



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
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SEPTEMBER

Friday	13	Cougar Classic	Colfax, WA
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<i>Saturday</i>	<i>28</i>	<i>at Bill Dellinger Invite</i>	<i>Springfield, OR</i>
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OCTOBER

<i>Friday</i>	<i>18</i>	<i>at Nuttycombe Invite</i>	<i>Madison, WI</i>
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<i>Friday</i>	<i>18</i>	<i>at Sasquatch Invite</i>	<i>Spokane, WA</i>
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NOVEMBER

<i>Friday</i>	<i>1</i>	<i>Pac-12 Championships</i>	<i>Corvallis, OR</i>
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Friday	15	NCAA West Regional	Colfax, WA
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<i>Saturday</i>	<i>23</i>	<i>NCAA Championships</i>	<i>Terre Haute, IN</i>
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*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: wsucougatrack

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

NCAA WEST REGIONAL

Fri, Nov. 15 | Colfax, Wash. | Colfax Golf Club

Women's Championship 6K Race - 11:30 a.m.

Men's Championship 10K Race - 12:30 p.m.

Live Results: Record Timing

Meet Info: WSUCougars.com



COUGARS SET FOR THE NCAA WEST REGIONAL

The Washington State women's and men's cross country programs set their sights on the NCAA West Regional, Friday, Nov. 15. The Cougars will be will be close to home as the race is held in Colfax, Wash. at the Colfax Golf Club. The Cougars will look to advance to the NCAA Championships, which will be held Nov. 23, at Terre Haute, Ind., and will be run at the Lavern Gibson Cross Country Course.

TEAMS COMPETEING IN THE NCAA WEST REGIONAL

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

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

WSU IN THE RANKINGS

The Washington State men's squad enters week up two places from last week, ranked eight in the West Region by the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA).

LAST TIME OUT - PAC-12 CHAMPIONSHIP

Sophomore Zorana Grujic anchored WSU on the women's side, finishing 35th overall with a time of 20:44.5. Crossing the finish line shortly after was Erin Mullins at 20:56.4, and then Josie Brown in 52nd overall with a time of 21:02.2. Kaili Keefe (21:17.8) and Natalie Ackerley (21:18.7) placed 67th and 68th respectively, and Jelena Grujic finished 78th overall at 21:23.1. Round out the remaining WSU squad was Melissa Hruska in 80th (21:23.9), Marie Gaudin in 101st (22:36.3), and then Desi Stinger placing 102nd (22:38.2)

Senior Reid Muller led the WSU men, finishing 39th overall with a time of 24:06.3. Just behind Muller was fellow Cougar Matthew Watkins who placed 40th overall with a time of 24:06.8. Justin Janke and Zach Stallings were not too far behind Watkins as Janke finished 43rd with a time of 24:09.6, and Stallings placed 48th overall at 24:25.3. Round of the remaining Cougars was Cameron Dean in 52nd (24:38.1), Colton Johnsen in 57th (24:48.5), Sam Griffith finishing 60th (24:55.7), and Jacob Nicholson placing 62nd overall (24:58.5). Sophomore Amir Ado led Washington State for most of the race, but unfortunately recorded a DNF due to injury.

WSU MEN'S CROSS COUNTRY ROSTER

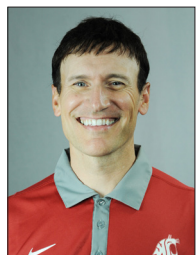
NAME	YEAR	HOMETOWN/PREVIOUS SCHOOL
Amir Ado *	R-So.	Spokane, Wash. (Ferris HS)
Amrit Banga	Fr.	Bothell, Wash. (Bothell HS)
Johan Correa	Fr.	Kennewick, Wash. (Kennewick HS)
Cameron Dean *	Sr.	Spokane, Wash. (Mead HS)
Sam Griffith *	Fr.	Issaquah, Wash. (Issaquah HS)
Justin Janke *	Sr.	Spokane, Wash. (North 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 NCAA West Regional

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 Kopczynski	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 NCAA West Regional



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 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 (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 USTFCCA NATIONAL RANKINGS Nov. 5, 2019

Rank	School	Points
1	Northern Arizona (10)	329
2	BYU	317
3	Colorado	307
4	Stanford (1)	288
5	Iowa State	284
6	Oregon	264
7	Tulsa	259
8	Iona	255
9	Wisconsin	227
10	UCLA	222
T11	Portland	216
T11	Ole Miss	216
13	Indiana	190
14	Washington	185
15	Middle Tennessee	177
16	Michigan	162
17	Purdue	159
18	Syracuse	151
19	Notre Dame	124
20	Utah State	119
21	Virginia	99
22	Virginia Tech	93
23	Oklahoma State	85
24	Villanova	61
25	Colorado State	38
26	Eastern Kentucky	36
27	Boise State	34
28	Alabama	32
29	Texas	28
30	Georgetown	26

Also receiving votes: Furman 24, Gonzaga 21, Wyoming 20, Southern Utah 17, Penn 10, Air Force 9, Stony Brook 9, Arkansas 8, Weber State 6, Florida State 5, Temple 3

WOMEN'S USTFCCA NATIONAL RANKINGS Nov. 5, 2019

Rank	School	Points
1	Arkansas (10)	329
2	Stanford	316
3	BYU (1)	305
4	Washington	297
5	NC State	279
6	Michigan State	273
7	Wisconsin	254
8	Colorado	244
9	Utah	240
10	New Mexico	232
11	Michigan	229
12	Florida State	226
13	Boise State	167
14	Furman	164
15	Air Force	163
T16	Northern Arizona	162
T16	Notre Dame	162
18	Penn State	154
19	Oregon	129
20	Ohio State	125
21	Columbia	97
22	Illinois	91
23	Virginia Tech	77
24	Butler	65
25	Oklahoma State	61
26	Minnesota	59
27	Ole Miss	50
28	Villanova	39
29	Syracuse	26
30	Cal Baptist	19

Also Receiving Votes: Texas 16, Indiana 15, Middle Tennessee 15, Boston College 7, Tulsa 7, Georgetown 5, Harvard 5, Missouri 4, Wake Forest 4, Oregon State 3

WEST REGION RANKINGS 2019 MEN Nov. 4, 2019

1.	Stanford
2.	Oregon
3.	UCLA
4.	Portland
5.	Washington
6.	Boise State
7.	Gonzaga
8.	Washington State
9.	Cal Baptist
10.	Cal Poly
11.	Cal State Fullerton
12.	Idaho UC Santa Barbara
13.	Santa Clara
14.	California
15.	Idaho

WEST REGION RANKINGS 2019 WOMEN Nov. 4, 2019

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

USTFCCA 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