



Oct. 1, 2015 • Week 4
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GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Sat., Oct. 3

Concordia, Seattle Pacific, Western Oregon at Willamette
Charles Bowles Invitational, 9:30 a.m.

LAST WEEK'S MEETS

Sat., Sept. 26

Stanford Invitational

Stanford Golf Course, Palo Alto, Calif.

College Men (8,000m): Stanford 63, Chico State 68, Cal Poly 100, Cal Poly Pomona 132, UC Davis 173, Baylor 231, San Jose State 231, Simon Fraser 271, Claremont-Mudd-Scripps 299, UC Irvine 317, Southern Oregon 342, North Dakota State 343, UC Riverside 359, Fresno State 368, Mt. SAC 384, UC San Bernardino 441, Azusa Pacific 459, Academy of Art 499, Sacramento State 508, Davis XC&T Club 565, Fresno Pacific 614, Cal. St. Northridge 622, Whittier 644, UC Merced 674, Central Washington 748, Stanislaus State 761, Alaska 787, La Verne 856, Holy Names 864, Cal State East Bay 894.

Top 5 Finishers: Sean McGorty, Stanford, 23:07.0. 2, Grant Fisher, Unattached, 23:33.9. 3, William Reyes, CSU, 23:36.7. 4, Valentin Pepiot, AAU, 23:53.2. 5, Mark Huizar, CP, 23:56.7.

Top GNAC Runners: 22, Oliver Jorgensen, SFU, 24:22.0. 60, Marc-Antoine Rouleau, SFU, 24:55.6. 67, Cameron Proceviat, SFU, 25:03.1. 74, Philippe Gravel, SFU, 25:08.3. 92, Rowan Doherty, SFU, 25:19.6.

College Women (6,000m): Stanford 44, Cal Poly 65, UC Davis 187, Chico State 190, UC Santa Barbara 224, Sacramento State 226, North Dakota State 241, San Jose State 255, UC Riverside 284, Cal Poly Pomona 289, Claremont-Mudd-Scripps 305, Stanislaus State 335, Azusa Pacific 368, Central Washington 376, Fresno State 398, Simon Fraser 399, Academy of Art 437, Southern Oregon 499, Pomona-Pitzer 547, Cal St. Northridge 550, UC Irvine 561, Southwestern (Texas) 634, Alaska 670, Fresno Pacific 683, Mt. SAC 731, Cal St. East Bay 766, Whittier 771, UC Merced 773, Cal St. Monterey Bay 816, Notre Dame de Namur 943.

Top 5 Finishers: 1, Erin Teschuk, UND, 20:06.8. 2, Aminat Olowora, SU, 20:13.1. 3, Chloe Berlioux, SAC, 20:45.6. 4, Karlie Garcia, Unattached, 20:49.1. 5, Molly McNamara, Stanford, 20:51.1.

Top GNAC Runners: 26, Rebecca Bassett, SFU, 21:32.8. 35, Dani Eggleston, CWU, 21:48.0. 58, Megan Rogers, CWU, 22:15.8. 71, Erin Chinchar, CWU, 22:32.7. 80, Dorothy O'Donnell, UAF, 22:37.6

Roy Griak Invitational

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

Men's Maroon (8,000m): Black Hills State 93, Wis.-Parkside 96, Augustana (S.D.) 98, Manitoba 152, San Francisco St. 167, Indiana Wesleyan 201, Lakehead 234, Mary 258, MSU-Moorhead 261, Minnesota Duluth 280,

Montana St. Billings 309, Wisconsin TC 357, Iowa State RC 374, Winona St. 415, Georgia College & State 427, Bentley 434, Dordt 438, Minnesota RC 443, Truman 452, Northwestern (Texas) 499, Dickinson St. 514, Tampta 573, Concordia (Neb.) 630, Augustana (S.D.) B 647, SW Minnesota St. 723, St. Cloud St. 754, Baker (Kan.) 763, Rogers St. 792, Northern State 811, Waldorf 895, North Iowa Area CC 906, Wayne St. (Neb.) 919, Minot State 998, William Jewell 1,002, Concordia-St. Paul 1,039, Grand View 1,077, Ottawa (Kan.) 1,120, Minnesota St. 1,220.

Top 5 Finishers: 1, Alec Baldwin, BHSU, 25:27. 2, Abdusalam Yussuf, UM, 25:41. 3, Kevin Tree, LAKE, 25:55. 4, Robert Peterson, MSUB, 26:03. 5, Zachary Meineke, Unattached, 26:09.

Other Top GNAC Runners: 60, Matt Winter, MUSB, 27:37. 113, Mark Hovland, MSUB, 28:20. 127, Tyus Mendoza, MSUB, 28:34.

Women's Maroon (6,000 Meters): Minnesota Duluth 83, Northern Michigan 93, Run N Fun 118, Wis.-Parkside 153, Mary 166, MSU-Moorhead 183, Tampa 187, Winona St. 225, Augustana (S.D.) 247, Dordt 308, Concordia (Neb.) 351, Manitoba 360, Minnesota St. 371, Truman 407, Wisconsin TC 427, Northern St. 459, South Dakota Mines 524, William Jewell 532, St. Clud St. 589, Bentley 677, Minnesota RC 686, Minot St. 701, Northwestern (Iowa) 702, Rogers St. 705, Grand View 735, SW Minnesota St. 754, Bemidji St. 768, Montana St. Billings 776, Black Hills St. 782, Dickinson St. 799, Baker (Kan.) 817, Upper Iowa 868, North Iowa Area CC 870, Ottawa (Kan.) 874, Georgia College & State 898, Concordia-St. Paul 908, Wayne St. (Neb.) 976.

Top 5 Finishers: 1, Alexis Xeis, Mary, 22:13.6. 2, Moriah Palmer, Wis.-Parkside, 22:26.2. 3, Kyle Blakeslee, Unattached, 22:31.5. 4, Breanna Colbenson, MSUD, 22:38.5. 5, Hannah Palmeter, SWMS, 22:39.5.

Top GNAC Runners: 63, Brielle Davis, MSUB, 24:46.3. 165, Taylor Condon, MSUB, 26:13.8. 212, Bailey Bomar, 26:55.2. 223, Jinise Trueblood, MSUB, 27:04.4. 316, Cate Kaludt, MSUB, 29:29.5.

SMU Open

Saint Martin's University, Lacey, Wash.

Men (8,000m): Western Washington 15, Saint Martin's 50.

Top 5 Finishers: 1, Isaac Derline, WWU, 25:41.83. 2, Matthew Lutz, WWU, 25:50.84. 3, Andrew Wise, WWU, 26:02.15. 4, Cody McCranie, WWU, 26:11.72. 5, Nick Mounier, 26:14.76.

Women (6,000m): Western Washington 16, Saint Martin's 57, Central Washington 65.

Top 5 Finishers: 1, Brittany Grant, WWU, 17:48.94. 2, Taylor Guenther, WWU, 18:21.03. 3, Tracy Melville, WWU, 18:31.90. 4, Lillianna Stelling, WWU, 18:34.90. 5, Larissa Kolasinski, SMU, 18:40.19.

#GNACXC in 140

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#TartanPower Simon Fraser's men rose to an eighth place finish to lead GNAC teams at the Stanford Invitational. **Oliver Jorgensen** led the Clan with a 22nd place finish in 24:22. **Rebecca Bassett** was 26th in the women's race with a time of 21:32.8.

#YellowjacketFlying Montana State Billings' **Robert Peterson** had his fourth top-five finish in as many races, placing fourth in the Division II race at the Roy Griak Invitational in Minnesota. He led the Yellowjackets to an 11th place team finish.

#PerfectionAgain Western Washington's men became the second GNAC team to post a perfect score this season, doing so at the SMU Open. The Vikings join Alaska Anchorage, who has done it twice this season. The WWU women were one point off a perfect score, finishing with 16 points in Lacey.

#SurveySays Alaska Anchorage moved up to No. 6 and the the Seawolves' women moved to No. 7 in the latest USTFCCCA Division II Polls. Simon Fraser is No. 14 in the men's poll and Western Washington is No. 20. The Vikings are No. 11 in the women's poll with Seattle Pacific at No. 19.

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Concordia	@gocugo	#gocugoxc
MSU Billings	@MSUBXCTF	#MSUBXC
NW Nazarene	@NNUXCTF	#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

Oliver Jorgensen, Simon Fraser
Junior • Abbotsford, B.C.

Jorgensen finished 22nd overall at the prestigious Stanford Invitational, finishing 10 seconds short of his season best time for 8,000 meters in 24:22. Simon Fraser was the top non-Division I team in the men's college race as the Clan placed eighth.

Also Nominated: Isaac Derline (Western Washington), Jasper Heckman (Saint Martin's), Robert Peterson (Montana State Billings).



WOMEN

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

Bassett was the top Division II finisher in the women's college race at the Stanford Invitational, finishing 26th with a time of 21:32.8 over 6,000 meters.

Also Nominated: Brittany Grant (Western Washington), Larissa Kolasinski (Saint Martin's).

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	Oliver Jorgensen, SFU	Anna Patti, SPU
Sept. 21-27	Oliver Jorgensen, SFU	Rebecca Bassett, SFU
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

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.

GNAC News & Notes

SIMON SAYS: Simon Fraser represented the GNAC well in the prestigious Stanford Invitational in Palo Alto, Calif. The Clan men finished eighth out of 30 teams in the college men's races, which included teams from all levels of collegiate running. Simon Fraser survived an initial disqualification after five of the team's runners lost their hip numbers in the first 100 meters of the race. The runners were reinstated after it was determined that the runners did not intentionally take their hip numbers off.

Junior **Oliver Jorgensen** led the way with a 22nd place finish, covering the 8,000-meter in a time of 24:22.0. For his race, Jorgensen was named the GNAC Men's Cross Country Runner of the Week for the second consecutive week. The Clan put four of their top-five runners in the top-100.

The Simon Fraser women finished 16th. The Clan were led by junior **Rebecca Bassett**, who was named the GNAC Women's Cross Country Runner of the Week after placing 26th in a time of 21:32.8

PETERSON PERFORMS IN MINNESOTA: Montana State Billings senior **Robert Peterson** did not win his fourth race of the season, but still turned in a standout performance at the Roy Griak Invitational in St. Paul, Minn. Peterson placed fourth in the race, covering the 8,000-meter course in 26:04. The race featured over 350 runners from 38 Division II programs.

PERFECTION: The Western Washington men became the second GNAC team this season to compile a perfect team score, scoring the perfect 15 points at the SMU Open. The Vikings actually put 10 of their 13 runners in the top-10 of the race, led by sophomore Isaac Derline's winning time of 25:41.83. Alaska Anchorage is the other perfect GNAC team this season, having scored 15-point totals at both of their Hawaii meets to open the season.

IN THE RANKINGS: Alaska Anchorage has not competed for two weeks, but still retained top spots in both USTFCCA Division II National Polls. The Seavolves' men moved up one spot to No. 6 while the UAA women moved up to No. 7. Alaska Anchorage will not compete again until the Western Washington Invitational on Sat., Oct. 10.

The men's poll saw Simon Fraser retain their No. 14 position in the poll while Western Washington dropped one spot to No. 20. In the women's poll, Western Washington dropped one spot to No. 11 as did Seattle Pacific, which dropped to No. 19.

Around The GNAC

ALASKA



- Alaska returned to competition after a two-week break as one of three GNAC teams competing at the huge Stanford Invitational. The Nanooks' men finished in 27th place while the women finished 23rd.
- Junior **Dorothy O'Donnell** was the top placing runner for the Nanooks in either race, finishing 80th in the women's 6,000-meter race in a season-best 22:37.6.
- All six Alaska women's runners posted season best times for 6,000 meters. Junior **Kali Striker** was the No. 2 women's runner for the Nanooks, placing 165th in a time of 23:51.1.
- Sophomore **Alexander Eckert** was the Nanooks' top men's finisher, placing 181st in the men's 8,000-meter race in 26:27.2. The time was a season best by over a minute.
- In all, five of the six Alaska men's runners posted season best times for the 8,000-meter distance. Sophomore **Lyon Kopsack** placed 189th while running a season best time of well over a minute of 26:33.0.
- The Alaska men opened the season by winning the shorter 5,000-meter race at the Alaska Invitational to open the season, led by a second place finish by **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 finishes (23:36.7 for 6,000 meters, 19:10.7 for 5,000 meters).

ALASKA ANCHORAGE



- Alaska Anchorage is in the midst of a three-week break from competition. The Seawolves will compete only one more time before the GNAC Championships, at the Western Washington Invitational on Sat., Oct. 10.
- Despite not competing, the Seawolves keep moving up in the USTFCCCA Division II National Polls. The Alaska Anchorage men moved up one spot to No. 6, while the women moved up one spot to No. 7.
- The Alaska Anchorage men started the season with perfect scores in both of their Hawaii meets, the Big Wave Invitational on Sept. 5 and the Hawaii Pacific Invitational on Sept. 12.
- Sophomore **Henry Cheseto**, the defending GNAC and West Region champion, was named the Men's Cross Country Runner of the Week for Sept. 7 - 13 after winning the Hawaii Pacific Invitational in 25:58.6.
- Sophomore **Caroline Kurgat** has won both women's races that the Seawolves have competed in. Kurgat won the Big Wave Invitational in 17:46.87 and the Hawaii Pacific Invitational in 18:15.9 (both 5,000 meters).
- Junior **Joyce Chelimo** has hardly missed a step after redshirting in 2014. Chelimo placed second in both the the Big Wave Invitational and the Hawaii Pacific Invitational with times of 17:49.83 and 18:18.0. A 2013 NCAA Division II All-American in 2013 (as Joyce Kipchumba), her time at the Big Wave Invitational is only seven seconds off her 5,000-meter best of 17:42.67, run Oct. 5, 2013 at the Charles Bowles Willamette Invitational.

CENTRAL WASHINGTON



- The Wildcats went split squad last weekend, with the top runners competing at the Stanford Invitational. A second squad travelled the shorter distance to Lacey, Wash., for the SMU Open.
- Central Washington's women placed 14th out of 30 teams at the Stanford Invitational, scoring 376 points. The Wildcat men finished 25th with a total of 748 points.
- Senior **Dani Eggleston** was the No. 2 finisher from the GNAC in the women's college race, covering the 6,000 meters in a season best 21:48.0. Senior **Erin Chinchar** finished 71st with a time of 22:32.7.
- In the Stanford men's college race, freshman **Jonathan Lafferty** was the Wildcats' top finisher, placing 144th with a season best time of 25:57.1. Sophomore **Josh Boston**, the No. 2 finisher for CWU, was 202nd in a season best 26:44.5.
- At the SMU Open, the women placed third in the small meet with 65 points. Junior **Kaitlyn McKinney** was the Wildcats' top finisher, placing 16th in 20:25.41. Three men competed in the meet, led by **Hanson Lee's** 20th place finish in 27:34.41.
- In their first 6,000-meter race of the season, the Sundodger Invitational, Central Washington's women placed seventh. They were the third top-placing team from the GNAC behind Western Washington (1st) and Seattle Pacific (4th).
- After being listed in the USTFCCCA West Region Rankings each of the first three weeks, the CWU women dropped out. The Wildcats had been listed as high as fifth to start the season.
- Central Washington will take the upcoming weekend off from competition. They return to the course on Sat., Oct. 10, at the Western Washington Invitational.

CONCORDIA



- After competing in each of the first three weekends of the season, Concordia took last weekend off. The Cavaliers return to competition this weekend at the Charles Bowles Willamette Invitational.
- The women led the way for Concordia at the Sundodger Invitational on Sept. 19, placing 12th out of 22 teams. The Concordia men gained solid experience in their third meet of the season with a 17th place finish.
- Junior transfer **Megan Fristoe** was the fifth GNAC runner to cross the line in the women's open race, placing 16th in a time of 21:59.68. Fristoe has finished in the top-20 in all three meets this season. Junior **Jared Seckel** was Concordia's top men's runner at the Sundodger Invitational, placing 84th while covering the 8,000-meter course in 26:21.65.
- Concordia is in the second year of a three-year transition process to NCAA Division II membership. This is their first 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.

Around The GNAC

MONTANA STATE BILLINGS



- Montana State Billings headed east last weekend to the huge Roy Griak Invitational at the Univ. of Minnesota. The Yellowjackets' men placed 11th in the men's maroon race, comprised of Division II and NAIA programs. The MSU Billings' women placed 28th in the women's maroon race.
- Senior **Robert Peterson** didn't win for the first time this season, but still placed fourth out of 391 finishers in the race. Peterson covered the 8,000 meters in 26:04.
- Junior **Garrett Love** and senior **Matt Winter** posted top-100 finishes to bolster the 11th place team finish. Love placed 38th in 27:13 while Winter finished 60th in 27:38.
- Senior **Brielle Davis** led the Montana State Billings' women with a 63rd place finish out of 360 finishers. She covered the 6,000-meter course in a time of 24:46.3.
- Montana State Billings will take the only weekend off from competition this weekend. Both of their two remaining meets will be at home. The Yellowjackets host the Yellowjacket Invitational on Oct. 9 and the Yellowjacket/Battlin' Bear Dual on Oct. 15.

NORTHWEST NAZARENE



- Northwest Nazarene is in the midst of a three-week break from competition. The Crusaders will race next at the San Francisco State Invitational on Fri., Oct. 9, in the Bay Area.
- Northwest Nazarene competed in the same meet as their GNAC brethren for the only time before the conference championships at the Sundodger Invitational on Sept. 19. The Crusaders' men placed 10th in the men's open race and were the No. 4 team from the GNAC. The NNU women placed 14th.
- Sophomore **Isaac Mitchell** finished 12th in his first race at Sundodger, covering the 8,000 meters in 24:48.25. He was the fourth GNAC runner to cross the finish line.
- Freshman **Sierra Manser** placed 27th in her first collegiate 6,000-meter race at Sundodger, clocking in at 22:21.16. She was the eighth GNAC athlete to finish the women's open race.
- The Sundodger was the only time that Northwest Nazarene will see another GNAC team prior to the GNAC Championships. The Crusaders will take the next two weekends off from competition and will race again at the San Francisco State Invitational on Fri., Oct. 9.

SAINT MARTIN'S



- Saint Martin's enjoyed a weekend at home, hosting its own SMU Open on the Saint Martin's campus in Lacey, Wash. The Saints' men placed second to Western Washington in what was in effect a dual meet while the SMU women placed second in a three-team meet with Western Washington and Central Washington.
- Freshman **Larissa Kolasinski** broke up a perfect score for Western Washington by placing fifth in the women's 5,000-meter race, finishing in 18:40.19. Senior **Karen Horvath** finished eighth in a time of 18:43.96.
- On the men's side, junior **Jasper Heckman** was once again the Saints' leader, finishing 15th in a time of 27:00.96 over 8,000 meters. Freshman **Joe Edgecomb** followed with a 22nd place finish in 27:46.67.
- Saint Martin's will take the upcoming weekend off from competition. The Saints will compete in their final meet before the GNAC Championships on Sat., Oct. 10, at the Western Washington Invitational.

SEATTLE PACIFIC



- Seattle Pacific enjoyed a weekend off from competition after a pair of solid team performances in their hometown Sundodger Invitational on Sept. 19. The Falcons will be one of three GNAC teams competing at the Charles Bowles Willamette Invitational on Saturday in Salem, Ore.
- The Seattle Pacific women dropped one spot to No. 19 in the USTFCCA Division II Poll. The Falcons entered the poll for the first time this season last week at No. 18.
- The Seattle Pacific women was one of the top teams for the GNAC at the Sundodger Invitational, placing fourth out of 22 teams in the women's open race. Senior **Anna Patti** won her third consecutive race, covering the 6,000-meter course in a time of 21:11.82. The performance gave Patti her second GNAC Women's Cross Country Runner of the Week award of the season.
- The Seattle Pacific men placed 19th at Sundodger. Sophomore **Ben Halladay** was the Falcons' top runner, placing 76th in a time of 26:12.25. The performance is a 17-second improvement over last year.
- Seattle Pacific did not compete at the Willamette Invitational last year. In 2013, the SPU women scored 94 points and finished second, the best ever finish for the Falcons. The SPU men finished fourth in the same meet, which was also that program's best finish.

SIMON FRASER



- It was a solid, if not adventuresome, weekend for the Clan at the Stanford Invitational. The Simon Fraser men placed eighth out of 30 teams in the men's college race, but saw a number of their top runners initially disqualified for losing their bib numbers. A protest by SFU head coach **Brit Townsend** was upheld when it was determined that the runners did not intentionally lose their bibs and the eighth place finish was reinstated.
- Junior **Oliver Jorgensen** earned his second straight GNAC Men's Cross Country Runner of the Week award after leading the SFU men with a 22nd place finish. Jorgensen covered the 8,000-meter course in 24:22.0. The week before, Jorgensen was second at the Sundodger Invitational.
- The Simon Fraser men put their five scoring runners in the top-100 and their top three runners in the top-70. Senior **Marc-Antoine Rouleau** was 60th in a time of 24:55.6 while senior **Cameron Proceviat** was 67th in 25:03.1.
- Junior **Rebecca Bassett** earned her second GNAC Women's Cross Country Runner of the Week award of the season after leading the Clan with a 26th place individual finish. Her time of 21:32.8 over the 6,000-meter course was 11 seconds off of her season best at the distance.
- Sophomore **Paige Nock** had the Clan's other top-100 finish, placing 91st in a time of 22:48.9.
- The Simon Fraser men maintained their No. 14 spot in the USTFCCA Division II Coaches Poll as well as their No. 4 West Region ranking.
- Simon Fraser will be off this weekend after competing each of the last three weekends. The Clan will compete next on Sat., Oct. 10, at the Western Washington Invitational.

Around The GNAC

WESTERN OREGON



- Western Oregon took the weekend up from competition after competing the previous two weekends. The Wolves will be one of three GNAC teams competing at the Charles Bowles Willamette Invitational on Saturday in Salem, Ore.

- Western Oregon's men put together a good performance at the Sundodger Invitational, placing eighth in the men's 8,000-meter open race. The Wolves were the No. 3 team from the GNAC to finish.

- Sophomore **David Ribich** dropped just over a minute from his time at Sundodger last year, placing 10th in a time of 24:38.21. Ribich was the No. 3 GNAC individual finisher.

- Junior **Nicole Maurmann** led a 16th place finish for the WOU women at Sundodger, placing 59th in a time of 22:59.64. Senior **Stephanie Stuckey** placed 80th in 23:15.16.

- 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 joined Central Washington and Saint Martin's at the SMU Open on Saturday. The Vikings' men became the second GNAC team this season to compile a perfect score this season, scoring 15 points to win the meet (Alaska Anchorage has scored a perfect 15 twice this season). The Vikings' women placed second, one point off a perfect score with 16 points.

- Sophomore **Isaac Derline** led a squadron of 10 Vikings' runners to color the entire top-10 navy blue. Derline covered the 8,000-meter course in a time of 25:41. Junior **Matthew Lutz** was second at 25:50.84 and sophomore **Andrew Wise** placed third in 26:02.15.

- Junior **Brittany Grant** led seven Western Washington women in the top-10, winning the 5,000-meter race in a time of 17:48.94. Senior **Taylor Guenther** placed second in 18:21.03 and freshman Tracy Melville finished third in 18:31.90.

- The Western Washington men dropped two spots in the USTFCCA Division II Poll to No. 20. The Vikings retained their No. 5 spot in the West Region Rankings. The Western Washington women dropped one spot in the national poll and retained their No. 3 regional ranking.

- Western Washington's next two meets will take place on their home turf. The Vikings will host the Western Washington Invitational on Sat., Oct. 10, and then 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	7th	14th	18th
Sept. 30	6th	14th	20th
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	2nd	4th	—	5th
Sept. 29	2nd	4th	—	5th
Oct. 6				
Oct. 13				
Oct. 27				

USTFCCCA DIVISION II COACHES POLL

as of Sept. 30, 2015 (Week 3)		
Rk	School (1st)	Pts.
1.	Grand Valley State (6)	198
2.	Chico State (2)	192
3.	Adams State	186
4.	Colorado Mines	176
5.	Southern Indiana	161
6.	Alaska Anchorage	160
7.	Cal Poly Pomona	148
8.	Augustana (S.D.)	146
9.	Western State	141
10.	Lock Haven	119
11.	New Mexico Highlands	114
12.	Wis.-Parkside	101
13.	West Texas A&M	96
14.	Simon Fraser	95
15.	Mount Olive	76
16.	Shippensburg	74
17.	East Central (Okla.)	72
18.	Black Hills State	63
19.	Nebraska-Kearney	52
20.	Western Washington	51
21.	Saginaw Valley State	41
22.	Cal Baptist	37
23.	Stonehill	29
24.	UC-Colorado Springs	24
25.	Malone	15

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

as of Sept. 29, 2015 (Week 3)			
Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	Alaska Anchorage	GNAC	2
3.	Cal Poly Pomona	CCAA	3
4.	Simon Fraser	GNAC	4
5.	Western Washington	GNAC	5
6.	Cal Baptist	PacWest	6
7.	San Francisco State	CCAA	7
8.	UC San Diego	CCAA	9
9.	Humboldt State	CCAA	9
10.	Azusa Pacific	PacWest	NR

[View Complete Regional Polls Online](#)

Women's Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	CWU	SFU	SPU	WWU
Sept. 2	10th	23rd	8th	—	RV
Sept. 16	9th	22nd	10th	—	—
Sept. 23	8th	RV (3)	—	18th	10th
Sept. 30	7th	—	—	19th	11th
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	2nd	10th	—	5th	3rd
Sept. 29	2nd	—	—	5th	3rd
Oct. 6					
Oct. 13					
Oct. 27					

USTFCCCA DIVISION II COACHES POLL

as of Sept. 30, 2015 (Week 3)		
Rk	School (1st)	Pts.
1.	Hillsdale (4)	196
2.	Adams State (4)	193
3.	Grand Valley State	187
4.	Minnesota Duluth	172
4.	Chico State	172
6.	Western State	151
7.	Alaska Anchorage	148
8.	Augustana (S.D.)	138
9.	Northern Michigan	135
10.	Bellarmino	131
11.	Western Washington	121
12.	Cal Baptist	114
13.	Lewis	104
14.	UC-Colorado Springs	95
15.	Southern Indiana	91
16.	Stonehill	75
17.	Malone	70
18.	Edinboro	61
19.	Seattle Pacific	51
20.	Bloomsburg	35
21.	Wis.-Parkside	34
22.	Dallas Baptist	32
23.	Mary	29
24.	UC San Diego	16
25.	Roberts Wesleyan	10

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

as of Sept. 29, 2015 (Week 3)			
Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	Alaska Anchorage	GNAC	2
3.	Western Washington	GNAC	3
4.	Cal Baptist	PacWest	4
5.	Seattle Pacific	GNAC	5
6.	UC San Diego	CCAA	7
7.	Cal Poly Pomona	CCAA	NR
8.	Cal State San Bernadino	CCAA	6
9.	Stanislaus State	CCAA	NR
10.	Azusa Pacific	PacWest	8

[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.

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.

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. 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.

2015 GNAC Meet Summaries

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 Pakkala, UAA, 19:08.7. 5, Johanna Apelryd, HPU, 19:09.8.

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

Sat., Sept. 19

Sundodger Invitational Lincoln Park, Seattle, Wash.

Men's Open (8,000m): Trinity Western 47, Simon Fraser 95, Western Washington 108, Fresno State 114, Cal Baptist 131, Humboldt State 209, British Columbia 217, Western Oregon 254, Puget Sound 320, Northwest Nazarene 367, Whitworth 381, Bowerman TC 391, Seattle Running Club 421, Club Northwest 435, Pacific Lutheran 442, Northwest (Wash.) 461, Concordia 461, George Fox 468, Seattle Pacific 474, Central Washington 517, Everett CC 545, Saint Martin's 562, Trinity Lutheran 587, Lewis & Clark 615, Seattle Running Club B 634, Green River CC 792.

Top 5 Finishers: 1, Tristan Peloquin, Unattached, 24:11.68. 2, Oliver Jorgensen, SFU, 24:12.15. 3, Blair Johnston, TWU, 24:14.09. 4, Cooper Gill, FSU, 24:20.63. 5, Issac Derline, WWU, 24:21.71.

Other Top GNAC Runners: 10, David Ribich, WOU, 24:38.21. 12, Isaac Mitchell, NNU, 24:48.25. 15, Marc-Antoine Rouleau, 24:51.79.

Women's Open (6,000m): Western Washington 103, Cal Baptist 111, Club Northwest 171, Seattle Pacific 175, Point Loma 183, British Columbia 207, Central Washington 210, Simon Fraser 215, Humboldt State 227, Whitworth 228, Trinity Western 247, Concordia 279, MacEwan 309, Northwest Nazarene 324, Seattle Running Club 388, Western Oregon 395, Saint Martin's 453, Puget Sound 504, George Fox 512, Lewis & Clark 536, Pacific Lutheran 580, Trinity Lutheran 625.

Top 5 Finishers: 1, Anna Patti, SPU, 21:11.82. 2, Mirelle Martens, TWU, 21:19.58. 3, Rebecca Bassett, SFU, 21:21.26. 4, Vanessa Trofimenkoff, MacJ, 21:32.17. 5, Taylor Guenther, WWU, 21:34.29.

Other Top GNAC Runners: 7, Brittany Grant, WWU, 21:37.95. 16, Megan Fristoe, CU, 21:59.68.

Montana State/Bozeman Running Company Invitational at Bridger Creek Golf Course, Bozeman, Mont.

Men (5 Miles): Utah State 45, Montana State 77, Idaho State 85, Montana 87, Carroll (Mont.) 108, Montana State Billings 126, Rocky Mountain 230, Montana Western 278, Montana State Northern 317.

Top 5 Finishers (Men's Collegiate B Race): 1, Robert Peterson, MSUB, 25:43.25. 2, Lyle Pocha, CC, 26:12.14. 3, Chance Hyatt, CC, 26:21.82. 4, Brock Sandry, Unattached, 26:41.68. 5, Garrett Love, MSUB, 26:49.45.

Other Top GNAC Runners: 7, Matt Winter, MSUB, 27:01.86. 10, Liam McKay, MSUB, 27:32.33. 11, Tyus Mendoza, MSUB, 27:35.01.

Women (3 Miles): Utah 35, Utah State 41, Montana State 80, Montana 120, Carroll (Mont.) 121, Idaho State 131, Montana State Billings 233, Montana Western 254, Montana State Northern 272.

Top 5 Finishers (Women's Collegiate B Race): 1, Leah Esposito, CC, 17:50.42. 2, Samantha Mundel, CC, 17:57.66. 3, Sandy Torres, CC, 18:12.34. 4, Heidi Hennings, CC, 18:35.84. 5, Janie Reid, CC, 18:42.37.

Top GNAC Runners: 10, Brielle Davis, MSUB, 19:20.16. 16, Taylor Condon, MSUB, 19:41.25. 20, MSUB, 20:07.61. 23, Bailey Bomar, MSUB, 20:38.53. 28, Devin McDonald, MSUB, 22:18.26.

Note: Meet had two races in each gender, one for Division I teams and one for non-Division I teams. Team scores are combined for both races.

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	8,000 Meters			
Mitch Burgess	Jr.	28:30.6 (18th)	16:43.3 (16th)	27:36.8 (253rd)			
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)	26:27.2 (181st)			
Michael Fehrenbach	Sr.						
Lyon Kopsack	So.	27:45.9 (11th)	16:20.0 (4th)	26:33.0 (189th)			
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)	27:25.1 (246th)			
Tristan Sayre		29:33.1 (22nd)	16:37.1 (12th)				
Daniel Serventi	So.	28:02.3 (15th)	16:33.1 (9th)	27:13.3 (233rd)			
Seiji Takagi	So.	27:33.3 (8th)	16:24.0 (5th)	27:04.2 (223rd)			
Connor Truskowski		35:26.9 (27th)	19:21.6 (25th)				
Team Place (Pts.)		2nd of 3 (32)	1st of 3 (26)	27th of 30 (787)			
Results Link		Results	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	SMU Open 9/26/15	W. Washington Invitational 10/10/15	Seattle U Emer- ald City Open 10/17/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		6,000 Meters	8,000 Meters	8,000 Meters	8,000 Meters				
Josh Boston	So.	21:10 (11th)	27:23.31 (148th)	26:44.5 (202nd)					
Taryk Boyd	Fr.	22:10 (23rd)	27:54.99 (182nd)		27:59.26 (26th)				
Brent Christianson	So.								
Dylan Darlington	So.	21:37 (18th)	27:38.12 (164th)						
Harry Engel	So.	22:40 (28th)	27:43.75 (171st)		27:36.29 (21st)				
Tyler Humphries	Fr.	21:29 (14th)	27:22.37 (147th)	27:18.1 (240th)					
Kaleb Javier	Sr.								
Jonathan Lafferty	Fr.	20:57 (9th)	26:24.91 (88th)	25:57.1 (144th)					
Ron Leaf	So.	22:34 (27th)	27:25.21 (150th)	26:46.5 (206th)					
Hanson Lee	Fr.	21:19 (16th)	27:49.60 (178th)		27:34.41 (20th)				
Alex Martinez	So.	21:29 (15th)	27:20.09 (143rd)	27:31.7 (249th)					
Kyle Paulson	Fr.	21:24 (13th)	27:25.66 (151st)	27:07.3 (227th)					
Justin Pringle	Fr.		28:23.36 (201st)						
Matthew Schrenk	Fr.								
Nick Spencer	Sr.								
Kieran Sprague	Jr.								
Ryan Thompson	Sr.		26:27.88 (153rd)	27:36.3 (252nd)					
Team Place (Pts.)		2nd of 4 (49)	20th of 26 (517)	25th of 30 (748)	Incomplete				
Results Link		Results	Results	Results	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	8,000 Meters			
Austin Collins	Sr.	22:43.22 (40th)	22:04.5 (114th)	28:41.76 (212th)			
Alan Johnston	Sr.	21:18.96 (25th)	21:03.9 (93rd)	27:14.12 (135th)			
Roman Kirkov	Sr.						
Ethan Livermore	Jr.	19:57.13 (3rd)	21:44.2 (108th)	27:07.25 (129th)			
Austin Peila	Sr.	21:10.72 (22nd)	22:10.8 (119th)	27:27.45 (152nd)			
Demetrius Rhodes	Sr.						
Jared Seckel	Jr.	20:01.73 (5th)	19:49.1 (43rd)	26:21.65 (84th)			
Colton Snook	Jr.	22:24.86 (35th)	22:14.5 (121st)	28:45.36 (213th)			
Paris Speidel	Jr.	20:24.62 (11th)	20:22.3 (65th)	26:39.72 (101st)			
Alec Story	Jr.	23:19.42 (42nd)		29:46.83 (236th)			
Team Place (Pts.)		2nd of 3 (46)	11th of 13 (300)	17th of 20 (461)			
Results Link		Results	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	5 Miles	8,000 Meters				
Ivan Colmenero	Fr.	30:10.1 (24th)	17:23.2 (23rd)	28:29.90 (19th)	29:55 (230th)				
Jorey Egeland	So.	27:56.4 (13th)	16:28.3 (8th)	29:14.78 (26th)					
Mark Hovland	So.	27:25.1 (5th)	16:39.2 (13th)	27:56.78 (14th)	28:21 (113th)				
Padon Little	Fr.			31:15.55 (41st)	32:30 (331st)				
Garrett Love	Jr.	27:23.1 (4th)	16:33.9 (10th)	26:49.45 (5th)	27:13 (38th)				
Jacob Marshall	Jr.								
Liam McKay	So.	27:19.8 (3rd)	16:18.0 (3rd)	27:32.33 (10th)	28:51 (152nd)				
Tyus Mendoza				27:35.01 (11th)	28:35 (127th)				
Josh Panasuk	Jr.								
Robert Peterson	Sr.	26:18.3 (1st)	15:44.6 (1st)	25:43.25 (1st)	26:04 (4th)				
Matt Winter	Sr.	27:50.6 (12th)	16:39.6 (14th)	27:01.86 (7th)	27:38 (60th)				
Team Place (Pts.)		1st of 3 (24)	2nd of 3 (35)	6th of 9 (126)	11th of 38 (309 pts.)				
Results Link		Results	Results	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	8,000 Meters				
Chase Cunningham	Jr.	22:44 (17th)	26:40.57 (102nd)				
Caleb Druckhammer	Fr.						
Gabe Fisher	So.	22:36 (15th)	26:43.16 (105th)				
Nicholas Hamilton	Fr.	22:25 (13th)	25:59.36 (67th)				
Isaac Mitchell	So.	21:12 (2nd)	24:48.25 (12th)				
Timothy Swarat	Fr.						
David Waterman	Sr.	24:11 (32nd)	28:12.52 (190th)				
Team Place (Pts.)		3rd of 5 (76)	10th of 26 (367)				
Results Link		Results	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	8,000 Meters	8,000 Meters			
Joe Edgecomb	Fr.	29:30 (25th)	27:30.92 (161st)	27:46.67 (22nd)			
Kameron Galm	Fr.	30:15 (33rd)	29:24.55 (229th)	31:02.77 (33rd)			
Jasper Heckman	Jr.	27:53 (5th)	25:54.62 (60th)	27:00.96 (15th)			
Mitchell Hughey	Jr.			32:07.94 (35th)			
Josh Hunt	So.	28:24 (10th)	27:29.77 (156th)	28:33.63 (27th)			
Luis Lara Espinoza	Fr.	32:48 (46th)	31:53.62 (259th)	32:21.13 (36th)			
Skyler Larson	Jr.	28:36 (16th)	28:27.41 (205th)	27:59.24 (25th)			
Austin Miller	So.	28:26 (11th)	27:47.54 (174th)	27:58.37 (23rd)			
Nathan Morgan	Sr.			29:42.06 (30th)			
Levi Schilter	Fr.	28:35 (15th)	27:53.91 (181st)				
Josiah Shelman	Sr.						
Andrew Walter	Fr.						
Team Place (Pts.)		3rd of 6 (57)	22nd of 26 (562)	2nd of 2 (50)			
Results Link		Results	Results	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	8,000 Meters					
Adam Avischious	Sr.	29:43.2 (23rd)	16:48.2 (17th)	26:54.05 (115th)					
Andrew Baklund	So.								
Jacob Busald	Fr.			29:43.26 (234th)					
Brian Comer	Sr.	29:02.1 (20th)	17:18.2 (22nd)	26:36.70 (98th)					
Ben Halladay	So.	28:01.4 (14th)	16:27.3 (7th)	26:12.25 (76th)					
Brysten James	Fr.								
Ka'eo Lindsey	So.								
David McLeod	Jr.	29:09.5 (21st)	17:01.0 (19th)	27:39.48 (165th)					
Chris Moreton	So.								
Clark Sterling	So.			28:28.75 (206th)					
Joseph Walker	Jr.	28:45.8 (19th)	17:06.9 (21st)	27:30.47 (160th)					
Josiah Zering	So.								
Team Place (Pts.)		3rd of 3 (97)	3rd of 3 (73)	19th of 26 (474)					
Results Link		Results	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	8,000 Meters	8,000 Meters					
Braeden Charlton	Jr.	19:34.6 (31st)	25:23.96 (35th)	25:27.6 (103rd)					
Ben Conrad	Fr.								
BJ Cunliffe	Sr.								
Mateo de Dalmases	So.	20:09.0 (54th)	26:01.90 (69th)	26:32.8 (188th)					
Rowan Doherty	Fr.	19:05.8 (18th)	25:34.75 (43rd)	25:19.6 (92nd)					
Dylan Freinhofer	So.								
Phillipe Gravel	So.		25:21.82 (33rd)	25:08.3 (74th)					
Dustin Johnson	So.								
Oliver Jorgensen	Jr.	18:44.9 (8th)	24:12.15 (2nd)	24:22.0 (22nd)					
Stuart MacDonald	So.								
Sean Miller	Fr.		25:24.16 (36th)	26:08.5 (159th)					
Timothy Mustard	Fr.	20:27.4 (72nd)	26:42.72 (104th)						
Alexandre Pare	Sr.	23:47.7 (147th)	30:35.30 (249th)						
Cameron Proceviat	Sr.	19:16.6 (21st)	24:55.56 (20th)	25:03.1 (67th)					
Marc-Antoine Rouleau	Sr.	18:50.4 (11th)	24:51.79 (15th)	24:55.6 (60th)					
David Sawatsky	So.	22:49.9 (136th)	28:38.77 (211th)						
Jalen Sekhon	Fr.								
Samuel Serviss	Fr.	22:08.4 (117th)	26:57.70 (122nd)						
Lorenzo Smith	Sr.	20:37.4 (79th)	27:29.85 (158th)						
Ephraim Tadesse	So.	19:49.6 (44th)	25:58.09 (64th)	26:43.6 (200th)					
Austin Trapp	Sr.								
Carlos Vargas	Fr.	20:14.5 (59th)	26:57.50 (121st)						
Brendan Wong	Sr.	20:04.6 (51st)	25:41.37 (52nd)	25:56.9 (143rd)					
Team Place (Pts.)		2nd of 13 (64)	2nd of 26 (95)	8th of 30 (271 pts.)					
Results Link		Results	Results	Results					

2015 GNAC Men'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		6,300 Meters	8,000 Meters					
Eric Alcaraz	So.							
Riley Anheluk	Sr.	21:19.2 (96th)	27:00.89 (125th)					
David Cornish	Jr.	20:34.4 (77th)	27:02.02 (126th)					
Josh Dempsey	So.	20:23.9 (67th)	26:58.87 (123rd)					
Kaleb Dobson	Fr.							
Matthew Haglund	So.	22:13.7 (120th)	28:46.07 (214th)					
Josh Hanna	Sr.	21:45.0 (110th)	27:28.68 (154th)					
Zach Holloway	Sr.	19:32.7 (29th)	25:15.14 (28th)					
AJ Holmberg	So.							
Tyler Jones	Fr.	19:47.0 (41st)	26:16.88 (78th)					
Dominick Marshall	Fr.							
Parker Marson	So.							
Sam Naffziger	Sr.	19:44.6 (39th)	26:20.11 (81st)					
Corrado Pitari	So.							
David Ribich	So.	19:07.3 (19th)	24:38.21 (10th)					
Kyle Ruhlin	So.							
Joe Solk	Sr.							
Badane Sultessa	Jr.							
Aaron Whitaker	So.	22:28.0 (128th)						
Team Place (Pts.)		4th of 13 (140)	8th of 26 (254)					
Results Link		Results	Results					

WESTERN WASHINGTON		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	8,000 Meters	8,000 Meters			
Dylan Brown	Jr.						
Isaac Derline	So.		24:21.71 (5th)	25:41.83 (1st)			
Sean Eustis	So.	21:10 (10th)	25:41.00 (51st)	26:15.88 (6th)			
Cameron Freshwaters	So.	22:01 (20th)					
Logan Giese	So.	21:40 (19th)	26:04.93 (73rd)	26:25.68 (8th)			
Dylan Hayes	Fr.	20:28 (4th)	26:35.30 (96th)	26:45.72 (10th)			
Justin Irvine	Fr.	20:53 (7th)	25:59.13 (66th)	26:37.84 (9th)			
Cory Johnson	Jr.						
Will Jones	Jr.		25:56.35 (61st)	26:17.79 (7th)			
Matthew Lutz	Jr.		24:53.00 (17th)	25:50.84 (2nd)			
Cody McCranie	Jr.	20:48 (6th)	25:44.36 (55th)	26:11.72 (4th)			
Nickolas Mounier	Fr.	20:24 (3rd)	25:17.94 (30th)	26:14.76 (5th)			
Jadon Olson	Fr.						
Ryan Peterson	Jr.		26:55.22 (117th)	27:05.88 (17th)			
Noah Ripley	Jr.		26:47.63 (111th)	26:59.85 (14th)			
Max Romey	Jr.		26:02.99 (71st)	26:53.55 (12th)			
Andrew Wise	So.		24:53.63 (18th)	26:02.15 (3rd)			
Team Place (Pts.)		1st of 4 (22)	3rd of 26 (108)	1st of 2 (15)			
Results Link		Results	Results	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
Yr.							
Distance		6,000 Meters	5,000 Meters	6,000 Meters			
Nicole Bathe	Jr.	24:34.6 (8th)	20:16.7 (10th)	23:57.8 (174th)			
Alexandra Bergholtz		25:47.4 (14th)	20:48.8 (13th)				
Kimberly Fitzgerald		25:52.8 (15th)		25:23.4 (221st)			
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)	22:37.6 (80th)			
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)	23:51.1 (165th)			
Anni Uhl	So.	26:45.4 (18th)	21:06.1 (14th)	26:44.1 (237th)			
Grace Weller	So.	25:14.9 (11th)	20:44.6 (12th)	24:27.1 (193rd)			
Team Place (Pts.)		2nd of 3 (43)	2nd of 3 (46)	23rd of 30 (670)			
Results Link		Results	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
Yr.						
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	SMU Open 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
Yr.									
Distance		4,000 Meters	6,000 Meters	6,000 Meters	6,000 Meters				
Natalie Bergstrom	Sr.	16:49 (19th)	25:18.12 (157th)		20:50.85 (19th)				
Tessa Carlin	So.	18:47 (30th)	26:05.08 (174th)		21:54.81 (25th)				
Nicole Charlton	So.	18:48 (31st)							
Erin Chinchar	Sr.	15:02 (2nd)	22:15.25 (22nd)	22:32.7 (71st)					
Hannah Dowdell	Sr.		23:31.23 (92nd)	23:48.6 (163rd)					
Dani Eggleston	Sr.	15:00 (1st)	22:07.93 (19th)	21:48.0 (35th)					
Elena Gomez	Jr.	15:51 (8th)	23:16.73 (81st)	23:42.2 (153rd)					
Anna Hood	Jr.	17:46 (24th)	26:40.64 (193rd)		22:00.82 (27th)				
Jayna Inderbitzin	Sr.	16:06 (13th)	23:29.44 (89th)	23:40.3 (149th)					
Brenna Liebel	Fr.	16:31 (18th)	23:54.52 (113th)						
Ashley Mason	Fr.	16:16 (15th)	23:56.91 (116th)	24:05.4 (181st)					
Kaitlyn McKinney	Jr.	17:06 (21st)	24:47.56 (143rd)		20:25.41 (16th)				
Stephanie Rexus	Jr.	15:47 (7th)	23:34.63 (96th)	23:44.3 (156th)					
Alexis Ross	Fr.		26:56.25 (197th)		21:56.92 (26th)				
Megan Rogers	Sr.	15:12 (4th)	22:33.10 (36th)	22:15.8 (58th)					
Alexa Shindruk	Fr.	16:17 (16th)	23:11.28 (74th)	23:33.2 (140th)					
Heather Sweowat	Fr.	18:17 (28th)	27:31.17 (202nd)						
Darby Thronsen	Fr.				24:13.89 (32nd)				
Sierra Wright					21:33.65 (22nd)				
Team Place (Pts.)		1st of 4 (22)	7th of 22 (210)	14th of 30 (376)	3rd of 3 (65)				
Results Link		Results	Results	Results	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	6,000 Meters			
Kelsea Campbell	So.						
Sara Fristoe	Jr.	15:18.45 (2nd)		22:40.53 (42nd)			
Megan Fristoe	Jr.	14:59.14 (1st)	16:46.3 (4th)	21:59.68 (16th)			
Jessica Jensen	So.	17:07.75 (25th)	20:18.9 (99th)	26:10.51 (180th)			
Megan Mayfield	Fr.						
Erin McChurch	Fr.	17:59.84 (35th)	19:51.5 (86th)	26:34.24 (189th)			
Blanca Moreno	Jr.	17:12.35 (26th)	19:38.4 (80th)	25:32.08 (165th)			
Nicole Pederson	Fr.	15:31.20 (5th)	17:10.0 (15th)	22:33.68 (38th)			
Dalen Richardson	So.	16:26.80 (12th)	20:21.0 (101st)	24:17.99 (124th)			
Brenna Siltman	Fr.						
Megan VonBargen	Sr.	17:54.56 (34th)	21:42.9 (115th)	26:22.00 (183rd)			
Zoe Worobel	Sr.	16:07.11 (11th)	18:15.8 (51st)	23:33.53 (95th)			
Team Place (Pts.)		1st of 3 (28)	7th of 12 (197)	12th of 22 (279)			
Results Link		Results	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	3 Miles	6,000 Meters				
Sarah Beatty	Fr.	29:28.9 (26th)	24:25.5 (25th)	22:33.00 (30th)	30:36.3 (330th)				
Bailey Bomar	So.	25:41.6 (13th)	21:29.3 (16th)	20:38.53 (23rd)	26:55.2 (212th)				
Taylor Condon	Sr.	26:23.2 (16th)	21:10.5 (15th)	19:41.25 (16th)	26:13.8 (165th)				
Brielle Davis	Sr.	25:32.2 (12th)	20:32.8 (11th)	19:20.16 (10th)	24:46.3 (63rd)				
Rio Frame	Jr.	24:17.5 (6th)	19:54.9 (9th)						
Cate Klautd	Fr.	28:37.4 (25th)	23:27.6 (24th)	23:55.91 (36th)	29:29.5 (316th)				
Devin McDonald	Fr.			22:18.26 (28th)	29:39.0 (320th)				
Josey Smiedala	Fr.								
Nikki Terkildsen	Fr.			23:17.45 (35th)	29:39.4 (321st)				
Jinise Trueblood	Sr.	27:24.0 (21st)	21:59.9 (20th)	20:07.61 (20th)	27:04.6 (223rd)				
Team Place (Pts.)		3rd of 3 (68)	3rd of 3 (69)	7th of 9 (233)	28th of 37 (776)				
Results Link		Results	Results	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)	22:35.32 (39th)				
Jadyn Gourley	Sr.	21:33 (17th)	24:58.16 (150th)				
Emily Hammons	Fr.		24:48.14 (144th)				
Rebecca Hook	Sr.	20:41 (12th)	23:08.41 (68th)				
Josephine Lonia	Fr.	21:39 (18th)	24:28.96 (128th)				
Anysia Manzer	So.	20:29 (8th)	23:52.29 (110th)				
Sierra Manser	Fr.	19:59 (4th)	22:21.16 (27th)				
Emily Merioles	Jr.		26:00.38 (172nd)				
Kaydee Mick	Jr.	23:10 (28th)	27:17.64 (200th)				
Rachel Roach	Fr.		26:07.60 (177th)				
Amy Wheeler	So.		25:27.60 (162nd)				
Team Place (Pts.)		2nd of 4 (46)	14th of 22 (324)				
Results Link		Results	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	6,000 Meters	5,000 Meters			
Alexis Carandang	Jr.		35:56.33 (218th)				
Lindsey Dorney	Fr.	25:12 (8th)	25:31.75 (164th)	21:02.10 (21st)			
Keirnan Hawthorne	Jr.						
Karen Horvath	Sr.	23:20 (3rd)	22:40.98 (44th)	18:43.96 (8th)			
Larissa Kolasinski	Fr.	23:10 (1st)	22:33.29 (37th)	18:40.19 (5th)			
Claire McCloskey	Jr.	26:24 (17th)	26:46.62 (194th)	22:33.67 (29th)			
Dalia Pedro-Trujillo	So.	26:33 (20th)		22:13.35 (28th)			
Shannon Porter	Jr.						
Megan Teigen	Jr.	25:30 (9th)	24:34.75 (133rd)	21:51.67 (24th)			
Elizabeth Waddell	Fr.						
Alexi Whatley	Fr.						
Team Place (Pts.)		1st of 5 (37)	17th of 22 (453)	2nd of 3 (57)			
Results Link		Results	Results	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	6,000 Meters					
Hannah Calvert	Jr.	23:51.6 (4th)	19:34.2 (5th)	22:44.92 (48th)					
Melanie Campbell	Fr.			24:31.70 (130th)					
Sophie Carroll	So.								
Mary Charleson	So.	24:52.1 (10th)	19:36.1 (6th)	23:22.27 (86th)					
Lynelle Decker	Sr.	24:39.4 (9th)	19:49.9 (7th)	23:19.66 (83rd)					
Hailey Kettel	So.			23:45.98 (104th)					
Sarah Macdonald	Jr.	23:11.1 (2nd)	19:02.0 (2nd)	22:31.13 (34th)					
Jessie Mathison	So.								
Anna Patti	Sr.	22:11.5 (1st)	18:34.5 (1st)	21:11.82 (1st)					
Chynna Phan	So.			22:38.65 (41st)					
Jessica Rawlins	So.	24:03.4 (5th)	19:17.1 (4th)	23:01.37 (63rd)					
Ali Sowers	Jr.								
Jackie VanSchooten	Sr.								
Kiley Zeitler	Sr.			23:53.33 (111th)					
Team Place (Pts.)		1st of 3 (21)	1st of 3 (18)	4th of 22 (175)					
Results Link		Results	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	6,000 Meters	6,000 Meters					
Miryam Bassett	So.	17:45.4 (35th)	23:11.31 (75th)	23:09.5 (114th)					
Rebecca Bassett	Jr.	16:28.1 (1st)	21:21.26 (3rd)	21:32.8 (26th)					
Emma Chadsey	Sr.	18:19.3 (53rd)	23:01.67 (64th)	24:04.9 (180th)					
Erina Cho	Jr.	19:46.8 (85th)	25:47.61 (168th)						
Reta Dobie	Jr.	18:31.6 (58th)	23:35.89 (97th)	23:14.5 (124th)					
Sophie Dodd	So.								
Brittany Evans	Jr.	18:40.3 (65th)	23:47.77 (107th)						
Jasmine Gill	Fr.								
Karen Horvath	Sr.		22:40.98 (44th)						
Julia Howley	So.	17:31.7 (27th)	23:00.22 (61st)	25:30.3 (222nd)					
Jennifer Johnson	Sr.								
Alexandra Kiely	Fr.								
Kayla Lennea	So.	20:03.3 (90th)							
Kansas Mackenzie	Sr.	18:18.0 (52nd)	23:09.48 (70th)	23:59.9 (178th)					
Lily Mahal	Fr.								
Alan Mussatto	Fr.								
Paige Nock	So.	17:41.9 (32nd)	22:32.74 (35th)	22:48.9 (91st)					
Peggy Noel	Jr.								
Picabo Reeves	Fr.								
Addy Townsend	Fr.								
Dana Townsend	So.		26:30.49 (185th)						
Team Place (Pts.)		4th of 12 (136)	8th of 22 (215)	16th of 30 (399)					
Results Link		Results	Results	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	6,000 Meters					
Bailey Beeson	Sr.	18:51.6 (66th)	23:43.29 (102nd)					
Maggie Boles	Fr.							
Emily Cantrell	Fr.	19:20.4 (74th)	24:50.96 (145th)					
Felicia Covey	Jr.	20:52.3 (108th)						
Rachel Crawford	Jr.	21:49.6 (118th)						
Debora DeLeon	So.	18:29.5 (57th)	23:47.36 (106th)					
Amanda Dithazy	Jr.	19:05.1 (71st)	25:46.38 (167th)					
Emily Gillett	Fr.	19:31.7 (76th)	24:58.94 (151st)					
Antoinette Gowen	Fr.							
Lauren Kangas	Fr.	18:38.5 (63rd)	24:28.35 (127th)					
Grace Knapp	Fr.	17:52.1 (39th)	23:42.78 (101st)					
Natalie Lagras	Fr.							
Becca Liable	Jr.							
Sara Madden	So.	21:04.9 (111th)						
Nicole Maurmann	Jr.	17:38.0 (29th)	22:59.64 (59th)					
Leah Paffrath	Sr.							
Megan Rose	Fr.	22:13.9 (120th)						
Emilee Silbermagel	Fr.							
Kiana Smith	Fr.	20:03.9 (91st)	25:24.43 (161st)					
Stephanie Stuckey	Sr.		23:15.16 (80th)					
Dara Tillery	Jr.							
Suzanne Van De Grift	So.	18:56.2 (70th)	23:56.64 (115th)					
Kendra Zimmerdahl	Fr.	19:44.1 (84th)	23:57.40 (117th)					
Team Place (Pts.)		8th of 12 (224)	16th of 22 (395)					
Results Link		Results	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	6,000 Meters	5,000 Meters			
Taylor Graham	Sr.	16:58 (20th)					
Brittany Grant	Jr.	15:44 (5th)	21:37.95 (7th)	17:48.94 (1st)			
Taylor Guenther	Sr.	15:45 (6th)	21:34.29 (5th)	18:21.03 (2nd)			
Kaitlyn Horn	Jr.						
Madeleine Hutchinson	So.						
Maddy Jalbert	Sr.		23:32.16 (93rd)	18:57.86 (12th)			
Aundrea Koger	Fr.		24:36.04 (135th)	20:58.96 (20th)			
Kali Klotz-Brooks	Sr.						
Alexandra Laiblin	So.	16:00 (11th)	22:29.74 (33rd)	18:43.94 (7th)			
Brenna Lanford	So.						
Sofia Marikis	Jr.		22:57.25 (58th)	18:47.39 (9th)			
Molly McEachern	So.			20:30.50 (17th)			
Tracy Melville	Fr.	15:08 (3rd)	22:18.17 (24th)	18:31.90 (3rd)			
Analissa Merrill	Jr.		26:17.12 (182nd)	21:42.25 (23rd)			
Lillianna Stelling	Jr.	15:53 (9th)	22:36.76 (40th)	18:34.90 (4th)			
Sara Taferre	Jr.	16:00 (12th)	23:03.58 (66th)	18:57.85 (11th)			
Shawna Troupe	Jr.			18:42.18 (6th)			
Katherine Tyburezy	Jr.						
Mikhaela Woodward	Fr.	16:26 (17th)	23:07.04 (67th)	19:04.15 (13th)			
Team Place (Pts.)		2nd of 4 (34)	1st of 22 (103)	1st of 3 (16)			
Results Link		Results	Results	Results			