



Montana Cross Country 2006

Women's Final Team Results

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Montana Open

Sept. 9, 2006 • Missoula, Mont.
Lubrecht Forest • Four kilometers

Team Results

Not team scored

Individual Results

1. Allie Brosh	2nd	14:34
2. Kara DeWalt	3rd	15:06
3. Kim Tritz	4th	15:15
4. Ashley Colbrese	5th	15:32
5. Kaci Calaway	7th	15:45
6. Elisha Cassan	8th	15:49
7. Leigh Fredrickson	9th	16:41
8. Megan Ravenscraft	10th	16:46

UM 1-5 average 15:14.4

UM 1-3 spread :41

UM 1-5 spread 1:11

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NCAA Pre-Nationals

Oct. 14, 2006 • Terre Haute, Ind.
Gibson CC Course • Six kilometers
(White Race)

Team Results

1. North Carolina State	117
2. Michigan	176
Wisconsin	176
4. UC Santa Barbara	196
5. Illinois	219
24. Montana	643

Individual Results

1. Allie Brosh	33rd	20:55.2
2. Kara DeWalt	128th	21:58.8
3. Ashley Colbrese	154th	22:13.6
4. Kim Tritz	161st	22:18.3
5. Kaci Calaway	167th	22:21.5
6. Brooke Andrus	178th	22:27.6
7. Dominique Colberg	241st	23:47.1

UM 1-5 average 21:57.5

UM 1-3 spread 1:18.4

UM 1-5 spread 1:26.3

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Montana State Invite

Sept. 16, 2006 • Bozeman, Mont.
Bridger Creek G.C. • Three miles

Team Results

1. Weber State	25
2. Montana	61
3. Utah State	79
4. Montana State	102
5. Utah	105

Individual Results

1. Allie Brosh	2nd	17:06
2. Kara DeWalt	6th	17:29
3. Kim Tritz	14th	17:57
4. Ashley Colbrese	19th	18:14
5. Kaci Calaway	23rd	18:19
6. Brooke Andrus	24th	18:20
7. Elisha Cassan	32nd	18:59
8. Leigh Fredrickson	48th	20:01
9. Megan Ravenscraft	49th	20:07

UM 1-5 average 17:49.0

UM 1-3 spread :51

UM 1-5 spread 1:13

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Big Sky Conference

Oct. 28, 2006 • Sacramento, Calif.
Granite Reg. Park • Five kilometers

Team Results

1. Weber State	39
2. Montana	82
3. Northern Arizona	86
4. Montana State	105
5. Idaho State	131
6. Eastern Washington	135
7. Sacramento State	164
8. Portland State	187
9. Northern Colorado	255

Individual Results

1. Allie Brosh	4th	17:47.1
2. Kara DeWalt	13th	18:17.7
3. Brooke Andrus	17th	18:27.7
4. Ashley Colbrese	18th	18:27.9
5. Kaci Calaway	30th	19:00.7
6. Kim Tritz	34th	19:11.9
7. Dominique Colberg	47th	19:38.1

UM 1-5 average 18:24.2

UM 1-3 spread :40.6

UM 1-5 spread 1:13.6

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Montana Invitational

Sept. 30, 2006 • Missoula, Mont.
Univ. of Mont. G.C. • Six kilometers

Team Results

1. Washington State	36
2. Montana	52
3. Montana State	79
4. Idaho State	91
5. Eastern Washington	105

Individual Results

1. Allie Brosh	2nd	21:52
2. Kara DeWalt	4th	22:18
3. Ashley Colbrese	12th	22:46
4. Kim Tritz	15th	22:56
5. Kaci Calaway	19th	23:18
6. Brooke Andrus	21st	23:34
7. Dominique Colberg	27th	24:12
8. Leigh Fredrickson	39th	24:58
9. Megan Ravenscraft	42nd	25:35

UM 1-5 average 22:38

UM 1-3 spread :54

UM 1-5 spread 1:26

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NCAA Mtn. Regional

Nov. 11, 2006 • Albuquerque, N.M.
University G.C. • Six kilometers

Team Results

1. Colorado	64
2. Texas Tech	87
3. BYU	94
4. Colorado State	96
5. Weber State	98
8. Montana	238

Individual Results

1. Allie Brosh	9th	21:09.2
2. Kara DeWalt	43rd	22:32.6
3. Ashley Colbrese	50th	22:55.2
4. Kim Tritz	65th	23:16.0
5. Brooke Andrus	77th	23:31.5
6. Kaci Calaway	93rd	24:10.2
7. Elisha Cassan	DNF	

UM 1-5 average 22:40.9

UM 1-3 spread 1:46.0

UM 1-5 spread 2:22.3



Montana Cross Country 2006

Women's Career Bests



BROOKE ANDRUS
Freshman • Bigfork, Mont.

Career meets: 5
Top UM finish: Third, Big Sky Champs. (10/28/06)
Top overall finish: 17th, Big Sky Champs. (10/28/06)

<u>Dist.</u>	<u>Time</u>	<u>Date</u>
3m	18:20	Montana State Invitational (9/16/06)
5k	18:27.7	Big Sky Championships (10/28/06)
6k	22:27.6	NCAA Pre-Nationals (10/14/06)



ALLIE BROSH
Junior • Sandpoint, Idaho

Career meets: 18
Top UM finish: First, 17 times
Top overall finish: First, two times

<u>Dist.</u>	<u>Time</u>	<u>Date</u>
4k	14:34	Montana Open (9/9/06)
3m	17:06	Montana State Invitational (9/16/06)
5k	17:47.1	Big Sky Championships (10/28/06)
6k	20:55.2	NCAA Pre-Nationals (10/14/06)



KACI CALAWAY
Junior • Bigfork, Mont.

Career meets: 16
Top UM finish: Second, NCAA Regionals (11/13/04)
Top overall finish: Seventh, Montana Open (9/9/06)

<u>Dist.</u>	<u>Time</u>	<u>Date</u>
4k	15:42.1	Montana Open (9/10/05)
3m	18:19	Montana State Invitational (9/16/06)
5k	19:00.7	Big Sky Championships (10/28/06)
6k	22:21.5	NCAA Pre-Nationals (10/14/06)



ELISHA CASSAN
Junior • Anaconda, Mont.

Career meets: 3
Top UM finish: Sixth, Montana Open (9/9/06)
Top overall finish: Eighth, Montana Open (9/9/06)

<u>Dist.</u>	<u>Time</u>	<u>Date</u>
4k	15:49	Montana Open (9/9/06)
3m	18:59	Montana State Invitational (9/16/06)



DOMINIQUE COLBERG
Senior • Palmer, Alaska

Career meets: 20
Top UM finish: First, Montana Open (9/13/03)
Top overall finish: First, Montana Open (9/13/03)

<u>Dist.</u>	<u>Time</u>	<u>Date</u>
4k	15:35.2	Montana Open (9/10/05)
3m	18:39.98	Montana State Invitational (9/18/04)
5k	17:51	Montana Open (9/13/03)
6k	22:43	NCAA Pre-Nationals (10/18/03)



ASHLEY COLBRESE
Sophomore • Laurel, Mont.

Career meets: 6
Top UM finish: Third, three times
Top overall finish: Fifth, Montana Open (9/9/06)

<u>Dist.</u>	<u>Time</u>	<u>Date</u>
4k	15:32	Montana Open (9/9/06)
3m	18:14	Montana State Invitational (9/16/06)
5k	18:27.9	Big Sky Championships (10/28/06)
6k	22:13.6	NCAA Pre-Nationals (10/14/06)



KARA DEWALT
Freshman • Darby, Mont.

Career meets: 6
Top UM finish: Second, six times
Top overall finish: Third, Montana Open (9/9/06)

<u>Dist.</u>	<u>Time</u>	<u>Date</u>
4k	15:06	Montana Open (9/9/06)
3m	17:29	Montana State Invitational (9/16/06)
5k	18:17.7	Big Sky Championships (10/28/06)
6k	21:58.8	NCAA Pre-Nationals (10/14/06)



LEIGH FREDRICKSON
Freshman • Spokane, Wash.

Career meets: 3
Top UM finish: Seventh, Montana Open (9/9/06)
Top overall finish: Ninth, Montana Open (9/9/06)

<u>Dist.</u>	<u>Time</u>	<u>Date</u>
4k	16:41	Montana Open (9/9/06)
3m	20:01	Montana State Invitational (9/16/06)
6k	24:58	Montana Invitational (9/30/06)



Montana Cross Country 2006

Women's Career Bests



MEGAN RAVENSCRAFT

Freshman • Bel Air, Md.

Career meets: 3

Top UM finish: Eighth, Montana Open (9/9/06)

Top overall finish: 10th, Montana Open (9/9/06)

<u>Dist.</u>	<u>Time</u>	<u>Date</u>
4k	16:46	Montana Open (9/9/06)
3m	20:07	Montana State Invitational (9/16/06)
6k	25:35	Montana Invitational (9/30/06)



KIM TRITZ

Sophomore • Missoula, Mont.

Career meets: 12

Top UM finish: Second, four times

Top overall finish: Second, Montana Open (9/10/05)

<u>Dist.</u>	<u>Time</u>	<u>Date</u>
4k	15:06.2	Montana Open (9/10/05)
3m	17:57	Montana State Invitational (9/16/06)
5k	19:11.9	Big Sky Championships (10/28/06)
6k	22:18.3	NCAA Pre-Nationals (10/14/06)



Montana Cross Country 2006

Men's Final Performance List

ZACH BETZ

Sophomore • De Witt, Iowa

<u>Date</u>	<u>Meet</u>	<u>Time</u>	<u>UM/Overall</u>
9.9	Montana Open (6k)	20:25	7th/11th
9.16	Montana State Invitational (5m)	27:26	10th/35th
9.30	Montana Invitational (8k)	27:42	11th/40th

MAC BLOOM

Freshman • Stevensville, Mont.

<u>Date</u>	<u>Meet</u>	<u>Time</u>	<u>UM/Overall</u>
9.16	Montana State Invitational (5m)	27:08	8th/30th
9.30	Montana Invitational (8k)	27:17	8th/32nd
11.11	NCAA Mountain Regionals (10k)	34:04.9	4th/81st

DENNIS BRANDS

Sophomore • Canby, Ore.

<u>Date</u>	<u>Meet</u>	<u>Time</u>	<u>UM/Overall</u>
9.9	Montana Open (6k)	20:20	6th/10th
9.16	Montana State Invitational (5m)	27:03	7th/28th
9.30	Montana Invitational (8k)	27:27	9th/35th
10.28	Big Sky Championships (8k)	27:15.0	7th/53rd

BRETT CARTER

Freshman • West Des Moines, Iowa

<u>Date</u>	<u>Meet</u>	<u>Time</u>	<u>UM/Overall</u>
9.9	Montana Open (6k)	19:47	5th/7th
9.16	Montana State Invitational (5m)	26:09	4th/19th
9.30	Montana Invitational (8k)	26:26	4th/21st
10.14	NCAA Pre-Nationals (8k)	26:22.2	5th/142nd
10.28	Big Sky Championships (8k)	25:46.0	4th/30th
11.11	NCAA Mountain Regionals (10k)	33:23.6	2nd/68th

MICHAEL FISHER

Freshman • Ronan, Mont.

<u>Date</u>	<u>Meet</u>	<u>Time</u>	<u>UM/Overall</u>
9.9	Montana Open (6k)	19:29	3rd/5th
9.16	Montana State Invitational (5m)	26:14	5th/21st
9.30	Montana Invitational (8k)	26:20	3rd/18th
10.14	NCAA Pre-Nationals (8k)	26:10.6	4th/126th
10.28	Big Sky Championships (8k)	25:56.0	5th/34th
11.11	NCAA Mountain Regionals (10k)	34:13.4	6th/86th

STEVEN GIMPEL

Freshman • Spokane, Wash.

<u>Date</u>	<u>Meet</u>	<u>Time</u>	<u>UM/Overall</u>
9.9	Montana Open (6k)	19:27	3rd/4th
9.16	Montana State Invitational (5m)	25:58	2nd/16th
9.30	Montana Invitational (8k)	26:43	6th/27th
10.14	NCAA Pre-Nationals (8k)	25:34.2	2nd/67th
10.28	Big Sky Championships (8k)	25:31.0	2nd/24th
11.11	NCAA Mountain Regionals (10k)	34:07.7	5th/82nd

DUNCAN HENDRICK

Junior • Edmonds, Wash.

<u>Date</u>	<u>Meet</u>	<u>Time</u>	<u>UM/Overall</u>
9.9	Montana Open (6k)	19:02	1st/1st
9.16	Montana State Invitational (5m)	25:58	1st/15th
9.30	Montana Invitational (8k)	26:12	2nd/17th
10.14	NCAA Pre-Nationals (8k)	27:02.1	6th/186th
10.28	Big Sky Championships (8k)	26:19.0	6th/39th
11.11	NCAA Mountain Regionals (10k)	34:48.4	7th/95th

ELI HERMANN

Sophomore • Bellingham, Wash.

<u>Date</u>	<u>Meet</u>	<u>Time</u>	<u>UM/Overall</u>
9.9	Montana Open (6k)	19:14	2nd/2nd
9.16	Montana State Invitational (5m)	26:01	3rd/17th
9.30	Montana Invitational (8k)	26:02	1st/14th
10.14	NCAA Pre-Nationals (8k)	25:24.6	1st/49th
10.28	Big Sky Championships (8k)	25:06.0	1st/16th
11.11	NCAA Mountain Regionals (10k)	33:07.2	1st/62nd



Montana Cross Country 2006

Men's Final Performance List

JESSE LOETHER

Sophomore • Hazelhurst, Wis.

<u>Date</u>	<u>Meet</u>	<u>Time</u>	<u>UM/Overall</u>
9.9	Montana Open (6k)	19:38	4th/6th
9.16	Montana State Invitational (5m)	26:38	6th/25th
9.30	Montana Invitational (8k)	26:35	5th/25th
10.14	NCAA Pre-Nationals (8k)	25:55.1	3rd/105th
10.28	Big Sky Championships (8k)	25:33.0	3rd/26th
11.11	NCAA Mountain Regionals (10k)	33:59.5	3rd/80th

KYLE MALERK

Sophomore • Missoula, Mont.

<u>Date</u>	<u>Meet</u>	<u>Time</u>	<u>UM/Overall</u>
9.9	Montana Open (6k)	20:05	7th/8th
9.30	Montana Invitational (8k)	28:01	13th/44th

JON METROPOULOS

Freshman • Helena, Mont.

<u>Date</u>	<u>Meet</u>	<u>Time</u>	<u>UM/Overall</u>
9.16	Montana State Invitational (5m)	27:10	9th/33rd
9.30	Montana Invitational (8k)	27:11	7th/31st

RICHIE PEMBERTON

Senior • Manhattan, Mont.

<u>Date</u>	<u>Meet</u>	<u>Time</u>	<u>UM/Overall</u>
9.16	Montana State Invitational (5m)	27:35	11th/38th
9.30	Montana Invitational (8k)	27:30	10th/36th

JEFF QUICKEL

Sophomore • Anchorage, Alaska

<u>Date</u>	<u>Meet</u>	<u>Time</u>	<u>UM/Overall</u>
9.30	Montana Invitational (8k)	27:49	12th/42nd



Montana Cross Country 2006

Men's Final Team Results

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UM Open

Sept. 9, 2006 • Missoula, Mont.
Lubrecht Forest • Six kilometers

Team Results

Not team scored

Individual Results

1. Duncan Hendrick	1st	19:02
2. Eli Hermann	2nd	19:14
3. Steven Gimpel	4th	19:27
4. Michael Fisher	5th	19:29
5. Jesse Loether	6th	19:38
6. Brett Carter	7th	19:47
7. Kyle Malerk	8th	20:05
8. Dennis Brands	10th	20:20
9. Zach Betz	11th	20:25

UM 1-5 average 19:22
UM 1-3 spread :25
UM 1-5 spread :36

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NCAA Pre-Nationals

Oct. 14, 2006 • Terre Haute, Ind.
Gibson CC Course • Eight kilometers
(Open Race)

Team Results

1. Harvard	61
2. Yale	95
3. Montana State	106
4. Portland	112
5. Duquesne	153
6. Montana	176

Individual Results

1. Eli Hermann	49th	25:24.6
2. Steven Gimpel	67th	25:34.2
3. Jesse Loether	105th	25:55.1
4. Michael Fisher	126th	26:10.6
5. Brett Carter	142nd	26:22.2
6. Duncan Hendrick	186th	27:02.1

UM 1-5 average 25:53.3
UM 1-3 spread :30.5
UM 1-5 spread :57.6

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Montana State Invite

Sept. 16, 2006 • Bozeman, Mont.
Bridger Creek G.C. • Five miles

Team Results

1. Weber State	30
2. Utah State	44
3. Montana State	65
4. Montana	83
5. Big Sky Distance Project	171

Individual Results

1. Duncan Hendrick	15th	25:58
2. Steven Gimpel	16th	25:59
3. Eli Hermann	17th	26:01
4. Brett Carter	19th	26:09
5. Michael Fisher	21st	26:14
6. Jesse Loether	25th	26:38
7. Dennis Brands	28th	27:03
8. Mac Bloom	30th	27:08
9. Jon Metropoulos	33rd	27:10
10. Zach Betz	35th	27:26
11. Richie Pemberton	38th	27:35

UM 1-5 average 26:04.2
UM 1-3 spread :03
UM 1-5 spread :16

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Big Sky Conference

Oct. 28, 2006 • Sacramento, Calif.
Granite Reg. Park • Eight kilometers

Team Results

1. Weber State	32
2. Northern Arizona	50
3. Montana State	90
4. Montana	130
5. Sacramento State	136
6. Idaho State	168
7. Eastern Washington	175
8. Northern Colorado	215
9. Portland State	261

Individual Results

1. Eli Hermann	16th	25:06.0
2. Steven Gimpel	24th	25:31.0
3. Jesse Loether	26th	25:33.0
4. Brett Carter	30th	25:46.0
5. Michael Fisher	34th	25:56.0
6. Duncan Hendrick	39th	26:19.0
7. Dennis Brands	53rd	27:15.0

UM 1-5 average 25:34.4
UM 1-3 spread :27
UM 1-5 spread :50

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Montana Invitational

Sept. 30, 2006 • Missoula, Mont.
U. of Mont. G.C. • Eight kilometers

Team Results

1. Washington State	18
2. Montana State	65
3. Montana	80
4. Idaho State	97
5. Great Falls	118

Individual Results

1. Eli Hermann	14th	26:02
2. Duncan Hendrick	17th	26:12
3. Michael Fisher	18th	26:20
4. Brett Carter	21st	26:26
5. Jesse Loether	25th	26:35
6. Steven Gimpel	27th	26:43
7. Jon Metropoulos	31st	27:11
8. Mac Bloom	32nd	27:17
9. Dennis Brands	35th	27:27
10. Richie Pemberton	36th	27:30
11. Zach Betz	40th	27:42
12. Jeff Quickel	42nd	27:49
13. Kyle Malerk	44th	28:01

UM 1-5 average 26:19
UM 1-3 spread :18
UM 1-5 spread :33

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NCAA Mtn. Regional

Nov. 11, 2006 • Albuquerque, N.M.
University G.C. • Ten kilometers

Team Results

1. Colorado	59
2. BYU	67
3. Texas-El Paso	86
4. Southern Utah	128
5. Northern Arizona	160
14. Montana	373

Individual Results

1. Eli Hermann	62nd	33:07.2
2. Brett Carter	68th	33:23.6
3. Jesse Loether	80th	33:59.5
4. Mac Bloom	81st	34:04.9
5. Steven Gimpel	82nd	34:07.7
6. Michael Fisher	86th	34:13.4
7. Duncan Hendrick	95th	34:48.4

UM 1-5 average 33:44.6
UM 1-3 spread :52.3
UM 1-5 spread 1:00.5



Montana Cross Country 2006

Men's Career Bests



ZACH BETZ

Sophomore • De Witt, Iowa

Career meets: 9

Top UM finish: Sixth, five times

Top overall finish: Seventh, UM Open (9/10/05)

<u>Dist.</u>	<u>Time</u>	<u>Date</u>
6k	19:53.7	Montana Open (9/10/05)
8k	27:08	Two times
5m	27:26	Montana State Invitational (9/16/06)
10k	34:56.1	NCAA Regionals (11/12/05)



MICHAEL FISHER

Freshman • Ronan, Mont.

Career meets: 6

Top UM finish: Third, two times

Top overall finish: Fifth, Montana Open (9/9/06)

<u>Dist.</u>	<u>Time</u>	<u>Date</u>
6k	19:29	Montana Open (9/9/06)
8k	25:46	Big Sky Championships (10/28/06)
5m	26:14	Montana State Invitational (9/16/06)
10k	34:13.4	NCAA Regionals (11/11/06)



MAC BLOOM

Freshman • Stevensville, Mont.

Career meets: 3

Top UM finish: Eighth, two times

Top overall finish: 30th, Montana State Invite (9/16/06)

<u>Dist.</u>	<u>Time</u>	<u>Date</u>
8k	27:17	Montana Invitational (9/30/06)
5m	27:08	Montana State Invitational (9/16/06)
10k	34:04.9	NCAA Regionals (11/11/06)



STEVEN GIMPEL

Freshman • Spokane, Wash.

Career meets: 6

Top UM finish: Second, three times

Top overall finish: Fourth, Montana Open (9/9/06)

<u>Dist.</u>	<u>Time</u>	<u>Date</u>
6k	19:27	Montana Open (9/9/06)
8k	25:31	Big Sky Championships (10/28/06)
5m	25:59	Montana State Invitational (9/16/06)
10k	34:07.7	NCAA Regionals (11/11/06)



DENNIS BRANDS

Sophomore • Canby, Ore.

Career meets: 5

Top UM finish: Sixth, Montana Open (9/9/06)

Top overall finish: 10th, Montana Open (9/9/06)

<u>Dist.</u>	<u>Time</u>	<u>Date</u>
6k	20:20	Montana Open (9/9/06)
8k	27:27	Montana Invitational (9/30/06)
5m	27:03	Montana State Invitational (9/16/06)



DUNCAN HENDRICK

Junior • Edmonds, Wash.

Career meets: 13

Top UM finish: First, two times

Top overall finish: First, Montana Open (9/9/06)

<u>Dist.</u>	<u>Time</u>	<u>Date</u>
6k	19:02	Montana Open (9/9/06)
8k	26:12	Montana Invitational (9/30/06)
5m	25:58	Montana State Invitational (9/16/06)
10k	34:06.1	NCAA Regionals (11/12/05)



BRETT CARTER

Freshman • West Des Moines, Iowa

Career meets: 6

Top UM finish: Second, NCAA Regionals (11/11/06)

Top overall finish: Seventh, Montana Open (9/9/06)

<u>Dist.</u>	<u>Time</u>	<u>Date</u>
6k	19:47	Montana Open (9/9/06)
8k	25:46	Big Sky Championships (10/28/06)
5m	26:09	Montana State Invitational (9/16/06)
10k	33:23.6	NCAA Regionals (11/11/06)



ELI HERMANN

Sophomore • Bellingham, Wash.

Career meets: 12

Top UM finish: First, four times

Top overall finish: Second, Montana Open (9/9/06)

<u>Dist.</u>	<u>Time</u>	<u>Date</u>
6k	19:14	Montana Open (9/9/06)
8k	25:06	Big Sky Championships (10/28/06)
5m	26:01	Montana State Invitational (9/16/06)
10k	33:07.2	NCAA Regionals (11/11/06)



Montana Cross Country 2006

Men's Career Bests



JESSE LOETHER

Sophomore • Hazelhurst, Wis.

Career meets: 9

Top UM finish: Third, three times

Top overall finish: Sixth, Montana Open (9/9/06)

<u>Dist.</u>	<u>Time</u>	<u>Date</u>
6k	19:38	Montana Open (9/9/06)
8k	25:33	Big Sky Championships (10/28/06)
5m	26:38	Montana State Invitational (9/16/06)
10k	33:59.5	NCAA Regionals (11/11/06)



RICHIE PEMBERTON

Senior • Manhattan, Mont.

Career meets: 19

Top UM finish: First, four times

Top overall finish: Second, Montana Open (9/10/05)

<u>Dist.</u>	<u>Time</u>	<u>Date</u>
6k	18:59.3	Montana Open (9/10/05)
8k	25:29	Montana Invitational (10/1/05)
5m	24:45	Big Sky Championships (10/30/04)
10k	31:19.4	NCAA Regionals (11/13/04)



KYLE MALERK

Sophomore • Missoula, Mont.

Career meets: 4

Top UM finish: Seventh, Montana Open (9/9/06)

Top overall finish: Eighth, Montana Open (9/9/06)

<u>Dist.</u>	<u>Time</u>	<u>Date</u>
6k	20:05	Montana Open (9/9/06)
8k	27:53.9	EWU Invitational (10/15/05)



JEFF QUICKEL

Sophomore • Anchorage, Alaska

Career meets: 7

Top UM finish: Third, Montana Invitational (10/1/05)

Top overall finish: 10th, two times

<u>Dist.</u>	<u>Time</u>	<u>Date</u>
6k	20:03.9	Montana Open (9/10/05)
8k	26:26	Montana Invitational (10/1/05)
10k	35:11.2	NCAA Regionals (11/12/05)



JON METROPOULOS

Freshman • Helena, Mont.

Career meets: 2

Top UM finish: Seventh, Montana Invitational (9/30/06)

Top overall finish: 31st, Montana Invitational (9/30/06)

<u>Dist.</u>	<u>Time</u>	<u>Date</u>
8k	27:11	Montana Invitational (9/30/06)
5m	27:10	Montana State Invitational (9/16/06)