

"West Florida is always a great meet for our men's and women's B-team runners to start the season, with the exception of four upperclassman all the other runners have no collegiate experience whatsoever in cross country" said Coach Scott Irving. On the men's side the only veteran was sophomore Brady Thomas who ended up number four runner on the men's team which finished first overall with 22 points. The first place finisher in the men's race was Aaron Caruso, a true freshman out of Atlantic Del Ray High School, Del Ray Beach Florida, who was followed closely by Ryan Hicks, another true freshman out of Virginia with a time of 22:14. Rounding out the top three was Danny Fritz, another true freshman, out of Xavier High School in Cincinnati Ohio. Finishing the scoring were Thomas, just edging out Nathan Timm, another true freshman both in 22:59. Florida State won the meet scoring 22 points, their lowest point total ever in this competition, bettering last years team effort by ten points. On the women's side, senior Diana Hartnup, who had been slowed by an injury this summer, lead a group of freshman and sophomores to a victory recording 28 points. Misty Harper, a native of Seminole Florida, proved that point by finishing second for the team as a true freshman, followed by Brooke Bastien, a sophomore transfer from Jacksonville University. Finishing next was true freshman Sarah Bergeron while FSU sophomore, Sandra Murphy, rounded out the scoring totaling 28 points. West Florida is a quality division two program that has in fact beaten our men's A team in the past. Now that Florida State has matured as a program this competition really gives our younger athletes a chance to run against athletes that will challenge them.

### FSU Team Results

#### Men (Four Mile+)

1. Aaron Caruso 22:06
2. Ryan Hicks 22:14
3. Danny Fritz 22:22
4. Brady Thomas 22:59
5. Nathan Timm 22:59

#### Women (Two Mile+)

1. Diana Hartnup 13:02
2. Misty Harper 13:12
3. Brooke Bastien 13:32
4. Sara Bergeron 13:41
5. Sandra Murphy 14:05
6. Brandi Rook 14:25
7. Michelle Palmer 14:30
8. Mellissa Lyons 15:24

#### Race Team Results

1. Florida State 22
2. West Florida 55
3. Mobile 111
4. West Alabama 123

1. Florida State 28
2. West Florida 46
3. West Alabama 137