

WASHINGTON STATE CROSS COUNTRY RELEASE



NCAA Cross Country Championships

@LaVern Gibson Championships Course, Terre Haute

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WSU CROSS COUNTRY 2016 SCHEDULE

SEPTEMBER

1 **WSU Alumni Meet**
@Colfax Golf Club 6:30 p.m.

17 Sundodger Invite
@Lincoln Park, Seattle

30 Joe Piane Notre Dame Invite
@Burke Golf Course
Notre Dame, Ind.

OCTOBER

1 Washington Invitational
@Jefferson Park Golf Course
Seattle

14 Wisconsin Invitational
@Zimmer Championship
XC Course, Madison, Wis.

15 Inland Empire Championships
@Community Park,
Lewiston Orchards

28 Pac-12 Championships
@Randolph North Golf Club
Tucson, Ariz.

NOVEMBER

11 NCAA West Region Champs
@Haggin Oaks Golf Course
Sacramento

19 NCAA Championships 9 a.m.
@LaVern Gibson
Championship Course
Terre Haute, Ind.

NO. 18 COUGAR MEN ADVANCE TO NCAA XC CHAMPIONSHIPS

The No. 18 Washington State men's team will compete at the NCAA Cross Country Championships Saturday, Nov. 19, at the LaVern Gibson Championship Cross Country Course at the Wabash Valley Family Sports in Terre Haute, Ind...men's 10k race starts at 9 a.m. PT...this is the second consecutive season, the WSU men's team, under the direction of third-year coach Wayne Phipps, has earned an at-large bid to compete at the NCAA Championships...six of the seven runners competed at the 2015 national championships where WSU finished 26th out of 31 teams.

WAYNE PHIPPS, DIRECTOR WSU CROSS COUNTRY/TRACK & FIELD



Wayne Phipps (University of British Columbia '91) begins his third season with the Washington State cross country program...he became the 15th men's coach and the second coach for the combined men's and women's program at WSU on July 1, 2014, after 19 years at the University of Idaho...Phipps led the 2015 Cougar men's program to a sixth-place finish at the Pac-12 Championships, a fourth-place finish at the NCAA West Regionals, and an at-large berth to finish 26th out of 31 teams at the NCAA Championships...during the 2016 Track & Field season, a pair of Cougs earned second-team All-America honors...Cougars tallied 25 new entries into the WSU all-time top ten records...while at Idaho, Phipps was honored 14 times as a conference coach of the year and led the Vandals to a record 16 total conference titles.

ALLIX POTRATZ-LEE, ASSISTANT COACH



Allix Potratz-Lee joined the WSU track and field coaching staff in July 2014 after an outstanding career as a student-athlete and coach at the University of Idaho...member of the cross country/track and field coaching staff in 2010 as an assistant to Wayne Phipps, working with the distance corps...women's cross country team won WAC team titles in 2010, 2011, 2012 and 2013.. she was a five-time WAC champion, a 10-time first-team all-WAC honoree and a two-time ESPN/CoSIDA Academic All-American...she helped Idaho cross country capture the 2005, 2007 XC team titles, and claimed the 2008 individual WAC cross country crown.

COUGARS IN THE NATIONAL SPOTLIGHT

The WSU men's cross country team finished in fifth-place finish at both the Pac-12 Championships and at the NCAA West Region is ranked 18th in the latest U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) Week 7 Nov. 14 national poll...the WSU men are ranked 19th in the Nov. 13 Flo-track Saucony Flo50 ranking...the highest 2016 ranking for the Cougar men was 15th in the Oct. 18 poll...historically, WSU's men's cross country team has been ranked as high as 10th in the preseason poll of 1998 when the Cougars placed 18th at the NCAA Championships...more recently, WSU was ranked 20th for two weeks in 2009 and fell to 27th at the end of that season but finished 21st at the NCAA Championships...WSU was ranked 25th in 2015 Week 7, the first national ranking under Coach Phipps...WSU was an at-large team at the NCAA Championships where the Cougar men finished 26th out of 31 teams.



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USTFCCCA NATIONAL RANKINGS

Nov. 14, 2016 Week 7 MEN

Rank	School	Pts.	Prev. Ranking
1.	Northern Arizona	360	1
2.	Colorado	344	2
3.	Stanford	329	4
4.	BYU	321	3
5.	Syracuse	320	5
6.	Arkansas	303	6
7.	Iona	273	7
8.	Oklahoma State	271	9
9.	Portland	264	12
10.	UCLA	244	8
11.	Mississippi	243	11
12.	Wisconsin	230	14
13.	Oregon	220	10
14.	Colorado State	167	19
15.	Michigan State	165	18
16.	Tulsa	163	23
17.	NC State	161	27
18.	Washington State	164	17
19.	UTEP	153	15
20.	Georgetown	132	22
21.	Virginia	112	16
22.	Middle Tennessee	106	26
23.	Iowa State	105	13
24.	Illinois	87	NR
25.	Southern Utah	68	24
26.	California	60	NR
	Navy	60	NR
28.	Dartmouth	37	NR
29.	Boise State	36	20
30.	Providence	34	30

Others receiving votes: Indiana 32, Furman 8, Bradley 6, Texas 5, Eastern Michigan 5

2016 MEN WEST REGION OCT. 31 WEEK 6

1. Stanford
2. UCLA
3. Oregon
4. Portland
5. Washington State
6. Boise State
7. California
8. Washington
9. San Francisco
10. Cal Poly
11. Gonzaga
12. UC Santa Barbara
13. Arizona State
14. San Jose State
15. St. Mary's

NCAA XC CHAMPIONSHIPS SCHEDULE OF EVENTS

Saturday, Nov. 19, 2016

ALL TIMES BELOW ARE EASTERN TIME ZONE

8:00 a.m.	Gates Open for Spectators
10:52 a.m.	National Anthem
11:00 a.m.	Women's Championship 6K Race
11:30 p.m.	First gun fired (indicating 30 minutes to start)
11:40 p.m.	Second gun fired (20 minutes to start)
11:50 p.m.	Third gun fired (10 minutes to start)
Noon	Men's Championship 10K Race
1:00 p.m.	Presentation of Awards

(Check Twitter at @IndStTrackField or @XCTownUSA for possible frost or weather delays that would change this schedule.)

WSU Men's NCAA Cross Country Championship History

Year	Location	WSU Men	Score	Champion
1966	Lawrence	5th	208	Villanova
1969	New York	4th	187	Texas El-Paso
1971	Knoxville	2nd	122	Oregon
1972	Houston	4th	179	Tennessee
1973	Spokane	3rd	166	Oregon
1974	Bloomington	4th	144	Oregon
1975	College Park	2nd	92	Texas El-Paso
1976	Denton	3rd	179	Texas El-Paso
1977	Spokane	9th	278	Oregon
1984	University Park	7th	214	Arkansas
1998	Lawrence	18th	433	Arkansas
2011	Terre Haute	21st	512	Wisconsin
2015	Louisville	26th	547	Syracuse

NCAA WEST REGION 2016 RESULTS

The No. 17 WSU men's cross country team finished fifth (143 pts) at the NCAA West Region Cross Country Championships, Nov. 11 at the Haggin Oaks Golf Course in Sacramento...No. 4 Stanford won the men's team title with 75 points...Oregon's Edward Cheserek was the men's individual winner for the third time in his career, running the 10,000m in 29:23.7...No. 7 Stanford won the women's team title with 71 points...Cougar women finished 18th (525 pts)...Washington's Amy-Eloise Neale won the women's individual title running the 6k in 19:27.8...WSU junior Michael Williams was 17th (29:59.8) and senior John Whelan was 18th (30:02.5)...both earned All-Region honors...junior Devon Bortfeld was the top WSU woman at 38th overall (20:28.0).

PAC-12 CHAMPIONSHIPS 2016 RESULTS

The Washington State men's team finished fifth and the women's team placed 11th at the 2016 Pac-12 Cross Country Championships at the Randolph North Golf Course in Tucson, Ariz., Oct. 28...No. 7 Colorado's men's team won its sixth consecutive Pac-12 Conference title and the No. 1 Colorado women's team claimed its second straight title...Oregon's Edward Cheserek (23:58.9) won his fourth individual title and Washington's Amy-Eloise Neale (20:22.9) won the women's title...top placers for WSU were Sam Levora (15th) for the men, and Devon Bortfeld (37th) for the women.



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COUGARS 2016 RESULTS MEN

Sundodger Invitational

Sept. 17, Lincoln Park, Seattle

Men's 8k:

Top WSU: 2nd Michael Williams (23:41.40)

Team results: Washington State 24, No. 8 Washington 40, Seattle U 99, Fresno State 101, and Portland State 121.

Notre Dame Joe Plane Invitational **Sept. 30, Burke GC, Notre Dame**

Men's Blue 5 Mile:

Top WSU: 8th John Whelan (23:55.6)
Team results (top 10/25): No. 20 Mississippi 83, No. 18 UTEP 99, No. 9 Eastern Kentucky 168, Providence (RV) 182, Illinois (RV) 183, Southern Utah 187 (RV), No. 24 Washington State 186, California 216, Air Force 242, Bradley 268.

Washington Invitational

Oct. 1, Jefferson Park GC, Seattle
Men's 8k:

Top WSU: 19th Jake Finney (24:04.8)
Team results: No. 3 Oregon 26, No. 29 Colorado State 39, 3. No. 21 Washington 64, No. 24 Washington State 127, Idaho 141, Eastern Washington 192, Seattle U 195, Grand Canyon 207, Gonzaga 205, Seattle 332, EWU 333.

Nuttycombe Wisconsin Invite

Oct. 14, Zimmer XC Course, Madison
Men's 8k:

Top WSU: 15th Michael Williams (24:11.4)

Team results (partial): 1. No. 1 NAU 78; 2. No. 11 Stanford 118; 3. No. 3 BYU 144; 4. No. 2 Syracuse 167; 5. No. 8 Iona 240; 6. No. 27 UCLA; 7. No. 7 Portland; 8. No. 14 Iowa State 260; **9. WSU (RV) 283**; 10. No. 21 Colorado St. 298; 11. No. 16 Wisconsin 313; 12. So. Utah (RV) 347; 13. No. 26 Tulsa 367; 14. No. 17 Georgetown 399; 15. No. 18 Boise St. 413.

Inland Empire Championships

Oct. 15, LCSC XC Course, Lewiston
Men's 8k:

Top WSU: 1st Justin Janke (24:09)
Team results (NCAA): 1. WSU 37; 2. Gonzaga 69; 3. Idaho 70; 4. E. Washington 76; 5. Montana 88.

COUGAR MEN ENTERED FOR NCAA CROSS COUNTRY CHAMPIONSHIPS

Sam Levora Jr. Sandpoint, Idaho (Sandpoint HS)

Finished Sundodger 5th overall/2nd on team...at Notre Dame Joe Plane Invite 36th overall/3rd on team...at Nuttycombe Wisconsin Invite 68th overall/4th on team...at Pac-12 Championships 1st on team/15th overall...at NCAA West Region 10k finished 4th on team/36th overall (30:24.7)...**2015:** Pac-12s 3rd on team/32nd overall; NCAA West Region 3rd on team/32nd overall; NCAA Championships 3rd on team/151st overall.

Paul Ryan So. Moscow, Idaho (Logos HS)

Finished Sundodger 10th overall/7th on team...at Notre Dame Joe Plane Invite 182nd overall/5th on team...at Nuttycombe Wisconsin Invite 158th overall/6th on team...at Pac-12 Championships 6th on team/40th overall...at NCAA West Region 10k finished 6th on team/65th overall (30:58.6)...did not compete at 2015 Pac-12, NCAA West Region or NCAA Championships.

Nathan Tadesse So. Surrey, British Columbia, Canada (N. Surrey Sr.)

Finished Sundodger 8th overall/5th on team...at Notre Dame Joe Plane Invite 99th overall/7th on team...at Nuttycombe Wisconsin Invite 160th overall/7th on team...at Pac-12 Championships 5th on team/38th overall...at NCAA West Region 10k finished 7th on team/73rd overall (31:10.7)...**2015:** Pac-12s 7th on team/70th overall; NCAA West Region 4th team/37th overall; NCAA Championships 6th on team/193rd overall.

Chandler Teigen So. Anatone, Wash. (Asotin HS)

Finished Sundodger 6th overall/3rd on team...fell during race at Notre Dame Joe Plane Invite so finished 95th overall/6th on team...at Nuttycombe Wisconsin Invite 67th overall/3rd on team...at Pac-12 Championships 7th on team/41st overall...at NCAA West Region 10k finished 3rd on team/27th overall (30:10.9)...**2015:** Pac-12s 4th on team/40th overall; NCAA West Region 5th team/51st overall; NCAA Championships 5th on team/1823rd overall.

Nathan Wadhwani So. Maple Ridge, B.C., Canada (Fox Secondary)

Finished Sundodger 7th overall/4th on team...at Notre Dame Joe Plane Invite 48th overall/4th on team...at Nuttycombe Wisconsin Invite 110th overall/5th on team...at Pac-12 Championships 4th on team/27th overall...at NCAA West Region 10k finished 5th on team/47th overall (30:39.0)...**2015:** Pac-12s 6th on team/57th overall; NCAA West Region 7th on team/107th overall; NCAA Championships 4th on team/174th overall.

John Whelan Sr. Etna, Calif. (Etna HS)

Team captain...ran unattached for Sundodger 4th place finish...at Notre Dame Joe Plane Invite, led Cougars with 8th place overall finish...at Nuttycombe Wisconsin Invite 23rd overall/2nd on team...at Pac-12 Championships 3rd on team/26th overall...at NCAA West Region 10k second on team with 18th place finish (30:029.5)...All-Region honors...**2015:** Pac-12s 1st on team/9th overall; NCAA West Region 1st on team/2nd overall...All-Region honors; NCAA Championships 2nd on team/113th overall.

Michael Williams Jr. Richland, Wash. (Richland HS)

Finished Sundodger 2nd overall/1st on team...at Notre Dame Joe Plane Invite 16th overall/2nd on team...at Nuttycombe Wisconsin Invite 15th overall/1st on team...at Pac-12 Championships 2nd on team/24th overall...at NCAA West Region 10k led team with 17th place finish (29:59.8)...All-Region honors...**2015:** Pac-12s 2nd on team/12th overall; NCAA West Region 2nd on team/3rd overall...All-Region honors; NCAA Championships 1st on team/57th overall.



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COUGARS 2016 RESULTS MEN (continued)

Pac-12 Championships
Oct. 28, Randolph North Golf Course,
Tucson

Men's 8k:

Top WSU: 15th Sam Levora
(24:50.2)

Team results: 1. No. 7 Colorado
41; 2. No. 2 Stanford 47; 3. No. 10
UCLA 58; 4. No. 3 Oregon 94;
5. No. 15 Washington State 130; 6.
California 163; 7. No. 25 Washing-
ton 187; 8. Arizona State 225;
9. Arizona 234.

**NCAA West Region
Championships**
Nov. 11, Haggin Oaks Golf Course,
Sacramento

Men's 10k:

Top WSU: 17th Michael Williams
(29:59.8)

Team results (partial): 1. No. 4
Stanford 75; 2. No. 12 Portland
90; 3. No. 8 UCLA 112; 4. No. 10
Oregon 122; 5. No. 17 Washington
State 143; 6. California 188; 7. No.
20 Boise State 219; 8. San Francis-
co 221; 9. Cal Poly 223; 10. Wash-
ington 262; 11. San Jose State 340;
12. Gonzaga 341; 13. Arizona State
367; 14. UC Santa Barbara 407; 15.
Cal State Fullerton 428.

COUGAR MEN ON 2016 ROSTER

Andrew Cooper Fr. **Issaquah, Wash. (Liberty HS)**

Ran unattached at Sundodger and finished 30th...also unattached at Washing-
ton Invite with 61st overall finish.

Cameron Dean Fr. **Spokane, Wash. (Mead HS)**

Finished Sundodger 37th overall/13th on team...at Washington Invite 40th
overall/5th on team...at Inland Empire Champs finished 17th overall/5th on
team.

Jake Finney So. **Post Falls, Idaho (Lake City HS)**

Finished Sundodger 18th overall/9th on team...at Washington Invite 19th
overall/1st on team...at Inland Empire Championships finished 3rd overall/2nd
on team...at Pac-12 Championships 8th on team/46th overall...**2015:** Pac-12s
5th on team/46th overall; NCAA West Region 6th on team/95th overall; NCAA
Championships 7th on team/223rd overall.

Jackson Haselnus Rs-Jr. **Gresham, Ore. (Barlow HS)**

Finished Sundodger 13th overall/8th on team...at Washington Invite 26th
overall/2nd on team...at Inland Empire Championships 5th overall/3rd on
team... at Pac-12 Championships 10th on team/50th overall.

Justin Janke Fr. **Spokane, Wash. (North Central HS)**

Finished Sundodger 9th overall/6th on team... at Notre Dame Joe Piane In-
vite 108th overall/8th on team...individual winner at Inland Empire Champion-
ships...at Pac-12 Championships 9th on team/48th overall.

Kyler Little So. **Coeur d'Alene, Idaho (Lake City HS)**

Finished Sundodger 20th overall/11th on team...at Washington Invite 30th
overall/4th on team.

Reid Muller So. **Pitt Meadows, B.C., Canada (Pitt Meadows)**

Finished Sundodger 19th overall/10th on team...at Washington Invite 27th
overall/3rd on team...at Inland Empire Champs finished 11th overall/4th on
team.

Kennan Schrag Fr. **Issaquah, Wash. (Issaquah HS)**

Redshirt season.

Alex Simpson Sr. **Asotin, Wash. (Asotin HS)**

Finished Sundodger 39th overall/14th on team...at Washington Invite 69th
overall/7th on team...at Inland Empire Champs finished 28th overall/7th on
team.

Isaac Wadhvani Fr. **Maple Ridge, B.C., Canada (Fox Secondary)**

Finished Sundodger 25th overall/12th on team...at Washington Invite 57th
overall/6th on team...at Inland Empire Champs 23rd overall/6th on team.

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