

June 2011

Thanks for the interest in Vanderbilt and our women's program. Here's a little information on our team and where we are heading. We've just finished up a very successful and historic 2010-11 season for Vanderbilt Cross Country! Our 3<sup>rd</sup> place team efforts at the SEC and NCAA South Region meets are program bests and we qualified an individual (Jordan White) for the NCAA Championships (our first individual qualifier since 1997). The depth we have attained through 4 years of recruiting has shown well and will provide us with a great foundation for future seasons.

Regarding our team, we are a medium sized mid-distance squad, with a usual roster size of 18-20 runners. Previous seasons have seen 25-30 runners in our group but we feel that we can give everyone more attention with a smaller number so we are going to try and stay with a squad of 20 or less each year. Our standards are not set in stone but usually we look for minimum times for walk-ons in the 2:15 and 5:00 range for 800 and 1600. For the 3200 we'd like to see something around 11:00 and in cross country we look for performances close to 18:00 for the 5k distance.

Last year (fall of 2010) we came very close to our goals of an SEC Championship and NCAA team qualifying. Our SEC Championship was a very exciting 3-team race between Florida (60 pts.), Arkansas (61 pts.) and Vanderbilt (76 pts.) with our top 5 women within 23" of each other placing 10-21. This has been the modus operandi of the team all season; running as a tight pack within 20-30" of each other. We had great races at the NCAA Pre-Nationals (13<sup>th</sup> w/team avg. of 21:33 for 6km) and the Louisville Classic (2<sup>nd</sup> w/team avg. Of 17:37 for 5km). Our final team race of the season saw our women finish 3<sup>rd</sup> at the NCAA South Regional, just off of an automatic qualifying spot (top 2 teams) for the NCAA Championships. We'll be there as a team next year! Over the last 4 years our team place at the NCAA Regional has improved greatly; 11<sup>th</sup>, 7<sup>th</sup>, 5<sup>th</sup> and now 3<sup>rd</sup>. Our top 10 runners within this team was comprised of only two seniors with three juniors, three sophomores and two freshmen so depth and experience should continue to be our strength.

On the track we have a good spread of talent with seasonal bests of 2:05.5, 4:24.5 (1500), 9:40.6 (3k), 10:46.2 (steeple), 16:29.6 (5k) and 35:52 (10k). Just this past season we had 4 runners at the NCAA preliminary round in the 800-1500(2)-5000. One of our freshmen, Liz Anderson, narrowly missed a spot in the NCAA finals finishing 7<sup>th</sup> (16:29) in her section of the 5000. We had 23 personal bests this outdoor season along with 15 performances that rank in the top-10 on our Vanderbilt all-time lists. This has been a great Track season and should speak well for what we want to accomplish next fall in Cross Country!

Academically our team has done very well and for the 2010-11 academic year we had the highest team GPA for any team in the Vanderbilt Athletic Dept. (3.48). Last fall semester (2010) our women's team average was a 3.53 GPA and we followed that up with a 3.45 average this spring. We have a good mix of majors represented on the team from Arts & Science to Education to Engineering to Pre-Med. As you look at admissions standards for Vanderbilt you will find that it is very competitive but there is also a wide range of academic accomplishment where individuals can distinguish themselves. I believe that the middle 50% of this year's freshman class ranged from 31-34 for the ACT (1400-1500 for the SAT). AP classes are looked upon favorably by admissions but more importantly they want to see students who like to challenge themselves and who have a real intellectual curiosity along with a sincere interest in learning. Vanderbilt University, and the city of Nashville, offers a great environment for you to grow as a student, an athlete and most importantly, as a person.

That's a little about our team and program. Hope this helps! Best of luck in coming 2011-12 school year and keep us up to date as you start to compete in your cross country and track seasons.

Sincerely,

Steven Keith  
Head Cross Country Coach  
Vanderbilt University  
615.330.4300 (cell)  
[Steven.keith@vanderbilt.edu](mailto:Steven.keith@vanderbilt.edu)  
[www.vucommodores.com](http://www.vucommodores.com)  
[www.vanderbilt.edu](http://www.vanderbilt.edu)

Rhonda Riley  
Assistant Cross Country Coach  
Vanderbilt University  
615.339.4101 (cell)  
[Rhonda.riley@vanderbilt.edu](mailto:Rhonda.riley@vanderbilt.edu)  
Twitter: vandyxctrack  
Facebook: Vanderbilt XC & Track and Field