



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.	8 a.m. CT
10/14	Penn State Invitational	State College, Penn.	10 a.m. CT
10/29	Big 12 Championships	Lubbock, Texas	10 a.m. CT
11/11	NCAA Midwest Regional	Iowa City	10 a.m. CT
11/19	NCAA Championships	Terre Haute, Ind.	10 a.m. CT

THIS WEEK'S COMPETITORS - MEN

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

THIS WEEK'S COMPETITORS - WOMEN

Cheyenne Allison	Kami Hankins
Natalie Baker	Hannah Harris
Anna Boyert	Emily Helms
Savannah Camacho	Anna Hurlbut
Jennifer Celis	Kaytlyn Larson
Dana Clancy	Kaci McCary
Amira Coleman	Clara Nichols
Danielle Coleman	Kaylee Oyler
Darby Crynes	Sarah Johnson
Kaylee Dodd	Briana Strahorn
Aurora Dybedokken	Molly Sughroue
Stephanie Ferrante	Bailey Sutherland
Carly Flinn	Ambra Wesley
Anna Gunter	Gintare Zenkeviciute
Jillian Hagen	

THE FIELD

Oklahoma State (9/8)	Oklahoma Christian	West Texas A&M
Abeline Christian	Oklahoma City	Allen County CC
Baker	Oral Roberts	Butler CC
Cameron (men only)	Our Lady of the Lake	Colby CC
Friends	Science & Arts	Cowley County CC
Kansas State	Southwest - N.M.	Hutchinson CC
Lubbock Christian	Stephen F. Austin	Iowa Central CC
Northwestern	Texas State	Iowa Western CC
Oklahoma	Tulsa (28/RV)	Ranger
Oklahoma Baptist	UT-Permian Basin	



BIG 12 CONFERENCE

THIS WEEK



COWBOY JAMBOREE

8 a.m. CT | Sept. 24, 2016 | Stillwater
Men's 8K - Women's 5K



THE BASICS

Oklahoma State looks to sweep the Cowboy Jamboree titles for the seventh-straight year against the likes of Kansas State and Tulsa to improve to 21-1 at home meets since 2009.

A win for the Cowboys would give OSU its 22nd Jamboree title and seventh consecutive top-finish.

A Cowgirls victory would also give them their seventh-straight meet crown and put them at 12 wins overall.

FOLLOW THE MEET

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

MEET SCHEDULE

The 80th Cowboy Jamboree kicks off at 8 a.m. with the running of the women's college 5K featuring several junior colleges from around the region.

The men's college 8K will follow with the same teams before the university sections line up and take to the course.

The Cowgirls will take on the field of Kansas State, Tulsa, Stephen F. Austin and more at 9:15 a.m. in the women's university 5K.

At 9:45, the Cowboys run the men's university 8K in search of a seventh-straight Jamboree crown.

LAST TIME OUT

Josh Thompson, Christian Liddell and Luis Martinez crossed the line first through third, with Liddell and Martinez finishing just a tenth of-a-second behind Thompson.

The 11th-ranked Cowboys swept the dual-meet, defeating Arkansas, OU, Oral Roberts, Tulsa and Wichita State handily thanks to a seventh-place finish from Anthony Armstrong and 21st place finish from Sukhi Khosla in his Cowboy debut.

Arkansas' Carina Vijoen won the women's 3K, and led Arkansas to the 5-0 performance. Camacho took fourth and was OSU's highest finisher in front of a posse of Cowgirls including Natalie Baker in 11th.

Anna Boyert and Jennifer Celis took 13th and 14th, respectively, and Kaytlyn Larson took 20th to wrap up the OSU top-five and give the Cowgirls a 3-2 dual record on the day. Kaylee Dodd and Cowgirl sprinter Danielle Coleman crossed the line in 32nd and 36th.

Freshmen Bailey Sutherland, Kami Hankins, Kaylee Oyler and Carly Flinn made their OSU debuts, and Jillian Hagen joined them in the top-45.

COACH DAVE SMITH - MEET COMMENTS

On what he expects to see from his team:

"It's our first real big elite competition where we'll throw out our best team available. We've got a few kids still dinged up, so hopefully it won't be the same teams we run at the end of the year, but it's the best we have available now. Measuring ourselves against some good D1 competition and getting an idea of where we are is really important. I think this course has a lot of history. We've run it every year so we know what the times mean from year to year. We can look back and figure out what happened the year before or in 2012 when we last won a championship and get an idea of where our group is. I think it's also big for the athletes because it's the one time we get to show our stuff here in Stillwater. Everyone loves running in front of a home crowd and having friends and families and supporters out there cheering you on is always a big boost."

On why OSU has had success at home:

"We want to win every race we run and especially on our home course. The guys and the women in this program take a lot of pride in the fact that this course is probably the toughest course that anyone will run all year long. I think there is a certain mental toughness that comes from being able to prepare to run on this course and the men and women in our program really take pride in having that toughness and preparing for the course. There's a little extra motivation to perform well here."

On the seniors' last run:

"It's emotional. We've still got a full season to go, we've got indoor track and outdoor track, but the last time they get to run on the Jamboree course, which is never anyone's favorite race to run in their first two or three years because it's so tough. But they start to think, 'this is my last chance to run on the Jamboree course'. Some of the seniors have already talked about it, how they can't believe how fast time has gone, and it seems like when they first put on the spikes and got on the course they couldn't imagine having to run it three more times, but now they're thinking they wish they had three more to go."



MEET NOTES/TEAM INFORMATION

OKLAHOMA STATE IN 2015-16

MEN'S CROSS COUNTRY

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

MEN'S TRACK AND FIELD

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

WOMEN'S CROSS COUNTRY

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

WOMEN'S TRACK AND FIELD

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

OKLAHOMA STATE IN THE RANKINGS

The Oklahoma State Cowboy cross country team climbed one spot to 9, and the Cowgirls held firm at No. 8 in the second regular season United States Track and Field and Cross Country Coaches Association Poll.

Leading the Midwest region for the 46th-straight week, the Cowboys inched up a spot after Washington plummeted from 8 to 21.

Although the Cowboys haven't competed since the season opener Cowboy Duals, expectations in Stillwater, and around the country, are still high as they have jumped two spots without competition since their preseason debut at 11.

Among the other Big 12 programs, OSU still leads with in-state rival Oklahoma sitting at 19, and Texas and Iowa State receiving votes.

The Midwest No. 1 Cowgirls hold a 12-point edge on ninth-ranked Michigan State in the second regular season poll. The Cowgirls have remained in the eighth-spot since the pre-season poll, making this the longest stretch the Cowgirls have been in the USTFCCA top-10 in poll history. The record dates back to last season's final poll where they slotted in at No. 7 after finishing in the same spot at the NCAA Championships.

OSU's competition in-conference is stronger on the women's side, with Iowa State holding their No. 17 ranking, Kansas moving up three spots to 21, and Texas and Baylor just outside the top-30, receiving votes.

After a long break from competition, both cross country teams return to action Saturday at the 80th Cowboy Jamboree where they will run against 28/RV Tulsa, Kansas State and other teams at the OSU Cross Country Course in Stillwater.

DEFENDING HOME TURF

The Oklahoma State cross country teams look to build upon their success at home with team wins at the 80th Cowboy Jamboree this Saturday.

Since the first running in 1937, the Pokes have won 21 Jamboree titles with six-straight coming since 2010. The last loss was to Northern Arizona in 2009, the year OSU won its first NCAA title under coach Dave Smith. With a win this Saturday, the Pokes would slot into a tie for the second-longest win streak in Jamboree history behind Arkansas' eight straight from 1975-82.

The Cowgirls have dominated under coach Smith winning six-straight for the longest streak in event history.

Last year, OSU swept the Jamboree titles for the sixth-straight time, then went on to sweep the Big 12 Championships, which they hosted as well to finish their home schedule unbeaten.

This season, the Cowboys went 5-0 in the Cowboy Duals to open the season and the Cowgirls went 3-2, coming up just short on SEC powerhouse Arkansas and in-state conference rival Oklahoma.

Last year Cerake Geberkidane won the men's 8K race to give the Cowboys their third consecutive individual champion, and Ingeborg Loevnes was the Cowgirls' highest finisher, crossing the line in third.

NEWCOMERS' FIRST BIG TEST

The Cowboy Jamboree course has been often labeled as one of the more difficult courses in the NCAA and across the country, making Saturday's race the first real chance for the newcomers to make an impression on head coach Dave Smith.

Many of OSU's freshmen participating in the race will run unattached, but will still be fighting for an orange jersey as the top-seven has yet to be set in stone for both the Cowboys and Cowgirls.

Last year, the Jamboree served as a coming-out party for freshmen standouts Christian Liddell and Katie Spencer, who finished 11th and eighth, respectively, which earned them a spot on the teams going into the Big 12 Championships and the Midwest Regionals.

The two biggest names on the newcomers list are veterans of the Cowboy Jamboree course in last year's college section champion Sylvester Barus and 2015 10th-place finisher in the university section Hassan Abdi.

While their history and resume have all but secured them a spot on the Cowboys' squad come November, the Jamboree will serve as their first chance to compete in orange and figure out where they fall into Smith's plan to return to the top-four at the NCAA Championships.

USTFCCA Cross Country Week Two Rankings

Men

1.	Syracuse (12)
2.	Northern Arizona
3.	Oregon
4.	Stanford
5.	Colorado
6.	Arkansas
7.	Georgetown
8.	Eastern Kentucky
9.	Oklahoma State
10.	Wisconsin
11.	Virginia
12.	BYU
13.	Indiana
14.	Boise State
15.	Texas - El Paso
15.	Iona
17.	Michigan
18.	Mississippi
19.	Oklahoma
20.	Portland
21.	Washington
22.	Furman
23.	NC State
24.	Colorado State
25.	Columbia

Women

1.	New Mexico (8)
2.	Providence (3)
3.	Colorado (1)
4.	Oregon
5.	NC State
6.	Boise State
7.	Stanford
8.	Oklahoma State
9.	Michigan State
10.	Michigan
11.	Arkansas
12.	Washington
13.	Penn State
14.	Virginia
15.	Notre Dame
16.	Syracuse
17.	Iowa State
18.	Georgetown
19.	BYU
20.	San Francisco
21.	Kansas
22.	Pennsylvania
23.	Yale
24.	Vanderbilt
25.	Minnesota



2016-17 MEN'S CROSS COUNTRY ROSTER



DAVE SMITH

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

COACHING TIMELINE

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

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

2002-05: Oklahoma State men's assistant coach

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

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

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

CAREER HIGHLIGHTS

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

OSU Men at NCAAs Under Smith*

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

OSU Women at NCAAs Under Smith*

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

* Only counts time as a head coach.

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

Pronunciation Guide

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



2016-17 WOMEN'S CROSS COUNTRY ROSTER

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

ASSISTANT COACHES/STAFF



CODY HALSEY

Assistant Coach - Distance
First Year at Oklahoma State



GILES MCDONNELL

Assistant Coach - Sprints
First Year at Oklahoma State



BOBBY LOCKHART

Men's Middle Distance Coach
Ninth Year at Oklahoma State



DANNY STULTS

Director of Operations
Second Year at Oklahoma State



ZIVILE PUKSTIENE

Assistant Coach - Jumps
14th Year at Oklahoma State

Pronunciation Guide

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



PERSONAL BESTS ENTERING 2016-17 - MEN

HASSAN ABDI

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

ZACHARY ANDREW

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

ANTHONEY ARMSTRONG

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

BRYCE BALENSEIFEN

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

SYLVESTER BARUS

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

ELLIOTT BOWKER

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

ARLANDO BREWER-JOHNSON

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

BEN BUTLER

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

GARRETT CALHOUN

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

SEAN CASEY

Javelin Throw - 52.88m/173-6

TRENTON DANIELS

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

DUSTAN DAVIDSON

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

WILLIAM EDMONDS

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

MATTHEW FAYERS

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

JACOB FINCHAM-DUKES

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

NOAH GADE

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

CHANCE GALLOWAY

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

CERAKE GEBERKIDANE

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

MALIK GIVENS

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

EUGENE GRAYSON III

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

TANNER GREEN

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

ANTHONY GROGAN JR.

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

ALEC HAINES

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

WESLEY HALLOF

Javelin Throw - 52.6m/172-2

BRIGHAM HEDGES

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

TORREY HICKEL

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

SIMON IMAGBE

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

TYLER JACKSON

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

BRADLEY JOHNSON

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

TIMAUNTAY JONES

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

REID JOYNER

High Jump - 2.03m/6-8

SUKHI KHOSLA

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

TRE'TEZ KINNAIRD

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

CONALL KIRK

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

CHRISTIAN LIDDELL

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

LUIS MARTINEZ

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

RYAN MCINTIRE

Pole Vault - 4.57m/15-0

JEREL MORROW

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

HEINRICH VAN NIEKERK

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

COLE NORTON

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

CRAIG NOWAK

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

DONOVAN NUNLEY

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

TEMITOPE OLONISAKIN

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

BRANDON SINGLETON

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

RYAN SMEETON

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

TY SMITH

100 meter dash - 10.50
 200 meter dash - 21.61

JOSH THOMPSON

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

COLE VERBLE

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

RYAN WHEATLEY

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

KASE WHITE

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

MILES YAPP

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



PERSONAL BESTS ENTERING 2016-17 - WOMEN

NATALIE BAKER

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

ARIANE BALLNER

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

ANNA BOYERT

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

SAVANNAH CAMACHO

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

JENNIFER CELIS

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

AMIRA COLEMAN

200 meters - 25.10
400 meters - 56.27

DANIELLE COLEMAN

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

CYDNEY CROOK

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

ASHLYNN CUMMINS

High Jump - 1.62m/5-4.00

SHELISE DAVIS

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

KAYLEE DODD

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

AURORA DYBEDOKKEN

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

KAELA EDWARDS

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

STEPHANIE FERRANTE

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

SUMMOR FIELDS

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

CARLY FLINN

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

HALEY GEISSLER

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

ANNA GUNTER

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

JILL HAGEN

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

KAMI HANKINS

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

MEGAN HARRIS

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

EMILY HART

100m Hurdles - 14.42
60m Hurdles - 9.03

ERIN HART

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

EMILY HELMS

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

ABBIE HETHERINGTON

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

MEGAN HONAS

Javelin - 47.43m/155-3

ANNA HURLBUT

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

CHELSEA JARVIS

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

SINCLAIRE JOHNSON

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

KATIE KEHL

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

FENJA KROHN

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

ELLIETT KULKIN

Pole Vault - 3.65m/12-0

KAYTLYN LARSON

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

LEXIE LEWIS

100 meters - 11.75
200 meters - 24.10

MADDIE LORANT

Long Jump - 5.23m/17-2

MICHELLE MAGNANI

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

MEGHAN MCGRATH

Pole Vault - 3-10.75m/11-0

GIANNA MOULIS

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

HALEY MOUSER

High Jump - 1.73m/ 5-8.00

BAYLOR NELSON

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

DEVRE NEWBY

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

CLARA NICHOLS

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

KAYLEE OYLER

800 meters - 2:21

TAYLOR PEASTER

Pole Vault - 3.37m/ 11-1.0

SARAH ROBINSON

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

JOCELEN RUTH

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

RICKI LEE SCHEEF

400 meters - 1:00.77

KATIE SPENCER

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

BRITTANY STALLINGS

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

MOLLY 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

2016 Cross Country Results By Individual

ANTHONEY ARMSTRONG

7. 16:06.2 9/1/16 Cowboy Duals Stillwater, Okla. 5K

BRIGHAM HEDGES

27. 17:41.7 9/1/16 Cowboy Duals Stillwater, Okla. 5K

SUKHI KHOSLA

21. 16:36.3 9/1/16 Cowboy Duals Stillwater, Okla. 5K

CHRISTIAN LIDDELL

2. 15:47.8 9/1/16 Cowboy Duals Stillwater, Okla. 5K

LUIS MARTINEZ

3. 15:47.8 9/1/16 Cowboy Duals Stillwater, Okla. 5K

JOSH THOMPSON

1. 15:47.7 9/1/16 Cowboy Duals Stillwater, Okla. 5K

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



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

2016 Cross Country Results By Individual

CHEYENNE ALLISON				
63.	14:29.6	9/1/16	Cowboy Duals	Stillwater, Okla. 3K
NATALIE BAKER				
11.	10:51.7	9/1/16	Cowboy Duals	Stillwater, Okla. 3K
ANNA BOYERT				
13.	10:57.6	9/1/16	Cowboy Duals	Stillwater, Okla. 3K
SAVANNAH CAMACHO				
4.	10:42.5	9/1/16	Cowboy Duals	Stillwater, Okla. 3K
JENNIFER CELIS				
14.	11:00.4	9/1/16	Cowboy Duals	Stillwater, Okla. 3K
AMIRA COLEMAN				
52.	12:37.7	9/1/16	Cowboy Duals	Stillwater, Okla. 3K
DANIELLE COLEMAN				
36.	11:43.5	9/1/16	Cowboy Duals	Stillwater, Okla. 3K
DARBY CRYNES				
32.	15:19.8	9/1/16	Cowboy Duals	Stillwater, Okla. 3K
KAYLEE DODD				
32.	11:27.0	9/1/16	Cowboy Duals	Stillwater, Okla. 3K
CARLY FLINN				
44.	12:02.1	9/1/16	Cowboy Duals	Stillwater, Okla. 3K

ANNA GUNTER				
32.	12:02.8	9/1/16	Cowboy Duals	Stillwater, Okla. 3K
KAMI HANKINS				
40.	11:54.1	9/1/16	Cowboy Duals	Stillwater, Okla. 3K
JILL HAGEN				
45.	12:05.3	9/1/15	Cowboy Duals	Stillwater, Okla. 3K
ANNA HURLBUT				
56.	12:57.6	9/1/16	Cowboy Duals	Stillwater, Okla. 3K
KAYTLYN LARSON				
20.	11:08.4	9/1/16	Cowboy Duals	Stillwater, Okla. 3K
KAYLEE OYLER				
42.	12:00.4	9/1/16	Cowboy Duals	Stillwater, Okla. 3K
BAILEY SUTHERLIN				
37.	11:48.6	9/1/16	Cowboy Duals	Stillwater, Okla. 3K
AMBRA WESLEY				
51.	12:25.7	9/1/16	Cowboy Duals	Stillwater, Okla. 3K

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	



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 Hjalmsen	11:26	9/2/06	Hurricane Festival
T15.	Caleigh Glenn	11:26	8/30/14	Hurricane Festival
T17.	Melanie Funke	11:28	9/4/10	Hurricane Festival
T17.	Tamara Dingley	11:28	9/13/97	Oklahoma State XC Dual
T17.	Janine Brown	11:28	2001	Oklahoma State XC Dual
T17.	Charlotte Coffey	11:28	2001	Dual vs. Oklahoma
21.	Jackie Campos	11:29	9/4/10	Hurricane Festival
22.	Emily Helms	11:30	8/30/14	Hurricane Festival
T23.	Janelle Martinez	11:31	8/30/14	Hurricane Festival
T23.	Siri Alfheim	11:31	2001	Hurricane Festival
25.	Leah Schroeder	11:34.60	9/9/06	North Texas Invitational

3,000 METERS

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

5,000 METERS

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

6,000 METERS

1.	Natalja Piliusina	19:45.9	10/29/11	Big 12 Championship
2.	Monika Juodeskaite	20:01.0	10/18/14	SC Bronco Invite
3.	Natalie Baker	20:21.2	11/13/15	NCAA Midwest Regional
4.	Siri Alfheim	20:22	10/27/01	Big 12 Championship
5.	Mihaela Susa	20:22.38	11/13/10	NCAA Midwest Regional
6.	Ingeborg Loevnes	20:23.2	11/21/15	NCAA Championships
7.	Felicity Milton	20:26.11	11/13/10	NCAA Midwest Regional
8.	Kate Kujawa	20:27.8	10/29/11	Big 12 Championship
9.	Mary Davies	20:29	11/21/05	NCAA Championship
10.	Teran Mixon	20:31.5	10/29/11	Big 12 Championship
11.	Kaela Edwards	20:35.2	11/13/15	NCAA Midwest Regional
12.	Molly Sughroue	20:43.8	11/13/15	NCAA Midwest Regional
13.	Jackie Campos	20:45.9	10/29/11	Big 12 Championship
14.	Victoria 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