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## ATHLETIC MEDIA RELATIONS

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### ESU 2009 Cross Country Schedule

Date Meet	Location	Time/Result
9/5 at Bob Timmons	Lawrence, Kan.	M-4th; W5th
9/19 at Woody Greeno	Lincoln, Neb.	10 a.m.
10/2 ESU Invitational	Emporia	5 p.m.
10/10 Tabor Homecoming	Hillsboro, Kan.	8 a.m.
10/24 MIAA Champ.	Emporia	10 a.m.
11/7 NCAA Regional	Abilene, Texas	10 a.m.
11/21 NCAA Champ.	Evansville, Ind.	10 a.m.

### ESU Men Top Individual Times in 2009

#### 6K (3.7 miles)

13 Delmott, Skyler	Timmons	19:55.65
18 McGovern, Adam	Timmons	20:21.87
20 Delmont, Asher	Timmons	20:24.08
25 Hohmeier, Will	Timmons	20:49.96
35 Dvorak, Chris	Timmons	21:36.63
46 Wayman, Andrew	Timmons	22:03.87
50 Hahn, Ryan	Timmons	22:11.04
58 Brokaw, Trey	Timmons	22:45.24
59 Burns, Cody	Timmons	22:50.84

### ESU Women Top Times in 2009

#### 5K (3.1 miles)

6 Mona, Katie	Timmons	19:35.87
26 Frehe, Morgan	Timmons	20:32.04
34 Weller, Christy	Timmons	21:12.95
39 Willse, Jaci	Timmons	21:45.37
42 Davison, Kathryn	Timmons	21:57.67
45 Baum, Tiffany	Timmons	22:11.40
47 Bookout, Kylie	Timmons	22:52.45
53 Burr, Hannah	Timmons	24:00.08

### South Central Regional Men's Rankings

- 1 Abilene Christian
  - 2 Central Missouri
  - 3 Southwest Baptist
  - 4 Pittsburg State
  - 5 Missouri Southern State
  - 6 Tarleton State
  - 7 Cameron
  - 8 **EMPIORIA STATE**
- South Central Regional Men's Rankings
- 1 Missouri Southern State
  - 2 Midwestern State
  - 3 Dallas Baptist
  - 4 Pittsburg State
  - 5 Truman State
  - 6 Central Missouri
  - 7 Southwest Baptist
  - 8 Fort Hays State

### 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 the Woody Greeno/Nebraska Invitational Pioneer Park • Lincoln, Neb.

Saturday, September 19, 2009

Women's 6K at 10 a.m./Men's 8K at 10:45 a.m.

**UP NEXT:** ESU Invitational • Oct. 2, 2009 • 5 p.m.

Jones Park • Emporia, Kan.

### GOING GREENO

Emporia State will join upwards of 30 teams at the Woody Greeno/Nebraska Invitational at Pioneer Park in Lincoln, Neb. Fellow MIAA members Central Missouri, Neb.-Omaha and Northwest Missouri are scheduled to compete.

### THE COACH

Dave Harris begins his 18th 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 178 times his athletes have earned All-American honors, including 16 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.

### REGIONAL RANKINGS

The Hornet men are ranked eighth in this week's USTFCCA South Central Regional rankings after opening the season ranked ninth in the region. MIAA teams take up five of the top eight spots in the men's poll. Six MIAA teams are in the top eight of the women's rankings.

### THE SKY'S THE LIMIT

**Skyler Delmott** (Sr./Emporia, Kan.) has led ESU in every race he has competed in for the Hornets. He has top 15 overall places in his last 11 races with two individual championships in that time. He earned All-MIAA status last year with a career best fifth place finish at the conference championships.

### MONA LISA

**Katie Mona** (So./Lenexa, Kan.) placed sixth at the Timmons Invitational to open the season. She earned All-MIAA honors with a ninth place finish at the 2008 MIAA Cross Country Championships. She earned MIAA Athlete of the Week honors after placing second at the Mule Run last year.

### LAST YEAR'S GREENO

Skyler Delmott finished 13th to lead the ESU men's to a sixth place finish in the college division and seventh overall at the 2008 Woody Greeno Invitational. The Hornets placed in front of NCAA D-I teams Kansas State, South Dakota and Creighton. Katie Mona finished 50th as the ESU women placed 14th in the college division.

### UP NEXT

The Hornets will host the ESU Invitational on October 2 at Jones Park in northwest Emporia.

Donald Weast, Assistant Athletic Director for Media Relations

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