



# CROSS COUNTRY

**The Summit League**  
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Release #4 | Tuesday, Sept. 29, 2009

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## MEN'S SCOREBOARD

### LAST WEEK'S RESULTS

#### Saturday, Sept. 26

Griak Invitational (8k)

South Dakota State ..... 14th/18 ..... Greg Vollmer (57th/26:04)

#### Monday, Sept. 28

Northwestern State Invitational (8k)

Centenary ..... 3rd/5 ..... Adam Nerio (6th/29:42.37)

### THIS WEEK'S SCHEDULE

#### Friday, Oct. 2

Southern Utah and IUPUI at Notre Dame Invitational (South Bend, Ind.) ..... 2 p.m.

#### Saturday, Sept. 26

Centenary at Centenary Invitational (Shreveport, La.) ..... 9 a.m.

Oakland at Greater Louisville Cross Country Classic (Louisville, Ky.) ..... 10 a.m.

South Dakota State and North Dakota State at SDSU Classic (Brookings, S.D.) ..... 10:30 a.m.

UMKC and Oral Roberts at OSU Cowboy Jamboree (Stillwater, Okla.) ..... 9 a.m.

## MEN'S TOP TIMES

### 8k

Time	Name, School	Date
1. 23:48.5	Cameron Levins, Southern Utah	9/19
2. 24:46.8	Kevin Sandal, Southern Utah	9/19
3. 24:56.7	Cosmas Ayabei, UMKC	9/19
4. 25:11.0	Graham Cheever, Southern Utah	9/19
5. 25:26.69	Zach Jones, Oakland	9/12
6. 25:30.9	Dallas Eborn, Southern Utah	9/19
7. 25:41.8	Hayden Hawks, Southern Utah	9/19
8. 25:42.70	Chase Kaufman, IUPUI	9/12
9. 25:46.3	Anthony Bongard, South Dakota State	9/5
10. 25:48	Chase Kaufman, IUPUI	9/18

## MEN'S ATHLETE OF THE WEEK

### GREG VOLLMER, SOUTH DAKOTA STATE

Jr., Rapid City, S.D./Central

Vollmer earns his first Athlete of the Week honor after leading the SDSU squad against top competitors including the nation's 25th ranked team (Iowa State) and 12 regionally-ranked teams including No. 3 in the Midwest region Minnesota and No. 4 in the Southeast region Duke. His time of 26:04 came in his first meet of the season.

*Also nominated: Adam Nerio, Centenary.*

*Previous Winners: Sept. 9 – Zach Jones, Oakland; Sept. 15 – Zach Jones, Oakland; Sept. 22 – Cameron Levins, Southern Utah.*

## WOMEN'S SCOREBOARD

### LAST WEEK'S RESULTS

#### Friday, Sept. 25

Saginaw Valley State University Cardinal Invitational (6k)

Oakland ..... 2nd/5 ..... Lia Jones (1st/21:53.50)

#### Saturday, Sept. 26

Griak Invitational (6k)

South Dakota State ..... 10th/17 ..... Ashley Storm (22nd/22:42)

#### Monday, Sept. 28

Northwestern State Invitational (5k)

Centenary ..... 2nd/5 ..... Cara Miccoli (3rd/21:36.43)

### THIS WEEK'S SCHEDULE

#### Friday, Oct. 2

Southern Utah and IUPUI at Notre Dame Invitational (South Bend, Ind.) ..... 2 p.m.

#### Saturday, Sept. 26

Centenary at Centenary Invitational (Shreveport, La.) ..... 9:35 a.m.

Oakland at Greater Louisville Cross Country Classic (Louisville, Ky.) ..... 10 a.m.

South Dakota State and North Dakota State at SDSU Classic (Brookings, S.D.) ..... 11:15 a.m.

UMKC and Oral Roberts at OSU Cowboy Jamboree (Stillwater, Okla.) ..... 9 a.m.

## WOMEN'S TOP TIMES

### 5k

Time	Name, School	Date
1. 17:09	Sharla Manuele, SUU	9/19
2. 17:36.8	Diane Medina, SUU	9/19
3. 17:48.0	Madalyn Olpin, SUU	9/19
4. 17:49.4	Kirsten Sly, SUU	9/19
5. 17:56.1	Whitney Curtis, SUU	9/19
6. 18:19.0	Kaylee Coates, SUU	9/5
7. 18:20	Kelsey Carmean, OU	9/5
8. 18:21	Carianna Cottone, WIU	9/18
9. 18:25	Amy Jo Reuter, NDSU	9/18
10. 18:42	Amy Jo Reuter, NDSU	9/4

### 6k

Time	Name, School	Date
1. 21:53.5	Lia Jones, OU	9/25
2. 22:10.3	Kelsey Carmean, OU	9/25
3. 22:59	Carianna Cottone, WIU	9/4
4. 23:09	Sarah Lieblein, OU	9/25
5. 23:27.53	Amy Jo Reuter, NDSU	9/11
6. 23:33.3	Kayla Doan, OU	9/25
7. 23:39.4	Autumn Sagal Cleverley, OU	9/25
8. 23:40	Josi Parker, WIU	9/4
9. 23:41.5	Jami Rodes, OU	9/25
10. 23:46.81	Ashley Storm, SDSU	9/11

## WOMEN'S ATHLETE OF THE WEEK

### LIA JONES, OAKLAND

So., Tustin, Mich./Pine River

Jones claims her first Athlete of the Week honor after placing first with a time of 21:53.50 in the Saginaw Valley State University Cardinal Invitational against top competitors including the nation's 17th ranked team, Michigan State. Her time is the fourth best in Oakland history for a 6k race.

*Also nominated: Cara Miccoli, Centenary; Ashley Storm, South Dakota State.*

*Previous Winners: Sept. 9 – Kelsey Carmean, Oakland. Sept. 15 – Kelsey Carmean, Oakland; Sept. 22 – Sharla Manuele, Southern Utah.*



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## 2009 COMPOSITE SCHEDULE

### MEN

**Friday, Sept. 4**  
 North Dakota State at NDSU Open ..... TBA ..... Fargo, N.D.  
 IPFW at Valparaiso Invitational ..... TBA ..... Valparaiso, Ind.  
 Western Illinois at Early Bird ..... TBA ..... Macomb, Ill.

**Saturday, Sept. 5**  
 Oral Roberts at Hurricane Invitational ..... 9 a.m. .... Tulsa, Okla.  
 IPFW and Oakland at Golden Grizzly Invitational ..... 10 a.m. .... Rochester, Mich.  
 IUPUI at Dayton Flyer 5K Challenge ..... 10:45 a.m. .... Kettering, Ohio  
 South Dakota State at UND Invitational ..... TBA ..... Grand Forks, N.D.  
 UMKC at Bob Timmons Classic ..... TBA ..... Lawrence, Kan.

**Friday, Sept. 11**  
 South Dakota St. and North Dakota St. at Oz Memorial ..... TBA ..... Falcon Heights, Minn.

**Saturday, Sept. 12**  
 Centenary at Louisiana Tech Mook 4 ..... 9 a.m. .... Ruston, La.  
 IUPUI, IPFW and Oakland at IPFW Invitational ..... 11 a.m. .... Fort Wayne, Ind.  
 Southern Utah at Idaho State Invitational ..... TBA ..... Pocatello, Idaho  
 Western Illinois at Northern Illinois ..... TBA ..... DeKalb, Ill.

**Friday, Sept. 18**  
 IUPUI and IPFW at Indiana Intercollegiate ..... 3:30 p.m. .... Terre Haute, Ind.  
 Western Illinois at Illinois State ..... TBA ..... Normal, Ill.

**Saturday, Sept. 19**  
 Centenary at Louisiana Monroe Invitational ..... 9 a.m. .... Monroe, La.  
 UMKC at Missouri State Classic ..... 9 a.m. .... Springfield, Mo.  
 Southern Utah at UC Riverside Invitational ..... TBA ..... Riverside, Calif.

**Sunday, Sept. 20**  
 North Dakota State at Midwest Open ..... TBA ..... Kenosha, Wis.

**Friday, Sept. 25**  
 Oakland at SV Cardinal Invitational ..... noon ..... Saginaw, Mich.

**Saturday, Sept. 26**  
 South Dakota State at Griak Invitational ..... 12:10 p.m. .... Falcon Heights, Minn.

**Monday, Sept. 28**  
 Centenary at Northwestern State Invitational ..... 4:30 p.m. .... Natchitoches, La.

**Friday, Oct. 2**  
 Southern Utah and IUPUI at Notre Dame Invitational ..... 2 p.m. .... South Bend, Ind.

**Saturday, Oct. 3**  
 Centenary at Centenary Invitational ..... 9 a.m. .... Shreveport, La.  
 Oakland at Greater Louisville Cross Country Classic ..... 10 a.m. .... Louisville, Ky.  
 North Dakota St. and South Dakota St. at SDSU Classic ..... 10:30 a.m. .... Brookings, S.D.  
 UMKC and Oral Roberts at OSU Cowboy Jamboree ..... 9 a.m. .... Stillwater, Okla.

**Friday, Oct. 9**  
 Oakland at Michigan Intercollegiate Championship ..... 3:30 p.m. .... Grand Rapids, Mich.

**Saturday, Oct. 10**  
 Southern Utah at Color Country Invitational ..... TBA ..... Cedar City, Utah  
 IPFW at Disney Cross Country Classic ..... TBA ..... Orlando, Fla.

**Friday, Oct. 16**  
 Western Illinois at Bradley Invitational ..... TBA ..... Peoria, Ill.

**Saturday, Oct. 17**  
 Centenary at Sam Houston State Invitational ..... 9 a.m. .... Huntsville, Texas  
 IUPUI and Southern Utah at NCAA Pre-Nationals ..... 11 a.m. .... Terre Haute, Ind.  
 Oakland and IPFW at Falcon Invitational ..... 10 a.m. .... Bowling Green, Ohio  
 South Dakota State at Drews/Neubauer Invitational ..... TBA ..... La Crosse, Wis.  
 North Dakota State at Jim Drews Invitational ..... TBA ..... West Salem, Wis.  
 UMKC and Oral Roberts at Chile Pepper Festival ..... TBA ..... Fayetteville, Ark.

**Saturday, Oct. 31**  
 Summit League Championships ..... 10 a.m. .... Cedar City, Utah

**Friday, Nov. 6**  
 South Dakota State at Fall Finale ..... TBA ..... Collegeville, Minn.

**Saturday, Nov. 14**  
 NCAA Great Lakes Regional ..... TBA ..... Bloomington, Ind.  
 NCAA Midwest Regional ..... TBA ..... Springfield, Mo.

**Sunday, Nov. 15**  
 NCAA Mountain Regional ..... TBA ..... Albuquerque, N.M.

**Monday, Nov. 23**  
 NCAA National Championship Meet ..... TBA ..... Terre Haute, Ind.

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 NCAA Midwest Regional ..... TBA ..... Springfield, Mo.

**Sunday, Nov. 15**  
 NCAA Mountain Regional ..... TBA ..... Albuquerque, N.M.

**Tuesday, Nov. 24**  
 NCAA National Championship Meet ..... TBA ..... Terre Haute, Ind.