



1200 Commercial
 Emporia, KS
 66801-5087

620-341-5526 office
 620-344-6190 cell
 620-342-6406 home

ATHLETIC MEDIA RELATIONS

www.emporia.edu/athletics
 dweast@emporia.edu
 Campus Box 4020

ESU 2009 Cross Country Schedule

Date	Meet	Location	Time
9/5	at Bob Timmons	Lawrence, Kan.	9 a.m.
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 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	Sloane 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
55	Ryan Hahn	MIAA Champ.	27:52.6
69	Andrew Wayman	MIAA Champ.	28:50.9
116	Chris Dvorak	Border States	29:13.5

10K (6.2 miles)

11	Skyler Delmott	NCAA Regional	31:56.9
36	Sloane Kern	NCAA Regional	33:05.2
50	Michael Stephens	NCAA Regional	33:24.5
51	Adam McGovern	NCAA Regional	33:24.6
61	Asher Delmott	NCAA Regional	33:35.0
77	William Hohmeier	NCAA Regional	34:17.7
90	Marcus Summers	NCAA Regional	34:36.0

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)

28	Katie Mona	NCAA Regional	23:01.2
65	Tiffany Baum	NCAA Regional	24:11.9
36	Morgan Frehe	MIAA Champ.	24:40.0
81	Kylie Bookout	NCAA Regional	24:40.6
96	Kathryn Davison	NCAA Regional	25:11.7
111	Christy Weller	NCAA Regional	26:41.9

Media Contacts

ESU: Don Weast
 Asst. AD/Media Relations
 (620) 341-5526 Office
 (620) 344-6190 Cell
 dweast@emporia.edu

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 Bob Timmons Classic Rim Rock Farm • Lawrence, Kan.

Saturday, September 5, 2009

Women's 5K at 9 a.m./Men's 6K at 10 a.m.

UP NEXT: Woody Greeno Invitational • Sept. 19, 2009 • 10 a.m.

Lincoln, Neb. hosted by UNL and New. Wesleyan

OPENING RUN

Emporia State will join seven other schools at the season opening Bob Timmons Invitational hosted by the University of Kansas at Rim Rock Farm. In addition to the Hornets and host Jayhawks, teams from Butler County Community College, Colby Community College, Garden City Community College, Neosho Community College, Park University, and UMKC will head north of Lawrence to compete on one of the more challenging cross country courses in the nation. ESU and KU co-hosted the 1998 NCAA Division I and II National Cross Country Championships at Rim Rock.

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.

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 ten 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 placed 12th at the NCAA Division II Outdoor Championships in the 3000m steeplechase last May.

MONA LISA

Katie Mona (So./Lenexa, Kan.) established herself as the top runner for the ESU women as a freshman. 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 was tenth in the mile at the NCAA Division II Indoor Track Championships and placed 14th in the 1500m at the outdoor national championships.

UP NEXT

ESU will travel to Lincoln, Neb. for the Woody Greeno Invitational on September 19. Action is set to begin at 10 a.m. ESU will play host to the MIAA Championships at Jones Park in northwest Emporia on October 24.

Donald Weast, Assistant Athletic Director for Media Relations

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