

44TH WOMEN'S / 68TH MEN'S  
ANNUAL CROSS COUNTRY

# NAIA NATIONAL CHAMPIONSHIPS

NOV 17, 2023



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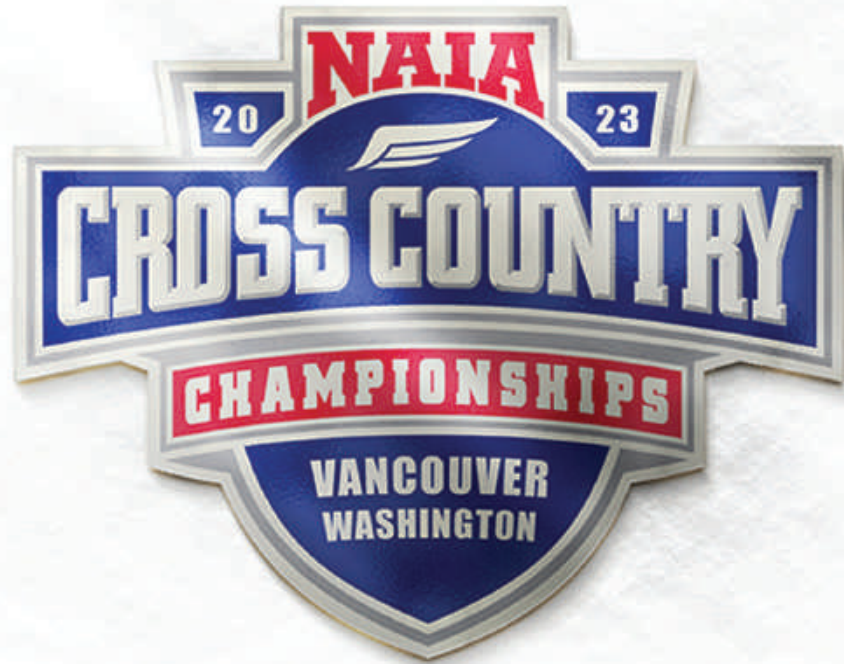
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CROSS COUNTRY NATIONAL CHAMPIONSHIPS

# OFFICIAL MERCHANDISE



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## Schedule

(All times in PT)

### Wednesday, November 15

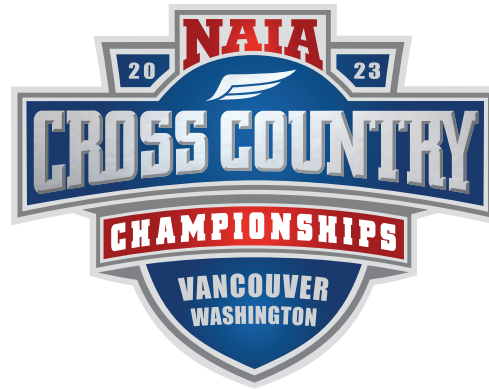
- Merchandise sales - Hilton Vancouver Hotel  
12:00 p.m. - 7:00 p.m.
- Merchandise sales - Fort Vancouver Historical Course  
12:00 p.m. - 4:00 p.m.
- Course available for practice  
1:00 p.m. - 4:00 p.m.

### Thursday, November 16

- Merchandise sales - Hilton Vancouver Hotel  
9:00 a.m. - 8:00 p.m.
- Merchandise sales - Fort Vancouver Historical Course  
9:00 a.m. - 3:00 p.m.
- Course available for practice  
10:00 a.m. - 4:00 p.m.

### Friday, November 17

- Merchandise sales beginning at 7:00 a.m.  
Fort Vancouver Historical Course
- Women's 6K - 10:30 a.m.
- Men's 8K - 11:30 a.m.
- Awards ceremony approx. 1:00 p.m.  
Fort Vancouver Historical Course



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## Championship Staff

### NAIA Staff

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**President/CEO**  
Jim Carr



**Director of Championships**  
Austin Bennet



**Director of Athletics Communications**  
Brad Cygan



**Championship Sports Manager**  
Samantha Liermann



**Host Media Coordinator**  
Courtney Blumer

### Meet Staff

---

**Championship Meet Director:** Heike McNeil  
**Championship Host:** Rob Cashell  
**Head Timer:** Dan Bowdoin  
**Athletic Trainers:** Isa Ortman, Caitlin O'Donnell

### Officials

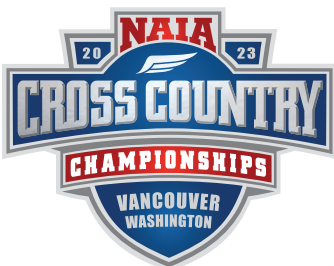
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**Head Starter:** Bruce Davis  
**Assistant Starter:** Pete Castro  
**Referee:** Roger Hall  
**Head Clerk:** Dave Lee

### Jury of Appeals

---

Jeff Barker - Mount Mercy (Ind.)  
Corbin Harris - Campbellsville (Ky.)  
Chris Bray - Embry-Riddle (Ariz.)



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# Championship Course

3 Loops - 6k (Women)  
4 Loops - 8k (Men)

Loop Turn

START

FINISH

1

2

3

4

5

6

7

8

9

Parking

Parking

Parking



The women's course is three 2,000 meter loops.

#	Loop 1	Loop 2	Loop 3
1	395	2395	4395
2	675	2675	4675
3	1015	3015	5051
4	1145	3145	5145
5	1325	3325	5325
6	1450	3450	5450
7	1650	3650	5650
8	1865	3865	5865
9	2000	4000	6000

The men's course is four 2,000 meter loops.

#	Loop 1	Loop 2	Loop 3	Loop 4
1	395	2395	4395	6395
2	675	2675	4675	6675
3	1015	3015	5015	7015
4	1145	3145	5145	7145
5	1325	3325	5325	7325
6	1450	3450	5450	7450
7	1650	3650	5650	7650
8	1865	3865	5865	7865
9	2000	4000	6000	8000

## 2023 Men's National Championship Team Qualifiers

<b>Institution</b>	<b>Conference</b>	<b>Qualifying Method</b>
Aquinas (Mich.)	Wolverine-Hoosier Athletic Conference	WHAC Meet Champion
Benedictine (Kan.)	Heart of America Athletic Conference	Heart Meet Champion
Carroll (Mont.)	Frontier Conference	Frontier Meet Champion
College of Idaho	Cascade Collegiate Conference	At-Large
Corban (Ore.)	Cascade Collegiate Conference	At-Large
Cumberlands (Ky.)	Mid-South Conference	Mid-South Meet Champion
Dickinson State (N.D.)	North Star Athletic Association	North Star Meet Champion
Doane (Neb.)	Great Plains Athletic Conference	At-Large
Dordt (Iowa)	Great Plains Athletic Conference	GPAC Meet Champion
Eastern Oregon	Cascade Collegiate Conference	Cascade Meet Champion
Embry-Riddle (Ariz.)	California Pacific Conference	Cal Pac Meet Champion
Goshen (Ind.)	Crossroads League	At-Large
Grace (Ind.)	Crossroads League	At-Large
Haskell (Kan.)	Continental Athletic Conference	CAC Meet Champion
Huntington (Ind.)	Crossroads League	At-Large
Indiana Wesleyan	Crossroads League	Crossroads League Meet Champion
Kansas Wesleyan	Kansas Collegiate Athletic Conference	KCAC Meet Runner-Up
Lewis-Clark State (Idaho)	Cascade Collegiate Conference	At-Large
Milligan (Tenn.)	Appalachian Athletic Conference	AAC Meet Champion
Montana Tech	Frontier Conference	At-Large
Montreat (N.C.)	Appalachian Athletic Conference	AAC Meet Runner-Up
Multnomah (Ore.)	Cascade Collegiate Conference	Host Berth
Oklahoma City	Sooner Athletic Conference	Sooner Meet Champion
Olivet Nazarene (Ill.)	Chicagoland Collegiate Athletic Conference	At-Large
Our Lady of the Lake (Texas)	Red River Athletic Conference	RRAC Meet Champion
Philander Smith (Ark.)	Gulf Coast Athletic Conference	GCAC Meet Champion
Rio Grande (Ohio)	River States Conference	At-Large
Rocky Mountain (Mont.)	Frontier Conference	At-Large
Saint Mary (Kan.)	Kansas Collegiate Athletic Conference	KCAC Meet Champion
Shawnee State (Ohio)	River States Conference	River States Meet Champion
Southeastern (Fla.)	The Sun Conference	The Sun Meet Champion
St. Francis (Ill.)	Chicagoland Collegiate Athletic Conference	CCAC Meet Champion
Taylor (Ind.)	Crossroads League	At-Large
The Master's (Calif.)	Golden State Athletic Conference	GSAC Meet Champion
William Carey (Miss.)	Southern States Athletic Conference	SSAC Meet Champion
William Woods (Mo.)	American Midwest Conference	AMC Meet Champion

## 2023 Men's National Championship Individual Qualifiers

### American Midwest Conference

Name	Institution
Will Cherrington	Columbia (Mo.)
Dylan Carney	Columbia (Mo.)
Donovan Denslow	Missouri Baptist
David Fletcher	Missouri Baptist

### Appalachian Athletic Conference

Name	Institution
Edimo Nintereste	Bryan (Tenn.)
Eli Moran	Bryan (Tenn.)
Salvador Castillo	Reinhardt (Ga.)
Trent Wells	SCAD Atlanta (Ga.)
William Karim	SCAD Atlanta (Ga.)
Eli Cox	Tennessee Wesleyan

### California Pacific Conference

Name	Institution
Andre Souza	Soka (Calif.)
Jordan Bravo	Soka (Calif.)
Jonathan Chavez	UC Merced (Calif.)
Sharvin Manjrekar	UC Merced (Calif.)

### Cascade Collegiate Conference

Name	Institution
Jonas Hartline	Oregon Tech
Mason Weisgerber	Southern Oregon
Frankie Maciel	Southern Oregon

### Chicagoland Collegiate Athletic Conference

Name	Institution
Brandon Armendarez	Governors State (Ill.)
Daniel Zavala	Governors State (Ill.)
Isaac Sytsma	Saint Xavier (Ill.)
Jonathan Jacobo	Saint Xavier (Ill.)

### Continental Athletic Conference

Name	Institution
Tanner Bailey	College of the Ozarks (Mo.)
Drew Rose	College of the Ozarks (Mo.)
Easton Dial	Florida College
Kristian Bodden	Florida National

### Crossroads League

Name	Institution
Blake Hipkiss	Marian (Ind.)
Ryan O'Rourke	Spring Arbor (Mich.)
Jacob Singleton	Spring Arbor (Mich.)

### Frontier Conference

Name	Institution
Brant Heiner	Montana Western

### Golden State Athletic Conference

Name	Institution
Brandon Ericson	Arizona Christian
Nicholas Valle	Arizona Christian
Luis Diaz	Hope International (Calif.)
Evan Hernandez	Vanguard (Calif.)

### Great Plains Athletic Conference

Name	Institution
Calvin Rohde	Concordia (Neb.)
Caleb Saylor	Dakota Wesleyan (S.D.)
Gabriel Trevino	Jamestown (N.D.)
Jon Mahoney	Midland (Neb.)

### Gulf Coast Athletic Conference

Name	Institution
Decquan Nisbett	Talladega (Ala.)
Landon Jeffries	Tougaloo (Miss.)
Javoun Goldsby	Wiley (Texas)
Jaylon Donson	Wiley (Texas)

### Heart of America Athletic Conference

Name	Institution
Ryan Clancy	Mount Mercy (Iowa)
Ryan Mitchell	Mount Mercy (Iowa)
Lukas Mehl	Park (Mo.)
Brandon Williams	William Penn (Iowa)
D'Artagnon Beaver	William Penn (Iowa)
Max Finley	William Penn (Iowa)

### Kansas Collegiate Athletic Conference

Name	Institution
Joshua Rust	Evangel (Mo.)
Azariah Gonzales	McPherson (Kan.)
Ryan Stade	Tabor (Kan.)
Nicholas Green	Tabor (Kan.)
Logan Dybowski	Tabor (Kan.)
Dillon Callaway	Tabor (Kan.)

### Mid-South Conference

Name	Institution
Joseph Skoog	Bethel (Tenn.)
Isaac Kiprof	Campbellsville (Ky.)
Justin Stearns	Lindsey Wilson (Ky.)
Nolan Foushee	Lindsey Wilson (Ky.)

### North Star Athletic Association

Name	Institution
Richard Marcoux	Bellevue (Neb.)
Taylor Myers	Dakota State (S.D.)
Cody Farland	Dakota State (S.D.)
Connor Birdsong	Viterbo (Wis.)

**Red River Athletic Conference**

<u>Name</u>	<u>Institution</u>
Charles Dorsett III	Texas A&M Texarkana
Shea Johnson	Texas A&M Texarkana
David Hernandez	Texas A&M Texarkana
Lejaune George	Xavier(La.)

**River States Conference**

<u>Name</u>	<u>Institution</u>
Mylan Nocton	Indiana East
Tucker Burris	Indiana East
Jacob Kocis	Midway (Ky.)
Josiah Kocis	Midway (Ky.)

**Sooner Athletic Conference**

<u>Name</u>	<u>Institution</u>
Brian Kiplangat	Texas Wesleyan
Douglash Kiprotich	Texas Wesleyan
Jamon Smith	Texas Wesleyan
Walid Jarfani	Texas Wesleyan

**Southern States Athletic Conference**

<u>Name</u>	<u>Institution</u>
William Porter	Blue Mountain Christian (Miss.)
Christian Salt	Life (Ga.)
Jacob Harned	Mobile (Ala.)
Joe Stevens	Mobile (Ala.)

**The Sun Conference**

<u>Name</u>	<u>Institution</u>
Samuel Paga	Ave Maria (Fla.)
Max Heins	SCAD Savannah (Ga.)
Tom Schroeder	SCAD Savannah (Ga.)
Roger Reyes	St. Thomas (Fla.)

**Wolverine Hoosier Athletic Conference**

<u>Name</u>	<u>Institution</u>
Jamin Thompson	Cornerstone (Mich.)
Mehdi Nait Hamound	Madonna (Mich.)
Mohamed Salaheddine Ensaad	Madonna (Mich.)
Joe Seibert	Michigan - Dearborn



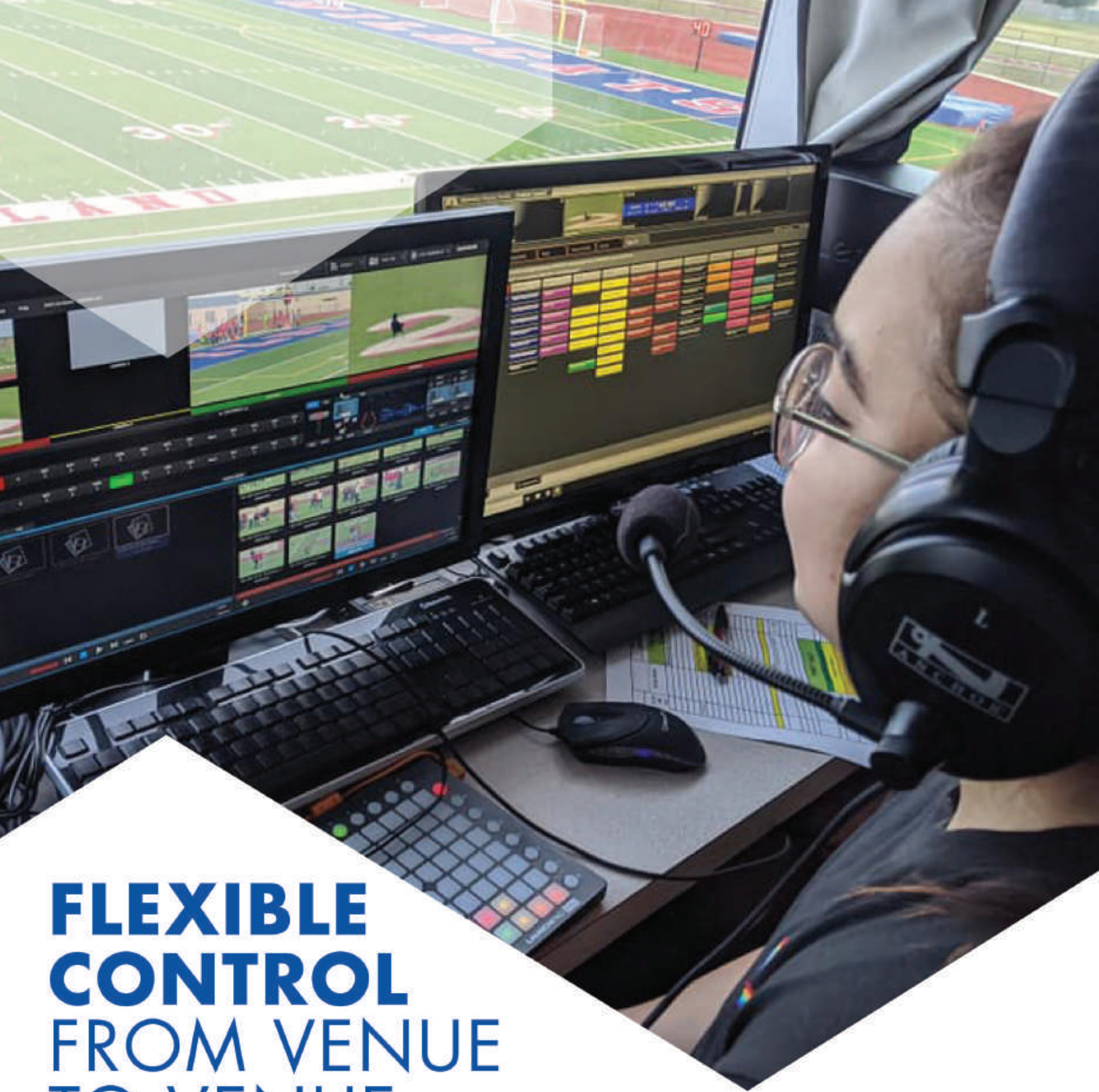
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## 2023 Women's National Championship Team Qualifiers

<b>Institution</b>	<b>Conference</b>	<b>Qualifying Method</b>
Benedictine (Kan.)	Heart of America Athletic Conference	Heart Meet Champion
Blue Mountain Christian (Miss.)	Southern States Athletic Conference	SSAC Meet Champion
Carroll (Mont.)	Frontier Conference	Frontier Meet Champion
College of Idaho	Cascade Collegiate Conference	Cascade Meet Champion
College of the Ozarks (Mo.)	Continental Athletic Conference (Independents)	CAC Meet Champion
Concordia (Neb.)	Great Plains Athletic Conference	GPAC Meet Runner-Up
Cornerstone (Mich.)	Wolverine-Hoosier Athletic Conference	WHAC Meet Champion
Cumberlands (Ky.)	Mid-South Conference	Mid-South Meet Champion
Dickinson State (N.D.)	North Star Athletic Association	North Star Meet Champion
Dillard (La.)	Gulf Coast Athletic Conference	GCAC Meet Champion
Dordt (Iowa)	Great Plains Athletic Conference	GPAC Meet Champion
Eastern Oregon	Cascade Collegiate Conference	At-Large
Embry-Riddle (Ariz.)	California Pacific Conference	Cal Pac Meet Champion
Goshen (Ind.)	Crossroads League	At-Large
Grace (Ind.)	Crossroads League	At-Large
Hastings (Neb.)	Great Plains Athletic Conference	At-Large
Huntington (Ind.)	Crossroads League	At-Large
Indiana Wesleyan	Crossroads League	At-Large
IU East (Ind.)	River States Conference	River States Meet Champion
Lewis-Clark State (Idaho)	Cascade Collegiate Conference	At-Large
Milligan (Tenn.)	Appalachian Athletic Conference	AAC Meet Champion
Missouri Baptist	American Midwest Conference	AMC Meet Champion
Montana Tech	Frontier Conference	At-Large
Montreat (N.C.)	Appalachian Athletic Conference	AAC Meet Runner-Up
Olivet Nazarene (Ill.)	Chicagoland Collegiate Athletic Conference	At-Large
Oregon Tech	Cascade Collegiate Conference	Host Berth
Our Lady of the Lake (Texas)	Red River Athletic Conference	RRAC Meet Champion
Rocky Mountain (Mont.)	Frontier Conference	At-Large
Saint Mary (Kan.)	Kansas Collegiate Athletic Conference	KCAC Meet Champion
SCAD Savannah (Ga.)	The Sun Conference	The Sun Meet Champion
Southern Oregon	Cascade Collegiate Conference	At-Large
St. Francis (Ill.)	Chicagoland Collegiate Athletic Conference	CCAC Meet Champion
Tabor (Kan.)	Kansas Collegiate Athletic Conference	KCAC Meet Runner-Up
Taylor (Ind.)	Crossroads League	Crossroads Meet Champion
Texas Wesleyan	Sooner Athletic Conference	Sooner Meet Champion
The Master's (Calif.)	Golden State Athletic Conference	GSAC Meet Champion

## 2023 Women's National Championship Individual Qualifiers

### American Midwest Conference

<u>Name</u>	<u>Institution</u>
Madalenn Fee	Cotley (Mo.)
Mekayla Gibson	William Woods (Mo.)
Mary Grover	William Woods (Mo.)
Crystal Ruden	William Woods (Mo.)

### Appalachian Athletic Conference

<u>Name</u>	<u>Institution</u>
Akin Averie	Brenau (Ga.)
Angeline Kravitz	Columbia (S.C.)
Carley Fuel	Columbia (S.C.)
Addison Martin	Columbia (S.C.)
Avery Raymond	SCAD Atlanta (Ga.)
Belinda Chepkosgei	SCAD Atlanta (Ga.)

### California Pacific Conference

<u>Name</u>	<u>Institution</u>
Maryan Sharif	Park Gilbert (Ariz.)
Abigail Oosterhout	Simpson (Calif.)
Elizette Ysais	UC Merced (Calif.)
Jaydah Aguilar	UC Merced (Calif.)

### Cascade Collegiate Conference

<u>Name</u>	<u>Institution</u>
Alauna Carstens	Evergreen State (Wash.)
Kaylea Hartman	Northwest (Wash.)

### Chicagoland Collegiate Athletic Conference

<u>Name</u>	<u>Institution</u>
Krysta Stanko	Governors State (Ill.)
Daniella Nino	Saint Xavier (Ill.)
Olivia Mathis	Saint Xavier (Ill.)
Kaitlyn Knoche	St. Ambrose (Iowa)

### Continental Athletic Conference

<u>Name</u>	<u>Institution</u>
Christina Adams	Florida National
Daryl Quichimbo	Florida National
Kiara Iron Heart	Haskell (Kan.)
Tiajhae Nez	Haskell (Kan.)

### Crossroads League

<u>Name</u>	<u>Institution</u>
Alex Ebetino	Saint Francis (Ind.)
Victoria Clibon	Saint Francis (Ind.)

### Frontier Conference

<u>Name</u>	<u>Institution</u>
Olivia Heiner	Montana Western
Kelsey Stenslad-Plymale	Providence (Mont.)

### Golden State Athletic Conference

<u>Name</u>	<u>Institution</u>
MaryAlice Mitchell	Arizona Christian
Emma Timmermans	Hope International (Calif.)
Azalea Prince	Jessup (Calif.)
Kate Baranski	Vanguard (Calif.)

### Great Plains Athletic Conference

<u>Name</u>	<u>Institution</u>
Calla Wittland	Doane (Neb.)
Myia Johnson	Midland (Neb.)
Courtney Sporrer	Morningside (Iowa)
Taylor Sporrer	Morningside (Iowa)
Emily Haverdink	Northwestern (Iowa)
Chloe Inhelder	St. Mary (Neb.)

### Gulf Coast Athletic Conference

<u>Name</u>	<u>Institution</u>
Ja'Neisha Collins	Philander Smith (Ark.)
Ishmia Black	Philander Smith (Ark.)
Jewel Cross	Talladega (Ala.)
Makayla Bratcher	Talladega (Ala.)

### Heart of America Athletic Conference

<u>Name</u>	<u>Institution</u>
Brooke Allen	Baker (Kan.)
Rory Bickler	Clarke (Iowa)
Jaycie Franco	Clarke (Iowa)
Abigail Alred	MidAmerica Nazarene (Kan.)
Abby Knepper	Mount Mercy (Iowa)
J'Lyn Knutson	Mount Mercy (Iowa)

### Kansas Collegiate Athletic Conference

<u>Name</u>	<u>Institution</u>
Macy Kopp	Evangel (Mo.)
Josie Koppes	Kansas Wesleyan
Madisyn Ehrlich	Kansas Wesleyan
Charlee Lind	Kansas Wesleyan
Chloe Clevenger	McPherson (Kan.)
Natalia Quiroz	Oklahoma Wesleyan

### Mid-South Conference

<u>Name</u>	<u>Institution</u>
Andrea De La Rosa	Bethel (Tenn.)
Mercy Kibiwott	Cumberland (Tenn.)
Madison Grant	Freed-Hardeman (Tenn.)
Kirsten Geary	Georgetown (Ky.)



## 2023 Women's National Championship Individual Qualifiers

### North Star Athletic Association

<u>Name</u>	<u>Institution</u>
Madison Nelson	Bellevue (Neb.)
Valerija Curikova	Dakota State (S.D.)
Lindsey Roth	Dakota State (S.D.)
Anyia Hirsch	Viterbo (Wis.)

### Red River Athletic Conference

<u>Name</u>	<u>Institution</u>
Mitzy Madrid	Southwest (N.M.)
Minankolo Magassa	Texas A&M Texarkana
Zalenka Brannan	Texas A&M Texarkana
Ana Ximena Loya	Texas A&M Texarkana

### River States Conference

<u>Name</u>	<u>Institution</u>
Hannah Wells	IU Kokomo (Ind.)
Trinity Smith	Midway (Ky.)
Mackenzie McCarthy	Rio Grande (Ohio)
Amarissa Kerns	Rio Grande (Ohio)

### Sooner Athletic Conference

<u>Name</u>	<u>Institution</u>
Cera Eckenroth	John Brown (Ark.)
Esmeralda Sandoval	John Brown (Ark.)
Ginger Macinnis-Pierce	Oklahoma City
Cailen Jolley	Oklahoma City

### Southern States Athletic Conference

<u>Name</u>	<u>Institution</u>
Giselle Dominguez	Dalton State (Ga.)
Madisyn Acosta	Loyola (La.)
Alyssa Andrea	Tennessee Southern
Blanca Conesa	William Carey (Miss.)
Maria Tirado	William Carey (Miss.)
Isabelle Wheeler	William Carey (Miss.)

### The Sun Conference

<u>Name</u>	<u>Institution</u>
Sofia Tores	Ave Maria (Fla.)
Felicity Foxhoven	Ave Maria (Fla.)
Lily Burke	Ave Maria (Fla.)
Grace Feder	Southeastern (Fla.)

### Wolverine Hoosier Athletic Conference

<u>Name</u>	<u>Institution</u>
Madison Rempalski	Aquinas (Mich.)
Lisa Voyles	Indiana Tech
McKenna Palmer	Indiana Tech
Kylie Callison	Michigan - Dearborn

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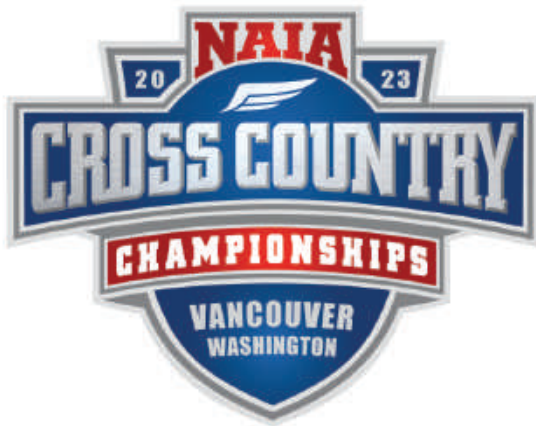


# Men's Cross Country Championship History

Year	Location	Champion	Points	Runner-Up	Points
1980	Salina, Kan.	Wisconsin-Parkside	52	Emporia State (Kan.)	100
1956	Omaha, Neb.	South Dakota State	71	Fort Hays State (Kan.)	68
1957	Omaha, Neb.	Howard Payne (Texas)	45	South Dakota State	64
1958	Omaha, Neb.	Emporia State (Kan.)	67	South Dakota State	73
1959	Omaha, Neb.	Emporia State (Kan.)	62	Kearney State (Neb.)	66
1960	Omaha, Neb.	Southern Illinois	37	Graceland (Iowa)	100
1961	Omaha, Neb.	Emporia State (Kan.)	73	Fort Hays State (Kan.)	75
1962	Omaha, Neb.	Emporia State (Kan.)	50	Fort Hays State (Kan.)	95
1963	Omaha, Neb.	Fort Hays State (Kan.)	53	Emporia State (Kan.)	69
1964	Omaha, Neb.	Howard Payne (Texas)	29	Fort Hays State (Kan.)	69
1965	Omaha, Neb.	Fort Hays State (Kan.)	42	Whitworth (Wash.)	117
1966	Omaha, Neb.	Eastern Michigan	126	Howard Payne (Texas)	155
1967	Omaha, Neb.	Eastern Michigan	85	St. Cloud State (Minn.)	88
1968	Oklahoma City, Okla.	Fort Hays State (Kan.)	106	Emporia State (Kan.)	110
1969	Oklahoma City, Okla.	Fort Hays State (Kan.)	102	Eastern Michigan	111
1970	Liberty, Mo.	Eastern Michigan	86	Fort Hays State (Kan.)	136
1971	Liberty, Mo.	Adams State (Colo.)	196	Eastern New Mexico	210
1972	Liberty, Mo.	Malone (Ohio)	92	Occidental (Calif.)	169
1973	Salina, Kan.	Eastern New Mexico	35	Malone (Ohio)	99
1974	Salina, Kan.	Eastern New Mexico	28	U.S. International (Calif.)	166
1975	Salina, Kan.	Edinboro State (Pa.)	97	Eastern New Mexico	144
1976	Kenosha, Wis.	Edinboro State (Pa.)	56	Adams State (Colo.)	103
1977	Kenosha, Wis.	Adams State (Colo.)	102	Saginaw Valley (Mich.)	133
1978	Kenosha, Wis.	Pembroke State (N.C.)	126	Saginaw Valley (Mich.)	147
1979	Kenosha, Wis.	Adams State (Colo.)	63	Wisconsin-La Crosse	123
1980	Salina, Kan.	Adams State (Colo.)	48	Malone (Ohio)	78
1981	Kenosha, Wis.	Adams State (Colo.)	76	Wisconsin-La Crosse	109
1982	Kenosha, Wis.	Simon Fraser (B.C.)	49	Saginaw Valley (Mich.)	167
1983	Kenosha, Wis.	Adams State (Colo.)	47	Wisconsin-La Crosse	95
1984	Kenosha, Wis.	Adams State (Colo.)	31	Wisconsin-La Crosse	97
1985	Kenosha, Wis.	Adams State (Colo.)	26	Wisconsin-La Crosse	105
1986	Kenosha, Wis.	Adams State (Colo.)	78	Western State (Colo.)	78
1987	Kenosha, Wis.	Adams State (Colo.)	21	New Mexico Highlands	171
1988	Kenosha, Wis.	Adams State (Colo.)	51	Western State (Colo.)	88
1989	Kenosha, Wis.	Adams State (Colo.)	39	Malone (Ohio)	53
1990	Kenosha, Wis.	Lubbock Christian (Texas)	33	Adams State (Colo.)	57
1991	Kenosha, Wis.	Lubbock Christian (Texas)	26	Adams State (Colo.)	42
1992	Kenosha, Wis.	Lubbock Christian (Texas)	33	Hillsdale (Mich.)	94
1993	Kenosha, Wis.	Lubbock Christian (Texas)	24	Simon Fraser (B.C.)	61
1994	Kenosha, Wis.	Lubbock Christian (Texas)	21	Hillsdale (Mich.)	120
1995	Kenosha, Wis.	Lubbock Christian (Texas)	17	Life (Ga.)	66
1996	Kenosha, Wis.	Lubbock Christian (Texas)	30	Life (Ga.)	79
1997	Kenosha, Wis.	Lubbock Christian (Texas)	40	Life (Ga.)	80
1998	Kenosha, Wis.	Life (Ga.)	41	Lindenwood (Mo.)	81
1999	Kenosha, Wis.	Life (Ga.)	25	Mckendree (Ill.)	91
2000	Kenosha, Wis.	Life (Ga.)	99	Black Hills State (S.D.)	137
2001	Kenosha, Wis.	Life (Ga.)	84	Malone (Ohio)	118
2002	Kenosha, Wis.	Minot State (N.D.)	120	Eastern Oregon	144
2003	Louisville, Ky.	Minot State (N.D.)	162	Black Hills State (S.D.)	152
2004	Louisville, Ky.	Virginia Intermont	54	Aquinas (Mich.)	175
2005	Louisville, Ky.	Virginia Intermont	52	Concordia (Calif.)	122
2006	Louisville, Ky.	Virginia Intermont	67	Concordia (Calif.)	136

## Men's Cross Country Championship History

Year	Location	Champion	Points	Runner-Up	Points
2007	Kenosha, Wis.	Malone (Ohio)	59	Black Hills (S.D.)	202
2008	Kenosha, Wis.	Malone (Ohio)	61	Azusa Pacific (Calif.)	118
2009	Fort Vancouver, Wash.	Malone (Ohio)	44	Concordia (Neb.)	166
2010	Fort Vancouver, Wash.	Southern Oregon	105	Wayland Baptist (Texas)	124
2011	Fort Vancouver, Wash.	Oklahoma Christian	93	Cal State San Marcos	188
2012	Fort Vancouver, Wash.	St. Francis (Ill.)	138	Southern Oregon	153
2013	Lawrence, Kan.	Oklahoma City	77	Southern Oregon	124
2014	Lawrence, Kan.	Oklahoma City	55	Southern Oregon	121
2015	Charlotte, N.C.	Oklahoma City	78	St. Mary (Kan.)	168
2016	Elsah, Ill.	Southern Oregon	122	St. Francis (Ill.)	148
2017	Fort Vancouver, Wash.	British Columbia	41	Columbia (Mo.)	168
2018	Cedar Rapids, Iowa	Oklahoma City	116	Indiana Wesleyan	143
2019	Vancouver, Wash.	Oklahoma City	110	Taylor (Ind.)	171
2020	Cedar Rapids, Iowa	Taylor (Ind.)	73	Huntington (Ind.)	114
2021	Vancouver, Wash.	Milligan (Tenn.)	115	St. Mary (Kan.)	175
2022	Tallahassee, Fla.	Dordt (Iowa)	97	Milligan (Tenn.)	115



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# Men's Cross Country Championship History

## Meet Records

### Four Miles

19:53.6, Pat McMahon, Oklahoma Baptist, 1966

### Five Miles

23:40.0, John Mason, Fort Hays State (Kan.), 1968

### 8,000 Meters

23:14.0, Silah Misoi, Life (Ga.), 1996

### Best Winning Score

17, Lubbock Christian (Texas), 1995

### Largest Margin of Victory

150 points, Adams State (Colo.) (21), New Mexico Highlands (171), 1987

### Smallest Margin of Victory

2 points, Emporia State (Kan.) (73), Fort Hays State (Kan.) (75), 1961

## All-Time Results

### All-Time Team Championships

Adams State (Colo.)	12
Lubbock Christian (Texas)	8
Oklahoma City	5
Emporia State (Kan.)	4
Fort Hays State (Kan.)	4
Life (Ga.)	4
Malone (Ohio)	4
Eastern Michigan	3
Virginia Intermont	3
Eastern New Mexico	2
Edinboro State (Pa.)	2
Howard Payne (Texas)	2
Minot State (N.D.)	2
Southern Oregon	2
Dordt (Iowa)	1
Milligan (Tenn.)	1
Oklahoma Christian	1
Pembroke State (N.C.)	1
Simon Fraser (B.C.)	1
South Dakota State	1
Southern Illinois	1
St. Francis (Ill.)	1
Taylor (Ind.)	1
Western State (Colo.)	1

### All-Time Individual Championships

Adams State (Colo.)	8
Lubbock Christian (Texas)	6
Eastern New Mexico	4

Life (Ga.)	4
Oklahoma City	4
Emporia State (Kan.)	3
Wayland Baptist (Texas)	3
Azusa Pacific (Calif.)	2
Fort Hays State (Kan.)	2
Lindenwod (Mo.)	2
Oklahoma Baptist	2
Southern Oregon	2
Southwestern (Kan.)	2
Bacone (Okla.)	1
Brevard (N.C.)	1
British Columbia	1
Central Connecticut	1
Central Michigan	1
Cornerstone (Mich.)	1
Edinboro State (Pa.)	1
Idaho State	1
Malone (Ohio)	1
Marymount (Kan.)	1
McKendree (Ill.)	1
Oklahoma Christian	1
Pembroke State (N.C.)	1
Pittsburg State (Kan.)	1
Redlands (Calif.)	1
Simon Fraser (B.C.)	1
South Dakota State	1
Southern Illinois	1
Taylor (Ind.)	1
The Master's (Calif.)	1
Virginia Intermont	1
William Carey (Miss.)	1

### All-Time Individual Champions

1956	Ray Mation, Redlands (Calif.), 22:42.3
1957	Don Brooksiek, South Dakota State, 21:00.8
1958	Ed Vander Heauval, Central Michigan, 20:55.6
1959	Tom O'Riordan, Idaho State, 20:55.6
1960	Joe Thomas, Southern Illinois, 20:39.0
1961	Jim Keefe, Central Connecticut, 21:18.5
1962	Ireland Sloan, Emporia State (Kan.), 20:22.7
1963	John Camien, Emporia State (Kan.), 20:23.7
1964	John Camien, Emporia State (Kan.), 20:25.8
1965	Pat McMahon, Oklahoma Baptist, 20:28.3
1966	Pat McMahon, Oklahoma Baptist, 19:53.6
1967	John Mason, Fort Hays State (Kan.), 20:14.0
1968	John Mason, Fort Hays State (Kan.), 23:40.0
1969	Ralph Foote, Taylor (Ind.), 24:53.0
1970	Rex Maddaford, Eastern New Mexico, 25:29.4
1971	David Antognoli, Edinboro State (Pa.), 25:40.2
1972	Mike Nixon, Pittsburg State (Kan.), 24:29.4
1973	Tony Brien, Marymount (Kan.), 23:42.5
1974	Mike Boit, Eastern New Mexico, 23:45.0
1975	Mike Boit, Eastern New Mexico, 24:23.0
1976	John Kebiro, Eastern New Mexico, 24:21.0

## Men's Cross Country Championship History

1977	Garry Henry, Pembroke State (N.C.), 24:11.0
1978	Kelly Jensen, Southern Oregon, 25:07.0
1979	Sam Montoya, Adams State (Colo.), 24:53.0
1980	Pat Porter, Adams State (Colo.), 24:28.5
1981	Pat Porter, Adams State (Colo.), 24:55.0
1982	Steve Delano, Southwestern (Kan.), 25:01.0
1983	Steve Delano, Southwestern (Kan.), 24:44.0
1984	Mike Maraun, Simon Fraser (B.C.), 24:39.0
1985	Robbie Hipwood, Adams State (Colo.), 25:49.0
1986	Rick Robirds, Adams State (Colo.), 24:10.0
1987	Rick Robirds, Adams State (Colo.), 23:47.0
1988	Craig Dickson, Adams State (Colo.), 24:18.0
1989	Rick Robirds, Adams State (Colo.), 24:01.0
1990	James Bungei, Lubbock Christian (Texas), 24:07.0
1991	James Bungei, Lubbock Christian (Texas), 24:07.0
1992	James Bungei, Lubbock Christian (Texas), 24:52.0
1993	James Bungei, Lubbock Christian (Texas), 23:37.0
1994	Simeon Sawe, Lubbock Christian (Texas), 23:42.0
1995	Simeon Sawe, Lubbock Christian (Texas), 24:22.0
1996	Silah Misoi, Life (Ga.), 23:14.0
1997	Sammy Nyamong, Life (Ga.), 25:53
1998	Silah Misoi, Life (Ga.), 23:50.0
1999	Silah Misoi, Life (Ga.), 23:31.0
2000	Alexis Sharangabo, Brevard (N.C.), 25:02
2001	Daniel Kibungei, Malone (Ohio), 24:17
2002	Haregot Araya, McKendree (Ill.), 25:03
2003	Jerry Ziak, British Columbia, 24:22.6
2004	Soimo Kiplagat, Lindenwood (Mo.), 24:17.20
2005	Soimo Kiplagat, Lindenwood (Mo.), 23:49.10
2006	David Cheromei, Virginia Intermont, 24:05.15
2007	Aron Rono, Azusa Pacific (Calif.), 23:52.1
2008	Aron Rono, Azusa Pacific (Calif.), 23:45.8
2009	Silas Kisorio, Oklahoma Christian, 24:23
2010	Kennedy Kithuka, Wayland Baptist (Texas), 24:02
2011	Kennedy Kithuka, Wayland Baptist (Texas), 23:15
2012	John Gilbertson, The Master's (Calif.), 23:56
2013	Eric Avila, Southern Oregon, 24:02.45
2014	Benard Keter, Wayland Baptist (Texas), 24:36.40
2015	Geoffrey Kipchumba, William Carey (Miss.), 23:55.0
2016	Jackson Thomas, Bacone (Okla.), 23:50.2
2017	Mark Shaw, Oklahoma City, 24:09
2018	Colin DeYoung, Cornerstone (Mich.), 24:13
2019	Mark Shaw, Oklahoma City, 24:39.5
2020	Zouhair Talbi, Oklahoma City, 23:45.15
2021	Zouhair Talbi, Oklahoma City, 24:43.1
2022	Abraham Chelangam, Oklahoma City, 23:41.9



## Men's Cross Country Championship Awards

### Coach of the Year

1958 Fran Welch, Emporia State (Kan.)  
1959 Fran Welch, Emporia State (Kan.)  
1960 Lou Hertzog, Southern Illinois  
1961 Fran Welch, Emporia State (Kan.)  
1962 Fran Welch, Emporia State (Kan.)  
1963 Alex Francis, Fort Hays State (Kan.)  
1964 J.H. Shelton, Howard Payne (Texas)  
1965 Alex Francis, Fort Hays State (Kan.)  
1966 Robert Parks, Eastern Michigan  
1967 Robert Parks, Eastern Michigan  
1968 Alex Francis, Fort Hays State (Kan.)  
1969 Alex Francis, Fort Hays State (Kan.)  
1970 Robert Parks, Eastern Michigan  
1971 Larry Jeffryes, Adams State (Colo.)  
1972 Jack Hazen, Malone (Ohio)  
1973 Bill Silverberg, Eastern New Mexico  
1974 Bill Silverberg, Eastern New Mexico  
1975 Doug Watts, Edinboro State (Pa.)  
1976 Doug Watts, Edinboro State (Pa.)  
1977 Joe Vigil, Adams State (Colo.)  
1978 Ed Crain, Pembroke State (N.C.)  
1979 Joe Vigil, Adams State (Colo.)  
1980 Joe Vigil, Adams State (Colo.)  
1981 Joe Vigil, Adams State (Colo.)  
1982 Zenon Smiechowski, Simon Fraser (B.C.)  
1983 Joe Vigil, Adams State (Colo.)  
1984 Joe Vigil, Adams State (Colo.)  
1985 Joe Vigil, Adams State (Colo.)  
1986 Joe Vigil, Adams State (Colo.)  
Duane Vandenbusche, Western State (Colo.)  
1987 Joe Vigil, Adams State (Colo.)  
1988 Joe Vigil, Adams State (Colo.)  
1989 Jack Hazen, Malone (Ohio)  
1990 Joe Vigil, Adams State (Colo.)  
1991 Darrel Price, Lubbock Christian (Texas)  
1992 Darrel Price, Lubbock Christian (Texas)  
1993 Darrel Price, Lubbock Christian (Texas)  
1994 Bill Lundberg, Hillsdale (Mich.)  
1995 Mike Spino, Life (Ga.)  
1996 Jay Birmingham, Dana (Neb.)  
1997 Danny Wilcoxsen, Lindsey Wilson (Ky.)  
1998 Clark Wille, Lindenwood (Mo.)  
1999 Dave Zittleman, Minot State (N.D.)  
2000 Scott Walkinshaw, Black Hills State (S.D.)  
2001 Jack Hazen, Malone (Ohio)  
2002 Scott Simmons, Minot State (N.D.)  
2003 Scott Simmons, Minot State (N.D.)  
2004 Scott Simmons, Virginia Intermont  
2005 Scott Simmons, Virginia Intermont  
2006 Scott Simmons, Virginia Intermont  
2007 Jack Hazen, Malone (Ohio)  
2008 Jack Hazen, Malone (Ohio)  
2009 Jack Hazen, Malone (Ohio)  
2010 Brent Ericksen, Southern Oregon  
2011 Mark Thompson, Oklahoma Christian

2012 Jeff Barker, St. Francis (Ill.)  
2013 Conor Holt, Oklahoma City  
2014 Conor Holt, Oklahoma City  
2015 Conor Holt, Oklahoma City  
2016 Grier Gatlin, Southern Oregon  
2017 Laurier Primeau, British Columbia  
2018 Matt Aguero, Oklahoma City  
2019 Matt Aguero, Oklahoma City  
2020 Quinn White, Taylor (Ind.)  
2021 Chris Layne, Milligan (Tenn.)  
2022 Nate Wolf, Dordt (Iowa)

## Men's Cross Country Championship All-Time Team Participation - Since 2010

School (Yrs. Participated)	No.	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>
Antelope Valley (Calif.) (19).....	1	0	0	0	0	0
Aquinas (Mich.) (2010-11-12-13-14-15-16-17-18-20-21-22) .....	12	0	0	0	0	3
Azusa Pacific (Calif.) (2010).....	1	0	0	0	0	0
Bacone (Okla.) (2015-16-17).....	3	0	0	0	0	0
Baker (Kan.) (2011-12-14-19-20) .....	5	0	0	0	0	0
Benedictine (Kan.) (2015-18) .....	2	0	0	0	0	0
Berea (Ky.) (2010-11-12-13) .....	4	0	0	0	0	0
Bethel (Ind.) (2015-16).....	2	0	0	0	0	0
Bethel (Tenn.) (2016-18) .....	2	0	0	0	0	0
Biola (Calif.) (2011-15-16).....	3	0	0	0	0	0
Black Hills State (N.D.) (2010).....	1	0	0	0	0	0
British Columbia (2010-11-12-13-14-15-16-17).....	8	1	0	1	0	1
Bryan (Tenn.) (2010-11-12-13).....	4	0	0	0	0	0
Bushnell (Ore.) (2021).....	1	0	0	0	0	0
Cal State San Marcos (2010-11-12-13-14).....	5	0	1	1	0	0
Campbellsville (Ky.) (2015-18-21) .....	3	0	0	0	0	0
Carroll (Mont.) (2012-14-15-20-21-22).....	6	0	0	0	0	0
Cedarville (Ohio) (2010) .....	1	0	0	0	0	0
College of Idaho (2010-11-12-13-14-15-16-17-18-19-20-21-22) .....	13	0	0	0	1	2
College of the Ozarks (Mo.) (2019).....	1	0	0	0	0	0
Columbia (Mo.) (2012-14-15-16-17-18-19-20).....	8	0	1	0	0	0
Concordia (Ore.) (2010-11-12-14) .....	4	0	0	0	0	0
Concordia (Neb.) (2010-12-13).....	3	0	0	0	0	0
Cornerstone (Mich.) (2010-12-15-16-17-18-19-20-21-22).....	10	0	0	0	0	0
Dakota State (S.D.) (2018-19-20-21-22) .....	5	0	0	0	0	0
Dalton State (Ga.) (2015) .....	1	0	0	0	0	0
Dickinson State (N.D.) (2015-16).....	2	0	0	0	0	0
Doane (Neb.) (2019-20) .....	2	0	0	0	0	0
Dordt (Iowa) (2011-18-19-20-21-22).....	6	1	0	0	0	0
Eastern Oregon (2010-11-12-13-14-16-17-18-19-21-22).....	11	0	0	0	1	1
Embry-Riddle (Ariz.) (2014-15-16-17-18-19-20-22).....	8	0	0	0	1	0
Embry-Riddle (Fla.) (2010-11-12-13-14-21).....	6	0	0	0	0	0
Emmanuel (Ga.) (2012-13) .....	2	0	0	1	0	0
Florida College (2022) .....	1	0	0	0	0	0
Friends (Kan.) (2011-14-20).....	3	0	0	0	0	0
Goshen (Ind.) (2014-19-20-21-22) .....	5	0	0	0	0	0
Grace (Ind.) (2021-22) .....	2	0	0	0	0	0
Graceland (Iowa) (2010).....	1	0	0	0	0	0
Grand View (Iowa) (2020-21-22).....	3	0	0	0	0	0
Haskell Indian Nations (Kan.) (2018) .....	1	0	0	0	0	0
Holy Names (Calif.) (2010).....	1	0	0	0	0	0
Hope International (2019) .....	1	0	0	0	0	0
Huntington (Ind.) (2011-19-20-21-22).....	5	0	1	0	0	0
Indiana Wesleyan (2010-12-13-14-15-17-18-19-20-21-22).....	11	0	1	2	1	0
Indiana Tech (2013-14-15-16-17).....	5	0	0	0	0	0
IU East (Ind.) (2022).....	1	0	0	0	0	0
Kansas Wesleyan (2015-16).....	2	0	0	0	0	0
Lawrence Tech (Mich.) (2022) .....	1	0	0	0	0	0
Lewis-Clark State (Idaho) (2010-11-12-13-14-15-16-17-18-19-20-21-22).....	13	0	0	1	1	5
Loyola (La.) (2019-20).....	2	0	0	0	0	0
Lubbock Christian (Texas) (2012) .....	1	0	0	0	0	0
Madonna (Mich.) (2018) .....	1	0	0	0	0	0
Malone (Ohio) (2010).....	1	0	0	1	0	0
Marian (Ind.) (2014-15-16-21) .....	4	0	0	0	0	0



## Men's Cross Country Championship All-Time Team Participation - Since 2010

School (Yrs. Participated)	No.	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>
McKendree (Ill.) (2010)	1	0	0	0	0	0
Michigan-Dearborn (2021)	1	0	0	0	0	0
MidAmerica Nazarene (Kan.) (2016)	1	0	0	0	0	0
Midway (Ky.) (2021)	1	0	0	0	0	0
Milligan (Tenn.) (2015-16-18-19-20-21-22)	7	1	1	1	0	0
Missouri Baptist (2021-22)	2	0	0	0	0	0
Missouri Valley (2013-16-17)	3	0	0	0	0	0
Montreat (N.C.) (2018-19-20-21-22)	5	0	0	0	0	0
Morningside (Iowa) (2012-13-14-15)	4	0	0	0	0	0
Mount Mercy (Iowa) (2010-11-13-15-18-20)	6	0	0	0	0	0
Northwest (Wash.) (2019-20-21)	3	0	0	0	0	0
Northwest Christian (Ore.) (2015-17-18)	3	0	0	0	0	0
Northwestern (Iowa) (2014-15-16-20)	4	0	0	0	0	0
Northwood (Fla.) (2010)	1	0	0	0	0	0
Oklahoma Baptist (2011-12-13)	3	0	0	0	1	0
Oklahoma Christian (2010-11)	2	1	0	0	0	0
Oklahoma City (2013-14-15-16-17-18-19-20-21-22)	10	5	0	1	1	0
Olivet Nazarene (Ill.) (2011-12-13-14-15-16-17-18-19-21-22)	11	0	0	1	0	0
Oregon Tech (2014-16-17-18-19-20-21-22)	8	0	0	0	0	0
Our Lady of the Lake (Texas) (2015-16-18-19-21-22)	6	0	0	0	0	0
Park (Mo.) (2011-13)	2	0	0	0	0	0
Philander Smith (Ark.) (2020-22)	2	0	0	0	0	0
Point Park (Pa.) (2015-20)	2	0	0	0	0	0
Reinhardt (Ga.) (2017)	1	0	0	0	0	0
Rio Grande (Ohio) (2014-16)	2	0	0	0	0	0
Rocky Mountain (Mont.) (2013-18-19-20)	4	0	0	0	0	0
Saint Mary (Kan.) (2013-14-16-17-20)	5	0	0	0	0	1
Saint Xavier (Ill.) (2013-19)	2	0	0	0	0	0
SCAD Savannah (Ga.) (2015-16-18-19-21)	5	0	0	0	0	0
Shawnee State (Ohio) (2010-11-12-13-14-16-18-19-20-21-22)	11	0	0	0	1	0
Shorter (Ga.) (2010-11)	2	0	0	0	0	0
Siena Heights (Mich.) (2010-11-16-18)	4	0	0	0	0	0
Southeastern (Fla.) (2020-22)	2	0	0	0	0	0
Southern Oregon (2010-11-12-13-14-15-16-17-18-19-21-22)	12	2	3	1	2	0
Southwestern (Kan.) (2010-11-12-13)	4	0	0	0	0	0
Southwestern Christian (Okla.) (2011)	1	0	0	0	0	0
Spring Arbor (Mich.) (2020-22)	2	0	0	0	0	0
St. Ambrose (Iowa) (2012-14)	2	0	0	0	0	0
St. Francis (Ill.) (2010-11-12-13-14-15-16-17-18-19-20-21-22)	13	1	1	1	3	1
St. Mary (Kan.) (2015-18-19-21-22)	5	0	2	0	0	1
Taylor (Ind.) (2014-15-16-17-18-19-20-21-22)	9	1	1	0	0	0
Tennessee Wesleyan (2013-14)	2	0	0	0	0	0
Texas at Brownsville (2013)	1	0	0	0	0	0
Texas Wesleyan (2011-17)	2	0	0	0	0	0
The Master's (Calif.) (2010-11-12-13-14-15-16-17-18-19-20-21-22)	13	0	0	1	0	1
UC Merced (Calif.) (2018)	1	0	0	0	0	0
Union (Ky.) (2010)	1	0	0	0	0	0
Valley City State (N.D.) (2013)	1	0	0	0	0	0
Vanguard (Calif.) (2022)	1	0	0	0	0	0
Wayland Baptist (Texas) (2010-11-12-14-15-16-19)	7	0	1	0	0	1
West Virginia Tech (2018-19-20)	3	0	0	0	0	0
Westmont (Calif.) (2011-15-16-17-18-21-22)	7	0	0	0	0	0
Wiley (Texas) (2014)	1	0	0	0	0	0
William Carey (Miss.) (2014-16-20-21-22)	4	0	0	0	0	0

# COMPETE WITH THE BEST

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**83,000** student-athletes

**\$1.3B** in scholarships

**21** conferences

**28** championships





# Women's Cross Country Championship History

Year	Location	Champion	Points	Runner-Up	Points
1980	Salina, Kan.	Wisconsin-Parkside	52	Emporia State (Kan.)	100
1981	Kenosha, Wis.	Adams State (Colo.)	25	Berry (Ga.)	71
1982	Kenosha, Wis.	Marquette (Wis.)	48	Wisconsin-Eau Claire	109
1983	Kenosha, Wis.	Simon Fraser (B.C.)	58	Marquette (Wis.)	79
1984	Kenosha, Wis.	Wisconsin-Eau Claire	91	Portland (Ore.)	99
1985	Kenosha, Wis.	Portland (Ore.)	64	Wisconsin-Eau Claire	95
1986	Kenosha, Wis.	Wisconsin-Parkside	121	Emporia State (Kan.)	151
1987	Kenosha, Wis.	Simon Fraser (B.C.)	60	Adams State (Colo.)	169
1988	Kenosha, Wis.	Pacific Lutheran (Wash.)	44	Adams State (Colo.)	69
1989	Kenosha, Wis.	Adams State (Colo.)	79	Western State (Colo.)	132
1990	Kenosha, Wis.	Western State (Colo.)	58	Adams State (Colo.)	70
1991	Kenosha, Wis.	Adams State (Colo.)	66	Simon Fraser (B.C.)	87
1992	Kenosha, Wis.	Puget Sound (Wash.)	76	George Fox (Ore.)	111
1993	Kenosha, Wis.	Puget Sound (Wash.)	38	Doane (Neb.)	169
				Simon Fraser (B.C.)	169
1994	Kenosha, Wis.	Puget Sound (Wash.)	51	Simon Fraser (B.C.)	74
1995	Kenosha, Wis.	Puget Sound (Wash.)	82	Simon Fraser (B.C.)	91
1996	Kenosha, Wis.	Simon Fraser (B.C.)	75	Puget Sound (Wash.)	114
1997	Kenosha, Wis.	Simon Fraser (B.C.)	56	Puget Sound (Wash.)	118
1998	Kenosha, Wis.	Simon Fraser (B.C.)	22	Malone (Ohio)	146
1999	Kenosha, Wis.	Malone (Ohio)	77	Spring Arbor (Mich.)	160
2000	Kenosha, Wis.	Concordia (Calif.)	133	Concordia (Neb.)	188
2001	Kenosha, Wis.	Cedarville (Ohio)	147	Concordia (Neb.)	169
2002	Kenosha, Wis.	Northwest (Wash.)	77	Concordia (Neb.)	116
2003	Louisville, Ky.	Simon Fraser (B.C.)	93	Northwest (Wash.)	114
2004	Louisville, Ky.	Simon Fraser (B.C.)	95	Concordia (Neb.)	129
2005	Louisville, Ky.	Simon Fraser (B.C.)	74	Black Hills State (S.D.)	190
2006	Louisville, Ky.	Simon Fraser (B.C.)	73	Cedarville (Ohio)	92
2007	Kenosha, Wis.	Simon Fraser (B.C.)	99	Cedarville (Ohio)	145
2008	Kenosha, Wis.	Azusa Pacific (Calif.)	66	Cedarville (Ohio)	97
2009	Fort Vancouver, Wash.	Cal State San Marcos	137	Biola (Calif.)	140
2010	Fort Vancouver, Wash.	Cal State San Marcos	88	Biola (Calif.)	127
2011	Fort Vancouver, Wash.	Cal State San Marcos	82	Azusa Pacific (Calif.)	91
2012	Fort Vancouver, Wash.	British Columbia	98	College of Idaho	112
2013	Lawrence, Kan.	British Columbia	56	College of Idaho	97
2014	Lawrence, Kan.	British Columbia	53	Lewis-Clark State (Idaho)	96
2015	Charlotte, N.C.	Northwest Christian (Ore.)	98	British Columbia	118
2016	Elsah, Ill.	British Columbia	90	Northwest Christian (Ore.)	135
2017	Fort Vancouver, Wash.	British Columbia	109	Wayland Baptist (Texas)	125
2018	Cedar Rapids, Iowa	Oregon Tech	125	Madonna (Mich.)	132
2019	Fort Vancouver, Wash.	Madonna (Mich.)	111	College of Idaho	147
2020	Cedar Rapids, Iowa	St. Francis (Ill.)	111	College of Idaho	146
2021	Fort Vancouver, Wash.	Milligan (Tenn.)	122	St. Francis (Ill.)	141
2022	Tallahassee, Fla.	Talor (Ind.)	50	Milligan (Tenn.)	177

# Women's Cross Country Championship History

## Meet Records

### 5,000 Meters

16:24.28, Aminat Olowora, Oklahoma City, 2016

16:41.4, Alissa McKaig, Indiana Tech, 2008

### Best Winning Score

22 points, Simon Fraser (B.C.), 1998

### Largest Margin of Victory

131 points, Puget Sound (Wash.) (38), Simon Fraser (B.C.) (169),

Doane (Neb.) (169), 1993

### Smallest Margin of Victory

3 points, Cal State San Marcos (137), Biola (Calif.) (140), 2009

## All-Time Results

### All-Time Team Championships

Simon Fraser (B.C.)	10
Puget Sound (Wash.)	4
British Columbia	4
Adams State (Colo.)	3
Cal State San Marcos	3
Wisconsin-Parkside	2
Azusa Pacific (Calif.)	1
Cedarville (Ohio)	1
Concordia (Calif.)	1
Madonna (Mich.)	1
Malone (Ohio)	1
Marquette (Wis.)	1
Milligan (Tenn.)	1
Northwest (Wash.)	1
Northwest Christian (Ore.)	1
Oregon Tech	1
Pacific Lutheran (Wash.)	1
Portland (Ore.)	1
St. Francis (Ill.)	1
Taylor (Ind.)	1
Western State (Colo.)	1
Wisconsin-Eau Claire	1

### All-Time Individual Championships

Simon Fraser (B.C.)	12
Adams State (Colo.)	2
Biola (Calif.)	1
College of Idaho	2
Huntington (Ind.)	2
Oklahoma Baptist	2
Pacific Lutheran (Wash.)	2
Shorter (Ga.)	2
Azusa Pacific (Calif.)	1
British Columbia	1

Grand View (Iowa)	1
Hillsdale (Mich.)	1
Indiana Tech	1
Malone (Ohio)	1
Marquette (Wis.)	1
Milligan (Tenn.)	1
Minot State (N.D.)	1
Point Park (Pa.)	1
Puget Sound (Wash.)	1
William Carey (Miss.)	1
Wisconsin-Eau Claire	1
Wisconsin-Parkside	1
Oklahoma City	1

### All-Time Individual Champions

1980	Wendy Burman, Wisconsin-Parkside, 17:54
1981	Mary Jaqua, Adams State (Colo.), 18:34
1982	Kate Webb, Marquette (Wis.), 17:41
1983	Cindy Grant, Simon Fraser (B.C.), 17:32
1984	Katie Somers, Wisconsin-Eau Claire, 17:36
1985	Val Hilden, Pacific Lutheran (Wash.), 18:53
1986	Gina Van Laar, Hillsdale (Mich.), 17:40
1987	Leah Pells, Simon Fraser (B.C.), 16:59
1988	Valerie Hilden, Pacific Lutheran (Wash.), 17:41
1989	Wanda Howlett, Puget Sound (Wash.), 17:55
1990	Sarah Howell, Simon Fraser (B.C.), 17:44
1991	Amy Giblin, Adams State (Colo.), 17:37
1992	Aundrea Bertoia, Simon Fraser (B.C.), 18:44
1993	Elizabeth Onyambu, Biola (Calif.), 17:35
1994	Cari Rampersad, Simon Fraser (B.C.), 17:51
1995	Cari Rampersad, Simon Fraser (B.C.), 18:02
1996	Cari Rampersad, Simon Fraser (B.C.), 17:14
1997	Heather deGeest, Simon Fraser (B.C.), 18:33
1998	Heather deGeest, Simon Fraser (B.C.), 17:06
1999	Melissa Clement, Simon Fraser (B.C.), 17:39
2000	Everlyne Lagat, Malone (Ohio), 18:01
2001	Emile Mondor, Simon Fraser (B.C.), 17:24
2002	Emile Mondor, Simon Fraser (B.C.), 16:43
2003	Miriam Kaumba, Oklahoma Baptist, 17:13.9
2004	Miriam Kaumba, Oklahoma Baptist, 16:53.70
2005	Julia Howard, Simon Fraser (B.C.), 17:24.15
2006	Genevieve Binsfeld, Minot State (N.D.), 17:38.2
2007	Jaime Canterbury, Azusa Pacific (Calif.), 17:10.8
2008	Alissa McKaig, Indiana Tech, 16:41.4
2009	Justyna Mudy, Shorter (Ga.), 17:30
2010	Justyna Mudy, Shorter (Ga.), 17:42
2011	Obsie Birru, Grand View (Iowa), 17:15
2012	Hillary Holt, College of Idaho, 17:00
2013	Hillary Holt, College of Idaho, 16:48.13
2014	Maria Bernard, British Columbia, 17:03.8
2015	Kellian Hunt, Biola (Calif.), 17:16.7
2016	Aminat Olowora, Oklahoma City, 16:24.28
2017	Hillary Holt, College of Idaho, 17:00
2018	Anna Shields, Point Park (Pa.), 17:15
2019	Hannah Stoffel, Huntington (Ind.), 17:18.4



## Women's Cross Country Championship Awards

- 2020 Emma Wilson, Huntington (Ind.), 17:02.86
- 2021 Alyssa Bearzi, Milligan (Tenn.), 18:14.9
- 2022 Lina May, William Carey (Miss.), 16:50.9

### **Coach of the Year**

- 1980 Bob Lawson, Wisconsin-Parkside
- 1981 Rocky Light, Adams State (Colo.)
- 1982 Elliot Kramsky, Marquette (Wis.)
- 1983 Zenon Smiechowski, Simon Fraser (B.C.)
- 1984 Marv Allen, Wisconsin-Eau Claire
- 1985 Mike Johnson, Portland (Ore.)
- 1986 Mike DeWitt, Wisconsin-Parkside
- 1987 Zenon Smiechowski, Simon Fraser (B.C.)
- 1988 Brad Moore, Pacific Lutheran (Wash.)
- 1989 Damon Martin, Adams State (Colo.)
- 1990 Brad Moore, Pacific Lutheran (Wash.)
- 1991 Damon Martin, Adams State (Colo.)
- 1992 Wes Cook, George Fox (Ore.)
- 1993 Sam Ring, Puget Sound (Wash.)
- 1994 Mike Lonergan, Simon Fraser (B.C.)
- 1995 Russell Smelley, Westmont (Calif.)
- 1996 Zenon Smeichowski, Simon Fraser (B.C.)
- 1997 Ben Welch, Eastern Oregon
- 1998 Jack Hazen, Malone (Ohio)
- 1999 Kregg Einspahr, Concordia (Neb.)
- 2000 John Foss, Indiana Wesleyan
- 2001 Elvin King, Cedarville (Ohio)
- 2002 Bill Taylor, Northwest (Wash.)
- 2003 Brit Townsend, Simon Fraser (B.C.)
- 2004 Brit Townsend, Simon Fraser (B.C.)
- 2005 Brit Townsend, Simon Fraser (B.C.)
- 2006 Brit Townsend, Simon Fraser (B.C.)
- 2007 Brit Townsend, Simon Fraser (B.C.)
- 2008 Preston Grey, Azusa Pacific (Calif.)
- 2009 Steve Scott, Cal State San Marcos
- 2010 Steve Scott, Cal State San Marcos
- 2011 Steve Scott, Cal State San Marcos
- 2012 Marek Jedrzejek, British Columbia
- 2013 Marke Jedrzejek, British Columbia
- 2014 Marke Jedrzejek, British Columbia
- 2015 Heike McNeil, Northwest Christian (Ore.)
- 2016 Laurier Primeau, British Columbia
- 2017 Laurier Primeau, British Columbia
- 2018 Jack Kegg, Oregon Tech
- 2019 Patrick Dougherty, Madonna (Mich.)
- 2020 Jeff Barker, St. Francis (Ill.)
- 2021 Chris Layne, Milligan (Tenn.)
- 2022 Quinn White, Taylor (Ind.)

## Women's Cross Country Championship All-Time Team Participation - Since 2010

School (Yrs. Participated)	No.	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>
Aquinas (Mich.) (2010-11-12-14-16-17-18-19-20-21-22)	12	0	0	0	3	1
Asbury (Ky.) (2014)	1	0	0	0	0	0
Azusa Pacific (Calif.) (2010-11)	2	0	1	0	0	0
Baker (Kan.) (2010-13-20)	3	0	0	0	0	0
Benedictine (Kan.) (2014-15-16-20-21-22)	6	0	0	0	0	0
Berea (Ky.) (2010)	1	0	0	0	0	0
Biola (Calif.) (2010-11-12-13-14-15-16)	7	0	1	3	0	0
Black Hills State (S.D.) (2010)	1	0	0	1	0	0
Blue Mountain (Miss.) (2013-16)	2	0	0	0	0	0
Brenau (Ga.) (2013)	1	0	0	0	0	0
Brescia (Ky.) (2011-12-13)	3	0	0	0	0	0
British Columbia (2010-11-12-13-14-15-16-17)	8	5	1	1	0	0
Cal State San Marcos (2010-11-12-13-14)	5	2	0	0	1	0
Carroll (Mont.) (2010-11-12-13-14-15-16-17-19-20-21-22)	12	0	0	0	1	2
Cedarville (Ohio) (2010)	1	0	0	0	0	0
Central Methodist (Mo.) (2011-12)	2	0	0	0	0	0
College of Idaho (2010-11-12-13-14-15-16-17-18-19-20-21-22)	13	0	4	0	0	1
College of the Ozarks (Mo.) (2018-19)	2	0	0	0	0	0
Columbia (Mo.) (2014-18-19-20-21)	5	0	0	0	0	0
Concordia (Calif.) (2012)	1	0	0	0	0	0
Concordia (Neb.) (2011-19-22)	3	0	0	0	0	0
Concordia (Ore.) (2010-11-12)	3	0	0	0	0	0
Cornerstone (Mich.) (2012-13-18-19-20-21-22)	5	0	0	1	0	0
Cumberlands (Ky.) (2020-21-22)	3	0	0	0	0	0
Dakota State (S.D.) (2019)	1	0	0	0	0	0
Dalton State (Ga.) (2014-15-19-20-21)	5	0	0	0	0	0
Dickinson State (N.D.) (2015-16-18-19-21)	5	0	0	0	0	0
Dillard (La.) (2022)	1	0	0	0	0	0
Dordt (Iowa) (2012-13-14-15-16-17-18-19-20-21-22)	11	0	0	0	0	1
Eastern Oregon (2012-19)	2	0	0	0	0	0
Embry-Riddle (Ariz.) (2015-16-17-18-19-21-22)	7	0	0	0	0	0
Embry-Riddle (Fla.) (2010-11-12-20)	4	0	0	0	4	0
Friends (Kan.) (2011-12-15-16-19-20)	6	0	0	0	0	1
Grace (Ind.) (2021-22)	2	0	0	0	0	0
Grand View (Iowa) (2011)	1	0	0	0	0	0
Haskell Indian Nations (Kan.) (2012-22)	2	0	0	0	0	0
Hastings (Neb.) (2015-16-17-21-22)	5	0	0	0	0	0
Holy Names (Calif.) (2010)	1	0	0	0	0	0
Huntington (Ind.) (2012-19-20-21-22)	5	0	0	0	0	0
Indiana Tech (2013-14-18-19-21-22)	6	0	0	0	0	0
Indiana Wesleyan (2010-11-14-15-16-17-18-19-20-21-22)	11	0	0	0	0	1
Kansas Wesleyan (2010-13)	2	0	0	0	0	0
Langston (Okla.) (2010)	1	0	0	0	0	0
Lee (Tenn.) (2010-11-12)	3	0	0	0	0	0
Lewis-Clark State (Idaho) (2010-11-12-13-14-15-16-17-18-19-20-21-22)	13	0	1	0	1	0
Madonna (Mich.) (2018-19)	2	1	1	0	0	0
Malone (Ohio) (2010)	1	0	0	0	1	0
MidAmerica Nazarene (Kan.) (2016-17-18)	3	0	0	0	0	0
Midway (Ky.) (2020)	1	0	0	0	0	0
Milligan (Tenn.) (2010-11-12-13-14-15-16-17-18-19-20-21-22)	13	1	0	0	0	0
Missouri Baptist (2016)	1	0	0	0	0	0
Montana Tech (2021)	1	0	0	0	0	0
Montana Western (2019)	1	0	0	0	0	0
Montreat (N.C.) (2020-21-22)	3	0	0	0	0	0



## Women's Cross Country Championship All-Time Team Participation - Since 2010

School (Yrs. Participated)	No.	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>
Morningside (Iowa) (2010-11-15-16-20)	5	0	0	0	0	0
Mount Mercy (Iowa) (2015-19-20)	3	0	0	0	0	0
Multnomah (Wash.) (2021)	1	0	0	0	0	0
Northwest Christian (Ore.) (2011-12-13-14-15-16-18)	7	1	1	1	1	0
Northwest (Wash.) (2020)	1	0	0	0	0	0
Oklahoma Baptist (2012-13-14)	3	0	0	0	0	0
Oklahoma City (2013-14-15-16-17-18-19-20-21-22)	10	0	0	1	0	1
Oklahoma Wesleyan (2010)	1	0	0	0	0	0
Olivet Nazarene (Ill.) (2010-11-12-13-14-15-19-20-21-22)	10	0	0	1	0	1
Oregon Tech (2014-15-16-17-18-19-20-21)	8	1	0	0	0	0
Ottawa (Kan.) (2013-14)	2	0	0	0	0	0
Our Lady of the Lake (Texas) (2013-15-16-19-22)	5	0	0	0	0	0
Park (Mo.) (2010-11-12-16)	4	0	0	0	0	0
Point (Ga.) (2014)	1	0	0	0	0	0
Point Park (Pa.) (2015-18-19-22)	4	0	0	0	0	0
Point Loma Nazarene (Calif.) (2010)	1	0	0	0	0	0
Rio Grande (Ohio) (2016)	1	0	0	0	0	0
Roberts Wesleyan (N.Y.) (2011)	1	0	0	0	0	0
Rocky Mountain (Mont.) (2019-21-22)	3	0	0	0	0	0
Saint Francis (Ind.) (2020)	1	0	0	0	0	0
SCAD Atlanta (Ga.) (2015-16-18-19)	4	0	0	1	0	1
SCAD Savannah (Ga.) (2013-14-15-16-17-18-19-21-22)	9	0	0	0	0	0
Shawnee State (Ohio) (2010-11-12-13-14-15-16-17-18-19-20)	11	0	0	0	0	0
Shorter (Ga.) (2011)	1	0	0	0	0	0
Siena Heights (Mich.) (2015)	1	0	0	0	0	0
Simon Fraser (B.C.) (2010)	1	0	0	0	0	1
Simpson (Calif.) (2013-14)	2	0	0	0	0	0
Soka (Calif.) (2012)	1	0	0	0	0	0
Southeastern (Fla.) (2018-19-20-22)	4	0	0	0	0	0
Southern Oregon (2010-14-15-16-17-18-19-21-22)	9	0	0	0	1	0
Southern Wesleyan (S.C.) (2012)	1	0	0	0	0	0
Southwest (N.M.) (2018)	1	0	0	0	0	0
Southwestern (Kan.) (2015)	1	0	0	0	0	0
St. Ambrose (Iowa) (2012-13-14-17-18)	5	0	0	0	0	0
St. Francis (Ill.) (2012-13-14-15-16-17-18-19-20-21-22)	11	1	1	0	1	0
St. Francis (Ind.) (2021)	1	0	0	0	0	0
St. Mary (Kan.) (2014-16-18-20-21-22)	6	0	0	0	0	0
St. Mary (Neb.) (2013-14)	2	0	0	0	0	0
St. Mary-of-the-Woods (Ind.) (2021)	1	0	0	0	0	0
St. Thomas (Fla.) (2018)	1	0	0	0	0	0
St. Xavier (Ill.) (2011-15-16)	3	0	0	0	0	0
Taylor (Ind.) (2013-14-15-16-17-18-19-20-21-22)	10	0	0	2	1	1
Tennessee Wesleyan (2014)	1	0	0	0	0	0
Texas Wesleyan (2011-12-13-14-15)	5	0	0	0	0	0
The Master's (Calif.) (2011-13-14-15-16-17-20-21-22)	9	0	0	0	0	0
Truett McConnell (Ga.) (2022)	1	0	0	0	0	0
Union (Tenn.) (2010)	1	0	0	0	0	0
Vanguard (Calif.) (2018-19-21)	3	0	0	0	0	0
Viterbo (Wis.) (2010-20-22)	3	0	0	0	0	0
Warner Pacific (Ore.) (2019)	1	0	0	0	0	0
Wayland Baptist (Texas) (2010-11-2014-16-17-18)	6	0	1	0	0	0
Westmont (Calif.) (2011-12-13-14-15-16-17-22)	8	0	0	0	0	0
Wiley (Texas) (2014)	1	0	0	0	0	0
William Carey (Miss.) (2021-22)	2	0	0	0	0	0



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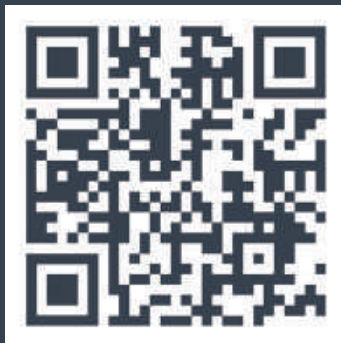
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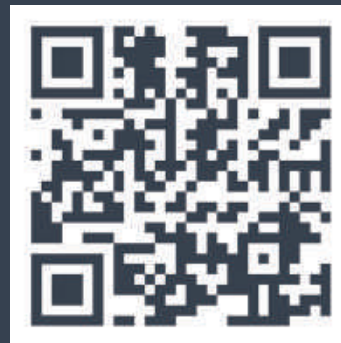
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