



# Iowa Conference Cross Country Championship Preview • October 25, 2012

Contact: Joshua Schroeder, Director of Information  
 222 Third Street SE, Suite 423  
 Cedar Rapids, IA 52401  
 Phone — (319) 366-4975 • Fax — (319) 366-4911  
 Twitter — @iiacathletics  
 Email — jschroeder@iowaconference.com



## 2012 Iowa Conference Cross Country Championships Saturday, October 27

54th annual Men's Championship (8K): 11 a.m.  
 31st annual Women's Championship (6K): noon  
 Host: Coe College  
 Site: Noelridge Park, Cedar Rapids

### 2011 CHAMPIONS

Men — Team: Loras | Individual: Kyle Heineman, Coe  
 Women — Team: Wartburg | Individual: Emma Spoon, Luther



## NCAA Division III Central Regional Championship

Saturday, November 10  
 Host: St. Olaf College  
 Site: St. Olaf College Cross Country Course, Northfield, Minn.

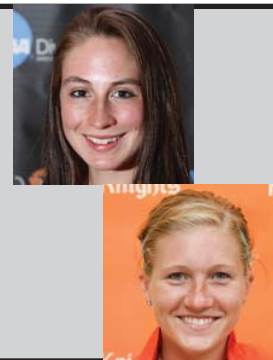
## NCAA Division III Cross Country Championships

Saturday, November 17  
 Host: Rose-Hulman Institute of Technology  
 Site: LaVern Gibson Course, Terre Haute, Ind.

## 2012 Iowa Conference Runners of the Week



	Male	Week Ending	Female
	Eli Horton, Central	Sept. 3	Megan Bloedow, Dubuque
	Jerry Olp, Loras	Sept. 9	Alana Enabnit, Wartburg
	Jerry Olp, Loras	Sept. 16	Sammi Bruett, Wartburg
	Andrew Dewar, Coe	Sept. 23	Katie Fogel, Loras
	Eli Horton, Central	Sept. 30	Alana Enabnit, Wartburg
	Andrew Dewar, Coe	Oct. 7	Maggie Pierson, Luther
	Eli Horton, Central	Oct. 14	Alana Enabnit, Wartburg
	Jackson Espeset, Luther	Oct. 21	Lauren Mordini, Luther



## Iowa Conference Championships • 2011-in-Review October 29, 2011 • Luther College Cross Country Course, Decorah, Iowa Dubuque, Iowa



2011 IIAC Champion  
 Kyle Heineman  
 Coe College



2011 IIAC Champion  
 Emma Spoon  
 Luther College

### TEAM SCORES

#### Men

- Loras..... 53
- Luther..... 56
- Wartburg..... 79
- Central..... 115
- Cornell..... 135
- Simpson..... 142
- Coe ..... 170
- Buena Vista ..... 206
- Dubuque ..... 295

#### Women

- Wartburg..... 28
- Luther..... 45
- Loras..... 78
- Cornell..... 101
- Central..... 149
- Coe ..... 175
- Simpson..... 185
- Dubuque ..... 239
- Buena Vista ..... 277

### 2011 All-IIAC Men's Country Team

Pl.	Name, Yr., School	Time
1.	Kyle Heineman, sr., Coe	25:14.3
2.	Dan McDermott, sr., Loras	25:22.7
3.	Chase Nowak, sr., Cornell	25:29.7
4.	Marty Mitchell, jr., Luther	25:35.5
5.	Jerry Olp, so., Loras	25:43.0
6.	Ben Jacobs, sr., Cornell	25:45.3
7.	Austin Bauer, so., Luther	25:46.6
8.	Ryan Edwardson, sr., Simpson	25:47.9
9.	Grant Moser, sr., Wartburg	25:49.4
10.	Sam Read, so., Wartburg	25:50.5
11.	Eli Horton, fr., Central	25:53.4
12.	Shane Steele, sr., Luther	25:54.0
13.	Austin Steil, jr., Loras	25:57.2
14.	Parker Comentino, jr., Wartburg	26:05.6
15.	Evan Neubauer, jr., Luther	26:08.4

Most Valuable Runner — Tobben  
 Coach of the Year — Bob Schultz, Loras

### 2011 All-IIAC Women's Country Team

Pl.	Name, Yr., School	Time
1.	Emma Spoon, sr., Luther	22:34.2
2.	Emily Eimers, sr., Wartburg	22:36.8
3.	Alana Enabnit, fr., Wartburg	22:45.2
4.	Laura Sigmund, sr., Wartburg	22:53.2
5.	Melissa Erickson, sr., Luther	22:57.3
6.	Sammi Bruett, so., Wartburg	23:00.9
7.	Genna Kinley, sr., Loras	23:01.1
8.	Mary Rector, so., Loras	23:12.6
9.	Allie Jagielo, sr., Cornell	23:17.6
10.	Christina Storlie, jr., Luther	23:18.0
11.	Maggie Pierson, so., Luther	23:25.6
12.	Keelie Finnel, sr., Coe	23:26.7
13.	Haddie Vawter, so., Wartburg	23:28.5
14.	Audrey Weidman, sr., Wartburg	23:29.6
15.	Leslie Smebak, jr., Cornell	23:38.0

Most Valuable Runner — Spoon  
 Coach of the Year — Steve Johnson, Wartburg

## 2012 IOWA CONFERENCE CROSS COUNTRY CHAMPIONSHIPS PREVIEW

**CEDAR RAPIDS, IOWA . . .** The 2012 Iowa Intercollegiate Athletic Conference (IIAC) Cross Country Championships are Saturday, October 27, at Noelridge Park in Cedar Rapids. The men's 8,000-meter race begins at 11 a.m. and is followed by the women's 6,000-meter race at noon.

**Women's Race:** Six All-Conference runners from 2011 return on the women's side, including last year's third-place finisher **Alana Enabnit** of Wartburg. Enabnit, an all-American who finished 10th at the national meet as a freshman a year ago, has finished in the top-3 in each of her five competitions this fall, including wins at the Les Duke and Tori Neubauer Invitationals. Enabnit also owns the top-5 6-kilometer times posted by IIAC runners this fall, including a 21:15.3 clocking at the Woody Greeno Invitational.

In addition to Enabnit, Wartburg returns juniors **Haddie Vawter** and **Sammi Bruett** and senior **Erin Seymour**. Bruett is one of two 2-time all-Iowa Conference runners in this year's field after finishing ninth in 2010 and sixth a year ago. Vawter took 13th last year and Seymour was 14th in 2010. Luther's **Christina Storlie** also has two all-Iowa Conference honors to her credit. She finished eighth in 2010 and 10th in 2011. Teammate **Maggie Pierson** took 11th at last year's IIAC meet. Loras' **Mary Rector**, eighth a year ago, is the remaining runner with previous all-IIAC honors.

This year's Championship line-ups feature six former All-Central Region runners, including a pair of two-time selections. Enabnit crossed the line second at the regional meet a year last year while teammates Bruett and Vawter placed 15th and 25th, respectively. Rector was 31st followed by Storlie in 32nd and Central's **Melony McDermott** in 35th. Storlie was also 22nd in 2010, while Bruett took 34th that same year.

The Wartburg women placed seven in the top-17 and three in the top-4 to score 28 points and outdistance defending champion Luther (45 points) by 17 markers. The Knights finished with six all-conference runners compared to Luther's four. The win was the 12th overall and the third in four years for Wartburg, which moved back into a tie with Luther for the most IIAC titles. Loras (78), Cornell (101) and Central (149) rounded out the top five.

Enabnit (Les Duke Invitational, Sept. 8, and Tori Neubauer Invitational, Oct. 13), Buena Vista's **Holly Nuetzman** (Bill Buxton Invitational, Aug. 31), Loras' **Kellie Wagner** (Loras Dr. Robert Tucker Invitational, Oct. 12) and Luther's **Lauren Mordini** (Wis.-La Crosse dual, Oct. 19) each picked up individual victories during the season. Outside of Enabnit's top five 6K times, Bruett owns four of the next 10 times while Vawter has two.

**Men's Race:** Eight former All-Conference (top-15) runners from five different schools return to their teams' Championship line-up including six top-15 finishers from 2011. The top three positions have been left vacant due to graduation leaving Luther's **Marty Mitchell**, the fourth-place finisher, as the top returning runner. Teammate **Austin Bauer** took seventh followed by Wartburg's **Sam Read** (10th) and **Parker Comentino** (14th), Central's **Eli Horton** (11th) and Loras' **Austin Steil** (13th). Steil, who also placed ninth in 2010, will be looking for his third all-Iowa Conference honor. Coe's **Andrew Dewar** and Loras' **Chris Higgins** also have all-conference honors to their credit. Dewar placed seventh in 2009 and Higgins 14th in 2010.

Steil is the only runner in the men's field with multiple All-Central Region honors on his résumé. The senior finished 29th in 2010 and 28th a year ago. Higgins (35th in 2010), Horton (10th in 2011), Mitchell (19th in 2011), Bauer (27th in 2011) and Wartburg's **Shane Wareheim** (34th in 2011) are the other runners in the men's field with all-region honors to their credit.

Loras edged host and 32-time champion Luther, 53-56, to capture the program's fourth Iowa Conference men's cross country crown. The Duhawks placed their five point-scoring runners in the top-17, including two in the top 5. Wartburg took third with 79 points. Loras' point total tied the second-highest mark ever by an Iowa Conference champion.

Horton owns the best 8-kilometer by an IIAC runner this year -- a 25:13.1 clocking en route to a runner-up finish out of 461 at the Wisconsin-La Crosse Jim Drews Invitational. Read, Dewar, Steil and Central's **Drew Jackson** and **Cole Decker** each had two of the top 15 6K times this fall. Horton (Central Dutch Invitational, Sept. 1), Dewar (Lamb-Kohawk, Oct. 6), Dubuque's **Payton Nevills** (Spartan Igniter, Aug. 31) and Simpson's **John Warnke** (Bill Buxton Invitational, Aug. 31) and **Joe Farrand** (Buena Vista Invitational, Sept. 21) each picked up individual titles this season.

**Rankings:** The women's teams from Luther and Wartburg have been receiving votes in the USTFCCA Division III Top 35 virtually all season. In the most recent set of rankings (Oct. 17), Wartburg was 11th nationally while Luther was 19th. The Knights are also the top team in the USTFCCA Central Region women's rankings. Luther sits third.

On the men's side, four different schools have landed in the National Top 35 at some point during the season with two -- Central and Loras -- appearing in the most recent listing. The Dutch are 24th and the Duhawks 25th. Wartburg is receiving votes, while Luther has been ranked as high as 22nd. Central leads the Central Region rankings followed by Loras in third, Luther in fifth and Wartburg in ninth.



**USTFCCCA Men's National Poll**  
**Week 6 – October 17, 2012**

Rank	Team	Pts.	LW
1	Haverford (5)	276	2
2	Calvin (3)	274	6
3	North Central (Ill.)	264	1
4	Bates	254	4
5	SUNY Geneseo	251	5
6	UW-La Crosse	240	7
7	Tufts	232	8
8	UW-Eau Claire	218	25
9	Claremont-Mudd-Scripps	207	10
10	Washington (Mo.)	206	3
11	Bowdoin	202	11
12	NYU	200	17
13	Williams	178	13
14	UW-Stevens Point	176	15
15	SUNY Cortland	164	12
16	Augustana (Ill.)	161	13
17	Middlebury	141	17
18	Allegheny	139	20
19	Carnegie Mellon	129	16
20	UW-Platteville	122	22
21	Dickinson	109	26
22	Rochester	106	21
22	Chicago	106	19
24	<b>CENTRAL (IOWA)</b>	<b>92</b>	<b>30</b>
25	Wheaton (Ill.)	83	9
26	Wabash	80	23
27	Johns Hopkins	77	24
28	St. Lawrence	70	27
29	Pomona-Pitzer	66	28
30	Amherst	52	30
31	UW-Oshkosh	39	29
32	Case Western Reserve	35	32
33	St. Olaf	28	RV
34	UW-Stout	17	NR
35	<b>LORAS</b>	<b>14</b>	<b>33</b>

**Others Receiving Votes:** Willamette 10, RPI 10, TCNJ 4, MIT 4, Saint John's (Minn.) 2, **WARTBURG 1**, Ohio Northern 1.



**USTFCCCA Women's National Poll**  
**Week 6 – October 17, 2012**

Rank	Team	Pts.	LW
1	MIT (5)	277	1
2	Johns Hopkins (3)	275	2
3	Williams	262	3
4	Claremont-Mudd-Scripps	257	4
5	Middlebury	249	5
6	Calvin	239	8
7	St. Lawrence	230	7
8	Chicago	221	15
9	Oberlin	219	14
10	UW-Eau Claire	210	10
11	<b>WARTBURG</b>	<b>201</b>	<b>11</b>
12	SUNY Geneseo	188	9
13	St. Olaf	182	12
14	Haverford	172	16
15	Dickinson	161	13
16	NYU	159	25
17	Tufts	154	17
18	Case Western Reserve	145	18
19	<b>LUTHER</b>	<b>135</b>	<b>RV</b>
19	Hope	135	20
21	Amherst	117	21
22	Lewis & Clark	100	22
23	Carleton	98	19
24	Illinois Wesleyan	90	31
25	Trinity (Texas)	85	23
26	Rowan	82	24
27	Washington (Mo.)	80	6
28	Bates	60	27
29	UW-Oshkosh	47	NR
30	Kenyon	42	26
31	Rochester	40	31
32	Willamette	30	34
33	SUNY Plattsburgh	22	RV
34	Ohio Northern	19	29
35	St. Thomas (Minn.)	17	33

**Others Receiving Votes:** Wellesley 16, Emory 7, Elizabethtown 5, SUNY Cortland 4, UW-La Crosse 4, St. Benedict 3, Vassar 1.



**USTFCCCA Men's Central Region Poll**  
**Week 6 – October 16, 2012**

Rank	Team	Conf.	LW
1	<b>CENTRAL (IOWA)</b>	IIAC	1
2	St. Olaf	MIAC	4
3	<b>LORAS</b>	IIAC	2
4	Saint John's (Minn.)	MIAC	5
5	<b>LUTHER</b>	IIAC	6
6	St. Thomas (Minn.)	MIAC	9
7	Grinnell	Midwest	7
8	Bethel (Minn.)	MIAC	8
9	<b>WARTBURG</b>	IIAC	3
10	Carleton	MIAC	10



**USTFCCCA Women's Central Region Poll**  
**Week 6 – October 16, 2012**

Rank	Team	Conf.	LW
1	<b>WARTBURG</b>	IIAC	1
2	St. Olaf	MIAC	2
3	<b>LUTHER</b>	IIAC	5
4	Carleton	MIAC	3
5	St. Thomas (Minn.)	MIAC	4
6	St. Benedict	MIAC	6
7	Gustavus Adolphus	MIAC	7
8	Nebraska Wesleyan	Great Plains	8
9	Grinnell	Midwest	9
10	Concordia Moorhead	MIAC	10



**TRACKING THE IOWA CONFERENCE**  
**USTFCCCA Division III Men's National Poll**

Date	Poll	Team	Rank (Pts.)
A22	Pre	Loras	16th (131)
		Luther	22nd (90)
S12	W1	Loras	18th (139)
		Central	27th (68)
S19	W2	Luther	t-29th (59)
		Loras	21st (122)
		Central	25th (87)
		Luther	32nd (34)
S26	W3	Wartburg	RV (4)
		Central	24th (90)
		Loras	26th (74)
		Luther	31st (39)
		Wartburg	RV (3)
O3	W4	Central	t-23rd (93)
		Loras	31st (53)
		Wartburg	32nd (33)
O10	W5	Luther	RV (3)
		Central	t-30th (48)
		Loras	33rd (28)
O17	W6	Wartburg	35th (19)
		Central	24th (92)
		Loras	35th (14)
		Wartburg	RV (1)

**USTFCCCA Division III Women's National Poll**

Date	Poll	Team	Rank (Pts.)
A22	Pre	Wartburg	9th (219)
		Luther	29th (50)
S12	W1	Wartburg	9th (221)
		Luther	t-28th (65)
S19	W2	Wartburg	10th (214)
		Luther	28th (51)
S26	W3	Wartburg	10th (213)
		Luther	29th (54)
O3	W4	Wartburg	11th (207)
		Luther	35th (24)
O10	W5	Wartburg	11th (203)
		Luther	RV (7)
O17	W6	Wartburg	11th (201)
		Luther	19th (135)

**USTFCCCA Div. III Men's Central Region Poll**

Date	Poll	Team	Rank
A21	Pre	Loras	2nd
		Luther	3rd
		Central	6th
S11	W1	Loras	2nd
		Central	3rd
		Luther	4th
S18	W2	Wartburg	6th
		Loras	2nd
		Central	3rd
		Luther	4th
S25	W3	Wartburg	5th
		Central	2nd
		Loras	3rd
		Luther	4th
O2	W4	Wartburg	5th
		Central	1st
		Loras	2nd
		Wartburg	3rd
		Luther	5th
O9	W5	Central	1st
		Loras	2nd
		Wartburg	3rd
		Luther	6th
O16	W6	Central	1st
		Loras	3rd
		Luther	5th
		Wartburg	9th

**USTFCCCA Div. III Women's Central Region Poll**

Date	Poll	Team	Rank
A22	Pre	Wartburg	1st
		Luther	4th
		Loras	10th
S11	W1	Wartburg	1st
		Luther	5th
S18	W2	Wartburg	1st
		Luther	5th
S25	W3	Wartburg	1st
		Luther	5th
O2	W4	Wartburg	1st
		Luther	5th
O9	W5	Wartburg	1st
		Luther	5th
O16	W6	Wartburg	1st
		Luther	3rd

## Fall 2012 Men's Composite Schedule

SCHOOL	DATE	TOURNAMENT	DISTANCE	TEAM SCORE	TOP RUNNER	PLACE	TIME
Buena Vista	Aug. 31	Simpson Bill Buxton Invitational	6K	2nd of 2 (38)	Alex Lamp	4th of 22	21:06.9
	Sept. 21	Buena Vista Invitational	8K	2nd of 3 (47)	Alex Lamp	4th of 24	27:02.53
	Oct. 6	Briar Cliff Invitational	8K	9th of 14 (285)	Alex Lamp	30th of 174	26:26.56
	Oct. 13	Wis.-La Crosse Jim Drews Invitational	8K	25th of 26 (824)	Tyler Peterson	286th of 461	28:47.2
Central	Sept. 1	Central Dutch Invitational	6K	1st of 4 (16)	Eli Horton	1st of 76	19:17.0
	Sept. 8	Grinnell Les Duke Invitational	8K	1st of 13 (36)	Brent Ewing	3rd of 207	25:40
	Sept. 21	Grand View Invitational	8K	2nd of 7 (62)	Timothy Shepherd	9th of 78	27:02
	Sept. 29	Roy Griak Invitational	8K	4th of 27 (103)	Eli Horton	6th of 272	26:04.1
	Oct. 13	Wis.-La Crosse Jim Drews Invitational	8K	3rd of 26 (131)	Eli Horton	2nd of 461	25:13.1
Coe	Aug. 31	Mount Mercy Mustang Gallop	5K	2nd of 4 (56)	Andrew Dewar	2nd of 44	16:33
	Sept. 15	St. Olaf Invitational	8K	11th of 21 (318)	Andrew Dewar	11th of 295	26:22.2
	Sept. 21	Augustana (Ill.) Brissman-Lundeen Inv.	8K	17th of 34 (496)	Andrew Dewar	15th of 461	25:50.4
	Oct. 6	Coe Lamb-Kohawk Invitational	8K	3rd of 5 (78)	Andrew Dewar	1st of 51	25:50.5
	Oct. 13	Wis.-Oshkosh Brooks Invitational	8K	30th of 38 (854)	Andrew Dewar	77th of 506	26:17.21
Dubuque	Aug. 31	Dubuque Spartan Igniter	3 miles	2nd of 3 (38)	Payton Nevills	1st of 39	16:06.7
	Sept. 8	Luther All-American Invitational	4 miles	8th of 8 (205)	Payton Nevills	30th of 131	22:04.1
	Sept. 15	St. Olaf Invitational	8K	15th of 21 (388)	Payton Nevills	68th of 295	28:01.3
	Sept. 21	Augustana (Ill.) Brissman-Lundeen Inv.	8K	23rd of 34 (625)	Jordan Murray	120th of 461	27:23.6
	Oct. 6	Wisconsin Lutheran Warrior Invitational	8K	6th of 12 (143)	Jordan Murray	17th of 91	28:10.5
	Oct. 12	Loras Dr. Tucker Invitational	8K	4th of 4 (105)	Jordan Murray	21st of 92	28:11.7
Loras	Sept. 8	Luther All-American Invitational	4 miles	1st of 8 (35)	Jerry Olp	2nd of 131	20:58.2
	Sept. 14	National Catholic Championships	5 miles	3rd of 21 (108) non-DI / 10th of 34 (308) overall	Jerry Olp	9th of 170 / 32nd of 276	25:43.8
	Sept. 21	Augustana (Ill.) Brissman-Lundeen Inv.	8K	4th of 34 (146)	Austin Steil	18th of 461	25:55.5
	Oct. 6	Rose-Hulman Pre-National Invitational	8K	6th of 30 (213)	Austin Steil	29th of 376	26:12.5
	Oct. 12	Loras Dr. Tucker Invitational	8K	1st of 4 (20)	Austin Steil	2nd of 54	25:55.7
Luther	Sept. 1	Saint Mary's (Minn.) Alumni Open	4 miles	3rd of 3 (67)	Bauer/Neubauer/Laue/ Weitzel/Rosene/Thompson	t-11th of 64	22:50.40
	Sept. 8	Luther All-American Invitational	4 miles	4th of 8 (111)	Alex Rigdon	17th of 131	21:42.9
	Sept. 21	Wis.-Eau Claire Blugold Invitational	8K	3rd of 17 (120)	Marty Mitchell	17th of 308	25:56.84
	Oct. 6	St. Kate's Invitational	4K	3rd of 5 (59)	Alex Rigdon	6th of 92	12:30.42
	Oct. 13	Wis.-La Crosse Jim Drews Invitational	8K	8th of 26 (231)	Marty Mitchell	31st of 461	26:05.7
	Oct. 19	Wis.-La Crosse (Dual)	4 miles	W, 23-34	Jackson Espeset	2nd of 33	21:22.8
Simpson	Aug. 31	Simpson Bill Buxton Invitational	6K	1st of 2 (20)	John Warnke	1st of 22	20:26.8
	Sept. 21	Buena Vista Invitational	8K	1st of 3 (17)	Joe Farrand	1st of 24	26:41.76
	Oct. 6	Coe Lamb-Kohawk Invitational	8K	1st of 5 (33)	Jake Sutton	3rd of 51	26:09.9
	Oct. 13	Wis.-La Crosse Jim Drews Invitational	8K	12th of 26 (336)	Joe Farrand	15th of 461	25:46.8
Wartburg	Sept. 8	Grinnell Les Duke Invitational	8K	2nd of 13 (74)	Sam Read	10th of 207	26:11
	Sept. 15	Woody Greeno Invitational	8K	9th of 28 (241) all 5th of 20 (149) non-DI	Sam Read	28th of 308	26:08.0
	Sept. 15	Iowa State Heartland Classic	8K	6th of 8 (180)	Christian Kremer-Terry	69th of 138	27:53
	Sept. 28	Saint Mary's (Minn.) No-Limit Invitational	8K	4th of 7 (98)	Adam Best	17th of 83	28:18.8
	Sept. 29	Roy Griak Invitational	8K	6th of 27 (194)	Sam Read	15th of 272	26:18.7
	Oct. 6	Wartburg Dan Huston Invitational	8K	4th of 7 (99)	Sam Read	14th of 107	25:38
	Oct. 13	Wis.-La Crosse Jim Drews Invitational	8K	13th of 26 (354)	Sam Read	18th of 461	25:50.1

### Top 15 8K Times • 2012

Runner	School	Time	Event	Site	Date
Eli Horton	Central College	25:13.1	Wis.-La Crosse Jim Drews Invitational	West Salem, Wis.	10/13/2012
Sam Read	Wartburg College	25:38.0	Dan Huston Invitational	Waverly, Iowa	10/6/2012
Brent Ewing	Central College	25:40.0	Les Duke Invitational	Grinnell, Iowa	9/8/2012
Joe Farrand	Simpson College	25:46.8	Wis.-La Crosse Jim Drews Invitational	West Salem, Wis.	10/13/2012
Cole Decker	Central College	25:50.0	Les Duke Invitational	Grinnell, Iowa	9/8/2012
Drew Jackson	Central College	25:50.0	Les Duke Invitational	Grinnell, Iowa	9/8/2012
Sam Read	Wartburg College	25:50.1	Wis.-La Crosse Jim Drews Invitational	West Salem, Wis.	10/13/2012
Andrew Dewar	Coe College	25:50.4	Brissman-Lundeen Invitational	Rock Island, Ill.	9/21/2012
Andrew Dewar	Coe College	25:50.5	Lamb-Kohawk Invitational	Cedar Rapids, Iowa	10/6/2012
Cole Decker	Central College	25:52.8	Wis.-La Crosse Jim Drews Invitational	West Salem, Wis.	10/13/2012
Drew Jackson	Central College	25:55.2	Wis.-La Crosse Jim Drews Invitational	West Salem, Wis.	10/13/2012
Austin Steil	Loras College	25:55.5	Brissman-Lundeen Invitational	Rock Island, Ill.	9/21/2012
Austin Steil	Loras College	25:55.7	Loras Dr. Robert Tucker Invitational	Dubuque, Iowa	10/12/2012
Marty Mitchell	Luther College	25:56.8	UW-Eau Claire Blugold Invitational	Cofax, Wis.	9/21/2012
Rob Howe	Loras College	25:59.0	Loras Dr. Robert Tucker Invitational	Dubuque, Iowa	10/12/2012

## Fall 2012 Women's Composite Schedule

SCHOOL	DATE	TOURNAMENT	DISTANCE	TEAM SCORE	TOP RUNNER	PLACE	TIME
Buena Vista	Aug. 31	Simpson Bill Buxton Invitational	4K	Inc. Team	Holly Nuetzman	1st of 35	17:01.7
	Sept. 21	Buena Vista Invitational	6K	3rd of 3 (59)	Ashtyn Alfery	4th of 22	25:34.57
	Oct. 6	Briar Cliff Invitational	5K	15th of 16 (445)	Ashtyn Alfery	69th of 163	20:12.77
	Oct. 13	Wis.-La Crosse Tori Neubauer Invitational	6K	26th of 26 (834)	Ashtyn Alfery	207th of 433	25:39.4
Central	Sept. 1	Central Dutch Invitational	5K	2nd of 3 (47)	Melony McDermott	5th of 39	20:29.2
	Sept. 8	Grinnell Les Duke Invitational	6K	5th of 11 (128)	Melony McDermott	16th of 147	23:49
	Sept. 29	Roy Griak Invitational	6K	15th of 29 (408)	Melony McDermott	43rd of 408	24:11.0
	Oct. 13	Wis.-La Crosse Tori Neubauer Invitational	6K	12th of 26 (400)	Melony McDermott	47th of 433	23:26.4
Coe	Aug. 31	Mount Mercy Mustang Gallop	4K	4th of 5 (103)	Kirstin Franklin	15th of 42	17:33
	Sept. 15	St. Olaf Invitational	6K	20th of 24 (593)	Kirstin Franklin	143rd of 381	26:19.5
	Sept. 21	Augustana (Ill.) Brissman-Lundeen Inv.	6K	29th of 32 (783)	Kirstin Franklin	162nd of 397	25:45.7
	Oct. 6	Coe Lamb-Kohawk Invitational	6K	3rd of 6 (102)	Kirstin Franklin	10th of 43	24:43.9
	Oct. 13	Wis.-Oshkosh Brooks Invitational	6K	35th of 37 (1072)	Kirstin Franklin	303rd of 500	25:41.65
Dubuque	Aug. 31	Dubuque Spartan Igniter	2 miles	2nd of 3 (39)	Megan Bloedow	3rd of 33	12:47.4
	Sept. 8	Luther All-American Invitational	5K	10th of 11 (271)	Megan Bloedow	47th of 169	20:20.9
	Sept. 15	St. Olaf Invitational	6K	Inc. Team	Megan Bloedow	69th of 381	24:54.7
	Sept. 21	Augustana (Ill.) Brissman-Lundeen Inv.	6K	17th of 32 (495)	Megan Bloedow	62nd of 397	24:11.2
	Oct. 6	Wisconsin Lutheran Warrior Invitational	6K	4th of 14 (95)	Megan Bloedow	8th of 104	23:57.9
	Oct. 12	Loras Dr. Tucker Invitational	6K	2nd of 3 (49)	Megan Bloedow	4th of 36	24:13.9
Loras	Sept. 8	Luther All-American Invitational	5K	8th of 11 (217)	Kellie Wagner	34th of 169	20:05.0
	Sept. 14	National Catholic Championships	5K	9th of 21 (259) non-DI / 21st of 34 (599)	Katie Fogel	33rd of 165 / 100th of 266	19:29.9
	Sept. 21	Augustana (Ill.) Brissman-Lundeen Inv.	6K	10th of 32 (351)	Katie Fogel	50th of 397	23:52.4
	Oct. 6	Rose-Hulman Pre-National Invitational	6K	21st of 30 (554)	Kellie Wagner	67th of 326	23:51.7
	Oct. 12	Loras Dr. Tucker Invitational	6K	1st of 3 (18)	Kellie Wagner	1st of 36	23:55.6
Luther	Sept. 1	Saint Mary's (Minn.) Alumni Open	5K	2nd of 3 (50)	Klepper/Storlie/Serres/ Pierson/Cole	t-11th of 59	21:27.10
	Sept. 8	Luther All-American Invitational	5K	2nd of 11 (70)	Tricia Serres	4th of 169	18:54.9
	Sept. 21	Wis.-Eau Claire Blugold Invitational	6K	5th of 17 (131)	Maggie Pierson	26th of 266	22:55.80
	Oct. 6	St. Kate's Invitational	4K	1st of 7 (32)	Maggie Pierson	2nd of 152	14:33.64
	Oct. 13	Wis.-La Crosse Tori Neubauer Invitational	6K	5th of 26 (132)	Tricia Serres	5th of 433	22:14.4
	Oct. 19	Wis.-La Crosse (Dual)	4K	W, 18-42	Lauren Mordini	1st of 42	15:20.3
Simpson	Aug. 31	Simpson Bill Buxton Invitational	4K	1st of 4 (26)	Shelby King	4th of 35	17:30.2
	Sept. 21	Buena Vista Invitational	6K	1st of 3 (23)	Lindsey Borgomainerio	3rd of 22	25:31.54
	Oct. 6	Coe Lamb-Kohawk Invitational	6K	2nd of 6 (64)	Lindsey Borgomainerio	8th of 43	24:27.1
	Oct. 13	Wis.-La Crosse Tori Neubauer Invitational	6K	23rd of 26 (656)	Lindsey Borgomainerio	142 of 433	24:46.4
Wartburg	Aug. 31	CSB Triangular	5K	2nd of 3 (45)	Sammi Bruett	4th of 71	19:29.0
	Sept. 8	Grinnell Les Duke Invitational	6K	1st of 11 (49)	Alana Enabnit	1st of 147	21:29
	Sept. 15	Woody Greeno Invitational	6K	7th of 32 (224) all 3rd of 26 (126) non-DI	Alana Enabnit	2nd of 289	21:15.3
	Sept. 15	Iowa State Heartland Classic	5K	4th of 7 (137)	Morgan Gerdes	45th of 102	20:50
	Sept. 28	Saint Mary's (Minn.) No-Limit Invitational	6K	6th of 6 (148)	Nicole McLain	7th of 68	24:53.2
	Sept. 29	Roy Griak Invitational	6K	2nd of 29 (108)	Alana Enabnit	3rd of 408	22:05.4
	Oct. 6	Wartburg Dan Huston Invitational	6K	2nd of 7 (59)	Alana Enabnit	2nd of 116	21:45
	Oct. 13	Wis.-La Crosse Tori Neubauer Invitational	6K	2nd of 26 (99)	Alana Enabnit	1st of 433	21:41.5

### Top 15 6K Times • 2012

Runner	School	Time	Event	Site	Date
Alana Enabnit	Wartburg College	21:15.3	Woody Greeno Invitational	Lincoln, Neb.	9/15/2012
Alana Enabnit	Wartburg College	21:29.0	Les Duke Invitational	Grinnell, Iowa	9/8/2012
Alana Enabnit	Wartburg College	21:41.5	Wisconsin-La Crosse Neubauer Invitational	West Salem, Wis.	10/13/2012
Alana Enabnit	Wartburg College	21:45.0	Dan Huston Invitational	Waverly, Iowa	10/6/2012
Alana Enabnit	Wartburg College	22:05.4	Roy Griak Invitational	Falcon Heights, Minn.	9/28/2012
Sammi Bruett	Wartburg College	22:07.2	Wisconsin-La Crosse Neubauer Invitational	West Salem, Wis.	10/13/2012
Tricia Serres	Luther College	22:14.4	Wisconsin-La Crosse Neubauer Invitational	West Salem, Wis.	10/13/2012
Sammi Bruett	Wartburg College	22:32.0	Les Duke Invitational	Grinnell, Iowa	9/8/2012
Haddie Vawter	Wartburg College	22:33.0	Dan Huston Invitational	Waverly, Iowa	10/6/2012
Sammi Bruett	Wartburg College	22:36.1	Woody Greeno Invitational	Lincoln, Neb.	9/15/2012
Haddie Vawter	Wartburg College	22:41.4	Wisconsin-La Crosse Neubauer Invitational	West Salem, Wis.	10/13/2012
Maggie Pierson	Luther College	22:45.1	Wisconsin-La Crosse Neubauer Invitational	West Salem, Wis.	10/13/2012
Christina Storlie	Luther College	22:46.8	Wisconsin-La Crosse Neubauer Invitational	West Salem, Wis.	10/13/2012
Sammi Bruett	Wartburg College	22:47.8	Roy Griak Invitational	Falcon Heights, Minn.	9/28/2012
Erin Sawyers	Wartburg College	22:48.0	Dan Huston Invitational	Waverly, Iowa	10/6/2012

## Buena Vista University

Nickname: Beavers • Location: Storm Lake • Head Coach: Jeff Brennan (3rd season)

IIAC Titles — Men: 0 / Women: 0

MEN		WOMEN	
<b>2011 IIAC Finish:</b>	8th of 9 (206 points)	<b>2011 IIAC Finish:</b>	9th of 9 (277 points)
<b>Top Returner:</b>	Alex Lamp, 34th (27:02.1)	<b>Top Returner:</b>	Olivia Nelson, 117th (31:07.0)
<b>Probable Runner</b>	<b>Top 8K Time</b>	<b>Probable Runner</b>	<b>Top 6K Time</b>
Alex Lamp	26:26.6 at Briar Cliff Invitational	Ashtyn Alfery	25:34.6 at Buena Vista Invitational
Ben Berberich	27:42.5 at Briar Cliff Invitational	Brandy Richards	28:45.7 at Buena Vista Invitational
Brian Christiansen	27:47.7 at Briar Cliff Invitational	Kaitlyn Vorthmann	29:01.8 at Buena Vista Invitational
Tyler Peterson	28:02.3 at Briar Cliff Invitational	Veronica King	29:12.2 at Buena Vista Invitational
Andrew Smith	28:21.1 at Briar Cliff Invitational	Olivia Nelson	30:36.0 at Buena Vista Invitational
Jared Bruce	28:22.5 at Buena Vista Invitational		
Andrew Laird	28:57.2 at Briar Cliff Invitational		
Brady Hannula	30:06.6 at Wis.-La Crosse Jim Drews Invitational		

## Central College

Nickname: Dutch • Location: Pella • Head Coach: Joe Dunham (4th season)

IIAC Titles — Men: 0 / Women: 2

MEN		WOMEN	
<b>2011 IIAC Finish:</b>	4th of 9 (115 points)	<b>2011 IIAC Finish:</b>	5th of 9 (149 points)
<b>Top Returner:</b>	Eli Horton, 11th (25:53.4)	<b>Top Returner:</b>	Shelby Mendoza, 27th (24:02.2)
<b>Probable Runner</b>	<b>Top 8K Time</b>	<b>Probable Runner</b>	<b>Top 6K Time</b>
Eli Horton	25:13.1 at Wis.-La Crosse Jim Drews Invitational	Melony McDermott	23:26.4 at UWL Tori Neubauer Invitational
Brent Ewing	25:40.0 at Les Duke Invitational	Emma Nelson	23:58.7 at UWL Tori Neubauer Invitational
Cole Decker	25:50.0 at Les Duke Invitational	Shelby Mendoza	24:15.4 at UWL Tori Neubauer Invitational
Drew Jackson	25:50.0 at Les Duke Invitational	Alyssa Eaves	24:16.6 at UWL Tori Neubauer Invitational
Austin O'Brien	26:03.0 at Wis.-La Crosse Jim Drews Invitational	Amanda Dunkin	24:50.3 at UWL Tori Neubauer Invitational
Sloan Beninga	26:32.0 at Wis.-La Crosse Jim Drews Invitational	Daphne Baumgartner	25:09.5 at UWL Tori Neubauer Invitational
Cody Doughan	26:32.4 at Wis.-La Crosse Jim Drews Invitational	Mallory Welk	25:26.0 at UWL Tori Neubauer Invitational
Timothy Shepherd	26:44.8 at Wis.-La Crosse Jim Drews Invitational	Molly Bramble	25:36.0 at Les Duke Invitational
Brandon Clough	27:31.1 at Wis.-La Crosse Jim Drews Invitational	Elin Phipps	25:41.0 at Les Duke Invitational
Chris Sarridge	27:40.9 at Wis.-La Crosse Jim Drews Invitational	Jenna Broghamer	25:48.0 at Les Duke Invitational

## Coe College

Nickname: Kohawks • Location: Cedar Rapids • Head Coach: Ben Mourer (1st season)

IIAC Titles — Men: 0 / Women: 0

MEN		WOMEN	
<b>2011 IIAC Finish:</b>	7th of 9 (170 points)	<b>2011 IIAC Finish:</b>	6th of 9 (175 points)
<b>Top Returner:</b>	Shea Devine, 58th (27:36.6)	<b>Top Returner:</b>	Kirstin Franklin, 75th (25:59.5)
<b>Probable Runner</b>	<b>Top 8K Time</b>	<b>Probable Runner</b>	<b>Top 6K Time</b>
Andrew Dewar	25:50.4 at Brissman-Lundeen Invitational	Kirstin Franklin	24:43.9 at Lamb-Kohawk Invitational
Shea Devine	27:21.1 at Lamb-Kohawk Invitational	Erin Pisarik	25:53.1 at Lamb-Kohawk Invitational
Jon Ameling	27:43.2 at Lamb-Kohawk Invitational	Chelsey Thill	25:57.9 at Lamb-Kohawk Invitational
Charlie Dewar	28:16.3 at Brissman-Lundeen Invitational	Josie Visser	26:22.7 at Lamb-Kohawk Invitational
Josh Minard	28:21.0 at Lamb-Kohawk Invitational	Emma Gitomer	27:02.4 at Lamb-Kohawk Invitational
Nathan Rumpza	28:36.9 at Wis.-Oshkosh Brooks Invitational	Taylor Wolf	27:23.2 at Wisconsin-Oshkosh Brooks Invitational
Keenan McLaughlin	29:26.1 at Lamb-Kohawk Invitational	Kelsey Kemp	27:25.5 at Lamb-Kohawk Invitational
Ryan Rey	29:49.4 at Wis.-Oshkosh Brooks Invitational	Kayla Musgjerd	28:33.0 at Lamb-Kohawk Invitational
Chad Loomis	32:11.6 at Brissman-Lundeen Invitational	Allison Rogers	28:42.4 at Lamb-Kohawk Invitational
Tim O'Brien	32:11.7 at Brissman-Lundeen Invitational		

## University of Dubuque

Nickname: Spartans • Location: Dubuque • Head Coach: Chad Gunnelson (2nd season)

IIAC Titles — Men: 2 / Women: 0

MEN		WOMEN	
<b>2011 IIAC Finish:</b>	9th of 9 (295 points)	<b>2011 IIAC Finish:</b>	8th of 9 (239 points)
<b>Top Returner:</b>	Luke Elsbernd, 138th (30:12.9)	<b>Top Returner:</b>	Megan Bloedow, 51st (24:59.5)
<b>Probable Runner</b>	<b>Top 8K Time</b>	<b>Probable Runner</b>	<b>Top 6K Time</b>
Jordan Murray	27:23.6 at Brissman-Lundeen Invitational	Megan Bloedow	23:57.9 at Wisconsin Lutheran Warrior Invitational
Payton Nevills	27:29.7 at Brissman-Lundeen Invitational	Beth Michaelis	24:38.4 at Brissman-Lundeen Invitational
John Fain	28:07.6 at Brissman-Lundeen Invitational	Brenda Nava	24:45.5 at Brissman-Lundeen Invitational
Javier Rodriguez	29:06.3 at St. Olaf Invitational	Kelly Lesniak	25:03.0 at Loras Dr. Robert Tucker Invitational
Matthew Zittritsch	29:10.7 at Brissman-Lundeen Invitational	Kelley Hauber	25:34.6 at Loras Dr. Robert Tucker Invitational
David Ploenzke	29:12.8 at Brissman-Lundeen Invitational	Rachael Busjahn	25:50.1 at Wisconsin Lutheran Warrior Invitational
Blair Burdt	29:23.7 at Brissman-Lundeen Invitational	Samantha Holen	26:33.0 at Brissman-Lundeen Invitational
Tyler Andrae	29:33.7 at Brissman-Lundeen Invitational	Kasondra Wallner	No 6K time
David Martin	29:35.2 at Brissman-Lundeen Invitational		
Colton Haning	30:17.8 at Brissman-Lundeen Invitational		

## Loras College

Nickname: Duhawks • Location: Dubuque • Head Coach: Bob Schultz (8th season)

IIAC Titles — Men: 4 / Women: 0

MEN		WOMEN	
<b>2011 IIAC Finish:</b>	IIAC Champion (53 points)	<b>2011 IIAC Finish:</b>	3rd of 9 (78 points)
<b>Top Returner:</b>	Austin Steil, 13th (25:57.2)	<b>Top Returner:</b>	Mary Rector, 8th (23:12.6)
<b>Probable Runner</b>	<b>Top 8K Time</b>	<b>Probable Runner</b>	<b>Top 6K Time</b>
Austin Steil	25:55.5 at Brissman-Lundeen Invitational	Kellie Wagner	23:51.7 at Rose-Hulman Pre-National Invitational
Rob Howe	25:59.0 at Loras Dr. Robert Tucker Invitational	Katie Fogel	23:52.4 at Brissman-Lundeen Invitational
Ty Wittman	26:03.1 at Brissman-Lundeen Invitational	Nora Gawlik	24:11.6 at Loras Dr. Robert Tucker Invitational
Steve Loran	26:15.2 at Brissman-Lundeen Invitational	Maria Kalb	24:17.5 at Loras Dr. Robert Tucker Invitational
Ryan Sheeran	26:23.8 at Loras Dr. Robert Tucker Invitational	Bridget Hall	24:43.2 at Loras Dr. Robert Tucker Invitational
Chris Higgins	26:31.7 at Loras Dr. Robert Tucker Invitational	Mary Rector	24:46.4 at Loras Dr. Robert Tucker Invitational
Kyle Wagner	26:42.3 at Brissman-Lundeen Invitational	Hallie Martin	24:53.8 at Brissman-Lundeen Invitational
Adam Varnas	26:49.6 at Brissman-Lundeen Invitational	Melissa Kroll	25:05.3 at Brissman-Lundeen Invitational
Sam Whan	26:54.2 at Loras Dr. Robert Tucker Invitational	Kayla Barnes	25:11.9 at Brissman-Lundeen Invitational
Tyler Schaefer	27:01.3 at Brissman-Lundeen Invitational	Amanda Runde	25:20.2 at Loras Dr. Robert Tucker Invitational

## Luther College

Nickname: Norse • Location: Decorah • Head Coach: Steve Pasche (8th season)

IIAC Titles — Men: 32 / Women: 12

MEN		WOMEN	
<b>2011 IIAC Finish:</b>	2nd of 9 (56 points)	<b>2011 IIAC Finish:</b>	2nd of 9 (45 points)
<b>Top Returner:</b>	Marty Mitchell, 4th (25:35.5)	<b>Top Returner:</b>	Christina Storlie, 10th (23:18.0)
<b>Probable Runner</b>	<b>Top 8K Time</b>	<b>Probable Runner</b>	<b>Top 6K Time</b>
Marty Mitchell	25:56.8 at UW-Eau Claire Blugold Invitational	Tricia Serres	22:14.4 at UWL Tori Neubauer Invitational
Austin Bauer	26:05.2 at UW-Eau Claire Blugold Invitational	Maggie Pierson	22:45.1 at UWL Tori Neubauer Invitational
Alex Rigdon	26:08.0 at UW-Eau Claire Blugold Invitational	Christina Storlie	22:46.8 at UWL Tori Neubauer Invitational
Logan Langley	26:10.9 at UW-Eau Claire Blugold Invitational	Jayne Cole	22:51.2 at UWL Tori Neubauer Invitational
Tyler Broadwell	26:21.6 at Wis.-La Crosse Jim Drews Invitational	Annie Klepper	23:08.4 at Wis.-Eau Claire Blugold Invitational
Soren Thompson	26:37.4 at UW-Eau Claire Blugold Invitational	Lisa Wegman	23:37.8 at Wis.-Eau Claire Blugold Invitational
Jackson Espeset	26:47.3 at Wis.-La Crosse Jim Drews Invitational	Lauren Mordini	23:39.6 at UWL Tori Neubauer Invitational
Matt Rubins	26:50.6 at Wis.-La Crosse Jim Drews Invitational	Lauren Stokke	23:55.3 at Wis.-Eau Claire Blugold Invitational
Brock Laue	26:53.8 at UW-Eau Claire Blugold Invitational	Bailey Mulholland	24:14.5 at UWL Tori Neubauer Invitational
Kurt Hellmann	26:55.1 at UW-Eau Claire Blugold Invitational	Nicole Powers	24:24.1 at Wis.-Eau Claire Blugold Invitational

## Simpson College

Nickname: Storm • Location: Indianola • Head Coach: Heath Moenck (2nd season)

IIAC Titles — Men: 1 / Women: 4

MEN		WOMEN	
<b>2011 IIAC Finish:</b>	6th of 9 (142 points)	<b>2011 IIAC Finish:</b>	7th of 9 (185 points)
<b>Top Returner:</b>	Mitchell Davis, 26th (26:36.9)	<b>Top Returner:</b>	Jade Osborne, 28th (24:05.1)
<b>Probable Runner</b>	<b>Top 8K Time</b>	<b>Probable Runner</b>	<b>Top 6K Time</b>
Joe Farrand	25:46.8 at Wis.-La Crosse Jim Drews Invitational	Lindsey Borgomainerio	24:27.1 at Lamb-Kohawk Invitational
Jake Sutton	26:09.9 at Lamb-Kohawk Invitational	Jade Osborne	24:51.1 at Lamb-Kohawk Invitational
John Warnke	26:21.8 at Wis.-La Crosse Jim Drews Invitational	Lauren Doocy	25:28.3 at Lamb-Kohawk Invitational
Nick Yaeger	26:54.9 at Lamb-Kohawk Invitational	Shelby King	25:33.3 at Lamb-Kohawk Invitational
Mitchell Davis	26:55.6 at Buena Vista Invitational	Amelia Borgomainerio	25:35.4 at Lamb-Kohawk Invitational
Miles Kirts	27:24.4 at Lamb-Kohawk Invitational	Rae Lea Jones	25:38.0 at Lamb-Kohawk Invitational
Andrew Mayes	27:56.6 at Lamb-Kohawk Invitational	Leah Clark	25:43.1 at Lamb-Kohawk Invitational
Kellan Kremer	28:34.2 at Wis.-La Crosse Jim Drews Invitational	Bree Gaster	25:58.8 at Buena Vista Invitational
Bryce Phillips	28:49.1 at Lamb-Kohawk Invitational	Emily Manning	26:05.5 at Lamb-Kohawk Invitational
Max Nguyen	29:35.9 at Lamb-Kohawk Invitational	Sammy Nelson	27:10.4 at Lamb-Kohawk Invitational

## Wartburg College

Nickname: Knights • Location: Waverly • Head Coach: Steve Johnson (24th season)

IIAC Titles — Men: 14 / Women: 12

MEN		WOMEN	
<b>2011 IIAC Finish:</b>	3rd of 9 (79 points)	<b>2011 IIAC Finish:</b>	IIAC Champion (28 points)
<b>Top Returner:</b>	Sam Read, 10th (25:50.5)	<b>Top Returner:</b>	Alana Enabnit, 3rd (22:45.2)
<b>Probable Runner</b>	<b>Top 8K Time</b>	<b>Probable Runner</b>	<b>Top 6K Time</b>
Sam Read	25:38.0 at Dan Huston Invitational	Alana Enabnit	21:15.3 at Woody Greeno Invitational
Bennett Moser	26:04.0 at Dan Huston Invitational	Sammi Bruett	22:07.2 at UWL Tori Neubauer Invitational
Chase Moser	26:19.0 at Dan Huston Invitational	Haddie Vawter	22:33.0 at Dan Huston Invitational
Parker Comentino	26:19.0 at Dan Huston Invitational	Erin Sawyers	22:48.0 at Dan Huston Invitational
Shane Warehime	26:29.0 at Les Duke Invitational	Kirsten Youngberg	23:16.0 at Dan Huston Invitational
Chris Huinker	26:35.0 at Dan Huston Invitational	Lauren Mapes	23:21.0 at Dan Huston Invitational
Ryan Kloberdanz	26:36.0 at Les Duke Invitational	Morgan Gerdes	23:32.0 at Dan Huston Invitational
Kevin Whaley	26:40.0 at Dan Huston Invitational	Serena Goetzl	23:57.9 at UWL Tori Neubauer Invitational
Shane Kirchoff	26:46.8 at Wis.-La Crosse Jim Drews Invitational	Elli Parker	24:18.0 at Dan Huston Invitational
Brandon Hosch	26:51.0 at Dan Huston Invitational	Amy Reicks	24:23.0 at Dan Huston Invitational