



# Big Sky Conference Cross Country Notebook

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## This Week in the Big Sky

Date	Meet	Location	Team(s) Competing
<b>10.27.18</b>	Big Sky Championships	Sacramento, Calif.	All Teams
<b>11.3.18</b>	Doc Adams Challenge	Davis, Calif.	Sacramento State

## Championship Preview

**OGDEN, Utah (Oct. 23, 2018)** - The #BigSkyXC Championships are upon us as Northern Arizona will look to defend its titles for the second straight year. Two schools are nationally ranked in both men's and women's cross country in Northern Arizona and Southern Utah. Many more programs are ranked in the USTFCCCA regional polls which will make for an exciting weekend. Haggin Oaks Golf Course will be the site of the 2018 Championship with Sacramento State hosting. More information on the championships can be found [here](#). Below is a look at each team heading into the championship.

### Eastern Washington

This is the Eagles' first year under Sam Reed. Reed has seen much growth from a young roster throughout the season. In the Bronco Invitational on Oct. 13, Eastern Washington was led by a pair of underclassmen with freshman, Carter Ledwith finishing in 60th place on the men's side, while Lily Tyrrell finished 101st in the women's race. The Eagles finished ninth in the men's race and eighth in the women's race at the 2017 Championships.

### Idaho

The Vandals head into the conference championship with an experienced roster on both sides looking to make some noise. Kara Story has led Idaho in its last two races including an 11th place finish at the Bronco Invitational. Just two weeks before on Sept. 28, Story won the Montana Invitational by 12 seconds. Andrea Condie, the first Big Sky Athlete of the Week honoree on the season, has finished right behind Story in the team's last two meets. The Vandals have been ranked regionally for much of the year in the USTFCCCA West Region.

On the men's side, Skylar Ovnicek has been the Vandals' top performer in three meets this season including the Montana Invitational and Bronco Invitational, Idaho's most recent meets. In the Montana Invitational, Idaho finished ahead of all the Big Sky teams in the meet that included Eastern Washington, Montana and Montana State. Just like the women's team, the men have been ranked in the USTFCCCA West Region for most of the season.

### Idaho State

Both Bengal squads have been ranked in the USTFCCCA Mountain Region polls all season. In the Bengals' last meet at Pre-Nationals, Wyatt Diderickson finished in 65th place. Diderickson finished in 15th place at the Big Sky Championships last season, just outside of earning All-Conference. Idaho State earned sixth place in last year's conference championship.



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## Championship Preview

The women's team finished third and just two points behind Montana for second place in the Montana State Invitational. The Bengals ran in the Pre-National Invitational and came away with a 32nd place finish. Idaho State has been led by Molly Olsen, Rachel McGovern and Ashley Sondag, all of whom have led the Bengals in at least one race this year.

### Montana

The Grizzlies finished their season at the Inland Empire Challenge on Oct. 13 as Jessica Bailey notched a top-ten finish. The senior had a delayed start to the season due to an injury and is rounding into form at the right time. Erica Simison led the team in the first three meets of the year collecting top-ten finishes in each meet.

On the men's side, the Grizzlies had three different runners lead the team with Dillon May the top Grizzly in two of the four meets while Kyle Peterson and Nathan Wellington led the other two meets. Montana took tenth at the Big Sky Championship last season.

### Montana State

The preseason favorite on the women's side, the Bobcats have been led all year by Kelsi Lasota who will look to contend for the individual title at the Big Sky Championship after placing fourth last year. At Pre-Nationals, the Bobcats finished behind Northern Arizona and ahead of Portland State coming in at 21st. Earlier in the year, the Bobcats hosted the Montana State Invitational and won the meet defeating Montana and Idaho State.

The men have been solid all year with Ty Mogan leading the way and he even received Big Sky Athlete of the week after winning the Montana State Invitational by over 25 seconds. Mogan also placed 32nd at Pre-Nationals and has led the team in all three meets this year. The Bobcats will look to improve on their fifth-place finish from last year's meet.

### Northern Arizona

The Northern Arizona men are primed and loaded for a three-peat of the NCAA Championship. Arguably the deepest team in the nation, the Lumberjacks have overshadowed the competition all year and will look to extend its streak of men's Big Sky titles to three. Tyler Day has been the top runner in two of the team's three meets while Peter Lomong won the George Kyte Classic to open the year. The Lumberjacks began the season as the nation's top team and have not let go of the ranking the entire season.

The NAU women had their best result of the year at Pre-Nationals finishing ninth. Bryn Morley opened her collegiate career at Pre-Nationals and led the Lumberjacks with a 39th place finish. The next three runners at Pre-Nationals placed between 51-60 with Delaney Rasmussen finishing 51st, Pipi Eitel placing 53rd and Shannon Molvin collecting 60th place. NAU heads into the Big Sky Championship ranked 28th in the country and will look to claim its third straight championship.

### Northern Colorado

The Bears are coming off its most impressive performance of the year at the Bronco Invitational on Oct. 13 where the men finished in ninth place. With the high finish, the men made their first appearance in the USTFCCCA regional polls of the season coming in at No. 14 in the Mountain Region. Josh Campbell was the top Bear in the Bronco Invitational with a 42nd place finish while Ryan Lehmut led the team in the first two meets of the year.

The Bears have been led by a pair of seniors on the women's side. Cammy Sargent and Alaina Anderson have paced the squad with each having led the team in at least one meet this year. The Bears will look to improve off of their ninth place finish the team had last year in the Big Sky Championships.



# Big Sky Cross Country Notebook

## Championship Preview

### Portland State

The Vikings have made huge strides in the second year of head coach David Hepburn's tenure. After finishing 11th in both the men's and women's championships last year behind only North Dakota, the Vikings have a mix of new faces along with veterans that have even been ranked in USTFCCCA West Region this year. Senior, Kaila Gibson was recognized as Big Sky Athlete of the Week after her strong performance at the Charles Bowles Invitational.

The Portland State men have relied on underclassman throughout the year, but have netted positive results. Freshman, Drew Seidel led the Vikings in every race he's ran this season including a 43rd place finish at the Bronco Invitational where he cut 19 seconds off his personal best time. In his first race of the year, another freshman max Norman finished 61st as the Vikings finished in 15th place as a team.

### Sacramento State

The Hornets opened the season with the women's team winning the Fresno Cross Country Invitational that included an individual title from senior, Amy Quinones. Quinones has led the team in every event this year posting top-ten finishes in all four meets. Another top-ten finish for Quinones at the Big Sky Championship would earn the senior All-Conference honors. The Hornets made the USTFCCCA West Regional poll earlier in the season after its win at the Fresno Cross Country Invitational.

Sophomore, Andres Sandoval has led the men's squad all year and is coming off a personal best 8k time of 24:13.8 at the Bronco Invitational. The Hornets finished ahead of Portland State and Eastern Washington most recently at the Bronco Invitational. In last year's Big Sky Championships, the Hornets earned an eighth-place finish.

### Southern Utah

Predicted to finish third in the women's preseason poll, the Thunderbirds head into the championship as the top team in the Big Sky. It has been a season of firsts for Southern Utah. The Thunderbirds had their first Big Sky Athlete of the Week honoree when Angie Nickerson won the award not once, but twice this year. After a top-ten finish at Pre-Nationals, Southern Utah made the USTFCCCA National Poll for the first time in school history coming in at No. 23 in the country. The Thunderbirds will look to continue its string of firsts with a win at the Big Sky Championship this weekend. Southern Utah's highest finish was second place back in 2012, its first year in the conference.

The last team to knock off Northern Arizona men at the Big Sky Championships was Southern Utah back in 2015. Last year, the men had their highest finish at the NCAA Championships in team history with an 11th place finish. This year, the Thunderbirds have been a mainstay in the USTFCCCA National Poll coming into the championship at No. 25. Both Aidan Reed and George Espino are back for the Thunderbirds this season after finishing 11th and 12th in last year's conference championship.

### Weber State

The Weber State women are the last team to take down Northern Arizona in the Big Sky Championships back in 2015. Senior, MarLee Mitchell led the team in the last two meets with finishes of 67th at Pre-Nationals and 44th at the Notre Dame Invitational. Mitchell placed 38th at last year's conference meet.

The men's team ran a very tight race in its last meet at Pre-Nationals with a ten second gap between the team's first and fourth place runners. Freshman, Curt Crossley ran the top time for the Wildcats at Pre-Nationals while Jacob Stone was the fastest Wildcat at the Notre Dame Invitational at the end of September. The Wildcats took third place in last year's championship and even had an All-Conference honoree in Jordan Cross who finished in sixth place.



# Big Sky Cross Country Notebook

## Composite Schedule

Date	Meet	Location	Team(s) Competing
<b>8.31.18</b>	Clash of the Inland Northwest Wyoming Invitational Weber State H.S. Invitational	Moscow, Idaho Cheyenne, Wyo. Ogden, Utah	Eastern Washington, Idaho, Montana Northern Colorado Weber State
<b>9.1.18</b>	Utah Valley Invitational Viking Rust-Buster George Kyte Classic Fresno State Invitational Aggie Opener	Orem, Utah Fairview, Ore. Flagstaff, Ariz. Fresno, Calif. Davis, Calif.	Idaho State, Southern Utah Portland State Northern Arizona Sacramento State Sacramento State
<b>9.7.18</b>	College of Southern Idaho	Twin Falls, Idaho	Weber State
<b>9.14.18</b>	Cougar Classic Greeno/Dirksen Invitational	Colfax, Wash. Lincoln, Neb.	EWU, PSU, Idaho Northern Colorado
<b>9.15.18</b>	MSU-Bozeman Running Co. Invite UC Riverside Invitational Dual vs. BYU	Bozeman, Mont. Riverside, Calif. Logan, Utah	Idaho State, Montana, Montana St. Sacramento State, Southern Utah Weber State
<b>9.22.18</b>	Idaho State Invitational	Pocatello, Idaho	Idaho State, Southern Utah
<b>9.28.18</b>	Montana Invitational Nuttycombe Invitational Notre Dame Invitational	Missoula, Mont. Madison, Wis. South Bend, Ind.	EWU, Idaho, Montana, MSU Northern Arizona, Southern Utah Weber State
<b>9.29.18</b>	Roy Griak Invitational Charles Bowles Invitational Capital Cross Challenge	Minneapolis, Minn. Salem, Ore. Sacramento, Calif.	Montana State Portland State Sacramento State
<b>10.5.18</b>	Utah State Invitational	Logan, Utah	Weber State
<b>10.6.18</b>	Color Country Invitational	Cedar City, Utah	Idaho State, Southern Utah
<b>10.13.18</b>	Pre-Nationals Inland Empire Championships Bronco Invitational Warner Pacific XC Classic	Madison, Wis. Lewiston, Idaho Sunnyvale, Calif. Portland, Ore.	ISU, MSU, NAU, PSU, SUU, WSU Eastern Washington, Montana EWU, Idaho, UNC, PSU, SAC Portland State
<b>10.20.18</b>	Beaver Classic	Corvallis, Ore.	Portland State
<b>10.27.18</b>	Big Sky Championships	Sacramento, Calif.	All Teams
<b>11.3.18</b>	Doc Adams Challenge	Davis, Calif.	Sacramento State
<b>11.9.18</b>	NCAA West Regionals NCAA Mountain Regionals	Sacramento, Calif. Provo, Utah	EWU, Idaho, PSU, SAC ISU, UM, MSU, NAU, UNC, SUU, WSU
<b>11.17.18</b>	NCAA Championships	Madison, Wis.	TBD



# Big Sky Cross Country Notebook

## Team Results



### Eastern Washington Eagles

**Head Coach: Sam Read**

Date	Meet	Location	Result
8.31.18	Clash of the Inland Northwest	Moscow, Idaho	M4/W5
9.14.18	Cougar Classic	Colfax, Wash.	M5/W7
9.28.18	Montana Invitational	Missoula, Mont.	M3/W7
10.13.18	Bronco Invitational	Santa Clara, Calif.	M19/W23
10.27.18	Big Sky Championship	Sacramento, Calif.	-
11.9.18	NCAA West Regionals	Sacramento, Calif.	-



### Idaho Vandals

**Head Coach: Tim Cawley**

Date	Meet	Location	Result
8.31.18	Clash of the Inland Northwest	Moscow, Idaho	M2/W1
9.14.18	Cougar Classic	Colfax, Wash.	M4/W3
9.28.18	Montana Invitational	Missoula, Mont.	M2/W1
10.13.18	Bronco Invitational	Santa Clara, Calif.	M5/W8
10.27.18	Big Sky Championship	Sacramento, Calif.	-
11.9.18	NCAA West Regionals	Sacramento, Calif.	-



### Idaho State Bengals

**Head Coach: Nate Houle**

Date	Meet	Location	Result
9.1.18	Utah Valley Invite	Orem, Utah	M3/W3
9.15.18	Montana State Running Co. Invite	Bozeman, Mont.	M2/W3
9.22.18	Idaho State Invitational	Pocatello, Idaho	M1/W1
10.6.18	SUU Color Country Invitational	Cedar City, Utah	M1/W2
10.13.18	Pre-Nationals	Madison, Wis.	M21/W32
10.27.18	Big Sky Championships	Sacramento, Calif.	-
11.9.18	NCAA Mountain Regionals	Provo, Utah	-



### Montana Grizzlies

**Head Coach: Vicky Pounds**

Date	Meet	Location	Result
8.31.18	Clash of the Inland Northwest	Moscow, Idaho.	M3/W2
9.15.18	Montana State Invitational	Bozeman, Mont.	M3/W2
9.28.18	Montana Invitational	Missoula, Mont.	M4/W2
10.13.18	Lewis-Clark State Invitational	Lewiston, Idaho	M5/W3
10.27.18	Big Sky Championship	Sacramento, Calif.	-
11.9.18	NCAA Mountain Regionals	Provo, Utah	-



### Montana State Bobcats

**Head Coach: Lyle Weese**

Date	Meet	Location	Result
9.15.18	Montana State Classic	Bozeman, Mont.	M1/W1
9.28.18	Montana Invitational	Missoula, Mont.	M5/W4
9.29.18	Roy Griak Invitational	Falcon Heights, Minn.	M6/W5
10.13.18	Pre-National Invitational	Madison, Wis.	M19/W21
10.27.18	Big Sky Championship	Sacramento, Calif.	-
11.9.18	NCAA Mountain Regionals	Provo, Utah	-



### Northern Arizona Lumberjacks

**Head Coach: Mike Smith**

Date	Meet	Location	Result
9.1.18	George Kyte Classic	Flagstaff, Ariz.	M1/W1
9.28.18	Wis. Nuttycombe Invitational	Madison, Wis.	M1/W19
10.13.18	Pre-National Invitational	Madison, Wis.	M1/W9
10.27.18	Big Sky Championships	Sacramento, Calif.	-
11.9.18	NCAA Mountain Regionals	Provo, Utah	-



# Big Sky Cross Country Notebook

## Team Results



### Northern Colorado Bears

**Head Coach: Amanda Schick**

Date	Meet	Location	Result
8.31.18	Wyoming Invitational	Cheyenne, Wyo.	M5/W5
9.14.18	Greeno/Dirksen Invitational	Lincoln, Neb.	M5/W11
10.13.18	Santa Clara Bronco Invitational	Sunnyvale, Calif.	M9/W18
10.27.18	Big Sky Championships	Sacramento, Calif.	-
11.9.18	NCAA Mountain Regional	Provo, Utah	-



### Portland State Vikings

**Head Coach: David Hepburn**

Date	Meet	Location	Result
9.1.18	Viking Rust-Buster	Fairview, Ore.	M2/W2
9.14.18	Cougar Classic	Colfax, Wash.	M8/W1
9.29.18	Charles Bowles Invitational	Salem, Ore.	M4/W3
10.13.18	Wisconsin Pre-Nationals	Madison, Wis.	W28
	Santa Clara Bronco Invitational	Sunnyvale, Calif.	M15
	Warner Pacific XC Classic	Portland, Ore.	M4/W2
10.20.18	Beaver Classic	Corvallis, Ore.	M2
10.27.18	Big Sky Championships	Sacramento, Calif.	-
11.9.18	NCAA West Regional	Sacramento, Calif.	-



### Sacramento State Hornets

**Head Coach: David Monk**

Date	Meet	Location	Result
9.1.18	Fresno State Invitational	Fresno, Calif.	M2/W1
9.15.18	UC Riverside Invitational	Riverside, Calif.	M6/W4
9.29.18	Capital Cross Challenge	Sacramento, Calif.	M8/W7
10.13.18	Bronco Invitational	Sunnyvale, Calif.	M12/W11
10.27.18	Big Sky Championships	Sacramento, Calif.	-
11.3.18	Doc Adams Invitational	Davis, Calif.	-
11.9.18	NCAA West Regional	Sacramento, Calif.	-



### Southern Utah Thunderbirds

**Head Coach: Eric Houle**

Date	Meet	Location	Result
9.1.18	Utah Valley Invitational	Orem, Utah	M2/W2
9.15.18	UC Riverside Invitational	Riverside, Calif.	M1/W1
9.22.18	Idaho State Invitational	Pocatello, Idaho	M2/W2
9.28.18	Nuttycombe Wis. Invitational	Madison, Wis.	M10/W14
10.6.18	SUU Color Country Invitational	Cedar City, Utah	M2/W1
10.13.18	Wisconsin Pre-Nationals	Madison, Wis.	M10/W8
10.27.18	Big Sky Championships	Sacramento, Calif.	-
11.9.18	NCAA Mountain Regional	Provo, Utah	-



### Weber State Wildcats

**Head Coach (M): Corbin Tally**

**Head Coach (W): Paul Pilkington**

Date	Meet	Location	Result
9.7.18	College of Southern Idaho	Twin Falls, Idaho	M1/W2
9.15.18	Brigham Young University	Logan, Utah	M3
9.28.18	Notre Dame Invitational	South Bend, Ind.	M5/W11
10.5.18	Utah State Invitational	Logan, Utah	-
10.13.18	Pre-National Invitational	Madison, Wis.	M20/W21
10.27.18	Big Sky Championships	Sacramento, Calif.	-
11.9.18	NCAA Mountain Regional	Provo, Utah	-



# Big Sky Cross Country Notebook

## Athletes of the Week



### Female Athlete of the Week

Oct. 16, 2018

#### Angie Nickerson, Southern Utah

Nickerson propelled the Thunderbirds to a top-ten finish at the Pre-National Invitational. The redshirt senior finished the 6k course in 20:37.9 which was good for 15th place. As a team, Southern Utah finished 8th and was the top Big Sky team at the event.

This is the second Athlete of the Week honor for Nickerson in her career. Nickerson and the Thunderbirds next meet is the Big Sky Championships on Oct. 27 in Sacramento, Calif. where they will look to win their first Big Sky women's cross country championship.



### Male Athlete of the Week

Oct. 16, 2018

#### Tyler Day, Northern Arizona

Day took second in the men's race at the Pre-National Invitational. Day ran the 8k in 23:48.8 which was just milliseconds behind Stanford's Grant Fisher. As a team, NAU once again dominated the field placing five runners in the top-15 to win the invitational.

This is Tyler Day's second career Athlete of the Week honor. Day and the Lumberjacks have the week off before defending their Big Sky title in Sacramento, Calif. on Oct. 27.

## Previous Athletes of the Week

Date	Female Athlete	Male Athlete
9.4.18	Andrea Condie, Idaho	Peter Lomong, Northern Arizona
9.18.18	Angie Nickerson, Southern Utah	Ty Mogan, Montana State
10.2.18	Kaila Gibson, Portland State	Tyler Day, Northern Arizona
10.16.18	Angie Nickerson, Southern Utah	Tyler Day, Northern Arizona



# Big Sky Cross Country Notebook

## USTFCCCA Regional and National Rankings

### USTFCCCA Men's Cross Country National Coaches' Poll - October 16 (Oct. 2)

1. Northern Arizona - 328 Points - Mountain Region - Big Sky (1)
25. Southern Utah - 68 points - Mountain Region - Big Sky (15)

### USTFCCCA Women's Cross Country National Coaches' Poll - October 16 (Oct. 2)

23. Southern Utah - 77 points - Mountain Region - Big Sky (RV)
28. Northern Arizona - 29 Points - Mountain Region - Big Sky (NR)

### USTFCCCA Men's Cross Country Preseason Regional Rankings - Oct. 15

#### MOUNTAIN REGION (Oct. 1)

1. Northern Arizona (1)
7. Southern Utah (6)
10. Montana State (12)
11. Weber State (10)
12. Idaho State (13)
14. Northern Colorado (NR)

### USTFCCCA Women's Cross Country Preseason Regional Rankings - Oct. 15

#### MOUNTAIN REGION (Oct. 1)

4. Southern Utah (6)
5. Northern Arizona (9)
12. Montana State (12)
13. Weber State (13)
15. Idaho State (15)

**U.S. TRACK & FIELD  
AND CROSS COUNTRY  
COACHES ASSOCIATION**



# Big Sky Cross Country Notebook

## 2018 Big Sky Preseason Polls

**OGDEN, Utah (Aug. 27, 2018)** - The coaches have filled their ballots out and the results are in. Northern Arizona is the unanimous favorite on the men's side to win its third straight Big Sky Championship with aspirations of completing a three-peat as NCAA champions. Montana State is favored on the women's side, but it was not unanimous by any means. NAU, runner-ups in the pre-season poll, received more first-place votes than Montana State and three teams received at least one first-place vote in the women's preseason poll. Coaches were able to vote for their own team in the polls.

The conference returns four men's and women's All-Conference honorees from a season ago.

The Jacks' head into the 2018 season with the majority of their lineup from the 2017 season still intact. Among the NAU returnees includes four NCAA All-Americans last season. Tyler Day and Matt Baxter are back for their senior seasons after dominant performances last year. Day finished first in the Big Sky Championships and third in the NCAA finals while Baxter finished second in both the conference meet and the NCAA Championships. Peter Lomong (eighth) and Geordie Beamish (40th) are the other two NCAA All-Americans returning for NAU. In addition, 2017 Big Sky Freshman of the Year Luis Grijalva is back after placing eighth in the conference meet.

Southern Utah, coming off of its most successful season in program history, placed second in the men's preseason poll with 109 points. The Thunderbirds placed 11th at the NCAA Championships last year and return George Espino who finished 114th in the NCAA Final. The Thunderbirds last won the Big Sky Championship back in 2015.

Weber State was predicted to finish third with a total of 96 points. The Wildcats welcome back three of their top four performers in the 2017 Big Sky Championships including Jordan Cross who placed sixth and earned All-Conference honors.

Montana State edged Northern Arizona as preseason women's favorite earning 111 points and four first-place votes. MSU is looking to win its first Big Sky women's cross country championship since 1995. The Bobcats return their entire lineup which featured two All-Conference honorees in Kelsi Lasota (fourth place) and Caroline Hardin (tenth place). Montana State also returns reigning Freshman of the Year, Trisha Carlson who placed 12th at the conference championship meet.

NAU, second in the women's poll with 110 points and five first-place votes, is coming off of back-to-back Big Sky titles in 2016 and 2017. The 'Jacks' lineup will look much different this season as Delaney Rasmussen headlines the NAU lineup. Rasmussen ran in four races for the Lumberjacks last season including Pre-Nationals, Big Sky Championship and the NCAA Mountain Regional.

The cross country season begins on Aug. 31 with all but one school competing on the opening weekend. The Big Sky Championships will be held on Oct. 27 at Haggin Oaks Golf Club in Sacramento, Calif. with Sacramento State hosting the championship.

### Women's Poll

1. Montana State (4).....111
2. Northern Arizona (5) .....110
3. Southern Utah (2) .....102
4. Idaho .....94
5. Weber State.....77
6. Montana .....59
7. Idaho State.....51
8. Eastern Washington.....33
- T9. Northern Colorado .....32
- T9. Portland State .....32
11. Sacramento State .....25

### Men's Poll

1. Northern Arizona (11).....121
2. Southern Utah.....109
3. Weber State .....96
4. Montana State .....82
5. Idaho .....79
6. Idaho State .....69
7. Northern Colorado .....57
8. Eastern Washington.....34
9. Sacramento State.....33
10. Montana .....27
11. Portland State .....19



# Big Sky Cross Country Notebook

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#### **Big Sky Weekly Release**

The Big Sky Conference will produce a weekly cross country release every Monday during the 2018 season. Media can receive the releases as a PDF document via email by contacting Alex Kelly by email at akelly@bigskyconf.com

#### **Internet**

The official website of the Big Sky Conference can be accessed by visiting [www.bigskyconf.com](http://www.bigskyconf.com). Weekly game notes, news releases, statistics and standings are updated on the website.

#### **Players of the Week**

Each week of the 2018-19 season the Big Sky selects a player of the week. Nominations are made by each institution's SIDs. For cross country, four teams have to have competed in the past week for there to be a Athlete of the Week.

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