



# 2009 BIG WEST CROSS COUNTRY

Big West Conference - 2 Corporate Park, Suite 206, Irvine, CA 92606

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### Northridge Invitational; Pre-Nationals Highlight Busy Cross Country Slate

#### THIS WEEK'S SCHEDULE

##### Friday, October 16

- Cal State Fullerton at Northridge Invitational (Northridge, Calif.)
- Cal State Northridge at Northridge Invitational (Northridge, Calif.)
- UC Riverside at Northridge Invitational (Northridge, Calif.)

##### Saturday, October 17

- Cal Poly at Cal Poly Invitational (San Luis Obispo, Calif.)
- Cal Poly at Pre-Nationals (Terre Haute, Ind.)
- Long Beach State at Bronco Invitational (Sunnyvale, Calif.)
- Long Beach State at Pre-Nationals (Terre Haute, Ind.)
- UC Davis at Bronco Invitational (Sunnyvale, Calif.)
- UC Davis at Pre-Nationals (Terre Haute, Ind.)
- UC Irvine at Cal Poly Invitational (San Luis Obispo, Calif.)
- UC Santa Barbara at Cal Poly Invitational (San Luis Obispo, Calif.)
- UC Santa Barbara at Pre-Nationals (Terre Haute, Ind.)
- Pacific at Bronco Invitational (Sunnyvale, Calif.)

The upcoming weekend of Big West cross country action is a busy one as all nine schools will be in competition. Expect a lot of fast times for each school as just two weeks remain until the league Championship meet in Riverside.

Friday's action sees a conference school host a meet as Cal State Northridge welcomes athletes to the San Fernando Valley for the Northridge Invitational. Aside from the host Matadors, Cal State Fullerton and UC Riverside will be the Big West schools in attendance for that event.

Saturday is a busy day around Big West cross country as four of the six teams in action will have squads at two different meets.

Cal Poly is another conference school hosting a meet over the weekend as the Mustangs welcome all comers for the Cal Poly Invitational. League rivals UC Irvine and UC Santa Barbara will make the trek to San Luis Obispo for the competition.

The focus of the weekend will be in Terre Haute, Ind., as scores of talented athletes and schools will compete in the Pre-Nationals meet.

The event is held on LaVern Gibson Championship Cross Country Course, the same course that will host the NCAA Championships in late November. The Big West teams slated to participate are Cal Poly, Long Beach State, UC Davis and UC Santa Barbara.

Finally, LBSU and Pacific will head to Northern California to compete in the Bronco Invitational hosted by Santa Clara.

### USTFCCC Women's Cross Country National Poll - 10/13

- |                   |                      |
|-------------------|----------------------|
| 1. Washington     | 16. Penn State       |
| 2. Villanova      | 17. Arizona State    |
| 3. West Virginia  | 18. Illinois         |
| 4. Oregon         | 19. Colorado         |
| 5. Princeton      | 20. Texas Tech       |
| 6. Stanford       | 21. New Mexico       |
| 7. Iowa State     | 22. Brigham Young    |
| 8. Minnesota      | 23. Michigan         |
| 9. Florida        | 24. Michigan State   |
| 10. Virginia      | 25. Providence       |
| 11. Florida State | 26. SMU              |
| 12. Baylor        | 27. Northern Arizona |
| 13. Georgetown    | 28. Wisconsin        |
| 14. Duke          | 29. Iowa             |
| 15. Syracuse      | 30. Notre Dame       |

### USTFCCC Men's Cross Country National Poll - 10/13

- |                     |                     |
|---------------------|---------------------|
| 1. Stanford         | 16. Providence      |
| 2. Northern Arizona | 17. Indiana         |
| 3. Alabama          | 18. Iowa State      |
| t-4. Oklahoma State | t-19. Butler        |
| t-4. Colorado       | t-19. Arizona State |
| 6. Brigham Young    | t-21. N.C. State    |
| 7. Oregon           | t-21. New Mexico    |
| 8. Portland         | 23. Oklahoma        |
| 9. William & Mary   | 24. Villanova       |
| 10. Georgetown      | 25. Arkansas        |
| 11. Syracuse        | 26. Duke            |
| 12. Iona            | 27. Tulsa           |
| 13. Wisconsin       | 28. Florida State   |
| 14. Washington      | 29. Cal Poly        |
| 15. Virginia        | 30. Minnesota       |

### 2009 WOMEN'S TOP INDIVIDUAL TIMES (5K)

Name, School	Date	Time	Name, School	Date	Time
1. Lilyana Morejon, CSUN	9/19	17:07.1	6. Amanda Moreno, UCSB	9/19	17:27.9
2. Katy Daly, UCR	9/19	17:16.3	7. Katie Voigtlander, UCSB	9/19	17:29.0
3. Ashleigh Pratt, UCR	9/19	17:21.5	8. Damajeria Dubose, UCR	9/19	17:30.7
4. Abbey Gallaher, UCD	9/12	17:23.0	9. Yomaira Hernandez, CSF	9/19	17:41.4
5. Kayleigh Tyerman, CP	9/5	17:26.6	10. Bree Strenkowski, UCSB	9/19	17:42.6

### 2009 WOMEN'S TOP INDIVIDUAL TIMES (6K)

Name, School	Date	Time	Name, School	Date	Time
1. Kayleigh Tyerman, CP	9/26	21:00	6. Abbey Gallaher, UCD	9/26	21:47
2. Lilyana Morejon, CSUN	9/26	21:10	7. Bridie McCarey, CP	9/26	21:48
3. Sarah Sumpter, UCD	9/26	21:24	8. Katie Voigtlander, UCSB	9/26	21:58
4. Breanne Strenkowski, UCSB	9/26	21:34	9. Ali Stoakley, UCD	9/26	22:02
5. Caitlin Fitzgerald, UCD	9/26	21:46	10. Crystal Reed, UCSB	9/26	22:08

### 2009 MEN'S TOP INDIVIDUAL TIMES (8K)

Name, School	Date	Time	Name, School	Date	Time
1. Joe Gatel, CP	10/2	24:10.97	6. Emmanuel Ngula, UCR	9/19	24:32.3
2. Chad Hall, UCR	10/2	24:17	7. Julian deRubira, UCSB	9/5	24:33.0
3. Russell Pfaff, UCD	9/26	24:25	8. Waleed Totari, UCSB	9/26	24:38
4. Jon Peterson, UCD	9/26	24:25	9. Scott Smith, UCSB	9/5	24:39.0
5. Evan Anderson, CP	10/2	24:29.47	10. Andrew Wright, CP	10/2	24:39.39

### BIG WEST ATHLETES OF THE WEEK

Date	Men's Athlete	School	Yr.	Date	Women's Athlete	School	Yr.
9/9	Julian deRubira	UCSB	Jr.	9/9	Kayleigh Tyerman	CP	Fr.
9/16	Jonathan Peterson	UCD	So.	9/16	Kayleigh Tyerman	CP	Fr.
9/23	Chad Hall	UCR	So.	9/23	Lilyana Morejon	CSUN	Jr.
9/30	Russell Pfaff	UCD	Jr.	9/30	Kayleigh Tyerman	CP	Fr.
10/7	Joe Gatel	CP	Sr.	10/7	Katy Daly	UCR	Fr.
10/21				10/21			
10/27				10/27			

### USTFCCCA

#### Men's West Region Poll - 10/12

- |                  |                      |
|------------------|----------------------|
| 1. Stanford      | 9. UC Davis          |
| 2. Oregon        | 10. Washington State |
| 3. Portland      | 11. UC Riverside     |
| 4. Washington    | 12. UC Santa Barbara |
| 5. Arizona State | 13. San Francisco    |
| 6. Cal Poly      | 14. Long Beach State |
| 7. UCLA          | 15. Arizona          |
| 8. California    |                      |

### USTFCCA

#### Women's West Region Poll - 10/12

- |                     |                      |
|---------------------|----------------------|
| 1. Washington       | 9. San Francisco     |
| 2. Oregon           | 10. UCLA             |
| 3. Stanford         | 11. UC Riverside     |
| 4. Arizona State    | 12. UC Santa Barbara |
| 5. Arizona          | 13. Cal Poly         |
| 6. California       | 14. Long Beach State |
| 7. Loyola Marymount | 15. Idaho            |
| 8. UC Davis         |                      |

**LAST WEEK IN THE BIG WEST**

(Friday, October 9 - Saturday, October 10)

**MEN**

NO MEN'S MEETS

**UC IRVINE****Team Finish:** 2nd of 13**Top 5 Finishers**

Melissa Mead  
 Shelby Pock  
 Chloe Fata  
 Nicole Mendoza  
 Katherine Nielsen

**WOMEN**

Cowboy Jamboree (6K)

**Score:** 68 points**Place****Time**

5th 22:30.9  
 11th 22:52.9  
 12th 22:56.4  
 14th 23:08.1  
 28th 23:48.3

**PACIFIC****Team Finish:** 12th of 16

San Francisco State Invitational (6K)

**Score:** 390 points**Top 5 Finishers**

Kristina Hammarstrom  
 Jazmin Quiroz  
 Devon Blount  
 Lia Genovese  
 Gillian Flagg

**Place****Time**

64th 24:24.0  
 105th 25:33.4  
 145th 28:22.9  
 153rd 30:29.4  
 154th 30:44.0

**Friday, September 4**

UC Riverside at Nevada Twilight Classic (Reno, Nev.)

**Saturday, September 5**

Cal Poly at UC Santa Barbara Lagoon Open (Santa Barbara, Calif.)  
Cal State Fullerton at Fullerton Season Opener (Fullerton, Calif.)  
Long Beach State at Fullerton Season Opener (Fullerton, Calif.)  
UC Davis at USF Invitational (San Francisco, Calif.)  
Pacific at USF Invitational (San Francisco, Calif.)

**Saturday, September 12**

Cal Poly at Asics/UCI Invitational (Irvine, Calif.)  
Cal State Northridge at Asics/UCI Invitational (Irvine, Calif.)  
UC Davis at Hornet Jamboree (Sacramento, Calif.)  
UC Irvine at Asics/UCI Invitational (Irvine, Calif.)  
Pacific at Hornet Jamboree (Sacramento, Calif.)

**Saturday, September 19**

Cal State Fullerton at UC Riverside Invitational (Riverside, Calif.)  
Cal State Northridge at UC Riverside Invitational (Riverside, Calif.)  
Long Beach State at Aztec Invitational (San Diego, Calif.)  
UC Riverside at UC Riverside Invitational (Riverside, Calif.)  
UC Santa Barbara at UC Riverside Invitational (Riverside, Calif.)

**Saturday, September 26**

Cal Poly at Stanford Invitational (Stanford, Calif.)  
Cal State Northridge at Stanford Invitational (Stanford, Calif.)  
Long Beach State at Stanford Invitational (Stanford, Calif.)  
UC Davis at Stanford Invitational (Stanford, Calif.)  
UC Irvine at Stanford Invitational (Stanford, Calif.)  
UC Santa Barbara at Stanford Invitational (Stanford, Calif.)  
Pacific at Warrior Invitational (Turlock, Calif.)

**Friday, October 2**

Cal Poly at Bill Dellinger Invitational (Eugene, Ore.)  
UC Riverside at adidas Notre Dame Invitational (South Bend, Ind.)

**Saturday, October 3**

Cal State Fullerton at Cowboy Jamboree (Stillwater, Okla.)  
UC Davis at Doc Adams Open (Davis, Calif.)  
UC Irvine at Pomona-Pitzer Invitational (Claremont, Calif.)

**Friday, October 9**

Pacific at San Francisco State Invitational (San Francisco, Calif.)

**Saturday, October 10**

UC Irvine at Triton Classic (San Diego, Calif.)

**Friday, October 16**

Cal State Fullerton at Northridge Invitational (Northridge, Calif.)  
Cal State Northridge at Northridge Invitational (Northridge, Calif.)  
UC Riverside at Northridge Invitational (Northridge, Calif.)

**Saturday, October 17**

Cal Poly at Cal Poly Invitational (San Luis Obispo, Calif.)  
Cal Poly at Pre-Nationals (Terre Haute, Ind.)  
Long Beach State at Bronco Invitational (Sunnyvale, Calif.)  
Long Beach State at Pre-Nationals (Terre Haute, Ind.)  
UC Davis at Bronco Invitational (Sunnyvale, Calif.)  
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UC Irvine at Cal Poly Invitational (San Luis Obispo, Calif.)  
UC Santa Barbara at Cal Poly Invitational (San Luis Obispo, Calif.)  
UC Santa Barbara at Pre-Nationals (Terre Haute, Ind.)  
Pacific at Bronco Invitational (Sunnyvale, Calif.)

**Friday, October 23**

Cal State Fullerton at Titan Invitational (Fullerton, Calif.)  
Cal State Northridge at Titan Invitational (Fullerton, Calif.)  
Long Beach State at Titan Invitational (Fullerton, Calif.)  
UC Irvine at Titan Invitational (Fullerton, Calif.)  
UC Riverside at Titan Invitational (Fullerton, Calif.)  
UC Santa Barbara at Titan Invitational (Fullerton, Calif.)

**Saturday, October 31**

Big West Championships – Riverside Ops Course, hosted by UC Riverside (Riverside, Calif.)

**Saturday, November 14**

NCAA West Regional Championships – Springfield C.C., hosted by University of Oregon (Springfield, Ore.)

**Monday, November 23**

NCAA Championships – LaVern Gibson Course, hosted by Indiana State University (Terre Haute, Ind.)