



# LONG BEACH STATE CROSS COUNTRY

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www.longbeachstate.com | 1250 Bellflower Blvd. Long Beach, CA 90840 | Updated: Sept. 5, 2012

## 2012 Schedule

Date	Meet	Time/Result
Sept. 1	Mark Covert Classic <i>Carbon Canyon Park Brea, Calif.</i>	Men - 2nd Women - 2nd
Sept. 8	adidas/UCI Invitational <i>UCI Arc Fields Irvine, Calif.</i>	8:30 a.m.
Sept. 15	Aztec Invitational <i>Balboa Park San Diego, Calif.</i>	8:30 a.m.
Sept. 29	Stanford Invitational <i>Stanford Golf Course Stanford, Calif.</i>	11 a.m.
Sept. 29	Roy Griak Invitational <i>Les Bolstad Golf Course Falcon Heights, Minn.</i>	8:20 a.m.
Oct. 13	Santa Clara Bronco Invitational <i>Baylands Regional Park Sunnyvale, Calif.</i>	9:45 a.m.
Oct. 19	Titan Invitational <i>Cal State Fullerton Fullerton, Calif.</i>	5 p.m.
Oct. 27	Big West Championships <i>UCR Ag/Ops Course Riverside, Calif.</i>	8:30 a.m.
Nov. 9	NCAA West Regional <i>Jefferson Park Golf Course Seattle, Wash.</i>	10 a.m.
Nov. 17	NCAA Championships <i>E.P. Tom Sawyer State Park Louisville, Ky.</i>	8 a.m.

## Quick Facts

### General Information

Location	Long Beach, Calif.
Enrollment	34,870
Founded	1949
Nickname	49ers
Colors	Black & Gold
Conference	Big West
President	Dr. F. King Alexander
Athletics Director	Vic Cegles
Senior Woman Administrator	Cindy Masner

### Team Information

Head Coach	Andy Sythe, 24th year
Cross Country/Distance Coach	TBA
Volunteer Assistant	Carly Harris, 3rd year
Volunteer Assistant	Jeff Paneda, 1st year
2011 Big West Finish	Women - 2nd Men - 3rd
2011 NCAA West Regional Finish	Women - 11th Men - 9th
Letterwinners Returning/Lost	20/6
Redshirts Returning	5
Newcomers	6

### Media Relations

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## 49ERS HEAD TO IRVINE FOR ADIDAS/UCI INVITATIONAL ON SATURDAY

Long Beach State cross country continues its season on Saturday, Sept. 8, when it heads to Irvine for the adidas/UCI Invitational.

### adidas/UCI INVITATIONAL

The adidas/UCI Invitational will be held at the UC Irvine Anteater Recreation Center Field. The 49ers open the meet with the women's "A" 5K at 8:30 a.m., and the men are set to follow with the 8K at approximately 9 a.m. As of Wednesday (Sept. 5), Long Beach State has a total of 11 athletes in the meet. Madison D'Ornellas, Prism Garcia, Catherine Martinez, Nina Moore and Michelle Thompson are slated to represent the LBSU women, while Chris Enriquez, Gabe Hilbert, Nick Kelley, Jared Long, Chris Low and Arturo Trejo are entered in the men's 8K.

### LAST TIME OUT

Long Beach State got off to a strong start in its season opener as both the men and women finished second overall at the Mark Covert Classic in Brea (Sept. 1). The LBSU women totaled 48 points over the 5K course and were led by Alisia Barajas, who was the runner-up with a time of 17:56.1. Nina Moore was the next 49er to cross the finish line, placing third among collegiate athletes and fourth overall (18:17.4). Michelle Thompson was also 12th, while Jessica Barnard and Taylor Goto rounded out the scorers for Long Beach State, coming in 15th and 20th, respectively.

In the men's 8K, the 49ers compiled 66 points. Andrew Garcia paced the squad with a sixth-place showing, clocking in at 25:39.8. Nick Kelley was 12th overall at 26:07.1, while Chris Enriquez began his LBSU career with a top-20 performance (18th, 26:26.4). Jared Long and Arturo Trejo also finished among the top-30.

### IN THE RANKINGS

Both the Long Beach State men and women were featured in the USTFCCCA preseason regional rankings (Aug. 27). The women were 13th in the West Region, while the men debuted at No. 14. The next poll is scheduled to be released on Sept. 10.

### A LOOK BACK AT 2011

The Long Beach State men's and women's cross country squads are both coming off solid finishes in 2011. The 49er women were runners-up at the Big West Championships and placed 19th at the NCAA West Regional. Rosa Del Toro claimed the program's first-ever Big West Cross Country Athlete of the Year award after winning the individual title at the conference meet. Michelle Thompson also garnered all-league honors with a fifth-place performance. The LBSU men took third at the Big West Championships and had a ninth-place showing at the NCAA West Regional, marking their highest finish since 1988. Heath Reedy and Matt Maldonado earned All-Big West honors, while Reedy was also a USTFCCCA All-Region performer (18th).

### FOR THE RECORD

Long Beach State has six current student-athletes that find themselves ranked among the school's all-time top-10. Heath Reedy owns the program record in the men's 8K at 23:47.2. Jake Dawson ranks ninth on the 8K list (24:30.1), while Reedy is also sixth in the 10K (29:52).

On the women's side, Michelle Thompson is second in the 6K (20:44.7). Nina Moore also ranks fourth in the 5K at 17:25 and eighth in the 6K at 21:07.3. Also among the top-10 in the 5K are Alisia Barajas (17:32) and Annie Randall (17:33).

### UP NEXT

The 49ers return to action next Saturday (Sept. 15), when they travel to San Diego for the Aztec Invitational.



## ANDY SYTHE

Head Cross Country/Track & Field Coach  
24th Season  
San Diego State, 1987

Andy Sythe's tenure as head coach at Long Beach State has been characterized by individual and team success as well as scholar-athlete achievement in both track & field and cross country.

A three-time Big West Men's Track & Field Coach of the Year (2006, 2008 and 2011), Sythe has been at the helm of the cross country and indoor/outdoor track & field teams at LBSU for 23 seasons. He has developed a combined program that is among the best in the Big West Conference as well as at the regional and national level.

In 2012, the 49er track & field team posted 28 All-Big West performances, with five individual conference titles. Long Beach State also had a Big West-leading 17 entries in the NCAA West Preliminary Round. Two athletes, Katrina Graves-Johnson (high jump) and Ben Woodruff (javelin), qualified for the NCAA Outdoor Championships, where they both earned honorable mention All-America distinction. Graves-Johnson and Matt Maldonado (mile) were also second-team All-Americans during the indoor season. In addition, Woodruff was tabbed the Big West Men's Field Athlete of the Year, while Jahmani Lockett was named the Co-Big West Men's Freshman of the Year.

In 2011, the men won their third Big West track & field title. Seventeen 49ers produced 23 all-conference performances, including seven individual championships. Three athletes also advanced to the NCAA Outdoor Championships where they earned All-America honors. Randi Hicks was a first-team performer in the women's javelin, while Colin Dunbar garnered second-team honors in the hammer and honorable mention in the discus. Nicholas Armstrong was also an honorable mention All-American in the decathlon. In addition to earning All-America status, Dunbar was selected as the 2011 USTFCCCA West Region Men's Field Athlete of the Year and the 2011 Big West Men's Field Athlete of the Year.

The men's squad won their second Big West title in 2008, compiling 185 total points. The 49ers had 21 individuals qualify for the NCAA Regionals, while six of those advanced to the national championship meet where Sythe saw two of his athletes, Brent Gray and Chris Richardson, earn All-America honors for the second time in their careers.

The men's team also took first at the Big West Championships in 2006, while placing 16th at the NCAA Championships, their highest team finish since 1998 when the Sythe-led team was 17th overall.

Since the inception of NCAA track & field regional qualifying in 2003, Long Beach State has sent 186 qualifiers to the postseason meet. In 2005 and 2006, Sythe sent more qualifiers to the NCAA Regionals than any other men's program in the Big West Conference.

Sythe has also directed the cross country squad to a number of top performances as his athletes have produced 23 all-conference awards and five all-region honors. In 2011, Rosa Del Toro was tabbed the Big West Women's Cross Country Athlete of the Year, a first for the Long Beach State program. Del Toro was also the first 49er on the women's side to win the league's individual title.

Strong academic performance has also been a common theme in Sythe's career as a coach and athlete. Sythe was an outstanding student-athlete at San Diego State where he graduated in 1987 with honors and a bachelor's degree in physical education.

As a coach, Sythe's student-athletes have achieved perfect 4.0 semester grade-point averages 139 times. Through his guidance, 335 athletes have also been named to the academic all-conference team. On the national level, his athletes have produced 30 all-academic teams in cross country and track & field. Individually, Sythe has helped his student-athletes attain the highest level of academic achievement with seven CoSIDA Academic All-Americans, two Phi Beta Kappas and one Rhodes Scholar.

Sythe was hired in the fall of 1989 as the head coach at Long Beach State. At age 23, he was the youngest NCAA Division I coach in the United States.

Track & field and cross country are a passion for Sythe, and his dedication to the sport is reflected by his involvement beyond the scope of the University. Sythe has served on national committees with USA Track & Field and the U.S. Track Coaches Association. He has served on the Executive Committee for Men's Development with USATF, been co-meet director for the 1999 USATF Senior Cross Country National Championships, and completed over 10 years of service as Men's Track & Field Chair and board member for the Southern California Association of USA Track & Field. Sythe also completed four years of service with the Executive Committee and Rules Committee for the USTFCCCA.

A native of Los Gatos, Calif., Sythe and his wife, Maribeth, reside in Long Beach with their two daughters, Sierra and Callie June.

### USTFCCCA MEN'S REGIONAL RANKINGS West Region -- Preseason (Aug. 27)

Rk.	School	Conference	2011 Finish
1.	Portland	West Coast	2
2.	Stanford	Pac-12	1
3.	UCLA	Pac-12	6
4.	Oregon	Pac-12	6
5.	California	Pac-12	5
6.	Washington State	Pac-12	4
7.	Arizona State	Pac-12	8
8.	Arizona	Pac-12	NR
9.	Cal Poly	Big West	3
10.	Washington	Pac-12	11
11.	Boise State	Mountain West	14
12.	Sacramento State	Big Sky	20
13.	UC Santa Barbara	Big West	10
14.	<b>Long Beach State</b>	<b>Big West</b>	<b>9</b>
15.	Idaho	Western Athletic	12

### USTFCCCA WOMEN'S REGIONAL RANKINGS West Region -- Preseason (Aug. 27)

Rk.	School	Conference	2011 Finish
1.	Oregon	Pac-12	4
2.	Washington	Pac-12	1
3.	Stanford	Pac-12	3
4.	Arizona	Pac-12	2
5.	San Francisco	West Coast	6
6.	Portland	West Coast	10
7.	Arizona State	Pac-12	7
8.	UC Davis	Big West	8
9.	Cal Poly	Big West	9
10.	California	Pac-12	5
11.	Boise State	Mountain West	12
12.	UCLA	Pac-12	18
13.	<b>Long Beach State</b>	<b>Big West</b>	<b>11</b>
14.	Idaho	Western Athletic	13
15.	Gonzaga	West Coast	15



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## LBSU Bests

<b>WOMEN</b>	<b>5K / 6K</b>	<b>2nd (48 points)</b>
Alisa Barajas (Sr.)	17:32 / 21:10	17:56.1
Jessica Barnard (Sr.)	17:43.6 / 21:28.4	19:10.9
Madison D'Ornellas (So.)	18:26.7 / 22:44.5	19:39.6
Meghan Foley (Jr.)	---	
Prism Garcia (Sr.)	18:40.1 / 21:55.6	
Andrea Gayton-Jacob (Sr.)	18:34.3 / 24:10.6	
Taylor Goto (Jr.)	19:21.8 / ---	19:21.8
Chelsea Hairainian (RFr.)	---	
Kayla Kamaka (So.)	25:16.4 / ---	
Alex Kruthers (So.)	22:11.3 / ---	
Kylee Martin (Jr.)	18:50 / 23:01.2	
Catherine Martinez (So.)	17:50.7 / 21:20.3	20:15.8
Nina Moore (Sr.)	17:25.8 / 21:07.3	18:17.4
Danielle Morgan (RFr.)	---	
Annie Randall (Jr.)	17:33 / 21:15	19:41.4
Natalie Sanden (Fr.)	---	
Michelle Thompson (Sr.)	17:39.8 / 20:44.7	18:43.6
Alexis Trujillo (RFr.)	---	
Caitlin Turner (Fr.)	---	

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## LBSU Bests

<b>MEN</b>	<b>8K / 10K</b>	<b>2nd (66 points)</b>
Tim Bergstrom (RFr.)	---	
Jake Dawson (Sr.)	24:30.1 / 31:46	
Chris Enriquez (So.)	26:26.4 / ---	26:26.4
Cameron Ford (Fr.)	---	
Andrew Garcia (Jr.)	24:34 / 30:43	25:39.8
Bret Hasvold (Sr.)	24:37.1 / 30:46	
Gabe Hilbert (Sr.)	25:27.3 / 32:18	
Nick Kelley (Sr.)	24:45.9 / 32:41.34	26:07.1
Jared Long (Sr.)	24:56.3 / 31:30	26:31.4
Chris Low (Jr.)	---	
Cameron Pantoja (So.)	25:58.3 / ---	
Heath Reedy (Jr.)	23:47.2 / 29:52	
Arturo Trejo (So.)	25:54.2 / ---	26:35.4