



OKLAHOMA STATE CROSS COUNTRY

Media Relations Contact: Elias Williams | eliasw@okstate.edu | Cell: 816-830-5335 | Office: 405-744-7714
Media Relations Contact: Sean Maguire | sean.maguire@okstate.edu | Cell: 405-401-7907 | Office: 405-744-7714
okstate.com | [@OSUathletics](https://twitter.com/OSUathletics) | [@run4okstate](https://twitter.com/run4okstate) | [#okstate](https://twitter.com/okstate)

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	M 1st; W 3rd
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	Christian Liddell
Anthony Armstrong	Luis Martinez
Sylvester Barus	Josh Thompson
Noah Gade	
Brigham Hedges	

THIS WEEK'S COMPETITORS - WOMEN

Natalie Baker	Abbie Hetherington
Anna Boyert	Kaytlyn Larson
Savannah Camacho	Michelle Magnani
Kaylee Dodd	Molly Sughrue
Aurora Dybedokken	
Kaela Edwards	

THE FIELD

Men	Women
Baylor	Baylor (12)
Iowa State (13)	Iowa State (15)
Kansas	Kansas (RV)
Kansas State	Kansas State
Oklahoma	Oklahoma
Oklahoma State (9)	Oklahoma State (18)
TCU	TCU
Texas (RV)	Texas (RV)
Texas Tech	Texas Tech
	West Virginia (RV)



BIG 12 CONFERENCE

THIS WEEK

BIG 12 CHAMPIONSHIPS

10 a.m. CT | Oct. 29, 2016 | Lubbock, Texas
Men's 8K - Women's 6K



THE BASICS

In Oklahoma State's first chance at silverware this postseason, the Cowboys have history on their side. OSU has won the men's Big 12 cross country title eight years in-a-row and seek a ninth in Lubbock, coming into the event as the top-ranked Big 12 team. The Cowgirls won their first Big 12 title a season ago hope to find their stride in time to make it back-to-back sweeps for OSU.

FOLLOW THE MEET

Fans can follow the action live on Twitter by following [@run4okstate](https://twitter.com/run4okstate) for updates. Final results will be published on www.texastech.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 Big 12 Cross Country Championships is scheduled to begin at 10 a.m., with the women's 6K, then the men's 8K run will follow at 10:30 a.m.

LAST TIME OUT

Oklahoma State's win came against some of the best teams in the country with the likes of No. 10 Mississippi, 19th-ranked Virginia, No. 28 Virginia Tech and Big 12 rival Texas toeing the line at the PSU Cross Country Course.

A pair of Texas men took the lead early, but were run down by the pack, including Sylvester Barus and Hassan Abdi, among others before the 5K mark.

Barus and Abdi kept pace with the lead-pack, opening up the door for Josh Thompson, and leading the Pokes to a first place finish with 47 points, topping Mississippi by two points.

Abdi's run of 25:01 got him second overall, and Thompson earned a third-place finish with a 25:03 on the 5.2 mile course. Luis Martinez (11th), Anthony Armstrong (14th), and Barus (17th), helped secure the win for the Cowboys.

The race also marked a big day for another OSU newcomer in Michelle Magnani who suited up in orange for the first time in the women's 6K.

The Cowgirls surged back from fifth place with a kilometer to go to take third behind hosts and No. 8 Penn State (47), and No. 25 Mississippi (94), scoring 114 points behind a strong showing from Aurora Dybedokken who took ninth overall.

Molly Sughrue took 12th and true freshman Magnani finished 13th in her first official race for OSU. Savannah Camacho crossed the line in 26th, while Anna Boyert came in at 54th to wrap up the Cowgirl top-five.

COACH DAVE SMITH - MEET COMMENTS

On Kaela Edwards' Return

"She brings a lot of confidence. She's worked really hard, she's accomplished a lot and she's got a lot of faith in herself and belief in her ability, which is kind of contagious. At the same time, knowing she's there takes a lot of pressure off of the girls. I don't know if she'll be our No. 1 runner or not, but it just calms everybody down having her influence there. I think everybody runs better because she's there."

On the race plan for the women

"It probably won't be too different from what we've run the last couple of years. We tend to be a little more conservative than some of the other teams in the Big 12, and we have a lot of middle-distance runners so we try to come on late. What's been the scenario the last couple of years is that teams get out, get ahead of us and try to stay ahead of us and we try to catch them. Last year we had a lot of luck doing that, this year we haven't been so lucky."

On the race plan for the men

"The men are in a little different position because the conference isn't quite as deep. I think Iowa State is a pretty good team, and Texas is pretty good. I'm very confident in our front three. When you put our front three against any other front three in the country, I think we're pretty comparable, and certainly in our conference we're pretty comparable. When you have confidence, you can get three of the top-six places and that changes the way you can approach it. You can be more conservative, you can be more relaxed, you can be more poised and I think that's a luxury we have with the men. I think our second three match up pretty well with Iowa State, so probably we're going to try to go one-two-three and hope our other three can mix it up with ISU."



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 Loevnnes named Big 12 Newcomer of the Year
- Dave Smith named Big 12 and USTFCCCA Midwest Region's Women's Coach of the Year
- All Big-12 - Ingeborg Loevnnes (Third Place), Kaela Edwards (Fourth Place), Natalie Baker (Sixth Place), Anna Boyert (Ninth Place), Aurora Dybedokken (12th Place), Molly Sughrue (14th Place)
- All-Region - Natalie Baker (Fourth Place), Ingeborg Loevnnes (Seventh Place), Kaela Edwards (Ninth Place), Molly Sughrue (15th Place), Aurora Dybedokken (16th Place), Anna Boyert (22nd Place)
- All-America - Ingeborg Loevnnes (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 Loevnnes (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

For the second-straight week, and the third week this season, the Oklahoma State Cowboys come in as the No. 9 team in the United States Track and Field and Cross Country Coaches Association ranking.

The Pokes are still the top-ranked team in the Big 12 heading into the conference championships, but Iowa State is just behind OSU in 13th, and sits at No. 2 below the Cowboys in the Midwest.

Hassan Abdi and Josh Thompson ran their way into the FloTrack Top-25 Male Runners list after finishing second and third, respectively, at the Penn State Open. Abdi came in at No. 12, and Thompson No. 18.

Abdi is the highest-ranked Big 12 male runner going into the Championships, and OSU is the only Big 12 team to have runners on FloTrack's list.

The Cowgirls fell a couple of spots to 18 following a third-place finish at the Penn State Open.

Baylor soared to No. 12 and Iowa State jumped to 15, knocking the Cowgirls down to the third-highest ranked team in the conference and the No. 2 team in the Midwest Region.

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.

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 59 of the past

School	Region	Wks at No. 1	Dates
Oklahoma State	Midwest	49	Aug 2011 -
Arkansas	South-Central	28	Aug 2013-
Syracuse	Northeast	20	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

60 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.

BACK-TO-BACK-TO-BACK-TO-BACK-TO-BACK-TO-BACK-TO-BACK-TO-BACK

The Cowboys go to Lubbock in search of their ninth-straight conference title. They also look to increase the streak of all-Big 12 athletes, having at least five every year since 2008.

2008	2009	2010	2011
1. German Fernandez	1. Ryan Vail	1. Girma Mecheso	1. German Fernandez
3. John Kosgei	2. John Kosgei	2. German Fernandez	2. Colby Lowe
4. Ryan Vail	3. Colby Lowe	3. Colby Lowe	5. Shadrack Kipchirchir
5. Colby Lowe	4. German Fernandez	4. Tom Farrell	8. Tom Farrell
13. David Chirchir	14. Girma Mecheso	9. Joseph Manilafasha	14. Joe Manilafasha
		15. Ryan Prentice	
2012	2013	2014	2015
2. Girma Masecho	2. Kirubel Erassa	1. Kirubel Erassa	1. Vegard Oelstad
3. Shadrack Kipchirchir	3. Shadrack Kipchirchir	4. Fabian Clarkson	3. Cerake Geberkidane
4. Tom Farrell	5. Tom Farrell	6. David Osborne	6. Craig Nowak
7. Kirubel Erassa	11. Brian Gohlke	7. Shane Moskowitz	8. Chad Noelle
8. Shane Moskowitz	12. Shane Moskowitz	9. Craig Nowak	10. Josh Thompson
		11. Cerake Geberkidane	
		12. Vegard Oelstad	

USTFCCCA Cross Country Week Five Rankings

Men

- Northern Arizona (12)
- Stanford
- Oregon
- BYU
- Arkansas
- Syracuse
- Colorado
- Iona
- Oklahoma State**
- UCLA
- Mississippi
- Portland
- Iowa State
- Michigan
- Washington State
- Virginia
- Colorado State
- Wisconsin
- Indiana
- Southern Utah
- Texas - El Paso
- Tulsa
- Georgetown
- Boise State
- Washington

Women

- Colorado (8)
- Washington (4)
- North Carolina State
- Providence
- Oregon
- Michigan
- New Mexico
- Portland
- Penn State
- Arkansas
- Stanford
- Baylor
- San Francisco
- Eastern Michigan
- Iowa State
- Mississippi
- Utah
- Oklahoma State
- Notre Dame
- BYU
- Yale
- Villanova
- UCLA
- Penn
- California



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 NCAAAs 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 NCAAAs 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/So/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./ Landsay 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
Summor 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 Sutherlin	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
Skylar 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 Adolfas 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
Jennifer Celis	Sell-is
Mattison Diener	Dee-ner
Aurora Dybedokken	Dib-uh-docken
Andi Kuehnlein	Kine-line
Fenja Krohn	Fen-yah Cron

Devre Newby	Dev-ree
Molly Sughroue	Shug-roo
Schuyler Wood	Skyler
Ieva Zarankaite	Yay-vah Zaran-kite
Gintare Zenkeviciute	Gin-taree Zen-kevic-eut



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 SUGHROUE

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

PENN STATE OPEN - FIRST PLACE (47 PTS)

Oct. 14, 2016 :: PSU Cross Country Course :: State College, Pa. :: 5.2 Miles

Pl	Athlete	Time
2.	Hassan Abdi	25:53
3.	Josh Thompson	25:01
11.	Luis Martinez	25:15
14.	Anthony Armstrong	25:18
17.	Sylvester Barus	25:26
25.	Christian Liddell	25:34
44.	Matthew Fayers	25:54
52.	Noah Gade	26:02
54.	Brigham Hedges	26:04
80.	Sukhi Khosla	26:34

Team Results

1. Oklahoma State - 47 pts.
2. Mississippi - 49
3. Virginia - 78
4. Virginia Tech - 125
5. Texas - 161

2016 Cross Country Results By Individual

HASSAN ABDI

2.	24:53	10/14/16	Penn State Open	State College, Pa.	5.2M
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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
14.	25:18	10/14/16	Penn State Open	State College, Pa.	5.2M

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
54.	26:04	10/14/16	Penn State Open	State College, Pa.	5.2M

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
80.	26:34	10/14/16	Penn State Open	State College, Pa.	5.2M

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
25.	25:34	10/14/16	Penn State Open	State College, Pa.	5.2M

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
11.	25:15	10/14/16	Penn State Open	State College, Pa.	5.2M

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
3.	25:01	10/14/16	Penn State Open	State College, Pa.	5.2M

MATTHEW FAYERS

30.	27:03.2	9/24/16	Cowboy Jamboree	Stillwater, Okla.	8K
44.	25:54	10/14/16	Penn State Open	State College, Pa.	5.2M

NOAH GADE

45.	27:46.5	9/24/16	Cowboy Jamboree	Stillwater, Okla.	8K
52.	26:02	10/14/16	Penn State Open	State College, Pa.	5.2M

SYLVESTER BARUS

1.	24:33.5	9/24/16	Cowboy Jamboree	Stillwater, Okla.	8K
17.	25:26	10/14/16	Penn State Open	State College, Pa.	5.2M

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



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 (53 PTS.)

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

Pl	Athlete	Time
8.	Savannah Camacho	18:39
10.	Aurora Dybedokken	18:39.7
12.	Molly Sughrue	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

Team Results

1. Tulsa - 20 pts.

2. Oklahoma State - 53

3. Kansas State - 72

4. Stephen F. Austin - 81

5. Oral Roberts - 159

PENN STATE OPEN - THIRD PLACE (114 PTS)

Oct. 14, 2016 :: PSU Cross Country Course :: State College, Pa. :: 6K

Pl	Athlete	Time
9.	Aurora Dybedokken	20:37
12.	Molly Sughrue	20:42
13.	Michelle Magnani	20:43
26.	Savannah Camacho	20:59
54.	Anna Boyert	21:29
59.	Abbie Hetherington	21:34
71.	Kaylee Dodd	21:45
73.	Kaytlyn Larson	21:47
93.	Emily Helms	22:04
96.	Gintare Zenkeviciute	22:09
105.	Clara Nichols	22:22
110.	Natalie Baker	22:28
121.	Jennifer Celis	22:49

Team Results

1. Penn State - 47

2. Mississippi - 94

3. Oklahoma State - 114

4. West Virginia - 145

5. Texas - 147



2016 WOMEN'S CROSS COUNTRY RESULTS

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
110.	22:28	10/14/16	Penn State Open	State College, Pa.	6K

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
54.	21:29	10/14/16	Penn State Open	State College, Pa.	6K

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
26.	20:59	10/14/16	Penn State Open	State College, Pa.	6K

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
121.	22:49	10/14/16	Penn State Open	State College, Pa.	6K

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
71.	21:45	10/14/16	Penn State Open	State College, Pa.	6K

AURORA DYBEDOKKEN

9.	20:37	10/14/16	Penn State Open	State College, Pa.	6K
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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

EMILY HELMS

93.	22:04	9/1/16	Penn State Open	State College, Pa.	6K
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ABBIE HETHERINGTON

59.	21:34	10/14/16	Penn State Open	State College, Pa.	6K
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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
73.	21:47	10/14/16	Penn State Open	State College, Pa.	6K

MICHELLE MAGNANI

13.	20:43	10/14/16	Penn State Open	State College, Pa.	6K
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CLARA NICHOLS

105.	22:22	10/14/16	Penn State Open	State College, Pa.	6K
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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

MOLLY SUGHROUE

12.	20:42	10/14/16	Penn State Open	State College, Pa.	6K
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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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GINTARE ZENKEVICIUTE

63.	14:29.6	9/1/16	Cowboy Duals	Stillwater, Okla.	3K
96.	22:09	10/14/16	Penn State Open	State College, Pa.	6K

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 Sughrue	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 Fratzczak	11:23	9/5/09	Hurricane Festival
14.	Kim Blomkvist	11:24.64	9/9/06	North Texas Invitational
T15.	Tone Hjalmarson	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 Fratzczak	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