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RMAC

**CROSS COUNTRY
CHAMPIONSHIPS**



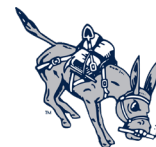
Monument Valley Park, Colorado Springs, Colo.

Oct. 24

Hosted by UCCS

Men: 9:30a.m.

Women: 10:15 a.m.



ADAMS STATE GRIZZLIES

MEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Abade Abdi	Fr.	Aurora, Colo./Overland HS
Justin Andrade	R-Jr.	Arvada, Colo./Arvada West HS
Carson Bix	Jr.	Torrance, Calif./El Camino JC
David Cardenas	Fr.	Grand Junction, Colo./Grand Junction HS
Godfrey Chama	Sr.	Zambia, East Africa/Trinidad State JC
TJ Champan	So.	Fort Worth, Texas/Dallas Baptist University
Trevor Campman	Fr.	Fort Worth, Texas/Keller HS
Miguel Coca	So.	Las Vegas, N.M./Trinidad State JC
Ariel Conde	R-Jr.	South Gate, Calif./West Los Angeles CC
Douglas Davis	So.	Stanwood, Wash./Washington State University
Elijah De La Cerda	So.	Alamosa, Colo./Alamosa HS
Mitchell Dervin	Fr.	Shawnee Mission, Kan./Allen CC
James Dunne	Fr.	Tullamore, Ireland/Tullamore College
Grayson Freeman	Sr.	Llano, Texas/Llano HS
DeShawn Goodwin	Fr.	Zuni, N.M./Zuni HS
Yonas Hailie	Fr.	Rio Rancho, N.M./U. Sue Cleveland HS
Alec Hall	Sr.	Riverside, Calif./Riverside CC
Cameron Hunter	Fr.	Frisco, Texas/Reedy HS
Davonte Jett-Reynolds	R-Jr.	Paige, Ariz./Central Arizona CC
Samuel Kepford	So.	Waverly, Iowa/Waverly Shell Rock HS
Joshua Kutcher	R-Fr.	Dana Point, Calif./Dana Hills HS
Carlos Mobley	R-Fr.	Yokosuka, Japan/Nile C Kinnick HS
Andrew O'Keefe	Fr.	Granite City, Ill./Granite City HS
Aron Orar	Fr.	Paige, Ariz./Central Arizona HS
Isaiah Paiz	Fr.	Las Vegas, N.M./West Las Vegas HS
Devin Paredes	R-Jr.	Rio Rancho, N.M./Trinidad State JC
Elias Perez	Fr.	El Paso, Texas/Eastwood HS
Carlos Perez	Fr.	Brea, Calif./Brea Olinda HS
Ismel Ramieraz	Fr.	Visalia, Calif./Sequoias CC
Paddy Robb	R-Sr.	Belfast, Northern Ireland/Malachy College
Jackson Roberts	Sr.	Round Rock, Texas/Cedar Ridge HS
Ahmed Sado	So.	Denver, Colo./Denver West HS
Jacob Wheat	R-So.	Overland Park, Kan./Shawnee Mission South HS
Nathaniel Williams	Fr.	Fort Worth, Texas/North Crawleg HS

WOMEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Stephanie Cotter	Jr.	Cork, Ireland/West Muskerry Athletic Club
Amalia Dorion	Fr.	El Paso, Texas/Franklin HS
Amanda Foster	So.	St. Mary's, Pa./St. Mary's HS
Morgan Hykes	Fr.	Windsor, Colo./Windsor HS
Jaden Johnson	Fr.	Marble Falls, Texas/Marble Falls HS
Kaitlyn Kelly	Fr.	Gilbert, Ariz./Mesa CC
Nicole Lawrence	Jr.	Albuquerque, N.M./Cibola HS
Sorcha Moloney	So.	Abbeyleix, Ireland/Presentation Thurles Tipperary
Paige Morales	So.	Morenci, Ariz./Morenci HS
Reina Paredes	Fr.	Rio Rancho, N.M./Rio Rancho HS
Brianna Robles	R-So.	Palmview, Texas/Palmview HS
Emily Schoellkopf	Fr.	Albuquerque, N.M./Albuquerque HS
Jessica Simon	Fr.	San Angelo, Tex./Cornerstone Christian
Sarah Wills	R-Sr.	Morgantown W.V./West Virginia University

Head Coach: Damon Martin

Assitant Coaches: Brian Medigovich, Sadie Baker



BLACK HILLS STATE **YELLOW JACKETS****MEN'S ROSTER**

<u>Name</u>	<u>Yr.</u>	<u>Hometown</u>
Noah Bordewyk	Jr.	Livermore, CO
Collin Brauer	So.	Sidney, NE
Timothy Brown	Fr.	Sheridan, WY
Wyatt Dooley	Fr.	Custer, SD
Lincoln Fleischman	Fr.	Lubbock, TX
Christian Gaytan	Jr.	Rawlins, WY
Nolan Maher	Jr.	Bismarck, ND
Landon Nicholson	So.	North Pole, AK
Keith Osowski	Jr.	Kodiak, AK
Matt Parker	Jr.	Spearfish, SD
Ryan Raffery	Fr.	Spearfish, SD
Addison Red Fox	Fr.	New Town, ND
Marcos Valerio	So.	Green River, WY

WOMEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Previous School</u>
Sylvia Brown	Fr.	Sheridan, WY
Erica Dykstra	Jr.	Rapid City, SD
Angela Hovdenes,	Fr.	Spearfish, SD
Mayson Hudyma	Jr.	Scobey, MT
Ruby Lindquist	Jr.	Seward, AK
Taylor Lundquist	So.	Maple Grove, MN
Allison Rief	R-Fr.	Brandon, SD
Xiomara Robinson	Jr.	Sheridan, WY
Morgan Wald	Fr.	Bismarck, SD

Head Coach: Scott Foley**Assistant Coach:** Seth Mischke**Graduate Assistant:** Aaron Schone

CHADRON STATE **EAGLES****MEN'S ROSTER**

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Garrett Avery	So.	Sheridan, Wyo. / Sheridan HS
Noah Burtis	So.	Berthoud, Colo. / Berthoud HS
Jayson Caudell	Fr.	Rock Springs, Wyo. / Rock Springs HS
Jesse Jaramillo	R-So.	Scottsbluff, Neb. / Scottsbluff HS
Logan Moravec	So.	Gering, Neb. / Gering HS
Ethan Roberts	Fr.	Rapid City, S.D. / Rapid City Christian HS
Cale Schafer	Fr.	LaSalle, Colo. / Valley HS
Trey Schlueter	Fr.	Wood Lake, Neb. / Ainsworth HS
Joaquin Venzor	Fr.	Greeley, Colo. / University HS

WOMEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Audrey Grinnan	Fr.	Burlington, Colo. / Burlington HS
Kassyl Gunwall	Fr.	Gordon, Neb. / Gordon-Rushville HS
Tukker Romey	Fr.	Gering, Neb. / Gering HS
Sydney Settles	Jr.	Lincoln, Neb. / Lincoln North Star HS
Madison Watson	Sr.	Mitchell Neb. / Mitchell HS
Hannah Wilkie	Fr.	Rangely, Colo. / Rangely HS
Emma Willadsen	Sr.	Eaton Colo. / Eaton HS

Head Coach: Luke Karamitros

Assistant Coach: Derek Horton



COLORADO CHRISTIAN COUGARS

MEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Noah Burroughs	Jr.	Woodbury, MN/New Life Academy
Aiden Carter	Fr.	Wyle, TX/Wylie HS
Phillip Cleary	Fr.	Liberty, MO/Liberty HS
Trent Cochran	So.	Gardner, KS/Gardner Edgerton HS
Aiden Day	So.	Colorado Springs, CO/Alpina HS
Wilson Eike	Fr.	Craig, CO/Moffat County HS
Kyle Gee	Sr.	Fort Collins, CO/Liberty Common HS
Tanner James	Fr.	Cedar Park, TX/Cedar Park HS
Robert Jordano	Sr.	Henderson, NV/Coronado HS
Caden Magnuson	Sr.	Loveland, CO/Resurrection Christian
Hudson Majeski	Fr.	Fort Collins, CO/Liberty Commons HS
Luke Meyer	So.	Rapid City, SD/Stevens HS
Jeremy Miller	Jr.	Los Altos, CA/Northern Colorado
Noah Phillips	Fr.	Lacey, WA/Northwest Christian HS
Josh Pierantoni	Jr.	Casper, WY/Kelly Walsh HS
Nicholas Ramirez	Fr.	Keane, NH/Keane HS
Issac Roberts	Fr.	Lyons, CO/Lyons HS
Isaac Russo	Jr.	Louisville, CO/Monarch HS
Ryder Searle	Sr.	Pagosa Springs, CO/Pogasa Springs HS
Alex Vance	Fr.	Oconomowoc, WI/Oconomowoc HS
Jacob Vermillion	So.	Olathe, KS/Olathe East HS

WOMEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Hannah Barker	So.	Granby, CO/Middle Park HS
Hannah Causey	Sr.	Manassas, VA/Osbourn Park
Riley Dmytriw	Fr.	Arvada, CO/Ralston Valley HS
Benisa Ellis	Fr.	Springfield, CO/Springfield HS
Kenzie Hartwig	Jr.	Twain Harte, CA/Summerville HS
Elisa Hernandez	So.	Olathe, KS/Olathe East HS
Tessa Hooper	Jr.	Lakewood, CO/D'Evenlyn HS
Callie Ketner	So.	Loveland, CO/Loveland HS
Clare Kroesche	Sr.	Los Gatos, CA/Los Gatos HS
Michelle Kuipers	Fr.	Holland, MI/Holland Christian School
Elizabeth Mattson	So.	Minneapolis, MN/Park Center HS
Anna McLaughlin	Fr.	Anchorage, AK/Grace Academy
Ana Muehlbauer	Jr.	Colorado Springs, CO/St. Mary's HS
Beth Pierantoni	Fr.	Casper, WY/Kelly Walsh HS
Hannah Rockwell	So.	Brighton, CO/Weld Central HS
Christy Schuster	Sr.	Lincoln, NE/Lincoln Southeast HS
Erin Straubel	Jr.	Kansas City, MO/Platte County HS
Maleah Wardlaw	Fr.	Olathe, KS/Olathe Northwest HS
Kylie Warner	So.	Boise, ID/Cole Valley Christian

Head Coach: Jon Poag

Assistant Coach: Evan Verbal

Volunteer Asst. Coach: Rachel Heidt



COLORADO MESA MAVERICKS

MEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Ethan Abbs	Fr.	Colorado Springs, Colo./Air Academy
Casey Amori	Fr.	Lakewood, Colo./Lakewood
Triston Charles	Fr.	Farmington, N.M./Piedra Vista
Ian Cropp	R-So.	Topeka, Kan./Washburn Rural
Jerod Kuhn	Sr.	Littleton, Colo./Columbine
Peter Martin	Fr.	Fort Collins, Colo./Fossil Ridge
Aiden Mobley	Fr.	Lakewood, Colo./Lakewood
Alex Murphy	Fr.	Palmer Lake, Colo./Palmer Ridge
Ty Roberts	Fr.	Lakewood, Colo./Bear Creek
Nathan Sanches	Jr.	Fairbanks, Alaska/Alaska Fairbanks
William Schenk	Sr.	Colorado Springs, Colo./Palmer
Connor Scranton	R-Jr.	Craig, Colo./Moffat County
Vince Smith	Fr.	Colorado Springs, Colo./Discovery Canyon
Mark Testa	Jr.	Littleton, Colo./Dakota Ridge
Tony Torres	Jr.	Oro Valley, Ariz./Ironwood Ridge
Jake Valdez	R-So.	Arvada, Colo./Arvada West

WOMEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Morgan Badgley	R-So.	Chandler, Ariz./Basha
Kendra Eickleberry	Jr.	Johnstown, Colo./Roosevelt
Ivory Espinoza	R-Fr.	Grand Junction, Colo./Central
Tamara Hirschman	Fr.	Rancho Santa Margarita, Calif./Santa Margarita Catholic
Arianna Kincaid	Fr.	Fruita, Colo./Fruita Monument
Taylor Kincaid	Fr.	Fruita, Colo./Fruita Monument
Kira MacGill	Fr.	Centennial, Colo./Arapahoe
Kenzie Mentel	R-Jr.	Tipton, Iowa/Drake
Lindsay Parsons	Sr.	Littleton, Colo./Arapahoe
Ella Rosenkranz	Fr.	Manhattan, Kan./Manhattan
Ashlynn Squires	Fr.	Grand Junction, Colo./Fruita Monument
Amber Valdez	R-So.	Arvada, Colo./Arvada West

Head Coach: Tim Reetz

Assistant Coach: Shane Niksic

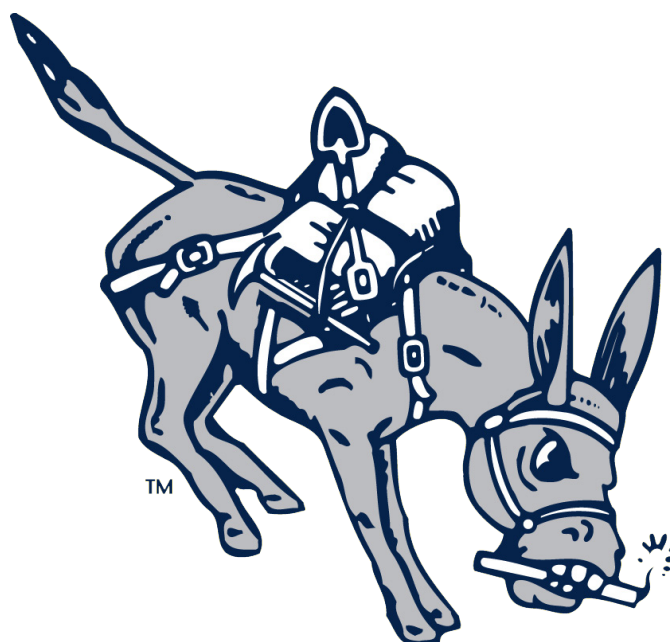


COLORADO SCHOOL OF MINES **OREDIGGERS****MEN'S ROSTER**

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Brody Bittner	R-So.	Clifton, Colo./Palisade
Max Bonenberger	Fr.	Breckenridge, Colo./Summit
Kale Cassidy	Fr.	Haines, Ore./Baker
Chris Cathcart	R-So.	Fort Collins, Colo./Rocky Mountain
Caleb Coatney	Fr.	Boone, N.C./Watauga
Nathan Davis	R-So.	Frederick, Md./Urbana
Brody Dempsey	R-Fr.	Highlands Ranch, Colo./Mountain Vista
Nick Engleman	Fr.	Severna, Md./Severna
Duncan Fuehne	R-Fr.	Los Alamos, N.M./Los Alamos
Andrew Gebhardt	Fr.	Salmon, Idaho/Salmon
Camden Gillis	R-Fr.	Salida, Colo./Salida
Luc Hagen	R-Sr.	Colorado Springs, Colo./Air Academy
Luke Julian	R-So.	Rapid City, S.D./St. Thomas More
Andrew Kaye	R-So.	Shrewsbury, Mass./Shrewsbury Senior
Dylan Ko	R-Jr.	Windsor, Colo./Fossil Ridge
Jack Lawson	Fr.	Rancho Santa Margarita, Calif./Mission Viejo
Ben Longaker	Fr.	Fair Oaks, Calif./Oakmont
Matthew Mettler	Fr.	Colorado Springs, Colo./Air Academy
Kyle Moran	R-So.	Centennial, Colo./Cherry Creek
John O'Malley	R-So.	Broomfield, Colo./Centaurus
Joseph Pearlman	Fr.	Goleta, Calif./Dos Pueblos Senior
Dillon Powell	R-Fr.	Colorado Springs, Colo./Air Academy
Bo Raadam	R-So.	Chatham, N.J./Chatham
Loic Scomparin	R-Fr.	Dublin, Calif./Dublin
Max Sevcik	R-Jr.	Arvada, Colo./Arvada West
Alex Shaw	Fr.	Pittsburgh, Pa./Upper St. Clair
Jeremiah Vaille	Fr.	Dillon, Colo./Summit
Joseph Wolfe	R-Jr.	Bismarck, N.D./Century
Jonathan Woolf	R-So.	Monument, Colo./Palmer Ridge
Vincent Workman	R-Sr.	Arvada, Colo./Pomona

WOMEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Emma Arterbury	R-Fr.	Flower Mound, Texas/Flower Mound
Zoe Baker	Jr.	Longmont, Colo./Silver Creek
Mackenzie Duck	R-So.	Fulshear, Texas/Cinco Ranch
Melina Endsley	R-So.	Delaware, Ohio/Olentangy
Ella Gibb	R-Fr.	Houston, Texas/Houston Stratford
Heather Keniry	R-Jr.	La Grande, Ore./La Grande
Molly Maksin	So.	Lafayette, Colo./Centaurus
Morgan Molesworth	R-Jr.	Victor, N.Y./Victor
Holly Moser	R-Fr.	Mons, Belgium/Shape American
Alex Raichart	R-So.	Edwards, Colo./Battle Mountain
Peyton Solheim	R-Fr.	Phoenix, Ariz./Thunderbird
Brin Strouse	So.	Frederick, Md./Urbana
Sydney Williams	R-Fr.	Littleton, Colo./Charfield

Head Coach: Chris Siemers**Assistant Coach:** Tyler Curtis, Caleb Ulrich, Mark Husted

FORT LEWIS **SKYHAWKS****MEN'S ROSTER**

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Henry Barth	R-So.	Glenwood Springs, CO./Glenwood Springs
Ethan Bartlett	So.	Paonia, CO./Paonia
Wacey Begay	So.	Gallup, N.M./Gallup
Aaron Busche	Fr.	Lakewood, CO./Bear Creek
Elvis Chelak	Jr.	Kenya/El Paso Community College
Aidan Cusick	Sr.	Castle Rock, CO./Valor Christian
Harley Ewert	R-Fr.	Paonia, CO./Paonia
Allen Fowler	Jr.	Page, AZ./ Page/Central Arizona
Morgan Fowler	So.	Page, AZ./ Page/Central Arizona
Elco Garcia	Fr.	Ignacio, CO./Ignacio
Tyler Gibson	So.	Albuquerque, N.M./Cottonwood Classical
Travis Kearney	So.	Phoenix, AZ./Desert Vista
Steven Nez	Sr.	Gallup, N.M./Gallup
John Ngaruiya	R-Jr.	Tacoma, WA./Central Arizona
Max Robinson	So.	Colorado Springs, CO./Palmer
Chris Rohlf	Jr.	Dillon, CO./Colorado Mountain College
Kyle Shirley	R-Fr.	Queen Creek, AZ./Casteel
Braedon Sitmann	Fr.	Vancouver, WA./Heritage
Cody Speece	Sr.	Bayfield, CO./Bayfield
Ryan Stockwell	Fr.	Walpole, WA./Walpole
Ricardo Trejo	Jr.	Reedley, CA./Reedley
Javier Victorino	Jr.	Winthrop, N.M./Winthrop
Nicholas Weber	So.	Laurel, MD./University of Memphis
David Wilcox	R-So.	Sitka, AK./College of Southern Idaho

WOMEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Krista Benze	Jr.	Albuquerque, N.M./Cottonwood Classical
Rose Chemeli	R-Jr.	Kapsabet, Kenya/Kapsabet
Angel Curley	Jr.	Tuba City, AZ./Flagstaff
Karla de la Cruz	Sr.	Grand Junction, CO./Central
Dorothy Elder	Jr.	Fort Collins, CO./Fort Collins
Sophia Estes	Fr.	Lucas, TX./Lovejoy
Katie Fankhouser	Fr.	Lyons, CO./Lyons
Alisia Honyumtewa	So.	Chinle, AZ./Central Arizona
Nijilanaa Hunter	Jr.	Mesa, AZ./Mesa Community College
Ellyn King	Fr.	Lincoln, NE./Lincoln Southeast
Jaden Knight	Fr.	Colorado Springs, CO./Liberty
Taylor Murphy	Jr.	Fort Defiance, AZ./Central Arizona
Jessica Ramirez	So.	Gallup, N.M./Gallup
Makiah Salzano	R-Sr.	Descano, CA./Mountain Empire
Saylor Sargent	R-Jr.	Lakewood, CO./Green Mountain
Madeline Shoemaker	Fr.	Phoenix, AZ./Desert Vista
Carmella Wright	Fr.	Fort Collins, CO./Rocky Mountain

Head Women's Coach: Brett Sublett

Head Men's Coach: Joshua Coon



MSU DENVER ROADRUNNERS

MEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Brandon Bodner	Jr.	Aurora, Colo./Grandview
Tommy Gilfillan	Fr.	Denver/Denver South
Ruben Gonzalez	Sr.	Las Cruces, N.M./Centennial
Brayden Hamby	Jr.	Johnstown, Colo./Concordia (Neb.)
Oticio Herrera	So.	Murrieta, Calif./Johnson & Wales (Colo.)
River Jannette	Fr.	Holly, Mich./Brandon
Yonatan Kefle	So.	Segheneyti, Eritrea/Denver South
Noel Lopez	Fr.	Rocky Ford, Colo./Rocky Ford
Michael Medina	Fr.	Brighton, Colo./Brighton
Nick Nowlen	Jr.	Arvada, Colo./Ralston Valley
Keenan Rimbert	So.	Aurora, Colo./Johnson & Wales (Colo.)
Ty Schauer	Fr.	Parker, Colo./Lutheran
Cory Shea	Fr.	Greeley, Colo./Frontier Academy
Colin Szuch	Fr.	Evergreen, Colo./Evergreen

WOMEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Alia Brand	Jr.	Longmont, Colo./Concordia (Neb.)
Stephanie Carrasco	Jr.	Thornton, Colo./Colorado State
Maggie Eng	Fr.	Highlands Ranch, Colo./ThunderRidge
Alden Gruidel	Sr.	Louisville, Colo./Monarch
Jenna Howard	So.	Erie, Colo./Peak to Peak
Makenna Kemp	Jr.	Highlands Ranch, Colo./Mountain Vista
Vanessa Kort	Jr.	Broomfield, Colo./Broomfield
Bekah Moenning	So.	Durango, Colo./Durango
Alliyah Molina	Fr.	Alamosa, Colo./Alamosa
Ashley Morton	Fr.	Lakewood, Colo./Bear Creek
Erin Norton	Sr.	Aurora, Colo./Western Colorado
Cassandra Porter	Jr.	Arvada, Colo./Fort Lewis
Abigail Read	Fr.	Brighton, Colo./Brighton
Anna Swanson	Fr.	Aurora, Colo./Grandview
Natalya Van Aken	Fr.	Rockford, Ill./Lutheran

Head Coach: Nicholas Lara

Assistant Coach: Janis Christopher



NEW MEXICO HIGHLANDS **COWBOYS & COWGIRLS****MEN'S ROSTER**

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Andrew Amor	So.	Ballarat, Victoria, Australia/St. Patrick's
Collins Kurui	Sr.	Iten, Kenya
John Hall	So.	Pojoaque, N.M./Pojoaque HS
Michael Montano	Jr.	San Jose, N.M./Pecos HS
Michael Marshall	Fr.	Navajo, NM/Navajo Pine HS
Elvis Mmuo	Jr.	Lagos, Nigeria/Northern Iowa Area CC
Tristan Sam	Fr.	Counselor, NM/Cuba HS
Jaaziel Salalar	Fr.	Santa Fe, NM/Academy for Tech&Classics

WOMEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Jasmine Turtle-Morales	Fr.	Albuquerque, NM/Eldorado HS
Natalia Marrujo	Sr.	Mora, N.M./Mora HS
Lucia Harrison	Jr.	Albuquerque, N.M./Sandia HS
Anabella Miller	Jr.	Las Vegas, N.M./Robertson HS
Nieves Pacheco	Fr.	Las Vegas, N.M./Robertson HS
Jackie Gamez	So.	Chicago, IL/Amundsen HS
Faith Lovato	Fr.	Albuquerque, NM/Rio Rancho HS
Xochitl Ramos-Gonzales	Fr.	Rio Rancho, N.M./Cleveland HS
Mia Vigil	Fr.	Pojoaque, NM/Pojoaque HS
Eliyana Tapia	Fr.	Zuni, NM/Zuni HS

Head Coach: Bob DeVries

Assistant Coach: Cesar Alviso



SOUTH DAKOTA MINES **HARDROCKERS****MEN'S ROSTER**

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Grant Bauer	So.	Highlands Ranch, Colo.
Monty Christo, III	So.	Andover, Ka.
Ben Colvin	R-Sr.	Kasson, MN
Timothy Dunham	Jr.	Grand Forks, N.D
Sam Elliott	So.	Sioux Falls, S.D
Andrew Ferris	R-Jr.	Lancaster, OH
Brett Flerchinger	So.	Boise, Id.
Joel Haas	Sr.	Corvallis, MT
Zach Hentschel	Fr.	Brandon Valley, S.D
Lukas Lehmpuhl	So.	Pueblo West, Colo.
Gerrit Liingston	Fr.	Rosemount, Minn.
Ryan Moen	Jr.	Colorado Springs, Colo.
Tim Myers	R-Jr.	Las Vegas
Isaac Orozco	Jr.	Johnstown, Colo.
Hunter Prather	Fr.	Grand Junction, Colo.
Theron Singleton	R-Sr.	Pierre, S.D
Cory Stone	Fr.	Irvine, Ca.
Anders Watt	Jr.	Pinesdale, Mont.
Chase Wood	R-Sr.	Las Vegas, NV

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Taylor Bright	R-So.	Casper, Wy.
Lindsay Butler	Fr.	Spokane, Wa.
Ryley Darnell	Fr.	Westminster, Colo.
Hannah Denman	Fr.	Cedar Rapids, Ia.
Alyssa Franke	So.	Rapid City, S.D
Laramie Giles	R-Jr.	Sioux Falls, S.D
Nadia Kaczmarz	So.	La Grange Park, Ill.
Abigaile Saline	Fr.	Highlands Ranch, Colo.
Samantha Smith	Jr.	Aurora, Colo.
Margaret Thompson	Jr.	Deer Lodge, Mont.
Adeline Wilson	So.	Aurora, Colo.

WOMEN'S ROSTER**Head Coach:** Steve Johnson

UCCS MOUNTAIN LIONS

MEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Justin Banta	Fr.	Colorado Springs, Colo./Air Academy
Branden Bohling	Gr.	Arvada, Colo./Saginaw Valley State
Isaiah Bradley	R-Fr.	Aurora, Colo./Overland
Jacob Burgener	R-Fr.	Deforest, Wis./Deforest Area
Troy Cournoyer	R-Jr.	Colorado Springs, Colo./Mesa Ridge
Cole Dunton	R-So.	Lee's Summit, Mo./Lee's Summit North
Evan Graff	R-So.	Montrose, Colo./Montrose
Sean Graff	Fr.	Montrose, Colo./Montrose
Gavin Harden	R-Fr.	Glenwood Springs, Colo./Glenwood Springs
Trevor Jones	R-Fr.	Colorado Springs, Colo./Sand Creek
Charlie Kieffer	R-Sr.	Fairfield, Conn./Ward
Gary Kurtz	R-Sr.	Brighton, Colo./Prairie View
Adam Maal	R-Fr.	Pueblo West, Colo./St. Mary's
Rafael Marmolejo-Daher	R-Jr.	Denver, Colo./East
Sam Nofziger	R-Sr.	Oakdale, Minn./Tartan
Blake Ohlson	Fr.	Littleton, Colo./Dakota Ridge
Michael Olivier	R-So.	San Diego, Calif./Westview
Luke Rodriguez	R-Jr.	Fernley, Nev./Wooster
Walker Rudolph	R-So.	Colorado Springs, Colo./Colorado Mesa
Patrick Schmidt	R-So.	Sachse, Texas/Home School
Matthew Schramm	Sr.	Fountain, Colo./Fountain-Fort Carson
Mark Simmons	R-Sr.	Tabernash, Colo./Middle Park
Paul Thomas	Fr.	Fountain, Colo./Fountain-Fort Carson
Will Young	R-So.	Pewaukee, Wis./Pewaukee
Afewerki Zeru	Jr.	Colorado Springs, Colo./Rampart

Head Coach: Mark Misch

Assistant Coaches: Jeff Wilson, Nick Schuetze, Chris Rego

WOMEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Hometown/Previous School</u>
Layla Almasri	R-Jr.	Colorado Springs, Colo./Pine Creek
Nadine Almasri	Fr.	Colorado Springs, Colo./Pine Creek
Maia Austin	R-Jr.	Colorado Springs, Colo./Pikes Peak CC
Sarah Bassett	Fr.	Colorado Springs, Colo./Pine Creek
Liz Bindert	R-Fr.	Sioux Falls, S.D./Lincoln
Natalie Church	R-Jr.	Snohomish, Wash./Glacier Peak
Hannah Ellis	Jr.	Greeley, Colo./Frontier Academy
Ellie Enderle	R-Jr.	Canon City, Colo./Canon City
Ashley Frye	Jr.	Austin, Texas/Texas State
Emily Gentry	So.	Monument, Colo./Palmer Ridge
Rachel Goodrich	Fr.	Golden, Colo./Golden
Kate Hedlund	Fr.	Manchester, Conn./Manchester
Michela Hewitt	R-Fr.	Firestone, Colo./Frederick
Mason Ingallinera	Fr.	Bradenton, Fla./Lakewood Ranch
Ashten Loeks	R-Fr.	Elizabeth, Colo./Elizabeth
Riley McGrath	So.	Spring Branch, Texas/Texas State
Kyla Ramsey	Jr.	Colorado Springs, Colo./UC-Santa Barbara
Hannah Ray	Fr.	Sun Prairie, Wis./Sun Prairie
Elizabeth Richter	R-Fr.	Temecula, Calif./Great Oak
Rachel Richtman	Fr.	Elburn, Ill./Kaneland
Vanessa Roybal	R-Sr.	Mililani, Hawaii/Mililani
Kelsey Rycenga	Fr.	Montrose, Colo./Montrose
Jenny Smith	R-Sr.	Colorado Springs, Colo./Vanguard School
Meg Super	R-Sr.	Minot, N.D./Minot
Erika Timbang	R-Fr.	Longmont, Colo./Niwot
Molly Weir	R-Jr.	Rockford, Mich./Rockford

Head Coach: Corey Kubatzky

Assistant Coach: Amanda Rego



WESTERN COLORADO MOUNTAINEERS

MEN'S ROSTER

Name	Yr.	Hometown/Previous School
Joel Carlson	Fr.	San Antonio, Texas/San Antonio Christian HS
Daniel Carr	Fr.	Plymouth, Mich./Canton HS
Conner Culhane	R-Fr.	Fort Collins, Colo./Rocky Mountain HS
Blake Davis	R-So.	Lamar, Colo./Lamar HS
Frank DeCew	Fr.	Salida, Colo./Salida HS
Juan Diaz	R-So.	Los Teques, Venezuela/Colegio Jesus de Nazaret
Sam Ebby	R-So.	Bryn Mawr, Pa./Harrilton HS
Deagen Fahrney	Fr.	Wolcott, Colo./Battle Mountain HS
Miles Gill	R-So.	Thornton, Colo./Horizon HS
Michael Grabowski	Jr.	Smithtown, N.Y./University of Arizona
John Houdeshell	Fr.	Fort Collins, Colo./Poudre HS
Riley Howard	R-Sr.	Anchorage, Ala./Chadron State College
Patrick Jirele	Fr.	Monument, Colo./Lewis-Palmer HS
Will Johnson	R-Fr.	Shelton, Wash./Shelton HS
Simon Kelati	R-Fr.	Greeley, Colo./Greeley Central HS
Jeremy Killoy	Fr.	Colorado Springs, Colo./Discovery Canyon HS
John Kraft	Jr.	Mason City, Iowa/Mason City HS
Brady Laboret	Fr.	Lucas, Texas/Lovejoy HS
Jackson Long	Fr.	Austin, Texas/St. Michael's Catholic Academy
Antonio Marquez	Fr.	Fort Lupton, Colo./Fort Lupton HS
Gage Mayo	R-Sr.	La Junta, Colo./La Junta HS
Cade Michael	R-Jr.	Midland, Texas/Texas State University
Montana Montgomery	Fr.	Truckee, Calif./Truckee HS
Braydon O'Neill	R-Fr.	Gunnison, Colo./Gunnison HS
Ryan Outler	So.	Colorado Springs, Colo./Widefield HS
Benjamin Salinas	Fr.	Highland, Ind./Highland HS
Carson Sanders	R-Fr.	Saint Charles, Mo./Orchard Farm HS
Max Sawyer	R-Jr.	Cupertino, Calif./Homestead HS
Aidan Scott	Fr.	Castle Rock, Colo./Castle View HS
Taylor Stack	R-Sr.	Salida, Colo./Salida HS
Colton Stice	R-Fr.	Gunnison, Colo./Gunnison HS
Matt Storer	Fr.	Colorado Springs, Colo./Air Academy HS
Evan Sutherland	Gr.	Long Beach, Wash./Clackamas CC
Charlie Sweeney	R-Jr.	Owings, Md./Northern HS
Parker Vanlandingham	R-Jr.	Owasso, Okla./Owasso HS
Jacobo Wedemeyer	R-Fr.	El Paso/Franklin HS

WOMEN'S ROSTER

Name	Yr.	Hometown/Previous School
Malindi (Lindi) Congour	R-Sr.	Montrose, Colo./Stephens College
Katie Doucette	R-So.	Golden, Colo./Arvada West HS
Paige Ewald	Fr.	Woodstock, Ga./River Ridge HS
Hannah Mae Gigstad	R-So.	Arvada, Colo./Ralston Valley HS
Bridget Goddard	So.	Bayfield, Colo./Bayfield HS
Lindsey Kastelle	R-So.	Maple Grove, Minn./Maple Grove Senior HS
MaKenna Knez	R-Fr.	Hayden, Colo./Hayden HS
Taylor Lowry	Jr.	Flagstaff, Ariz./Paradise Valley CC
Abbey Mohan	So.	Chillicothe, Ohio/Morehead State University
Hannah Running	R-Jr.	San Diego, Cali./Cuyamaca Junior College
Brooke Satathite	R-Fr.	Kenai, Alas./Kenai Central HS
Bailey Sharon	R-Sr.	Lakewood, Colo./Green Mountain HS
Gretchen Slattum	Fr.	Thousand Oaks, Calif./Newbury Park HS
Amelia Strahan	R-Jr.	Calif./Vista Murrieta HS
Alyssa Tatum	Jr.	Owings, Mary./University of Northern Colorado
Alexia Thiros	Sr.	San Diego, Calif./San Francisco State University
Haley Wood	Fr.	Monument, Colo./Lewis-Palmer HS

Head Coach: Jennifer Michel

Assistant Coaches: Lee Wood, Riley Huffman

Volunteer Coach: Jessica Cusick, Jonathan Specht, Woodrow Murray-Wood



WESTMINSTER GRIFFINS

MEN'S ROSTER

Name	Yr.	Hometown/Previous School
Cam Bacarella	So.	Ypsilanti, Mich./Saline HS
Pete Frank	Jr.	Helena, Mont./Helena HS
Skyler Hobbs	Sr.	Salt Lake City, Utah/Skyline HS
Tommy Howells	So.	Draper, Utah/ Juan Diego HS
DJ Matthews	Sr.	Sandy, Utah/Summit Academy HS
Thomas Maxfield	Fr.	Salt Lake City, Utah/ East HS
Riley McCarter	So.	Draper, Utah, Corner Canyon HS
Josh Mickelson	Sr.	West Jordan, Utah/Itineris Early College HS
Trevor Neal	Sr.	Portland, Maine/Bonny Eagle HS
Tony Nickerson	Sr.	Murray, Utah/Murray HS
Andrew Ross	Jr.	Salt Lake City, Utah/Highland HS
Mackenzie Taylor	Fr.	Durham, N.C./Camelot Academy
Aiden Urban	Sr.	Durango, Colo./Durango HS

WOMEN'S ROSTER

Name	Yr.	Hometown/Previous School
Saydi Anderson	So.	Rupert, Idaho, Minico HS
Katie Brotherson	So.	Park City, Utah/Park City HS
Meghann Clare	Sr.	Ogden, Utah/Saint Joseph HS
Cali Corkran	Jr.	Portland, Ore./Sunset HS
Josii Johnson	So.	North Tahoe, Calif./Lake Tahoe HS
Amanda Lee	Fr.	Nampa, Idaho/Liberty Charter School
Emily Malouf	Fr.	Salt Lake City, Utah/Judge Memorial HS
Courtney McAlindon	So.	Ada, Mich./Forest Hills Central HS
Hannah Rohrer-Fitzhugh Jr.		Helena, Mont./Capital HS
Katie Scott	Sr.	Salt Lake City, Utah/Judge Memorial HS
Hannah Stripeika	So.	Moab, Utah/Grand County HS
Maddy Vilhauer	Sr.	Bozeman, Mont./Bozeman HS
Emily Worline	So.	Glenwood Springs, Colo./Glenwood Springs HS

Head Coach: Dan Quinn

Assistant Coaches: Taylor Penrod, Marquis DuPre



2020 RMAC CROSS COUNTRY: PRESEASON ALL-RMAC RELEASE

Women's Cross Country Preseason Runners to Watch

Adams State Stephanie Cotter Brianna Robles Sarah Willis	Colorado School of Mines Zoe Baker Morgan Molesworth	University of Colorado Colorado Springs Maia Austin Layla Almasri Hannah Ellis
Black Hills State Xiomara Robinson Ruby Lindquist	Fort Lewis Katie Fankhouser Carmella Wright	Western Colorado Alexia Thiros
Chadron State Madison Watson Emma Willadsen	MSU Denver Alden Gruidel Erin Norton	Westminster Katie Scott Hannah Rohrer-Fitzhugh Courtney McAlindon
Colorado Christian Ana Muehlbauer Elizabeth Mattson	New Mexico Highlands Natalia Marrujo Jasmine Turtle-Morales Faith Lovato	
Colorado Mesa Lindsay Parsons Kira MacGill	South Dakota Mines Taylor Bright Lindsay Butler	

PRESEASON COACHES POLL		
No.	School (First-Place Votes)	Pts
1.	Adams State – 168 (12)	
2.	Colorado School of Mines – 148 (1)	
3.	Western Colorado – 140	
4.	UCCS – 126	
5.	Colorado Christian – 102	
6.	MSU Denver – 98	
7.	Black Hills State – 97	
8.	Colorado Mesa – 93	
9.	Fort Lewis – 86	
10.	Chadron State – 59	
11.	New Mexico Highlands – 47	
12.	South Dakota Mines – 37	
13.	Westminster – 35	

Men's Cross Country Preseason Runners to Watch

Adams State Isaiah Rodarte Paddy Robb Carson Bix	Colorado School of Mines Kyle Moran Dylan Ko	University of Colorado Colorado Springs Afewerki Zeru Matthew Schramm Mark Simmons
Black Hills State Keith Osowski Matt Parker	Fort Lewis Nick Weber John Ngaruiya	Western Colorado Charlie Sweeney
Chadron State Jesse Jaramillo	MSU Denver Yonatan Kefle Ruben Gonzalez Nick Nowlen	Westminster Aidan Urban Paul (DJ) Matthews Tony Nickerson
Colorado Christian Jeremy Miller Josh Pierantoni Trent Cochran	New Mexico Highlands Collins Kurui Andrew Amor Michael Marshall	
Colorado Mesa Jerod Kuhn Mark Testa	South Dakota Mines Joel Haas Tim Dunham	

PRESEASON COACHES POLL		
No.	School (First-Place Votes)	Pts
1.	Colorado School of Mines - (9) 161 pts.	
2.	Adams State - (4) 159 pts.	
3.	Western Colorado - 135 pts.	
4.	UCCS - 126 pts.	
5.	Colorado Christian - 116 pts.	
6.	Black Hills State - 107 pts.	
7.	MSU Denver - 94 pts.	
8.	Fort Lewis - 91 pts.	
9.	Colorado Mesa - 84 pts.	
10.	Chadron State- 65 pts.	
11.	South Dakota School of Mines - 47pts.	
12.	New Mexico Highlands- 43pts.	
13.	Westminster - 26 pts.	

A LOOK BACK: 2019 RMAC CROSS COUNTRY SEASON

2019 RMAC CHAMPIONSHIP TEAM

STANDINGS - MEN'S

1. Colorado School of Mines^	28
2. Adams State	73
3. Western Colorado	76
4. UCCS	102
5. MSU Denver	164
6. Dixie State	224
7. Colorado Christian	225*
8. Fort Lewis	225*
9. Black Hills	240
10. Colorado Mesa	277
11. CSU-Pueblo	283
12. South Dakota Mines	291
13. Westminster	373
14. New Mexico Highlands	386
15. Chadron State	462
16. Regis	484

^ - RMAC Champions

* - Tiebreaker

2019 RMAC CHAMPIONSHIP TEAM

STANDINGS - WOMEN'S

1. Adams State^	21
2. Colorado School of Mines	60
3. Western Colorado	88
4. UCCS	122
5. CSU-Pueblo	163
6. Dixie State	168
7. MSU Denver	170
8. Black Hills	220
9. Colorado Mesa	284
10. Fort Lewis	294
11. Westminster	334
12. New Mexico Highlands	365
13. Colorado Christian	378
14. Chadron	402
15. South Dakota School of Mines	422
16. Regis	432

^ - RMAC Champions

AWARD WINNERS

RMAC Runner of the Year

Stephanie Cotter, Adams State

Dylan Ko, Colorado School of Mines

RMAC Freshman of the Year

Brianna Robles, Adams State

Kyle Moran, Colorado School of Mines

RMAC Coach of the Year

Damon Martin, Adams State (Women)

Chris Seimers, Colorado School of Mines (Men)

RMAC Academic Runner of the Year

Megan Wenham, Colorado School of Mines

Derek Williams, CSU-Pueblo

RMAC Summit Award Winner

Maia Austin, UCCS

Trevor Smith, Colorado Mesa

RMAC Champion

Adams State (Women)

Colorado School of Mines (Men)

NCAA CHAMPIONSHIPS

Team Finishes: MEN

Colorado School of Mines	1st
Adams State	2nd
Western	7th
Colorado Christian	17th
UCCS	20th

NCAA CHAMPIONSHIPS

Team Finishes: WOMEN

Adams State	1st
Colorado School of Mines	2nd
Western	4th
UCCS	15th

RUNNERS OF THE WEEK

Week 1 (9/11)

Zoe Baker, Colorado School of Mines

Chris Cathart, Colorado School of Mines

Week 2 (9/18)

Alden Gruidel, MSU Denver

Charlie Sweeney, Western

Week 3 (10/2)

Chloe Cook, Colorado School of Mines

Kyler Miller, Dixie State

Week 4 (10/9)

Elish Flanagan, Adams State

Taylor Stack, Western

Week 5 (10/16)

Alden Gruidel, MSU Denver

Jerod Kuhn, Colorado Mesa

2020 ROCKY MOUNTAIN ATHLETIC CONFERENCE CROSS COUNTRY CHAMPIONSHIPS COLORADO SPRINGS, COLO.

