



Sept. 29, 2016 • Week 4
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GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Sat., Oct. 1

Montana State Billings at Rocky Mountain Shootout, Buffalo Ranch, Boulder, Colo., 9 a.m.
Alaska, Central Washington, Concordia, Saint Martin's at Charles Bowles Willamette Invitational, Bush's Pasture Park, Salem, Ore., 9:30 a.m.
Simon Fraser, Western Oregon at Stanford Invitational, Stanford Golf Course, Palo Lato, Calif., 9:50 a.m.

LAST WEEK'S MEETS

Fri., Sept. 23

Yellowjacket Invitational at Amend Park, Billings, Mont.

Men (10,000 Meters): San Francisco State 40, Montana State Billings 47, Northwest Nazarene 58, South Dakota Mines 80, Montana State Northern 153, Central Wyoming 158.
Top 5 Finishers: 1, Godfrey Kemboi, NNU, 32:20.44. 2, Benji Preciado, SFSU, 32:21.50. 3, Drew Feldman, SFSU, 32:21.51. 4, Garrett Love, MSUB, 32:28.03. 5, Isaac Mitchell, NNU, 32:42.58.
Other Top GNAC Runners: 6, Jorey Egeland, MSUB, 32:48.37. 7, Nick Hamilton, NNU, 33:10.16.
Women (6,000 Meters): South Dakota Mines 44, Northwest Nazarene 58, Gillette CC 65, San Francisco State 77, Montana State Billings 103, Montana State Northern 182.
Top 5 Finishers: 1, Adeline Straatmeyer, SDM, 22:51.28. 2, Sierra Manzer, NNU, 22:58.17. 3, Anysja Manzer, NNU, 23:36.44. 4, Magali Arsiniega, SFSU, 23:41.81. 5, Kari Radke, SDM, 23:50.38.
Other Top GNAC Finishers: 12, Emily Hammons, NNU, 24:47.38. 14, Nikki Aiken, MSUB, 24:49.03. 15, Rio Frame, MSUB, 24:56.85.

Sat., Sept. 24

SMU Open

at Saint Martin's University, Lacey, Wash.

Men's (8,000 Meters): Lane CC 67, Western Washington 76, Spokane CC 95, Clackamas CC 118, Saint Martin's 135, Clark CC 138, Treasure Valley CC 154, Seattle Pacific 171, Western Washington Alumni 194, Everett CC 291, Olympic CC 322, Green River CC 327, Mt. Hood CC 330.
Top 5 Finishers: 1, Sam Garvin, CLARK, 26:00.40. 2, Michael Martin, LCC, 26:01.70. 3, Juan Castillo, WWU Alumni, 26:25.80. 4, Peter Butler, WWU, 26:27.10. 5, Jose Macias, CCC, 26:27.60.
Other Top GNAC Finishers: 9, Ben Halladay, SPU, 26:34.70. 15, Josiah Shelman, SMU, 27:00.50. 17, Ben Crowell, WWU, 27:04.60. 19, Danny Provo, SPU, 27:06.70.
Women (5,000 Meters): Seattle Pacific 22, Western Washington 62, Saint Martin's 81, Central Washington 132, Spokane CC 140, Lane CC 192, Treasure Valley CC 196, Mt. Hood CC 231, Green River CC 238, Everett CC 250, Olympic CC 264.
Top 5 Finishers: 1, Shannon Porter, SMU, 17:50.10. 2, Mary Charleson, SPU, 18:01.70. 3, Sarah Macdonald, SPU, 18:16.50. 4, Hannah Calvert, SPU, 18:34.70. 5, Yadira Lopez, SMU, 18:43.50.

Roy Griak Invitational

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

Men's Maroon (8,000 Meters): Augustana (S.D.) 88, UC San Diego 130, Black Hills St. 149, Manitoba 152, Western Washington 154, MSU-Moorhead 283, Wis.-Parkside 298, Metro State 300, Pittsburg St. 302, Minnesota St. 341, Minnesota-Duluth 341, Colorado Mesa 344, Chadron State 353, Lakehead 405, Mary 486, Northwestern (Iowa) 510, Iowa State RC 547, Sioux Falls 558, Nova Southeastern 565, North Iowa Area CC 571, Winona State 581, Minnesota RC 585, Wisconsin TC 641, Morningside 643, Concordia-St. Paul 655, Dordt 670, Waldorf 747, Humboldt State 748, Cardinal Stritch 779, Johnson County CC 787, Colorado Christian 837, Dickinson St. 967, SW Minnesota St. 984, Northern St. 1,004, Wayne St. (Neb.) 1,010, Dakota State 1,054, Minot State 1,147, Grand View 1,156, Graceland 1,280.

Top 5 Finishers: 1, Kevin Tree, LAKE, 25:57.0. 2, Daniel Garcia, CSC, 26:04.8. 3, Glen Ellingson, AUG, 26:08.4. 4, Kevin Lewis, Unattached, 26:15.4. 5, Wal Khat, NICC, 26:17.4.

Top GNAC Finishers: 6, Isaac Derline, WWU, 26:18.6. 49, Sean Eustis, WWU, 27:25.7. 50, Cody McCranie, WWU, 27:26.8. 67, Matt Lutz, WWU, 27:42.5. 111, Max Romey, WWU, 28:08.4.

Women's Maroon (6,000 Meters): Mary 93, Minnesota-Duluth 95, Northern Michigan 122, UC-Colorado Springs 149, UC San Diego 209, Western Washington 210, Pittsburg St. 220, Run N Fun 261, Wis.-Parkside 280, MSU-Moorhead 310, Humboldt State 338, Colo. Christian 388, Winona State 404, Minnesota State 411, Black Hills St. 439, Manitoba 460, Midwestern St. 460, Sioux Falls 462, Northern State 480, Colorado Mesa 495, Morningside 513, St. Cloud St. 532, Wisconsin TC 618, Metro State 627, Dordt 662, Nova Southeastern 753, Iowa St. RC 818, Chadron State 827, SW Minnesota St. 886, Northwestern (Iowa) 947, Minnesota RC 961, Minot State 987, Johnson County CC 1,020, Bemidji St. 1,039, Grand View 1,042, Graceland 1,044, Concordia-St. Paul 1,093, Wayne St. (Neb.) 1,120, North Iowa Area CC 1,144, Cardinal Stritch 1,208.

Top 5 Finishers: 1, Alexis Zeis, Mary, 22:10.2. 2, Emilee Trost, MSUD, 22:25.0. 3, Breanna Colbenson, MSUD, 22:34.6. 4, Ida Narbuvooll, Mary, 22:43.6. 5, Molly Montonye, MSUM, 22:50.8.

Top GNAC Finishers: 15, Brittany Grant, WWU, 23:29.9. 27, Lillianna Sterling, WWU, 24:00.1. 42, Sophia Galvez, WWU, 24:18.2. 60, Shawna Troupe, WWU, 24:40.3. 73, Sara Taferre, WWU, 24:53.5.

#GNACXC in 140 @GNACSports

#HomeCooking Saint Martin's **Shannon Porter** won her second race of the season on her home course, capturing the SMU Open. The performance earned Porter GNAC Female Athlete of the Week honors.

#FirstWin Northwest Nazarene's **Godfrey Kemboi** won in his second collegiate race as he placed first at the Yellowjacket Invitational. The performance earned Kemboi Men's Athlete of the Week honors.

#ProperSplit Western Washington's split squad performed well at both meets it participated in. The Vikings placed fifth for men and sixth for the women at the Roy Griak Invitational while both genders placed second at the SMU Open.

#CardinalCourses Simon Fraser and Western Oregon will compete this weekend at the Stanford Invitational while Alaska, Central Washington, Concordia and Saint Martin's will compete at the Charles Bowles Willamette Invitational (where teams will run in the Cardinal races).

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GNAC Cross Country Runners of the Week



MEN

Godfrey Kemboi, Northwest Nazarene
Freshman • Iten, Kenya

In his second collegiate race, Kemboi won the Yellowjacket Invitational in Billings, covering the 10,000-meter course in 32:20.5 (5:13 per mile pace). He led the Crusaders to a third place team finish on the course that will be used for the NCAA West Regional Championships.

Also Nominated: Isaac Derline (Western Washington), Josiah Shelman (Saint Martin's), Garrett Love (Montana State Billings), Matt Conrady (Central Washington).



WOMEN

Shannon Porter, Saint Martin's
Senior • Vancouver, Wash.

Porter won her second race in only her third time out as a collegiate cross country runner, capturing the SMU Open in a time of 17:50.10 (5:44 per mile pace) over 5,000 meters. She led the Saints to a third place finish on their home course.

Also Nominated: Sierra Manzer (Northwest Nazarene), Brittany Grant (Western Washington), Nikki Aiken (Montana State Billings), Alicia Girdler (Central Washington).

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
Sept. 12 - 18	David Ribich, WOU	Caroline Kurgat, UAA
Sept. 19 - 25	Godfrey Kemboi, NNU	Shannon Porter, SMU

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

GNAC News & Notes

NOT BAD FOR A (RELATIVE) ROOKIE: It's not often that a senior decides to take up a new sport in their final season, but for Saint Martin's **Shannon Porter**, the decision to take up cross country seems like a no brainer.

Porter has won twice in her first three collegiate cross country meets. She won on her home course over the weekend, capturing the 5,000-meter race at the SMU Open with a time of 17:50.10. She held an 11-second advantage over another of the conference's top runners, Seattle Pacific's **Mary Charleson**. The performance earned Porter her second GNAC Women's Athlete of the Week award.

The one race Porter did not win was the huge Sundodger Invitational on Sept. 17. She placed fifth.

AND RUNNING WELL FOR A ROOKIE: Northwest Nazarene's **Godfrey Kemboi** needed just two collegiate races to pick up his first win. The freshman led the way at the Yellowjacket Invitational, covering the 10,000-meter course in 32:20.44. Kemboi finished one second ahead of San Francisco State's Benji Preciado. The performance earned Kemboi selection as the GNAC Men's Athlete of the Week.

Kemboi opened his collegiate career on Sept. 2, placing fifth at Idaho State Invitational. He was beat by four Division I runners and missed first place by 23 seconds.

IN THE RANKINGS: There was quite a shakeup for GNAC in this week's USTFCCA Division II National Rankings. Alaska Anchorage's men was the only team to stand pat, retaining its No. 9 ranking. Despite its solid performance at the Roy Griak Invitational, Western Oregon dropped seven spots to No. 21. Simon Fraser was listed among teams receiving votes.

In the women's rankings, Western Washington dropped eight spots to No. 16 while Seattle Pacific gave up one spot to land at No. 21. Alaska Anchorage dropped from the top-25 completely, but was first among teams receiving votes.

In the men's regional rankings, Alaska Anchorage is No. 3, followed by Western Washington at No. 5, Simon Fraser at No. 7 and Western Oregon at No. 10. Western Washington is No. 4 in the women's West Region Rankings, followed by Seattle Pacific at No. 5, Alaska Anchorage at No. 6 and Simon Fraser at No. 8.

BREAKING THE TAPE: A total of 10 GNAC athletes have won 12 races over the first three weeks of the season. Western Oregon's **David Ribich** and Saint Martin's **Shannon Porter** are both two race winners. Here is the complete list...

MEN

- Godfrey Kemboi (NNU): Yellowjacket Invitational, Sept. 23 (32:20.5).
- Edwin Kangogo (UAA): Notre Dame de Namur Argo Invite, Sept. 3 (21:14.9).
- David Ribich (WOU): John Frank OSU Invitational, Sept. 3 (18:21.6.); Ash Creek Invitational #1, Sept. 9 (18:53.8.).
- Andrew Wise (WWU): Central Washington Invitational, Sept. 10 (20:19).

WOMEN

- Rebecca Bassett (SFU): Ash Creek Invitational #1, Sept. 10 (16:52.8).
- Mary Charleson (SPU): Humboldt Invitational, Sept. 10 (21:08.21).
- Elena Gomez (CWU): Central Washington Invitational, Sept. 10 (15:11)
- Caroline Kurgat (UAA): Notre Dame de Namur Invitational, Sept. 3 (18:52.9).
- Sierra Manzer (NNU): Idaho State Invitational, Sept. 2 (10:45.2).
- Shannon Porter (SMU): Logger Invitational, Sept. 3 (20:35.17); SMU Open, Sept. 24 (17:50.10)

Around The GNAC

ALASKA



- Alaska sat out the last weekend from competition. The Nanooks will compete again on Saturday, competing in the Charles Bowles Willamette Invitational in Salem, Ore.
- The Nanooks' men placed ninth in the 28-team field in the men's 8,000-meter race at the Sundodger Invitational on Sept. 17. Alaska was fourth out of the seven GNAC teams competing.

• Freshman **Lukash Platil** placed 34th in the race in a time of 25:23.00. He was the 11th GNAC runner to cross the finish line. Junior **Alex Eckert** was the No. 2 runner, finishing 49th in 25:41.00.

• The Alaska women placed 13th in the women's open 6,000-meter race at Sundodger with 350 points. The Nanooks were sixth out of the seven GNAC teams.

• Senior **Dorothy O'Donnell** was the Nanooks' top women's runner, placing 27th in 22:13.70. Senior **Kali Striker** was the No. 2 top runner, placing 63rd in a time of 23:00.40.

ALASKA ANCHORAGE



- Alaska Anchorage did not compete last weekend and will not compete again until the Western Washington Invitational on Sat., Oct. 8.
- Alaska Anchorage returned to the course with a pair of solid showings at the Sundodger Invitational. The Seawolves' men placed second with 86 points while the UAA women placed sixth with 138 points.

• The UAA men placed all seven of their scoring runners in the top-50 and had a 1 minute, 23 second gap between the No. 1 and No. 5 runners. Senior **Michel Ramirez** placed third in a time of 24:08.00, less than 10 seconds behind the individual champion. Junior **Edwin Kangogo** was also in the top-10, placing sixth in 24:32.60.

• Junior Caroline Kurgat was the only Alaska Anchorage women's runner in the top-25, placing third in 20:34.90. She was five seconds behind the individual runner. Sophomore Jennah Jepchumba was the No. 2 runners, placing 32nd in 22:22.60.

• Alaska Anchorage maintained its position in the USTFCCCA Men's Division II Coaches Rankings at No. 9, but slipped one spot to No. 3 in the West Region Rankings. The UAA women dropped out of the top-25, but were the first team among those receiving votes with 12 points. The Seawolves are No. 6 in the women's West Region Rankings.

CENTRAL WASHINGTON



WILDCATS

- Central Washington took a select number of athletes to compete at the SMU Open on Saturday in Lacey. The Wildcats were incomplete in the men's race and placed fourth in the women's race with 132 points.

• The CWU women had just a 31-second gap between the No. 1 and No. 5 runners. Freshman **Alicia Girdler** led the Wildcats, placing 26th on the 6,000-meter course in 20:26.10. Sophomore **Samantha DuPras** was 27th with a time of 20:28.20.

• Only four men competed for CWU in the men's 6,000-meter race. Freshman **Matt Conrardy** was the Wildcats' top finisher, placing 45th in 27:46.10. Freshman **Nick Gennarelli** placed 47th in 27:48.30.

• Central Washington will be one of four GNAC teams competing at the Charles Bowles Willamette Invitational on Saturday in Salem, Ore.

CONCORDIA



- Concordia did not compete in either of the last two weekends. The Cavaliers return to the course this weekend, racing at the Charles Bowles Willamette Invitational in Salem, Ore.

• In its last race, Concordia placed fourth in the men's competition at Friday's Ash Creek Invitational #1 on Sept. 9, 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.

• 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 provided a preview of this year's NCAA West Regional Championships course, putting on the Yellowjacket Invitational at Avery Park in Billings.

• The MSUB men placed second of six scoring teams with 47 points, finishing just seven points behind winner San Francisco State. Senior **Garrett Love** led the way, placing fourth in the 10,000-meter race in a time of 32:28.03. Junior **Jorey Egeland** placed sixth in 32:48.47. There was a gap of 1:15 between the No. 1 and No. 5 runners.

• The Yellowjackets' women placed fifth in the team competition with 103 points. Freshman **Nikki Allen** and senior **Rio Frame** finished back-to-back. Allen placed 14th in 24:49.03 for 6,000 meters while Frame placed 15th in a time of 24:56.85.

• There is no rest for the Yellowjackets' squad as they compete this weekend at the Univ. of Colorado's Rocky Mountain Shootout in Boulder, Colo.

• Montana State Billings will be a relative unknown to the rest of the conference. Outside of Northwest Nazarene at the Yellowjacket Invitational, the Yellowjackets will not race against GNAC competition until the GNAC Championships on Oct. 22.

Around The GNAC

NORTHWEST NAZARENE



- Northwest Nazarene posted a pair of outstanding team performances at the Yellowjacket Invitational. The Crusaders' women placed second of six teams while the men placed third, both scoring 58 points. It was the Crusaders' first race since the season-opening Idaho State Invitational on Sept. 2.
- Freshman **Godfrey Kemboi** was named the GNAC Male Athlete of the Week after he won the meet in just his second collegiate race. Kemboi covered the championship 10,000-meter distance in a time of 32:20.44, averaging 5:13 per mile. He was just one second ahead of second place Benji Preciado of San Francisco State.
- Junior **Issac Mitchell** finished in fifth place in 32:48.47 while sophomore **Nick Hamilton** placed seventh in 33:10.16. The Crusaders' top-three runners all finished within 50 seconds of each other.
- The Manzer sisters posted a pair of top-5 finishes to lead the NNU women. Sophomore Sierra Manzer placed second in a time of 22:58.17 for 6,000 meters while junior Anysja Manzer placed third in 23:36.44. Sophomore Emily Hammons also had a top-15 finish, placing 12th in 24:47.38
- Northwest Nazarene is off again until Fri., Oct. 7, when the Crusaders compete in the San Francisco State Invitational.

SAINT MARTIN'S



- Saint Martin's continued its cross country resurgence at its own SMU Open. The Saints' women placed third in the 11-team field with 81 points while the men placed fifth in a 13-team field with 135 points.
- Senior **Shannon Porter** was named GNAC Female Athlete of the Week for the second time this season after she posted an 11-second victory. Porter covered the 5,000-meter course in 17:50.10. It was only her third collegiate race.
- Junior **Yadira Lopez** also had a top-10 finish, placing fifth in a time of 18:43.50.
- Senior **Josiah Shelman** led the Saint Martin's men, placing 15th with a time of 27:00.50 on the 8,000-meter course. Junior Jasper Heckman placed 29th in a time of 27:21.30.
- Saint Martin's returns to action this Saturday as one of four GNAC teams competing at the Charles Bowles Willamette Invitational in Salem, Ore.

SEATTLE PACIFIC



- Seattle Pacific's women were just short of perfect at the SMU Invitational, placing eight runners in the top-10 to win the meet with a score of 22 points. The Falcons' men placed eighth with a score of 171 points.
- Junior **Mary Charleson** led the Falcons, placing second on the 5,000-meter course in a time of 18:01.70. Senior **Sarah Macdonald** placed third in 18:16.10 while senior **Hannah Calvert** placed fourth in 18:34.70. The gap between the No. 1 and No. 5 runners was 1:03.
- Junior **Ben Halladay** scored a top-10 finish for the Seattle Pacific men, placing ninth in a time of 26:34.70. Freshman **Danny Provo** finished in 19th as he covered the 8,000-meter course in 27:06.70.
- Despite the strong performance in Lacey, the Seattle Pacific women slipped one spot in both the USTFCCA Division II Coaches Rankings and West Region Rankings. The Falcons are No. 19 in the national poll and No. 5 in the regional poll.
- The Falcons will race in just one more meet before the GNAC Championships, competing on Sat., Oct. 8 at the Western Washington Invitational.

SIMON FRASER



- Simon Fraser did not compete collegiately last weekend, instead taking part in the Vancouver Spirit Run on Sunday. The Clan will be in action on Saturday at the Stanford Invitational.
- The Clan finished fourth in the men's and women's team competitions at the Sundodger Invitational. The women scored 114 points and was the top of the seven GNAC teams. The SFU men scored 110 points and were second among the GNAC teams.
- Senior **Rebecca Bassett** was one of three GNAC runners in the top-10 in the women's race, placing ninth in a time of 21:15.80. Junior **Braeden Charlton** led three Simon Fraser men's runners that all crossed within a second of each other. Charlton placed 18th in 24:57.00.
- The Simon Fraser men were among teams receiving votes in the USTFCCA Division II National Rankings and are seventh in the West Region. The SFU women is eighth in the West Region Rankings.

WESTERN OREGON



- Western Oregon took the weekend off from competition after running each of the first three weekends. The Wolves will compete at the Stanford Invitational on Saturday.
- Western Oregon put together a pair of good team performances at the Sundodger Invitational. The WOU men placed seventh with a score of 190 points and were third out of the seven GNAC team. The Wolves' women placed 14th with 414 points.
- Junior **David Ribich** earned his third straight GNAC Male Athlete of the Week award after he placed second with a time of 24:04.90. Sophomore **Dustin Nading** notched a solid top-15 finish, placing 12th in the race in a time of 24:48.20.
- Junior **Kennedy Ruferner** led the WOU women with her 37th place finish, covering the 6,000-meter course in 22:25.90. Junior **Suzie Van de Grift** finished 47th in 22:39.20.

WESTERN WASHINGTON



- Western Washington competed with split squads last week with good results at both sites. The Vikings' top runners competed at the Roy Griak Invitational in Minnesota, with the men placing fifth and the women placing sixth. The remainder of the team competed at the SMU Open with the Vikings taking second in both team races.
- The Vikings had two top-10 placers in the 453 finisher men's maroon race at the Griak. Junior **Isaac Derline** placed sixth with a time of 26:16.8 over 8,000 meters while junior **Andrew Wise** placed 10th in a time of 26:27.3. The men finished fifth with 154 points and were the second West Region team to cross the line.
- Senior **Brittany Grant** was the top WWU women's finisher at the Griak, placing 15th in a time of 23:29.9 for 6,000 meters. Junior **Lilianna Sterling** finished in 27th place in a time of 24:00.1. The Vikings placed sixth with a score of 210 points.
- At the SMU Open, freshman **Peter Butler** led the WWU men as he finished fourth in a time of 26:27.10 for 8,900 meters. Sophomore **Dylan Hayes** was sixth in 26:28.00. Freshman **Peyton Shinnick** placed 13th in 19:19.50 to lead the women in the 5,000-meter race.
- In the USTFCCA National Polls, the WWU women are ranked No. 16 and the men are at No. 21.
- Western Washington will not compete again until it hosts the Western Washington Invitational at Lake Padden on Sat., Oct. 8.

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
Sept. 21	9th	—	14th
Sept. 28	9th	RV (3)	21st

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
Sept. 20	3rd	7th	10th	4th
Sept. 27	3rd	7th	10th	5th

USTFCCCA DIVISION II COACHES POLL

Week 3 (Sept. 28)		
Rk	School (1st)	Pts.
1.	Colorado Mines (7)	199
2.	Grand Valley State (1)	190
3.	Adam State	187
4.	Chico State	176
5.	Cal Poly Pomona	159
6.	Augustana (S.D.)	157
7.	Western State	152
8.	Shippensburg	149
9.	Alaska Anchorage	135
10.	Hillsdale	126
11.	CSU-Pueblo	124
12.	Southern Indiana	103
13.	Mount Olive	97
14.	UC San Diego	89
15.	Lee (Tenn.)	78
16.	Lock Haven	68
17.	Black Hills State	67
18.	American International	61
19.	Missouri Southern	59
20.	Saginaw Valley State	52
21.	Western Washington	50
22.	West Texas A&M	26
23.	Bentley	19
24.	MSU Moorhead	18
T25.	Cal Baptist	17
	Bellarmino	17

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

Week 3 (Sept. 27)			
Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	Cal Poly Pomona	CCAA	3
3.	Alaska Anchorage	GNAC	2
4.	UC San Diego	CCAA	5
5.	Western Washington	GNAC	4
6.	Cal Baptist	PacWest	6
7.	Simon Fraser	GNAC	7
8.	Academy of Art	PacWest	8
9.	San Francisco State	CCAA	9
10.	Western Oregon	GNAC	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
Sept. 21	24th	—	21st	8th
Sept. 28	RV (12)	—	19th	16th

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
Sept. 20	6th	8th	4th	2nd
Sept. 27	6th	8th	5th	4th

USTFCCCA DIVISION II COACHES POLL

Week 3 (Sept. 28)		
Rk	School (1st)	Pts.
1.	Grand Valley State (5)	197
2.	Adam State (3)	195
3.	Chico State	183
4.	Mary	174
5.	Western State	166
6.	Minnesota Duluth	159
7.	Southern Indiana	155
8.	Hillsdale	135
9.	Stonehill	135
10.	Cedarville	121
11.	Northern Michigan	117
12.	Cal Baptist	110
13.	Augustana (S.D.)	106
14.	UC-Colorado Springs	98
15.	UC San Diego	86
16.	Western Washington	74
17.	Dallas Baptist	69
18.	Malone	56
19.	Seattle Pacific	50
20.	Montevallo	44
21.	Pittsburg St.	40
22.	Colorado Mines	35
23.	Bloomsburg	32
24.	Shippensburg	18
25.	Lewis	15

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

Week 3 (Sept. 27)			
Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	Cal Baptist	PacWest	3
3.	UC San Diego	CCAA	5
4.	Western Washington	GNAC	2
5.	Seattle Pacific	GNAC	4
6.	Alaska Anchorage	GNAC	6
7.	Point Loma	PacWest	7
8.	Simon Fraser	GNAC	8
9.	Humboldt State	CCAA	9
10.	Cal Poly Pomona	CCAA	20

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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.

Hardrock 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, Analicia 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 Ruferner, 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.

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 Allerdings, BHSU, 16:30.7. 4, Shelby Stoltz, BHSU, 16:42.7. 5, Cailey 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.

2015 GNAC Meet Summaries

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, Phillippe 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 Ruferner, 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.

Sat., Sept. 17

MSU-Bozeman Running Co. Invitational

at Bridger Creek GC, Bozeman, Mont.

Men (5 Miles): Utah State 54, CSU-Pueblo 55, Weber State 60, Wyoming 103, Idaho State 146, Montana State 147, College of Idaho 227, Montana 258, Montana State Billings 282, North Dakota 287, Rocky Mountain 300, Northern Colorado 318, Carroll (Mont.) 329.

Top 5 Finishers: 1, Derrick Williams, CSUP, 24:30.43. 2, Marcelo Laguera, CSUP, 24:32.15. 3, Jonah Henry, WYO, 24:36.07. 4, Dillon Maggard, USU, 24:40.24. 5, Paul Roberts, CSUP, 24:41.20.

Top GNAC Runners: 55, Jorey Egeland, MSUB, 26:16.33. 61, Garrett Love, MSUB, 26:25.20. 84, Mark Hovland, MSUB, 26:57.76. 87, Josh Panasuk, MSUB, 27:02.25. 98, Ronald Venema, MSUB, 27:17.06.

Women (3 Miles): Utah 51, Weber State 56, Wyoming 64, Utah State 74, Montana State 172, CSU-Pueblo 191, Montana 198, Northern Colorado 222, Idaho State 261, College of Idaho 276, North Dakota 308, Carroll (Mont.) 355, Montana State Billings 405, Rocky Mountain 407.

Top 5 Finishers: 1, Hailey Whetten, WSU, 16:38.18. 2, Ellie Child, WSU, 16:42.24. 3, Bailee Parker, USU, 16:50.43. 4, Lauren Hamilton, WYO, 16:52.58. 5, Hannah McIntruff, UTAH, 16:53.53.

Top GNAC Finishers: 72, Rio Frame, MSUB, 19:23.01. 76, Nikki Allen, MSUB, 19:41.59. 82, Lydia Foster, MSUB, 20:05.16. 84, Bailey Bomar, MSUB, 20:08.72. 91, Catrina Schuchard, MSUB, 21:25.64.

Sundodger Invitational

at Lincoln Park, Seattle, Wash.

Men's Open (8,000 Meters): Trinity Western 43, Alaska Anchorage 86, British Columbia 102, Simon Fraser 110, Southern Oregon 120, Calvin 154, Western Oregon 190, Eastern Oregon 255, Alaska 313, Club Northwest 325, Central Washington 353, Wis.-Stout 371, Western Washington 416, Whitman 436, Seattle Running Club 447, Corban 465, Lewis & Clark 465, Pacific Lutheran 481, George Fox 537, Puget Sound 544, Whitworth 564, Linfield 615, Saint Martin's 632, Northwest (Wash.) 642, Everett CC 810, Pacific (Ore.) 818, Multnomah 824, Green River CC 872.

Top 5 Finishers: 1, Declan White, TWU, 23:59.90. 2, David Ribich, WOU, 24:04.90.3. Michel Ramirez, UAA, 24:08.00. 4, John Gay, UBC, 24:18.20. 5, Joel DeSchiffart, TWU, 24:27.40.

Other Top GNAC Finishers: 76, Edin Kangogo, UAA, 24:32.60. 12, Dustin Nading, WOU, 24:48.20. 18, Braeden Charlton, SFU, 24:57.00.

Women (6,000 Meters): Trinity Western 78, Calvin 102, Point Loma 107, Simon Fraser 114, British Columbia 120, Alaska Anchorage 138, Whitworth 275, Western Washington 300, Seattle Running Club 308, Southern Oregon 310, Central Washington 330, Saint Martin's 340, Alaska 350, Western Oregon 414, Wis.-Stout 417, MacEwan 480, Lewis & Clark 513, George Fox 513, Linfield 522, Northwest (Wash.) 545, Whitman 562, Eastern Oregon 565, Puget Sound 580, Pacific (Ore.) 599, Corban 625, Pacific Lutheran 780, Everett CC 837, Multnomah 893, Green River CC 915.

Top 5 Finishers: 1, Regan Yee, TWU, 20:29.30. 2, Caroline Austin, SRC, 20:29.90. 3, Caroline Kurgat, UAA, 20:34.90. 4, Lisa Brooking, TWU, 20:52.30.5. Shannon Porter, SMU, 20:56.30.

Other Top GNAC Finishers: 9, Rebecca Bassett, SFU, 21:15.80. 18, Julia Howley, SFU, 21:56.70. 22, Addy Townsend, SFU, 22:02.50.