

PATRIOT LEAGUE CROSS COUNTRY 2008



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

MALE RUNNER OF THE WEEK

JONATHAN ANDERSON, ARMY *Sr., Cinnaminson, N.J.*

Anderson was Army's top finisher at last weekend's highly competitive Roy Griak Invitational. Anderson helped lead Army to a 14th-place team finish and an individual 22nd-place finish of 229 runners with a time of 24:57 in the men's 8k. Anderson was the top Patriot League finisher in an event that also included Navy.



FEMALE RUNNER OF THE WEEK

KATIE RENTZ, NAVY *So., San Diego, Calif.*

Rentz led the Mids across the finish line for the first time in her career, finishing 1:08.3 behind the individual champion at the Roy Griak Invitational. The sophomore helped lead Navy to a ninth-place finish with an individual 42nd-place finish with a time of 22:26.7 in the women's 6k.



MALE ROOKIE OF THE WEEK

NO NOMINATIONS SUBMITTED

FEMALE ROOKIE OF THE WEEK

MARINA MCGRAIL, NAVY *Fr., Manchester, Vt.*

McGrail was Navy's third-fastest runner and quickest freshman for the second-straight race. McGrail finished 64th of 222 runners on the women's side with a time of 22:56.4 in the 6k. The freshman has finished among the team's scoring-five in three of her four races this year.



HONORABLE MENTION PERFORMANCES LAST WEEK

BILL PROM, NAVY *Sr., New Berlin, Wis.*

Led the Mids across the finish line at Roy Griak Invitational with a time 25:17.3 in men's 8k.

CHELSEA PRAHL, ARMY *Fr., Greenville, Mich.*

Was second scorer for the Black Knights, finishing in 96th-place with a time of 23:26.9 in the women's 6k.

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UPCOMING SCHEDULE

Friday, October 3

American, Army, Bucknell, Colgate, Lafayette, Lehigh, Navy (W) at Paul Short Invitational 11 a.m.

Navy (M) at Notre Dame Invitational 2 p.m.

Saturday, October 4

American at George Mason Invitational . . 10 a.m.
Holy Cross at Murray Keating Invitational . 10 a.m.

LATEST RESULTS

Saturday, September 27

Army M 14th of 25, W 18th of 23; Navy M 15th of 25, W 9th of 23 at Roy Griak Invitational

"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.....13
Overall Years of Head Coaching13

TROY ENGLE, ARMY MEN/WOMEN

Years at Army1st
Overall Years of Head Coaching12

LAURA KIRCHGRABER, ARMY WOMEN

Years at Army3
Overall Years of Head Coaching3

KEVIN DONNER, BUCKNELL

Years at Bucknell8
Overall Years of Head Coaching24

ART MCKINNON, COLGATE MEN

Years at Colgate20
Overall Years of Head Coaching27

LAURA NARDELLI, COLGATE WOMEN

Years at Colgate10
Overall Years of Head Coaching16

JIM KAVANAGH, HOLY CROSS

Years at Holy Cross.....31
Overall Years of Head Coaching31

JULIO PIAZZA, LAFAYETTE

Years at Lafayette22
Overall Years of Head Coaching22

TODD ETTERS, LEHIGH MEN

Years at Lehigh1st
Overall Years of Head Coaching.....1st

DEBBIE UTESCH, LEHIGH WOMEN

Years at Lehigh12
Overall Years of Head Coaching15

AL CANTELLO, NAVY MEN

Years at Navy41
Overall Years of Head Coaching41

KAREN BOYLE, NAVY WOMEN

Years at Navy22
Overall Years of Head Coaching24

PATRIOT LEAGUE NOTEBOOK

EIGHT PATRIOT LEAGUE SQUADS RANKED IN USTFCCCA POLLS

Eight Patriot League teams are ranked in USTFCCCA regional polls released Sept. 29. On the women's side, Bucknell is ranked sixth in the Mid-Atlantic Region, followed closely by Navy in seventh-place. The Lehigh Mountain Hawks round out the Mid-Atlantic Region with a 15th-place ranking. On the men's side, the Mids are the top-ranked Patriot League team at seventh-place in the Mid-Atlantic Region. Navy is followed by American in the eighth spot, Lehigh (10th) and Bucknell (13th) in the region. Army is ranked 11th in the Northeast Region.

ALL EIGHT PATRIOT LEAGUE TEAMS IN ACTION THIS WEEKEND

This weekend is a busy one for Patriot League Cross Country, as all eight schools will be competing. American, Army, Bucknell, Colgate, Lafayette, Lehigh and the Navy women will receive a championship course preview as they all compete at Friday's Paul Short Invitational at Lehigh. The Navy men's team will travel to Indiana for the Notre Dame Invitational on Friday for a 2 p.m. race. Holy Cross will compete at the Murray Keating Invitational Saturday morning, while American will travel to the George Mason Invitational that day.

2008 PATRIOT LEAGUE CHAMPIONSHIP

The 2008 Patriot League Cross Country Championships will take place on Nov. 1 at Lehigh University. 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.

PATRIOT LEAGUE IN THE POLLS (USTFCCCA)

	AMERICAN	ARMY	BUCKNELL	COLGATE	HOLY CROSS	LAFAYETTE	LEHIGH	NAVY
9.1	-	-	-	-	-	-	-	-
9.8	-	-	-	-	-	-	-	-
9.15	-	-	-	-	-	-	-	-
9.22	-	-	-	-	-	-	-	-
9.30	-	-	-	-	-	-	-	-
10.7								
10.14								
10.21								
10.28								
11.4								
11.11								
11.18								
FINAL								

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TEAM NOTEBOOKS



AMERICAN had no scheduled events this week. The Eagles will next compete Friday at the Paul Short Invitational and Saturday at the George Mason Invitational.



ARMY men finished 14th of 25 and the women finished 18th of 23 at last weekend's highly competitive Roy Griak Invitational. The Black Knights will next compete Friday at the Paul Short Invitational.



BUCKNELL had no scheduled events this week. Bucknell will next compete at the Paul Short Invitational in Bethlehem on Friday.



COLGATE had no scheduled events this week. The Raiders will next compete Friday at the Paul Short Invitational.



HOLY CROSS had no scheduled events this week. The Crusaders will next compete at the Murray Keating Invitational on Saturday.



LAFAYETTE had no scheduled events the week. The Leopards will next compete at the Paul Short Invitational on Friday.



LEHIGH had no scheduled events this week. Lehigh will host and compete in the Paul Short Invitational on Friday.



NAVY men finished 15th of 25 and the women finished 9th of 23 runners at the Roy Griak Invitational. The Navy men will next compete at the Notre Dame Invitational on Friday, while the women will compete at the Paul Short Invitational in Bethlehem on Friday.

ALL-TIME PATRIOT LEAGUE CHAMPIONS

MEN

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

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
1	NAVY	2007
1	LAFAYETTE	1993
1	LEHIGH	1992

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MEN'S PRESEASON POLL

1. Navy 94 (10)
2. American 84 (4)
3. Army 72 (2)
4. Bucknell 66
5. Lehigh 49
6. Colgate 40
7. Lafayette 26
8. Holy Cross 16

WOMEN'S PRESEASON POLL

1. Navy 94 (12)
2. Bucknell 88 (4)
3. Colgate 71
4. Army 58
5. Lehigh 46
6. American 42
7. Holy Cross 26
8. Lafayette 19

MEDIA SERVICES

PATRIOT LEAGUE ON THE WEB

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 2007 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 Ashley Hicks (ahicks@patriotleague.com/610.289.1960) with requests or questions.

RUNNER OF THE WEEK

MALE

WEDNESDAY, SEPT. 3

NICK RYAN, *American, So.*

2nd place at MSM Invite

TUESDAY, SEPT. 9

BILL PROM, *Navy, Sr.*

3rd of 176 in 8k at Fordham Invite

TUESDAY, SEPT. 16

BILL PROM, *Navy, Sr.*

4th of 117 in 8k at Navy Invitational

TUESDAY, SEPT. 23

ANDREW HANKO, *Navy, So.*

10th of 277 in 8k at Iona Meet

TUESDAY, SEPT. 30

JONATHAN ANDERSON, *Army, Sr.*

22nd of 229 at Roy Griak Invite

TUESDAY, OCT. 7

TUESDAY, OCT. 14

FEMALE

WEDNESDAY, SEPT. 3

AMY WATSON, *Navy, Jr.*

1st place at MSM Invite

TUESDAY, SEPT. 9

AMY WATSON, *Navy, Jr.*

2nd of 233 runners in 5k

TUESDAY, SEPT. 16

AMY WATSON, *Navy, Jr.*

1st place at Navy Invitational

TUESDAY, SEPT. 23

STEPHANIE FULMER, *Bucknell, Fr.*

5th of 104 at Buffalo Stampede

TUESDAY, SEPT. 30

KATIE RENTZ, *Navy, So.*

42nd of 222 at Roy Griak Invite

TUESDAY, OCT. 7

TUESDAY, OCT. 14

ROOKIE OF THE WEEK

MALE

WEDNESDAY, SEPT. 3

JOSH OLSEN, *American, Fr.* Second fastest freshman finish at MSM

TUESDAY, SEPT. 9

CORY LOFTIS, *Holy Cross, Fr.* 6th place in 8k at Blue Devil Invite

TUESDAY, SEPT. 16

DOMINIC DELLAPELLE, *Navy, Fr.* 29th of 117 at Navy Invitational

TUESDAY, SEPT. 23

DAVE BROWN, *Bucknell, Fr.* 16th of 110 at Buffalo Stampede

TUESDAY, SEPT. 30

NO NOMINATIONS SUBMITTED

TUESDAY, OCT. 7

TUESDAY, OCT. 14

FEMALE

WEDNESDAY, SEPT. 3

OCTAVIA RINEHARDT, *American, Fr.* 2nd place at MSM Invite

TUESDAY, SEPT. 9

CAITLIN CAVANAUGH, *Bucknell, Fr.* 6th place in 5,000m

TUESDAY, SEPT. 16

KATHERINE PIERCE, *Lehigh, Fr.* 2nd place at Lehigh-Lafayette dual

TUESDAY, SEPT. 23

PAIGE SUTHERLAND, *Holy Cross, Fr.* 16th of 287 at NCC

TUESDAY, SEPT. 30

MARINA MCGRAIL, *Navy, Fr.* 64th of 222 at Roy Griak Invite

TUESDAY, OCT. 7

TUESDAY, OCT. 14

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AMERICAN EAGLES

8.29	at Mount St. Mary Invite	.M, 4-1; W, 4-2 (duals)
9.13	at Navy Invite	.M, 9th of 14; W, 9th of 15
10.3	at Paul Short Invitational	.10 a.m.
10.4	at George Mason Invitational	.10 a.m.
10.18	at Delaware Invitational	.10 a.m.
	at Leopard Invitational	.10 a.m.
11.1	at Patriot League Championship	.11 a.m.
11.15	at NCAA Mid-Atlantic Regional	.10 a.m.
11.24	at NCAA Championship	.11 a.m.

ARMY BLACK KNIGHTS

8.29	Army Open	.NTS
9.12	Cornell	.M, L 49-15; W, L 46-17 (duals)
9.27	at Roy Griak Invitational	.M, 14th of 25; W, 18th of 23
10.3	at Paul Short Invitational	.11 a.m.
10.18	at Navy	.10:30 a.m.
11.1	at Patriot League Championship	.11 a.m.
11.15	at NCAA Northeast Regional	.10 a.m.
11.22	at IC4A Championship (M)	.9:30 a.m.
	at ECAC Championship (W)	.9:30 a.m.
11.24	at NCAA Championship	.11 a.m.

BUCKNELL BISON

8.29	Bison Open	.M, 1 of 4; W, 1 of 4
9.6	at Detroit Invitational	.M, 1st of 13; W, 2nd of 13
9.20	Buffalo Stampede	.M, 2nd of 11; W, 2nd of 10
	at Dickinson Long-Short Course Invite	.M, 6th of 19; W 4th of 15
10.3	at Paul Short Invitational	.11 a.m.
10.18	at Princeton Invitational	.10 a.m.
11.1	at Patriot League Championship	.11 a.m.
11.15	NCAA Mid-Atlantic Regional	.11 a.m.
11.22	IC4A Championship (M)	.9:30 a.m.
	ECAC Championship (W)	.9:30 a.m.
11.24	at NCAA Championship	.11 a.m.

COLGATE RAIDERS

9.6	Harry Lang Invitational	.M, NTS; W, NTS
9.20	at UMass	.M, NTS; W, NTS
10.3	at Paul Short Invitational	.11 a.m.
10.18	at Albany Invitational	.11 a.m.
11.1	at Patriot League Championship	.11 a.m.
11.15	at NCAA Northeast Regional	.11 a.m.
11.22	at IC4A Championship (M)	.9:30 a.m.
	at ECAC Championship	.9:30 a.m.
11.24	at NCAA Championship	.11 a.m.

HOLY CROSS CRUSADERS

9.6	at Blue Devil Invitational	.M, 1st of 4; W, 1st of 5
9.19	at National Catholic Championship	.M, 7th of 33; W 6th of 35
9.20	at UMass-Darmouth Invite	.M, 16th of 38; W, 8th of 41
10.4	at Murray Keating Invitational	.10 a.m.
10.11	at New England Championship	.Noon
11.1	at Patriot League Championship	.11 a.m.
11.15	at NCAA Northeast Regional	.10 a.m.
11.22	at IC4A Championship (M)	.9:30 a.m.
	at ECAC Championship (W)	.9:30 a.m.
11.24	at NCAA Championship	.11 a.m.

LAFAYETTE LEOPARDS

8.29	at Lehigh Valley Championship	.M, 2of 5; W, 3 of 5
9.13	at Lehigh	.M, L 50-15; W, L 40-21
10.3	at Paul Short Invitational	.11 a.m.
10.18	Leopard Invitational	.10 a.m.
11.1	Patriot League Championship	.11 a.m.
11.15	at NCAA Mid-Atlantic District Championship	.11 a.m.
11.24	at NCAA Championship	.11 a.m.

LEHIGH MOUNTAIN HAWKS

8.29	Lehigh Valley Championship	.M, 1of 5; W, 1 of 5
9.13	Lafayette	.M, W 15-50; W, W 21-40
9.20	at Iona Meet of Champions	.M, 5th of 24; W, 9th of 21
10.3	Paul Short Invitational	.11 a.m.
10.18	at Princeton Invitational	.10 a.m.
11.1	Patriot League Championship	.11 a.m.
11.15	at NCAA Mid-Atlantic Regional	.11 a.m.
11.24	at NCAA Championship	.11 a.m.

NAVY MIDSHIPMEN

8.29	at Mount St. Mary's Invitational (W)	.6-0 (duals)
8.30	at Richmond Invitational (M)	.2 of 3
9.6	at Fordham Invitational	.M, 1st of 16; W, 1st of 20
9.13	Navy Invitational	.M, 1st of 14; W, 2nd of 15
9.20	at Iona Meet of Champions	.M, 4th of 24
9.27	at Roy Griak Invitational	.M, 15th of 25; W, 9th of 23
10.3	at Paul Short Invitational (W)	.11 a.m.
10.3	at Notre Dame Invitational (M)	.2 p.m.
10.18	Army	.10:30 p.m.
11.1	at Patriot League Championship	.11 a.m.
11.15	at NCAA Mid-Atlantic Regional	.8 a.m.
11.24	at NCAA Championship	.11 a.m.