



Oct. 14, 2016 • Week 6
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GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Sat., Oct. 15
Central Washington, Simon Fraser at Emerald City Open,
Lower Woodland Park, Seattle, Wash., 10 a.m.
Northwest Nazarene at Lewis & Clark Invitational,
McIver State Park, Estacada, Ore., 11 a.m.
Western Oregon at Mike Hodges Invitational, 11 a.m.,
Clackamas CC, Oregon City, Ore.

LAST WEEK'S MEETS

Fri., Oct. 7
**San Francisco State Invitational
at Golden Gate Park, San Francisco, Calif.**
Men (8,000 Meters): Academy of Art 36, San Francisco
St. 56, Cal St. Monterey Bay 103, Humboldt State 111,
Northwest Nazarene 128, Cal St. East Bay 137, Stanislaus
State 158, Holy Names 170, William Jessup 273, Notre
Dame de Namur 285, CCSF 334, Dominican (Calif.) 334.
Top 5 Finishers: 1, Josh Thorson, AAU, 24:50.6. 2, Drew
Feldman, SFSU, 25:03.3. 3, Nathan Kwan, UC Davis,
25:16.5. 4, Pierre Fontanarosa, AAU, 25:17.8. 5, Gatien
Airiau, AAU, 25:26.6.
Top GNAC Runners: 6, Isaac Mitchell, NNU, 25:29.7. 7,
Godfrey Kemboi, NNU, 25:49.7. 25, Nick Hamilton, NNU,
26:52.5. 65, Rylan Manzer, NNU, 28:32.5. 69, Peyton
Brothers, NNU, 28:56.4.
Women (6,000 Meters): Humboldt State 45, Stanislaus
State 64, Academy of Art 73, Northwest Nazarene 118,
Sonoma State 143, Cal St. East Bay 174, Cal St. Monterey
Bay 180, San Francisco St. 180, Dominican (Calif.) 278, Holy
Names 333, Menlo 339, Notre Dame de Namur 340, Pacific
Union 373, Mills 456.
Top 5 Finishers: 1, Analicia Garcia, SSU, 21:56.4. 2, Sally
Keating, UC Davis, 22:03.5. 3, Sierra Manzer, NNU, 22:11.0.
4, Tatiana Gillick, HSU, 22:11.3. 5, Ashley Moffett, USF,
22:19.6.
Other Top GNAC Finishers: 9, Anysja Manzer, NNU,
22:38.9. 40, Halie Wilsey, NNU, 24:08.1. 53, McKenna
Conley, NNU, 24:43.1. 56, Bethany Danner, NNU, 24:52.0.

Sat., Oct. 8

**Yellowjacket Invitational
at Amend Park, Billings, Mont.**
Men (4 Miles): Black Hills St. 30, Mary 59, Montana State
Billings 65, Rocky Mountain 83, Montana-Western 144.
Top 5 Finishers: 1, Benson Koech, RMC, 19:30. 2, Jonah
Theisen, BHSU, 19:44. 3, Derek Myers, MARY, 19:53. 4,
Kendall Murie, BHSU, 19:54. 5, Garrett Love, MSUB, 20:01.
Other Top GNAC Finishers: 9, Jorey Egeland, MSUB,
20:09. 12, Josh Panasuk, MSUB, 20:17. 21, Mark Hovland,
MSUB, 20:48. 22, Ronald Venema, MSUB, 20:50.

Women (5,000 Meters): Mary 18, Black Hills State 47,
Montana State Billings 94, Rocky Mountain 109, Montana-
Western 115.
Top 5 Finishers: 1, Ida Narbuovull, MARY, 17:20. 2, Kate
Fox, MARY, 17:57. 3, Christine Thorn, BHSU, 18:04. 4,
Kaycie Stewart, MARY, 18:14. 5, Jaiden Schuette, MARY,
18:30.
Top GNAC Finishers: 11, Rio Frame, MSUB, 19:15. 18,
Nikki Allen, MSUB, 19:40. 23, Bailey Bomar, MSUB, 19:55.
28, Lydia Foster, MSUB, 20:29. 31, Catrina Schuchard,
MSUB, 21:08.

Western Washington Classic at Lake Padden, Bellingham, Wash.

Men's (10,000 Meters): Trinity Western 37, Alaska
Anchorage 53, Simon Fraser 94, Western Washington 96,
Victoria 107, Regina 169, Club Northwest 217, Central
Washington 225, Concordia (Ore.) 290, WWU Alumni 303,
Alaska 331, British Columbia 332, Seattle Pacific 341, Saint
Martin's 364, Club Northwest Masters 473, Green River CC
476, Olympic CC 500.
Top 5 Finishers: 1, Isaac Derline, WWU, 31:13.2. 2, Joel
Deschiffart, TWU, 31:17.3. 3, Declan White, TWU, 31:24.6.
4, Michel Ramirez, UAA, 31:36.6. 5, Edwin Kangogo, UAA,
31:40.8.
Other Top GNAC Finishers: 6, Matthew Lutz, WWU,
31:42.3. 11, Henry Cheseto, UAA, 31:56.5.
Women (6,000 Meters): Alaska Anchorage 76, Tinity
Western 81, Simon Fraser 101, Whatcom Tesseract
119, Seattle Pacific 122, Club Northwest 152, Western
Washington 159, Victoria 195, Saint Martin's 242, Alaska
266, British Columbia 296, Oiselle 402, Concordia (Ore.)
416, Green River CC 469, Olympic CC 507.
Top 5 Finishers: 1, Regan Yee, TWU, 21:24.9. 2, Caroline
Kurgat, UAA, 21:26.5. 3, Lisa Brooking, TWU, 21:39.0. 4,
Sarah Macdonald, SPU, 21:46.0. 5, Shannon Porter, SMU,
21:47.8.
Other Top GNAC Finishers: 10, Joyce Chelimo, UAA,
22:05.7. 11, Mary Charleson, SPU, 22:05.9.

#GNACXC in 140 @GNACSports

#HomeCourseAdvantage Western Washington's
Isaac Derline became the first Vikings' male to
win the WWU Classic since 2009, winning the
10,000-meter race with a time of 31:13.2.

#RepeatInTheMaking? Alaska Anchorage was the
top GNAC team in the results at the WWU Classic.
The women won with a score of 76 points while the
men placed second with 53 points. The Seawolves
were the top performers of eight GNAC teams in the
meet.

#OneLastTuneup Central Washington, Northwest
Nazarene, Simon Fraser and Western Oregon are
all scheduled to compete in one more tuneup before
next week's GNAC Championships.

#TrophyTime The first conference championship
of the season, the 2016 GNAC Cross Country
Championships, takes place on Sat., Oct. 22, in
Bellingham, Wash.

Get Social

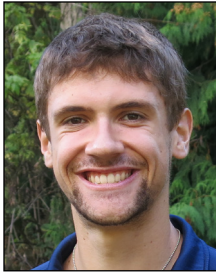
Twitter Accounts/Hashtags For GNAC Cross Country Programs

GNAC	@GNACSports	#GNACXC
Alaska	@AlaskaNanooks	#NanookNation
Alaska Anchorage	@UAASeawolves	#JAASeawolves
Cent. Washington	@CWUathletics	#CWUWildcats
Concordia	@gocugo	#ProtectTheShield
MSU Billings	@MSUBSports	#MSUBXC
NW Nazarene	@NNUcrusaders	#GoNNUcrusaders
Saint Martin's	@SMUSaints	#SaintsAlive
Seattle Pacific	@SPUFalcons	
Simon Fraser	@SFUCfan	#NCAAeh
W. Oregon	@WOUWolves	#WOUWolves
W. Washington	@WWUathletics	#GoViks



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GNAC Cross Country Runners of the Week



MEN

Isaac Derline, Western Washington
Junior • Kent, Wash.

Running on his home course, Derline won the Western Washington Classic on Saturday as he covered the 10,000-meter course in 31:13.2. It was Derline's second career victory and the first win by a WWU runner in the meet since 2009.

Also Nominated: Garrett Love (Montana State Billings), Isaac Mitchell (Northwest Nazarene), Jasper Heckman (Saint Martin's), Michel Ramirez (Alaska Anchorage), Jared Seckel (Concordia).



WOMEN

Caroline Kurgat, Alaska Anchorage
Junior • Eldoret, Kenya

Kurgat was the top GNAC finisher at the Western Washington Classic, placing second on the 6,000-meter course in 21:26.5. She was 1.6 seconds behind winner Regan Yee of Trinity Western and led the Seawolves to the team title with 76 points.

Also Nominated: Rebecca Bassett (Simon Fraser), Rio Frame (Montana State Billings), Sierra Manzer (Northwest Nazarene), Shannon Porter (Saint Martin's), Mary Charleson (Seattle Pacific), 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
Sept. 12 - 18	David Ribich, WOU	Caroline Kurgat, UAA
Sept. 19 - 25	Godfrey Kemboi, NNU	Shannon Porter, SMU
Sept. 26 - Oct. 2	Judd Lewis, CU	Shannon Porter, SMU
Oct. 3 - 9	Isaac Derline, WWU	Caroline Kurgat, UAA

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

GNAC News & Notes

SEAWOLVES, CLAN EXCEL IN CONFERENCE MEET PREVIEW: Alaska Anchorage and Simon Fraser put together the top team performances as eight conference teams previewed the GNAC Championships course at the Western Washington Classic last Friday.

The UAA women won the team competition with 76 points. Simon Fraser placed third with 101 points while Seattle Pacific placed fifth with 122 points.

The Alaska Anchorage men placed second in the men's team competition with 53 points, 15 points behind meet champion Trinity Western. Simon Fraser placed third with 94 points and host Western Washington was fourth with 98 points.

Western Washington junior **Isaac Derline** was the individual men's champion, covering the 10,000-meter course in 31:13.2. Alaska Anchorage senior **Michel Ramirez** placed fourth in 31:36.6. and junior **Edwin Kangogo** placed fifth with 31:40.6.

Alaska Anchorage junior **Caroline Kurgat** was the top GNAC women's finisher, placing second with a time of 21:26.5 over 6,000 meters. Seattle Pacific's **Sarah Macdonald** placed fourth in 21:46.0 and Saint Martin's **Shannon Porter** placed fifth in 21:47.8.

CONFERENCE MEET UPCOMING: The 2016 GNAC Cross Country Championships is just a week away. The championship meet takes place on Sat., 22, at East Lake Padden Park in Bellingham, Wash. The men's 8,000-meter race will begin at 10 a.m. (Pacific) with the women's 6,000-meter race begins at 11 a.m.

Alaska Anchorage is the defending champion for both the men and women. The Seawolves' men scored 21 points to win their sixth consecutive title, led by **Henry Cheseto's** individual title time of 24:22.70. Cheseto returns to the meet, but ran just his first race of the season at Lake Padden last Saturday.

The UAA women scored 39 points to win its fifth title in the last six seasons. **Joyce Chelimo** claimed the individual title with a time of 21:00.90. Like Cheseto, Chelimo ran her first race of the season last Saturday.

IN THE RANKINGS: Alaska Anchorage is the top men's and women's GNAC team in the final USTFCCCA Division II Coaches Polls of the regular season. The Seawolves are the only GNAC team in the men's poll at No. 9. The Seawolves are 14th in the women's poll, followed by Simon Fraser at No. 19 and Seattle Pacific at No. 25.

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

BREAKING THE TAPE: A total of 11 GNAC athletes have won 13 races over the the season. Western Oregon's **David Ribich** and Saint Martin's **Shannon Porter** are both two-race winners. Here is the complete list...

MEN

- Isaac Derline (WWU): WWU Classic, Oct. 11 (31:13.2).
- 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



- In its final tuneup before the GNAC Championships, Alaska's men and women finished 11th at the Western Washington Classic.
- Seniors **Kali Striker** and **Dorothy O'Donnell** had back-to-back leading finishes for the Nanooks' women. Striker placed 36th in the 6,000-meter race in 23:04.3 and O'Donnell placed 37th in 23:07.8.

- Freshman **Jacob Walsh** paced the Alaska men, finishing 58th in a time of 33:55.0 over 10,000 meters. Senior **Keegan Rankin** placed 76th in 33:59.7.
- Alaska looks to the GNAC Championships with a chance to move up a couple of positions in the team standings. The Nanooks' women placed eighth in 2015 while the men placed 10th.

ALASKA ANCHORAGE



- Alaska Anchorage posted a pair of solid team performances at the Western Washington Classic. The Seawolves' women won the team title with a score of 78 points while the men placed second with a total of 53 points.

- Junior **Caroline Kurgat** was named GNAC Women's Cross Country Athlete of the Week after placing second at the WWU Classic. Kurgat covered the 6,000 meters in 21:26.5, finishing two seconds behind winner Regan Yee of Trinity Western.

- Senior **Michel Ramirez** was the Seawolves' top men's finisher, placing fourth in a time of 31:36.6 over 10,000 meters. Junior **Edwin Kangogo** was fifth in 31:40.8.

- The WWU Classic marked the return of the the conference's defending champions. Senior **Joyce Chelimo** placed 10th in the women's race in a time of 22:05.7. Junior **Henry Cheseto** was 11th in the men's race with a time of 31:56.5.

- The Seawolves lead the GNAC in both the USTFCCCA Division II Coaches Poll. Alaska Anchorage's men dropped one spot to No. 9 while the women returned from a two-week hiatus to show up at No. 14. Both teams are No. 3 in the West Region rankings.

- Alaska Anchorage is the defending GNAC men's and women's cross country champion. The men have won six consecutive titles while the women have won six of the last seven league titles.

CENTRAL WASHINGTON



WILDCATS

- Central Washington finished eighth in the men's team competition and the women placed 10th at the WWU Classic. The men scored 225 points while the women scored 247 points.

- Sophomore **Josh Boston** was the top CWU men's finisher, placing 46th in a time of 33:14.7 over 10,000 meters. Senior **Kaleb Javier** was three places behind in 49th place in 33:20.5 while sophomore **Jonathan Lafferty** was 51st in 233:28.0. A total of 24 seconds separated the No. 1 and No. 5 runners.

- Sophomore **Alexa Shindruk** led the Central Washington women, placing 29th in a time of 22:53.1 over 6,000 meters. Senior **Stephanie Rexus** was the Wildcats' No. 2 runner, placing 53rd in 23:34.1. Sophomore **Elena Gomez** and freshman **Delaney Clem** placed 58th and 59th, respectively, with times of 23:40.1 and 23:40.4.

- Central Washington is one of four GNAC teams schedules to compete this week, entered in Saturday's Emerald City Open in Seattle.

CONCORDIA



- In the team's final tuneup before the GNAC Championships, Concordia placed ninth in the men's competition (290 points) and 14th in the women's competition (416 points) at the WWU Classic.

- Senior **Jared Seckel** led the Concordia men, placing 28th with a time of 32:38.2 over the 10,000-meter course. Junior **Judd Lewis** was three places behind in 31st in a time of 32:49.5.

- Sophomore **Nicole Pederson** led the Concordia women individually, placing 97th in a time of 25:00.2 over 6,000 meters. Freshman **Gabby Hobson** was three places behind, placing 100th in 25:12.6.

- Concordia is looking to climb in its second GNAC Championships. The Cavaliers' women placed eighth in 2015 while the men placed 11th.

- 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 completed its regular season at home, racing the Yellowjacket Open at Amend Park. The Yellowjackets' men placed third with 65 points while the women placed third with 94 points.

- Senior **Garrett Love** notched a top-five finish in the men's four-mile race, finishing fifth in a time of 20:01. Junior **Jorey Egeland** placed ninth with a time of 20:09 and senior **Josh Panasuk** placed 12th in 20:17.

- Senior **Rio Frame** led the MSUB women, placing 11th in a time of 19:15 for 5,000 meters. Freshman **Nikki Allen** placed 18th in a time of 19:40.

- Montana State Billings placed fifth in the men's competition at the GNAC Championships while the Yellowjackets' women placed 11th. The Yellowjackets will host the NCAA West Regional Championships on Nov. 5.

- Montana State Billings will be a relative unknown to the rest of the conference at the GNAC Championships. Outside of Northwest Nazarene's presence at September's Yellowjacket Invitational, the Yellowjackets have not raced against GNAC competition this season.

NORTHWEST NAZARENE



- Northwest Nazarene posted a pair of solid team performances at the San Francisco State Invitational. The Crusaders' women placed fourth with 118 points while the men placed fifth with 128 points.

- Sophomore **Sierra Manzer** captured a top-five finish in the women's 6,000-meter race, placing third in a time of 22:11.0. Her sister, junior **Anysja Manzer**, placed ninth in 22:38.9.
- Junior **Isaac Mitchell** and freshman **Godfrey Kemboi** posted back-to-back top-10 finishes. Mitchell placed sixth in 25:29.7 over 8,000 meters while Kemboi placed seventh in 25:49.7.

- Northwest Nazarene is one of four GNAC teams scheduled to compete in the final week before the GNAC Championships, scheduled to compete at the Lewis & Clark Invitational on Saturday.

- The Crusaders placed seventh in both the men's and women's competition at the 2015 GNAC Championships. The women finished with 205 points and the men finished with 215 points.

Around The GNAC

SAINT MARTIN'S



• Saint Martin's finished its tuneup for the GNAC Championships at the WWU Classic. The SMU women placed ninth with 242 points while the men placed 14th with 364 points.

• Senior **Shannon Porter** continued her solid first collegiate cross country season, placing fifth with a time of 21:47.8 over 6,000 meters. She was the third GNAC runner to cross

the finish line.

• Junior **Yadira Lopez** also had a top-30 finish for the SMU women, placing 29th in a time of 22:46.8.

• Senior **Jasper Heckman** was the top finisher for the Saint Martin's men, placing 88th in a time of 34:23.6 over 10,000 meters. Sophomore **Joe Edgecomb** was 95th in a time of 34:38.3.

• Saint Martin's men placed ninth at the 2015 GNAC Championships, scoring 217 points. The SMU women claimed 10th place with 298 points, breaking a tie with Concordia on the No. 6 runner.

SEATTLE PACIFIC



• Seattle Pacific showed well at the WWU Classic. The women placed fifth with 122 points. The Falcons were the third GNAC team in the competition. Seattle Pacific's men placed 13th with 341 points.

• Senior **Sarah Macdonald** was the Falcons' top finisher, placing fourth in a time of 21:46.0. Junior **Mary Charleson** placed 11th in a time of 22:05.9 while senior **Hannah**

Calvert placed 24th in 22:42.4.

• Junior **Ben Halladay** finished 35th to lead SPU in men's 10,000-meter race with a time of 32:53.0. Freshman **Danny Provo** was the Falcons' No. 2 runner, placing 92nd in 34:33.7.

• The Seattle Pacific women dropped seven spots in the latest AVCA Division II Coaches Poll, staying in the rankings at No. 25. The Falcons enter the week ranked No. 7 in the West Region.

• Seattle Pacific will look to build on a solid women's team performance at the 2015 GNAC Championships. The Falcons placed fifth last year with 114 points, two points behind Simon Fraser. The SPU men placed ninth last year with a score of 252 points.

SIMON FRASER



• Simon Fraser notched a pair of third place finishes at the Western Washington Classic. The SFU men finished with 94 points while the women scored 101 points.

• Junior **Braeden Charlton** was the top SFU men's finisher, placing 12th in a time of 31:58.7 over 10,000 meters. The

Clan then had three straight finishers between 17th and 19th. Sophomore **Rowan Doherty** was 17th in 32:18.7, senior **Marc-Antoine Rouleau** was 18th in 32:20.0 and sophomore **Sean Miller** was 19th in 32:21.0.

• Senior **Rebecca Bassett** was the Clan's top women's finisher, placing 12th with a time of 22:06.0 over 6,000 meters. Junior **Julia Howley** was one place behind in 13th with a time of 22:15.9.

• The SFU women returned to the USTFCCA Coaches Poll after a three-week absence, tying for 19th in this week's poll with Montevallo. The women are ranked fifth in the region. The Simon Fraser men are No. 7 in the West Region rankings.

• Simon Fraser is one of four teams scheduled to compete in the final week before the GNAC Championships, The Clan is scheduled to compete in the Emerald City Invitational on Saturday in Seattle.

WESTERN OREGON



• Western Oregon was the only GNAC team not to compete last week. The previously scheduled Ash Creek Invitational #2 last Friday was cancelled.

• The Wolves are scheduled to compete at the Mike Hodges Invitational in Oregon City, Ore., on Saturday.

• Western Oregon stayed close to home for its last meet on Oct. 1, competing at the Charles Bowles Willamette Invitational in Salem. The Wolves' men placed fifth with 166 points while the women placed ninth with 219 points.

• Sophomore **Dustin Nading** led the WOU men, placing eighth with a time of 25:08.8 over 8,000 meters. Freshman **Justin Crosswhite** placed 16th in a time of 25:27.0.

• Junior **Kennedy Ruferner** was Western Oregon's top women's runner once again, placing 16th in a time of 18:26.0. Sophomore **Grace Knapp** placed 33rd in a time of 18:48.7.

• Western Oregon's men continued to be ranked in the USTFCCA West Region Rankings, ranked No. 10 for the fourth consecutive week.

• Western Oregon placed fourth in the men's competition at the 2015 GNAC Championships with 118 points. The WOU women placed sixth with 183 points.

WESTERN WASHINGTON



• The home course was kind to Western Washington during the WWU Classic. The Vikings' men placed fourth with a score of 98 points while the women placed seventh with 159 points.

• Junior **Isaac Derline** was named GNAC Men's Cross Country Athlete of the Week after he won the WWU Classic with a time of 31:13.2 over 10,000 meters. He became the first WWU men's individual champion at the meet since 2009.

• Senior **Matthew Lutz** placed sixth in the meet with a time of 31:42.3. He was the No. 4 GNAC finisher in the race.

• Senior **Brittany Grant** was the top WWU women's finisher, placing 17th in a time of 22:26.7 over 6,000 meters. Junior **Lilianna Stelling** placed 20th in a time of 22:35.1.

• Despite the performances at the WWU Classic, both Western Washington teams fell out of the USTFCCA Division II Coaches Poll. The women were ranked 15th the week before and the men were ranked 22nd. Both teams are eighth in the West Region.

• Western Washington was the runner-up in the women's team competition at the 2015 GNAC Championships, scoring 71 points. The Vikings' men placed third with 83 points.

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
Oct. 5	T-8th	—	22nd
Oct. 12	9th	RV (7)	—

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
Oct. 4	3rd	8th	10th	7th
Oct. 11	3rd	7th	10th	8th

USTFCCCA DIVISION II COACHES POLL

Week 5 (Oct. 12)	Rk	School (1st)	Pts.	Previous
1.	Adams State (7)	199	1	
2.	Grand Valley St. (1)	193	2	
3.	Colorado Mines	181	3	
4.	Chico State	179	4	
5.	Cal Poly Pomona	167	5	
6.	Western State	157	8	
7.	Augustana (S.D.)	151	7	
8.	CSU-Pueblo	142	6	
9.	Alaska Anchorage	138	8	
10.	Southern Indiana	133	10	
11.	Hillsdale	116	11	
12.	UC San Diego	111	12	
13.	Black Hills St.	80	14	
14.	Lee (Tenn.)	78	24	
15.	Saginaw Valley St.	75	16	
16.	Missouri Southern	73	14	
T17.	Cal Baptist	66	18	
	Mount Olive	66	13	
19.	American International	57	19	
20.	Lock Haven	49	17	
21.	Walsh	48	21	
22.	West Texas A&M	36	25	
23.	Shippensburg	32	20	
24.	Academy of Art	26	RV	
25.	Lewis	20	RV	

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

Week 5 (Oct. 11)	Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1	
2.	Cal Poly Pomona	CCAA	2	
3.	Alaska Anchorage	GNAC	3	
4.	UC San Diego	CCAA	4	
5.	Cal Baptist	PacWest	6	
6.	Academy of Art	PacWest	7	
7.	Simon Fraser	GNAC	8	
8.	Western Washington	GNAC	6	
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
Oct. 5	RV (8)	—	18th	15th
Oct. 12	14th	T-19th	25th	—

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
Oct. 4	6th	8th	5th	4th
Oct. 11	3rd	5th	7th	8th

USTFCCCA DIVISION II COACHES POLL

Week 5 (Oct. 12)	Rk	School (1st)	Pts.	Previous
1.	Adams State (8)	200	1	
2.	Grand Valley St.	192	2	
3.	Mary	182	3	
4.	Western State	175	4	
5.	Minnesota Duluth	167	6	
6.	Cedarville	160	7	
7.	Southern Indiana	148	8	
8.	Cal Baptist	145	9	
9.	Chico State	137	4	
10.	Northern Michigan	127	11	
11.	UC-Colorado Springs	116	12	
12.	Hillsdale	115	10	
13.	Stonehill	105	13	
14.	Alaska Anchorage	96	RV	
15.	Dallas Baptist	84	16	
16.	Point Loma	64	NR	
17.	Fort Hays State	62	NR	
18.	Malone	58	17	
T19.	Montevallo	45	19	
	Simon Fraser	45	NR	
21.	CSU-Pueblo	36	21	
22.	Shippensburg	32	22	
23.	Southwest Baptist	31	23	
24.	UC San Diego	27	14	
25.	Seattle Pacific	13	18	

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USTFCCCA WEST REGION POLL

Week 5 (Oct. 11)	Rk	School	Conf.	Prev.
1.	Cal Baptist	PacWest	2	
2.	Chico State	CCAA	1	
3.	Alaska Anchorage	GNAC	6	
4.	Point Loma	PacWest	7	
5.	Simon Fraser	GNAC	8	
6.	UC San Diego	CCAA	3	
7.	Seattle Pacific	GNAC	5	
8.	Western Washington	GNAC	4	
9.	Humboldt State	CCAA	9	
10.	Cal Poly Pomona	CCAA	10	

[View Complete Regional Polls Online](#)



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. 2, 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.

2016 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, Edwin 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.

2016 GNAC Meet Summaries

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 Narbuvoll, 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.

Sat., Oct. 1

Rocky Mountain Shootout

at Buffalo Ranch, Boulder, Colo.

Men (Non Division I, 8,000 Meters): Golden 35, Montana State Billings 41, Gillette CC 66, Westminster (Utah) 94.

Top 5 Finishers (All Competitors): 1, John Dressel, Unattached, 24:38. 2, Joe Klecker, CU, 24:42. 3, Zach Perrin, CU, 24:56. 4, Ryan Forsyth, CU, 25:04. 5, Ben Saarel, Unattached, 25:14.

Top GNAC Runners: 32, Garrett Love, MSUB, 27:17. 39, Jorey Egeland, MSUB, 27:35. 58, Tyus Mendoza, MSUB, 28:18. 60, Ronald Venema, MSUB, 28:21. 63, Mark Hovland, MSUB, 28:33.

Women (Non Division I, 5,800 Meters): Colorado Mines 34, Gillette CC 40, Westminster (Utah) 97, Montana State Billings 101, Elmhurst 120, St. Mary (Neb.) 145.

Top 5 Finishers (All Competitors): 1, Erin Clark, CU, 19:54. 2, Kaitlyn Benner, CU, 20:02. 3, Makena Morley, CU, 20:11. 4, Dani Jones, CU, 20:17. 5, Karley Rempel, Unattached, 21:01.

Top GNAC Finishers: 37, Rio Frame, MSUB, 24:36. 48, Bailey Bomar, MSUB, 25:22. 55, Nikki Aiken, MSUB, 25:39. 62, Lydia Foster, MSUB, 26:18. 67, Catrina Schuchard, MSUB, 26:48.

Charles Bowles Willamette Invitational

at Bush's Pasture Park, Salem, Ore.

Men's Cardinal (8,000 Meters): Portland 23, New Mexico St. 87, Willamette 129, Portland State 164, Western Oregon 166, Central Washington 173, Alaska 218, Lewis & Clark 243, Concordia (Ore.) 244, UC Santa Cruz 254, Whitworth 318, Pacific Lutheran 323, Whitman 344, Linfield 368, Saint Martin's 369, Hawaii Pacific 397, Puget Sound 414, Pacific (Ore.) 575.

Top 5 Finishers: 1, Brady Johnson, UP, 24:15.7. 2, Logan Orndorf, UP, 24:15.7. 3, Joe Horen, UP, 24:38.4. 4, Brad Hodgkinson, PLU, 24:51.8. 5, Fabian Tomas, UP, 24:57.0.

Top GNAC Finishers: 7, Judd Lewis, CU, 25:08.4. 8, Dustin Nading, WOU, 25:08.8. 9, Jared Seckel, CU, 25:12.7. 16, Justin Crosswhite, WOU, 25:27.0. 26, Ethan Livermore, CU, 25:44.8.

Women's Cardinal (5,000 Meters): Portland 87, New Mexico St. 96, Portland State 100, Whitworth 144, Central Washington 175, Willamette 178, Saint Martin's 213, Alaska 218, Western Oregon 219, Hawaii Pacific 245, UC Santa Cruz 281, St. Benedict 282, Lewis & Clark 364, Pacific (Ore.) 370, Linfield 279, Whitman 392, Puget Sound 413, Concordia (Ore.) 516, Pacific Lutheran 532, Hawaii Hilo 606.

2016 GNAC Meet Summaries

Top 5 Finishers: 1, Shannon Porter, SMU, 17:06.7. 2, Mathilde Sagnes, UP, 17:31.8. 3, Olivia Mancini, WU, 17:39.7. 4, Kayla Leland, WHTW, 17:50.6. 5, Dorothy O'Donnell, UAF, 17:57.8.

Other Top GNAC Finishers: 6, Yadira Lopez, SMU, 18:01.8. 9, Alexa Shindruk, CWU, 18:13.4. 16, Kennedy Rufener, WOU, 18:26.0.

Stanford Invitational

at Stanford Golf Course, Palo Alto, Calif.

Men's College Open (8,000 Meters): Cal Poly 54, Cal Poly Pomona 63, UC Santa Barbara 114, San Jose St. 132, St. Mary's (Calif) 143, Tulane 217, Stanford 224, Simon Fraser 234, Mt. Sac 255, Fresno State 256, Azusa Pacific 281, Cal State East Bay 323, San Bernardino Valley 330, Fresno Pacific 350, Santa Clara 358, George Fox 436, Stanislaus State 483, UC Merced 509.

Top 5 Finishers: 1, Thomas Radcliffe, Unattached, 23:17.0. 2, Emmanuel Rotich, Tulane, 23:19.9. 3, Swarnjit Boyal, Cal Poly, 23:22.8. 4, Clayton Hutchins, Cal Poly, 23:30.9.5. 5, Ga. Arisa-Sheridan, St. Mary's, 23:34.60.

Top GNAC Finishers: 36, Braeden Charlton, SFU, 24:27.20. 43, Sean Miller, SFU, 24:35.90. 72, Lorenzo Smith, SFU, 25:09.60. 73, Rowan Doherty, SFU, 25:10.20. 107, Mateo de Dalmases, SFU, 25:54.40.

Women's College Open (6,000 Meters): Stanford 37, Cal Poly 46, UC Santa Barbara 129, San Jose St. 164, Simon Fraser 165, St. Mary's (Calif.) 184, Tulane 217, Cal Poly Pomona 218, Azusa Pacific 220, Fresno Pacific 222, Stanislaus State 252, Fresno State 293, Cal State East Bay 354, Mt. Sac 364, George Fox 452, UC Merced 468.

Top 5 Finishers: 1, Elise Cranny, STAN, 20:02.50. 2, Peyton Bilo, Cal Poly, 20:08.80. 3, Annemarie Schwanz, FSU, 20:16.00. 4, Vanessa Fraser, STAN, 20:19.0. 5, Jenna Hinkle, UCSB, 20:31.10.

Top GNAC Finishers: 17, Rebecca Bassett, SFU, 21:23.20. 20, Julia Howley, SFU, 21:28.30. 39, Addy Townsend, SFU, 22:09.00. 44, Miryam Bassett, SFU, 22:16.80. 67, Reta Dobie, SFU, 22:57.90.