



PAC-12 CONFERENCE

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2014 PAC-12 MEN'S & WOMEN'S CROSS COUNTRY CHAMPIONSHIPS

Friday, October 31, 2014

Metropolitan Golf Links, Oakland, Calif.

Hosted by the University of California

RACE SCHEDULE

9:00 a.m. Championship Course opens to fans
9:45 a.m. Women called to start
9:55 a.m. Women's final instructions
10:00 a.m. Start of Women's 6,000-meter race
10:45 a.m. Men called to start
10:55 a.m. Men's final instructions
11:00 a.m. Start of Men's 8,000-meter race
12:15 p.m. Awards Ceremony

COURSE DESCRIPTION

The Metropolitan Links Golf Course (10051 Doolittle Drive Oakland, CA 94603) will be the site of the 2014 Pac-12 Cross Country Championships. The women's course will include three clockwise loops. The men's course will include four clockwise loops. All cart paths will be covered in artificial turf.

TELEVISION COVERAGE

Tape-delayed coverage of the championships will air on the Pac-12 Networks on Monday, Nov. 3, 2014 at 6 p.m. PT. Dwight Stones (analyst) and Jim Watson (pxp) will call the action, with Lewis Johnson reporting.



45th-ANNUAL MEN'S RACE

The Pac-12's 45th-annual men's championships will be one of the more competitive races in the country. Five men's squads are ranked in the latest USTFCCCA poll, including the No. 1 team in the nation in COLORADO. No other league has as many teams ranked, let alone that many in the top 12. It will be the most competitive Pac-12 Championships in recent memory.

COLORADO will be going for a fourth-straight league title. The defending NCAA Champions have been the No. 1 team in the country every week of the season, garnering every first-place vote all year, a feat which has been achieved just once in 2006, after posting dominating results, including a win at the Pre-Nationals meet in Terre Haute, Ind. The Buffs have an experienced lineup with seven returning letterwinners from last year's championship season, including senior Blake Theroux and sophomore Ben Saarel who lead the squad.

Looking to snap that streak is OREGON, the second-ranked team in the nation. The Ducks have been led by last year's freshman phenom Edward Cheserek, also the 2013 NCAA individual champion. He has not lost a race since the Pre-Nationals meet last year, winning six regular-season races this year.

The No. 9 Cardinal is expected to have a full squad at the Conference championships with the season debut of Sean McGorty this weekend also expected. The team is coming off a fifth-place finish at the Wisconsin adidas Invitational, a race that boasted a field of six top-10 teams.

Between the Buffs, the Ducks and Cardinal, the teams have combined to win the last 14 titles of this millennium. Stanford won back-to-back crowns in 2009 and 2010, UO won three straight from 2006-08, snapping Stanford's string of titles from 2000-05.

No. 11 UCLA is also having a strong season reminiscent of the 2012 campaign when the Bruins earned a spot at the NCAA Championships for the first time since 2008.

No. 12 WASHINGTON is enjoying its highest ranking since 1997, posting an eighth-place finish at the Wisconsin meet. The team was led by senior Aaron Nelson, who was the lone Husky representative at the NCAA Championships last year. He posted an impressive third-place finish at the meet that featured a strong field. Nelson earned All-American honors last year, the team's first man to earn national nods in 15 years.

ARIZONA, ARIZONA STATE, host-CALIFORNIA and WASHINGTON STATE also look to be in the mix. The Wildcats are reinventing themselves after having impactful individuals in Lawi Lalang and Stephen Sambu over the last several years. ASU has posted back-to-back fourth-place finishes and looks to build on that again with redshirt junior Ryan Herson leading the way.

Though the Golden Bears are the host of the Pac-12 Championships, they will be running on the course for the first time this Friday. They look to improve upon last year's last place and could, after a strong showing at the Pre-Nationals race where Cal placed in the top 25 of 46 teams. WSU has placed sixth six times in the last seven years, including last year. The Cougars have a new coach at the helm and a mix of young and veteran runners.

29th-ANNUAL WOMEN'S RACE

The Pac-12's 29th-annual women's championships features another strong field with half the teams ranked in the top 30 in the nation. OREGON, receiving one first-place vote, leads the pack at No. 3, and will be looking to win its first crown since 2012, also the year the Ducks also claimed the NCAA team title. After STANFORD won 12 in a row from 1996-2007, five different teams have won the Conference crown over the last six years, including the Cardinal in 2010.

UO has been employing a team concept at their races, with all Ducks crossing the finish line within 21 seconds of each other at the Pre-Nationals race, leading to a second-place finish at the meet. Senior Megan Patrignelli will try to lead UO to improve on a fourth-place finish from last year.

Seventh-ranked COLORADO looks to stand atop the podium since winning the title the first year CU joined the Conference in 2011. The Buffs have been a strong contender each year, finishing in the top two in two of the last three years.

The Cardinal are also a perennial power and are just out of the top 10, ranking No. 11, in the latest national poll. Stanford is without senior Aisling Cuffe, the defending individual Pac-12 Champion, but have seen strong outings from a squad that features a combined six underclassmen, all of which are just in their first year of eligibility.

No. 17 WASHINGTON has just two seniors on the roster and staples from the last couple of years have graduated. But the Huskies have a strong history and have been competitive this season and will be in the mix vying for a Pac-12 crown.

No. 22 ARIZONA STATE is led by senior Shelby Houlihan, who is a national contender for the individual title. She placed in the top eight of last year's NCAA race, after placing fourth overall at the Pac-12 meet.

UCLA comes into this week's competition ranked 29th, entering the poll for the first time this year and coming off a win at the Titan Invitational, the team's final tune-up before the league championships. The Bruins also had a standout showing at the Wisconsin adidas Invitational, placing 20th after being led by senior Kelsey Smith.

ARIZONA won its first-ever Pac-12 crown last year, but it will be tough for the Wildcats to repeat against a strong field. However, they return experience, including senior Nicci Corbin and junior Kayla Beattie who placed in the top eight last year.

Only a freshman, Bethan Knights looks to lead the host CALIFORNIA at the Pac-12 Championships. The Bears placed ninth overall at the Pre-Nationals Invitational with Knights coming in fifth place in the individual competition.

OREGON STATE has seen limited action this season and a young roster, while USC looks to continue to build its program in just the second season under a new coaching staff.

Meanwhile, UTAH's Rebekah Winterton looks to lead the Utes again, placing a strong 12th last year for all-conference honors. WASHINGTON STATE will look to senior Ruby Roberts to lead the squad after placing 15th last year, a career-best showing at the Conference meet.

USTFCCCA RANKINGS

MEN'S (Oct. 21)

Rank	School (1st Place)	Points	Lst Wk
1.	COLORADO (12)	360	1
2.	OREGON	340	2
3.	Syracuse	334	6
4.	Oklahoma State	329	4
5.	Iona	314	14
6.	Wisconsin	295	9
7.	Villanova	289	8
8.	Portland	274	5
9.	STANFORD	261	7
10.	Northern Arizona	238	3
11.	UCLA	236	9
12.	WASHINGTON	217	25
13.	Virginia	209	15
14.	Michigan	208	11
15.	Florida State	192	18
16.	Georgetown	172	RV
17.	Providence	170	13
18.	New Mexico	156	16
19.	BYU	147	12
20.	Indiana	122	23
21.	Furman	113	26
22.	Michigan State	101	RV
23.	Arkansas	88	17
24.	Southern Utah	87	21
25.	Colorado State	67	22
26.	Oklahoma	62	20
27.	Tulsa	58	29
28.	North Carolina	33	NR
29.	Texas	31	30
30.	Iowa State	25	RV

Also Receiving Votes:

Mississippi 12, Princeton 12, Virginia Tech 8, Eastern Kentucky 7, Minnesota 5, NC State 4, Penn State 2, Boise State 2.



2014 NCAA WEST REGIONAL

Friday, November 14
Stanford, Calif.

Hosted by Stanford University

2014 NCAA MOUNTAIN REGIONAL

Friday, November 14
Albuquerque, N.M.

Hosted by the University of New Mexico

2014 NCAA CHAMPIONSHIPS

Saturday, November 22
Lavern Gibson CC Course
Terre Haute, Ind.

Hosted by Indiana State Univ.

PAC-12 TELEVISION COVERAGE ... The Pac-12 Men's and Women's Cross Country Championships will be televised on the Pac-12 Networks on a tape-delayed basis. The first airing is scheduled for Monday, Nov. 3 at 6 p.m. PT. Dwight Stones will serve as the analyst, Jim Watson will provide play-by-play and Lewis Johnson will be the reporter. Check local listing for channel and additional air times.

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/2014-pac-12-cross-country-championships>. Previews, as well as real-time coverage on the day of the Championships, will be posted, including live stats and Twitter and Facebook updates. At the conclusion of the race, official results and recaps will be posted on the page.

2014 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/2014-pac-12-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.

2014 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/2014-pac-12-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.

CONFERENCE OF CHAMPIONS ... Pac-12 teams have won 21 NCAA Championships. On the men's side, Conference teams have won 14 national championships, with four teams claiming titles. COLORADO claimed the 2013 crown, the program's fourth all-time. Historically, that ranks tied for sixth in NCAA history. OREGON has the most NCAA titles of any Pac-12 team, winning six, which also ranks as the fourth-most nationally.

Individually, WASHINGTON STATE has had the most individual national champions in the country with seven in total, but the Ducks boast the second-most titlists of all time with six after current sophomore Edward Cheserek won the crown in 2013. Three of the last six individual champions have come from a Pac-12 institution. Seven different Pac-12 teams claim an individual NCAA champion, dating back to 1957, including Colorado (4), ARIZONA (3), OREGON STATE (1), USC (1) and UCLA (1).

On the women's side, four different Pac-12 teams have won NCAA cross country team titles, with STANFORD's five accounting for the second-most in the country. OREGON's three women's titles are fourth-most all-time, while COLORADO's two are tied for the fifth most. ARIZONA has had two individual champions, while the Buffs have had one.

POLL NOTES ... After claiming the 2013 NCAA title, the COLORADO men have held the top spot in the USTFCCCA Coaches poll all season, including the latest polling on Oct. 21. Five teams appear in the men's top 30, with OREGON is at No. 2. STANFORD is ninth in the poll, while UCLA and WASHINGTON are No. 11 and 12, respectively.

The Buffs have received every first-place vote this season, and had a dominant performance at the Pre-Nationals meet in mid-October in Terre Haute, Ind., site of the NCAA Championships. Colorado scored 46 points, placing four runners in the top 10 to win the meet. The Huskies' No. 12 ranking is their highest since 1997. They jumped 13 spots in the poll after an eighth-place finish at the prestigious Wisconsin adidas Invitational.

On the women's side, six teams are ranked with OREGON leading the way at No. 3, while COLORADO is No. 7. STANFORD, which has been a traditional powerhouse and a staple in the top 10, is just outside of it, ranking No. 11. WASHINGTON is at No. 17, ARIZONA STATE is at No. 22 and UCLA is No. 29, making an appearance for the first time this season on Oct. 21.

WHERE DO WE GO FROM HERE? ... The NCAA Regional Championships will be Friday, Nov. 14. The Mountain Regional (hosted by the University of New Mexico) will be held in Albuquerque, N.M., and the West Regional (hosted by Stanford University) in Stanford, Calif. The NCAA National Championships are being held in Terre Haute, Ind. (hosted by Indiana State University) on Saturday, Nov. 22.

NEXT YEAR ... Washington State will host the 2015 Pac-12 Men's & Women's Cross Country Championships on Friday, Oct. 30, 2015.

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2013 CHAMPIONSHIPS REVIEW

LOUISVILLE, Colo. - The top-ranked COLORADO men turned in a winning performance for the third-consecutive year at the Pac-12 Cross Country Championships held at Coal Creek Golf Course in Louisville, Colo., on Saturday, while the ARIZONA women claimed its first-ever league crown in front of a crowd of 5,123. In the individual races, OREGON's Edward Cheserek crossed the finish line first with a time of 24:36, while STANFORD's Aisling Cuffe won the women's race with a time of 21:04.

The Buffs, who were hosting their first-ever Pac-12 Championship event in any sport, placed five runners in the top 10 and scored just 28 points to claim the 2013 crown.

"This is such a deep, competitive and talented team. It'll change every single weekend," said Colorado head coach Mark Wetmore.

The Ducks had three placers in the top-10, scoring 54 points to come in second in the team competition, followed by the third-place Cardinal with 79 points. ARIZONA STATE, who was receiving votes heading into the meet, edged out No. 25 WASHINGTON for fourth place with 140 points. UW scored 142 with the help of Aaron Nelson's (25:01) eighth-place finish, one of only two runners not from Colorado or Oregon to place in the top 10.

Scoring 151 points, WASHINGTON STATE placed sixth in the team competition, just one point ahead of seventh-place UCLA (152). ARIZONA scored 149 points and CALIFORNIA scored 220 to round out the field.

Only three seconds separated the top nine runners through the first 6k of the race. Cheserek, a freshman from Newark, N.J., pulled away in the final 2k to claim the individual title, finishing six seconds ahead of Stanford's Jim Rosa (24:42) who hails from West Windsor, N.J. Blake Theroux (Chesapeake, Va.) was the top Colorado finisher, crossing the finish line in third place with a time of 24:47.

In the women's team competition, the No. 1-ranked Wildcats edged Colorado, 69-75, to claim the program's first-ever league title. The 69 points are the most-ever by a winning women's team. The Wildcats had three runners in the top-10, including second-place finisher and Pac-12 Scholar-Athlete of the Year Elvin Kibet (Eldoret, Kenya).

"It was not easy for sure," said Arizona head coach James Li. "I think towards the end, perhaps, the altitude got to our ladies. I mean it was just really close. Colorado and Oregon were in with all of their five girls in the middle, and you know, we had the ones in the front but we had a really big gap. It was nerve-racking at the end waiting for the points and the scores."

The Buffs had four top-15 finishers and threatened UA's title. The third- and fourth-place competition was also close, as Washington edged defending champion Oregon, 111-113. With two runners in the top 10, Stanford rounded out the top five in the standings, scoring 129 points.

ASU was sixth in the team standings with a score of 138. Led Kelsey Smith's (South Lake Tahoe, Calif.) seventh-place showing with a time of 21:27, UCLA was seventh with 173 points, UTAH was eighth with 207 points, and CALIFORNIA was ninth with 213 points. In 10th place was WASHINGTON STATE (260), followed by OREGON STATE (269) and USC (346).

Aisling Cuffe (Cornwall-on-the-Hudson, N.Y.) was tied for fourth at the 4k mark but turned on the pressure during the final stretch, winning by a nine-second margin, posting a time of 21:04 in the 6k-race to claim Stanford's second-straight individual women's title and Cuffe's first of her career. CALIFORNIA's Kelsey Santisteban (Castro Valley, Calif.) was third with a time of 21:18, finishing three seconds behind Kibet. An Olympian in the London Olympics in the steeplechase, Shalaya Kipp (Salt Lake City, Utah) was the top placer for the Buffs, coming in eighth place with a time of 21:33.

The Pac-12 Championships featured 10 ranked teams in all, with half the women's field being ranked in the latest USTFCCCA Coaches Poll. In addition to the No. 1 Buffs, the Duck men were ranked fourth, followed by Stanford at No. 13 and Washington was 25th. On the women's side, the Wildcats led the way at No. 1, with Oregon ranking 12th, Washington ranking 13th and Colorado ranking 16th. Stanford was 20th in the rankings heading into the competition, with Arizona State garnering a No. 26 ranking.

2013 PAC-12 CHAMPIONSHIP TEAM RESULTS - MEN

1. Colorado	3, 4, 5, 7, 9, 18, 26	28
2. Oregon	1, 6, 10, 16, 21, 27, 33	54
3. Stanford	2, 11, 12, 20, 34, 55, 56	79
4. Arizona State	13, 22, 32, 35, 38, 49, 50	140
5. Washington	8, 25, 31, 37, 41, 45, 56	142
6. Washington State	15, 19, 30, 43, 44, 57, 59	151
7. UCLA	14, 23, 36, 39, 40, 42, 47	152
8. Arizona	17, 24, 48, 52, 53, 60, 61	194
9. California	28, 29, 51, 54, 58, 62	220

USTFCCCA RANKINGS

WOMEN'S (Oct. 21)

Rank	School (1st Place)	Points	Lst Wk
1.	Michigan State (10)	357	2
2.	Georgetown (1)	347	4
3.	OREGON (1)	334	3
4.	Michigan	320	1
5.	Arkansas	311	5
6.	Iowa State	299	8
7.	COLORADO	291	7
8.	Wisconsin	266	15
9.	West Virginia	265	20
10.	New Mexico	252	11
11.	STANFORD	245	6
12.	Florida State	230	9
13.	Virginia	214	10
14.	Vanderbilt	195	27
15.	North Carolina	187	13
16.	Syracuse	180	12
17.	WASHINGTON	162	14
18.	NC State	135	29
19.	Ohio State	126	RV
20.	Minnesota	124	26
21.	Oklahoma State	121	18
22.	ARIZONA STATE	107	25
23.	Boise State	90	16
24.	Villanova	76	21
25.	Princeton	75	NR
26.	Dartmouth	54	24
27.	Toledo	53	NR
28.	Baylor	51	22
29.	UCLA	31	RV
30.	Boston College	28	17

Also Receiving Votes:

Iona 23, Virginia Tech 8, Penn State 6, Providence 4, William and Mary 4, Northern Arizona 4, SMU 3, Portland 2.

2013 PAC-12 CHAMPIONSHIP INDIVIDUAL RESULTS - MEN

1.	Edward Cheserek.....Fr....ORE.....24:36	6.	Parker Stinson.....Sr....ORE.....24:56
2.	Jim Rosa.....Jr.....STAN.....24:42	7.	Pierce Murphy.....So....COLO.....25:00
3.	Blake Theroux.....Jr.....COLO.....24:47	8.	Aaron Nelson.....Jr.....WASH.....25:01
4.	Connor Winter.....So....COLO.....24:49	9.	Ammar Moussa.....So....COLO.....25:15
5.	Ben Saarel.....Fr....COLO.....24:53	10.	Mac Fleet.....Sr....ORE.....25:23

2013 PAC-12 CHAMPIONSHIP TEAM RESULTS - WOMEN

1.	Arizona.....2, 5, 6, 24, 32, 42, 60.....69
2.	Colorado.....8, 10, 13, 14, 30, 31, 36.....75
3.	Washington.....11, 19, 20, 27, 34, 40, 54.....111
4.	Oregon.....17, 21, 22, 25, 28, 35, 37.....113
5.	Stanford.....1, 9, 33, 41, 45, 50, 58.....129
6.	Arizona State.....4, 16, 26, 39, 53, 56, 66.....138
7.	UCLA.....7, 18, 44, 49, 55, 69, 71.....173
8.	Utah.....12, 29, 43, 61, 62, 63, 68.....207
9.	California.....3, 38, 48, 57, 67, 77.....213
10.	Washington State.....15, 47, 51, 73, 74, 78, 80.....260
11.	Oregon State.....23, 52, 59, 65, 70, 72, 75.....269
12.	USC.....46, 64, 76, 79, 81, 82.....346

2013 PAC-12 CHAMPIONSHIP INDIVIDUAL RESULTS - WOMEN

1.	Aisling Cuffe.....Jr.....STAN.....21:04	6.	Nicci Corbin.....So....ARIZ.....21:23
2.	Elvin Kibet.....Sr....ARIZ.....21:15	7.	Kelsey Smith.....Jr.....UCLA.....21:27
3.	Kelsey Santisteban.....Jr.....CAL.....21:18	8.	Shalaya Kipp.....Sr....COLO.....21:33
4.	Shelby Houlihan.....Jr.....ASU.....21:19	9.	Jessica Tonn.....Sr....STAN.....21:37
5.	Kayla Beattie.....So....ARIZ.....21:20	10.	Carrie Verdon.....So....COLO.....21:42