



CROSS COUNTRY

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MEN'S SCOREBOARD

LAST WEEK'S RESULTS

Friday, Oct. 2

Notre Dame Invitational (8k)
 Southern Utah 19th/23 (Blue) Cameron Levins (14th/24:11)
 IUPUI t-8th/21 (Gold) Joe Hoffman (30th/25:36)

Saturday, Oct. 3

Centenary Invitational (8k)
 Centenary 4th/6 Adam Nerio (3rd/27:12.24)
 Greater Louisville Cross Country Classic (8k)
 Oakland 12th/38 Zach Jones (32nd/24:53.69)
 SDSU Classic (8k)
 South Dakota State 1st/12 Michael Krsnak (3rd/25:48.8)
 North Dakota State 5th/12 Travis Fitzke (9th/26:21.4)
 OSU Cowboy Jamboree (8k)
 UMKC Individual Daniel Mann (92nd/25:56.50)
 Oral Roberts Individual Jonah Lagat (24th/24:41.90)

THIS WEEK'S SCHEDULE

Friday, Oct. 9

Oakland at Michigan Intercollegiate Championship (Grand Rapids, Mich.) 3:30 p.m.

Saturday, Oct. 10

Southern Utah at Color Country Invitational (Cedar City, Utah) TBA
 IPFW at Disney Cross Country Classic (Orlando, Fla.) TBA

MEN'S TOP TIMES

8k

Time	Name, School	Date
1. 23:48.5	Cameron Levins, Southern Utah	9/19
2. 24:09.13	Jonah Lagat, Oral Roberts	9/19
3. 24:11	Cameron Levins, Southern Utah	10/2
4. 24:37.12	Shadrack Koech, Oral Roberts	9/19
5. 24:41.9	Jonah Lagat, Oral Roberts	10/3
5. 24:46.8	Kevin Sandal, Southern Utah	9/19
6. 24:48	Hayden Hawks, Southern Utah	10/2
7. 24:53.69	Zach Jones, Oakland	10/3
8. 24:56.7	Cosmas Ayabei, UMKC	9/19
9. 24:59.87	Pat Cassidy, Oakland	10/3

MEN'S ATHLETE OF THE WEEK

CAMERON LEVINS, SOUTHERN UTAH

Jr., Black Creek, British Columbia/G.P. Vanier

Levins earns his second Athlete of the Week honor after placing 14th with a time of 24:11 against a field of nationally-ranked opposition at the Notre Dame Invitational. While competing against 179 runners, which included six nationally-ranked teams led by No. 15 Providence and No. 20 Butler, Levins ran a Southern Utah course record and was the top individual finisher for his team.

Also nominated: Adam Nerio, Centenary; Joe Hoffman, IUPUI; Travis Fitzke, North Dakota State; Zach Jones, Oakland.

Previous Winners: Sept. 9 – Zach Jones, Oakland; Sept. 15 – Zach Jones, Oakland; Sept. 22 – Cameron Levins, Southern Utah; Sept. 27 – Greg Vollmer, South Dakota State.

WOMEN'S SCOREBOARD

LAST WEEK'S RESULTS

Friday, Oct. 2

Notre Dame Invitational (5k)
 Southern Utah 14th/22 (Blue) Sharla Manuele (34th/17:24)
 IUPUI 12th/20 (Gold) Ana Paez (24th/18:29)

Saturday, Oct. 3

Centenary Invitational (6k)
 Centenary 3rd/7 Cara Miccoli (5th/24:20.28)
 Greater Louisville Cross Country Classic (5k)
 Oakland 20th/35 Kelsey Carmean (78th/18:51.07)
 SDSU Classic (5k)
 South Dakota State 4th/10 Ashley Storm (14th/18:22.9)
 North Dakota State 3rd/10 Amy Jo Reuter (13th/18:17.6)
 OSU Cowboy Jamboree (5k)
 UMKC Individual Etagegn O'Neill (103rd/19:30.20)
 Oral Roberts Individual Sheilah Ndasym (16th/17:51.40)

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Saturday, Oct. 10

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 IPFW at Disney Cross Country Classic (Orlando, Fla.) TBA

WOMEN'S TOP TIMES

5k

Time	Name, School	Date
1. 17:09	Sharla Manuele, SUU	9/19
2. 17:24	Sharla Manuele, SUU	10/2
3. 17:36.8	Diana Medina, SUU	9/19
4. 17:42	Diana Medina, SUU	10/2
5. 17:44.88	Sheilah Ndasym, ORU	9/19
6. 17:48.0	Madalyn Olpin, SUU	9/19
7. 17:49.4	Kirsten Sly, SUU	9/19
8. 17:51.4	Sheilah Ndasym, ORU	10/3
8. 17:56.1	Whitney Curtis, SUU	9/19
9. 18:13	Sylvia Bedford, SUU	10/2

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

SHARLA MANUELE, SOUTHERN UTAH

R-Sr., Newcastle, Utah/Enterprise

Manuele claims her second Athlete of the Week honor after leading the Southern Utah squad with a time of 17:24 against top national competitors at the Notre Dame Invitational. The field consisted of seven nationally-ranked teams including No. 1 Washington, No. 6 Princeton and No. 15 Florida. Manuele's time shattered the Southern Utah course record at Notre Dame by more than 30 seconds.

Also nominated: Cara Miccoli, Centenary; Ana Paez, IUPUI; Etagegn O'Neill, UMKC; Amy Jo Reuter, North Dakota State; Kelsey Carmean, Oakland.

Previous Winners: Sept. 9 – Kelsey Carmean, Oakland. Sept. 15 – Kelsey Carmean, Oakland; Sept. 22 – Sharla Manuele, Southern Utah; Sept. 27 – Lia Jones, Oakland.



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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.

WOMEN

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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.