

THE SOUTH ATLANTIC CONFERENCE

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2009 CROSS COUNTRY REPORT - WEEK 4

LAST WEEK'S RESULTS

(Through meets competed on Sunday, September 20)

<u>TEAM</u>	<u>DATE</u>	<u>MEET</u>	<u>SITE</u>	<u>M</u>	<u>W</u>
Brevard	9/18	Moutaineer Open	Boone, NC	10th of 11	DNS
Carson-Newman	9/18	Moutaineer Open	Boone, NC	DNS	8th of 9
Lincoln Memorial	9/18	Berea Invitational	Berea, KY	NA	NA
Mars Hill	9/19	Winthrop Invitational	Rock Hill, SC	1st of 5	3rd of 6
Newberry	9/19	Winthrop Invitational	Rock Hill, SC	4th of 5	6th of 6
Tusculum	9/12	Wingate Invitational	Wingate, NC	8th of 10	10th of 10
Wingate	9/19	Greensboro College XC Carnival	Greensboro, NC	3rd of 9	3rd of 8

TOP FINISHERS

<u>NAME</u>	<u>TEAM</u>	<u>DATE</u>	<u>MEET</u>	<u>FINISH</u>	<u>TIME</u>
Mathew Crowe	Brevard	9/18	Moutaineer Open	65th	22:15.77
Melissa Schmidt	Brevard	9/18	Moutaineer Open	83rd	22:53.33
Jonathan Madden	Carson-Newman	9/18	Moutaineer Open	82nd	22:59.44
Brooke Earhart	Carson-Newman	9/18	Moutaineer Open	28th	20:15.89
Derrick Lindsay	Lincoln Memorial	9/18	Berea Invitational	5th	NA
Sofi Lopez Mimendi	Lincoln Memorial	9/18	Berea Invitational	3rd	NA
Kit Powell	Mars Hill	9/19	Winthrop Invitational	1st	26:13.98
Hannah Moore	Mars Hill	9/19	Winthrop Invitational	11th	23:33.69
Brad House	Newberry	9/19	Winthrop Invitational	14th	29:14.51
Jennifer Johnson	Newberry	9/19	Winthrop Invitational	16th	24:47.14
Tesform Mehari	Wingate	9/19	Greensboro College XC Carnival	5th	27:36.3
Brittany Vish	Wingate	9/19	Greensboro College XC Carnival	2nd	24:48.6



RUNNER OF THE WEEK

**Mars Hill's Powell, Wingate's Vish
named SAC Runners of the Week**



ROCK HILL, S.C. - Mars Hill College's Kit Powell and Wingate University's Brittany Vish have been named the South Atlantic Conference Cross Country Players of the Week, the league announced today.

Powell, a sophomore from Antigo, WI (Antigo HS) was the college division men's individual champion at the 23rd annual Asics Winthrop Invitational meet held Saturday morning at the Winthrop Farm Course. He posted a time of 26:13.98.

In the college division races, Mars Hill earned the men's title. The Lions scored a team-low of 23 points. Five Lions finished in the top 10. Mars Hill also topped three Division I schools: Winthrop, Wofford and Presbyterian.

Vish, a senior from Raleigh, N.C. (Sanderson HS) placed second in the Guilford College Cross Country Carnival Saturday with a 6K time of 24:48. The GC Cross Country Carnival is only the second race of Vish's career. Wingate had four runners in the top 10 Saturday.

Wingate will return to Greensboro Saturday, Oct. 3, participating in the Hagan Stone Cross Country Classic at Hagan Stone Park.

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
9/14	Simon Holzapfel	Tusculum
	Kate Griewisch	Lenoir-Rhyne
9/21	Kit Powell	Mars Hill
	Brittany Vish	Wingate



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
9/18	Mountaineer Open, Boone, NC	10th of 11
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.	10th of 13
9/18	Mountaineer Open, Boone, N.C.	DNS
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
8/29	Erskine Invitational, Due West, SC	5th of 8
9/5	Eye Opener Meet, Spartanburg, SC	5th of 13
9/12	Wingate Invitational, Wingate, NC	7th of 10
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.	6th of 6
9/12	Elon Invitational, Elon, N.C.	6th of 8
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	DNS
9/12	Fleet Feet / Earl Jacoby Invitational, Huntsville, AL	DNS
9/19	Berea Invitational, Berea, KY	NA
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
8/29	Erskine Invitational, Due West, SC	1st of 8
9/5	Eye Opener Meet, Spartanburg, SC	2nd of 13
9/19	Winthrop Invitational, Rock Hill, SC	1st of 5
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.	13th of 13
9/12	Wingate Invitational, Wingate, N.C.	6th of 10
9/19	Winthrop Invitational, Rock Hill, SC	4th of 5
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.	3rd of 4
9/12	Wingate Pre-Regional Meet, Wingate, NC	8th of 10
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.	3rd of 10
9/12	Wingate University Invitational	2nd of 10
9/19	Guilford College XC Carnival, Greensboro, N.C.	3rd of 9
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 Association (USTFCCCA).

September 16

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|----|--------------------------|----|----------------------------|
| 1 | Adams State | 11 | Harding |
| 2 | Western State | 12 | Southern Indiana |
| 3 | Chico State | 13 | Stonehill |
| 4 | Abilene Christian | 14 | UMass Lowell |
| 5 | Grand Valley State | 15 | Alaska Anchorage |
| 6 | Queens of Charlotte | 16 | Lock Haven |
| 7 | Western Washington | 17 | Central Missouri |
| 8 | Colorado School of Mines | 18 | Southwest Baptist |
| 9 | Minnesota State | 19 | Augustana (South Dakota) |
| 10 | Edinboro | 20 | Western Oregon |
| | | 21 | Shippensburg |
| | | 22 | Hillsdale |
| | | 23 | Pittsburg State |
| | | 24 | Drury |
| | | 25 | Southern Connecticut State |

2009 SAC WOMEN'S CROSS COUNTRY RESULTS

Brevard

Results

9/5	Eye Opener, Spartanburg, SC	7th of 12
9/18	Appalachian State Invite, Boone, NC	DNS
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.	5th of 12
9/18	Mountaineer Open, Boone, N.C.	8th of 9
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

8/29	Erskine Invitational, Due West, SC	7th of 9
9/5	Eye Opener Meet, Spartanburg, SC	8th of 12
9/12	Wingate Invitational, Wingate, NC	5th of 10
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.	5th of 6
9/12	Elon Invitational, Elon, N.C.	6th of 9
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.	
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Lincoln Memorial

Results

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9/12	Fleet Feet / Earl Jacoby Invitational, Huntsville, AL	DNS
9/19	Berea Invitational, Berea, KY	NA
10/3	Louisville Classic, Louisville, KY	
10/17	Trailblazer Invitational, Gray, TN	
10/24	Food Lion SAC Championship, Hickory, NC	
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Mars Hill

Results

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9/5	Eye Opener Meet, Spartanburg, SC	DNS
9/19	Winthrop Invitational, Rock Hill, SC	3rd of 6
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.	DNS
9/12	Wingate Invitational, Wingate, N.C.	DNS
9/19	Winthrop Invitational, Rock Hill, SC	6th of 6
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.	3rd of 3
9/12	Wingate Invitational, Wingate, NC	10th of 10
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.	3rd of 8
9/12	Wingate University Invitational	2nd of 10
9/19	Guilford College XC Carnival, Greensboro, N.C.	3rd of 8
10/3	Hagan Stone Cross Country Classic, Greensboro, N.C.	
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11/7	NCAA DII Southeast Regional, Wingate, NC	

United States Track and Field
Cross Country Coaches Association
(USTFCCCA).

Preseason Women's Poll

1	Adams State	11	Missouri Southern State
2	Grand Valley State	12	Southern Indiana
3	Seattle Pacific	13	Tampa
4	Shippensburg	14	Midwestern State
5	Augustana (South Dakota)	15	Cal State LA
6	Western State	16	Ashland
7	Chico State	17	Slippery Rock
8	Alaska Anchorage	18	Edinboro
9	Minnesota Duluth	19	Mesa State
10	Western Washington	20	Harding
		21	Stonehill
		22	Northern Kentucky
		23	Dallas Baptist
		24	Pittsburg State
		25	Ferris State