

# THE SOUTH ATLANTIC CONFERENCE

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## 2009 CROSS COUNTRY REPORT - WEEK 5

### LAST WEEK'S RESULTS

(Through meets completed on Sunday, September 27)

<u>TEAM</u>	<u>DATE</u>	<u>MEET</u>	<u>SITE</u>	<u>M</u>	<u>W</u>
Carson-Newman	9/26	USI Pre-National DII Invitational	Evansville, IN	DNS	8th of 9
Catawba	9/26	Greensboro Invitational	Greensboro, NC	4th of 8	4th of 8
Lenoir-Rhyne	9/26	The Citadel Invitational	Charleston, SC	2nd of 6	2nd of 8
Mars Hill	9/26	Greensboro Invitational	Greensboro, NC	1st of 8	DNS
Newberry	9/26	The Citadel Invitational	Charleston, SC	4th of 6	8th of 8

### TOP FINISHERS

<u>NAME</u>	<u>TEAM</u>	<u>DATE</u>	<u>MEET</u>	<u>FINISH</u>	<u>TIME</u>
Jonathan Madden	Carson-Newman	9/26	USI Pre-National DII Inv.	67th	28:49.0
Brooke Earhart	Carson-Newman	9/26	USI Pre-National DII Inv.	39th	24:40.79
Christian Crifasi	Catawba	9/26	The Citadel Invitational	33rd	27:26.1
Maleah Cole	Catawba	9/26	The Citadel Invitational	15th	19:57.4
Jakob Maidens	Lenoir-Rhyne	9/26	The Citadel Invitational	3rd	27:29.28
Kate Griewisch	Lenoir-Rhyne	9/26	The Citadel Invitational	2nd	18:51.88
Kit Powell	Mars Hill	9/26	Greensboro Invitational	2nd	26:08.1
Hannah Moore	Mars Hill	9/26	Greensboro Invitational	39th	22:02.5
Brad House	Newberry	9/26	The Citadel Invitational	20th	29:38.71
Ashton Sullivan	Newberry	9/26	The Citadel Invitational	34th	23:20.52



### RUNNER OF THE WEEK

**Mars Hill's Powell, Lenoir-Rhyne's Griewisch  
named SAC Runners of the Week**



**ROCK HILL, S.C.** - Mars Hill College's Kit Powell and Lenoir-Rhyne University's Kate Griewisch 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) finished second among Division II runners at the Greensboro Invitational. He ran the 8K course in 26:08.1 in bad weather.

In the college division races, Mars Hill earned the men's title. The Lions scored 31 points to win the title among eight Division II teams. Five Lions finished in the top 10.

Griewisch, a sophomore from Banner Elk, N.C. (Avery County HS), finished third overall and second among NCAA Division II competitors at the The Citadel Invitational at James Island County Park in Charleston, S.C., Saturday morning. Griewisch ran the 5K course in 18:51 as there were 128 runners in the race. The two-time 2009 SAC Runner Of The Week led L-R to a second-place finish among eight NCAA Division II Teams. Griewisch, who finished third at the SAC Championships last season, was also the conference freshman of the year.

### 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
9/28	Kit Powell	Mars Hill
	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
9/18	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.	DNS
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	4th of 8
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	1st of 8
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 23

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

# 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.	8th of 9
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	4th of 8
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.	2nd of 8
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

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	9th of 9
9/5	Eye Opener Meet, Spartanburg, SC	DNS
9/19	Winthrop Invitational, Rock Hill, SC	3rd of 6
9/26	Greensboro Invitational, Greensboro, NC	DNS
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.	8th of 8
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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United States Track and Field  
Cross Country Coaches Association  
(USTFCCCA).

September 23

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

- Southern Indiana
- Seattle Pacific
- Tampa
- Ashland
- Cal State LA
- Mesa State
- Dallas Baptist
- Hillsdale
- Pittsburg State
- Northern Kentucky
- Harding
- Stonehill
- Ferris State
- Slippery Rock
- Adelphi