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## MWC CROSS COUNTRY NOVEMBER 1, 2011

### --MALE PERFORMER'S OF THE WEEK--

September 7 - Sam Stevens - Lawrence  
September 13 - Frank Canady - Grinnell  
September 20 - Sean Choate - Knox  
September 27 - Jon Welty - Monmouth  
October 4 - No Nominations  
October 11 - AJ Thew - Ripon  
October 18 - Sam Stevens - Lawrence

### --FEMALE PERFORMER'S OF THE WEEK--

September 7 - Stephanie Rouse - Grinnell  
September 13 - Mackenzie Weber - St. Norbert  
September 20 - Michelle Matter - Ripon  
September 27 - Megan O'Grady - Carroll  
October 4 - No Nomination  
October 11 - Michelle Matter - Ripon  
October 18 - Rachel Bowden - Monmouth

### --2011 MEN'S CHAMPIONSHIP--

	Team	Points
1.	Lawrence	51
2.	Grinnell	53
3.	Monmouth	80
4.	Carroll	89
5.	Knox	142
6.	St. Norbert	154
7.	Ripon	181
8.	Lake Forest	218
9.	Beloit	260
10.	Illinois C.	269

### --2011 WOMEN'S CHAMPIONSHIP--

	Team	Points
1.	Grinnell	50
2.	Monmouth	54
3.	St. Norbert	60
4.	Carroll	99
5.	Lawrence	166
6.	Beloit	168
7.	Ripon	169
8.	Lake Forest	224
t9.	Knox	254
t9.	Illinois C.	254

### --2011 MEN'S TOP FIVE--

Athlete	School	Time
Sam Stevens	Lawrence	25:09.11
Ben Tyler	Grinnell	25:16.19
Erik Figge	Grinnell	25:24.91
AJ Thew	Ripon	25:36.03
Curran Carlile	Lawrence	25:37.79

### --2011 WOMEN'S TOP FIVE--

Athlete	School	Time
Megan O'Grady	Carroll	21:21.50
Mackenzie Weber	St. Norbert	21:41.67
Rachel Bowden	Monmouth	21:51.73
Sarah Burnell	Grinnell	21:55.90
Hannah Colter	Grinnell	22:02.58

Coach of the Year: Jason Fast, Lawrence

Coach of the Year: Evelyn Freeman, Grinnell





## USTFCCA NCAA Division III Regional Cross Country Rankings

as of 11/1/2011 9:55:20 AM

# 2011 Week #8, November 1

# MEN

### ATLANTIC Region

Current	School	Conference	Last Week
1	SUNY Geneseo	SUNYAC	2 ▲ 1
2	St. Lawrence	Liberty	1 ▼ 1
3	NYU	UAA	3
4	SUNY Cortland	SUNYAC	5 ▲ 1
5	Rochester	UAA	4 ▼ 1
6	TCNJ	NJAC	7 ▲ 1
7	Rowan	NJAC	6 ▼ 1
8	Vassar	Liberty	10 ▲ 2
9	Plattsburgh State	SUNYAC	9
10	RPI	Liberty	8 ▼ 2

### CENTRAL Region

Current	School	Conference	Last Week
1	Nebraska Wesleyan	GPAC	1
2	Hamline	MIAC	2
3	St. Olaf	MIAC	3
4	Loras	IIAC	4
5	Luther	IIAC	5
6	Saint John's (Minn.)	MIAC	6
7	Wartburg	IIAC	7
8	Bethel (Minn.)	MIAC	9 ▲ 1
9	Central (Iowa)	IIAC	10 ▲ 1
10	St. Thomas (Minn.)	MIAC	8 ▼ 2

### GREAT LAKES Region

Current	School	Conference	Last Week
1	Calvin	MIAA	1
2	Wabash	NCAC	2
3	Manchester	HCAC	4 ▲ 1
4	Hope	MIAA	6 ▲ 2
5	Albion	MIAA	3 ▼ 2
	Ohio Northern	OAC	8 ▲ 3
7	Case Western Reserve	UAA	7
8	Ohio Wesleyan	NCAC	5 ▼ 3
9	Mount Union	OAC	NR
10	John Carroll	OAC	9 ▼ 1

### MIDEAST Region

Current	School	Conference	Last Week
1	Haverford	Centennial	1
2	Dickinson	Centennial	2
3	Elizabethtown	MAC	3
4	Carnegie Mellon	UAA	6 ▲ 2
5	Allegheny	NCAC	5
6	Swarthmore	Centennial	8 ▲ 2
7	Johns Hopkins	Centennial	4 ▼ 3
8	Saint Vincent	PAC	7 ▼ 1
9	Messiah	MAC	9
10	Moravian	Landmark	10

### MIDWEST Region

Current	School	Conference	Last Week
1	North Central (Ill.)	CCIW	1
2	Washington (Mo.)	UAA	2
3	Wheaton (Ill.)	CCIW	3
4	UW-Oshkosh	WIAC	4
5	UW-La Crosse	WIAC	6 ▲ 1
6	Chicago	UAA	5 ▼ 1
7	UW-Platteville	WIAC	7
8	Augustana (Ill.)	CCIW	8
9	UW-Stevens Point	WIAC	9
10	UW-Eau Claire	WIAC	10

### NEW ENGLAND Region

Current	School	Conference	Last Week
1	Williams	NECASC	4 ▲ 3
2	Bates	NECASC	3 ▲ 1
3	Bowdoin	NECASC	6 ▲ 3
4	Middlebury	NECASC	1 ▼ 3
5	MIT	NEWMAC	2 ▼ 3
6	Tufts	NECASC	5 ▼ 1
7	Brandeis	UAA	7
8	Connecticut College	NECASC	8
9	Wesleyan (Conn.)	NECASC	9
	Southern Maine	LEC	NR

### SOUTH/SOUTHEAST Region

Current	School	Conference	Last Week
1	Emory	UAA	1
2	Centre	SCAC	2
3	UT Tyler	ASC	4 ▲ 1
4	Rhodes	SCAC	5 ▲ 1
5	Trinity (Texas)	SCAC	3 ▼ 2
6	Mary Washington	Capital	6
7	Christopher Newport	USA South	8 ▲ 1
8	Lynchburg	ODAC	7 ▼ 1
9	Guilford	ODAC	NR
10	Bridgewater (Va.)	ODAC	10

### WEST Region

Current	School	Conference	Last Week
1	Occidental	SCIAC	1
2	Whitworth	NWC	5 ▲ 3
3	Claremont-Mudd-Scripps	SCIAC	3
4	Willamette	NWC	4
5	Colorado College	SCAC	7 ▲ 2
6	Linfield	NWC	6
7	Lewis & Clark	NWC	8 ▲ 1
8	La Verne	SCIAC	10 ▲ 2
9	Pomona-Pitzer	SCIAC	2 ▼ 7
10	Pacific (Ore.)	NWC	NR



USTFCCA NCAA Division III Regional Cross Country Rankings

as of 11/1/2011 9:55:47 AM

## 2011 Week #8, November 1

## WOMEN

ATLANTIC Region			
Current	School	Conference	Last Week
1	SUNY Geneseo	SUNYAC	1
2	Rowan	NJAC	2
3	St. Lawrence	Liberty	3
4	Plattsburgh State	SUNYAC	4
5	NYU	UAA	5
6	TCNJ	NJAC	7 ▲ 1
7	SUNY Cortland	SUNYAC	6 ▼ 1
8	Ithaca	Empire 8	9 ▲ 1
9	Vassar	Liberty	8 ▼ 1
10	SUNY Oneonta	SUNYAC	10

CENTRAL Region			
Current	School	Conference	Last Week
1	Carleton	MIAC	3 ▲ 2
2	St. Olaf	MIAC	1 ▼ 1
3	Nebraska Wesleyan	GPAC	2 ▼ 1
4	Luther	IIAC	5 ▲ 1
5	Wartburg	IIAC	4 ▼ 1
6	Gustavus Adolphus	MIAC	8 ▲ 2
7	St. Thomas (Minn.)	MIAC	6 ▼ 1
8	St. Benedict	MIAC	7 ▼ 1
9	Loras	IIAC	NR
10	Grinnell	Midwest	9 ▼ 1

GREAT LAKES Region			
Current	School	Conference	Last Week
1	Calvin	MIAA	1
2	Hope	MIAA	4 ▲ 2
3	Ohio Northern	OAC	3
4	Oberlin	NCAC	2 ▼ 2
5	John Carroll	OAC	7 ▲ 2
6	Case Western Reserve	UAA	5 ▼ 1
7	Ohio Wesleyan	NCAC	NR
8	DePauw	NCAC	6 ▼ 2
9	Albion	MIAA	9
10	Wilmington (Ohio)	OAC	10

MIDEAST Region			
Current	School	Conference	Last Week
1	Johns Hopkins	Centennial	1
2	Haverford	Centennial	3 ▲ 1
3	Dickinson	Centennial	2 ▼ 1
4	Elizabethtown	MAC	4
5	Marywood	CSAC	7 ▲ 2
6	Muhlenberg	Centennial	5 ▼ 1
7	Carnegie Mellon	UAA	6 ▼ 1
8	Grove City	PAC	8
9	Moravian	Landmark	10 ▲ 1
10	Gettysburg	Centennial	NR

MIDWEST Region			
Current	School	Conference	Last Week
1	Washington (Mo.)	UAA	1
2	UW-Eau Claire	WIAC	2
3	North Central (Ill.)	CCIW	3
4	UW-Stevens Point	WIAC	6 ▲ 2
5	Illinois Wesleyan	CCIW	10 ▲ 5
6	UW-La Crosse	WIAC	5 ▼ 1
7	UW-Oshkosh	WIAC	8 ▲ 1
8	Chicago	UAA	4 ▼ 4
9	Monmouth (Ill.)	Midwest	NR
10	St. Norbert	Midwest	9 ▼ 1

NEW ENGLAND Region			
Current	School	Conference	Last Week
1	Williams	NESCAC	1
2	Middlebury	NESCAC	2
3	MIT	NEWMAC	3
4	Amherst	NESCAC	4
5	Tufts	NESCAC	5
6	Colby	NESCAC	6
7	Keene State	LEC	7
8	Bowdoin	NESCAC	8
9	Bates	NESCAC	10 ▲ 1
10	Wellesley	NEWMAC	NR
	Wesleyan (Conn.)	NESCAC	9 ▼ 1
	Brandeis	UAA	NR

SOUTH/SOUTHEAST Region			
Current	School	Conference	Last Week
1	Emory	UAA	1
2	Centre	SCAC	4 ▲ 2
3	Trinity (Texas)	SCAC	2 ▼ 1
4	Rhodes	SCAC	3 ▼ 1
5	Bridgewater (Va.)	ODAC	7 ▲ 2
6	Washington and Lee	ODAC	5 ▼ 1
7	Mary Washington	Capital	6 ▼ 1
8	Christopher Newport	USA South	8
9	Virginia Wesleyan	ODAC	9
10	Lynchburg	ODAC	NR

# MWC CROSS COUNTRY

NOVEMBER 1, 2011

Midwest Conference Cross Country Championships

Hosted by Ripon College

October 29th, 2011

===== MENS TEAM SCORE =====

===== 8k Race =====

1.	51	Lawrence University	(	25:53	2:09:23	1:20)
=====						
1	1	Sam Stevens		25:10		
2	5	Curran Carlile		25:38		
3	6	Kyle Dockery	FR	25:41		
4	19	Jamie Brisbois		26:24		
5	20	Sam Estrem		26:30		
6	( 24)	Tom Coben		26:43		
7	( 35)	Dan Thoresen		27:21		
2.	53	Grinnell College	(	25:58	2:09:47	1:20)
=====						
1	2	Ben Tyler		25:17		
2	3	Erik Figge		25:25		
3	11	Sam Krauth		26:09		
4	15	Frank Canady		26:19		
5	22	Harry Maher	FR	26:37		
6	( 25)	Nate Kakazu		26:46		
7	( 27)	Evan Griffith	FR	26:53		
3.	80	Monmouth College	(	26:20	2:11:38	1:14)
=====						
1	8	Jake Barr	JR	25:50		
2	10	Matt Gatlin	JR	26:03		
3	16	Paul Davies	JR	26:20		
4	17	Jon Welty	SR	26:21		
5	29	Nate Jones	JR	27:04		
6	( 33)	Derek Foley	FR	27:15		
7	( 34)	Joe Levita	SO	27:19		
4.	89	Carroll University	(	26:25	2:12:01	0:52)
=====						
1	9	Kevin Meyer		25:55		
2	13	Chris Pynenberg		26:18		
3	18	Chris Behling	JR	26:22		
4	23	Mitchell Penninger		26:39		
5	26	Joe Zambetti		26:47		
6	( 41)	Jon Bittorf	FR	27:40		
7	( 43)	Jose Gutierrez	SR	27:57		
5.	142	Knox College	(	27:01	2:15:01	2:29)
=====						
1	7	Kevin Box		25:46		
2	12	Gabe Moreno		26:10		
3	32	Sean Choate		27:14		
4	40	Jacob Buddell		27:36		
5	51	Tyler Buddell		28:15		
6	( 54)	Bobby Mueller		28:36		
7	( 60)	Matt Brongo		29:30		
6.	154	St. Norbert College	(	27:08	2:15:38	0:58)
=====						
1	21	Nathan Heppe	SO	26:35		
2	28	Brady Bemis	SO	26:56		

# MWC CROSS COUNTRY

NOVEMBER 1, 2011

3	31	Michael Heise	FR	27:12
4	36	Michael Linzmeier	SO	27:22
5	38	Benny Swift	SO	27:33
6	( 39)	Augie Yates	FR	27:34
7	( 42)	Hayden Hoffman	FR	27:49

7. 181 Ripon ( 27:42 2:18:27 3:54)

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1	4	AJ Thew		25:37
2	14	Cory Zimmerman		26:19
3	44	Rob Waters	FR	27:59
4	58	Derek Wallace		29:01
5	61	Eric Nehls		29:31
6	( 66)	Austin Oliver		30:33

8. 218 Lake Forest College ( 27:51 2:19:13 1:08)

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1	30	Chris Wiatr	JR	27:07
2	37	Kelsey Small	SR	27:33
3	49	Michael Simon	FR	28:08
4	50	Reggie Mills	FR	28:10
5	52	Pete Sullivan	SR	28:15
6	( 64)	TJ Deary	FR	30:24
7	( 65)	Thomas Beilke	SO	30:27

9. 260 Beloit College ( 28:26 2:22:06 1:03)

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1	45	Jason Busack	JR	27:59
2	47	Joseph Skurski	SO	28:01
3	53	Ethan Ley	SO	28:19
4	56	Quinn Crawford	JR	28:45
5	59	Matthew McKay	JR	29:02
6	( 62)	Aaron Joiner	SR	29:58
7	( 67)	Peter Seiss	SO	30:50

10. 269 Illinois College ( 28:45 2:23:42 2:04)

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1	46	Matt Nall	JR	28:01
2	48	Brad Bloemer	SR	28:03
3	55	Tim Southerland	FR	28:37
4	57	Josh Williams	SO	28:56
5	63	Mike Ruyle	SR	30:05
6	( 68)	Levi Haley	FR	31:33

Midwest Conference Cross Country Championships  
 Hosted by Ripon College  
 October 29th, 2011

Place	TmPl	Name	Year	School	Time	Pace
1	1	Sam Stevens		Lawrence University	25:09.11	5:04
2	2	Ben Tyler		Grinnell College	25:16.19	5:06
3	3	Erik Figge		Grinnell College	25:24.91	5:07
4	4	Aj Thew		Ripon	25:36.03	5:09
5	5	Curran Carlile		Lawrence University	25:37.79	5:10
6	6	Kyle Dockery	FR	Lawrence University	25:40.04	5:10
7	7	Kevin Box		Knox College	25:45.69	5:11
8	8	Jake Barr	JR	Monmouth College	25:49.86	5:12
9	9	Kevin Meyer		Carroll University	25:54.64	5:13
10	10	Matt Gatlin	JR	Monmouth College	26:02.01	5:15
11	11	Sam Krauth		Grinnell College	26:08.99	5:16
12	12	Gabe Moreno		Knox College	26:09.87	5:16
13	13	Chris Pynenberg		Carroll University	26:17.16	5:18
14	14	Cory Zimmerman		Ripon	26:18.27	5:18
15	15	Frank Canady		Grinnell College	26:18.63	5:18
16	16	Paul Davies	JR	Monmouth College	26:19.30	5:18
17	17	Jon Welty	SR	Monmouth College	26:20.13	5:18
18	18	Chris Behling	JR	Carroll University	26:21.77	5:19
19	19	Jamie Brisbois		Lawrence University	26:23.13	5:19
20	20	Sam Estrem		Lawrence University	26:29.27	5:20
21	21	Nathan Heppe	SO	St. Norbert College	26:34.41	5:21
22	22	Harry Maher	FR	Grinnell College	26:36.04	5:22
23	23	Mitchell Penninger		Carroll University	26:38.84	5:22
24	24	Tom Coben		Lawrence University	26:42.63	5:23
25	25	Nate Kakazu		Grinnell College	26:45.88	5:24
26	26	Joe Zambetti		Carroll University	26:46.97	5:24
27	27	Evan Griffith	FR	Grinnell College	26:52.28	5:25
28	28	Brady Bemis	SO	St. Norbert College	26:55.45	5:25
29		Zach Angel	FR	Grinnell College	27:03.63	5:27
30	29	Nate Jones	JR	Monmouth College	27:03.96	5:27
31	30	Chris Wiatr	JR	Lake Forest College	27:06.41	5:28
32	31	Michael Heise	FR	St. Norbert College	27:11.87	5:29
33	32	Sean Choate		Knox College	27:13.27	5:29
34	33	Derek Foley	FR	Monmouth College	27:14.61	5:29
35	34	Joe Levita	SO	Monmouth College	27:18.86	5:30
36	35	Dan Thoresen		Lawrence University	27:20.30	5:30
37	36	Michael Linzmeier	SO	St. Norbert College	27:21.95	5:31
38		Kyle Moorehead	FR	Grinnell College	27:21.99	5:31
39		Ian McCallum-Coo		Grinnell College	27:26.02	5:32
40	37	Kelsey Small	SR	Lake Forest College	27:32.74	5:33
41	38	Benny Swift	SO	St. Norbert College	27:32.74	5:33
42	39	Augie Yates	FR	St. Norbert College	27:33.11	5:33
43	40	Jacob Buddell		Knox College	27:35.09	5:33
44		Chris Gallo		Grinnell College	27:38.29	5:34
45	41	Jon Bittorf	FR	Carroll University	27:39.72	5:34
46	42	Hayden Hoffman	FR	St. Norbert College	27:48.73	5:36
47	43	Jose Gutierrez	SR	Carroll University	27:56.73	5:38
48	44	Rob Waters	FR	Ripon	27:58.13	5:38
49	45	Jason Busack	JR	Beloit College	27:58.84	5:38
50	46	Matt Nall	JR	Illinois College	28:00.53	5:39

Timing & Results by PrimeTime Race & Event Management, LLC. [www.pttiming.com](http://www.pttiming.com)

Midwest Conference Cross Country Championships  
 Hosted by Ripon College  
 October 29th, 2011

Mens 8k Overall

Place	TmPl	Name	Year	School	Time	Pace
51	47	Joseph Skurski	SO	Beloit College	28:00.61	5:39
52		Tyler Smiley		Grinnell College	28:02.18	5:39
53	48	Brad Bloemer	SR	Illinois College	28:02.27	5:39
54	49	Michael Simon	FR	Lake Forest College	28:07.53	5:40
55	50	Reggie Mills	FR	Lake Forest College	28:09.86	5:40
56		Dan Reid	JR	Monmouth College	28:11.56	5:41
57		Alexander Clemetso	FR	St. Norbert College	28:13.61	5:41
58	51	Tyler Buddell		Knox College	28:14.62	5:41
59	52	Pete Sullivan	SR	Lake Forest College	28:14.64	5:41
60		Ben Burt	JR	Grinnell College	28:16.61	5:42
61		Jack Menner		Grinnell College	28:16.62	5:42
62	53	Ethan Ley	SO	Beloit College	28:18.45	5:42
63		Garrett Daniel	SO	Monmouth College	28:22.07	5:43
64		Griffin Smith		Grinnell College	28:22.30	5:43
65		John Seng	SO	Grinnell College	28:25.71	5:44
66		Brian Daly	JR	Monmouth College	28:27.27	5:44
67		Justin Fote	FR	St. Norbert College	28:32.45	5:45
68		Pat Mangan	FR	Lawrence University	28:32.70	5:45
69	54	Bobby Mueller		Knox College	28:35.72	5:46
70	55	Tim Southerland	FR	Illinois College	28:36.30	5:46
71	56	Quinn Crawford	JR	Beloit College	28:44.58	5:47
72		Zach Fowler		Carroll University	28:48.84	5:48
73		Doug Anderson	FR	Grinnell College	28:51.73	5:49
74		Max Christensen	FR	Grinnell College	28:55.81	5:50
75	57	Josh Williams	SO	Illinois College	28:55.95	5:50
76		Jay Sparks		Carroll University	28:55.98	5:50
77	58	Derek Wallace		Ripon	29:00.17	5:51
78	59	Matthew McKay	JR	Beloit College	29:01.76	5:51
79		David Kelly	FR	St. Norbert College	29:02.63	5:51
80		Marcus Zeitz	SR	Grinnell College	29:19.21	5:54
81		Colin McCallum-Coo	SR	Grinnell College	29:19.46	5:54
82		Robbie Menner		Grinnell College	29:21.47	5:55
83		Jacob Schneider	SO	St. Norbert College	29:26.43	5:56
84	60	Matt Brongo		Knox College	29:29.57	5:56
85		Ryan Frank		Knox College	29:30.00	5:57
86	61	Eric Nehls		Ripon	29:30.84	5:57
87		Max Potthoff		Knox College	29:50.63	6:01
88	62	Aaron Joiner	SR	Beloit College	29:57.09	6:02
89		Ryan Arndt	FR	Monmouth College	29:57.31	6:02
90		Tom Thorsett		Knox College	30:00.61	6:03
91	63	Mike Ruyle	SR	Illinois College	30:04.50	6:04
92		Jordan Bell-Master	SR	Grinnell College	30:05.54	6:04
93	64	Tj Deary	FR	Lake Forest College	30:23.42	6:07
94	65	Thomas Beilke	SO	Lake Forest College	30:26.66	6:08
95	66	Austin Oliver		Ripon	30:32.07	6:09
96		Ryan Courtney	FR	Grinnell College	30:32.99	6:09
97		Dan Carlson	SO	Monmouth College	30:47.08	6:12
98		Luke Frommelt	FR	St. Norbert College	30:47.98	6:12
99	67	Peter Seiss	SO	Beloit College	30:49.11	6:12
100		Alexander Keesey	FR	Beloit College	30:53.99	6:13

Timing & Results by PrimeTime Race & Event Management, LLC. [www.pttiming.com](http://www.pttiming.com)

Midwest Conference Cross Country Championships  
Hosted by Ripon College  
October 29th, 2011

Mens 8k Overall

Place	TmPl	Name	Year	School	Time	Pace
101		Tom Foley	FR	Grinnell College	30:54.57	6:14
102		Kevin Fitzgerald		Lawrence University	30:57.76	6:14
103		Mike McHugh	SR	Grinnell College	30:58.23	6:14
104		Stephen Heinz	JR	Beloit College	31:11.13	6:17
105		Mike Mangian		Lawrence University	31:32.54	6:21
106	68	Levi Haley	FR	Illinois College	31:32.56	6:21
107		Turner Smith	JR	Beloit College	31:39.72	6:23
108		Ken Henry		Lawrence University	32:38.91	6:35
109		Nick Conway	FR	Grinnell College	33:01.65	6:39
110		Jan Rondina		Knox College	33:01.89	6:39
111		Stefano De La Cues	JR	Lake Forest College	33:05.08	6:40
112		Mark Hackett		Carroll University	33:15.51	6:42
113		Steven White	SR	Beloit College	33:30.48	6:45
114		Daniel Gonzales	SO	Beloit College	33:45.98	6:48
115		Ian Malone		Knox College	34:06.08	6:52
116		Yipeng Hu	SO	Lake Forest College	34:06.58	6:52
117		Philip Bennett		Knox College	36:16.00	7:18
118		Arthur Fretheim	SO	Grinnell College	37:11.12	7:29

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# MWC CROSS COUNTRY

NOVEMBER 1, 2011

Midwest Conference Cross Country Championships

Hosted by Ripon College

October 29th, 2011

===== WOMENS TEAM SCORE =====

===== 6k Race =====

1.	50	Grinnell College	(	22:25	1:52:03	1:05)
=====						
1	4	Sarah Burnell			21:56	
2	5	Hannah Colter			22:03	
3	7	Stephanie Rouse	JR		22:15	
4	14	Meg Rudy	SO		22:48	
5	20	Cassidy White			23:01	
6	( 21)	Diana Seer	FR		23:15	
7	( 23)	Metzere Bierlein			23:22	
2.	54	Monmouth College	(	22:31	1:52:34	1:04)
=====						
1	3	Rachel Bowden	JR		21:52	
2	10	Tori Beaty	JR		22:29	
3	11	Brittney Frazier	JR		22:33	
4	13	Marlee Lane	JR		22:44	
5	17	Alyssa Edwards	SO		22:56	
6	( 28)	Kyra Kimber	FR		23:56	
7	( 46)	Kenzie Payton	SO		25:33	
3.	60	St. Norbert College	(	22:35	1:52:52	1:14)
=====						
1	2	Mackenzie Weber	SO		21:42	
2	9	Emily Schudrowitz	SR		22:27	
3	15	Elvia Martinez	SO		22:52	
4	16	Kelsey Timm	SR		22:55	
5	18	Emily Erickson	SO		22:56	
6	( 19)	Erin McShea	JR		23:00	
7	( 24)	Hannah Andrekus	SO		23:25	
4.	99	Carroll University	(	23:13	1:56:04	3:00)
=====						
1	1	Megan O'Grady	SR		21:22	
2	8	Eden Frazier			22:23	
3	27	Ana Breit	FR		23:54	
4	29	Alicia Limberg	FR		24:03	
5	34	Maddie Simon	FR		24:22	
6	( 37)	Meghan Gannon			24:42	
7	( 38)	Erika Garcia	FR		24:43	
5.	166	Lawrence University	(	24:25	2:02:03	3:11)
=====						
1	12	Emily Muhs			22:33	
2	30	Rosie Graber			24:08	
3	36	Anna Ratliff			24:38	
4	41	Maggie Mahaffa			25:00	
5	47	Cathy Kaye			25:44	
6	( 56)	Kassidy Rinehart	FR		26:30	
7	( 57)	Kelsey Steffens			26:34	
6.	168	Beloit College	(	24:23	2:01:55	2:08)
=====						
1	22	Karen Jones			23:21	
2	26	Lauren Hall	SR		23:39	

# MWC CROSS COUNTRY

NOVEMBER 1, 2011

3	31	Geneva Schulz-Welo	JR	24:09
4	44	Sara DeLong	FR	25:17
5	45	Margaret Cress	FR	25:29
6	( 54)	Anna Wenzel	FR	26:24
7	( 66)	Elizabeth Peckham	SR	28:17

7. 169 Ripon ( 24:28 2:02:18 5:10)

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1	6	Michelle Matter		22:09
2	25	Grace Winter		23:26
3	33	Katie Williams		24:19
4	42	Nikki Weichbrod		25:05
5	63	Samantha Younglove		27:19
6	( 64)	Sydney Shemanski		27:28
7	( 67)	Amy Lindsey	FR	31:03

8. 224 Lake Forest College ( 25:31 2:07:32 1:46)

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1	35	Amanda Glasgow	SR	24:23
2	39	Viktoria Baldacci	SO	24:55
3	49	Katie Waskom	FR	26:02
4	50	Jordan Hartness	FR	26:03
5	51	Kayla Ahlstrand	SR	26:09
6	( 60)	Catlin Shetterley	FR	26:50
7	( 65)	Hilary Wind	SO	28:00

9. 254 Knox College ( 26:00 2:09:59 2:24)

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1	32	Emma Swanson		24:14
2	52	Brenna DeGan		26:10
3	53	Yael Cody		26:21
4	58	Jade Ivy		26:36
5	59	Esmeralda Alvarez		26:38
6	( 61)	Sara Stavile		27:01
7	( 62)	Laura Mills		27:17

10. 254 Illinois College ( 26:45 2:13:45 6:12)

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1	40	Emma Hudspath	JR	24:57
2	43	Ana Flores	FR	25:14
3	48	Julia Wykoff	JR	25:59
4	55	Kayla Kolis	FR	26:26
5	68	Lauren Reece	SR	31:09

Midwest Conference Cross Country Championships  
 Hosted by Ripon College  
 October 29th, 2011

Womens 6k Race						
Place	TmPl	Name	Year	School	Time	Pace
1	1	Megan O'Grady	SR	Carroll University	21:21.50	5:44
2	2	Mackenzie Weber	SO	St. Norbert College	21:41.67	5:50
3	3	Rachel Bowden	JR	Monmouth College	21:51.73	5:52
4	4	Sarah Burnell		Grinnell College	21:55.90	5:53
5	5	Hannah Colter		Grinnell College	22:02.58	5:55
6	6	Michelle Matter		Ripon	22:08.81	5:57
7	7	Stephanie Rouse	JR	Grinnell College	22:14.85	5:59
8	8	Eden Frazier		Carroll University	22:22.52	6:01
9	9	Emily Schudrowitz	SR	St. Norbert College	22:26.59	6:02
10	10	Tori Beaty	JR	Monmouth College	22:28.87	6:02
11	11	Brittney Frazier	JR	Monmouth College	22:32.40	6:03
12	12	Emily Muhs		Lawrence University	22:32.97	6:03
13	13	Marlee Lane	JR	Monmouth College	22:43.19	6:06
14	14	Meg Rudy	SO	Grinnell College	22:47.37	6:07
15	15	Elvia Martinez	SO	St. Norbert College	22:51.96	6:08
16	16	Kelsey Timm	SR	St. Norbert College	22:54.70	6:09
17	17	Alyssa Edwards	SO	Monmouth College	22:55.05	6:09
18	18	Emily Erickson	SO	St. Norbert College	22:55.32	6:09
19	19	Erin McShea	JR	St. Norbert College	22:59.45	6:10
20	20	Cassidy White		Grinnell College	23:00.80	6:11
21	21	Diana Seer	FR	Grinnell College	23:14.78	6:15
22	22	Karen Jones		Beloit College	23:20.20	6:16
23	23	Metzere Bierlein		Grinnell College	23:21.63	6:16
24	24	Hannah Andrekus	SO	St. Norbert College	23:24.59	6:17
25	25	Grace Winter		Ripon	23:25.93	6:18
26		Sara Hasenjager	SO	St. Norbert College	23:30.94	6:19
27		Kate Edeker	SR	Grinnell College	23:36.38	6:20
28	26	Lauren Hall	SR	Beloit College	23:38.11	6:21
29		Catherine Bisignan		Grinnell College	23:49.75	6:24
30	27	Ana Breit	FR	Carroll University	23:53.73	6:25
31	28	Kyra Kimber	FR	Monmouth College	23:55.06	6:25
32	29	Alicia Limberg	FR	Carroll University	24:02.15	6:27
33		Lauren Janes	FR	St. Norbert College	24:04.27	6:28
34	30	Rosie Graber		Lawrence University	24:07.15	6:29
35	31	Geneva Schulz-Welo	JR	Beloit College	24:08.90	6:29
36	32	Emma Swanson		Knox College	24:13.07	6:30
37		Olivia Horan		Grinnell College	24:15.71	6:31
38	33	Katie Williams		Ripon	24:18.02	6:32
39		Sachi Graber		Grinnell College	24:21.12	6:32
40	34	Maddie Simon	FR	Carroll University	24:21.72	6:33
41	35	Amanda Glasgow	SR	Lake Forest College	24:22.65	6:33
42		Liz Hietpas	SO	St. Norbert College	24:29.77	6:35
43		Shelby Wiist	FR	St. Norbert College	24:30.79	6:35
44	36	Anna Ratliff		Lawrence University	24:37.85	6:37
45	37	Meghan Gannon		Carroll University	24:41.94	6:38
46	38	Erika Garcia	FR	Carroll University	24:42.41	6:38
47		Daria Brosius	FR	Grinnell College	24:52.51	6:41
48	39	Viktoria Baldacci	SO	Lake Forest College	24:54.24	6:41
49	40	Emma Hudspath	JR	Illinois College	24:56.43	6:42
50		Steph Hietpas	SO	St. Norbert College	24:57.97	6:42

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Midwest Conference Cross Country Championships  
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 October 29th, 2011

Womens 6k Race

Place	TmPl	Name	Year	School	Time	Pace
51	41	Maggie Mahaffa		Lawrence University	24:59.83	6:43
52		Jennifer Dysart	FR	Grinnell College	25:04.65	6:44
53	42	Nikki Weichbrod		Ripon	25:04.80	6:44
54		Meghan Valentine	FR	St. Norbert College	25:08.45	6:45
55		Amanda Whipple	JR	St. Norbert College	25:12.68	6:46
56	43	Ana Flores	FR	Illinois College	25:13.56	6:46
57		Metea Voyce	FR	Grinnell College	25:13.61	6:46
58	44	Sara Delong	FR	Beloit College	25:16.41	6:47
59		Paige De La Vega	FR	St. Norbert College	25:27.51	6:50
60	45	Margaret Cress	FR	Beloit College	25:28.72	6:51
61		Lauren Emory	SO	Grinnell College	25:30.85	6:51
62		Jacqui Vautin		Grinnell College	25:31.01	6:51
63	46	Kenzie Payton	SO	Monmouth College	25:32.59	6:52
64		Julia Krezanar		Grinnell College	25:34.65	6:52
65		Kaylee Beck	JR	St. Norbert College	25:36.08	6:53
66	47	Cathy Kaye		Lawrence University	25:43.38	6:54
67		Elana Gartner		Grinnell College	25:47.97	6:56
68		Bryn Saunders		Carroll University	25:49.21	6:56
69		Erika Quinn	JR	St. Norbert College	25:57.78	6:58
70		Nicole Hertel		Carroll University	25:58.30	6:58
71	48	Julia Wykoff	JR	Illinois College	25:58.37	6:58
72	49	Katie Waskom	FR	Lake Forest College	26:01.23	6:59
73		Melissa Menne	SR	St. Norbert College	26:01.61	6:59
74	50	Jordan Hartness	FR	Lake Forest College	26:02.73	7:00
75		Gina Haro	FR	Grinnell College	26:05.01	7:00
76		Diane Meisles		Grinnell College	26:08.05	7:01
77		Carmen Nelson	FR	Grinnell College	26:08.43	7:01
78	51	Kayla Ahlstrand	SR	Lake Forest College	26:08.88	7:01
79	52	Brenna Degan		Knox College	26:09.94	7:02
80		Caroline Froh	FR	Grinnell College	26:10.64	7:02
81	53	Yael Cody		Knox College	26:20.91	7:05
82	54	Anna Wenzel	FR	Beloit College	26:23.48	7:05
83	55	Kayla Kolis	FR	Illinois College	26:25.49	7:06
84	56	Kassidy Rinehart	FR	Lawrence University	26:29.76	7:07
85	57	Kelsey Steffens		Lawrence University	26:33.33	7:08
86	58	Jade Ivy		Knox College	26:35.01	7:08
87		Jacci Cuff		Lawrence University	26:36.12	7:09
88	59	Esmeralda Alvarez		Knox College	26:37.24	7:09
89		Ally Morrow	FR	Carroll University	26:41.96	7:10
90	60	Catlin Shetterley	FR	Lake Forest College	26:49.07	7:12
91		Rachel Young		Lawrence University	26:52.41	7:13
92		Katherine Dannecke		Lawrence University	26:53.82	7:13
93	61	Sara Stavile		Knox College	27:00.67	7:15
94		Amanda Dwyer		Lawrence University	27:14.92	7:19
95	62	Laura Mills		Knox College	27:16.21	7:19
96	63	Samantha Younglove		Ripon	27:18.25	7:20
97	64	Sydney Shemanski		Ripon	27:27.32	7:22
98		Zoey Kudla		Knox College	27:32.58	7:24
99		Stephanie Brown		Carroll University	27:38.49	7:25
100		Jenny Linder		Knox College	27:41.03	7:26

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Midwest Conference Cross Country Championships  
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Womens 6k Race

Place	TmPl	Name	Year	School	Time	Pace
101		Carli Bogolub		Knox College	27:46.83	7:28
102		Kendall Sax-Steven		Knox College	27:51.55	7:29
103		Katie Harlan		Carroll University	27:54.37	7:30
104	65	Hilary Wind	SO	Lake Forest College	27:59.69	7:31
105		Amelia Sancilio		Lawrence University	28:02.49	7:32
106		Rose Twagirumkiza	FR	Lake Forest College	28:13.51	7:35
107	66	Elizabeth Peckham	SR	Beloit College	28:16.24	7:35
108		Jolyne Piet	FR	Grinnell College	28:21.30	7:37
109		Colleen Hosman	SO	Lake Forest College	28:25.10	7:38
110		Bree Catarozoli		Carroll University	28:29.98	7:39
111		Marty Allen		Lawrence University	28:54.18	7:46
112		Tory Kassabaum		Knox College	30:07.63	8:05
113		Emily Neigel	SR	Beloit College	30:08.86	8:06
114		Catherine Sittig		Grinnell College	30:38.75	8:14
115		Huong Bui		Knox College	30:49.94	8:17
116	67	Amy Lindsey	FR	Ripon	31:02.50	8:20
117	68	Lauren Reece	SR	Illinois College	31:08.38	8:22
118		Karly Clippinger	FR	Beloit College	31:20.88	8:25
119		Anna Dvorak		Knox College	31:55.82	8:34
120		Molly Noyed	JR	Beloit College	32:01.31	8:36
121		Aleksandra Petrovi	SO	Lake Forest College	32:23.73	8:42
122		Sarah George		Carroll University	32:28.72	8:43
123		Savannah Vogel		Lawrence University	32:57.56	8:51
124		Melissa Fiegel	JR	Beloit College	34:39.68	9:18
125		Katherine Finman	JR	Beloit College	35:04.41	9:25
126		Betsy Wynne	JR	Beloit College	37:03.83	9:57

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