

2016 WOMEN'S CROSS COUNTRY RESULTS

		Pepperdine Invitational (9/1/2016) 4k, 46 runners	WCC Preview Meet (9/17/2016) 6k, 64 runners	Capital Cross Challenge (10/1/2016) 6k, 174 runners	Bronco Invitational (10/15/2016) 6k, 170 runners	WCC Championships (10/28/2016) 6k, 82 runners	NCAA West Regional (11/11/2016) 6k, 238 runners
Jordan Buckwald, JR	5k PR: — 6k PR: —	—	—	—	—	—	—
Alex Campana, SR	5k PR: 20:39.95 6k PR: 26:13.4	—	—	—	26:13.4 170th (#9)	—	—
Kelly Champeau, FR		19:21.41 40th (#13)	—	—	—	—	—
Elise Froebe, SO	5k PR: 19:02.4 6k PR: 23:26.2	17:50.85 36th (#12)	25:37 49th (#7)	—	23:26.2 138th (#2)	24:34.9 67th (#2)	23:31.8 208th (#2)
Izabela Garcia-Arce, FR		16:54.33 27th (#6)	25:15 45th (#5)	24:25.4 163rd (#5)	25:46.4 168th (#8)	26:49.1 82nd (#8)	—
Samantha Maness, FR		16:51.15 25th (#5)	24:54 39th (#2)	23:47.1 146th (#2)	23:28.6 139th (#3)	DNF	DNF
Megan Percy, RS FR		—	—	25:30.5 173rd (#7)	—	—	—
Lupita Perez, FR		17:27.16 31st (#8)	25:48 50th (#8)	24:31.7 164th (#6)	23:51.2 150th (#5)	25:23.7 77th (#4)	25:04.7 233rd (#4)
Cori Persinger, FR		16:41.14 20th (#2)	25:14 44th (#4)	24:03.6 156th (#3)	24:53.9 162nd (#7)	25:35.4 78th (#5)	—
Tatum Rask, FR		17:06.91 29th (#7)	—	—	24:47.3 79th/187 (open race)	25:52.0 81st (#7)	24:58.9 232nd (#3)
Simona Santi, SR	5k PR: 22:14.1 6k PR: 26:31	17:39.51 35th (#11)	26:31 54th (#9)	—	—	—	—
Lindsay Sheaffer, SR	5k PR: 18:10.3 6k PR: 21:33.3	15:23.26 3rd (#1)	22:39 8th (#1)	—	21:35.1 42nd (#1)	23:02.7 40th (#1)	22:10.7 145th (#1)
Amanda Stark, JR	5k PR: 20:06.92 6k PR: 25:59.0	17:35.83 34th (#10)	26:41 55th (#10)	—	—	—	—
Madelyn Whitaker, JR	5k PR: 19:21.77 6k PR: —	16:50.81 24th (#4)	—	—	—	—	—
Bri Wilson, FR		16:46.84 23rd (#3)	25:13 43rd (#3)	23:21.2 130th (#1)	23:29.3 140th (#4)	25:19.8 76th (#3)	—
Andrea Zumpano, FR		17:31.55 33rd (#9)	25:32 48th (#6)	24:10.9 159th (#4)	24:13.1 157th (#6)	25:49.6 79th (#6)	—

2016 MEN'S CROSS COUNTRY RESULTS

		Pepperdine Invitational (9/1/2016) 5k, 26 runners	WCC Preview Meet (9/17/2016) 8k, 66 runners	Capital Cross Challenge (10/1/2016) 8k, 173 runners	Bronco Invitational (10/15/2016) 8k, 173 runners	WCC Championships (10/28/2016) 8k, 76 runners	NCAA West Regional (11/11/2016) 10k, 193 runners
Treet Allison, FR		17:18.08 20th (#5)	27:19 43rd (#5)	26:26.3 130th (#4)	26:12.9 140th (#3)	27:48.5 67th (#4)	34:21.7 185th (#3)
Nick Blanchard, JR	8k PR: 24:35.9 10k PR: 34:08.8	16:10.55 7th (#2)	25:45 4th (#2)	24:35.9 25th (#2)	DNF	27:21.7 61st (#3)	DNF
Adam Fahey, FR		18:26.67 25th (#9)	29:11 59th (#9)	—	—	—	—
Ben Fox, SR	8k PR: 24:47.2 10k PR: 32:32.0	16:17.11 10th (#3)	25:59 10th (#3)	24:47.2 37th (#3)	24:59.5 65th (#2)	26:17.1 42nd (#2)	33:00.5 159th (#2)
Jalen Frantal, FR		17:33.11 22nd (#7)	28:03 51st (#7)	—	27:14.1 168th (#5)	28:33.2 73rd (#7)	—
Rudy Gonzalez, JR	8k PR: 26:18.7 10k PR: 34:16.7	—	26:59 33rd (#4)	—	—	—	—
Nick Heath, SO	8k PR: 24:06.5 10k PR: 30:22.7	15:44.04 1st (#1)	25:18 1st (#1)	24:06.5 8th (#1)	24:07.2 12th (#1)	25:08.3 18th (#1)	30:22.7 35th (#1)
Kevin Maeda, JR	8k PR: 25:24.5 10k PR: 32:33.4	16:43.40 15th (#4)	—	—	—	—	—
Nicholas Serrao, JR	8k PR: 26:45.9 10k PR: —	17:45.25 24th (#8)	28:27 54th (#8)	26:53.6 144th (#5)	27:58.6 173rd (#6)	28:19.2 72nd (#6)	—
Trevor Sytsma, SO	8k PR: 26:15.3 10k PR: 37:27.0	—	—	—	—	—	—
Torin Wile, SR	8k PR: 26:38.4 10k PR: 35:48	17:24.46 21st (#6)	27:22 45th (#6)	27:12.5 154th (#6)	26:38.4 160th (#4)	28:11.7 71st (#5)	—

2016 CROSS COUNTRY SCHEDULE/RESULTS

Date	Event	Site	Women	Men
Sept. 1	Pepperdine Invitational	Malibu, Calif.	defeated CSU Bakersfield (19-43) lost to Long Beach State (26-31) lost to UC Irvine (20-43) lost to USC (19-36)	defeated Long Beach State (25-30) lost to UC Irvine (21-39)
Sept. 17	WCC Preview Meet	San Diego, Calif.	4th out of 6 teams (133 points)	3rd out of 6 teams (70 points)
Oct. 1	Capital Cross Challenge	Sacramento, Calif.	15th out of 15 teams (434 points)	6th out of 10 teams (158 points)
Oct. 15	Bronco Invitational	Sunnyvale, Calif.	19th out of 20 teams (491 points)	16th out of 18 teams (393 points)
Oct. 28	WCC Championships	San Diego, Calif.	10th out of 10 teams (290 points)	8th out 9 teams (229 points)
Nov. 11	NCAA West Regional	Sacramento, Calif.	NTS	NTS

ALL-TIME TOP TIMES

WOMEN'S 5K

1.	16:50.4	Lauren Lodge	2010
2.	16:57.8	Chelsea Wishard	2010
3.	17:33.6	Katie Engel	2015
4.	17:59.3	Rebecca Freebury	1999
5.	18:02.7	Elle Lemco	2015
6.	18:08.5	Hannah DeWalt	2010
7.	18:10	Elizabeth Coe	2008
8.	18:10.3	Lindsay Sheaffer	2014
9.	18:11.9	Aneasha Lawrence	2011
10.	18:27.46	Mariah Gondeiro	2015
11.	18:29.1	Kyla Maher	2006
12.	18:29.22	Hayley Lytle	2012
13.	18:30	Paige Knudsen	2008
14.	18:31.40	Brieanna Carroll	2006
15.	18:34.0	Barbara Muller	1996
16.	18:36.4	Paige Mobley	2010
17.	18:37.3	Lauren Morales	2004
18.	18:37.4	Adrianna Davies	2011
19.	18:37.5	Katie Clary	2004
20.	18:41	Kim McElhinney	1989

WOMEN'S 6K

1.	20:39.05	Chelsea Wishard	2010
2.	20:57.28	Lauren Lodge	2010
3.	21:18.6	Katie Engel	2013
4.	21:33.3	Lindsay Sheaffer	2014
5.	21:48.0	Hayley Lytle	2013
6.	21:54.32	Brieanna Carroll	2008
7.	21:55.7	Elle Lemco	2013
8.	21:59.97	Adrianna Davies	2013
9.	22:10.4	Lisa Santroch	2013
10.	22:21.26	Elizabeth Coe	2008
11.	22:18.98	Paige Knudsen	2008
12.	22:33.69	Lauren Burnham	2008
13.	22:40	Courtney Young	2007
14.	22:41	Aneasha Lawrence	2011
15.	22:41.7	Monica McGinty	2013
16.	22:52.71	Courtney Rolando	2008
17.	22:53.2	Rachel Rant	2013
18.	22:53.43	Ashley Burt	2008
19.	22:56.10	Emily Branch	2010
20.	23:03	Hannah DeWalt	2009
	23:03	Paige Mobley	2010

MEN'S 8K

1.	24:06.5	Nick Heath	2016
2.	24:35.9	Nick Blanchard	2016
3.	24:47.2	Ben Fox	2016
4.	25:15.0	Chad Trammell	2005
5.	25:15.90	Wesley Blundell	2009
6.	25:20	Jason Kite	1993
7.	25:24.10	Kenny Smith	2009
8.	25:24.5	Kevin Maeda	2015
9.	25:26.30	Seth Allison	2009
10.	25:29	Conrad Wozniak	2008
11.	25:35	Cole Feldman	2008
12.	25:39	Chris Ogle	2007
13.	25:48.84	Sean King	2010
14.	25:49.9	Louis Rich	2004
15.	25:53.6	Jonathan Rahaeuser	2012
16.	25:56.0	Gordie Thomas	2013
17.	25:57.3	Chris Shaw	1997
18.	25:58	Nathan Shopay	1994
19.	26:05.0	Sam Hudson	2005
20.	26:05.8	Kyle Cajero	2015

MEN'S 10K

1.	30:22.7	Nick Heath	2016
2.	31:45.0	Kenny Smith	2011
3.	31:56.8	Jason Kite	1993
4.	32:07.47	Cole Feldman	2008
5.	32:32.0	Ben Fox	2014
6.	32:33.4	Kevin Maeda	2014
7.	32:34.65	Chris Ogle	2007
8.	32:41.1	Gordie Thomas	2014
9.	32:53	Louis Rich	2003
10.	32:54.62	Jonathan Rahaeuser	2012
11.	32:55.02	Seth Allison	2008
12.	32:59	Chad Trammell	2003
13.	33:03.76	Conrad Wozniak	2008
14.	33:06.2	Dan Chiriaev	2014
15.	33:25.68	Jordan Scandlyn	2012
16.	33:39	Thomas McMahan	2000
17.	33:47.9	Kyle Cajero	2014
18.	33:49.74	Henri Floris	2008
19.	33:52.0	Jesse Aston	2011
20.	33:53.7	Henry Valdez	2005

(best times date back to 1986 season)