

# WASHINGTON STATE

## CROSS COUNTRY

NCAA CHAMPIONSHIP APPEARANCES:

M: 1966, 1969, 1971, 1972, 1973, 1974, 1975, 1976, 1977, 1984, 1998, 2011, 2015, 2016, 2017; W: 1983, 1985

## ATHLETIC COMMUNICATIONS

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### 2018 SCHEDULE

#### AUGUST

- 31 *WSU Alumni Meet*  
Colfax Golf Club (Colfax, Wash.)

#### SEPTEMBER

- 14 *Cougar Classic*  
Colfax Golf Club (Colfax, Wash.)  
28 *Nuttyscombe Wisconsin Invitational*  
Zimmer Championship Course (Madison, Wis.)

#### OCTOBER

- 13 Pre-National Meet  
Zimmer Championship Course (Madison, Wis.)  
13 Inland Empire Championships  
Lewiston Orchards (Lewiston, Idaho)  
26 *Pac-12 Championships*  
Stanford Golf Course (Stanford, Calif.)

#### NOVEMBER

- 9 *NCAA West Regionals*  
Haggin Oaks Golf Club (Sacramento, Calif.)  
17 NCAA Cross Country Championships  
Zimmer Championship Course (Madison, Wis.)

### QUICK FACTS

**Founded/Location:** 1890/Pullman, Wash.

**Enrollment:** 20,286 (Pullman only)

**Colors:** Crimson and Gray

**President:** Kirk Schulz

**Faculty Athletic Rep.:** Nancy Swanger

**Dir. of Athletics:** Patrick Chun

**Deputy Dir./SWA:** Anne McCoy

**Conference:** Pac-12

**Mascot:** Cougars

**Facebook:** wsucougartrack

**Twitter/Instagram:** wsucougartf

**Website:** wsucougars.com

### TEAM INFORMATION

**Head Coach:** Wayne Phipps (Fifth year)

**Alma Mater:** British Columbia, 1991

**Asst. Coach:** CharLee Linton (Second year)

**Alma Mater:** Washington State, 2016

**Home Course:** Colfax Golf Club

**NCAA Appearances:**

**Men:** 15 Team

**Women:** Two Team/Eight Individuals

**Last NCAA Appearance:** M-2017; W-1985

**All-Americans:** M-38; W-4

**Returning NCAA Competitors:**

**Men:** Justin Janke, Paul Ryan, Chandler Teigen, Nathan Wadhwani, Matthew Watkins

**Women:** Vallery Korir



### 2018 CROSS COUNTRY MEET NOTES

#### Pac-12 Championships

Friday, Oct. 26 | Stanford, Calif. | Stanford Golf Course

#### Race Times (PT):

Women's 6k Race - 11:10 a.m.(PT)

Men's 8k Race - 12:10 p.m. (PT)

**Teams Competing:** Arizona, Arizona State, California, Colorado, Oregon, Oregon State, Stanford, UCLA, USC, Utah, Washington, **Washington State**

### WASHINGTON STATE COMPETES IN PAC-12 CHAMPIONSHIP

>> The Washington State men's cross country team, and the women's cross country team will compete in their sixth meet of the year, as the Cougars depart to compete at the Pac-12 Championships in Stanford, California.

>> The Stanford Golf Course is the site for the Pac-12 Championship this season, as this marks the 26th time the course has hosted the Pac-12 Championship for the men and 14th time for the women.

### COUGARS IN THE RANKINGS:

>>The Cougars men's cross country program came in at No. 29 overall in the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) week five poll, while placing in the number eight spot in the west regional rankings. The Cougs are looking to rebuild momentum after dropping 12 spots after their races at the Inland Empire Championships and Pre-National Meet.

>> The Cougar women's cross country program came in 15th place overall in the latest west region ranking in the week five USTFCCCA poll, dropping down one spot from the previous week, as they look to climb the rankings by scoring points in the upcoming meet at Pac-12 Championship.



#### Wayne Phipps, Director Cross Country/Track & Field (Fifth Year)

- Led Cougar men to three-straight NCAA Championships at-large invitations.
- WSU men's XC team finished 14th at 2016 NAAs - highest NCAA finish in 32 years.
- Michael Williams earned All-America honors with 30th-place; first Cougar since 1998.
- Vallery Korir finished 33rd at 2017 NAAs, becoming the fourth woman in WSU history to earn All-America honors.
- WSU men's XC 26th at 2015 NAAs and 24th at the 2017 NAAs.



#### CharLee Linton, Assistant Coach (Second Year)

- Walked-on to 2012 WSU team.
- Earned scholarship for junior and senior years.
- Scored at 2013, 2014 and 2015 Pac-12 and NCAA West Region XC Championships.
- Broke a 12-year-old school 10k record in 2015 (34:03.69).
- Finished career in WSU all-time records at seventh in 5000m and 8th in 3000m.
- Scored with 7th-place at 2016 Pac-12 Champs in 10,000m.

## LAST TIME OUT

>> Washington State's men and women ran at the Pre-National Meet on Saturday, Oct. 13...The WSU women placed 26th overall, as freshman Emma Jenkins was the top runner with a time of 21:33.2 to finish 26th overall...For the men, the Cougs claimed 10th as a team, with senior Chandler Teigen leading the way finishing at 24:16 to place 26th overall.

>> The Cougars men and women also ran in the Inland Empire Championships on Saturday, Oct. 13...The WSU women placed 6th overall as sophomore Samantha King-Shaw claimed the top finish by a Cougar with a time of 18:06 to place 14th overall...For the men, the Cougs finished second as a team, with sophomore Andrew Cooper placing seventh overall with a time of 24:35.

## WSU MEN'S CROSS COUNTRY ROSTER

NAME	YEAR	HOMETOWN/HIGH SCHOOL (LAST SCHOOL)
<b>Amir Ado</b>	<b>So.</b>	<b><i>Spokane, Wash. (Ferris HS)</i></b>
<b>Andrew Cooper</b>	<b>RS-So.</b>	<b><i>Issaquah, Wash. (Liberty HS)</i></b>
<b>Cameron Dean</b>	<b>Jr.</b>	<b><i>Spokane, Wash. (Mead HS)</i></b>
<b>Justin Janke</b>	<b>Jr.</b>	<b><i>Spokane, Wash. (North Central HS)</i></b>
<b>Colton Johnsen</b>	<b>Jr.</b>	<b><i>Bellingham, Wash. (Eastern Washington)</i></b>
Zak Kindl	So.	Spokane, Wash. (Lewis & Clark HS)
<b>Kyler Little</b>	<b>Sr.</b>	<b><i>Coeur d'Alene, Idaho (Lake City HS)</i></b>
Reid Muller	Sr.	Pitt Meadows, B.C. (Pitt Meadows Secondary)
Jacob Nicholson	So.	Spokane Valley, Wash. (West Valley HS)
Nate Pendleton	Fr.	Sammamish, Wash. (Eastlake HS)
<b>Paul Ryan</b>	<b>Sr.</b>	<b><i>Moscow, Idaho (Logos HS)</i></b>
Luke Schilter	So.	Lacey, Wash. (NW Christian HS)
Kennan Schrag	RS-So.	Issaquah, Wash. (Issaquah HS)
<b>Zach Stallings</b>	<b>So.</b>	<b><i>Reno, Nev. (McQueen HS)</i></b>
<b>Chandler Teigen</b>	<b>Sr.</b>	<b><i>Anatone, Wash. (Asotin HS)</i></b>
<b>Nathan Wadhwani</b>	<b>Sr.</b>	<b><i>Maple Ridge, B.C. (Terry Fox Secondary)</i></b>
Noah Wallace	So.	Lake Stevens, Wash. (Concordia-Ore.)
Matthew Watkins	So.	Mill Creek, Wash. (Jackson HS)

## WSU WOMEN'S CROSS COUNTRY ROSTER

NAME	YEAR	HOMETOWN/HIGH SCHOOL (LAST SCHOOL)
Kiyena Beatty	So.	Temecula, Calif. (Great Oak HS)
Josie Brown	Sr.	Coeur d'Alene, Idaho (Coeur d'Alene HS)
<b>Marie Gaudin</b>	<b>Jr.</b>	<b><i>Arlington, Wash. (Arlington HS)</i></b>
<b>Zorana Grujic</b>	<b>Fr.</b>	<b><i>Novi Sad, Serbia</i></b>
<b>Melissa Hruska</b>	<b>Jr.</b>	<b><i>Snoqualmie, Wash. (Mount Si HS)</i></b>
<b>Emma Jenkins</b>	<b>Fr.</b>	<b><i>Camas, Wash. (Camas HS)</i></b>
<b>Kaili Keefe</b>	<b>Jr.</b>	<b><i>Yakima, Wash. (Eastern Washington)</i></b>
<b>Samantha King-Shaw</b>	<b>So.</b>	<b><i>Sparks, Nev. (Reed HS)</i></b>
<b>Vallery Korir</b>	<b>Sr.</b>	<b><i>Iten, Kenya (Murray State)</i></b>
<b>Jenaya Pynn</b>	<b>Jr.</b>	<b><i>Nanaimo, B.C., Canada (Wellington Secondary)</i></b>
Alexis Redfield	RS-So.	Zillah, Wash. (Zillah HS)
<b>Pia Richards</b>	<b>So.</b>	<b><i>Sammamish, Wash. (Eastlake HS)</i></b>
Geneva Schlepp	Fr.	Sammamish, Wash. (Skyline HS)
<b>Desi Stinger</b>	<b>So.</b>	<b><i>Temecula, Calif. (Great Oak HS)</i></b>
Kelsey Takeuchi	So.	Renton, Wash. (Cal Poly)
Elena Willems	Fr.	Snohomish, Wash. (Glacier Peak HS)

Competitors for the Pac-12 Championships in bold/italics.

## MEN'S USTFCCCA NATIONAL RANKINGS Oct. 16, 2018

Rank	School	Points
1	Northern Arizona (11)	328
2	BYU (2)	321
3	Wisconsin	302
4	Stanford	295
5	Portland	292
6	Iowa State	270
7	Washington	262
T-8	Colorado	246
T-8	Boise State	246
10	Syracuse	234
11	Oregon	224
12	UCLA	198
13	Wyoming	180
14	Virginia	171
15	Notre Dame	161
16	Air Force	155
17	Colorado State	154
18	Purdue	146
19	Eastern Kentucky	134
20	Arkansas	117
21	Ole Miss	110
22	Indiana	84
T-23	Oklahoma State	83
T-23	Furman	83
25	Southern Utah	68
26	Gonzaga	58
27	Michigan	47
28	Princeton	40
<b>29</b>	<b>Washington State</b>	<b>26</b>
30	Alabama	24

Others receiving votes: Michigan State 14, Texas 9, Iona 8, Georgetown 7, Tennessee 6, Villanova 4, NC State 3, Harvard 2, Utah State 2

## WEST REGION WEEK 4 2018 MEN Oct. 15, 2018

1.	Portland
2.	Stanford
3.	Washington
4.	Boise State
5.	Oregon
6.	UCLA
7.	Gonzaga
<b>8.</b>	<b>Washington State</b>
9.	San Jose State
10.	Cal Poly
11.	Santa Clara
12.	San Francisco
13.	California
14.	Pepperdine
15.	Loyola Marymount

## WOMEN'S USTFCCCA NATIONAL RANKINGS Oct. 16, 2018

Rank	School	Points
1	Colorado (11)	322
2	Boise State	314
3	New Mexico (2)	313
4	Oregon	288
5	Arkansas	286
6	Stanford	271
7	Michigan	259
8	Villanova	254
9	BYU	233
10	Indiana	227
11	Wisconsin	215
12	NC State	199
13	Penn State State	182
14	Michigan State	176
15	Furman	172
16	Washington	170
17	Iowa State	159
18	Notre Dame	144
19	Portland	138
20	Columbia	131
21	Minnesota	104
22	Georgia Tech	84
23	Southern Utah	77
24	Georgia	62
25	Syracuse	53
26	Ole Miss	51
27	Utah State	33
28	Northern Arizona	29
29	Florida State	27
30	Princeton	24

Others Receiving Votes: Oklahoma State 22, Florida 19, Yale 16, Air Force 13, Oregon State 11, Texas 11, UCLA 9, Dartmouth 8, Georgetown 6, Cal Poly 1, Utah 1

## WEST REGION WEEK 4 2018 WOMEN Oct. 15, 2018

1.	Boise State
2.	Oregon
3.	Stanford
4.	Washington
5.	Portland
6.	Oregon State
7.	UCLA
8.	Cal Poly
9.	San Jose State
10.	San Francisco
11.	Cal Baptist
12.	Arizona State
13.	Cal State Fullerton
14.	California
<b>15.</b>	<b>Washington State</b>