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ATHLETIC MEDIA RELATIONS

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ESU 2008 Cross Country Schedule		
Date Meet	Location	Time
9/6	Maple Leaf Inv. Baldwin, Kan.	10 am
9/12	Mule Run Warrensburg, Mo.	5 pm
9/20	Greeno Inv. Lincoln, Neb.	10 am
10/3	Jock's Nitch Inv. Emporia	5 pm
10/11	Border States Edwardsville, Ill.	9 am
10/25	MIAA Champ. Warrensburg, Mo.	10 am
11/8	NCAA Regional San Antonio, Texas	9:30 am
11/22	NCAA Champ. Slippery Rock, Pa.	10:30 am

ESU Cross Country
 at the MIAA Championships
 Keth Memorial Golf Course/Pertle Springs
 hosted by Central Missouri
 Saturday, October 25, 2008 • Warrensburg, Mo.
 Men's 8K at 10:30 a.m./Women's 6K at 11:30 a.m..
 UP NEXT: NCAA South Central Regional • November 8, 2008
 9:30 a.m. • San Antonio, Texas

ESU Team Results in 2008		
	Men	Women
Maple Leaf Inv.	1st	3rd
Mule Run	4th	6th
Greeno Inv.	6th	14th
Jock's Nitch Inv.	1st	3rd
Border States Inv.	6th	11th

HOME COOKING

Emporia State begins the championship portion of the schedule as they travel to Warrensburg, Mo. for the MIAA Championships meet. The competition begins with the men's 8K at 10:30 a.m. followed by the women's 6K at 11:30 a.m.

MONA LISA

Katie Mona (Fr./Lenexa, Kan.) has emerged as the top runner for the ESU women. She earned MIAA Athlete of the Week honors after placing second at the Mule Run.

ESU Men Top Individual Times in 2008		
8K (4.8 miles)		
2 Skyler Delmott	Jock's Nitch	25:09.0
5 Adam McGovern	Jock's Nitch	26:15.0
7 William Hohmeier	Jock's Nitch	26:23.0
9 Sloan Kern	Jock's Nitch	26:33.0
11 Asher Delmott	Jock's Nitch	26:45.0
13 Michael Stephens	Jock's Nitch	26:52.0
14 Cody Burns	Jock's Nitch	26:55.0
57 Marcus Summers	Woody Greeno	27:11.0

THE COACH

Dave Harris is in his 17th season as the head coach of the track and field and cross country programs at Emporia State. He is an 11-time MIAA Coach of the Year. Under his guidance, the Hornets have established themselves as a nationally prominent NCAA Division II power in both track and cross country as 167 times his athletes have earned All-American honors, including 15 NCAA II individual championships since 1995. He was named the 2001 NCAA Division II Women's Outdoor Track Coach of the Year by the United States Track Coaches Association.

SCOUTING THE MEET

Three of the men's teams and two of the women's teams are nationally ranked this week. The Missouri Southern men are #15 in the USTFCCCA Poll and are the second ranked team in the region behind #2 Abilene Christian. Pittsburg State is #17 and Southwest Baptist is #23 to round out the men's teams. The MSSU women are #9 nationally and are the top ranked team in the region. The PSU women are #25 nationally.

ESU Women Top Times in 2008		
5K (3.1 miles)		
1 Katie Mona	Jock's Nitch	18:13.0
12 Morgan Frehe	Jock's Nitch	19:22.0
20 Kathryn Davison	Jock's Nitch	19:51.0
24 Tiffany Baum	Jock's Nitch	20:11.0
30 Christy Weller	Jock's Nitch	20:31.0
46 Kylie Bookout	Jock's Nitch	21:12.0
47 Chelsea Clanton	Jock's Nitch	21:14.0
57 Laura Mahley	Jock's Nitch	21:46.0
6K (3.7 miles)		
50 Katie Mona	Woody Greeno	24:08.5
80 Morgan Frehe	Woody Greeno	24:47.8
109 Tiffany Baum	Woody Greeno	25:26.7
151 Kathryn Davison	Woody Greeno	26:34.3
170 Kylie Bookout	Woody Greeno	27:10.7

THE SKY'S THE LIMIT

Skyler Delmott (Jr./Emporia, Kan.) has led ESU in every race he has competed in for the Hornets. He has top 15 overall places in his last eight races with two individual championships in that time. He is a two-time MIAA Cross Country Runner of the Week this year. He earned All-MIAA honors last season with his seventh place finish.

LAST YEAR'S MEET

Jonel Rossbach became the ninth woman to win two MIAA individual cross country championships. Skyler Delmott earned All-MIAA honors with his seventh place finish to lead the ESU men to a fourth place finish in the team standings. Sloan Kern was named MIAA Freshman of the Year with a 19th place finish.

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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.

UP NEXT

ESU will travel to San Antonio, Texas for the NCAA D-II South Central Regional Championships. The MIAA will be joined by the Lone Star and Heartland Conferences at the meet.

Donald Weast, Assistant Athletic Director for Media Relations

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ESU Cross Country
at the MIAA Championships
Warrensburg, Mo.
Oct. 25, 2008

SUMMERS TIME

Marcus Summers (Sr./Fairview, Kan.) was ESU's number two runner in the first three meets of the season. He did not compete at the Border States Invitational due to an illness. He had a top 20 finish at the Mule Run and placed sixth overall at the Maple Leaf Invitational. He placed 43rd at last year's MIAA Championships.

ASHES TO ASHES

Asher Delmott (Fr./Emporia, Kan.) has emerged as a top three runner for ESU as a freshman. He was ESU's top finisher at the Border States Invitational and placed 11th at the Jock's Nitch Invitational.

THE COLONEL

Sloane Kern (So./Great Bend, Kan.) has been in the top five ESU runners in every meet he has raced in this season. He did not compete at the Mule Run. He was ESU's third runner at the Border States Invitational. He was the 2007 MIAA Freshman of the Year after placing 19th at the conference championships last year. He was the 2006 Kansas Class 5A State Cross Country Champion.

EVEN STEPHENS

Michael Stephens (Sr./Lee's Summit, Mo.) is the most experienced of ESU's men's team. He has been at his best in the post season. He placed 35th last year at the MIAA Championships. He was the Hornets fourth runner at the 2007 South Central Regional Championships and was ESU's second runner at the 2006 MIAA Championships. He was fourth runner for ESU's fifth place team at the 2004 South Central Regional Championships. This will be his final MIAA event as he has used up his track eligibility.

MR. BURNS

Cody Burns (So./Eudora, Kan.) was ESU's sixth runner at the Border States Invitational. He was 14th at the Jock's Nitch Invitational in Emporia. He was 48th at last year's MIAA Championships.

BILLY DON'T BE A HERO

William Hohmeier (Fr./St. Louis, Mo.) has been a top five runner for the Hornets in every meet this year. He placed seventh at the Jock's Nitch Invitational. His was eighth at the Maple Leaf Invitational this season. Last year he placed 38th at the MIAA Championships.

ADAM'S RIB

Adam McGovern (Fr./Lee's Summit, Mo.) has been in the scoring for ESU in every meet this season, highlighted by a fifth place finish at the Jock's Nitch Invitational. He redshirted last season as a freshman for the Hornets.

USTFCCCA NCAA Division II Men's National Top 25

School

1. Adams State
2. *Abilene Christian*
3. Harding
4. Chico State
5. Colorado School of Mines
6. Western State
7. Alaska Anchorage
8. Queens (NC)
9. UMass Lowell
10. Grand Valley State
11. Edinboro
12. Southern Indiana
13. Western Washington
14. Stonehill
15. **Missouri Southern State**
16. UC San Diego
17. **Pittsburg State**
18. Minnesota State
19. Lock Haven
20. Wayne State (MI)
21. Ashland
22. Northern Kentucky
23. **Southwest Baptist**
24. Southern Connecticut
25. Drury

MIAA Teams in Bold

South Central Region Teams in Italics

USTFCCCA NCAA Division II Women's National Top 25

1. Adams State
 2. Grand Valley State
 3. Augustana (SD)
 4. Chico State
 5. Western State
 6. Shippensburg
 7. Southern Indiana
 8. Tampa
 9. **Missouri Southern State**
 10. Harding
 11. Findlay
 12. Kutztown
 13. Edinboro
 14. Cal State Los Angeles
 15. Slippery Rock
 16. Minnesota-Duluth
 17. Seattle Pacific
 18. Wayne State (MI)
 19. Alaska Anchorage
 20. Wisconsin Parkside
 21. UC San Diego
 22. Dallas Baptist
 23. Mesa State
 24. Alabama Huntsville
 25. **Pittsburg State**
- ##### **MIAA Teams in Bold**
- South Central Region Teams in Italics*



ESU Cross Country
at the MIAA Championships
Warrensburg, Mo.
Oct. 25, 2008

**USTFCCCA NCAA Division II
South Central Regional Polls
Oct. 21, 2008**

Men's

- 1. Abilene Christian (2)
- 2. Missouri Southern (15)**
- 4. Pittsburg State (17)**
- 5. Southwest Baptist (23)**
- 9. East Central
- 3. Central Missouri**
- 6. Tarleton State
- 7. Emporia State**
- 8. Ft. Hays State**
- 10. Texas A&M-Commerce

Women

- 1. Missouri Southern State (9)**
- 2. Dallas Baptist (22)
- 3. Pittsburg State (25)**
- 4. Central Missouri**
- 5. Midwestern State
- 6. Southwest Baptist**
- 7. Ft. Hays State**
- 8. Abilene Christian
- 9. Truman
- 10. Incarnate Word

MIAA Teams in Bold
(National Ranking)

2007 MIAA Cross Country Results

Women's ESU Individual Results

1 Rossbach, Jonel.....	22:06.65
32 Bookout, Kylie	25:14.79
43 Clanton, Chelsea.....	25:46.05
49 Davison, Kathryn.....	26:06.92
57 Baum, Tiffany	26:44.95
58 Frehe, Morgan.....	26:46.79
66 Craig, Amy.....	28:16.48

Women's Team Scores

1 Missouri Southern	43
2 Pittsburg State.....	75
3 Southwest Baptist.....	102
4 Central Missouri	115
5 Fort Hays State	127
6 Truman	145
7 Northwest Missouri State	148
8 Emporia State.....	167

Men's ESU Individual Results

7 Delmott, Skyler.....	26:35.73
13 Ternes, Brock	27:01.20
19 Kern, Sloane.....	27:23.87
22 Wellman, Eric	27:31.82
35 Stephens, Michael.....	28:18.08
38 Hohmeier, William	28:30.72
43 Summers, Marcus	28:51.19
48 Burns, Cody.....	29:07.44
66 Mason, Kerek	30:02.39
68 Quillin, Daniel.....	30:10.16

Men's Team Scores

1 Missouri Southern	40
2 Southwest Baptist.....	58
3 Pittsburg State.....	68
4 Emporia State.....	95
5 Central Missouri	129
6 Truman	174
6 Fort Hays State	174
8 Northwest Missouri State	177

FREE BIRD

Morgan Frehe (So./DeSoto, Kan.) has emerged as the Hornet's second runner this season. She was 55th at the Border States Invitational after placing 12th at the Jock's Nitch Invitational. She placed 25th overall at the Mule Run. She was 58th at last year's MIAA Championships.

THE WIZARD OF OZ

Tiffany Baum (So./Stillwater, Okla.) has run second, third and fourth for ESU this season. She was 24th at the Jock's Nitch Invitational as ESU's fourth runner and was the Hornets third runner at the Border States Invitational. She was 18th overall at the Maple Leaf Invitational. She placed 57th at the MIAA Championships for ESU with a personal best time last year.

KATHRYN THE GREAT

Kathryn Davison (So./Topeka, Kan.) has been in the scoring in every meet this year. She was ESU's fourth runner at the 2007 MIAA championships despite running a career best time over the 6K course. Last year she ran second for ESU at the Jock's Nitch Invitational for the second straight meet.

CHECK THIS BOOKOUT

Kylie Bookout (So./El Dorado, Kan.) was ESU's fourth runner at the Border States Invitational. She moved into the top five runners for ESU at the Woody Greeno Invitational. She had a career best 6K time at the MIAA Championships and was ESU's second runner.

CLANTON GANG

Chelsea Clanton (So./Great Bend, Kan.) is making her second appearance fo the season at the MIAA Championships. Last season she was the top finisher for the Hornets at the Southern Stampede. She ran third for ESU at the Timmons Invitational. She was ESU's top female runner at the 2007 Border States Invitational.

WRAPPING UP

Lauran Mahley (Sr./Emporia, Kan.) was ESU's sixth runner at the Border States Invitational and the Woody Greeno Invitational.

HISTORY LESSON

Emporia State won the 1994 women's team championship and placed second in 1995. ESU has won four individual women's championships in the last nine years. Jonel Rossbach won the last two titles, Kadre Kelve won in 2002 and Tara Hudspeth brought home the title in 1999. The men have had two runner-up finishes, in 2004 and 1994.