



Sept. 17, 2015 • Week 2
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GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Sat., Sept. 19

Concordia, Central Washington, Northwest Nazarene, Saint Martin's, Seattle Pacific, Western Oregon & Western Washington at Sundodger Invitational, Seattle, Wash., 9 a.m.

Montana State Billings at Montana State Invitational, 9 a.m.

LAST WEEK'S MEETS

Fri., Sept. 11

Ash Creek Invitational at Ash Creek Preserve, Western Oregon Univ., Monmouth, Ore.

Men (6,300m): Chico State 17, Simon Fraser 64, Portland 134, Western Oregon 140, Academy of Art 143, Willamette 165, Oregon Tech 171, Fresno Pacific 191, Clackamas CC 198, Linfield 291, Concordia 300, Lane CC 335, Rogue CC 336.

Top 5 Finishers: 1, William Reyes, CHICO, 17:47.1. 2, Falco DiGiallonardo, CHICO, 18:12.9. 3, Kyle Medina, CHICO, 18:15.1. 4, Valentin Pepiot, AAU, 18:15.2. 5, Steven Martinez, CHICO, 18:32.4.

Top GNAC Runners: 8, Oliver Jorgensen, SFU, 18:44.9. 11, Marc-Antoine Rouleau, 18:50.4. 18, Rowan Doherty, SFU, 19:05.8. 19, David Ribich, WOU, 19:07.3. 21, Cameron Proceviat, SFU, 19:16.6.

Women (4,600m): Chico State 40, Willamette 73, Portland 79, Simon Fraser 136, Academy of Art 153, San Francisco St. 176, Concordia 197, Western Oregon 224, Fresno Pacific 233, Oregon Tech 236, Linfield 286, Clackamas CC 368.

Top 5 Finishers: 1, Rebecca Bassett, SFU, 16:28.1. 2, Sadie Gastelum, CHICO, 16:28.6. 3, Courtney Moore, FPU, 16:34.3. 4, Megan Fristoe, CU, 16:46.3. 5, Olivia Mancini, WU, 16:50.0.

Other Top GNAC Runners: 15, Nicole Pederson, CU, 17:10.0. 27, Julia Howley, SFU, 17:31.7. 29, Nicole Maurmann, WOU, 17:38.0.

Sat., Sept. 12

CWU Apple Ridge Invitational Apple Ridge XC Course, Yakima, Wash.

Men (6,000m): Western Washington 22, Central Washington 49, Pacific Lutheran 58, Olympic CC 120.

Top 5 Finishers: 1, Brad Hodkinson, PLU, 19:41. 2, Michael Chinchar, Unattached, 20:06. 3, Nick Mounier, WWU, 20:24. 4, Dylan Hayes, WWU, 20:28. 5, Peter Butler, Unattached, 20:38.

Top GNAC Runners: 6, Cody McCrainie, WWU, 20:48. 7, Justin Irvine, WWU, 20:53. 9, Jonathan Lafferty, CWU, 20:57.

Women (4,000m): Central Washington 22, Western Washington 34, Pacific Lutheran 80, Olympic CC 120.

Top 5 Finishers: 1, Dani Eggleston, CWU, 15:00. 2, Erin Chinchar, CWU, 15:02. 3, Tracy Melville, WWU, 15:08. 4, Megan Rogers, CWU, 15:12. 5, Brittany Grant, WWU, 15:44.

Chukar Classic at Weiser Rolling Hills Golf Course, Weiser, Idaho

Men (4 Miles): College of Idaho 26, Eastern Oregon 75, Northwest Nazarene 76, Clark CC 82, Treasure Valley CC 83.

Top 5 Finishers: 1, Max Hampton, CI, 21:10. 2, Isaac Mitchell, NNU, 21:12. 3, J. Breen, CC, 21:39. 4, Austin Fred, CI, 21:42. 5, S. Garvin, CC, 21:46.

Other Top GNAC Runners: 13, Nick Hamilton, 22:25. 15, Gabe Fisher, NNU, 22:36. 17, Chase Cunningham, NNU, 22:44. 32, David Waterman, NNU, 24:11.

Women (5,000m): College of Idaho 18, Northwest Nazarene 56, Eastern Oregon 77, Clark College 100.

Top 5 Finishers: 1, Ruth Lewinski, CI, 19:44. 2, Amy Pfaff, CI, 19:45. 3, Lila Klopfenstein, CI, 19:55. 4, Sierra Manzer, NNU, 19:59. 5, Kailyn Schut, CI, 20:03.

Other Top GNAC Runners: 6, Hailey Gordon, NNU, 20:07. 8, Anysja Manser, NNU, 20:29. 12, Rebecca Hook, NNU, 20:29. 17, Jadyn Gourley, NNU, 21:33.

Hawaii Pacific Invitational at Kahuku Golf Course, Kahuku, Hawaii

Men (8,000m): Alaska Anchorage 15, Hawaii Pacific 52, BYU-Hawaii 83, Chaminade 115.

Top 5 Finishers: 1, Henry Cheseto, UAA, 25:58.6. 2, Dominik Notz, UAA, 25:59.4. 3, Edwin Kangogo, UAA, 26:18.8. 4, Victor Samoei, UAA, 26:28.2. 5, Nathan Kipchumba, UAA, 26:45.1.

Women (5,000m): Alaska Anchorage 16, Hawaii Pacific 51, BYU-Hawaii 69, Hawaii-Hilo 124, Chaminade 136.

Top 5 Finishers: 1, Caroline Kurgat, UAA, 18:15.9. 2, Joyce Chelimo, UAA, 18:18.0. 3, Kimberley Cosica, UAA, 18:42.7. 4, Jessica Pahkala, UAA, 19:08.7. 5, Johanna Apelryd, HPU, 19:09.8.

Other Top GNAC Runners: 6, Kaitlyn Maker, UAA, 19:14.3.

#GNACXC in 140 @GNACSports

#PerfectAgain For the second straight week, Alaska Anchorage's men compiled a perfect score to win a race in Hawaii, winning the Hawaii Pacific Invitational.

#PerfectLeader Defending GNAC and West Region champion **Henry Cheseto** was named GNAC Men's Cross Country Runner of the Week after leading Alaska Anchorage, winning the Hawaii Pacific Invitational in a time of 25:58.6.

#TrueNorthStrong Simon Fraser's **Rebecca Bassett** was named GNAC Women's Cross Country Runner of the Week after winning a close race at the Ash Creek Invitational. Bassett just beat Chico State's Sadie Gastelum with a time of 16:28.1.

#RidgeRunners Teams from the GNAC claimed both the men's and women's team titles at Central Washington's Apple Ridge Invitational. Western Washington won the men's race while the Wildcats took the women's crown. Both scored 22 points.

#Men'sRankings Alaska Anchorage and Western Washington maintained their No. 7 and No. 19 rankings in the USTFCCCA Division II Men's Poll, while Simon Fraser moved up four spots to No. 21.

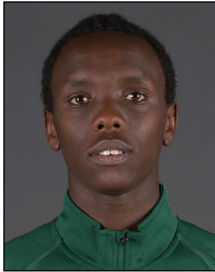
#Women'sPoll Alaska Anchorage moved up one spot to No. 9 in the USTFCCCA Women's Top-25 Poll while Simon Fraser dropped two spots to No. 10. Central Washington maintained at No. 22.

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Alaska Anchorage	@UAAAXCTF	#UAASeawolves
Cent. Washington	@CWU_Track	#CWUWildcats
Concordia	@gocugo	#gocugoxc
MSU Billings	@MSUBXCTF	#MSUBXC
NW Nazarene	@NNUVolleyball	#GoNNUcrusaders
Saint Martin's	@SMUSaints	#SaintsAlive
Seattle Pacific	@SPUFalcons	
Simon Fraser	@ClanTrack	#NCAAeh
W. Oregon	@WOregonXCTF	#WOUWolves
W. Washington	@WWUathletics	#GoViks

GNAC Cross Country Runners of the Week



MEN

Henry Cheseto, Alaska Anchorage
Sophomore • Kapenguria, Kenya

Cheseto led Alaska Anchorage to their second perfect team score in as many weeks at the Hawaii Pacific Invitational. Cheseto won the 8,000-meter race in a time of 25:58.6 (average of 5:13 per mile), beating teammate Dominik Notz by one second. Cheseto led an Alaska Anchorage team that had the top six placers in the race.

Also Nominated: Isaac Mitchell (Northwest Nazarene).



WOMEN

Rebecca Bassett, Simon Fraser
Junior • Nanaimo, B.C.

Bassett won a close race at Friday's Ash Creek Invitational, beating Chico State's Sadie Gastelum at the tape as she covered the 4,600-meter course in 16:28.1 (5:45 per mile average). Bassett led the Clan to a fourth place finish in the meet with 136 points. They were the top GNAC scoring team.

Also Nominated: Dani Eggleston (Central Washington), Megan Fristoe (Concordia), Caroline Kurgat (Alaska Anchorage), Sierra Manzer (Northwest Nazarene).

Past GNAC Runners of the Week

Date	Men	Women
Aug. 31 - Sept. 6	Robert Peterson, MSUB	Anna Patti, SPU
Sept. 7 - 13	Henry Cheseto, UAA	Rebecca Bassett, SFU
Sept. 14 - 20		
Sept. 21-27		
Sept. 28 - Oct. 4		
Oct. 5 - 11		
Oct. 12 - 19		

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

GNAC News & Notes

SEAWOLVES PERFECT IN HAWAII: Alaska Anchorage had two races in Hawaii and finished with two perfect men's scores. The Seawolves won both the men's and women's races at Saturday's Hawaii Pacific Invitational. While the men were perfect at 15 points, the women were one point off of perfect with a score of 16. Sophomore **Henry Cheseto** won the men's race in a time of 25:58.6 for 8,000 meters. Sophomore **Caroline Kurgat** won the women's 5,000-meter race in a time of 18:15.9.

APPLE RIDGE ASCENT: The GNAC collected both team titles at the Apple Ridge Invitational, hosted by Central Washington in Yakima, Wash. Western Oregon opened the season by winning the men's 6,000-meter race with 22 points. The Central Washington women equalled the WWU men's effort, winning the 4,000-meter competition with 22 points.

AND THE FRESHMEN SHALL LEAD THEM: Of the Western Washington men's scoring five at the Apple Ridge Invitational, three of them were freshmen running in their first collegiate races. **Nickolas Mounier** placed third in a time of 20:24, **Dylan Hayes** was fourth in 20:28 and **Justin Irvine** was seventh in 20:53. In the women's race, **Tracy Melville** led the Vikings in her first collegiate race with a time of 15:08.

IN THE RANKINGS: All six ranked GNAC programs remained in the Sept. 16 USTFCCCA Division II Coaches Polls. Alaska Anchorage and Western Washington maintained their positions at No. 7 and No. 19, respectively. Simon Fraser moved up four spots to No. 21. In the women's poll, Alaska Anchorage moved up to No. 9 while Simon Fraser slipped two spots to No. 10. Central Washington maintained their No. 22 position.

CHAMPIONSHIPS: Western Washington will host the 2015 GNAC Cross Country Championships on Sat., Oct. 24, at Bellingham's East Lake Padden Park. Western Oregon will host the NCAA Division II West Regional Championships on Sat., Nov. 7, on their own Ash Creek Preserve course on campus in Monmouth. All GNAC teams automatically qualify for the regional meet. The top four men's teams and the top five women's team in the regional meet qualify for the NCAA Division II Championships, which take place on Sat., Nov. 21, in Joplin, Mo.

Around The GNAC

ALASKA



- Alaska is in the midst of a two-weekend break from competition after hosting two races at their own Moda Health Alaska Invitational on Sept. 3 & 5. The Nanooks will next compete at the Stanford Invitational on Sat., Sept. 26.
- The Alaska men won the shorter 5,000-meter race at the Alaska Invitational to open the season, led by a second place finish by sophomore **Alexander Eckert** (16:11.7).
- The Nanook women placed second in both the 6,000-meter race and the 5,000-meter race at their Alaska Invitational. Junior **Dorothy O'Donnell** was the top finisher for Alaska in both races with a pair of third place races (23:36.7 for 6,000 meters, 19:10.7 for 5,000 meters).

ALASKA ANCHORAGE



- For the second week in a row, Alaska Anchorage put together a perfect team score with a 15-point performance at Saturday's Hawaii Pacific Invitational. The Seawolves were a bit more spaced out in the 8,000-meter race than they were at 5,000 meters, with a spread of 47 seconds between the No. 1 and No. 5 runners.
- Sophomore **Henry Cheseto** led the Seawolves' five after placing third in the Sept. 5 opener, finishing in 25:58.6. The performance earned Cheseto selection as the GNAC Men's Cross Country Runner of the Week.
- Senior **Dominik Notz** was one second behind Cheseto in second place in a time of 25:59.4.
- The pair of perfect scores allowed Alaska Anchorage to maintain their No. 7 national ranking and a No. 2 West Region ranking in this week's USTFCCA Division II polls.
- The Alaska Anchorage women finished one point off of a perfect score at the Hawaii Pacific Invitational, winning with 16 points. The Seawolves took the top four places in the race along with sixth place to round out the scoring five. The time difference between UAA's top-five runners was 56 seconds.
- Sophomore **Caroline Kurgat** won her second race in Hawaii this season, covering the 5,000 meters in a time of 18:15.9. Junior **Joyce Chelimo** was two seconds behind with a second place finish in 18:18.0.
- The Seawolves moved up one spot in the USTFCCA Division II Coaches Poll to No. 9 and traded places with Simon Fraser in the West Region rankings at No. 2.
- Alaska Anchorage will not compete for the next two weekends. Their only remaining meet before the GNAC Championships will be the Oct. 10 Western Washington Invitational in Bellingham, Wash.

CENTRAL WASHINGTON



- Central Washington posted a pair of solid team performances at their season-opening Apple Ridge Invitational in Yakima, Wash. The Wildcats' women won the four-team meet with 22 points, with all five scoring runners placing in the top eight. Central's men placed second behind Western Washington with a score of 58 points.
- Senior **Dani Eggleston** was the winner in the women's 4,000-meter race with a time of 15:00. Senior **Erin Chinchir** was second in 15:02 while senior **Megan Rogers** placed fourth in 15:12. In all, the CWU women put just 51 seconds between their top five runners.
- The opening performance allowed Central Washington to main their No. 22 position in the USTFCCA Division II National Poll and their No. 5 ranking in the regional poll.

- Freshman **Jonathan Lafferty** opened his collegiate career as CWU's top runner in the meet, placing ninth with a time of 20:57 for 6,000 meters. Sophomore **Josh Boston** was two places behind in 11th place at 21:10.
- The Apple Ridge Invitational starts a string of three straight weekends of competition for Central Washington. They will compete at the Sundodger Invitational on Saturday and will travel south to the Stanford Invitational on Sept. 26.

CONCORDIA



- Concordia received a taste of life as a Division II cross country program with their appearance in Friday's Ash Creek Invitational. The Cavaliers' women finished seventh in the 13-team meet while the men placed 11th.
- Junior transfer **Megan Fristoe** was Concordia's top runner, placing fourth in the women's 4,600-meter race in a time of 16:46.3. Freshman **Nicole Pederson** showed well, placing 15th in a time of 17:10.0.
- On the men's side, junior **Jared Seckel** was Concordia's top placing runner, finishing 43rd in 19:49.1 over 6,300 meters.
- Concordia will finish three straight weekends of competition on Saturday as they participate in the Sundodger Invitational. The Cavaliers will then have a weekend off before the Oct. 3 Charles Bowles Willamette Invitational.
- Concordia is in the second year of a three-year transition process to NCAA Division II membership. This is their first year playing 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 did not compete last weekend. The Yellowjackets return to action on Saturday at the Montana State Invitational in Bozeman, Mont.
- Senior **Robert Peterson** was the week one GNAC Men's Cross Country Runner of the Week after winning both men's races at the Moda Health Alaska Invitational. He won the 8,000-meter race in a time of 26:18.3 and the 5,000-meter race in a time of 15:44.6.

NORTHWEST NAZARENE



- Northwest Nazarene opened their season by participating the Chukar Classic, hosted by Treasure Valley CC in Weiser, Idaho. The NNU women finished second with a score of 64 points while the men placed third with 76 points.
- Sophomore **Isaac Mitchell** was NNU's top runner in the men's four-mile race, finishing second in 21:12. Mitchell was just two seconds behind winner Max Hampton of College of Idaho.
- Freshman **Sierra Manser** was the top NNU in the women's 5,000-meter race, placing fourth in a time of 19:59. Senior **Hailey Gordon** finished sixth in 20:07 while sophomore **Anysia Manser** was eighth in 20:29.
- Next weekend's Sundodger Invitational is the only time that Northwest Nazarene will see another GNAC team prior to the GNAC Championships in October. The Crusaders will race at the San Francisco State Invitational on Oct. 9 and the Lewis & Clark Invitational on Oct. 17.

Around The GNAC

SAINT MARTIN'S



- Saint Martin's did not compete last weekend. The Saints will join the majority of GNAC squads at the Sundodger Invitational on Saturday in Seattle.
- Freshman **Larissa Kolasinski** was an individual winner in her first collegiate meet, leading the Saints at the Sept. 5 Puget Sound Invitational. She covered the 6,000-meter course in 23:10.

SEATTLE PACIFIC



- After opening the season in Alaska, Seattle Pacific took last weekend off. The Falcons will return to competition on Saturday at the Sundodger Invitational.
- The Falcons' women won both races at the Sept. 3 & 5 Moda Health Alaska Invitational. The Falcons won the 6,000-meter race with a score of 21 points and won the 5,000-meter race with a score of 18 points.
- The women's performance was enough to move the Falcons up two spots in the USTFCCCA West Regional Poll to No. 7.
- Senior Anna Patti claimed both individual titles at the Alaska Invitational to earn week one GNAC Women's Cross Country Runner of the Week honors. She won the 6,000-meter race in 22:11.5 and the 5,000-meter race in 18:34.5.
- Saturday will mark the 22nd consecutive year that Seattle Pacific has run at the Sundodger Invitational.

SIMON FRASER



- Simon Fraser opened the 2015 season with a pair of solid team finishes at the Ash Creek Invitational. The Clan men finished second in the 13-team competition with 64 points. The SFU women were fourth with a score of 136 pts.
- Junior **Rebecca Bassett** outlasted Chico State's Sadie Gastelum to win the women's 4,600-meter race in a time of 16:28.1. The performance against some of the region's best runners earned Bassett selection as the GNAC Women's Cross Country Runner of the Week.
- Junior **Oliver Jorgensen** was Simon Fraser's top men's placer in eighth place, covering the 6,400-meter course in 18:44.9. Senior **Marc-Antoine Rouleau** was three places behind in 11th, finishing with a time of 18:50.4.
- The strong team performance against the defending west region champion allowed the Simon Fraser men to move up four spots to No. 21 in this week's USTFCCCA Division II Coaches Poll and maintained their No. 6 West Region ranking.
- The Simon Fraser women slipped two spots to No. 10 in this week's USTFCCCA Division II Poll and are now the second ranked GNAC team behind Alaska Anchorage. The Clan also traded places with the Seawolves in the West Region rankings, dropping to No. 3.

WESTERN OREGON



- Western Oregon opened the 2015 season at home, hosting the Ash Creek Invitational. The Wolves' men made a solid showing, placing fourth out of 13 teams. The WOU women finished eighth of 12 teams.
- Sophomore **David Ribich** was WOU's top runner in the men's 6,400-meter course, placing 19th in a time of 19:07.3. Senior **Zach Holloway** was 10 places back, finishing in 29th place in a time of 19:32.7.
- Junior **Nicole Maurmann** was the WOU leader in the women's 4,600-meter race, placing 29th in 17:38.0. Freshman **Grace Knapp** was 10 places back with a 39th place finish of 17:52.1.
- The men's performance allowed the Wolves to emerge at No. 10 in the USTFCCCA West Region Poll, giving the GNAC four of the 10 teams ranked regionally.
- Western Oregon will be the host of the NCAA Division II West Regional Championships, which will take place on Sat., Nov. 7.

WESTERN WASHINGTON



- Western Washington ran well in their season opener at the Apple Ridge Invitational. The Vikings' men won the four-team competition with a score of 22 points, placing all five scoring runners in the top-10. The WWU women placed second with a score of 34 points.
- Three freshmen figured into the Viking men's top-four. **Nicolas Mounier** placed third in a time of 20:24. **Dylan Hayes** placed fourth in 20:28 and **Justin Irvine** placed seventh 20:53. Junior **Cody McCranie** broke up the freshman trio, placing sixth in 20:48.
- Freshman **Tracy Melville** led a quartet of Vikings' women to finish in the top-10 of the 4,000-meter race. Melville placed third in a time of 15:08. Junior **Brittany Grant** placed fifth in a time 15:44 while senior **Taylor Guenther** was sixth in 15:45. Junior **Lillianna Stelling** placed ninth in a time of 15:53.
- Western Washington's men maintained their No. 19 ranking in this week's USTFCCCA Division II Coaches Poll as well as their No. 5 regional ranking. The WWU women moved up one in the regional rankings to No. 6, but did not receive any votes in the national poll. The Vikings had received votes in the preseason rankings.
- Western Washington will host the GNAC Championships on Sat., Oct. 24, at Bellingham's Lake Padden Park. It is the second time that WWU has hosted the GNAC meet. The first was in 2005.

Men's Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SFU	WWU
Sept. 2	7th	25th	T-19th
Sept. 16	7th	T-21st	19th
Sept. 23			
Sept. 30			
Oct. 7			
Oct. 14			
Oct. 28			
Nov. 11			

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

West Region	UAA	SFU	WOU	WWU
Sept. 1	2nd	6th	—	4th
Sept. 15	2nd	6th	10th	5th
Sept. 22				
Sept. 29				
Oct. 6				
Oct. 13				
Oct. 27				

USTFCCCA DIVISION II COACHES POLL

as of Sept. 16, 2015 (Week 1)		
Rk	School (1st)	Pts.
1.	Adams State (8)	200
2.	Grand Valley State	191
3.	Chico State	180
4.	Colorado Mines	173
5.	Augustana (S.D.)	172
6.	Southern Indiana	158
7.	Alaska Anchorage	151
8.	Western State	147
9.	Sioux Falls	134
10.	Cal Poly Pomona	127
11.	Wis.-Parksides	117
12.	West Texas A&M	104
13.	Lock Haven	97
14.	Cal Baptist	95
15.	Colorado Mesa	78
16.	Ashland	77
17.	Mount Olive	72
18.	Shippensburg	61
19.	Western Washington	52
20.	Nebraska Kearney	39
21.	Simon Fraser	35
21.	Stonehill	35
23.	UC-Colorado Springs	33
24.	Indiana (Pa.)	22
25.	Northwest Missouri	13

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

as of Sept. 15, 2015 (Week 1)				
Prev.	Rk	School	Conf.	Prev.
	1.	Chico State	CCAA	1
	2.	Alaska Anchorage	GNAC	2
	3.	Cal Poly Pomona	CCAA	3
	4.	Cal Baptist	PacWest	4
	5.	Western Washington	GNAC	5
	6.	Simon Fraser	GNAC	6
	7.	San Francisco State	CCAA	7
	8.	Academy of Art	PacWest	8
	9.	UC San Diego	CCAA	NR
	10.	Western Oregon	GNAC	NR

[View Complete Regional Polls Online](#)

Women's Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	CWU	SFU	WWU
Sept. 2	10th	23rd	8th	RV
Sept. 16	9th	22nd	10th	—
Sept. 23				
Sept. 30				
Oct. 7				
Oct. 14				
Oct. 28				
Nov. 11				

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

West Region	UAA	CWU	SFU	SPU	WWU
Sept. 1	3rd	5th	2nd	9th	5th
Sept. 15	2nd	5th	3rd	7th	6th
Sept. 22					
Sept. 29					
Oct. 6					
Oct. 13					
Oct. 27					

USTFCCCA DIVISION II COACHES POLL

as of Sept. 16, 2015 (Week 1)		
Rk	School (1st)	Pts.
1.	Grand Valley State (8)	200
2.	Hillsdale	188
3.	Adams State	187
4.	Minnesota Duluth	174
5.	Augustana (S.D.)	163
6.	Chico State	162
7.	Western State	148
8.	Northern Michigan	143
9.	Alaska Anchorage	142
10.	Simon Fraser	129
11.	Colorado Mesa	113
12.	Southern Indiana	105
13.	Cal Baptist	103
14.	Bellarmino	86
15.	Lewis	83
16.	Edinboro	72
17.	Stonehill	63
17.	Malone	63
19.	Winona State	55
20.	UC-Colorado Springs	53
21.	Bloomsburg	39
22.	Central Washington	23
23.	Roberts Wesleyan	21
24.	Wis.-Parksides	20
25.	Southwest Baptist	19

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

as of Sept. 15, 2015 (Week 1)				
Prev.	Rk	School	Conf.	Prev.
	1.	Chico State	CCAA	1
	2.	Alaska Anchorage	GNAC	3
	3.	Simon Fraser	GNAC	2
	4.	Cal Baptist	PacWest	4
	5.	Central Washington	GNAC	5
	6.	Western Washington	GNAC	7
	7.	Seattle Pacific	GNAC	9
	8.	Azusa Pacific	PacWest	10
	9.	Cal State San Bernadino	CCAA	NR
	10.	UC San Diego	CCAA	6

[View Complete Regional Polls Online](#)



2015 GNAC Meet Summaries

Thurs., Sept. 3

Moda Health Alaska Invitational

at West Ridge Trails, Fairbanks, Alaska

Men (8,000m): Montana State Billings 21, Alaska 32, Seattle Pacific 92.

Top 5 Finishers: 1, Robert Peterson, MSUB, 26:18.3. 2, Keegan Rankin, UAF, 27:08.4. 3, Liam McKay, MSUB, 27:19.8. 4, Garrett Love, MSUB, 27:23.1. 5, Mark Hovland, MSUB, 27:25.1.

Women (6,000m): Seattle Pacific 21, Alaska 43, Montana State Billings 68.

Top 5 Finishers: 1, Anna Patti, SPU, 22:11.5. 2, Sarah Macdonald, SPU, 23:11.1. 3, Dorothy O'Donnell, UAF, 23:36.7. 4, Hannah Calvert, SPU, 23:52.6. 5, Jessica Rawlins, SPU, 24:03.4.

Moda Health Alaska Invitational

at West Ridge Trails, Fairbanks, Alaska

Men (5,000m): Alaska 26, Montana State Billings 35, Seattle Pacific 73.

Top 5 Finishers: 1, Robert Peterson, MSUB, 15:44.6. 2, Alex Eckert, UAF, 16:11.7. 3, Liam McKay, MSUB, 16:18.0. 4, Lyon Kopsack, UAF, 16:20. 5, Seiji Takagi, UAF, 16:24.

Women (5,000m): Seattle Pacific 18, Alaska 46, Montana State Billings 69.

Top 5 Finishers: 1, Anna Patti, SPU, 18:34.5. 2, Sarah Macdonald, SPU, 19:02.0. 3, Dorothy O'Donnell, UAF, 19:10.7. 4, Jessica Rawlins, SPU, 19:17.1. 5, Hannah Calvert, SPU, 19:34.2.

Fri., Sept. 4

Linfield Harrier Classic

at Joe Dancer Park, McMinnville, Ore.

Men (6,000m): Wartburg 27, Concordia 46, Linfield 58.

Top 5 Finishers: 1, Bobby Olivera, Unattached, 19:40.98. 2, Chris McIssac, Linfield Alumni, 19:55.02. 3, Ethan Livermore, CU, 19:57.13. 4, Jerry Frawley, WART, 20:01.08. 5, Jared Seckel, CU, 20:01.73.

Other Top GNAC Runners: 11, Paris Speidel, CU, 20:24.62. 22, Austin Peila, CU, 21:10.72. 25, Alan Johnston, CU, 21:18.96.

Women (4,000m): Concordia 28, Wartburg 36, Linfield 62.

Top 5 Finishers: 1, Megan Fristoe, CU, 14:59.14. 2, Sara Fristoe, CU, 15:18.45. 3, Hannah Greider, Linfield Alumni, 15:24.58. 4, Dakota Tell, WART, 15:28.56. 5, Nicole Pederson, CU, 15:31.20.

Other Top GNAC Runners: 11, Zoe Worobel, CU, 16:07.11. 12, Dalen Richardson, CU, 16:26.80.

Sat., Sept. 5

Hawaii Big Wave Invitational

at Kahuku Golf Course, Kahuku, Hawaii

Men (5,000m): Alaska Anchorage 15, Hawaii Pacific 60, George Fox 71, BYU-Hawaii 105, Chaminade 148.

Top 5 Finishers: 1, Edwin Kangogo, UAA, 15:41.15. 2, Nathan Kipchumba, UAA, 15:41.33. 3, Henry Cheseto, UAA, 15:41.52. 4, Dominik Notz, UAA, 15:45.66. 5, Victor Samoei, UAA, 16:17.88.

Women (5,000m): Alaska Anchorage 24, Hawaii 34, Pacific (Calif.) 97, BYU-Hawaii 116, Hawaii Pacific 121, George Fox 166, Hawaii-Hilo 203, Chaminade 234.

Top 5 Finishers: 1, Caroline Kurgat, UAA, 17:46.87. 2, Joyce Chelimo, UAA, 17:49.43. 3, Camille Campos, UH, 18:31.05. 4, Kimberley Cosica, UAA, 18:34.94. 5, Piper McDonald, UH, 19:04.67.

Other Top GNAC Runners: 10, Kaitlyn Maker, UAA, 19:24.74. 11, Jessica Pahkala, UAA, 19:28.63.

Puget Sound Invitational

at Ft. Steilacoom Park, Lakewood, Wash.

Men (8,000m): Puget Sound 33, Pacific Lutheran 51, Saint Martin's 57, Trinity Lutheran 73, Olympic CC 163, Green River CC 168.

Top 5 Finishers: 1, Tyler Shipley, UPS, 26:09. 2, Geremiah Lizier-Zmudzinski, UPS, 26:11. 3, Brad Hockinson, PLU, 26:23. 4, Kyle Rapacz, PLU, 27:39. 5, Jasper Heckman, SMU, 27:53.

Other Top GNAC Runners: 10, Josh Hunt, SMU, 28:24. 11, Austin Miller, SMU, 28:26. 15, Levi Schiltzer, SMU, 28:35. 16, Skyler Larson, SMU, 28:36.

Women (6,000m): Saint Martin's 37, Pacific Lutheran 45, Puget Sound 49, Trinity Lutheran 91, Olympic CC 150.

Top 5 Finishers: 1, Larissa Kolasinski, SMU, 23:10. 2, Taili Ni, UPS, 23:18. 3, Karen Horvath, SMU, 23:20. 4, Shailee Woodard, PLU, 24:34. 5, Yadira Lopez, TLU, 24:45.

Other Top GNAC Runners: 8, Lindsey Dorney, SMU, 25:12. 9, Megan Teigen, SMU, 25:30. 17, Claire McCloskey, SMU, 26:24. 20, Dalia Pedro-Trujillo, SMU, 26:33.

2015 GNAC Men's Cross Country Meet-By-Meet

ALASKA	Yr.	Moda Health Alaska Invite 9/3/15	Moda Health Alaska Invite 9/5/15	Stanford Invitational 9/26/15	W. Washington Invitational 10/10/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		8,000 Meters	5,000 Meters				
Mitch Burgess	Jr.	28:30.6 (18th)	16:43.3 (16th)				
Jan Cech		27:41.8 (9th)	17:06.1 (20th)				
Max Donaldson		27:44.7 (10th)	16:35.5 (11th)				
Alexander Eckert	So.	27:31.8 (7th)	16:11.7 (2nd)				
Michael Fehrenbach	Sr.						
Lyon Kopsack	So.	27:45.9 (11th)	16:20.0 (4th)				
Nick Lovett		28:29.6 (17th)	17:00.0 (18th)				
Jesse Mayo		31:35.9 (26th)	18:16.6 (24th)				
Dylan Nixon-Helms		28:15.4 (16th)	16:41.6 (15th)				
Keegan Rankin	Jr.	27:08.4 (2nd)	16:26.6 (6th)				
Tristan Sayre		29:33.1 (22nd)	16:37.1 (12th)				
Daniel Serventi	So.	28:02.3 (15th)	16:33.1 (9th)				
Seiji Takagi	So.	27:33.3 (8th)	16:24.0 (5th)				
Connor Truskowski		35:26.9 (27th)	19:21.6 (25th)				
Team Place (Pts.)		2nd of 3 (32)	1st of 3 (26)				
Results Link		Results	Results				

ALASKA ANCHORAGE	Yr.	Hawaii Big Wave Invitational 9/5/15	Hawaii Pacific Invitational 9/12/15	W. Washington Invitational 10/10/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		5,000 Meters	8,000 Meters			
Henry Cheseto	So.	15:41.52 (3rd)	25:58.6 (1st)			
Joe Day	Jr.					
Edwin Kangogo	So.	15:41.15 (1st)	26:18.8 (3rd)			
Nathan Kipchumba	So.	15:41.33 (2nd)	26:45.1 (5th)			
Michael Mendenhall	Jr.	16:29.45 (7th)	26:53.2 (6th)			
Philip Messina	Jr.	16:42.54 (9th)	27:33.0 (8th)			
Jesse Miller	Jr.	17:29.11 (21st)	28:43.4 (13th)			
Dominik Notz	Sr.	15:45.66 (4th)	25:59.4 (2nd)			
Michel Ramirez	Sr.					
Victor Samoei	Jr.	16:17.88 (5th)	26:28.2 (4th)			
Team Place (Pts.)		1st of 5 (15)	1st of 4 (15)			
Results Link		Results	Results			

CENTRAL WASHINGTON	Yr.	CWU Apple Ridge Inv. 9/12/15	Sundodger Invitational 9/19/15	Stanford Invitational 9/26/15	W. Washington Invitational 10/10/15	Seattle U Emerald City Open 10/17/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		6,000 Meters						
Josh Boston	So.	21:10 (11th)						
Taryk Boyd	Fr.	22:10 (23rd)						
Brent Christianson	So.							
Dylan Darlington	So.	21:37 (18th)						
Harry Engel	So.	22:40 (28th)						
Tyler Humphries	Fr.	21:29 (14th)						
Kaleb Javier	Sr.							
Jonathan Lafferty	Fr.	20:57 (9th)						
Ron Leaf	So.	22:34 (27th)						
Hanson Lee	Fr.	21:19 (16th)						
Alex Martinez	So.	21:29 (15th)						
Kyle Paulson	Fr.	21:24 (13th)						
Justin Pringle	Fr.							
Matthew Schrenk	Fr.							
Nick Spencer	Sr.							
Kieran Sprague	Jr.							
Ryan Thompson	Sr.							
Team Place (Pts.)		2nd of 4 (49)						
Results Link		Results						

2015 GNAC Men's Cross Country Meet-By-Meet

CONCORDIA		Linfield Harrier Classic 9/4/15	Ash Creek Invitational 9/11/15	Sundodger Invitational 9/19/15	Willamette Charles Bowles Invitational 10/3/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		6,000 Meters	6,300 Meters				
Austin Collins	Sr.	22:43.22 (40th)	22:04.5 (114th)				
Alan Johnston	Sr.	21:18.96 (25th)	21:03.9 (93rd)				
Roman Kirkov	Sr.						
Ethan Livermore	Jr.	19:57.13 (3rd)	21:44.2 (108th)				
Austin Peila	Sr.	21:10.72 (22nd)	22:10.8 (119th)				
Demetrius Rhodes	Sr.						
Jared Seckel	Jr.	20:01.73 (5th)	19:49.1 (43rd)				
Colton Snook	Jr.	22:24.86 (35th)	22:14.5 (121st)				
Paris Speidel	Jr.	20:24.62 (11th)	20:22.3 (65th)				
Alec Story	Jr.	23:19.42 (42nd)					
Team Place (Pts.)		2nd of 3 (46)	11th of 13 (300 pts.)				
Results Link		Results	Results				

MSU BILLINGS		Moda Health Alaska Invite 9/3/15	Moda Health Alaska Invite 9/5/15	Montana St. Invitational 9/19/15	Roy Griak Invitational 9/26/15	Yellowjacket Invitational 10/9/15	Yellowjacket/ Bat- tlin' Bear Dual 10/15/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		8,000 Meters	5,000 Meters						
Ivan Colmenero	Fr.	30:10.1 (24th)	17:23.2 (23rd)						
Jorey Egeland	So.	27:56.4 (13th)	16:28.3 (8th)						
Mark Hovland	So.	27:25.1 (5th)	16:39.2 (13th)						
Padon Little	Fr.								
Garrett Love	Jr.	27:23.1 (4th)	16:33.9 (10th)						
Jacob Marshall	Jr.								
Liam McKay	So.	27:19.8 (3rd)	16:18.0 (3rd)						
Josh Panasuk	Jr.								
Robert Peterson	Sr.	28:13 (1st)	15:44.6 (1st)						
Matt Winter	Sr.	27:50.6 (12th)	16:39.6 (14th)						
Team Place (Pts.)		1st of 3 (24)	2nd of 3 (35)						
Results Link		Results	Results						

NORTHWEST NAZARENE		Chukar Classic 9/12/15	Sundodger Invitational 9/19/15	San Francisco State Invitational 10/9/15	Lewis & Clark Invi- tational 10/17/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		4 Miles					
Chase Cunningham	Jr.	22:44 (17th)					
Caleb Druckhammer	Fr.						
Gabe Fisher	So.	22:36 (15th)					
Nicholas Hamilton	Fr.	22:25 (13th)					
Isaac Mitchell	So.	21:12 (2nd)					
Timothy Swarat	Fr.						
David Waterman	Sr.	24:11 (32nd)					
Team Place (Pts.)		3rd of 5 (76)					
Results Link		Results					

SAINT MARTIN'S		Puget Sound Invitational 9/5/15	Sundodger Invitational 9/19/15	SMU Open 9/26/15	Western Washington Classic 10/10/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		8,000 Meters					
Joe Edgecomb	Fr.	29:30 (25th)					
Kameron Galm	Fr.	30:15 (33rd)					
Jasper Heckman	Jr.	27:53 (5th)					
Mitchell Hughey	Jr.						
Josh Hunt	So.	28:24 (10th)					
Luis Lara Espinoza	Fr.	32:48 (46th)					
Skyler Larson	Jr.	28:36 (16th)					
Austin Miller	So.	28:26 (11th)					
Nathan Morgan	Sr.						
Levi Schilter	Fr.	28:35 (15th)					
Josiah Shelman	Sr.						
Andrew Walter	Fr.						
Team Place (Pts.)		3rd of 6 (57)					
Results Link		Results					

2015 GNAC Men's Cross Country Meet-By-Meet

SEATTLE PACIFIC	Yr.	Moda Health Alaska Invite 9/3/15	Moda Health Alaska Invite 9/5/15	Sundodger Invitational 9/19/15	Willamette Charles Bowles 10/3/15	W. Washington Invitational 10/10/15	SU Emerald City Open 10/17/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		8,000 Meters	5,000 Meters						
Adam Avischious	Sr.	29:43.2 (23rd)	16:48.2 (17th)						
Andrew Baklund	So.								
Jacob Busald	Fr.								
Brian Comer	Sr.	29:02.1 (20th)	17:18.2 (22nd)						
Ben Halladay	So.	28:01.4 (14th)	16:27.3 (7th)						
Brysten James	Fr.								
Ka'eo Lindsey	So.								
David McLeod	Jr.	29:09.5 (21st)	17:01.0 (19th)						
Chris Moreton	So.								
Clark Sterling	So.								
Joseph Walker	Jr.	28:45.8 (19th)	17:06.9 (21st)						
Josiah Zering	So.								
Team Place (Pts.)		3rd of 3 (97)	3rd of 3 (73)						
Results Link		Results	Results						

SIMON FRASER	Yr.	Ash Creek Invitational 9/11/15	Sundodger Invitational 9/19/15	Stanford Invitational 9/26/15	W. Washington Invitational 10/10/15	SU Emerald City Open 10/17/15	BC Cross Country Chmp. 10/24/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		6,300 Meters							
Braeden Charlton	Jr.	19:34.6 (31st)							
Ben Conrad	Fr.								
BJ Cunliffe	Sr.								
Mateo de Dalmases	So.	20:09.0 (54th)							
Rowan Doherty	Fr.	19:05.8 (18th)							
Dylan Freinhofer	So.								
Phillipe Gravel	So.								
Dustin Johnson	So.								
Oliver Jorgensen	Jr.	18:44.9 (8th)							
Stuart MacDonald	So.								
Timothy Mustard	Fr.	20:27.4 (72nd)							
Alexandre Pare	Sr.	23:47.7 (147th)							
Cameron Proceviat	Sr.	19:16.6 (21st)							
Marc-Antoine Rouleau	Sr.	18:50.4 (11th)							
David Sawatsky	So.	22:49.9 (136th)							
Jalen Sekhon	Fr.								
Samuel Serviss	Fr.	22:08.4 (117th)							
Lorenzo Smith	Sr.	20:37.4 (79th)							
Ephraim Tadesse	So.	19:49.6 (44th)							
Austin Trapp	Sr.								
Carlos Vargas	Fr.	20:14.5 (59th)							
Brendan Wong	Sr.	20:04.6 (51st)							
Team Place (Pts.)		2nd of 13 (64)							
Results Link		Results							

2015 GNAC Men's Cross Country Meet-By-Meet

WESTERN OREGON	Yr.	Ash Creek Invitational 9/11/15	Sundodger Invitational 9/19/15	Willamette Charles Bowles Invitational 10/3/15	W. Washington Invitational 10/10/15	Beaver Classic 10/23/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		6,300 Meters						
Eric Alcaraz	So.							
Riley Anheluk	Sr.	21:19.2 (96th)						
David Cornish	Jr.	20:34.4 (77th)						
Josh Dempsey	So.	20:23.9 (67th)						
Kaleb Dobson	Fr.							
Matthew Haglund	So.	22:13.7 (120th)						
Josh Hanna	Sr.	21:45.0 (110th)						
Zach Holloway	Sr.	19:32.7 (29th)						
AJ Holmberg	So.							
Tyler Jones	Fr.	19:47.0 (41st)						
Dominick Marshall	Fr.							
Parker Marson	So.							
Sam Naffziger	Sr.	19:44.6 (39th)						
Corrado Pitari	So.							
David Ribich	So.	19:07.3 (19th)						
Kyle Ruhlín	So.							
Joe Solk	Sr.							
Badane Sultessa	Jr.							
Aaron Whitaker	So.	22:28.0 (128th)						
Team Place (Pts.)		4th of 13 (140)						
Results Link		Results						

WESTERN WASHINGTON	Yr.	Central Washington Invitational 9/12/15	Sundodger Invitational 9/19/15	SMU Open 9/26/15	Western Washington Classic 10/10/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		6,000 Meters					
Dylan Brown	Jr.						
Isaac Derline	So.						
Sean Eustis	So.	21:10 (10th)					
Cameron Freshwaters	So.	22:01 (20th)					
Logan Giese	So.	21:40 (19th)					
Dylan Hayes	Fr.	20:28 (4th)					
Justin Irvine	Fr.	20:53 (7th)					
Cory Johnson	Jr.						
Will Jones	Jr.						
Matthew Lutz	Jr.						
Cody McCranie	Jr.	20:48 (6th)					
Nickolas Mounier	Fr.	20:24 (3rd)					
Jadon Olson	Fr.						
Ryan Peterson	Jr.						
Noah Ripley	Jr.						
Max Romey	Jr.						
Andrew Wise	So.						
Team Place (Pts.)		1st of 4 (22)					
Results Link		Results					

2015 GNAC Women's Cross Country Meet-By-Meet

ALASKA		Moda Health Alaska Invite 9/3/15	Moda Health Alaska Invite 9/5/15	Stanford Invitational 9/26/15	W. Washington Invitational 10/10/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		6,000 Meters	5,000 Meters				
Nicole Bathe	Jr.	24:34.6 (8th)	20:16.7 (10th)				
Alexandra Bergholtz		25:47.4 (14th)	20:48.8 (13th)				
Kimberly Fitzgerald		25:52.8 (15th)					
Cheyenne Greenside	So.	27:06.6 (19th)	22:20.9 (23rd)				
Martina Himma	So.	27:12.6 (20th)	21:58.4 (19th)				
Jocelyn Kopsack		27:44.9 (23rd)	22:15.7 (22nd)				
Sarah Lilly	Jr.	27:42.8 (22nd)	21:44.4 (18th)				
Anne-Tine Markset	So.	33:38.8 (27th)					
Dorothy O'Donnell	Jr.	23:36.7 (3rd)	19:10.7 (3rd)				
Chandra Smith	So.	27:52.6 (24th)	22:05.5 (21st)				
Hannah Stevens	Jr.	26:35.7 (17th)	21:32.0 (17th)				
Kali Striker	Jr.	24:32.4 (7th)	19:53.3 (8th)				
Anni Uhl	So.	26:45.4 (18th)	21:06.1 (14th)				
Grace Weller	So.	25:14.9 (11th)	20:44.6 (12th)				
Team Place (Pts.)		2nd of 3 (43)	2nd of 3 (46)				
Results Link		Results	Results				

ALASKA ANCHORAGE		Hawaii Big Wave Invitational 9/5/15	Hawaii Pacific Invitational 9/12/15	W. Washington Invitational 10/10/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		5,000 Meters	5,000 Meters			
Emily Biering	Fr.					
Mariah Burroughs	So.	19:35.19 (14th)	19:21.6 (8th)			
Riley Burroughs	Fr.	21:02.08 (36th)	20:15.5 (16th)			
Joyce Chelimo	Jr.	17:49.83 (2nd)	18:18.0 (2nd)			
Kimberly Cosica	Fr.	18:34.94 (4th)	18:42.7 (3rd)			
Beatrice Decker	Sr.					
Zenneh Jepchumba	Fr.					
Caroline Kurgat	So.	17:46.87 (1st)	18:15.9 (1st)			
Kaitlyn Maker	Fr.	19:24.74 (10th)	19:14.3 (6th)			
Danielle McCormick	Fr.	20:23.37 (24th)	19:53.6 (14th)			
Jessica Pahkala	Sr.	19:28.63 (11th)	19:08.7 (4th)			
Tamara Perez	So.	19:45.40 (19th)	19:31.3 (9th)			
Team Place (Pts.)		1st of 8 (26)	1st of 5 (16)			
Results Link		Results	Results			

CENTRAL WASHINGTON		CWU Apple Ridge Inv. 9/12/15	Sundodger Invitational 9/19/15	Stanford Invitational 9/26/15	W. Washington Invitational 10/10/15	Seattle U Emerald City Open 10/17/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		4,000 Meters						
Natalie Bergstrom	Sr.	16:49 (19th)						
Tessa Carlin	So.	18:47 (30th)						
Nicole Charlton	So.	18:48 (31st)						
Erin Chinchar	Sr.	15:02 (2nd)						
Hannah Dowdell	Sr.							
Dani Eggleston	Sr.	15:00 (1st)						
Elena Gomez	Jr.	15:51 (8th)						
Anna Hood	Jr.	17:46 (24th)						
Jayna Inderbitzin	Sr.	16:06 (13th)						
Brenna Liebel	Fr.	16:31 (18th)						
Ashley Mason	Fr.	16:16 (15th)						
Kaitlyn McKinney	Jr.	17:06 (21st)						
Stephanie Rexus	Jr.	15:47 (7th)						
Alexis Rogers	Fr.							
Megan Rogers	Sr.	15:12 (4th)						
Alexa Shindruk	Fr.	16:17 (16th)						
Heather Sweowat	Fr.	18:17 (28th)						
Darby Throndsen	Fr.							
Team Place (Pts.)		1st of 4 (22)						
Results Link		Results						

2015 GNAC Women's Cross Country Meet-By-Meet

CONCORDIA		Linfield Harrier Classic 9/4/15	Ash Creek Invitational 9/11/15	Sundodger Invitational 9/19/15	Willamette Charles Bowles Invitational 10/3/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		4,000 Meters	4,600 Meters				
Kelsea Campbell	So.						
Sara Fristoe	Jr.	15:18.45 (2nd)					
Megan Fristoe	Jr.	14:59.14 (1st)	16:46.3 (4th)				
Jessica Jensen	So.	17:07.75 (25th)	20:18.9 (99th)				
Megan Mayfield	Fr.						
Erin McChurch	Fr.	17:59.84 (35th)	19:51.5 (86th)				
Blanca Moreno	Jr.	17:12.35 (26th)	19:38.4 (80th)				
Nicole Pederson	Fr.	15:31.20 (5th)	17:10.0 (15th)				
Dalen Richardson	So.	16:26.80 (12th)	20:21.0 (101st)				
Brenna Siltman	Fr.						
Megan VonBargen	Sr.	17:54.56 (34th)	21:42.9 (115th)				
Zoe Worobel	Sr.	16:07.11 (11th)	18:15.8 (51st)				
Team Place (Pts.)		1st of 3 (28)	7th of 12 (197 pts.)				
Results Link		Results	Results				

MSU BILLINGS		Moda Health Alaska Invite 9/3/15	Moda Health Alaska Invite 9/5/15	Montana St. Invitational 9/19/15	Roy Griak Invitational 9/26/15	Yellowjacket Invitational 10/9/15	Yellowjacket/ Bat- tlin' Bear Dual 10/15/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		6,000 Meters	5,000 Meters						
Sarah Beatty	Fr.	29:28.9 (26th)	24:25.5 (25th)						
Bailey Bomar	So.	25:41.6 (13th)	21:29.3 (16th)						
Taylor Condon	Sr.	26:23.2 (16th)	21:10.5 (15th)						
Brielle Davis	Sr.	25:32.2 (12th)	20:32.8 (11th)						
Rio Frame	Jr.	24:17.5 (6th)	19:54.9 (9th)						
Cate Klaudt	Fr.	28:37.4 (25th)	23:27.6 (24th)						
Devin McDonald	Fr.								
Josey Smiedala	Fr.								
Nikki Terkildsen	Fr.								
Jinise Trueblood	Sr.	27:24.0 (21st)	21:59.9 (20th)						
Team Place (Pts.)		3rd of 3 (68)	3rd of 3 (69)						
Results Link		Results	Results						

NORTHWEST NAZARENE		Chukar Classic 9/12/15	Sundodger Invitational 9/19/15	San Francisco State Invitational 10/9/15	Lewis & Clark Invi- tational 10/17/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		5,000 Meters					
Hailey Gordon	Sr.	20:07 (6th)					
Jadyn Gourley	Sr.	21:33 (17th)					
Emily Hammons	Fr.						
Rebecca Hook	Sr.	20:41 (12th)					
Josephine Lonia	Fr.	21:39 (18th)					
Anysia Manzer	So.	20:29 (8th)					
Sierra Manser	Fr.	19:59 (4th)					
Emily Merioles	Jr.						
Kaydee Mick	Jr.	23:10 (28th)					
Rachel Roach	Fr.						
Amy Wheeler	So.						
Team Place (Pts.)		2nd of 4 (46)					
Results Link		Results					

2015 GNAC Women's Cross Country Meet-By-Meet

SAINT MARTIN'S	Yr.	Puget Sound Invitational 9/5/15	Sundodger Invitational 9/19/15	SMU Open 9/26/15	Western Washington Classic 10/10/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		6,000 Meters					
Alexis Carandang	Jr.						
Lindsey Dorney	Fr.	25:12 (8th)					
Keirnan Hawthorne	Jr.						
Karen Horvath	Sr.	23:20 (3rd)					
Larissa Kolasinski	Fr.	23:10 (1st)					
Claire McCloskey	Jr.	26:24 (17th)					
Dalia Pedro-Trujillo	So.	26:33 (20th)					
Shannon Porter	Jr.						
Megan Teigen	Jr.	25:30 (9th)					
Elizabeth Waddell	Fr.						
Alexi Whatley	Fr.						
Team Place (Pts.)		1st of 5 (37)					
Results Link		Results					

SEATTLE PACIFIC	Yr.	Moda Health Alaska Invite 9/3/15	Moda Health Alaska Invite 9/5/15	Sundodger Invitational 9/19/15	Willamette Charles Bowles 10/3/15	W. Washington Invitational 10/10/15	SU Emerald City Open 10/17/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		6,000 Meters	5,000 Meters						
Hannah Calvert	Jr.	23:51.6 (4th)	19:34.2 (5th)						
Melanie Campbell	Fr.								
Sophie Carroll	So.								
Mary Charleson	So.	24:52.1 (10th)	19:36.1 (6th)						
Lynelle Decker	Sr.	24:39.4 (9th)	19:49.9 (7th)						
Hailey Kettel	So.								
Sarah Macdonald	Jr.	23:11.1 (2nd)	19:02.0 (2nd)						
Jessie Mathison	So.								
Anna Patti	Sr.	22:11.5 (1st)	18:34.5 (1st)						
Chynna Phan	So.								
Jessica Rawlins	So.	24:03.4 (5th)	19:17.1 (4th)						
Ali Sowers	Jr.								
Jackie VanSchooten	Sr.								
Kiley Zeitler	Sr.								
Team Place (Pts.)		1st of 3 (21)	1st of 3 (18)						
Results Link		Results	Results						

SIMON FRASER	Yr.	Ash Creek Invitational 9/11/15	Sundodger Invitational 9/19/15	Stanford Invitational 9/26/15	W. Washington Invitational 10/10/15	SU Emerald City Open 10/17/15	BC Cross Country Chmp. 10/24/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		4,600 Meters							
Miryam Bassett	So.	17:45.4 (35th)							
Rebecca Bassett	Jr.	16:28.1 (1st)							
Emma Chadsey	Sr.	18:19.3 (53rd)							
Erina Cho	Jr.	19:46.8 (85th)							
Reta Dobie	Jr.	18:31.6 (58th)							
Sophie Dodd	So.								
Brittany Evans	Jr.	18:40.3 (65th)							
Jasmine Gill	Fr.								
Julia Howley	So.	17:31.7 (27th)							
Jennifer Johnson	Sr.								
Alexandra Kiely	Fr.								
Kayla Lennea	So.	20:03.3 (90th)							
Kansas Mackenzie	Sr.	18:18.0 (52nd)							
Lily Mahal	Fr.								
Alan Mussatto	Fr.								
Paige Nock	So.	17:41.9 (32nd)							
Peggy Noel	Jr.								
Picabo Reeves	Fr.								
Addy Townsend	Fr.								
Dana Townsend	So.								
Team Place (Pts.)		4th of 12 (136)							
Results Link		Results							

2015 GNAC Women's Cross Country Meet-By-Meet

WESTERN OREGON		Ash Creek Invitational 9/11/15	Sundodger Invitational 9/19/15	Willamette Charles Bowles Invitational 10/3/15	W. Washington Invitational 10/10/15	Beaver Classic 10/23/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		4,600 Meters						
Bailey Beeson	Sr.	18:51.6 (66th)						
Maggie Boles	Fr.							
Emily Cantrell	Fr.	19:20.4 (74th)						
Felicia Covey	Jr.	20:52.3 (108th)						
Rachel Crawford	Jr.	21:49.6 (118th)						
Debora DeLeon	So.	18:29.5 (57th)						
Amanda Dithazy	Jr.	19:05.1 (71st)						
Emily Gillett	Fr.	19:31.7 (76th)						
Antoinette Gowen	Fr.							
Lauren Kangas	Fr.	18:38.5 (63rd)						
Grace Knapp	Fr.	17:52.1 (39th)						
Natalie Lagras	Fr.							
Becca Liable	Jr.							
Sara Madden	So.	21:04.9 (111th)						
Nicole Maurmann	Jr.	17:38.0 (29th)						
Leah Paffrath	Sr.							
Megan Rose	Fr.	22:13.9 (120th)						
Emilee Silbermagel	Fr.							
Kiana Smith	Fr.	20:03.9 (91st)						
Stephanie Stuckey	Sr.							
Dara Tillery	Jr.							
Suzanne Van De Grift	So.	18:56.2 (70th)						
Kendra Zimmerdahl	Fr.	19:44.1 (84th)						
Team Place (Pts.)		8th of 12 (224)						
Results Link		Results						

WESTERN WASHINGTON		CWU Apple Ridge Invitational 9/12/15	Sundodger Invitational 9/19/15	SMU Open 9/26/15	Western Washington Classic 10/10/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		4,000 Meters					
Taylor Graham	Sr.	16:58 (20th)					
Brittany Grant	Jr.	15:44 (5th)					
Taylor Guenther	Sr.	15:45 (6th)					
Kaitlyn Horn	Jr.						
Madeleine Hutchinson	So.						
Maddy Jalbert	Sr.						
Kali Klotz-Brooks	Sr.						
Alexandra Laiblin	So.	16:00 (11th)					
Brenna Lanford	So.						
Sofia Marikis	Jr.						
Molly McEachern	So.						
Tracy Melville	Fr.	15:08 (3rd)					
Lillianna Stelling	Jr.	15:53 (9th)					
Sara Taferre	Jr.	16:00 (12th)					
Shawna Troupe	Jr.						
Katherine Tyburezy	Jr.						
Mikhaela Woodward	Fr.	16:26 (17th)					
Team Place (Pts.)		2nd of 4 (34)					
Results Link		Results					