



## 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.	10 a.m.
10/2	ESU Invitational	Emporia	5 p.m.
10/16	at Ollie Isom	El Dorado, Kan.	TBA
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

8K (4.8 miles)		
30	Skyler Delmott	Greeno 26:06.0
49	Adam McGovern	Greeno 26:39.7
53	Will Hohmeier	Greeno 26:45.3
63	Asher Delmott	Greeno 26:54.1
162	Ryan Hahn	Greeno 28:09.7
177	Andrew Wayman	Greeno 28:20.9
193	Chris Dvorak	Greeno 28:36.1
299	Trey Brokaw	Greeno 30:42.6

### 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

6K (3.7 miles)		
21	Katie Mona	Greeno 21:56.4
130	Jaci Willse	Greeno 24:15.3
138	Tiffany Baum	Greeno 24:24.6
151	Kathryn Davison	Greeno 24:36.0
172	Christy Weller	Greeno 25:03.2
207	Kylie Bookout	Greeno 25:57.9
228	Hannah Burr	Greeno 26:49.8

### 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

### 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 Tabor College Invitational Marion Reservoir • Hillsboro, Kan.

Saturday, September 26, 2009

Women's 5K at 10 a.m./Men's 8K at 10:40 a.m.

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

Jones Park • Emporia, Kan.

### LATE ADDS

Emporia State has made a few changes to the 2009 schedule beginning this weekend. The Hornets have added the Tabor College Invitational to the schedule for this Saturday. The women's 5K will get underway at 10 a.m. followed by the men's 8K at the Marion Reservoir.

### LOOKING BACK AT GREENO

Katie Mona finished 21st overall for the ESU women and Skyler Delmott placed 30th overall for the men at the Woody Greeno Invitational in Lincoln, Neb. The Hornet men placed tenth and the women 13th in the College Division of the event.

### 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.

### REGIONAL RANKINGS

The Hornets are the only MIAA men's team not represented in this week's top ten regional rankings, while the ESU and UNO women are the only conference schools not listed.

### THE SKY'S THE LIMIT

**Skyler Delmott** (Sr./Emporia, Kan.) has led ESU in every race he has competed in for the Hornets. He placed 30th at the Woody Greeno Invitational after finishing 13th at the Bob Timmons Invite. He has top 15 overall places in ten of 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.) 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.

### 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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