

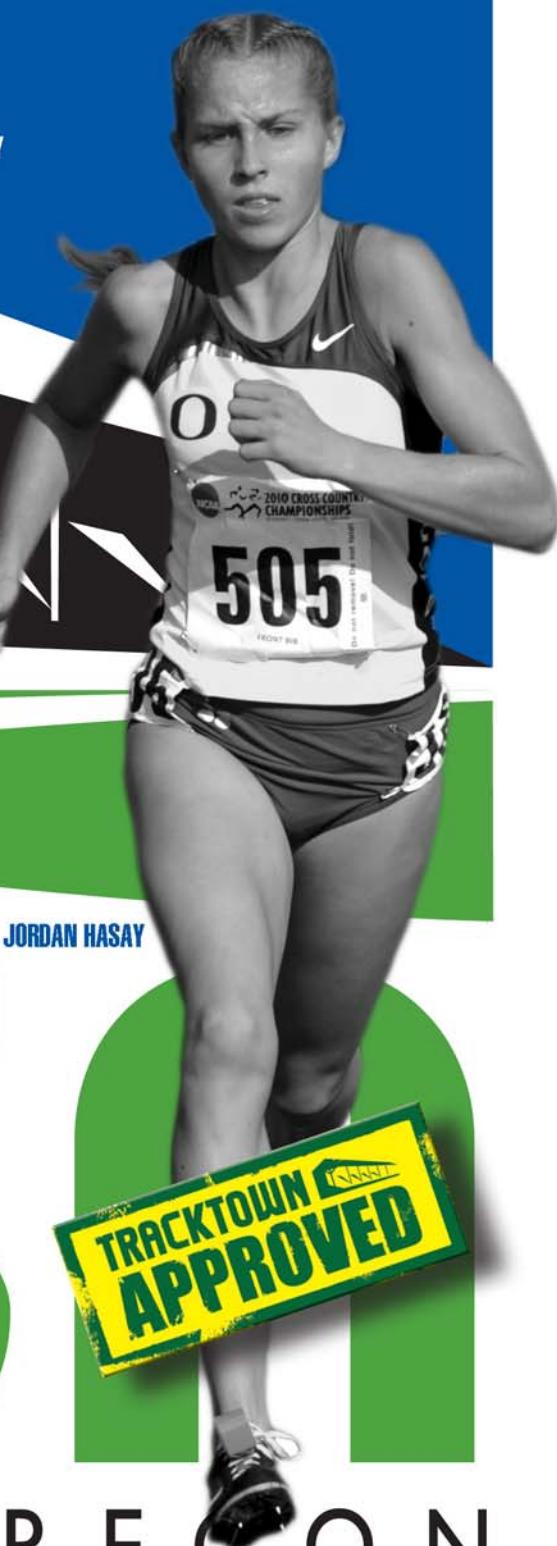
TRACKTOWN®



O

2011 OREGON CROSS COUNTRY

LUKE PUSKEDRA



JORDAN HASAY

U.S.A.

EUGENE • OREGON

Table of Contents

Table of Contents

Introduction

Athletic Media Relations	1
Track Town, USA	2
2011 Schedule	4

Staff Profiles

Vin Lananna, Associate Athletic Director	6
Assistant Coach Profiles	10
Support Staff Profiles	14

Men's Team Information

2011 Outlook	16
Team Roster	17
Featured Athlete Profiles	18
Featured Newcomer Profiles	39
Others to Watch	43

Women's Team Information

2011 Outlook	44
Team Roster	45
Featured Athlete Profiles	46
Others to Watch	63
Featured Newcomer Profiles	68

2010 Season in Review

Season Review	72
2010 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 Administration	88
---------------------------	----

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	oregonft@uoregon.edu

Andy Powell, Associate Head Coach

Telephone	(541) 346-5473
E-mail	acpowell@uoregon.edu

Jenni Ashcroft, Assistant Coach

Telephone	(541) 346-5438
E-mail	ashcroft@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

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

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

Christina Hilliard, Intern
 Direct: 541-346-5532
 Home: 989-964-9307
 E-mail: cmhill@uoregon.edu

Geoff Thurner, Assistant Director
 Direct: 541-346-2250
 Home: 541-343-0129
 E-mail: gthurner@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 Pac-10 Track & Field Championships

2012 U.S. Olympic Team Trials

2013 NCAA Track & Field Championships

2014 NCAA Track & Field Championships

Track Town, USA



2011 Schedule

Date	Event	Location
September 10	Gonzaga	Meadows Golf Course, Sunriver, Ore.
October 1	Bill Dellinger Invitational	Springfield Country Club, Springfield, Ore.
October 14	Wisconsin adidas Invitational	at Thomas Zimmer Course, Madison, Wis.
October 22	Beaver Classic	at Avery Park, Corvallis, Ore.
October 29	Pacific-12 Championships	at Wigwam Golf Resort, Litchfield Park, Ariz.
November 12	NCAA West Region Championships	at Stanford Golf Course, Stanford, Calif.
November 21	NCAA Championships	at LaVern Gibson Course, Terre Haute, Ind.



Trophy Town, USA

With 11 first or second place NCAA trophies earned during the course of the last three 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 four NCAA titles, plus seven more second-place finishes in the span of three 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 (2010-11), 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 (2010-11) 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 on Oct. 1.

A new meet on the schedule is the Wisconsin adidas Invitational, which will be held Oct. 14 on the Badgers' recently completed Thomas Zimmer Championship Course.

After a trip to Corvallis for the Beaver Classic on Oct. 22, the championship season begins with the Pacific-12 Conference Championships at Arizona State.

The teams travel to Stanford for the NCAA West Region Championships on Nov. 12

From that, teams will qualify for the NCAA Championships, which again return to the LaVern Gibson Course in Terre Haute, Ind., on Nov. 21.



**Associate Athletic Director
7th Year****Coaching Honors****NCAA Cross Country Coach of the Year**

1986, 1996, 1997, 2002, 2007, 2008

NCAA West Region Coach of the Year1994 (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
2011 IAAF World Track & Field Championships**USA Junior Team Head Coach**

1994 IAAF World Cross Country Championships

USA Team Assistant Coach1999 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 this 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. Lananna also served as the head men's coach for Team USA at the 2011 IAAF World Track & Field Championships in Daegu, South Korea.

In 2011, the University of Oregon and Track Town, USA, played host to a record-setting USA Track & Field Championships. That came on the heels of a collegiate season where the Ducks won their second straight women's indoor national title, fifth straight men's Pac-10 title and third consecutive women's league title. Matthew Centrowitz captured both the NCAA and USA outdoor crown at 1,500 meters, while the Ducks also had NCAA champions in the pole vault (Melissa Gergel) and 800 meters (Anne Kesselring). Indoors, the women claimed individual national titles in the mile (Jordan Hasay), 3,000 meters (Hasay) and pentathlon (Brianne Theisen). With an indoor national title and a runner-up performance outdoors, the women were honored as the USTFCCCA's Terry Crawford Program of the Year for the third straight season.

The conference meet produced women's champions in the 100 meters (English Gardner), 200 meters (Amber Purvis), 1,500 meters (Hasay), 5,000 meters (Hasay) and the 4x400 meter relay team. On the men's side, it was Centrowitz winning his third straight league title at 1,500 meters along with Mike Berry (400 meters) and Steve Finley (steeplechase).

A season earlier, Eugene 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 USTFCCCA'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 1,5000 meters at the outdoor meet, indoor and outdoor victories by combined event stars Ashton Eaton and 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), 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, Purvis sweeping the 100 and 200, Keshia Baker taking the 400, 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 USTFCCCA'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 USTFCCCA 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.

TRACKTOWN
APPROVED



**Vin Lananna Has Guided Teams to:**

10 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, 2011

Men's Outdoor Track and Field

2000

40 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, 2011

Women's Track and Field

2009, 2010, 2011

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)

Seven World Championship Teams

1,500 Meters (2011)

5,000 Meters (2003, 2005)

10,000 Meters (1999, 2007, 2009)

Marathon (1997)

34 NCAA Event Titles

Cross Country 2008 (M)

800 Meters 2006 (W), 2009 (M),

2010 (M), 2011 (W)

1,500 Meters 2000 (M), 2002 (M), 2003 (M),

2010 (M), 2011 (M)

Mile 2000 (M), 2011 (W)

3,000 Meters 1998 (W), 2002 (W),

2009 (M), 2011 (W)

5,000 Meters 1998 (M), 1999 (M),

2000 (M), 2001 (M&W),

2002 (W), 2003 (W),

2009i (M), 2009 (M)

10,000 Meters 1998 (M), 1999 (M),

2000 (M), 2003 (W), 2009 (M)

Distance Medley Relay 2000 (M&W),

2001 (M), 2009 (M), 2010 (M)

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.

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 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 seventh 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 six 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. Oregon has also captured five straight men's Pac-10 titles.

The 2011 season saw Matthew Centrowitz win both the NCAA Outdoor and USA Championships title at 1,500 meters and also saw All-American performances from Elijah Greer (800 meters), Luke Puskeda (10,000 meters), Steve Finley (3,000 meter steeplechase) and A.J. Acosta (1,500 meters). Centrowitz also captured his third straight Pac-10 title at 1,500 meters, while Finley took the steeplechase crown. In the fall, Puskeda was the third place finisher at the NCAA Cross Country Championships.

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 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 Grootuis 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 two sons.

Associate Head Coach 7th Year

Andy Powell Has Guided UO Athletes to:

11 NCAA Titles

Cross Country	2006 (M)
800 Meters	2009 (M), 2010 (M)
1,500 Meters	2010 (M), 2011 (M)
3,000 Meters	2009 (M)
5,000 Meters	2009i (M), 2009 (M)
10,000 Meters	2009 (M)
Distance Medley Relay	2009 (M), 2010 (M)

15 Pac-10 Titles

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

60 All-America Awards

Cross Country	2006 (2xM), 2007 (5xM),
	2008 (5xM), 2009 (4xM), 2010 (2xM)
800 Meters	2008 (M), 2009i (M), 2009 (M)
	2010i (2xM), 2010 (2xM),
	2011i (M), 2011 (M)
1,500 Meters	2008 (M), 2010 (3xM),
	2011 (2xM)
Mile	2007 (M), 2008 (M),
	2009 (M), 2010 (2xM), 2011 (M)
3,000 Meters	2006 (M), 2007 (M),
	2009 (M), 2011 (M)
5,000 Meters	2006i (M), 2007i (M),
	2009i (3xM), 2009 (2xM),
	2010i (M), 2010 (M), 2011i (M)
10,000 Meters	2007 (M), 2009 (2xM),
	2010 (M), 2011 (M)
3,000 Meter Steeplechase	2011 (M)
Distance Medley Relay	2009 (M), 2010 (M),
	2011 (M)



TRACKTOWN
APPROVED



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 sixth season overall with Oregon, Ashcroft works with the women's middle distance runners, pole vaulters and high jumpers, in addition to her duties with the cross country team.

Working in concert with Vin Lananna, Ashcroft helped Jordan Hasay win the Pac-10 cross country title and finish third at the NCAA Championships in 2010. Hasay's NCAA finish was the best by a Duck in 19 years. Hasay also won the NCAA West Regional. Both Hasay and Alexandra Kosinski, who was 19th at the NCAA meet, earned All-America honors for cross country in 2010.

The following spring on the track, Anne Kesselring won the NCAA title at 800 meters, while Hasay was an All-American in both the 1,500 and 5,000 meters. At the 2011 Pac-10 Championships, Oregon went 1-3-4-6 in the 1,500 meters, with Hasay taking the crown, followed by Kesselring (third), Becca Friday (fourth) and Megan Patrignelli (sixth). Friday would also go on to post All-America honors at the NCAA Championships.

The 2011 NCAA meet also saw Ashcroft mentor a national champion in pole vaulter Melissa Gergel. The senior won the 2011 Outdoor crown by clearing 14-7.25/4.45m, and then matched that bar again at the USA Championships where she took fourth. Her height was the second-best in school history.

The 2011 indoor season was again tremendously successful for the Ducks, who won their second straight national title with Hasay capturing both the mile and 3,000 meters. She led Oregon's 1-3-4 finish in the mile as well as its runner-up finish in the distance medley relay. Gergel had another strong indoor performance in the pole vault with a fourth-place finish.

Ashcroft was instrumental in the development of Gergel, a seven-time All-American, as well as NCAA Championships qualifiers Colin Witter-Tilton and Jordan Roskelley. Pole vaulters have contributed to each of Oregon's back-to-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 Shockers 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 6th Year

Jenni Ashcroft Has Guided UO Athletes to:

4 NCAA Titles

800 Meters	2011 (W)
Mile	2011i (W)
3,000 Meters	2011i (W)
Pole Vault	2011 (W)

4 Pac-10 Title

1,500 Meters	2011 (W)
5,000 Meters	2011 (W)
Pole Vault	2009 (W)
Cross Country	2010 (W)

22 All-America Awards

800 Meters	2011 (2xW)
1,500 Meters	2011 (2xW)
Mile	2011i (3xW)
3,000 Meters	2011i (W)
5,000 Meters	2011 (W)
10,000 Meters	2011 (W)
3,000 Meter Steeplechase	2011 (2xW)
Distance Medley Relay	2011 (W)
Pole Vault	2008i (W), 2008 (W), 2009i (W), 2010i (W), 2010 (W), 2011i (W), 2011 (W)
Cross Country	2010 (2xW)



TRACKTOWN
APPROVED



Director of Strength & Conditioning
24th Year

Jim Radcliffe

Jim Radcliffe, Oregon's strength and conditioning coach for the last 23 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 52-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.



Interim Assistant Athletic Director
1st Year

Jody Smith

Former Stanford All-American Jody Smith was hired in the summer of 2011 to oversee the integration of the program's administrative areas within the athletics department and also serves as the home event meet director.

Smith came to Oregon after three years as an administrator in the San Jose State athletics department. She served as the Spartans' associate athletics director for events and facilities and the sport supervisor for women's swimming and women's water polo.

While at San Jose State, she oversaw a number of national and conference events hosted by the Spartans, including the 2010 NCAA Men's Basketball Division I Championship First and Second Round games played in San Jose.

Smith came to San Jose State after a long association with Stanford University. She was the director of special events and the Avery Aquatic Center manager and the associate director for the Track and Field Foundation.

The 1991 Stanford University graduate was a six-time All-America award-winning swimmer. She still swims competitively in Masters competitions and set world records in long and short course pools for the 200 backstroke in 2009.

Smith is a member of the Collegiate Event and Facility Management Association (CEFMA).



Track & Field Assistant
1st Year

Alex Whipple

Alex Whipple joined the track & field staff in the spring of 2011 and is in his first year as an important member of the administrative team for the UO program. His assignment includes roles in home meets, special events and community relations, in addition to providing office support and maintaining relationships with officials, donors, visiting teams, and alumni.

Whipple is a 2011 graduate of the University of Oregon with a degree in sports business. Prior to joining the track & field staff, Whipple worked with the Ducks' successful football program and was also an electrocardiogram technician at Sacred Heart Medical Center. The Eugene, Ore., native played football for Sheldon High School where he was the league's defensive MVP and was also that school's freshman coach in 2010.

Lance Deal

Lance Deal begins his ninth year with the Oregon track and field program. After eight years as a successful assistant coach, he was named director of track & field venues and program support in 2010.

The 1996 Olympic silver medalist and 21-time national champion is responsible for coordinating the activities and improvements at one of the most storied venues in all of sport - Historic Hayward Field. Deal ensures that the iconic stadium is preped and in top condition for every meet it hosts. He also oversees all equipment necessary for staging track events on the grand stage, ranging from hurdles and starting blocks to pits and poles and everything in between.

Another aspect of Deal's role is to serve as the program's point man for all capital improvement and construction projects. He played an integral role in the intensive Hayward Field renovation that took place for the 2008 Olympic Trials. That feat included realigning the grass infield and designing and building new cages for the hammer and discus throwers, among numerous other features. He subsequently oversaw both permanent and temporary additions to the classic venue for the 2010 NCAA Championships, as well as the USA Track & Field and Pac-10 championships in 2009.

Deal transitioned into the role at Hayward Field after guiding Duck athletes to a pair of NCAA championships, 21 All-America honors, 12 Pac-10 titles and 25 school records.

As an athlete, Deal ignited the 1996 Atlanta Olympic Stadium crowd with a silver medal in the hammer (266-2), and he also competed in the 1988, 1992 and 2000 Olympic Games and in the IAAF World Championships in 1991, 1993, 1995 and 1999. In world rankings, he stood first in the world in 1996 and was among the top-10 five other seasons (1992-93-94-95-98).

The U.S. record holder at 270-9, Deal owns 16 of the top 20 throws all-time by Americans. His resume boasts nine U.S. outdoor hammer titles, 12 indoor titles in the weight throw (35-lb.) – including a record nine straight – and nine year-end No. 1 hammer rankings. Deal also excelled in the discus and shot put. As an undergraduate at Montana State, he earned All-America honors in the discus during the 1984 NCAA Championships at Hayward Field with a personal best of 202-2 and also threw a best in the shot put of 60-2.5.

Born in Riverton, Wyo., Deal is a graduate of Montana State University (1984) and Natrona County High School (Casper, Wyo., 1979). He and his wife Nancy have one daughter, Sarah.



**Director of Track & Field
Venues and Program Support
10th Year**



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
4th 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
4th Year**



Men's Outlook

Senior Luke Puskedra figures to lead a talented group of youngsters into the 2011 cross country season.

Puskedra, from Ogden, Utah, had his finest season as a Duck in 2010 as he finished third at the NCAA Championships and fourth at the Pac-10 Championships. He should again be positioned for a high finish at the conference and national meets.

Beyond Puskedra, the Ducks will largely be a team of freshmen and sophomores who will look to fill a number of openings left by the graduation of All-Americans A.J. Acosta, Matthew Centrowitz and Danny Mercado.

There are some experienced runners on the team, such as senior Chris Kwiatkowski who finished 24th at the Pac-10 Championships in 2010, as well as junior Bryce Burgess, a two-time Pac-10 competitor and a 2010 NCAA West Regional qualifier,

But the bulk of the team will be youngsters. Sophomores Ben DeJarnette, from Mechanicsville, Va., and Parker Stinson, from Austin, Texas, both ran in all three championship races for the Ducks as freshmen in 2010.

Fellow sophomore Brian Shrader was also a Pac-10 and NCAA championships performer last fall. Sophomore Mac Fleet redshirted the 2010 cross country season but was a Pac-10 competitor in 2009. Sophomore Mitchell Hunt also was a Pac-10 qualifier in 2010.

Oregon will have a bounty of freshmen and redshirt freshmen competing for roster spots. Highly touted newcomer Lukas Verzbicas (Orland Park, Ill.) leads that list. Other true freshmen to watch include Chris Brewer (Vista, Calif.), Jeramy Elkaim (Livingston, N.J.), Russell Hornsby (Williamsburg, Va.), Matthew Jablonski (Cockeysville, Md.), Matt Melancon (Eugene, Ore.), Chad Noelle (Greene, N.Y.) and Ryan Pickering (West Palm Beach, Fla.).

The redshirt freshmen include Colby Alexander (Strongsville, Ohio), Boru Guyota (Portland, Ore.), Cole Watson (Rogue River, Ore.) and Daniel Winn (Portland, Ore.).

In recent seasons, the men have experienced 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.



Luke Puskedra



Mac Fleet



Parker Stinson, Brian Shrader and Ben DeJarnette

2011 MEN'S ROSTER

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



Men's Cross Country

2011 ROSTER

Name	Year	Hometown	High School / College
Colby Alexander	RS-Fr.	Strongsville, Ohio	Strongsville High School
Walker Augustyniak	RS-Jr.	Eugene, Ore.	South Eugene High School
Chris Brewer	Fr.	Vista, Calif.	Rancho Buena Vista High School
Bryce Burgess	RS-Jr.	Portland, Ore.	Franklin High School
Tim Costin	RS-So.	Springfield, Ore.	Springfield High School
Ben DeJarnette	RS-So.	Mechanicsville, Va.	Atlee High School
Jeramy Elkaim	Fr.	Livingston, N.J.	Livingston High School
Mac Fleet	RS-So.	San Diego, Calif.	University City High School
Elijah Greer	RS-So.	Lake Oswego, Ore.	Lake Oswego High School
Boru Guyota	RS-Fr.	Portland, Ore.	Jefferson High School
Russell Hornsby	Fr.	Williamsburg, Va.	Georgetown Prep
Mitchell Hunt	RS-So.	Fremont, Neb.	Fremont High School
Matthew Jablonski	Fr.	Cockeysville, Md.	Loyola Blakefield High School
Elliott Jantzer	RS-So.	Medford, Ore.	Phoenix High School
Chris Kwiatkowski	RS-Sr.	Bellingham, Wash.	Bellingham High School
Matt Melancon	Fr.	Eugene, Ore.	Sheldon High School
Hank Morrison	RS-So.	Carmel, Calif.	Carmel High School
Chad Noelle	Fr.	Greene, N.Y.	Greene Central High School
Ryan Pickering	Fr.	West Palm Beach, Fla.	John I. Leonard High School
Luke Puskedra	Sr.	Salt Lake City, Utah	Judge Memorial Catholic High School
Brian Shrader	So.	Flagstaff, Ariz.	Sinagua High School
Travis Stanford	RS-Sr.	Peyton, Colo.	Peyton High School / Northern Colorado
Parker Stinson	So.	Austin, Texas	Cedar Park High School
Lukas Verzbicas	Fr.	Orland Park, Ill.	Carl Sandburg High School
Cole Watson	RS-Fr.	Rogue River, Ore.	Rogue River High School
Daniel Winn	RS-Fr.	Portland, Ore.	Cleveland High School





Colby Alexander

Redshirted his first year in Eugene. Prior to Oregon, posted 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.

2010-11: Outdoors - Redshirt season. Indoors - Redshirt season. Ran unattached in the mile at the Husky Classic. Cross Country - Redshirt season. Competed unattached at the Bill Dellinger Invitational.

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 I 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.

RS-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



Bryce Burgess

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

2010-11: Outdoors - Opened up with a runner-up finish in the 3,000 meters (8:27.73) at the Oregon Preview. Was in the 5,000 meters at the Pepsi Team Invitational and the Oregon Relays. Indoors - Lone appearance was in the mile at the MPSF Championships. Cross Country - Was 29th at the Bill Dellinger Invitational in 24:47.21 (8,000 meters). Made his NCAA West Regional debut and also ran at the Pac-10 Championships, Notre Dame Invitational and the John Frank Memorial.

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-Junior
Portland, Ore.
Franklin High School
Distance

Personal Bests

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

NCAA Cross Country West Regional
2010 - 91st, 31:40.95

Pac-10 Cross Country Championships
2010 - 47th, 24:45.41
2009 - 34th, 24:13.08



OREGON

O DELLINGER
INVITATIONAL
BRYCE
BURGESS



Ben DeJarnette

NCAA Championships competitor in cross country. Redshirted the outdoor season in 2011. Showed solid improvement at 1,500 and 5,000 meters as a freshman in 2010. Performances helped Oregon win the Pepsi Team Invitational and defeat UCLA. Virginia state 3,200 meter outdoor and indoor champion.

2010-11: Outdoors - Redshirt season. Ran unattached at the Oregon Relays and Oregon Twilight. Indoors - Ran 8:15.61 in the top section of the 3,000 meters at the UW Invitational. Was in the mile at the Husky Classic. Season debut came as the anchor leg of the distance medley relay at the UW Indoor Preview. Cross Country - Was a winner his first varsity race, taking the season-opening John Frank Memorial in 19:36.1 (four miles). Came in as the Ducks' No. 5 finisher in 24:30 (8,000 meters) to help Oregon win the Notre Dame Invitational. Finished 13th at the Bill Dellinger Invitational in 24:14.49 (8,000 meters). Placed 26th in his Pac-10 Championships debut in 24:14.71 (8,000 meters). Was Oregon's No. 5 scorer at the NCAA West Regional, finishing 28th in 30:41.28 (10,000 meters) to help Oregon win the meet. Capped season with first NCAA Championships appearance. Pac-10 all-academic first team selection. **Season Bests:** Indoors - 3,000 Meters - 8:15.61, UW Invitational, Seattle, Wash. (1/29/11).

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 XCountry 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.

NCAA Cross Country Championships
2010, DNF

NCAA Cross Country West Regional
2010 - 28th, 30:41.28

Pac-10 Cross Country Championships
2010 - 26th, 24:14.17



TRACKTOWN
APPROVED

NCAA DI CROSS COUNTRY
CHAMPIONSHIPS
483
INDIANA STATE UNIVERSITY
TERRE HAUTE, INDIANA
NOVEMBER 22, 2010
RACE
BEN DELAMETTE
MEN
OREGON

9



Mac Fleet

Redshirted the outdoor season in 2011. 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 in 2010. 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. Nationally, ranked second in the mile (4:02.90) and sixth at 800 meters (1:50.31) among all high schoolers in 2009.

2010-11: Outdoors - Redshirt season. Indoors - NCAA qualifer in the mile. Solid season debut in the mile at the Husky Classic, where he ran 4:01.04. Took the opening leg (2:56) of the winning distance medley at the MPSF Championships that ran the second-fastest time in NCAA history, 9:26.78. Made the NCAA meet by running 3:59.03 in the mile at the UW Final Qualifier. At the NCAA Championships, ran a strong lead leg on the distance medley relay and also was in the mile. Cross Country - Redshirt season. **Season Bests:** Indoors - Mile - 3:59.03, UW Final Qualifier, Seattle, Wash. (3/5/11).

RS-Sophomore
San Diego, Calif.
University City High School
Middle Distance
2 School Records (Mile-i,
Distance Medley Relay-ii)
3-Time 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
2011 - Mile, 16th, 4:08.16
2011 - Distance Medley Relay, 10th, 9:48.00
2010 - Mile, 2nd, 4:01.63

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 quaterfinals 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 journalism.





Elijah Greer

One of the nation's top runners at 800 meters. Was third at the NCAA Championships in 2011. Also the Pac-10's 800 meter runner-up for the second-straight year. Ranks third on the school's 800 meters list (1:45.06). 2010 and 2011 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-Sophomore
Lake Oswego, Ore.
Lake Oswego High School
Middle Distance
School Record (Distance Medley
Relay-i)
4-Time All-American

Personal Bests
800 Meters - 1:45.06,
NCAA Championships,
Des Moines, Iowa, 6/10/11
1,500 Meters - 3:48.98,
Oregon Relays,
Eugene, Ore., 4/22/11
Mile - 4:05.35,
Oregon Twilight,
Eugene, Ore., 5/8/10

NCAA Outdoor Track Championships
2011 - 800 Meters, 3rd, 1:45.06
2010 - 800 Meters, 10th, 1:46.99

NCAA Indoor Track Championships
2011 - 800 Meters, 15th, 1:54.48
2010 - 800 Meters, 10th, 1:50.55

Pac-10 Track Championships
2011 - 800 Meters, 2nd, 1:47.70
2011 - 4x400 Meter Relay, 4th, 3:07.21
2010 - 800 Meters, 2nd, 1:48.66
2010 - 4x400 Meter Relay, 4th, 3:10.13

2010-11: Outdoors - Posted his best showing at the NCAA Championships, finishing third in the 800 meters, to close out the college season. Won his national semifinal 800 meter heat in 1:47.17 before setting a personal-best of 1:45.06 in the final, finishing third. That was the third-fastest time in school history trailing only Olympians Joaquin Cruz and Andrew Wheating. Strong performance at the NCAA West Preliminary meet, where he had the top quarterfinal time in the 800 meters, 1:45.98. Also timed the top opening round time of 1:48.56. Was the Pac-10 runner-up in the 800 meters as Oregon won its fifth-straight league title. Ran a season-best 1:47.70 in the final. Also took the third leg on Oregon's fourth-place 4x400 meter relay team (3:07.21). Helped Oregon set an outdoor school record in the distance medley relay (9:28.01) at the Oregon Twilight with his 1:46.30 800 meter leg. Ran a personal-best 3:48.98 in the 1,500 meters at the Oregon Relays. Helped Oregon tie UCLA by winning the 800 meters (1:50.46) and running a leg on the winning 4x400 meter relay team. Opened up with a strong third-place finish in the 800 meters at the Pepsi Team Invitational (1:48.87). Also ran the third leg of the winning 4x400 meter relay team (3:10.93). Following the collegiate season, advanced to the semifinals of the 800 meters at the USA Championships. Was second in his preliminary heat in 1:46.86 to advance to the semifinals. Finished fifth in the semifinals (1:49.52), missing the national final by one spot. Pac-10 all-academic second team. Indoors - Ran a nation-leading 1:47.02 in winning the 800 meters at the Husky Classic. Indoor personal-best ranked second in school history behind only Andrew Wheating (1:46.36) and was just .03 off his outdoor PR. Wrapped season with an appearance in the 800 meters at the NCAA Championships. At the MPSF Championships, ran the 800 meter leg on the winning distance medley relay that clocked the second-fastest time in NCAA history: 9:26.78. That was also a school and MPSF meet record. Solid time in a win at 800 meters (1:48.45) at the UW Invitational. Also ran the 800 leg on the winning distance medley relay team (9:35.98). Won the 600 at the season-opening UW Indoor Preview (1:18.51). **Season Bests:** Outdoors - 800 Meters - 1:45.06 (PR), NCAA Championships, Des Moines, Iowa, Ore. (6/10/11); 1,500 Meters - 3:48.98, Oregon Relays, Eugene, Ore. (4/22/11). Indoors - 800 Meters - 1:47.02 (PR), Husky Classic, Seattle, Wash. (2/12/11).

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 at the USA Track & Field Championships 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 the 800 in 1:50.55. Cross Country - Redshirt season. **Season Bests:** Outdoors - 800 Meters - 1:46.99, 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).

MEN'S PROFILES

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.



Boru Guyota

Showed tremendous growth in the middle distances as a freshman in 2011. Native of Ethiopia is accomplished on the track, as well as in the classroom. Has a state 800 meter title to his credit and was also awarded a prestigious Ford Foundation Scholarship as the co-valedictorian at Jefferson High School.

2010-11: Outdoors - Concluded season with an appearance in the 800 meters at the NCAA West Preliminary meet. Took fifth in the 800 meters at the Pac-10 Championships in 1:49.34 to help Oregon win its fifth straight league title. Timed 1:48.80 in the prelims. Won an exciting 1,500 meters at the Oregon Twilight in a personal-best 3:47.47. Lowered personal best in the 800 meters to 1:47.75 in a runner-up finish at the Oregon Relays. Time was tied for No. 10 at Oregon. Helped Oregon tie UCLA with a third-place finish in the 1,500 meters in 3:49.09. Was the surprise winner of a thrilling three-way finish in the 800 meters at the Pepsi Team Invitational. Won in then-best time of 1:48.65 over OTC Elite's Russell Brown (1:48.82) and teammate Elijah Greer (1:48.87). Ran 1:52.28 800 meters at the Stanford Invitational. Set a :07 personal best in the 1,500 meters in his outdoor debut at the Oregon Preview. Indoors - Ran a personal-best 1:50.34 to win his section of the 800 meters at the UW Invitational. Won his section of the mile in his Oregon debut, running 4:12.98 at the UW Indoor Preview. Also ran the third leg on the distance medley relay. Was eighth in the 800 meters at the MPSF Championships (1:52.03). Ran a terrific 800 leg in the distance medley relay at the NCAA Championships (9:48.00). Cross Country - Redshirt season. **Season Bests:** Outdoors - 800 Meters - 1:47.75 (PR), Oregon Relays, Eugene, Ore. (4/23/11); 1,500 Meters - 3:47.47 (PR), Oregon Twilight, Eugene, Ore., (5/6/11). Indoors - 800 Meters - 1:50.34 (PR), UW Invitational, Seattle, Wash. (1/29/11); Mile - 4:12.98, UW Indoor Preview, Seattle, Wash. (1/15/11).

Prep: Won the 2009 state 800 meter title for Jefferson High School as a junior in 2009. Also helped Jefferson win the 4x400 meter relay title as a sophomore in 2008. Recorded top prep 800 time of 1:52.56 at the 2010 Oregon Twilight to win his section. Took second in the 800 at the 2009 BorderDuel Classic (1:55.64). High School Bests: 800 Meters - 1:52.56, 2010; 1,500 Meters - 3:58.50, 2010.

Personal: Major is undeclared. Was co-valedictorian for Jefferson High School and received a prestigious Ford Foundation Scholarship. Also was named a 2010 Dell Scholar. Works with Food Works of Janus Youth Programs, which provides fresh organic produce to needy Portland residents. Born in Yabello, Ethiopia.



RS-Freshman
Portland, Ore.
Jefferson High School
Middle Distance
All-American

Personal Bests

800 Meters - 1:47.75,

Oregon Relays,

Eugene, Ore., 4/23/11

1,500 Meters - 3:47.47,

Oregon Twilight,

Eugene, Ore., 5/6/11

NCAA Indoor Track Championships

2011 - Distance Medley Relay, 10th, 9:48.00

Pac-10 Track Championships

2011 - 800 Meters, 5th, 1:49.34



Mitchell Hunt

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

2010-11: Outdoors - Redshirt season. Ran unattached in the 2,000 meter steeplechase at the Oregon Preview. Also unattached in the 5,000 meters at the Oregon Relays and the 1,500 at the Oregon Twilight. Indoors - Saw action in the 3,000 meters at the UW Invitational. Cross Country - Was Oregon's No. 5 runner at the season-opening John Frank Memorial (four miles) where he placed ninth overall in 20:01.9. Finished 31st at the Bill Dellinger Invitational in 24:54.87 (8,000 meters). Also made his Pac-10 Championships debut. Pac-10 all-academic honorable mention.

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 history.





RS-Senior
Bellingham, Wash.
Bellingham High School
Distance

Personal Bests
1,500 Meters - 3:52.98,
 Oregon Preview,
 Eugene, Ore., 3/19/11

Pac-10 Cross Country Championships
 2010 - 24th, 24:07.75

Chris Kwiatkowski

Pac-10 Championships competitor experienced healthy cross country season in 2010 after myriad setbacks his first three years in Eugene. Former Washington prep champion.

2010-11: Outdoors - Ran first career 10,000 meters at the Stanford Invitational (29:52.84). Opened season with a personal best in the 1,500 meters (3:52.98) at the Oregon Preview. Indoors - Ran a personal-best 13:51.84 in the 5,000 meters at the MPSF Championships to finish fifth. Cross Country - Posted best cross country finish, runner-up, at the season-opening John Frank Memorial in 19:38.8 (four miles). Continued best cross country season to date with a 29th place finish at Notre Dame in 24:31 (8,000 meters). Built on that performance with a ninth place showing at the Bill Dellinger Invitational in 23:58.75 (8,000 meters) to help the Ducks to the team title. In Pac-10 debut, was Oregon's No. 5 runner, placing 24th overall in 24:07.75 (8,000 meters) to help the team finish second. Pac-10 all-academic honorable mention. **Season Bests:** Outdoors - 1,500 Meters - 3:52.98, Oregon Preview, Eugene, Ore. (3/19/11); 10,000 Meters - 29:52.84, Stanford Invitational, Stanford, Calif. (3/25/11). Indoors - 5,000 Meters - 13:51.84 (PR), MPSF Championships, Seattle, Wash. (2/25/11).

2009-10: Did not compete outdoors. Indoors, only appearance was in the mile at the MPSF Championships (4:12.71). Cross Country - Opened season with an unattached sixth-place run at the Mike Hodges Invitational. Followed that with an unattached fourth-place run (24:53, 8,000 meters) at the Beaver Classic. **Season Bests:** Indoors - Mile - 4:12.71, MPSF Championships, Seattle, Wash. (2/27/10).

2008-09: Made five appearances at 1,500 meters with a season-best time of 3:53.49 at the Stanford Invitational. Indoors, ran the 800 once and the mile twice. Did not compete in cross country. **Season Bests:** Outdoors - 1,500 Meters - 3:53.49, Stanford Invitational, Stanford, Calif. (3/27/09). Indoors - Mile - 4:16.42, MPSF Championships, Seattle, Wash. (2/28/09).

2007-08: Redshirted cross country and outdoor seasons. Had one appearance in the mile indoors at the UW Indoor Preview (4:08.84).

Prep: As a senior in 2007, won Washington 2A state 3,200 meters (9:05.88) and placed third in the 1,600 meters (4:16.58) with personal bests in each race. Also placed in 3A state track meet as a junior (1,600 meters, second, 4:17.52) and sophomore (1,600 meters, 10th; 3,200 meters, fourth). In cross country as a senior, finished second in Washington 2A state championships, and 23rd in Border Clash. Also placed in 3A state meet as junior (fifth), sophomore (34th) and freshman (25th).

Personal: Human physiology major.



TRACKTOWN
APPROVED



Luke Puskedra

Put together his best all-around campaign as a junior with a third-place finish in cross country and a sixth-place showing outdoors at 10,000 meters. The NCAA's top cross country freshman and the 2008 Pac-10 Newcomer of the Year. 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 champions. Three-time Pac-10 scorer and NCAA Outdoor qualifier at 10,000 meters. Also earned selection in the 10,000 for the 2009 and 2011 USA Track & Field Championships. Finished third at the USA Junior Cross Country Championships and represented Team USA at the World Championships. All-America selection for cross country, indoor track and outdoor track for the third consecutive year to bring his career total to nine.

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

Personal Bests

5,000 Meters - 13:46.52 (i),
Husky Classic,
Seattle, Wash., 2/14/09

10,000 Meters - 28:33.47,
NCAA Championships,
Des Moines, Iowa, 6/10/11

3,000 Meters - 7:57.42 (i),
Husky Classic,
Seattle, Wash., 2/13/10

NCAA Outdoor Track Championships
2011 - 10,000 Meters, 6th, 28:33.47
2010 - 10,000 Meters, 14th, 29:27.37
2009 - 10,000 Meters, 11th, 29:20.18

NCAA Indoor Track Championships
2011 - 5,000 Meters, 14th, 14:02.26
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
2010 - 3rd, 29:38.0
2009 - 21st, 30:01.9
2008 - 5th, 29:27.8

NCAA Cross Country West Regional
2010 - 4th, 29:59.47
2009 - 6th, 30:48.40
2008 - 6th, 28:45.48

Pac-10 Track Championships
2011 - 5,000 Meters, 4th, 14:02.62
2011 - 10,000 Meters, 5th, 29:35.67
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
2010 - 4th, 23:05.80
2009 - 4th, 23:05.04
2008 - 2nd, 23:32.11

2010-11: Third-place finisher at the NCAA Cross Country Championships. NCAA All-American (10,000 meters). Outdoors - Had best career showing at the NCAA Championships where he ran a personal-best 28:33.47 to finish sixth in the 10,000 meters. Time ranked No. 6 on the UO career list. Advanced in the 10,000 meters at the NCAA West Preliminary meet where he placed 11th in 29:19.68 in the national semifinals. Also ran the 5,000 at the West meet. Made season debut at the Pac-10 Championships where he scored in both the 5,000 and 10,000 meters to help Oregon win its fifth straight league title. Was fourth in the 5,000 in an outdoor personal best 14:02.62. Took fifth in the 10,000 meters in 29:35.67. After the college season, finished 16th in the 10,000 meters at the USA Championships in 29:02.12. Pac-10 all-academic honorable mention. Indoors - Opened season by running an NCAA automatic time of 13:46.70 in the 5,000 meters at the UW Invitational. Missed a PR by less than .02. Made appearance in the 5,000 meters at the NCAA Championships, finishing 14th in 14:02.26. Cross Country - Was fourth or better in every race in 2010. Opened season with an impressive win at the Notre Dame Invitational, covering the 8,000 meter course in 23:39 to win by :06. Helped lead the Ducks to the team title at that race. Part of a 1-2 finish with teammate Matthew Centrowitz to help lead Oregon to the team win at the Bill Dellinger Invitational. Second-place time of 23:38.13 (8,000 meters) was just .02 behind Centrowitz. Helped lead the Ducks to a second-place finish at the Pac-10 Championships by finishing fourth in 23:05.80 (8,000 meters). Posted a personal-best fourth place finish at the NCAA West Regional in 29:59.47 (10,000 meters) to lead Oregon to the regional title. Fall culminated in perhaps his best race as a Duck at the NCAA Championships. Stayed near the front and finished strong to take third in 29:38.0 (10,000 meters), which was two places better than his showing as a freshman. Earned his third career cross country All-America honor in helping Oregon finish sixth. Pac-10 all-academic honorable mention. **Season Bests:** Outdoors - 5,000 Meters - 14:02.62 (PR), Pac-10 Championships, Tucson, Ariz. (5/14/11); 10,000 Meters - 28:33.47 (PR), NCAA Championships, Des Moines, Iowa (6/10/11). Indoors - 5,000 Meters - 13:46.70, UW Invitational, Seattle, Wash. (1/28/11).

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).



2012 NCAACROSS COUNTRY CHAMPIONSHIPS
INDIANA STATE UNIVERSITY
TERRE HAUTE, INDIANA
NOVEMBER 23, 2012

TRACKTOWN
APPROVED



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 champions, 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, Oregon-UCLA dual meet, Eugene, Ore. (4/19/08); 10,000 Meters - 28:34.17, 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.



TRACKTOWN
APPROVED



Brian Shrader

NCAA Championships qualifier in cross country as a freshman in 2010. Looking for a larger role on the track as a sophomore. Thirteen-time Arizona state track and cross country champion. Two-time Arizona Gatorade Runner of the Year.

2010-11: Outdoors - Ran an unattached 1,500 meters at the Oregon Preview (3:53.65). Indoors - Redshirt season. Running unattached, won his section of the 3,000 meters at the Husky Classic in 8:21.47. Cross Country - Opened season with a 48th-place finish in 24:48 (8,000 meters) at Notre Dame. Also ran at the Bill Dellinger Invitational and made his Pac-10 Championships debut. Wrapped up season with his NCAA Championships debut. **Season Bests:** Indoors - 3,000 Meters - 8:21.47, Husky Classic, Seattle, Wash. (2/12/11).

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.

NCAA Cross Country Championships
2010 - DNF

Pac-10 Cross Country Championships
2010 - 62nd, 25:17.41





Parker Stinson

An NCAA Championships competitor in both cross country and the 10,000 meters. A three-time USA Junior Track & Field champion at 10,000 meters. 2011 Pan American Junior Championships winner at 10,000 meters. Impressive prep running career included two USA wins at 10,000 meters and a sixth-place finish at the IAAF World Junior Championships. Time at the 2010 World meet, 29:32.23, ranked 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.

2010-11: Outdoors - Impressive double at the USA Junior Championships where he won the 10,000 meters (30:25.77) and was the runner-up at 5,000 meters (14:10.59). Title in the 10,000 meters was his third straight and propelled him to the Pan American Junior Championships. Dominated in winning the Pan Am games 10K title by more than 40 seconds (30:37.88) in a hot race in Miramar, Fla. Capped the collegiate season with his first NCAA Championships appearance in the 10,000 meters. Claimed the 12th and final spot in the 10,000 meters for the NCAA Championships by running 29:20.89 at the NCAA West Preliminary meet. Was seventh in the 10,000 meters in his Pac-10 debut in 29:55.44. Was also ninth in the in the 5,000 meters (14:22.01). Helped Oregon tie UCLA by winning the 5,000 meters in a personal-best 14:08.22. Set 10,000 meter PR by running 29:14.25 at the Stanford Invitational, a :15 improvement over his previous best. Made outdoor debut in the 1,500 meters at the Oregon Preview (3:53.67). Indoors - Was third in the 5,000 meters in his indoor debut at the UW Invitational, running 14:10.91. Cross Country - The only true freshman to run in all three championship meets. Opened season with a 36th-place finish in 24:38 (8,000 meters) at Notre Dame. Was Oregon's fifth scorer in 24:08.15 (11th overall, 8,000 meters) in the Ducks' win at the Bill Dellinger Invitational. Was 34th in Pac-10 debut in 24:22.30 (8,000 meters). Strong run as Oregon's No. 6 runner at the NCAA West Regional, placing 31st in 30:48.57 (10,000 meters). The Ducks' No. 4 scorer at the NCAA Championships, running 31:21.6 (10,000 meters). **Season Bests:** Outdoors - 5,000 Meters - 14:08.22, UCLA Dual, Los Angeles, Calif. (4/17/11); 10,000 Meters - 29:14.35 (PR), Stanford Invitational, Stanford, Calif. (3/25/11). Indoors - 5,000 Meters - 14:10.91 (PR), UW Invitational, Seattle, Wash. (1/28/11).

NCAA Outdoor Track Championships
2011 - 10,000 Meters, 23rd, 31:04.85

NCAA Cross Country Championships
2010 - 121st, 31:21.6

NCAA Cross Country West Regional
2010 - 31st, 30:48.57

Pac-10 Track Championships
2011 - 10,000 Meters, 7th, 29:55.44
2011 - 5,000 Meters, 9th, 14:22.01

Pac-10 Cross Country Championships
2010 - 34th, 24:22.30

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 philosophy and social science.



TRACKTOWN APPROVED



Cole Watson

Pac-10 competitor in the 1,500 meters is looking to play a larger role in 2012. Seven-time state champion and a two-time USA Junior Track & Field Championships competitor 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.

2010-11: Outdoors - Pac-10 qualifier in the 1,500 meters to wrap up freshman campaign. Huge charge down the final few meters led to a runner-up finish in the 1,500 meters at the Pepsi Team Invitational (3:48.25), clipping Stanford's Chris Derrick by .01. Ran a personal best 800 meters at the Oregon Preview, 1:51.78. Indoors - Oregon debut came as the lead leg of the runner-up distance medley relay at the UW Indoor Preview. Timed 4:07.72 in first indoor mile at the UW Invitational, where he also ran the lead leg of the winning distance medley relay team (9:35.98). Dropped mile time to 4:06.42 at the Husky Classic. Nearly matched that time in a fifth-place finish at the MPSF Championships (4:07.00). Just missed scoring in the 800 meters as well (1:52.42). Cross Country - Redshirt season. Competed unattached at the Bill Dellinger Invitational. **Season Bests:** Outdoors - 800 Meters - 1:51.78 (PR), Oregon Preview, Eugene, Ore. (3/19/11); 1,500 Meters - 3:48.25 (PR), Pepsi Team Invitational, Eugene, Ore. (4/9/11). Indoors - 800 Meters - 1:52.42 (PR), MPSF Championships, Seattle, Wash. (2/26/11); Mile - 4:06.42 (PR), Husky Classic, Seattle, Wash. (2/12/11).

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) meters 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 product design.

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

Personal Bests

800 Meters - 1:51.78,
Oregon Preview,
Eugene, Ore., 3/19/11
1,500 Meters - 3:48.25,
Pepsi Team Invitational,
Eugene, Ore., 4/9/11
3,000 Meters - 8:45.10,
Prefontaine Rotary Invitational,
Coos Bay, Ore., 4/24/2010

Pac-10 Track Championships
2011 - 1,500 Meters, p-9th, 4:03.63
2011 - 5,000 Meters

Chris Brewer

A two-time California state finalist in the 1,600 meters. Had the top 1,600 meter time in the state in 2010. Also a state top-10 finisher in cross country as a senior.

Prep: Twice was a California state 1,600 meters finalist for Ranch Buena Vista High School. Also finished eighth as a senior at the 2010 state cross country meet (15.05/5,000 meters). Personal best in the 1,600, 4:11.12, came as a junior in winning the Palomar League title. That was the top 1,600 meter time in California in 2010. Ran best 3,200 meters (9:06.17) as a senior, when he also timed his top 800 meters (1:53.04). Brewer also ran a 4:09.60 4x1,600 meter relay split at the 2010 Mt. SAC Relays. **High School Bests:** 800 Meters - 1:53.04, 2011; 1,600 Meters - 4:11.12, 2010; 3,200 Meters - 9:06.17, 2011.

Personal: Major is math.



Freshman
Vista, Calif.
Rancho Buena Vista High School
Middle Distance



Jeramy Elkaim

Nike Cross Nationals qualifier broke the New Jersey Meet of Champions record in the 3,200 meters as a junior. Led the nation at 3,200 meters in 2010.

Prep: A two-time state champion for Livingston High School, including a meet record performance of 8:46.08 in winning the 3,200 meters at the 2010 NJSIAA Meet of Champions. Prior to that, he established a personal-best at 1,600 meters by running 4:12.89 at the sectional meet. Also won the 3,200 meter state title as a senior in 2011 (9:05.43). Following the prep season, set a personal best at 5,000 meters of 14:54.62 in a third-place finish at the New Balance Outdoor Nationals. Indoors, finished third in the high school mile (4:19.60) at the Millrose Games in New York as future UO recruits went 1-2-3 in that race, with Chad Noelle winning in 4:16.71 and Matt Jablonski taking second in 4:16.88. In cross country, was third at the state championships in 15:29 (5,000 meters), before qualifying for the Nike Cross Nationals as a senior. **High School Bests:** 1,600 Meters - 4:12.89, 2010; 3,200 Meters - 8:46.08, 2010; 5,000 Meters - 14:54.62, 2011.

Personal: Major is undeclared.



Freshman
Livingston, N.J.
Livingston High School
Distance

Personal Bests
5,000 Meters - 14:54.62,
New Balance Outdoor Nationals,
Greensboro, N.C., 6/16/11



Freshman
Williamsburg, Va.
Georgetown Prep
Middle Distance

Personal Bests
800 Meters - 1:50.82,
 Liberty Twilight Qualifier,
 Lynchburg, Va., 5/5/11



Freshman
Cockeysville, Md.
Loyola Blakefield High School
Middle Distance

Personal Bests
Mile - 4:10.37,
 Penn Relays,
 Philadelphia, Pa., 4/29/11

Russell Hornsby

Small school runner from Virginia with great potential and a talented family history.

Prep: Won the 800 meters at the IAC Championships as a senior in 2011 for Georgetown Prep after finishing as the runner-up as a junior in 2010. Ran a personal-best 1:50.82 in the 800 meters at the Liberty Twilight Qualifier. Anchored Georgetown Prep's winning 4x400 meter team (3:26.92) at the 2011 IAC Championships. Was also on the 4x800 meter relay team that placed third in the 2010 Penn Relays' Championship of America. Indoors, placed fourth in the 800 at the New Balance Indoor Nationals (1:52.62), which ranked seventh nationally indoors among the prep ranks in 2011. **High School Bests:** 400 Meters - 48.84, 2011; 800 Meters - 1:50.82, 2011.

Personal: Major is undeclared. Father is Grammy-award winning musician Bruce Hornsby, leader of the bands "Bruce Hornsby and the Range" and "Bruce Hornsby & the Noise Makers," who has also played over 100 shows with the "Grateful Dead."

Matthew Jablonski

Won the high school mile at the Penn Relays and was the runner-up indoors in the mile at the Millrose Games. Ranked in the top 10 nationally at two miles. Was also a Baltimore-area private schools champion on the track (800 meters) and in cross country.

Prep: As a senior for Loyola Blakefield High School in 2011, won the Penn Relays high school mile in a personal best 4:10.37. Was the runner-up in the 3,200 meters at the Arcadia Invitational (8:50.80), which ranked him No. 7 nationally at two miles in 2011. Indoors, was the runner up in the high school mile (4:16.88) at the Millrose Games in New York as UO recruits went 1-2-3 in that race, with Chad Noelle winning in 4:16.71 and Jeramy Elkaim taking third in 4:19.60. Was the 2010 MIAA cross country champion, running the three-mile course in 15:11 to win the Baltimore-area private schools title. On the track as a junior in 2010, won the IAAM/MIAA championship in both the 800 and the 1,600 meters. Helped Loyola Blakefield win a pair of MIAA cross country championships. **High School Bests:** Mile - 4:10.37, 2011; 3,200 Meters - 8:50.80, 2011; Two Miles - 9:02.00, 2010.

Personal: Major is undeclared.

Matt Melancon

State Gatorade Cross Country Runner of the Year was a two-time Oregon state champion as a senior for Sheldon High School.

Prep: Ran a 12-second personal best to capture the 2011 state 6A title at 3,000 meters (8:30.78) as a senior for Sheldon High School. Also placed fourth in the 1,500 meters (4:01.53) as a senior. Opened senior year by winning the Oregon 6A cross country championship and was named the state's Gatorade Runner of the Year. Ran 15:36 to win the state title (5,000 meter course), after earlier setting his best time at 5,000 meters of 15:10.6 at the Concordia Puma Classic. As a junior, was fourth in the state at 3,000 meters in 2010 (8:46.55) after setting a season-best at that distance of 8:42.08 at the Oregon Relays. **High School Bests:** 1,500 Meters - 4:01.53, 2011; 3,000 Meters - 8:30.78, 2011.

Personal: Major is undeclared. Father Randall Melancon ran track at Arkansas and later for Athletics West.



Freshman
Eugene, Ore.
Sheldon High School
Middle Distance

Personal Bests
3,000 Meters - 8:30.78,
OSAA 6A State Championships,
Eugene, Ore., 5/20/11

Chad Noelle

The Northeast Foot Locker cross country champion and a top-10 finisher at Foot Locker Nationals. Was the New York state champion in the 1,600 meters and runner-up in the mile at the Penn Relays.

Prep: Senior year included a win at the 2010 Northeast Foot Locker cross country championships and a 10th-place finish at the Foot Locker Nationals (15.25), as well as a state title on the track at 1,600 meters. Terrific performance at the 2011 New York state meet where he won the 1,600 meters (4:11.17) and was the runner-up at 3,200 meters (8:59.03). Earlier in the season, won the 3,200 meters at the Glenn D. Loucks Games in a personal-best 8:56.02 and was the runner-up to UO teammate Matthew Jablonski in the mile at the Penn Relays (4:10.83). Also placed fifth in the two-mile at the New Balance Outdoor Nationals (9:02.71). Indoors, won the high school mile at the Millrose Games in 4:16.71. Led a 1-2-3 sweep of UO signees that also included Matt Jablonski (4:16.88) and Jeramy Elkaim (4:19.60). Was also the New York runner-up at both 1,600 meters (4:11.97) and 3,200 meters (9:04.77) at the state championships as a junior in 2010. **High School Bests:** 1,600 Meters - 4:10.54, 2010; Mile - 4:10.38, 2011; 3,200 Meters - 8:56.02, 2011; Two Miles - 9:02.71, 2011.

Personal: Major is human physiology.



Freshman
Greene, N.Y.
Greene Central High School
Middle Distance

Personal Bests
Mile - 4:10.38,
Penn Relays,
Philadelphia, Pa., 4/29/11





Ryan Pickering

A top-10 Foot Locker Nationals finisher and state cross country champion comes long distance from Florida to Oregon. Also a state champ at 1,600 meters.

Prep: Backed up his 2010 Florida state track title at 1,600 meters as a junior by winning the 4A cross country championship as a senior for John I. Leonard High School. Time of 15:03.01 was a state meet record. Followed the cross country win by running 14:55.48 at the Flrunners.com Invitational cross country race and then took ninth at the Foot Locker national championships in San Diego in 15:25. His senior season on the track, was the state runner-up at 3,200 meters in a personal-best 9:12.17. Also took fifth in the 1,600 meters. His junior season, led Leonard to a fourth-place finish at the state meet with his victory in the 1,600 meters in 4:11.77. Was also fourth in the 3,200 meters. **High School Bests:** 1,600 Meters - 4:11.77, 2010; 3,200 Meters - 9:12.17, 2011.

Personal: Major is undeclared.

Freshman
West Palm Beach, Fla.
John I. Leonard High School
Distance



Freshman
Orland Park, Ill.
Carl Sandburg High School
Distance

Personal Bests
Mile - 3:59.71,
adidas Grand Prix,
New York, N.Y., 6/11/11
5,000 Meters - 14:06.78 (i),
New Balance Indoor Nationals,
New York, N.Y., 3/11/11

Lukas Verzbicas

Arguably the most talented prep distance runner in the nation brings his considerable skills to Track Town, USA. Established a high school record in the two miles (8:29.46) and became just the fifth runner all-time to break the 4:00 barrier in the mile as a prep (3:59.71). Two-mile record came during the 2011 Prefontaine Classic at Hayward Field. Won five national championships his senior year. A two-time national Gatorade Cross Country Runner of the Year.

Prep: Accumulated accolades, honors, records and national titles at a mind-boggling pace his final year in high school. Became the first high school runner ever to sweep both national cross country titles at the two major prep events in December of 2010. Won the individual 5,000-meter title at the Nike Cross Nationals in Portland on Dec. 4 with a time of 15:59.2. A week later at the Foot Locker national championships in San Diego, became the first repeat champion since Dathan Ritzenhein in 1999-00. Ran 14:59 (5,000 meters) to win by more than 11 seconds. That served as a precursor to his track season. Indoors, became the first person ever to accomplish an almost-inconceivable triple victory at the New Balance Indoor Nationals. Opened the meet by winning the 5,000 meters in an indoor prep record 14:06.78, to break his own national mark. That time is the third-best all-conditions 5K in prep history. Followed that the next day by taking the two miles in 8:40.70 and the mile in 4:10.67. Outdoor season featured a sub-4:00 mile and high school record at two miles. Set the two-mile mark in front of a sold-out Hayward Field at the Prefontaine Classic. Crossed the line in 8:29.46 to beat German Fernandez's 2008 time of 8:34. A week later, became just the fifth high schooler to go under 4:00 in the mile, and the first in a decade, when he won the race in 3:59.71 at the adidas Grand Prix. That was the fourth-best mile ever by a prep runner. Was also a two-time Illinois Class 3A state cross country champion for Carl Sandburg High School where he was twice named the national Gatorade Cross Country Runner of the Year. He ran a personal-best 13:54.00 in winning the 2010 three-mile Illinois cross country state title. Led the nation in the mile among high schoolers in 2010 with a time of 4:04.38. Initially set the national high school indoor record in the 5,000 meters, 14:18.42, in 2009 at the Nike Indoor National meet in Boston. Graduated early, having skipped his junior year on an accelerated academic program. **High School Bests:** Mile - 3:59.71, 2011; Two Miles - 8:29.46, 2011; 5,000 Meters - 14:06.78 (i), 2011.

Personal: Major is political science. Native of Kaunas, Lithuania, moved to the United States when he was eight.

Others to Watch



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



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



Elliott Jantzer
RS-Sophomore
Medford, Ore.
Phoenix High School
Distance



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



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



Daniel Winn
RS-Freshman
Portland, Ore.
Cleveland High School
Distance



Women's Outlook

The Ducks return eight talented letterwinners, including 2010 Pac-10 champion and NCAA third-place finisher Jordan Hasay, for the 2011 season. That's the good news for Oregon.

On the flip side, the 2010 season saw the closest conference race in league history, where the top four teams finished within six points of each other, and now 2011 welcomes distance power Colorado into the mix for the inaugural Pac-12 Championships.

It means that Oregon will need all of that talent and depth to once again challenge at the conference and national levels.

Hasay, a junior from Arroyo Grande, Calif., had a dynamite sophomore season both on and off the track. She was named the Pac-10's cross country runner of the year, and her third-place showing at the NCAA meet last fall was the best by a Duck in nearly 30 years.

She'll lead a team that will have to overcome the graduation of two-time All-American Alex Kosinski and NCAA veteran Zoe Buckman.

Stepping up behind Hasay will be sophomore Lanie Thompson, who was the team's most consistent runner behind Hasay and Kosinski in 2010, including a 16th-place finish at the Pac-10 meet.

Oregon also has NCAA veterans in seniors Bronwyn Crossman and Claire Michel, junior Anne Kesselring and sophomore Sarah Andrews, while juniors Becca Friday and Taylor Wallace both have Pac-10 cross country championships experience.

The women also to look to be able to add depth from a pair of talented distance newcomers in freshmen Molly Grabill (Poway, Calif.) and Allie Woodward (Green Bay, Wis.).

There are also middle distance runners Phyllis Francis (Laurelton, N.Y.), Megan Patrignelli (Monroe, N.Y.) and Laura Roesler (Fargo, N.D.), who all redshirted the 2010 season, on the roster, as well as true freshman Claudia Francis (Laurelton, N.Y.).

The Ducks have also added senior transfer Kimber Mattox to the roster. The Bend, Ore., native was a Division III cross country All-American as a junior in 2010 for Willamette University.



Jordan Hasay



Lanie Thompson



The Women of Oregon

2-Time NCAA

Champions

Back-to-Back NCAA

Runners-up in

2007-08

16-time

Conference

Champions



Women's Cross Country

2011 ROSTER

Name	Year	Hometown	High School / College
Sarah Andrews	So.	The Woodlands, Texas	The Woodlands High School
Bronwyn Crossman	Sr.	Bellingham, Wash.	Squalicum High School
Claudia Francis	Fr.	Laurelton, N.Y.	Cardoza High School
Phyllis Francis	RS-Fr.	Queens, N.Y.	Catherine McAuley High School
Rebecca Friday	Jr.	Bellingham, Wash.	Bellingham High School
Molly Grabill	Fr.	Poway, Calif.	Rancho Bernardo High School
Jordan Hasay	Jr.	Arroyo Grande, Calif.	Mission College Prep
Anne Kesselring	Jr.	Nürnberg, Germany	Sigmund-Schuckert Gymnasium
Kimber Mattox	RS-Sr.	Bend, Ore.	Bend High School / Cornell / Willamette
Claire Michel	RS-Sr.	Clackamas, Ore.	Clackamas High School
Megan Patrignelli	RS-Fr.	Monroe, N.Y.	Monroe-Woodbury High School
Sarah Penney	Jr.	Paradise Valley, Ariz.	Xavier College Prep
Laura Roesler	RS-Fr.	Fargo, N.D.	Fargo South High School
Lanie Thompson	RS-So.	High Bridge, N.J.	Voorhees High School
Taylor Wallace	Jr.	Klamath Falls, Ore.	Henley High School
Allie Woodward	Fr.	Green Bay, Wis.	Notre Dame Academy



Sarah Andrews

Pac-10 scorer in both cross country and at 10,000 meters. NCAA West Preliminary competitor at 10,000 meters. Impressive winner in the 5,000 meters at the 2009 Pan American Junior Championships. A five-time Texas state champion, including the 2008 and 2009 cross country titles.

2010-11: Outdoors - Capped season with an appearance in the 10,000 meters at the NCAA West Preliminary meet. Earned a team point with an eighth-place finish in the 10,000 meters at the Pac-10 Championships (36:42.28). Outdoor debut at the Stanford Invitational resulted in the ninth-best 10,000 meter time at the University, a personal-best 33:53.44. Ran unattached in a third-place showing in the 3,000 meters at the Oregon Preview (9:38.48). Indoors - Redshirt season. Cross Country - Was the only true freshman to run at both the Pac-10 and NCAA championships for Oregon. Competed unattached at the Bill Dellinger Invitational, where she ran 12th in 20:46.99 (6,000 meters). Made her varsity debut at the Pac-10 Championships, where she was the sixth Duck and 32nd overall in 20:59.14 (6,000 meters). Capped season with her first NCAA Championships appearance. **Season Bests:** Outdoors - 10,000 Meters - 33:53.44 (PR), Stanford Invitational, Stanford, Calif. (3/25/11).

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.

Sophomore
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

10,000 Meters - 33:53.44,
Stanford Invitational,
Stanford, Calif., 3/25/11

NCAA Cross Country Championships
2010 - 233rd, 22:54.6

Pac-10 Championships Performances
2011 - 10,000 Meters, 8th, 36:42.28
2011 - 5,000 Meters, 20th, 17:33.82

Pac-10 Cross Country Championships
2010 - 32nd, 20:59.14



TRACKTOWN
APPROVED



Senior
Bellingham, Wash.
Squalicum High School
Distance
All-American

Personal Bests
5,000 Meters - 16:13.73 (i),
Husky Classic,
Seattle, Wash., 2/11/11
10,000 Meters - 33:36.74
NCAA West Preliminary Meet,
Eugene, Ore., 5/26/11

NCAA Outdoor Track Championships
2011 - 10,000 Meters, 15th, 35:25.12

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

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

Pac-10 Track Championships Performances
2011 - 10,000 Meters, 4th, 36:06.48
2011 - 5,000 Meters, 11th, 17:08.30

Pac-10 Cross Country Championships
2010 - 65th, 22:02.71
2009 - 17th, 20:32.30
2008 - 36th, 21:20.05

Bronwyn Crossman

NCAA All-American at 10,000 meters after qualifying for her first national championships in 2011. Also a Pac-10 scorer at 10,000 meters. 2009 Pac-10 scorer in cross country as a sophomore. Was the only freshman to run for the Ducks at the 2008 Pac-10 cross country meet. Three-time state cross country champion from Washington.

2010-11: 2nd team All-American (10,000 meters). Outdoors - Capped season by earning her first All-America honors in the 10,000 meters at the NCAA Championships. Was 15th in 35:25.12. Set a personal best in the 10,000 meters at the NCAA West Preliminary meet to advance to her first NCAA Championships. Time of 33:36.74 from the West meet was the seventh-best in school history. Successful Pac-10 debut featured a fourth-place finish in the 10,000 meters (36:06.48). Was also 11th in the 5,000 meters (17:08.30). Ran the No. 8 10,000 meter time in school history at the Stanford Invitational, 33:43.99, a PR by nearly two minutes. Followed that with a win in the 5,000 meters at the Pepsi Team Invitational in 16:31.42, an :18 outdoor PR. Opened season with the 3,000 meters at the Oregon Preview. Also had a PR at a shorter distance, 1,500 meters at the Oregon Twilight (4:39.12). After the season, was the runner-up in the Butte to Butte 10K road race in Eugene. Pac-10 all-academic second team. Indoors - Set a huge PR in the 5,000 meters at the UW Invitational, finishing second in 16:20.83. That was a 29-second all-conditions improvement on her previous best. At the next meet, the Husky Classic, lowered 5,000 time again by running 16:13.73, the sixth-fastest time in school history. Was sixth in the 3,000 meters at the MPSF Championships (9:23.84). Cross Country - Took fourth at the John Frank Memorial in 16:03.2 (4,500 meters) to open the season. Recorded a ninth place finish at the Bill Dellinger Invitational in 20:33.39 (6,000 meters). Also ran at the Notre Dame Invitational and the Pac-10 Championships. Pac-10 all-academic honorable mention. **Season Bests:** Outdoors - 1,500 Meters - 4:39.12 (PR), Oregon Twilight, Eugene, Ore. (5/6/11); 5,000 Meters - 16:31.42 (PR), Pepsi Team Invitational, Eugene, Ore. (4/9/11). 10,000 Meters - 33:36.74 (PR), NCAA West Preliminary Meet, Eugene, Ore. (5/26/11). Indoors - 3,000 Meters - 9:23.84 (PR), MPSF Championships, Seattle, Wash. (2/26/11); 5,000 Meters - 16:13.73 (PR), Husky Classic, Seattle, Wash. (2/11/11).

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:** 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).

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, 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.



TRACKTOWN
APPROVED

OREGON

O DELLINGER
INVITATIONAL
BRONWYN
CROSSMAN



Rebecca Friday

NCAA All-American a Pac-10 scorer at 1,500 meters as a sophomore in 2011. Dropped more than nine seconds off her 1,500 time from her freshman to sophomore seasons. Pac-10 scorer and an NCAA Championships qualifier in the 800 meters as a freshman in 2010. 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.

2010-11: All-American (1,500 meters). Outdoors - One of the surprises of the NCAA Championships in the 1,500 meters. Posted a personal-best 4:15.17 to finish second in her NCAA Championships semifinal heat and advance to the finals. Time was the eighth-fastest in school history. In the final, put on a huge kick on the last lap to pass seven runners and go from 12th to fifth in the final standings in 4:16.76. Began push to the Championships at the NCAA West Preliminary meet, where she won her opening round race in 4:22.79, and then was third in the quarterfinals in 4:17.93, a PR by more than two seconds. Strong performance in the 1,500 meters at the Pac-10 Championships, where she ran fourth in 4:25.03. Opened with a three-second PR in the 1,500 meters at the Oregon Preview (4:21.11), finishing as the top collegian in the field and second overall. Nearly matched that time at the Stanford Invitational (4:21.64). Lowered time to 4:20.58 in a third-place finish at the Pepsi Team Invitational. Timed season-best 2:08.21 in the 800 meters at the Oregon Twilight. Indoors - At the NCAA Championships, ran the 800 leg on Oregon's runner-up distance medley relay team that set the school record in 10:52.90. Helped Oregon capture the MPSF team championship by running the 800 leg on the winning distance medley relay team (11:09.75) and taking sixth in the 800 meters in 2:08.56. Had a big 800 meters PR at the UW Final Qualifier, running 2:06.53. Season debut in the 800 meters at the Husky Classic (2:10.38). Cross Country - Opened season with a seventh-place finish at the John Frank Memorial (16:16.2/4,500 meters). Was 52nd at the Notre Dame Invitational in 17:32 (5,000 meters). Finished 11th at the Bill Dellinger Invitational in 20:46.61 (6,000 meters). Made her Pac-10 debut a 35th-place finish in 21:03.98 (6,000 meters) as the team's No. 7 runner. Also made her NCAA West Regional debut. **Season Bests:** Outdoors - 800 Meters - 2:08.21, Oregon Twilight, Eugene, Ore. (5/6/11); 1,500 Meters - 4:15.17 (PR), NCAA Championships, Des Moines Iowa (6/9/11). Indoors - 800 Meters - 2:06.53 (PR), UW Final Qualifier, Seattle, Wash. (3/5/11).

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 800 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, Oregon Relays, Eugene, Ore. (4/30/10). Indoors - 800 Meters - 2:07.91, 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 cinema studies.





Jordan Hasay

Phenomenal sophomore season included a pair of NCAA titles, three Pac-10 titles and six All-America awards. In the classroom, she was named the Academic All-American of the Year for Track & Field/Cross Country, becoming the first sophomore to win that honor in any sport in the program's 60 year history. Won 2011 NCAA indoor titles in the mile and the 3,000 meters and Pac-10 crowns in the 1,500 meters, 5,000 meter and in cross country (2010). A 2010 Honda Award finalist. NCAA West Regional cross country champion. Was the 2011 USTFCCCA Indoor Track Athlete of the Year and a Bowerman Award semifinalist. Pac-10 Cross Country Newcomer of the Year and an All-American in her first fall as a Duck in 2009. 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. 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.

2010-11: NCAA Indoor Champion in both the mile and 3,000 meters. USTFCCCA national Indoor women's track athlete of the year. NCAA Cross Country Championships third-place finisher. Pac-10 Cross Country individual champion and NCAA West Regional Cross Country individual champion. Honda Award finalist. Women's Track & Field/Cross Country Academic All-American of the Year. Pac-10 cross country athlete of the year. Bowerman Award Semifinalist. Was named the 2010 USTFCCCA West Region Cross Country women's runner of the year. Pac-10 1,500 and 5,000 meter champion. 1st team All-America (1,500 and 5,000 meters). Academic All-America 1st team. Outdoors - Strong finish to the season at the USA Championships, where she finished ninth in the national final of the 1,500 meters in 4:12.66. Earned All-America honors in both the 1,500 and 5,000 meters at the NCAA Championships. Was fourth in the 5,000 (15:41.00) and eighth in the 1,500 (4:17.67) in running a difficult double. Successfully executed demanding double at the NCAA West Preliminary meet where she advanced in both the 1,500 and 5,000 meters. In the 1,500 ran 4:24.03 (second) in the opening round before going 4:20.13 (fourth) in the quarterfinals to advance. Sandwiched in between those races, she advanced to the NCAA Championships in the 5,000 meters by finishing fourth in 16:04.39. Double winner of the 1,500 and 5,000 meters lead Oregon's remarkable come-from-behind victory at the Pac-10 Championships. Fended off Laura Carlyle of Oregon State to take the 1,500 meter crown in 4:19.18. With the Ducks ahead by 2.5 points at the end of the meet, came back in the 5,000 meters and won in 16:24.10 to keep the Ducks in front. Impressive 1,500 meters of 4:10.28 at the Payton Jordan Cardinal Invitational in a field of professionals. That was the top time in the nation, a personal best, and the fourth-fastest in school history. Was also the fastest 1,500 by a Duck in 27 years. Ran a nation-leading 15:37.29 in the 5,000 meters at the Mt. SAC Relays. Was 11th overall and the second collegian in a field of professionals. Time was the fourth-fastest in school history and the best by a Duck in 23 years. Made season debut a memorable one by winning a thrilling 1,500 meters in 4:18.61 at the Pepsi Team Invitational. Was named the national Academic All-American of the Year for Women's Track & Field/Cross Country. Became the first sophomore in any sport in the nearly 60 year history of the program to earn that honor. Academic All-America 1st Team. CoSIDA District 8 All-Academic first team. Pac-10 all-academic first team. Indoors - Set a school record and was part of two NCAA automatic qualifiers in her season debut at the UW Invitational. Broke Melody Fairchild's 1996 record (9:07.25) in the 3,000 meters by nearly two seconds, winning in 9:05.42. Also ran the lead leg on Oregon's distance medley relay that won in 11:02.15. That mark was also an NCAA automatic qualifier and broke the Dempsey Indoor Facility stadium record. Followed that by running a nation-leading time in the mile at the Husky Classic, 4:34.75. Finished second overall and was the top collegian with a time that ranked No. 2 on the UO indoor list. At the MPSF Championships, defended her title in the mile by winning in 4:35.28. Also scored another 1.5 points for the champion Ducks with her seventh-place tie in the 800 meters (2:10.04). Riveting performance at the NCAA Indoor Championships, where she led a 1-3-4 Duck finish in the mile to help Oregon wrap up its second national title. Broke a legendary school record in the process - Leann Warren's 1982 mark of 4:33.26 - in

Personal Bests

1,500 Meters - 4:10.28,
Payton Jordan Cardinal Invitational,
Stanford, Calif., 5/1/11

5,000 Meters - 15:37.29

Mt. SAC Relays,
Walnut, Calif., 4/15/11

Mile - 4:33.01 (i),

NCAA Championships,
College Station, Texas, 3/12/11

3,000 Meters - 9:05.42 (i),

UW Invitational,
Seattle, Wash., 1/9/11

NCAA Outdoor Track Championships

2011 - 5,000 Meters, 4th, 15:41.00

2011 - 1,500 Meters, 8th, 4:17.67

2010 - 1,500 Meters, 3rd, 4:16.43



TRACKTOWN
APPROVED

**NCAA Indoor Track Championships**

2011 - Mile, 1st, 4:33.01
2011 - 3,000 Meters, 1st, 9:13.71
2011 - DMR, 2nd, 10:52.90
2010 - Mile, 4th, 4:38.29
2010 - 3,000 Meters
2010 - DMR, 2nd, 10:58.96

NCAA Cross Country Championships

2010 - 3rd, 20:13.0
2009 - 18th, 20:23.1

NCAA Cross Country West Regional

2010 - 1st, 20:01.90
2009 - 2nd, 20:52.46

Pac-10 Track Championships

2011 - 1,500 Meters, 1st, 4:19.18
2011 - 5,000 Meters, 1st, 16:24.10
2010 - 1,500 Meters, 3rd, 4:17.39

Pac-10 Cross Country Championships

2010 - 1st, 19:44.95
2009 - 3rd, 19:48.97

becoming the first Oregon woman to win the mile in 4:33.01. Came back the next day to hold off Shelia Reid of Villanova to win the 3,000 meters in 9:13.17. Darted between Reid and another runner with less than two laps remaining to join Fairchild as the only two women in school history to win NCAA 3K crowns. Also anchored the Ducks' runner-up distance medley relay team that broke the school record in 10:52.90. Selected as the USTFCCCA's national Indoor Track Scholar-Athlete of the Year. Cross Country - Won the Pac-10 individual cross country title, holding off Stanford's Kathy Kroeger by :05. Covered the 6,000 meter course in 19:44.95 to help the women tie for third in the closest team race in Pac-10 history. Became the second straight Duck to win the Pac-10 title, following Nicole Blood in 2009. Followed that by winning the NCAA West Regional meet in 20:01.90 (6,000 meters) to help Oregon finish second and automatically advance to the NCAA Championships. Capped terrific sophomore cross country campaign by finishing third at the NCAA Championships in 20:13.0 (6,000 meters). That was the best finish by a Duck since Lisa Kanoop was third at the 1991 Championships. The only Duck to finish higher is Leann Warren, who was second in 1981. Earned her second straight cross country All-America award. Earlier in the season, led Ducks to an impressive runner-up finish at Notre Dame with her eighth-place finish in 16:45 (5,000 meters). Recorded that top-10 finish in spite of losing a shoe in the final mile. Earned her first collegiate cross country victory at the Bill Dellinger Invitational, finishing with teammate Alexandra Kosinski in 19:25.31 (6,000 meters) to lead the Ducks to the team title. Pac-10 cross country All-Academic first team. **Season Bests:** Outdoors - 1,500 Meters - 4:10.28 (PR), Payton Jordan Cardinal Invitational, Stanford, Calif. (5/1/11); 5,000 Meters - 15:37.29 (PR), Mt. SAC Relays, Walnut, Calif. (4/15/11). Indoors - 800 Meters - 2:10.04 (PR), MPSF Championships, Seattle, Wash. (2/26/11); Mile - 4:33.01 (PR), NCAA Championships, College Station, Texas (3/12/11); 3,000 Meters - 9:05.42 (PR), UW Invitational, Seattle, Wash. (1/29/11).

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. 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

WOMEN'S PROFILES

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. 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, Nike Track Nationals Exhibition, Eugene, Ore. (7/2/10); 5,000 Meters - 16:16.02, Pepsi Team Invitational, Eugene, Ore. (4/10/10). Indoors - Mile - 4:35.01, MPSF Championships, Seattle, Wash. (2/27/10); 3,000 Meters - 9:12.25, 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 business.





Anne Kesselring

NCAA 800 meter champion as a sophomore in 2011, just the fourth 800 meter national champ in school history. Also scored in the mile (fourth) and distance medley relay (second) for the Ducks' NCAA Indoor national champs. An Academic All-America Second Team selection. 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.

2010-11: NCAA 800 Meter Champion. All-American (800 meters). Academic All-America 2nd Team. Outdoors - Won the NCAA 800 meter title by .01. Captured her semifinal heat in 2:04.70 to advance to the final, where she timed a personal-best 2:02.15, which was just enough to beat Oklahoma State's Natalja Piliusina (2:02.16). Time was the fifth-best in school history. Became the fourth Duck to win the national title at 800 meters, joining Rebekah Noble (2006), Claudette Groenendaal (1985) and Lean Warren (1981). Breezed through the NCAA West Preliminary rounds of the 800 meters to advance to the NCAA Championships. Went 2:06.02 for the top time in the opening round and then went an impressive 2:03.49 in the quarterfinals. Double event scorer to help Oregon come from behind and win the Pac-10 Championships. Tough double included a third-place finish in the 1,500 meter in 4:21.36 and a fifth-place finish in the 800 in 2:07.41. Ran an eye-popping and nation-leading 2:02.44 in the 800 meters at the Oregon Relays. Finished second behind only professional Geena Gall, who ran a meet record 2:02.04. Lowered 1,500 time to 4:16.55 in winning the elite section at the Mt. SAC Relays, a time that was less than half-a-second off her PR. Was the runner-up by .01 in the 800 meters at the Pepsi Team Invitational in 2:06.67. Opened the season by running 4:18.53 in the 1,500 meters at the Stanford Invitational to finish as the top collegian (third overall). Following the collegiate season, returned to Germany where she won the U-23 national title in 2:05.92 to advance to the European U-23 Championships. There, she was fifth in an impressive 2:02.97. At the German senior national championships at the end of July, placed third in the 1,500 meters in 4:17.25, a time that was just one second off her personal best. Named Academic All-America second team. CoSIDA District 8 All-Academic first team. Pac-10 all-academic first team. Indoors - At the NCAA Championships, came from the back of the pack to finish fourth in the mile in a personal-best 4:34.96. Was part of the Ducks' 1-3-4 finish that wrapped up the 2011 NCAA title. Time was the fourth-best in school history. Also took the lead leg on Oregon's runner-up distance medley relay team that set a school record in 10:52.90. Ran the No. 3 time nationally in the mile, 4:36.32, at the Husky Classic. That time was also the third-fastest in UO history. Strong performance at the MPSF Championships, helping the Ducks with the team title by leading off the victorious distance medley relay (11:09.75) and finishing second in the 800 meters. Time in the 800, 2:04.70, was tied for the second-fastest in school history and fifth in the nation this season. Opened the season with the second-fastest 600 time in school history, 1:29.73, at the UW Indoor Preview. Cross Country - Was Oregon's No. 5 runner at Notre Dame, finishing 44th in 17:27 (5,000 meters) to help the Ducks finish second. Strong fourth place run at the Bill Dellinger Invitational in 20:05.64 (6,000 meters) to help Oregon win the meet. Scored as Oregon's No. 5 runner at the Pac-10 Championships in 20:41.12 (6,000 meters), placing 24th overall. Also the Ducks' fifth scorer at the NCAA West Regional, placing 36th overall (21:02.30/6,000 meters) to help Oregon automatically qualify for the NCAA Championships. Capped season with her second straight NCAA Championships appearance. Pac-10 all-academic first team selection. **Season Bests:** Outdoors - 800 Meters - 2:02.15 (PR), NCAA Championships, Des Moines, Iowa (6/10/11). 1,500 Meters - 4:16.55, Mt. SAC Relays, Walnut, Calif. (4/15/11). Indoors - 800 Meters - 2:04.70 (PR), MPSF Championships, Seattle, Wash. (2/26/11); Mile - 4:34.36 (PR), NCAA Championships, College Station, Texas (3/11/11).

Junior
Nürnberg, Germany
Sigmund-Schuckert Gymnasium
Middle Distance
NCAA Champion (800 Meters)
Pac-10 Champion (800 Meters)
School Record (Distance Medley Relay-i)
6-Time All-American
Academic All-America 2nd Team

Personal Bests

800 Meters - 2:02.15,
NCAA Championships,
Des Moines, Iowa, 6/10/11
1,500 Meters - 4:16.25,
Bottrup, Germany, 7/9/10
Mile - 4:34.96 (i),
NCAA Championships,
College Station, Texas, 3/11/11

NCAA Outdoor Track Championships
2011 - 800 Meters, 1st, 2:02.15
2010 - 800 Meters, 6th, 2:05.41

NCAA Indoor Track Championships
2011 - Mile, 4th, 4:34.96
2011 - Distance Medley Relay, 2nd, 10:52.90
2010 - Mile, 6th, 4:40.39
2010 - Distance Medley Relay, 2nd, 10:58.96

NCAA Cross Country Championships
2010 - 235th, 22:56.7
2009 - 103rd, 21:19.2

NCAA Cross Country West Regional
2010 - 36th, 21:02.30

Pac-10 Track Championships
2011 - 1,500 Meters, 3rd, 4:21.36
2011 - 800 Meters, 5th, 2:07.41
2010 - 800 Meters, 1st, 2:04.36
2010 - 4x400 Meter Relay, 7th, 3:47.26

Pac-10 Cross Country Championships
2010 - 24th, 20:41.12
2009 - 23rd, 20:39.42

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 800 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's 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. 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, 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, 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 business administration.





Claire Michel

Pac-10 champion, NCAA Championships scorer and school record-holder in the 3,000 meter steeplechase returns for one last fall in cross country. Broke her own school record in the steeplechase three times in 2011. Was the Pac-10 steeplechase runner-up in 2011 after winning in 2010. Also an NCAA scorer in cross country in 2010. Four-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 and four-time Border Clash veteran.

2010-11: All-American (3,000 meters steeplechase). Outdoors - Put exclamation point on senior season by capturing her first career All-America award. At the NCAA Championships, was fourth in her semifinal heat in 10:06.63 to advance to the final, where she put on a late charge to finish eighth in 10:10.27 and score a point for the national runners-up. Established her third school record of the year in the 3,000 meter steeplechase at the NCAA West Preliminary meet by running 10:02.55 to advance to the NCAA Championships. Was the runner-up in the steeplechase at the Pac-10 Championships in 10:26.05. Came back the next night to pick up another team point in the 5,000 meters by finishing eighth in 16:54.44. Set school steeplechase record for the second time this season by running 10:04.65 at the Payton Jordan Cardinal Invitational. That was the fifth-fastest time nationally. Broke her own school record in the 3,000 meter steeplechase at the Stanford Invitational by running 10:11.64. Was the top collegian at Stanford and third overall. Nearly matched that time at the Pepsi Team Invitational (10:13.11). Ran the 1,500 meters at the Oregon Preview. Following the college season, ran 10:06.55 in the semifinals of the 3,000 meter steeplechase at the USA Championships, and just missed the final. CoSIDA District 8 All-Academic second team. Pac-10 all-academic first team. Indoors - Season debut in the mile at the Husky Classic. Was fifth in the 5,000 meters (16:30.31) at the MPSF meet for the league champions. Also ran the 3,000 meters. Cross Country - Made season debut at the Bill Dellinger Invitational, where she finished 10th in 20:37.91 (6,000 meters). Was 40th at the Pac-10 Championships in 21:12.60 (6,000 meters). Continued good late-season effort at the NCAA West Regional, where she was 48th in 21:10.22 (6,000 meters). Was Ducks' No. 4 scorer at the NCAA Championships, running 21:54.0 (6,000 meters). Pac-10 all-academic second team. **Season Bests:** Outdoors - 3,000 Meter Steeplechase - 10:02.55 (PR), NCAA West Preliminary Meet, Eugene, Ore. (5/27/11). Indoors - 5,000 Meters - 16:30.31, MPSF Championships, Seattle, Wash. (2/25/11).

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, 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).



TRACKTOWN
APPROVED

OREGON

DELLINGER
INVITATIONAL

CLAIRE
MITCHEL



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 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.

Megan Patrignelli

Pac-10 scorer in the 1,500 meters where she was part of the Ducks' 1-3-4-6 finish. NCAA West Preliminary qualifier at 1,500 meters. New Yorker with enormous potential in the middle distance events, having focused on the 1,500 meters since only her junior year.

2010-11: Outdoors - Ran a personal-best 4:25.60 in the 1,500 meters at the NCAA West Preliminary meet. One of the surprises of the Pac-10 meet, where she placed sixth in the 1,500 meter in 4:28.22. Ran unattached in the 800 at the Oregon Preview. Also ran the 800 at the Pepsi Team Invitational (2:14.65). Was third in the 1,500 meters at the Oregon Relays in 4:26.91. Following the college season, qualified for the final of the USA Junior Championships in the 1,500 meters. Ran 4:26.95 in the semifinal to advance to the finals, where she was 12th. Indoors - Opened season with a run at 600 meters at the UW Indoor Invitational. Moved up to the 800 meters at the UW Invitational and the Husky Classic (2:12.7). Wrapped season with a best of 2:11.37 in the 800 meters at the MPSF Championships. Cross Country - Redshirt season. Competed unattached at the Bill Dellinger Invitational. **Season Bests:** Outdoors - 800 Meters - 2:14.65, Pepsi Team Invitational, Eugene, Ore. (4/9/11); 1,500 Meters - 4:25.60 (PR), NCAA West Preliminary Meet, Eugene, Ore. (5/26/11). Indoors - 800 Meters - 2:11.37 (PR), MPSF Championships, Seattle, Wash. (2/26/11).

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.



RS-Freshman

Monroe, N.Y.

Monroe-Woodbury High School

Middle Distance

Personal Bests

**800 Meters - 2:09.26,
2009**

**1,500 Meters - 4:25.60,
NCAA West Preliminary Meet,
Eugene, Ore., 5/26/11**

**Pac-10 Track Championships
2011 - 1,500 Meters, 6th, 4:28.22**



Others to Watch



Phyllis Francis

RS-Freshman

Queens, N.Y.

Catherine McAuley High School

Middle Distance



Laura Roesler

RS-Freshman

Fargo, N.D.

Fargo South High School

Middle Distance



Sarah Penney

Still recovering from injuries that have slowed her the last two seasons. Best prep runner from Arizona in the 800 meters comes to Oregon from top high school running program Xavier College Prep.

2010-11: Outdoors - Ran the 5,000 meters at the Pepsi Team Invitational (16:41.57). Indoors - Redshirt season. Cross Country - Was the runner-up at the season-opening John Frank Memorial in 16:01.6 (4,500 meters).

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 (PR), Texas A&M Challenge, College Station, Texas (1/30/10).

Junior
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

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 psychology.



SARAH
PENNEY

DELLINGER
INVITATIONAL

193



Lanie Thompson

As a redshirt freshman in 2011, had a terrific first season in the steeplechase where she was an NCAA All-American, a Pac-10 scorer and ran the second-fastest time in school history (10:03.74). Also a scorer in cross country at both the 2010 Pac-10 and NCAA Championships. One of three 2009 newcomers 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.

RS-Sophomore
High Bridge, N.J.
Voorhees High School
Distance
All-American

Personal Bests
Mile - 4:47.94,
2009

3,000 Meter Steeplechase - 10:03.74,
NCAA Championships,
Des Moines, Iowa, 6/11/11

NCAA Outdoor Track Championships
2011 - 3,000 Meter Steeplechase, 13th, 10:28.21

NCAA Cross Country Championships
2010 - 207th, 22:18.9

NCAA Cross Country West Regional
2010 - 27th, 20:47.57

Pac-10 Track Championships
2011 - 3,000 Meter Steeplechase, 3rd, 10:33.35

Pac-10 Cross Country Championships
2010 - 16th, 20:31.68

2010-11: 2nd team All-American (3,000 meter steeplechase). Outdoors - Earned first career All-America award at the NCAA Championships. In the semifinals of the 3,000 meter steeplechase, set a :03 PR to automatically advance to the final in 10:03.74. That was the second-fastest time in school history. Two days later, finished 13th in 10:28.21 in her first NCAA final. Terrific run at the NCAA West Preliminary meet in the 3,000 meter steeplechase to advance to the NCAA Championships. Ran a then-PR of 10:06.83. Third-place finisher in the steeplechase at the Pac-10 Championships (10:33.35) as Oregon scored 15 points in the event. Ran the second-fastest 3,000 meter steeplechase in school history (at the time) to win the Pepsi Team Invitational in 10:12.09. It was her first career steeplechase race. Opened outdoor season with a runner-up finish in the 3,000 meters at the Oregon Preview (9:37.98). Pac-10 all-academic honorable mention. Indoors - Ran the 3,000 meters in 9:32.19 in a fifth-place finish - her season debut - at the UW Invitational. Followed that with a mile in 4:48.32 at the Husky Classic. Scored for the MPSF champions with a seventh-place finish in the 3,000 meters (9:29.54). Also was in the 5,000 at the league meet. Cross Country - Placed third in her varsity debut in 16:02.6 at the John Frank Memorial (4,500 meters). Followed that with a strong 28th place finish at Notre Dame in 17:17 (5,000 meters) to help the Ducks finish second. Was Oregon's No. 5 scorer, finishing sixth overall in 20:09.88 (6,000 meters) to help the Ducks win the Bill Dellinger Invitational. Strong kick at the Pac-10 Championships to pass at least a dozen runners and finish 16th in her first Pac-10 appearance. Ran 20:31.68 (6,000 meters) to help Oregon tie for third in the closest team race in Pac-10 history. Was the Ducks' No. 4 runner at the NCAA West Regional, placing 27th in 20:47.57 (6,000 meters) to help Oregon advance to the NCAA Championship. Oregon's No. 5 scorer in her NCAA Championships debut in 22:18.9 (6,000 meters). Pac-10 all-academic honorable mention. **Season Bests:** Outdoors - 3,000 Meter Steeplechase - 10:03.83 (PR), NCAA Championships, Des Moines, Iowa (6/11/11). Indoors - Mile - 4:48.32, Husky Classic, Seattle, Wash. (2/12/11); 3,000 Meters - 9:29.54 (PR), MPSF Championships, Seattle, Wash. (2/26/11).

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. Full name is Melanie but goes by Lanie.



TRACKTOWN
APPROVED



Junior
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 - 10:18.19,
NCAA West Preliminary Meet,
Eugene, Ore., 5/27/11

Mile - 4:48.08 (i),
Husky Classic,

Seattle, Wash., 2/13/10

3,000 Meters - 9:50.52 (i),
MPSF Championships,
Seattle, Wash., 2/27/10

Pac-10 Championships Performances

2011 - 3,000 Meter Steeplechase, 7th, 10:41.25
2011 - 5,000 Meters, 16th, 17:21.07

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

Pac-10 Cross Country Championships

2010 - 41st, 21:14.81
2009 - 44th, 21:25.03

Taylor Wallace

Two-time Pac-10 scorer in the steeplechase. Now ranks third in that event at Oregon after taking up the race as a freshman. Also a Pac-10 competitor in cross country. 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.

2010-11: Outdoors - Wrapped season with a 21-second PR in the 3,000 meter steeplechase at the NCAA West Preliminary meet. Finished 16th in 10:18.19, which was the third-fastest time in school history. Took seventh in the steeplechase at the Pac-10 championships in 10:41.25. Was in the steeplechase at the Pepsi Team Invitational (10:47.80). Indoors - Ran the mile at the UW Invitational, the Husky Classic and the MPSF Championships. Cross Country - Was Oregon's No. 5 runner and placed sixth overall at the season-opening John Frank Memorial (16:11.6/4,500 meters). Took 64th at the Notre Dame Invitational in 17:40 (5,000 meters). Was 41st at the Pac-10 Championships in 21:14.81 (6,000 meters). **Season Bests:** Outdoors - 3,000 Meter Steeplechase - 10:18.19 (PR), NCAA West Preliminary Meet, Eugene, Ore. (5/27/11).

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 eighth-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, Pac-10 Championships, Berkeley, Calif. (5/15/10). Indoors - Mile - 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 general social science.



TRACKTOWN
APPROVED



Freshman
Laurelton, N.Y.
Cardoza High School
Middle Distance

Personal Bests
800 Meters - 2:05.47,
Nike Nationals,
North Carolina, 2009



Freshman
Poway, Calif.
Rancho Bernardo High School
Distance

Claudia Francis

One of the nation's top middle distance runners is a former U.S. Junior Olympic and World Youth champion. Also a Nike, New Balance and Reebok Grand Prix champion at 800 meters.

Prep: Francis ranked sixth nationally in the 800 meters in 2011 (2:06.98). Claimed the 2011 Hispanic Games 800 indoor title as a senior for Cardoza High School. Also led the nation indoors in the 600 meters (1:29.98) in 2011. Personal best, 2:05.47, came at the 2009 Nike Nationals in North Carolina. As a junior, captured the New Balance Outdoor Nationals 800 crown in 2:07.30. That time ranked third nationally among high schoolers in 2010. Was the 2009 USA Junior Olympic 800 and 1,500 meter champion. Went on to win the World Youth trials in the 800 later in 2009. Impressive list of junior titles also includes the 2009 Nike Outdoor nationals (800 meters), 2009 New York Borough and City Championships (800 and 1,500 meters), 2009 Reebok Grand Prix (800 meters) and 2009 New Balance Collegiate Invitational (1,000 meters). Was also the 2008 Nike Outdoor nationals mile champion as a sophomore. Has competed previously at Oregon's Hayward Field previously, having run there at the 2004 USA Junior Olympics. **High School Bests:** 600 Meters - 1:29.98, 2011; 800 Meters - 2:05.47, 2009.

Personal: Major is undeclared. Sister Phyllis Francis is currently a sophomore on the Ducks' track and field team.

Molly Grabill

A World Junior Cross Country Championships competitor and a two-time Foot Locker nationals qualifier. A California state cross country champion and runner-up at 3,200 meters.

Prep: Finished second at the 2011 USA Junior Cross Country Championships to earn a spot on the squad that represented Team USA at the IAAF Junior World Cross Country Championships in Punta Umbria, Spain. Was a two-time Foot Locker nationals qualifier. Finished ninth as a senior in 2010 in 17:46 after placing 12th as a junior in 2009. Finished as the California state cross country champion in 2009 and was sixth as a senior in 2010. Garnered notice at the 2010 Nike Pre-Nationals in September by winning the 5,000 meter Jim Danner Championship in 17:42.84. Was also a four-time CIF San Diego Section cross country champion for Rancho Bernardo High School and holds the course record at Morley Field after posting 15:25 times in both the 2009 and 2010 section championships. On the track, as a senior at Rancho Bernardo High School, was the California state runner-up in the 3,200 meters in a personal-best 10:19.17. Won the 2011 CIF San Diego Section champion in the 3,200 meters to become a four-time sectional champion. Was the 3,200 meter state champion as a junior in 2010 and was the state runner-up at 3,200 meters in 2009. **High School Bests:** 1,600 Meters - 4:49.64, 2011; 3,200 Meters - 10:19.17, 2011.

Personal: Major is undeclared.

Kimber Mattox

A four-time All-American and eight-time conference champion for Willamette University transfers to Oregon for her senior season. Will provide immediate talent and depth to Oregon's steeplechase and distance group.

Before Oregon: Collected four NCAA Division III All-America awards and eight conference championships running for Willamette University in Salem, Ore. As a junior in 2011, was the NCAA runner-up in the 3,000 meter steeplechase (10:26.79) and placed ninth in the 5,000 meters (17:29.53). Set a personal best in the steeplechase at the Mt. SAC Relays in 10:23.34, establishing a Willamette school record in the process. That time led the Division III ranks in 2011 and was the seventh-fastest time in D-III history. Also set the Willamette record in the 1,500 meters (4:28.11). Pulled off a difficult sweep at the 2011 NWC championships where she won the steeple, 1,500 and 5,000 meters. Was named the USTFCCCA NCAA Division III West Region Women's Track Athlete of the Year for both 2011 and 2009. As a freshman in 2009, placed sixth in the steeplechase at the NCAA Championships, and was ninth as a sophomore in 2010. A two-time academic All-District 8 selection. In cross country, earned All-America status by finishing 35th at the 2010 NCAA Division III national meet. Was also the 2010 NWC champion. Also played soccer (midfielder) for the Bearcats, scoring four goals with two assists in 37 career appearances over two seasons. Attended Cornell her first year of college but did not participate in track at the Ivy League school. **Willamette Bests:** 1,500 Meters - 4:28.11, 2011; 5,000 Meters - 17:10.28, 2011; 3,000 Meter Steeplechase - 10:23.34, 2011.

Prep: Won the 4A state cross country title for Bend High School as a sophomore in 2004 (18:09), the day after she had played a full 90 minute soccer game for the Lava Bears. Also played basketball for Bend.

Personal: Major is human physiology.



RS-Senior
Bend, Ore.
Bend High School /
Cornell / Willamette
Steeplechase

Personal Bests
3,000 Meter Steeplechase - 10:23.34,
Mt. SAC Relays,
Walnut, Calif., 4/14/11



Allie Woodward

A USA Junior Track & Field competitor and the 2011 Pan American Junior Championships runner-up at 3,200 meters. A four-time Wisconsin state champion and a Nike Cross Nationals and Foot Locker national qualifier.

Prep: Ran a big PR to capture the 2011 Wisconsin state title in the 3,200 meters as a senior (10:11.48) for Notre Dame Academy. Also had a PR as the state runner-up at 1,600 meters (4:54.25). Ranked third nationally in the 3,200 meters. Qualified for the 2011 USA Track & Field Junior Championships, where she was third in the 3,000 meters (9:33.11). Went on to represent Team USA at the Pan American Junior Championships and was the runner-up at 3,000 meters in a personal-best 9:31.83. Earlier her senior season, finished sixth at the Foot Locker national cross country championships (17:37.0) and 14th at the Nike Cross Nationals. Was the 2010 Nike Cross Nationals Midwest Regional champion in 17:18.61 (5,000 meters), before moving on to the national race. During the 2010 fall high school season, which was her only year of cross country, set the Wisconsin Division 2 course record by running 13:59 for 4,000 meters to win the state 2A title. Also captured the 2010 Ray Griak Invitational crown. On the track, was a two-time Wisconsin state champion as a junior in 2010, winning both the 1,600 and 3,200 meter crowns to lead Notre Dame Academy to the state title. Was also two-time state tennis champion (2008-09) to help Notre Dame capture a pair of state tennis titles. **High School Bests:** 1,600 Meters - 4:54.25, 2011; 3,000 Meters - 9:31.83, 2011; 3,200 Meters - 10:11.48, 2011.

Personal: Major is psychology.



Freshman
Green Bay, Wis.
Notre Dame Academy
Distance

Personal Bests
3,000 Meters - 9:31.83,
Pan American Junior Championships,
Miramar, Fla., 7/22/11



Matthew Centrowitz



Danny Mercado



A.J. Acosta

2010 Recap

Outstanding individual performances by Jordan Hasay and Luke Puskedra highlighted Oregon's 2010 season. Both runners finished third at the NCAA Championships, while Hasay was also the Pac-10 and NCAA West Regional women's winner. She was further honored as the Pac-10 and West Region runner of the year, and was selected as a Honda Award finalist for the sport of cross country.

Both teams entered the season facing the graduation of established All-Americans, Nicole Blood on the women's side and Kenny Klotz and Diego Mercado for the men. But their graduation led to opportunities for the next generation of Oregon distance runners. Combined, nearly half of the Ducks' rosters for the championships season was comprised of younger student-athletes making their championship-level debuts.

Bill Dellinger Invitational

Oregon used a pair of 1-2 finishes to sweep the fifth annual Bill Dellinger Invitational at Alton Baker Park. Jordan Hasay and Alexandra Kosinski led the second-ranked women, while the No. 3 men actually went 1-2-3 with Matthew Centrowitz leading Luke Puskedra and Danny Mercado across the line to defeat No. 11 Wisconsin. The Ducks wore special pink uniforms in recognition of Oregon being National Breast Cancer Awareness Month.

The men emerged victorious in a terrific battle with Wisconsin as Centrowitz, Puskedra and Mercado took control on the second lap of the 8,000-meter race, edging ahead of a pack of Badger runners. Centrowitz and Puskedra crossed the finish line together, with Centrowitz clocking 23:38.11. The senior from Arnold, Md., became the first Duck to win the men's individual Dellinger title. Puskedra, a junior from Ogden, Utah, was timed in 23:38.13.

Mercado won a critical battle for third against Wisconsin's Maverick Darling. The a senior from West Covina, Calif., finished in 23:42.15, with Darling coming in at 23:42.82. He was followed by three Wisconsin teammates, Landon Peacock in 23:44.73, Elliot Krause in 23:45.63 and Reed Connor in 23:50.66.

The second-ranked UO women dominated, placing eight runners in the top 11 to win with 18 points. Hasay, a sophomore from Arroyo Grande, Calif., won in 19:25.31, with Kosinski, a senior from El Dorado Hills, Calif., next at 19:25.33.

After Guelph's Rachel Cliff placed third in 19:50.54, three more Ducks followed, with senior Zoe Buckman taking fourth (20:05.64), sophomore Anne Kesselring placing fifth (20:08.34) and freshman Lanie Thompson finishing sixth (20:09.88).

Pac-10 Championships

Pushing the lead pack from the opening gun, Jordan Hasay showed an impressive finishing kick to win the 2010 Pac-10 individual women's cross country title by nearly five seconds at a rainy Jefferson Park Golf Course. Taking the lead at the 5,000 meter mark, Hasay won her first Pac-10 title in any sport by covering the 6,000-meter course in 19:44.95.

With top-four finishes from Hasay and Alexandra Kosinski, the Duck women tied for third in the closest race in conference history. The top four teams were separated by just six points. No. 9 Stanford won with 62 points, with No. 6 Arizona just three points back in second (65) and No. 2 Oregon and No. 20 Washington tied for third with 68 points.

Oregon counted Kosinski's fourth place finish in 20:09.58, which was her fourth career top-10 finish at the Pac-10 championships. The Ducks also received a tremendous boost from Lanie Thompson, who let loose a terrific kick over the final 1,000 meters to pass at least a dozen runners and finish 16th in 20:31.68. Oregon also counted a 23rd place finish from Zoe Buckman in 20:40.32 and a 24th place finish from Anne Kesselring in 20:41.12.

Meanwhile, the men's Pac-10 race held to form as No. 1 Stanford won with 25 points, followed by No. 3 Oregon with 56. No. 22 California was third with 86 points. Nine of the top 11 finishers were either Ducks or Cardinal.

Puskedra led Oregon with a fourth place finish, covering the 8,000 meter course in 23:05.80. Centrowitz was sixth for the Ducks in 23:17.42, with A.J. Acosta next in 23:43.26. The seventh-place finish was a Pac-10 best for the senior from Oceanside, Calif. Mercado took 13th in 23:51.26 as the senior from West Covina, Calif., matched his best Pac-10 performance. Oregon's final points came from Chris Kwiatkowski, who was 24th in 24:07.75. It was the Pac-10 debut for the junior from Bellingham, Wash.

SEASON REVIEW

NCAA West Regional

Jordan Hasay won the NCAA West Regional individual title to lead the Women of Oregon to a runner-up finish at Springfield Country Club. The Men of Oregon then topped that by taking the team title in a two-point decision over Stanford in a thrilling race along the Mohawk River.

Luke Puskedra led the Duck men by finishing the 10,000-meter course in fourth in 30:03.29. Matthew Centrowitz was just behind him in sixth in 30:14.57. Those two paced third-ranked Oregon to 63 points, two better than No. 2 Stanford's 65. No. 22 California was third with 78 points, followed by No. 13 Portland with 131.

In addition to Puskedra and Centrowitz, Oregon counted an 11th-place finish from Danny Mercado (30:16.58), a 16th-place finish from A.J. Acosta (30:31.65) and a 28th-place finish from freshman Ben DeJarnette (30:45.76).

In the women's race, Hasay and Alexandra Kosinski kept pace in the front pack to lead the women to second place. The seventh-ranked Ducks finished just four points behind No. 11 Washington. The Huskies won with 73 points, followed by Oregon with 77, No. 4 Stanford with 86 points and No. 6 Arizona with 90 points.

Like she did in winning the Pac-10 title, Hasay used a late push to pull away for the win after staying in the lead pack the entire race, winning in 20:01.90, which was the sixth-fastest time at the 6,000-meter Springfield course. Deborah Maier of California was second in 20:06.81, with Kosinski, the 2008 NCAA West Regional champ, third in 20:09.53.

In addition to Hasay and Kosinski, Oregon also counted a career-best 10th-place showing from Zoe Buckman (20:24.73), a 27th-place finish from Lanie Thompson (20:47.57) and a 36th-place showing from Anne Kesselring (21:02.30).

NCAA Championships

Third-place finishes from Luke Puskedra and Jordan Hasay highlighted Oregon's 2010 NCAA Cross Country Championships on a windy day at the LaVern Gibson Championship Course. Hasay was third in the women's race in 20:13.0, while Puskedra took third in the men's championship in 29:38.0.

Hasay's finish was the best by an Oregon woman in nearly 20 years. Lisa Karnoop was third at the 1991 championships. The only Duck to finish higher was Leann Warren who was the 1981 runner-up.

In the team competition, the men were sixth with 289 points, while the women took 12th with 378.

Both teams earned an additional pair of All-America awards, with Matthew Centrowitz finishing 10th on the men's side in 30:01.1 and Alex Kosinski taking 19th in the women's race in 20:32.6.

With winds blowing 15 to 20 miles an hour for the women's 6,000 meter race, Hasay and Kosinski were in the lead pack at the halfway point along with eventual NCAA champion Shelia Reid of Villanova, Emily Infeld of Georgetown and Risper Kimaiyo of Texas-El Paso.

Hasay, Reid and Infeld broke away from the pack heading into the final 1,000 meters, and then Hasay briefly took the lead around the final turn. Reid countered and Infeld followed as Reid helped Villanova defend its NCAA title by winning in 20:06.9. Infeld was second in 20:09.2.

Later in the afternoon with the wind howling over 20 miles an hour for the men's 10,000 meter race, Puskedra and Centrowitz started strong and maintained touch with the leaders throughout in their best NCAA races.

Halfway through the race, Puskedra and Sam Chelanga of Liberty and Stephen Sambu of Arizona broke from the pack, with Chelanga and Sambu pulling about 20 meters ahead of Puskedra.

The three stayed that way until the final few hundred meters, when Sambu broke to the lead, but Chelanga covered and pulled away for his second straight NCAA title in 29:33.2. Sambu was next win 29:26.5.

Oklahoma State placed three runners in the top nine to defend their team title with 73 points. Florida State was a surprise in second with 193, followed by Wisconsin with 223, Stanford with 237, Oklahoma with 281 and Oregon with 289.

In addition to Puskedra and Centrowitz, the men also got a 61st place showing from Danny Mercado (30:41.5).



Alex Kosinski



Jordan Hasay



Zoe Buckman





2010 SEASON RESULTS

John Frank Memorial (Avery Park, Corvallis, Ore., 9.3.10)

Women's Team Results (4,500 meters)			Women's Individual Results		
Place	Team	Score	Place	Name	Time
1	Oregon	16	1	Zoe Buckman, Oregon	16:00.6
2	Portland	57	2	Sarah Penney, Oregon	16:01.6
3	Oregon State	59	3	Melanie Thompson, Oregon	16:02.6
4	Portland State	103	4	Bronwyn Crossman, Oregon	16:03.2
			5	Natalie Hemphill, Portland	16:06.4
			6	Taylor Wallace, Oregon	16:11.6
			7	Becca Friday, Oregon	16:16.2
			8	Jennifer Macias, Oregon State	16:19.8
			9	Hannah Soza-Hodgkinson, Oregon State	16:23.7
			10	Molly Mitchell, Portland	16:28.4

Men's Team Results (4 Miles)

Place	Team	Score	Place	Name	Time
1	Oregon	22	1	Ben DeJarnette, Oregon	19:36.1
2	Portland	53	2	Chris Kwiatkowski, Oregon	19:38.8
3	Portland State	59	3	Danny Mercado, Oregon	19:39.3
			4	Clif Campbell, Portland	19:40.2
			5	Andrew Salg, Portland State	19:51.7
			6	John Lawrence, Portland State	19:54.9
			7	Ken Scoggin, Oregon	19:59.7
			8	Charlie McDonalds, Portland	20:00.6
			9	Mitch Hunt, Oregon	20:01.9
			10	Walker Augustyniak, Oregon	20:09.2
			11	Spencer Carter, Oregon	20:15.4
			15	Tim Costin, Oregon	20:29.4
			24	Hank Morrison, Oregon	21:58.3
			DNF	Bryce Burgess, Oregon	
			DNF	Travis Stanford, Oregon	

Note Dame Invitational (Notre Dame Golf Course, South Bend, Ind., 10.1.10)

Women's Team Results (5,000 meters)			Women's Individual Results		
Place	Team	Score	Place	Name	Time
1	Villanova	64	1	Lucy Van Dalen, Stony Brook	16:22
2	Oregon	118	2	Sheila Reid, Villanova	16:26
3	Florida State	129	3	Risper Kimaiyo, Texas-El Paso	16:27
4	New Mexico	143	4	Alexandra Banfich, Princeton	16:29
5	Stony Brook	153	5	Amanda Marino, Villanova	16:29
6	Washington	185	6	Holly Van Dalen, Stony Brook	16:33
7	Princeton	214	7	Bogdana Mimic, Villanova	16:39
8	Tulsa	232	8	Jordan Hasay, Oregon	16:45
9	Arkansas	293	9	Alexandra Kosinski, Oregon	16:46
10	Penn State	295	10	Natalie Gray, New Mexico	16:47
11	Brigham Young	302	11	Amanda Moreno, Villanova	16:48
12	UCLA	338	12	Paula Whiting, Tulsa	16:53
13	Iowa	366	13	Sarah Cummings, Princeton	16:54
14	UC Santa Barbara	368	14	Kailey Campbell, Washington	16:54
15	Weber State	375	15	Pilar McKShine, Florida State	16:56
16	Ohio State	390	16	Ruth Senior, New Mexico	17:00
17	Butler	393	17	Sarah Callister, Weber State	17:01
18	Notre Dame	402	18	Shannon Murakami, UCLA	17:03
19	Texas-El Paso	418	19	Ali Smith, Villanova	17:04
20	Alabama	478	20	Amanda Winslow, Florida State	17:05
21	Utah State	574	28	Melanie Thompson, Oregon	17:17
22	Southern Utah	607	29	Zoe Buckman, Oregon	17:17
23	Southern Methodist	636	44	Anne Kesselring, Oregon	17:27
24	San Diego	712	52	Becca Friday, Oregon	17:32
			64	Taylor Wallace, Oregon	17:40
			100	Bronwyn Crossman, Oregon	18:06

Men's Team Results (8,000 meters)

Place	Team	Score	Place	Name	Time
1	Oregon	69	1	Luke Puskedra, Oregon	23:39
2	New Mexico	78	2	Nicholas Kipruto, New Mexico	23:45
3	Florida State	99	3	Matthew Centrowitz, Oregon	23:46
4	Tulsa	196	4	Rory Fraser, New Mexico	23:53
5	Penn State	205	5	Carrison Kemei, Alabama	24:00
6	UCLA	206	6	Keith Gerrard, New Mexico	24:01
7	Notre Dame	208	7	Vince McNally, Penn State	24:04
8	Alabama	242	8	Justice Chirchir, Texas-El Paso	24:05
9	Texas-El Paso	260	9	Michael Fout, Florida State	24:08
10	Indiana State	288	10	Brian McKenna, Utah State	24:09
11	Arizona State	289	11	David Bishop, New Mexico	24:10
12	Butler	292	12	Ben Engelhardt, Arizona State	24:10
13	Villanova	306	13	Kyle Dawson, Penn State	24:11
14	Utah State	326	14	Dylan Knight, UCLA	24:13
15	American	361	15	Dan Jackson, Notre Dame	24:13
16	Weber State	388	16	David Forrester, Florida State	24:15
17	Fresno State	397	17	Alexander Smyth, Florida State	24:16
18	Oakland	413	18	Danny Mercado, Oregon	24:17
19	Washington	431	19	Wesley Rickman, Florida State	24:17
20	Southern Utah	607	20	A.J. Acosta, Oregon	24:19
21	San Diego	649	27	Ben DeJarnette, Oregon	24:30
			29	Chris Kwiatkowski, Oregon	24:31
			36	Parker Stinson, Oregon	24:38
			48	Brian Shrader, Oregon	24:48
			103	Bryce Burgess, Oregon	25:42

Charles Bowles Invitational (Bush's Pasture Park, Salem, Ore., 10.2.10)

Men's Results (8,000 meters)			Men's Individual Results Only	
Place	Name	Time	Place	Name
1	Marko Cheseto, Alaska Anchorage	23:18.70		
2	Trevor Dunbar, Portland	23:22.67		
3	Joshua Osoro Portland	23:31.69		
4	Alfred Kipchumba, Portland	23:31.73		
5	Lars Erik Malde, Portland	23:33.68		
6	Micah Chelimo, Alaska Anchorage	23:49.10		
7	Barry Britt, Idaho	24:00.48		
8	Brent Handa, Chico State	24:01.62		
9	Issac Chavez, Chico State	24:02.09		
10	Adrain Sherrod, Chico State	24:06.14		
31	Ken Scoggin, Oregon	24:44.23		
32	Tim Costin, Oregon	24:45.66		
38	Spencer Carter, Oregon	24:58.82		
68	Walker Augustyniak, Oregon	25:30.56		
215	Hank Morrison, Oregon	28:58.92		

Bill Dellinger Invitational (Pre's Trail/Alton Baker Park, Eugene, Ore., 10.16.10)

Women's Team Results (6,000 meters)			Women's Individual Results		
Place	Team	Score	Place	Name	Time
1	Oregon	18	1	Jordan Hasay, Oregon	19:25.31
2	Guelph	59	2	Alex Kosinski, Oregon	19:25.33
3	Idaho	74	3	Rachel Cliff, Guelph	19:50.44
4	Oregon State	105	4	Zoe Buckman, Oregon	20:05.64
5	Portland	134	5	Anne Kesselring, Oregon	20:08.34
6	Portland State	166	6	Melanie Thompson, Oregon	20:09.88
7			7	Courtney Laurie, Guelph	20:16.62
8			8	Lauren Johnson, Nike	20:19.85
9			9	Bronwyn Crossman, Oregon	20:33.39
10			10	Claire Michel, Oregon	20:37.91
11			11	Becca Friday, Oregon	20:46.61
12			12	Sarah Andrews, Unattached	20:46.99
13			13	Lauren Schaffer, Idaho	20:48.56
14			14	Laura Carlyle, Oregon State	20:49.40
15			15	Hannah Kiser, Idaho	20:50.21
16			16	Julia Veseth, Idaho	20:50.49
17			17	Emily Driedger, Guelph	20:59.79
18			18	Samantha Beattie, Guelph	21:01.20
19			19	Erica Digby, Idaho	21:03.40
20			20	Julie Pedersen, Portland State	21:05.66
31			31	Megan Patrignelli, Unattached	21:27.29

Men's Team Results (8,000 meters)

Place	Team	Score	Place	Name	Time
1	Oregon	26	1	Matthew Centrowitz, Oregon	23:38.11
2	Wisconsin	38	2	Luke Puskedra, Oregon	23:38.13
3	Guelph	75	3	Danny Mercado, Oregon	23:42.15
t4	Portland	123	4	Maverick Darling, Wisconsin	23:42.82
t4	Idaho	123	5	Landon Peacock, Wisconsin	23:44.73
6	Willamette	171	6	Elliot Krause, Wisconsin	23:45.63
7	Portland State	191	7	Reed Connor, Wisconsin	23:50.66
			8	Alex Genest, Guelph	23:52.06
			9	Chris Kwiatkowski, Oregon	23:58.75
			10	Kyle Boorsma, Guelph	24:01.53
			11	Parker Stinson, Oregon	24:08.15
			12	A.J. Acosta, Oregon	24:13.39
			13	Ben DeJarnette, Oregon	24:14.49
			14	Ross Proudfoot, Guelph	24:15.47
			15	Markus Geiger, Idaho	24:16.80
			16	Alex Brill, Wisconsin	24:19.33
			17	Jared Bassett, Portland	24:20.54
			18	Allan Brett, Guelph	24:21.20
			19	Chase Caulkins, Unattached	24:22.42
			20	Barry Britt, Idaho	24:23.67
			29	Bryce Burgess, Oregon	24:47.21
			31	Mitch Hunt, Oregon	24:54.87
			32	Ken Scoggin, Oregon	24:59.22
			33	Brian Shrader, Oregon	25:00.80
			37	Tim Costin, Oregon	25:10.63
			38	Colby Alexander, Unattached	25:11.14
			55	Cole Watson, Unattached	26:00.35

SEASON REVIEW

Pacific-10 Championships (Jefferson Park Golf Course, Seattle, Wash., 10.30.10)

Women's Team Results (6,000 meters)			Women's Individual Results		
Place	Team	Score	Place	Name	Time
1	Stanford	62	1	Jordan Hasay, Oregon	19:44.95
2	Arizona	65	2	Kathy Kroeger, Stanford	19:49.43
3	Oregon	68	3	Deborah Maier, California	20:01.85
13	Washington	68	4	Alex Kosinski, Oregon	20:09.58
5	California	132	5	Stephanie Marcy, Stanford	20:12.26
6	UCLA	165	6	Katie Flood, Washington	20:13.15
7	Arizona State	188	7	Jennifer Bergman, Arizona	20:15.32
8	Oregon State	245	8	Jessica Tonn, Stanford	20:16.14
9	Washington State	252	9	Lindsay Prescott, Arizona State	20:17.52
10	USC	257	10	Marie Lawrence, Washington	20:22.64
			11	Elvin Kibet, Arizona	20:25.28
			12	Megan Meyer, Arizona	20:29.23
			13	Hannah Moen, Arizona	20:29.32
			14	Zsofia Erdelyi, USC	20:30.27
			15	Justine Johnson, Washington	20:31.08
			16	Melanie Thompson, Oregon	20:31.68
			17	Shannon Murakami, UCLA	20:32.40
			18	Kalley Campbell, Washington	20:33.04
			19	Christine Babcock, Washington	20:35.65
			20	Sierra Vega, UCLA	20:37.96
			21	Georgia Griffin, Stanford	20:38.01
			22	Amanda Russell, Arizona	20:38.25
			23	Zoe Buckman, Oregon	20:40.32
			24	Anne Kesselring, Oregon	20:41.12
			25	Maggie Callahan, Arizona	20:43.01
			32	Sarah Andrews, Oregon	20:59.14
			35	Becca Friday, Oregon	21:03.98
			40	Claire Michel, Oregon	21:12.60
			41	Taylor Wallace, Oregon	21:14.81
			65	Bronwyn Crossman, Oregon	22:02.71

Men's Team Results (8,000 meters)

Place	Team	Score	Men's Individual Results
Place	Name	Time	
1	Stanford	25	1 Elliott Heath, Stanford 23:00.46
2	Oregon	56	2 Jake Riley, Stanford 23:00.57
3	California	86	3 Chris Derrick, Stanford 23:00.59
4	UCLA	101	4 Luke Puskedra, Oregon 23:05.80
5	Arizona State	143	5 Stephen Sambu, Arizona 23:06.77
6	Washington State	158	6 Michael Coe, California 23:12.33
7	Washington	181	7 Matthew Centrowitz, Oregon 23:17.42
8	Arizona	195	8 A.J. Acosta, Oregon 23:43.16
			9 Miles Unterreiner, Stanford 23:48.07
			10 J.T. Sullivan, Stanford 23:48.64
			11 Erik Olson, Stanford 23:49.65
			12 Steve Sodaro, California 23:50.29
			13 Danny Mercado, Oregon 23:51.26
			14 Ben Engelhardt, Arizona State 23:53.65
			15 Riley Sullivan, Stanford 23:55.37
			16 Jake Matthews, UCLA 23:57.81
			17 Nohe Lema, UCLA 23:58.82
			18 Kent Morikawa, UCLA 24:01.29
			19 Maxime Cheevee, California 24:01.68
			20 Jono Lafler, Washington State 24:02.07
			21 Spencer Knight, UCLA 24:05.12
			22 Collin Jarvis, California 24:05.22
			23 Darius Terry, Arizona State 24:06.70
			24 Chris Kwiatkowski, Oregon 24:07.75
			25 Tyler Stutzman, Stanford 24:10.51
			26 Ben Dejarnette, Oregon 24:14.74
			34 Parker Stinson, Oregon 24:22.30
			47 Bryce Burgess, Oregon 24:45.41
			57 Mitch Hunt, Oregon 25:12.77
			62 Brian Shrader, Oregon 25:17.41

NCAA West Regional Meet (Springfield Golf Course, Springfield, Ore., 11.13.10)

Women's Team Results (6,000 meters)			Women's Individual Results		
Place	Team	Score	Place	Name	Time
1	Washington	71	1	Jordan Hasay, Oregon	20:01.90
2	Oregon	77	2	Deborah Maier, California	20:06.81
3	Stanford	86	3	Alex Kosinski, Oregon	20:09.53
4	Arizona	90	4	Tara Erdmann, Loyola Marymount	20:11.96
t5	California	159	5	Kathy Kroeger, Stanford	20:13.47
t5	UC Santa Barbara	159	6	Katie Flood, Washington	20:17.03
7	San Francisco	200	7	Justine Johnson, Washington	20:17.74
8	Cal Poly	289	8	Amanda Moreno, UC Santa Barbara	20:20.70
9	Portland	303	9	Jennifer Bergman, Arizona	20:23.13
10	UCLA	312	10	Zoe Buckman, Oregon	20:24.73
11	Long Beach State	313	11	Stephanie Marcy, Stanford	20:26.10
12	Loyola Marymount	344	12	Elvin Kibet, Arizona	20:28.10
13	Arizona State	372	13	Breanne Strenkowski, UC Santa Barbara	20:29.35
14	Idaho	419	14	Sheree Shea, Loyola Marymount	20:30.74
15	UC Davis	454	15	Jana Stoltzing, San Francisco	20:31.41
16	Washington State	486	16	Megan Meyer, Arizona	20:31.44
17	Oregon State	492	17	Alex Dunne, Stanford	20:31.48
18	UC Irvine	562	18	Crystal Reed, UC Santa Barbara	20:32.09
19	UC Riverside	564	19	Christine Babcock, Washington	20:32.80
20	Pepperdine	589	20	Marie Lawrence, Washington	20:36.61
21	Boise State	601	21	Kailey Campbell, Washington	20:37.61
22	Santa Clara	603	22	Chelsea Wishard, Pepperdine	20:39.05
23	Sacramento State	614	23	Hannah Moen, Arizona	20:40.90
24	Cal State Fullerton	671	24	Eva Krovha, San Francisco	20:41.56
25	San Diego	721	25	Georgia Griffin, Stanford	20:44.82
26	Fresno State	738	27	Lanie Thompson, Oregon	20:24.73
27	Nevada-Las Vegas	774	36	Anne Kesselring, Oregon	21:02.30
28	San Diego State	788	48	Claire Michel, Oregon	21:10.22
29	Saint Mary's	833	59	Becca Friday, Oregon	21:22.00
30	Hawaii	880			
31	Cal State Bakersfield	888			

Men's Team Results (10,000 meters)			Men's Individual Results		
Place	Team	Score	Place	Name	Time
1	Oregon	63	1	Trevor Dunbar, Portland	29:57.89
2	Stanford	65	2	Stephen Sambu, Arizona	29:57.95
3	California	78	3	Michael Coe, California	29:59.47
4	Portland	131	4	Luke Puskedra, Oregon	30:03.29
5	Arizona State	179	5	Jonathan Peterson, UC Davis	30:07.41
6	Washington	216	6	Matthew Centrowitz, Oregon	30:14.35
7	Boise State	249	7	Chris Derrick, Stanford	30:14.57
8	UCLA	267	8	Elliott Heath, Stanford	30:14.71
9	UC Davis	272	9	Jake Riley, Stanford	30:14.75
10	Long Beach State	280	10	Chad Hall, UC Riverside	30:16.40
11	UC Santa Barbara	302	11	Danny Mercado, Oregon	30:16.58
12	Cal Poly	351	12	Lars Erik Malde, Portland	30:19.41
13	San Francisco	373	13	Ben Engelhardt, Arizona State	30:21.35
14	Washington State	396	14	Steve Sodaro, California	30:26.31
15	Arizona	405	15	Kari Karlsson, California	30:29.87
16	Idaho	413	16	A.J. Acosta, Oregon	30:31.65
17	UC Riverside	444	17	Jeff Howard, Boise State	30:32.05
18	UC Irvine	448	18	Maxime Cheevee, California	30:32.36
19	Fresno State	459	19	Kyle King, Eastern Washington	30:34.01
20	Loyola Marymount	517	20	Calvin Thigpen, UC Davis	30:35.95
21	Santa Clara	586	21	Andrew Berberick, Stanford	30:37.30
22	Sacramento State	593	22	Miles Unterreiner, Stanford	30:37.35
23	Cal State Fullerton	635	23	Kent Morikawa, UCLA	30:37.95
24	San Diego	699	24	Barry Britt, Idaho	30:38.17
25	Saint Mary's	756	25	Justin Englund, Washington State	30:39.86
26			26	Ben Dejarnette, Oregon	30:41.28
31			31	Parker Stinson, Oregon	30:48.57
91			91	Bryce Burgess, Oregon	31:40.95





NCAA Championships (Lavern Gibson Championship Course, Terre Haute, Ind., 11.22.10)

Women's Team Results (6,000 meters)			Women's Individual Results			Men's Team Results (10,000 meters)			Men's Individual Results		
Place	Team	Score	Place	Name	Time	Place	Team	Score	Place	Name	Time
1	Villanova	120	1	Sheila Reid, Villanova	20:06.9	1	Oklahoma State	73	1	Samuel Chelanga, Liberty	29:22.2
2	Florida State	154	2	Emily Infeld, Georgetown	20:09.2	2	Florida State	193	2	Stephen Sambu, Arizona	29:26.5
3	Texas Tech	165	3	Jordan Hasay, Oregon	20:13.0	3	Wisconsin	223	3	Luke Puskeda, Oregon	29:38.0
4	Georgetown	167	4	Risper Kimaiyo, Texas-El Paso	20:16.1	4	Stanford	237	4	Leonard Korir, Iona	29:42.0
5	New Mexico	227	5	Rose Tanui, Texas Tech	20:17.6	5	Oklahoma	281	5	Chris Derrick, Stanford	29:44.7
6	Colorado	314	6	Lucy Van Dalen, Stony Brook	20:19.2	6	Oregon	289	6	Jake Riley, Stanford	29:45.0
7	Stony Brook	334	7	Holly Van Dalen, Stony Brook	20:19.3	7	Indiana	298	7	Girma Mecheso, Oklahoma State	29:47.5
8	Iowa State	341	8	Megan Hogan, George Washington	20:19.6	8	Iona	303	8	German Fernandez, Oklahoma State	29:49.3
9	Providence	343	9	Pilar McShine, Florida State	20:24.4	9	Northern Arizona	317	9	Colby Lowe, Oklahoma State	29:57.6
10	Syracuse	347	10	Amanda Marino, Villanova	20:26.1	10	Arkansas	329	10	Matthew Centrowitz, Oregon	30:01.1
11	Arizona	372	11	Kendra Schaaf, North Carolina	20:26.7	11	Alabama	338	11	Dorian Ulrey, Arkansas	30:02.0
12	Oregon	378	12	Shelby Greany, Providence	20:27.2	12	Princeton	351	12	Mohammed Ahmed, Wisconsin	30:03.4
13	Stanford	402	13	Aliphine Tuliamuk, Iowa State	20:27.6	13	Portland	362	13	Maverick Darling, Wisconsin	30:07.6
14	North Carolina	405	14	Emily Sisson, Wisconsin	20:28.3	14	Syracuse	365	14	Jonathan Peterson, UC Davis	30:09.1
15	Princeton	411	15	Natalie Gray, New Mexico	20:29.0	15	Colorado	366	15	Miles Batty, Brigham Young	30:09.4
16	Washington	413	16	Tonya Nero, Wichita State	20:29.3	16	New Mexico	376	16	Diego Estrada, Northern Arizona	30:10.7
t17	Duke	416	17	Pasca Cheruiyot, Florida State	20:30.7	17	Virginia	386	17	Solomon Haile, Arkansas	30:13.3
t17	Oklahoma State	416	18	Winorose Karunge, Texas Tech	20:31.0	18	Brigham Young	414	18	Ciaran O'Leinard, Florida State	30:14.0
19	Boston College	432	19	Alex Kosinski, Oregon	20:32.6	19	William & Mary	420	19	Ahmed Osman, Northern Arizona	30:14.8
20	Texas	441	20	Alex Banfich, Princeton	20:36.0	20	North Carolina State	436	20	Landon Peacock, Wisconsin	30:15.3
21	Virginia	460	21	Laura Hoer, North Carolina State	20:36.6	21	Duke	475	21	Brian Leung, Princeton	30:18.3
22	Michigan	476	22	Jessica Parry, Florida State	20:38.3	22	Providence	510	22	Ryan Hill, North Carolina State	30:19.0
23	Michigan State	481	23	Laura Tremblay, Colorado	20:39.2	23	Villanova	550	23	Kevin Schwab, Oklahoma	30:19.1
24	North Carolina State	487	24	Alison Smith, Villanova	20:39.9	24	Richmond	554	24	Lee Carey, Providence	30:19.9
25	Kansas State	547	25	Tara Erdmann, Loyola Marymount	20:39.9	25	Notre Dame	571	25	Trevor Dunbar, Portland	30:20.1
26	Penn State	550	26	Ari Fisher, Toledo	20:40.4	26	Texas	595	26	Joseph Boshard, Colorado	30:20.4
27	Minnesota	555	27	Bogdana Mimic, Villanova	20:40.5	27	Minnesota	608	27	Shadreck Kipchirchir, Western Kentucky	30:20.5
28	Toledo	572	28	Kristie Krueger, Georgia	20:40.6	28	Louisville	622	28	Michael Fout, Florida State	30:20.9
29	Florida	635	29	Emily Jones, Georgetown	20:42.3	29	Georgetown	644	29	Tom Farrell, Oklahoma State	30:21.3
30	Tulsa	653	30	Deborah Maier, California	20:43.7	30	Penn State	659	30	Jeff Thode, Iowa	30:21.4
31	Rice	656	31	Stephanie Price, Minnesota	20:46.2	31	California	678	31	Evans Kigen, Liberty	30:21.4
		32		Renee Tomlin, Georgetown	20:46.3				32	Ryan Collins, Virginia	30:24.9
		33		Ruth Senior, New Mexico	20:46.7				33	Patrick Dupont, Syracuse	30:26.0
		34		Kaitlyn Gillespie, West Virginia	20:46.8				34	Donn Cabral, Princeton	30:26.4
		35		Mia Behm, Texas	20:47.2				35	Julius Bor, Alabama	30:26.6
		36		Madelene Chambers, Georgetown	20:47.6				36	Johnathan Stublaski, Oklahoma State	30:26.9
		37		Emily MacLeod, Michigan State	20:48.1				37	Andrew Wacker, Colorado	30:28.1
		38		Caroline King, Boston College	20:52.1				38	Andrew Poore, Indiana	30:28.4
		39		Purity Biwott, Texas Tech	20:52.7				39	Ben Blankenship, Minnesota	30:29.3
		40		Shalaya Kipp, Colorado	20:53.8				40	Keith Gerrard, New Mexico	30:32.4
		81		Zoe Buckman, Oregon	21:11.5				61	Danny Mercado, Oregon	30:41.5
		168		Claire Michel, Oregon	21:54.0				121	Parker Stinson, Oregon	31:21.6
		207		Melanie Thompson, Oregon	22:18.9				161	A.J. Acosta, Oregon	31:42.0
		233		Sarah Andrews, Oregon	22:54.6				DNF	Ben DeJarnette, Oregon	
		235		Anne Kesselring, Oregon	22:56.7				DNF	Brian Shrader, Oregon	





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 36 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 31 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 5,000 meter 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.



"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.

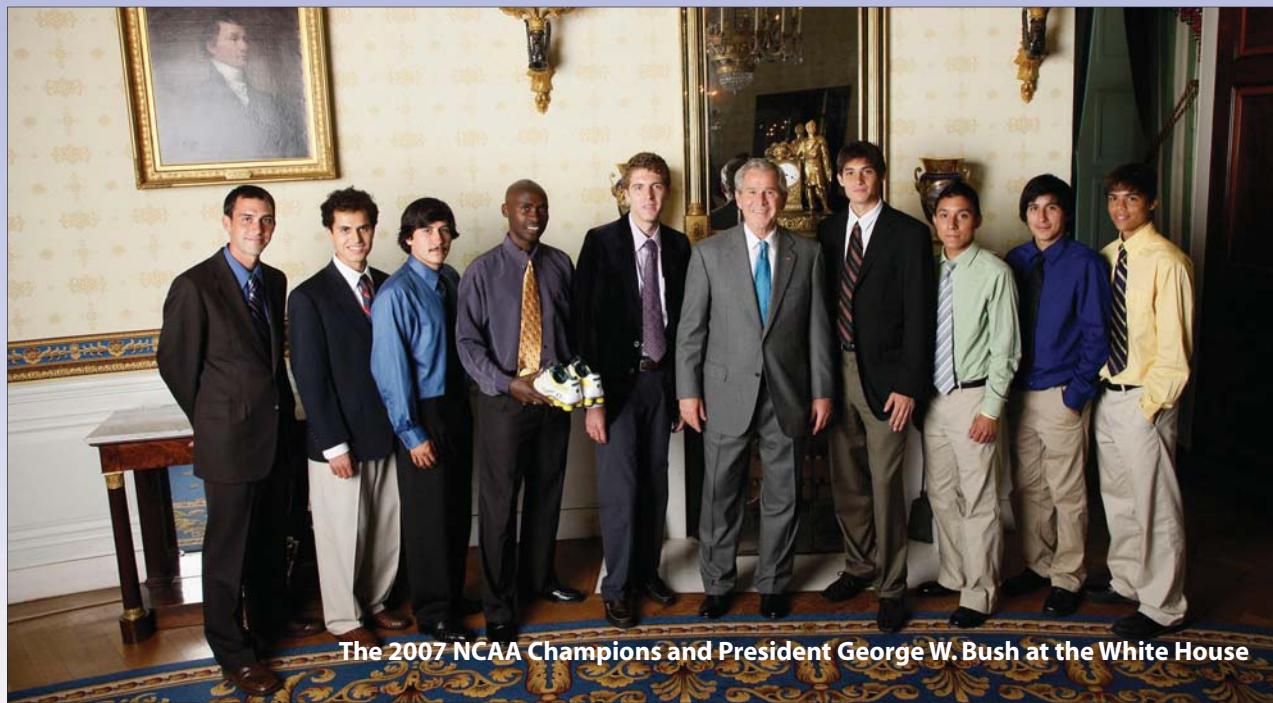
The three-time Olympian Dellinger also returned to the event as a U.S. assistant coach for the 1984 Los Angeles Olympic Games.

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.





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 Finishes

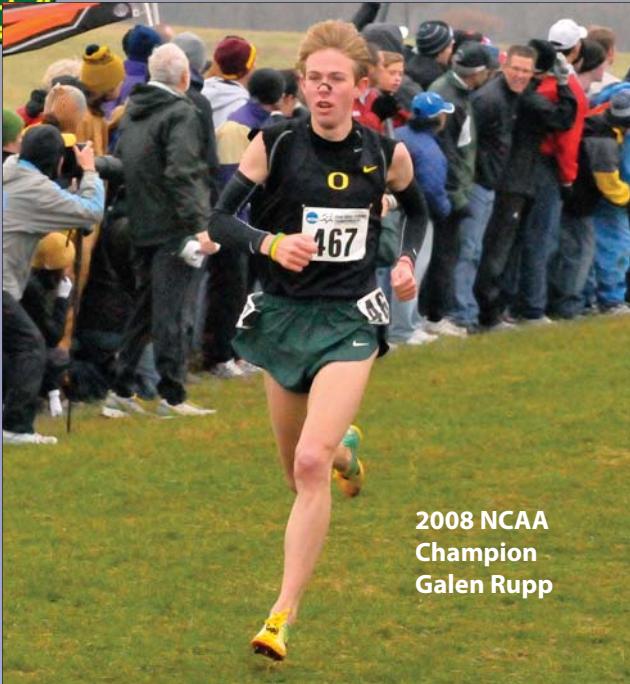
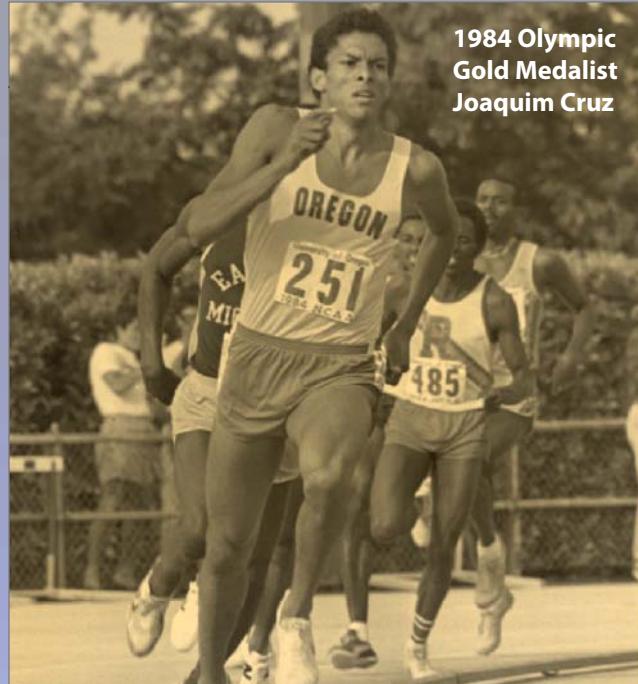
1963	1. San Jose State 53, 2. OREGON 68
1964	1. W. Michigan 86, 2. OREGON 166
1965	1. W. Michigan 81, 2. Northwestern 114...8. OREGON 229
1969	1. Texas-El Paso 74, 2. Villanova 88, 3. OREGON 111
1970	1. Villanova 85, 2. OREGON 86
1971	1. OREGON 83 , 2. Washington State 122
1972	1. Tennessee 134, 2. E. Tennessee St. 148, 3. OREGON 158
1973	1. OREGON 89 , 2. Texas-El Paso 157
1974	1. OREGON 77 , 2. Western Kentucky 110
1975	1. UTEP 62, 2. Washington State 92...11. OREGON 319
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
1980	1. UTEP 58, 2. Arkansas 152...20. OREGON 462
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
1993	1. Arkansas 31, 2. Brigham Young 153...15. OREGON 323
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
2001	1. Colorado 90, 2. Stanford 91...13. OREGON 389
2002	1. Stanford 47, 2. Wisconsin 107...5. OREGON 210
2003	1. Stanford 24, 2. Wisconsin 174...21. OREGON 449
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
2010	1. Oklahoma State 73, 2. Florida State 193...6. OREGON 289



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

2008 NCAA
Champion
Galen Rupp1984 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 Puskeda, 9-Shadrack Kiptoo-Biwott
2009	21-Luke Puskeda, 27-Matthew Centrowitz, 29-Kenny Klotz, 31-Daniel Mercado
2010	3-Luke Puskeda, 10-Matthew Centrowitz

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 CROSS COUNTRY HISTORY

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
2010	1. Stanford 25, 2. OREGON 56

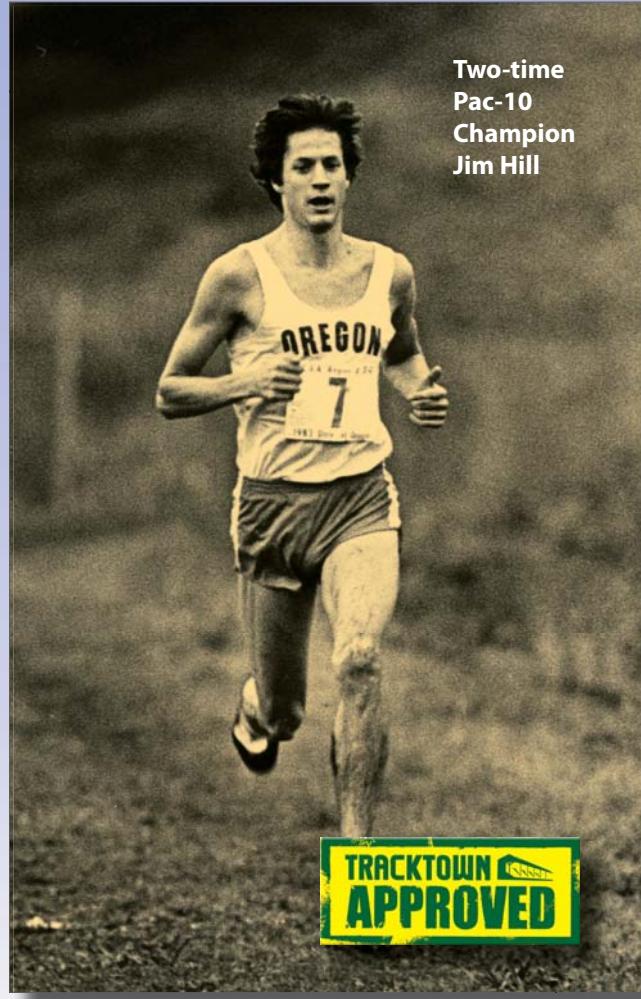
Men's Pac-8/Pac-10 Individual Champions

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
2010	1. OREGON 63

Two-time
Pac-10
Champion
Jim Hill





MEN'S CROSS COUNTRY HISTORY



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

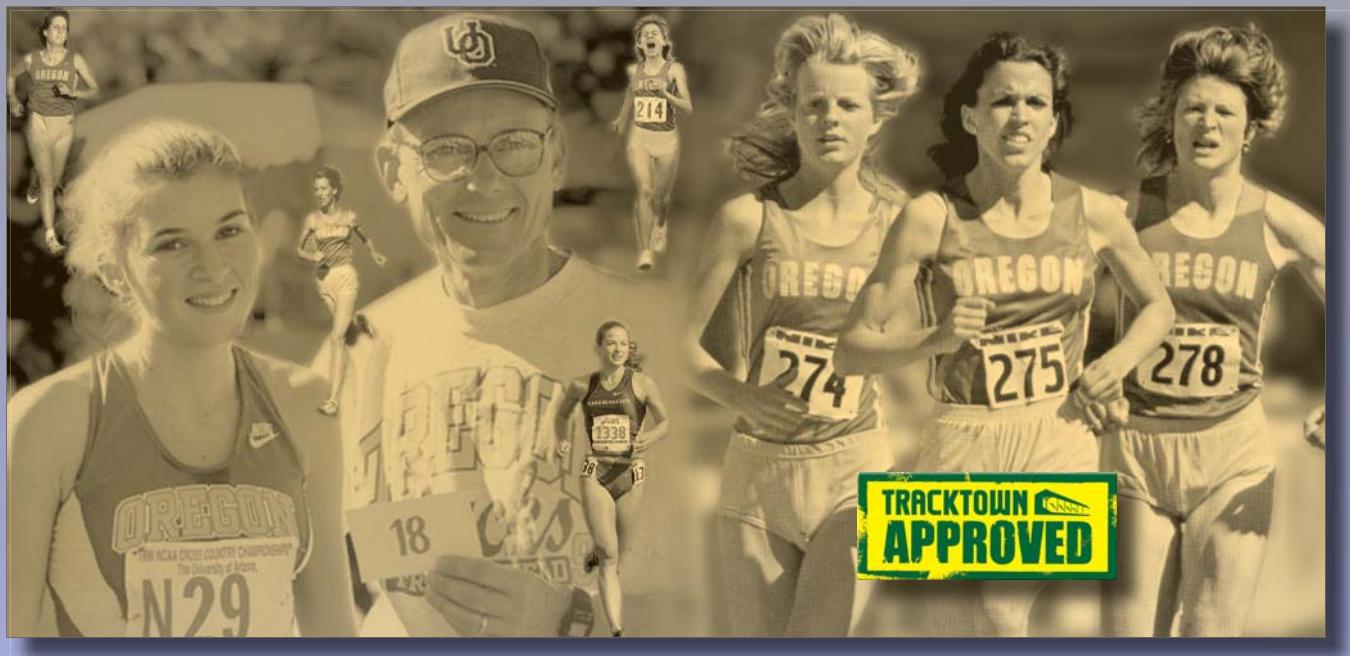
1930	Ralph Hill	Mile	4:12.4
1932	Ralph Hill	5,000m	14:30.0
1956	Bill Dellinger	5,000m	14:26.0
1956	Bill Dellinger	5,000m	14:25.5
1956	Bill Dellinger	5,000m	14:16.2
1958	Bill Dellinger	1,500m	3:41.5
1959	Bill Dellinger	2-mile (indoors)	8:49.9
1959	Bill Dellinger	3-mile (indoors)	13:37.0
1960	Dyrol Burleson	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 32 top-five finishes includes 10 individual champions.

Since the inception of the Pac-10 women's finale in 1986, the Oregon women own a conference-best 10 individual crowns, including Jordan Hasay in 2010 and Nicole Blood in 2009. 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, followed by Hasay in 2010. Hasay Kosinski, Blood and Mattie Bridgmon all earned All-America status in recent years, with Hasay taking third at the 2010 Championships.



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	
2000	1. Colorado, 117, 2. BYU 167...28. OREGON 619	
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	
2010	1. Villanova 120, 2. Florida State, 154...12. OREGON 378	

* 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*

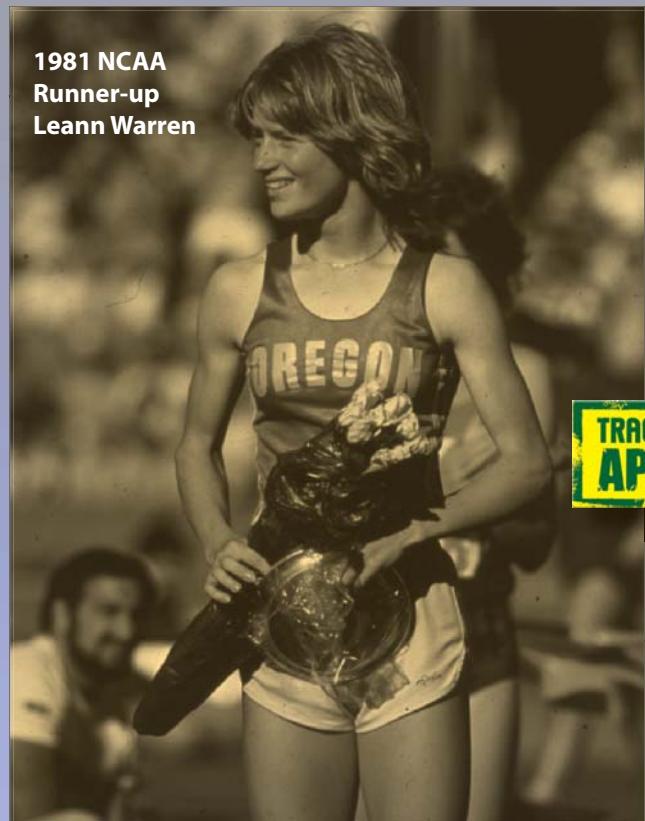
1979	9-Jody Parker
1981	2-Leann Warren, 13-Eryn Forbes, 16-Kathy Hayes
1982	15-Eryn Forbes
1983	3-Kathy Hayes, 17-Lisa Martin, 27-Kim Roth
1984	12-Kathy Hayes, 13-Leann Warren, 16-Kim Roth
1986	13-Penny Graves
1987	5-Annette Hand, 12-Penny Graves, 15-Liz Wilson
1988	10-Penny Graves, 17-Liz Wilson
1990	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
2010	3-Jordan Hasay, 19-Alexandra Kosinski

* 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 Karnopp
1992	Nicole Woodward
2009	Nicole Blood
2010	Jordan Hasay

WOMEN'S CROSS COUNTRY HISTORY



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
2010	1. Stanford 62, 2. Arizona 65, T3, OREGON 68 ; Washington 68

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

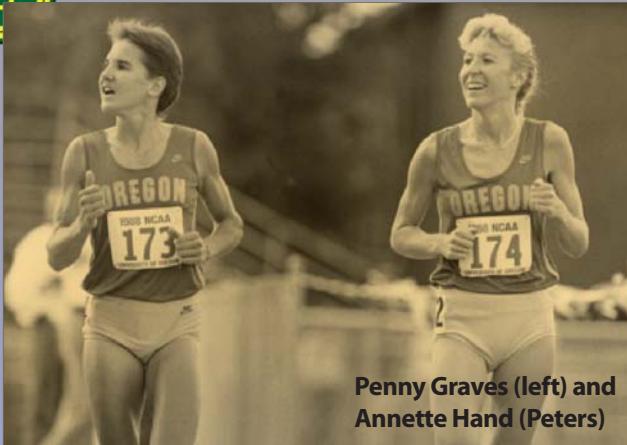
Women's AIAW/NCAA West Region Team Results*

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...8. 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
2010	1. Washington 73, 2. OREGON 77

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



WOMEN'S CROSS COUNTRY HISTORY



Penny Graves (left) and Annette Hand (Peters)

Women's Olympians

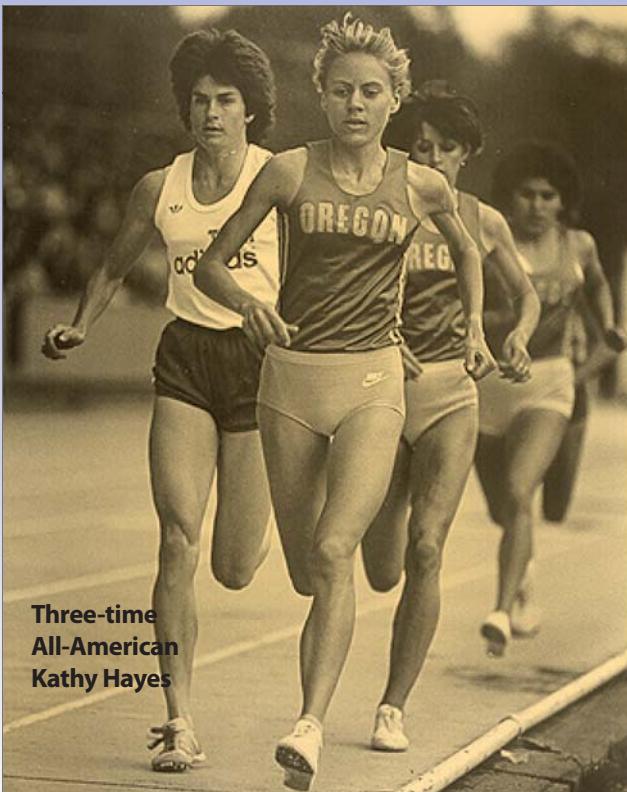
1984	Ranza Clark (CAN)	800m	2:04.67 (Semis)
	Lisa Martin (AUS)	Marathon	2:29.03 (7th)
1988	Lisa Martin (AUS)	Marathon	2:25.53 (2nd)
	Cathy (Schiro) O'Brien	Marathon	2:41.04
1992	Annette (Hand) Peters	3,000m	8:52.77 (Semis)
	Cathy (Schiro) O'Brien	Marathon	2:39.42 (9th)
	Lisa Martin Ondieki (AUS)	Marathon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



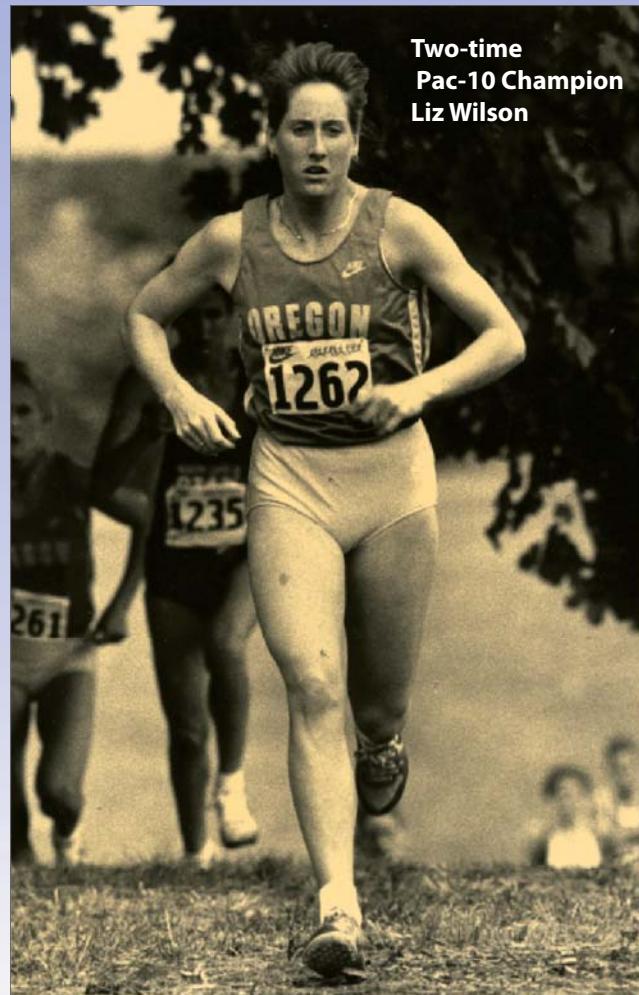
Three-time All-American Kathy Hayes

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



"It's more than just a race, it's a style. It's doing something better than anyone else. It's being creative."

- Steve Prefontaine





Rob Mullens
director of athletics
second year at Oregon
West Virginia University, 1991, '93

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.

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.



Richard Lariviere
university president
third year at Oregon
University of Iowa, 1972, Penn, '78

Richard Lariviere became president of the University of Oregon on July 1, 2009.

Before arriving at Oregon, Lariviere was executive vice chancellor and provost at the University of Kansas from 2006 to 2009, and dean of the College of Liberal Arts at the University of Texas at Austin from 1999 to 2006.

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 Institute of Innovation, Creativity & Capital in Austin, 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. He had a successful career as a consultant 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, Janis Worcester Lariviere, has worked in university development and science education. The couple has a daughter, Anne Elizabeth, who graduated from Barnard College and teaches elementary school in New York.

