



Sept. 15, 2016 • Week 2  
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## GNAC Cross Country At A Glance

### THIS WEEK'S MEETS

**Sat., Sept. 17**  
 Simon Fraser at Pinetree Classic, Mundy Park, Coquitlam, B.C., 8:30 a.m.  
 Montana State Billings at MSU-Bozeman Running Company Invitational, Bridger Creek GC, Bozeman, Mont., 9 a.m.  
 Alaska, Alaska Anchorage, Central Washington, Saint Martin's, Simon Fraser, Western Oregon, Western Washington at Sundodger Invitational, Lincoln Park, Seattle, Wash., 9 a.m.

### LAST WEEK'S MEETS

**Fri., Sept. 9**  
**Gage McSpadden Memorial Invitational at Spearfish Canyon Country Club, Spearfish, S.D.**  
**Men (6,000 Meters):** Black Hills State 20, Montana State Billings 42, Dakota Wesleyan 81.  
**Top 5 Finishers:** 1, Joshua Davis, BHSU, 20:11.1. 2, Chance Dooley, BHSU, 20:11.5. 3, Jorey Egeland, MSUB, 20:29.3. 4, Jonah Theisen, BHSU, 20:38.9. 5, Garrett Love, MSUB, 20:43.5.  
**Other Top GNAC Runners:** 11, Mark Hovland, MSUB, 21:01.1. 13, Josh Panasuk, MSUB, 21:05.8. 17, Tyus Mendoza, MSUB, 21:26.8.  
**Women (4,000 Meters):** Black Hills State 15, Montana State Billings 54, Dakota Wesleyan 71.  
**Top 5 Finishers:** 1, Christine Thorn, BHSU, 15:54.0. 2, Tori Moore, BHSU, 16:27.4. 3, Nicole Allerding, BHSU, 16:30.7. 4, Shelby Stoltz, BHSU, 16:42.7. 5, Cailley Roth, BHSU, 16:52.5.  
**Top GNAC Finishers:** 6, Nikki Aiken, MSUB, 16:58.0. 12, Bailey Bomar, MSUB, 17:34.3. 14, Lydia Foster, MSUB, 17:35.0. 17, Catrina Schuchard, MSUB, 18:34.7. 8, Ella McKenzie, MSUB, 18:48.3.

**Alaska Moda Health Blue & Gold Meet at UAF Ski Trails, Fairbanks, Alaska**  
**Intrasquad - No Team Scores Kept**  
**Men's Top 5 Finishers (5,000 Meters):** 1, Alex Eckert, UAF, 15:57.2. 2, Luk Platil, UAF, 16:15.8. 3, Carl Wahlin, UAF, 16:22.2. 4, Lyon Kopsack, UAF, 16:30.4. 5, Keegan Rankin, UAF, 16:37.1.  
**Women's Top 5 Finishers (5,000 Meters):** 1, Dorothy O'Donnell, UAF, 19:20.2. 2, Nichole Bathe, UAF, 19:38.4. 3, Kali Striker, UAF, 19:45.1. 4, Grace Weller, UAF, 20:05.7. 5, Sarah Lilly, UAF, 20:10.6.

**Ash Creek Invitational #1 at Ash Creek Preserve, Monmouth, Ore.**  
**Men (6,300 Meters):** Southern Oregon 27, Western Oregon 55, Simon Fraser 59, Concordia (Ore.) 112, Linfield 158, Lane CC 166, Clark CC 181, Clackamas CC 201, Pacific (Ore.) 262.  
**Top 5 Finishers:** 1, David Ribich, WOU, 18:53.8. 2, Ray Schireman, SOU, 19:06.8. 3, Michael Martin, Unattached, 19:10.3. 4, Dylan Alexander, SOU, 19:11.8. 5, Connor Cushman, SOU, 19:11.8.  
**Other Top GNAC Finishers:** 7, Sean Miller, SFU, 19:22.1. 8, Dustin Nading, WOU, 19:34.3. 9, Jared Seckel, CU, 19:38.6. 10, Philippe Gravel, SFU, 19:39.4.

**Women (4,600 Meters):** Simon Fraser 30, Western Oregon 57, Southern Oregon 59, Linfield 107, Pacific (Ore.) 135, Concordia (Ore.) 145.  
**Top 5 Finishers:** 1, Rebecca Bassett, SFU, 16:52.8. 2, Jessa Perkinson, SOU, 16:53.8. 3, Julia Howley, SFU, 17:09.8. 4, Nicole Maurmann, WOU, 17:33.0. 5, Miryam Bassett, SFU, 17:41.3.  
**Other Top GNAC Finishers:** 6, Kennedy Rufferer, WOU, 17:42.3.

**Sat., Sept. 10**  
**Humboldt Invitational at Patrick's Point State Park, Trinidad, Calif.**  
**Men (8,000 Meters):** Chico State 15, Cal State Monterey Bay 119, Oregon Tech 120, Humboldt State 163, Rogue CC 180, Seattle Pacific 197, Notre Dame de Namur 285.  
**Top 5 Finishers:** 1, William Reyes, CSUC, 24:18.69. 2, Connor Fisher, CSUC, 24:39.32. 3, Falco DiGiallonardo, CSUC, 24:41.55. 4, Aaron Mora, CSUC, 24:43.63. 5, Kyle Medina, CSUC, 24:43.84.  
**Top GNAC Finishers:** 19, Ben Halladay, SPU, 25:34.74. 46, Danny Provo, SPU, 26:38.77. 58, David McLeod, SPU, 27:13.49. 64, Jesse Phan, SPU, 27:44.92. 68, Brysten James, SPU, 28:14.02.  
**Women (6,000 Meters):** Chico State 40, Seattle Pacific 57, Humboldt State 68, Cal State Monterey Bay 167, Oregon Tech 170, Sonoma State 180, Pacific (Calif.) 216, Dominican (Calif.) 316, Notre Dame de Namur 346, Mills 430.  
**Top 5 Finishers:** 1, Mary Charleson, SPU, 21:08.21. 2, Analicia Garcia, SSU, 21:11.46. 3, Sarah Macdonald, SPU, 21:14.88. 4, Karlie Garcia, CSUC, 21:21.02. 5, Alex Burkhart, CSUC, 21:22.0.  
**Other Top GNAC Finishers:** 11, Hannah Calvert, SPU, 21:42.54. 20, Chynna Phan, SPU, 22:09.82. 22, Kate Lilly, SPU, 22:11.49.

**Central Washington Invitational at Rotary Park, Ellensburg, Wash.**  
**Men (6,000 Meters):** Western Washington 27, Central Washington 29, Olympic CC 85.  
**Top 5 Finishers:** 1, Andrew Wise, WWU, 20:19. 2, Matthew Lutz, WWU, 20:23. 3, Josh Boston, CWU, 20:24. 4, Kaleb Javier, CWU, 20:31. 5, Nick Spencer, CWU, 20:33.  
**Women (4,000 Meters):** Western Washington 23, Central Washington 35.  
**Top 5 Finishers:** 1, Elena Gomez, CWU, 15:11. 2, Lilianna Sterling, WWU, 15:34. 3, Shawna Troupe, WWU, 15:43. 4, Alexa Shindruk, CWU, 15:47. 5, Sara Taferre, WWU, 15:59.

## #GNACXC in 140 @GNACSports

**#FirstTimer** Seattle Pacific's **Mary Charleson** beat some of the top athletes in the West Region to earn her first collegiate win at the Humboldt Invitational. The performance earned the senior the GNAC's Female Athlete of the Week award.

**#TwoTimer** Western Oregon's **David Ribich** won his second race in a row, capturing top honors at the Ash Creek Invitational #1. He was also named GNAC Male Cross Country Athlete of the Week for the second straight week.

**#BestTime** Three other GNAC athletes won races this week: Simon Fraser's **Rebecca Bassett**, Western Washington's **Andrew Wise** and Central Washington's **Elena Gomez**. That brings the number of individual race winners for the conference this season to 10.

**#RaceTime** Seven GNAC teams will meet in Seattle on Saturday, participating in the University of Washington's annual Sundodger Invitational.

**#BigTime** Alaska Anchorage and Western Washington both retained spots in the first USTFCCCA top-25 men's and women's polls of the regular season. Simon Fraser and Seattle Pacific both are in the top-25 in the women's poll.

## 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	#NNUCrusaders
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**  
**David Ribich, Western Oregon**  
**Junior • Enterprise, Ore.**

Ribich was a race winner for the second week in a row, this time on the home course as he took the 6.3-kilometer race at the Ash Creek Invitational #1 in a time of 18:53.8 (4:49 per mile pace). He had a 13-second cushion on second place Ray Schireman of Southern Oregon.

**Also Nominated:** Jorey Egeland (Montana State Billings), Josh Boston (Central Washington), Andrew Wise (Western Washington), Jared Seckel (Concordia).



**WOMEN**  
**Mary Charleson, Seattle Pacific**  
**Junior • Mill Creek, Wash.**

Charleson won the 6,000-meter women's race at the Humboldt Invitational against the top Division II squads in the region. She ran a personal best of 21:08.21 (5:40 per mile pace) and was a three-second winner over Analicia Garcia of Sonoma State. Charleson led SPU to a second place team finish.

**Also Nominated:** Nikki Aiken (Montana State Billings), Elena Gomez (Central Washington), Lillianna Sterling (Western Washington), Nicole Maurmann (Western Oregon), Nicole Pederson (Concordia).

## Past GNAC Runners of the Week

Date	Men	Women
Aug. 29 - Sept. 4	David Ribich, WOU	Shannon Porter, SMU
Sept. 5 - 11	David Ribich, WOU	Mary Charleson, SPU

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

## GNAC News & Notes

**BATTLING THE WEST REGION TOUGH:** Seattle Pacific had the first test of the season for a GNAC team against West Region competition and the Falcons' women fared quite well. Seattle Pacific placed second as a team in the women's 6,000-meter race, scoring 57 points and finished just 17 points behind regional power Chico State. There was a gap of 1 minute, 3 seconds between the Falcons' five scoring runners.

Senior **Mary Charleson** earned her first collegiate race victory, finishing in a time of 21:08.21 to beat second place Analicia Garcia of Sonoma State by three seconds. The performance earned Charleson selection as the GNAC Female Athlete of the Week.

**BREAKING THE TAPE:** Charleson was one of five GNAC athletes to win last weekend, bringing the total of individual winners this season to 10. Western Oregon's **David Ribich** won his second race of the season, winning the 6,300-meter Ash Creek Invitational #1 in a time of 18:53.8. The effort earned Ribich selection as the GNAC Male Athlete of the Week for the second straight week.

Western Washington's **Andrew Wise** picked up his first collegiate win, capturing the 6,000-meter Central Washington Invitational in 20:19.

Simon Fraser's **Rebecca Bassett** won at Ash Creek for the third time in her career, winning the 4,600-meter race in a time of 16:52.8. Central Washington's **Elena Gomez** was also a first time collegiate winner, capturing the CWU Invitational in 15:11 over 4,000 meters.

**IN THE RANKINGS:** Alaska Anchorage and Western Washington lead the way for the GNAC in the first regular season USTFCCCA Division II Coaches Poll. The Seawolves' men are ranked fifth in the national poll while the women are at No. 6. Both teams are ranked No. 2 in the West Region.

Western Washington is tied for 10th in the women's national poll with Minnesota Duluth while the men are tied for 15th with Lock Haven. Simon Fraser's women are ranked No. 21 nationally this week while Seattle Pacific's women are at No. 24.

In the men's regional rankings, Alaska Anchorage is followed by Western Washington at No. 4, Western Oregon at No. 8 and Simon Fraser at No. 9. In the women's regional rankings, Alaska Anchorage is followed by Western Washington at No. 3, Simon Fraser at No. 5 and Seattle Pacific at No. 6.

# Around The GNAC

## ALASKA



• Alaska opened the 2016 season with an intrasquad battle, hosting its own Moda Health Blue & Gold Race in Fairbanks on Saturday.

• Junior **Alex Eckert** won the men's 5,000-meter race in a time of 15:57.2. Freshman **Luk Platil** finished second in 16:15.8 while junior **Carl Wahlin** was third in 16:22.2.

• In the women's 5,000-meter race, senior **Dorothy O'Donnell** won in a time of 19:20.2. Senior **Nichole Bathe** was second in 19:38.4 and senior **Kali Striker** placed third in 19:45.1.

• The 2016 racing season opens in earnest for the Nanooks on Saturday, joining six other GNAC teams at the Sundodger Invitational in Seattle.

## ALASKA ANCHORAGE



• Alaska Anchorage did not race last weekend. The Seawolves return to competition on Saturday at the Sundodger Invitational in Seattle.

• In their season opener, the Sept. 3 Notre Dame de Namur Argo Invite, the Seawolves' men finished with a score of 15 points, marking the third time in the last two seasons they have compiled a perfect score. Junior **Edwin Kangogo** led

the way with his winning time of 21:19.9 over the 6.75-kilometer course. In all, there were just 25 seconds between UAA's scoring runners.

• The Alaska Anchorage women won with a score of 31 points, four points better than runner-up Stanislaus State. Junior **Caroline Kurgat** was the individual winner, clocking a time of 18:52.9 for 5 kilometers. The Seawolves placed all five scoring runners in the top-12 with a gap of 1 minute, 30 seconds.

• Alaska Anchorage retained high positions in the first USTFCCCA Division II Coaches Polls of the season. The Seawolves' men slipped one spot from its preseason ranking to No. 5 while the UAA women remained at No. 6. Both teams are currently ranked No. 2 in the West Region.

## CENTRAL WASHINGTON



• Central Washington opened its season on Saturday, hosting the CWU Invitational. Both the Wildcats' men and women placed second in team competitions to Western Washington.

• Central Washington's men scored 29 points to finish two points behind the Vikings. Junior **Josh Boston** led the way with his third place time of 20:24 on the 6,000-meter course.

Senior Kaleb Javier was fourth in 20:31 and senior Nick Spencer placed fifth in 20:33.

• Senior **Elena Gomez** won her first collegiate race for the Central Washington women, covering the 4,000-meter course in 15:11. Sophomore Alexa Shindruk placed fourth in 15:47. She became the seventh CWU women's runner to take home top honors in a home meet in the Wildcats' GNAC history.

• Central Washington will join six other GNAC teams in Seattle for the Sundodger Invitational on Saturday in Seattle.

## CONCORDIA



• Concordia placed fourth in the men's competition at Friday's Ash Creek Invitational #1, scoring 112 points. The Cavaliers' women placed sixth with a score of 145 points.

• Senior **Jared Seckel** captured a top-10 finish in the men's 6,300-meter race, placing ninth with a time of 19:38.6. Junior **Judd Lewis** placed 12th in a time of 19:41.7.

• Sophomore **Nicole Pederson** won the top Concordia finisher in the women's 4,600-meter race, placing 23rd in 18:44.6. Freshman **Bailey Fjelstul** finished 27th in a time of 18:52.2.

• The Ash Creek Invitational was the last race for Concordia in September. The Cavaliers do not compete again until Sat., Oct., 1, at the Charles Bowles Willamette Invitational.

• Concordia is in the third year of a three-year transition process to NCAA Division II membership. This is its second year competing in full Division II and GNAC schedules. While the Cavaliers are eligible to win the GNAC championship, they are not eligible for regional & national competition.

## MONTANA STATE BILLINGS



• Montana State Billings picked up a pair of second place team finishes at the Gage McSpadden Memorial Invitational on Friday in Spearfish, S.D. The Yellowjackets' men scored 42 points and the women finished with 54 points.

• Junior **Jorey Egeland** was the Yellowjackets' top men's finisher for the second straight week, placing third as he covered the 6,000-meter course in 20:29.3. Senior Garrett Love finished fifth in a time of 20:43.5.

• Freshman **Nikki Aiken** led the MSUB women, placing sixth in the 4,000-meter race in a time of 16:58. Junior **Bailey Bomar** placed 12th in a time of 17:34.3.

• Montana State Billings returns to competition on Saturday at the MSU-Bozeman Running Company Invitational.

• The Yellowjackets will be a relative unknown to other conference teams at the GNAC Championships. Only one other GNAC team, Northwest Nazarene, will see MSUB before the conference meet when they compete at the Yellowjacket Invitational on Sept. 23.

## NORTHWEST NAZARENE



• Northwest Nazarene did not compete last weekend and will not compete again until the Yellowjacket Invitational on Fri., Sept. 23, in Billings, Mont.

• The Crusaders opened the season competing against Division I competition at the Idaho State Invitational in Pocatello, Idaho, on Sept. 2. Northwest Nazarene finished third in both team races, scoring 53 points in the women's race and 74 points in the men's competition.

• Sophomore **Sierra Manzer** opened the season with a bang, winning the women's 3-kilometer race in a time of 10:45.19. She finished five seconds ahead of runner-up Jenica Dodge of Idaho State. Sierra's sister, junior **Alysia Manzer**, placed eighth in 11:17.47.

• Freshman **Godfrey Kemboi** led the NNU men as he tied for fifth in the men's 6,000-meter race in a time of 19:27. Kemboi finished 23 seconds behind race winner Liam Kennell of Southern Utah. Junior **Isaac Mitchell**, the Crusaders' top returning male runner, placed 14th in 19:53.

# Around The GNAC

## SAINT MARTIN'S



- Saint Martin's did not compete last weekend. They return to the course on Saturday at the Sundodger Invitational in Seattle.
- The Saints had an impressive start of the 2016 season, winning both the men's and women's team competitions at the Puget Sound Invitational on Sept. 3. The Saint Martin's men finished with 26 points, 19 points ahead of second place Puget Sound. The Saints' women scored 29 points, six points better than the host Loggers.
- Senior **Shannon Porter** won her first collegiate cross country race at the Logger Invitational, covering the 6,000-meter course in 20:35.17, averaging 5 minutes, 31 seconds per mile. She finished 58 seconds ahead of runner-up Shailee Woodard of Pacific Lutheran.
- Junior **Skyler Larson** led three Saint Martin's runners to place in the top-five in the men's 8,000-meter race. Larson placed second in a time of 26:58, 15 seconds behind winner Geremia Lizier-Zmudzinski of Puget Sound. There was a total gap of 58 seconds between the Saints' top-five runners.

## SEATTLE PACIFIC



- Seattle Pacific turned in a pair of solid performances against some of the region's top teams at the Humboldt Invitational in Trinidad, Calif. The Falcon's women placed second with 57 points while the men placed sixth with 197 points.
- Junior **Mary Charleson** was named the GNAC Female Athlete of the Week after she collected her first collegiate race win, taking top honors in the 6,000-meter race in a time of 21:08.21. She was a three seconds better than second place Analicia Garcia of Sonoma State.
- Senior **Sarah Macdonald** placed third in a time of 21:14.88 while senior **Hannah Calvert** was 11th in 21:42.54. There was a gap of 1 minute, 2 seconds between the Falcons' top-five runners.
- Junior Ben Halladay was Seattle Pacific's top finisher in the men's 8,000-meter race, placing 19th in a time of 25:34.74.
- Seattle Pacific's women dropped one spot in the first USTFCCCA Division II Coaches Poll of the regular season to No. 24. The Falcons are ranked sixth in the West Region.
- The Falcons return to competition in their hometown on Saturday, competing in the Sundodger Invitational in Seattle.

## SIMON FRASER



- Simon Fraser opened the season on Friday at the Ash Creek Invitational No. 1. The Clan women won the team competition with 30 points while the men placed third with 59 points.
- Senior **Rebecca Bassett** picked up the third straight victory at the Ash Creek Invitational, covering the 4,600-meter course in 16:52.8. All three of her collegiate wins have come in Monmouth.
- Junior **Julia Howley** followed in third at 17:09.8 while junior **Miryam Bassett** placed fifth in 17:41.3. The Clan had a gap of just 1:26 between its top five scoring runners.
- Sophomore **Sean Miller** was Simon Fraser's top runner, placing seventh in 19:22.1 in the 6,300-meter race. Senior **Phillipe Gravel** was 10th in 19:39.4 while junior **Braeden Charlton** was 11th in 19:40.8. The SFU men raced without their top two returning runners.
- The Clan women slipped one spot in the first USTFCCCA Division II Coaches Poll of the regular season to No. 21. They are ranked No. 5 in the West Region.

- While not in the USTFCCCA Top-25, the Simon Fraser men are ranked ninth in the West Region, slipping from fourth in the preseason rankings.
- Simon Fraser will run a split squad this weekend. The team's top runners will head to Seattle on Saturday to race in the Sundodger Invitational. The remainder will go to nearby Coquitlam, B.C., for the annual Pinetree Classic cross country races.

## WESTERN OREGON



- Western Oregon proved there is no place like home, picking up a pair of second place team finishes at their own Ash Creek Invitational #1 on Friday. The men finished with 55 points while the women scored 57 points.
- Junior **David Ribich** earned GNAC Male Athlete of the Week honors for the second straight week. Ribich won the 6,300-meter race on his home course in a time of 18:53.8, 13 seconds ahead of second place Ray Schireman of Southern Oregon.
- Sophomore **Dustin Nading** placed eighth in 19:34.3, while freshman **Justin Crosswhite** was 15th in 19:51.7.
- Senior **Nicole Maurmann** was WOU's top women's finisher, placing fourth in a time of 17:33.0 on the 4,600-meter course. Junior **Kennedy Ruferner** was sixth in 17:42.3 and sophomore **Grace Knapp** was seventh in 17:56.5.
- The Ash Creek Invitational is one of two home meets for the Wolves in 2016. Western Oregon will host the Ash Creek Invitational #2 on Fri., Oct. 7.
- Western Oregon will join six other GNAC teams competing at the Sundodger Invitational in Seattle on Saturday.

## WESTERN WASHINGTON



- Western Washington captured both team titles at the Central Washington Invitational on Saturday. The Vikings' men scored 27 points while the WWU women finished with 23 points.
- Junior **Andrew Wise** collected his first collegiate race victory, covering Rotary Park's 6,000-meter course in 20:19. Senior **Matthew Lutz** was second in 20:23 and junior **Isaac Derline** was sixth in 20:39.
- Senior **Lillianna Stelling** was WWU's top women's finisher, placing second in the 4,000-meter race in a time of 15:34. Junior **Shawna Troupe** placed third in 15:43 while junior **Sara Tafferre** placed sixth in 16:01.
- Both the Western Washington men and women continue to be ranked in the USTFCCCA Division II Coaches Polls. The WWU women are tied for 10th with Minnesota Duluth and is ranked No. 3 in the West Region. The WWU men are tied for 15th in the national poll with Lock Haven and is NO. 4 in the West Region.
- The Vikings travel south to Seattle for their next competition, the Sundodger Invitational on Saturday.

# Men's Regional & National Polls

## GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SFU	WWU
Preseason	4th	12th	22nd
Sept. 14	5th	—	T-15th

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

West Region	UAA	SFU	WOU	WWU
Preseason	1st	4th	—	5th
Sept. 13	2nd	9th	8th	4th

## USTFCCCA DIVISION II COACHES POLL

Week 1 (Sept. 14)		Pts.	Previous
Rk	School (1st)		
1.	Colorado Mines (6)	197	1
2.	Adams State (1)	191	3
3.	Grand Valley State (1)	187	2
4.	Chico State	177	5
5.	<b>Alaska Anchorage</b>	<b>165</b>	<b>4</b>
6.	Shippensburg	158	6
7.	Augustana (S.D.)	150	7
8.	Southern Indiana	143	8
9.	Western State (Colo.)	136	10
10.	Cal Poly Pomona	130	9
11.	CSU-Pueblo	112	18
12.	Lewis	106	13
13.	Wis.-Parksid	92	15
14.	East Central (Okla.)	84	16
T15.	Lock Haven	77	17
T15.	<b>Western Washington</b>	<b>77</b>	<b>22</b>
17.	Mount Olive	74	19
18.	West Texas A&M	66	14
19.	Stonehill	57	RV
20.	Saginaw Valley State	51	21
21.	Lee (Tenn.)	42	24
22.	MSU Moorhead	41	20
23.	San Francisco State	23	RV
24.	Walsh	21	25
25.	American International	16	11

[View Complete Poll Online](#)

## USTFCCCA WEST REGION POLL

Week 1 (Sept. 13)		Conf.	Prev.
Rk	School		
1.	Chico State	CCAA	2
2.	<b>Alaska Anchorage</b>	<b>GNAC</b>	<b>1</b>
3.	Cal Poly Pomona	CCAA	3
4.	<b>Western Washington</b>	<b>GNAC</b>	<b>5</b>
5.	San Francisco State	CCAA	6
6.	Cal Baptist	PacWest	9
7.	Academy of Art	PacWest	7
8.	<b>Western Oregon</b>	<b>GNAC</b>	<b>NR</b>
9.	<b>Simon Fraser</b>	<b>GNAC</b>	<b>4</b>
10.	UC San Diego	CCAA	10

[View Complete Regional Polls Online](#)

# Women's Regional & National Polls

## GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SFU	SPU	WWU
Preseason	8th	20th	23rd	9th
Sept. 14	6th	21st	24th	T10th

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

West Region	UAA	SFU	SPU	WWU
Preseason	2nd	5th	6th	3rd
Sept. 13	2nd	5th	6th	3rd

## USTFCCCA DIVISION II COACHES POLL

Week 1 (Sept. 14)		Pts.	Previous
Rk	School (1st)		
1.	Grand Valley State (6)	198	1
2.	Adam State (2)	194	2
3.	Chico State	177	3
4.	Mary	175	5
5.	Western State	171	4
6.	<b>Alaska Anchorage</b>	<b>154</b>	<b>6</b>
7.	Hillsdale	153	7
8.	Southern Indiana	141	10
9.	Northern Michigan	132	8
T10.	<b>Western Washington</b>	<b>130</b>	<b>9</b>
T10.	Minnesota Duluth	130	11
12.	Augustana (S.D.)	112	12
13.	Stonehill	106	13
14.	Cedarville	85	25
15.	Cal Baptist	75	17
16.	Lewis	69	14
17.	Dallas Baptist	62	21
T18.	Winona State	55	NR
T18.	Montevallo	55	19
20.	Shippensburg	54	17
21.	<b>Simon Fraser</b>	<b>46</b>	<b>20</b>
22.	Colorado Mines	34	24
23.	Wis.-Parksid	33	15
24.	<b>Seattle Pacific</b>	<b>22</b>	<b>23</b>
25.	Fort Lewis	11	16

[View Complete Poll Online](#)

## USTFCCCA WEST REGION POLL

Week 1 (Sept. 13)		Conf.	Prev.
Rk	School		
1.	Chico State	CCAA	1
2.	<b>Alaska Anchorage</b>	<b>GNAC</b>	<b>2</b>
3.	<b>Western Washington</b>	<b>GNAC</b>	<b>3</b>
4.	Cal Baptist	PacWest	4
5.	<b>Simon Fraser</b>	<b>GNAC</b>	<b>5</b>
6.	<b>Seattle Pacific</b>	<b>GNAC</b>	<b>6</b>
7.	UC San Diego	CCAA	9
8.	Stanislaus State	CCAA	NR
9.	Point Loma	PacWest	10
10.	Humboldt State	CCAA	NR

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# 2016 GNAC Meet Summaries

**Fri., Sept. 2**

## **Idaho State Invitational**

### **at Centennial Cross Country Course, Pocatello, Idaho**

**Men (6,000 Meters):** Southern Utah 25, Idaho State 37, Northwest Nazarene 74.

**Top 5 Finishers:** 1, Liam Kennell, SUU, 19:04. 2, Koy Moore, SSU, 19:10. 3, Brady Olson, SUU, 19:17. 4, Andrew Kaler, ISU, 19:21. 5, Godfrey Kemboi, NNU, 19:27.

**Other Top GNAC Runners:** 14, Isaac Mitchell, NNU, 19:53. 19, Nick Hamilton, NNU, 21:07. 20, Gabe Fisher, NNU, 21:09. 22, Rylan Manzer, NNU, 22:04.

**Women (3,000 Meters):** Southern Utah 31, Idaho State 39, Northwest Nazarene 53.

**Top 5 Finishers:** 1, Sierra Manzer, NNU, 10:45.2. 2, Jenica Dodge, ISHU, 10:50.2. 3, Josie Riggs, SUU, 10:54.5. 4, Carly Hansen, ISU, 11:00.4. 5, Presli Hutchinson, Unattached, 11:03.2.

**Other Top GNAC Finishers:** 8, Anysja Manzer, NNU, 11:17.5. 15, Emily Hammons, NNU, 11:53.7. 16, McKenna Conley, NNU, 12:00.0. 17, Halie Wilsey, NNU, 12:06.3.

## **Hardrocker Open**

### **at Founders Park, Rapid City, S.D.**

**Men (8,000 Meters):** Chadron State 35, Gillette CC 46, Montana State Billings 68, South Dakota 93, Central Wyoming CC 148.

**Top 5 Finishers:** 1, Festus Lagat, Gillette, 25:34. 2, Alejandro Garcia, CS, 25:35. 3, Erick Rotich, Gillette, 26:10. 4, Ayrton Ledesma, Gillette, 26:28. 5, Dylan Stansbury, CS, 26:51.

**Top GNAC Finishers:** 6, Jorey Egeland, MSUB, 26:52. 9, Garrett Love, MSUB, 27:19. 14, Mark Hovland, 27:35. 19, Josh Panasuk, MUSB, 28:11. 25, Ronald Venema, MSUB, 28:57.

**Women (3 Miles):** Gillette CC 31, South Dakota 55, Chadron State 63, Montana State Billings 75.

**Top 5 Finishers:** 1, Adeline Straatmeyer, SD, 18:23.10. 2, Ali Walker, MSUB, 18:28.90. 3, Ruth Chepsat, Gillette, 19:11.20. 4, Margaret Vinton, CS, 19:11.50. 5, Joan Jelimo, Gillette, 19:26.30.

**Other Top GNAC Finishers:** 11, Rio Frame, MSUB, 19:56.30. 13, Nikki Aiken, MSUB, 20:01.00. 23, Bailey Bomar, 20:38.90. 26, Lydia Foster, MSUB, 21:15.70.

**Sat., Sept. 3**

## **Notre Dame de Namur Argo Invite**

### **at Crystal Springs Course, Belmont, Calif.**

**Men (6,750 Meters):** Alaska Anchorage 15, UC Santa Cruz 62, Stanislaus State 62.

**Top 5 Finishers:** 1, Edwin Kangogo, UAA, 21:19.9. 2, Michel Ramirez, UAA, 21:20.4. 3, Justin Carrancho, UAA, 21:41.6. 4, Victor Samoei, UAA, 21:42.4. 5, Michael Mendenall, UAA, 21:44.9.

**Women (5,000 Meters):** Alaska Anchorage 31, Stanislaus State 35, UC Santa Cruz 89, Sonoma State 89, Dominican (Calif.) 147, Notre Dame de Namur 165, Menlo 186.

**Top 5 Finishers:** 1, Caroline Kurgat, UAA, 18:52.9. 2m, Analia Garcia, SSU, 19:36.5. 3, Thalia Silva, CSUS, 19:43.5. 4, Mariah Burroughs, UAA, 19:54.7. 5, Zannah Jepchumba, UAA, 19:55.7.

**Other Top GNAC Finishers:** 9, Danielle McCormick, UAA, 20:11.1. 12, Kimberly Cosica, UAA, 20:23.2.

## **Puget Sound Invitational**

### **at Fort Steilacoom Park, Lakewood, Wash.**

**Men (8,000 Meters):** Saint Martin's 26, Puget Sound 45, Pacific Lutheran 54, Olympic CC 118.

**Top 5 Finishers:** 1, Geremia Lizier-Zmudzinski, PS, 26:43. 2, Skyler Larson, SMU, 26:58. 3, Jasper Heckman, SMU, 27:27. 4, Josiah Shelman, SMU, 27:30. 5, Jack Monaghan, PS, 27:34.

Other Top GNAC Finishers: 9, Josh Hunt, SMU, 27:59. 10, Austin Miller, SMU, 28:02.

**Women (6,000 Meters):** Saint Martin's 29, Puget Sound 35, Pacific Lutheran 77, Green River CC 103, Olympic CC 126.

**Top 5 Finishers:** 1, Shannon Porter, SMU, 20:35.17. 2, Shailee Woard, PLU, 23:33.32. 3, Tori Klein, PS, 23:45.10. 4, Larissa Kolasinski, SMU, 24:07.88. 5, Megan Teigen, SMU, 24:53.83.

Other Top GNAC Finishers: 9, Claire McCloskey, SMU, 25:21.20. 10, Lindsay Dorney, SMU, 25:43.21.

## **John Frank Oregon State Invitational**

### **at Avery Park, Corvallis, Ore.**

**Men (6,000 Meters):** Portland 22, Western Oregon 56, Portland State 75, Concordia 95.

**Top 5 Finishers:** 1, David Ribich, WOU, 18:21.6. 2, Logan Orndorf, UP, 18:31.5. 3, Fabian Tomas, UP, 18:43.6. 4, Joe Horen, UP, 18:47.0. 5, Michael Biedebach, PSU, 18:47.8.

Other Top GNAC Finishers: 8, Judd Lewis, CU, 19:00.5. 12, Justin Crosswhite, WOU, 19:05.5. 14, Tyler Jones, WOU, 19:09.7. 18, Jared Seckel, CU, 19:19.5.

**Women (3 Miles):** Portland 22, Oregon State 34, Western Oregon 85, Portland State 88, Concordia 134.

Top 5 Finishers: 1, Parkes Kendrick, UP, 16:52.8. 2, Anne Luijten, UP, 16:53.3. 3, Taryn Rawlings, UP, 16:53.8.4, Kristiane Width, OSU, 17:01.8. 5, Courtney Cox, UP, 17:23.5.

**Top GNAC Finishers:** 11, Nicole Maurmann, WOU, 17:59.0. 15, Kennedy Rufener, WOU, 18:18.7. 21, Grace Knapp, WOU, 18:31.6. 24, Suzie Van De Grift, WOU, 18:50.4. 27, Nicole Pederson, CU, 19:13.9.