



OKLAHOMA STATE CROSS COUNTRY

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OKLAHOMA STATE SCHEDULE/RESULTS

Date	Event	Location	Time/Result
9/1	Cowboy Duals	Stillwater, Okla.	M 5-0; W 3-2
9/24	Cowboy Jamboree	Stillwater, Okla.	M 1st; W 2nd
10/14	Penn State Open	State College, Penn	9:45 a.m CT
10/29	Big 12 Championships	Lubbock, Texas	10 a.m. CT
11/11	NCAA Midwest Regional	Iowa City	10 a.m. CT
11/19	NCAA Championships	Terre Haute, Ind.	10 a.m. CT

THIS WEEK'S COMPETITORS - MEN

Hassan Abdi	Brigham Hedges
Anthony Armstrong	Luis Martinez
Sylvester Barus	Matthew Fayers
Christian Liddell	Josh Thompson

THIS WEEK'S COMPETITORS - WOMEN

Natalie Baker	Abbie Hetherington
Anna Boyert	Kaytlyn Larson
Savannah Camacho	Michelle Magnani
Jennifer Celis	Clara Nichols
Kaylee Dodd	Katie Spencer
Aurora Dybedokken	Molly Sughroue
	Gintare Zenkeviciute

THE FIELD

Men	Women
Akron	Akron
Bucknell	Bucknell
Buffalo	Buffalo
UNC Charlotte	UNC Charlotte
Cornell University	Cornell University (RV)
Duquesne	Delaware
Kent State	Duquesne
Mississippi (10)	Kent State
Oklahoma State (9)	Lehigh
Penn State	Mississippi (25)
Pittsburgh	Oklahoma State (14)
Texas (RV)	Penn State (8)
Villanova (RV)	Pittsburgh
Virginia	Texas
Virginia Tech (28)	Towson
William & Mary	Virginia Tech
	West Virginia (30)
	William & Mary (RV)
	Wyoming



BIG 12 CONFERENCE

THIS WEEK



PENN STATE OPEN

9:45 a.m. CT | Oct. 14, 2016 | State College, Pa.
Men's 5.2 miles - Women's 6K

THE BASICS

In the final meet of the regular season, the Oklahoma State Cowboy cross country team looks to cement its spot in the national top-10 and as the region's best squad with another unbeaten regular season record.

The Cowgirls will look to bounce back after their first Jamboree defeat in six years and finish the regular season strong heading into the Big 12 Championship race as defending champs.

FOLLOW THE MEET

Fans can follow the action live on Twitter by following @run4okstate for updates. Final results will be published on www.gopsusports.com as well as www.okstate.com, along with a recap of OSU's day on the course.

MEET SCHEDULE (ALL TIMES CT)

The 2016 Penn State Open is scheduled to begin at 9:45 a.m., with the women's 6K, then the men's 5.2-mile run will follow at 10:30 a.m.

LAST TIME OUT

The Cowboys scored 24 points to top the field, and Sylvester Barus joined an elite group in OSU history when he crossed the finish line first to give the Pokes their third consecutive individual title, following former Cowboy Kirubel Erassa in 2014 and Cerake Geberkidane's win a season ago.

Barus controlled the race from the gun, jumping into the lead and holding onto it from the first kilometer on, and topping second-place finisher Charles Mathenge of Stephen F. Austin by more than 20 seconds, finishing in 24:33.5.

The Nevada native Josh Thompson was the second-highest finisher in orange, taking fourth, and Christian Liddell and Luis Martinez also finished in the top-10, claiming sixth and eighth overall, respectively. Anthony Armstrong capped off the top-five for the Cowboys with a time good enough for 12th.

The No. 8 Cowgirls saw their Jamboree win-streak stop at six-straight, but the OSU women claimed second without NCAA champion Kaela Edwards on the course, and several Cowgirls running unattached.

Savannah Camacho picked up where she left off at the Cowboy Preview with an eighth-place finish in the 5K race.

Michelle Magnani ran unattached in the race and took second overall. Her performance garnered praise from Smith and Camacho, and earned the Cowgirl a spot on the team.

NCAA 5,000-meter runner-up Aurora Dybedokken took 10th and was closely followed by Molly Sughroue in 12th and Cowgirl senior Anna Boyert, who took 13th in her final home race at the OSU Cross Country Course.

Tulsa's women won the event with a score of 20, and OSU slotted in at No. 2 with 53.

COACH DAVE SMITH - MEET COMMENTS

On Michelle Magnani's impact on the team

"She's still a freshman, so a lot of this is going to be a learning experience for her. She's got some excitement and naivety because she doesn't know her limits and she hasn't had the chance to develop yet, so I think that's good. Probably, she'll learn more from the team and the competition than they learn from her."

On the mood in the program when seeing the rankings

"We don't really pay attention to the polls. It's cliché, but true. It changes a little bit every week and sometimes you don't even know why it changes. The men and women have moved up and down, back and forth and sometimes we haven't even competed. We'll get really focused on what we do at the Big 12, regional and national meets. I think the mood is everyone is working hard and concentrating on effort and getting better every day and hoping that we hit full-stride by the time we get into the three meets after this one."

On what the team needs to do at Penn State

"Run hard. We have to have championship level effort even though it isn't a championship level meet. It's kind of our last chance to simulate that before we get into championship season, so I want to go out and run hard. I want to make sure we're giving a big effort this week because we haven't had a lot of opportunities before this and it's the last one before the postseason."



MEET NOTES/TEAM INFORMATION

OKLAHOMA STATE IN 2015-16

MEN'S CROSS COUNTRY

- Big 12 Champions (Seventh-straight)
- Midwest Region Champions (Fifth-straight)
- 18th at NCAA Championships
- Josh Thompson named Big 12 Newcomer of the Year
- Vegard Oelstad - Big 12 Individual Champion
- All-Big 12 - Vegard Oelstad (First Place), Cerake Geberkidane (Third Place), Craig Nowak (Sixth Place), Chad Noelle (Eighth Place), Josh Thompson (10th Place)
- All-Region - Cerake Geberkidane (Third Place), Vegard Oelstad (10th Place), Josh Thompson (13th Place), Craig Nowak (16th Place), Brian Gohlke (17th Place)

MEN'S TRACK AND FIELD

- Big 12 Indoor Champions
- 15th at NCAA Indoor Championships
- Josh Thompson named Midwest Region Male Athlete of the Year
- Big 12 Individual Indoor Champions - Josh Thompson (Mile, 1,000m), Cerake Geberkidane (5,000m), Craig Nowak (3,000m), Tre'Tez Kinnaird (800m)
- Indoor All-America - John Teeters (60m, Fourth Place), DMR (Noelle, Singleton, Kinnaird, Thompson, Fifth Place)
- Sixth Place finish at Big 12 Outdoor Championships
- 24th at NCAA Outdoor Championships
- NCAA Champion Nick Miller (Hammer Throw)
- Outdoor All-America - John Teeters (100m, Fifth Place), Nick Miller (Hammer Throw, First Place)
- Cerake Geberkidane named Big 12 Outdoor Freshman of the Year
- Big 12 Individual Outdoor Champions - Cerake Geberkidane (5,000m, 10,000m), Craig Nowak (1,500m), Nick Miller (Hammer Throw)

WOMEN'S CROSS COUNTRY

- Big 12 Champions (First in OSU history)
- Midwest Region Champions
- Seventh at NCAA Championships
- Ingeborg Loevnes named Big 12 Newcomer of the Year
- Dave Smith named Big 12 and USTFCCA Midwest Region's Women's Coach of the Year
- All Big-12 - Ingeborg Loevnes (Third Place), Kaela Edwards (Fourth Place), Natalie Baker (Sixth Place), Anna Boyert (Ninth Place), Aurora Dybedokken (12th Place), Molly Sughroue (14th Place)
- All-Region - Natalie Baker (Fourth Place), Ingeborg Loevnes (Seventh Place), Kaela Edwards (Ninth Place), Molly Sughroue (15th Place), Aurora Dybedokken (16th Place), Anna Boyert (22nd Place)
- All-America - Ingeborg Loevnes (35th Place)

WOMEN'S TRACK AND FIELD

- NCAA Indoor Champion - Kaela Edwards (Mile)
- 10th at NCAA Indoor Championships
- Indoor All-America - Kaela Edwards (Mile, First Place), Chase Ealey (Shot Put, 6th Place), Savannah Camacho (800m, Fourth Place)
- Big 12 Indoor runners-up
- Big 12 Indoor Champions - Kaela Edwards (Mile, 1,000m), Ingeborg Loevnes (3,000m), DMR (Camacho, Coleman, Nichols, Celis)
- Kaela Edwards named Midwest Region Female Athlete of the Year
- 12th at NCAA Outdoor Championships
- Outdoor All-America - Aurora Dybedokken (5,000m, Second Place), Chase Ealey (Shot Put, Second Place), Kaela Edwards (1,500m, Sixth Place)
- Sixth at Big 12 Outdoor Championships

OKLAHOMA STATE IN THE RANKINGS

The Oklahoma State Cowboy cross country team has quietly risen in the rankings again this week after a big shakeup saw BYU climb to No. 3 and Northern Arizona hold off Syracuse for a second-straight week as the United States Track and Field and Cross Country Coaches Association No. 1 team.

The Pokes checked in at No. 9, giving them their joint-highest rank of the season after they grabbed ninth in week two. The Cowboys moved up in their off-week in part to Eastern Kentucky falling six spots from ninth to 15th.

For the fifth-straight poll, OSU leads the Big 12 as the highest-ranked program. The Cyclones of Iowa State moved up one to 14, and Texas lost its spot at No. 30, but is still receiving votes. A talented Oklahoma squad didn't receive votes for the first time this season after beginning the year as the No. 19 team in the country.

On the women's side, the Cowgirls slid one spot to 14 during the off-week, but still are tops in the region and the conference.

Baylor surged to No. 21 after picking up no votes in week three, and Iowa State dropped three spots to 26. West Virginia staked a claim of the top-30, coming in at 30th, and Kansas and Texas both missed out on spots after appearing in, or receiving votes for the poll all season.

THE BEST IN THE MIDWEST

Under coach Dave Smith, the Cowboy cross country program has been one of the most consistent in the country.

The Pokes have won three national titles, eight Big 12 championships and finished in the top-10 at the NCAA Championships in nine of his 10 seasons as the head coach.

In addition to the trophies and accolades throughout the years, their consistency is best represented by their dominance of the Midwest Region which they have held for 48-straight weeks, dating back to 2011.

School	Region	Wks. at No. 1	Dates
Oklahoma State	Midwest	48	Aug 2011 -
Arkansas	South-Central	27	Aug 2013-
Syracuse	Northeast	19	Aug. 2014-
Wisconsin	Great Lakes	19	Nov. 2010-Oct. 2012
Florida State	Southeast	19	Aug. 2011-Nov. 2012
Princeton	Mid-Atlantic	17	Oct. 2010-Nov. 2011
Colorado	Mountain	14	Aug. 2014-Nov. 2015
Villanova	Mid-Atlantic	12	Aug. 2014-Oct. 2015
Stanford	West	11	Aug. 2011-Nov. 2011

It is the longest streak in the NCAA, and it isn't even close.

Including the 2010 season, the Cowboys have been No. 1 in the Midwest for 58 of the past 59 weeks.

In the one week they weren't No. 1 in the Midwest, Oklahoma took the spot after breaking up OSU's Midwest Region title streak. But the Pokes made up for it by winning an NCAA title. It was Smith's first of three at OSU and the University's second of four.

MAGNANI EARNS A RARE CHANCE

After her surprise second-place finish at the Cowboy Jamboree, Michelle Magnani became the most recent OSU freshman to earn a spot on the cross country team in their debut season, an accomplishment most newcomers never achieve.

Last season, two OSU freshmen earned orange jerseys with impressive Jamboree showings in Christian Liddell and Katie Spencer.

Both Spencer and Liddell ran with the team all the way up until the NCAA Championships, and were listed as alternates for the title races in Louisville, Kentucky.

With the Cowgirl squad as deep as ever, but hindered with nagging injuries, Magnani has a chance to pick up where Spencer left off and run with the Cowgirls at this year's championship race in Terre Haute, Indiana, if she can make it through the grueling postseason that includes the Big 12 Championships in Lubbock, Texas, and the Midwest Regional in Iowa City in the span of just two weeks.

USTFCCA Cross Country Week Four Rankings

Men

1. Northern Arizona (7)
2. Syracuse (1)
3. BYU (2)
4. Oregon (1)
5. Arkansas
6. Colorado (1)
7. Portland
8. Iowa
9. Oklahoma State
10. Mississippi
11. Stanford
12. UTEP
13. Indiana
14. Iowa State
15. Eastern Kentucky
16. Wisconsin
17. Georgetown
18. Boise State
19. Virginia
20. Michigan
21. Colorado State
22. Michigan State
23. Washington
24. Providence
25. Penn

Women

1. Providence (10)
2. Colorado (2)
3. North Carolina State
4. Washington
5. Portland
6. Michigan State
7. Stanford
8. Penn State
9. Oregon
10. Boise State
11. New Mexico
12. Arkansas
13. Michigan
14. Oklahoma State
15. BYU
16. Eastern Michigan
17. Yale
18. Georgetown
19. San Francisco
20. Syracuse
21. Baylor
22. Virginia
23. Utah
24. Southern Methodist
25. Mississippi



2016-17 MEN'S CROSS COUNTRY ROSTER



DAVE SMITH

- Eighth Year as Director of Cross Country and Track and Field
- 15th Year at Oklahoma State
- Michigan State, 1993

COACHING TIMELINE

1997-98: Washington XC and track and field volunteer assistant coach

1998-2002: Texas Tech head men's and women's XC coach and assistant track and field coach

2002-05: Oklahoma State men's assistant coach

2006-present: Oklahoma State men's XC head coach and assistant track and field coach

Dec. 2008-present: OSU men's track and field head coach

2009-present: Oklahoma State director of cross country/track and field (men's and women's programs)

CAREER HIGHLIGHTS

- Coached Oklahoma State to NCAA Men's Cross Country titles in 2009, 2010 and 2012.
- Coached Oklahoma State to Big 12 Men's Cross Country titles from 2008-2015 and indoor Big 12 titles in 2014--the first in school history - and 2016
- Three-time USTFCCCA Men's Cross Country National Coach of the Year (2009, 2010, 2012)
- Six-time Big 12 Men's Cross Country Coach of the Year (2008, 2009, 2010, 2011, 2012, 2013) and named Women's coach of the year in 2015
- Named the 2014 and 2016 Big 12 Indoor Coach of the Year and USTFCCCA Midwest Region Coach of the Year.
- Coached six NCAA individual champions (Leigh Daniel won the 1999 women's indoor 5K and 1999 outdoor 10K under his watch at Texas Tech, German Fernandez won the 2009 men's outdoor 1,500 meter national title, Natalja Piliusina won the 2013 women's outdoor 1,500 meter title, Chad Noelle won the 2015 outdoor 1,500-meter title, Kaela Edwards won the 2016 indoor mile title and Nick Miller won the hammer throw title in 2016 under his guidance at Oklahoma State.)

OSU Men at NCAAs Under Smith*

Men	XC	Indoors	Outdoors	All-Americans
2006-07	10th	-	-	0
2007-08	3rd	-	-	3
2008-09	8th	NTS	25th	4
2009-10	1st	60th	T32nd	6
2010-11	1st	NTS	NTS	8
2011-12	2nd	28th	T66th	12
2012-13	1st	8th	T65th	16
2013-14	3rd	T6th	13th	9
2014-15	9th	13th	19th	14
2015-16	18th	15th	24th	8

OSU Women at NCAAs Under Smith*

Women	XC	Indoors	Outdoors	All-Americans
2009-10	NTS	40th	NTS	2
2010-11	17th	40th	34th	7
2011-12	30th	28th	50th	4
2012-13	26th	40th	25th	2
2013-14	NTS	15th	NTS	3
2014-15	NTS	28th	35th	7
2015-16	7th	10th	12th	13

* Only counts time as a head coach.

Name	Event	XC/In/Out	Hometown/Previous School
Hassan Abdi	Middle Distance	Jr/Jr/Jr	Amarillo, Texas/ Palo Duro HS/South Plains (TX)
Zach Andrew	Throws	- /Fr/Fr	Boise, Idaho/Bishop Kelly HS
Anthony Armstrong	Distance	Jr/Sr/Sr	Kennewick, Wash./Kamiakin
Sylvester Barus	Distance	Jr/Jr/Jr	Eldoret, Kenya/ Latemo HS/Iowa Western CC
Bryce Balenseifen	Distance	Fr/So/Fr	Edmond, Okla./Deer Creek
Bryce Balous	Sprints	- /Fr/Fr	McKinney, Texas/McKinney North
Elliott Bowker	Middle Distance	Fr/Fr/Fr	Northwich, Cheshire, UK/The County High School
Arlando Brewer-Johnson	Sprints	- /Jr/Jr	Tulsa, Okla./Booker T. Washington
Ben Bulter	Middle Distance	Fr/Fr/Fr	Highlands Ranch, Colo./SkyView Academy
Sean Casey	Throws	-/Fr/So	Austin, Texas/ St. Dominic Savio
Garrett Calhoun	Middle Distance	Fr/Fr/Fr	Boise, Idaho/Timberline HS
Logan Daily	Sprints	-/Fr/Fr	Okemah, Okla./Okemah HS
Trenton Daniels	Middle Distance	- /So/So	Brookfield, Wis./Brookfield East
Dustan Davidson	Middle Distance	Fr/Fr/Fr	O'Fallon, Ill./St. Louis University High School
William Edmonds	Middle Distance	Fr/Fr/Fr	Marietta, Ga./Pope HS
Matthew Fayers	Middle Distance	Jr/Jr/Sr	Ickenham, England/Vyners
Jacob Fincham-Dukes	Sprints/Jumps	--/So/So	Leeds, England/St. Aidan's & St. John Fisher
Noah Gade	Distance	Jr/So/So	Stillwater, Okla./Stillwater
Chance Galloway	Middle Distance	Fr/So/Fr	Tulsa, Okla./Tulsa Memorial
Cerake Geberkidane	Distance	Jr/Jr/So	Denver, Colo./East
Malik Givens	Sprints	- /So/So	Tulsa, Okla./Booker T. Washington
Eugene Grayson III	Middle Distance	Fr/Fr/Fr	Glenpool, Okla./Glenpool HS
Tanner Green	Sprints	- /So/So	Olathe, Kan./Olathe South
Anthony Grogan Jr.	Sprints	- /So/So	McKinney, Texas/McKinney North
Alec Haines	Middle Distance	Fr/Fr/Fr	Wildwood, Mo./Lafayette HS
Wesley Hallof	Throws	-/Fr/So	Ft. Collins, Colo./Fossil Ridge HS
Brigham Hedges	Distance	Jr/Sr/Sr	The Woodlands, Texas/ The Woodlands
Torrey Hickel	Throws	-/Fr/Fr	Phoenix, Ariz./Desert Vista HS
Simon Imagbe	Jumps	-/Sr/So	Houston/ Alief Taylor HS/ Sam Houston State
Tyler Jackson	Sprints	- /Jr/Jr	Claremore, Okla./Claremore
Bradley Johnson	Middle Distance	So/Sr/Jr	Brookfield, Wis./Brookfield East HS/Minnesota
Timauntay Jones	Middle Distance	- /Jr/Jr	Cedar Rapids, Iowa/Jefferson
Reid Joyner	Jumps	- /So/Fr	Claremore, Okla./Claremore
Sukhi Khosla	Distance	Fr/Fr/Fr	Tallahassee, Fla./Leon
Tre'tez Kinnaird	Middle Distance	- /Sr/Sr	Louisville, Ky./Butler HS/Indiana
Conall Kirk	Middle Distance	- /Fr/So	Belfast, Northern Ireland/Sullivan Upper School
Christian Liddell	Distance	So/So/Fr	Rogers, Ark./Rogers
Luis Martinez	Distance	Jr/Sr/Sr	Rio Rancho, N.M./Cleveland
Ryan McIntire	Pole Vault	--/Fr/Fr	Edmond, Okla./Guthrie HS
Jerel Morrow	Jumps	- /Sr/Jr	Emporia, Kan./Emporia
Kevin Mulcaire	Middle Distance	Fr/Fr/Fr	Ennis Co., Ireland/St. Flannan's
Cole Norton	Sprints	- /Fr/So	Picton, ON, Canada/Prince Edward Collegiate HS
Craig Nowak	Distance	--/Sr/Sr	Cypress, Texas/Cypress Woods
Donovan Nunley	Sprints/Jumps	- /So/So	Edmond, Okla./Edmond Memorial
Temitope Olonisakin	Sprints	-/So/So	Edmonton, Alb., Canada/ Lillian Osborne/ Central Ark
Brandon Singleton	Sprints	- /Jr/Jr	Aurora, Colo./Cherokee Trail
Ryan Smeeton	Middle Distance	-/Fr/Fr	Calgary, Alb., Canada/Henry Wisewood HS
Ty Smith	Sprints	- /Fr/So	Stillwater, Okla./Stillwater
Josh Thompson	Middle Distance	Sr/So/Sr	Logandale, Nev./Moapa Valley/Central Arizona
Heinrich van Niekerk	Middle Distance	Fr/Fr/Fr	Pretoria, South Africa
Cole Verble	Multi-Events	- /Jr/Jr	Edmond, Okla./Deer Creek
Ryan Wheatley	Middle Distance	- /Jr/Jr	Grove, Okla./Grove
Kase White	Middle Distance	Fr/Fr/Fr	Longview, Texas/Spring Hill HS
Miles Yapp	Distance	Fr/So/Fr	Snellville, Ga./Brookwood

Pronunciation Guide

Sylvester Barus	Bar-us
Bryce Balenseifen	Bal-in-siphon
Noah Gade	Gaye-dee
Cerake Geberkidane	Sir-akh Geber-kid-ahn
Wesley Hallof	Hay-lawf
Simon Imagbe	Ee-mag-bay
Tre'Tez Kinnaird	Kin-ard
Craig Nowak	No-whack
Temitope Olonisakin	Tim-ee-tope O-lone-ee-sackin
Heinrich van Niekerk	Knee-kirk



2016-17 WOMEN'S CROSS COUNTRY ROSTER

Name	Event	XC/In/Out	Hometown/Previous School
Cheyenne Allison	Middle Distance	So/Sol/Fr	Frisco, Texas/ Frisco Heritage
Natalie Baker	Distance	Sr/Sr/Sr	Plano, Texas/Plano West
Ariane Ballner	Middle Distance	Fr/Fr/Fr	Elmshorn, Germany/ Bismarckschule Elmshorn
Monica Barrera	Middle Distance	Fr/Fr/Fr	Chickasha, Okla./ Chickasha HS
Anna Boyert	Distance	Sr/Sr/Sr	Medina, Ohio / Medina
Savannah Camacho	Middle Distance	Jr/Sr/Sr	Paso Robles, Calif./Templeton
Sydney Cannon	Distance	Fr/Fr/Fr	Newcastle, Okla./ Newcastle HS
Jennifer Celis	Middle Distance	Fr/Jr/So	Hotchkiss, Colo./Hotchkiss
Dana Clancy	Distance	Fr/Fr/Fr	Houston/ Langham Creek HS
Amira Coleman	Sprints	-/So/So	Wylie, Texas/ Wylie East
Danielle Coleman	Sprints	- /Jr/Jr	McKinney, Texas/McKinney North
Cydney Crook	Sprints	- /Sr/Sr	Missouri City, Texas/Westside
Darby Crynes	Distance	So/Jr/So	Oklahoma City/ Heritage Hall
Ashlynn Cummins	Jumps	-/Fr/So	Lindsay, Okla./ Lindsay HS
Shelise Davis	Throws	- /Fr/Sr	Sandy, Utah/Juan Diego
Kaylee Dodd	Middle Distance	So/Jr/Jr	Essex, England/Seevic College
Aurora Dybedokken	Middle Distance	Jr/Jr/Jr	Asker, Norway/Sandvika Vgs
Kaela Edwards	Middle Distance	Sr/Sr/Sr	Highlands Ranch, Colo./Littleton
Brittany Engles	Distance	-/So/So	Pryor, Okla./Pryor
Stephanie Ferrante	Sprints	- /Jr/Jr	Chardon, Ohio/Chardon
Summer Fields	Sprints	- /Jr/Jr	Fresno, Texas/Hightower
Carly Flinn	Middle Distance	Fr/Fr/Fr	Bentonville, Ark./ Bentonville HS
Haley Geissler	Middle Distance	Fr/Fr/Fr	Owasso, Okla./ Owasso HS
Anna Gunter	Distance	Fr/Fr/Fr	Bartlesville, Okla./ Bartlesville HS
Jillian Hagen	Sprints	Fr/So/So	Oklahoma City/ Bishop McGuinness
Kami Hankins	Middle Distance	Fr/Fr/Fr	Edmond, Okla./ Edmond Memorial
Hannah Harris	Distance	So/So/So	Keller, Texas/Keller
Megan Harris	Sprints	- /So/So	Grapevine, Texas/ Colleyville Heritage
Emily Hart	Sprints	Fr/Fr/So	Grapevine, Texas/ Edmond Santa Fe
Erin Hart	Sprints	Fr/Fr/So	Grapevine, Texas/ Edmond Santa Fe
Dede Hayworth	Distance	Jr/Fr/Fr	Stillwell, Kan./ Blue Valley HS
Emily Helms	Distance	So/Jr/Jr	Mustang, Okla./Mustang
Abbie Hetherington	Middle Distance	So/So/Jr	Carlisle, England/The Nelson Thomlinson School
Megan Honas	Throws	-/Sr/Sr	Ellis, Kan./ Ellis HS/ Ft. Hays State
Anna Hurlbut	Distance	Fr/Fr/So	Lincoln, Neb./Lincoln Southwest
Chelsea Jarvis	Middle Distance	Jr/Jr/Jr	St. Helens, UK/ Carmel College/ Florida State
Sarah Johnson	Distance	Fr/Fr/Fr	Edmond, Okla./ Edmond North
Sinclair Johnson	Middle Distance	Fr/Fr/Fr	Longwood, Fla./ Lake Brantley
Katie Kehl	Throws	- /Sr/Sr	Baldwin City, Kan./Baldwin
Fenja Krohn	Jumps	Fr/Fr/Fr	Elmshorn, Germany/ Erich-Kastner-Gemeinschaftsschule
Andrea Kuehnlein	Sprints	-/Fr/Fr	St. Louis/ Kirkwood HS
Kaytlyn Larson	Middle Distance	Fr/So/So	Lakeville, Minn./ Lakeville South
Lexie Lewis	Sprints	- /Fr/So	Brownwood, Texas/ Brownwood
Maddie Lorant	Jumps	-/So/So	Argyle, Texas/ Libery Christian
Michelle Magnani	Middle Distance	Fr/Fr/Fr	Moorpark, Calif./ Moorpark HS
Kaci McCary	Middle Distance	Fr/Fr/Fr	Enid, Okla./ Chisholm HS
Meghan McGrath	Pole Vault	-/Fr/So	Monument, Colo./ Lewis-Palmer HS
Maddie Molloy	Middle Distance	-/Jr/Jr	Edmond, Okla./ Santa Fe HS
Gianna Moulis	Sprints	-/Fr/Fr	Glenpool, Okla./ Glenpool HS
Haley Mouser	Jumps	-/Fr/Fr	Pawhuska, Okla./ Pawhuska
Baylor Nelson	Throws	-/So/So	Catoosa, Okla./ Lincoln Christian
Devre Newby	Sprints	/Fr/Fr	Woodward, Okla./ Woodward HS
Clara Nichols	Middle Distance	Sr/ /Sr	Omaha, Neb./Millard South
Kaylee Oyler	Middle Distance	Fr/Fr/Fr	Clinton, Okla./ Clinton HS
Taylor Peaster	Sprints	-/Fr/Fr	Catoosa, Okla./ Catoosa HS
Annelise Poss	Middle Distance	Fr/Fr/Fr	Tusla, Okla./ Jenks
Sarah Robinson	Sprints/Jumps	- /So/Jr	Southlake, Texas/Carroll
Jocelen Ruth	Throws	Fr/Fr/Fr	Kutztown, Penn./ Kutztown Area HS
Ricki Lee Scheef	Sprints	Fr/Fr/Jr	Edmond, Okla./ Edmond Memorial
Katie Spencer	Distance	So/So/Fr	Omaha, Neb./ Millard South
Brittany Stallings	Sprints	- /Jr/Jr	Okmulgee, Okla./Okmulgee
Briana Strahorn	Distance	Fr/Fr/Fr	Midwest City, Okla./ Cal Albert HS
Molly Sughroue	Middle Distance	Jr/So/So	McCook, Neb./McCook
Bailey Sutherland	Middle Distance	Fr/Fr/Fr	Ardmore, Okla./ Plainview HS
Lauren Thomas	Sprints	-/Sr/Jr	Tulsa, Okla./ Metro Christian/ Tulsa
Megan Thurman	Distance	Fr/Fr/Fr	Coppell, Texas/ Coppell HS
Kennedy Turner	Sprints	- /Fr/So	Desoto, Texas/ Desoto
Michaela Vasey	Throws	-/Fr/Fr	Wheeling, Ill./ Wheeling HS
Skyler Ward	Throws	-/Fr/Fr	Ramona, Okla./ Caney Valley HS
Ambra Wesley	Sprints	So/So/Jr	Murphy, Texas/Wylie
Kira White	Sprints	Fr/Fr/Fr	DeSoto, Texas/ DeSoto HS
Schuyler Wood	Jumps	-/Fr/Fr	Oklahoma City/ Putnam City
Chandler Wooten	Distance	Fr/So/Fr	Oklahoma City/ Crossings Christians
Ieva Zarankaite	Throws	- /Jr/Jr	Utena, Lithuania/Utena Adolfa Sapoka Gymnasium
Gintare Zenkeviciute	Distance	Jr/So/Jr	Svencioneliai, Lithuania/Mindaugas Gymnasium

ASSISTANT COACHES/STAFF



CODY HALSEY

Assistant Coach - Distance
First Year at Oklahoma State



JOSH LANGLEY

Assistant Coach - Throws/Multis
First Year at Oklahoma State



BOBBY LOCKHART

Men's Middle Distance Coach
Ninth Year at Oklahoma State



GILES MCDONNELL

Assistant Coach - Sprints
First Year at Oklahoma State



DANNY STULTS

Director of Operations
Second Year at Oklahoma State



ZIVILE PUKSTIENE

Assistant Coach - Jumps
14th Year at Oklahoma State

Pronunciation Guide

Ariane Ballner	Bawl-ner	Devre Newby	Dev-ree
Jennifer Celis	Sell-is	Molly Sughroue	Shug-roo
Mattison Diener	Dee-ner	Schuyler Wood	Skyler
Aurora Dybedokken	Dib-uh-docken	Ieva Zarankaite	Yay-vah Zaran-kite
Andi Kuehnlein	Kine-line	Gintare Zenkeviciute	Gin-taree Zen-kevic-eeut
Fenja Krohn	Fen-yah Cron		



PERSONAL BESTS ENTERING 2016-17 - MEN

HASSAN ABDI

1,500 meters - 3:55
 Mile - 4:10
 3,000 meters - 8:20
 5,000 meters - 14:30
 10,000 meters - 30:10
 Half-Marathon - 64:55

ZACHARY ANDREW

Hammer - 54.86m/180-0
 Shot Put - 16.63m/54-6.75
 Discus - 50.29m/165-0

ANTHONEY ARMSTRONG

1,500 meters - 3:49.94
 Mile - 4:10.74
 3,000 meters - 8:11.92
 Steeplechase - 8:59.69
 5,000 meters - 14:46.60

BRYCE BALENSEIFEN

800 meters - 1:52.98
 1,000 meters - 2:29.81
 Mile - 4:11.27

SYLVESTER BARUS

3,000 meters - 8:21.53
 5,000 meters - 14:24.36

ELLIOTT BOWKER

1,500 meters - 3:55.02
 3,000 meters - 8:23.82
 5,000 meters - 14:24.80

ARLANDO BREWER-JOHNSON

60 meters - 6.87
 100 meters - 10.45
 200 meters - 21.59
 Long Jump - 7.30m/23-11.50

BEN BUTLER

1,600 meters - 4:18.62
 3,200 meters - 9:22.27
 5K - 14:56.00

GARRETT CALHOUN

400 meters - 50.21
 800 meters - 1:51.70
 1,500 meters - 3:58.72
 1,600 meters - 4:16.96

SEAN CASEY

Javelin Throw - 52.88m/173-6

TRENTON DANIELS

400 meter dash - 49.30
 600 meter run - 1:12.87
 800 meters - 1:52.80

DUSTAN DAVIDSON

800 meters - 1:50.87
 1,600 meters - 4:10.97

WILLIAM EDMONDS

800 meters - 1:54.16
 1,600 meters - 4:25.59

MATTHEW FAYERS

800 meters - 1:48.12
 1,500 meters - 3:43.71
 Mile - 3:59.25

JACOB FINCHAM-DUKES

100 meter dash - 11.10
 110 meter hurdles - 14.60
 400 meter hurdles - 53.75
 Long Jump - 7.75m/25-6

NOAH GADE

1,500 meters - 3:56.86
 3,000 meters - 8:18.16
 5,000 meters - 14:50.97
 10,000 meters - 29:51.13

CHANCE GALLOWAY

400 meter dash - 47.78
 600 yard run - 1:13.18
 800 meters - 1:52.98

CERAKE GEBERKIDANE

800 meters - 1:52.30
 Mile - 4:08.31
 3,000 meters - 8:05.97
 5,000 meters - 13:51.79

MALIK GIVENS

60 meter dash - 6.77
 100 meter dash - 10.51
 200 meter dash - 21.42

EUGENE GRAYSON III

400 meters - 49.2
 800 meters - 1:51.48
 1,500 meters - 3:57.69

TANNER GREEN

200 meter dash - 21.50
 400 meter dash - 48.20
 600 yard run - 1:13.81

ANTHONY GROGAN JR.

60 meter dash - 7.04
 100 meter dash - 10.74
 200 meter dash - 21.13

ALEC HAINES

800 meters - 1:55.14
 1,600 meters - 4:11.58
 3,200 meters - 9:19.85

WESLEY HALLOF

Javelin Throw - 52.6m/172-2

BRIGHAM HEDGES

1,000 meters - 2:26.11
 1,500 meters - 3:46.26
 Mile - 4:06.55
 3,000 meters - 8:19.58
 3,000m steeplechase - 9:17.26

TORREY HICKEL

Hammer - 52.73m/173-0
 Shot Put - 18.13m/59-6
 Discus - 55.77m/183-0

SIMON IMAGBE

Long Jump (Indoor) - 7.18m/23-6.75
 Long Jump (Outdoor) - 7.33m/24-0.75
 100 meter dash - 10.81

TYLER JACKSON

60 meters - 6.98
 100 meters - 10.52
 200 meters - 21.11
 400 meters - 46.99
 600 yard run - 1:12.46

BRADLEY JOHNSON

400 meters - 48.65
 600 yards - 1:11.88
 800 meters - 1:49.85
 Mile - 4:22.23

TIMAUNTAY JONES

800 meters - 1:51.27
 1,000 meters - 2:25.70
 1,500 meters - 3:58.33

REID JOYNER

High Jump - 2.03m/6-8

SUKHI KHOSLA

800 meters - 1:56.86
 1,600 meters - 4:05.96
 3,200 meters - 8:59.50
 5,000 meters - 14:52

TRE'TEZ KINNAIRD

800 meters - 1:47.13
 1,000 meters - 2:23.84
 1,500 meters - 3:48.50
 Mile - 4:13.78

CONALL KIRK

800 meters - 1:51.63
 1,500 meters - 4:04.05

CHRISTIAN LIDDELL

1,600 meters - 4:20.96
 3,000 meters - 8:29.99
 5,000 meters - 14:58.16

LUIS MARTINEZ

1,500 meters - 3:51.03
 Mile - 4:07.06
 3,000 meters - 8:12.82
 5,000 meters - 14:27.53

RYAN MCINTIRE

Pole Vault - 4.57m/15-0

JEREL MORROW

Long Jump - 7.82m/25-8.0
 Triple Jump - 14.33m/47-0.0
 High Jump - 1.98m/6-6.0

HEINRICH VAN NIEKERK

400 meter dash - 48.64
 600 meters - 1:18.35
 800 meters - 1:50.33

COLE NORTON

60 meter dash - 6.98
 100 meter dash - 10.98
 200 meter dash - 22.22

CRAIG NOWAK

1,500 meters - 3:43.00
 Mile - 4:04.75
 3,000 - 7:56.36
 5,000 meters - 13:54.37
 10K - 30:17.6

DONOVAN NUNLEY

110 meter hurdles - 14.6
 Long Jump - 6.93m/22-9
 Shot Put - 12.61m/41-4.5
 Pole Vault - 3.10m/10-2
 High Jump - 1.90m/6-3
 Decathlon - 5,237 points

TEMITOPE OLONISAKIN

60m - 6.95
 100m - 10.77
 200m - 21.84

BRANDON SINGLETON

100 meters - 10.91
 200 meters - 21.49
 400 meters - 47.49
 600 yard run - 1:11.89

RYAN SMEETON

800 meters - 1:55
 1,500 meters - 3:53.06
 3,000 meters - 8:26.19

TY SMITH

100 meter dash - 10.50
 200 meter dash - 21.61

JOSH THOMPSON

800 meters - 1:49.97
 1,500 meters - 3:39.61
 Mile - 3:58.33

COLE VERBLE

Heptathlon - 4,663 pts.
 Decathlon - 5,907 pts.

RYAN WHEATLEY

400 meters - 49.19
 600 Yards - 1:11.22
 800 meters - 1:51.16

KASE WHITE

400 meters - 50.8
 800 meters - 1:56.09
 1,600 meters - 4:24.08
 3,200 meters - 9:34.37
 5K - 15:50

MILES YAPP

1,000 meters - 2:31.85
 1,600 meters - 4:15.10
 3,200 meters - 9:01.05



PERSONAL BESTS ENTERING 2016-17 - WOMEN

NATALIE BAKER

1,500 meters - 4:37.91
Mile - 4:58.89
3,000 meters - 9:29.18
5,000 meters - 16:53.02

ARIANE BALLNER

800 meters - 2:05.98
1,500 meters - 4:25.93

ANNA BOYERT

800 meters - 2:08.21
1,500 meters - 4:20.11
Mile - 4:44.40
3,000 meters - 9:26.10
5,000 meters - 17:07

SAVANNAH CAMACHO

400 meters - 54.66
800 meters - 2:02.84
1,000 meters - 2:49.97
1,500 meters - 4:17.56
Mile - 4:46.31

JENNIFER CELIS

200 meters - 26.16
400 meters - 56.34
800 meters - 2:08.25
Mile - 4:40.69

AMIRA COLEMAN

200 meters - 25.10
400 meters - 56.27

DANIELLE COLEMAN

60 meters - 8.32
200 meters - 25.00
400 meters - 56.68
800 meters - 2:17.10

CYDNEY CROOK

400 meters - 57.90
800 meters - 2:28.45
400m hurdles - 1:04.33

ASHLYNN CUMMINS

High Jump - 1.62m/5-4.00

SHELISE DAVIS

Discus - 50.05m/131-5.0
Shot Put - 9.85m/32-4.0
Javelin - 19.63m/64-5.0

KAYLEE DODD

400 meters - 56.49
800 meters - 2:05.87
1,500 meters - 4:28.14
Mile - 5:09.86

AURORA DYBEDOKKEN

800 meters - 2:08.79
1,000 - 2:52.38
1,500 meters - 4:19.22
Mile - 4:45.92
3,000 meters - 9:19.71
5,000 meters - 16:00.81

KAELA EDWARDS

400 meters - 55.08
800 meters - 2:01.97
1,000 meters - 2:43.11
1,500 meters - 4:13.63
Mile - 4:32.14
3,000 meters - 9:06.27

STEPHANIE FERRANTE

60 meters - 7.67
100 meters - 11.85
200 meters - 24.23
400 meters - 54.76

SUMMOR FIELDS

60 meters - 8.08
200 meters - 24.90
400 meters - 55.50

CARLY FLINN

Mile - 5:20
Two Mile - 11:36
5K - 19:57

HALEY GEISSLER

800 meters - 2:15.43
1,600 meters - 5:12.70
Two Mile - 11:35
5K - 18:30

ANNA GUNTER

1,600 meters - 5:54
3,200 meters - 12:18
5K - 18:55

JILL HAGEN

200 meters - 27.83
400 meters - 57.45
600 yard run - 1:30.42

KAMI HANKINS

800 meters - 2:23
Mile - 5:29
Two Miles - 11:57

MEGAN HARRIS

60 meters - 7.81
100 meters - 12.15
200 meters - 23.80
400 meters - 56.29

EMILY HART

100m Hurdles - 14.42
60m Hurdles - 9.03

ERIN HART

60m Hurdles - 9.93
400m Hurdles - 1:08.68

EMILY HELMS

3,000 meters - 9:54.50
5,000 meters - 17:10.81

ABBIE HETHERINGTON

800 meters - 2:06.26
1,000 meters - 2:49.19
1,500 meters - 4:26.07
3,000 meters - 9:50.22

MEGAN HONAS

Javelin - 47.43m/155-3

ANNA HURLBUT

4K - 15:32.70
5K - 18:50.17

CHELSEA JARVIS

800 meters - 2:04.45
1,500 meters - 4:24

SINCLAIRE JOHNSON

400 meters - 55.53
800 meters - 2:08
1,600 meters - 4:57
5K - 18:03

KATIE KEHL

Shot Put - 14.50m/47-7.00
Discus - 47.53m/155-11.00
Weight - 15.03m/49-3.75

FENJA KROHN

High Jump - 1.82m/5-11.50
ANDI KUEHNLEIN
400m hurdles - 59.50
High Jump - 1.67m/5-6.00
Long Jump - 5.25m/17-3.00

ELLIETT KULKIN

Pole Vault - 3.65m/12-0

KAYTLYN LARSON

400 meters - 56.6
800 meters - 2:08.49
1,000 meters - 2:50.39
1,600 meters - 4:58.83

LEXIE LEWIS

100 meters - 11.75
200 meters - 24.10

MADDIE LORANT

Long Jump - 5.23m/17-2

MICHELLE MAGNANI

800 meters - 2:10.81
1,500 meters - 4:31
1,600 meters - 4:52
Three Miles - 16:45

MEGHAN MCGRATH

Pole Vault - 3-10.75m/11-0

GIANNA MOULIS

100m - 12.15
200m - 25.04
Indoor 55m - 7.34

HALEY MOUSER

High Jump - 1.73m/ 5-8.00

BAYLOR NELSON

Discus - 42.36m/139-0
Shot Put - 11.12m/36-6
Weight - 13.67m/44-10.25
Hammer - 45.93m

DEVRE NEWBY

100m Hurdles - 15.30
300m Hurdles - 45.02
High Jump - 5-2
Long Jump - 16-10

CLARA NICHOLS

100 meters - 11.97
200 meters - 24.66
400 meters - 55.05
600 yards - 1:21.78
800 meters - 2:04.45
1,000 meters - 2:51.57
1,500 meters - 4:27.79

KAYLEE OYLER

800 meters - 2:21

TAYLOR PEASTER

Pole Vault - 3.37m/ 11-1.0

SARAH ROBINSON

100m hurdles - 14.98
300m hurdles - 43.55
400m hurdles - 1:01.54
Long Jump - 5.55m/18-2.5
60m hurdles - 9.30

JOCELEN RUTH

Shot Put - 13.97m/45-10
Discus - 46.27m/151-10
Javelin - 45.59m/149-7
Hammer - 46.05m/151-1

RICKI LEE SCHEEF

400 meters - 1:00.77

KATIE SPENCER

1,600 meters - 4:55.18
3,200 meters - 10:31.58
5,000 meters - 18:13

BRITTANY STALLINGS

60 meters - 7.98
100 meters - 12.76
200 meters - 24.48
400 meters - 55.50

MOLLY SUGHROU

400 meters - 56.29
800 meters - 2:07.86
1,000 meters - 2:50.82
Mile - 4:42.17

BAILEY SUTHERLIN

800 meters - 2:17
1,600 meters - 5:03
3,200 meters - 11:25
5K - 19:17

LAUREN THOMAS

60 meters - 7.85
100 meters - 12.44
200 meters - 25.14

KENNEDY TURNER

300 meter hurdles - 43.37
400m hurdles - 1:03.28

MICHAELA VASEY

Shot Put - 41-5.5

SKYLAR WARD

Discus - 129-6
Shot Put - 39-8

AMBRA WESLEY

200 meters - 25.08
400 meters - 55.87

KIRA WHITE

100m - 11.46
200m - 23.99

SCHUYLER WOOD

High Jump - 1.67m/5-6.00
Long Jump - 3.23m/ 10-7.5

IEVA ZARANKAITE

Discus - 54.44m/178-7
Javelin - 44.82m/147-0

GINTARE ZENKEVICIUTE

1,500 meters - 4:32.78
Mile - 5:16.74
3,000 meters - 9:49.49
5,000 meters - 16:39.21



2016 MEN'S CROSS COUNTRY RESULTS

2016 Cross Country Results By Meet Men's

COWBOY DUALS (5-0)

Sept. 1, 2016 :: OSU Cross Country Course :: Stillwater, Okla. :: 5K

Pl	Athlete	Time
1.	Josh Thompson	15:47.7
2.	Christian Liddell	15:47.8
3.	Luis Martinez	15:47.8
7.	Anthony Armstrong	16:06.2
21.	Sukhi Khosla	16:36.3
27.	Brigham Hedges	17:41.7

Dual Results

OSU def. Arkansas, 19-36

OSU def. OU, 25-32

OSU def. Tulsa, 20-35

OSU def. Wichita State, 15-45

OSU def. Oral Roberts, 15-44

COWBOY JAMBOREE - FIRST PLACE (24 PTS)

Sept. 24, 2016 :: OSU Cross Country Course :: Stillwater, Okla. :: 8K

Pl	Athlete	Time
1.	Sylvester Barus	24:33.5
4.	Josh Thompson	25:18.0
6.	Christian Liddell	25:30.0
8.	Luis Martinez	25:48.7
12.	Anthony Armstrong	26:17.8
30.	Matthew Fayers	27:03.2
34.	Brigham Hedges	27:08.9
43.	Sukhi Khosla	27:41.3
45.	Noah Gade	27:46.5

Team Results

1. Oklahoma State - 24 pts.

2. Tulsa - 44

3. Kansas State - 91

4. Stephen F. Austin - 114

5. West Texas A&M - 116

6. Texas State - 141

7. Abilene Christian - 184

8. Oral Roberts - 222

2016 Cross Country Results By Individual

ANTHONEY ARMSTRONG

7.	16:06.2	9/1/16	Cowboy Duals	Stillwater, Okla.	5K
12.	26:17.8	9/24/16	Cowboy Jamboree	Stillwater, Okla.	8K

BRIGHAM HEDGES

27.	17:41.7	9/1/16	Cowboy Duals	Stillwater, Okla.	5K
34.	27:08.9	9/24/16	Cowboy Jamboree	Stillwater, Okla.	8K

SUKHI KHOSLA

21.	16:36.3	9/1/16	Cowboy Duals	Stillwater, Okla.	5K
43.	27:41.3	9/24/16	Cowboy Jamboree	Stillwater, Okla.	8K

CHRISTIAN LIDDELL

2.	15:47.8	9/1/16	Cowboy Duals	Stillwater, Okla.	5K
6.	25:18.0	9/24/16	Cowboy Jamboree	Stillwater, Okla.	8K

LUIS MARTINEZ

3.	15:47.8	9/1/16	Cowboy Duals	Stillwater, Okla.	5K
8.	25:30.0	9/24/16	Cowboy Jamboree	Stillwater, Okla.	8K

JOSH THOMPSON

1.	15:47.7	9/1/16	Cowboy Duals	Stillwater, Okla.	5K
4.	25:18.0	9/24/16	Cowboy Jamboree	Stillwater, Okla.	8K

MATTHEW FAYERS

30.	27:03.2	9/24/16	Cowboy Jamboree	Stillwater, Okla.	8K
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NOAH GADE

45.	27:46.5	9/24/16	Cowboy Jamboree	Stillwater, Okla.	8K
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SYLVESTER BARUS

1.	24:33.5	9/24/16	Cowboy Jamboree	Stillwater, Okla.	8K
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2016 Cross Country Bests

5K

Josh Thompson	15:47.7	9/1/16	Cowboy Duals
Christian Liddell	15:47.8	9/1/16	Cowboy Duals
Luis Martinez	15:47.8	9/1/16	Cowboy Duals
Anthony Armstrong	16:06.2	9/1/16	Cowboy Duals
Sukhi Khosla	16:36.3	9/1/16	Cowboy Duals

8K

Sylvester Barus	24:33.5	9/24/16	Cowboy Jamboree
Josh Thompson	25:18.0	9/24/16	Cowboy Jamboree
Christian Liddell	25:30.0	9/24/16	Cowboy Jamboree
Luis Martinez	25:48.7	9/24/16	Cowboy Jamboree
Anthony Armstrong	26:17.8	9/24/16	Cowboy Jamboree
Matthew Fayers	27:03.2	9/24/16	Cowboy Jamboree
Brigham Hedges	27:08.9	9/24/16	Cowboy Jamboree
Sukhi Khosla	27:41.3	9/24/16	Cowboy Jamboree
Noah Gade	27:46.5	9/24/16	Cowboy Jamboree



2016 WOMEN'S CROSS COUNTRY RESULTS

2016 Cross Country Results By Meet Women's

COWBOY DUALS (3-2)

Sept. 1, 2016 :: OSU Cross Country Course :: Stillwater, Okla. :: 3K

Pl	Athlete	Time
4.	Savannah Camacho	10:42.5
11.	Natalie Baker	10:51.7
13.	Anna Boyert	10:57.6
14.	Jenny Celis	11:00.4
20.	Kaytlyn Larson	11:08.4
32.	Kaylee Dodd	11:27.0
36.	Danielle Coleman	11:43.5
37.	Bailey Sutherlin	11:48.6
40.	Kami Hankins	11:54.1
42.	Kaylee Oyler	12:00.4
44.	Carly Flinn	12:02.1
45.	Jill Hagen	12:05.3
48.	Anna Gunter	12:06.8
51.	Ambra Wesley	12:25.7
52.	Amira Coleman	12:37.7
56.	Anna Hurlbut	12:57.6
63.	Cheyenne Allison	14:29.6
64.	Darby Crynes	15:19.8

Dual Results

Arkansas def. OSU, 19-38
 Oklahoma def. OSU, 19-36
 OSU def. Oral Roberts, 15-47
 OSU def. Tulsa, 18-37
 OSU def. Wichita State, 15-50

COWBOY JAMBOREE - SECOND PLACE

Sept. 24, 2016 :: OSU Cross Country Course :: Stillwater, Okla. :: 5K

8.	Savannah Camacho	18:39
10.	Aurora Dybedokken	18:39.7
12.	Molly Sughroue	18:42.4
13.	Anna Boyert	18:43.3
20.	Kaylee Dodd	19:13.1
21.	Gintare Zenkeviciute	19:14.4
22.	Jennifer Celis	19:15.1
26.	Kaytlyn Larson	19:24.5
27.	Natalie Baker	19:24.6
33.	Emily Helms	19:45.5
48.	Clara Nichols	20:26.1
50.	Anna Gunter	20:34.6
51.	Kami Hankins	20:42.1
53.	Bailey Sutherlin	20:57
55.	Carly Flinn	21:04.6
58.	Danielle Coleman	21:17.6
61.	Stephanie Ferrante	21:46.8
67.	Kaylee Oyler	22:42.3
68.	Hannah Harris	22:47.5
71.	Jillian Hagen	23:12.9
72.	Kaci McCary	23:23
74.	Anna Hurlbut	23:28.6
77.	Cheyenne Allison	26:28.1
80.	Darby Crynes	28:16.9
81.	Briana Strahorn	30:02.4

2016 Cross Country Results By Individual

CHEYENNE ALLISON

63.	14:29.6	9/1/16	Cowboy Duals	Stillwater, Okla.	3K
77.	26:28.1	9/24/16	Cowboy Jamboree	Stillwater, Okla.	5K

NATALIE BAKER

11.	10:51.7	9/1/16	Cowboy Duals	Stillwater, Okla.	3K
27.	19:24.6	9/24/16	Cowboy Jamboree	Stillwater, Okla.	5K

ANNA BOYERT

13.	10:57.6	9/1/16	Cowboy Duals	Stillwater, Okla.	3K
13.	18:43.3	9/24/16	Cowboy Jamboree	Stillwater, Okla.	5K

SAVANNAH CAMACHO

4.	10:42.5	9/1/16	Cowboy Duals	Stillwater, Okla.	3K
8.	18:39	9/24/16	Cowboy Jamboree	Stillwater, Okla.	5K

JENNIFER CELIS

14.	11:00.4	9/1/16	Cowboy Duals	Stillwater, Okla.	3K
22.	19:15.1	9/24/16	Cowboy Jamboree	Stillwater, Okla.	5K

AMIRA COLEMAN

52.	12:37.7	9/1/16	Cowboy Duals	Stillwater, Okla.	3K
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DANIELLE COLEMAN

36.	11:43.5	9/1/16	Cowboy Duals	Stillwater, Okla.	3K
58.	21:17.6	9/24/16	Cowboy Jamboree	Stillwater, Okla.	5K

DARBY CRYNES

32.	15:19.8	9/1/16	Cowboy Duals	Stillwater, Okla.	3K
80.	28:16.9	9/24/16	Cowboy Jamboree	Stillwater, Okla.	5K

KAYLEE DODD

32.	11:27.0	9/1/16	Cowboy Duals	Stillwater, Okla.	3K
20.	19:13.1	9/24/16	Cowboy Jamboree	Stillwater, Okla.	5K

CARLY FLINN

44.	12:02.1	9/1/16	Cowboy Duals	Stillwater, Okla.	3K
55.	21:04.6	9/24/16	Cowboy Jamboree	Stillwater, Okla.	5K

ANNA GUNTER

32.	12:02.8	9/1/16	Cowboy Duals	Stillwater, Okla.	3K
50.	20:34.6	9/24/16	Cowboy Jamboree	Stillwater, Okla.	5K

KAMI HANKINS

40.	11:54.1	9/1/16	Cowboy Duals	Stillwater, Okla.	3K
51.	20:42.1	9/24/16	Cowboy Jamboree	Stillwater, Okla.	5K

JILL HAGEN

45.	12:05.3	9/1/15	Cowboy Duals	Stillwater, Okla.	3K
71.	23:12.9	9/24/16	Cowboy Jamboree	Stillwater, Okla.	5K

ANNA HURLBUT

56.	12:57.6	9/1/16	Cowboy Duals	Stillwater, Okla.	3K
74.	23:28.6	9/24/16	Cowboy Jamboree	Stillwater, Okla.	5K

KAYTLYN LARSON

20.	11:08.4	9/1/16	Cowboy Duals	Stillwater, Okla.	3K
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KAYLEE OYLER

42.	12:00.4	9/1/16	Cowboy Duals	Stillwater, Okla.	3K
67.	22:42.3	9/24/16	Cowboy Jamboree	Stillwater, Okla.	5K



2016 WOMEN'S CROSS COUNTRY RESULTS

BAILEY SUTHERLIN

37. 11:48.6	9/1/16	Cowboy Duals	Stillwater, Okla.	3K
53. 20:57	9/24/16	Cowboy Jamboree	Stillwater, Okla.	5K

AMBRA WESLEY

51. 12:25.7	9/1/16	Cowboy Duals	Stillwater, Okla.	3K
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2016 Cross Country Bests

3K

Savannah Camacho	10:42.5	9/1/16	Cowboy Duals
Natalie Baker	10:51.7	9/1/16	Cowboy Duals
Anna Boyert	10:57.6	9/1/16	Cowboy Duals
Jenny Celis	11:00.4	9/1/16	Cowboy Duals
Kaytlyn Larson	11:08.4	9/1/16	Cowboy Duals

5K

Savannah Camacho	18:39.0	9/24/16	Cowboy Jamboree
Aurora Dybedokken	18:39.7	9/24/16	Cowboy Jamboree
Molly Sughroue	18:42.4	9/24/16	Cowboy Jamboree
Anna Boyert	18:43.3	9/24/16	Cowboy Jamboree
Kaylee Dodd	19:13.1	9/24/16	Cowboy Jamboree



MEN'S CROSS COUNTRY RECORDS

8,000 METERS

1. German Fernandez	23:25.4	Big 12 Championships	2011
2. Colby Lowe	23:25.8	Big 12 Championships	2011
3. Shadrack Kipchirchir	23:34.8	Big 12 Championships	2011
4. John Kosgei	23:44.4	Pre-Nationals	2008
5. Girma Mecheso	23:46.17	Cowboy Jamboree	2010
6. Shane Moskowitz	23:46.9	SC Bronco Invite	2014
7. Jon Wild	23:47.20	Chile Pepper Invite	1994
8. Ryan Vail	23:49	Cowboy Jamboree	2007
9. Craig Nowak	23:49.5	SC Bronco Invite	2014
10. Tom Farrell	23:51.6	Big 12 Championships	2011

10,000 METERS

1. Jon Wild	28:30	Chile Pepper Invite	1995
2. Patrick Kiptum	29:02	Chile Pepper Invite	1995
3. Colby Lowe	29:10.97	Chile Pepper Invite	2010
4. Kim Critchley	29:12	Chile Pepper Invite	1995
5. Girma Mecheso	29:14.8	NCAA Championships	2012
6. Tom Farrell	29:14.89	Chile Pepper Invite	2010
7. German Fernandez	29:15.28	Chile Pepper Invite	2010
8. John Kosgei	29:30	Chile Pepper Invite	2009
9. Ryan Vail	29:31	Chile Pepper Invite	2009
10. Shadrack Kipchirchir	29:43.0	NCAA Championships	2012

OSU Cross Country Course Records

8,000 METERS

1. Adam Goucher, Colorado	23:25.00	1997
2. Diego Estrada, Northern Arizona	23:34.34	2011
3. Richard Kosgei, Barton CC	23:39.55	1993
4. John Kosgei, South Plains College	23:42	2007
5. Julius Wanjiru, Butler County CC	23:42.23	1996
6. Jordan Chipangama, Northern Arizona	23:44.70	2009
7. Nicodemus Naimadu, Abilene Christian	23:46	2007
8. Girma Mecheso, Oklahoma State	23:46.17	2010
9. Godfrey Siamuslye, Blinn College	23:47.53	1993
10. Colby Lowe, Oklahoma State	23:47.96	2011

10,000 METERS

1. Joe Falcon, Arkansas	29:55.70	1985
2. Simeon Sawes, Lubbock Christian	29:58.00	1994
3. Joe Metcalf, Oklahoma State	29:59.35	1985
4. Julius Randlich, Lubbock Christian	30:02.00	1994
5. Paul Larkins, Oklahoma State	30:10.55	1985
6. Reuben Reina, Arkansas	30:11.46	1987
7. Barnaba Korir, Iowa State	30:19.87	1988
8. Darrell Smith, Iowa State	30:21.22	1988
9. Daniel Foley, Maryland	30:21.84	1985
10. Tim Wakeland, Iowa State	30:22.30	1985

Cowboy Jamboree Records

8,000 METERS

1. Diego Estrada, Northern Arizona	23:34.34	2011
2. Richard Kosgei, Barton CC	23:39.55	1993
3. John Kosgei, South Plains College	23:42	2007
4. Julius Wanjiru, Butler County CC	23:42.23	1996
5. Jordan Chipangama, Northern Arizona	23:44.70	2009
6. Nicodemus Naimadu, Abilene Christian	23:46	2007
7. Girma Mecheso, Oklahoma State	23:46.17	2010
8. Godfrey Siamuslye, Blinn College	23:47.53	1993
9. Colby Lowe, Oklahoma State	23:47.96	2011
10. Ryan Vail, Oklahoma State	23:49	2007



WOMEN'S CROSS COUNTRY RECORDS

TWO MILES

1.	Christine McMiken	10:03.78	1984	O-State Invitational
2.	Mary Davies	10:44	9/4/04	Hurricane Invitational
3.	Veronica Haberl	10:48.56	1984	O-State Invitational
4.	Hanna Smedstad	10:51	9/13/97	Oklahoma State XC Dual
5.	Kate Kujawa	11:05	9/4/10	Hurricane Festival
6.	Adela Hofmannova	11:14	8/31/13	Hurricane Festival
7.	Jori Davis	11:17	9/4/10	Hurricane Festival
T8.	Monika Juodeskaite	11:18	9/3/11	Hurricane Festival
T8.	Gintare Zenkeviciute	11:18	8/30/14	Hurricane Festival
10.	Victoria Hanna	11:19	9/1/12	Hurricane Festival
11.	Janelle Martinez	11:20	9/1/12	Hurricane Festival
T12.	Teran Mixon	11:23	9/3/11	Hurricane Festival
T12.	Victoria Fratzcak	11:23	9/5/09	Hurricane Festival
14.	Kim Blomkvist	11:24.64	9/9/06	North Texas Invitational
T15.	Tone Hjalmsen	11:26	9/2/06	Hurricane Festival
T15.	Caleigh Glenn	11:26	8/30/14	Hurricane Festival
T17.	Melanie Funke	11:28	9/4/10	Hurricane Festival
T17.	Tamara Dingley	11:28	9/13/97	Oklahoma State XC Dual
T17.	Janine Brown	11:28	2001	Oklahoma State XC Dual
T17.	Charlotte Coffey	11:28	2001	Dual vs. Oklahoma
21.	Jackie Campos	11:29	9/4/10	Hurricane Festival
22.	Emily Helms	11:30	8/30/14	Hurricane Festival
T23.	Janelle Martinez	11:31	8/30/14	Hurricane Festival
T23.	Siri Alfheim	11:31	2001	Hurricane Festival
25.	Leah Schroeder	11:34.60	9/9/06	North Texas Invitational

3,000 METERS

1.	Christine McMiken	9:30	1985	All-Comers
2.	Sonia Barry	10:02.15	10/7/88	OU Invitational
3.	Jackie Goodman	10:14.38	10/7/88	OU Invitational
T4.	Veronica Haberl-Martin	10:27	1985	All Comers
T4.	Geraldine Acheson	10:27	1985	Sooner Invitational
6.	Ingeborg Loevnes	10:28.4	9/1/15	Cowboy Preview
7.	Demetra Castille	10:32.13	10/7/88	OU Invitational
8.	Katie Spencer	10:32.2	9/1/15	Cowboy Preview
9.	Michelle Lewis	10:33.97	10/7/88	OU Invitational
T10.	Savannah Camacho	10:34.0	9/1/15	Cowboy Preview
T10.	Lora Davies	10:34	1985	Sooner Invitational
12.	Kaela Edwards	10:34.4	9/1/15	Cowboy Preview
13.	Barbora Kuncova	10:38	9/3/05	Idaho State Invitational
14.	Donna Thibert	10:39	1985	Sooner Invitational
15.	Eva Slavikova	10:40	9/3/05	Idaho State Invitational
16.	Abbie Hetherington	10:42.5	9/1/15	Cowboy Preview
17.	Eva Tomankova	10:43	9/3/05	Idaho State Invitational
18.	Mary Davies	10:46	9/3/05	Idaho State Invitational
19.	Jessica Craven	10:46.03	10/7/88	OU Invitational
20.	Valentina Medina	10:48	9/3/05	Idaho State Invitational
21.	Cindy Shafer	10:53.43	10/7/88	OU Invitational

5,000 METERS

1.	Christine McMiken	16:06	1985	Arkansas Invitational
2.	Jackie Goodman	16:15.55	11/12/87	NCAA Championship
3.	Sonia Barry	16:19.11	10/21/88	Big 8 Championship
4.	Natalie Baker	16:46.95	10/15/15	Crimson Classic
5.	Hanna Smedstad	16:58	9/18/99	SMU XC Invitational
6.	Kaela Edwards	16:58.30	10/15/15	Crimson Classic
7.	Heather Garrett	17:00.01	1990	Cowboy Jamboree
8.	Ingeborg Loevnes	17:02.11	10/15/15	Crimson Classic
9.	Caleigh Glenn	17:02.50	9/13/14	Bluegrass Invitational
10.	Anna Bloyert	17:06.82	10/15/15	Crimson Classic
11.	Lora Davies	17:12	1985	Arkansas Invitational
12.	Donna Levy	17:14	10/19/91	Arkansas Invitational
13.	Donna Thibert	17:16	1985	Arkansas Invitational
14.	Monika Juodeskaite	17:16.49	9/27/14	Cowboy Jamboree
15.	Veronica Haberl-Martin	17:17	1985	Arkansas Invitational
16.	Gintare Zenkeviciute	17:17.20	9/13/14	Bluegrass Invitational
17.	Aurora Dybedokken	17:17.36	10/15/15	Crimson Classic
18.	Mihaela Susa	17:18.96	10/16/10	Chile Pepper Festival
19.	Tammy Townsend	17:20	1985	Arkansas Invitational
20.	Felicity Milton	17:20.14	10/16/10	Chile Pepper Festival
21.	Emily Helms	17:20.90	9/13/14	Bluegrass Invitational
22.	Samantha Nightingale	17:22.01	9/14/13	Bluegrass Invitational
23.	Adela Hofmannova	17:23.67	9/14/13	Bluegrass Invitational
24.	Geraldine Acheson	17:24	1985	Arkansas Invitational
25.	Natalja Piliusina	17:26.64	10/1/11	Cowboy Jamboree

6,000 METERS

1.	Natalja Piliusina	19:45.9	10/29/11	Big 12 Championship
2.	Monika Juodeskaite	20:01.0	10/18/14	SC Bronco Invite
3.	Natalie Baker	20:21.2	11/13/15	NCAA Midwest Regional
4.	Siri Alfheim	20:22	10/27/01	Big 12 Championship
5.	Mihaela Susa	20:22.38	11/13/10	NCAA Midwest Regional
6.	Ingeborg Loevnes	20:23.2	11/21/15	NCAA Championships
7.	Felicity Milton	20:26.11	11/13/10	NCAA Midwest Regional
8.	Kate Kujawa	20:27.8	10/29/11	Big 12 Championship
9.	Mary Davies	20:29	11/21/05	NCAA Championship
10.	Teran Mixon	20:31.5	10/29/11	Big 12 Championship
11.	Kaela Edwards	20:35.2	11/13/15	NCAA Midwest Regional
12.	Molly Sughroue	20:43.8	11/13/15	NCAA Midwest Regional
13.	Jackie Campos	20:45.9	10/29/11	Big 12 Championship
14.	Victoria Fratzcak	20:46.88	11/13/10	NCAA Midwest Regional
15.	Aurora Dybedokken	20:50.4	11/13/15	NCAA Midwest Regional
16.	Natanya Luther	20:53.2	10/29/11	Big 12 Championship
17.	Valentina Medina	20:53.5	11/21/05	NCAA Championship
18.	Kristine Helle	20:53.8	10/18/14	SC Bronco Invite
19.	Caleigh Glenn	20:56.3	10/29/11	Big 12 Championship
20.	Eva Tomankova	20:58	2005	Chile Pepper Festival
21.	Sara Wells	20:59	10/28/00	Big 12 Championship