

Seattle Pacific University Cross Country 2009 Preseason Prospectus



General Information

Institution: Seattle Pacific University
Address: 3307 Third Avenue West, Seattle, WA 98119
Founded: 1891
Enrollment: 4,000
Nickname: Falcons **Colors:** Maroon & White
Affiliation: NCAA Division II
Conference: Great Northwest Athletic Conference
President: Dr. Philip Eaton (Whitworth '65)
Athletic Dir.: Erin O'Connell (Washington '96) **E-mail:** ocone@spu.edu
Athletic Department office: 206-281-2085 **Fax:** 206-281-2266
Athletic Department Web Site: www.spufalcons.com
Sports Info Director: Dan Lapse (206-281-2741, danlapse@spu.edu)
Cross country SID: Mark Moschetti (206-281-2772, moschm@spu.edu)

Cross Country Information

Head Coach: Erika Daligcon (2nd year; Seattle Pacific '98)
Coach's office: 206-281-3432 **E-mail:** dalige@spu.edu
Assistant Coaches: Doris Heritage
Athletic Trainer: Jason Durocher
Trainer's office: 206-281-2768 **E-mail:** jasond@spu.edu

History

First year of women's cross country: 1976.
First year of men's cross country: 1954.
Women's NCAA appearances: 12 (1983, 86, 90, 94, 95, 96, 97, 98, 99, 2006, 07, 08).
Men's NCAA appearances: 1 (2004).
Women's best NCAA finish: 2nd (2007).
Men's best NCAA finish: 19th (2004).
Women's AIAW Division II appearances: 3 (1979, 80, 81).
Men's NAIA appearances: 1 (1961).
Women's best AIAW Division II finish: 2nd (1979, 80).
Men's best NAIA finish: 6th (1961).
Women's conference championships: 11 (Pac West 1993, 94, 96, 97, 98, 99; GNAC 2003, 05, 06, 07, 08).
Men's conference championships: 1 (GNAC 2004).

Primary Print Media

Seattle Times (www.seattletimes.com; sports@seattletimes.com)
Sports desk: (206) 464-2276 **Fax:** (206) 464-3255
Everett Herald (www.heraldnet.com; sports@heraldnet.com)
Sports desk: (425) 339-3470 **Fax:** (425) 339-3464
Tacoma News Tribune (www.thenewstribune.com; sports@mail.tribnet.com)
Sports desk: (253) 597-8680 **Fax:** (253) 597-8360

2009 SCHEDULE

Date	Opponent	Time
Sept. 5	Lake Padden Relays (Bellingham)	10 a.m.
Sept. 12	Apple Ridge Preview (Yakima)	11:30 a.m.
Sept. 19	Sundodger Invite, Lincoln Park	9 a.m.
Sept. 26	Stanford Invitational (women)	11:30 a.m.
Sept. 26	Pete Steilberg CC Classic (Olympia)	10 a.m.
Oct. 3	Emerald City Open, Lower Woodland Pk.	10:30 a.m.
Oct. 3	Charles Bowles Invitational (Salem)	9:30 a.m.
Oct. 9	San Francisco State Invite	4 p.m.
Oct. 10	WWU Invite (Lake Padden, Bellingham)	10:30 a.m.
Oct. 24	GNAC Championships (Apple Ridge)	10 a.m.
Oct. 31	Varsity-Alumni Event (Green Lake)	10 a.m.
Nov. 7	NCAA West Regionals (San Francisco)	9 a.m.
Nov. 21	NCAA Championships (Evanston, Ind.)	11:15 a.m.

2008 Review

Women: GNAC: 1st. West Regionals: 2nd. NCAA: 4th.
Best invitational finish: 1st at Saint Martin's.
Men: GNAC: 5th. West Regionals: DNQ. NCAA: DNQ.
Best invitational finish: 2nd at Western Washington.
Women's rankings (National/West): Preseason: 2/1. High: 2/1.
Final: 10/2.
Men's rankings (National/West): Preseason: NR/NR. High: NR/10
Final: NR/NR

2009 Women's Preview

Top 7 returning: 7. **Top 7 lost:** 1
Other letterwinners returning: 1. **Other letterwinners lost:** 1

Returning Top 7 (7)	Yr	2008 Honors
Lisa Anderberg	Jr	
Kate Harline	Sr	
Jane Larson	Sr	All-GNAC, All-Region, All-America
Jessica Pixler	Sr	GNAC champ, Region champ, NCAA champ, GNAC-Region-USTFCCA Athlete of Year
Natty Plunkett	So	GNAC Freshman of the Year
*Suzie Strickler	Sr	
Mary Williams	So	SPU Most Improved Freshman

**Strickler is returning from 2008 medical redshirt.*

Other returning letterwinners

So. Margaret Hanscom.

Top 7/Other letterwinners lost

Top 7: Katie Hart. **Other letterwinners:** Kim Beaman, Marie Kiekhaefer, Heidi Peterson.

Newcomers (8)	Yr	Hometown (last school)
Kelsey Brown	Fr	Colo. Springs, CO (Classical Academy)
Kassandra Boulton	So	Hillsboro, OR (Glencoe HS)
Krysta Carrick	Fr	Tokyo, Japan (Christian Academy)
Kylie Johnson	Fr	Richland, WA (Richland HS)
Laura Moser	Fr	Sequim, WA (Sequim HS)
Madel Torres	Sr	Marysville, WA (Marys.-Pilchuck/Seattle U)
Kayla Wilkins	So	Vancouver WA (Evergreen HS)
Lauren Wood	Fr	Parker, Colo. (Ponderosa HS)

2009 Men's Preview

Top 7 returning: 5. **Top 7 lost:** 2.
Other letterwinners returning: 1. **Other letterwinners lost:** 0

Returning Top 7 (5)	Yr	2008 Honors
Daniel Friesen	So	SPU Most Improved Freshman
Andrew Hamilton	So	
Daniel Hamilton	So	
Jordan Lance	Jr	
Chad Meis	Sr	

Other returning letterwinners

So. Nathanael Sleight.

Top 7/Other letterwinners lost

Top 7: Brian Cronrath, Tom McKay. **Other letterwinners:** Eric Davies, Jeff Dull.

Newcomers (9)	Yr	Hometown (last school)
AJ Baker	Fr	AuGres, MI (AuGres-Sims HS)
Gavin Brand	Fr	Suwanee, GA (Peach Tree Ridge HS)
Lyle Emery	Fr	Vancouver, WA (Heritage HS)
Will Harrison	Fr	Tucson, AZ (Catalina Foothills HS))
Phillip Mach	Fr	Seattle, WA (King's HS)
Caleb Parker	Fr	Richland, WA (Richland HS)
Nathan Seely	So	Lynden, WA (Lynden HS/Whatcom CC)
Andrew VanNess	Fr	Bellevue, WA (Bellevue Christian HS)
Jacob Wahlenmaier	Jr	Everett, WA (Cascade HS/Everett CC)

2008 WOMEN'S RESULTS

RUNNER	Saint Martin's Sept. 6 6K Lacey	Apple Ridge Sept. 13 6K Yakima	Sundodger Sept. 20 6K Seattle	Stanford Inv. Sept. 27 6K Palo Alto	Em. City In. Oct. 4 6K Seattle	W. Wash Classic Oct. 11 6K Bellingham	Cascade Conf. Prev. Oct. 18 6K Seattle
Lisa Anderberg	DNC	DNC	60/23:02.51 (I)	199/24:57	DNC	10:23:33	DNC
Laurel Ball	DNC	DNC	DNC	DNC	DNC	41/27:16	87/21:58
Kim Beaman	5/24:32.2	10/24:47	65/23:20.20(I)	DNC	DNC	13/23:40	DNC
Jenn Bluhm	DNC	DNC	45/23:52.40(O)	DNC	22/26:08	20/24:24	29/19:10
Margaret Hanscom	DNC	DNC	DNC	DNC	37/28:41	37/26:38	74/21:05
Kate Harline	4/24:31.8	DNC	52/22:43.62(I)	185/24:38	DNC	5/22:47	DNC
Katie Hart	DNC	DNC	63/23:10.78(I)	DNC	DNC	8/23:13	DNC
Alexandria Johnson	DNC	DNC	61/24:20.37(O)	DNC	21/26:07	DNC	36/19:22
Marie Kiekhaefer	23/26:01.5	14/25:09	37/23:41.80(O)	DNC	7/24:37	15/23:41	DNC
Stephanie Kiracofe	DNC	DNC	DNC	DNC	38/28:52	40/26:34	81/21:33
Kayti Krepel	6/24:34.0	13/25:01	29/23:24.27(O)	DNC	DNC	14/23:41	DNC
Jane Larson	1/23:06.0	DNC	20/21:23.53(I)	28/22:13	DNC	5/21:59.8 (T)	DNC
Heidi Peterson	DNC	40/27:15	106/23:35.82(O)	DNC	29/28:45	DNC	80/21:32
Jessica Pixler	DNC	DNC	3/20:30.99(I)	6/21:22	DNC	1/21:12.3 (T)	DNC
Natty Plunkett	3/23:26.8	DNC	48/22:34.78(I)	82/23:12	DNC	4/22:43	DNC
Suzie Strickler	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Emily Sugimoto	DNC	DNC	DNC	DNC	18/25:55	36/26:00	DNC
Mary Williams	22/26:00.6	12/24:58	53/24:11.45(O)	DNC	8/24:45	12/23:37	DNC
TEAM	1st/19	3rd/82	5th/132 (Invite) 6th/186 (Open)	18th/447	2nd/35	2nd/39	8th/185

DNC – Did not compete

Sundodger:

(I) – Invitational race

(O) – Open race

Oct. 11:

(T) Larson and Pixler ran at Triton XC Classic in San Diego (6K).

RUNNER	GNAC Oct. 25 6K Yakima	NCAA West Nov. 8 6K San Diego	NCAA Nov. 22 6K Slippery Rock, Pa/
Lisa Anderberg	21/23:39	39/23:51.1	92/23:40
Laurel Ball	DNC	DNC	DNC
Kim Beaman	34/24:23	DNC	DNC
Jenn Bluhm	DNC	DNC	DNC
Margaret Hanscom	DNC	DNC	DNC
Kate Harline	16/23:21	38/23:50.6	89/23:36
Katie Hart	22/23:47	43/23:59.0	108/23:53
Alexandria Johnson	DNC	DNC	DNC
Marie Kiekhaefer	46/24:48	DNC	DNC
Stephanie Kiracofe	DNC	DNC	DNC
Kayti Krepel	52/24:58	DNC	DNC
Jane Larson	3/22:06	8/22:15.6	15/22:02
Heidi Peterson	DNC	DNC	DNC
Jessica Pixler	1/21:12	1/20:57.1	1/20:59
Natty Plunkett	7/22:44	15/22:42.5	51/23:02
Suzie Strickler	DNC	DNC	DNC
Emily Sugimoto	DNC	DNC	DNC
Mary Williams	23/23:49	30/23:37.0	112/23:55
TEAM	1st/48	2nd/92	4th/194

2008 MEN'S RESULTS

RUNNER	St. Martin's. Sept. 6 8K Lacey	Apple Ridge Sept. 13 8K Yakima	Sundodger Sept. 20 8K Seattle	Bowles Oct. 4 10K Salem	W. Wash. Oct. 11 8K B'ham	Cas. Conf Oct. 18 8K Seattle	GNAC Oct. 25 10K Yakima	West Rgnl. Nov. 8 10K San Diego
Brian Cronrath	5/27:08.7	8/27:11.0	28/24:54 (I)	9/25:11.74	10/32:55.1(T)	DNC	4/25:10	15/33:45.3
Eric Davies	DNC	DNC	DNC	DNC	DNC	28/22:54	DNC	DNC
Jeff Dull	30/29:11.9	DNC	DNC	DNC	DNC	27/22:13	63/29:39	DNC
Dan Friesen	DNC	18/28:07.0	37/26:23(O)	119/27:01	16/34:12	DNC	23/26:35	DNC
Andrew Hamilton	27/28:52.4	27/28:46.0	75/25:15(O)	135/27:15	27/34:55	DNC	43/27:58	DNC
Daniel Hamilton	25/28:39.8	23/28:40	68/27:06(O)	155/27:32	25/34:52	DNC	52/28:31	DNC
Jordan Lance	15/27:50.5	DNC	60/26:54(O)	103/26:49	DNC	DNC	44/28:00	DNC
Tom McKay	39/30:07.2	38/29:58.0	95/27:59(O)	214/28:36	39/35:52	DNC	57/28:49	DNC
Chad Meis	3/26:32.5	14/27:55.0	33/25:00.00(I)	45/26:03	14/33:25.0(T)	DNC	15/26:06	17/34:03.8
Clint Miracle	DNC	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Nathanael Sleight	DNC	DNC	90/27:51.71	195/28:05	40/35:53	DNC	50/28:20	DNC
TEAM	3rd/71	4th/79	10th/260 (O)	12th/347	2nd/68	No team entry	5th/119	No team entry

Oct. 11

(T) –Cronrath and Meis ran at Triton XC Classic in San Diego (10K).