:09.56	32:02.46
1:14.085 (1:14.085)	2:28.030 (1:13.946)	3:42.714 (1:14.684)	4:58.062 (1:15.348)
6:13.003 (1:14.942)	7:25.766 (1:12.764)	8:40.770 (1:15.004)	9:54.672 (1:13.902)
11:10.187 (1:15.516)	12:25.519 (1:15.332)	13:42.008 (1:16.490)	14:57.606 (1:15.598)
16:13.981 (1:16.375)	17:31.410 (1:17.430)	18:49.998 (1:18.588)	20:09.212 (1:19.214)
21:28.778 (1:19.566)	22:48.719 (1:19.942)	24:09.531 (1:20.812)	25:29.486 (1:19.955)
26:50.654 (1:21.168)	28:12.527 (1:21.874)	29:33.757 (1:21.230)	30:53.168 (1:19.412)
32:02.454 (1:09.286)			
5 Javurek, Jalen	Western Washington	32:27.29	32:11.89
1:15.304 (1:15.304)	2:28.500 (1:13.196)	3:43.235 (1:14.735)	4:58.632 (1:15.397)
6:13.906 (1:15.275)	7:29.488 (1:15.582)	8:47.427 (1:17.940)	10:04.230 (1:16.803)
11:22.650 (1:18.421)	12:39.401 (1:16.751)	13:57.622 (1:18.221)	15:14.006 (1:16.384)
16:32.729 (1:18.724)	17:50.616 (1:17.888)	19:10.778 (1:20.162)	20:30.531 (1:19.754)
21:49.774 (1:19.243)	23:10.390 (1:20.616)	24:33.313 (1:22.924)	25:53.080 (1:19.768)
27:14.240 (1:21.160)	28:37.041 (1:22.802)	29:53.324 (1:16.283)	31:08.227 (1:14.904)
32:11.890 (1:03.664)			
6 Christensen, Steiner	Central Washington	32:54.26	32:28.35
1:15.254 (1:15.254)	2:30.789 (1:15.535)	3:50.568 (1:19.779)	5:07.622 (1:17.055)
6:27.149 (1:19.527)	7:43.798 (1:16.650)	9:01.736 (1:17.938)	10:19.858 (1:18.122)
11:38.066 (1:18.209)	12:53.946 (1:15.880)	14:11.054 (1:17.109)	15:29.020 (1:17.966)
16:46.243 (1:17.224)	18:04.914 (1:18.671)	19:24.427 (1:19.514)	20:40.888 (1:16.462)
21:58.773 (1:17.885)	23:17.260 (1:18.488)	24:35.251 (1:17.991)	25:54.454 (1:19.204)
27:14.452 (1:19.998)	28:36.789 (1:22.338)	29:53.107 (1:16.318)	31:12.882 (1:19.775)
32:28.348 (1:15.467)			

2023 GNAC Championship - 5/12/2023 to 5/13/2023

Western Oregon University

Results

Finals ... (Men 10000 Meter Run)

Name	School	Seed	Finals
7 Boutin, Colin	Seattle Pacific	31:21.29	32:43.69
1:15.070 (1:15.070)	2:30.172 (1:15.102)	3:48.168 (1:17.996)	5:07.232 (1:19.064)
6:26.687 (1:19.455)	7:43.350 (1:16.664)	9:01.244 (1:17.894)	10:19.541 (1:18.297)
11:36.960 (1:17.419)	12:53.750 (1:16.791)	14:10.920 (1:17.170)	15:28.812 (1:17.892)
16:45.912 (1:17.101)	18:04.835 (1:18.923)	19:24.776 (1:19.941)	20:43.654 (1:18.878)
22:05.080 (1:21.426)	23:24.696 (1:19.617)	24:44.952 (1:20.256)	26:04.908 (1:19.956)
27:25.293 (1:20.385)	28:46.192 (1:20.899)	30:06.362 (1:20.170)	31:26.849 (1:20.488)
32:43.684 (1:16.836)			
8 Sands, Sean	Western Washington	30:46.65	33:08.14
1:13.545 (1:13.545)	2:27.528 (1:13.983)	3:42.467 (1:14.940)	4:57.474 (1:15.008)
6:12.830 (1:15.356)	7:25.024 (1:12.195)	8:40.126 (1:15.102)	9:57.148 (1:17.022)
11:17.689 (1:20.541)	12:37.991 (1:20.302)	14:00.146 (1:22.155)	15:23.562 (1:23.416)
16:46.090 (1:22.529)	18:07.670 (1:21.580)	19:32.286 (1:24.616)	20:55.292 (1:23.007)
22:20.031 (1:24.739)	23:45.371 (1:25.340)	25:08.423 (1:23.052)	26:33.518 (1:25.096)
27:57.934 (1:24.416)	29:19.759 (1:21.825)	30:42.835 (1:23.076)	32:00.011 (1:17.176)
33:08.134 (1:08.124)			
9 Edgerton, Bryant	Msu-Billings	32:56.59	33:11.38
1:15.743 (1:15.743)	2:31.105 (1:15.362)	3:50.442 (1:19.338)	5:07.499 (1:17.057)
6:26.976 (1:19.478)	7:43.632 (1:16.656)	9:01.601 (1:17.969)	10:19.840 (1:18.239)
11:37.868 (1:18.029)	12:56.084 (1:18.216)	14:15.909 (1:19.826)	15:37.104 (1:21.195)
16:56.461 (1:19.358)	18:16.346 (1:19.885)	19:37.387 (1:21.042)	21:00.592 (1:23.205)
22:23.080 (1:22.488)	23:45.635 (1:22.556)	25:08.163 (1:22.528)	26:31.082 (1:22.920)
27:56.580 (1:25.498)	29:20.019 (1:23.440)	30:43.101 (1:23.082)	32:00.160 (1:17.060)
33:11.376 (1:11.216)			
10 Jones, Aidan	Western Washington	33:26.77	33:51.07
1:17.618 (1:17.618)	2:35.454 (1:17.836)	3:55.606 (1:20.152)	5:14.923 (1:19.318)
6:35.216 (1:20.294)	7:56.486 (1:21.270)	9:18.709 (1:22.223)	10:40.963 (1:22.254)
12:03.452 (1:22.489)	13:26.010 (1:22.558)	14:49.386 (1:23.377)	16:11.720 (1:22.334)
17:34.070 (1:22.350)	18:55.994 (1:21.924)	20:17.978 (1:21.984)	21:40.700 (1:22.722)
23:03.702 (1:23.002)	24:27.476 (1:23.775)	25:51.668 (1:24.192)	27:14.316 (1:22.648)
28:37.318 (1:23.002)	29:59.592 (1:22.274)	31:20.272 (1:20.680)	32:39.517 (1:19.246)
33:51.070 (1:11.554)			
11 Gale, Nathaniel	Seattle Pacific	33:35.62	34:36.31
1:17.369 (1:17.369)	2:37.563 (1:20.194)	4:00.160 (1:22.598)	5:23.354 (1:23.194)
6:47.478 (1:24.124)	8:11.828 (1:24.350)	9:36.608 (1:24.780)	11:00.418 (1:23.811)
12:24.294 (1:23.876)	13:47.488 (1:23.195)	15:11.274 (1:23.786)	16:35.644 (1:24.371)
17:58.308 (1:22.664)	19:22.693 (1:24.385)	20:47.763 (1:25.070)	22:12.057 (1:24.294)
23:37.288 (1:25.232)	25:00.456 (1:23.168)	26:23.634 (1:23.178)	27:48.544 (1:24.911)
29:13.448 (1:24.904)	30:37.659 (1:24.212)	32:02.500 (1:24.841)	33:25.043 (1:22.544)
34:36.304 (1:11.262)			
12 Venable, Isaac	Seattle Pacific	33:42.83	35:00.88
1:18.235 (1:18.235)	2:38.398 (1:20.163)	4:00.620 (1:22.223)	5:23.484 (1:22.864)
6:47.080 (1:23.596)	8:11.460 (1:24.381)	9:36.269 (1:24.809)	11:00.702 (1:24.433)
12:24.864 (1:24.163)	13:49.044 (1:24.180)	15:13.276 (1:24.232)	16:37.942 (1:24.666)
18:03.004 (1:25.062)	19:28.902 (1:25.898)	20:55.962 (1:27.061)	22:23.333 (1:27.371)
23:50.763 (1:27.430)	25:18.546 (1:27.783)	26:45.928 (1:27.382)	28:13.698 (1:27.771)
29:40.211 (1:26.513)	31:06.163 (1:25.952)	32:30.901 (1:24.738)	33:52.252 (1:21.352)
35:00.877 (1:08.625)			

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results**

13	Davis-Frankfort, Cedar	Western Oregon	32:48.65	35:02.74
	1:17.402 (1:17.402)	2:33.716 (1:16.314)	3:50.780 (1:17.064)	5:07.678 (1:16.898)
	6:26.358 (1:18.681)	7:42.822 (1:16.464)	9:00.979 (1:18.158)	10:19.477 (1:18.498)
	11:38.476 (1:19.000)	13:01.058 (1:22.582)	14:28.148 (1:27.090)	15:57.982 (1:29.834)
	17:26.182 (1:28.201)	18:56.576 (1:30.394)	20:26.050 (1:29.474)	22:00.108 (1:34.058)
	23:35.955 (1:35.847)	25:01.682 (1:25.727)	26:30.663 (1:28.982)	27:56.947 (1:26.284)
	29:26.311 (1:29.364)	31:00.852 (1:34.542)	32:31.520 (1:30.668)	33:52.710 (1:21.190)
	35:02.736 (1:10.026)			

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Finals ... (Men 10000 Meter Run)**

	Name	School	Seed	Finals
14	Endresen, Gabe	Seattle Pacific	33:20.38	35:11.71
	1:17.113 (1:17.113)	2:36.937 (1:19.824)	3:58.638 (1:21.701)	5:22.118 (1:23.480)
	6:46.925 (1:24.808)	8:11.712 (1:24.788)	9:35.890 (1:24.178)	10:59.502 (1:23.612)
	12:24.830 (1:25.328)	13:49.144 (1:24.315)	15:13.685 (1:24.541)	16:39.106 (1:25.421)
	18:04.155 (1:25.050)	19:30.636 (1:26.482)	20:57.070 (1:26.434)	22:24.128 (1:27.058)
	23:48.609 (1:24.481)	25:15.545 (1:26.936)	26:43.142 (1:27.598)	28:11.495 (1:28.353)
	29:39.444 (1:27.950)	31:06.424 (1:26.980)	32:30.533 (1:24.109)	33:54.048 (1:23.516)
	35:11.708 (1:17.660)			
15	Norman, Anders	Western Washington	33:32.77	36:29.59
	1:17.942 (1:17.942)	2:36.896 (1:18.954)	3:57.454 (1:20.558)	5:19.354 (1:21.901)
	6:42.439 (1:23.085)	8:06.390 (1:23.951)	9:31.534 (1:25.145)	10:56.234 (1:24.700)
	12:22.472 (1:26.238)	13:49.407 (1:26.936)	15:14.506 (1:25.099)	16:39.806 (1:25.300)
	18:07.532 (1:27.727)	19:36.694 (1:29.162)	21:06.191 (1:29.498)	22:36.000 (1:29.809)
	24:05.858 (1:29.858)	25:36.820 (1:30.963)	27:09.285 (1:32.465)	28:40.974 (1:31.690)
	30:13.922 (1:32.948)	31:50.890 (1:36.968)	33:25.377 (1:34.487)	34:58.754 (1:33.378)
	36:29.585 (1:30.831)			
---	Karamitsos, George	Western Washington	29:40.69	DNF
	1:13.827 (1:13.827)	2:27.816 (1:13.990)	3:42.658 (1:14.842)	4:57.817 (1:15.160)
	6:13.322 (1:15.505)	7:28.547 (1:15.226)	8:47.865 (1:19.318)	10:07.374 (1:19.510)
	11:29.022 (1:21.648)	12:50.906 (1:21.884)	14:10.722 (1:19.816)	15:32.259 (1:21.538)
	16:56.206 (1:23.948)	18:16.669 (1:20.463)	19:40.298 (1:23.630)	21:08.204 (1:27.906)
	22:36.674 (1:28.470)			

Men 110 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 6 Best Times**

GNAC Records:	14.15	R	5/14/2022	Joshua Wagner, Alaska Ancho
GNAC Meet:	14.15	M	5/14/2022	Joshua Wagner, Alaska Ancho
Qual Auto:	13.90	A	2021	DII Automatic Qualifying Standard
Qual Prov:	14.51	P	2021	DII Provisional Qualifying Standard

	Name	School	Seed	Prelims	Wind	H#
Preliminaries						
1	Wagner, Joshua	Alaska Anchorage	14.73	14.67 Q	0.1	2
	14.670 (14.670)					
2	Conklin, Justin	Western Oregon	14.79	14.90 Q	1.3	1
	14.893 (14.893)					
3	Wise, Aiden	Central Washington	14.74	14.95 q	1.3	1
	14.941 (14.941)					
4	Edwards, Jaden	Western Washington	15.24	14.99 q	1.3	1
	14.983 (14.983)					
5	Schmidt, Steven	Northwest Nazarene	15.09	15.05 q	1.3	1
	15.046 (15.046)					
6	Boyd, Andrew	Saint Martin's	15.01	15.21 q	0.1	2
	15.208 (15.208)					
7	Graves, Bradley	Msu-Billings	15.08	15.33 q	0.1	2
	15.321 (15.321)					
8	Kron, Anderson	Northwest Nazarene	15.83	15.42 q	0.1	2
	15.419 (15.419)					
9	Klein, Drew	Central Washington	15.35	15.56	1.3	1
	15.552 (15.552)					
10	Sorah, Brennen	Western Oregon	15.48	15.56	1.3	1
	15.553 (15.553)					
11	Easley, Logan	Central Washington	15.31	15.63	0.1	2
	15.626 (15.626)					
12	Burchfield, Gabe	Western Oregon	15.81	15.68	0.1	2
	15.675 (15.675)					

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Preliminaries ... (Men 110 Meter Hurdles)**

Name	School	Seed	Prelims	Wind	H#
13 Martelles, Sean 15.699 (15.699)	Western Washington	15.26	15.70	0.1	2
14 House, Michael 15.727 (15.727)	Western Oregon	16.55	15.73	1.3	1

Men 110 Meter Hurdles

GNAC Records:	14.15	R	5/14/2022	Joshua Wagner, Alaska Ancho
GNAC Meet:	14.15	M	5/14/2022	Joshua Wagner, Alaska Ancho
Qual Auto:	13.90	A	2021	DII Automatic Qualifying Standard
Qual Prov:	14.51	P	2021	DII Provisional Qualifying Standard

Name	School	Prelims	Finals	Wind
Finals				
1 Wagner, Joshua 14.571 (14.571)	Alaska Anchorage	14.67	14.58	2.1
2 Conklin, Justin 14.724 (14.724)	Western Oregon	14.90	14.73	2.1
3 Wise, Aiden 14.878 (14.878)	Central Washington	14.95	14.88	2.1
4 Edwards, Jaden 15.063 (15.063)	Western Washington	14.99	15.07	2.1
5 Kron, Anderson 15.410 (15.410)	Northwest Nazarene	15.42	15.41	2.1
6 Schmidt, Steven 15.452 (15.452)	Northwest Nazarene	15.05	15.46	2.1
7 Graves, Bradley 15.511 (15.511)	Msu-Billings	15.33	15.52	2.1
8 Boyd, Andrew 15.637 (15.637)	Saint Martin's	15.21	15.64	2.1

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

GNAC Records:	51.48	R	2017	Vladislav Tsygankov, SFU
GNAC Meet:	51.77	M	2019	Cordell Cummings, WWU
Qual Auto:	51.34	A	2021	DII Automatic Qualifying Standard
Qual Prov:	53.32	P	2021	DII Provisional Qualifying Standard

Name	School	Seed	Prelims	H#
Preliminaries				
1 Woodring, Maurice 53.902 (53.902)	Western Washington	53.61	53.91 Q	2
2 Albertin, Austin 54.184 (54.184)	Central Washington	53.54	54.19 Q	1
3 Williams, Reilly 55.560 (55.560)	Central Washington	55.74	55.56 q	2
4 Wise, Aiden 56.234 (56.234)	Central Washington	55.66	56.24 q	1
5 Lenton, Jorin 56.430 (56.430)	Simon Fraser	54.64	56.43 q	2
6 Edwards, Jaden 56.640 (56.640)	Western Washington	55.54	56.64 q	1
7 Boyd, Andrew 57.033 (57.033)	Saint Martin's	58.02	57.04 q	2
8 Martelles, Sean 57.534 (57.534)	Western Washington	56.25	57.54 q	1

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Preliminaries ... (Men 400 Meter Hurdles)**

Name	School	Seed	Prelims	H#
9 Kron, Anderson 58.283 (58.283)	Northwest Nazarene	56.77	58.29	1
10 Stevens, Deshaun 58.451 (58.451)	Western Oregon	55.74	58.46	2
11 Katsuda, Sam 58.543 (58.543)	Central Washington	57.75	58.55	2
12 House, Michael 59.748 (59.748)	Western Oregon	59.24	59.75	1
13 Boyd, Noah 1:01.056 (1:01.056)	Saint Martin's	1:00.01	1:01.06	1
14 Easley, Logan 1:01.266 (1:01.266)	Central Washington	1:00.82	1:01.27	2
15 McQueen, Jaelin 1:05.128 (1:05.128)	Western Washington	1:00.03	1:05.13	2

Men 400 Meter Hurdles

GNAC Records:	51.48	R	2017	Vladislav Tsygankov, SFU
GNAC Meet:	51.77	M	2019	Cordell Cummings, WWU
Qual Auto:	51.34	A	2021	DII Automatic Qualifying Standard
Qual Prov:	53.32	P	2021	DII Provisional Qualifying Standard
Name				School

Name	School	Prelims	Finals
Finals			
1 Woodring, Maurice 52.895 (52.895)	Western Washington	53.91	52.90 P
2 Albertin, Austin 53.044 (53.044)	Central Washington	54.19	53.05 P
3 Edwards, Jaden 54.214 (54.214)	Western Washington	56.64	54.22
4 Lenton, Jorrin 54.374 (54.374)	Simon Fraser	56.43	54.38
5 Williams, Reilly 55.222 (55.222)	Central Washington	55.56	55.23
6 Martelles, Sean 56.278 (56.278)	Western Washington	57.54	56.28
7 Wise, Aiden 56.908 (56.908)	Central Washington	56.24	56.91
8 Boyd, Andrew 1:01.955 (1:01.955)	Saint Martin's	57.04	1:01.96

Men 3000 Meter Steeplechase

GNAC Records:	8:45.63	R	2012	Micah Chelimo, UAA
GNAC Meet:	8:47.26	M	2012	Ryan Brockerville, SFU
Qual Auto:	8:51.96	A	2021	DII Automatic Qualifying Standard
Qual Prov:	9:13.76	P	2021	DII Provisional Qualifying Standard
Name				School

Name	School	Seed	Finals
Finals			
1 Gillingham, Jeret 36.519 (36.519) 5:27.039 (1:13.924)	Western Washington	8:55.62	9:04.20 P
2 Jessop, Carson 37.529 (37.529) 5:33.667 (1:14.988)	Msu-Billings	9:10.36	9:10.46 P

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Finals ... (Men 3000 Meter Steeplechase)**

Name	School	Seed	Finals
3 Ackerman, Ase 37.816 (37.816) 1:49.376 (1:11.560) 3:03.685 (1:14.309) 4:18.901 (1:15.217) 5:33.460 (1:14.559) 6:47.550 (1:14.090) 8:02.892 (1:15.343) 9:17.309 (1:14.417)	Msu-Billings	9:14.37	9:17.31
4 Javurek, Jalen 39.282 (39.282) 1:51.800 (1:12.518) 3:06.099 (1:14.299) 4:22.272 (1:16.174) 5:38.504 (1:16.232) 6:55.706 (1:17.203) 8:11.202 (1:15.497) 9:20.782 (1:09.580)	Western Washington	9:39.49	9:20.79
5 Korta, Kaleb 39.039 (39.039) 1:52.037 (1:12.999) 3:06.999 (1:14.962) 4:22.341 (1:15.343) 5:37.914 (1:15.573) 6:55.322 (1:17.409) 8:11.862 (1:16.540) 9:25.920 (1:14.058)	Western Washington	9:20.64	9:25.92
6 Pagente, Kainalu 38.525 (38.525) 1:51.732 (1:13.208) 3:06.501 (1:14.769) 4:22.089 (1:15.588) 5:37.215 (1:15.127) 6:56.326 (1:19.112) 8:16.267 (1:19.942) 9:31.266 (1:14.999)	Saint Martin's	9:28.51	9:31.27
7 Smith, Bailey 40.416 (40.416) 1:52.624 (1:12.208) 3:06.846 (1:14.223) 4:21.619 (1:14.773) 5:36.542 (1:14.924) 6:55.069 (1:18.527) 8:15.437 (1:20.369) 9:34.970 (1:19.533)	Western Oregon	9:21.09	9:34.97
8 Eifert, Ian 40.850 (40.850) 1:53.780 (1:12.930) 3:09.124 (1:15.344) 4:25.439 (1:16.315) 5:43.945 (1:18.507) 7:03.794 (1:19.849) 8:23.725 (1:19.932) 9:36.101 (1:12.377)	Western Washington	9:59.59	9:36.11
9 Blinn, Jason 39.656 (39.656) 1:52.370 (1:12.714) 3:07.169 (1:14.799) 4:22.814 (1:15.645) 5:39.367 (1:16.554) 6:58.860 (1:19.493) 8:18.900 (1:20.040) 9:37.151 (1:18.252)	Western Washington	9:38.15	9:37.16
10 Tveit, Ries 40.142 (40.142) 1:52.959 (1:12.817) 3:07.712 (1:14.754) 4:23.560 (1:15.848) 5:40.376 (1:16.817) 7:01.369 (1:20.993) 8:23.836 (1:22.468) 9:42.502 (1:18.667)	Alaska Anchorage	9:57.06	9:42.51
11 LeBlanc, Brennan 40.099 (40.099) 1:54.677 (1:14.579) 3:10.321 (1:15.644) 4:29.067 (1:18.747) 5:48.740 (1:19.673) 7:09.364 (1:20.624) 8:28.425 (1:19.062) 9:47.720 (1:19.295)	Seattle Pacific	9:55.12	9:47.72
12 Salazar, Matthew 41.491 (41.491) 1:56.755 (1:15.264) 3:14.367 (1:17.613) 4:33.779 (1:19.412) 5:53.544 (1:19.765) 7:14.544 (1:21.000) 8:36.182 (1:21.639) 9:48.809 (1:12.627)	Western Washington	9:51.51	9:48.81
13 Fairbanks, Aaron 40.371 (40.371) 1:53.457 (1:13.087) 3:08.959 (1:15.502) 4:25.692 (1:16.734) 5:46.125 (1:20.433) 7:08.544 (1:22.419) 8:30.662 (1:22.119) 9:48.990 (1:18.328)	Western Washington	9:50.37	9:48.99
14 Ritter, Alec 40.734 (40.734) 1:53.324 (1:12.590) 3:08.407 (1:15.084) 4:24.414 (1:16.007) 5:44.365 (1:19.952) 7:07.702 (1:23.338) 8:32.945 (1:25.243) 9:56.361 (1:23.417)	Western Washington	9:41.87	9:56.37
15 Harwell, Michael 40.399 (40.399) 1:55.409 (1:15.010) 3:14.171 (1:18.763) 4:34.857 (1:20.687) 5:56.785 (1:21.928) 7:19.370 (1:22.585) 8:41.791 (1:22.422) 10:01.306 (1:19.515)	Saint Martin's	9:51.21	10:01.31
16 Mefford, Bryce 40.919 (40.919) 1:54.230 (1:13.312) 3:09.730 (1:15.500) 4:28.824 (1:19.094) 5:51.792 (1:22.969) 7:20.095 (1:28.303) 8:55.357 (1:35.263) 10:30.897 (1:35.540)	Western Oregon	9:58.33	10:30.90
--- May, Wyatt 41.304 (41.304) 1:55.700 (1:14.397) 3:13.291 (1:17.592) 4:32.332 (1:19.042) 5:53.977 (1:21.645)	Msu-Billings	10:13.83	DNF

Men 4x100 Meter Relay

GNAC Records:	41.10	R	2010	Central Washington, Central Washington
GNAC Meet:	41.10	M	2010	Central Washington, CWU
Qual Auto:	40.26	A	2021	DII Automatic Qualifying Standard
Qual Prov:	41.06	P	2021	DII Provisional Qualifying Standard

Team	Relay	Seed	Finals
1 Western Washington 1) Greenwalt, Ryan 41.759 (41.759)	A 2) Johnson, Ethan 3) Woodring, Maurice	41.52	41.76 4) Johnson, Noah

2023 GNAC Championship - 5/12/2023 to 5/13/2023
Western Oregon University
Results

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Finals ... (Men 4x100 Meter Relay)**

Team	Relay	Seed	Finals
2 Seattle Pacific 1) Njeri, David 42.349 (42.349)	A 2) Gordon, Jeff	42.25	42.35 4) Archer, Isaiah
3 Alaska Anchorage 1) Belanger, Jacob 42.620 (42.620)	A 2) Hunter, Timothy	42.47	42.62 4) Wagner, Joshua
4 Saint Martin's 1) Nguyen, Hewson 42.634 (42.634)	A 2) Georgia, Nick	43.16	42.64 4) Franco, Zachary
5 Central Washington 1) Wise, Aiden 42.691 (42.691)	A 2) Albertin, Austin	42.54	42.70 4) Webster, Isaiah
6 Msu-Billings 1) Rocha, Jonny 46.882 (46.882)	A 2) Ralston, Ben	42.85	46.89 4) Graves, Bradley
--- Northwest Nazarene 1) Garner, Dallin	A 2) Braseth, Hunter	41.45	DNF 4) Hunt, Sylvanus
--- Simon Fraser 1) Furtado, Blake 41.914 (41.914)	A 2) Belcher, Jeremy	41.98	DQ 4) Penson-Mccoy, Jesaiah

Men 4x400 Meter Relay

GNAC Records:	3:10.60	R	2016	Alaska Anchorage, Alaska Anchorage
GNAC Meet:	3:13.84	M	2015	Simon Fraser, SFU
Qual Auto:	3:08.52	A	2021	DII Automatic Qualifying Standard
Qual Prov:	3:13.73	P	2021	DII Provisional Qualifying Standard

Team	Relay	Seed	Finals
1 Western Washington 1) Woodring, Maurice 1:39.247 (1:39.247)	A 2) Edwards, Jaden	3:17.67	3:15.71 4) Le, Brian
2 Alaska Anchorage 1) Wagner, Joshua 1:40.826 (1:40.826)	A 2) Hunter, Timothy	3:17.12	3:16.03 4) Angarita, Kevin
3 Northwest Nazarene 1) Ames, Trevor 1:38.697 (1:38.697)	A 2) Durfee, Brayden	3:22.71	3:16.33 4) Ellis, Quincy
4 Western Oregon 1) Stevens, Deshaun 1:40.308 (1:40.308)	A 2) Yasin, Joel	3:20.73	3:17.65 4) Hendrix, Amari
5 Central Washington 1) Ramsay, Camron 1:41.189 (1:41.189)	A 2) Albertin, Austin	3:18.19	3:17.78 4) Correa, Johan
6 Seattle Pacific 1) Shepherd, Julius 1:41.150 (1:41.150)	A 2) Carpenter, Evan	3:21.49	3:23.13 4) Archer, Isaiah
7 Simon Fraser 1) Lenton, Jorin 1:43.156 (1:43.156)	A 2) Good, Aiden	3:26.44	3:23.41 4) Dannatt, Charlie
8 Msu-Billings 1) Graves, Bradley 1:48.693 (1:48.693)	A 2) Graves, Kevin	3:30.14	3:34.17 4) Jessop, Carson

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Men High Jump**

GNAC Records: 2.16m R 2016
GNAC Meet: 2.11m M 2017
Qual Auto: 2.14m A 2021
Qual Prov: 2.05m P 2021

Mikel Smith, SMU
Tevin Gladden, UAA
DII Automatic Qualifying Standard
DII Provisional Qualifying Standard

Name	School	Finals
Finals		
1 Schmidt, Steven	Northwest Nazarene	2.10m P 6-10.75
2 Rihari, Gerohm	Northwest Nazarene	1.95m 6-04.75
2 Groce, Jonah	Northwest Nazarene	1.95m 6-04.75
4 Conklin, Justin	Western Oregon	1.90m 6-02.75
5 Greenlee, Manu	Western Washington	J1.90m 6-02.75
6 Webster, Isaiah	Central Washington	1.85m 6-00.75
7 Burchfield, Gabe	Western Oregon	J1.85m 6-00.75
8 Kibler, Trent	Western Washington	J1.85m 6-00.75
9 Steele, Jacob	Northwest Nazarene	J1.85m 6-00.75
10 Seals, Austin	Western Washington	J1.85m 6-00.75
11 Kenny, Ryan	Western Washington	1.80m 5-10.75
12 Menicke, Gabe	Western Washington	J1.80m 5-10.75
12 McDiarmid, Caysen	Simon Fraser	J1.80m 5-10.75
12 Sorah, Brennen	Western Oregon	J1.80m 5-10.75
--- Okere, Favor	Msu-Billings	NH
--- Dances, Seren	Western Washington	DNS

Men Pole Vault

GNAC Records: 5.40m R 2010
GNAC Meet: 5.14m M 2010
Qual Auto: 5.24m A 2021
Qual Prov: 4.81m P 2021

Ryan Brown, WWU
Ryan Brown, WWU
DII Automatic Qualifying Standard
DII Provisional Qualifying Standard

Name	School	Finals
Finals		
1 Schmidt, Steven	Northwest Nazarene	4.62m 15-01.75
2 Klein, Drew	Central Washington	J4.62m 15-01.75
3 Lee, Kainoa	Seattle Pacific	4.52m 14-10.00
4 Bowman, Brad	Seattle Pacific	4.37m 14-04.00
5 Maier, Braydon	Central Washington	J4.37m 14-04.00
6 Montero, Kurt	Western Washington	4.22m 13-10.00
7 Doidge, Ryan	Saint Martin's	J4.22m 13-10.00
7 Provo, Kacey	Western Washington	J4.22m 13-10.00
9 Okinaka, Deylan	Central Washington	J4.22m 13-10.00
10 Seals, Austin	Western Washington	4.07m 13-04.25
11 Katsuda, Sam	Central Washington	J4.07m 13-04.25
--- Walker, JJ	Western Oregon	NH
--- Nye, Turner	Northwest Nazarene	NH
--- Wilkins, Shalkar	Northwest Nazarene	NH
--- Klein, Aidan	Western Washington	NH
--- Koenig, William	Northwest Nazarene	DNS

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Men Long Jump**

GNAC Records: 7.91m R 2009
GNAC Meet: 7.52m M 2008
Qual Auto: 7.68m A 2021
Qual Prov: 7.26m P 2021

David Registe, UAA
David Registe, UAA
DII Automatic Qualifying Standard
DII Provisional Qualifying Standard

Name	School	Finals	Wind	H#
Finals				
1 Njeri, David	Seattle Pacific	7.20m	23-07.50	1.2 2
2 Webster, Isaiah	Central Washington	7.10m	23-03.50	1.4 1
3 Greenwalt, Ryan	Western Washington	7.09m	23-03.25	1.4 2
4 Walker, JJ	Western Oregon	7.04m	23-01.25	1.1 2
5 Monro, Nicholas	Simon Fraser	6.92m	22-08.50	1.6 1
6 Burchfield, Gabe	Western Oregon	6.90m	22-07.75	2.0 2
7 Furtado, Blake	Simon Fraser	6.88m	22-07.00	1.6 2
8 Nguyen, Hewson	Saint Martin's	6.84m	22-05.25	1.7 1
9 Sample, Collin	Alaska Anchorage	6.83m	22-05.00	2.4 2
10 White, Tyler	Western Oregon	6.82m	22-04.50	1.0 1
11 Koonantha, Ping	Western Oregon	6.71m	22-00.25	1.3 1
12 Dances, Seren	Western Washington	6.65m	21-10.00	1.3 2
13 Rihari, Gerohm	Northwest Nazarene	6.64m	21-09.50	0.2 1
14 Gibbs, Mitchell	Simon Fraser	6.58m	21-07.25	2.0 1
15 Schmidt, Steven	Northwest Nazarene	6.53m	21-05.25	1.2 2
16 Vongphet, Anouthai	Western Washington	6.50m	21-04.00	0.5 1
17 Kenny, Ryan	Western Washington	6.25m	20-06.25	1.4 1
18 Thomas, Nate	Seattle Pacific	4.95m	16-03.00	0.9 1
--- Hines, Christopher	Central Washington	FOUL		2

Men Triple Jump

GNAC Records: 15.50m R 2017
GNAC Meet: 15.50m M 2017
Qual Auto: 15.67m A 2021
Qual Prov: 14.69m P 2021

Wesley Gray, WOU
Wesley Gray, WOU
DII Automatic Qualifying Standard
DII Provisional Qualifying Standard

Name	School	Finals	Wind	H#
Finals				
1 Njeri, David	Seattle Pacific	14.74m P	48-04.50	0.6 2
2 Dances, Seren	Western Washington	J14.74m P	48-04.50	0.9 1
3 Webster, Isaiah	Central Washington	14.41m	47-03.50	1.6 2
4 Menicke, Gabe	Western Washington	14.37m	47-01.75	1.4 2
5 Harrison, Marley	Western Oregon	14.27m	46-10.00	0.9 2
6 Hines, Christopher	Central Washington	13.85m	45-05.25	0.3 2
7 Sample, Collin	Alaska Anchorage	13.82m	45-04.25	0.6 2
8 Stevens, Deshaun	Western Oregon	13.60m	44-07.50	2.4 2
9 White, Tyler	Western Oregon	13.11m	43-00.25	1.4 2
10 Rihari, Gerohm	Northwest Nazarene	13.02m	42-08.75	0.9 1
11 Salisbury, Zach	Simon Fraser	13.01m	42-08.25	1.8 1
12 Silva, Tre	Central Washington	12.90m	42-04.00	1.1 1
12 Koonantha, Ping	Western Oregon	12.90m	42-04.00	1.6 1
14 Manwell, Jeshua	Central Washington	12.89m	42-03.50	1.0 2
15 Olson, Bryce	Msu-Billings	12.58m	41-03.25	+0.0 1
--- Nguyen, Hewson	Saint Martin's	FOUL		1

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Men Shot Put****GNAC Records: 18.55m R 2014****Frank Catelli, WWU****GNAC Meet: 18.20m M 2016****Josh Koch, CU****Qual Auto: 18.42m A 2021****DII Automatic Qualifying Standard****Qual Prov: 16.34m P 2021****DII Provisional Qualifying Standard**

Name	School	Finals	H#
Finals			
1 Gordien, Dayne	Western Oregon	16.54m P 54-03.25	2
2 Cross, Forrest	Msu-Billings	15.34m 50-04.00	2
3 Warren, Mark	Western Oregon	14.58m 47-10.00	2
4 Ramos, Angelo	Western Washington	14.47m 47-05.75	2
5 Franklin, Wyatt	Central Washington	14.26m 46-09.50	2
6 Parnell, Justin	Western Oregon	14.08m 46-02.50	1
7 Perkins, Isaac	Msu-Billings	14.03m 46-00.50	2
8 Campbell, Miller	Western Washington	13.71m 44-11.75	2
9 Beaton, Angus	Central Washington	13.52m 44-04.25	1
10 Simicich, Nathan	Western Washington	13.07m 42-10.75	2
11 Sandefur, Cort	Msu-Billings	12.64m 41-05.75	1
12 Hendry, Dylan	Northwest Nazarene	12.31m 40-04.75	2
13 Warren, Jacob	Saint Martin's	12.20m 40-00.50	1
14 Sorah, Brennen	Western Oregon	11.95m 39-02.50	1
15 Knight, Derek	Northwest Nazarene	11.81m 38-09.00	1

Men Discus Throw**GNAC Records: 55.78m R 2017****Jake Knight, NNU****GNAC Meet: 55.74m M 2019****Jake Knight, NNU****Qual Auto: 56.37m A 2021****DII Automatic Qualifying Standard****Qual Prov: 49.97m P 2021****DII Provisional Qualifying Standard**

Name	School	Finals	H#
Finals			
1 Gordien, Dayne	Western Oregon	48.78m 160-00	2
2 Franklin, Wyatt	Central Washington	46.02m 151-00	2
3 Cross, Forrest	Msu-Billings	45.71m 150-00	2
4 Hendry, Dylan	Northwest Nazarene	44.01m 144-05	2
5 Knight, Derek	Northwest Nazarene	41.13m 134-11	2
6 Martin, Logan	Central Washington	40.41m 132-07	2
7 Sandefur, Cort	Msu-Billings	39.57m 129-10	2
8 Perkins, Isaac	Msu-Billings	38.84m 127-05	2
9 Warren, Jacob	Saint Martin's	37.58m 123-03	1
10 Walker, JJ	Western Oregon	37.50m 123-00	1
11 Maier, Braydon	Central Washington	37.11m 121-09	1
12 Parnell, Justin	Western Oregon	36.60m 120-01	2
13 Klein, Drew	Central Washington	36.18m 118-08	1
14 Swaney, Braden	Northwest Nazarene	35.23m 115-07	1
15 Campbell, Miller	Western Washington	33.92m 111-03	1
16 Lamb, Lars	Northwest Nazarene	33.86m 111-01	1

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Men Hammer Throw****GNAC Records: 62.89m R 2003****GNAC Meet: 61.61m M 2008****Qual Auto: 65.89m A 2021****Qual Prov: 55.59m P 2021****Pro Escobedo, WOU****Michael Hoffman, WWU****DII Automatic Qualifying Standard****DII Provisional Qualifying Standard**

Name	School	Finals	H#
Finals			
1 Hendry, Dylan	Northwest Nazarene	55.26m 181-03	2
2 Campbell, Miller	Western Washington	55.06m 180-08	2
3 Beaton, Angus	Central Washington	52.50m 172-03	2
4 Ramos, Angelo	Western Washington	51.84m 170-01	2
5 Cross, Forrest	Msu-Billings	51.62m 169-04	2
6 Martin, Logan	Central Washington	51.61m 169-04	2
7 Perkins, Isaac	Msu-Billings	49.67m 162-11	2
8 Parnell, Justin	Western Oregon	48.51m 159-02	1
9 Knight, Derek	Northwest Nazarene	46.12m 151-04	2
10 Sandefur, Cort	Msu-Billings	39.61m 129-11	1
11 Swaney, Braden	Northwest Nazarene	39.56m 129-09	1
12 Simicich, Nathan	Western Washington	38.06m 124-10	1
13 Alberts, Carter	Northwest Nazarene	36.62m 120-02	1
14 Lamb, Lars	Northwest Nazarene	10.80m 35-05	1
--- Warren, Mark	Western Oregon	FOUL	2

Men Javelin Throw**GNAC Records: 77.98m R 2013****GNAC Meet: 69.49m M 2013****Qual Auto: 69.57m A 2021****Qual Prov: 58.75m P 2021****Cody Parker, UAA****Franz Burghagen, UAA****DII Automatic Qualifying Standard****DII Provisional Qualifying Standard**

Name	School	Finals	H#
Finals			
1 Tryon, Jaydon	Western Washington	61.75m P 202-07	2
2 Cortes, Bryan	Simon Fraser	60.34m P 197-11	2
3 Guidry, Ethan	Saint Martin's	57.58m 188-11	2
4 Wise, Branden	Central Washington	55.30m 181-05	2
5 Schmidt, Steven	Northwest Nazarene	54.78m 179-09	2
6 Campbell, Miller	Western Washington	53.89m 176-10	1
7 Armstrong, Landon	Saint Martin's	53.49m 175-06	2
8 Nafziger, Eli	Western Oregon	51.60m 169-03	2
9 Geck, Brandon	Msu-Billings	51.12m 167-08	1
10 Walker, JJ	Western Oregon	51.01m 167-04	1
11 Boyd, Andrew	Saint Martin's	50.80m 166-08	2
12 Klein, Drew	Central Washington	49.92m 163-09	2
13 Maier, Braydon	Central Washington	48.22m 158-02	1
14 Wilkins, Shalkar	Northwest Nazarene	48.21m 158-02	1
15 Klein, Ryder	Msu-Billings	43.71m 143-05	1
16 Katsuda, Sam	Central Washington	41.48m 136-01	1
17 Hines, Christopher	Central Washington	41.12m 134-11	1

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Decathlon: #1 Men 100 Meter Dash Decathlon**

GNAC Records: 10.74 R 2018 Kodiak Landis, CWU

GNAC Meet: 10.81 M 2018 Kodiak Landis, CWU

Name	School	Finals	Wind	H#
Finals				
1 Kenny, Ryan	Western Washington	11.23	1.6	2
2 Klein, Drew	Central Washington	11.46	1.6	2
3 Walker, JJ	Western Oregon	11.47	1.6	2
4 Burchfield, Gabe	Western Oregon	11.49	1.4	1
5 Sorah, Brennen	Western Oregon	11.51	1.6	2
6 Seals, Austin	Western Washington	11.51	1.4	1
7 Boyd, Andrew	Saint Martin's	11.52	1.4	1
8 Wilkins, Shalkar	Northwest Nazarene	11.60	1.4	1
9 Schmidt, Steven	Northwest Nazarene	11.67	1.6	2
10 Katsuda, Sam	Central Washington	11.93	1.4	1
11 Maier, Braydon	Central Washington	13.19	1.6	2

Decathlon: #5 Men 400 Meter Dash Decathlon

GNAC Records: 47.78 R 2018 Kodiak Landis, CWU

GNAC Meet: 48.00 M 2016 Cody Thomas, UAA

Name	School	Finals	H#
Finals			
1 Seals, Austin	Western Washington	51.31	2
2 Walker, JJ	Western Oregon	51.41	2
3 Wilkins, Shalkar	Northwest Nazarene	51.90	1
4 Klein, Drew	Central Washington	52.07	2
5 Boyd, Andrew	Saint Martin's	52.13	1
6 Sorah, Brennen	Western Oregon	52.53	2
7 Katsuda, Sam	Central Washington	52.60	1
8 Burchfield, Gabe	Western Oregon	53.70	1
9 Kenny, Ryan	Western Washington	53.87	2
10 Maier, Braydon	Central Washington	55.35	2
11 Schmidt, Steven	Northwest Nazarene	56.54	1

Decathlon: #10 Men 1500 Meter Run Decathlon

GNAC Records: 4:17.63 R 2019 Giovanni Brown, CU

GNAC Meet: 4:19.02 M 2019 Giovanni Brown

Name	School	Finals
Finals		
1 Seals, Austin	Western Washington	4:40.55
2 Schmidt, Steven	Northwest Nazarene	4:50.87
3 Klein, Drew	Central Washington	5:02.05
4 Sorah, Brennen	Western Oregon	5:10.87
5 Walker, JJ	Western Oregon	5:11.55
6 Burchfield, Gabe	Western Oregon	5:14.77
7 Kenny, Ryan	Western Washington	5:17.68
8 Boyd, Andrew	Saint Martin's	5:25.25
--- Katsuda, Sam	Central Washington	DNF
--- Maier, Braydon	Central Washington	DNF
--- Wilkins, Shalkar	Northwest Nazarene	DNF

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Decathlon: #6 Men 110 Meter Hurdles Decathlon**

GNAC Records: 14.74 R 2016 Cody Thomas, UAA

GNAC Meet: 14.81 M 2016 Cody Thomas, UAA

Name	School	Finals	Wind	H#
Finals				
1 Schmidt, Steven	Northwest Nazarene	15.24	+0.0	3
2 Boyd, Andrew	Saint Martin's	15.56	+0.0	3
3 Klein, Drew	Central Washington	15.70	+0.0	3
4 Burchfield, Gabe	Western Oregon	15.81	-0.1	2
5 Walker, JJ	Western Oregon	15.85	-0.1	2
6 Sorah, Brennen	Western Oregon	15.87	-0.1	2
7 Kenny, Ryan	Western Washington	16.50	-0.9	1
8 Katsuda, Sam	Central Washington	16.97	-0.1	2
9 Seals, Austin	Western Washington	17.02	-0.9	1
10 Wilkins, Shalkar	Northwest Nazarene	20.14	-0.9	1
--- Maier, Braydon	Central Washington	DNF	+0.0	3

Decathlon: #4 Men High Jump Decathlon

GNAC Records: 2.06m R 2014 Justin Peterson, CWU

GNAC Meet: 2.05m M 5/13/2022 Steven Schmidt, Northwest Na

Name	School	Finals	
Finals			
1 Schmidt, Steven	Northwest Nazarene	2.15m R	7-00.50
2 Burchfield, Gabe	Western Oregon	1.88m	6-02.00
2 Kenny, Ryan	Western Washington	1.88m	6-02.00
4 Seals, Austin	Western Washington	1.85m	6-00.75
4 Sorah, Brennen	Western Oregon	1.85m	6-00.75
4 Walker, JJ	Western Oregon	1.85m	6-00.75
7 Boyd, Andrew	Saint Martin's	1.79m	5-10.50
8 Klein, Drew	Central Washington	1.76m	5-09.25
9 Katsuda, Sam	Central Washington	1.73m	5-08.00
10 Wilkins, Shalkar	Northwest Nazarene	1.61m	5-03.25
11 Maier, Braydon	Central Washington	1.55m	5-01.00

Decathlon: #8 Men Pole Vault Decathlon

GNAC Records: 4.95m R 2018 Peyton Lewis, NNU

GNAC Meet: 4.95m M 2018 Payton Lewis, NNU

Name	School	Finals	
Finals			
1 Schmidt, Steven	Northwest Nazarene	4.76m	15-07.25
2 Walker, JJ	Western Oregon	4.56m	14-11.50
3 Klein, Drew	Central Washington	4.46m	14-07.50
4 Maier, Braydon	Central Washington	4.06m	13-03.75
5 Burchfield, Gabe	Western Oregon	3.96m	12-11.75
6 Sorah, Brennen	Western Oregon	3.76m	12-04.00
6 Kenny, Ryan	Western Washington	3.76m	12-04.00
8 Boyd, Andrew	Saint Martin's	3.56m	11-08.00
9 Wilkins, Shalkar	Northwest Nazarene	3.46m	11-04.25
--- Seals, Austin	Western Washington	NH	
--- Katsuda, Sam	Central Washington	NH	

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Decathlon: #2 Men Long Jump Decathlon**

GNAC Records: 7.53m R 2016

Cody Thomas, UAA

GNAC Meet: 7.10m M 2018

Seren Dances, WWU

Name	School	Finals	Wind
Finals			
1 Walker, JJ	Western Oregon	6.99m	22-11.25 3.2
2 Burchfield, Gabe	Western Oregon	6.97m	22-10.50 2.5
3 Kenny, Ryan	Western Washington	6.68m	21-11.00 1.2
4 Schmidt, Steven	Northwest Nazarene	6.51m	21-04.25 2.8
5 Klein, Drew	Central Washington	6.48m	21-03.25 0.9
6 Sorah, Brennen	Western Oregon	6.41m	21-00.50 1.2
7 Seals, Austin	Western Washington	6.06m	19-10.75 0.5
8 Boyd, Andrew	Saint Martin's	5.97m	19-07.00 2.5
9 Katsuda, Sam	Central Washington	5.79m	19-00.00 3.6
10 Wilkins, Shalkar	Northwest Nazarene	5.70m	18-08.50 2.5
11 Maier, Braydon	Central Washington	5.36m	17-07.00 3.2

Decathlon: #3 Men Shot Put Decathlon

GNAC Records: 14.06m R 2010

Alex Harrison, WWU

GNAC Meet: 14.06m M 2010

Alex Harrison, WWU

Name	School	Finals	Wind
Finals			
1 Boyd, Andrew	Saint Martin's	12.88m	42-03.25
2 Sorah, Brennen	Western Oregon	12.37m	40-07.00
3 Schmidt, Steven	Northwest Nazarene	12.06m	39-07.00
4 Maier, Braydon	Central Washington	11.77m	38-07.50
5 Walker, JJ	Western Oregon	11.19m	36-08.50
6 Burchfield, Gabe	Western Oregon	10.91m	35-09.50
7 Seals, Austin	Western Washington	10.83m	35-06.50
8 Kenny, Ryan	Western Washington	10.56m	34-07.75
9 Wilkins, Shalkar	Northwest Nazarene	10.19m	33-05.25
10 Klein, Drew	Central Washington	9.86m	32-04.25
11 Katsuda, Sam	Central Washington	7.22m	23-08.25

Decathlon: #7 Men Discus Throw Decathlon

GNAC Records: 46.00m R 2006

Chris Randolph, SPU

GNAC Meet: 45.88m M 2018

Giovanni Brown, CU

Name	School	Finals	Wind
Finals			
1 Maier, Braydon	Central Washington	38.67m	126-10
2 Klein, Drew	Central Washington	37.23m	122-02
3 Schmidt, Steven	Northwest Nazarene	37.19m	122-00
4 Walker, JJ	Western Oregon	35.50m	116-06
5 Boyd, Andrew	Saint Martin's	33.25m	109-01
6 Kenny, Ryan	Western Washington	32.69m	107-03
7 Wilkins, Shalkar	Northwest Nazarene	32.51m	106-08
8 Seals, Austin	Western Washington	31.45m	103-02
9 Sorah, Brennen	Western Oregon	30.69m	100-08
10 Katsuda, Sam	Central Washington	30.48m	100-00
11 Burchfield, Gabe	Western Oregon	28.35m	93-00

2023 GNAC Championship - 5/12/2023 to 5/13/2023**Western Oregon University****Results****Decathlon: #9 Men Javelin Throw Decathlon**

GNAC Records: 61.04m R 2012 Alex Harrison, WWU

GNAC Meet: 61.04m M 2012 Alex Harrison, WWU

Name	School	Finals	
Finals			
1 Schmidt, Steven	Northwest Nazarene	54.74m	179-07
2 Klein, Drew	Central Washington	52.18m	171-02
3 Boyd, Andrew	Saint Martin's	51.51m	169-00
4 Maier, Braydon	Central Washington	48.93m	160-06
5 Walker, JJ	Western Oregon	46.34m	152-00
6 Wilkins, Shalkar	Northwest Nazarene	44.93m	147-05
7 Sorah, Brennen	Western Oregon	42.68m	140-00
8 Katsuda, Sam	Central Washington	40.47m	132-09
9 Seals, Austin	Western Washington	40.05m	131-05
10 Kenny, Ryan	Western Washington	39.77m	130-06
11 Burchfield, Gabe	Western Oregon	37.93m	124-05

Men Decathlon

GNAC Records: 7872 R 2006 Chris Randolph, SPU

GNAC Meet: 7201 M 2016 Cody Thomas, UAA

Qual Auto: 7252 A 2021 DII Automatic Qualifying Standard

Qual Prov: 6325 P 2021 DII Provisional Qualifying Standard

Name	School	Seed	Finals	H#
Finals				
1 Schmidt, Steven	Northwest Nazarene	6910	7047 P	
2 Walker, JJ	Western Oregon	6152	6680 P	
3 Klein, Drew	Central Washington	4955	6538 P	
4 Sorah, Brennen	Western Oregon	5712	6184	
5 Boyd, Andrew	Saint Martin's		6170	
6 Burchfield, Gabe	Western Oregon	5506	6132	
7 Kenny, Ryan	Western Washington	4233	6056	
8 Seals, Austin	Western Washington	5371	5546	
9 Wilkins, Shalkar	Northwest Nazarene	5495	4791	
10 Katsuda, Sam	Central Washington		4345	
11 Maier, Braydon	Central Washington	5993	4337	

Women - Team Rankings - 21 Events Scored

1) Western Washington	183	2) Western Oregon	160
3) Simon Fraser	129	4) Northwest Nazarene	94
5) Central Washington	85	6) Seattle Pacific	53
7) Saint Martin's	45	8) Alaska Anchorage	37
9) MSU-Billings	27		

Men - Team Rankings - 21 Events Scored

1) Western Washington	209.5	2) Western Oregon	124
3) Northwest Nazarene	112	4) Central Washington	106
5) Alaska Anchorage	66	6) Simon Fraser	65
7) MSU-Billings	54	8) Seattle Pacific	51
9) Saint Martin's	28.5		