



2009 BIG WEST CROSS COUNTRY

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

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Titan Invitational Highlights Final Regular Season Cross Country Weekend

The countdown to the Big West Cross Country Championships hits single digits this week as the final weekend of regular season action is on the docket.

The only meet on the schedule will be a busy one as six teams are slated to participate in the traditional regular season ending Titan Invitational hosted by Cal State Fullerton. Joining CSF in preparations for the league meet in a week are Cal State Northridge, Long Beach State, UC Irvine, UC Riverside and UC Santa Barbara.

THIS WEEK'S SCHEDULE

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.)

Once the Titan Invitational is in the books, it will be on to Riverside for the Conference Championships Halloween morning.

CP's Gatel; UCD's Sumpter Claim Cross Country Weekly Accolades

Following excellent efforts at the Pre-National meet in Terre Haute, Ind., Cal Poly's Joe Gatel and UC Davis' Sarah Sumpter were voted as the Big West Men's and Women's Athlete of

the Week, respectively.

Gatel, a senior from Huntington Beach, Calif., led the Mustangs to a 10th place finish in the Blue Race of the event. He finished the 8K course in 24:25.7, the top Cal Poly and Big West finisher in the meet. The honor is the second straight weekly honor for Gatel.

Sumpter, a freshman from Cloverdale, Calif., helped the Aggies to a 15th place finish in the ultra competitive Blue Race. She crossed the finish line after running a 21:21.9 over the 6K course, lowering her previous season best by three seconds and ranking 15th overall in the race.

USTFCCC Women's Cross Country National Poll - 10/20

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

USTFCCC Men's Cross Country National Poll - 10/20

- | | |
|-----------------------|------------------------|
| 1. Stanford (10) | 16. Arizona State |
| 2. Oregon (1) | 17. Providence |
| 3. Oklahoma State (1) | 18. Indiana |
| 4. Colorado | 19. New Mexico |
| 5. Northern Arizona | 20. Oklahoma |
| 6. Alabama | 21. Florida State |
| 7. Brigham Young | 22. Villanova |
| 8. Portland | 23. Iowa State |
| 9. William & Mary | 24. Auburn |
| 10. Georgetown | 25. Louisville |
| 11. Iona | t-26. Duke |
| 12. Virginia | t-26. Washington State |
| 13. Washington | 28. Arkansas |
| 14. Syracuse | 29. Tulsa |
| 15. Wisconsin | 30. N.C. State |

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	10/17	21:21.9	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. Scott Smith, UCSB	10/17	24:32.9
3. Russell Pfaff, UCD	9/26	24:25	8. Julian deRubira, UCSB	9/5	24:33.0
4. Jon Peterson, UCD	9/26	24:25	9. Travis Kuhlman, LBSU	10/17	24:38
5. Evan Anderson, CP	10/2	24:29.47	10. Waleed Totari, UCSB	9/26	24:38

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	Joe Gatel	CP	Sr.	10/21	Sarah Sumpter	UCD	Fr.
10/27				10/27			

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Men's West Region Poll - 10/19

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

USTFCCA

Women's West Region Poll - 10/19

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

LAST WEEK IN THE BIG WEST

(Friday, October 16 - Saturday, October 17)

MEN

CAL POLY Cal Poly Invitational (8K)
Team Finish: 2nd of 4 **Score:** 39 points

<u>Top 5 Finishers</u>	<u>Place</u>	<u>Time</u>
Derek Thomas	2nd	26:54.1
Michael Johnson	4th	27:10.1
Clayton Graham	16th	28:13.0
Michael MacHado	17th	28:13.5
Ryan Cosens	20th	28:16.7

CAL POLY Pre-Nationals (8K)
Team Finish: 10th of 34 (Blue Race) **Score:** 303 points

<u>Top 5 Finishers</u>	<u>Place</u>	<u>Time</u>
Joe Gatel	30th	24:25.7
Evan Anderson	50th	24:42.2
Andrew Wright	56th	24:44.9
Carl Dargitz	82nd	24:59.7
Leif Anderson	85th	25:01.6

CAL STATE FULLERTON Northridge Invitational (5K)
Team Finish: 2nd of 4 **Score:** 55 points

<u>Top 5 Finishers</u>	<u>Place</u>	<u>Time</u>
John Carrell	10th	15:26.73
Tyler Reed	13th	15:36.91
Joey Divizia	14th	15:37.75
Corey Bullock	15th	15:38.47
Erik Estrada	17th	15:43.61

CAL STATE NORTHRIDGE Northridge Invitational (5K)
Team Finish: 4th of 4 **Score:** 105 points

<u>Top 5 Finishers</u>	<u>Place</u>	<u>Time</u>
Juan Olea	24th	16:02.55
Gustavo Hernandez	25th	16:04.53
Hunter Hays	27th	16:11.56
Juan Hernandez	50th	17:01.44
Danny Garcia	52nd	17:04.13

LONG BEACH STATE Bronco Invitational (8K)
Team Finish: 1st of 15 **Score:** 69 points

<u>Top 5 Finishers</u>	<u>Place</u>	<u>Time</u>
Travis Kuhlman	3rd	24:38
Matthew Maldonado	17th	25:00
Steven DeCastro	18th	25:02
Raul Arcos	24th	25:13
Jake Ainsworth	25th	25:13

UC DAVIS Bronco Invitational (8K)
Team Finish: 12th of 15 **Score:** 324 points

<u>Top 5 Finishers</u>	<u>Place</u>	<u>Time</u>
Calvin Thigpen	35th	25:22
Nick Pradel	67th	25:52
Fred Martinez	84th	26:06
Drew Petersen	118th	26:49
Jesse Arellano	112nd	26:58

WOMEN

CAL POLY Cal Poly Invitational (5K)
Team Finish: 2nd of 5 **Score:** 37 points

<u>Top 5 Finishers</u>	<u>Place</u>	<u>Time</u>
Kayleigh Tyerman	2nd	18:08.1
Vanessa Hancock	4th	18:40.8
Rebecca Paddack	10th	18:56.7
Brienna Morris	11th	19:01.2
Lauren Matthews	15th	19:18.4

CAL STATE FULLERTON Northridge Invitational (5K)
Team Finish: 1st of 9 **Score:** 53 points

<u>Top 5 Finishers</u>	<u>Place</u>	<u>Time</u>
Carolyn Ellis	4th	17:52.86
Andrea Aguilar	7th	18:22.60
Yomaira Hernandez	8th	18:24.07
Meredith Robie	17th	18:50.19
Lauren Jacobs	25th	19:06.54

CAL STATE NORTHRIDGE Northridge Invitational (5K)
Team Finish: 4th of 9 **Score:** 121 points

<u>Top 5 Finishers</u>	<u>Place</u>	<u>Time</u>
Lilyana Morejon	2nd	17:24.62
Zitalic Ley	15th	18:42.22
Nanci Velarde	31st	19:27.93
Mallory Day	44th	19:52.43
Marissa Crook	49th	19:52.99

UC DAVIS Bronco Invitational (5K)
Team Finish: 11th of 17 (Invitational) **Score:** 255 points

<u>Top 5 Finishers</u>	<u>Place</u>	<u>Time</u>
Samantha Kearney	35th	18:09
Katie Nast	53rd	18:32
Jenna Gailey	60th	18:39
Chelsea Mumby	72nd	18:47
Brittany Escamilla	77th	18:49

UC DAVIS Pre-Nationals (6K)
Team Finish: 15th of 37 (Blue Race) **Score:** 468 points

<u>Top 5 Finishers</u>	<u>Place</u>	<u>Time</u>
Sarah Sumpter	34th	21:21.9
Abbey Gallaher	70th	21:52.0
Caitlin Fitzgerald	89th	21:59.2
Alison Stoakley	115th	22:12.6
Sarah Tusting	160th	22:46.4

UC IRVINE Cal Poly Invitational (5K)
Team Finish: 3rd of 5 **Score:** 68 points

<u>Top 5 Finishers</u>	<u>Place</u>	<u>Time</u>
Chloe Fata	9th	18:54.3
Melissa Mead	12th	19:04.6
Shelby Pock	16th	19:20.6
Katherine Nielson	17th	19:22.2
Nicole Mendoza	23rd	19:48.0

LAST WEEK IN THE BIG WEST

(Friday, October 16 - Saturday, October 17)

UC DAVIS Team Finish: 30th of 35 (White Race)	Pre-Nationals (8K) Score: 721 points	UC RIVERSIDE Team Finish: 7th of 9	Northridge Invitational (5K) Score: 160 points
<u>Top 5 Finishers</u>	<u>Place</u>	<u>Time</u>	<u>Top 5 Finishers</u>
Jonathan Peterson	68th	24:44.5	Camila Alvarez
Kindu Egiju	135th	25:32.7	Margaret Sitker
Scott Himmelberger	157th	25:46.7	Ashleigh Pratt
Matthew Sartori	178th	26:02.1	Natalie Aceves
Jon Sees	183rd	26:05.7	Jackie Juarez
UC IRVINE Team Finish: 1st of 4	Cal Poly Invitational (8K) Score: 29 points	UC SANTA BARBARA Team Finish: 5th of 9	Northridge Invitational (5K) Score: 138 points
<u>Top 5 Finishers</u>	<u>Place</u>	<u>Time</u>	<u>Top 5 Finishers</u>
Rex Nelson	3rd	27:05.6	Megan Petkovic
Victor Bonilla	6th	27:19.5	Liza Hitchner
Brett Matejka	10th	27:54.3	Cassie Brooker
Sam Hyams	12th	28:00.0	Lauren Kodma
Barrett Tilley	14th	28:05.9	Amanda Rodriguez
UC RIVERSIDE Team Finish: 1st of 4	Northridge Invitational (5K) Score: 15 points	UC SANTA BARBARA Team Finish: 32nd of 37 (White Race)	Pre-Nationals (6K) Score: 849 points
<u>Top 5 Finishers</u>	<u>Place</u>	<u>Time</u>	<u>Top 5 Finishers</u>
Chad Hall	1st	14:58.06	Breanne Strenkowski
Emmanuel Ngula	2nd	15:09.70	Crystal Reed
Steven Crum	3rd	15:19.93	Andrea Jacobs
Jose Melena	5th	15:21.13	Katie Voigtlander
Talal Khan	6th	15:21.60	Sarah Vitug
UC SANTA BARBARA Team Finish: 13th of 35 (White Race)	Pre-Nationals (8K) Score: 408 points	PACIFIC Team Finish: 10th of 14 (Open)	Bronco Invitational(5K) Score: 250 points
<u>Top 5 Finishers</u>	<u>Place</u>	<u>Time</u>	<u>Top 5 Finishers</u>
Scott Smith	49th	24:32.9	Kristina Hammarstrom
Julian deRubira	50th	24:33.7	Jazmin Quiroz
Juan Paredes	84th	24:58.3	Lia Genovese
Waleed Totari	103rd	25:09.8	Kristin Kita
Bhavik Kanzaria	122nd	25:21.4	Hilary King

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-Pizter 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.)
UC Santa Barbara 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.)
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.)

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.)