



# 2009 BIG SKY CROSS COUNTRY

Big Sky Teams Gear Up for Regional Races

November 3, 2009

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UPCOMING RACES IN BIG SKY CROSS COUNTRY			
<u>Date</u>	<u>Sky Teams</u>	<u>Competing Meet</u>	<u>Location</u>
Nov. 14th	Weber State Idaho State Montana Montana State Northern Colorado Northern Arizona	NCAA Mountain Regional	Albuquerque, N.M.
Nov. 14th	Sacramento State Eastern Washington Portland State	NCAA West Regional	Eugene, Ore.
Nov. 24th	All Teams	NCAA National Championship	Terre Haute, Ind.

## ACROSS THE SKY

**Greeley, Colo (October 31, 2009)** -The Northern Arizona cross country teams captured the Big Sky Conference XC crown for the third consecutive year. The task was not easy as the field had to deal with frigid temperatures and muddy conditions. Junior David McNeill and senior Veronica Pohl captured the individual titles once again for the Lumberjacks, as the duo accomplished the same feat in 2008.

The battle for second-place was hotly contested in both the women's and men's races. The Montana State men were able to hold off in-state rival the University of Montana by eight points, and the Weber State women also held off the Grizzlies to capture second place.

The top 10 finishers in each race represent the Big Sky All-Conference teams. Northern Arizona was able to place five women and seven men on the respective teams.

### Men's 2009 Big Sky All-Conference Team

1. David McNeill - Northern Arizona University 24:35.8
2. Jordan Chipangam - Northern Arizona University 25:31.8
3. Ben Ashkettle - Northern Arizona University 25:32.9
4. Nick Atwood - Montana State University 25:46.3
5. Lynn Reynolds - University of Montana 25:49.0
6. Jason Pedersen - Northern Arizona University 25:51.5
7. Kameron Holbrook - Northern Arizona University 25:54.7
8. Andrew Belus - Northern Arizona University 25:58.6
9. Patrick Casey - Montana State University 26:03.0
10. Ahmed Osman - Northern Arizona University 26:11.6

### Women's 2009 Big Sky All-Conference Team

1. Veronica Pohl - Northern Arizona University 19:04.7
2. Kortnee Burton - Northern Arizona University 19:27.6
3. Katrina Drennen - University of Montana 19:29.1
4. Sarah Callister - Weber State University 19:36.8
5. Laken Skidmore - Weber State University 19:52.1
6. Haley Lawrence - Northern Arizona University 19:54.9
7. Kesslee Payne - University of Montana 20:02.8
8. Renisha Robinson - Sacramento State 20:02.8
9. Nell Rojas - Northern Arizona University 20:07.5
10. Astrid Leutert - Northern Arizona University 20:07.5

### 21st Century Big Sky XC Champions

Men			
Year	Team Champion	Individual Champion	Time
2009	Northern Arizona	David McNeill - NAU	24:35.8 (8K)
2008	Northern Arizona	David McNeill - NAU	22:20.0 (8K)
2007	Northern Arizona	Lopez Lomong - NAU	23:51.2 (8K)
2006	Weber State	Lopez Lomong - NAU	23:27.1 (8K)
2005	Northern Arizona	Jon Cardenas - NAU	25:07.5 (5 Miles)
2004	Northern Arizona	Nate Long - WSU	24:15 (5 Miles)
2003	Northern Arizona	Travis Laird - NAU	25:24 (8K)
2002	Montana State	Casey Jermyn - MSU	24:53.6 (8K)
2001	Northern Arizona	Henrik Ahnstrom - NAU	24:56 (8K)
2000	Northern Arizona	Kevin Koeper - NAU	24:23.86 (8K)

Women			
Year	Team Champion	Individual Champion	Time
2009	Northern Arizona	Veronica Pohl - NAU	19:04.7
2008	Northern Arizona	Veronica Pohl - NAU	17:03.1
2007	Northern Arizona	Sariah Long - WSU	17:13.9
2006	Weber State	Nicole Gueldemeister - NAU	17:14.6
2005	Northern Arizona	Johanna Nilsson - NAU	17:28.7
2004	Northern Arizona	Ida Nilsson - NAU	16:46
2003	Northern Arizona	Ida Nilsson - NAU	16:46
2002	Northern Arizona	Ida Nilsson - NAU	18:16.1
2001	Northern Arizona	Ida Nilsson - NAU	17:29.0
2000	Weber State	Sabrina Monro - UM	17:07.22



# BIG SKY CROSS COUNTRY CONTACTS

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## Athletic Web Sites

**Eastern Washington**  
www.goeags.com

**Idaho State**  
www.isubengals.com

**Montana**  
www.montanagrizzlies.com

**Montana State**  
www.msubobcats.com

**Northern Arizona**  
www.nauathletics.com

**Northern Colorado**  
www.uncbears.com

**Portland State**  
www.goviks.com

**Sacramento State**  
www.hornetsports.com

**Weber State**  
www.weberstatesports.com



## Big Sky TV & B2 Networks

The Big Sky Conference has signed a multiyear contract with B2 Networks to serve as the new distributor of Big Sky TV.

Big Sky TV, the league's comprehensive video streaming package, is entering its fourth season of operation. Big Sky TV video streams all football, volleyball and men's and women's basketball games played in Big Sky venues. For the second straight season, the service will be free to viewers.

## Big Sky Conference Weekly Release

The Big Sky Conference media relations department produces a weekly cross country release every Tuesday during the season. Media can receive the releases as a PDF document via email by contacting Tanner Gooch at 801.392.1978 ext.17 or email at tgooch@bigskyconference.org. Standings, statistics and notes are also available on the Big Sky web site at www.bigskyconf.com.

## Internet

The official website of the Big Sky Conference can be accessed by visiting www.bigskyconf.com. Weekly game notes, news releases and standings are updated on the website.

## 2008 Big Sky Cross Country Championship Team Results

### Women's Results

1. Northern Arizona	31
2. Sacramento State	59
3. Weber State	63
4. Idaho State	107
5. Montana	121
6. Montana State	134
7. Eastern Washington	206
8. Portland State	214
9. Northern Colorado	221

### Men's Results

1. Northern Arizona	19
2. Weber State	65
3. Eastern Washington	105
4. Montana	108
5. Montana State	119
6. Sacramento State	137
7. Idaho State	184
8. Portland State	238
9. Northern Colorado	256



# VERSUS™

## VERSUS TO TELEVISION NCAA DIVISION I CROSS COUNTRY CHAMPIONSHIPS LIVE

**INDIANAPOLIS---** The 2009 NCAA Division I Men's and Women's Cross Country Championships will be broadcast live on VERSUS, marking the third consecutive year the championships will be seen on live television, and the first with VERSUS. A live web stream of the championships will also be available on NCAA.com.

The championships will be held at the Wabash Valley Family Sports Center and hosted by Indiana State University in Terre Haute, Ind., on Monday, Nov. 23. The men's race will start at approximately noon Eastern, with the women's race to follow. The 2009 championships will be hosted by Indiana State University for the sixth-straight year.

"We are pleased that the NCAA Division I Men's and Women's Cross Country Championships will be broadcast live for the third consecutive year," said Greg Shaheen, NCAA senior vice president for basketball and business strategies. "Through coordinated efforts with our network partner CBS, Indianapolis Motor Speedway Productions and VERSUS, we are excited that these two premiere NCAA fall championships will be televised in high definition. VERSUS brings great exposure and distribution to this event as it marks the first live NCAA championship that will air on the network."

"The entire cross community has enjoyed watching the event live on television and the internet, and everyone will be pleased they have the ability to do that again this year on VERSUS," said David Beauchem, chair of the Division I Men's and Women's Cross Country Championship Committee and head cross country and women's track and field coach at Bradley University. "It is important that we continue to obtain the best exposure for the sport of cross country."

VERSUS is a nationally renowned sports network that is distributed to over 75 million U.S. households.

## USTFCCCA Regional XC Rankings

Nov. 2, 2009

Mountain Region - Women	Western Region - Women
1. Texas Tech	1. Washington
2. Colorado	2. Oregon
3. New Mexico	3. Arizona State
4. BYU	4. Stanford
5. <b>Northern Arizona</b>	5. California
6. UTEP	6. Arizona
7. Colorado State	7. UC Santa Barbara
8. Southern Utah	8. UC Davis
9. <b>Weber State</b>	9. Cal Poly
10. <b>Montana</b>	10. San Francisco
11. Utah Valley	11. Loyola Marymount
12. New Mexico State	12. Long Beach State
13. Air Force	13. UC Riverside
14. Utah State	14. Portland
15. Nevada	15. UCLA

Mountain Region - Men	Western Region - Men
1. <b>Northern Arizona</b>	1. Stanford
2. Colorado	2. Oregon
3. New Mexico	3. Portland
4. BYU	4. Arizona State
5. Utah State	5. Washington
6. UTEP	6. Cal Poly
7. Air Force	7. UCLA
8. <b>Montana State</b>	8. Washington State
9. <b>Montana</b>	9. UC Santa Barbara
10. <b>Weber State</b>	10. Cal
11. Colorado State	11. UC Davis
12. Southern Utah	12. UC Riverside
13. Texas Tech	13. Loyola Marymount
14. Utah Valley	14. Long Beach State
15. New Mexico State	15. Fresno State

## 2009 Big Sky XC Athletes of the Week

### Men

9/8	<b>Kyle King - EWU</b>
9/22	<b>Alex Smyth - EWU</b>
10/6	<b>Jordan Chipangama - NAU</b>
10/22	<b>Jordan Chipangama - NAU</b>

### Women

9/8	<b>Veronica Pohl - NAU</b>
9/22	<b>Veronica Pohl - NAU</b>
10/6	<b>Astrid Leutert - NAU</b>
	<b>Sarah Callister - WSU</b>
10/22	<b>Veronica Pohl - NAU</b>

# Big Sky Schedule

## Eastern Washington



Date	Meet	Site
9/5	Inland Northwest Clash	Spokane, Wash.
9/19	Sundodger Invitational	Seattle, Wash.
10/3	Montana Invitational	Missoula, Mont.
10/17	Idaho Invite	Moscow, Idaho
10/31	Big Sky Championship	Greeley, Colo.
11/14	NCAA West Regional	Eugene, Ore.
11/23	NCAA Championship	Terre Haute, Ind.

## Idaho State



Date	Meet	Site
9/5	BYU Invitational	Provo, Utah
9/12	Bengal Invitational	Pocatello, Idaho
9/26	Bob Firman Classic	Boise, Idaho
10/10	Color Country Invite	Cedar City, Utah
10/17	Idaho Dual	Pocatello, Idaho
10/31	Big Sky Championship	Greeley, Colo.
11/14	NCAA Mnt. Regional	Albuquerque, N.M.
11/23	NCAA Championship	Terre Haute, Ind.

## Montana



Date	Meet	Site
9/19	Fleet Feet Invite	Bozeman, Mont.
10/3	Montana Invitational	Missoula, Mont.
10/17	NCAA Pre-Nationals	Terre Haute, Ind.
10/31	Big Sky Championship	Greeley, Colo.
11/14	NCAA Mnt. Regional	Albuquerque, N.M.
11/23	NCAA Championship	Terre Haute, Ind.

## Montana State



Date	Meet	Site
9/19	Fleet Feet Invite	Bozeman, Mont.
10/3	Montana Invitational	Missoula, Mont.
10/17	NCAA Pre-Nationals	Terre Haute, Ind.
10/31	Big Sky Championship	Greeley, Colo.
11/14	NCAA Mnt. Regional	Albuquerque, N.M.
11/23	NCAA Championship	Terre Haute, Ind.

## Northern Arizona



Date	Meet	Site
9/5	George Kyte Classic	Flagstaff, Ariz.
9/19	Aztec Invite	San Diego, Calif.
10/2	Arizona State Invite*	Tempe, Ariz.
10/3	Cowboy Jamboree*	Stillwater, Okla.
10/17	NCAA Pre-Nationals	Terre Haute, Ind.
10/31	Big Sky Championship	Greeley, Colo.
11/14	NCAA Mnt. Regional	Albuquerque, N.M.
11/23	NCAA Championship	Terre Haute, Ind.

\* Split Squad Events

## Northern Colorado



Date	Meet	Site
9/4	Wyoming Invitational	Laramie, Wyo.
9/12	UC Irvine Invite	Irvine, Calif.
9/18	CSU Classic	Fort Collins, Colo.
10/3	Rocky Mnt. Shootout	Boulder, Colo.
10/10	Tiger Invite	Fort Hays, Kan
10/31	Big Sky Championship	Greeley, Colo.
11/14	NCAA Mnt. Regional	Albuquerque, N.M.
11/23	NCAA Championship	Terre Haute, Ind.

## Portland State



Date	Meet	Site
9/5	Pre's Trail Invitational	Eugene, Ore.
9/19	Sundodger Invitational	Seattle, Wash.
10/3	Willamette Invite	Salem, Ore.
10/16	Mike Hodges Invite	Oregon City, Ore.
10/31	Big Sky Championship	Greeley, Colo.
11/14	NCAA West Regional	Eugene, Ore.
11/23	NCAA Championship	Terre Haute, Ind.

## Sacramento State



Date	Meet	Site
9/5	USF Invite	San Francisco, Calif.
9/12	Hornet Jamboree	Sacramento, Calif.
9/28	Stanford Invite	Palo Alto, Calif.
10/3	Davis XC Challenge	Davis, Calif.
10/10	WAC Preview	Reno, Nev.
10/16	Bronco Invite	Sunnyvale, Calif.
10/31	Big Sky Championship	Greeley, Colo.
11/14	NCAA West Regional	Eugene, Ore.
11/23	NCAA Championship	Terre Haute, Ind.

## Weber State



Date	Meet	Site
9/5	Utah State Invitational	Logan, Utah
9/19	Fleet Feet Invite	Bozeman, Mont.
10/2	Dellinger Invite	Eugene, Ore.
10/17	Oktoberfest Invite	Pocatello, Idaho
10/31	Big Sky Championship	Greeley, Colo.
11/14	NCAA Mnt. Regional	Albuquerque, N.M.
11/23	NCAA Championship	Terre Haute, Ind.

# Big Sky Men's Results

**Big Sky Championship; Greeley, Colo. (8K, 9 teams) - Oct. 31, 2009**

## Top Team Finishers

Team Name	Points
1. Northern Arizona University	19
2. Montana State University	68
3. University of Montana	76
4. Weber State University	91
5. Eastern Washington University	144
6. Sacramento State University	170
7. Idaho State University	176
8. Portland State University	226
9. University of Northern Colorado	273

## All Conference Team/Top Individual Finishers

Name	Time
1. David McNeill - NAU	24:35.8
2. Jordan Chipangam - NAU	25:31.8
3. Ben Ashkettle - NAU	25:32.9
4. Nick Atwood - MSU	25:46.3
5. Lynn Reynolds - Montana	25:49.0
6. Jason Pedersen - NAU	25:51.5
7. Kameron Holbrook - NAU	25:54.7
8. Andrew Belus - NAU	25:58.6
9. Patrick Casey - MSU	26:03.0
10. Ahmed Osman - NAU	26:11.6

### **Northern Arizona - 1st**

Name	Finish	Time	Name	Finish	Time
David McNeill	1st	24:35.76	Kameron Holbrook	7th	25:54.66
Jordan Chipangam	2nd	25:31.71	Andrew Belus	8th	25:58.56
Ben Ashkettle	3rd	25:32.81	Ahmed Osman	10th	26:11.56
Jason Pedersen	6th	25:51.41			

### **Montana State - 2nd**

Nick Atwood	4th	25:46.26	Carl Nystuen	24th	27:02.56
Patrick Casey	9th	26:02.91	Daniel Jackson	26th	27:07.51
Matthew Atkinson-Adams	12th	26:22.41	Tyler Noland	30th	27:21.36
Graydon Curry	19th	26:52.96			

### **Montana - 3rd**

Lynn Reynolds	5th	25:48.96	Quinton Decker	23rd	26:58.66
Michael Fisher	11th	26:12.81	Robbie Brooks	29th	27:14.71
Collin Fehr	16th	26:50.51	Cody Lund	54th	28:52.76
Mac Bloom	21st	26:57.16			

### **Weber State - 4th**

Brett Hales	13th	26:27.26	Kevin Dickey	25th	27:05.91
Steve Shepherd	15th	26:48.81	Todd Gilbert	31st	27:22.51
Jace Nye	18th	26:52.61	John Coyle	34th	27:34.41
Chris Burnett	20th	26:55.06			

### **Eastern Washington - 5th**

Kyle King	17th	26:51.41	Cody Barton	39th	28:03.06
Alex Smyth	22nd	26:58.41	Jordan Curnutt	46th	28:22.56
Graham Vaux	28th	27:10.91	Cody Bradwell	49th	28:24.81
Simon Sorensen	38th	27:57.11			

### **Sacramento State - 6th**

Scott Grose	14th	26:30.71	Daniel Mitchell	44th	28:20.51
David Rabinowitz	35th	27:35.36	Jason Sey	55th	29:08.16
Chris Romo	37th	27:50.01	Kyle Lackner	57th	29:49.81
Nathanael Litwiller	40th	28:03.91			

### **Idaho State - 7th**

John Ricardi	27th	27:09.26	Bryce Jenkins	43rd	28:14.41
Keane Schuler	32nd	27:23.11	Ryan Davis	45th	28:20.76
Zach Barrett	33rd	27:32.26	Josh Wagemon	53rd	28:44.66
Mike Tucker	41st	28:06.56			

### **Portland State - 8th**

Andrew Salg	36th	27:40.31	Jesse Cronin	50th	28:26.36
John Lawrence	42nd	28:08.66	Eric Henderson	51st	28:38.56
Mark Bozarth-Dreher	47th	28:22.86	Brian Pinkstaff	61st	32:43.96

### **Northern Colorado - 9th**

Dylan Hedges	48th	28:23.91	David McClelland	58th	29:57.36
Daniel Sojka	52nd	28:39.96	Joe Pummer	59th	30:26.76
Ben Wilson	56th	29:16.41	Dan Larson	60th	31:45.71

# Big Sky Women's Results

## Big Sky Championship; Greeley, Colo. (5.2K, 9 teams) - Oct. 31, 2009

### Top Team Finishers

Team Name	Points
1. Northern Arizona University	28
2. Weber State University	64
3. University of Montana	66
4. Sacramento State University	99
5. Idaho State University	120
6. Montana State University	162
7. University of Northern Colorado	221
8. Portland State University	227
9. Eastern Washington University	276

### All Conference Team/Top Individual Finishers

Name	Time
1. Veronica Pohl - NAU	19:04.7
2. Kortnee Burton - NAU	19:27.6
3. Katrina Drennen - Montana	19:29.1
4. Sarah Callister - WSU	19:36.8
5. Laken Skidmore - WSU	19:52.1
6. Haley Lawrence - NAU	19:54.9
7. Kesslee Payne - Montana	20:02.8
8. Renisha Robinson - Sacramento State	20:02.8
9. Nell Rojas - NAU	20:07.5
10. Astrid Leutert - NAU	20:07.5

### Northern Arizona - 1st

Name	Finish	Time	Name	Finish	Time
Veronica Pohl	1st	19:04.70	Astrid Leutert	10th	20:07.50
Kortnee Burton	2nd	19:27.55	Torin Shriver	12th	20:18.45
Haley Lawrence	6th	19:54.90	Eliza Gawryluk	18th	20:32.85
Nell Rojas	9th	20:07.50			

### Weber State - 2nd

Sarah Callister	4th	19:36.75	Jenna Deelstra	25th	20:54.50
Laken Skidmore	5th	19:52.10	Macinzie O'Very	26th	20:58.05
Taylor Thornley	11th	20:08.80	Loren Storey	29th	21:05.95
Haley Rose	19th	20:38.45			

### Montana - 3rd

Katrina Drennen	3rd	19:29.05	Bridgette Hoenke	21st	20:43.30
Kesslee Payne	7th	20:02.80	Kim Tritz	27th	20:58.65
Kara Dewalt	15th	20:24.85	Mary Kettering	35th	21:32.70
Brooke Andrus	20th	20:42.50			

### Sacramento State - 4th

Renisha Robinson	8th	20:02.80	Lea Wallace	28th	21:02.20
Kristina Holtz	16th	20:29.25	Rachel Mitchell	34th	21:31.45
Erin Lewis	23rd	20:52.00	Mary O'Reilly	41st	21:44.40
Caprice Bradsahw	24th	20:52.50			

### Idaho State - 5th

Erica Wendt-Richardson	13th	20:23.80	Choloe Palakovich	36th	21:33.85
Bradi Hutchingson	17th	20:30.65	Cydney Jacobsen	37th	21:33.85
Kerynn Davis	22nd	20:48.95	Kris Thomasberg	42nd	21:45.45
Gemma Maini	32nd	21:27.05			

### Montana State - 6th

Heather Haug	14th	20:24.30	Morgan Dunley	46th	22:00.30
Kala Jauquet	30th	21:07.35	Tara Will	48th	22:09.35
Corrine Malcolm	33rd	21:29.05	Larkin Guenther	54th	22:26.85
Rebecca Sorenson	39th	21:42.65			

### Northern Colorado - 7th

Denise Kintzley	31st	21:23.30	Jacqueline Lomax	53rd	22:23.05
Kellie Callahan	40th	21:43.70	Bridget Tiernan	56th	22:28.20
Erin Apsey	45th	21:50.65	Rachel Forrest	58th	22:45.20
Megan Horsch	52nd	22:19.45			

### Portland State - 8th

Amber Rozcicha	38th	21:42.05	Katie Blue	50th	22:13.15
Brittany Castillo	43rd	21:45.80	Stephanie Deever	51st	22:15.70
Amelia Holcombe	47th	22:01.60	Brittany Long	60th	23:07.55
Julie Pedersen	49th	22:10.20			

### Eastern Washington - 9th

Stephanie Dye	44th	21:49.85	Kelly Downey	61st	23:29.00
Brittney Williams	55th	22:27.30	Sarah Alvick	62nd	23:56.10
Ari Rios	57th	22:39.45	Jessi Johnson	63rd	24:58.00
Lauren Matthews	59th	23:02.45			