



## SHAWN WINGET

DISTANCE COACH | FIRST SEASON  
ABILENE CHRISTIAN '94

Shawn Winget enters his first year as Long Beach State's cross country/distance coach in 2016-17.

Winget previously spent five years at TCU where he worked with the middle and long distance runners as an assistant track & field coach. During his tenure, he mentored six Mountain West Conference champions and 34 All-MWC performers. Winget also led his athletes to the national stage as he had 17 NCAA Preliminary qualifiers, including seven who advanced to the NCAA Championships. Two of his runners went on to earn All-America honors. With Winget on the track & field staff, the Horned Frogs won three Mountain West team championships.

Winget was also the cross country coach while at TCU. In his five seasons, Winget saw his athletes produce five All-South Central Region honors. During the 2010 campaign, Winget guided Festus Kingen to the first NCAA men's cross country regional title in school history. Kingen was named the South Central Region Men's Athlete of the Year for his effort.

Overall, Winget's athletes established 36 indoor and 29 outdoor performances that rank among TCU's all-time top-10, with three being school records.

Winget also helped his athletes achieve academic success as he mentored 41 MWC Scholar-Athletes and two Academic All-Americans. In addition, his cross country squad earned multiple USTFCCA All-Academic Team honors and NCAA Public Recognition Awards.

Prior to his stint at TCU, Winget was the head men's and women's cross country and track & field coach at Northwood University in Cedar Hill, Texas (1996-2004). While at Northwood, Winget was named the NAIA Regional Coach of the Year eight times. His teams won 16 conference titles and six regional cross country championships. Winget coached one national champion, 11 athletes who earned 19 All-America awards and 78 conference champions. Winget expanded his role at Northwood from 2000-04 when he served as the school's athletic director.

Winget was also an assistant coach at Baylor University (1995-96) and the head boys' and girls' cross country/track & field coach at Ferris High School (2004-07). He began his coaching career as an assistant at Abilene Christian University.

Winget, who graduated from Abilene Christian with a Bachelor of Science degree in physical education (1994), was the captain of the Wildcat track & field team that won the 1993 NCAA Division II title. He was an NCAA qualifier in the 1500m, an all-region performer in cross country and earned four all-conference awards. Winget went on to complete a Master of Science degree in human performance at Baylor (1996).