

SOUTHERN UTAH CROSS COUNTRY

20-TIME CONFERENCE CHAMPION

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2014 CROSS COUNTRY SCHEDULE

Aug. 29	at Idaho State	Pocatello, Idaho
Sept. 13	at UC Riverside	Riverside, Calif.
Sept. 20	at UNLV Invitational	Las Vegas, Nev.
Sept. 27	at Roy Griank Invitational	Minneapolis, Minn.
Oct. 3	at Notre Dame Invitational	South Bend, Ind.
Oct. 10	Color Country Invitational	Cedar City, Utah
Oct. 18	at NCAA Pre-Nationals	Terre Haute, Ind.
Nov. 1	at Big Sky Championship	Grand Forks, N.D.
Nov. 14	at NCAA Mountain Regionals	Albuquerque, N.M.
Nov. 22	at NCAA National Championship	Terre Haute, Ind.

HEAD COACH ERIC HOULE



Thirty-four time conference and 1999 NCAA Mountain Regional Coach of the Year Eric Houle is in his 22nd season as head track and field and cross country coach at Southern Utah University. Since his arrival at SUU in 1992, the Thunderbirds have won 38 conference championships, including seven Summit League titles, 31 Mid-Con titles combined in track and cross country, an American West title and one NCAA Mountain Regional cross country championship.

In addition, Houle has coached 577 all-conference athletes, 217 individual conference champions, 1 Big Sky most outstanding performer, 33 conference athletes of the year, 28 conference newcomers of the year, 35 NCAA national qualifiers, 118 NCAA West regional qualifiers and five NCAA All-Americans, including Cameron Levins, who picked up the title in track and in cross country. *More at suutbirds.com.*

SUU HOSTS ANNUAL COLOR COUNTRY INVITATIONAL

CEDAR CITY, Utah - Oct. 8 - Southern Utah University cross country prepares to host the annual Color Country Invitational in Cedar City on Friday, Oct. 10th. The full women's squad will be racing this weekend while the top runners on the men's team will be training to prepare for upcoming races.

The invitational will feature several visiting teams from Dixie State, UVU, BYU and Idaho State. The SUU men's team will feature Colin Arave, Dylan Marx, Eric Sandall, Keeghan Hurley, Matt Wright, Omar Cortes, Robby Lee, Shinano Miyazawa, and Skylar Riggs. Red-shirts Liam Kennell and Kacey Hutchinson will also compete unattached.

The full women's team will compete after solid performances at Notre Dame this past weekend. Red-shirts Caitlin Elgan, Courtney Allred, Katlyn Baker, and Melissa Kunz will also compete unattached.

"This race offers the chance for some of our athletes who haven't raced a lot this season to race and gain experience," assistant coach Paul Limpf said. "It gives these athletes the opportunity to shine and prepares them for upcoming meets in the season."

The meet will be held at the Cedar Ridge Golf Course in Cedar City, UT on Friday Oct. 10. The men's race is scheduled to start at 11 am and the women will follow at 11:45 am. The Thunderbirds then will prepare to compete at NCAA Pre-Nationals in Terre Haute, Ind. on Oct. 18.

SUU FINISHES AHEAD OF RANKED TEAMS AT NOTRE DAME

SOUTH BEND, Ind. - Oct. 3 - SUU men's and women's cross country teams raced at the Notre Dame Invitational this weekend. The men's team recorded a solid sixth-place finish out of 24 teams. The SUU men placed ahead of nationally ranked teams NC State, Tulsa, and Princeton, who, according to the USTFCCA Coaches Poll, were all ranked ahead of Southern Utah in the national rankings. The women also recorded solid finishes placing 12th out of 27 teams.

SUU RECORDS AT COLOR COUNTRY

Men		6k	Women	4k		
1.	Cameron Levins	18:36.2	2011	1. Diana Medina-Mitchell	14:30.9	2011
2.	Elijah Rono	18:58.4	2012	2. Dayna VanArsdol	14:40.6	2012
3.	Nate Jewkes	19:04.7	2011	3. Kaylee Coates	14:47.6	2012
4.	Jon Lee	19:11.7	2012	4. Whitney Curtis	14:48.1	2012
5.	Clinton Rhoton	19:15.6	2012	5. Lakyn Lux	15:11.2	2012
6.	Devan Antczak	19:33.2	2011	6. Jamie Smith	15:15.2	2011
7.	Dallas Eborn	19:39.1	2011	7. Kaylee Boyer	15:16.3	2012
8.	Tyson Boyer	19:44.1	2012	8. Madalyn Jones	15:24.1	2011
9.	Austin West	19:45.5	2011	9. Armarose Bailey	15:26.2	2011
10.	Josh Gardner	19:49.2	2012	10. Steffi Minson	15:31.4	2011



BIG SKY PRESEASON COACHES POLL

MEN	WOMEN
1. Northern Arizona, 142 (10)	1. Northern Arizona, 141 (9)
2. Southern Utah, 133 (2)	2. Weber State, 130 (2)
3. Weber State, 115	3. E. Washington, 107 (1)
4. Montana State, 98	4. Montana State, 105
5. Idaho, 93	5. Southern Utah, 94
6. Eastern Washington, 84	6. Montana, 81
7. Idaho State, 67	7. Idaho, 80
8. Montana, 64	8. Sacramento State, 63
9. Sacramento State, 49	9. Northern Colorado, 48
10. Portland State, 46	10. North Dakota, 32
11. North Dakota, 31	11. Idaho State, 31
12. Northern Colorado, 14	12. Portland State, 24

Southern Utah University Quick Facts

University
 Name of School: Southern Utah University
 City/Zip: Cedar City, Utah 84720
 Founded: 1897
 Enrollment: 8,066
 Nickname: Thunderbirds
 Colors: Scarlet and White
 Affiliation: NCAA Division I
 Conference: Big Sky

Administration

President: Scott L Wyatt
 Athletic Director: Ken Beazer
 Assoc. A.D./SWA: Jenna Ayers
 Assoc. A.D./Sports Medicine: Ricky Mendini
 Asst. A.D./Compliance: Todd Brown
 Asst. A.D./Media Relations: Kyle Cottam
 Asst. Media Relations Director: Kyle Newhouse
 Address: 203 Harris Center
 351 W. University Blvd
 Office Phone: 435-586-7752
 Fax: 435-865-8037
 Cell Phone: 435-817-7702

Coaching Staff

Cross Country Head Coach: Eric Houle
 Alma Mater, Year: Southern Utah, 1981
 Men's Conference Titles: Eleven
 Women's Conference Titles: Nine
 Houle's Office Number: 435-559-3147
 Assistant Coach: Paul Limpf

2013 Summary

Men's 2013 Conference Finish/Points: Second/39
 Women's 2013 Conference Finish/Points: Fifth/139
 Men's Letterwinners Returning/Lost: 7/7
 Women's Letterwinners Returning/Lost: 6/8

Men's 2014 Results

Team	ISU 1st/2	UCR 2nd/29	UNLV Sept. 20	Griak Sept. 27	Notre Dame Oct. 3	SUU Oct. 10	Pre-Nats Oct. 18	Big Sky Nov. 1	Region Nov. 14
Distance	6k	8k	6k	8k	8k	6k	8k	8k	10k
# of Runners	18	194/239	34		200				
I. Ahmed	-	24:29.6 12th (in)	-	25:51 45th	24:24.6 79th	-	-	-	-
C. Arave	19:59.41 7th	27:59.0 71st (op)	20:29.1 20th	-	-	-	-	-	-
O. Cortes	-	26:20.1 11th (op)	20:01.8 16th	-	-	-	-	-	-
H. Hawks	-	24:17.4 6th (in)	-	26:00 55th	23:47.3 22nd	-	-	-	-
N. Jewkes	-	24:07.4 3rd (in)	-	24:45 1st	23:30.3 7th	-	-	-	-
R. Lee	20:19.51 11th	26:58.2 23rd (op)	20:44.9 22nd	-	-	-	-	-	-
D. Marx	-	25:32.9 57th (in)	19:19.4 4th	-	24:49.5 131st	-	-	-	-
S. Miyazawa	19:05.08 1st	24:54.4 26th (in)	19:05.8 3rd	26:19 84th	-	-	-	-	-
C. Rhoton	-	24:36.6 13th (in)	-	26:17 79th	24:17.5 60th	-	-	-	-
S. Riggs	19:13.06 2nd	25:23.1 2nd (op)	19:04.9 2nd	-	-	-	-	-	-
E. Sandall	19:58.93 6th	27:13.3 35th (op)	19:54.2 12th	-	-	-	-	-	-
Istvan Szogi	-	24:39 15th	-	25:34 27th	24:28.4 90th	-	-	-	-
M. Tate	-	24:37.3 14th (in)	-	25:20 14th	24:05.0 42nd	-	-	-	-
M. Wright	19:28.73 3rd	-	19:40.5 11th	-	-	-	-	-	-

* - Result earned a Big Sky Athlete of the Week award.
 ** - All-Big Sky Conference finish.

Women's 2014 Results

Team	ISU 2nd/2	UCR 6th/23	UNLV Sept. 20	Griak Sept. 27	Notre Dame Oct. 3	SUU Oct. 10	Pre-Nats Oct. 18	Big Sky Nov. 1	Region Nov. 14
Distance	3k	5k/6k	5k	6k	6k	4k	6k	6k	6k
# of Runners	20	247/172	43		216				
S. Adair	-	20:20.8 101st (op)	19:36 29th	-	-	-	-	-	-
K. Boyer	11:35.68 13th	19:15.3 34th (op)	18:55.2 21st	-	-	-	-	-	-
J. Brandow	10:39.40 4th	22:02.6 34th (in)	-	23:22 130th	17:49.6 53rd	-	-	-	-
A. Bryson	-	22:14.1 40th (in)	-	23:56 184th	17:55.1 59th	-	-	-	-
P. Cardiff	-	19:05.9 24th (op)	19:08.5 25th	-	-	-	-	-	-
S. Dimick	11:19.57 11th	22:49.0 83rd (in)	19:03.2 22nd	-	-	-	-	-	-
A. Hawks	-	21:15.8 6th (in)	-	22:13 38th	16:48.8 2nd	-	-	-	-
J. Hildebrandt	-	22:33.8 61st (in)	18:48.1 18th	24:50 273rd	-	-	-	-	-
S. Malm	11:11.28 6th	22:34.4 63rd (in)	18:46.8 17th	25:00 287th	-	-	-	-	-
A. Nickerson	11:23.68 12th	22:24.0 48th (in)	-	24:05 196th	18:27.7 114th	-	-	-	-
R. Pond	11:37.86 15th	23:29.0 117th (in)	18:49.9 20th	-	19:22.6 176th	-	-	-	-
A. Tyndall	11:16.25 10th	22:36.5 65th (in)	18:27.3 11th	24:11 205th	18:12.6 90th	-	-	-	-

MEN'S CROSS COUNTRY - 2014 ROSTER

<i>Name</i>	<i>Ht.</i>	<i>Yr.</i>	<i>Hometown, (Previous School)</i>
Ibrahim Ahmed	5-8	RSo.	St. Catherines, Ontario (St. Francis Secondary)
Omar Cortes	5-5	RJr.	Los Angeles, Calif. (LA Trade Tech)
Josh Gardner	6-2	RJr.	Cedar City, Utah (Cedar HS)
Hayden Hawks	5-11	RJr.	Ivins, Utah (Snow Canyon HS)
Keeghan Hurley	6-0	Fr.	Perham, Minn. (Perham HS)
Kacey Hutchinson	5-11	Fr.	Bountiful, Utah (Viewmont)
Nate Jewkes	5-11	RSr.	South Jordan, Utah (Bingham HS)
Ben Johnson	5-10	RFr.	Orem, Utah (Orem HS)
Robby Lee	6-0	RSo.	American Fork, Utah (American Fork HS)
Dylan Marx	5-11	Sr.	San Diego, Calif. (San Diego Mesa)
Shinano Miyazawa	5-6	RSo.	Orem, Utah (Mountain View HS)
Clinton Rhoton	6-0	Sr.	Cedar City, Utah (Cedar HS)
Skylar Riggs	5-7	RSo.	Nibley, Utah (Mountain Crest HS)
Eric Sandall	6-0	RSo.	Elko, Nev. (Elko HS)
Justin Secacuku	5-7	Sr.	Shungopavi Village, Ariz. (Paradise Valley CC)
Mike Tate	5-7	So.	Antigonish, Nova Scotia (Dr. J.H.Gillis Regional HS)
Matthew Wright	6-0	Fr.	Enoch, Utah (Canyon View HS)

WOMEN'S CROSS COUNTRY - 2014 ROSTER

<i>Name</i>	<i>Ht.</i>	<i>Yr.</i>	<i>Hometown, (Previous School)</i>
Sheri Adair	5-6	So.	Kirtland, N.M. (Kirtland Central HS)
Courtney Allred	5-5	Fr.	St. George, Utah (Desert Hills HS)
Katlyn Baker	5-3	Fr.	Cedar City, Utah (Canyon View HS)
Kaylee Abel	5-4	Jr.	Washington, Utah (Pine View HS)
Josie Brandow	5-5	RSo.	Cedar Hills, Utah (Lone Peak HS)
Aubrey Bryson	5-8	RJr.	Cedar City, Utah (Cedar HS)
Paige Cardiff	5-8	RFr.	Kingman, Ariz. (Kingman HS)
Sharlie Dimick	5-8	Fr.	Syracuse, Utah (Syracuse HS)
Caitlin Elgan	5-6	Fr.	Preston, Idaho (Preston HS)
Ashley Hawks	5-5	RJr.	Cedar City, Utah (Cedar HS)
Jasmyn Hildebrandt	5-4	RJr.	Cedar Hills, Utah (American Fork HS)
Melissa Kunz	5-5	Fr.	Cedar City, Utah (Canyon View HS)
Sierra Malm	5-4	So.	Payson, Utah (Salem Hills HS)
Brandy Petersen	5-3	RJr.	South Jordan, Utah (Bingham HS)
Ashley Tyndall	5-4	Fr.	Kaysville, Utah (Davis HS)