



2010 OREGON CROSS COUNTRY
HERITAGE

Table of Contents

Table of Contents

Introduction

Athletic Media Relations 1

Track Town, USA 2

2009 Men's Photo Collage 4

2009 Women's Photo Collage 6

2010 Schedule 8

Staff Profiles

Vin Lananna, Associate Athletic Director 10

Assistant Coach Profiles 14

Support Staff Profiles 20

Men's Team Information

2010 Outlook 22

Team Roster 23

Featured Athlete Profiles 24

Featured Newcomer Profiles 43

Others to Watch 45

Women's Team Information

2010 Outlook 46

Team Roster 47

Featured Athlete Profiles 48

Featured Newcomer Profiles 70

2009 Season in Review

Season Review 72

2009 Results 74

Men's History

Men's History 77

NCAA Results 79

All-Americans/Olympians 80

Conference/Regional Results 81

World Records 82

Women's History

Women's History 83

NCAA Results/All-Americans 84

Conference/Regional Results 85

Olympians/American Records 86

Steve Prefontaine

Steve Prefontaine 87

The University of Oregon

University President 88

Athletics Director 89

Athletics Staff 90

About the Cover: Designed by Greg Walker of the Oregon Media Services office, the 2010 multi-media guide cover speaks to the heritage of Oregon Cross Country. From left are images of three-time NCAA Champion Steve Prefontaine, 2009 Pac-10 Champion Nicole Blood, 1981 NCAA runner-up Leann Warren and 2008 NCAA Champion Galen Rupp.

Credits: The Oregon Cross Country multi-media guide was designed and written and edited by Greg Walker. Additional writing and editing by Michael Reilly and Geoff Thurner. Primary photography courtesy of Eric Evans, Kirby Lee and Geoff Thurner. Additional photography courtesy of John Becker, George Beltran, R.M. Collins III, Dave Coskey, Steve Dykes, John Gillespie, John Giustina, Don Gosney, Stan Green, Kurt Jensen, Jeff Johnson, Phil Johnson, Norm Maves, Warren Morgan, Kevin Morris, Oregon, Oscar Palmquist, Bill Ross, Betty Udesen, Bob Welch, Randy Wood, Herb Yamanaka, David Zahn and UO Archives.

Copyright: Any commercial use of information or photographs herewith is prohibited without prior written consent of the University of Oregon Athletic Dept. Copyright 2010.

The University of Oregon is an equal-opportunity, affirmative-action institution committed to cultural diversity and compliance with the Americans with Disabilities Act. This publication will be made available in accessible formats upon request. Accommodations for people with disabilities will be provided if requested in advance. TTY: (541) 346-5418.

Contact Information

Cross Country/Track and Field Office

Telephone (541) 346-2260

Fax (541) 346-5243

Address 2727 Leo Harris Pkwy
Eugene, OR 97401

Website www.GoDucks.com

Vin Lananna, Associate Athletic Director

Telephone (541) 346-2260

E-mail oregonf@uoregon.edu

Andy Powell, Assistant Coach

Telephone (541) 346-5473

E-mail acpowell@uoregon.edu

Jenni Ashcroft, Assistant Coach

Telephone (541) 346-5438

E-mail ashcroft@uoregon.edu

Maurica Powell, Volunteer Assistant Coach

Telephone (541) 346-2260

E-mail oregonxc@uoregon.edu

Athletic Media Relations

2727 Leo Harris Parkway, Eugene, Oregon 97401
Phone: 541-346-5488; Fax: 541-346-5449
Web Site: www.GoDucks.com



David Williford
Assistant AD/Media Services
Football

Direct: (541) 346-2251
Cell: (541) 729-6801
E-mail: diw@uoregon.edu



Greg Walker
Associate Director
Cross Country/Track & Field

Direct: (541) 346-2252
Cell: (541) 954-8775
E-mail: gswalker@uoregon.edu

CONTACTS: Associate Media Services Director Greg Walker serves as media coordinator for the Oregon cross country program.

CREDENTIALS FOR ACCREDITED NEWS MEDIA: Admittance to home meets may be obtained with proper credentials that are issued at the discretion of the media services staff. Requests for news media credentials must be made at least 48 hours in advance.

EMAIL/WEBSITE: All pre- and post-meet releases and results will be posted to the University of Oregon Athletic Department website (www.GoDucks.com). Media requesting releases, results, or athlete photographs via email should contact Greg Walker (541-346-2252, gswalker@uoregon.edu).

Chris Geraghty, Assistant Director
Direct: 541-346-7332
Cell: 541-335-9158
E-mail: chrisg@uoregon.edu

Andy McNamara, Assistant Director
Direct: 541-346-2253
Cell: 541-543-0123
E-mail: mcnamara@uoregon.edu

Geoff Thurner, Assistant Director
Direct: 541-346-2250
Home: 541-343-0129
E-mail: gthurner@uoregon.edu

Andria Wenzel, Assistant Director
Direct: 541-346-0962
Cell: 916-838-2346
E-mail: awenzel@uoregon.edu

Chad Twaro, Intern
Direct: 541-346-5532
Home: 989-964-9307
E-mail: ctwaro@uoregon.edu

Kim Johannsen, Administrative Assistant
Direct: 541-346-5488
E-mail: kjohanns@uoregon.edu

Welcome to...



Historic Hayward Field

2008 U.S. Olympic Team Trials

2009 Pac-10 Track & Field Championships

2009 USA Track & Field Championships

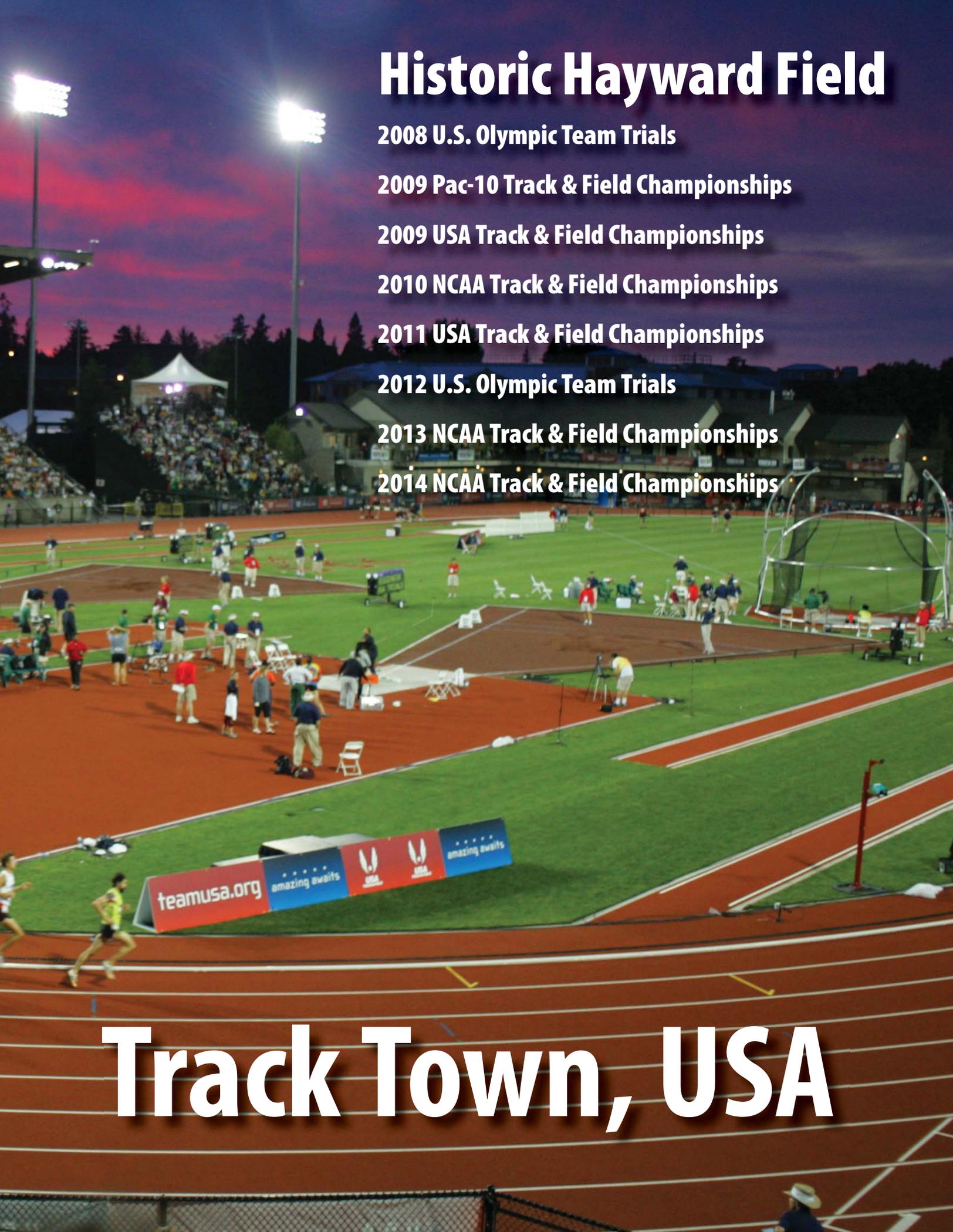
2010 NCAA Track & Field Championships

2011 USA Track & Field Championships

2012 U.S. Olympic Team Trials

2013 NCAA Track & Field Championships

2014 NCAA Track & Field Championships



Track Town, USA



Men of Oregon

6-Time NCAA Champions

Back-to-Back NCAA Titles in 2007-08

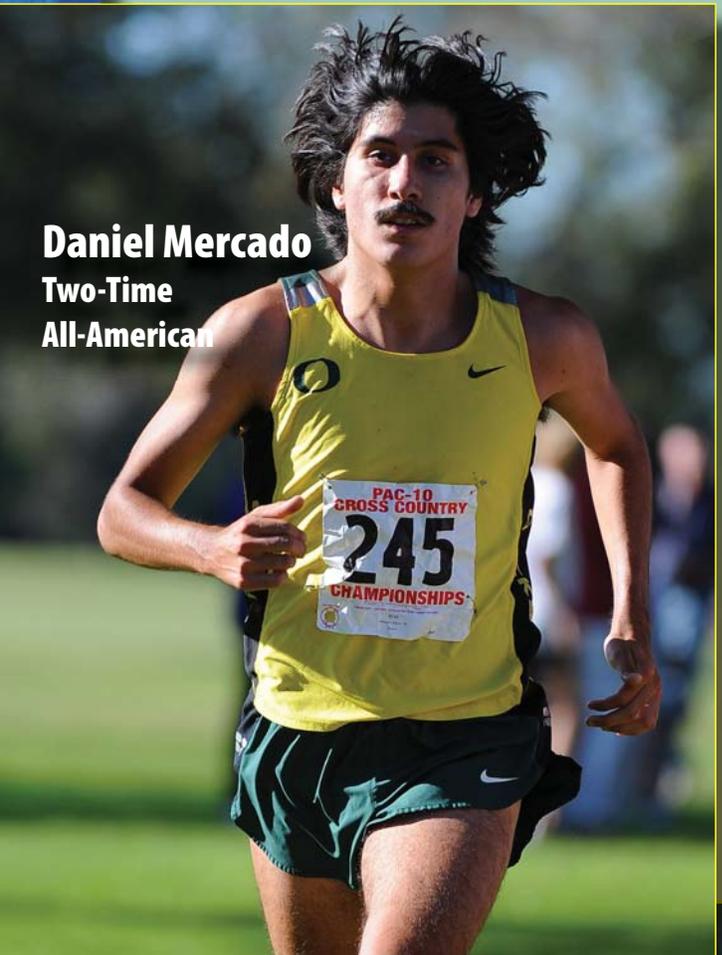
NCAA Runners-up in 2009

3 Individual NCAA Champions (Steve Prefontaine, Alberto Salazar, Galen Rupp)

16-time Conference Champions



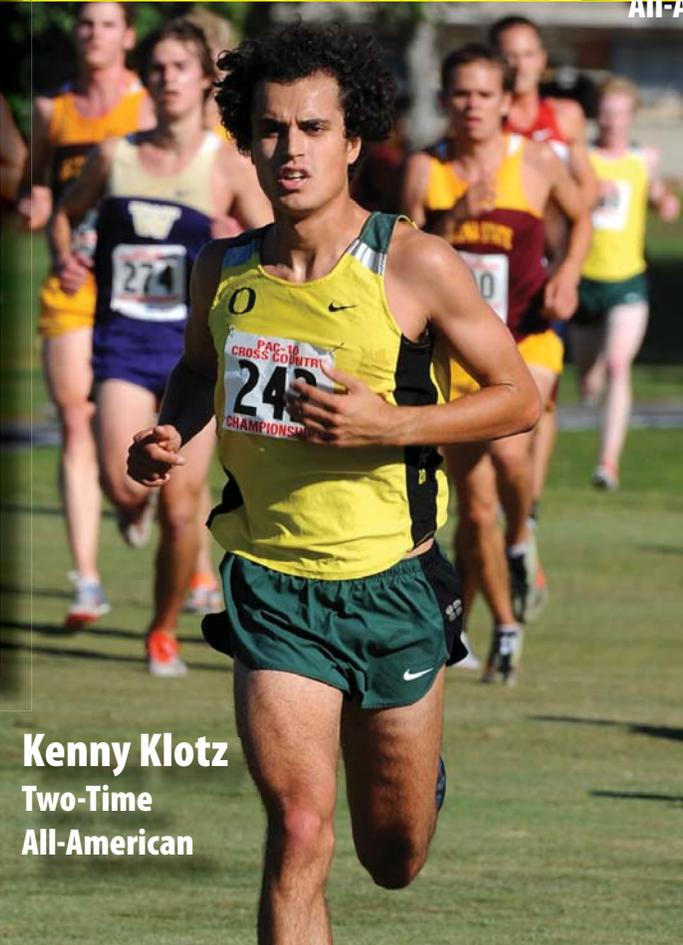
Daniel Mercado
Two-Time
All-American



Luke Puskedra
Two-Time
All-American



Diego Mercado
Two-Time
All-American



Kenny Klotz
Two-Time
All-American



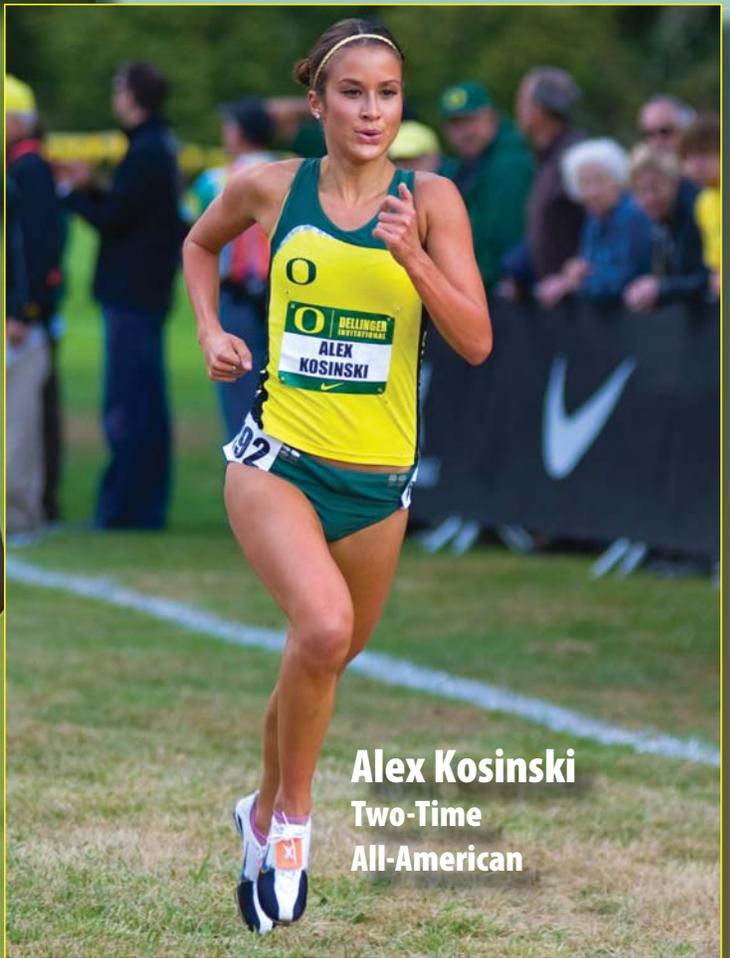


Women of Oregon

2-Time NCAA Champions

Back-to-Back NCAA Runners-up in 2007-08

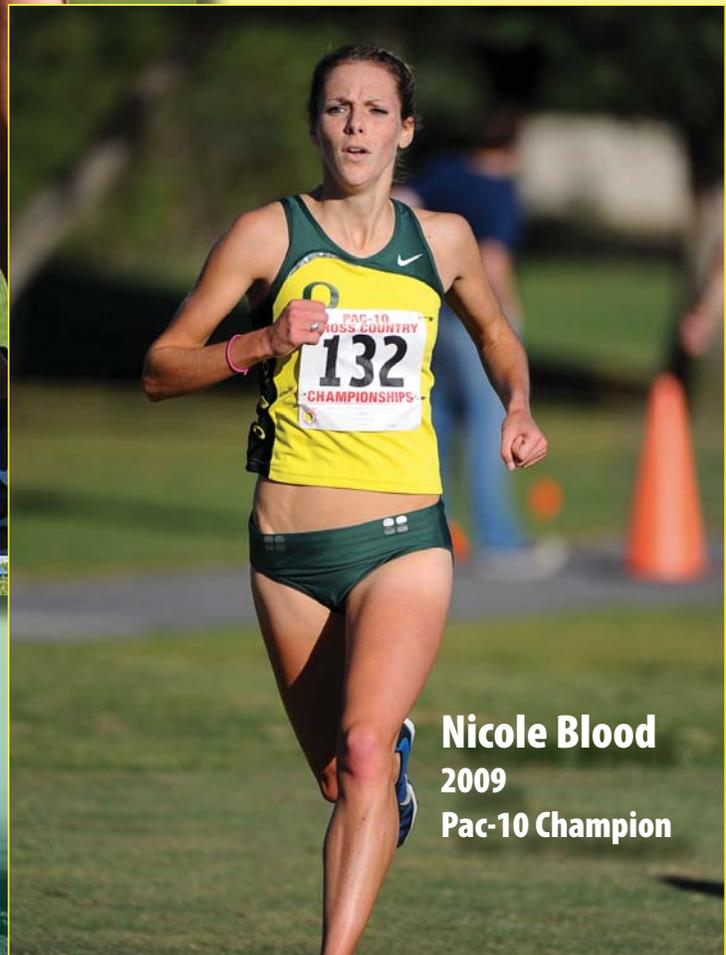
16-time Conference Champions



Alex Kosinski
Two-Time
All-American



Jordan Hasay
All-American
Pac-10 Newcomer
of the Year



Nicole Blood
2009
Pac-10 Champion





2010 Schedule

Date	Event	Location
September 3	John Frank Memorial Invitational	Avery Park, Corvallis, Ore.
October 1	Notre Dame Invitational	at Notre Dame Golf Course, South Bend, Ind.
<i>October 16</i>	<i>Bill Dellinger Invitational</i>	<i>Springfield Country Club, Springfield, Ore.</i>
October 23	Beaver Classic	at Avery Park, Corvallis, Ore.
October 30	Pacific-10 Championships	at Jefferson Golf Course, Seattle, Wash.
<i>November 13</i>	<i>NCAA West Region Championships</i>	<i>Springfield Country Club, Springfield, Ore.</i>
November 22	NCAA Championships	at LaVern Gibson Course, Terre Haute, Ind.



Trophy Town, USA

With nine first or second place NCAA trophies earned during the course of the last two cross country and track seasons, another Golden Era for Track Town, USA is undeniably underway, due in no small part to the vision and leadership of Vin Lananna, Oregon's nationally renowned associate athletic director.

Lananna's architectural work has produced powerhouse cross country and track and field teams once again in Track Town, USA, and cemented the region's reputation as the home of the nation's elite runners.

Concurrently, the magnanimous haul of three NCAA titles, plus six more second-place finishes in the span of two academic years has earned a new moniker for the Eugene-Springfield community: Trophy Town, USA.

That list includes NCAA titles in men's cross country (2008), men's indoor track (2009) and women's indoor track (2010), plus runner-up finishes in men's cross country (2009), women's cross country (2008), men's outdoor track (2009-10), women's outdoor track (2010) and men's indoor track (2010).

The Ducks will begin their pursuit of excellence again this fall as the cross country teams host both the Bill Dellinger Invitational and the NCAA West Regional Championships in Track Town, USA.

It's a 2010 slate that finds the Ducks leaving the Pacific Northwest just once prior to the NCAA Championships.

The schedule finds an early season challenge at the Notre Dame Invitational on Oct. 1, before the teams return to host the Bill Dellinger Invitational on Oct. 16.

After a trip to Corvallis for the Beaver Classic on Oct. 23, the championship season begins with the Pacific-10 Conference Championships in Seattle.

For the second consecutive year, Oregon will host the NCAA West Region Championships Nov. 13 at Springfield Country Club.

From that, teams will qualify for the NCAA Championships, which again return to the LaVern Gibson Course in Terre Haute, Ind., on Nov. 22.





Associate Athletic Director 6th Year

Coaching Honors

NCAA Cross Country Coach of the Year

1986, 1996, 1997, 2002, 2007, 2008

NCAA West Region Coach of the Year

1994 (W), 1995 (M&W), 1996 (M&W),
1997 (M), 1998 (M), 1999 (M), 2002 (M&W),
2006 (M), 2007 (M), 2008 (M), 2010 (M)

Pac-10 Cross Country Coach of the Year

1993 (W), 1994 (W), 1996 (M&W),
1997 (M&W), 2000 (M), 2001 (M),
2002 (M&W), 2006 (M), 2007 (M),
2008 (M)

Pac-10 Track & Field Coach of the Year

2000 (M), 2001 (M), 2007 (M),
2009 (M&W), 2010 (M&W)

USA Team Head Coach

1990 IAAF World Cross Country Championships
1996 IAAF World Cross Country Championships

USA Junior Team Head Coach

1994 IAAF World Cross Country Championships

USA Team Assistant Coach

1999 IAAF World Track and Field Championships
2004 Olympic Games

Co-Chair

2008 & 2012 U.S. Olympic Team Trials
2009 & 2011 USA Track & Field Championships

Vin Lananna

The tremendous scope of Vin Lananna's accomplishments has established him as one of the premier leaders in track and field in the United States. Named Associate Athletic Director at the University of Oregon in July 2005, Lananna has been guiding a vision for the Oregon track and field program and Historic Hayward Field as the center of track and field in the country.

He has been a driving force behind the University's bids that landed the 2008 and 2012 Olympic Trials, the 2010, 2013 and 2014 NCAA Track & Field Championships and the 2009 and 2011 USATF Championships.

The University of Oregon and Track Town, USA, hosted a wildly successful NCAA Championships in 2010 that not only established an all-time attendance record, but also surpassed all expectations in terms of the overall experience for both the fans and student-athletes. The 2010 season saw Oregon win its first-ever NCAA Indoor women's national title. The women were also the runner-up at the NCAA Outdoor Championships, while the men were second in both cross country and indoor track, and took third at the outdoor meet. For the second consecutive year, both teams were recognized as the United States Track and Field and Cross Country Coaches Association's national programs of the year. The Oregon teams combined for nine NCAA individual and relay titles. Among those were Andrew Wheating's incredible sweep of the 800 and 1,500 meters at the outdoor meet, indoor and outdoor victories by combined event stars Ashton Eaton and Brianne Theisen, and the first-ever indoor and outdoor NCAA titles for the women's 4x400 meter relay team.

The 2009-10 campaign also produced an unprecedented fourth straight Pac-10 title for the men, and a performance for the ages at the league meet for the women. The men counted wins by Eaton (decathlon, 110 hurdles, long jump), Wheating (800), Matthew Centrowitz (1,500) and Cyrus Hostetler (javelin) to hold off a game USC squad. The women won every running event aside from the two hurdles and the 4x400 meter relay with Nicole Blood doubling up in the 5,000 and 10,000, Amber Purvis sweeping the 100 and 200, Keshia Baker taking the 400, Anne Kesselring winning the 1,500 and Claire Michel capturing Oregon's first 3,000 meter steeplechase title. Oregon also won the 4x100 meter relay, the long jump (Jamesha Youngblood), triple jump (Youngblood) and the heptathlon (Theisen) as the women scored a meet record 215 points.

During the 2008-09 academic year, the Men and Women of Oregon wrote one of the most memorable chapters in the history of all collegiate track and field. Both programs were honored as the USTFCCA's national programs of the year.

The Men of Oregon won their second straight NCAA Cross Country Championship, captured their first-ever NCAA Indoor Track and Field Championship and tied for second at the NCAA Outdoor meet, coming up just two points shy of a magical triple crown. Along the way, the men won their third straight Pac-10 titles in both track and cross country, and produced nine NCAA event champions, six Pac-10 individual champions and 23 All-America awards.

For the sixth time in his career, Lananna was named NCAA Men's Cross Country Coach of the Year.

Lananna also presided over perhaps the best individual season in the history of men's collegiate distance running. Galen Rupp became the first person ever to win six distance races during the same academic year. Rupp was the 2008 NCAA individual cross country champion, the 2009 NCAA Indoor 3,000 and 5,000 meter champion, the 2009 NCAA Outdoor 5,000 and 10,000 meter champion, and anchored Oregon's winning Indoor distance medley relay team. He was also the Pac-10 cross country medalist and won the league's 10,000 meter title and capped his collegiate career by winning the title at the USA Track and Field Championships at Historic Hayward Field. He was named the USTFCCA Division I and Pac-10 men's track athlete of the year and was also honored as the NCAA Division I Academic All-American of the Year for all sports.

The women's story was just as impressive. The Ducks placed second at the 2008 NCAA Cross Country Championships for the second year in a row, tied for ninth at the NCAA Indoor Track and Field Championships, and then posted their best finish in a quarter century at the NCAA Outdoor Championships by capturing the silver trophy. The women also won their first Pac-10 track title in 17 years and took second again in cross country. Oregon boasted a pair of NCAA individual champions, seven Pac-10 event champions and 21 All-America awards.

Rupp, Eaton (decathlon), Theisen (heptathlon) and Rachel Yurkovich (javelin) went on to compete at the 2009 IAAF World Championships in Berlin.

The 2008-09 season came on the heels of a banner year for Oregon with the wildly successful Eugene 08 Olympic Trials following the tremendous growth of both the men's and women's programs during the spring outdoor season.

Hosting the 2008 U.S. Olympic Team Trials was a giant leap forward in Lananna's grand plan for Track Town, USA, as a pair of UO student-athletes qualified for the 2008 Summer Olympics, Wheating in the men's 800 meters and Rupp in the 10,000. However, it served only as a benchmark for the ambitious visionary who has recaptured the glory of Oregon's proud running tradition both in terms of the teams' performance on the track, as well as his leadership in the running community of Eugene.



STAFF PROFILES

Vin Lananna Has Guided Teams to:

9 NCAA Team Championships
Men's Cross Country
1996, 1997, 2002, 2007, 2008
Women's Cross Country
1996
Men's Indoor Track and Field
2009
Women's Indoor Track and Field
2010
Men's Outdoor Track and Field
2000
38 Conference Team Championships
Men's Cross Country
1984, 1985, 1986, 1987, 1988, 1989, 1990, 1991, 1996, 1997, 1998, 2000, 2001, 2002, 2006, 2007, 2008
Women's Cross Country
1993, 1994, 1996, 1997, 1998, 1999, 2000, 2001, 2002
Men's Track and Field
1998, 1989, 1990, 1991, 2001, 2002, 2007, 2008, 2009, 2010
Women's Track and Field
2009, 2010

Vin Lananna Has Guided Athletes to:

Five Olympic Teams	
800 Meters (2008)	
1,500 Meters (2000, 2004)	
5,000 Meters (2000)	
10,000 Meters (2008)	
Marathon (1992, 1996)	
Six World Championship Teams	
5,000 Meters (2003, 2005)	
10,000 Meters (1999, 2007, 2009)	
Marathon (1997)	
29 NCAA Event Titles	
<i>Cross Country</i>	2008 (M)
<i>800 Meters</i>	2006 (W), 2009 (M), 2010 (M)
<i>1,500 Meters</i>	2000 (M), 2002 (M), 2003 (M), 2010 (M)
<i>Mile</i>	2000 (M)
<i>3,000 Meters</i>	1998 (W), 2002 (W), 2009 (M)
<i>5,000 Meters</i>	1998 (M), 1999 (M), 2000 (M), 2001 (M&W), 2002 (W), 2003 (W), 2009i (M), 2009 (M)
<i>10,000 Meters</i>	1998 (M), 1999 (M), 2000 (M), 2003 (W), 2009 (M)
<i>Distance Medley Relay</i>	2000 (M&W), 2001 (M), 2009 (M), 2010 (M)

The 2007-08 season marked an ascension back to the top of the collegiate running world for both programs. The men won the NCAA championship in cross country and took Pac-10 team titles in both the track & field and cross country seasons. The women's program continued its resurgence as well, with runner-up finishes at both the NCAA and Pac-10 Championships in cross country, and a third-place showing at the Pac-10 meet on the track. Lananna was recognized as the NCAA Men's Cross Country Coach of the Year. The two programs combined for 11 All-America honors at the NCAA Outdoor Track & Field Championships.

The 2006-07 season exemplified Lananna's ability to extend the reputation of the University of Oregon, Hayward Field and Eugene as the nation's most vibrant setting for collegiate track and field. On the track, the Ducks celebrated a Pac-10 men's team crown as UO individuals combined for five victories. The Duck women added two Pac-10 individual track and field titles and collected five All-America honors to go along with seven combined men's indoor and outdoor honors.

Just a few months after his arrival in July 2005, Lananna's leadership helped the University of Oregon and the City of Eugene win the right to host the 2008 U.S. Olympic Track and Field Team Trials, something the University again won the right to do in 2012. During the 2006 indoor and outdoor seasons, Oregon men and women claimed three individual NCAA championships and 25 All-America awards. In July 2006, a two-year renovation began to prepare Historic Hayward Field to host the most exciting meets in the country.

Lananna has also led the establishment of a new post-collegiate club, the Oregon Track Club Elite, that provides a new opportunity for American middle distance/distance athletes to train with the goal of being competitive on the world stage. Three members of OTC Elite, Nick Symmonds, Christian Smith and Nicole Teter, made the 2008 Olympics.

Lananna is experienced as both an administrator and a coach at the highest levels. Prior to his arrival at Oregon, Lananna served as athletic director at Oberlin College in Ohio. At the internationally-renowned liberal arts institution, he led the revitalization and reorganization of the department of athletics and physical education. His efforts to improve fundraising and enhance the department's resources allowed Oberlin to increase staffing and upgrade facilities, including the construction of a new stadium for soccer, lacrosse, and track and field.

Renowned for his ability to develop talent, Lananna's reputation as an exceptional coach was secured during his tenure as director of track and field at Stanford University from 1992 to 2003. In his time at Stanford, Lananna built one of the nation's elite programs. His cross country and track and field teams claimed five NCAA team championships, 35 top-10 NCAA finishes, and 22 NCAA individual titles. The Cardinal men and women also won 17 Pacific-10 Conference team titles and 45 individual conference crowns in addition to 15 West Regional cross country championships. His athletes excelled in national and international competition, representing Team USA at the Olympic Games and the IAAF World Championships.

At Stanford, Lananna received three NCAA Coach of the Year cross country honors, nine NCAA West Region Cross Country Coach of the Year awards, 10 Pacific-10 Cross Country Coach of the Year honors, and two Pacific-10 Track and Field Coach of the Year awards. He also served on the NCAA Track and Field Committee from 2001-03. In 2004, Lananna traveled to Greece as an assistant coach for Team USA at the Olympic Games in Athens. He has also served as an assistant coach at the 1999 Track and Field World Championships and as head coach in the 1990 and 1996 World Championships and 1994 World Junior Championships in cross country.

Lananna's leadership and vision for the future of track and field positioned Stanford as a destination for elite collegiate and post-collegiate competition. Athletes from across the country came to "The Farm" to participate in high performance invitationals designed to optimize athletic performance. His commitment to advancing the sport also led to the creation of a post-collegiate club team based at Stanford, and the University hosted the 2002 and 2003 USA Outdoor Championships and an annual IAAF Grand Prix meet.

Lananna arrived at Stanford after serving as assistant athletic director and head coach for cross country and track and field at Dartmouth College in Hanover, N.H.

From 1980 until 1992, his men's and women's cross country teams posted a combined seven NCAA top-20 finishes—including men's runner-up efforts in 1986 and 1987—and 37 combined All-America cross country and track and field awards. The men's team won 13 Heptagonal League titles and the women had six runner-up finishes. In recognition of the teams' accomplishments, he was named the 1986 NCAA Men's Cross Country Coach of the Year and was a seven-time New England Region Men's Cross Country Coach of the Year and a four-time New England Track and Field Coach of the Year.

His coaching career began in 1975 when Lananna was named head coach of cross country at his alma mater, C.W. Post in Greenvale, NY. As an athlete (1971-75), he ran cross country and track and field and was captain of the 1974 team that finished fourth in the NCAA Division II Championships. He received his master's of arts degree from Long Island University in 1989.

Lananna and his wife, Elizabeth, reside in Eugene, Oregon. Their sons Brian and Scott are recent graduates of Dartmouth College.



*Vin Lananna and Oregon
coaching legend Bill Dellinger.*





Andy Powell

Promoted to associate head coach for men's track and field/men's and women's cross country in the spring of 2010, Andy Powell continues his coaching of the UO men's distance programs, now in his sixth year with the University.

Powell, working in conjunction with Associate Athletic Director Vin Lananna in the training of the men's distance runners, ensures that all student-athletes receive extensive individual attention, assists in recruiting all men's middle distance/distance runners, and oversees administrative functions related to the conduct of a successful cross country program — including team travel, equipment and assisting with the Bill Dellinger Invitational.

During the past five years, Powell helped Oregon capture back-to-back NCAA Men's Cross Country championships in 2007-08 plus the runner-up trophy in 2009, its first-ever NCAA Indoor Track and Field Championship in 2009 followed by a second-place showing in 2010, and a second-place trophy at the 2009 NCAA Outdoor Championships and a third-place finish in 2010.

In 2010, Powell and Lananna helped guide Andrew Wheating's remarkable double at the NCAA Championships, where the 2008 Olympian became the first man in 25 years to win both the 800 and 1,500 meters. Wheating also anchored the Ducks' indoor distance medley relay national title, and was also part of Oregon's dramatic 1-2-3 sweep in the NCAA Outdoor 1,500 meters. Wheating captured his third straight Pac-10 800 title, while Matthew Centrowitz took his second consecutive league 1,500 meter title as the Ducks won an unprecedented fourth straight league championship.

A year earlier, Powell played an important role in mentoring perhaps the best individual season in the history of men's collegiate distance running. Galen Rupp became the first person ever to win six distance races during the same academic year. Rupp was the 2008 NCAA individual cross country champion, the 2009 NCAA Indoor 3,000 and 5,000 meter champion, the 2009 NCAA Outdoor 5,000 and 10,000 meter champion, and anchored Oregon's winning Indoor distance medley relay team. He was also the Pac-10 cross country medalist and won the league's 10,000 meter title and capped his collegiate career by winning the title at the USA Track and Field Championships at Historic Hayward Field. He was named the USTFCCCA and Pac-10 Division I men's track athlete of the year and was also honored as the NCAA Division I Academic All-American of the Year for all sports.

On the track, the Oregon men continued to amass honors on the individual and team fronts. Wheating won his NCAA first title at 800 meters in 2009 to go along with Rupp's six distance wins, while the distance crew counted Pac-10 wins from Wheating (800), Rupp (10,000), Chris Winter (Steeplechase) and a 1-2-3 sweep in the 1,500 meters led by Centrowitz, Rupp and Wheating. In all the distance runners tallied 79 points towards Oregon's school-record 158 point total and third straight Pac-10 crown.

The 2009 season also saw Oregon garner All-America honors at 800, 5,000 and 10,000 meters outdoors, and in the indoor 800 meters, mile, 3,000 meters, 5,000 meters and distance medley relay. Rupp set the American indoor record at 5,000 meters (13:18.12) and the American indoor collegiate record at 3,000 meters (7:44.69) as the team men broke every school indoor mark between 800 and 5,000 meters, plus the distance medley record. Not surprisingly, Oregon was named the USTFCCCA's Division I program of the year for 2009.

The year before served as a precursor to the remarkable 2008-09 season. Wheating won 11 consecutive races before finishing second by .01 in the men's 800 meters final of the most exciting race of the entire 2008 NCAA Track and Field Championships. Rupp meanwhile finished second in the 10,000 meters at the U.S. Olympic Trials to qualify for his first Olympic Games. Prior to that, the men's distance department accounted for 71 of the Ducks' 144.5 points in winning the 2008 Pac-10 crown.

In 2007, Rupp earned a World Championships 10,000 meters invitation after he placed second in the USA and NCAA Championships — an event he raced to an American collegiate record during the season (27:33.48).

Postseason success is nothing new to Powell who served as a volunteer coach at Columbia University during the 2004-05 season and worked with distance coach and director of track and field Willie Wood.

While Powell was at Columbia, Karl Dusen improved his personal best by more than a minute in the 10,000 meters en route to a school record (29:00.45) and later placed 21st in his NCAA debut. In the 1,500 meters, Gerry Groothuis ran a school record during the season (3:44.01), and was a 5,000 meter regional qualifier (14:10.68) and Ivy League runner-up.

As a Stanford athlete, Powell stood out as one of the nation's top middle distance runners. He still ranks among the school's all-time best in the 1,500 meters (3:40.65) and just missed an Olympic Trials bid with the nation's top freshman mark that season. That same campaign, he competed on the Cardinal's NCAA champion track and field squad and added eighth in the Pac-10 Championships 5,000 meters (14:18.75) as Stanford took second as a team. In cross country, he ran on the Cardinal team that finished fourth in the NCAA Championships in 2000 and won the Pac-10 title.

As a prep at Oliver Ames High School in North Easton, Mass., near Boston, he won U.S. junior titles as a senior in the 1,500 meters (3:49.81) and 5,000 meters (14:51.81) after he ran a state mile record of 4:02.7. The Foot Locker Cross Country qualifier also won titles as a high school athlete in the Pan American Junior Championships, Golden West Invitational, and Millrose Games.

His wife Maurica Powell is a volunteer assistant coach for the Ducks and was a decorated Stanford middle distance runner and All-American. The couple has one son.

Associate Head Coach 6th Year

Andy Powell Has Guided UO Athletes to:

10 NCAA Titles

<i>Cross Country</i>	2006 (M)
<i>800 Meters</i>	2009 (M), 2010 (M)
<i>1,500 Meters</i>	2010 (M)
<i>3,000 Meters</i>	2009 (M)
<i>5,000 Meters</i>	2009i (M), 2009 (M)
<i>10,000 Meters</i>	2009 (M)
<i>Distance Medley Relay</i>	2009 (M), 2010 (M)

13 Pac-10 Titles

<i>Cross Country</i>	2006 (M), 2007 (M) 2008 (M)
<i>800 Meters</i>	2008 (M), 2009 (M), 2010 (M)
<i>1,500 Meters</i>	2009 (M), 2010 (M)
<i>5,000 Meters</i>	2007 (M)
<i>10,000 Meters</i>	2007 (M), 2008 (M), 2009 (M)
<i>Steeplechase</i>	2009 (M)

48 All-America Awards

<i>Cross Country</i>	2006 (2xM), 2007 (5xM), 2008 (3xM), 2009 (4xM)
<i>800 Meters</i>	2008 (M), 2009i (M), 2009 (M) 2010i (2xM), 2010 (2xM)
<i>1,500 Meters</i>	2008 (M), 2010 (3xM)
<i>Mile</i>	2007 (M), 2008 (M), 2009 (M), 2010 (2xM)
<i>3,000 Meters</i>	2006 (M), 2007 (M), 2009 (M),
<i>5,000 Meters</i>	2006i (M), 2007i (M), 2009i (3xM), 2009 (2xM), 2010i (M), 2010 (M)
<i>10,000 Meters</i>	2007 (M), 2009 (2xM), 2010 (M)
<i>Distance Medley Relay</i>	2009 (M), 2010 (M)





O
OREGON
CROSS COUNTRY



Jenni Ashcroft

Jenni Ashcroft was promoted to assistant coach in the summer of 2010 following four years of exceptional commitment as a volunteer assistant for the Ducks. Now in her fifth season overall with Oregon, Ashcroft works with the women’s pole vaulters, high jumpers and middle distance runners, in addition to her duties with the cross country team.

She has been instrumental in the development of five-time All-American Melissa Gergel, and 2008 NCAA Championships qualifier Colin Witter-Tilton. Pole vaulters have contributed to each of Oregon’s back-to-back women’s Pac-10 champions, including Gergel’s Pac-10 title in 2009. Gergel followed that up with a runner-up finish at the 2010 NCAA Indoor Championships, as she set the UO indoor record at 14-7.25.

Ashcroft has also previously assisted with the men’s and women’s high jumpers, hurdlers and the combined events.

The former All-America pole vaulter spent four seasons (2003-06) on the Wichita State coaching staff, first as a graduate assistant and then as an assistant coach. Over that span, athletes in the pole vault, long jump and triple jump scored six Missouri Valley Conference (MVC) titles, earned 26 all-conference selections and 17 regional invitations, set 11 school records and seven MVC records, made four NCAA appearances, and received one All-America plaque.

The Shocker squads also claimed two men’s outdoor team titles and four women’s team victories. Her pupils included All-America and conference champion pole vaulter Jackie Brown, an indoor and outdoor school record holder, and two other conference victors, Brooke Demo (pole vault) and Jelena Petrovic (long jump). Petrovic also scored an outdoor long jump school record (20-8) and NCAA invitations indoors and outdoors.

As an athlete, the former University of Nevada pole vaulter earned All-America honors at the 2002 NCAA Outdoor Championships. She was also a pole vault conference champion in the Big West (2000) and WAC Conferences, a 2000 Olympic Trials qualifier, and the state of Nevada NCAA Woman of the Year.

Ashcroft graduated from Nevada in 2002 with a degree in secondary education, and added a master’s in sports administration at Wichita State in 2005. The Sheridan High School (Ore.) product was a state pole vault champion and 2A state meet record holder.

Assistant Coach 5th Year

Jenni Ashcroft Has Guided UO Athletes to:

- 1 Pac-10 Title**
2009 (W)
- 5 All-America Awards**
2008i (W), 2008 (W)
2009i (W), 2010i (W), 2010 (W)







Maurica Powell

In her sixth season with UO, Maurica Powell continues to serve an integral role mentoring the Duck distance corps, working in concert with Associate Athletic Director Vin Lananna. Her presence ensures that all student-athletes receive extensive individual attention over the course of the track and cross country seasons.

During the 2009-10 campaign, Lananna and Powell helped steer Oregon to its first-ever women's NCAA Indoor Track & Field national title as the distance corps tallied points in the distance medley relay (second), mile (Jordan Hasay, fourth; Anne Kesselring, sixth) and 3,000 meters (Nicole Blood, fifth). That success continued outdoors with a dominating Pac-10 championship that saw Oregon win every race from 100 to 10,000 meters, plus the steeplechase. Among those winners were Kesselring in the 800, Alex Kosinski in the 1,500 meters, Blood in both the 5,000 and 10,000 meters and school record-holder Claire Michel, who became Oregon's first league 3,000 meter steeplechase champion. The success carried over into the NCAA Championships with a trio of third-place finishes — Hasay in the 1,500, Kosinski in the 5,000 and Blood in the 10,000 — plus Kesselring's sixth-place showing in the 800 that led to the Ducks' second-straight national runner-up finish. The academic year began with Nicole Blood winning the 2009 Pac-10 cross country individual title, Oregon's first conference medalist in 17 years. For the second straight year, the Ducks were named the USTFCCCA's Division I women's national program of the year.

The 2008-09 season marked a return to prominence for the Women of Oregon with a second-place showing at the 2008 NCAA Cross Country Championships, a tie for ninth at the NCAA Indoor Track and Field Championships, and their highest finish in a quarter century at the NCAA Outdoor Championships where they captured the silver trophy. The women also won their first Pac-10 track title in 17 years and took second again in cross country as Oregon was named the USTFCCCA's Division I women's national program of the year.

The distance runners proved vital in Oregon's Pac-10 track and field triumph with Zoe Buckman winning at 800 meters and Blood running second in the 5,000 meters. The Ducks earned points in every event between 800 and 10,000 meters.

There was no shortage of All-America winners for the women either in 2008-09. Kosinski ran eighth and Blood 10th at the NCAA Cross Country Championships to give Oregon a pair of top 10 finishers for just the second time in school history. Mattie Bridgmon joined Blood and Kosinski as cross country All-Americans and Kosinski became the first Duck to win the NCAA West Regional in 14 years.

Indoors, Oregon's school-record setting distance medley relay team garnered All-America honors, as did Blood in both the mile and 3,000 meters. Outdoors, Blood was the national runner-up at 5,000 meters, while Bridgmon was an All-America selection at 10,000 meters.

During the spring of 2008, Blood was the Pac-10 champion at 5,000 meters and earned All-America honors in that event, while Buckman was an All-American in the 800. Both student-athletes were catalysts to Oregon's best Pac-10 track finish in 12 years. The distance group scored 34 of Oregon's 100 points. During the Ducks' second-straight NCAA cross country runner-up showing in 2008, Powell worked with three runners who earned All-America honors in Kosinski, Blood and Bridgmon.

In 2007, Rebekah Noble repeated her NCAA indoor 800 meter runner-up honors, then received her fourth 800 All-America honor that June. That fall, led by Blood and Kosinski, the squad won runner-up honors at the NCAA Championships.

On the track in 2006, the women's distance unit celebrated a pair of All-America efforts in the NCAA Indoor Championships by Noble (800 meters, second) and the distance medley relay (seventh). Three months later, Noble became the first freshman to win an NCAA title in the outdoor 800 meters.

Before her arrival at Oregon, Powell made an impact as a graduate assistant coach at Columbia University for the 2004-05 season. The Lions' touted women's distance program enjoyed a breakthrough season with its 13th-place finish in the 2004 NCAA Cross Country Championships, led by Caroline Bierbaum who took third individually in the collegiate harrier finale, and second outdoors in 2005 in the NCAA 10,000 meters (33:03.37). During the outdoor regular season, Bierbaum ranked first nationally in the 10,000 meters (32:44.51) and seventh in the 5,000 meters (15:57.44), and senior Delilah DeCrescenzo stood second nationally in the steeplechase (10:06.88) before she claimed ninth in the NCAA finale. While she coached the Lions, Powell studied as a social work graduate student and worked with disadvantaged Harlem junior high and high school youth.

A middle distance star for Stanford University from 1998-2002, Powell still ranks in the top 10 all-time for Stanford in the indoor 800 meters (third, 2:07.51) and outdoor 800 meters (ninth, 2:06.63) and 1,500 meters (eighth, 4:16.51), and was an All-American in 2002 in the 1,500 meters (fifth, 4:16.51) and indoor distance medley relay (1,200 meter leadoff leg, third overall, 11:09.23). In the Pac-10 Championships, she was a three-time scorer in the 800 meters and also placed in the 1,500 meters as a junior and senior. She took seventh in the 800 meters as a freshman in the 1999 U.S. Junior Championships.

In high school, the Boston-area native was a six-time state track champion for Franklin High School in Franklin, Mass. Her husband, associate head coach Andy Powell, is also in his sixth year with the Duck distance program. The couple has one son.

Volunteer Assistant Coach 6th Year

Maurica Powell Has Guided Athletes to:

	1 NCAA Title
800 Meters	2006 (W)
	9 Pac-10 Titles
Cross Country	2009 (W)
800 Meters	2006 (W), 2009 (W), 2010 (W)
1,500 Meters	2010 (W)
5,000 Meters	2008 (W), 2010 (W)
10,000 Meters	2010 (W)
Steeplechase	2010 (W)
	27 All-America Awards
Cross Country	2007 (2xW), 2008 (2xW), 2009 (W)
800 Meters	2006i (W), 2006 (W), 2007i (W), 2007 (W), 2008 (W), 2010 (W)
1,500 Meters	2010 (2xW)
Mile	2009 (W), 2010 (2xW)
3,000 Meters	2009 (W), 2010 (W)
5,000 Meters	2008 (W), 2009 (W), 2010i (W), 2010 (W)
10,000 Meters	2009 (W), 2010 (W)
Distance Medley Relay	2006 (W), 2009 (W), 2010 (W)







**Assistant Athletic Director
6th Year**

Michael Reilly

Michael Reilly continues to oversee the integration of the program’s administrative areas within the athletics department and serves as the home event meet director. He also held the vital position of competition director for the 2008 U.S. Olympic Trials at Historic Hayward Field and has also overseen the staging of events such as the 2010 NCAA Championships, the 2009 USA Track & Field Championships and numerous Pac-10 and NCAA regional track and cross country competitions in Track Town, USA.

In his previous position, he served as associate athletic director under Vin Lananna at Oberlin College as the department’s chief financial officer and chief operating officer, and also oversaw NCAA compliance for its 22 intercollegiate sports.

Prior to his Oberlin work, he served various posts as an assistant coach, administrator and director of track and field operations at Stanford from 1993-2003. In his tenure he served as meet director for the USA Track and Field and Cross Country, West Regional and Pacific-10 Conference Championships, and several IAAF Grand Prix meets including the GMC Envoy Open, Peregrine Systems U.S. Open and Oracle U.S. Open.

As an assistant coach from 1997-2003, Reilly worked closely with Lananna and the men’s distance runners that won NCAA titles in cross country in 1997 and 2002 and outdoor track and field in 2000.

As a Stanford University athlete in the early ’90s, he scored in the conference steeplechase and was nationally ranked in the event in 1993 and 1994. Off the track, he was an Academic All-American and graduated with a B.S. degree in symbolic systems in 1993.



**Director of Track & Field Operations
2nd Year**

Nji Nnamani

Nji Nnamani, a member of Stanford’s 2004 NCAA national championship volleyball team, serves as Oregon’s Director of Operations for its nationally-ranked track and field and cross country programs.

Nnamani came to Oregon as the program’s interim director of operations in April, 2008, and has experience in athletic administration at both the University of San Francisco and Stanford, in addition to the private sector. She also has also served on the the Jasper Mountain Board of Directors since March, 2010.

Prior to her move to Oregon, Nnamani worked with San Francisco’s Magis Leadership Symposium and assisted in the successful marketing and coordination of that event’s production throughout the Bay Area. She also worked with Portland-based sports brand SPARQ, where she contributed to the company’s industry outreach program and product and brand development.

Nnamani earned her Master’s degree from Stanford in sociology with a concentration in organizations, business and the economy in 2008. While working on her Master’s, Nnamani served as the fund-raising and marketing manager for Stanford’s Nigerian Students Association.

The Bloomington, Ill., native was a four-year letterwinner for the Stanford volleyball team and was co-captain as a senior for a Cardinal squad that was the 2006 NCAA national runner-up. The two-time Pac-10 all-academic selection graduated in 2007 with a degree in political science.

She also served on Stanford’s Athletic Director Search Committee as an undergraduate and worked extensively in the broadcast field where she was the announcer for Stanford men’s volleyball matches, hosted an MTV college road trip segment about Stanford and co-hosted two episodes of “Stanford All-Access” and “Black History Month Special” for CSTV.



**Track & Field Assistant
3rd Year**

Patrick Werhane

Former University of Oregon runner Patrick Werhane is in his third year as a member of the administrative team for the UO track and field program with expanded roles in home meets, special events and public relations. He plays an important role in augmenting positive relationships with officials, donors, visiting teams, and alumni in his position maintaining communications for the program.

Werhane made three NCAA Championships appearances in cross country and helped Oregon win the 2006 Pac-10 championship with his 12th-place finish. He was the Ducks’ top individual at the 2005 NCAA West regional where he finished 13th to earn an invitation to the national meet. The Beaverton, Ore., native was also a two-time top-10 finisher in the 10,000 meters at the Pac-10 outdoor track & field championships.



Elisha Cusumano

Elisha Cusumano joined the athletic medicine staff at the University of Oregon during the summer of 2008 and is one of seven full-time athletic trainers. Cusumano oversees the care of the cross country and track and field programs.

She previously spent time at the University of Washington as an assistant athletic trainer. Prior to that, she worked at the University of Northern Colorado.

She received her master's degree of science in exercise physiology from the University of Northern Colorado in 2006 where she served as a graduate assistant. The native of Grants Pass, Ore., graduated from Oregon State University with a bachelor's in exercise science/athletic training in 2004.



Athletic Trainer
3rd Year

Tracy Oshiro

Athletic trainer Tracy Oshiro is responsible for the care of the men and women's track and field team. She is one of seven full-time athletic trainers on staff at the University.

Prior to her arrival at Oregon she worked with the University of Arizona cross country and track and field teams.

Oshiro did her undergraduate studies at Pacific University, receiving her bachelor's of science in exercise science with an emphasis in sports medicine. She then spent two years at Shenandoah University earning her Master's in athletic training.



Athletic Trainer
3rd Year

Jim Radcliffe

Jim Radcliffe, Oregon's strength and conditioning coach for the last 22 seasons, plays a significant role for the Ducks' 19 varsity sports. He furnishes student-athletes with a wide variety of exercise through weight training and lifting systems, and is a noted authority in the field of exercises dealing with the improvement of speed and quickness.

The 51-year-old native of McCloud, Calif., was the assistant strength coach at Oregon for two years before assuming the duties of head coach in that area. He did graduate study and worked in private business prior to joining the Ducks' staff.

Radcliffe taught and coached several sports and was the athletic trainer for six years at Aloha High School. A graduate of Pacific University in Forest Grove, Ore., he played football four seasons at defensive back and was special teams captain.

Radcliffe is active in professional national organizations and is certified by the United States Weightlifting Federation. He also has written books, been published in numerous professional journals and produced videos on plyometrics, one of the most effective exercise techniques.



Director of Strength & Conditioning
23rd Year



Men's Outlook

The men are experiencing success on a national level rarely seen in Track Town, USA. Oregon won back-to-back NCAA titles in 2007 and 2008, and followed that with a runner-up finish in 2009. Those results harken back to the era of the legendary Steve Prefontaine, when the Ducks won national titles in 1971, 1973 and 1974, were second in 1970 and third in 1972.

The 2010 Ducks feature three All-Americans in Matthew Centrowitz, Danny Mercado and Luke Puskedra, plus NCAA qualifier A.J. Acosta, but will also need some help from newcomers to replace graduated NCAA veterans like Kenny Klotz and Diego Mercado. Puskedra, a junior from Ogden, Utah, has a pair of top-25 finishes in two NCAA appearances, leading the Ducks with a 21st-place finish in 2010 after taking fifth as a freshman. Centrowitz, a senior from Arnold, Md., earned his first All-America award in 2009 by placing 27th after running 45th as a sophomore in 2008.

Two-time All-American Danny Mercado, a senior from West Covina, Calif., is the most experienced runner on the squad, having run in three straight Pac-10 and NCAA West Regional championships and two NCAA national races, including last year where he posted a career-best 31st-place finish. Acosta, a senior from Oceanside, Calif., is coming off his best season yet on the track and looks to carry that over into the cross country season. He was a member of Oregon's national title squad in 2007, as well as the 2009 runners-up.

The men also have other returning runners with championship level experience. Sophomores Mac Fleet and Bryce Burgess made their Pac-10 debuts in 2009. Fleet, from San Diego, Calif., was 33rd with Burgess, from Portland, Ore., was a spot back in 34th.

Oregon will find its depth in a mixture of true and redshirt freshmen. Incoming newcomer Parker Stinson will be one to watch. The Austin, Texas, native is the reigning U.S. junior 10,000 meter champion. He'll be joined by fellow first-year runners Colby Alexander (Stronsville, Ohio), Brian Shrader (Flagstaff, Ariz.) and Cole Watson (Rogue River, Ore.).

The redshirt freshmen include Ben DeJarnette (Mechanicsville, Va.), Elijah Greer (Lake Oswego, Ore.), Mitchell Hunt (Fremont, Neb.) and Elliott Jantzer (Medford, Ore.).



Luke Puskedra



Matthew Centrowitz





Men's Cross Country

2010 ROSTER

Name	Year	Hometown	High School / College
A.J. Acosta	RS-Sr.	Oceanside, Calif.	El Camino High School
Colby Alexander	Fr.	Strongsville, Ohio	Strongsville High School
Walker Augustyniak	RS-So.	Eugene, Ore.	South Eugene High School
Bryce Burgess	RS-So.	Portland, Ore.	Franklin High School
Spencer Carter	RS-Jr.	Greeley, Colo.	West High School / Arizona
Matthew Centrowitz	Sr.	Arnold, Md.	Broadneck High School
Tom Costin	RS-Fr.	Springfield, Ore.	Springfield High School
Ben DeJarnette	RS-Fr.	Mechanicsville, Va.	Atlee High School
Mac Fleet	So.	San Diego, Calif.	University City High School
Elijah Greer	RS-Fr.	Lake Oswego, Ore.	Lake Oswego High School
Boru Guyota	Fr.	Portland, Ore.	Jefferson High School
Mitchell Hunt	RS-Fr.	Fremont, Neb.	Fremont High School
Elliott Jantzer	RS-Fr.	Medford, Ore.	Phoenix High School
Chris Kwiatkowski	RS-Jr.	Bellingham, Wash.	Bellingham High School
Daniel Mercado	RS-Sr.	West Covina, Calif.	West Covina High School
Hank Morrison	RS-Fr.	Carmel, Calif.	Carmel High School
Luke Puskedra	Jr.	Salt Lake City, Utah	Judge Memorial Catholic High School
Ken Scoggin	RS-Sr.	Cottage Grove, Ore.	Cottage Grove High School
Brian Shrader	Fr.	Flagstaff, Ariz.	Sinagua High School
Travis Stanford	RS-Jr.	Peyton, Colo.	Peyton High School / Northern Colorado
Parker Stinson	Fr.	Austin, Texas	Cedar Park High School
Cole Watson	Fr.	Rogue River, Ore.	Rogue River High School
Daniel Winn	Fr.	Portland, Ore.	Cleveland High School





A.J. Acosta

A 2008 U.S. Olympic Trials competitor in the 1,500 meters and two-time member of Oregon's NCAA Champion distance medley relay team. Matched Olympic Gold Medalist Joaquim Cruz' hallowed school record in the 1,500 meters, 3:36.48, in Belgium during July of 2010. Herculean effort at the 2010 Pac-10 Championships where he scored in the 1,500, 5,000 and 3,000 meter steeplechase. Followed that with a runner-up finish in the 1,500 meters at the 2010 NCAA Championships. Seven-time All-American reestablished himself among the nation's elite middle distance runners after redshirting the 2009 outdoor season. 2010 USA Championships competitor in the 1,500 meters. Had a terrific 2007-08 season that saw him break the legendary Steve Prefontaine's school record for the indoor mile (3:58.52) and earn a pair of All-America awards (indoor mile, outdoor 1,500 meters). UO's first runner to compete in both NCAA indoor mile and outdoor 1,500 events the same year — something he's done three time now. Ran fastest indoor mile nationally among collegiate freshmen in 2007 (4:00.37). Also a two-time U.S. junior champion in outdoor 1,500 meters — only the third ever to repeat the feat in the event. Ranks among Oregon's top five for the 1,500 meters (t-first, 3:36.48), mile (third, 3:53.76), and indoor mile (fourth, 3:58.08).

RS-Senior
Oceanside, Calif.
El Camino High School
Middle Distance
2-Time NCAA Champion
(Distance Medley Relay, twice)
7-Time All-American
School Record (1,500 Meters)

Personal Bests
1,500 Meters - 3:36.48,
 KBC Nacht van de Atletiek,
 Heusden, Belgium, 7/10/10
5,000 Meters - 3:46.87,
 Pac-10 Championships,
 Berkeley, Calif., 5/16/10
3,000 Meter Steeplechase - 8:52.68,
 Pac-10 Championships,
 Berkeley, Calif., 5/15/10
Mile - 3:53.76,
 Prefontaine Classic,
 Eugene, Ore., 7/3/10
3,000 Meters - 7:57.45 (i),
 Husky Classic,
 Seattle, Wash., 2/16/08

NCAA Outdoor Track Championships
 2010 - 1,500 Meters, 2nd, 3:48.01
 2008 - 1,500 Meters, 9th, 3:43.95
 2007 - 1,500 Meters, 20th, 3:46.83

NCAA Indoor Track Championships
 2010 - Mile, 4th, 4:02.27
 2010 - Distance Medley Relay, 1st, 9:36.87
 2009 - Mile, 13th, 4:05.72
 2009 - DMR, 1st, 9:29.59
 2008 - Mile, 3rd, 4:04.90
 2007 - Mile, 13th, 4:08.78

NCAA Cross Country Championships
 2009 - 106th, 31:01.0
 2007 - 146th, 31:27

NCAA West Regional Track Championships
 2010 - 1,500 Meters, 4th, 3:46.27
 2010 - 3,000 Meters, 34th, 14:47.13
 2008 - 1,500 Meters, 4th, 3:43.41
 2007 - 1,500 Meters, 9th, 3:48.43

2009-10: National runner-up at 1,500 meters. Outdoors - Ranked third nationally at 1,500 meters and 18th in the country at 5,000 meters. Became an NCAA outdoor scorer for the first time in his career with a runner-up finish in the 1,500 meters at the national championships at Historic Hayward Field. Was part of Oregon's historic 1-2-3 sweep in the event, finishing second in 3:48.01, with Andrew Wheating first (3:47.94) and Matthew Centrowitz third (3:48.08). Advanced to the final by winning his semifinal heat in 3:40.95. Two weeks earlier at the NCAA West Regional, won his first round race in 3:42.76 and then cruised to a fourth-place finish in the quarterfinals in 3:46.27 to move on to Eugene. Also ran the 5,000 at the regional meet. Key performer in the Ducks' fourth straight Pac-10 championship, as he took second in the 1,500 meters in 3:41.83, ran third in the 5,000 meters in a personal best 3:46.58 and was fourth in the 3,000 meter steeplechase in 8:52.62, a 40 second PR. Helped Oregon win a "Wagon Wheel" at the Penn Relays by running the third leg of the winning mile relay (16:15.14). Ran a then-personal-best 3:39.44 in the 1,500 meters at the Oregon Relays. Took second in the 1,500 meters against UCLA (3:47.44). Also ran the 3,000 meter steeplechase at the Pepsi Team Invitational and the Oregon Twilight. After the college season, raced at the USA Track & Field Championships, where he clocked 3:41.91 in the 1,500 meters and was the fastest non-qualifier for the final. At the Prefontaine Classic in July, set a personal-best in the mile, 3:53.76, that was the third fastest mile in school history. Went to Europe, where he matched Joaquim Cruz' 1984 record in the 1,500 meters (3:36.48) in a third-place finish at Heusden, Belgium. Also ran the 1,500 at Tangier, Morocco, where he took fifth in 3:38.35. Pac-10 all-academic honorable mention. Indoors - NCAA champion (distance medley relay) and an All-American for the DMR and mile. Ran the lead leg as Oregon defended its national title in the distance medley relay in 9:36.87. Also scored in the mile for the national runners-up. Made the final on time by running 4:03.21 in the prelims and then came on the last half of the race to finish fourth in the final in 4:02.27. Hit the NCAA automatic standard in the mile at the UW Last Chance Qualifier on March 6. Time of 3:58.08 was an all-conditions PR and ranks fourth all-time indoors at the University. Also ran a sub-4:00 mile, 3:59.48, at the Husky Classic. Helped Oregon set the top time in the country in the distance medley relay, 9:29.82, Jan. 29 at the Texas A&M Challenge. Ran the anchor leg on that team, which ranks third in school history. Also took second in the mile at Texas A&M (4:04.49). Took eighth in the 3,000 meters at the MPSF Championships in 8:06.69. Cross Country - Solid start to the season as Oregon's No. 4 runner (23rd overall, 24:16.50) at the Bill Dellinger Invitational. Finished in the top 20 percent of the field at the Pre-National Invitational (41st, 24:37.8, 8,000 meters). Good race as Oregon's No. 5 runner at the Pac-10 championships where he stood 15th overall (23:38.50, 8,000 meters). Also the team's fifth scorer at the NCAA West Regional (33rd in 31:37.10, 10,000 meters). Capped season by returning to the NCAA Championships for the first time since his freshman year. Pac-10 Cross Country All-Academic honorable mention. **Season Bests:** Outdoors - 1,500 Meters - 3:36.48 (PR), KBC Nacht van de Atletiek, Heusden, Belgium (7/10/10); Mile - 3:53.76 (PR), Prefontaine Classic, Eugene, Ore. (7/3/10); 5,000 Meters - 13:46.87 (PR), Pac-10 Championships, Berkeley, Calif. (5/16/10); 3,000 Meter Steeplechase - 8:52.62 (PR), Pac-10 Championships, Berkeley, Calif. (5/15/10). Indoors - Mile - 3:58.08 (PR), UW Last Chance Qualifier, Seattle, Wash. (3/6/10); 3,000 Meters - 8:06.69, MPSF Championships, Seattle, Wash. (2/27/10).





W
PAC-10
CROSS COUNTRY
281
-CHAMPION

O
PAC-10
CROSS COUNTRY
237
CHAMPIONSHIPS

NCAA Cross Country West Regional

2009 - 33rd, 31:37.10

2007 - 24th, 30:49

Pac-10 Track Championships

2010 - 1,500 Meters, 2nd, 3:41.83

2010 - 5,000 Meters, 3rd, 13:46.87

2010 - 3,000 Meter Steeplechase, 4th, 8:52.62

2008 - 1,500 Meters, 2nd, 3:42.34

2008 - 5,000 Meters, 5th, 14:25.35

2007 - 1,500 Meters, 5th, 3:48.30

Pac-10 Cross Country Championships

2009 - 15th, 23:38.50

2007 - 12th, 23:24

2008-09: Member of Oregon's NCAA Championship distance medley relay team, that ran 9:29.59 to help the Ducks win their first NCAA Indoor national title. Earned his fourth career All-America award. His relay team was just 0.20 off the school record. Also qualified for the NCAA Indoor meet in the mile. Took second in the mile at the MPSF Championships (4:01.89). Ran a season-best 4:00.11 at the Husky Last Chance Qualifier to gain entrance to the NCAA Championships, where he finished 13th (4:05.72). Redshirted the outdoor season. Competed in one cross country race, taking 28th at the Bill Dellinger Invitational (24:59.44) as Oregon's No. 7 runner. **Season Bests:** Indoors - Mile - 4:00.11, Husky Last Chance Qualifier, Seattle, Wash. (3/7/09).

2007-08: All-American in the 1,500 meters and the indoor mile. Qualified for the 2008 U.S. Olympic Trials in the 1,500 meters where he finished eighth in his semifinal heat (3:44.96). Earned All-America status in the 1,500 with his ninth-place finish at the NCAA Championships (3:43.95). Accounted for 12 points in helping the Ducks win their fourth Pac-10 Championship in the last six seasons by finishing second in the 1,500 meters (3:42.34) and fifth in the 5,000 meters (14:25.35). Posted a seasonal-best 1,500 meter time of 3:40.52 at the Cardinal Invitational. Helped Oregon defeat UCLA during an April dual meet by winning the 1,500 meters (3:46.87). Indoors, broke Steve Prefontaine's 35 year-old indoor mile school record (3:59.2) by running 3:58.52 at the Husky Last Chance Qualifier. Earned indoor All-America honors by finishing third in the mile (4:04.90) at the NCAA Championships. Clocked PR of 7:57.45 in the 3,000 meters at the Husky Classic. Helped the distance medley relay team break the school record (9:34.06) at the USATF Indoor Championships in Boston. Was named the cross country Pac-10 Newcomer of the Year. In his first fall season, was one of nation's top freshmen and a consistent contributor for the national champion Ducks with top-six team finishes in his last five races of the year. Was the top freshman in the Pac-10 Championships (12th, 23:24), and was named to the All-West Region team. **Season Bests:** Outdoors - 1,500 Meters - 3:40.52, Cardinal Invitational, Stanford, Calif. (5/4/08); 5,000 Meters - 13:50.20, Oregon Relays, Eugene, Ore. (4/25/08). Indoors - Mile - 3:58.52, Husky Last Chance Qualifier, Seattle, Wash. (3/8/08); 3,000 Meters - 7:57.45 (PR), Husky Classic, Seattle, Wash. (2/16/08).

2006-07: All-American in the indoor mile. Outdoors on track, earned an NCAA at-large invitation in the 1,500 meters after he ranked second for team in the Pac-10 Championships (fifth, 3:48.30) and West Regional (ninth, 3:48.43). Sped to a 6.26-second season best in April's Oregon Invitational (3:42.40) that was the second-fastest time nationally by a freshman and tops overall on the team. Closed outdoor season by defending his USA Junior Championships 1,500 meter title (3:49.53). In July, finished second in Pan American Junior Championships, only .01 seconds behind UO teammate Matthew Centrowitz. Indoors, made second-ever NCAA mile appearance by a Duck. Ranked eighth among collegians in mile at indoor regular season's end with a seasonal best from the Husky Last Chance Qualifier (4:00.37). Also was an NCAA provisional qualifier at 3,000 meters (8:02.80). Redshirted in cross country. **Season Bests:** Outdoors - 1,500 Meters - 3:42.40, Oregon Invitational, Eugene, Ore. (4/20/07); 5,000 Meters - 14:10.47, Stanford Invitational, Stanford, Calif. (3/31/07). Indoors - Mile - 4:00.37, NCAA Last Chance Qualifier, Seattle, Wash. (3/3/07); 3,000 Meters - 8:02.80, Mountain Pacific Championships, Seattle, Wash. (2/24/07).

Prep: All-American. Won 2006 U.S. Junior Championships 1,500 meters (3:45.95) to earn a spot on U.S. Junior World Championships team, where he finished 18th at the IAAF World Junior Championships. Ran 1,500 prep best as senior in the Oregon Twilight in Eugene (3:45.73). In senior fall campaign, won the 2005 Foot Locker Cross Country Championships after he placed ninth as a junior. Won California state cross country title as senior, and was second as a junior. On the track in 2006, won state 1,600 meters (4:04.95) and was second in the 3,200 meters (8:59.15). Was also a state qualifier in the 1,600 meters and 3,200 meters as a junior and senior, and also in the 1,600 meters as a sophomore. Tabbed Track and Field News Runner of the Month in December 2005 after his Foot Locker win.

Personal: Double major in economics and business administration.





O DELLINGER INVITATIONAL
A.J. ACOSTA



Bryce Burgess

Pac-10 cross country competitor as a sophomore. Two-time state 6A cross country and 3,000 meter champion hails from a long line of talented Oregon natives running for the Ducks.

2009-10: Outdoors - Made season debut in the 5,000 at the Stanford Invitational (14:40.29). Also ran that distance in the UCLA dual meet. Was eighth in the 5,000 meters in a personal best 14:27.90 at the Oregon Relays. Pac-10 all-academic honorable mention. Indoors - Lone appearance was in the 3,000 meters at the MPSF Championships (8:17.16). Cross Country - Made Oregon debut at the Pre's Trail Pre-View where he ran second. Also placed second at the Mike Hodges Invitational. Saw action at the Bill Dellinger Invitational. Made Pac-10 debut to begin the championships season (34th, 24:13.08). Pac-10 Cross Country All-Academic honorable mention. **Season Bests:** Outdoors - 1,500 Meters - 3:52.44 (PR), Oregon Twilight, Eugene, Ore. (5/8/10); 5,000 Meters - 14:27.90 (PR), Oregon Relays, Eugene, Ore. (4/30/10). Indoors - 3,000 Meters - 8:17.16 (PR), MPSF Championships, Seattle, Wash. (2/27/10).

2008-09: Redshirted the cross country and track seasons. Raced unattached three times, including a season-best 14:42.66 in the 5,000 meters at the Oregon Relays. In the fall, ran unattached twice, with a top-10 finish at the Mike Hodges Invitational. **Season Bests:** Outdoors - 5,000 Meters - 14:42.66, Oregon Relays, Eugene, Ore. (4/24/09).

Prep: Won back-to-back Oregon 6A state 3,000-meter titles as a junior (8:47.18) and senior (8:36.83). PR in the 3,000, 8:30.7 which was the top 3,000-meter time in the state and fourth nationally, came at the Noaln Reardon Memorial Hillsboro Relays. Also claimed the 2007 6A state cross country crown. The state's 2007 Gatorade Boys Cross Country award recipient also finished third in the 1,500 meters at the 2007 (3:59.80) and 2008 (3:56.00) state high school track championships. 2007 season best of 3:59.57 in the 1,500 ranked third in the state's class 6A, while his 3,000-meter best of 8:41.63 led the state encompassing all classifications. As a sophomore, finished seventh in the 4A state meet 3,000 with a time of 8:51.19. **High School Bests:** 800 Meters - 1:59.0; 1,500 Meters - 3:56.00; 3,000 Meters - 8:30.7; 5,000 Meters - 15:23.

Personal: Major is material and product studies.

**RS-Sophomore
Portland, Ore.
Franklin High School
Distance**

Personal Bests
5,000 Meters - 14:27.90,
Oregon Relays,
Eugene, Ore., 4/30/10

Pac-10 Cross Country Championships
2009 - 34th, 24:13.08







Matthew Centrowitz

A two-time Pac-10 champ at 1,500 meters after defending his title in 2010. Part of Oregon's memorable 1-2-3 1,500 meters sweep at the 2010 NCAA Championships. Ranked fourth in school history in the 1,500. A 2010 1,500 meter finalist at the USA Championships. The No. 1-ranked collegian at 1,500 meters (3:36.92, seventh fastest in NCAA history) in 2009 was tabbed the Pac-10's Track & Field Newcomer of the Year. The 2009 Pac-10 and NCAA West Regional champion at 1,500 meters. Scored points with his sixth place finish in the mile to help Oregon win its first ever NCAA Indoor Track & Field national title in 2009. Was a 2009 All-American in cross country, helping Oregon to a runner-up finish at the NCAA Championships with a 27th-place finish. Won the 5,000 meters at the 2008 USA Junior Outdoor Track & Field Championships to advance to the World Championships.

Senior
Arnold, Md.
Broadneck High School
Middle Distance
Pac-10 T&F Newcomer of the Year
2-Time Pac-10 Champion
(1,500 Meters, twice)
3-Time All-American

Personal Bests

- 1,500 Meters** - 3:36.92, Cardinal Invitational, Stanford, Calif., 5/2/09
- 5,000 Meters** - 13:47.73, Stanford Invitational, Stanford, Calif., 3/26/10
- Mile** - 3:57.92 (i), Husky Classic, Seattle, Wash., 2/14/09
- 3,000 Meters** - 7:55.90 (i), MPSF Championships, Seattle, Wash., 2/28/09

NCAA Outdoor Track Championships

- 2010 - 1,500 Meters, 3rd, 3:48.08
- 2009 - 1,500 Meters, p-9th, 3:43.19

NCAA Indoor Track Championships

- 2009 - Mile, 6th, 4:02.69
- 2009 - 3,000 Meters, 12th, 8:10.73
- 2008 - DMR, 9th, 9:36.80

NCAA Cross Country Championships

- 2009 - 27th, 30:09.5
- 2008 - 45th, 29:27.8

NCAA West Regional Track Championships

- 2010 - 1,500 Meters, 2nd, 3:46.09
- 2009 - 1,500 Meters, 1st, 3:38.30

NCAA Cross Country West Regional

- 2009 - 73rd, 32:29.80

2009-10: Pac-10 champion at 1,500 meters and the NCAA third-place finisher in the event. Outdoors - Ranks ninth nationally at 1,500 meters and 19th at 5,000 meters. Part of Oregon's historic 1-2-3 sweep of the 1,500 meters at the NCAA championships, finishing third in 3:48.08 behind teammates Andrew Wheatling (3:47.94) and A.J. Acosta (3:48.01). Was third in his semifinal heat in 3:41.27 to make the final. Two weeks earlier at the NCAA West Regional, ran a controlled 3:50.27 for a runner-up finish in the opening round and then took his quarterfinal heat in 3:46.09 to advance to Eugene. Defended his Pac-10 1,500 meter title, running a season-best 3:41.16, to become the first Duck to win back-to-back titles at that distance since Rudy Chapa in 1978-79 as Oregon captured its fourth straight league crown. Helped Oregon win its first two "Wagon Wheels" at the Penn Relays as he ran the lead leg on the distance medley relay (9:30.69) and the anchor on the mile relay (16:15.14). Won the mile at the Oregon Twilight in an outdoor personal best 3:59.33. Won the 1,500 meters in 3:46.29 to help the Ducks win the Pepsi Team Invitational. Set a personal best in the 5,000 at the Stanford Invitational, running 13:47.73 to finish fifth. Opened season with a win in the 1,500 meters at the Oregon Preview in 3:48.97. Following the collegiate season, impressed at the USA Track & Field Championships, where he ran a 3:40.14 semifinal to advance. In the final, had a big push at the finish to take fifth in 3:51.81 as the top collegian in the field. Indoors - Redshirt season. Cross Country - All-American had a terrific start to the season as Oregon's top runner (fourth overall) at the Bill Dellinger Invitational in 23:39.87. Took 27th at the Pre-National Invitational (24:22.8, 8,000 meters) as Oregon's No. 4 runner to help the Ducks capture the team victory. Established career best at the Pac-10 Championships with a fifth-place finish (23:09.35) as Oregon's No. 2 runner. Also raced in his first career NCAA West Regional. Sparked Oregon's second-place finish at the NCAA Championships by placing 27th individually — one of four Ducks in the top 31 — to earn his first career cross country All-America award. **Season Bests:** Outdoors: 800 Meters - 1:51.29 (PR), Pepsi Team Invitational, Eugene, Ore. (4/10/10); 1,500 Meters - 3:41.16, Pac-10 Championships, Berkeley, Calif. (5/16/10); Mile - 3:59.33 (PR), Oregon Twilight, Eugene, Ore. (5/8/10); 5,000 Meters - 13:47.73 (PR), Stanford Invitational, Stanford, Calif. (3/26/10).

2008-09: Vital component of two NCAA Championship teams - Cross Country and Indoor Track & Field - as well as leading the nation outdoors in the 1,500 meters (3:36.92) and earning Pac-10 Track & Field Newcomer of the Year honors. Season got off to a strong start in the mile indoors where he briefly set the school record at the Husky Classic, running 3:57.92, before Galen Rupp clipped that mark by .06 late in the season. Finished indoor campaign with a sixth-place finish at the NCAA Championships in 4:02.69 to help Oregon win its first-ever NCAA Indoor title. Also qualified for the indoor championships at 3,000 meters, where he placed 12th (8:10.73). Won the MPSF title at that distance in 7:55.90, the fifth-best time indoors at Oregon. Outdoors, helped the Ducks defeat UCLA with a second-place finish at 1,500 meters (3:47.77) before his eye-popping turn of 3:36.92 at the Cardinal Invitational. That time ranked third all-time at Oregon and was less than half a second off the school record of 3:36.48 set by Olympic gold medalist Joaquim Cruz in 1984. It was the seventh-fastest time in NCAA history, and garnered Pac-10 athlete of the week honors. Ran lead leg of Oregon's thrilling collegiate record in the 4x1 mile relay (16:03.24) at the Oregon Twilight. At the Pac-10 Championships, led a 1-2-3 Oregon sweep in the 1,500 meters (3:51.00) as the Ducks won their third straight Pac-10 title. Went on to win the NCAA West Regional in 3:38.30. Suffered a setback due to a stress fracture prior to his first NCAA Outdoor Championships, but still fought gamely to a ninth-place finish in his provisional heat. Also set a PR at 5,000 meters, running 13:49.15 at the Oregon Relays. In the fall, helped Oregon win its second straight NCAA Cross Country Championship as the Ducks' No. 4 runner at the national meet. Finished 45th overall in his championships debut in 30:21.3. Varsity opener came at the Pac-10 Championships where he helped Oregon to its third straight title with his 11th place showing (fifth on the team) in 23:47.95. Also successful running unattached at the Mike Hodges Invitational, where he tied Andrew Wheatling for first, and at the Bill Dellinger Invitational, where he was ninth. Named the team's George Scharpf Outstanding Athlete Award winner. **Season Bests:** Outdoors: 1,500 Meters - 3:36.92 (PR), Cardinal Invitational, Stanford, Calif. (5/2/09);





Pac-10 Track Championships
 2010 - 1,500 Meters, 1st, 3:41.16
 2010 - 5,000 Meters
 2009 - 1,500 Meters, 1st, 3:51.00
 2009 - 5,000 Meters

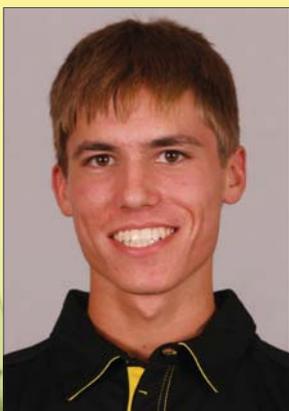
Pac-10 Cross Country Championships
 2009 - 5th, 23:09.35
 2008 - 11th, 23:47.95
 2007 - 27th, 23:46

5,000 Meters - 13:49.15, Oregon Relays, Eugene, Ore. (4/24/09). Indoors: Mile - 3:57.92 (PR), Husky Classic, Seattle, Wash. (2/14/09); 3,000 Meters - 7:55.90 (PR), MPSF Championships, Seattle, Wash. (2/28/09).

2007-08: After redshirting the outdoor NCAA season, won the 5,000 meters at the USA Junior Track & Field Championships in June, running 14:44.67. Advanced to the World Junior Championships, where he finished 11th in a season-best 13:58.31. Indoors, placed fourth in the mile at the Husky Classic (4:00.26) and sixth in that event at the UW Indoor Invite (4:03.08). Was a member of the distance medley relay team that placed ninth at the NCAA Championships (9:36.80). Competed in two cross country races for Oregon. Claimed a top-30 finish at the Pac-10 Championships as a true freshman (27th, 23:46). Opened his collegiate career in late September at the Bill Dellinger Invitational. **Season Bests:** Outdoors: 5,000 Meters - 13:58.31, World Junior Championships, Bydgoszcz, Poland (7/13/08). Indoors: 800 Meters - 1:51.57 (PR), Husky Last Chance Qualifier, Seattle, Wash. (3/8/08); Mile - 4:00.26, Husky Classic, Seattle, Wash. (2/24/08); 3,000 Meters - 8:13.19, USATF Indoor Championships, Boston, Mass. (2/23/08).

Prep: Finished eighth in the 2006 Foot Locker National Cross Country Championships as a senior. Earlier in the fall season, he placed fifth in the Foot Locker Northeast Regional and won his third Maryland 4A state cross country title. On the track, won the 2007 Pan American Junior Championships 1,500 meter title (3:56.63) over Duck teammate A.J. Acosta by .01 seconds, two weeks after they reversed their places and were .01 seconds apart in the USA Junior Championships (3:49.53/3:49.54). In mid-June, Centrowitz won the 2007 Nike Outdoor Nationals 2-Mile (8:41.55) in the third-fastest time in prep history. Two weeks before, he ran a mile best (4:03.40) in the Reebok Grand Prix. As a junior in the spring of 2006, he won the Penn Relays 3,000 meters in 8:20.09, a time that ranked him second on the national season best list. At the state level, he won the 1,600 meter title as a senior (state meet record 4:04.09) and 3,200 meter title as a junior (9:13.68), and also placed top five as a sophomore (second) and freshman (fourth).

Personal: Sociology major. His father Matt Centrowitz was a two-time Olympian and All-America distance runner for Oregon.



Ben DeJarnette

Showed solid improvement at 1,500 and 5,000 meters as a freshman. Performances helped Oregon win the Pepsi Team Invitational and defeat UCLA. Virginia state 3,200 meter outdoor and indoor champion comes across the nation to compete for the Men of Oregon.

2009-10: Outdoors - Varsity debut was in the 5,000 meters at the Stanford Invitational (14:38.02). Came back to run the 1,500 meters at the Pepsi Team Invitational (3:50.69). Doubled in both events against UCLA, going 3:50.08 in the 1,500 and 14:37.59 in the 5,000. Established personal best in the 5,000 meters at the Oregon Relays, 14:26.47. Indoors - Opened season with a solid 8:12.49 in the 3,000 meters at the Husky Classic. Ran 4:06.96 in the mile at the MPSF Championships. Also ran mile leg on the distance medley relay team that took seventh at the MPSF meet (9:53.68). Cross Country - Redshirt season. Posted an unattached eighth-place run at the Mike Hodges Invitational. Also unattached in a third-place finish at the Beaver Classic (24:38, 8,000 meters). **Season Bests:** Outdoors - 1,500 Meters - 3:50.08 (PR), UCLA Dual, Eugene, Ore. (4/17/10); 5,000 Meters - 14:26.47 (PR), Oregon Relays, Eugene, Ore. (4/30/10). Indoors - Mile - 4:06.96 (PR), MPSF Championships, Seattle, Wash. (2/27/10); 3,000 Meters - 8:12.49 (PR), Husky Classic, Seattle, Wash. (2/13/10).

Prep: After finishing second in both the 1,600 meters (4:14.84) and the 3,200 meters (9:25.18) at the 2008 Virginia state meet, broke through with a win at 3,200 meters as a senior in 2009. Ran a season-best 9:06.28 to claim that title. Additionally, won the Virginia state indoor 3,200 meter title. Also as a senior, ran a season-best 4:16.01 to win the 1,600 meters at the Central Region Meet before finishing sixth at that distance at the state championships (4:16.14). In cross country, finished second in the 2008 Virginia State AAA meet as a senior after winning the Central Regional Championships. Named the Richmond Times Dispatch Runner of the Year for the season, during which he also won the McDonald's XCcountry Festival at Maymont and the Capital District meet. Also named the 2009 Richmond Times Dispatch Scholar-Athlete of the Year. **High School Bests:** 1,600 Meters - 4:14.84, 2008; Mile - 4:15.64, 2009; 3,200 Meters - 9:06.28, 2009.

Personal: Major is journalism.

**RS-Freshman
 Mechanicsville, Va.
 Atlee High School
 Distance**

Personal Bests
 1,500 Meters - 3:50.08,
 UCLA Dual,
 Eugene, Ore., 4/17/10
 5,000 Meters - 14:26.47,
 Oregon Relays,
 Eugene, Ore., 4/30/10
 Mile - 4:06.96 (i),
 MPSF Championships,
 Seattle, Wash., 2/27/10
 3,000 Meters - 8:12.49 (i),
 Husky Classic,
 Seattle, Wash., 2/13/1010







Mac Fleet

National runner-up in the indoor mile in 2010 set the school record in that event (3:57.70). Pac-10 scorer at 1,500 meters. U.S.A. and Pan American Junior Champion (1,500 meters) was also the California cross country and 1,500 meter titlist as a prep senior. Heads an impressive class of distance and middle-distance freshmen. Nationally, ranked second in the mile (4:02.90) and sixth at 800 meters (1:50.31) among all high schoolers in 2009.

Sophomore
San Diego, Calif.
University City High School
Middle Distance
School Record (Mile-i)
All-American

Personal Bests
800 Meters - 1:49.19,
 Pepsi Team Invitational,
 Eugene, Ore., 4/10/10
1,500 Meters - 3:43.21,
 Pac-10 Championships,
 Berkeley Calif., 5/16/10
Mile - 3:57.70 (i),
 Husky Classic,
 Seattle, Wash., 2/13/10

NCAA Indoor Track Championships
 2010 - Mile, 2nd, 4:01.63

NCAA West Regional Track Championships
 2010 - 1,500 Meters, 15th, 3:44.13

NCAA Cross Country West Regional
 2009 - 49th, 31:58.69

Pac-10 Track Championships
 2010 - 1,500 Meters, 6th, 3:43.21

Pac-10 Cross Country Championships
 2009 - 33rd, 24:11.74

2009-10: Outdoors - Ranked 20th nationally at 1,500 meters (third among freshmen). Finished sixth in the 1,500 meters at the Pac-10 Championships in a personal-best 3:43.21. Thrilled crowd in his Hayward Field debut by winning the 800 meters in a personal-best 1:49.19 to help Oregon win the Pepsi Team Invitational. Came back a week later and captured the 1,500 meters against UCLA in a personal-best 3:46.62 to help Oregon win that dual meet. Was named the Pac-10 athlete of the week after running in three relays - two wins and a runner-up - at the Penn Relays. Ran the 800 leg on Oregon's winning distance medley relay (9:30.60), led off the winning four-mile relay (16:15.14) and had the second leg on the runner-up 4x800 meter relay (1:47.64). Set an outdoor personal best in the mile at the Oregon Twilight, running 3:59.88. Finished solid freshman season at the NCAA West Regional, where he ran 3:45.08 in the opening round of the 1,500 to advance to the quarterfinals where he placed 15th in 3:44.13, which was less than a second off his PR. Indoors - The national runner-up in the mile. Broke Galen Rupp's school record in the indoor mile by clocking 3:57.70 at the Husky Classic on Feb. 13. Was second overall and the top collegian in that race as his time was an NCAA automatic qualifier. Two weeks earlier at the Texas A&M Challenge, helped Oregon record the fastest distance medley time in the nation, 9:29.82, running as the lead (1,200 meter) leg. Also ran 4:03.49 to win the mile at that meet. Ran the 800 leg on the DMR squad that took seventh at the MPSF meet (9:53.68). At his first NCAA Championships, was the national runner-up in the mile, finishing in 4:01.63 as the top freshman in the race to help Oregon tie for second in the team competition. Cross Country - Competed unattached at the Bill Dellinger Invitational, but was Oregon's top freshman finisher (26th, 24:18.88). In his varsity debut, finished in the top 25 percent of the field at the Pre-National Invitational (52nd, 24:42.3, 8,000 meters). Made Pac-10 debut to begin the championships season (33rd, 24:11.74). Was also Oregon's only freshman to run at the NCAA West Regional. **Season Bests:** Outdoors - 800 Meters - 1:49.19 (PR), Pepsi Team Invitational, Eugene, Ore. (4/10/10); 1,500 Meters - 3:43.21 (PR), Pac-10 Championships, Berkeley, Calif. (5/16/10); Mile - 3:59.88 (PR), Oregon Twilight, Eugene, Ore. (5/8/10). Indoors - Mile - 3:57.70 (PR), Husky Classic, Seattle, Wash. (2/13/10).

Prep: The 2009 Pan American Junior Champion in the 1,500 meters was also the California state champion in both cross country and at 1,600 meters as a senior. After winning the cross country title his senior season in 16:00 (3.04 mile course), cemented his status as one of the nation's top prep runners by winning the junior mile at the Feb. 7 Reebok Boston Indoor Games in 4:09.06. Outdoors as a senior, captured his first CIF title at 1,600 meters, running a personal-best 4:05.33 in the state final. He was also the city champion at 800 meters and ran a prep-best 1:50.31 at that distance at the Triton Invitational early in the season. During the summer of 2009, set a high school best in the mile by running 4:02.90 at the Portland Track Festival before going on to win the national title at 1,500 meters (3:47.44) at the U.S. Junior Track and Field Championships in Eugene. Then, claimed his first international victory by winning the 1,500 meters at the Pan American Junior Championships in 3:48.04. He was named the San Diego Union-Tribune Runner of the Year. As a junior, finished third in the state at 1,600 meters in 4:13.33. During his sophomore season, was ninth in the state cross country meet (15:37, 5,000 meters) and second in the 1,600 meters (4:08.09). **High School Bests:** 800 Meters - 1:50.31, 2009; Mile - 4:02.90, 2009; 1,600 Meters - 4:05.33, 2009; 3,200 Meters - 9:03.79.

Personal: Major is undeclared.





PAC-10
CROSS COUNTRY
240
CHAMPIONSHIPS

PAC-10
CROSS COUNTRY
230
CHAMPIONSHIPS



Elijah Greer

Pac-10 runner-up at 800 meters and an NCAA semifinalist at that distance. Already ranks sixth on the school's 800 meters list (1:46.99). 2010 USA Championships semifinalist at 800 meters. Four-time state champion ranked second nationally at 800 meters among all U.S. high school runners in 2009. Owns the fifth-fastest 800 time in U.S. high school history, 1:47.68 from the 2008 USATF Junior Track and Field Championships. Pulled off an impressive double victory at the 2009 Oregon state championships, winning both the 800 meters and 1,500 meters.

RS-Freshman
Lake Oswego, Ore.
Lake Oswego High School
Middle Distance
2-Time All-American

Personal Bests

800 Meters - 1:46.99,
 NCAA Championships,
 Eugene, Ore., 6/9/10
1,500 Meters - 3:50.56,
 OSAA State Championships,
 Eugene, Ore., 5/23/09
Mile - 4:05.35,
 Oregon Twilight,
 Eugene, Ore., 5/8/10

NCAA Outdoor Track Championships
 2010 - 800 Meters, 10th, 1:46.99

NCAA Indoor Track Championships
 2010 - 800 Meters, 10th, 1:50.55

NCAA West Regional Track Championships
 2010 - 800 Meters, 3rd, 1:49.51
 2010 - 4x400 Meters Relay, 17th, 3:08.34

Pac-10 Track Championships
 2010 - 800 Meters, 2nd, 1:48.66
 2010 - 4x400 Meter Relay, 4th, 3:10.13

2009-10: Outdoors - Ranked 16th nationally at 800 meters and was third-best among freshmen. Was the Pac-10 800 meter runner-up, finishing in 1:48.66. Also ran the third leg on Oregon's fourth-place 4x400 meter relay team (3:10.13) as the Ducks won their fourth straight Pac-10 title. Won both of his races at the NCAA West Regional to advance to the NCAA Championships. At the Regional, won his 800 first round race in 1:49.23 and then took his quarterfinal heat in 1:49.51. Ran a personal-best in the semifinals in Eugene, finishing third in his heat in 1:46.99. Finished 10th overall and won his second career All-America award with the sixth-fastest time in school history. Ran the third leg on Oregon's 4x800 relay team that placed second at the Penn Relays (7:15.55). Solid run in the 800 at the Oregon Relays (1:48.09). Set a seasonal-best in the mile at the Oregon Twilight (4:05.35). Took third in the 800 meters (1:50.62) in the dual meet with UCLA in his Hayward Field debut. After the collegiate season, ran 1:47.92 in his preliminary 800 heat to move on to the semis, where he ran 1:47.62 and missed the final by .02. Indoors - All-American (800 meters). Ran an NCAA automatic time in the 800 meters at the Feb. 13 Husky Classic. His time, 1:47.33, ranked third nationally and is the second-best in school history. Two weeks earlier, helped Oregon record the top distance medley time in the nation, 9:29.82, at the Texas A&M Challenge. Ran the 800 meter leg on the relay that ranks third in school history. Also clocked a 1:50.11 third place finish in the 800 at Texas A&M. Opened season by setting the school record in the 600 meters (1:18.01). At his first NCAA Indoor Championships, earned All-America status by finishing 10th overall in 1:50.55. Cross Country - Redshirt season. **Season Bests:** Outdoors - 800 Meters - 1:46.99 (PR), NCAA Championships, Eugene, Ore. (6/9/10); Mile - 4:05.35 (PR), Oregon Twilight, Eugene, Ore. (5/8/10). Indoors - 800 Meters - 1:47.33 (PR), Husky Classic, Seattle, Wash. (2/13/10).

Prep: Capped senior season by winning the state 800 meter title for the second year in a row (1:59.51) and claiming his second career 1,500 meter crown (3:50.56) for Lake Oswego High School. Also won the 800 as a junior (1:50.60) and the 1,500 as a sophomore (3:57.76). His last two years of high school also saw him post eye-catching times in national and international competition. Ran the fourth-fastest junior 800 meter time in U.S. history, 1:47.68, to win the event at the 2008 USATF Junior Outdoor Track and Field Championships in Columbus, Ohio. That sent him to his first IAAF World Junior Championships in Bydgoszcz, Poland, where he advanced to the semifinals. It was also the fastest time ever run by a junior and broke the Oregon state high school record. As a senior, his season-best time of 1:48.97 at the Oregon Twilight ranked second nationally, while his time in the mile from the Portland Track Festival, 4:08.08, ranked 10th nationally. Was a three-time Three Rivers League district champion at 800 meters and a two-time winner at 1,500 meters. Also ran cross country for Lake Oswego and finished ninth in the state as a senior and 15th as a junior. Won the district meet as a senior. Named the Johnny Carpenter Prep Athlete of the Year at the 2008 Oregon Sports Awards. **High School Bests:** 400 Meters - 50.31, 2008; 800 Meters - 1:47.68, 2008; 1,500 Meters - 3:50.56, 2009; Mile - 4:08.08, 2009.

Personal: Major is business administration.



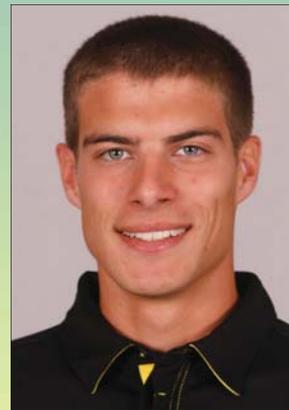
Mitchell Hunt

One of a handful of young Oregon runners looking to take the next step. Three-time state champion (twice at 3,200 meters and once at 1,600 meters) comes to Oregon from Nebraska after being selected as that state's Gatorade Athlete of the Year.

2009-10: Outdoors - Made varsity debut in the 5,000 meters at the Stanford Invitational (14:35.97). Best 5,000 of the season came at the Oregon Relays (14:31.13). Also ran the 3,000 meter steeplechase at the Pepsi Team Invitational and the 2,000 steeple at the Oregon Preview. Was in the 1,500 meters against UCLA (3:54.61) and at the Oregon Twilight. Indoors - Redshirt season. Cross Country - Redshirt season. Ran unattached at the Bill Dellinger Invitational, Mike Hodges Invitational (seventh) and Beaver Classic. **Season Bests:** Outdoors - 5,000 Meters - 14:31.13 (PR), Oregon Relays, Eugene, Ore. (4/30/10).

Prep: Swept the Nebraska state 3,200 meter and 1,600 meter races as a senior for Fremont High School to earn Gatorade Athlete of the Year honors. Took the 1,600 meters in 4:21.09 and the 3,200 in 9:28.40. Placed fifth in the 800 meters (1:57.87). Was the 2008 Nebraska state champion at 3,200 meters (9:25.32), after finishing sixth in the 3,200 meters as a sophomore (9:53.08). Also scored points as a junior in the 1,600 meters, where he finished second (4:26.60) and the 800 meters (eighth, 1:57.18), and ran the lead leg of Fremont's second-place 3,200 meter relay team. In cross country, ran fourth at the 2008 Nebraska Class A Championships in a time of 16:38. Won the 2007 UNK Class A Cross Country Invite, covering the 5,000 meter course in 16:26.37, and was 13th at the Nebraska Class A Cross Country Championships as a junior (16:49.68). **High School Bests:** 800 Meters - 1:57.18; 1,600 Meters - 4:21.09, 2009; 3,200 Meters - 9:25.32, 2008.

Personal: Major is undeclared.



RS-Freshman
Fremont, Neb.
Fremont High School
Distance

Personal Bests
5,000 Meters - 14:31.13,
Oregon Relays,
Eugene, Ore., 4/30/10

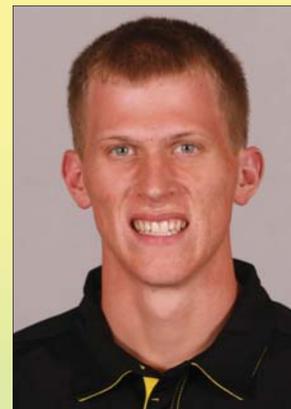
Elliott Jantzer

Looking to join the Men of Oregon after redshirting the 2009-10 season. The Nike Cross Nationals qualifier was the 4A state champion at 1,500 meters and 3,000 meters, and in cross country as a senior. Ranked second among all state classifications at 3,000 meters (8:33.45) as a senior. Set that mark at the Oregon Relays, a meet record. Won nine state track and cross country titles in high school.

2009-10: Outdoors - Redshirt season. Competed unattached in the 3,000 meters at the Oregon Preview. Indoors - Redshirt season. Cross Country - Redshirt season.

Prep: Nine-time 4A state champion for Phoenix High School. Nike Cross Nationals qualifier. Two-time Oregon state cross country champion, taking titles his junior (15:35) and senior (15:42.8) seasons. Was third in cross country as a sophomore (16:16). On the track, captured seven state titles, including three straight at both 1,500 and 3,000 meters. As a sophomore, won the 1,500 in (4:00.10) and the 3,000 meters (8:45.18). His junior year saw wins come in 3:58.53 at 1,500 meters and 8:40.47 at 3,000 meters. Recorded his best times yet as a senior, winning the 1,500 meters in 3:57.14 and the 3,000 in 8:43.40. Time in the 1,500 final ranked as the third best in the state. Earlier his senior year ran the 3,000 meters in 8:33.45 at the Oregon Relays, which ranked as the second-best time among all Oregon prep classifications in 2009 and was also a meet record. Ran on Phoenix's 2009 state champion 4x400 meter relay team. Was also a two-time state scorer at 400 meters, placing third as a junior (49.46) and second as a senior (50.68). First scored at the state meet as a freshman in 2006 by placing third in the 3,000 meters (8:59.7). **High School Bests:** 400 Meters - 49.46, 2008; 800 Meters - 1:54.40, 2009; 1,500 Meters - 3:57.14, 2009; 3,000 Meters - 8:33.45, 2009.

Personal: Major is undeclared.



RS-Freshman
Medford, Ore.
Phoenix High School
Distance

Personal Bests
1,500 Meters - 3:57.14,
OSAA State Championships,
Eugene, Ore., 5/23/09
3,000 Meters - 8:33.45,
Oregon Relays,
Eugene, Ore., 4/24/09





Daniel Mercado

Double event scorer for Oregon's 2009 Pac-10 track title team and an NCAA Championships qualifier at 10,000 meters. Two-time All-American in cross country. Established PRs at 1,500 meters, 5,000 meters (indoors and outdoors) and 10,000 meters in 2009. Was Oregon's fifth scorer at the 2007 NCAA Cross Country Championships to help the Ducks capture the national crown. As a prep, was a Foot Locker Championships qualifier as a senior and USA Junior Championships 5,000 meter qualifier.

RS-Senior
West Covina, Calif.
West Covina High School
Distance
2-Time All-American

Personal Bests
5,000 Meters - 14:03.28 (i),
 MPSF Championships,
 Seattle, Wash., 2/27/09
10,000 Meters - 28:53.02,
 Stanford Invitational,
 Stanford, Calif. 3/27/09

NCAA Outdoor Track Championships
 2009 - 10,000 Meters, 14th, 29:22.54
 2008 - 10,000 Meters, 25th, 31:05.10

NCAA Cross Country Championships
 2009 - 31st, 30:15.4
 2007 - 41st, 30:37

NCAA Cross Country West Regional
 2009 - 14th, 31:02.80
 2008 - 33rd, 30:02.29
 2007 - 15th, 30:32.75

Pac-10 Track Championships
 2010 - 10,000 Meters, 13th, 30:03.90
 2010 - 5,000 Meters, 17th, 29:50.19
 2009 - 5,000 Meters, 8th, 14:16.72
 2009 - 10,000 Meters, 7th, 29:22.54
 2008 - 5,000 Meters, 16th, 14:39.24
 2008 - 10,000 Meters, 6th, 30:30.36

Pac-10 Cross Country Championships
 2009 - 13th, 23:34.85
 2008 - 17th, 24:10.71
 2007 - 28th, 23:46.7

2009-10: Outdoors - Took second in the 5,000 meters against UCLA in 14:16.14 to help the Ducks win that dual meet. Ran best 5,000 time at the Stanford Invitational (14:14.23). Took third in the 10,000 meters at the Oregon Relays in 30:01.47. Was a Pac-10 qualifier at 5,000 and 10,000 meters. Opened season in the 1,500 meters at the Oregon Preview. Indoors - Did not compete. Cross Country - Great fall culminated in his second career All-America certificate. Opened year with a third-place finish at the Pre's Trail Pre-View. Impressed with an eighth-place run (Oregon's No. 2) at the Bill Dellinger Invitational in 23:44.40. Followed that with perhaps the best performance of his career to date, a sixth-place run at the Pre-National Invitational (23:59.6, 8,000 meters) to help Oregon take the team title. Was Oregon's No. 4 runner at the Pac-10 championships where he placed 13th overall (23:34.85). Moved back up to the team's No. 2 runner at the NCAA West Regional, where he posted a regional personal-best 14th-place finish in 31:02.80 over 10,000 meters. His 31st-place finish (30:15.4) helped spur Oregon to second-place at the NCAA Championships. Run as Oregon's No. 4 scorer garnered All-America status for the first time since his freshman season. **Season Bests:** Outdoors - 5,000 Meters - 14:14.23, Stanford Invitational, Stanford, Calif. (3/26/10); 10,000 Meters - 30:01.47, Oregon Relays, Eugene, Ore. (5/1/10).

2008-09: Scored in two events at the Pac-10 Track Championships to help Oregon collect its third straight title. Also qualified for the NCAA Championships at 10,000 meters for the second straight year. Raced three times indoors, including a third-place showing at the MPSF Championships in the 5,000 meters where he ran a personal-best 14:03.28. Outdoors, ran a personal-best 28:53.02 10,000 meters at the Stanford Invitational, a time that just missed the Oregon top 10. Ran an outdoor PR at 5,000 meters (14:09.75) to finish third and help Oregon defeat UCLA. At the Pac-10 Championships, posted a seventh-place finish in the 10,000 meters (29:47.63) before coming back the next day to score another team point with an eighth-place showing at 5,000 meters (14:16.72). Capped season with a solid 10,000 meter run at the NCAA Championships where he placed 14th in 29:22.54. In cross country, raced in four meets, including the Pac-10 Championships and the NCAA West Regional. Finished fourth on the team and 15th overall (24:40.35) as Oregon won the Bill Dellinger Invitational. Had another top-20 finish at the Pac-10 Championships, placing 17th in 24:10.71 as Oregon's No. 7 runner, helping the Ducks win their third straight league title. Finished 33rd at the NCAA West Regional (30:02.29). **Season Bests:** Outdoors - 1,500 Meters - 3:51.14 (PR), Oregon Twilight, Eugene, Ore. (5/9/09); 5,000 Meters - 14:09.75 (PR), Oregon-UCLA Dual Meet, Eugene, Ore. (4/18/09); 10,000 Meters - 28:53.02 (PR), Stanford Invitational, Stanford, Calif. (3/27/09). Indoors - 5,000 Meters - 14:03.28 (PR), MPSF Championships, Seattle, Wash. (2/27/09).

2007-08: All-American in cross country and a Pac-10 scorer in the 10,000 meters. Also qualified for the NCAA Championships in the 10,000 meters. Saw action mainly at the 5,000- and 10,000-meter distances during the outdoor season. Ran an outdoor best 14:13.73 in finishing 14th in the 5,000 at the Oregon Relays. Broke 30 minutes in the 10,000 meters at the Cardinal Invitational, where he ran 29:04.24 to finish 19th. Pac-10 point-scorer in the 10,000 with a sixth-place finish (30:30.36). Made NCAA outdoor debut with a 25th-place finish at Drake (31:05.10). Also set PR in the 1,500 meters (3:51.18) in finishing sixth at the Oregon Preview. Indoors, ran a season-best in the 5,000 meters, 14:13.06, in finishing fifth at the MPSF Championships. In debut cross country season, scored in four of his five races. Overcame fall in second mile of NCAA finale to earn his first All-America honor and complete the scoring for the Ducks. Also scored for team as its fourth finisher in the Dellinger Invitational (15th, 23:53) and West Regional (15th, 30:33). **Season Bests:** Outdoors - 1,500 Meters - 3:51.18, Oregon Preview, Eugene, Ore. (3/22/08); 5,000 Meters - 14:13.73, Oregon Relays, Eugene, Ore. (4/25/08); 10,000 Meters - 29:04.24, Stanford Invitational, Stanford, Calif. (4/4/08). Indoors - 3,000 Meters - 8:23.93, Husky Classic, Seattle, Wash. (2/16/08); 5,000 Meters - 14:13.06, MPSF Championships, Seattle, Wash. (3/1/08).





2006-07: Redshirted outdoor and indoor track and cross country seasons. Competed unattached in four track races outdoors in the 1,500 meters and 5,000 meters. Clocked one of the fastest times by a collegiate freshman with his season best in the Oregon Invitational 5,000 meters (10th-section, 14:15.46). In cross country, raced unattached twice, in the Willamette Invitational (fourth, 24:15) and Mike Hodges Invitational (ninth, 19:22). **Season Bests:** Outdoors - 1,500 Meters - 3:52.54, Oregon Twilight, Eugene, Ore. (5/6/07); 5,000 Meters - 14:15.46, Oregon Invitational, Eugene, Ore. (4/20/07).

Prep: Led preps indoors in the 5,000 meters in 2006 (14:47.72). Capped senior cross country season with eighth-place finish in 2005 Foot Locker Championships after he took sixth place in West Regional and sixth in California state meet. In state track meet placed third in 3,200 meters as junior (9:09.15) and was sixth as a senior (9:20.35). Took seventh in 2005 USA Junior Championships 5,000 meters. His twin brother Diego is also a Foot Locker veteran and a 2006 USA Junior Championships 10,000 meter winner.

Personal: Philosophy major.



Luke Puskedra

The NCAA's top cross country freshman and the 2008 Pac-10 Newcomer of the Year leads the next generation of Oregon distance runners. Was one of only two freshmen nationally to earn All-America honors in cross country, indoor track and outdoor track. 2009 NCAA Indoor scorer at 5,000 meters for the national championships. Two-time Pac-10 scorer and NCAA Outdoor qualifier at 10,000 meters. Also earned selection in the 10,000 for the 2009 USA Track & Field Championships. Finished third at the USA Junior Cross Country Championships and represented Team USA at the World Championships. Repeat All-America selection for cross country, indoor track and outdoor track as a sophomore to bring his career total to six.

2009-10: Outdoors - Pac-10 scorer at 10,000 meters for the four-time champions, where he ran fourth in a season-best 29:15.36. Just missed scoring in the 5,000 at the Pac-10 meet, finishing ninth in a season-best 14:03.62. Followed that at the NCAA West Regional by finishing 12th in the 10,000 meters (29:47.54) to qualify for the NCAA Championships. There, he earned the sixth career All-America award by virtue of his 14th place finish in the 10,000 in 29:27.37. Earlier in the year, won the 10,000 meters at the Oregon Relays (29:30.20). Opened season in the 1,500 meters at the Oregon Preview. Placed fourth in the 5,000 meters at the Pepsi Team Invitational (14:10.83). Pac-10 all-academic honorable mention. Indoors - NCAA All-American (5,000 meters). An NCAA qualifier at both 3,000 and 5,000 meters. Hit provisional marks in both events at the Husky Classic. Ran 13:50.87 in an eighth place 5,000 meters finish on Feb. 12 and then came back in a personal best 7:57.42 in the 3,000 the next day. At the NCAA Championships, Was ninth in the 5,000 meters in 13:57.98 and 14th in the 3,000 in 8:22.47. Cross Country - Led Oregon's second-place finish at the NCAA Championships with his team-best 21st-place finish (30:01.9 10,000 meters), where he also picked up his fourth career All-America award. Paced Oregon to a second-place finish at the Pac-10 Championships with his fourth-place finish (23:05.04). Gained national attention with his win in the Blue race at the Pre-National Invitational in mid-October. Edged Andy Baker of Butler by five seconds, covering the 8,000 meter course in 23:40.2 to lead Oregon to the team title. Also paced Ducks at the NCAA West Regional, where he ran sixth in 30:48.40 over the 10,000 meter course. Opened season with an 11th-place finish (Oregon's No. 3 runner) at the Bill Dellinger Invitational in 23:53.96. Pac-10 Cross Country All-Academic second team. **Season Bests:** Outdoors - 5,000 Meters - 14:03.62, Pac-10 Championships, Berkeley, Calif. (5/16/10); 10,000 Meters - 29:15.36, Pac-10 Championships, Berkeley, Calif. (5/15/10). Indoors - 3,000 Meters - 7:57.42 (PR), Husky Classic, Seattle, Wash. (2/13/10); 5,000 - 13:50.87, Husky Classic, Seattle, Wash. (2/12/10).

Junior
Salt Lake City, Utah
Judge Memorial Catholic High School
Distance
2008 Pac-10 Cross Country
Newcomer of the Year
6-Time All-American

Personal Bests
5,000 Meters - 13:46.52 (i),
 Husky Classic,
 Seattle, Wash., 2/14/09
10,000 Meters - 28:34.17,
 Oregon Relays,
 Eugene, Ore., 4/24/09
3,000 Meters - 7:57.42 (i),
 Husky Classic,
 Seattle, Wash., 2/13/10

NCAA Outdoor Track Championships
 2010 - 10,000 Meters, 14th, 29:27.37
 2009 - 10,000 Meters, 11th, 29:20.18

NCAA Indoor Track Championships
 2010 - 3,000 Meters, 14th, 8:22.47
 2010 - 5,000 Meters, 9th, 13:57.98
 2009 - 5,000 Meters, 6th, 13:50.82





NCAA Cross Country Championships

2009 - 21st, 30:01.9
2008 - 5th, 29:27.8

NCAA West Regional Track Championships

2010 - 10,000 Meters, 12th, 29:47.54
2010 - 5,000 Meters, 31st, 14:41.61

NCAA Cross Country West Regional

2009 - 6th, 30:48.40
2008 - 6th, 28:45.48

Pac-10 Track Championships

2010 - 10,000 Meters, 4th, 29:15.36
2010 - 5,000 Meters, 9th, 14:03.62
2009 - 10,000 Meters, 4th, 29:18.11

Pac-10 Cross Country Championships

2009 - 4th, 23:05.04
2008 - 2nd, 23:32.11

2008-09: Impressive freshman campaign saw him place as the top freshman at the NCAA Cross Country Championships and then go on to win All-America honors for both indoor and outdoor track. Was one of only two freshmen nationally to accomplish that feat. Opened track season by running a personal best 13:46.52 in the indoor 5,000 meters at the Husky Classic. That time ranked as the fourth-best indoor mark at Oregon. After scoring at the NCAA Indoor Championships by finishing sixth in the 5,000 meters (13:50.82) and earning All-America honors for Oregon's first NCAA Indoor national champion, went on to earn a spot on Team USA's junior cross country team by finishing third at the 2009 U.S. championships. Helped the United States to a fifth place finish at the IAAF World Junior Cross Country Championships in Jordan in March. Returned to the track in April and helped Oregon defeat UCLA with his second place finish at 5,000 meters (14:03.45). Focused on 10,000 meters for the championship season and turned in an NCAA automatic time of 28:34.17 in a second-place finish at the Oregon Relays. That time ranks sixth all-time at the University. Helped Oregon to its third straight Pac-10 track championship with his fourth-place finish at 10,000 meters (29:18.11). Capped collegiate season with an All-America performance at 10,000 meters at the NCAA Championships where he placed 11th (29:20.18). Had one of his best times of the season in the 10,000 at the USA Track & Field Championships, where he finished 16th (29:11.32). In the fall, turned in the best freshman performance at the NCAA Championships by an Oregon runner since the legendary Steve Prefontaine finished third as a rookie in 1969. His fifth-place finish in 29:27.8 helped the Ducks win their second-straight NCAA Championship and the school's sixth overall title. Was one of three cross country All-Americans for Oregon, joining Galen Rupp and Shadrack Kiptoo-Biwott. Was named the Pac-10 Newcomer of the Year. Had four top-six finishes on the season. Ran sixth at the NCAA West Regional and third on the team in 28:45.48 as Oregon claimed its third straight NCAA West Regional title. Finished second at the Pac-10 Championships (23:32.11) to Rupp, helping Oregon win its third straight league title. Led the Ducks to the Bill Dellinger Invitational title as the top Oregon runner (third overall) in 24:06.90. Named the team's Perry Holloman Newcomer of the Year. **Season Bests:** Outdoors - 5,000 Meters - 14:03.45 (PR), Oregon-UCLA dual meet, Eugene, Ore. (4/19/08); 10,000 Meters - 28:34.17 (PR), Oregon Relays, Eugene, Ore. (4/24/09). Indoors - 3,000 Meters - 7:58.42, MPSF Championships, Seattle, Wash. (2/28/09); 5,000 - 13:46.52 (PR), Husky Classic, Seattle, Wash. (2/14/09).

Prep: Claimed Utah 3A state track championships in the 1,600 meters and 3,200 meters as a prep sophomore, junior and senior and the state cross country crown as a junior and senior. Set all-classifications records his senior year at 3,200 meters (8:54.40) and 1,600 meters (4:09.40). Became the first Utah prep runner to break 9:00 at 3,200 meters. Placed fifth at the 2007 Foot Locker National Cross Country Championships. He turned in the top high school mile time in the country (4:08.77) at the time in the 2008 Reebok Boston Indoor Games before he was clocked in one of the fastest prep 2-mile times in U.S. history in winning the Nike Indoor Nationals in 8:49.58. Was second in both the mile (4:06.60) and two-mile (8:47.06) at the Nike Outdoor Nationals. Took tenth in the two-mile at the 2008 Prefontaine Classic (8:46.41). The three-time Utah Boys Gatorade Player of the Year recipient (2007-08 track and 2007 cross country) posted at the time, the state's fastest 2-mile mark ever in the 2007 state meet (9:04.6) after finishing fourth in the Penn Relays high school boys mile in 4:25.11. Was the 2007-08 Salt Lake Tribune Athlete of Year (all sports) and a USA Today All-American at one and two miles. **High School Bests:** Mile - 4:06.60; 1,600 Meters - 4:09.40; Two Mile - 8:46.41; 3,200 Meters - 8:54.40.

Personal: Major is business administration.



Colby Alexander

Comes to Oregon on the heels of a strong senior year that saw him win a pair of Ohio Division I state titles at 1,600 meters. Set an Ohio state record in the indoor 1,600 (4:09.53). A 2010 USA Junior Track & Field qualifier in the 1,500 meters, where he ran a personal-best 3:50.89.

Prep: After being slowed by an injury as a junior, stormed back upon the national prep scene by winning a pair of 2010 Ohio Division 1 state 1,600 meter titles as a senior for Strongsville High School. Won the indoor state title in an Ohio indoor record 4:09.53. Came back in the spring to win the outdoor title in a personal best 4:09.44. Winning time was a state record. That victory came on the heels of a sweep in the 800 and 1,600 meters at the Northeast Ohio Conference Championship. Went on to compete at the 2010 USA Junior Track & Field Championships, where he placed fourth in the 1,500 meters in a personal-best 3:50.89. Took third in the mile at the 2010 Nike Indoor Nationals (4:11.46). Best time in the mile, 4:09.35, came at the 2010 adidas Grand Prix in New York City. Also competed in the mile at the 2010 New Balance Nationals (4:09.61). Was a 2009 Foot Locker nationals qualifier after finishing seventh at the regional meet in 15:49. Also ran at the 2009 Nike Outdoor meet. **High School Bests:** 800 Meters - 1:53.00, 2010; 1,500 Meters - 3:50.89, 2010; 1,600 Meters - 4:09.44, 2010; Mile - 4:09.35, 2010.

Personal: Major is undeclared.



Freshman Strongsville, Ohio Strongsville High School Distance

Personal Bests

1,500 Meters - 3:50.89,
USA Junior Track & Field Championships,
Des Moines, Iowa, 6/27/10
Mile - 4:09.35,
adidas Grand Prix,
New York, N.Y., 6/12/10

Brian Shrader

Thirteen-time Arizona state track and cross country champion brings a strong lineage of distance running to Eugene. Two-time Arizona Gatorade Runner of the Year.

Prep: Two-time Arizona Gatorade Runner of the Year was undefeated in cross country his junior and senior seasons for Sinagua High School. During the 2009 cross country season, won the Queen Creek Twilight Meet, the 4A II Grand Canyon Regionals and the Arizona State meet. Following the high school season, won the Foot Locker West Regionals before taking fifth at the Foot Locker Nationals. On the track, swept the 800, 1,600 and 3,200 meters at the 2010 state championships for the second year in a row. Won the 800 in a prep-best 1:51.14, took the 1,600 in 4:13.48 and the 3,200 in 9:14.40. Posted a runner-up finish in the 3,200 meters at the Arcadia Invitational in a personal-best 8:53.09. Was a three-time Arizona champion as a junior in 2009. Won state at 800 (1:52.89), 1,600 (4:13.01) and 3,200 (9:10.47) meters. A week later at the Arizona meet of champions (all classifications), captured the 1,600 meters in a personal-best 4:12.07. As a sophomore in 2008, was the state 2A 1,600 (4:20.04) and 3,200 (9:23.47) meter champion and was eighth in the 800. **High School Bests:** 800 Meters - 1:51.14, 2010; 1,600 Meters - 4:12.07, 2010; 3,200 Meters - 8:53.09, 2010.

Personal: Major is undeclared.



Freshman Flagstaff, Ariz. Sinagua High School Middle Distance

Personal Bests

800 Meters - 1:51.14,
Arizona 4A State Championships,
Mesa, Ariz., 5/15/10





Freshman
Austin, Texas
Cedar Park High School
Distance

Personal Bests
10,000 Meters - 29:32.23,
 IAAF World Junior Championships,
 Moncton, Canada, 7/20/2010

Parker Stinson

The two-time USA Junior Track & Field champion at 10,000 meters comes to Track Town, USA, on the heels of an extremely impressive prep running career. After winning the USA meet, went on to place sixth in the 10K at the IAAF World Junior Championships. Time at the World meet, 29:32.23, ranks No. 6 all-time on the U.S. high school list, Won the USA junior title at Hayward Field in 2009 and at Des Moines in 2010.

Prep: Captured back-to-back USA Junior Track & Field championships at 10,000 meters, running 31:18.13 ton win at Hayward Field in 2009 before coming back in 30:56.10 to defend his title in Des Moines in 2010. Wrapped up prep career with a sixth-place finish at the 2010 IAAF World Junior Championships in 29:32.23, a mark that is No. 6 all-time on the American junior list. Following his win in 2009, went on to finish third at the Pan American Junior Championships. As a senior for Cedar Park High School, took third in the state at 3,200 meters in 9:04.20. As a junior, had one of the nation's top 3,200 meter times, running 8:54.70 in winning the 2009 state 3,200 meter title. That time led the state of Texas and ranked ninth nationally. Took third in the state at 3,200 meters as a sophomore in 2008 (9:19.45). In cross country, placed third in the 2009 Texas State cross country championship and then ran 15:36.40 over the 5,000-meter course at Nike Cross Nationals, placing 16th. **High School Bests:** 1,600 Meters - 4:12.85, 2009; 3,200 Meters - 8:54.70, 2009; 10,000 Meters - 29:32.23, 2010.

Personal: Major is environmental science.



Freshman
Rogue River, Ore.
Rogue River High School
Middle Distance

Personal Bests
800 Meters - 1:52.48,
 OTC All-Comers Meet,
 Eugene, Ore., 6/10/09
1,500 Meters - 3:50.84,
 Oregon Relays,
 Eugene, Ore., 4/30/10
3,000 Meters - 8:45.10,
 Prefontaine Rotary Invitational,
 Coos Bay, Ore., 4/24/2010

Cole Watson

Seven-time state champion and a two-time USA Junior Track & Field Championships competitor comes to Eugene from one of Southern Oregon's finest prep programs. Won an impressive three state track titles as a junior in 2009 and another two at the 2010 championships.

Prep: Truly impressive record his final two years for Rogue River High School, capturing six state titles, including back-to-back wins at 1,500 meters. Capped senior year by qualifying for the 1,500 meters at the 2010 USA Junior Track & Field Championships. Began senior season by winning his first state cross country title (2009) and his time, 15:52, was the fastest of all six classifications over the 5,000 meter course. Followed that in the spring with state titles at 1,500 (3:55.76) and 3,000 (8:47.55) metes to help Rogue River finish second overall. Prep best time in the 1,500, 3:50.84, came at the 2010 Oregon Relays at Historic Hayward Field, while his best in the 3,000, 8:45.10, happened at the 2010 Prefontaine Rotary Invitational. Put on an impressive performance as a junior at the 2009 state 3A championships where he was a three-time champion, taking titles at 400 meters (50.57), 800 meters (1:56.85) and 1,500 meters (4:06.32). Was also the state 800 meter champion as a sophomore in 2008 (1:54.71). Was a 2009 USA Track & Field Junior Championships competitor in the 800 meters and was the 2009 recipient of the Nike Oregon Sports Awards Steve Prefontaine Award. Also a three-year starter for the Rogue River basketball team. **High School Bests:** 400 Meters - 50.57, 2009; 800 Meters - 1:52.48, 2009; 1,500 Meters - 3:50.84, 2010; 3,000 Meters - 8:45.10, 2010.

Personal: Major is business administration.



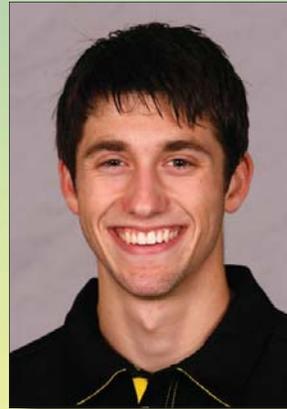
Others to Watch



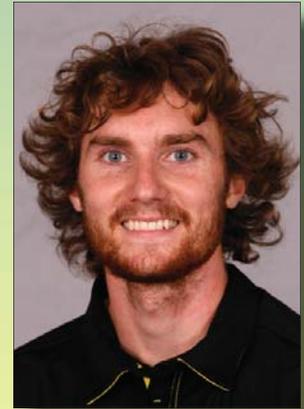
Walker Augustyniak
RS-Sophomore
Eugene, Ore.
South Eugene High School
Distance



Spencer Carter
RS-Junior
Greeley, Colo.
West High School/Arizona
Distance



Tim Costin
RS-Freshman
Springfield, Ore.
Springfield High School
Distance



Chris Kwiatkowski
RS-Junior
Bellingham, Wash.
Bellingham High School
Distance



Hank Morrison
RS-Freshman
Carmel, Calif.
Carmel High School
Distance



Ken Scoggin
RS-Senior
Cottage Grove, Ore.
Cottage Grove High School
Distance



Travis Stanford
RS-Junior
Peyton, Colo.
Peyton High School/
Northern Colorado
Middle Distance



Women's Outlook

Oregon will be hard-pressed to replace 2009 Pac-10 champion Nicole Blood, who graduated with three career All-America awards in cross country, but the women will look to senior Alexandra Kosinski and sophomore Jordan Hasay to lead a deep, but young Duck team that has been the Pac-10 runners-up for the last three seasons.

Kosinski, from El Dorado Hills, Calif., is both the most consistent and the most experienced runner on the team, having appeared in three straight Pac-10, NCAA West Regional and NCAA Championship races. She's placed in the top 10 at each of the last three Pac-10 and Regional races, and has a pair of All-America awards to show from her national appearances.

Hasay, from Arroyo Grande, Calif., did not disappoint as a freshman. She was the top rookie at the Pac-10 (third) and NCAA West Regional (second) and led all Oregon runners with an 18th-place finish at the NCAA Championships to earn her first career All-America award. Hasay was also chosen at the Pac-10 Newcomer of the Year.

Senior Zoe Buckman and junior Claire Michel have experience at Pac-10 and NCAA Regional races. Buckman, from Canberra, Australia, has run at each of the last three Pac-10 and Regional meets. Michel, a native of Clackamas, Ore., showed some of the biggest improvement on the team after taking 12th at the Pac-10 Championships before going on to make her first NCAA appearance in 2009.

Junior Bronwyn Crossman, from Bellingham, Wash., had a breakthrough campaign that culminated in a 17th-place showing at the Pac-10 meet and her first career NCAA Championships appearance a year ago.

Sophomore Anne Kesselring, from Nurnberg, Germany, impressed as a freshman with a top-25 showing at the Pac-10 meet and her first NCAA Championships race. Sophomore Taylor Wallace, from Klamath Falls, Ore., also saw action at the Pac-10 meet as a freshman.

The women also to look to be able to add depth from a strong freshman class that includes Sarah Andrews (The Woodlands, Texas), Phyllis Francis (Laurelton, N.Y.), Megan Patrignelli (Monroe, N.Y.) and Laura Roesler (Fargo, N.D.). The Ducks also have a couple of freshmen who redshirted last season in Alexandria Jones (Lake Oswego, Ore.) and Melanie Thompson (High Bridge, N.J.).



Alex Kosinski



Jordan Hasay





Women's Cross Country

2010 ROSTER

Name	Year	Hometown	High School / College
Sarah Andrews	Fr.	The Woodlands, Texas	The Woodlands High School
Zoe Buckman	Sr.	Canberra, Australia	Canberra School For Girls
Bronwyn Crossman	Jr.	Bellingham, Wash.	Squalicum High School
Phyllis Francis	Fr.	Queens, N.Y.	Catherine McAuley High School
Rebecca Friday	So.	Bellingham, Wash.	Bellingham High School
Jordan Hasay	So.	Arroyo Grande, Calif.	Mission College Prep
Alexandra Jones	RS-Fr.	Lake Oswego, Ore.	St. Mary's Academy
Anne Kesselring	So.	Nürnberg, Germany	Sigmund-Schuckert Gymnasium
Alexandra Kosinski	Sr.	El Dorado Hills, Calif.	Oak Ridge High School
Claire Michel	RS-Jr.	Clackamas, Ore.	Clackamas High School
Megan Patrignelli	Fr.	Monroe, N.Y.	Monroe-Woodbury High School
Sarah Penney	So.	Paradise Valley, Ariz.	Xavier College Prep
Laura Roesler	Fr.	Fargo, N.D.	Fargo South High School
Melanie Thompson	RS-Fr.	High Bridge, N.J.	Voorhees High School
Taylor Wallace	So.	Klamath Falls, Ore.	Henley High School





Zoe Buckman

The 2010 Pac-10 champion at 1,500 meters and the 2009 Pac-10 800 meter champion established herself as one of the NCAA's top middle distance runners with a fourth-place finish in the 800 meters at the 2008 NCAA Track and Field Championships. Ran the fifth-fastest 800 meters in school history (2:02.50) at the 2008 NCAA West Regional. Is a two-time NCAA Cross Country Championships competitor and a three-time NCAA Outdoor Championships qualifier. The World Junior Championships veteran joined the Ducks for spring term 2007 after completing her high school career in Australia. Returns to Eugene in the fall of 2010 with one season of cross country and one season of indoor track remaining.

Senior
Canberra, Australia
Canberra Grammar School for Girls
Middle-Distance
2-Time Pac-10 Champion
(800 Meters, 1,500 Meters)
School Record (Distance Medley Relay)
3-Time All-American

Personal Bests

800 Meters - 2:02.50,
 NCAA West Regional,
 Northridge, Calif., 5/31/08
1,500 Meters - 4:12.80,
 Oregon Preview,
 Eugene, Ore., 3/20/10

NCAA Outdoor Track Championships

2010 - 1,500 Meters s-6th, 4:19.02
 2009 - 800 Meters, s-4th, 2:04.68
 2008 - 800 Meters, 4th, 2:04.69
 2007 - 800 Meters

NCAA Indoor Track Championships

2010 - 800 Meters, 17th, 2:10.35
 2010 - Distance Medley Relay, 2nd, 10:58.96
 2009 - Distance Medley Relay, 6th, 11:02.81
 2008 - Distance Medley Relay, 9th, 11:24.83

NCAA Cross Country Championships

2008 - 100th, 21:12.5
 2007 - 39th, 21:06

NCAA West Regional Track Championships

2010 - 1,500 Meters, 4th, 4:18.93
 2009 - 800 Meters, 2nd, 2:04.66
 2008 - 800 Meters, 2nd, 2:02.50
 2007 - 800 Meters, 5th, 2:06.82

NCAA Cross Country West Regional

2009 - 42nd, 22:01.71
 2008 - 34th, 21:00.53
 2007 - 21st, 21:02.50

2009-10: Pac-10 1,500 meter champion. Outdoors - Ranked second nationally in the 1,500 meters and 17th in the 800. Big performer for the record-setting Pac-10 champions. Won the 1,500 meters in 4:15.95 and came back to place third in the 800 meters in a season-best 2:05.51. Opened season with a terrific second-place run in the 1,500 meters, 4:12.80, at the Oregon Preview. That time was the early national leader and ranked fourth in school history. After running the 800 meters at the Stanford Invitational (2:08.19), traveled to her native Australia to participate in the Australian Championships at Perth. There, ran the 1,500 meters and finished third (4:18.58) to become eligible for selection to Australia's 2010 Commonwealth Games team which will compete this fall in New Dehli, India. Returned to the states in time for the Penn Relays, where she ran the anchor leg on Oregon's third-place 4x800 meter relay team (8:32.40). Was the top collegian and fourth overall in the 800 at the Oregon Relays (2:07.48). Won the 1,500 in her final regular season appearance at Hayward Field, running 4:16.66. After the Pac-10 meet, focused on the 1,500 meters for the NCAA championships. Won her preliminary heat at the NCAA West Regional in 4:23.16 before advancing through the quarterfinals with a time of 4:18.93. Was fifth in her heat in the 1,500 meter semifinals in 4:19.02 at the NCAA Championships and just missed advancing to the finals. Pac-10 all-academic honorable mention. Indoors - Ran the 800 leg on Oregon's runner-up distance medley relay team. That team set the school record in 10:58.96 as Oregon won the team title for the first time in school history. Also an NCAA participant in the 800 meters. Helped Oregon win its first-ever MPSF title with a fourth-place finish in the 800 meters in 2:06.78. Followed that with an indoor personal-best 2:05.72 at the UW Last Chance Qualifier. That time ranks tied for third all-time at the University. Took third in the 800 meters at the Jan. 30 Texas A&M Challenge in 2:06.79. Opened season by clocking 2:07.99 in the 800 meters at the UW Indoor Preview. Cross Country - Made season Oregon debut at the Bill Dellinger Invitational. Also appeared in her third Pac-10 Championships and NCAA West Regional race. Pac-10 Cross Country All-Academic honorable mention. **Season Bests:** Outdoors - 800 Meters - 2:05.51, Pac-10 Championships, Berkeley, Calif. (5/16/10); 1,500 Meters - 4:12.80 (PR), Oregon Preview, Eugene, Ore. (3/20/10). Indoors - 800 Meters - 2:05.72 (PR), UW Last Chance Qualifier, Seattle, Wash. (3/6/10).

2008-09: The Pac-10 champion at 800 meters and a key member of Oregon's record-setting distance medley relay team. Earned All-America status after helping Oregon's distance medley relay team place sixth at the NCAA Indoor Championships in a school-record 11:02.81. That effort was part of Oregon's best-ever finish at the indoor nationals, a tie for ninth. Outdoors, had six top-five finishes at 800 meters. Helped Oregon win the Pepsi Team Invitational with a second-place showing in 2:08.28. Was also second at the Oregon Relays in 2:06.66. Win in the 800 in 2:05.39 scored 10 points towards Oregon's record-setting total at the Pac-10 Championships, as the women took home the team trophy for the first time in 17 years. Placed second in the 800 (2:06.44) at the NCAA West Regional to advance to her third NCAA Outdoor Championships. After advancing through her preliminary heat at the NCAA meet, ran a season-best time, 2:04.68, to finish fourth in her semifinal. Also ran a personal best at 1,500 meters, 4:15.66 (school's No. 7 all-time mark), at the Oregon Twilight. A top-six runner for Oregon in five cross country races, including all three championship events. Season debut was a 16th-place showing at the Bill Dellinger Invitational (21:21.73). Took second at the Mike Hodges Invitational (17:15) before helping Oregon finish second at the Pac-10, NCAA West Regional and NCAA Championships for the second year in a row. Pac-10 Track & Field All-Academic honorable mention. Pac-10 Cross Country All-Academic honorable mention. **Season Bests:** Outdoors - 800 Meters - 2:04.68, NCAA Championships, Fayetteville, Ark. (6/11/09); 1,500 Meters - 4:15.66, Oregon Twilight, Eugene, Ore. (5/9/09). Indoors - 800 Meters - 2:09.17, New Balance Invitational, New York, N.Y. (2/7/09).

2007-08: All-American at 800 meters. Sensational sophomore season at the 800-meter distance where she ran fourth at the NCAA Championships and second at both the Pac-10 Championships and the NCAA West Regional. Had a first place finish in the 800 at the Oregon Preview and a couple of seconds at the Pepsi Team Invitational and the Oregon Twilight before her spring heated up in the championship season. Took home second at the Pac-10 Championships in 2:04.52. Repeated that performance at the NCAA West Regional





Pac-10 Track Championships
 2010 - 1,500 Meters, 1st, 4:15.95
 2010 - 800 Meters, 3rd, 2:05.51
 2009 - 800 Meters, 1st, 2:05.39
 2008 - 800 Meters, 2nd, 2:04.52
 2007 - 800 Meters, 3rd, 2:07.48

Pac-10 Cross Country Championships
 2009 - 36th, 21:04.83
 2008 - 32nd, 21:09.26
 2007 - 17th, 20:41.5

where she ran a personal-best 2:02.50, the fifth-fastest 800 time at Oregon. Won her semifinal heat at the NCAA Championships (2:03.64) to move on to the finals where she placed fourth (2:04.69) to earn her first career All-America award. Also drew assignments on Oregon's 4x400 meter relay team. In her first indoor season, placed second in the 800 meters at the MPSF Championships in 2:06.88. Ran on Oregon's NCAA Championships distance medley relay team that finished ninth (11:22.06). Helped Oregon set the school's distance medley record, 11:10.48, earlier in the indoor season. Excelled in her first ever season of cross country, improving each time she competed. In NCAA Championships, unleashed a strong kick the final mile to gain 30 places and place 39th overall (21:06). Added All-Region honors in the West Regional (21st, 21:03) and a 17th-place finish in the Pac-10 Championships (20:42). USTFCCCA All-Academic first team. Pac-10 Track & Field All-Academic honorable mention. **Season Bests:** Outdoors - 800 Meters - 2:02.50 (PR), NCAA West Regional, Northridge, Calif. (5/31/08); 1,500 Meters - 4:20.57, Mt. SAC Relays, Walnut, Calif. (4/17/08). Indoors - 800 Meters - 2:06.88, MPSF Championships, Seattle, Wash. (3/1/08).

2006-07: NCAA Championships qualifier in the 800 meters. Enrolled at Oregon in March for outdoor track season and made NCAA outdoor debut at 800 meters. In weeks prior, finished top-four in 800 meters in West Regional and Pac-10 Championships. Was also a 1,500 meter regional qualifier and ranked second on team and first among Pac-10 freshmen in both the 800 and 1,500 meters. **Season Bests:** 800 Meters - 2:06.82, NCAA West Regional, Eugene, Ore. (5/26/07); 1,500 Meters - 4:24.68, Cardinal Invitational, Stanford, Calif. (4/29/07).

Prep: Finished 11th in the 2006 World Junior Championships in both the 800 and 1,500 meters (2:05.60/4:20.59). Also competed as a member of Australia's 4x400 meter relay team in the 2004 World Junior Championships. Australia's 2006 national under-20 800 meter champion and 1,500 meter runner-up.

Personal: Psychology major.



Bronwyn Crossman

2009 Pac-10 scorer in cross country set PRs at both 5,000 and 10,000 meters as a sophomore. Was the only freshman to run for the Ducks at the 2008 Pac-10 cross country meet. Pac-10 all-academic second team selection for both track and cross country. Three-time state cross country champion from Washington.

2009-10: Outdoors - Established PRs in both the 5,000 and 10,000 meters. PR at 5,000 meters came at the Pepsi Team Invitational (16:49.52), while her best in the 10,000 came at the end of April in a win at the Oregon Relays (35:28.85). Opened with the 3,000 meters at the Oregon Preview. Pac-10 all-academic second team. Indoors - Redshirt season. Cross Country - Helped Oregon win the Pre's Trail Pre-View with a second-place finish. Solid 18th-place run (17:20.48, 5,000 meters) at the Bill Dellinger Invitational. Was Oregon's No. 4 scorer at the Pre-National Invitational, taking 51st overall (21:36.9, 6,000 meters). Pac-10 scorer as the team's fifth runner (17th overall, 20:32.30) to help the Ducks take second at the league meet. Earned her first NCAA West Regional appearance. Capped fall with her first career NCAA Championship appearance. Pac-10 Cross Country all-academic second team. **Season Bests:** Outdoors - 5,000 Meters - 16:49.52 (PR), Pepsi Team Invitational, Eugene, Ore. (4/10/10); 10,000 Meters - 35:28.85 (PR), Oregon Relays, Eugene, Ore. (4/30/10).

2008-09: Steady improvement at 5,000 meters during the outdoor season resulted in a PR in her final race of the year, 16:55.65, at the Oregon Twilight. Also ran the 5,000 at the Pepsi Team Invitational, finishing sixth, and the Oregon Relays. Indoors, raced at the mile distance three times with a season-best of 4:59.35 coming at the MPSF Championships. Ran in three cross country races during the fall, including the Pac-10 Championships, where she was the lone Oregon freshman in the field (36th, 21:20.05). Placed ninth overall and fifth on the team at the Mike Hodges Invitational (17:39). **Season Bests:** Outdoors - 1,500 Meters - 4:41.86 (PR), Stanford Invitational, Stanford, Calif. (3/27/09); 5,000 Meters - 16:55.65, Oregon Twilight, Eugene, Ore. (5/9/09). Indoors - Mile - 4:59.35 (PR), MPSF Championships, Seattle, Wash. (2/28/09).

Prep: Won the 2007 3A cross country state crown, beating the second-place finisher by 32 seconds. Led Squalicum High School to the team title with her initial individual state championship in 2006. Outdoors, won all but one race at 3,200 meters as a senior, including the state 3A championship. Ran a personal-best 10:35.95 to finish second in the 3,200 meters in the 2007 state meet. Also in 2007, placed third in the 1,600 meters. Took second in the 3,200 meters as a sophomore. **High School Bests:** 3,200 Meters - 10:35.95, 2007 3A State Championships.

Personal: Majoring in family and human services.

Junior
Bellingham, Wash.
Squalicum High School
Distance

Personal Bests
5,000 Meters - 16:49.52,
 Pepsi Team Invitational,
 Eugene, Ore., 4/10/10
10,000 Meters - 35:28.85
 Oregon Relays,
 Eugene, Ore., 4/30/10

NCAA Cross Country Championships
 2009 - 205th, 22:07.0

NCAA Cross Country West Regional
 2009 - 47th, 22:08.08

Pac-10 Cross Country Championships
 2009 - 17th, 20:32.30
 2008 - 36th, 21:20.05







Rebecca Friday

Pac-10 scorer and an NCAA Championships qualifier in the 800 meters. Cracked Oregon's top 10 in the 800 as a freshman (2:05.89). Three-time Washington state champion at 800 meters. Ranked second in the state among all high school classifications at 800 meters (2:11.40). Also captured the Washington 1,600 meter crown as a senior.

Sophomore
Bellingham, Wash.
Bellingham High School
Distance

Personal Bests

800 Meters - 2:05.89,
 Pac-10 Championships,
 Berkeley, Calif., 5/16/10
1,500 Meters - 4:24.58,
 Oregon Relays,
 Eugene, Ore., 4/30/10

NCAA Outdoor Track Championships
 2010 - 800 Meters, 17th, 2:09.13

NCAA West Regional Track Championships
 2010 - 800 Meters, 6th, 2:07.01

Pac-10 Track Championships
 2010 - 800 Meters, 5th, 2:05.89
 2010 - 4x400 Meter Relay, 7th, 3:47.26



2009-10: Outdoors - Pac-10 scorer and NCAA Championships qualifier in the 800 meters. Ranked 24th nationally in the 800 (fourth among freshman). Opened season with a then-personal best 4:27.23 in the 1,500 meters at the Oregon Preview. Established an outdoor best in the 800 meters at the Stanford Invitational (2:10.27), but would lower that mark several times in 2010. Dropped 1,500 PR to 4:26.04 at the Pepsi Team Invitational. Flourished the second half of the season, beginning with the Oregon Relays, where she cut :02 off both her 800 (2:08.44) and 1,500 (4:24.58) bests. Lowered 800 time by another second in a runner-up finish at the Oregon Twilight (2:07.55). Had two more personal bests at the Pac-10 Championships. Ran 2:06.87 in her preliminary heat before clocking a personal best 2:05.89 in a fifth-place finish to help Oregon win the meet with a record 215 points. Time was the ninth-fastest in school history. Also scored on the 4x400 meter relay team, running the third leg of Oregon's seventh-place 3:47.26 finish. Consistent running at the NCAA West Regional saw her finish second in the first round (2:07.23) and the quarterfinal (2:07.01) to automatically qualify for her first NCAA Championships. In the 800 meter semifinals in Eugene, ran fifth in her heat in a rainstorm in 2:09.13. After the collegiate season, competed in the USA Track & Field Junior Championships, where she made the final of the 800 meters. Ran a preliminary time of 2:09.74 to advance to the final, where she placed fifth in 2:09.53. Indoors - Ran personal-best 2:07.91 in the 800 meters at the Husky Classic to register an NCAA provisional time. Helped the Ducks with their first ever MPSF title by placing sixth in the 800 meters (2:10.22). Cross Country - Oregon debut came in an 11th-place finish at the Pre's Trail Pre-View. Also finished 11th at the Mike Hodges Invitational as Oregon's fifth runner. **Season Bests:** Outdoors - 800 Meters - 2:05.89 (PR), Pac-10 Championships, Berkeley, Calif. (5/16/10); 1,500 Meters - 4:24.58 (PR), Oregon Relays, Eugene, Ore. (4/30/10). Indoors - 800 Meters - 2:07.91 (PR), Husky Classic, Seattle, Wash. (2/13/10).

Prep: Won three straight Washington state 800 meter titles and added a 1,600 meter crown her senior year for Bellingham High School. As a senior, claimed the 800 championship in 2:12.46 and the 1,600 title in 5:01.87. Time from the Bill Harris Invite, 2:11.40 was the second-fastest 800 time in Washington in 2009. Won state crowns at 800 meters in 2:15.94 as a junior and in 2:16.48 as a sophomore. Also won the 1,600 meters at the 2008 Washington/Oregon Meet of Champions in 5:02.99 after taking third in the state meet (5:05.24). Set prep-best in the 1,600 of 4:53.6 at the 2008 Lake Washington Invitational. Was the state runner-up at 1,600 meters as a sophomore in 2007. Also had three top-12 finishes from the state cross country meet with a best of seventh coming as a junior in 2007. **High School Bests:** 400 Meters - 58.44, 2009; 800 Meters - 2:11.40, 2009; 1,500 Meters - 4:34.64; 1,600 Meters - 4:53.6, 2008.

Personal: Major is undeclared.





Jordan Hasay

The Pac-10 Newcomer of the Year and an All-American in her first fall as a Duck. Continued that trend with a pair of All-America awards (mile, distance medley relay) at the 2010 NCAA Indoor meet and an outdoor honor in the 1,500 meters at the 2010 NCAA Outdoor championships. One of the most decorated women's runners to ever sign with Oregon headlines an exceptional and well-rounded recruiting class. Capped her USA Junior running career with the 1,500 meter title in 2010. IAAF World Junior Championships qualifier. Seven-time junior national champion set 13 age group records and nine high school class records. Among those is the national prep record of 4:14.50 at 1,500 meters that she set in the semifinals of the 2008 U.S. Olympic Trials at Historic Hayward Field. Is the first four-time California state champion at 3,200 meters and is only the second four-time CIF cross country champion. Among the national awards she collected during her remarkable career were Gatorade Girls National Cross Country Runner of the Year, Track & Field News' Girls High School Athlete of the Year, USA Track and Field's Youth Athlete of the Year, USA Today's High School Track and Field Girls Athlete of the Year, SI.com's Girls Athlete of the Year and SportsMaxPreps Female Athlete of the Year. Also the class valedictorian with a grade point average better than 4.5.

Sophomore
Arroyo Grande, Calif.
Mission College Prep
Distance
Pac-10 CC Newcomer of the Year
4-Time All-American
School Record (Distance Medley Relay)

Personal Bests

- 1,500 Meters** - 4:13.85,
Nike Track Nationals Exhibition,
Eugene, Ore., 7/2/10
- 5,000 Meters** - 16:16.02
Pepsi Team Invitational,
Eugene, Ore., 4/10/10
- Mile** - 4:35.01 (i),
MPSF Championships,
Seattle, Wash., 2/27/10
- 3,000 Meters** - 9:12.25 (i),
Husky Classic,
Seattle, Wash., 2/13/10

NCAA Outdoor Track Championships
 2010 - 1,500 Meters, 3rd, 4:16.43

NCAA Indoor Track Championships
 2010 - Mile, 4th, 4:38.29
 2010 - 3,000 Meters
 2010 - DMR, 2nd, 10:58.96

NCAA Cross Country Championships
 2009 - 18th, 20:23.1

NCAA West Regional Track Championships
 2010 - 1,500 Meters, 9th, 4:19.95

NCAA Cross Country West Regional
 2009 - 2nd, 20:52.46

Pac-10 Track Championships
 2010 - 1,500 Meters, 3rd, 4:17.39

Pac-10 Cross Country Championships
 2009 - 3rd, 19:48.97

2009-10: Outdoors - The top freshman runner at the NCAA Championships with her third-place finish in the 1,500 meters. Ranked eighth nationally in the 1,500 (4:14.67) and was the nation's top freshman. Collegiate debut was a memorable one as she won the featured section of the 1,500 meters at the Stanford Invitational in 4:14.67. That time was less than a quarter of a second off her PR that she set at the 2008 U.S. Olympic Trials and ranked No. 5 on the Oregon top 10. Was also victorious in her Hayward Field debut as a Duck, taking the 5,000 meters in 16:16.02 to help Oregon win the Pepsi Team Invitational. At the Penn Relays, led off Oregon's runner-up distance medley relay team (11:02.85) and anchored the third-place 4x1,500 meter relay squad (17:25.27). Was third in the 1,500 (top collegian) at the Oregon Relays in 4:17.37. At the Pac-10 Championships, took third in the 1,500 meters in 4:17.39. Won her preliminary 1,500 race at the NCAA West Regional in 4:20.45 and then advanced to the NCAA Championships by running 4:19.95 in the quarterfinals. At the NCAA meet in Eugene, took third in her heat in 4:17.90 to advance to the finals, where she produced one of the competition's biggest surprises. Keeping pace with the leaders nearly the entire way, finished third behind a pair of seniors in 4:16.43 to become the highest placing freshman runner at the 2010 Championships. Picked up her fourth All-America honors of the year along the way. Following the collegiate season, ran at the USA Junior Track & Field Championships, where she won the 1,500 meters (4:26.38) and was the runner-up at 3,000 meters (9:18.92), and qualified for the IAAF World Junior Championships in both events. Set a personal-best in the 1,500 meters (4:13.85) in an exhibition during the Nike Track Nationals at Hayward Field. At the IAAF World meet, opened with a personal-best 9:15.78 in a ninth-place finish in the 3,000 meters. Then in the 1,500 meters, was second in her preliminary heat (4:16.74) before just missing another PR in the final, where she was fourth in 4:13.95.

Indoors - A part of Oregon's record-setting distance medley relay team and an NCAA participant in both the mile and 3,000 meters. Key point scorer at the NCAA Indoor Championships, where she placed fourth in the mile (4:38.29) and ran the anchor leg on the Ducks' runner-up distance medley relay team as Oregon won the NCAA Indoor title for the first time in school history. DMR time at the NCAA meet, 10:58.96, was a school record and only the second-time Oregon had run under 11:00. Opened season by running the lead leg of Oregon's record-setting distance medley relay team at the Texas A&M Challenge. That squad clocked a nation-leading 10:59.64, which marked the first time ever that an Oregon team had broken 11:00. Came back the next day to win the mile in 4:38.48. Two weeks later, won the 3,000 meters at the Husky Classic in 9:12.25, an NCAA automatic qualifying time that was fourth all-time at Oregon. Helped lead Oregon to its first ever MPSF crown by winning the mile in 4:35.01. That time was not only an NCAA automatic qualifier but ranked second all-time at Oregon was just :02 shy of the school record. Cross Country - Pac-10 Newcomer of the Year earned first All-America award at the NCAA Cross Country Championships. Oregon's No. 1 or 2 runner in every race this season. Did not disappoint in her Oregon debut, taking sixth at the Bill Dellinger Invitational in 16:39.71 (5,000 meters) as the top freshman in the race to help the Ducks to a second-place finish. Impressed on the national stage as the top Duck (third overall) at the Pre-National Invitational, covering the 6,000-meter LaVern Gibson Championship Course in 20:33.0. Had another strong performance at the Pac-10 Championships, where she finished third in 19:48.97 as the top freshman. Best showing to date at the NCAA West Regional, where she took second in 20:52.46. Was the Ducks' top runner and the No. 3 freshman overall at the NCAA Championships, where she ran 18th in 20:23.1 to claim her first All-America award. **Season Bests:** Outdoors - 1,500 Meters - 4:13.85 (PR), Nike Track Nationals Exhibition, Eugene, Ore. (7/2/10); 5,000 Meters - 16:16.02 (PR), Pepsi Team Invitational, Eugene, Ore. (4/10/10). Indoors - Mile - 4:35.01 (PR), MPSF Championships, Seattle, Wash. (2/27/10); 3,000 Meters - 9:12.25 (PR), Husky Classic, Seattle, Wash. (2/13/10).





Prep: Setting age group records as young as age 12 (3,000 meters, 9:48.77), became a four-time California 3,200 meter and cross country champion, as well as a six-time American junior champion. Her U.S. high school record of 4:14.50 in the 1,500 meter semifinals on the 4th of July at the 2008 Olympic Trials was one of the enduring moments of those games. As a senior in 2008-09, became the first four-time California state champion at 3,200 meters, winning in 10:05.29. Went on to win the 1,500 meters at the U.S. Junior Track & Field Championships to earn a spot on Team USA, which led to her first international victory, 4:26.26 in the 1,500 meters at the Pan American Junior Championships in Trinidad. Also won the two-mile at the 2009 Nike Indoor Nationals with a time 10:10.89, sixth fastest among U.S. preps. During the cross country season in the fall, picked up her fourth CIF title (17:18) to go along with her fourth Foot Locker West Regional crown. Capped cross country season by winning her second Foot Locker National Championship in 17:22, becoming one of only six women to have won that race twice. Also won the USATF Cross Country title. Awards accumulated by the end of her senior year included Gatorade Girls National Cross Country Runner of the Year, Track & Field News' Girls High School Athlete of the Year, USA Track and Field's Youth Athlete of the Year, USA Today's High School Track and Field Girls Athlete of the Year, SI.com's Girls Athlete of the Year, DyeStat Girls Athlete of the Year and SportsMaxPreps Female Athlete of the Year. Was the lead feature story for the March 2009 issue of Track & Field News, becoming just the ninth high school athlete selected for the cover. Was also the class valedictorian with a 4.51 grade point average. Her junior year saw her win not only California state titles in cross country and at 3,200 meters (in a meet-record 9:52.13), but she also pulled off an impressive feat in national and international competition when she won the 1,500 meters at the U.S. Junior Track & Field Championships two weeks prior to her memorable run as the youngest competitor at the Olympic Trials. Then one week after the Trials, travelled to Bydgoszcz, Poland for the World Junior Championships, where she took fourth in the 1,500 meters in 4:19.02, the fastest time ever posted by an American at the World games. As a junior, she also won her first national USATF Junior Cross Country championship (20:32). Her sophomore year saw her win state 3,200 meter (10:06.76) and country (17:15) titles, as well as her first American junior track championship at 1,500 meters, which she did in a meet-record 4:16.98. Went on to place second at the IAAF World Junior Championships in Ostrava, Czech Republic. Began her high school career by winning the 2005 Foot Locker National Cross Country championship (17:05), and added wins in cross country and at 3,200 meters (10:13.55) as a freshman at the California state meet. She was also the USATF junior champion at 3,000 meters (9:50.56) in the spring of 2006. **High School Bests:** 800 Meters - 2:09.64, 2009; 1,500 Meters - 4:14.50, 2008; 1,600 Meters - 4:39.13, 2007; Mile - 4:42.21, 2006; 3,000 Meters - 9:19.6, 2008; 3,200 Meters - 9:52.13, 2008; 2-Mile - 10:10.89, 2009.

Personal: Major is human physiology.



Alexandra Jones

Redshirted the 2009 cross country and 2010 track seasons. Double winner at the 2008 Oregon state championships who was ranked sixth nationally at 3,000 meters. An all-state selection in both cross country and track.

2009-10: Redshirted both the cross country and track seasons.

Prep: Won 2008 state 6A 800 meter (2:14.78) and 1,500 meter (4:42.32) crowns as a junior to lead St. Mary's Academy to a third-place tie. Also ranked sixth nationally at 3,000 meters (9:54.39). That time came at the 2008 Oregon Relays at Historic Hayward Field, as did her high school best at 1,500 meters (4:37.56). In cross country, second-place finish individually (18:26.9) as a senior in 2008 helped St. Mary's finish second at the state championships before an injury curtailed her final track season. **High School Bests:** 800 Meters - 2:14.76, 2008; 1,500 Meters - 4:37.56, 2008; 3,000 Meters - 9:54.39, 2008.

Personal: Major is human physiology. Mother Gina was on the Oregon track team (hurdles, jumps) and father Dan played baseball, basketball and football for Lewis & Clark College.

**Freshman
Lake Oswego, Ore.
St. Mary's Academy
Middle Distance**

Personal Bests
800 Meters - 2:14.76,
MHC District Meet,
Gresham, Ore., 5/13/08
1,500 Meters - 4:37.56,
Oregon Relays,
Eugene, Ore., 4/25/08



O
DELLINGER
INSTITUTIONAL
JORDAN
HASAY

O
DELLINGER
INSTITUTIONAL
NICOLE
BLOOD

O
DELLINGER
INSTITUTIONAL
ALEX
KOSINSKI

O
DELLINGER
INSTITUTIONAL
VILLANOVA
NICOLE
SCHAPPERT

VILLANOVA
SHEILA
REID

VILLANOVA
AITLYN
LLMAN



Anne Kesselring

Pac-10 champion at 800 meters as a freshman. NCAA outdoor scorer in the 800 meters. Scorer in both the mile and distance medley relay for Oregon's 2010 indoor national champions. The 2010 German national runner-up at 1,500 meters. Two-time IAAF World Junior Championships qualifier and four-time German junior champion.

2009-10: Pac-10 800 meter champion. Outdoors - Ranked ninth nationally at 800 meters and 15th in the 1,500. Exceptional freshman campaign concluded with a sixth-place finish in the 800 meters at the NCAA Championships. Terrific run to win the 800 meters at the Pac-10 championships in a personal-best 2:04.36, holding off Arizona's Christina Rodgers by .14. Time is sixth all-time at Oregon. Was also the anchor leg of Oregon's seventh-place Pac-10 4x400 meter relay team (3:47.26). Followed that at the NCAA West Regional by winning her first round race in 2:07.61 and then capturing her quarterfinal heat in 2:06.71 to advance to the NCAA Championships in Eugene. At the NCAA meet, took second in her semifinal heat in 2:05.16 to move on to the finals, where she finished sixth in 2:05.41 to earn her third All-America award of the season. Prior to the championship meets, at the Penn Relays, ran the 800 leg on Oregon runner-up distance medley relay team (11:02.85), the third leg of the third-place 4x1,500 meter relay team (17:25.27) and the second leg of the third-place 4x800 meter relay team (8:32.40). Set a PR at the time in a third-place finish in the 1,500 meters at the Oregon Twilight in 4:17.71. Season debut came in a fifth-place finish in the 1,500 meters at the Stanford Invitational (4:18.80). Won the 800 meters at the Pepsi Team Invitational in 2:06.90 to help Oregon win that meet. Following the collegiate season, returned to her native Germany, where she set a PR in the 1,500, 4:16.25, at Bottrup, that was the 10th-best time in school history. Followed that with her runner-up finish in the 1,500 meters at the German championships (4:17.17). Indoors - Ran the one of the fastest miles at Oregon in 28 years and also helped the Ducks set the school record twice in the distance medley relay. Scored in the mile and on the distance medley relay to help Oregon capture its first ever NCAA indoor title. Opened season with a 2:07.25 turn in the 800 meters in a win at the UW Indoor Preview. Two weeks later at Texas A&M, helped Oregon set the school record in the distance medley relay in 10:59.64, running the 800 meter leg. That time was Oregon's first ever under 11:00. Came back the next day to clock 2:06.32 in a second place finish in the 800 meters. At the Feb. 13 Husky Classic, ran the fastest indoor mile by a Duck in 28 years, 4:37.94. That time ranks second only to Leann Warren's 1982 school record of 4:33.26. Won the 800 meters at the MPSF Championships in an indoor personal best 2:05.72. That time ranks third indoor at Oregon. Also ran the lead leg on the Ducks' winning distance medley relay squad (11:17.71). At the 2010 NCAA Indoor Championships, took sixth in the mile in 4:40.39 where she and teammate Jordan Hasay were the only freshmen to make the final. Also ran the lead leg of Oregon's second-place distance medley relay team, which ran 10:58.96 to break the school record set earlier in the season at Texas A&M. Cross Country - Impressive varsity debut was a victory at the Mike Hodges Invitational, where she led the Ducks to the team title. Solid run at the Pac-10 Championships with a 23rd-place finish (20:39.42). Capped fall with her first NCAA Championships appearance. **Season Bests:** Outdoors - 800 Meters - 2:04.36 (PR), Pac-10 Championships, Berkeley, Calif. (5/16/10); 1,500 Meters - 4:16.25 (PR), Bottrup, Germany (7/9/10). Indoors - 800 Meters - 2:05.72 (PR), MPSF Championships, Seattle, Wash. (2/27/10); Mile - 4:37.94 (PR), Husky Classic, Seattle, Wash. (2/13/10).

Prep: Two-time IAAF World Junior Track & Field Championships qualifier (2006, 2008). Four-time German junior champion. Ran a personal-best 2:04.96 in the 800 meters at Hengelo, Netherlands, in 2007, which would easily rank among Oregon's all-time top 10. Had PR at 1,500 meters of 4:19.84 in 2009. Was the German youth champion at 800 meters in 2008 to advance to the IAAF World Championships in Poland. **High School Bests:** 400 Meters - 56.54, 2007; 800 Meters - 2:04.96, 2008; 1,500 Meters - 4:19.84, 2009. Indoor - 800 Meters - 2:06.61, 2008.

Personal: Major is undeclared.

Sophomore

Nürnberg, Germany

Sigmund-Schuckert Gymnasium

Middle Distance

Pac-10 Champion (800 Meters)

3-Time All-American

School Record (Distance Medley Relay)

Personal Bests

- 800 Meters** - 2:04.36, Pac-10 Championships, Berkeley, Calif., 5/16/10
- 1,500 Meters** - 4:16.25, Bottrup, Germany, 7/9/10
- Mile** - 4:37.94 (i), Husky Classic, Seattle, Wash., 2/13/10

NCAA Outdoor Track Championships
2010 - 800 Meters 6th, 2:05.41

NCAA Indoor Track Championships
2010 - Mile, 6th, 4:40.39
2010 - Distance Medley Relay, 2nd, 10:58.96

NCAA Cross Country Championships
2009 - 103rd, 21:19.2

NCAA West Regional Track Championships
2010 - 800 Meters, 3rd, 2:06.71

Pac-10 Track Championships
2010 - 800 Meters, 1st, 2:04.36
2010 - 4x400 Meter Relay, 7th, 3:47.26

Pac-10 Cross Country Championships
2009 - 23rd, 20:39.42







Alexandra Kosinski

Two-time cross country All-American and a three-time track All-American has blossomed into one of the finest middle distance runners in the country. A 2010 NCAA scorer at 5,000 meters. Led Oregon with an eighth place finish at the 2008 NCAA Cross Country Championships after earning recognition as the top freshman finisher at the NCAA meet the year before. Three-time NCAA Track & Field Championships qualifier. 2009 USA Track & Field Championships participant. Ranks among the school's all-time best in the outdoor 1,500 and 5,000 meters and the indoor mile and 3,000 meters. Finished second in the 1,500 meters at the 2008 Junior Outdoor Track & Field Championships and then went on to finish sixth at the World Junior Championships. As a prep, drew national acclaim when she broke the national high school 1,600 meter federation record as a senior and was a two-time Foot Locker cross country qualifier.

Senior
El Dorado Hills, Calif.
Oak Ridge High School
Middle Distance
NCAA West Champion (Cross Country)
5-Time All-American

Personal Bests

- 800 Meters** - 2:07.45, Pac-10 Championships, Eugene, Ore., 5/16/09
- 1,500 Meters** - 4:15.67, NCAA Championships, Eugene, Ore., 6/10/10
- 5,000 Meters** - 15:57.83, Oregon Relays, Eugene, Ore., 4/30/10
- Mile** - 4:39.54 (i), MPSF Championships, Seattle, Wash., 3/1/08
- 3,000 Meters** - 9:11.24 (i), MPSF Championships, Seattle, Wash., 2/18/09

NCAA Outdoor Track Championships

- 2010 - 5,000 Meters, 3rd, 16:02.90
- 2010 - 1,500 Meters, 11th, 4:20.93
- 2009 - 1,500 Meters, p-4th, 4:19.02
- 2008 - 1,500 Meters, 22nd, 4:29.01

NCAA Indoor Track Championships

- 2009 - 3,000 Meters, 13th, 9:23.57
- 2009 - Distance Medley Relay, 6th, 11:02.81
- 2008 - Mile, 12th, 4:44.21
- 2008 - Distance Medley Relay, 9th, 11:24.83

NCAA Cross Country Championships

- 2009 - 81st, 21:10.5
- 2008 - 8th, 20:04.2
- 2007 - 13th, 20:34

2009-10: Outdoors - Ranked ninth nationally at 5,000 meters. NCAA and Pac-10 scorer at 5,000 meters. All-American at both 5,000 and 1,500 meters. Made season debut at the Pepsi Team Invitational where she took third in the 1,500 meters in 4:22.92. Helped Oregon take third in the 4x1,500 race at the Penn Relays (17:25.27). Ran a personal-best 15:57.83 in a runner-up finish (top collegian) in the 5,000 meters at the Oregon Relays. That time is the eighth-best in school history. Great effort at the Pac-10 Championship to help the Ducks win their second straight title. Was the runner-up at 5,000 meters in 16:06.84 and fourth in the 1,500 meters in 4:18.98. Two weeks later at the NCAA West Regional, advanced to the NCAA Championships in both races. Took third in the 5,000 in 16:34.95 and was eighth in the 1,500 in 4:19.99. At the NCAA Championships, impressed with a third-place finish in the 5,000 (16:02.90). Also set a PR in the 1,500 semifinals in 4:15.67 before finishing 11th in the final in 4:20.93. Semifinal time is No. 9 in school history. Pac-10 all-academic second team. Indoors - Redshirt season. Cross Country - Opened season with an impressive second-place run at the Bill Dellinger Invitational (16:25.75, 5,000 meters) to lead Oregon to a second-place team finish. Struggled with the flu, but was still the Ducks' fifth scorer at the Pre-National Invitational. Was the Ducks' third runner and placed ninth overall (20:09.86) to help Oregon take second at the Pac-10 Championships. Also the team's No. 3 runner in a solid eighth-place finish at the NCAA West Regional (21:07.25). Capped fall with her third straight NCAA Championships appearance. Pac-10 Cross Country All-Academic honorable mention. **Season Bests:** Outdoors - 1,500 Meters - 4:15.67, NCAA Championships, Eugene, Ore. (6/10/10); 5,000 Meters - 15:57.83, Oregon Relays, Eugene, Ore. (4/10/10).

2008-09: Key runner for Oregon's best-ever NCAA indoor team and outdoor Pac-10 champions. Helped Oregon set the school record in the distance medley relay with a sixth place finish at the NCAA Indoor Championships (11:02.81). The Ducks tied for ninth overall for their best indoor showing as Kosinski captured her third career All-America award. Indoor PR of 9:11.24 at the MPSF Championships ranked third all-time at Oregon. Outdoors, doubled at the Pepsi Team Invitational and the Pac-10 Championships to help Oregon win both events. Won the 1,500 meters (4:18.43) and ran fourth in the 800 at the Pepsi meet. Was third in the 1,500 meters (4:27.29) and fifth in the 800 in a personal-best 2:07.45 to help the Ducks capture their first Pac-10 championship in 17 years. One of the most consistent 1,500 meter runners with seven races between 4:18 and 4:20 on the season. Ran a seasonal best 4:18.64 at the Cardinal Invitational in May, which ranked as the ninth-best time in school history. Placed fifth in the 1,500 at the NCAA West Regional to secure her second straight trip to the NCAA Championships. Capped season by running ninth in her preliminary heat (4:18.87) at the USA Track & Field Championships. In the fall, repeated All-America honors in cross country. Led Oregon to the second-place trophy for the second consecutive year with her eighth-place finish (20:04.2) at the NCAA Cross Country Championships. Teamed with Nicole Blood to give Oregon a pair of top-10 finishers. Joined Blood and Mattie Bridgmon as All-Americans, giving the Ducks a trio of national honor winners for the first time in 21 years. Won the NCAA West Regional (19:59.1) to become the Ducks' first regional champion in 14 years. Was Oregon's No. 3 runner and finished 11th overall (20:29.61) at the Pac-10 Championships. Led Oregon to the Bill Dellinger Invitational title with her first-place run in 20:19.90. Named the USTFCCCA West Region Cross Country Athlete of the Year. Two-time USTFCCCA All-Academic selection. Pac-10 All-Academic Track & Field honorable mention. Pac-10 All-Academic Cross Country honorable mention. Named the team's Tom Heinonen Cross Country Award winner. **Season Bests:** Outdoors - 800 Meters - 2:07.45 (PR), Pac-10 Championships, Eugene, Ore. (5/16/09); 1,500 Meters - 4:18.64, Cardinal Invitational, Stanford, Calif. (5/2/09). Indoors - Mile - 4:41.69, New Balance Invitational, New York, N.Y. (2/7/09); 3,000 Meters - 9:11.24 (PR), MPSF Championships, Seattle, Wash. (2/28/09).





O

O | DELLINGER INVITATIONAL
ALEX KOSINSKI
NIKE

392

WOMEN'S PROFILES

NCAA West Regional Track Championships

2010 - 5,000 Meters, 3rd, 16:34.95
2010 - 1,500 Meters, 8th, 4:19.99
2009 - 1,500 Meters, 5th, 4:24.08
2008 - 1,500 Meters, 7th, 4:25.41

NCAA Cross Country West Regional

2009 - 8th, 21:07.25
2008 - 2nd, 20:21.83
2007 - 6th, 20:36.45

Pac-10 Track Championships

2010 - 5,000 Meters, 2nd, 16:06.84
2010 - 1,500 Meters, 4th, 4:18.98
2009 - 800 Meters - 5th, 2:07.45
2009 - 1,500 Meters, 3rd, 4:27.29
2008 - 1,500 Meters, 12th, 4:45.14

Pac-10 Cross Country Championships

2009 - 9th, 21:09.86
2008 - 8th, 20:25.28
2007 - 3rd, 19:54.1

2007-08: All-American and Pac-10 Newcomer of the Year in cross country. An NCAA Championships qualifier in the 1,500 meters and the indoor mile. Ran the second-fastest indoor mile in school history (4:39.54). Wrapped up freshman season with impressive showings in the U.S Junior and World Junior championship meets. Placed second in the 1,500 meters at the U.S. Junior Championships where she ran a 4:19.22 to qualify for the World Junior Championships. There, she ran a season-best 4:19.14 in the preliminaries before finishing sixth in the finals (4:21.26). Good early season runs at 1,500 meters included a second-place finish at the Oregon Preview (4:23.33), a win at the Pepsi Team Invite (4:19.88) and a second-place showing at the Cardinal Invitational (4:19.48) before making her Pac-10 Championships debut. Finished seventh in the NCAA West Regional (4:25.41) to advance to her first outdoor NCAA Championships. Indoors, won the mile at the MPSF Championships to advance to the NCAA Indoor Championships, where she finished 12th in 4:44.21. Also ran on Oregon's ninth-place distance medley relay team (11:24.83). Helped Oregon set the school's distance medley record, 11:10.48, earlier in the indoor season. In the fall, was the top freshman at the NCAA Cross Country Championships, where she surged over the last half of the race to finish 13th in 20:34, a key contributor to the Ducks' second-place finish. After the season was tabbed the Pac-10 Newcomer of the Year by league coaches after she finished third (19:55) in the Pac-10 Championships as the top non-senior runner and sixth in the West Regional (20:37). Added another top-three finish in her collegiate debut in the Bill Dellinger Invitational (third, 20:24). **Season Bests:** Outdoors - 800 Meters - 2:09.41, Mt. SAC Relays, Walnut, Calif. (4/17/08); 1,500 Meters - 4:19.14, World Junior Outdoor Championships, Bydgoszcz, Poland (7/11/08). Indoors - Mile - 4:39.54 (PR), MPSF Championships, Seattle, Wash. (3/1/08).

Prep: In 2007, reset the national high school 1,600 meter record in the Meet of Champions (4:38.15) in late April in Sacramento, and also led preps nationally during the early season in the 800 meters with her time from the same meet. Finished second in the state at 1,600 meters as a sophomore and junior. Her junior season time ranked top-five all-time in state meet history and third nationally among preps in '06. In cross country, she competed in the Foot Locker Championships as a senior (36th) and junior (20th), after she finished top-eight in the West Regional both seasons (seventh/eighth). A California state cross country runner-up as a senior, she also finished fifth as a sophomore and junior.

Personal: Sociology major.





Claire Michel

Pac-10 champion, NCAA Championships finalist and school record-holder in the 3,000 meter steeplechase. Ran impressive 10-second PR in the preliminary round at her first NCAA Championships in 2009 to reach the final of the steeplechase. Three-time Pac-10 scorer in the steeple. Strong 2009 cross country season that included a 12th-place Pac-10 finish. Named a District 8 and Pac-10 all-academic first team selection. Former Oregon 4A prep state champion both on the track (3,000 meters) and in cross country. Was additionally a two-time cross country state runner-up state and four-time Border Clash veteran.

RS-Junior
Clackamas, Ore.
Clackamas High School
Steeplechase
Pac-10 Champion (Steeplechase)
School Record (Steeplechase)

Personal Bests

- 5,000 Meters** - 16:18.18, Oregon Relays, Eugene, Ore., 4/30/10
- 3,000 Meter Steeplechase** - 10:11.70, Pac-10 Championships, Eugene, Ore., 5/15/10
- 3,000 Meters** - 9:29.20 (i), Husky Classic, Seattle, Wash., 2/13/10

NCAA Outdoor Track Championships

2009 - 3,000 Meter Steeplechase, 12th, 10:29.16

NCAA Cross Country Championships

2009 - 87th, 21:12.6

NCAA West Regional Track Championships

- 2010 - 3,000 Meter Steeplechase, 27th, 10:48.24
- 2009 - 3,000 Meter Steeplechase, 5th, 10:23.21
- 2008 - 3,000 Meter Steeplechase, 7th, 10:26.62

NCAA Cross Country West Regional

2009 - 26th, 21:40.51

Pac-10 Track Championships

- 2010 - 3,000 Meter Steeplechase, 1st, 10:11.70
- 2009 - 3,000 Meter Steeplechase, 6th, 10:27.29
- 2009 - 5,000 Meters, 14th, 17:06.55
- 2008 - 3,000 Meter Steeplechase, 7th, 10:36.83
- 2008 - 5,000 Meters, 14th, 17:31.97

Pac-10 Cross Country Championships

- 2009 - 12th, 20:22.39
- 2007 - 45th, 21:32.8

2009-10: Outdoors - Ranked 13th nationally in the steeplechase. Became Oregon's first-ever Pac-10 champion in the 3,000 meter steeplechase by running a school record of 10.11.70. Was second in the steeplechase at the Penn Relays (10:18.22). Ran a personal-best 16:18.18 5,000 meters at the Oregon Relays. Was less than :02 off her own school record in a fourth place finish in the 3,000 meter steeplechase at the Stanford Invitational (10:14.84). Followed that by winning the steeplechase at the Pepsi Team Invitational in 10:14.28 to help Oregon win the meet. Time was less than :01 off her school mark. Ran meet record in the 2,000 meter steeplechase at the season-opening Oregon Preview (6:44.08). Foot injury led to a disappointing end of the season at the NCAA West Regional, where she ran 10:48.24. A District 8 and Pac-10 all-academic first team selection. Indoors - An NCAA provisional qualifier at 3,000 and 5,000 meters. Opened season with a PR in the mile (4:49.01) at the Texas A&M Challenge. Hit the NCAA provisional standard in the 3,000 meters, a personal-best 9:29.20, at the Husky Classic. Helped Oregon win its first MPSF crown by taking third in the 5,000 meters in a personal-best 16:28.03. That mark was also an NCAA provisional time. Cross Country - Ran third at the season-opening Pre's Trail Pre-View, her first cross country race in two years. Was Oregon's No. 4 scorer, placing 13th overall (17:02.53, 5,000 meters), in helping the Ducks to a second-place finish at the Bill Dellinger Invitational. Took 26th overall as the Ducks' No. 3 runner at the Pre-National Invitational (21:15.1, 6,000 meters). Scored the best Pac-10 finish of her career, 12th (20:22.39), to help Oregon finish second at the league meet. In her first NCAA West Regional appearance, closed out the scoring for Oregon by taking 26th in 21:40.51. Capped fall with her first NCAA Championships appearance. Pac-10 Cross Country All-Academic first team. **Season Bests:** Outdoors - 5,000 Meters - 16:18.18 (PR), Oregon Relays, Eugene, Ore. (4/30/10); 3,000 Meter Steeplechase - 10:11.70 (PR), Pac-10 Championships, Berkeley, Calif. (5/15/10). Indoors - Mile - 4:49.01 (PR), Texas A&M Challenge, College Station, Texas (1/30/10); 3,000 Meters - 9:29.20 (PR), Husky Classic, Seattle, Wash. (2/13/10); 5,000 Meters - 16:28.03 (PR), MPSF Championships, Seattle, Wash. (2/26/10).

2008-09: NCAA Championships finalist and Pac-10 scorer who broke her own 3,000 meter steeplechase record twice during the season. After racing twice indoors, got outdoor season off to a strong start by running a school-record 10:23.14 at the Stanford Invitational. Won the event at the Oregon Relays in 10:28.92. Helped Oregon win its first Pac-10 championship since 1992 with a sixth-place finish in 10:27.29. Just missed her own school record at the NCAA West Regional, where she ran 10:23.21 to finish fifth and earn her first bid to the NCAA Championships. In the preliminaries at Fayetteville, ran a blistering :10 PR (10:13.56) to shatter her own school record and advance to the final where she placed 12th (10:29.16). Redshirted the cross country season. Pac-10 Track & Field All-Academic first team. **Season Bests:** Outdoors - 3,000 Meter Steeplechase - 10:13.56, NCAA Championships (preliminary), Fayetteville, Ark. (6/10/09). Indoors - 3,000 Meters - 9:35.69, MPSF Championships, Seattle, Wash. (2/28/09).

2007-08: Over the course of her freshman season, shaved more than 30 seconds off her first 3,000 meter steeplechase at the Pepsi Team Invite (10:57.86) to establish the school record in the event in her last race of the season at the NCAA West Regional, where she ran seventh in 10:26.62. Finished seventh in the steeplechase (10:36.83) to score for Oregon at the Pac-10 Championships. Had a good race versus a strong steeple field at the Oregon Twilight, where she finished sixth in 10:36.68, setting the stage for a 10-second PR at the NCAA West Regional. Indoors, ran twice at 3,000 meters, include an eighth-place finish at the Husky Classic in 9:49.35. In the fall, ranked top-eight on the cross country team in four of her five races. Scored as team's second finisher in the Beaver Classic (fourth, 21:30). Capped season with Pac-10 Championships debut. **Season Bests:** Outdoors - 3,000 Meter Steeplechase - 10:26.62, NCAA West Regional, Northridge, Calif. (5/31/08). Indoors - 3,000 Meters - 9:49.35, Husky Classic, Seattle, Wash. (2/16/08).

Prep: Won the Oregon 4A state title in the 3,000 meters as a junior and also made state appearances as a senior (3,000 meters, fifth), sophomore (1,500 meters, eighth) and freshman (3,000 meters, fifth). In cross country, won the state championship as a junior, and placed second as a senior and sophomore. Competed in





O

DELLINGER
INVITATIONAL
CLAIRE
MICHEL

193

193

161

the Foot Locker West Regional in 2005 (11th) and '06 (28th) and ran the Oregon-Washington Border Clash all four seasons (11th-'06; third-'05; second-'04; 19th-'03).

Personal: Romance languages and international studies double major.



Sarah Penney

Promising rookie campaign on the track was cut short due to injury. Was able to redshirt the 2010 outdoor season. Best prep runner from Arizona in the 800 meters comes to Oregon from top high school running program Xavier College Prep.

2009-10: Outdoors - Redshirt season. Indoors - Opened season with a solid runner-up finish in the mile at the UW Indoor Preview (4:50.10). Improved that to 4:48.11 in a fourth-place finish at the Texas A&M Challenge. Cross Country - Made Oregon debut at the Pre's Trail Pre-View, finishing as the team's No. 5 runner and 10th overall. Took fifth overall (third on the team) at the Mike Hodges Invitational. Also ran at the Bill Dellinger Invitational. **Season Bests:** Indoors - Mile - 4:48.11, Texas A&M Challenge, College Station, Texas (1/30/10).

Prep: Had the state's top time in the 800 meters as both a junior and a senior for Xavier College Prep. Scored in three events at the Arizona state championships as a senior to help Xavier to a second-place finish. Was second in the 1,600 meters (5:12.52), sixth in the 800 meters (2:20.34) and seventh in the 3,200 meters (11:25.63). Helped Xavier win the 2008 state cross country championship with a runner-up finish. As a junior at the 2008 Arizona championships, placed second in both the 800 meters (2:14.75) and the 1,600 meters (4:50.72), helping Xavier to a second place team finish. Also recorded the fastest time in the state at 800 meters, 2:14.20, which was the winning mark in the Arizona Meet of Champions. Ranked 20th nationally in the mile in 2008 at 4:52.41. **High School Bests:** 800 Meters - 2:11.63, 2007; 1,600 Meters - 4:50.72, 2008; Mile - 4:52.41, 2008; 3,200 Meters - 10:39.70, 2007.

Personal: Major is undeclared.

Sophomore
Paradise Valley, Ariz.
Xavier College Prep
Distance

Personal Bests
800 Meters - 2:11.63,
2007
Mile - 4:48.11 (i),
Texas A&M Challenge,
College Station, Texas, 1/30/10



Melanie Thompson

Looking forward to getting back on the track after redshirting the 2009-10 season. One of three 2009 freshmen who ran at the 2008 Foot Locker Cross Country Nationals. New Jersey state champion at 1,600 and 3,200 meters and in cross country. Claimed a total of six state championships during her outdoor, indoor and cross country high school career. Ranked seventh nationally in the mile (4:47.94) among all preps. Gatorade New Jersey runner of the year.

2009-10: Redshirted the track and cross country seasons.

Prep: A combined six-time New Jersey state champion in cross country and indoor and outdoor track. Capped career by winning state cross country, indoor 3,200 meter (10:39.39) and outdoor 1,600 meter (4:46.28) titles as a senior for Voorhees High School. Ranked seventh nationally in the mile as a senior (4:47.94). Gatorade New Jersey runner of the year. Prior to the 2009 track season, raced at the Foot Locker Nationals where she placed 17th (18:18). Was named the Express-Times Girls Cross Country Runner of the Year for the second time in three years. As a junior, won both the indoor and outdoor state titles at 3,200 meters. Outdoor title came in a high school-best 10:17.18. Nationally, ranked fifth at both 3,200 meters (10:17.18) and two miles (10:20.76) in 2008. Was also an all-state point guard on the Voorhees basketball team. **High School Bests:** 800 Meters - 2:10.14; 1,600 Meters - 4:46.28, 2009; Mile - 4:47.94, 2009; 3,200 Meters - 10:17.18, 2008.

Personal: Major is psychology. Goes by Lanie.

RS-Freshman
High Bridge, N.J.
Voorhees High School
Distance

Personal Bests
Mile - 4:47.94,
2009





Taylor Wallace

Pac-10 scorer in the steeplechase. Already ranks sixth in that event at Oregon after taking up the race as a freshman. Oregon native and Foot Locker Cross Country national qualifier was a 13-time state champion in track and cross country. Led the state at 800 meters (2:10.57) as a senior and ranked in the top three at 1,500 and 3,000 meters. Won the 2009 Steve Prefontaine Award as the best high school runner in the state of Oregon. Two-time Gatorade state runner of the year.

Sophomore
Klamath Falls, Ore.
Henley High School
Distance

Personal Bests
1,500 Meters - 4:28.79,
 Prefontaine Classic,
 Eugene, Ore., 6/8/08
3,000 Meter Steeplechase - 10:39.44,
 Pac-10 Championships,
 Berkeley, Calif., 5/15/10
3,000 Meters - 9:50.52 (i),
 MPSF Championships,
 Seattle, Wash., 2/27/10

NCAA West Regional Track Championships
 2010 - 3,000 Meter Steeplechase, 31st, 10:50.18

Pac-10 Championships Performances
 2010 - 3,000 Meter Steeplechase, 8th, 10:39.44

Pac-10 Cross Country Championships
 2009 - 44th, 21:25.03

2009-10: Outdoors - Pac-10 scorer in the steeplechase. In her first season as a steeplechaser, opened season with a pair of runner-up finishes. Took second in the 3,000 meter steeplechase at the Pepsi Team Invitational (10:58.34) and in the 2,000 meter steeplechase at the Oregon Preview (7:00.46). Those races led to an eight-place showing at the Pac-10 meet in 10:39.44, a time that ranks sixth at Oregon. Capped season with her first NCAA West Regional appearance. Ran the 1,500 meters at the Stanford Invitational (4:29.14). Indoors - Made season debut at the Husky Classic, where she ran 4:48.08 in the mile and just missed an NCAA provisional mark. Capped indoor season at the MPSF meet where she ran a season-best 9:50.92 in the 3,000 meters. Cross Country - Made Oregon debut at the Bill Dellinger Invitational (24th, 17:28.11, 5,000 meters). Also ran at the Pre-National Invitational and the Pac-10 Championships. **Season Bests:** Outdoors - 1,500 Meters - 4:29.14, Stanford Invitational, Stanford, Calif. (3/26/10); 3,000 Meter Steeplechase - 10:39.44 (PR), Pac-10 Championships, Berkeley, Calif. (5/15/10). Indoors - 4:48.08 (PR), Husky Classic, Seattle, Wash. (2/13/10); 3,000 Meters - 9:50.92 (PR), MPSF Championships, Seattle, Wash. (2/27/10).

Prep: Thirteen-time state champion for Henley High School. Won four titles each at 1,500 meters and 3,000 meters and two in cross country, in addition to anchoring Henley's three-time winning 4x400 meter relay squad. Led Henley to three track and field state championships. After taking her second straight OSAA cross country title (18:43.7), finished 20th at the Foot Locker Cross Country Nationals in December 2008 (18:24). In the spring of her senior year, claimed her fourth straight Oregon state titles at 1,500 meters (4:33.83) and 3,000 meters (10:09.22). Also scored at 400 meters (fourth, 59.09). Had the fastest 800 meter time in the state as a senior (2:10.57). At the 2009 U.S. Junior Track and Field Championships, finished third in 4:29.09 and was also third at the Pan American Junior Championships in 4:31.76. Won the 2009 Steve Prefontaine Award as the best high school runner in the state of Oregon. As a junior, won state cross country (18:13), 1,500 meter (4:33.79) and 3,000 meter (9:58.30) crowns. Set a PR at 1,500 meters, 4:28.79 at the Prefontaine Classic, that ranked third nationally in 2008. Won the 2008 Nike Border Clash. Also ran at the Foot Locker Cross Country Nationals her junior year after which, she was named the Johnny Carpenter athlete of the year. As a sophomore, repeated as 1,500 meter (4:43.34) and 3,000 meter (10:18.92) state champion. Also ran a prep-best 9:56.64 in the 3,000 meters at the 2007 Junior USATF Championships in Indianapolis. Gatorade cross country runner of the year in both 2007 and '08. Earned her first 1,500/3,000 double state track titles as a freshman in 2006. In addition to running, was an all-state forward for the Henley basketball team and an all-league player for the volleyball squad. **High School Bests:** 400 Meters - 59.01, 2009; 800 Meters - 2:10.57, 2009 (state 4A record); 1,500 Meters - 4:28.79 (state 4A record), 2008; 3,000 Meters - 9:56.64, 2007.

Personal: Major is undeclared.





O

PAC-10
CROSS COUNTRY

143

CHAMPIONSHIPS

#143

Wahne, Zach 28

Oregon

143



Freshman
The Woodlands, Texas
The Woodlands High School
Distance

Personal Bests
 5,000 Meters - 16:42.38,
 Pan American Junior Championships,
 Port of Spain, Trinidad and Tobago, 8/1/09

Sarah Andrews

Impressive winner in the 5,000 meters at the 2009 Pan American Junior Championships. A five-time state champion, including the 2008 and 2009 cross country titles.

Prep: A five-time Texas 5A state champion for The Woodlands High School. After breaking the 2009 Woodbridge Invitational cross country three-mile record in 16:01, captured the state 5A cross country title, covering the 3,200 meter course in 10:45.1. Followed that win by placing 10th at the Nike Cross Nationals in Portland, running 18:01.9 over a slow 5,000 meter course. That was a year after winning the 2008 Texas cross country title as a junior and leading The Woodlands to the team title for the first time since 1989. Also took second at the Nike Cross Nationals that season. Best 5,000 meters on the track, 16:42.38, came in a victory at the 2009 Pan American Junior Championships in Port of Spain, Trinidad and Tobago, and ranked second nationally among all U.S. high schoolers. Advanced to the Pan Am Games by finishing second at the USA Track & Field Junior Championships at Historic Hayward Field (16:47.47). Won both the Texas 1,600 meter (4:56.11) and 3,200 meter (10:26.42) track titles as a junior in 2009 after winning the 3,200 meters in 10:43.78 as a sophomore in 2008. Prep bests in the 1,600 (4:54.69) and 3,200 (10:21.31) came during her junior season. **High School Bests:** 1,600 Meters - 4:54.64, 2009; 3,200 Meters - 10:21.31, 2009; 5,000 Meters - 16:42.38, 2009.

Personal: Major is undeclared.



Freshman
Queens, N.Y.
Catherine McAuley High School
Middle Distance

Personal Bests
 400 Meters - 55:82 (i),
 Millrose Games,
 New York, N.Y., 1/29/10
 800 Meters - 2:04.83,
 USA Track & Field Junior Olympics,
 Omaha, Neb., 7/22/08

Phyllis Francis

Talented East Coast runner should make an immediate impact on Oregon's middle distance group. Prep indoor national champion at 800 meters. Broke the meet record in the 800 meters at the 2008 USA Track & Field National Junior Olympic Championships (2:04.83).

Prep: Won the 800 meters at the 2010 National Scholastic Indoor Championships (2:07.54) to cap a strong indoor season. That time was the sixth-best nationally among high schoolers in 2010. Won a pair of indoor titles for Brooklyn's Catherine McAuley High School at the 2010 CHSAA Intersectionals, taking the 300 meters in 38.77 and the 600 in 1:31.64. At the 2010 Millrose Games at Madison Square Garden, took third in the 400 meters in 55.82 on a slow track. Burst on to the running scene by breaking the meet record in the 800 meters at the 2008 USA Track & Field National Junior Olympic Championships in Omaha, Neb. Clocked a personal best 2:04.83 in claiming her second straight USATF victory. She followed that with a win at the 2009 National Scholastic Indoor Championships in 2:07.69. Won the 2009 New York State Division 2 final in the 800 meters in 2:12.71 and followed that with a second-place run in 2:10.03 championship finals (all divisions). In cross country, placed 16th at the 2009 CHSAA Intersectionals (16:23.60/4,000 meter course). **High School Bests:** 400 Meters - 55.82, 2010; 800 Meters - 2:04.83, 2008; High Jump - 5-6/1.67m, 2010.

Personal: Biology major.

Megan Patrignelli

New Yorker with enormous potential in the middle distance events, having focused on the 1,500 meters since only her junior year.

Prep: Captured the 2009 New York state 1,500 meter championship for Monroe-Woodbury High School in a prep-best 4:25.65. She had the No. 4 time nationally in the mile, 4:46.91 (converted from 1,600 meters), and the No. 23 time in the 800, 2:09.26, as a junior. As a senior, placed second in the 800 and third in the 1,500 at the Section IX Class A & D Championships. Was a 2009 NSIC All-American in the 800 meters and the distance medley relay, and also a Nike Outdoor All-American at 800 meters (sixth) and the sprint medley relay. The former soccer player participated in her first cross country season as a senior in 2009 and recorded an impressive top-10 finish at the New York state meet. Indoors as a senior, took second in the 1,000 meters at the OCIAA Indoor Track Championships in 2:58.14 and helped Monroe-Woodbury win the 4x800 meters relay (9:36.71). **High School Bests:** 800 Meters - 2:09.26, 2009; 1,000 Meters - 2:58.14, 2010; 1,500 Meters - 4:25.65, 2009.

Personal: Major is undeclared.



**Freshman
Monroe, N.Y.
Monroe-Woodbury High School
Middle Distance**

Personal Bests
800 Meters - 2:09.26,
2009
1,500 Meters - 4:25.65,
New York State Championships,
Cicero, N.Y. 6/13/09

Laura Roesler

One of the top middle distance recruits in the nation comes to Oregon after winning an astounding 22 state titles in her native North Dakota. A 2008 Olympic Trials semifinalist at 800 meters. A 2010 IAAF World Junior Championship semifinalist at 800 meters. Had the No. 2 high school time nationally in the 800 (2:04.34) and the seventh-fastest 400 time (53.25) as a senior.

Prep: An Olympic Trials semifinalist (800 meters), IAAF World Junior Championships semifinalist (800) and 22-time North Dakota state champion. Dominated the North Dakota prep running scene for Fargo South High School. Won six straight state titles at 400 meters, five straight at 200 and 800 meters, four at 100 meters and also claimed a pair of cross country titles. As a senior, captured state crowns at 200 (24.90), 400 (53.25) and 800 (2:17.64) meters and was second in the 100 (12.38). The 400 mark was a meet record and the seventh-fastest among high schoolers in 2010. Went on to compete in the 800 meters at the USA Junior Track & Field Championships, where she was the runner-up in 2:05.80. Wrapped prep career at the 2010 IAAF World Championships, where she ran a season-best 2:04.34 in the semifinals, missing the final by .01. That was the No. 2 U.S. high school 800 time in the nation in 2010. From 2006 to 2009 won four straight North Dakota state titles at four different distances: 100 meters, 200 meters, 400 meters and 800 meters. Was also the North Dakota cross country champion as a freshman and sophomore. Following her sophomore season, qualified for the 2008 Olympic Trials, where she ran 2:04.03 in the preliminary round to qualify for the semifinals. Her personal best in the 800, 2:03.08, came a few weeks earlier at the Jim Bush Invitational in Los Angeles. Was the 2009 Nike Indoor National Champion at 800 meters despite the cancellation of North Dakota indoor track season due to extreme flooding in Fargo. Placed second in the 800 at the 2009 Junior USA Track & Field Championships in Eugene (2:07.41). **High School Bests:** 100 Meters - 11.90, 2008; 200 Meters - 24.01, 2010; 400 Meters - 53.25, 2010; 800 Meters - 2:03.08, 2008.

Personal: Major is undeclared. Last name is pronounced RACE-ler.

**Freshman
Fargo, N.D.
South Fargo High School
Middle Distance**

Personal Bests
100 Meters - 11.90,
North Dakota State Meet,
Bismark, N.D., 5/23/08
200 Meters - 24.01,
BCS/CHS Invite,
Bismark, N.D., 4/23/10
400 Meters - 53.25,
North Dakota State Meet,
Bismark, N.D., 5/29/10
800 Meters - 2:03.08,
Jim Bush Invitational,
Los Angeles, Calif., 6/7/08





Luke Puskedra



Kenny Klotz



Jordan McNamara



Trophy Town

Overcoming the graduation of national runner of the year Galen Rupp and fellow senior Shadrack Biwott, the men's cross country team showed much resilience in finishing second at the 2009 NCAA Cross Country Championships. The women also added to their program's legacy with another top-10 finish.

It was a season where Oregon struggled at times to find a new identity without Rupp, but in the end, the men came through with a trophy for the third straight season. The women also worked hard, blending a team of veterans and newcomers that eventually posted a Pac-10 champion in Nicole Blood and the University's third straight top-10 finish at the national championships.

NCAA Championships

The Men of Oregon placed four runners in the top 31 to rally for a runner-up finish at the 2009 NCAA Cross Country Championships at the Lavern Gibson Championship Course.

For the Ducks, who entered the race as the two-time defending NCAA champions, but only ranked eighth in the national polls, the race marked the school's third straight NCAA trophy. That's Oregon's best stretch at the NCAA Championships since finishing in the top two for four consecutive years between 1976-79.

Sophomore Luke Puskedra led the men with a 21st-place finish in 30:01.9. Junior Matthew Centrowitz ran 27th in 30:09.5, senior Kenny Klotz was 29th in 30:13.9 and junior Danny Mercado was 29th in 30:15.4. Senior Diego Mercado's 61st-place showing in 30:34.4 rounded out the scoring for the Ducks, who finished just 16 points behind No. 2 Oklahoma State.

The Cowboys won with 127 points, followed by Oregon with 143 points. No. 3 Alabama was third with 173 points, with No. 13 Northern Arizona (190) and No. 7 William & Mary (226) rounding out the top five.

Liberty's Sam Chelanga, runner-up to Galen Rupp a year ago, won the individual title in a course-record 28:41.3.

Oregon steadily worked its way up the scoreboard. On the first loop, Puskedra opened the race near the lead pack, with Klotz about 40th and Centrowitz and the Mercado twins in the middle of the field. The Ducks made their move just before the midpoint, with Puskedra near the top 10 and Klotz, Danny Mercado and Centrowitz climbing into the top 40. With 2,000 meters remaining, Puskedra was 20th, with Centrowitz, Klotz and Danny Mercado all around 25th, before the four Oregon runners finished within :14 of each other.

It was the best career NCAA finish for Centrowitz, Klotz and Danny Mercado, who joined Puskedra in earning All-America honors. Oregon was the only school with four All-America runners.

Meanwhile, Jordan Hasay's 18th-place finish in 20:23.1 led the Women of Oregon to their third straight top-10 finish. The Ducks, ninth in 2009, were the national runners-up each of the last two seasons. Hasay, a freshman from Arroyo Grande, Calif., won the first All-America award of her young career.

No. 2 Villanova won the race with 86 points, with No. 8 Florida State taking second with 133 points. Top-ranked Washington was third with 188 points, followed by No. 9 Texas Tech (191) and No. 3 Princeton (251). Angela Bizzarri of Illinois was the individual winner in 19:46.8.

In addition to Hasay, the Ducks, who had five of seven runners making their NCAA Championships debuts, counted a 48th-place finish from senior Nicole Blood (20:54.6), an 81st-place finish from junior Alexandra Kosinski (21:10.5), an 87th-place finish from sophomore Claire Michel (21:12.6) and a 103rd-place showing from senior Lauren Zaludek (21:19.2) for their 276 total.



Pac-10 Championships

Nicole Blood overtook Kendra Schaaf of Washington with just over 1,000 meters remaining and raced to victory at the 2009 Pacific-10 cross country championships at Sky Links Golf Course. Blood's victory ended a drought of 17 years for the Oregon women.

Both the Duck men and women finished second to the nation's top ranked teams at the Pac-10 meet.

Blood, a senior from Saratoga Springs, N.Y., put on a burst of speed with half a lap remaining to catch Schaaf, who had sprinted out to a large lead, much like she did in winning the 2008 championship at Springfield Country Club. But Blood, working with teammate Jordan Hasay, chased down Schaaf to become the first Pac-10 champion from Oregon since Nicole Woodward in 1992. Blood finished the 6,000-meter race in 19:41.71, with Schaaf next at 19:46.17.

The Ducks also counted an impressive third-place finish from Hasay (19:48.97), and a ninth-place finish from junior Alex Kosinski (20:09.86) as No. 2 Oregon came within seven points of upsetting top-ranked Washington. Hasay was named the Pac-10 Newcomer of the Year.

The Huskies finished with 35 points, followed by the Ducks' 42. It was Oregon's third straight second-place Pac-10 finish. Arizona State took third with 110 points, edging No. 12 Stanford (111). California was fifth with 128 points, followed by No. 17 Arizona (130), UCLA (207), Oregon State (239), USC (250) and Washington State (251).

Oregon also counted a 12th-place finish from sophomore Claire Michel (20:22.39) and a 17th-place showing from sophomore Bronwyn Crossman (20:32.30). Freshman Anne Kesselring ran 22nd in 20:39.42, while senior Lauren Zaludek was 29th in 20:49.80.

With three runners in the top eight, the men took second with 48 points. Sophomore Luke Puskedra ran fourth in 23:05.04, junior Matthew Centrowitz was fifth in 23:09.35 and senior Jordan McNamara, in his Pac-10 debut, was eighth in 23:21.14.

The second-place showing marked the 11th time in the last 15 years that Oregon has finished first or second at the Pac-10 championships. The Ducks had won three straight league titles coming into the 2009 meet.

Chris Derrick won the individual title in 22:35.41 to lead top-ranked Stanford to the team title with 25 points. After No. 2 Oregon, No. 16 Arizona State was third with 88 points, No. 13 Washington was fourth with 119 points, UCLA took fifth with 122 points, No. 26 Washington State was sixth with 163 points, California was seventh (180) and Arizona placed eighth (193).

From the outset, it was a race between Stanford and Oregon. At the halfway mark of the 8,000 meter race, Stanford was running first, second and third, with Puskedra fifth and Danny Mercado seventh. Puskedra and Derrick were 1-2 over the next 2,000 meters, while Centrowitz moved up to third. On the last lap, Derrick and Brandon Bethke of Arizona State began to pull away from the pack, while Elliott Heath of Stanford moved ahead of Puskedra. Bethke finished second in 22:41.43, with Heath third in 22:52.01.

McNamara, from Auburn, Wash., made his late charge to ensure a second-place finish for the Ducks. Puskedra, from Ogden Utah, recorded his second-straight top four finish at the conference meet; he was second as a freshman a year ago. Centrowitz, from Arnold, Md., posted his best finish at the Pac-10 meet; he finished 11th in 2008.



Nicole Blood



Jordan Hasay



Alex Kosinski

2009 SEASON RESULTS

Pre's Trail Run (Pre's Trail, Eugene, Ore, 9.4.09)

Women's Team Results (4,800 meters) (dual meet scoring)

Oregon 19, Oregon State 37
Oregon 15, Portland State 45
Oregon State 17, Portland State 48

Women's Individual Results (Oregon Only)

Place	Name	Time
1	Lauren Zaludek	17:00.1
2	Bronwyn Crossman	17:02.4
3	Claire Michel	17:02.8
4	Betsy Bies	17:11.6
10	Sarah Penney	17:51.6
11	Becca Friday	17:55.8

Men's Team Results (6,800 meters) (dual meet scoring)

Oregon 15, Portland State 48

Men's Individual Results (Oregon Only)

Place	Name	Time
1	Jon Thomas	22:21.5
2	Bryce Burgess	22:21.9
3	Danny Mercado	22:22.3
4	Eric Dettman	22:56.4
5	Walker Augustyniak	22:57.3
7	Isaac Stoutenburgh	23:20.3
8	Matt Dettman	23:54.6

Bill Dellinger Invitational (Springfield Country Club, Springfield, Ore., 10.2.09)

Women's Team Results (5,000 meters)

Place	Team	Score
1	Villanova	22
2	Oregon	41
3	Baylor	86
4	Texas-El Paso	109
5	Colorado State	131
6	San Francisco	172
7	Weber State	178
8	Oregon State	195
9	Portland	224
10	Hawaii	264

Women's Individual Results

Place	Name	Time
1	Sheila Reid, Villanova	16:22.92
2	Alex Kosinski, Oregon	16:25.75
3	Tara Erdmann, Unattached	16:29.51
4	Amanda Marino, Villanova	16:30.76
5	Nicole Schappert, Villanova	16:33.82
6	Jordan Hasay, Oregon	16:39.71
7	Bogdana Mimic, Villanova	16:41.18
8	Risper Kimaiyo, Texas-El Paso	16:46.58
9	Kaitlyn Tallman, Villanova	16:49.11
10	Mattie Bridgmon, Unattached	16:49.55
11	Nichole Jones, Baylor	16:56.23
12	Lauren Zaludek, Oregon	16:59.83
13	Claire Michel, Oregon	17:02.53
14	Erin Bedell, Baylor	17:07.83
15	Nicole Blood, Oregon	17:09.60
16	Jepchirchir Kigen, Texas-El Paso	17:13.61
17	Sarah Callister, Weber State	17:17.29
18	Bronwyn Crossman, Oregon	17:20.48
19	Ellie Rastall, Colorado State	17:22.11
20	Nicole Peters, Colorado State	17:23.84
24	Taylor Wallace, Oregon	17:28.11
30	Zoe Buckman, Oregon	17:34.32
38	Bria Wetsch, Oregon	17:39.75
47	Sarah Penney, Oregon	17:55.94
50	Brooke Giuffre, Unattached	18:02.73

Men's Team Results (8,000 meters)

Place	Team	Score
1	Alabama	53
2	Brigham Young	63
3	Oregon	71
4	Portland	73
5	Villanova	99
6	Cal Poly	173
7	Texas-El Paso	196
8	Colorado State	207
9	Weber State	238
10	San Francisco	261

Men's Individual Results

Place	Name	Time
1	Tyson David, Alabama	23:37.71
2	Moses Kiptoo, Alabama	23:38.38
3	Miles Batty, Brigham Young	23:39.61
4	Matthew Centrowitz, Oregon	23:39.87
5	Hugo Beamish, Villanova	23:40.96
6	Alfred Kipchumba, Portland	23:41.86
7	Fred Samoei, Alabama	23:42.53
8	Danny Mercado, Oregon	23:44.40
9	Joash Osoro, Portland	23:48.49
10	Trevor Dunbar, Portland	23:51.25
11	Luke Puskedra, Oregon	23:53.96
12	Thomas Gruenewald, Brigham Young	23:57.06
13	Julius Bor, Alabama	23:58.36
14	Brandon Hebbert, Brigham Young	23:58.68
15	Rich Nelson, Brigham Young	23:59.32
16	Mathew Mildenhall, Villanova	23:59.77
17	Nicodemus Ngetich, Texas-El Paso	24:04.37
18	Jeremy Freed, Colorado State	24:05.61
19	Alden Bahr, Brigham Young	24:08.48
20	Tommy Betterbed, Portland	24:09.32
23	A.J. Acosta, Oregon	24:16.50
25	Diego Mercado, Oregon	24:18.77
26	Mac Fleet, Unattached	24:18.88
35	Kenny Klotz, Oregon	24:32.55
36	Jordan McNamara, Oregon	24:35.23
43	Bryce Burgess, Oregon	24:42.87
63	Kevin McNally, Unattached	25:21.72
72	Mitchell Hunt, Unattached	25:44.45
76	Tim Costin, Unattached	25:48.30
87	Isaac Stoutenburgh, Oregon	26:25.59
92	Steven Kutsch, Unattached	27:32.19
--	Eric Dettman, Oregon	DNF
--	Jon Thomas, Oregon	DNF

Mike Hodges Invitational (Clackamas Community College, Clackamas, Ore., 10.16.09)

Women's Team Results (5,000 meters)

Place	Team	Score
1	Oregon	22
2	Portland	77
3	Washington	86
4	Xavier	97
5	Portland State	122
6	Willamette	126
7	Seattle U.	174
8	Pacific (Ore.)	230
9	Clark College	259
10	Mount Hood CC	290
11	Clackamas CC	294
12	UO Running Club	296

Women's Individual Results

Place	Name	Time
1	Anne Kesselring, Oregon	17:51
2	Kayla Evans, Washington	17:56
3	Brooke Giuffre, Oregon	17:59
4	Mo Huber, Washington	18:03
5	Sarah Penney, Oregon	18:08
6	Kelsey Owens, Unattached	18:08
7	Bria Wetsch, Oregon	18:10
8	Breanna Huschka, Unattached	18:10
9	Grace Green, Unattached	18:19
10	Alison Ponce, Unattached	18:23
11	Becca Friday, Oregon	18:24
12	Bethany McInturff, Portland	18:25
13	Justine Johnson, Unattached	18:35
14	Jessica Harper, Unattached	18:39
15	Megan Smith, Portland	18:45

Men's Team Results (4 miles)

Place	Team	Score
1	Willamette	63
2	Oregon	64
3	Xavier	89
4	Washington	91
5	Seattle U.	99
6	Portland State	185
7	UO Running Club	201
8	Lane CC	207
9	Clark College	220
10	Pacific (Ore.)	272
11	Clackamas CC	320
12	Mt. Hood CC	323
13	Central Oregon CC	360
14	SW Oregon CC	375

Men's Individual Results

Place	Name	Time
1	Tommy Kauffmann, Xavier	19:55
2	Bryce Burgess, Oregon	19:56
3	Kevin McNally, Oregon	20:07
4	Jordan Swarthout, Washington	20:09
5	David McCarty, Washington	20:12
6	Chris Kwiatkowski, Unattached	20:17
7	Mitchell Hunt, Unattached	20:17
8	Ben DeJarnette, Unattached	20:21
9	James Cameron, Washington	20:23
10	Matt Parker, Willamette	20:25
11	Clif Campbell, Unattached	20:27
12	Leo Castillo, Willamette	20:27
13	Travis Stevens, Lane CC	20:29
14	Hank Geer, Xavier	20:30
15	Keith Albrektsen, Xavier	20:31
16	Eric Dettman, Oregon	20:32
28	David Bondi, Oregon	20:52
34	Ken Scoggin, Oregon	21:04
39	Steven Kutsch, Unattached	21:14
47	Walker Augustyniak, Oregon	21:31
53	Timothy Costin, Unattached	21:40



Pre-National Invitational (LaVern Gibson Championship Course, Terre Haute, Ind., 10.17.09)

Blue Race

Women's Team Results (6,000 meters)

Place	Team	Score
1	Colorado	94
2	Florida State	135
3	Oregon	169
4	Georgetown	200
5	Stanford	206
6	Arizona	225
7	Iowa State	231
8	Iowa	283
9	Texas-El Paso	284
10	Michigan State	302
11	Nebraska	346
12	Harvard	368
13	North Carolina State	411
14	Kansas State	413
15	UC Davis	468
16	Toledo	481
17	Southern Utah	483
18	James Madison	490
19	Butler	493
20	Miami (Ohio)	545
21	Western Kentucky	563
22	Rice	564
23	Auburn	574
24	Louisville	608
25	Vanderbilt	615
26	Iona	632
27	Oregon State	666
28	Dayton	719
29	Marquette	720
30	Tulsa	732
31	Central Michigan	775
32	Air Force	777
33	Liberty	867
34	Eastern Kentucky	891
35	Ohio	944
36	Loyola (Ill.)	954
37	Mississippi	1215

Blue Race

Men's Team Results (8,000 meters)

Place	Team	Score
1	Oregon	79
2	Alabama	114
3	Northern Arizona	115
4	William & Mary	128
5	Washington	183
6	Auburn	263
7	Washington State	274
8	Tulsa	281
9	North Carolina State	294
10	Cal Poly	303
11	Utah State	381
12	Air Force	382
13	Butler	388
14	Texas-El Paso	391
15	Florida	402
16	Iowa	422
17	Kansas	446
18	California	460
19	Indiana State	485
20	Brown	486
21	Michigan State	513
22	Montana State	533
23	Harvard	579
24	Georgia	602
25	Miami (Ohio)	608
26	Illinois State	670
27	Arizona	726
28	Charlotte	756
29	Toledo	836
30	Marquette	904
31	Georgia Tech	911
32	Western Kentucky	957
33	Loyola (Md.)	996
34	IUPUI	1003

Women's Individual Results

Place	Name	Time
1	Jenny Barringer, Colorado	19:50.9
2	Susan Kujiken, Florida State	20:20.8
3	Jordan Hasay, Oregon	20:33.0
4	Risper Kimaiyo, Texas-El Paso	20:33.9
5	Janet Jesang, Western Kentucky	20:34.5
6	Beverly Ramos, Kansas State	20:36.3
7	Pasca Cheruiyot, Florida State	20:36.6
8	Lisa Koll, Iowa State	20:40.5
9	Emily Infeld, Georgetown	20:45.1
10	Allie McLaughlin, Colorado	20:45.6
11	Emily MacLeod, Michigan State	20:47.2
12	Nicole Blood, Oregon	20:47.8
13	Emily Pritt, North Carolina State	20:50.2
14	Tarah McKay, Louisville	20:52.1
15	Alexandra Gits, Stanford	21:01.8
16	Stephanie Marcy, Stanford	21:04.0
17	Alex Dunne, Stanford	21:05.3
18	Maggie Callahan, Arizona	21:06.2
19	Sydney Messick, Kansas State	21:09.5
20	Pilar McShine, Florida State	21:10.3
21	Hollie Knight, Auburn	21:10.4
22	Emily Jones, Georgetown	21:10.8
23	Rachel Carrizales, Nebraska	21:11.2
24	Laura Tremblay, Colorado	21:11.9
25	Kathya Garcia, Texas-El Paso	21:14.3
26	Claire Michel, Oregon	21:15.1
51	Bronwyn Crossman, Oregon	21:36.9
77	Alex Kosinski, Oregon	21:53.9
87	Taylor Wallace, Oregon	21:57.3
98	Lauren Zaludek, Oregon	22:04.0

Men's Individual Results

Place	Name	Time
1	Luke Puskedra, Oregon	23:40.2
2	Andy Baker, Butler	23:45.4
3	Jordan Chipangama, Northern Arizona	23:47.8
4	Diego Estrada, Northern Arizona	23:49.0
5	Jon Grey, William & Mary	23:54.3
6	Danny Mercado, Oregon	23:59.6
7	John Beattie, Tulsa	24:00.4
8	Daniel Chenoweth, Harvard	24:01.8
9	Ryan Hill, North Carolina State	24:02.8
10	Ben Cheruiyot, Auburn	24:03.5
11	Kenny Klotz, Oregon	24:05.3
12	Patterson Wilhelm, William & Mary	24:05.8
13	Moses Kiptoo, Alabama	24:06.0
14	Felix Kibioywo, Auburn	24:08.4
15	Julius Bor, Alabama	24:09.7
16	Ben Ashkettle, Northern Arizona	24:10.0
17	Fred Samoei, Alabama	24:13.2
18	Nicodemus Ng'etich, Texas-El Paso	24:14.8
19	Jeff Thode, Iowa	24:15.9
20	Lewis Timmins, Tulsa	24:16.5
21	Justin Tyner, Air Force	24:16.6
22	Jake Schmitt, Washington	24:16.9
23	Colin Leak, William & Mary	24:17.5
24	John Martinez, North Carolina State	24:18.8
25	Colton Tully-Doyle, Washington	24:19.2
27	Matthew Centrowitz, Oregon	24:22.8
34	Diego Mercado, Oregon	24:27.9
41	A.J. Acosta, Oregon	24:37.8
52	Mac Fleet, Oregon	24:42.3

Pacific-10 Championships (Sky Links Golf Course, Long Beach, Calif., 10.30.09)

Women's Team Results (6,000 meters)

Place	Team	Score
1	Washington	35
2	Oregon	42
3	Arizona State	110
4	Stanford	111
5	California	128
6	Arizona	130
7	UCLA	207
8	Oregon State	239
9	USC	250
10	Washington State	251

Women's Individual Results

Place	Name	Time
1	Nicole Blood, Oregon	19:41.71
2	Kendra Schaaf, Washington	19:46.17
3	Jordan Hasay, Oregon	19:48.97
4	Marie Lawrence, Washington	19:49.02
5	Christine Babcock, Washington	19:58.82
6	Deborah Maier, California	20:00.10
7	Kari Hardt, Arizona State	20:07.72
8	Katie Follett, Washington	20:08.04
9	Alex Kosinski, Oregon	20:09.86
10	Alexandra Gits, Stanford	20:13.16
11	Stephanie Marcy, Stanford	20:16.58
12	Claire Michel, Oregon	20:22.39
13	Shannon Murakami, UCLA	20:24.54
14	Maggie Callahan, Arizona	20:26.59
15	Allie Kieffer, Arizona State	20:28.36
16	Kailey Campbell, Washington	20:31.67
17	Bronwyn Crossman, Oregon	20:32.30
18	Maddie O'Meara, Stanford	20:33.64
19	Allison Linnell, Washington	20:35.36
20	Ellie Keene, California	20:37.14
21	Lindsay Prescott, Arizona State	20:37.41
22	Zsöfia Erdelyi, USC	20:38.91
23	Anne Kesselring, Oregon	20:39.42
24	Lisa Egami, Washington State	20:40.41
25	Lauren Saylor, Washington	20:40.99
29	Lauren Zaludek, Oregon	20:49.80
36	Zoe Buckman, Oregon	21:04.83
44	Taylor Wallace, Oregon	21:25.03

Men's Team Results (8,000 meters)

Place	Team	Score
1	Stanford	28
2	Oregon	45
3	Arizona State	88
4	Washington	119
5	UCLA	122
6	Washington State	163
7	California	180
8	Arizona	193

Men's Individual Results

Place	Name	Time
1	Chris Derrick, Stanford	22:35.41
2	Brandon Bethke, Arizona State	22:41.43
3	Elliott Heath, Stanford	22:52.01
4	Luke Puskedra, Oregon	23:05.04
5	Matthew Centrowitz, Oregon	23:09.35
6	Jake Riley, Stanford	23:12.71
7	Justin Marpole-Bird, Stanford	23:13.67
8	Jordan McNamara, Oregon	23:21.14
9	Marco Anzures, UCLA	23:24.50
10	Kelly Spady, Washington	23:25.62
11	Miles Unterreiner, Stanford	23:27.76
12	Brendan Gregg, Stanford	23:28.59
13	Danny Mercado, Oregon	23:34.85
14	BenEngelhardt, Arizona State	23:35.63
15	A.J. Acosta, Oregon	23:38.50
16	Marlon Patterson, UCLA	23:38.80
17	Mark Moeller, Washington State	23:39.86
18	Steve Sodaro, California	23:41.41
19	Benjamin Johnson, Stanford	23:46.88
20	Mohamud Ige, Arizona	23:47.96
21	J.T. Sullivan, Stanford	23:49.33
22	Jeff Helmer, Arizona State	23:49.95
23	Colton Tully-Doyle, Washington	23:50.45
24	Alex Crabill, UCLA	23:55.88
25	Dylan Hatcher, Arizona State	24:00.50
32	Diego Mercado, Oregon	24:09.69
33	Mac Fleet, Oregon	24:11.74
34	Bryce Burgess, Oregon	24:13.08
37	Kenny Klotz, Oregon	24:27.26



SEASON REVIEW

NCAA West Regional Championships (Springfield Country Club, Springfield, Ore., 11.4.09)

Women's Team Results (6,000 meters)

Place	Team	Score
1	Washington	25
2	Oregon	66
3	Stanford	94
4	Arizona State	119
5	Arizona	202
6	UC Santa Barbara	228
7	UC Davis	232
8	California	255
9	Oregon State	302
10	San Francisco	304
11	UCLA	321
12	Cal Poly	328
13	Loyola Marymount	334
14	Long Beach State	403
15	Washington State	410
16	Portland	420
17	UC Riverside	433
18	Sacramento State	457
19	Santa Clara	500
20	USC	535
21	UC Irvine	581
22	San Diego	616
23	Nevada-Las Vegas	658
24	Portland State	736
25	Pepperdine	742

Women's Individual Results

Place	Name	Time
1	Kendra Schaaf, Washington	20:41.70
2	Jordan Hasay, Oregon	20:52.46
3	Marie Lawrence, Washington	20:58.87
4	Kailey Campbell, Washington	21:00.31
5	Nicole Blood, Oregon	21:01.00
6	Stephanie Wilson, Santa Clara	21:01.30
7	Katie Follett, Washington	21:02.93
8	Alex Kosinski, Oregon	21:07.25
9	Stephanie Marcy, Stanford	21:09.67
10	Christine Babcock, Washington	21:12.90
11	Lisa Egami, Washington State	21:18.25
12	Crystal Reed, UC Santa Barbara	21:18.95
13	Shannon Murakami, UCLA	21:19.91
14	Deborah Maier, California	21:20.43
15	Alex Dunne, Stanford	21:21.08
16	Kari Hardt, Arizona State	21:22.55
17	Kate Niehaus, Stanford	21:24.65
18	Anna Sperry, Arizona State	21:26.31
19	Kathy Kroeger, Stanford	21:27.74
20	Lindsay Prescott, Arizona State	21:28.76
21	Allie Kieffer, Arizona State	21:30.58
22	Sarah Sumpter, UC Davis	21:32.79
23	Sheree Shea, Loyola Marymount	21:33.90
24	Maggie Callahan, Arizona	21:38.11
25	Lauren Zaludek, Oregon	21:39.25
26	Claire Michel, Oregon	21:40.51
42	Zoe Buckman, Oregon	22:01.71
43	Amanda Moreno, UC Santa Barbara	22:02.28
44	Breanne Strenkowski, UC Santa Barbara	22:02.65
45	Angela Spadafino, Arizona State	22:04.25
46	Carolyn Ellis, Cal State Fullerton	22:06.83
47	Bronwyn Crossman, Oregon	22:08.08

Men's Team Results (10,000 meters)

Place	Team	Score
1	Stanford	27
2	Portland	84
3	Oregon	109
4	Washington	120
T5	Arizona State	155
T5	Cal Poly	155
7	UCLA	207
T8	California	217
T8	UC Santa Barbara	217
10	Washington State	268
11	UC Davis	287
12	UC Riverside	340
13	Loyola Marymount	387
14	Long Beach State	431
15	Boise State	443
16	Santa Clara	465
17	Fresno State	498
18	UC Irvine	499
19	San Francisco	522
20	Sacramento State	574
21	Cal State Fullerton	602
22	Pepperdine	698
23	Eastern Washington	709
24	Portland State	712
25	Saint Mary's	713
26	San Diego	741

Men's Individual Results

Place	Name	Time
1	Chris Derrick, Stanford	30:38.84
2	Elliott Heath, Stanford	30:38.96
3	Justin Marpole-Bird, Stanford	30:42.20
4	Scott Smith, UC Santa Barbara	30:42.60
5	Tommy Betterbed, Portland	30:42.91
6	Luke Puskedra, Oregon	30:48.40
7	Brandon Bethke, Arizona State	30:50.49
8	Joash Osoro, Portland	30:54.68
9	Mohamud Ige, Arizona	30:56.84
10	Brendan Gregg, Stanford	30:57.20
11	Marco Anzuere, UCLA	30:59.48
12	Trevor Dunbar, Portland	31:00.28
13	Miles Unterreiner, Stanford	31:02.45
14	Danny Mercado, Oregon	31:02.80
15	Joe Gatel, Cal Poly	31:09.25
16	Steve Sodaro, California	31:10.42
17	Jonathan Peterson, UC Davis	31:11.74
18	Colton Tully-Doyle, Washington	31:12.52
19	Julian DeRubira, UC Santa Barbara	31:13.49
20	Kelly Spady, Washington	31:14.24
21	Kari Karlsson, California	31:14.40
22	Alfred Kipchumba, Portland	31:18.28
23	Joey Bywater, Washington	31:21.58
24	Chad Hall, UC Riverside	31:21.73
25	Evan Anderson, Cal Poly	31:22.72
28	Diego Mercado, Oregon	31:25.08
32	Kenny Klotz, Oregon	31:32.37
33	A.J. Acosta, Oregon	31:37.10
49	Mac Fleet, Oregon	31:58.69
73	Matthew Centrowitz, Oregon	32:29.80

NCAA Championships (Lavern Gibson Championship Course, Terre Haute, Ind., 11.23.09)

Women's Team Results (6,000 meters)

Place	Team	Score
1	Villanova	86
2	Florida State	133
3	Washington	188
4	Texas Tech	191
5	Princeton	251
6	West Virginia	259
7	Florida	260
8	Duke	272
9	Oregon	276
10	Minnesota	310
11	Providence	349
12	Illinois	365
13	New Mexico	368
14	Penn State	375
15	Virginia	391
16	Stanford	408
17	Iowa State	446
18	Syracuse	450
19	Brigham Young	453
20	Colorado	458
21	Georgetown	495
22	Texas-El Paso	500
23	Notre Dame	519
24	Arizona State	520
25	Southern Methodist	581
26	Michigan State	601
27	Michigan	637
28	Baylor	666
29	Ohio State	673
30	Arizona	682
31	Indiana	716

Women's Individual Results

Place	Name	Time
1	Angela Bizzari, Illinois	19:46.8
2	Kendra Schaaf, Washington	19:51.6
3	Susan Kuijken, Florida State	19:57.7
4	Catherine White, Virginia	19:59.5
5	Allie McLaughlin, Colorado	20:01.1
6	Amanda Marino, Villanova	20:02.4
7	Megan Duwell, Minnesota	20:06.9
8	Emily Infeld, Georgetown	20:07.9
9	Risper Kimaiyo, Texas-El Paso	20:10.9
10	Cecily Lemmon, Brigham Young	20:11.9
11	Janet Jesang, Western Kentucky	20:13.6
12	Lisa Koll, Iowa State	20:15.5
13	Sheila Reid, Villanova	20:16.3
14	Clara Grandt, West Virginia	20:18.2
15	Rebecca Lowe, Florida	20:18.8
16	Pasca Cheruyiot, Florida State	20:22.2
17	Emily Pritt, North Carolina State	20:22.8
18	Jordan Hasay, Oregon	20:23.1
19	Lillian Badaru, Texas Tech	20:24.2
20	Liz Costello, Princeton	20:24.3
21	Charlotte Browning, Florida	20:25.7
22	Bogdana Mimic, Villanova	20:26.6
23	Katie Follett, Washington	20:32.0
24	Christine Babcock, Villanova	20:33.1
25	Purity Biwott, Texas Tech	20:34.1
26	Bridget Franek, Penn State	20:34.7
27	Megan Hogan, George Washington	20:34.8
28	Stephanie Wilson, Santa Clara	20:37.3
29	Carly Seymour, Duke	20:37.5
30	Nicole Schappert, Villanova	20:38.1
31	Marie Lawrence, Washington	20:38.5
32	Kaitlyn Peale, Michigan	20:38.8
33	Beverly Ramos, Kansas State	20:38.9
34	Christine Babcock, Washington	20:42.6
35	Lindsey Ferguson, Notre Dame	20:42.7
36	Marie-Louise Asselin, West Virginia	20:42.8
37	Hannah Davidson, Providence	20:42.8
38	Veronica Pohl, Northern Arizona	20:43.5
39	Amanda Winslow, Florida State	20:43.7
40	Keri Bland, West Virginia	20:44.9
48	Nicole Blood, Oregon	20:54.6
81	Alexandra Kosinski, Oregon	21:10.5
87	Claire Michel, Oregon	21:12.6
103	Lauren Zaludek, Oregon	21:19.2
205	Bronwyn Crossman, Oregon	22:07.0
211	Anne Kesselring, Oregon	22:12.6

Men's Team Results (10,000 meters)

Place	Team	Score
1	Oklahoma State	127
2	Oregon	143
3	Alabama	173
4	Northern Arizona	190
5	William & Mary	226
6	Colorado	315
7	Wisconsin	321
T8	New Mexico	350
T8	Iona	350
10	Stanford	354
11	Villanova	359
12	Oklahoma	386
13	Portland	394
14	Syracuse	405
15	Virginia	408
16	Iowa State	430
17	Brigham Young	468
18	Washington	470
19	Arizona State	472
20	Providence	482
21	Ohio State	483
22	Georgetown	485
23	Louisville	490
24	Minnesota	493
25	Auburn	504
26	Arkansas	535
27	North Carolina State	539
T28	Texas	605
T28	Duke	605
30	Florida State	612
31	Michigan State	654

Men's Individual Results

Place	Name	Time
1	Samuel Chelanga, Liberty	28:41.3
2	David McNeill, Northern Arizona	29:06.5
3	Chris Derrick, Stanford	29:14.8
4	Barnabas Kirui, Mississippi	29:24.1
5	Jordan Chipangama, Northern Arizona	29:33.1
6	Dorian Ulrey, Arkansas	29:37.9
7	Brandon Bethke, Arizona State	29:38.3
8	Andrew Bumbalough, Georgetown	29:39.1
9	Ryan Vail, Oklahoma State	29:40.7
10	Colby Lowe, Oklahoma State	29:42.4
11	Jacob Kirwa, New Mexico	29:46.1
12	Ryan Sheridan, Iona	29:47.4
13	John Kosgei, Oklahoma State	29:48.3
14	Alfred Kipchumba, Portland	29:50.1
15	Felix Kiboiwo, Auburn	29:50.3
16	Hassan Mead, Minnesota	29:50.7
17	Jon Grey, William & Mary	29:51.4
18	Ben Cheruyiot, Auburn	29:55.7
19	Jeff Schirmer, Southern Illinois	30:00.2
20	Evans Kigen, Liberty	30:01.0
21	Luke Puskedra, Oregon	30:01.9
22	Tyson David, Alabama	30:03.7
23	Ryan Hill, North Carolina State	30:04.6
24	Cory Thorne, Louisville	30:05.3
25	Emmanuel Bor, Alabama	30:05.8
26	Moses Kiptoo, Alabama	30:08.6
27	Matthew Centrowitz, Oregon	30:09.5
28	Girma Mecheso, Oklahoma State	30:13.6
29	Kenny Klotz, Oregon	30:13.9
30	Mohammed Ahmed, Wisconsin	30:14.4
31	Danny Mercado, Oregon	30:15.4
32	Jeff See, Ohio State	30:16.6
33	Michael Krusch, Georgetown	30:18.3
34	Patterson Wilhelm, William & Mary	30:18.9
35	Alexander Soderberg, Iona	30:19.3
36	Mathew Mildenhall, Villanova	30:19.4
37	Elliott Heath, Stanford	30:19.4
38	Mohamud Ige, Arizona	30:20.2
39	Tito Medrano, Syracuse	30:20.7
40	Colin Leak, William & Mary	30:21.4
61	Diego Mercado, Oregon	30:34.4
106	A.J. Acosta, Oregon	31:01.1
179	Jordan McNamara, Oregon	31:40.3





OREGON MEN'S CROSS COUNTRY HISTORY

By winning back-to-back NCAA Championships (2007-08) for the first time in 35 years and adding a runner-up showing in 2009, the Oregon cross country team is in the midst of another Golden Era of running in what will undoubtedly be another memorable chapter to the storied legend that embodies the tradition of the Men of Oregon.

In their 35 trips to the NCAA Championships, the Men of Oregon have claimed six NCAA titles, eight runner-up finishes and four more third-place efforts among their 30 top-10 finishes. The University of Oregon fielded its first track and field team in 1897. A decade later, Oregon's first great track and field head coach, Bill Hayward, began an amazing 44-year career with the Ducks from 1904-47, and assisted Olympic squads from 1908-32.

The Ducks featured three Olympic distance runners during that period — Americans Walter McClure (1912, 800 meters) and Ralph Hill (1932, 5,000 meters, 2nd) and Canadian Jack Hutchins (1948, 800/1,500 meters; 1952, 800 meters). Hill, a native of Klamath Falls, Ore., broke the American mile record in 1930 (4:12.4), then added the American 5,000 meter record in 1932 (14:30.0).

The Ducks' exceptional distance tradition continued in the 1950s under the guidance of another legendary coach, Bill Bowerman who later served as the 1972 U.S. Olympic head coach.

Springfield, Ore., native Bill Dellinger won Oregon's first NCAA distance title in the mile in 1954, was the collegiate mile runner-up in '55, then added the 5,000 meter crown in '56. After college, he set six American records, two world records and made three Olympic appearances, earning the 1964 Olympic 5,000m bronze medal.

His teammate Jim Bailey was also an NCAA mile champion (1955) and Olympian (800 meters, 1956), and became the first miler to break the 4:00 minute mark on U.S. soil in Los Angeles in 1956 (3:58.6).

The mile and 1,500 meters continued to be Oregon trademarks thanks to four straight NCAA titles by Jim Grelle (1959) and Dyrol Burleson (1960-63). The Cottage Grove, Ore., native Burleson eventually claimed a pair of top-six Olympic finishes in the 1,500 meters (sixth, 1960; fifth, '64) and four American records during his collegiate career.

Oregon's first trips to the NCAA Cross Country Championships were rewarded with instant success. The Ducks scored runner-up NCAA finishes in '63 and '64 and were led by All-Americans Clayton Steinke and Ken Moore who placed 11th and 14th in 1963, respectively. A decade later, Moore placed fourth in the 1972 Olympic marathon after finishing 14th in '68.

That same 1972 Olympic team showcased another Duck great — Steve Prefontaine — who helped transform the sport under the guidance of Dellinger, who had rejoined the program as an assistant coach in 1968 and assumed the head post in 1972.

Prefontaine arrived as a confident, talented star from the blue collar, coastal town of Coos Bay, Ore., and immediately demonstrated how he had become the U.S. junior record holder in the 2-mile (8:41.5, 1969).

That fall, Prefontaine finished third as a freshman in the 1969 NCAA Cross Country Championships, then added three NCAA cross country individual titles, leading the Ducks to two NCAA cross country team victories (1971, '73) and second- and third-place finishes in 1969 and '70. Though Pre passed away tragically in a car crash in 1975, a host of other Oregon runners shared his pursuit for American records and Olympic berths.

MEN'S CROSS COUNTRY HISTORY

“Dellinger’s Army” added a third NCAA team title in 1974 thanks to a quartet of All-Americans who finished top 25 — Paul Geis (fourth), Dave Taylor (fifth), Terry Williams (sixth) and Gary Barger (25th).

A new generation of Oregon excellence was introduced in 1976 with the arrival of freshmen Alberto Salazar and Rudy Chapa who combined for one NCAA title, four top-10 NCAA finishes and seven cross country All-America honors. The duo, along with All-Americans Don Clary, Bill McChesney, Jr. and Matt Centrowitz, won the fourth NCAA cross country team championship for the Ducks in 1977. Members from what are considered among UO’s greatest teams ultimately combined for an amazing six Olympic and two World Championships invitations on the track.

UO’s success continued in the ’80s and ’90s as eventual World Championships qualifiers Jim Hill and Brad Hudson scored top-10 NCAA cross country finishes. Other top-five NCAA teams featured Olympians and World Championships vets Karl Keska, Danny Lopez, Dan Nelson and Nick Rogers.

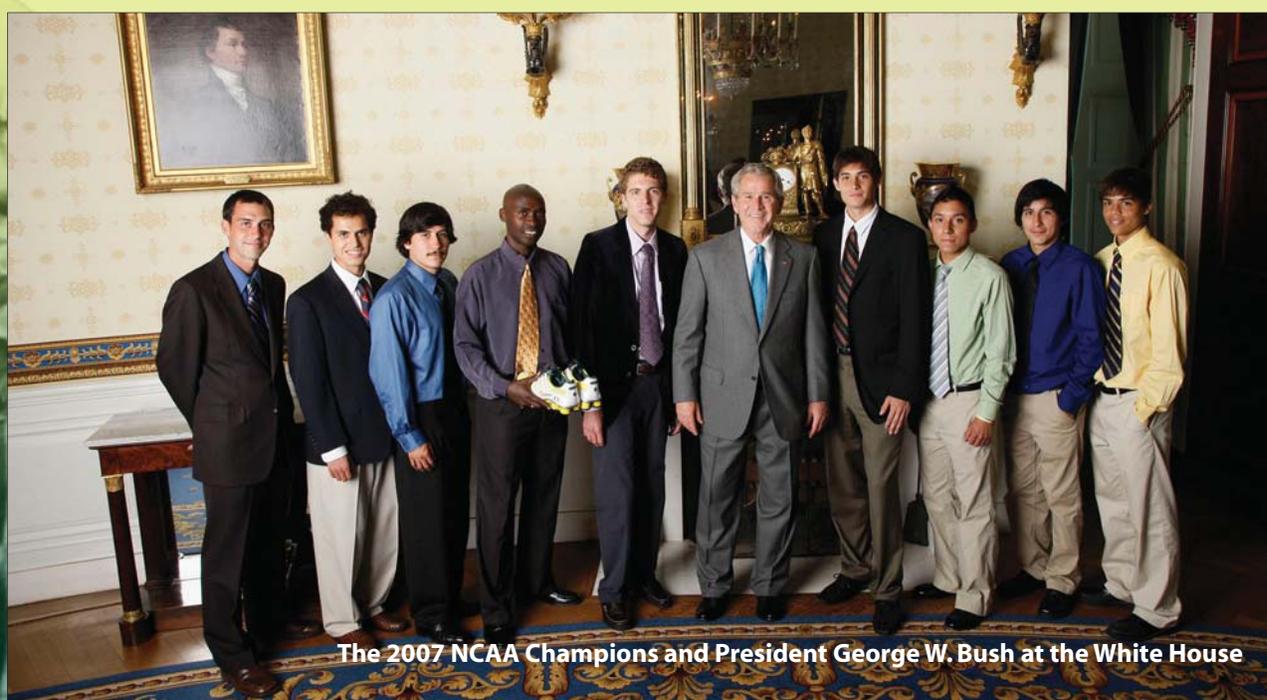
The three-time Olympian Dellinger also returned to the event as a U.S. assistant coach for the 1984 Los Angeles Olympic Games.

Steve Fein continued the distance tradition when he took third in the NCAA Championships in 1999 as the top American finisher — less than a month after his Pac-10 and West Regional wins. Jason Hartmann followed with three All-America honors in 1999, 2000 and 2002 and became the third Duck ever to accomplish the feat. His last honor helped UO to its 18th top-five NCAA team finish in 2002.

Now, with great vision and passion, Associate Athletic Director Vin Lananna has helped usher Oregon into another Golden Era of running. The Ducks won back-to-back NCAA Championships in 2007 and 2008 and a new stable of athletes takes their place among the legends of Oregon.

Galen Rupp won an unprecedented six NCAA distance race championships during the 2008-09 academic year. He was the 2008 individual cross country champion and followed that with NCAA indoor wins at 3,000 and 5,000 meters, anchored the winning distance medley relay team and capped his remarkable career with NCAA outdoor titles at 5,000 and 10,000 meters. His last race in an Oregon singlet was the 2009 USA Track & Field Championships at Historic Hayward Field, where he won his first American title at 10,000 meters. He was also selected as the NCAA Division I Academic All-American of the Year, becoming the first track and field student-athlete to be so honored. A three-time Pac-10 champion, Rupp finished his career with a school-record 14 All-America awards.

Yet, Rupp was just one of the next generation of runners to flourish in the Golden Age under Lananna, Oregon’s back-to-back NCAA titles were made possible by All-Americans like Shadrack Kiptoo-Biwott, who won the 2007 Pac-10 title, Luke Puskedra, Matthew Centrowitz, A.J. Acosta, Andrew Wheating, Kenny Klotz and Daniel and Diego Mercado. Puskedra, Centrowitz, Klotz and Danny Mercado all earned All-America status during the Ducks’ 2009 NCAA runner-up finish.



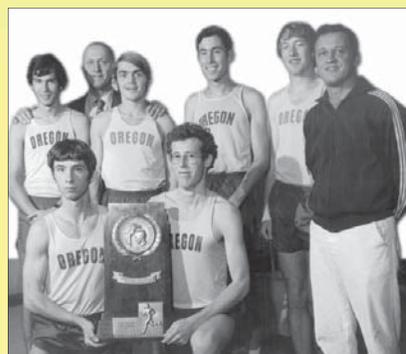
The 2007 NCAA Champions and President George W. Bush at the White House



2008 NCAA Champions: (L-R): Vin Lananna, Curtis Suver, Luke Puskedra, Matthew Centrowitz, Galen Rupp, Diego Mercado, Kenny Klotz, Shadrack Biwott, Andrew Wheating, Andy Powell

Men's NCAA Top Finishes

- 1963 1. San Jose State 53, 2. **OREGON 68**
- 1964 1. W. Michigan 86, 2. **OREGON 166**
- 1965 1. W. Michigan 81, 2. Northwestern 114...8. **OREGON 229**
- 1969 1. Texas-El Paso 74, 2. Villanova 88, 3. **OREGON 111**
- 1970 1. Villanova 85, 2. **OREGON 86**
- 1971 1. **OREGON 83**, 2. Washington State 122
- 1972 1. Tennessee 134, 2. E. Tennessee St. 148, 3. **OREGON 158**
- 1973 1. **OREGON 89**, 2. Texas-El Paso 157
- 1974 1. **OREGON 77**, 2. Western Kentucky 110
- 1976 1. UTEP 62, 2. **OREGON 117**
- 1977 1. **OREGON 100**, 2. Texas-El Paso 105
- 1978 1. UTEP 56, 2. **OREGON 72**
- 1979 1. UTEP 86, 2. **OREGON 93**
- 1982 1. Wisconsin 59, 2. Providence 138...10. **OREGON 266**
- 1983 1. UTEP 108, 2. Wisconsin 164, 3. **OREGON 171**
- 1986 1. Arkansas 69, 2. Dartmouth 141...4. **OREGON 185**
- 1988 1. Wisconsin 105, 2. No. Arizona 160...7. **OREGON 233**
- 1989 1. Iowa State 54, 2. **OREGON 74**
- 1990 1. Arkansas 68, 2. Iowa State 96...5. **OREGON 201**
- 1992 1. Arkansas 46, 2. Wisconsin 87...8. **OREGON 276**
- 1995 1. Arkansas 100, 2. No. Arizona 142...7. **OREGON 228**
- 1996 1. Stanford 46, 2. Arkansas 74, 3. **OREGON 140**
- 1997 1. Stanford 53, 2. Arkansas 56...8. **OREGON 266**
- 1998 1. Arkansas 97, 2. Stanford 114...5. **OREGON 233**
- 1999 1. Arkansas 58, 2. Wisconsin 185...6. **OREGON 306**
- 2002 1. Stanford 47, 2. Wisconsin 107...5. **OREGON 210**
- 2006 1. Colorado 94, 2. Wisconsin 142...5. **OREGON 196**
- 2007 1. **OREGON 85**, 2. Iona, 113
- 2008 1. **OREGON 93**, 2. Iona 147
- 2009 1. Oklahoma State 127, 2. **OREGON 143**



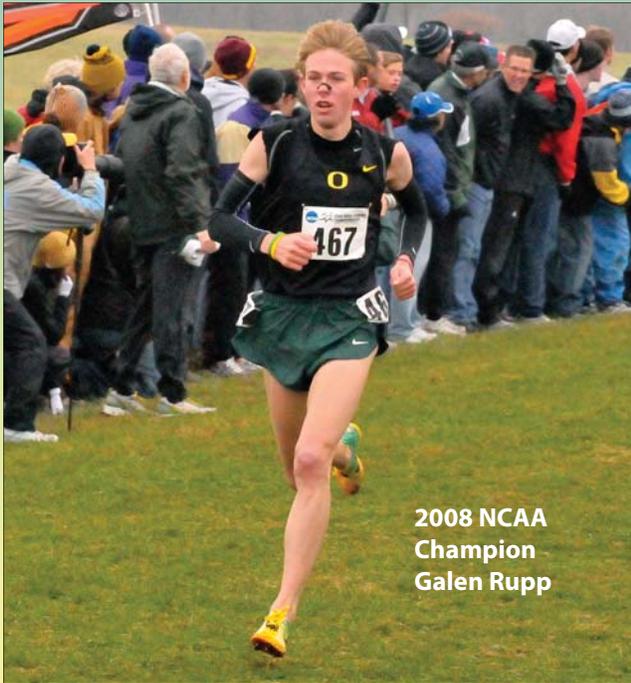
1971 NCAA Champions: Front (L-R): Pat Tyson, Mike Long. Back: Rich Ritchie, Bill Bowerman, Steve Prefontaine, Randy James, Mark Savage, Bill Dellinger



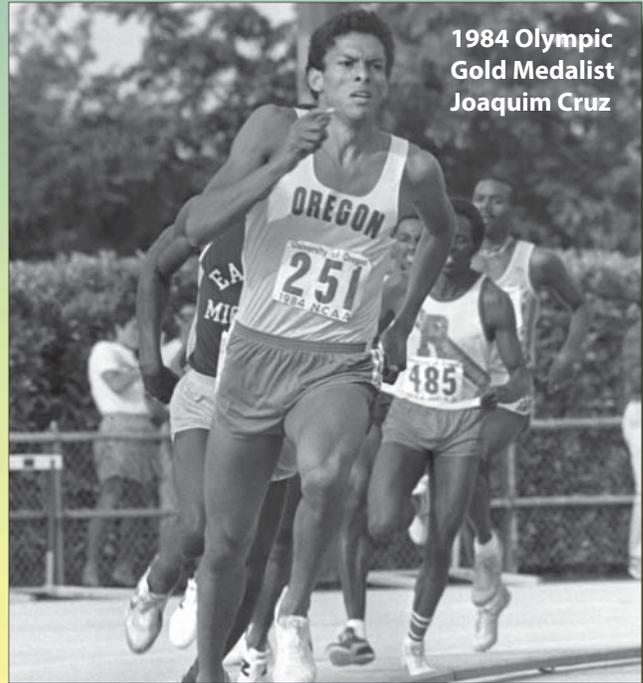
1973 NCAA Champions: Front (L-R): Bill Dellinger, Terry Williams, Steve Prefontaine, Tom Hale. Back: Dave Taylor, Gary Barger, Randy James, Scott Daggatt, Bill Bowerman



MEN'S CROSS COUNTRY HISTORY



**2008 NCAA
Champion
Galen Rupp**



**1984 Olympic
Gold Medalist
Joaquim Cruz**

Men's NCAA All-Americans

1963	11-Clayton Steinke, 14-Ken Moore
1969	3-Steve Prefontaine, 15-Mike McClendon
1970	1-Steve Prefontaine
1971	1-Steve Prefontaine, 19-Randy James
1972	4-Randy James
1973	1-Steve Prefontaine, 22-Terry Williams
1974	4-Paul Geis, 5-Dave Taylor, 6-Terry Williams, 25-Gary Barger
1975	4-Terry Williams
1976	9-Rudy Chapa, 16-Terry Williams, 29-Dave Taylor
1977	9-Alberto Salazar, 12-Don Clary, 27-Rudy Chapa, 28-Bill McChesney
1978	1-Alberto Salazar, 7-Don Clary, 14-Rudy Chapa, 22-Ken Martin
1979	2-Alberto Salazar, 10-Rudy Chapa, 24-Don Clary
1982	32-Jim Hill
1983	5-Jim Hill, 24-Brad Simpson, 36-Mike Blackmore
1989	8-Brad Hudson, 16-Peter Fonseca, 17-Pat Haller, 27-Terrence Mahon
1990	16-Pat Haller
1994	31-Matthew Davis
1995	15-Matthew Davis, 34-Karl Keska, 40-Rick Cantwell, 41-David Gurry
1996	5-Matthew Davis, 18-Oliver Wirz
1998	18-Steve Fein
1999	3-Steve Fein, 33-Andrew Bliss, 37-Jason Hartmann
2000	35-Jason Hartmann
2002	20-Jason Hartmann, 34-Ryan Andrus, 41-Eric Logsdon, 43-Brett Holts
2003	29-Eric Logsdon
2006	6-Galen Rupp, 49-Diego Mercado
2007	2-Galen Rupp, 9-Shadrack Kiptoo-Biwott, 30-Diego Mercado, 37-Kenny Klotz, 41-Daniel Mercado
2008	1-Galen Rupp, 5-Luke Puskedra, 9-Shadrack Kiptoo-Biwott
2009	21-Luke Puskedra, 27-Matthew Centrowitz, 29-Kenny Klotz, 31-Daniel Mercado

Men's Olympians

(Country listed in parentheses if other than USA.)

1912	Walter McClure	800m	
1932	Ralph Hill	5,000m	14:30.0 (2nd)
1948	Jack Hutchins (CAN)	800m	1:52.6
	Jack Hutchins (CAN)	1,500m	3:54.4
1952	Jack Hutchins (CAN)	800m	1:52.8
		4x400m (2)	3:09.3 (4th)
1956	Bill Dellinger	5,000m	14:16.5 (heat)
	Jim Bailey (AUS)	800m	
	Doug Clement (CAN)	5,000m	
1960	Dyrol Burleson	1,500m	3:40.9 (6th)
	Jim Grelle	1,500m	3:45.0 (9th)
	Bill Dellinger	5,000m	
	Sig Ohlemann (CAN)	800m	
1964	Dyrol Burleson	1,500m	3:40.0 (5th)
	Bill Dellinger	5,000m	13:49.8 (3rd)
1968	Wade Bell	800m	1:51.5
	Arne Kvalheim (NOR)	1,500m	3:47.4
	Norm Trerise (CAN)	1,500m	3:47.6
	Ken Moore	Marathon	2:29:49.4 (14th)
1972	Steve Prefontaine	5,000m	13:28.4 (4th)
	Steve Savage	Steeple	8:39.0 (7th-ht.)
	Ken Moore	Marathon	2:15:39.8 (4th)
1976	Matt Centrowitz	1,500m	3:45.0
	Paul Geis	5,000m	13:42.5 (12th)
	Peter Spir (CAN)	1,500m	3:59.6
	Lars Kaupang (NOR)	1,500m	3:44.6
	Knut Kvalheim (NOR)	5,000m	13:30.3 (9th)
1980	Matt Centrowitz	5,000m	DNC
	Bill McChesney Jr.	5,000m	DNC
	Alberto Salazar	10,000m	DNC
1984	Joaquim Cruz (BRA)	800m	1:43.00 (1st)
	Don Clary	5,000m	13:44.97 (Semi)
	Alberto Salazar	Marathon	2:14.19
	Art Boileau (CAN)	Marathon	2:22.45
	Shemi Sabag (ISR)	Marathon	2:31.34
1988	Joaquim Cruz (BRA)	800m	1:43.90 (2nd)
1992	Danny Lopez	Steeple	8:29.01 (Semi)
1996	Joaquim Cruz (BRA)	1,500m	3:45.32
	Peter Fonseca (CAN)	Marathon	2:17.28 (21st)
2000	Nick Rogers	5,000m	13:46.18 (Semi)
	Karl Keska (GBR)	10,000m	27:44.09 (8th)
2008	Andrew Wheating	800m	1:47.05
	Galen Rupp	10,000m	27:36.99 (13th)

Men's Pac-8/Pac-10 Team Results

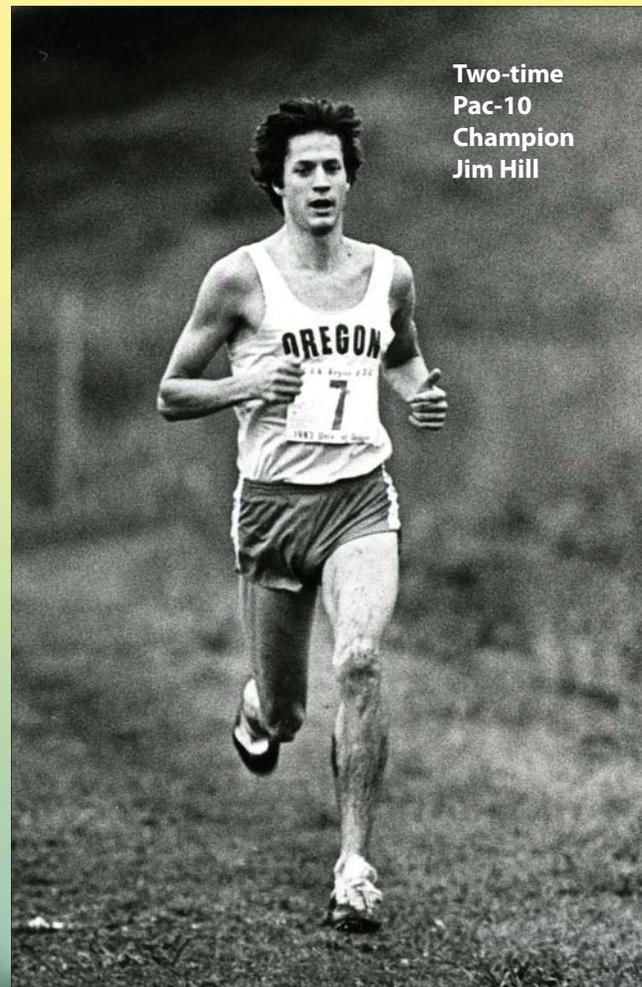
- 1969 1. **OREGON 46**
- 1970 1. **OREGON 45**
- 1971 1. Washington State 31, 2. **OREGON 44**
- 1972 1. Washington State 30, 2. **OREGON 70**
- 1973 1. **OREGON 32**
- 1974 1. Washington State 30, 2. **OREGON 51**
- 1975 1. Washington State 23, 2. **OREGON 61**
- 1976 1. **OREGON 31**
- 1977 1. **OREGON 26**
- 1978 1. **OREGON 26**
- 1979 1. **OREGON 28**
- 1980 1. UCLA 43...3. **OREGON 67**
- 1981 1. UCLA 59...3. **OREGON 96**
- 1982 1. **OREGON 46**
- 1983 1. Arizona 38, 2. **OREGON 53**
- 1984 1. Arizona 44...4. **OREGON 82**
- 1985 1. Stanford 60, 2. **OREGON 75**
- 1986 1. Arizona 49, 2. **OREGON 74**
- 1987 1. Arizona 32, 2. **OREGON 71**
- 1988 1. **OREGON 31**
- 1989 1. **OREGON 30**
- 1990 1. **OREGON 39**
- 1991 1. Arizona 45, 2. **OREGON 67**
- 1992 1. **OREGON 48**
- 1993 1. Washington 67...3. **OREGON 84**
- 1994 1. Arizona 49...3. **OREGON 97**
- 1995 1. **OREGON 53**
- 1996 1. Stanford 29, 2. **OREGON 58**
- 1997 1. Stanford 33, 2. **OREGON 86**
- 1998 1. Stanford 48, 2. **OREGON 50**
- 1999 1. Arizona 36...3. **OREGON 76**
- 2000 1. Stanford 21, 2. **OREGON 66**
- 2001 1. Stanford 28...3. **OREGON 78**
- 2002 1. Stanford 19, 2. **OREGON 51**
- 2003 1. Stanford 23, 2. **OREGON 91**
- 2004 1. Stanford 37...3. **OREGON 105**
- 2005 1. Stanford 46...6. **OREGON 131**
- 2006 1. **OREGON 53**
- 2007 1. **OREGON 39**
- 2008 1. **OREGON 28**
- 2009 1. Stanford 28, 2. **OREGON 45**

Men's Pac-8/Pac-10 Individual Champions

- 1970 Steve Prefontaine
- 1971 Steve Prefontaine
- 1973 Steve Prefontaine
- 1982 Jim Hill
- 1983 Jim Hill
- 1988 Brad Hudson
- 1991 Colin Dalton
- 1995 Karl Keska
- 1999 Steve Fein
- 2006 Galen Rupp
- 2007 Shardack Kiptoo-Biwott
- 2008 Galen Rupp

Men's NCAA West Regional Team Results

- 1982 1. **OREGON 53**
- 1983 1. **OREGON 42**
- 1984 1. Arizona 40...4. **OREGON 126**
- 1985 1. Arizona 58...4. **OREGON 97**
- 1986 1. Arizona 58, 2. **OREGON 67**
- 1987 1. Arizona 72...4. **OREGON 128**
- 1988 1. **OREGON 38**
- 1989 1. **OREGON 15**
- 1990 1. Arizona 50...3. **OREGON 61**
- 1991 1. Arizona 58...4. **OREGON 97**
- 1992 1. Arizona 27, 2. **OREGON 64**
- 1993 1. Portland 56...3. **OREGON 76**
- 1994 1. Arizona 46...4. **OREGON 115**
- 1995 1. Stanford 53, 2. **OREGON 69**
- 1996 1. Stanford 31, 2. **OREGON 47**
- 1997 1. Stanford 50, 2. **OREGON 84**
- 1998 1. Stanford 37, 2. **OREGON 65**
- 1999 1. Stanford 40...4. **OREGON 96**
- 2000 1. Stanford 58...4. **OREGON 122**
- 2001 1. Stanford 37...3. **OREGON 112**
- 2002 1. Stanford 21, 2. **OREGON 43**
- 2003 1. Stanford 18...5. **OREGON 184**
- 2004 1. Stanford 49...6. **OREGON 196**
- 2005 1. Arizona 33...6. **OREGON 153**
- 2006 1. **OREGON 69**
- 2007 1. **OREGON 47**
- 2008 1. **OREGON 38**
- 2009 1. Stanford 27...3. **OREGON 109**





**13-time American record holder
Steve Prefontaine**

Men's World Track and Field Championships Competitors

1983	Joaquim Cruz (BRA)	800m	1:44.27 (3rd)
	Jim Hill	5,000m	13:38.7 (Semi)
	David Mack	800m	1:46.39 (Semi)
	Bill McChesney Jr.	10,000m	28:09.55 (h)
	Alberto Salazar	10,000m	28:48.42
1987	David Mack	800m	1:48.49 (q)
1991	Brad Hudson	Marathon	DNF
	Dan Nelson	Steeplechase	8:40.23 (e)
1993	Brad Hudson	Marathon	DNF
	Dan Nelson	10,000m	30:41.72
1999	Karl Keska (GBR)	5,000m	DNS
2001	Nick Rogers	5,000m (16th-h)	14:33.39
2003	Karl Keska (GBR)	10,000m (9th)	27:47.89
2007	Galen Rupp	10,000m (11th)	28:41.71
2009	Galen Rupp	10,000m (8th)	27:37.99

Men's World Record Holders

1959	Bill Dellinger	2-mile (indoors)	8:49.9
1959	Bill Dellinger	3-mile (indoors)	13:37.0
1962	Archie San Romani, Vic Reeve, Keith Forman, Dyrol Burleson	4-mile Relay	16:08.9
1968	Roscoe Divine, Wade Bell, Arne Kvalheim, Dave Wilborn	4-mile Relay	16:05.0

Men's American Record Holders

1930	Ralph Hill	Mile	4:12.4
1932	Ralph Hill	5,000m	14:30.0
1956	Bill Dellinger	5,000m	14:26.0
1956	Bill Dellinger	5,000m	14:25.5
1956	Bill Dellinger	5,000m	14:16.2
1958	Bill Dellinger	1,500m	3:41.5
1959	Bill Dellinger	2-mile (indoors)	8:49.9
1959	Bill Dellinger	3-mile (indoors)	13:37.0
1960	Dyrol Burleson	1,500m	3:41.3
1960	Dyrol Burleson	1,500m	3:40.9
1960	Dyrol Burleson	Mile	3:58.6
1961	Dyrol Burleson	Mile	3:57.6
1962	Dyrol Burleson	2-mile	8:42.5
1962	Archie San Romani, Vic Reeve, Keith Forman, Dyrol Burleson	4-mile Relay	16:08.9
1967	Wade Bell	1,000y	2:06.5
1967	Wade Bell	1,000m	2:18.7
1971	Steve Prefontaine	5,000m	13:30.4
1972	Steve Prefontaine	5,000m	13:22.8
1972	Steve Prefontaine	3,000m	7:44.2
1972	Steve Prefontaine	2-mile	8:19.4
1973	Steve Prefontaine	5,000m	13:22.4
1973	Steve Prefontaine	2-mile (indoor)	8:24.6
1973	Steve Prefontaine	6-mile	27:09.4
1974	Steve Prefontaine	6-mile	26:51.4
1974	Steve Prefontaine	10,000m	27:43.6
1974	Steve Prefontaine	3-mile	12:51.4
1974	Steve Prefontaine	5,000m	13:22.2
1974	Steve Prefontaine	3,000m	7:42.6
1975	Steve Prefontaine	2,000m	5:01.4
1979	Rudy Chapa	3,000m	7:37.7
1982	Alberto Salazar	Marathon	2:08:52
1982	Matt Centrowitz	5,000m	13:12.91
1982	Alberto Salazar	5,000m	13:11.93
1982	Alberto Salazar	10,000m	27:25.61
2009	Galen Rupp	5,000m (indoor)	13:18.12

Men's World Cross Country Championships Competitors

1966	Bruce Mortenson	Sr. 12,000m	(73rd)
1974	Matt Centrowitz	Jr. 8,000m	21:48 (5th)
1975	Don Clary	Jr. 8,000m	21:38 (5th)
1976	Alberto Salazar	Jr. 8,000m	24:36 (5th)
1979	Jim Hill	Jr. 8,000m	23:37 (12th)
1980	Ken Martin	Sr. 12,000m	37:53 (23rd)
	Don Clary	Sr. 12,000m	38:23 (43rd)
1981	Chris Hamilton	Jr. 8,000m	22:21 (6th)
1982	Don Clary	Sr. 8,000m	23:49.0 (27th)
1991	Dan Nelson	Sr. 12,000m	35:01 (28th)
	Oliver Wirz (SUI)	Jr. 8,000m	— (103rd)
1992	Ken Martin	Sr. 12,000m	38:19 (41st)
	Dan Nelson	Sr. 12,000m	39:23 (120th)
1993	Oliver Wirz (SUI)	Jr. 8,000m	— (41st)
1994	Steve Fein	Jr. 8,000m	27:25 (131st)
1995	Dan Nelson	Sr. 12,000m	36:20 (82nd)
2000	Jason Hartmann	Jr. 8,000m	25:50 (66th)
	Karl Keska (GBR)	Sr. 12,000m	36:13 (13th)
	Nick Rogers	Sr. 12,000m	38:14 (76th)
	Daniel Das Neves (BRA)	Sr. 4,000m	12:58 (119th)
2001	Karl Keska (GBR)	Sr. 12,000m	41:38 (38th)
	Nick Rogers	Sr. 12,000m	41:59 (47th)
2004	Chris Winter (CAN)	Jr. 8,000m	27:53 (87th)
2005	Galen Rupp	Jr. 8,000m	25:05 (20th)
	Chris Winter (CAN)	Jr. 8,000m	27:56 (97th)
2007	Kenny Klotz	Jr. 8,000m	27:11 (56th)
2008	Luke Puskedra	Jr. 8,000m	24:43 (30th)

Men's USA Cross Country Champions

1982	Alberto Salazar	Sr. 12,000m	36:52.4
1983	Alberto Salazar	Sr. 12,000m	36:34
2005	Galen Rupp	Jr. 8,000m	25:14



OREGON WOMEN'S CROSS COUNTRY HISTORY

On the heels of back-to-back NCAA runner-up finishes in 2007-08, the Oregon women's cross country team has reestablished itself among the nation's distance programs.

Oregon's women's team has been a leader in cross country throughout its history dating back to Maryl Barker who placed fourth in the 1974 AIAW Invitational.

The AIAW held its first national cross country championship in 1975, and Oregon head coach Tom Heinonen and his Ducks finished fourth that year to start a string of 10 consecutive top-10 team finishes in the AIAW and NCAA Championships, including a national championship in 1983.

Oregon's magical run in the '70s and '80s featured several of the NCAA's greatest runners, including a trio of top-five NCAA Championships finishers — Leann Warren (second, 1981), Kathy Hayes (third, 1983) and Annette Hand (Peters) (fifth, 1987).

Heinonen's tremendous success continued in the '80s and '90s, and he was rewarded with his second NCAA Coach of the Year honor when Oregon won again in 1987.

Oregon cross country had 10 more NCAA appearances in the 1990's that featured four more top-10 NCAA individual placers — Lisa Karnopp (third, 1991), Melody Fairchild (ninth, 1995) and Marie Davis (ninth, 1997, 1998). The 1995 squad was one of UO's best ever with six eventual All-Americans on its squad — Fairchild, Jenna Carlson, Milena Glusac, Davis, Niamh Zwagerman and Kaarin Knudson.

By the end of Heinonen's 28th and final cross country season in 2002, UO had qualified for the national finale as a team 24 times and advanced individuals three of the other four years. In that span, Oregon celebrated 18 top-10 team finishes, including six, top-three finishes.

The Ducks' dominance in the Pac-10 and West Regional is equally impressive. In the West Regional, they have won 14 team titles — the most of any team — and their 30 top-five finishes includes six runner-up nods. UO's nine individual victories are the most of any school.

Since the inception of the Pac-10 women's finale in 1986, the Oregon women own a conference-best nine individual crowns, including Nicole Blood in 2009, and their seven team titles ranks second among the 10 women's programs.

It was no surprise under Vin Lananna that the Ducks began their resurgence that saw the 2007 and 2008 squads post runner-up finishes at the NCAA Championships, NCAA West Regional and Pacific-10 conference meets.

Alexandra Kosinski became the NCAA West Regional champion for the first time in her career in 2008, while Kosinski, Jordan Hasay, Blood and Mattie Bridgmon have earned All-America status in recent years.

WOMEN'S CROSS COUNTRY HISTORY

Women's NCAA/AIAW Championships Top Finishes*

- 1975 1. Iowa State 96, 2. Penn State 104...4. **OREGON 143**
- 1976 1. Iowa State 62, 2. CS-Northridge 110...7. **OREGON 300**
- 1977 1. Iowa State 92, 2. Penn State 116...6. **OREGON 218**
- 1978 1. Iowa State 119, 2. N.C. State 142...5. **OREGON 178**
- 1979 1. N.C. State 108, 2. **OREGON 120**, 3. Penn State 138
- 1980 1. N.C. State 76, 2. Arizona 133...5. **OREGON 251**
- 1981 1. Virginia 36, 2. **OREGON 83**, 3. Stanford 105
- 1982 1. Virginia 40, 2. Stanford 91, 3. **OREGON 155**
- 1983 1. **OREGON 95**, 2. Stanford 98, 3. North Carolina State 99
- 1984 1. Wisconsin 63, 2. Stanford 89...4. **OREGON 119**
- 1985 1. Wisconsin 58, 2. Iowa State 98...11. **OREGON 264**
- 1986 1. Texas 62, 2. Wisconsin 64...4. **OREGON 167**
- 1987 1. **OREGON 98**, 2. North Carolina State 101, 3. Yale 116
- 1988 1. Kentucky 75, 2. **OREGON 128**, 3. Nebraska 142
- 1990 1. Villanova 82, 2. Providence 172...5. **OREGON 221**
- 1991 1. Villanova 85, 2. Arkansas 168...5. **OREGON 191**
- 1992 1. Villanova 123, 2. Arkansas 130...15. **OREGON 372**
- 1993 1. Villanova 66, 2. Arkansas 71...8. **OREGON 238**
- 1994 1. Villanova 75, 2. Michigan 108...13. **OREGON 349**
- 1995 1. Providence 88, 2. Colorado 123...5. **OREGON 174**
- 1997 1. BYU 100, 2. Stanford 102...8. **OREGON 234**
- 1998 1. Villanova 106, 2. BYU 110...12. **OREGON 384**
- 1999 1. BYU 72, 2. Arkansas 125...19. **OREGON 460**
- 2007 1. Stanford 145, 2. **OREGON 177**
- 2008 1. Washington 79, 2. **OREGON 131**
- 2009 1. Villanova 86, 2. Florida State, 133...9. **OREGON 276**

* AIAW (1975-80), NCAA (1981-present)



1983 NCAA Cross Country Champions – Front (L-R): Gretchen Nelson, Kathy Hayes. Back: Birgit Petersen, Claudette Groenendaal, Kim Ryan, Kim Roth, Lisa O’Dea (Martin).



1987 NCAA Cross Country Champions – Front (L-R): Annette Hand (Peters), Deanna Schiedler, Penny Graves, Liz Wilson, Libby Tyson. Back: Karen Rayle, Lisa Johnson, Head Coach Tom Heinonen.

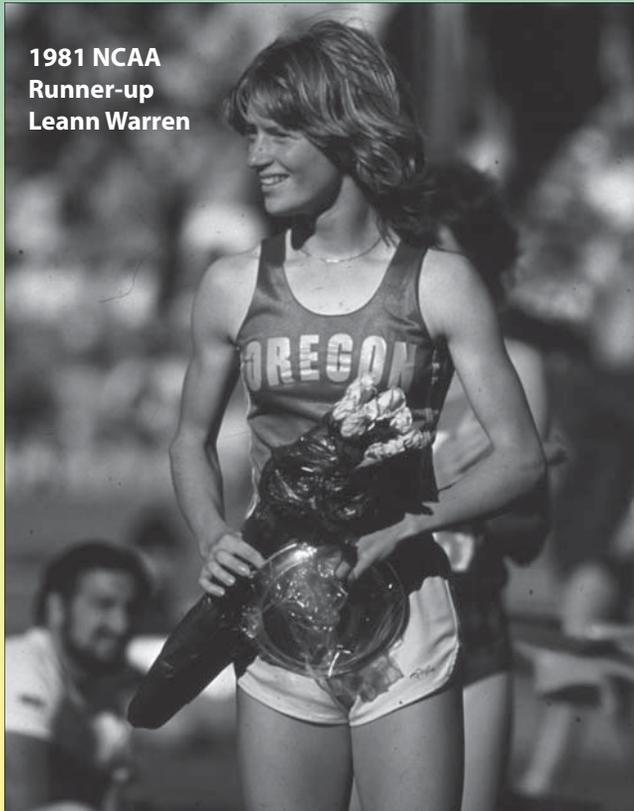
Women's NCAA/AIAW All-Americans*

- 1979 9-Jody Parker
- 1981 2-Leann Warren, 13-Eryn Forbes, 16-Kathy Hayes
- 1982 15-Eryn Forbes
- 1983 3-Kathy Hayes, 17-Lisa Martin, 27-Kim Roth
- 1984 12-Kathy Hayes, 13-Leann Warren, 16-Kim Roth
- 1986 13-Penny Graves
- 1987 5-Annette Hand, 12-Penny Graves, 15-Liz Wilson
- 1988 10-Penny Graves, 17-Liz Wilson
- 1990 26-Stephanie Wessell, 32-Liz Wilson
- 1991 3-Lisa Karnopp, 8-Lucy Nusrala
- 1993 12-Milena Glusac, 23-Jenna Carlson
- 1994 33-Milena Glusac
- 1995 9-Melody Fairchild, 15-Jenna Carlson
- 1996 18-Marie Davis
- 1997 9-Marie Davis, 34-Milena Glusac
- 1998 9-Marie Davis
- 2002 33-Carrie Zografos
- 2004 31-Laura Harmon
- 2007 8-Nicole Blood, 13-Alexandra Kosinski
- 2008 8-Alexandra Kosinski, 10-Nicole Blood, 40-Mattie Bridgmon
- 2009 18-Jordan Hasay

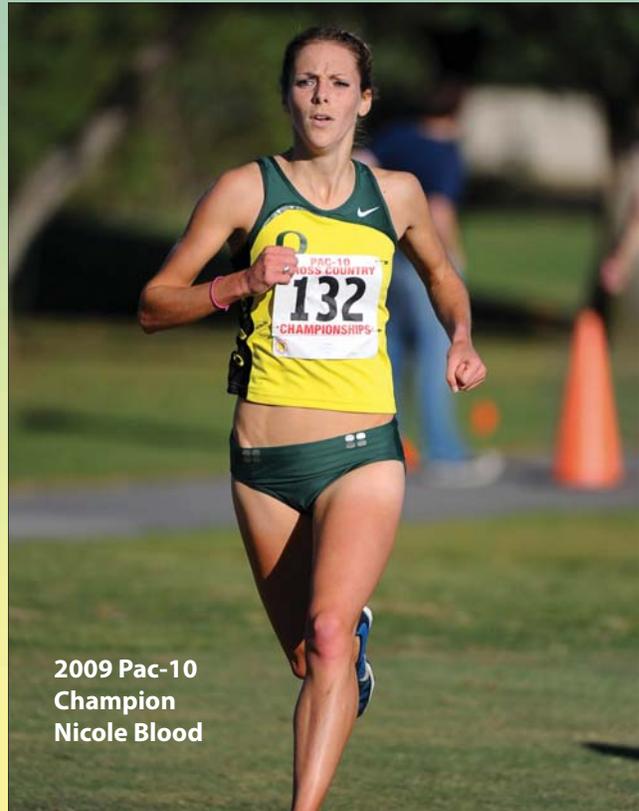
* AIAW (1975-80), NCAA (1981-present)

Women's Pac-10 Individual Champions

- 1986 Penny Graves
- 1987 Annette Hand
- 1988 Liz Wilson
- 1990 Liz Wilson
- 1991 Lisa Karnoop
- 1992 Nicole Woodward
- 2009 Nicole Blood



1981 NCAA
Runner-up
Leann Warren



2009 Pac-10
Champion
Nicole Blood

Women's Conference Team Results*

1975	1. Seattle Pacific 46, 2. OREGON 60
1976	1. OREGON 30
1977	1. OREGON 36
1978	1. OREGON 15
1979	1. OREGON 18
1980	1. OREGON 28
1981	(not contested)
1982	1. OREGON 25
1983	1. OREGON 20
1984	1. OREGON 20
1985	1. OREGON 30
1986	1. OREGON 61
1987	1. OREGON 29
1988	1. OREGON 43
1989	1. Washington 65...3. OREGON 83
1990	1. OREGON 56
1991	1. OREGON 38
1992	1. OREGON 58
1993	1. Stanford 55...4. OREGON 78
1994	1. Stanford 57, 2. OREGON 74
1995	1. OREGON 55
1996	1. Stanford 38...5. OREGON 126
1997	1. Stanford 38, 2. OREGON 82
1998	1. Stanford 53...5. OREGON 125
1999	1. Stanford 32...6. OREGON 175
2000	1. Stanford 51...7. OREGON 140
2001	1. Stanford 27...8. OREGON 210
2002	1. Stanford 23...5. OREGON 134
2003	1. Stanford 22...5. OREGON 161
2004	1. Stanford 30...7. OREGON 182
2005	1. Stanford 34...3. OREGON 86
2006	1. Stanford 22...4. OREGON 103
2007	1. Stanford 48, 2. OREGON 64
2008	1. Washington 15, 2. OREGON 55
2009	1. Washington 35, 2. OREGON 42

* NCWSA (1975-80), Nor Pac (1982-85), Pac-10 (1986-)

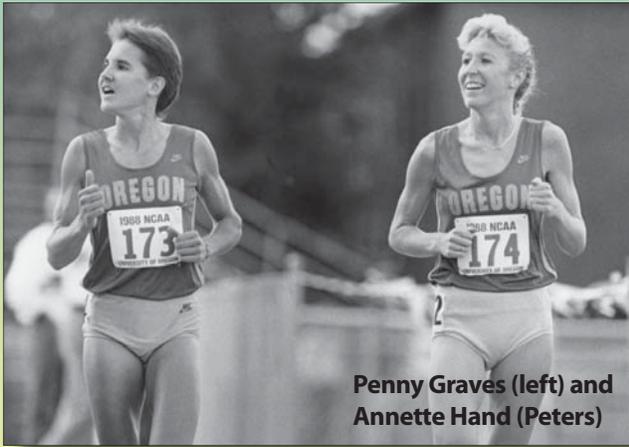
Women's AIAW/NCAA West Region Team Results*

1975	1. Seattle Pacific 46, 2. OREGON 60
1976	1. OREGON 30
1977	1. OREGON 36
1978	1. OREGON 15
1979	1. OREGON 18
1980	1. OREGON 28
1981	1. OREGON 52
1982	1. Stanford 33, 2. OREGON 55
1983	1. OREGON 33
1984	1. Stanford 26, 2. OREGON 40
1985	1. OREGON 63
1986	1. UCLA 69...3. OREGON 80
1987	1. OREGON 29
1988	1. OREGON 36
1989	1. Washington 75...4. OREGON 95
1990	1. OREGON 49
1991	1. OREGON 56
1992	1. Washington 90, 2t. OREGON 94
1993	1. Arizona 59...3. OREGON 74
1994	1. Stanford 55...3. OREGON 99
1995	1. OREGON 37
1996	1. Stanford 51...4. OREGON 153
1997	1. Stanford 37, 2. OREGON 78
1998	1. Arizona 78...4. OREGON 118
1999	1. Stanford 29...5. OREGON 158
2000	1. Stanford 58...4. OREGON 169
2001	1. Stanford 39...12. OREGON 350
2002	1. Stanford 24...5. OREGON 129
2003	1. Stanford 45...8t. OREGON 290
2004	1. Stanford 29...8. OREGON 272
2005	1. Stanford 24...4. OREGON 139
2006	1. Stanford 42...6. OREGON 177
2007	1. Stanford 33, 2. OREGON 72
2008	1. Washington 25, 2. OREGON 62
2009	1. Washington 25, 2. OREGON 66

* AIAW (1975-80), NCAA West Region (1981-present)



WOMEN'S CROSS COUNTRY HISTORY



Penny Graves (left) and Annette Hand (Peters)

Women's Olympians

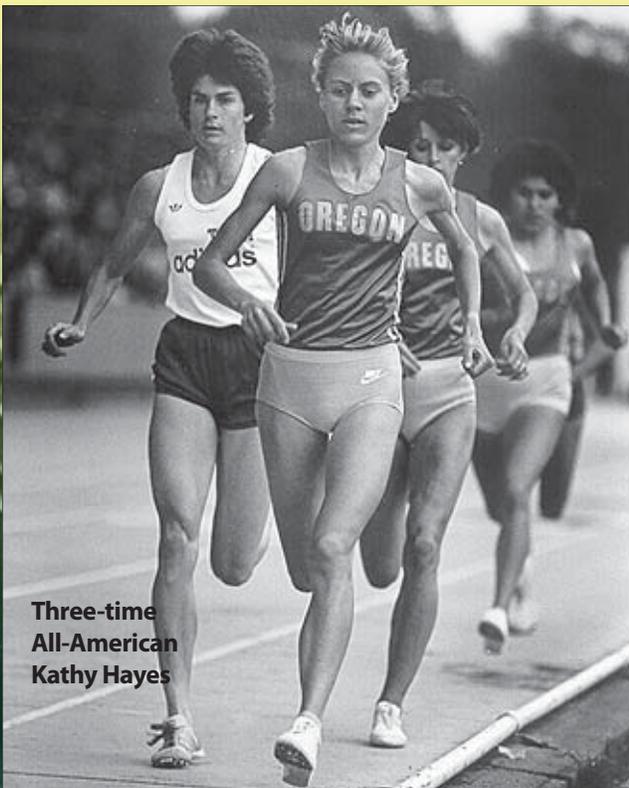
1984	Ranza Clark (CAN)	800m	2:04.67 (Semis)
	Lisa Martin (AUS)	Marathon	2:29.03 (7th)
1988	Lisa Martin (AUS)	Marathon	2:25.53 (2nd)
	Cathy (Schiro) O'Brien	Marathon	2:41.04
1992	Annette (Hand) Peters	3,000m	8:52.77 (Semis)
	Cathy (Schiro) O'Brien	Marathon	2:39.42 (9th)
	Lisa Martin Ondieki (AUS)	Marathon	DNF

Women's World Championships Qualifiers

1991	Annette (Hand) Peters	3,000m	8:44.20 (8th)
1993	Annette (Hand) Peters	3,000m	8:45.56 (10th)
1993	Annette (Hand) Peters	5,000m	14:56.07
1997	Melody Fairchild	5,000m	15:42.66 (15th-q)
	Annette (Hand) Peters	10,000m	32:43.38 (13th)
2001	Rosa Gutierrez	Marathon	2:49.08 (41st)

Women's American Record Holders

1993	Annette (Hand) Peters	5,000m	14:56.07
2001	Lisa (Karnopp) Nye	Steeplechase	9:49:41



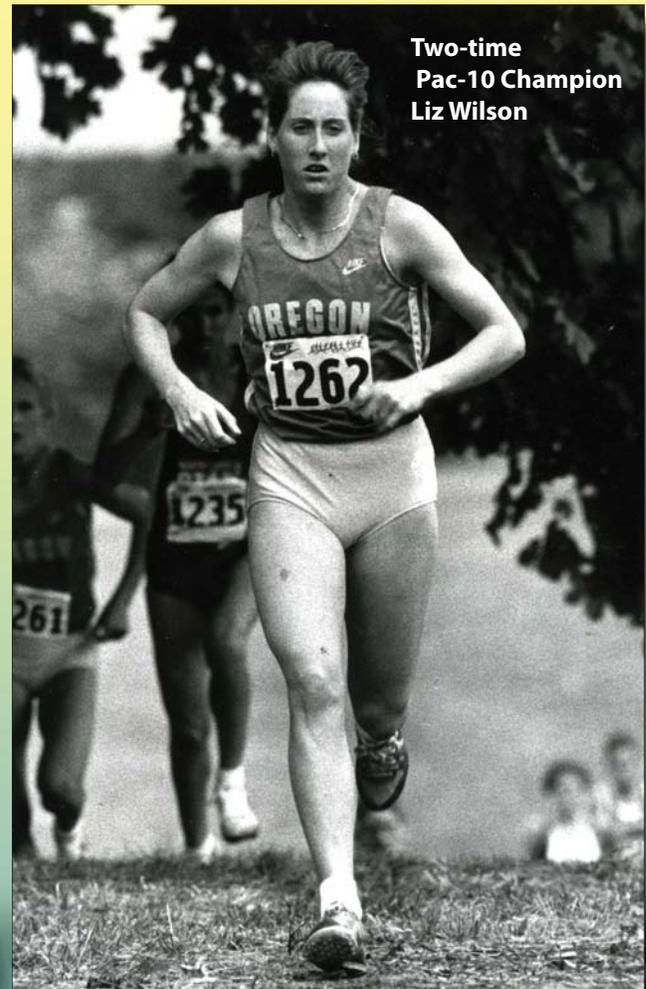
Three-time All-American Kathy Hayes

Women's World Cross Country Championships Competitors

1977	Eryn Forbes	Sr. 5,000m	19:04 (54th)
1985	Kathy Hayes	Sr. 5,000m	15:54 (16th)
1989	Annette Hand (Peters)	Sr. 6,000m	23:22 (25th)
1990	Melody Fairchild	Jr. 4,000m	14:37 (12th)
1991	Melody Fairchild	Jr. 4,000m	14:30 (3rd)
	Annette (Hand) Peters	Sr. 6,000m	21:10 (19th)
1992	Annette (Hand) Peters	Sr. 6,000m	22:13 (30th)
	Lisa Karnopp	Sr. 6,000m	23:10 (89th)
1993	Marie Davis	Jr. 4,000m	16:17 (86th)
	Annette (Hand) Peters	Sr. 6,000m	20:37 (21st)
1994	Lucy Nusrala	Sr. 6,000m	21:40 (39th)
	Liz Wilson	Sr. 6,000m	21:48 (55th)
1995	Liz Wilson	Sr. 6,000m	21:50 (62nd)
1996	Marie Davis	Jr. 4,000m	14:45 (37th)
	Liz Wilson	Sr. 6,000m	21:49 (48th)
	Lucy Nusrala	Sr. 6,000m	24:31 (116th)
1998	Liz Wilson	Sr. 8,000m	27:23 (30th)
	Tara Struyk (CAN)	Jr. 4,000m	22:06 (65th)
1999	Tara Struyk (CAN)	Jr. 4,000m	24:03 (61st)
2001	Lisa (Karnopp) Nye	Sr. 4,000m	16:13 (47th)
	Annette (Hand) Peters	Sr. 8,000m	31:19 (53rd)
2002	Milena Glusac	Sr. 8,000m	28:18 (23rd)
2006	Nicole Blood	Jr. 6,000m	21:28 (39th)

Women's National Cross Country Champions

1990	Melody Fairchild	Jr. 4,000m	12:42
1991	Melody Fairchild	Jr. 4,000m	14:06
1993	Annette (Hand) Peters	Sr. 6,000m	20:27
1994	Lucy Nusrala	Sr. 6,000m	20:40
1996	Lucy Nusrala	Sr. 6,000m	21:57
2006	Nicole Bood	Jr. 6,000m	20:45



Two-time Pac-10 Champion Liz Wilson

Steve Prefontaine

Steve Prefontaine was born in Coos Bay, Oregon on January 25, 1951. Although he was tragically involved in a fatal car accident in Eugene on May 30, 1975, his legacy lives on in the hearts and minds of countless track and field fans around the world.

Pre began his running career at Marshfield High School in Coos Bay, where he was coached by Walter McClure, a former Oregon track star. He went undefeated in cross country and track as a junior and senior. As a senior, he broke the American record for two miles in the Corvallis Invitational with a time of 8:41.5. Bill Dellinger, then an Oregon assistant track and cross coach, first saw Pre run as a junior at the state cross country meet in November 1967 at the urging of McClure. Prefontaine signed with the University of Oregon on Tuesday, April 29, 1969.

Between the time he entered the University of Oregon in the fall of 1969 and when he graduated in the summer of 1973, Pre won seven NCAA titles—three in cross country (1970, 1971, 1973) and four in the three-mile in track (1970, 1971, 1972, and 1973)—becoming the first collegian to accomplish the feat in track and the second in cross country. He won Pac-8 Conference championships in the 3-mile in 1970, 1971, 1972, and 1973, in addition to the mile title in 1971.

In his first outdoor track race, he won the 2-mile in a triangular against Fresno State and Stanford in Fresno, Calif., on March 21, 1970. Later that first season, he clocked a 3:57.4 mile at the Oregon Twilight, finishing second and setting an Oregon freshman record.

Pre's victories became legendary. His first NCAA 3-mile track title in 1970 came with a dozen stitches in his foot after being involved in a diving board accident just days before. His final cross country victory came after making up a 100-yard deficit on Western Kentucky's English distance star Nick Rose. At the close of his collegiate career he had set eight collegiate track records. Altogether, Pre raced at Hayward Field in Eugene in 38 races between 1970-75, losing only three times and all at one mile.

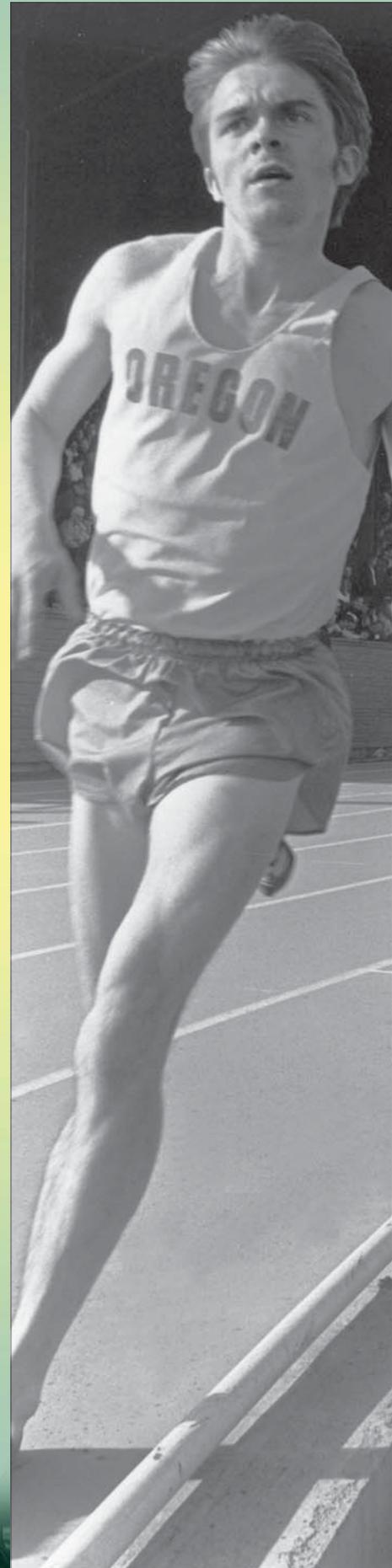
He owned every (8) American record between 2,000 and 10,000 meters and between two miles and six miles. He also held eight collegiate records while at Oregon, with his three-mile (12:53.4) and six-mile (27:09.4) performances still standing. During his career, he broke his own or other American records 14 different times, broke the four-minute barrier nine times, ran 25 two-mile races under 8:40, and 10 5,000 meter races faster than 13:30.

He competed in the 1972 Summer Games in Munich, when he was 21 years old and two years younger than anyone else in the 5,000 meters field. Taking the lead with a mile to go, and holding it until less than 600 meters remaining, he ultimately finished fourth (13:28.25) behind Lasse Viren of Finland (first, 13:26.42), Mohamed Gammoudi of Tunisia (second, 13:27.33), and Ian Stewart of Great Britain (third, 13:27.61). Stewart passed Prefontaine less than 10 meters from the finish line for the last medal.

Today, Pre's impact can be found in the Steve Prefontaine Memorial Jogging Trail, 6.3 kilometers of wood chip path that winds through Alton Baker Park in Eugene. His life has been the subject of several recent books, movies and videos. A memorial was dedicated in 1997 at the corner of Birch Lane and Skyline Drive in Eugene—the site of his fatal car accident.

Personal Bests

1,500 meters	3:38.1	6/28/73	Helsinki
Mile	3:54.6	6/20/73	Eugene
2,000 meters	5:01.4	5/9/75	Coos Bay
3,000 meters	7:42.6	7/2/74	Milan
5,000 meters	13:21.87	6/26/74	Helsinki
10,000 meters	27:43.6	4/27/74	Eugene





Richard Lariviere
University President
2nd Year

Richard Lariviere is in his second year as president of the University of Oregon, the state's flagship institution of higher education. He officially began his role as president of the Eugene university on July 1, 2009, following three years as executive vice chancellor and provost at the University of Kansas.

Lariviere succeeded Dave Frohnmayer, who had served as president of the state's largest university since 1994. As the chief academic officer at Kansas, Lariviere had overseen the reorganization of the KU graduate school and the School of Fine Arts, as well expansion efforts to KU's School of Pharmacy and student recruitment tools.

Prior to his tenure in Lawrence, Kan., Lariviere worked as dean of the College of Liberal Arts at the University of Texas at Austin from 1999 to 2006. During his tenure heading the nation's largest college of liberal arts, the college's rate of external research funding doubled, a \$120 million capital campaign was completed, and more than 230 faculty members were hired.

Lariviere's scholarly roots extend around the world. After earning his bachelor's degree in the history of religions from the University of Iowa in 1972, Lariviere and his wife, Janis, traveled to India for the first time. Lariviere eventually built an impressive academic career around the country's languages, histories, religions and culture.

In 1978, he earned his doctorate in Sanskrit from the University of Pennsylvania. While he has published articles and several books on Indian legal history, he has also tackled subjects ranging from religion in India to matrimonial remedies for women in classical Hindu law. He reads eight languages and speaks French and Hindi. He has conducted research in London, Oxford, Calcutta, Poona Kathmandu, Tokyo, Beijing, Lahore, Munich, Colombo, and Madras, as well as a host of smaller cities in India.

Lariviere is a Fellow of the IC2 Institute, a life member of the Council on Foreign Relations, a fellow of the Royal Asiatic Society of Great Britain, a life member of the American Oriental Society, and a founding member of the Society for Design and Process Science. In addition, he has augmented his experience in higher education by consulting for American and Indian companies in information technology and Business Process Outsourcing. He has also served on corporate boards in the IT industry.

Lariviere's wife, Jan Worcester Lariviere, has worked in science education at the University of Kansas and the University of Texas. The couple has one daughter, Anne Elizabeth, who graduated from Barnard College and lives in New York City.



University of Oregon President Richard Lariviere named Rob Mullens director of intercollegiate athletics on July 15, 2010. Mullens arrived from the University of Kentucky, where he served as deputy director of athletics and managed day-to-day operations of Kentucky's 22-sport athletics department, with an annual operating budget of \$79 million.

His background is in accounting and auditing, and he promoted sound fiscal management and self-sufficiency at the University of Kentucky. During his total of eight years at Kentucky, the athletic department's operating budget expanded by nearly 70 percent. Fundraising for the department hit record levels each of the past seven years prior to his departure.

Prior to being named deputy director of athletics at Kentucky, Mullens served as the university's executive associate director of athletics from 2002 to 2006. He served at the University of Maryland from 1996 to 2002, starting as assistant director of athletics for business and ultimately as executive senior associate director of athletics and chief of staff.

The West Virginia native was senior athletics business manager at the University of Miami (Fla.) from 1994 to 1996, and prior to that he was an accountant/auditor at Ernst & Young in Raleigh, N.C.

"Much will be expected of Rob Mullens as the university's new athletics director, and based on his track record I am confident that he will be very successful at the University of Oregon," Lariviere said. "Rob has been asked to develop a clear vision to maintain and advance the UO's competitive advantages in fundraising, facilities development and recruitment and retention of student-athletes and staff. He will insure that the athletics department remains financially self-sufficient, while at the same time promoting an environment that helps each student athlete to succeed in the classroom as well as the field of competition.

"This is a period of important growth and change for the athletics department. A new basketball arena will open within a year and additional improvements are on the way for other athletics facilities. It will be Rob's role to not only oversee and promote future advances for the department, but to nurture the individual programs that will fill those outstanding venues."

Mullens (7/19/69) went to school at West Virginia University, where he earned a bachelor's degree in business administration and a master's degree in sport management. He and his wife, Jane, have two sons - Cooper and Tanner.



Rob Mullens
Director of Athletics
1st Year



UNIVERSITY ADMINISTRATION



Jim Bartko
Exec. Sr. Assoc. AD
21st Year



Renee' Baumgartner
Exec. Sr. Assoc. AD
22nd Year



Jamie Moffitt
Exec. Sr. Assoc. AD
First Year



Mike Duncan
Sr. Assoc. AD
Third Year



Joe Giansante
Sr. Assoc. AD
Fourth Year



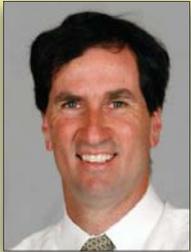
Gary Gray
Sr. Assoc. AD
27th Year



Jeff Hawkins
Sr. Assoc. AD
10th Year



Tom Larson
Sr. Assoc. AD
17th Year



Hal Abrams
Assoc. AD
3rd Year



Bob Beals
Assoc. AD
13th Year



Vin Lananna
Assoc. AD
Sixth Year



Herb Yamanaka
Assoc. AD
51st Year



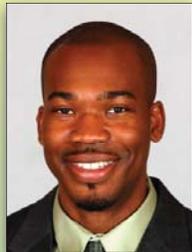
Bill Clever
Exec. Asst. AD
12th Year



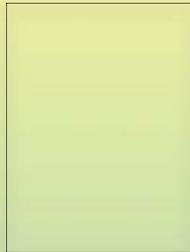
Dave Williford
Exec. Asst. AD
26th Year



Leanne Brooks
Asst. AD
13th Year



James Harris
Asst. AD
Fourth Year



Mary Ellen Mansfield
Asst. AD
First Year



Mike Reilly
Asst. AD
Sixth Year



Mark Ruckwardt
Asst. AD
Seventh Year



Angie Sit
Asst. AD
11th Year

