



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** **West Region Preview** **Colfax, WA**
Saturday **28** *at Bill Dellinger Invite* **Springfield, OR**

OCTOBER

Saturday **12** *at Inland Empire Champ.* **Lewiston, ID**
Friday **18** *at Nuttycombe Invite* **Madison, WI**

NOVEMBER

Friday **1** **Pac-12 Championships** **Corvallis, OR**
Friday **15** **NCAA West Regional** **Colfax, WA**
Saturday **23** **NCAA Championships** **Terre Haute, IN**

All home meet 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: [wsucougartrack](#)

Twitter: [wsucougarxctf](#)

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

Washington State University Open

Friday, Aug. 30 | Colfax, Wash. | Colfax Golf Club

MEET #1

Race Times (PT)

Women's 4k Race - 5:15 p.m.(PT)

Men's 6k Race - 5:45 p.m. (PT)



2019 BEGINS AT WSU OPEN

>> The Washington State women's and men's cross country programs kick-off the 2019 season at the WSU Open, held at the Colfax Golf Club at Colfax, Wash. The Cougars look to get back into competition with this early season meet, running shorter distances as a tune up for the year ahead with the women running 4,000 kilometers and the men running at 6,000 kilometers.

>> The Colfax Golf Club is the site for the 2019 NCAA West Regionals this season, and will be hosted by the Cougars.

COUGARS IN THE RANKINGS

>> The Washington State men's squad begins the new year ranked ninth in the West Region by the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) after finishing the year ranked seventh overall in the region. The WSU men also completed the 2018 campaign ranked 23rd overall in the final USTFCCCA National Cross Country Rating Index (CCRI).

>> The Cougar women's cross country program enter the new season ranked 15th overall in the West Region, and finished last season at 12th in the region as well.

2018 IN REVIEW

>> The WSU Women's program placed 12th overall in the at the NCAA West Regional, from Sacramento, Calif. The top runner for the Cougars was Vallery Korir who finished 49th overall with a time of 20:59.6 in the race. Following Korir was Zorana Grujic who recorded a time of 21:05.5 for a finish of 56th overall. Janet Okeago followed with a time of 21:09.2 to finish 61st overall. Washington State looks to improve upon last season as the Cougars see numerous returners including Kaili Keefe, Desi Stinger, Janet Okeago, Melissa Hruska, and Z. Grujic, suit up for the 2019 season.

>> The Cougar Men's squad finished seventh overall at the NCAA West Regional, from Sacramento, Calif. Leading the way for the Cougars was senior Chandler Teigen finishing 27th overall with a time of 30:05.5. Amir Ado followed his fellow teammate with a finish of 39th overall at 30:21.0. The Cougars then saw Colton Johnsen place 49th overall. (30:37.2). WSU returns multiple key runners in 2019 including Ado, Johnsen, Zach Stallings, Justin Janke, and Cameron Dean.

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)

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)



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

USTFCCA NATIONAL RANKINGS

Aug. 27, 2019

Rank	School	Points
1	Northern Arizona (10)	328
2	BYU	319
3	Washington	300
4	Colorado	292
5	Iowa State	285
6	Portland	269
7	Oklahoma State	241
8	Wisconsin	236
9	Notre Dame	235
10	Stanford (1)	232
11	Oregon	213
12	Syracuse	184
13	NC State	183
14	Ole Miss	163
15	Indiana	154
16	Wyoming	153
17	Colorado State	149
18	Michigan	146
19	Iona	107
20	Arkansas	97
21	Princeton	89
22	UCLA	87
23	Virginia	80
24	Purdue	76
25	Southern Utah	72
26	Alabama	71
27	Air Force	58
28	Villanova	49
29	Tulsa	45
30	Boise State	40

Also receiving votes:

Eastern Kentucky 36, Florida State 31, Texas 23, Gonzaga 21, Middle Tennessee 13, Harvard 8, Army West Point 7, Minnesota 5, Michigan State 2, Furman 2, Bradley 2, Temple 1, Utah State 1

WOMEN'S

USTFCCA NATIONAL RANKINGS

Aug. 27, 2019

Rank	School	Points
1	Colorado (6)	321
2	New Mexico (4)	314
3	Washington	289
4	Michigan	273
5	Stanford	269
6	BYU (1)	265
7	Wisconsin	256
8	Arkansas	255
9	Oregon	250
10	NC State	242
11	Notre Dame	232
12	Michigan State	220
13	Boise State	214
14	Penn State	159
T15	Furman	150
T15	Ole Miss	150
17	Iowa State	149
18	Columbia	116
19	Oklahoma State	102
20	Florida State	100
21	UCLA	98
22	Utah	96
23	Princeton	81
24	Syracuse	60
25	Minnesota	57
26	Ohio State	51
27	Dartmouth	48
28	Penn	45
T29	Air Force	34
T29	Villanova	34

Also Receiving Votes:

Georgia 25, Florida 22, Georgia Tech 21, Oregon State 20, Texas 19, Boston College 18, Duke 18, Indiana 17, Northern Arizona 12, West Virginia 9, Eastern Michigan 1

WEST REGION PRESEASON

2019 MEN

Aug. 26, 2019

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

WEST REGION PRESEASON

2019 WOMEN

Aug. 26, 2019

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