



2011 CROSS COUNTRY  
CHAMPIONSHIPS

NOVEMBER 5

PLANTES FERRY  
SPORTS COMPLEX  
SPOKANE, WASHINGTON



2011 NCAA® DIVISION II CROSS  
COUNTRY CHAMPIONSHIPS  
WEST REGIONAL

10:30AM, WOMEN'S 6K METERS | 11:30AM, MEN'S 10K METERS

HOSTED BY GREAT NORTHWEST ATHLETIC CONFERENCE  
AND SPOKANE REGIONAL SPORTS COMMISSION

# WELCOME TO SPOKANE

On behalf of the Spokane Region, welcome athletes, coaches, officials, and fans to the NCAA 2011 West Regional Cross Country Championships.

## MEET INFORMATION

**DATE:** Saturday, November 5, 2011

**SITE:** Plantes Ferry Sports Complex, Spokane Valley, WA

**TIMES:** 10:30am, Womens 6K • 11:30am, Mens 10K

**TEAMS:** NCAA Division II members in the West Region. This race is the qualifier for the NCAA Division II National Championships on Saturday, November 19, also at Plantes Ferry Sports Complex in Spokane Valley, Washington.

**PREVIEW:** Friday, November 4th from Noon–5:00pm

**HEADQUARTERS:** Administrative building at Plantes Ferry Sports Complex

**CALLS:** First call will be a public address announcement twenty minutes prior to the event. Second call will be a gunshot ten minutes before the start. Final call will be an announcement five minutes prior to the start.

**SPLIT TIMES:** Split times will be taken at 3K (women's) and 5K (men's). Each kilometer is marked.

**SCORING:** Seven athletes may compete for each team. The top five athletes' places will comprise the final score for each team. The additional runners on each team may displace scoring runners for other teams.

**ADVANCEMENT:** The top four men's teams and top four women's teams will advance to the National Championships. In addition, the top two individuals not on one of the qualifying teams will also advance.

## MEET PREVIEW

### UAA Defending Champions, But Chico State Top Ranked



Top: Ruth Keino, Anchorage Alaska; Bottom, Isaac Chavez, Chico State



Alaska Anchorage is the defending champion in both the men's and women's divisions, but Chico State brings the top national rankings into the 2011 NCAA Division II West Regional cross country championships.

The UAA men ended Chico's eight-year reign as champions a year ago in the regional meet in Bellingham edging the Wildcats 49-54. During Chico's eight-year title reign its average margin of victory had been 53 points.

Chico, which is ranked fifth in the latest USTFCCCA men's national poll, posted a near perfect score of 16 in winning its 10th straight CCAA championship two weeks ago in Santa Rosa, Calif.

Chico placed 10 runners among the top 11 led by individual champion Adrian Sherrod, who edged teammate Isaac Chavez for first place. Sherrod, who finished 23rd in the 2010 regional meet, was clocked

in a time of 25:39.0, one-tenth of a second ahead of Chavez who placed fourth a year ago in a time of 31:44.9 and is the top returning regional finisher.

Alaska Anchorage brings a No. 7 national rank into the regional meet after successfully defending its GNAC title in Yakima with a team score of 27. The Seawolves are one of three GNAC nationally ranked teams along with Western Washington (20th) and Western Oregon (23rd).

UAA's Micah Chelimo, who placed sixth in last year's regional meet, won the GNAC individual title in a 8,000 meter time of 24:24. Chavez and Chelimo are among eight of last year's Top 15 regional finishers to return.

Also back is Jake Parisien of Alaska Anchorage (7th), Barak Watson of Northwest Nazarene (8th), Spencer Hunt of Saint Martin's (9th), Joey Kochlacs of Chico State (11th), Anthony Costales of Chico State (12th) and Kipkorir Mutai of Grand Canyon (14th).

Mutai finished second in the PacWest Conference meet last weekend in back of three-time champion Amos Maru of Academy of Art. AAU is a provisional NCAA school and isn't eligible to compete in the regional meet.

Three regional teams are ranked in the latest USTFCCCA women's national poll, including Chico State (5th), Alaska Anchorage (7th) and Western Washington (16th). Chico has won four straight CCAA team titles and UAA has won the last two women's regional titles.

Led by Alia Gray who finished first in a time of 21:07.1, Chico outpointed Cal Poly Pomona 37-98 to win the CCAA women's title, while GNAC individual champion Ruth Keino led Alaska Anchorage to the GNAC title outpointing provisional member Simon Fraser 31-76.

Keino is the top returning finisher from last year's regional meet where she led a 2-3-4 finish for the Seawolves covering the course in a time of 22:01.2. Miriam Kipng'eno, who placed third and Shoshana Keegan, who finished fourth, are also back for the Seawolves.

Other Top 15 finishers back from last year's regional include Lauren Breihof of Western Washington (6th), Tiffany Dinh of Cal Poly Pomona (8th) and Chico's Jonah Weeks (9th) and Stephanie Consiglio (11th). Dinh finished second behind Gray in the CCAA meet.

While the CCAA and GNAC champions will probably battle it out for the regional crowns, Cal Baptist, which swept the PacWest Conference team titles, will not be afforded that opportunity as they are in their first season transitioning from the NAIA.

PacWest women's individual champion Rachel Young of Dixie State will be competing. She won the PacWest title in a 5,000 meter time of 17:52.3.

BYU-Hawaii's men who placed third and its women who finished second had the best team finishes in the PacWest championships among the NCAA eligible teams.

The top four team finishers in both the men's and women's races and the top two individuals not on one of the qualifying teams from today's races will return to Spokane in two weeks for the NCAA Division II national meet.



## ABOUT SPOKANE

Spokane, Washington, located near the heart of the Inland Northwest, is home to nearly 200,000 residents and has more than 470,000 living in the surrounding area. Our city serves as a shopping, entertainment, sports, and medical hub for an area that includes Eastern Washington, Eastern Oregon, North Idaho, Western Montana, and southern portions of Alberta and British Columbia. The Spokane River runs through our downtown with spectacular waterfalls running through the downtown core—all surrounded by beautiful Riverfront Park.

Spokane is an outdoor-lover's paradise, with downhill and cross-country skiing, white-water rafting, camping areas, hiking trails, numerous lakes, and the Centennial Trail (a 61-mile paved bike trail system) all in our backyard. We are home to Bloomsday, the largest timed road race in the nation, as well as Hoopfest, the largest three-on-three street basketball tournament in the world. Ironman is held each year in beautiful Coeur d'Alene, Idaho—just a 30-minute drive away.

Spokane is famous for our dedicated sports fans. MarketWatch named us as the 2011 Ten Best Minor League Sports Markets—partly due to our Arena Football League's Spokane Shock and the Class-A Spokane Indians, who've been playing baseball there since 1946. Our Texas Rangers-affiliated Indians Baseball Team have led the Northwest League in attendance for the past 12 years, while the Shock are the AFL's best-attended team from a minor-league market, playing at near capacity for the past five years. Our die-hard fans also consistently fill the seats for the Gonzaga Bulldogs, Eastern Eagles, and Washington State Cougars. Here in Spokane, sports reign supreme.

## ABOUT THE COURSE

**Plantes Ferry Sports Complex** is an 80-acre park, 5 softball fields, 13 soccer fields, play equipment, hiking trails shelters and a barbeque area located in the Spokane Valley. Plantes Ferry has hosted numerous high school and local cross country competitions, as well as the 2006 USATF National Junior Olympic Cross Country Championships, the 2008 USATF National Club Cross Country Championships and the 2010 USA Cross Country National Championships.

Runners have labeled the course as both spectator and competitor friendly. Spectators can enjoy watching the race at several locations with very little transitioning. While the competitors like the venue for its ability to provide a fast course, a challenging course, or a course somewhere in between. The course elevation is approximately 1,800 feet and 99% of the course is either grass or dirt.



## MEET HOSTS

### GREAT NORTHWEST ATHLETIC CONFERENCE

The Great Northwest Athletic Conference, with offices based in Spokane, is composed of 10 universities in five Northwest states (Washington, Oregon, Idaho, Montana and Alaska) and one Canadian province (British Columbia).

The conference was founded in July, 2001, and over the past 10 years conference teams have earned 53 national Top 10 finishes in 13 different sports including 14 in cross country and track and field. Learn more at [www.gnacsports.com](http://www.gnacsports.com).



## MEET OFFICIALS

### NCAA WEST REGIONAL ADMINISTRATION

Tournament Manager: Tricia Haddock  
NCAA Site Representative: Chris Asher  
Announcers: Bill Roe, Curt Kinghorn  
Meet program: Jodi Kayler  
Hospitality: SRSC, GNAC  
Parking: Brad Updike

### STARTING LINE:

Starters: Shane Sorey  
Administration: Juli Jones, Ashley Barker

### COURSE

Director: Marla Emde  
Timers: Eric Ewing, Milliseconds Sports Timers

### SPOKANE REGIONAL SPORTS COMMISSION

Sports don't just entertain. They improve communities. They drive economies. And no other organization brings sports events to the Inland Northwest like the Spokane Regional Sports Commission. We are a nonprofit coalition of regional government; business and volunteers committed to recruiting and developing sports events. With these events come tourism dollars, entertainment and media attention attracting sports fans from around the world. Business wins. Kids win. Fans win, our region wins.

Our team is involved in every aspect of local sporting events. Working diligently to ensure Spokane, Washington is considered and ultimately chosen during the selection process; managing logistics before, during and after the event; maximizing publicity to ensure that every seat is filled and actively promoting our community as the elite amateur sporting event host. Learn more at [www.spokanesports.org](http://www.spokanesports.org).



### FINISH LINE & TIMING

Meet Officials: Shane Sorey, Ryan Sorey  
Chip timing: Eric Ewing, milliseconds sports timers  
Results: Marla Emde, Eric Ewing, Butch Walter, Chris Lowe

### MEDICAL

Meet Physician: Dr. Trace Julsen  
Meet Trainer: Heidi Peterson, ATC Rockwood Clinic

# WOMEN'S TEAM ROSTERS

## ALASKA ANCHORAGE Seawolves

Women	Yr.	Hometown
Susan Bick	So.	Anchorage, AK
Bryn Haebe	Fr.	Evergreen, CO
Shoshana Keegan	Sr.	Anchorage, AK
Ruth Keino	Sr.	Kapcheno, Kenya
Miriam Kipng'eno	Jr.	Eldoret, Kenya
Katie Krehlik	Jr.	Juneau, AK
Valerie Massie	Jr.	Snohomish, WA
Ivy O'Guinn	So.	Soldotna, AK
Christi Schmitz	So.	Northpole, AK
Susan Tanui	So.	Eldoret, Kenya

**HEAD COACH – MICHAEL FRIESS**  
**ASSISTANT – T.J. GARLATZ**

## ALASKA FAIRBANKS Nanooks

WOMEN	YR.	HOMETOWN
Jana Benedix	Sr.	Fairbanks, AK
Heather Edic	Jr.	Fairbanks, AK
Alyson McPhetres	So.	Chugiak, AK
Kryston McPhetres	Fr.	Chugiak, AK
Heidi O'Connor-Brook	So.	Whitehorse, MT
Crystal Pitney	Sr.	Fairbanks, AK
Marit Rjabov	Jr.	Voru, Estonia
Theresia Schnurr	Jr.	Buhlertal, Germany
Raphaella Sieber	Sr.	Voehrenbach, Germany
Megan Thompson	Jr.	Fairbanks, AK

**HEAD COACH – SCOTT JEROME**  
**ASSISTANT – MATT DUNLAP**

## BYU-HAWAII Seasideers

WOMEN	YR.	HOMETOWN
Katherine Buxton	Sr.	Gettysburg, PA
Veronica Camarillo	Fr.	San Juan Capistrano, CA
Kelsey (Elder) Royer	Jr.	Lancaster, CA
Katrina Kropushek	Fr.	Saratoga Springs, UT
Lacey Krout	Sr.	Preston, ID
Kassondra McGonegal	Jr.	Eden, UT

**HEAD COACH – NORMAN KALUHIOKALANI**  
**ASSISTANT - KEVIN SCHLAG**

## CAL POLY POMONA Broncos

WOMEN	YR.	HOMETOWN
Tiffany Dinh	Jr.	Norwalk, CA
Sarah Gulli	So.	San Francisco, CA
Lizette Huerta	Fr.	Ontario, CA
Regina Lopez	Jr.	Pasadena, CA
Jenny McCarthy	Jr.	Newport Beach, CA
Jessica Mendez	So.	West Covina, CA
Lauren Parr	Jr.	El Cajon, CA
Jazmine Reyes	Jr.	Los Angeles, CA
Juliana Ruffolo	Sr.	San Dimas, CA
Diana Zapata	Sr.	Garden Grove, CA

**HEAD COACH – TROY JOHNSON**  
**ASSISTANT – TONY REYES**

## CAL STATE DOMINGUEZ HILLS Toros

WOMEN	YR.	HOMETOWN
Rebeca Caracoza	Sr.	San Pedro, CA
Lidia Ferman	Fr.	Los Angeles, CA
Gloria Flores	Fr.	Tijuana, Baja CA
Astyn Price	Sr.	Riverside, CA
Reyna Samaniego	Sr.	Los Angeles, CA
Julia Wilson	Fr.	Redondo Beach, CA

**HEAD COACH – DEANN SCHLOBOHM**  
**ASSISTANT – LAURA EWING**

## CAL STATE EAST BAY Pioneers

WOMEN	YR.	HOMETOWN
Gabriella Cruz	Sr.	Whittier, CA
Tiffany Duffy	So.	Escondido, CA
Nastassia Hamor	Jr.	Milpitas, CA
Bernadette Lu	Jr.	Oakland, CA
Megan McDaniel	Jr.	Brownsburg, CA
Amanda McNabb	Jr.	Livermore, CA
Kaitlyn Smith	Fr.	Twentynine Palms, CA

**HEAD COACH – RALPH JONES**  
**ASSISTANTS – RON DAVIS, NANCY VELAZQUEZ**

## CAL STATE L.A. Golden Eagles

WOMEN	YR.	HOMETOWN
Maritza Hernandez	Sr.	Pasadena, CA
Regina Hernandez	Fr.	Pico Rivera, CA
Catlin Kelly	Jr.	Arcadia, CA
Melissa Lopez	Jr.	Hacienda Heights, CA
Sabrina Lopez	So.	Alhambra, CA
Cassie Mejia	Jr.	Pico Rivera, CA
Lisa Ohberg	Jr.	Uddevalla, Sweden
Valerie Sanchez	Jr.	Pacoima, CA
Raizah Singh	Sr.	Norco, CA
Alyssa Vaughn	Jr.	Corona, CA

**HEAD COACH – CHRISTOPHER ASHER**  
**ASSISTANT - STEVE LAGUNA**

## CAL STATE MONTEREY BAY Otters

WOMEN	YR.	HOMETOWN
Marie Beard	Sr.	Escalon, CA
Piper Delaney	Jr.	Medford, OR
Sara Dionne	Fr.	Norwalk, CA
Cristina Hernandez	Fr.	San Diego, CA
Allie Levy	Fr.	West Torrance, CA
Mackenzie Morgan	Jr.	Redlands, CA
Ally Swan	Fr.	Highlands, CA
Hayley Tharp	Sr.	San Jose, CA
Jennie Yeaman	Fr.	Escondido, CA

**HEAD COACH – GREG RHINES**  
**ASSISTANT – JEFF MERRILL**

## CAL STATE SAN BERNARDINO Coyotes

WOMEN	YR.	HOMETOWN
Nikki Chesnut	Sr.	San Bernardino, CA
Courtney Ciraulo	Jr.	Highland, CA
Dominique Esparza	Fr.	Moreno Valley, CA
Jackeline Felix	So.	Fontana, CA
Rebekah Frazier	Jr.	San Bernardino, CA
Marisela Giles	So.	San Bernardino, CA
Taylor Hebb	Fr.	Redlands, CA
Janelle Myers	Fr.	Rancho Cucamonga, CA
Victoria Perdoma	So.	Riverside, CA
Deserae Perez	Jr.	Moreno Valley, CA

**HEAD COACH – TOM BURLESON**  
**ASSISTANTS – ANJULI NIETO, ANDREA BRANDT**

## CAL STATE STANISLAUS Warriors

WOMEN	YR.	HOMETOWN
Courtney Anderson	Jr.	Folsom, CA
Dallas Campbell	So.	Modesto, CA
Delani Foldager	Sr.	Seward, AK
Lindsay Garcia	Sr.	San Bernardino, CA
Marina Ghabbour	So.	Oceanside, CA
Lizzie Grolle	So.	Sonora, CA
Claire Jenkins	Sr.	Woodland, CA

Rachel Naranjo	Jr.	San Diego, CA
Alyssa Thiele	Jr.	Manteca, CA
Katie Timmermans	So.	Riverside, CA

**HEAD COACH – DILJEET TAYLOR**  
**ASSISTANT - BRANDON BECERRA**

## CENTRAL WASHINGTON Wildcats

WOMEN	YR.	HOMETOWN
Briana Barton	Fr.	Evergreen, CO
Shelby Bodily	Fr.	Camas, WA
Rose Cruze	So.	Issaquah, WA
Chelsea Dowdell	Fr.	Everett, WA
Sophie Hummer	So.	Bellevue, WA
Taylor Kartes	So.	Federal Way, WA
Connie Morgan	Fr.	Hoquiam, WA
Bri Petersen	Fr.	Oak Harbor, WA
Ashley Rice	Jr.	Tieton, WA
Ashlee Sincraugh	So.	Sumner, WA

**HEAD COACH – KEVIN ADKISSON**  
**ASSISTANT – BRYAN CONTRERAS**

## CHAMINADE Silverswords

WOMEN	YR.	HOMETOWN
Emily Ochsner	So.	Camarillo, CA
Jessica Wences	Jr.	Los Angeles, CA
Shannon Whener	So.	Kahului, HI

**HEAD COACH – BLANDON PICL**  
**ASSISTANT – SHADRACK NABEA**

## CHICO STATE Wildcats

WOMEN	YR.	HOMETOWN
Brooke Bergesen	Sr.	Walnut Creek, CA
Stephanie Consiglio	Sr.	Oceanside, CA
Alia Gray	Sr.	Santa Rosa, CA
Tiffany Heflin	Fr.	Janesville, CA
Sara Mikesell	So.	Arnold, CA
Shannon Rich	Sr.	Rancho Cotate, CA
Amy Schnittger	Jr.	Santa Cruz, CA
Katie Spencer	Sr.	Redlands, CA
Jessica Varela	Fr.	Rancho Santa Margarita, CA
Jonah Weeks	Jr.	Davis, CA

**HEAD COACH – GARY TOWNE**  
**ASSISTANTS – MICHAEL WICKMAN, JULIO JIMENEZ, CLINTON HAYES**

## DOMINICAN Penguins

WOMEN	YR.	HOMETOWN
Liz Castellanos	Jr.	Norwalk, CA
Renee Dominguez	So.	Morgan Hill, CA
Elicia Fernandez	So.	Elk Grove, CA
Ally Rosemond	Jr.	Fairfield, CA
Keara Teeter	Sr.	Milwaukie, OR
Alexis Valdovinos	Fr.	Middletown, CA
Kendra Woodglass	So.	Mt. Shasta, CA

**HEAD COACH – TANYA MARSHALL**

## DIXIE STATE Red Storm

WOMEN	YR.	HOMETOWN
Chelsea Barney	So.	Alpine, UT
Lucy Clark	Fr.	Idaho Falls, ID
Cassidy Ferris	So.	Washington, UT
Haley Miller-Boren	So.	Issaquah, WA
Jenecee Powell	Fr.	Ivins, UT
Skyler Tarver	So.	Phelan, CA
Rachel Young	Jr.	Holliday, UT

**HEAD COACH – JUSTIN DECKER**  
**ASSISTANT - ROSS DECKER**

## GRAND CANYON Antelopes

WOMEN	YR.	HOMETOWN
Megan Anderson	Fr.	Phoenix, AZ
Kelsi Beam	So.	McPherson, KS
Monique Belmudes	So.	Temecula, CA
Amber Christenberry	So.	Hollywood, CA
Hannah Fishback	Fr.	Hillsboro, OR
Justine Peterson	Jr.	Phoenix, AZ
Julia Wild	Jr.	Mesa, AZ
Megan Young	Jr.	Glendale, AZ

**HEAD COACH – DR. KIM SIMS**  
**ASSISTANT – MARIO GOMEZ**

## HAWAII PACIFIC Sea Warriors

WOMEN	YR.	HOMETOWN
Mary Botsford	Jr.	Molalla, OR
Alisha Gipe	Jr.	Vancouver, WA
Hailey Grossman	So.	Pukalani, HI
Kim Kuhnert	Sr.	Germany
Taylor Sinn	Fr.	Mililani, HI
Shannon White	Fr.	Haleiwa, HI

**HEAD COACH – CHRISTIAN FRIIS**  
**ASSISTANT – WENDY DARLING**

## HAWAII HILO Vulcans

WOMEN	YR.	HOMETOWN
Stephanie Adams	Fr.	Las Vegas, NV
Jordan Bledsoe	Fr.	Papillion, NE
Nadia Ramirez	Fr.	Hilo, HI
Nikka Takane	Fr.	Hilo, HI
Justina Wood	Jr.	Paauilo, HI

**HEAD COACH – JAIME GUERPO**

## HUMBOLDT STATE Lumberjacks

WOMEN	YR.	HOMETOWN
Kindra Aschenbrenner	Rf.	Portland, OR
Bridget Berg	Jr.	Seattle, WA
Amanda Camarillo	So.	Covina, CA
Nina Carson	Jr.	Eureka, CA
Jeannie Castell	So.	Boise, ID
Emily Martin	So.	Walnut Creek, CA
Amanda Reynolds	Fr.	San Diego, CA
Alizah Rotman	So.	Novato, CA
Nayeli Santamaria	Fr.	El Monte, CA
Chelsea Schaefer	Jr.	Etiwanda, CA

**HEAD COACH – SCOTT PESCH**  
**ASSISTANTS – MIKE WILLIAMS, AMANDA GARCIA**

## MONTANA STATE BILLINGS Yellowjackets

WOMEN	YR.	HOMETOWN
Melanie Bock	So.	East Helena, MT
Elizabeth Brown	Fr.	Colstrip, MT
Keri Clump	So.	Wasilla, AK
Renae Hepfner	Fr.	Belt, MT
Theresa Lombardi	Fr.	Deer Lodge, MT
Alex McBroom	Fr.	Helena, MT
Katelynn Meyer	Fr.	Billings, MT
Whitney Mickelsen	Jr.	Aurora, UT
Mary Owen	Jr.	Hammond, MT

**HEAD COACH – DAVE COPPOCK**  
**ASSISTANT – TRENT HOOPER**

## NORTHWEST NAZARENE Crusaders

WOMEN	YR.	HOMETOWN
Danielle Beesley	Sr.	Caldwell, ID
Hailey Bradshaw	Fr.	Meridian, ID
Keesha Brown	Fr.	Boise, ID
Natalie Evans	So.	New Plymouth, ID
Christine Harwood	Jr.	Pendleton, OR
Marie Miller	So.	The Dalles, OR
Jordan Powell	Jr.	Nampa, ID
Meagan Swenson	Sr.	Salem, OR

**HEAD COACH – JOHN SPATZ**  
**ASSOCIATE HEAD COACH – BEN GALL**  
**ASSISTANT - JAKE PERRY**

## NOTRE DAME DE NAMUR Argonauts

WOMEN	YR.	HOMETOWN
Maria Alvarez	Jr.	San Bruno, CA
Stephanie Biehl	Sr.	Pleasanton, CA
Kelli Caudill	Jr.	Yucaipa, CA
Kayla Hightower	Sr.	Chico, CA
Pilar Mullins	Sr.	Millbrae, CA
Olivia Reason	Jr.	San Jose, CA
Lauren Villalobos	Sr.	San Jose, CA

**HEAD COACH – KEVIN BERKOWITZ**  
**ASSISTANT - JIM SORENSEN**

## SAN FRANCISCO STATE Gators

WOMEN	YR.	HOMETOWN
Camilla Barnes	Fr.	Martinez, CA
Sue Choi	Jr.	Clovis, CA
Paxton Cota	Fr.	Laguna Niguel, CA
Monique Diaz	So.	Downey, CA
Kelly DiMeo	So.	Brea, CA
Kendall Dye	Jr.	Murrieta, CA
Lindsay Enright	So.	Rancho Santa Margarita, CA
Zuleima Jimenez	So.	Oxnard, CA
Caitlin Stark	So.	Brea, CA
Alicia Trujillo	So.	San Diego, CA

**HEAD COACH – TOM LYONS**  
**ASSISTANT – PETE CUSHMAN**

## SAINT MARTIN'S Saints

WOMEN	YR.	HOMETOWN
Lindsay Anderson	Fr.	Tumwater, WA
Brittany Blake	Fr.	Shoreline, WA
Erika Copeland	So.	Port Orchard, WA
Caitlin Fewins	So.	Puyallup, WA
Jennifer Hickey	Fr.	Tacoma, WA
Ashley Llapitan	Jr.	Buckley, WA
Joscelyn Minton	Sr.	Shelton, WA
Kaitlynn Pecha	Sr.	Omak, WA
Beatriz Ramirez	Fr.	Olympia, WA

**HEAD COACH – JULIE SULLIVAN**  
**ASSISTANT - DAN PARINE, KAREN STEEN**

## SEATTLE PACIFIC Falcons

WOMEN	YR.	HOMETOWN
Josie Becker	Sr.	Grapeview, WA
Alli Cutting	So.	Sequim, WA
Elizabeth Doe	Fr.	Lakenheath, England
McKayla Fricker	So.	Canby, OR
Alexis Fynboe	Sr.	Tacoma, WA
Jasmine Johnson	Fr.	Federal Way, WA
Heidi Laabs-Johnson	Jr.	Salt Lake City, UT
Natty Plunkett	Sr.	Bellevue, WA
Robyn Zeidler	Fr.	Plymouth, MN

**HEAD COACH – ERIKA DALIGCON**  
**ASSISTANT – LETIWE PATTON, DORIS HERITAGE**

## SONOMA STATE Seawolves

WOMEN	YR.	HOMETOWN
Kelli Bercier	Fr.	Sacramento, CA
Rachel Borg	Jr.	Newark, CA
Ashley Holtze	Sr.	Fremont,

## ALASKA ANCHORAGE Seawolves

MEN	YR.	HOMETOWN
Michael Adams	Sr.	Anchorage, AK
Dylan Anthony	Fr.	Kodiak, AK
Brandon Brewster	Fr.	Anchorage, AK
Micah Chelimo	Jr.	Kapkoii, Kenya
Thomas Hill	Jr.	Thunder Bay, Ontario
Alfred Kangogo	Sr.	Eldoret, Kenya
Issac Kangogo	Fr.	Eldoret, Kenya
Jake Parisien	Jr.	Palmer, Alaska
Kevin Rooke	Fr.	Toronto, Ontario
Yonatan Yilma	Sr.	Edmonds, WA

**HEAD COACH – MICHAEL FRIESS**

**ASSISTANT – T.J. GARLATZ**

## ALASKA FAIRBANKS Nanooks

MEN	YR.	HOMETOWN
Nolin Ainsworth	So.	Juneau, AK
Lars Arneson	Jr.	Soldotna, AK
Andrew Arnold	So.	Anchorage, AK
Kenneth Brewer	Fr.	Chugiak, AK
Joseph Dillon	Fr.	Anchorage, AK
Stefan Hajdukovich	Fr.	Fairbanks, AK
Wyatt Mayo	So.	Fairbanks, AK
Ludwig Schott	Fr.	Furtwangen, Germany
Tux Seims	So.	Horner, AK

**HEAD COACH – SCOTT JEROME**

**ASSISTANT – MATT DUNLAP**

## BYU-HAWAII Seasideers

MEN	YR.	HOMETOWN
Matthew Belliston	So.	Loveland, OH
Daniel Bridge	Jr.	Shelby, MT
James Clay	Fr.	Bloomington, IL
Spencer Deavilla	Jr.	La Mirada, CA
Luke Graesser	Sr.	Spokane, WA
Nicholas Jones	Jr.	San Clemente, CA
Yuki Kitihara	Fr.	Sagamihara, Japan
Matthew Roberts	Jr.	Wahiawa, HI
Justin Royer	Jr.	Mesa, AZ
Jacob Valeriano	So.	Ewa Beach, HI

**HEAD COACH – NORMAN KALUHIOKALANI**

**ASSISTANT - KEVIN SCHLAG**

## CAL POLY POMONA Broncos

MEN	YR.	HOMETOWN
Ryan Carrell	So.	Westminster, CA
Brendan Dilloughery	Fr.	San Juan Capistrano, CA
Brandon Haugen	Fr.	Ridgecrest, CA
Ben Hsueh	Fr.	Arcadia, CA
Austin Miller	Fr.	Tulare, CA
Clark Selters	Sr.	Claremont, CA
William Tsai	Fr.	Arcadia, CA
Andres Zavala	Jr.	Ontario, CA

**HEAD COACH – TROY JOHNSON**

**ASSISTANT – TONY REYES**

## CAL STATE EAST BAY Pioneers

MEN	YR.	HOMETOWN
Joel Becker	Jr.	Hayward, CA
Chris Gallagher	So.	Truckee, CA
Scott Pallesen	Jr.	Stockton, CA
Erik Rodriguez	Jr.	Hollister, CA
John Vergara	Jr.	San Leandro, CA

**HEAD COACH – RALPH JONES**

**ASSISTANTS – RON DAVIS, NANCY**

**VELAZQUEZ**

## CAL STATE MONTEREY BAY Otters

MEN	YR.	HOMETOWN
Griffin Clithero	Fr.	Ahwatukee, AZ
Logan Coe	Fr.	Lafayette, CA
Cameron Cruse	Jr.	Seaside, CA
James Dieller-Bennion	Fr.	Sacramento, CA
James Dunn	Jr.	Simi Valley, CA
Ray Garcia	Jr.	Stockton, CA
Karson Hayden	Fr.	Huntington Beach, CA
Eric Jackson II	Fr.	Olivehurst, CA
Jaime Madrigal	Fr.	Bakersfield, CA
Bobby Woyjcek	Fr.	Seal Beach, CA

**HEAD COACH – GREG RHINES**

**ASSISTANT – JEFF MERRILL**

## CAL STATE STANISLAUS Warriors

MEN	YR.	HOMETOWN
Dean Alley	So.	Sonora, CA
Allen Castenada	Fr.	Stockton, CA
Kanwar Dhaliwal	Jr.	Turlock, CA
Terrance Ellis	Sr.	Stockton, CA
Tomas Evangelista	Jr.	Auburn, CA
Anthony Fagundes	Jr.	Fair Oaks, CA
Alex Reyes	So.	Oakdale, CA
Palmer Thiele	Jr.	Manteca, CA
Dawson Vorderbruegge	Jr.	Honolulu, HI

**HEAD COACH – DILJEET TAYLOR**

**ASSISTANT - BRANDON BECERRA**

## CENTRAL WASHINGTON Wildcats

MEN	YR.	HOMETOWN
Zach Armstrong	Jr.	Breckenridge, CO
Ryan Loutsis	Fr.	Bothell, WA
Nathan Minor	So.	Mount Vernon, WA
Matt Nodine	Sr.	Ellensburg, WA
Jacob Phipps	So.	Mount Vernon, WA
Nathan Power	So.	Burlington, WA
Scott Power	Sr.	Burlington, WA
Manuel Santos	Sr.	Yakima, WA
Jon Swanson	Jr.	Spokane, WA
Ryan Thompson	Fr.	Edmonds, WA

**HEAD COACH – KEVIN ADKISSON**

**ASSISTANT – BRYAN CONTRERAS**

## CHAMINADE Silverswords

MEN	YR.	HOMETOWN
Garrett Prinslow	Sr.	Kailua-Kona, HI
Jorge Cisneros	Fr.	Lake Elsinore, CA
Emmanuel Jimenez	So.	Palmdale, CA

**HEAD COACH – BLANDON PICL**

**ASSISTANT – SHADRACK NABEA**

## CHICO STATE Wildcats

MEN	YR.	HOMETOWN
Jeremy Brummitt	Fr.	Yucaipa, CA
Isaac Chavez	So.	Barstow, CA
Alfonso Cisneros	So.	McFarland, CA
Anthony Costales	Sr.	Fairfield, CA
Miles Dunbar	Sr.	Kodiak, AK
Dayne Gradone	So.	Santa Cruz, CA
Joey Kochlacs	Sr.	Moraga, CA
Joseph Rivera	Sr.	Tulare, CA
Johnny Sanchez	Fr.	Fresno, CA
Adrian Sherrod	Jr.	Spring Valley, CA

**HEAD COACH – GARY TOWNE**

**ASSISTANTS – MICHAEL WICKMAN, JULIO**

**JIMENEZ, CLINTON HAYES**

## DOMINICAN Penguins

MEN	YR.	HOMETOWN
Jonathon Glocknitzer	Sr.	Minden, NV
Alex Lopez-Ramirez	So.	San Francisco, CA
Adam Scott	Fr.	Mill Valley, CA
Kevin So	So.	San Leandro, CA
Josh Tegeler	Sr.	Jonesboro, AR

**HEAD COACH – TANYA MARSHALL**

## DIXIE STATE Red Storm

MEN	YR.	HOMETOWN
Jacob Bishop	Fr.	Camp Zama, Japan
Hyrum Collier	Fr.	Hanna, UT
Michael McPherson	Fr.	South Jordan, UT
Ryan Nielsen	Fr.	St. George, UT
Alex Schiffman	Fr.	Riverton, UT
Sean Sevy	So.	St. George, UT
Rodney Warr	Fr.	St. George, UT

**HEAD COACH – JUSTIN DECKER**

**ASSISTANT - ROSS DECKER**

## GRAND CANYON Antelopes

MEN	YR.	HOMETOWN
Jordan Beverly	Fr.	Cambridge, England
Brandon Kocmoud	Fr.	Bakersfield, CA
Andrew Meyers	So.	Gilbert, AZ
Kipkorir Mutai	Sr.	Bomet, Kenya
Renato Romo	Jr.	Pomona, CA
Charles Simon	Jr.	Phoenix, AZ
Julio Zuniga	Jr.	Mexico City, Mexico

**HEAD COACH – DR. KIM SIMS**

**ASSISTANT – MARIO GOMEZ**

## HAWAII PACIFIC Sea Warriors

MEN	YR.	HOMETOWN
Jon Cleghorn	Sr.	New Brunswick, Canada
John Fratinaro	So.	Laupahoehoe, HI
Corey Jennings	So.	Fontana, CA
Craig Kandler	Jr.	Honolulu, HI
David Madison	Fr.	Mulino, OR
Dany Malley	Sr.	Mississauga, Canada

**HEAD COACH – CHRISTIAN FRIIS**

**ASSISTANT – WENDY DARLING**

## HUMBOLDT STATE Lumberjacks

MEN	YR.	HOMETOWN
Max Bell	Fr.	Salinas, CA
Joey Burke	Fr.	North Hills, CA
Tyler Cleveland	So.	San Jose, CA
Abel Gutierrez	Jr.	Ivanhoe, CA
John Hudson	Fr.	Acton, CA
Joe Ostini	So.	Elk Grove, CA
Antonio Plasencia	Fr.	Long Beach, CA
Brent Ritschel	Fr.	Lake Forest, CA
Robert Sager	Fr.	Apple Valley, CA
Benjamin Stern	So.	Petaluma, CA

**HEAD COACH – SCOTT PESCH**

**ASSISTANTS – MIKE WILLIAMS, AMANDA**

**GARCIA**

## MONTANA STATE BILLINGS Yellowjackets

MEN	YR.	HOMETOWN
Ryan Blomback	Jr.	Belgrade, MT
Travis Buttelman	So.	Three Forks, MT
Travis Hutchinson	Sr.	Billings, MT
Dylan Lammers	Fr.	Pocatello, ID
Daniel Lombardi	Sr.	Deer Lodge, MT
Brian Potter	Jr.	Manhattan, MT
Chase Robinson	So.	Colstrip, MT
Matt Ross	So.	Billings, MT
Justice Virtue	Fr.	Ballantine, MT
Ethan Wilhelm	Fr.	Bozeman, MT

**HEAD COACH – DAVE COPPOCK**

**ASSISTANT – TRENT HOOPER**

## NORTHWEST NAZARENE Crusaders

MEN	YR.	HOMETOWN
Jesse Baggenstos	Jr.	Renton, WA
Kaleb Fleenor	Fr.	Kuna, ID
Michael Gordon	Fr.	Kuna, ID
Luke Hetrick	Sr.	Caldwell, ID
Benard Ngeno	Sr.	Roret, Kenya
Matt Rankin	Sr.	Ontario, Or
Matt Stark	Sr.	Meridian, ID
Barak Watson	Jr.	Nampa, ID

**HEAD COACH – JOHN SPATZ**

**ASSOCIATE HEAD COACH – BEN GALL**

**ASSISTANT - JAKE PERRY**

## NOTRE DAME DE NAMUR Argonauts

MEN	YR.	HOMETOWN
Clark Bernard	Fr.	Petaluma, CA
Jordan Cruz	Fr.	Hayward, CA
Jacob Garcia	Fr.	Brawley, CA
David Perez	Jr.	South Gate, CA
Michael Temple	Fr.	San Leandro, CA
Michael Vendelin	Fr.	Los Altos, CA

**HEAD COACH – KEVIN BERKOWITZ**

**ASSISTANT - JIM SORENSEN**

## SAN FRANCISCO STATE Gators

MEN	YR.	HOMETOWN
Tom Ashby	So.	Castro Valley, CA
Bruk Assefa	So.	San Jose, CA
Ryan Chio	So.	Fremont, CA
Tyler Deniston	Jr.	Concord, CA
Ernesto Rodriguez	Jr.	Los Angeles, CA
Daniel Stebbings	Fr.	Camarillo, CA
Brian Trejo	Jr.	Glendale, CA
David Urista	Jr.	Daly City, CA
Ryan Woods	So.	Rancho Santa Margarita, CA
Will Zentmyer	Jr.	La Cañada, CA

**HEAD COACH – TOM LYONS**

**ASSISTANT – PETE CUSHMAN**

## SAINT MARTIN'S Saints

MEN	YR.	HOMETOWN
Joe Berger	So.	Enumclaw, WA
Devon DeMoss	So.	Olalla, WA
Spencer Hunt	Sr.	Onalaska, WA
Frank Krause	Fr.	Onalaska, WA
Alex Nelson	Fr.	Renton, WA
Joseph Patti	Jr.	Renton, WA
Kyle Van Santen	Sr.	Lake Stevens, WA

**HEAD COACH – JULIE SULLIVAN**

**ASSISTANT - DAN PARINE, KAREN STEEN**

## SEATTLE PACIFIC Falcons

MEN	YR.	HOMETOWN
AJ Baker	Jr.	Au Gres, MI
Will Harrison	Jr.	Tucson, AZ
Alex Horton	Fr.	Kent, WA
Seth Pierson	Fr.	Cashmere, WA
Nathanael Sleight	Sr.	Bellevue, WA
Tavish Taylor	Fr.	Port Angeles, WA
Jacob Wahlenmaier	Sr.	Everett, WA
Turner Wiley	Fr.	Issaquah, WA
Jordan Wolfe	Fr.	Bend, OR

**HEAD COACH – ERIKA DALIGCON**

**ASSISTANT – LETIWE PATTON, DORIS**

**HERITAGE**

## UC SAN DIEGO Tritons

MEN	YR.	HOMETOWN
Alex Corliss	Sr.	Santa Barbara, CA
Mario Flores	So.	La Mirada, CA
Dustin Harris	Jr.	Danville, CA
Anthony Heredia	Sr.	Lakewood, CA
Matt Lenehan	Jr.	San Diego, CA
Kellen Levy	So.	Fresno, CA
Ryan Lok	So.	Oakland, CA
Ben Rich	So.	Fremont, CA
Jeremy Riley	Sr.	San Luis Obispo, CA
John Svet	Sr.	Brea, CA

**HEAD COACH – NATE GARCIA**

**ASSISTANT – CYNTHIA CASTRO**

## WESTERN OREGON Wolves

MEN	YR.	HOMETOWN
Brady Beagley	So.	Grants Pass, OR
Ryan Chapman	Jr.	Yakima, WA
Lukas Fenley	Sr.	Leaburg, OR
Connor Kasler	Jr.	Grants Pass, OR
Drew Larson	Fr.	Lake Stevens, WA
Kyle Larson	Sr.	Lake Stevens, WA
Zach Massari	Sr.	Scio, OR
Chris Olsen	Jr.	Gresham, OR
Michael Shogren	So.	Albany, OR
Dan Sprinkle	Sr.	Hillsboro, OR

**HEAD COACH – MIKE JOHNSON**

**ASSISTANTS – ISAAC FREDERICK, CHRIS**

**REED, LACEY MEUSEC**

## WESTERN WASHINGTON Vikings

MEN	YR.	HOMETOWN
Nick Abraham	Sr.	Sammamish, WA
Jeremy Anderson	Jr.	Chimacum, WA
Tanner Boyd	Jr.	Camas, WA
Eric Brill	Jr.	Kent, WA
Tyler Cannon	Jr.	Kennewick, WA
Chip Jackson	So.	Shoreline, WA
Kyle Johnson	Sr.	Nine Mile Falls, WA
Dylan Peterson	So.	Seattle, WA
Tabor Reedy	Fr.	Poulsbo, WA
Dak Riek	So.	Everett, WA

**HEAD COACH: PEE WEE HALSELL**

**ASSISTANTS: BILL ROE, KEEVER HENRY,**

**CHRISTINA ASHBY**

# NCAA DIVISION II WEST REGIONAL HISTORY (SINCE 1996)

WOMEN	SITE	TEAM CHAMPION	RUNNERUP	INDIVIDUAL WINNER
1996	McKinleyville, CA	Seattle Pacific (56)	UC Davis (59)	Martha Pinto, Cal State L.A., 18:30
1997	Pomona, CA	UC Davis (46)	Seattle Pacific (56)	Sarah Shuler, UC Davis, 17:56
1998	Bellingham, WA	UC Davis (29)	Seattle Pacific (71)	Sarah Shuler, UC Davis, 21:34
1999	Rocklin, CA	UC Davis (53)	Seattle Pacific (104)	Nina Christensen, Hawaii Pacific, 21:50
2000	Chino, CA	Central Washington (60)	UC Davis (69)	Yvonne Liebig, UC Davis, 22:45
2001	Bellingham, WA	UC Davis (44)	Humboldt State (133)	Nina Christensen, Hawaii Pacific, 21:37
2002	Fresno, CA	UC Davis (86)	Chico State (91)	Ann Marie Housen, Cal State L.A., 21:27
2003	Chino, CA	Chico State (38)	UC San Diego (124)	Chelsea Smith, BYU-Hawaii, 20:55
2004	Bellingham, WA	Chico State (49)	UC San Diego (96)	Chelsea Smith, BYU-Hawaii, 21:43
2005	Chino, CA	Chico State (42)	UC San Diego (62)	Miriam Hodgins, UC San Diego, 22:00
2006	Oroville, CA	Cal State L.A. (67)	Seattle Pacific (70)	Jessica Pixler, Seattle Pacific, 20:47
2007	Boise, ID	Seattle Pacific (45)	Cal State L.A. (54)	Jessica Pixler, Seattle Pacific, 19:53
2008	LaJolla, CA	Chico State (60)	Seattle Pacific (92)	Jessica Pixler, Seattle Pacific, 20:58
2009	San Francisco, CA	Alaska Anchorage (35)	Chico State (58)	Jessica Pixler, Seattle Pacific, 20:09
2010	Bellingham, WA	Alaska Anchorage (40)	Chico State (55)	Sarah Porter, Western Washington, 21:22
MEN	SITE	TEAM CHAMPION	RUNNERUP	INDIVIDUAL WINNER
1996	McKinleyville, CA	Cal Poly Pomona (47)	Hawaii Hilo (87)	Dan Reed, UC Riverside, 32:43
1997	Pomona, CA	Cal Poly Pomona (23)	UC Davis (66)	Rondie Gibbs, Cal Poly Pomona, 31:18
1998	Bellingham, WA	UC Davis (40)	Humboldt State (69)	Christian Friis, Hawaii Pacific, 31:51
1999	Rocklin, CA	UC Davis (33)	Chico State (67)	Jeff Kaiser, UC Davis, 32:23
2000	Chino, CA	UC Davis (17)	Chico State (57)	Jeff Kaiser, UC Davis, 33:10
2001	Bellingham, WA	UC Davis (27)	Chico State (89)	Christian Madsen, Hawaii Pacific, 32:07
2002	Fresno, CA	Chico State (43)	UC Davis (86)	Paul Kezes, Western Washington, 31:58
2003	Chino, CA	Chico State (28)	UC San Diego (79)	William Ngetich, Hawaii Pacific, 31:41
2004	Bellingham, WA	Chico State (30)	Cal Poly Pomona (73)	Mark Batres, Cal Poly Pomona, 32:09
2005	Chino, CA	Chico State (23)	Cal Poly Pomona (97)	Patrick Boivin, Chico State, 31:24
2006	Oroville, CA	Chico State (32)	Cal Poly Pomona (116)	Todd Iacovelli, Hawaii Pacific, 31:59
2007	Boise, ID	Chico State (39)	Western Washington (93)	John Riak, Saint Martin's, 30:33
2008	LaJolla, CA	Chico State (28)	Alaska Anchorage (67)	Scott Bauhs, Chico State, 32:16
2009	San Francisco, CA	Chico State (42)	Western Washington (74)	Marko Cheseto, Alaska Anchorage, 30:43
2010	Bellingham, WA	Alaska Anchorage (49)	Chico State (54)	Marko Cheseto, Alaska Anchorage, 31:21

## USTFCCCA WEST REGIONAL POLLS AS OF OCT. 26, 2011

MEN	
1. Chico State (5)	6. UC San Diego
2. Alaska Anchorage (11)	7. Northwest Nazarene
3. Western Washington (20)	8. Saint Martin's
4. Western Oregon (23)	9. Cal Poly Pomona
5. San Francisco State	10. BYU-Hawaii

WOMEN	
1. Chico State (5)	6. Cal State L.A.
2. Alaska Anchorage (7)	7. UC San Diego
3. Western Washington (16)	8. Seattle Pacific
4. Cal Poly Pomona	9. BYU-Hawaii
5. Alaska Fairbanks	10. Cal State Stanislaus

(National rank in parenthesis)

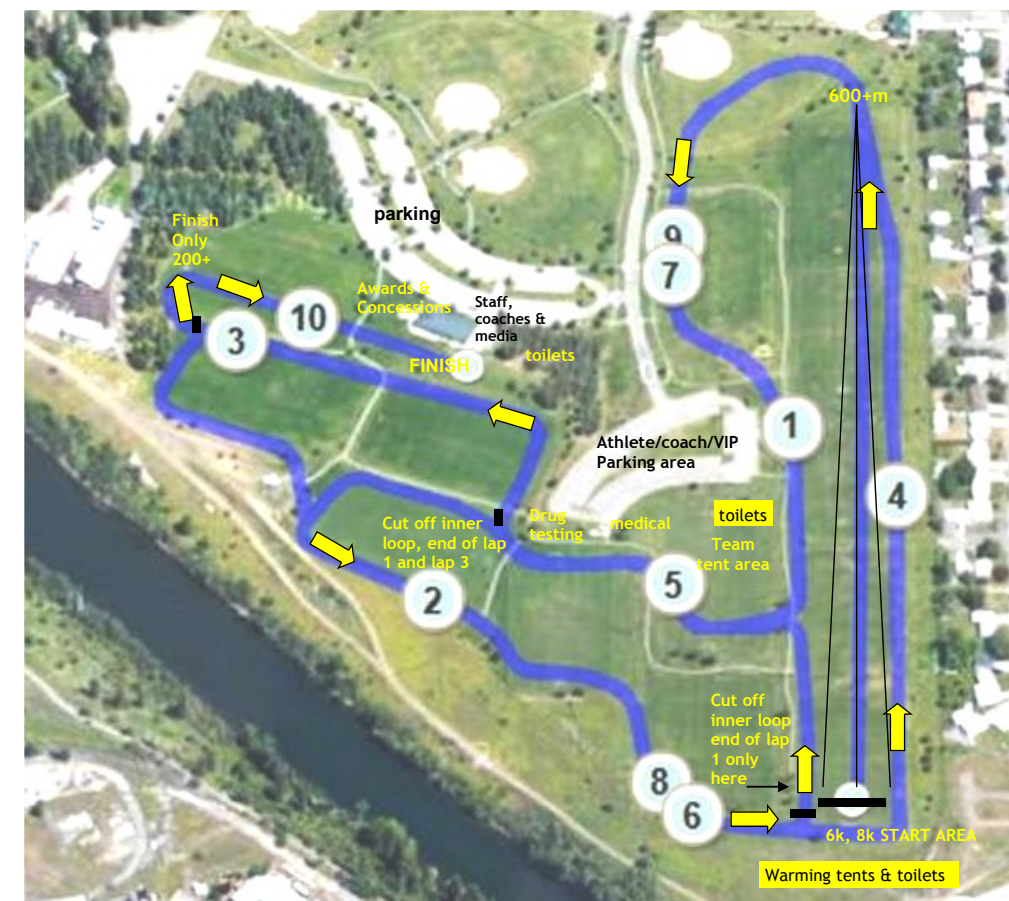
## WOMEN'S COURSE MAP, 6K

Lap 1: 2 km  
Lap 2: 2 km  
Lap 3: 2 km  
(using cut off approx. 500m before the finish)



## MEN'S COURSE MAP, 10K

Lap 1: 3.7 km  
Lap 2: 2.4 km/6.1k (one full perimeter lap)  
Lap 3: 2.0 km/8.1k (one shorted lap)  
Lap 4: 2.0 km/10.1k FINAL w/ gate to finish (from start area to finish, 2k)





**2011 CROSS COUNTRY  
CHAMPIONSHIPS**