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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;W-5th
9/19	at Woody Greeno	Lincoln, Neb.	M-10th;W-13th
9/26	at Tabor Invitational	Hillsboro, Kan.	M-2nd;W-4th
10/2	ESU Invitational	Emporia	M-1st;W-2nd
10/16	at Ollie Isom	El Dorado, Kan.	M-2nd;W-2nd
10/24	MIAA Champ.	Emporia	M-5th;W-8th
11/7	NCAA Regional	Abilene, Texas	9:30 a.m.
11/21	NCAA Champ.	Evansville, Ind.	12 noon

ESU Men Top Individual Times in 2009

8K (4.8 miles)

2	Skyler Delmott	Tabor	25:26.91
3	Adam McGovern	ESU Planet Sub	25:36.15
12	Will Hohmeier	MIAA Champ.	25:42.37
12	Asher Delmott	ESU Planet Sub	26:15.50
23	Dillon Cowing	ESU Planet Sub	26:47.86
51	Ryan Hahn	MIAA Champ.	27:09.77
33	Andrew Wayman	ESU Planet Sub	27:10.54
38	Chris Dvorak	ESU Planet Sub	27:35.18
47	Cody Burns	ESU Planet Sub	27:55.71
54	Trey Brokaw	Tabor	28:40.06

6K (3.7 miles)

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

ESU Women Top Times in 2009

6K (3.7 miles)

21	Katie Mona	Greeno	21:56.4
24	Kathryn Davison	MIAA Champ.	23:25.97
31	Morgan Frehe	MIAA Champ.	23:55.47
130	Jaci Willse	Greeno	24:15.3
138	Tiffany Baum	Greeno	24:24.6
60	Christy Weller	MIAA Champ.	25:00.03
207	Kylie Bookout	Greeno	25:57.9
228	Hannah Burr	Greeno	26:49.8

5K (3.1 miles)

1	Katie Mona	ESU Planet Sub	18:17.84
6	Kathryn Davison	Tabor	19:07.12
7	Morgan Frehe	ESU Planet Sub	19:13.57
21	Christy Weller	ESU Planet Sub	19:38.49
19	Jaci Willse	Tabor	19:45.24
22	Tiffany Baum	ESU Planet Sub	19:58.58
31	Kylie Bookout	ESU Planet Sub	20:30.00
70	Hannah Burr	Tabor	22:10.36

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. The Team will be leaving for Texas at 3:20 p.m. on Thursday.

ESU Cross Country at NCAA Division II South Central Regional Championships Nelson Park • Abilene, Texas

Saturday, November 7, 2009

Women's 6K at 9:30 a.m./Men's 10K at 10:30 a.m.

UP NEXT: NCAA Division II National Championships

Nov. 21, 2009 • 12 noon • Southern Indiana Course • Evansville, Ind.

NOVEMBER TO REMEMBER

Emporia State heads to Abilene, TEXAS for the NCAA South Central Regional Championships. The competition begins with the women's 6K at 9:30 a.m. followed by the men's 10K at 10:30 a.m.

LOOKING BACK AT THE MIAA

Will Hohmeier and Skyler Delmott each earned honorable mention All-MIAA as the ESU men placed fifth as a team at the 2009 MIAA Cross Country Championships in Jones Park. The ESU women placed eighth. This was the first time Hohmeier has finished in the number one position for ESU as he placed 12th overall. Delmott, who battled a hamstring injury for two weeks, finished in the top 20 for the fourth straight year with his 17th place finish. Kathryn Davison finished 24th overall to lead the ESU women. Katie Mona was the second runner for the Hornets in 31st place.

THE COACH

Dave Harris is in 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.

RANKINGS

The Emporia State men maintained their eighth spot in the USTFCCA Division II South Central Regional Rankings, while the ESU women fell out of the top ten. Seven of the top ten women's teams are from the MIAA while six of the top nine men's teams come from the MIAA.

SCOUTING THE FIELD

The Missouri Southern men and women are the top ranked teams in the South Central Region. They are followed by the host Abilene Christian men and the Truman women in the USTFCCA Regional rankings. There will be a new champion on both the men's and women's sides however the second place runners, ACU's Daniel Mainu and MSSU's Kimi Shank both return.

LAST YEAR'S REGIONAL

Led by Skyler Delmott's 11th place finish, the Emporia State men placed eighth at the NCAA South Central Regional Cross Country Championships in San Antonio, Texas. The Hornets were the fifth MIAA team to place after finishing seventh in the MIAA Championships. The ESU women were 15th overall led by Katie Mona's 28th place finish. ACU won the men's competition while MSSU took the women's title.

UP NEXT

The top three men's teams and the top two women's teams as well as any individual in the top five or the top two runners not from a qualifying team will advance to the NCAA Championships on Nov. 21 in Evansville, Ind.

Donald Weast, Assistant Athletic Director for Media Relations

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THE SKY'S THE LIMIT

Skyler Delmott (Sr./Emporia, Kan.) placed in the top 20 for the fourth straight year with a 17th place finish at the MIAA Championships. He placed 11th at the Ollie Isom Invitational and was ESU's third runner. He finished fourth overall, one spot behind Adam McGovern, at the Planet Sub Invitational. It was the first time in his career that another Hornet finished in front of him in a cross country race, a span of 21 races. He was second overall at the Tabor Invitational. He placed 30th at the Woody Greeno Invitational after finishing 13th at the Bob Timmons Invite. He has top 15 overall places in 12 of his last 14 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. He finished second in the 2008 ESU Invitational and was the individual champion in 2007. His time of 25:09 at last year's ESU Invitational is the eighth fastest time ever on the Jones Park 8K Course.

BILLY DON'T BE A HERO

William Hohmeier (Jr./St. Louis, Mo.) was ESU's top finisher at the MIAA Championships, placing 12th to earn honorable mention All-MIAA honors. He was ESU's second runner with a ninth place finish overall at the Ollie Isom Invitational. It was his second straight top ten finish following his eighth place finish at the Planet Sub Invitational. He was the Hornets number three runner at the Woody Greeno, placing 53rd overall. He was ninth at Tabor and placed in the top 25 at the Timmons Invitational. He placed seventh at the ESU Invitational last year and was 25th at the ESU Invitational as a freshman.

ADAM'S RIB

Adam McGovern (So./Lee's Summit, Mo.) finished 38th at the MIAA Championships and was ESU's fourth runner. This was after he placed fifth at the Ollie Isom Invitational and earned his second straight MIAA Runner of the Week honor. He was the top finisher for the Hornets in the last two regular season races. He placed third overall and was the first collegiate finisher at the Planet Sub Invitational and earned MIAA Cross Country Runner of the Week for his efforts. He had been ESU's number two runner at each meet this season. He was sixth at the Tabor Invitational and had a top 20 finish at the Timmons Invitational to open the season, placing 18th overall. He was 49th at the Woody Greeno Invitational. He placed fifth at the ESU Invitational as a freshman last season.

ASHES TO ASHES

Asher Delmott (So./Emporia, Kan.) was ESU's third runner with a 34th place finish at the MIAA Championships. He was 14th at the Ollie Isom Invitational. He placed 12th at the Planet Sub Invitational. He has been the number three runner for ESU three times this season and has been in the top four all season. He placed eighth at the Tabor Invitational and was 20th at the Timmons Invitational. He was ESU's fourth runner at the Woody Greeno, placing 63rd overall. He was 11th overall as a freshman at the ESU Invitational.

HAHN SOLO

Ryan Hahn (So./Berryton, Kan.) has been in the scoring for the Hornets in three of the last five meets after placing 51st at the MIAA Championships. He placed 30th overall at the Tabor Invitational. He was 23rd at the ESU Invitational as a freshman.

MARSHALL DILLON

Dillon Cowing (So./Clay Center, Kan.) was the sixth finisher for ESU at the MIAA championships, placing 59th overall. He placed 26th place at the Ollie Isom, his second straight meet in the top five for ESU. He had his best race of the year at the Planet Sub Invitational. He was ESU's fifth runner and placed 23rd overall.

SHOW ME THE WAY MAN

Andrew Wayman (So./Emporia, Kan.) has been the sixth runner for ESU in four of six races this season. He placed 33rd at the Planet Sub Invitational. He was 26th as a freshman at the ESU Invitational.

USTFCCCA NCAA Division II Men's National Top 25

<u>School</u>	<u>LW</u>
1 Adams State.....	1
2 Western State.....	2
3 Chico State.....	3
4 Grand Valley State.....	4
5 Colorado School of Mines.....	5
6 Western Washington.....	7
7 Queens of Charlotte.....	6
8 Southern Indiana.....	8
9 Stonehill.....	9
10 UMass Lowell.....	10
11 Missouri Southern State.....	12
12 Lock Haven.....	19
13 Metro State.....	13
14 Edinboro.....	11
<i>15 Abilene Christian.....</i>	<i>14</i>
16 Pittsburg State.....	15
17 Cal Poly Pomona.....	16
18 Shippensburg.....	18
19 Southwest Baptist.....	17
20 Central Missouri.....	20
21 Augustana.....	21
22 Alaska Anchorage.....	22
23 Saginaw Valley State.....	23
24 Drury.....	24
25 Harding.....	25

MIAA Teams in Bold

South Central Region Teams in Italics

USTFCCCA NCAA Division II Women's National Top 25

<u>School</u>	<u>LW</u>
1 Grand Valley State.....	1
2 Chico State.....	2
3 Missouri Southern State.....	3
4 Adams State.....	4
5 Alaska Anchorage.....	5
6 Seattle Pacific.....	6
7 Augustana (South Dakota).....	7
8 Shippensburg.....	8
9 Southern Indiana.....	9
10 Western Washington.....	10
11 Tampa.....	11
12 Western State.....	12
13 Minnesota Duluth.....	13
14 Truman State.....	14
15 Mesa State.....	15
16 Kutztown.....	16
<i>17 Dallas Baptist.....</i>	<i>17</i>
18 Ferris State.....	18
19 Hillsdale.....	19
20 Pittsburg State.....	20
21 Slippery Rock.....	21
22 Stonehill.....	22
23 Colorado School of Mines.....	23
24 Harding.....	24
25 Bellarmine.....	25

MIAA Teams in Bold

South Central Region Teams in Italics



**USTFCCCA NCAA Division II
South Central Regional Polls
Nov. 3, 2009**

Men	
1. Missouri Southern.....	1
2. Abilene Christian	2
3. Pittsburg State.....	3
4. Southwest Baptist.....	4
5. Central Missouri.....	5
6. Tarleton State	6
7. Eastern New Mexico	7
8. EMPORIA STATE.....	8
9. Northwest Missouri.....	19
10. Cameron.....	10
10. Incarnate Word.....	NR
Women	
1. Missouri Southern.....	1
2. Truman	2
3. Dallas Baptist	3
4. Pittsburg State.....	4
5. Northwest Missouri.....	5
6. Midwestern State.....	6
7. Ft. Hays State.....	7
8. Angelo State.....	8
9. Central Missouri.....	9
10. Neb.-Omaha.....	10
MIAA Teams in Bold	

2008 NCAA Division II South Central Regional Cross Country Championships Men's Team Results	
1 - Abilene Christian	31
2 - Missouri Southern	105
3 - Pittsburg St.	149
4 - Southwest Baptist	151
5 - Tex. A&M-Commerce	154
6 - Tarleton State	165
7 - Fort Hays St.	183
8 - EMPORIA ST.	209
9 - Central Missouri St.	241
10 - East Central	249
11 - Truman	259
12 - NW Missouri	262
13 - Incarnate Word	341
14 - Angelo State	384
15 - Cameron	392
16 - St. Edward's	464
17 - Eastern New Mexico	473
18 - Dallas Baptist	481
19 - West Texas A&M	505
20 - Newman	520
21 - TAMU-International	627
22 - Texas-Permian Basin	670
Women's Team Results	
1 - Missouri Southern	88
2 - Midwestern St.	94
3 - Pittsburg St.	105
4 - Dallas Baptist	111
5 - Truman State	160
6 - Southwest Baptist	173
7 - Fort Hays St.	225
8 - West Texas A&M	256
9 - Abilene Christian	278
10 - Central Missouri	283
14 - NW Missouri	329
15 - EMPORIA ST.	341
16 - Angelo State	362
17 - Incarnate Word	364
18 - TAMU-International	474
19 - Texas-Permian Basin	494

MONA LISA

Katie Mona (So./Lenexa, Kan.) placed 31st at the MIAA Championships and was ESU's second finisher. She was third at the Ollie Isom Invitational behind two NJCAA All-Americans to earn her first MIAA Runner of the Week honor this year. She won her second straight Planet Sub Invitational individual championship with the tenth fastest time in course history. She covered the 5K course in 18:17.84 despite winds of between 25 and 40 mph during the race. She did not run at Tabor to concentrate on training. She had a top twenty finish and was the top MIAA placer at the Woody Greeno Invitational. She 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. She won last year's ESU invitational with a time of 18:13 that ranks ninth all-time on the 5K Jones Park Course.

KATHRYN THE GREAT

Kathryn Davison (Jr./Topeka, Kan.) was ESU's top finisher at the MIAA Championships, placing 24th overall. She was in the top ten at the Ollie Isom Invitational with an eighth place finish. She placed 12th at the Planet Sub Invitational for her third straight top 20 finish in the meet. She was ESU's top placer at the Tabor Invitational with a sixth place finish overall. She was 20th overall and ESU's third finisher at last year's ESU Invitational. As a freshman she ran second for the Hornets at the ESU Invitational with a 16th place finish.

FREE BIRD

Morgan Frehe (Jr./DeSoto, Kan.) was 36th overall at the MIAA Championships for the second straight year. She was 15th at the Ollie Isom Invitational. She ran a personal best 5K time to place seventh at the Planet Sub Invitational. She ran second for ESU at the Timmons Invitational to open the year. She did not run at the Woody Greeno and came back with a 22nd place showing at the Tabor Invitational. She was ESU's second runner at last year's MIAA Championships and placed 36th overall. She was ESU's second runner with a 12th place overall finish at the ESU Invitational last year.

GO TO THE WELL

Christy Weller (So./Tonganoxie, Kan.) placed 60th at the MIAA Championships. She was 26th at the Ollie Isom Invitational after placing 15th at the Planet Sub Invitational. She was the third runner for the Hornets at the Tabor Invitational and Timmons Invitational. She finished 21st at Tabor and 24th at Rim Rock. She placed 30th at the ESU Invitational as a freshman.

WILL TO WIN

Jaci Willse (Fr./Hutchinson, Kan.) was 65th as a true freshman at the MIAA Championships. She placed 25th at the Ollie Isom Invitational. She finished in 20th at the Planet Sub Invitational. She has been ESU's second runner in two meets this year. She placed 19th overall at Tabor and was 130th at the Woody Greeno.

CHECK THIS BOOKOUT

Kylie Bookout (Jr./El Dorado, Kan.) finished 74th overall at the MIAA Championships. She placed 34th at the Ollie Isom Invitational. She had a career best 6K time at last year's MIAA Championships and was ESU's second runner. She was 46th as a sophomore at the ESU Invitational after placing 22nd as a freshman.

THE WIZARD OF OZ

Tiffany Baum (Jr./Stillwater, Okla.) did not run at the MIAA Championships. She was the fourth runner for ESU at the Ollie Isom Invitational with a 19th place finish. She was ESU's third runner at the Woody Greeno. She placed 27th at the Tabor Invitational. She was 24th at the ESU Invitational last season and finished 23rd as a freshman.