

MICHIGAN STATE

2007 Spartan Cross Country



2007 Cross Country Schedule

August

Fri. 31 Jeff Drenth Memorial Mount Pleasant, Mich.

September

Fri. 14 Spartan Invitational East Lansing, Mich.

Sat. 29 Roy Griak Invitational Minneapolis, Minn.

October

Sat. 13 Pre-NCAA Invitational Terre Haute, Ind.

Fri. 19 Eastern Michigan Classic Ypsilanti, Mich.

Sun. 28 Big Ten Championships Columbus, Ohio

November

Sat. 10 Great Lakes Regional Championships Bloomington, Ind.

Mon. 19 NCAA Championships Terre Haute, Ind.

2007 Roy Griak Invitational

Saturday, Sept. 29, 2007 • 12:10 p.m.
Les Bolstad Golf Course • St. Paul, Minn.

ROY GRIAK INVITATIONAL- Michigan State is competing in the 22nd annual Roy Griak Invitational at Les Bolstad Golf Course in St. Paul, Minn. This is one of the largest meets in the nation, and it is set to have a record number of teams (350) and more than 4,000 athletes in 10 races, breaking the previous records which were set last year at 349 teams and 3,312 runners. The men's gold race begins at 12:30 p.m, the women follow shortly after at 12:55 p.m.

LAST YEAR - For the men, Junior Adam Sprangel was the fastest of this year's returning runners as he finished 57th overall with a time of 25:52.10. Nick Katseteras, a sophomore, finished in 89th (26:10.95), and senior Jim Pancoast crossed the finish line at 26:39.20, good for 157th. The women's team fared better at last year's race, as junior Alissa McKaig placed fourth overall with a time of 21:18.10. Katie Kelly, a senior this year, finished in 37th place, and junior Nicole Bush came in shortly after with a time of 22:24.30, good enough for 41st place.

THUS FAR - The Spartans have dominated out of the gate so far this year. At the Drenth Memorial, the first meet of the year, MSU took home first place for both men's and women's teams. Alissa McKaig came in first with a time of 17:37, followed by Nicole Bush (17:50), Lisa Senakiewich (17:56) and Sarah Price (17:58) to claim the top four spots. The squad had eight of the top-10 positions and 11 of the top-15 spots for the women's race.

On the men's side, Max Goldak took home top honors (15:16), while the rest of the team had six of the top 10 finishers and 10 of the top 15 times among the day's runners. Mike Quick (15:20), Nick Katsefaras (15:25) and Patrick Grosskopf (15:26) finished in the third through fifth positions, respectively, for the Spartans.

The second meet of the season was no different for Michigan State, as it defended its home turf at the Spartan Invitational. The women's team posted the day's top five finishers in their race. The men's team also had a strong day by placing five runners in the top ten. Nicole Bush led the Spartans with a time of 20:39 to pace the women's runners in the 6k race. Last year's winner, Alissa

McKaig, finished second for MSU at 20:57. Rounding out the top five spots were Lisa Senakiewich (21:32), Sarah Price (21:39) and Katie Kelly (21:50). As for the men, Patrick Grosskopf was the top Spartan finisher, placing third overall, at 25:17. Max Goldak came in fifth at 25:21.