



## ATHLETIC MEDIA RELATIONS

Campus Box 4060  
 www.emporia.edu/athletics

### ESU 2007 Cross Country Schedule

Date	Meet	Location	Time
Sept. 1	Bob Timmons Inv.	Lawrence, Kan.	9:00 a.m.
Sept. 15	MSSU Stampede	Joplin, Mo.	9:00 a.m.
<b>Sept. 28</b>	<b>ESU Jock's Nitch Inv.</b>	<b>Emporia</b>	<b>5:00 p.m.</b>
Oct. 6	Border States Inv.	Edwardsville, Ill.	9:00 a.m.
Oct. 20	MIAA Championships	Kirksville, Mo.	10:00 a.m.
Nov. 3	NCAA Regional	Joplin, Mo.	10:00 a.m.
Nov. 17	NCAA Championships	Joplin, Mo.	10:30 a.m.

### ESU Team Results in 2006

	Men	Women
Baker/Maple Leaf Invitational	2nd	6th
Nebraska/Woody Greeno Invitational	10th	NTS
ESU/Jock's Nitch Invitational	2nd	5th
SIUE/Border States Invitational	12th	17th
BCCC/Ollie Isom Invitational	DNR	5th
MIAA Championships	8th	6th
NCAA South Central Regional	10th	17th

### ESU Women Top Individual Returners Times in 2006

#### 6K (3.7 miles)

1 Jonel Rossbach .....NCAA Champ 20:49.8

#### 5K (3.1 miles)

3 Jonel Rossbach .....Jock's Nitch 18:05.00

#### 3200m (2 miles)

6 Jonel Rossbach .....Maple Leaf 12:10.01

### ESU Men Top Individual Returners Times in 2006

#### 5K (3.1 miles)

6 Skyler Delmott .....Maple Leaf 16:06.06

9 Marcus Summers .....Maple Leaf 16:26.81

12 Brock Ternes .....Maple Leaf 16:33.15

18 Shea Camien .....Maple Leaf 16:54.69

37 Michael Stephens .....Maple Leaf 17:29.35

#### 8K (4.8 miles)

19 Skyler Delmott .....MIAA 25:36.75

12 Marcus Summers.....Jock's Nitch 25:55.00

13 Brock Ternes .....Jock's Nitch 26:04.00

34 Michael Stephens .....MIAA 26:16.19

55 Shea Camien .....MIAA 27:07.37

#### 10K (6.2 miles)

28 Skyler Delmott .....NCAA Region 33:24.7

44 Shea Camien .....NCAA Region 34:19.0

49 Michael Stephens .....NCAA Region 34:29.8

52 Brock Ternes .....NCAA Region 34:47.1

80 Marcus Summers.....NCAA Region 35:53.7

### Media Contacts

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**INTERVIEW POLICY:** ESU cross country practices at approximately 3 p.m. Monday-Friday and are open. Please contact Don Weast to ensure an interview.

### ESU Cross Country

#### at Bob Timmons/KU Invitational

Rim Rock Farm • Lawrence, Kan.

Saturday, September 1, 2007 • 9:00 a.m.

UP NEXT: at MSSU Stampede • September 15, 2007 • 9:00 a.m.

Joplin, Mo. • MSSU Cross Country Course

### OPEN SEASON

Emporia State will open the 2007 season at the Bob Timmons Invitational at KU's Rim Rock Farm north of Lawrence, Kan. ESU will join 13 other schools at the historic course.

### THE COACH

**Dave Harris** is in his 16th season as the head coach of the track and field and cross country programs at Emporia State. He was first non-Division I President in the history of the United States Track & Field/Cross Country Coaches Association (USTFCCCA). ESU has hosted the Division II National Track & Field Championships three times and the Cross Country Championships once under his leadership.

He is an 11-time MIAA Coach of the Year. The Hornets have established themselves as a nationally prominent NCAA Division II power as 158 times his athletes have earned All-American honors, including 14 NCAA II individual championships since 1995. He was named the 2001 NCAA Division II Women's Outdoor Track Coach of the Year.

Harris was a four-year letterman at Truman in cross country and track and field and captained the track team for two years.

After college, Harris joined the elite section of the St. Louis Track Club sponsored by adidas. From 1979-81 he ran seven marathons with a personal best of 2:19.54 in New Orleans. At the 1979 Boston Marathon, he qualified for the 1980 US Olympic Trials with a time of 2:20.46.

### SCOUTING THE MEET

The Bob Timmons Invitational will feature 14 schools this year. The women's 6K will start at 9:00 a.m. with the men's 8K scheduled to begin at 10:00 a.m. ESU will be joined by NCAA Division II schools Hillsdale College, Mo.-Rolla, Pittsburg State and Wayne State (Mich.). The Wayne State men are ranked #10 in the USTFCCCA National Poll while Pitt State is ranked #16 for the women. The host Jayhawks will be joined by Division I schools Oral Roberts and UMKC. Junior colleges Allen County CC, Butler County CC and Garden City CC along with NAIA members Friends and Haskell Indian Nations round out the men's field. NCAA Division III Grinnel College will be sending their women's team.

### JONEL'S JAUNTS

All-American **Jonel Rossbach** (Sr./Omaha, Neb.) is back for her senior campaign. She earned All-American honors in cross country, indoor and outdoor track last year, becoming just the third ESU women's athlete to pull the trifecta. She was 17th in the NCAA Division II Cross Country Championships last season. She was the top runner for ESU in every meet she competed in last season with four top ten finishes. Last year she joined Kadre Kelve and Tara Hudspeth as individual MIAA Cross Country Champions for the Hornets. Her time of 21:28.99 was nearly 21 seconds faster than the second place finisher. She was third at the Jock's Nitch Invitational in the sixth fastest time on the Jones Park Course. Rossbach was 16th overall and was the second Division II finisher at the Woody Greeno Invitational. She holds the ESU record in the indoor 1500m and is ranked third in the 1500m and 800m outdoors. She is also ranked second in the 5000m and fourth in the 3000m outdoors at ESU. She was the high point scorer at the MIAA Outdoor Championships and was second in the individual scoring at the MIAA Indoors last year.

### THE SKY'S THE LIMIT

**Skyler Delmott** (So./Emporia, Kan.) was the top finisher for the ESU men in every race last season. He was 28th at the NCAA South Central Regional. He placed 19th at the MIAA Championships and was the fourth freshman to finish the race. He was sixth at the Maple Leaf Invitational and eighth at the Jock's Nitch Invitational. The 2005 KSHSAA Class 5A state champion for Emporia HS, Delmott has three of ESU's fastest times at eight kilometers this season. His top time at 8K is 25:36.75 at the MIAA Championships.

### IS HE A WELL-MAN?

**Eric Wellman** (Sr./Emporia, Kan.) is one of the top middle distance runners in the nation when healthy. He only ran in three outdoor meets last spring, anchoring ESU to a sixth place finish in the 4-mile relay at the KU Relays. He competed at the 2007 NCAA D-II Indoor Championships in the mile and the 2006 NCAA D-II Outdoor Championships in the 1500m placing 13th and 12th respectively. He was second in the mile and 5000m at the 2007 MIAA Indoor Championships.

Donald Weast, Assistant Athletic Director for Media Relations

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### **SHEA DAY**

**Shea Camien** (So./Emporia, Kan.) was a scorer for ESU in every meet last season. He was the Hornets second runner at the NCAA Regional last year, finishing 44th on the 10K course. He was seventh in the MIAA 1500m outdoors last track season.

### **AS THE BROCK TURNS**

**Brock Ternes** (Jr./Emporia, Kan.) was the Hornets third runner in four races last year, including the MIAA Championships. His top time at eight kilometers is 26:04.00 at the Jock's Nitch Invitational. He was eighth in the 10,000m run at the 2007 MIAA Outdoor Track & Field Championships.

### **EVEN STEPHENS**

**Michael Stephens** (Jr./Lee's Summit, Mo.) came on strong at the end of last season, finishing as the second runner for ESU at two of the last three meets including the MIAA Championships. He was fourth runner for ESU's fifth place team at the 2004 South Central Regional Championships.

### **SUMMERS TIME**

**Marcus Summers** (Jr./Fairview, Kan.) ran second for ESU in three meets last season. He was ninth at the Maple Leaf Invitational and finished 12th at the Jock's Nitch Invitational. He had a season's best of 25:55.00 at eight kilometers.

### **NEWCOMERS**

Six freshmen will join defending MIAA Champion Jonel Rossbach on the seven person ESU women's team. The men's team returns six runners, but will also welcome in six freshmen. **Sloane Kern** (Fr./Great Bend, Kan.) was the 2006 Kansas Class 5A State Cross Country Champion and also won the state championship in the 1600m last May.

### **UP NEXT**

The Hornets will make the first of hopefully three trips to Joplin, Mo. on September 15 to take part in the Missouri Southern Stampede. MSSU will also play host to the NCAA Division II South Central Regional and NCAA Division II National Championships in November.

#### **USTFCCCA NCAA Division II Men's National Top 25**

1. Abilene Christian
2. Adams State
3. Western State
4. Grand Valley State
5. Chico State
6. Stonehill
7. Colorado Mines
8. Harding
9. Minnesota State
10. Wayne State
11. Slippery Rock
12. Saginaw Valley
13. Massachusetts-Lowell
14. Augustana
15. Metropolitan State
16. Edinboro
17. **Missouri Southern State**
18. Lock Haven
19. Northern Kentucky
20. Southern Indiana
21. **Central Missouri**
22. Western Washington
23. Southern Connecticut
24. Florida Southern
25. Alaska Anchorage

#### **USTFCCCA NCAA Division II Women's National Top 25**

1. Adams State
2. Harding
3. Western State
4. Grand Valley State
5. Seattle Pacific
6. Augustana
7. Cal State Los Angeles
8. Edinboro
9. Chico State
10. Wisconsin Parkside
11. Colorado Springs
12. *Abilene Christian*
13. Kutztown
14. UC San Diego
15. Slippery Rock
16. **Pittsburg State**
17. North Dakota
18. Alabama Huntsville
19. Findley
20. Tampa
21. Southern Indiana
22. Bloomsburg
23. Stonehill
24. **Missouri Southern**
25. **Central Missouri**

#### **USTFCCCA NCAA Division II South Central Regional Polls**

##### **Women**

1. Abilene Christian
2. **Pittsburg St.**
3. **Missouri Southern State**
4. **Central Missouri**
5. **Southwest Baptist**
6. Central Oklahoma
7. **Fort Hays St.**
8. Angelo State
9. **Northwest Missouri State**
10. West Texas A & M

##### **Men**

1. Abilene Christian
2. **Missouri Southern State**
3. **Central Missouri**
4. **Fort Hays St.**
5. East Central
6. **Southwest Baptist**
7. **Pittsburg St.**
8. **Northwest Missouri State**
9. **Truman**
10. Tarleton State