



**9TH ANNUAL GREAT NORTHWEST ATHLETIC
CONFERENCE CROSS COUNTRY CHAMPIONSHIPS**



Saturday, Oct. 24, 2009

Hosted by Central Washington University

Apple Ridge Run Cross Country Facility (Yakima, WA)

Women: 10 a.m. Men: 11 a.m.

GREAT NORTHWEST ATHLETIC CONFERENCE

The Great Northwest Athletic Conference, which is in its ninth season of athletic competition, is comprised of 10 NCAA Division II schools located in five U.S. states and one Canadian province.



Four of the schools are in the state of Washington - Central Washington University, Saint Martin's University, Seattle Pacific University and Western Washington University.

The GNAC, which was officially founded on July 1, 2001, also includes the University of Alaska Anchorage, the University of Alaska Fairbanks, Montana State University Billings, Northwest Nazarene University (Idaho), Western Oregon University and Simon Fraser University (British Columbia).

Humboldt State University (Calif.) and Seattle University were charter members of the conference but left following the 2005-06 and 2007-08 seasons, respectively.

MSU Billings joined the GNAC on July 1, 2007. Simon Fraser, which will begin play in the GNAC in 2010-11, recently became the first Canadian institution to be granted NCAA and GNAC membership.

All of the current GNAC institutions previously competed in the PacWest Conference. Four of the schools in the conference - Alaska Anchorage, Alaska Fairbanks, Montana State Billings and Seattle Pacific - were charter members of the PacWest, which was created in May, 1992 with the merger of the Great Northwest Conference and the Continental Divide Conference.

Central Washington, Saint Martin's, Western Oregon and Western Washington joined the PacWest prior to the 1998-99 season after previously competing in the Pacific Northwest Athletic Conference. Western Oregon and Northwest Nazarene were member of the Cascade Conference before joining the PacWest in 1999-00.

Simon Fraser was also a member of the Pacific Northwest Athletic Conference and PacWest Conference before joining the Canadian West Conference and splitting its athletic programs between the Canadian national association and the NAIA.

The GNAC sponsors championships in eight men's and eight women's sports, including football, volleyball, men's and women's soccer, men's and women's cross country, men's and women's basketball, baseball, men's and women's golf, softball, men's and women's indoor track-and-field and men's and women's outdoor track-and-field. Humboldt State and Dixie State are currently affiliate members of the GNAC for football.

GNAC Commissioner Richard R. Hannan (Ninth Year)

Richard R. Hannan, who has been involved in intercollegiate athletics for more than three decades, was appointed the first commissioner of the Great Northwest Athletic Conference (GNAC) on May, 2001.

Prior to taking over as commissioner, Hannan, a native of Spokane, Wash., served as interim athletic director at Lewis-Clark State College. Hannan, who also was the athletic director and head basketball coach at LCSC between 1974 and 1989, has also been an athletic director at two NCAA Division I schools.

Hannan, who earned a BA degree in social science in 1963 at Eastern Washington University, coached basketball at Columbia Basin College for seven years (1967-74) before beginning his first term at LCSC.

While at LCSC, he served as the host athletic director for the NAIA national baseball tournament for six years. He developed an honorary coaches program for the tournament. He also helped organize the Lewis-Clark State Warrior Booster Club, which became a substantial funding source for the college.

The LCSC program made substantial growth during his tenure, correcting inequities in the women's sports programs and adding the sports of men's and women's tennis. The Warrior baseball team also won four NAIA national titles during his term.

Hannan was appointed the athletic director at Weber State University in Ogden, Utah, in 1989. Three years later he was appointed to the same position at Southwest Texas State University in San Marcos, Tex before returning to the Northwest.

During his tenure at Weber State, he implemented a student advisory board and created an academic support system for student-athletes. He also balanced the athletic department budget in spite of an \$183,000 revenue shortfall and developed coaches television shows. He also created a radio broadcasting program, bring the game broadcasts, promotions and marking "in-house."

At Southwest Texas State, Hannan was responsible for creating and developing the schools' first athletics endowment fund, doubling revenue production for the athletic department. He initiated a television program for football, a format that was adopted by the Southland Conference. He also developed and implemented a program to eliminate Title IX department deficiencies.

Hannan, who earned a master's degree in guidance counseling from Eastern Washington in 1967, is a member of the NAIA Hall-of-Fame and the NWAACC Hall-of-Fame.

Prior to coaching at the collegiate level, he taught and coached at North Central High School in Spokane between 1963 and 1967. Hannan and his wife, Nancy, have been married for 47 years. They have three adult children, Gregory, Molly (Akey) and Douglas, and four grandchildren.



Seawolves, Falcons Seek To Repeat In GNAC Cross Country

Defending champions Jessica Pixler of Seattle Pacific and Marko Cheseto of Alaska Anchorage are among 15 returning all-conference athletes who are scheduled to compete in the ninth annual GNAC cross country championship meet at the Apple Ridge Run Cross Country Facility today.

Pixler, who is the two-time defending national champion, will be seeking an unprecedented fourth straight GNAC women's individual title. Ashley Vincent of Western Washington (2001-02) is the only other conference athlete to win as many as two.

Cheseto, meanwhile, will attempt to become the first male athlete to win a second conference individual title as eight different men from seven different schools have previously finished first.

Pixler and Cheseto will also be hoping to lead their teams to conference titles for the second year in a row. A year ago Alaska Anchorage placed four runners in the top six on the way to a 19-point team win over second-place Western Washington to win its third men's title in the past seven years.

Seattle Pacific edged Alaska Anchorage by four points to win its fourth consecutive women's team title and its fifth in the eight-year history of the conference.

Both defending champions, however, go in as slight underdogs, at least based on the latest USTFCAA NCAA Division II West Regional rankings.

Western Washington is ranked second and UAA is ranked fourth in the latest men's regional rankings. Also ranked in the Top 10 are Western Oregon (5th) and Northwest Nazarene (7th). In the national rankings, WWU is seventh and UAA is 21st.

Alaska Anchorage is ranked second, Seattle Pacific is ranked third and Western Washington is ranked fourth in the latest women's regional rankings. They are fifth, seventh and eighth, respectively, in the national rankings.

Pixler has had another great season, finishing third in the University of Washington Sundodger, second at the Stanford University Invitational and first at the San Francisco State Invitational and will be the overwhelming favorite to repeat and join UAA's Stacy Edwards (2001-03) and Mandy Kaempf (2003-06) as the only women to have Top 10 finishes and earn all-conference honors in four different seasons.

UAA's Laura Carr, who placed fourth in last year's meet also has an opportunity to accomplish that feat. She was 10th in 2005 and eighth in 2006 before redshirting in 2007.

Pixler and Carr are among seven returnees from last year's all-conference team. A year ago, Pixler covered the Apple Ridge layout in a time of 21:12.00, finishing 39 seconds ahead of second-place Sarah Porter of Western Washington.

Porter, who has wins this fall at the CWU Apple Ridge Invitational and at the WWU Invitational and is seeking her third straight Top 10 finish, is also back from last year's Top 10 along with Jane

Larson (3rd) and Natty Plunkett (7th) of Seattle Pacific, Hallidie Wilt (8th) and Ruth Keino (10th) of Alaska Anchorage and Jaclyn Puga (9th) of Northwest Nazarene. Porter and Larson placed 13th and 15th at the national meet to join Pixler as All-Americans.

Keino has a win this fall in the UAA Invitational and a pair of seconds at the UW Sundodger Open and at San Francisco State.

Seattle Pacific will go to the line with five former all-conference performers as 2007 all-stars Suzie Strickler (4th) and Kate Harline (10th) will also be in the lineup.

Two other GNAC women who have posted individual wins will also be in the field. Theresia Schnurr of Alaska Fairbanks has three victories (two of them in dual meets with CWU in Fairbanks and one in the BYU-Hawaii Invitational) and Amanda Wright of Western Oregon finished first at the Willamette Grass Course Invitational.

On the men's side, Cheseto, who earned All-American honors with a ninth place finish at last year's national meet, earned his first victory of the season last Friday at San Francisco State, which will be the site of the NCAA West Regional.



A year ago he led a 1-2-3 UAA finish in the conference meet. Alfred Kangogo was the third-place finisher and he also returns for the Seawolves. Also making a run for the individual title will be UAA freshman Micah Chelimo (**pictured**), who finished first in the UAA Invitational in early September and placed second in the UW Sundodger, finishing 11 seconds ahead of Cheseto who placed third.

Western Washington, however, might have an edge in the team race as it returns three All-Americans in Jordan Welling, Bennett Grimes and Blake Medhaug. Welling placed 29th in last year's national meet, while Medhaug was 36th (after placing 35th at the region meet). Grimes placed 41st in the national meet.

All three are two-time all-conference performers. Welling placed fifth, Grimes was ninth and Medhaug was 10th in the 2008 GNAC meet. Welling (WWU Invitational) and Grimes (CWU Apple Ridge) have wins this fall.

Two other GNAC male athletes also have wins this season. Chris Reed of Western Oregon placed first at both the Lewis & Clark Invitational and the Willamette Grass Course Invitational, while Manuel Santos of Central Washington finished first in a pair of duals with Alaska Fairbanks.

In addition to Reed, Western Oregon's lineup will include Mike Schmitt, who earned all-conference honors in 2007 with a sixth-place finish.

Another athlete with sights on a Top 10 finish will be Northwest Nazarene freshman Barak Watson, who already has four Top 10 finishes – placing second in the Bob Firman Invitational at Boise and in the open division of the UW Sundodger, fourth in the Roger Curran Invitational at Nampa and eighth in the Chuck Bowles Invitational at Salem.

NCAA Division II West Regional Rankings

Men

1. Cal State Chico (3)
2. **Western Washington (7)**
3. Cal Poly Pomona (15)
4. **Alaska Anchorage (21)**
5. **Western Oregon**
6. Humboldt State
7. **Northwest Nazarene**
8. UC San Diego
9. BYU Hawaii
10. Hawaii Pacific

Women

1. Chico State (1)
2. **Alaska Anchorage (5)**
3. **Seattle Pacific (7)**
4. **Western Washington (8)**
5. UC San Diego (23)
6. Cal State LA (25)
7. Cal Poly Pomona
8. **Northwest Nazarene**
9. BYU Hawaii
10. **Western Oregon**

(National rank in parenthesis.
Rankings through Oct. 21)

NCAA West Regional Cross Country Championships

Nov. 7, 2009
At San Francisco, CA
Golden Gate Park
Speedway Meadow

Women's 6,000 – 9 a.m.
Men's 10,000 – 10 a.m.

Hosted by San Francisco State

For complete information on today's
conference meet and the regional meet,
visit our web site at:

www.gnacsports.com

ALASKA ANCHORAGE SEAWOLVES

Men	Yr.	Hometown
159 Michael Adams	So.	Anchorage, AK
160 Ben Altemus	Fr.	Oakridge, WA
161 Micah Chelimo	Fr.	Eldoret, Kenya
162 Marko Cheseto	Jr.	Kapenguria, Kenya
163 Will Estes	Fr.	Anchorage, AK
164 Thomas Hill	Fr.	Thunder Bay, Ont.
165 Alfred Kangogo	So.	Eldoret, Kenya
166 Paul Rottich	Jr.	Kapsabet, Kenya

Women	Yr.	Hometown
54 Mychaela Bailey	So.	Anchorage, AK
55 Emma Bohman	Jr.	Palmer, AK
56 Laura Carr	Sr.	South Bend, IN
57 Mary Chepkoech	Fr.	Kapsabet, Kenya
58 Shoshana Keegan	So.	Anchorage, AK
59 Ruth Keino	So.	Kapcheno, Kenya
60 Miriam Kipngeno	Fr.	Eldoret, Kenya
61 Ariel Rolle	So.	Anchorage, AK
62 Kayla Teslow	Fr.	Fairbanks, AK
63 Alex West	So.	Soldotna, AK
64 Hallidie Wilt	Jr.	Unalaska, AK

Head Coach – Michael Friess

Assistants – T.J. Garlatz, David Kiplagat

ALASKA FAIRBANKS NANOOKS

Men	Yr.	Hometown
167 Lars Arneson	Fr.	Soldotna, AK
168 Mitchell Chandler	So.	Chattaroy, WA
169 Joseph DeWilde	So.	North Pole, AK
170 Tyler Kornfield	Fr.	Anchorage, AK
171 Ian Longridge	Fr.	Sitka, AK
172 Alex Morris	Jr.	Anchorage, AK
173 Einar Often	Jr.	Tynset, Norway
174 John Parry	Sr.	Whitehorse, Yukon
175 Cody Priest	Jr.	Palmer, AK
176 Ray Sabo	Sr.	Whitehorse, Yukon
177 Erik Soderstrom	So.	As, Sweden
178 Henri Soom	Sr.	Tartu, Estonia
179 Samuel Tilly	Sr.	Rainbow Valley, AK
180 Alex Weissberg	Jr.	Sitka, AK
181 Ian Wilkinson	So.	Fairbanks, AK

Women	Yr.	Hometown
65 Morgan Bender	Fr.	Eagle River, AK
66 Jana Benedix	So.	Fairbanks, AK
67 Kate Bennett	Jr.	Fairbanks, AK
68 Heather Edic	Fr.	Fairbanks, AK
69 Rebecca Konieczny	So.	West Yellowstone, MT
70 Aurelia Korthauer	Sr.	Bonnendorf, Germany
71 Marit Rjabov	Fr.	Voru, Estonia
72 Theresia Schnurr	So.	Buhlertal, Germany
73 Maria Stensland	GS	Vasteras, Sweden
74 Megan Thompson	Fr.	Fairbanks, AK

Head Coach – Scott Jerome

Assistant – Matt Dunlap

CENTRAL WASHINGTON WILDCATS

Men	Yr.	Hometown
105 Zach Armstrong	Fr.	Breckenridge, CO
106 Tyler Eidsmoe	Jr.	Federal Way, WA
107 Wes Hargrove	Jr.	Burlington, WA
108 Jake Hastings	Fr.	Colville, WA
109 Tom Johnson	Jr.	Seattle, WA
110 Matt Nodine	So.	Ellensburg, WA
111 Scott Power	Jr.	Burlington, WA
112 Tyler Roland	Fr.	Camas, WA
113 Scott Romain	Fr.	Seattle, WA
114 Manuel Santos	So.	Yakima, WA
115 Jon Swanson	Fr.	Spokane, WA

Women	Yr.	Hometown
1 Mary Bakeman	Sr.	Langley, WA
2 Alex Borunda	Jr.	Yakima, WA
3 Stephanie Cooke	Sr.	Topeka, KS
4 Cindy Glenn	Jr.	Battle Ground, WA
5 Jessica Hirschborn	Jr.	Enumclaw, WA
6 Kelsey Kreft	So.	Lake Stevens, WA
7 Elizabeth Mann	So.	Auburn, WA
8 Adriana Mendoza	So.	Zillah, WA
9 Hilery Nunn	Fr.	Leavenworth, WA
10 Ashley Rice	Fr.	Tieton, WA
11 Robyn Swanson	Jr.	Spokane, WA
12 Amanda Valera	So.	Moxee, WA
13 Shannon Vreeland	Sr.	Port Orchard, WA

Head Coach – Kevin Adkisson

Assistant – Bryan Contreras

MSU BILLINGS YELLOWJACKETS

Men	Yr.	Hometown
116 Ryan Blomback	Fr.	Belgrade, MT
117 Mark Bolt	So.	Billings, MT
118 Travis Buttelman	Fr.	Three Forks, MT
119 Taylor Canfield	So.	Manhattan, MT
120 Travis Hutchinson	So.	Billings, MT
121 Daniel Lombardi	Fr.	Deer Lodge, MT
122 Kelley Miller	Jr.	Glendive, MT
123 Tucker Shuler	So.	Powell, WY
124 Tyson Vanderby	So.	Manhattan, MT

Women	Yr.	Hometown
14 Natalya Fredrickson	Fr.	Terry, MT
15 Sarah Jackson	Jr.	Bozeman, MT
16 Mykel Ler	Jr.	Sidney, MT
17 Lisa Minnehan	Sr.	Anaconda, MT
18 Mary Owen	Fr.	Hammond, MT
19 Katie Thiel	So.	Powell, WY
20 Leah Thompson	Sr.	Manhattan, MT
21 Malori Woodford	So.	Mosby, MT
22 Kristen Yeley	Sr.	Lewistown, MT

Head Coach – Dave Coppock

Assistant – Cassie Holm

NORTHWEST NAZARENE CRUSADERS

Men	Yr.	Hometown
125 Jesse Baggenstos	Fr.	Renton, WA
126 Seth Clark	Jr.	Grangeville, ID
127 Alex Crystal	So.	Kimberly, ID
128 Neil Easter	So.	Nampa, ID
129 Kyle Gray	Sr.	San Diego, CA
130 Hank Hetrick	Sr.	Caldwell, ID
131 Luke Hetrick	So.	Caldwell, ID
132 Joseph Lovell	Fr.	Boise, ID
133 Josh Merioles	So.	Valdez, AK
134 Benard Ngeno	Fr.	Roret, Kenya
135 Matt Rankin	Fr.	Ontario, OR
136 Caleb Reynolds	So.	Yakima, WA
137 Matt Stark	So.	Meridian, ID
138 Barak Watson	Fr.	Nampa, ID
139 Justin Webb	Fr.	Weiser, ID

Women	Yr.	Hometown
23 Danielle Beesley	Fr.	Caldwell, ID
24 Elisa Decker	So.	Vancouver, WA
25 Christine Harwood	Fr.	Pendleton, OR
26 Samantha Hill	Fr.	Woodinville, WA
27 Chelsea Lane	Fr.	Jerome, ID
28 Ashley Morman	Jr.	Bonnars Ferry, ID
29 Michele Phillips	Sr.	Meridian, ID
30 Jordan Powell	Fr.	Nampa, ID
31 Jaclyn Puga	Jr.	Meridian, ID
32 Ashley Rendahl	So.	Hailey, ID
33 Meagan Swenson	So.	Salem, OR

Head Coach – John Spatz**Assistants** – Ben Gall, Jake Perry, Ashley Puga**SAINT MARTIN'S SAINTS**

Men	Yr.	Hometown
152 Scott Bauer	Fr.	Lancaster, CA
153 Noah Caffrey	So.	Seabeck, WA
154 Cameron Grossaint	Fr.	Mill Creek, WA
155 Nick Harvey	Jr.	Olympia, WA
156 Spencer Hunt	So.	Onalaska, WA
157 Joseph Patti	Fr.	Renton, WA
158 Kyle Van Santen	So.	Lake Stevens, WA

Women	Yr.	Hometown
46 Carelia Agis	Fr.	Tacoma, WA
47 Helen Camden	Jr.	Yakima, WA
48 Krinda Carlson	Sr.	Pateros, WA
49 Annie Lawreyson	Jr.	Puyallup, WA
50 Ashley Llapitan	Fr.	Buckley, WA
51 Joscelyn Minton	So.	Shelton, WA
52 Karissa Owen	So.	Rainier, WA
53 Kaitlynn Pecha	So.	Omak, WA

Head Coach – Julie Sullivan**Assistant** - Patrick Talmadge**SEATTLE PACIFIC FALCONS**

Men	Yr.	Hometown
140 AJ Baker	Fr.	Au Gres, MI
141 Gavin Brand	Fr.	Suwanee, GA
142 Lyle Emery	Fr.	Vancouver, WA
143 Andrew Hamilton	So.	Ballard, WA
144 Daniel Hamilton	So.	Missoula, MT
145 Will Harrison	Fr.	Tucson, AZ
146 Jordan Lance	Jr.	Mill Creek, WA
147 Chad Meis	Sr.	Renton, WA
148 Caleb Parker	Fr.	Richland, WA
149 Nate Seely	So.	Lynden, WA
150 Nathanael Sleight	So.	Bellevue, WA
151 Andrew VanNess	Fr.	Bellevue, WA
Jacob Wahlenmaier	Jr.	Everett, WA

Women	Yr.	Hometown
34 Lisa Anderberg	Sr.	Mukilteo, WA
35 Kelsey Brown	Fr.	Colorado Springs, CO
36 Krysta Carrick	Fr.	Tokyo, Japan
37 Margaret Hanscom	So.	Lake Oswego, OR
38 Kate Harline	Sr.	Orem, UT
39 Jane Larson	Sr.	Fall City, WA
40 Laura Moser	Fr.	Sequim, WA
41 Jessica Pixler	Sr.	Sammamish, WA
42 Natty Plunkett	So.	Bellevue, WA
43 Suzie Strickler	Sr.	Richland, WA
44 Kayla Wilkins	Fr.	Vancouver, WA
45 Mary Williams	Fr.	Lake Jackson, TX

Head Coach – Erika Daligcon**Assistant** – Doris Heritage**WESTERN OREGON WOLVES**

Men	Yr.	Hometown
182 Ryan Chapman	Fr.	Yakima, WA
183 Luke Holt	Fr.	Clayton, IN
184 Braxton Jackson	Sr.	Lincoln City, OR
185 Justin Karr	Jr.	Tigard, OR
186 Conner Kasler	Fr.	Grants Pass, OR
187 Jeff Long	Sr.	Vancouver, WA
188 Zach Massari	So.	Scio, OR
189 Matt McCrary	So.	Gladstone, OR
190 Chris Reed	Jr.	Klamath Falls, OR
191 Nate Reese	Sr.	Monmouth, OR
192 Mike Schmidt	Sr.	Tacoma, WA
193 Brandon Snook	Sr.	Oregon City, OR
194 Dan Sprinkle	So.	Hillsboro, OR

Women	Yr.	Hometown
75 Annan Applebee	Jr.	Gladstone, OR
76 Meryl Butcher	So.	Clackamas, OR
77 KayAnna Cecchi	So.	Gresham, OR
78 Janelle Everetts	So.	Salem, OR
79 Megan Everetts	So.	Salem, OR
80 Tricia Morrison	Jr.	Hillsboro, OR
81 Erica Nelson	Fr.	Salem, OR
82 Alee Rowley	Jr.	Kenai, AK
83 Zoe Skordahl	So.	Oakridge, OR
84 Erika Snawder	Jr.	Salem, OR
85 Amanda Wright	So.	Olympia, WA
86 Erica Zambon	Sr.	Carlsbad, CA

Head Coach – Mike Johnson**Assistants** – Jerret Mantalas, Isaac Frederick, Jessica Harper, Lyndsey McKillip**WESTERN WASHINGTON VIKINGS**

Men	Yr.	Hometown
195 Nick Abraham	So.	Sammamish, WA
196 Sam Bedell	Sr.	Reno, NV
197 Yonas Berhe	So.	Seattle, WA
198 Eric Brill	So.	Kent, WA
199 Andrew Conniff	Fr.	Corvallis, OR
200 Bennett Grimes	Jr.	Pocatello, ID
201 Carl Johnson	Sr.	Renton, WA
202 Kyle Johnson	Fr.	Nine Mile Falls, WA
203 Greg Kubitz	Sr.	Kelso, WA
204 Danny Lindstrom	Fr.	Anacortes, WA
205 Anders Mavis	Sr.	Boulder, CO
206 Blake Medhaug	Jr.	Bothell, WA
207 Andy Randles	Fr.	Spokane, WA
208 Jesse Roberson	So.	Tacoma, WA
209 Duane Stewart	So.	Abbotsford, BC
210 Anthony Tomsich	Jr.	Fairbanks, AK
211 Jordan Welling	Jr.	Burlington, WA

Women	Yr.	Hometown
87 Jillian Altizer	Fr.	Bellevue, WA
88 Jessica Boyer	So.	Columbia Falls, MT
89 Lauren Brehof	So.	Vancouver, WA
90 Sierra Brisky	So.	Acme, WA
91 Chandler Dennison	Fr.	Seattle, WA
92 Kristi Fairbanks	Fr.	Snohomish, WA
93 Kendra Hedges	So.	Lake Stevens, WA
94 Stephanie Houck	Fr.	Everett, WA
95 Gaby Krevat	Fr.	Bozeman, MT
96 Kirsten Moore	Fr.	Carlsbad, CA
97 Courtney Olsen	Sr.	Bellingham, WA
98 Sarah Porter	Jr.	Hockinson, WA
99 Mary Rogers	Fr.	Spokane, WA
100 Danielle Slaughter	Sr.	Spokane, WA
101 Maria Ujifusa	Fr.	Snohomish, WA
102 Emily Wallen	Fr.	Olympia, WA

Head Coach - PeeWee Halsell**Assistants** - Bill Roe, Al Reimer, Erik Bies, Keever Henry, Christina Ashby

Great Northwest Athletic Conference



ON THE COVER: Alaska Anchorage, led by Marko Cheseto (14), posted the second lowest score in meet history in winning the 2008 GNAC Men's Cross Country Championship at the Apple Ridge Run Cross Country Facility near Yakima. Jessica Pixler of Seattle Pacific (right) will be seeking her fourth straight individual title.

GNAC Championship Meet History (2001-08)



Marko Cheseto of Alaska Anchorage and Jessica Pixler of Seattle Pacific are back to defend the individual titles they won last year. Pixler will be going for an unprecedented fourth title in a row.

MEN

Team Champion

	Site	Champion	
2001	Anchorage	Northwest Nazarene	32
2002	Seattle	Alaska Anchorage	70
2003	Monmouth	Western Washington	61
2004	McKinleyville	Seattle Pacific	71
2005	Bellingham	Alaska Anchorage	39
2006	Lacey	Western Washington	35
2007	Nampa	Western Washington	35
2008	Yakima	Alaska Anchorage	34

Individual Champions

2001	Francis Kimeli, NNU	26:12.2
2002	Paul Kezes, WWU	24:20.85
2003	Doug Hamilton, HSU	24:59.53
2004	Tim LeCount, SPU	25:58
2005	Casey Moriarty, SU	25:16
2006	David Kiplagat, UAA	24:28.27
2007	John Riak, SMU	24:56.77
2008	Marko Cheseto, UAA	24:30.27

Coach-of-the-Year

2001	Randy Dalzell, NNU
2002	Michael Friess, UAA
2003	PeeWee Halsell, WWU
2004	Doris Heritage, SPU
2005	Michael Friess, UAA
2006	PeeWee Halsell, WWU
2007	PeeWee Halsell, WWU
2008	Michael Friess, UAA

All-Conference (Top 10 Finish)

Four Years

Louie White, HSU 1999-02

Three Years

David Kiplagat, UAA 2005-06, 08
 John Riak, SMU 2006-08
 Sean Rivers, UAA 1999-00, 02
 Sam Scotchmer, CWU 2004, 06-07
 Eric Strabel, UAA 2000-02

Two Years

Bjorn Bostrom, SPU 2004,06
 Zach Boteilho, WWU 2000-01
 Nathanael Castle, SPU 2001-02
 Pete Clusener, HSU 2000,02
 Aaron Dickson, UAA 2005-06
 Zach Dwello, NNU 2001-02

Bennett Grimes, WWU

Doug Hamilton, HSU 2002-03
 Keever Henry, WWU 2004,06
 Brian Kostock, HSU 2004-05
 Kevin Lambert, NNU 2005,07
 Tim LeCount, SPU 2002,04
 Aaron Matthias, NNU 2000-01
Blake Medhaug, WWU 2007-08
 Jasper Peach, HSU 2004-05
 Andy Prentice, SMU 2003-04
 Tobias Schwoerer, UAA 2000,02
Jordan Welling, WWU 2007-08
 Chase Wells, WOU 2003-04

One Year (Returnees Only)

Marko Cheseto, UAA 2008
 Alfred Kangogo, UAA 2008
 Mike Schmidt, WOU 2007

WOMEN

Team Champion

	Site	Champion	
2001	Anchorage	Humboldt State	58
2002	Seattle	Humboldt State	49
2003	Monmouth	Seattle Pacific	62
2004	McKinleyville	Central Washington	67
2005	Bellingham	Seattle Pacific	54
2006	Lacey	Seattle Pacific	34
2007	Nampa	Seattle Pacific	24
2008	Yakima	Seattle Pacific	48

Individual Champion

2001	Ashlee Vincent, WWU	23:46.0
2002	Ashlee Vincent, WWU	21:44.89

2003	Josie Lavin, SPU	21:42.84
2004	Karen Dickson, SPU	22:28.02
2005	Pavla Havlova, UAF	22:15
2006	Jessica Pixler, SPU	21:11
2007	Jessica Pixler, SPU	20:53.48
2008	Jessica Pixler, SPU	21:12.00

Coach-of-the-Year

2001	Chris Parmer, HSU
2002	David Wells, HSU
2003	Michael Friess, UAA
2004	Michael Friess, UAA
2005	Michael Friess, UAA
2006	Doris Heritage, SPU
2007	Doris Heritage, SPU
2008	Erika Daligcon, SPU

All-Conference (Top 10 Finish)

Four Years

Stacy Edwards, UAA 2001-03, 05
 Mandy Kaempf, UAA 2003-06

Three Years

Laura Carr, UAA 2005-06, 08
 Elizabeth Chepkosgei, UAA 2006-08
 Jane Larson, SPU 2006-08
 Alicen Maier, CWU 2000, 02-03
Jessica Pixler, SPU 2006-08
 Ashley Puga, SPU 2006-08
 Karin Rohde, SPU 2004, 06-07
 Laura Trevellyan, WWU 2003-05

Two Years

Sigrid Aas, UAF 2002-03
 Rachel Bailey, CWU 2005-06
 Dolores Bergmann, HSU 2001-02
 Nicole Campbell, HSU 2003-04
 Kelly Fullerton, SU 2001,04
 Alana Garcia, SU 2004-05
 Kati Gosnell, HSU 2001-02
 Mary Moriarty, SPU 2005-06
Sarah Porter, WWU 2007-08
 Stephanie Stine, CWU 2001,04
 Ashlee Vincent, WWU 2001-02
 Jamie Witt, SPU 2001,03

One Year (Returnees Only)

Kate Harline, SPU 2007
 Ruth Keino, UAA 2008
 Natty Plunkett, SPU 2008
 Jaclyn Puga, NNU 2008
 Suzie Stricker, SPU 2007
 Hallidie Wilt, UAA 2008

2009 GNAC CROSS COUNTRY CHAMPIONSHIPS

WOMEN'S 6K & MEN'S 8K LAYOUT

A-B-C-D-E-F

C-B-A (1m)-H-B-C

F-E-D-C-G (2m)-H

A-B-C-F-E-D (3m)

C-G-H-A (Women to Finish)

B-C-F (4m)-E-D

C-G-H-A (Men to Finish)

