



# 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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Saturday	28	at Bill Dellinger Invite	Springfield, OR
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### OCTOBER

Saturday	12	at Inland Empire Champ.	Lewiston, ID
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Friday	18	at Nuttycombe Invite	Madison, WI
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Friday	18	at Sasquatch Invite	Spokane, WA
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### NOVEMBER

Friday	1	Pac-12 Championships	Corvallis, OR
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Friday	15	NCAA West Regional	Colfax, WA
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Saturday	23	NCAA Championships	Terre Haute, IN
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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:** [wsucougartack](https://www.facebook.com/wsucougartack)

**Twitter:** [wsucougartcf](https://twitter.com/wsucougartcf)

**Instagram:** [wsucougartf](https://www.instagram.com/wsucougartf)

**Website:** [wsucougars.com](https://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

### COUGAR CLASSIC

Friday, Sept. 13 | Colfax, Wash. | Colfax Golf Club

### RACE TIMES

Women's 6k Race - 5:15 p.m.(PT)

Men's 8k Race - 5:45 p.m. (PT)

**Live Results:** [www.rtspt.com/events/wsuoopen19/](http://www.rtspt.com/events/wsuoopen19/)



**Teams Competing (Women):** Eastern Washington, Gonzaga, Idaho, Loyola Marymount, Portland State, Seattle U., Spokane CC, Walla Walla University, Whitworth, **Washington State**

**Teams Competing (Men):** Eastern Washington, Gonzaga, Idaho, Loyola Marymount, Portland State, Seattle U., Spokane CC, Walla Walla University, Whitworth, **Washington State**

### WSU SET FOR COUGAR CLASSIC

>> The Washington State women's and men's cross country programs will once again run at the Colfax Golf Club, this time in the 2019 Cougar Classic. WSU will host a number of regional programs in the women's and men's races Friday evening, as the cross country season is now in full swing. The Cougars will look to excel running their home course, all in preparation for the 2019 NCAA West Regional that Washington State will host this November.

### 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. The next set of USTFCCCA rankings will be released Monday, Sept. 16 (regional), and Tuesday, Sept. 17 (national).

### LAST TIME OUT - WSU OPEN

>> The top finisher for Washington State was senior Josie Brown, who claimed the top spot in the WSU Open with a time of 14:01.30 in the 4k race. Sophomore Zorana Grujic would cross the finish line next in this competition at the Colfax Golf Club, with a time of 14:11.70. Placing third with a time of 14:14.10 was senior Marie Gaudin, and following shortly after would be junior Kiyena Beatty at 14:21.60. Rounding out the top five of tonight's race was senior Desi Stinger at 14:28.40 overall.

>> Leading the way for the Cougars was sophomore Amir Ado with a solid run of 17:45.20 overall in the 6k race. Following close behind Ado was senior Justin Janke who recorded a time of 17:52.80. Matthew Watkins took third overall with a time of 18:04.70, and Zach Stallings recorded a fourth place finish at 18:16.00. The top five from the WSU Open on the men's side was rounded out by senior Colton Johnsen, who produced a time of 18:31.80 during the evening.

## 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 Cougar Classic

## 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 Cougar Classic



### 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 USTFCCCA 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

## WEST REGION PRESEASON 2019 MEN Aug. 26, 2019

- Washington
- Portland
- Oregon
- Stanford
- UCLA
- Boise State
- Gonzaga
- Cal Poly
- Washington State**
- San Francisco
- Arizona State
- Loyola Marymount
- UC Santa Barbara
- Pepperdine
- Cal Baptist

## WOMEN'S USTFCCCA 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 WOMEN Aug. 26, 2019

- Washington
- Boise State
- Stanford
- Oregon
- UCLA
- Oregon State
- Cal Poly
- Cal Baptist
- San Francisco
- Portland
- Cal State Fullerton
- San Jose State
- Arizona
- California
- Washington State**

## 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