2009-10 Men's Roster

Name ..................... Hometown/Previous School
Raul Botezan ........ Fr./Fr./Fr. ..... Cluj-Napoca, Romania
David Chirichir .... Sr./Jr./Jr. ..... Eldoret, Kenya/Cameron Univ.
Tom Farrell .......... Fr./Fr./Fr. ..... Carlisle, U.K./Austin Friars St. Monica's
German Fernandez. So./So./So. ..... Riverbank, Calif./Riverbank
Sean Fleming .......... Jr./Sr./Jr. ..... Regina, Saskatchewan, Canada
Kyle Gibson ............ Fr./Fr./Fr. ..... Naperville, Ill./Naperville
Ryan Gibson .......... Fr./Fr./Fr. ..... Duncan, Okla./Duncan
John Kosgei .......... Sr./Sr./Sr. ..... Eldoret, Kenya/LSU
Ryan Little .......... So./Jr./Jr. ..... Eden Prairie, Minn./Eden Prairie
Colby Lowe ............ So./So./So. ..... Southlake, Texas/Carroll
Ryan Lusk ............. So./So./Jr. ..... Mesquite, Texas/Poteet
Michael Lynch ...... Fr./Fr./Fr. ..... Columbia, Md./Atholton
Joseph Manipulashia Fr./Fr./Fr. ..... Denver, Colo./Denver North
Brad McNiff .......... So./Jr./Jr. ..... Pearl River, N.Y./St. Thomas Aquinas
Girma Mecseko...... So./So./So. ..... Addis Ababa, Ethiopia/Auburn
Taylor Monaghan ...... Fr./Fr./Fr. ..... Tulsa, Okla./Tulsa Union
Matthew Perez .......... Fr./Fr./Fr. ..... Hanover Park, Ill./Hoffman Estates
Ryan Prentice .... RSp/Fr./Fr./Fr. ..... Seattle, Wash./Mount Rainier
John Stublaski .... So./So./So. ..... Eagan, Minn./Henry Sibley
Ryan Vail .............. Sr./Sr./Sr. ..... Gresham, Ore./Centennial
Daniel Watts .......... Sr./Sr./Sr. ..... March Cambridgeshire, England
Tucker Weems .......... Jr./Sr./Sr. ..... Lake Quivira, Kan/Shawnee Mission NW
Peter Wood ............. Jr./Sr./Sr. ..... Davenport, Iowa/Assumption

Coaches:
Dave Smith ............ Michigan State, 1993
.................... First Year as Director of Track and Field and Cross
Country, Eighth Year at Oklahoma State
Bobby Lockhart ...... Wisconsin, 2007
.................... Second Year At Oklahoma State
Sean McCabe .......... Oklahoma State, 2006
.................... Second Year at Oklahoma State

2009-10 Women's Roster

Name ..................... Hometown/Previous School
Alexis Alexander ..... Fr./Fr./Fr. ..... New Braunfels, Tex/New Braunfels
Brandi Andrews ...... So./Jr./Jr. ..... Chattanooga, Tenn./Girls Prep School
Jacqueline Campos Fr./Fr./Fr. ..... Santa Teresa, N.M./Santa Teresa
Victoria Fratczak.. So./So./So. ..... Dartmouth, Nova Scotia, Canada
Melanie Funke ...... So./So./So. ..... Minot, N.D./Minot
Zoe Gabrith ...... Fr./Fr./Fr. ..... Austin, Texas/Vista Ridge
Alyse Goldsmith .... Fr./Fr./Fr. ..... Houston, Texas/Cinco Ranch
Laura Heaton .......... So./So./So. ..... Amarillo, Texas/Tascosa
Tone Hjalmarsen ...... Sr./Sr./Sr. ..... Bodoe, Norway
Natalia Kovtun ........ Sr./Sr./Sr. ..... Severodonetsk, Ukraine/USC
Kate Kujawa .......... Fr./Fr./Fr. ..... Regina, Canada/Campbell Collegiate
Teran Mixon .......... Jr./Jr./Jr. ..... Coalgate, Okla/Coalgate
Kelli Quimby .... Fr./Fr./Fr. ..... Enumed, Okla./Tampa
CeTarracca Rockswell Fr./Fr./Fr. ..... Richardson, Texas/Richardson
Kaitlin Scepanski..... So./So./So. ..... Edmond, Okla./Tampa
Leah Schroeder ..... Jr./Sr./Jr. ..... Sioux City, Wis./Sioux Prairie
Mhiaela Susa .......... Jr./Jr./Jr. ..... Cluj-Napoca, Romania

Coaches:
Dave Smith ............ Michigan State, 1993
.................... First Year as Director of Track and Field and Cross
Country, Fourth Year at Oklahoma State
Brionne Yosten ...... Texas Tech, 2005
.................... First Year At Oklahoma State

The Basics
Oklahoma State's men's and women's cross country teams will host the 73rd running of the Cowboy Jamboree on Saturday at the OSU Cross Country Course.

Both of the teams competed at the Hurricane Festival on Sept. 5, which was a dual format. The Jamboree will be scored in a traditional team score format.

The women's race will be a 5,000 meter race beginning at 9:10 a.m. Soon following, the 8,000 meter men's race is set to begin at 9:45 a.m.

OSU Lineups
The Cowgirls will have 11 runners suiting up Saturday.
Veteran Mihaela Susa will again lead the way and she will be joined by Victoria Fratczak, Jacqueline Campos, Teran Mixon, Melanie Funke, Laura Heaton, Kelli Quimby, Kaitlin Scepanski, Brandi Andrews, Alyse Goldsmith and Kate Kujawa.

The Cowboys will also put 11 runners on the course with German Fernandez, Ryan Vail, Girma Mecseko, John Kosgei, Colby Lowe, David Chirichir Ryan Prentice, John Stublaski, Ryan Little, Daniel Watts, Sean Fleming and Peter Wood all suiting up.

Jamboree Rewind...2008
The Cowboys claimed first-place honors at last year's Cowboy Jamboree, clearing second-place Northern Arizona by 50 points.
German Fernandez led the way for the Cowboys with a third-place finish. Ryan Vail posted a fourth-place finish and David Chirichir finished fifth.

The Cowgirls posted a second-place finish behind champion Northern Arizona.
Natalia Kovtun notched a tenth-place finish to lead the Cowgirls.
Tone Hjalmarsen also finished in the top 15 with a 14th-place finish.

OSU in the Polls
The Cowboys grabbed the No. 2 spot in the Week One United States Track & Field and Cross Country Coaches Association rankings. Defending national champion Oregon is ranked No. 1.

In the USTFCCCA Midwest Region rankings, the Cowboys are No. 1 while the Cowgirls are ranked No. 7.

2009 Men's Cross Country Schedule
Tues, Sept. 1 ...... OSU, Tulsa, ORU .......... Tulsa, Okla. .......... 7 p.m.
Sat, Sept. 5 ......... Hurricane Invitational .......... Tulsa, Okla. .......... 9 a.m.
Sat, Oct. 3 .......... Cowboy Jamboree ............... Stillwater, Okla. .......... 8 a.m.
Sat, Oct. 17 ......... Chile Pepper Invitational .......... Fayetteville, Ark. .......... 9 a.m.
Sat, Oct. 31 ........ Big 12 Championships .......... Columbia, Mo. .......... 9 a.m.
Sat, Nov. 14 ........ NCAA Regional ................. Springfield, Mo. .......... 9 a.m.
Mon, Nov. 23 ...... NCAA Championships .......... Terre Haute, Ind. .......... TBA

2009 Women's Cross Country Schedule
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About the Cowboys
Oklahoma State enters the Cowboy Jamboree looking to defend its title for the third-straight year.

Sophomore German Fernandez’s season debut and Ryan Vail’s debut highlight the Jamboree for the Cowboys. Transfer Girma Mecheso will also make his debut in a Cowboy uniform.

Add in All-Americans David Chirchir and John Kosgei also running this weekend for the Cowboys and they are the perennial favorites at their home event.

“We want to approach every race with the attitude that we’re going to try to win it,” coach Dave Smith said. “We’re going to be competitive and we’re going to go out and try to win.”

About the Cowgirls
The Cowgirls will also suit up 11 of their best for the Cowboy Jamboree.

OSU will again be led by junior Mihaela Susa, who has turned in two all-conference performances in her two-year career.

The Cowgirls will put a younger squad on the grass with Susa and junior Teran Mixon being the only upperclassmen.

Five sophomores and four freshmen round out the Cowgirl lineup.

The Cowgirls are the highest-ranked team in the Midwest region competing at the Cowboy Jamboree.

Last Time Out
The Cowboys and Cowgirls each competed at the Hurricane Festival on Sept. 5 in Tulsa.

The meet was scored in a dual format, with the Cowboys sweeping all of their duals and cruising to a team victory. Sophomore John Stublaski posted a second place finish.

The Cowgirls finished in second place, losing their only dual to team champion Tulsa. Victoria Fratczak and Kate Kujawa both recorded top-10 finishes for the Cowgirls.

It’s a Jamboree!
This year marks the 73rd consecutive year the Cowboy Jamboree will be contested, making it the longest consecutively run cross country event in the United States.

In the last four years, the Cowboy Jamboree has played host to more than 6,000 runners.

The Jamboree hosts high school, junior college and university teams, with men and women’s divisions for each.

Adding Another All-American
The Cowboys returned 2008 All-Americans Ryan Vail and John Kosgei and 2007 All-American David Chirchir. Add in transfer Girma Mecheso and the Cowboys have four All-Americans on their roster.

Mecheso, a sophomore transfer from Auburn, posted a 16th-place finish at the 2008 NCAA Championships and claimed the individual crown at the SEC Championships.

More Than a Few Freshmen
The Cowgirls sent two freshmen to the Hurricane Invitational and four freshmen are set to run at the Cowboy Jamboree.

Kate Kujawa and Jacqueline Campos are in the lineup for the second time, while Kelli Quimby and Alyse Goldsmith will make their Cowgirl debuts.

By the Way, German’s Back
German Fernandez is back for his sophomore season after rewriting the Oklahoma State record books in his rookie campaign.

The Riverbank, Calif., native claimed three school records and a junior world record in the 2008-09 season.

He became the first Cowboy to win the individual Big 12 Cross Country Championship.

After an extremely impressive track season that included an NCAA Championship, Fernandez returns to the grass to defend his Big 12 Crown.

Fernandez is set to make his 2009 debut this week at the Cowboy Jamboree.

Another Year for Vail
Two-time All-American and Two-time All-Big 12 performer Ryan Vail earned a sixth year of eligibility from the NCAA.

Vail has earned All-American honors in each of the last two seasons. He has also added All-Big 12 honors for the last two years.

Fabulous Freshman Campaign

<table>
<thead>
<tr>
<th>German Fernandez’s 2008-09 Resume</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NCAA Champion</strong></td>
</tr>
<tr>
<td>2009 Outdoor 1,500 meters</td>
</tr>
<tr>
<td><strong>All-American</strong></td>
</tr>
<tr>
<td>2009 Outdoor 1,500 meters</td>
</tr>
<tr>
<td><strong>Big 12 Champion</strong></td>
</tr>
<tr>
<td>2008 Cross Country</td>
</tr>
<tr>
<td>2009 Indoor Mile</td>
</tr>
<tr>
<td>2009 Indoor 3,000 meters</td>
</tr>
<tr>
<td>2009 Outdoor 1,500 meters</td>
</tr>
<tr>
<td>2009 Outdoor 5,000 meters</td>
</tr>
<tr>
<td><strong>NCAA Regional Champion</strong></td>
</tr>
<tr>
<td>2009 Outdoor 1,500 meters</td>
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<tr>
<td><strong>Honors</strong></td>
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<tr>
<td>2008 Big 12 Cross Country</td>
</tr>
<tr>
<td>Newcomer of the Year</td>
</tr>
<tr>
<td>2009 USA Track and Field Junior</td>
</tr>
<tr>
<td>Cross Country National Champion</td>
</tr>
<tr>
<td>2009 Big 12 Indoor Track and Field Outstanding Performer of the Year</td>
</tr>
<tr>
<td>2009 Big 12 Indoor Track and Field Outstanding Freshman of the Year</td>
</tr>
<tr>
<td>2009 USTFCCCA Midwest Region Indoor Track Athlete of the Year</td>
</tr>
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<td>2009 USTFCCCA Midwest Region Outdoor Track Athlete of the Year</td>
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2009 U.S. Track & Field and Cross Country Coaches Association Rankings
Regional Rankings - Released Sept. 28; National Rankings - Released Sept. 29

**National Rankings**

**Men**
1. Oregon
2. **Oklahoma State**
3. Stanford
4. Wisconsin
5. Northern Arizona
6. Colorado
7. Iona
8. Portland
9. Alabama
10. Georgetown
11. Tulsa
12. BYU
13. William & Mary
14. Virginia
15. Providence
16. Iowa State
17. Arkansas
18. Cal Poly
19. NC State
20. Auburn
21. Butler
22. Washington
23. Michigan
24. New Mexico
25. Oklahoma

**Midwest Region Rankings**

**Men**
1. **Oklahoma State**
2. Tulsa
3. Iowa State
4. Oklahoma
5. Minnesota
6. Southern Illinois
7. Iowa
8. Illinois
9. Kansas
10. Nebraska
11. Missouri
12. Illinois State
13. Loyola Chicago
14. Kansas State
15. South Dakota State

**Women**
1. Minnesota
2. Illinois
3. Iowa State
4. Iowa
5. Nebraska
6. Kansas State
7. **Oklahoma State**
8. Wichita State
9. Missouri
10. Tulsa
11. Illinois State
12. Kansas
13. Bradley
14. Missouri State
15. Southern Illinois

**USTFCCCA Rankings Tidbits**

- The Cowboys are making their 26th straight appearance in the USTFCCCA national rankings, dating back to 2006.

- The Cowboys are opening the season ranked No. 1 in the Midwest region for the third-consecutive year.

- The Cowgirls received votes in the preseason rankings and are threatening to make a return to the national rankings. They have not been in the rankings since 2006.

- In the men’s national poll, the Big 12 leads all conferences with four teams landing spots in the Top 25.

- The Cowgirls opened the season ranked No. 5 in the region, they were also ranked that high in the region going into last year’s Big 12 Championships.
## 2009 Women's Results by Meet

Hurricane Festival (Second Place)  
Sept. 5, 2009 :: Mohawk Park :: Tulsa, Okla.

<table>
<thead>
<tr>
<th>Pl.</th>
<th>Athlete</th>
<th>Time</th>
<th>Date</th>
<th>Event</th>
<th>Site</th>
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<tr>
<td>5</td>
<td>Victoria Fratczak</td>
<td>11:23</td>
<td>9/5/09</td>
<td>Hurricane Festival</td>
<td>Tulsa, Okla.</td>
<td>2 miles</td>
</tr>
<tr>
<td>6</td>
<td>Kate Kujawa</td>
<td>11:25</td>
<td>9/5/09</td>
<td>Hurricane Festival</td>
<td>Tulsa, Okla.</td>
<td>2 miles</td>
</tr>
<tr>
<td>9</td>
<td>Teran Mixon</td>
<td>11:33</td>
<td>9/5/09</td>
<td>Hurricane Festival</td>
<td>Tulsa, Okla.</td>
<td>2 miles</td>
</tr>
<tr>
<td>11</td>
<td>Jacqueline Campos</td>
<td>11:37</td>
<td>9/5/09</td>
<td>Hurricane Festival</td>
<td>Tulsa, Okla.</td>
<td>2 miles</td>
</tr>
<tr>
<td>14</td>
<td>Melanie Funke</td>
<td>11:46</td>
<td>9/5/09</td>
<td>Hurricane Festival</td>
<td>Tulsa, Okla.</td>
<td>2 miles</td>
</tr>
<tr>
<td>19</td>
<td>Kendra Woodson</td>
<td>12:00</td>
<td>9/5/09</td>
<td>Hurricane Festival</td>
<td>Tulsa, Okla.</td>
<td>2 miles</td>
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<tr>
<td>24</td>
<td>Brandi Andrews</td>
<td>12:40</td>
<td>9/5/09</td>
<td>Hurricane Festival</td>
<td>Tulsa, Okla.</td>
<td>2 miles</td>
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## 2009 Women's Results by Individual

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## 2009 Men's Results by Meet

Hurricane Festival (First Place)  
Sept. 5, 2009 :: Mohawk Park :: Tulsa, Okla.

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<tr>
<td>2</td>
<td>Jonathan Stublaski</td>
<td>19:57</td>
<td>9/5/09</td>
<td>Hurricane Festival</td>
<td>Tulsa, Okla.</td>
<td>4 miles</td>
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<tr>
<td>4</td>
<td>Daniel Watts</td>
<td>20:05</td>
<td>9/5/09</td>
<td>Hurricane Festival</td>
<td>Tulsa, Okla.</td>
<td>4 miles</td>
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<tr>
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<td>9/5/09</td>
<td>Hurricane Festival</td>
<td>Tulsa, Okla.</td>
<td>4 miles</td>
</tr>
<tr>
<td>8</td>
<td>Ryan Fleming</td>
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<td>Hurricane Festival</td>
<td>Tulsa, Okla.</td>
<td>4 miles</td>
</tr>
<tr>
<td>13</td>
<td>Peter Wood</td>
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<td>9/5/09</td>
<td>Hurricane Festival</td>
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