

MSU'S SHAY EARNS MEN'S RUNNER OF THE WEEK;
ILLINI'S CARROLL EARNS WOMEN'S HONOR;
MINNESOTA HOSTS GRIAK INVITATIONAL

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THIS WEEK IN THE BIG TEN

SEPTEMBER 24

Men

Iowa @ Roy Griak Invitational
Falcon Heights, Minn. 11:20 a.m.

Michigan @ Roy Griak Invitational
Falcon Heights, Minn. 11:20 a.m.

Michigan State @ Roy Griak Invitational
Falcon Heights, Minn. 11:20 a.m.

Minnesota @ Roy Griak Invitational
Falcon Heights, Minn. 11:20 a.m.

Ohio State @ Roy Griak Invitational
Falcon Heights, Minn. 11:20 a.m.

Penn State @ Spike Shoe Invitational
State College, Pa. 11 a.m.

SEPTEMBER 24

Women

Indiana @ Roy Griak Invitational
Minneapolis, Minn. 12:10 p.m.

Minnesota @ Roy Griak Invitational
Minneapolis, Minn. 12:10 p.m.

Northwestern @ Roy Griak Invitational
Minneapolis, Minn. 12:10 p.m.

Wisconsin @ Roy Griak Invitational
Minneapolis, Minn. 12:10 p.m.

Ohio State @ Louisville Invitational
Louisville, Ky. TBA

Penn State @ Spike Shoe Invitational
University Park, Pa. 10 a.m.

LAST WEEK IN THE BIG TEN

SEPTEMBER 16

Men

Indiana @ Indiana Intercollegiates
Bloomington, Ind. 8K 2/28 (42)

Purdue @ Indiana Intercollegiates
Bloomington, Ind. 8K 3/28 (116)

Michigan @ Spartan Invitational
East Lansing, Mich. 8K NTS

Michigan State @ Spartan Invitational
East Lansing, Mich. 8K NTS

Women

Indiana @ Indiana Intercollegiates
Bloomington, Ind. 5K 1/25 (63)

Purdue @ Indiana Intercollegiates
Bloomington, Ind. 5K 2/25 (98)

Michigan @ Spartan Invitational
East Lansing, Mich. 5K NTS

Michigan State @ Spartan Invitational
East Lansing, Mich. 5K NTS

SEPTEMBER 17

Men

Illinois @ Pack-It-Up Challenge
Champaign, Ill. 8K 1/3 (15)

Ohio State @ Friendship Invitational
Yellow Springs, Ohio 8K 1/9 (25)

Women

Illinois @ Illini Pack-It-Up Challenge
Champaign, Ill. 5K 1/4 (28)

Northwestern @ Illini Pack-It-Up Challenge
Champaign, Ill. 5K 1/20 (64)

Ohio State @ Friendship Invitational
Yellow Springs, Ohio 5K 2/12 (51)

Wisconsin @ Midwest Collegiate Invitational
Kenosha, Wis. 5K 6/20 (154)

MEN'S RUNNER OF THE WEEK

Stephan Shay, Michigan State
SO, East Jordan, Mich./Central Lake

Among Big Ten runners, Shay posted the best 8K time of the week as he captured second place at the Spartan Invitational in 24:46. Running unattached, Shay finished just tenths of a second behind Eastern Michigan's Corey Nowitzke, while also finishing ahead of his teammates and runners of Big Ten-foe Michigan. Shay, who earns his first career Big Ten Runner of the Week award, has now paced all Spartan finishers for his second consecutive race.

Last MSU ROW: Jason Meuller (10/15/03)

WOMEN'S RUNNERS OF THE WEEK

Maggie Carroll, Illinois
SO, Brimfield, Ill./Brimfield

Carroll led Illinois to first place at this past weekend's Illini Challenge, while grabbing the top individual spot for herself in the process. The Challenge was just that as the meet was Carroll's first meet back after breaking her foot at the 2005 Big Ten Indoor Track meet. The Illinois sophomore not only cross the line first in a 5K time of 17:46.93, but shattered her previous 5k personal best by 15 seconds.

This is Carroll's first career Big Ten Runner of the Week award.

Last ILL ROW: Cassie Hunt (10/12/04)

2005 MEN'S RUNNER OF THE WEEK

Sept. 6 Eric MacTaggart, So., IOWA
Sept. 13 John Ealy, So., OSU
Sept. 20 Stephan Shay, So., MSU

2005 WOMEN'S RUNNER OF THE WEEK

Sept. 6 Meghan Armstrong, So., IOWA
Sept. 13 Alyson Kohlmeier, So., MICH
Lauren Williams, Sr., MINN
Sept. 20 Maggie Carroll, So., ILL

MEN'S MONDO TOP 30 POLL

SEPTEMBER 20, 2005 • NEXT POLL - SEPTEMBER 27

Rank	Team (1st)	Points	Rank	Team (1st)	Points
1.	Wisconsin (11)	473	23	Portland	122
2.	Colorado (2)	463	24	American	113
3.	Arkansas (3)	455	25	Minnesota	106
4.	Stanford	414	26	Colorado State	101
5.	BYU	410	27	Providence	70
6.	Notre Dame	384	28	Oregon	42
7.	Iona	368	29	Northern Arizona	40
8.	Arizona	360	30	Oklahoma State	33
9.	Texas	342			
10.	Cal Poly SLO	341		Other Teams Also Receiving	
11.	Arizona State	311		Votes: Michigan State 29,	
12.	Georgetown	286		Washington 27, Florida 26,	
13.	Iowa	241		Virginia 20, Dartmouth 19,	
14.	UTEP	238		Georgia 17, Alabama 13,	
15.	Ohio State	231		Columbia 13, Villanova 10,	
16.	William & Mary	222		LaSalle 9, California 4, Indiana	
17.	Butler	209		State 4, Miami (Ohio) 2, Weber	
18-T	Florida State	190		State 2, Navy 1, Rice 1.	
18-T	N.C. State	190			
20	Air Force	188			
21	Indiana	171			
22	Michigan	129			

WOMEN'S FINISHLYNX TOP 30 POLL

PRESEASON POLL • SEPTEMBER 8, 2005

Rank	Team (1st)	Points	Rank	Team (1st)	Points
1.	Colorado (5)	379	21.	Georgetown	109
2.	Duke (6)	374	22.	Georgia	104
3.	Notre Dame	356	23.	Indiana	99
4.	Stanford (2)	344	24.	Baylor	93
5.	Michigan	325	25.	Virginia	74
6.	Brigham Young	321	26.	North Carolina	69
7.	Providence	319	27.	Washington	60
8.	Arizona State	292	28.	Marquette	58
9.	N.C. State	283	29.	Yale	53
10.	Villanova	261	30.	Butler	50
11.	Columbia	243			
12.	Wake Forest	215		Other Teams Also Receiving	
13.	Michigan State	210		Votes: Southern Methodist 39,	
14.	Illinois	201		Florida State 38, Oklahoma	
15.	UC-Santa Barbara	191		28, Idaho 27, Boston College	
16.	Tennessee	181		19, Iowa 15, Utah State 11,	
17.	Arkansas	180		UCLA 4, LaSalle 2, William &	
18.	Princeton	172		Mary 1.	
19.	Missouri	133			
20.	Colorado State	112			