

GREAT NORTHWEST ATHLETIC CONFERENCE

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2008-09 Report 3 (Sept. 7, 2009)

Volleyball

	Conference				All			
	W	L	SW	SL	W	L	SW	SL
Central Washington	0	0	0	0	7	1	21	7
Western Washington	0	0	0	0	5	3	16	13
Alaska Anchorage	0	0	0	0	5	3	16	13
Montana State Billings	0	0	0	0	4	3	15	15
Northwest Nazarene	0	0	0	0	4	4	14	15
Seattle Pacific	0	0	0	0	4	5	17	16
Alaska Fairbanks	0	0	0	0	3	4	11	14
Western Oregon	0	0	0	0	2	6	8	20
Saint Martin's	0	0	0	0	0	6	1	18

LAST WEEK: **Tuesday** – Hawaii Hilo 3 at Saint Martin's 0 (25-14, 25-17, 25-17). **Wednesday** – Hawaii Hilo 3 at Seattle Pacific 2 (23-25, 22-25, 25-19, 15-8); Pacific Lutheran 3 at Saint Martin's 1 (25-19, 25-15, 19-25, 25-19). **Thursday** – CWU Invitational (Academy of the Art d. Seattle Pacific, 25-16, 24-26, 27-25, 16-25, 16-14; Western Washington d. Walla Walla, 25-13, 25-16, 25-15; Sonoma State d. BYU-Hawaii, 25-11, 25-17, 25-13; Central Washington d. Academy of the Arts, 28-26, 17-25, 25-15, 28-26; Walla Walla d. Evergreen State, 25-23, 25-17, 23-25, 25-19; Western Washington d. BYU-Hawaii, 25-23, 25-23, 25-21; Central Washington d. Evergreen State, 25-7, 25-13, 25-11; Sonoma State d. Seattle Pacific, 25-15, 25-19, 25-11). **Friday** – UAF Auto Service Nanook Classic (Hawaii Hilo vs. Urbana, 25-11, 25-10, 25-19; Alaska Fairbanks d. Rockhurst, 20-25, 25-16, 25-20, 25-18); CWU Invitational (Central Washington d. Walla Walla, 25-8, 25-9, 25-12; Academy of the Arts d. Western Washington, 25-14, 25-23, 25-12; Sonoma State d. Evergreen State 25-9, 25-6, 25-13; Seattle Pacific d. BYU-Hawaii, 25-16, 19-25, 25-16, 25-17; Academy of the Arts d. Walla Walla 23-25, 25-17, 25-12, 25-14; Sonoma State d. Western Washington, 24-26, 25-21, 25-22, 25-22; Central Washington d. BYU-Hawaii, 23-25, 25-22, 25-17, 25-31; Seattle Pacific d. Evergreen State, 25-12, 25-11, 25-17); UCSD Triton Invitational (Alaska Anchorage d. Cal State L.A., 25-14, 25-22, 25-18; CSU San Bernardino d. Alaska Anchorage, 19-25, 25-17, 25-14, 25-21; University of Mary Invitational (MSU Billings d. Montana State Northern, 21-25, 25-17, 18-25, 25-23, 15-7); Colorado Premier Invitational (Tampa d. Northwest Nazarene, 25-20, 25-11, 25-20; Concordia St. Paul d. Western Oregon, 25-14, 25-16, 25-16; Northwest Nazarene d. Augustana, 25-22, 25-22, 25-18; Metro State d. Western Oregon, 25-12, 25-17, 25-23); Notre Dame de Namur Invitational (Cal State East Bay d. Saint Martin's, 25-22, 27-25, 25-21; Chico State, 25-15, 25-12, 25-23). **Saturday** – UAF Auto Service Nanook Classic (Hawaii Hilo d. Rockhurst, 25-14, 25-17, 28-30, 25-27, 15-9; Alaska Fairbanks d. Urbana, 25-15, 21-25, 25-18, 25-14; Rockhurst d. Urbana, 25-15, 25-10, 25-10; Hawaii Hilo d. Alaska Fairbanks, 25-20, 25-18, 23-25, 20-25, 15-9); UCSD Triton Invitational (Alaska Anchorage d. CSU Dominguez Hills, 25-16, 25-23, 25-14; UC San Diego d. Alaska Anchorage, 25-18, 25-16, 25-15); University of Mary Invitational (MSU Billings d. Minot, 25-21, 25-16, 25-14; Mary d. MSU Billings 17-25, 18-25, 25-23, 25-19, 15-10); Colorado Premier Invitational (Augustana d. Western Oregon, 25-13, 25-15, 25-20; Metro State d. Northwest Nazarene, 29-27, 25-16, 25-21; Western Oregon d. Regis 15-25, 25-19, 25-16, 25-20; Southwest Minnesota d. Northwest Nazarene, 25-15, 15-25, 25-21, 25-19); Notre Dame de Namur Invitational (Humboldt State d. Saint Martin's, 25-8, 25-15, 25-20; San Francisco State d. Saint Martin's, 25-13, 25-16, 25-13).

THIS WEEK: **Tuesday** – Evergreen State at Saint Martin's. **Thursday** – WWU Invitational (Western Washington vs. British Columbia, 11 a.m.; Seattle Pacific vs. Notre Dame de Namur, 1 p.m.; Central Washington vs. British Columbia, 3 p.m.; Western Washington vs. Notre Dame de Namur,

7 p.m.); Equus Challenge (Alaska Fairbanks at Chaminade). **Friday** – WWU Invitational (Central Washington vs. West Texas A&M, 9 a.m.; Western Oregon vs. Notre Dame de Namur, 11 a.m.; Seattle Pacific vs. Grand Canyon, 1 p.m.; Central Washington vs. Notre Dame de Namur, 3 p.m.; Western Oregon vs. West Texas A&M, 5 p.m.; Western Washington vs. Grand Canyon, 7 p.m.); MSU Billings Invitational (Dickinson State vs. Mary, 11 a.m.; MSU Billings vs. Northwest Nazarene, 1 p.m.; Northern State vs. Dickinson State, 3 p.m.; Northwest Nazarene vs. Mary, 5 p.m.; MSU Billings vs. Northern State, 7 p.m.); Equus Challenge (Alaska Anchorage vs. Hawaii Hilo, at Laie, 2 p.m.; Alaska Fairbanks at Hawaii Pacific, 7 p.m.; Alaska Anchorage at BYU-Hawaii, 7:30 p.m.). **Saturday** – WWU Invitational (Seattle Pacific vs. West Texas A&M, 9 a.m.; Western Oregon vs. British Columbia, 11 a.m.; Central Washington vs. Grand Canyon, 1 p.m.; Seattle Pacific vs. British Columbia, 3 p.m.; Western Oregon vs. Grand Canyon, 5 p.m.; Western Washington vs. West Texas A&M, 7 p.m.); MSU Billings Invitational (Northwest Nazarene vs. Northern State, 9 a.m.; MSU Billings vs. Mary, 11 a.m.; Dickinson State vs. Northwest Nazarene, 1 p.m.; Northern State vs. Mary, 3 p.m.; MSU Billings vs. Dickinson State, 5 p.m.); Equus Challenge (Alaska Anchorage at Chaminade, 2 p.m.; Alaska Fairbanks vs. Hawaii Hilo, at Laie, 2 p.m.; Alaska Anchorage at Hawaii Pacific, 7 p.m.; Alaska Fairbanks at BYU-Hawaii, 7:30 p.m.).

POLLS: CSTV/AVCA National Division II (Sept. 7) – 24. Western Washington. **Note:** NCAA West Region polls will be released Oct. 15, Oct. 29 and Nov. 12 with the playoff qualifiers announced Sunday, Nov. 15.

GNAC PLAYERS-OF-THE-WEEK: Carlee Marble, Central Washington (S, 5-8, So., La Conner, WA) was selected the tournament Co-MVP as she led the Wildcats to a 4-0 record in the CWU Invitational. Marble had 118 assists in 11 sets as the Wildcats outthit their four opponents .235 to .097. She also had 35 digs, five blocks and six kills.

OTHER NOTABLE PERFORMANCES: Devon Crotteau of Montana State Billings became the 22nd player in GNAC history to record 1,000 career kills with her final kill in Saturday's loss to the University of Mary. In three matches, Crotteau had 60 kills, averaging 4.62 per set and hitting for a .400 percentage (60-14-115). She also had 39 digs and nine aces. .Cammy Dranginis of Northwest Nazarene also recorded her 1,000 career kill, improving her total to 1,019 as she had 34 in four matches at the Colorado Premier Classic in Denver. Dranginis, who ranks 21st on the GNAC all-time career list, also had eight blocks to increase her career total to 392, 10 short of the GNAC career. .Megan Thigpen had 42 kills and a .283 percentage (42-14-99) and was selected to the all-tournament team as Alaska Fairbanks won two of three matches in the UAF Nanook Classic, losing in five sets to Hawaii Hilo.

ALL-TOURNAMENT: Joining Marble on the all-tournament team at CWU were teammate Kady Try and Marlayna Geary and Allison Gotz of Western Washington. Try had 41 kills, 35 digs and nine blocks as CWU improved to 7-1 on the season with four victories. Geary had 37 kills and 37 digs and Gotz had 61 digs as the Vikings split four matches. .UAF's Allison Oddy had 40 digs and joined teammate Megan Thigpen on the all-tournament team in the Nanook Classic.

200 WINS FOR FLICK: Western Washington head coach Diane Flick recorded her 200th career win as the Vikings split four matches in the CWU Invitational. Win No. 200 came over Walla Walla. The school's all-time victory leader in program history, the 10th year head coach has a record of 201-53 and a winning percentage of .791, which ranks eighth among NCAA II active coaches.

AROUND THE GNAC: Erin Norris had 13 aces as CWU out-aced its opponents 31-6. Norris also had 35 kills and hit for a .301 percentage. .Emily Jepsen led Western Washington with 43 ½ points, contributing 33 kills and a team-best 13 blocks. .Sarah Risser had 50 kills and 41 digs as Seattle Pacific posted a 2-3 record, including losses to a pair of teams that finished the week at 8-0 – Hawaii Hilo and Sonoma State. Angie Pricco had a team-best 16 blocks. .Led by Devon Crotteau's .400 mark, MSU Billings outit its opponents .255 to .114 in winning two of three matches at Sioux Falls, S.D. Jen Boe had 41 kills in the Yellowjackets' three contests. .McKenzie Moss led Alaska Anchorage with 42 kills as the Seawolves split four matches in the UCSD Triton Classic, going 1-2 against nationally-ranked teams. UAA defeated No. 21 Cal State L.A. 3-0 and lost 3-1 to No. 2 Cal State San Bernardino and 3-0 to No. 7 UC San Diego. Jackie Matthisen had 36 kills. .Lindsay Grant led Northwest Nazarene with 36 kills as the Crusaders won one of four matches at Denver, defeating 25th ranked Augustana, S.D. Two of the losses were to nationally ranked teams – No. 9 Tampa and No. 23 Metro State. .Danielle Reese had 27 kills and Sylvia Herrold had 26 to lead Western Oregon to a 1-3 record at Denver. The losses were to No. 1 Concordia-St. Paul, Metro State and Augustana. .Teilissa Tua had team-bests for kills (35) and blocks (7) as Saint Martin's went winless in six matches, winning just one set.

ALL-TOURNAMENT: Alaska Anchorage (Aug. 28-29) - Calli Scott, UAA (MVP); McKenzie Moss, UAA; Jackie Matthisen, UAA. Sonoma State (Aug. 28-29) – Cammy Dranginis, NNU; Erin Norris, CWU. Central Washington (Sept. 3-4) – Carlee Marble, CWU (MVP), Kady Try, CWU; Marlayna Geary, WWU; Allison Gotz, WWU. Alaska Fairbanks (Sept. 4-5) – Megan Thigpen, UAF; Allison Oddy, UAF.

Women's Soccer

	Conference						All					
	W	L	T	GF	GA	Pts	W	L	T	GF	GA	
Seattle Pacific	0	0	0	0	0	0	4	0	0	6	0	
Northwest Nazarene	0	0	0	0	0	0	2	1	2	11	10	
Saint Martin's	0	0	0	0	0	0	3	2	0	8	5	
Montana State Billings	0	0	0	0	0	0	2	2	0	7	7	
Western Oregon	0	0	0	0	0	0	1	2	1	8	8	
Western Washington	0	0	0	0	0	0	1	2	1	5	8	
Central Washington	0	0	0	0	0	0	2	4	0	12	10	

LAST WEEK: Monday – Central Washington 0 at Cal Poly Pomona 1; MSU Billings 3 at Dixie State 2. Tuesday – Linfield 3 at Western Oregon 6. Wednesday – Central Washington 8 at Northwest 0; Southern Oregon 2 at Northwest Nazarene 2 (2ot). Thursday – CSU East Bay 0 at Saint Martin's 3; Humboldt State 0 at Seattle Pacific 3. Friday – Colorado Christian 1 at MSU Billings 0; Western Oregon 0 at Chico State 1. Saturday – CSU Stanislaus 1, Central Washington 0 (at Nampa); Mary 1 at Northwest Nazarene 5; Sonoma State 1 at Saint Martin's 2; CSU East Bay 0 at Seattle Pacific 1; Humboldt State 2 at Western Washington 0.

Sunday– Western Oregon 1 at San Francisco State 1 (2ot); Augustana 2 at MSU Billings 3 (2ot).

THIS WEEK: Monday – Central Washington 3, Mary 2 (at Nampa); CSU Stanislaus 4 at Northwest Nazarene 0; Humboldt State 1 at Saint Martin's 0; Sonoma State 0 at Western Washington 1. Tuesday – Seattle Pacific at Chico State, 7 p.m. Wednesday – Western Oregon at Willamette, 7 p.m. Friday – Grand Canyon at Seattle Pacific, 7 p.m.; Western Oregon at Western Washington, 1 p.m. Saturday – MSU Billings at Mary, 1 p.m.; Lewis & Clark at Northwest Nazarene, 2:30 p.m. Sunday – MSU Billings vs. Minnesota – Crookston (at Bismarck), 1:30 p.m.; Grand Canyon at Saint Martin's, 1 p.m.; Simon Fraser at Central Washington, 4 p.m.

POLLS: NSCAA National (Sept. 1) - 1. Seattle Pacific. NSCAA Regional (Sept. 1) - 1. Seattle Pacific; 2. UC San Diego; 3. Chico State; 4. Sonoma State; 5. Cal Poly Pomona; 6. Dixie State; 7. CSU Stanislaus; 8. San Francisco State; 9. Cal State L.A.; 10. CSU San Bernardino.

GNAC PLAYERS-OF-THE-WEEK: Jill Webb, Saint Martin's (F, 5-6, Jr., Puyallup, WA – Emerald Ridge) scored three goals in wins over Cal State East Bay and previously unbeaten Sonoma State. Her goal against Sonoma in the 69th minute snapped a 1-1 tie handing the Seawolves their first loss in four contests.

OTHER NOTABLE PERFORMANCES: MSU Billings' Jaucelyn Richter had five points (two goals, one assist) in a 3-2 overtime win over Augustana College. .Kaycie Hutchins had a GNAC-record five assists in a 8-0 shutout of Northwest University. The previous record, which had been accomplished 11 times, was three. .Stacey Beckman had a hat trick, the first one for a Northwest Nazarene player in two years, in a 5-1 win over Mary.

AROUND THE GNAC: Seattle Pacific completed a 4-0 homestand with shutout victories over Humboldt State (3-0) and Cal State East Bay (1-0). The Falcons haven't allowed a goal this season and have nine shutouts – six by 1-0 scores – in their last 11 contests. SPU's defense has allowed just 18 shots (7 on goal) in its four wins. .Saint Martin's recorded back-to-back shutouts for the first time in its three-year soccer history shutting out Cal State Monterey Bay (1-0 on Aug. 29) and Cal State East Bay (3-0 on Sept. 3). .Amber Easterbrook of Central Washington allowed just two goals and had six saves in a trio of games, including a pair of 1-0 West Region losses. .Jessica Hicks scored Western Oregon's goal in a 1-1 draw with San Francisco State. .Western Washington outshot Humboldt State 23-4, but HSU goalkeeper Kelly Sandberg had 10 saves in a 2-0 win.

Men's Soccer

	Conference						All					
	W	L	T	GF	GA	Pts	W	L	T	GF	GA	
Seattle Pacific	0	0	0	0	0	0	3	0	2	5	1	
Montana State Billings	0	0	0	0	0	0	3	1	0	13	2	
Saint Martin's	0	0	0	0	0	0	3	2	0	9	8	
Western Washington	0	0	0	0	0	0	2	2	0	9	7	
Northwest Nazarene	0	0	0	0	0	0	2	3	0	12	15	

LAST WEEK: Monday - Saint Martin's 1, Cal State Monterey Bay 0 (at Chico); Northwest Nazarene 3 at Colorado Christian 0; Sonoma State 0 at Seattle Pacific 0 (2ot). Tuesday – Cal State East Bay 0 at Seattle Pacific 1; Evergreen State 1 at Western Washington 4. Wednesday – MSU Billings 1 at Cal State L.A. 2 (ot). Thursday – CSU East Bay 0 at Saint Martin's 4; Humboldt State 1

at Seattle Pacific 1 (2ot). **Friday** – MSU Billings 2 at Cal Poly Pomona 0. **Saturday** - Academy of Arts 1 at Northwest Nazarene 4; Chico State 0 at Seattle Pacific 1; Humboldt State 1 at Western Washington 2.

THIS WEEK: Monday – Humboldt State 3 at Saint Martin's 4; Chico State 3 at Western Washington 2; Mary 3 at Northwest Nazarene 2. **Tuesday** – Seattle Pacific at CSU Monterey Bay, 3 p.m. **Wednesday** – Saint Martin's at Whitman, 7 p.m. **Thursday** – Colorado State Pueblo at MSU Billings, 5 p.m.; Metro State at Western Washington, 7 p.m. **Friday** – Saint Martin's at Whitworth, 4 p.m. **Saturday** – Saint Martin's vs. Pacific Lutheran (at Spokane, 1 p.m.); Metro State at Seattle Pacific, 3 p.m.; Northwest Nazarene at Dixie State, 4 p.m. **Sunday** – Mary at MSU Billings, 1 p.m.; Mesa State vs. Western Washington (at Phoenix), 8 p.m.

POLLS: NSCAA National (Pre-Season) – No GNAC team is ranked. **NSCAA Regional (Sept. 1)** - 1. Cal State L.A.; 2. Sonoma State; 3. Grand Canyon; 4. Chico State; 5. CSU Dominguez Hills; 6. UC San Diego; 7. Cal Poly Pomona; 8. CSU San Bernardino; 9. Seattle Pacific; 10. Western Washington.

GNAC PLAYERS-OF-THE-WEEK: Matt Mitchell, MSU Billings (GK, 5-11, 165, Jr., Thornton, CO - Northglenn) had 17 saves as the Yellowjackets split two road games, losing in overtime to sixth-ranked Cal State L.A. 2-1 and defeating previously unbeaten Cal Poly Pomona 2-0. Mitchell had 11 saves against Pomona, becoming just the second goalkeeper in GNAC history to record 10 or more saves during a shutout joining Ben Dragavon of Western Washington who had 15 saves in a 1-0 overtime win over Chico State on Sept. 10, 2005.

OTHER NOTABLE PERFORMANCES: MSUB's Sam Charles scored all three of his team's goals in games at Cal State L.A. and Cal Poly Pomona, establishing a new GNAC career point record. He now has 99 points (44 goals, 11 assists). The old record of 93 was set by Bobby McAlister of Seattle University between 2002 and 2005. . Alex Mangeac had four goals to lead Northwest Nazarene to 3-0 and 4-1 wins over Colorado Christian and Academy of the Art.

AROUND THE GNAC: NNU's Alexander Engemann had eight saves in allowing just one goal in a pair of wins. . Saint Martin's recorded back-to-back shutouts for the first time in its three-year soccer history, defeating Cal State Monterey Bay (1-0) and Cal State East Bay (4-0). Goalkeeper Zac Lubin played all but 6 ½ minutes in the two contests and had six saves. . Ryan Brand scored the game-winning goal in Seattle Pacific's 1-0 win over Cal State East Bay. . Kellan Brown scored the game-winning goal and also had an assist on Western Washington's first goal in a 2-1 win over Humboldt State.

ALL-TOURNAMENT: Chico State (Aug. 27-31) – Ruben Orozco, SMU; James Schmid, SMU; Erik Orozco, SMU.

Cross Country

ATHLETES OF THE WEEK: Men – Micah Chelimo, Alaska Anchorage (Fr., Eldoret, Kenya) led the Seawolves to a dual meet win over nationally fourth-ranked Abilene Christian, finishing first in a 5,000 meter time of 15:18.6. **Women** – Ruth Jeptoo, Alaska Anchorage (So., Kapcheno,

Kenya) and Theresia Schnurr, Alaska Fairbanks (So., Buhlertal, Germany). . Jeptoo finished first in a 5,000 meter time of 18:22.8 to lead the Seawolves to a 16-47 dual meet win over Abilene Christian. Schnurr won her third race in three starts, posting a time of 17:58 in the Hawaii Pacific Invitational.

UPCOMING: Saturday- NNU Roger Curran Invitational (NNU); CWU Apple Ridge Preview (UAF, CWU, SPU, WWU); Lewis & Clark Invitational (WOU); South Dakota Tech Invitational (MSUB).

POLLS: USTFCCA National (Pre-Season): Men - 7. Western Washington, 15. Alaska Anchorage, 22. Western Oregon. **Women** - 3. Seattle Pacific, 9. Alaska Anchorage, 10. Western Washington. **Regional (Pre-Season): Men** – 1. Chico State; 2. Western Washington; 3. Alaska Anchorage; 4. Western Oregon; 5. Cal Poly Pomona; 6. Hawaii Pacific; 7. UC San Diego; 8. Humboldt State; 9. Saint Martin's; 10. Cal State Stanislaus. **Women** – 1. Seattle Pacific; 2. Chico State; 3. Alaska Anchorage; 4. Western Washington; 5. Cal State L.A.; 6. UC San Diego; 7. BYU-Hawaii; 8. Western Oregon; 9. Northwest Nazarene; 10. HSU.

LAST WEEK

WOU Summer's End Run (Sept. 3 at Monmouth) Women: No team score. **Individual (4,300 Meters)** – 1. Sarah Auer, Portland, 16:07.3; 2. Tricia Morrison, WOU, 16:15.9; 3. Annan Applebee, WOU, 16:15.9; 4. Amanda Wright, WOU, 16:22.9; 7. Erica Zambon, WOU, 16:46.8.

UAA Invitational (Sept. 5 at Anchorage): Men – Alaska Anchorage 22, Abilene Christian 33. **Individuals (5,000 Meters)** – 1. Micah Chelimo, UAA, 15:18.6; 3. Alfred Kangogo, UAA, 15:47.6; 4. Paul Rottich, UAA, 15:47.6; 7. Thomas Hill, UAA, 16:24.6; 10. Michael Adams, UAA, 16:41.4. **Women** – Alaska Anchorage 16, Abilene Christian 47. **Individuals (5,000 Meters)** - 1. Ruth Jeptoo, UAA, 18:22.8; 2. Hallidie Wilt, UAA, 18:32.8; 3. Miriam Kipngeno, UAA, 19:02.5; 4. Shoshana Keegan, UAA, 19:15.2; 6. Emma Bohman, UAA, 19:37.0; 7. Ariel Rolle, UAA, 19:45.6; 8. Laura Carr, UAA, 10:50.8; 9. Kayla Teslow, UAA, 20:14.0.

Hawaii Pacific Invitational (Sept. 5 at Kaaawa): Men - Humboldt State 21, Hawaii Pacific 72, BYU-Hawaii 84, Alaska Fairbanks 95, Hawaii Hilo 104, Chaminade 141. **Individuals (8,000 Meters)-** 1. Brendan McMaster, BYUH, 24:52.00; 14. Samuel Tilly, UAF, 27:04; 16. Ray Sabo, UAF, 27:04; 18. Einar Often, UAF, 27:20; 20. Mitch Chandler, UAF, 27:38. **Women** - BYU-Hawaii 49, Humboldt State 52, Hawaii 77, Alaska Fairbanks 86, Hawaii Pacific 100, Hawaii Hilo 144, Chaminade 220. **Individuals (5,000 Meters)-** 1. Theresia Schnurr, UAF, 17:58; 15. Aurelia Korthauer, UAF, 19:29; 20 Heather Edic, UAF, 19:54.

Saint Martin's Invitational (Sept. 5 at Lacey): Men – Saint Martin's 32, Pacific Lutheran 49, Puget Sound 55, Evergreen State 100. **Individuals (8,000 Meters)** – 1. John Riak, unat., 25:28.8; 4. Kyle Van Santen, SMU, 26:22.0; 6. Spencer Hunt, SMU, 26:41.4; 7. Nick Harvey, SMU, 27:11.0; 8. Joseph Patti, SMU, 27:25.4. **Women** – Pacific Lutheran 39, Saint Martin's 41, Puget Sound 53, Evergreen State 98. **Individuals (6,000 Meters)-** 1. Karen Steen, unat., 23:31.60; 5. Ashley Llapitan, SMU, 24:51.90; 8. Krinda Carlson, SMU, 24:56.60.

MSUB-Rocky Mountain Dual (Sept. 5 at Billings) Men - Rocky Mountain 24, Montana State-Billings 31. **Individuals (5,000 Meters)** – 1. Cesar Mireles, RMC, 16:04; 2. Daniel Lombardi, MSUB, 16:12; 5. Tyson Vanderby, MSUB, 16:59; 6. Travis Buttelman, MSUB, 17:06; 8. Mark Bolt, MSUB, 17:09; 10. Travis Hutchinson, MSUB, 17:24. **Women** – Montana State-Billings 23, Rocky Mountain College 37. **Individuals (5,000 Meters)-** 1. Amber Watson, RMC, 18:50; 2. Lisa Minnehan, MSUB, 19:22; 3. Leah Thompson, MSUB, 20:34; 5. Mary Owen, MSUB, 20:41; 6. Katie Thiel, MSUB, 20:48; 7. Kristen Yeley, MSUB, 20:53; 8. Sarah Jackson, MSUB, 21:09; 10. Mykel Ler, MSUB, 21:16.

Football

	Conference				All			
	W	L	PF	PA	W	L	PF	PA
Central Washington	0	0	0	0	2	0	23	10
Humboldt State	0	0	0	0	1	0	36	24
Dixie State	0	0	0	0	1	1	44	64
Western Oregon	0	0	0	0	0	1	14	35

LAST WEEK: **Thursday** - Dixie State 7 at Southern Utah 36; Central Washington 13 at Minnesota-Duluth 10. **Saturday** - Humboldt State 36 at Adams State 24; Western Oregon 14 at Eastern Washington 35.

THIS SATURDAY: West Texas State at Central Washington, 1 p.m.; Dixie State at Montana State, 1:05 p.m.; Western Oregon at Humboldt State, 6 p.m.

POLLS: AFCA (Sept. 7) – 6. Central Washington. D2Football.Com (Sept. 1) – 9. Central Washington.

GNAC PLAYERS-OF-THE-WEEK: Offense - Mike Proulx, Humboldt State (QB, 5-11, 200, So., Castro Valley, CA) completed 20 of 29 passes for 336 yards and four touchdowns leading the 'Jacks to a 36-24 win over Adams State in their season opener. Proulx threw for 904 yards during the entire 2008 season. **Defense** – Prince Hall, Central Washington (LB, 6-0, 264, Sr., Moreno Valley, CA) had seven tackles, including two for losses to help key a Wildcat defense that held defending national champion Minnesota Duluth to a single field goal after the opening quarter in a 13-10 victory. Hall made two key defensive stops on perhaps the biggest defensive series of the game, holding UMD to a two-yard gain and then a two-yard loss on second and third down plays inside the CWU 10. That forced a 23-yard field goal try late in the third quarter which was blocked by Eugene Germany, keeping the game tied at that point 10-10. **Special Teams** – Jon Dowd, Western Oregon (WR, 5-11, 205, Sr., Corvallis, WA – Crescent Valley) had 203 all-purpose yards including 163 on five kickoff returns and 40 on five receptions. His 58-yard return on the opening kickoff led to good field position as the Wolves battled Eastern Washington on even terms during the first half.

OTHER NOTABLE PERFORMANCES: Bobby Thomas rushed for 143 yards and one touchdown and Matt Smith had seven receptions for 138 yards and three touchdowns to lead Humboldt State to its first win in a season opener since 2006 when it defeated Western Washington 28-23 on the way to a 9-1 campaign. The win also snapped a five-game losing streak dating back to a 24-17 win over Azusa Pacific on Oct. 4, 2008.

AROUND THE GNAC: Proulx's 336 passing yards against Adams State was not a career-high. He threw for 351 yards in a 44-28 loss against Western Oregon last year at Arcata. . Humboldt State was flagged 20 times for a GNAC record 180 yards in its win. The old record was 171 yards assessed against HSU in a 2001 game against Azusa Pacific. The record for most total penalties is 21 against Western Oregon in a game last fall with Portland State. .CWU kicker Garrett Rolsma has converted on 68 consecutive extra points and has never missed a field goal from inside the 30, making 20 of 20 from 29 yards or closer, including a 24-yarder with 4:13 remaining to give CWU a 13-10 win over Minnesota Duluth.