



2017

# CROSS COUNTRY RECORD BOOK

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## YEAR-BY-YEAR RESULTS

**1988** **Men** **Women**

9/10	Cal State Fullerton Invitational	N/A	N/A
9/17	Chapman University Invitational	N/A	N/A
9/30	National Catholic Championships	18th of 19	24th of 24
10/8	Cal State Northridge Invitational	6th of 6	6th of 6
10/15	Loyola Marymount Invitational	N/A	N/A

**1989** **Men** **Women**

9/9	Loyola Marymount Invitational	1st of 3	2nd of 4
9/16	Whittier College Invitational	13th of 25	17th of 23
9/23	San Diego State Invitational	4th of 11	N/A
10/5	Pepperdine (dual meet)	N/A	N/A
10/14	San Diego (dual meet)	N/A	N/A

**1990** **Men** **Women**

9/8	Loyola Marymount Invitational	2nd of 4	2nd of 4
9/15	Azusa Pacific	3rd of 3	3rd of 3
9/22	Pepperdine (dual meet)	W 16-39	L 23-25
9/29	UC Riverside Invitational	18th of 24	15th of 18
10/6	Biola Invitational	N/A	2nd of 4
10/13	Tequila Invitational	N/A	N/A

**1991** **Men** **Women**

9/7	Loyola Marymount Invitational	1st of 5	6th of 6
9/14	San Diego (dual meet)	W	2nd of 3
9/22	Pepperdine (dual meet)	W 21-37	L 21-36
9/28	UC Riverside Invitational	18th of 23	15th of 18
10/5	Biola Invitational	5th of 7	2nd of 4

**1992** **Men** **Women**

9/5	San Diego (dual meet)	N/A	N/A
9/12	Loyola Marymount Invitational	2nd of 3	2nd of 3
9/19	Pepperdine (dual meet)	N/A	N/A
9/26	UC Riverside	21st of 21	21st of 21
10/3	Biola Invitational	9th of 10	8th of 8
10/17	Cal Poly SLO Invitational	12 of 12	Incomplete

**1993** **Men** **Women**

9/18	Pepperdine (dual meet)	L, 20-45	L, 15-6
9/25	UC Riverside Invitational	19th of 19	19th of 19
10/2	Stanford Open	18th of 18	18th of 18
10/9	Mills College Invitational	3rd of 6	7th of 10
10/16	UC San Diego Invitational	9th of 9	8th of 8

**1994** **Men** **Women**

9/10	Loyola Marymount Invitational	L, 18-45	L, 15-48
9/17	Pepperdine (dual meet)	Forfeit	L, 15-6
9/24	UC Riverside Invitational	17th of 17	20th of 20
10/1	Biola Invitational	5th of 5	4th of 4
10/8	Santa Clara/St Mary (tri meet)	3rd of 3	3rd of 3
10/15	Balboa Classic Invitational	11th of 11	DNR
10/22	Cal Poly Pomona Bronco Invite	8th of 8	Incomplete

**1995** **Men** **Women**

9/9	San Diego Invitational	4th of 4	Incomplete
9/16	Pepperdine (dual meet)	L, 20-38	L, 19-41
9/23	UC Riverside Invitational	19th of 19	22nd of 23
9/30	Pepperdine Invitational	3rd of 3	4th of 4
10/7	Biola Invitational	Incomplete	11th of 12
10/14	Balboa Classic Invitational	13th of 14	14th of 15
10/21	Cal Poly Pomona Bronco Invite	8th of 8	Incomplete

**1996** **Men** **Women**

9/7	San Diego Invitational	4th of 7	4th of 8
9/21	Loyola Marymount Invitational	L 22-35	W 38-21
9/28	UC Riverside Invitational	16th of 18	7th of 19
10/5	Cal Lutheran Invitational	4th of 7	1st of 8
10/12	Pepperdine Invitational	3rd of 3	3rd of 4
10/19	Cal Poly San Luis Obispo	14th of 14	15th of 16
10/26	Cal Poly Pomona Bronco Invite	11th of 11	9th of 11

**1997** **Men** **Women**

9/13	San Diego Invitational	7th of 8	7th of 8
9/20	Loyola Marymount Invitational	W 20-38	W 29-26
9/27	UC Riverside Invitational	14th of 17	10th of 19
10/4	Cal Lutheran Invitational	14th of 17	12th of 19
10/11	Pepperdine Invitational	3rd of 3	3rd of 4
10/18	Cal Poly Pomona Bronco Invite	2nd of 4	4th of 6
10/25	Cal Poly Invitational	4th of 5	5th of 7

**1998** **Men** **Women**

9/5	Cal State Fullerton Invitational	10th of 12	11th of 12
9/12	UC Irvine Invitational	14th of 14	16th of 16
9/19	Aztec Invitational	10th of 11	14th of 17
9/26	UC Riverside Invitational	19th of 19	16th of 21
10/10	Long Beach State Invitational	8th of 8	7th of 7
10/17	Santa Clara Bronco Invite	4th of 5	4th of 9
10/31	WCC Championships	7th of 8	8th of 8

**1999** **Men** **Women**

9/4	Cal State Fullerton Invitational	10th of 10	14th of 16
9/11	USD Invitational	6th of 8	8th of 10
9/18	Aztec Invitational	8th of 14	11th of 14
9/25	UC Riverside Invitational	14th of 19	13th of 20
10/9	Long Beach State Invitational	7th of 7	10th of 10
10/16	Bronco Invite	4th of 6	4th of 8

**2000** **Men** **Women**

9/2	Cal State Fullerton Invitational	10th of 11	12th of 13
9/9	USD Invitational	12th of 13	5th of 6
9/16	Aztec Invitational	10th of 14	14th of 18
9/23	UC Riverside Invitational	14th of 21	17th of 20
9/30	Stanford Invitational	No Results	No Results
10/14	Bronco Invitational	5th of 6	6th of 6
10/28	WCC Championships	7th of 8	8th of 8

**2001** **Men** **Women**

9/1	Cal State Fullerton Invitational	12th of 12	11th of 15
9/9	USD Invitational	16th of 8	7th of 9
9/15	Aztec Invitational	Cancelled	Cancelled
9/22	UC Riverside Invitational	23rd of 24	16th of 25
9/29	Stanford Invitational	No Results	No Results
10/13	UCSD Triton Invitational	11th of 16	11th of 16
10/22	CS Full Invitational	L 24-31	5th of 5
10/27	WCC Championships	6th of 8	7th of 8

**2002** **Men** **Women**

8/31	Cal State Fullerton Invitational	14th of 14	12th of 17
9/7	San Diego Invitational	4th of 6	5th of 6
9/14	Aztec Invitational	4th of 7	6th of 12
9/21	UC Riverside Invitational	24th of 26	13th of 14
10/19	Bronco Invitational	8th of 8	11th of 11
10/21	Titan Invitational	7th of 7	6th of 8
11/2	WCC Championships	4th of 8	6th of 8

**2003** **Men** **Women**

8/30	Bronco Invitational	5th of 8	8th of 10
9/6	UC Irvine Invitational	9th of 11	11th of 11
9/13	Aztec Invitational	4th of 9	8th of 13
9/20	UC Riverside Invitational	19th of 27	10th of 14
9/27	Stanford Invitational	18th of 22	21st of 26
10/18	Long Beach Invitational	6th of 8	6th of 9
10/24	Titan Invitational	4th of 4	6th of 7
11/1	WCC Championships	4th of 8	5th of 8

**2004** **Men** **Women**

9/4	Bronco Invitational	2nd of 2	2nd of 3
9/11	USD Invitational	DNR	3rd of 5
9/18	Aztec Invitational	18th of 14	10th of 15
9/25	Stanford Invitational	14th of 20	12th of 19
10/16	Cal Poly Invitational	7th of 9	10th of 11
10/30	WCC Championships	4th of 8	6th of 8

**2005** **Men** **Women**

9/3	CS Fullerton Invitational	10th of 15	3rd of 24
9/10	USD Invitational	4th of 5	5th of 6
9/17	Aztec Invitational	4th of 7	4th of 11
9/24	Stanford Invitational	21st of 32	12th of 33
10/15	Cal Poly Invitational	4th of 8	2nd of 12
10/29	WCC Championships	3rd of 8	2nd of 8

**2006** **Men** **Women**

9/2	Cal State Fullerton Invitational	5th of 15	2nd of 18
9/9	San Diego Invitational	1st of 4	3rd of 5
9/16	SDSU Aztec Invitational	5th of 15	3rd of 12
9/30	Stanford Invitational	11th of 19	7th of 17
10/14	Cal Poly Invitational	4th of 7	3rd of 12
10/28	WCC Championships	5th of 8	3rd of 8

**2007** **Men** **Women**

9/1	at Pepperdine	W, 18-43	W, 26-30
9/8	UC Irvine Invitational	3rd of 20	2nd of 12
9/15	SDSU Aztec Invitational	7th of 12	6th of 14
9/29	Stanford Invitational	12th of 32	7th of 28
10/13	Santa Clara Bronco Invitational	2nd of 17	8th of 16
10/19	Cal State Fullerton Titan Invitational	3rd of 7	N/A
10/27	WCC Championships	2nd of 8	3rd of 8

**2008** **Men** **Women**

8/30	at Pepperdine	W, 17-45	W, 24-33
9/06	UC Irvine Invitational	4th	3rd
9/13	SDSU Aztec Invitational	7th of 12	4th of 14
9/27	Stanford Invitational	18th of 32	12th of 28
10/11	Vanguard Invitational	6th	5th
10/18	Chille Pepper Invitational	10th	11th
10/24	CSUF Titan Invitational	N/A	N/A
11/1	WCC Championships	2nd of 8	2nd of 8

**2009** **Men** **Women**

9/5	Fullerton Invitational	14th of 19	5th of 26
9/19	UC Riverside Invitational	4th of 30	5th of 27
9/26	Stanford Invitational	7th of 18	3rd of 22
10/10	Vanguard Invitational	7th of 11	9th of 12
10/17	Chille Pepper Invitational	6th of 29	7th of 34
10/23	CSUF Titan Invitational	2nd of 3	N/A
10/31	WCC Championships	2nd of 8	2nd of 8

**2010** **Men** **Women**

9/4	Fullerton Invitational	12th of 19	4th of 26
9/18	UC Riverside Invitational	4th of 30	3rd of 27
9/25	Stanford Invitational	14th of 26	6th of 24
10/09	Vanguard Invitational	6th of 11	4th of 12
10/16	Pre-Nationals	32th of 36	25th of 38
10/22	CSUF Titan Invitational	4th of 6	2nd of 6
10/30	WCC Championships	4th of 8	3rd of 8

**2011** **Men** **Women**

9/3	Fullerton Invitational	7th of 19	1st of 26
9/17	UC Riverside Invitational	10th of 30	1st
9/24	Stanford Invitational	15th	6th
10/08	Vanguard Invitational	6th of 11	3rd of 12
10/16	Pre-Nationals	30th of 36	21st of 38
10/21	CSUF Titan Invitational	4th	2nd
10/29	WCC Championships	5th of 9	4th of 9

**2012** **Men** **Women**

9/1	Fullerton Invitational	1st	1st
9/8	UC Irvine Invitational	6th	4th
9/15	WCC Preview Meet	4th	2nd
9/22	Mustang Challenge Invitational	6th	3rd
9/29	Stanford Invitational	7th	6th
10/6	UCSD Triton Invitational	2nd	1st
10/13	Chille Pepper Invitational	4th	5th
10/19	CSUF Titan Invitational	N/A	N/A
10/27	WCC Championships	5th of 9	5th of 9

**2013** **Men** **Women**

8/31	Mark Covert Classic	1st of 5	1st of 8
9/14	WCC Preview Meet	1st of 6	1st of 7
9/21	Mustang Challenge	4th of 4	2nd of 5
9/28	Stanford Invitational	2nd of 12	3rd of 15
10/5	Chille Pepper Invitational	5th of 14	2nd of 15
10/12	Vanguard Invitational	2nd of 14	2nd of 18
10/19	Santa Clara Bronco Invitational	1st of 18	1st of 19
11/2	WCC Championships	3rd of 9	4th of 10

**2014** **Men** **Women**

8/30	Mark Covert Classic	2nd of 5	1st of 8
9/13	WCC Preview Meet	3rd of 8	1st of 11
9/20	Mustang Challenge Collegiate	8th of 17	7th of 17
9/27	Stanford Invitational	7th of 17	4th of 19
10/11	Vanguard Invitational	1st of 14	3rd of 18
10/18	Pre National Invitational	9th of 28	20th of 43
10/24	Titan Invitational	5th of 5	5th of 6
11/1	WCC Championships	6th of 9	3rd of 10

**2015** **Men** **Women**

9/5	Mark Covert Classic	1st of 13	2nd of 11
9/19	Mustang Challenge	2nd of 14	1st of 20
10/3	Capital Cross Challenge	2nd of 7	1st of 10
10/10	UCSD Triton Invitational	3rd of 10	7th of 13
10/17	Bronco Invitational	2nd of 13	1st of 18
10/23	Titan Invitational	2nd of 6	1st of 7
10/31	WCC Championships	6th of 9	4th of 10

**2016** **Men** **Women**

9/3	Mark Covert Classic	1st of 3	3rd of 4
9/17	WCC Preview	2nd of 6	3rd of 6
10/1	Capital Cross Challenge	5th of 16	4th of 19
10/15	Bronco Invitational	1st of 2	3rd of 20
10/21	Titan Invitational	1st of 2	7th of 8
10/28	WCC Championships	6th of 9	5th of 10

**WCC CHAMPIONSHIP RESULTS - MEN**

**1980**  
at LMU in Westchester, Calif. (10K)  
LMU finished 3rd of 8

Place	Competitor	Time
13th	Kevin Galbraith	35:06
14th	Joe Ramirez	35:42
19th	John Sarnacki	36:59
25th	Ted Cotti	38:27
37th	Dave Keyes	41:22

**1981**  
at SMC in Moraga, Calif. (10K)  
LMU finished 2nd of 8

Place	Competitor	Time
5th	Tom Carlton	33:15
7th	Mark Grimmett	33:53
11th	Jake Courtney	34:15
13th	Ted Cotti	34:21
19th	John Culligan	35:52

**1982**  
at SMC in Moraga, Calif. (10K)  
LMU finished 3rd of 8

Place	Competitor	Time
11th	Ted Cotti	33:58
13th	Tom Carlton	34:31
18th	Jake Courtney	35:16
20th	D. Connaughton	35:51
26th	Jim Fiala	36:30

**1983**  
at SMC in Moraga, Calif. (10K)  
LMU finished 3rd of 8

Place	Competitor	Time
5th	Tom Carlton	33:17
17th	Jim Fiala	35:54
20th	Mark Guzman	36:23
22nd	J. Bettancourt	36:42
29th	Peter Kelly	37:10

**1984**  
at SMC in Moraga, Calif. (10K)  
LMU finished 3rd of 8

Place	Competitor	Time
10th	Dick Vicain	32:47
12th	Ted Cotti	33:02
14th	Jake Courtney	33:26
20th	Mark Guzman	34:21
33rd	Richard Renati	36:27

**1985**  
at Crystal Springs in Belmont, Calif. (10K)  
LMU finished 4th of 8

Place	Competitor	Time
14th	Richard Vicain	35:36
18th	Conrad Winter	36:19
23rd	James Fiala	37:09
28th	Mark Guzman	37:46
33rd	Matt DeMaria	38:29

**1986**  
at Crystal Springs in Belmont, Calif. (10K)  
LMU finished 4th of 8

Place	Competitor	Time
20th	Pat Byrne	36:05
21st	Richard Vicain	36:25
27th	Matt DeMaria	37:23
29th	Rob Schlegel	37:40
31st	Conrad Winter	37:55

**1987**  
at Crystal Springs in Belmont, Calif. (10K)  
LMU finished 5th of 8

Place	Competitor	Time
17th	Brian Davidson	36:21
25th	Mark Malone	37:46
28th	Mark Kuli	38:18
34th	Eric Bates	39:58
35th	Mike Roach	40:09

**1988**  
at Crystal Springs in Belmont, Calif. (10K)  
LMU finished 5th of 8

Place	Competitor	Time
20th	Brian Davidson	36:16
27th	Greg Braun	37:37
28th	Matt Brusky	37:38
32nd	Mark Kuli	38:18
35th	Mike Rauner	38:36

**1989**  
at Crystal Springs in Belmont, Calif. (10K)  
LMU finished 3rd of 8

Place	Competitor	Time
18th	Eric Merk	36:41
19th	Mike Thom	36:43
20th	Kevin Delaney	36:52
28th	Greg Bates	38:27
29th	Mark Kuli	38:53

**1990**  
at Crystal Springs in Belmont, Calif. (10K)  
LMU finished 4th of 8

Place	Competitor	Time
13th	Rick Sansing	35:59
16th	Eric Merk	36:06
17th	Kevin Delaney	36:52
28th	Greg Bates	38:27
29th	Mark Kuli	38:53

**1991**  
at Crystal Springs in Belmont, Calif. (10K)  
LMU finished 3rd of 8

Place	Competitor	Time
13th	Jose Quinones	36:05
15th	Eric Merk	36:27
18th	Mike Mazza	37:12
23rd	Scott O'Brien	37:42
27th	Alex Espinosa	38:47

**1992**  
at Crystal Springs in Belmont, Calif. (10K)  
LMU finished 6th of 8

Place	Competitor	Time
19th	Jose Quinones	36:46
31st	Albert Pedrosa	38:10
37th	Scott O'Brien	38:50
41st	Chris Wall	40:14
44th	Alex Espinosa	42:28

**1993**  
at Crystal Springs in Belmont, Calif. (8K)  
LMU finished 7th of 8

Place	Competitor	Time
21st	Tony Ochoa	28:30
37th	Scott O'Brien	29:50
39th	Chris Wall	30:06
46th	Robert LeMoine	31:57
50th	Brian Ojima	33:43

**1994**  
at Crystal Springs in Belmont, Calif. (8K)  
LMU finished 7th of 8

Place	Competitor	Time
29th	Tony Ochoa	28:36
33rd	C. Hernandez	29:20
44th	Raffi Hovanian	32:23
45th	Adam Plugge	33:34
46th	P. Wuebbon	34:10

**1995**  
at Crystal Springs in Belmont, Calif. (8K)  
LMU tied for 7th of 8

Place	Competitor	Time
21st	C. Hernandez	28:05
40th	Chris Wall	31:07
47th	Raffi Hovanian	32:46
50th	Tony Gjessing	43:22
51st	Brian Ojima	35:14

**1996**  
at Crystal Springs in Belmont, Calif. (8K)  
LMU finished 6th of 8

Place	Competitor	Time
13th	Rick Weis	27:01
25th	Robert Mills	28:37
38th	Sam Harang	30:34
44th	Lucas Marino	31:27
48th	Brian Ojima	31:55
49th	Adam Plugge	34:18

**1997**  
at Crystal Springs in Belmont, Calif. (8K)  
LMU finished 8th of 8

Place	Competitor	Time
13th	Rick Weis	28:14
28th	Michael Cortez	28:18
34th	Danny Santana	30:11
42nd	Matt Trinca	31:09
44th	Mark Siegfried	31:23

**1998**  
at Crystal Springs in Belmont, Calif. (8K)  
LMU finished 7th of 8

Place	Competitor	Time
22nd	Michael Cortez	28:18
30th	Mark Siegfried	29:19
31st	Juan Miranda	29:43
44th	Joey Hawkins	30:56
47th	Mark D'Amico	31:37
52nd	Ben Colton	32:43

**1999**  
at Crystal Springs in Belmont, Calif. (8K)  
LMU finished 7th of 8

Place	Competitor	Time
24th	Michael Cortez	28:03
31st	Edward Giron	28:38
35th	Mark Siegfried	29:02
40th	Adam Vaughn	29:32
44th	Joey Hawkins	30:04
50th	A. Wypchak	31:28
51st	Mark D'Amico	32:28



**WCC CHAMPIONSHIP RESULTS - MEN****2000**

at Crystal Springs in Belmont, Calif. (8K)

LMU finished 7th of 8

Place	Competitor	Time
19th	Michael Cortez	27:48
21st	Edward Giron	27:52
38th	Justin Goodkind	29:21
44th	Mark Siegfried	29:50
47th	Chris Brown	30:10
49th	Mark D'Amico	30:59
50th	Warren Sutton	31:02

**2001**

at Crystal Springs in Belmont, Calif. (8K)

LMU finished 6th of 8

Place	Competitor	Time
22nd	Andy Thompson	27:58
31st	Sean Cox	28:51
39th	Bernie Ochoa	29:28
43rd	Warren Sutton	30:06
45th	Nick Erikson	30:36
51st	Chris Brown	31:53
54th	Dan Judnick	34:04

**2002**

at Crystal Springs in Belmont, Calif. (8K)

LMU finished 6th of 8

Place	Competitor	Time
18th	Bernie Ochoa	27:07
24th	Andy Thompson	27:28
36th	Connor Stinson	28:04
37th	Greg Corry	28:05
38th	Kenny Arehart	28:10
47th	Adam Bacon	28:58
51st	Warren Sutton	29:57

**2003**

at Crystal Springs in Belmont, Calif. (8K)

LMU finished 4th of 8

Place	Competitor	Time
20th	Adam Bacon	27:14
22nd	Andy Thompson	27:17
23rd	Kenny Arehart	27:17
27th	Bernie Ochoa	27:31
37th	D.J. Steinhafel	28:19
41st	Greg Corry	28:34
42nd	Drew Haberkorn	28:40

**2004**

at Crystal Springs in Belmont, Calif. (8K)

LMU finished 4th of 8

Place	Competitor	Time
18th	Lino Almeida	26:58
20th	Drew Haberkorn	27:07
21st	Adam Bacon	27:07
22nd	Reynaldo Barrera	27:07
26th	Kenny Arehart	27:12
35th	Andy Thompson	27:36
53rd	Bernie Ochoa	31:37

**2005**

at Crystal Springs in Belmont, Calif. (8K)

LMU finished 3rd of 8

Place	Competitor	Time
4th	Lino Almeida	25:48
14th	Reynaldo Barrera	26:50
16th	Drew Haberkorn	26:55
19th	Kenny Arehart	27:01
22nd	Sean Sisk	27:06
31st	Jonathan MacNeil	27:31
36th	Trevor Wiseman	28:14

**2006**

at Crystal Springs in Belmont, Calif. (8K)

LMU finished 5th of 8

Place	Competitor	Time
9th	Nicholas Brennan	26:05
14th	Jonathan MacNeil	26:27
19th	Sean Sisk	26:44
28th	Trevor Wiseman	27:10
35th	Mo Elmi	27:36
36th	Reynaldo Barrera	27:40
37th	Cameron Pagett	27:41

**2007**

at Crystal Springs in Belmont, Calif. (8K)

LMU finished 2nd of 8

Place	Competitor	Time
5th	Trevor Wiseman	25:30
8th	Lino Almeida	25:36
11th	Brian McDonald	25:42
16th	Jonathan MacNeil	26:09
19th	Sean Sisk	26:19
21st	Scott Donahue	26:24
28th	Mo Elmi	26:44

**2008**

at Crystal Springs in Belmont, Calif. (8K)

LMU finished 2nd of 8

Place	Competitor	Time
5th	Trevor Wiseman	26:10
6th	Brian McDonald	26:12
7th	Phillip Benavides	26:24
12th	Connor Pastoor	26:49
18th	Thomas Finnigan	27:10
23rd	Daman Coffman	27:19
34th	Scott Donahue	27:35

**2009**

at Crystal Springs in Belmont, Calif. (8K)

LMU finished 2nd of 8

Place	Competitor	Time
6th	Brian McDonald	25:14
8th	Sterling Lockert	25:32
12th	Daniel LaCava	25:40
13th	Tyre Johnson	25:41
14th	Thomas Finnigan	25:43
36th	Connor Pastoor	26:37
39th	Scott Donahue	26:44

**2010**

at Crystal Springs in Belmont, Calif. (8K)

LMU finished 4th of 8

Place	Competitor	Time
10th	Weston Strum	25:30
12th	Sterling Lockert	25:40
24th	Drew Dalton	26:17
25th	Tyre Johnson	26:17
26th	Connor Pastoor	26:17
29th	Greg Innes	26:26
31st	Phillip Benavides	26:30

**2011**

at Crystal Springs in Belmont, Calif. (8K)

LMU finished 5th of 9

Place	Competitor	Time
21st	Tyre Johnson	18:17
22nd	Weston Strum	25:10
30th	Kevin Joerger	25:55
34th	Sterling Lockert	26:05
36th	Drew Dalton	26:08

**2012**

at Fern Hill Park in Portland Oregon (8K)

LMU finished 5th of 9

Place	Competitor	Time
7th	Weston Strum	23:57.30
24th	Sterling Lockert	24:45.16
29th	Daniel Gibson	24:25.94
31st	Michael Vorgitch	25:11.53
33rd	Drew Dalton	25:15.25
37th	Kevin Joerger	25:35.21
50th	Michael Duncan	26:31.60

**2013**

at Alumni Park in Malibu, Calif. (8K)

LMU finished 3rd of 9

Place	Competitor	Time
10th	Weston Strum	23:49
18th	Kevin Joerger	24:11
23rd	John Pickhaver	25:01
29th	Michael Duncan	25:21
30th	Michael Vorgitch	25:23
39th	Drew Dalton	25:43
41st	Daniel Gibson	25:48

**2014**

at Baylands Park in Santa Clara, Calif. (8K)

LMU finished 6th of 9

Place	Competitor	Time
24th	Daniel Gibson	24:25
29th	Jack Polerecky	24:37
31st	Christopher Fredlund	24:42
32nd	Brandon Vientos	24:42
34th	Michael Duncan	24:45
42nd	Lance Capel	25:15
50th	Grant Lapovich	25:43

**2015**

at Plantes Ferry Sports Park in Spokane, WA (8K)

LMU finished 6th of 9

Place	Competitor	Time
21st	Brandon Vientos	25:53.2
28th	Koby Pederson	26:05.9
31st	Michael Duncan	26:09.8
42nd	Christopher Fredlund	26:31.4
49th	Lance Capel	26:49.0
50th	Brian Joerger	26:51.9
59th	Grant Lapovich	27:32.3
63rd	Alex Sasser	27:40.7

**2016**

at Mission Bay Park in San Diego, CA (8K)

LMU finished 6th of 9

Place	Competitor	Time
22nd	Jack Polerecky	25:19.4
23rd	Koby Pederson	25:19.4
40th	Brandon Vientos	26:14.2
47th	Jacob Heink	26:31.9
52nd	Matt Holton	26:38.5
55th	Grant Lapovich	26:45.4
60th	Christopher Fredlund	27:12.4
74th	Jordan McLennan	28:42.7



**WCC CHAMPIONSHIP RESULTS - WOMEN**

**1980 - Not a WCC Sport**  
at LMU in Westchester, Calif. (5K)

LMU finished 1st of 8

Place	Competitor	Time
1st	Terese Kozlowski	17:45
3rd	Gerri Schubert	18:55
4th	Anne Healy	20:05
5th	Amy Aiello	20:40
12th	Liz Remley	22:22

**1981 - Not a WCC Sport**  
No Championship Event

**1982 - Not a WCC Sport**  
at Saint Mary's in Moraga, Calif.  
Results Unavailable

**1983 - Not a WCC Sport**  
at Saint Mary's in Moraga, Calif.  
Results Unavailable

**1984 - Not a WCC Sport**  
at SMC in Moraga, Calif. (5K)  
LMU finished 1st of 8

Place	Competitor	Time
1st	Mary Corrigan	18:13
3rd	Tamara Wold	19:49
5th	Monica Litjen	20:07
8th	Lisa Settele	20:24
11th	Valerie Thorpe	20:59

**1985 - First WCC Event**  
at Crystal Springs in Belmont, Calif. (5K)  
LMU finished 3rd of 8

Place	Competitor	Time
6th	Mary Corrigan	18:46
12th	Tamara Wold	19:49
16th	Monica Litjen	20:42
18th	Linda Taylor	20:49
19th	M. Villacres	20:53

**1986**  
at Crystal Springs in Belmont, Calif. (5K)  
LMU finished 6th of 8

Place	Competitor	Time
11th	Tamara Wold	18:13
24th	Bonnie Phelan	22:32
25th	Mary Gale	22:36
32nd	Gloria Martinez	23:34
34th	Mary Dolan	23:51

**1987**  
at Crystal Springs in Belmont, Calif. (5K)  
LMU finished 6th of 8

Place	Competitor	Time
20th	Chris Fuller	20:52
28th	Bonnie Phelan	22:34
36th	Denise Bendek	22:48
42nd	Mary Dolan	24:02
48th	Karen Wood	26:57

**1988**  
at Crystal Springs in Belmont, Calif. (5K)  
LMU finished 7th of 8

Place	Competitor	Time
28th	Sara Shogren	21:40
36th	Claire Clark	22:14
38th	Bonnie Phelan	22:34
40th	Denise Bendek	22:45
45th	Jackie Creedon	24:20

**1989**  
at Crystal Springs in Belmont, Calif. (5K)  
LMU finished 8th of 8

Place	Competitor	Time
27th	M. Schneider	22:03
34th	Amy Martin	22:51
38th	Bonnie Phelan	22:34
40th	Denise Bendek	22:45
45th	Jackie Creedon	

**1990**  
at Crystal Springs in Belmont, Calif. (5K)  
LMU finished 4th of 8

Place	Competitor	Time
4th	Amy Harootian	19:29
7th	Gina Brown	20:03
31st	S. Sresthaphunlarp	22:42
32nd	S. Roberts	22:35
39th	Amy Martin	23:41

**1991**  
at Crystal Springs in Belmont, Calif. (5K)  
LMU finished 6th of 8

Place	Competitor	Time
1st	Regina Eroen	19:15
29th	Elsa Sanchez	21:53
34th	S. Roberts	22:35
40th	Jackie Creedon	22:53
41st	Mary Kennedy	22:53

**1992**  
at Crystal Springs in Belmont, Calif. (5K)  
LMU finished 8th of 8

Place	Competitor	Time
27th	Malia Kaizaka	21:19
39th	Kami Chisholm	22:43
47th	Amy Martin	25:36
48th	Mary Mulligan	26:08
50th	Elsa Sanchez	27:01

**1993**  
at Crystal Springs in Belmont, Calif. (5K)  
LMU finished 8th of 8

Place	Competitor	Time
45th	Elsa Sanchez	26:15
47th	Mary Mulligan	26:08
48th	A.M. Moward	27:03
50th	Blanca Navarro	27:15
54th	Jennifer Mair	29:38

**1994**  
at Crystal Springs in Belmont, Calif. (5K)  
LMU finished 8th of 8

Place	Competitor	Time
46th	Juli Asmus	23:25
49th	Blanca Navarro	24:26
50th	Sara Radcliffe	25:17
52nd	Sally Williamson	25:39
54th	Kami Chisholm	44:30

**1995**  
at Crystal Springs in Belmont, Calif. (5K)  
LMU finished 8th of 8

Place	Competitor	Time
34th	Heather Buchta	21:27
37th	K. Zimmerman	21:35
41st	Vanessa Hernandez	22:00
52nd	Traci Holman	23:30
53rd	P. Zimmerman	24:11

**1996**  
at Crystal Springs in Belmont, CA (5K)  
LMU finished 6th of 8

Place	Competitor	Time
11th	Malinalli Martinez	19:11
32nd	Lindsey Webb	20:44
33rd	Heather Buchta	20:44
37th	Lysandra Sapp	20:55
39th	K. Zimmerman	21:04
45th	Vanessa Hernandez	21:33
48th	Traci Holman	21:54

**1997**  
at Crystal Springs in Belmont, Calif. (5K)  
LMU finished 6th of 8

Place	Competitor	Time
6th	Malinalli Martinez	19:33
20th	K. Zimmerman	21:00
39th	Holly Turney	22:43
42nd	Vanessa Hernandez	23:04
47th	Kristin Mahaney	23:24

**1998**  
at Crystal Springs in Belmont, Calif. (5K)  
LMU finished 8th of 8

Place	Competitor	Time
3rd	Malinalli Martinez	18:44
41st	Christina Ne lson	21:51
43rd	Bevin Steensen	22:04
50th	Vanessa Hernandez	22:45
54th	Kristin Mahaney	23:30
55th	Holly Turney	23:49

**1999**  
at Crystal Springs in Belmont, Calif. (5K)  
LMU finished 7th of 8

Place	Competitor	Time
6th	Malinalli Martinez	19:01
33rd	Traci Pantuso	21:02
43rd	Bevin Steensen	21:53
47th	Lindsey Webb	22:15
51st	Alie Moody	22:55
53rd	Holly Turney	23:08
54th	Tracy O'Donnell	23:33

**2000**  
at Crystal Springs in Belmont, Calif. (5K)  
LMU finished 8th of 8

Place	Competitor	Time
21st	Erin Junkin	20:20
27th	Traci Pantuso	20:29
44th	Jenny Atkinson	21:27
45th	Heather Montgomery	21:31
53rd	Kristi Patton	22:33
54th	Holly Turney	22:48
56th	Brianna Heisey	23:50

**2001**  
at Crystal Springs in Belmont, Calif. (5K)  
LMU finished 7th of 8

Place	Competitor	Time
1st	Edit Pakay	17:58
29th	Heather Montgomery	20:35
34th	Erin Junkin	20:51
48th	Trinity Amalfitano	21:35
49th	Jenny Atkinson	21:40
52nd	Maria Degitz	22:31
53rd	Alie Moody	22:36



**WCC CHAMPIONSHIP RESULTS - WOMEN****2002**

at Crystal Springs in Belmont, Calif. (5K)

LMU finished 6th of 8

Place	Competitor	Time
7th	Edit Pakay	18:55
23rd	Erin Junkin	19:44
35th	Lara Del Rio	20:27
40th	Trinity Amalfitano	20:38
44th	Heather Montgomery	20:54
48th	Alie Moody	21:01
51st	Erin Wilkinson	21:46

**2003**

at Crystal Springs in Belmont, Calif. (5K)

LMU finished 5th of 8

Place	Competitor	Time
20th	Kristen Gonzalez	19:15
23rd	Trinity Amalfitano	19:22
26th	A. Gernhardt	19:33
28th	Lara Del Rio	19:35
30th	Maria Degitz	19:37
40th	Melani Hom	20:07
52nd	Michelle Toapanta	21:37

**2004**

at Crystal Springs in Belmont, Calif. (5K)

LMU finished 6th of 8

Place	Competitor	Time
15th	Brittany Rezowalli	19:15
20th	Trinity Amalfitano	19:24
25th	Laura Mickelson	19:26
34th	Maria Degitz	19:38
36th	Claudia Bishop	19:43
47th	Heather Rosas	20:57
DQ	Kristen Gonzalez	

**2005**

at Crystal Springs in Belmont, Calif. (5K)

LMU finished 2nd of 8

Place	Competitor	Time
7th	Laura Mickelson	18:23
8th	Brittany Rezowalli	18:24
9th	Sara Mickelson	18:34
15th	Claudia Bishop	19:02
19th	Lara Del Rio	19:12
20th	Heather Rosas	19:15
23rd	Kristen Gonzalez	19:20

**2006**

at Crystal Springs in Belmont, Calif. (6K)

LMU finished 3rd of 8

Place	Competitor	Time
1st	Laura Mickelson	21:16
6th	Kristen Gonzalez	22:51
9th	Abby Fall	23:14
16th	Brittany Rezowalli	23:33
21st	Claudia Bishop	23:48
41st	Annie Holden	25:30
47th	Melani Hom	26:24

**2007**

at Crystal Springs in Belmont, Calif. (6K)

LMU finished 3rd of 8

Place	Competitor	Time
2nd	Laura Mickelson	20:56
5th	Tara Erdmann	21:26
15th	Abby Fall	22:06
20th	Brittany Rezowalli	22:30
26th	Annie Holden	23:00
31st	Brenn Donnelly	23:47
37th	Ahnie Draper	24:14

**2008**

at Crystal Springs in Belmont, Calif. (6K)

LMU finished 2nd of 8

Place	Competitor	Time
1st	Tara Erdmann	21:54
8th	Brianna Delaney	22:22
9th	Abby Fall	22:29
14th	Stephanie Felix	22:44
16th	Megan Fairley	22:53
26th	Marissa Diehl	23:32
29th	Annie Holden	23:36

**2009**

at Crystal Springs in Belmont, Calif. (6K)

LMU finished 2nd of 8

Place	Competitor	Time
2nd	Sheree Shea	21:11
11th	Cassandra Salazar	22:03
12th	Brianna Delaney	22:09
13th	Cynthia Chaidez	22:18
14th	Brooke Lademan	22:20
24th	Caroline Draper	23:45
38th	Megan Fairley	23:13

**2010**

at Crystal Springs in Belmont, Calif. (6K)

LMU finished 3rd of 8

Place	Competitor	Time
1st	Tara Erdmann	20:21
3rd	Sheree Shea	20:48
16th	Brittanie Munoz	21:51
19th	Brianna Delaney	21:56
37th	Jessica Mummaugh	23:13
39th	Cynthia Chaidez	23:17

**2011**

at Crystal Springs in Belmont, Calif. (6K)

LMU finished 4th of 9

Place	Competitor	Time
1st	Tara Erdmann	20:01
13th	Brianna Delaney	21:36
21st	Veronica Wallington	22:01
27th	Jessica Mummaugh	22:30
49th	Caroline Draper	23:11
51st	Aeoleone Bristow	23:13

**2012**

at Fern Hill Park in Portland, Oregon (6K)

LMU finished 5th of 9

Place	Competitor	Time
3rd	Sheree Shea	20:34
16th	Callie Mulgannon	21:10
28th	Caroline Draper	21:29
31st	Kelli Sugimoto	21:42
32nd	Cassandra Salazar	21:47
34th	Brittanie Munoz	22:06
35th	Sarah Vitug	22:11

**2013**

at Alumni Park in Malibu, Calif. (6K)

LMU finished 4th of 9

Place	Competitor	Time
4th	Sheree Shea	21:05
5th	Grace Graham-Zamudio	21:11
15th	Danielle Shanahan	21:47
26th	Kelli Sugimoto	22:26
29th	Brittanie Munoz	22:33
37th	Melanie Joerger	22:55
41st	Kelly Parsons	23:00

**2014**

at Baylands Park in Santa Clara, Calif. (6K)

LMU finished 3rd of 9

Place	Competitor	Time
3rd	Danielle Shanahan	19:51
5th	Grace Graham-Zamudio	20:04
14th	Kelli Sugimoto	20:38
20th	Kayla de Bondt	20:51
23rd	Chloe Curtis	20:56
38th	Kyra Burke	21:36
41st	Samantha Garcia	21:43

**2015**

at Plantes Ferry Sports Park in Spokane, WA (6K)

LMU finished 4th of 10

Place	Competitor	Time
2nd	Danielle Shanahan	21:06.4
19th	Kelli Capel	21:59.6
20th	Emily Hubert	22:00.2
24th	Kayla de Bondt	22:07.0
30th	Maddi Vorgitch	22:36.8
35th	Lorena Garcia	22:43.7
52nd	Samantha Garcia	23:26.9
59th	Elena Garcia	23:47.6

**2016**

at Mission Bay Park in San Diego, CA (6K)

LMU finished 5th of 10

Place	Competitor	Time
21st	Kayla de Bondt	21:48.2
35th	Marisa Carino	22:51.1
36th	Emily Hubert	22:54.1
37th	Elena Garcia	23:00.7
38th	Maddi Vorgitch	23:01.9
39th	Hannah Wohlenberg	23:02.6
48nd	Lorena Garcia	23:26.2
54th	Kyla Danforth	23:45.4



## NCAA WEST REGIONALS - MEN



1982

## West Regional in Fresno, Calif. (10K)

Place	Competitor	Time
96th	Tom Carlton	32:48
102nd	Ted Cotti	33:19
114th	John Courtney	34:23

1984

## West Regional in Fresno, Calif. (10K)

Place	Competitor	Time
86th	Richard Vicain	35:14
108th	Jake Courtney	36:20
114th	Mark Guzman	37:38
116th	Richard Renati	42:12
117th	Ted Cotti	42:13

1986

## West Regional in Fresno, Calif. (10K)

Place	Competitor	Time
96th	Rick Weis	34:44

1998

## West Regional in Fresno, Calif. (10K)

Place	Competitor	Time
143rd	Michael Cortez	38:03
146th	Mark Siegfried	38:20
149th	Joey Hawkins	39:44
155th	Mark D'Amico	41:32
157th	William Handsfield	43:00

1999

## West Regional in Portland, Ore. (10K)

## LMU finished 21st of 21

Place	Competitor	Time
137th	Edward Giron	36:12
148th	Mark Siegfried	37:43
152nd	Adam Vaughn	38:43
156th	Joey Hawkins	40:10
158th	Michael Cortez	41:27
159th	Mark D'Amico	41:35
160th	Arthur Wypchlak	42:31

2000

## West Regional in Fresno, Calif. (10K)

Place	Competitor	Time
139th	Edward Giron	36:30
148th	Michael Cortez	39:59
149th	Mark D'Amico	40:49

2004

## West Regional in Fresno, Calif. (10K)

## LMU finished 20th of 21

Place	Competitor	Time
118th	Lino Almeida	34:01
120th	Kenny Arehart	34:05
127th	Adam Bacon	34:21
128th	Drew Haberkorn	34:23
130th	Andy Thompson	34:31
144th	Jonathan MacNeil	36:26

2005

## West Regional in Fresno, Calif. (10K)

## LMU finished 21st of 23

Place	Competitor	Time
98th	Lino Almeida	33:00.1
118th	Sean Sisk	33:39.3
127th	Drew Haberkorn	33:57.5
134th	Kenny Arehart	34:17.9
139th	Jonathan MacNeil	34:43.4
150th	Trevor Wiseman	35:20.0
154th	Anthony Gutierrez	36:49.5

2006

## West Regional in Fairview, Ore. (10K)

## LMU finished 22nd of 25

Place	Competitor	Time
106th	Drew Haberkorn	33:17.62
107th	Nicholas Brennan	33:26.56
115th	Trevor Wiseman	33:47.16
119th	Mo Elmi	33:57.38
143rd	Reynaldo Barrera	34:45.35
152nd	Sean Sisk	35:15.24

2007

## West Regional in Eugene, Ore. (10K)

## LMU finished 16th of 24

Place	Competitor	Time
93rd	Lino Almeida	32:31.90
101st	Trevor Wiseman	32:38.55
102nd	Brian McDonald	32:39.50
115th	Scott Donahue	33:03.80
118th	Mo Elmi	33:11.15
125th	Sean Sisk	33:22.10
137th	Jonathan MacNeil	33:48.80

2008

## West Regional in Palo Alto, Calif. (10K)

## LMU finished 17th of 25

Place	Competitor	Time
61	Brian McDonald	30:57.37
63	Trevor Wiseman	31:03.87
92	Phillip Benavides	31:53.02
123	Erich Yanoschik	32:40.82
136	Daman Coffman	33:03.45
143	Scott Donahue	33:07.98
146	Connor Pastoor	33:12.92

2009

## West Regional in Eugene, Ore. (10K)

## LMU finished 13th of 26

Place	Competitor	Time
60	Sterling Lockert	32:13.46
64	Brian McDonald	32:19.98
82	Daniel LaCava	32:49.52
85	Tyre Johnson	32:54.31
104	Connor Pastoor	33:19.93
125	Scott Donahue	33:46.18
136	Thomas Finnigan	33:47.49

2010

## West Regional in Springfield, Ore. (10K)

## LMU finished 20th of 37

Place	Competitor	Time
75	Weston Strum	31:28.62
96	Tyre Johnson	31:42.21
112	Sterling Lockert	31:59.11
126	Drew Datton	32:12.65
130	Connor Pastoor	32:15.21
155	Greg Innes	32:56.80
159	Phillip Benavides	33:23.94

2011

## West Regional in Palo Alto, Calif. (10K)

## LMU finished 21st of 25

Place	Competitor	Time
51	Weston strum	30:35
111	Connor Pastoor	31:52
114	Tyre Johnson	31:52
131	Kevin Joeger	32:12
154	Michael Carlone	34:02
159	Michael Vorgitch	34:29

2012

## West Regional in Seattle, Wash. (10K)

## LMU finished 19th of 26

Place	Competitor	Time
45th	Weston Strum	30:29.94
88th	Daniel Gibson	31:14.99
93rd	Kevin Joeger	31:18.37
128th	Sterling Lockert	32:11.87
137th	Michael Duncan	32:27.70
151st	Drew Dalton	32:45.36
171st	Michael Carlone	33:31.41

2013

## West Regional in Sacramento, Calif. (10K)

## LMU finished 15th of 27

Place	Competitor	Time
32nd	Weston Strum	30:36
55th	Brian Joeger	31:00
87th	Drew Dalton	31:41
88th	John Pickhaver	31:42
103rd	Michael Duncan	32:01
147th	Daniel Gibson	33:04
168th	Michael Vorgitch	34:09

2014

## West Regional in Stanford, Calif. (10K)

## LMU finished 20th of 29

Place	Competitor	Time
90th	Daniel Gibson	31:15
95th	Michael Duncan	31:21
116th	Lance Capel	31:39
117th	Christopher Fredlund	31:39
154th	Brandon Vientos	32:40
162nd	Grant Lapovich	32:49
169th	Jack Polerecky	33:05

2015

## West Regional in Seattle, Wash. (10K)

## LMU finished 17th of 30

Place	Competitor	Time
80th	Koby Pederson	32:41.7
112th	Christopher Fredlund	33:29.5
113th	Brandon Vientos	33:31.0
114th	Branden Estrada	33:36.6
124th	Brian Joeger	33:47.2
139th	Lance Capel	34:03.2
204th	Michael Duncan	39:11.7

2016

## West Regional in Sacramento, Calif. (10K)

## LMU finished 16th of 29

Place	Competitor	Time
58th	Jack Polerecky	30:46.4
71st	Koby Pederson	31:08.9
81st	Brandon Vientos	31:35.7
111th	Matt Holton	32:08.6
119th	Jacob Heink	32:18.7
126th	Grant Lapovich	32:23.4
154th	Christopher Fredlund	32:50.7

**NCAA WEST REGIONALS - WOMEN****1982****West Regional in Fresno, Calif. (5K)**

Place	Competitor	Time
54th	Terese Kozlowski	18:02
73rd	Mary Corrigan	18:27
97th	Laura Lynch	20:06

**1984****West Regional in Fresno, Calif. (5K)****LMU finished 15th**

Place	Competitor	Time
51st	Mary Corrigan	19:20
78th	Tamara Wold	20:36
90th	Monica Litjen	21:10
101st	Lisa Stettele	22:14
103rd	Valerie Thorpe	22:21

**1986****West Regional in Fresno, Calif. (5K)**

Place	Competitor	Time
99th	M. Martinez	19:13

**1990****West Regional in Fresno, Calif. (5K)**

Place	Competitor	Time
85th	Gina Brown	20:19

**1998****West Regional in Fresno, Calif. (5K)**

Place	Competitor	Time
183rd	Bevin Steensen	22:13
186th	Christina Nelson	22:26
187th	Holly Turney	22:35
188th	Tracy O'Donnell	23:14
190th	Traci Pantuso	23:39

**1999****West Regional in Portland, Ore. (5K)****LMU finished 26th of 28**

Place	Competitor	Time
65th	Malinalli Martinez	18:40
166th	Traci Pantuso	20:53
185th	Bevin Steensen	22:17
189th	Lindsey Webb	23:09
192nd	Alie Moody	23:52
194th	Tracy O'Donnell	24:19
195th	Holly Turney	24:39

**2000****West Regional in Fresno, Calif. (6K)**

Place	Competitor	Time
154th	Traci Pantuso	24:16
177th	Erin Junkin	25:11
178th	Jenny Atkinson	25:21
192nd	Holly Turney	31:24

**2001****West Regional in Tucson, Ariz. (6K)**

Place	Competitor	Time
70th	Edit Pakay	23:49.2

**2002****West Regional in Fresno, Calif. (6K)**

Place	Competitor	Time
143rd	Erin Junkin	24:56
180th	Alie Moody	27:12

**2004****West Regional in Fresno, Calif. (6K)****LMU finished 23rd of 28**

Place	Competitor	Time
125th	Lara Del Rio	23:19
134th	Brittany Rezowalli	23:25
140th	Laura Mickelson	23:30
145th	Trinity Amalfitano	23:37
151st	Claudia Bishop	23:40
160th	Maria Degitz	23:56
167th	Kristen Gonzalez	24:08

**2005****West Regional in Fresno, Calif. (6K)****LMU finished 14th of 30**

Place	Competitor	Time
30th	Laura Mickelson	21:22.9
49th	Sara Mickelson	21:41.3
81st	Brittany Rezowalli	22:25.7
107th	Claudia Bishop	22:46.4
113th	Lara Del Rio	22:53.3
123rd	Heather Rosas	23:03.7
126th	Abby Fall	23:09.8

**2006****West Regional in Fairview, Ore. (6K)****LMU finished 14th of 30**

Place	Competitor	Time
7th	Laura Mickelson	21:19.59
89th	Abby Fall	23:29.10
94th	Kristen Gonzalez	23:30.88
103rd	Brittany Rezowalli	23:37.06
137th	Annie Holden	24:08.89
166th	Claudia Bishop	25:07.90
173rd	Melani Hom	25:25.52

**2007****West Regional in Eugene, Ore. (6K)****LMU finished 15th of 31**

Place	Competitor	Time
15th	Laura Mickelson	20:49.90
40th	Tara Erdmann	21:27.30
100th	Abby Fall	22:21.95
114th	Annie Holden	22:34.40
123rd	Brittany Rezowalli	22:41.30
181st	Brenn Donnelly	23:56.40
191st	Ahnie Draper	24:36.15

**2008****West Regional in Palo Alto, Calif. (6K)****LMU finished 16th of 30**

Place	Competitor	Time
14th	Tara Erdmann	20:22.53
86th	Brianna Delaney	21:56.24
100th	Stephanie Felix	22:09.01
109th	Marissa Diehl	22:15.32
111st	Megan Fairley	22:16.60
135th	Abby Fall	22:39.79
146th	Annie Holden	22:51.28

**2009****West Regional in Eugene, Ore. (6K)****LMU finished 13th of 25**

Place	Competitor	Time
23rd	Sheree Shea	21:33.90
65th	Cynthia Chaidez	22:27.89
68th	Cassandra Salazar	22:30.85
86th	Brooke Lademan	22:49.35
108th	Brianna Delaney	23:04.27
121st	Caroline Draper	23:17.34
158th	Megan Fairley	24:11.71

**2010****West Regional in Springfield, Ore. (6K)****LMU finished 12th of 37**

Place	Competitor	Time
4th	Tara Erdmann	20:12.0
14th	Sheree Shea	20:30.7
105th	Brianna Delaney	21:59.7
109th	Brittne Munoz	22:02.3
121st	Alyssa Bellia	22:11.5
147th	Cynthia Chaidez	22:28.1
160th	Jessica Mumsugh	22:38.7

**2011****West Regional in Palo Alto, Calif. (6K)****LMU finishes 20th of 31**

Place	Competitor	Time
3rd	Tara Erdmann	19:53
85th	Brianna Delaney	22:03
115th	Caroline Draper	22:25
145th	Jessica Mumaugh	22:52
172nd	Aeoleone Bristow	23:19

**2012****West Regional in Seattle, Wash. (6K)****LMU finishes 13th of 28**

Place	Competitor	Time
11th	Sheree Shea	19:54.62
63rd	Caroline Draper	21:10.06
73rd	Callie Mulgannon	21:17.15
84th	Cassandra Salazar	21:24.33
106th	Brittne Munoz	21:39.80
109th	Kelli Sugimoto	21:40.80
112th	Sarah Vitug	21:43.12

**2013****West Regional in Sacramento, Calif. (6K)****LMU finishes 11th of 32**

Place	Competitor	Time
13th	Sheree Shea	19:59
48th	Grace Graham-Zamudio	20:44
55th	Danielle Shanahan	20:48
71st	Kelli Sugimoto	20:58
120th	Brittne Munoz	21:41
137th	Melanie Joerger	21:53
179th	Kelly Parsons	22:#1

**2014****West Regional in Stanford, Calif. (6K)****LMU finishes 9th of 34**

Place	Competitor	Time
17th	Grace Graham-Zamudio	20:45
19th	Danielle Shanahan	20:47
62nd	Kayla de Bondt	21:33
71st	Kelli Sugimoto	21:42
92nd	Chloe Curtis	22:03
164th	Kyra Burke	23:06
186th	Samantha Garcia	23:37

**2015****West Regional in Seattle, Wash. (6K)****LMU finishes 16th of 35**

Place	Competitor	Time
13th	Danielle Shanahan	21:02.4
60th	Kelli Capel	21:43.7
86th	Emily Hubert	22:14.9
97th	Samantha Garcia	22:18.5
110th	Maddi Vorgitch	22:24.2
121st	Lorena Garcia	22:29.8
125th	Kayla de Bondt	22:34.4





# NCAA WEST REGIONALS - WOMEN



2016

West Regional in Sacramento, Calif. (6K)

LMU finishes 21st of 35

Place	Competitor	Time
63rd	Kayla de Bondt	21:02.9
127th	Marisa Carino	21:57.7
136th	Hannah Wohlenberg	22:04.2
140th	Emily Hubert	22:07.5
146th	Elena Garcia	22:12.3
164st	Lorena Garcia	22:26.1
171th	Maddi Vorgitch	22:36.1





# NCAA NATIONALS RESULTS - WOMEN

<u>Year</u>	<u>Name</u>	<u>Time</u>	<u>Place</u>
2006	Laura Mickelson (6K)	21:38	50th of 255
2007	Laura Mickelson (6K)	21:15.8	61st of 253
2008	Tara Erdmann (6K)	20:01	68th of 252
2010	Tara Erdmann (6K)	20:39.9	25th of 254
2011	Tara Erdmann (6K)	19:51.3	10th of 254
2012	Sheree Shea (6K)	21:23.2	181st of 253
2015	Danielle Shanahan (6K)	20:45.9	87th of ???



**HONORS AND AWARDS****USTFCCCA All-American****2011***Women*

Tara Erdmann

**NCAA All-American****2010***Women*

Tara Erdmann

**USTFCCCA All-Region****2012***Women*

Sheree Shea

**2013***Women*

Sheree Shea

**2014***Women*

Grace Graham-Zamudio

Danielle Shanahan

**2015***Women*

Danielle Shanahan

**All-WCC****1980***Men*

Kevin Galbraith (HM)

Joe Ramirez (HM)

**1981***Men*

Tom Carlton (1st)

Mark Grimmatt (1st)

Jake Courtney (HM)

Ted Cotti (HM)

**1982***Men*

Ted Cotti (HM)

Tom Carlton (HM)

**1983***Men*

Tom Carlton (1st)

**1984***Men*

Dick Vicain (1st)

Ted Cotti (HM)

Jake Courtney (HM)

**1985***Men*

Richard Vicain (HM)

*Women*

Mary Corrigan (1st)

Tamara Wold (HM)

**1986***Women*

Tamara Wold (HM)

**1990***Men*

Rick Sansing (HM)

*Women*

Amy Harootian (1st)

Gina Brown (1st)

**1991***Men*

Jose Quinones (HM)

Eric Merk (HM)

*Women*

Regina Eroen (1st)

**1996***Men*

Rick Weis (HM)

*Women*

Malinalli Martinez (HM)

**1997***Men*

Rick Weis (HM)

*Women*

Malinalli Martinez (1st)

**1998***Women*

Malinalli Martinez (1st)

**1999***Women*

Malinalli Martinez (1st)

**2001***Women*

Edit Pakay (1st)

**2002***Women*

Edit Pakay (1st)

**2004***Women*

Brittany Rezowalli (HM)

**2005***Men*

Lino Aleida (1st)

Reynaldo Barrera (HM)

*Women*

Laura Mickelson (1st)

Brittany Rezowalli (1st)

Sara Mickelson (1st)

Claudia Bishop (HM)

**2006***Men*

Nicholas Brennan (1st)

Jonathan MacNeil (HM)

*Women*

Laura Mickelson (1st)

Kristen Gonzalez (1st)

Abby Fall (1st)

**2007***Men*

Trevor Wiseman (1st)

Lino Almeida (1st)

Brian McDonald (HM)

*Women*

Laura Mickelson (1st)

Tara Erdmann (1st)

Abby Fall (1st)

**2008***Men*

Trevor Wiseman (1st)

Brian McDonald (1st)

Phillip Benavides (1st)

Connor Pastoor (HM)

*Women*

Tara Erdmann (1st)

Brieanna Delaney (1st)

Abby Fall (1st)

Shephanie Felix (HM)

**2009***Men*

Brian McDonald (1st)

Sterling Lockert (1st)

Daniel LaCava (HM)

Tyre Johnson (HM)

Thomas Finnigan (HM)

*Women*

Sheree Shea (1st)

Cassandra Salazar (HM)

Brieanna Delaney (HM)

Cynthia Chaidez (HM)

Brooke Lademan (HM)

**2010***Men*

Weston Strum (1st)

Sterling Lockert (HM)

*Women*

Tara Erdmann (1st)

Sheree Shea (1st)

**2011***Women*

Tara Erdmann (1st)

Brieanna Delaney (HM)

**2012***Men*

Weston Strum (1st)

*Women*

Sheree Shea (1st)

**2013***Men*

Weston Strum (1st)

*Women*

Sheree Shea (1st)

Grace Graham-Zamudio (1st)

Danielle Shanahan (HM)

**2014***Women*

Danielle Shanahan (1st)

Grace Graham-Zamudio (1st)

Kelli Sugimoto (HM)

**2015***Women*

Danielle Shanahan (1st)

**HONORS AND AWARDS****WCC Coach of the Year****2008***Men*

Scott Guererro

**2007***Men*

Scott Guererro (co)

**2005***Women*

Scott Guererro

**WCC Individual Champion****1991***Women*

Regina Eroen

**2001***Women*

Edit Pakay

**2006***Women*

Laura Mickelson

**2008***Women*

Tara Erdmann

**2010***Women*

Tara Erdmann

**WCC Freshman of the Year****2007***Women*

Tara Erdmann

**2008***Women*

Brianna Delaney

**2009***Women*

Sheree Shea

**2013***Women*

Danielle Shanahan

**WCC Runner of the Month****2001***Women*

Edit Pakay (Sept.)

**2005***Women*

Sara Mickelson (Oct.)

**2006***Women*

Laura Mickelson (Sept., Oct.)

**2007***Women*

Laura Mickelson (Sept.)

**2010***Women*Sheree Shea (Sept.)  
Tara Erdmann (Oct., Nov.)**2011***Women*

Tara Erdmann (Sept., Nov.)

**2012***Women*

Sheree Shea (Sept., Nov.)

**2013***Women*

Grace Graham-Zamudio (Sept., Oct.)

**2014***Women*

Danielle Shanahan (Sept.)

**WCC All-Academic****2002***Men*

Bernie Ochoa

**2003***Men*Kenny Arehart  
Bernie Ochoa  
Andrew Thompson**2006***Men*

Jonathan MacNeil

*Women*Laura Mickelson  
Abby Fall**2007***Men*

Jonathan MacNeil

*Women*Laura Mickelson  
Abby Fall**2008***Women*

Abby Fall

**2009***Men*Thomas Finnigan  
Gregory Innes (HM)  
*Women*  
Cynthia Chaidez  
Megan Fairley (HM)**2010***Men*Greg Innes  
Oran Arms (HM)  
Thomas Finnigan (HM)*Women*Tara Erdmann  
Sheree Shea  
Megan Fairley (HM)  
Stephanie Felix (HM)  
Jilliam Jaccard (HM)  
Cynthia Chaidez (HM)**2011***Men*Weston Strum  
Oran Arms (HM)  
Drew Dalton (HM)  
Greg Innes (HM)  
*Women*  
Tara Erdmann  
Alyssa Bellia (HM)  
Brianna Delaney (HM)  
Michelle Hickerson (HM)**2012***Men*Kevin Joerger  
Michael Carlone (HM)  
Drew Dalton (HM)  
Greg Innes (HM)  
Dan Smith (HM)  
Weston Strum (HM)  
*Women*  
Michelle Hickerson  
Sheree Shea (HM)**2013***Men*Kevin Joerger  
Weston Strum  
Drew Dalton (HM)  
Michael Duncan (HM)  
Daniel Gibson (HM)*Women*Sheree Shea  
Kelli Sugimoto (HM)  
Melanie Joerger (HM)  
Taylor Paschen (HM)  
Evelyn Gonzalez (HM)**2014***Men*Daniel Gibson (HM)  
*Women*  
Grace Graham-Zamudio  
Kyra Burke (HM)  
Kelli Sugimoto (HM)**2015***Men*Harry Loasby  
Jack Polerecky  
Michael Duncan (HM)*Women*Kelli Capel  
Kayla de Bondt (HM)  
Danielle Shanahan (HM)**2016***Men*Ben Davis  
Jack Polerecky (HM)  
Koby Pederson (HM)*Women*Marisa Carino (HM)  
Kayla de Bondt (HM)  
Maddi Vorgitch (HM)

**HONORS AND AWARDS****WCC Commissioner's Honor Roll****2003***Men*

(GOLD) Daniel Judnick (SILVER) Kenneth Arehart, Sean Cox, Christopher Heinfeld, Bernardino Ochoa (BRONZE) Adam Bacon, David Steinhafelm Andrew Thompson

*Women*

(BRONZE) Trinity Amalfitano, Caitlin Baker, Erin Junkin, Heather Montgomery, Rosalie Moody, Shannon Williams, Erin Wilkins

**2004**

NA

**2005***Men*

(GOLD) Bernie Ochoa (BRONZE) Kenneth Arehart, Adam Bacon, Jonathan MacNeil, Andrew Thompson

*Women*

(GOLD) Catherine Lima, Laura Mickelson, Sara Mickelson (SILVER) Kandace Logan (BRONZE) Trinity Amalfitano, Kelly Yahr

**2006***Men*

(BRONZE) Kenny Arehart, A.J. Gutierrez, Drew Haberkorn, Sean Sisk

*Women*

(GOLD) Laura Mickelson, Sara Mickelson (SILVER) Catherine Lima (BRONZE) Alyssa Arias, Claudia Bishop, Lara Del Rio, Melani Hom, Caitlin Jennings, Kelly Yahr

**2007***Men*

(SILVER) Kacy Sommers, Nicholas Brennan, Jonathan MacNeil, Paul Beckwith, Andrew Hirning (BRONZE) Andrew Haverkorn, Sean Sisk, Mo Elmi, Reynaldo

*Women*

(GOLD) Laura Mickelson, Abby Fall, Catherine Lima, Ahnie Draper (SILVER) Lindsay Vitort, Megan Lynch (BRONZE) Kelyn Mainwaring, Annie Holden, Melani Hom, Kelly Yahr, Caitlin Jennings, Kassandra Wright, Claudia Bishop, Brittany Rezowalli

**2008***Men*

(SILVER) Paul Beckwith, Jacques Delouche, Jonathan MacNeil (BRONZE) Andrew Hirning, Sean Sisk

*Women*

(GOLD) Abby Fall, Laura Mickelson (SILVER) Brenn Donnelly, Annie Draper, Shea Franklin, Megan Lynch (BRONZE) Kristina Fernandez, Annie Holden, Caitlin Jennings, Brittany Rezowalli, Kelly Yahr

**2009***Men*

(SILVER) Paul Beckwith, Jacques Delouche (BRONZE) Oran Arms, Daman Coffman, Thomas Finnigan, Sean Sisk, Trevor Wiseman

*Women*

(GOLD) Abby Fall, Stephanie Felix (SILVER) Marissa Diehl, Ahnie Draper, Megan Fairley, Shea Franklin, Madeline Hess-Maple, Annie Holden, Megan Lynch, Kelly McEnerney (BRONZE) Cynthia

Chidez, Tara Erdmann, Caitlin Jennings, Elizabeth Murphy

**2010***Men*

(GOLD) Aaron Kurland, Daniel LaCava (SILVER) Greg Innes (BRONZE) Oran Arms, Michael Carlone, Scott Donohue, Thomas Finnigan

*Women*

(GOLD) Stephanie Felix, Jillian Jaccard, Sheree Shea (SILVER) Megan Fairley, Shea Franklin, Annie Holden (BRONZE) Cynthia Chidez, Brianna Delaney, Marissa Diehl, Tara Erdmann, Jessica Mumaugh

**2011***Men*

(GOLD) Kevin Joerger, Drew Dalton, Matthew Duncan (SILVER) Weston Strum, Greg Innes, Henry Jordan, Ronald Larrieu (BRONZE) Oran Arms, Michael Carlone, Dan Smith, Michael Herrera, Thomas Finnigan, Scott Donahue, Connor Pastoor

*Women*

(GOLD) Jillian Jaccard, Stephanie Felix, Michelle Hickerson, Alyssa Bellia (SILVER) Shea Franklin, Megan Fairley, Sheree Shea (BRONZE) Cynthia Chidez, Tara Erdmann, Brianna Delaney, Marisa Diehl, Jessica Mumaugh, Kelly Shogren, Laura Delgado, Brittanie Munoz

**2012***Men*

(GOLD) Kevin Joerger, Drew Dalton (SILVER) Greg Innes, Weston Strum, RJ Larrieu (BRONZE) Oran Arms, Henry Jordan, Connor Pastoor, Michael Carlone, Daniel Smith, Douglas Petree, Phillip Benavides

*Women*

(GOLD) Coralie Eilers, Jillian Jaccard, Michelle Hickerson, Stephanie Felix, Alyssa Bellia, Megan Fairley (SILVER) Sheree Shea (BRONZE) Brianna Delaney, Marissa Diehl, Tara Erdmann, Jessica Mumaugh, Aeoleone Bristow, Brittnie Munoz

**2013***Men*

(GOLD) Drew Dalton, Greg Innes, Kevin Joerger, Derek Weber (SILVER) Weston Strum (BRONZE) Lance Capel, Michael Carlone, Michael Duncan, Daniel Gibson, RJ Larrieu, Andres Lopez, Douglas Petree, Dan Smith, Michael Vorgitch

*Women*

(GOLD) Michelle Hickerson, Melanie Joerger, Callie Mulgannon, Cassandra Salazar, Kelli Sugimoto, Sarah Vitug (BRONZE) Aeoleone Bristow, Samantha Garcia, Evelyn Gonzalez, Jessica Mumaugh, Sheree Shea

**2014***Men*

(GOLD) John Pickhaver, Kevin Joerger, Drew Dalton, Derek Weber (SILVER) Logan Fulton, Weston Strum, RJ Larrieu, Daniel Smith (BRONZE) Michael Duncan, Daniel Gibson, Douglas Petree, Andres Lopez, Sam Worley

*Women*

(GOLD) Caroline Gecker, Coralie Eilers, Melanie Joerger, Taylor Paschen (SILVER) Kelli Sugimoto, Kyra Burke, Sheree Shea (BRONZE) Chloe Curtis, Grace Graham-Zamudio, Aeoleone Bristow,

Alexandra Young, Samantha Garcia, Lorena Garcia

**2015***Men*

(GOLD) Jack Polerecky, Derek Weber (BRONZE) Mitchell Cameron, Harry Loasby, Daniel Gibson, Michael Duncan, Andres Lopez, Grant Lapovich, Lance Capel, Doug Petree, Ryan Vargas, Mathew Holton

*Women*

(GOLD) Marisa Carino (SILVER) Taylor Paschen, Kelli Sugimoto, Kyra Burke (BRONZE) Kayla de Bondt, Chloe Curtis, Grace Graham-Zamudio, Alexandra Young, Danielle Shanahan, Samantha Garcia

**USTFCCCA All-Academic Honors****Team***Men*

2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014

*Women*

2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014

**Individual***Women*

2013 - Sheree Shea  
2012 - Sherre Shea  
2011 - Tara Erdmann  
2010 - Tara Erdmann, Sheree Shea  
2007 - Laura Mickelson  
2006 - Laura Mickelson

**CoSIDA Academic All-American****2007***Women*

Laura Mickelson

**CoSIDA All-Academic West Region****2006***Women*

Laura Mickelson  
Sara Mickelson

**2013***Men*

Kevin Joerger