



CAPITAL ONE ACADEMIC ALL-AMERICA® TEAM **SELECTED BY COSIDA**

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WILLIAM SHELL, KRISTEN HIXSON LEAD CAPITAL ONE ACADEMIC ALL-AMERICA® DIVISION II TRACK & FIELD/CROSS COUNTRY TEAMS

AUSTIN, Texas – **William Shell** of Southwest Baptist University and **Kristen Hixson** of Grand Valley State University headline the 2013-14 Capital One Academic All-America® Division II Men's and Women's Track and Field/Cross Country Teams as selected by the College Sports Information Directors of America (CoSIDA).

The Capital One Division II Academic All-America® program is being financially supported by the NCAA Division II national governance structure to assist CoSIDA with handling the awards fulfillment aspects for the 2013-14 Division II Academic All-America® teams program.

Shell, a senior with a 4.00 G.P.A. as an athletic training major, has been named as the Capital One Academic All-America® of the Year for the Division II Men's Track and Field/Cross Country program.

Hixson, also a senior and a chemistry major with a 4.00 G.P.A., repeated as the Capital One Academic All-America® of the Year for the Division II Women's Track and Field/Cross Country program after earning the honor a year ago. Hixson is one of two three-time Capital One Academic All-America® Women's Track and Field/Cross Country first-team selection on this year's squad.

Shell is one of 10 repeat selections from the 2012-13 Capital One Academic All-America® Division II Men's Track and Field/Cross Country first team, including three who were first team selections a year ago.

A native of Cape Girardeau, Missouri, Shell was both an indoor and outdoor track & field All-American this past year. He finished fifth in the 400-meter dash at the NCAA Division II Indoor Track & Field Championship, then captured fourth place in the same event at the outdoor national championship. In addition, he competed in the 4x400-meter relay at both championships. In the indoor competition he fell one spot shy of a third All-American certificate, coming in ninth, then added a 14th-place showing at the outdoor nationals. All told, he is a four-time All-American.

Shell was the 2014 Elite 89 recipient at the outdoor national championship after previously winning the honor in 2013 at the indoor national championship. He was named the 2014 U.S. Track & Field and Cross Country Coaches Association Regional Track Athlete of the Year after winning the 200 and 400-meter dashes at the Mid-America Intercollegiate Athletic Association Outdoor Track & Field Championship. He won USTFCCCA All-Region honors in the 200, 400 and 4x400-meter relay at the outdoor championship.

During the MIAA Indoor Championship, he was the 400-meter champion while also earning USTFCCCA All-Region honors in the 200 and 4x400 relay. He is a nine-time USTFCCCA All-Region performer and a nine-time All-MIAA, including five conference titles. He holds six Southwest Baptist school record.

Shell's sister Emma earned second team 2014 Capital One Academic All-America® Division II Women's Track and Field/Cross Country honors.

Shell and Hixson Lead Academic All-America® Division II Track and Field/Cross Country Teams

Hixson, a seven-time NCAA Division II All-American, capped off her stellar career at Grand Valley State by claiming her third individual national title in the pole vault. The Remus, Michigan, native set a new Division II standard at the outdoor national championship, clearing 4.50 meters (14'9") to win the title and claim the eighth-best pole vaulting mark in the world this year at the time of the meet. Hixson also won the national pole vaulting titles in 2012, sweeping both the indoor and outdoor individual championships.

Hixson's efforts in the pole vault helped the Lakers finish third as a team at the 2014 NCAA Division II Outdoor Track & Field Championship. Hixson was one of four student-athletes from Grand Valley State to be named to the Meijer Commissioner's Award list for the winter season. She is a four-time Great Lakes Intercollegiate Athletic Conference pole vault champion and has posted four other top-five finishes at the NCAA Division II Indoor and Outdoor Track & Field Championship in the discipline.

Shell is one three student-athletes who were 2012-13 Capital One Academic All-America® Division II Men's Track and Field/Cross Country first team selections. He's joined by juniors **Aaron Dinzeo** of California (Pa.) University and University of California, San Diego's **Clint Rosser**.

Dinzeo is from Sidney, Ohio, and carries a 3.88 G.P.A. as an anthropology major. He is a four-time Pennsylvania State Athletic Conference Top Ten honoree. After redshirting during the 2014 indoor track & field season, he was named the Most Outstanding Track Athlete at the 2014 PSAC Outdoor Championship. He would earn All-American honors at the NCAA Division II Outdoor National Championship in the 10,000-meter run with a third-place showing, and in the 5,000-meter run after coming in fifth.

He is a four-time All-American in track & field, with three of those performances coming in the 5,000-meter run. He is a two-time PSAC champion, winning the 5,000 and 10,000-meter runs. He would set the all-time PSAC record in the 10,000. In cross country he is a two-time All-American, including a fifth place finish at the 2013 NCAA Division II National Championship. He captured second place at both the PSAC and Atlantic Region championships in the fall.

Rosser is an environmental engineering major with a 3.96 G.P.A. from Westchester, California. He was the recipient of the Elite 89 award at the 2013 NCAA Division II Outdoor Track & Field Championship. While competing in the pole vault, Rosser owns the third-best vault in UCSD history at 16' 3.5". That figure qualified him for his first NCAA Championship in 2013, where he would narrowly miss All-American honors with a vault of 16' 2.75" to take ninth place.

He missed out on a return trip to the NCAA Championship this year, posting a top height of 15'9.25", good enough for a provisional qualifier. Rosser was fifth at the 2014 California Collegiate Athletic Association Championship after a third-place finish in 2013. Rosser is a 2013 USTFCCA All-Academic and a two-time CCAA All-Academic selection.

Wayne State (Neb.) College's **Mickey Doerr** and **Kirk Harvey** of Metropolitan State University were named to the Capital One Academic All-America® Division II Men's Track and Field/Cross Country Team for the third time. Both moved up to the first team in 2014 after earning second-team accolades in 2013 and third team in 2012.

Doerr is a senior from Bloomfield, Nebraska. A history and science education major, he has a 4.00 G.P.A. He was named Wayne State's Bob Cunningham Male Scholar Athlete of the Year.

A sprinter, Doerr is the holder of two school records, taking part in the 4x160 and 4-200-meter indoor relays. At the Northern Sun Intercollegiate Conference Outdoor Track Championship he ran a leg of the fourth place 4x100-meter relay team. He also finished 13th in the 400-meter dash and 14th in the 200.

Harvey is a biology major with a 3.84 G.P.A. from Lafayette, Colorado. An eight-time national qualifier, he earned All-American honors in both cross country and track & field while serving a two-year church mission in Romania during his career. He was the 2013 and 2014 Rocky Mountain Athletic Conference Outdoor Track Academic Athlete of the Year.

Shell and Hixson Lead Academic All-America® Division II Track and Field/Cross Country Teams

The senior earned All-American honors in cross country after finishing 27th at the NCAA Championship. He earned All-RMAC and All-Region accolades with third and 11th-place finishes, respectively. His time of 30:48 at the regional meet broke the school's 10k record.

During the track & field season Harvey earned All-American honors in the 3,000-meter run (seventh place) at the indoor national championship, then followed that with an All-American performance in the 3,000-meter steeplechase (fifth place) at the outdoor national championship. He also had a provisional qualifying time in the 1,500-meter run but did not compete in that event at nationals.

Two more members of the Capital One Academic All-America® Division II Men's Track and Field/Cross Country Team moved up from the second team. **Binyam Ateka Belachew** of Wingate University is a senior while **David Cooper** of Tusculum College is a junior.

Belachew is a biology major with a 4.00 G.P.A. The native of Addis Ababa, Ethiopia is a three-time All-South Atlantic Conference runner in cross country, finishing 14th at the 2012 SAC Championship. He picked up his first career title in the Broughton Invitational that same year. In track & field, he helped Wingate to its first-ever league championship at the 2014 SAC Championship, posting a time of 34:25.2 in the 10,000-meter run.

Cooper also has a 4.00 G.P.A. as a biology major. He hails from Greeneville, Tenn. and was named the 2013 SAC Men's Cross Country Scholar Athlete of the Year. The cross country standout earned NCAA Division II All-Southeast Region honors in 2012 and 2013, along with All-SAC accolades both years. He was also named to the 2011 SAC All-Freshman Team. He was Tusculum's SAAC President and twice received the Duffield Academic Award (2013 and '14).

A trio of student-athletes made the jump from the Capital One Academic All-America® Division II Men's Track and Field/Cross Country third team to the first team. **Ben Barrows** of the University of Central Missouri and Florida Southern College's **Chris Yanichko** are seniors, while Lewis University's **Andrew McLain** is a junior.

Barrows is a mathematics major with a 4.00 G.P.A. A native of Smithville, Missouri, he was the recipient of the Elite 89 Award at the 2013 NCAA Division II Cross Country National Championship. He is also a four-time recipient of the Mid-America Intercollegiate Athletic Association Academic Excellence Award.

He is a two-time All-MIAA performer in cross country, finishing 14th at the 2013 conference championship and 20th in 2012. He went on to finish 40th at this past year's regional championship. In outdoor track & field, he finished eighth in the 10,000-meter run at the MIAA Championship after capturing ninth place the year before and seventh in 2012.

Yanichko hails from Grove City, Ohio, and is biochemistry/molecular biology major with a 3.93 G.P.A. He was a 2013 All-Sunshine State Conference performer in cross country after taking third place at the SSC Championship. He would finish sixth at the NCAA Division II South Regional as Florida Southern captured both the conference and regional titles. He was accorded 2013 USTFCCCA All-South Region honors. He would pace the Mocs in all seven races and was named the SSC Runner of the Week three times. As a junior he came in third at the conference championships and ninth at the regional. In track & field he is a member of the 4x800-meter relay team which set the school record in 2013.

McLain earned All-American honors in both cross country and track & field this past year. He earned All-American accolades in cross country in the fall with a 21st-place finish at the NCAA Division II National Championship. A four-time All-Great Lakes Valley Conference performer, he would finish third as a senior, then captured seventh place at the Midwest Regional to earn his second straight trip to nationals. He was named the GLVC Fall Scholar-Athlete of the Year for the second time.

Shell and Hixson Lead Academic All-America® Division II Track and Field/Cross Country Teams

A native of Fort Wayne, Indiana, and a sports management major with a 3.87 G.P.A., McLain picked up All-American accolades in the 5,000-meter run for the second straight year at the NCAA Division II Indoor Championship, bringing home eighth place for the second year in a row. He returned to the outdoor national championships in May and once again earned All-American honors in the 5,000, this time capturing sixth place.

Logan Sharpe of Southern Connecticut State University returns to the Capital One Academic All-America® Division II Men's Track and Field/Cross Country Team for the second time after previously earning third team honors in 2012. He is an exercise science major with a 3.50 G.P.A, from Esperance, New York. He was named the 2014 Northeast-10 Indoor Track & Field Sport Excellence Award recipient.

Sharpe capped a career in which he earned All-American honors nine times with All-American performances at both the indoor and outdoor national championships. He ran a leg of the 4x400-meter relay team that finished fourth at the indoor national championship, then finished sixth in the 400-meter hurdles at the outdoor nationals. He previously won the 400-meter hurdles at the NE-10 Championships and NEICAAA Championships. He was named the 2014 NE-10 Conference Men's Indoor and Outdoor Track Athlete of the Year, and was also the Most Outstanding Track Performer of the 2014 NE-10 Outdoor Championship.

He was an All-American in both the 400-meter hurdles and 4x400-meter relay in 2013, and earned All-American certificates in the 4x400-meter relay and distance medley relay in 2012. He won the Northeast-10 championship in the 400-meters, 4x400 and 4x800-meter relays in 2013, along with the NE-10 title in the 4x800-meter relay in 2012. Sharpe is seven-time NE-10 champion and four-time New England champion.

A pair of seniors earned Capital One Academic All-America® Division II Men's Track and Field/Cross Country honors for the first time – Edinboro University's **Dustin Thomas** and **Jeremy Wilk** from Grand Valley State University.

Thomas is from Broadview Heights, Ohio, and has a 3.97 G.P.A. as a health & physical education – teacher's certification major. He helped Edinboro to a ninth-place finish at the NCAA Division II Cross Country Championship in 2012 and again in 2013. He was 59th at the 2012 nationals and came in 63rd this past year after missing almost two months due to an injury. He finished fifth at the 2012 PSAC Championships and sixth at the Atlantic Regional. He missed both races in the fall. He came back in the spring to take seventh place in the 10,000-meter run at the 2014 PSAC Championships after finishing second in 2012.

Thomas was recipient of the 2013-14 AAHPERD Major of the Year. He was the PSAC Champion Scholar at the 2012 PSAC Cross Country Championship and 2012 PSAC Outdoor Track & Field Championship.

Wilk is a marketing/finance major with a 3.69 G.P.A. The native of Wood Dale, Illinois, earned All-American honors at the 2014 NCAA Division II Outdoor National Championship with a sixth-place finish in the 800-meter run. In 2013 he was an All-American at the indoor national championship thanks to a third-place showing as a member of the distance medley relay team. He also qualified for the 2014 indoor national championship in the 800-meter run, coming in 11th. He was third in the 800-meter run at the 2014 GLIAC Conference Outdoor Championship and took fourth in the same race at the indoor championship.

Slippery Rock University's **David Reinhardt** is an exercise science/pre-physical therapy major with a 3.89 G.P.A. He was recently named a PSAC Spring Top Ten recipient.

The junior from Bradford, Pennsylvania, became the fifth male in SRU history to win an individual national title in outdoor track & field after he won the national championship in the javelin at the 2014 NCAA Outdoor Track & Field Championship with a throw of 68.83 meters. He was national qualifier in 2013, as well, placing 15th.

Shell and Hixson Lead Academic All-America® Division II Track and Field/Cross Country Teams

Reinhardt was also named the PSAC Field Athlete of the Year and was named the Most Outstanding Field Athlete at the PSAC Championship after he scored points in all four throwing events. He was fourth in the javelin, third in the discus with an NCAA provisional throw of 49.30 meters, fifth in the hammer and eight in the shot put.

Johnnie Guy of the University of Southern Indiana is the lone sophomore on the Capital One Academic All-America® Division II Men's Track and Field/Cross Country Team. He is an engineering major from Palmyra, Indiana, with a 3.63 G.P.A. Guy is already a six-time All-American, including capturing the national championship in the 10,000-meter run at the NCAA Division II Outdoor National Championship. He would add a third-place finish in the 5,000-meter run. At the indoor championship, he came in fourth place in the 5,000-meter run. He won three GLVC track & field titles. He was four-time All-GLVC and five-time All-Midwest Region performer in 2013-14.

During the cross country season Guy crossed the finish line in ninth place at the 2013 NCAA National Championship. He was recognized as the GLVC and Midwest Region Cross Country Runner of the Year after winning both individual titles.

The 15 members of the 2014 Capital One Academic All-America® Division II Track and Field/Cross Country First Team have an average G.P.A. of 3.88, with five student-athletes with a 4.00 G.P.A.

The second team consisted of **Ethan Barnes** (Grand Valley State), **Jake Benton** (Missouri Southern State University), **Kevin Carder** (University of Nebraska at Kearney), **Carl Dunne** (Saint Leo University), **Justin Ellerbee** (Cal Poly Pomona), **A.J. Guerra** (Southern Connecticut State), **Adriel Hawkins** (University of Missouri Science & Technology), **Morgan Huegel** (California (Pa.)), **Taffawee Johnson** (Saint Augustine's University), **James Lawson** (Wingate), **Kellen Levy** (UC San Diego), **Payson Maydew** (Emporia State University), **Dillon Schrodtt** (Nebraska-Kearney), **Austin Shaffer** (Colorado School of Mines) and **Brent Showerman** (Grand Valley State).

The third team was comprised of **Trent Fontanella** (Stonehill College), **Steve Hammond** (Wingate), **Conor Higgins** (Bentley University), **William Hilton** (California State University Stanislaus), **John King Jr.** (Saint Augustine's), **Nicholas Kirkpatrick** (Stonehill), **Stephen Leonard** (Stonehill), **Riley McKee** (Azusa Pacific University), **Baptiste Moreu** (West Texas A&M University), **Kevin Naceanceno** (Harding University), **Alan Peterson** (Grand Valley State), **Sean Smith** (Lewis University), **Joe Vellella** (Missouri S & T), **Scott Whitaker** (Malone University) and **Bryan Wilcox** (Stonehill).

The 2014 Capital One Academic All-America® Division II Women's Track & Field/Cross Country first, second and third teams were comprised of 45 standout student-athletes. Grand Valley State led the listing with five selections on the three teams, followed by four selections from West Texas A&M. Cal State Stanislaus, Central Missouri, Edinboro, Ferris State, Harding, Missouri Science & Tech, New Haven and Slippery Rock each had two student-athletes named to the listing.

Central Missouri's **Erin Alewine** was selected to the 2014 Capital One Academic All-America® Division II Women's Track & Field/Cross Country first team after claiming the 2014 national title in the indoor pentathlon and earning All-America honors in the outdoor heptathlon. The native of Jefferson City, Missouri, was the Central Regional Field Athlete of the Year and UCM Senior Student-Athlete of the Year. Alewine, who holds a 3.58 G.P.A. in dietetics (foods/fitness & wellness), is a two-time NCAA Division II national champion and a 12-time All-American.

Kasey Barnett, a long jumper from California State University Chico, was named the CCAA Field Athlete of the Year and Chico State Female Athlete of the Year in 2014. She earned All-America honors in the long jump at the 2014 NCAA Division II Outdoor Track & Field Championship with a jump of 6.10 meters. The native of Chico, California, posted NCAA provisional qualifying marks in the 100 meters (11.91), pole vault (3.99 meters), long jump (6.10 meters) and was part of a 4x100 meter relay team (46.50). The recreation administration studies major with a 3.96 G.P.A. is a CCAA pole vault and long jump champion and was USTFCCCA All-West Region in the pole vault, long jump, 100 meters and the 4x100 meter relay.

Shell and Hixson Lead Academic All-America® Division II Track and Field/Cross Country Teams

Tabitha Bemis of Edinboro is making her third-straight appearance on the Capital One Academic All-America® Division II Women's Track & Field/Cross Country team, after earning first-team honors in 2013 and second-team recognition in 2012. The two-time USTFCCCA Atlantic Region Outdoor Field Athlete of the Year holds a 3.90 G.P.A. in sports and recreation. The native of Fair Oaks, Pennsylvania, is a six-time All-American, earning indoor distinctions four times (2014 – triple jump and long jump; 2012 – triple jump and long jump) and twice at the outdoor national championship (2014 – triple jump and long jump). She is also a three-time winner of the PSAC Indoor Track & Field Athlete of the Year and USTFCCCA Atlantic Region Indoor Field Athlete of the Year (2012, 2013 and 2014). Bemis is the first student-athlete in PSAC history to earn PSAC Top 10 honors six times.

Courtney Brewis joins Hixson as the second of three first-team selections from Grand Valley State on the 2014 Capital One Academic All-America® Division II Women's Track & Field/Cross Country first team. The distance runner is a four-time NCAA Division II All-American and finished her career with an eighth-place finish in the 10,000 meters at the 2014 NCAA Division II Outdoor Track & Field Championship. A physical therapy major with a 3.89 G.P.A., Brewis finished as the national runner-up in the 5,000 meters earlier this year at the 2014 NCAA Division II Indoor Track & Field Championship. The native of Dearborn, Michigan, also finished 17th at the 2013 NCAA Division II Cross Country Championship and seventh in the 10,000 meters at the 2013 national outdoor championship.

Bloomsburg University's **Vicki Davis** was the 2013 PSAC Women's Cross Country Athlete of the Year and the USTFCCCA Atlantic Region Athlete of the Year. She won both the PSAC and NCAA Atlantic Regional titles in 2013 and earned All-America honors with a 22nd showing at the NCAA Cross Country National Championship to become Bloomsburg's first-ever women's cross country All-American. The native of New Ringgold, Pennsylvania, is making her second appearance on the Capital One Academic All-America® Division II Women's Track & Field/Cross Country team after earning second-team honors in 2013. A graduate student with a 3.76 undergraduate G.P.A. in curriculum and instruction (4.00 graduate G.P.A.), claimed All-America honors in the 3,000 steeplechase and the 5,000 meters at the 2013 NCAA Division II Outdoor Track & Field Championship.

Bentley's **Tara Dooley** is the first of two first-team Capital One Academic All-America® Division II Women's Track & Field/Cross Country honorees for the Falcons. The Lee, Massachusetts, native earned All-America honors with a fourth-place finish at the 2013 NCAA Division II Cross Country Championship. She was the 2013 NE-10 Women's Cross Country Athlete of the Year and USTFCCCA Women's Cross Country East Region Runner of the Year. The accountancy major with a 3.87 G.P.A. has finished as Bentley's top women's cross runner each of the team's races for the past three seasons. She did not compete in track & field during the spring, as she took the semester to study abroad in France.

Lisa Galasso rounds out the trio of first-team Capital One Academic All-America® Division II Women's Track & Field/Cross Country selections from Grand Valley State. The seven-time NCAA Division II All-American was part of the 4x400 relay team that took eighth place at the 2014 NCAA Division II Outdoor Track & Field Championship and a fourth-place showing at the indoor national meet. The Orion, Michigan, native helped Grand Valley State's distance medley relay team claim the 2012 indoor national title and place seventh in the same discipline in 2013. The senior holds a 3.96 G.P.A. in biomedical sciences (chemistry).

Breanna Hemming of Metropolitan State University of Denver is a five-time All-American and holds a perfect 4.00 G.P.A. in her human development major (elementary education). The native of Kiowa, Colorado, finished in eighth place at the 2014 NCAA Division II Outdoor Track & Field Championship in the 1,500 meters. She is a 10-time national qualifier and has earned All-Rocky Mountain Athletic Conference honors 11 times during the last two seasons. She placed seventh at the 2013 NCAA Division II Cross Country Championship and earned All-America honors in the mile and distance medley race at the 2014 NCAA Division II Indoor Track & Field Championship.

Shell and Hixson Lead Academic All-America® Division II Track and Field/Cross Country Teams

West Texas A&M's **Emma Love** is the first Elite 89 Award winner on the 2014 Capital One Academic All-America® Division II Women's Track & Field/Cross Country team, earning the honor in cross country in the fall. The San Antonio, Texas, native led the Lady Buffs to consecutive LSC Cross Country title (2012 and 2013) and was named the 2013 Lone State Conference Academic Runner of the Year. The 4.00 G.P.A. sports and exercise science major placed 32nd at the NCAA Division II Cross Country regionals and was a national qualifier. She holds the school outdoor track & field record in the 10,000 meters and posted personal records in all four of her outdoor events this past season.

Ferris State University's **Anna Rudd** is making her second-consecutive appearance on the Capital One Academic All-America® Division II Women's Track & Field/Cross Country first team. The 2013 NCAA Division II Indoor Track & Field national champion in the 5,000 meters holds a 3.83 G.P.A. in nursing (B.S.N.) and was the national runner-up at the same meet in the 3,000 meters. The Leslie, Michigan, native, claimed USTFCCA All-Region honors in both track & field and cross country this year and is a three-year All-GLIAC honoree. She is the 2013 Ferris State Female Bulldog of the Year Award winner and earned All-America honors at the indoor national championship in the 5,000 meters in 2014.

Mallory Sanner of Seton Hill University is the 2013 USTFCCA Division II Scholar-Athlete of the Year and the 2013 NCAA Division II national champion in the javelin (49.43 meters). A native of Uniontown, Pennsylvania, holds a 3.79 G.P.A. in elementary education. She is a three-time All-American in the javelin, pairing her national title in 2013 with a fifth-place showing in 2012 and a seventh-place finish in 2014. She is the 2013 West Virginia Intercollegiate Athletic Conference Field Athlete of the Year and 2013 Westmoreland YWCA Sportswoman of the Year award winners.

Slippery Rock's **Kara Styles** is making her third appearance on a Capital One Academic All-America® Division II Women's Track & Field/Cross Country team after garnering second-team accolades in both 2012 and 2013. She holds a perfect 4.00 G.P.A. in her 210 completed credit hours at Slippery Rock, including 144 undergraduate and 66 graduate program hours. The native of Windber, Pennsylvania, is a three-time All-Region honoree and was named the PSAC Champion Scholar Award winner during the 2014 indoor track & field season. She helped the Rock to the PSAC Indoor Track Championship title this past year with her seventh-place finish in the 3,000 meters.

Bentley's **Amy Varsell** is the other three-time Capital One Academic All-America® Division II Women's Track & Field/Cross Country first-team selection on this year's squad. The native of Burlington, Connecticut, earned her sixth and seventh career All-America honors this year with a 39th place showing at the NCAA Division II Cross Country Championship and a fourth place finish in the 1,500 meters at the NCAA Division II Indoor Track & Field Championship. The most decorated women's track & field athlete in Bentley program history is a 14-time USTFCCA All-Region honoree and a seventh-time All-New England award winner. She holds school records in six individual events and four relays and graduated in May 2013 Summa Cum Laude with a 3.82 G.P.A. in accountancy (3.47 graduate school G.P.A.).

Rounding out 2014 Capital One Academic All-America® Division II Women's Track & Field/Cross Country first team is a second-team honoree from last year, **Ewa Zaborowska** from Harding. The 2014 Great American Conference Cross Country Runner of the Year holds a perfect 4.00 G.P.A. in accounting and is a three-time All-Central Region honoree. The native of Wejherowo, Poland, earned All-America honors in the 800 meters with an eighth-place finish at the 2014 NCAA Division II Indoor Track & Field Championship. She is the 800 meter record holder at Harding and was the 2014 Lone Star Conference champion in the indoor mile.

The 15 members of the Capital One Academic All-America® Division II Women's Track & Field / Cross Country combined for a 3.89 G.P.A., including four student-athletes with a 4.0 G.P.A. In total, 13 members of the Capital One Academic All-America® Division II Women's Track & Field/Cross Country first, second and third teams had a 4.00 G.P.A., while the 45-member team had a combined 3.83 G.P.A.

Shell and Hixson Lead Academic All-America® Division II Track and Field/Cross Country Teams

The second team consisted of **Courtney Anderson** (Cal State Stanislaus), **Michelle Beavers** (Southern Arkansas University), **Brittany Brown** (Saint Augustine's), **McKayla Fricker** (Seattle Pacific University), **Jessica Janecke** (Grand Valley State), **Sarah Krolick** (Edinboro), **Bri Leeper** (West Texas A&M), **Megan Lundy** (Shippensburg University), **Amber Moore** (West Texas A&M), **Christina O'Conner** (East Stroudsburg University), **Madison Pines** (Northwood (Mich.) University), **Tara Richardson** (Western State Colorado University), **Emma Shell** (Southwest Baptist), **Hannah Witt** (King (Tenn.) University) and **Jackie Ziemke** (Nebraska-Kearney).

The third team was comprised of **Lauren Baldauf** (Regis University), **Mary Ann Bradshaw** (Missouri S & T), **Julia Cain** (Slippery Rock), **Kristen Celsor** (Harding), **Taylor Cipicchio** (Missouri S & T), **Lindsay Honea** (Point Loma Nazarene University), **Samantha Johnson** (Ferris State), **Kaydian Jones** (University of the District of Columbia), **Courtney Klaty** (University of Central Missouri), **Andrea Kober** (Grand Valley State), **Libby Strickland** (West Texas A&M), **Ada Udaya** (University of New Haven), **Ivy Watts** (New Haven), **Channing Wilson** (Cal State Stanislaus) and **Keeley Wood** (Wingate).

About Capital One

Capital One Financial Corporation (www.capitalone.com) is a financial holding company whose subsidiaries, which include Capital One, N.A., and Capital One Bank (USA), N. A., had \$206.9 billion in deposits and \$289.9 billion in total assets as of September 30, 2013. Headquartered in McLean, Virginia, Capital One offers a broad spectrum of financial products and services to consumers, small businesses and commercial clients through a variety of channels. Capital One, N.A. has more than 900 branch locations primarily in New York, New Jersey, Texas, Louisiana, Maryland, Virginia and the District of Columbia. A Fortune 500 company, Capital One trades on the New York Stock Exchange under the symbol "COF" and is included in the S&P 100 index.

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2014 Capital One Academic All-America® Men's Track & Field/Cross Country Team Division II

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Ben Barrows (3)	Central Missouri	Sr.	Smithville, Mo.	4.00	Mathematics
Binyam Ateka Belachew (2)	Wingate	Sr.	Addis Ababa, Ethiopia	4.00	Biology
David Cooper (2)	Tusculum	Jr.	Greeneville, Tenn.	4.00	Biology
Aaron Dinzeo (1)	California (Pa.)	Jr.	Sidney, Ohio	3.88	Anthropology
Mickey Doerr (2) (#)	Wayne State (Neb.)	Sr.	Bloomfield, Neb.	4.00	History & Science Education
Johnnie Guy	Southern Indiana	So.	Palmyra, Ind.	3.63	Engineering
Kirk Harvey (2) (#)	Metropolitan State	Sr.	Lafayette, Colo.	3.84	Biology
Andrew McLain (3)	Lewis	Jr.	Fort Wayne, Ind.	3.87	Sports Management
Logan Sharpe	S. Connecticut State	Sr.	Esperance, N.Y.	3.50	Exercise Science
William Shell (1)	Southwest Baptist	Sr.	Cape Girardeau, Mo.	4.00	Athletic Training
Dustin Thomas	Edinboro	Sr.	Broadview Heights, Ohio	3.97	HPE - Teacher Certification
David Reinhardt	Slippery Rock	Jr.	Bradford, Pa.	3.89	Exercise Science/Pre PT
Clint Rosser (1)	California, San Diego	Jr.	Westchester, Calif.	3.96	Environmental Engineering
Jeremy Wilk	Grand Valley State	Sr.	Wood Dale, Ill.	3.69	Marketing/Finance
Chris Yanichko (3)	Florida Southern	Sr.	Grove City, Ohio	3.93	Biochemistry/Molecular Biology

SECOND TEAM

Name	School	Yr.	Hometown	GPA	Major
Ethan Barnes	Grand Valley State	So.	Caledonia, Mich.	3.86	Integrated Science/Education
Jake Benton (3)	Missouri Southern State	Sr.	Wentzville, Mo.	4.00	Pre-Med (Biology)
Kevin Carder	Nebraska-Kearney	Sr.	Albion, Neb.	3.99	Political Science
Carl Dunne	Saint Leo	So.	Monasterboice, Ireland	3.99	Accounting & Economics
Justin Ellerbee	Cal Poly Pomona	Jr.	Rocklin, Calif.	3.72	Aerospace Engineering
A.J. Guerra	S. Connecticut State	Sr.	Stafford Springs, Conn.	3.32	Physics
Adriel Hawkins	Missouri Science & Technology	Sr.	Jefferson City, Mo.	3.47	Engineering Management
Morgan Huegel	California (Pa.)	Jr.	Cranberry, Pa.	4.00	Mathematics
Taffawee Johnson	Saint Augustine's	Sr.	St. Ann, Jamaica	3.64	Sport Management
James Lawson	Wingate	Sr.	Wake Forest, N.C.	3.94	English
Kellen Levy (3)	California, San Diego	Sr.	Fresno, Calif.	3.76	Literature/Writing
Payson Maydew	Emporia State	So.	Pratt, Kan.	3.95	Accounting
Dillon Schrodtt	Nebraska-Kearney	Jr.	Lincoln, Neb.	3.86	Math Education 7-12
Austin Shaffer	Colorado School of Mines	So.	Rose Hill, Kan.	3.96	Petroleum Engineering
Brent Showerman	Grand Valley State	Sr.	South Lyon, Mich.	3.80	Social Work

THIRD TEAM

Name	School	Yr.	Hometown	GPA	Major
Trent Fontanella	Stonehill	Sr.	Pelham, N.H.	3.71	Criminology/Psychology
Steve Hammond	Wingate	Sr.	Warsaw, Ohio	3.66	Sport Management
Conor Higgins	Bentley	Sr.	Randolph, N.J.	3.75	Corporate Finance & Accounting
William Hilton	Cal State Stanislaus	Sr.	Groveland, Calif.	4.00	Biology
John King Jr.	Saint Augustine's	Jr.	Upper Darby, Pa.	3.78	Business Administration
Nicholas Kirkpatrick	Stonehill	So.	Carmel, Ind.	3.73	Electrical Engineering
Stephen Leonard	Stonehill	Sr.	Chatham, N.J.	3.38	Biology
Riley McKee	Azusa Pacific	Sr.	Albuquerque, N.M.	3.85	Political Science
Baptiste Moreu	West Texas A&M	Jr.	Auray, France	3.73	Finance
Kevin Naceanceno	Harding	Jr.	Clovis, N.M.	3.94	Biochemistry
Alan Peterson	Grand Valley State	Jr.	Ironwood, Mich.	3.71	Exercise Science
Sean Smith	Lewis	Sr.	Winnebago, Ill.	3.98	Mathematics
Joe Vellella	Missouri Science & Technology	Sr.	Piasa, Ill.	3.49	Chemical Engineering
Scott Whitaker	Malone	Jr.	Pittsburgh, Pa.	3.85	Communication Arts
Bryan Wilcox	Stonehill	Jr.	Plantsville, Conn.	3.69	Accounting

Academic All-America® of the Year: William Shell, Southwest Baptist

- (1) - Capital One Academic All-America® Division II First Team in 2013
 (2) - Capital One Academic All-America® Division II Second Team in 2013
 (3) - Capital One Academic All-America® Division II Third Team in 2013
 (#) - Capital One Academic All-America® Division II Third Team in 2012



2014 Capital One Academic All-America® Women's Track & Field/Cross Country Team Division II

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Erin Alewine (1)	Central Missouri	Sr.	Jefferson City, Mo.	3.58	Dietetics
Kasey Barnett	California State Chico	Sr.	Chico, Calif.	3.96	Recreation Administration
Tabitha Bemis (1) (@)	Edinboro	Sr.	Fair Oaks, Pa.	3.90	Sports and Recreation
Courtney Brewis	Grand Valley State	Sr.	Dearborn, Mich.	3.89	Physical Therapy
Vicki Davis (2)	Bloomsburg	Gr.	New Ringgold, Pa.	3.76	Curriculum & Instruction
Tara Dooley	Bentley	Jr.	Lee, Mass.	3.87	Accountancy
Breanna Hemming	Metropolitan State	Jr.	Kiowa, Colo.	4.00	Human Development
Kristen Hixson (1) (!) (\$)	Grand Valley State	Sr.	Remus, Mich.	3.97	Finance
Lisa Galasso (1)	Grand Valley State	Sr.	Orion, Mich.	3.96	Biomedical Sciences
Emma Love	West Texas A&M	Jr.	San Antonio, Texas	4.00	Sports & Exercise Science
Anna Rudd (1)	Ferris State	Sr.	Leslie, Mich.	3.83	Nursing - B.S.N.
Mallory Sanner	Seton Hill	Jr.	Uniontown, Pa.	3.79	Elementary Education
Kara Styles (2)	Slippery Rock	Gr.	Windber, Pa.	4.00	Doctor of Physical Therapy
Amy Varsell (1) (!)	Bentley	Gr.	Burlington, Conn.	3.82	Accountancy (MS)
Ewa Zaborowska	Harding	Sr.	Wejherowo, Poland	4.00	Accounting

SECOND TEAM

Name	School	Yr.	Hometown	GPA	Major
Courtney Anderson	Cal State Stanislaus	Sr.	Folsom, Calif.	3.49	History
Michelle Beavers	Southern Arkansas	Sr.	Metairie, La.	4.00	Chemistry Pre-Health/Biology Pre-Health
Brittany Brown	Saint Augustine's	Sr.	Akron, Ohio	4.00	Communications
McKayla Fricker	Seattle Pacific	Sr.	Canby, Ore.	3.32	Integrated Studies
Jessica Janecke	Grand Valley State	Jr.	Scales Mound, Ill.	3.73	Biomedical Sciences
Sarah Krolick	Edinboro	Sr.	Arcade, N.Y.	3.96	Health & Physical Education
Bri Leeper	West Texas A&M	So.	Amarillo, Texas	4.00	Mass Communications/ Broadcasting
Megan Lundy	Shippensburg	So.	York, Pa.	4.00	Early Childhood Education (Pre K-4)
Amber Moore	West Texas A&M	Sr.	Longview, Texas	4.00	Mass Communications
Christina O'Connor	East Stroudsburg	Jr.	Oneonta, N.Y.	3.79	Biology
Madison Pines (2)	Northwood (Mich.)	Gr.	Troy, Mich.	4.00	Accounting
Tara Richardson (2)	Western State Colorado	Sr.	Wiggins, Colo.	3.93	Biology/Exercise & Sport Science
Emma Shell	Southwest Baptist	Sr.	Cape Girardeau, Mo.	3.89	Biology
Hannah Witt (3)	King (Tenn.)	Sr.	Mountain City, Tenn.	3.95	Biology
Jackie Ziemke	Nebraska-Kearney	Sr.	Waco, Neb.	3.93	Business Administration

THIRD TEAM

Name	School	Yr.	Hometown	GPA	Major
Lauren Baldauf	Regis	Sr.	Salida, Colo.	4.00	Education
Mary Ann Bradshaw	Missouri Science & Technology	Sr.	Jackson, Mo.	3.94	Geological Engineering
Julia Cain	Slippery Rock	Sr.	Magnolia, Ohio	3.52	Psychology
Kristen Celsor	Harding	Sr.	Searcy, Ark.	3.91	Communication Science & Disorders
Taylor Cipicchio	Missouri Science & Technology	Sr.	Highland, Ill.	3.55	Mathematics
Lindsay Honea	Point Loma Nazarene	Sr.	Marana, Ariz.	3.56	Liberal Studies
Samantha Johnson	Ferris State	Jr.	Troy, Mich.	3.53	Pharmacy
Kaydian Jones	District Of Columbia	Sr.	Kingston, Jamaica	3.53	Journalism
Courtney Klaty	Central Missouri	Sr.	Newberry, Mich.	4.00	Biology/Pre-Med
Andrea Kober	Grand Valley State	Sr.	Conklin, Mich.	3.39	Therapeutic Recreation
Libby Strickland	West Texas A&M	So.	Amarillo, Texas	3.84	Biology
Ada Udaya	New Haven	Sr.	West Haven, Conn.	3.34	Biology/Pre-Med
Ivy Watts	New Haven	Jr.	Waltham, Mass.	3.99	Psychology
Channing Wilson	Cal State Stanislaus	Jr.	Turlock, Calif.	4.00	Kinesiology
Keeley Wood	Wingate	Sr.	Sanford, N.C.	3.88	Communication Studies

Academic All-America® of the Year: Kristen Hixson, Grand Valley State

- (1) - Capital One Academic All-America® Division II First Team in 2013
 (2) - Capital One Academic All-America® Division II Second Team in 2013
 (3) - Capital One Academic All-America® Division II Third Team in 2013
 (\$) - Capital One Academic All-America® of the Year Division II in 2013
 (!) - Capital One Academic All-America® Division II First Team in 2012
 (@) - Capital One Academic All-America Division II Second Team in 2012