

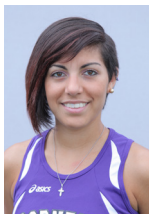
MWC Women's Cross Country

PERFORMER OF THE WEEK

Sam Martinez - Cornell College

Junior - Bowie, Texas

Martinez beat Monmouth's Kyra Kimber by five seconds to claim the individual title for team champion Cornell at the Lamb-Kohawk Invitational. The junior topped the 54-woman field in 22:45 as the Ram outdistanced Mount Mercy for the team crown, 39-48. Martinez earned her second race title and fourth top-10 finish in as many meets this season.



PAST PERFORMERS OF THE WEEK

Sept. 2- Sam Martinez, Cornell College

Lisa Baeten, St. Norbert College

Sept. 9- Lisa Baeten, St. Norbert College

Sept. 16 - Erin Schrobilgen, Lawrence University

Sept. 23 - Karla Perez, Ripon College

Sept. 30 - Sam Martinez, Cornell College

Oct. 7 - Lisa Baeten, St. Norbert College

RESULTS

Friday Oct. 10

Beloit at Benedictine University Invite 3rd of 14

Saturday Oct. 11

Knox at Illinois College Invitational 3rd of 7

Illinois at Illinois College Invitational 4th of 7

Cornell at Lamb-Kohawk Invitational 1st of 5

Monmouth at Lamb-Kohawk Invitational 3rd of 5

UPCOMING SCHEDULE

Friday Oct. 17

Knox at Bradley University Pink Classic 3:00 p.m.

Monmouth at Loras Dr. Tucker Invitational 4:30 p.m.

Saturday Oct. 18

Cornell at Tori Neubauer Invitational 10:00 a.m.

Grinnell at Tori Neubauer Invitational 10:00 a.m.

St. Norbert at Oberlin Inter-Regional Rumble 11:00 a.m. (ET)

Lake Forest at UW-Oshkosh Brooks Invitational 10:30 a.m.

Carroll at UW-Oshkosh Brooks Invitational 10:30 a.m.

Lawrence at UW-Oshkosh Brooks Invitational 10:30 a.m.

Beloit at Wisconsin Private Colleges 12:00 p.m.

Ripon at Wisconsin Private Colleges 12:00 p.m.

Illinois College at Benedictine Springfield TBA

6K HONOR ROLL

Name	School	Time	Date	Event
Martinez	CC	21:59.00	9/26	Brissman Lundeen
Kimber	MC	22:19.30	9/26	Brissman Lundeen
Baeten	SNC	22:24.80	9/26	Brissman Lundeen
Schrobilgen	LU	23:06.00	9/13	CUW Invite
Artz	SNC	23:12.90	9/26	Brissman Lundeen
Southern	GC	23:18.00	9/26	Brissman Lundeen
Bruning	LU	23:29.95	10/4	Gene Davis Invitational
Whitney	LFC	23:32.00	9/20	Gil Dodds Invitational
Masterson	CC	23:37.80	10/11	Lamb-Kohawk Invite
Jones	BC	23:40.37	10/4	Gene Davis Invitational
Waddle	BC	23:43.55	10/4	Gene Davis Invitational
Koenig	BC	23:43.68	10/4	Gene Davis Invitational
Price	SNC	23:47.30	9/26	Brissman Lundeen
Campbell	GC	23:50.00	9/13	Les Duke Invite
Williams	LU	23:52.25	10/4	Gene Davis Invitational
Moline	CC	23:55.00	9/13	Les Duke Invite
DeLong	BC	23:56.47	10/4	Gene Davis Invitational
Seer	GC	24:08.00	9/26	Brissman Lundeen
Swietilk	CU	24:13.40	9/13	CUW Invite
Wetzel	CC	24:14.00	10/11	Lamb-Kohawk Invite
Hutchings	LU	24:17.20	9/13	CUW Invite
Walsh	SNC	24:18.45	10/4	Gene Davis Invitational
Landes	LU	24:18.60	9/13	CUW Invite
Wetzel	CC	24:23.00	9/26	Brissman Lundeen
Kinzer	LU	24:23.86	10/4	Gene Davis Invitational
Messner	CU	24:29.60	9/13	CUW Invite
Roberts	GC	24:32.00	9/26	Brissman Lundeen
Perez	RC	24:32.60	9/13	CUW Invite
Karlsson	LU	24:37.35	10/4	Gene Davis Invitational
Kozlowski	SNC	24:40.90	9/5	Aurora Invite
Luhmann	GC	24:44.00	10/4	Wartburg Invite
Androski	GC	24:45.00	9/13	Les Duke Invite
Waz	SNC	24:45.30	9/26	Brissman Lundeen
Daniel	MC	24:46.60	10/11	Lamb-Kohawk Invite
Lira	LFC	24:47.16	10/4	Gene Davis Invitational
Flores	IC	24:50.00	10/11	Lamb-Kohawk Invite
Podosek	MC	24:51.60	9/13	UW-Whitewater
Lorch	LFC	24:53.00	9/20	Gil Dodds Invitational
Jauregui	SNC	24:54.60	9/26	Brissman Lundeen
Parbs	SNC	24:57.03	10/4	Gene Davis Invitational
Miller	SNC	24:57.90	9/5	Aurora Invite
Allen	RC	24:58.10	9/13	CUW Invite
Dupont	MC	25:01.00	10/11	Lamb-Kohawk Invite
Joosten	SNC	25:02.00	9/26	Brissman Lundeen
Kilgus	LU	25:03.02	10/4	Gene Davis Invitational
Teagle	GC	25:06.00	10/4	Wartburg Invite
Cress	BC	25:09.76	10/4	Gene Davis Invitational
Bayly	GC	25:18.00	9/13	Les Duke Invite

MWC Women's Cross Country

BELOIT

8/29	Rock Cut Open	1st of 2
9/13	@ UW-Parkside	8th of 8
9/27	Olde English Classic	1st of 8
10/4	@ Gene Davis Invite	3rd of 7
10/11	@ Benedictine	3rd of 14
10/18	@ St. Norbert	11:00 am
11/1	@ MWC Champ.	11:00 am
11/15	@ NCAA Regional	11:00 am
11/22	@ NCAA Champ.	11:00 am

KNOX

8/29	@ Illinois Wesleyan	5th of 5
9/13	@ Les Duke Invite	9th of 13
9/27	@ Olde English Classic	3rd of 8
10/4	@ Gene Davis Invite	7th of 7
10/11	@ Illinois College	3rd of 7
10/17	@ Bradley Pink Classic	3:00 pm
11/1	@ MWC Champ.	11:00 am
11/15	@ NCAA Regional	11:00 am
11/22	@ NCAA Champ.	11:00 am

ST. NORBERT

8/30	Tom Barry Invite	1st of 10
9/5	@ Aurora Invite	2nd of 12
9/13	@ Midwest Open	5th of 8
9/26	@ Brissman-Lundeen	11th of 35
10/4	@ Gene Davis Invite	1st of 7
10/18	@ Oberlin Rumble	11:00amET
11/1	@ MWC Champ.	11:00 am
11/15	@ NCAA Regional	11:00 am
11/22	@ NCAA Champ.	11:00 am

CARROLL

8/30	@ Tom Barry Invite	4th of 10
9/13	@ Concordia Wis.	6th of 16
9/26	@ Brissman-Lundeen	25th of 35
10/4	@ Gene Davis Invite	6th of 7
10/18	@ UW-Oshkosh	10:30 am
11/1	@ MWC Champ.	11:00 am
11/15	@ NCAA Regional	11:00 am
11/22	@ NCAA Champ.	11:00 am

LAKE FOREST

8/30	@ Tom Barry Invite	6th of 10
9/13	@ Knight Invite	16th of 21
9/20	@ Gil Dodds Invite	8th of 15
10/4	@ Gene Davis Invite	5th of 7
10/18	@ UW-Oshkosh	10:30 am
11/1	@ MWC Champ.	11:00 am
11/8	@ Viking Trials	11:00 am
11/15	@ NCAA Regional	11:00 am
11/22	@ NCAA Champ.	11:00 am

CORNELL

8/29	@ Simpson Tri	1st of 7
9/13	@ Les Duke Invite	5th of 13
9/26	@ Brissman-Lundeen	17th of 35
10/11	@ Lamb Kohawk	1st of 5
10/18	@ Tori Neubauer Invite	10:00 am
11/1	@ MWC Champ.	11:00 am
11/15	@ NCAA Regional	11:00 am
11/22	@ NCAA Champ.	11:00 am

LAWRENCE

8/30	@ Tom Barry Invite	3rd of 10
9/13	@ Concordia Wis.	2nd of 16
9/27	@ Roy Griak Invite	8th of 20
10/4	@ Gene Davis Invite	2nd of 7
10/18	@ UW-Oshkosh	10:00 am
11/1	@ MWC Champ.	11:00 am
11/15	@ NCAA Regional	11:00 am
11/22	@ NCAA Champ.	11:00 am

GRINNELL

9/6	@ Central Invite	5th of 9
9/13	Les Duke Invite	4th of 13
9/26	@ Brissman-Lundeen	14th of 35
10/4	@ Wartburg Invite	3rd of 7
10/18	@ Tori Neubauer Invite	10:30 am
11/1	@ MWC Champ.	11:00 am
11/15	@ NCAA Regional	11:00 am
11/22	@ NCAA Champ.	11:00 am

MONMOUTH

8/29	@ IWU Opener	3rd of 5
9/13	@ UW-Whitewater	3rd of 7
9/26	@ Brissman-Lundeen	23rd of 35
10/11	@ Lamb-Kohawk	3rd of 5
10/17	@ Loras Invite	4:30 pm
11/1	@ MWC Champ.	11:00 am
11/15	@ NCAA Regional	11:00 am
11/22	@ NCAA Champ.	11:00 am

ILLINOIS COLLEGE

8/30	@ Principia	2nd of 2
9/12	@ Bradley	2nd of 2
9/27	@ Olde English Classic	2nd of 8
10/11	Illinois College	4th of 7
10/18	@ Benedictine-Spring.	TBA
10/25	@ Stl. Col. Pharmacy	TBA
11/1	@ MWC Champ.	11:00 am
11/15	@ NCAA Regional	11:00 am
11/22	@ NCAA Champ.	11:00 am

RIPON

8/30	@ Tom Berry Invite	7th of 10
9/13	@ Concordia (Wis.)	8th of 16
9/20	Red Hawk Invite	1st of 4
9/27	@ Roy Griak Invite	16th of 20
10/18	@ Wis. Lutheran	12:00 pm
11/1	@ MWC Champ.	11:00 am
11/15	@ NCAA Regional	11:00 am
11/22	@ NCAA Champ.	11:00 am

MWC Women's Cross Country



DIVISION III CROSS COUNTRY POLLS

Rank	Institution (FPV)	Points	Region	Conference	Last Week
1	Johns Hopkins (8)	280	Midwest	Centennial	1
2	MIT	269	New England	NEWMAC	2
3	St. Lawrence	267	Atlantic	Liberty League	3
4	Middlebury	250	New England	NESCAC	4
5	SUNY Geneseo	247	Atlantic	SUNYAC	7
6	Washington (Mo.)	241	Midwest	UAA	6
7	Oberlin	237	Great Lakes	NCAC	5
8	Williams	224	New England	NESCAC	10
9	Tufts	207	New England	NESCAC	8
10	Willamette	206	West	Northwest	12
11	Mount Union	192	Great Lakes	OAC	17
12	Carleton	191	Central	MIAC	16
12	SUNY Oneonta	191	Atlantic	SUNYAC	15
14	Calvin	179	Great Lakes	Michigan	11
15	UW-La Crosse	169	Midwest	WIAC	14
16	Claremont-Mudd-Scripps	165	West	SCIAC	18
17	St. Thomas (Minn.)	139	Central	MIAC	19
17	NYU	139	Atlantic	UAA	21
19	St. Olaf	128	Central	MIAC	20
20	RIT	123	Atlantic	Liberty League	32
21	Elizabethtown	122	Midwest	Landmark	24
22	Amherst	115	New England	NESCAC	28
23	Hope	113	Great Lakes	MIAA	22
24	North Central (Ill.)	96	Midwest	CCIW	23
25	Haverford	73	Midwest	Centennial	13
26	Vassar	64	Atlantic	Liberty League	30
27	Emory	62	South/Southeast	UAA	29
28	Dickinson	61	Midwest	Centennial	9
29	Chicago	55	Midwest	UAA	25
30	SUNY Cortland	53	Atlantic	SUNYAC	NR
31	Whitworth	39	West	Northwest	RV
32	Ohio Wesleyan	37	Great Lakes	NCAC	NR
33	Carnegie Mellon	30	Midwest	UAA	27
34	St. Benedict	27	Central	MIAC	35
35	TCNJ	13	Atlantic	NJAC	NR

Others Receiving Votes: Case Western Reserve 12, Wartburg 9, Puget Sound 7, Aurora 4, Whitman 2, Allegheny (Pa.) 2

MWC Women's Cross Country

ATLANTIC Region

Rank	Institution	Location	Conference	Last Week
1	St. Lawrence	Canton, N.Y.	Liberty League	1
2	SUNY Geneseo	Geneseo, N.Y.	SUNYAC	2
3	SUNY Oneonta	Oneonta, N.Y.	SUNYAC	3
4	NYU	New York, N.Y.	UAA	4
5	RIT	Henrietta, N.Y.	Liberty League	5
6	SUNY Cortland	Cortland, N.Y.	SUNYAC	7
7	Vassar	Poughkeepsie, N.Y.	Liberty League	6
8	TCNJ	Ewing, N.J.	NJAC	8
9	Ithaca	Ithaca, N.Y.	Empire 8	9
9	Hamilton	Clinton, N.Y.	NESCAC	NR

MIDWEST Region

Rank	Institution	Location	Conference	Last Week
1	Washington (Mo.)	St. Louis, Mo.	UAA	1
2	UW-La Crosse	La Crosse, Wis.	WIAC	2
3	North Central (Ill.)	Naperville, Ill.	CCIW	3
4	Chicago	Chicago, Ill.	UAA	4
5	Aurora	Aurora, Ill.	NACC	5
6	Augustana (Ill.)	Rock Island, Ill.	CCIW	6
7	UW-Stevens Point	Stevens Point, Wis.	WIAC	7
8	St. Norbert	De Pere, Wis.	MWC	8
9	UW-Eau Claire	Eau Claire, Wis.	WIAC	9
10	Wheaton (Ill.)	Wheaton, Ill.	CCIW	10

CENTRAL Region

Rank	Institution	Location	Conference	Last Week
1	Carleton	Northfield, Minn.	MIAC	1
2	St. Thomas (Minn.)	Saint Paul, Minn.	MIAC	2
3	St. Olaf	Northfield, Minn.	MIAC	3
4	St. Benedict	St. Joseph, Minn.	MIAC	4
5	Wartburg	Waverly, Iowa	IIAC	5
6	Macalester	Saint Paul, Minn.	MIAC	7
7	Luther	Decorah, Iowa	IIAC	6
8	Loras	Dubuque, Iowa	IIAC	8
9	Gustavus Adolphus	St. Peter, Minn.	MIAC	9
10	Nebraska Wesleyan	Lincoln, Neb.	Great Plains	10

NEW ENGLAND Region

Rank	Institution	Location	Conference	Last Week
1	Middlebury	Middlebury, Vt.	NESCAC	2
2	MIT	Cambridge, Mass.	NEWMAC	1
3	Williams	Williamstown, Mass.	NESCAC	3
4	Tufts	Medford, Mass.	NESCAC	4
5	Amherst	Amherst, Mass.	NESCAC	5
6	Bates	Lewiston, Maine	NESCAC	6
7	Wellesley	Wellesley, Mass.	NEWMAC	9
8	Colby	Waterville, Maine	NESCAC	7
9	Connecticut College	New London, Conn.	NESCAC	8
10	Brandeis	Waltham, Mass.	UAA	NR

GREAT LAKES Region

Rank	Institution	Location	Conference	Last Week
1	Oberlin	Oberlin, Ohio	NCAC	1
2	Calvin	Grand Rapids, Mich.	Michigan	2
2	Mount Union	Alliance, Ohio	OAC	2
4	Hope	Holland, Mich.	Michigan	4
5	Ohio Wesleyan	Delaware, Ohio	NCAC	5
6	Case Western	Cleveland, Ohio	UAA	6
7	Otterbein	Westerville, Ohio	OAC	7
8	Denison	Granville, Ohio	NCAC	8
9	DePauw	Greencastle, Ind.	NCAC	9
10	Hanover	Hanover, Ind.	HCAC	10

SOUTH/SOUTHEAST Region

Rank	Institution	Location	Conference	Last Week
1	Emory	Atlanta, Ga.	UAA	1
2	Trinity (Texas)	San Antonio, Texas	SCAC	2
3	Bridgewater (Va.)	Bridgewater, Va.	ODAC	3
4	Christopher Newport	Newport News, Va.	CAC	4
5	Rhodes	Memphis, Tenn.	SAA	5
6	Centre	Danville, Ky.	SAA	6
7	Eastern Mennonite	Harrisonburg, Va.	ODAC	7
8	Mary Washington	Fredericksburg, Va.	CAC	8
9	Washington and Lee	Lexington, Va.	ODAC	9
10	Roanoke	Salem, Va.	ODAC	10

MIDEAST Region

Rank	Institution	Location	Conference	Last Week
1	Johns Hopkins	Baltimore, Md.	Centennial	1
2	Elizabethtown	Elizabethtown, Pa.	Landmark	2
3	Haverford	Haverford, Pa.	Centennial	3
4	Dickinson	Carlisle, Pa.	Centennial	4
5	Carnegie Mellon	Pittsburgh, Pa.	UAA	5
6	Allegheny (Pa.)	Meadville, Pa.	NCAC	6
7	Swarthmore	Swarthmore, Pa.	Centennial	7
8	Susquehanna	Selinsgrove, Pa.	Landmark	8
9	York (Pa.)	York, Pa.	CAC	9
10	Bryn Mawr	Byrn Mawr, Pa.	Centennial	10

WEST Region

Rank	Institution	Location	Conference	Last Week
1	Willamette	Salem, Ore.	NW Conf.	1
2	Claremont-MS	Claremont, Calif.	SCIAC	2
3	Whitworth	Spokane, Wash.	NW Conf.	3
4	Puget Sound	Tacoma, Wash.	NW Conf.	4
5	Whitman	Walla Walla, Wash.	NW Conf.	5
6	Pomona-Pitzer	Claremont, Calif.	SCIAC	6
7	Redlands	Redlands, Calif.	SCIAC	7
8	Occidental	Los Angeles, Calif.	SCIAC	8
9	UC Santa Cruz	Santa Cruz, Calif.	Independent	9
10	Colorado College	Colorado Springs, Colo.	SCAC	10