

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

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 *Nuttycombe 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



COUGAR CROSS COUNTRY CLASSIC

Friday, Sept. 14 | Colfax, Wash. | Colfax Golf Club

Race Times:

Men's 8,000m Race - 5:15 p.m.; Women's 6,000m Race - 6 p.m.

Teams: Eastern Washington, Gonzaga, Idaho, Lewis-Clark State, Pepperdine, Portland State, Walla Walla, Washington State

WSU CROSS COUNTRY TO HOST COUGAR CLASSIC

>> The 13th-ranked Washington State men's cross country team, and women's cross country team will compete for the second time this season, at their home course at the Colfax Golf Club in Colfax in the Cougar Classic Friday, Sept. 14.

>> The men's 8,000m race will begin at 5:15 p.m., followed by the women's 6,000m race at 6 p.m. The meet marks the first time the Cougars will face outside competition in 2018 teams as they host; Eastern Washington, Gonzaga, Idaho, Lewis-Clark State, Pepperdine, Portland State and Walla Walla

>> The Colfax Golf Club will also be the site of the 2019 NCAA West Region Cross Country Championships, and the 2015 Pac-12 Cross Country Championships.

COUGARS IN THE RANKINGS:

>> The Washington State men's cross country team came in at No. 13 ranking in the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) week one poll, while holding down a number four spot in the most recent west regional rankings. The Cougs are looking to build off this early recognition and continue to find success throughout the year.

>> The Cougar women's cross country program earned a ninth overall west region ranking in the week one USTFCCCA polls, poised for a great start to the 2018 season, and looking to continually climb the rankings throughout the year.

COUGARS TO HOST 2019 NCAA WEST REGION XC CHAMPIONSHIPS:

>> Washington State will host the 2019 NCAA Cross Country West Regional Friday, Nov. 15, at the Colfax Golf Club at Colfax, Wash...this will mark the first time WSU will host an NCAA Cross Country Regional Championship...Cougars hosted the 2015 Pac-12 Men's and Women's Cross Country Championships at the Colfax Golf Club and practice on the course several times a week.



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 Cougars hosted the WSU Alumni Meet, Friday, Aug. 31...for the women, freshman Emma Jenkins took home first place in the 4,000m race, while redshirt freshman Amir Ado placed third in the men's 6,000m race... senior Nathan Wadhwani won the men's race, followed by his classmate, Paul Ryan in second...junior Desi Stinger was third in the women's race, as recent WSU grad, Devon Bortfeld finished second.

COMPETING FOR WSU

>> Competing for the Washington State men at the Cougar Classic are; seniors Tyler Little and Reid Muller, junior Dean Cameron, sophomores Andrew Cooper, Zak Kindl, Jacob Nicholson, Luke Schilter, Kennan Schrag and Zach Stallings and freshman Nate Pendleton...Competing for the WSU women are; freshmen Zorana Grujic, Emma Jenkins, Geneva Schlepp and Elena Willems, sophomores Kiyena Beatty, Samantha King-Shaw and Pia Richards and juniors Marie Gaudin, Melissa Hruska, Kaili Keefe, Janet Okeago, Alexis Redfield and Desi Stinger.

2018 WASHINGTON STATE ROSTERS

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)
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 Wadhwani	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)
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)
Elena Willems	Fr.	Snohomish, Wash. (Glacier Peak HS)

Competitors for the Cougar Cross Country Classic in bold/italics.

MEN'S USTFCCCA NATIONAL RANKINGS Sept. 11, 2018

Rank	School	Pts.	Prev. Ranking
1.	Northern Arizona	330	1
2.	BYU	315	3
3.	Portland	300	2
4.	Stanford	295	4
5.	Iowa State	287	5
6.	Alabama	276	6
7.	Colorado	266	7
8.	Oregon	248	8
9.	Wisconsin	225	11
10.	Colorado State	222	9
11.	Syracuse	221	10
12.	Campbell	192	12
13.	Washington State	186	13
14.	Arkansas	177	15
15.	Southern Utah	174	14
16.	Air Force	166	16
17.	Virginia	148	17
18.	Iona	137	18
19.	Middle Tennessee	116	19
20.	UCLA	106	20
21.	NC State	103	21
22.	Boise State	93	24
23.	Oklahoma State	87	25
24.	Michigan State	86	22
25.	Princeton	65	23
26.	Washington	48	27
27.	Furman	41	30
28.	Villanova	35	28
29.	Michigan	29	26
30.	Ole Miss	28	29

Others receiving votes: Indiana 17, Texas 15, Utah State 14, Butler 12, Notre Dame 11, Virginia Tech 10, Georgetown 9, Army West Point 8, Penn State 6, Illinois 5, Stony Brook 5, Providence 1

WEST REGION WEEK 1 2018 MEN Sept. 10, 2018

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

WOMEN'S USTFCCCA NATIONAL RANKINGS Sept. 11, 2018

Rank	School	Pts.	Prev. Ranking
1.	New Mexico	330	1
2.	Colorado	318	2
3.	Stanford	306	3
4.	Oregon	289	4
5.	Boise State	288	5
6.	NC State	282	6
7.	Wisconsin	253	7
8.	Arkansas	237	9
9.	Villanova	229	8
10.	Utah State	221	10
11.	Providence	202	11
12.	Michigan	201	13
13.	Penn State	194	12
14.	Furman	186	14
15.	Michigan State	171	15
16.	Washington	166	18
17.	BYU Iowa State	162	16
18.	Iowa State	156	17
19.	Georgia	140	19
20.	Indiana	120	21
21.	California	113	20
22.	Syracuse	92	22
23.	Notre Dame	91	23
24.	Minnesota	83	24
25.	Georgetown	69	25
26.	Oklahoma State	60	26
27.	Portland	38	--
28.	Dartmouth	36	28
29.	Texas	23	27
30.	Colorado State	13	--

Others Receiving Votes: Virginia Tech 12, Ohio State 10, SMU 6, Florida State 5, Utah 5, San Francisco 4, Nevada 2.

WEST REGION 2018 WOMEN Sept. 10, 2018

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