

# THE SOUTH ATLANTIC CONFERENCE

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## 2010 CROSS COUNTRY REPORT - WEEK 1

### LAST WEEK'S RESULTS

(Through meets competed on)

<u>TEAM</u>	<u>DATE</u>	<u>MEET</u>	<u>SITE</u>	<u>M</u>	<u>W</u>
Anderson	9/4	USC Upstate Eye-Opener	Spartanburg, SC	9th of 21	7th of 22
Brevard	9/4	USC Upstate Eye-Opener	Spartanburg, SC	17th of 21	18th of 22
Carson-Newman	9/4	USC Upstate Eye-Opener	Spartanburg, SC	DNS	13th of 22
Catawba	9/4	USC Upstate Eye-Opener	Spartanburg, SC	13th of 21	16th of 22
Lenoir-Rhyne	9/4	USC Upstate Eye-Opener	Spartanburg, SC	8th of 21	9th of 22
Lincoln Memorial	9/4	USC Upstate Eye-Opener	Spartanburg, SC	19th of 21	14th of 22
Mars Hill	9/3	Western Carolina Open	Cullowhee, NC	3rd of 7	5th of 6
Newberry	9/4	USC Upstate Eye-Opener	Spartanburg, SC	20th of 21	DNS
Tusculum	9/3	Stampede at the Shoals	Elizabethton, TN	5th of 6	5th of 5

### TOP FINISHERS

<u>NAME</u>	<u>TEAM</u>	<u>DATE</u>	<u>MEET</u>	<u>FINISH</u>	<u>TIME</u>
Kyle Koby	Anderson	9/4	USC Upstate Eye-Opener	36th	27:10
Whitney Bishoff	Anderson	9/4	USC Upstate Eye-Opener	8th	18:39
Jordan Tanger	Brevard	9/4	USC Upstate Eye-Opener	93rd	29:00
Justin Browning	Carson-Newman	9/4	USC Upstate Eye-Opener	125th	30:11
Ashley Matthews	Carson-Newman	9/4	USC Upstate Eye-Opener	45th	20:14
Christian Crifasi	Catawba	9/4	USC Upstate Eye-Opener	23rd	26:42
Olivia Myers	Catawba	9/4	USC Upstate Eye-Opener	65th	20:52
Jakob Maidens	Lenoir-Rhyne	9/4	USC Upstate Eye-Opener	34th	27:08
Kate Griewisch	Lenoir-Rhyne	9/4	USC Upstate Eye-Opener	7th	18:28
Derrick Lindsay	Lincoln Memorial	9/4	USC Upstate Eye-Opener	73rd	28:11
Sofia Mimendi	Lincoln Memorial	9/4	USC Upstate Eye-Opener	80th	21:13
Justin Gragg	Mars Hill	9/3	Western Carolina Open	4th	15:58:50
Cassie Adamson	Mars Hill	9/3	Western Carolina Open	16th	12:42:40
Brad House	Newberry	9/4	USC Upstate Eye-Opener	72nd	28:09
Simon Holzapfel	Tusculum	9/3	Stampede at the Shoals	1st	18:50:24
Ariana Sigmon	Tusculum	9/3	Stampede at the Shoals	24th	19:06:12



### SAC RUNNERS OF THE WEEK

**Tusculum's Simon Holzapfel and Lenoir-Rhyne's  
Kate Griewisch named SAC Runners of the Week**



### 2010 SAC RUNNERS OF THE WEEK

<u>DATE</u>	<u>PLAYER</u>	<u>SCHOOL</u>
9/7	Simon Holzapfel	Tusculum
	Kate Griewisch	Lenoir-Rhyne

**ROCK HILL, S.C.** - The South Atlantic Conference's top two runners in 2009 opened the 2010 season in impressive fashion. Tusculum College's Simon Holzapfel and Lenoir-Rhyne University's Kate Griewisch were named the first men's and women's Runner of the Week for the 2010 season.

Holzapfel opened the 2010 campaign by winning the Stampede at the Shoals. A senior from Nuremberg, Germany, he won his 11th career individual title as he won the 6,000-meter race for a second consecutive year. Holzapfel posted a time of 18:50.24, a 22-second improvement from his victory in 2009. Holzapfel also owns twelve of the top twenty 8K times in school history, including the top eight. He is a two-time All-Conference First Team honoree, including 2009 where he was the SAC Runner of the Year.

Griewisch, a junior from Banner Elk, N.C. (Avery County HS) was the top non-NCAA Division I runner at the Eye Opener Invitational this past Saturday in Spartanburg, S.C. Griewisch, the 2009 South Atlantic Conference and NCAA Division II Southeast Region Runner Of The Year, finished seventh out of 185 runners with a time of 18:28 over the 5K course. The 2009 All-American led Lenoir-Rhyne to an eighth-place finish out of 21 teams in the 2010 season opener for the Bears.



The 2010 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.**

# 2010 SAC MEN'S CROSS COUNTRY RESULTS

## Anderson

		Results
9/4	Eye Opener, Spartanburg, SC	9th of 21
9/17	Clemson Invitational, Clemson, SC	
10/2	Greater Louisville Classic, Louisville, KY	
10/15	Queens University Invitational, Charlotte, NC	
10/22	Clafin University Invitational, Orangeburg, SC	
11/6	SAC Championship, Wingate, NC	
11/20	NCAA DII Southeast Regional, Charlotte, NC	

## Brevard

		Results
9/4	Eye Opener, Spartanburg, SC	17th of 21

## Carson-Newman

		Results
9/4	Eye Opener, Spartanburg, S.C.	DNS
9/18	Carson-Newman Challenge, Morristown, TN	
9/25	Citadel Invitational, Charleston, SC	
10/15	Royal Challenge, Charlotte, NC	
10/23	Lenoir-Rhyne Invitational, Newton, NC	
11/6	SAC Championship, Wingate, N.C.	
11/20	NCAA DII Southeast Regional, Charlotte, NC	

## Catawba

		Results
9/4	Eye Opener, Spartanburg, SC	13th of 21
9/18	Elon Invitational, Elon College, NC	
9/25	Wil Wilson Invitational, Charleston, SC	
10/2	Hagenstone Classic, Greensboro, NC	
10/15	Royals Challenge, Charlotte, NC	
11/6	SAC Championship, Wingate, NC	
11/20	NCAA DII Southeast Regional, Charlotte, NC	

## Lenoir-Rhyne

		Results
9/4	Eye Opener Invitational, Spartanburg, SC	8th of 21
9/18	Elon Invitational, Elon, N.C.	
9/25	The Citadel Invitational, Charleston, S.C.	
10/15	Blue Ridge Open, Boone, NC	
10/23	Lenoir-Rhyne Invitational, Newton, NC	
11/6	SAC Championship, Wingate, NC	
11/20	NCAA DII Southeast Regional, Charlotte, NC	

## Lincoln Memorial

		Results
9/4	Eye Opener, Spartanburg, SC	19th of 21
9/18	Carson-Newman Challenge, Morristown, TN	
10/2	Greater Louisville Classic, Louisville, KY	
10/16	Trailblazer Invitational, Gray, TN	
10/23	LMU Railsplitter Invitational, Ewing, VA	
11/6	SAC Championship, Wingate, NC	
11/20	NCAA DII Southeast Regional, Charlotte, NC	

## Mars Hill

		Results
9/3	Western Carolina Open, Cullowhee, NC	3rd of 7
9/18	Winthrop Invitational, Rock Hill, SC	
9/25	Greensboro Open, Greensboro, NC	
10/2	Pre-Nationals, Louisville, KY	
10/15	Pre-Region, Charlotte, NC	
10/28	Lees-McRae, Banner Elk, NC	
11/6	SAC Championship, Wingate, NC	
11/20	NCAA DII Southeast Regional, Charlotte, NC	

## Newberry

		Results
9/4	Eye Opener Invitational, Spartanburg, S.C.	20th of 21
9/11	Erskine Invitational, Due West, SC	
9/18	Winthrop Invitational, Rock Hill, SC	
9/25	The Citadel Invitational, Charleston, S.C.	
10/16	USC Upstate Invitational, Spartanburg, S.C.	
10/23	Lenoir-Rhyne Invitational, Newton, NC	
11/6	SAC Championship, Wingate, NC	
11/20	NCAA DII Southeast Regional, Charlotte, NC	

## Tusculum

		Results
9/3	Stampede at the Shoals, Elizabethton, Tenn.	5th of 6
9/18	Andrew Jackson Triangle Battle, Morristown, TN	
9/25	Wingate Invitational, Wingate, NC	
10/2	Maryville Invitational, Maryville, TN	
10/16	Trailblazer Invitational, Gray, TN	
11/6	SAC Championship, Wingate, NC	
11/20	NCAA DII Southeast Regional, Charlotte, NC	

## Wingate

		Results
9/17	Coastal Carolina Invitational, Conway, SC	
9/25	Bulldog Stampede	
10/2	Greater Louisville Classic, Louisville, KY	
10/15	Royal Cross Country Challenge, Charlotte, NC	
10/28	Pre-SAC Meet	
11/6	SAC Championship, Wingate, NC	
11/20	NCAA DII Southeast Regional, Charlotte, NC	

# 2010 SAC WOMEN'S CROSS COUNTRY RESULTS

## Anderson

	Results
9/4	Eye Opener, Spartanburg, SC
9/17	Clemson Invitational, Clemson, SC
10/2	Greater Louisville Classic, Louisville, KY
10/15	Queens University Invitational, Charlotte, NC
10/22	Clafin University Invitational, Orangeburg, SC
11/6	SAC Championship, Wingate, NC
11/20	NCAA DII Southeast Regional, Charlotte, NC

## Brevard

	Results
9/4	Eye Opener, Spartanburg, SC

18th of 22

## Carson-Newman

	Results
9/4	Eye Opener, Spartanburg, S.C.
9/18	Carson-Newman Challenge, Morristown, TN
9/25	Citadel Invitational, Charleston, SC
10/15	Royal Challenge, Charlotte, NC
10/23	Lenoir-Rhyne Invitational, Newton, NC
11/6	SAC Championship, Wingate, N.C.
11/20	NCAA DII Southeast Regional, Charlotte, NC

13th of 22

## Catawba

	Results
9/4	Eye Opener Meet, Spartanburg, SC
9/18	Elon Invitational, Elon College, NC
9/25	Wil Wilson Invitational, Charleston, SC
10/2	Hagenstone Classic, Greensboro, NC
10/15	Royals Challenge, Charlotte, NC
10/28	Pre-Conference Meet, Wingate, NC
11/6	SAC Championship, Wingate, NC
11/20	NCAA DII Southeast Regional, Charlotte, NC

16th of 22

## Lenoir-Rhyne

	Results
9/4	Eye Opener Invitational, Spartanburg, SC
9/18	Elon Invitational, Elon, N.C.
9/25	The Citadel Invitational, Charleston, S.C.
10/15	Blue Ridge Open, Boone, NC
10/23	Lenoir-Rhyne Invitational, Newton, NC
11/6	SAC Championship, Wingate, NC
11/20	NCAA DII Southeast Regional, Charlotte, NC

9th of 22

## Lincoln Memorial

	Results
9/4	Eye Opener, Spartanburg, SC
9/18	Carson-Newman Challenge, Morristown, TN
10/2	Greater Louisville Classic, Louisville, KY
10/16	Trailblazer Invitational, Gray, TN
10/23	LMU Railsplitter Invitational, Ewing, VA
11/6	SAC Championship, Wingate, NC
11/20	NCAA DII Southeast Regional, Charlotte, NC

14th of 22

## Mars Hill

	Results
9/3	Western Carolina, Cullowhee, NC
9/18	Winthrop Invitational, Rock Hill, SC
9/25	Greensboro Open, Greensboro, NC
10/2	Pre-Nationals, Louisville, KY
10/15	Pre-Region, Charlotte, NC
10/28	Lees-McRae, Banner Elk, NC
11/6	SAC Championship, Wingate, NC
11/20	NCAA DII Southeast Regional, Charlotte, NC

5th of 6

## Newberry

	Results
9/4	Eye Opener Invitational, Spartanburg, S.C.
9/11	Erskine Invitational, Due West, SC
9/18	Winthrop Invitational, Rock Hill, SC
9/25	The Citadel Invitational, Charleston, S.C.
10/16	USC Upstate Invitational, Spartanburg, S.C.
10/23	Lenoir-Rhyne Invitational, Newton, NC
11/6	SAC Championship, Wingate, NC
11/20	NCAA DII Southeast Regional, Charlotte, NC

DNS

## Tusculum

	Results
9/3	Stampede at the Shoals, Elizabethton, Tenn.
9/18	Andrew Jackson Triangle Battle, Morristown, TN
9/25	Wingate Invitational, Wingate, NC
10/2	Maryville Invitational, Maryville, TN
10/16	Trailblazer Invitational, Gray, TN
11/6	SAC Championship, Wingate, NC
11/20	NCAA DII Southeast Regional, Charlotte, NC

5th of 5

## Wingate

	Results
9/17	Coastal Carolina Invitational, Conway, SC
9/25	Bulldog Stampede
10/2	Greater Louisville Classic, Louisville, KY
10/15	Royal Cross Country Challenge, Charlotte, NC
10/28	Pre-SAC Meet
11/6	SAC Championship, Wingate, NC
11/20	NCAA DII Southeast Regional, Charlotte, NC