



2009 MEN'S CROSS COUNTRY BEST TIMES (AS OF 10/20/09)

6K

Name (Cl.)	School	Meet	Date	Time
Zachary Nordahl (Sr.)	AFA	UCCS Rustbuster Invite	9/4/09	19:08.65
James Walmsley (So.)	AFA	UCCS Rustbuster Invite	9/4/09	19:23.21
Justin Tyner (Jr.)	AFA	UCCS Rustbuster Invite	9/4/09	19:25.28
Jonathan Rock (So.)	AFA	UCCS Rustbuster Invite	9/4/09	19:40.21
Alex Zubey (So.)	AFA	UCCS Rustbuster Invite	9/4/09	20:05.25
Andy Schweitzer (Sr.)	AFA	UCCS Rustbuster Invite	9/4/09	20:08.67
Austin Fritzke (Sr.)	AFA	UCCS Rustbuster Invite	9/4/09	20:15.90
Tyler Small (Jr.)	AFA	UCCS Rustbuster Invite	9/4/09	20:20.62
Ryan Del Grosso (So.)	AFA	UCCS Rustbuster Invite	9/4/09	20:26.78
Mathew Cain (So.)	AFA	UCCS Rustbuster Invite	9/4/09	20:50.41
Jeremy Drenckhahn (Fr.)	AFA	UCCS Rustbuster Invite	9/4/09	20:52.52
Nick White (So.)	AFA	UCCS Rustbuster Invite	9/4/09	20:57.09
Andrew Quallio (Fr.)	AFA	UCCS Rustbuster Invite	9/4/09	21:05.07
Cory Johnson (Fr.)	AFA	UCCS Rustbuster Invite	9/4/09	21:15.00
Seth Pelletier (Fr.)	AFA	UCCS Rustbuster Invite	9/4/09	21:20.51
Zak Boston (Fr.)	AFA	UCCS Rustbuster Invite	9/4/09	21:39.83
Ted Artz (Fr.)	AFA	UCCS Rustbuster Invite	9/4/09	22:00.77
Chris Espinosa (Fr.)	AFA	UCCS Rustbuster Invite	9/4/09	22:38.19
Cameron Edwards (Fr.)	AFA	UCCS Rustbuster Invite	9/4/09	22:39.18

8K

Name (Cl.)	School	Meet	Date	Time
Miles Batty (So.)	BYU	Bill Dellinger Invitational	10/2/09	23:39.61
Jacob Kirwa (Sr.)	UNM	Notre Dame Invitational	10/2/09	23:44.00
Tommy Gruenewald (So.)	BYU	Bill Dellinger Invitational	10/2/09	23:57.06
Brandon Hebbert (Sr.)	BYU	Bill Dellinger Invitational	10/2/09	23:58.68
Richard Nelson (Sr.)	BYU	Bill Dellinger Invitational	10/2/09	23:59.32
Nate Ogden (Jr.)	BYU	UC Riverside Invitational	9/19/09	24:05.20
Jeremy Freed (Sr.)	CSU	Bill Dellinger Invitational	10/2/09	24:05.61
Alden Bahr (So.)	BYU	Bill Dellinger Invitational	10/2/09	24:08.48
Ryan Merriman (Sr.)	BYU	UC Riverside Invitational	9/19/09	24:11.60
Justin Tyner (Jr.)	AFA	Pre-Nationals	10/17/09	24:16.60
Chris Barnicle (Sr.)	UNM	Notre Dame Invitational	10/2/09	24:21.00
Jon Kotter (Jr.)	BYU	UC Riverside Invitational	9/19/09	24:23.70
David Bishop (Sr.)	UNM	Notre Dame Invitational	10/2/09	24:24.00
Daniel Wallis (Jr.)	CSU	Bill Dellinger Invitational	10/2/09	24:27.17
James Walmsley (So.)	AFA	Pre-Nationals	10/17/09	24:28.50
Ross Millington (Fr.)	UNM	Notre Dame Invitational	10/2/09	24:34.00
Travis Fuller (So.)	BYU	Bill Dellinger Invitational	10/2/09	24:35.27
Spenser Lynass (Fr.)	CSU	Bill Dellinger Invitational	10/2/09	24:43.90
Rory Fraser (Sr.)	UNM	Notre Dame Invitational	10/2/09	24:46.00
Dylan Shawhan (Fr.)	BYU	UC Riverside Invitational	9/19/09	24:46.20
Keith Gerrard (Jr.)	UNM	Pre-Nationals	10/17/09	24:48.70
Jonathan Nelson (Fr.)	BYU	Bill Dellinger Invitational	10/2/09	24:49.21
Zach Nordahl (Sr.)	AFA	Pre-Nationals	10/17/09	24:50.00

Robert Harrison (Sr.)	BYU	UC Riverside Invitational	9/19/09	24:59.50
Jonathan Rock (So.)	AFA	Pre-Nationals	10/17/09	25:00.10

10K

Name (Cl.)	School	Meet	Date	Time
Taylor Kelting (So.)	WYO	Chile Pepper Invitational	10/17/09	31:55.33
Louie Tijernia (So.)	TCU	Chile Pepper Invitational	10/17/09	32:50.49
Ryan Griesbach (So.)	WYO	Chile Pepper Invitational	10/17/09	32:53.87
Nik Deininger (So.)	WYO	Chile Pepper Invitational	10/17/09	32:55.67
Dave Emerson (Fr.)	TCU	Chile Pepper Invitational	10/17/09	33:35.63
Sean Wilde (So.)	WYO	Chile Pepper Invitational	10/17/09	33:37.44
Doug Moore (Fr.)	TCU	Chile Pepper Invitational	10/17/09	34:00.02
Ryan Dalrymple (Jr.)	TCU	Chile Pepper Invitational	10/17/09	34:06.16
Holden Hollingsworth (Jr.)	TCU	Chile Pepper Invitational	10/17/09	34:07.97
Tim Wang (Fr.)	TCU	Chile Pepper Invitational	10/17/09	34:37.22
Tyler Gifford (Fr.)	WYO	Chile Pepper Invitational	10/17/09	34:39.30
Richard Borchardt (Fr.)	TCU	Chile Pepper Invitational	10/17/09	35:43.78



2009 WOMEN'S CROSS COUNTRY BEST TIMES (AS OF 10/20/09)

4K

Name (Cl.)	School	Meet	Date	Time
Ellie Rastall (So.)	CSU	Wyoming Invitational	9/4/09	14:30.30
Nicole Peters (So.)	CSU	Wyoming Invitational	9/4/09	14:59.60
Kristen Hemphill (Sr.)	CSU	Wyoming Invitational	9/4/09	15:21.20
Ally Romanko (Sr.)	AFA	UCCS Rustbuster Invite	9/4/09	15:29.02
Katie Anderson (Sr.)	AFA	UCCS Rustbuster Invite	9/4/09	15:31.74
Elyse Willard (So.)	AFA	UCCS Rustbuster Invite	9/4/09	15:33.30
Katie Lynch (Sr.)	AFA	UCCS Rustbuster Invite	9/4/09	15:35.67
Kendra Gerk (So.)	CSU	Wyoming Invitational	9/4/09	15:37.20
Aurielee Fain (So.)	AFA	UCCS Rustbuster Invite	9/4/09	15:37.39
Alysha Davis (Jr.)	WYO	Wyoming Invitational	9/4/09	15:38.10
Katherine Ward (Jr.)	AFA	UCCS Rustbuster Invite	9/4/09	15:38.59
Sarah Heuer (Fr.)	CSU	Wyoming Invitational	9/4/09	15:39.40
Jennifer Bremser (Fr.)	AFA	UCCS Rustbuster Invite	9/4/09	15:44.93
Emily Byra (Jr.)	WYO	Wyoming Invitational	9/4/09	15:45.40
Michelle Dettmann (So.)	CSU	Wyoming Invitational	9/4/09	15:49.60
Francis Gipson (Jr.)	WYO	Wyoming Invitational	9/4/09	15:56.40
Katie Carroll (So.)	AFA	UCCS Rustbuster Invite	9/4/09	16:10.34
Phaelen French (So.)	AFA	UCCS Rustbuster Invite	9/4/09	16:13.16
Meghan Prinkey (So.)	AFA	UCCS Rustbuster Invite	9/4/09	16:17.69
Morgan Mosby (Fr.)	AFA	UCCS Rustbuster Invite	9/4/09	16:20.06
Brittany Lee (Jr.)	CSU	Wyoming Invitational	9/4/09	16:20.60
Alexa Ramsier (So.)	AFA	UCCS Rustbuster Invite	9/4/09	16:20.91
Whitney Beck (Jr.)	AFA	UCCS Rustbuster Invite	9/4/09	16:27.62
Brittany Morreale (Sr.)	AFA	UCCS Rustbuster Invite	9/4/09	16:30.14
Dominique Amor (Fr.)	AFA	UCCS Rustbuster Invite	9/4/09	16:31.63

5K

Name (Cl.)	School	Meet	Date	Time
Cecily Lemmon Lew (Jr.)	BYU	UC Riverside Invitational	9/19/09	16:32.80
Ruth Senior (Jr.)	UNM	Notre Dame Invitational	10/2/09	17:03.00
Nicky Archer (Sr.)	UNM	Notre Dame Invitational	10/2/09	17:09.00
Ellie Rastall (So.)	CSU	Bill Dellinger Invitational	10/2/09	17:22.11
Ashley Gibson (Sr.)	UNM	Notre Dame Invitational	10/2/09	17:23.00
Nicole Peters (So.)	CSU	Bill Dellinger Invitational	10/2/09	17:23.84
Lacey Oeding (So.)	UNM	Notre Dame Invitational	10/2/09	17:24.00
Katy Andrews (So.)	BYU	Wisconsin Invitational	10/3/09	17:26.20
Sarah Heuer (Fr.)	CSU	Bill Dellinger Invitational	10/2/09	17:34.12
Sarah Edwards (Fr.)	BYU	Wisconsin Invitational	10/3/09	17:36.90
Kristen Hemphill (Sr.)	CSU	Bill Dellinger Invitational	10/2/09	17:39.21
Michelle Dettmann (So.)	CSU	Bill Dellinger Invitational	10/2/09	17:41.91
Michaelanne Laurent (Fr.)	BYU	UC Riverside Invitational	9/19/09	17:44.10
Ashlee Thomas (Fr.)	BYU	UC Riverside Invitational	9/19/09	17:46.50
Sarah Hansen Frey (Sr.)	BYU	UC Riverside Invitational	9/19/09	17:48.30
Angela Wagner (Sr.)	BYU	Wisconsin Invitational	10/3/09	17:50.70

Katie Swanson (Fr.)	BYU	UC Riverside Invitational	9/19/09	17:50.80
Janna Mitsos (Fr.)	UNM	Notre Dame Invitational	10/2/09	17:51.00
Lacey Cramer (So.)	BYU	Wisconsin Invitational	10/3/09	17:53.20
Vanessa Ortiz (Jr.)	UNM	Notre Dame Invitational	10/2/09	17:54.00
Delyth James (Jr.)	UNM	Notre Dame Invitational	10/2/09	17:59.00
Laura Bowerman (Sr.)	UNM	Lobo XC Invitational	9/5/09	18:04.17
Aliese Willard (Fr.)	CSU	Bill Dellinger Invitational	10/2/09	18:06.75
Kendra Christensen (Fr.)	BYU	UC Riverside Invitational	9/19/09	18:10.10
Lindsey Sowards (Fr.)	BYU	UC Riverside Invitational	9/19/09	18:13.40
Rachel Williams (Sr.)	SDSU	Northridge Invitational	10/16/09	18:15.82

6K

Name (Cl.)	School	Meet	Date	Time
Cecily Lemmon Lew (Jr.)	BYU	Chile Pepper Invitational	10/17/09	20:32.56
Ruth Senior (Jr.)	UNM	Pre-Nationals	10/17/09	21:23.70
Angela Wagner (Sr.)	BYU	Chile Pepper Invitational	10/17/09	21:29.31
Ellie Rastall (So.)	CSU	Pre-Nationals	10/17/09	21:32.80
Lacey Oeding (So.)	UNM	Pre-Nationals	10/17/09	21:34.00
Sarah Edwards (Fr.)	BYU	Chile Pepper Invitational	10/17/09	21:39.54
Nicky Archer (Sr.)	UNM	Pre-Nationals	10/17/09	21:39.70
Ashley Gibson (Sr.)	UNM	Pre-Nationals	10/17/09	21:39.90
Nicole Nielsen (Fr.)	BYU	Chile Pepper Invitational	10/17/09	21:40.64
Rachel Lange (So.)	BYU	Chile Pepper Invitational	10/17/09	21:47.70
Delyth James (Jr.)	UNM	Pre-Nationals	10/17/09	21:51.80
Sarah Heuer (Fr.)	CSU	Pre-Nationals	10/17/09	22:00.50
Kristen Hemphill (Sr.)	CSU	Pre-Nationals	10/17/09	22:01.50
Nicole Peters (So.)	CSU	Pre-Nationals	10/17/09	22:03.40
Amanda Mergaert (Fr.)	Utah	Chile Pepper Invitational	10/17/09	22:07.47
Lacey Cramer (So.)	BYU	Chile Pepper Invitational	10/17/09	22:08.79
Sarah Yingling (Fr.)	BYU	Chile Pepper Invitational	10/17/09	22:11.79
Aliese Willard (Fr.)	CSU	Pre-Nationals	10/17/09	22:19.40
Carolyn Boosey (Sr.)	UNM	Pre-Nationals	10/17/09	22:20.20
Agnes Kemboi (Fr.)	TCU	Chile Pepper Invitational	10/17/09	22:21.55
Alison Romanko (Sr.)	AFA	Pre-Nationals	10/17/09	22:24.10
Alysha Davis (Jr.)	WYO	Chile Pepper Invitational	10/17/09	22:25.00
Michaelanne Laurent (Fr.)	BYU	Chile Pepper Invitational	10/17/09	22:26.81
Auriele Fain (So.)	AFA	Pre-Nationals	10/17/09	22:27.20
Katie Lynch (Sr.)	AFA	Pre-Nationals	10/17/09	22:34.80