



# 2009 BIG WEST CROSS COUNTRY

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

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### Big West Cross Country Schedule Features Meets in Four States

This week's Big West cross country docket has a roster of meets in California, Indiana, Oklahoma and Oregon as the countdown intensifies toward the league Championship meet.

Working from east to west, UC Riverside will be making the longest trip of the weekend as the Highlanders head to South Bend, Ind., for the adidas Notre Dame Invitational. It marks the first competition for UCR since it posted successful results during the UCR Invitational on September 19.

Cal State Fullerton packs its bags for Stillwater, Okla., for the Cowboy Jamboree hosted by Oklahoma State. The meet is one of the top competitions in not only the midwest but in the country as the event is set to run for th 73rd time.

The nationally-ranked Cal Poly men's program will be in action this weekend as the club heads to Eugene, Ore., for the Bill Dellinger Invitational, one of the most nationally-recognized meets on the cross country calendar. The Mustangs will look for another strong finish at the meet as they were fifth a year ago.

Along the home front, two teams will state in the Golden State for meets this weekend.

UC Davis hosts the Doc Adams Invitational, its lone home meet of the 2009 season, while UC Irvine heads to the Pomona College Invitational in Claremont, Calif.

### THIS WEEK'S SCHEDULE

#### 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 College Invitational (Claremont, Calif.)

### Cal Poly and UC Davis Athletes Garner Weekly Honors

Runners from Cal Poly and UC Davis were the recipients of Big West weekly accolades this week as the Mustangs' Kayleigh Tyerman and the Aggies' Russ Pfaff claimed the Women's and Men's Athlete of the Week honors, respectively.

Tyerman, a freshman from Medford, Ore., won her third weekly honor in four tries after her performance at the Stanford Invitational. The rookie more than held her own in a talented field, finishing in 11th place with a time of 21:00, the best finish of any Big West competitor in the women's 6K run.

Pfaff, a junior from Clovis, Calif., led UCD to an impressive third place finish at the Stanford Invitational. He completed the 8K jaunt in 24:25, good for eighth place and improving his finish from a year ago by nearly a minute and a half.

### 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. Chad Hall, UCR	9/19	24:17.1	6. Waleed Totari, UCSB	9/26	24:38
2. Russell Pfaff, UCD	9/26	24:25	7. Scott Smith, UCSB	9/5	24:39.0
3. Jon Peterson, UCD	9/26	24:25	8. Joe Gatel, CP	9/5	24:43.0
4. Emmanuel Ngula, UCR	9/19	24:32.3	9. Talal Khan, UCR	9/19	24:44.5
5. Julian deRubira, UCSB	9/5	24:33.0	10. Jose Melena, UCR	9/19	24:45.3

### 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				10/7			
10/21				10/21			
10/27				10/27			

### USTFCCC Women's Cross Country

#### National Poll - 9/28

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

### USTFCCC Men's Cross Country

#### National Poll - 9/28

1. Oregon	16. Iowa State
2. Oklahoma State	17. Arkansas
3. Stanford	18. Cal Poly
4. Wisconsin	19. N.C. State
5. Northern Arizona	20. Auburn
6. Colorado	21. Butler
7. Iona	22. Washington
8. Portland	23. Michigan
9. Alabama	24. New Mexico
10. Georgetown	25. Oklahoma
11. Tulsa	26. Florida State
12. Brigham Young	27. Duke
13. William & Mary	28. Notre Dame
14. Virginia	29. Minnesota
15. Providence	30. Princeton

### USTFCCCA

#### Men's West Region Poll - 9/28

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

### USTFCCA

#### Women's West Region Poll - 9/28

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

## LAST WEEK IN THE BIG WEST

(Saturday, September 26)

MEN

**LONG BEACH STATE**  
**Team Finish:** 5th of 18

<u>Top 5 Finishers</u>	<u>Place</u>	<u>Time</u>
Josh Ruff	21st	24:50
Travis Kuhlman	35th	25:13
Dylan Jaedtke	38th	25:14
Raul Arcos	43rd	25:20
Steven DeCastro	51st	25:31

**UC DAVIS**  
**Team Finish:** 3rd of 18

<u>Top 5 Finishers</u>	<u>Place</u>	<u>Time</u>
Russell Pfaff	8th	24:25
Jon Peterson	9th	24:25
Kindu Ejigu	28th	25:00
Matthew Sartori	30th	25:01
Jon Sees	40th	25:16

**UC IRVINE**  
**Team Finish:** 10th of 18

<u>Top 5 Finishers</u>	<u>Place</u>	<u>Time</u>
Rex Nelson	42nd	25:19
Victor Bonilla	61st	25:40
Brett Matejka	66th	25:43
Andy Burich	80th	25:55
Barrett Tilley	93rd	26:05

**UC SANTA BARBARA**  
**Team Finish:** 6th of 18

<u>Top 5 Finishers</u>	<u>Place</u>	<u>Time</u>
Waleed Totari	13th	24:38
Juan Paredes	24th	24:54
Bhavik Kanzaria	47th	25:24
Jeff Campbell	56th	25:34
Baxter Frick	69th	25:45

Stanford Invitational (8K)  
**Score:** 168 points

Stanford Invitational (8K)  
**Score:** 102 points

Stanford Invitational (8K)  
**Score:** 294 points

Stanford Invitational (8K)  
**Score:** 187 points

WOMEN

**CAL POLY**  
**Team Finish:** t-7th of 22

<u>Top 5 Finishers</u>	<u>Place</u>	<u>Time</u>
Kayleigh Tyerman	11th	21:00
Bridie McCarey	30th	21:48
Vanessa Hancock	55th	22:22
Brienna Morris	59th	22:26
Rebecca Paddock	70th	22:42

**CAL STATE NORTHRIDGE**  
**Team Finish:** 15th of 22

<u>Top 5 Finishers</u>	<u>Place</u>	<u>Time</u>
Lilyana Morejon	16th	21:10
Zitlalic Ley	90th	23:08
Sandra Velarde	106th	24:24
Nanci Velarde	121st	23:37
Mallory Day	138th	24:01

**LONG BEACH STATE**  
**Team Finish:** t-7th of 22

<u>Top 5 Finishers</u>	<u>Place</u>	<u>Time</u>
Liz Ramos	24th	21:39
Jennifer Rodriguez	43rd	22:08
Alisia Barajas	50th	22:15
Anne Randall	51st	22:15
Missy Barclay	54th	22:22

**UC DAVIS**  
**Team Finish:** 4th of 22

<u>Top 5 Finishers</u>	<u>Place</u>	<u>Time</u>
Sarah Sumpter	18th	21:24
Caitlin Fitzgerald	28th	21:46
Abbey Gallaher	29th	21:47
Ali Stoakley	40th	22:02
Krista Drechsler	45th	22:10

**UC IRVINE**  
**Team Finish:** 14th of 27

<u>Top 5 Finishers</u>	<u>Place</u>	<u>Time</u>
Melissa Mead	63rd	22:31
Chloe Fata	64th	22:32
Carlotta Pham	77th	22:51
Nicole Mendoza	89th	23:08
Shelley Foerster	105th	23:24

**UC SANTA BARBARA**  
**Team Finish:** 6th of 27

<u>Top 5 Finishers</u>	<u>Place</u>	<u>Time</u>
Breanne Strenkowski	20th	21:34
Katie Voigtlander	36th	21:58
Crystal Reed	42nd	22:08
Andrea Jacobs	53rd	22:19
Ashley Beechan	68th	22:39

**PACIFIC**  
**Team Finish:** 5th of 8

<u>Top 5 Finishers</u>	<u>Place</u>	<u>Time</u>
Kristina Hammarstrom	8th	24:19
Jazmin Quiroz	17th	25:38
Devon Blount	47th	29:53
Lia Genovese	52nd	30:47
Gillian Flagg	55th	31:26

Stanford Invitational (6K)  
**Score:** 201 points

Stanford Invitational (6K)  
**Score:** 408 points

Stanford Invitational (6K)  
**Score:** 201 points

Stanford Invitational (6K)  
**Score:** 145 points

Stanford Invitational (6K)  
**Score:** 89 points

Stanford Invitational (6K)  
**Score:** 196 points

Warrior Invitational (6K)  
**Score:** 147 points

**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 College Invitational (Claremont, Calif.)

**Friday, October 9**

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

**Saturday, October 10**

Long Beach State at Triton Classic (San Diego, Calif.)  
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.)  
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.)