

THE SOUTH ATLANTIC CONFERENCE

226 North Park Drive, Gateway Plaza, Suite 130, Rock Hill, SC 29730
 PH (803) 981-5240, FAX (803) 981-9444 www.thesac.com
 Contact: Dennis Switzer E-mail dennis@thesac.com

2009 CROSS COUNTRY REPORT - WEEK 1

LAST WEEK'S RESULTS

(Through meets competed on Sunday, August 31)

<u>TEAM</u>	<u>DATE</u>	<u>MEET</u>	<u>SITE</u>	<u>M</u>	<u>W</u>
Catawba	8/29	Erskine Invitational	Due West, SC	5th of 8	7th of 9
Mars Hill	8/29	Erskine Invitational	Due West, SC	1st of 8	9th of 9

TOP FINISHERS

<u>NAME</u>	<u>TEAM</u>	<u>DATE</u>	<u>MEET</u>	<u>FINISH</u>	<u>TIME</u>
Christian Crifasi	Catawba	8/29	Erskine Invitational	5th of 62	20:32
Maleah Cole	Catawba	8/29	Erskine Invitational	12th of 68	17:28
Justin Gragg	Mars Hill	8/29	Erskine Invitational	3rd of 62	20:22
Hannah Moore	Mars Hill	8/29	Erskine Invitational	30th of 68	18:51



RUNNER OF THE WEEK

**Mars Hill's Gragg, Catawba's Cole
named SAC Runners of the Week**



ROCK HILL, S.C. - In the first week of competition, Mars Hill's Justin Gragg and Catawba's Maleah Cole were named the Cross Country Players of the Week.

Gragg, a sophomore from Lenoir, N.C. (West Caldwell HS), finished third overall in his first race for Mars Hill as the Mars Hill men's team won the Erskine Invitational. Gragg clocked a time of 20:22 over the 6K course.

Cole, a senior from Lexington, NC (C. Davidson HS), led Catawba and was highest finishing SAC runner at the Erskine Invitational. She finished in 12th place with a time of 17:28 over the 4K course and helped the Catawba's women team finish seventh out of nine teams in the race.

2009 SAC RUNNERS OF THE WEEK

<u>DATE</u>	<u>PLAYER</u>	<u>SCHOOL</u>
8/31	Justin Gragg	Mars Hill
	Maleah Cole	Catawba



The 2009 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.

2009 SAC MEN'S CROSS COUNTRY RESULTS

Brevard

Results

9/5 Eye Opener, Spartanburg, SC
 9/12 Pre Regionals, Wingate, NC
 9/18 Appalachian State Invite, Boone, NC
 10/2 Lenoir-Rhyne Invite, Hickory, NC
 10/10 Furman Invite, Greenville, SC
 10/24 Food Lion SAC Championship, Hickory, NC
 11/7 NCAA DII Southeast Regional, Wingate, NC

Carson-Newman

Results

9/5 Eye Opener, Spartanburg, S.C.
 9/18 Mountaineer Open, Boone, N.C.
 9/26 USI Invitational/Pre-Nationals, Evansville, Ind.
 10/3 Belmont Abbey Invitational, Belmont, N.C.
 10/17 USC Upstate Invitational, Spartanburg, S.C.
 10/24 Food Lion SAC Championship, Hickory, N.C.
 11/7 NCAA DII Southeast Regional, Wingate, NC

Catawba

Results

5th of 8

8/29 Erskine Invitational, Due West, SC
 9/5 Eye Opener Meet, Spartanburg, SC
 9/12 Pre-Regional Meet, Wingate, NC
 9/26 Greensboro Invitational Meet, Greensboro, NC
 10/3 Belmont Abbey Meet, Belmont, NC
 10/15 Wingate Invitational, Wingate, NC
 10/24 Food Lion SAC Championship, Hickory, NC
 11/7 NCAA DII Southeast Regional, Wingate, NC

Lenoir-Rhyne

Results

9/4 Covered Bridge Open, Boone, N.C.
 9/12 Elon Invitational, Elon, N.C.
 9/26 The Citadel Invitational, Charleston, S.C.
 10/2 UNC Charlotte Invitational, Charlotte, N.C.
 10/17 Winthrop Fall Classic, Rock Hill, S.C.
 10/24 Food Lion SAC Championship, Hickory, N.C.
 11/7 NCAA DII Southeast Regional, Wingate, NC

Lincoln Memorial

Results

9/5 Sewanee Invitational, Sewanee, TN
 9/12 Fleet Feet / Earl Jacoby Invitational, Huntsville, AL
 9/19 Berea Invitational, Berea, KY
 10/3 Louisville Classic, Louisville, KY
 10/17 Trailblazer Invitational, Gray, TN
 10/24 Food Lion SAC Championship, Hickory, NC
 11/7 NCAA DII Southeast Regional, Wingate, NC

Mars Hill

Results

1st of 8

8/29 Erskine Invitational, Due West, SC
 9/5 Eye Opener Meet, Spartanburg, SC
 9/19 Winthrop Invitational, Rock Hill, SC
 9/26 Greensboro Invitational, Greensboro, NC
 10/2 UNC Charlotte Invitational, Charlotte, NC
 10/16 Blue Ridge Open, Boone, NC
 10/24 Food Lion SAC Championship, Hickory, NC
 11/7 NCAA DII Southeast Regional, Wingate, NC

Newberry

Results

9/5 Eye Opener Invitational, Spartanburg, S.C.
 9/12 Wingate Invitational, Wingate, N.C.
 9/19 Anderson Invitational, Anderson, S.C.
 9/26 The Citadel Invitational, Charleston, S.C.
 10/3 Belmont Abbey Invitational, Belmont, N.C.
 10/17 USC Upstate Invitational, Spartanburg, S.C.
 10/24 Food Lion SAC Championship, Hickory, NC
 11/7 NCAA DII Southeast Regional, Wingate, NC

Tusculum

Results

9/4 Stampede at the Shoals, Elizabethton, Tenn.
 9/12 Wingate Pre-Regional Meet, Wingate, NC
 10/10 Virginia-Wise Invitational, Wise, Va.
 10/17 Trailblazer Invitational, Gray, Tenn.
 10/24 Food Lion SAC Championship, Hickory, NC
 11/7 NCAA DII Southeast Regional, Wingate, NC

Wingate

Results

9/5 UNC Pembroke Invitational, Lumberton, N.C.
 9/12 Wingate University Invitational
 9/19 Guilford College XC Carnival, Greensboro, N.C.
 10/3 Hagan Stone Cross Country Classic, Greensboro, N.C.
 10/10 Disney World Classic Orlando, Fla.
 10/15 WU Pre-Conference Invitational
 10/24 Food Lion SAC Championship, Hickory, NC
 11/7 NCAA DII Southeast Regional, Wingate, NC

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

Preseason Men's Poll

1 Adams State
 2 Western State
 3 Chico State
 4 Abilene Christian
 5 Grand Valley State
 6 Queens of Charlotte
 7 Western Washington
 8 Colorado School of Mines
 9 Minnesota State
 10 Harding

11 Edinboro
 12 Southern Indiana
 13 Stonehill
 14 UMass Lowell
 15 Alaska Anchorage
 16 Wayne State (Michigan)
 17 Augustana (South Dakota)
 18 Metro State
 19 Lock Haven
 20 Southwest Baptist
 21 Pittsburg State
 22 Western Oregon
 23 Drury
 24 Missouri Southern State
 25 Southern Connecticut State

2009 SAC WOMEN'S CROSS COUNTRY RESULTS

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7th of 9

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 9/26 Greensboro Invitational Meet, Greensboro, NC
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Mars Hill

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9th of 9

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 10 Western Washington

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 12 Tampa
 13 Missouri Southern State
 14 Southern Indiana
 15 Edinboro
 16 Midwestern State
 17 Cal State LA
 18 Ferris State
 19 Harding
 20 UAH
 21 Mesa State
 22 Stonehill
 23 UC San Diego
 24 Dallas Baptist
 25 Pittsburg State