



2008 COUGAR

CROSS COUNTRY



On crisp fall mornings, along the farm roads of the

Palouse, you will likely find the Washington State distance squad out for their weekly long run. Some of the greatest names in cross-country and distance running have left their footprints on the dirt roads surrounding Pullman, Washington.

The infamous Lindgren's Loop is a hilly ten-mile loop from campus and local legend has it that one of America's greatest distance runners of all time, Gerry Lindgren, ran this loop three times a day while a student-athlete at Washington State. Others soon followed in Lindgren's footsteps including NCAA Champions John Ngeno, Josephat Kapkory, Bernard Lagat, Samson Kimombwa, Peter Koech, Joshua Kimeto, Richard Tuwei, Julius Korir, Samuel Kibiri, and one of the greatest distance runners of all time, Henry Rono.

In 2006, the Cougar men's team competed at the NCAA Cross Country Championships for the first time in nearly a decade and with only one senior on that squad, the resurgence will continue.

Women began to compete at WSU in the early '80s and by the early '90s Celestine N'Drin and Jennifer Bravard lowered the school records in middle distance events to 2:02 in the 800 meters, 4:14 for 1500 meters, and 9:15 for the 3000 meters. Megan Maynard became Washington State's first Cross Country All-American in 1998.

Three Cougars have earned All-America certificates under Drake's mentoring. Danny Wolf earned All-America honors with his 10th place finish in 3000m at the 2003 NCAA Indoor Championships. Anna Blue finished sixth in the 5000m at the 2003 NCAA Outdoor Championships in addition to setting school records that same year in the 10k, 3000m, and 5000m.

Haley Paul earned All-America honors as a sophomore with her 14th place finish at the 2005 NCAA Cross Country Championships after finishing sixth at the Pac-10 Championships and ninth at the NCAA West Regional Championships.

"The training facilities are second to none here in the Pullman," Drake said. The world-class Mooberry outdoor track, the new indoor training facility, and most importantly the unlimited miles of rural dirt roads, make for one of the finest regions in the world to develop young talent. Drake's recruiting efforts are focused on state and regional athletes.

"I want to continue building on the tremendous history of distance running at WSU," Drake said. "I am committed to developing local and regional talent. The state of Washington has some of the best high school runners in the country and I want to see these young men and women developing into All-Americans here at WSU."

Drake's intensified recruiting within the talent-laden state has made WSU's distance program's future look bright indeed.



COUGAR CROSS COUNTRY



MEN'S CROSS COUNTRY



2007 Washington State Men's Cross Country Results

Gonzaga Preview Cross Country Meet (Finch Arboretum, 4 miles)

August 31, 2007

Men's Team Results: 1. Washington State 37, Gonzaga 58

Top Five Individuals: 1. Sean Coyle (unat) 22:07.70; 2. David Hickerson (unat) 22:08.12; 3. Alex Grant (WSU) 22:08.30; 4. Dan Geib (WSU) 22:08.49; 5. Woody Favinger (WSU) 22:31.80.

WSU Results: 1. Sean Coyle (unat) 22:07.70; 2. David Hickerson (unat) 22:08.12; 3. Alex Grant 22:08.30; 4. Dan Geib 22:08.49; 5. Woody Favinger 22:31.80; 6. Peter Miller (unat) 22:42.36; 11. Jeremy Swenson 23:51.51; 12. Bob Hewitt-Gaffney 23:51.81; 13. Chris Williams 23:52.39; 14. Evan Blanshan 23:57.43.

Sundodger Men's Invitational (Lincoln Park, Seattle, Wash. 8,000m)

September 15, 2007

Men's Top Team Results: 1. Washington 31, 2. Washington State 52, 3. UC Davis 116, 3. Eastern Washington 116, 5. Western Washington 128, 6. Idaho 148, 7. Santa Clara 153, 8. San Francisco 181

Top Five Individuals: 1. Jon Harding (Washington) 23:36; 2. Paul Limpf (Eastern Washington) 23:46; 3. Andrew Jones (Washington State); 24:02; 4. Jake Schmitt (U-Washington) 24:11; 5. Kelly Spady (Washington) 24:14.

WSU Results: 3. Andrew Jones 24:02; 10. Chris Williams 24:24; 16. Chris Concha 24:34; 18. Sam Ahlbeck 24:35; 20. Dominic Smargiassi 24:39; 21. David Hickerson 24:40; 43. Sean Coyle 25:21, 44. Luke Lemenger 25:22, 52. Evan Blanshan 25:41.

WSU running unattached: 47. Peter Miller 25:28; 69. Jeremy Swenson 26:01.

Roy Griak Cross Country Invitational (Les Bolstad Golf Course, Minneapolis, Minn. 8,000m)

September 29, 2007

Men's Top Team Results: 1. Northern Arizona 84, 2. Arizona State 88, 3. Iowa State 99, 4. Minnesota 107, 5. Virginia 126, 6. Indiana 176, 7. Washington State 185, 8. Michigan State 255, 9. Oklahoma 269, 10. Missouri 270.

Top Five Individuals: 1. Lopez Lomong (Northern Arizona) 24:04.2, 2. David McNeill (Northern Arizona) 24:26.5, 3. Chris Rombough (Minnesota) 24:29.9, 4. Kiel Uhl (Iowa State) 24:32.3, 5. Kyle Alcorn (Arizona State) 24:37.5.

WSU Results: 13. Andrew Jones 24:52; 16. Alex Grant 24:53; 34. Drew Polley 25:23; 54. Chris Williams 25:43; 68. Dominic Smargiassi 25:51; 75. Daniel Gieb 26:00; 98. David Hickerson 26:21; 105. Chris Concha 26:27; 127. Sam Ahlbeck 26:45; 169. Woody Favinger 27:40.

Willamette Invitational (Bush's Pasture Park, Salem, Ore. 8,000m)

September 29, 2007

WSU Results: 34. Luke Lemenager 25:07; 47. Sean Coyle 25:24; 81. Evan Blanshan 26:03.

NCAA Pre-National Cross Country Meet (LaVern Gibson Championship Cross Country Course, Terre Haute, Ind. 8,000m)

October 13, 2007

Men's White Race Top Team Results: 1. UTEP 129; 2. Colorado 155; 3. North Carolina State 182; 4. Michigan 208; 5. Notre Dame 261; 6. Stanford 264; 7. Minnesota 289; 8. Providence 301; 9. Arizona State 305; 10. Cal Poly 328. 19. Washington State 478.

Top Five Individuals: 1. Josh McDougal (Liberty) 22:56.4; 2. Jacob Korir (Eastern Kentucky) 23:00.6; 3. Stephen Pifer (Colorado) 23:16.7; 4. Brent Vaughn (Colorado) 23:16.8; 5. Patrick Smyth (Notre Dame) 23:18.2.

WSU Results: 62. Andrew Jones 24:12.0; 83. Drew Polley 24:20.2; 100. Alex Grant 24:39.6; 108. Dan Geib 24:33.9; 125. Dominic Smargiassi 24:48.5; 132. Chris Williams 24:51.4.

WSU Men's Open Race Results: 38. Luke Lemenager 25:27.1; 40. David Hickerson 25:28.5; 70. Sean Coyle 25:56.2.

Eastern Washington University Invitational (EWU, Cheney, Wash., 8,000m)

October 13, 2007

Top Five Individuals: 1. Geoff Kerr (Calgary) 24:59.1; 2. Paul Limpf (Eastern) 25:01.0; 3. Alex Smyth (Eastern) 25:29.3; 4. Nathan Kendrick (Calgary) 25:33.5; 5. Sam Ahlbeck (WSU) 25:40.8.

WSU Results: 5. Sam Ahlbeck 25:40.8.



MEN'S CROSS COUNTRY

Pac-10 Cross Country Championships (Trysting Tree Golf Course, Corvallis, Ore. 8,000m)

October 27, 2007

Men's Team Results: 1. Oregon 39; 2. Stanford 55; 3. California 70; 4. UCLA 97; 5. Arizona State 105; 6. Washington 162; **7. Washington State 166**; 8. California 260.

Top Five Individuals: 1. Shadrack Kiptoo-Biwott (Oregon) 22:54.9; 2. Galen Rupp (Oregon) 22:58.4; 3. Russell Brown (Stanford) 23:08.7; 4. Austin Ramos (UCLA) 23:10.8; 5. Hari Mix (Stanford) 23:11.6.

WSU Results: 23. Andrew Jones 23:42.4; 30. Alex Grant 23:48.8; 34. Drew Polley 23:53.3; 48. Daniel Geib 24:14.9; 49. Sam Ahlbeck 24:19.2; 52. Luke Lemenager 24:24.7; 57. Dominic Smargiassi 24:33.9; 64. Chris Concha 24:49.9; 67. David Hickerson 24:57.9; 74. Chris Williams 25:31.1.

Men's NCAA West Regionals, Springfield Country Club, Portland, Ore. (10,000m)

November 10, 2007

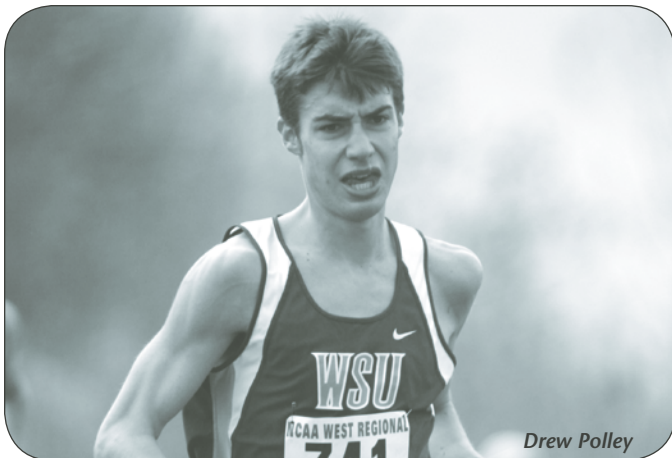
Men's Top Team Results: 1. Oregon 47; 2. Portland 76; 3. Stanford 100; 4. California 112; 5. Cal Poly 116; 6. Arizona State 141; 7. UCLA 142; **8. Washington State 220**; 9. UC Santa Barbara 224; 10. Washington 233.

Top Five Individuals: 1. Galen Rupp (Oregon) 29:35.45; 2. David Kinsella (Portland) 29:45.70; 3. Shadrack Kiptoo-Biwott (Oregon) 30:03.50; 4. John Moore (Portland) 30:05.70; 5. Michael Kilburg (Portland) 30:06.90.

WSU Results: 25. Drew Polley 30:49.10; 27. Andrew Jones 30:51.60; 34 Alex Grant 31:03.75; 55. Daniel Geib 31:36.60; 82. Sam Ahlbeck 32:17.10; 84. Dominic Smargiassi 32:19.85; 105. Luke Lemenager 32:44.40.



Alex Grant



Drew Polley

MEN'S CROSS COUNTRY HISTORY

Pacific-10 Conference Men's Championships

Year	Site	WSU Finish	Champion
1969	Stanford	2nd	Oregon
1970	Pullman	2nd	Oregon
1971	Los Angeles	1st	Washington State
1972	Seattle	1st	Washington State
1973	Stanford	2nd	Oregon
1974	Stanford	1st	Washington State
1975	Stanford	1st	Washington State
1976	Stanford	2nd	Oregon
1977	Stanford	3rd	Oregon
1978	Fresno	2nd	Oregon
1979	Stanford	2nd	Oregon
1980	Stanford	Inc. Team	UCLA
1981	Stanford	6th	UCLA
1982	Fresno	4th	Oregon
1983	Stanford	No entry	Arizona
1984	Stanford	2nd	Arizona
1985	Stanford	5th	Stanford
1986	Stanford	9th	Arizona
1987	Stanford	3rd	Arizona
1988	Stanford	6th	Oregon
1989	Stanford	6th	Oregon
1990	Stanford	Inc. Team	Oregon
1991	Stanford	4th	Arizona
1992	Stanford	6th	Oregon
1993	Stanford	2nd	Washington
1994	Stanford	7th	Arizona
1995	Stanford	6th	Oregon
1996	Stanford	4th	Stanford
1997	Stanford	3rd	Stanford
1998	Stanford	3rd	Stanford
1999	Long Beach	8th	Arizona
2000	Seattle	7th	Stanford
2001	Tucson	8th	Stanford
2002	Pasadena	5th	Stanford
2003	Pullman	6th	Stanford
2004	San Francisco	7th	Stanford
2005	Tucson	8th	Stanford
2006	Stanford	7th	Oregon
2007	Corvallis	7th	Oregon

WSU's Pacific-10 Individual Champions

Year	Name
1969	Gerry Lindgren
1972	John Ngeno
1974	John Ngeno
1975	Joshua Kimeto
1976	Henry Rono
1977	Joel Cheruiyot
1978	Henry Rono
1979	Henry Rono
1981	Richard Tuwei
1992	Josephat Kapkory
1993	Josephat Kapkory
1997	Bernard Lagat

WSU's NCAA West Region Individual Champions

Year	Name
1976*	Henry Rono (fr.)
1977	Joel Cheruiyot (fr.)
1978	Henry Rono
1979	Henry Rono
1981	Richard Tuwei (fr.)
1991	Josephat Kapkory
1992	Josephat Kapkory
1993	Josephat Kapkory

MEN'S CROSS COUNTRY

NCAA Cross Country Champions

Year	Site	WSU Score	WSU Finish	Champion
1966	Lawrence	208	5th	Villanova
1969	New York	187	4th	Texas-El Paso
1971	Knoxville	122	2nd	Oregon
1972	Houston	179	4th	Tennessee
1973	Spokane	166	3rd	Oregon
1974	Bloomington	144	4th	Oregon
1975	College Park	92	2nd	Texas-El Paso
1976	Denton	179	3rd	Texas-El Paso
1977	Spokane	278	9th	Oregon
1984	University Park	214	7th	Arkansas
1998	Lawrence	433	18th	Arkansas

WSU's Cross Country All-Americans

Year	Name	Site
1965	Gary Benson	Lawrence
1965	Chris Westman	Lawrence
1966	Chris Westman	Lawrence
1966	Gerry Lindgren (NCAA)	Lawrence
1967	Gerry Lindgren	Laramie
1969	Rick Riley	New York
1969	Gerry Lindgren (NCAA)	New York
1970	Mark Hiefield	Williamsburg
1970	Don Smith (fr.)	Williamsburg
1971	Dan Murphy (fr.)	Knoxville
1971	Phil Burkwest	Knoxville
1972	Dan Murphy	Houston
1973	John Ngeno	Spokane
1973	Dan Murphy	Spokane
1974	John Ngeno	Bloomington
1975	Joshua Kimeto	College Park
1975	Kurt Beckman	College Park
1975	John Ngeno	College Park
1976	Henry Rono (NCAA)	Denton
1976	Samson Kimombwa	Denton
1976	Joshua Kimeto	Denton
1977	Henry Rono	Spokane
1977	Joel Cheruiyot (fr.)	Spokane
1979	Henry Rono	Bethlehem
1979	Joel Cheruiyot	Bethlehem
1981	Richard Tuwei (fr.)	Wichita
1984	Peter Koech	University Park
1987	Jacinto Navarrete	Charlottesville
1990	Samuel Kibiri	Knoxville
1990	E. J. Guo	Knoxville
1991	Josephat Kapkory	Tucson
1992	Josephat Kapkory	Bloomington
1993	Josephat Kapkory	Bethlehem
1993	Patrick Muturi	Bethlehem
1997	Bernard Lagat	Greenville
1998	Eric Kamau	Lawrence
1998	Bernard Lagat	Lawrence

Bold Type = NCAA Champion
(NCAA) = NCAA Meet Record

WSU's Pacific-10 Athlete of the Year

Year	Name	Class
1975	Joshua Kimeto	Sophomore
1976	Henry Rono	Freshman
1977	Henry Rono	Sophomore
1979	Henry Rono	Senior
1981	Richard Tuwei	Freshman
1992	Josephat Kapkory	Junior
1993	Josephat Kapkory	Senior

Coach of the Year Honors

Year	Name	Honor
1970	Jack Mooberry	NCAA District 8
1975	John Chaplin	Pac-10, NCAA District 8

WSU Cross Country Captains

Year	Captain
1965	Gary Benson
1966	Chris Westman
1967	Gerry Lindgren
1968	Rick Riley
1969	Rick Riley
1970	Don Smith
1971	Mark Hiefield
1972	Phil Burkwest
1973	Dean Clark
1974	Dan Murphy
1975	John Ngeno
1976	Kurt Beckman
1977	Joshua Kimeto
1978	Samson Kimombwa
1979	Henry Rono
1980	Rob Evans
1981	Steve James
1982	Steve James
1983	Peter Koech
1984	Peter Koech
1985	Nathan Morris
1986	John Knight
1987	Jim Frey
1988	John Hill
1989	John Hill
1990	Robert Price
1991	E. J. Guo
1992	Nathan Davis
1993	Josephat Kapkory
1994	George Loucaides
1995	George Loucaides
1996	David Jungk
1997	David Jungk
1998	Jon Murray
1999	Rob Harris
2000	Scott Johnson
2001	Scott Johnson and Jon Welsh
2002	Kyle Barker
2003	Danny Wolf
2004	Danny Wolf
2005	Ryan Freimuth
2006	Alex Grant
2007	Alex Grant

WOMEN'S CROSS COUNTRY

2007 Washington State Women's Cross Country Results



2005 All-American Haley Paul

Gonzaga Preview Cross Country Meet (Finch Arboretum, 2 1/2 miles)

August 31, 2007

Women's Team Results: 1. Washington State 16, 4. Gonzaga 42

Top Five Individuals: 1. Ashlee Wall (unat) 16:16.07; 2. Sara Trané (WSU) 16:17.01; 3. Collier Lawrence (WSU) 16:17.04; 4. Amanda Andrews (WSU) 16:33.45; 5. Molly Funk (Gonzaga) 16:41.01.

WSU Results: 1. Ashlee Wall (unat) 16:16.07; 2. Sara Trané 16:17.01; 3. Collier Lawrence 16:17.04; 4. Amanda Andrews 16:33.45; 6. Becky Williams 17:01.57; 10. Jessica Crannell 18:32.03.

Sundodger Women's Invitational (Lincoln Park, Seattle, Wash. 6,000m)

September 15, 2007

Women's Top Team Results: 1. Washington 27, 2. Idaho 76, 3. San Francisco 104, 4. Santa Clara 122, 5. UC Davis 123, 6. Eastern Washington 130, 7. Seattle Pacific 143, **8. Washington State 180.**

Top Five Individuals: 1. Anita Campbell (Washington) 20:20; 2. Katie Follett (Washington) 20:37; 3. Marie Lawrence (Washington) 20:58; 4. Jessica Pixler (Seattle Pacific) 21:04; 5. Marrie Bridgmon (Eastern Washington) 21:19.

WSU Results: 26. Lisa Egami 22:10; 32. Amanda Andrews 22:27; 34. Ashlee Wall 22:29; 60. Becky Williams 23:41; 66. Jessica Crannell 24:45; 67. Anna Layman 25:07.

Roy Griak Cross Country Invitational (Les Bolstad Golf Course, Minneapolis, Minn. 6,000m)

September 29, 2007

Women's Top Team Results: 1. Minnesota 97, 2. Arizona State 100, 3. Michigan State 109, 4. UC Santa Barbara 156, 5. Nebraska 163, 6. Virginia 190, 7. Northern Arizona 194, **8. Washington State**

213, 9. Iowa State 216, 10. Missouri 309.

Top Five Individuals: 1. Emily Harrison (Virginia) 20:51.4; 2. Lisa Koll (Iowa State) 21:09.0; 3. Grace Kemmey (Iowa State) 21:17.5; 4. Kari Hardt (Arizona State) 21:21.0; 5. Nicole Bush (Michigan State) 21:21.1.

WSU Results: 22. Sara Trané 22:02; 32. Meghan Leonard; 22:13; 37. Collier Lawrence 22:21; 41. Isley Gonzalez 22:28; 93. Lisa Egami 23:26; 102. Chelsea VanDeBrake 23:29; 104. Ashlee Wall 23:30; 125. Amanda Andrews 23:53.

Willamette Invitational (Bush's Pasture Park, Salem, Ore., 5,000m)

September 29, 2007

WSU Results: 41. Marisa Sandoval 18:42; 51. Becky Williams 19:02; 92. Jessica Crannell 20:12.

NCAA Pre-National Cross Country Meet (LaVern Gibson Championship Cross Country Course, Terre Haute, Ind. 6,000m)

October 13, 2007

Women's Blue Race Top Team Results: 1. Stanford 102; 2. Florida State 123; 3. Michigan State 178; 4. Minnesota 192; 5. Georgetown 210; 6. Colorado State 216; 7. Rice 224; 8. Northern Arizona 266; 9. Wisconsin 288; 10. North Carolina State 289. 17. Washington State 474.

Top Five Individuals: 1. Susan Kuijken (Florida State) 19:55.5; 2. Teresa McWalters (Stanford) 20:00.1; 3. Arianna Lambie (Stanford) 20:01.1; 4. Emily Harrison (Virginia) 20:04.8; 5. Melissa Grelli (Georgetown) 20:13.1.

WSU Results: 39. Sara Trané 21:06.2; 71. Isley Gonzalez 21:26.0; 80. Meghan Leonard 21:29.5; 115. Collier Lawrence 21:54.9; 169. Ashlee Wall 22:27.9; 180. Chelsea VanDeBrake 22:38.0; 202. Lisa Egami 22:57.9.

Eastern Washington University Invitational (EWU, Cheney, Wash., 5,000m)

October 13, 2007

Top Five Individuals: 1. Mattie Bridgmon (Eastern) 18:24.2; 2. Samantha Modderman (Eastern) 18:29.4; 3. Heather Sims (Calgary) 18:49.8; 4. Hilary Johnson (Calgary) 18:58.0; 5. Jessica O'Connell (Calgary) 18:58.3.

WSU Results: 12. Marisa Sandoval 19:36.8; 13. Amanda Andrews 19:48.1; 26. Becky Williams 21:32.7; 30. Jessica Crannell 22:00.0.



Head Coach Jason Drake

WOMEN'S CROSS COUNTRY

Pac-10 Cross Country Championships (Trysting Tree Golf Course, Corvallis, Ore. 6,000m)

October 27, 2007

Women's Team Results: 1. Stanford 48; 2. Arizona State 64; 3. Arizona State 68 and Washington 68; **5. Washington State 136;** 6. Arizona 188; 7. Oregon State 197; 8. Southern California 215; 9. California 237; 10. UCLA 248.

Top Five Individuals: 1. Arianna Lambie (Stanford) 19:40.7; 2. Teresa McWalters (Stanford) 19:41.1; 3. Alexandra Kosinski (Oregon) 19:54.1; 4. Nicole Blood (Oregon) 20:08.5; 5. Jenna Kingma (Arizona State) 20:09.4.

WSU Results: 8. Isley Gonzalez 20:26.6; 20. Sara Trane 20:46.2; 23. Meghan Leonard 20:55.0; 36. Collier Lawrence 21:18.9; 51. Lisa Egami 21:43.8; 60. Chelsea VanDeBrake 22:01.8; 65. Ashlee Wall 22:05.6; 75. Amanda Andrews 22:39.0; 83. Marisa Sandoval 23:06.0.

Women's NCAA West Regionals, Springfield Country Club, Eugene, Ore. (6,000m)

November 10, 2007

Women's Top Team Results: 1. Stanford 33; 2. Oregon 77; 3. Arizona State 106; 4. Washington 118; 5. UC Santa Barbara 143; **6. Washington State 249;** 7. Portland 250; 8. UC Riverside 304; 9. California 328; 10. Long Beach State 334.

Top Five Individuals: 1. Teresa McWalters (Stanford) 19:57.30; 2. Nicole Blood (Oregon) 20:05.35; 3. Alex Gits (Stanford) 20:23.40; 4. Anita Campbell (Washington) 20:23.40; 5. Arianna Lambie (Stanford) 20:31.25.

WSU Results: 31. Sara Trané 21:16.10; 34. Isley Gonzalez 21:17.90; 36. Meghan Leonard 21:24.05; 59. Collier Lawrence 21:46.25; 90. Lisa Egami 22:10.15; 98. Ashlee Wall 22:20.10; 140. Chelsea VanDeBrake 22:57.55.

WOMEN'S CROSS COUNTRY HISTORY

WSU's NCAA Cross Country Competitors

<i>Year</i>	<i>Site</i>	<i>Name</i>	<i>Finish</i>
1983	Bethlehem	Lisa Braun	51
1983	Bethlehem	Cheryl Livingstone	76
1983	Bethlehem	Kari Jonassen	101
1983	Bethlehem	Linda Spaargaren	114
1983	Bethlehem	Camille Rivard	115
1983	Bethlehem	Joan McGrath	130
1984	College Park	Cheryl Livingstone	69
1985	Milwaukee	Linda Spaargaren	46
1985	Milwaukee	Kari Jonassen	50
1985	Milwaukee	Lisa Braun	64
1985	Milwaukee	Camille Rivard	69
1985	Milwaukee	Cheryl Livingstone	93
1985	Milwaukee	Zenny Koehler	119
1985	Milwaukee	Mary Reed	127
1987	Charlottesville	Lisa Braun	45
1992	Bloomington	Jennifer Robertson Bravard	100
1998	Lawrence	Megan Maynard	22
2001	Greenville	Everlyne Lagat	30
2003	Waterloo	Anna Blue	78
2005	Terre Haute	Haley Paul	14

WSU's Pacific-10 Individual Champions

<i>Year</i>	<i>Name</i>
1989	Jennifer Robertson Bravard

WSU's Pacific-10 Cross Country Athlete of the Year

<i>Year</i>	<i>Name</i>
1989	Jennifer Robertson Bravard

NCAA Cross Country Champions

<i>Year</i>	<i>Site</i>	<i>WSU Score</i>	<i>WSU Finish</i>	<i>Champion</i>
1983	Bethlehem	347	15th	Oregon
1985	Milwaukee	227	T-7th	Wisconsin



2003 Pac-10 Cross Country Championships at Pullman.

WOMEN'S CROSS COUNTRY

WSU's Cross Country All-Americans

Year	Name
1998	Megan Maynard
2001	Everlyne Lagat
2005	Haley Paul

WSU Women's Team Captains

Year	Captain
1990	Mary Jo Gadler, Debbie Granley
1993	Jessica Brathovd
1995	Carrie Mangiapane
1996	Marilyn Moberly
1997	Joanne Hunsinger
1998	Kim Schmolka
1999	Megan Maynard
2000	Alishia Booterbaugh
2001	Ryan Gilmore and Jenny Filipy
2002	Anna Blue
2003	Ana Cabrera
2004	Ana Cabrera
2005	Haley Paul
2006	Kelly Ramirez
2007	Collier Lawrence

Pacific-10 Conference Women's Championships

Year	Site	WSU Finish	Champion
1986	Stanford	6th	Oregon
1987	Stanford	3rd	Oregon
1988	Stanford	4th	Oregon
1989	Stanford	2nd	Washington
1990	Stanford	4th	Oregon
1991	Stanford	7th	Oregon
1992	Stanford	6th	Oregon
1993	Stanford	8th	Stanford
1994	Stanford	6th	Stanford
1995	Stanford	7th	Oregon
1996	Stanford	7th	Stanford
1997	Stanford	7th	Stanford
1998	Eugene	6th	Stanford
1999	Long Beach	7th	Stanford
2000	Seattle	5th	Stanford
2001	Scottsdale	6th	Stanford
2002	Los Angeles	6th	Stanford
2003	Pullman	8th	Stanford
2004	San Francisco	5th	Stanford
2005	Tucson	5th	Stanford
2006	Stanford	6th	Stanford
2007	Corvallis	5th	Stanford

