

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****Women 60 Meter Dash****Top 8 Advance by Time**

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All-Time: 1 7.45 2023 Marie-Eloise Leclair, Simon Fras
Meet: 2 7.52 2020 Paige Johnson, Concordia
Podium: 3 7.07 2/27/2022 Mikiah Brisco, Unattached

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Name Year School Prelims H#
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Preliminaries

Name	Year	School	Prelims	H#
1 Leclair, Marie-Eloise		Simon Fraser	1 7.38q	1
7.380 (7.380)				
2 Hollis, E'Lexis		Central Washington	2 7.51q	3
7.502 (7.502)				
3 Thompson, Maliyah		Western Oregon	7.65q	1
7.641 (7.641)				
4 Wood, Abbey		Northwest Nazarene	7.66q	2
7.653 (7.653)				
5 Cannan, Emma		Simon Fraser	7.70q	2
7.699 (7.699)				
6 Cummings, Jaeland		Simon Fraser	7.76q	3 7.751
7.751 (7.751)				
7 Williams, Juliette		Central Washington	7.76q	2 7.752
7.752 (7.752)				
8 Manley, Olivia		Alaska Anchorage	7.76q	2 7.758
7.758 (7.758)				
9 Hopwood, Maya		Western Oregon	7.77	3
7.770 (7.770)				
10 Cheney, Caitlyn		Western Washington	7.83	1
7.822 (7.822)				
11 Popchock, Ana		Western Oregon	7.88	1
7.877 (7.877)				
12 Nwokoma, Ujunwa		Western Oregon	7.89	1
7.889 (7.889)				
13 Hull, Tatum		MSU-Billings	7.93	3
7.928 (7.928)				
14 Polkinghorn, Hannah		Western Washington	7.97	2
7.961 (7.961)				
15 Richardson, Mya		MSU-Billings	8.01	3
8.003 (8.003)				
16 Chandler, Lauryn		Central Washington	8.05	1
8.042 (8.042)				
17 Lavato, Josie		Western Oregon	8.07	1 8.061
8.061 (8.061)				
18 Baniaga, Katie		Northwest Nazarene	8.07	2 8.068
8.068 (8.068)				
19 Thompson, Madison		MSU-Billings	8.11	2 8.107
8.107 (8.107)				
20 Vu, Madison		Saint Martin's	8.11	2 8.110
8.110 (8.110)				
21 Baniaga, Kayla		Northwest Nazarene	8.14	3
8.135 (8.135)				
22 Williams, Shayna		Northwest Nazarene	8.15	3
8.148 (8.148)				
23 Jacobs, Jordan		Simon Fraser	8.18	3
8.176 (8.176)				
24 Ronse, Dominique		Simon Fraser	8.57	1
8.565 (8.565)				

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All-Time:	1	7.45	2023	Marie-Eloise Leclair, Simon F
Meet:	2	7.52	2020	Paige Johnson, Concordia
Podium:	3	7.07	2/27/2022	Mikiah Brisco, Unattached
Name			Year School	Finals

Finals

1	Leclair, Marie-Eloise	Simon Fraser	7.331	
	7.323 (7.323)			
2	Hollis, E'Lexis	Central Washington	7.462	
	7.451 (7.451)			
3	Thompson, Maliyah	Western Oregon	7.61	
	7.602 (7.602)			
4	Wood, Abbey	Northwest Nazarene	7.68	
	7.678 (7.678)			
5	Manley, Olivia	Alaska Anchorage	7.72	
	7.713 (7.713)			
6	Williams, Juliette	Central Washington	7.75	7.741
	7.741 (7.741)			
7	Cannan, Emma	Simon Fraser	7.75	7.742
	7.742 (7.742)			
8	Cummings, Jaeland	Simon Fraser	7.75	7.744
	7.744 (7.744)			

Women 200 Meter Dash**Top 8 Advance by Time**

All-Time:	1	23.80	2023	Marie-Eloise Leclair, Simon Fras
Meet:	2	24.09	2017	Jamie Ashcroft, Alaska Anchorage
Podium:	3	23.18	2/23/2023	Jadyn Mays, Oregon
Name			Year School	Prelims H#

Preliminaries

1	Leclair, Marie-Eloise	Simon Fraser	2	24.02q	1
	24.014 (24.014)				
2	Cannan, Emma	Simon Fraser	24.78q	5	
	24.778 (24.778)				
3	Wood, Abbey	Northwest Nazarene	25.14q	3	
	25.136 (25.136)				
4	Manley, Olivia	Alaska Anchorage	25.17q	7	
	25.165 (25.165)				
5	Williams, Juliette	Central Washington	25.40q	4	
	25.394 (25.394)				
6	Hopper, Elise	Central Washington	25.78q	5	
	25.778 (25.778)				
7	Green, Aniya	Seattle Pacific	25.85q	2	
	25.843 (25.843)				
8	Cheney, Caitlyn	Western Washington	25.86q	6	
	25.856 (25.856)				
9	Cummings, Jaeland	Simon Fraser	25.94	6	
	25.939 (25.939)				
10	Vidad, Joeli	Alaska Anchorage	25.96	3	
	25.958 (25.958)				
11	Miller, Anna	Western Washington	25.97	7	25.968
	25.968 (25.968)				

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium
Results****....Women 200 Meter Dash**

11 Hopwood, Maya	Western Oregon	25.97	6	25.968
25.968 (25.968)				
13 Brence, Kalli	Northwest Nazarene	25.98	5	
25.975 (25.975)				
14 DeChenne, McCall	Central Washington	25.99	2	
25.987 (25.987)				
15 Harris, Donna Marie	Central Washington	26.11	1	
26.109 (26.109)				
16 Baniaga, Katie	Northwest Nazarene	26.16	4	
26.157 (26.157)				
17 Polkinghorn, Hannah	Western Washington	26.17	3	
26.165 (26.165)				
18 Williams, Shayna	Northwest Nazarene	26.27	2	
26.265 (26.265)				
19 Backman, Kaitlyn	Alaska Anchorage	26.38	5	
26.374 (26.374)				
20 Hollis, E'Lexis	Central Washington	26.40	4	
26.395 (26.395)				
21 Bell, Cree	Saint Martin's	26.49	1	
26.483 (26.483)				
22 Jacobs, Jordan	Simon Fraser	26.56	6	
26.558 (26.558)				
23 Hull, Tatum	MSU-Billings	26.57	2	
26.562 (26.562)				
24 Lavato, Josie	Western Oregon	26.69	4	
26.681 (26.681)				
25 Baniaga, Kayla	Northwest Nazarene	26.73	7	
26.730 (26.730)				
26 Klein, Bella	MSU-Billings	27.24	3	
27.240 (27.240)				
27 Vu, Madison	Saint Martin's	27.26	7	
27.259 (27.259)				

Women 200 Meter Dash

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 All-Time: 1 23.80 2023 Marie-Eloise Leclair, Simon Fras
 Meet: 2 24.09 2017 Jamie Ashcroft, Alaska Anchorage
 Podium: 3 23.18 2/23/2023 Jacyn Mays, Oregon

Name Year School Finals H#

Finals

1 Leclair, Marie-Eloise	Simon Fraser	23.631	2	
23.624 (23.624)				
2 Cannan, Emma	Simon Fraser	24.68	2	
24.680 (24.680)				
3 Williams, Juliette	Central Washington	24.83	2	
24.821 (24.821)				
4 Wood, Abbey	Northwest Nazarene	24.88	1	
24.878 (24.878)				
5 Manley, Olivia	Alaska Anchorage	24.89	1	
24.889 (24.889)				
6 Green, Aniya	Seattle Pacific	25.63	2	
25.626 (25.626)				
7 Hopper, Elise	Central Washington	25.71	1	25.701
25.701 (25.701)				

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Women 200 Meter Dash**

8 Cheney, Caitlyn	Western Washington	25.71	1	25.706
25.706 (25.706)				

Women 400 Meter Dash**Top 8 Advance by Time**

All-Time: 1	53.82	2023	Marie-Eloise Leclair, Simon Fras
Meet: 2	54.87	2016	Jahzelle Ambus, Seattle Pacific
Podium: 3	51.88	2/27/2022	Lynna Irby, adidas

Name	Year	School	Prelims	H#
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Preliminaries

1 Harris, Donna Marie	Central Washington	58.01q	3
27.359 (27.359) 58.009 (30.650)			
2 Bosma, Claire	Simon Fraser	58.29q	5
27.468 (27.468) 58.287 (30.819)			
3 Hopper, Elise	Central Washington	58.39q	4
26.390 (26.390) 58.390 (32.000)			
4 DeChenne, McCall	Central Washington	58.68q	1
26.977 (26.977) 58.679 (31.702)			
5 Binder, Erika	Simon Fraser	58.76q	2
27.374 (27.374) 58.755 (31.381)			
6 Bell, Cree	Saint Martin's	58.97q	2
27.208 (27.208) 58.962 (31.754)			
7 Vidad, Joei	Alaska Anchorage	59.12q	4
26.600 (26.600) 59.118 (32.518)			
8 Miller, Anna	Western Washington	59.42q	1
27.130 (27.130) 59.419 (32.289)			
9 DeJong, Laine	Northwest Nazarene	59.48	2
27.466 (27.466) 59.475 (32.009)			
10 Green, Aniya	Seattle Pacific	59.74	3
26.723 (26.723) 59.735 (33.012)			
11 Crane, Marissa	Seattle Pacific	1:00.02	1
26.874 (26.874) 1:00.015 (33.141)			
12 Cvancara, Sophia	Alaska Anchorage	1:00.34	5
27.915 (27.915) 1:00.333 (32.418)			
13 De Arvizu Sarrias, Blanc	Alaska Anchorage	1:00.55	4
27.053 (27.053) 1:00.549 (33.496)			
14 Brown, Johanna	Seattle Pacific	1:00.87	5
27.832 (27.832) 1:00.862 (33.030)			
15 Hart, Jessy	Western Oregon	1:01.68	5
29.104 (29.104) 1:01.674 (32.570)			
16 Graham, Hailey	Northwest Nazarene	1:01.91	2
28.007 (28.007) 1:01.901 (33.894)			
17 Mansfield, Brooke	Western Washington	1:01.96	1
28.587 (28.587) 1:01.952 (33.365)			
18 Gomez, Alejandra	Northwest Nazarene	1:02.06	3
28.242 (28.242) 1:02.054 (33.812)			
19 Lambing, Madeline	Western Oregon	1:02.14	3
28.125 (28.125) 1:02.135 (34.010)			

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****Women 400 Meter Dash**

=====
 All-Time: 1 53.82 2023 Marie-Eloise Leclair, Simon Fras
 Meet: 2 54.87 2016 Jahzelle Ambus, Seattle Pacific
 Podium: 3 51.88 2/27/2022 Lynna Irby, adidas
 Name Year School Finals H#
 =====

Finals

Name	Year	School	Finals	H#
1 Bosma, Claire		Simon Fraser	57.90	2
26.915 (26.915)		57.894 (30.979)		
2 DeChenne, McCall		Central Washington	57.93	1
26.616 (26.616)		57.930 (31.314)		
3 Binder, Erika		Simon Fraser	58.50	2
26.966 (26.966)		58.498 (31.532)		
4 Vidad, Joei		Alaska Anchorage	58.76	2
26.516 (26.516)		58.752 (32.236)		
5 Hopper, Elise		Central Washington	59.04	1 DQ Overturned
26.696 (26.696)		59.039 (32.343)		
6 Harris, Donna Marie		Central Washington	59.22	2
27.363 (27.363)		59.213 (31.850)		
7 Miller, Anna		Western Washington	1:00.23	1
26.708 (26.708)		1:00.226 (33.518)		
8 Bell, Cree		Saint Martin's	1:01.43	1
26.750 (26.750)		1:01.423 (34.673)		

Women 800 Meter Run**8 Advance: Top 2 Each Heat plus Next 4 Best Times**

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 All-Time: 1 2:04.94 2011 Hellen Crofts, Simon Fraser
 Meet: 2 2:08.28 2010 Jessica Pixler, Seattle Pacific
 Podium: 3 2:01.27 1/28/2023 Kaela Edwards, adidas
 Name Year School Prelims H#
 =====

Preliminaries

Name	Year	School	Prelims	H#
1 Roxby, Megan		Simon Fraser	2:16.06Q	1
31.270 (31.270)		1:05.436 (34.166)	1:40.867 (35.431)	2:16.060 (35.193)
2 Aniteye, Vanessa		Seattle Pacific	2:17.37Q	2
32.118 (32.118)		1:05.781 (33.663)	1:41.608 (35.827)	2:17.362 (35.754)
3 Saucedo, Alisha		Saint Martin's	2:17.26Q	1
31.994 (31.994)		1:06.308 (34.314)	1:42.438 (36.130)	2:17.253 (34.815)
4 Stoppel, Kailee		MSU-Billings	2:17.93Q	2
31.972 (31.972)		1:05.528 (33.556)	1:41.950 (36.422)	2:17.925 (35.975)
5 Ledesma, Marian		Western Washington	2:17.73q	1
31.762 (31.762)		1:06.268 (34.506)	1:42.070 (35.802)	2:17.724 (35.654)
6 Prangley, Sarah		Simon Fraser	2:17.83q	1
31.833 (31.833)		1:06.529 (34.696)	1:42.929 (36.400)	2:17.826 (34.897)
7 McDevitt, Zoe		Central Washington	2:18.74q	1
32.041 (32.041)		1:06.575 (34.534)	1:42.589 (36.014)	2:18.735 (36.146)
8 Roe, Bailey		Alaska Anchorage	2:19.47q	2
32.096 (32.096)		1:06.596 (34.500)	1:42.871 (36.275)	2:19.465 (36.594)
9 Kroontje, Emmy		Western Washington	2:20.36	2
32.153 (32.153)		1:05.394 (33.241)	1:42.251 (36.857)	2:20.359 (38.108)
10 Vanderput, Elizabeth		Simon Fraser	2:21.44	2
32.466 (32.466)		1:06.689 (34.223)	1:43.362 (36.673)	2:21.439 (38.077)
11 Thompson, Madison		Central Washington	2:22.91	2
33.112 (33.112)		1:08.458 (35.346)	1:45.274 (36.816)	2:22.910 (37.636)

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****...Women 800 Meter Run**

12 Tasdemir, Selin	Simon Fraser	2:24.74	1	
32.129 (32.129)	1:06.916 (34.787)	1:44.144 (37.228)		2:24.736 (40.592)
13 Collins-Winn, Evelyn	Western Washington	2:26.43	1	
32.328 (32.328)	1:07.361 (35.033)	1:46.328 (38.967)		2:26.424 (40.096)
14 Smith, Charisma	Seattle Pacific	2:28.51	2	
32.830 (32.830)	1:08.136 (35.306)	1:46.505 (38.369)		2:28.501 (41.996)

Women 800 Meter Run

=====
 All-Time: 1 2:04.94 2011 Hellen Crofts, Simon Fraser
 Meet: 2 2:08.28 2010 Jessica Pixler, Seattle Pac
 Podium: 3 2:01.27 1/28/2023 Kaela Edwards, adidas
 Name Year School Finals
 =====

Finals

1 Aniteye, Vanessa	Seattle Pacific	2:08.71		
29.434 (29.434)	1:00.746 (31.312)	1:34.477 (33.731)		2:08.708 (34.231)
2 Roxby, Megan	Simon Fraser	2:14.22		
32.603 (32.603)	1:06.867 (34.264)	1:40.725 (33.858)		2:14.211 (33.486)
3 Stoppel, Kailee	MSU-Billings	2:16.84		
32.942 (32.942)	1:06.736 (33.794)	1:41.010 (34.274)		2:16.832 (35.822)
4 McDevitt, Zoe	Central Washington	2:20.84		
32.807 (32.807)	1:08.049 (35.242)	1:44.255 (36.206)		2:20.839 (36.584)
5 Saucedo, Alisha	Saint Martin's	2:21.58		
33.249 (33.249)	1:08.614 (35.365)	1:46.702 (38.088)		2:21.574 (34.872)
6 Roe, Bailey	Alaska Anchorage	2:22.84		
32.697 (32.697)	1:07.867 (35.170)	1:46.383 (38.516)		2:22.836 (36.453)
7 Prangley, Sarah	Simon Fraser	2:23.90		
33.473 (33.473)	1:08.920 (35.447)	1:47.038 (38.118)		2:23.895 (36.857)
8 Ledesma, Marian	Western Washington	2:32.44		
33.447 (33.447)	1:09.200 (35.753)	1:50.517 (41.317)		2:32.435 (41.918)

Women 1 Mile Run

=====
 All-Time: 1 4:32.88 2010 Jessica Pixler, Seattle Pacifi
 Meet: 2 4:40.39 2010 Jessica Pixler, Seattle Pacifi
 Podium: 3 4:46.45 2/19/2022 Veerle Bakker, Portland
 Name Year School Finals H#
 =====

1 Roxby, Megan	Simon Fraser	5:05.63	2	
38.623 (38.623)	1:17.130 (38.507)	1:57.636 (40.506)		2:38.192 (40.556)
3:17.676 (39.484)	3:54.318 (36.642)	4:29.246 (34.928)		5:05.625 (36.379)
2 Michael, Libby	Seattle Pacific	5:06.96	2	
38.174 (38.174)	1:16.691 (38.517)	1:57.302 (40.611)		2:38.433 (41.131)
3:18.046 (39.613)	3:54.871 (36.825)	4:30.732 (35.861)		5:06.954 (36.222)
3 Davis, Ila	Western Washington	5:08.02	2	
38.576 (38.576)	1:16.840 (38.264)	1:57.441 (40.601)		2:38.231 (40.790)
3:17.724 (39.493)	3:54.689 (36.965)	4:31.707 (37.018)		5:08.018 (36.311)
4 Crocker, Mia	Western Washington	5:08.59	2	
39.207 (39.207)	1:17.397 (38.190)	1:57.887 (40.490)		2:39.148 (41.261)
3:18.312 (39.164)	3:56.221 (37.909)	4:34.315 (38.094)		5:08.583 (34.268)
5 Cameron, Kate	Simon Fraser	5:09.26	2	
36.696 (36.696)	1:16.366 (39.670)	1:57.285 (40.919)		2:38.391 (41.106)
3:17.911 (39.520)	3:55.131 (37.220)	4:32.498 (37.367)		5:09.251 (36.753)

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****...Women 1 Mile Run**

6 Hutton, Holly	Western Oregon	5:09.98	2		
38.335 (38.335)	1:17.023 (38.688)	1:57.550 (40.527)		2:38.630 (41.080)	
3:18.228 (39.598)	3:56.358 (38.130)	4:34.778 (38.420)		5:09.971 (35.193)	
7 Wright, Sophie	Western Washington	5:10.46	2		
38.709 (38.709)	1:16.989 (38.280)	1:57.604 (40.615)		2:38.217 (40.613)	
3:17.945 (39.728)	3:56.036 (38.091)	4:33.553 (37.517)		5:10.460 (36.907)	
8 Saucedo, Alisha	Saint Martin's	5:13.96	2		
39.441 (39.441)	1:17.685 (38.244)	1:58.168 (40.483)		2:39.002 (40.834)	
3:18.981 (39.979)	3:58.241 (39.260)	4:38.613 (40.372)		5:13.952 (35.339)	
9 Carstens, Alauna	Saint Martin's	5:16.36	1		
39.319 (39.319)	1:19.167 (39.848)	1:59.690 (40.523)		2:40.954 (41.264)	
3:19.675 (38.721)	3:59.908 (40.233)	4:38.815 (38.907)		5:16.352 (37.537)	
10 Tasdemir, Selin	Simon Fraser	5:16.96	2		
39.532 (39.532)	1:18.098 (38.566)	1:58.453 (40.355)		2:39.449 (40.996)	
3:20.196 (40.747)	4:00.544 (40.348)	4:40.228 (39.684)		5:16.957 (36.729)	
11 Collins-Winn, Evelyn	Western Washington	5:18.28	1		
39.990 (39.990)	1:19.382 (39.392)	1:59.903 (40.521)		2:41.187 (41.284)	
3:19.846 (38.659)	4:00.065 (40.219)	4:39.650 (39.585)		5:18.278 (38.628)	
12 Reeck, Ashley	Western Washington	5:18.54	1		
40.143 (40.143)	1:19.920 (39.777)	2:00.987 (41.067)		2:42.155 (41.168)	
3:22.156 (40.001)	4:03.611 (41.455)	4:42.974 (39.363)		5:18.533 (35.559)	
13 Prangle, Sarah	Simon Fraser	5:20.10	2		
39.114 (39.114)	1:17.710 (38.596)	1:58.145 (40.435)		2:38.981 (40.836)	
3:19.614 (40.633)	3:59.552 (39.938)	4:40.316 (40.764)		5:20.094 (39.778)	
14 Klein, Olivia	Northwest Nazarene	5:20.81	1		
40.370 (40.370)	1:19.722 (39.352)	2:00.205 (40.483)		2:41.442 (41.237)	
3:22.403 (40.961)	4:03.652 (41.249)	4:44.462 (40.810)		5:20.809 (36.347)	
15 Perez, Natalie	Western Oregon	5:21.83	1		
40.557 (40.557)	1:20.204 (39.647)	2:01.247 (41.043)		2:41.706 (40.459)	
3:20.807 (39.101)	4:00.844 (40.037)	4:41.628 (40.784)		5:21.825 (40.197)	
16 Miller, Sidra	Western Washington	5:24.19	1		
39.850 (39.850)	1:19.767 (39.917)	2:00.665 (40.898)		2:41.803 (41.138)	
3:21.787 (39.984)	4:02.941 (41.154)	4:43.645 (40.704)		5:24.188 (40.543)	
17 Watkins, Rachael	Simon Fraser	5:27.99	2		
38.993 (38.993)	1:17.459 (38.466)	1:57.930 (40.471)		2:38.852 (40.922)	
3:19.376 (40.524)	4:00.899 (41.523)	4:44.478 (43.579)		5:27.988 (43.510)	
18 Ewing, Maya	Seattle Pacific	5:36.05	1		
41.438 (41.438)	1:23.441 (42.003)	2:06.275 (42.834)		2:49.826 (43.551)	
3:33.444 (43.618)	4:17.393 (43.949)	4:59.439 (42.046)		5:36.050 (36.611)	
19 Flolo, Katelyn	Seattle Pacific	5:36.90	1		
40.824 (40.824)	1:20.682 (39.858)	2:00.951 (40.269)		2:42.597 (41.646)	
3:24.395 (41.798)	4:08.562 (44.167)	4:53.626 (45.064)		5:36.895 (43.269)	
20 Larson, Lindie	Western Oregon	5:41.17	1		
40.615 (40.615)	1:21.917 (41.302)	2:00.962 (39.045)		2:47.768 (46.806)	
3:31.157 (43.389)	4:15.192 (44.035)	4:59.295 (44.103)		5:41.165 (41.870)	
21 Whitmer, Ally	MSU-Billings	5:43.72	1		
41.144 (41.144)	1:23.922 (42.778)	2:08.006 (44.084)		2:52.784 (44.778)	
3:37.373 (44.589)	4:22.026 (44.653)	5:05.634 (43.608)		5:43.714 (38.080)	
22 Dalling, Kaylee	MSU-Billings	5:43.75	1		
41.363 (41.363)	1:24.255 (42.892)	2:08.108 (43.853)		2:52.810 (44.702)	
3:37.421 (44.611)	4:22.119 (44.698)	5:05.841 (43.722)		5:43.744 (37.903)	
23 Smith, Riley	Western Oregon	5:45.04	2		
38.384 (38.384)	1:18.610 (40.226)	1:59.480 (40.870)		2:42.017 (42.537)	
3:25.871 (43.854)	4:11.128 (45.257)	4:57.254 (46.126)		5:45.031 (47.777)	

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****Women 3000 Meter Run**

=====						
All-Time:	1	9:07.05	2019	Caroline Kurgat, Alaska Anchor		
Meet:	2	9:47.64	2015	Jennifer Johnson, Simon Frasier		
Podium:	3	8:41.53	2/27/2022	Elle Purrier St. Pierre, New B		
Name	Year	School	Finals	H#		
=====						
1	Davis, Ila	Western Washington	10:14.61	2		
	38.794 (38.794)	1:20.021 (41.227)	2:01.654 (41.633)	2:43.999 (42.345)		
	3:25.829 (41.830)	4:07.437 (41.608)	4:49.323 (41.886)	5:30.437 (41.114)		
	6:11.876 (41.439)	6:53.462 (41.586)	7:36.261 (42.799)	8:18.846 (42.585)		
	9:00.103 (41.257)	9:38.914 (38.811)	10:14.602 (35.688)			
2	Erler, Morgan	Northwest Nazarene	10:14.99	2		
	39.377 (39.377)	1:20.544 (41.167)	2:02.317 (41.773)	2:44.193 (41.876)		
	3:26.043 (41.850)	4:07.728 (41.685)	4:49.637 (41.909)	5:30.617 (40.980)		
	6:12.114 (41.497)	6:52.199 (40.085)	7:33.165 (40.966)	8:14.602 (41.437)		
	8:56.519 (41.917)	9:36.908 (40.389)	10:14.983 (38.075)			
3	Michael, Libby	Seattle Pacific	10:18.94	2		
	39.335 (39.335)	1:20.552 (41.217)	2:02.131 (41.579)	2:44.478 (42.347)		
	3:26.355 (41.877)	4:08.216 (41.861)	4:49.898 (41.682)	5:31.729 (41.831)		
	6:13.550 (41.821)	6:56.178 (42.628)	7:37.860 (41.682)	8:18.872 (41.012)		
	8:59.366 (40.494)	9:39.268 (39.902)	10:18.934 (39.666)			
4	Heldt, Caitlin	Western Oregon	10:25.32	2		
	39.064 (39.064)	1:20.312 (41.248)	2:02.079 (41.767)	2:44.265 (42.186)		
	3:26.321 (42.056)	4:07.982 (41.661)	4:49.943 (41.961)	5:31.093 (41.150)		
	6:13.391 (42.298)	6:56.413 (43.022)	7:39.322 (42.909)	8:22.639 (43.317)		
	9:05.487 (42.848)	9:47.261 (41.774)	10:25.320 (38.059)			
5	Carstens, Alauna	Saint Martin's	10:29.29	2		
	39.117 (39.117)	1:20.327 (41.210)	2:01.857 (41.530)	2:44.681 (42.824)		
	3:26.242 (41.561)	4:08.103 (41.861)	4:49.690 (41.587)	5:31.857 (42.167)		
	6:14.582 (42.725)	6:57.954 (43.372)	7:39.516 (41.562)	8:23.704 (44.188)		
	9:08.014 (44.310)	9:51.176 (43.162)	10:29.281 (38.105)			
6	Sabra, Sara	Saint Martin's	10:30.71	2		
	39.452 (39.452)	1:21.077 (41.625)	2:02.757 (41.680)	2:44.913 (42.156)		
	3:26.970 (42.057)	4:08.877 (41.907)	4:51.006 (42.129)	5:33.749 (42.743)		
	6:16.555 (42.806)	6:59.725 (43.170)	7:43.400 (43.675)	8:26.833 (43.433)		
	9:09.945 (43.112)	9:53.140 (43.195)	10:30.708 (37.568)			
7	Crocker, Mia	Western Washington	10:31.66	2		
	39.745 (39.745)	1:21.290 (41.545)	2:02.926 (41.636)	2:45.298 (42.372)		
	3:27.062 (41.764)	4:08.992 (41.930)	4:51.214 (42.222)	5:33.966 (42.752)		
	6:17.452 (43.486)	7:00.898 (43.446)	7:44.317 (43.419)	8:27.768 (43.451)		
	9:12.197 (44.429)	9:55.535 (43.338)	10:31.652 (36.117)			
8	Shannon, Meaera	Western Washington	10:32.14	2		
	38.814 (38.814)	1:20.007 (41.193)	2:01.622 (41.615)	2:43.948 (42.326)		
	3:25.804 (41.856)	4:07.448 (41.644)	4:49.446 (41.998)	5:32.282 (42.836)		
	6:14.820 (42.538)	6:58.261 (43.441)	7:40.442 (42.181)	8:26.124 (45.682)		
	9:10.509 (44.385)	9:53.004 (42.495)	10:32.139 (39.135)			
9	Wright, Sophie	Western Washington	10:33.72	1		
	40.242 (40.242)	1:22.706 (42.464)	2:04.520 (41.814)	2:45.960 (41.440)		
	3:26.936 (40.976)	4:08.007 (41.071)	4:50.142 (42.135)	5:32.128 (41.986)		
	6:15.509 (43.381)	6:58.757 (43.248)	7:42.972 (44.215)	8:26.747 (43.775)		
	9:10.991 (44.244)	9:53.462 (42.471)	10:33.718 (40.256)			
10	Parker, Alanna	Western Washington	10:35.27	2		
	40.158 (40.158)	1:21.461 (41.303)	2:02.938 (41.477)	2:45.338 (42.400)		
	3:27.225 (41.887)	4:09.172 (41.947)	4:51.352 (42.180)	5:34.237 (42.885)		
	6:17.899 (43.662)	7:01.422 (43.523)	7:44.730 (43.308)	8:28.475 (43.745)		
	9:12.579 (44.104)	9:56.602 (44.023)	10:35.268 (38.666)			

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Women 3000 Meter Run**

11	Mulch, Matise	Seattle Pacific	10:36.20	2			
	39.896 (39.896)	1:20.953 (41.057)	2:02.578 (41.625)		2:44.982 (42.404)		
	3:26.687 (41.705)	4:08.571 (41.884)	4:50.376 (41.805)		5:32.510 (42.134)		
	6:15.267 (42.757)	6:58.886 (43.619)	7:43.159 (44.273)		8:28.118 (44.959)		
	9:12.974 (44.856)	9:58.000 (45.026)	10:36.195 (38.195)				
12	Marion, Ella	Simon Fraser	10:37.84	2			
	39.600 (39.600)	1:20.764 (41.164)	2:02.442 (41.678)		2:44.754 (42.312)		
	3:26.561 (41.807)	4:08.386 (41.825)	4:50.627 (42.241)		5:32.985 (42.358)		
	6:15.951 (42.966)	6:58.627 (42.676)	7:41.632 (43.005)		8:25.042 (43.410)		
	9:09.412 (44.370)	9:54.379 (44.967)	10:37.838 (43.459)				
13	Williamson, Avery	Alaska Anchorage	10:44.12	2			
	39.988 (39.988)	1:21.896 (41.908)	2:03.694 (41.798)		2:46.302 (42.608)		
	3:28.823 (42.521)	4:11.281 (42.458)	4:53.447 (42.166)		5:36.618 (43.171)		
	6:20.163 (43.545)	7:04.075 (43.912)	7:48.508 (44.433)		8:33.053 (44.545)		
	9:17.752 (44.699)	10:02.531 (44.779)	10:44.112 (41.581)				
14	Wood, Tressa	Alaska Anchorage	10:50.63	2			
	40.064 (40.064)	1:21.640 (41.576)	2:02.690 (41.050)		2:45.110 (42.420)		
	3:26.676 (41.566)	4:08.593 (41.917)	4:50.794 (42.201)		5:33.499 (42.705)		
	6:17.689 (44.190)	7:02.198 (44.509)	7:47.728 (45.530)		8:33.609 (45.881)		
	9:20.042 (46.433)	10:07.146 (47.104)	10:50.625 (43.479)				
15	Chapman, Katie	Western Oregon	10:54.27	1			
	40.303 (40.303)	1:22.729 (42.426)	2:04.566 (41.837)		2:46.119 (41.553)		
	3:27.249 (41.130)	4:09.579 (42.330)	4:54.258 (44.679)		5:39.968 (45.710)		
	6:26.050 (46.082)	7:12.236 (46.186)	7:57.142 (44.906)		8:42.812 (45.670)		
	9:28.972 (46.160)	10:14.341 (45.369)	10:54.265 (39.924)				
16	Halsell, Laura	Western Washington	10:56.31	1			
	40.926 (40.926)	1:24.200 (43.274)	2:06.679 (42.479)		2:50.590 (43.911)		
	3:32.961 (42.371)	4:15.927 (42.966)	4:59.182 (43.255)		5:42.958 (43.776)		
	6:27.977 (45.019)	7:12.374 (44.397)	7:57.009 (44.635)		8:42.054 (45.045)		
	9:28.906 (46.852)	10:13.747 (44.841)	10:56.309 (42.562)				
17	Parker, Alexis	Western Washington	10:56.61	1			
	41.011 (41.011)	1:23.974 (42.963)	2:06.998 (43.024)		2:50.959 (43.961)		
	3:34.039 (43.080)	4:17.894 (43.855)	5:02.416 (44.522)		5:46.759 (44.343)		
	6:31.592 (44.833)	7:16.161 (44.569)	8:00.600 (44.439)		8:45.140 (44.540)		
	9:29.790 (44.650)	10:13.822 (44.032)	10:56.609 (42.787)				
18	Perez, Natalie	Western Oregon	10:59.57	2			
	39.480 (39.480)	1:21.365 (41.885)	2:03.401 (42.036)		2:46.038 (42.637)		
	3:28.127 (42.089)	4:09.943 (41.816)	4:52.348 (42.405)		5:35.883 (43.535)		
	6:20.768 (44.885)	7:06.089 (45.321)	7:52.167 (46.078)		8:39.317 (47.150)		
	9:26.528 (47.211)	10:13.308 (46.780)	10:59.562 (46.254)				
19	Hartley, Naomi	Saint Martin's	11:03.12	2			
	39.713 (39.713)	1:21.596 (41.883)	2:03.198 (41.602)		2:45.930 (42.732)		
	3:28.520 (42.590)	4:11.003 (42.483)	4:53.795 (42.792)		5:37.444 (43.649)		
	6:22.244 (44.800)	7:07.884 (45.640)	7:54.686 (46.802)		8:42.008 (47.322)		
	9:29.933 (47.925)	10:17.109 (47.176)	11:03.117 (46.008)				
20	Flack, Olivia	Western Oregon	11:12.55	1			
	40.645 (40.645)	1:23.702 (43.057)	2:06.646 (42.944)		2:51.479 (44.833)		
	3:36.164 (44.685)	4:21.846 (45.682)	5:07.921 (46.075)		5:53.704 (45.783)		
	6:40.187 (46.483)	7:26.892 (46.705)	8:13.737 (46.845)		9:00.081 (46.344)		
	9:46.727 (46.646)	10:32.009 (45.282)	11:12.549 (40.540)				
21	Spaic, Sofija	Alaska Anchorage	11:21.47	1			
	40.774 (40.774)	1:24.068 (43.294)	2:08.153 (44.085)		2:54.274 (46.121)		
	3:39.775 (45.501)	4:26.569 (46.794)	5:12.838 (46.269)		5:59.912 (47.074)		
	6:46.815 (46.903)	7:33.804 (46.989)	8:21.570 (47.766)		9:08.943 (47.373)		
	9:56.411 (47.468)	10:42.141 (45.730)	11:21.464 (39.323)				

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****...Women 3000 Meter Run**

22 Larson, Lindie	Western Oregon	11:27.27	1		
41.387 (41.387)	1:25.651 (44.264)	2:09.314 (43.663)		2:54.836 (45.522)	
3:40.646 (45.810)	4:26.616 (45.970)	5:13.169 (46.553)		6:00.497 (47.328)	
6:47.465 (46.968)	7:35.164 (47.699)	8:22.548 (47.384)		9:11.184 (48.636)	
9:58.731 (47.547)	10:44.943 (46.212)	11:27.262 (42.319)			
23 Miller, Aunika	Alaska Anchorage	11:30.46	1		
41.139 (41.139)	1:25.209 (44.070)	2:10.194 (44.985)		2:55.505 (45.311)	
3:40.948 (45.443)	4:26.867 (45.919)	5:13.272 (46.405)		6:00.165 (46.893)	
6:47.808 (47.643)	7:35.585 (47.777)	8:25.332 (49.747)		9:14.903 (49.571)	
10:04.060 (49.157)	10:51.160 (47.100)	11:30.459 (39.299)			
24 Clifton, Ali	Western Oregon	11:33.74	1		
40.445 (40.445)	1:23.437 (42.992)	2:07.460 (44.023)		2:53.562 (46.102)	
3:39.814 (46.252)	4:26.250 (46.436)	5:12.832 (46.582)		5:59.674 (46.842)	
6:47.813 (48.139)	7:35.337 (47.524)	8:25.045 (49.708)		9:14.740 (49.695)	
10:03.798 (49.058)	10:51.048 (47.250)	11:33.740 (42.692)			
25 Mastin, Zoie	Central Washington	11:59.90	1		
43.145 (43.145)	1:27.740 (44.595)	2:13.032 (45.292)		3:00.313 (47.281)	
3:47.345 (47.032)	4:35.538 (48.193)	5:23.623 (48.085)		6:13.521 (49.898)	
7:03.439 (49.918)	7:53.733 (50.294)	8:44.212 (50.479)		9:33.924 (49.712)	
10:24.146 (50.222)	11:13.956 (49.810)	11:59.898 (45.942)			
26 Wyatt, Olivia	Central Washington	12:17.11	1		
43.592 (43.592)	1:28.159 (44.567)	2:15.448 (47.289)		3:03.601 (48.153)	
3:51.743 (48.142)	4:41.772 (50.029)	5:32.371 (50.599)		6:24.182 (51.811)	
7:14.345 (50.163)	8:04.503 (50.158)	8:55.166 (50.663)		9:45.665 (50.499)	
10:37.171 (51.506)	11:29.401 (52.230)	12:17.109 (47.708)			
27 Howard, Grace	Central Washington	13:02.12	1		
43.819 (43.819)	1:29.160 (45.341)	2:18.377 (49.217)		3:09.382 (51.005)	
4:01.613 (52.231)	4:55.575 (53.962)	5:48.947 (53.372)		6:43.345 (54.398)	
7:38.903 (55.558)	8:32.483 (53.580)	9:26.115 (53.632)		10:21.732 (55.617)	
11:16.992 (55.260)	12:12.368 (55.376)	13:02.120 (49.752)			

Women 5000 Meter Run

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 All-Time: 1 15:28.46 2019 Caroline Kurgat, Alaska An
 Meet: 2 16:47.07 2010 Sarah Porter, Western Wash
 Podium: 3 15:21.56 2/11/2022 Kellyn Taylor, Hoka NAZ El
 Name Year School Finals
 =====

1 Shannon, Meaera	Western Washington	17:55.64			
39.037 (39.037)	1:19.840 (40.803)	2:01.287 (41.447)		2:43.698 (42.411)	
3:26.578 (42.880)	4:09.594 (43.016)	4:51.934 (42.340)		5:34.501 (42.567)	
6:17.746 (43.245)	7:01.547 (43.801)	7:45.401 (43.854)		8:29.394 (43.993)	
9:13.411 (44.017)	9:57.257 (43.846)	10:41.402 (44.145)		11:25.524 (44.122)	
12:09.711 (44.187)	12:54.216 (44.505)	13:38.704 (44.488)		14:22.810 (44.106)	
15:07.041 (44.231)	15:51.064 (44.023)	16:34.358 (43.294)		17:17.072 (42.714)	
17:55.632 (38.560)					
2 Heldt, Caitlin	Western Oregon	18:04.89			
38.988 (38.988)	1:19.485 (40.497)	2:00.942 (41.457)		2:43.371 (42.429)	
3:26.338 (42.967)	4:09.331 (42.993)	4:52.210 (42.879)		5:34.815 (42.605)	
6:18.042 (43.227)	7:01.853 (43.811)	7:45.684 (43.831)		8:29.687 (44.003)	
9:13.703 (44.016)	9:57.587 (43.884)	10:41.719 (44.132)		11:25.824 (44.105)	
12:10.216 (44.392)	12:55.061 (44.845)	13:39.990 (44.929)		14:24.900 (44.910)	
15:09.969 (45.069)	15:55.387 (45.418)	16:40.718 (45.331)		17:25.269 (44.551)	
18:04.885 (39.616)					

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Women 5000 Meter Run**

3 Sabra, Sara	Saint Martin's	18:20.62		
39.269 (39.269)	1:20.778 (41.509)	2:03.225 (42.447)	2:45.975 (42.750)	
3:29.155 (43.180)	4:12.533 (43.378)	4:56.223 (43.690)	5:40.258 (44.035)	
6:24.957 (44.699)	7:08.365 (43.408)	7:52.977 (44.612)	8:38.006 (45.029)	
9:23.187 (45.181)	10:08.656 (45.469)	10:54.437 (45.781)	11:40.306 (45.869)	
12:25.847 (45.541)	13:10.630 (44.783)	13:56.639 (46.009)	14:42.305 (45.666)	
15:27.650 (45.345)	16:13.721 (46.071)	16:58.782 (45.061)	17:42.109 (43.327)	
18:20.615 (38.506)				
4 Wood, Tressa	Alaska Anchorage	18:31.27		
40.312 (40.312)	1:22.409 (42.097)	2:05.686 (43.277)	2:48.752 (43.066)	
3:32.046 (43.294)	4:16.155 (44.109)	4:59.807 (43.652)	5:44.323 (44.516)	
6:29.435 (45.112)	7:14.331 (44.896)	7:59.776 (45.445)	8:44.940 (45.164)	
9:30.021 (45.081)	10:15.920 (45.899)	11:01.033 (45.113)	11:46.000 (44.967)	
12:31.315 (45.315)	13:17.345 (46.030)	14:02.598 (45.253)	14:48.928 (46.330)	
15:34.709 (45.781)	16:20.205 (45.496)	17:05.410 (45.205)	17:49.402 (43.992)	
18:31.263 (41.861)				
5 Parker, Alanna	Western Washington	18:31.87		
39.878 (39.878)	1:22.800 (42.922)	2:06.213 (43.413)	2:49.614 (43.401)	
3:31.850 (42.236)	4:16.006 (44.156)	5:00.122 (44.116)	5:44.292 (44.170)	
6:29.123 (44.831)	7:14.119 (44.996)	7:59.234 (45.115)	8:44.276 (45.042)	
9:29.615 (45.339)	10:15.453 (45.838)	11:00.333 (44.880)	11:44.874 (44.541)	
12:30.746 (45.872)	13:16.495 (45.749)	14:02.459 (45.964)	14:48.730 (46.271)	
15:34.636 (45.906)	16:20.519 (45.883)	17:06.110 (45.591)	17:51.294 (45.184)	
18:31.861 (40.567)				
6 Reeck, Ashley	Western Washington	18:32.29		
39.850 (39.850)	1:22.381 (42.531)	2:05.955 (43.574)	2:48.810 (42.855)	
3:31.547 (42.737)	4:15.474 (43.927)	4:59.459 (43.985)	5:43.572 (44.113)	
6:28.041 (44.469)	7:12.760 (44.719)	7:57.800 (45.040)	8:43.129 (45.329)	
9:29.036 (45.907)	10:14.917 (45.881)	10:59.715 (44.798)	11:45.364 (45.649)	
12:31.607 (46.243)	13:17.863 (46.256)	14:04.067 (46.204)	14:50.568 (46.501)	
15:36.724 (46.156)	16:23.340 (46.616)	17:08.963 (45.623)	17:54.774 (45.811)	
18:32.284 (37.510)				
7 Mulch, Matise	Seattle Pacific	18:36.06		
40.757 (40.757)	1:23.565 (42.808)	2:06.961 (43.396)	2:50.926 (43.965)	
3:33.404 (42.478)	4:17.672 (44.268)	5:01.849 (44.177)	5:44.916 (43.067)	
6:29.603 (44.687)	7:14.393 (44.790)	7:58.706 (44.313)	8:43.426 (44.720)	
9:29.341 (45.915)	10:15.138 (45.797)	11:00.012 (44.874)	11:45.470 (45.458)	
12:31.038 (45.568)	13:16.922 (45.884)	14:02.777 (45.855)	14:49.131 (46.354)	
15:34.946 (45.815)	16:20.950 (46.004)	17:06.860 (45.910)	17:53.335 (46.475)	
18:36.059 (42.724)				
8 Parker, Alexis	Western Washington	18:44.11		
40.064 (40.064)	1:23.135 (43.071)	2:06.514 (43.379)	2:50.674 (44.160)	
3:33.206 (42.532)	4:17.827 (44.621)	5:01.746 (43.919)	5:46.365 (44.619)	
6:31.902 (45.537)	7:17.858 (45.956)	8:03.628 (45.770)	8:48.842 (45.214)	
9:33.469 (44.627)	10:19.509 (46.040)	11:05.755 (46.246)	11:52.222 (46.467)	
12:38.743 (46.521)	13:25.091 (46.348)	14:11.413 (46.322)	14:57.200 (45.787)	
15:42.840 (45.640)	16:29.102 (46.262)	17:15.434 (46.332)	18:01.165 (45.731)	
18:44.110 (42.945)				

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Women 5000 Meter Run**

9	Marion, Ella	Simon Fraser	18:59.23			
	39.303 (39.303)	1:20.515 (41.212)	2:02.888 (42.373)	2:45.700 (42.812)		
	3:28.880 (43.180)	4:12.273 (43.393)	4:55.949 (43.676)	5:39.940 (43.991)		
	6:24.722 (44.782)	7:08.980 (44.258)	7:53.814 (44.834)	8:38.916 (45.102)		
	9:25.178 (46.262)	10:12.195 (47.017)	10:59.386 (47.191)	11:46.638 (47.252)		
	12:33.925 (47.287)	13:21.537 (47.612)	14:08.960 (47.423)	14:56.466 (47.506)		
	15:44.804 (48.338)	16:32.826 (48.022)	17:22.156 (49.330)	18:12.064 (49.908)		
	18:59.230 (47.166)					
10	Halsell, Laura	Western Washington	19:12.05			
	40.611 (40.611)	1:23.262 (42.651)	2:06.661 (43.399)	2:50.379 (43.718)		
	3:33.510 (43.131)	4:17.951 (44.441)	5:01.465 (43.514)	5:46.038 (44.573)		
	6:31.557 (45.519)	7:17.556 (45.999)	8:03.286 (45.730)	8:48.351 (45.065)		
	9:34.760 (46.409)	10:22.781 (48.021)	11:08.967 (46.186)	11:56.972 (48.005)		
	12:45.000 (48.028)	13:32.850 (47.850)	14:21.731 (48.881)	15:10.197 (48.466)		
	15:59.147 (48.950)	16:48.847 (49.700)	17:38.113 (49.266)	18:26.366 (48.253)		
	19:12.042 (45.676)					
11	Miller, Sidra	Western Washington	19:12.14			
	40.479 (40.479)	1:23.421 (42.942)	2:06.832 (43.411)	2:50.620 (43.788)		
	3:32.918 (42.298)	4:17.518 (44.600)	5:01.411 (43.893)	5:45.899 (44.488)		
	6:31.165 (45.266)	7:17.139 (45.974)	8:02.902 (45.763)	8:47.984 (45.082)		
	9:33.918 (45.934)	10:21.020 (47.102)	11:09.139 (48.119)	11:56.691 (47.552)		
	12:45.417 (48.726)	13:34.224 (48.807)	14:23.226 (49.002)	15:12.032 (48.806)		
	16:01.914 (49.882)	16:50.981 (49.067)	17:40.139 (49.158)	18:28.567 (48.428)		
	19:12.132 (43.565)					
12	Clifton, Ali	Western Oregon	19:22.36			
	39.502 (39.502)	1:20.935 (41.433)	2:04.610 (43.675)	2:49.288 (44.678)		
	3:32.261 (42.973)	4:17.373 (45.112)	5:02.184 (44.811)	5:49.162 (46.978)		
	6:37.264 (48.102)	7:23.220 (45.956)	8:09.487 (46.267)	8:56.062 (46.575)		
	9:45.028 (48.966)	10:33.181 (48.153)	11:22.742 (49.561)	12:10.030 (47.288)		
	12:59.873 (49.843)	13:50.398 (50.525)	14:41.218 (50.820)	15:30.710 (49.492)		
	16:17.507 (46.797)	17:07.152 (49.645)	17:52.077 (44.925)	18:34.160 (42.083)		
	19:22.356 (48.196)					
13	Flack, Olivia	Western Oregon	19:25.84			
	40.165 (40.165)	1:22.062 (41.897)	2:05.712 (43.650)	2:50.254 (44.542)		
	3:34.336 (44.082)	4:19.377 (45.041)	5:04.985 (45.608)	5:50.965 (45.980)		
	6:37.632 (46.667)	7:24.021 (46.389)	8:11.132 (47.111)	8:59.041 (47.909)		
	9:47.386 (48.345)	10:35.861 (48.475)	11:24.807 (48.946)	12:14.126 (49.319)		
	13:03.989 (49.863)	13:54.157 (50.168)	14:43.784 (49.627)	15:32.490 (48.706)		
	16:21.641 (49.151)	17:09.747 (48.106)	17:57.752 (48.005)	18:45.736 (47.984)		
	19:25.836 (40.100)					
14	Ramirez, Kya	Saint Martin's	19:27.58			
	39.605 (39.605)	1:21.024 (41.419)	2:04.814 (43.790)	2:49.378 (44.564)		
	3:32.499 (43.121)	4:17.316 (44.817)	5:02.344 (45.028)	5:48.009 (45.665)		
	6:35.047 (47.038)	7:22.343 (47.296)	8:09.424 (47.081)	8:57.142 (47.718)		
	9:45.175 (48.033)	10:33.490 (48.315)	11:22.482 (48.992)	12:10.543 (48.061)		
	12:59.435 (48.892)	13:48.420 (48.985)	14:37.725 (49.305)	15:26.734 (49.009)		
	16:15.908 (49.174)	17:04.959 (49.051)	17:53.566 (48.607)	18:41.345 (47.779)		
	19:27.571 (46.226)					

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****...Women 5000 Meter Run**

15 Garcia, Luz	Western Oregon	19:31.22		
41.270 (41.270)	1:23.869 (42.599)	2:07.225 (43.356)	2:51.361 (44.136)	
3:34.923 (43.562)	4:19.982 (45.059)	5:05.706 (45.724)	5:51.927 (46.221)	
6:38.820 (46.893)	7:25.885 (47.065)	8:13.529 (47.644)	9:01.794 (48.265)	
9:50.051 (48.257)	10:38.264 (48.213)	11:27.838 (49.574)	12:16.306 (48.468)	
13:05.597 (49.291)	13:55.189 (49.592)	14:44.405 (49.216)	15:33.048 (48.643)	
16:22.102 (49.054)	17:10.494 (48.392)	17:59.086 (48.592)	18:47.161 (48.075)	
19:31.214 (44.053)				
16 Ruelas, Monica	Alaska Anchorage	19:58.59		
40.945 (40.945)	1:22.887 (41.942)	2:06.296 (43.409)	2:50.070 (43.774)	
3:33.661 (43.591)	4:18.961 (45.300)	5:04.698 (45.737)	5:52.414 (47.716)	
6:41.033 (48.619)	7:30.192 (49.159)	8:19.533 (49.341)	9:09.186 (49.653)	
9:59.459 (50.273)	10:49.766 (50.307)	11:40.708 (50.942)	12:31.767 (51.059)	
13:20.878 (49.111)	14:10.533 (49.655)	15:00.993 (50.460)	15:51.735 (50.742)	
16:42.864 (51.129)	17:33.210 (50.346)	18:22.677 (49.467)	19:12.693 (50.016)	
19:58.582 (45.889)				
17 Mastin, Zoie	Central Washington	20:33.55		
43.605 (43.605)	1:31.106 (47.501)	2:18.033 (46.927)	3:05.361 (47.328)	
3:52.009 (46.648)	4:38.982 (46.973)	5:26.967 (47.985)	6:15.800 (48.833)	
7:03.906 (48.106)	7:52.805 (48.899)	8:41.661 (48.856)	9:31.669 (50.008)	
10:22.077 (50.408)	11:11.994 (49.917)	12:02.233 (50.239)	12:53.647 (51.414)	
13:44.758 (51.111)	14:36.283 (51.525)	15:27.796 (51.513)	16:19.485 (51.689)	
17:11.655 (52.170)	18:04.322 (52.667)	18:55.252 (50.930)	19:46.758 (51.506)	
20:33.549 (46.791)				
18 Wyatt, Olivia	Central Washington	20:48.81		
44.439 (44.439)	1:32.398 (47.959)	2:21.568 (49.170)	3:10.699 (49.131)	
4:00.841 (50.142)	4:50.951 (50.110)	5:42.169 (51.218)	6:32.694 (50.525)	
7:19.081 (46.387)	8:06.743 (47.662)	8:56.636 (49.893)	9:46.541 (49.905)	
10:36.484 (49.943)	11:26.879 (50.395)	12:17.798 (50.919)	13:09.093 (51.295)	
14:01.160 (52.067)	14:51.427 (50.267)	15:43.086 (51.659)	16:35.580 (52.494)	
17:27.233 (51.653)	18:19.527 (52.294)	19:09.452 (49.925)	20:01.285 (51.833)	
20:48.808 (47.523)				

Women 60 Meter Hurdles**Top 8 Advance by Time**

All-Time: 1	8.51	2017	Mariyah Vongsaveng, Central Wash
Meet: 2	8.51	2017	Mariyah Vongsaveng, Central Wash
Podium: 3	7.82	2/27/2022	Gabbi Cunningham, NIKE

Name	Year	School	Prelims	H#
------	------	--------	---------	----

Preliminaries

1 Chandler, Lauryn	Central Washington	8.65q	1
8.643 (8.643)			
2 Thompson, Maliyah	Western Oregon	8.80q	2
3 Popchock, Ana	Western Oregon	8.93q	1
8.929 (8.929)			
4 DeChenne, McCall	Central Washington	9.16q	3
9.156 (9.156)			
5 De Arvizu Sarrias, Blanc	Alaska Anchorage	9.19q	2
6 Cintron, Gabriela	Saint Martin's	9.21q	1
9.204 (9.204)			
7 Chang, Hannah	Seattle Pacific	9.27q	3
9.266 (9.266)			
8 Porter, Isabella	Western Washington	9.36q	2

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Women 60 Meter Hurdles**

9	DeGroot, Ellie	Central Washington	9.40	1
	9.392 (9.392)			
10	Hull, Tatum	MSU-Billings	9.41	3
	9.402 (9.402)			
11	Lagerwey, Matty	Western Washington	9.45	1
	9.445 (9.445)			
12	Clay, Amariyah	Western Oregon	9.52	3
	9.517 (9.517)			
13	Sewell, Sarah	Central Washington	9.53	2
	8.793 (8.793)			
14	Mansfield, Brooke	Western Washington	9.61	3
	9.606 (9.606)			
15	McDevitt, Zoe	Central Washington	9.66	3
	9.651 (9.651)			
16	Mader, Mikayla	Alaska Anchorage	9.77	2 9.765
17	Duncan, Alyssa	Saint Martin's	9.77	1 9.768
	9.768 (9.768)			
18	Avery, Nicole	Western Washington	9.94	2

Women 60 Meter Hurdles

All-Time:	1	8.51	2017	Mariyah Vongsaveng, Central W	
Meet:	2	8.51	2017	Mariyah Vongsaveng, Central W	
Podium:	3	7.82	2/27/2022	Gabbi Cunningham, NIKE	
Name			Year	School	Finals

Finals

1	Chandler, Lauryn	Central Washington	8.57	
	8.561 (8.561)			
2	Thompson, Maliyah	Western Oregon	8.68	
	8.677 (8.677)			
3	De Arvizu Sarrias, Blanc	Alaska Anchorage	9.10	9.096
	9.096 (9.096)			
4	Chang, Hannah	Seattle Pacific	9.10	9.097
	9.097 (9.097)			
5	Popchock, Ana	Western Oregon	9.14	
	9.131 (9.131)			
6	DeChenne, McCall	Central Washington	9.25	
	9.246 (9.246)			
7	Porter, Isabella	Western Washington	9.30	
	9.295 (9.295)			
8	Cintron, Gabriela	Saint Martin's	9.39	
	9.382 (9.382)			

Women 4x400 Meter Relay

All-Time:	1	3:42.44	2016	Seattle Pacific	
				Tims, Decker, Hong, Ambus	
Meet:	2	3:46.41	2016	Simon Fraser	
Podium:	3	3:37.92	1/13/2023	USC, USC	
				Lear, Cenci, Chandler, Serville	
School					Finals H#
1	Simon Fraser			3:48.10	2

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Women 4x400 Meter Relay**

1) Binder, Erika	2) Bosma, Claire				
3) Cannan, Emma	4) Leclair, Marie-Eloise				
59.071 (59.071)	1:56.056 (56.985)	2:53.814 (57.758)	3:48.092 (54.278)		
2 Central Washington		3:50.97	2		
1) Williams, Juliette	2) Hopper, Elise				
3) Harris, Donna Marie	4) DeChenne, McCall				
58.150 (58.150)	1:55.642 (57.492)	2:54.340 (58.698)	3:50.969 (56.629)		
3 Seattle Pacific		3:53.54	2		
1) Green, Aniya	2) Crane, Marissa				
3) Brown, Johanna	4) Aniteye, Vanessa				
59.713 (59.713)	1:57.880 (58.167)	2:58.423 (1:00.543)	3:53.537 (55.114)		
4 Alaska Anchorage		3:56.27	2		
1) De Arvizu Sarrias, Blanca	2) Manley, Olivia				
3) Cvancara, Sophia	4) Vidad, Joei				
59.781 (59.781)	1:57.805 (58.024)	2:57.414 (59.609)	3:56.269 (58.855)		
5 Northwest Nazarene		3:59.32	1		
1) Brence, Kalli	2) DeJong, Laine				
3) Graham, Hailey	4) Knowles, Makenze				
59.728 (59.728)	1:58.867 (59.139)	2:59.742 (1:00.875)	3:59.311 (59.569)		
6 Western Oregon		4:00.13	1		
1) Altamirano, Bethanie	2) Hart, Jessy				
3) Lambing, Madeline	4) Hurley, Jenelle				
1:01.183 (1:01.183)	2:01.446 (1:00.263)	3:00.764 (59.318)	4:00.127 (59.363)		
7 Western Washington		4:01.74	2		
1) Mansfield, Brooke	2) Cheney, Caitlyn				
3) Miller, Anna	4) Kroontje, Emmy				
1:01.416 (1:01.416)	2:01.222 (59.806)	2:59.971 (58.749)	4:01.735 (1:01.764)		
8 Saint Martin's		4:04.80	1		
1) Bell, Cree	2) Vu, Madison				
3) Cintron, Gabriela	4) Saucedo, Alisha				
59.335 (59.335)	2:01.571 (1:02.236)	3:04.043 (1:02.472)	4:04.796 (1:00.753)		
9 MSU-Billings		4:10.19	1		
1) Klein, Bella	2) Richardson, Mya				
3) Stoppel, Kailee	4) Severson, Madeline				
1:02.346 (1:02.346)	2:03.874 (1:01.528)	3:06.493 (1:02.619)	4:10.188 (1:03.695)		

Women Distance Medley

=====					
All-Time:	1	11:23.47	2019	Alaska Anchorage	
				Cvancara, Aniteye, McCormick, Kurgat	
Meet:	2	11:23.47	2019	Alaska Anchorage	
				Cvancara, Aniteye, McCormick, Kurgat	
Podium:	3	10:39.91	2/11/2022	Nike Union Athletics Club, E Donaghu, R Rogers, S Johnson, S Osika	
School				Finals	
=====					

1 Western Washington		11:59.03			
1) Wright, Sophie	2) Ledesma, Marian				
3) Crocker, Mia	4) Davis, Ila				
3:38.564 (3:38.564)	4:37.668 (59.104)	6:56.606 (2:18.938)	11:59.022 (5:02.416)		
2 Simon Fraser		12:21.55			
1) Watkins, Rachael	2) Bosma, Claire				
3) Roxby, Megan	4) Cameron, Kate				
3:44.930 (3:44.930)	4:42.349 (57.419)	7:05.427 (2:23.078)	12:21.550 (5:16.123)		
3 Northwest Nazarene		12:28.25			

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Women Distance Medley**

1) Erler, Morgan	2) Gomez, Alejandra
3) Knowles, Makenze	4) Klein, Olivia
3:45.258 (3:45.258)	4:45.805 (1:00.547) 7:09.420 (2:23.615) 12:28.244 (5:18.824)
4 Western Oregon	12:30.89
1) Perez, Natalie	2) Altamirano, Bethanie
3) Chapman, Katie	4) Hutton, Holly
3:57.768 (3:57.768)	4:56.809 (59.041) 7:19.871 (2:23.062) 12:30.889 (5:11.018)
5 Saint Martin's	12:35.59
1) Hartley, Naomi	2) Bell, Cree
3) Saucedo, Alisha	4) Carstens, Alauna
3:52.395 (3:52.395)	4:51.291 (58.896) 7:17.499 (2:26.208) 12:35.589 (5:18.090)
6 Alaska Anchorage	12:43.71
1) Williamson, Avery	2) Bartolaba, Haley
3) Flad, Leonie	4) Baker, Nell
3:50.339 (3:50.339)	4:52.481 (1:02.142) 7:23.416 (2:30.935) 12:43.705 (5:20.289)
7 MSU-Billings	12:59.77
1) Stoppel, Kailee	2) Severson, Madeline
3) Dalling, Kaylee	4) Whitmer, Ally
3:51.606 (3:51.606)	4:54.454 (1:02.848) 7:26.029 (2:31.575) 12:59.764 (5:33.735)
8 Seattle Pacific	13:05.29
1) Ewing, Maya	2) Crane, Marissa
3) Smith, Charisma	4) Flolo, Katelyn
4:00.370 (4:00.370)	5:00.043 (59.673) 7:38.289 (2:38.246) 13:05.284 (5:26.995)
9 Central Washington	14:21.98
1) Thompson, Madison	2) Huber, Carley
3) Howard, Grace	4) Mastin, Zoie
4:12.465 (4:12.465)	5:15.439 (1:02.974) 8:12.357 (2:56.918) 14:21.977 (6:09.620)

Women High Jump

=====
 All-Time: 1 1.77m 2005 Danielle Ayers-Stamper, Seattle Pacific
 Meet: 2 1.77m 2014 Tayler Fettig, Central Washington
 Podium: 3 1.91m 2/27/2022 Vashti Cunningham, NIKE/NV Gazalles

Name	Year	School	Finals
1 Hurley, Jenelle		Western Oregon	1.66m 5-05.25
1.41 1.46 1.51 1.56 1.61 1.66 1.71			
PPP O O O XO XXO XXX			
2 Griffin, Kylie		Central Washington	1.61m 5-03.25
1.41 1.46 1.51 1.56 1.61 1.66			
PPP PPP PPP O O XXX			
3 Deters, Amity		Western Oregon	J1.61m 5-03.25
1.41 1.46 1.51 1.56 1.61 1.66			
PPP O O O XXO XXX			
4 Ngaida, Kalulusno		Western Oregon	1.56m 5-01.25
1.41 1.46 1.51 1.56 1.61			
PPP O O O XXX			
5 Windbiel, Olivia		Simon Fraser	J1.56m 5-01.25
1.41 1.46 1.51 1.56 1.61			
PPP PPP XO O XXX			
6 Avery, Nicole		Western Washington	1.51m 4-11.50
1.41 1.46 1.51 1.56			
O O XXO XXX			
7 Severson, Madeline		MSU-Billings	1.41m 4-07.50
1.41 1.46			
O XXX			

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Women High Jump**

7 Mader, Mikayla	Alaska Anchorage	1.41m	4-07.50
1.41 1.46			
O XXX			
-- Huber, Carley	Central Washington	NH	
1.41			
XXX			
-- DeGroot, Ellie	Central Washington	NH	
1.41 1.46 1.51			
PPP PPP XXX			
-- Kania, Sydney	Simon Fraser	NH	
1.41 1.46 1.51 1.56			
PPP PPP PPP XXX			

Women Pole Vault

=====						
All-Time: 1	3.93m	2018	Halle Irvine,	Central Washington		
Meet: 2	3.93m	2019	Halle Irvine,	Central Washington		
Podium: 3	4.80m	2/27/2022	Sandi Morris,	Puma		
Name		Year	School		Finals	
=====						
1 Yenor, Kinsey			Northwest Nazarene		3.73m	12-02.75
2.98 3.13 3.28 3.43 3.58 3.73 3.88 3.93						
PPP PPP PPP O O O PPP XXX						
2 Tassara, Kayla			Seattle Pacific		3.58m	11-09.00
2.98 3.13 3.28 3.43 3.58 3.73						
PPP PPP O XXO XO XXX						
3 Daugherty, Lizzy			Seattle Pacific		J3.58m	11-09.00
2.98 3.13 3.28 3.43 3.58 3.73						
PPP O O O XXO XXX						
4 Hill, Charlie			Seattle Pacific		3.28m	10-09.00
2.98 3.13 3.28 3.43						
PPP XO XO XXX						
5 Tran, Annie			Western Washington		J3.28m	10-09.00
2.98 3.13 3.28 3.43						
O XO XXO XXX						
6 Skaggs, Claire			Saint Martin's		2.98m	9-09.25
2.98 3.13						
XXO XXX						
-- Coble, Kaylee			Western Washington		NH	
2.98						
XXX						

Women Long Jump

=====						
All-Time: 1	5.98m	2019	Peace Igbonagwam,	Seattle Pacific		
Meet: 2	5.98m	2019	Peace Igbonagwam,	Seattle Pacific		
Podium: 3	6.55m	2/27/2022	Quanesha Burks			
Name		Year	School		Finals	H#
=====						
1 Nwokoma, Ujunwa			Western Oregon		5.79m	19-00.00 2
5.76m 5.79m FOUL FOUL FOUL 5.65m						
2 Hurley, Jenelle			Western Oregon		5.48m	17-11.75 2
FOUL FOUL 5.46m FOUL 5.34m 5.48m						
3 Hull, Tatum			MSU-Billings		5.47m	17-11.50 2
4.92m 5.02m 5.20m 5.18m 5.23m 5.47m						

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****...Women Long Jump**

4	Polkinghorn, Hannah	Western Washington	5.46m	17-11.00	2
	5.05m 5.04m 5.31m 5.46m 5.25m 5.16m				
5	Cabanos, Erica	Central Washington	5.38m	17-08.00	1
	5.14m 5.13m 5.29m 5.06m 5.32m 5.38m				
6	Lagerwey, Matty	Western Washington	5.33m	17-06.00	2
	5.21m 5.31m 5.33m FOUL 5.18m 4.97m				
7	Lynn, Kendall	MSU-Billings	5.22m	17-01.50	2
	4.91m 5.11m 5.09m 4.97m 5.21m 5.22m				
8	Kania, Sydney	Simon Fraser	5.16m	16-11.25	2
	5.06m 5.06m 5.16m FOUL FOUL 5.05m				
9	Popchock, Ana	Western Oregon	5.13m	16-10.00	1
	5.01m 5.04m 5.12m 5.13m 5.07m 5.01m				
10	Thompson, Maliyah	Western Oregon	5.06m	16-07.25	2
	FOUL 5.05m 5.06m				
11	Zilla, Margaret	Saint Martin's	5.04m	16-06.50	2
	FOUL 5.04m 4.98m				
12	Duncan, Alyssa	Saint Martin's	5.00m	16-05.00	2
	4.72m 4.75m 5.00m				
13	Chandler, Lauryn	Central Washington	4.95m	16-03.00	1
	4.29m 4.95m 4.89m				
14	Glaze, Jayden	Alaska Anchorage	4.93m	16-02.25	1
	4.91m 4.74m 4.93m				
15	Cote, Larissa	Simon Fraser	4.92m	16-01.75	1
	FOUL 4.60m 4.92m				
16	Duenninger, Carlotta	Alaska Anchorage	4.89m	16-00.50	2
	FOUL FOUL 4.89m				
17	Avery, Nicole	Western Washington	4.87m	15-11.75	1
	4.52m 4.87m 4.87m				
18	Primrose, Kennedy	Simon Fraser	4.86m	15-11.50	1
	4.62m 4.61m 4.86m				
19	Paugh, Madison	Simon Fraser	4.85m	15-11.00	1
	FOUL 4.85m FOUL				
20	Jacobs, Cailey	Simon Fraser	4.80m	15-09.00	1
	FOUL 4.63m 4.80m				
21	Clay, Amariyah	Western Oregon	4.76m	15-07.50	2
	FOUL FOUL 4.76m				
22	Thompson, Madison	MSU-Billings	4.70m	15-05.00	1
	4.70m 4.59m 4.61m				
23	Alberts, Ellie	Northwest Nazarene	4.60m	15-01.25	1
	4.60m 4.58m 4.49m				
24	Chang, Hannah	Seattle Pacific	4.60m	15-01.25	1
	4.19m 4.60m PASS				
25	Ronse, Dominique	Simon Fraser	4.56m	14-11.50	1
	4.43m 4.56m FOUL				
26	Severson, Madeline	MSU-Billings	4.54m	14-10.75	1
	4.53m 4.50m 4.54m				
27	DeGroot, Ellie	Central Washington	4.05m	13-03.50	1
	4.05m PASS 3.99m				

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****Women Triple Jump**

All-Time: 1 12.70m 2020 Keshera Romain, Saint Martin's						
Meet: 2 12.70m 2020 Keshera Romian, Saint Martin's						
Podium: 3 14.28m 2/27/2022 Keturah Orji, Mizuno						
Name	Year	School	Finals			H#
1 Popchock, Ana		Western Oregon	11.65m	38-02.75	2	
	11.06m	11.24m	11.49m	10.92m	11.12m	11.65m
2 Primrose, Kennedy		Simon Fraser	11.60m	38-00.75	2	
	11.29m	FOUL	11.42m	11.60m	FOUL	11.43m
3 Cabanos, Erica		Central Washington	11.57m	37-11.50	2	
	11.12m	11.22m	11.26m	11.35m	11.42m	11.57m
4 Windbiel, Olivia		Simon Fraser	11.32m	37-01.75	2	
	10.91m	11.12m	11.13m	11.32m	11.15m	11.11m
5 Clay, Amariyah		Western Oregon	11.30m	37-01.00	1	
	FOUL	FOUL	10.85m	11.20m	FOUL	11.30m
6 Lynn, Kendall		MSU-Billings	11.29m	37-00.50	2	
	FOUL	11.11m	FOUL	11.29m	FOUL	11.04m
7 Hurley, Jenelle		Western Oregon	11.23m	36-10.25	1	
	FOUL	11.06m	11.14m	11.21m	FOUL	11.23m
8 Ngaida, Kalulusno		Western Oregon	10.85m	35-07.25	1	
	FOUL	10.76m	10.85m	FOUL	FOUL	FOUL
9 Sewell, Sarah		Central Washington	10.82m	35-06.00	1	
	10.78m	10.82m	FOUL	10.74m	FOUL	FOUL
10 Clemens, Macy		Western Oregon	10.81m	35-05.75	1	
	10.57m	10.76m	10.81m			
11 Moore, Tehya		Central Washington	J10.81m	35-05.75	2	
	10.25m	10.81m	10.72m			
12 Paugh, Madison		Simon Fraser	10.61m	34-09.75	1	
	FOUL	9.95m	10.61m			
13 Zilla, Margaret		Saint Martin's	10.57m	34-08.25	2	
	10.57m	FOUL	10.33m			
14 Glaze, Jayden		Alaska Anchorage	10.50m	34-05.50	1	
	10.18m	9.65m	10.50m			
15 Hull, Tatum		MSU-Billings	10.49m	34-05.00	2	
	FOUL	10.49m	10.44m			
16 Duncan, Alyssa		Saint Martin's	10.43m	34-02.75	1	
	10.36m	10.43m	10.39m			
17 Alberts, Ellie		Northwest Nazarene	10.31m	33-10.00	2	
	9.92m	10.01m	10.31m			
18 Sanchez, Alyssa		MSU-Billings	10.01m	32-10.25	1	
	10.01m	10.01m	9.85m			
19 Cofield, Jasmine		MSU-Billings	9.48m	31-01.25	1	
	FOUL	9.23m	9.48m			

Women Shot Put

All-Time: 1 17.62m 2017 McKenzie Warren, Concordia						
Meet: 2 17.02m 2017 McKenzie Warren, Concordia						
Podium: 3 19.79m 2/27/2022 Maggie Ewen, Nike						
Name	Year	School	Finals			H#
1 Herbert, Destany		Northwest Nazarene	13.59m	44-07.00	2	
	12.63m	13.22m	13.59m	FOUL	13.43m	13.31m
2 Potts, Katie		Western Washington	12.48m	40-11.50	2	
	9.66m	11.85m	12.25m	FOUL	FOUL	12.48m

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Women Shot Put**

3	Parks, Mara				Western Washington	12.40m	40-08.25	2
		11.27m	12.40m	9.40m	11.34m	11.46m	11.39m	
4	Saribay, Jocelyn				Saint Martin's	11.55m	37-10.75	2
		10.41m	10.87m	11.14m	11.03m	11.01m	11.55m	
5	Green, Jaida				MSU-Billings	11.29m	37-00.50	2
		10.89m	10.93m	11.02m	11.27m	11.29m	11.09m	
6	Lyness, Liliana				Western Oregon	11.00m	36-01.25	2
		10.76m	11.00m	10.76m	10.42m	10.85m	FOUL	
7	Jones, Grace				MSU-Billings	10.94m	35-10.75	2
		10.27m	10.12m	9.75m	10.15m	10.63m	10.94m	
8	Buckway, Nizhoni				Northwest Nazarene	10.74m	35-03.00	1
		9.64m	9.78m	10.07m	9.40m	10.27m	10.74m	
9	Andres, Krystal				Western Oregon	10.64m	34-11.00	2
		10.64m	FOUL	10.61m	10.49m	FOUL	FOUL	
10	Newell, Sierra				Northwest Nazarene	10.05m	32-11.75	1
		9.80m	9.69m	10.05m				
11	Lagerwey, Matty				Western Washington	10.02m	32-10.50	2
		FOUL	8.77m	10.02m				
12	Carpenter, Emillia				Western Oregon	9.73m	31-11.25	1
		9.73m	9.69m	9.07m				
13	Crawford, Jordan				Northwest Nazarene	9.60m	31-06.00	1
		8.63m	8.70m	9.60m				
14	DeChenne, McCall				Central Washington	9.00m	29-06.50	1
		8.65m	9.00m	FOUL				
15	Mendoza, Jazmin				Central Washington	8.64m	28-04.25	1
		8.64m	FOUL	8.15m				
16	Board, Brenna				Central Washington	8.59m	28-02.25	1
		FOUL	8.54m	8.59m				
17	Holmes, Isabella				Central Washington	8.37m	27-05.50	1
		FOUL	FOUL	8.37m				

Women Weight Throw

=====
 All-Time: 1 19.52m 2018 Christina MacDonald, Concordia
 Meet: 2 18.67m 2020 Kori Sprague, Concordia
 Podium: 3 24.28m 2/27/2022 Janee Kassaravoid, NIKE

Name	Year	School	Finals	H#
1 Westfall, Raine		Western Washington	16.62m	54-06.50 2
			16.62m	16.15m FOUL FOUL FOUL FOUL
2 Potts, Katie		Western Washington	16.07m	52-08.75 2
			FOUL	FOUL 14.78m 15.54m 16.07m 15.05m
3 Saribay, Jocelyn		Saint Martin's	15.97m	52-04.75 2
			FOUL	FOUL 13.90m 15.97m 15.12m 14.39m
4 Herbert, Destany		Northwest Nazarene	15.05m	49-04.50 2
			14.27m	FOUL 15.05m 14.86m 14.30m FOUL
5 Jones, Grace		MSU-Billings	14.96m	49-01.00 2
			14.08m	13.58m 13.29m 14.28m 13.68m 14.96m
6 Liniewski, Zuzanna		Simon Fraser	14.47m	47-05.75 2
			13.86m	12.90m 14.39m 12.79m FOUL 14.47m
7 Lyness, Liliana		Western Oregon	14.39m	47-02.50 2
			FOUL	FOUL 14.39m 13.60m 13.72m 12.31m
8 Jolma, Brynn		MSU-Billings	13.94m	45-09.00 1
			12.82m	13.22m 13.94m 13.03m 13.14m 13.69m

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****...Women Weight Throw**

9	Parks, Mara	Western Washington	13.81m	45-03.75	1
	13.10m 11.82m 13.81m 12.13m 13.50m FOUL				
10	Mendoza, Jazmin	Central Washington	13.62m	44-08.25	1
	13.57m 13.62m FOUL				
11	Carpenter, Emillia	Western Oregon	13.24m	43-05.25	2
	11.13m FOUL 13.24m				
12	Green, Jaida	MSU-Billings	13.05m	42-09.75	1
	13.01m 13.05m 12.13m				
13	Board, Brenna	Central Washington	12.67m	41-07.00	1
	12.22m 12.37m 12.67m				
14	Crawford, Jordan	Northwest Nazarene	12.52m	41-01.00	2
	12.52m 12.24m 12.05m				
15	Cookman, Jordan	MSU-Billings	12.30m	40-04.25	1
	12.30m FOUL 11.92m				
16	Flowers, Quinci	Saint Martin's	11.72m	38-05.50	1
	FOUL 11.69m 11.72m				
17	Neilson, Sarah	Saint Martin's	11.50m	37-08.75	1
	10.84m 11.50m 8.89m				
18	Sanders, Abigail	Western Oregon	9.55m	31-04.00	1
	9.55m 9.28m FOUL				

Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

=====						
Meet: 2 2:15.88		2017	Ali Anderson, Central Washington			
Podium: 3 2:18.63		2/3/2022	Peyton Teevens, Washington State			
Name	Year	School	Finals	Points		
=====						
1	Sewell, Sarah	Central Washington	2:21.90	798		
	34.585 (34.585)	1:10.715 (36.130)	1:47.708 (36.993)	2:21.899 (34.191)		
2	DeGroot, Ellie	Central Washington	2:25.99	744		
	34.911 (34.911)	1:10.584 (35.673)	1:48.347 (37.763)	2:25.983 (37.636)		
3	Huber, Carley	Central Washington	2:26.56	737		
	35.142 (35.142)	1:11.268 (36.126)	1:48.702 (37.434)	2:26.554 (37.852)		
4	Hurley, Jenelle	Western Oregon	2:30.82	683		
	35.406 (35.406)	1:12.510 (37.104)	1:51.134 (38.624)	2:30.813 (39.679)		
5	Powers, Emily	Northwest Nazarene	2:33.91	645		
	36.238 (36.238)	1:14.137 (37.899)	1:54.156 (40.019)	2:33.903 (39.747)		
6	Chang, Hannah	Seattle Pacific	2:39.62	577		
	35.559 (35.559)	1:12.872 (37.313)	1:54.514 (41.642)	2:39.613 (45.099)		
7	Avery, Nicole	Western Washington	2:43.25	536		
	35.881 (35.881)	1:15.621 (39.740)	2:00.429 (44.808)	2:43.249 (42.820)		
8	Clemens, Macy	Western Oregon	2:44.04	527		
	37.345 (37.345)	1:17.238 (39.893)	2:03.053 (45.815)	2:44.033 (40.980)		
9	Clay, Amariyah	Western Oregon	2:44.23	525		
	35.589 (35.589)	1:14.094 (38.505)	1:57.198 (43.104)	2:44.221 (47.023)		
10	Lagerwey, Matty	Western Washington	2:49.19	472		
	38.650 (38.650)	1:20.815 (42.165)	2:06.647 (45.832)	2:49.186 (42.539)		
11	Deters, Amity	Western Oregon	2:53.93	424		
	38.683 (38.683)	1:21.035 (42.352)	2:07.625 (46.590)	2:53.923 (46.298)		

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon**

7	Lagerwey, Matty	Western Washington	1.40m	4-07.00	512
	1.31 1.34 1.37 1.40 1.43 1.46				
	PPP PPP PPP O PPP XXX				
7	Chang, Hannah	Seattle Pacific	1.40m	4-07.00	512
	1.31 1.34 1.37 1.40 1.43				
	XXO XO XO XXO XXX				
7	Avery, Nicole	Western Washington	1.40m	4-07.00	512
	1.31 1.34 1.37 1.40 1.43				
	PPP O PPP O XXX				
11	Sewell, Sarah	Central Washington	1.34m	4-04.75	449
	1.31 1.34 1.37				
	O XO XXX				

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

Meet: 2 5.68m 2016		Karolin Anders, Alaska Anchorage			
Podium: 3 6.02m 2/3/2022		Avery McMullen, Colorado			
Name	Year	School	Finals		Points
1	Hurley, Jenelle	Western Oregon	5.62m	18-05.25	735
	FOUL 5.62m 5.55m				
2	Lagerwey, Matty	Western Washington	5.49m	18-00.25	697
	FOUL 5.49m 5.25m				
3	Clemens, Macy	Western Oregon	5.09m	16-08.50	584
	5.09m FOUL 4.60m				
4	Avery, Nicole	Western Washington	5.07m	16-07.75	578
	5.04m 5.07m 4.90m				
5	Deters, Amity	Western Oregon	5.03m	16-06.00	567
	4.83m 5.03m 4.93m				
6	Chang, Hannah	Seattle Pacific	4.80m	15-09.00	506
	4.80m 4.74m 4.80m				
7	Clay, Amariyah	Western Oregon	4.79m	15-08.75	503
	FOUL FOUL 4.79m				
8	Sewell, Sarah	Central Washington	4.74m	15-06.75	490
	4.74m 1.48m FOUL				
9	Huber, Carley	Central Washington	4.58m	15-00.50	448
	3.75m 4.55m 4.58m				
10	Powers, Emily	Northwest Nazarene	4.34m	14-03.00	388
	4.31m FOUL 4.34m				
10	DeGroot, Ellie	Central Washington	4.34m	14-03.00	388
	4.32m 3.96m 4.34m				

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

Meet: 2 11.96m 2012		Charlene Harber, Central Washington			
Podium: 3 12.73m 2/3/2022		Margaret Nelson, Eastern Washington			
Name	Year	School	Finals		Points
1	Lagerwey, Matty	Western Washington	10.92m	35-10.00	590
	10.52m 10.92m 9.95m				
2	Hurley, Jenelle	Western Oregon	9.65m	31-08.00	507
	9.15m 9.65m 9.00m				
3	Deters, Amity	Western Oregon	8.90m	29-02.50	458
	8.35m 8.33m 8.90m				

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon**

4	Clemens, Macy	Western Oregon	8.86m	29-01.00	455
	8.76m 8.86m 8.76m				
5	Clay, Amariyah	Western Oregon	8.82m	28-11.25	452
	7.68m 7.69m 8.82m				
6	Avery, Nicole	Western Washington	8.59m	28-02.25	438
	7.99m 8.44m 8.59m				
7	Huber, Carley	Central Washington	8.52m	27-11.50	433
	8.10m 8.09m 8.52m				
8	Powers, Emily	Northwest Nazarene	8.42m	27-07.50	427
	8.32m 8.16m 8.42m				
9	Sewell, Sarah	Central Washington	8.25m	27-01.00	416
	7.67m 7.95m 8.25m				
10	Chang, Hannah	Seattle Pacific	8.00m	26-03.00	399
	FOUL 7.31m 8.00m				
11	DeGroot, Ellie	Central Washington	7.76m	25-05.50	384
	7.20m 7.37m 7.76m				

Women Indoor Pentathlon

All-Time:	1	4007	2005	Danielle Ayers-Stamper, Seattle
Meet:	2	3815	2005	Danielle Ayers-Stamper, Seattle
Podium:	3	4231	2/3/2022	Avery McMullen, Colorado
Name		Year	School	Finals H#

1	Hurley, Jenelle	Western Oregon	3585
2	Lagerwey, Matty	Western Washington	3129
3	Sewell, Sarah	Central Washington	3003
4	Deters, Amity	Western Oregon	2979
5	DeGroot, Ellie	Central Washington	2964
6	Clemens, Macy	Western Oregon	2922
7	Huber, Carley	Central Washington	2889
8	Clay, Amariyah	Western Oregon	2861
9	Chang, Hannah	Seattle Pacific	2852
10	Avery, Nicole	Western Washington	2841
11	Powers, Emily	Northwest Nazarene	2650

Men 60 Meter Dash**Top 8 Advance by Time**

All-Time:	1	6.72	2015	Alex Donigian, Western Washingto
Meet:	2	6.75	2014	Alex Donigian, Western Washingto
Podium:	3	6.45	2/27/2022	Christian Coleman, NIKE
Name		Year	School	Prelims H#

Preliminaries

1	Durfee, Brayden	Northwest Nazarene	6.91q	2
	6.904 (6.904)			
2	Penson-Mccoy, Jesaiah	Simon Fraser	6.93q	1
	6.930 (6.930)			
3	Johnson, Noah	Western Washington	6.98q	1
	6.977 (6.977)			
4	Mickenham, Nolan	Western Washington	6.99q	1
	6.988 (6.988)			
5	Suzuki, Kaito	Simon Fraser	7.00q	2 6.992
	6.992 (6.992)			

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Men 60 Meter Dash**

6	Ralston, Ben	MSU-Billings	7.00q	3	6.995
	6.995 (6.995)				
7	Johnson, Ethan	Western Washington	7.02q	2	
	7.019 (7.019)				
8	Loggins, Dominique	Western Oregon	7.03q	3	
	7.022 (7.022)				
9	Woodard, Tyrone	Western Washington	7.04	2	
	7.037 (7.037)				
10	Greenwalt, Ryan	Western Washington	7.07	3	
	7.065 (7.065)				
11	Belcher, Jeremy	Simon Fraser	7.08	3	7.071
	7.071 (7.071)				
12	Garner, Dallin	Northwest Nazarene	7.08	1	7.074
	7.074 (7.074)				
13	Driesner, Alex	Western Oregon	7.11	1	
	7.101 (7.101)				
14	Webster, Isaiah	Central Washington	7.12	2	
	7.111 (7.111)				
15	Gordon, Jeff	Seattle Pacific	7.13	3	
	7.127 (7.127)				
16	Okere, Favor	MSU-Billings	7.15	1	
	7.141 (7.141)				
17	Baze, Dustin	Western Oregon	7.18	2	
	7.172 (7.172)				
18	Ullery, William	MSU-Billings	7.19	2	
	7.181 (7.181)				
19	Breuer, Dylan	Northwest Nazarene	7.23	3	
	7.229 (7.229)				
20	Belanger, Jacob	Alaska Anchorage	7.25	1	
	7.249 (7.249)				
21	Wong, Nicholas	Northwest Nazarene	7.28	3	7.275
	7.275 (7.275)				
22	Monro, Nicholas	Simon Fraser	7.28	3	7.280
	7.280 (7.280)				
23	Thomas, Nate	Seattle Pacific	7.29	2	
	7.285 (7.285)				
24	Furtado, Blake	Simon Fraser	7.38	1	
	7.379 (7.379)				

Men 60 Meter Dash

All-Time:	1	6.72	2015	Alex Donigian, Western Washin
Meet:	2	6.75	2014	Alex Donigian, Western Washin
Podium:	3	6.45	2/27/2022	Christian Coleman, NIKE
Name			Year School	Finals

Finals

1	Loggins, Dominique	Western Oregon	6.87	
	6.865 (6.865)			
2	Penson-Mccoy, Jesaiah	Simon Fraser	6.91	
	6.909 (6.909)			
3	Durfee, Brayden	Northwest Nazarene	6.95	
	6.949 (6.949)			
4	Johnson, Noah	Western Washington	6.97	6.965
	6.965 (6.965)			

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Men 60 Meter Dash**

5	Ralston, Ben	MSU-Billings	6.97	6.968
	6.968 (6.968)			
6	Suzuki, Kaito	Simon Fraser	7.00	
	7.000 (7.000)			
7	Johnson, Ethan	Western Washington	7.01	
	7.006 (7.006)			
8	Mickenham, Nolan	Western Washington	7.02	
	7.011 (7.011)			

Men 200 Meter Dash**Top 8 Advance by Time**

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All-Time: 1 21.40 2022 Callum Robinson, Simon Fraser
 Meet: 2 21.50 2022 Calum Robinson, Simon Fraser
 Podium: 3 21.22 2/17/2023 David Phillips, CSUN

Name	Year	School	Prelims	H#
=====				
Preliminaries				
1	Penson-Mccoy, Jesaiah	Simon Fraser	21.78q	3
	21.773 (21.773)			
2	Braseth, Hunter	Northwest Nazarene	21.89q	4
	21.886 (21.886)			
3	Durfee, Brayden	Northwest Nazarene	22.10q	2
	22.099 (22.099)			
4	Mickenham, Nolan	Western Washington	22.12q	6
	22.118 (22.118)			
5	Hendrix, Amari	Western Oregon	22.23q	1
	22.229 (22.229)			
6	Johnson, Ethan	Western Washington	22.37q	2
	22.368 (22.368)			
7	Driesner, Alex	Western Oregon	22.40q	4
	22.399 (22.399)			
8	Gordon, Jeff	Seattle Pacific	22.44q	5
	22.440 (22.440)			
9	Woodring, Maurice	Western Washington	22.45	3
	22.445 (22.445)			
10	Ralston, Ben	MSU-Billings	22.47	2
	22.465 (22.465)			
11	Johnson, Noah	Western Washington	22.49	4
	22.482 (22.482)			
12	Suzuki, Kaito	Simon Fraser	22.52	5
	22.517 (22.517)			
13	Greenwalt, Ryan	Western Washington	22.57	1
	22.561 (22.561)			
14	Shepherd, Julius	Seattle Pacific	22.63	4
	22.629 (22.629)			
15	Hunt, Sylvanus	Northwest Nazarene	22.80	6 22.798
	22.798 (22.798)			
16	Webster, Isaiah	Central Washington	22.80	3 22.800
	22.800 (22.800)			
17	Belcher, Jeremy	Simon Fraser	22.91	5
	22.905 (22.905)			
18	Hunter, Timothy	Alaska Anchorage	22.99	6 22.986
	22.986 (22.986)			

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium
Results****...Men 200 Meter Dash**

19	Garner, Dallin	Northwest Nazarene	22.99	1	22.987
	22.987 (22.987)				
20	Baze, Dustin	Western Oregon	23.23	3	
	23.223 (23.223)				
21	Ames, Trevor	Northwest Nazarene	23.26	2	
	23.255 (23.255)				
22	Belanger, Jacob	Alaska Anchorage	23.40	5	
	23.396 (23.396)				
23	Kremser, Maximilian	Alaska Anchorage	23.58	1	
	23.575 (23.575)				
24	Wilkins, Shalkar	Northwest Nazarene	23.71	6	
	23.707 (23.707)				

Men 200 Meter Dash

=====
 All-Time: 1 21.40 2022 Callum Robinson, Simon Fraser
 Meet: 2 21.50 2022 Calum Robinson, Simon Fraser
 Podium: 3 21.22 2/17/2023 David Phillips, CSUN

=====
 Name Year School Finals H#
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Finals

1	Penson-Mccoy, Jesaiah	Simon Fraser	21.77	2	
	21.763 (21.763)				
2	Mickenham, Nolan	Western Washington	21.81	1	
	21.810 (21.810)				
3	Braseth, Hunter	Northwest Nazarene	22.02	2	
	22.016 (22.016)				
4	Hendrix, Amari	Western Oregon	22.04	2	
	22.038 (22.038)				
5	Driesner, Alex	Western Oregon	22.15	2	22.143
	22.143 (22.143)				
6	Durfee, Brayden	Northwest Nazarene	22.15	1	22.146
	22.146 (22.146)				
7	Johnson, Ethan	Western Washington	22.42	1	
	22.414 (22.414)				
8	Gordon, Jeff	Seattle Pacific	22.46	1	
	22.453 (22.453)				

Men 400 Meter Dash**Top 8 Advance by Time**

=====
 All-Time: 1 47.61 2017 Vladislav Tsygankov, Simon Frase
 Meet: 2 47.80 2016 Joel Webster, Simon Fraser
 Podium: 3 45.75 2/27/2022 Trevor Bassitt, Ashland Universi

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 Name Year School Prelims H#
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Preliminaries

1	Angarita, Kevin	Alaska Anchorage	49.10q	2	
	23.186 (23.186)	49.097 (25.911)			
2	Durfee, Brayden	Northwest Nazarene	49.56q	5	
	22.873 (22.873)	49.551 (26.678)			
3	Yasin, Joel	Western Oregon	49.58q	1	
	23.573 (23.573)	49.580 (26.007)			
4	Archer, Isaiah	Seattle Pacific	49.75q	4	49.743
	23.846 (23.846)	49.743 (25.897)			

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****...Men 400 Meter Dash**

5	Ralston, Ben	MSU-Billings	49.75q	6	49.744
	23.035 (23.035)	49.744 (26.709)			
6	Albertin, Austin	Central Washington	49.78q	5	
	23.120 (23.120)	49.780 (26.660)			
7	Le, Brian	Western Washington	49.83q	3	
	23.238 (23.238)	49.825 (26.587)			
8	Kremser, Maximilian	Alaska Anchorage	50.06q	1	
	23.088 (23.088)	50.051 (26.963)			
9	Lenton, Jorrin	Simon Fraser	50.19	2	
	23.444 (23.444)	50.181 (26.737)			
10	Woodring, Maurice	Western Washington	50.25	4	
	22.866 (22.866)	50.245 (27.379)			
11	Shepherd, Julius	Seattle Pacific	50.31	3	
	23.412 (23.412)	50.309 (26.897)			
12	Allen, Felix	Simon Fraser	50.36	6	
	23.886 (23.886)	50.351 (26.465)			
13	Kron, Anderson	Northwest Nazarene	50.53	1	
	23.398 (23.398)	50.522 (27.124)			
14	Arce-Torres, Gabe	Western Oregon	50.79	3	
	23.763 (23.763)	50.783 (27.020)			
15	Hunter, Timothy	Alaska Anchorage	50.82	5	
	23.229 (23.229)	50.812 (27.583)			
16	Stewart, Josh	Northwest Nazarene	51.11	5	
	23.884 (23.884)	51.103 (27.219)			
17	Breuer, Dylan	Northwest Nazarene	51.34	6	
	24.178 (24.178)	51.334 (27.156)			
18	Franco, Zachary	Saint Martin's	51.44	2	
	23.858 (23.858)	51.436 (27.578)			
19	Ames, Trevor	Northwest Nazarene	51.47	3	
	24.180 (24.180)	51.468 (27.288)			
20	Carpenter, Evan	Seattle Pacific	52.04	2	
	23.433 (23.433)	52.040 (28.607)			
21	Wilkins, Shalkar	Northwest Nazarene	52.13	6	
	24.278 (24.278)	52.128 (27.850)			
22	Wani, Rudu	Saint Martin's	54.10	4	
	25.393 (25.393)	54.100 (28.707)			

Men 400 Meter Dash

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=====
All-Time: 1 47.61 2017 Vladislav Tsygankov, Simon Frase
Meet: 2 47.80 2016 Joel Webster, Simon Fraser
Podium: 3 45.75 2/27/2022 Trevor Bassitt, Ashland Universi
Name Year School Finals H#
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Finals

1	Angarita, Kevin	Alaska Anchorage	48.70	2
	22.772 (22.772)	48.693 (25.921)		
2	Archer, Isaiah	Seattle Pacific	48.78	1
	23.562 (23.562)	48.776 (25.214)		
3	Durfee, Brayden	Northwest Nazarene	49.09	2
	22.893 (22.893)	49.089 (26.196)		
4	Le, Brian	Western Washington	49.37	2
	23.175 (23.175)	49.365 (26.190)		
5	Albertin, Austin	Central Washington	49.42	1
	23.138 (23.138)	49.414 (26.276)		

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****...Men 400 Meter Dash**

6 Yasin, Joel	Western Oregon	50.18	1
23.808 (23.808)	50.173 (26.365)		
7 Ralston, Ben	MSU-Billings	50.43	2
23.451 (23.451)	50.426 (26.975)		
8 Kremser, Maximilian	Alaska Anchorage	54.33	1
25.113 (25.113)	54.327 (29.214)		

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

All-Time: 1 1:47.74	2020	Derek Holdsworth, Western Oreg
Meet: 2 1:50.83	2018	David Ribich, Western Oregon
Podium: 3 1:45.30	2/27/2022	Bryce Hoppel, adidas

Name	Year	School	Prelims	H#
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Preliminaries

1 Weber, Drew	Western Washington	1:51.08Q	1	
26.869 (26.869)	54.815 (27.946)	1:22.740 (27.925)		1:51.077 (28.337)
2 Bloom, Jonah	Western Washington	1:53.69Q	3	
27.050 (27.050)	55.788 (28.738)	1:25.333 (29.545)		1:53.687 (28.354)
3 Ellis, Quincy	Northwest Nazarene	1:55.51Q	2	
28.072 (28.072)	58.499 (30.427)	1:26.940 (28.441)		1:55.503 (28.563)
4 Sanchez, Keeton	Western Oregon	1:53.78Q	1	
27.335 (27.335)	55.371 (28.036)	1:23.763 (28.392)		1:53.773 (30.010)
5 Schmidt, Jordan	Simon Fraser	1:53.83Q	3	
27.466 (27.466)	56.213 (28.747)	1:25.616 (29.403)		1:53.826 (28.210)
6 Henry, Will	Western Washington	1:55.63Q	2	DQ overturned
27.683 (27.683)	58.178 (30.495)	1:26.826 (28.648)		1:55.625 (28.799)
7 Palmen, Connor	Western Washington	1:54.30q	1	
27.776 (27.776)	56.215 (28.439)	1:25.078 (28.863)		1:54.296 (29.218)
8 Correa, Johan	Central Washington	1:54.35q	3	
26.722 (26.722)	55.346 (28.624)	1:24.872 (29.526)		1:54.350 (29.478)
9 Farrell, John	Saint Martin's	1:54.89	3	
27.673 (27.673)	56.423 (28.750)	1:25.906 (29.483)		1:54.890 (28.984)
10 Pratapas, Jack	Central Washington	1:55.15	1	
27.876 (27.876)	56.453 (28.577)	1:25.457 (29.004)		1:55.149 (29.692)
11 Bogale, Kirubel	Simon Fraser	1:55.27	3	
27.313 (27.313)	56.019 (28.706)	1:25.423 (29.404)		1:55.268 (29.845)
12 Chapman, Tomas	Simon Fraser	1:55.85	2	
27.920 (27.920)	58.373 (30.453)	1:27.578 (29.205)		1:55.841 (28.263)
13 Klus, Emmett	Western Oregon	1:56.12	2	
27.697 (27.697)	58.097 (30.400)	1:26.968 (28.871)		1:56.115 (29.147)
14 Schoening, Benjamin	Simon Fraser	1:56.40	3	
28.134 (28.134)	57.163 (29.029)	1:26.785 (29.622)		1:56.395 (29.610)
15 Ahl, Braden	Simon Fraser	1:59.14	2	
28.390 (28.390)	58.941 (30.551)	1:29.068 (30.127)		1:59.139 (30.071)
16 Wani, Rudu	Saint Martin's	2:06.63	2	
29.477 (29.477)	59.144 (29.667)	1:31.197 (32.053)		2:06.629 (35.432)
-- Rambo, Tim	Western Oregon	DQ	1	Rule 7-4.1
27.567 (27.567)	56.062 (28.495)	1:26.016 (29.954)		1:56.089 (30.073)

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****Men 800 Meter Run**

=====
 All-Time: 1 1:47.74 2020 Derek Holdsworth, Western O
 Meet: 2 1:50.83 2018 David Ribich, Western Orego
 Podium: 3 1:45.30 2/27/2022 Bryce Hoppel, adidas

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 Name Year School Finals
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Finals

1	Weber, Drew	Western Washington	1:52.53	
	27.869 (27.869)	56.335 (28.466)	1:23.837 (27.502)	1:52.527 (28.690)
2	Henry, Will	Western Washington	1:52.64	
	27.771 (27.771)	56.761 (28.990)	1:23.785 (27.024)	1:52.637 (28.852)
3	Correa, Johan	Central Washington	1:52.82	
	27.498 (27.498)	56.549 (29.051)	1:25.139 (28.590)	1:52.814 (27.675)
4	Bloom, Jonah	Western Washington	1:53.56	
	27.687 (27.687)	56.999 (29.312)	1:25.209 (28.210)	1:53.553 (28.344)
5	Palmen, Connor	Western Washington	1:53.61	
	28.002 (28.002)	57.234 (29.232)	1:25.642 (28.408)	1:53.602 (27.960)
6	Sanchez, Keeton	Western Oregon	1:54.52	
	28.323 (28.323)	57.433 (29.110)	1:25.467 (28.034)	1:54.519 (29.052)
7	Ellis, Quincy	Northwest Nazarene	1:54.65	
	27.940 (27.940)	57.100 (29.160)	1:26.115 (29.015)	1:54.645 (28.530)
8	Schmidt, Jordan	Simon Fraser	1:55.38	
	28.115 (28.115)	57.446 (29.331)	1:26.207 (28.761)	1:55.372 (29.165)

Men 1 Mile Run

=====
 All-Time: 1 3:57.92 2022 Aaron Ahl, Simon Fraser
 Meet: 2 4:01.78 2022 Aaron Ahl, Simon Fraser
 Podium: 3 3:59.36 2/4/2023 Wil Smith, Gonzaga

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 Name Year School Finals H#
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1	Dannatt, Charlie	Simon Fraser	4:06.21	2
	31.284 (31.284)	1:00.818 (29.534)	1:30.757 (29.939)	2:01.202 (30.445)
	2:32.028 (30.826)	3:03.190 (31.162)	3:34.363 (31.173)	4:06.209 (31.846)
2	Hutton, Hunter	Western Oregon	4:09.11	2
	31.876 (31.876)	1:02.424 (30.548)	1:33.160 (30.736)	2:05.062 (31.902)
	2:36.949 (31.887)	3:08.014 (31.065)	3:38.548 (30.534)	4:09.105 (30.557)
3	Johnson, Drew	Alaska Anchorage	4:09.18	2
	33.183 (33.183)	1:03.836 (30.653)	1:34.704 (30.868)	2:06.257 (31.553)
	2:37.157 (30.900)	3:08.834 (31.677)	3:39.883 (31.049)	4:09.175 (29.292)
4	Ackerman, Ase	MSU-Billings	4:13.96	2
	32.082 (32.082)	1:02.609 (30.527)	1:33.378 (30.769)	2:04.910 (31.532)
	2:36.724 (31.814)	3:08.896 (32.172)	3:41.402 (32.506)	4:13.960 (32.558)
5	Pomrankey, Easton	Western Oregon	4:17.83	1
	33.167 (33.167)	1:05.910 (32.743)	1:38.942 (33.032)	2:12.150 (33.208)
	2:44.905 (32.755)	3:16.799 (31.894)	3:47.818 (31.019)	4:17.823 (30.005)
6	Klus, Emmett	Western Oregon	4:18.76	2
	32.389 (32.389)	1:03.292 (30.903)	1:34.448 (31.156)	2:07.470 (33.022)
	2:40.261 (32.791)	3:15.082 (34.821)	3:48.060 (32.978)	4:18.754 (30.694)
7	Good, Aiden	Simon Fraser	4:18.77	2
	32.232 (32.232)	1:02.923 (30.691)	1:33.968 (31.045)	2:06.502 (32.534)
	2:38.753 (32.251)	3:12.828 (34.075)	3:47.458 (34.630)	4:18.763 (31.305)
8	Schoening, Benjamin	Simon Fraser	4:19.08	2
	32.746 (32.746)	1:04.456 (31.710)	1:36.556 (32.100)	2:09.189 (32.633)
	2:42.578 (33.389)	3:15.876 (33.298)	3:48.690 (32.814)	4:19.071 (30.381)

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Men 1 Mile Run**

9 Sanchez, Keeton	Western Oregon	4:20.08	2		
32.926 (32.926)	1:04.174 (31.248)	1:35.114 (30.940)		2:07.090 (31.976)	
2:39.483 (32.393)	3:13.541 (34.058)	3:47.515 (33.974)		4:20.079 (32.564)	
10 Korta, Kaleb	Western Washington	4:20.57	2		
33.054 (33.054)	1:04.382 (31.328)	1:35.875 (31.493)		2:08.813 (32.938)	
2:42.555 (33.742)	3:16.511 (33.956)	3:49.439 (32.928)		4:20.569 (31.130)	
11 Castro, Jose	Simon Fraser	4:21.32	2		
32.639 (32.639)	1:03.632 (30.993)	1:35.338 (31.706)		2:07.977 (32.639)	
2:40.967 (32.990)	3:14.830 (33.863)	3:48.999 (34.169)		4:21.320 (32.321)	
12 Cortes, Isaac	Saint Martin's	4:21.78	1		
33.513 (33.513)	1:06.614 (33.101)	1:39.127 (32.513)		2:12.843 (33.716)	
2:45.427 (32.584)	3:18.008 (32.581)	3:49.805 (31.797)		4:21.771 (31.966)	
13 Pagente, Kainalu	Saint Martin's	4:24.61	1		
33.611 (33.611)	1:06.486 (32.875)	1:39.501 (33.015)		2:13.746 (34.245)	
2:46.881 (33.135)	3:20.453 (33.572)	3:53.465 (33.012)		4:24.610 (31.145)	
14 Chapman, Tomas	Simon Fraser	4:25.33	1		
31.560 (31.560)	1:04.380 (32.820)	1:38.720 (34.340)		2:12.168 (33.448)	
2:45.934 (33.766)	3:19.241 (33.307)	3:52.496 (33.255)		4:25.323 (32.827)	
15 Bogale, Kirubel	Simon Fraser	4:25.86	2		
32.992 (32.992)	1:04.729 (31.737)	1:36.762 (32.033)		2:08.848 (32.086)	
2:42.346 (33.498)	3:16.227 (33.881)	3:48.070 (31.843)		3:50.705 (2.635)	
16 Owen, Jon	Seattle Pacific	4:27.53	1		
33.031 (33.031)	1:06.239 (33.208)	1:39.666 (33.427)		2:14.385 (34.719)	
2:48.576 (34.191)	3:23.409 (34.833)	3:57.222 (33.813)		4:27.524 (30.302)	
17 Pratapas, Jack	Central Washington	4:29.85	1		
33.141 (33.141)	1:06.350 (33.209)	1:39.526 (33.176)		2:14.008 (34.482)	
2:48.024 (34.016)	3:22.861 (34.837)	3:57.947 (35.086)		4:29.844 (31.897)	
18 Moore, Brendan	Simon Fraser	4:30.48	1		
32.722 (32.722)	1:05.732 (33.010)	1:38.991 (33.259)		2:13.253 (34.262)	
2:46.599 (33.346)	3:20.648 (34.049)	3:55.736 (35.088)		4:30.472 (34.736)	
19 Ahl, Braden	Simon Fraser	4:31.63	2		
32.798 (32.798)	1:04.662 (31.864)	1:36.757 (32.095)		2:09.410 (32.653)	
2:42.952 (33.542)	3:18.325 (35.373)	3:55.380 (37.055)		4:31.626 (36.246)	
20 Farrell, John	Saint Martin's	4:32.30	1		
33.402 (33.402)	1:06.007 (32.605)	1:39.260 (33.253)		2:13.275 (34.015)	
2:47.079 (33.804)	3:21.636 (34.557)	3:57.687 (36.051)		4:32.298 (34.611)	
21 Logie, Micah	Simon Fraser	4:32.78	1		
32.365 (32.365)	1:05.990 (33.625)	1:38.963 (32.973)		2:13.686 (34.723)	
2:47.690 (34.004)	3:22.559 (34.869)	3:57.444 (34.885)		4:32.779 (35.335)	
22 Zukowski, Stephen	Alaska Anchorage	4:33.43	1		
32.839 (32.839)	1:06.074 (33.235)	1:39.194 (33.120)		2:12.977 (33.783)	
2:46.320 (33.343)	3:20.381 (34.061)	3:56.106 (35.725)		4:33.423 (37.317)	
23 May, Wyatt	MSU-Billings	4:35.98	1		
33.859 (33.859)	1:06.848 (32.989)	1:40.315 (33.467)		2:14.783 (34.468)	
2:49.835 (35.052)	3:25.748 (35.913)	4:01.978 (36.230)		4:35.971 (33.993)	
24 Dale, Eli	Saint Martin's	4:37.11	1		
33.755 (33.755)	1:06.764 (33.009)	1:39.893 (33.129)		2:13.708 (33.815)	
2:14.261 (0.553)	2:48.946 (34.685)	3:24.680 (35.734)		4:01.307 (36.627)	

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****Men 3000 Meter Run**

=====						
All-Time:	1	7:50.81	2018	David Ribich,	Western Oregon	
Meet:	2	8:27.83	2015	Henry Cheseto,	Alaska Anchorage	
Podium:	3	7:47.50	2/26/2022	Cole Hocker,	NIKE	
Name	Year	School	Finals	H#		
=====						
1	Nash, Cole	Alaska Anchorage	8:18.322	2		
	32.493 (32.493)	1:07.775 (35.282)	1:42.383 (34.608)	2:15.974 (33.591)		
	2:49.326 (33.352)	3:22.917 (33.591)	3:56.462 (33.545)	4:30.274 (33.812)		
	5:04.314 (34.040)	5:38.569 (34.255)	6:11.510 (32.941)	6:43.485 (31.975)		
	7:15.897 (32.412)	7:48.084 (32.187)	8:18.318 (30.234)			
2	Brinkman, Sebastian	Simon Fraser	8:21.882	2		
	32.807 (32.807)	1:07.541 (34.734)	1:41.844 (34.303)	2:15.508 (33.664)		
	2:48.969 (33.461)	3:22.515 (33.546)	3:56.137 (33.622)	4:29.739 (33.602)		
	5:03.867 (34.128)	5:38.066 (34.199)	6:11.725 (33.659)	6:44.236 (32.511)		
	7:17.928 (33.692)	7:50.973 (33.045)	8:21.872 (30.899)			
3	Hutton, Hunter	Western Oregon	8:27.232	2		
	32.243 (32.243)	1:08.287 (36.044)	1:43.582 (35.295)	2:17.612 (34.030)		
	2:51.458 (33.846)	3:25.519 (34.061)	3:59.792 (34.273)	4:33.902 (34.110)		
	5:08.568 (34.666)	5:43.196 (34.628)	6:17.433 (34.237)	6:50.879 (33.446)		
	7:24.612 (33.733)	7:56.682 (32.070)	8:27.226 (30.544)			
4	Smith, Bailey	Western Oregon	8:28.40	2		
	33.588 (33.588)	1:09.748 (36.160)	1:44.055 (34.307)	2:18.120 (34.065)		
	2:51.925 (33.805)	3:25.726 (33.801)	4:00.066 (34.340)	4:33.681 (33.615)		
	5:08.432 (34.751)	5:43.032 (34.600)	6:17.638 (34.606)	6:51.079 (33.441)		
	7:24.421 (33.342)	7:56.190 (31.769)	8:28.396 (32.206)			
5	Clough, Ryan	Western Washington	8:28.65	2		
	32.581 (32.581)	1:08.547 (35.966)	1:43.763 (35.216)	2:17.336 (33.573)		
	2:51.194 (33.858)	3:25.277 (34.083)	3:59.563 (34.286)	4:33.498 (33.935)		
	5:08.189 (34.691)	5:42.656 (34.467)	6:17.889 (35.233)	6:51.620 (33.731)		
	7:25.074 (33.454)	7:58.239 (33.165)	8:28.648 (30.409)			
6	Oslin, Andrew	Western Washington	8:31.27	2		
	33.213 (33.213)	1:08.679 (35.466)	1:43.313 (34.634)	2:16.761 (33.448)		
	2:50.481 (33.720)	3:24.268 (33.787)	3:58.451 (34.183)	4:32.893 (34.442)		
	5:07.678 (34.785)	5:42.521 (34.843)	6:17.360 (34.839)	6:51.831 (34.471)		
	7:26.249 (34.418)	8:00.664 (34.415)	8:31.268 (30.604)			
7	Zapherson, Michael	Alaska Anchorage	8:31.41	2		
	32.762 (32.762)	1:08.731 (35.969)	1:43.925 (35.194)	2:17.821 (33.896)		
	2:51.713 (33.892)	3:25.411 (33.698)	3:59.151 (33.740)	4:33.197 (34.046)		
	5:07.920 (34.723)	5:42.818 (34.898)	6:17.963 (35.145)	6:52.584 (34.621)		
	7:27.207 (34.623)	8:01.295 (34.088)	8:31.409 (30.114)			
8	Mekonnen, Ephrem	Simon Fraser	8:31.91	2		
	32.320 (32.320)	1:07.453 (35.133)	1:42.094 (34.641)	2:15.745 (33.651)		
	2:49.147 (33.402)	3:22.703 (33.556)	3:56.308 (33.605)	4:30.008 (33.700)		
	5:04.111 (34.103)	5:38.318 (34.207)	6:12.094 (33.776)	6:46.696 (34.602)		
	7:22.564 (35.868)	7:58.176 (35.612)	8:31.910 (33.734)			
9	Gillingham, Jeret	Western Washington	8:33.70	2		
	33.254 (33.254)	1:09.626 (36.372)	1:45.649 (36.023)	2:20.164 (34.515)		
	2:54.953 (34.789)	3:30.408 (35.455)	4:06.443 (36.035)	4:41.599 (35.156)		
	5:15.913 (34.314)	5:50.443 (34.530)	6:23.729 (33.286)	6:57.460 (33.731)		
	7:32.303 (34.843)	8:05.976 (33.673)	8:33.692 (27.716)			
10	Karamitsos, George	Western Washington	8:33.79	2		
	33.027 (33.027)	1:08.917 (35.890)	1:43.503 (34.586)	2:17.097 (33.594)		
	2:50.832 (33.735)	3:25.008 (34.176)	3:59.362 (34.354)	4:33.752 (34.390)		
	5:08.856 (35.104)	5:44.044 (35.188)	6:19.575 (35.531)	6:55.376 (35.801)		
	7:30.989 (35.613)	8:04.724 (33.735)	8:33.786 (29.062)			

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Men 3000 Meter Run**

11 Elliott, Ty	Alaska Anchorage	8:42.55	2		
33.998 (33.998)	1:10.304 (36.306)	1:45.946 (35.642)		2:20.538 (34.592)	
2:53.214 (32.676)	3:27.088 (33.874)	4:01.628 (34.540)		4:36.372 (34.744)	
5:11.595 (35.223)	5:47.890 (36.295)	6:23.399 (35.509)		6:59.123 (35.724)	
7:34.552 (35.429)	8:09.949 (35.397)	8:42.547 (32.598)			
12 Kemble, Brody	Northwest Nazarene	8:44.51	1		
34.66 (34.66)	1:10.30 (35.64)	1:44.70 (34.40)		2:18.77 (34.07)	
2:53.10 (34.34)	3:28.25 (35.15)	4:03.98 (35.74)		4:40.15 (36.17)	
5:15.45 (35.30)	5:51.79 (36.35)	6:28.37 (36.58)		7:03.14 (34.78)	
7:38.52 (35.38)	8:12.92 (34.41)	8:44.51 (31.59)			
13 Savely, Ty	Central Washington	8:49.81	1		
35.51 (35.51)	1:10.86 (35.35)	1:45.78 (34.92)		2:20.20 (34.43)	
2:54.51 (34.31)	3:29.09 (34.59)	4:04.50 (35.41)		4:40.67 (36.18)	
5:16.39 (35.72)	5:52.32 (35.93)	6:29.26 (36.95)		7:05.25 (35.99)	
7:41.34 (36.10)	8:17.60 (36.26)	8:49.81 (32.21)			
14 Johnson, Drew	Alaska Anchorage	8:50.54	2		
33.439 (33.439)	1:09.873 (36.434)	1:45.030 (35.157)		2:19.713 (34.683)	
2:52.931 (33.218)	3:26.407 (33.476)	4:00.719 (34.312)		4:35.155 (34.436)	
5:10.829 (35.674)	5:47.632 (36.803)	6:23.860 (36.228)		7:00.274 (36.414)	
7:37.381 (37.107)	8:14.149 (36.768)	8:50.534 (36.385)			
15 Castro, Jose	Simon Fraser	8:50.74	1		
34.08 (34.08)	1:09.62 (35.55)	1:43.99 (34.37)		2:18.52 (34.53)	
2:53.32 (34.80)	3:28.53 (35.21)	4:04.30 (35.77)		4:40.44 (36.15)	
5:15.93 (35.49)	5:52.07 (36.15)	6:28.77 (36.70)		7:04.65 (35.89)	
7:41.08 (36.43)	8:17.39 (36.32)	8:50.74 (33.36)			
16 Straus, Logan	MSU-Billings	8:51.79	1		
34.23 (34.23)	1:09.45 (35.23)	1:43.73 (34.29)		2:17.81 (34.08)	
2:52.57 (34.77)	3:27.73 (35.16)	4:03.40 (35.67)		4:39.51 (36.12)	
5:15.19 (35.68)	5:51.49 (36.31)	6:28.94 (37.45)		7:05.73 (36.80)	
7:43.58 (37.85)	8:20.19 (36.61)	8:51.79 (31.61)			
17 Pagente, Kainalu	Saint Martin's	8:53.59	1		
34.40 (34.40)	1:10.12 (35.72)	1:44.04 (33.92)		2:18.06 (34.03)	
2:52.84 (34.79)	3:28.00 (35.16)	4:03.70 (35.71)		4:11.24 (7.55)	
4:39.87 (28.64)	5:16.10 (36.23)	5:26.52 (10.42)		7:07.49 (1:40.98)	
7:44.99 (37.51)	8:21.41 (36.42)	8:53.59 (32.18)			
18 Tveit, Ries	Alaska Anchorage	8:54.90	1		
34.82 (34.82)	1:10.62 (35.80)	1:45.35 (34.74)		2:19.69 (34.35)	
2:53.77 (34.08)	3:28.81 (35.05)	4:04.65 (35.84)		4:41.12 (36.48)	
5:16.76 (35.64)	5:52.57 (35.82)	6:29.75 (37.18)		7:07.18 (37.43)	
7:44.96 (37.79)	8:21.85 (36.89)	8:54.90 (33.06)			
19 Cortes, Isaac	Saint Martin's	8:58.51	1		
35.12 (35.12)	1:11.37 (36.25)	1:46.49 (35.13)		2:21.21 (34.72)	
2:55.16 (33.95)	3:30.51 (35.35)	4:06.31 (35.81)		4:42.71 (36.40)	
5:19.51 (36.81)	5:57.13 (37.63)	6:34.18 (37.05)		7:11.35 (37.17)	
7:48.52 (37.17)	8:24.81 (36.30)	8:58.51 (33.70)			
20 Boutin, Colin	Seattle Pacific	8:58.95	1		
34.52 (34.52)	1:10.02 (35.50)	1:44.58 (34.56)		2:19.31 (34.74)	
2:54.18 (34.87)	3:29.41 (35.23)	4:05.46 (36.05)		4:41.70 (36.25)	
5:18.29 (36.59)	5:56.16 (37.88)	6:34.41 (38.26)		7:11.82 (37.41)	
7:49.23 (37.42)	8:25.48 (36.25)	8:58.95 (33.48)			
21 Jessop, Carson	MSU-Billings	9:00.07	2		
32.886 (32.886)	1:09.034 (36.148)	1:44.403 (35.369)		2:19.102 (34.699)	
2:53.607 (34.505)	3:27.753 (34.146)	4:03.214 (35.461)		4:40.113 (36.899)	
5:17.318 (37.205)	5:55.221 (37.903)	6:33.381 (38.160)		7:11.426 (38.045)	
7:49.044 (37.618)	8:25.505 (36.461)	9:00.067 (34.562)			

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Men 3000 Meter Run**

22 Korta, Kaleb	Western Washington	9:09.71	1		
34.89 (34.89)	1:10.38 (35.49)	1:45.24 (34.86)		2:20.42 (35.19)	
2:55.66 (35.25)	3:31.77 (36.12)	4:08.51 (36.74)		4:45.97 (37.47)	
5:23.96 (37.99)	6:02.04 (38.09)	6:39.59 (37.56)		7:17.22 (37.63)	
7:54.88 (37.67)	8:32.90 (38.02)	9:09.71 (36.82)			
23 Moore, Brendan	Simon Fraser	9:12.89	1		
35.17 (35.17)	1:11.02 (35.86)	1:46.07 (35.05)		2:20.82 (34.75)	
2:55.99 (35.17)	3:32.00 (36.01)	4:08.76 (36.77)		4:46.19 (37.44)	
5:24.14 (37.95)	6:01.32 (37.18)	6:38.12 (36.81)		7:16.23 (38.12)	
7:55.33 (39.10)	8:34.68 (39.36)	9:12.89 (38.21)			
24 Jensen, Ryan	Simon Fraser	9:13.43	1		
36.08 (36.08)	1:12.07 (36.00)	1:47.70 (35.64)		2:23.12 (35.42)	
2:58.75 (35.64)	3:35.81 (37.06)	4:12.34 (36.54)		4:48.92 (36.58)	
5:26.64 (37.73)	6:04.82 (38.18)	6:42.33 (37.52)		7:20.14 (37.81)	
7:57.90 (37.77)	8:35.39 (37.49)	9:13.43 (38.05)			
25 Mckenney, Dustyn	Western Oregon	9:16.43	2		
33.194 (33.194)	1:09.249 (36.055)	1:44.782 (35.533)		2:20.157 (35.375)	
2:55.277 (35.120)	3:30.867 (35.590)	4:07.356 (36.489)		4:44.207 (36.851)	
5:22.104 (37.897)	6:00.556 (38.452)	6:39.776 (39.220)		7:18.964 (39.188)	
7:57.976 (39.012)	8:37.391 (39.415)	9:16.427 (39.036)			
26 LeBlanc, Brennan	Seattle Pacific	9:18.52	1		
35.73 (35.73)	1:11.79 (36.06)	1:47.39 (35.60)		2:22.82 (35.44)	
2:58.14 (35.32)	3:34.30 (36.17)	4:11.20 (36.91)		4:48.52 (37.32)	
5:26.49 (37.97)	6:05.38 (38.90)	6:44.21 (38.83)		7:23.06 (38.85)	
8:02.10 (39.04)	8:40.66 (38.57)	9:18.52 (37.87)			
27 McClelland, Rory	Seattle Pacific	9:21.88	1		
36.13 (36.13)	1:12.39 (36.27)	1:48.03 (35.64)		2:24.53 (36.51)	
3:01.98 (37.46)	3:39.70 (37.72)	4:17.90 (38.21)		4:56.23 (38.34)	
5:34.99 (38.76)	6:13.90 (38.92)	6:52.64 (38.74)		7:30.33 (37.69)	
8:09.60 (39.28)	8:47.35 (37.76)	9:21.88 (34.53)			
28 Dale, Eli	Saint Martin's	9:26.49	1		
35.35 (35.35)	1:11.63 (36.29)	1:47.04 (35.42)		2:22.51 (35.48)	
2:58.53 (36.02)	3:36.05 (37.52)	4:14.15 (38.11)		4:52.88 (38.73)	
5:32.10 (39.22)	6:11.97 (39.87)	6:51.83 (39.87)		7:32.01 (40.18)	
8:12.14 (40.14)	8:51.92 (39.78)	9:26.49 (34.57)			
29 Slichko, Lance	Saint Martin's	9:27.58	1		
35.84 (35.84)	1:12.26 (36.42)	1:48.48 (36.23)		2:25.15 (36.68)	
3:03.06 (37.91)	3:41.15 (38.10)	4:18.99 (37.84)		4:57.82 (38.84)	
5:36.89 (39.07)	6:15.99 (39.10)	6:55.59 (39.60)		7:35.39 (39.81)	
8:15.13 (39.75)	8:53.99 (38.86)	9:27.58 (33.60)			

Men 5000 Meter Run

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All-Time: 1 13:47.73 2014          Micah Chelimo, Alaska Anch
Meet: 2 14:36.06 2016          Dominik Notz, Alaska Ancho
Podium: 3 14:01.31 12/10/2022  Wil Smith, Gonzaga
Name          Year School          Finals
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GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Men 5000 Meter Run**

1 Nash, Cole	Alaska Anchorage	14:17.092		
35.801 (35.801)	1:09.692 (33.891)	1:41.983 (32.291)	2:15.397 (33.414)	
2:49.204 (33.807)	3:23.508 (34.304)	3:57.746 (34.238)	4:31.915 (34.169)	
5:05.793 (33.878)	5:40.213 (34.420)	6:14.730 (34.517)	6:49.718 (34.988)	
7:24.761 (35.043)	8:00.278 (35.517)	8:35.196 (34.918)	9:10.475 (35.279)	
9:45.783 (35.308)	10:21.032 (35.249)	10:56.092 (35.060)	11:31.206 (35.114)	
12:04.121 (32.915)	12:37.090 (32.969)	13:11.568 (34.478)	13:45.026 (33.458)	
14:17.090 (32.064)				
2 Brinkman, Sebastian	Simon Fraser	14:23.492		
33.913 (33.913)	1:07.571 (33.658)	1:41.614 (34.043)	2:15.135 (33.521)	
2:48.938 (33.803)	3:23.253 (34.315)	3:57.464 (34.211)	4:31.569 (34.105)	
5:05.583 (34.014)	5:39.922 (34.339)	6:14.407 (34.485)	6:49.422 (35.015)	
7:24.496 (35.074)	7:59.994 (35.498)	8:34.961 (34.967)	9:10.241 (35.280)	
9:45.527 (35.286)	10:20.770 (35.243)	10:55.870 (35.100)	11:30.945 (35.075)	
12:05.921 (34.976)	12:41.545 (35.624)	13:16.625 (35.080)	13:51.067 (34.442)	
14:23.483 (32.416)				
3 Oslin, Andrew	Western Washington	14:41.01		
35.004 (35.004)	1:09.488 (34.484)	1:43.529 (34.041)	2:17.432 (33.903)	
2:51.334 (33.902)	3:25.784 (34.450)	4:00.843 (35.059)	4:35.587 (34.744)	
5:10.627 (35.040)	5:45.933 (35.306)	6:21.179 (35.246)	6:56.941 (35.762)	
7:32.319 (35.378)	8:08.322 (36.003)	8:44.287 (35.965)	9:20.588 (36.301)	
9:56.500 (35.912)	10:32.604 (36.104)	11:09.049 (36.445)	11:45.507 (36.458)	
12:21.916 (36.409)	12:58.105 (36.189)	13:34.679 (36.574)	14:10.165 (35.486)	
14:41.002 (30.837)				
4 Zapherson, Michael	Alaska Anchorage	14:45.73		
34.876 (34.876)	1:09.420 (34.544)	1:43.758 (34.338)	2:18.310 (34.552)	
2:51.946 (33.636)	3:26.110 (34.164)	4:01.369 (35.259)	4:36.355 (34.986)	
5:11.010 (34.655)	5:46.751 (35.741)	6:22.319 (35.568)	6:58.830 (36.511)	
7:35.393 (36.563)	8:12.192 (36.799)	8:48.908 (36.716)	9:25.884 (36.976)	
10:02.321 (36.437)	10:37.937 (35.616)	11:14.063 (36.126)	11:49.763 (35.700)	
12:25.901 (36.138)	13:01.841 (35.940)	13:37.411 (35.570)	14:12.626 (35.215)	
14:45.722 (33.096)				
5 Karamitsos, George	Western Washington	14:49.22		
34.590 (34.590)	1:08.630 (34.040)	1:42.389 (33.759)	2:15.768 (33.379)	
2:49.562 (33.794)	3:23.888 (34.326)	3:58.537 (34.649)	4:34.171 (35.634)	
5:10.172 (36.001)	5:46.283 (36.111)	6:21.755 (35.472)	6:58.267 (36.512)	
7:34.875 (36.608)	8:11.666 (36.791)	8:48.454 (36.788)	9:25.477 (37.023)	
10:02.688 (37.211)	10:38.860 (36.172)	11:16.418 (37.558)	11:53.653 (37.235)	
12:30.710 (37.057)	13:06.909 (36.199)	13:40.871 (33.962)	14:16.368 (35.497)	
14:49.219 (32.851)				
6 Gillingham, Jeret	Western Washington	14:50.53		
34.261 (34.261)	1:08.218 (33.957)	1:43.148 (34.930)	2:18.278 (35.130)	
2:53.815 (35.537)	3:29.667 (35.852)	4:05.590 (35.923)	4:41.410 (35.820)	
5:17.405 (35.995)	5:53.641 (36.236)	6:29.590 (35.949)	7:05.942 (36.352)	
7:42.434 (36.492)	8:19.452 (37.018)	8:56.856 (37.404)	9:33.453 (36.597)	
10:10.701 (37.248)	10:47.746 (37.045)	11:24.255 (36.509)	12:01.829 (37.574)	
12:38.025 (36.196)	13:13.607 (35.582)	13:46.359 (32.752)	14:20.646 (34.287)	
14:50.526 (29.880)				
7 Smith, Bailey	Western Oregon	14:52.91		
35.451 (35.451)	1:10.534 (35.083)	1:45.461 (34.927)	2:20.707 (35.246)	
2:55.574 (34.867)	3:30.831 (35.257)	4:06.313 (35.482)	4:41.707 (35.394)	
5:17.169 (35.462)	5:53.126 (35.957)	6:29.103 (35.977)	7:05.378 (36.275)	
7:41.683 (36.305)	8:18.354 (36.671)	8:55.115 (36.761)	9:31.507 (36.392)	
10:08.270 (36.763)	10:43.816 (35.546)	11:20.046 (36.230)	11:55.535 (35.489)	
12:30.829 (35.294)	13:06.648 (35.819)	13:42.063 (35.415)	14:18.569 (36.506)	
14:52.908 (34.339)				

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Men 5000 Meter Run**

8 Clough, Ryan	Western Washington	14:56.79		
34.309 (34.309)	1:08.478 (34.169)	1:43.265 (34.787)	2:16.868 (33.603)	
2:50.337 (33.469)	3:24.594 (34.257)	3:59.101 (34.507)	4:34.596 (35.495)	
5:10.460 (35.864)	5:46.539 (36.079)	6:22.091 (35.552)	6:58.544 (36.453)	
7:35.102 (36.558)	8:11.988 (36.886)	8:48.695 (36.707)	9:25.693 (36.998)	
10:03.007 (37.314)	10:39.478 (36.471)	11:16.798 (37.320)	11:54.141 (37.343)	
12:31.387 (37.246)	13:08.862 (37.475)	13:45.300 (36.438)	14:21.906 (36.606)	
14:56.786 (34.880)				
9 Mekonnen, Ephrem	Simon Fraser	14:59.41		
34.715 (34.715)	1:09.069 (34.354)	1:43.481 (34.412)	2:17.221 (33.740)	
2:51.075 (33.854)	3:25.676 (34.601)	4:01.152 (35.476)	4:36.123 (34.971)	
5:11.340 (35.217)	5:47.172 (35.832)	6:22.588 (35.416)	6:59.049 (36.461)	
7:35.626 (36.577)	8:12.416 (36.790)	8:49.176 (36.760)	9:26.080 (36.904)	
10:03.203 (37.123)	10:39.072 (35.869)	11:16.515 (37.443)	11:53.898 (37.383)	
12:31.096 (37.198)	13:09.135 (38.039)	13:47.460 (38.325)	14:24.837 (37.377)	
14:59.408 (34.571)				
10 Straus, Logan	MSU-Billings	15:18.06		
35.950 (35.950)	1:11.395 (35.445)	1:46.391 (34.996)	2:21.629 (35.238)	
2:56.880 (35.251)	3:32.812 (35.932)	4:09.221 (36.409)	4:46.097 (36.876)	
5:22.779 (36.682)	5:59.841 (37.062)	6:36.915 (37.074)	7:14.118 (37.203)	
7:52.135 (38.017)	8:30.021 (37.886)	9:08.601 (38.580)	9:46.281 (37.680)	
10:23.303 (37.022)	11:01.097 (37.794)	11:38.832 (37.735)	12:16.298 (37.466)	
12:53.855 (37.557)	13:31.809 (37.954)	14:10.225 (38.416)	14:46.378 (36.153)	
15:18.051 (31.673)				
11 Avalos, Jesus	Alaska Anchorage	15:37.46		
36.435 (36.435)	1:11.766 (35.331)	1:46.982 (35.216)	2:21.913 (34.931)	
2:57.159 (35.246)	3:32.858 (35.699)	4:08.849 (35.991)	4:44.678 (35.829)	
5:20.980 (36.302)	5:57.962 (36.982)	6:35.582 (37.620)	7:13.311 (37.729)	
7:51.440 (38.129)	8:29.786 (38.346)	9:08.797 (39.011)	9:46.761 (37.964)	
10:24.997 (38.236)	11:04.136 (39.139)	11:43.718 (39.582)	12:22.702 (38.984)	
13:02.008 (39.306)	13:41.036 (39.028)	14:20.394 (39.358)	14:58.900 (38.506)	
15:37.451 (38.551)				
12 Mckenney, Dustyn	Western Oregon	15:56.92		
36.131 (36.131)	1:10.963 (34.832)	1:46.085 (35.122)	2:21.337 (35.252)	
2:57.005 (35.668)	3:33.099 (36.094)	4:09.556 (36.457)	4:46.316 (36.760)	
5:23.025 (36.709)	6:00.059 (37.034)	6:37.298 (37.239)	7:15.136 (37.838)	
7:53.817 (38.681)	8:33.369 (39.552)	9:13.456 (40.087)	9:52.947 (39.491)	
10:33.342 (40.395)	11:14.297 (40.955)	11:54.917 (40.620)	12:35.947 (41.030)	
13:17.152 (41.205)	13:58.788 (41.636)	14:38.795 (40.007)	15:19.481 (40.686)	
15:56.917 (37.436)				
13 Boutin, Colin	Seattle Pacific	15:57.53		
35.445 (35.445)	1:11.245 (35.800)	1:46.902 (35.657)	2:23.140 (36.238)	
2:59.984 (36.844)	3:36.799 (36.815)	4:13.879 (37.080)	4:51.358 (37.479)	
5:28.959 (37.601)	6:06.889 (37.930)	6:45.262 (38.373)	7:24.775 (39.513)	
8:03.993 (39.218)	8:43.941 (39.948)	9:23.623 (39.682)	10:03.390 (39.767)	
10:44.196 (40.806)	11:24.910 (40.714)	12:05.337 (40.427)	12:44.946 (39.609)	
13:24.700 (39.754)	14:04.014 (39.314)	14:43.150 (39.136)	15:21.381 (38.231)	
15:57.528 (36.147)				

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****...Men 5000 Meter Run**

14 Harwell, Michael	Saint Martin's	16:09.80		
35.159 (35.159)	1:10.690 (35.531)	1:46.638 (35.948)	2:22.899 (36.261)	
3:00.243 (37.344)	3:37.617 (37.374)	4:16.419 (38.802)	4:55.906 (39.487)	
5:35.641 (39.735)	6:14.944 (39.303)	6:54.230 (39.286)	7:33.778 (39.548)	
8:12.452 (38.674)	8:53.038 (40.586)	9:33.487 (40.449)	10:13.559 (40.072)	
10:54.078 (40.519)	11:34.317 (40.239)	12:14.571 (40.254)	12:54.880 (40.309)	
13:34.243 (39.363)	14:13.799 (39.556)	14:52.920 (39.121)	15:32.252 (39.332)	
16:09.796 (37.544)				
15 Slichko, Lance	Saint Martin's	16:59.03		
36.777 (36.777)	1:13.269 (36.492)	1:50.265 (36.996)	2:27.713 (37.448)	
3:06.363 (38.650)	3:44.774 (38.411)	4:24.011 (39.237)	5:03.852 (39.841)	
5:44.093 (40.241)	6:24.821 (40.728)	7:06.089 (41.268)	7:47.339 (41.250)	
8:29.092 (41.753)	9:11.258 (42.166)	9:53.827 (42.569)	10:37.021 (43.194)	
11:20.246 (43.225)	12:03.339 (43.093)	12:46.302 (42.963)	13:29.292 (42.990)	
14:12.390 (43.098)	14:55.670 (43.280)	15:38.526 (42.856)	16:20.406 (41.880)	
16:59.021 (38.615)				
-- Savely, Ty	Central Washington	DNF		
35.657 (35.657)	1:10.995 (35.338)	1:46.003 (35.008)	2:20.941 (34.938)	
2:55.831 (34.890)	3:31.081 (35.250)	4:06.594 (35.513)	4:41.972 (35.378)	
5:17.797 (35.825)	5:53.915 (36.118)	6:29.876 (35.961)	7:06.364 (36.488)	
7:42.810 (36.446)	8:20.266 (37.456)	8:58.159 (37.893)	9:36.425 (38.266)	

Men 60 Meter Hurdles**Top 8 Advance by Time**

All-Time: 1	8.07	2022	Hunter Flick, Western Washington
Meet: 2	8.08	2015	Travis Milbrandt, Western Washin
Podium: 3	7.37	2/27/2022	Grant Holloway, adidas
Name	Year	School	Prelims H#

Preliminaries

1 Graves, Bradley	MSU-Billings	8.34q	1
8.339 (8.339)			
2 Wise, Aiden	Central Washington	8.43q	1 8.423
8.423 (8.423)			
2 Conklin, Justin	Western Oregon	8.43q	2 8.423
8.423 (8.423)			
4 Nye, Turner	Northwest Nazarene	8.46q	1
8.453 (8.453)			
5 Kron, Anderson	Northwest Nazarene	8.56q	2
8.552 (8.552)			
6 Boyd, Andrew	Saint Martin's	8.75q	2
8.746 (8.746)			
7 Easley, Logan	Central Washington	8.82q	1
8.812 (8.812)			
8 Sorah, Brennen	Western Oregon	8.83q	1
8.822 (8.822)			
9 Woodring, Maurice	Western Washington	8.86	2
8.859 (8.859)			
10 Martelles, Sean	Western Washington	9.09	2
8.746 (8.746)			

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****Men 60 Meter Hurdles**

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=====
All-Time: 1 8.07 2022      Hunter Flick, Western Washing
Meet: 2 8.08 2015      Travis Milbrandt, Western Was
Podium: 3 7.37 2/27/2022 Grant Holloway, adidas
Name                Year School                Finals
=====

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Finals

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1 Conklin, Justin      Western Oregon                8.33
   8.328 (8.328)
2 Wise, Aiden          Central Washington            8.37
   8.365 (8.365)
3 Graves, Bradley      MSU-Billings                  8.42
   8.419 (8.419)
4 Nye, Turner          Northwest Nazarene            8.54
   8.535 (8.535)
5 Easley, Logan        Central Washington            8.61
   8.607 (8.607)
6 Kron, Anderson       Northwest Nazarene            8.68
   8.675 (8.675)
7 Boyd, Andrew         Saint Martin's                8.73
   8.727 (8.727)
8 Sorah, Brennen      Western Oregon                9.18
   9.177 (9.177)

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Men 4x400 Meter Relay

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=====
All-Time: 1 3:12.45 2016      Alaska Anchorage
Taylor, Lindsey, Commandeur, Thomas
Meet: 2 3:14.10 2017      Alaska Anchorage
Lindsay, Gray, Taylor, Commandeur
Podium: 3 3:09.42 2/18/2023  BYU, BYU
Jones, Allen, Myers, Borzor
School                Finals  H#
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1 Central Washington      3:19.15  2
   1) Webster, Isaiah      2) Wise, Aiden
   3) Albertin, Austin     4) Correa, Johan
   51.355 (51.355) 1:41.984 (50.629) 2:30.499 (48.515) 3:19.147 (48.648)
2 Western Washington      3:19.20  2
   1) Woodring, Maurice    2) Greenwalt, Ryan
   3) Brenek, Lucas        4) Le, Brian
   49.287 (49.287) 1:40.397 (51.110) 2:30.509 (50.112) 3:19.197 (48.688)
3 Seattle Pacific         3:20.86  2
   1) Shepherd, Julius     2) Carpenter, Evan
   3) Gordon, Jeff         4) Archer, Isaiah
   50.213 (50.213) 1:41.336 (51.123) 2:32.339 (51.003) 3:20.856 (48.517)
4 Northwest Nazarene     3:21.31  2
   1) Kron, Anderson       2) Braseth, Hunter
   3) Ellis, Quincy        4) Durfee, Brayden
   50.946 (50.946) 1:42.349 (51.403) 2:32.404 (50.055) 3:21.302 (48.898)
5 Western Oregon         3:24.29  2
   1) Hendrix, Amari       2) Yasin, Joel
   3) Stevens, Deshaun    4) Arce-Torres, Gabe
   52.725 (52.725) 1:44.592 (51.867) 2:35.116 (50.524) 3:24.284 (49.168)
6 Simon Fraser          3:25.20  1

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GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Men 4x400 Meter Relay**

1) Penson-McCoy, Jesaiah	2) Suzuki, Kaito				
3) Lenton, Jorrin	4) Schmidt, Jordan				
53.021 (53.021)	1:44.700 (51.679)	2:34.268 (49.568)	3:25.191 (50.923)		
7 Alaska Anchorage			3:25.56	1	
1) Hunter, Timothy	2) Angarita, Kevin				
3) Belanger, Jacob	4) Zukowski, Stephen				
50.662 (50.662)	1:40.049 (49.387)	2:32.071 (52.022)	3:25.558 (53.487)		
8 MSU-Billings			3:28.42	1	
1) Ullery, William	2) Graves, Bradley				
3) Harper, Lucas	4) Ralston, Ben				
51.813 (51.813)	1:44.906 (53.093)	2:37.217 (52.311)	3:28.417 (51.200)		
9 Saint Martin's			3:28.73	1	
1) Franco, Zachary	2) Baltz, Steven				
3) Wani, Rudu	4) Boyd, Andrew				
51.009 (51.009)	1:42.346 (51.337)	2:35.114 (52.768)	3:28.727 (53.613)		

Men Distance Medley

All-Time: 1	9:38.04	2022	Simon Fraser	
			Mekonnen, Robinson, Good, Ahl	
Meet: 2	9:58.18	2019	Simon Fraser	
			Pierre-Louis, Romain, Ahl, Doherty	
Podium: 3	9:42.95	2/11/2022	Simon Fraser	
School				Finals

1 Simon Fraser				10:12.48	
1) Good, Aiden	2) Allen, Felix				
3) Schmidt, Jordan	4) Dannatt, Charlie				
3:07.433 (3:07.433)	3:57.707 (50.274)	5:56.290 (1:58.583)	10:12.472 (4:16.182)		
2 Western Oregon			10:14.38		
1) Klus, Emmett	2) Stevens, Deshaun				
3) Smith, Wyatt	4) Pomrankey, Easton				
3:08.708 (3:08.708)	3:59.499 (50.791)	5:56.770 (1:57.271)	10:14.371 (4:17.601)		
3 Western Washington			10:17.68		
1) Henry, Will	2) Pinto, Denzel				
3) Eifert, Ian	4) Korta, Kaleb				
3:08.833 (3:08.833)	4:00.412 (51.579)	5:57.639 (1:57.227)	10:17.672 (4:20.033)		
4 Saint Martin's			10:19.22		
1) Pagente, Kainalu	2) Franco, Zachary				
3) Farrell, John	4) Cortes, Isaac				
3:09.173 (3:09.173)	4:00.980 (51.807)	5:58.198 (1:57.218)	10:19.213 (4:21.015)		
5 Northwest Nazarene			10:31.01		
1) Kemble, Brody	2) Breuer, Dylan				
3) Rau, Jonah	4) Ellis, Quincy				
3:13.515 (3:13.515)	4:05.536 (52.021)	6:05.676 (2:00.140)	10:31.001 (4:25.325)		
6 Alaska Anchorage			10:31.32		
1) Tveit, Ries	2) Belanger, Jacob				
3) Zukowski, Stephen	4) Elliott, Ty				
3:16.702 (3:16.702)	4:10.343 (53.641)	6:10.626 (2:00.283)	10:31.315 (4:20.689)		
7 MSU-Billings			10:36.64		
1) May, Wyatt	2) Ullery, William				
3) McColloch, Gaven	4) Jessop, Carson				
3:16.939 (3:16.939)	4:08.909 (51.970)	6:09.766 (2:00.857)	10:36.636 (4:26.870)		
8 Seattle Pacific			10:54.30		
1) Owen, Jon	2) Carpenter, Evan				

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Men Distance Medley**

3) Franco, Kade 4) LeBlanc, Brennan
 3:12.778 (3:12.778) 4:05.668 (52.890) 6:16.111 (2:10.443) 10:54.299 (4:38.188)

Men High Jump

=====
 All-Time: 1 2.22m 2017 Mikel Smith, Saint Martin's
 Meet: 2 2.21m 2017 Mikel Smith, Saint Martin's
 Podium: 3 2.28m 2/27/2022 JuVaugh Harrison

Name	Year	School	Finals
1 Rihari, Gerohm		Northwest Nazarene	1.99m 6-06.25
1.74 1.79 1.84 1.89 1.94 1.99 2.04			
PPP PPP O O O O XXX			
2 Schmidt, Steven		Northwest Nazarene	1.94m 6-04.25
1.74 1.79 1.84 1.89 1.94			
PPP PPP PPP PPP O			
3 Conklin, Justin		Western Oregon	1.89m 6-02.25
1.74 1.79 1.84 1.89			
PPP PPP O O			
4 Kibler, Trent		Western Washington	J1.89m 6-02.25
1.74 1.79 1.84 1.89 1.94			
PPP PPP XXO XO XXX			
5 Okere, Favor		MSU-Billings	J1.89m 6-02.25
1.74 1.79 1.84 1.89 1.94			
O XO O XXO XXX			
6 Steele, Jacob		Northwest Nazarene	1.84m 6-00.50
1.74 1.79 1.84 1.89			
PPP O O XXX			
7 Webster, Isaiah		Central Washington	J1.84m 6-00.50
1.74 1.79 1.84 1.89			
PPP XXO O XXX			
8 Burchfield, Gabe		Western Oregon	J1.84m 6-00.50
1.74 1.79 1.84 1.89			
PPP PPP XO XXX			
9 Greenlee, Manu		Western Washington	1.79m 5-10.50
1.74 1.79 1.84			
PPP O XXX			
-- Easley, Logan		Central Washington	NH
1.74			
XXX			
-- McDiarmid, Caysen		Simon Fraser	NH
1.74			
XXX			

Men Pole Vault

=====
 All-Time: 1 5.31m 2011 Ryan Brown, Western Washington
 Meet: 2 5.16m 2011 Payton Lewis, Northwest Nazarene
 Podium: 3 5.91m 2/27/2022 Chris Nilsen, Nike

Name	Year	School	Finals
1 Maier, Braydon		Central Washington	4.72m 15-05.75
3.71 3.86 4.01 4.16 4.31 4.41 4.51 4.61 4.72 4.88			
PPP PPP PPP PPP PPP O O PPP XO XXX			

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Men Pole Vault**

2	Nye, Turner	Northwest Nazarene	4.41m	14-05.50
	3.71 3.86 4.01 4.16 4.31 4.41 4.51			
	PPP PPP PPP O O O XXX			
3	Schmidt, Steven	Northwest Nazarene	J4.41m	14-05.50
	3.71 3.86 4.01 4.16 4.31 4.41 4.51			
	PPP PPP PPP O XO O XXX			
4	Bowman, Brad	Seattle Pacific	4.31m	14-01.75
	3.71 3.86 4.01 4.16 4.31 4.41			
	PPP PPP O XO O XXX			
4	Klein, Drew	Central Washington	4.31m	14-01.75
	3.71 3.86 4.01 4.16 4.31 4.41			
	PPP PPP XO O O XXX			
6	Lee, Kainoa	Seattle Pacific	J4.31m	14-01.75
	3.71 3.86 4.01 4.16 4.31 4.41			
	PPP PPP O O XO XXX			
7	Doidge, Ryan	Saint Martin's	4.16m	13-07.75
	3.71 3.86 4.01 4.16 4.31			
	PPP PPP XO XO XXX			
8	Seals, Austin	Western Washington	J4.16m	13-07.75
	3.71 3.86 4.01 4.16 4.31			
	PPP XXO XXO XXO XXX			
9	Abernathy, Ty	Western Oregon	3.86m	12-08.00
	3.71 3.86 4.01			
	O XO XXX			
10	Easley, Logan	Central Washington	3.71m	12-02.00
	3.71 3.86			
	O XXX			
--	Montero, Kurt	Western Washington	NH	
	3.71 3.86 4.01			
	PPP PPP XXX			

Men Long Jump

=====						
All-Time:	1	7.46m	2016	Vladislav Tsygankov,	Simon Fraser	
Meet:	2	7.38m	2016	Vladislav Tsygankov,	Simon Fraser	
Podium:	3	8.19m	2/27/2022	Jarrion Lawson		
Name		Year	School	Finals		H#
=====						
1	Schmidt, Steven		Northwest Nazarene	6.98m	22-11.00	2
	6.67m 6.98m	PASS	PASS	FOUL	PASS	
2	Nguyen, Hewson		Saint Martin's	6.97m	22-10.50	2
	6.60m FOUL	6.58m	6.36m	FOUL	6.97m	
3	Greenwalt, Ryan		Western Washington	6.96m	22-10.00	2
	6.96m 6.87m	6.91m	PASS	PASS	6.62m	
4	Webster, Isaiah		Central Washington	6.93m	22-09.00	2
	6.57m 6.63m	5.99m	6.60m	6.93m	6.12m	
5	Njeri, David		Seattle Pacific	6.89m	22-07.25	1
	6.60m 6.89m	6.86m	PASS	PASS	PASS	
6	Rihari, Gerohm		Northwest Nazarene	6.84m	22-05.25	2
	FOUL 6.65m	6.84m	FOUL	FOUL	FOUL	
7	White, Tyler		Western Oregon	6.67m	21-10.75	2
	FOUL 6.67m	FOUL	6.36m	FOUL	6.49m	
8	Hines, Christopher		Central Washington	6.60m	21-08.00	1
	6.52m 6.49m	6.60m	FOUL	FOUL	FOUL	

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium
Results****...Men Long Jump**

9	Monro, Nicholas	Simon Fraser	J6.60m	21-08.00	1
	6.35m 6.46m 6.60m 6.25m 6.48m 6.34m				
10	Sample, Collin	Alaska Anchorage	6.55m	21-06.00	2
	6.55m FOUL FOUL				
11	Schulz, Andrew	Saint Martin's	6.50m	21-04.00	2
	6.50m 6.31m 6.47m				
12	Burchfield, Gabe	Western Oregon	J6.50m	21-04.00	1
	6.31m 6.39m 6.50m				
13	Furtado, Blake	Simon Fraser	J6.50m	21-04.00	2
	FOUL FOUL 6.50m				
14	Stevens, Deshaun	Western Oregon	6.40m	21-00.00	1
	6.40m FOUL 6.24m				
15	Klein, Drew	Central Washington	6.35m	20-10.00	1
	FOUL 6.35m 6.28m				
16	Olson, Bryce	MSU-Billings	6.09m	19-11.75	1
	6.09m 6.09m 5.86m				
17	Koonantha, Ping	Western Oregon	J6.09m	19-11.75	1
	5.99m 6.09m 5.49m				
18	Silva, Tre	Central Washington	6.07m	19-11.00	1
	4.94m FOUL 6.07m				
19	Thomas, Nate	Seattle Pacific	6.04m	19-09.75	1
	5.97m 6.04m 5.63m				
20	McDiarmid, Caysen	Simon Fraser	5.90m	19-04.25	1
	5.90m 5.72m 5.66m				
21	Salisbury, Zach	Simon Fraser	5.74m	18-10.00	1
	5.57m 5.50m 5.74m				

Men Triple Jump

=====
 All-Time: 1 15.06m 2017 Luke Plummer, Central Washington

Meet: 2 15.06m 2017 Luke Plummer, Central Washington

Podium: 3 16.88m 2/27/2022 Donald Scott, adidas

Name Year School Finals H#

1	Njeri, David	Seattle Pacific	14.63m	48-00.00	2
	14.63m 13.76m 14.28m 14.15m FOUL 13.85m				
2	Menicke, Gabe	Western Washington	14.04m	46-00.75	2
	13.91m FOUL 14.04m 14.04m 13.73m 13.85m				
3	Harrison, Marley	Western Oregon	13.87m	45-06.25	2
	13.87m FOUL 13.56m 13.67m FOUL FOUL				
4	White, Tyler	Western Oregon	13.76m	45-01.75	2
	FOUL 13.37m 13.43m 12.86m FOUL 13.76m				
5	Sample, Collin	Alaska Anchorage	13.62m	44-08.25	2
	13.62m FOUL 13.44m 13.14m FOUL 13.40m				
6	Rihari, Gerohm	Northwest Nazarene	13.24m	43-05.25	1
	13.00m 13.24m FOUL 12.97m 12.99m 12.78m				
7	Hines, Christopher	Central Washington	13.21m	43-04.25	2
	12.71m 12.76m 13.03m FOUL FOUL 13.21m				
8	Silva, Tre	Central Washington	13.00m	42-08.00	2
	12.58m 13.00m 12.81m FOUL FOUL 12.53m				
9	Robertson, Felix	Alaska Anchorage	12.78m	41-11.25	1
	FOUL 12.78m FOUL FOUL 12.73m 12.75m				
10	Salisbury, Zach	Simon Fraser	12.70m	41-08.00	1
	12.13m 12.44m 12.70m				

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium
Results****....Men Triple Jump**

11	McMillen, Garrett	MSU-Billings	12.47m	40-11.00	1
	FOUL 12.47m FOUL				
12	Olson, Bryce	MSU-Billings	12.30m	40-04.25	2
	FOUL 12.16m 12.30m				
--	Koonantha, Ping	Western Oregon	FOUL		1
	FOUL FOUL FOUL				

Men Shot Put

=====
 All-Time: 1 17.94m 2007 Cameron Neel, Western Washington
 Meet: 2 17.47m 2007 Cameron Neel, Central Washington
 Podium: 3 22.51m 2/27/2022 Ryan Crouser, NIKE

Name	Year	School	Finals	H#
1 Gordien, Dayne		Western Oregon	16.22m	53-02.75 2
	15.06m 15.60m 15.78m	16.22m FOUL 16.02m		
2 Warren, Mark		Western Oregon	14.69m	48-02.50 2
	13.62m 14.02m 14.08m	14.15m 13.96m 14.69m		
3 Ramos, Angelo		Western Washington	14.41m	47-03.50 1
	13.89m FOUL FOUL FOUL	14.41m FOUL		
4 Kiesman, Jacob		Northwest Nazarene	13.98m	45-10.50 2
	13.98m 13.86m FOUL FOUL	FOUL 13.31m		
5 Hendry, Dylan		Northwest Nazarene	13.93m	45-08.50 2
	13.41m 12.81m 13.93m	13.17m 13.11m FOUL		
6 Perkins, Isaac		MSU-Billings	13.67m	44-10.25 2
	11.63m 10.85m 13.07m	13.67m 12.97m 13.64m		
7 Franklin, Wyatt		Central Washington	13.58m	44-06.75 2
	12.67m 12.79m FOUL	13.58m 13.02m 13.33m		
8 Campbell, Miller		Western Washington	J13.58m	44-06.75 2
	12.86m FOUL FOUL	12.84m FOUL 13.58m		
9 Parnell, Justin		Western Oregon	13.26m	43-06.00 2
	FOUL 13.26m 13.25m	13.24m 12.69m FOUL		
10 Beaton, Angus		Central Washington	12.74m	41-09.75 1
	FOUL 12.74m FOUL			
11 Simicich, Nathan		Western Washington	12.22m	40-01.25 2
	12.04m 12.22m FOUL			
12 Sandefur, Cort		MSU-Billings	11.91m	39-01.00 1
	11.71m 11.22m 11.91m			
13 Knight, Derek		Northwest Nazarene	11.56m	37-11.25 1
	FOUL 10.64m 11.56m			
14 Swaney, Braden		Northwest Nazarene	11.53m	37-10.00 1
	FOUL FOUL 11.53m			
15 Warren, Jacob		Saint Martin's	11.50m	37-08.75 1
	11.14m 11.05m 11.50m			

Men Weight Throw

=====
 All-Time: 1 18.85m 2007 Aidan Cain, Western Washington
 Meet: 2 18.64m 2020 Aiden Cain, Central Washington
 Podium: 3 24.84m 2/27/2022 Alex Young, Unattached

Name	Year	School	Finals	H#
1 Hendry, Dylan		Northwest Nazarene	17.54m	57-06.50 2
	17.02m FOUL 15.73m	16.29m 17.54m 17.22m		

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Men Weight Throw**

2	Campbell, Miller	Western Washington	16.92m	55-06.25	2
	15.61m FOUL FOUL 16.92m 16.71m FOUL				
3	Warren, Mark	Western Oregon	16.14m	52-11.50	2
	16.14m FOUL 14.71m 15.95m FOUL FOUL				
4	Ramos, Angelo	Western Washington	15.92m	52-02.75	2
	14.66m 15.85m 15.26m 15.15m 15.43m 15.92m				
5	Perkins, Isaac	MSU-Billings	15.43m	50-07.50	2
	14.66m 14.84m 15.43m 15.10m 14.86m 14.60m				
6	Beaton, Angus	Central Washington	14.66m	48-01.25	2
	14.52m 14.66m FOUL FOUL 14.53m 13.60m				
7	Parnell, Justin	Western Oregon	14.63m	48-00.00	2
	14.63m 14.30m 14.42m 14.00m 14.07m 13.58m				
8	Knight, Derek	Northwest Nazarene	14.60m	47-11.00	2
	13.93m 14.14m 13.61m 13.21m 13.72m 14.60m				
9	Swaney, Braden	Northwest Nazarene	13.34m	43-09.25	2
	12.87m 12.69m 13.34m FOUL 12.51m FOUL				
10	Kiesman, Jacob	Northwest Nazarene	12.99m	42-07.50	1
	12.44m 11.34m 12.99m				
11	Franklin, Wyatt	Central Washington	12.97m	42-06.75	1
	FOUL 11.44m 12.97m				
12	Alberts, Carter	Northwest Nazarene	12.15m	39-10.50	1
	12.09m 12.15m 11.68m				
13	Sandefur, Cort	MSU-Billings	12.06m	39-07.00	1
	12.06m 11.63m 11.67m				
14	Warren, Jacob	Saint Martin's	11.52m	37-09.50	1
	FOUL FOUL 11.52m				
15	Simicich, Nathan	Western Washington	11.37m	37-03.75	1
	10.90m 11.37m FOUL				

Heptathlon: #1 Men 60 Meter Dash Heptathlon

=====						
Meet:	2	7.03	2018	Kodiak Landis, Central Washington		
Podium:	3	6.84	2/2/2023	Hakim McMorris, California		
Name			Year School	Finals	H#	Points
=====						
1	Holmes, Darius		Seattle Pacific	7.14	1	833
	7.139 (7.139)					
2	Schmidt, Steven		Northwest Nazarene	7.27	2	789
	7.269 (7.269)					
3	Boyd, Andrew		Saint Martin's	7.36	1	759 7.358
	7.358 (7.358)					
4	Maier, Braydon		Central Washington	7.36	2	759 7.360
	7.360 (7.360)					
5	Burchfield, Gabe		Western Oregon	7.43	2	736
	7.427 (7.427)					
6	Sorah, Brennen		Western Oregon	7.44	1	732
	7.432 (7.432)					
7	Walker, JJ		Western Oregon	7.45	2	729
	7.446 (7.446)					
8	Klein, Drew		Central Washington	7.48	2	719
	7.474 (7.474)					
9	Abernathy, Ty		Western Oregon	7.49	2	716
	7.489 (7.489)					

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****Heptathlon: #7 Men 1000 Meter Run Heptathlon**

=====					
Meet: 2		2:41.39	2019	Giovanni Brown, Concordia	
Podium: 3		2:38.43	2/18/2023	Ben Barton, BYU	
Name	Year	School	Finals	Points	
=====					
1	Abernathy, Ty	Western Oregon	2:45.65	812	
	30.083 (30.083)	1:04.469 (34.386)	1:40.620 (36.151)	2:14.472 (33.852)	
	2:45.647 (31.175)				
2	Schmidt, Steven	Northwest Nazarene	2:50.62	759	
	32.022 (32.022)	1:06.123 (34.101)	1:41.916 (35.793)	2:16.745 (34.829)	
	2:50.619 (33.874)				
3	Klein, Drew	Central Washington	3:04.58	620	
	31.744 (31.744)	1:09.177 (37.433)	1:51.666 (42.489)	2:28.482 (36.816)	
	3:04.576 (36.094)				
4	Burchfield, Gabe	Western Oregon	3:07.17	596	
	32.080 (32.080)	1:08.870 (36.790)	1:51.421 (42.551)	2:31.569 (40.148)	
	3:07.170 (35.601)				
5	Boyd, Andrew	Saint Martin's	3:07.84	589	
	31.780 (31.780)	1:09.645 (37.865)	1:52.128 (42.483)	2:32.567 (40.439)	
	3:07.831 (35.264)				
6	Holmes, Darius	Seattle Pacific	3:10.83	562	
	30.137 (30.137)	1:06.506 (36.369)	1:47.191 (40.685)	2:32.770 (45.579)	
	3:10.825 (38.055)				
7	Maier, Braydon	Central Washington	3:12.15	550	
	33.431 (33.431)	1:11.261 (37.830)	1:52.585 (41.324)	2:34.061 (41.476)	
	3:12.145 (38.084)				
8	Walker, JJ	Western Oregon	3:15.02	525	
	32.975 (32.975)	1:11.424 (38.449)	1:52.734 (41.310)	2:34.942 (42.208)	
	3:15.016 (40.074)				
9	Sorah, Brennen	Western Oregon	3:15.67	519	
	33.177 (33.177)	1:11.733 (38.556)	1:53.065 (41.332)	2:35.296 (42.231)	
	3:15.670 (40.374)				

Heptathlon: #5 Men 60 Meter Hurdles Heptathlon

=====					
Meet: 2		8.28	2017	Travis Turner, Alaska Anchorage	
Podium: 3		7.95	2/2/2023	Hakim McMorris, California	
Name	Year	School	Finals	H#	Points
=====					
1	Maier, Braydon	Central Washington	8.43	3	877
	8.422 (8.422)				
2	Schmidt, Steven	Northwest Nazarene	8.50	3	860
	8.494 (8.494)				
3	Klein, Drew	Central Washington	8.68	2	818
	8.674 (8.674)				
4	Boyd, Andrew	Saint Martin's	8.80	3	791
	8.798 (8.798)				
5	Burchfield, Gabe	Western Oregon	8.93	2	761
	8.927 (8.927)				
6	Walker, JJ	Western Oregon	9.89	1	562
	9.884 (9.884)				
7	Sorah, Brennen	Western Oregon	10.00	2	541
	9.999 (9.999)				
8	Abernathy, Ty	Western Oregon	10.69	1	418
	10.690 (10.690)				

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Heptathlon: #5 Men 60 Meter Hurdles Heptathlon**

9 Holmes, Darius Seattle Pacific 12.89 1 129
12.890 (12.890)

Heptathlon: #4 Men High Jump Heptathlon

Meet: 2 2.05m 2022		Steven Schmidt, Northwest Nazarene		
Podium: 3 2.13m 2/2/2023		Steven Schmidt, Northwest Nazarene		
Name	Year	School	Finals	Points
1 Schmidt, Steven		Northwest Nazarene	2.14m3 7-00.25	934
1.69 1.72 1.75 1.78 1.81 1.84 1.87 1.90 1.93 1.96 1.99 2.02 2.05 2.08 2.11 2.14 2.17 2.20				
PPP PPP PPP PPP PPP PPP PPP PPP O PPP O PPP O O XO PPP XX				
2 Burchfield, Gabe		Western Oregon	1.87m 6-01.50	687
1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81 1.84 1.87 1.90				
PPP PPP PPP PPP PPP PPP PPP PPP O PPP O PPP O XXX				
3 Maier, Braydon		Central Washington	1.78m 5-10.00	610
1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81				
PPP PPP PPP PPP PPP PPP PPP PPP XO XO XXX				
4 Boyd, Andrew		Saint Martin's	1.75m 5-08.75	585
1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78				
PPP PPP PPP O PPP PPP O O XO XXX				
4 Sorah, Brennen		Western Oregon	1.75m 5-08.75	585
1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81				
PPP PPP PPP PPP PPP PPP PPP PPP XO PPP XXX				
4 Walker, JJ		Western Oregon	1.75m 5-08.75	585
1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78				
PPP PPP PPP PPP PPP PPP PPP O XO XXX				
7 Holmes, Darius		Seattle Pacific	1.72m 5-07.75	560
1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78				
XO O PPP O PPP XXO XO XXO PPP XXX				
8 Klein, Drew		Central Washington	1.66m 5-05.25	512
1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72				
PPP PPP PPP XO O O PPP XXX				
9 Abernathy, Ty		Western Oregon	1.57m 5-01.75	441
1.51 1.54 1.57 1.60				
O O O XXX				

Heptathlon: #6 Men Pole Vault Heptathlon

Meet: 2 5.05m 2016		Payton Lewis, Northwest Nazarene		
Podium: 3 4.90m 2/18/2022		Dallin Vorlink, Brigham Young		
Name	Year	School	Finals	Points
1 Maier, Braydon		Central Washington	4.35m 14-03.25	716
3.15 3.25 3.35 3.45 3.55 3.65 3.75 3.85 3.95 4.05 4.15 4.25 4.35 4.45 4.45 4.55 4.55 4.65				
PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O PPP PPP PPP PPP XXX				
2 Klein, Drew		Central Washington	4.25m 13-11.25	688
3.05 3.15 3.25 3.35 3.45 3.55 3.65 3.75 3.85 3.95 4.05 4.15 4.25 4.35				
PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O PPP O XXX				
2 Schmidt, Steven		Northwest Nazarene	4.25m 13-11.25	688
3.05 3.15 3.25 3.35 3.45 3.55 3.65 3.75 3.85 3.95 4.05 4.15 4.25 4.35				
PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O PPP O XXX				
4 Abernathy, Ty		Western Oregon	3.85m 12-07.50	576
3.05 3.15 3.25 3.35 3.45 3.55 3.65 3.75 3.85 3.95				
PPP PPP PPP O XO XXO O O O XXX				

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****....Heptathlon: #6 Men Pole Vault Heptathlon**

4	Holmes, Darius	Seattle Pacific	3.85m	12-07.50	576
	3.05 3.15 3.25 3.35 3.45 3.55 3.65 3.75 3.85 3.95				
	PPP O PPP XXO PPP O XXO O XXO XXX				
6	Boyd, Andrew	Saint Martin's	3.55m	11-07.75	496
	3.05 3.15 3.25 3.35 3.45 3.55 3.65				
	XXO XXO O O O O XXX				
7	Sorah, Brennen	Western Oregon	3.35m	10-11.75	444
	3.05 3.15 3.25 3.35 3.45 3.55				
	XO PPP PPP XXO PPP X				
7	Burchfield, Gabe	Western Oregon	3.35m	10-11.75	444
	3.05 3.15 3.25 3.35 3.45				
	PPP PPP PPP O XXX				
--	Walker, JJ	Western Oregon		NH	
	3.05 3.15 3.25 3.35 3.45 3.55				
	PPP PPP PPP PPP PPP X				

Heptathlon: #2 Men Long Jump Heptathlon

Meet: 2 6.95m 2018		Landis, Brown			
Podium: 3 7.04m 2/2/2023		Hakim McMorris, California			
Name	Year	School	Finals		Points
1	Schmidt, Steven	Northwest Nazarene	6.59m	21-07.50	718
	6.42m 6.59m FOUL				
2	Maier, Braydon	Central Washington	6.54m	21-05.50	707
	6.26m 6.54m 6.53m				
3	Klein, Drew	Central Washington	6.48m	21-03.25	693
	4.50m 6.22m 6.48m				
4	Holmes, Darius	Seattle Pacific	6.45m	21-02.00	686
	6.19m 6.17m 6.45m				
5	Burchfield, Gabe	Western Oregon	6.28m	20-07.25	648
	6.28m 6.26m 6.16m				
6	Sorah, Brennen	Western Oregon	6.25m	20-06.25	641
	5.76m 6.22m 6.25m				
7	Boyd, Andrew	Saint Martin's	6.05m	19-10.25	597
	6.05m 5.74m 5.06m				
8	Abernathy, Ty	Western Oregon	5.93m	19-05.50	571
	5.83m 5.74m 5.93m				
9	Walker, JJ	Western Oregon	5.74m	18-10.00	531
	5.74m 5.36m PASS				

Heptathlon: #3 Men Shot Put Heptathlon

Meet: 2 13.69m 2019		Giovanni Brown, Concordia			
Podium: 3 14.31m 2/2/2023		Hakim McMorris, California			
Name	Year	School	Finals		Points
1	Schmidt, Steven	Northwest Nazarene	12.52m	41-01.00	638
	10.91m 12.52m FOUL				
2	Boyd, Andrew	Saint Martin's	12.46m	40-10.50	634
	FOUL 12.46m 12.38m				
3	Maier, Braydon	Central Washington	11.93m	39-01.75	602
	11.63m 11.49m 11.93m				
4	Sorah, Brennen	Western Oregon	11.48m	37-08.00	575
	FOUL 11.46m 11.48m				

GNAC Indoor Championships - 2/20/2023 to 2/21/2023**The Podium****Results****...Heptathlon: #3 Men Shot Put Heptathlon**

5	Burchfield, Gabe	Western Oregon	10.69m	35-01.00	527
	FOUL 10.69m 10.66m				
5	Walker, JJ	Western Oregon	10.69m	35-01.00	527
	10.69m 10.10m 10.18m				
7	Holmes, Darius	Seattle Pacific	10.49m	34-05.00	515
	FOUL FOUL 10.49m				
8	Klein, Drew	Central Washington	10.07m	33-00.50	490
	9.79m 9.61m 10.07m				
9	Abernathy, Ty	Western Oregon	8.58m	28-01.75	401
	7.54m 8.58m 8.05m				

Men Heptathlon

All-Time:	1	5508	2006	Chris Randolph, Seattle Pacific
Meet:	2	5269	2017	Kodiak Landis, Central Washington
Podium:	3	5870	2/2/2023	Hakim McMorris, California
Name		Year	School	Finals H#

1	Schmidt, Steven	Northwest Nazarene	53862
2	Maier, Braydon	Central Washington	4821
3	Klein, Drew	Central Washington	4540
4	Boyd, Andrew	Saint Martin's	4451
5	Burchfield, Gabe	Western Oregon	4399
6	Sorah, Brennan	Western Oregon	4037
7	Abernathy, Ty	Western Oregon	3935
8	Holmes, Darius	Seattle Pacific	3861
9	Walker, JJ	Western Oregon	3459

Women - Team Rankings - 17 Events Scored

1)	Western Oregon	122	2)	Western Washington	117
3)	Simon Fraser	110	4)	Central Washington	90
5)	Seattle Pacific	60	6)	Northwest Nazarene	54
7)	Saint Martin's	39	8)	Alaska Anchorage	36.50
9)	MSU-Billings	31.50			

Men - Team Rankings - 17 Events Scored

1)	Western Oregon	131	2)	Western Washington	125
3)	Northwest Nazarene	121	4)	Central Washington	76.50
5)	Simon Fraser	65	6)	Alaska Anchorage	53
7)	Seattle Pacific	38.50	8)	MSU-Billings	31
9)	Saint Martin's	22			

Combined Team Scores - 34 Events Scored

1)	Western Oregon	253	2)	Western Washington	242
3)	Northwest Nazarene	175	3)	Simon Fraser	175
5)	Central Washington	166.50	6)	Seattle Pacific	98.50
7)	Alaska Anchorage	89.50	8)	MSU-Billings	62.50
9)	Saint Martin's	61			