

## Cascade Collegiate Conference 2009 Cross Country Top Times

### Individual Top Marks by Current Age

Number of Top Times: All

Mark	Convert	Rnd	Name	Age/Yr		
<b>Women Open 3000m Run</b>						
1	10:24.00	F	Helm, Stephanie	CI	10/17/2009	Idaho State Oktoberfest Invite
2	10:57.54	F	Coffey, Karlee	EOU	10/17/2009	Eastern Oregon Blue & Gold Open
3	11:09.00	F	Miller, Maggie	CI	10/17/2009	Idaho State Oktoberfest Invite
4	11:20.00	F	Lee-Painter, Molli	CI	10/17/2009	Idaho State Oktoberfest Invite
5	11:23.00	F	Jones, Kayloni	CI	10/17/2009	Idaho State Oktoberfest Invite
6	11:30.00	F	Miller, Ashley	CI	10/17/2009	Idaho State Oktoberfest Invite
7	11:31.00	F	Smith, Kristine	CI	10/17/2009	Idaho State Oktoberfest Invite
8	11:45.44	F	Hanchett, Sarah	EOU	10/17/2009	Eastern Oregon Blue & Gold Open
9	11:48.00	F	Varland, Chantel	CI	10/17/2009	Idaho State Oktoberfest Invite
10	11:53.74	F	Baldovino, Talissa	EOU	10/17/2009	Eastern Oregon Blue & Gold Open
11	12:00.00	F	Gerard, Kaitlyn	CI	10/17/2009	Idaho State Oktoberfest Invite
12	12:02.00	F	Smith, Elynn	CI	10/17/2009	Idaho State Oktoberfest Invite
13	12:17.15	F	Stone, Kendra	EOU	10/17/2009	Eastern Oregon Blue & Gold Open
14	12:21.65	F	Engler, Sierra	EOU	10/17/2009	Eastern Oregon Blue & Gold Open
15	12:35.00	F	Sparks, Stephanie	CI	10/17/2009	Idaho State Oktoberfest Invite
16	12:35.95	F	Renfro, Amy	CRB	9/5/2009	Corban College Invitational
17	12:55.96	F	Zanon, Becca	CRB	9/5/2009	Corban College Invitational
18	12:58.00	F	Watson, Nikki	CI	10/17/2009	Idaho State Oktoberfest Invite
19	13:01.72	F	Welling, Courtney	CRB	9/5/2009	Corban College Invitational
20	13:03.00	F	Hayes, Andrea	CI	10/17/2009	Idaho State Oktoberfest Invite
21	13:11.89	F	Cross, Lauren	CRB	9/5/2009	Corban College Invitational
22	13:16.81	F	Roe, Christy	EOU	10/17/2009	Eastern Oregon Blue & Gold Open
23	13:28.91	F	Korpela, Kattarina	FR WPC	9/5/2009	Corban College Invitational
24	13:31.14	F	Strauser, Alethea	CRB	9/5/2009	Corban College Invitational
25	13:32.59	F	Winkle, Kayla	SO WPC	9/5/2009	Corban College Invitational
26	13:40.14	F	Adams, Erin	FR WPC	9/5/2009	Corban College Invitational
27	13:40.50	F	Arzate, Dominga	JR WPC	9/5/2009	Corban College Invitational
28	13:42.15	F	McKenzie, Monique	EOU	10/17/2009	Eastern Oregon Blue & Gold Open
29	14:26.08	F	Shepard, Kaitlin	CRB	9/5/2009	Corban College Invitational
30	14:59.62	F	Estrella, Krystal	SO WPC	9/5/2009	Corban College Invitational
31	16:45.10	F	Stanton, Becca	CRB	9/5/2009	Corban College Invitational
<b>Women Open 4000m Run</b>						
1	14:23.83	F	Helm, Stephanie	CI	9/12/2009	NNU Roger Curran Invite
2	14:39.67	F	Coffey, Karlee	EOU	9/12/2009	NNU Roger Curran Invite
3	15:12.09	F	Lee-Painter, Molli	CI	9/12/2009	NNU Roger Curran Invite
4	15:17.31	F	Gerard, Kaitlyn	CI	9/12/2009	NNU Roger Curran Invite
5	15:25.45	F	Troutner, Tegan	CI	9/12/2009	NNU Roger Curran Invite
6	15:39.86	F	Smith, Kristine	CI	9/12/2009	NNU Roger Curran Invite
7	15:46.70	F	Miller, Maggie	CI	9/12/2009	NNU Roger Curran Invite
8	15:55.99	F	Hanchett, Sarah	EOU	9/12/2009	NNU Roger Curran Invite
9	16:10.46	F	Garcilazo, Alma	EOU	9/12/2009	NNU Roger Curran Invite
10	16:12.22	F	Varland, Chantel	CI	9/12/2009	NNU Roger Curran Invite
11	16:20.06	F	Stone, Kendra	EOU	9/12/2009	NNU Roger Curran Invite
12	16:25.23	F	Baldovino, Talissa	EOU	9/12/2009	NNU Roger Curran Invite
13	16:33.33	F	Smith, Elynn	CI	9/12/2009	NNU Roger Curran Invite
14	17:35.35	F	Engler, Sierra	EOU	9/12/2009	NNU Roger Curran Invite
15	18:16.47	F	Hayes, Andrea	CI	9/12/2009	NNU Roger Curran Invite

## Cascade Collegiate Conference 2009 Cross Country Top Times

### Individual Top Marks by Current Age

**Number of Top Times: All**

	Mark	Convert	Rnd	Name	Age/Yr		
16	18:40.51		F	Roe, Christy	EOU	9/12/2009	NNU Roger Curran Invite
17	19:17.23		F	Sherrick, Jena	CI	9/12/2009	NNU Roger Curran Invite
18	19:20.12		F	Watson, Nikki	CI	9/12/2009	NNU Roger Curran Invite
19	21:22.07		F	McKenzie, Monique	EOU	9/12/2009	NNU Roger Curran Invite
<b>Women Open 5000m Run</b>							
1	16:56.60		F	Coffey, Karlee	EOU	10/22/2009	Coyote Twilight
2	17:40.00		F	Taylor, Alice	CU	11/7/2009	Cascade Conference Championships
3	17:42.84		F	Taylor, Alice	CU	10/3/2009	Willamette Invitational
4	17:44.00		F	Taylor, Alice	CU	9/19/2009	Northwest Christian Invitational
5	17:53.20		F	Smith, Kristine	CI	10/22/2009	Coyote Twilight
6	17:56.00		F	Helm, Stephanie	CI	10/3/2009	Montana Invitational
7	17:56.33		F	Frantz, Seena	FR SOU	10/3/2009	Willamette Invitational
8	17:58.00		F	Coffey, Karlee	EOU	9/19/2009	Northwest Christian Invitational
9	17:58.50		F	Jones, Kayloni	CI	10/22/2009	Coyote Twilight
10	17:58.62		F	Coffey, Karlee	EOU	10/3/2009	Willamette Invitational
11	17:59.90		F	Lee-Painter, Molli	CI	10/22/2009	Coyote Twilight
12	18:00.00		F	Coffey, Karlee	EOU	11/7/2009	Cascade Conference Championships
13	18:02.30		F	Hanchett, Sarah	EOU	10/22/2009	Coyote Twilight
14	18:03.00		F	Helm, Stephanie	CI	11/7/2009	Cascade Conference Championships
15	18:07.00		F	Taylor, Alice	CU	10/17/2009	Concordia Puma Classic
16	18:21.90		F	Gerard, Kaitlyn	CI	10/22/2009	Coyote Twilight
17	18:25.70		F	Garcilazo, Alma	EOU	10/22/2009	Coyote Twilight
18	18:26.00		F	Frantz, Seena	FR SOU	11/7/2009	Cascade Conference Championships
19*	18:27.00		F	Stone, Kendra	EOU	10/22/2009	Coyote Twilight
19*	18:27.00		F	Coffey, Karlee	EOU	11/21/2009	NAIA Championships
19*	18:27.00		F	Taylor, Alice	CU	11/21/2009	NAIA Championships
22	18:34.50		F	Miller, Maggie	CI	10/22/2009	Coyote Twilight
23	18:37.00		F	Baldovino, Talissa	EOU	10/22/2009	Coyote Twilight
24	18:40.00		F	Helm, Stephanie	CI	11/21/2009	NAIA Championships
25*	18:41.00		F	Troutner, Tegan	CI	11/7/2009	Cascade Conference Championships
25*	18:41.00		F	Troutner, Tegan	CI	10/22/2009	Coyote Twilight
27	18:42.43		F	Hanchett, Sarah	EOU	10/3/2009	Willamette Invitational
28	18:42.78		F	Martinez, Anya	FR SOU	10/3/2009	Willamette Invitational
29*	18:45.00		F	Robert, Samantha	CU	9/19/2009	Northwest Christian Invitational
29*	18:45.00		F	Lee-Painter, Molli	CI	11/7/2009	Cascade Conference Championships
31	18:47.00		F	Frantz, Seena	FR SOU	11/21/2009	NAIA Championships
32	18:47.07		F	Ballard, Leah	SO WPC	10/3/2009	Willamette Invitational
33	18:48.85		F	Hall, Megan	JR NCU	10/3/2009	Willamette Invitational
34	18:49.03		F	Hescock, Stephanie	SO NCU	10/3/2009	Willamette Invitational
35*	18:50.00		F	Hall, Megan	JR NCU	9/19/2009	Northwest Christian Invitational
35*	18:50.00		F	Perry, Kayla	FR WPC	11/7/2009	Cascade Conference Championships
35*	18:50.00		F	Moran, Lauren	CU	11/7/2009	Cascade Conference Championships
38	18:51.00		F	Hescock, Stephanie	SO NCU	11/7/2009	Cascade Conference Championships
39	18:52.00		F	Cardenas, Nancy	EOU	9/19/2009	Northwest Christian Invitational
40	18:53.00		F	Troutner, Tegan	CI	10/3/2009	Montana Invitational
41	18:53.37		F	Long, Brittany	NU	10/3/2009	Willamette Invitational
42	18:53.71		F	Robert, Samantha	CU	10/3/2009	Willamette Invitational
43	18:55.00		F	Perry, Kayla	FR WPC	9/19/2009	Northwest Christian Invitational

## Cascade Collegiate Conference 2009 Cross Country Top Times

### Individual Top Marks by Current Age

**Number of Top Times: All**

Mark	Convert	Rnd	Name	Age/Yr		
44*	18:56.00	F	Gerard, Kaitlyn	CI	11/7/2009	Cascade Conference Championships
44*	18:56.00	F	Perry, Kayla	FR WPC	10/17/2009	Warner Pacific Invitational
44*	18:56.00	F	Hescock, Stephanie	SO NCU	9/19/2009	Northwest Christian Invitational
47*	18:57.00	F	Robert, Samantha	CU	11/7/2009	Cascade Conference Championships
47*	18:57.00	F	Scheese, Andria	CU	9/19/2009	Northwest Christian Invitational
49*	18:59.00	F	Ballard, Leah	SO WPC	9/19/2009	Northwest Christian Invitational
49*	18:59.00	F	Jones, Kayloni	CI	11/7/2009	Cascade Conference Championships
51*	19:02.00	F	Garcilazo, Alma	EOU	11/7/2009	Cascade Conference Championships
51*	19:02.00	F	Smith, Kristine	CI	11/7/2009	Cascade Conference Championships
53*	19:04.00	F	Hall, Megan	JR NCU	11/7/2009	Cascade Conference Championships
53*	19:04.00	F	Welling, Courtney	CRB	11/7/2009	Cascade Conference Championships
53*	19:04.00	F	Hescock, Stephanie	SO NCU	10/17/2009	Warner Pacific Invitational
56	19:05.13	F	Arch, Brittany	SO NCU	10/3/2009	Willamette Invitational
57	19:06.00	F	Moran, Lauren	CU	10/17/2009	Concordia Puma Classic
58	19:07.00	F	Martinez, Anya	FR SOU	10/17/2009	Concordia Puma Classic
59*	19:08.00	F	Moran, Lauren	CU	9/19/2009	Northwest Christian Invitational
59*	19:08.00	F	Martinez, Anya	FR SOU	11/7/2009	Cascade Conference Championships
61	19:09.10	F	Varland, Chantel	CI	10/22/2009	Coyote Twilight
62	19:10.00	F	Kremley, Tara	JR SOU	11/7/2009	Cascade Conference Championships
63	19:11.00	F	Hanchett, Sarah	EOU	11/7/2009	Cascade Conference Championships
64	19:11.36	F	Cardenas, Nancy	EOU	10/3/2009	Willamette Invitational
65	19:13.00	F	DeLapp, Paige	NU	11/7/2009	Cascade Conference Championships
66	19:13.86	F	Wagner, Lindsey	NU	10/3/2009	Willamette Invitational
67	19:13.91	F	Renfro, Amy	CRB	10/3/2009	Willamette Invitational
68	19:14.00	F	Arch, Brittany	SO NCU	10/17/2009	Warner Pacific Invitational
69	19:15.00	F	Sinicrope, Amber	SR OIT	11/7/2009	Cascade Conference Championships
70	19:15.21	F	Moran, Lauren	CU	10/3/2009	Willamette Invitational
71	19:15.50	F	Engler, Sierra	EOU	10/22/2009	Coyote Twilight
72	19:16.48	F	Garcilazo, Alma	EOU	10/3/2009	Willamette Invitational
73	19:18.00	F	Limage, Junia	CU	11/7/2009	Cascade Conference Championships
74	19:18.20	F	Sparks, Stephanie	CI	10/22/2009	Coyote Twilight
75	19:19.00	F	Hanchett, Sarah	EOU	9/19/2009	Northwest Christian Invitational
76	19:20.00	F	Miller, Maggie	CI	11/7/2009	Cascade Conference Championships
77	19:20.14	F	Sinicrope, Amber	SR OIT	10/3/2009	Willamette Invitational
78	19:22.00	F	Juveland, Kristen	JR SOU	11/7/2009	Cascade Conference Championships
79*	19:23.00	F	Miller, Maggie	CI	10/3/2009	Montana Invitational
79*	19:23.00	F	Arch, Brittany	SO NCU	9/19/2009	Northwest Christian Invitational
81*	19:24.00	F	Lee-Painter, Molli	CI	11/21/2009	NAIA Championships
81*	19:24.00	F	Lee-Painter, Molli	CI	10/3/2009	Montana Invitational
83	19:24.29	F	Welling, Courtney	CRB	10/3/2009	Willamette Invitational
84*	19:26.00	F	Wagner, Lindsey	NU	11/7/2009	Cascade Conference Championships
84*	19:26.00	F	Renfro, Amy	CRB	11/7/2009	Cascade Conference Championships
86	19:26.40	F	Smith, Elynn	CI	10/22/2009	Coyote Twilight
87*	19:27.00	F	Novak, Rachel	SR OIT	10/17/2009	Warner Pacific Invitational
87*	19:27.00	F	Garcilazo, Alma	EOU	9/19/2009	Northwest Christian Invitational
89	19:28.00	F	Renfro, Amy	CRB	9/19/2009	Northwest Christian Invitational
90*	19:30.00	F	Swanson, Riley	SO NCU	9/19/2009	Northwest Christian Invitational
90*	19:30.00	F	Welling, Courtney	CRB	10/17/2009	Warner Pacific Invitational
92	19:30.75	F	DeLapp, Paige	NU	10/3/2009	Willamette Invitational

## Cascade Collegiate Conference 2009 Cross Country Top Times

### Individual Top Marks by Current Age

Number of Top Times: All

Mark	Convert	Rnd	Name	Age/Yr		
<b>Women Open 5000m Run</b>						
93	19:31.00	F	Long, Brittany	NU	11/7/2009	Cascade Conference Championships
94*	19:33.00	F	Stone, Kendra	EOU	9/19/2009	Northwest Christian Invitational
94*	19:33.00	F	Cardenas, Nancy	EOU	11/7/2009	Cascade Conference Championships
96	19:35.90	F	Baldovino, Talissa	EOU	10/3/2009	Willamette Invitational
97*	19:36.00	F	Ballard, Leah	SO WPC	10/17/2009	Warner Pacific Invitational
97*	19:36.00	F	Wagner, Lindsey	NU	10/17/2009	Concordia Puma Classic
99	19:37.00	F	Troutner, Tegan	CI	11/21/2009	NAIA Championships
100	19:38.00	F	Robert, Samantha	CU	10/17/2009	Concordia Puma Classic
101	19:41.00	F	Baldovino, Talissa	EOU	9/19/2009	Northwest Christian Invitational
102	19:42.00	F	Limage, Junia	CU	11/21/2009	NAIA Championships
103*	19:43.00	F	Smith, Kristine	CI	10/3/2009	Montana Invitational
103*	19:43.00	F	Smith, Kristine	CI	11/21/2009	NAIA Championships
103*	19:43.00	F	Hall, Megan	JR NCU	10/17/2009	Warner Pacific Invitational
103*	19:43.00	F	Moran, Lauren	CU	11/21/2009	NAIA Championships
107	19:45.00	F	Peterson, Britta	ESC	11/7/2009	Cascade Conference Championships
108	19:45.31	F	Juveland, Kristen	JR SOU	10/3/2009	Willamette Invitational
109	19:46.00	F	Robert, Samantha	CU	11/21/2009	NAIA Championships
110	19:46.11	F	Swanson, Riley	SO NCU	10/3/2009	Willamette Invitational
111*	19:47.00	F	Schorer-Noll, Sierra	FR NCU	9/19/2009	Northwest Christian Invitational
111*	19:47.00	F	Jones, Kayloni	CI	10/3/2009	Montana Invitational
111*	19:47.00	F	Varland, Chantel	CI	11/7/2009	Cascade Conference Championships
114	19:48.00	F	Limage, Junia	CU	10/17/2009	Concordia Puma Classic
115	19:48.64	F	Engler, Sierra	EOU	10/3/2009	Willamette Invitational
116*	19:49.00	F	Gerard, Kaitlyn	CI	10/3/2009	Montana Invitational
116*	19:49.00	F	Renfro, Amy	CRB	10/17/2009	Warner Pacific Invitational
118	19:49.83	F	Peterson, Britta	ESC	10/3/2009	Willamette Invitational
119*	19:50.00	F	Sinicrope, Amber	SR OIT	9/19/2009	Northwest Christian Invitational
119*	19:50.00	F	Schorer-Noll, Sierra	FR NCU	11/7/2009	Cascade Conference Championships
119*	19:50.00	F	Swanson, Riley	SO NCU	11/7/2009	Cascade Conference Championships
122	19:51.89	F	Grubb, Adria	NU	10/3/2009	Willamette Invitational
123*	19:52.00	F	Seibert, Silver	FR SOU	11/7/2009	Cascade Conference Championships
123*	19:52.00	F	Juveland, Kristen	JR SOU	10/17/2009	Concordia Puma Classic
125	19:53.20	F	Miller, Ashley	CI	10/22/2009	Coyote Twilight
126	19:53.28	F	Limage, Junia	CU	10/3/2009	Willamette Invitational
127	19:53.68	F	Novak, Rachel	SR OIT	10/3/2009	Willamette Invitational
128*	19:54.00	F	Swanson, Riley	SO NCU	10/17/2009	Warner Pacific Invitational
128*	19:54.00	F	Stoutenburgh, Laurie	FR SOU	11/7/2009	Cascade Conference Championships
130	19:54.14	F	Stoutenburgh, Laurie	FR SOU	10/3/2009	Willamette Invitational
131	19:57.00	F	Baldovino, Talissa	EOU	11/7/2009	Cascade Conference Championships
132	19:58.00	F	Long, Brittany	NU	10/17/2009	Concordia Puma Classic
133	19:59.94	F	Schorer-Noll, Sierra	FR NCU	10/3/2009	Willamette Invitational
134	20:00.00	F	Novak, Rachel	SR OIT	9/19/2009	Northwest Christian Invitational
135	20:01.00	F	DeLapp, Paige	NU	10/17/2009	Concordia Puma Classic
136*	20:02.00	F	Zanon, Becca	CRB	11/7/2009	Cascade Conference Championships
136*	20:02.00	F	Gerard, Kaitlyn	CI	11/21/2009	NAIA Championships
138	20:02.91	F	Seibert, Silver	FR SOU	10/3/2009	Willamette Invitational
139	20:04.00	F	Arch, Brittany	SO NCU	11/7/2009	Cascade Conference Championships

## Cascade Collegiate Conference 2009 Cross Country Top Times

### Individual Top Marks by Current Age

**Number of Top Times: All**

Mark	Convert	Rnd	Name	Age/Yr		
140	20:05.40	F	Zanon, Becca	CRB	10/3/2009	Willamette Invitational
141*	20:07.00	F	Jones, Kayloni	CI	11/21/2009	NAIA Championships
141*	20:07.00	F	Stone, Kendra	EOU	11/7/2009	Cascade Conference Championships
141*	20:07.00	F	Miller, Maggie	CI	11/21/2009	NAIA Championships
144*	20:08.00	F	Kremley, Tara	JR SOU	10/17/2009	Concordia Puma Classic
144*	20:08.00	F	Waugh, Katie	FR OIT	11/7/2009	Cascade Conference Championships
146	20:09.51	F	Pesanti, Maggie	CU	10/3/2009	Willamette Invitational
147	20:11.00	F	Varland, Chantel	CI	10/3/2009	Montana Invitational
148	20:12.51	F	Edwards, Melissa	FR NCU	10/3/2009	Willamette Invitational
149*	20:13.00	F	Hescock, Stephanie	SO NCU	11/21/2009	NAIA Championships
149*	20:13.00	F	Welling, Courtney	CRB	9/19/2009	Northwest Christian Invitational
151*	20:14.00	F	Limage, Junia	CU	9/19/2009	Northwest Christian Invitational
151*	20:14.00	F	Schorer-Noll, Sierra	FR NCU	10/17/2009	Warner Pacific Invitational
153	20:15.00	F	Sparks, Stephanie	CI	11/7/2009	Cascade Conference Championships
154	20:17.11	F	Clark, Kelly	JR SOU	10/3/2009	Willamette Invitational
155	20:19.23	F	Waugh, Katie	FR OIT	10/3/2009	Willamette Invitational
156*	20:21.00	F	Waugh, Katie	FR OIT	10/17/2009	Warner Pacific Invitational
156*	20:21.00	F	Grubb, Adria	NU	11/7/2009	Cascade Conference Championships
156*	20:21.00	F	Cross, Lauren	CRB	9/19/2009	Northwest Christian Invitational
156*	20:21.00	F	Cross, Lauren	CRB	10/17/2009	Warner Pacific Invitational
160	20:24.70	F	Hayes, Andrea	CI	10/22/2009	Coyote Twilight
161	20:26.00	F	Arzate, Dominga	JR WPC	10/3/2009	Willamette Invitational
162	20:27.00	F	Pesanti, Maggie	CU	9/19/2009	Northwest Christian Invitational
163*	20:28.00	F	Edwards, Melissa	FR NCU	9/19/2009	Northwest Christian Invitational
163*	20:28.00	F	Clark, Kelly	JR SOU	11/7/2009	Cascade Conference Championships
165*	20:30.00	F	Cross, Lauren	CRB	11/7/2009	Cascade Conference Championships
165*	20:30.00	F	Stoutenburgh, Laurie	FR SOU	10/17/2009	Concordia Puma Classic
167	20:31.00	F	Peterson, Britta	ESC	10/17/2009	Warner Pacific Invitational
168	20:35.00	F	Johnson, Julia	NU	11/7/2009	Cascade Conference Championships
169*	20:36.00	F	Clark, Kelly	JR SOU	10/17/2009	Concordia Puma Classic
169*	20:36.00	F	Edwards, Melissa	FR NCU	11/7/2009	Cascade Conference Championships
171	20:41.00	F	Engler, Sierra	EOU	9/19/2009	Northwest Christian Invitational
172	20:41.90	F	Peterson, Britta	ESC	9/26/2009	Evergreen Steilberg Classic
173	20:42.00	F	Miller, Ashley	CI	11/7/2009	Cascade Conference Championships
174*	20:46.00	F	Hague, Jennifer	CRB	11/7/2009	Cascade Conference Championships
174*	20:46.00	F	Novak, Rachel	SR OIT	11/7/2009	Cascade Conference Championships
176	20:51.00	F	Smith, Statia	JR OIT	10/17/2009	Warner Pacific Invitational
177	20:51.21	F	Cross, Lauren	CRB	10/3/2009	Willamette Invitational
178*	20:53.00	F	Lund, Deanna	FR NCU	11/7/2009	Cascade Conference Championships
178*	20:53.00	F	Pesanti, Maggie	CU	10/17/2009	Concordia Puma Classic
180*	20:55.00	F	Arzate, Dominga	JR WPC	10/17/2009	Warner Pacific Invitational
180*	20:55.00	F	Garcilazo, Alma	EOU	11/21/2009	NAIA Championships
182	20:55.30	F	Roe, Christy	EOU	10/22/2009	Coyote Twilight
183	20:56.00	F	Krantz, Rita	CRB	9/19/2009	Northwest Christian Invitational
184	20:57.56	F	Strauser, Alethea	CRB	10/3/2009	Willamette Invitational
185	20:58.00	F	Engler, Sierra	EOU	11/7/2009	Cascade Conference Championships
186	21:02.00	F	Smith, Statia	JR OIT	9/19/2009	Northwest Christian Invitational
187	21:03.00	F	Lund, Deanna	FR NCU	10/17/2009	Warner Pacific Invitational
188	21:03.65	F	Harris, Lindsey	FR SOU	10/3/2009	Willamette Invitational

## Cascade Collegiate Conference 2009 Cross Country Top Times

### Individual Top Marks by Current Age

Number of Top Times: All

Mark	Convert	Rnd	Name	Age/Yr		
<b>Women Open 5000m Run</b>						
189*	21:08.00	F	Pesanti, Maggie	CU	11/21/2009	NAIA Championships
189*	21:08.00	F	McMillan, Amanda	SO OIT	11/7/2009	Cascade Conference Championships
191	21:09.00	F	Arzate, Dominga	JR WPC	9/19/2009	Northwest Christian Invitational
192	21:10.00	F	Sparks, Stephanie	CI	10/3/2009	Montana Invitational
193	21:10.66	F	Korpela, Kattarina	FR WPC	10/3/2009	Willamette Invitational
194	21:11.00	F	Arzate, Dominga	JR WPC	11/7/2009	Cascade Conference Championships
195	21:11.41	F	Walruff, Savannah	CU	10/3/2009	Willamette Invitational
196	21:15.00	F	Harris, Lindsey	FR SOU	11/7/2009	Cascade Conference Championships
197	21:16.00	F	Bishop, Micaela	FR SOU	11/7/2009	Cascade Conference Championships
198	21:19.00	F	Seibert, Silver	FR SOU	10/17/2009	Concordia Puma Classic
199*	21:21.00	F	Smith, Statia	JR OIT	11/7/2009	Cascade Conference Championships
199*	21:21.00	F	Howard, Bethany	JR NCU	11/7/2009	Cascade Conference Championships
201	21:22.00	F	McMillan, Amanda	SO OIT	10/17/2009	Warner Pacific Invitational
202	21:22.25	F	Winkle, Kayla	SO WPC	10/3/2009	Willamette Invitational
203	21:23.00	F	Strauser, Alethea	CRB	11/7/2009	Cascade Conference Championships
204*	21:24.00	F	Lyon, Justine	SO SOU	11/7/2009	Cascade Conference Championships
204*	21:24.00	F	Miller, Ashley	CI	10/3/2009	Montana Invitational
206*	21:25.00	F	Walruff, Savannah	CU	11/7/2009	Cascade Conference Championships
206*	21:25.00	F	Grubb, Adria	NU	10/17/2009	Concordia Puma Classic
208	21:29.00	F	Winkle, Kayla	SO WPC	9/19/2009	Northwest Christian Invitational
209	21:30.00	F	Baker, Emily	ESC	11/7/2009	Cascade Conference Championships
210	21:31.18	F	Smith, Statia	JR OIT	10/3/2009	Willamette Invitational
211	21:33.00	F	Korpela, Kattarina	FR WPC	11/7/2009	Cascade Conference Championships
212	21:34.00	F	Ballard, Leah	SO WPC	11/7/2009	Cascade Conference Championships
213	21:37.69	F	Bishop, Micaela	FR SOU	10/3/2009	Willamette Invitational
214	21:39.46	F	Lyon, Justine	SO SOU	10/3/2009	Willamette Invitational
215	21:40.00	F	Korpela, Kattarina	FR WPC	10/17/2009	Warner Pacific Invitational
216	21:41.00	F	Walruff, Savannah	CU	11/21/2009	NAIA Championships
217	21:41.42	F	Baker, Emily	ESC	10/3/2009	Willamette Invitational
218*	21:42.00	F	Winkle, Kayla	SO WPC	11/7/2009	Cascade Conference Championships
218*	21:42.00	F	Walruff, Savannah	CU	9/19/2009	Northwest Christian Invitational
220	21:43.00	F	Watson, Nikki	CI	10/22/2009	Coyote Twilight
221	21:47.00	F	Harris, Lindsey	FR SOU	10/17/2009	Concordia Puma Classic
222	21:48.00	F	Korpela, Kattarina	FR WPC	9/19/2009	Northwest Christian Invitational
223	21:49.57	F	McMillan, Amanda	SO OIT	10/3/2009	Willamette Invitational
224	21:50.00	F	Strauser, Alethea	CRB	10/17/2009	Warner Pacific Invitational
225	21:52.76	F	Peterson, Delane	FR SOU	10/3/2009	Willamette Invitational
226	21:53.00	F	Shepard, Kaitlin	CRB	10/17/2009	Warner Pacific Invitational
227	21:55.02	F	Roe, Christy	EOU	10/3/2009	Willamette Invitational
228*	21:57.00	F	Winkle, Kayla	SO WPC	10/17/2009	Warner Pacific Invitational
228*	21:57.00	F	McMillan, Amanda	SO OIT	9/19/2009	Northwest Christian Invitational
230	22:00.00	F	Olson, Jenna	CU	9/19/2009	Northwest Christian Invitational
231	22:04.00	F	Frantz, Seena	FR SOU	10/24/2009	OSU Beaver Classic
232	22:04.82	F	Shepard, Kaitlin	CRB	10/3/2009	Willamette Invitational
233*	22:05.00	F	Howard, Bethany	JR NCU	9/19/2009	Northwest Christian Invitational
233*	22:05.00	F	Lefaver, Veronica	SO NCU	9/19/2009	Northwest Christian Invitational
235	22:06.00	F	Baker, Emily	ESC	9/19/2009	Northwest Christian Invitational

## Cascade Collegiate Conference 2009 Cross Country Top Times

### Individual Top Marks by Current Age

Number of Top Times: All

Mark	Convert	Rnd	Name	Age/Yr		
236	22:16.00	F	Baker, Emily	ESC	10/17/2009	Warner Pacific Invitational
237	22:17.00	F	Lefaver, Veronica	SO NCU	11/7/2009	Cascade Conference Championships
238	22:19.00	F	Lyon, Justine	SO SOU	10/17/2009	Concordia Puma Classic
239	22:20.00	F	Shepard, Kaitlin	CRB	11/7/2009	Cascade Conference Championships
240	22:22.00	F	Swingle, Kayla	OIT	11/7/2009	Cascade Conference Championships
241	22:23.00	F	Roe, Christy	EOU	11/7/2009	Cascade Conference Championships
242	22:29.00	F	Hayes, Andrea	CI	10/3/2009	Montana Invitational
243	22:30.12	F	Hathorn, Heidi	CRB	10/3/2009	Willamette Invitational
244	22:30.40	F	McKenzie, Monique	EOU	10/22/2009	Coyote Twilight
245*	22:33.00	F	Smith, JoceyInn	CRB	11/7/2009	Cascade Conference Championships
245*	22:33.00	F	Bishop, Micaela	FR SOU	10/17/2009	Concordia Puma Classic
247	22:34.76	F	Lund, Deanna	FR NCU	10/3/2009	Willamette Invitational
248*	22:35.00	F	Demott, Mckenzie	FR OIT	11/7/2009	Cascade Conference Championships
248*	22:35.00	F	Swingle, Kayla	OIT	10/17/2009	Warner Pacific Invitational
250	22:35.67	F	Howard, Bethany	JR NCU	10/3/2009	Willamette Invitational
251	22:38.00	F	Haidle, Melody	CRB	11/7/2009	Cascade Conference Championships
252	22:39.00	F	Perry, Kayla	FR WPC	10/24/2009	OSU Beaver Classic
253	22:44.00	F	Sinicrope, Amber	SR OIT	10/24/2009	OSU Beaver Classic
254	22:45.00	F	Lincoln, Kelsie	CU	10/17/2009	Concordia Puma Classic
255	22:48.00	F	Hescock, Stephanie	SO NCU	10/24/2009	OSU Beaver Classic
256	22:49.00	F	Martinez, Anya	FR SOU	10/24/2009	OSU Beaver Classic
257	22:50.00	F	Shepard, Kaitlin	CRB	9/19/2009	Northwest Christian Invitational
258	22:51.00	F	Rosenfeld, Claire	ESC	11/7/2009	Cascade Conference Championships
259	22:53.00	F	Kremley, Tara	JR SOU	10/24/2009	OSU Beaver Classic
260	22:53.54	F	Baker, Emily	ESC	9/26/2009	Evergreen Steilberg Classic
261	22:56.00	F	Hall, Megan	JR NCU	10/24/2009	OSU Beaver Classic
262*	22:57.00	F	McKenzie, Monique	EOU	11/7/2009	Cascade Conference Championships
262*	22:57.00	F	Willis, Jamie	ESC	11/7/2009	Cascade Conference Championships
264	22:59.00	F	Haidle, Melody	CRB	10/17/2009	Warner Pacific Invitational
265	23:02.00	F	Watson, Nikki	CI	10/3/2009	Montana Invitational
266	23:08.00	F	Novak, Rachel	SR OIT	10/24/2009	OSU Beaver Classic
267	23:13.00	F	Edwards, Melissa	FR NCU	10/17/2009	Warner Pacific Invitational
268*	23:14.00	F	Lefaver, Veronica	SO NCU	10/17/2009	Warner Pacific Invitational
268*	23:14.00	F	Smith, JoceyInn	CRB	9/19/2009	Northwest Christian Invitational
270	23:16.32	F	Stamper, Chloe	ESC	10/3/2009	Willamette Invitational
271	23:19.29	F	Lefaver, Veronica	SO NCU	10/3/2009	Willamette Invitational
272*	23:21.00	F	Hathorn, Heidi	CRB	9/19/2009	Northwest Christian Invitational
272*	23:21.00	F	Juveland, Kristen	JR SOU	10/24/2009	OSU Beaver Classic
274	23:26.00	F	Bush, Heather	NCU	11/7/2009	Cascade Conference Championships
275*	23:27.00	F	Arch, Brittany	SO NCU	10/24/2009	OSU Beaver Classic
275*	23:27.00	F	Ballard, Leah	SO WPC	10/24/2009	OSU Beaver Classic
277	23:28.39	F	Gamble, Grace	CRB	10/3/2009	Willamette Invitational
278*	23:29.00	F	Rosenfeld, Claire	ESC	10/17/2009	Warner Pacific Invitational
278*	23:29.00	F	Willis, Jamie	ESC	9/19/2009	Northwest Christian Invitational
280	23:30.00	F	Lincoln, Kelsie	CU	11/7/2009	Cascade Conference Championships
281	23:30.96	F	Estrella, Krystal	SO WPC	10/3/2009	Willamette Invitational
282	23:32.00	F	Peterson, Britta	ESC	10/24/2009	OSU Beaver Classic
283	23:32.70	F	Sherrick, Jena	CI	10/22/2009	Coyote Twilight
284	23:43.00	F	Demott, Mckenzie	FR OIT	10/17/2009	Warner Pacific Invitational

## Cascade Collegiate Conference 2009 Cross Country Top Times

### Individual Top Marks by Current Age

Number of Top Times: All

Mark	Convert	Rnd	Name	Age/Yr			
<b>Women Open 5000m Run</b>							
285*	23:45.00	F	Estrella, Krystal	SO	WPC	9/19/2009	Northwest Christian Invitational
285*	23:45.00	F	Clark, Kelly	JR	SOU	10/24/2009	OSU Beaver Classic
287	23:46.49	F	Rosenfeld, Claire		ESC	10/3/2009	Willamette Invitational
288	23:48.00	F	Seibert, Silver	FR	SOU	10/24/2009	OSU Beaver Classic
289*	23:51.00	F	Stamper, Chloe		ESC	11/7/2009	Cascade Conference Championships
289*	23:51.00	F	Stoutenburgh, Laurie	FR	SOU	10/24/2009	OSU Beaver Classic
291	23:55.00	F	Schorer-Noll, Sierra	FR	NCU	10/24/2009	OSU Beaver Classic
292	23:56.00	F	Estrella, Krystal	SO	WPC	10/17/2009	Warner Pacific Invitational
293	23:58.00	F	Stamper, Chloe		ESC	9/19/2009	Northwest Christian Invitational
294*	24:02.00	F	Lincoln, Kelsie		CU	11/21/2009	NAIA Championships
294*	24:02.00	F	Estrella, Krystal	SO	WPC	11/7/2009	Cascade Conference Championships
296	24:07.00	F	Sherrick, Jena		CI	10/3/2009	Montana Invitational
297	24:09.00	F	Hathorn, Heidi		CRB	10/17/2009	Warner Pacific Invitational
298	24:12.44	F	Stamper, Chloe		ESC	9/26/2009	Evergreen Steilberg Classic
299	24:13.00	F	Welling, Courtney		CRB	10/24/2009	OSU Beaver Classic
300	24:16.00	F	Olson, Jenna		CU	10/17/2009	Concordia Puma Classic
301	24:16.38	F	Moore, Nichelle		WPC	10/3/2009	Willamette Invitational
302	24:22.00	F	Olson, Jenna		CU	11/7/2009	Cascade Conference Championships
303	24:28.71	F	Willis, Jamie		ESC	9/26/2009	Evergreen Steilberg Classic
304	24:33.00	F	Johnston, Kayla		ESC	11/7/2009	Cascade Conference Championships
305	24:38.00	F	Swingle, Kayla		OIT	9/19/2009	Northwest Christian Invitational
306	24:50.00	F	Waugh, Katie	FR	OIT	10/24/2009	OSU Beaver Classic
307	24:50.10	F	Johnston, Kayla		ESC	10/3/2009	Willamette Invitational
308	24:55.00	F	Moore, Nichelle		WPC	11/7/2009	Cascade Conference Championships
309	24:58.00	F	Hathorn, Heidi		CRB	11/7/2009	Cascade Conference Championships
310	25:02.61	F	Coleman, Evelyn		ESC	10/3/2009	Willamette Invitational
311	25:03.00	F	Strauser, Alethea		CRB	10/24/2009	OSU Beaver Classic
312	25:04.00	F	Willis, Jamie		ESC	10/17/2009	Warner Pacific Invitational
313*	25:08.00	F	Edwards, Melissa	FR	NCU	10/24/2009	OSU Beaver Classic
313*	25:08.00	F	Johnston, Kayla		ESC	9/19/2009	Northwest Christian Invitational
313*	25:08.00	F	Renfro, Amy		CRB	10/24/2009	OSU Beaver Classic
316	25:14.00	F	Johnston, Kayla		ESC	10/17/2009	Warner Pacific Invitational
317	25:19.00	F	Harris, Lindsey	FR	SOU	10/24/2009	OSU Beaver Classic
318	25:28.00	F	Arzate, Dominga	JR	WPC	10/24/2009	OSU Beaver Classic
319	25:30.00	F	Zanon, Becca		CRB	10/24/2009	OSU Beaver Classic
320	25:32.00	F	Coleman, Evelyn		ESC	11/7/2009	Cascade Conference Championships
321	25:42.00	F	McMillan, Amanda	SO	OIT	10/24/2009	OSU Beaver Classic
322	26:01.00	F	Smith, Statia	JR	OIT	10/24/2009	OSU Beaver Classic
323	26:11.97	F	Johnston, Kayla		ESC	9/26/2009	Evergreen Steilberg Classic
324	26:13.00	F	Bishop, Micaela	FR	SOU	10/24/2009	OSU Beaver Classic
325	26:16.00	F	Shepard, Kaitlin		CRB	10/24/2009	OSU Beaver Classic
326	26:17.00	F	Baker, Emily		ESC	10/24/2009	OSU Beaver Classic
327	26:20.00	F	Winkle, Kayla	SO	WPC	10/24/2009	OSU Beaver Classic
328	26:24.00	F	Lyon, Justine	SO	SOU	10/24/2009	OSU Beaver Classic
329	26:27.00	F	Coleman, Evelyn		ESC	10/17/2009	Warner Pacific Invitational
330	26:35.00	F	Swingle, Kayla		OIT	10/24/2009	OSU Beaver Classic
331	26:36.00	F	Howard, Bethany	JR	NCU	10/24/2009	OSU Beaver Classic

## Cascade Collegiate Conference 2009 Cross Country Top Times

### Individual Top Marks by Current Age

**Number of Top Times: All**

	Mark	Convert	Rnd	Name	Age/Yr		
332	26:48.00		F	Peterson, Delane	FR SOU	10/24/2009	OSU Beaver Classic
333	26:49.00		F	Haidle, Melody	CRB	10/24/2009	OSU Beaver Classic
334	27:08.00		F	Stanton, Becca	CRB	9/19/2009	Northwest Christian Invitational
335	27:15.00		F	Rosenfeld, Claire	ESC	10/24/2009	OSU Beaver Classic
336	27:18.77		F	Coleman, Evelyn	ESC	9/26/2009	Evergreen Steilberg Classic
337	27:26.00		F	Loughlin, Jessica	NU	11/7/2009	Cascade Conference Championships
338	27:51.00		F	Lefaver, Veronica	SO NCU	10/24/2009	OSU Beaver Classic
339	27:57.00		F	Demott, Mckenzie	FR OIT	10/24/2009	OSU Beaver Classic
340	28:03.00		F	Taylor, Jacki	CRB	9/19/2009	Northwest Christian Invitational
341	28:24.00		F	Whisman, Carman	WPC	11/7/2009	Cascade Conference Championships
342	28:27.00		F	Willis, Jamie	ESC	10/24/2009	OSU Beaver Classic
343	28:56.00		F	Bush, Heather	NCU	10/24/2009	OSU Beaver Classic
344	29:14.00		F	Stamper, Chloe	ESC	10/24/2009	OSU Beaver Classic
345	30:25.00		F	Hathorn, Heidi	CRB	10/24/2009	OSU Beaver Classic
346	30:44.00		F	Johnston, Kayla	ESC	10/24/2009	OSU Beaver Classic
347	31:01.00		F	Coleman, Evelyn	ESC	10/24/2009	OSU Beaver Classic
348	34:30.00		F	Stanton, Becca	CRB	10/24/2009	OSU Beaver Classic

**Women Open 6000m Run**

1	22:33.60		F	Taylor, Alice	CU	9/12/2009	Lewis & Clark Invitational
2	23:13.80		F	Hall, Megan	JR NCU	9/12/2009	Lewis & Clark Invitational
3	23:21.00		F	Perry, Kayla	FR WPC	9/11/2009	Univ of Portland Invitational
4	23:39.00		F	Frantz, Seena	FR SOU	9/19/2009	Humboldt State Invitational
5	23:56.99		F	Wagner, Lindsey	NU	9/19/2009	Sundodger Cross Country
6	23:59.91		F	DeLapp, Paige	NU	9/19/2009	Sundodger Cross Country
7	24:02.10		F	Robert, Samantha	CU	9/12/2009	Lewis & Clark Invitational
8	24:08.40		F	Arch, Brittany	SO NCU	9/12/2009	Lewis & Clark Invitational
9	24:09.09		F	Long, Brittany	NU	9/19/2009	Sundodger Cross Country
10	24:19.70		F	Moran, Lauren	CU	9/12/2009	Lewis & Clark Invitational
11	24:26.84		F	Grubb, Adria	NU	9/19/2009	Sundodger Cross Country
12	24:32.70		F	Wagner, Lindsey	NU	9/5/2009	St. Martin's Invitational
13	24:36.00		F	Martinez, Anya	FR SOU	9/19/2009	Humboldt State Invitational
14	24:37.90		F	Hescock, Stephanie	SO NCU	9/12/2009	Lewis & Clark Invitational
15	24:52.50		F	Peterson, Britta	ESC	9/5/2009	St. Martin's Invitational
16	25:03.10		F	Renfro, Amy	CRB	9/12/2009	Lewis & Clark Invitational
17	25:06.00		F	Juveland, Kristen	JR SOU	9/19/2009	Humboldt State Invitational
18	25:08.40		F	Swanson, Riley	SO NCU	9/12/2009	Lewis & Clark Invitational
19	25:12.30		F	Schorer-Noll, Sierra	FR NCU	9/12/2009	Lewis & Clark Invitational
20	25:20.20		F	DeLapp, Paige	NU	9/5/2009	St. Martin's Invitational
21	25:30.20		F	Novak, Rachel	SR OIT	9/12/2009	Lewis & Clark Invitational
22	25:35.00		F	Kremley, Tara	JR SOU	9/19/2009	Humboldt State Invitational
23	25:47.20		F	Limage, Junia	CU	9/12/2009	Lewis & Clark Invitational
24	25:53.00		F	Stoutenburgh, Laurie	FR SOU	9/19/2009	Humboldt State Invitational
25	25:55.80		F	Pesanti, Maggie	CU	9/12/2009	Lewis & Clark Invitational
26	25:58.00		F	Arzate, Dominga	JR WPC	9/11/2009	Univ of Portland Invitational
27	25:58.80		F	Zanon, Becca	CRB	9/12/2009	Lewis & Clark Invitational
28	26:24.30		F	Sinicrope, Amber	SR OIT	9/12/2009	Lewis & Clark Invitational
29	26:33.20		F	Cross, Lauren	CRB	9/12/2009	Lewis & Clark Invitational
30	26:38.60		F	Edwards, Melissa	FR NCU	9/12/2009	Lewis & Clark Invitational

## Cascade Collegiate Conference 2009 Cross Country Top Times

### Individual Top Marks by Current Age

**Number of Top Times: All**

	Mark	Convert	Rnd	Name	Age/Yr		
31	26:46.90		F	Strauser, Alethea	CRB	9/12/2009	Lewis & Clark Invitational
32	26:57.00		F	Clark, Kelly	JR SOU	9/19/2009	Humboldt State Invitational
33	27:19.70		F	Welling, Courtney	CRB	9/12/2009	Lewis & Clark Invitational
34	27:32.30		F	Smith, Statia	JR OIT	9/12/2009	Lewis & Clark Invitational
35	27:34.00		F	Bishop, Micaela	FR SOU	9/19/2009	Humboldt State Invitational
36	27:40.00		F	Korpela, Kattarina	FR WPC	9/11/2009	Univ of Portland Invitational
37	27:41.00		F	Seibert, Silver	FR SOU	9/19/2009	Humboldt State Invitational
38	27:51.20		F	Olson, Jenna	CU	9/12/2009	Lewis & Clark Invitational
39	28:05.00		F	Winkle, Kayla	SO WPC	9/11/2009	Univ of Portland Invitational
40	28:05.30		F	Howard, Bethany	JR NCU	9/12/2009	Lewis & Clark Invitational
41	28:19.00		F	Harris, Lindsey	FR SOU	9/19/2009	Humboldt State Invitational
42	28:39.30		F	Baker, Emily	ESC	9/5/2009	St. Martin's Invitational
43	29:09.20		F	Gamble, Grace	CRB	9/12/2009	Lewis & Clark Invitational
44	29:11.00		F	Lyon, Justine	SO SOU	9/19/2009	Humboldt State Invitational
45	29:15.00		F	Estrella, Krystal	SO WPC	9/11/2009	Univ of Portland Invitational
46	30:05.90		F	McMillan, Amanda	SO OIT	9/12/2009	Lewis & Clark Invitational
47	30:29.20		F	Shepard, Kaitlin	CRB	9/12/2009	Lewis & Clark Invitational
48	30:40.90		F	Hathorn, Heidi	CRB	9/12/2009	Lewis & Clark Invitational
49	30:45.90		F	Lefaver, Veronica	SO NCU	9/12/2009	Lewis & Clark Invitational
50	31:18.80		F	Stamper, Chloe	ESC	9/5/2009	St. Martin's Invitational
51	33:23.50		F	Johnston, Kayla	ESC	9/5/2009	St. Martin's Invitational
52	34:12.70		F	Coleman, Evelyn	ESC	9/5/2009	St. Martin's Invitational
53	34:25.00		F	Swingle, Kayla	OIT	9/12/2009	Lewis & Clark Invitational
54	37:42.00		F	Demott, Mckenzie	FR OIT	9/12/2009	Lewis & Clark Invitational

**Men Open 5000m Run**

1	15:55.33		F	Flores, Damion	EOU	10/17/2009	Eastern Oregon Blue & Gold Open
2	16:00.86		F	Lumpry, Forrest	EOU	10/17/2009	Eastern Oregon Blue & Gold Open
3	16:01.00		F	Montgomery, Greg	CI	10/17/2009	Idaho State Oktoberfest Invite
4	16:05.64		F	Johnsen, Terry	EOU	10/17/2009	Eastern Oregon Blue & Gold Open
5	16:17.45		F	Coxen, Kody	EOU	10/17/2009	Eastern Oregon Blue & Gold Open
6	16:20.00		F	Sartin, Paul	CI	10/17/2009	Idaho State Oktoberfest Invite
7	16:27.92		F	Booth, Ryan	EOU	10/17/2009	Eastern Oregon Blue & Gold Open
8	16:35.94		F	Dean, Justin	EOU	10/17/2009	Eastern Oregon Blue & Gold Open
9	16:37.00		F	Langat, Kiprotich	CI	10/17/2009	Idaho State Oktoberfest Invite
10	16:39.00		F	Burk, JJ	CI	10/17/2009	Idaho State Oktoberfest Invite
11	16:48.00		F	Bolin, Dominic	CI	10/17/2009	Idaho State Oktoberfest Invite
12	16:50.58		F	Quintana, Carlos	EOU	10/17/2009	Eastern Oregon Blue & Gold Open
13	16:51.00		F	Williams, Geoff	CI	10/17/2009	Idaho State Oktoberfest Invite
14	16:52.00		F	Hugill, Andrew	CI	10/17/2009	Idaho State Oktoberfest Invite
15	16:54.34		F	Miller, Kevin	EOU	10/17/2009	Eastern Oregon Blue & Gold Open
16	17:02.58		F	Roy, Jeff	EOU	10/17/2009	Eastern Oregon Blue & Gold Open
17	17:16.00		F	Montoya, Joe	CI	10/17/2009	Idaho State Oktoberfest Invite
18	17:17.00		F	Goold, Alex	CI	10/17/2009	Idaho State Oktoberfest Invite
19	17:27.00		F	Wilson, Zeke	CI	10/17/2009	Idaho State Oktoberfest Invite
20	17:28.00		F	Hunt, Jason	CI	10/17/2009	Idaho State Oktoberfest Invite
21	17:30.89		F	Seely, Zach	EOU	10/17/2009	Eastern Oregon Blue & Gold Open
22	17:43.65		F	Goins, Caleb	CRB	9/5/2009	Corban College Invitational
23	17:44.70		F	Lagerstrom, Eric	SO WPC	9/5/2009	Corban College Invitational

## Cascade Collegiate Conference 2009 Cross Country Top Times

### Individual Top Marks by Current Age

**Number of Top Times: All**

	Mark	Convert	Rnd	Name	Age/Yr		
24	17:45.00	F		Tobiason, Mike	CI	10/17/2009	Idaho State Oktoberfest Invite
25	17:47.00	F		Lupton, Jared	CI	10/17/2009	Idaho State Oktoberfest Invite
26	17:52.00	F		Traughber, Garrett	CI	10/17/2009	Idaho State Oktoberfest Invite
27	17:59.50	F		Shakalia, Karim	JR WPC	9/5/2009	Corban College Invitational
28	18:02.00	F		Hampton, Nick	CI	10/17/2009	Idaho State Oktoberfest Invite
29	18:07.62	F		Wanta, Michael	EOU	10/17/2009	Eastern Oregon Blue & Gold Open
30	18:08.00	F		Ricci, Nash	CI	10/17/2009	Idaho State Oktoberfest Invite
31	18:15.82	F		Bowdoin, Jacob	CRB	9/5/2009	Corban College Invitational
32	18:17.00	F		Wenz, Daniel	CI	10/17/2009	Idaho State Oktoberfest Invite
33	18:29.81	F		De La Cruz, Juan	JR WPC	9/5/2009	Corban College Invitational
34	18:30.00	F		Baum, Joe	CI	10/17/2009	Idaho State Oktoberfest Invite
35	18:32.60	F		Adrian, Taylor	CRB	9/5/2009	Corban College Invitational
36	18:41.09	F		Search, Ben	CRB	9/5/2009	Corban College Invitational
37	18:41.43	F		Fleishman, Kevin	FR WPC	9/5/2009	Corban College Invitational
38	18:51.00	F		Gould, Elliot	CI	10/17/2009	Idaho State Oktoberfest Invite
39	18:55.93	F		Meeker, Christopher	FR WPC	9/5/2009	Corban College Invitational
40	19:04.78	F		Brown, David	CRB	9/5/2009	Corban College Invitational
41	19:06.72	F		Hardrath, Jason	CRB	9/5/2009	Corban College Invitational
42	19:08.47	F		Pengra, Travis	SO WPC	9/5/2009	Corban College Invitational
43	19:18.20	F		Cook, Kevin	CRB	9/5/2009	Corban College Invitational
44	19:23.19	F		Coriano, Kevin	CRB	9/5/2009	Corban College Invitational
45	19:25.85	F		James, Seth	CRB	9/5/2009	Corban College Invitational
46	19:40.24	F		Trimble, John	CRB	9/5/2009	Corban College Invitational
47	19:57.00	F		Bush, Greg	CI	10/17/2009	Idaho State Oktoberfest Invite
48	20:28.93	F		LaFlamme, Alex	CRB	9/5/2009	Corban College Invitational
49	21:01.93	F		St. Peter, Beau	CRB	9/5/2009	Corban College Invitational
50	21:34.13	F		Petersen, Bryce	CRB	9/5/2009	Corban College Invitational
51	21:37.76	F		Davis, Marcus	SR WPC	9/5/2009	Corban College Invitational
52	21:39.76	F		Forrest, Jefferson	CRB	9/5/2009	Corban College Invitational

**Men Open 6000m Run**

1	19:07.24	F		Hugill, Andrew	CI	9/12/2009	NNU Roger Curran Invite
2	19:16.37	F		Burk, JJ	CI	9/12/2009	NNU Roger Curran Invite
3	19:23.68	F		Sartin, Paul	CI	9/12/2009	NNU Roger Curran Invite
4	19:41.57	F		Langat, Kiprotich	CI	9/12/2009	NNU Roger Curran Invite
5	19:41.94	F		Montgomery, Greg	CI	9/12/2009	NNU Roger Curran Invite
6	19:43.19	F		Johnsen, Terry	EOU	9/12/2009	NNU Roger Curran Invite
7	19:54.92	F		Bolin, Dominic	CI	9/12/2009	NNU Roger Curran Invite
8	19:56.43	F		Flores, Damion	EOU	9/12/2009	NNU Roger Curran Invite
9	19:58.88	F		Miller, Kevin	EOU	9/12/2009	NNU Roger Curran Invite
10	20:14.21	F		White, Devin	EOU	9/12/2009	NNU Roger Curran Invite
11	20:18.91	F		Coxen, Kody	EOU	9/12/2009	NNU Roger Curran Invite
12	20:19.17	F		Dean, Justin	EOU	9/12/2009	NNU Roger Curran Invite
13	20:25.43	F		Lumpry, Forrest	EOU	9/12/2009	NNU Roger Curran Invite
14	20:47.53	F		Booth, Ryan	EOU	9/12/2009	NNU Roger Curran Invite
15	21:20.68	F		Montoya, Joe	CI	9/12/2009	NNU Roger Curran Invite
16	21:26.84	F		Roy, Jeff	EOU	9/12/2009	NNU Roger Curran Invite
17	21:30.12	F		Quintana, Carlos	EOU	9/12/2009	NNU Roger Curran Invite
18	21:35.83	F		Hampton, Nick	CI	9/12/2009	NNU Roger Curran Invite

## Cascade Collegiate Conference 2009 Cross Country Top Times

### Individual Top Marks by Current Age

**Number of Top Times: All**

	Mark	Convert	Rnd	Name	Age/Yr		
19	21:57.56	F		Seely, Zach	EOU	9/12/2009	NNU Roger Curran Invite
20	21:59.79	F		Traugher, Garrett	CI	9/12/2009	NNU Roger Curran Invite
21	22:04.28	F		Wanta, Michael	EOU	9/12/2009	NNU Roger Curran Invite
22	22:22.58	F		Wenz, Daniel	CI	9/12/2009	NNU Roger Curran Invite
23	22:37.28	F		Baum, Joe	CI	9/12/2009	NNU Roger Curran Invite
24	23:55.25	F		Gould, Elliot	CI	9/12/2009	NNU Roger Curran Invite
<b>Men Open 8000m Run</b>							
1	23:55.70	F		Montgomery, Greg	CI	10/22/2009	Coyote Twilight
2	23:58.60	F		Flores, Damion	EOU	10/22/2009	Coyote Twilight
3	24:03.40	F		Sartin, Paul	CI	10/22/2009	Coyote Twilight
4	24:05.50	F		Lumpry, Forrest	EOU	10/22/2009	Coyote Twilight
5	24:07.40	F		Burk, JJ	CI	10/22/2009	Coyote Twilight
6	24:13.30	F		Laney, David	JR SOU	10/3/2009	Willamette Invitational
7	24:21.00	F		Laney, David	JR SOU	10/24/2009	OSU Beaver Classic
8	24:22.70	F		Johnsen, Terry	EOU	10/22/2009	Coyote Twilight
9	24:31.20	F		Hugill, Andrew	CI	10/22/2009	Coyote Twilight
10	24:33.62	F		Paterson, Chris	JR SOU	10/3/2009	Willamette Invitational
11	24:39.60	F		Dean, Justin	EOU	10/22/2009	Coyote Twilight
12	24:44.00	F		Laney, David	JR SOU	11/7/2009	Cascade Conference Championships
13	24:49.64	F		Sorenson, Ryan	SO SOU	10/3/2009	Willamette Invitational
14	24:49.87	F		Elliott, Zach	FR SOU	10/3/2009	Willamette Invitational
15	24:50.50	F		Langat, Kiprotich	CI	10/22/2009	Coyote Twilight
16	24:52.73	F		Ghelfi, Ryan	JR SOU	10/3/2009	Willamette Invitational
17	24:55.70	F		Bolin, Dominic	CI	10/22/2009	Coyote Twilight
18	24:58.60	F		Roy, Jeff	EOU	10/22/2009	Coyote Twilight
19	25:00.00	F		Romero-Clark, Martin	CU	11/7/2009	Cascade Conference Championships
20	25:00.17	F		Bridges, Seth	NU	10/3/2009	Willamette Invitational
21	25:00.39	F		Rakestraw, Brian	ESC	10/3/2009	Willamette Invitational
22*	25:01.00	F		McCaffrey, Dennis	SR SOU	10/24/2009	OSU Beaver Classic
22*	25:01.00	F		Flores, Damion	EOU	11/7/2009	Cascade Conference Championships
24	25:01.40	F		Hunt, Jason	CI	10/22/2009	Coyote Twilight
25	25:02.00	F		Sorenson, Ryan	SO SOU	10/24/2009	OSU Beaver Classic
26	25:04.00	F		Montgomery, Greg	CI	11/7/2009	Cascade Conference Championships
27	25:05.00	F		McCaffrey, Dennis	SR SOU	11/7/2009	Cascade Conference Championships
28	25:07.00	F		Elliott, Zach	FR SOU	11/7/2009	Cascade Conference Championships
29	25:08.60	F		Miller, Kevin	EOU	10/22/2009	Coyote Twilight
30	25:09.00	F		Humberston, Corey	JR OIT	11/7/2009	Cascade Conference Championships
31*	25:10.00	F		Ghelfi, Ryan	JR SOU	10/24/2009	OSU Beaver Classic
31*	25:10.00	F		Shakalia, Karim	JR WPC	11/7/2009	Cascade Conference Championships
31*	25:10.00	F		Sartin, Paul	CI	11/7/2009	Cascade Conference Championships
34	25:12.00	F		Rakestraw, Brian	ESC	11/7/2009	Cascade Conference Championships
35	25:13.00	F		Lumpry, Forrest	EOU	11/7/2009	Cascade Conference Championships
36	25:14.00	F		Sorenson, Ryan	SO SOU	11/7/2009	Cascade Conference Championships
37	25:14.32	F		Flores, Damion	EOU	10/3/2009	Willamette Invitational
38*	25:15.00	F		Robison, Samuel	JR NCU	11/7/2009	Cascade Conference Championships
38*	25:15.00	F		Burk, JJ	CI	11/7/2009	Cascade Conference Championships
40	25:16.00	F		Ghelfi, Ryan	JR SOU	11/7/2009	Cascade Conference Championships
41	25:16.41	F		Humberston, Corey	JR OIT	10/3/2009	Willamette Invitational

## Cascade Collegiate Conference 2009 Cross Country Top Times

### Individual Top Marks by Current Age

**Number of Top Times: All**

Mark	Convert	Rnd	Name	Age/Yr		
42*	25:17.00	F	Langat, Kiprotich	CI	11/7/2009	Cascade Conference Championships
42*	25:17.00	F	Cummings, Charles	CU	11/7/2009	Cascade Conference Championships
44	25:18.70	F	Wilson, Zeke	CI	10/22/2009	Coyote Twilight
45	25:19.00	F	Nelson, Marcus	CU	11/7/2009	Cascade Conference Championships
46	25:20.06	F	Johnsen, Terry	EOU	10/3/2009	Willamette Invitational
47	25:21.14	F	McCaffrey, Dennis	SR SOU	10/3/2009	Willamette Invitational
48*	25:22.00	F	Rakestraw, Brian	ESC	10/24/2009	OSU Beaver Classic
48*	25:22.00	F	Laney, David	JR SOU	11/21/2009	NAIA Championships
50	25:23.00	F	Laney, David	JR SOU	9/19/2009	Humboldt State Invitational
51	25:26.20	F	Goold, Alex	CI	10/22/2009	Coyote Twilight
52	25:26.44	F	Goins, Caleb	CRB	10/3/2009	Willamette Invitational
53	25:27.00	F	Cisneros, Cordero	CU	11/7/2009	Cascade Conference Championships
54	25:28.00	F	Hugill, Andrew	CI	11/7/2009	Cascade Conference Championships
55	25:28.69	F	Milne, Andrew	JR SOU	10/3/2009	Willamette Invitational
56	25:29.00	F	Aleman, Hector	JR SOU	11/7/2009	Cascade Conference Championships
57	25:29.99	F	Shakalia, Karim	JR WPC	10/3/2009	Willamette Invitational
58	25:30.03	F	Coxen, Kody	EOU	10/3/2009	Willamette Invitational
59	25:31.40	F	Bridges, Seth	NU	9/19/2009	Sundodger Cross Country
60	25:31.62	F	Seitz, Josh	JR SOU	10/3/2009	Willamette Invitational
61	25:32.00	F	Paterson, Chris	JR SOU	9/19/2009	Humboldt State Invitational
62	25:33.10	F	Quintana, Carlos	EOU	10/22/2009	Coyote Twilight
63	25:33.40	F	Booth, Ryan	EOU	10/22/2009	Coyote Twilight
64	25:35.00	F	Goins, Caleb	CRB	10/17/2009	Warner Pacific Invitational
65	25:36.00	F	Humberston, Korey	JR OIT	10/24/2009	OSU Beaver Classic
66*	25:37.00	F	Robison, Samuel	JR NCU	10/24/2009	OSU Beaver Classic
66*	25:37.00	F	Montgomery, Greg	CI	10/3/2009	Montana Invitational
68*	25:38.00	F	Shakalia, Karim	JR WPC	10/17/2009	Warner Pacific Invitational
68*	25:38.00	F	Flores, Damion	EOU	11/21/2009	NAIA Championships
68*	25:38.00	F	Johnsen, Terry	EOU	11/7/2009	Cascade Conference Championships
71	25:39.00	F	Aleman, Hector	JR SOU	10/24/2009	OSU Beaver Classic
72	25:41.00	F	Milne, Andrew	JR SOU	11/7/2009	Cascade Conference Championships
73	25:42.00	F	Puckett, Jerrod	SO SOU	10/24/2009	OSU Beaver Classic
74	25:43.31	F	Aleman, Hector	JR SOU	10/3/2009	Willamette Invitational
75	25:43.59	F	Romero-Clark, Martin	CU	10/3/2009	Willamette Invitational
76	25:45.00	F	Rakestraw, Brian	ESC	9/19/2009	Northwest Christian Invitational
77	25:46.00	F	Sorenson, Ryan	SO SOU	9/19/2009	Humboldt State Invitational
78	25:47.55	F	Sartin, Paul	CI	9/26/2009	Bob Firman Invitational
79	25:48.00	F	Sartin, Paul	CI	10/3/2009	Montana Invitational
80	25:48.36	F	Dean, Justin	EOU	10/3/2009	Willamette Invitational
81*	25:49.00	F	Montgomery, Greg	CI	11/21/2009	NAIA Championships
81*	25:49.00	F	Elliott, Zach	FR SOU	9/19/2009	Humboldt State Invitational
83	25:50.00	F	Ghelfi, Ryan	JR SOU	9/19/2009	Humboldt State Invitational
84*	25:51.00	F	Coxen, Kody	EOU	9/19/2009	Northwest Christian Invitational
84*	25:51.00	F	McCaffrey, Dennis	SR SOU	11/21/2009	NAIA Championships
86	25:51.49	F	Montgomery, Greg	CI	9/26/2009	Bob Firman Invitational
87	25:52.00	F	Milne, Andrew	JR SOU	10/24/2009	OSU Beaver Classic
88	25:52.76	F	White, Devin	EOU	10/3/2009	Willamette Invitational
89	25:53.00	F	Hampton, Nick	CI	10/22/2009	Coyote Twilight
90	25:54.00	F	Johnsen, Terry	EOU	9/19/2009	Northwest Christian Invitational

## Cascade Collegiate Conference 2009 Cross Country Top Times

### Individual Top Marks by Current Age

**Number of Top Times: All**

Mark	Convert	Rnd	Name	Age/Yr		
<b>Men Open 8000m Run</b>						
91	25:54.29	F	Cummings, Charles	CU	10/3/2009	Willamette Invitational
92	25:55.00	F	Burk, JJ	CI	10/3/2009	Montana Invitational
93	25:56.00	F	Lumpry, Forrest	EOU	11/21/2009	NAIA Championships
94	25:56.83	F	Rakestraw, Brian	ESC	9/26/2009	Evergreen Steilberg Classic
95	25:57.00	F	Paterson, Chris	JR SOU	10/24/2009	OSU Beaver Classic
96	25:58.00	F	Flores, Damion	EOU	9/19/2009	Northwest Christian Invitational
97	25:58.90	F	Lupton, Jared	CI	10/22/2009	Coyote Twilight
98	26:00.20	F	Ricci, Nash	CI	10/22/2009	Coyote Twilight
99	26:02.00	F	Brown, Jessy	CU	9/19/2009	Northwest Christian Invitational
100	26:03.00	F	Miller, Kevin	EOU	9/19/2009	Northwest Christian Invitational
101*	26:05.00	F	Hugill, Andrew	CI	10/3/2009	Montana Invitational
101*	26:05.00	F	Paterson, Chris	JR SOU	11/7/2009	Cascade Conference Championships
103	26:05.20	F	Montoya, Joe	CI	10/22/2009	Coyote Twilight
104*	26:07.00	F	Dean, Justin	EOU	11/7/2009	Cascade Conference Championships
104*	26:07.00	F	Milne, Andrew	JR SOU	11/21/2009	NAIA Championships
106*	26:08.00	F	Bolin, Dominic	CI	11/7/2009	Cascade Conference Championships
106*	26:08.00	F	Roudebush, Levi	SR SOU	10/24/2009	OSU Beaver Classic
108	26:08.30	F	Traughber, Garrett	CI	10/22/2009	Coyote Twilight
109	26:08.40	F	Romero-Clark, Martin	CU	9/12/2009	Lewis & Clark Invitational
110	26:08.63	F	Hugill, Andrew	CI	9/26/2009	Bob Firman Invitational
111*	26:09.00	F	Shakalia, Karim	JR WPC	9/19/2009	Northwest Christian Invitational
111*	26:09.00	F	Booth, Ryan	EOU	11/7/2009	Cascade Conference Championships
111*	26:09.00	F	Cummings, Charles	CU	9/19/2009	Northwest Christian Invitational
114	26:09.48	F	Robison, Samuel	JR NCU	10/3/2009	Willamette Invitational
115	26:09.70	F	Brown, Jessy	CU	9/12/2009	Lewis & Clark Invitational
116	26:09.92	F	Puckett, Jerrod	SO SOU	10/3/2009	Willamette Invitational
117	26:10.20	F	Bridges, Seth	NU	9/5/2009	St. Martin's Invitational
118	26:11.00	F	Sartin, Paul	CI	11/21/2009	NAIA Championships
119	26:11.87	F	Burk, JJ	CI	9/26/2009	Bob Firman Invitational
120	26:12.00	F	Lagerstrom, Eric	SO WPC	9/19/2009	Northwest Christian Invitational
121	26:13.00	F	Sorenson, Ryan	SO SOU	11/21/2009	NAIA Championships
122	26:13.90	F	Miller, Kevin	EOU	10/3/2009	Willamette Invitational
123	26:14.00	F	Nelson, Marcus	CU	11/21/2009	NAIA Championships
124*	26:15.00	F	Robison, Samuel	JR NCU	9/19/2009	Northwest Christian Invitational
124*	26:15.00	F	Wilson, Zeke	CI	11/7/2009	Cascade Conference Championships
126	26:16.00	F	Cummings, Charles	CU	11/21/2009	NAIA Championships
127	26:16.13	F	Roudebush, Levi	SR SOU	10/3/2009	Willamette Invitational
128	26:17.06	F	Zitzer, Dylan	CU	10/3/2009	Willamette Invitational
129	26:17.11	F	Matz, Ryan	SR SOU	10/3/2009	Willamette Invitational
130	26:18.50	F	De La Cruz, Juan	JR WPC	10/3/2009	Willamette Invitational
131	26:19.00	F	Goins, Caleb	CRB	11/7/2009	Cascade Conference Championships
132	26:20.00	F	Bridges, Seth	NU	11/7/2009	Cascade Conference Championships
133*	26:21.00	F	Steiner-Bailey, Kael	JR SOU	10/24/2009	OSU Beaver Classic
133*	26:21.00	F	Seitz, Josh	JR SOU	10/24/2009	OSU Beaver Classic
135	26:21.30	F	Robison, Samuel	JR NCU	9/12/2009	Lewis & Clark Invitational
136	26:23.00	F	Rakestraw, Brian	ESC	10/17/2009	Warner Pacific Invitational
137*	26:24.00	F	Rakestraw, Brian	ESC	11/21/2009	NAIA Championships

## Cascade Collegiate Conference 2009 Cross Country Top Times

### Individual Top Marks by Current Age

**Number of Top Times: All**

Mark	Convert	Rnd	Name	Age/Yr		
137*	26:24.00	F	Romero-Clark, Martin	CU	11/21/2009	NAIA Championships
139	26:25.00	F	Coxen, Kody	EOU	11/7/2009	Cascade Conference Championships
140*	26:26.00	F	Ghelfi, Ryan	JR SOU	11/21/2009	NAIA Championships
140*	26:26.00	F	Langat, Kiprotich	CI	10/3/2009	Montana Invitational
142*	26:27.00	F	Kohler, Brandon	CU	11/7/2009	Cascade Conference Championships
142*	26:27.00	F	De La Cruz, Juan	JR WPC	11/7/2009	Cascade Conference Championships
142*	26:27.00	F	Puckett, Jerrod	SO SOU	11/7/2009	Cascade Conference Championships
145*	26:28.00	F	Robison, Samuel	JR NCU	11/21/2009	NAIA Championships
145*	26:28.00	F	Goins, Caleb	CRB	9/19/2009	Northwest Christian Invitational
147	26:29.00	F	Lumpry, Forrest	EOU	9/19/2009	Northwest Christian Invitational
148	26:29.60	F	Rakestraw, Brian	ESC	9/5/2009	St. Martin's Invitational
149	26:30.00	F	Robison, Samuel	JR NCU	10/17/2009	Warner Pacific Invitational
150	26:30.40	F	Wenz, Daniel	CI	10/22/2009	Coyote Twilight
151	26:31.20	F	Seely, Zach	EOU	10/22/2009	Coyote Twilight
152	26:31.27	F	Ginn, Zach	CU	10/3/2009	Willamette Invitational
153	26:31.79	F	Hornig, Brett	FR SOU	10/3/2009	Willamette Invitational
154*	26:32.00	F	White, Devin	EOU	9/19/2009	Northwest Christian Invitational
154*	26:32.00	F	Humberston, Korey	JR OIT	11/21/2009	NAIA Championships
156	26:33.47	F	Quintana, Carlos	EOU	10/3/2009	Willamette Invitational
157	26:34.00	F	Cisneros, Cordero	CU	11/21/2009	NAIA Championships
158*	26:35.00	F	McCaffrey, Dennis	SR SOU	9/19/2009	Humboldt State Invitational
158*	26:35.00	F	Mamo, Ephrem	SO WPC	9/19/2009	Northwest Christian Invitational
158*	26:35.00	F	Burrus, Josh	CU	11/7/2009	Cascade Conference Championships
158*	26:35.00	F	White, Devin	EOU	11/7/2009	Cascade Conference Championships
162	26:35.79	F	Langat, Kiprotich	CI	9/26/2009	Bob Firman Invitational
163*	26:36.00	F	Langat, Kiprotich	CI	11/21/2009	NAIA Championships
163*	26:36.00	F	Porter, Matt	NU	11/7/2009	Cascade Conference Championships
163*	26:36.00	F	Miller, Kevin	EOU	11/7/2009	Cascade Conference Championships
163*	26:36.00	F	Hunt, Kym	CRB	10/24/2009	OSU Beaver Classic
167	26:36.67	F	Hart, Tyler	NU	10/3/2009	Willamette Invitational
168*	26:38.00	F	Goold, Alex	CI	11/7/2009	Cascade Conference Championships
168*	26:38.00	F	Hunt, Jason	CI	11/7/2009	Cascade Conference Championships
168*	26:38.00	F	Bolin, Dominic	CI	10/3/2009	Montana Invitational
171*	26:39.00	F	Hunt, Kym	CRB	11/7/2009	Cascade Conference Championships
171*	26:39.00	F	Baum, Joe	CI	10/22/2009	Coyote Twilight
173	26:39.98	F	Roy, Jeff	EOU	10/3/2009	Willamette Invitational
174	26:40.00	F	White, Devin	EOU	11/21/2009	NAIA Championships
175	26:40.10	F	Cummings, Charles	CU	9/12/2009	Lewis & Clark Invitational
176	26:41.00	F	Milne, Andrew	JR SOU	9/19/2009	Humboldt State Invitational
177	26:42.88	F	Bolin, Dominic	CI	9/26/2009	Bob Firman Invitational
178	26:43.00	F	Burk, JJ	CI	11/21/2009	NAIA Championships
179*	26:45.00	F	Aleman, Hector	JR SOU	9/19/2009	Humboldt State Invitational
179*	26:45.00	F	Ginn, Zach	CU	9/19/2009	Northwest Christian Invitational
181	26:45.99	F	Booth, Ryan	EOU	10/3/2009	Willamette Invitational
182	26:48.50	F	Tobiason, Mike	CI	10/22/2009	Coyote Twilight
183*	26:49.00	F	De La Cruz, Juan	JR WPC	10/17/2009	Warner Pacific Invitational
183*	26:49.00	F	Seitz, Josh	JR SOU	11/7/2009	Cascade Conference Championships
185*	26:50.00	F	Dean, Justin	EOU	9/19/2009	Northwest Christian Invitational
185*	26:50.00	F	Mamo, Ephrem	SO WPC	9/11/2009	Univ of Portland Invitational

## Cascade Collegiate Conference 2009 Cross Country Top Times

### Individual Top Marks by Current Age

Number of Top Times: All

Mark	Convert	Rnd	Name	Age/Yr		
<b>Men Open 8000m Run</b>						
187	26:51.00	F	Aleman, Hector	JR SOU	11/21/2009	NAIA Championships
188	26:52.00	F	Bowdoin, Jacob	CRB	11/7/2009	Cascade Conference Championships
189	26:52.35	F	Hunt, Kym	CRB	10/3/2009	Willamette Invitational
190	26:53.00	F	Kohler, Brandon	CU	9/19/2009	Northwest Christian Invitational
191	26:53.69	F	Steiner-Bailey, Kael	JR SOU	10/3/2009	Willamette Invitational
192	26:54.00	F	Mamo, Ephrem	SO WPC	11/7/2009	Cascade Conference Championships
193*	26:55.00	F	Shakalia, Karim	JR WPC	11/21/2009	NAIA Championships
193*	26:55.00	F	Bolin, Dominic	CI	11/21/2009	NAIA Championships
195*	26:56.00	F	Zitzer, Dylan	CU	11/7/2009	Cascade Conference Championships
195*	26:56.00	F	Johnsen, Terry	EOU	11/21/2009	NAIA Championships
197	26:56.42	F	Urquhart, Benton	FR NCU	10/3/2009	Willamette Invitational
198	26:58.00	F	Zitzer, Dylan	CU	9/19/2009	Northwest Christian Invitational
199	26:58.30	F	Zitzer, Dylan	CU	9/12/2009	Lewis & Clark Invitational
200	26:59.00	F	Quintana, Carlos	EOU	9/19/2009	Northwest Christian Invitational
201	26:59.28	F	Burrus, Josh	CU	10/3/2009	Willamette Invitational
202	27:00.00	F	Booth, Ryan	EOU	11/21/2009	NAIA Championships
203	27:00.20	F	Wanta, Michael	EOU	10/22/2009	Coyote Twilight
204	27:01.13	F	Porter, Matt	NU	9/19/2009	Sundodger Cross Country
205*	27:02.00	F	Williams, Geoff	CI	11/7/2009	Cascade Conference Championships
205*	27:02.00	F	Seitz, Josh	JR SOU	9/19/2009	Humboldt State Invitational
207	27:03.00	F	Gipner, Joey	JR OIT	11/7/2009	Cascade Conference Championships
208	27:04.70	F	Kohler, Brandon	CU	10/3/2009	Willamette Invitational
209	27:05.00	F	Brown, Jessy	CU	11/21/2009	NAIA Championships
210*	27:06.00	F	Humberston, Korey	JR OIT	9/19/2009	Northwest Christian Invitational
210*	27:06.00	F	Mamo, Ephrem	SO WPC	10/17/2009	Warner Pacific Invitational
212	27:06.03	F	Bowdoin, Jacob	CRB	10/3/2009	Willamette Invitational
213	27:07.00	F	Booth, Ryan	EOU	9/19/2009	Northwest Christian Invitational
214	27:07.38	F	Adrian, Taylor	CRB	10/3/2009	Willamette Invitational
215*	27:08.00	F	Search, Ben	CRB	9/19/2009	Northwest Christian Invitational
215*	27:08.00	F	Bowdoin, Jacob	CRB	9/19/2009	Northwest Christian Invitational
217	27:10.00	F	Roudebush, Levi	SR SOU	9/19/2009	Humboldt State Invitational
218	27:10.39	F	Williams, Geoff	CI	9/26/2009	Bob Firman Invitational
219	27:12.00	F	Urquhart, Benton	FR NCU	9/19/2009	Northwest Christian Invitational
220*	27:13.00	F	Matz, Ryan	SR SOU	9/19/2009	Humboldt State Invitational
220*	27:13.00	F	Adrian, Taylor	CRB	9/19/2009	Northwest Christian Invitational
222	27:14.00	F	White-Duong, Han	FR WPC	11/7/2009	Cascade Conference Championships
223*	27:15.00	F	Elliott, Zach	FR SOU	11/21/2009	NAIA Championships
223*	27:15.00	F	Hunt, Kym	CRB	10/17/2009	Warner Pacific Invitational
225	27:17.90	F	Schloemer, Jeffrey	CRB	10/3/2009	Willamette Invitational
226*	27:19.00	F	Shakalia, Karim	JR WPC	9/11/2009	Univ of Portland Invitational
226*	27:19.00	F	Hornig, Brett	FR SOU	10/24/2009	OSU Beaver Classic
226*	27:19.00	F	Zitzer, Dylan	CU	11/21/2009	NAIA Championships
226*	27:19.00	F	Rich, Robert	SO NCU	9/19/2009	Northwest Christian Invitational
230	27:19.10	F	Brown, David	CRB	10/3/2009	Willamette Invitational
231*	27:21.00	F	Kundert, Brandon	JR NCU	11/7/2009	Cascade Conference Championships
231*	27:21.00	F	Bowdoin, Jacob	CRB	10/24/2009	OSU Beaver Classic
233	27:22.00	F	Goold, Alex	CI	11/21/2009	NAIA Championships

## Cascade Collegiate Conference 2009 Cross Country Top Times

### Individual Top Marks by Current Age

Number of Top Times: All

Mark	Convert	Rnd	Name	Age/Yr		
234	27:23.30	F	Kohler, Brandon	CU	9/12/2009	Lewis & Clark Invitational
235	27:24.00	F	Schloemer, Jeffrey	CRB	10/24/2009	OSU Beaver Classic
236*	27:25.00	F	Goins, Caleb	CRB	10/24/2009	OSU Beaver Classic
236*	27:25.00	F	Dean, Justin	EOU	11/21/2009	NAIA Championships
236*	27:25.00	F	Hunt, Kym	CRB	9/19/2009	Northwest Christian Invitational
239	27:25.77	F	Seely, Zach	EOU	10/3/2009	Willamette Invitational
240*	27:26.00	F	Schloemer, Jeffrey	CRB	11/7/2009	Cascade Conference Championships
240*	27:26.00	F	Puckett, Jerrod	SO SOU	9/19/2009	Humboldt State Invitational
242	27:26.61	F	Cisneros, Cordero	CU	10/3/2009	Willamette Invitational
243*	27:28.00	F	Lagerstrom, Eric	SO WPC	9/11/2009	Univ of Portland Invitational
243*	27:28.00	F	Bennett, Michael	FR NCU	10/3/2009	Willamette Invitational
245	27:29.00	F	Kundert, Brandon	JR NCU	10/24/2009	OSU Beaver Classic
246*	27:31.00	F	Luce, Tyler	ESC	10/24/2009	OSU Beaver Classic
246*	27:31.00	F	De La Cruz, Juan	JR WPC	9/19/2009	Northwest Christian Invitational
248	27:31.40	F	Goins, Caleb	CRB	9/12/2009	Lewis & Clark Invitational
249*	27:32.00	F	Roy, Jeff	EOU	9/19/2009	Northwest Christian Invitational
249*	27:32.00	F	Schloemer, Jeffrey	CRB	10/17/2009	Warner Pacific Invitational
251	27:32.52	F	White-Duong, Han	FR WPC	10/3/2009	Willamette Invitational
252	27:33.00	F	Quintana, Carlos	EOU	11/7/2009	Cascade Conference Championships
253	27:33.44	F	Woticha, Antenah	CU	10/3/2009	Willamette Invitational
254*	27:34.00	F	Bowdoin, Jacob	CRB	10/17/2009	Warner Pacific Invitational
254*	27:34.00	F	Pengra, Travis	SO WPC	11/7/2009	Cascade Conference Championships
256	27:35.10	F	Burrus, Josh	CU	9/12/2009	Lewis & Clark Invitational
257	27:36.00	F	Burrus, Josh	CU	9/19/2009	Northwest Christian Invitational
258	27:37.00	F	Gipner, Joey	JR OIT	10/24/2009	OSU Beaver Classic
259	27:38.00	F	Meeker, Christopher	FR WPC	9/19/2009	Northwest Christian Invitational
260	27:39.00	F	Rich, Robert	SO NCU	10/24/2009	OSU Beaver Classic
261	27:39.64	F	Meeker, Christopher	FR WPC	10/3/2009	Willamette Invitational
262	27:40.53	F	Cook, Kevin	CRB	10/3/2009	Willamette Invitational
263*	27:41.00	F	Hunt, Jason	CI	10/3/2009	Montana Invitational
263*	27:41.00	F	Hornig, Brett	FR SOU	9/19/2009	Humboldt State Invitational
265	27:42.00	F	Foot, Garrett	NU	11/7/2009	Cascade Conference Championships
266	27:43.00	F	White-Duong, Han	FR WPC	10/17/2009	Warner Pacific Invitational
267	27:45.70	F	Adrian, Taylor	CRB	9/12/2009	Lewis & Clark Invitational
268	27:47.00	F	Rich, Robert	SO NCU	10/17/2009	Warner Pacific Invitational
269	27:47.98	F	Hart, Tyler	NU	9/19/2009	Sundodger Cross Country
270	27:50.00	F	Williams, Geoff	CI	10/3/2009	Montana Invitational
271	27:51.00	F	Brown, David	CRB	11/7/2009	Cascade Conference Championships
272*	27:52.00	F	Luce, Tyler	ESC	11/7/2009	Cascade Conference Championships
272*	27:52.00	F	Meeker, Christopher	FR WPC	10/17/2009	Warner Pacific Invitational
274	27:52.60	F	Gould, Elliot	CI	10/22/2009	Coyote Twilight
275*	27:53.00	F	Tobiason, Mike	CI	10/3/2009	Montana Invitational
275*	27:53.00	F	Kundert, Brandon	JR NCU	10/17/2009	Warner Pacific Invitational
275*	27:53.00	F	Dubie, Jacob	FR OIT	10/24/2009	OSU Beaver Classic
275*	27:53.00	F	Ginn, Zach	CU	11/21/2009	NAIA Championships
279	27:53.12	F	Gipner, Joey	JR OIT	10/3/2009	Willamette Invitational
280	27:54.36	F	Kundert, Brandon	JR NCU	10/3/2009	Willamette Invitational
281	27:54.74	F	Fleishman, Kevin	FR WPC	10/3/2009	Willamette Invitational
282*	27:55.00	F	Coxen, Kody	EOU	11/21/2009	NAIA Championships

## Cascade Collegiate Conference 2009 Cross Country Top Times

### Individual Top Marks by Current Age

Number of Top Times: All

Mark	Convert	Rnd	Name	Age/Yr		
<b>Men Open 8000m Run</b>						
282*	27:55.00	F	Montoya, Joe	CI	10/3/2009	Montana Invitational
284	27:55.90	F	Urquhart, Benton	FR NCU	9/12/2009	Lewis & Clark Invitational
285	27:56.60	F	Bowdoin, Jacob	CRB	9/12/2009	Lewis & Clark Invitational
286	27:56.69	F	Aucoin, Cody	SO NCU	10/3/2009	Willamette Invitational
287	27:57.00	F	Dubie, Jacob	FR OIT	11/7/2009	Cascade Conference Championships
288	27:57.89	F	Pengra, Travis	SO WPC	10/3/2009	Willamette Invitational
289	27:58.36	F	Luce, Tyler	ESC	10/3/2009	Willamette Invitational
290	27:59.00	F	Hugill, Andrew	CI	11/21/2009	NAIA Championships
291	27:59.84	F	Dubie, Jacob	FR OIT	10/3/2009	Willamette Invitational
292	28:00.00	F	Dubie, Jacob	FR OIT	10/17/2009	Warner Pacific Invitational
293	28:01.00	F	Cook, Kevin	CRB	9/19/2009	Northwest Christian Invitational
294	28:01.60	F	Montoya, Joe	CI	9/26/2009	Bob Firman Invitational
295	28:02.58	F	Tobiason, Mike	CI	9/26/2009	Bob Firman Invitational
296*	28:03.00	F	Brown, David	CRB	9/19/2009	Northwest Christian Invitational
296*	28:03.00	F	De La Cruz, Juan	JR WPC	9/11/2009	Univ of Portland Invitational
296*	28:03.00	F	Roy, Jeff	EOU	11/7/2009	Cascade Conference Championships
299	28:03.99	F	Hunt, Jason	CI	9/26/2009	Bob Firman Invitational
300	28:04.00	F	Seely, Zach	EOU	9/19/2009	Northwest Christian Invitational
301*	28:08.00	F	Hampton, Nick	CI	10/3/2009	Montana Invitational
301*	28:08.00	F	Pengra, Travis	SO WPC	10/17/2009	Warner Pacific Invitational
301*	28:08.00	F	Bennett, Michael	FR NCU	10/24/2009	OSU Beaver Classic
304	28:13.25	F	Rich, Robert	SO NCU	10/3/2009	Willamette Invitational
305*	28:15.00	F	James, Seth	CRB	10/24/2009	OSU Beaver Classic
305*	28:15.00	F	Search, Ben	CRB	11/7/2009	Cascade Conference Championships
307*	28:17.00	F	Aucoin, Cody	SO NCU	9/19/2009	Northwest Christian Invitational
307*	28:17.00	F	Lupton, Jared	CI	10/3/2009	Montana Invitational
307*	28:17.00	F	Hardrath, Jason	CRB	9/19/2009	Northwest Christian Invitational
310	28:18.00	F	Pengra, Travis	SO WPC	9/19/2009	Northwest Christian Invitational
311	28:18.50	F	Ginn, Zach	CU	9/12/2009	Lewis & Clark Invitational
312	28:18.90	F	Search, Ben	CRB	9/12/2009	Lewis & Clark Invitational
313	28:20.00	F	Fleishman, Kevin	FR WPC	9/19/2009	Northwest Christian Invitational
314	28:20.12	F	Wanta, Michael	EOU	10/3/2009	Willamette Invitational
315	28:21.00	F	Urquhart, Benton	FR NCU	11/7/2009	Cascade Conference Championships
316	28:22.00	F	Meeker, Christopher	FR WPC	9/11/2009	Univ of Portland Invitational
317	28:22.50	F	Bush, Greg	CI	10/22/2009	Coyote Twilight
318*	28:23.00	F	Aucoin, Cody	SO NCU	10/17/2009	Warner Pacific Invitational
318*	28:23.00	F	Urquhart, Benton	FR NCU	10/24/2009	OSU Beaver Classic
320	28:24.00	F	Wanta, Michael	EOU	9/19/2009	Northwest Christian Invitational
321*	28:25.00	F	Steiner-Bailey, Kael	JR SOU	9/19/2009	Humboldt State Invitational
321*	28:25.00	F	Bennett, Michael	FR NCU	10/17/2009	Warner Pacific Invitational
323*	28:27.00	F	Taylor, Adrian	CRB	11/7/2009	Cascade Conference Championships
323*	28:27.00	F	James, Seth	CRB	11/7/2009	Cascade Conference Championships
325*	28:28.00	F	Fleishman, Kevin	FR WPC	11/7/2009	Cascade Conference Championships
325*	28:28.00	F	Martin, Darin	ESC	11/7/2009	Cascade Conference Championships
325*	28:28.00	F	Goold, Alex	CI	10/3/2009	Montana Invitational
328	28:29.50	F	Bennett, Michael	FR NCU	9/12/2009	Lewis & Clark Invitational
329*	28:30.00	F	Rockwell, Liam	ESC	11/7/2009	Cascade Conference Championships

## Cascade Collegiate Conference 2009 Cross Country Top Times

### Individual Top Marks by Current Age

**Number of Top Times: All**

Mark	Convert	Rnd	Name	Age/Yr		
329*	28:30.00	F	Search, Ben	CRB	10/24/2009	OSU Beaver Classic
331	28:30.10	F	Rich, Robert	SO NCU	9/12/2009	Lewis & Clark Invitational
332	28:30.50	F	Porter, Matt	NU	9/5/2009	St. Martin's Invitational
333	28:30.98	F	Martin, Darin	ESC	10/3/2009	Willamette Invitational
334	28:31.00	F	Rockwell, Liam	ESC	9/19/2009	Northwest Christian Invitational
335	28:32.21	F	Petersen, Bryce	CRB	10/3/2009	Willamette Invitational
336	28:33.00	F	Aucoin, Cody	SO NCU	10/24/2009	OSU Beaver Classic
337*	28:34.00	F	Rich, Robert	SO NCU	11/7/2009	Cascade Conference Championships
337*	28:34.00	F	Martin, Darin	ESC	10/24/2009	OSU Beaver Classic
339	28:35.00	F	Brown, David	CRB	10/24/2009	OSU Beaver Classic
340	28:35.01	F	Lupton, Jared	CI	9/26/2009	Bob Firman Invitational
341	28:36.00	F	White-Duong, Han	FR WPC	9/11/2009	Univ of Portland Invitational
342	28:38.69	F	Rockwell, Liam	ESC	10/3/2009	Willamette Invitational
343	28:40.68	F	Hardrath, Jason	CRB	10/3/2009	Willamette Invitational
344	28:41.59	F	Foot, Garrett	NU	10/3/2009	Willamette Invitational
345	28:41.89	F	Waugh, Darrick	SO OIT	10/3/2009	Willamette Invitational
346*	28:42.00	F	Schloemer, Jeffrey	CRB	9/19/2009	Northwest Christian Invitational
346*	28:42.00	F	Pengra, Travis	SO WPC	10/24/2009	OSU Beaver Classic
346*	28:42.00	F	Shakalia, Karim	JR WPC	10/24/2009	OSU Beaver Classic
349	28:46.00	F	Johnson, Micah	FR OIT	10/24/2009	OSU Beaver Classic
350*	28:48.00	F	Aucoin, Cody	SO NCU	11/7/2009	Cascade Conference Championships
350*	28:48.00	F	Wilson, Zeke	CI	10/3/2009	Montana Invitational
352	28:52.00	F	Fleishman, Kevin	FR WPC	10/24/2009	OSU Beaver Classic
353	28:52.40	F	Porter, Matt	NU	10/3/2009	Willamette Invitational
354	28:53.44	F	Traughber, Garrett	CI	9/26/2009	Bob Firman Invitational
355*	28:54.00	F	Kundert, Brandon	JR NCU	9/19/2009	Northwest Christian Invitational
355*	28:54.00	F	Cook, Kevin	CRB	10/17/2009	Warner Pacific Invitational
357	28:55.00	F	Adrian, Taylor	CRB	10/24/2009	OSU Beaver Classic
358	28:55.49	F	Davis, Gerald	OIT	10/3/2009	Willamette Invitational
359	28:56.00	F	Ricci, Nash	CI	10/3/2009	Montana Invitational
360	29:00.00	F	Wenz, Daniel	CI	10/3/2009	Montana Invitational
361	29:01.72	F	James, Seth	CRB	10/3/2009	Willamette Invitational
362	29:03.00	F	Trimble, John	CRB	10/17/2009	Warner Pacific Invitational
363	29:04.00	F	Aucoin, Cody	SO NCU	9/12/2009	Lewis & Clark Invitational
364	29:05.00	F	Cook, Kevin	CRB	11/7/2009	Cascade Conference Championships
365	29:07.00	F	Trimble, John	CRB	10/24/2009	OSU Beaver Classic
366	29:09.00	F	Traughber, Garrett	CI	10/3/2009	Montana Invitational
367*	29:10.00	F	Johnson, Micah	FR OIT	11/7/2009	Cascade Conference Championships
367*	29:10.00	F	Martin, Darin	ESC	10/17/2009	Warner Pacific Invitational
367*	29:10.00	F	Hardrath, Jason	CRB	10/24/2009	OSU Beaver Classic
370	29:12.00	F	Fleishman, Kevin	FR WPC	10/17/2009	Warner Pacific Invitational
371	29:13.00	F	Combs-Bachmann, Alex	ESC	10/24/2009	OSU Beaver Classic
372	29:13.60	F	Trimble, John	CRB	9/12/2009	Lewis & Clark Invitational
373	29:14.00	F	Dubie, Jacob	FR OIT	9/19/2009	Northwest Christian Invitational
374*	29:15.00	F	Rockwell, Liam	ESC	10/24/2009	OSU Beaver Classic
374*	29:15.00	F	Johnson, Micah	FR OIT	10/17/2009	Warner Pacific Invitational
374*	29:15.00	F	Gipner, Joey	JR OIT	10/17/2009	Warner Pacific Invitational
377	29:15.60	F	Cook, Kevin	CRB	9/12/2009	Lewis & Clark Invitational
378	29:16.00	F	Trimble, John	CRB	11/7/2009	Cascade Conference Championships

## Cascade Collegiate Conference 2009 Cross Country Top Times

### Individual Top Marks by Current Age

Number of Top Times: All

Mark	Convert	Rnd	Name	Age/Yr		
<b>Men Open 8000m Run</b>						
379	29:17.96	F	Foot, Garrett	NU	9/19/2009	Sundodger Cross Country
380*	29:18.00	F	Pengra, Travis	SO WPC	9/11/2009	Univ of Portland Invitational
380*	29:18.00	F	James, Seth	CRB	9/19/2009	Northwest Christian Invitational
382	29:20.54	F	Rockwell, Liam	ESC	9/26/2009	Evergreen Steilberg Classic
383	29:22.00	F	Meeker, Christopher	FR WPC	11/7/2009	Cascade Conference Championships
384	29:24.00	F	Rockwell, Liam	ESC	10/17/2009	Warner Pacific Invitational
385	29:25.00	F	Gipner, Joey	JR OIT	9/19/2009	Northwest Christian Invitational
386	29:26.00	F	Waugh, Darrick	SO OIT	9/19/2009	Northwest Christian Invitational
387	29:27.00	F	Johnson, Chris	ESC	11/7/2009	Cascade Conference Championships
388	29:31.17	F	Wenz, Daniel	CI	9/26/2009	Bob Firman Invitational
389	29:31.77	F	Luce, Tyler	ESC	9/26/2009	Evergreen Steilberg Classic
390*	29:32.00	F	Combs-Bachmann, Alex	ESC	11/7/2009	Cascade Conference Championships
390*	29:32.00	F	Coriano, Kevin	CRB	10/3/2009	Willamette Invitational
392	29:32.90	F	Hardrath, Jason	CRB	9/12/2009	Lewis & Clark Invitational
393	29:34.39	F	Baum, Joe	CI	9/26/2009	Bob Firman Invitational
394	29:35.00	F	Dieu, Levi	SO NCU	11/7/2009	Cascade Conference Championships
395	29:38.79	F	Johnson, Micah	FR OIT	10/3/2009	Willamette Invitational
396	29:41.00	F	Dieu, Levi	SO NCU	10/24/2009	OSU Beaver Classic
397	29:43.40	F	Brown, David	CRB	9/12/2009	Lewis & Clark Invitational
398	29:44.00	F	Dieu, Levi	SO NCU	9/19/2009	Northwest Christian Invitational
399	29:46.00	F	Bennett, Michael	FR NCU	11/7/2009	Cascade Conference Championships
400	29:47.00	F	Jahn, Corbyn	FR OIT	11/7/2009	Cascade Conference Championships
401	29:49.00	F	Trimble, John	CRB	9/19/2009	Northwest Christian Invitational
402	29:51.00	F	Davis, Marcus	SR WPC	10/24/2009	OSU Beaver Classic
403	29:51.50	F	Dubie, Jacob	FR OIT	9/12/2009	Lewis & Clark Invitational
404	29:52.00	F	Pace, Nick	ESC	10/24/2009	OSU Beaver Classic
405	29:52.74	F	Combs-Bachmann, Alex	ESC	10/3/2009	Willamette Invitational
406	29:56.00	F	Davis, Marcus	SR WPC	11/7/2009	Cascade Conference Championships
407*	29:58.00	F	Johnson, Chris	ESC	10/24/2009	OSU Beaver Classic
407*	29:58.00	F	Baum, Joe	CI	10/3/2009	Montana Invitational
409	29:59.31	F	Posey, Clint	ESC	10/3/2009	Willamette Invitational
410*	30:00.00	F	White-Duong, Han	FR WPC	10/24/2009	OSU Beaver Classic
410*	30:00.00	F	De La Cruz, Juan	JR WPC	10/24/2009	OSU Beaver Classic
410*	30:00.00	F	Mamo, Ephrem	SO WPC	10/24/2009	OSU Beaver Classic
413	30:02.00	F	Coriano, Kevin	CRB	10/17/2009	Warner Pacific Invitational
414	30:04.00	F	Dieu, Levi	SO NCU	10/17/2009	Warner Pacific Invitational
415	30:10.00	F	Fleishman, Kevin	FR WPC	9/11/2009	Univ of Portland Invitational
416	30:11.68	F	Martin, Darin	ESC	9/26/2009	Evergreen Steilberg Classic
417*	30:12.00	F	Waugh, Darrick	SO OIT	10/24/2009	OSU Beaver Classic
417*	30:12.00	F	Davis, Gerald	OIT	9/19/2009	Northwest Christian Invitational
419	30:15.00	F	Pace, Nick	ESC	11/7/2009	Cascade Conference Championships
420	30:16.00	F	Davis, Gerald	OIT	10/24/2009	OSU Beaver Classic
421	30:17.00	F	Luce, Tyler	ESC	9/19/2009	Northwest Christian Invitational
422	30:19.00	F	Carter, Richard	JR OIT	11/7/2009	Cascade Conference Championships
423	30:20.00	F	Petersen, Bryce	CRB	10/24/2009	OSU Beaver Classic
424	30:20.49	F	Trimble, John	CRB	10/3/2009	Willamette Invitational
425*	30:21.00	F	Aucoin, Jeremy	SO NCU	10/24/2009	OSU Beaver Classic

## Cascade Collegiate Conference 2009 Cross Country Top Times

### Individual Top Marks by Current Age

Number of Top Times: All

Mark	Convert	Rnd	Name	Age/Yr		
425*	30:21.00	F	Waugh, Darrick	SO OIT	11/7/2009	Cascade Conference Championships
427	30:23.00	F	Posey, Clint	ESC	10/24/2009	OSU Beaver Classic
428	30:28.00	F	Combs-Bachmann, Alex	ESC	10/17/2009	Warner Pacific Invitational
429	30:29.00	F	Jahn, Corbyn	FR OIT	10/17/2009	Warner Pacific Invitational
430	30:34.00	F	Petersen, Bryce	CRB	10/17/2009	Warner Pacific Invitational
431	30:38.00	F	Bush, Greg	CI	10/3/2009	Montana Invitational
432	30:40.00	F	Posey, Clint	ESC	11/7/2009	Cascade Conference Championships
433	30:42.47	F	Johnson, Chris	ESC	10/3/2009	Willamette Invitational
434	30:43.00	F	Aucoin, Jeremy	SO NCU	10/17/2009	Warner Pacific Invitational
435	30:45.00	F	Pace, Nick	ESC	10/17/2009	Warner Pacific Invitational
436	30:47.00	F	Davis, Marcus	SR WPC	10/17/2009	Warner Pacific Invitational
437	30:47.35	F	Gould, Elliot	CI	9/26/2009	Bob Firman Invitational
438	30:48.00	F	Johnson, Chris	ESC	10/17/2009	Warner Pacific Invitational
439	30:50.00	F	Aucoin, Jeremy	SO NCU	9/19/2009	Northwest Christian Invitational
440	30:50.64	F	Aucoin, Jeremy	SO NCU	10/3/2009	Willamette Invitational
441	30:51.00	F	Jahn, Corbyn	FR OIT	10/3/2009	Willamette Invitational
442	30:53.00	F	Gould, Elliot	CI	10/3/2009	Montana Invitational
443	30:54.00	F	Jahn, Corbyn	FR OIT	10/24/2009	OSU Beaver Classic
444	31:01.80	F	Waugh, Darrick	SO OIT	9/12/2009	Lewis & Clark Invitational
445	31:02.00	F	Wythe, Kevin	JR NCU	9/19/2009	Northwest Christian Invitational
446	31:04.00	F	Aucoin, Jeremy	SO NCU	11/7/2009	Cascade Conference Championships
447	31:04.30	F	Coriano, Kevin	CRB	9/12/2009	Lewis & Clark Invitational
448	31:10.47	F	Davis, Marcus	SR WPC	10/3/2009	Willamette Invitational
449	31:14.10	F	James, Seth	CRB	9/12/2009	Lewis & Clark Invitational
450	31:15.00	F	Posey, Clint	ESC	10/17/2009	Warner Pacific Invitational
451	31:21.00	F	Pace, Nick	ESC	9/19/2009	Northwest Christian Invitational
452	31:32.00	F	Petersen, Bryce	CRB	9/19/2009	Northwest Christian Invitational
453	31:32.14	F	Pace, Nick	ESC	9/26/2009	Evergreen Steilberg Classic
454	31:34.00	F	Davis, Gerald	OIT	10/17/2009	Warner Pacific Invitational
455*	31:43.00	F	Combs-Bachmann, Alex	ESC	9/19/2009	Northwest Christian Invitational
455*	31:43.00	F	Davis, Gerald	OIT	11/7/2009	Cascade Conference Championships
457	31:43.70	F	Rockwell, Liam	ESC	9/5/2009	St. Martin's Invitational
458*	31:44.00	F	Posey, Clint	ESC	9/19/2009	Northwest Christian Invitational
458*	31:44.00	F	Carter, Richard	JR OIT	10/24/2009	OSU Beaver Classic
460	31:48.00	F	Forrest, Jefferson	CRB	10/24/2009	OSU Beaver Classic
461	31:48.92	F	Pace, Nick	ESC	10/3/2009	Willamette Invitational
462*	31:49.00	F	Jahn, Corbyn	FR OIT	9/19/2009	Northwest Christian Invitational
462*	31:49.00	F	Summers, Joseph	CRB	10/17/2009	Warner Pacific Invitational
464	31:55.70	F	Aucoin, Jeremy	SO NCU	9/12/2009	Lewis & Clark Invitational
465	31:55.85	F	Combs-Bachmann, Alex	ESC	9/26/2009	Evergreen Steilberg Classic
466	31:57.00	F	Roberts, Justin	FR OIT	10/24/2009	OSU Beaver Classic
467	32:14.90	F	LaFlamme, Alex	CRB	9/12/2009	Lewis & Clark Invitational
468	32:17.00	F	Forrest, Jefferson	CRB	9/19/2009	Northwest Christian Invitational
469	32:27.00	F	Carter, Richard	JR OIT	10/17/2009	Warner Pacific Invitational
470	32:35.40	F	Summers, Joseph	CRB	9/12/2009	Lewis & Clark Invitational
471	32:35.70	F	Wythe, Kevin	JR NCU	9/12/2009	Lewis & Clark Invitational
472	32:38.00	F	Summers, Joseph	CRB	9/19/2009	Northwest Christian Invitational
473	32:52.00	F	Ackerman, Nick	SO NCU	9/19/2009	Northwest Christian Invitational
474	32:53.00	F	Forrest, Jefferson	CRB	10/17/2009	Warner Pacific Invitational

## Cascade Collegiate Conference 2009 Cross Country Top Times

### Individual Top Marks by Current Age

Number of Top Times: All

Mark	Convert	Rnd	Name	Age/Yr		
<b>Men Open 8000m Run</b>						
475	32:56.20	F	Foot, Garrett	NU	9/5/2009	St. Martin's Invitational
476	32:59.00	F	Davis, Marcus	SR WPC	9/11/2009	Univ of Portland Invitational
477	32:59.54	F	Roberts, Justin	FR OIT	10/3/2009	Willamette Invitational
478	33:08.40	F	Posey, Clint	ESC	9/5/2009	St. Martin's Invitational
479	33:16.00	F	Roberts, Justin	FR OIT	10/17/2009	Warner Pacific Invitational
480	33:16.30	F	Johnson, Chris	ESC	9/5/2009	St. Martin's Invitational
481	33:29.00	F	Jahn, Corbyn	FR OIT	9/12/2009	Lewis & Clark Invitational
482	33:43.46	F	Carter, Richard	JR OIT	10/3/2009	Willamette Invitational
483	33:45.70	F	Reed, Jimmy	NU	9/19/2009	Sundodger Cross Country
484	33:56.20	F	Pace, Nick	ESC	9/5/2009	St. Martin's Invitational
485	34:26.00	F	Mainland, Oliver	FR OIT	10/24/2009	OSU Beaver Classic
486	34:48.00	F	Roberts, Justin	FR OIT	9/19/2009	Northwest Christian Invitational
487	35:50.00	F	Foto, Abel	NU	11/7/2009	Cascade Conference Championships
488	36:19.09	F	Mainland, Oliver	FR OIT	10/3/2009	Willamette Invitational
489	36:27.00	F	Mainland, Oliver	FR OIT	11/7/2009	Cascade Conference Championships
490	36:47.00	F	Mainland, Oliver	FR OIT	10/17/2009	Warner Pacific Invitational
491	37:52.50	F	Reed, Jimmy	NU	9/5/2009	St. Martin's Invitational
492	38:10.00	F	Shields, Cory	CRB	9/19/2009	Northwest Christian Invitational
493	38:25.10	F	Ackerman, Nick	SO NCU	9/12/2009	Lewis & Clark Invitational
494	38:35.40	F	Combs-Bachmann, Alex	ESC	9/5/2009	St. Martin's Invitational
495	39:03.00	F	Kelly, Kramer	NU	11/7/2009	Cascade Conference Championships
496	39:47.00	F	Roberts, Justin	FR OIT	9/12/2009	Lewis & Clark Invitational
497	42:16.00	F	Reed, Jimmy	NU	11/7/2009	Cascade Conference Championships
498	45:07.00	F	McNamara, Ryan	NU	11/7/2009	Cascade Conference Championships
499	45:45.70	F	Mainland, Oliver	FR OIT	9/12/2009	Lewis & Clark Invitational
<b>Men Open 4 Mile Run</b>						
1	20:06.00	F	Laney, David	JR SOU	10/17/2009	Concordia Puma Classic
2	20:22.00	F	Ghelfi, Ryan	JR SOU	10/17/2009	Concordia Puma Classic
3*	20:24.00	F	Sorenson, Ryan	SO SOU	10/17/2009	Concordia Puma Classic
3*	20:24.00	F	McCaffrey, Dennis	SR SOU	10/17/2009	Concordia Puma Classic
5	20:40.00	F	Romero-Clark, Martin	CU	10/17/2009	Concordia Puma Classic
6	20:50.00	F	Aleman, Hector	JR SOU	10/17/2009	Concordia Puma Classic
7	20:54.00	F	Brown, Jessy	CU	10/17/2009	Concordia Puma Classic
8	21:02.00	F	Cisneros, Cordero	CU	10/17/2009	Concordia Puma Classic
9	21:12.00	F	Nelson, Marcus	CU	10/17/2009	Concordia Puma Classic
10	21:18.00	F	Steiner-Bailey, Kael	JR SOU	10/17/2009	Concordia Puma Classic
11	21:25.00	F	Roudebush, Levi	SR SOU	10/17/2009	Concordia Puma Classic
12	21:27.00	F	Milne, Andrew	JR SOU	10/17/2009	Concordia Puma Classic
13	21:29.00	F	Seitz, Josh	JR SOU	10/17/2009	Concordia Puma Classic
14	21:36.00	F	Zitzer, Dylan	CU	10/17/2009	Concordia Puma Classic
15	21:37.00	F	Puckett, Jerrod	SO SOU	10/17/2009	Concordia Puma Classic
16	21:42.00	F	Ginn, Zach	CU	10/17/2009	Concordia Puma Classic
17	21:46.00	F	Matz, Ryan	SR SOU	10/17/2009	Concordia Puma Classic
18	21:58.00	F	Cummings, Charles	CU	10/17/2009	Concordia Puma Classic
19	22:01.00	F	Porter, Matt	NU	10/17/2009	Concordia Puma Classic
20	22:04.00	F	Burrus, Josh	CU	10/17/2009	Concordia Puma Classic
21	22:19.00	F	Hart, Tyler	NU	10/17/2009	Concordia Puma Classic

**Cascade Collegiate Conference  
2009 Cross Country Top Times**

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**Individual Top Marks by Current Age**

**Number of Top Times: All**

	<b>Mark</b>	<b>Convert</b>	<b>Rnd</b>	<b>Name</b>	<b>Age/Yr</b>		
22	22:47.00		F	Foot, Garrett	NU	10/17/2009	Concordia Puma Classic
23	23:04.00		F	Hornig, Brett	FR SOU	10/17/2009	Concordia Puma Classic
24	25:10.00		F	Kohler, Brandon	CU	10/17/2009	Concordia Puma Classic