



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

Saturday **12** *at Inland Empire Champ.* **Lewiston, ID**

Friday **18** *at Nuttycombe Invite* **Madison, WI**

Friday **18** *at Sasquatch Invite* **Spokane, WA**

NOVEMBER

Friday **1** **Pac-12 Championships** **Corvallis, 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: [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

Bill Dellinger Invitational

Saturday, Sept. 28 | Springfield, Ore. | Pine Ridge Golf Club



MEET #3

RACE TIMES

Men's 8k Race - 10:30 a.m. (PT)

Women's 6k Race - 11:30 a.m. (PT)

Live Results: [Athletic Timing](#)

Teams Competing (Women): Oregon, Air Force, Boise State, BYU, Furman, Idaho, Nevada, Oregon State, Texas, UC Davis, UCLA, **Washington State**, Wichita State

Teams Competing (Men): Oregon, Air Force, Boise State, BYU, Furman, Idaho, Nevada, Portland, Santa Clara, Texas, UC Davis, UCLA, Villanova, **Washington State**, Wichita State

WSU SET FOR THE BILL DILLINGER INVITATIONAL

>> The Washington State women's and men's cross country programs will look now to the Bill Dellinger Invitational ran at the Pine Ridge Golf Club. This will be race number three in the 2019 season for the Cougars, as WSU continues to prepare to host the NCAA West Regional in November.

COUGARS IN THE RANKINGS

>> The Washington State men's squad enters the week ranked ninth overall in the West Region by the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA). The Cougar women's cross country program remain at 14th overall in the West Region rankings to 14th after the Cougar Classic.

LAST TIME OUT - COUGAR CLASSIC

>> The Washington State women's program, currently ranked 15th in the west region, captured its first title since winning the Black race at the DI Pre-Nationals Cross Country Invitational during the 2015 season. The Cougars totaled 43 overall points in the race, with Gonzaga finishing second with 48 points and Idaho collecting 64 points for third. The top finisher for the Cougars was sophomore Zorana Grujic, who placed third overall in a time of 21 minutes, 32.2 seconds. Fellow Cougar Josie Brown crossed next at 21:36, finishing fourth overall. WSU then saw four runners cross in order as Kiyena Beatty (21:58.4), Marie Gaudin (22:00.5), Melissa Hruska (22:01.2) and Kaili Keefe (22:04.7) finished 13th, 14th, 15th and 16th, respectively.

>> The men's program, currently ranked ninth overall in the west region, finished second Friday behind Gonzaga and ahead of third-place Idaho. The Cougars placed four runners in the Top 14, anchored by junior Matthew Watkins, who finished eighth in a time of 24:42.9. Teammate Colton Johnsen finished less than a second behind Watkins at 24:43.7 for ninth while Justin Janke crossed the line in a time of 24:50.9 for 12th. Sam Griffith rounded out the quartet in a time of 24:56.7 for 14th overall. Three other Cougars competed Friday as Nate Pendleton turned in a 26th place finish with a time of 25:11.7, with fellow Cougars Jacob Nicholson in 36th (25:20.7) and Amrit Banga 80th (26:46.2).

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 the Bill Dellinger Invitational

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 the Bill Dellinger Invitational



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 Sept. 24, 2019

Rank	School	Points
1	Northern Arizona (10)	329
2	BYU	318
3	Washington	295
4	Colorado	290
5	Iowa State	287
6	Stanford (1)	276
7	Portland	260
8	Oklahoma State	240
9	Notre Dame	238
10	Wisconsin	233
11	Oregon	211
12	Syracuse	188
13	NC State	186
14	Colorado State	164
15	Ole Miss	154
16	Michigan	149
17	Wyoming	137
18	Indiana	132
19	Purdue	117
20	Iona	111
21	Middle Tennessee	102
22	Virginia	100
23	Princeton	88
24	UCLA	82
25	Arkansas	68
26	Tulsa	59
27	Air Force	49
28	Eastern Kentucky	44
29	Villanova	42
30	Southern Utah	40

Also receiving votes: Alabama 32, Boise State 29, Texas 15, Gonzaga 11, Virginia Tech 11, Harvard 9, Florida State 8, Army West Point 7, Minnesota 7, Furman 1, Utah State 1

WOMEN'S USTFCCCA NATIONAL RANKINGS Sept. 24, 2019

Rank	School	Points
1	Colorado (6)	316
2	New Mexico (3)	315
3	Arkansas (1)	306
4	Washington	281
5	Stanford	280
6	BYU (1)	279
7	Michigan	260
8	NC State	251
9	Oregon	243
10	Wisconsin	240
11	Michigan State	226
12	Notre Dame	217
13	Boise State	203
14	Ole Miss	175
15	Furman	160
16	Penn State	159
17	Syracuse	150
18	Iowa State	149
19	Florida State	111
20	Oklahoma State	104
21	Ohio State	100
22	Minnesota	79
23	Princeton	77
24	Columbia	66
25	Northern Arizona	55
26	Boston College	49
27	UCLA	41
28	Indiana	40
29	Villanova	40
30	Utah	35

Also Receiving Votes: Georgia Tech 23, Florida 19, Air Force 15, Oregon State 12, Georgetown 9, Duke 8, Illinois 8, Texas 6, Virginia Tech 3, Wake Forest 3, California Baptist 2

WEST REGION WEEK 2 2019 MEN Sept. 23, 2019

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

WEST REGION WEEK 2 2019 WOMEN Sept. 23, 2019

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

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 - Monday, Nov. 11
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