

THE SOUTH ATLANTIC CONFERENCE

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2009 CROSS COUNTRY REPORT - WEEK 8

LAST WEEK'S RESULTS

(Through meets competed on Sunday, October 18)

<u>TEAM</u>	<u>DATE</u>	<u>MEET</u>	<u>SITE</u>	<u>M</u>	<u>W</u>
Carson-Newman	10/17	USC Upstate Invitational	Spartanburg, SC	8th of 9	6th of 12
Catawba	10/15	Wingate Pre-Conference Inv.	Wingate, NC	2nd of 3	2nd of 3
Lenoir-Rhyne	10/17	Asics-Winthrop Fall Classic	Rock Hill, SC	4th of 9	5th of 6
Lincoln Memorial	10/17	Trailblazer Invitational	Gray, TN	DNS	1st of 3
Mars Hill	10/16	Blue Ridge Open	Boone, NC	12th of 19	
Newberry	10/17	USC Upstate Invitational	Spartanburg, SC	9th of 9	11th of 12
Tusculum	10/17	Trailblazer Invitational	Gray, TN	3rd of 3	3rd of 3
Wingate	10/15	Wingate Pre-Conference Inv.	Wingate, NC	1st of 3	1st of 3

TOP FINISHERS

<u>NAME</u>	<u>TEAM</u>	<u>DATE</u>	<u>MEET</u>	<u>FINISH</u>	<u>TIME</u>
Jonathan Madden	Carson-Newman	10/17	USC Upstate Invitational	29th	28:27.74
Brooke Earhart	Carson-Newman	10/17	USC Upstate Invitational	36th	20:30.50
Christian Crifasi	Catawba	10/15	Wingate Pre-Conference Inv.	1st	16:48
Maleah Cole	Catawba	10/15	Wingate Pre-Conference Inv.	1st	20:28
Tyler Mooney	Lenoir-Rhyne	10/17	Asics-Winthrop Fall Classic	16th	19:43.25
Kate Griewisch	Lenoir-Rhyne	10/17	Asics-Winthrop Fall Classic	1st	14:13.57
Derrick Lindsay	Lincoln Memorial	10/17	Trailblazer Invitational	3rd	27:55.10
Sofia Lopez	Lincoln Memorial	10/17	Trailblazer Invitational	1st	20:51.61
Aaron Thomas	Mars Hill	10/16	Blue Ridge Open	64th	26:35.35
Brad House	Newberry	10/17	USC Upstate Invitational	32nd	28:43.36
Ashton Sullivan	Newberry	10/17	USC Upstate Invitational	83rd	23:55.36
Simon Holzapfel	Tusculum	10/17	Trailblazer Invitational	1st	26:17.33
Robin Smith	Tusculum	10/17	Trailblazer Invitational	4th	22:22.75
Tesfom Mehari	Winagte	10/15	Wingate Pre-Conference Inv.	2nd	16:54
Brittany Vish	Winagte	10/15	Wingate Pre-Conference Inv.	2nd	20:56



RUNNER OF THE WEEK

**Tusculum's Holzapfel, Lenoir-Rhyne's Griewisch
named SAC Runners of the Week**



ROCK HILL, S.C. - Tusculum College's Simon Holzapfel and Lenoir-Rhyne University's Kate Griewisch have been named the South Atlantic Conference Cross Country Runners of the Week, the league announced today.

Holzapfel, a junior from Nuremberg, Germany (Neves Gymnasium Nuremberg) won his fourth individual title in as many meets by capturing first place honors at the Trailblazer Invitational in Gray, Tenn. Holzapfel won the 8,000-meter race with a school-record time of 26:17.33, outdistancing himself from the second place runner by 1:25. He has already won a school record nine individual titles in his career and owns eight of the top ten 8K times in school history, including the top six. In 2008, he garnered All-NCAA Division II Southeast Region honors and finished runner-up in the Food Lion South Atlantic Conference championship. He has a 4.00 cumulative grade point average and was a 2008-09 Academic All-American.

Griewisch won the 2009 Asics-Winthrop Fall Classic Saturday morning in Rock Hill, S.C. The sophomore from Banner Elk, N.C., ran a 14:13 over the 4K and won by 18 seconds against mostly NCAA Division I competition. The Avery County High School graduate has already won league weekly honors four times in 2009. Griewisch finished second in last year's South Atlantic Conference Championship race and was named league freshman of the year in addition to earning NCAA Division II All-Southeast Region honors.

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
10/12	Simon Holzapfel	Tusculum
	Robin Smith	Tusculum
10/19	Simon Holzapfel	Tusculum
	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	11th of 15
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.	8th of 9
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	2nd of 3
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.	4th of 9
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	DNS
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	12th of 19
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.	9th of 9
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.	3rd of 3
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.	15th of 25
10/15	WU Pre-Conference Invitational	1st of 3
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).

October 14

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

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	DNS
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.	6th of 12
10/24	Food Lion SAC Championship, Hickory, N.C.	
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		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	2nd of 3
10/24	Food Lion SAC Championship, Hickory, NC	
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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.	5th of 6
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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	27th of 35
10/17	Trailblazer Invitational, Gray, TN	1st of 3
10/24	Food Lion SAC Championship, Hickory, NC	
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		Results
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United States Track and Field
Cross Country Coaches Association
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October 14

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