

# THE SOUTH ATLANTIC CONFERENCE

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## 2009 CROSS COUNTRY REPORT - WEEK 6

### LAST WEEK'S RESULTS

(Through meets competed on Sunday, October 4)

<u>TEAM</u>	<u>DATE</u>	<u>MEET</u>	<u>SITE</u>	<u>M</u>	<u>W</u>
Carson-Newman	10/3	Belmont Abbey Invitational	Belmont, NC	2nd of 4	2nd of 5
Catawba	10/3	Belmont Abbey Invitational	Belmont, NC	1st of 4	3rd of 5
Lenoir-Rhyne	10/2	UNC Charlotte Invitational	Charlotte, NC	11th of 21	14th of 23
Lincoln Memorial	10/3	Louisville Classic	Louisville, KY	DNS	27th of 35
Mars Hill	10/2	UNC Charlotte Invitational	Charlotte, NC	7th of 21	23rd of 23
Newberry	10/3	S.C. State Bulldog Invitational	Orangeburg, SC	2nd of 8	4th of 6
Wingate	10/3	Hagen Stone Classic	Greensboro, NC	2nd of 4	2nd of 4

### TOP FINISHERS

<u>NAME</u>	<u>TEAM</u>	<u>DATE</u>	<u>MEET</u>	<u>FINISH</u>	<u>TIME</u>
Jonathan Madden	Carson-Newman	10/3	Belmont Abbey Invitational	3rd	29:11
Brooke Earhart	Carson-Newman	10/3	Belmont Abbey Invitational	1st	19:49
Christian Crifasi	Catawba	10/3	Belmont Abbey Invitational	1st	28:09
Maleah Cole	Catawba	10/3	Belmont Abbey Invitational	2nd	20:05
Patrick Ryan	Lenoir-Rhyne	10/2	UNC Charlotte Invitational	51st	26:40.9
Kate Griewisch	Lenoir-Rhyne	10/2	UNC Charlotte Invitational	9th	17:44.3
Derrick Lindsay	Lincoln Memorial	10/3	Louisville Classic	86th	27:36.30
Sofia Lopez Memendi	Lincoln Memorial	10/3	Louisville Classic	45th	20:17.30
Kit Powell	Mars Hill	10/2	UNC Charlotte Invitational	24th	25:53.9
Rachel Rogers	Mars Hill	10/2	UNC Charlotte Invitational	159th	21:39.5
Brad House	Newberry	10/3	S.C. State Bulldog Invitational	7th	10:37.45
Ashton Sullivan	Newberry	10/3	S.C. State Bulldog Invitational	6th	13:48.98
David Sanctis	Wingate	10/3	Hagen Stone Classic	6th	27:40.6
Brittany Vish	Wingate	10/3	Hagen Stone Classic	4th	20:17.1



### 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, the league announced today.

Crifasi, a freshman from Ramseur, N.C. (Eastern Randolph HS) took first place at the Belmont Abbey Invitational on Saturday in just his second meet back from an abdominal injury. He ran a time of 28:09 over the 8K course, winning by 51 seconds. Crifasi helped the Catawba men to the team title, its first since 2004. It is also the first individual win for a Catawba men's runner since 2004 as well.

Griewisch, a sophomore from Banner Elk, N.C. (Avery County HS) ran a personal best 17:44 and finished as the top NCAA Division II runner at the Charlotte Invitational this past Friday. She wins the weekly award for the fourth time this season. Griewisch finished ninth out of 209 runners on the 5K course and helped L-R finish 14th out of 23 teams in the meet. 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
10/5	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
9/18	Mountaineer Open, Boone, NC	10th of 11
9/26	Warrior Invitational, Central, SC	2nd of 5
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.	2nd of 4
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	1st of 4
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.	2nd of 6
10/2	UNC Charlotte Invitational, Charlotte, N.C.	11th of 21
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	DNS
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	7th of 21
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.	4th of 6
10/3	S.C. State Bulldog / Panther Invite, Orangeburg, SC	2nd of 8
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.	2nd of 4
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	Southern Indiana
2	Western State	12	UMass Lowell
3	Grand Valley State	13	Alaska Anchorage
4	Chico State	14	Central Missouri
5	Queens of Charlotte	15	Pittsburg State
6	Abilene Christian	16	Southwest Baptist
7	Colorado School of Mines	17	Lock Haven
8	Western Washington	18	Cal Poly Pomona
9	Stonehill	19	Augustana (South Dakota)
10	Edinboro	20	Minnesota State
		21	Shippensburg
		22	Missouri Southern State
		23	Tarleton State
		24	Drury
		25	Harding

# 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
9/26	Warrior Invitational, Central, SC	2nd of 4
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.	2nd of 5
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
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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	3rd of 5
10/15	Wingate Invitational, Wingate, NC	
10/24	Food Lion SAC Championship, Hickory, NC	
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## 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.	14th of 23
10/17	Winthrop Fall Classic, Rock Hill, S.C.	
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10/3	Louisville Classic, Louisville, KY	27th of 35
10/17	Trailblazer Invitational, Gray, TN	
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9/12	Wingate Invitational, Wingate, NC	10th of 10
10/10	Virginia-Wise Invitational, Wise, Va.	
10/17	Trailblazer Invitational, Gray, Tenn.	
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United States Track and Field  
Cross Country Coaches Association  
(USTFCCCA).

September 23

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