



Sept. 24, 2015 • Week 3  
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## GNAC Cross Country At A Glance

### THIS WEEK'S MEETS

**Sat., Sept. 26**

Central Washington, Saint Martin's, Western Washington at SMU Open, 9:30 a.m.

Alaska, Central Washington, Simon Fraser at Stanford Invitational, 9:50 a.m.

Montana State Billings at Roy Griak Invitational, 10 a.m.

### LAST WEEK'S MEETS

**Sat., Sept. 19**

**Sundodger Invitational  
Lincoln Park, Seattle, Wash.**

**Men's Open (8,000m):** Trinity Western 47, Simon Fraser 95, Western Washington 108, Fresno State 114, Cal Baptist 131, Humboldt State 209, British Columbia 217, Western Oregon 254, Puget Sound 320, Northwest Nazarene 367, Whitworth 381, Bowerman TC 391, Seattle Running Club 421, Club Northwest 435, Pacific Lutheran 442, Northwest (Wash.) 461, Concordia 461, George Fox 468, Seattle Pacific 474, Central Washington 517, Everett CC 545, Saint Martin's 562, Trinity Lutheran 587, Lewis & Clark 615, Seattle Running Club B 634, Green River CC 792.

**Top 5 Finishers:** 1, Tristan Peloquin, Unattached, 24:11.68. 2, Oliver Jorgensen, SFU, 24:12.15. 3, Blair Johnston, TWU, 24:14.09. 4, Cooper Gill, FSU, 24:20.63. 5, Issac Derline, WWU, 24:21.71.

**Other Top GNAC Runners:** 10, David Ribich, WOU, 24:38.21. 12, Isaac Mitchell, NNU, 24:48.25. 15, Marc-Antoine Rouleau, 24:51.79.

**Women's Open (6,000m):** Western Washington 103, Cal Baptist 111, Club Northwest 171, Seattle Pacific 175, Point Loma 183, British Columbia 207, Central Washington 210, Simon Fraser 215, Humboldt State 227, Whitworth 228, Trinity Western 247, Concordia 279, MacEwan 309, Northwest Nazarene 324, Seattle Running Club 388, Western Oregon 395, Saint Martin's 453, Puget Sound 504, George Fox 512, Lewis & Clark 536, Pacific Lutheran 580, Trinity Lutheran 625.

**Top 5 Finishers:** 1, Anna Patti, SPU, 21:11.82. 2, Mirelle Martens, TWU, 21:19.58. 3, Rebecca Bassett, SFU, 21:21.26. 4, Vanessa Trofimenkoff, MacU, 21:32.17. 5, Taylor Guenther, WWU, 21:34.29.

**Other Top GNAC Runners:** 7, Brittany Grant, WWU, 21:37.95. 16, Megan Fristoe, CU, 21:59.68.

### Montana State/Bozeman Running Company Invitational

**at Bridger Creek Golf Course, Bozeman, Mont.**

**Men (5 Miles):** Utah State 45, Montana State 77, Idaho State 85, Montana 87, Carroll (Mont.) 108, Montana State Billings 126, Rocky Mountain 230, Montana Western 278, Montana State Northern 317.

**Top 5 Finishers (Men's Collegiate B Race):** 1, Robert Peterson, MSUB, 25:43.25. 2, Lyle Pocha, CC, 26:12.14. 3, Chance Hyatt, CC, 26:21.82. 4, Brock Sandry, Unattached, 26:41.68. 5, Garrett Love, MSUB, 26:49.45.

**Other Top GNAC Runners:** 7, Matt Winter, MSUB, 27:01.86. 10, Liam McKay, MSUB, 27:32.33. 11, Tyus Mendoza, MSUB, 27:35.01.

**Women (3 Miles):** Utah 35, Utah State 41, Montana State 80, Montana 120, Carroll (Mont.) 121, Idaho State 131, Montana State Billings 233, Montana Western 254, Montana State Northern 272.

**Top 5 Finishers (Women's Collegiate B Race):** 1, Leah Esposito, CC, 17:50.42. 2, Samantha Mundel, CC, 17:57.66. 3, Sandy Torres, CC, 18:12.34. 4, Heidi Hennings, CC, 18:35.84. 5, Janie Reid, CC, 18:42.37.

**Top GNAC Runners:** 10, Brielle Davis, MSUB, 19:20.16. 16, Taylor Condon, MSUB, 19:41.25. 20, MSUB, 20:07.61. 23, Bailey Bomar, MSUB, 20:38.53. 28, Devin McDonald, MSUB, 22:18.26.

**Note:** Meet had two races in each gender, one for Division I teams and one for non-Division I teams. Team scores are combined for both races.

## #GNACXC in 140

### @GNACSports

**#Trifecta** Two GNAC runners picked up their third race victories of the season. Seattle Pacific's **Anna Patti** won the women's open race at the Sundodger Invitational while Montana State Billings' **Robert Peterson** won the non-Division I race at the Montana State Invitational. Both runners took both races at the season-opening Alaska Invitational.

**#NorseCode** Western Washington won the women's team competition at the Sundodger Invitational with 103 points. The Vikings' men were third with 108 points.

**#TartanOnTop** Simon Fraser was the top placing men's team at the Sundodger Invitational, finishing second with 95 points. **Oliver Jorgensen** was the top GNAC finisher in the race, placing second in 24:12.15.

**#RatingsRising** The Simon Fraser men jumped seven spots in the USTFCCCA Division II Coaches Poll to No. 14. The Western Washington women emerged at No. 10 while Seattle Pacific women emerged in the poll at No. 18.

## Get Social

### Twitter Accounts/Hashtags For GNAC Cross Country Programs

GNAC	@GNACSports	#GNACXC
Alaska	@AlaskaNanooksXC	#NanookNation
Alaska Anchorage	@UAAXCTF	#JAASeawolves
Cent. Washington	@CWU_Track	#CWUWildcats
Concordia	@gocugo	#gocugoxc
MSU Billings	@MSUBXCTF	#MSUBXC
NW Nazarene	@NNUXCTF	#GoNNUCusaders
Saint Martin's	@SMUSaints	#SaintsAlive
Seattle Pacific	@SPUFalcons	
Simon Fraser	@ClanTrack	#NCAAeh
W. Oregon	@WOregonXCTF	#WOUWolves
W. Washington	@WWUathletics	#GoViks

# GNAC Cross Country Runners of the Week



## MEN

**Oliver Jorgensen, Simon Fraser**  
**Junior • Abbotsford, B.C.**

Jorgensen finished second at the Sundodger Invitational, covering the 8,000-meter course in 24:12.15 in a race that saw the top three finishers cross the line within three seconds of each other. He led Simon Fraser to a second place team finish.

**Also Nominated:** Isaac Derline (Western Washington), Isaac Mitchell (Northwest Nazarene), Jasper Heckman (Saint Martin's), Robert Peterson (Montana State Billings).



## WOMEN

**Anna Patti, Seattle Pacific**  
**Senior • Renton, Wash.**

Patti won her third race of the season, taking top honors at the Sundodger Invitational with a time of 21:11.82 for 6,000 meters. She was the first GNAC individual winner at the Sundodger since 2010. She had an eight-second lead over the second place runner and averaged 5:41 per mile.

**Also Nominated:** Taylor Guenther (Western Washington), Larissa Kolasinski (Saint Martin's), Sierra Manzer (Northwest Nazarene).

## Past GNAC Runners of the Week

Date	Men	Women
Aug. 31 - Sept. 6	Robert Peterson, MSUB	Anna Patti, SPU
Sept. 7 - 13	Henry Cheseto, UAA	Rebecca Bassett, SFU
Sept. 14 - 20	Oliver Jorgensen, SFU	Anna Patti, SPU
Sept. 21-27		
Sept. 28 - Oct. 4		
Oct. 5 - 11		
Oct. 12 - 19		

Complete Player of the Week releases are available online at [GNACsports.com](http://GNACsports.com).

## GNAC News & Notes

**VIKINGS' VENGEANCE:** It was a banner day for Western Washington at the Sundodger Invitational. The Vikings' women were the winners of the meet's 6,000-meter open race, featuring all non-Division I competitors. The team scored a total of 103 points behind a fifth place individual finish by **Taylor Guenther** (21:34.29). The WWU men placed third in the men's open race, tallying 108 points. **Isaac Derline** finished fifth in his first race of the season with a time of 24:21.71 over 8,000 meters.

**PATTI, PETERSON WINNERS:** The GNAC's two meets last weekend yielded two individual winners, both of whom had yet to lose this season. Seattle Pacific's **Anna Patti** won the women's open race at the Sundodger Invitational. Her time of 21:11.82 was eight seconds better than Trinity Western's Mirelle Martens. The victory was the third this season for Patti, who won both races at the Moda Health Alaska Invitational over Labor Day weekend. The Sundodger performance earned Patti her second GNAC Women's Cross Country Runner of the Week award.

Montana State Billings' **Robert Peterson** picked up his third victory of the season in the non-Division I race at Saturday's Montana State Invitational. Peterson covered the five-mile course in 25:43.25, which was a 15-second improvement over his winning 8,000-meter time at the Alaska Invitational. Had he been entered in the Division I race, Peterson would have won by 22 seconds.

**IN THE RANKINGS:** Alaska Anchorage continued to lead GNAC teams in this week's USTFCCCA Division II Coaches Poll despite not competing. The Seawolf men remained No. 7 in the men's poll while the women climbed one spot to No. 8. Simon Fraser jumped seven spots in the men's poll to No. 14 while Western Washington climbed one spot to No. 18. Seattle Pacific appeared on the national poll for the first time this season at No. 18 while Simon Fraser dropped out. Western Washington's women appear in the poll for the first time this season at No. 10.

**CHAMPIONSHIPS:** Western Washington will host the 2015 GNAC Cross Country Championships on Sat., Oct. 24, at Bellingham's East Lake Padden Park. Western Oregon will host the NCAA Division II West Regional Championships on Sat., Nov. 7, on their own Ash Creek Preserve course on campus in Monmouth. All GNAC teams automatically qualify for the regional meet. The top four men's teams and the top five women's team in the regional meet qualify for the NCAA Division II Championships, which take place on Sat., Nov. 21, in Joplin, Mo.

# Around The GNAC

## ALASKA



- Alaska is in the midst of a two-weekend break from competition after hosting two races at their own Moda Health Alaska Invitational on Sept. 3 & 5. The Nanooks will next compete at the Stanford Invitational on Saturday.
- The Alaska men won the shorter 5,000-meter race at the Alaska Invitational to open the season, led by a second place finish by sophomore **Alexander Eckert** (16:11.7).
- The Nanook women placed second in both the 6,000-meter race and the 5,000-meter race at their Alaska Invitational. Junior **Dorothy O'Donnell** was the top finisher for Alaska in both races with a pair of third place finishes (23:36.7 for 6,000 meters, 19:10.7 for 5,000 meters).

## ALASKA ANCHORAGE



- Alaska Anchorage is in the midst of a three-week break from competition. The Seawolves will compete only one more time before the GNAC Championships, at the Western Washington Invitational on Sat., Oct. 10.
- Despite not competing, the Alaska Anchorage women moved up one spot in the latest USTFCCCA Division II Coaches Poll to No. 8. They have moved up one spot each week in the poll. The Seawolf men remained at No. 7.
- The Alaska Anchorage men started the season with perfect scores in both of their Hawaii meets, the Big Wave Invitational on Sept. 5 and the Hawaii Pacific Invitational on Sept. 12.
- Sophomore **Henry Cheseto**, the defending GNAC and West Region champion, was named the Men's Cross Country Runner of the Week for Sept. 7 - 13 after winning the Hawaii Pacific Invitational in 25:58.6.
- Sophomore **Caroline Kurgat** has won both women's races that the Seawolves have competed in. Kurgat won the Big Wave Invitational in 17:46.87 and the Hawaii Pacific Invitational in 18:15.9 (both 5,000 meters).
- Junior **Joyce Chelimo** has hardly missed a step after redshirting in 2014. Chelimo placed second in both the the Big Wave Invitational and the Hawaii Pacific Invitational with times of 17:49.83 and 18:18.0. A 2013 NCAA Division II All-American in 2013 (as Joyce Kipchumba), her time at the Big Wave Invitational is only seven seconds off her 5,000-meter best of 17:42.67, run Oct. 5, 2013 at the Charles Bowles Willamette Invitational.

## CENTRAL WASHINGTON



- The Central Washington women showed that they will compete well against the other top programs in the GNAC. The Wildcats placed seventh at the Sundodger Invitational. They were the third top-placing team from the GNAC behind Western Washington (1st) and Seattle Pacific (4th).
- Senior **Dani Eggleston** provided CWU a top-20 placer with her 19th place finish in 22:07.93. Eggleston was the No. 6 placer from the GNAC in the meet.
- Despite the solid team performance, the CWU women dropped out of the USTFCCCA Division II Coaches Poll, but remained among teams receiving votes. The Wildcats also dropped from No. 5 to No. 10 in the USTFCCCA West Region Rankings.
- On the men's side, a young Wildcats' squad gained solid experience against some of the top West Region teams with their 20th place finish. Of the 12 runners to compete for the Wildcats, only one was an upperclassmen.
- Freshman **Jonathan Lafferty** was CWU's top-placing runner, finishing in 88th place in a time of 26:24.91. It was his first collegiate race at 8,000 meters.

- Central Washington will gain even more experience in a talented field as one of three GNAC teams traveling to the Stanford Invitational in Palo Alto, Calif., on Saturday.

## CONCORDIA



- The women led the way for Concordia at the Sundodger Invitational, placing 12th out of 22 teams. The Concordia men gained solid experience in their third meet of the season with a 17th place finish.
- Junior transfer **Megan Fristoe** was the fifth GNAC runner to cross the line in the women's open race, placing 16th in a time of 21:59.68. Fristoe has finished in the top-20 in all three meets this season.
- Freshman **Nicole Pederson** came in 38th with a time of 22:33.68 while sophomore **Sara Fristoe** finished 42nd with a time of 22:40.53.
- Junior **Jared Seckel** was Concordia's top men's runner at the Sundodger Invitational, placing 84th while covering the 8,000-meter course in 26:21.65.
- Concordia will take the upcoming weekend off from competition. The Cavaliers compete next on Sat., Oct. 3, at the Willamette Charles Bowles Invitational.
- Concordia is in the second year of a three-year transition process to NCAA Division II membership. This is their first year competing in full Division II and GNAC schedules. While the Cavaliers are eligible to win the GNAC championship, they are not eligible for regional & national competition.

## MONTANA STATE BILLINGS



- Montana State Billings stayed close to home for their second meet of the season, competing in the Montana State/Bozeman Running Company Invitational.
- While the Yellowjackets competed in the meet's non-Division I races, a single set of team scores were compiled from both the Division I and non-Division I races. Montana State Billings finished sixth in the men's competition and seventh in the women's competition.
- Senior **Robert Peterson** won his third race of the season, covering the five-mile distance in 25:43.25. The performance was a 14-second improvement over his time in the same race last year.
- Three other Yellowjackets' men's runners placed in the top-10. Junior **Garrett Love** placed fifth in 26:49.45. Senior **Matt Winter** was seventh in 27:01.86 and sophomore **Liam McKay** placed 10th in 27:32.33.
- Senior **Brielle Davis** was the top Montana State Billings' women's runner, finishing 10th while covering the three-mile course in 19:20.16. Senior **Taylor Condon** finished 16th in 19:41.25.
- **Robert Peterson** was the week one GNAC Men's Cross Country Runner of the Week after winning both men's races at the Moda Health Alaska Invitational. He won the 8,000-meter race in a time of 26:18.3 and the 5,000-meter race in a time of 15:44.6.
- Montana State Billings will not cross paths with another GNAC cross country team until the GNAC Championships on Oct. 24. The Yellowjackets will compete on Saturday at the Roy Griak Invitational in St. Paul, Minn.

# Around The GNAC

## NORTHWEST NAZARENE



• Northwest Nazarene competed in the same meet as their GNAC brethren for the only time before the conference championships. The Crusaders' men placed 10th in the men's open race and were the No. 4 team from the GNAC. The NNU women placed 14th.

• Sophomore **Isaac Mitchell** finished 12th in his first race on the Seattle course, covering the 8,000 meters in 24:48.25.

He was the fourth GNAC runner to cross the finish line.

• Freshman **Sierra Manser** placed 27th in her first collegiate 6,000-meter race, clocking in at 22:21.16. She was the eighth GNAC athlete to finish the women's open race.

• The Sundodger was the only time that Northwest Nazarene will see another GNAC team prior to the GNAC Championships. The Crusaders will take the next two weekends off from competition and will race again at the San Francisco State Invitational on Sat., Oct. 9.

## SAINT MARTIN'S



• Saint Martin's gained solid experience at the Sundodger Invitational. The Saints' men placed 22nd while the women placed 17th.

• Freshman **Larissa Kolasinski** had another solid performance in just her second collegiate competition, placing 37th in the women's 6,000-meter open race in

22:33.29. The finish is 37 seconds better than her winning time of 23:10 at the Sept. 5. Puget Sound Invitational.

• Junior **Jasper Heckman** was the top placer for the Saint Martin's men, finishing in 60th place in time of 25:54.62. The performance was a season best by 1:59.

• Saint Martin's will host their own SMU Open on Saturday, which will be held on the university's Lacey, Wash., campus.

## SEATTLE PACIFIC



• The Seattle Pacific women was one of the top teams for the GNAC at the Sundodger Invitational, placing fourth out of 22 teams in the women's open race. Western Washington was the only GNAC team to beat the Falcons.

• Senior **Anna Patti** won her third consecutive race, covering the 6,000-meter course in a time of 21:11.82. She equaled

her time from the Moda Health Alaska Invitational and is nearly a two-minute improvement over last year's meet. The performance gave Patti her second GNAC Women's Cross Country Runner of the Week award of the season.

• Junior **Sarah Macdonald** backed Patti with a 34th place finish in 22:31.13 while sophomore **Chynna Phan** opened her season with a 41st place finish in a time of 22:38.65.

• Thanks to their Sundodger performance, the Seattle Pacific women earned the No. 18 ranking in this week's USTFCCCA Division II Coaches Poll and moved up to fifth in the West Region poll. The Falcons had not been ranked this season and have steadily moved up from ninth in the regional poll.

• The Seattle Pacific men placed 19th at Sundodger. Sophomore **Ben Halladay** was the Falcons' top runner, placing 76th in a time of 26:12.25. The performance is a 17-second improvement over last year.

• The Falcons will take this weekend off from competition and will return to racing on Sat., Oct. 3, at the Willamette Charles Bowles Invitational.

## SIMON FRASER



• The Clan had a team place second at the Sundodger Invitational, but not the one you might think. Simon Fraser was runner-up in the men's open race with a score of 95 points.

• Junior **Oliver Jorgensen** was named GNAC Men's Cross Country Runner of the Week after placing second in a close race with a time of 24:12.15. Jorgensen shaved 27 seconds and one place off of his performance at Sundodger last year.

• Senior Marc-Antoine Rouleau added a 15th place finish with his time of 24:51.79, marking a 32-second improvement over his time on the same course last year.

• Junior **Rebecca Bassett** led the Simon Fraser women with a third place finish in the women's open race, covering the 6,000 meters in 21:21.26. She led the Clan to an eighth place team finish. Bassett was last week's GNAC Women's Runner of the Week after she won the Sept. 11 Ash Creek Invitational.

• The Clan men used their Sundodger performance to climb seven spots to No. 14 in the USTFCCCA Division II Coaches Poll and two spots to No. 4 in the West Region rankings.

• The Simon Fraser women dropped out of the USTFCCCA Division II Coaches Poll and the West Region rankings. The Clan had entered the week ranked No. 10 in the national poll and third in the West Region rankings.

• Simon Fraser will be one of three GNAC teams competing at the Stanford Invitational on Saturday.

## WESTERN OREGON



• Western Oregon's men put together a good performance at the Sundodger Invitational, placing eighth in the men's 8,000-meter open race. The Wolves were the No. 3 team from the GNAC to finish.

• Sophomore **David Ribich** dropped just over a minute from his time at this meet last year, placing 10th in a time of 24:38.21. Ribich was the No. 3 GNAC individual finisher.

• Senior **Zach Holloway** gave WOU a second top-30 finish, placing 28th in a time of 25:15.14.

• Junior **Nicole Maurmann** led a 16th place finish for the WOU women, placing 59th in a time of 22:59.64. Senior **Stephanie Stuckey** placed 80th in 23:15.16.

• The WOU men dropped off the USTFCCCA West Region rankings this week after emerging at No. 10 last week.

• Western Oregon will be the host of the NCAA Division II West Regional Championships, which will take place on Sat., Nov. 7.



# Around The GNAC

## WESTERN WASHINGTON



- The Sundodger Invitational could not have gone much better for Western Washington. The Vikings won the women's open race with a score of 103 points, eight points ahead of second place Cal Baptist. The WWU men placed third with a total of 108 points, 13 points behind Simon Fraser.

- Senior **Taylor Guenther** finished fifth for the WWU women, covering the 6,000-meter course in a time of 21:34.29. Junior **Brittany Grant** was two places behind in seventh with a time of 21:37.95.

- Western Washington placed all five of their scoring women's runners in the top-40. Freshman **Tracy Melville** was 24th in 22:18.17, **Alexandra Laiblin** was 33rd in 22:29.74 and **Sara Taferre** was 40th in 22:36.76.

- Sophomore **Isaac Derline** was the top placer for the Vikings' men, coming across in fifth place in 24:21.71. Junior **Matthew Lutz** added a 17th place finish in 24:53.00 and sophomore **Andrew Wise** was 18th in 24:53.63.

- The Western Washington men moved up one spot in this week's USTFCCCA Division II Coaches Poll to No. 18 and remained at No. 5 in the West Region rankings. The Vikings' women emerged at No. 10 in the national poll and three spots to No. 3 in the West Region rankings.

- Western Washington will host the GNAC Championships on Sat., Oct. 24, at Bellingham's Lake Padden Park. It is the second time that WWU has hosted the GNAC meet. The first was in 2005.

# Men's Regional & National Polls

## GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SFU	WWU
Sept. 2	7th	25th	T-19th
Sept. 16	7th	T-21st	19th
Sept. 23	7th	—	18th
Sept. 30			
Oct. 7			
Oct. 14			
Oct. 28			
Nov. 11			

NR - Not ranked in top-25, but is among others receiving votes.

West Region	UAA	SFU	WOU	WWU
Sept. 1	2nd	6th	—	4th
Sept. 15	2nd	6th	10th	5th
Sept. 22	2nd	4th	—	5th
Sept. 29				
Oct. 6				
Oct. 13				
Oct. 27				

## USTFCCCA DIVISION II COACHES POLL

as of Sept. 23, 2015 (Week 2)

Rk	School (1st)	Pts.	Prev.
1.	Adams State (4)	196	1
2.	Grand Valley State (4)	195	2
3.	Chico State	180	3
4.	Colorado Mines	178	4
5.	Augustana (S.D.)	170	5
6.	Southern Indiana	158	6
7.	<b>Alaska Anchorage</b>	<b>151</b>	7
8.	Western State	146	8
9.	Cal Poly Pomona	130	10
10.	Wis.-Parkside	119	11
11.	Lock Haven	114	13
12.	New Mexico Highlands	93	NR
13.	West Texas A&M	86	12
14.	<b>Simon Fraser</b>	<b>83</b>	<b>21</b>
15.	Shippensburg	79	18
16.	Mount Olive	74	17
16.	East Central (Okla.)	74	NR
18.	<b>Western Washington</b>	<b>56</b>	<b>19</b>
19.	Nebraska Kearney	54	20
20.	Cal Baptist	49	14
21.	UC-Colorado Springs	46	23
22.	Stonehill	34	21
23.	Sioux Falls	30	9
24.	Indiana (Pa.)	30	24
25.	Saginaw Valley State	26	NR

[View Complete Poll Online](#)

## USTFCCCA WEST REGION POLL

as of Sept. 22, 2015 (Week 2)

Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	<b>Alaska Anchorage</b>	<b>GNAC</b>	<b>2</b>
3.	Cal Poly Pomona	CCAA	3
4.	<b>Simon Fraser</b>	<b>GNAC</b>	<b>6</b>
5.	<b>Western Washington</b>	<b>GNAC</b>	<b>5</b>
6.	Cal Baptist	PacWest	4
7.	San Francisco State	CCAA	7
8.	UC San Diego	CCAA	9
9.	UC San Diego	CCAA	NR
10.	Academy of Art	PacWest	8

[View Complete Regional Polls Online](#)

# Women's Regional & National Polls

## GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	CWU	SFU	SPU	WWU
Sept. 2	10th	23rd	8th	—	RV
Sept. 16	9th	22nd	10th	—	—
Sept. 23	8th	RV (3)	—	18th	10th
Sept. 30					
Oct. 7					
Oct. 14					
Oct. 28					
Nov. 11					

RV - Not ranked in top-25, but is among others receiving votes.

West Region	UAA	CWU	SFU	SPU	WWU
Sept. 1	3rd	5th	2nd	9th	5th
Sept. 15	2nd	5th	3rd	7th	6th
Sept. 22	2nd	10th	—	5th	3rd
Sept. 29					
Oct. 6					
Oct. 13					
Oct. 27					

## USTFCCCA DIVISION II COACHES POLL

as of Sept. 23, 2015 (Week 2)

Rk	School (1st)	Pts.	Prev.
1.	Hillsdale (6)	198	2
2.	Grand Valley State (1)	191	1
3.	Adams State (1)	187	3
4.	Minnesota Duluth	173	4
5.	Chico State	166	6
6.	Augustana (S.D.)	163	5
7.	Western State	150	7
8.	<b>Alaska Anchorage</b>	<b>145</b>	9
9.	Bellarmino	131	14
10.	<b>Western Washington</b>	<b>124</b>	NR
11.	Cal Baptist	115	NR
12.	Lewis	110	15
13.	Southern Indiana	92	12
14.	UC-Colorado Springs	90	20
15.	Malone	86	16
16.	Stonehill	77	17
16.	Edinboro	77	16
18.	<b>Seattle Pacific</b>	<b>59</b>	NR
19.	Winona State	48	19
20.	Northern Michigan	41	8
21.	Bloomsburg	38	21
22.	Dallas Baptist	30	NR
23.	Roberts Wesleyan	21	23
24.	Wis.-Parkside	19	24
25.	Cal State San Bernardino	18	NR

[View Complete Poll Online](#)

## USTFCCCA WEST REGION POLL

as of Sept. 22, 2015 (Week 2)

Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	<b>Alaska Anchorage</b>	<b>GNAC</b>	<b>2</b>
3.	<b>Western Washington</b>	<b>GNAC</b>	<b>6</b>
4.	Cal Baptist	PacWest	4
5.	<b>Seattle Pacific</b>	<b>GNAC</b>	<b>7</b>
6.	Cal State San Bernardino	CCAA	9
7.	UC San Diego	CCAA	10
8.	Azusa Pacific	PacWest	10
9.	Point Loma	PacWest	NR
10.	<b>Central Washington</b>	<b>GNAC</b>	<b>5</b>

[View Complete Regional Polls Online](#)



# 2015 GNAC Meet Summaries

**Thurs., Sept. 3**

## **Moda Health Alaska Invitational**

**at West Ridge Trails, Fairbanks, Alaska**

**Men (8,000m):** Montana State Billings 21, Alaska 32, Seattle Pacific 92.

**Top 5 Finishers:** 1, Robert Peterson, MSUB, 26:18.3. 2, Keegan Rankin, UAF, 27:08.4. 3, Liam McKay, MSUB, 27:19.8. 4, Garrett Love, MSUB, 27:23.1. 5, Mark Hovland, MSUB, 27:25.1.

**Women (6,000m):** Seattle Pacific 21, Alaska 43, Montana State Billings 68.

**Top 5 Finishers:** 1, Anna Patti, SPU, 22:11.5. 2, Sarah Macdonald, SPU, 23:11.1. 3, Dorothy O'Donnell, UAF, 23:36.7. 4, Hannah Calvert, SPU, 23:52.6. 5, Jessica Rawlins, SPU, 24:03.4.

**Fri., Sept. 4**

## **Linfield Harrier Classic**

**at Joe Dancer Park, McMinnville, Ore.**

**Men (6,000m):** Wartburg 27, Concordia 46, Linfield 58.

**Top 5 Finishers:** 1, Bobby Olivera, Unattached, 19:40.98. 2, Chris McIssac, Linfield Alumni, 19:55.02. 3, Ethan Livermore, CU, 19:57.13. 4, Jerry Frawley, WART, 20:01.08. 5, Jared Seckel, CU, 20:01.73.

**Other Top GNAC Runners:** 11, Paris Speidel, CU, 20:24.62. 22, Austin Peila, CU, 21:10.72. 25, Alan Johnston, CU, 21:18.96.

**Women (4,000m):** Concordia 28, Wartburg 36, Linfield 62.

**Top 5 Finishers:** 1, Megan Fristoe, CU, 14:59.14. 2, Sara Fristoe, CU, 15:18.45. 3, Hannah Greider, Linfield Alumni, 15:24.58. 4, Dakota Tell, WART, 15:28.56. 5, Nicole Pederson, CU, 15:31.20.

**Other Top GNAC Runners:** 11, Zoe Worobel, CU, 16:07.11. 12, Dalen Richardson, CU, 16:26.80.

**Sat., Sept. 5**

## **Hawaii Big Wave Invitational**

**at Kahuku Golf Course, Kahuku, Hawaii**

**Men (5,000m):** Alaska Anchorage 15, Hawaii Pacific 60, George Fox 71, BYU-Hawaii 105, Chaminade 148.

**Top 5 Finishers:** 1, Edwin Kangogo, UAA, 15:41.15. 2, Nathan Kipchumba, UAA, 15:41.33. 3, Henry Cheseto, UAA, 15:41.52. 4, Dominik Notz, UAA, 15:45.66. 5, Victor Samoei, UAA, 16:17.88.

**Women (5,000m):** Alaska Anchorage 24, Hawaii 34, Pacific (Calif.) 97, BYU-Hawaii 116, Hawaii Pacific 121, George Fox 166, Hawaii-Hilo 203, Chaminade 234.

**Top 5 Finishers:** 1, Caroline Kurgat, UAA, 17:46.87. 2, Joyce Chelimo, UAA, 17:49.43. 3, Camille Campos, UH, 18:31.05. 4, Kimberley Cosica, UAA, 18:34.94. 5, Piper McDonald, UH, 19:04.67.

**Other Top GNAC Runners:** 10, Kaitlyn Maker, UAA, 19:24.74. 11, Jessica Pahkala, UAA, 19:28.63.

## **Puget Sound Invitational**

**at Ft. Steilacoom Park, Lakewood, Wash.**

**Men (8,000m):** Puget Sound 33, Pacific Lutheran 51, Saint Martin's 57, Trinity Lutheran 73, Olympic CC 163, Green River CC 168.

**Top 5 Finishers:** 1, Tyler Shipley, UPS, 26:09. 2, Geremiah Lizier-Zmudzinski, UPS, 26:11. 3, Brad Hockinson, PLU, 26:23. 4, Kyle Rapacz, PLU, 27:39. 5, Jasper Heckman, SMU, 27:53.

**Other Top GNAC Runners:** 10, Josh Hunt, SMU, 28:24. 11, Austin Miller, SMU, 28:26. 15, Levi Schiltzer, SMU, 28:35. 16, Skyler Larson, SMU, 28:36.

**Women (6,000m):** Saint Martin's 37, Pacific Lutheran 45, Puget Sound 49, Trinity Lutheran 91, Olympic CC 150.

**Top 5 Finishers:** 1, Larissa Kolasinski, SMU, 23:10. 2, Taili Ni, UPS, 23:18. 3, Karen Horvath, SMU, 23:20. 4, Shailee Woodard, PLU, 24:34. 5, Yadira Lopez, TLU, 24:45.

**Other Top GNAC Runners:** 8, Lindsey Dorney, SMU, 25:12. 9, Megan Teigen, SMU, 25:30. 17, Claire McCloskey, SMU, 26:24. 20, Dalia Pedro-Trujillo, SMU, 26:33.

## **Moda Health Alaska Invitational**

**at West Ridge Trails, Fairbanks, Alaska**

**Men (5,000m):** Alaska 26, Montana State Billings 35, Seattle Pacific 73.

**Top 5 Finishers:** 1, Robert Peterson, MSUB, 15:44.6. 2, Alex Eckert, UAF, 16:11.7. 3, Liam McKay, MSUB, 16:18.0. 4, Lyon Kopsack, UAF, 16:20. 5, Seiji Takagi, UAF, 16:24.

**Women (5,000m):** Seattle Pacific 18, Alaska 46, Montana State Billings 69.

**Top 5 Finishers:** 1, Anna Patti, SPU, 18:34.5. 2, Sarah Macdonald, SPU, 19:02.0. 3, Dorothy O'Donnell, UAF, 19:10.7. 4, Jessica Rawlins, SPU, 19:17.1. 5, Hannah Calvert, SPU, 19:34.2.

**Fri., Sept. 11**

## **Ash Creek Invitational**

**at Ash Creek Preserve, Western Oregon Univ., Monmouth, Ore.**

**Men (6,300m):** Chico State 17, Simon Fraser 64, Portland 134, Western Oregon 140, Academy of Art 143, Willamette 165, Oregon Tech 171, Fresno Pacific 191, Clackamas CC 198, Linfield 291, Concordia 300, Lane CC 335, Rogue CC 336.

**Top 5 Finishers:** 1, William Reyes, CHICO, 17:47.1. 2, Falco DiGiallonardo, CHICO, 18:12.9. 3, Kyle Medina, CHICO, 18:15.1. 4, Valentin Pepiot, AAU, 18:15.2. 5, Steven Martinez, CHICO, 18:32.4.

**Top GNAC Runners:** 8, Oliver Jorgensen, SFU, 18:44.9. 11, Marc-Antoine Rouleau, 18:50.4. 18, Rowan Doherty, SFU, 19:05.8. 19, David Ribich, WOU, 19:07.3. 21, Cameron Proceviat, SFU, 19:16.6.

**Women (4,600m):** Chico State 40, Willamette 73, Portland 79, Simon Fraser 136, Academy of Art 153, San Francisco St. 176, Concordia 197, Western Oregon 224, Fresno Pacific 233, Oregon Tech 236, Linfield 286, Clackamas CC 368.

**Top 5 Finishers:** 1, Rebecca Bassett, SFU, 16:28.1. 2, Sadie Gastelum, CHICO, 16:28.6. 3, Courtney Moore, FPU, 16:34.3. 4, Megan Fristoe, CU, 16:46.3. 5, Olivia Mancini, WU, 16:50.0.

**Other Top GNAC Runners:** 15, Nicole Pederson, CU, 17:10.0. 27, Julia Howley, SFU, 17:31.7. 29, Nicole Maurmann, WOU, 17:38.0.

**Sat., Sept. 12**

## **CWU Apple Ridge Invitational**

**Apple Ridge XC Course, Yakima, Wash.**

**Men (6,000m):** Western Washington 22, Central Washington 49, Pacific Lutheran 58, Olympic CC 120.

**Top 5 Finishers:** 1, Brad Hodkinson, PLU, 19:41. 2, Michael Chinchar, Unattached, 20:06. 3, Nick Mounier, WWU, 20:24. 4, Dylan Hayes, WWU, 20:28. 5, Peter Butler, Unattached, 20:38.

**Top GNAC Runners:** 6, Cody McCrainie, WWU, 20:48. 7, Justin Irvine, WWU, 20:53. 9, Jonathan Lafferty, CWU, 20:57.

**Women (4,000m):** Central Washington 22, Western Washington 34, Pacific Lutheran 80, Olympic CC 120.

**Top 5 Finishers:** 1, Dani Eggleston, CWU, 15:00. 2, Erin Chinchar, CWU, 15:02. 3, Tracy Melville, WWU, 15:08. 4, Megan Rogers, CWU, 15:12. 5, Brittany Grant, WWU, 15:44.

# 2015 GNAC Meet Summaries

## **Chukar Classic**

**at Weiser Rolling Hills Golf Course,  
Weiser, Idaho**

**Men (4 Miles):** College of Idaho 26, Eastern Oregon 75, Northwest Nazarene 76, Clark CC 82, Treasure Valley CC 83.

**Top 5 Finishers:** 1, Max Hampton, CI, 21:10. 2, Isaac Mitchell, NNU, 21:12. 3, J. Breen, CC, 21:39. 4, Austin Fred, CI, 21:42. 5, S. Garvin, CC, 21:46.

**Other Top GNAC Runners:** 13, Nick Hamilton, 22:25. 15, Gabe Fisher, NNU, 22:36. 17, Chase Cunningham, NNU, 22:44. 32, David Waterman, NNU, 24:11.

**Women (5,000m):** College of Idaho 18, Northwest Nazarene 56, Eastern Oregon 77, Clark College 100.

**Top 5 Finishers:** 1, Ruth Lewinski, CI, 19:44. 2, Amy Pfaff, CI, 19:45. 3, Lila Klopfenstein, CI, 19:55. 4, Sierra Manzer, NNU, 19:59. 5, Kailyn Schut, CI, 20:03.

**Other Top GNAC Runners:** 6, Hailey Gordon, NNU, 20:07. 8, Anysja Manser, NNU, 20:29. 12, Rebecca Hook, NNU, 20:29. 17, Jadyn Gourley, NNU, 21:33.

## **Hawaii Pacific Invitational**

**at Kahuku Golf Course, Kahuku, Hawaii**

**Men (8,000m):** Alaska Anchorage 15, Hawaii Pacific 52, BYU-Hawaii 83, Chaminade 115.

**Top 5 Finishers:** 1, Henry Cheseto, UAA, 25:58.6. 2, Dominik Notz, UAA, 25:59.4. 3, Edwin Kangogo, UAA, 26:18.8. 4, Victor Samoei, UAA, 26:28.2. 5, Nathan Kipchumba, UAA, 26:45.1.

**Women (5,000m):** Alaska Anchorage 16, Hawaii Pacific 51, BYU-Hawaii 69, Hawaii-Hilo 124, Chaminade 136.

**Top 5 Finishers:** 1, Caroline Kurgat, UAA, 18:15.9. 2, Joyce Chelimo, UAA, 18:18.0. 3, Kimberley Cosica, UAA, 18:42.7. 4, Jessica Pahkala, UAA, 19:08.7. 5, Johanna Apelryd, HPU, 19:09.8.

**Other Top GNAC Runners:** 6, Kaitlyn Maker, UAA, 19:14.3.



# 2015 GNAC Men's Cross Country Meet-By-Meet

<b>ALASKA</b>		Moda Health Alaska Invite 9/3/15	Moda Health Alaska Invite 9/5/15	Stanford Invitational 9/26/15	W. Washington Invitational 10/10/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
<b>Distance</b>		8,000 Meters	5,000 Meters				
Mitch Burgess	Jr.	28:30.6 (18th)	16:43.3 (16th)				
Jan Cech		27:41.8 (9th)	17:06.1 (20th)				
Max Donaldson		27:44.7 (10th)	16:35.5 (11th)				
Alexander Eckert	So.	27:31.8 (7th)	16:11.7 (2nd)				
Michael Fehrenbach	Sr.						
Lyon Kopsack	So.	27:45.9 (11th)	16:20.0 (4th)				
Nick Lovett		28:29.6 (17th)	17:00.0 (18th)				
Jesse Mayo		31:35.9 (26th)	18:16.6 (24th)				
Dylan Nixon-Helms		28:15.4 (16th)	16:41.6 (15th)				
Keegan Rankin	Jr.	27:08.4 (2nd)	16:26.6 (6th)				
Tristan Sayre		29:33.1 (22nd)	16:37.1 (12th)				
Daniel Serventi	So.	28:02.3 (15th)	16:33.1 (9th)				
Seiji Takagi	So.	27:33.3 (8th)	16:24.0 (5th)				
Connor Truskowski		35:26.9 (27th)	19:21.6 (25th)				
<b>Team Place (Pts.)</b>		2nd of 3 (32)	1st of 3 (26)				
<b>Results Link</b>		<a href="#">Results</a>	<a href="#">Results</a>				

<b>ALASKA ANCHORAGE</b>		Hawaii Big Wave Invitational 9/5/15	Hawaii Pacific Invitational 9/12/15	W. Washington Invitational 10/10/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
<b>Distance</b>		5,000 Meters	8,000 Meters			
Henry Cheseto	So.	15:41.52 (3rd)	25:58.6 (1st)			
Joe Day	Jr.					
Edwin Kangogo	So.	15:41.15 (1st)	26:18.8 (3rd)			
Nathan Kipchumba	So.	15:41.33 (2nd)	26:45.1 (5th)			
Michael Mendenhall	Jr.	16:29.45 (7th)	26:53.2 (6th)			
Philip Messina	Jr.	16:42.54 (9th)	27:33.0 (8th)			
Jesse Miller	Jr.	17:29.11 (21st)	28:43.4 (13th)			
Dominik Notz	Sr.	15:45.66 (4th)	25:59.4 (2nd)			
Michel Ramirez	Sr.					
Victor Samoei	Jr.	16:17.88 (5th)	26:28.2 (4th)			
<b>Team Place (Pts.)</b>		1st of 5 (15)	1st of 4 (15)			
<b>Results Link</b>		<a href="#">Results</a>	<a href="#">Results</a>			

<b>CENTRAL WASHINGTON</b>		CWU Apple Ridge Inv. 9/12/15	Sundodger Invitational 9/19/15	Stanford Invitational 9/26/15	W. Washington Invitational 10/10/15	Seattle U Emerald City Open 10/17/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
<b>Distance</b>		6,000 Meters	8,000 Meters					
Josh Boston	So.	21:10 (11th)	27:23.31 (148th)					
Taryk Boyd	Fr.	22:10 (23rd)	27:54.99 (182nd)					
Brent Christianson	So.							
Dylan Darlington	So.	21:37 (18th)	27:38.12 (164th)					
Harry Engel	So.	22:40 (28th)	27:43.75 (171st)					
Tyler Humphries	Fr.	21:29 (14th)	27:22.37 (147th)					
Kaleb Javier	Sr.							
Jonathan Lafferty	Fr.	20:57 (9th)	26:24.91 (88th)					
Ron Leaf	So.	22:34 (27th)	27:25.21 (150th)					
Hanson Lee	Fr.	21:19 (16th)	27:49.60 (178th)					
Alex Martinez	So.	21:29 (15th)	27:20.09 (143rd)					
Kyle Paulson	Fr.	21:24 (13th)	27:25.66 (151st)					
Justin Pringle	Fr.		28:23.36 (201st)					
Matthew Schrenk	Fr.							
Nick Spencer	Sr.							
Kieran Sprague	Jr.							
Ryan Thompson	Sr.		26:27.88 (153rd)					
<b>Team Place (Pts.)</b>		2nd of 4 (49)	20th of 26 (517)					
<b>Results Link</b>		<a href="#">Results</a>	<a href="#">Results</a>					

# 2015 GNAC Men's Cross Country Meet-By-Meet

<b>CONCORDIA</b>		Linfield Harrier Classic 9/4/15	Ash Creek Invitational 9/11/15	Sundodger Invitational 9/19/15	Willamette Charles Bowles Invitational 10/3/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
<b>Distance</b>		6,000 Meters	6,300 Meters	8,000 Meters			
Austin Collins	Sr.	22:43.22 (40th)	22:04.5 (114th)	28:41.76 (212th)			
Alan Johnston	Sr.	21:18.96 (25th)	21:03.9 (93rd)	27:14.12 (135th)			
Roman Kirkov	Sr.						
Ethan Livermore	Jr.	19:57.13 (3rd)	21:44.2 (108th)	27:07.25 (129th)			
Austin Peila	Sr.	21:10.72 (22nd)	22:10.8 (119th)	27:27.45 (152nd)			
Demetrius Rhodes	Sr.						
Jared Seckel	Jr.	20:01.73 (5th)	19:49.1 (43rd)	26:21.65 (84th)			
Colton Snook	Jr.	22:24.86 (35th)	22:14.5 (121st)	28:45.36 (213th)			
Paris Speidel	Jr.	20:24.62 (11th)	20:22.3 (65th)	26:39.72 (101st)			
Alec Story	Jr.	23:19.42 (42nd)		29:46.83 (236th)			
<b>Team Place (Pts.)</b>		2nd of 3 (46)	11th of 13 (300)	17th of 20 (461)			
<b>Results Link</b>		<a href="#">Results</a>	<a href="#">Results</a>	<a href="#">Results</a>			

<b>MSU BILLINGS</b>		Moda Health Alaska Invite 9/3/15	Moda Health Alaska Invite 9/5/15	Montana St. Invitational 9/19/15	Roy Griak Invitational 9/26/15	Yellowjacket Invitational 10/9/15	Yellowjacket/ Bat- tlin' Bear Dual 10/15/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
<b>Distance</b>		8,000 Meters	5,000 Meters	5 Miles					
Ivan Colmenero	Fr.	30:10.1 (24th)	17:23.2 (23rd)	28:29.90 (19th)					
Jorey Egeland	So.	27:56.4 (13th)	16:28.3 (8th)	29:14.78 (26th)					
Mark Hovland	So.	27:25.1 (5th)	16:39.2 (13th)	27:56.78 (14th)					
Padon Little	Fr.			31:15.55 (41st)					
Garrett Love	Jr.	27:23.1 (4th)	16:33.9 (10th)	26:49.45 (5th)					
Jacob Marshall	Jr.								
Liam McKay	So.	27:19.8 (3rd)	16:18.0 (3rd)	27:32.33 (10th)					
Tyus Mendoza				27:35.01 (11th)					
Josh Panasuk	Jr.								
Robert Peterson	Sr.	26:18.3 (1st)	15:44.6 (1st)	25:43.25 (1st)					
Matt Winter	Sr.	27:50.6 (12th)	16:39.6 (14th)	27:01.86 (7th)					
<b>Team Place (Pts.)</b>		1st of 3 (24)	2nd of 3 (35)	6th of 9 (126)					
<b>Results Link</b>		<a href="#">Results</a>	<a href="#">Results</a>	<a href="#">Results</a>					

<b>NORTHWEST NAZARENE</b>		Chukar Classic 9/12/15	Sundodger Invitational 9/19/15	San Francisco State Invitational 10/9/15	Lewis & Clark Invi- tational 10/17/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
<b>Distance</b>		4 Miles	8,000 Meters				
Chase Cunningham	Jr.	22:44 (17th)	26:40.57 (102nd)				
Caleb Druckhammer	Fr.						
Gabe Fisher	So.	22:36 (15th)	26:43.16 (105th)				
Nicholas Hamilton	Fr.	22:25 (13th)	25:59.36 (67th)				
Isaac Mitchell	So.	21:12 (2nd)	24:48.25 (12th)				
Timothy Swarat	Fr.						
David Waterman	Sr.	24:11 (32nd)	28:12.52 (190th)				
<b>Team Place (Pts.)</b>		3rd of 5 (76)	10th of 26 (367)				
<b>Results Link</b>		<a href="#">Results</a>	<a href="#">Results</a>				

<b>SAINT MARTIN'S</b>		Puget Sound Invitational 9/5/15	Sundodger Invitational 9/19/15	SMU Open 9/26/15	Western Washington Classic 10/10/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
<b>Distance</b>		8,000 Meters	8,000 Meters				
Joe Edgecomb	Fr.	29:30 (25th)	27:30.92 (161st)				
Kameron Galm	Fr.	30:15 (33rd)	29:24.55 (229th)				
Jasper Heckman	Jr.	27:53 (5th)	25:54.62 (60th)				
Mitchell Hughey	Jr.						
Josh Hunt	So.	28:24 (10th)	27:29.77 (156th)				
Luis Lara Espinoza	Fr.	32:48 (46th)	31:53.62 (259th)				
Skyler Larson	Jr.	28:36 (16th)	28:27.41 (205th)				
Austin Miller	So.	28:26 (11th)	27:47.54 (174th)				
Nathan Morgan	Sr.						
Levi Schilter	Fr.	28:35 (15th)	27:53.91 (181st)				
Josiah Shelman	Sr.						
Andrew Walter	Fr.						
<b>Team Place (Pts.)</b>		3rd of 6 (57)	22nd of 26 (562)				
<b>Results Link</b>		<a href="#">Results</a>	<a href="#">Results</a>				

# 2015 GNAC Men's Cross Country Meet-By-Meet

<b>SEATTLE PACIFIC</b>	Yr.	Moda Health Alaska Invite 9/3/15	Moda Health Alaska Invite 9/5/15	Sundodger Invitational 9/19/15	Willamette Charles Bowles 10/3/15	W. Washington Invitational 10/10/15	SU Emerald City Open 10/17/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
<b>Distance</b>		8,000 Meters	5,000 Meters	8,000 Meters					
Adam Avischious	Sr.	29:43.2 (23rd)	16:48.2 (17th)	26:54.05 (115th)					
Andrew Baklund	So.								
Jacob Busald	Fr.			29:43.26 (234th)					
Brian Comer	Sr.	29:02.1 (20th)	17:18.2 (22nd)	26:36.70 (98th)					
Ben Halladay	So.	28:01.4 (14th)	16:27.3 (7th)	26:12.25 (76th)					
Brysten James	Fr.								
Ka'eo Lindsey	So.								
David McLeod	Jr.	29:09.5 (21st)	17:01.0 (19th)	27:39.48 (165th)					
Chris Moreton	So.								
Clark Sterling	So.			28:28.75 (206th)					
Joseph Walker	Jr.	28:45.8 (19th)	17:06.9 (21st)	27:30.47 (160th)					
Josiah Zering	So.								
<b>Team Place (Pts.)</b>		3rd of 3 (97)	3rd of 3 (73)	19th of 26 (474)					
<b>Results Link</b>		<a href="#">Results</a>	<a href="#">Results</a>	<a href="#">Results</a>					

<b>SIMON FRASER</b>	Yr.	Ash Creek Invitational 9/11/15	Sundodger Invitational 9/19/15	Stanford Invitational 9/26/15	W. Washington Invitational 10/10/15	SU Emerald City Open 10/17/15	BC Cross Country Chmp. 10/24/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
<b>Distance</b>		6,300 Meters	8,000 Meters						
Braeden Charlton	Jr.	19:34.6 (31st)	25:23.96 (35th)						
Ben Conrad	Fr.								
BJ Cunliffe	Sr.								
Mateo de Dalmasas	So.	20:09.0 (54th)	26:01.90 (69th)						
Rowan Doherty	Fr.	19:05.8 (18th)	25:34.75 (43rd)						
Dylan Freinhofer	So.								
Phillipe Gravel	So.		25:21.82 (33rd)						
Dustin Johnson	So.								
Oliver Jorgensen	Jr.	18:44.9 (8th)	24:12.15 (2nd)						
Stuart MacDonald	So.								
Sean Miller	Fr.		25:24.16 (36th)						
Timothy Mustard	Fr.	20:27.4 (72nd)	26:42.72 (104th)						
Alexandre Pare	Sr.	23:47.7 (147th)	30:35.30 (249th)						
Cameron Proceviat	Sr.	19:16.6 (21st)	24:55.56 (20th)						
Marc-Antoine Rouleau	Sr.	18:50.4 (11th)	24:51.79 (15th)						
David Sawatsky	So.	22:49.9 (136th)	28:38.77 (211th)						
Jalen Sekhon	Fr.								
Samuel Serviss	Fr.	22:08.4 (117th)	26:57.70 (122nd)						
Lorenzo Smith	Sr.	20:37.4 (79th)	27:29.85 (158th)						
Ephraim Tadesse	So.	19:49.6 (44th)	25:58.09 (64th)						
Austin Trapp	Sr.								
Carlos Vargas	Fr.	20:14.5 (59th)	26:57.50 (121st)						
Brendan Wong	Sr.	20:04.6 (51st)	25:41.37 (52nd)						
<b>Team Place (Pts.)</b>		2nd of 13 (64)	2nd of 26 (95)						
<b>Results Link</b>		<a href="#">Results</a>	<a href="#">Results</a>						

# 2015 GNAC Men's Cross Country Meet-By-Meet

<b>WESTERN OREGON</b>	Yr.	Ash Creek Invitational 9/11/15	Sundodger Invitational 9/19/15	Willamette Charles Bowles Invitational 10/3/15	W. Washington Invitational 10/10/15	Beaver Classic 10/23/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
<b>Distance</b>		6,300 Meters	8,000 Meters					
Eric Alcaraz	So.							
Riley Anheluk	Sr.	21:19.2 (96th)	27:00.89 (125th)					
David Cornish	Jr.	20:34.4 (77th)	27:02.02 (126th)					
Josh Dempsey	So.	20:23.9 (67th)	26:58.87 (123rd)					
Kaleb Dobson	Fr.							
Matthew Haglund	So.	22:13.7 (120th)	28:46.07 (214th)					
Josh Hanna	Sr.	21:45.0 (110th)	27:28.68 (154th)					
Zach Holloway	Sr.	19:32.7 (29th)	25:15.14 (28th)					
AJ Holmberg	So.							
Tyler Jones	Fr.	19:47.0 (41st)	26:16.88 (78th)					
Dominick Marshall	Fr.							
Parker Marson	So.							
Sam Naffziger	Sr.	19:44.6 (39th)	26:20.11 (81st)					
Corrado Pitari	So.							
David Ribich	So.	19:07.3 (19th)	24:38.21 (10th)					
Kyle Ruhlin	So.							
Joe Solk	Sr.							
Badane Sultessa	Jr.							
Aaron Whitaker	So.	22:28.0 (128th)						
<b>Team Place (Pts.)</b>		4th of 13 (140)	8th of 26 (254)					
<b>Results Link</b>		<a href="#">Results</a>	<a href="#">Results</a>					

<b>WESTERN WASHINGTON</b>	Yr.	Central Washington Invitational 9/12/15	Sundodger Invitational 9/19/15	SMU Open 9/26/15	Western Washington Classic 10/10/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
<b>Distance</b>		6,000 Meters	8,000 Meters				
Dylan Brown	Jr.						
Isaac Derline	So.		24:21.71 (5th)				
Sean Eustis	So.	21:10 (10th)	25:41.00 (51st)				
Cameron Freshwaters	So.	22:01 (20th)					
Logan Giese	So.	21:40 (19th)	26:04.93 (73rd)				
Dylan Hayes	Fr.	20:28 (4th)	26:35.30 (96th)				
Justin Irvine	Fr.	20:53 (7th)	25:59.13 (66th)				
Cory Johnson	Jr.						
Will Jones	Jr.		25:56.35 (61st)				
Matthew Lutz	Jr.		24:53.00 (17th)				
Cody McCranie	Jr.	20:48 (6th)	25:44.36 (55th)				
Nickolas Mounier	Fr.	20:24 (3rd)	25:17.94 (30th)				
Jadon Olson	Fr.						
Ryan Peterson	Jr.		26:55.22 (117th)				
Noah Ripley	Jr.		26:47.63 (111th)				
Max Romey	Jr.		26:02.99 (71st)				
Andrew Wise	So.		24:53.63 (18th)				
<b>Team Place (Pts.)</b>		1st of 4 (22)	3rd of 26 (108)				
<b>Results Link</b>		<a href="#">Results</a>	<a href="#">Results</a>				

# 2015 GNAC Women's Cross Country Meet-By-Meet

<b>ALASKA</b>		Moda Health Alaska Invite 9/3/15	Moda Health Alaska Invite 9/5/15	Stanford Invitational 9/26/15	W. Washington Invitational 10/10/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
<b>Distance</b>		6,000 Meters	5,000 Meters				
Nicole Bathe	Jr.	24:34.6 (8th)	20:16.7 (10th)				
Alexandra Bergholtz		25:47.4 (14th)	20:48.8 (13th)				
Kimberly Fitzgerald		25:52.8 (15th)					
Cheyenne Greenside	So.	27:06.6 (19th)	22:20.9 (23rd)				
Martina Himma	So.	27:12.6 (20th)	21:58.4 (19th)				
Jocelyn Kopsack		27:44.9 (23rd)	22:15.7 (22nd)				
Sarah Lilly	Jr.	27:42.8 (22nd)	21:44.4 (18th)				
Anne-Tine Markset	So.	33:38.8 (27th)					
Dorothy O'Donnell	Jr.	23:36.7 (3rd)	19:10.7 (3rd)				
Chandra Smith	So.	27:52.6 (24th)	22:05.5 (21st)				
Hannah Stevens	Jr.	26:35.7 (17th)	21:32.0 (17th)				
Kali Striker	Jr.	24:32.4 (7th)	19:53.3 (8th)				
Anni Uhl	So.	26:45.4 (18th)	21:06.1 (14th)				
Grace Weller	So.	25:14.9 (11th)	20:44.6 (12th)				
<b>Team Place (Pts.)</b>		2nd of 3 (43)	2nd of 3 (46)				
<b>Results Link</b>		<a href="#">Results</a>	<a href="#">Results</a>				

<b>ALASKA ANCHORAGE</b>		Hawaii Big Wave Invitational 9/5/15	Hawaii Pacific Invitational 9/12/15	W. Washington Invitational 10/10/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
<b>Distance</b>		5,000 Meters	5,000 Meters			
Emily Biering	Fr.					
Mariah Burroughs	So.	19:35.19 (14th)	19:21.6 (8th)			
Riley Burroughs	Fr.	21:02.08 (36th)	20:15.5 (16th)			
Joyce Chelimo	Jr.	17:49.83 (2nd)	18:18.0 (2nd)			
Kimberly Cosica	Fr.	18:34.94 (4th)	18:42.7 (3rd)			
Beatrice Decker	Sr.					
Zenneh Jepchumba	Fr.					
Caroline Kurgat	So.	17:46.87 (1st)	18:15.9 (1st)			
Kaitlyn Maker	Fr.	19:24.74 (10th)	19:14.3 (6th)			
Danielle McCormick	Fr.	20:23.37 (24th)	19:53.6 (14th)			
Jessica Pahkala	Sr.	19:28.63 (11th)	19:08.7 (4th)			
Tamara Perez	So.	19:45.40 (19th)	19:31.3 (9th)			
<b>Team Place (Pts.)</b>		1st of 8 (26)	1st of 5 (16)			
<b>Results Link</b>		<a href="#">Results</a>	<a href="#">Results</a>			

<b>CENTRAL WASHINGTON</b>		CWU Apple Ridge Inv. 9/12/15	Sundodger Invitational 9/19/15	Stanford Invitational 9/26/15	W. Washington Invitational 10/10/15	Seattle U Emerald City Open 10/17/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
<b>Distance</b>		4,000 Meters	6,000 Meters					
Natalie Bergstrom	Sr.	16:49 (19th)	25:18.12 (157th)					
Tessa Carlin	So.	18:47 (30th)	26:05.08 (174th)					
Nicole Charlton	So.	18:48 (31st)						
Erin Chinchar	Sr.	15:02 (2nd)	22:15.25 (22nd)					
Hannah Dowdell	Sr.		23:31.23 (92nd)					
Dani Eggleston	Sr.	15:00 (1st)	22:07.93 (19th)					
Elena Gomez	Jr.	15:51 (8th)	23:16.73 (81st)					
Anna Hood	Jr.	17:46 (24th)	26:40.64 (193rd)					
Jayna Inderbitzin	Sr.	16:06 (13th)	23:29.44 (89th)					
Brenna Liebel	Fr.	16:31 (18th)	23:54.52 (113th)					
Ashley Mason	Fr.	16:16 (15th)	23:56.91 (116th)					
Kaitlyn McKinney	Jr.	17:06 (21st)	24:47.56 (143rd)					
Stephanie Rexus	Jr.	15:47 (7th)	23:34.63 (96th)					
Alexis Ross	Fr.		26:56.25 (197th)					
Megan Rogers	Sr.	15:12 (4th)	22:33.10 (36th)					
Alexa Shindruk	Fr.	16:17 (16th)	23:11.28 (74th)					
Heather Sweowat	Fr.	18:17 (28th)	27:31.17 (202nd)					
Darby Throndsen	Fr.							
<b>Team Place (Pts.)</b>		1st of 4 (22)	7th of 22 (210)					
<b>Results Link</b>		<a href="#">Results</a>	<a href="#">Results</a>					



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<b>CONCORDIA</b>		Linfield Harrier Classic 9/4/15	Ash Creek Invitational 9/11/15	Sundodger Invitational 9/19/15	Willamette Charles Bowles Invitational 10/3/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
<b>Distance</b>		4,000 Meters	4,600 Meters	6,000 Meters			
Kelsea Campbell	So.						
Sara Fristoe	Jr.	15:18.45 (2nd)		22:40.53 (42nd)			
Megan Fristoe	Jr.	14:59.14 (1st)	16:46.3 (4th)	21:59.68 (16th)			
Jessica Jensen	So.	17:07.75 (25th)	20:18.9 (99th)	26:10.51 (180th)			
Megan Mayfield	Fr.						
Erin McChurch	Fr.	17:59.84 (35th)	19:51.5 (86th)	26:34.24 (189th)			
Blanca Moreno	Jr.	17:12.35 (26th)	19:38.4 (80th)	25:32.08 (165th)			
Nicole Pederson	Fr.	15:31.20 (5th)	17:10.0 (15th)	22:33.68 (38th)			
Dalen Richardson	So.	16:26.80 (12th)	20:21.0 (101st)	24:17.99 (124th)			
Brenna Siltman	Fr.						
Megan VonBargen	Sr.	17:54.56 (34th)	21:42.9 (115th)	26:22.00 (183rd)			
Zoe Worobel	Sr.	16:07.11 (11th)	18:15.8 (51st)	23:33.53 (95th)			
<b>Team Place (Pts.)</b>		1st of 3 (28)	7th of 12 (197)	12th of 22 (279)			
<b>Results Link</b>		<a href="#">Results</a>	<a href="#">Results</a>	<a href="#">Results</a>			

<b>MSU BILLINGS</b>		Moda Health Alaska Invite 9/3/15	Moda Health Alaska Invite 9/5/15	Montana St. Invitational 9/19/15	Roy Griak Invitational 9/26/15	Yellowjacket Invitational 10/9/15	Yellowjacket/ Bat- tlin' Bear Dual 10/15/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
<b>Distance</b>		6,000 Meters	5,000 Meters	3 Miles					
Sarah Beatty	Fr.	29:28.9 (26th)	24:25.5 (25th)	22:33.00 (30th)					
Bailey Bomar	So.	25:41.6 (13th)	21:29.3 (16th)	20:38.53 (23rd)					
Taylor Condon	Sr.	26:23.2 (16th)	21:10.5 (15th)	19:41.25 (16th)					
Brielle Davis	Sr.	25:32.2 (12th)	20:32.8 (11th)	19:20.16 (10th)					
Rio Frame	Jr.	24:17.5 (6th)	19:54.9 (9th)						
Cate Klautd	Fr.	28:37.4 (25th)	23:27.6 (24th)	23:55.91 (36th)					
Devin McDonald	Fr.			22:18.26 (28th)					
Josey Smiedala	Fr.								
Nikki Terkildsen	Fr.			23:17.45 (35th)					
Jinise Trueblood	Sr.	27:24.0 (21st)	21:59.9 (20th)	20:07.61 (20th)					
<b>Team Place (Pts.)</b>		3rd of 3 (68)	3rd of 3 (69)	7th of 9 (233)					
<b>Results Link</b>		<a href="#">Results</a>	<a href="#">Results</a>	<a href="#">Results</a>					

<b>NORTHWEST NAZARENE</b>		Chukar Classic 9/12/15	Sundodger Invitational 9/19/15	San Francisco State Invitational 10/9/15	Lewis & Clark Invi- tational 10/17/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
<b>Distance</b>		5,000 Meters					
Hailey Gordon	Sr.	20:07 (6th)	22:35.32 (39th)				
Jadyn Gourley	Sr.	21:33 (17th)	24:58.16 (150th)				
Emily Hammons	Fr.		24:48.14 (144th)				
Rebecca Hook	Sr.	20:41 (12th)	23:08.41 (68th)				
Josephine Lonia	Fr.	21:39 (18th)	24:28.96 (128th)				
Anysia Manzer	So.	20:29 (8th)	23:52.29 (110th)				
Sierra Manser	Fr.	19:59 (4th)	22:21.16 (27th)				
Emily Merioles	Jr.		26:00.38 (172nd)				
Kaydee Mick	Jr.	23:10 (28th)	27:17.64 (200th)				
Rachel Roach	Fr.		26:07.60 (177th)				
Amy Wheeler	So.		25:27.60 (162nd)				
<b>Team Place (Pts.)</b>		2nd of 4 (46)	14th of 22 (324)				
<b>Results Link</b>		<a href="#">Results</a>	<a href="#">Results</a>				

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<b>SAINT MARTIN'S</b>	Yr.	Puget Sound Invitational 9/5/15	Sundodger Invitational 9/19/15	SMU Open 9/26/15	Western Washington Classic 10/10/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
<b>Distance</b>		6,000 Meters	6,000 Meters				
Alexis Carandang	Jr.		35:56.33 (218th)				
Lindsey Dorney	Fr.	25:12 (8th)	25:31.75 (164th)				
Keirnan Hawthorne	Jr.						
Karen Horvath	Sr.	23:20 (3rd)	22:40.98 (44th)				
Larissa Kolasinski	Fr.	23:10 (1st)	22:33.29 (37th)				
Claire McCloskey	Jr.	26:24 (17th)	26:46.62 (194th)				
Dalia Pedro-Trujillo	So.	26:33 (20th)					
Shannon Porter	Jr.						
Megan Teigen	Jr.	25:30 (9th)	24:34.75 (133rd)				
Elizabeth Waddell	Fr.						
Alexi Whatley	Fr.						
<b>Team Place (Pts.)</b>		1st of 5 (37)	17th of 22 (453)				
<b>Results Link</b>		<a href="#">Results</a>	<a href="#">Results</a>				

<b>SEATTLE PACIFIC</b>	Yr.	Moda Health Alaska Invite 9/3/15	Moda Health Alaska Invite 9/5/15	Sundodger Invitational 9/19/15	Willamette Charles Bowles 10/3/15	W. Washington Invitational 10/10/15	SU Emerald City Open 10/17/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
<b>Distance</b>		6,000 Meters	5,000 Meters	6,000 Meters					
Hannah Calvert	Jr.	23:51.6 (4th)	19:34.2 (5th)	22:44.92 (48th)					
Melanie Campbell	Fr.			24:31.70 (130th)					
Sophie Carroll	So.								
Mary Charleson	So.	24:52.1 (10th)	19:36.1 (6th)	23:22.27 (86th)					
Lynelle Decker	Sr.	24:39.4 (9th)	19:49.9 (7th)	23:19.66 (83rd)					
Hailey Kettel	So.			23:45.98 (104th)					
Sarah Macdonald	Jr.	23:11.1 (2nd)	19:02.0 (2nd)	22:31.13 (34th)					
Jessie Mathison	So.								
Anna Patti	Sr.	22:11.5 (1st)	18:34.5 (1st)	21:11.82 (1st)					
Chynna Phan	So.			22:38.65 (41st)					
Jessica Rawlins	So.	24:03.4 (5th)	19:17.1 (4th)	23:01.37 (63rd)					
Ali Sowers	Jr.								
Jackie VanSchooten	Sr.								
Kiley Zeitler	Sr.			23:53.33 (111th)					
<b>Team Place (Pts.)</b>		1st of 3 (21)	1st of 3 (18)	4th of 22 (175)					
<b>Results Link</b>		<a href="#">Results</a>	<a href="#">Results</a>	<a href="#">Results</a>					

<b>SIMON FRASER</b>	Yr.	Ash Creek Invitational 9/11/15	Sundodger Invitational 9/19/15	Stanford Invitational 9/26/15	W. Washington Invitational 10/10/15	SU Emerald City Open 10/17/15	BC Cross Country Chmp. 10/24/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
<b>Distance</b>		4,600 Meters	6,000 Meters						
Miryam Bassett	So.	17:45.4 (35th)	23:11.31 (75th)						
Rebecca Bassett	Jr.	16:28.1 (1st)	21:21.26 (3rd)						
Emma Chadsey	Sr.	18:19.3 (53rd)	23:01.67 (64th)						
Erina Cho	Jr.	19:46.8 (85th)	25:47.61 (168th)						
Reta Dobie	Jr.	18:31.6 (58th)	23:35.89 (97th)						
Sophie Dodd	So.								
Brittany Evans	Jr.	18:40.3 (65th)	23:47.77 (107th)						
Jasmine Gill	Fr.								
Karen Horvath	Sr.		22:40.98 (44th)						
Julia Howley	So.	17:31.7 (27th)	23:00.22 (61st)						
Jennifer Johnson	Sr.								
Alexandra Kiely	Fr.								
Kayla Lennea	So.	20:03.3 (90th)							
Kansas Mackenzie	Sr.	18:18.0 (52nd)	23:09.48 (70th)						
Lily Mahal	Fr.								
Alan Mussatto	Fr.								
Paige Nock	So.	17:41.9 (32nd)	22:32.74 (35th)						
Peggy Noel	Jr.								
Picabo Reeves	Fr.								
Addy Townsend	Fr.								
Dana Townsend	So.		26:30.49 (185th)						
<b>Team Place (Pts.)</b>		4th of 12 (136)	8th of 22 (215)						
<b>Results Link</b>		<a href="#">Results</a>	<a href="#">Results</a>						

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WESTERN OREGON		Ash Creek Invitational 9/11/15	Sundodger Invitational 9/19/15	Willamette Charles Bowles Invitational 10/3/15	W. Washington Invitational 10/10/15	Beaver Classic 10/23/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
<b>Distance</b>		4,600 Meters	6,000 Meters					
Bailey Beeson	Sr.	18:51.6 (66th)	23:43.29 (102nd)					
Maggie Boles	Fr.							
Emily Cantrell	Fr.	19:20.4 (74th)	24:50.96 (145th)					
Felicia Covey	Jr.	20:52.3 (108th)						
Rachel Crawford	Jr.	21:49.6 (118th)						
Debora DeLeon	So.	18:29.5 (57th)	23:47.36 (106th)					
Amanda Dithazy	Jr.	19:05.1 (71st)	25:46.38 (167th)					
Emily Gillett	Fr.	19:31.7 (76th)	24:58.94 (151st)					
Antoinette Gowen	Fr.							
Lauren Kangas	Fr.	18:38.5 (63rd)	24:28.35 (127th)					
Grace Knapp	Fr.	17:52.1 (39th)	23:42.78 (101st)					
Natalie Lagras	Fr.							
Becca Liable	Jr.							
Sara Madden	So.	21:04.9 (111th)						
Nicole Maurmann	Jr.	17:38.0 (29th)	22:59.64 (59th)					
Leah Paffrath	Sr.							
Megan Rose	Fr.	22:13.9 (120th)						
Emilee Silbermagel	Fr.							
Kiana Smith	Fr.	20:03.9 (91st)	25:24.43 (161st)					
Stephanie Stuckey	Sr.		23:15.16 (80th)					
Dara Tillery	Jr.							
Suzanne Van De Grift	So.	18:56.2 (70th)	23:56.64 (115th)					
Kendra Zimmerdahl	Fr.	19:44.1 (84th)	23:57.40 (117th)					
<b>Team Place (Pts.)</b>		8th of 12 (224)	16th of 22 (395)					
<b>Results Link</b>		<a href="#">Results</a>	<a href="#">Results</a>					

WESTERN WASHINGTON		CWU Apple Ridge Invitational 9/12/15	Sundodger Invitational 9/19/15	SMU Open 9/26/15	Western Washington Classic 10/10/15	GNAC Championships 10/24/15	NCAA West Regional 11/7/15
<b>Distance</b>		4,000 Meters	6,000 Meters				
Taylor Graham	Sr.	16:58 (20th)					
Brittany Grant	Jr.	15:44 (5th)	21:37.95 (7th)				
Taylor Guenther	Sr.	15:45 (6th)	21:34.29 (5th)				
Kaitlyn Horn	Jr.						
Madeleine Hutchinson	So.						
Maddy Jalbert	Sr.		23:32.16 (93rd)				
Aundrea Koger	Fr.		24:36.04 (135th)				
Kali Klotz-Brooks	Sr.						
Alexandra Laiblin	So.	16:00 (11th)	22:29.74 (33rd)				
Brenna Lanford	So.						
Sofia Marikis	Jr.		22:57.25 (58th)				
Molly McEachern	So.						
Tracy Melville	Fr.	15:08 (3rd)	22:18.17 (24th)				
Analissa Merrill	Jr.		26:17.12 (182nd)				
Lillianna Stelling	Jr.	15:53 (9th)	22:36.76 (40th)				
Sara Taferre	Jr.	16:00 (12th)	23:03.58 (66th)				
Shawna Troupe	Jr.						
Katherine Tyburezy	Jr.						
Mikhaela Woodward	Fr.	16:26 (17th)	23:07.04 (67th)				
<b>Team Place (Pts.)</b>		2nd of 4 (34)	1st of 22 (103)				
<b>Results Link</b>		<a href="#">Results</a>	<a href="#">Results</a>				