



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

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2019 SCHEDULE

AUGUST

Friday 30 WSU Open Colfax, WA

SEPTEMBER

Friday 13 Cougar Classic Colfax, WA

Saturday 28 at Bill Dellinger Invite Springfield, OR

OCTOBER

Friday 18 at Nuttycombe Invite Madison, WI

Friday 18 at Sasquatch Invite Spokane, WA

NOVEMBER

Friday 1 Pac-12 Championships Monmouth, OR

Friday 15 NCAA West Regional Colfax, WA

Saturday 23 NCAA Championships Terre Haute, IN

*All home meets ran at Colfax Golf Club

QUICK FACTS

Founded: 1890
Location: Pullman, Wash.
Population: 33,354
Enrollment: 20,286 (Pullman only)
Colors: Crimson and Gray
President: Kirk Schulz
Faculty Athletic Rep.: Nancy Swanger
Director of Athletics: Patrick Chun
Deputy Director/SWA: Anne McCoy
Conference: Pac-12
Mascot: Cougars
Facebook: wsucougartack
Twitter: wsucougartf
Instagram: wsucougartf
Website: wsucougars.com

TEAM INFORMATION

Head Coach: Wayne Phipps (Sixth year)
Alma Mater: British Columbia, 1991
Asst. Coach: CharLee Linton (Third 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

NOTES

MEET # 6

PAC-12 CROSS COUNTRY CHAMPIONSHIPS

Friday, Nov. 1 | Monmouth, Ore. | Ash Creek Preserve

RACE TIMES

Men's Championship 8K Race - 11:10 a.m.

Women's Championship 6K Race - 12:10 p.m.

Watch: Pac-12 Network



CHAMPIONSHIP SEASON

The Washington State women's and men's cross country programs prepare to travel to Monmouth, Oregon to compete at the 2019 Pac-12 Cross Country Championships this Friday, Nov. 1. The men's race is set to begin at 11:10 a.m., and the women's competition will get started at 12:10 p.m. as well. Ash Creek Preserve, the first dedicated cross country course to host the Pac-12 Championships, will also host the 2019 and 2021 NCAA Division II West Regional Championships. The course is able to accommodate 500 athletes on the start with distances ranging from 2,000 to 12,000 meters.

LAST TIME OUT

Sasquatch Invite

Senior Natalie Ackerley, posted a time of 18:03.9 to finish first overall, and set a new course record at the Downriver Golf Course, along with averaging a mile time of 5:48.8 as well. Jelena Grujic finished fourth overall with a time of 18:22.5 and teammate Desi Stinger was not far behind in sixth overall with a time of 18:39.7. Pia Richards turned in an 11th place finish on the day with a time of 18:52.2, and right behind was Samantha Boyle in 12th place at 19:04.8.

Junior Jacob Nicholson posted a first place finish for the Cougars with a time of 24:46.3, setting a new course record as well at the Downriver Golf Course, with an average mile time of 4:59.0 also. Cameron Dean placed 14th overall with a time of 25:25.7 at the race, with Nate Pendleton turning in a 31st overall finish at 26:34.6, and Amrit Banga finishing 36th with a time of 26:55.6 as well.

Nuttycombe Wisconsin Invitational

Sophomore Amir Ado continued to be the leading force for the Cougars, placing 20th overall in the race with a time of 23:58.2. Ado only continued to improve throughout the event, moving up from 34th place to 27th, and finally surged ahead into the top 25 with a 20th overall finish. Reid Muller crossed the finish line in 114th place overall with a time of 24:42.9, and was able to jump ahead 14 spots during the last stretch of the race as well.

Leading the way for WSU on the day was sophomore Zorana Grujic, placing 110th overall with a time of 21:21.4. Grujic made great strides throughout the race as she improved, and moved up 73 total placements in this contest, including moving up 31 spots down the last stretch of the race. Erin Mullins followed Zorana with a 131st place finish with a time of 21:30.5, and Josie Brown shortly followed in 156th place with a time of 21:42.5.

WSU MEN'S CROSS COUNTRY ROSTER

NAME	YEAR	HOMETOWN/PREVIOUS SCHOOL
Amir Ado*	R-Sr.	Spokane, Wash. (Ferris HS)
Amrit Banga	Fr.	Bothell, Wash. (Bothell HS)
Johan Correa	Fr.	Kennewick, Wash. (Kennewick HS)
Cameron Dean*	Sr.	Spokane, Wash. (Mead HS)
Sam Griffith*	Fr.	Issaquah, Wash. (Issaquah HS)
Justin Janke*	Sr.	Spokane, Wash. (North Central HS)
Colton Johnsen*	Sr.	Bellingham, Wash. (Eastern Washington)
Zak Kindl	Jr.	Spokane, Wash. (Lewis & Clark HS)
Reid Muller*	R-Sr.	Pitt Meadows, B.C. (Pitt Meadows Secondary)
Jacob Nicholson*	Jr.	Spokane Valley, Wash. (West Valley HS)
Nate Pendleton*	So.	Sammamish, Wash. (Eastlake HS)
Kennan Schrag	Sr.	Issaquah, Wash. (Issaquah HS)
Zach Stallings*	Jr.	Reno, Nev. (McQueen HS)
Matthew Watkins*	Jr.	Mill Creek, Wash. (Jackson HS)

*Competing at Pac-12 Championships

WSU WOMEN'S CROSS COUNTRY ROSTER

NAME	YEAR	HOMETOWN/PREVIOUS SCHOOL
Natalie Ackerley*	R-Sr.	Bainbridge, Wash. (Bainbridge HS)
Kiyena Beatty*	Jr.	Temecula, Calif. (Great Oak HS)
Samantha Boyle	Fr.	Snohomish, Wash. (Glacier Peak HS)
Josie Brown*	R-Sr.	Coeur d'Alene, Idaho (Coeur d'Alene HS)
Marie Gaudin*	Sr.	Arlington, Wash. (Arlington HS)
Jelena Grujic*	R-Fr.	Novi Sad, Serbia
Zorana Grujic*	So.	Novi Sad, Serbia
Melissa Hruska*	Sr.	Snoqualmie, Wash. (Mount Si HS)
Kaili Keefe*	Sr.	Yakima, Wash. (Eastern Washington)
Samantha King-Shaw	Jr.	Sparks, Nev. (Reed HS)
Shaunie Kopczyński	Fr.	Spokane, Wash. (West Valley HS)
Erin Mullins*	So.	Leavenworth, Wash. (Boise State)
Janet Okeago	Sr.	Nyahururu, Kenya (Hampton)
Alexis Redfield	Sr.	Zillah, Wash. (Zillah HS)
Pia Richards*	Jr.	Sammamish, Wash. (Eastlake HS)
Geneva Schlepp	So.	Sammamish, Wash. (Skyline HS)
Desi Stinger*	Sr.	Temecula, Calif. (Great Oak HS)

*Competing at Pac-12 Championships



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

- Led Cougar men to three-straight NCAA Championships at-large invitations.
- WSU men's XC team finished 14th at 2016 NCAAs - 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 NCAAs, becoming the fourth woman in WSU history to earn All-America honors.
- WSU men's XC 26th at 2015 NCAAs and 24th at the 2017 NCAAs.



CharLee Linton, Assistant Coach (Third 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.

MEN'S USTFCCCA NATIONAL RANKINGS Oct. 22, 2019

Rank	School	Points
1	Northern Arizona (10)	329
2	BYU	316
3	Colorado	304
3	Stanford (1)	304
5	Iowa State	278
6	Tulsa	266
7	Washington	254
8	Iona	247
9	Purdue	227
10	UCLA	216
11	Ole Miss	215
12	Portland	203
13	Indiana	199
14	Wisconsin	193
15	Middle Tennessee	178
16	Oregon	165
17	Michigan	149
18	Boise State	110
19	Southern Utah	109
20	Notre Dame	107
21	Florida State	86
22	Utah State	84
23	NC State	83
23	Virginia	83
25	Princeton	72
26	Virginia Tech	64
27	Oklahoma State	52
28	Syracuse	47
29	Gonzaga	45
30	Texas	38

Also receiving votes: Villanova 22, Furman 16, Georgetown 14, Air Force 12, Arkansas 12, Eastern Kentucky 9, Alabama 3, Harvard 2, Stony Brook 2

WOMEN'S USTFCCCA NATIONAL RANKINGS Oct. 22, 2019

Rank	School	Points
1	Arkansas (11)	319
2	Stanford	314
3	Washington	306
4	BYU	300
5	Colorado	277
6	NC State	274
7	Wisconsin	261
8	Michigan	251
9	Michigan State	241
10	Florida State	212
T11	New Mexico	211
T11	Northern Arizona	211
13	Boise State	191
14	Air Force	182
15	Furman	175
16	Utah	157
17	Notre Dame	145
18	Penn State	142
19	Illinois	141
20	Oregon	135
21	Ohio State	114
22	Virginia Tech	80
23	Indiana	67
24	Columbia	60
25	Minnesota	59
26	Butler	45
27	Boston College	34
28	Georgetown	31
29	Oklahoma State	30
30	Penn	25

Also Receiving Votes: Tulsa 24, Georgia Tech 22, California Baptist 21, Ole Miss 13, Syracuse 13, Texas 6, Oregon State 4, West Virginia 4, Middle Tennessee 3, Tennessee 3, Princeton 1

WEST REGION RANKINGS MEN Oct. 21, 2019

- Stanford
- Washington
- UCLA
- Portland
- Oregon
- Boise State
- Gonzaga
- Cal Baptist
- UC Santa Barbara
- Washington State**
- Cal Poly
- Idaho
- Arizona State
- Pepperdine
- Cal State Fullerton

WEST REGION RANKINGS WOMEN Oct. 21, 2019

- Stanford
- Washington
- Boise State
- Oregon
- Cal Baptist
- Portland
- Oregon State
- California
- UC Davis
- Arizona
- Arizona State
- UCLA
- Cal State Fullerton
- San Jose State
- Grand Canyon

USTFCCCA NCAA DIVISION I CROSS COUNTRY RANKINGS CALENDAR

Regional Rankings

Preseason - Monday, Aug. 26
 Week 1 - Monday, Sept. 16
 Week 2 - Monday, Sept. 23
 Week 3 - Monday, Sept. 30
 Week 4 - Monday, Oct. 7
 Week 5 - Monday, Oct. 21
 Week 6 - Monday, Nov. 4
 Week 7 -
 Final Results - Friday, Nov. 15

National Coaches' Poll

Preseason - Tuesday, Aug. 27
 Week 1 - Tuesday, Sept. 17
 Week 2 - Tuesday, Sept. 24
 Week 3 - Tuesday, Oct. 1
 Week 4 - Tuesday, Oct. 8
 Week 5 - Tuesday, Oct. 22
 Week 6 - Tuesday, Nov. 5
 Week 7 - Monday, Nov. 18
 Final Results - Saturday, Nov. 23