



Oct. 5, 2017 • Week 6  
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## GNAC Cross Country At A Glance

### THIS WEEK'S MEETS

Sat., Oct. 7

Alaska Anchorage at Division II Conference Crossover, Romeoville, Ill.  
 Montana State Billings at Yellowjacket Invitational, Billings, Mont.  
 Alaska, Central Washington, Northwest Nazarene, Saint Martin's, Seattle Pacific, Simon Fraser, Western Washington at Western Washington Classic, Bellingham, Wash.

### LAST WEEK'S MEETS

Sat., Sept. 30

#### Louisville Cross Country Classic

at E.P Tom Sawyer State Park, Louisville, Ky.  
**Men's Blue Race (8,000 Meters, Division II Teams):** Saginaw Valley 63, Hillsdale 64, Missouri S&T 93, Wis.-Parkside 94, Grand Valley St. 106, Ferris St. 125, Central Washington 146, Gannon 162.

**Top 5 Finishers:** 1, Armando Torres, UWP, 24:59.79. 2, Nick Fiene, HC, 25:05.53. 3, Trevor Holowaty, FSU, 25:08.44. 4, Joe Bindner, MS&T, 25:19.59. 5, Joe Renner, GVSU, 25:23.35.

**Top 5 GNAC Finishers:** 22, Corbin Carlton, CWU, 26:15.94. 30, Hanson Lee, 26:29.02. 36, Trevor Allen, CWU, 26:39.72. 43, Tyler Humphries, CWU, 26:48.51. 49, Josh Boston, CWU, 26:57.85.

**Women's Blue Race (5,000 Meters, Division II Teams):** Grand Valley St. 53, Ferris St. 86, Central Washington 101, Missouri S&T 107, West Virginia Wesleyan 141, Wayne St. 164, North Alabama 184, Indianapolis 188, Union (Tenn.) 198, Wis.-Parkside 218, Davis & Elkins 257, Gannon 286.

**Top 5 Finishers:** 1, Jacqueling Feist, WSU, 17:49.34. 2, Sydney Pineault, WVWU, 18:03.16. 3, Kathryn Etelamaki, FSU, 18:06.14. 4, Hanna Groeber, GVSU, 18:20.39. 5, Alexa Shindruk, CWU, 18:21.43.

**Other Top GNAC Finishers:** 18, Jackline Knight, CWU, 19:11.68. 24, Delaney Clem, CWU, 19:20.60. 30, Miranda Nelson, CWU, 19:28.93. 32, Nicole Soleim, CWU, 19:31.09.

#### Rocky Mountain Shootout at Bridger Creek GC, Boulder, Colo.

**Men's Non-Division I (8,000 Meters):** CSU-Pueblo 20, Colorado Mines 50, Montana State Billings 80, Old Zealand 101, Westminster (Utah) 114, Regis 153, Colo.-Denver 195.

**Top 5 Finishers (All Divisions):** 1, Riley Coates, USAF, 25:25. 2, Nathanael Williams, Unattached, 25:28. 3, Marcelo Laguera, CSUP, 25:43. 4, Paul Roberts, CSUP, 25:49. 5, Chris Herrick, COLO, 25:54.

**Top 5 GNAC Finishers:** 24, Jorey Egeland, MSUB, 26:54. 43, Tyus Mendoza, MSUB, 27:28. 61, Ivan Colmenero, MSUB, 28:23. 78, Ronald Venema, MSUB, 28:59. 96, Carson Jessop, MSUB, 30:09.

**Women's Non-Division I (5,800 Meters):** CSU-Pueblo 31, Colorado Mines 51, Regis 82, Montana State Billings 95, Westminster (Utah), At. Mary (Neb.) 114.

**Top 5 Finishers (All Divisions):** 1, Lindsey Koch, Unattached, 21:12. 2, Val Constien, COLO, 21:34. 3, Alayna Szuch, Unattached, 21:54. 4, Tayler Tuttle, COLO, 22:04. 5, Cayla Seligman, COLO, 22:08.

**Top 5 GNAC Finishers:** 27, Nikki Aiken, MSUB, 23:15. 57, Bailey Bomar, MSUB, 25:52. 60, Kelby Wegner, MSUB, 26:12. 74, Kateri Rush, MSUB, 27:46. 77, Sarah Beatty, MSUB, 28:24.

#### Willamette Charles Bowles Invitational at Bush's Pasture Park, Salem, Ore.

**Men (8,000 Meters):** Portland 59, Seattle 79, Boise State 127, Portland State 163, Pacific Lutheran 176, Willamette 180, Lewis & Clark 191, Concordia 192, Seattle Pacific 216, Humboldt State 227, Whitworth 260, Whitman 293, Western Oregon 354, Saint Martin's 375, Linfield 393, Pacific (Ore.) 446, Puget Sound 450.

**Top 5 Finishers:** 1, Brad Hodgkinson, PLU, 24:48.3. 2, Alejandro Cisneros, PSU, 24:53.9. 3, Noah Horsburgh, BSU, 25:02.4. 4, Jeff Lautenslater, PSU, 25:06.2. 5, Henry Hayes, UP, 25:14.1.

**Top 5 GNAC Finishers:** 9, Ben Halladay, SPU, 25:19.2. 17, Judd Lewis, CU, 25:39.6. 22, Jose Macias, CU, 25:55.3. 25, Josh Moats, CU, 25:57.4. 40, Josh Hunt, SMU, 26:14.6.

**Women (5,000 Meters):** Humboldt State 65, Seattle Pacific 94, Seattle 112, Point Loma 119, Whitworth 159, Linfield 179, Boise State 192, Portland State 194, Puget Sound 209, Willamette 258, Saint Martin's 298, Whitman 302, Concordia 327, Hawaii 370, Pacific (Ore.) 374, Lewis & Clark 402, Pacific Lutheran 459, Western Oregon 472.

**Top 5 Finishers:** 1, Kayla Leland, WHTW, 17:37.1. 2, Kaila Gibson, PSU, 17:43.5. 3, Olivia Stein, SU, 17:44.6. 4, Hannah Benoit-Bucher, PLNU, 17:54.8. 5, Annie Roberts, HSU, 17:55.7.

**Top 5 GNAC Finishers:** 12, Dania Holmberg, SPU, 18:12.0. 15, Alyssa Foote, SPU, 18:16.9. 19, Katherine Walter, SPU, 18:19.5. 22, Hailey Kettel, 18:24.5. 26, Kate Lilly, SPU, 18:32.5.

## #GNACXC in 140 @GNACSports

**#ConferencePreview** Seven of the GNAC's 11 teams will race in Bellingham this weekend, getting a preview of the GNAC Championships course at the Western Washington Classic.

**#FirstTimeLongTime** Seattle Pacific's **Ben Halladay** became the first SPU men's runner to be named GNAC Men's Cross Country Athlete of the Week since 2013 after he placed ninth at the Willamette Charles Bowles Invitational.

**#FalconsSweep** Freshman **Dania Holmberg** made it a Seattle Pacific sweep after she was named Women's Cross Country Athlete of the Week after she led the Falcons to a second place team finish at the Willamette Charles Bowles Invitational.

**#TrueNorthRising** Simon Fraser climbed one spot to No. 4 in this week's USTFCCA Division II Women's Coaches Poll, the highest ranking for the Clan in its Division II history.

## Get Social

### Twitter Accounts/Hashtags For GNAC Cross Country Programs

GNAC	@GNACSports	#GNACXC
Alaska	@AlaskaNanooks	#NanookNation
Alaska Anchorage	@UAASeawolves	#UAASeawolves
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

# GNAC Cross Country Runners of the Week



## MEN

**Ben Halladay, Seattle Pacific**  
Senior • Mukileo, Wash.

Halladay was the top Division II finisher at the Willamette Charles Bowles Invitational, placing ninth in the 8,000-meter race in a time of 25:19.2. He was bettered by seven Division I competitors and finished 31 seconds behind winner Brad Hodkinson of Pacific Lutheran.

**Also Nominated:** Judd Lewis (Concordia), Josh Hunt (Saint Martin's), Sawyer Heckard (Western Oregon).



## WOMEN

**Dania Holmberg, Seattle Pacific**  
Freshman • Eagle, Idaho

Holmberg led a second place team finish for the Falcons at the Willamette Charles Bowles Invitational, placing 12th in the 5,000-meter race in a time of 18:12. With a pace of 5:51 per mile, she finished 35 seconds behind winner Kayla Leland of Whitworth.

**Also Nominated:** Nicole Pederson (Concordia), Yadira Lopez (Saint Martin's), Shayla Solomon (Western Oregon).

## 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
Sept. 25-Oct. 1	Ben Halladay, SPU	Dania Holmberg, SPU

Complete Player of the Week releases are available online at [GNACsports.com](http://GNACsports.com).

## GNAC News & Notes

**CONFERENCE MEET PREVIEW ON TAP IN BELLINGHAM:** The GNAC does not have an official conference preview meet, but this weekend's Western Washington Classic at Lake Padden certainly fills that bill.

Seven of the GNAC's 11 schools will take part in the meet, which will provide a preview of the course that will be used for the GNAC Championships on Sat., Oct. 11. The meet will serve as the final tuneup prior to conference for six of the seven conference programs. Among the competing teams will be Simon Fraser, which has been a dominant force in both men's and women's competition all season.

In addition to being a preview of the conference course, the Western Washington Classic will also give the men a rare chance to compete at the regional and national championship distance of 10,000 meters. It is the only meet involving GNAC teams this season that has sent men's runners covering six-plus miles.

**FALCONS CREST:** Seattle Pacific put together a pair of solid performances to lead the GNAC at the Willamette Charles Invitational, giving the Falcons a rare sweep of the GNAC Cross Country Athlete of the Week awards.

The Falcons' women placed second with a team score of 94 points. All five SPU scoring runners placed in the top-30 and finished with 20 seconds of each other. Freshman **Dania Holmberg** earned the women's weekly honor from the conference office after she placed 12th with a time of 18:12 over the 5,000 meters.

Senior **Ben Halladay** became the first Seattle Pacific men's cross country runner since 2013 to be named Athlete of the Week. Halladay was the top Division II placer in the 8,000-meter race, finishing ninth in 25:19.2.

**ENDGAME:** This weekend will be the last regular season competition for eight of the GNAC's 11 teams. Central Washington, Northwest Nazarene and Western Oregon are the three scheduled to compete again on Sat., Oct. 14.

**IN THE RANKINGS:** Simon Fraser's women moved up one more spot to No. 4 in this week's USTFCCCA Division II Coaches Poll, compiling 173 points. The Clan led three GNAC teams in West Region Rankings at No. 1. Alaska Anchorage is ranked sixth and Seattle Pacific is ranked ninth.

Alaska Anchorage continues to lead the GNAC in the USTFCCCA Men's Division II Coaches Poll, dropping one spot to No. 13. Western Oregon also dropped one spot this week to No. 17. The Seawolves are No. 4 in the West Region Rankings, followed by Western Oregon at No. 5, Western Washington at No. 7 and Simon Fraser at No. 9.

**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:** No Meet

**THIS WEEK:** Oct. 7 at Western Washington Classic, Bellingham, Wash.

• Alaska did not compete last weekend. The Nanooks will have its final tuneup before the GNAC Championships on Saturday at the Western Washington Invitational.

• Alaska last competed at the Saint Martin's Invitational on Sept. 23. 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. Senior **Kim Fitzgerald** led Alaska's sixth place women's finish, placing 22nd with a time of 20:04.9 over 5,000 meters.

## ALASKA ANCHORAGE



**LAST WEEK:** No Meet

**THIS WEEK:** Oct. 7 at Division II Conference Crossover, Romeoville, Ill.

• Alaska Anchorage has not competed since Sept. 8. The Seawolves will head east for their final meet before the GNAC Championships, competing at the Division II Conference Crossover in Romeoville, Ill.

• The Seawolves last competed at the Ash Creek Invitational at Western Oregon with both teams finishing in second place to Simon Fraser.

• The Seawolves' men dropped one spot this week to No. 13 in the USTFCCCA Division II Coaches Poll. The Seawolves opened the season at No. 5 and is fourth in the association's West Region Rankings.

• Alaska Anchorage still ranks at the top of the list of teams receiving votes in the USTFCCCA Division II Coaches Poll with 13 points. The Seawolves are sixth in the West Region Rankings.

## CENTRAL WASHINGTON



**LAST WEEK:** Sept. 30 at Louisville Sports Commission Cross Country Classic

Men: 7th of 8, 146 pts. Women: 3rd of 12, 101 pts.

**THIS WEEK:** Oct. 7 at Western Washington Classic, Bellingham, Wash.

• The women led the way for Central Washington on its trip to Kentucky, finishing second among Division II teams at the Louisville Sports Commission Cross Country Classic.

• Junior **Alexa Shindruk** posted the Wildcats' lone top-five finish, placing fifth in the women's 5,000 meter race in a time of 18:21.43. Freshman **Jackie Knight** made the top-20, placing 18th in 19:11.68.

• Junior **Corbin Carlton** was the top Central Washington men's finisher, placing 22nd in a time of 26:15.94 over 8,000 meters. Junior **Hanson Lee** placed 30th in 26:29.02.

• Central Washington is one of three GNAC teams scheduled to compete in each of the two weekends leading up to the GNAC Championships. The Wildcats will be in Bellingham on Saturday for the Western Washington Classic. They are scheduled to compete on Sat., Oct. 14, at the Lewis-Clark State Invitational in Lewiston, Idaho.

## CONCORDIA



**LAST WEEK:** Sept. 30 at Willamette Charles Bowles Invitational

Men: 8th of 17, 192 pts. Women: 13th of 18, 327 pts.

**THIS WEEK:** No Meet

• Concordia's men were the top placing GNAC team at the Willamette Charles Bowles Invitational, held Saturday in Salem. The Cavaliers scored 192 points, one point behind Lewis & Clark and 12 points behind host Willamette.

• Senior **Judd Lewis** was the Cavaliers' top finisher, placing 17th with a time of 25:39.6 over the 8,000-meter course. Junior **Jose Macias** placed 22nd in 25:55.3 and junior Josh Moats placed 25th in 25:57.4.

• Junior **Nicole Pederson** was Concordia's top women's finisher, placing 52nd with a time of 19:09.9 over 5,000 meters. Senior **Sara Harrington** followed in 64th in a time of 19:20.9.

• The Charles Bowles Invitational was the last meet of the regular season for Concordia. The Cavaliers will not compete again until the GNAC Championships on Sat., Oct. 21.



## MONTANA STATE BILLINGS

**LAST WEEK:** Sept. 30 at Rocky Mountain Shootout

Men: 3rd of 7th, 80 pts. Women: 4th of 6, 95 pts.

**THIS WEEK:** Oct. 7 at Yellowjacket Invitational, Billings, Mont.

• Montana State Billings posted a pair of good team performances at the Rocky Mountain Shootout. The Yellowjackets' men were third place out of seven non-Division I teams in the meet while the women were fourth. The non-Division I teams were scored separately from the Division I teams.

• Senior **Jorey Egeland** was the top MSUB men's runner, placing 24th as he covered the 8,000-meter course in a time of 26:54. Junior **Tyus Mendoza** was 43rd in 27:28.

• Sophomore **Nikki Aiken** was the top MSUB women's finisher, taking 27th with a time of 23:15 over 5,800 meters.

• Montana State Billings will be home to conclude the regular season, hosting the Yellowjacket Invitational on Saturday at Billings' Dover Memorial Park.

## NORTHWEST NAZARENE



**LAST WEEK:** No Meet

**THIS WEEK:** Oct. 7 at Western Washington Classic, Bellingham, Wash.

• Northwest Nazarene did not compete last weekend. The Crusaders will run this weekend at the Western Washington Classic before closing the regular season on Sat., Oct. 14, at the Idaho State Invitational.

• The Crusaders last competed on Sat., Sept. 23, competing against a large Division II field 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. 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.



# Around The GNAC

## SAINT MARTIN'S



**LAST WEEK:** Sept. 30: at Willamette Charles Bowles Invitational

Men: 14th of 17, 375 pts. Women: 11th of 18, 298 pts.

**THIS WEEK:** Oct. 7 at Western Washington Classic, Bellingham, Wash.

- The Saints' 11th place team finish in the women's race led Saint Martin's performances at the Willamette Charles

Bowles Invitational.

- Senior **Yadira Lopez** led the SMU women with her 27th place finish, covering the 5,000-meter course in a time of 18:34.3. Junior **Larissa Kolasinski** was not far behind, placing 33rd in 18:40.6.

- Senior **Josh Hunt** was the top men's finisher for the Saints, placing 40th with a time of 26:14.6 over 8,000 meters. Junior **Levi Schilter** was the No. 2 runner for SMU, placing 68th in 26:45.7.

- The Saints finish their run-up to the GNAC Championships this weekend, competing in the Western Washington Classic.

## SEATTLE PACIFIC



**LAST WEEK:** Sept. 30 at Willamette Charles Bowles Invitational

Men : 9th of 17, 216 pts. Women: 2nd of 18, 94 pts.

**THIS WEEK:** Oct. 7 at Western Washington Classic, Bellingham, Wash.

- Paced by a second place finish by its women's squad,

Seattle Pacific put together a pair of solid team performances at the Willamette Charles Bowles Invitational.

- Freshman **Dania Holmberg** was named the GNAC Women's Cross Country Athlete of the Week for leading the Falcons' women to that second place showing. Holmberg placed 12th, covering the 5,000-meter course in in 18:12.0. She was the top GNAC finisher.

- The Falcons placed all five scoring runners in the top-30 and had just a 20-second gap between No. 1 and No. 5. Sophomore **Alyssa Foote** was 15th in 18:16.9 while sophomore **Katherine Walter** placed 19th in 18:19.5.

- Senior **Ben Halladay** was named the GNAC Men's Cross Country Athlete of the Week after his ninth place finish in the men's race, covering the 8,000-meter course in 25:19.2. He was the top GNAC placer in the race and was just five seconds out of fifth place.

- The Falcons' women slipped one spot to No. 9 in the USTFCCCA West Region Rankings after sitting at No. 8 each of the last two weeks.

- Seattle Pacific finishes its regular season schedule on Saturday at the Western Washington Classic in Bellingham, Wash.

## SIMON FRASER



**LAST WEEK:** No Meet

**THIS WEEK:** Oct. 7 at Western Washington Classic, Bellingham, Wash.

- Simon Fraser did not compete last weekend. The Clan will wrap the regular season on Saturday at the Western Washington Classic.

- The Simon Fraser women won the women's maroon race at the Sept. 23 Roy Griak Invitational with a score of 73 points. The Clan's scoring five all finished within 57 seconds of each other. Senior **Julia Howley** placed second in the women's race, covering the 6,000-meter course in 22:42.4.

- 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.

- Simon Fraser's women climbed one more spot to No. 4 in this week's USTFCCCA Division II Coaches Poll, the highest ranking for the Clan since joining Division II in 2010. They are also No. 1 in the West Region Rankings. The Simon Fraser men are ranked No. 9 in the West Region Rankings.

## WESTERN OREGON



**LAST WEEK:** Sept. 30 at Willamette Charles Bowles Invitational

Men: 13th of 17, 354 pts. Women: 18th of 18, 472 pts.

**THIS WEEK:** No Meet

- Resting most of its top runners, Western Oregon competed last weekend at the Willamette Charles Bowles Invitational.

- Sophomore **Sawyer Heckard** was the top WOU runner in the men's 8,000-meter race, placing 53rd with a time of 26:32.7. Junior **Aaron Rothlisberger** was 58th in 26:34.8.

- Freshman **Shayla Solomon** was the top Wolves' women's finisher, placing 88th in the 5,000-meter race with a time of 19:44.1.

- The WOU men dropped one spot to No. 17 in this week's USTFCCCA Division II Coaches Poll while retaining their No. 5 West Region ranking.

- Western Oregon will not compete this weekend. The Wolves will be one of three teams to compete in the final weekend prior to the GNAC Championships, competing at the Wes Cook Collegiate on Sat., Oct. 14.

## WESTERN WASHINGTON



**LAST WEEK:** No Meet

**THIS WEEK:** Oct. 7 at Western Washington Classic, Bellingham, Wash.

- Western Washington did not complete last weekend after working a split squad the week before. The Vikings close the regular season this weekend by hosting the Western

Washington Classic at Lake Padden.

- The WWU men placed fourth at the Roy Griak Invitational on Sept. 23 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.

- 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.

- Western Washington's men retained its No. 7 ranking in this week's USTFCCCA West Region Rankings.

# 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)
Oct. 4	13th	—	17th	—

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	4th	8th	5th	7th
Oct. 3	4th	9th	5th	7th

## USTFCCCA DIVISION II COACHES POLL

Week 4 - Oct. 4		Pts.	Previous
Rk	School (1st)		
1.	Adams State (8)	200	1
2.	Colorado Mines	191	3
3.	Grand Valley St.	185	2
4.	Chico State	175	4
5.	Mount Olive	161	5
6.	Southern Indiana	159	6
7.	Cal Poly Pomona	155	7
8.	Augustana (S.D.)	143	9
9.	Cal Baptist	138	8
10.	Queens (N.C.)	119	9
11.	Lewis	118	11
12.	CSU-Pueblo	112	13
13.	<b>Alaska Anchorage</b>	<b>107</b>	<b>12</b>
14.	Lee (Tenn.)	99	17
15.	Bellarmino	92	14
16.	Dallas Baptist	73	24
17.	<b>Western Oregon</b>	<b>68</b>	<b>16</b>
18.	Western St.	58	18
19.	American International	49	19
20.	Shippensburg	45	20
21.	Rogers State	43	15
22.	Missouri Southern	25	23
T23.	UC San Diego	23	22
	Stonehill	23	21
25.	Malone	13	NR

[View Complete Poll Online](#)

## USTFCCCA WEST REGION POLL

Week 4 - Oct. 3		Conf.	Prev.
Rk	School		
1.	Chico State	CCAA	1
2.	Cal Poly Pomona	CCAA	2
3.	Cal Baptist	PacWest	3
4.	<b>Alaska Anchorage</b>	<b>GNAC</b>	<b>4</b>
5.	<b>Western Oregon</b>	<b>GNAC</b>	<b>5</b>
6.	UC San Diego	CCAA	6
7.	<b>Western Washington</b>	<b>GNAC</b>	<b>7</b>
8.	Cal State San Marcos	CCAA	9
9.	<b>Simon Fraser</b>	<b>GNAC</b>	<b>8</b>
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
Oct. 4	RV (13)	—	4th

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
Oct. 3	6th	1st	9th	—

## USTFCCCA DIVISION II COACHES POLL

Week 4 - Oct. 4		Pts.	Previous
Rk	School (1st)		
1.	Grand Valley St. (7)	199	1
2.	Adams State (1)	193	2
3.	Western State	184	3
4.	<b>Simon Fraser</b>	<b>173</b>	<b>5</b>
5.	Hillsdale	171	4
6.	Cal Baptist	158	6
7.	Pittsburg St.	152	7
8.	Southern Indiana	142	8
9.	Cal State San Marcos	133	9
T10.	Walsh	115	19
	Colorado Mines	115	21
12.	Chico State	114	11
13.	Mary	103	13
14.	Lee (Tenn.)	99	15
15.	Queens (N.C.)	75	14
16.	Oklahoma Baptist	73	16
17.	Cedarville	72	10
18.	UC-Colorado Springs	67	16
19.	Cal Poly Pomona	59	18
20.	Dallas Baptist	49	12
21.	Mount Olive	33	20
22.	Malone	24	NR
T23.	Stonehill	23	22
	Augustana (S.D.)	23	23
25.	Saint Leo	20	25

[View Complete Poll Online](#)

## USTFCCCA WEST REGION POLL

Week 4 - Oct. 3		Conf.	Prev.
Rk	School		
1.	<b>Simon Fraser</b>	<b>GNAC</b>	<b>1</b>
2.	Cal Baptist	PacWest	2
3.	Cal State San Marcos	CCAA	3
4.	Chico State	CCAA	4
5.	Cal Poly Pomona	CCAA	5
6.	<b>Alaska Anchorage</b>	<b>GNAC</b>	<b>7</b>
7.	Humboldt State	CCAA	NR
8.	Point Loma	PacWest	6
9.	<b>Seattle Pacific</b>	<b>GNAC</b>	<b>8</b>
10.	UC San Diego	CCAA	9

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# 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, Yeshi 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, McMarhsall 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.

**Sat., Sept. 30**

## **Louisville Cross Country Classic**

**at E.P. Tom Sawyer State Park, Louisville, Ky.**

**Men's Blue Race (8,000 Meters, Division II Teams):** Saginaw Valley 63, Hillsdale 64, Missouri S&T 93, Wis.-Parkside 94, Grand Valley St. 106, Ferris St. 125, Central Washington 146, Gannon 162.

**Top 5 Finishers:** 1, Armando Torres, WUP, 24:59.79. 2, Nick Fiene, HC, 25:05.53. 3, Trevor Holowaty, FSU, 25:08.44. 4, Joe Bindner, MS&T, 25:19.59. 5, Joe Renner, GVSU, 25:23.35.

**Top 5 GNAC Finishers:** 22, Corbin Carlton, CWU, 26:15.94. 30, Hanson Lee, 26:29.02. 36, Trevor Allen, CWU, 26:39.72. 43, Tyler Humphries, CWU, 26:48.51. 49, Josh Boston, CWU, 26:57.85.

**Women's Blue Race (5,000 Meters, Division II Teams):** Grand Valley St. 53, Ferris St. 86, Central Washington 101, Missouri S&T 107, West Virginia Wesleyan 141, Wayne St. 164, North Alabama 184, Indianapolis 188, Union (Tenn.) 198, Wis.-Parkside 218, Davis & Elkins 257, Gannon 286.

**Top 5 Finishers:** 1, Jacqueline Feist, WSU, 17:49.34. 2, Sydney Pineault, WWU, 18:03.16. 3, Kathryn Etelamaki, FSU, 18:06.14. 4, Hanna Groeber, GVSU, 18:20.39. 5, Alexa Shindruk, CWU, 18:21.43.

**Other Top GNAC Finishers:** 18, Jackline Knight, CWU, 19:11.68. 24, Delaney Clem, CWU, 19:20.60. 30, Miranda Nelson, CWU, 19:28.93. 32, Nicole Soleim, CWU, 19:31.09.

## **Rocky Mountain Shootout**

**at Bridger Creek GC, Boulder, Colo.**

**Men's Non-Division I (8,000 Meters):** CSU-Pueblo 20, Colorado Mines 50, Montana State Billings 80, Old Zealand 101, Westminster (Utah) 114, Regis 153, Colo.-Denver 195.

**Top 5 Finishers (All Divisions):** 1, Riley Coates, USAF, 25:25. 2, Nathanael Williams, Unattached, 25:28. 3, Marcelo Laguera, CSUP, 25:43. 4, Paul Roberts, CSUP, 25:49. 5, Chris Herrick, COLO, 25:54.

**Top 5 GNAC Finishers:** 24, Jorey Egeland, MSUB, 26:54. 43, Tyus Mendoza, MSUB, 27:28. 61, Ivan Colmenero, MSUB, 28:23. 78, Ronald Venema, MSUB, 28:59. 96, Carson Jessop, MSUB, 30:09.

**Women's Non-Division I (5,800 Meters):** CSU-Pueblo 31, Colorado Mines 51, Regis 82, Montana State Billings 95, Westminster (Utah), Mary (Neb.) 114.

**Top 5 Finishers (All Divisions):** 1, Lindsey Koch, Unattached, 21:12. 2, Val Constien, COLO, 21:34. 3, Alayna Szuch, Unattached, 21:54. 4, Tayler Tuttle, COLO, 22:04. 5, Cayla Seligman, COLO, 22:08.

**Top 5 GNAC Finishers:** 27, Nikki Aiken, MSUB, 23:15. 57, Bailey Bomar, MSUB, 25:52. 60, Kelby Wegner, MSUB, 26:12. 74, Kateri Rush, MSUB, 27:46. 77, Sarah Beatty, MSUB, 28:24.

## **Willamette Charles Bowles Invitational**

**at Bush's Pasture Park, Salem, Ore.**

**Men (8,000 Meters):** Portland 59, Seattle 79, Boise State 127, Portland State 163, Pacific Lutheran 176, Willamette 180, Lewis & Clark 191, Concordia 192, Seattle Pacific 216, Humboldt State 227, Whitworth 260, Whitman 293, Western Oregon 354, Saint Martin's 375, Linfield 393, Pacific (Ore.) 446, Puget Sound 450.

**Top 5 Finishers:** 1, Brad Hodgkinson, PLU, 24:48.3. 2, Alejandro Cisneros, PSU, 24:53.9. 3, Noah Horsburgh, BSU, 25:02.4. 4, Jeff Lautenslater, PSU, 25:06.2. 5, Henry Hayes, UP, 25:14.1.

**Top 5 GNAC Finishers:** 9, Ben Halladay, SPU, 25:19.2. 17, Judd Lewis, CU, 25:39.6. 22, Jose Macias, CU, 25:55.3. 25, Josh Moats, CU, 25:57.4. 40, Josh Hunt, SMU, 26:14.6.

**Women (5,000 Meters):** Humboldt State 65, Seattle Pacific 94, Seattle 112, Point Loma 119, Whitworth 159, Linfield 179, Boise State 192, Portland State 194, Puget Sound 209, Willamette 258, Saint Martin's 298, Whitman 302, Concordia 327, Hawaii 370, Pacific (Ore.) 374, Lewis & Clark 402, Pacific Lutheran 459, Western Oregon 472.

**Top 5 Finishers:** 1, Kayla Leland, WHTW, 17:37.1. 2, Kaila Gibson, PSU, 17:43.5. 3, Olivia Stein, SU, 17:44.6. 4, Hannah Benoit-Bucher, PLNU, 17:54.8. 5, Annie Roberts, HSU, 17:55.7.

**Top 5 GNAC Finishers:** 12, Dania Holmberg, SPU, 18:12.0. 15, Alyssa Foote, SPU, 18:16.9. 19, Katherine Walter, SPU, 18:19.5. 22, Hailey Kettel, 18:24.5. 26, Kate Lilly, SPU, 18:32.5.