

# PATRIOT LEAGUE CROSS COUNTRY 2009



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AMERICAN • ARMY • BUCKNELL • COLGATE • HOLY CROSS • LAFAYETTE • LEHIGH • NAVY

## MALE RUNNER OF THE WEEK

**MICHAEL RYAN, BUCKNELL Jr., Schnectady, N.Y.**

Ryan placed second out of 29 runners at the Bloomsburg Open Saturday, finishing the 7k run in 24:27. He helped the Bison take the top 12 spots. This is Ryan's first Runner of the Week award in 2009.



## FEMALE RUNNER OF THE WEEK

**LAUREN WIEMKEN, BUCKNELL Jr., Howell, N.J.**

Wiemken won the individual title in a race that didn't count toward team points, running the 5k course in 20:28. The victory was Wiemken's first of the season and it helped Bucknell place runners in six of the top seven spots.



## MALE ROOKIE OF THE WEEK

**ROBERT YAMNICKY, BUCKNELL Fr., Shelton, Conn.**

Yamnicky won the individual title at the Bloomsburg Open Saturday. His first top finish of his young career helped the men's team take the top 12 spots at the Open. Yamnicky ran the 7k course in 24:27, .35 seconds faster than his teammate and second-place finisher Michael Ryan.



## FEMALE ROOKIE OF THE WEEK

**VICTORIA BERARD, LEHIGH Fr., Denville, N.J.**

Berard was one of two Lehigh runners to compete at the Pete Nevins Invitational Saturday, placing fifth out of 90 runners. She finished the 5k race in 20:15.



## HONORABLE MENTION PERFORMANCE LAST WEEK

**SARA LEDERMAN, BUCKNELL Fr., Livingston, N.J.**

Lederman placed third (20:41) out of 36 runners at the Bloomsburg Open Saturday, helping the Bison take six of the top seven spots in the 5k race.

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## UPCOMING SCHEDULE

### Saturday, October 31

Patriot League Championships (at Colgate)  
Men, 11 a.m.; Women, Noon

### Saturday, November 14

American at NCAA Mid-Atlantic Regional  
Army at NCAA Northeast Regional  
Bucknell at NCAA Mid-Atlantic Regional  
Colgate at NCAA Northeast Regional  
Holy Cross at NCAA Northeast Regional  
Lafayette at NCAA Mid-Atlantic Regional  
Lehigh at NCAA Mid-Atlantic Regional  
Navy at NCAA Mid-Atlantic Regional

## LATEST RESULTS

### Saturday, October 24

at Central Connecticut Mini Meet

Holy Cross (M) 11th/11

Holy Cross (W) 7th/10

Bucknell at Bloomsburg Invitational, NTS

at Nevins Invitational

Lehigh (M) 3rd/15

Lehigh (W) NTS

### Saturday, October 17

at Blue & Gold Invitational

American (W) 5th/14

at Albany Invitational

Colgate (M) 8th/24

Colgate (W) 5th/24

at Leopard Invitational

Lafayette (M) 7th/12

Lafayette (W) 1st/9

Lehigh (M) 2nd/12

Lehigh (W) 4th/9

### "TODAY'S SCHOLAR-ATHLETES, TOMORROW'S LEADERS"

The Patriot League continually demonstrates that student-athletes can excel at both academics and athletics without sacrificing its high standards. The Patriot League's athletic success is achieved while its member institutions remain committed to its founding principle of admitting and graduating student-athletes that are academically representative of their class. Participation in athletics at Patriot League institutions is viewed as an important component of a well-rounded education.

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## PATRIOT LEAGUE COACHES

### MATT CENTROWITZ, AMERICAN

Years at American .....14th  
Overall Years of Head Coaching .....14th

### TROY ENGLE, ARMY MEN/WOMEN

Years at Army .....2nd  
Overall Years of Head Coaching .....13th

### KEVIN DONNER, BUCKNELL

Years at Bucknell .....9th  
Overall Years of Head Coaching .....25th

### ART MCKINNON, COLGATE MEN

Years at Colgate .....21st  
Overall Years of Head Coaching .....28th

### LAURA NARDELLI, COLGATE WOMEN

Years at Colgate .....11th  
Overall Years of Head Coaching .....17th

### JIM KAVANAGH, HOLY CROSS

Years at Holy Cross .....38th  
Overall Years of Head Coaching .....38th

### JULIO PIAZZA, LAFAYETTE

Years at Lafayette .....24th  
Overall Years of Head Coaching .....31st

### TODD ETTERS, LEHIGH MEN

Years at Lehigh .....2nd  
Overall Years of Head Coaching .....2nd

### DEBBIE UTESCH, LEHIGH WOMEN

Years at Lehigh .....13th  
Overall Years of Head Coaching .....14th

### AL CANTELLO, NAVY MEN

Years at Navy .....42nd  
Overall Years of Head Coaching .....42nd

### KAREN BOYLE, NAVY WOMEN

Years at Navy .....23rd  
Overall Years of Head Coaching .....25th

## PATRIOT LEAGUE NOTEBOOK

### 2009 PATRIOT LEAGUE CHAMPIONSHIPS

The 2009 Patriot League Cross Country Championships will take place Saturday at Colgate University. The men will start at 11 a.m. with the women to follow at noon. The top 14 finishers in both the men and women's race will be awarded All-Patriot League status, with the top-seven being named to the First-Team and the next seven earning Second-Team recognition.

### BUZZING FAST NEW 'BEES'

Watch out for Busby, Byrne and Barry. Army's Jillian Busby and Navy's Brigid Byrne and Annie Barry have posted the top freshmen performances of the season, thus far. Busby has been named the Female Rookie of the Week three times this season after her runner-up finish at the annual Star Meet on Oct. 16. She also had a good showing at the Paul Short Run, placing 78th out of 363 runners in the highly competitive race. Byrne, who won consecutive Rookie of the Week awards in the first two weeks of the season, placed 83rd at the Paul Short Run. Barry was the Rookie of the Week in between Byrne and Busby, placing 18th at the Colgate Invite. She also earned the Runner of the Week award two weeks after placing 11th at the William & Mary Inter-Regional.

### HANKO VYING FOR TITLE

Navy's Andrew Hanko, the runner-up in last season's League Championship, has won four of eight Runner of the Week awards, including three of the last five. Hanko's top finish of the season was when he placed first at the Navy Invitational on Sept. 15 and first at the Star Meet on Oct. 16. He also led Navy at the Roy Griak Invite (22nd) and at the Paul Short Run (13th). In 2008, Hanko earned All-Mid-Atlantic Region and First-Team All-Patriot League honors. He was the 2007 Patriot League Rookie of the Year.

### NAVY SWEEPS PRESEASON POLLS

The Navy men's and women's cross country teams have been selected to finish first in their respective 2009 Patriot League Preseason Polls. Both squads are the reigning Patriot League Champions. The Navy women's squad, which won the title outright last season, earned 97 points in the preseason poll, including 13 first-place votes. Bucknell garnered the other three first-place votes and 87 points to finish second in the poll. Lehigh was picked to finish third with 67 points, followed by Army (58) and Colgate (41). Holy Cross (40), American (38) and Lafayette (18) round out the eight teams in the poll. On the men's side, Navy took the top spot with 95 points and 11 first-place votes. Army picked up the other five first-place votes and 89 points to finish second. American (69), Lehigh (61) and Bucknell (55) followed in third, fourth and fifth place, respectively. Holy Cross and Colgate tied for sixth with 31 points, while Lafayette was picked eighth with 15 points.

## ALL-TIME PATRIOT LEAGUE CHAMPIONS

### MEN

7	ARMY	1993, 1994, 1995, 1996, 2000, 2001, 2008*
6	BUCKNELL	1990, 1991, 1992, 1997, 1998, 1999
6	AMERICAN	2002, 2003, 2004, 2005, 2006, 2007
1	NAVY	2007, 2008*

### WOMEN

7	BUCKNELL	1998, 1999, 2000, 2001, 2005, 2006, 2007*
5	ARMY	1994, 1995, 1996, 1997, 2004
2	FORDHAM	1990, 1991
2	AMERICAN	2002, 2003
2	NAVY	2007*, 2008
1	LAFAYETTE	1993
1	LEHIGH	1992

\*co-champions

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## TEAM NOTEBOOKS



**AMERICAN** The Eagles were idle last week and will return to action at Colgate on Saturday for the Patriot League Championships. In its last event, the men's team finished seventh at the University of Virginia Panorama Farms Invitational on Oct. 16, while the women's team placed fifth at the Blue and Gold Invitational in Newark, Del. On the men's team, junior Colin Eustis led the Eagles, placing 20th (24:20.03). Sophomore Octavia Rinehardt, who was the lone women's team member at the UVA Panorama Farms Invite, placed 19th (21:45.11). Greta Wicklund led the women at the Blue and Gold Invite Oct. 17, placing 10th (19:33.58).



**ARMY** The Black Knights were idle last week and will return to action at Colgate on Saturday for the Patriot League Championships. In the Black Knights' last meet, they went 1-1 against Navy in their annual Star Meet, as the women picked up a 24-34 win and the men lost 19-41. Junior Courtney Clement and freshman Jillian Busby led the Black Knights, taking the top two spots in the race. Clement was first, finishing the 6k course in 21:37.6, while Busby, who has four first-place finishes in her first year, was second (21:45.6). The men were led by Zac Reiter, who placed fourth out of 24 runners with a time of 25:40.9 in the 8k race.



**BUCKNELL** The Bison competed at the Bloomsburg Invite with both the men's and women's teams finding great success in the unscored meet. The men's team snagged the top 12 spots, led by first-place finisher, freshman Robert Yamnicky. Junior Michael Ryan finished second. The women also had a big day out of Lauren Wiemken, who won the individual title with a 20:28. The Bison will return to action at Colgate on Saturday for the Patriot League Championships.



**COLGATE** The Raiders were idle last week and will return to action at Colgate on Saturday for the Patriot League Championships. In their last event, the Raiders competed at the Albany Invitational with sophomore runner Elise DeRoo setting yet another school record with her first-place time of 17:28.7. It was the second time DeRoo has claimed first in a race this season. Her finish helped Colgate place fifth out of 24 teams. On the men's side, Ed Sherridan posted the top team finish, placing 33rd (25:48.3) and helping the team finish eighth out of 24 teams.



**HOLY CROSS** The Crusaders competed at the Central Connecticut Mini-Meet with the women's team placing seventh out of 10 teams and the men's finishing 11th out of 11. Ben Brink led the men with a 16:46.46 to finish 69th. Meghan Dunne was 34th (11:08.76). Holy Cross will return to action at Colgate on Saturday for the Patriot League Championships.



**LAFAYETTE** The Leopards were idle last week and will return to action at Colgate on Saturday for the Patriot League Championships. In their last meet, they hosted the Leopard Invitational on Oct. 17 with the women's team taking first and the men's team finishing seventh. Sarah Welsh-Huggins led Lafayette, placing fifth (21:57.8). Ryan Stasiowski finished 20th for the men's team (26:51.8).



**LEHIGH** The Mountain Hawks sent their men's team and a few members of their women's team to participate in the Pete Nevins Invitational. The men, led by Dan Soltan, finished third out of 15 schools. There was no team score for the women as Victoria Berard was one of two Lehigh runners competing in the race. Soltan and Berard both finished fifth in their respective races. Lehigh returns to action at Colgate Saturday for the Patriot League Championships.



**NAVY** The Midshipmen were idle last week and will return to action at Colgate on Saturday for the Patriot League Championships. In their last meet, the Midshipmen went 1-1 at the annual Star Meet, with the men winning 19-41 and the women losing 24-34. Andrew Hanko led a trio of Midshipmen who swept the top three spots. Hanko took first with a time of 25:20.9. In the women's race, Katie Rentz placed third (21:51.5).

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## PATRIOT LEAGUE IN THE POLLS

(USTFCCCA AS OF 10.27.09)

### MEN

**MID-ATLANTIC REGION**  
4. Navy  
7. American  
8. Bucknell

**NORTHEAST REGION**  
12. Army

### WOMEN

**MID-ATLANTIC REGION**  
7. Bucknell  
10. Navy

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## MEN'S PRESEASON POLL

1. Navy	95 (11)
2. Army	89 (5)
3. American	69
4. Lehigh	61
5. Bucknell	55
6. Holy Cross	31
Colgate	31
8. Lafayette	15

## WOMEN'S PRESEASON POLL

1. Navy	97 (13)
2. Bucknell	87 (3)
3. Lehigh	67
4. Army	58
5. Colgate	41
6. Holy Cross	40
7. American	38
8. Lafayette	18

## MEDIA SERVICES

### PATRIOT LEAGUE ON THE WEB

[www.patriotleague.com](http://www.patriotleague.com)

Patriot League.com features the latest news and stories on all eight Patriot League members. In addition, the site also contains the 2009 Patriot League Webguide, up-to-date statistics, schedules, results and archives.

### WEEKLY RELEASE

Media can access a downloadable Adobe Acrobat PDF files of the complete Patriot League weekly cross country release on the Patriot League Cross Country page.

### E-MAIL DISTRIBUTION

Media may contact the Patriot League office to be included on the Patriot League's e-mail lists for cross country releases and information (or any of the Patriot League's sports). Please contact Patriot League Media and External Relations Assistant Jimmy Johnson ([jjohnson@patriotleague.com](mailto:jjohnson@patriotleague.com)/610.289.1960) with requests or questions.

## RUNNER OF THE WEEK

### MALE

<b>WEDNESDAY, SEPT. 9</b>	<b>ANDREW HUEBNER</b> , <i>Bucknell, Sr.</i>	2nd/89 at Harry Lang Invite
<b>TUESDAY, SEPT. 15</b>	<b>ANDREW HANKO</b> , <i>Navy, Jr.</i>	1st/78 at Navy Invite
<b>TUESDAY, SEPT. 22</b>	<b>STEVE SAMPLE</b> , <i>Lehigh, Jr.</i>	1st vs. Lafayette
<b>TUESDAY, SEPT. 29</b>	<b>ANDREW HANKO</b> , <i>Navy, Jr.</i>	22nd/167 at Roy Griak Invite
<b>TUESDAY, OCT. 6</b>	<b>ANDREW HANKO</b> , <i>Navy, Jr.</i>	13th/386 at Paul Short Run
<b>TUESDAY, OCT. 13</b>	<b>TIM RICHARD</b> , <i>Holy Cross, Sr.</i>	62nd/320 at New England Invitational
<b>TUESDAY, OCT. 20</b>	<b>ANDREW HANKO</b> , <i>Navy, Jr.</i>	1st/24 at Star Meet
<b>TUESDAY, OCT. 27</b>	<b>MICHAEL RYAN</b> , <i>Bucknell, Jr.</i>	2nd/29 at Bloomsburg Invite

### FEMALE

<b>WEDNESDAY, SEPT. 9</b>	<b>ELISE DEROO</b> , <i>Colgate, So.</i>	1st at Harry Lang Invite
<b>TUESDAY, SEPT. 15</b>	<b>PAIGE SUTHERLAND</b> , <i>Holy Cross, So.</i>	1st at Blue Devil Invite
<b>TUESDAY, SEPT. 22</b>	<b>SARAH WELSH-HIGGINS</b> , <i>Lafayette, So.</i>	1st vs. Lehigh
<b>TUESDAY, SEPT. 29</b>	<b>ANNIE BARRY</b> , <i>Navy, Fr.</i>	11th/82 at William & Mary Inter-Regional
<b>TUESDAY, OCT. 6</b>	<b>AMY WATSON</b> , <i>Navy, Sr.</i>	28th/363 at Paul Short Run
<b>TUESDAY, OCT. 13</b>	<b>PAIGE SUTHERLAND</b> , <i>Holy Cross, So.</i>	6th/327 at New England Invitational
<b>TUESDAY, OCT. 20</b>	<b>ELISE DEROO</b> , <i>Colgate, So.</i>	1st at Ablany Invite
<b>TUESDAY, OCT. 27</b>	<b>LAUREN WIEMKEN</b> , <i>Bucknell, Jr.</i>	1st/36 at Bloomsburg Invite

## ROOKIE OF THE WEEK

### MALE

<b>WEDNESDAY, SEPT. 9</b>	<b>ANTHONY RIZZO</b> , <i>Bucknell, Fr.</i>	Top freshman at Harry Lang, 10th overall
<b>TUESDAY, SEPT. 15</b>	<b>MARK LEININGER</b> , <i>American, Fr.</i>	20th/78 at Navy Invite
<b>TUESDAY, SEPT. 22</b>	<b>DYLAN LEAZES</b> , <i>Holy Cross, Fr.</i>	46th/248 at National Catholic Invite
<b>TUESDAY, SEPT. 29</b>	<b>MARK LEININGER</b> , <i>American, Fr.</i>	25th at William & Mary Inter-Regional
<b>TUESDAY, OCT. 6</b>	<b>DEAN BLACK</b> , <i>Navy, Fr.</i>	72nd/386 at Paul Short Run
<b>TUESDAY, OCT. 13</b>	<b>KEVIN TURNER</b> , <i>Holy Cross, Fr.</i>	161st/320 at New England Invitational
<b>TUESDAY, OCT. 20</b>	<b>DEAN BLACK</b> , <i>Navy, Fr.</i>	7th/24 at Star Meet
<b>TUESDAY, OCT. 27</b>	<b>ROBERT YAMNICKY</b> , <i>Bucknell, Fr.</i>	1st/29 at Bloomsburg Invite

### FEMALE

<b>WEDNESDAY, SEPT. 9</b>	<b>BRIGID BYRNE</b> , <i>Navy, Fr.</i>	9th overall, 5th of 7 Navy runners in top 11
<b>TUESDAY, SEPT. 15</b>	<b>BRIGID BYRNE</b> , <i>Navy, Fr.</i>	14th/109 at Navy Invite
<b>TUESDAY, SEPT. 22</b>	<b>ANNIE BARRY</b> , <i>Navy, Fr.</i>	18th/42 at Colgate Invite
<b>TUESDAY, SEPT. 29</b>	<b>JILLIAN BUSBY</b> , <i>Army, Fr.</i>	32nd/193 at Roy Griak Invite
<b>TUESDAY, OCT. 6</b>	<b>JILLIAN BUSBY</b> , <i>Army, Fr.</i>	78th/363 at Paul Short Run
<b>TUESDAY, OCT. 13</b>	<b>ELIZABETH HARKINS</b> , <i>Holy Cross, Fr.</i>	166th/327 at New England Invitational
<b>TUESDAY, OCT. 20</b>	<b>JILLIAN BUSBY</b> , <i>Army, Fr.</i>	1st/24 at Star Meet
<b>TUESDAY, OCT. 27</b>	<b>VICTORIA BERARD</b> , <i>Lehigh, Fr.</i>	5th/90 at Pete Nevins Invite

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## AMERICAN EAGLES

9.4	at Mount St. Mary's 5K Duals	(M) 5-0, (W) 3-2 (Duals)
9.12	at Navy Invitational	(M) 2nd/9, (W) 6th/8
9.26	at William and Mary Inter-Regional	(M) 3rd/8
10.3	at George Mason Invitational	(M) 6th/10, (W) T-7th/9
10.16	at UVA Panorama Farms Invitational	(M) 7th/10
10.17	at Blue and Gold Invitational	(W) 5th/14
10.31	at Patriot League Championships	(M) 11 a.m.; (W) Noon
11.14	at NCAA Mid-Atlantic Regionals	11 a.m.
11.23	at NCAA Championships	11 a.m.

## ARMY BLACK KNIGHTS

9.4	Army Open	NTS
9.11	at Cornell Dual Meet	(M) L, 18-42, (W) L, 17-44
9.26	at Roy Griak Invitational	(M) 11th/18, (W) 12th/18
10.2	at Paul Short Invitational	(M) 15th/42, (W) 31st/40
10.16	Navy (Star Meet)	(M) L 19-41, (W) W 24-34
10.31	Patriot League Championships	(M) 11 a.m.; (W) Noon
11.14	NCAA Mid-Atlantic Regionals	11 a.m.
11.23	NCAA Championships (at Indiana State)	Noon

## BUCKNELL BISON

9.5	at Harry Lang Invitational	(M) 1st/6, (W) 1st/6
9.19	at Duquesne	(M) L, 24-34; (W) L, 23-33
10.2	at Paul Short Memorial Invitational	(M) 19th/42, (W) 13th/40
10.16	at Penn State National Invitational	(M) 5th/11, (W) 7th/18
10.24	at Bloomsburg Invitational	NTS
10.31	at Patriot League Championships	(M) 11 a.m.; (W) Noon
11.14	at Mid-Atlantic Regional Championships	11 a.m.
11.21	at ECAC Championships (W)	11 a.m.
11.21	at IC4A Championships (M)	11 a.m.
11.23	at NCAA Championship	Noon

## COLGATE RAIDERS

9.5	at Harry Lang Invitational	(M) 3rd/6, (W) 2nd/6
9.19	at Colgate Invitational	(M) 3rd/3, (W) 3rd/3
10.2	at Paul Short Invitational	(M) 22nd/38, (W) 13th/40
10.17	at Albany Invitational	(M) 8th/24, (W) 5th/24
10.31	at Patriot League Championship	(M) 11 a.m.; (W) Noon
11.14	at NCAA Regionals (at Boston)	11 a.m.
11.21	at ECAC Championship (W)	11 a.m.
11.21	at IC4A Championship (M)	11 a.m.
11.23	at NCAA Championships	Noon

## HOLY CROSS CRUSADERS

9.12	at Blue Devil Invitational	(M) 3rd/4; (W) 2nd/4
9.18	at Notre Dame Nat'l Catholic Invitational	(M) 5th/32; (W) 4th/31
9.19	at UMass-Dartmouth Invitational	(M) 16th/32; (W) 13th/42
10.3	at Murray Keatinge Invitational	(M) 2nd/6; (W) 5th/7
10.10	at New England Championship	(M) 25th/47; (W) 18th/49
10.24	at Central Connecticut Mini Meet	(M) 11th/11; (W) 7th/10
10.31	at Patriot League Championship	(M) 11 a.m.; (W) Noon
11.14	at NCAA Northeast Regional	11 a.m.
11.21	at IC4A Championship (M)	11 a.m.
11.21	at ECAC Championship (W)	11 a.m.
11.23	at NCAA Championship	Noon

## LAFAYETTE LEOPARDS

9.4	at Lehigh Valley Championships	(M) 3rd/5, (W) 2nd/7
9.19	Lehigh	(M) L, 19-44, (W), L, 28-31
10.2	at Paul Short Invitational	(M) 31st/38, (W) 35th/40
10.17	Leopard Invitational	(M) 7th/12, (W) 1st/9
10.31	at Patriot League Championships	(M) 11 a.m.; (W) Noon
11.14	at NCAA Mid-Atlantic Regional	11 a.m.
11.23	at NCAA Championships	Noon

## LEHIGH MOUNTAIN HAWKS

9.4	Lehigh Valley Championship	(M) 1st/5, (W) 1st/7
9.19	at Lafayette	(M) W, 19-44, (W), W, 28-31
10.2	Paul Short Invitational	(M) 32nd/42, (W) 30th/40
10.16	at Penn State National Invitational	Canceled
10.17	at Leopard Invitational	(M) 2nd/12, (W) 4th/9
10.24	at Pete Nevins Invite	(M) 3rd/15, (W) NTS
10.31	at Patriot League Championship	(M) 11 a.m.; (W) Noon
11.14	at NCAA Mid-Atlantic Regional	11 a.m.
11.23	at NCAA Championship	Noon

## NAVY MIDSHIPMEN

9.4	Mount St. Mary's 5K Duals (W)	5-0 (Duals)
9.5	at UMES Invitational (M)	2nd/7
9.12	Navy Invitational	(M) 1st/9, (W) 3rd/8
9.19	at Colgate Invitational	(M) 2nd/3, (W) 2nd/3
9.26	William & Mary Invitational (W)	3rd/8
9.26	at Roy Griak Invitational (M)	9th/18
10.2	at Paul Short Run	(M) 4th/42, (W) 12th/40
10.16	at Army (Star Meet)	(M) W 19-41, (W) L 24-34
10.31	at Patriot League Championship	(M) 11 a.m.; (W) Noon
11.14	at NCAA Mid-Atlantic Regional	11 a.m.
11.23	at NCAA Championship	Noon