MEN'S TRACK & FIELD \\ CROSS COUNTRY





MEDIA GUIDE

#### **Roster Pronunciations**

Lucas Bons Bahns
Casey Clinger
James Corrigan <i>Coregon</i>
Luke Grundvig <i>Grund - Vig</i>
Joey Nokes
Garrett Stanford
Jacob Stanford
Creed Thompson
Davin Thompson
Aidan Troutner <i>Trout - Ner</i>

#### **Coaches Pronunciations**

Ed Eyestone	<i>Eye - Stone</i>
Rvan Waite	<i>Wait</i>

## **University Quick Facts**

Location:	Provo, UT
Elevation:	4,553 Feet
Students Enrolled:	34,737
Established:	October 15, 1875
Supporting Institution:	The Church of Jesus
Christ of Latter-day Saints	3
Nickname	Cougars
Mascot	Cosmo the Cougar
President	C. Shane Reese

#### **QR Code to Team Website**



byucougars.com

#### **State of the Program**



"I think we are in a great place. I think our guys have the focus. This entire year has been on the build from our very first workout in the summertime. I think we've done a very good job, preparation wise, and putting ourselves in the best position. When it comes to the race, we're happy to be the Big 12 Champions. We realize that we've beaten Oklahoma State once before. We realize we've got a very big task ahead in trying to beat them, trying to beat Arkansas, trying to beat Iowa State and anybody else that is toeing the line. We have a very talented group of guys, and they're tough. When you're tough and talented, then we like our chances."

- Head Coach Ed Eyestone

### **Cougars Claim First Big 12 Title**

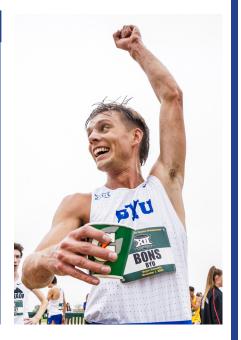


The BYU men's cross country program secured it's first Big 12 Conference title on November 1, 2024. With a combined 41 points, the Cougars defeated conference rival and previous 2023 NCAA champions Oklahoma State who were ranked No. 1 in the USTFCCA National Coaches Poll headed into the meet. Senior captain Casey Clinger led the Cougars across the finish line placing third overall in 22:09.2. Sophomore James Corrigan finished in seventh followed by senior Joey Nokes in 8th. Senior Creed Thompson took 11th while junior Lucas Bons crossed in 12th. Creed's twin brother Davin, (a junior) rounded

out BYU's scoring in 15th place. It only took two seasons for the program to take the conference title, with BYU joining the Big 12 in 2023. The BYU women's cross country program also took home the conference victory for the second straight year, posting an identical 41 points on the day.

Individual Results			
Name	Place	Time	
Casey Clinger	3	22:09.14	
James Corrigan	7	22:29.65	
Joey Nokes	8	22:30.18	
Creed Thompson	11	22:37.04	
Lucas Bons	12	22:37.06	
Davin Thompson	15	22:51.50	
Aidan Troutner	25	23:16.08	

Team Results		
Team	Score	
BYU	41	
Oklahoma St.	52	
Iowa St.	62	
Texas Tech	101	
Colorado	122	
TCU	555	
Kansas	223	



"Our goals were just to pack up, be tough, and let the results take care of themselves.

- Lucas Bons

#### **Nationals Roster**



**Lucas Bons** 6-1 • Senior Dublin, OH



Casey Clinger 6-0 • Senior American Fork, UT



James Corrigan 5-9 • Sophomore Los Angeles, CA



Luke Grundvig 6-3 • Junior Highland, UT



**Joey Nokes** 6-0 • Senior Riverton, UT



Garrett Stanford 5-8 • Junior Carlsbad, CA



Jacob Stanford 5-8 • Junior Carlsbad, UT



Creed Thompson 6-0 • Junior Lehi, UT



Davin Thompson 6-0 • Junior Lehi, UT



Aidan Troutner 5-11 • Senior Provo, UT



**Ed Eyestone** Head Coach



Ryan Waite Assistant Coach

#### **Quotes Headed in Nationals**

"At this point in the season the hay is in the barn, all the work is done. We have run thousands of miles together, and we have suffered together.

All that is left to do is trust in God and run for each other."

- Davin Thompson





"We've got a really good and a really experienced team this year. We're excited for this weekend to have an opportunity to show the fitness we've built over the last couple months."

- Aidan Troutner

"We have put in the work and done everything in our power to prepare for this race. Now it is time to trust God, trust in the boys, and have some fun.

- Creed Thompson



### **Turning Back The Clock**

### **Individual Titles: 4**

#### **Team Wins: 1**





Mantz took home back-to-back titles after clocking a personal-best and course-record 10k time of 28:33.1 at Florida State's Appalachee Regional Park in Tallahassee, Florida.



2020 - 21 Conner Mantz Individual Title The All-American crossed the finish line in 29:26.1, nearly 22 seconds ahead of the second runner in.



**2019**Team Title
First Ever Team Title

Head coach Ed Eyestone led the BYU men's cross country team to its first NCAA title in program history in 2019.



**2006** Josh Rohatinsky Individual Title Rohatinsky crossed first with a time of 30:45 to capture the title and was coached by Ed Eyestone, who won the program's first individual title in 1984.



**1984**Ed Eyestone
<u>First E</u>ver Individual Title

Ed Eyestone won the men's 10K race at the 1984 NCAA Division I Cross Country Championships to deliver the first men's individual title in program history

#### **Top Individual Storylines**



### **Clinger Comeback**

The Cougars will also be propelled by four-time All American Casey Clinger. The senior will see his final NCAA meet having been sidelined last year due to injury.

After over a year of not competing for the Cougars as he healed, Clinger has earned two conference runner of the week honors and one USTFCCCA weekly honor for the 2024 season. He placed third overall at the 2024 Big 12 Conference Championships boosting the Cougars to their first conference title. He most recently took fourth at the NCAA Mountain Regional.

### **An Olympian Returns**

James Corrigan has played a pivotal role in the BYU program, most notably placing second overall at the 2023 Bill Dellinger Invite held Eugene, Oregon on Oct. 11. He has raced in the two national meets the Cougars have raced in this season, having taken a brief hiatus after competing in the 2024 Paris Olympics. Corrigan ran 8:36.67 in the first round of the 3000-meter steeplechase in Paris.

At the 2024 Big 12 Conference Championships, Corrigan placed seventh overall finishing in 22:29.7.

