



100 YEARS of CHAMPIONS

PAC-12 CONFERENCE

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2015 PAC-12 MEN'S & WOMEN'S CROSS COUNTRY CHAMPIONSHIPS

Friday, October 30, 2015

Colfax Golf Club, Colfax, Wash.

Hosted by Washington State University

RACE SCHEDULE

9:00 a.m. Championship Course opens to fans
 10:10 a.m. National Anthem
 10:15 a.m. Men called to start
 10:25 a.m. Men's final instructions
 10:30 a.m. Start of men's race
 11:15 a.m. Women called to start
 11:25 a.m. Women's final instructions
 11:30 a.m. Start of women's race
 12:10 p.m. Awards ceremony

COURSE DESCRIPTION

The Colfax Golf Club (2402 N. Cedar St. Colfax, WA 99111) is the site of the 2015 Pac-12 Men's and Women's Cross Country Championships. The women's course will include three counter clockwise loops. The men's course will include four counter clockwise loops. The course consists of straight fairways, no elevation gain and broad easy turns

TELEVISION COVERAGE

Tape-delayed coverage of the championships will air on the Pac-12 Networks on Monday, Nov. 2, 2015 at 6 p.m. PT. Dwight Stones (analyst) and Jim Watson (pxp) will call the action, with Lewis Johnson reporting.



46th-ANNUAL MEN'S RACE

The Pac-12's 46th-annual men's championships will again be one of the most competitive championships in the country. Four-time champion COLORADO is the overwhelming favorite to win the title again, but six league teams in total are ranked in the latest U.S. Track & Field and Cross Country Coaches (USTFCCCA) poll making the field a strong challenger for the Conference crown.

The Buffs have not lost in the men's race since joining the league in 2011. The two-time defending NCAA Champions have been the No. 1 team in the country since the final poll of the 2013 campaign. The Buffs, who are already running strong, have been without Ben Saarel, a two-time All-American and a key member of the national championship teams. He is expected at the Conference meet this week which will make the Buffs even tougher to unseat.

Third-ranked OREGON has the arsenal to knock off the Buffs. First and foremost, the Ducks will look to junior Edward Cheserek, the two-time Pac-12 and NCAA Champion. He is looking to become only the third person in league history to win the individual title three times, but also the first to win it in three-consecutive years. UO also has a pair of freshmen talents in Matthew Maton and Tanner Anderson who look to help Cheserek put the Ducks back on top.

15th-ranked UCLA returns the top-seven runners from last season's squad that qualified for the NCAA Championships for the second time in three years. Senior Lane Werley has paced the Bruins at meets earlier this month, including a third-place overall finish at the Washington Invitational. He will be looked to lead the squad in Colfax this week.

WASHINGTON is ranked 20th in the poll, but the Huskies have even fallen out of the polls this year, before getting back to No. 20. The Husky to watch is Zaic Yorks who placed seventh at the competitive meet at the Wisconsin Invitational for the best finish of his cross country career. He will have help from teammates Fred Huxham, Andrew Gardner and All-American Tyler King.

No. 21 CALIFORNIA has turned in solid results this season, including a seventh-place finish at the Pre-NCAA Invitational where veterans Chris Walden and John Lawson led the team with top-50 finishes. The Golden Bears will bring with them plenty of experience with four of last year's Pac-12 Championship competitors still on the roster.

STANFORD is ranked 23rd, making a dive from No. 4 during the week of Oct. 6. The Cardinal, however, have not run its full 'A' squad. Freshman Grant Fisher, who runs a sub-4 minute mile, will make his much-anticipated debut at the Pac-12 Championships. 2013 Pac-12 runner up Jim Rosa is also expected to make his season debut at the Conference meet. He also placed fifth at the NCAA Championships in 2013 before redshirting the 2014 campaign because of injury.

ARIZONA will look to veteran Collins Kibet who appears to be saving his best performances for the end of the season. He has been the Wildcats' top finisher in the last three meets. He has also been one of UA's top-three finishers in every meet this season.

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30th-ANNUAL WOMEN'S RACE

The Pac-12's 30th-annual women's championship features another strong field with five of the 12 teams ranked in the top 19 in the latest U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) poll. COLORADO and OREGON are at the head of the pack, making this week's Pac-12 Championships one of the most competitive in the nation. Ranked No. 3 and No. 5, respectively, the Ducks are looking to defend their title while the Buffs are looking to regain the title they won the first year they joined the league in 2011.

It will hardly be a two-team race with No. 10 STANFORD and No. 12 WASHINGTON looking to make their way to the podium, as well. The Cardinal won 12 in a row from 1996-2007 before the Huskies won back-to-back titles in 2008 and 2009, then the Cardinal was back on top in 2010. Since 2009, five different Pac-12 teams have claimed the women's crown.

The Buffs have been in the top five all season and have recorded strong results, including a second-place showing at the Pre-NCAA Invitational in Louisville, Ky. Though Colorado finished behind Michigan, it defeated Conference-foe Oregon, 151-175. Erin Clark has been undefeated this season winning the Pre-NCAA Invite, as well as the Rocky Mountain Shootout. She was also fourth at last year's Pac-12 race.

The Ducks return all five scoring runners from last year's championship squad. It includes familiar faces in Frida Berge, Waverly Neer, Molly Grabill, Alli Cash and Maggie Schmaedick, and still have redshirt-freshman Sarah Baxter, one of the top recruits in the nation last year and has improved at every race this season.

The Cardinal will not have 2014 Pac-12 Freshman of the Year Elise Cranny who was the second-place finisher last year. She has been battling through injuries this season, but the team will welcome back Aisling Cuffe, the 2013 individual overall winner. Cuffe missed the 2014 campaign because of injury. Stanford will also look to the rest of its veteran squad to make a run for the title.

The Huskies also have plenty of depth and are posting faster times than last year. Eighth at the Wisconsin Adidas Invitational, senior Maddie Meyers, and All-American and All-Pac-12 honoree, has led the team in nine-consecutive races, dating back to last season.

UTAH is having one of its best seasons, earning a No. 19 national ranking on Oct. 20, the first time in the history of the program the Utes have earned a national ranking. The Utes have a pair of talented sophomores that both finished in the top-10 twice at big races, including the Notre Dame Invitational and Pre-NCAA Invitational. The Utes have not finished better than seventh since joining the Conference and with a new long-term focus for the program, they look to improve on that and eventually vy for the Pac-12 crown.

It has been a transformational season this year for ARIZONA STATE who is without Shelby Houlihan, the first Sun Devil to win the individual Conference crown in a decade. But ASU will field a strong team that placed 24th at the Wisconsin Adidas Invitational and has had several runners lead the team, but brings a contingency that did not run at the 2014 championship.

Continued on page 2.

USTFCCCA RANKINGS

MEN'S (Oct. 20)

Rank	School (1st Place)	Points	Lst Wk
1.	COLORADO (11)	359	1
2.	Syracuse (1)	349	2
3.	OREGON	328	3
4.	BYU	324	9
5.	Michigan	305	8
6.	Oklahoma State	301	6
7.	Virginia	285	7
8.	Arkansas	272	13
9.	Iona	269	5
10.	Furman	245	24
11.	UTEP	243	13
12.	NC State	225	17
13.	Tulsa	207	RV
14.	Georgetown	201	10
15.	UCLA	190	20
16.	Boise State	153	RV
17.	Columbia	152	28
18.	Virginia Tech	149	RV
19.	Michigan State	137	15
20.	WASHINGTON	115	RV
21.	CALIFORNIA	102	22
22.	Eastern Kentucky	95	RV
23.	STANFORD	83	4
24.	Providence	81	RV
25.	Villanova	68	12
26.	Air Force	67	29
27.	Wisconsin	65	11
28.	Indiana	64	16
29.	Penn	45	NR
30.	Colorado State	41	23

Also Receiving Votes:

Florida State 28, Portland 13, Illinois 7, UC Santa Barbara 3, Oklahoma 3, New Mexico 1, Southern Utah 1.



2015 NCAA WEST REGIONAL

Friday, November 13
Seattle, Wash.

Hosted by University Washington

2015 NCAA MOUNTAIN REGIONAL

Friday, November 13
Albuquerque, N.M.

Hosted by the University of New Mexico

2015 NCAA CHAMPIONSHIPS

Saturday, November 21
E.P. "Tom" Sawyer Park
Louisville, Ky.

Hosted by University of Louisville

Men's race preview continued.

With no seniors on the squad, WASHINGTON STATE will lean on junior John Whelan to lead the squad as the most veteran member of the team. Sophomore Michael Williams is following up a strong freshman campaign last year with a solid second year. He has been the Cougs' top finisher so far and will run at his first Pac-12 Championship after missing out last year's race due to injury.

ARIZONA STATE's Ryan Herson is expected to run at this week's Pac-12 Championships despite seeing limited action this season. He was the Sun Devils' top finisher last year, placing 20th overall. ASU will be one of the more veteran teams on the course, with all but one scoring runner from last year's squad that placed sixth back for this season.

Women's race preview continued.

CALIFORNIA, who is receiving votes in the latest USTFCCCA poll, has just two seniors on the squad, including Kelsey Santisteban. In 2013, she was the highest-ever finisher in Golden Bears history at the NCAA Championships, placing 10th overall. She did not run at last year's Pac-12 Championships, but is expected to run this week. Also looking to help the Bears improve upon their finish from a year ago is talented sophomore Bethan Knights who was third overall last year, then went on to place 25th at the NCAA Championships.

ARIZONA will be looking to improve from an eighth-place showing and has reliable talent leading the way. Senior Molly Callahan appears to be peaking at the right time and has been one of UA's top-two finisher at the last couple of meets. Sophomore Claire Green ran last year as a freshman and continues to put up good results, while redshirt freshman Addi Zerrenner was the top Wildcat at three meets.

Swedish native Caroline Johnson has jumped onto the scene for UCLA, leading the Bruins in her first-collegiate meet at the Wisconsin Invitational. She clocked a 20:15 at the competitive meet to finish 26th overall. UCLA was fifth last year at the Championship, its best showing since 2006. The team returns three runners from that team.

OREGON STATE continues to build its program and has a strong runner in junior Holly Cavalluzzo who set the school record for a 6k race at the Washington Invitational earlier this month (20:30). She has been the top OSU finisher at every meet and will have help from Kristiane Width, Juliana Mount and Samantha Lewis, who all entered the top-20 records at OSU.

USC has a young squad with seven freshmen on the roster. Katerina Berdousi, one of just three seniors on the squad, has led the team this season, posting the top Trojan time. Fellow senior Jenna Tong appears to be running in better form after setbacks and is running strong.

WASHINGTON STATE's CharLee Linton was a freshman walk-on and has transformed herself into the team leader. She has been the top finisher for the team all season, steadily improving her times along the way.

2015 CHAMPIONSHIP NOTES

PAC-12 TELEVISION COVERAGE ... The Pac-12 Men's and Women's Cross Country Championships will be televised on the Pac-12 Networks on a tape-delayed basis. The first airing is scheduled for Monday, Nov. 2 at 6 p.m. PT. Dwight Stones will serve as the analyst, Jim Watson will provide play-by-play and Lewis Johnson will be the reporter. Check local listing for channel and additional air times.

ON-SITE COVERAGE ... Exclusive content on every Pac-12 men's and women's cross country team will be available on the Pac-12's official website at www.pac-12.com. Hover over the 'Events' tab on the navigation bar and click on 'Cross Country' or click on this link: <http://pac-12.com/cross-country/championships>. Previews, as well as real-time coverage on the day of the Championships, will be posted, including live stats and Twitter (@pac12) and Facebook (pac12conference) updates. At the conclusion of the race, official results and recaps will be posted on the page.

2015 PAC-12 CROSS COUNTRY CHAMPIONSHIPS MICROSITE ... Links to each institution's cross country website can be found here: <http://pac-12.com/cross-country/championships>. School cross country pages include links to current rosters, results and recent news releases. On the Pac-12 Cross Country Championships webpage, fans can find links to the event preview, recent Conference news and history.

2015 PAC-12 CROSS COUNTRY CHAMPIONSHIPS RESULTS ... See real-time splits and who crosses the line first for the men's and women's races with live stats updates on the Pac-12 website (www.pac-12.com) on the cross country championships page (<http://pac-12.com/cross-country/championships>). Stats are unofficial until after the championships conclude, when official final results for both races will be available on the championship page.

CONFERENCE OF CHAMPIONS ... Pac-12 teams have won 22 NCAA Championships. On the men's side, Conference teams have won 15 national championships, with four teams claiming titles. COLORADO has won back-to-back titles, winning last year's crown ahead of fellow Conference foe STANFORD. It was the Buffaloe's fifth title all-time, tying for fifth-most in NCAA history. OREGON has the most NCAA titles of any Pac-12 team, winning six, which ranks as the fourth-most in the history of the championship.

OREGON's Edward Cheserek won his second-straight NCAA individual crown by a four-second margin, giving the Ducks their seventh all-time individual title. That ties for the most individual champions in NCAA Championships history with WASHINGTON STATE. Four of the last seven individual champions have come from a Pac-12 institution. Seven different Pac-12 teams claim an individual NCAA champion, dating back to 1957, including Colorado (4), ARIZONA (3), OREGON STATE (1), USC (1) and UCLA (1).

On the women's side, four different Pac-12 teams have won NCAA cross country team titles, with STANFORD's five accounting for the second-most in the country all-time. OREGON's three women's titles are fourth-most all-time, while COLORADO's two are tied for the fifth most. ARIZONA has had two individual champions, while the Buffs have had one.

POLL NOTES ... The Pac-12 has been well-represented in the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) rankings all season. Six men's teams and five women's teams are ranked heading into the Pac-12 Championships. COLORADO is the No. 1 team in the country and has been since the final poll of the 2013 campaign.

The UTAH women jumped into the poll this week, its first-ever appearance in the national poll. The Utes are ranked 19th with 139 points after placing sixth at the stacked Pre-National Invitational held at the site of the 2015 NCAA Championships in Louisville in November. The Pac-12 still has three teams in the top 10, as COLORADO sits at No. 3 with 328 points, followed by No. 5 OREGON with 307 points and STANFORD has 250 points for No. 10. WASHINGTON collected 231 and is ranked No. 12, while CALIFORNIA is also receiving votes.

The Buffalo men have been the No. 1 team in the nation dating back to the final poll of the 2013 campaign. Colorado won the Pre-National Invitational last weekend where it finished ahead of OREGON, who is ranked No. 3 with 328 points. The Buffs have 11 first-place votes and 359 points. It is the first time since the first week of the 2014 poll Colorado did not have all 12 first-place votes.

UCLA made a big jump in the polling, going from No. 20 to No. 15 this week with 190 points. The Bruins were ninth at the Wisconsin Adidas Invitational over the weekend, a meet that frequently features some of the top teams in the nation. Meanwhile, WASHINGTON (115) reenters the poll, moving up to No. 20. CALIFORNIA (102) also improved its position in the polling, moving up one spot to No. 21. STANFORD is No. 23 (83) this week, its lowest ranking since 2013, but has yet to run a full "A" squad this season.

WHERE DO WE GO FROM HERE? ... The NCAA Regional Championships will be Friday, Nov. 13. The Mountain Regional (hosted by the University of New Mexico) will be held in Albuquerque, N.M., and the West Regional (hosted by University of Washington) in Seattle. The NCAA National Championships are being held in Louisville, Ky. (hosted by University of Louisville) on Saturday, Nov. 21.

NEXT YEAR ... Arizona will host the 2016 Pac-12 Men's & Women's Cross Country Championships at the Randolph North Golf Course on Friday, Oct. 28, 2016.

USTFCCCA RANKINGS

WOMEN'S (Oct. 20)

Rank	School (1st Place)	Points	Lst Wk
1.	New Mexico (12)	360	1
2.	Michigan	338	5
3.	COLORADO	328	2
4.	Arkansas	324	11
5.	OREGON	307	4
6.	Providence	295	3
7.	Virginia	290	17
8.	NC State	274	12
9.	Boise State	266	6
10.	STANFORD	250	9
11.	Iowa State	249	8
12.	WASHINGTON	231	10
13.	Mississippi State	203	RV
14.	BYU	198	22
15.	Penn State	193	16
16.	Syracuse	180	15
17.	Notre Dame	162	18
18.	Georgetown	151	7
19.	Utah	138	RV
20.	Princeton	133	25
21.	Michigan State	126	13
22.	Minnesota	98	23
23.	Oklahoma State	95	28
24.	William & Mary	87	23
25.	Columbia	63	RV
26.	Vanderbilt	53	21
27.	Weber State	51	RV
28.	Villanova	30	26
29.	North Carolina	27	19
30.	Purdue	22	RV

Also Receiving Votes:

CALIFORNIA 21, Dartmouth 12, Alabama 9, Lipscomb 8, Wisconsin 3, Baylor 2, Harvard 2, Penn 1.

2014 CHAMPIONSHIPS REVIEW

OAKLAND - With all five of their scoring runners crossing the finish line in the top eight, the top-ranked COLORADO men captured their fourth-consecutive Pac-12 Men's Cross Country title in Oakland on Friday morning at the Metropolitan Golf Links. On the women's side, OREGON claimed its second Pac-12 Women's Cross Country crown in three years. In the individual races, ARIZONA STATE's Shelby Houlihan and OREGON's Edward Cheserek were the top finishers.

The defending NCAA and Pac-12 Champion Buffs scored 30 points to win the league crown. Colorado has been ranked the No. 1 team in the country all season, receiving all first-place votes each week. It is the first time since STANFORD won six in a row from 2000-05 a team has claimed four-straight league titles.

"I've been at this long time and we've been lucky enough to have a lot of good things happen to us," said Colorado head coach Mark Wetmore said. "It feels great, but I always put it in big perspective and know that we have more work to do in the next couple of weeks ... They had a great run and I'm really happy with them."

A sophomore from Newark, N.J., Edward Cheserek defended his title from last year, pulling away from the pack at around the 5k mark. Cheserek became only the third Duck to win back-to-back titles in the program's history, joining Steve Prefontaine (1970 and 1971) and Jim Hill (1982 and 1983) in the category. He is the fourth to win a pair of Conference titles with Galen Rupp winning in 2006 and 2008.

In one of the most competitive races in the country, five of the nine teams in the field were ranked in the U.S. Track & Field and Cross Country Coaches (USTFCCCA) top 12 poll. The second-ranked Ducks scored 57 points to place second, followed by No. 9 STANFORD with 60 points, No. 12 WASHINGTON with 87 points and No. 11 UCLA with 168 points was fifth.

In sixth place was ARIZONA STATE with 182 points, edging out host-CALIFORNIA, who collected 189 points for seventh place. ARIZONA had 206 points for eighth place, and WASHINGTON STATE was ninth with 224.

The top-two individual men's finishers were Ducks, with Eric Jenkins crossing in second place with a time of 23:34, behind Cheserek's winning time of 23:23. The Cardinal's Joe Rosa was third with a time of 23:37, and the next five runners were Buffs: Blake Theroux (4th, 23:42), Connor Winter (5th, 23:44), Ammar Moussa (6th, 23:49), Pierce Murphy (7th, 23:53) and Ben Saarel (8th, 23:54). Stanford's Maxim Korablev (23:56) and Cal's Chris Walden (23:57) rounded out the top 10, placing ninth and 10th, respectively.

The 1,500-meter NCAA Champion in track and field in the spring, and a top-10 finisher at the 2013 NCAA Cross Country Championships, ASU's Shelby Houlihan (Sioux City, Iowa) crossed the finish line in a time of 19:59 becoming the first Sun Devil since Amy Hastings in 2004 to win the league's individual women's crown. Houlihan crossed four seconds ahead of STANFORD's Elise Cranny (20:04). CALIFORNIA freshman Bethan Knights was the third-place finisher with a time of 20:17.

Third-ranked OREGON had all of its scoring runners place in the top 15, led by sophomore Frida Berge, who placed sixth overall (20:25) and 10th-place finisher Waverly Neer (20:32), and scored 54 points for the team crown. All seven UO participants were in the top 20. Half of the women's field was also ranked in the USTFCCCA's top 30.

"Overall it was a great day for the Ducks. The women executed the same race plan that we've used all

year and it really came together today,” said Oregon head coach Robert Johnson. “The men still have a little work to do but that was a really impressive performance by Cheserek and Jenkins going 1-2 like that.”

No. 11 STANFORD finished second with 74 points, finishing ahead of seventh-ranked COLORADO, who scored 82 points for third place. In fourth was No. 17 WASHINGTON (93), 29th-ranked UCLA was fifth (143) and No. 22 ASU was sixth with 158 points.

The host Golden Bears were seventh with 185 points, followed by ARIZONA (8th, 200), UTAH (9th, 241) and WASHINGTON STATE (10th, 246). In 11th place was USC with 336 points and OREGON STATE was 12th with 342 points.

Other notable finishers in the top 10 were UCLA’s Kelsey Smith, who placed eighth in a time of 20:29, and WASHINGTON STATE’s Abby Regan, who was ninth, clocking a time of 20:30.

2014 PAC-12 CHAMPIONSHIP TEAM RESULTS - MEN

1. Colorado	4, 5, 6, 7, 8, (19), (28)	30
2. Oregon.....	1, 2, 15, 16, 23, (24), (31)	57
3. Stanford.....	3, 9, 13, 14, 21, (26), 27).....	60
4. Washington.....	11, 12, 17, 22, 25, (39), (46)	87
5. UCLA.....	18, 33, 36, 37, 44, (48), (54)	168
6. Arizona State.....	20, 34, 38, 41, 49, (56), (61)	182
7. California	10, 32, 42, 52, 53, (58), (59)	189
8. Arizona	29, 30, 40, 47, 60, (62), (63)	206
9. Washington State	35, 43, 45, 50, 51, (55), (57)	224

2014 PAC-12 CHAMPIONSHIP INDIVIDUAL RESULTS - MEN

1. Edward Cheserek.....SO...ORE	23:23	6. Ammar Moussa.....JR ... COLO	23:49		
2. Eric Jenkins	SR...ORE	23:34	7. Pierce Murphy	JR ... COLO	23:53
3. Joe Rosa.....	SR...STAN.....	23:37	8. Ben Saarel.....	SO...COLO	23:54
4. Blake Theroux.....	SR...COLO	23:42	9. Maxim Korolev	SR...STAN.....	23:56
5. Connor Winter.....	JR ... COLO	23:44	10. Chris Walden	JR ... CAL.....	23:57

2014 PAC-12 CHAMPIONSHIP TEAM RESULTS - WOMEN

1. Oregon.....	6, 10, 11, 12, 15, (16), (20)	54
2. Stanford.....	2, 13, 14, 21, 24, (26), (40)	74
3. Colorado	4, 7, 19, 25, 27, (42), (59)	82
4. Washington.....	5, 17, 18, 22, 31, (34), (38)	93
5. UCLA.....	1, 28, 35, 41, 43, (64), (69)	158
6. Arizona State.....	4, 16, 26, 39, 53, 56, 66	138
7. California	3, 33, 43, 50, 56, (60), (66)	185
8. Arizona	30, 32, 37, 46, 55, (68), (71)	200
9. Utah	39, 45, 49, 51, 57, (75), (76)	241
10. Washington State	9, 54, 58, 62, 63, (73), (78)	246
11. USC.....	44, 52, 77, 81, 82, (83), (84)	336
12. Oregon State.....	61, 65, 70, 72, 74, (79), (80)	342

2014 PAC-12 CHAMPIONSHIP INDIVIDUAL RESULTS - WOMEN

1. Shelby Houlihan.....SR...ASU	19:59	6. Frida Berge.....FR...ORE	20:25		
2. Elise Cranny.....	FR...STAN.....	20:04	7. Maddie Alm	JR ... COLO	20:28
3. Bethan Knights	FR...CAL.....	20:17	8. Kelsey Smith.....	SR...UCLA	20:29
4. Erin Clark.....	FR...COLO	20:19	9. Abby Regan	SR...WSU	20:30
5. Maddie Meyers	JR ... WASH.....	20:21	10. Waverly Neer	JR ... ORE	20:32

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