



WASHINGTON STATE

CROSS COUNTRY



ATHLETIC COMMUNICATIONS

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2021 SCHEDULE

SEPTEMBER

- 9/1 **WSU Open** (Colfax, Wash.)
9/10 **Cougar Classic** (Colfax, Wash.)
9/23 Bill Dellinger Invite (*Springfield, OR*)

OCTOBER

- 10/15 Nuttycombe Invitational (Madison, WI)
10/16 Inland Empire Championships (Lewiston, Idaho)
10/29 Pac-12 XC Championships (Salt Lake City, Utah)

NOVEMBER

- 11/12 NCAA West Regional (Sacramento, Calif.)
11/20 NCAA XC Championships (Tallahassee, Fla.)

QUICK FACTS

Founded/Location: 1890/Pullman, Wash.
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/Instagram: [wsucougartf](https://www.instagram.com/wsucougartf)
Website: wsucougars.com

Head Coach: Wayne Phipps (Seventh year)
Alma Mater: British Columbia, 1991

Assistant Coach: CharLee Linton (Fifth year)
Alma Mater: Washington State, 2016

Home Venue: Colfax Golf Club

2021 CROSS COUNTRY RACE NOTES

WSU OPEN

- > Wednesday, Sept. 1
- > Colfax, Wash. (Colfax Golf Club)
- > Women's Race (4k) - 5:15 p.m.
- > Men's Race (6k) - 5:45 p.m.



LAST SEASON - SPRING 2021

The Washington State women's squad will look to pick up where they left off during the spring of 2021, after an impressive shortened season saw junior Erin Mullins qualify for the NCAA Cross Country National Championship. Mullins faced off against 256 of the best runners in the country from Stillwater, Okla. where she would place 123rd overall, posting a time of 21:41.5. Erin looks to the Cougs this fall season looking to make just as big an impact as she did during the spring, where she led WSU during most races. Mullins would anchor Washington State at both the Idaho Orchards Invitational placing fourth, and again at the Battle Born Collegiate Challenge placing 36th overall. Erin's final race before the NCAA Championships would be at the Pac-12 Championships where she placed 13th overall with a time of 19:56.90 and earned herself a Second Team All-Pac-12 selection with her impressive run.

"Erin truly had a breakout season and made so much improvement this year," Head Coach Wayne Phipps said. "She had an awesome race today, especially with it being her very first NCAA Championship race."

The WSU men will look to build upon an incredibly shortened 2020-21 cross country season, as the Cougars only competed in one race during the spring, the Pac-12 Championships. Leading the Cougs was Zach Stallings who turned in a top-20 performance, finishing 18th overall with a time of 23:30.3. Following Stallings was fellow returner Matthew Watkins who would go on to finish 27th overall, posting a time of 23:39.9 as well.

Cooper Cortinas would go on to place 52nd overall at 25:05.1, and Kennan Schrag close behind finishing 54th overall with a time of 25:17.4. Rounding out the remainder of the Cougars included Jacob Easton placing 57th (25:30.3), Sam Griffith in 62nd (25:51.5), Ethan Martin in 65th (26:01.1), and finally Pascal Kleyer finishing 67th overall (26:21.7).

"The men also ran a very tough race," Coach Phipps continued. "Despite not running a few key people, this group dug-down and rallied to miss fifth place by only seven points. Zach Stallings continued his amazing winter of racing, moving up 11 places in the last loop to finish 18th. He will also be given strong consideration for an NCAA individual berth."

COUGARS ENTERED AT WSU OPEN - SEPTEMBER 1, 2021

Women

Samantha Boyle	Erin Mullins
Pietra Da Silva	Maya Nichols
Jelena Grujic	Pia Richards
Zorana Grujic	Geneva Schlepp
Caroline Jerotich	Alaina Stone Boggs
Neema Kimtai	
Madison Lee	

Men

Amir Ado	Pascal Kleyer
Amrit Banga	Elijah Lopez
Brian Barsaiya	Isaiah Lowery
Landon Boomsma	Ethan Martin
Cooper Cortinas	Nate Pendleton
Jacob Easton	Kennan Schrag
Adam Flood	Zach Stallings
Evan Gonzalez	Leif Swanson
Sam Griffith	Matthew Watkins

MEN'S PRESEASON USTFCCCA XC NATIONAL RANKINGS August 31, 2021

Rank	Team	Points	Rank	Team	Points
1	Northern Arizona (10)	328.00	1	BYU (8)	322.00
2	Notre Dame (1)	308.00	2	NC State (2)	318.00
3	BYU	299.00	3	Stanford (1)	308.00
4	Oregon	288.00	4	New Mexico	293.00
5	Stanford	285.00	5	Michigan State	281.00
6	Arkansas	269.00	6	Arkansas	260.00
7	Oklahoma State	268.00	7	Alabama	256.00
8	Tulsa	241.00	8	Colorado	250.00
9	Butler	226.00	9	Minnesota	247.00
10	Iona	223.00	10	Washington	216.00
11	Iowa State	217.00	11	Michigan	211.00
12	Colorado	200.00	12	Northern Arizona	199.00
13	Washington	198.00	13	North Carolina	194.00
14	Wisconsin	182.00	14	Boise State	170.00
15	Wake Forest	174.00	15	Ole Miss	174.00
16	Michigan State	142.00	16	Indiana	142.00
16	Portland	142.00	17	Illinois	142.00
18	Ole Miss	137.00	18	Florida State	137.00
19	Utah State	115.00	19	Notre Dame	115.00
20	Furman	107.00	20	Georgetown	107.00
21	Villanova	99.00	21	Oklahoma State	99.00
22	Indiana	89.00	22	Oregon State	89.00
23	Duke	78.00	23	Connecticut	78.00
24	Southern Utah	71.00	24	Princeton	71.00
25	Georgetown	57.00	25	Georgia Tech	57.00
26	Michigan	46.00	26	Providence	46.00
27	Gonzaga	44.00	27	Colorado State	44.00
28	Harvard	43.00	28	Ohio State	43.00
28	NC State	43.00	29	Wisconsin	43.00
30	Charlotte	42.00	30	Iowa State	42.00
39	Washington State	1.00	41	Washington State	4.00

WEST REGION PRESEASON MEN - OUTDOOR August 30, 2021

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

WEST REGION PRESEASON WOMEN - OUTDOOR August 30, 2021

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





WASHINGTON STATE

CROSS COUNTRY



Wayne Phipps

Director Cross Country/Track & Field (Seventh Year)

Phipps moved eight miles west from Moscow, Idaho to Pullman July 1, 2014, to become the 15th coach to take the reins of the Cougars men's program and the second coach for the combined men's and women's program at WSU. In December of 2017 Phipps signed a contract to remain the coach through June 2023. All-America honors.

For the past four consecutive seasons, the WSU

men's cross country team has received an at-large berth to the NCAA Championships and twice have finished higher than the USTFCCA national ranking entering the title meet. The 2016 squad, ranked No. 18 nationally, placed 14th, the highest finish by a WSU team in 32 years. In 2017, the No. 27 Cougars finished 24th while in 2015 WSU was ranked No. 25 and finished 26th

The 2015 squad was led by junior John Whelan and sophomore Michael Williams who had second and third-place finishes, respectively, at the West Region meet. The WSU team, comprised mostly of freshmen recruited by Phipps, finished fourth in the highly-competitive West Region. The 2016 WSU men harriers took fifth place at the West Region meet with Williams, now a junior, and Whelan, now a senior, taking 17th and 18th places, respectively, and the pair repeated as All-Region honorees. Williams earned All-America honors with his 30th-place finish at the NCAA meet and became the first Cougar since Bernard Lagat and Eric Kamau in 1998 to become an All-American. Williams, a senior finished 12th and junior Chandler Teigen finished 20th at the West Region meet, both earning All-Region honors.

The 2017 cross country season brought honors to Vallery Korir on the women's team. Korir, a junior who transferred into WSU in January of 2017, earned All-America honors with her 33rd-place finish at the NCAA Championships. Korir became only the fourth woman in WSU women's cross country history to earn All-America honors (top 40 individuals). She earned the at-large berth to the national meet after her 19th-place finish at the NCAA West Region and winning the Nuttycombe Open Race earlier in the Fall.

In three seasons of mentoring the distance corps, hurdlers and multi-events competitors in track and field, the Cougars also found success. In 2015, CharLee Linton ran the WSU women's record in the 10,000m (34:03.69) at the Stanford Invite. At the Pac-12 Championships, Alissa Brooks-Johnson won the heptathlon title, Jesse Jorgensen won the men's 800m title, Dino Dodig finished fifth in the decathlon, and a trio of Cougars scored 12 points in the women's intermediate hurdles. During the 2015 indoor and outdoor seasons, 18 marks were either written into or moved up in the WSU all-time records top 10 lists.

In the 2016 T&F seasons, CJ Allen won his second Pac-12 intermediate hurdles title in three years and was joined by heptathlete Liz Harper as NCAA outdoor second-team All-Americans. The Cougars tallied 25 new entries into the WSU all-time records during the 2016 indoor and outdoor seasons including Linton's 5000m indoor record time of 16:34.89i and Dino Dodig's indoor heptathlon record of 5,635i points.

The 2017 indoor and outdoor seasons saw titles won by Liz Harper in the pentathlon at the MPSF Championships, Brock Eager in the hammer throw at the Pac-12 Championships, and Alissa Brooks-Johnson won her second Pac-12 heptathlon

title and placed sixth at the NCAA Championships earning All-America honors. Eager and intermediate hurdler CJ Allen earned second team All-America honors at the NCAA Outdoor Championships.

During the past three track and field seasons, Phipps and his staff have mentored student-athletes to school top-ten performances 24 times in the indoor season and 47 times in the outdoor season.

Additionally, during Phipps' tenure at WSU, there have been conference all-academic honors awarded to WSU student-athletes 51 times in cross country, 88 times in indoor track and 86 times in outdoor track.

Phipps had been the University of Idaho's Director and Track & Field/Cross Country from 2010 through 2014, and was a coach with the Vandals program for a total of 19 years. He served as co-head coach from 2000-09, after serving as an assistant coach from 1995-99. During that time, Phipps was honored 14 times as a conference coach of the year and led the Vandals to a record 16 total conference titles.

From 2000, Phipps guided an Idaho track and field/cross country program that was highly successful at the conference level producing seven individual cross country champions, 52 indoor track and field champions, and 117 outdoor champions. The Vandals claimed 23 conference athletes of the year awards, broke 15 conference records, qualified for the NCAA Championships 79 times, earning 45 NCAA All-American awards including two individual NCAA champions, nine individual NCAA runner-ups, and six individual third-place finishes. During this time Idaho athletes set 30 indoor school records, 23 outdoor records, and at least one school record has fallen every year during Phipps' tenure. As a team, Idaho finished in the top 25 in the nation 11 times in track & field including highs of 16th for the women and 17th for the men; and once in cross country.

During Phipps' head coaching tenure, the Vandals produced five Olympians, two World Track and Field Championship finalists, and one World Cross Country Championship participant. Phipps currently coaches former Vandal All-American Angela Whyte, who is a two-time Olympian, six-time World Championship participant and a two-time World Championship finalist. Whyte finished sixth at the 2004 Athens Olympic Games in the 100m hurdles and sixth at the 2013 World Track and Field Championships in the 100m hurdles. He has coached two-time Olympian and World Championship finalist Tawanda Chivira, former WSU NCAA All-American and world-ranked hurdler Arend Watkins, and Olympian Sherwin James.

Additionally, Idaho had a very strong academic reputation with yearly honorees among the U.S. Track & Field and Cross Country Coaches Association Division I All-Academic Teams in both men's and women's cross country and track and field. Since 2005, five Idaho track and field athletes have earned the Western Athletic Conference's prestigious Stan Bates Award as the top male or female student-athlete in the conference, and the team's athletes have been recognized with a combined 490 WAC All-Academic honors.

Phipps began his coaching career in his hometown of Prince George, British Columbia, with the Prince George Track and Field Club. During that time, he coached several provincial and national medalists and champions. As an athlete, Phipps was a three-year letterwinner in basketball and a four-year letterwinner in track and cross country at D.P. Todd Secondary. He also competed for the Prince George Track and Field Club where he was coached by his father, Ron.

Phipps competed for the University of Montana and the University of British Columbia, where he graduated with a degree in exercise science in 1991. He earned his masters of science from the University of Oregon in exercise and movement science, with a sports medicine major and minors in biomechanics and exercise physiology.



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CharLee Linton
Assistant Coach (Fifth Year)

CharLee Linton joined the Washington State University track and field staff in July 2017 to assist in the coaching women's distance corps.

In her first cross country season as a coach, Linton mentored junior Vallery Korir to an All-America (33rd-place) finish at the NCAA Championships. Korir became the fourth WSU women to ever earn

All-America status in cross country. She finished 19th at the NCAA West Region Championships earning All-Region honors and her 13th-place finish at the Pac-12 Championships led to her selection to the All-Pac-12 second team. Linton mentored a relatively youthful 2017 women's team to a 10th-place finish at the Pac-12 Championships and 15th place at the NCAA West Region.

Linton walked-on the WSU cross country and track teams in 2012 after a prep career at Shorewood High School in Shoreline, Wash. She earned a scholarship for her junior and senior years at WSU. Linton scored for the Cougars three consecutive years at the Pac-12 Cross Country Championships as well as at the NCAA West Region Cross Country Championships. On the track indoors, Linton ran the school record time of 16 minutes 34.89 seconds in the 5000 meters in 2016. Outdoors, Linton broke a 12-year-old school record in the 10,000 meters as a junior with her time of 34:03.69 at the 2015 Stanford Invitational. Her senior year Linton etched her name into the WSU all-time top ten lists in the 3000 meters with an indoor time of 9:35.49, eighth-best, and the 5000 meters with a time of 16:31.43, seventh-best. Linton scored at the 2016 Pac-12 Championships with seventh place finish in the 10k.

She graduated from WSU in May 2016 with a Bachelor of Science in Psychology. After graduation, Linton remained in Pullman and served as a volunteer coach for the Cougars distance program and began working on a second degree in history.

Linton also volunteered as an elementary teacher assistant from 2010-14 and as an undergraduate at WSU was a member of Cougar Pals who are student-athletes pen pals for elementary students in the Pullman schools. She completed Green Dot Bystander Training which brings awareness to campus violence in 2015.

She received the Student-Athlete Advisory Committee (SAAC) True Cougar Award at the 2016 Athletics Senior Recognition luncheon; an award presented to a male and female student-athlete who started their WSU careers as non-scholarship student-athletes and who, to their respective teams, define leadership, commitment to excellence, and Cougar Pride.



Nathan Stark
Coordinator of Operations (Second Year)