

GNAC Indoor Championships - 2/19/2024 to 2/20/2024**The Podium****Results****Women 60 Meter Dash****Top 8 Advance by Time**

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 All-Time: 1 7.33 2/21/2023 Marie-Eloise Leclair, Simon Fraser

Meet: 2 7.33 2/21/2023 Marie-Eloise Leclair, Simon Fraser

Podium: 3 7.07 2/27/2022 Mikiah Brisco, Unattached

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 Name Year School Seed Prelims H#
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Preliminaries

1	Leclair, Marie-Eloise	Simon Fraser	7.38	1	7.30q	1
2	Hollis, E'Lexis	Central Washington	7.38		7.37q	2
3	Cheney, Caitlyn	Western Washington	7.71		7.71q	3
4	Heiman, Annabelle	Western Washington	7.89		7.73q	2
5	Williams, Juliette	Central Washington	7.70		7.74q	2
6	Thompson, Maliyah	Western Oregon	7.70		7.75q	1
7	Cummings, Jaeland	Simon Fraser	7.68		7.76q	3
8	Gonzales, Zoe	Central Washington	7.88		7.81q	1
9	Vu, Madison	Saint Martin's	7.99		7.84	3
10	Lavato, Josie	Western Oregon	8.04		7.91	2
11	Farnsworth, Kalli	Northwest Nazarene	8.01		7.96	1
12	Baniaga, Katie	Northwest Nazarene	8.18		8.11	2
13	Binford, Portia	Alaska Anchorage	8.10		8.13	3
14	Baniaga, Kayla	Northwest Nazarene	8.10		8.18	1
15	Richardson, Mya	MSU-Billings	8.22		8.21	3
16	Jacobs, Jordan	Simon Fraser	8.30		8.27	1
17	Kennedy Hailu, Serena	Simon Fraser	8.65		8.63	2

Women 60 Meter Dash

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 All-Time: 1 7.33 2/21/2023 Marie-Eloise Leclair, Simon Fraser

Meet: 2 7.33 2/21/2023 Marie-Eloise Leclair, Simon Fraser

Podium: 3 7.07 2/27/2022 Mikiah Brisco, Unattached

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 Name Year School Prelims Finals Points
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Finals

1	Hollis, E'Lexis	Central Washington	7.37	7.291	10	
2	Leclair, Marie-Eloise	Simon Fraser	7.30	7.301	8	
3	Cummings, Jaeland	Simon Fraser	7.76	7.66	6	7.651
4	Cheney, Caitlyn	Western Washington	7.71	7.66	5	7.653
5	Thompson, Maliyah	Western Oregon	7.75	7.73	4	
6	Williams, Juliette	Central Washington	7.74	7.78	3	
7	Heiman, Annabelle	Western Washington	7.73	7.87	2	
8	Gonzales, Zoe	Central Washington	7.81	7.90	1	

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

=====
 All-Time: 1 23.63 2/21/2023 Marie-Eloise Leclair, Simon Fraser

Meet: 2 23.63 2/21/2023 Marie-Eloise Leclair, Simon Fraser

Podium: 3 23.18 2/23/2023 Jadyn Mays, Oregon

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 Name Year School Seed Prelims H#
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Preliminaries

1	Leclair, Marie-Eloise	Simon Fraser	23.60	24.26q	6
2	Hollis, E'Lexis	Central Washington	25.19	24.94q	1
3	Cannan, Emma	Simon Fraser	25.06	24.96q	4
4	Hopper, Elise	Central Washington	25.34	25.10q	2

GNAC Indoor Championships - 2/19/2024 to 2/20/2024**The Podium****Results****...Women 200 Meter Dash**

5	Green, Aniya	Seattle Pacific	27.00	25.52q	5
6	Chatwin, Kerlinda	Simon Fraser	25.54	25.55q	3
7	Farnsworth, Kalli	Northwest Nazarene	25.99	25.76q	1
8	Polkinghorn, Hannah	Western Washington	26.27	25.84q	5
9	Williams, Juliette	Central Washington	25.37	25.88	5
10	Harris, Donna Marie	Central Washington	25.84	25.94	4
11	Gomez, Alejandra	Northwest Nazarene	25.99	25.99	2
12	Cummings, Jaeland	Simon Fraser	25.81	26.05	6
13	Lavato, Josie	Western Oregon	26.56	26.20	1
14	Baniaga, Katie	Northwest Nazarene	26.41	26.57	3
15	Gonzales, Zoe	Central Washington	26.50	26.86	4
16	Liessfeld, Vivien	Alaska Anchorage	26.43	26.88	6
17	Binford, Portia	Alaska Anchorage	26.94	27.22	2
18	Baniaga, Kayla	Northwest Nazarene	27.37	27.99	3
19	Robertson, Veronica	Simon Fraser	27.70	28.06	6
20	Kennedy Hailu, Serena	Simon Fraser	28.98	28.73	4
21	Mills, Keiko	Saint Martin's	32.09	30.73	1

Women 200 Meter Dash

=====
 All-Time: 1 23.63 2/21/2023 Marie-Eloise Leclair, Simon Fraser
 Meet: 2 23.63 2/21/2023 Marie-Eloise Leclair, Simon Fraser
 Podium: 3 23.18 2/23/2023 Jady Mays, Oregon

Name	Year	School	Prelims	Finals	H#	Points
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Finals

1	Leclair, Marie-Eloise	Simon Fraser	24.26	23.391	2	10
2	Hollis, E'Lexis	Central Washington	24.94	24.39	2	8
3	Cannan, Emma	Simon Fraser	24.96	24.66	1	6
4	Chatwin, Kerlinda	Simon Fraser	25.55	25.12	1	5
5	Hopper, Elise	Central Washington	25.10	25.14	1	4
6	Farnsworth, Kalli	Northwest Nazarene	25.76	25.51	2	3
7	Green, Aniya	Seattle Pacific	25.52	25.61	2	2
8	Polkinghorn, Hannah	Western Washington	25.84	26.15	1	1

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

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

Name	Year	School	Seed	Prelims	H#
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Preliminaries

1	Hopper, Elise	Central Washington	57.47	57.02q	5
2	Bosma, Claire	Simon Fraser	56.94	57.71q	6
3	Crane, Marissa	Seattle Pacific	58.56	57.97q	2
4	Cheney, Caitlyn	Western Washington	57.86	57.99q	1
5	De Arvizu Sarrias, Blanc	Alaska Anchorage	59.73	58.32q	2
6	Vidad, Joeli	Alaska Anchorage	58.75	58.56q	5
7	Hart, Jessy	Western Oregon	1:00.46	58.57q	1
8	Harris, Donna Marie	Central Washington	58.61	58.83q	6
9	Green, Aniya	Seattle Pacific	59.16	58.99	3
10	Cannan, Emma	Simon Fraser	56.89	59.01	4
11	Brown, Johanna	Seattle Pacific	58.88	59.09	1

GNAC Indoor Championships - 2/19/2024 to 2/20/2024**The Podium****Results****...Women 400 Meter Dash**

12 Heite, Liv	Alaska Anchorage	1:00.39	59.16	5
13 Cook, Kennedy	Western Washington	1:00.13	59.20	6
14 Vu, Madison	Saint Martin's	1:01.69	59.26	6
15 Lambing, Madeline	Western Oregon	1:00.79	59.33	3
16 Heiman, Annabelle	Western Washington	58.56	59.39	4
17 DeJong, Laine	Northwest Nazarene	58.14	59.93	3
18 Altamirano, Bethanie	Western Oregon	1:00.92	59.96	2
19 Cvancara, Sophia	Alaska Anchorage	59.97	1:00.28	4
20 Robertson, Veronica	Simon Fraser	1:01.25	1:00.71	4
21 Graham, Hailey	Northwest Nazarene	1:01.76	1:01.45	5
22 Richardson, Mya	MSU-Billings	1:02.58	1:02.12	1
23 Carstensen, Rilee	Western Oregon	1:04.06	1:03.80	3
24 Dufner, Katie	Western Oregon	1:05.33	1:05.23	2

Women 400 Meter Dash

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

Name	Year	School	Prelims	Finals	H#	Points
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Finals

1 Hopper, Elise	Central Washington	57.02	56.55	2	10
2 Bosma, Claire	Simon Fraser	57.71	56.57	2	8
3 Crane, Marissa	Seattle Pacific	57.97	57.23	1	6
4 Vidad, Joei	Alaska Anchorage	58.56	58.05	1	5
5 De Arvizu Sarrias, Blanc	Alaska Anchorage	58.32	58.15	2	4
6 Cheney, Caitlyn	Western Washington	57.99	58.16	1	3
7 Harris, Donna Marie	Central Washington	58.83	58.61	1	2
8 Hart, Jessy	Western Oregon	58.57	58.81	2	1

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	Seed	Prelims	H#
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Preliminaries

1 Ledesma, Marian	Western Washington	2:10.13	2:13.26Q	1
2 Chisar, Jess	Alaska Anchorage	2:12.10	2:14.46Q	2
3 Saucedo, Alisha	Saint Martin's	2:14.56	2:15.25Q	3
4 Wright, Sophie	Western Washington	2:17.41	2:14.36Q	1
5 Cameron, Kate	Simon Fraser	2:19.55	2:14.66Q	2
6 Kroontje, Emmy	Western Washington	2:12.70	2:15.67Q	3
7 Tasdemir, Selin	Simon Fraser		2:15.43q	1
8 Vanderput, Elizabeth	Simon Fraser	2:15.53	2:16.21q	2
9 Bassett, Elie	Western Washington	2:18.21	2:17.93	1
10 Nguyen, Kaydence	Western Oregon	2:19.59	2:19.97	3
11 McDevitt, Zoe	Central Washington		2:20.76	3
12 Collom, Casey	Northwest Nazarene	2:24.50	2:21.71	1
13 Strausbaugh, Jordan	Alaska Anchorage		2:21.78	2
14 Merritt, Amelia	Western Oregon	2:21.74	2:22.33	3
15 Ranahan, Alicia	Simon Fraser		2:22.46	2

GNAC Indoor Championships - 2/19/2024 to 2/20/2024**The Podium****Results****...Women 800 Meter Run**

16 Klein, Olivia	Northwest Nazarene	2:23.01	2:23.19	2
17 Thompson, Madison	Central Washington	2:25.97	2:24.26	3
18 Severson, Madeline	MSU-Billings	2:23.98	2:24.37	1
19 Prangley, Charlotte	Simon Fraser		2:25.75	1
20 Millar, Stephanie	Simon Fraser	2:24.70	2:28.84	2
21 Knowles, Makenze	Northwest Nazarene	2:25.75	2:29.07	3

Women 800 Meter Run

=====
 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	Finals	Points
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Finals

1 Chisar, Jess	Alaska Anchorage	2:14.46	2:12.35	10
2 Kroontje, Emmy	Western Washington	2:15.67	2:13.38	8
3 Saucedo, Alisha	Saint Martin's	2:15.25	2:13.56	6
4 Cameron, Kate	Simon Fraser	2:14.66	2:13.71	5
5 Wright, Sophie	Western Washington	2:14.36	2:15.92	4
6 Ledesma, Marian	Western Washington	2:13.26	2:17.84	3
7 Vanderput, Elizabeth	Simon Fraser	2:16.21	2:19.64	2
8 Tasdemir, Selin	Simon Fraser	2:15.43	2:23.51	1

Women 1 Mile Run

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 All-Time: 1 4:32.88 2010 Jessica Pixler, Seattle Pacific
 Meet: 2 4:40.39 2010 Jessica Pixler, Seattle Pacific
 Podium: 3 4:44.05 2/4/2024 Rosina Machu, Gonzaga

Name	Year	School	Seed	Finals	H#	Points
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1 Davis, Ila	Western Washington	4:55.00	4:52.81	2	10
2 Walchak-Sloan, Cassidy	Saint Martin's	4:52.83	4:56.10	2	8
3 Wright, Sophie	Western Washington	4:52.96	4:59.09	2	6
4 Watkins, Rachael	Simon Fraser	4:57.76	5:00.78	2	5
5 Crocker, Mia	Western Washington	4:59.97	5:08.90	2	4
6 Chalk, Grace	Simon Fraser	5:05.15	5:09.43	2	3
7 Tasdemir, Selin	Simon Fraser	5:06.91	5:10.53	2	2
8 Bassett, Elie	Western Washington	5:07.25	5:11.27	2	1
9 Hutton, Holly	Western Oregon	5:11.27	5:12.22	2	
10 Smith, Riley	Western Oregon	5:04.50	5:16.42	2	
11 Ewing, Maya	Seattle Pacific	5:27.80	5:18.55	1	
12 Strausbaugh, Jordan	Alaska Anchorage	5:25.32	5:18.75	1	
13 Kalisch, Milena	Simon Fraser	5:15.56	5:21.00	2	
14 Yanasak, Nicole	Central Washington	5:23.44	5:21.90	2	
15 Prangley, Charlotte	Simon Fraser		5:22.23	1	
16 Le Gore, Beatrice	Central Washington	5:29.46	5:23.97	1	
17 Berendsen, Carey	MSU-Billings	5:23.57	5:26.78	1	
18 Lechner, Mckenna	Northwest Nazarene	5:45.18	5:35.75	1	

GNAC Indoor Championships - 2/19/2024 to 2/20/2024**The Podium****Results****Women 3000 Meter Run**

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All-Time:	1	9:07.05	2019	Caroline Kurgat, Alaska Anchorage		
Meet:	2	9:47.64	2015	Jennifer Johnson, Simon Fraser		
Podium:	3	8:41.53	2/27/2022	Elle Purrier St. Pierre, New Balance Boston		
Name	Year	School	Seed	Finals	H#	Points
=====						
1	Esvelt, Annika	Seattle Pacific	9:41.62	9:54.80	2	10
2	Davis, Ila	Western Washington	9:45.70	9:59.45	2	8
3	Walchak-Sloan, Cassidy	Saint Martin's	9:59.10	10:01.78	2	6
4	Reeck, Ashley	Western Washington	9:57.56	10:03.96	2	5
5	Baker, Nell	Alaska Anchorage	9:56.30	10:16.79	2	4
6	Nystrom, Meaera	Western Washington	10:21.75	10:17.11	2	3
7	Smith, Emma	Western Washington	10:14.86	10:18.86	2	2
8	Heldt, Caitlin	Western Oregon	10:02.25	10:19.19	2	1
9	Sabra, Sara	Saint Martin's	10:18.74	10:24.59	2	
10	Erlor, Morgan	Northwest Nazarene	10:14.84	10:26.22	2	
11	Edens, Ella	Western Washington		10:28.80	1	
12	Halsell, Laura	Western Washington	10:27.50	10:31.85	2	
13	Marion, Ella	Simon Fraser	10:38.14	10:35.99	1	
14	Williamson, Avery	Alaska Anchorage	11:00.82	10:36.78	1	
15	Crocker, Mia	Western Washington		10:38.54	1	
16	Stochnoff, Madison	Simon Fraser	10:19.20	10:40.74	2	
17	Wood, Tressa	Alaska Anchorage	10:34.28	10:41.73	2	
18	Mulch, Matise	Seattle Pacific	11:03.06	10:49.27	1	
19	Strausbaugh, Jordan	Alaska Anchorage		10:49.91	1	
20	Collins-Winn, Evelyn	Western Washington	10:16.11	10:53.18	2	
21	Yanasak, Nicole	Central Washington		10:54.21	1	
22	Gram, Jordan	Northwest Nazarene	10:51.37	10:56.88	1	
23	Flack, Olivia	Western Oregon	11:03.10	10:58.37	1	
24	Kalisch, Milena	Simon Fraser	10:31.56	10:58.45	2	
25	Ramirez, Kya	Saint Martin's	10:57.69	11:01.32	1	
26	Chapman, Katie	Western Oregon	10:46.06	11:03.26	1	
27	Le Gore, Beatrice	Central Washington		11:03.92	1	
28	Spaic, Sofija	Alaska Anchorage	11:15.91	11:12.60	1	
29	Eagleton, Cecily	MSU-Billings	11:13.12	11:18.59	1	
30	Mikkelsen, Hannah	Central Washington	11:19.13	11:33.50	1	
31	Holterhoff, Camryn	Central Washington	11:32.37	11:37.34	1	
32	Tolman, Aspen	MSU-Billings	11:38.84	11:42.50	1	
--	Wright, Sophie	Western Washington		DNF	1	

Women 5000 Meter Run

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All-Time:	1	15:28.46	2019	Caroline Kurgat, Alaska Anchorage		
Meet:	2	16:47.07	2010	Sarah Porter, Western Washington		
Podium:	3	15:21.56	2/11/2022	Kellyn Taylor, Hoka NAZ Elite		
Name	Year	School	Seed	Finals	Points	
=====						
1	Reeck, Ashley	Western Washington	17:06.33	17:30.87	10	
2	Baker, Nell	Alaska Anchorage	17:16.40	17:33.32	8	
3	Nystrom, Meaera	Western Washington	18:01.22	17:36.32	6	
4	Heldt, Caitlin	Western Oregon	17:20.60	17:47.10	5	
5	Erlor, Morgan	Northwest Nazarene	17:43.10	17:48.41	4	
6	Smith, Emma	Western Washington	18:09.03	18:00.95	3	
7	Sabra, Sara	Saint Martin's	17:50.10	18:04.54	2	
8	Edens, Ella	Western Washington		18:20.82	1	
9	Wood, Tressa	Alaska Anchorage	18:17.60	18:24.01		

GNAC Indoor Championships - 2/19/2024 to 2/20/2024**The Podium****Results****...Women 5000 Meter Run**

10 Halsell, Laura	Western Washington	18:05.23	18:28.04
11 Williamson, Avery	Alaska Anchorage	19:03.40	18:38.61
12 Ramirez, Kya	Saint Martin's	18:58.30	18:53.79
13 Mulch, Matise	Seattle Pacific	19:09.01	18:57.61
14 Spaic, Sofija	Alaska Anchorage	19:31.10	19:22.68
15 Clifton, Ali	Western Oregon	18:42.70	19:41.53
16 Falstad, Charlotte	Western Oregon	19:30.40	20:02.87
17 Tolman, Aspen	MSU-Billings	19:51.67	20:04.85

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

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

Name	Year	School	Seed	Prelims	H#
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Preliminaries

1 Chandler, Lauryn	Central Washington	8.75	8.61q	1
2 De Arvizu Sarrias, Blanc	Alaska Anchorage	8.93	8.86q	2
3 Van Der Meer, Mette	Alaska Anchorage	9.15	8.95q	2
4 Heite, Liv	Alaska Anchorage	8.88	8.98q	3
5 Thompson, Maliyah	Western Oregon	8.90	9.05q	1
6 Chang, Hannah	Seattle Pacific	8.87	9.10q	2
7 DeGroot, Ellie	Central Washington	9.11	9.11q	3
8 Cintron, Gabriela	Saint Martin's	9.55	9.20q	3
9 Bates, Naomi	Western Washington	9.21	9.22	3
10 Green, Vai	Northwest Nazarene	9.35	9.25	1
11 Simmons, Lacie	Alaska Anchorage	9.32	9.27	3
12 Mansfield, Brooke	Western Washington	9.14	9.29	1
13 Porter, Isabella	Western Washington	9.39	9.41	2
14 Levy, Ellie	Northwest Nazarene	9.28	9.48	2
15 Blue, Hailey	Western Oregon	10.50	9.97	2
16 Mock, Sophie	Seattle Pacific	9.69	10.09	1
17 Gomez, Alejandra	Northwest Nazarene	9.26	10.12	1

Women 60 Meter Hurdles

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

Name	Year	School	Prelims	Finals	Points
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Finals

1 Chandler, Lauryn	Central Washington	8.61	8.55	10
2 Thompson, Maliyah	Western Oregon	9.05	8.64	8
3 De Arvizu Sarrias, Blanc	Alaska Anchorage	8.86	8.83	6
4 Chang, Hannah	Seattle Pacific	9.10	8.86	5
5 Heite, Liv	Alaska Anchorage	8.98	8.90	4
6 Van Der Meer, Mette	Alaska Anchorage	8.95	8.92	3
7 DeGroot, Ellie	Central Washington	9.11	9.07	2
8 Cintron, Gabriela	Saint Martin's	9.20	9.57	1

GNAC Indoor Championships - 2/19/2024 to 2/20/2024**The Podium
Results****...Women Distance Medley**

1) Ewing, Maya	2) Smith, Charisma		
3) Brown, Johanna	4) Esvelt, Annika		
5 Central Washington		12:39.14	4
1) Yanasak, Nicole	2) McDevitt, Zoe		
3) Thompson, Madison	4) Le Gore, Beatrice		
6 Northwest Nazarene		12:43.88	3
1) Lechner, Mckenna	2) Knowles, Makenze		
3) Klein, Olivia	4) Collom, Casey		
7 MSU-Billings		13:09.60	2
1) Eagleton, Cecily	2) Clark, Annelise		
3) Severson, Madeline	4) Berendsen, Carey		

Women High Jump

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 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	Seed	Finals	Points
1 Ntekpere, Emy		Central Washington	1.74m	1.72m	5-07.75 10
1.47 1.52 1.57 1.62 1.67 1.72 1.75					
PPP O XO O XO XO XXX					
2 Koch, Miya		Northwest Nazarene	1.57m	1.67m	5-05.75 8
1.47 1.52 1.57 1.62 1.67 1.72					
PPP O O XO O XXX					
3 Cook, Kora		Western Washington	1.55m	1.62m	5-03.75 6
1.47 1.52 1.57 1.62 1.67					
PPP O O XO XXX					
4 Deters, Amity		Western Oregon	1.61m	1.57m	5-01.75 5
1.47 1.52 1.57 1.62					
O XO O XXX					
5 Windbiel, Olivia		Simon Fraser	1.60m	J1.57m	5-01.75 3.50
1.47 1.52 1.57 1.62					
O O XO XXX					
5 Kania, Sydney		Simon Fraser	1.60m	J1.57m	5-01.75 3.50
1.47 1.52 1.57 1.62					
PPP O XO XXX					
7 Cooper, Hannah		MSU-Billings	1.58m	J1.57m	5-01.75 2
1.47 1.52 1.57 1.62					
O O XXO XXX					
8 Gordon, Julia		MSU-Billings	1.56m	1.52m	4-11.75 1
1.47 1.52 1.57					
O O XXX					
9 Clemens, Macy		Western Oregon	1.53m	1.47m	4-09.75
1.47 1.52					
O XXX					
9 Mader, Mikayla		Alaska Anchorage	1.52m	1.47m	4-09.75
1.47 1.52					
O XXX					
9 Nhye, Candace		Central Washington	1.51m	1.47m	4-09.75
1.47 1.52					
O XXX					
9 Kessler, Paige		Seattle Pacific	1.56m	1.47m	4-09.75
1.47 1.52					
O XXX					

GNAC Indoor Championships - 2/19/2024 to 2/20/2024**The Podium****Results****...Women High Jump**

-- Huber, Carley Central Washington 1.44m NH
 1.47
 XXX

Women Pole Vault

=====
 All-Time: 1 4.05m 1/13/2024 Lauryn McGough, Central Washington

Meet: 2 3.93m 2019 Halle Irvine, Central Washington

Podium: 3 4.80m 2/27/2022 Sandi Morris, Puma

Name	Year	School	Seed	Finals	Points
1 McGough, Lauryn		Central Washington	4.05m	3.93m2 12-10.75	10
			2.98 3.13 3.28 3.43 3.58 3.73 3.83 3.93 4.06		
			PPP PPP PPP O O O XO XO XXX		
2 Thomason, Emily		Seattle Pacific	3.67m	3.83m 12-06.75	8
			2.98 3.13 3.28 3.43 3.58 3.73 3.83 3.93		
			PPP PPP PPP XXO O O XO XXX		
3 Daugherty, Lizzy		Seattle Pacific	3.75m	3.73m 12-02.75	6
			2.98 3.13 3.28 3.43 3.58 3.73 3.83		
			PPP PPP PPP O O O XXX		
4 Mohlman, Sydney		Western Washington	3.67m	J3.73m 12-02.75	5
			2.98 3.13 3.28 3.43 3.58 3.73 3.83		
			PPP PPP O O XO XO XXX		
5 Bryant, Cariann		Central Washington	3.35m	3.43m 11-03.00	4
			2.98 3.13 3.28 3.43 3.58		
			PPP XO O O XXX		
6 Tran, Annie		Western Washington	3.12m	J3.43m 11-03.00	3
			2.98 3.13 3.28 3.43 3.58		
			PPP XXO O XO XXX		
7 Thornhill, Kyra		Central Washington	3.05m	2.98m 9-09.25	2
			2.98 3.13		
			O XXX		
-- Lemeza, Alecia		Western Oregon		NH	
			2.98		
			XXX		
-- Van Der Meer, Mette		Alaska Anchorage	3.42m	NH	
			2.98 3.13 3.28		
			PPP PPP XXX		
-- Haarer, Isabella		Central Washington	2.85m	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	Seed	Finals	H#	Points
1 Nwokoma, Ujunwa		Western Oregon	5.81m	5.83m 19-01.50	2	10
			5.63m FOUL 5.67m 5.50m 5.83m FOUL			
2 Ntekpere, Emy		Central Washington	5.68m	5.79m 19-00.00	2	8
			FOUL 5.56m FOUL 5.12m 5.68m 5.79m			
3 Liessfeld, Vivien		Alaska Anchorage	5.61m	5.50m 18-00.50	2	6
			5.42m FOUL 5.47m 5.45m 5.49m 5.50m			

GNAC Indoor Championships - 2/19/2024 to 2/20/2024**The Podium****Results****...Women Long Jump**

4	Green, Vai	Northwest Nazarene	5.19m	5.37m	17-07.50	2	5
	5.07m 5.09m 5.24m FOUL	5.13m 5.37m					
5	DeJong, Laine	Northwest Nazarene	5.43m	5.34m	17-06.25	2	4
	5.08m 4.90m 5.34m PASS	4.52m 5.17m					
6	Cook, Kora	Western Washington	4.61m	5.32m	17-05.50	1	3
	5.08m 5.08m 5.32m 5.11m	FOUL FOUL					
7	Polkinghorn, Hannah	Western Washington	5.09m	5.29m	17-04.25	1	2
	4.84m 5.04m 5.03m 5.14m	5.29m 4.89m					
8	Duncan, Alyssa	Saint Martin's	5.45m	5.26m	17-03.25	2	1
	4.90m 5.26m 5.18m 4.84m	3.56m 5.20m					
9	Zilla, Margaret	Saint Martin's	5.18m	5.10m	16-08.75	2	
	4.85m 4.64m 4.99m 4.77m	4.99m 5.10m					
10	Thompson, Maliyah	Western Oregon	5.21m	4.88m	16-00.25	2	
	4.88m 4.34m 4.88m						
11	Clemens, Macy	Western Oregon	5.15m	4.87m	15-11.75	1	
	3.59m FOUL 4.87m						
12	Wendring, Sadie	Western Oregon	4.77m	4.70m	15-05.00	1	
	4.60m 4.70m 4.68m						
13	Hutton-King, Dakota	Northwest Nazarene	5.01m	4.61m	15-01.50	1	
	FOUL 4.61m FOUL						
14	Deters, Amity	Western Oregon	5.28m	4.60m	15-01.25	2	
	4.60m 4.53m FOUL						
15	Ronse, Dominique	Simon Fraser		4.56m	14-11.50	1	
	FOUL 4.48m 4.56m						
16	Moore, Tehya	Central Washington	4.72m	4.55m	14-11.25	1	
	FOUL 4.55m 4.49m						
17	Sanchez, Alyssa	MSU-Billings	4.75m	4.49m	14-08.75	1	
	4.48m 4.49m 4.42m						

Women Triple Jump

=====
 All-Time: 1 12.70m 2020 Keshara Romain, Saint Martin's
 Meet: 2 12.70m 2020 Keshara Romian, Saint Martin's
 Podium: 3 14.28m 2/27/2022 Keturah Orji, Mizuno

Name	Year	School	Seed	Finals	Points
1 Ntekpere, Emy		Central Washington	11.79m	12.30m	40-04.25 10
	11.60m 12.22m 12.30m 12.25m	12.10m 11.93m			
2 Windbiel, Olivia		Simon Fraser	11.40m	11.66m	38-03.25 8
	10.97m 10.91m FOUL 11.19m	11.31m 11.66m			
3 Nwokoma, Ujunwa		Western Oregon		11.57m	37-11.50 6
	11.06m 11.19m 11.44m 11.19m	11.57m FOUL			
4 Green, Vai		Northwest Nazarene	11.47m	11.26m	36-11.50 5
	FOUL 11.05m 11.26m FOUL	FOUL FOUL			
5 Chatwin, Kerlinda		Simon Fraser	11.67m	11.10m	36-05.00 4
	10.99m 11.10m 11.07m 11.02m	10.07m 10.54m			
6 Moore, Tehya		Central Washington	10.32m	10.74m	35-03.00 3
	FOUL FOUL 10.70m 10.56m	10.74m 10.59m			
7 Clemens, Macy		Western Oregon		10.62m	34-10.25 2
	FOUL FOUL 10.62m 10.19m	10.57m FOUL			
8 Sanchez, Alyssa		MSU-Billings	10.39m	10.40m	34-01.50 1
	10.40m 10.14m 9.86m 10.14m	10.22m 10.10m			
9 Zilla, Margaret		Saint Martin's	9.65m	10.38m	34-00.75
	FOUL 10.38m 10.15m 10.19m	10.33m 10.07m			

GNAC Indoor Championships - 2/19/2024 to 2/20/2024**The Podium****Results****...Women Triple Jump**

10	Blue, Hailey	Western Oregon	9.98m	32-09.00
	9.98m 9.84m 9.87m			
11	Walker, Karma	Western Washington	9.60m	31-06.00
	9.60m 9.38m 9.57m			
--	Wendring, Sadie	Western Oregon	FOUL	
	FOUL FOUL FOUL			

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	Seed	Finals	H#	Points
1 Herbert, Destany		Northwest Nazarene	14.14m	13.87m	45-06.25	2 10
				13.87m FOUL FOUL FOUL FOUL FOUL		
2 Potts, Katie		Western Washington	13.82m	13.72m	45-00.25	2 8
				13.72m 12.17m FOUL FOUL FOUL FOUL		
3 Parks, Mara		Western Washington	12.59m	12.71m	41-08.50	2 6
				9.88m 11.81m 11.08m 11.89m 12.71m 12.38m		
4 Board, Brenna		Central Washington	12.61m	12.54m	41-01.75	2 5
				10.73m 12.54m 11.70m 11.95m 12.02m FOUL		
5 Prazer, Ellie		Central Washington	11.44m	11.62m	38-01.50	2 4
				10.18m 11.00m 11.22m 11.62m 9.93m 10.78m		
6 Saribay, Jocelyn		Saint Martin's	11.97m	11.51m	37-09.25	2 3
				10.95m 11.41m 11.28m 11.51m 11.32m FOUL		
7 Green, Jaida		MSU-Billings	11.68m	11.33m	37-02.25	2 2
				11.15m 11.33m 10.62m 10.43m 11.04m 11.03m		
8 Kwok, Emma		Northwest Nazarene	10.84m	11.16m	36-07.50	1 1
				9.95m 10.26m 10.72m 10.33m 10.62m 11.16m		
9 Cooper, Hannah		MSU-Billings	11.41m	10.81m	35-05.75	2
				FOUL 10.30m 10.76m 10.47m 10.43m 10.81m		
10 Eldridge, Jordan		Northwest Nazarene	10.67m	10.60m	34-09.50	1
				9.48m 10.60m 10.22m		
11 Lyness, Liliana		Western Oregon	10.86m	10.59m	34-09.00	1
				10.59m 10.21m FOUL		
12 Ward, Taja		Saint Martin's	10.89m	10.32m	33-10.25	1
				10.24m 10.32m 10.20m		
13 Dillon, Taylor		Saint Martin's		10.22m	33-06.50	1
				9.43m 9.63m 10.22m		
14 Jones, Grace		MSU-Billings	11.01m	10.01m	32-10.25	2
				9.99m 10.01m 9.83m		
15 Strickland, Hua		Northwest Nazarene	9.81m	9.87m	32-04.75	1
				9.18m 9.87m 9.81m		
16 Sedlacek, Mattea		Northwest Nazarene	9.94m	9.78m	32-01.00	1
				9.78m 9.15m 8.95m		
17 Mendoza, Jazmin		Central Washington	10.04m	9.75m	32-00.00	1
				9.33m 9.26m 9.75m		
18 Helmen, Maya		Western Oregon		9.58m	31-05.25	1
				9.15m 9.58m 9.57m		
19 Carpenter, Emillia		Western Oregon		9.30m	30-06.25	1
				9.30m 8.88m 8.68m		
20 Bledsoe, Vanessa		Saint Martin's		8.45m	27-08.75	1
				7.53m 8.00m 8.45m		

GNAC Indoor Championships - 2/19/2024 to 2/20/2024**The Podium****Results****....Women Shot Put**

-- McColly, Mattea MSU-Billings 10.35m FOUL 1
 FOUL FOUL FOUL

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 Kassanavoid, NIKE

Name	Year	School	Seed	Finals	H#	Points
1 Lyness, Liliana		Western Oregon	15.37m	16.16m	53-00.25	2 10
		15.49m 14.80m 15.09m 16.16m 15.89m 15.62m				
2 Saribay, Jocelyn		Saint Martin's	16.31m	15.85m	52-00.00	2 8
		15.45m 15.85m FOUL FOUL 15.58m FOUL				
3 Potts, Katie		Western Washington	15.52m	15.83m	51-11.25	2 6
		15.15m 15.83m 15.30m FOUL FOUL FOUL				
4 Carpenter, Emillia		Western Oregon	14.02m	15.35m	50-04.50	1 5
		15.35m 13.69m 14.59m 14.96m 14.91m FOUL				
5 Jones, Grace		MSU-Billings	15.78m	15.32m	50-03.25	2 4
		FOUL 15.27m 15.32m 14.76m 15.02m FOUL				
6 Parks, Mara		Western Washington	14.34m	15.08m	49-05.75	2 3
		FOUL 14.87m 14.32m 14.81m 15.08m FOUL				
7 Mendoza, Jazmin		Central Washington	14.50m	15.03m	49-03.75	2 2
		FOUL 13.97m 15.03m FOUL 14.40m 14.49m				
8 Herbert, Destany		Northwest Nazarene	15.39m	14.92m	48-11.50	2 1
		14.56m 14.92m 14.77m 14.83m FOUL FOUL				
9 Liniewski, Zuzanna		Simon Fraser	14.57m	14.18m	46-06.25	2
		14.18m 12.89m 14.11m 13.72m 13.93m 13.77m				
10 McColly, Mattea		MSU-Billings	13.45m	14.12m	46-04.00	1
		13.14m 13.62m 14.12m				
11 Green, Jaida		MSU-Billings	15.05m	13.90m	45-07.25	2
		FOUL FOUL 13.90m				
12 Eldridge, Jordan		Northwest Nazarene	14.40m	13.88m	45-06.50	2
		13.88m 13.87m 13.05m				
13 Board, Brenna		Central Washington	13.57m	13.81m	45-03.75	1
		13.81m 12.62m FOUL				
14 Cookman, Jordan		MSU-Billings	12.95m	13.60m	44-07.50	1
		12.70m 12.15m 13.60m				
15 Jolma, Brynn		MSU-Billings	14.30m	13.29m	43-07.25	2
		FOUL FOUL 13.29m				
16 Helmen, Maya		Western Oregon	11.82m	13.24m	43-05.25	1
		12.46m 13.24m 12.12m				
17 Ward, Taja		Saint Martin's	11.95m	13.05m	42-09.75	1
		FOUL 12.79m 13.05m				
18 Kwok, Emma		Northwest Nazarene	12.94m	13.00m	42-08.00	1
		FOUL 12.53m 13.00m				
19 Cooper, Hannah		MSU-Billings	14.62m	12.95m	42-06.00	2
		FOUL 12.95m FOUL				
20 Bledsoe, Vanessa		Saint Martin's	11.78m	12.46m	40-10.50	1
		11.87m 11.71m 12.46m				
21 Elenbaas, Payton		Central Washington	12.60m	12.26m	40-02.75	1
		11.65m FOUL 12.26m				
22 Newell, Sierra		Northwest Nazarene	11.83m	10.99m	36-00.75	1
		10.69m 10.68m 10.99m				

GNAC Indoor Championships - 2/19/2024 to 2/20/2024**The Podium****Results****...Women Weight Throw**

23 Sedlacek, Mattea	Northwest Nazarene	10.74m	10.68m	35-00.50	1
FOUL FOUL 10.68m					
24 Strickland, Hua	Northwest Nazarene	11.77m	8.19m	26-10.50	1
7.39m 8.19m FOUL					
-- Prazer, Ellie	Central Washington	10.94m	FOUL		1
FOUL FOUL FOUL					

Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

All-Time: 1 2:21.90

Meet: 2 2:15.88 2017 Ali Anderson, Central Washington

Podium: 3 2:16.36 2/24/2023 Saedra Hamilton, Southern Utah

Name	Year	School	Finals	Points
1 DeGroot, Ellie		Central Washington	2:22.94	784
2 Huber, Carley		Central Washington	2:27.23	728
3 Chang, Hannah		Seattle Pacific	2:36.06	619
4 Nhye, Candace		Central Washington	2:37.78	599
5 Clemens, Macy		Western Oregon	2:37.80	598
6 Mock, Sophie		Seattle Pacific	2:40.62	566
7 Wendring, Sadie		Western Oregon	2:42.47	545
8 Liessfeld, Vivien		Alaska Anchorage	2:43.79	530
9 Deters, Amity		Western Oregon	2:44.55	522
10 Walker, Karma		Western Washington	3:07.84	296

Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

All-Time: 1 9.16

Meet: 2 8.75 2016 Rosie Smith, Alaska Anchorage

Podium: 3 8.20 3/1/2022 Chari Hawkins, On

Name	Year	School	Finals	H#	Points
1 Chang, Hannah		Seattle Pacific	8.851	3	941
2 DeGroot, Ellie		Central Washington	8.871	3	937
3 Liessfeld, Vivien		Alaska Anchorage	9.39	2	830
4 Nhye, Candace		Central Washington	9.46	3	816
5 Deters, Amity		Western Oregon	9.48	2	812
6 Clemens, Macy		Western Oregon	9.48	1	812
7 Huber, Carley		Central Washington	9.62	2	785
8 Mock, Sophie		Seattle Pacific	9.67	2	775
9 Walker, Karma		Western Washington	9.87	1	737
10 Wendring, Sadie		Western Oregon	10.23	1	670

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Meet: 2 1.76m 2014 Fettig, Anders, Lehnert, Cai

Podium: 3 1.84m 3/1/2022 Chari Hawkins, On

Name	Year	School	Finals	Points
1 Deters, Amity		Western Oregon	1.64m	5-04.50 783
1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64 1.67				
PPP PPP PPP PPP PPP PPP PPP PPP O O O O O O XO XXX				
2 Clemens, Macy		Western Oregon	1.49m	4-10.50 610
1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52				
PPP PPP PPP PPP PPP PPP O O O O XXX				

GNAC Indoor Championships - 2/19/2024 to 2/20/2024**The Podium****Results****....Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon**

2	Nhye, Candace	Central Washington	1.49m	4-10.50	610
	1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52				
	PPP PPP PPP PPP O O O XO XXO XO XXX				
2	Chang, Hannah	Seattle Pacific	1.49m	4-10.50	610
	1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52				
	PPP PPP PPP PPP PPP PPP O XO O O XXX				
5	Walker, Karma	Western Washington	1.46m	4-09.50	577
	1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43 1.46 1.49				
	PPP PPP PPP O O XO O XXO XO XXX				
5	Liessfeld, Vivien	Alaska Anchorage	1.46m	4-09.50	577
	1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43 1.46 1.49				
	PPP PPP PPP PPP PPP PPP O O XO XXX				
5	Mock, Sophie	Seattle Pacific	1.46m	4-09.50	577
	1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43 1.46 1.49				
	PPP PPP PPP PPP O PPP O O XXO XXX				
5	DeGroot, Ellie	Central Washington	1.46m	4-09.50	577
	1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43 1.46 1.49				
	PPP PPP PPP PPP PPP PPP XO O XXO XXX				
9	Huber, Carley	Central Washington	1.43m	4-08.25	544
	1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43 1.46				
	PPP PPP O PPP O O O O XXX				
10	Wendring, Sadie	Western Oregon	1.40m	4-07.00	512
	1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43				
	O O O O O O O XXX				

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

Meet: 2 5.68m 2016		Karolin Anders, Alaska Anchorage			
Podium: 3 6.40m 3/1/2022		Kendall Willimans, Nike			
Name	Year	School	Finals		Points
1	Liessfeld, Vivien	Alaska Anchorage	5.31m	17-05.25	645
	FOUL 5.31m 5.29m				
2	Clemens, Macy	Western Oregon	5.30m	17-04.75	643
	5.24m 5.18m 5.30m				
3	Nhye, Candace	Central Washington	5.05m	16-07.00	573
	4.81m 4.83m 5.05m				
4	DeGroot, Ellie	Central Washington	5.03m	16-06.00	567
	4.96m 4.89m 5.03m				
5	Deters, Amity	Western Oregon	4.92m	16-01.75	538
	4.49m 4.92m 4.89m				
6	Chang, Hannah	Seattle Pacific	4.91m	16-01.50	535
	4.55m 4.91m 4.80m				
7	Mock, Sophie	Seattle Pacific	4.87m	15-11.75	524
	4.87m 4.73m 4.87m				
8	Huber, Carley	Central Washington	4.86m	15-11.50	522
	4.82m 4.86m 4.71m				
9	Wendring, Sadie	Western Oregon	4.78m	15-08.25	500
	4.54m 4.78m 4.59m				
10	Walker, Karma	Western Washington	4.46m	14-07.75	418
	2.99m 4.46m FOUL				

GNAC Indoor Championships - 2/19/2024 to 2/20/2024**The Podium****Results****Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon**

=====						
All-Time: 1 10.92m						
Meet: 2 11.96m 2012 Charlene Harber, Central Washington						
Podium: 3 14.37m 2/24/2023 Angel Richmore, Stephen F. Austin						
Name	Year	School	Finals			Points
=====						
1 Walker, Karma		Western Washington	10.88m	35-08.50		587
	9.60m	10.88m	9.43m			
2 Liessfeld, Vivien		Alaska Anchorage	10.21m	33-06.00		543
	9.64m	9.84m	10.21m			
3 Huber, Carley		Central Washington	9.19m	30-02.00		477
	8.75m	9.19m	9.04m			
4 DeGroot, Ellie		Central Washington	9.04m	29-08.00		467
	8.76m	7.89m	9.04m			
5 Clemens, Macy		Western Oregon	8.83m	28-11.75		453
	8.72m	8.83m	8.30m			
6 Wendring, Sadie		Western Oregon	8.72m	28-07.50		446
	8.17m	7.58m	8.72m			
7 Chang, Hannah		Seattle Pacific	8.47m	27-09.50		430
	8.44m	8.47m	7.61m			
8 Nhye, Candace		Central Washington	8.13m	26-08.25		408
	7.52m	7.35m	8.13m			
9 Deters, Amity		Western Oregon	7.82m	25-08.00		388
	7.54m	7.82m	6.37m			
10 Mock, Sophie		Seattle Pacific	7.25m	23-09.50		351
	6.72m	7.25m	7.01m			

Women Indoor Pentathlon

=====						
All-Time: 1 4007 2005 Danielle Ayers-Stamper, Seattle Pacific						
Meet: 2 3815 2005 Danielle Ayers-Stamper, Seattle Pacific						
Podium: 3 4492 3/1/2022 Chari Hawkins, On						
Name	Year	School	Seed	Finals	H#	Points
=====						
1 DeGroot, Ellie		Central Washington	3052	3332		10
2 Chang, Hannah		Seattle Pacific		3135		8
3 Liessfeld, Vivien		Alaska Anchorage	2257	3125		6
4 Clemens, Macy		Western Oregon	2963	3116		5
5 Huber, Carley		Central Washington	3009	3056		4
6 Deters, Amity		Western Oregon	2905	3043		3
7 Nhye, Candace		Central Washington		3006		2
8 Mock, Sophie		Seattle Pacific		2793		1
9 Wendring, Sadie		Western Oregon	2343	2673		
10 Walker, Karma		Western Washington		2615		

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

=====						
All-Time: 1 6.72 2015 Alex Donigian, Western Washington						
Meet: 2 6.75 2014 Alex Donigian, Western Washington						
Podium: 3 6.45 2/27/2022 Christian Coleman, NIKE						
Name	Year	School	Seed	Prelims	H#	
=====						
Preliminaries						
1 Caleb, Joshua		Alaska Anchorage	6.73	1 6.70q	1	
2 Penson-Mccoy, Jesaiah		Simon Fraser	7.02	6.87q	2	6.865

GNAC Indoor Championships - 2/19/2024 to 2/20/2024**The Podium****Results****...Men 60 Meter Dash**

3	Hall, Jacob	Simon Fraser	6.95	6.87q	1	6.866
4	Greenwalt, Ryan	Western Washington	6.87	6.88q	2	
5	O'Donnell, Liam	Simon Fraser	7.03	6.90q	3	
6	Loggins, Dominique	Western Oregon	7.03	6.94q	4	
7	Le, Brian	Western Washington	6.94	6.98q	3	
8	Johnson, Thomas	Western Oregon	7.19	7.00q	3	
9	Jana, Riday	Alaska Anchorage	6.94	7.01	4	
10	Green, Josh	Central Washington	7.12	7.06	1	
11	Wong, Nicholas	Northwest Nazarene	7.09	7.10	2	
12	Herbert, JayCee	MSU-Billings	7.06	7.11	1	7.101
13	Walker, Trevion	Central Washington	7.10	7.11	3	7.105
14	Braseth, Hunter	Northwest Nazarene	7.12	7.13	2	7.124
15	Gibbs, Mitchell	Simon Fraser	7.33	7.13	4	7.126
16	Sortor, Hunter	Northwest Nazarene	7.13	7.14	4	7.134
17	Mercier, Marc	Alaska Anchorage	7.11	7.14	4	7.136
18	Breuer, Dylan	Northwest Nazarene	7.15	7.14	2	7.137
18	Mitchell, Joshua	Western Oregon	7.13	7.14	3	7.137
20	Morris, Brian	Alaska Anchorage	7.22	7.19	1	
21	Rodriguez, Ashton	Saint Martin's	7.34	7.21	1	
22	Jenkins, Desmond	Western Oregon	7.31	7.22	3	
23	Sweat, Dawson	MSU-Billings	7.20	7.24	4	7.236
24	Dezember, Mason	MSU-Billings	7.25	7.24	2	7.237
25	Ewing, Fikadu	Northwest Nazarene	7.40	7.27	2	7.266
26	Ralston, Ben	MSU-Billings	7.15	7.27	1	7.268

Men 60 Meter Dash

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

Name	Year	School	Prelims	Finals	Points
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Finals

1	Caleb, Joshua	Alaska Anchorage	6.70	6.732	10	
2	Greenwalt, Ryan	Western Washington	6.88	6.83	8	
3	O'Donnell, Liam	Simon Fraser	6.90	6.84	6	
4	Loggins, Dominique	Western Oregon	6.94	6.87	5	
5	Penson-Mccoy, Jesaiah	Simon Fraser	6.87	6.90	4	6.892
6	Hall, Jacob	Simon Fraser	6.87	6.90	3	6.898
7	Le, Brian	Western Washington	6.98	6.98	2	
8	Johnson, Thomas	Western Oregon	7.00	7.02	1	

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

All-Time: 1	21.40	2022	Callum Robinson, Simon Fraser
Meet: 2	21.50	2022	Calum Robinson, Simon Fraser
Podium: 3	20.76	2/2/2024	Erin Brown, Grand Canyon

Name	Year	School	Seed	Prelims	H#
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Preliminaries

1	Caleb, Joshua	Alaska Anchorage	21.43	2 21.49q	4	
2	Angarita, Kevin	Alaska Anchorage	21.94	21.78q	1	21.775
3	Penson-Mccoy, Jesaiah	Simon Fraser	21.77	21.78q	3	21.777
4	Mickenham, Nolan	Western Washington	22.10	21.90q	2	

GNAC Indoor Championships - 2/19/2024 to 2/20/2024**The Podium****Results****...Men 200 Meter Dash**

5	Hall, Jacob	Simon Fraser	22.19	21.99q	4
6	Braseth, Hunter	Northwest Nazarene	22.05	22.10q	5
7	Hendrix, Amari	Western Oregon	23.35	22.13q	5
8	Murphy, Brennen	Western Oregon	22.28	22.14q	6
9	Green, Josh	Central Washington	21.72	22.19	6
10	Jana, Riday	Alaska Anchorage	22.28	22.23	3
11	O'Donnell, Liam	Simon Fraser	22.32	22.30	1
12	Walker, Trevion	Central Washington	22.42	22.43	5
13	Morris, Brian	Alaska Anchorage	22.59	22.63	2
14	Felten, Jared	Northwest Nazarene	22.71	22.64	4
15	Driesner, Alex	Western Oregon	23.99	22.65	4
16	Herbert, JayCee	MSU-Billings	22.89	22.77	6
17	Dezember, Mason	MSU-Billings	22.94	22.91	3
18	Mitchell, Joshua	Western Oregon	23.38	23.00	2
19	Sweat, Dawson	MSU-Billings	23.05	23.20	1
20	Carr, Tyson	Simon Fraser		23.94	3
21	Le, Christian	Saint Martin's	24.97	24.30	6

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 20.76 2/2/2024 Erin Brown, Grand Canyon

Name	Year	School	Prelims	Finals	H#	Points
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Finals

1	Caleb, Joshua	Alaska Anchorage	21.49	21.181	2	10
2	Penson-Mccoy, Jesaiah	Simon Fraser	21.78	21.55	1	8
3	Mickenham, Nolan	Western Washington	21.90	21.75	1	6
4	Hall, Jacob	Simon Fraser	21.99	21.94	2	5
5	Braseth, Hunter	Northwest Nazarene	22.10	22.00	1	4
6	Murphy, Brennen	Western Oregon	22.14	22.47	1	3
7	Hendrix, Amari	Western Oregon	22.13	22.63	2	2
8	Angarita, Kevin	Alaska Anchorage	21.78	27.08	2	1

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

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

Name	Year	School	Seed	Prelims	H#
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Preliminaries

1	Angarita, Kevin	Alaska Anchorage	48.21	48.51q	3
2	Hendrix, Amari	Western Oregon	50.29	48.81q	3
3	Woodring, Maurice	Western Washington	49.18	49.50q	4
4	Le, Brian	Western Washington	49.10	49.82q	2
5	Murphy, Brennen	Western Oregon	50.08	50.52q	5
6	Brenek, Lucas	Western Washington	49.75	50.63q	1
7	Felten, Jared	Northwest Nazarene	51.85	51.37q	3
8	Breuer, Dylan	Northwest Nazarene	51.19	51.60q	2
9	Hunter, Timothy	Alaska Anchorage	52.39	51.78	1
10	Ames, Trevor	Northwest Nazarene	51.46	51.95	1
11	Scott, Kaleb	MSU-Billings	51.41	52.09	4

GNAC Indoor Championships - 2/19/2024 to 2/20/2024**The Podium****Results****...Men 400 Meter Dash**

12	Carpenter, Evan	Seattle Pacific	52.60	52.11	5
13	Johansson, Luke	Northwest Nazarene	51.97	52.23	2
14	Franco, Zachary	Saint Martin's	51.69	52.46	5
15	Olmstead, Connor	Saint Martin's	52.06	52.58	4
16	Carr, Tyson	Simon Fraser	54.10	53.32	3
17	Boyd, Noah	Saint Martin's	55.91	54.56	2

Men 400 Meter Dash

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

Name	Year	School	Prelims	Finals	H#	Points
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Finals

1	Angarita, Kevin	Alaska Anchorage	48.51	47.88	2	10
2	Hendrix, Amari	Western Oregon	48.81	48.63	2	8
3	Le, Brian	Western Washington	49.82	48.81	1	6
4	Brenek, Lucas	Western Washington	50.63	49.31	1	5
5	Murphy, Brennen	Western Oregon	50.52	50.17	2	4
6	Breuer, Dylan	Northwest Nazarene	51.60	50.73	1	3
7	Felten, Jared	Northwest Nazarene	51.37	51.82	2	2
--	Woodring, Maurice	Western Washington	49.50	DNF	1	

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 Oregon
 Meet: 2 1:50.83 2018 David Ribich, Western Oregon
 Podium: 3 1:45.30 2/27/2022 Bryce Hoppel, adidas
 =====

Name	Year	School	Seed	Prelims	H#
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Preliminaries

1	Rodriguez, Isaiah	Western Oregon	1:53.18	1:53.61Q	1
2	Good, Aiden	Simon Fraser	1:53.58	1:54.09Q	3
3	Bloom, Jonah	Western Washington	1:55.57	1:55.52Q	2
4	Sanchez, Keeton	Western Oregon		1:53.68Q	1
5	Plummer, Colton	Simon Fraser	1:54.52	1:54.39Q	3
6	Ellis, Quincy	Northwest Nazarene	1:54.27	1:55.72Q	2
7	Hutton, Max	Central Washington	1:55.10	1:54.31q	1
8	Riley, Cole	Western Washington	1:55.08	1:54.57q	1
9	Eifert, Ian	Western Washington	1:55.20	1:56.34	3
10	Bohannon, Grant	Western Oregon	1:54.44	1:56.71	2
11	Rau, Jonah	Northwest Nazarene	1:57.26	1:57.40	2
12	Chi, Micah	Northwest Nazarene	1:57.58	1:58.61	3
13	Curtis, Joseph	Simon Fraser	2:01.09	1:58.67	3
14	House, kaelan	Simon Fraser	1:57.90	1:58.71	1
15	Ortega, Noe	Saint Martin's	2:00.73	1:59.16	2
16	Higgins, Francis (Timmy)	Saint Martin's	1:59.67	1:59.55	1
17	Kemper, Jordan	Western Oregon	2:00.12	1:59.58	2
18	Ahl, Braden	Simon Fraser		1:59.80	3
19	Senneff, Lance	Alaska Anchorage	2:01.74	1:59.91	1
20	Dear, Rami	Western Oregon	1:59.85	2:00.08	3

GNAC Indoor Championships - 2/19/2024 to 2/20/2024**The Podium****Results****Men 800 Meter Run**

=====
 All-Time: 1 1:47.74 2020 Derek Holdsworth, Western Oregon
 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	Finals	Points
=====					
Finals					
1 Sanchez, Keeton		Western Oregon	1:53.68	1:54.90	10
2 Rodriguez, Isaiah		Western Oregon	1:53.61	1:55.25	8
3 Bloom, Jonah		Western Washington	1:55.52	1:55.95	6
4 Plummer, Colton		Simon Fraser	1:54.39	1:56.87	5
5 Hutton, Max		Central Washington	1:54.31	1:56.99	4
6 Riley, Cole		Western Washington	1:54.57	1:57.02	3
7 Ellis, Quincy		Northwest Nazarene	1:55.72	1:57.44	2
8 Good, Aiden		Simon Fraser	1:54.09	1:57.87	1

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

Name	Year	School	Seed	Finals	H#	Points
=====						
1 McDermott, Kevin		Western Washington	4:02.13	4:06.63	2	10
2 Correa, Johan		Central Washington	4:09.92	4:07.40	2	8
3 Thomson, Andrew		Simon Fraser	4:10.43	4:07.94	2	6
4 Sackett, Ian		Northwest Nazarene	4:15.12	4:14.42	2	5
5 Sanchez, Keeton		Western Oregon	4:07.61	4:16.81	2	4
6 Pomrankey, Easton		Western Oregon	4:11.19	4:16.83	2	3
7 Hosking, Elwood		Western Oregon	4:18.48	4:17.62	1	2
8 Wadhvani, Jacob		Simon Fraser	4:15.59	4:18.66	2	1
9 Castro, Jose		Simon Fraser	4:11.18	4:18.79	2	
10 Schoening, Benjamin		Simon Fraser	4:17.09	4:18.94	1	
11 Nash, Cole		Alaska Anchorage		4:19.92	1	
12 Stedman, Carter		Northwest Nazarene	4:16.87	4:20.63	1	
13 Ahl, Braden		Simon Fraser	4:16.15	4:21.30	2	
14 Pagente, Kainalu		Saint Martin's	4:14.26	4:24.08	2	
15 Lingwall, Samuel		Western Washington	4:10.89	4:25.18	2	
16 Bogale, Kirubel		Simon Fraser	4:18.68	4:28.74	1	
17 Senneff, Lance		Alaska Anchorage	4:30.37	4:31.03	1	
18 Ortega, Noe		Saint Martin's	4:34.74	4:31.16	1	
19 House, kaelan		Simon Fraser	4:21.19	4:32.37	1	
20 Lieb, Jonathan		Seattle Pacific	4:35.62	4:35.56	1	
21 Logie, Micah		Simon Fraser	4:16.56	4:43.42	2	
22 Franco, Kade		Seattle Pacific	4:39.11	4:54.39	1	

Men 3000 Meter Run

=====
 All-Time: 1 7:50.81 2018 David Ribich, Western Oregon
 Meet: 2 8:18.32 2/21/2023 Cole Nash, Alaska Ancho
 Podium: 3 7:47.50 2/26/2022 Cole Hocker, NIKE

Name	Year	School	Seed	Finals	H#	Points
=====						
1 McDermott, Kevin		Western Washington	7:59.27	8:25.11	2	10
2 Zapherson, Michael		Alaska Anchorage	8:30.94	8:26.65	2	8
3 Correa, Johan		Central Washington	8:23.22	8:27.27	2	6

GNAC Indoor Championships - 2/19/2024 to 2/20/2024**The Podium****Results****...Men 3000 Meter Run**

4	Clough, Ryan	Western Washington	8:25.33	8:27.98	2	5
5	Rutledge, Leo	Western Washington	8:20.88	8:31.52	2	4
6	Mekonnen, Ephrem	Simon Fraser	8:08.40	8:33.85	2	3
7	Kemble, Brody	Northwest Nazarene	8:33.30	8:34.06	2	2
8	Brakstad, Sten	Western Washington	8:17.67	8:38.45	2	1
9	Karamitsos, George	Western Washington	8:21.04	8:40.22	2	
10	Kohler, Zachary	Alaska Anchorage	8:35.53	8:40.93	2	
11	Elliott, Ty	Alaska Anchorage	8:34.66	8:40.94	2	
12	Peckham, John	Alaska Anchorage	8:34.36	8:44.47	2	
13	Arndt, Scott	Simon Fraser	8:28.34	8:46.05	2	
14	Lingwall, Samuel	Western Washington	8:30.96	8:49.10	2	
15	Schoening, Benjamin	Simon Fraser		8:50.12	1	
16	Ingram, Asher	Northwest Nazarene	8:47.94	8:50.93	1	
17	LeBlanc, Brennan	Seattle Pacific	8:49.82	8:52.79	1	
18	Rush, Andrew	MSU-Billings	8:42.97	8:53.16	1	
19	Pagente, Kainalu	Saint Martin's	8:42.33	8:59.70	1	
20	Mckenney, Dustyn	Western Oregon	8:43.46	9:04.96	1	
21	Dale, Eli	Saint Martin's	8:55.68	9:07.65	1	
22	Venable, Isaac	Seattle Pacific	8:54.58	9:08.12	1	
23	Edgerton, Bryant	MSU-Billings	9:09.80	9:10.26	1	
24	Blackburn, Jaydon	Saint Martin's	9:31.22	9:10.36	1	
25	Demmert, Silas	Seattle Pacific	9:14.96	9:15.28	1	
26	Heberlein, Aaron	Northwest Nazarene	9:17.44	9:18.88	1	
27	Logie, Micah	Simon Fraser		9:43.07	1	

Men 5000 Meter Run

=====
 All-Time: 1 13:47.73 2014 Micah Chelimo, Alaska Anchorage
 Meet: 2 14:17.09 2/20/2023 Cole Nash, Alaska Ancho
 Podium: 3 14:01.31 12/10/2022 Wil Smith, Gonzaga

Name	Year	School	Seed	Finals	Points
1	McDermott, Kevin	Western Washington	13:50.77	14:30.28	10
2	Correa, Johan	Central Washington	14:44.99	14:39.60	8
3	Zapherson, Michael	Alaska Anchorage	14:42.60	14:42.48	6
4	Clough, Ryan	Western Washington	14:36.32	14:47.57	5
5	Peckham, John	Alaska Anchorage	14:46.36	14:49.80	4
6	Brakstad, Sten	Western Washington	14:50.69	14:55.75	3
7	Kemble, Brody	Northwest Nazarene	14:55.12	14:56.73	2
8	Rush, Andrew	MSU-Billings	14:55.30	15:15.71	1
9	Ingram, Asher	Northwest Nazarene	15:33.16	15:20.80	
10	Roy, Alden	Western Oregon	15:06.90	15:32.99	
11	LeBlanc, Brennan	Seattle Pacific	15:22.33	15:36.75	
12	Edgerton, Bryant	MSU-Billings	15:43.70	15:56.11	
13	Venable, Isaac	Seattle Pacific	15:34.48	15:57.47	
14	Dale, Eli	Saint Martin's	15:24.40	16:07.29	
15	Gale, Nathaniel	Seattle Pacific	16:34.22	16:15.05	
16	Heberlein, Aaron	Northwest Nazarene	16:02.56	16:22.46	
17	Blackburn, Jaydon	Saint Martin's	16:24.80	16:24.93	
18	Endresen, Gabe	Seattle Pacific	16:28.65	16:39.75	
19	Harwell, Michael	Saint Martin's	16:16.50	16:46.79	
20	Dhatt, Jaskaran	Saint Martin's	16:38.20	17:04.37	

GNAC Indoor Championships - 2/19/2024 to 2/20/2024**The Podium****Results****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 Washington
 Podium: 3 7.37 2/27/2022 Grant Holloway, adidas

=====
 Name Year School Seed Prelims H#
 =====

Preliminaries

1	Flick, Hunter	Western Washington	8.11	8.19q	1
2	Conklin, Justin	Western Oregon	8.34	8.25q	2
3	Wise, Aiden	Central Washington	8.50	8.33q	1
4	Edwards, Jaden	Western Washington	8.54	8.50q	1
5	Boyd, Andrew	Saint Martin's	8.59	8.52q	2
6	Boast, Josh	Central Washington	8.63	8.63q	1
7	Nye, Turner	Northwest Nazarene	8.52	8.65q	2
8	Johansson, Luke	Northwest Nazarene	8.63	8.76q	2
9	Carlson, Benji	MSU-Billings	9.08	8.77	2
10	Robertson, Felix	Alaska Anchorage	9.07	9.00	1
11	Groce, Jonah	Northwest Nazarene	9.52	10.91	1

Men 60 Meter Hurdles

=====
 All-Time: 1 8.07 2022 Hunter Flick, Western Washington
 Meet: 2 8.08 2015 Travis Milbrandt, Western Washington
 Podium: 3 7.37 2/27/2022 Grant Holloway, adidas

=====
 Name Year School Prelims Finals Points
 =====

Finals

1	Flick, Hunter	Western Washington	8.19	8.11	10
2	Conklin, Justin	Western Oregon	8.25	8.25	8
3	Edwards, Jaden	Western Washington	8.50	8.38	6
4	Wise, Aiden	Central Washington	8.33	8.38	5
5	Boast, Josh	Central Washington	8.63	8.54	4
6	Johansson, Luke	Northwest Nazarene	8.76	8.56	3
7	Boyd, Andrew	Saint Martin's	8.52	8.57	2

Men 4x400 Meter Relay

=====
 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 3:08.62 2/4/2024 Washington State, Washington State
 Willems, Lawyer, McAlvey, Buckmiller

=====
 School Seed Finals H# Points
 =====

1	Western Washington	3:17.69	3:17.11	2	10
	1) Le, Brian				
	2) Windrope, Owen				
	3) Brenek, Lucas				
	4) Greenwalt, Ryan				
2	Alaska Anchorage	3:29.59	3:18.33	1	8
	1) Jana, Riday				
	2) Larsen, Anders				
	3) Caleb, Joshua				
	4) Angarita, Kevin				
3	Northwest Nazarene	3:22.73	3:18.66	2	6
	1) Braseth, Hunter				
	2) Rau, Jonah				
	3) Ellis, Quincy				
	4) Breuer, Dylan				
4	Western Oregon	3:24.41	3:21.73	2	5

GNAC Indoor Championships - 2/19/2024 to 2/20/2024

**The Podium
Results**

...Men 4x400 Meter Relay

1) Murphy, Brennen	2) Mitchell, Joshua				
3) Le, Teo	4) Hendrix, Amari				
5 Simon Fraser		3:24.53	3:22.23	2	4
1) Penson-Mccoy, Jesaiah	2) Good, Aiden				
3) Thomson, Andrew	4) Plummer, Colton				
6 Central Washington		3:23.20	3:28.83	2	3
1) Boast, Josh	2) Hutton, Max				
3) Walker, Trevion	4) Webster, Isaiah				
7 MSU-Billings		3:34.09	3:28.85	1	2
1) Herbert, JayCee	2) Scott, Kaleb				
3) Dezember, Mason	4) Rush, Andrew				
8 Saint Martin's			3:31.30	1	1
1) Franco, Zachary	2) Cooper, Matt				
3) Higgins, Francis (Timmy)	4) Pagente, Kainalu				

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				Seed	Finals Points
=====					
1	Simon Fraser			9:50.45	10:09.75 10
	1) Castro, Jose		2) Plummer, Colton		
	3) Good, Aiden		4) Wadhvani, Jacob		
2	Western Washington				10:13.70 8
	1) Lingwall, Samuel		2) Windrope, Owen		
	3) Eifert, Ian		4) Rutledge, Leo		
3	Northwest Nazarene			10:13.59	10:17.25 6
	1) Stedman, Carter		2) Rau, Jonah		
	3) Chi, Micah		4) Stockett, Ian		
4	Western Oregon			9:52.08	10:24.44 5
	1) Bohannon, Grant		2) Le, Teo		
	3) Kemper, Jordan		4) Pomrankey, Easton		
5	Alaska Anchorage				10:30.48 4
	1) Kohler, Zachary		2) Wiese, Benjamin		
	3) Senneff, Lance		4) Elliott, Ty		
6	Seattle Pacific				11:08.08 3
	1) Franco, Kade		2) Carpenter, Evan		
	3) Lieb, Jonathan		4) Demmert, Silas		

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		Seed	Finals		Points
=====							
1	Burchfield, Gabe		Western Oregon	1.90m	2.00m	6-06.75	10
	1.80 1.85 1.90 1.95 2.00 2.03						
	XO O O O XXO XPP						

GNAC Indoor Championships - 2/19/2024 to 2/20/2024**The Podium****Results****....Men High Jump**

2	Conklin, Justin	Western Oregon	2.00m	1.95m	6-04.75	6.33
	1.80 1.85 1.90 1.95 2.00					
	O O XO O XXX					
2	Kibler, Trent	Western Washington	1.85m	1.95m	6-04.75	6.33
	1.80 1.85 1.90 1.95 2.00					
	PPP O XO O XXX					
2	Greenlee, Manu	Western Washington	1.90m	1.95m	6-04.75	6.33
	1.80 1.85 1.90 1.95 2.00					
	PPP O XO O XXX					
5	Groce, Jonah	Northwest Nazarene	1.96m	J1.95m	6-04.75	4
	1.80 1.85 1.90 1.95 2.00					
	PPP O XXO XXO XXX					
6	Okere, Favor	MSU-Billings	1.75m	1.85m	6-00.75	3
	1.80 1.85 1.90					
	XO XXO XXX					
7	Olmstead, Connor	Saint Martin's	1.84m	1.80m	5-10.75	2
	1.80 1.85					
	XO XXX					
--	Ness, Caleb	Western Oregon	1.78m	NH		
	1.80					
	XXX					
--	Harrison, Marley	Western Oregon		NH		
	1.80					
	XXX					
--	White, Tyler	Western Oregon		NH		
	1.80					
	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	Seed	Finals	Points
1 Klein, Drew		Central Washington	4.82m	4.95m	16-02.75 10
	4.03 4.18 4.33 4.48 4.63 4.73 4.83 4.95 5.10				
	PPP PPP PPP PPP O XO XO XO XXX				
2 Koenig, William		Northwest Nazarene	4.35m	4.63m	15-02.25 8
	4.03 4.18 4.33 4.48 4.63 4.73				
	PPP PPP O PPP O XXX				
3 Lee, Kainoa		Seattle Pacific	4.57m	4.48m	14-08.25 6
	4.03 4.18 4.33 4.48 4.63				
	PPP PPP O O XXX				
4 Doidge, Ryan		Saint Martin's	4.30m	4.33m	14-02.50 5
	4.03 4.18 4.33 4.48				
	XO XO O XXX				
5 Hrcek, Mason		Seattle Pacific	4.72m	J4.33m	14-02.50 4
	4.03 4.18 4.33 4.48				
	PPP PPP XO XXX				
6 Seals, Austin		Western Washington	4.22m	4.03m	13-02.50 3
	4.03 4.18				
	XO XX				

GNAC Indoor Championships - 2/19/2024 to 2/20/2024**The Podium****Results****...Men Pole Vault**

-- Nye, Turner Northwest Nazarene 4.50m NH
 4.03 4.18 4.33
 PPP PPP XX

Men Long Jump

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 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	Seed	Finals	H#	Points
1 Roberson, Troy		Western Washington	6.62m	7.10m	23-03.50	2 10
		6.82m 6.60m 6.72m 6.49m 6.71m 7.10m				
2 Webster, Isaiah		Central Washington	7.08m	7.08m	23-02.75	2 8
		6.66m 7.08m 6.82m 6.86m 7.02m 6.98m				
3 Furtado, Blake		Simon Fraser	6.44m	6.81m	22-04.25	1 6
		6.44m 6.32m 6.81m 6.67m 6.62m 6.73m				
4 Koonantha, Ping		Western Oregon		6.77m	22-02.50	1 5
		6.65m FOUL 6.77m FOUL PASS PASS				
5 Greenwalt, Ryan		Western Washington	6.97m	6.74m	22-01.50	2 4
		6.74m 6.57m 6.67m 6.72m 6.68m FOUL				
6 Mercier, Marc		Alaska Anchorage	6.81m	6.72m	22-00.75	2 3
		6.55m 6.51m 6.72m 6.68m FOUL FOUL				
7 Hines, Christopher		Central Washington	6.81m	6.71m	22-00.25	2 2
		6.70m FOUL 6.48m 6.71m 6.48m FOUL				
8 Schulz, Andrew		Saint Martin's	6.38m	6.66m	21-10.25	1 1
		6.66m 6.57m 6.43m PASS PASS FOUL				
9 Gibbs, Mitchell		Simon Fraser	6.50m	6.51m	21-04.25	1
		6.35m FOUL 6.51m FOUL FOUL FOUL				
10 Jenkins, Desmond		Western Oregon	6.45m	6.46m	21-02.50	1
		6.06m 6.35m 6.46m				
11 White, Tyler		Western Oregon	6.61m	6.33m	20-09.25	2
		FOUL 6.33m FOUL				
12 Monro, Nicholas		Simon Fraser	6.60m	6.30m	20-08.00	2
		FOUL 6.30m FOUL				
13 Grant, Morgan		Alaska Anchorage	6.55m	6.27m	20-07.00	2
		6.26m 6.02m 6.27m				
14 Larsen, Anders		Alaska Anchorage	6.48m	6.26m	20-06.50	1
		6.26m 5.90m 5.56m				
15 Ewing, Fikadu		Northwest Nazarene	6.22m	6.02m	19-09.00	1
		5.79m 6.02m 5.95m				
16 Burchfield, Gabe		Western Oregon	6.30m	5.83m	19-01.50	1
		5.83m 5.79m FOUL				
17 Fenley, Ryan		MSU-Billings	6.29m	5.70m	18-08.50	1
		5.67m 5.70m FOUL				

Men Triple Jump

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 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	Seed	Finals	Points
1 Webster, Isaiah		Central Washington		14.46m	47-05.25 10
		13.73m 13.52m 13.69m 13.46m 13.75m 14.46m			

GNAC Indoor Championships - 2/19/2024 to 2/20/2024**The Podium****Results****...Men Triple Jump**

2	Harrison, Marley	Western Oregon	13.84m	14.12m	46-04.00	8
	13.53m 13.86m FOUL 13.75m FOUL 14.12m					
3	Menicke, Gabe	Western Washington	13.64m	14.00m	45-11.25	6
	13.95m FOUL 14.00m 13.93m 13.70m 13.98m					
4	Roberson, Troy	Western Washington	13.51m	13.79m	45-03.00	5
	FOUL 13.58m FOUL 13.25m FOUL 13.79m					
5	Hines, Christopher	Central Washington	13.68m	13.61m	44-08.00	4
	FOUL 12.88m 13.03m 13.54m FOUL 13.61m					
6	White, Tyler	Western Oregon	13.87m	13.34m	43-09.25	3
	12.96m 13.34m 12.94m 12.26m FOUL 12.46m					
7	Laulainen, Mikko	Western Washington	13.32m	13.20m	43-03.75	2
	FOUL 12.63m FOUL 13.04m 13.02m 13.20m					
8	Robertson, Felix	Alaska Anchorage		12.40m	40-08.25	1
	12.40m 12.10m 12.11m PASS PASS PASS					
9	Fenley, Ryan	MSU-Billings	12.74m	12.37m	40-07.00	
	FOUL 12.37m 12.30m FOUL 12.37m 12.32m					
10	Jenkins, Desmond	Western Oregon		12.30m	40-04.25	
	12.10m 12.30m FOUL					
11	Gibbs, Mitchell	Simon Fraser	12.23m	12.29m	40-04.00	
	11.23m 12.06m 12.29m					
12	Grant, Morgan	Alaska Anchorage		11.98m	39-03.75	
	FOUL FOUL 11.98m					

Men Shot Put

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 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	Seed	Finals	H#	Points
1 Turner, Noah		Western Washington	14.71m	15.24m	50-00.00	2 10
		12.60m FOUL 13.21m 14.05m 14.27m 15.24m				
2 Warren, Mark		Western Oregon	14.13m	14.90m	48-10.75	2 8
		14.38m 14.19m 14.90m 14.11m 14.16m 14.22m				
3 Perkins, Isaac		MSU-Billings	14.30m	14.86m	48-09.00	2 6
		13.68m FOUL 14.86m FOUL FOUL FOUL				
4 Franklin, Wyatt		Central Washington	14.84m	14.43m	47-04.25	2 5
		FOUL 14.43m 13.72m 13.75m FOUL FOUL				
5 Behrman, Jacob		Western Oregon	13.11m	14.17m	46-06.00	2 4
		12.77m 14.17m 13.59m 12.87m 13.40m FOUL				
6 Ramos, Angelo		Western Washington	13.60m	13.89m	45-07.00	2 3
		13.89m 12.96m 13.70m 13.65m 13.12m 13.43m				
7 Martin, Logan		Central Washington	12.67m	13.67m	44-10.25	1 2
		13.48m 12.54m 13.67m FOUL 12.57m 13.08m				
8 Campbell, Miller		Western Washington	13.79m	13.62m	44-08.25	2 1
		13.38m FOUL 13.62m FOUL FOUL FOUL				
9 Bentley, Cole		MSU-Billings	14.33m	13.47m	44-02.50	2
		13.47m 13.22m 13.29m FOUL 12.69m 13.03m				
10 Sandefur, Cort		MSU-Billings	12.88m	12.96m	42-06.25	1
		FOUL FOUL 12.96m				
11 Alberts, Carter		Northwest Nazarene	12.45m	12.60m	41-04.25	1
		11.41m 11.90m 12.60m				
12 Knight, Derek		Northwest Nazarene	12.69m	12.41m	40-08.75	1
		12.41m 12.25m FOUL				

GNAC Indoor Championships - 2/19/2024 to 2/20/2024**The Podium****Results****...Men Shot Put**

13 Swaney, Braden	Northwest Nazarene	11.35m	12.25m	40-02.25	1
11.75m 12.25m FOUL					
14 Parnell, Justin	Western Oregon	13.85m	12.08m	39-07.75	2
FOUL FOUL 12.08m					
15 Bushnell, Eric	Alaska Anchorage	10.91m	11.58m	38-00.00	1
10.54m 11.58m 11.18m					

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	Seed	Finals	H#	Points
1 Warren, Mark		Western Oregon	17.53m	18.04m	59-02.25	2 10
FOUL 16.75m FOUL 18.04m FOUL 17.59m						
2 Young, Omar		Central Washington	16.23m	17.18m	56-04.50	2 8
16.21m 16.40m FOUL 17.18m FOUL 16.80m						
3 Ramos, Angelo		Western Washington	17.42m	16.75m	54-11.50	2 6
16.44m 16.42m 16.51m 16.62m 16.75m FOUL						
4 Campbell, Miller		Western Washington	16.89m	16.48m	54-01.00	2 5
15.36m 16.48m FOUL FOUL FOUL FOUL						
5 Perkins, Isaac		MSU-Billings	15.70m	16.17m	53-00.75	2 4
15.51m 15.62m FOUL 15.27m 16.17m FOUL						
6 Knight, Derek		Northwest Nazarene	16.09m	16.08m	52-09.25	2 3
FOUL 15.85m 15.57m 16.08m 15.07m 15.46m						
7 Franklin, Wyatt		Central Washington	15.33m	15.90m	52-02.00	2 2
15.90m 15.12m FOUL 14.71m FOUL FOUL						
8 Parnell, Justin		Western Oregon	16.15m	15.83m	51-11.25	2 1
13.93m FOUL 14.15m FOUL 15.13m 15.83m						
9 Martin, Logan		Central Washington	14.10m	15.38m	50-05.50	1
FOUL 14.44m 15.02m 14.89m 15.38m 14.07m						
10 Alberts, Carter		Northwest Nazarene	14.20m	14.08m	46-02.50	1
13.53m 13.35m 14.08m						
11 Sandefur, Cort		MSU-Billings	15.17m	13.85m	45-05.25	2
13.30m 13.85m 13.46m						
12 Swaney, Braden		Northwest Nazarene	13.82m	13.36m	43-10.00	1
13.36m 13.31m FOUL						
13 Bentley, Cole		MSU-Billings	12.84m	13.33m	43-09.00	1
13.33m 11.71m FOUL						
14 Behrman, Jacob		Western Oregon	12.81m	13.10m	42-11.75	1
FOUL 13.10m 12.86m						

Heptathlon: #1 Men 60 Meter Dash Heptathlon

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 Meet: 2 7.03 2018 Kodiak Landis, Central Washington
 Podium: 3 6.84 2/2/2023 Hakim McMorris, California

Name	Year	School	Finals	Points
1 Klein, Drew		Central Washington	7.14	833
2 Boyd, Andrew		Saint Martin's	7.24	799
3 Seals, Austin		Western Washington	7.26	792
4 Larsen, Anders		Alaska Anchorage	7.28	785
5 Fenley, Ryan		MSU-Billings	7.50	713
6 Burchfield, Gabe		Western Oregon	7.51	710

GNAC Indoor Championships - 2/19/2024 to 2/20/2024**The Podium****Results****....Heptathlon: #1 Men 60 Meter Dash Heptathlon**

7 Ness, Caleb	Western Oregon	7.62	675
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Heptathlon: #7 Men 1000 Meter Run Heptathlon

Meet: 2 2:41.39	2019	Giovanni Brown, Concordia
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Podium: 3 2:38.43	2/18/2023	Ben Barton, BYU
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Name	Year School	Finals	Points
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1 Ness, Caleb	Western Oregon	2:49.74	768
2 Seals, Austin	Western Washington	2:54.18	722
3 Klein, Drew	Central Washington	2:55.34	711
4 Fenley, Ryan	MSU-Billings	2:59.23	672
5 Larsen, Anders	Alaska Anchorage	2:59.70	667
6 Boyd, Andrew	Saint Martin's	3:04.84	618
7 Burchfield, Gabe	Western Oregon	3:09.29	576

Heptathlon: #5 Men 60 Meter Hurdles Heptathlon

Meet: 2 8.28	2017	Travis Turner, Alaska Anchorage
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Podium: 3 7.81	3/1/2022	Garrett Scantling, Nike
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Name	Year School	Finals	H#	Points
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1 Klein, Drew	Central Washington	8.52	2	855
2 Boyd, Andrew	Saint Martin's	8.60	2	836
3 Burchfield, Gabe	Western Oregon	8.85	2	779
4 Fenley, Ryan	MSU-Billings	9.31	1	679
5 Ness, Caleb	Western Oregon	9.35	1	671
6 Larsen, Anders	Alaska Anchorage	9.43	2	654
-- Seals, Austin	Western Washington	DNF	1	

Heptathlon: #4 Men High Jump Heptathlon

All-Time: 1 2.14m

Meet: 2 2.14m	2/20/2023	Steven Schmidt, Northwest Na
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Podium: 3 2.14m	2/20/2023	Steven Schmidt, Northwest Na
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Name	Year School	Finals	Points
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1 Burchfield, Gabe	Western Oregon	1.94m	6-04.25	749
1.64 1.67 1.70 1.73 1.76 1.79 1.82 1.85 1.88 1.91 1.94 1.97				
PPP PPP PPP PPP O O O O O O O XXX				
2 Ness, Caleb	Western Oregon	1.85m	6-00.75	670
1.64 1.67 1.70 1.73 1.76 1.79 1.82 1.85 1.88				
PPP PPP O PPP XO XO O XXO XXX				
3 Larsen, Anders	Alaska Anchorage	1.82m	5-11.50	644
1.64 1.67 1.70 1.73 1.76 1.79 1.82 1.85				
PPP PPP O O O XXO O XXX				
4 Boyd, Andrew	Saint Martin's	1.79m	5-10.50	619
1.64 1.67 1.70 1.73 1.76 1.79 1.82				
O PPP O PPP O XO XXX				
5 Fenley, Ryan	MSU-Billings	1.73m	5-08.00	569
1.64 1.67 1.70 1.73 1.76				
O O XO O XXX				
6 Klein, Drew	Central Washington	1.70m	5-07.00	544
1.64 1.67 1.70 1.73				
O O O XXX				

GNAC Indoor Championships - 2/19/2024 to 2/20/2024**The Podium****Results****...Heptathlon: #4 Men High Jump Heptathlon**

7 Seals, Austin Western Washington 1.64m 5-04.50 496
 1.64
 O

Heptathlon: #6 Men Pole Vault Heptathlon

All-Time: 1 4.35m

Meet: 2 5.05m 2016 Payton Lewis, Northwest Nazarene

Podium: 3 5.20m 3/1/2022 Garrett Scantling, Nike

Name	Year	School	Finals	Points
1 Klein, Drew		Central Washington	4.67m1 15-03.75	810
	3.07 3.17 3.27 3.37 3.47 3.57 3.67 3.77 3.87 3.97 4.07 4.17 4.27 4.37 4.47 4.57 4.67			
	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP XXO O XXO			
2 Burchfield, Gabe		Western Oregon	3.77m 12-04.50	554
	3.07 3.17 3.27 3.37 3.47 3.57 3.67 3.77 3.87 3.97			
	O PPP PPP O O O O O PPP XXX			
3 Fenley, Ryan		MSU-Billings	3.67m 12-00.50	527
	3.07 3.17 3.27 3.37 3.47 3.57 3.67 3.77			
	O O PPP O O XXO O XXX			
4 Larsen, Anders		Alaska Anchorage	3.47m 11-04.50	475
	3.07 3.17 3.27 3.37 3.47 3.57			
	O XO XO O XO XXX			
5 Boyd, Andrew		Saint Martin's	3.07m 10-00.75	374
	3.07 3.17 3.27			
	O PPP XXX			
-- Seals, Austin		Western Washington	NH	
	3.07 3.17 3.27 3.37 3.47 3.57 3.67 3.77			
	PPP PPP PPP PPP PPP PPP PPP XXX			
-- Ness, Caleb		Western Oregon	NH	
	3.07			
	XXX			

Heptathlon: #2 Men Long Jump Heptathlon

All-Time: 1 6.59m

Meet: 2 6.95m 2018 Landis, Brown

Podium: 3 7.51m 3/1/2022 Steven Bastien

Name	Year	School	Finals	Points
1 Klein, Drew		Central Washington	6.49m 21-03.50	695
	6.49m 6.42m 6.39m			
2 Larsen, Anders		Alaska Anchorage	6.38m 20-11.25	670
	6.34m 6.05m 6.38m			
3 Boyd, Andrew		Saint Martin's	6.12m 20-01.00	613
	6.06m 6.09m 6.12m			
4 Burchfield, Gabe		Western Oregon	6.08m 19-11.50	604
	5.80m 6.08m 6.00m			
5 Ness, Caleb		Western Oregon	5.77m 18-11.25	537
	FOUL 5.67m 5.77m			
6 Fenley, Ryan		MSU-Billings	5.76m 18-10.75	535
	FOUL 5.76m 5.73m			
7 Seals, Austin		Western Washington	1.67m 5-05.75	
	1.67m PASS PASS			

GNAC Indoor Championships - 2/19/2024 to 2/20/2024**The Podium****Results****Heptathlon: #3 Men Shot Put Heptathlon**

Meet: 2 13.69m 2019		Giovanni Brown, Concordia		
Podium: 3 16.16m 3/1/2022		Garrett Scantling, Nike		
Name	Year	School	Finals	Points
1 Boyd, Andrew		Saint Martin's	13.13m	43-01.00 675
FOUL FOUL 13.13m				
2 Seals, Austin		Western Washington	11.47m	37-07.75 574
9.77m 11.47m 10.67m				
3 Larsen, Anders		Alaska Anchorage	10.78m	35-04.50 533
10.01m 10.60m 10.78m				
4 Burchfield, Gabe		Western Oregon	10.06m	33-00.25 489
9.96m 10.01m 10.06m				
5 Klein, Drew		Central Washington	9.82m	32-02.75 475
FOUL 9.82m FOUL				
6 Fenley, Ryan		MSU-Billings	9.60m	31-06.00 462
9.39m 9.42m 9.60m				
7 Ness, Caleb		Western Oregon	9.04m	29-08.00 428
7.80m 8.27m 9.04m				

Men Heptathlon

All-Time: 1 5508 2006		Chris Randolph, Seattle Pacific				
Meet: 2 5386 2/20/2023		Steven Schmidt, Northwest Na				
Podium: 3 6382 3/1/2022		Garrett Scantling, Nike				
Name	Year	School	Seed	Finals	H#	Points
1 Klein, Drew		Central Washington	5198	4923		10
2 Boyd, Andrew		Saint Martin's		4534		8
3 Burchfield, Gabe		Western Oregon	4386	4461		6
4 Larsen, Anders		Alaska Anchorage	4602	4428		5
5 Fenley, Ryan		MSU-Billings	4274	4157		4
6 Ness, Caleb		Western Oregon	4133	3749		3
7 Seals, Austin		Western Washington		2584		2

Women - Team Rankings - 17 Events Scored

1) Western Washington	143	2) Central Washington	138
3) Simon Fraser	96	4) Western Oregon	74
5) Alaska Anchorage	58	6) Seattle Pacific	56
7) Northwest Nazarene	48	8) Saint Martin's	36
9) MSU-Billings	12		

Men - Team Rankings - 17 Events Scored

1) Western Washington	187.66	2) Western Oregon	132.33
3) Central Washington	99	4) Alaska Anchorage	70
5) Simon Fraser	62	6) Northwest Nazarene	50
7) MSU-Billings	20	8) Saint Martin's	19
9) Seattle Pacific	13		

Combined Team Scores - 34 Events Scored

1) Western Washington	330.66	2) Central Washington	237
3) Western Oregon	206.33	4) Simon Fraser	158
5) Alaska Anchorage	128	6) Northwest Nazarene	98

GNAC Indoor Championships - 2/19/2024 to 2/20/2024

The Podium

Results

...Men Heptathlon

7) Seattle Pacific	69	8) Saint Martin's	55
9) MSU-Billings	32		