

THE SOUTH ATLANTIC CONFERENCE

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2008 CROSS COUNTRY REPORT - WEEK 5

LAST WEEK'S RESULTS

(Through meets competed on Sunday, September 14)

<u>TEAM</u>	<u>DATE</u>	<u>MEET</u>	<u>SITE</u>	<u>M</u>	<u>W</u>
Brevard	9/27	Greensboro Invitational	Greensboro, NC	8th of 11	7th of 12
Carson-Newman	9/27	The Citadel Invitational	Charleston, SC	9th of 11	7th of 14
Lenoir-Rhyne	9/27	The Citadel Invitational	Charleston, SC	5th of 11	4th of 14
LMU	9/27	The Citadel Invitational	Charleston, SC	DNS	DNS
Newberry	9/27	ASU Jaguar Invitational	Evans, Ga.	DNS	7th of 9
Tusculum	9/27	The Citadel Invitational	Charleston, SC	DNR	13th of 14
Wingate	9/27	Greensboro Invitational	Greensboro, NC	1st of 11	2nd of 12

TOP FINISHERS

<u>NAME</u>	<u>TEAM</u>	<u>DATE</u>	<u>MEET</u>	<u>FINISH</u>	<u>TIME</u>
Jon Lavelle	Brevard	9/27	Greensboro Invitational	55th	30:56.8
Alycia Andrade	Brevard	9/27	Greensboro Invitational	2nd	19:28.7
Jonathan Madden	Carson-Newman	9/27	The Citadel Invitational	28th	29:04.59
Aubrey Morris	Carson-Newman	9/27	The Citadel Invitational	1st	18:25.76
Genna Eisenmann	Lenoir-Rhyne	9/27	The Citadel Invitational	4th	19:17.41
Mark Paulson	LMU	9/27	The Citadel Invitational	9th	27:44.65
Sofia Mimendi	LMU	9/27	The Citadel Invitational	48th	22:21.00
Brad House	Newberry	9/27	ASU Jaguar Invitational	19th	39:05.60
Heather Warren	Newberry	9/27	ASU Jaguar Invitational	25th	28:29.50
Alicja Dembna	Tusculum	9/27	The Citadel Invitational	35th	21:28.99
Jayce Watson	Wingate	9/27	Greensboro Invitational	2nd	26:30.2
Amber Hines	Wingate	9/27	Greensboro Invitational	8th	20:19.6

RUNNER OF THE WEEK

**Carson-Newman's Morris, Wingate's Watson
named SAC Runners of the Week**



ROCK HILL, S.C. - For the third week so far in 2008, Wingate's Jayce Watson and Carson-Newman's Aubrey Morris were named the Male and Female South Atlantic Conference Runners of the Week announced today.

Wingate University senior Jayce Watson (Millersport, OH) won his third consecutive 2008 race Saturday afternoon, finishing first in the NCAA Division II portion of the 25th annual Greensboro Cross Country Invitational Saturday at Hagan Stone Park.

Watson ran a 26:30 8K, which placed him second in the overall race (NCAA Division I, Division II, Division III and NAIA). Only Jay Wyss of Virginia Commonwealth (26:15) ran faster than Watson on Saturday. Watson helped lead the Wingate University men's cross country team to a first-place finish in the NCAA Division II portion of the 25th annual Greensboro Cross Country Invitational. The team crown is Wingate's first this season.

Carson-Newman senior Aubrey Morris (Chattanooga, Tenn.) won her fourth race of the year, beating runners from a number of NCAA Division I schools including Furman and College of Charleston on Saturday in Charleston, SC at the Citadel Invitational. The senior turned in a time of 18:25 to win by a stunning 44 seconds.

Thus far this season, Watson has received the Male SAC Runner of the Week Award four times, while Morris has been named the Female SAC Runner of the Week three times in 2008.

The SAC Runner of the Week is determined by a vote of the sports information directors of the league.

2008 SAC RUNNERS OF THE WEEK

<u>DATE</u>	<u>PLAYER</u>	<u>SCHOOL</u>
9/2	Jayce Watson	Wingate
	Aubrey Morris	C-N
9/8	Jayce Watson	Wingate
	Aubrey Morris	C-N
9/15	Jayce Watson	Wingate
	Gennilee Eisenmann	L-R
9/22	Chris Haney	Catawba
	Olivia Jacobs	Catawba
9/29	Jayce Watson	Wingate
	Aubrey Morris	C-N

The 2008 South Atlantic Conference Cross Country Report is provided for use in print and broadcast by media in North Carolina, South Carolina, and Tennessee throughout the season. Any additional information can be reached by contacting the SAC office or a SAC member school sports information office.

Food Lion is the title sponsor for all South Atlantic Conference championships.



2008 SAC MEN'S CROSS COUNTRY RESULTS

Brevard

		Results
9/6	Eye Opener, Spartanburg, S.C.	20th of 22
9/13	DuPont Challenge, Brevard, N.C.	2nd of 2
9/27	Greensboro Invitational, Greensboro, N.C.	8th of 11
10/3	Lenoir-Rhyne Invitational, Hickory, N.C.	
10/16	Wingate Invitational, Wingate, N.C.	
10/27	Food Lion SAC Championships, Irmo, S.C.	
11/8	D2 Southeast Regional, Wingate, N.C.	

Carson-Newman

		Results
8/30	Tusculum Invitational, Greeneville, TN	3rd of 5
9/6	Eye Opener, Spartanburg, SC	14th of 22
9/20	Fleet Feet Sports Invitational, Huntsville, AL	9th of 10
9/27	The Citadel Invitational, Charleston, SC	9th of 11
10/4	Belmont Abbey Invitational, Belmont, NC	
10/25	Food Lion SAC Championship, Irmo, SC	

Catawba

		Results
8/29	Gamecock Invitational, Columbia, SC	DNS
9/6	Eye Opener, Spartanburg, SC	19th of 22
9/13	Wingate Invitational, Wingate, NC	DNS
9/20	Limestone Invitational, Gaffney, SC	5th of 8
10/3	Lenoir-Rhyne Invitational, Hickory, NC	
10/16	Wingate Invitational, Wingate, NC	
10/25	Food Lion SAC Championships, Irmo, SC	
11/8	NCAA DII Regional Meet, Wingate, NC	

Lenoir-Rhyne

		Results
9/6	Eye Opener Invitational, Spartanburg, S.C.	8th of 22
9/13	Bojangles' Invitational, Charlotte, N.C.	8th of 9
9/27	The Citadel Invitational, Charleston, S.C.	5th of 11
10/3	Lenoir-Rhyne Invitational, Newton, N.C.	
10/17	Blue Ridge Mountain Open, Boone, N.C.	
10/25	Food Lion SAC Championships, Irmo, S.C.	
11/8	NCAA Division II Southeast Regionals, Wingate, N.C.	

Lincoln Memorial

		Results
8/30	Tusculum Invitational, Greeneville, TN	DNS
9/6	Sewanee Invitational, Sewanee, TN	DNS
9/20	Fleet Feet / Earl Jacoby Invitational, Huntsville, AL	6th of 10
9/27	The Citadel Invitational, Charleston, SC	DNS
10/18	UE Invitational, Evansville, IN	
10/25	Food Lion SAC Championship, Irmo, SC	

Mars Hill

		Results
8/29	Covered Bridge Open, Boone, NC	7th of 12
9/6	Eye Opener, Spartanburg, SC	1st of 22
9/13	NCAA D-II S.E. Pre-Region, Wingate, NC	2nd of 12
9/27	Mars Hill/Montreat Inv., Black Mountain, NC	
10/4	Greater Louisville Classic, Louisville, KY	
10/17	Blue Ridge Open, Boone, NC	
10/25	Food Lion SAC Championships, Irmo, SC	
11/8	NCAA DII Southeast Region, Wingate, NC	

Newberry

		Results
8/29	Western Carolina Invitational, Cullowhee, N.C.	5th of 6
9/6	Eye Opener Invitational, Spartanburg	16th of 22
9/13	Wingate Invitational, Wingate, N.C.	DNS
9/20	Limestone Invitational, Gaffney	6th of 8
9/27	Augusta State Invitational, Augusta, Ga.	
10/11	Erskine Invitational, Due West, SC	
10/25	Food Lion SAC Championship, Irmo, SC	

Tusculum

		Results
8/30	Tusculum Invitational, Greeneville, TN	4th of 5
9/6	Eye Opener Invitational, Spartanburg, SC	13th of 22
10/3	Lenoir-Rhyne Invitational, Hickory, NC	
10/18	Blue Ridge Open, Boone, NC	
10/25	Food Lion SAC Championship	
11/8	NCAA II Southeast Regional, Wingate, NC	

Wingate

		Results
8/29	Wake Forest Relays, Winston-Salem, NC	4th of 5
9/6	Eye Opener Invitational, Spartanburg, S.C.	3rd of 22
9/13	Wingate Invitational, Wingate, NC	3rd of 12
9/27	Greensboro Cross Country Invitational, Greensboro, NC	1st of 11
10/4	NCAA Division II Pre-National Meet, Slippery Rock, Pa.	
10/11	Anderson Invitational, Anderson, S.C.	
10/16	Wingate Pre-Conference Invitational	
10/25	Food Lion SAC Championship, Irmo, S.C.	
11/8	NCAA Division II Southeast Regional, Wingate, NC	

United States Track and Field
Cross Country Coaches As-
sociation (USTFCCCA).

Men's Poll

- | | |
|-----------------------------|-----------------------------|
| 1. Abilene Christian | 11. Grand Valley State |
| 2. Adams State | 12. Edinboro |
| 3. Harding | 13. Southern Indiana |
| 4. Chico State | 14. Missouri Southern State |
| 5. Western State | 15. Stonehill |
| 6. Colorado School of Mines | 16. Western Washington |
| 7. Minnesota State | 17. Minnesota-Duluth |
| 8. Alaska Anchorage | 18. Metro State |
| 9. Queens (NC) | 19. Drury |
| 10. UMass Lowell | 20. Lock Haven |
| | 21. Southern Connecticut |
| | 22. Shippensburg |
| | 23. Ashland |
| | 24. UC San Diego |
| | 25. Central Missouri |

2008 SAC WOMEN'S CROSS COUNTRY RESULTS

Brevard

Results

9/6	Eye Opener, Spartanburg, S.C.	18th of 25
9/13	DuPont Challenge, Brevard, N.C.	2nd of 2
9/27	Greensboro Invitational, Greensboro, N.C.	7th of 12
10/3	Lenoir-Rhyne Invitational, Hickory, N.C.	
10/16	Wingate Invitational, Wingate, N.C.	
10/27	Food Lion SAC Championships, Irmo, S.C.	
11/8	D2 Southeast Regional, Wingate, N.C.	

Carson-Newman

Results

8/30	Tusculum Invitational, Greeneville, TN	1st of 4
9/6	Eye Opener, Spartanburg, SC	4th of 25
9/20	Fleet Feet Sports Invitational, Huntsville, AL	5th of 12
9/27	The Citadel Invitational, Charleston, SC	7th of 14
10/4	Belmont Abbey Invitational, Belmont, NC	
10/25	Food Lion SAC Championship, Irmo, SC	

Catawba

Results

8/29	Gamecock Invitational, Columbia, SC	2nd of 6
9/6	Eye Opener, Spartanburg, SC	7th of 25
9/13	Wingate Invitational, Wingate, NC	7th of 16
9/20	Limestone Invitational, Gaffney, SC	2nd of 9
10/3	Lenoir-Rhyne Invitational, Hickory, NC	
10/16	Wingate Invitational, Wingate, NC	
10/25	Food Lion SAC Championships, Irmo, SC	
11/8	NCAA DII Regional Meet, Wingate, NC	

Lenoir-Rhyne

Results

9/6	Eye Opener Invitational, Spartanburg, S.C.	1st of 25
9/13	Bojangles' Invitational, Charlotte, N.C.	5th of 9
9/27	The Citadel Invitational, Charleston, S.C.	4th of 14
10/3	Lenoir-Rhyne Invitational, Newton, N.C.	
10/17	Blue Ridge Mountain Open, Boone, N.C.	
10/25	Food Lion SAC Championships, Irmo, S.C.	
11/8	NCAA Division II Southeast Regionals, Wingate, N.C.	

Lincoln Memorial

Results

9/6	Sewanee Invitational, Sewanee, TN	
9/20	Fleet Feet / Earl Jacoby Invitational, Huntsville, AL	DNS
9/27	Citadel Invitational, Charleston, SC	DNS
10/18	UE Invitational, Evansville, IN	
10/25	Food Lion SAC Championship, Irmo, SC	

Mars Hill

Results

8/29	Covered Bridge Open, Boone, NC	9th of 11
9/6	Eye Opener, Spartanburg, SC	8th of 25
9/13	Wingate Invitational, Wingate, NC	5th of 16
9/27	Mars Hill/Montreat Inv., Black Mountain, NC	
10/4	Greater Louisville Classic, Louisville, KY	
10/17	Blue Ridge Open, Boone, NC	
10/25	Food Lion SAC Championships, Irmo, SC	
11/8	NCAA DII Southeast Region, Wingate, NC	

Newberry

Results

9/1	Connie Maxwell, Greenwood, SC	5th of 6
9/6	Eye Opener Invitational, Spartanburg, SC	20th of 25
9/15	Wingate Invitational, Wingate, NC	15th of 16
9/22	Limestone Invitational, Gaffney, SC	DNS
9/27	Augusta State Invitational, Augusta, Ga.	7th of 9
10/11	Erskine Invitational, Due West, SC	
10/20	Food Lion SAC Championships, Salisbury, NC	
11/3	NCAA II Regionals, Wingate, NC	
11/17	NCAA Championship, Joplin, MO	

Tusculum

Results

8/30	Tusculum Invitational, Greeneville, TN	4th of 4
9/6	Eye Opener Invitational, Spartanburg, SC	19th of 25
9/27	The Citadel Invitational, Charleston, SC	13th of 13
10/3	Lenoir-Rhyne Invitational, Hickory, NC	
10/18	Blue Ridge Open, Boone, NC	
10/25	Food Lion SAC Championship	
11/8	NCAA II Southeast Regional, Wingate, NC	

Wingate

Results

8/29	Wake Forest Relays, Winston-Salem, NC	4th of 5
9/6	Eye Opener Invitational, Spartanburg, S.C.	3rd of 25
9/13	Wingate Invitational, Wingate, NC	2nd of 16
9/27	Greensboro Cross Country Invitational, Greensboro, NC	2nd of 12
10/4	NCAA Division II Pre-National Meet, Slippery Rock, Pa.	
10/11	Anderson Invitational, Anderson, S.C.	
10/16	Wingate Pre-Conference Invitational	
10/25	Food Lion SAC Championship, Irmo, S.C.	
11/8	NCAA Division II Southeast Regional, Wingate, NC	

United States Track and Field
Cross Country Coaches As-
sociation (USTFCCCA).

Women's Poll

- | | |
|----------------------------|-------------------------------|
| 1. Adams State | 11. Southern Indiana |
| 2. Grand Valley State | 12. Shippensburg |
| 3. Augustana (SD) | 13. Alabama Huntsville |
| 4. Chico State | 14. UC San Diego |
| 5. Western State | 15. Alaska Anchorage |
| 6. Cal State LA | 16. Colorado-Colorado Springs |
| 7. Seattle Pacific | 17. Bloomsburg |
| 8. Tampa | 18. Kutztown |
| 9. Missouri Southern State | 19. Dallas Baptist |
| 10. Harding | 20. Western Washington |
| | 21. Wisconsin-Parkside |
| | 22. Minnesota-Duluth |
| | 23. Central Missouri |
| | 24. Midwestern State |
| | 25. Slippery Rock |