



WYOMING



2016 CROSS COUNTRY NOTES

Twitter: @wyo_track / @wyoathletics
Facebook: Facebook.com/wyotrack
Website: GoWYO.com

Media Contact: Nate Lake, Graduate Assistant
Office: (307) 766-2290 | Cell: (719) 649-3329
Email: nlake@uwyo.edu

2016 Schedule

Date	Meet	Location/Result
9/2	Colorado State Invite	M: 5th // W: 4th
9/17	MSU-Bozeman Invite	M: 3rd // W: 3rd
9/24	Roy Griak Invitational	M: 17th // W: 17th
10/14	Penn State Open (W only)	W: 7th
10/15	Pre-Nationals (M only)	M: 20th
10/28	MW Championships	Boise, Idaho
11/11	NCAA Mountain Regional	Logan, Utah
11/19	NCAA Championships	Terre Haute, Ind.

Quick Facts

Location	Laramie, Wyo.
Founded	1886
Enrollment	13,551
Nickname	Cowboys/Cowgirls
School Colors	Brown & Gold
President	Laurie Nichols
Athletics Director	Tom Burman
Affiliation	NCAA Division I
Conference	Mountain West

Coaching Staff

Head Coach	Bryan Berryhill
Season at UW	Fifth
Alma Mater	Colorado State, '01
Assistant Coach	Amanda Clower
Season at UW	Eighth
Alma Mater	Lamar, '07

Team Info

2015 Women's MW Finish	5th of 11 (129 pts)
2015 Women's Region Finish	10th of 19 (306 pts)
2015 Women's NCAA Finish	N/A
Women's Letterwinners R/L	7/2
Women's Newcomers	4
2015 Men's MW Finish	4th of 8 (89 pts)
2015 Men's Region Finish	7th of 16 (153 pts)
2015 Men's NCAA Finish	N/A
Men's Letterwinners R/L	4/4
Men's Newcomers	3
Home Course	Jacoby Golf Course

Meet Information

Meet: 2016 Mountain West Cross Country Championships
When: Friday, Oct. 28
Where: Falcon Crest Golf Club
 Kuna, Idaho
 Host: Boise State
Races: 10 a.m. MT: Women's 6K
 10:45 a.m. MT: Men's 8K



The Field (with 2015 MW finishes)



Air Force
 M // 1st in 2015
 W // 3rd in 2015



Boise State
 M // 3rd in 2015
 W // 2nd in 2015



Colorado State
 M // 2nd in 2015
 W // 4th in 2015



Fresno State
 M // 7th in 2015
 W // 11th in 2015



Nevada (women only)
 W // 7th in 2015



New Mexico
 M // 5th in 2015
 W // 1st in 2015



San Diego State (women only)
 W // 9th in 2015



San José State
 M // 6th in 2015
 W // 8th in 2015



UNLV (women only)
 W // 10th in 2015



Utah State
 M // 8th in 2015
 W // 6th in 2015



Wyoming
 M // 4th in 2015
 W // 5th in 2015

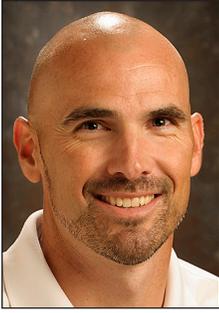
Cowboy Roster

Name	Class	Exp.	Hometown (Previous School)
Bryce Ailshie	RS Fr.	RS	Kingsport, Tenn. (Dobyns-Bennett)
Michael Downey	So.	1L	Cheyenne, Wyo. (East)
Harry Ewing	Fr.	HS	Hamilton, NZ (St. Peter's)
Ricky Faure	So.	1L	Rock Springs, Wyo. (Rock Springs)
Jesse Gray	So.	1L	Rock Springs, Wyo. (Rock Springs)
Christopher Henry	Fr.	HS	Laramie, Wyo. (Laramie)
Jonah Henry	Jr.	2L	Laramie, Wyo. (Laramie)
Daniel Hintz	Fr.	HS	Tauranga, NZ (Tauranga Boys College)
Calum Kepler	So.	SQ	Casper, Wyo. (Kelly Walsh)
Isaac Kiefer	RS So.	RS	Buffalo, Wyo. (Buffalo)
Michael Rotellini	Jr.	1L	Sheridan, Wyo. (Sheridan)
Michael Seas	RS Sr.	3L	Celina, Ohio (Coldwater)
Phillip Thomas	RS Fr.	RS	Fountain, Colo. (Fountain-Fort Carson)

Cowgirl Roster

Name	Class	Exp.	Hometown (Previous School)
Calbi Ausmann	Fr.	HS	Newcastle, Wyo. (Newcastle)
Ashley Bock	RS Fr.	RS	Fort Collins, Colo. (Fossil Ridge)
Megan Brunette	Sr.	3L	Colorado Springs, Colo. (The Classical Academy)
Audra DeStefano	RS Sr.	3L	Gillette, Wyo. (Campbell County)
Quinn DeStefano	Jr.	1L	Gillette, Wyo. (Campbell County)
Kacey Doner	Fr.	HS	Fort Collins, Colo. (Rocky Mountain)
Lauren Hamilton	Jr.	2L	Monument, Colo. (The Classical Academy)
Kirsten Kropkowski	Fr.	HS	Colorado Springs, Colo. (The Classical Academy)
Kiah Leonard	So.	1L	Berthoud, Colo. (Berthoud)
Cassidy Meade	Sr.	3L	Laramie, Wyo. (Laramie)
Isabella Pape	So.	1L	Corvallis, Mont. (Corvallis)
Emily Person	So.	SQ	Rapid City, S.D. (Stevens)
Solana Quistorff	So.	SQ	Castle Rock, Colo. (Douglas County)
Ashley Urman	RS Fr.	RS	Princeton, Minn. (Princeton)
Regan VanDePol	So.	1L	Broomfield, Colo. (Broomfield)
Taylor Van Holland	Fr.	HS	Harrisburg, S.D. (Harrisburg)
Kerry White	Jr.	2L	Te Aroha, NZ (Te Aroha College)

Head Coach Bryan Berryhill



Bryan Berryhill enters his fifth season as head coach of the University of Wyoming track and field/cross country programs in 2016-17.

During the 2015 cross country season, the former professional runner led the Cowboys to a fourth-place finish in the Mountain

West, tying the highest finish in program history. The men's harriers collected 89 points at the conference championships, just four points more than Wyoming's lowest total at a MW championship meet. Berryhill led the Cowgirls to a fifth-place finish at the MW championships despite having no seniors and just one junior in the team's top five.

Berryhill coached senior harriers Aaron Derner and Amos Bowen to USTFCCCA All-Region honors after each finished in the top 25 at the NCAA Mountain Regional meet. During the indoor track & field season, Wyoming collected eight individual All-MW honors while the women's squad earned All-MW status in the Distance Medley Relay. Hurdler Jordan Charles went on to become an Honorable Mention All-American in the 60-meter hurdles. Outdoors, the team earned four more All-MW honors and seven athletes advanced to the NCAA West Preliminary Round. Under Berryhill, Wyoming's student-athletes have notched 156 top-10 individual and relay marks in school history, including 11 school records.

Before Wyoming, Berryhill served as the head cross country and assistant track coach at Colorado State from 2006-2012. He was named the 2007 Women's NCAA Regional and Mountain West Conference Women's Cross Country Coach of the Year after the CSU women won their first ever team titles at the Mountain West championships and the NCAA Mountain Region championships in the same season.

He had a stellar collegiate career at CSU, earning 10 All-America honors in cross country and track. A national champion in the indoor 1-mile run and outdoor 1,500-meter run in 2001, Berryhill holds five individual and three relay records at CSU. He competed as a professional track athlete from 2001-04 and 2005-07.

The CSU women finished second or better at the MW Cross Country Championships in four of the six years of Berryhill's tenure. During his time with the Rams, he coached student-athletes to six school records and coached the only CSU woman to win a Mountain West cross country individual title with April Thomas' win in 2007.

Berryhill received his bachelor's degree in forestry from CSU in May 2001. He and his wife, Toni, have three children: Libby, Eli and Lainey.

Personal-Best Times

800 Meters: 1:46
 Mile: 3:54
 1,500 Meters: 3:35

Notes

This Week: Wyoming Faces Off Against Conference Foes in Idaho

The University of Wyoming cross country team travels to Kuna, Idaho, this week to take on conference foes at the 2016 Mountain West Cross Country Championships. The Cowboys enter the conference championships on the heels of a 20th-place performance at Indiana State's Pre-National Invitational, with Jonah Henry taking 40th place out of 263 individuals in a very talented field. Henry, who has led the Cowboys in three of four races during the 2016 season, is looking for the first all-conference performance of his collegiate cross country career. He finished 20th overall, just six spots away from a second team all-conference award, as a sophomore in 2015.

Harry Ewing looks to join Henry in the all-conference ranks and would be the first Wyoming freshman to earn an all-MW award if he finishes in the top 14 at the Falcon Crest Golf Club in Kuna. Ewing has found himself in the Cowboys' top five in his first four career races. He led the Brown and Gold with a 45th-place effort at the prestigious Roy Griak Invitational and has battled through illness to string together four consecutive solid finishes.

In 2015, the Cowboys tied their best finish at a MW championship meet, placing fourth as a team with four runners in the top 20. Senior Aaron Derner earned first team all-MW honors after taking fourth place overall, marking the third straight season that a Cowboy harrier earned a spot on one of the two all-conference teams. Air Force won the team title last season on its way to a sweep of the Mountain West cross country, indoor track & field and outdoor track & field titles. Colorado State junior Jerrell Mock will attempt to defend his individual title on Friday after leading the conference field as a sophomore in 2015. As a team, Colorado State enters the meet ranked No. 17 nationally, while Boise State is No. 24 and Air Force is No. 28.

On the women's side, the Wyoming Cowgirl cross country team enters the 2016 MW championships with a tremendous amount of momentum after placing seventh out of 19 teams at the Penn State Open. The Cowgirls ran past William & Mary, who was receiving votes in the USTFCCCA Division I National Coaches' Poll at the time of the race, while Texas was the only non-vote-getting team to beat the Brown and Gold at Penn State. Lauren Hamilton continued her dominant 2016 season in Pennsylvania, finishing 19th overall in a field of 224 competitors to lead the Cowgirls for the third consecutive race. Hamilton will be searching for her first career all-MW performance on Friday after taking 22nd as a sophomore at the 2015 MW championships.

The Cowgirl squad features a number of athletes who are capable of making a run at all-conference awards. Redshirt senior Audra DeStefano returns to the conference meet for the first time since 2014 after missing the 2015 MW championships due to illness. In 2014, she finished just one position away from an all-conference award, taking 15th overall to follow up a 24th-place finish in 2013. She'll look for a third career top-25 conference finish on Friday in Kuna. Junior Kerry White was Wyoming's top finisher at the 2015 MW championships, taking 16th overall to miss an all-conference award by just two places. The New Zealand native was an all-conference finisher in 2014, placing 11th overall against conference foes.

Freshman harrier Kacey Doner has finished in UW's top five in all four of her career races so far, including a team-leading performance at the season-opening CSU Invite. If she earns an all-Mountain West spot on Friday, she will join White (2014) and Christine Nelson (2010) as the only freshmen in Cowgirl history to accomplish the feat in their first season wearing the Brown and Gold. Wyoming placed fifth as a team at the 2015 meet, with White, Megan Brunette and Hamilton all finishing in the top 25. Wyoming's third-place team finishes in 2004 and 2014 stand as its best conference performances since the inception of the Mountain West in 1999.

No. 7 New Mexico enters Friday's meet searching for its ninth straight Mountain West women's cross country title, while Boise State sophomore Allie Ostrander will attempt to defend her individual title after she became BSU's third-straight individual conference champion in 2015. The Broncos are ranked 28th nationally as they prepare to host the annual meeting of Mountain West teams, while Air Force is receiving 16 votes in the USTFCCCA poll.

The women's 6-kilometer race will begin at 10 a.m. MT on Friday from the Falcon Crest Golf Club in Kuna while the men's 8-kilometer race will follow at 10:45. Fans can stream both races on the Mountain West Network.

Cowboys and Cowgirls Move Up in USTFCCCA Mountain Region Polls

The Cowboys and Cowgirls each moved up in the latest USTFCCCA regional rankings, which were released Oct. 17. After a seventh-place finish in a talented field at the Penn State Open, the Cowgirls vaulted from ninth to sixth in the USTFCCCA Mountain Region, surpassing Weber State as well as conference foes Utah State and Colorado State in the rankings. Wyoming is ranked third among Mountain West teams in the region behind No. 2 New Mexico and No. 5 Air Force. The Cowgirls hold an 8-3 record against teams in their own region.

The Cowboys moved up from 13th in the Mountain Region to 11th, making the biggest jump among Mountain Region teams in the current poll. A 20th-place finish in a loaded 40-team field at Indiana State's Pre-National Invitational helped Wyoming pass regional foes Utah Valley and Weber State in the last regional ranking release before conference championship weekend. The Cowboys have a 6-8 record against teams from their region.

2016 Wyoming Notes

2016 MW Athletes of the Week

Date	Name	Class	School
9/6	Michael Vennard	Jr.	Boise State
	Bailee Parker	Fr.	Utah State
9/20	Jonah Henry	Jr.	Wyoming
	Annemarie Schwanz	Sr.	Fresno State
9/27	Jerrell Mock	Jr.	Colorado St.
	Brenna Peloquin	So.	Boise State
10/4	Jerrell Mock	Jr.	Colorado St.
	Alice Wright	Jr.	New Mexico
10/18	Jose Piña	So.	San José St.
	Brenna Peloquin	So.	Boise State

2016 USTFCCA Mtn. Region Polls

WEEK 5 // Oct. 17

MEN

Rank	School	Conference
1	Northern Arizona	Big Sky
2	BYU	West Coast
3	Colorado	Pac-12
4	Colorado State	Mountain West
5	UTEP	Conference USA
6	Southern Utah	Big Sky
7	Air Force	Mountain West
8	Utah State	Mountain West
9	Texas Tech	Big 12
10	New Mexico	Mountain West
11	Wyoming	Mountain West
12	Weber State	Big Sky
13	Idaho State	Big Sky
14	Utah Valley	WAC
15	New Mexico State	WAC

WOMEN

Rank	School	Conference
1	Colorado	Pac-12
2	New Mexico	Mountain West
3	Utah	Pac-12
4	BYU	West Coast
5	Air Force	Mountain West
6	Wyoming	Mountain West
7	Weber State	Big Sky
8	Colorado State	Mountain West
9	Northern Arizona	Big Sky
10	Utah State	Mountain West
11	Nevada	Mountain West
12	UTEP	Conference USA
13	Southern Utah	Big Sky
14	Montana	Big Sky
15	Utah Valley	WAC

Next Poll - Oct. 31

Interview Policies

Interviews, either in person or via telephone, with members of UW's coaching staff and student-athletes must be coordinated through Media Relations Graduate Assistant Nate Lake at least one day in advance.

Home and/or cell phone numbers will not be provided to the media by the coaches, student-athletes, or the athletic department. Media are asked not to request an individual's personal contact information, including e-mail and cell number, but rather to contact Nate.



Notes

Cowboys, Cowgirls Each Fifth in MW Pre-Championship Coaches' Poll

The Cowboys and Cowgirls were each selected to finish fifth in the conference in a pre-championship poll of the league's coaches, the Mountain West announced Wednesday. The predicted finish matched the coaches' selections from the MW Preseason Coaches' Poll, while the Cowboys moved up one spot from a sixth-place selection in the MW Midseason Coaches' Poll.

Colorado State was selected to win the men's team title at Friday's championship meet, while the New Mexico women were selected to win their ninth consecutive MW team title. View the full rankings below.

MEN

Rank & Team (first-place votes)	Points
1. Colorado State (6)	48
2. Boise State (1)	41
3. Air Force (1)	40
4. New Mexico	28
5. Wyoming	23
6. Utah State	22
7. San José State	13
8. Fresno State	9

WOMEN

Rank & Team (first-place votes)	Points
1. New Mexico (10)	100
2. Boise State (1)	87
3. Air Force	81
4. Colorado State	71
5. Wyoming	67
6. Utah State	56
7. Nevada	46
8. San José State	34
9. Fresno State	25
10. San Diego State	21
11. UNLV	17

USTFCCA Division I National Coaches' Poll

The Week 5 edition of the USTFCCA Division I National Coaches' Poll was released Tuesday, Oct. 18. The men's and women's top 30 teams are listed below.

MEN

Rk.	School	Points
1	Northern Arizona	360
2	Stanford	339
3	Oregon	338
4	BYU	322
5	Arkansas	306
6	Syracuse	304
7	Colorado	285
8	Iona	278
9	Oklahoma State	266
10	UCLA	246
11	Mississippi	241
12	Portland	230
13	Iowa State	211
14	Michigan	192
15	Washington State	182
16	Virginia	173
17	Colorado State	167
18	Wisconsin	161
19	Indiana	133
20	Southern Utah	128
21	UTEP	125
22	Tulsa	109
23	Georgetown	92
24	Boise State	79
25	Washington	63
26	Virginia Tech	51
27	Eastern Michigan	48
28	Air Force	38
29	Middle Tennessee	30
29	Michigan State	30

WOMEN

Rk.	School	Points
1	Colorado	356
2	Washington	351
3	NC State	329
4	Providence	327
5	Oregon	313
6	Michigan	286
7	New Mexico	280
8	Portland	272
9	Penn State	266
10	Arkansas	245
11	Stanford	232
12	Baylor	231
13	San Francisco	207
14	Eastern Michigan	184
15	Iowa State	178
16	Mississippi	171
17	Utah	170
18	Oklahoma State	150
19	Notre Dame	146
20	BYU	126
21	Yale	121
22	Villanova	110
23	UCLA	66
24	Penn	65
25	California	56
26	Harvard	53
27	Michigan State	46
28	Boise State	36
29	Mississippi State	33
30	SMU	32

Next Up

The Cowboys and Cowgirls will compete at the NCAA Mountain Regional in Logan, Utah on Nov. 11. Utah State will host the regional competition at the Steve and Dona Reeder Cross Country Course.

2016 Wyoming Notes

2016 Team Results

Colorado State Invite Sept. 2 - Ft. Collins, Colo.

Cowboys - 5th place (5K)

Jonah Henry	16th place	15:17
Mike Seas	21st place	15:21
Ricky Faure	22nd place	15:24
Harry Ewing	56th place	15:54
Calum Kepler	75th place	16:12
Michael Downey	80th place	16:16
Jesse Gray	81st place	16:17
Daniel Hintz	102nd place	16:34
Bryce Ailshie	131st place	18:03
Phillip Thomas	132nd place	18:07

Cowgirls - 4th place (5K)

Kacey Doner	19th place	18:28
Quinn DeStefano	23rd place	18:35
Megan Brunette	27th place	18:40
Isabella Pape	29th place	18:49
Calbi Ausmann	33rd place	19:03
Solana Quistorff	37th place	19:20
Ashley Bock	42nd place	19:34
Emily Person	50th place	19:50
Cassidy Meade	51st place	19:53
Kiah Leonard	58th place	20:10
Regan VanDePol	78th place	21:40

MSU-Bozeman Running Company Invitational Sept. 17 - Bozeman, Mont.

Cowboys - 3rd place (5 miles)

Jonah Henry	3rd place	24:36
Mike Seas	12th place	24:57
Ricky Faure	14th place	24:59
Harry Ewing	16th place	25:11
Daniel Hintz	52nd place	26:08
Jesse Gray	53rd place	26:13
Christopher Henry	57th place	26:16
Michael Downey	61st place	26:21
Calum Kepler	75th place	26:38

Cowgirls - 3rd place (3 miles)

Lauren Hamilton	4th place	16:52
Audra DeStefano	11th place	17:11
Kacey Doner	12th place	17:12
Megan Brunette	17th place	17:18
Kerry White	20th place	17:24
Isabella Pape	24th place	17:29
Quinn DeStefano	29th place	17:37
Ashley Bock	32nd place	17:44
Kiah Leonard	35th place	17:46
Solana Quistorff	46th place	17:55
Cassidy Meade	51st place	17:57
Regan VanDePol	81st place	18:34
Emily Person	87th place	18:44

Roy Griak Invitational Sept. 24 - Falcon Heights, Minn.

Cowboys - 17th place (8K)

Harry Ewing	45th place	25:55
Jonah Henry	53rd place	26:03
Mike Seas	124th place	26:48
Ricky Faure	144th place	26:59
Daniel Hintz	156th place	27:07
Jesse Gray	168th place	27:14
Christopher Henry	198th place	27:39

Cowgirls - 17th place (6K)

Lauren Hamilton	63rd place	22:59
Kacey Doner	96th place	23:23
Kerry White	113rd place	23:31
Megan Brunette	120th place	23:36
Audra DeStefano	128th place	23:42
Quinn DeStefano	167th place	24:08
Isabella Pape	179th place	24:16
Kiah Leonard	183rd place	24:17
Solana Quistorff	197th place	24:26
Cassidy Meade	216th place	24:36
Ashley Bock	275th place	25:20

Penn State Open Oct. 14 - University Park, Pa.

Cowgirls - 7th place (6K)

Lauren Hamilton	19th place	20:49
Audra DeStefano	32nd place	21:01
Kerry White	44th place	21:17
Megan Brunette	49th place	21:20
Kacey Doner	68th place	21:38
Isabella Pape	89th place	21:50
Quinn DeStefano	96th place	21:55
Kiah Leonard	117th place	22:08

Pre-Nationals Oct. 15 - Terre Haute, Ind.

Cowboys - 20th place (8K)

Jonah Henry	40th place	24:45
Harry Ewing	76th place	25:08
Mike Seas	108th place	25:21
Ricky Faure	142nd place	25:36
Christopher Henry	171st place	25:48
Daniel Hintz	190th place	25:56
Jesse Gray	201st place	26:01

2016 Individual Results

COWBOYS

Bryce Ailshie

Colorado State Invite: 131st, 18:03

Michael Downey

Colorado State Invite: 80th, 16:16
MSU-Bozeman Invite: 61st, 26:21

Harry Ewing

Colorado State Invite: 56th, 15:54
MSU-Bozeman Invite: 16th, 25:11
Roy Griak Invitational: 45th, 25:55
Pre-Nationals: 76th, 26:08

Ricky Faure

Colorado State Invite: 22nd, 15:24
MSU-Bozeman Invite: 14th, 24:59
Roy Griak Invitational: 144th, 26:59
Pre-Nationals: 142nd, 25:36

Jesse Gray

Colorado State Invite: 81st, 16:17
MSU-Bozeman Invite: 53rd, 26:13
Roy Griak Invitational: 168th, 27:14
Pre-Nationals: 201st, 26:01

Christopher Henry

MSU-Bozeman Invite: 57th, 26:16
Roy Griak Invitational: 198th, 27:39
Pre-Nationals: 171st, 25:48

Jonah Henry

Colorado State Invite: 16th, 15:17
MSU-Bozeman Invite: 3rd, 24:36
Roy Griak Invitational: 53rd, 26:03

Pre-Nationals: 40th, 24:45

Daniel Hintz

Colorado State Invite: 102nd, 16:34
MSU-Bozeman Invite: 52nd, 26:08
Roy Griak Invitational: 156th, 27:07
Pre-Nationals: 190th, 25:56

Calum Kepler

Colorado State Invite: 75th, 16:12
MSU-Bozeman Invite: 75th, 26:38

Isaac Kiefer

Michael Rotellini

Mike Seas

Colorado State Invite: 21st, 15:21
MSU-Bozeman Invite: 12th, 24:57
Roy Griak Invitational: 124th, 26:48
Pre-Nationals: 108th, 25:21

Phillip Thomas

Colorado State Invite: 132nd, 18:07

COWGIRLS

Calbi Ausmann

Colorado State Invite: 33rd, 19:03

Ashley Bock

Colorado State Invite: 42nd, 19:34
MSU-Bozeman Invite: 32nd, 17:44
Roy Griak Invitational: 275th, 25:20

Megan Brunette

Colorado State Invite: 27th, 18:40
MSU-Bozeman Invite: 17th, 17:18
Roy Griak Invitational: 120th, 23:36
Penn State Open: 49th, 21:20

Audra DeStefano

MSU-Bozeman Invite: 11th, 17:11
Roy Griak Invitational: 128th, 23:42
Penn State Open: 32nd, 21:01

Quinn DeStefano

Colorado State Invite: 23rd, 18:35
MSU-Bozeman Invite: 29th, 17:37
Roy Griak Invitational: 167th, 24:08
Penn State Open: 96th, 21:55

Kacey Doner

Colorado State Invite: 19th, 18:28
MSU-Bozeman Invite: 12th, 17:12
Roy Griak Invitational: 96th, 23:23
Penn State Open: 68th, 21:38

Lauren Hamilton

MSU-Bozeman Invite: 4th, 16:52
Roy Griak Invitational: 63rd, 22:59
Penn State Open: 19th, 20:49

Kirsten Kropkowski

Kiah Leonard

Colorado State Invite: 58th, 20:10
MSU-Bozeman Invite: 35th, 17:46
Roy Griak Invitational: 183rd, 24:17
Penn State Open: 117th, 22:08

Cassidy Meade

Colorado State Invite: 51st, 19:53
MSU-Bozeman Invite: 51st, 17:57
Roy Griak Invitational: 216th, 24:36

Isabella Pape

Colorado State Invite: 29th, 18:49
MSU-Bozeman Invite: 24th, 17:29
Roy Griak Invitational: 179th, 24:16
Penn State Open: 89th, 21:50

Emily Person

Colorado State Invite: 50th, 19:50
MSU-Bozeman Invite: 87th, 18:44

Solana Quistorff

Colorado State Invite: 37th, 19:20
MSU-Bozeman Invite: 46th, 17:55
Roy Griak Invitational: 197th, 24:26

Ashley Urman

Taylor Van Holland

Regan VanDePol

Colorado State Invite: 78th, 21:40
MSU-Bozeman Invite: 81st, 18:34

Kerry White

MSU-Bozeman Invite: 20th, 17:24
Roy Griak Invitational: 113rd, 23:31
Penn State Open: 44th, 21:17

2016 Wyoming Notes

Wyoming's Top Cross Country Times Since 1990

(as of Sept. 22, 2016)

Cowgirls

4k			
1. Holly Page	13:37	2012	Highlander Invite
2. Christine Nelson	14:00	2012	Highlander Invite
3. Abi Bever	14:05	2012	Highlander Invite
4. Brooke Hughes	14:22	2012	Highlander Invite
5. Devon England	14:30	2012	Highlander Invite
6. Holly Page	14:33	2012	Rust Buster
Jennifer Thompson	14:33	2003	Wyoming Open
8. Christine Nelson	14:51	2010	Wyoming Invite
Gretchen Johnson	14:51	2007	Wyoming Invite
Natalie Kean	14:51	2003	Wyoming Open
11. Audra DeStefano	14:52	2012	Highlander Invite
12. Jessica Lemaster	15:03	2012	Highlander Invite
13. Devon England	15:06	2012	Rust Buster
Emily Higgins	15:06	2006	Wyoming Invite
Jennifer Thompson	15:06	2004	Wyoming Invite
Gretchen Johnson	15:06	2004	Wyoming Invite

5k			
1. Holly Page	17:18	2013	Highlander Invite
2. Christine Nelson	17:23	2010	Chile Pepper Festival
3. Megan Brunette	17:34	2013	Highlander Invite
4. Audra DeStefano	17:37	2015	Colorado State Invite
5. Necia Hoffman	17:41	1990	WAC Championship
6. Necia Hoffman	17:43	1990	NCAA Championship
7. Amy Wroe	17:45	1994	New Mexico Invite
8. Molly Moulton	17:47	1995	NCAA District 7
9. Karla Hay	17:49	1990	Rocky Mountain Shootout
10. Molly Cochran	17:50	1997	Colorado State Invite
Karla Hay	17:50	1991	Illinois XC Classic
12. Wendy Welch	17:51	1991	Illinois XC Classic
13. Molly Moulten	17:54	1994	Arizona State Invite
Molly Moulten	17:54	1994	New Mexico Invite
15. Alysha Davis	17:55	2010	Chili Pepper Festival

6k			
1. Holly Page	20:18	2014	MW Championship
2. Holly Page	20:31	2014	Washington Invite
3. Lauren Hamilton	20:49	2016	Penn State Open
Kerry White	20:49	2015	NCAA Pre-Nationals
5. Kerry White	20:53	2014	MW Championship
6. Kerry White	20:59	2014	Washington Invite
Emily Higgins	20:59	2008	NCAA Mountain Regional
8. Audra DeStefano	21:01	2016	Penn State Open
Holly Page	21:01	2014	NCAA Championships
10. Holly Page	21:02	2012	MW Championship
11. Audra DeStefano	21:03	2014	MW Championship
12. Holly Page	21:07	2013	NCAA Mtn Regional
13. Megan Brunette	21:08	2015	NCAA Pre-Nationals
Jennifer Thompson	21:08	2004	NCAA Mountain Regional
15. Gretchen Johnson	21:13	2007	NCAA Mountain Regional

Cowboys

6k			
1. Garrett Zans	17:48	2013	Highlander Invite
2. Garrett Zans	17:50	2012	Highlander Invite
Amos Bowen	17:50	2013	Highlander Invite
4. Aaron Derner	17:52	2012	Highlander Invite
5. Aaron Derner	17:53	2013	Highlander Invite
6. Mike Banks	17:57	2013	Highlander Invite
7. Mike Seas	18:01	2012	Highlander Invite
8. Dylan Morin	18:07	2013	Highlander Invite
9. Garrett Zans	18:08	2013	Utah Valley Invite
10. Joe Hall	18:10	1999	Wyoming Invite
11. Mike Banks	18:22	2013	Utah Valley Invite
12. Michael Kesy	18:26	2013	Highlander Invite
13. Mike Banks	18:31	2012	Highlander Invite
Aaron Derner	18:31	2013	Utah Valley Invite
15. Mike Seas	18:34	2013	Highlander Invite

8k			
1. Mark Korir	23:41	2007	NCAA Pre-Nationals
2. Amos Bowen	23:43	2014	Washington Invite
Mark Korir	23:43	2008	NCAA Pre-Nationals
4. Amos Bowen	23:51	2014	MW Championship
5. Mark Korir	24:06	2006	MW Championship
6. Mark Korir	24:10	2008	Roy Griak Invite
7. Mark Korir	24:14	2007	Montana State Invite
8. Mark Korir	24:22	2008	MW Championship
9. Greg Miller	24:23	2011	Woody Greeno Invite
10. Aaron Derner	24:24	2015	NCAA Pre-Nationals
11. Dylan Morin	24:26	2014	MW Championship
Ryan Bolton	24:26	1993	Arizona State Invite
13. Garrett Zans	24:27	2013	MW Championship
14. Mark Korir	24:28	2008	Montana State Invite
15. Monte Still	24:36	1991	Rocky Mountain Shootout

10k			
1. Mark Korir	28:40	2006	Chile Pepper Festival
2. Mark Korir	29:33	2008	NCAA Mountain Regional
3. Garrett Zans	29:50	2013	NCAA Mountain Regional
4. Mark Korir	29:56	2006	NCAA Mountain Regional
Amos Bowen	29:56	2014	NCAA Mountain Regional
5. Mark Korir	30:13	2007	NCAA Championship
Aaron Derner	30:13	2013	NCAA Mountain Regional
7. Philemon Tanui	30:15	2005	Chile Pepper Festival
Mark Korir	30:15	2007	NCAA Mountain Regional
9. Ryan Bolton	30:18	1995	NCAA District 7
10. Amos Bowen	30:19	2015	NCAA Mountain Regional
11. Greg Miller	30:28	2010	Chile Pepper Festival
12. Aaron Derner	30:29	2015	NCAA Mountain Regional
13. Greg Miller	30:31	2010	NCAA Mountain Regional
14. Nick Ekel	30:32	2010	NCAA Mountain Regional
15. Monte Still	30:35	1993	NCAA District 7

Wyoming's History at the NCAA Championships

Cowboy History (Since 1938)

Year	Team	Individuals
2014	---	217. Amos Bowen, 32:53
2013	---	65. Garrett Zans, 31:01
2008	---	71. Mark Korir, 30:38
2007	---	19. Mark Korir (AA), 30:13
2006	---	22. Mark Korir (AA), 31:24
2000	---	112. Joe Hall, 31:50
1996	---	81. Scott McDonald, 32:39
1995	---	12. Ryan Bolton (AA), 31:02
1989	---	34. John Wodny (AA), 30:36
1986	16th (345)	15. John Wodny (AA), 31:23
		87. Michael Craven, 32:39
		93. Arnie Anfinson, 32:43
		117. Ed Jassmen, 33:06
		129. Robert Durkee, 33:19
		168. Damien Betebenner, 35:28
		170. Richard Garnos, 35:56
1979	---	16. Geir Kvernmo (AA), 29:35
1978	13th (353)	24. Simon Kilili (AA), 30:12
		38. Joe Nzau, 30:23
		82. James Kamau, 30:55
		93. Geir Kvernmo, 31:00
		226. James Hogue, 33:22
		233. Chuck Turner, 33:52
		241. Gary Fasules, 36:42
1977	3rd (156)	6. Solomon Chebor (AA), 29:03
		7. Simon Kilili (AA), 29:15
		35. Joe Nzau, 29:56
		36. Geir Kvernmo, 29:56
		169. Michael Cheronno, 31:32.5
		249. Curt Mobley, 33:07.7

1976	---	50. Geir Kvernmo, 29:40.16
1968	---	113. Wayne Jensen, 31:38
1967	14th (328)	24. Bob Mason (AA), 32:44
		102. Pete Smith, 36:51
		106. Tore Svare, 37:52
		108. Ed Schnackenberg, 40:00
		111. Jerry Race, 41:54
		112. Kurt Heuch, 42:47
1965	10th (275)	12. Michael Gregorio (AA), 30:28
		39. John Finlay, 31:18
		86. Harry Bilof, 32:22
		115. Alfred Crampton, 33:17
		122. Charles Pell, 33:28
1964	---	138. Roman Pysanczyn, 35:17
		39. Harry Bilof, 21:07
		100 Douglas McDonald, 21:50
		133. Michael Gregorio, 22:10
1947	15th (382)	66. Allen Clark, 22:55
		74. Harry Mangus, 23:06.1
		92. Bruce Badley, 23:24
		107. Allan Benton, 23:50
		110. Lee Covington, 23:58
		128. Paul Zimmerman, 24:36

Cowgirl History (Since 1981)

Year	Team	Individuals
2014	---	71. Holly Page, 21:01
2007	---	116. Gretchen Fagley-Johnson, 21:41.1
2004	---	70. Jennifer Thompson, 21:39
1990	---	100. Necia Hoffman, 17:43
1983	---	13. Andrea Everett (AA), 17:03
1982	---	60. Andrea Everett, 18:12
1981	---	79. Brenda Grahm, 18:14