



Oct. 8, 2015 • Week 5
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GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Fri., Oct. 9

Montana State Billings at Yellowjacket Invitational, 10 a.m.

Northwest Nazarene at San Francisco State Invitational, 10 a.m.

Sat., Oct. 17

Alaska, Alaska Anchorage, Central Washington, Saint Martin's, Simon Fraser, Western Washington at Western Washington Invitational, 10 a.m.

LAST WEEK'S MEETS

Sat., Oct. 3

Charles Bowles Willamette Invitational at Bush's Pasture Park, Salem, Ore.

Men's Cardinal (8,000m): Humboldt State 43, Willamette 69, Seattle 91, Puget Sound 111, Whitman 140, Whitworth 184, Concordia 204, Linfield 228, George Fox 244, Seattle Pacific 262, Pacific Lutheran 273, Lewis & Clark 268, Colorado College 311, Pacific (Ore.) 386, McMurry 431.

Top 5 Finishers: 1, Tyler Shipley, UPS, 24:33.8. 2, Geremia Lizier-Zmudzinski, UPS, 25:01.0. 3,

Nathan Conrad, WU, 25:05.1. 4, Mario Castillo-Urbina, HSU, 25:06.2. 5, Cristian Nazarek, HSU, 25:08.2.

Top GNAC Runners: 13, Jared Seckel, CU, 25:32.9. 32, Ethan Livermore, CU, 26:08.8. 36, Adam Avischious, SPU, 26:18.9. 52, Ben Halladay, SPU, 26:37.8. 53, Paris Speidel, CU, 26:41.5.

Women's Cardinal (5,000m): Portland State 75, Portland 100, Seattle Pacific 105, Point Loma 119, Willamette 130, Whitworth 131, Humboldt State 163, Colorado College 198, Concordia 230, Whitman 288, Linfield 332, Puget Sound 362, George Fox 381, Lewis & Clark 394, Pacific (Ore.) 422, Western Oregon 458, McMurry 471, Pacific Lutheran 495.

Top 5 Finishers: 1, Amanda Boman, PSU, 17:30.9. 2, Anna Patti, SPU, 17:35.3. Kori Gilley, HSU, 17:42.1. 4, Olivia Mancini, WU, 17:47.9. 5, Marissa Bartello, PLNU, 17:53.9.

Other Top GNAC Runners: 11, Megan Fristoe, CU, 18:04.7. 12, Sarah Macdonald, SPU, 18:06.0. 22, Nicole Pederson, CU, 18:21.1. 28, Mary Charleson, SPU, 18:30.4.

#GNACXC in 140 @GNACSports

#PattiCake, PattiCake Seattle Pacific's **Anna Patti** finished second to lead GNAC women at the Charles Bowles Willamette Invitational. Her time of 17:35.3 was just four seconds behind the Division I winner of the race.

#SuperSonicConcordia The Cavaliers' **Jared Seckel** and **Megan Fristoe** were named the GNAC Cross Country Runners of the Week. Seckel placed 13th in the Willamette Invitational men's race while Fristoe finished 11th.

#ChampionshipPreview Saturday's Western Washington Invitational will serve as a preview of the GNAC Championships on Oct. 24. Seven GNAC teams are expected to compete.

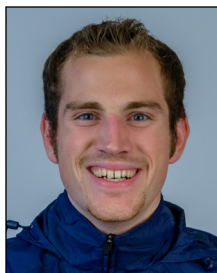
#AllOverButTheWaiting Concordia and Seattle Pacific have completed the regular season part of their schedules and will not run again until the GNAC Championships on Oct. 24.

Get Social

Twitter Accounts/Hashtags For GNAC Cross Country Programs

GNAC	@GNACSports	#GNACXC
Alaska	@AlaskaNanooksXC	#NanookNation
Alaska Anchorage	@UAAXCTF	#UAASeawolves
Cent. Washington	@CWU_Track	#CWUWildcats
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

Jared Seckel, Concordia
Junior • Veradale, Wash.

Seckel was the top GNAC finisher in the Men's Cardinal Race at the Charles Bowles Willamette Invitational. He placed 13th, covering the 8,000-meter course in a season best 25:32.9. Seckel led Concordia to a seventh place team finish.



WOMEN

Megan Fristoe, Concordia
Junior • Bend, Ore.

Fristoe posted a season-best by 10 seconds per mile in the Women's Cardinal Race at the Charles Bowles Willamette Invitational. Fristoe placed 11th, covering the 5,000-meter course in 18:04.7.

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	Jared Seckel, CU	Megan Fristoe, CU
Oct. 5 - 11		
Oct. 12 - 19		

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

GNAC News & Notes

will be contested at 8,000 meters.

IN THE RANKINGS: All three GNAC men's teams in the USTFCCCA Division II Coaches Poll moved up two spots. Alaska Anchorage moved up to No. 5, Simon Fraser sits at No. 12 and Western Washington improved to No. 18.

Alaska Anchorage continues to sit at No. 7 in the women's poll. Western Washington climbed one spot to No. 10 while Seattle Pacific improved two positions to No. 17.

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.,

GNAC News & Notes

FALCONS CREST: The Seattle Pacific women's cross country program is certainly hitting its stride with the GNAC Championships less than three weeks away. The Falcons finished third in an 18-team field at Saturday's Charles Bowles Willamette Invitational. The Clan posted a team score of 105 points, placing third behind Division I programs from Portland State and Univ. of Portland.

The Falcons were led by senior **Anna Patti**, who came up just short of winning her fourth race in as many outings. Patti covered the 5,000-meter course in 17:35.2, coming up just four seconds short of race winner Amanda Boman of Portland State. Just as impressive, however, was the performance of the rest of the team. All seven scoring runners finished in the top-50, with the top-five all finishing in the top-33.

With the chances to do some damage in the championship part of the season, SPU head coach **Karl Lerum** is opting for quality over quantity. He has pulled the Falcons out of appearances at the Western Washington Invitational on Saturday and at the Emerald City Classic on Oct. 17. The team will not race again until the GNAC Championships.

A CAVALIER EFFORT: In their final meet before the GNAC Championships, the Concordia men set themselves up well to compete in their first Division II conference meet. The Cavaliers placed seventh in the 15-team field at the Charles Bowles Willamette Invitational with 204 points and were the top GNAC team in the field. Junior Jared Seckel was named GNAC Men's Runner of the Week after he placed 13th with a time of 25:32.9 over 8,000 meters.

The Cavaliers also finished ninth in the women's competition with 230 points. Junior Megan Fristoe was named GNAC Women's Runner of the Week based on her 11th place finish in the race. Her time of 18:04.7 marked a 10-second per mile improvement over her previous effort.

CONFERENCE MEET PREVIEW: Seven of the GNAC's 11 programs will be in Bellingham, Wash., on Saturday in what will be a preview of the GNAC Championships. The Western Washington Invitational will take place at Lake Padden Park, which will host the GNAC Cross Country Championships on Oct. 24. The Vikings will host Alaska, Alaska Anchorage, Central Washington, Saint Martin's, Simon Fraser and Western Oregon. The only major difference between Saturday's meet and the GNAC Championships will be in the men's race, which will run the regional championships length of 10,000 meters. The GNAC meet

Around The GNAC

ALASKA



• Alaska did not compete last weekend. The Nanooks last competed at the Stanford Invitational on Sat., Sept. 26. 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 at Stanford, finishing 80th in the women's 6,000-meter race in a season-best 22:37.6.

• 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.

• 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 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. 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 will return to competition this weekend for the first time in nearly a month at the Western Washington Invitational. The meet will be the only time that the Seawolves will see fellow GNAC competition prior to the GNAC Championships.

• The time off has done little to deter voters in the USTFCCCA Division II Coaches Polls. The Seawolves men rose this week to No. 5 after starting the year at No. 7. The UAA women are ranked No. 7 after having started the season at No. 10. Both teams are ranked No. 2 in the west region rankings behind Chico State.

• 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



• Central Washington did not compete last weekend after splitting their squad the weekend before. The Wildcats sent their top runners to the Stanford Invitational on Sept. 26, with the remainder competing closer to home at the SMU Open.

• Central Washington's women placed 14th out of 30 teams at the Stanford Invitational, scoring 376 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.

• The Wildcat men finished 25th with a total of 748 points. Freshman **Jonathan Lafferty** was the Wildcats' top finisher, placing 144th with a season best time of 25:57.1.

• 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.

CONCORDIA



• Concordia put together a pair of solid team performances at the Charles Bowles Willamette Invitational last Saturday. Concordia was the top placing GNAC team in the Men's Cardinal Race, finishing seventh with 204 points. The Cavaliers were the No. 2 team from the GNAC in the Women's Cardinal Race, placing ninth with 230 points.

• Junior **Jared Seckel** was named the GNAC Men's Runner of the Week for his 13th place finish at the Willamette Invitational. Seckel covered the 8,000 meters in a time of 25:32.9. The time was a 48-second improvement over his season best run at the Sundodger Invitational on Sept. 19.

• Junior transfer **Megan Fristoe** was named GNAC Women's Runner of the Week for her performance at Bush Park. Fristoe placed 11th, covering the 5,000-meter course in 18:21.1. She dropped nearly 10 seconds per mile off of her performance at the Sundodger Invitational.

• In all, the Concordia men placed their five scoring runners in the race's top-70. Junior **Ethan Livermore** followed Seckel with a 33rd place finish in 26:08.8 as he dropped a minute off of his season best. Junior **Paris Speidel** and senior **Alan Johnston** finished 53rd and 56th, respectively.

• Freshman **Nicole Pederson** followed Fristoe with a 22nd place finish, clocking a time of 18:21.1. Like Fristoe, Pederson dropped nearly 10 seconds per mile off her pace two weeks earlier at the Sundodger Invitational.

• Concordia is one of two conference teams (Seattle Pacific is the other) that will not compete again until the GNAC Championships on Oct. 24.

• 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 took last weekend off after having competed in four races in the month of September.
- Montana State Billings last competed on Sept. 26 at the 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 at the Griak. Peterson covered the 8,000 meters in 26:04. It was the first race that Peterson did not win this season. He claimed victories in both races at the Moda Health Alaska Invitational as well as the college race at the Montana State Invitational on Sept. 19.
- Senior **Brielle Davis** led the Montana State Billings' women with a 63rd place finish at the Griak out of 360 finishers. She covered the 6,000-meter course in a time of 24:46.3.
- Montana State Billings will compete each of the next two weekends, but will not meet another GNAC squad before the conference championships. The Yellowjackets host the Yellowjacket Invitational on Oct. 9 and the Yellowjacket/Battlin' Bear Dual on Oct. 15.

NORTHWEST NAZARENE



- Northwest Nazarene sat out the last two weekends from competition. The Crusaders are back on the course this Friday, competing at the San Francisco State Open in picturesque Golden Gate Park.
- 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 conclude their non-championship portion of the schedule at the Lewis & Clark Invitational on Oct. 17.

SAINT MARTIN'S



- Saint Martin's returns to action this weekend after a weekend off as they compete at the Western Washington Invitational. The meet will be their last before the GNAC Championships.
- Saint Martin's enjoyed a weekend at home, hosting its own SMU Open on the Saint Martin's campus on Sept. 26. 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 Edgcomb** followed with a 22nd place finish in 27:46.67.

SEATTLE PACIFIC



- The Falcons returned to competition after a weekend off at the Charles Bowles Willamette Invitational. The Falcons' women placed an impressive third out of 18 teams in the Women's Cardinal Race, beat out only by Division I squads from Portland State and Univ. of Portland. The SPU men placed 10th in the Men's Cardinal Race.

• The women's finish helped SPU climb two spots in the USTFCCA Division II Coaches Poll to No. 17. The Falcons began the season unranked but emerged at No. 18 in the Sept. 23 poll.

- Senior **Anna Patti** just missed winning her fourth race of the season, placing second with a time of 17:35.3. Patti was charging fast at Portland State's Amanda Boman, who won with a time of 17:30.9. Patti won her first three races of the season at the Moda Health Alaska Invitational and the Sundodger Invitational.
- The Falcons placed all of their women's competitors in the top-85 of the race and all five scoring runners in the top-33. Their No. 2 through No. 5 runners all finished within 10 seconds of each other, led by a 28th place finish by sophomore **Mary Charleson** in a time of 18:30.4.
- Senior **Adam Avischious** was the top men's runner for Seattle Pacific, finishing in 36th place in a season-best of 26:18.9. He cut 24 seconds off his time at the Sundodger Invitational two weeks earlier. Sophomore **Ben Halladay**, who had been the Falcons' No. 1 runner in their first three meets, placed 52nd in 26:37.8.
- Seattle Pacific has removed their next two regular season meets from the schedule and will not compete again until the GNAC Championships on Oct. 24. The Falcons had been scheduled to compete at the Western Washington Invitational this weekend and at the Emerald City Open on Oct. 17.

SIMON FRASER



- Simon Fraser did not compete last weekend. The Clan will compete the remaining two weekends leading up to the GNAC Championships, beginning this weekend at the Western Washington Invitational

• The Simon Fraser men placed eighth out of 30 teams in the men's college race at the Stanford Invitational on Sept. 26. 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. The Simon Fraser men put their five scoring runners in the top-100 and their top three runners in the top-70.

• 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.

• Despite not competing, the SFU men moved up two spots to No. 12 in the USTFCCA Division II Coaches Poll. The Clan is ranked fourth in the west region for the third consecutive week.

Around The GNAC

WESTERN OREGON



- After running full squads in their first two meets of the season, Western Oregon sent just a handful of competitors to the Willamette Charles Bowles Invitational on Saturday.
- The Wolves' women placed 16th in the Women's Cardinal Race. Junior **Rachel Crawford** was WOU's top finisher, placing 62nd in a time of 19:17.8. The race was Crawford's second of the season.
- Sophomore **Matthew Haglund** was the only WOU competitor in the Men's Cardinal Race. Haglund finished 115th in a season best time of 28:17.0.
- Western Oregon last competed at the Sundodger Invitational in Seattle on Sept. 19. The Wolves placed eighth in the men's 8,000-meter open race, led by sophomore **David Ribich's** 10th place time of 24:38.21.
- 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.
- The Western Washington Invitational will be WOU's last full meet before the GNAC Championships. Those runners not competing at the conference meet will run at the Beaver Classic on Oct. 23 in Corvallis.
- Western Oregon will be the host of the NCAA Division II West Regional Championships, which will take place on Sat., Nov. 7.

WESTERN WASHINGTON



- After competing each of the previous three weekends, Western Washington took the first weekend of October off. The Vikings welcome most of the conference this weekend for the Western Washington Invitational on Saturday, which will serve as a preview of the GNAC Championships course.
- The Vikings' men became the second GNAC team this season to compile a perfect score this season, scoring 15 points to win the SMU Open on Sept. 26 (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 jumped two spots in the USTFCCA Division II Coaches Poll to No. 18 and remained at No. 5 in the west region poll for the fourth consecutive week. The Vikings' women moved up one spot to No. 10 and are third in the west region for the third consecutive week.
- 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	5th	12th	18th
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	2nd	4th	—	5th
Oct. 13				
Oct. 27				

USTFCCCA DIVISION II COACHES POLL

as of Oct. 7, 2015 (Week 4)		
Rk	School (1st)	Pts.
1.	Grand Valley State (5)	197
2.	Chico State (2)	191
3.	Colorado Mines (1)	187
4.	Adams State	177
5.	Alaska Anchorage	160
6.	Southern Indiana	155
7.	Augustana (S.D.)	153
8.	Cal Poly Pomona	149
9.	Lock Haven	136
10.	Western State	134
11.	New Mexico Highlands	112
12.	Simon Fraser	102
13.	Shippensburg	93
14.	Wis.-Parksid	88
15.	West Texas A&M	83
16.	Mount Olive	78
17.	Pittsburg State	75
18.	Western Washington	64
19.	Nebraska-Kearney	55
20.	Black Hills State	51
21.	Saginaw Valley State	26
22.	Stonehill	19
23.	San Francisco State	26
24.	East Central (Okl.)	11
24.	UC San Diego	11

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

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

[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	7th	—	—	17th	10th
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	2nd	—	—	5th	3rd
Oct. 13					
Oct. 27					

USTFCCCA DIVISION II COACHES POLL

as of Oct. 7, 2015 (Week 4)		
Rk	School (1st)	Pts.
1.	Hillsdale (4)	196
2.	Adams State (4)	194
3.	Grand Valley State	185
4.	Minnesota Duluth	174
5.	Chico State	171
6.	Western State	152
7.	Alaska Anchorage	149
8.	Augustana (S.D.)	147
9.	Northern Michigan	143
10.	Western Washington	122
11.	Southern Indiana	119
12.	Cal Baptist	112
13.	Bloomsburg	82
13.	Bellarmine	82
15.	Lewis	78
16.	Stonehill	72
17.	Seattle Pacific	69
18.	Colorado Mines	59
19.	Edinboro	58
20.	Montevallo	47
21.	Dallas Baptist	36
22.	Mary	26
22.	UC-Colorado Springs	24
24.	UC San Diego	23
24.	Ashland	23

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

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

[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.

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 Bernadino 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.

2015 GNAC Meet Summaries

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, Abduselam 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. Cloud 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.

2015 GNAC Men'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		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		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		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	8,000 Meters		
Austin Collins	Sr.	22:43.22 (40th)	22:04.5 (114th)	28:41.76 (212th)	28:04.0 (107th)		
Alan Johnston	Sr.	21:18.96 (25th)	21:03.9 (93rd)	27:14.12 (135th)	26:42.7 (56th)		
Roman Kirkov	Sr.						
Ethan Livermore	Jr.	19:57.13 (3rd)	21:44.2 (108th)	27:07.25 (129th)	26:08.8 (33rd)		
Austin Peila	Sr.	21:10.72 (22nd)	22:10.8 (119th)	27:27.45 (152nd)	27:08.3 (68th)		
Demetrius Rhodes	Sr.						
Jared Seckel	Jr.	20:01.73 (5th)	19:49.1 (43rd)	26:21.65 (84th)	25:32.9 (13th)		
Colton Snook	Jr.	22:24.86 (35th)	22:14.5 (121st)	28:45.36 (213th)	28:04.6 (108th)		
Paris Speidel	Jr.	20:24.62 (11th)	20:22.3 (65th)	26:39.72 (101st)	26:41.5 (53rd)		
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)	7th of 15 (204)		
Results Link		Results	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/ Battlin' 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 Invitational 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	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		8,000 Meters	5,000 Meters	8,000 Meters	8,000 Meters		
Adam Avischious	Sr.	29:43.2 (23rd)	16:48.2 (17th)	26:54.05 (115th)	26:18.9 (36th)		
Andrew Baklund	So.						
Jacob Busald	Fr.			29:43.26 (234th)	28:05.6 (109th)		
Brian Comer	Sr.	29:02.1 (20th)	17:18.2 (22nd)	26:36.70 (98th)	26:45.4 (57th)		
Ben Halladay	So.	28:01.4 (14th)	16:27.3 (7th)	26:12.25 (76th)	26:37.8 (52nd)		
Brysten James	Fr.				27:09.7 (71st)		
Ka'eo Lindsey	So.						
David McLeod	Jr.	29:09.5 (21st)	17:01.0 (19th)	27:39.48 (165th)	27:18.6 (76th)		
Chris Moreton	So.						
Clark Sterling	So.			28:28.75 (206th)	27:47.2 (97th)		
Joseph Walker	Jr.	28:45.8 (19th)	17:06.9 (21st)	27:30.47 (160th)	27:10.3 (72nd)		
Josiah Zering	So.						
Team Place (Pts.)		3rd of 3 (97)	3rd of 3 (73)	19th of 26 (474)	10th of 15 (262)		
Results Link		Results	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	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	8,000 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)	28:17.0 (115th)				
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)	Incomplete				
Results Link		Results	Results	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	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	5,000 Meters		
Kelsea Campbell	So.						
Sara Fristoe	Jr.	15:18.45 (2nd)		22:40.53 (42nd)	18:51.0 (43rd)		
Megan Fristoe	Jr.	14:59.14 (1st)	16:46.3 (4th)	21:59.68 (16th)	18:04.7 (11th)		
Jessica Jensen	So.	17:07.75 (25th)	20:18.9 (99th)	26:10.51 (180th)	21:06.8 (150th)		
Megan Mayfield	Fr.						
Erin McChurch	Fr.	17:59.84 (35th)	19:51.5 (86th)	26:34.24 (189th)	22:09.2 (170th)		
Blanca Moreno	Jr.	17:12.35 (26th)	19:38.4 (80th)	25:32.08 (165th)	20:56.6 (144th)		
Nicole Pederson	Fr.	15:31.20 (5th)	17:10.0 (15th)	22:33.68 (38th)	18:21.1 (22nd)		
Dalen Richardson	So.	16:26.80 (12th)	20:21.0 (101st)	24:17.99 (124th)	20:25.7 (118th)		
Brenna Siltman	Fr.						
Megan VonBargen	Sr.	17:54.56 (34th)	21:42.9 (115th)	26:22.00 (183rd)	22:20.9 (173rd)		
Zoe Worobel	Sr.	16:07.11 (11th)	18:15.8 (51st)	23:33.53 (95th)	19:17.7 (61st)		
Team Place (Pts.)		1st of 3 (28)	7th of 12 (197)	12th of 22 (279)	9th of 18 (230)		
Results Link		Results	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/ Battlin' 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 Invita- tional 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	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		6,000 Meters	5,000 Meters	6,000 Meters	5,000 Meters		
Hannah Calvert	Jr.	23:51.6 (4th)	19:34.2 (5th)	22:44.92 (48th)	18:40.0 (32nd)		
Melanie Campbell	Fr.			24:31.70 (130th)	19:33.6 (74th)		
Sophie Carroll	So.						
Mary Charleson	So.	24:52.1 (10th)	19:36.1 (6th)	23:22.27 (86th)	18:30.4 (28th)		
Lynelle Decker	Sr.	24:39.4 (9th)	19:49.9 (7th)	23:19.66 (83rd)	18:40.4 (33rd)		
Hailey Kettel	So.			23:45.98 (104th)	19:47.8 (85th)		
Sarah Macdonald	Jr.	23:11.1 (2nd)	19:02.0 (2nd)	22:31.13 (34th)	18:06.0 (12th)		
Jessie Mathison	So.						
Anna Patti	Sr.	22:11.5 (1st)	18:34.5 (1st)	21:11.82 (1st)	17:35.3 (2nd)		
Chynna Phan	So.			22:38.65 (41st)	18:35.2 (31st)		
Jessica Rawlins	So.	24:03.4 (5th)	19:17.1 (4th)	23:01.37 (63rd)	18:49.8 (42nd)		
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)	3rd of 18 (105)		
Results Link		Results	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	5,000 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)	20:00.8 (94th)				
Felicia Covey	Jr.	20:52.3 (108th)		21:55.6 (166th)				
Rachel Crawford	Jr.	21:49.6 (118th)		19:17.8 (62nd)				
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)	20:14.9 (111th)				
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)		21:09.8 (151st)				
Nicole Maurmann	Jr.	17:38.0 (29th)	22:59.64 (59th)					
Leah Paffrath	Sr.			20:52.9 (141st)				
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)	16th of 18 (458)				
Results Link		Results	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			