

# 2020 COLORADO CROSS COUNTRY



University of Colorado Sports Information

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**STARTING OFF:** The postseason starts with the Pac-12 Conference Championship, Friday, March 5. The event will be held at Chambers Creek Park in University Place, Wash. Washington is serving as the host.

## MEET SCHEDULE (All Times Mountain):

11:55 a.m. - Called to Start – Men  
 12:10 p.m. - Men's 8000m Championship Race  
 12:50 p.m. - Men's Awards Ceremony  
 12:55 p.m. - Called to Start – Women  
 1:10 p.m. - Women's 6000m Championship Race  
 1:50 p.m. - Women's Awards Ceremony

**PAC-12 NETWORK:** For the fourth consecutive year, the championship will be televised live on Pac-12 Network. Jim Watson will have the call, while Tom Feuer will provide the color.

Check your local listing for channel information.

**SOCIAL MEDIA:** The official hashtag of the meet is #Pac12XC.

**RESULTS:** Live results are available at <https://live.pntfo.com/meets/6886> and final results will be posted on CUBuffs.com.

**MEET PREVIEW:** As usual, the Pac-12 Championship is stacked with talent. This year's field includes four top-30 teams in the USTFCCCA men's poll, while there are also four top-30 teams in the women's poll and another two are receiving votes.

The CU men enter the championship ranked ninth. Stanford is the highest Pac-12 ranked team at fourth, while Washington is eighth. The only other conference team ranked in the national poll is Oregon, coming in at 12th.

The CU women enter the meet ranked sixth in the latest USTFCCCA poll, which is behind No. 5 Stanford. Behind those two are No. 12 Washington and No. 24 Oregon State, while Oregon and Utah are both receiving votes.

**WEATHER:** The forecast for University Place on March 5 has a 90% chance for rain and a high near 51 degrees. Winds are expected to be around 10-13 mph from the south, southwest.

**SOCIAL MEDIA:** Follow the Buffs on social media across a variety of platforms, twitter, instagram and facebook: @cubuffstrack.

## 2020 Colorado Rosters

### WOMEN

Name	Ht	Yr	Exp.	Hometown (High School/College)
Kaitlyn Barthell	5-6	Jr.	VR	Arcadia, Okla. (Casady)
Carley Bennett	5-8	R-Fr.	RS	Lakewood, Colo. (Lakewood)
Holly Bent*	5-4	Jr.	2L	Louisville, Colo. (Monarch)
Madie Boreman	5-9	Sr.	3L	Round Rock, Texas (Rouse)
Olivia Brooks	5-4	Jr.	VR	Bend, Ore. (Summit)
Tiya Chamberlain	5-2	R-Fr.	TR	Golden, Colo. (Wheat Ridge)
Kyla Christopher-Moody	5-3	R-Fr.	RS	Royal Oak, Mich. (West Bloomfield)
Elizabeth Constien	5-6	So.	1L	Edwards, Colo. (Battle Mountain)
Emily Covert	5-6	R-Fr.	RS	Minneapolis, Minn. (Washburn)
Micaela DeGenero	5-2	Grad.	TR	Granville, Ohio (Granville/Michigan)
Annie Hill*	5-2	So.	1L	Kalispell, Mont. (Glacier)
Camille Jackson	5-10	Fr.	HS	Ames, Iowa (Ames)
Rachel McArthur*	5-8	Sr.	1L	Bristow, Va. (Patriot/Villanova)
Alisa Meraz-Fishbein	5-4	R-Fr.	RS	Albuquerque, N.M. (Albuquerque)
Abby Nichols	5-2	Grad.	TR	Kettering, Ohio (Archbishop/Ohio State)
Bailey Nock	5-9	So.	VR	Iowa City, Iowa (Iowa City West)
Sarah O'Sullivan	5-6	Fr.	HS	Highlands Ranch, Colo. (Mountain Vista)
Rylee Robinson	5-4	R-Fr.	RS	West Bloomfield, Mich. (Waterford)
Anna Shults	5-8	R-Fr.	RS	Lafayette, Colo. (Peak to Peak Charter)
Whitney Valenti	5-6	Fr.	HS	Brea, Calif. (Brea)
Emily Venters	5-7	Jr.	RS	Lawrence, Kan. (Lawrence Free State/Boise State)

### MEN

Name	Ht.	Yr	Exp.	Hometown (High School/College)
Hunter Appleton	5-8	R-Fr.	RS	New Orleans, La. (Brother Martin)
Jace Aschbrenner	6-1	Fr.	HS	Newbury Park, Calif. (Newbury Park)
Jake Derouin	6-1	Fr.	HS	Eden Prairie, Minn. (Eden Prairie)
Kashon Harrison*	5-7	So.	1L	Fruitland, N.M. (Kirtland Central)
Eduardo Herrera*	5-8	Sr.	3L	Madera, Calif. (Madera South)
Noah Hibbard	5-11	R-Fr.	RS	Arcadia, Calif. (Arroyo)
Alec Hornecker*	5-9	Sr.	1L	Golden, Colo. (Golden/Portland State)
Jonathan Horton	5-9	So.	VR	Tulsa, Okla. (Metro Christian Academy)
Stephen Jones	6-4	Grad.	TR	Troy, Ohio (Troy/Mississippi State)
Ryan Lindrud	6-3	So.	TR	Basking Ridge, N.J. (Ridge/Manhattan)
Caleb Niednagel	5-10	Fr.	HS	Mission Viejo, Calif. (La Costa Canyon)
Ethan Powell	5-10	Jr.	TR	Colorado Springs, Colo. (Air Academy/Kansas State)
Shaw Powell	6-0	Fr.	HS	Portland, Ore. (Christian Brothers Academy)
Josh Ramos	6-1	Jr.	VR	Dolores, Colo. (Montezuma-Cortez)
Paxton Smith	5-9	Sr.	3L	Highlands Ranch, Colo. (Mountain Vista)
Josh Torres	5-7	So.	VR	Greeley, Colo. (Northridge)
Austin Vancil	5-10	So.	1L	Morrison, Colo. (Dakota Ridge)

\*-indicates returning 2019 postseason scorers

## 2020 University of Colorado Cross Country Schedule

Date	Meet	Location/Result
Feb. 5	at FSU Winter Invitational	W: 1/ 18; M: 3/10
Feb. 19	at Battle Born Collegiate Challenge	W: 5/12; M: 3/9
March 5	at Pac-12 Championships	University Place, Wash.
March 15	at NCAA Championships	Stillwater, Okla.

**CONFERENCE HISTORY:** The Buffs have had a habit of doing well at the conference meet no matter what the conference. The men have won a total of 29 championships and have been the runner-up 19 times.

The lowest finish the men have ever recorded was eighth in 1960. The men also won the first six Pac-12 Conference team titles (2011-16).

The women have also done well. They have won 19 titles, four in the Pac-12, and placed second nine times since 1976. The women have never placed lower than sixth at the conference meet.

**WHAT HAPPENED LAST YEAR:** Colorado's men captured the team title and Joe Klecker won the individual title, becoming the first CU male to win the Pac-12 individual crown. The Buffs defeated Oregon 57-41 to win back the team title after two years of finishing second.

CU placed all five of its scores in the top 15, which included three in the top eight. Freshman Kashan Harrison became the first Buff since John Dressel to be named the Pac-12 Freshman of the Year after recording a seventh-place finish and Klecker was named the Pac-12 Athlete of the Year.

The women's team placed fourth, just three points behind third-place Utah (86-89). Stanford took home its first team title since the conference expanded to 12 teams, besting the runner-up, Washington, 27-55. Sage Hurta led CU, finishing 11th, while Holly Bent was second on the team, placing 14th.

**LEADING THE WAY:** Since joining the conference in 2011, the women's team has more Pac-12 Championships (four) than any other team, with Oregon winning three and Stanford and Arizona each winning one.

CU's men have also won seven titles. The other two crowns have gone to Stanford.

**MORE THAN 60 PERCENT:** The Buffs have won 11 of 18 possible Pac-12 cross country championships since 2011, which is 61.1 percent. The men have come away with seven titles, while the women have won four.

**PAC-12 CONFERENCE SWEEPS:** Since joining the Pac-12 Conference in 2011, the Buffs have swept the cross country championships three times. CU won both titles in the inaugural races (2011). Both teams also won the championship titles in 2015 and 2016.

**WETMORE CONFERENCE CHAMPIONSHIPS:** For coach Mark Wetmore, the 2019 Pac-12 Men's Conference Championship was the 34th since he became coach prior to the 1996 season. He won 23 championships in the Big 12 and has 10 in the Pac-12. He has more conference championships than any coach in CU history.

Under Wetmore, the Buffs have claimed 34 of a possible 48 conference championships (70.8%), 23 of a possible 30 in the Big 12 and 11 of a possible 18 in the Pac-12.

## COLORADO AT A GLANCE

Location .....	Boulder, Colo. (106,567)
Founded .....	1876
Enrollment .....	33,246
Colors .....	Silver, Gold and Black
Nickname .....	Buffaloes (Buffs)
Home Course .....	Buffalo Ranch at South Campus
Distances .....	5,800-m (women), 8k (men)
Elevation .....	5,435 feet above sea level
NCAA Affiliation .....	Division I
Conference .....	Pac-12 (Joined 2011)
President.....	Mark Kennedy
Chancellor .....	Phil DiStefano
Athletic Director .....	Rick George
Senior Woman Administrator.....	Jill Keegan

## CROSS COUNTRY INFORMATION

Head Coach .....	Mark Wetmore (26th Season)
Associate Head Coach.....	Heather Burroughs
Assistant Coach/Recruiting Coordinator .....	Billy Nelson
Director of Operations.....	Karen Lechman
Cross Country Office .....	303/492-5227

## SPORTS INFORMATION

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Twitter/Instagram .....	@cubuffstrack
Facebook.....	<a href="https://www.facebook.com/cubuffstrack">facebook.com/cubuffstrack</a>

## PRACTICE SCHEDULE

Mondays .....	2 p.m. (IPF)
Tuesdays .....	2 p.m. (IPF)
Wednesdays.....	2 p.m. (IPF)
Thursdays .....	Off
Fridays .....	2 p.m. (IPF)
Saturdays.....	Raceday
Sundays .....	8 a.m.

**BURROUGHS FACTOR:** Since joining Mark Wetmore's staff, associate head coach Heather Burroughs has made a huge impact. A former three-time cross country All-American for the Buffaloes, she knows what it takes to be successful.

In her time, she has assisted with 19 conference championship teams, six NCAA Championship teams, one individual NCAA Champion and 156 All-Americans (this does not include track numbers).

**WHAT'S NEXT:** The NCAA Selection Committee will announce the field for the 2020 NCAA Championship on Saturday, March 6. The field will be made up of 31 teams

**NCAA HISTORY:** Colorado has done well at NAAs, earning a total of eight team championships. The men have won five (2002, 2004, 2006, 2013 and 2014), while the women have earned three crowns (2001, 2004 and 2018).

The Buffs are also the last team to win both men's and women's titles in the same year (2004). Prior to the Buffs, the last team was Stanford (2003).

**28 STRAIGHT NAAs:** Colorado's men have qualified for 28 straight NCAA Championships, which is the longest active streak on the men's side.

**USTFCCA POLLS:** Both of Colorado's teams are once again ranked in the top 10 of the USTFCCA Coaches Polls. The men are second, while the women are 10th.

#### **POSSIBLE RACERS AND HOW THEY HAVE DONE:**

##### **Men's Roster**

<b>Name</b>	<b>Year</b>	<b>2017</b>	<b>2018</b>	<b>2019</b>
Eduardo Herrera	Sr.	33	43	13
Alec Hornecker	Jr.	--	--	12
Paxton Smith	Sr.	--	163	35
Austin Vancel	So.	---	--	38

##### **Women's Roster**

<b>Name</b>	<b>Year</b>	<b>2017</b>	<b>2018</b>	<b>2019</b>
Holly Bent	Jr.	--	80	14
Madie Boreman	Sr.	62	--	31
Elizabeth Constien	So.	--	--	64
Annie Hill	So.	--	--	16
Rachel McArthur	Sr.	204	119	18
Bailey Nock	So.	--	--	91

# HEAD COACH MARK WETMORE

**THE MAN, THE MYTH, THE REALITY:** Colorado head coach Mark Wetmore enters his 28th season at Colorado, his 26th as head coach. He became CU's sixth head cross country and track and field coach on November 6, 1995. Wetmore is the only Division I cross country coach to win all four NCAA titles – men's and women's team and men's and women's individual – at the same school.

Wetmore's squads have won eight national cross country titles since 2000. The women won in 2000 while the men won the following year. Both teams captured the championship again in 2004 (CU became only the third school to win both championships in the same year). The men won again in 2006, 2013 and 2014 before the women recorded their third title in 2018. Wetmore has coached Adam Goucher (1998), Jorge Torres (2002) and Dathan Ritzenhein (2003) to men's individual cross country titles, while Kara Grgas-Wheeler won the 2000 women's crown. Dani Jones became the fifth individual under Wetmore to earn an individual NCAA title in 2018. CU athletes have earned 139 All-American cross country honors during his tenure.

Wetmore has been named the NCAA Women's Cross Country Coach of the Year three times ('00, '04 and '18) and the NCAA Men's Cross Country Coach of the Year three times ('06, '13 and '14). He is a 31-time conference coach of the year and in 2014, USA Track and Field named him the USA Co-Coach of the Year.

In addition to national titles, his teams won 23 Big 12 Cross Country Team Titles (11 women's, 12 men's), 16 individual Big 12 Cross Country Titles and Wetmore was named Big 12 Conference Cross Country Coach of the Year 19 times. He was the winningest Big 12 Conference head coach among all sports when CU left the conference in 2011.

CU joined the Pac-12 Conference in the fall of 2011 and Wetmore's teams won the inaugural Pac-12 men's and women's titles – the first Pac-12 Championships in any sport. His men won seven titles (2011-16, 19) and his women have won four (2011, '15, '16 and '17). Jones became the first individual to win a Pac-12 cross country crown, earning back-to-back titles (2017 and '18). Joe Klecker became the first CU male to win the individual Pac-12 title in 2019.

On the track, Wetmore's athletes have had a strong presence at the conference, national and professional levels. They've captured 107 individual conference titles, two conference team titles, 17 NCAA individual titles and earned 210 All-American honors. CU athletes have broken seven collegiate middle and long distance records.

CU runners' success at the professional and post-collegiate level is unmatched by any university: over two dozen Buff grads have signed professional contracts. They've combined for more than 50 USA titles in cross country, track & field and road racing. Since 2000, 10 CU athletes or graduates have earned 19 U.S. Olympic Team berths at distances from 1,500-meters through the marathon. Fourteen current and former Buffs have earned 33 spots on U.S. World Championship Track Teams and 25 have combined for 61 berths on U.S. World Championship Cross Country Teams. Since 2004, CU graduates have won seven medals in distance running at World Championships – Shayne Culpepper (bronze, 2004 Indoor 3k), Kara Goucher (silver, 2007 10k), Dathan Ritzenhein (bronze, 2009 Half Marathon), Jenny Simpson (gold, 2011, silver, 2013 and silver, 2017 (1,500m) and Emma Coburn (gold, 2017 steeplechase). Coburn (steeplechase) and Simpson (1,500) became the first to win Olympic medals, both bronze, at the 2016 Olympic Games in Rio. They were the first American women to medal in their respective events.

## SUCCESS IN THE WETMORE ERA

- Mark Wetmore is the only coach in NCAA history to win all four NCAA titles (men's and women's team and men's and women's individual) at a university.

## MEN

- 12 of 15 Big 12 Championships
- 7 of 9 Pac-12 Championships
- 1 Pac-12 Individual Champion
- Five NCAA Team Championships
- Three NCAA Individual Champions
- 17 Consecutive top-10 NCAA team finishes
- 83 All-Americans

## WOMEN

- 11 of 15 Big 12 Championships
- 4 of 9 Pac-12 Championships
- Three NCAA Team Championships
- Two NCAA Individual Champions and three runner-ups
- Eight Big 12 Individual Champions
- Two Pac-12 Individual Champion
- 56 All-Americans

## COMBINED

- His teams have won eight NCAA Championships, which is tied for the most at CU with Richard Rokos' eight skiing NCAA titles.
- CU has won 33 of 48 possible conference championship, which includes 13 sweeps
- His 34 conference titles are more than any coach in CU history
- Has coached 139 All-Americans

# NCAA CHAMPIONSHIP HISTORY

## DISTRICT/REGION CHAMPIONSHIP HISTORY

Year	M-Team	Top Colorado Finisher	Time	W-Team	Top Colorado Finisher	Time
1980	1st (50)	1. Mark Scrutton	29:21.9	1st (65)	N/A	
1982	1st	1. Mark Scrutton	29:48.8	4th (65)	10. Sarah Hanson	18:11
1983	5th	7. Mick Bannister	31:38	5th (83)	19. Sarah Hanson	18:34
1984	2nd (78)	8. Todd Winke	30:49	5th	5. Michelle Bews	16:50
1985	2nd (58)	3. Dan Reese	30:55	4th (96)	4. Chris McNamara	17:39
1986	1st (46)	1. Chuck Trujillo	30:25	1st (92)	3. Chris McNamara	17:01
1987	1st (80)	2. Andy Dunn	31:10.8	1st (33)	3. Vivian Sinou	17:01
1988	3rd (71)	9. Andy Dunn	30:46	N/A	7. Catrina Campbell	17:43
1989	2nd (100)	4. Bob Cisco	30:46	t-4th (159)	12. Peg Millican	17:53
1990	12th (289)	21. Ron Salazar	31:42	4th (158)	17. Michelle Kantor	17:51
1991	5th (5th)	21. Fritz Rogers	31:36	5th (138)	5. Brooke Baughman	17:19
1992	1st (77)	8. Fritz Rogers	31:06	3rd (125)	1. Brooke Baughman	16:53
1993	1st (50)	4. Scott Larson	30:28	2nd (57)	4. Brooke Baughman	17:11
1994	1st (46)	1. Adam Goucher	30:07.6	1st (26)	2. Patty Roberts	17:07
1995	1st (66)	1. Adam Goucher	29:33.2	2nd (31)	2. Colleen Glyde	16:56.0
1996	1st (33)	1. Adam Batliner	32:23.38	1st (43)	3. Kelly Smith	18:27.35
1997	1st (15)	1. Adam Goucher	30:04.0	2nd (64)	3. Kelly Smith	17:20.8
1998	1st (34)	1. Adam Goucher	30:43.8	2nd (69)	7. Heather Burroughs	18:04.3
1999	2nd (61)	1. Ron Roybal	30:12.8	2nd (61)	1. Kara Grgas-Wheeler	16:39.9
2000	1st (38)	1. Jorge Torres	30:38.6	1st (38)	1. Kara Grgas-Wheeler	20:45.0
2001	1st (48)	1. Jorge Torres	30:53.3	2nd (48)	1. Jodie Hughes	21:13.9
2002	2nd (93)	1. Jorge Torres	29:33	2nd (66)	4. Sara (Gorton) Slattery	20:39
2003	1st (69)	1. Dathan Ritzenhein	30:32	2nd (67)	4. Renee Metivier	21:05
2004	1st (40)	5. Brent Vaughn	30:03	1st (32)	1. Renee Metivier	20:30.7
2005	1st (42)	1. Billy Nelson	30:28.2	1st (53)	2. Liza Pasquito	20:52.8
2006	1st (59)	8. Billy Nelson	30:25.3	1st (64)	2. Jenny Barringer	20:30.5
2007	1st (47)	6. Stephen Pifer	30:28.3	4th (105)	2. Jenny Barringer	19:43.9
2008	1st (42)	6. Jordan Kyle	29:52.8	4th (133)	14. Laura Thweatt	20:59.7
2009	2nd (55)	4. Jordan Kyle	30:24.4	1st (48)	1. Jenny Barringer	20:29.0
2010	2nd (66)	8. Joe Bosshard	30:08.0	3rd (59)	3. Laura Tremblay	20:23.9
2011	2nd (55)	6. Richard Medina	30:36.7	1st (84)	4. Shalaya Kipp	20:59.7
2012	3rd (69)	6. Jake Hurysz	30:13.2	3rd (107)	2. Shalaya Kipp	20:18.1
2013	2nd (69)	5. Pierce Murphy	29:46.0	1st (29)	2. Shalaya Kipp	20:31.0
2014	1st (45)	4. Connor Winter	29:55.33	1st (43)	2. Erin Clark	20:56.50
2015	1st (67)	7. Pierce Murphy	30:06.14	1st (49)	2. Kaitlyn Benner	20:55.86
2016	2nd (76)	3. Joe Klecker	30:59.20	1st (35)	t4. Makena Morley	20:19.90
2017	3rd (80)	1. Joe Klecker	30:13.6	1st (62)	7. Makena Morley	20:01.4
2018	3rd (71)	1. Joe Klecker	29:16.6	2nd (53)	6. Dani Jones	20:01.3
2019	2nd (53)	5. John Dressel	30:35.5	4th (113)	9. Sage Hurta	20:09.4

## NCAA CHAMPIONSHIP HISTORY

YR	TEAM	TOP CU FINISHER	TIME	TEAM	TOP CU FINISHER	TIME
1965	14th (281)	8. David Wighton	30:15			
1966	6th (248)	15. Craig Runyan	30:40			
1967	3rd (163)	4. Craig Runyan	31:10			
1968	5th (241)	13. Craig Runyan	30:00			
1970	15th (450)	52. Ted Castaneda	29:25			
1973	6th (217)	11. Ted Castaneda	28:55			
1975	20th (447)	58. Rick Musgrave	N/A			
1976				16th (546)	16. Pam Allen	17:12
1977	10th (299)	14. Mark Spilsbury	29:34	3rd (164)	7. Mary Decker	17:49
1978	5th (224)	21. John Hunsaker	30:06	4th (147)	<b>1. Mary Decker</b>	<b>16:59</b>
1979	4th (189)	14. Mark Anderson	29:32	18th (430)	93. Fran Montes	N/A
1980	13th (369)	6. Mark Scrutton	29:20	19th (408)	26. Ruth Hamilton	17:51
1981				9th (237)	37. Sharon Hulse	18:49
1982	7th (219)	<b>1. Mark Scrutton</b>	<b>30:12</b>			
1984	22nd (411)	27. Richard Reese	30:22			
1985	3rd (167)	15. Dan Reese	30:12			
1986	5th (195)	13. Chuck Trujillo	31:21	6th (186)	23. Carol McMordie	17:38
1987	15th (385)	39. Andy Dunn	30:13	12th (249)	33. Chris McNamera	17:01
1989	18th (365)	40. Mike Nahom	30:47			
1992	11th (320)	34. Shawn Found	31:49	20th (454)	11. Brooke Baughman	17:37
1993	4th (172)	31. Alan Culpepper	30:33	14th (326)	32. Brooke Baughman	17:19
1994	2nd (88)	2. Adam Goucher	30:12	4th (126)	13. Patty Roberts	17:17
1995	4th (181)	6. Adam Goucher	30:58	2nd (123)	17. Heather Burroughs	17:40
1996	5th (179)	17. Chris Severy	31:29	4th (145)	15. Colleen Glyde	18:02
1997	3rd (108)	3. Adam Goucher	29:10	3rd (178)	18. Kelly Smith	17:03
1998	3rd (158)	<b>1. Adam Goucher</b>	<b>29:26</b>	7th (332)	25. Heather Burroughs	17:30
1999	7th (307)	42. Michael Friedberg	31:22	8th (351)	9. Kara Grgas-Wheeler	16:58
2000	2nd (94)	3. Jorge Torres	30:21	<b>1st (117)</b>	<b>1. Kara Grgas-Wheeler</b>	<b>20:30</b>
2001	<b>1st (90)</b>	2. Jorge Torres	29:06	8th (240)	8. Molly Austin	20:51
2002	4th (190)	<b>1. Jorge Torres</b>	<b>29:04</b>	5th (220)	10. Sara Gorton	20:01
2003	5th (26)	<b>1. Dathan Ritzenhein</b>	<b>29:14</b>	5th (269)	15. Renee Metivier	20:21
2004	<b>1st (90)</b>	4. Brent Vaughn	30:41.8	<b>1st (63)</b>	2. Renee Metivier	20:30.7
2005	5th (222)	27. James Strang	30:17	2nd (181)	7. Christine Bolf	19:59
2006	<b>1st (94)</b>	12. Brent Vaughn	31:13.0	2nd (223)	2. Jenny Barringer	20:37.9
2007	7th (287)	5. Brent Vaughn	29:47.4	23rd (479)	2. Jenny Barringer	19:47.8
2008	12th (372)	14. Jordan Kyle	29:52.4			
2009	6th (315)	44. Christian Thompson	30:25	20th (458)	5. Allie McLaughlin	20:01.1
2010	15th (366)	26. Joe Bosshard	30:20.4	6th (314)	23. Laura Tremblay	20:39.2
2011	3rd (144)	8. Richard Medina	29:27.8	11th (335)	19. Shalaya Kipp	20:08.1
2012	3rd (158)	32. Jake Hurysz	29:55.3	24th (519)	18. Shalaya Kipp	20:02.4
2013	<b>1st (149)</b>	8. Ben Saarel	30:41.1	7th (265)	9. Shalaya Kipp	20:21.7
2014	<b>1st (65)</b>	5. Ammar Moussa	30:29.6	7th (267)	31. Erin Clark	20:37.7
2015	2nd (91)	3. Pierce Murphy	29:37.0	2nd (129)	11. Erin Clark	20:05.4
2016	6th (223)	21. Ben Saarel	30:11.8	3rd (134)	22. Dani Jones	20:14.2
2017	8th (294)	33. Eduardo Herrera	29:55.4	3rd (139)	10. Dani Jones	19:47.0
2018	4th (178)	8. Joe Klecker	29:15.0	<b>1st (65)</b>	<b>1. Dani Jones</b>	<b>19:42.8</b>

# CONFERENCE HISTORY

## Colorado Men

Year	Winner (pts)	CU (pts)	Top CU Finisher
1950	Kansas	4th	10. Milt Wiley
1951	Kansas (13)	5th (85)	19. Colin Cooper
1952	Kansas (20.5)	3rd (43)	3. Lloyd Barlow
1953	Kansas (16)	2nd (19)	5. Lloyd Barlow
1954	Kansas (30)	4th (54)	8. Jim Wyatt
1955	Kansas (15)	3rd (34)	4. Jack Hughes
1956	Kansas (20)	2nd (88)	9. Jim Wyatt
1957	Kansas (26)	2nd (52)	5. Ned Sargent
1958	Kansas (37)	3rd (98)	12. Mike Peake
1959	Kansas (51)	5th (98)	4. Bernie Frakes
1960	Oklahoma St. (40)	8th (180)	22. Eric Cahn
1961	Kansas (26)	2nd (78)	8. Bob Griffith
1962	Colorado (60)	---	9. Bob Griffith
1963	Kansas (26)	4th (85)	4. Dave Wighton
1964	Kansas (31)	3rd (72)	1. Dave Wighton
1965	Kansas State (34)	4th (76)	9. Craig Runyan
1966	Kansas State (51)	2nd (57)	6. Jeff Berven
1967	Missouri (52)	2nd (59)	1. Craig Runyan
1968	Kansas (45)	2nd (61)	1. Craig Runyan
1969	Kansas (55)	6th (137)	5. Rick Trujillo
1970	Missouri (60)	4th (83)	6. Mike Peterson
1971	Kansas State (49)	4th (110)	5. Mike Stegner
1972	Oklahoma St. (37)	2nd (76)	4. John Gregorio
1973	Oklahoma St. (53)	2nd (55)	2. Mike Peterson
1974	Iowa St./Missouri	6th	N/A
1975	Kansas State (25)	2nd (73)	5. John Hunsaker
1976	Colorado (46)	---	1. Kirk Pfeffer
1977	Colorado (21)	---	1. Mark Spilsbury
1978	Colorado (22)	---	1. Kirk Pfeffer
1979	Colorado (23)	---	1. Mark Anderson
1980	Colorado (26)	---	1. Mark Scrutton
1981	Iowa State	3rd	1. Mark Scrutton
1982	Colorado (35)	---	1. Mark Scrutton
1983	Iowa State (53)	5th (94)	6. Mick Bannister
1984	Iowa State (32)	5th (114)	16. Chuck Trujillo
1985	Colorado (48)	---	3. Dan Reese
1986	Colorado (37)	---	1. Chuck Trujillo
1987	Iowa State (47)	3rd (92)	6. Andy Dunn
1988	Iowa State (34)	2nd (71)	8. Bob Cisco
1989	Iowa State (22)	3rd (92)	8. Bob Cisco
1990	Iowa State (26)	6th (113)	17. Ron Salazar
1991	Iowa State (16)	2nd (86)	11. Fritz Rogers
1992	Colorado (42)	---	5. Fritz Rogers
1993	Iowa State (27)	2nd (49)	5. Ron Salazar
1994	Iowa State (29)	2nd (49)	4. Adam Goucher
1995	Oklahoma St (38)	2nd (53)	1. Adam Goucher
1996	Colorado (66)	---	5. Adam Batliner
1997	Colorado (32)	---	1. Adam Goucher
1998	Colorado (31)	---	1. Adam Goucher
1999	Colorado (22)	---	1. Ron Roybal
2000	Colorado (16)	---	1. Jorge Torres
2001	Colorado (31)	---	1. Jorge Torres
2002	Colorado (25)	----	1. Jorge Torres
2003	Colorado (38)	----	1. Dathan Ritzenhein
2004	Colorado (48)	----	2. Brent Vaughn
2005	Colorado (44)	----	5. Stephen Pifer
2006	Colorado (36)	----	3. Brent Vaughn
2007	Colorado (34)	----	1. Brent Vaughn
2008	Oklahoma St (26)	2nd (66)	8. Jordan Kyle
2009	Oklahoma St (24)	2nd (56)	7. Kenyon Neuman
2010	Oklahoma St (19)	2nd (46)	5. Andy Wacker
2011	Colorado (46)	----	3. Richard Medina
2012	Colorado (49)	----	7. Blake Theroux
2013	Colorado (28)	----	3. Blake Theroux
2014	Colorado (30)	----	4. Blake Theroux
2015	Colorado (46)	----	4. Pierce Murphy
2016	Colorado (41)	----	3. Ben Saarel
2017	Stanford (41)	2nd (47)	2. Joe Klecker
2018	Stanford (44)	3rd (82)	5. Joe Klecker
2019	Colorado (47)	----	1. Joe Klecker



## Colorado Women

Year	Winner (pts)	CU (pts)	Top CU Finisher
1976	Iowa State (20)	2nd (59)	7. Pam Allen
1977	Iowa State (27)	2nd (62)	3. Dana Slater
1978	Iowa State (43)	2nd (70)	5. Dana Slater
1979	Iowa State (31)	5th (108)	13. Fran Montes
1980	Missouri (36)	2nd (75)	5. Fran Montes
1981	Iowa State (27)	4th (100)	N/A
1982	Kansas State (41)	3rd (80)	7. Sheri Rochel
1983	Iowa State (44)	5th (123)	20. Nancy Reynolds
1984	Missouri (57)	3rd (79)	5. Michelle Bews
1985	Nebraska (61)	5th (106)	6. Sarah Hanson
1986	Oklahoma St (50)	3rd (64)	5. Chris McNamara
1987	Colorado (49)	---	3. Chris McNamara
1988	Nebraska (41)	6th (120)	9. Catrina Campbell
1989	Nebraska (42)	5th (135)	12. Liz Laster
1990	Iowa State (48)	3rd (94)	12. Shanon Busch
1991	Nebraska (55)	3rd (93)	2. Brooke Baughman
1992	Colorado (52)	---	1. Brooke Baughman
1993	Nebraska (57)	3rd (78)	3. Patty Roberts
1994	Colorado (29)	---	2. Patty Roberts
1995	Colorado (25)	---	1. Patty Roberts
1996	Colorado (30)	---	1. Kelly Smith
1997	Colorado (23)	---	2. Jennifer Smith
1998	Kansas State (78)	2nd (99)	4. Heather Burroughs
1999	Colorado (62)	---	1. Kara Grgas-Wheeler
2000	Colorado (29)	---	1. Kara Grgas-Wheeler
2001	Colorado (33)	---	1. Molly Austin
2002	Colorado (34)	----	1. Molly Austin
2003	Colorado (45)	----	1. Natalie Florence
2004	Colorado (25)	----	1. Renee Metivier
2005	Colorado (38)	----	1. Christine Bolf
2006	Colorado (45)	----	2. Jenny Barringer
2007	Colorado (59)	----	2. Jenny Barringer
2008	Texas Tech (44)	5th (145)	22. Emily Hanenburg
2009	Texas Tech (38)	2nd (52)	1. Jenny Barringer
2010	Texas Tech (44)	2nd (53)	4. Laura Tremblay
2011	Colorado (50)	----	4. Shalaya Kipp
2012	Oregon (47)	5th (124)	11. Shalaya Kipp
2013	Arizona (69)	2nd (75)	9. Shalaya Kipp
2014	Oregon (54)	3rd (82)	4. Erin Clark
2015	Colorado (45)	----	2. Kaitlyn Benner
2016	Colorado (33)	----	2. Erin Clark
2017	Colorado (53)	----	1. Dani Jones
2018	Oregon (32)	2nd (48)	1. Dani Jones
2019	Stanford (27)	4th (89)	11. Sage Hurta

# 2020-21 COLORADO CROSS COUNTRY RESULTS

## COLORADO WOMEN

Oct. 17 at OSU Invitational (Stillwater, Okla.).....NTS

Feb. 5 at FSU Winter Classic, Garnett Race (Tallahassee, Fla.).....1/18  
**1. Colorado 72**; 2. Stanford 77; 3. Duke 128; 4. Oklahoma State 181; 5. Iowa State 189; 6. West Virginia 200; 7. Liberty 207; 8. Notre Dame 209; 9. Utah State 235; 10. Tennessee 264.

Feb. 5 at FSU Winter Classic, Gold Race (Tallahassee, Fla.) .....1/11  
**1. Colorado 22**; 2. North Florida 76; 3. Youngstown State 107; 4. New Orleans 126; 5. Jacksonville 134; 6. Nicholls State 145; 7. Tennessee-Martin 154; 8. Tennessee Tech 196

Feb. 19 at Battle Born Collegiate Challenge, Yellow (Las Vegas, Nev.)5/12  
 1. New Mexico 60; 2. Stanford 85; 3. Northern Arizona 100; 4. Boise State 101; **5. Colorado 102**; 6. Washington 132; 7. Colorado State 177; 8. Utah 242; 9. Washington State 256; 10. Southern Utah 258; 11. CBU 279; 12. Nevada 318.

Feb. 19 at Battle Born Collegiate Challenge, Green (Las Vegas, Nev.) .1/5  
**1. Colorado 21**; 2. Wyoming 45; 3. Embry-Riddle Arizona 97; 4. Dixie State 107; 5. UNLV 117.

March 5 at Pac-12 Championship (University Place, Wash.) .....

March 15 at NCAA Championships (Stillwater, Okla.).....

## INDIVIDUAL RESULTS (Overall/CU)

Runner	OSU 6k	FSU* 6k	FSU^ 6k	BBC\$ 6k	BBC# 6k	P12 6k	NCAA 6k
K. Barthell	+19 22:13.3	39/6 21:12.1		37/6 20:45.5			
C. Bennett			8/5 21:47.4		10/7 21:39.9		
H. Bent							
M. Boreman	+26 22:24.4		1/1 21:05.1	19/2 20:16.8			
O. Brooks	+34 22:52.3		19/9 22:12.0		9/6 21:39.9		
T. Chamberlin			12/7 21:54.8		7/4 21:22.6		
K. Christopher-Moody			7/4 21:47.2		2/2 21:05.2		
L. Constien		18/4 20:42.3		23/3 20:25.5			
E. Covert	+15 22:02.4	17/3 20:41.2		28/5 20:34.7			
M. Degenero		12/2 20:38.8		24/4 20:28.0			
A. Hill	+18 22:11.9	40/7 21:13.2		33/5 20:41.0			
C. Jackson	+29 22:31.7		6/3 21:37.2		1/1 20:57.2		
R. McArthur	+4 21:08.5	5/1 20:19.9					
A. Meraz-Fishbein	+27 22:27.1		10/6 21:52.6		6/3 21:19.3		
A. Nichols	+22 22:17.6	24/5 20:52.7		8/1 20:02.5			
B. Nock							
S. O'Sullivan			15/8 22:01.0		8/5 21:31.9		
R. Robinson							
A. Shults							
W. Valenti	+51 24:06.3		4/2 21:23.0	51/7 21:06.9			

\*Garnett Race  
 ^Gold Race  
 \$Yellow Race  
 #Green Race  
 + ran unattached or in an open race

# 2020-21 COLORADO CROSS COUNTRY RESULTS

## COLORADO MEN

Oct. 17 at OSU Invitational (Stillwater, Okla.).....NTS

Feb. 5 at FSU Winter Classic, Garnett Race (Tallahassee, Fla.).....3/10  
 1. Stanford 67; 2. Iowa State 98; **\*3. Colorado 98**; 4. Utah State 160; 5. Wake Forest 184; 6. Duke 190; 7. Florida State 196; 8. Syracuse 202; 9. Southern Utah 212; 10. CBU 246.  
 \*Placed third after a tiebreaker

Feb. 5 at FSU Winter Classic, Gold Race (Tallahassee, Fla.) .....NTS

Feb. 19 at Battle Born Collegiate Challenge, Yellow (Las Vegas, Nev.) .3/9  
 1. Northern Arizona 20; 2. Stanford 48; **3. Colorado 70**; 4. Southern Utah 111; 5. CBU 153; 6. Boise State 154; 7. Colorado State 180; 8. Wyoming 187; 9. Nevada 287.

March 5 at Pac-12 Championship (University Place, Wash.) .....

March 15 at NCAA Championships (Stillwater, Okla.).....

## INDIVIDUAL RESULTS (Overall/CU)

Runner	OSU 8k	FSU* 8k	FSU^ 8k	BBC\$ 8k	P12 8k	NCAA 10k
H. Appleton	+29 24:47.3	21/3 24:01.9		17/4 23:35.5		
J. Aschbrenner	+25 24:36.5	53/6 24:23.1		28/5 23:51.9		
J. Derouin	+85 27:39.4		8/2 25:13.1			
K. Harrison						
E. Herrera	+4 23:40.4	2/1 23:03.4		3/1 22:35.3		
N. Hibbard				70/10 25:11.5		
A. Hornecker	+24 24:34.0	8/2 23:45.6		7/2 23:10.6		
J. Horton						
C. Niednagel	+79 27:04.6	86/7 25:05.2		63/9 24:52.5		
E. Powell	+72 26:30.2		1/1 24:25.8	41/7 24:12.7		
S. Powell	+32 24:52.2		49/4 26:51.1			
Jo. Ramos	+78 26:55.7					
P. Smith	+38 24:59.6	44/5 24:23.2		37/6 24:07.1		
J. Torres	+56 25:46.9		41/3 26:19.4	59/8 24:43.0		
A. Vancil		28/4 24:11.4		16/3 23:35.3		

\*Garnet Race  
 ^Gold Race  
 \$Yellow Race  
 + ran unattached or in an open race