

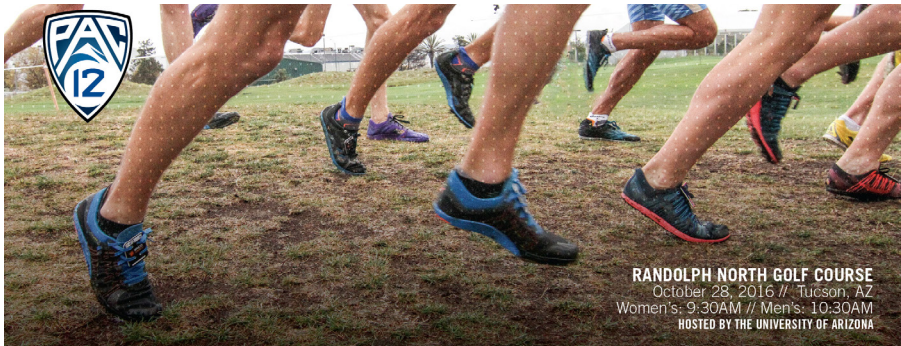


PAC-12 CONFERENCE

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For Immediate Release // Tuesday, October 25, 2016

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RANDOLPH NORTH GOLF COURSE
October 28, 2016 // Tucson, AZ
Women's: 9:30AM // Men's: 10:30AM
HOSTED BY THE UNIVERSITY OF ARIZONA



2016 PAC-12 MEN'S & WOMEN'S CROSS COUNTRY CHAMPIONSHIPS

RACE SCHEDULE

8:00 a.m. Championship Course opens to fans
9:10 a.m. National Anthem
9:15 a.m. Women called to start
9:25 a.m. Women's final instructions
9:30 a.m. Start of women's 6,000m race
10:15 a.m. Men called to start
10:25 a.m. Men's final instructions
10:30 a.m. Start of men's 8,000m race
11:10 a.m. Awards ceremony

TELEVISION COVERAGE

Tape-delayed coverage of the championships will air on the Pac-12 Networks on Monday, Oct. 31, 2016 at 6 p.m. PT. Dwight Stones (analyst), Jim Watson (pvp) and Lewis Johnson (reporter) will call the action.



COURSE DESCRIPTION

Randolph North Golf Course – 600 S. Alvernon Way Tucson, AZ 85711 - is the competition site for the 2016 Pac-12 Cross Country Championships. The course will be all grass with some golf cart path crossings. There are numerous small hills throughout. The women's race will include 3 loops and the men's race will include 4 loops. The loop is approx. 2000m with the start line being approx. 400ft and the finish line approx. 300ft of open field.

2016 marks the fourth time the Pac-12 Cross Country Championships have been held in the state of Arizona, and just the second time hosted by the University of Arizona in Tucson following the 2005 races on the Randolph Dell Ulrich course where Stanford swept both team titles.

48TH ANNUAL PAC-12 MEN'S CHAMPIONSHIP

Two overarching storylines headline the 48th annual Pac-12 Championship men's race. Many eyes will be on OREGON senior **Edward Cheserek**, who is seeking to become the first four-time individual race champion in Pac-12 Men's Cross Country Championship history. He's currently tied with league and distance running legends **Steve Prefontaine** (OREGON, 1970-71 & 1973) and **Henry Rono** (WASHINGTON STATE, 1976 & 1978-79) with three conference crowns. Cheserek is also the sport's three-time defending national champion.

The Pac-12's only other four-time cross country champion is ARIZONA alumna **Amy Skiersz** (1995-98), who is slated to join 1998 men's champion, Olympian and fellow Wildcat **Abdi Abdirahman** in presenting the Championship awards at the conclusion of Friday's races.

Others will be eyeing the top of the team leaderboard where No. 7 COLORADO - one of the Pac-12's national-best six ranked squads and four top-10 teams along with No. 2 STANFORD, No. 3 OREGON and No. 10 UCLA - is seeking to match STANFORD's record streak of six consecutive Pac-12 team titles set from 2000-05. The Buffaloes have captured the conference crown in each of their five appearances at the event since joining the league in 2011.

Only three teams have claimed the Pac-12 crown over the past 16 seasons, with STANFORD owning eight titles, COLORADO five and OREGON three over that span. The last team to unseat that trio was ARIZONA in 1999.

31ST ANNUAL PAC-12 WOMEN'S CHAMPIONSHIP

The 31st annual Pac-12 Championship women's race could be the most competitive in history as a national-best seven teams enter Friday's race ranked in the top 30 - led by three teams in the top 5 in newly appointed No. 1 COLORADO, No. 2 WASHINGTON and No. 5 OREGON.

All three teams registered strong showings against national fields two weekends ago. The Buffaloes and Ducks finished first and second at the Pre-National Invitational in Terre Haute, Ind., while the Huskies cruised to victory at the Nuttycombe Wisconsin Invitational.

No. 11 STANFORD only recently slid outside the national top 10 and should contend for the crown as well. No. 17 UTAH, No. 23 UCLA and No. 25 CALIFORNIA all made significant jumps in the most recent national poll thanks to solid showings at the Nuttycombe (Utah 7th, UCLA 13th) and Pre-Nationals (Cal 8th) and could all push for their first Pac-12 titles.

Should top ranked COLORADO prevail, it would mark the first repeat conference champion since WASHINGTON captured back-to-back crowns in 2008 and 2009.

Only five schools have laid claim to the Pac-12 crown with STANFORD winning 15 times, OREGON nine times, WASHINGTON three times, COLORADO twice and ARIZONA once.

USTFCCCA RANKINGS

PAC-12 WEEK-BY-WEEK RANKED TEAMS

	MXC	WXC
Preseason.....	4.....	4.....
Sept. 13.....	4.....	4.....
Sept. 20.....	5.....	5.....
Sept. 27.....	6.....	6.....
Oct. 4.....	5.....	5.....
Oct. 18.....	6.....	7.....

MEN'S (Oct. 18)

Rank	School (1st Place)	Points	Lst Wk
1.	Northern Arizona (12)	360	1
2.	STANFORD	339	11
3.	OREGON	338	4
4.	BYU	322	3
5.	Arkansas	306	5
6.	Syracuse	304	2
7.	COLORADO	285	6
8.	Iona	278	8
9.	Oklahoma State	266	9
10.	UCLA	246	27
11.	Mississippi	241	10
12.	Portland	230	7
13.	Iowa State	211	14
14.	Michigan	192	20
15.	WASHINGTON STATE	182	RV
16.	Virginia	173	19
17.	Colorado State	167	21
18.	Wisconsin	161	16
19.	Indiana	133	13
20.	Southern Utah	128	RV
21.	UTEP	125	12
22.	Tulsa	109	26
23.	Georgetown	92	17
24.	Boise State	79	18
25.	WASHINGTON	63	23
26.	Virginia Tech	51	28
27.	Eastern Michigan	48	NR
28.	Air Force	38	NR
29.	Middle Tennessee	30	29
29.	Michigan State	30	22

Others Receiving Votes: Providence 20, Penn 13, Bradley 10, Texas 6, Florida State 2, Kentucky 1, Minnesota 1.

WOMEN'S (Oct. 18)

Rank	School (1st Place)	Points	Lst Wk
1.	COLORADO (8)	356	2
2.	WASHINGTON (4)	351	4
3.	NC State	329	3
4.	Providence	327	1
5.	OREGON	313	9
6.	Michigan	286	13
7.	New Mexico	280	11
8.	Portland	272	5
9.	Penn State	266	8
10.	Arkansas	245	12
11.	STANFORD	232	7
12.	Baylor	231	21
13.	San Francisco	207	19
14.	Eastern Michigan	184	16
15.	Iowa State	178	26
16.	Mississippi	171	25
17.	UTAH	170	23
18.	Oklahoma State	150	14
19.	Notre Dame	146	28
20.	BYU	126	15
21.	Yale	121	17
22.	Villanova	110	RV
23.	UCLA	66	RV
24.	Penn	65	26
25.	CALIFORNIA	56	RV
26.	Harvard	53	29
27.	Michigan State	46	6
28.	Boise State	36	10
29.	Mississippi State	33	RV
30.	SMU	32	24

Others Receiving Votes: West Virginia 29, Minnesota 19, Georgetown 16, Air Force 16, Syracuse 14, Cal Poly 13, Texas 11, Missouri 9, Virginia 6, Kansas 4, Cornell 4, Brown 1.

MEN'S PREVIEW

Six other past NCAA All-Americans will try to prevent Cheserek's Pac-12 title quartet in COLORADO's **John Dressel** (2015) and **Ben Saarel** (2013-15), STANFORD's **Grant Fisher** (2015), **Sean McGorty** (2014-15) and **Sam Wharton** (2014), and WASHINGTON's **Colby Gilbert** (2015).

OREGON's **Travis Neuman** and WASHINGTON STATE's **John Whelan** and **Michael Williams** join Cheserek (2013-15), Dressel (2015), Fisher (2015), McGorty (2014-15) and Saarel (2013-14) as past Pac-12 All-Conference performers in this year's race.

WOMEN'S PREVIEW

Six past NCAA All-Americans return to the Championship fold in CALIFORNIA's **Bethan Knights** (2014), COLORADO's **Kaitlyn Benner** (2015) and **Erin Clark** (2014-15), OREGON's **Alli Cash** (2015), and STANFORD's **Elise Cranny** (2014) and **Vanessa Fraser** (2015).

Joining that sextet are additional past Pac-12 All-Conference performers in CALIFORNIA's **Marissa Williams** (2015), COLORADO's **Melanie Nun** (2013 & 2015), OREGON's **Frida Berge** (2014-15), STANFORD's **Emma Fisher** (2014), UCLA's **Carolina Johnson** (2015) and UTAH's **Hannah McInturff** (2015).

PAC-12 COMPLETE STUDENT-ATHLETE



COMPLETE
STUDENT-ATHLETE

• Members of the **ARIZONA men's cross country team** ran down and cornered a thief who robbed their hotel room which led to the perp's arrest while in Minneapolis, Minn., for the Roy Griak Invitational in September. From the team's Instagram, "According to Minneapolis Police, they have been trying to catch this perp for quite some time."

• STANFORD senior and earth systems major **Emma Fisher** started an on-campus carbon offset program - Stanford Carbon Offsets to Reduce Emissions (SCORE) - in which money is donated to environmental causes to neutralize the damage done by greenhouse gasses from airplanes for each mile Stanford teams travel during a calendar year.

• OREGON STATE seniors **Emily Weber** and **Monica Anderson** are already eyeing their post-graduate plans. Weber, a kinesiology/psychology major, aspires to coach and mentor athletes, while Anderson, who spent the summer of 2015 as an IE3 Global education intern in Vietnam, plans to pursue the Peace Corps.

• WASHINGTON junior **Colby Gilbert's** mother passed away from breast cancer in 2013 after an eight-year battle. He has a tattoo on his shoulder - "Run Hard. Run Fast. Run Fearless." - which is what his mother told him before races. He trained in Kenya after high school and became the first Husky ever to win the Pac-12 5,000-meter track title in 2016.

PAC-12 CROSS COUNTRY - CONFERENCE OF CHAMPIONS

The Pac-12 is the winningest conference in NCAA Cross Country history, as current league members boast:

- A national-best 27 NCAA Cross Country team titles (16 men/11 women, both second-best among conferences)
- A national-best 28 NCAA Cross Country individual titles (25 men, most of any conference/3 women)
- 33 NCAA Cross Country runner-up team finishes (18 men/15 women)
- Current Pac-12 members boast nine total USTFCCCA men's cross country national athlete of the year awards, with the next closest conference with three (Big South).

Since expanding to the Pac-12 in 2011, the league has produced the most competitive and successful NCAA teams and individuals in the country, highlighted by:

MEN'S CROSS COUNTRY

- 2 NCAA men's team national champions, the most of any conference.
- 10 Top 5 men's team finishes at NCAA Championship, the most of any conference. The ACC and Big 12 are second with three apiece.
- 4 NCAA men's individual national champions, the most of any conference.
- 47 men's All-Americans, the most of any conference. The ACC is second with 26.
- The most men's All-Americans each year, highlighted by 15 in 2014 and 12 in 2015.
- 22 men's NCAA Championship participant teams, second-most of any conference behind only the ACC's 26.
- The most men's NCAA Championship participant teams in 2014 (five) and 2015 (league-record seven).

WOMEN'S CROSS COUNTRY

- 1 NCAA women's team national champion.
- Seven Top 5 women's team finishes at NCAA Championship, the second-most of any conference behind the Big East.
- 40 women's All-Americans, the most of any conference. The ACC is second with 24.
- 27 women's NCAA Championship participant teams, the most of any conference.
- Five consecutive years with at least five women's NCAA Championship participant teams, the only conference in the nation with such a streak.
- The most women's NCAA Championship participant teams in three of last five years: 2011 (seven), 2012 (five) and 2015 (five).

2016 PAC-12 CHAMPIONSHIP COVERAGE

ON-SITE COVERAGE ... Exclusive content on every Pac-12 men's and women's cross country team will be available on the Pac-12's official website at www.pac-12.com. Hover over the 'Events' tab on the navigation bar and click on 'Cross Country' or click on this link: <http://pac-12.com/cross-country/championships>. Previews, as well as real-time coverage on the day of the Championships, will be posted, including live stats and Twitter (@pac12) and Facebook (pac12conference) updates. At the conclusion of the race, official results and recaps will be posted on the page.

2016 PAC-12 CROSS COUNTRY CHAMPIONSHIPS MICROSITE ... Links to each institution's cross country website can be found here: <http://pac-12.com/cross-country/championships>. School cross country pages include links to current rosters, results and recent news releases. On the Pac-12 Cross Country Championships webpage, fans can find links to the event preview, recent Conference news and history.

2016 PAC-12 CROSS COUNTRY CHAMPIONSHIPS RESULTS ... See real-time splits and who crosses the line first for the men's and women's races with live stats updates on the Pac-12 website (www.pac-12.com) on the cross country championships page (<http://pac-12.com/cross-country/championships>). Stats are unofficial until after the championships conclude, when official final results for both races will be available on the championship page.

2015 PAC-12 CHAMPIONSHIPS REVIEW

COLFAX, Wash. - COLORADO swept the Pac-12 Men's and Women's Cross Country Championships held at Colfax Golf Club in Colfax, Wash. The Buffs swept the Conference titles for the second time since joining the Pac-12 and won the men's title for the fifth straight year.

CHAMPIONSHIP NOTES

- OREGON's Edward Cheserek (Newark, N.J.) won his third-straight individual men's title (23:06.3), the first-ever runner to win the Pac-12 men's crown three-consecutive years. He is the third runner to win the crown three times, joining the likes of OREGON's Steve Prefontaine (1970-71, 1973) and WASHINGTON STATE's Henry Rono (1976, 1978-79).
- The Buffs men had three runners in the top 10 to claim the crown, with senior Pierce Murphy pacing the team with a fourth-place finish (23:15.1). All five scoring runners were in the top 15.
- STANFORD's Aisling Cuffe (Cornwall-on-the-Hudson, N.Y.) won her second individual women's title with a time 19:53.1, claiming the 2013 crown. A Cardinal has won the individual title three times in the last four years.
- The Colorado women placed four runners in the top 10, including a second place overall finish by sophomore Kaitlyn Benner (19:55.5).
- 2014 women's Pac-12 Champion OREGON had all five scoring runners place from fifth to 15th, missing out on a second-straight title by just six points.
- Utah's fifth-place finish in the women's race is its best ever. The Utes joined the Pac-12 in 2011.
- COLORADO swept the Pac-12 Men's and Women's Cross Country titles in 2011, the year the Buffs joined the league. That year, the men scored 46 and the women scored 50 points.
- COLORADO's John Dressel (6th, 23:19.4) and UCLA's Carolina Johnson (9th, 20:17.5) were the only freshmen to finish in the top 10 in their respective races.

2015 PAC-12 CHAMPIONSHIP TEAM RESULTS - MEN

1.....	Colorado	4, 6, 7, 14, 15, 24, 38	46
2.....	Stanford	2, 8, 11, 16, 20, 33, 42	57
3.....	Oregon	1, 13, 17, 23, 29, 30, 31	83
4.....	Washington	3, 18, 22, 26, 27, 39, 45	96
5.....	UCLA	5, 25, 28, 34, 35, 41, 48	127
6.....	Washington State	9, 12, 32, 40, 44, 53, 58	137
7.....	California	10, 21, 37, 43, 46, 50, 54	157
8.....	Arizona State	19, 47, 49, 51, 52, 56, 57	218
9.....	Arizona	36, 55, 59, 60, 61, 62, 63	271

2015 PAC-12 CHAMPIONSHIP INDIVIDUAL RESULTS - MEN (8,000 meters)

1.....	Edward Cheserek	JR	ORE	23:06.3
2.....	Sean McGorty	JR	STAN	23:13.7
3.....	Izaic Yorks	SR	WASH	23:15.0
4.....	Pierce Murphy	SR	COLO	23:15.1
5.....	Lane Werley	SR	UCLA	23:19.1
6.....	John Dressel	FR	COLO	23:19.4
7.....	Ammar Moussa	SR	COLO	23:22.4
8.....	Joe Rosa	SR	STAN	23:23.5
9.....	John Whelan	JR	WSU	23:26.3
10.....	Chris Walden	SR	CAL	23:26.8
11.....	Grant Fisher	FR	STAN	23:28.6
12.....	Michael Williams	SO	WSU	23:29.2
13.....	Travis Neuman	SO	ORE	23:30.5
14.....	Morgan Pearson	SR	COLO	23:31.9

2015 PAC-12 CHAMPIONSHIP TEAM RESULTS - WOMEN

1.....	Colorado	2, 4, 7, 8, 24, 27, 29	45
2.....	Oregon	5, 6, 11, 14, 15, 26, 33	51
3.....	Stanford	1, 12, 19, 23, 25, 30, 32	80
4.....	Washington	3, 16, 17, 22, 34, 38, 43	92
5.....	Utah	10, 21, 37, 39, 42, 44, 47	149
6.....	Arizona State	18, 20, 28, 45, 51, 54, 65	162
7.....	California	13, 40, 48, 50, 53, 69, 82	204
8.....	Arizona	31, 36, 41, 58, 71, 74, 76	237
9.....	UCLA	9, 55, 56, 60, 61, 63, 64	241
10.....	Washington State	35, 46, 49, 62, 70, 72, 73	262
11.....	Oregon State	52, 59, 67, 68, 75, 78, 79	321
12.....	USC	57, 66, 77, 80, 81, 83	361

2015 PAC-12 CHAMPIONSHIP INDIVIDUAL RESULTS - WOMEN (6,000 meters)

1.....	Aisling Cuffe	SR	STAN	19:53.1
2.....	Kaitlyn Benner	SO	COLO	19:55.5
3.....	Maddie Meyers	SR	WASH	19:56.8
4.....	Erin Clark	JR	COLO	19:58.6
5.....	Waverly Neer	SR	ORE	20:00.6
6.....	Alli Cash	SO	ORE	20:05.3
7.....	Melanie Nun	SO	COLO	20:11.1
8.....	Maddie Alm	SR	COLO	20:14.5
9.....	Carolina Johnson	FR	UCLA	20:17.5
10.....	Hannah McInturff	SO	UTAH	20:20.4
11.....	Molly Grabill	SR	ORE	20:22.1
12.....	Vanessa Fraser	JR	STAN	20:23.5
13.....	Marissa Williams	FR	CAL	20:24.0
14.....	Fride Berge	SO	ORE	20:25.3



Pac-12 distance running was on full display at the 2016 Rio Olympics with 15 former cross country runners from current league members competing, highlighted by medals from COLORADO alumnae **Emma Coburn** and **Jenny Simpson** and OREGON alumnus **Galen Rupp**, as well as WASHINGTON STATE alumnus and ARIZONA volunteer assistant coach **Bernard Lagat** racing in his fifth Olympic Games.

NAME	SCHOOL	RIO EVENT(S)
Zoe Buckman	Oregon	1500m
Emma Coburn	Colorado	Steeplechase (Bronze)
Amy (Hastings) Cragg	Arizona State	Marathon
Matthew Centrowitz	Oregon	1500m
Zsafia Erdelyi	USC	Marathon
Shelby Houlihan	Arizona State	5000m
Meb Keflezighi	UCLA	Marathon
Bernard Lagat	WSU	5000m
Desiree (Davila) Linden	Arizona State	Marathon
Alexi Pappas	Oregon	10000m
Galen Rupp	Oregon	Marathon (Bronze), 10,000m
Jenny Simpson	Colorado	1500m (Bronze)
David Torrence	California	800m/1500m
Carlos Trujillo	Oregon	Marathon
Chris Winter	Oregon	Steeplechase

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2016 NCAA WEST REGIONAL

Friday, November 11
Haggin Oaks Golf Complex
Sacramento, Calif.
Hosted by Sacramento State University

2016 NCAA MOUNTAIN REGIONAL

Friday, November 11
Steve & Dona Reeder XC Course
Logan, Utah
Hosted by Utah State University

2016 NCAA SELECTIONS

Saturday, November 12
NCAA.com | 12 p.m. PT

2016 NCAA CHAMPIONSHIPS

Saturday, November 19
Wabash Valley Family Sports Center
Terre Haute, Ind.
Hosted by Indiana State University



2016 PAC-12 CROSS COUNTRY CHAMPIONSHIPS COURSE MAP



WOMEN'S: START 9:30AM // 3 LOOPS **MEN'S:** START 10:30AM // 4 LOOPS



OCTOBER 28, 2016 // TUCSON, ARIZONA
RANDOLPH NORTH GOLF COURSE
HOSTED BY THE UNIVERSITY OF ARIZONA

TUNE IN 10/31 // 6-7PM
ON PAC-12 NETWORK
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