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RAINBOW WAHINE CROSS COUNTRY NEWS

Cross Country Contact: Michael Stambaugh ➤ mstambau@hawaii.edu ➤ (808) 956-9748

2016 SCHEDULE/RESULTS									
Date	Event	Host	Location	Distance	Finish	Pts.	Top UH Finisher	Time	Place
A 27	BYU-Hawaii Invitational	BYU-Hawaii	La'ie, O'ahu	5K	1st (5)	21	Camille Campos	18:00	1st
S 3	Big Wave Invitational	Hawai'i	Kahuku, Oʻahu	5K	2nd (5)	37	Camille Campos	17:48.90	1st
S 17	Sundodger Invitational	Washington	Seattle, Wash.	6K	3rd (6)	99	Camille Campos	21:08.80	10th
S 24	Hawai'i Pacific Invitational	Hawai'i Pacific	Kahuku, Oʻahu	5K	N/A	N/A	Giovanna Casazza	20:28.0	10th
0 1	Capital Cross Challenge	Sacramento St.	Sacramento, Calif	. 6K	7th (15)	188	Camille Campos	20:44.4	2nd
0 8	Chaminade Invitational	Chaminade	Honolulu, Oʻahu	5K	N/A	N/A	Giovanna Casazza	20:36.0	15th
0 15	Bronco Invitational	Santa Clara	Santa Clara, Calif.	. 6K	8th (19)	188	Camille Campos	20:03.4	3rd
0 29	Big West Championships	Hawai'i	Kahuku, Oʻahu	6K	5th (9)	124	Camille Campos	21:50.6	7th
N 11	NCAA West Regional	Sacramento St.	Sacramento, Calif	. 6K	25th (35)	639	Camille Campos	20:25.9	36th

2016 ROSTER

Name	Ht.	CI.	Hometown/Last School
Haley Beaumont	5-10	So.	Lockport, III./Lockport Township HS
Alison Bowman	5-11	So.	Asan, Guam/John F. Kennedy HS
Camille Campos	5-0	So.	Bakersfield, Calif./Stockdale HS
Giovanna Casazza	5-5	So.	Reno, Nev./Galena HS
Alli Cross	5-6	Sr.	Tualatin, Ore./Lane CC
Caitlyn Foss	5-6	Sr.	Peoria, Ariz./Mountain Ridge HS
Maddie Fuhrman	5-4	Fr.	Silverton, Ore./Silverton HS
Kai Hoshijo	5-5	So.	Honolulu, Oʻahu/Seattle
Caitlyn Krueger	5-6	Fr.	Robbinsville, N.J./Robbinsville HS
Montana Martinez	5-0	Jr.	Harbor City, Calif./North Dakota State
Piper McDonald	5-5	So.	Bend, Ore./Summit HS
Tristan Setzer	5-5	So.	Sherwood Park, ALB, Canada/Salisbury Composite HS
^Emily Stack	5-3	Sr.	Brentwood, Tenn./Brentwood HS
Paige Sullivan	5-5	So.	Redondo Beach, Calif./Redondo Union HS
Lisa Tashiro	5-5	Fr.	Honolulu, Oʻahu/Kaiser HS

Head Track & Field Coach: Carmyn James (16th Year)

Cross Country Coach: Tim Boyce (3rd Year) **Volunteer Assistant Coach**: Casey Nishimura

2016 TOP 10 MARKS

5K	RACES		
	Name	Time	Date
1.	Camille Campos	17:48.90	9/3/16
2.	Camille Campos	18:00.0	8/27/16
3.	Montana Martinez	18:57.60	9/3/16
4.	Alli Cross	19:07.0	8/27/16
5.	Alli Cross	19:20.40	9/3/16
6.	Maddie Fuhrman	19:27.0	8/27/16
7.	Tristan Setzer	19:39.0	8/27/16
8.	Tristan Setzer	19:40.20	9/3/16
9.	Maddie Fuhrman	19:40.60	9/3/16
10.	Haley Beaumont	19:56.70	9/3/16

6K	RACES		
	Name	Time	Date
% 1.	. Camille Campos	20:03.4	10/15/16
2.	Camille Campos	20:25.9	11/11/16
3.	Camille Campos	20:44.4	10/1/16
4.	Montana Martinez	21:01.9	11/11/16
5.	Camille Campos	21:08.8	9/17/16
6.	Montana Martinez	21:13.1	10/15/16
7.	Montana Martinez	21:19.0	10/1/16
8.	Alli Cross	21:23.6	10/15/16
9.	Camille Campos	21:50.6	10/29/16
10.	Montana Martinez	22:00.6	9/17/16

^{*} ran as unattached

2016 Rainbow Wahine Cross Country

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[^]Inactive team member after first meet

[%] program record mark at distance

TEAM MEET-BY-MEET RESULTS

BYU-HAWAI'I INVITATIONAL (5K) Aug. 27, La'ie, O'ahu

Team Finish: 1st/21 pts.

100 Log -1 pto.		
1. Camille Campos	1st	18:00.0
2. Alli Cross	2nd	19:07.0
3. Maddie Fuhrman	4th	19:27.0
4. Tristan Setzer	5th	19:39.0
5. Caitlyn Foss	9th	20:09.0

BIG WAVE INVITATIONAL (5K)

Sept. 3, Kahuku, Oʻahu

Team Finish: 2nd/37 pts.

1. Camille Campos	1st	17:48.90
2. Montana Martinez	6th	18:57.60
3. Alli Cross	7th	19:20.40
4. Tristan Setzer	11 th	19:40.20
5. Maddie Fuhrman	12th	19:40.60

SUNDODGER INVITATIONAL (6K) Sept. 17, Seattle, Wash.

Team Finish: 3rd/99 pts.

1. Camille Campos	10th	21:08.80
2. Montana Martinez	15th	22:00.60
3. Alli Cross	29th	22:40.10
4. Maddie Fuhrman	34th	22:51.00
5. Tristan Setzer	40th	23:11.60

HAWAI'I PACIFIC INVITATIONAL (5K) Sept. 24, Kahuku, Oʻahu

Team Finish: N/A (NP)

1.	Giovanna Casazza	10th	20:28.0
2.	Caitlyn Krueger	21st	22:21.0
3.	Paige Sullivan	25th	23:05.0

4. / 5. /

CAPITAL CROSS CHALLENGE (5K) Oct. 1, Sacramento, Calif.

Team Finish: 7th/188 pts.

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1. Camille Campos	2nd	20:44.4
2. Montana Martinez	20th	21:19.0
3. Alli Cross	73rd	22:09.6
4. Tristan Setzer	99th	22:38.7
5. Maddie Fuhrman	103rd	22:42.4

CHAMINADE INVITATIONAL (5K) Oct. 8, Honolulu, Oʻahu

Team Finish: N/A (NP)

 Giovanna Casazza 	15th	20:36.0
2. Lisa Tashiro	18th	21:04.0
3. Caitlyn Krueger	21st	21:34.0
4. Paige Sullivan	25th	22:44.0
5. /		

BRONCO INVITATIONAL (6K) Oct. 15, Santa Clara, Calif.

Team Finish: 8th/188 pts.

1.	Camille Campos	3rd	20:03.4
2.	Montana Martinez	24th	21:13.1
3.	Alli Cross	29th	21:23.6
4.	Maddie Fuhrman	79th	22:06.5
5.	Tristan Setzer	90th	22:23.7

BIG WEST CHAMPIONSHIPS (6K) Oct. 29, Kahuku, Oʻahu

Team Finish: 5th/124 pts.

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1.	Camille Campos	7th	21:50.6
2.	Montana Martinez	13th	22:26.6
3.	Alli Cross	28th	23:12.7
4.	Tristan Setzer	38th	23:33.9
5.	Caitlyn Foss	43rd	23:46.6

NCAA WEST REGIONAL (6K)

Nov. 11, Sacramento, Calif.

Team Finish: 25th/639 pts.

1.	Camille Campos	36th	20:25.9
2.	Montana Martinez	64th	21:01.9
3.	Haley Beaumont	178th	22:40.2
4.	Caitlyn Foss	188th	22:48.7
5.	Tristan Setzer	190th	22:52.6

INDIVIDUAL MEET-BY-MEET RESULTS

	5k	5k	6k	5k	6k	5k	6k	6k	6k
Name	BYU-Hawaiʻi Invitational	Big Wave Invitational	Sundodger Invitational	HPU Invitational	Capital Cross Challenge	Chaminade Invitational	Bronco Invitational	Big West Champ.	NCAA West Regional
Haley Beaumont	21:07.0	19:56.70	23:28.80	DNC	23:08.6	DNC	23:13.7	25:03.8	22:40.2
Alison Bowman	DNC	DNC	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Camille Campos	18:00.0	17:48.90	21:08.80	DNC	20:44.4	DNC	20:03.4	21:50.6	20:25.9
Giovanna Casazza	20:21.0	20:55.20	DNC	20:28.0	DNC	20:36.0	23:41.1	25:26.2	DNC
Alli Cross	19:07.0	19:20.40	22:40.10	DNC	22:09.6	DNC	21:23.6	23:12.7	DNC
Caitlyn Foss	20:09.0	DNC	23:46.70	DNC	23:23.8	DNC	22:47.2	23:46.6	22:48.7
Maddie Fuhrman	19:27.0	19:40.60	22:51.00	DNC	22:42.4	DNC	22:06.5	24:14.7	23:01.7
Kai Hoshijo	20:27.0	20:39.10	24:36.10	DNC	23:49.5	DNC	24:18.7	25:30.2	DNC
Caitlyn Krueger	22:53.0	22:33.40	DNC	22:21.0	DNC	21:34.0	DNC	DNC	DNC
Montana Martinez	DNC	18:57.60	22:00.60	DNC	21:19.0	DNC	21:13.1	22:26.6	21:01.9
Piper McDonald	DNC	DNC	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Tristan Setzer	19:39.0	19:40.20	23:11.60	DNC	22:38.7	DNC	22:23.7	23:33.9	22:52.6
Emily Stack	24:18.0	DNC	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Paige Sullivan	22:32.0	22:44.30	DNC	23:05.0	DNC	22:44.0	DNC	DNC	DNC
Lisa Tashiro	22:14.0	DNC	DNC	DNC	DNC	21:04.0	DNC	DNC	DNC

DNC - did not compete DNF - did not finish

AWARDS AND HONORS

Name	Award	Date
Camille Campos	Big West Co-Athlete of the Week	10/4/16
Camille Campos	Program Record at 6k Distance	10/5/16

2016 Rainbow Wahine Cross Country
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^{* -} denotes ran as unattached

CAREER MEET-BY-MEET RESULTS

				CA	REER MEET-
HALEY BEAUMON	Т				
2015	Date	Time	Finish	Dist.	Location (Meet Host)
Big Wave Invitational	9/5	19:40.66	17th	5k	Kahuku, Oʻahu (UH)
Sundodger Invitational	9/19	23:16.58	67th	6k	Seattle, Wash. (UW)
Capital Cross Challenge	10/3	18:52.4	63rd	5k	Sacramento, Calif (SSU)
Chaminade Invitational	10/10	19:20.9	9th	5k	Honolulu, Oʻahu (CU)
Bronco Invitational	10/17	22:29.9	124th	6k	Sunnyvale, Calif. (SCU)
Big West Championship	10/31	22:58.75	53rd	6k	Riverside, Calif. (UCR)
NCAA West Regional	11/13	23:36.2	193rd	6k	Seattle, Wash. (UW)
2016	Date	Time	Finish	Dist.	Location (Meet Host)
BYU-Hawai'i Invitational	8/27	21:07.0	24th	5k	La'ie, O'ahu (BYUH)
Big Wave Invitational	9/3	19:56.70	14th	5k	Kahuku, Oʻahu (UH)
Sundodger Invitational	9/17	23:28.80	42nd	6k	Seattle, Wash. (UW)
Capital Cross Challenge		23:08.6		6k	Sacramento, Calif. (SSU
Big West Championship	10/29	25:03.8	63rd	6k	Kahuku, Oʻahu (UH)
NCAA West Regional	11/11	22:40.2	178th	6k	Sacramento, Calif. (SSL
ALISON BOWMAN					
2015 Big Wave Invitational	Date 9/5	Time 22:02.72		Dist. 5k	Location (Meet Host) Kahuku, Oʻahu (UH)
HPU Invitational	9/12	21:37.8	27th	5k	Kahuku, Oʻahu (HPU)
BYU-Hawai'i Invitational	,	22:43.0	19th	5k	La'ie, O'ahu (BYUH)
*Chaminade Invitational	,		24th	5k	Honolulu, Oʻahu (CU)
CAMILLE CAMPOS					
2015	Date	Time	Finish	Dist.	Location (Meet Host)
Big Wave Invitational	9/5	18:31.05	3rd	5k	Kahuku, Oʻahu (UH)
Sundodger Invitational	9/19	22:14.83	35th	6k	Seattle, Wash. (UW)
Capital Cross Challenge	10/3	18:04.1	29th	5k	Sacramento, Calif (SSU)
Chaminade Invitational	10/10	18:36.7	3rd	5k	Honolulu, Oʻahu (CU)
Bronco Invitational	,	22:00.6	83rd	6k	Sunnyvale, Calif. (SCU)
Big West Championship	10/31	22:38.20	47th	6k	Riverside, Calif. (UCR)
NCAA West Regional	11/13	24:08.4	220th	6k	Seattle, Wash. (UW)
2016	Date		Finish	Dist.	Location (Meet Host)
BYU-Hawaiʻi Invitational	8/27	18:00.0	1st	5k	La'ie, O'ahu (BYUH)
Big Wave Invitational	9/3	17:48.90	1st	5k	Kahuku, Oʻahu (UH)
Sundodger Invitational	9/17	21:08.80	10th	6k	Seattle, Wash. (UW)
Capital Cross Challenge	,	20:44.4	2nd	6k	Sacramento, Calif. (SSU
Bronco Invitational	10/15	20:03.4	3rd	6k	Sunnyvale, Calif (SCU)
Big West Championship	10/29	21:50.6	7th	6k	Kahuku, Oahu (UH)
NCAA West Regional	11/11	20:25.9	36th	6k	Sacramento, Calif. (SSL
GIOVANNA CASAZ					
2015	Date				Location (Meet Host)
Big Wave Invitational	9/5	20:55.51		5k	Kahuku, Oʻahu (UH)
HPU Invitational	9/12	20:53.7	23rd	5k	Kahuku, Oʻahu (HPU)
	Date				Location (Meet Host)
#BYU-Hawaiʻi Invitational	8/27	20:21.0	13 th	5k	La'ie, O'ahu (BYUH)
#BYU-Hawaiʻi Invitational Big Wave Invitational	8/27 9/3	20:21.0 20:55.20	13th 30th	5k 5k	La'ie, O'ahu (BYUH) Kahuku, O'ahu (UH)
#BYU-Hawaiʻi Invitational Big Wave Invitational HPU Invitational	8/27 9/3 9/24	20:21.0 20:55.20 20:28.0	13th 30th 10th	5k 5k 5k	Laʻie, Oʻahu (BYUH) Kahuku, Oʻahu (UH) Kahuku, Oʻahu (HPU)
#BYU-Hawaiʻi Invitational Big Wave Invitational HPU Invitational Chaminade Invitational	8/27 9/3 9/24 10/8	20:21.0 20:55.20 20:28.0 20:36.0	13th 30th 10th 15th	5k 5k 5k 5k	Laʻie, Oʻahu (BYUH) Kahuku, Oʻahu (UH) Kahuku, Oʻahu (HPU) Honolulu, Oʻahu (CU)
BYU-Hawai'i Invitational Big Wave Invitational HPU Invitational Chaminade Invitational Bronco Invitational	8/27 9/3 9/24 10/8 10/15	20:21.0 20:55.20 20:28.0 20:36.0 23:41.1	13th 30th 10th	5k 5k 5k	Laʻie, Oʻahu (BYUH) Kahuku, Oʻahu (UH) Kahuku, Oʻahu (HPU) Honolulu, Oʻahu (CU) Sunnyvale, Calif. (SCU)
BYU-Hawai'i Invitational Big Wave Invitational HPU Invitational Chaminade Invitational Bronco Invitational	8/27 9/3 9/24 10/8 10/15	20:21.0 20:55.20 20:28.0 20:36.0 23:41.1	13th 30th 10th 15th	5k 5k 5k 5k	Laʻie, Oʻahu (BYUH) Kahuku, Oʻahu (UH) Kahuku, Oʻahu (HPU) Honolulu, Oʻahu (CU)
BYU-Hawai'i Invitational Big Wave Invitational HPU Invitational Chaminade Invitational Bronco Invitational Big West Championship	8/27 9/3 9/24 10/8 10/15 10/29	20:21.0 20:55.20 20:28.0 20:36.0 23:41.1 25:26.2	13th 30th 10th 15th 144th 64th	5k 5k 5k 5k 6k 6k	Laʻie, Oʻahu (BYUH) Kahuku, Oʻahu (UH) Kahuku, Oʻahu (HPU) Honolulu, Oʻahu (CU) Sunnyvale, Calif. (SCU) Kahuku, Oʻahu (UH)
#BYU-Hawai'i Invitational Big Wave Invitational HPU Invitational Chaminade Invitational #Bronco Invitational Big West Championship ALLI CROSS 2015	8/27 9/3 9/24 10/8 10/15 10/29	20:21.0 20:55.20 20:28.0 20:36.0 23:41.1 25:26.2	13th 30th 10th 15th 144th 64th	5k 5k 5k 5k 6k 6k	La'ie, O'ahu (BYUH) Kahuku, O'ahu (UH) Kahuku, O'ahu (HPU) Honolulu, O'ahu (CU) Sunnyvale, Calif. (SCU) Kahuku, O'ahu (UH) Location (Meet Host)
#BYU-Hawai'i Invitational Big Wave Invitational HPU Invitational Chaminade Invitational #Bronco Invitational Big West Championship ALLI CROSS 2015 Big Wave Invitational	8/27 9/3 9/24 10/8 10/15 10/29 Date 9/5	20:21.0 20:55.20 20:28.0 20:36.0 23:41.1 25:26.2 Time 19:11.02	13th 30th 10th 15th 144th 64th	5k 5k 5k 6k 6k 6k	La'ie, O'ahu (BYUH) Kahuku, O'ahu (UH) Kahuku, O'ahu (HPU) Honolulu, O'ahu (CU) Sunnyvale, Calif. (SCU) Kahuku, O'ahu (UH) Location (Meet Host) Kahuku, O'ahu (UH)
#BYU-Hawai'i Invitational Big Wave Invitational HPU Invitational Chaminade Invitational #Bronco Invitational Big West Championship ALLI CROSS 2015 Big Wave Invitational Sundodger Invitational	8/27 9/3 9/24 10/8 10/15 10/29 Date 9/5 9/19	20:21.0 20:55.20 20:28.0 20:36.0 23:41.1 25:26.2	13th 30th 10th 15th 144th 64th	5k 5k 5k 5k 6k 6k	La'ie, O'ahu (BYUH) Kahuku, O'ahu (UH) Kahuku, O'ahu (HPU) Honolulu, O'ahu (CU) Sunnyvale, Calif. (SCU) Kahuku, O'ahu (UH) Location (Meet Host) Kahuku, O'ahu (UH) Seattle, Wash. (UW)
BYU-Hawai'i Invitational Big Wave Invitational HPU Invitational Chaminade Invitational Bronco Invitational Big West Championship ALLI CROSS 2015 Big Wave Invitational	8/27 9/3 9/24 10/8 10/15 10/29 Date 9/5 9/19 10/3	20:21.0 20:55.20 20:28.0 20:36.0 23:41.1 25:26.2 Time 19:11.02 22:36.72 17:44.7	13th 30th 10th 15th 144th 64th	5k 5k 5k 6k 6k 6k	La'ie, O'ahu (BYUH) Kahuku, O'ahu (UH) Kahuku, O'ahu (HPU) Honolulu, O'ahu (CU) Sunnyvale, Calif. (SCU) Kahuku, O'ahu (UH) Location (Meet Host) Kahuku, O'ahu (UH)
BYU-Hawai'i Invitational Big Wave Invitational HPU Invitational Chaminade Invitational Bronco Invitational Big West Championship ALLI CROSS 2015 Big Wave Invitational Sundodger Invitational	8/27 9/3 9/24 10/8 10/15 10/29 Date 9/5 9/19 10/3	20:21.0 20:55.20 20:28.0 20:36.0 23:41.1 25:26.2 Time 19:11.02 22:36.72	13th 30th 10th 15th 144th 64th Finish 8th 49th	5k 5k 5k 6k 6k 6k	La'ie, O'ahu (BYUH) Kahuku, O'ahu (UH) Kahuku, O'ahu (HPU) Honolulu, O'ahu (CU) Sunnyvale, Calif. (SCU) Kahuku, O'ahu (UH) Location (Meet Host) Kahuku, O'ahu (UH) Seattle, Wash. (UW)
#BYU-Hawai'i Invitational Big Wave Invitational HPU Invitational Chaminade Invitational #Bronco Invitational Big West Championship ALLI CROSS 2015 Big Wave Invitational #Capital Cross Challenge	8/27 9/3 9/24 10/8 10/15 10/29 Date 9/5 9/19 10/3 10/17	20:21.0 20:55.20 20:28.0 20:36.0 23:41.1 25:26.2 Time 19:11.02 22:36.72 17:44.7 22:00.9	13th 30th 10th 15th 144th 64th Finish 8th 49th 18th 84th	5k 5k 5k 6k 6k 6k 5k	La'ie, O'ahu (BYUH) Kahuku, O'ahu (UH) Kahuku, O'ahu (HPU) Honolulu, O'ahu (CU) Sunnyvale, Calif. (SCU) Kahuku, O'ahu (UH) Location (Meet Host) Kahuku, O'ahu (UH) Seattle, Wash. (UW) Sacramento, Calif (SSU

}	Y-MEET RESU	LTS				
	2016	Date	Time	Finish	Dist.	Location (Meet Host)
	BYU-Hawai'i Invitational		19:07.0	2nd	5k	La'ie, O'ahu (BYUH)
	Big Wave Invitational	9/3	19:20.40	7th	5k	Kahuku, Oʻahu (UH)
	Sundodger Invitational	9/17	22:40.10		6k	Seattle, Wash. (UW)
	Capital Cross Challenge	,	22:09.6	73rd	6k	Sacramento, Calif. (SSU)
	#Bronco Invitational	,	21:23.6	29th	6k	Sunnyvale, Calif. (SCU)
	Big West Championship	10/29	23:12.7	28th	6k	Kahuku, Oʻahu (UH)
	CAITLYN FOSS					
	2013	Date	Time	Finish	Dist.	Location (Meet Host)
	Stanford Invitational	9/28	24:26	78th	6k	Stanford, Calif. (Stanford)
	UH-Hilo Invitational	,	20:12	5th	5k	Hilo, Hawaiʻi (UH-Hilo)
	Bronco Invitational	,	22:52.4	159th	6k	Sunnyvale, CA (Santa Clara)
	Big West Championship	11/2	25:37.6	61st	6k	S.L. Obispo, CA (Cal Poly)
					.	
	2014	Date	Time			Location (Meet Host)
	BYU-Hawai'i Invite	9/20	21:10	18th	5k	La'ie, O'ahu (BYUH)
	Stanford Invite Chaminade Invitational	9/27	25:50	138th 14th	6k 5k	Stanford, Calif. (Stanford)
	Bronco Invitational	10/11	20:42		ък 6k	Waipi'o, O'ahu (Chaminade)
	Big West Championship	,	24:09.6	46th 63rd	юк 6k	Sunnyvale, CA (Santa Clara) Riverside, CA (Riverside)
	DIE MOST OHAMPIONSHIP	±±/ ∠	2-7.00.0	Join	OK	Triverside, On (Triverside)
	2015	Date	Time	Finish	Dist.	Location (Meet Host)
	Big Wave Invitational	9/5	20:00.66		5k	Kahuku, Oʻahu (UH)
	Sundodger Invitational	9/19	23:45.71	74th	6k	Seattle, Wash. (UW)
	#Capital Cross Challenge	,	18:34.1	50th	5k	Sacramento, Calif (SSU)
	Chaminade Invitational	,	19:08.1	6th	5k	Honolulu, Oʻahu (CU)
	#Bronco Invitational	,	22:24.9	118th	6k	Sunnyvale, Calif. (SCU)
	Big West Championship	,			6k	Riverside, Calif. (UCR)
	NCAA West Regional	11/13	23:54.6	210th	6k	Seattle, Wash. (UW)
	2016	Date	Time	Finish	Dist.	Location (Meet Host)
	BYU-Hawai'i Invitational	8/27	20:09.0	9th	5k	La'ie, O'ahu (BYUH)
	Sundodger Invitational	9/17	23:46.70	45th	6k	Seattle, Wash. (UW)
	Capital Cross Challenge	10/1	23:23.8	131st	6k	Sacramento, Calif. (SSU)
	Daniel Indiantional	10/15	22:47.2	107th	6k	Sunnyvale, Calif. (SCU)
	Bronco Invitational	TO/ TO	22.71.2	TO 1 (1)	OIL	ourning valo, ouni. (ooo)
	Bronco Invitational Big West Championship			43rd	6k	Kahuku, Oʻahu (UH)
		10/29				, , , ,

MADDIE FUHRMAN

2016	Date	Time	Finish	Dist.	Location (Meet Host)
#BYU-Hawai'i Invitational	8/27	19:27.0	4th	5k	La'ie, O'ahu (BYUH)
Big Wave Invitational	9/3	19:40.60	12th	5k	Kahuku, Oʻahu (UH)
Sundodger Invitational	9/17	22:51.00	34th	6k	Seattle, Wash. (UW)
Capital Cross Challenge	10/1	22:42.4	103rd	6k	Sacramento, Calif. (SSU)
#Bronco Invitational	10/15	22:06.5	79th	6k	Sunnyvale, Calif. (SCU)
Big West Championship	10/29	24:14.7	51st	6k	Kahuku, Oʻahu (UH)
NCAA West Regional	11/11	23:01.7	195th	6k	Sacramento, Calif. (SSU)

KAI HOSHIJO

2016	Date	Time	Finish	Dist.	Location (Meet Host)
#BYU-Hawai'i Invite	8/27	20:27.0	14th	5k	La'ie, O'ahu (BYUH)
Big Wave Invitational	9/3	20:39.10	27th	5k	Kahuku, Oʻahu (UH)
Sundodger Invitational	9/17	24:36.10	53rd	6k	Seattle, Wash. (UW)
#Capital Cross Challenge	10/1	23:49.5	148th	6k	Sacramento, Calif. (SSU)
Bronco Invitational	10/15	24:18.7	159th	6k	Sunnyvale, Calif. (SCU)
Big West Championship	10/29	25:30.2	65th	6k	Kahuku, Oʻahu (UH)

CAITLYN KRUEGER

2016	Date	Time	Finish	Dist.	Location (Meet Host)
BYU-Hawai'i Invitational	8/27	22:53.0	34th	5k	La'ie, O'ahu (BYUH)
Big Wave Invitational	9/3	22:33.40	37th	5k	Kahuku, Oʻahu (UH)
HPU Invitational	9/24	22:21.0	21st	5k	Kahuku, Oʻahu (HPU)
#Chaminade Invitational	10/8	21:34.0	21st	5k	Honolulu, Oʻahu (CU)

- denotes best performance at distance

- denotes best performance at distance

(Continued in Next Column)

2016 Rainbow Wahine Cross Country Page 3

CAREER MEET-BY-MEET RESULTS

MONTANA MARTINEZ 2014					CA	REER MEET
Big Wave Invitational UC Riverside Invite	MONTANA MARTII	NEZ				
VIC Riverside Invite 9/13 23:35.7 121st 5k Riverside, Calif. (UR) 9/20 20:12 12th 5k Laire, O'ahu (BYUH) Stanford, Calif. (Stanford Chaminade Invitational 10/14 23:24 19th 5k Maipko, O'ahu (Chaminade Big West Championship 11/2 22:35.8 41st 6k Riverside, CA (Riverside Riverside) 11/2 23:14.7 175th 6k Riverside, CA (Riverside) 11/2 23:14.7 175th 6k Riverside, CA (Riverside) 11/2 23:25.2 175th 6k Rahuku, O'ahu (UH) 11/2 1		Date	Time	Finish	Dist.	Location (Meet Host)
SYU-Hawai'i Invited 9/20 20:12 12th 5k La'ie, O'ahu (BYUH) 5tranford Invite 9/27 24:31 121st 5k Stanford, Calif. (Stanford, Calif. (Stanford) 10/14 23:14.7 175th 6k Palo Alto, CA (Stanford) 11/2 22:35.8 41st 6k Riverside, CA (Riverside, CA (Riverside, CA (Riverside, CA (Riverside, CA) (Stanford) 10/20 12:25.267 57th 6k Seattle, Wash. (UW) 10/20 18:23.4 2nd 5k Sacramento, Calif. (SSU) 10/21 12:26.7 40th 6k Sacramento, Calif. (SSU) 10/21 12:26.7 40th 6k Sacramento, Calif. (SCU) 10/21 12:26.7 5th 6k Sacramento, Calif. (SCU) 10/21 12:26.7 5th 6k Sacramento, Calif. (SCU) 10/21 12:26.7 5th 5k Sacramento, Calif. (SCU) 10/21 12:26.7 5th 5k Sacramento, Calif. (SCU) 10/21 12:26.7 5th 5k Sacramento, Calif. (SCU) 10/21 12:36.7 5th 5k Sacramento, Calif. (SCU) 10/21	Big Wave Invitational	9/6	21:09.30	19th	5k	Kane'ohe, O'ahu (UH)
Stanford Invite 0/27 24:31 121st 5k Chaminade Invitational 10/14 19:30 7th 5k Waipiro, Orahu (Chaminade Big West Championship 11/2 22:35.8 41st 5k Sunnyvale, CA (Riverside Sunnyvale, CA (Santa Chaminade Invitational 11/2 22:35.8 41st 5k Sunnyvale, CA (Riverside Sunnyvale, CA (Santa Chaminade Invitational 9/19 22:52.67 57th 5k Santuku, Orahu (UH) 5k Santukuku, Orahu (UH) 5k Santukukukukukukukukukukukukukukukukukukuk	UC Riverside Invite	9/13	23:35.7	121st	6k	Riverside, Calif. (UCR)
Chaminade Invitational Bronco Invitational Bronco Invitational Big West Championship 10/14 23:20.4 19th 6k Sunnyvale, CA (Santa Clari Big West Regional	BYU-Hawai'i Invite	9/20	20:12	12th	5k	
Bronco Invitational Big West Championship 1	Stanford Invite	9/27	24:31	121st	6k	Stanford, Calif. (Stanford
Big West Championship	Chaminade Invitational	,		7th	5k	Waipi'o, O'ahu (Chaminad
Date Time Finish Dist. Location (Meet Host)	Bronco Invitational	10/18	23:20.4	19th	6k	* '
Date Time Finish Dist. Location (Meet Host)	Big West Championship	11/2	22:35.8	41st	6k	Riverside, CA (Riverside
Big Wave Invitational 9/5 19:06.09 8th 5k Kahuku, O'ahu (UH)	NCAA West Regional	11/14	23:14.7	175th	6k	Palo Alto, CA (Stanford)
Sundodger Invitational 9/19 22:52.67 57th 6k Seattle, Wash. (UW) Capital Cross Challenge 10/3 17:57.3 23rd 5k Sacramento, Calif (SSU) 6k Sunnyvale, Calif (SCU) 6k Sacramento, Calif (SCU)						
	Big Wave Invitational		19:06.09	8th	5k	Kahuku, Oʻahu (UH)
Chaminade Invitational Bronco Invitational Br	_			57th	6k	
Bronco Invitational Big West Championship 10/31 21:36.7 2 22nd 6k NCAA West Regional 11/13 23:25.2 182nd 6k Seattle, Wash. (UW) 2016	#Capital Cross Challenge	10/3	17:57.3	23rd	5k	Sacramento, Calif (SSU)
Big West Championship 10/31 21:36.72 22nd 6k Riverside, Calif. (UCR)	Chaminade Invitational			2nd	5k	Honolulu, Oʻahu (CU)
Date Time Finish Dist. Location (Meet Host)	Bronco Invitational	10/17	21:26.7	40th	6k	Sunnyvale, Calif. (SCU)
Date Time Finish Dist. Location (Meet Host) Big Wave Invitational 9/17 22:00.60 15th 6k Seattle, Wash. (UW) Capital Cross Challenge 10/1 21:19.0 20th 6k Big West Championship 10/29 22:26.6 13th 6k Seattle, Wash. (UW) PIPER McDONALD 2015 Date Time Finish Dist. Location (Meet Host) Big Wave Invitational 9/19 22:33.10 44th 6k Seattle, Wash. (UW) Capital Cross Challenge 10/3 18:44.1 56th 5k Seattle, Wash. (UW) Capital Cross Challenge 10/3 18:44.1 56th 5k Seattle, Wash. (UW) Capital Cross Challenge 10/3 18:44.1 56th 5k Seattle, Wash. (UW) Capital Cross Challenge 10/3 18:44.1 56th 5k Seattle, Wash. (UW) Capital Cross Challenge 10/3 18:44.1 56th 5k Seattle, Wash. (UW) Capital Cross Challenge 10/3 18:44.1 56th 5k Seattle, Wash. (UW) Capital Cross Challenge 10/1 22:29.9 124th 6k Sunnyvale, Calif. (SCU) TRISTAN SETZER 2015 Date Time Finish Dist. Location (Meet Host) Big Wave Invitational 9/19 24:08.58 81st 6k Seattle, Wash. (UW) Chaminade Invitational 10/10 20:02.7 14th 5k Larie, Orahu (BYUH) Chaminade Invitational 10/17 23:38.9 165th 6k Big West Championship 10/31 23:48.63 64th 6k RBYU-Hawai'i Invitational 10/13 24:38.1 230th 6k Seattle, Wash. (UW) 2016 Date Time Finish Dist. Location (Meet Host) Big Wave Invitational 8/27 19:39.0 5th 5k Larie, Orahu (BYUH) Capital Cross Challenge 10/1 22:38.7 99th 6k Seattle, Wash. (UW) Capital Cross Challenge 10/1 22:33.9 98th 6k Seattle, Wash. (UW) Capital Cross Challenge 10/1 22:33.9 99th 6k Seattle, Wash. (UW) Capital Cross Challenge 10/1 22:33.9 98th 6k Seattle, Wash. (UW) Capital Cross Challenge 10/1 22:33.9 98th 6k Seattle, Wash. (UW) Capital Cross Challenge 10/1 22:33.9 98th 6k Seattle, Wash. (UW) Capital Cross Challenge 10/1 22:33.9 98th 6k Seattle, Wash. (UW) Capital Cross Challenge 10/1 22:33.9 98th 6k Seattle, Wash. (UW) Capital Cross Challenge 10/1 22:33.9 98th 6k Seattle, Wash. (UW) Capital Cross Challenge 10/1 22:33.9 98th 6k Seattle, Wash. (UW) Capital Cross Challenge 10/1 22:33.9 98th 6k Seattle, Wash. (UW) Capital Cross Challenge 10/1 22:33.9 98th 6k Seattle, Was	Big West Championship	10/31	21:36.72	22nd	6k	Riverside, Calif. (UCR)
Big Wave Invitational 9/3 18:57.60 6th 5k	NCAA West Regional	11/13	23:25.2	182nd	6k	Seattle, Wash. (UW)
Sundodger Invitational 9/17 22:00.60 15th 6k Seattle, Wash. (UW) Capital Cross Challenge 10/1 21:19.0 20th 6k Sacramento, Calif. (SSL Sunnyvale, Calif. (SSL Star	2016	Date	Time	Finish	Dist.	Location (Meet Host)
Capital Cross Challenge 10/1 21:19.0 20th 6k Sacramento, Calif. (SSL Bronco Invitational 10/15 21:13.1 24th 6k Sunnyvale, Calif. (SCU) 10/29 22:26.6 13th 6k Kahuku, Oʻahu (UH) 11/11 21:01.9 64th 6k Sacramento, Calif. (SSL PIPER McDONALD 2015	Big Wave Invitational				5k	Kahuku, Oʻahu (UH)
### Bronco Invitational Big West Championship 10/29 22:26.6 13th 6k Kahuku, Oʻahu (UH) 11/11 21:01.9 64th 6k Kahuku, Oʻahu (UH) 6k	_					
Big West Championship 10/29 22:26.6 13th 6k Kahuku, Oʻahu (UH) ♣NCAA West Regional 11/11 21:01.9 64th 6k Sacramento, Calif. (SSL) PIPER McDONALD 2015	Capital Cross Challenge	10/1	21:19.0	20th	6k	Sacramento, Calif. (SSL
#NCAA West Regional 11/11 21:01.9 64th 6k Sacramento, Calif. (SSL PIPER McDONALD 2015 Date 19:04.67 5th 5k Kahuku, O'ahu (UH) 9/19 22:33.10 44th 6k Seattle, Wash. (UW) 4Capital Cross Challenge 10/3 18:44.1 56th 5k Sacramento, Calif. (SCU) 4Bronco Invitational 10/17 22:29.9 124th 6k Seattle, Wash. (UW) 4Capital Cross Challenge 10/3 18:44.1 56th 5k Sacramento, Calif. (SCU) 4Bronco Invitational 10/17 22:29.9 124th 6k Sunnyvale, Calif. (SCU) 4Bronco Invitational 9/5 20:19.67 23rd 5k Kahuku, O'ahu (UH) 20:02.7 14th 5k La'ie, O'ahu (BYUH) 24:08.58 81st 6k Seattle, Wash. (UW) 8BrU-Hawai'i Invitational 10/17 23:38.9 165th 6k Seattle, Wash. (UW) 10/17 23:38.1 230th 6k Seattle, Wash. (UW) 10/17 23:38.1 230th 6k Seattle, Wash. (UW) 10/17 23:38.9 165th 6k Seattle, Wash. (UW) 10/17 23:11.60 40th 6k Seattle, Wash. (UW) 10/17 23:38.9 165th 6k Seattle, Wash. (UW) 10/17 23:38.9 165th 6k Sacramento, Calif. (SCU) 10/17 23:38.9 165th 6k Sacramento, Calif. (SCU	Bronco Invitational	10/15	21:13.1	24th	6k	Sunnyvale, Calif. (SCU)
PIPER McDONALD 2015 Big Wave Invitational 9/5 19:04.67 5th 5k Kahuku, 0'ahu (UH) 2016 2017 2018 2019 2019 2019 2019 202:33.10 44th 6k Seattle, Wash. (UW) 202:33.10 44th 6k Seattle, Wash. (UW) 202:33.10 44th 6k Seattle, Wash. (UW) 202:39.9 124th 6k Sunnyvale, Calif. (SCU) 202:29.9 124th 6k Sunnyvale, Calif. (SCU) 202:29.9 124th 6k Sunnyvale, Calif. (SCU) 202:39.67 23rd 5k Kahuku, 0'ahu (UH) 203:40.85.8 81st 6k Seattle, Wash. (UW) 204:08.58 81st 6k Seattle, Wash. (UW) 204:08.58 81st 6k Seattle, Wash. (UW) 205:20.7 14th 5k La'ie, 0'ahu (BYUH) 206:30.7 14th 5k Honolulu, 0'ahu (CU) 207:20.7 14th 5k Honolulu, 0'ahu (CU) 208:20.7 14th 5k Honolulu, 0'ahu (CU) 209:20.7 14th 5k Honolulu, 0'ahu (CU) 200:20.7 14th 5k Honolulu, 0'ahu (CU) 2016 2019	Big West Championship	10/29	22:26.6	13th	6k	Kahuku, Oʻahu (UH)
### Process of the p	#NCAA West Regional	11/11	21:01.9	64th	6k	Sacramento, Calif. (SSL
Big Wave Invitational 9/5 19:04.67 5th 5k Kahuku, Oʻahu (UH) ##Capital Cross Challenge 10/3 18:44.1 56th 5k Sacramento, Calif (SSU) ##Bronco Invitational 10/17 22:29.9 124th 6k Seattle, Wash. (UW) ##Bronco Invitational 10/17 22:29.9 124th 6k Sacramento, Calif. (SCU) ##Bronco Invitational 9/5 20:19.67 23rd 5k Kahuku, Oʻahu (UH) ##Bru-Hawaiʻi Invitational 9/10 20:02.7 14th 5k La'ie, Oʻahu (BYUH) ##Bru-Hawaiʻi Invitational 10/10 20:02.7 14th 5k Honolulu, Oʻahu (CU) ##Bru-Hawaiʻi Invitational 10/10 20:02.7 14th 5k Honolulu, Oʻahu (CU) ##Bru-Hawaiʻi Invitational 10/11 23:38.9 165th 6k Sunnyvale, Calif. (SCU) ##Bru-Hawaiʻi Invitational 8/27 19:39.0 5th 5k La'ie, Oʻahu (BYUH) ##Bru-Hawaiʻi Invitational 9/12 23:31.160 40th 6k Seattle, Wash. (UW) ##Bronco Invitational 9/17 23:11.60 40th 6k Seattle, Wash. (UW) ##Bronco Invitational 10/15 22:23.7 90th 6k Sacramento, Calif. (SCU) ##Bronco Invitational 10/12 22:38.7 99th 6k Sacramento, Calif. (SSU) ##Bronco Invitational 10/12 22:33.9 38th 6k Kahuku, Oʻahu (UH) ##Bru-Hawaiʻi Invitational 10/12 22:33.9 38th 6k Kahuku, Oʻahu (UH) ##Bronco Invitational 10/12 22:33.9 38th 6k Kahuku, Oʻahu (UH) ##Bru-Hawaiʻi Invitational 10/12 22:33.9 38th 6k Kahuku, Oʻahu (UH) *#Bru-Hawaiʻi Invitational 10/12 22:33.9 38th 6k Kahuku, Oʻahu (UH) *#Bru-Hawaiʻi Invitational 9/6 25:19.50 40th 5k Kaneʻohe, Oʻahu (BYUH) ##Bru-Hawaiʻi Invitational 9/2 24:20 34th 5k La'ie, Oʻahu (BYUH) ##Bru-Hawaiʻi Invitational 9/5 24:34.73 63rd 5k Kahuku, Oʻahu (UH) ##Bru-Hawaiʻi Invitational 9/5 24:34.73 63rd 5k Kahuku, Oʻahu (UH) ##Bru-Hawaiʻi Invitational 9/5 24:34.73 63rd 5k Kahuku, Oʻahu (UH) ##Bru-Hawaiʻi Invitational 9/5 24:34.73 63rd 5k Kahuku, Oʻahu (UH) ##Bru-Hawaiʻi Invitational 9/5 24:34.73 63rd 5k Kahuku, Oʻahu (BYUH) ##Bru-Hawaiʻi Invitational 9/26 23:15.0 28th 5k La'ie, Oʻahu (BYUH)	PIPER McDONALI					
Sundodger Invitational 9/19 22:33.10 44th 6k Seattle, Wash. (UW) #Capital Cross Challenge 10/3 18:44.1 56th 5k Sacramento, Calif (SSU) #Bronco Invitational 10/17 22:29.9 124th 6k Sunnyvale, Calif. (SCU) **TRISTAN SETZER** **Time Finish Dist. Location (Meet Host) Sundodger Invitational 9/5 20:19.67 23rd 5k Kahuku, Oʻahu (UH) Sundodger Invitational 9/26 21:32.0 14th 5k La'ie, Oʻahu (BYUH) Chaminade Invitational 10/10 20:02.7 14th 5k Honolulu, Oʻahu (CU) Bronco Invitational 10/17 23:38.9 165th 6k Seattle, Wash. (UW) **Big West Championship 10/31 23:48.63 64th 6k Riverside, Calif. (SCU) **Big West Regional 11/13 24:38.1 230th 6k Seattle, Wash. (UW) **Date Time Finish Dist. Location (Meet Host) #Big Wave Invitational 9/17 23:11.60 40th 6k Seattle, Wash. (UW) **Capital Cross Challenge 10/1 22:38.7 99th 6k Sacramento, Calif. (SCU) **Bronco Invitational 10/15 22:23.7 90th 6k Sacramento, Calif. (SCU) **Bronco Invitational 10/15 22:23.7 90th 6k Sacramento, Calif. (SCU) **Bronco Invitational 10/15 22:23.7 90th 6k Sacramento, Calif. (SCU) **Bronco Invitational 10/15 22:23.7 90th 6k Sacramento, Calif. (SCU) **Bronco Invitational 10/15 22:23.7 90th 6k Sacramento, Calif. (SCU) **Bronco Invitational 10/15 22:23.7 90th 6k Sacramento, Calif. (SCU) **Bronco Invitational 10/15 22:23.7 90th 6k Sacramento, Calif. (SCU) **Bronco Invitational 10/15 22:23.7 90th 6k Sacramento, Calif. (SCU) **Bronco Invitational 10/15 22:23.7 90th 6k Sacramento, Calif. (SCU) **Bronco Invitational 10/15 22:23.7 90th 6k Sacramento, Calif. (SCU) **Bronco Invitational 10/15 22:23.7 90th 6k Sacramento, Calif. (SCU) **Bronco Invitational 10/15 22:23.7 90th 6k Sacramento, Calif. (SCU) **Bronco Invitational 10/15 22:23.7 90th 6k Sacramento, Calif. (SCU) **Bronco Invitational 10/15 22:23.7 90th 6k Sacramento, Calif. (SCU) **Bronco Invitational 10/15 22:23.7 90th 6k Sacramento, Calif. (SCU) **Bronco Invitational 10/15 22:23.7 90th 6k Sacramento, Calif. (SCU) **Bronco Invitational 10/15 22:23.7 90th 6k Sacramento, Calif. (SCU) **Bronco Invitational 10/15 22:	2015	Date	Time	Finish	Dist.	Location (Meet Host)
#Capital Cross Challenge 10/3 18:44.1 56th 5k Sacramento, Calif (SSU) #Bronco Invitational 10/17 22:29.9 124th 6k Sunnyvale, Calif. (SCU) #Bronco Invitational 10/17 22:29.9 124th 6k Sunnyvale, Calif. (SCU) #Bronco Invitational 9/5 20:19.67 23rd 5k Kahuku, O'ahu (UH) Sundodger Invitational 9/26 21:32.0 14th 5k La'ie, O'ahu (BYUH) BryU-Hawai'i Invitational 10/10 20:02.7 14th 5k La'ie, O'ahu (BYUH) Bronco Invitational 10/17 23:38.9 165th 6k Sunnyvale, Calif. (SCU) Big West Championship 10/31 23:48.63 64th 6k Riverside, Calif. (UCR) MCAA West Regional 11/13 24:38.1 230th 6k Seattle, Wash. (UW) 2016 Date Time Finish Dist. Location (Meet Host) #BryU-Hawai'i Invitational 8/27 19:39.0 5th 5k La'ie, O'ahu (BYUH) Big Wave Invitational 9/3 19:40.20 11th 5k Kahuku, O'ahu (UH) Sundodger Invitational 9/17 23:11.60 40th 6k Seattle, Wash. (UW) Capital Cross Challenge 10/1 22:38.7 99th 6k Sacramento, Calif. (SCU) Big West Championship 10/29 23:33.9 38th 6k Kahuku, O'ahu (UH) NCAA West Regional 10/15 22:23.7 90th 6k Sunnyvale, Calif. (SCU) Big West Championship 10/29 23:33.9 38th 6k Kahuku, O'ahu (UH) NCAA West Regional 11/11 22:52.6 190th 6k Sacramento, Calif. (SSU) EMILY STACK 2014 Date Time Finish Dist. Location (Meet Host) Big Wave Invitational 9/6 25:19.50 40th 5k Kane'ohe, O'ahu (UH) BYU-Hawai'i Invite 9/20 24:20 34th 5k La'ie, O'ahu (BYUH) 2015 Date Time Finish Dist. Location (Meet Host) Big Wave Invitational 9/5 24:34.73 63rd 5k Kahuku, O'ahu (UH) #BYU-Hawai'i Invitational 9/12 24:00.8 36th 5k Kahuku, O'ahu (UH) #BYU-Hawai'i Invitational 9/26 23:15.0 28th 5k La'ie, O'ahu (BYUH)	Big Wave Invitational	9/5	19:04.67	5th	5k	Kahuku, Oʻahu (UH)
#Bronco Invitational 10/17 22:29.9 124th 6k Sunnyvale, Calif. (SCU) **TRISTAN SETZER** **2015	Sundodger Invitational	9/19	22:33.10	44th	6k	Seattle, Wash. (UW)
### Time	#Capital Cross Challenge	10/3	18:44.1	56th	5k	Sacramento, Calif (SSU)
Date Time Finish Dist. Location (Meet Host)	#Bronco Invitational	10/17	22:29.9	124th	6k	Sunnyvale, Calif. (SCU)
Big Wave Invitational 9/5 20:19.67 23rd 5k Kahuku, Oʻahu (UH) Sundodger Invitational 9/19 24:08.58 81st 6k Seattle, Wash. (UW) BYU-Hawaiʻi Invitational 9/26 21:32.0 14th 5k La'ie, Oʻahu (BYUH) Chaminade Invitational 10/10 20:02.7 14th 5k Honolulu, Oʻahu (CU) Bronco Invitational 10/17 23:38.9 165th 6k Sunnyvale, Calif. (SCU) Big West Championship 10/31 23:48.63 64th 6k Riverside, Calif. (UCR) NCAA West Regional 11/13 24:38.1 230th 6k Seattle, Wash. (UW) 2016 Date Time Finish Dist. Location (Meet Host) EBYU-Hawaiʻi Invitational 9/3 19:40.20 11th 5k Kahuku, Oʻahu (UH) Sundodger Invitational 9/17 23:11.60 40th 6k Seattle, Wash. (UW) Capital Cross Challenge 10/1 22:38.7 99th 6k Sacramento, Calif. (SCU) Big West Championship 10/29 23:33.9 38th 6k Kahuku, Oʻahu (UH) NCAA West Regional 11/11 22:52.6 190th 6k Sacramento, Calif. (SSU EMILY STACK 2014 Date Time Finish Dist. Location (Meet Host) NCAA West Regional 11/11 22:52.6 190th 6k Sacramento, Calif. (SSU EMILY STACK 2014 Date Time Finish Dist. Location (Meet Host) 8/20 24:20 34th 5k La'ie, Oʻahu (BYUH) 2015 Date Time Finish Dist. Location (Meet Host) 8/20 24:34.73 63rd 5k Kahuku, Oʻahu (UH) 9/12 24:00.8 36th 5k Kahuku, Oʻahu (UH) 8/8YU-Hawaiʻi Invitational 9/26 23:15.0 28th 5k La'ie, Oʻahu (BYUH)	TRISTAN SETZER					
Sundodger Invitational 9/19 24:08.58 81st 6k Seattle, Wash. (UW) BYU-Hawai'i Invitational 9/26 21:32.0 14th 5k La'ie, O'ahu (BYUH) Chaminade Invitational 10/10 20:02.7 14th 5k Honolulu, O'ahu (CU) Bronco Invitational 10/17 23:38.9 165th 6k Sunnyvale, Calif. (SCU) Big West Championship 10/31 23:48.63 64th 6k Riverside, Calif. (UCR) NCAA West Regional 11/13 24:38.1 230th 6k Seattle, Wash. (UW) 2016 Date Time Finish Dist. Location (Meet Host) EMPU-Hawai'i Invitational 9/3 19:40.20 11th 5k Kahuku, O'ahu (UH) Sundodger Invitational 9/17 23:11.60 40th 6k Seattle, Wash. (UW) Capital Cross Challenge 10/1 22:38.7 99th 6k Sacramento, Calif. (SCU) Big West Championship 10/29 23:33.9 38th 6k Sacramento, Calif. (SCU) Big West Championship 10/29 23:33.9 38th 6k Kahuku, O'ahu (UH) NCAA West Regional 11/11 22:52.6 190th 6k Sacramento, Calif. (SSU EMILY STACK 2014 Date Time Finish Dist. Location (Meet Host) Big Wave Invitational 9/6 25:19.50 40th 5k Kane'ohe, O'ahu (UH) SYU-Hawai'i Invite 9/20 24:20 34th 5k La'ie, O'ahu (BYUH) 2015 Date Time Finish Dist. Location (Meet Host) Big Wave Invitational 9/5 24:34.73 63rd 5k Kahuku, O'ahu (UH) HPU Invitational 9/12 24:00.8 36th 5k Kahuku, O'ahu (UH) #BYU-Hawai'i Invitational 9/26 23:15.0 28th 5k La'ie, O'ahu (BYUH)	2015	Date	Time	Finish	Dist.	Location (Meet Host)
### BYU-Hawai'i Invitational 9/26 21:32.0 14th 5k La'ie, O'ahu (BYUH)	Big Wave Invitational	9/5	20:19.67	23rd	5k	Kahuku, Oʻahu (UH)
Chaminade Invitational Bronco Invitational Bronco Invitational Big West Championship NCAA West Regional 10/10 20:02.7 14th 5k 20:05.27 1	Sundodger Invitational	9/19	24:08.58	81st	6k	Seattle, Wash. (UW)
Bronco Invitational 10/17 23:38.9 165th 6k Sunnyvale, Calif. (SCU)	BYU-Hawai'i Invitational	9/26	21:32.0	14th	5k	La'ie, O'ahu (BYUH)
### Big West Championship 10/31 23:48.63 64th 6k Riverside, Calif. (UCR) NCAA West Regional 11/13 24:38.1 230th 6k Seattle, Wash. (UW) ###################################	Chaminade Invitational	10/10	20:02.7	14th	5k	Honolulu, Oʻahu (CU)
Big West Championship 10/31 23:48.63 64th 6k Riverside, Calif. (UCR)	Bronco Invitational	10/17	23:38.9	165th	6k	Sunnyvale, Calif. (SCU)
2016 Date Time Finish Pist. Location (Meet Host) #BYU-Hawai'i Invitational Big Wave Invitational Sundodger Invitational Py17 19:39.0 5th 5k	Big West Championship	,		64th	6k	-
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Chaminade Invitational 10/10 23:32.7 33rd 5k Honolulu, Oʻahu (CU)		,				
	Chaminade Invitational	10/10	23:32.7	33rd	5k	Honolulu, Oʻahu (CU)

2016	Date	Time	Finish	Dist.	Location (Meet Host)
BYU-Hawai'i Invitational	8/27	24:18.0	37th	5k	La'ie, O'ahu (BYUH)

PAIGE SULLIVAN

Date	Time	Finish	Dist.	Location (Meet Host)
9/5	23:06.33	56th	5k	Kahuku, Oʻahu (UH)
9/12	21:47.3	29th	5k	Kahuku, Oʻahu (HPU)
9/26	23:15.0	23rd	5k	La'ie, O'ahu (BYUH)
10/10	21:44.6	27th	5k	Honolulu, Oʻahu (CU)
Date	Time	Finish	Dist.	Location (Meet Host)
8/27	21:07.0	32nd	5k	La'ie, O'ahu (BYUH)
9/3	22:44.30	38th	5k	Kahuku, Oʻahu (UH)
9/24	23:05.0	25th	5k	Kahuku, Oʻahu (HPU)
10/10	22:44.0	25th	5k	Honolulu, Oʻahu (CU)
	9/5 9/12 9/26 10/10 Date 8/27 9/3 9/24	9/5 23:06.33 9/12 21:47.3 9/26 23:15.0 10/10 21:44.6 Date Time 8/27 21:07.0 9/3 22:44.30 9/24 23:05.0	9/5 23:06.33 56th 9/12 21:47.3 29th 9/26 23:15.0 23rd 10/10 21:44.6 27th Date Time Finish 8/27 21:07.0 32nd 9/3 22:44.30 38th 9/24 23:05.0 25th	9/5 23:06.33 56th 5k 9/12 21:47.3 29th 5k 9/26 23:15.0 23rd 5k 10/10 21:44.6 27th 5k Date Time Finish Dist. 8/27 21:07.0 32nd 5k 9/3 22:44.30 38th 5k 9/24 23:05.0 25th 5k

LISA TASHIRO

BYU-Hawai'i Invitational 8/27	22:14.0	29th	5k	La'ie, O'ahu (BYUH)
#Chaminade Invitational 10/8	21:04.0	18th	5k	Honolulu, O'ahu (CU)

- denotes best performance at distance

(Continued in Next Column)

- denotes best performance at distance

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^{* -} denotes ran as unattached DNF - indicates did not finish