



Oct. 21, 2015 • Week 6
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GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Fri., Oct. 23
 Western Oregon at Beaver Classic, 4 p.m.

Sat., Oct. 24
 GNAC Championships at Lake Padden Park, Bellingham, Wash, 10 a.m.

LAST WEEK'S MEETS

Fri., Oct. 16
Yellowjacket/Battlin' Bear Dual
at Riverfront Park, Billings, Mont.

Men (4 Miles): Montana State Billings 15, Rocky Mountain 46.
Top 5 Finishers: 1, Robert Peterson, MSUB, 20:03. 2, Benson Koech, Unattached, 20:11. 3, Garret Love, 20:15. 4, Josh Kanasuk, Unattached, 20:26. 5, Jorey Egeland, MUSB, 20:31.
Other GNAC Runners: 7, Matt Winter, MSUB, 20:35. 8, Mark Hovland, MSUB, 20:38.

Women (5,000 Meters): Montana State Billings 15, Rocky Mountain incomplete.
Top 5 Finishers: 1, Delta Lyle, Unattached, 18:47. 2, Rio Frame, MSUB, 18:54. 3, Brielle Davis, MSUB, 19:28. 4, Jinise Trueblood, MSUB, 19:37. Taylor Condon, MSUB, 19:52.
Other GNAC Runners: 8, Bailey Bomar, MSUB, 21:08.

Sat., Oct. 17
Emerald City Classic
at Woodland Park, Seattle, Wash.

Men: No GNAC Competitors.
Women (6,000 Meters): Portland State 38, Club Northwest 48, Seattle 48, Seattle Running 129, Oiselle 141, Central Washington 150, Olympic CC 204, Green River CC 222.
Top 5 Finishers: 1, Amanda Boman, PSU, 21:58.0. 2, Lila Rice, SU, 22:12.3. 3, Sarah Medved, Portland State, 22:20.2. 4, Steph Grimm, Seattle Running, 22:23.0. 5, Grace Hodge, Washington, 22:41.2.
Top GNAC Finishers: 128, Brenna Liebel, CWU, 25:02.9. 35, Kaitlyn McKinney, CWU, 25:39.5. 37, Sierra Wright, CWU, 25:47.8. 42, Natalie Bergstrom, CWU, 26:17.3. 50, Heather Sweowat, CWU, 27:27.0.

Lewis & Clark Invitational
at McIver State Park, Estacada, Ore.
Men (8,000 Meters): Southern Oregon 26, Puget Sound 117, Whitman 119, Linfield 123, Northwest Nazarene 155, Corban 161, Whitman 169, Cerritos CC 196, George Fox 200, Pacific Lutheran 214, Lewis & Clark 234.

Top 5 Finishers: 1, Ray Schireman, SOU, 24:52.3. 2, Tyler Shipley, UPS, 24:57. 3, Jared Hixon, SOU, 24:57.9. 4, Geremia Lizier-Zmudzinski, UPS, 24:58.4. 5, Connor Cushman, SOU, 25:14.9.
Top GNAC Finishers: 7, Isaac Mitchell, NNU, 25:27.7. 20, Nick Hamilton, NNU, 26:16.5. 25, Chase Cunningham, NNU, 26:21.4. 52, Gabe Fisher, NNU, 27:12.1. 84, Tim Swarat, NNU, 28:05.6.

Women (6,000 Meters): Whitworth 30, Southern Oregon 97, Whitman 110, Cerritos CC 114, Northwest Nazarene 116, Linfield 146, Puget Sound 183, Lewis & Clark 193, George Fox 211, Pacific Lutheran 244.
Top 5 Finishers: 1, Jessa Perkinson, SOU, 21:55.4. 2, Katie McKay, WHTW, 22:28.5. 3, Keilyn Roiko, WHTW, 22:32.9. 4, Kaelia Neal, LIN, 22:33.9. 5, Sierra Manzer, NNU, 22:36.1.
Other Top GNAC Finishers: 14, Anysja Manzer, NNU, 23:10.6. 42, Jadyon Gourley, NNU, 24:32.9. 51, Emily Hammons, NNU, 24:40.0. 70, Josie Lonai, NNU, 25:21.2..

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#WinnerAgain Montana State Billings' senior **Robert Peterson** won his fourth race of the season, taking top honors in the Yellowjackets/Battlin' Bear dual. He ran 20:03 for four miles.

#FreshTake Northwest Nazarene freshman **Sierra Manzer** was named GNAC Women's Cross Country Runner of the Week after placing fifth at the Lewis & Clark Invitational. She covered the 6,000-meter course in a time of 22:36.1.

#TitleDefense Alaska Anchorage will be looking to win their six straight GNAC men's championship and their seventh in eight years. The Seawolves won last year's meet in 18 points, the best team score in conference meet history.

#OnTheRebound The Alaska Anchorage women are the favorite to reclaim the GNAC championship after placing second to Simon Fraser in 2014.

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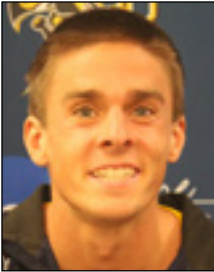
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Alaska	@AlaskaNooksXC	#NanookNation
Alaska Anchorage	@UAAXCTF	#JAASeawolves
Cent. Washington	@CWU_Track	#CWUWildcats
Concordia	@gocugo	#gocugoxc
MSU Billings	@MSUBXCTF	#MSUBXC
NW Nazarene	@NNUXCTF	#GoNNUCrusaders
Saint Martin's	@SMUSaints	#SaintsAlive
Seattle Pacific	@SPUFalcons	
Simon Fraser	@ClanTrack	#NCAAeh
W. Oregon	@WOregonXCTF	#WOUWolves
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GNAC Cross Country Runners of the Week

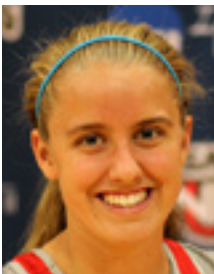


MEN

Robert Peterson, Montana State Billings
Senior • Billings, Mont.

Peterson won his fourth race of the season and had his sixth top-five finish, winning the Yellowjackets' dual meet with Rocky Mountain College. He covered the four-mile course in 20:03, averaging 5:01 per mile.

Also Nominated: Chase Cunningham (Northwest Nazarene).



WOMEN

Sierra Manzer, Northwest Nazarene
Freshman • Melba, Idaho

Manzer led NNU with a collegiate-best fifth place finish at the Lewis & Clark Invitational. She covered the 6,000-meter course in 22:36.1.

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	Isaac Mitchell, NNU	Joyce Chelimo, UAA
Oct. 12 - 19	Robert Peterson, MSUB	Sierra Manzer, NNU

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

GNAC News & Notes

PERFECT DUAL: Montana State Billings had the perfect finish to their 2015 regular season. The Yellowjackets scored a pair of 15-point performances to win their dual over Rocky Mountain on Thurs., Oct. 15. Senior **Robert Peterson** was named GNAC Men's Cross Country Runner of the Week for the second time this season as he won the men's four-mile race in a time of 20:03, an average of 5:01 per mile. Junior **Rio Frame** led the MSUB women, placing second in the 5,000-meter race in a time of 18:54. It is the third and fourth time this season that a GNAC team has scored 15 points in a meet.

LAST MINUTE TUNE-UPS: Central Washington and Northwest Nazarene joined Montana State Billings as GNAC teams who ran a tune-up race in the weekend before the conference championship meet. Central Washington's women competed at the Emerald City Classic in Seattle. Junior **Kaitlyn McKinney** led the way with a 35th place finish in a time of 25:39.5. Northwest Nazarene competed at the Lewis & Clark Invitational near Portland. Freshman **Sierra Manzer** was named GNAC Women's Cross Country Runner of the Week as she placed fifth in the meet with a time of 22:36.1. Junior **Chase Cunningham** led the men with a 25th place finish in a time of 26:21.4.

IN THE RANKINGS: Alaska Anchorage maintained its leading spots in the latest USTFCCCA Division II Coaches Top-25 polls, released on Oct. 14. The UAA men retained their No. 5 ranking while the women held strong at No. 7. In the men's poll, Simon Fraser retained their No. 12 ranking while Western Washington dropped three spots to No. 21.

Western Washington also slipped two spots in the women's poll to No. 12. Seattle Pacific dropped one spot to No. 18.

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 Championship Previews

MEN: Alaska Anchorage Aims For Sixth Straight Title

It may be as close to a dynasty as you get in the Great Northwest Athletic Conference.

Alaska Anchorage is the odds-on favorite to win their sixth straight title, and their seventh in the last eight years, in the 2015 GNAC Cross Country Championships at Bellingham's Lake Padden Park.

The Seawolves return four of the seven runners that last year ran to a conference meet record score of 18 points and have been just as dominant in winning all three of their meets this season. They collected two September victories at Hawaii Big Wave Invitational and the Hawaii Pacific Invitational, both with perfect 15-point scores. In their only meet against GNAC competition, the Seawolves placed four runners in the top-seven to win the Western Washington Invitational.

Henry Cheseto, the defending GNAC and West Region champion, earned All-American honors as a freshman thanks to a 19th place finish at last year's NCAA Division II Championships. Cheseto won the Hawaii Pacific Invitational and was challenged only by his teammates and non-GNAC competitors to win the 10,000-meter race at the WWU Invitational.

Alaska Anchorage, ranked fifth in the latest USTFCCCA Division II Coaches Poll, also returns the 2014 conference runner-up in senior Dominik Notz, who has finished no worse than fourth in a race this season, along with junior **Victor Samoei** (seventh) and sophomore **Edwin Kangogo** (eighth). The quartet leads six top-10 finishers returning to the meet in 2015.

Simon Fraser stands the best chance of challenging Alaska Anchorage's winning streak. The Clan enters the meet ranked 12th in the national poll and return five of their top-seven finishers from last year. Junior **Oliver Jorgensen**, who placed sixth last year, has placed in the top-10 in three meets this season. The only time he didn't was at the Stanford Invitational where he finished 22nd. Sophomore **Marc-Antoine Rouleau** was 13th at last year's championship and has three top-20 finishes this season.

Western Washington hopes that racing on their home course will translate to a strong team finish. Second place at last year's meet, the Vikings are ranked 21st in the USTFCCCA Poll. The Vikings won the season-opening Central Washington Invitational behind a third place finish by freshman **Nickolas Mounier** and were third at the Sundodger Invitational. Sophomore **Isaac Derline** was fifth individually at Sundodger while sophomore Andrew Wise led the Vikings to a 14th place finish at their own WWU Invitational to lead a sixth place team finish.

Montana State Billings' **Robert Peterson** will challenge for a title to cap off a stellar senior season. Peterson won his first three races of the season and has finished no worse than fourth, with that fourth place coming at the University of Minnesota's Roy Griak Invitational. Peterson finished fourth in last year's meet.

Northwest Nazarene sophomore **Isaac Mitchell** placed 17th last year and had two top-10 finishes in meets this season, topped by a seventh place finish at the San Francisco State Invitational. **Jared Seckel** of GNAC newcomer Concordia will aim for a top-10 finish after placing 13th in the Cavaliers' last meet, the Oct. 3 Charles Bowles Willamette Invitational. Western Oregon sophomore **David Ribich** has also performed well, placing 10th at Sundodger and 13th at the Western Washington Invitational.

Following this weekend's meet, the GNAC's teams will reconvene in Monmouth, Ore., to compete at the NCAA Division II West Region Championships at the Ash Creek Preserve, the course that hosted the last three conference meets. The top-four placing teams will advance to the NCAA Division II Championships on Sat., Nov. 21, in Joplin, Mo.

WOMEN: Will Seawolves Race Back To Top Of Podium?

Alaska Anchorage saw their GNAC championship streak end at six last year as Simon Fraser edged the Seawolves out in the closest team race in conference meet history.

That race that saw Simon Fraser, Alaska Anchorage and Western Washington divided by three points (62-63-64) proved the start of a banner championship for the GNAC. Those three teams, plus Central Washington, went on to top-six finishes at the West Region championships to give the conference an unprecedented four teams at the NCAA Division II Championships.

Things have certainly changed from this time a year ago, but Alaska Anchorage remains as the team to beat at the 2015 GNAC Cross Country Championships at Bellingham's Lake Padden Park. The Seawolves, ranked No. 7 in the USTFCCCA Division II Coaches Poll, return five runners from last year's team, but have raced through 2015 with a decidedly different look.

Senior **Beatrice Decker**, the Seawolves top returning finisher from last year's meet (sixth), has raced just once this season. The leading presence for the team is junior **Joyce Chelimo**, who has finished second in all three of UAA's races. A redshirt last year, Chelimo will be a title contender. As Joyce Kipchumba, Chelimo finished fourth at the 2013 GNAC Championships and 13th at the NCAA Championships. Sophomore **Caroline Kurgat**, 11th in last year's championship, won both of the team's Hawaii races and placed third at the Western Washington Invitational.

Western Washington stands ready to compete on their home course. The Vikings, ranked No. 12 in the USTFCCCA Poll, have performed well against tough fields, winning September's Sundodger Invitational and placing fourth at their own WWU Invitational. They were beat by only one GNAC squad: Alaska Anchorage.

Western Washington's strength has not been individual standouts, but in running well as a group. The scoring five had a gap of just 1:02 at Sundodger and a mere 59 seconds at the WWU Invitational. Senior **Taylor Guenther**, who finished 10th in last year's GNAC meet, has three top-10 finishes and placed fifth at Sundodger with a season-best 21:34.29. Junior **Brittany Grant** also has three top-10 finishes and was seventh at Sundodger.

Seattle Pacific, who figured out of the equation last year, is the league's most improved team. The Falcons finished fifth last year, but have finished no worse than fourth as a team in their four meets this season, winning both races at the Moda Health Alaska Invitational, placing third at the Charles Bowles Willamette Invitational and fourth at Sundodger. The Falcons enter the meet ranked 18th in the USTFCCCA Poll.

Senior **Anna Patti** will contend for the individual title after placing seventh in this meet as a junior. Patti won her first three meets of the season, including the Sundodger in a blistering 21:11.82 for 6,000 meters, and placed second at Willamette with a 5,000-meter time of 17:35.3. Junior **Sarah Macdonald** was second to Patti at both Alaska Invitational races and placed 12th at Willamette.

Simon Fraser's **Rebecca Bassett** and Central Washington's **Dani Eggleston** placed second and third, respectively, in last year's meet. Bassett has three top-10 finishes to her credit this season, winning the season-opening Ash Creek Invitational and placing third at Sundodger with a season best 21:21.26. Eggleston placed 19th at Sundodger and placed 21st at the WWU Invitational.

Other runners to watch include Concordia's **Megan Fristoe**, who has three top-15 finishes this season and placed 11th at the Willamette Invitational, and Northwest Nazarene freshman **Sierra Manzer**, who placed 11th at the San Francisco Invitational.

Following the GNAC Championships, the league's team will compete in two weeks at the NCAA West Regional Championships on Sat., Nov. 7, at the Ash Creek Preserve in Monmouth, Ore. The top five teams in the west region meet will advance to the NCAA Division II Championships on Nov. 21 in Joplin, Mo.

Around The GNAC

ALASKA



• The GNAC Championships will be the second consecutive meet for the Nanooks in Bellingham. Alaska last competed on Oct. 10 at the Western Washington Invitational with the men placing 12th in the meet while the women placing 13th.

• Sophomores **Alex Eckert** and **Lyon Kopsack** will be the runners to watch for the Alaska men. Eckert placed second in the 5,000-meter race in the season-opening Moda

Health Alaska Invitational. Kopsack was the Nanooks' top finisher at the WWU Invitational, placing 80th in 34:26 for 10,000 meters.

• Junior **Dorothy O'Donnell** leads the Alaska women. She placed third in both races at the Alaska Invitational and led the team with an 80th place finish at the Stanford Invitational. Junior **Kali Striker** was the Nanooks' top finisher at the WWU Invitational, placing 71st in 23:56.

• The Alaska men opened the season by winning the shorter 5,000-meter race at the Alaska Invitational, 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 placed seventh (188 pts.) in the men's race last year at the GNAC Championships while the women placed eighth (235 pts.).

ALASKA ANCHORAGE



• Alaska Anchorage will be vying for their sixth straight men's championship. The Seawolves won last year's meet with a total of 18 points, the lowest point total ever at a GNAC Championship. The Seawolves' women will be looking for their sixth title in seven years after being beat last year by Simon Fraser.

• At the Western Washington Invitational, the Seawolves won the men's competition out of 14 teams, tallying 37 points. The UAA women placed second out of 13 teams with 84 points, finishing behind Trinity Western.

• **Henry Cheseto** won his third race in as many tries this season, covering the 10,000-meter course in 31:00. **Dominik Notz** was eight second behind in third place at 31:08. The Seawolves' top-four finishers crossed the finish line within 34 seconds of each other.

• **Joyce Chelimo** was the Seawolves' leading runner in the women's 6,000-meter race, finishing second with a time of 22:19. Chelimo has placed second in all three meets she has run this season. **Caroline Kurgat** finished third in a time of 21:22. The Western Washington Invitational was the Seawolves' first 6,000-meter race of the season.

• The UAA men and women both maintained their spots in the latest USTFCCA Division II Coaches polls (released Oct. 14). The men remain at No. 5 and No. 2 in the west region, while the women are ranked No. 7 nationally and No. 2 in the west region.

• 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.

• Cheseto is the defending GNAC and West Region champion. He won the 2014 GNAC Championships as a freshman in 24:35.91. The Seawolves won their fifth consecutive conference title in 2014 with a score of 18 points, the lowest ever at a GNAC Championship.

• **Beatrice Decker**, the top returning UAA women's finisher from 2014, ran her first meet of the season at the Western Washington Invitational. Decker placed seventh last year. Chelimo, who redshirted in 2014, placed fourth at the 2013 GNAC Championships with a time of 20:35.05 (as Joyce Kipchumba).

CENTRAL WASHINGTON



• One of three teams to compete in the weekend before the GNAC Championships, the Central Washington women competed on Saturday at Seattle University's Emerald City Classic. The Wildcats finished sixth out of eight teams, resting many of their top runners in preparation for the conference meet.

• Junior **Kaitlyn McKinney** led the Wildcats with a 35th place finish, covering the 6,000-meter course in 25:39.5. Senior **Natalie Bergstrom** placed 42nd in a time of 26:17.3.

• Senior **Dani Eggleston** led the Central Washington women at the Western Washington Invitational, placing 21st with a time of 22:28. Eggleston has placed in the top-35 in all four meets she has competed in. Senior **Erin Chinchar** placed 24th in 22:36 as the Wildcats placed eighth.

• Sophomore **Alex Martinez** led the Wildcats' men at the WWU Invite, placing 66th in a time of 34:01 on the 10,000-meter course. Freshman **Jonathan Lafferty** was nine seconds behind, placing 70th in 34:10 as the Wildcats placed 11th.

• Central Washington's women were ranked during the first three weeks of the season. The Wildcats opened the season ranked No. 22 nationally and fifth in the west region, but dropped off after the Sept. 22 rankings.

• Central Washington's men finished fifth at the 2014 GNAC Championships with 159 points. **Harry Engel** is the team's top returning placer, finishing 53rd in 27:00.28. The CWU women placed fourth with 85 points and went to compete at the NCAA Division II Championships. Eggleston placed third at last year's championship in 20:42.10.

CONCORDIA



• Concordia will race in their first GNAC Championships this weekend, but are far from novices in the big meets. The Concordia men placed third at last year's NAIA Cascade Collegiate Championships with a score of 112 points and went on to placed 20th at the NAIA National Championships. The Cavaliers' women placed fifth at the CCC meet with 145 points.

• Concordia has not competed since the Charles Bowles Willamette Invitational on Oct. 3. 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 transfer **Jared Seckel** was named the GNAC Men's Runner of the Week for Sept. 28 - Oct. 4 for his 13th place finish at the Willamette Invitational in a time of 25:32.9. Junior transfer **Megan Fristoe** was named GNAC Women's Runner of the Week the same week. She placed 11th, covering the 5,000-meter course in 18:21.1. Both will be in contention for the conference's Newcomer of the Year awards.

• Other Concordia runners to watch include sophomore **Josh Boston**, who placed 11th at the season-opening Apple Ridge Invitational. Freshman **Nicole Peterson** has three top-25 finishes to her credit and placed 22nd at the Willamette Invitational.

• 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



- One of three teams competing in the final weekend before the GNAC Championships, Montana State Billings won both the men's and women's team races in their dual meet on Thursday with Rocky Mountain. Both teams scored 15 points.
- Senior **Robert Peterson** was named GNAC Men's Cross Country Runner of the Week for the second time this season as he won the dual meet. He covered the four-mile course in a time of 20:03, averaging just over five minutes per mile.
- Junior **Garrett Love** placed third in a time of 20:15 while sophomore **Jorey Egeland** finished fifth in a time of 20:31.
- Junior **Rio Frame** was the Yellowjackets' top women's finisher, covering the 5,000-meter course in 18:54. Senior **Brielle Davis** was third in 19:28 and senior **Jinise Trueblood** placed fourth in 19:37.
- The Yellowjackets placed fourth in the men's competition at last year's GNAC Championship with 156 points. Peterson placed fourth in a time of 24:59.61 and went on to place 100th at the NCAA Division II Championships. The MSUB women placed sixth last year with 140 points. Frame is the team's top returning finisher, placing 22nd in time of 21:47.98.
- The GNAC Championships will be the first time that Montana State Billings has raced against other GNAC competition since racing in the Moda Health Alaska Invitational on Labor Day weekend.

NORTHWEST NAZARENE



- Northwest Nazarene was the other GNAC team competing on the final weekend prior to the conference championship. Both the men and women placed fifth at the Lewis & Clark Invitational at McIver State Park, near Portland.
- Freshman **Sierra Manzer** was named the GNAC Women's Cross Country Runner of the Week after placing fifth with a time of 22:36.1 over 6,000 meters. She finished just eight seconds behind the second place runner in the race.
- Sierra's sister, junior **Anysja Manzer**, placed 14th in a time of 23:10.6 to give the Crusaders two top-15 placers.
- Sophomore **Isaac Mitchell**, the Crusaders' top performer on the men's side, did not compete at the L&C Invitational. He finished seventh in the men's 8,000-meter race at the Oct. 9 San Francisco Invitational in a time of 25:06.2.
- Freshman **Nicholas Hamilton** was NNU's top men's placer at L&C. He placed 25th while covering the 8,000-meter course in 26:16.5.
- The GNAC Championships will be just the second time this season that Northwest Nazarene has faced other conference competition. The Crusaders saw other GNAC teams at the Sept. 19 Sundodger Invitational.
- The NNU men placed sixth at last year's GNAC Championships, finishing with 173 points. Mitchell was the Crusaders' top finisher in 17th place with a time of 25:30.88. The NNU women placed ninth with a score of 241 points. Anysja Manser is the Crusaders' top returning placer. She was 42nd last year in 22:33.62.

SAINT MARTIN'S



- Saint Martin's will be looking to climb with their young squad at the GNAC Championships. Saint Martin's finished ninth in the men's competition at last year's GNAC Championships with 229 points. Senior **Nathan Morgan** was the team's top placer in 44th place in 26:27.45.
- The Saints' women placed 10th with 298 points. Junior **Megan Teigen** is the team's top returning placer, finishing 43rd in 22:35.39.
- Freshman **Larissa Kolasinski** showed the potential to be among the top-10 finishers at the GNAC Championships. She placed 28th at the Western Washington Invitational in a time of 22:48. She was the No. 9 GNAC runner to cross the finish line. Senior **Karen Horvath** was not far behind Kolasinski, placing 41st in a time of 23:19.
- Sophomore **Josh Hunt** was the Saints' top men's finisher, placing 120th in a time of 35:39. Morgan finished 127th in 35:49 while sophomore **Austin Miller** placed 131st in 36:12.

SEATTLE PACIFIC



- Seattle Pacific is poised to move up from last year's finishes at this weekend's GNAC Championships. The SPU women placed fifth last year, but have finished no worse than fourth in a meet this season. That fourth place finish came at the Sept. 19 Sundodger Invitational.
- Senior **Anna Patti** is the No. 3 top-returning placer from last year's women's race. She placed seventh with a time of 25:07.60. This season, Patti has won three races, including the Sundodger Invitational, and placed second at the Willamette Invitational with an impressive 5,000-meter time of 17:35.3.
- Sophomore **Sarah Macdonald** has also performed well for the Falcons. She placed second behind Patti in both Alaska Invitational races and placed 12th at the Willamette Invitational. She carries into the GNAC Championships with a season best of 22:31.13 for 6,000 meters.
- The Seattle Pacific women enter the GNAC Championships ranked No. 18 in the USTFCCCA Division II Coaches Poll (released Oct. 14). The Falcons reached their highest ranking of No. 17 in the Oct. 7 poll. The team remained at No. 5 in the West Region Rankings for the fourth consecutive week.
- The Seattle Pacific men placed 10th at last year's GNAC Championships with 235 points. **Adam Avischious** led the Falcons in the race, placing 42nd in a time of 26:25.05. Avischious enters this year's meet at SPU's top runner. He placed 36th at the Willamette Invitational in a time of 26:18.9. Sophomore **Ben Halladay** showed well early in the season, placing seventh in the 5,000-meter race at the Moda Health Alaska Invitational and 14th in the 8,000-meter race.

Around The GNAC



SIMON FRASER

• Simon Fraser's men hope to make a solid run at another top-three finish at the GNAC Championships. The Clan placed third in last year's conference meet with a total of 67 points. Junior **Oliver Jorgensen** led the way with a sixth place time of 25:07.60. Senior **Marc-Antoine Rouleau** placed 13th in 25:20.50.

• The SFU men enter the GNAC Championships ranked 12th in the USTFCCCA Division II Coaches Poll (released Oct. 14) and No. 4 in the West Region rankings.

• At the 2014 GNAC Championships, Simon Fraser's women won their first conference title, finishing with 62 points in a competition that saw the top-three placing teams separated by three points. The Clan went on to win the West Region Championships and placed seventh at the NCAA Championships. Bassett placed second in a time of 20:32.08.

• Simon Fraser showed well in both the men's and women's races at the Western Washington Invitational. The Clan men placed fifth with a score of 109 points and were the No. 2 GNAC team behind Alaska Anchorage. The SFU women placed seventh with a score of 184 points and were No. 3 GNAC team.

• Junior **Rebecca Bassett** is the top returning placer from last year's meet. She placed second in a time of 20:32.08. Bassett has three top-three finishes to her credit this season and placed 26th in the prestigious Stanford Invitational. She placed third at the Sundodger Invitational in a season best time of 21:21.26.

WESTERN OREGON



• Western Oregon looks to move up in their first GNAC Championships in three years not to take place on their home course. The WOU men placed seventh last year with a score of 185 points. **David Ribich** was the leading runner for WOU as a freshman, placing 26th in 25:56.47.

• Western Oregon's women placed seventh with 185 points.

Rachel Crawford was the Wolves' top placer in 26th place in 21:55.36.

• Western Oregon placed 11th in both the men's and women's races at the Western Washington Invitational. The men finished with a total of 306 points while the women compiled 286 points. Ribich led the WOU men with his 13th place finish. He covered the 10,000-meter course in a time of 32:02. Ribich has finished in the top-20 in all three of his races this season. Junior **Nicole Maurmann** paced the Western Oregon women with a 38th place finish in the 6,000-meter place, clocking a time of 23:12.

• Maurmann enters the Western Oregon's top runner. She placed 29th at the season-opening Ash Creek Invitational.

• 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



• For the first time in 10 years, Western Washington is running a conference meet at home. The Vikings will host Saturday's GNAC Championships for the first time since 2005.

• Both the Western Washington men and women stand a good chance to move up in the GNAC standings if their regular season races are any indicator. The men placed second at last year's meet with 61 points. **Sean Eustis** was the team's top placer as a freshman, finishing 12th in 25:17.99.

• The Western Washington women placed third in the closest team race in meet history with 64 points, two points behind Simon Fraser's winning squad. Katelynn Steen won the meet in her senior season in 20:13.75. **Taylor Guenther** is the Vikings' top returning placer. She finished 10th as a junior in 21:02.66.

• Western Washington came home to Lake Padden and performed well at their own Western Washington Invitational. The Vikings' women placed fourth out of 13 teams with 133 points while the men placed sixth with 160 points.

• Western Washington's women enters the GNAC Championships ranked No. 12 in the USTFCCCA Division II Coaches Poll (released Oct. 14) and are No. 4 in the West Region rankings. The Vikings' men are ranked No. 21 in the national poll and No. 6 in the regional rankings.

• The WWU men placed fifth at their own WWU Invitational with 109 points. Sophomore **Andrew Wise** led the way for the WWU men, placing 14th with a time of 32:03 over the 10,000-meter course. Eustis added a 31st place finish in a time of 32:39.

• Western Washington's women placed fourth in the WWU Invitational with 133 points. Guenther led the way for the Western Washington women, placing 23rd in 22:32 for 6,000 meters. Junior **Brittany Grant** was 26th with a time of 22:44.

• 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.

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	5th	12th	21st
Oct. 28			

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	2nd	4th	—	6th
Oct. 27				

USTFCCCA DIVISION II COACHES POLL

as of Oct. 14, 2015 (Week 5)		
Rk	School (1st)	Pts.
1.	Grand Valley State (5)	197
2.	Chico State (2)	192
3.	Colorado Mines (1)	187
4.	Adams State	176
5.	Alaska Anchorage	161
6.	Southern Indiana	160
7.	Augustana (S.D.)	153
8.	Cal Poly Pomona	140
9.	Lock Haven	136
10.	Western State	135
11.	Shippensburg	105
12.	Simon Fraser	103
13.	West Texas A&M	94
14.	Mount Olive	88
15.	Wis.-Parkside	80
16.	Pittsburg State	78
17.	Black Hills State	77
18.	Cal Baptist	60
19.	Neb.-Kearney	53
20.	Stonehill	51
21.	Western Washington	42
22.	Saginaw Valley State	34
23.	New Mexico Highlands	33
24.	American International	13
25.	San Francisco State	11

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

as of Oct. 13, 2015 (Week 5)			
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.	Cal Baptist	PacWest	6
6.	Western Washington	GNAC	5
7.	San Francisco State	CCAA	7
8.	UC San Diego	CCAA	9
9.	Humboldt State	CCAA	9
10.	Azusa Pacific	PacWest	10

[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	7th	—	—	18th	12th
Oct. 28					

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	2nd	—	—	5th	4th
Oct. 27					

USTFCCCA DIVISION II COACHES POLL

as of Oct. 14, 2015 (Week 5)		
Rk	School (1st)	Pts.
1.	Hillsdale (3)	195
2.	Adams State (4)	191
3.	Grand Valley State	186
4.	Minnesota Duluth (1)	177
5.	Chico State	171
6.	Western State	158
7.	Alaska Anchorage	149
8.	Augustana (S.D.)	144
9.	Northern Michigan	140
10.	Cal Baptist	123
11.	Southern Indiana	120
12.	Western Washington	113
13.	Bloomsburg	94
13.	Bellarmino	94
15.	Lewis	83
16.	Stonehill	74
17.	Colorado Mines	72
18.	Seattle Pacific	70
19.	Montevallo	53
20.	Dallas Baptist	50
21.	Mary	36
22.	Shippensburg	28
23.	Ashland	21
24.	Cal Poly Pomona	13
25.	UC-Colorado Springs	19
25.	Edinboro	10

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

as of Oct. 13, 2015 (Week 5)			
Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	Alaska Anchorage	GNAC	2
3.	Cal Baptist	PacWest	4
4.	Western Washington	GNAC	3
5.	Seattle Pacific	GNAC	5
6.	Cal Poly Pomona	CCAA	7
7.	Cal State San Bernadino	CCAA	8
8.	UC San Diego	CCAA	6
9.	Azusa Pacific	PacWest	10
10.	Cal State San Marcos	CCAA	NR

[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 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.

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, 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. 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.

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.

Fri., Oct. 9

MSU Billings Yellowjacket Invitational
at Amend Park, Billings, Mont.

Men (8,000 Meters): Black Hills St. 21, Montana State Billings 40, South Dakota Mines 84, Rocky Mountain 100, Central Wyoming 148, Montana State Northern 177.

Top 5 Finishers: 1, Alec Baldwin, BHSU, 24:30.39. 2, Robert Peterson, MSUB, 25:13.14. 3, Kendall Murie, BHSU, 25:29.60. 4, Jonah Theisen, BHSU, 25:54.10. 5, Matt Winter, MSUB, 25:55.18.

Other Top GNAC Runners: 8, Jorey Englund, MSUB, 28:16.46. 12, Tyus Mendoza, MSUB, 26:55.08. 13, Liam McKay, 26:58.99.

Women (6,000 Meters): South Dakota Mines 25, Montana State Billings 37, Black Hills State 67, Montana State Northern 110.

Top 5 Finishers: 1, Adeline Straatmeyer, SDM, 23:56.32. 2, Brielle Davis, MSUB, 24:46.93. 3, Libby Friesen, SDM, 24:55.05. 4, Rio Frame, MSUB, 25:06.59. 5, Taylor Condon, MSUB, 25:13.44.

Other Top GNAC Runners: 9, Jinise Trueblood, MSUB, 25:50.41. 18, Bailey Bomar, MSUB, 27:07.18.

San Francisco State Invitational

at Speedway Meadows, Golden Gate Park,
San Francisco, Calif.

Men (8,000 Meters): Chico State 23, Cal Baptist 82, San Francisco State 111, Southern Oregon 111, Cal State San Marcos 115, Academy of Art 191, Santa Clara 235, Humboldt State 239, Cuyamaca JC 275, Cal State Monterey Bay 282, Fresno Pacific 311, Northwest Nazarene 317, Stanislaus State 414, UC Merced 423, Holy Names 435, Notre Dame de Namur 443, Great Falls 470, Soka 502, Pacific Union 608, Dominican (Calif.) 612.

Top 5 Finishers: 1, William Reyes, CHICO, 24:35.2. 2, Valentin Pepiot, AAU, 24:44.3. 3, Falco DeGiallonardo, CHICO, 24:47.5. 4, Valentin Robert, CBU, 24:49.8. 5, Steven Martinez, CHICO, 25:00.4.

Top GNAC Finishers: 7, Isaac Mitchell, NNU, 25:06.2. 98, Nick Hamilton, NNU, 26:43.2. 115, Chase Cunningham, NNU, 27:01.8. 134, Gabe Fisher, NNU, 27:32.2. 166, Tim Swarat, NNU, 28:19.9.

Women (6,000 Meters): Chico State 41, Cal Baptist 63, Cal State San Marcos 93, Stanislaus State 140, Northwest Nazarene 211, Humboldt State 213, Cal State Monterey Bay 214, Southern Oregon 249, Academy of Art 257, San Francisco State 266, Fresno Pacific 355, Santa Clara 389, Great Falls 391, Cuyamaca JC 423, UC Merced 427, Soka 428, Sonoma State 450, Notre Dame de Namur 463, Marymount (Calif.) 497, Menlo 608, Holy Names 611, Mills 664.

Top 5 Finishers: 1, Sadie Gastelum, CHICO, 21:39.3. 2, Hannah Bell, CSMB, 21:40.4. 3, Courtney Moore, FPU, 21:46.9. 4, Jessa Perkinson, SOU, 21:47.6. 5, Caroline Barkechir, CBU, 22:00.6.

Top GNAC Finishers: 11, Sierra Manser, NNU, 22:14.4. 37, Hailey Gordon, 22:52.6. 53, Anysja Manser, NNU, 23:11.2. 78, Rebecca Hook, 23:49.8. 108, Jaydn Gourley, NNU, 24:30.6.

2015 GNAC Meet Summaries

Western Washington Invitational at Lake Padden Park, Bellingham, Wash.

Men (10,000 Meters): Alaska Anchorage 37, Windsor 72, Trinity Western 82, Victoria 99, Simon Fraser 109, Western Washington 160, British Columbia 199, Club Northwest 219, Western Oregon 230, Flying Iguanas Moose Lodge 270, Central Washington 306, Alaska 356, Everett CC 387, Saint Martin's 427.

Top 5 Finishers: 1, Henry Cheseto, UAA, 31:00. 2, Declan White, TWU, 31:05. 3, Dominik Notz, UAA, 31:08. 4, Paul Janikowski, UW, 31:10. 5, Forrest Simpson, UV, 31:20.

Other Top GNAC Finishers: 6, Edwin Kangogo, UAA, 31:33. 7, Victor Samoei, UAA, 31:34. 9, Oliver Jorgensen, SFU, 31:47.

Women (6,000 Meters): Trinity Western 48, Alaska Anchorage 84, Club Northwest 119, Western Washington 133, Victoria 167, Whatcom Tesseract 168, Simon Fraser 184, Central Washington 184, British Columbia 185, Windsor 213, Western Oregon 286, Saint Martin's 301, Alaska 343.

Top 5 Finishers: 1, Sarah Inglis, TWU, 20:47. 2, Joyce Chelimo, UAA, 21:19. 3, Caroline Kurgat, UAA, 21:22. 4, Regan Yee, TWU, 21:24. 5, Lisa Brooking, TWU, 21:24.

Other Top GNAC Finishers: 7, Rebecca Bassett, SFU, 21:52. 20, Kimberly Cosica, UAA, 22:25. 21, Dani Eggleston, CWU, 22:28.

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	10,000 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)		34:40 (90th)		
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)	35:02 (98th)		
Michael Fehrenbach	Sr.						
Lyon Kopsack	So.	27:45.9 (11th)	16:20.0 (4th)	26:33.0 (189th)	34:26 (80th)		
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)		35:34 (114th)		
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)		35:31 (113th)		
Daniel Serventi	So.	28:02.3 (15th)	16:33.1 (9th)	27:13.3 (233rd)	35:21 (107th)		
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)	12th of 14 (356)		
Results Link		Results	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	10,000 Meters		
Henry Cheseto	So.	15:41.52 (3rd)	25:58.6 (1st)	31:00 (1st)		
Joe Day	Jr.					
Edwin Kangogo	So.	15:41.15 (1st)	26:18.8 (3rd)	31:33 (6th)		
Nathan Kipchumba	So.	15:41.33 (2nd)	26:45.1 (5th)	32:17 (21st)		
Michael Mendenhall	Jr.	16:29.45 (7th)	26:53.2 (6th)	33:50 (61st)		
Philip Messina	Jr.	16:42.54 (9th)	27:33.0 (8th)			
Jesse Miller	Jr.	17:29.11 (21st)	28:43.4 (13th)	35:58 (129th)		
Dominik Notz	Sr.	15:45.66 (4th)	25:59.4 (2nd)	31:08 (3rd)		
Michel Ramirez	Sr.					
Victor Samoei	Jr.	16:17.88 (5th)	26:28.2 (4th)	31:34 (7th)		
Team Place (Pts.)		1st of 5 (15)	1st of 4 (15)	1st of 14 (37)		
Results Link		Results	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	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
Distance		6,000 Meters	8,000 Meters	8,000 Meters	8,000 Meters	10,000 Meters		
Josh Boston	So.	21:10 (11th)	27:23.31 (148th)	26:44.5 (202nd)		34:25 (79th)		
Taryk Boyd	Fr.	22:10 (23rd)	27:54.99 (182nd)		27:59.26 (26th)	35:47 (125th)		
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)	35:41 (123rd)		
Tyler Humphries	Fr.	21:29 (14th)	27:22.37 (147th)	27:18.1 (240th)		34:15 (74th)		
Kaleb Javier	Sr.							
Jonathan Lafferty	Fr.	20:57 (9th)	26:24.91 (88th)	25:57.1 (144th)		34:10 (70th)		
Ron Leaf	So.	22:34 (27th)	27:25.21 (150th)	26:46.5 (206th)		34:41 (91st)		
Hanson Lee	Fr.	21:19 (16th)	27:49.60 (178th)		27:34.41 (20th)	35:07 (102nd)		
Alex Martinez	So.	21:29 (15th)	27:20.09 (143rd)	27:31.7 (249th)		34:01 (66th)		
Kyle Paulson	Fr.	21:24 (13th)	27:25.66 (151st)	27:07.3 (227th)		35:19 (106th)		
Justin Pringle	Fr.		28:23.36 (201st)			36:35 (138th)		
Matthew Schrenk	Fr.							
Nick Spencer	Sr.							
Kieran Sprague	Jr.							
Ryan Thompson	Sr.		26:27.88 (153rd)	27:36.3 (252nd)		35:09 (104th)		
Team Place (Pts.)		2nd of 4 (49)	20th of 26 (517)	25th of 30 (748)	Incomplete	11th of 14 (306)		
Results Link		Results	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	8,000 Meters	4 Miles		
Ivan Colmenero	Fr.	30:10.1 (24th)	17:23.2 (23rd)	28:29.90 (19th)	29:55 (230th)	28:51.61 (35th)	21:26 (14th)		
Jorey Egeland	So.	27:56.4 (13th)	16:28.3 (8th)	29:14.78 (26th)		26:18.46 (8th)	20:31 (5th)		
Mark Hovland	So.	27:25.1 (5th)	16:39.2 (13th)	27:56.78 (14th)	28:21 (113th)		20:38 (8th)		
Padon Little	Fr.			31:15.55 (41st)	32:30 (331st)	30:15.33 (44th)	22:43 (20th)		
Garrett Love	Jr.	27:23.1 (4th)	16:33.9 (10th)	26:49.45 (5th)	27:13 (38th)	27:06.95 (16th)	20:15 (3rd)		
Jacob Marshall	Jr.								
Liam McKay	So.	27:19.8 (3rd)	16:18.0 (3rd)	27:32.33 (10th)	28:51 (152nd)	26:58.99 (13th)	20:46 (10th)		
Tyus Mendoza	Fr.			27:35.01 (11th)	28:35 (127th)	26:55.08 (12th)	21:20 (13th)		
Josh Panasuk	Jr.								
Robert Peterson	Sr.	26:18.3 (1st)	15:44.6 (1st)	25:43.25 (1st)	26:04 (4th)	25:13.14 (2nd)	20:03 (1st)		
Matt Winter	Sr.	27:50.6 (12th)	16:39.6 (14th)	27:01.86 (7th)	27:38 (60th)	25:55.18 (5th)	20:35 (7th)		
Team Place (Pts.)		1st of 3 (24)	2nd of 3 (35)	6th of 9 (126)	11th of 38 (309 pts.)	2nd of 6 (40)	1st of 2 (15)		
Results Link		Results	Results	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	8,000 Meters	8,000 Meters		
Chase Cunningham	Jr.	22:44 (17th)	26:40.57 (102nd)	27:01.8 (115th)	26:21.4 (25th)		
Caleb Druckhammer	Fr.			27:32.2 (134th)			
Gabe Fisher	So.	22:36 (15th)	26:43.16 (105th)		27:12.1 (52nd)		
Nicholas Hamilton	Fr.	22:25 (13th)	25:59.36 (67th)	26:43.2 (98th)	26:16.5 (20th)		
Isaac Mitchell	So.	21:12 (2nd)	24:48.25 (12th)		25:06.2 (7th)		
Timothy Swarat	Fr.			28:19.9 (166th)	28:05.6 (84th)		
David Waterman	Sr.	24:11 (32nd)	28:12.52 (190th)	28:45.2 (178th)			
Team Place (Pts.)		3rd of 5 (76)	10th of 26 (367)	12th of 20 (317)	5th of 11 (185)		
Results Link		Results	Results	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	10,000 Meters		
Joe Edgecomb	Fr.	29:30 (25th)	27:30.92 (161st)	27:46.67 (22nd)	35:44 (124th)		
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)	36:19 (133rd)		
Mitchell Hughey	Jr.			32:07.94 (35th)			
Josh Hunt	So.	28:24 (10th)	27:29.77 (156th)	28:33.63 (27th)	35:39 (120th)		
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)	36:12 (131st)		
Nathan Morgan	Sr.			29:42.06 (30th)	35:49 (127th)		
Levi Schilter	Fr.	28:35 (15th)	27:53.91 (181st)		37:20 (149th)		
Josiah Shelman	Sr.						
Andrew Walter	Fr.						
Team Place (Pts.)		3rd of 6 (57)	22nd of 26 (562)	2nd of 2 (50)	14th of 14 (427)		
Results Link		Results	Results	Results	Results		

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

SEATTLE PACIFIC		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		Ash Creek Invi- tational 9/11/15	Sundodger Invi- tational 9/19/15	Stanford Invitational 9/26/15	W. Washington Invitational 10/10/15	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	10,000 Meters			
Braeden Charlton	Jr.	19:34.6 (31st)	25:23.96 (35th)	25:27.6 (103rd)	32:34 (29th)			
Ben Conrad	Fr.							
BJ Cunliffe	Sr.							
Mateo de Dalmasas	So.	20:09.0 (54th)	26:01.90 (69th)	26:32.8 (188th)	34:01 (65th)			
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)	31:47 (9th)			
Stuart MacDonald	So.							
Sean Miller	Fr.		25:24.16 (36th)	26:08.5 (159th)	33:30 (52nd)			
Timothy Mustard	Fr.	20:27.4 (72nd)	26:42.72 (104th)		35:41 (122nd)			
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)	32:19 (23rd)			
Marc-Antoine Rouleau	Sr.	18:50.4 (11th)	24:51.79 (15th)	24:55.6 (60th)	32:07 (16th)			
David Sawatsky	So.	22:49.9 (136th)	28:38.77 (211th)		38:07 (156th)			
Jalen Sekhon	Fr.							
Samuel Serviss	Fr.	22:08.4 (117th)	26:57.70 (122nd)		36:06 (130th)			
Lorenzo Smith	Sr.	20:37.4 (79th)	27:29.85 (158th)		34:14 (72nd)			
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)		34:53 (93rd)			
Brendan Wong	Sr.	20:04.6 (51st)	25:41.37 (52nd)	25:56.9 (143rd)	32:57 (37th)			
Team Place (Pts.)		2nd of 13 (64)	2nd of 26 (95)	8th of 30 (271)	5th of 14 (109)			
Results Link		Results	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	8,000 Meters	10,000 Meters			
Eric Alcaraz	So.							
Riley Anheluk	Sr.	21:19.2 (96th)	27:00.89 (125th)		35:05 (100th)			
David Cornish	Jr.	20:34.4 (77th)	27:02.02 (126th)					
Josh Dempsey	So.	20:23.9 (67th)	26:58.87 (123rd)		35:05 (101st)			
Kaleb Dobson	Fr.							
Matthew Haglund	So.	22:13.7 (120th)	28:46.07 (214th)	28:17.0 (115th)	37:06 (145th)			
Josh Hanna	Sr.	21:45.0 (110th)	27:28.68 (154th)		35:39 (119th)			
Zach Holloway	Sr.	19:32.7 (29th)	25:15.14 (28th)		32:18 (22nd)			
AJ Holmberg	So.							
Tyler Jones	Fr.	19:47.0 (41st)	26:16.88 (78th)		34:28 (83rd)			
Dominick Marshall	Fr.							
Parker Marson	So.				35:52 (128th)			
Sam Naffziger	Sr.	19:44.6 (39th)	26:20.11 (81st)		34:39 (89th)			
Corrado Pitari	So.							
David Ribich	So.	19:07.3 (19th)	24:38.21 (10th)		32:02 (13th)			
Kyle Ruhlman	So.							
Joe Solk	Sr.				34:27 (82nd)			
Badane Sultessa	Jr.							
Aaron Whitaker	So.	22:28.0 (128th)						
Team Place (Pts.)		4th of 13 (140)	8th of 26 (254)	Incomplete	11th of 14 (306)			
Results Link		Results	Results	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	10,000 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)	32:39 (31st)		
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)	33:34 (54th)		
Justin Irvine	Fr.	20:53 (7th)	25:59.13 (66th)	26:37.84 (9th)	33:42 (58th)		
Cory Johnson	Jr.						
Will Jones	Jr.		25:56.35 (61st)	26:17.79 (7th)	34:02 (67th)		
Matthew Lutz	Jr.		24:53.00 (17th)	25:50.84 (2nd)	32:54 (34th)		
Cody McCranie	Jr.	20:48 (6th)	25:44.36 (55th)	26:11.72 (4th)	36:33 (136th)		
Nickolas Mounier	Fr.	20:24 (3rd)	25:17.94 (30th)	26:14.76 (5th)	33:04 (41st)		
Jadon Olson	Fr.						
Ryan Peterson	Jr.		26:55.22 (117th)	27:05.88 (17th)	34:28 (84th)		
Noah Ripley	Jr.		26:47.63 (111th)	26:59.85 (14th)	33:33 (53rd)		
Max Romey	Jr.		26:02.99 (71st)	26:53.55 (12th)	33:19 (49th)		
Andrew Wise	So.		24:53.63 (18th)	26:02.15 (3rd)	32:03 (14th)		
Team Place (Pts.)		1st of 4 (22)	3rd of 26 (108)	1st of 2 (15)	6th of 14 (160)		
Results Link		Results	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						
	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)		26:54 (125th)		
	Kimberly Fitzgerald	25:52.8 (15th)		25:23.4 (221st)	25:04 (100th)		
	Cheyenne Greenside	So. 27:06.6 (19th)	22:20.9 (23rd)		26:00 (115th)		
	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)	24:02 (76th)		
	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)	23:56 (71st)		
	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)	25:08 (102nd)		
	Team Place (Pts.)	2nd of 3 (43)	2nd of 3 (46)	23rd of 30 (670)	13th of 13 (343)		
Results Link		Results	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					
	Emily Biering	Fr. 19:35.19 (14th)	19:21.6 (8th)	23:31 (52nd)		
	Mariah Burroughs	Fr. 21:02.08 (36th)	20:15.5 (16th)	24:12 (81st)		
	Joyce Chelimo	Jr. 17:49.83 (2nd)	18:18.0 (2nd)	21:19 (2nd)		
	Kimberly Cosica	Fr. 18:34.94 (4th)	18:42.7 (3rd)	22:25 (20th)		
	Beatrice Decker	Sr. 23:01 (31st)				
	Zenneh Jepchumba	Fr. 17:46.87 (1st)	18:15.9 (1st)	21:22 (3rd)		
	Caroline Kurgat	Fr. 19:24.74 (10th)	19:14.3 (6th)	23:57 (72nd)		
	Kaitlyn Maker	Fr. 20:23.37 (24th)	19:53.6 (14th)	23:45 (60th)		
	Danielle McCormick	Sr. 19:28.63 (11th)	19:08.7 (4th)	23:40 (55th)		
	Jessica Pahkala	So. 19:45.40 (19th)	19:31.3 (9th)	23:23 (46th)		
	Team Place (Pts.)	1st of 8 (26)	1st of 5 (16)	2nd of 13 (84)		
Results Link		Results	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								
	Natalie Bergstrom	Sr. 16:49 (19th)	25:18.12 (157th)		20:50.85 (19th)	26:25 (120th)	26:17.3 (42nd)		
	Tessa Carlin	So. 18:47 (30th)	26:05.08 (174th)		21:54.81 (25th)	27:17 (130th)			
	Nicole Charlton	So. 18:48 (31st)							
	Erin Chinchar	Sr. 15:02 (2nd)	22:15.25 (22nd)	22:32.7 (71st)		22:36 (24th)			
	Hannah Dowdell	Sr. 23:31.23 (92nd)	23:48.6 (163rd)			25:02 (98th)			
	Dani Eggleston	Sr. 15:00 (1st)	22:07.93 (19th)	21:48.0 (35th)		22:28 (21st)			
	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)	28:10 (135th)	27:52.2 (52nd)		
	Jayna Inderbitzin	Sr. 16:06 (13th)	23:29.44 (89th)	23:40.3 (149th)		24:44 (91st)			
	Brenna Liebel	Fr. 16:31 (18th)	23:54.52 (113th)			25:48 (112th)			
	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)	25:34 (107th)	25:39.5 (35th)		
	Stephanie Rexus	Jr. 15:47 (7th)	23:34.63 (96th)	23:44.3 (156th)		23:54 (68th)			
	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)		23:07 (35th)			
	Alexa Shindruk	Fr. 16:17 (16th)	23:11.28 (74th)	23:33.2 (140th)		24:14 (83rd)			
	Heather Sweowat	Fr. 18:17 (28th)	27:31.17 (202nd)			27:08 (127th)	27:27.0 (50th)		
	Darby Throndsen	Fr. 24:13.89 (32nd)					30:42.0 (63rd)		
	Sierra Wright				21:33.65 (22nd)	26:17 (119th)	25:47.8 (37th)		
	Team Place (Pts.)	1st of 4 (22)	7th of 22 (210)	14th of 30 (376)	3rd of 3 (65)	8th of 13 (184)	6th of 8 (150)		
Results Link		Results	Results	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	6,000 Meters	5,000 Meters		
Sarah Beatty	Fr.	29:28.9 (26th)	24:25.5 (25th)	22:33.00 (30th)	30:36.3 (330th)	28:52.93 (19th)	22:00 (10th)		
Bailey Bomar	So.	25:41.6 (13th)	21:29.3 (16th)	20:38.53 (23rd)	26:55.2 (212th)	27:07.18 (18th)	21:08 (8th)		
Taylor Condon	Sr.	26:23.2 (16th)	21:10.5 (15th)	19:41.25 (16th)	26:13.8 (165th)	25:13.44 (5th)	19:52 (5th)		
Brielle Davis	Sr.	25:32.2 (12th)	20:32.8 (11th)	19:20.16 (10th)	24:46.3 (63rd)	24:46.93 (2nd)	19:28 (3rd)		
Rio Frame	Jr.	24:17.5 (6th)	19:54.9 (9th)			25:06.59 (4th)	18:54 (2nd)		
Cate Klautd	Fr.	28:37.4 (25th)	23:27.6 (24th)	23:55.91 (36th)	29:29.5 (316th)	30:15.56 (26th)	22:36 (12th)		
Devin McDonald	Fr.			22:18.26 (28th)	29:39.0 (320th)	29:05.09 (20th)	21:40 (9th)		
Josey Smiedala	Fr.								
Nikki Terkildsen	Fr.			23:17.45 (35th)	29:39.4 (321st)	29:21.77 (21st)	22:00 (11th)		
Janise Trueblood	Sr.	27:24.0 (21st)	21:59.9 (20th)	20:07.61 (20th)	27:04.6 (223rd)	25:50.41 (9th)	19:37 (4th)		
Team Place (Pts.)		3rd of 3 (68)	3rd of 3 (69)	7th of 9 (233)	28th of 37 (776)	2nd of 4 (37)	1st of 2 (15)		
Results Link		Results	Results	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		5,000 Meters	6,000 Meters	6,000 Meters	6,000 Meters		
Hailey Gordon	Sr.	20:07 (6th)	22:35.32 (39th)	22:52.6 (37th)			
Jadyn Gourley	Sr.	21:33 (17th)	24:58.16 (150th)	24:30.6 (108th)	24:32.9 (42nd)		
Emily Hammons	Fr.		24:48.14 (144th)	25:11.3 (134th)	24:40.0 (51st)		
Rebecca Hook	Sr.	20:41 (12th)	23:08.41 (68th)	23:49.8 (78th)	23:28.7 (16th)		
Josephine Lonja	Fr.	21:39 (18th)	24:28.96 (128th)	25:38.6 (155th)	25:21.2 (70th)		
Anysia Manzer	So.	20:29 (8th)	23:52.29 (110th)	23:11.2 (53rd)	23:10.6 (14th)		
Sierra Manzer	Fr.	19:59 (4th)	22:21.16 (27th)	22:14.4 (11th)	22:36.1 (5th)		
Emily Merioles	Jr.		26:00.38 (172nd)				
Kaydee Mick	Jr.	23:10 (28th)	27:17.64 (200th)		27:08.5 (103rd)		
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)	5th of 9 (211)	5th of 10 (116)		
Results Link		Results	Results	Results	Results		

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

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		6,000 Meters	6,000 Meters	5,000 Meters	6,000 Meters		
Alexis Carandang	Jr.		35:56.33 (218th)		30:39 (143rd)		
Lindsey Dorney	Fr.	25:12 (8th)	25:31.75 (164th)	21:02.10 (21st)	26:35 (121st)		
Keirnan Hawthorne	Jr.						
Karen Horvath	Sr.	23:20 (3rd)	22:40.98 (44th)	18:43.96 (8th)	23:19 (41st)		
Larissa Kolasinski	Fr.	23:10 (1st)	22:33.29 (37th)	18:40.19 (5th)	22:48 (28th)		
Claire McCloskey	Jr.	26:24 (17th)	26:46.62 (194th)	22:33.67 (29th)	28:19 (136th)		
Dalia Pedro-Trujillo	So.	26:33 (20th)		22:13.35 (28th)	27:57 (133rd)		
Shannon Porter	Jr.						
Megan Teigen	Jr.	25:30 (9th)	24:34.75 (133rd)	21:51.67 (24th)	26:14 (117th)		
Elizabeth Waddell	Fr.						
Alexi Whatley	Fr.						
Team Place (Pts.)		1st of 5 (37)	17th of 22 (453)	2nd of 3 (57)	12th of 13 (301)		
Results Link		Results	Results	Results	Results		

SEATTLE PACIFIC		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		Ash Creek Invitational 9/11/15	Sundodger Invitational 9/19/15	Stanford Invitational 9/26/15	W. Washington Invitational 10/10/15	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	6,000 Meters			
Miryam Bassett	So.	17:45.4 (35th)	23:11.31 (75th)	23:09.5 (114th)	23:49 (62nd)			
Rebecca Bassett	Jr.	16:28.1 (1st)	21:21.26 (3rd)	21:32.8 (26th)	21:52 (7th)			
Emma Chadsey	Sr.	1819.3 (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)	23:44 (59th)			
Sophie Dodd	So.							
Brittany Evans	Jr.	18:40.3 (65th)	23:47.77 (107th)		23:30 (50th)			
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)	23:39 (54th)			
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)	24:05 (78th)			
Lily Mahal	Fr.							
Alan Mussatto	Fr.							
Paige Nock	So.	17:41.9 (32nd)	22:32.74 (35th)	22:48.9 (91st)	23:21 (44th)			
Peggy Noel	Jr.							
Picabo Reeves	Fr.							
Addy Townsend	Fr.							
Dana Townsend	So.		26:30.49 (185th)		26:40 (124th)			
Team Place (Pts.)		4th of 12 (136)	8th of 22 (215)	16th of 30 (399)	7th of 13 (184)			
Results Link		Results	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	6,000 Meters			
Bailey Beeson	Sr.	18:51.6 (66th)	23:43.29 (102nd)		24:20 (85th)			
Maggie Boles	Fr.							
Emily Cantrell	Fr.	19:20.4 (74th)	24:50.96 (145th)	20:00.8 (94th)	25:38 (108th)			
Felicia Covey	Jr.	20:52.3 (108th)		21:55.6 (166th)				
Rachel Crawford	Jr.	21:49.6 (118th)		19:17.8 (62nd)	24:26 (87th)			
Debora DeLeon	So.	18:29.5 (57th)	23:47.36 (106th)					
Amanda Dithazy	Jr.	19:05.1 (71st)	25:46.38 (167th)		25:45 (110th)			
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)		24:11 (80th)			
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)		23:12 (38th)			
Leah Paffrath	Sr.			20:52.9 (141st)				
Megan Rose	Fr.	22:13.9 (120th)						
Emilee Silbermangel	Fr.							
Kiana Smith	Fr.	20:03.9 (91st)	25:24.43 (161st)		25:47 (111th)			
Stephanie Stuckey	Sr.		23:15.16 (80th)		24:03 (77th)			
Dara Tillery	Jr.							
Suzanne Van De Grift	So.	18:56.2 (70th)	23:56.64 (115th)		24:54 (94th)			
Kendra Zimmerdahl	Fr.	19:44.1 (84th)	23:57.40 (117th)		27:13 (128th)			
Team Place (Pts.)		8th of 12 (224)	16th of 22 (395)	16th of 18 (458)	11th of 13 (286)			
Results Link		Results	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	6,000 Meters		
Taylor Graham	Sr.	16:58 (20th)					
Brittany Grant	Jr.	15:44 (5th)	21:37.95 (7th)	17:48.94 (1st)	22:44 (26th)		
Taylor Guenther	Sr.	15:45 (6th)	21:34.29 (5th)	18:21.03 (2nd)	22:32 (23rd)		
Kaitlyn Horn	Jr.						
Madeleine Hutchinson	So.				24:31 (89th)		
Maddy Jalbert	Sr.		23:32.16 (93rd)	18:57.86 (12th)	23:43 (58th)		
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)	23:03 (32nd)		
Brenna Lanford	So.						
Sofia Marikis	Jr.		22:57.25 (58th)	18:47.39 (9th)	23:50 (63rd)		
Molly McEachern	So.			20:30.50 (17th)			
Tracy Melville	Fr.	15:08 (3rd)	22:18.17 (24th)	18:31.90 (3rd)	23:08 (36th)		
Analissa Merrill	Jr.		26:17.12 (182nd)	21:42.25 (23rd)	26:37 (122nd)		
Abby Milner					25:38 (109th)		
Lillianna Stelling	Jr.	15:53 (9th)	22:36.76 (40th)	18:34.90 (4th)	23:31 (51st)		
Sara Taferre	Jr.	16:00 (12th)	23:03.58 (66th)	18:57.85 (11th)	23:22 (45th)		
Shawna Troupe	Jr.			18:42.18 (6th)	23:58 (73rd)		
Katherine Tyburezy	Jr.				26:15 (118th)		
Mikhaela Woodward	Fr.	16:26 (17th)	23:07.04 (67th)	19:04.15 (13th)	24:30 (88th)		
Team Place (Pts.)		2nd of 4 (34)	1st of 22 (103)	1st of 3 (16)	4th of 13 (133)		
Results Link		Results	Results	Results	Results		