



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	M 1st; W 3rd
10/29	Big 12 Championships	Lubbock, Texas	M 1st; W 2nd
11/11	NCAA Midwest Regional	Iowa City	M 1st; W 2nd
11/19	NCAA Championships	Terre Haute, Ind.	10 a.m. CT

THIS WEEK'S COMPETITORS - MEN

Hassan Abdi	Junior
Anthoney Armstrong	Junior
Sylvester Barus	Junior
Matthew Fayers	Junior
Noah Gade	Junior
Brigham Hedges	Junior
Christian Liddell	Sophomore
Luis Martinez	Sophomore
Josh Thompson	Senior

THIS WEEK'S COMPETITORS - WOMEN

Natalie Baker	Senior
Anna Boyert	Senior
Savannah Camacho	Junior
Aurora Dybedokken	Junior
Kaela Edwards	Junior
Abbie Hetherington	Sophomore
Michelle Magnani	Freshman
Molly Sughrue	Junior



BIG 12 CONFERENCE

THIS WEEK



CROSS COUNTRY CHAMPIONSHIPS

10 a.m. CT | Nov. 19, 2016 | Terre Haute, Ind.

Men's 10K - Women's 6K

THE BASICS

The Oklahoma State cross country teams go to Terre Haute, Indiana, to run on one of the most historic courses in the country with national titles on the line.

The Cowgirls finished seventh at the NCAA Championships a season ago, while the Cowboys took 18th.

FOLLOW THE MEET

Fans can follow the action live on Twitter by following @run4okstate for updates.

The races will be live streamed on FloTrack, and live results will also be available on the same website.

Final results will be published on www.NCAA.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 NCAA Cross Country Championships begin at 10 a.m., with the women's 6K, then the men's 10K run will follow at 11 a.m.

An awards ceremony to honor All-Americans and the top-four team finishers from the men's and women's races will promptly follow after results are official.

LAST TIME OUT

With 89 points, OSU's women advanced to the NCAA Championships for the 10th time in school history and the fifth time under coach Dave Smith.

The women's race was tight for the entire 6K, and the Cowgirls advanced to the NCAA Championship by just one point over No. 13 Iowa State. The Cowgirls missed out on a second-straight regional title by seven points to the SEC's surprise team, Missouri.

In just her second race of the season, Kaela Edwards rose to the occasion and led the Cowgirls to their second-straight NCAA appearance with a sixth-place finish in 20:23.0.

She made up six spots with one kilometer to run to claim all-region honors and cross the line as OSU's highest finisher.

Michelle Magnani continued her stellar freshman season with a 13th-place finish and Aurora Dybedokken followed in 14th, running a 20:36.9.

Molly Sughrue (25th) and Savannah Camacho (31st), rounded out the Cowgirl top-five.

For the Cowboys, the road to a sixth-straight title was as difficult as ever, with some of the top runners in the country lining up alongside them. However, the task was not too large for the Big 12 champions.

Continuing a theme this year, the race opened with a slow pace through the first 4,000 meters as 56 runners were all within three seconds of each other, including the Cowboys' top-five.

Josh Thompson, Hassan Abdi and Sylvester Barus ran in the top-15 through the middle of the race before the pace quickened and the trio cemented the OSU win by finishing second, fourth and 15th, respectively.

Five Cowboys claimed top-25 finishes with Christian Liddell (20th) and Anthoney Armstrong (23rd) completing OSU's top-five. The Pokes scored 64 and topped Tulsa by 25 points.

COACH DAVE SMITH - MEET COMMENTS

On how last week's performance affects the approach to the NCAA Championships

"It's more of how the whole year stacks up; where we think it puts us and how competitive we can be. The men are probably in the top-15, some place, and the women are not as good as we were last year - I'd say 20-25 would be a good day for us, but they could out-perform that and end up in the top-20."

On working with the quick turnaround

"We don't do a lot. We concentrate more on resting and recovering this time of the year. Resting, recovering and racing, that's about it. This week we'll be very light and just trying to get our wheels back under us so we can be ready to go."

On the parity of the NCAA Championships

"We've got the possibility, and many have the possibility, of being in the top-five, if we hit on all cylinders. The teams like Arkansas, Colorado, Syracuse, Northern Arizona and Stanford are the teams in the upper-echelon right now and I think we're not too far behind them. Each of them could end up being 15th as well. I think with those top-15 teams, it's almost like you could put them all in a bag, shake them up and get different outcomes every time. There's a lot of parity, and it's very close from one to 15."

On the team's resolve

"Both teams are doing well, and both teams are really coming on as of late. Josh Thompson, we talked about him being back to where he should be and he almost won the regional. I wish he hadn't run as hard as he did, but he got competitive and it's hard to pull the reigns back when you've got a chance to win. Sylvester was better. He's not quite where he was in September, but he's coming back and hopefully he'll get closer [by the championship]. The other guys ran well, like they have been. Christian, Anthoney and Luis have been solid in the middle all year long, Hassan has been very good up front for us all year, so those four guys kind of maintained where they started and they're running very well. Now, the last piece is just getting Sylvester back to where he was and we have a very, very good team."



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

OSU SQUADS IN TOP-15 HEADING INTO CHAMPIONSHIP WEEK

Both of Oklahoma State's cross country squads were rewarded for their impressive outings at the NCAA Midwest Regional Championships with boosts in the final United States Track and Field and Cross Country Coaches Association poll.

The Cowboys, having won their sixth-straight regional title a week ago, jumped one spot to No. 8, and the Cowgirls moved up three spots, after finishing second in the region, to 15.

The Cowboys had five all-Region finishers on their way to the regional crown, and the Cowgirls had four top-25 finishers and scored 89 to outrun Iowa State to an automatic qualifying bid by one point.

Dave Smith's Cowboys have led the Big 12 wire-to-wire this season, as they have been the highest-ranked team in the conference all season. Iowa State's men's team has been the Pokes' closest contender since OU fell out of the rankings early in the season, and the Cyclones grabbed the 23 spot and earned an NCAA bid with a fourth-place finish at the Midwest Regional.

After a couple of weeks on the heels of Iowa State, the Cowgirls have once again taken the top-spot in the conference, topping the 16th-ranked Cyclones by one spot. Baylor came in at 23, and earned an NCAA bid with a second-place finish at the South-Central Regionals.

Just OSU, ISU and Texas will represent the Big 12 at the men's NCAA Championship race, and the Cowgirls, Cyclones and Bears run for the Big 12 at the women's championship.

HIGH HOPES IN THE HOOSIER STATE

Terre Haute, Indiana, is the self-proclaimed cross country capital of the world, and the Cowboys are hoping that the Gibson Cross Country Course is good to them again as they look to climb back into the top-10.

Under coach Dave Smith, the Cowboys have won three NCAA team titles and two have come at the world-famous Indiana course.

The last time OSU took the course in Terre Haute, the squad finished ninth, but has finished in the top-four and earned a trophy at four of the last five hosted by Indiana State.

A LOOK BACK AT THE 2015 NCAA CHAMPIONSHIPS

The Cowgirls wrapped their historic 2015 cross country season with a seventh-place finish at the NCAA Cross Country Championships in Louisville, Kentucky. The men's team also wrapped up its season while finishing in 18th.

OSU picked up its highest finish under coach Dave Smith and nabbed an All-America spot along the way.

Coming into the race, no Cowgirl on the current roster had ever run in a cross country championship race. Ingeborg Loevnnes and Natalie Baker led the Cowgirls once again finishing 35th and 41st respectively. Loevnnes' 20:23.2 earned the Big 12 Newcomer of the Year and her first All-America honor. Kaela Edwards, Anna Boyert, Molly Sughrue, Aurora Dybedokken and Abbie Hetherington finished 70th, 121st, 122nd, 203rd and 218th respectively.

The Cowgirls combined for 274, which was good enough for their second-highest finish in school history. At the 2K mark, OSU wasn't even in the top-10 conversation as they sat in 21st and Baker led them in 102nd. But the race was just beginning for the Cowgirls who quickly jumped into the top-10 with just over a mile to run. Baker went on to finish just two-tenths of a second behind the final All-America spot.

The men's team saw an impressive streak snap as they fell short of a top-10 finish for the first time in over a decade. The Cowboys came into the day ranked fourth nationally and were the No. 1 ranked team in the Midwest region for 39 consecutive weeks.

Craig Nowak, who finished 16th at the 2014 Championships in Terre Haute, gave the Cowboys a 52nd place finish in his last cross country race for OSU. His time of 30:34.6 led the Cowboys, who scored 450 to take 18th place.

Big 12 Newcomer of the Year Josh Thompson provided key depth in the Cowboy roster this season and pulled out a 101st place finish in 30:59.0 in his first D1 cross country season. Cerake Geberkidane's sophomore year ended with a 125th place finish, which tops his result last season by one spot. 1,500-meter champion Chad Noelle grabbed a 116th place finish and Brian Gohlke, one of three Cowboys on the course today with cross country championships experience, crossed the line in 31:35.5, good enough for 169th place.

USTFCCCA Cross Country Week Seven Rankings

Men

1. Northern Arizona (12)
2. Colorado
3. Stanford
4. BYU
5. Syracuse
6. Arkansas
7. Iowa
8. **Oklahoma State**
9. Portland
10. UCLA
11. Mississippi
12. Wisconsin
13. Oregon
14. Colorado State
15. Michigan State
16. Tulsa
17. N.C. State
18. Washington State
19. Texas - El Paso
20. Georgetown
21. Virginia
22. Middle Tennessee
23. Iowa State
24. Illinois
25. Southern Utah

Women

1. Colorado (12)
2. N.C. State
3. Providence
4. Stanford
5. Michigan
6. New Mexico
7. Washington
8. Penn State
9. Arkansas
10. San Francisco
11. Notre Dame
12. Oregon
13. Missouri
14. Portland
15. **Oklahoma State**
16. Iowa State
17. Harvard
18. Villanova
19. Mississippi State
20. Air Force
21. Mississippi
22. Michigan State
23. Baylor
24. Eastern Michigan
25. Wisconsin



THE FIELD

Men's Automatic Qualifying Teams

Team	Rank	Region
Arkansas	6	South-Central
Colorado	2	Mountain
Georgetown	20	Mid-Atlantic
Wisconsin	12	Great Lakes
Michigan State	15	Great Lakes
Navy	NR	Mid-Atlantic
Oklahoma State	8	Midwest
Tulsa	16	Midwest
Northern Arizona	1	Mountain
Syracuse	5	Northeast
Iona	7	Northeast
Mississippi	11	South
Middle Tennessee	22	South
Texas	RV	South-Central
N.C. State	17	Southeast
Virginia	21	Southeast
Stanford	3	West
Portland	9	West

Men's At-Large Qualifying Teams

Team	Rank	Region
Boise State	20	West
BYU	4	Mountain
California	26	West
Colorado State	14	Mountain
Dartmouth	NR	Northeast
Illinois	24	Midwest
Iowa State	23	Midwest
Oregon	13	West
Providence	30	Northeast
Southern Utah	25	Mountain
UCLA	10	West
Texas - El Paso	19	Mountain
Washington State	18	West

Oklahoma State's Last Five Appearances

Cowboys in 2015 - 18th Place - 450 pts.

52. Craig Nowak - 30:34.6
 101. Josh Thompson - 30:59.0
 116. Chad Noelle - 31:07.1
 125. Cerake Geberkidane - 31:11.4
 169. Brian Gohlke - 31:35.5

Cowgirls in 2015 - Seventh Place - 274

35. Ingeborg Loevenes* - 20:23.2
 41. Natalie Baker - 20:27.9
 70. Kaela Edwards - 20:39.3
 121. Anna Boyert - 20:59.6
 122. Molly Sughrue - 20:59.6

Cowboys in 2014 - Ninth Place - 296^

16. Craig Nowak* - 30:40.1
 52. Fabian Clarkson - 31:06.0
 69. Kirubel Erassa - 31:15.7
 89. Brian Gohlke - 31:28.5
 126. Cerake Geberkidane - 31:47.6

Cowgirls in 2014 - N/A^

107. Monika Juodeskaite - 21:15.0

Cowboys in 2013 - Third Place - 230^

16. Tom Farrell* - 30:23.5
 31. Shadrack Kipchirchir* - 30:37.8
 62. Craig Nowak - 31:00.2
 83. Kirubel Erassa - 31:10.1
 91. Brian Gohlke - 31:15.1

Cowgirls in 2013 - N/A^

23. Monika Juodeskaite - 20:33.3

Cowboys in 2012 - First Place - 72

5. Girma Mecheso* - 29:14.8
 9. Tom Farrell* - 29:26.3
 18. Shadrack Kipchirchir* - 29:43.0
 24. Joseph Manilafasha* - 29:48.8
 53. Shane Moskowitz - 30:22.6

Cowgirls in 2012 - 26th Place - 565

41. Monika Juodeskaite - 20:18.2
 50. Natalja Piliusina - 20:23.2
 197. Cailleigh Glenn - 21:30.1
 205. Victoria Hanna - 21:33.2
 212. Kate Kujawa - 21:36.4

Cowboys in 2011 - Second Place - 139^

10. Colby Lowe* - 29:31.4
 11. German Fernandez* - 29:32.9
 31. Tom Farrell* - 29:58.6
 50. Shadrack Kipchirchir - 30:22.4
 85. Johnathan Stublaski - 30:41.3

Cowgirls in 2011 - 30th Place - 701^

83. Natalja Piliusina - 20:53.3
 184. Monika Juodeskaite - 21:43.5
 193. Victoria Fratzczak - 21:47.9
 201. Teran Mixon - 21:52.4
 205. Jacqueline Campos - 21:55.2

* indicates All-America honors

^ meet held in Terre Haute, Indiana

Women's Automatic Qualifying Teams

Team	Rank	Region
Michigan	5	Great Lakes
Notre Dame	11	Great Lakes
Penn State	8	Mid-Atlantic
Villanova	18	Mid-Atlantic
Missouri	13	Midwest
Oklahoma State	15	Midwest
Colorado	1	Mountain
New Mexico	6	Mountain
Providence	3	Northeast
Harvard	17	Northeast
Mississippi State	19	South
Mississippi	21	South
Arkansas	9	South-Central
Baylor	23	South-Central
N.C. State	2	Southeast
Louisville	RV	Southeast
Stanford	4	West
Washington	7	West

Women's At-Large Qualifying Teams

Team	Rank	Region
Air Force	20	Mountain
BYU	28	Mountain
Eastern Michigan	24	Great Lakes
Iowa State	16	Midwest
Michigan State	22	Great Lakes
Oregon	12	West
Penn	29	Mid-Atlantic
Portland	14	West
San Francisco	10	West
UCLA	30	West
Utah	27	Mountain
Wisconsin	25	Great Lakes
Yale	26	Northeast



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	Svencioniai, 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-eet



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 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.	Chrisian 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

BIG 12 CHAMPIONSHIPS - FIRST PLACE (36 PTS)

Oct. 29, 2016 :: Rawls Golf Course :: Lubbock, Texas :: 8K

Pl	Athlete	Time
3.	Hassan Abdi	25:39.1
5.	Luis Martinez	25:41.9
7.	Josh Thompson	25:44.9
10.	Anthony Armstrong	25:52.0
11.	Christian Liddell	25:52.5
20.	Sylvester Barus	26:06.9
30.	Matthew Fayers	26:31.2
36.	Brigham Hedges	26:37.4
54.	Sukhi Khosla	27:10.1
58.	Noah Gade	27:21.8

Team Results

1. Oklahoma State - 36 pts.
2. Iowa State - 49
3. Texas - 100
4. Kansas - 104
5. Texas Tech - 123
6. Oklahoma - 127
7. Baylor - 190
8. Kansas State - 217
9. TCU - 193

NCAA MIDWEST REGIONAL CHAMPIONSHIPS - FIRST PLACE (64 PTS)

Nov. 11, 2016 :: Ashton Cross Country Course :: Iowa City, Iowa :: 10K

Pl	Athlete	Time
2.	Josh Thompson	30:18.8
4.	Hassan Abdi	30:23.5
15.	Sylvester Barus	30:42.7
20.	Christian Liddell	30:47.9
23.	Anthony Armstrong	30:51.4
36.	Luis Martinez	31:05.3

Team Results

1. Oklahoma State - 64 pts
2. Tulsa - 89
3. Illinois - 113
4. Iowa State - 120
5. Bradley - 135
6. South Dakota State - 154
7. Minnesota - 205
8. Kansas - 233
9. Oklahoma - 283
10. Missouri - 333



2016 CROSS COUNTRY RESULTS

2016 Cross Country Results By Individual

HASSAN ABDI

2.	24:53	10/14/16	Penn State Open	State College, Pa.	5.2M
3.	25:39	10/29/16	Big 12 Championships	Lubbock, Texas	8K
4.	30:23.5	11/11/16	NCAA Midwest Regional	Iowa City, Iowa	10K

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
10.	25:52.0	10/29/16	Big 12 Championships	Lubbock, Texas	8K
23.	30:51.4	11/11/16	NCAA Midwest Regional	Iowa City, Iowa	10K

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
20.	26:06	10/29/16	Big 12 Championships	Lubbock, Texas	8K
15.	30:42.7	11/11/16	NCAA Midwest Regional	Iowa City, Iowa	10K

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
30.	26:31	10/29/16	Big 12 Championships	Lubbock, Texas	8K

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
58.	27:21	10/29/16	Big 12 Championships	Lubbock, Texas	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
54.	26:04	10/14/16	Penn State Open	State College, Pa.	5.2M
36.	26:37	10/29/16	Big 12 Championships	Lubbock, Texas	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
80.	26:34	10/14/16	Penn State Open	State College, Pa.	5.2M
54.	27:10	10/29/16	Big 12 Championships	Lubbock, Texas	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
25.	25:34	10/14/16	Penn State Open	State College, Pa.	5.2M
11.	25:52.5	10/29/16	Big 12 Championships	Lubbock, Texas	8K
20.	30:47.9	11/11/16	NCAA Midwest Regional	Iowa City, Iowa	10K

LUIZ 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
5.	25:41	10/29/16	Big 12 Championships	Lubbock, Texas	8K
36.	31:05.3	11/11/16	NCAA Midwest Regional	Iowa City, Iowa	10K

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
7.	25:44	10/29/16	Big 12 Championships	Lubbock, Texas	8K
2.	30:18.8	11/11/16	NCAA Midwest Regional	Iowa City, Iowa	10K

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
Anthoney 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
Hassan Abdi	25:39	10/29/16	Big 12 Championship
Luis Martinez	25:41	10/29/16	Big 12 Championship
Anthoney Armstrong	25:52	10/29/16	Big 12 Championship
Christian Liddell	25:52	10/29/16	Big 12 Championship

10K

Josh Thompson	30:18.8	11/11/16	NCAA Midwest Regional
Hassan Abdi	30:23.5	11/11/16	NCAA Midwest Regional
Sylvester Barus	30:42.7	11/11/16	NCAA Midwest Regional
Christian Liddell	30:47.9	11/11/16	NCAA Midwest Regional
Anthoney Armstrong	30:51.4	11/11/16	NCAA Midwest Regional



2016 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 Sutherland	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

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 Sutherland	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

BIG 12 CHAMPIONSHIPS - SECOND PLACE (82 PTS)

Oct. 29, 2016 :: Rawls Golf Course :: Lubbock, Texas :: 6K

Pl	Athlete	Time
7.	Michelle Magnani	20:47
13.	Kaela Edwards	21:11
18.	Aurora Dybedokken	21:19
21.	Molly Sughrue	21:26
23.	Abbie Hetherington	21:32
26.	Savannah Camacho	21:36
35.	Anna Boyert	21:53
47.	Kaytlyn Larson	22:22
50.	Natalie Baker	22:25
59.	Kaylee Dodd	22:44

Team Results

1. Iowa State - 56 pts.
2. Oklahoma State - 82
3. West Virginia - 111
4. Oklahoma - 124
5. Baylor - 126
6. Kansas - 129
7. Texas - 139
8. TCU - 203
9. Texas Tech - 204
10. Kansas State - 261

NCAA MIDWEST REGIONAL CHAMPIONSHIPS - SECOND PLACE (89 PTS)

Nov. 11, 2016 :: Ashton Cross Country Course :: Iowa City, Iowa :: 6K

Pl	Athlete	Time
6.	Kaela Edwards	20:23.0
13.	Michelle Magnani	20:32.7
14.	Aurora Dybedokken	20:36.9
25.	Molly Sughrue	20:48.7
31.	Savannah Camacho	21:03.8
36.	Abbie Hetherington	21:07.7
89.	Gintare Zenkeviciute	21:47.1

Team Results

1. Missouri - 83 pts
2. Oklahoma State - 89
3. Iowa State - 90
4. Minnesota - 131
5. Kansas - 154
6. Tulsa - 190
7. Oklahoma - 228
8. Northwestern - 264
9. Northern Illinois - 267
10. Northern Iowa - 333



2016 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
50.	22:25	10/29/16	Big 12 Championship	Lubbock, Texas	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
35.	21:53	10/29/16	Big 12 Championship	Lubbock, Texas	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
26.	21:36	10/29/16	Big 12 Championship	Lubbock, Texas	6K
31.	21:03.8	11/11/16	NCAA Midwest Regional	Iowa City, Iowa	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
59.	22:44	10/29/16	Big 12 Championship	Lubbock, Texas	6K

AURORA DYBEDOKKEN

9.	20:37	10/14/16	Penn State Open	State College, Pa.	6K
18.	21:19	10/29/16	Big 12 Championship	Lubbock, Texas	6K
14.	20:36.9	11/11/16	NCAA Midwest Regional	Iowa City, Iowa	6K

KAELA EDWARDS

13.	21:11	10/29/16	Big 12 Championship	Lubbock, Texas	6K
6.	20:23.0	11/11/16	NCAA Midwest Regional	Iowa City, Iowa	6K

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
23.	21:32	10/29/16	Big 12 Championship	Lubbock, Texas	6K
36.	21:07.7	11/11/16	NCAA Midwest Regional	Iowa City, Iowa	6K

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
47.	22:22	10/29/16	Big 12 Championship	Lubbock, Texas	6K

MICHELLE MAGNANI

13.	20:43	10/14/16	Penn State Open	State College, Pa.	6K
7.	20:47	10/29/16	Big 12 Championship	Lubbock, Texas	6K
13.	20:32.7	11/11/16	NCAA Midwest Regional	Iowa City, Iowa	6K

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
21.	21:26	10/29/16	Big 12 Championship	Lubbock, Texas	6K
25.	20:48.7	11/11/16	NCAA Midwest Regional	Iowa City, Iowa	6K

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
89.	21:47.1	11/11/16	NCAA Midwest Regional	Iowa City, Iowa	6K



2016 CROSS COUNTRY RESULTS

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

6K

Aurora Dybedokken	20:37	10/14/16	Penn State Open
Molly Sughrue	20:42	10/14/16	Penn State Open
Michelle Magnani	20:43	10/14/16	Penn State Open
Savannah Camacho	20:59	10/14/16	Penn State Open
Anna Boyert	21:29	10/14/16	Penn State Open



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