

Pixler Wins Another West Region Title

By SPU Sports Information

Another four-peat for Jessica Pixler. And another trip to the NCAA cross country nationals for the Seattle Pacific women.

Pixler (Sammamish, Wash./Eastlake HS) went out from the start and ran to her fourth straight Division II West Regional title on Saturday morning at Golden Gate Park. She cruised over the 6-kilometer (3.72-mile) course in a record time of 20 minutes, 8.9 seconds.

The Falcon senior broke her own course standard of 20:36.4, which she set on Oct. 9 in the San Francisco State Invitational pre-regional meet, and gave her a 34-second margin of victory on runner-up Sarah Porter of Western Washington.

Pixler's victory and a solid seventh-place run from fellow senior Jane Larson (Fall City, Wash./Cedar Park Christian HS) led SPU to a national-qualifying third-place finish in the team standings.

Great Northwest Athletic Conference stablemate Alaska Anchorage won with 35 points, Chico State was second with 58, the Falcons were next with 75, and Western Washington grabbed the fourth and final team qualifying spot with 121.

All four of those schools are ranked in the top 10 nationally. Chico came at No. 2, Anchorage at No. 5, Seattle Pacific at No. 6, and Western at No. 10.

The D-2 nationals are set for Saturday, Nov. 21, at the University of Southern Indiana in Evansville.

"We had some really great performances today. This is where we want to be at this point," Falcons coach Erika Daligcon said. "We went into this with great, focused attitudes. We've been training for this course for the last few weeks, and it was really encouraging that they were able to utilize parts of that training for this meet."

SPU senior Chad Meis ran a personal-best time of 32 minutes, 21.2 seconds in the men's 10K race for a 21st-place finish that fell just short of a national qualifying spot.

This was the second year in a row that Pixler had become the first sub 21-minute female runner on a regional course. She did it in 2008 at UC San Diego, breaking the course record in the pre-regionals, then erasing her own mark a few weeks later at regionals.

Larson came across the line in 21:28.8 seconds, which was nine seconds faster than she ran in the pre-regionals on Oct. 9.