



CROSS COUNTRY CHAMPIONSHIPS



SATURDAY, NOV. 3
STENGER SOCCER COMPLEX | ARVADA, COLO.

MEN: 9:50 A.M.
WOMEN: 10:45 A.M.

ADAMS STATE GRIZZLIES

MEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Kale Adams	Jr.	Ulverstone, Australia/Don College
Justin Andrade	So.	Arvada, Colo./Arvada West HS
Dillon Beckum	So.	Rancho Cucamonga, Calif./Bonita HS
Dane Blomquist	Gr.	United Kingdom
Danny Dominguez	Sr.	Santa Ana, Calif./Orange Coast CC
Grayson Freeman	Jr.	Llano, Tex./Llano HS
Elias Gedyon	Sr.	Los Angeles, Calif./Trinidad State CC
Sydney Gidabuday	Sr.	Orange, Calif./El Modena HS
Dalton Graham	Gr.	Gomer, Ohio/Lake Erie College
Alec Hall	Fr.	
Preston Hopkins	Fr.	
Lane Hoskinson	Sr.	New Braunfels, Tex./Canyon HS
Joshua Joseph	Jr.	Thornton, Colo./Thornton HS
Tanner Martin	Jr.	Alamosa, Colo./Alamosa HS
Oscar Martinez	So.	Alamosa, Colo./Alamosa HS
Hugo Nieves	Jr.	
Riley O'Neil	Fr.	
Seth Papineau	So.	Bossier City, Lou./Airline HS
Devin Paredes	So.	Rio Rancho, N.M./Rio Rancho HS
Ro Paschal	Jr.	Mancos, Colo./Mancos HS
Paddy Robb	So.	Belfast, Northern Ireland/Malachy's College
Jackson Roberts	Jr.	Round Rock, Tex./Cedar Ridge HS
Isaiah Rodarte	Jr.	Penasco, N.M./Penasco HS
Colin Saims	So.	The Woodlands, Tex./The Woodlands HS
Austin Speer	Jr.	Robinson, Tex./Robinson HS
Brandon Swenson	So.	Evergreen, Colo./Evergreen HS
Miguel Villar	So.	Madera, Calif./Madera South HS
Jacob Wheat	Fr.	

WOMEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Sadie Baker	Sr.	Colorado Springs, Colo./Doherty HS
Kaylee Bogina	Jr.	Arma, Kan./Northeast HS
Kianna Bonnet	Fr.	
Tiffany Chistensen	Gr.	Eagle Grove, Iowa/Northern Iowa
Stephanie Cotter	Fr.	Cork, Ireland/West Muskerry Athletic
Eilish Flanagan	Jr.	Gortin, Ireland/Sacred Heart College
Roisin Flanagan	Jr.	Gortin, Ireland/Sacred Heart College
Amanda Foster	Fr.	St. Mary's, Penn./St. Mary's HS
Emilee Haefeli	Fr.	Del Norte, Colo./Del Norte HS
Annie Hughes	So.	Buena Vista, Colo./Buena Vista HS
Haleigh Hunter-Galvan	Jr.	San Antonio, Tex./Branders HS
Ashley Jansen	Sr.	The Woodlands, Tex./
Nicole Lawrence	Fr.	Albuquerque, N.M./Cibola HS
Megan Levine	So.	Lake City, Colo./Lake City Community HS
Tessa McCormick	Gr.	
Piper Meuwissen	So.	Bozeman, Mon./Bozeman HS
Desire Montenegro	R-So.	Tucson, Ariz./Sunnyside HS
Paige Morales	Fr.	Morenci, Ariz./Morenci HS
Nicole Norve	Fr.	Whitman, Mass./
Brianna Robles	Fr.	La Joya, Tex./
Cari Steen	Sr.	Glendale, Ariz./Mountain Ridge HS
Erin Stonebarger	Fr.	

Head Coach: Damon Martin**Assistant Coach:** Brian Medigovich**Assistant Coach - Recruiting Coordinator:** David Granato**Volunteer Assistant Coach:** Joey Bender**Volunteer Assistant Coach:** Luke Karamitros**Mental Strength Coach:** Dr. Brian Zuleger

BLACK HILLS STATE **YELLOW JACKETS****MEN'S ROSTER**

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Noah Bordewyk	Fr.	Livermore, Colo. / Rocky Mountain HS
Josh Davis	R-Sr.	Lamar, Colo. / Lamar HS
Levi Fried	Sr.	Kodiak, Alaska / Kodiak HS
Christian Gaytan	Fr.	Rawlins, Wyo. / Green River HS
Keegan Her Many Horses	Sr.	Lander, Wyo. / Wyoming Indian HS
Jake Iverson	R-Jr.	Winnett, Mont. / Winnett HS
Clay Johnson	R-Jr.	Cheyenne, Wyo. / Central Wyoming CC
Nolan Maher	Fr.	Bismarck, N.D. / Bismarck HS
Keith Osowski	R-Fr.	Kodiak, Alaska / Kodiak HS
Matt Parker	So.	Spearfish, S.D. / Spearfish HS
Joe Rath	R-Sr.	Canton, S.D. / Canton HS
Jonah Theisen	Sr.	Kenai, Alaska / Kenai HS
Jordan Theisen	Jr.	Kenai, Alaska / Kenai HS
Austin Williamson	R-Jr.	Casper, Wyo. / Natrona HS

WOMEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Nicole Allerdings	Jr.	Plevna, Mont. / Plevna HS
Nicole Davis	Sr.	Green River, Wyo. / Green River HS
Savannah Davis	Sr.	Rapid City, S.D. / RC Christian HS
Erica Dykstra	Fr.	Rapid City, S.D. / Stevens HS
Abbie Fredrick	Jr.	Cheyenne, Wyo. / East HS
Mayson Hudyma	So.	Scobey, Mont. / Scobey HS
Ruby Lindquist	Fr.	Seward, Alaska / Seward HS
Tori Moore	Sr.	Ipswich, S.D. / Ipswich HS
Xiomara Robinson	R-Fr.	Sheridan, Wyo. / Montana State
Cailey Roth	Sr.	Freeman, S.D. / Freeman HS
Kelsey Van Den Hemel	Jr.	Ft. Pierre, S.D. / Ft. Pierre HS

Head Coach: Scott Walkinshaw**Assistant Coaches:** Seth Mischke**Graduate Assistant Coach:** Nick Anderson

CHADRON STATE **EAGLES****MEN'S ROSTER**

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Sheldon Curley	So.	Ganado AZ. / Ganado High School
Colin Erickson	R-So.	Bassett, Neb. / North Central HS
Jesse Jaramillo	Fr.	Scottsbluff, Neb. / Scottsbluff HS
Michael Jaso	Fr.	Yuma, Ariz. / Kofa HS
Trevor Link	R-So.	Fort Morgan, Colo. / Fort Morgan HS
Tristian Old Horse	So.	Hot Springs S.D. / Hot Springs HS
Zen Petrosius	Fr.	Seward, AK. / Seward High
Harley Rhoades	Fr.	Douglas, Wyo. / Douglas HS

WOMEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Alyse Henry	Jr.	Rock Springs, Wyo. / Rock Springs
Julia Eskelson	So.	Meeker Colo. / Meeker HS
Sarah Myers	Sr.	Anton Colo. / Arickaree HS/Colby Community College (Kan.)
Catherine Orban	So.	Osage Wyo. / Newcastle HS
Whitney Riesen	So.	Scottsbluff Neb. / Scottsbluff HS
Sydney Settles	Fr.	Lincoln, Neb. / Lincoln North Star HS
Savannah Silbaugh	Jr.	Upton, Wyo. / Upton HS
Madison Watson	So.	Mitchell Neb. / Mitchell HS
Emma Willadsen	So.	Eaton Colo. / Eaton HS

Head Coach: Scott Foley**Assistant Coach:** Charles Pruitt

COLORADO CHRISTIAN **COUGARS****MEN'S ROSTER**

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Luke Bruns	SR	Highlands Ranch, Colo./Valor Christian HS
Noah Burroughs	FR	Woodbury, Minn./New Life Academy
Joel Conley	JR	Lone Tree, Colo./Valor Christian HS
Kyle Gee	SO	Fort Collins, Colo./Liberty Common HS
Anders Hanson	JR	Olathe, Kan./Olathe East HS
Keaton Helm	JR	Sherrard, Ill./Sherrard HS
Robert Jordano	SO	Henderson, Nev./Coronado HS
Vincent Keller	JR	Palmer, Ark./Colony HS
Caden Magnuson	JR	Loveland, Colo./Resurrection Christian
Abe Means	JR	Monument, Colo./Palmer Ridge HS
Josh Pierantoni	FR	Casper, Wyo./Kelly Walsh HS
Jason Pierantoni	JR	Casper, Wyo./Kelly Walsh HS
Isaac Russo	FR	Louisville, Colo./Monarch HS
Charlie Sawyer	FR	Fresno, Calif./Clovis West HS
Ryder Searle	JR	Pagosa Springs, Colo./Pagosa Springs HS
Nicholas Skinner	JR	Olathe, Kan./Kansas State University
Trent VanNordstrand	FR	Cheney, Kan./Cheney HS

WOMEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Hannah Causey	SO	Manassas, Vir./Osborn Park
Christina Hamerly	JR	Louisville, Colo./Peak to Peak Charter School
Kayla Hanson	JR	Olathe, Kan./Olathe East HS
Hannah Harrick	JR	Overland Park, Kan./Blue Valley Southwest HS
Kenzie Hartwig	FR	Twaine Harte, Calif./Summerville HS
Tessa Hooper	SO	Lakewood, Colo./D'Evelyn HS
Clare Kroesche	SO	Los Gatos, Calif./Los Gatos HS
Michaela Marcy	JR	Holdrege, Neb./Loomis HS
Ana Mauhlbauer	FR	Colorado Springs, Colo./St. Mary's HS
Mandee Middleton	SR	Denver, Colo./Arapahoe HS
Mikayla Pahl	JR	Clovis, Calif./Buchanan HS
Erin Strauble	FR	Kansas City, Kan./Platte County HS
Samie True	JR	Lakewood, Colo./
Cassie Unruh	FR	Castle Rock, Colo./Skyview Academy

Head Coach: Jon Poag**Assistant Coach:** Carissa Verkaik

COLORADO MESA **MAVERICKS****MEN'S ROSTER**

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Garrett Beckstead	R-Fr	Highlands Ranch, Colo. /Thunderridge
Talon Berta	Fr.	Grand Junction, Colo./ Central
Elias Born	Fr.	Evergreen, Colo./ Conifer
Ian Cropp	Fr.	Topeka, Kan./ Washburn Rural
Michael Fera	Jr.	Conifer, Colo./ Conifer
Jerod Kuhn	So.	Littleton, Colo./ Columbine
Josh Miler	R-So.	Parker, Colo./ Legend
Nathan Oglesby	R-Sr.	Littleton, Colo./ Chatfield
Walker Rudolph	Fr.	Colorado Springs, Colo./ Cheyenne Mountain
William Schenk	So.	Colorado Springs, Colo./ Palmer
Connor Scranton	R-Fr.	Craig, Colo./ Moffat County
Trevor Smith	So.	Golden, Colo./ Standley Lake
Luke Spitz	Sr.	Berthoud, Colo./ Berthoud
Mark Testa	Fr.	Littleton, Colo./ Dakota Ridge
Hunter Thompson	Jr.	Anchorage, Alaska, Service
Tony Torres	Fr.	Oro Valley, Ariz./ Ironwood Ridge
Mako Watanabe	R-Jr.	Tokyo, Japan/ Hebron Academy

WOMEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Melissa Anderson	Sr.	Castle Rock, Colo. / Castle View
Kellie Arthur	Fr.	Soldotna, Ala./ Soldotna
Morgan Badgley	Fr.	Chandler, Ariz./ Basha
Riana Boonstra	Fr.	Kenai, Ala./ Kenai Central
Ashlyn Brent	Jr.	Loveland, Colo./ Loveland
Kendra Eickleberry	Fr.	Johnstown, Colo./ Roosevelt
Rachel Gonzalez	R-Fr.	Broomfield, Colo./ Legacy
Kaila Green	Jr.	Brighton, Colo./ Brighton
Nicole Kitsuse	R-Sr.	Chicago, Ill./ Main South
Amy McConnell	Jr.	Aurora, Colo./ Saginaw Valley State
Mary McCullough	Fr.	Highlands Ranch, Colo./ Mountain Vista
Rebecca McMillan	So.	Aurora, Colo./Eaglecrest
Kenzie Mente	Fr.	Tipton, Iowa/ Drake (Tipton)
Abby Oglesby	So.	Littleton, Colo./ Chatfield
Lindsay Parsons	So.	Littleton, Colo./Arapahoe
Sedona Ray	Fr.	Colorado Springs, Colo./ Cheyenne Mtn.
Cheney Singer	Fr.	Thornton, Colo./ Legacy

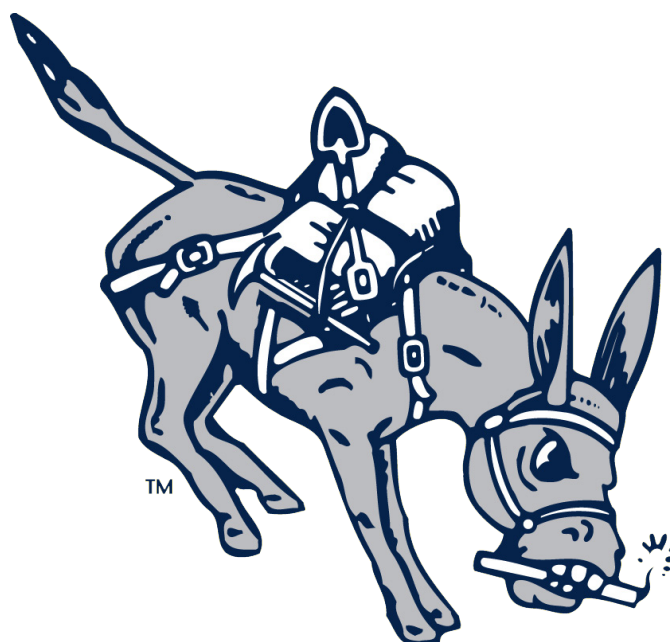
Head Coach: Matt Canterbury**Assistant Coach:** Cathryn Frames

COLORADO SCHOOL OF MINES **OREDIGGERS****MEN'S ROSTER**

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
A.J. Bishop	Fr.	Highlands Ranch, Colo. / Rock Canyon
Brody Bittner	Fr.	Clifton, Colo. / Palisade
Mason Brevig	R-So.	Highlands Ranch, Colo. / Arapahoe
Chris Cathcart	R-Fr.	Fort Collins, Colo. / Rocky Mountain
Grant Colligan	R-Sr.	Holt, Mich. / Holt
Cason Cropp	R-So.	Topeka, Kan. / Washburn
Nathan Davis	Fr.	Frederick, Md. / Urbana
Connor Edson	Fr.	Sammamish, Wash. / Skyline
Josh Evans	R-So.	Marion, Iowa / Linn-Mar
Luc Hagen	R-So.	Colorado Springs, Colo. / Air Academy
Josh Hoskinson	R-Sr.	Laveen, Ariz. / Arizona Lutheran Academy
Luke Julian	R-Fr.	Rapid City, S.D. / St. Thomas More
Nassim Kabbara	R-Jr.	San Rafael, Calif. / San Rafael
Andrew Kaye	Fr.	Shrewsbury, Mass. / Shrewsbury Senior
Miller Kettle	R-Jr.	Atlanta, Ga. / Greater Atlanta Christian
Dylan Ko	R-Fr.	Windsor, Colo. / Fossil Ridge
Trevor Lockman	R-Jr.	Murdock, Neb. / Elmwood-Murdock
Jake Mitchem	R-So.	Broomfield, Colo. / Broomfield
Kyle Moran	R-Fr.	Centennial, Colo. / Cherry Creek
Ricardo Ocampo	Jr.	Broomfield, Colo. / Broomfield
John O'Malley	Fr.	Broomfield, Colo. / Centaurus
Bo Raadam	Fr.	Chatham, N.J. / Chatham
Logan Ramlet	R-Jr.	Edina, Minn. / Edina
Andrew Rudnicki	R-Fr.	Larkspur, Colo. / Palmer Ridge
Adam Sandstedt	R-Fr.	Columbia, Mo. / Rock Bridge
Ben Schneiderman	R-Sr.	Colorado Springs, Colo. / Liberty
Josh Schoep	R-Fr.	Broomfield, Colo. / Broomfield
Max Sevcik	R-Fr.	Arvada, Colo. / Arvada West
Derek Steele	R-So.	Anchorage, Alaska / South Anchorage
Joe Vandiver	R-So.	Rome City, Ind. / East Noble
Joseph Wolfe	R-Fr.	Bismarck, N.D. / Century
Vincent Workman	R-So.	Arvada, Colo. / Pomona

WOMEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Zoe Baker	Fr.	Longmont, Colo. / Silver Creek
Kara Burton	Sr.	Palatine, Ill. / Palatine
Chloe Cook	R-Sr.	Jakarta, Indonesia / Jakarta International
Cierra DellaRova	Jr.	Wake Forest, N.C. / Enloe
Brook Eberle	Jr.	Fair Oaks, Calif. / Bella Vista
Melina Endsley	Fr.	Delaware, Ohio / Olentangy
Sydney Fesenmeyer	Jr.	Salida, Colo. / Salida
Maddie Geesen	Jr.	Agoura Hills, Calif. / Agoura
Marion Hohn	Fr.	Hill City, S.D. / Hill City
Heather Keniry	R-Fr.	La Grande, Ore. / La Grande
Sarah Lansey	R-Jr.	Tucson, Ariz. / Catalina Foothills
Sabine Lindler	R-Jr.	Ridgeway, Colo. / Ouray
Morgan Molesworth	R-Fr.	Victor, N.Y. / Victor
Alex Raichart	Fr.	Edwards, Colo. / Battle Mountain
Michaela Reynolds	R-Sr.	Folsom, Calif. / Vista Del Lago
Courtney Smoljan	R-Fr.	Longmont, Colo. / Niwot
Peyton Solheim	Fr.	Phoenix, Ariz. / Thunderbird
Megan Wenham	Sr.	Highlands Ranch, Colo. / ThunderRidge
Katarina Zosel	Fr.	Renton, Wash. / Tahoma Senior

Head Coach: Chris Siemers**Assistant Coach:** Tyler Curtis, Caleb Ulrich, Mark Husted

CSU-PUEBLO THUNDERWOLVES

MEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Alec Choury	Sr.	Westminster, Colo. / Northglenn HS
Dylan Day	Jr.	Fountain, Colo. / Fountain-Fort Carson HS
Ben Highfill	Fr.	Pueblo, Colo. / Pueblo South HS
Marcelo Laguera	Sr.	Chihuahua, Mexico / Pomona High School
Canaan Lamberth	Fr.	Colorado Springs, Colo. / The Classical Academy
AJ Marcus	So.	Loveland, Colo. / Mountain View HS
Cole Muñoz	Fr.	Colorado Springs, Colo. / Widefield HS
Patrick Scoggins	Fr.	Rangely, Colo. / Rangely HS
Thomas Staines	So.	Colorado Springs, Colo. / Cheyenne Mountain
Devundrick Walker	Sr.	Aurora, Colo. / Gateway HS
Derrick Williams	Sr.	Columbia Falls, Mont. / Columbia Falls HS

WOMEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Nicole Bouma	So.	Kalispell, Mont. / Flathead HS
Kayana Casias	Fr.	Pueblo, Colo. / Centennial HS
Tatianna Clanton	Sr.	Colorado Springs, Colo. / Coronado HS
Lauren Fairchild	So.	McKinney, Texas / Plano HS
Emily Gueller	Fr.	Lucas, Texas / Lovejoy HS
Yasmine Hernandez	Fr.	Johnstown, Colo. / Mountain View HS
Claire Pauley	Fr.	Arvada, Colo. / Arvada West HS
Ashley Polk	So.	Colorado Springs, Colo. / Vista Ridge HS
Hailey Streff	So.	Madison, S.D. / Madison HS

Head Men's Coach: Matt Morris

Head Women's Coach/Director of Operations : Bailey Hughes

Assistant Coach: Makenna Linn



DIXIE STATE **TRAILBLAZERS****MEN'S ROSTER**

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Spencer Adams	So.	Boulder City, Nev. /Basic
Milton Amezcua	Fr.	Henderson, Nev./Green Valley
Hunter Chamberlain	Sr.	St. George, Utah/Dixie
Tyler Fessler	So.	West Point, Utah/Syracuse
Benjamin Fish	Jr.	Cedar City, Utah/Canyon View
Kevin Kirk	Fr.	Yerington, Nev./Yerington
Cruz Lopez	Fr.	Hesperia, Calif./Excelsior Charter
Tyson McKeon	So.	Stansbury, Utah/Stansbury
Miguel Ramirez	Jr.	Las Vegas, Nev./Las Vegas
Jaxon Stucky	Fr.	Plainview, Minn./Plainview-Elgin Millville
Kyle Warrick	Jr.	Eastvale, Calif./East Roosevelt/Southern Utah

WOMEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Rebecca Anderson	Jr.	Sterling, Utah/Manti/Jamestown
Arlene Avalos	Jr.	San Bernardino, Calif./N.C. Kinnick
Nicolette Coffman	Fr.	Klamath Falls, Ore./Klamath Falls
Makayla Dalton	So.	Panguitch, Utah/Panguitch
Marieta Decker	Jr.	Las Vegas, Nev./Cimarron Memorial
Sara Fish	So.	Cedar City, Utah/Canyon View HS
Ashlin Goble	Fr.	Aurora, Utah/North Sevier
Alyssa Haring	Jr.	Riverside, Calif./King
Billie Hatch	So.	Preston, Idaho/Preston
Noelle Hele	Jr.	Apple Valley, Calif./Granite Hills/Lawrence
Erin Hurst	So.	Cleveland, Utah/Emery
Samantha Jacobson	Fr.	Riverton, Utah/Riverton
Isabelle Nielson	So.	Katy, Texas/Cinco Ranch
Rachael Reeder	Fr.	Weston, Idaho/West Side
Megan Sidwell	So.	Smithfield, Utah/Sky View
Mia Smith	Jr.	Page, Ariz./Page
Faith Wagstaff	Fr.	Woods Cross, Utah/Woods Cross
Laynee Wells	So.	St. George, Utah/Desert Hills
Lara Yazzie	Jr.	Page, Ariz./Page/Central Arizona

Head Coach: Justin Decker**Assistant Coaches:** Ross Decker, Rodney Warr

FORT LEWIS **SKYHAWKS****MEN'S ROSTER**

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Benally, Kelvin	Fr.	Shiprock, N.M. / Navajo Prep
Byram, Hunter	Fr.	Denver, Colo. / D'Evelyn
Charlie, Preston	Sr.	Rio Rancho, N.M. / Rio Rancho
Day, Andrew	Fr.	Aztec, N.M. / Aztec
Gibson, Tyler	Fr.	Albuquerque, N.M. / Cottonwood Classical
Grewal, Elijah	Fr.	Bethoud, Colo. / Berthoud
Kipkilach, Bismarck	Sr.	Iten, Kenya / California Baptist
Kretzmann, Hosava	Sr.	Prescott, Ariz. / Coconino CC
Levi, Shawvan	Sr.	Shiprock, N.M. / Borone College
Macfarlane, Derek	R-Fr.	Lakeside, Mont. / Flathead
Nez, Steven	So.	Gallup, N.M. / Gallup
Rome, Andrew	Jr.	Greeley, Colo. / Greeley West
Schutt, Syllas	Sr.	Kalispell, Mont. / Flathead
Sheard, Brandon	R-So.	Eagle, Colo. / Eagle Valley
Speece, Cody	So.	Bayfield, Colo. / Bayfield
Vanaman, Andrew	Fr.	Claremore, Okla. / Claremore

WOMEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Benze, Krista	Fr.	Albuquerque, N.M. / Cottonwood Classical
Borneo, Quinlyn	Sr.	Corrales, N.M. / Cibola
Bramley, Becca	Sr.	Littleton, Colo. / Arapahoe
Chacon, Sarah	R-Jr.	Farmington, N.M. / Navajo Preparatory
Chee, Autumnrain	Fr.	Shiprock, N.M. / Shiprock
Chemeli, Rose	R-Fr.	Kapsabet, Kenya / Kapsabet
Curley, Angel	Fr.	Tuba City, Ariz. / Flagstaff
de la Cruz, Karla	So.	Grand Junction, Colo. / Central
Elder, Dorothy	Fr.	Fort Collins, Colo. / Fort Collins
Jones, Rhylyn	Fr.	Albuquerque, N.M. / Cottonwood Classical
Nagel, Claire	Fr.	Fort Collins, Colo. / Poudre
Obernesser, Madison	Sr.	Westminster, Colo. / Mountain Range
Ramirez, Jessica	Fr.	Gallup, N.M. / Gallup
Salzano, Makiah	R-So.	Descano, Calif. / Mountain Empire
Sargent, Saylor	R-Fr.	Lakewood, Colo. / Green Mountain
Slack, Peyton	Fr.	Fort Collins, Colo. / Fort Collins
Sutti, Arianna	Fr.	Austin, Texas / Lake Travis
Trotter, Rubie	Fr.	Cedar Crest, N.M. / East Mountain
Uentille, Camille	Fr.	Kinlinchee, Ariz. / Ganado
Wilborn, Carly	Sr.	Colorado Springs, Colo. / Air Academy
Yazzie, Kennedy	Fr.	Chandler, Ariz. / Hamilton

Head Coach: Joshua Coon**Assistant Coach:** Brett Sublett

MSU DENVER **ROADRUNNERS****MEN'S ROSTER**

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Sam Berg	Jr.	Longmont, Colo. (Mountain View)
Brandon Bodner	Fr.	Aurora, Colo. (Grandview)
Nikita Cordier	R-Fr.	Frisco, Colo. (Denver East)
Logan Debyle	Jr.	Aberdeen, Wash./Northwest Missouri State
Ruben Gonzalez	So.	Las Cruces, N.M. (Centennial)
Kyle Jones	Jr.	Aurora, Colo. (Cherokee Trail)
Jacob Link	So.	Lafayette, Colo. (Centaurus)
Manny Lujan	Fr.	Thornton, Colo. (Thornton)
Nick Nowlen	Fr.	Arvada, Colo. (Ralston Valley)
Devin Serrano	Fr.	Aurora, Colo. (Denver Science & Technology)
Jacob Serrano	Fr.	Aurora, Colo. (Denver Science & Technology)

WOMEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Mariah Archuleta	R-Fr.	Broomfield, Colo. (Jefferson Academy)
Jessie Chappa	Jr.	Parker, Colo. (Chaparral)
Alden Gruidel	So.	Louisville, Colo. (Monarch)
Jackie Holloway	Sr.	Himmelstadt, Germany (Ponderosa)
Makenna Kemp	Fr.	Highlands Ranch, Colo. Mountain Vista)
Brittney Kocman	Jr.	Denver, Colo. (Legacy)
Vanessa Kort	Fr.	Broomfield, Colo. (Broomfield)
Idalee Nuñez	Jr.	Denver, Colo. (Abraham Lincoln)
Cassandra Porter	So.	Arvada, Colo./ Fort Lewis College
Sabrina Rautter	Sr.	New Fairfield, Conn. (New Fairfield)
Erica Ruiz	Sr.	Rohnert Park, Calif./Santa Rosa J.C.
Paige Simonavice	R-Fr.	Lakewood, Colo. (D'Evelyn)
Aby Smidt	Jr.	Brighton, Colo./Johnson County C.C.
Mali Smith	Sr.	Tucson, Ariz. (Pusch Ridge Christian Academy)

Head Coach: Trent Mack**Assistant Coach:** Janis Christopher

NEW MEXICO HIGHLANDS **COWBOYS****MEN'S ROSTER**

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Marcos Alcaraz	Jr.	Phoenix, Ariz./South Mountain HS
Benito Cortes	Fr.	Hemet, Calif./West Valley HS
Carlos Cortes	R-Fr.	Hemet, Calif./West Valley HS
Mark Daniels	Jr.	Harrisburg, Penn./Mansfield College
Alejandro Escalante	Jr.	Corona, Calif./Corona HS
Brian Gollas	Fr.	Abiqui, N.M./Mesa Vista HS
Oliver Huffman	So.	Augusta, Ga./Augusta HS
Kennedy Kipkogei	Sr.	Iten, Kenya
Michael Montano	Fr.	San Jose, N.M./Pecos HS

WOMEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Taylor Butler	So.	Rio Rancho, N.M./Rio Rancho HS
Lucia Harrison	Fr.	Albuquerque, N.M./Sandia HS
Lacey Howe	So.	Shiprock, N.M./Shiprock HS
Nichole Howe	Fr.	Shiprock, N.M./Shiprock HS
Natalia Marrujo	So.	Mora, N.M./Mora HS
Anabella Miller	So.	Las Vegas, N.M./Robertson HS
Irell Montalvo	Fr.	Cordova, N.M./Pojoaque Valley HS
Thersa Moser	Gr.	Abfaltersbach, Austria/Borg Lienz
Destiny Rockwell	So.	Shiprock, N.M./Shiprock HS
Savanna Sena	Fr.	Las Vegas, N.M./Robertson HS
Sol Vigil	Fr.	Gallina, N.M./Coronado HS

Head Coach: Bob DeVries



REGIS **RANGERS****MEN'S ROSTER**

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Kian Hartley	Sr.	Broomfield, Colo./Broomfield HS
Justin Hinckley	Sr.	Littleton, Colo./Columbine HS
Scott Kordziel	Sr.	Golden, Colo./Arvada West HS
Tim Pendarvis	Sr.	Arvada, Colo./Arvada HS
Emilio Tovilla	Jr.	Liberal, Kan./Liberal HS
Vincent Frazier	Jr.	Spokane, Wash./Gonzaga Preparatory
Andrew McNamee	Fr.	Evergreen, Colo./Landmark School
Bryan Martinez	Fr.	Albuquerque, N.M./Saint Pius X HS
Roger Castillo	Fr.	Aurora, Colo./Hinkley HS

WOMEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Maeve Ahern	Fr.	Ireland
Emily Perez	Sr.	Pueblo, Colo./Centennial HS
Christina Kennedy	Gr.	Broomfield, Colo./Broomfield HS
Samantha Holland	Jr.	Broomfield, Colo./Jefferson Academy
Haley Rach	Jr.	Arroyo Seco, N.M./Taos HS
Jennifer VanEtten	Jr.	Montrose, Penn./Elk Lake HS
Theodora Zastrocky	Jr.	Durango, Colo./Homeschooled
Anna McAtee	So.	St. Louis, Mo./St. Joseph's Academy
Sarah Smagacz	So.	Durango, Colo./Durango HS
My Yen Nguyen	Fr.	Lakewood, Colo./
Consuelo Quintana	Fr.	Espanola, N.M./Pojoaque Valley HS

Head Coach: John Esquibel

Volunteer Coach: Alicia Nelson



SOUTH DAKOTA MINES **HARDROCKERS****MEN'S ROSTER**

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Aidan Anderson	So.	Silverdale, WA
Zackary Anderson	Fr.	Zimmerman, MN
Mark Boden	Fr.	Longmont, CO
David Bolt	Fr.	Colorado Springs, CO
Ben Colvin	Jr.	Kasson, MN
Wyatt Dodge	So.	Anchorage, AK
Andrew Ferris	So.	Lancaster, OH
Joel Haas	So.	Corvallis, MT
Jacob Huber	Sr.	Sioux City, IA
Ryan Moen	Fr.	Colorado Springs, CO
Tim Myers	So.	Las Vegas
Max Oesterling	Fr.	Custer, SD
Isaac Orozco	Fr.	Johnstown, CO
Brock Rugg	Fr.	Missoula, MT
Nicholas Shipe	Fr.	Westminster, CO
Theron Singleton	Jr.	Pierre, SD
Anders Watt	Fr.	Pinesdale, MT
Chase Wood	Jr.	Las Vegas, NV

WOMEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Kayla Gagen	Jr.	Livingston, MT
Laramie Giles	So.	Sioux Falls, SD
Marissa Holinka	Fr.	Watertown, SD
Katherine Mathieu	Fr.	Brady, NE
Samantha Smith	Fr.	Aurora, CO
Adeline Straatmeyer	R-Sr.	Rapid City, SD
Margaret Thompson	Fr.	Deer Lodge, MO
Erica Westerman	Sr.	Yankton, SD

Head Coach: Steve Johnson**Assistant Coach:** Shannon Reed

UCCS MOUNTAIN LIONS

MEN'S ROSTER

Name	Yr.	Hometown/Previous School
Zev Caiyem	R-Jr.	Oak Park, Calif. / Oak Park
Troy Cournoyer	R-Fr.	Colorado Springs, Colo. / Mesa Ridge
Cole Dunton	Fr.	Lee's Summit, Mo. / Lee's Summit North
Evan Graff	Fr.	Montrose, Colo. / Montrose
David Higgins	R-Jr.	Woodland Park, Colo. / Woodland Park
Tim Howley	Sr.	Arlington Heights, Ill. / Rolling Meadows
Charlie Kieffer	R-So.	Fairfield, Conn. / Ward
Gary Kurtz	R-So.	Brighton, Colo. / Prairie View
Rafael Marmolejo-Daher	R-Fr.	Denver, Colo. / East
Josh Mattingly	Jr.	Arvada, Colo. / McIntosh (Ga.)
Evan Miller	So.	Erie, Colo. / Horizon
Willie Moore	Sr.	Saxtons River, Vt. / Bellows Falls Union
Logan Neil	Fr.	La Crescenta, Calif. / Crescenta Valley
Sam Nofziger	Jr.	Oakdale, Minn. / Tarton
Michael Olivier	Fr.	San Diego, Calif. / Westview
Ben Patzer	R-Jr.	Lafayette, Colo. / Centaurus
Robert Richardson	R-So.	Colorado Springs, Colo. / Rampart
Luke Rodriguez	So.	Fernley, Nev. / Wooster
Patrick Schmidt	R-Fr.	Sachse, Texas / Home School
Matthew Schramm	So.	Fountain, Colo. / Fountain-Fort Carson
Mark Simmons	R-So.	Tabernash, Colo. / Middle Park
Jeremy Wright	R-Fr.	Colorado Springs, Colo. / Falcon
Will Young	Fr.	Pewaukee, Wis. / Pewaukee
Afeworki Zeru	Fr.	Colorado Springs, Colo. / Rampart

Head Coach: Mark Misch

Assistant Coach: Jeff Wilson, Brien Lancaster, Nick Schuetze

WOMEN'S ROSTER

Name	Yr.	Hometown/Previous School
Layla Almasri	R-Fr.	Colorado Springs, Colo. / Pine Creek
Maia Austin	Fr.	Colo. Springs, Colo./Pikes Peak CC
Natalie Church	R-Fr.	Snohomish, Wash. / Glacier Peak
Ellie Colpitts	R-Jr.	Loveland, Colo. / Thompson Valley
Hannah Ellis	Fr.	Greeley, Colo. / Frontier Academy
Ellie Enderle	R-Fr.	Canon City, Colo. / Canon City
Ivory Espinoza	Fr.	Grand Junction, Colo. / Central
Lexie Greitzer	Gr.	Kinnelon, N.J. / Indiana University
Marah Guzman	Sr.	Fort Collins, Colo. / Fossil Ridge
Katie Novak	Jr.	Glendale, Wis. / Nicolet
Vanessa Roybal	So.	Mililani, Hawaii / Mililani
Savannah Santiago	So.	Ponay, Calif. / Poway
Jenny Smith	So.	Colorado Springs, Colo. / Vanguard School
Sophia Stephan	Fr.	Sugar Land, Texas / College of the Canyons
Meg Super	So.	Minot, N.D. / Minot
Molly Weir	So.	Rockford, Mich. / Rockford
Kayla Wooten	Jr.	Oswego, Ill. / Oswego Community

Head Coach: Corey Kubatzky

Assistant Coach: Sara Kettelkamp



WESTERN MOUNTAINEERS

MEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Colin Berndt	Fr.	Golden, Colo. / Arvada West High School
Henry Briggs	RJr.	Fort Collins, Colo. / Fort Collins H.S
Zach Cooper	RJr.	Beaverton, Ore. / Southridge High School
Blake Davis	Fr.	Lamar, Colo. / Lamar High School
Juan Diaz	Fr.	Los Teques, Venezuela / Colegio Jesus de Nazaret
Ricardo Esqueda	Fr.	Hollister, Calif. / San Benito High School
Miles Gill	Fr.	Thornton, Colo. / Horizon High School
Kyle Grambihler	RSO.	Bellevue, Wash. / Eastside Catholic H.S
Albert Hesse	Fr.	Redmond, Ore. / Ridgeview High School
Riley Howard	Jr.	Anchorage, Ala. / Chadron State College
Dylan Humberger	Fr.	Bozeman, Mont. / Bozeman High School
Ross Husch	RJr.	Malibu, Calif. / Agoura High School
Ahmed Jama	Sr.	Fredricton, Ga. / Mercer University
Aaron King	Fr.	Grand Junction, Colo. / Grand Junction
Connor Kingsland	Fr.	St. Louis, Mo. / Lindbergh High School
John Kraft	Fr.	Mason City, Iowa / NIACC
Kyle Lewis	RSr.	Boulder, Colo. / Boulder High School
Marc Marciano	RSr.	Chatsworst, Calif. / Glendale C.C.
Gage Mayo	RSO.	La Junta, Colo. / La Junta High School
Woodrow Murray-Wood	RJr.	Rogers, Ark. / University Central Arkansas
Kieran Nay	Fr.	Monument, Colo. / Palmer Ridge H.S
Max Sawyer	RFr.	Cupertino, Calif. / Homestead H.S
Jonathan Specht	Sr.	Sherill, Iowa / Central College
Taylor Stack	RSO.	Salida, Colo. / Salida High School
Evan Sutherland	RJr.	Long Beach, Wash. / Clackamas CC
Charlie Sweeney	RFr.	Owings, Md. / Northern High School
Nicholas Turco	RSO.	Durango, Colo. / Animas High School
Parker Vanlandingham	RFr.	Owasso, Okla. / Owasso High School

WOMEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Cassidy Ahrens	RSr.	Fruita, Colo. / Fruita Monument High School
Chloe Andrie	RSr.	Aurora, Colo. / Smoky Hill High School
Malindi Congour	Jr.	Montrose, Colo. / Stephens College
Jessica Cusick	RSO.	Bayfield, Colo. / Bayfield High School
Katie Doucette	Fr.	Golden, Colo. / Arvada West High School
Madeleine Foster	Fr.	Conifer, Colo. / Conifer High School
Audree Furst	RSO.	Monument, Colo. / Palmer Ridge High School
Hannah Mae Gigstad	Fr.	Arvada, Colo. / Ralston Valley High School
Bridget Goddard	RFr.	Bayfield, Colo. / Bayfield High School
Alicja Konieczek	Sr.	Zbaszyn, Poland / ZSRit Powodowo
Aneta Konieczek	So.	Zbaszyn, Poland / ZSRiT Powodowo
Sarah Laverty	So.	Edinburgh, Scotland / University of New Mexico
Kennedy Rufener	Sr.	Clackamas, Ore. / Western Oregon University
Sophie Seward	RSr.	Marion, Ind. / Eastbrook High School
Bailey Sharon	Jr.	Lakewood, Colo. / Green Mountain High School
Emily Smith	RSO.	Phoenix, Ariz. / Desert Vista High School
Tomah Whitney	Fr.	Golden, Colo. / Evergreen High School
Alizabeth Williams	RSO.	Santa Fe, N.M. / Academy for Tech & Classics

Head Coach: Jennifer Michel

Assistant Coach/Distance Coach: Shane Niksic



WESTMINSTER **GRIFFINS****MEN'S ROSTER**

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Luke Cobabe	So.	Midvale, Utah / Hillcrest HS
Skyler Hobbs	So.	Salt Lake City, Utah / Skyline HS
DJ Matthews	So.	Sandy, Utah / Summit Academy HS
Eric Mellmer	Sr.	Sandy, Utah / Waterford School
Joshua Mickelson	So.	West Jordan, Utah / Itineris EC HS
Ryan Murphy	Jr.	Truckee, Cali. / Tahoe-Truckee HS
Trevor Neal	So.	Truckee, Cali. / Tahoe-Truckee HS
Tony Nickerson	So.	Murray, Utah / Murray HS
Caelan Pike Meter	Fr.	Yarmouth, Maine / Yarmouth HS
Andrew Ross	Fr.	Salt Lake City, Utah / Highland HS
Justin Shadley	Fr.	Idaho Falls, Idaho / Idaho Falls HS
Jacob Stetler	Fr.	Idaho Falls, Idaho / Idaho Falls HS
Alex Settler	Fr.	Sarasota, Flo. / Cardinal Mooney
Aiden Urban	So.	Durango, Colo. / Durango HS

WOMEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Olivia Causse	Sr.	Sandy, Utah / Juan Diego Catholic HS
Meghann Clare	So.	Ogden, Utah / Saint Joseph Catholic HS
Rosemary Elliott	So.	Portland, Ore. / Franklin HS
Kylie Harrison	So.	West Valley, Utah / Hunter HS
Mara Kushner	Sr.	Houston Tex. / The Emery Weiner School
Jillian Leis	Sr.	Boise, Idaho / Bishop Kelly HS
Hannah Painter	So.	Flagstaff, Ariz. / Pima Community College
Katie Scott	So.	Salt Lake City, Utah / JMCatholic HS
Christine Sheehan	So.	Midway, Utah / Wasatch HS
Madison Vilhauer	So.	Bozeman, Mont. / Bozeman HS
Allison Wright	Jr.	North Lake Tahoe, Cali. / North Tahoe HS
Saydi Anderson	Sr.	Sandy, Utah / Juan Diego Catholic HS
Cali Corkran	Fr.	Salt Lake City, Utah / West HS
Emery Hovermale	Fr.	
Courtney McCabe	Fr.	Salt Lake City, Utah / Brighton HS
Hannah Rohrer-Fitzhugh	Fr.	Helena Mont. / Capital HS
Katie Valdez	So.	--

Head Coach: Dan Quinn**Assistant Coaches:** Taylor Penrod, Marquis DuPre, Andrew Harestad



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2018 RMAC CROSS COUNTRY: PRESEASON ALL-RMAC RELEASE

Women's Cross Country

Preseason Runner of the Year - Alicja Konieczek, WSCU

NAME	YR	SCHOOL
Cassidy Ahrens**	R-Sr.	Western
Sadie Baker*	Sr.	Adams State
Kaylee Bogina	Jr.	Adams State
Chloe Cook*	R-Sr.	Colorado School of Mines
Brook Eberle**	Jr.	Colorado School of Mines
Eilish Flanagan*	Jr.	Adams State
Roisin Flanagan*	Jr.	Adams State
Haleigh Hunter-Galvan*	Jr.	Adams State
Alicja Konieczek	Sr.	Western
Aneta Konieczek*	So.	Western
Michaela Reynolds	R-Sr.	Colorado School of Mines
Sophie Seward	R-Sr.	Western
Megan Wenham*	Sr.	Colorado School of Mines
Kayla Wooten**	Jr.	UCCS

PRESEASON COACHES POLL

No.	School (First-Place Votes)	Pts
1.	Adams State (11)	220
2.	Western (5)	208
3.	Colorado School of Mines	197
4.	UCCS	184
5.	CSU-Pueblo	156
6.	Fort Lewis	137
T-7.	Black Hills State	129
T-7.	Colorado Christian	129
9.	Chadron State	109
10.	Colorado Mesa	106
11.	MSU Denver	104
12.	South Dakota Mines	75
13.	Regis	53
14.	New Mexico Highlands	49
15.	Dixie State	43
16.	Westminster	21

Men's Cross Country

Men's Cross Country

Preseason Runner of the Year - Grant Colligan, CSM

NAME	YR	SCHOOL
Kale Adams	Jr.	Adams State
Grant Colligan*	R-Sr.	Colorado School of Mines
Alec Choury*	Sr.	CSU-Pueblo
Elias Gedyon*	Sr.	Adams State
Sydney Gidabuday	Sr.	Adams State
Ross Husch**	R-Jr.	Western
Josh Hoskinson*	R-Sr.	Colorado School of Mines
Ahmed Jama**	Sr.	Western
Joshua Joseph**	Jr.	Adams State
Marcelo Laguera*	Sr.	CSU-Pueblo
Ricardo Ocampo*	Jr.	Colorado School of Mines
Logan Ramlet*	R-Jr.	Colorado School of Mines
Ben Schneiderman*	R-Sr.	Colorado School of Mines
Derrick Williams	R-Sr.	CSU-Pueblo

PRESEASON COACHES POLL

No.	School (First-Place Votes)	Pts
1.	Colorado School of Mines (8)	218
2.	Adams State (8)	217
3.	Western	195
4.	CSU-Pueblo	185
5.	UCCS	160
6.	Black Hills State	149
7.	Colorado Mesa	136
8.	MSU Denver	114
9.	Fort Lewis	113
10.	Chadron State	108
11.	Colorado Christian	80
12.	New Mexico Highlands	71
13.	South Dakota Mines	62
14.	Regis	43
15.	Dixie State	39
16.	Westminster	30

* - 2017 All-RMAC First Team

** - 2017 All-RMAC Second Team

2018 RMAC CROSS COUNTRY: PRESEASON ALL-RMAC RELEASE

PRESEASON RUNNERS OF THE YEAR



ALICJA KONIECZEK
WESTERN
R-SR. | ZBASZYN, POLAND

Konieczek redshirted the 2017 cross country season. In 2016, she finished third individually in the 6K at the 2016 RMAC Cross Country Championships with a time of 22:39.01. She was the runner-up at the NCAA South Central Regional Championship. Her performance helped Western finish third at the NCAA DII Cross Country Championship, where she took 11th place with a time of 20:45.1. Her efforts landed her a first team All-RMAC and first team All-Academic spot last year.



GRANT COLLIGAN
COLORADO SCHOOL OF MINES
R-SR. | HOLT, MICH.

Colligan was named the 2017 RMAC Runner of the Year and earned a USTFCCCA All-American after he finished 5th at NCAA Championships, the highest finisher ever by an Oredigger. He won the RMAC Individual title with a time of 24:59. He was named USTFCCCA National Athlete of the Week (Oct. 23) as he recorded five top-10 individual finishes over the course of the season. Academically he was named USTFCCCA All-Academic, RMAC Academic Runner of the Year and RMAC First-Team All-Academic.

2018-19 RMAC SPORTS

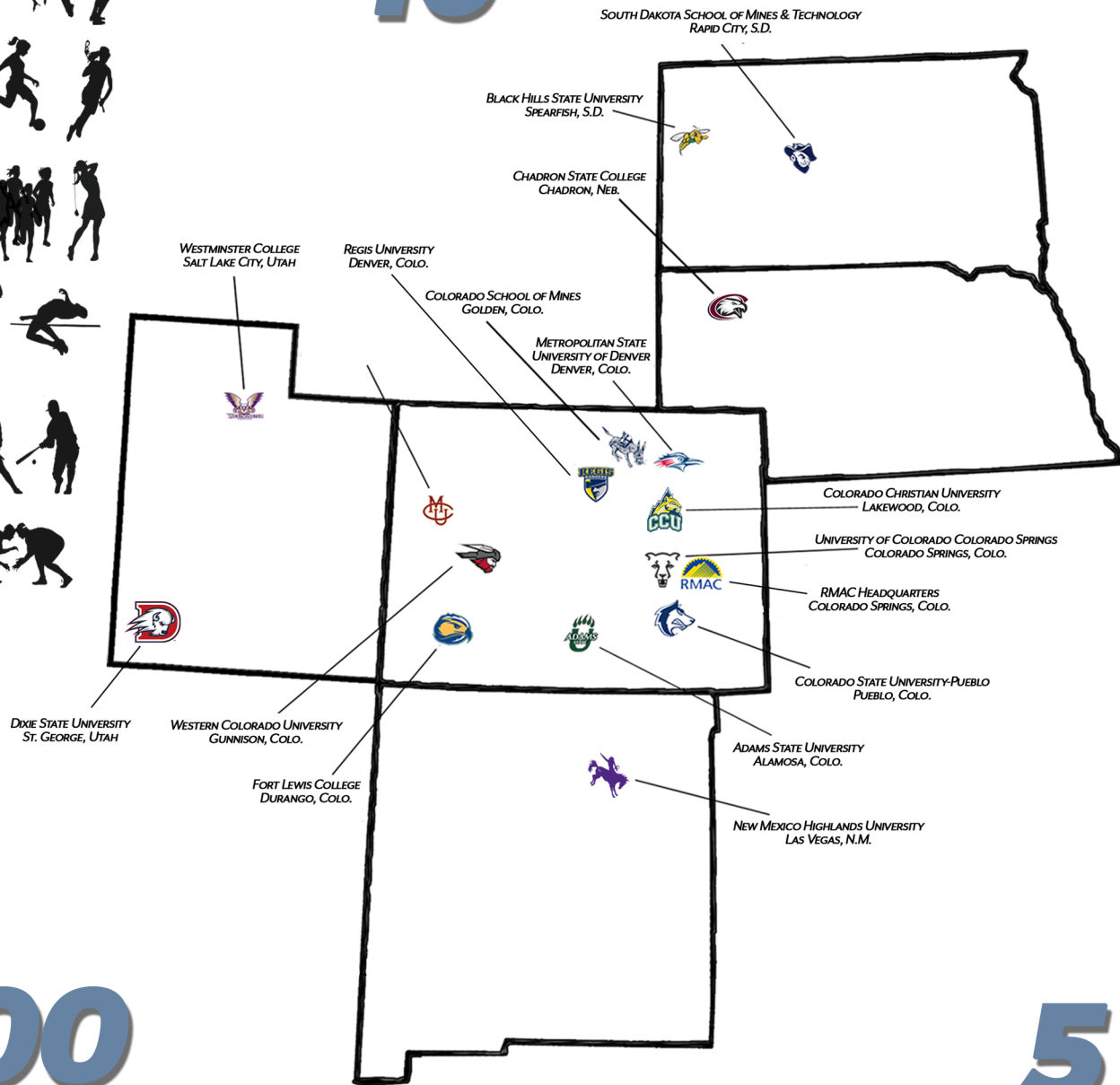
#EVERYTHINGELEVATED

22

S P O R T S.



16 INSTITUTIONS



6,000

STUDENT-ATHLETES

5

STATES

RMAC NETWORK



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