



Regionals Up Next: Colorado State will be in Ogden, Utah for the NCAA Mountain Regionals on Saturday, hosted by Weber State of the Big Sky Conference. The men's 10K race is scheduled to begin at 11:00, while the women are slated to start at 12:15 in a 6K race. Five of the top 17 teams in the nation are in the Mountain Region (Colorado 3rd, Northern Arizona 5th, Air Force 8th, BYU 10th, CSU 17th), while four of the top 22 women's teams are Mountain Region squads (BYU 2nd, Colorado 6th, Northern Arizona 10th, CSU 22nd). The race will be held at the Riverside Golf Course.

Championship Recap: Colorado State's women finished second at the Mountain West Conference Championship, behind defending national champions, BYU. The Rams tallied 62 points, with four being named to the All-Conference Second Team. Senior **Katie Yemm** finished ninth to earn Second Team honors, while junior **Michelle Carman**, junior **Crystal Clark** and junior **Colleen Blair** joined her on the seven person team. Carman finished 10th, while Clark was 12, Blair was 14th and junior **Nicole Feest** rounded out the scoring in 17th. Sophomore **Sarah MacKay** and senior **Jennifer Kintzley** also ran for the Rams, finishing 19th and 21st, respectively.

The men's team placed third, with three squad members getting named to the All-Conference First Team. Senior **Austin Vigil**, senior **Bill Michel** and sophomore **Josh Glaab** all earned First Team honors after placing third, fourth and sixth, respectively. The men's race was extremely tight, with Air Force scoring 37 points to win, while BYU was second with 41 and the Rams tallied 53 points for third. Sophomore **Matt Cianciulli** placed 19th and senior **Paul DiGrappa**

was 21st to round out the scoring, while junior **Matt Pettit** was 22nd and sophomore **Paul Michel** finished 26th.

A Glance Back: At the 2002 NCAA Mountain Regional, hosted by the University of New Mexico in Albuquerque, the women finished fourth, while the men placed sixth. **Katie Yemm** finished 13th, earning her a spot in the NCAA Championship, with a time of 21:36, while **Jennifer Kintzley** was 17th. **Colleen Blair** was 22nd for the Rams. **Josh Glaab** was the top men's finisher, placing 30th as a freshman, while **Bill Michel** was 33rd and **Austin Vigil** was 42nd. BYU claimed the women's title while Northern Arizona won the men's race.

Penn State Recap: The Colorado State men's cross country team won the Penn State National Cross Country Race, while the women finished fourth. The men scored a total of 36 points and were lead by **Austin Vigil** and junior **Mike Nicks**. **Vigil** finished third with a time of 25:41.47, while **Nicks** was right behind him in fourth at 25:41.95. **Josh Glabb** finished sixth with a time of 25:49.10 followed by **Bill Michel** in seventh with a time of 25:50.39. Rounding out the scoring was **Matt Cianciulli** in 16th with a time of 26:28.07. Also competing for the Rams on the 8-kilometer course were **Matt Pettit** and **Paul DiGrappa** finishing in 24th and 27th, respectively.

The women were paced by **Katie Yemm** in 12th with a time of 21:15.71. **Crystal Clark** and **Nicole Feest** were 16th and 17th, respectively, with times of 21:22.37 and 21:23.17, while **Michelle Carman** placed 21st in 21:26.91. **Sarah MacKay** finished out the scoring at 23rd in 21:32.92. **Colleen Blair** and **Jennifer Kintzley** also competed placing 24th and 33rd, respectively.

Women's FinishLynx Poll - as of 11/4

Rank	Team (1st votes)	Points	Last
1	Stanford (10)	387	1
2	BYU (3)	380	2
3	North Carolina	362	5
4	Notre Dame	345	7
5	North Carolina State	341	3
6	Colorado	311	9
7	Michigan	308	10
8	Providence	292	8
9	Columbia	269	12
10	Northern Arizona	265	11
11	Arizona State	264	4
12	Michigan State	254	6
13	Wake Forest	241	13
14	Princeton	234	14
15	UCLA	213	15
16	Georgetown	205	16
17	Penn State	171	19
18	Baylor	158	24
19	Marquette	150	21
20	Missouri	142	17
21	Villanova	124	NR
22	Colorado State	120	22
23	UC Santa Barbara	99	23
24	Tennessee	87	26
25	Duke	68	29

Men's MONDO Poll - as of 11/4

Rank	Team (1st votes)	Points	Last
1	Stanford (15)	479	1
2	Wisconsin (1)	464	2
3	Colorado	439	4
4	Iona College	427	3
5	Northern Arizona	418	5
6	Michigan	403	6
7	Arkansas	384	8
8	Air Force	365	9
9	Georgetown	340	13
10	BYU	330	12
11	Indiana	282	19
12	Oregon	270	18
13	Ohio State	265	7
14	North Carolina State	252	17
15	Cal Poly	242	16
16	Villanova	239	11
17	Colorado State	236	10
18	Notre Dame	223	24
19	Georgia	179	21
20	Washington	167	27
21	Providence	138	20
22	Central Michigan	129	22
23	Oklahoma State	128	NR
24	Florida State	127	23
25	Arizona State	94	15

2003 Cross Country Schedule

Date	Day	Event	Location	Time/Result
Sept. 5	Friday	Wyoming Invitational	Laramie, Wyo.	M 1st/W 1st
Sept. 13	Saturday	Lobo Invitational	Albuquerque, N.M.	M 1st/W 1st
Sept. 27	Saturday	Roy Griak Invitational	Minneapolis, Minn.	M 3rd/W 7th
Oct. 4	Saturday	Rocky Mountain Shootout	Boulder, Colo.	M not full team
Oct. 18	Saturday	Penn State National Race	University Park, Pa.	M 1st/W 4th
Nov. 1	Saturday	Mountain West Championships	Albuquerque, N.M.	M 3rd/W 2nd
Nov. 15	Saturday	NCAA Mountain Regional	Ogden, Utah	TBA
Nov. 24	Monday	NCAA Championships	Waterloo, Iowa	TBA

Men's Roster

<u>Name</u>	<u>Yr.</u>	<u>Hometown (Previous School)</u>
Matt Cianciulli	So.	Flagler, Fla. (Palm Coast)
Paul DiGrappa	Sr.	Highlands Ranch, Colo. (HS)
Dennis Flanagan	Sr.	Denver, Colo. (Mullen)
Josh Glaab	So.	Superior, Colo. (Monarch)
Ryan Kirkpatrick	Fr.	Greeley, Colo.
Bill Michel	Sr.	Wheat Ridge, Colo. (HS)
Paul Michel	So.	Wheat Ridge, Colo. (HS)
John Nichols	Fr.	Compton, Calif.
Mike Nicks	Jr.	Colorado Springs, Colo. (Doherty)
Nelson Palacios	Fr.	Fort Collins, Colo. (HS)
Mathew Pettit	Jr.	Dillsburg, Pa.
Austin Vigil	Sr.	Fruita, Colo. (Adams State)
Rob Watson	Jr.	London, Ontario, Canada
Dave Zakavec	Fr.	Loveland, Colo. (Thompson Valley)

Women's Roster

<u>Name</u>	<u>Yr.</u>	<u>Hometown (Previous School)</u>
Colleen Blair	Jr.	Golden, Colo. (Mullen)
Danielle Buzzell	So.	Carthage, N.Y.
Michelle Carman	Jr.	Veneta, Ore. (Boise State)
Crystal Clark	Jr.	New Braunfels, Texas (HS)
Nicole Feest	Jr.	Lombard, Ill. (Oregon)
Megan Fox	Fr.	Fort Collins, Colo. (HS)
Becky Hammitt	Fr.	Cheyenne, Wyo. (East)
Jennifer Kintzley	Sr.	LaPorte, Colo. (Poudre)
Danielle Korb	So.	Fort Collins, Colo. (HS)
Andrea Little	Fr.	Fort Collins, Colo. (Rocky Mountain)
Sarah MacKay	So.	Whitinsville, Mass.
Emily McGregor	Fr.	Tucson, AZ (Mountain View)
Valerie McGregor	Fr.	Tucson, AZ (Mountain View)
Ashley Nicholson	Fr.	Englewood, Colo. (Cherry Creek)
Charlotte Steele	Fr.	Craig, Colo. (Moffat County)
April Thomas	Fr.	Aurora, Colo. (Eaglecrest)
Katrice Thomas	So.	Colorado Springs, Colo. (Doherty)
Melissa Thomas	Fr.	Aurora, Colo. (Eaglecrest)
Megan Trotter	Fr.	Rapid City, S.D. (Central)
Sara Werner	Fr.	Bismarck, N.D. (HS)
Katie Yemm	Sr.	Fort Collins, Colo. (HS)
Rebekah Yetser	Fr.	Lakeville, MN (HS)

2003 Results

Date	Sept. 5	Sept. 13	Sept. 27	Oct. 4	Oct. 18	Nov. 1	Nov. 15	Nov. 24
Meet	Wyo. Inv.	UNM Inv.	Roy Griak	RM Shoot.	Penn State	MWC	Mtn. Regional	NCAA Champ.
Distance	4-mile	8-km	8-km	8-km	8-km	8-km	10-km	
Matt Cianciulli		19/25:41	86/25:39		16/26:28	19/26:02		
Paul DiGrappa		10/25:12	100/25:46		27/26:44	21/26:09		
Dennis Flanagan	12/22:26	35/26:40		32/27:28				
Josh Glaab		3/24:58	14/24:36		6/25:49	6/24:59		
Ryan Kirkpatrick	4/21:34	24/25:58						
Bill Michel		6/25:02	10/24:33		7/25:50	4/24:49		
Paul Michel		21/25:47	88/25:39			26/26:40		
John Nichols	17/23:05			60/28:34				
Mike Nicks		12/25:24	37/25:02		4/25:41			
Nelson Palacios	10/22:19	29/26:22						
Mathew Pettit	5/21:34			20/26:40	24/26:39	22/26:23		
Austin Vigil		4/24:58	5/24:24		3/25:41	3/24:42		
Rob Watson		28/26:19						
Dave Zakavec	8/21:58	32/26:30		40/27:43				
WOMEN								
Distance	2.5-mile	6-km	6-km	DNC	6-km	6-km	6-km	
Colleen Blair		6/22:48	44/21:54		24/21:36	14/22:41		
Danielle Buzzell		43/25:09						
Michelle Carman	2/14:22	12/23:01	42/21:53		21/21:26	10/22:19		
Crystal Clark		3/22:40	46/21:54		16/21:22	12/22:20		
Nicole Feest		8/22:52	27/21:38		17/21:23	17/22:59		
Jennifer Kintzley		19/23:17	62/22:09		33/21:48	21/23:15		
Sarah MacKay	3/14:24	18/23:17	67/22:11		23/21:32	19/23:04		
Valerie McGregor	6/14:30	22/23:43						
Katie Yemm		7/22:49	64/22:10		12/21:15	9/22:17		
Rebekah Yetser	5/14:29	13/23:02						