

For Immediate Release
 November 11, 2010 ~ Arizona Athletics Media Relations
 Contact: Jeremy Hawkes ~ Office: (520) 621-4163 ~ Cell Phone: (520) 403-0121 ~ Fax: (520) 621-2681
 Email: jhawkes@email.arizona.edu ~ www.arizonawildcats.com

The Week in Arizona Cross Country
NCAA National Championships
Terre Haute, Ind.

Facility: Wabash Family Sports Center
Date: Monday, November 22, 2010
Time: Women 6k - 12:08 p.m. EST
 Men 10k - 12:48 p.m. EST



TERRE HAUTE, Ind.— The first national championship of the 2010-11 season is upon The University of Arizona as the No. 9 women’s cross country team and Stephen Sambu head to Terre Huate, Ind. to take part at the NCAA National Championships on Monday, Nov. 22.

The UA women, who have been ranked in the top-10 by the USTFCCCA for the majority of the season, earned an at-large invite to the event courtesy of posting several impressive finishes over the course of the year. The Wildcats kicked the season off by winning four straight meets, including the Roy Griak Invite hosted by the University of Minnesota, and followed that up with runners-up finishes at the Pre-National Invitational and Pac-10 Championships to build up their resume.

A fourth place finish at the NCAA West Regional Championships was all the team needed to qualify for their second consecutive national championship meet. The women advanced to their first championship appearance in eight years last years and found themselves with a 30th place finish.

A year removed from that meet, the Wildcats return to the same site at the Wabash Family Sports Center with much higher expectations after having proven themselves time and again over the course of the season. They will get one final shot to prove the mettle against the most elite teams in the country come Monday.

Not to be forgotten in the mix is junior college transfer Stephen Sambu from the men’s team, who qualified as an individual competitor in just his first season running Division I cross country. The transfer from Rend Lake College in Illinois has been among the best runners in the country this season, winning the Griak Invite in near-course record fashion and taking a top-five finish at the Pac-10 Championships.

At the NCAA West Regional meet, Sambu competed in his first ever 10,000-meter cross country run and did so to the tune of a runner-up finish. Even more impressive was that he led or was near the front for the majority of the race and lost in a footrace to Portland’s Trevor Dunbar by six hundredths of the second.

This is the second consecutive season that the men have qualified an individual competitor for the NCAA meet. Last year, Mohamud Ige tallied an All-American finish in 38th place. Sambu’s enters the race as a dark horse for an individual top-five finish and could challenge some of the leaders for the all-around title.

The women will kick off the meet with their 6,000-meter championship at 12:08 p.m. EST and the men will follow at 12:48 p.m. Check www.arizonawildcats.com for a full post-meet recap on Monday afternoon.

2010 Cross Country Schedule

<u>Date</u>	<u>Event</u>	<u>Location</u>
9-4	George Kyte Classic	Flagstaff, Ariz.
9-17	Dave Murray Invite	Tucson, Ariz.
9-25	Griak Invite	Minneapolis, Minn.
10-1	ASU Invite	Mesa, Ariz.
10-16	NCAA Pre-Nationals	Terre Haute, Ind.
10-30	Pac-10 Championships	Seattle, Wash.
11-13	NCAA West Regionals	Eugene, Ore.
11-22	NCAA Championships	Terre Haute, Ind.

Wildcat Quick Facts

Location.....Tucson, Ariz.
 Nickname.....Wildcats
 Colors.....Cardinal and Navy
 Conference.....Pacific-10
 Founded.....1885
 Enrollment.....37,000
 President.....Dr. Robert Shelton
 Athletic Director.....Greg Byrne
 2009 NCAA Finish (Women).....30th
 2009 Pac-10 Finish (Women).....5th
 2009 All-American (Men).....Mohamud Ige
 2009 Pac-10 Finish (Men).....8th

Director of Track & Field/Cross Country

Fred Harvey

Cross Country Head Coach

James Li

Assistant Coaches

Erin Dawson

Director of Operations

Dawn Boxley

Track and Field/Cross Country Office Phone

520-621-6719

Track & Field Media Relations Contact

Jeremy Hawkes
 Email.....jhawkes@email.arizona.edu
 Office Phone.....520-621-4163
 Cell Phone.....520-403-0121
 Fax.....520-621-2681

Website

www.arizonawildcats.com



Last Time Out

MEN

SPRINGFIELD, Ore. - The University of Arizona's No. 6 women cross country team's fourth place finish and junior transfer [Stephen Sambu's](#) runner-up finish will send both to the NCAA National Championships a week on Nov. 22 after an exciting day of competition Saturday at the NCAA West Regional Championships in Springfield, Ore.

Sambu ran his first career 10,000-meter cross country race at the Division I level and made it count at the Springfield Country Club, leading down the stretch before getting run down by Portland's Trevor Dunbar at the stripe. The result was a photo finish with Dunbar just edging Sambu by six hundredths of a second and forcing Sambu into second place.

Sambu's final time on the course was 29:57.95 to Dunbar's 29:57.89. Both competitors were about two seconds away from their next closest competitor and nearly 20 seconds ahead of Stanford's Chris Derrick - last year's NCAA runner-up - and his teammates Elliot Heath and Jake Riley on a Cardinal squad that has absolutely dominated this season.

WOMEN

On the women's side, it was another close meet between the four teams that finished within six points of each other at the Pac-10 Championships. The UA women scored 90 points, just four behind Stanford's 86 and only 17 behind overall team champion Washington's 73 points.

Sophomore [Jennifer Bergman](#) led the way for the Wildcats for the second straight weekend, finishing ninth overall in 20:23.13. Freshman [Elvin Kibet](#) continued her amazing first year by finishing 12th overall for Arizona in 20:28.10.

Sophomore [Megan Meyer](#), who has been on of the UA's most consistent runners, was next in 16th place (20:31.44) followed by junior [Hannah Moen](#) in 23rd (20:40.90). All four of those individuals also earned All-West Region honors courtesy of their top-25 finishes.

Sophomore Liz Apgar ran the best race of her career to earn the final points for the Arizona team in a personal best time on a 6,000-meter cross country course of 20:48.82 to finish 30th overall.

Just a Matter of Jenn

Sophomore Jenn Bergman came to Arizona as a highly heralded recruit, having advanced to the finals of the Foot Locker Nationals as a senior. As a freshman, Bergman was arguably the team's number two runner as the season progressed and even led the Wildcats at the NCAA National Meet last season.

Now, as a sophomore, Bergman looked to really be hitting her stride if her performance at the Griak Invitational was any indication. Bergman finished the 6000-meter course 11th overall in 21 minutes, 24 seconds to lead the Wildcat women to their first ever team title at the 25th anniversary of the meet.

She has since gone on to lead the Wildcat squad at both the Pac-10 (7th, 20:15.32) and NCAA West Region Championships (9th, 20:23.13), posting top-10 finishes in both to earn All-Conference and All-Region honors.

2010 USTFCCCA NCAA Division I Cross Country Rankings

Women's Rankings Points

1.)	Villanova	360
2.)	Florida State	343
3.)	Georgetown	329
4.)	Washington	313
5.)	New Mexico	293
6.)	Oregon	292
7.)	Stanford	279
8.)	Colorado	271
9.)	Arizona	264
10.)	Texas Tech	258
11.)	Syracuse	252
12.)	Iowa State	224
13.)	Virginia	218
14.)	Stony Brook	206
15.)	Providence	190
16.)	Michigan State	187
17.)	Michigan	162
18.)	North Carolina	138
19.)	Oklahoma State	122
20.)	Boston College	118
21.)	Duke	117
22.)	Minnesota	111
23.)	Penn State	108
24.)	Texas	98
25.)	Princeton	83

Wildcats In The Rankings

The UA women kicked off the season ranked in the USTFCCCA Coaches' Poll at No. 25 following their first NCAA Championship appearance since 2001. The Wildcats climbed to No. 23 when the first week of rankings following competition came out but dropped to No. 26 after Week 2, despite thoroughly dominating their competition at the Dave Murray Invitational at home, the team's first meet as a whole team.

The drop in rankings was soon forgotten, however, as the squad rocketed to No. 9 following their victory at the Griak Invitational and again to No. 6 after winning the ASU Invitational the following weekend. The women maintained their No. 6 ranking after their second place finish at the Pre-National Invite and continued to stay there after their conference championship performance. This was the highest ranking for the UA women since finishing fourth overall at the NCAA Championships in 2001 and first top 10 rankings since the same season.

After finishing fourth at the NCAA West Regional Championships, the Wildcats only dropped to ninth in the country, giving the Pac-10 four teams in the USTFCCCA Top-10 heading into the national meet.

No Sophomore Slump

The UA women could not have expected anything more from their team last year on a roster that featured over 10 freshmen athletes. In every meet on the season, at least three freshmen scored a point for the squad and they were essential in leading the Wildcats to their first NCAA Championship appearance in nearly a decade.

If the new season is any indication, the impressive freshman year is not giving way to any sophomore slump. Jenn Bergman returns as arguably the team's top runner while Megan Meyer has scored for Arizona in three meets so far. Liz Apgar did her part at the Griak Invitational, picking off several New Mexico athletes to make the win even more dominating and scoring at the Pre-National meet. The sophomores look every bit like the freshmen that put the Wildcats on the map this season to begin with.

Not To Forget The Freshmen....

Even with the impressive showings on the part of the sophomores, it's perhaps the freshmen on the 2010 roster that have made the biggest splash.

Freshmen Elvin Kibet has also scored in every meet this season to date, including a season opening victory for Kibet at the George Kyte Classic in Flagstaff, Ariz.

Amanda Russell, who has scored in all but one race, was a two-time Foot Locker Finalist during her high school year's and Kibet has great distance running in her blood with two sisters competing prominently on the international stage and they look every bit as good as advertised early in the season.

The third freshman of the trifecta, Erin Menefee, has shown her impact as well in scoring for the Wildcats at the Dave Murray Invite and winning the individual title at the ASU Invitational.

Pull Out Your Record Books

The last time the UA women found themselves entering the NCAA Championships ranked ninth in the country (the rank they currently hold), they wound up finishing fourth overall at the NCAA Championships behind the individual title of Tara Chaplin in 2001.

That year was also the last time Arizona was represented in any form - be it an individual or as a team - at the NCAA Championships until last year's upstart group of youngsters led them back to Terre Haute. Arizona returns essentially every part of the squad and then some this year.

Moen Them Down

UA junior Hannah Moen struggled for much of the last cross country season with injury and never truly got to the form many expected after her exceptional freshman campaign.

Moen made her return to the cross country scene in style this season though, running down ASU's Lindsay Prescott down the stretch of the Dave Murray Invitational in Tucson to win the meet and lead her team to it's second victory in as many years in the event.

Moen also led the Wildcats at the Pre-National Meet with her 11th place finish.

Give Due to Sambu

Much ado is made about big recruiting pick ups in college basketball or football, but for Arizona the most important new addition to the athletic program could very well be junior college transfer Stephen Sambu.

An absolute beast at the junior college level, Sambu brings back memories of some of the great Wildcat distance runners of the past and has shown he can live up to the hype as well, winning both the Dave Murray Invite and the Griak Invitational individual titles.

His time at the Griak was just shy of a course record, high praise seeing as it's played host to some of the great distance runners of the past 25 years.

More on Sambu

If anyone had failed to notice Sambu before the season started, his performance at the Griak sure turned some heads. Following the meet, flotrack.org—one of the leading providers of all news track and field/cross country - named Sambu as their sleeper on the men's side of competition to win the individual national title.

More Flotrack Love

On top of naming Sambu as their men's individual sleeper, the site also listed the Arizona women as a team to watch to take home the overall team championship award at this year's National Championships.

A Triple Dose of the Flotrack Love Potion

Flotrack seems to have become quite fond of the UA squad, and features them on Oct. 27 in the weekly team segment, covering the UA women taking part in one of the daily workouts. The video can be found on their website.

Impressive Streak

Up until the Pre-National meet, the UA women had won all four meets they had taken part in up to that point, including the Griak Invite, the Dave Murray Invite, the George Kyte Classic and the ASU Invite.

With back-to-back runner-up finishes at the Pre-National Meet and Pac-10 Championships, the UA women have yet to finish worse than second at any meet this season.

Women Not Alone

The women's streak is impressive, but it's hard to judge it as being more exceptional than the pace Sambu has set in his collegiate career.

Sambu did not lose a single meet to a collegiate competitor while at Rend Lake Community College, winning more individual national titles in the process than most teams will see in a decade. That streak encompassed both his cross country and track and field schedule and he has kept it going as a Wildcat, winning the Dave Murray Invite and the Griak in his first two Division I appearance.

Though Sambu finished fifth at the conference championships, he stuck with last year's NCAA runner-up in Elliot Heath of Stanford for the majority of the race and performed exceptionally considering he had missed several weeks of practice time before entering the meet.

Not to Beleaguer The Point...

It should be noted that Sambu's NCAA West Regional runner-up finish came in his first ever collegiate 10,000-meter cross country race. And he lost to an by only six-hundredths of a second to a Junior World Champion in the 5,000-meters. The result may not have been what Sambu was looking for, but he sent him to the national meet and gives him another chance against the most elite runners in the country to see if he can improve upon the result.

Pac-10 Tidbits

One interesting thing to note on the women's side is that, in the history of the Pac-10 Championships, only three teams in the conference have won the team title: Oregon (7), Washington (3) and with their win at this year's meet, Stanford leads the way with 15 victories.

On the same token, no team outside of Arizona State (7) has finished second in the meet more times than Arizona, who now has five runner-up finishes in the 24-year history of the event.

UA head Coach James Li has often said that winning the conference is pretty much equivalent to winning the national championship and he is not far off. Five of the past nine National Championships teams have come from the Pac-10 and all won the conference crown as well.

Despite the conference's dominance of cross country team competition, only two Pac-10 athletes have ever been able to claim the individual national title and both were Wildcats. Amy Skieresz accomplished the feat in 1996 and Tara Chaplin did the same in 2001.

Oddly enough, despite the UA women's strong season last year, they had not cracked the top-5 at the conference meet since 2001 when they also finished second. On the flip side of that statistic, the UA team had not finished below fifth in a meet from 1988 up until that 2001 season.

The Arizona men have won the event seven times since the 1969 season, most recently in 1999 and have posted eight conference champions in that time. Robert Cheret was the most recent victory, winning back-to-back in 2004 and 2005.

On to the Regional

The Wildcats ended a whole host of obnoxious streaks at the Pac-10 meet and will end another at the NCAA West Regional as well. The women had finished no better than fifth at the meet since 2001—a fifth place finish at last year's meet being the only saving grace since the team finished as the runner-up at the 2001 Regional Championships. This year's fourth-place finish gave the squad their best finish since that 2001 season.

More Regional Tidbits

The regional meet was not interesting to watch for the UA women, but also to see how Stephen Sambu does in his first ever 10,000-meter cross country championship race. While undefeated at the distance on the track—the junior college circuit only features an 8,000-meter cross country championship run—Sambu's runner up finish guaranteed he wouldn't stay perfect at the distance in college. However, a six hundredths of a second runner-up finish to one of the top young athletes in the nation is certainly nothing to scoff at for your first race.

Pac-10 Madness

The women helped make the final Pac-10 Championships before the conference expands to 12 teams a memorable one, with the top four teams finishing within 6 points of each other.

The Stanford women took home their 15th team title at the meet with a total of just 62 points, edging the Wildcats who finish with 65 points who just edged the Oregon and Washington women who tied with 68 points.

It was just the second time in conference history that four teams finished with less than 70 points and marked the closest margin of victory for the Pac-10 meet in history—mark that was previous held by Arizona as well when they fell to Oregon by just five points in 1995.

Sophomore Jenn Bergman led the way for Arizona again, coming home in seventh place in 20:15.32, her second time pacing the Wildcats this season.

Freshman Elvin Kibet (11), sophomore Megan Meyer (12) and junior Hannah Moen (13) finished back-to-back-to-back to join Bergman in earning All-Conference honors. Freshman Amanda Russell finished 22nd overall to cap the Arizona scoring. All five women ran person best on the course and ran under 21 minutes.

On the men's side, junior transfer Stephen Sambu stuck with the leaders from Stanford for the majority of the race, only falling off pace a bit at the end. Still, against the stiffest competition he has faced in his career, Sambu finished fifth overall and—maybe more important—now knows what it takes to take on the big guns.

Pre-National Battle

The No. 6 UA women duked it out with No. 3 Florida State in the Blue Section of the Pre-National Invite in Terre Haute, Ind. The 13-point spread was small enough that UA head coach James Lie felt the flip flop of a couple positions could have led to an Arizona victory.

Junior Hannah Moen led the way for the women with an 11th place finish in 20:36. Freshman Elvin Kibet (20th) scored by being the second athlete across the line for Arizona and has scored in every meet this season for the Wildcats as have sophomore Jenn Bergman (21st) and Moen. Arizona was the only team in the competition to place four athletes in the top 25 and it was the best finish by an Arizona team (men or women) at the event in the school's meet history.

They Don't Just Run Well

Running fast isn't the only exceptional thing the UA cross country team does well. The Pac-10 Conference released its All-Academic teams on Nov. 18 and seven Wildcats earned honors as announced by commissioner Larry Scott.

Senior Jordan Mara (3.73 GPA, Marketing) and sophomore Megan Meyer (4.0 GPA, Nutrition) both earned first-team honors for Arizona. For Mara, it was his third straight Pac-10 cross country All-Academic honor and the first for Meyer.

Sophomore Rory McLeod (3.81, Pre-Business) earned second-team honors for the men while James Eichberger, Noe Ramirez, Maggie Callahan and Hannah Moen all earned Honorable Mentions.

Running in The Family

Freshman Elvin Kibet is no stranger to successful running. Her two older sisters have seen quite the careers on the international running circuit. Sylvia Kibet was the silver medalist at the World Championships in Berlin last year in the 5000-meters and finished fourth in the event at the 2008 Olympic Games in Beijing. She also holds the Kenyan indoor records in the 1500-meters and 3000-meters.

Elvin's other older sister, Hilda, is also quite the accomplished runner. Hilda is one of the top half-marathon and 10k racers in the world and has finished in the top 10 at the World Cross Country Championships the last three years.

Elvin has been one of the most impressive members of the UA team this year, scoring in every meet. What's more interesting about Ms. Kibet, however, is the fact that she had *never* run a true cross country race in her life, let alone on American soil until the George Kyte Classic to kick off the 2010 season—an event she won.

Russell and Flow

Freshman Amanda Russell has wasted no time making a name for herself since arriving on campus at Arizona. It could be reasonable to expect a year or two to expect results from a talented first-year athlete, but not for the Cedar Park, Tex., native.

Russell has scored for the Wildcats in all but two races this season, including the Pac-10 Championships where she finished 22nd overall in a career best time of 20:38.25.

During her high school career, Russell was a two-time Foot Locker finalist and accumulated all sorts of other accolades for Vista Ridge High School so it's not entirely surprising to see her post such impressive results but it is certainly a relief that there has seemed to be little drop-off from her performance in high school.

The Swag of Mag

Maggie Callahan is the lone senior on the 2010 UA roster and has been among the top seven runners for the squad for the entire year. Callahan had no choice but to assume a leadership role as a junior last season as the lone upper classman on the roster and answered the call to the tune of leading the Wildcats the entire season and earning All-Conference and All-Region honors.

While the 2010 season has not quite equaled the success of her junior year, Callahan is still the senior leader of the team and a veteran that the younger athletes on the team can look up too.

If a couple position had switched around at the Pac-10 Championships and led to a tie for first place between Arizona and Stanford, the race would have been decided by Callahan who crossed the line fractions of a second before the sixth Stanford runner.

All that being said, you can not discount experience in a race like the NCAA Championships and Callahan could very well provide a much-needed spark for Arizona to push the women over the top.

Meyer Under the Radar...Again

If you want to talk about an athlete who has made a career of flying under the radar, it is UA sophomore Megan Meyer. Coming out of high school as a huge question mark, Meyer didn't even make it to Arizona's travel team until the NCAA Regional Meet last season. Her point-scoring finish perhaps saved Arizona's chances of advancing to the NCAA Championships.

Since then? She only went on to run one of the fastest junior 10,000-meter times in the *world* during the track season and the third fastest in Arizona history behind only the legendary Amy Skieresz and Tara Chaplin and advanced to first round of the NCAA Championships in the event. Meyer also ran one of the top-10 fastest 5,000-meter times in school history.

Diamond in the rough may be a bit of an overstatement as Meyer certainly showed flashes of brilliance in high school but few may have expected the sort of output she has given the Wildcats over the past year. The soft-spoken youngster has quietly been one of the staples during the Wildcats' current season, scoring in every meet 6,000-meter meet. Meyer finished in 12th place at the Pac-10 Championships, earning All-Conference honors and backed that up with a 16th place, All-Region finish at the NCAA West Regional Championships last weekend and has been one of the most consistent members of the team in her short time as a Wildcat.

Liz Takin' Care of Biz

Last year, Liz Apgar made a name for herself as a freshman as the team's most consistent runner outside of No. 1 runner Maggie Callahan. Apgar pieced together the longest streak of point-scoring finishes for the Wildcats outside of Callahan and has continued to plug in nicely as a sophomore.

Apgar ran the best race of her life at the NCAA West Regional, finishing 30th overall in 20:48.82 and scoring the final points for Arizona. This followed her career previous best run at the Pac-10 Championships just two weeks earlier. Despite her prowess as a middle distance runner on the track, Apgar has certainly proven her mettle as an impressive cross country runner during her short time at Arizona.

Griak Surprise

The UA women entered the Griak Invitational last month in Minneapolis, Minn., ranked behind four other teams and not given too much thought as far as a run at the team title was concerned. The women handled any naysayers in style, however, and proved that rankings mean nothing as they dominated the competition en route to their first team title in the event.

Jenn Bergman and Hannah Moen led five Arizona athletes in the top 25, the only team to do so, to help win the 6000-meter event and give the Wildcats what has to be considered their most impressive team victory in nearly a decade.

Ready for Track Season?

With all the talk about the current run of the UA women's cross country team, it's easy to forget the huge season Arizona has ready to get set on the track beginning in just two months. The Wildcats will host the final Pac-10 Conference Championships right at Roy P. Drachman Stadium in May and will look to be a contender in many events on both the men's and women's sides.

For more information on the progress and going on's with the 2011 team, be sure to check out the track and field page on arizonawildcats.com each Wednesday to see episodes of "Tracking the Cats". Head coach Fred Harvey sits down with UA track and field SID Jeremy Hawkes and a myriad of guests to talk about all the makings of a Division I track and field program and if you want your information straight from the source, then that's the place to get it.

In an effort to maintain the interactive nature of the show, Coach Harvey hopes that all guests that have any questions about the UA track and field program to feel free to forward those questions to Jeremy Hawkes (jhawkes@email.arizona.edu) each week and Coach will answer them on his show the following week.

2010 Arizona Team/Individual Finishes (Only Point Scorers Listed)

2010 Men's Cross Country Results

George Kyte Classic

Buffalo Park—Flagstaff, Ariz.

8,000-meters

2nd Place

1. Patrick Zacharias, 26:21.0
7. Ryan Clark, 27:41.7
8. Michael Brondello, 27:42.1
9. Rory McLeod, 27:52.3
17. Noe Ramirez, 28:28.5

Dave Murray Invitational

Dell Urich Golf Course—Tucson, Ariz.

4.25 Miles

2nd Place

1. Stephen Sambu, 20:08.52
6. Patrick Zacharias, 21:41.14
9. Noe Ramirez, 22:01.73
10. Jordan Mara, 22:05.54
14. James Eichberger, 22:35.29

Griak Invitational

Les Bolstad Golf Course—Minneapolis, Minn.

8,000-meters

14th Place

1. Stephen Sambu, 23:41
89. Noe Ramirez, 26:06
90. Patrick Zacharias, 26:08
105. Jordan Mara, 26:26
107. Michael Brondello, 26:38

ASU Invite

Toka Sticks Golf Course—Mesa, Ariz.

3 miles

1st place

2. James Eichberger, 15:19.0
3. Abdi Hassan, 15:22.9
4. Noe Ramirez, 15:25.2
5. Jordan Mara, 15:27.2
6. Patrick Zacharias, 15:28.2

Pre National Invite

Wabash Family Sports Center—Terre Haute, Ind.

8,000-meters

34th Place

114. Abdi Hassan, 25:02.0
186. Patrick Zacharias, 25:54.6
196. Noe Ramirez, 26:04.3
209. Jordan Mara, 26:25.2
220. James Eichberger, 26:54.2

Pac-10 Championships

Jefferson Golf Course—Seattle, Wash.

8,000-meters

8th Place

5. Stephen Sambu, 23:07.77
42. Abdi Hassan, 24:44.68
48. Noe Ramirez, 25:04.87
49. James Eichberger, 25:08.90
51. Patrick Zacharias, 25:11.33

2010 Women's Cross Country Results

George Kyte Classic

Buffalo Park—Flagstaff, Ariz.

5,000-meters

1st Place

1. Elvin Kibet, 17:24.1
2. Elizabeth Apgar, 18:15.9
3. Melanie McGrath, 18:32.3
8. Kat Howard, 18:58.2
11. Christina Rodgers, 19:18.7

Dave Murray Invitational

Dell Urich Golf Course—Tucson, Ariz.

3 Miles

1st Place

1. Hannah Moen, 16:56.65
3. Jenn Bergman, 17:08.67
4. Elvin Kibet, 17:19.13
5. Amanda Russell, 17:21.20
6. Erin Menefee, 17:26.11

Griak Invitational

Les Bolstad Golf Course—Minneapolis, Minn.

6,000-meters

1st Place

11. Jenn Bergman, 21:24
12. Hannah Moen, 21:26
14. Elvin Kibet, 21:28
15. Megan Meyer, 21:29
24. Amanda Russell, 21:43

ASU Invite

Toka Sticks Golf Course—Mesa, Ariz.

3 miles

1st place

1. Erin Menefee, 17:56.4
2. Hanna Henson, 18:03.9
5. Kat Howard, 19:01.5
7. Christina Rodgers, 19:21.8
10. Deanna Sullivan, 20:13.6

Pre National Invite

Wabash Family Sports Center—Terre Haute, Ind.

6,000-meters

2nd Place

11. Hannah Moen, 20:36.9
20. Elvin Kibet, 20:45.9
21. Jenn Bergman, 20:46.4
25. Megan Meyer, 20:49.0
51. Liz Apgar, 21:16.9

Pac-10 Championships

Jefferson Golf Course—Seattle, Wash.

6,000-meters

2nd Place

7. Jenn Bergman, 20:15.32
11. Elvin Kibet, 20:25.28
12. Megan Myer, 20:29.23
13. Hannah Moen, 20:29.32
22. Amanda Russell, 20:38.25