

### 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 Wadhvani, Matthew Watkins  
**Women:** Vallery Korir

### 2018 CROSS COUNTRY MEET NOTES



#### NUTTYCOMBE WISCONSIN INVITATIONAL

Friday, Sept. 28 | Madison, Wis. | Zimmer Championship Course

#### Race Times:

Men's 8,000m Race - 10 a.m.; Women's 6,000m Race - 9:20 a.m.

**Teams:** Air Force, Alabama, Arkansas (W), Boise State, Bradley, Butler, Charlotte, Colorado, Colorado State, Columbia, Delaware (W), Eastern Kentucky (M), Georgetown, Illinois (M), Indiana, Iona, Iowa State,

**Teams (Cont.):** Michigan (M), Michigan State, New Mexico, North Carolina State, Northern Arizona, Oklahoma State, Oregon State (W), Penn, Penn State, Portland, Princeton (M), Providence, Purdue, San Francisco, Southern Illinois, Southern Utah, Tennessee, Texas, Texas Tech, Tulsa, TCU (W), Vanderbilt (W), Villanova, Washington State, Wisconsin.

#### COUGARS SET TO RUN IN NUTTYCOMBE WISCONSIN INVITATIONAL

>> The Washington State men's cross country team, and the women's cross country team will compete for the third time this season, on the road in Madison, Wisconsin at the Nuttycombe Invitational, Friday, September 28.

>> The men's 8,000m race will begin at 1 p.m., followed by the women's 6,000m race at 12:20 p.m. The meet will start off with women's and men's "B" Races as well with the women's race starting at 11 a.m., and the men's at 11:40 a.m.

>> The Thomas Zimmer Championship Course is one of the premier courses within the NCAA, and is the home of the NCAA Cross Country Championship this season.

#### COUGARS IN THE RANKINGS:

>> The Cougar men's cross country program checks in at No. 15 overall in the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) week one poll, while holding down a number one 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 remains ninth overall in the latest west region ranking in the week three USTFCCCA polls, poised for a great start to the 2018 season, and looking to continually climb the rankings throughout the year.



#### 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

>> WSU hosted the Cougar Classic, Friday, Sept. 14...for the women, freshman Emma Jenkins (20:53) took home first place in the 6,000m race, her first 6k as a collegiate runner...The Cougar women claimed second place overall in the race as well...The top finisher on the men's side was Kennan Schrag (24:22) placed fifth overall, and helped the men finish in a tie for second place with Pepperdine.

## COMPETING FOR WSU

>> Competing for the Washington State men at the Nuttycombe Invitational are; Nathan Wadhvani, Chandler Teigen, Amir Ado, Colton Johnsen, Justin Janke, Paul Ryan, and Kennan Schrag...Along with Kyler Little, Matthew Watkins, and Andrew Cooper running in the B Race.

>> Competing for the WSU women are; Kaili Keefe, Emma Jenkins, Marie Gaudin, Desi Stinger, Melissa Hruska, Samantha King-Shaw, and Kelsey Takeuchi...Running in the Nuttycombe B Race will be Pia Richards, and Zorana Grujic.

## 2018 WASHINGTON STATE ROSTERS

### WSU MEN'S CROSS COUNTRY ROSTER

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

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

Competitors for the Nuttycombe Invitational in italics.

## MEN'S USTFCCCA NATIONAL RANKINGS Sept. 25, 2018

Rank	School	Points
1.	Northern Arizona (11)	330
2.	BYU	315
3.	Portland	302
4.	Stanford	296
5.	Iowa State	282
6.	Alabama	274
7.	Colorado	270
8.	Syracuse	246
9.	Wisconsin	236
10.	Colorado State	225
11.	Oregon	208
12.	Washington	192
13.	Arkansas	185
14.	Southern Utah	171
15.	<b>Washington State</b>	<b>169</b>
16.	Iona	151
17.	Air Force	142
18.	Virginia	116
19.	Middle Tennessee	111
20.	Ole Miss	109
21.	Michigan State	100
22.	Oklahoma State	97
23.	UCLA	94
24.	Princeton	89
25.	NC State	87
26.	Boise State	63
27.	Villanova	47
28.	Furman	40
29.	Indiana	39
30.	Texas	27

**Others receiving votes:** Michigan 23, Campbell 18, Utah State 13, Butler 12, Georgetown 12, Minnesota 10, Stony Brook 6, Columbia 5, Eastern Kentucky 3

## WEST REGION WEEK 3 2018 MEN Sept. 24, 2018

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

## WOMEN'S USTFCCCA NATIONAL RANKINGS Sept. 25, 2018

Rank	School	Points
1.	New Mexico (11)	330
2.	Colorado	318
3.	Stanford	305
4.	Oregon	295
5.	Boise State	287
6.	North Carolina State	279
7.	Wisconsin	257
8.	Villanova	248
9.	Arkansas	240
10.	Michigan	226
11.	BYU	203
12.	Furman	198
13.	Penn State	191
14.	Utah State	189
15.	Michigan State	176
16.	Washington	169
17.	Iowa State	145
18.	Ole Miss	126
19.	Indiana	115
20.	Georgia Tech	98
21.	California	96
22.	Notre Dame	94
23.	Minnesota	82
24.	Utah	74
25.	Providence	62
26.	Georgia	61
27.	Georgetown	56
28.	Dartmouth	47
29.	Portland	36
30.	Oklahoma State	36

**Others Receiving Votes:** Syracuse 23, Texas 17, Brown 14, SMU 8, Nevada 6, Colorado State 5, Ohio State 3

## WEST REGION WEEK 3 2018 WOMEN Sept. 24, G2018

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