**Women 100 Meter Dash**

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McArthur Rec: F 11.81 2015 Jamie Ashcroft, Alaska Anchorage

GNAC Records: R 11.64 2015 Jamie Ashcroft, UAA

GNAC Meet: M 11.81 2015 Jamie Ashcroft, UAA

Qual Auto: A 11.50 2019 DII Automatic Qualifying Standard

Qual Prov: P 11.93 2019 DII Provisional Qualifying Standard

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**Women 100 Meter Dash**

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McArthur Rec: F 11.81 2015 Jamie Ashcroft, Alaska Anchorage

GNAC Records: R 11.64 2015 Jamie Ashcroft, UAA

GNAC Meet: M 11.81 2015 Jamie Ashcroft, UAA

Qual Auto: A 11.50 2019 DII Automatic Qualifying Standard

Qual Prov: P 11.93 2019 DII Provisional Qualifying Standard

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### Women 200 Meter Dash

GNAC Records: R 23.99 2007 NyEma Sims, SPU
GNAC Meet: M 24.30 2013 Grace Morgan, UAA
Qual Auto: A 23.59 2019 DII Automatic Qualifying Standard
Qual Prov: P 24.33 2019 DII Provisional Qualifying Standard

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Women 400 Meter Dash
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McArthur Rec: F 54.88  2017        Vanessa Aniteye, Alaska Anchorage
GNAC Records: R 53.56  2007        Mary Pearce, UAA
GNAC Meet: M 54.46  2013        Helen Croft, SFU
Qual: Auto A 53.46  2019        DII Automatic Qualifying Standard
Qual: Prov. F 55.96  2019        DII Provisional Qualifying Standard
Name                    Year School                    Prelims  H#
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Preliminaries
1 Aniteye, Vanessa      Alaska Anchorage       54.82    P 55.25Q  2
2 Atlas, Tylantiss       Alaska Anchorage       56.31    56.67Q   56.67Q  1
3 Ries, Marie           Alaska Anchorage       56.95    56.25q  2
4 Smith, Savannah        Western Washington     56.50    56.28q  56.28q  2
5 Bluschke, Renate       Simon Fraser           55.71    56.86q  1
6 West, Bryce           Simon Fraser           57.66    57.32q  1
7 Hurley, Karlie         Concordia (Ore.)       57.59    57.53q  2
8 Troescher, Rebecca     Seattle Pacific        58.18    57.63q  2
9 Juarez, Noelia         Central Washington     57.96    57.98    57.98  2
10 Neria, Jasmyne        Central Washington     58.48    58.88    58.88  1
11 Altamirano, Bethanie  Western Oregon         59.43    58.94    58.94  1
12 Alston, D’Rhema      Alaska Anchorage       59.56    59.18    59.18  2

Finals
1 Aniteye, Vanessa      Alaska Anchorage       55.25  54.19M    10
2 Ries, Marie           Alaska Anchorage       56.25    56.09  8
3 Smith, Savannah       Western Washington     56.28    56.10  6
4 Bluschke, Renate      Simon Fraser           56.86    56.50  5
5 Troescher, Rebecca    Seattle Pacific        57.63    57.47  4
6 West, Bryce           Simon Fraser           57.32    57.54  3
7 Hurley, Karlie        Concordia (Ore.)       57.53 1:00.76    2
8 Atlas, Tylantiss      Alaska Anchorage       56.67 1:04.71    1

Women 800 Meter Run
============================================================================
McArthur Rec: F 2:06.38  2010        Sara Porter, Western Washington
GNAC Records: R 2:02.10  2013        Helen Crofts, 2013
GNAC Meet: M 2:06.38  2010        Jessica Pixler, SPU
Qual: Auto A 2:07.15  2019        DII Automatic Qualifying Standard
Qual: Prov. F 2:12.18  2019        DII Provisional Qualifying Standard
Name                    Year School                    Prelims  H#
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1 McCormick, Danielle   Alaska Anchorage       2:05.00  P 2:09.09Q  3
2 Woods, Olivia         Western Oregon         2:07.93  P 2:10.49Q  2
3 Cvancara, Ruth        Alaska Anchorage       2:10.27 2:13.14Q  1
4 Nock, Paige           Simon Fraser           2:10.66 2:10.34Q  3
5 Mussatto, Alana       Simon Fraser           2:07.83 2:11.06Q  2
## Women 800 Meter Run

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## Women 1500 Meter Run

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### Women 1500 Meter Run

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### Women 5000 Meter Run

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GNAC Meet: M 16:39.39 2010 Sarah Porter, WWU
Qual Auto: A 16:10.21 2019 DII Automatic Qualifying Standard
Qual Prov: P 17:10.86 2019 DII Provisional Qualifying Standard

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### Women High Jump

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### Women Pole Vault

McArthur Rec: F 13-06.25 2001 Becky Holliday, Clackamas CC  
GNAC Records: R 13-01.75 2017 Anna Paradee, WWU  
GNAC Meet: M 3.83m 2012 Karis Anderson, WWU  
Qual Auto: A 4.08m 2019 DII Automatic Qualifying Standard  
Qual Prov: P 3.65m 2019 DII Provisional Qualifying Standard

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### Women Long Jump

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GNAC Records: R 20-05 2018 Renick Meyer, SPU  
GNAC Meet: M 5.99m 2013 Ali Worthen, SPU  
Qual Auto: A 6.29m 2019 DII Automatic Qualifying Standard  
Qual Prov: P 5.80m 2019 DII Provisional Qualifying Standard

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...Women Long Jump

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   17-02.75  
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12 Stephens, Chase  
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17 DePew, Anna  
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Women Triple Jump

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Women Shot Put

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## Women Shot Put

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Year School</th>
<th>Seed</th>
<th>Finals</th>
<th>H#</th>
<th>Points</th>
</tr>
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<tbody>
<tr>
<td>1</td>
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<td>Eddy, Chanelle</td>
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<td>37-07.25</td>
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<tr>
<td>3</td>
<td>Nessan, Hannah</td>
<td>Msu-Billings</td>
<td>11.83m</td>
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<td>4</td>
<td>Fisk, Avery</td>
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<td>11.39m</td>
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<td>35-06.50</td>
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<tr>
<td>7</td>
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<td>9.96m</td>
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<td>32-03.00</td>
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## Women Discus Throw

**McArthur Rec:** F 179-08 2008  Annie Hess, Concordia

**GNAC Records:** R 182-10 2018  Melissa Ausman, CU

**GNAC Meet:** M 53.01m 2018  Melissa Ausman, CU

**Qual Auto:** A 52.79m 2019  DII Automatic Qualifying Standard

**Qual Prov:** P 45.11m 2019  DII Provisional Qualifying Standard

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<th>H#</th>
<th>Points</th>
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<td>44.51m</td>
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<td>44.01m</td>
<td>43.49m</td>
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<td>43.24m</td>
<td>41.48m</td>
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<td>44.25m</td>
<td>40.12m</td>
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<td>Simon Fraser</td>
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## Women Hammer Throw

**McArthur Rec:** F 207-04 2006  Cari Soong, Team XO

**GNAC Records:** R 203-06 2018  Christina MacDonald, CU

**GNAC Meet:** M 59.62m 2018  Christina McDonald, CU

**Qual Auto:** A 60.45m 2019  DII Automatic Qualifying Standard

**Qual Prov:** P 51.82m 2019  DII Provisional Qualifying Standard

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<th>H#</th>
<th>Points</th>
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<td>54.86mP</td>
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....Women Hammer Throw

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<td>Willenbrock, Kendal</td>
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Women Javelin Throw

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<td>46.13m</td>
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<td>45.14m</td>
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<td>Fridman, Lauren</td>
<td>Simon Fraser</td>
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<td>141-06</td>
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Heptathlon: #4 Women 200 Meter Dash Heptathlon

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<td>Meyer, Renick</td>
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<tr>
<td>Cai, Scout</td>
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<td>26.09</td>
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<td>789</td>
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<td>Collins, Katie</td>
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Heptathlon: #7 Women 800 Meter Run Heptathlon

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<td>Alaska Anchorage</td>
<td>2:15.88</td>
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<td>Seattle Pacific</td>
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<td>Concordia (Ore.)</td>
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<td>Central Washington</td>
<td>2:20.98</td>
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</tr>
<tr>
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<td>Central Washington</td>
<td>2:22.19</td>
<td>794</td>
</tr>
<tr>
<td>Cano, Elena</td>
<td>Alaska Anchorage</td>
<td>2:27.82</td>
<td>720</td>
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</tbody>
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## 2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019

### Western Oregon University

#### Results

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### Heptathlon: #7 Women 800 Meter Run Heptathlon

<table>
<thead>
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<th>Time</th>
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### Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

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### Heptathlon: #5 Women Long Jump Heptathlon

<table>
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<th>Wind</th>
<th>Points</th>
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<td>5.53m</td>
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....Heptathlon: #5 Women Long Jump Heptathlon

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## Women Heptathlon

**GNAC Records:**
- R 5606 2005 Danielle Ayers-Stamper, SPU
- M 5390 2013 Ali Worthen, Seattle Pacific

**Qual Standards:**
- Auto: A 5195 2019 DII Automatic Qualifying Standard
- Prov: P 4504 2019 DII Provisional Qualifying Standard

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## Men 100 Meter Dash

**McArthur Rec:** F 10.33 1993 Jean-Olivier-Zirignon, Unattached

**GNAC Records:**
- R 10.22 2015 Alex Donigian, WWU
- M 10.43 2010 Anthony Wright, CWU

**Qual Standards:**
- Auto: A 10.28 2019 DII Automatic Qualifying Standard
- Prov: P 10.58 2019 DII Provisional Qualifying Standard

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GNAC Meet: M 14.21 2015        Travis Millbrandt, WWU
Qual Auto: A 13.89 2019        DII Automatic Qualifying Standard
Qual Prov: P 14.53 2019        DII Provisional Qualifying Standard

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GNAC Meet: M 52.12  2018        Vladislav Tsygankov, SFU
Qual Auto: A 51.34  2019        DII Automatic Qualifying Standard
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3) Steuk, Garret
4) Widmar, Bobby

Men 4x400 Meter Relay

McArthur Rec: F 3:13.84 2015 Simon Fraser, Simon Fraser
GNAC Records: R 3:10.60 2016 Alaska Anchorage, Alaska Anchorage
GNAC Meet: M 3:13.84 2015 Simon Fraser, SFU
Qual Auto: A 3:09.18 2019 DII Automatic Qualifying Standard
Qual Prov: P 3:13.91 2019 DII Provisional Qualifying Standard

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Men High Jump

McArthur Rec: F 7-04.50 1999 Chris Nelson, Unattached
GNAC Records: R 7-01 2016 Mikel Smith, SMU
GNAC Meet: M 2.11m 2017 Tevin Gladden, UAA
Qual Auto: A 2.15m 2019 DII Automatic Qualifying Standard
Qual Prov: P 2.04m 2019 DII Provisional Qualifying Standard

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## Men High Jump

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## Men Pole Vault

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## Men Long Jump

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### Men Long Jump

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### Men Triple Jump

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McArthur Rec: F 194-10.75 2013 Nathaniel Moses, Unattached
GNAC Records: R 182-08 2017 Caleb Bridge, CU
GNAC Meet: M 53.80m 2017 Caleb Bridge, CU
Qual Auto: A 56.11m 2019 DII Automatic Qualifying Standard
Qual Prov: F 49.78m 2019 DII Provisional Qualifying Standard

### Men Hammer Throw

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McArthur Rec: F 228-10 2004 Scott Boothby, Club Northwest
GNAC Records: R 206-04 2003 Pro Escobedo, WOU
GNAC Meet: M 61.61m 2008 Michael Hoffman, WWU
Qual Auto: A 65.03m 2019 DII Automatic Qualifying Standard
Qual Prov: F 55.08m 2019 DII Provisional Qualifying Standard
### Men Javelin Throw

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### Decathlon: #1 Men 100 Meter Dash Decathlon

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### Decathlon: #5 Men 400 Meter Dash Decathlon

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## Decathlon: #5 Men 400 Meter Dash Decathlon

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Decathlon: #4 Men High Jump Decathlon

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<td>1.82m</td>
<td>644</td>
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<td>1.82m</td>
<td>644</td>
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<tr>
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Decathlon: #8 Men Pole Vault Decathlon

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<td>4.40m</td>
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<td>4.00m</td>
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Decathlon: #2 Men Long Jump Decathlon

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## 2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019

### Western Oregon University

#### Results

### Decathlon: #2 Men Long Jump Decathlon

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### Decathlon: #3 Men Shot Put Decathlon

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### Decathlon: #7 Men Discus Throw Decathlon

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### Decathlon: #9 Men Javelin Throw Decathlon

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2019 GNAC Outdoor Track and Field Championship - 5/10/2019 to 5/11/2019
Western Oregon University

Results

### Decathlon: #9 Men Javelin Throw Decathlon

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<th>Rank</th>
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### Men Decathlon

**GNAC Records:**
- R 7872 2006 Chris Randolph, SPU
- M 7201 2016 Cody Thomas, UAA
- A 7242 2019 DII Automatic Qualifying Standard
- P 6300 2019 DII Provisional Qualifying Standard

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### Women - Team Rankings - 21 Events Scored

1) Seattle Pacific 166
2) Central Washington 162
3) Alaska Anchorage 119.50
4) Simon Fraser 73.50
5) Western Oregon 41
6) Saint Martin's 26.50
7) Northwest Nazarene 25.50
8) MSU-Billings 9

### Men - Team Rankings - 21 Events Scored

1) Western Washington 173
2) Central Washington 122
3) Concordia (Ore.) 116
4) Alaska Anchorage 97
5) Simon Fraser 74
6) MSU-Billings 38
7) Saint Martin's 28