



# U.S. AIR FORCE ACADEMY CROSS COUNTRY . 2016

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## SCHEDULE & RESULTS

Sept 2.....	Colorado State Invitational	M: 2nd of 9   W: 1st of 9
Sept 17.....	Woody Greeno/Dirksen Invitational	M: 1st of 5
Sept 30.....	Joe Piane Notre Dame Invitational	M: 9th of 25   W: 11th of 23
Oct 1.....	Rocky Mountain Shootout	M: 2nd of 3
Oct 15.....	Pre-National Invitational	M: 7th of 40   W: 10th of 42
Oct 28.....	Mountain West Championships	M: 3rd of 8   W: 2nd of 11
Nov 11.....	NCAA Mountain Regional	M: 7th of 17   W: 3rd of 20
Nov 19.....	NCAA National Championships	Terre Haute, Ind.

Air Force's historic 2016 cross country season comes to a close this weekend, as the 20th-ranked women and junior Andrew Johnston travel to Terre Haute, Ind., for the NCAA Division I Cross Country Championships. The meet, which marks the first team appearance at a NCAA DI Championship for any Air Force women's team, will take place on Saturday, Nov. 19.

### MEET INFORMATION

The 2016 NCAA Championships will take place on the LaVern Gibson Championship Cross Country Course at the Wabash Family Sports Center in Terre Haute, Indiana. The women's 6K race will kick off the day at 11:00 a.m. (ET), while the men's 10K event will get underway at 12:00 p.m. Live stats will available via RecordTiming.com, while FloTrack will be broadcasting the race through their FloPro service.

### WHO TO WATCH | THE AIR FORCE LINEUP

The women's first NCAA Championship squad will consist of Lindsey Blanks, Katie Burnham, Shanna Burns, Carina Gillespie, Lindy Long, Samantha Skold, Jaci Smith and Giulia Vessa, while Andrew Johnston will represent the men's team at the national meet.

### WHO'S WHO

A total of 31 teams were selected into both the men's and women's championship races. The top two teams from each of the nine regionals earned an automatic bid into the NCAA meet, while 13 additional teams earned at-large selections. Thirty-eight individuals were also selected into each championship race by finishing within the top 25 of their region.

### WHERE TO FIND AIR FORCE

The women will start out of Box 22, while Andrew Johnston will begin in Box 40 with runners from Indiana and San Jose State.

### THIS LOOKS FAMILIAR

Air Force has already raced at the LaVern Gibson Championship Cross Country Course this season, when it competed in the Pre-National Invitational on Oct. 15. Backed by a 14th-place finish from Carina Gillespie, the women registered their highest finish ever at that meet (10th) and bettered six teams mentioned in that week's national rankings. Andrew Johnston, who ran an 8K course during his previous trip to Terre Haute, finished 33rd to lead the men to a seventh-place finish in the team standings – the squad's highest finish since 2004 and a placement that bettered five nationally-mentioned teams.

### BY THE NUMBERS | WOMEN

The 2016 NCAA Cross Country Championships mark the first time since Air Force joined the Division I level that the Falcons have qualified a full women's team to the national meet. The Falcons had previously sent just two individual runners to the DI championships (Brandess Pardue, 2001; Hannah Everson, 2015), although they were longtime participants at the DII meet.

### BY THE NUMBERS | MEN

The men have represented the Academy at the NCAA Cross Country Championships a total of 28 times, sending a full squad 14 times and being represented by individual runners at an additional 14 meets. The men's history book boasts six top-10 team finishes, as well as the 1968 national champion (Mike Ryan) and the top American finisher (Eric Mack, third overall) in 1995.

### AIR FORCE ALL-AMERICANS

A total of 11 Falcons have captured All-America honors (14 occurrences) at the NCAA Division I Cross Country Championships, while 14 women earned All-America status at the NCAA Division II and AIAW levels (28 occurrences). The most recent Air Force All-Americans were Kyle Eller and Hannah Everson, who both earned the honor following top-40 performances in 2015.

### WOMEN CLIMB TO #20 IN USTFCCCA RANKINGS

The women moved up to No. 20 in the Nov. 14 edition of the USTFCCCA National Coaches' Poll – the highest ranking by any Air Force cross country team since the men held the same placement at the beginning of the 2005 season. Following a third-place finish at the Mountain Regional, Air Force – the only women's service academy team to ever hold a ranking in the USTFCCCA poll, moved up nine spots in the national standings and marked the largest jump of any team in the women's top-30.

### HISTORY MADE WITH WOMEN'S BID TO NCAA CHAMPIONSHIPS

Cross country became the first women's team to earn a bid to the NCAA Division I Championships in any Air Force sport. The women, who had qualified just two individuals to NAAs since joining DI in 1996, advanced as a team after finishing third at the Mountain Regional. Highlighted by top-four finishes from Carina Gillespie (third) and Jaci Smith (fourth), all five scoring runners (Lindy Long, 19th; Samantha Skold, 35th; Katie Burnham, 49th) finished in the top 50 of the 135-runner regional meet.

### THE NEXT COURSE

Although the cross country season will come to a close this weekend, the Falcons return to action next month with the start of the indoor track and field season. Air Force will host its annual Holiday Open on Friday, Dec. 9, at the Cadet Field House.

## MEET INFORMATION

### NCAA CROSS COUNTRY CHAMPIONSHIPS

Date ..... Saturday, November 19  
Location ..... Terre Haute, Indiana  
Course..... LaVern Gibson XC Course

Women's 6K ..... 11:00 a.m. ET  
Men's 10K ..... 12:00 p.m. ET

Meet Information ..... XCTownUSA.com  
Social Media ..... #NCAAXC  
Live Results ..... RecordTiming.com  
Webcast ..... FloTrack (\$)   
Twitter Updates ..... @af\_trackfield



AirForceTF



@af\_trackfield

**U.S. AIR FORCE ACADEMY**

Location.....USAF Academy, Colo.  
 Founded .....1954  
 Enrollment.....4,000  
 Nickname.....Falcons  
 Colors .....Blue and Silver  
 Affiliation .....NCAA Division I  
 Conference .....Mountain West  
 Home Course.....Eisenhower Golf Course  
 Superintendent.....Lt Gen Michelle Johnson  
 Athletic Director .....Jim Knowlton

**CROSS COUNTRY STAFF**

Head Coach .....Ryan Cole  
 Alma Mater .....Wisconsin | 2006  
 Season at Air Force .....Third  
 Email .....robert.cole@usafa.edu  
 Office Phone.....719-333-3602  
 Volunteer Coach.....Mark Stanforth  
 Cadet Managers .....Nick Porras, Tyler Yonkers

**MEDIA INFORMATION**

Cross Country Contact.....Valerie Perkin  
 Email .....valerie.perkin@usafa.edu  
 Office Phone.....719-333-8286  
 Website .....GoAirForceFalcons.com  
 Team Twitter.....@af\_trackfield

**Interviews:** Air Force athletes and coaches are available for interviews during the week. Requests should be made at least one day in advance and coordinated through Valerie Perkin in Air Force Athletic Media Relations. Athletes have been instructed not to accept calls from media without prior notification from athletic media relations.

**MEN'S CROSS COUNTRY**

MEN'S TEAM	YR	HT	HOMETOWN   HIGH SCHOOL   PREVIOUS SCHOOL	PRONUNCIATION
Jordan Armstrong	Fr.	6-0	Longwood, Fla.   Lyman	--
Jacob Bilvado	So.	5-9	Visalia, Calif.   El Diamonte	bil-vah-doh
Jack Bluth	Fr.	5-8	Alpharetta, Ga.   Milton	--
Andrew Boebinger	Fr.	6-0	Riverside, Calif.   Martin Luther King	bo-bin-ger
Anthony Buccì	Jr.	5-6	Berkeley Heights, N.J.   Governor Livingston	--
Nic Cheuvront	So.	6-0	Parkersburg, W.V.   Parkersburg	shev-ron
Mickey Davey	So.	5-10	Troy, Mich.   De La Salle Collegiate	--
Matt Dorsey	Sr.	5-11	Indianapolis, Ind.   Lawrence Central	--
Kyle Eller	Sr.	6-2	Lowell, Ind.   Lowell Senior	--
Jason Engel	Sr.	5-10	Rancho Santa Margarita, Calif.   Santa Margarita Catholic	--
Adam Haynes	Fr.	5-8	South Jordan, Utah   Bingham	--
Andrew Johnston	Jr.	5-8	Powell, Ohio   Olentangy Liberty	--
Austin Kintz	Fr.	5-11	Sugar Grove, Ill.   Kaneland	--
Gordon Kowalkowski	So.	5-11	Kailua, Hawaii   Punahou	koa-cow-ski
Andrew Milliron	Jr.	6-2	Charles Town, W.V.   Jefferson	mill-iron
Zac Petrie	Jr.	5-9	Arvada, Colo.   Valor Christian	pea-tree
Jack Quinn	So.	6-3	Colorado Springs, Colo.   Liberty	--
Michael Rhoads	Fr.	6-1	Sunnyvale, Calif.   Inglemoor	--
Nikolai Rhodes	So.	5-8	Grasonville, Md.   Queen Anne's County	--
Noah Riley	So.	5-11	Littleton, Colo.   Lakewood	--
Preston Roche	So.	5-10	Fort Collins, Colo.   Poudre	rowsh
Jimmy Shipley	Jr.	5-10	Baltimore, Md.   Severna Park	--
Trevor Siniscalchi	So.	6-1	San Diego, Calif.   Westview	sin-iss-cal-chee
Patrick Sullivan	Fr.	5-11	New City, N.Y.   Don Bosco Prep	--
Mati Szelazek	Fr.	6-0	Franklin Park, Ill.   East Leyden	mah-tee shell-ah-zek
Andrew Tankersley	So.	5-9	Boerne, Texas   Boerne Champion	--
Nathan Thomas	So.	5-9	Tucson, Ariz.   Salpointe Catholic	--
Tim Ward	So.	5-7	Springfield, Va.   West Springfield	--
Justin Weber	Fr.	5-11	South Milwaukee, Wis.   South Milwaukee	--
Marshall Wheeler	Fr.	5-10	Boise, Idaho   Victory Charter	--
Trevor Whiteside	Fr.	6-0	Stephens City, Va.   Sherando	--
Conner Wilburn	Jr.	6-0	Colorado Springs, Colo.   The Classical Academy	--
Josh Wojciechowski	So.	5-10	Powell, Ohio   Olentangy Liberty   Arkansas State	wojo-house-key

**WOMEN'S CROSS COUNTRY**

WOMEN'S TEAM	YR	HT	HOMETOWN   HIGH SCHOOL   PREVIOUS SCHOOL	PRONUNCIATION
Lindsey Blanks	Fr.	5-7	Yorktown, Va.   Tabb	--
Teri Brady	Fr.	5-8	Millilani, Hawaii   Punahou School	--
Katie Burnham	Jr.	5-9	Southlake, Texas   Carroll Senior	--
Shanna Burns	So.	5-7	Pinon Hills, Calif.   Serrano	shan-uh
Julie Culbertson	Fr.	5-3	Grapevine, Texas   Colleyville Heritage	--
Carina Gillespie	Jr.	5-7	San Diego, Calif.   Otay Ranch   USAFA Prep School	car-een-uh gill-es-pea
Nicole Hahn	Jr.	5-4	Arvada, Colo.   Ralston Valley	--
Regan Hefner	Fr.	5-2	Plattsmouth, Neb.   Bellevue West	ree-gan
Lindy Long	Sr.	5-5	Newnan, Ga.   Landmark Christian	--
Cassidy Osgood	Fr.	5-7	Cherryfield, Maine   Narraguagus	--
Swathi Samuel	Fr.	5-8	Newbury Park, Calif.   Newbury Park	swah-thee
Samantha Skold	Sr.	5-3	Evergreen, Colo.   Evergreen	--
Jaci Smith	So.	5-4	Edmond, Okla.   Edmond North	jay-cee
Giulianna Vessa	Jr.	5-4	Arvada, Colo.   Ralston Valley   USAFA Prep School	juli-ah-nuh

**Head Coach:** Ryan Cole | Third Season  
**Volunteer Coach:** Mark Stanforth | Seventh Season

**BUT WAIT, THERE'S MORE**

Andrew Johnston earned an individual bid to the NCAA Cross Country Championships after finishing 14th out of 113 runners at the Mountain Regional – the top finish of someone not on an advancing team. Johnston's selection marks the fourth straight year that Air Force has sent at least one member of the men's team to the national championship meet.

**QUARTET EARNS ALL-REGION HONORS**

Four Falcons earned USTFCCCA all-region honors after placing within the top 25 of the Mountain Regional on Nov. 19 – a tally that equaled the most awards in a single season (2003, 2015). The women claimed a program-record three all-region selections with Carina Gillespie, Jaci Smith and Lindy Long, while Andrew Johnston represented the Air Force men's team.

**AIR FORCE WOMEN TAKE THIRD AT MOUNTAIN REGIONAL**

Highlighted by top-four finishes from Carina Gillespie (third, 20:17.80) and Jaci Smith (fourth, 20:19.90), the women captured a third-place finish at the Mountain Regional on Nov. 14. Lindy Long earned her first top-20 finish (19th, 20:43.40), while Samantha Skold (35th, 21:13.70) and Katie Burnham (49th, 21:31.70) rounded out the Falcons' scoring roster. Finishing just two points out of second, Air Force earned its best regional finish ever – and just the second top-five placement in program history.

**ANOTHER RACE, ANOTHER RECORD BOOK ADDITION**

With a career-best time of 20:17.80 at the Mountain Regional, Carina Gillespie improved her No. 4 standing on the Academy's all-time 6K list. She was one of two Falcons to impact the top-six of the program's Division I record book, as Jaci Smith added the Academy's sixth-fastest time (20:19.90). Air Force has now made 10 improvements to the Academy's top-25 standings.

**6K CROSS COUNTRY TIMES | DIVISION I**

19:50.20	Hannah Everson, at Washington Invitational	2015
20:01.20	Hannah Everson, at Pre-National Invitational	2015
20:15.50	Hannah Everson, at NCAA Championships	2015
20:17.80	Carina Gillespie, at NCAA Mountain Regional	2016
20:17.90	Carina Gillespie, at Mountain West Championships	2016
20:19.90	Jaci Smith, at NCAA Mountain Regional	2016

**MEN FINISH SEVENTH AT MOUNTAIN REGIONAL**

Placing 14th (31:16.00) in the men's first 10K race of the year (31:16.00), Andrew Johnston paced Air Force to a seventh-place finish in the team standings at the Mountain Regional on Nov. 11. Kyle Eller and Jacob Bilvado finished 26th (31:29.90) and 28th (31:33.10), respectively, while Matt Dorsey finished 48th in 32:10.70 and Jimmy Shipley placed 52nd in a time of 32:16.90.

**WOMEN EARN PROGRAM'S FIRST TOP-30 RANKING**

The women debuted at No. 29 in the Nov. 1 edition of the USTFCCCA National Rankings – marking the first time in program history that Air Force has been listed in the women's top 30. The Falcons, who earned their first national mention (receiving votes) in the previous poll, also became the first women's team from a service academy to earn a spot in the USTFCCCA Top-30.

**BUT WAIT, THERE'S MORE**

The men are also listed in the Nov. 1 rankings, as the Falcons received 25 votes – a tally just three points out of the top-30 (31st).

**COLE NAMED MW WOMEN'S HEAD COACH OF THE YEAR**

After guiding the women's team to its best MW finish in program history, Ryan Cole was named the Mountain West Women's Coach of the Year on Oct. 28. He is the first coach of any Air Force women's team to be honored by a major conference since the women joined the Division I level in 1996. Cole, who earned men's coaching honors in 2015, is the first cross country mentor since Mark Stanforth to earn multiple coaching honors from their conference peers.

**PROGRAM-RECORD SIX FALCONS EARN ALL-MW FIRST-TEAM HONORS**

Six Falcons earned first-team all-conference honors following their performances at the MW Championships on Oct. 28. The tally, which featured the most combined all-MW selections in program history, included an Academy-record three women (Carina Gillespie, Lindy Long, Jaci Smith) and a program-best matching three men (Jacob Bilvado, Matt Dorsey, Andy Johnston).

**FAST FACT**

The three all-MW selections for the women equals the total number of first-team selections that Air Force has ever claimed at the MW Championships (Hannah Everson: 2013-2014-2015). Air Force, which had only accounted for multiple top-10 finishers once before (2013), was the only team in the Mountain West to garner three first-team all-conference selections.

**DID YOU KNOW?**

The first-team all-conference selections by Jacob Bilvado, Matt Dorsey and Andrew Johnston matches the most in a single season for the Falcons since Brian Dumm, Ben Payne and Mark Walter earned top-seven finishes at the 2003 championships.

**WOMEN EARN MENTION IN #FLO50 RANKINGS**

The women earned a pair of mentions on the Saucony Flo50 Cross Country Rankings after the conference championship meet, as Air Force was listed No. 23 in the team standings and Carina Gillespie earned the same placement in the individual rankings.

**GILLESPIE CONTINUES TO SHINE IN 2016**

For the second time in as many meets, Carina Gillespie impacted the Academy's Division I standings for the 6K. The junior posted the fourth-fastest DI time in program history (20:17.90) during her third-place performance at the MW Championships.

**WOMEN TAKE SECOND, EARN PROGRAM'S BEST FINISH**

Backed by three top-six finishers, the women posted the highest conference finish in program history on Oct. 28, as they finished second at the MW Championships. Carina Gillespie matched the Academy's best MW finish ever (third) with a time of 20:17.90, while Lindy Long and Jaci Smith placed fifth (20:34.10) and sixth (20:36.80), respectively. All five scoring runners placed within the top 25 (a program first), as Samantha Skold finished 15th (21:08.50) and Katie Burnham took 24th (21:21.60).

**INDIVIDUAL TITLES**

**Carina Gillespie**  
Colorado State Invitational.....1st of 93

**TEAM TITLES**

**Men**  
Woody Greeno/Jay Dirksen Invitational | Sept 17

**Women**  
Colorado State Invitational | Sept 2

**WEEKLY TEAM AWARDS**

Aug 8 .....	Nikolai Rhodes, Lindy Long
Aug 15 .....	Matt Dorsey, Lindsey Blanks
Aug 22 .....	Jimmy Shipley, Katie Burnham
Aug 29 .....	Nathan Thomas, Carina Gillespie
Sept 5 .....	Adam Haynes, Shanna Burns
Sept 12 .....	Anthony Bucci, Jaci Smith
Sept 19 .....	Jason Engel, Samantha Skold
Sept 26 .....	Andy Johnston, Carina Gillespie
Oct 3 .....	Trevor Siniscalchi
Oct 10 .....	Andrew Tankersley
Oct 17 .....	Tim Ward
Oct 23 .....	Lindy Long
Oct 31 .....	Jack Quinn
Nov 7 .....	Carina Gillespie

**HONORS & AWARDS**

**Jacob Bilvado**  
All-Mountain West, First-Team | 28 Oct

**Matt Dorsey**  
All-Mountain West, First-Team | 28 Oct

**Ryan Cole**  
MW Women's Head Coach of the Year | 28 Oct

**Carina Gillespie**  
All-Mountain West, First-Team | 28 Oct  
All-Region Team | 11 Nov

**Andy Johnston**  
All-Mountain West, First-Team | 28 Oct  
All-Region Team | 11 Nov

**Lindy Long**  
All-Mountain West, First-Team | 28 Oct  
All-Region Team | 11 Nov

**Jaci Smith**  
All-Mountain West, First-Team | 28 Oct  
All-Region Team | 11 Nov



**M NATIONAL RANKINGS**

Week 7 Rankings | 14 Nov

Rk	Institution (FPV).....Pts
1	Northern Arizona (12) .....360
2	Colorado .....344
3	Stanford .....329
4	BYU .....321
5	Syracuse .....320
6	Arkansas .....303
7	Iona .....273
8	Oklahoma State .....271
9	Portland .....264
10	UCLA .....244
11	Mississippi .....243
12	Wisconsin .....230
13	Oregon .....220
14	Colorado State .....167
15	Michigan State .....165
16	Tulsa .....163
17	NC State .....161
18	Washington State .....156
19	UTEP .....153
20	Georgetown .....132
21	Virginia .....112
22	Middle Tennessee .....106
23	Iowa State .....105
24	Illinois .....87
25	Southern Utah .....68
26T	California .....60
26T	Navy .....60
28	Dartmouth .....37
29	Boise State .....36
30	Providence .....34

**Also Receiving Votes:** Indiana 32, Furman 8, Bradley 6, Eastern Michigan 5, Texas 5

**M REGIONAL INDEX**

Week 6 Rankings | 17 Oct | Final

Rk	Institution.....LW
1	Northern Arizona.....1
2	BYU .....2
3	Colorado .....3
4	UTEP .....5
5	Colorado State.....4
6	Southern Utah .....6
7	<b>AIR FORCE.....7</b>
8	Utah State.....8
9	Texas Tech.....9
10	New Mexico.....10
11	Wyoming .....11
12	Weber State.....12
13	Idaho State .....13
14	Montana State.....NR
15	Utah Valley .....14

**W NATIONAL RANKINGS**

Week 7 Rankings | 14 Nov

Rk	Institution (FPV).....Pts
1	Colorado (12).....360
2	NC State .....343
3	Providence.....335
4	Stanford .....315
5	Michigan .....314
6	New Mexico .....291
7	Washington .....285
8	Penn State .....281
9	Arkansas .....278
10	San Francisco .....228
11	Notre Dame .....225
12	Oregon .....223
13	Missouri .....190
14	Portland .....188
15	Oklahoma State .....169
16	Iowa State .....168
17	Harvard .....161
18	Villanova .....139
19	Mississippi State .....127
20	<b>AIR FORCE .....120</b>
21	Mississippi .....111
22	Michigan State .....108
23	Baylor .....102
24	Eastern Michigan .....91
25	Wisconsin .....82
26	Yale .....80
27	Utah .....77
28	BYU .....75
29	Penn .....60
30	UCLA .....28

**Also Receiving Votes:** Louisville 15, West Virginia 7, Dartmouth 1, Kentucky 1

**W REGIONAL INDEX**

Week 6 Rankings | 17 Oct | Final

Rk	Institution.....LW
1	Colorado.....1
2	New Mexico.....2
3	Utah.....3
4	BYU .....4
5	<b>AIR FORCE.....5</b>
6	Colorado State.....8
7	Northern Arizona.....9
8	Weber State.....7
9	Wyoming .....6
10	Utah State.....10
11	Southern Utah .....13
12	UTEP .....12
13	Nevada .....11
14	Montana .....14
15	Utah Valley .....15

**BY THE NUMBERS**

With 53 points, Air Force finished just 11 points behind seventh-ranked New Mexico and 33 points ahead of No. 28 Boise State.

**MEN FINISH THIRD AT CONFERENCE MEET**

Paced by Jacob Bilvado (fifth, 24:12.60), Andrew Johnston (sixth, 24:13.20) and Matt Dorsey (seventh, 24:13.70), the men finished third at the MW Championships on Oct. 28. All five scoring runners placed within the top 25, as Kyle Eller finished 19th (24:38.90) and Nathan Thomas took 23rd (24:48.70). Overall, the Falcons tallied 61 points to trail only a pair of top-20 teams.

**AIR FORCE DEBUTS IN USTFCCCA NATIONAL RANKINGS**

Following strong top-10 performances at the Pre-National Invitational, Air Force debuted in both the men's and women's national standings on Oct. 18. The men made their season debut at No. 28, while the women received votes for their first-ever listing in the USTFCCCA National Rankings. The Falcons are one of just 23 programs, nationally, to be mentioned in both polls.

**DID YOU KNOW?**

The women tallied 16 votes in the Oct. 18 USTFCCCA Rankings – the most votes ever by a women's service academy team.

**WOMEN EARN FIRST-EVER TOP-10 FINISH AT PRE-NATS**

Clocking a career-best 6K time of 20:29.3 to finish 14th out of 285 runners, Carina Gillespie paced the Falcons to a 10th-place finish at Pre-Nationals on Oct. 15. That finish, which was the highest placement by a team not listed in the national rankings, bettered one ranked team and five squads receiving votes in the most recent standings. Jaci Smith (40th, 20:53.2), Lindy Long (60th, 21:06.1), Samantha Skold (91st, 21:20.8) and Katie Burnham (199th, 22:12.0) rounded out the Falcons' scoring lineup.

**MEN FINISH SEVENTH AT PRE-NATIONAL INVITATIONAL**

With a spread of just 32 seconds, the men finished seventh out of 40 teams at the Pre-National Invitational on Oct. 15. The Falcons, who earned their best Pre-Nats finish since 2004 and posted the highest placement of the 28 unranked teams, finished ahead of two top-15 teams and three that were receiving votes in the USTFCCCA standings. With a time of 24:36.3, Andrew Johnston finished 33rd out of 265 runners, while Kyle Eller (44th, 24:47.3) and Jacob Bilvado (45th, 24:48.2) added top-50 finishes. Andrew Tankersley (71st, 25:03.8) and Matt Dorsey (81st, 25:08.6) rounded out the Falcons' top-five roster.

**FALCONS TAKE SECOND AT ROCKY MOUNTAIN SHOOTOUT**

Jason Engel and Jimmy Shipley paced the men to a runner-up finish at the 31st-annual Rocky Mountain Shootout on Oct. 1, as the pair finished 15th (26:22) and 16th (26:24), respectively, at the Buffalo Ranch Cross Country Course in Boulder. All five scoring runners placed within the top-25 of the 117-runner event, as Anthony Bucci (23rd, 26:49), Tim Ward (24th, 26:53) and Conner Wilburn (25th, 26:56) rounded out the Falcons' top five.

**FRESHMEN QUARTET COMPLETE ACTION AT ROCKY MOUNTAIN SHOOTOUT**

With a 14th-place time of 23:18, Regan Hefner paced a quartet of freshmen in the women's 5.8K race at the Rocky Mountain Shootout on Oct. 1. Swathi Samuel and Cassidy Osgood also placed within the top 30 of the 90-runner event, as the pair finished 26th (24:00) and 28th (24:08), respectively. Julie Culbertson rounded out the non-scoring contingent of Air Force runners, as she finished 31st with a time of 24:14.

**GILLESPIE SHINES AT NOTRE DAME INVITATIONAL**

Carina Gillespie clocked an Academy-record 5K time of 16:41.9 to finish 14th out of 184 runners at the Notre Dame Invitational on Sept. 30. Her time shattered the previous program-standard in that distance by nearly 30 seconds, while her 14th-place finish was 40 spots higher than any other female runner in Academy history has ever finished in South Bend (54th in 2014).

**DID YOU KNOW?**

The women accounted for four of the five-fastest 5K times in Academy history at Notre Dame on Sept. 30. While Carina Gillespie clocked a program-record time of 16:41.9, Lindy Long registered the Academy's second-fastest time (17:06.0) and the pair of Jaci Smith (17:18.3) and Samantha Skold (17:23.6) respectively added the program's fourth- and fifth-fastest times.

**5K CROSS COUNTRY TIMES | DIVISION I**

16:41.90	Carina Gillespie, at Notre Dame Invitational	2016
17:06.00	Lindy Long, at Notre Dame Invitational	2016
17:10.00	Hannah Everson, at Notre Dame Invitational	2014
17:18.70	Jaci Smith, at Notre Dame Invitational	2016
17:23.60	Samantha Skold, at Notre Dame Invitational	2016

**WOMEN REGISTER BEST-EVER FINISH AT NOTRE DAME**

Backed by Carina Gillespie's 14th-place time of 16:41.9, the women finished 11th out of 23 teams at the Notre Dame Invitational – marking the program's best finish ever at that meet. Lindy Long, who finished 46th with a time of 17:06.0, became just the second top-50 finisher for Air Force in South Bend. Jaci Smith finished 64th (17:18.3) and Samantha Skold placed 73rd (17:23.6), while Katie Burnham rounded out the Falcons' scoring contingent with a 122nd-place time of 17:56.7. With its finish, Air Force finished second amongst teams not listed in the USTFCCCA polls and placed ahead of three teams that were.

**MEN'S CROSS COUNTRY RESULTS**

DATE	RK	COMPETITION	DIST	PLACE	FIELD	PTS	TOP AF FINISHER	PLACE	FIELD	TIME
09-02	--	Colorado State Invitational	5K	2nd	9	58	Matt Dorsey	12th	138	15:16
09-17	--	Woody Greeno Invitational	8K	1st	5	24	Andrew Milliron	11th	219	26:13
09-30	--	Notre Dame Invitational	5M	9th	25	242	Andy Johnston	17th	202	24:05
10-01	--	Rocky Mountain Shootout	8K	2nd	3	50	Jason Engel	15th	118	26:22
10-15	--	Pre-National Invitational	8K	7th	40	272	Andy Johnston	33rd	264	24:37
10-28	28	MW Championships	8K	3rd	8	61	Jacob Bilvado	5th	66	24:13
11-11	RV	NCAA Mountain Regional	10K	7th	17	168	Andy Johnston	14th	113	31:16
11-19	--	NCAA Championships								

**WOMEN'S CROSS COUNTRY RESULTS**

DATE	RK	COMPETITION	DIST	PLACE	FIELD	PTS	TOP AF FINISHER	PLACE	FIELD	TIME
09-02	--	Colorado State Invitational	5K	1st	9	39	Carina Gillespie	1st	93	17:33
09-30	--	Notre Dame Invitational	5K	11th	23	312	Carina Gillespie	14th	184	16:42
10-01	--	Rocky Mountain Shootout	5.8K	---	---	---	Regan Hefner	14th	90	23:18
10-15	--	Pre-National Invitational	6K	10th	42	404	Carina Gillespie	14th	285	20:30
10-28	RV	MW Championships	6K	2nd	11	53	Carina Gillespie	3rd	88	20:18
11-11	29T	NCAA Mountain Regional	6K	3rd	20	111	Carina Gillespie	3rd	135	20:18
11-19	20	NCAA Championships								

**JOHNSTON PACES MEN AT NOTRE DAME INVITATIONAL**

Running the second-fastest five-mile race in Academy history (24:04.8), Andrew Johnston finished 17th out of 202 runners at the Notre Dame Invitational - and marked the squad's best finish at that meet since 2011.

**5-MILE CROSS COUNTRY TIMES | 1995-PRESENT**

23:55.70	Riley Coates, at Notre Dame Invitational	2014
24:04.80	Andy Johnston, at Notre Dame Invitational	2016
24:15.40	Zach Perkins, at Notre Dame Invitational	2014
24:19.00	Jim Walmsley, at Notre Dame Invitational	2011
24:19.30	Jacob Bilvado, at Notre Dame Invitational	2016

**MEN FINISH NINTH IN SOUTH BEND**

Backed by a 17th-place finish from Andrew Johnston, the men earned their first top-10 placement at Notre Dame since 2011, finishing ninth out of 25 teams and bettering four squads that were listed in the USTFCCCA National Rankings. Jacob Bilvado added a 35th-place time of 24:04.8, while Kyle Eller and Matt Dorsey placed 57th and 58th, respectively, behind matching times of 24:35.3. Andrew Milliron rounded out the Falcons' list of scoring runners, as he finished 76th with a time of 24:43.4.

**AIR FORCE MEN WIN WOODY GREENO/DIRKSEN INVITATIONAL**

Backed by a runner-up finish from Andrew Milliron and five of the top-seven Division I finishers, the men bettered the field by 30 points to win the University title at the Woody Greeno/Jay Dirksen Invitational on Sept. 17. Milliron completed the 8000-meter course in a time of 26:12.7, while Andrew Tankersley (26:18.2, fourth), Anthony Buccì (26:24.3, fifth), Tim Ward (26:25.1, sixth) and Conner Wilburn (26:25.1, seventh) rounded out the Falcons' scoring roster with top-seven finishes.

**DID YOU KNOW?**

The men have now won Woody Greeno eight times (1999, 2000, 2003, 2004, 2005, 2011, 2012, 2016).

**GILLESPIE, AIR FORCE WOMEN WIN CSU INVITATIONAL**

Backed by a first-place individual finish from Carina Gillespie, the women won the Colorado State Invitational on Sept. 2, defeating second-ranked Colorado and conference teams from Colorado State and Wyoming. Gillespie clocked a career-best time of 17:33 to win the 93-runner event by two seconds, while pacing the Falcons' the five scoring runners to top 12 finishes in the Division I field. Jaci Smith finished fifth in the DI field (17:55), while Samantha Skold and Katie Burnham finished seventh (18:13) and 10th (18:28), respectively, and Lindy Long rounded out the scoring contingent in 12th (18:29).

**WOMEN'S TEAM SCORES**

Air Force vs Colorado	W	26-29
Air Force vs Colorado State	W	23-32
Air Force vs Wyoming	W	16-39
Air Force vs Northern Colorado	W	15-50

**MEN FINISH SECOND AT SEASON-OPENING MEET**

With matching top-10 times of 15:16, Matt Dorsey, Andrew Johnston and Kyle Eller paced the men's team to a runner-up finish at the CSU Invitational on Sept. 2. The Falcons, who finished second only to fifth-ranked Colorado and collected victories over conference counterparts from Colorado State and Wyoming, earned top-20 finishes from all five scoring runners. The lead trio placed seventh, eighth and ninth, respectively, in the DI field, while Nathan Thomas (14th, 15:19) and Noah Riley (19th, 15:26) rounded out the scorers.

**MEN'S TEAM SCORES**

Air Force vs Colorado	L	47-15
Air Force vs Colorado State	W	19-42
Air Force vs Wyoming	W	19-40
Air Force vs Northern Colorado	W	15-50

**SEASON'S TOP-FIVE TIMES**

**MEN'S 5K**

Matt Dorsey	^	15:16
Andy Johnston	^	15:16
Kyle Eller	^	15:16
Nathan Thomas	^	15:19
Noah Riley	^	15:26

**MEN'S 5-MILE**

Andy Johnston	&	24:05
Jacob Bilvado	&	24:20
Kyle Eller	&	24:36
Matt Dorsey	&	24:36
Andrew Milliron	&	24:44

**MEN'S 8K**

Jacob Bilvado	@	24:13
Andy Johnston	@	24:14
Matt Dorsey	@	24:14
Andy Johnston	#	24:37
Kyle Eller	@	24:39

**MEN'S 10K**

Andy Johnston	!	31:16
Kyle Eller	!	31:30
Jacob Bilvado	!	31:34
Matt Dorsey	!	32:11
Jimmy Shipley	!	32:17

**WOMEN'S 5K**

Carina Gillespie	&	16:42
Lindy Long	&	17:06
Jaci Smith	&	17:19
Samantha Skold	&	17:24
Carina Gillespie	^	17:33

**WOMEN'S 5.8K**

Regan Hefner	\$	23:18
Swathi Samuel	\$	24:00
Cassidy Osgood	\$	24:08
Julie Culbertson	\$	24:14

**WOMEN'S 6K**

Carina Gillespie	!	20:18
Carina Gillespie	@	20:18
Jaci Smith	!	20:20
Carina Gillespie	#	20:30
Lindy Long	@	20:35

^ CSU Invitational  
 % Woody Greeno Invitational  
 & Notre Dame Invitational  
 \$ Rocky Mountain Shootout  
 # Pre-National Invitational  
 @ Mountain West Championships  
 ! NCAA Mountain Regional

**COMPLETE MEET-BY-MEET RESULTS**

Visit the "Stats" tab on the cross country page at GoAirForceFalcons.com for complete 2016 results and statistics.

**MW PRESEASON POLL**

18 August 2016

**Men's Rankings**

1	Colorado State (5).....	46
2	Boise State (1).....	43
3	<b>Air Force (2).....</b>	<b>40</b>
4	New Mexico.....	31
5	Wyoming.....	23
6	Utah State.....	19
7	San Jose State.....	12
8	Fresno State.....	10

**Women's Rankings**

1	New Mexico (9).....	99
2	Boise State (2).....	92
3	Colorado State.....	79
4	<b>Air Force.....</b>	<b>67</b>
5	Wyoming.....	63
6	Utah State.....	56
7	Nevada.....	53
8	San Jose State.....	30
9	Fresno State.....	27
10	San Diego State.....	20
11	UNLV.....	19

**MW MIDSEASON POLL**

5 October 2016

**Men's Rankings**

1	Colorado State (5).....	47
2	Boise State (3).....	44
3	<b>Air Force.....</b>	<b>38</b>
4	New Mexico.....	29
5	Utah State.....	23
6	Wyoming.....	21
7	San Jose State.....	13
8	Fresno State.....	9

**Women's Rankings**

1	New Mexico (9).....	99
2	Boise State (2).....	92
3	Colorado State.....	79
4	<b>Air Force.....</b>	<b>68</b>
5	Wyoming.....	63
6	Utah State.....	62
7	Nevada.....	47
8	San Jose State.....	35
9	Fresno State.....	24
10T	San Diego State.....	18
10T	UNLV.....	18

**MW PRE-CHAMPIONSHIP POLL**

26 October 2016

**Men's Rankings**

1	Colorado State (6).....	48
2	Boise State (1).....	41
3	<b>Air Force (1).....</b>	<b>40</b>
4	New Mexico.....	28
5	Wyoming.....	23
6	Utah State.....	22
7	San Jose State.....	13
8	Fresno State.....	9

**Women's Rankings**

1	New Mexico (10).....	100
2	Boise State (1).....	87
3	<b>Air Force.....</b>	<b>81</b>
4	Colorado State.....	71
5	Wyoming.....	67
6	Utah State.....	56
7	Nevada.....	46
8	San Jose State.....	34
9	Fresno State.....	25
10	San Diego State.....	21
11	UNLV.....	17

**MW CHAMPIONSHIP RESULTS**

28 October 2016

**Men's Team Finishes**

1.	Boise State.....	41
2.	Colorado State.....	48
3.	<b>Air Force.....</b>	<b>61</b>
4.	Utah State.....	131
5.	New Mexico.....	138
6.	Wyoming.....	162
7.	San Jose State.....	169
8.	Fresno State.....	244

**Women's Team Finishes**

1.	New Mexico.....	42
2.	<b>Air Force.....</b>	<b>53</b>
3.	Boise State.....	86
4.	Colorado State.....	103
5.	Wyoming.....	123
6.	Utah State.....	148
7.	Nevada.....	193
8.	San Jose State.....	224
9.	San Diego State.....	261
10.	Fresno State.....	276
11.	UNLV.....	309

**ELLER RECOGNIZED IN PRESEASON #FLO50 RANKINGS**

Kyle Eller, who became the first All-American in 13 years after finishing 28th at the 2015 NCAA meet, was ranked No. 20 in the Saucony Flo50 Men's Individual Preseason Rankings.

**MEN THIRD, WOMEN FOURTH IN MW PRESEASON COACHES POLL**

With 40 points and two first-place votes, the men were selected third out of eight teams in the MW Preseason Coaches' Poll. The women earned 67 points to register fourth out of 11 teams.

**SENIOR SALUTE**

The team is led by seniors Matt Dorsey, Kyle Eller, Jason Engel, Lindy Long and Samantha Skold.

**LOOK WHO'S BACK**

Air Force, which won the men's conference title last season, returns a one All-American (Kyle Eller – the program's first All-American in 13 years) and two all-conference runners (Eller, Matt Dorsey). The women's roster, which includes returning all-region performer Carina Gillespie, is backed by four of the five runners that helped the Falcons to their best conference finish ever (third) at the 2015 championships (Gillespie, Samantha Skold, Katie Burnham, Lindy Long).

**BUT WAIT, THERE'S MORE...**

Air Force's roster is dotted with standout performers from the track season. The lineup includes an All-American and Academy record-holder in the 1500-meter run (Matt Dorsey), a MW 10,000-meter champion (Kyle Eller), the second-fastest 10K runner in program history (Lindy Long) and the Academy record-holder in the mile (Carina Gillespie).

**FOLLOW THE FALCONS ON SOCIAL MEDIA**

Fans of Air Force Cross Country can follow the team on Twitter, using @af\_trackfield.

**LET'S HEAR IT FOR THE LOCALS**

Eight members of the Falcons' cross country team hail from the Centennial State, including Colorado Springs' natives John Quinn and Conner Wilburn. The roster also includes three runners from Arvada (Nicole Hahn, Zac Petrie, Giuliana Vessa) and individuals from Evergreen (Samantha Skold), Fort Collins (Preston Roche) and Littleton (Noah Riley).

**WELCOME TO THE TEAM**

Air Force added 11 men and six women to its roster for 2016. The men's freshman lineup includes Jordan Armstrong, Jack Bluth, Andrew Boebinger, Adam Haynes, Austin Kintz, Michael Rhoads, Patrick Sullivan, Mati Szelazek, Justin Weber, Marshall Wheeler and Trevor Whiteside, while the list of additions to the women's team includes Lindsey Blanks, Teri Brady, Julie Culbertson, Regan Hefner, Cassidy Osgood and Swathi Samuel.

**A QUICK LOOK BACK AT 2015**

Two All-Americans, one region champion, four all-region selections, five all-MW honorees and a conference title highlighted the 2015 season for Air Force. The men captured the first MW title since 2003, while Patrick Corona and Kyle Eller finished second and third, respectively. The duo added top-four finishes at the Regional and Eller became the program's first All-American since 2003, after finishing 28th at NCAAs. On the women's side, Hannah Everson captured the NCAA regional title, was named the USTFCCCA Mountain Region Female Athlete of the Year and became the program's first-ever DI All-American after placing 22nd at the national meet.



**LINDSEY BLANKS**  
Freshman



**KATIE BURNHAM**  
Junior



**SHANNA BURNS**  
Sophomore



**CARINA GILLESPIE**  
Junior



**LINDY LONG**  
Senior



**SAMANTHA SKOLD**  
Senior



**JACI SMITH**  
Sophomore



**GIULIANNA VESSA**  
Junior



**ANDREW JOHNSTON**  
Junior