

# THE SOUTH ATLANTIC CONFERENCE

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## 2009 CROSS COUNTRY REPORT - WEEK 2

### LAST WEEK'S RESULTS

(Through meets competed on Sunday, September 6)

<u>TEAM</u>	<u>DATE</u>	<u>MEET</u>	<u>SITE</u>	<u>M</u>	<u>W</u>
Brevard	9/5	Eye Opener Meet	Spartanburg, SC	8th of 13	7th of 12
Carson-Newman	9/5	Eye Opener Meet	Spartanburg, SC	10th of 13	5th of 12
Catawba	9/5	Eye Opener Meet	Spartanburg, SC	5th of 13	8th of 12
Lenoir-Rhyne	9/4	Covered Bridge Open	Boone, NC	6th of 6	5th of 6
Lincoln Memorial	9/5	Sewanne Invitational	Sewanne, TN	DNS	DNS
Mars Hill	9/5	Eye Opener Meet	Spartanburg, SC	2nd of 13	DNS
Newberry	9/5	Eye Opener Meet	Spartanburg, SC	13th of 13	DNS
Tusculum	9/5	Stampede at the Shoals	Elizabethton, TN	3rd of 4	3rd of 3
Wingate	9/5	UNC Pembroke Invitational	Lumberton, NC	3rd of 10	3rd of 8

### TOP FINISHERS

<u>NAME</u>	<u>TEAM</u>	<u>DATE</u>	<u>MEET</u>	<u>FINISH</u>	<u>TIME</u>
Matt Lambert	Brevard	9/5	Eye Opener	28th	29:19
Melisa Schmidt	Brevard	9/5	Eye Opener	26th	21:51
Jonathan Madden	Carson-Newman	9/5	Eye Opener	14th	28:01
Brooke Earhart	Carson-Newman	9/5	Eye Opener	4th	19:32
Christian Crifasi	Catawba	9/5	Eye Opener	2nd	26:26
Maleah Cole	Catawba	9/5	Eye Opener	14th	20:39
Jakob Maidens	Lenoir Rhyne	9/4	Covered Bridge Open	44th	21:44.9
Kate Griewisch	Lenoir Rhyne	9/4	Covered Bridge Open	7th	18:37.4
Derrick Lindsay	Lincoln Memorial	9/5	Sewanne Invitational	48th	28:55.85
Sofi Lopez Mimendi	Lincoln Memorial	9/5	Sewanne Invitational	54th	21:50.05
Ki Powell	Mars Hill	9/5	Eye Opener	3rd	26:37
Hannah Moore	Mars Hill	9/5	Eye Opener	61st	23:32
Simon Holzapfel	Tusculum	9/5	Stampede at the Shoals	1st	19.12.3
Robin Smith	Tusculum	9/5	Stampede at the Shoals	10th	16.50.5
David Sanctis	Wingate	9/5	UNC Pembroke Invitational	5th	27:33.59
Lindsay Lippencott	Wingate	9/5	UNC Pembroke Invitational	14th	25:52.68



### RUNNER OF THE WEEK

**Catawba's Crifasi, Lenoir-Rhyne's Griewisch  
named SAC Runners of the Week**



**ROCK HILL, S.C.** - Catawba College's Christian Crifasi and Lenoir-Rhyne University's Kate Griewisch have been named the South Atlantic Conference Cross Country Players of the Week.

Crifasi, a freshman from Ramseur, N.C. (Eastern Randolph HS) finished second overall at the Eye Opener Cross Country Meet on Saturday. He ran a time of 26:26 to beat all SAC runners in the field and posted the seventh fastest time in Catawba history for a 8k. The freshman was second out of 97 runners and was just three seconds off the winning time. Crifasi helped the Catawba men to a fifth place finish out of 13 schools.

Griewisch ran extremely well against mostly NCAA Division I competition at the Covered Bridge Open in Boone, N.C., last Friday. The sophomore from Banner Elk, N.C. (Avery County HS) , finished seventh out of 47 runners on the 5K course with a career-best time of 18:37. Griewisch is a 2008 All-SAC First-Team and NCAA Division II All-Southeast Region honoree. The 2008 SAC Women's Freshman of the Year also led L-R to its first-ever league championship last year as she became the squad's top runner at the end of the season.

### 2009 SAC RUNNERS OF THE WEEK

<u>DATE</u>	<u>PLAYER</u>	<u>SCHOOL</u>
8/31	Justin Gragg	Mars Hill
	Maleah Cole	Catawba
9/8	Christian Crifasi	Catawba
	Kate Griewisch	Lenoir-Rhyne



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	8th of 13
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

10th of 13

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

5th of 13

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

6th of 6

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

DNS

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

2nd of 13

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

13th of 13

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

3rd of 4

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

3rd of 10

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

- Adams State
- Western State
- Chico State
- Abilene Christian
- Grand Valley State
- Queens of Charlotte
- Western Washington
- Colorado School of Mines
- Minnesota State
- Harding

- Edinboro
- Southern Indiana
- Stonehill
- UMass Lowell
- Alaska Anchorage
- Wayne State (Michigan)
- Augustana (South Dakota)
- Metro State
- Lock Haven
- Southwest Baptist
- Pittsburg State
- Western Oregon
- Drury
- Missouri Southern State
- Southern Connecticut State

# 2009 SAC WOMEN'S CROSS COUNTRY RESULTS

## Brevard

### Results

9/5	Eye Opener, Spartanburg, SC	7th of 12
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 5th of 12

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

7th of 9  
8th of 12

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 5th of 6

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.
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## Lincoln Memorial

### Results

DNS

9/5	Sewanee Invitational, Sewanee, TN
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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 9th of 9 DNS

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

DNS

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 3rd of 3

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

3rd of 8

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

Preseason Women's Poll

- Adams State
- Grand Valley State
- Seattle Pacific
- Shippensburg
- Augustana (South Dakota)
- Western State
- Chico State
- Minnesota Duluth
- Alaska Anchorage
- Western Washington

- Slippery Rock
- Tampa
- Missouri Southern State
- Southern Indiana
- Edinboro
- Midwestern State
- Cal State LA
- Ferris State
- Harding
- UAH
- Mesa State
- Stonehill
- UC San Diego
- Dallas Baptist
- Pittsburg State