



Sept. 28, 2017 • Week 5
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GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Sat., Sept. 30
Central Washington at Louisville Sports Commission
Cross Country Classic, Louisville, Ky.
Montana State Billings at Rocky Mountain Shootout,
Boulder, Colo.
Concordia, Saint Martin's, Seattle Pacific, Western
Oregon at Charles Bowles Willamette Invitational,
Salem, Ore.

LAST WEEK'S MEETS

Fri., Sept. 22
SF State Invitational
at Golden Gate Park, San Francisco, Calif.
Men (8,000 Meters): Cal Baptist 25, Western Oregon 49,
Academy of Art 101, Cal State East Bay 115, Humboldt
State 135, San Francisco St. 144, Holy Names 216, UC
Merced 223, Cuyamaca CC 227, Menlo 301, Notre Dame
de Namur 334.

Top 5 Finishers: 1, David Ribich, WOU, 24:47.0. 2,
McMarshall Hartzenburg, CBU, 25:01.6. 3, Gatien Airiau,
AAU, 25:05.2. 4, Dennis Messmer, CBU, 25:15.7. 5,
Simon Bedard, CUB, 25:15.8.

Other Top GNAC Finishers: 7, Dustin Nading, WOU,
25:20.6. 11, Tyler Jones, WOU, 25:35.9. 12, Josh
Dempsey, WOU, 25:36.5. 19, Stephen Fey, WOU,
25:48.7.

Women (6,000 Meters): Cal Baptist 37, Humboldt State
75, Academy of Art 80, San Francisco St. 88, Western
Oregon 122, Cuyamaca CC 164, Sonoma State 200,
Notre Dame de Namur 231, UC Merced 260.

Top 5 Finishers: 1, Anett Somogyi, CBU, 21:11.5. 2,
Emeline Delanis, CBU, 21:16.6. 3, Leanda du Bruyn,
CBU, 21:29.0. 4, Fruzona Calva, CBU, 21:41.8. 5,
Adriana Calva, SFSU, 21:47.6.

Top 5 GNAC Finishers: 6, Kennedy Rufener, WOU,
21:54.4. 22, Suzanne Van De Griff, WOU, 23:02.5. 32,
Cassie McKinney, WOU, 23:23.4. 51, Olivia Wood, WOU,
24:25.6. 52, Isabelle Tinglestad, WOU, 24:26.0.

Sat., Sept. 23

Saint Martin's Invitational
at Saint Martin's University, Lacey, Wash.
Men (8,000 Meters): Southern Idaho 53, Western
Washington 77, Lane CC 85, Alaska 99, British Columbia
105, Central Washington 147, Saint Martin's 172,
Linfield 209, Treasure Valley CC 211, Everett CC 243,
Clackamas CC 273, Mt. Hood CC 355, Olympic CC 367.
Top 5 Finishers: Eric Fitzpatrick, SIU, 26:14.4. 2,
Michael Martin, LCC, 26:17.4. 3, Andy Muha, LCC,
26:55.6. 4, Juan Castillo, Unattached, 26:57.1. 5, Ian
Fay, Unattached, 27:04.0.

Top 5 GNAC Finishers: 10, Peter Butler, WWU,
27:17.1. 11, Seiji Takagi, UAF, 27:24.6. 12, Josh Hunt,
SMU, 27:26.1. 14, Porter McMichael, WWU, 27:28.1.
17, Lyon Kopsack, UAF, 27:36.7.

Women (5,000 Meters): Linfield 52, Southern Idaho
65, British Columbia 69, Saint Martin's 128, Western
Washington 131, Alaska 192, Spokane CC 203, Central
Washington 230, Treasure Valley CC 231, Clark CC
254, Lane CC 261, Multnomah 278, Olympic CC 371,
Mt. Hood CC 396, Green River CC 414.

Top 5 Finishers: 1, Emma Knudson, LIN, 18:50.5. 2,
Shaylee Hill, SIU, 18:57.6. 3, Courtney Beard, LIN,
19:00.4. Madelyn Huston, UBC, 19:13.5. 5, Waverly
Shreffler, WWU, 19:14.3.

Other Top GNAC Finishers: 6, Larissa Kolasinski,
SMU, 19:15.8. 8, Brook Wedin, WWU, 19:19.7. 13,
Yadira Lopez, SMU, 19:40.2. 14, Aundrea Koger, WWU,
19:42.4.

Sat., Sept. 23

Roy Griak Invitational
at Les Bolstad Golf Course, St. Paul, Minn.
Men's Maroon Division II (8,000 Meters): Augustana
(S.D.) 49, UC San Diego 148, Central Missouri 167,
Western Washington 192, Sioux Falls 243, Simon
Fraser 292, Northwest Nazarene 584.

Top 5 Finishers: 1, Mason Phillips, USF, 25:30.5.
2, Steven Brown, USF, 25:59.4. 3, Ayrton Ledesma,
Gillette, 26:01.8. 4, Trevor Capra, Unattached, 26:05.9.
5, Alec Kray, AUG, 26:08.1.

Top 5 GNAC Finishers: 16, Andrew Wise, WWU,
26:32.9. 22, Rowan Doherty, SFU, 26:39.5. 39, Dylan
Hayes, WWU, 26:57.7. 43, Jadon Olson, WWU,
26:59.1. 45, Liam Cossette, WWU, 27:00.2.

Women's Maroon Division II (6,000 Meters): Simon
Fraser 73, Pittsburg St. 75, Mary 99, Augustana (S.D.)
135, Northern Michigan 192, Western Washington 205,
Northwest Nazarene 723.

Top 5 Finishers: 1, Alexis Zeis, Mary, 21:41.3. 2, Julia
Howley, SFU, 22:42.4. 3, Katelyn Smith, UNM, 22:44.4.
4, Mackenzie Kelly, AUG, 22:49.4. 5, Addy Townsend,
SFU, 22:52.6.

Other Top GNAC Finishers: 13, Miryam Bassett, SFU,
23:03.0. 22, Olivia Willett, SFU, 23:13.6. 28, Lillianna
Stelling, WWU, 23:27.9.

#GNACXC in 140 @GNACSports

#HowlingToTheFinish Simon Fraser's **Julia Howley** was named the GNAC's Women's Cross Country Athlete of the Week for the third straight week after placing second at the Roy Griak Invitational. She led the Clan to the team victory in the meet.

#FirstTimeOut Western Oregon's **David Ribich** was named the GNAC Men's Cross Country Athlete of the Week after he won the SF State Invitational on Friday, his first meet of the season.

#TopFinishes In addition to Simon Fraser's second place women's finish, Western Washington's men's team placed fourth out of 43 teams at the Roy Griak Invitational. Western Oregon's men were second in the 11-team field at the SF State Invitational.

#ExitPolls Simon Fraser retained its No. 5 ranking in the USTFCCA Women's Division II Poll while Alaska Anchorage is No. 12 in this week's men's poll. Western Oregon's men rank for the first time this season at No. 16.

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Alaska Anchorage	@UAASeawolves	#JAASeawolves
Cent. Washington	@CWUAthletics	#CWUWildcats
Concordia	@gocugo	#ProtectTheShield
MSU Billings	@MSUBSports	#MSUBXC
NW Nazarene	@NNUCrusaders	#GoNNUCrusaders
Saint Martin's	@SMUSaints	#SaintsAlive
Seattle Pacific	@SPUFalcons	
Simon Fraser	@SFUClan	#NCAAeh
W. Oregon	@WOUWolves	#WOUWolves
W. Washington	@WWUAthletics	#GoViks



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GNAC Cross Country Runners of the Week



MEN

David Ribich, Western Oregon
Senior • Enterprise, Ore.

Racing in his first competition of the season, Ribich won the SF State Invitational on Friday with a time of 24:47 (4:59 per mile pace). He led the Wolves to a second place team finish with 49 points.

Also Nominated: Josh Hunt (Saint Martin's), Rowan Doherty (Simon Fraser), Andrew Wise (Western Washington).



WOMEN

Julia Howley, Simon Fraser
Senior • St. John's, N.L.

It is a threepeat for Howley, who led the Clan to an impressive team victory at the Roy Griak Invitational in Minnesota. The senior placed second out of 400 runners, covering the 6,000-meter course in 21:41.3 (5:49 per mile pace) and lost by just a second to All-American Alexia Zeis of Mary (21:41.3). Simon Fraser won the team title with 73 points, two points ahead of second place Pittsburg St. (75).

Also Nominated: Larissa Kolasinski (Saint Martin's), Kennedy Rufener (Western Oregon), Lillianna Stelling (Western Washington).

Past GNAC Runners of the Week

Date	Men	Women
Aug. 28 - Sept. 3	Judd Lewis, CU	Caroline Kurgat, UAA
Sept. 4 - 10	Felix Kemboi, UAA	Julia Howley, SFU
Sept. 11 - 17	Rowan Doherty, SFU	Julia Howley, SFU
Sept. 18 - 24	David Ribich, WOU	Julia Howley, SFU

Complete Player of the Week releases are available online at GNACSports.com.

GNAC News & Notes

SHOWING WELL AGAINST THE REST OF DIVISION II: Leave it to those teams right around the U.S./Canadian border to show the GNAC's prowess against the rest of Division II.

Simon Fraser's women put the rest of the nation on notice with a solid first place finish in the Division II race at the Roy Griak Invitational in St. Paul, Minn. The Clan scored 73 points, two points better than Pittsburg State, to beat 42 other teams in the race. Senior **Julia Howley** placed second to lead the Clan with a time of 22:42.4 as SFU's top-four runners placed in the top 25.

In the men's Division II race, it was Western Washington showing best for the GNAC with a fourth place team finish of 192 points. The Vikings placed their top-four runners in the top-45. Senior **Andrew Wise** led WWU with his 16th place finish, covering the 8,000-meter course in 26:32.9.

IN THE RANKINGS: Simon Fraser's women retained its No. 5 ranking in this week's USTFCCCA Division II Coaches Poll. The Clan rose to No. 5 last week and is the highest ranking for the Clan in their Division II era. Alaska Anchorage continues to be among teams receiving votes with 10 points.

Alaska Anchorage continues to lead the GNAC in the USTFCCCA Men's Division II Coaches Poll, ranking at No. 12. Thanks to its showing at the SF State Invitational, Western Oregon emerged on the poll for the first time this season at No. 16. Simon Fraser dropped out of the poll after tying for 13th last week.

BREAKING THE TAPE: Eight GNAC athletes, including five women, picked up victories in races over the first month of the season. Here is the complete list...

MEN

- Felix Kemboi (UAA): Ash Creek Invitational, Sept. 8 (18:42.8, 6,200 meters)
- Judd Lewis (CU): Linfield Harrier Classic, Sept. 1 (19:58.36, 6,000 meters)
- David Ribich (WOU): SF State Invitational, Sept. 22 (24:47.0, 8,000 meters)

WOMEN

- Alyssa Foote (SPU): Dual vs. Northwest (Wash.), Sept. 1 (17:20.95, 4,800 meters)
- Julia Howley (SFU): Ash Creek Invitational, Sept. 8 (16:24.6, 4,600 meters)
- Larissa Kolasinski (SMU): Puget Sound Invitational, Sept. 2 (23:51.00, 6,000 meters)
- Kennedy Rufener (WOU): Linfield Harrier Classic, Sept. 1 (15:21.41, 4,000 meters)
- Alexa Shindruk (CWU): SMU Tri-Meet, Sept. 9 (14:40, 4,000 meters)

Around The GNAC

ALASKA



LAST WEEK: Sept. 23 at Saint Martin's Invitational
Men: 4th of 13, 99 pts. Women: 6th of 15, 192 pts.
THIS WEEK: No Meet

- Running in its second meet of the season, Alaska put together a solid pair of team performances at the Saint Martin's Invitational.

- Senior **Seiji Takagi** led a fourth place finish for the Nanooks' men, placing 11th with a time of 27:24.6 over 8,000 meters. He was one of three UAF runners in the top-20 as senior **Lyon Kopsack** placed 17th in 27:35.5 and senior **Jan Cech** placed 19th in 27:36.7.

- Senior **Kim Fitzgerald** led Alaska's sixth place women's finish, placing 22nd with a time of 20:04.9 over 5,000 meters. Senior Ann-Cathrin Uhl placed 30th with a time of 20:18.8.

- The Nanooks will not compete this weekend. Alaska will return to the Lower 48 on Sat., Oct. 7, competing at the Western Washington Classic in Bellingham, Wash.

ALASKA ANCHORAGE



LAST WEEK: No Meet
THIS WEEK: No Meet

- Alaska Anchorage will not compete again until Sat., Oct. 7, when they take part in the Division II Conference Crossover in Romeoville, Ill. It is the Seawolves' last scheduled meet before the GNAC Championships.

- The Seawolves' men remained ranked No. 12 in the latest USTFCCA Division II Coaches Poll. They are also ranked No. 4 in the West Region Rankings.

- The women are still among teams receiving votes in the women's USTFCCA Division II Poll, collecting 10 points. The Seawolves are seventh in the West Region Rankings.

CENTRAL WASHINGTON



WILDCATS

LAST WEEK: Sept. 23 at Saint Martin's Invitational
Men: 6th of 15, 147 pts. Women: 8th of 15, 230 pts.
THIS WEEK: Sept. 30 at Louisville Sports Commission Cross Country Classic, Louisville, Ky.

- While resting its top runners, Central Washington gave the rest of its squads valuable racing experience at the Saint

Martin's Invitational.

- Freshman **Henry Milodragovich** led the sixth place Wildcat men's finish, placing 23rd in a time of 27:48.1 over 8,000 meters. Sophomore **Matthew Schrenk** placed 33rd in a time of 28:05.1.

- Junior **Brenna Liebel** was the top Central Washington women's finisher, placing 33rd with a time of 20:26.7 over 5,000 meters. She led the CWU women to an eighth place finish. Freshman **Katie Ashley** was the No. 2 runner, placing 43rd in 20:50.7.

- Central Washington will take one of its longest regular season road trips ever, traveling to Louisville, Ky., for Saturday's Louisville Sports Commission Cross Country Classic.

CONCORDIA



LAST WEEK: No Meet
THIS WEEK: Sept. 30 at Charles Bowles Willamette Invitational

- Concordia did not race last weekend after three straight weekends of competition. The Cavaliers are back this weekend, competing in the Charles Bowles Willamette Invitational.

- Concordia competed last on Sept. 16, with the Cavaliers' men placing seventh at the Sundodger Invitational. Senior **Judd Lewis** led the way with his third top-20 finish of the season, placing 17th in a time of 25:27.29.

- Senior **Sara Harrington** led the Concordia women at Sundodger, placing 60th with a time of 23:26.73 over 6,000 meters.



MONTANA STATE BILLINGS

LAST WEEK: No Meet
THIS WEEK: Sept. 30 at Rocky Mountain Shootout, Boulder, Colo.

- Montana State Billings did not compete last weekend. The Yellowjackets will travel south on Saturday to compete in the

Rocky Mountain Shootout at the University of Colorado.

- The Montana State Billings' men were the top scoring non-Division I team at the Sept. 16 MSU-Bozeman Running Co. Invitational, scoring a total of 23 points. Junior **Tyus Mendoza** led the way in the non-Division I five-mile competition, placing fifth in a time of 26:45.59.

- The Yellowjackets fielded just four runners in the women's three-mile competition. Sophomore **Nikki Aiken** placed third with a time of 18:59.01.

NORTHWEST NAZARENE



LAST WEEK: Sept. 23 at Roy Griak Invitational
Men: 24th of 43, 584 pts. Women: 27th of 43, 723 pts.
THIS WEEK: No Meet

- Against a loaded field of Division II competition, Northwest Nazarene finished in the middle of the pack in both races at the Roy Griak Invitational.

- The Crusaders' men placed 24th in the 43-team field with a total of 584 points. Sophomore **Godfrey Kemboi** led the team with a time of 27:11.6 over the 8,000-meter course. He was the seventh GNAC runner to cross the finish line. Senior **Isaac Mitchell** placed 75th in a time of 27:30.8.

- Junior **Sierra Manzer** led the five NNU women's runner in the meet, placing 74th in a time of 24:13.8 for 6,000 meters. Sophomore **Bethany Danner** was the Crusaders' No. 2 runner, placing 165th in a time of 25:40.7.

- After the long road trip last week, Northwest Nazarene will take the weekend off from competition. The Crusaders compete again on Sat., Oct. 7, at the Western Washington Classic in Bellingham, Wash.

Around The GNAC

SAINT MARTIN'S



LAST WEEK: Sept. 23: Saint Martin's Invitational
Men - 7th of 13, 172 pts. Women - 4th of 15, 128 pts.

THIS WEEK: Sept. 30 at Charles Bowles Willamette Invitational, Salem, Ore.

- Competing at home for the second time this season, Saint Martin's turned in a fourth place women's finish and a sixth place men's finish at the Saint Martin's Invitational.

- Junior **Larissa Kolasinski** turned in a sixth place finish to lead the Saint Martin's women. She turned in a time of 19:15.8 over 5,000 meters and was the second GNAC runner to cross the finish line. Senior **Yadira Lopez** placed 13th with a time of 19:40.2 and junior **Lindsay Dorney** placed 20th in 20:00.9.

- Senior **Josh Hunt** led the SMU men's sixth place finish, placing 12th with a time of 27:26.1 over 8,000 meters. He was the third GNAC runner to cross the finish line. Freshman **Guillaume Tabary** was the No. 2 runner for the Saints, placing 40th in 28:26.4.

- The Saints will travel south this weekend to Salem, Ore., competing at the Charles Bowles Willamette Invitational.

SEATTLE PACIFIC



LAST WEEK: No Meet

THIS WEEK: Sept. 30 at Charles Bowles Willamette Invitational

- Seattle Pacific did not compete last weekend. The Falcons will return to the course this Saturday at the Charles Bowles Willamette Invitational.

- A third place women's finish and a 10th place men's finish highlighted a great performance for Seattle Pacific at the Sundodger Invitational. With 132 points, the SPU women trailed only Simon Fraser in GNAC teams in the meet. **Dania Holmberg** led the way, placing 23rd in 22:23.63.

- Senior **Ben Halladay** posted an impressive men's performance, placing 12th in the 8,000-meter race in a time of 25:15.11. He was the No. 3 GNAC runner to cross the finish line.

- The Seattle Pacific women stayed at No. 8 in the USTFCCCA Division II West Region Rankings.



SIMON FRASER

LAST WEEK: Sept. 23 at Roy Griak Invitational
Men - 8th of 43, 292 pts. Women - 1st of 43, 73 pts.

THIS WEEK: No Meet

- The Clan continue to impress, especially on the women's side, with a pair of solid team performances at the Roy Griak

Invitational.

- The Simon Fraser women won the women's maroon race, featuring primarily Division II teams, with a score of 73 points. The Clan's scoring five all finished within 57 seconds of each other.

- Senior **Julia Howley** was named the GNAC Women's Cross Country Athlete of the Week for the third week after she placed second in the women's race, covering the 6,000-meter course in 22:42.4. Junior **Addy Townsend** scored a fifth place finish in 22:52.6 and senior **Miryam Bassett** placed 13th in 23:03.0.

- The Simon Fraser men placed eighth with a score of 292 points and were the second placing GNAC team. Junior **Rowan Doherty** was the Clan's top finisher and the No. 2 placer from a GNAC school, finishing 22nd in a time of 26:39.5. Senior **Mateo de Dalmases** finished 47th with a time of 27:05.3.

- Simon Fraser's women retained its No. 5 ranking in this week's USTFCCCA Division II Coaches Poll. The SFU men dropped out of the national poll after being tied for 13th last week. The Simon Fraser women are ranked No. 1 in the West Region Rankings while the men are ranked No. 8.

- Simon Fraser will sit out of competition this week. The Clan will return to the course on Sat., Oct. 7, at the Western Washington Classic.

WESTERN OREGON



LAST WEEK: Sept. 22 at SF State Invitational

Men - 2nd of 11, 49 pts. Women - 5th of 9, 122 pts.

THIS WEEK: Sept. 30 at Charles Bowles Willamette Invitational

- Running most of its top runners for the first time this season, Western Oregon turned in a pair of good team performances at the SF State Invitational.

- The Western Oregon men surged to a second place finish with a score of 49 points, which included placing four runners in the top-15. The impressive performance allowed the Wolves to vault to No. 16 in this week's USTFCCCA Division II Coaches Poll. They are also No. 5 in the West Region.

- Senior **David Ribich** earned GNAC Men's Cross Country Athlete of the Week honors after he won the men's 8,000-meter race in a time of 24:47.0. Ribich finished 14 seconds ahead of second place McMarshall Hartzenburg of Cal Baptist.

- Junior **Dustin Nading** placed seventh in a time of 25:20.6. Junior **Tyler Jones** was 11th in 25:35.9 and senior **Josh Dempsey** finished 12th in 25:36.5.

- Senior **Kennedy Rufener** led Western Oregon's sixth place team finish with a sixth place individual finish, covering the 6,000-meter course in 21:54.4. Junior **Suzanne Van De Grift** added a 22nd place finish in 23:02.5.

- Western Oregon is close to home this weekend, competing on Saturday at the Charles Bowles Willamette Invitational in Salem, Ore.

WESTERN WASHINGTON



LAST WEEK: Sept. 23: at Roy Griak Invitational

Men - 4th of 43, 192 pts. Women - 7th of 43, 205 pts.

Sept. 23: at Saint Martin's Invitational

Men - 2nd of 13, 77 pts. Women - 5th of 15, 131 pts.

THIS WEEK: No Meet

- Western Washington performed well with a split squad with athletes at both the Roy Griak Invitational and the Saint Martin's Invitational.

- The WWU men placed fourth at the Roy Griak out of 43 teams with 192 points. Senior **Andrew Wise** led the way with his 16th place finish, covering the 8,000-meter course in 26:32.9. He was the top finishing athlete from the GNAC. Junior **Dylan Hayes** placed 39th with a time of 26:57.7.

- Senior **Lillianna Stelling** led the Vikings' seventh place women's team finish at the Roy Griak, placing 28th with a time of 23:27.4 over 6,000 meters. Senior **Alexandra Laiblin** placed 35th in 23:38.7.

- At the Saint Martin's Invitational, sophomore **Waverly Schreffler** led the Vikings' fifth place women's finish with a time of 19:14.3 over 5,000 meters. Sophomore **Peter Butler** topped the men's second place finish with his 10th place time of 27:17.1.

- Western Washington moved up to No. 7 in the USTFCCCA Men's West Region Rankings. The WWU women dropped one spot to No. 10.

- Western Washington takes the weekend off before running the next two meets at home. The Vikings will host the Western Washington Classic on Sat., Oct. 7, before hosting the GNAC Championships on Sat., Oct. 21.

Men's Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SFU	WOU	WWU
Preseason	5th	—	—	RV (2)
Sept. 13	11th	17th	—	—
Sept. 20	11th	T-13th	—	—
Sept. 27	12th	—	16th	RV (4)

RV - Not ranked in top-25, but is among others receiving votes.

West Region	UAA	SFU	WOU	WWU
Preseason	2nd	9th	—	7th
Sept. 12	4th	5th	10th	8th
Sept. 19	4th	5th	10th	8th
Sept. 26	45h	8th	5th	7th

USTFCCCA DIVISION II COACHES POLL

Week 3 - Sept. 27		
Rk	School (1st)	Pts.
1.	Adams State (8)	200
2.	Grand Valley St.	188
3.	Colorado Mines	184
4.	Chico State	180
5.	Mount Olive	160
6.	Southern Indiana	158
7.	Cal Poly Pomona	154
8.	Cal Baptist	139
T9.	Augustana (S.D.)	135
	Queens (N.C.)	135
11.	Lewis	123
12.	Alaska Anchorage	112
13.	CSU-Pueblo	103
14.	Bellarmino	99
15.	Rogers St.	86
16.	Western Oregon	78
17.	Lee (Tenn.)	67
18.	Western State	60
19.	American International	57
20.	Shippensburg	41
21.	Stonehill	31
22.	UC San Diego	30
23.	Missouri Southern	27
24.	Dallas Baptist	22
25.	Walsh	10

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

Week 3 - Sept. 26			
Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	Cal Poly Pomona	CCAA	2
3.	Cal Baptist	PacWest	3
4.	Alaska Anchorage	GNAC	4
5.	Western Oregon	GNAC	10
6.	UC San Diego	CCAA	7
7.	Western Washington	GNAC	8
8.	Simon Fraser	GNAC	5
9.	Cal State San Marcos	CCAA	9
10.	Academy of Art	PacWest	6

[View Complete Regional Polls Online](#)

Women's Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SPU	SFU
Preseason	7th	RV (2)	14th
Sept. 13	11th	RV (1)	7th
Sept. 20	RV (16)	—	5th
Sept. 27	RV (10)	—	5th

RV - Not ranked in top-25, but is among others receiving votes.

West Region	UAA	SFU	SPU	WWU
Preseason	2nd	5th	8th	9th
Sept. 12	4th	2nd	7th	9th
Sept. 19	7th	1st	8th	9th
Sept. 26	7th	1st	8th	10th

USTFCCCA DIVISION II COACHES POLL

Week 3 - Sept. 27		
Rk	School (1st)	Pts.
1.	Grand Valley St. (8)	200
2.	Adams State	192
3.	Western State	184
4.	Hillsdale	169
5.	Simon Fraser	167
6.	Cal Baptist	154
7.	Pittsburg St.	153
8.	Southern Indiana	146
9.	Cal State San Marcos	134
10.	Cedarville	128
11.	Chico State	112
12.	Dallas Baptist	109
13.	Mary	107
14.	Queens (N.C.)	95
15.	Lee (Tenn.)	84
T16.	UC-Colorado Springs	64
	Oklahoma Baptist	64
18.	Cal Poly Pomona	63
19.	Walsh	60
20.	Mount Olive	56
21.	Colorado Mines	34
22.	Stonehill	31
23.	Augustana (S.D.)	26
24.	Point Loma	20
25.	Saint Leo	18

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

Week 3 - Sept. 26			
Rk	School	Conf.	Prev.
1.	Simon Fraser	GNAC	1
2.	Cal Baptist	PacWest	2
3.	Cal State San Marcos	CCAA	3
4.	Chico State	CCAA	4
5.	Cal Poly Pomona	CCAA	5
6.	Point Loma	PacWest	6
7.	Alaska Anchorage	GNAC	7
8.	Seattle Pacific	GNAC	8
9.	UC San Diego	CCAA	10
10.	Western Washington	GNAC	9

[View Complete Regional Polls Online](#)



2017 GNAC Meet Summaries

Fri., Sept. 1

**Seattle Pacific Dual vs. Northwest (Wash.)
at Maganson Park, Seattle, Wash.**

Men (7,200 Meters): Seattle Pacific 23, Northwest (Wash.) 37.

Top 5 Finishers: 1, Riley Sine, NWU, 22:47.68. 2, Ben Halladay, SPU, 23:01.10. 3, Brysten James, SPU, 23:51.32. 4, Kyle Cole, NWU, 24:03.51. 5, Shad Galloway, SPU, 24:12.10.

Women (4,000 Meters): Seattle Pacific 18, Northwest (Wash.) 45.

Top 5 Finishers: 1, Alyssa Foote, SPU, 17:20.95. 2, Dania Holmberg, SPU, 17:25.04. 3, Sarah Estabrook, NWU, 17:45.22. 4, Chynna Phan, SPU, 17:51.06. 5, Hailey Kettel, SPU, 17:54.11.

Linfield Harrier Classic

at Joe Dancer Park, McMinnville, Ore.

Men (6,000 Meters): Western Oregon 40, George Fox 44, Concordia 46, Linfield 97.

Top 5 Finishers: 1, Judd Lewis, CU, 19:58.36. 2, Christian Parr, GFU, 20:05.12. 3, Jose Macias, CU, 20:06.60. 4, Parker Marson, WOU, 20:13.86. 5, Alan Ekanger, WOU, 20:24.88.

Other Top GNAC Runners: 6, Josh Moats, CU, 20:27.72.

Women (4,000 Meters): Linfield 34, George Fox 47, Concordia 60, Western Oregon 77, Multnomah 153.

Top 5 Finishers: 1, Kennedy Rufener, WOU, 15:21.41. 2, Emma Knudson, LIN, 15:30.71. 3, Kaelia Neal, LIN, 15:32.03. 4, Kayla Moore, GFU, 15:37.41. 5, Nicole Maurmann, Unattached, 15:44.14.

Other Top GNAC Finishers: 7, Bailey Fjelstul, CU, 16:04.84. 8, Sara Harrington, CU, 16:05.29. 13, Isabelle Tingelstad, WOU, 16:24.59. 14, Nicole Pederson, CU, 16:25.18.

Sat., Sept. 2

San Francisco Invitational

at Golden Gate Park, San Francisco

Men (8,000 Meters): San Francisco 29, Santa Clara 42, California 84, Alaska Anchorage 103, San Jose St. 116, US Davis 159, Saint Mary's (Calif.) 192.

Top 5 Finishers: 1, Mohamed Aziz, USF, 25:21.0. 2, Jack Rowe, Unattached, 25:27.4. 3, Jose Pina, Unattached, 25:32.5. 4, Ben Alcock, USF, 25:45.5. 5, Felix Kemboi, UAA, 25:46.5.

Other Top GNAC Runners: 26, Jorge Sanchez, UAA, 27:03.6. 30, Edwin Kangogo, UAA, 27:12.3. 32, Kaleb Korta, UAA, 27:14.3. 34, Nathan Kipchumba, UAA, 27:21.8.

Women (6,000 Meters): San Francisco 18, San Jose St. 56, Alaska Anchorage 82, California 92, Santa Clara 115.

Top 5 Finishers: 1, Weronika Pyzik, USF, 21:31.7. 2, Isabelle Brauer, USF, 21:33.6. 3, Elizabeth Bird, USF, 21:34.8. 4, Lea Meyer, USF, 21:35.2. 5, Caroline Kurgat, UAA, 21:39.3.

Other Top GNAC Finishers: 20, Kimberly Cosica, UAA, 23:20.2. 26, Zannah Jepchumba, UAA, 23:44.4. 27, Mariah Burroughs, UAA, 23:47.7. 29, Michelle Keller-Miller, UAA, 24:06.5.

Puget Sound XC Invitational

at Fort Steilacoom Park, Lakewood, Wash.

Men (8,000 Meters): Portland 15, Pacific Lutheran 65, Saint Martin's 79, Puget Sound 95.

Top 5 Finishers: 1, Devin Wulff, UP, 26:51.00. 2, Erik Holm, UP, 27:09.00. 3, Conor Johnston, UP, 27:29.00. 4, Said Guermali, UP, 27:38.00. 5, Ryan Clarke, UP, 27:39.00.

Top GNAC Runners: 7, Josh Hunt, SMU, 28:07.00. 9, Levi Schilter, SMU, 28:31.00. 20, Austin Miller, SMU, 29:37.00. 21, Miguel De LaMalena, SMU, 30:09.00. 24, Derrick Howlett, SMU, 30:44.00.

Women (6,000 Meters): Puget Sound 20, Saint Martin's 60, Pacific Lutheran 61, Green River CC 110.

Top 5 Finishers: 1, Larissa Kolasinski, SMU, 23:51.00. 2, Rachel Metzler, UPS, 24:18.00. 3, Sam Schaffer, UPS, 24:20.00. 4, Kayla Wildon, UPS, 24:48.00. 5, Terra Wildon, UPS, 25:03.00.

Other Top GNAC Finishers: 11, Yeshe Vaughan, SMU, 26:40.00. 13, Sadie Dalgleish, SMU, 26:49.00. 24, Olivia Abbott, SMU, 30:43.00. 25, Cassie La Brake, SMU, 30:50.00.

Fri., Sept. 8

Gage McSpadden Memorial Invitational

at Spearfish City Park, Spearfish, S.D.

Men (6,000 Meters): Black Hills St. 26, Gillette CC 54, Montana State Billings 58, Dickinson St. 95.

Top 5 Finishers: 1, Ayrtton Ledesma, GCC, 18:24.7. 2, Jorey Egeland, MSUB, 18:37.8. 3, Nathan Fredrick, BHSU, 18:39.3. 4, Jordan Theisen, BHSU, 18:50.4. 5, Jonah Theisen, BHSU, 19:19.6.

Other Top GNAC Finishers: 7, Tyus Mendoza, MSUB, 19:24.7. 14, Ivan Colmanero, MSUB, 19:52.3. 24, Ronald Venema, MSUB, 20:29.5. 28, Carson Jessop, MSUB, 20:50.1.

Women (4,300 Meters): Black Hills St. 20, Dickinson St. 40, Montana State Billings 73.

Top 5 Finishers: 1, Tori Moore, BHSU, 15:49.5. 2, Nicole Davis, BHSU, 16:02.5. 3, Bailey Smith, DSU, 16:30.6. 4, Cailey Roth, BHSU, 16:37.7. 5, Abbie Fredrick, BHSU, 16:40.1.

Top GNAC Finishers: 6, Nikki Aiken, MSUB, 16:41.5. 14, Bailey Bomar, MSUB, 17:48.5. 16, Kelby Wegner, MSUB, 18:07.3. 18, Catrina Schuchard, MSUB, 18:09.4. 19, Kateri Rush, MSUB, 18:50.3.

Ash Creek Invitational

at Ash Creek Preserve, Monmouth, Ore.

Men (6,200 Meters): Simon Fraser 36, Alaska Anchorage 53, Western Oregon 97, Northwest Christian 110, Willamette 136, Concordia 144, Lane CC 163, Corban 212, Linfield 234, Pacific (Ore.) 265, Clark CC 303, Shasta CC 312, Umpqua CC 374.

Top 5 Finishers: 1, Felix Kemboi, UAA, 18:42.8. 2, Rowan Doherty, SFU, 18:45.8. 3, Edwin Kangogo, UAA, 18:56.6. 4, Garrett Kraal, NCU, 18:57.1. 5, Michael Martin, LCC, 16:06.8.

Other Top GNAC Finishers: 6, Carlos Vargas, SFU, 19:09.1. 7, Jose Macias, CU, 19:09.4.

Women (4,600 Meters): Simon Fraser 15, Alaska Anchorage 45, Linfield 117, Northwest Christian 142, Concordia 147, Corban 160, Portland 182, Pacific (Ore.) 225, Western Oregon 226, Lane CC 267, Clark CC 294, Shasta CC 380.

Top 5 Finishers: 1, Julia Howley, SFU, 16:24.6. 2, Addy Townsend, SFU, 16:38.5. 3, Olivia Willett, SFU, 16:49.7. 4, Miryam Bassett, SFU, 16:50.8. 5, Chelsea Ribeiro, SFU, 16:53.7.

2017 GNAC Meet Summaries

Sat., Sept. 9

CWU-SMU-WWU Tri Meet

at Saint Martin's University, Lacey, Wash.

Men (6,000 Meters): Western Washington 40, Central Washington 54, Saint Martin's 170.

Top 5 Finishers: 1, Ian Fay, Unattached, 19:36. 2, Kevin Mullin, Unattached, 19:53. 3, Andrew Wise, WWU, 19:53. 4, Ben Jacot, Unattached, 20:02. 5, Delyn Hayes, WWU, 20:03.

Other Top GNAC Finishers: 6, Eric Hamel, WWU, 20:06. 7, Ron Leaf, CWU, 20:10. 9, Hanson Lee, WWU, 20:12.

Women (4,000 Meters): Western Washington 20, Central Washington 53, Saint Martin's 98.

Top 5 Finishers: 1, Alexa Shindruk, CWU, 14:40. 2, Lillianna Stelling, WWU, 14:56. 3, Alexandra Laiblin, WWU, 14:57. 4, Jane Barr, WWU, 14:57. 5, Sophia Galvez, WWU, 15:00.

Sat., Sept. 16

MSU-Bozeman Running Company Invitational

at Bridger Creek Golf Course, Bozeman, Mont.

Men's Collegiate Non-Division I (5 Miles): Montana State Billings 23, Carroll (Mont.) 37, Montana State Northern 62.

Top 5 Finishers: 1, Sam Read, Unattached, 25:59.43. 2, Collin Buck, Unattached, 26:18.92. 3, Ty Mogan, Unattached, 26:31.01. 4, Andrew Kaler, Unattached, 26:40.56. 5, Tyus Mendoza, MSUB, 26:45.59.

Other Top GNAC Finishers: 9, Ivan Colmanero, MSUB, 27:37.98. 10, Ronald Venema, MSUB, 27:57.35. 12, Carson Jessop, MSUB, 28:23.28. 15, Jack Pickell, MSUB, 29:10.91.

Women's Collegiate Non-Division I (3 Miles): Carroll (Mont.) 17, Montana State Northern 41.

Top 5 Finishers: 1, Janie Reid, CC, 17:52.13. 2, Samantha Mundel, CC, 18:15.12. 3, Nikki Aiken, MSUB, 18:59.01. 4, Teal Bullick, CC, 19:23.43. 5, Macala Fifield, Unattached, 19:40.94.

Other Top GNAC Finishers: 8, Bailey Bomar, MSUB, 20:02.10. 13, Catrina Schuchard, MSUB, 21:14.98. 15, Kateri Rush, MSUB, 22:57.12.

Sundodger Invitational

at Lincoln Park, Seattle, Wash.

Men's Open (8,000 Meters): Trinity Western 46, Simon Fraser 70, Southern Oregon 71, Western Washington 125, Northwest Nazarene 188, Lewis & Clark 199, Concordia 218, Alaska 248, Central Washington 264, Seattle Pacific 279, Seattle Running Club 282, Whitworth 286, Pacific Lutheran 294, George Fox 342, Whitman 385, Spokane CC 438, Puget Sound 471, Pacific (Ore.) 516, Everett CC 581.

Top 5 Finishers: 1, Brad Hodgkinson, PLU, 24:24.95. 2, Nick Colyn, TWU, 24:33.04. 3, Gilbert Grundy, Jacuzzi Boys, 24:36.02. 4, Caleb de Jong, TWU, 24:37.31. 5, Connor Cushman, SOU, 24:37.60.

Top GNAC Finishers: 6, Rowan Doherty, SFU, 24:45.72. 10, Sean Miller, SFU, 25:04.18. 12, Ben Halladay, SPU, 25:15.11. 14, Isaac Mitchell, NNU, 25:15.81. 16, Mateo de Dalmases, SFU, 25:26.83.

Women's Open (6,000 Meters): Simon Fraser 42, Point Loma 55, Seattle Pacific 132, Trinity Western 157, Western Washington 166, Whitworth 173, Central Washington 200, Puget Sound 254, Southern Oregon 260, George Fox 262, Whitman 307, Alaska 310, Concordia 315, Northwest Nazarene 341, Pacific (Ore.) 414, Lewis & Clark 467, Pacific Lutheran 500, Spokane CC 504, Seattle Running Club 537, Soka 593.

Top 5 Finishers: 1, Ruby Roberts, Unattached, 21:10.58. 2, Jessa Robertson, SOU, 21:11.43. 3, Julia Howley, SFU, 21:22.86. 4, Hannah Benoit-Bucher, PLNU, 21:24.27. 5, Mirelle Martens, TWU, 21:36.37.

Other Top GNAC Finishers: 9, Olivia Willett, SFU, 21:44.46. 10, Alexa Shindruk, CWU, 21:52.47. 12, Addy Townsend, SFU, 21:56.65. 13, Miryam Bassett, SFU, 21:56.85.

Fri., Sept. 22

SF State Invitational

at Golden Gate Park, San Francisco, Calif.

Men (8,000 Meters): Cal Baptist 25, Western Oregon 49, Academy of Art 101, Cal State East Bay 115, Humboldt State 135, San Francisco St. 144, Holy Names 216, UC Merced 223, Cuyamaca CC 227, Menlo 301, Notre Dame de Namur 334.

Top 5 Finishers: 1, David Ribich, WOU, 24:47.0. 2, McMarshall Hartzenburg, CBU, 25:01.6. 3, Gatién Airiau, AAU, 25:05.2. 4, Dennis Messmer, CBU, 25:15.7. 5, Simon Bedard, CUB, 25:15.8.

Other Top GNAC Finishers: 7, Dustin Nading, WOU, 25:20.6. 11, Tyler Jones, WOU, 25:35.9. 12, Josh Dempsey, WOU, 25:36.5. 19, Stephen Fey, WOU, 25:48.7.

Women (6,000 Meters): Cal Baptist 37, Humboldt State 75, Academy of Art 80, San Francisco St. 88, Western Oregon 122, Cuyamaca CC 164, Sonoma State 200, Notre Dame de Namur 231, UC Merced 260.

Top 5 Finishers: 1, Anett Somogyi, CBU, 21:11.5. 2, Emeline Delanis, CBU, 21:16.6. 3, Leanda du Bruyn, CBU, 21:29.0. 4, Fruzona Calva, CBU, 21:41.8. 5, Adriana Calva, SFSU, 21:47.6.

Top 5 GNAC Finishers: 6, Kennedy Rufener, WOU, 21:54.4. 22, Suzanne Van De Grift, WOU, 23:02.5. 32, Cassie McKinney, WOU, 23:23.4. 51, Olivia Wood, WOU, 24:25.6. 52, Isabelle Tingelstad, WOU, 24:26.0.

Sat., Sept. 23

Saint Martin's Invitational

at Saint Martin's University, Lacey, Wash.

Men (8,000 Meters): Southern Idaho 53, Western Washington 77, Lane CC 85, Alaska 99, British Columbia 105, Central Washington 147, Saint Martin's 172, Linfield 209, Treasure Valley CC 211, Everett CC 243, Clackamas CC 273, Mt. Hood CC 355, Olympic CC 367.

Top 5 Finishers: Eric Fitzpatrick, SIU, 26:14.4. 2, Michael Martin, LCC, 26:17.4. 3, Andy Muha, LCC, 26:55.6. 4, Juan Castillo, Unattached, 26:57.1. 5, Ian Fay, Unattached, 27:04.0.

Top 5 GNAC Finishers: 10, Peter Butler, WWU, 27:17.1. 11, Seiji Takagi, UAF, 27:24.6. 12, Josh Hunt, SMU, 27:26.1. 14, Porter McMichael, WWU, 27:28.1. 17, Lyon Kopsack, UAF, 27:36.7.

Women (5,000 Meters): Linfield 52, Southern Idaho 65, British Columbia 69, Saint Martin's 128, Western Washington 131, Alaska 192, Spokane CC 203, Central Washington 230, Treasure Valley CC 231, Clark CC 254, Lane CC 261, Multnomah 278, Olympic CC 371, Mt. Hood CC 396, Green River CC 414.

Top 5 Finishers: 1, Emma Knudson, LIN, 18:50.5. 2, Shaylee Hill, SIU, 18:57.6. 3, Courtney Beard, LIN, 19:00.4. Madelyn Huston, UBC, 19:13.5. 5, Waverly Shreffler, WWU, 19:14.3.

Other Top GNAC Finishers: 6, Larissa Kolasinski, SMU, 19:15.8. 8, Brook Wedin, WWU, 19:19.7. 13, Yadira Lopez, SMU, 19:40.2. 14, Aundrea Koger, WWU, 19:42.4.

2017 GNAC Meet Summaries

Sat., Sept. 23

Roy Griak Invitational

at Les Bolstad Golf Course, St. Paul, Minn.

Men's Maroon Division II (8,000 Meters): Augustana (S.D.) 49, UC San Diego 148, Central Missouri 167, Western Washington 192, Sioux Falls 243, Wis.-La Crosse 272, Minnesota-Duluth 287, Simon Fraser 292, Pittsburg St. 307, Fort Hays St. 361, MSU-Moorhead 380, Black Hills St. 389, Colorado Mines 404, Minnesota Running Club 408, Nebraska-Kearney 418, Oklahoma Baptist 427, Minnesota State 429, Chadron State 435, Northwestern (Iowa) 406, Michigan Tech 510, Concordia-St. Paul 526, Mary 578, Northwest Nazarene 584, Manitoba 612, Wisconsin Track Club 683, Gillette CC 692, Valley City State 877, Lawrence Tech 897, Missouri Western 914, South Dakota Mines 978, Wayne State (Neb.) 989, ISU Running Club 1,019, Colorado Christian 1,023, Lakehead 1,024, Stanislaus State 1,059, Northern State 1,067, Dakota Wesleyan 1,082, Mill City Running 1,087, Dickinson St. 1,128, SW Minnesota St. 1,178, Southwestern CC 1,196, Waldorf 1,206, Minot State 1,383.

Top 5 Finishers: 1, Mason Phillips, USF, 25:30.5. 2, Steven Brown, USF, 25:59.4. 3, Ayrton Ledesma, Gillette, 26:01.8. 4, Trevor Capra, Unattached, 26:05.9. 5, Alec Kray, AUG, 26:08.1.

Top 5 GNAC Finishers: 16, Andrew Wise, WWU, 26:32.9. 22, Rowan Doherty, SFU, 26:39.5. 39, Dylan Hayes, WWU, 26:57.7. 43, Jadon Olson, WWU, 26:59.1. 45, Liam Cossette, WWU, 27:00.2.

Women's Maroon Division II (6,000 Meters): Simon Fraser 73, Pittsburg St. 75, Mary 99, Augustana (S.D.) 135, Northern Michigan 192, UC San Diego 194, Western Washington 205, Wis.-La Crosse 228, Minnesota Duluth 264, Minnesota State 303, Fort Hays St. 336, Stanislaus State 347, Michigan Tech 428, Missouri Western 466, Chadron State 466, Colorado Christian 497, Sioux Falls 501, Central Missouri 534, Northern State 538, Morningside 541, Nebraska-Kearney 544, Northwestern (Iowa) 605, Manitoba 630, South Dakota Mines 657, Black Hills St. 696, Colorado Mesa 696, Northwest Nazarene 723, MSU-Moorhead 763, Wisconsin Track Club 797, Concordia-St. Paul 899, Dickinson St. 907, SW Minnesota St. 1,007, Wayne State (Neb.) 1,044, Bemidji State 1,076, Lawrence Tech 1,096, Minnesota Running Club 1,108, Minot State 1,111, Dakota Wesleyan 1,139, Waldorf 1,115, Upper Iowa 1,174, Dakota State 1,210, Johnson County CC 1,235, Southwestern CC 1,322.

Top 5 Finishers: 1, Alexis Zeis, Mary, 21:41.3. 2, Julia Howley, SFU, 22:42.4. 3, Katelyn Smith, UNM, 22:44.4. 4, Mackenzie Kelly, AUG, 22:49.4. 5, Addy Townsend, SFU, 22:52.6.

Other Top GNAC Finishers: 13, Miryam Bassett, SFU, 23:03.0. 22, Olivia Willett, SFU, 23:13.6. 28, Lillianna Stelling, WWU, 23:27.9.