



NCAA CHAMPIONSHIP APPEARANCES:

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

ATHLETIC COMMUNICATIONS

XC Contact: Devon Lucal
Email: devon.lucal@wsu.edu
Cell: 513-720-8488
Office: 509-720-0268

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.)



2018 CROSS COUNTRY MEET NOTES

NCAA West Regionals

Friday, Nov. 9 | Sacramento, Calif. | Haggin Oaks Golf Complex

Race Times (PT)

Women's 6k Race - 11:00 a.m.(PT)
Men's 10k Race - 12:00 p.m. (PT)

Teams Competing (Women): San Francisco, Cal St. Northridge, Oregon, Portland, Idaho, UC Davis, Arizona, Loyola Marymount, Seattle U., Grand Canyon, Gonzaga, Washington, Cal Poly, Pepperdine, UC Santa Barbara, UC Irvine, California, St. Mary's, Long Beach St., UNLV, UC Riverside, San Diego, **Washington State**, Santa Clara, Arizona State, UCLA, Eastern Washington, Sacramento St., Fresno State, Oregon State, Pacific, Hawaii, Boise State, Stanford, San Diego St., San Jose St., Cal St. Fullerton, and Portland State.

Teams Competing (Men): Portland State, Seattle U., San Diego, Long Beach St, Cal St. Northridge, Cal St. Fullerton, California, Boise State, UC Irvine, Cal Poly, San Francisco, Portland, Gonzaga, St. Mary's, Arizona State, Sacramento St., UC Santa Barbara, Pepperdine, San Jose, St., UC Riverside, UC Davis, UCLA, Stanford, **Washington State**, Arizona, Idaho, Grand Canyon, Loyola Marymount, Washington, Santa Clara, Eastern Washington, and Oregon.

COUGARS HEAD TO NCAA WEST REGIONALS

>> The Washington State men's cross country team, and the women's cross country team will compete in their seventh race of the year, as the Cougars depart to run at the 2018 NCAA West Regionals in Sacramento, California. The WSU Men and Women will each feature a full squad of runners who qualified for the meet.

>> The Haggin Oaks Golf Complex is the site for the 2018 NCAA West Regionals this season, hosted by Sacramento State.

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: wsucougatrack
Twitter/Instagram: wsucougartf
Website: wsucougars.com

COUGARS IN THE RANKINGS:

>>The Cougars men's cross country program checks in at No. 22 overall in the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) week six poll, while placing in the number six spot in the west regional rankings. The Cougs move up seven total spots in the national rankings, and are up two in the west region after a solid showing at the Pac-12 Championships.

>> The Cougar women's cross country program enter the week ranked 13th overall in the latest west region in the week six USTFCCCA poll. The Cougars improved two spots from week five, after a strong overall team finish at the Pac-12 Championships in Stanford, California.

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



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

>> The WSU Women's program placed eighth overall in the 6k race at the Pac-12 Championships. The top runner for the Cougars was Vallery Korir who finished 39th overall with a time of 21:06.4 in the meet. Following Korir was Zorana Grujic who recorded a time of 21:18.3 for a finish of 47th overall. Emma Jenkins followed with a time of 21:26.0 to finish 54th overall.

>> The Cougar Men's squad finished fifth overall in the 8k race at the Pac-12 Championships. Leading the way for the Cougars once again was senior Chandler Teigen finishing 7th overall with a time of 23:12.1 to record his second straight top-10 finish at the Pac-12 Championships. Nathan Wadhvani followed his fellow teammate with a finish of 21st overall at 23:33.4. Amir Ado notched a top-30 finish as well with a time of 23:47.0 to finish 28th overall.

WSU MEN'S CROSS COUNTRY ROSTER

NAME	YEAR	HOMETOWN/HIGH SCHOOL (LAST SCHOOL)
Amir Ado	So.	Spokane, Wash. (Ferris HS)
Andrew Cooper	RS-So.	Issaquah, Wash. (Liberty HS)
Cameron Dean	Jr.	Spokane, Wash. (Mead HS)
Justin Janke	Jr.	Spokane, Wash. (North Central HS)
Colton Johnsen	Jr.	Bellingham, Wash. (Eastern Washington)
Zak Kindl	So.	Spokane, Wash. (Lewis & Clark HS)
Kyler Little	Sr.	Coeur d'Alene, Idaho (Lake City HS)
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)
Paul Ryan	Sr.	Moscow, Idaho (Logos HS)
Luke Schilter	So.	Lacey, Wash. (NW Christian HS)
Kennan Schrag	RS-So.	Issaquah, Wash. (Issaquah HS)
Zach Stallings	So.	Reno, Nev. (McQueen HS)
Chandler Teigen	Sr.	Anatone, Wash. (Asotin HS)
Nathan Wadhvani	Sr.	Maple Ridge, B.C. (Terry Fox Secondary)
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)
Marie Gaudin	Jr.	Arlington, Wash. (Arlington HS)
Zorana Grujic	Fr.	Novi Sad, Serbia
Melissa Hruska	Jr.	Snoqualmie, Wash. (Mount Si HS)
Emma Jenkins	Fr.	Camas, Wash. (Camas HS)
Kaili Keefe	Jr.	Yakima, Wash. (Eastern Washington)
Samantha King-Shaw	So.	Sparks, Nev. (Reed HS)
Vallery Korir	Sr.	Iten, Kenya (Murray State)
Janet Okeago	Jr.	Nyahururu, Kenya (Hampton)
Jenaya Pynn	Jr.	Nanaimo, B.C., Canada (Wellington Secondary)
Alexis Redfield	RS-So.	Zillah, Wash. (Zillah HS)
Pia Richards	So.	Sammamish, Wash. (Eastlake HS)
Geneva Schlepp	Fr.	Sammamish, Wash. (Skyline HS)
Desi Stinger	So.	Temecula, Calif. (Great Oak HS)
Kelsey Takeuchi	So.	Renton, Wash. (Cal Poly)
Elena Willems	Fr.	Snohomish, Wash. (Glacier Peak HS)

Competitors for the NCAA West Regionals in bold/italics.

MEN'S USTFCCCA NATIONAL RANKINGS Oct. 30, 2018

Rank	School	Points
1	Northern Arizona (10)	329
2	BYU (1)	320
3	Wisconsin	300
4	Portland	297
5	Stanford	292
6	Iowa State	273
7	Washington	263
8	Colorado	242
9	Boise State	233
10	Notre Dame	228
11	Oregon	224
12	Syracuse	219
13	Air Force	191
14	Colorado State	176
15	Purdue	166
16	Eastern Kentucky	163
17	Ole Miss	156
18	Wyoming	152
19	Arkansas	126
20	Furman	101
21	Oklahoma State	97
22	Washington State	93
23	Indiana	83
24	UCLA	82
25	Princeton	68
26	NC State	52
27	Michigan	43
T28	Gonzaga	31
T28	Virginia	31
30	Tennessee	17

Others receiving votes: Texas 14, Harvard 13, Michigan State 12, Georgetown 11, Southern Utah 7, Villanova 6, Weber State 2, Utah State 1, Tulsa 1

WEST REGION WEEK 6 2018 MEN Oct. 29, 2018

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

WOMEN'S USTFCCCA NATIONAL RANKINGS Oct. 30, 2018

Rank	School	Points
1	New Mexico (6)	319
2	Oregon (2)	312
3	Boise State (2)	308
4	Colorado (1)	305
5	Arkansas	288
6	Stanford	270
7	Michigan	267
8	Villanova	249
9	BYU	237
10	Michigan State	227
T-11	Wisconsin	208
T-11	N.C. State	208
13	Penn State	180
14	Indiana	174
15	Iowa State	173
16	Furman	167
17	Washington	164
18	Notre Dame	145
19	Portland	125
20	Columbia	117
21	Florida	111
22	Southern Utah	86
T-23	Ole Miss	80
T-23	Minnesota	80
25	Syracuse	72
26	Oklahoma State	65
27	Dartmouth	30
28	Northern Arizona	25
29	Georgia	16
30	Georgia Tech	15

Others Receiving Votes: UCLA 14, Princeton 13, Florida State 13, Texas 10, Oregon State 9, Air Force 9, West Virginia 7, Utah State 7, Yale 6, Cal Poly 3, Northwestern 1

WEST REGION WEEK 6 2018 WOMEN Oct. 29, 2018

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