



Appalachian State University Track & Field and Cross-Country

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2000 Mountaineer Open - Boone, NC

ASU Track and Field Web Staff Last Updated 09/01/00

Appalachian Track

Hy-Tek's MEET MANAGER

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Mountaineer Open

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Division I Cross Country

Boone, North Carolina - Friday 09/01/00

Event 1 Men's 8,000 Meter Run

Results by Order of Finish - Friday 09/01/00

Meet: 25:17.00 Russ Gerbers - South Florida - 1999

RANK	COMP#	ATHLETE NAME	YR	SCHOOL	AVG MILE	TIME	SCORE
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1	613	Gerbers, Russ		South Florida	5:07	25:30.00	1
2	681	Growley, Adam	JR	Winthrop	5:10	25:41.80	2
3	518	Bissette, Ben	SR	Appalachian	5:12	25:53.80	3
4	615	Jones, Richard		South Florida	5:13	25:57.90	4
✕5	562	Stuart, Nick	SO	Florida State	5:14	26:01.60	5
6	616	Smith, Andrew		South Florida	5:14	26:03.90	6
★7	564	Ware, Josh	SR	Florida State	5:15	26:10.70	7
8	716	Spangler, Paul		Unattached	5:16	26:11.30	
9	614	Johnson, Matt		South Florida	5:16	26:13.70	8
10	638	McGrane, Brendan		Unc Asheville	5:17	26:17.20	9
11	524	Halin, Joe	FR	Appalachian	5:17	26:18.80	10
12	612	Fenton, Kyle		South Florida	5:18	26:22.80	11
✕13	557	Hicks, Ryan	SO	Florida State	5:19	26:27.40	12
14	624	Reed, Michael		Unattached	5:21	26:35.80	
15	527	Manchester, Franklin	SO	Appalachian	5:21	26:40.00	13
16	660	Nolan, Matt		Unc Greensboro	5:21	26:40.50	14
17	682	Insko, Justin	JR	Winthrop	5:22	26:43.90	15
18	528	Marion, Alan	JR	Appalachian	5:23	26:46.30	16
✕19	554	Flieshmann, Brian	JR	Florida State	5:23	26:47.40	17
20	641	Trollip, Branden		Unc Asheville	5:23	26:50.40	18
21	532	Slagle, James	JR	Appalachian	5:24	26:52.40	19
22	706	Gibson, Dan	JR	Davidson	5:25	26:58.00	20
23	536	Velazquez, Rich	JR	Appalachian	5:25	26:59.20	21
24	529	McCall, Nathan	FR	Appalachian	5:25	26:59.90	22
25	653	Ball, Rob		Unc Greensboro	5:26	27:00.60	23
26	611	Chumbley, Adam		South Florida	5:26	27:01.50	24

*27	563 Van Veen, James	FR Florida State	5:26	27:02.20	25
28	521 Demir, Kenan	FR Appalachian	5:26	27:05.40	
*29	552 Clark, Dan	FR Florida State	5:27	27:06.70	26
30	531 Schowe, Ben	JR Appalachian	5:27	27:09.80	
31	679 Ackerman, Ashley	SR Winthrop	5:28	27:13.40	27
32	523 Ferguson, Brad	JR Appalachian	5:28	27:14.60	
*33	561 Richson, Eric	SO Florida State	5:28	27:14.80	28
*34	551 Caruso, Aaron	SO Florida State	5:29	27:15.50	
35	534 Toler, Ryan	FR Appalachian	5:29	27:16.00	
36	659 Mitchell, Leonard	Unc Greensboro	5:29	27:16.60	29
*37	555 Fritz, Danny	FR Florida State	5:30	27:20.80	
38	683 Kelleher, Matt	SO Winthrop	5:30	27:22.00	30
39	640 Raguso, Nick	Unc Asheville	5:31	27:28.90	31
40	680 Barry, Dan	FR Winthrop	5:31	27:29.50	32
*41	550 Atkins, Ryan	JR Florida State	5:32	27:35.30	
42	617 Stephens, Lee	South Florida	5:33	27:37.60	33
43	715 Swansbrough, Jimmy	SO Davidson	5:33	27:40.20	34
44	654 Bedard, Jamie	Unc Greensboro	5:35	27:45.80	35
45	570 Craib, Mitch	High Country Runne	5:35	27:47.40	
46	714 Schoewe, Andrew	SO Davidson	5:35	27:48.40	36
47	701 Broadwater, Colby	FR Davidson	5:36	27:50.30	37
48	533 Stuart, Matt	FR Appalachian	5:36	27:51.00	

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Mountaineer Open

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Division I Cross Country

Boone, North Carolina - Friday 09/01/00

Event 1 Men's 8,000 Meter Run

Results by Order of Finish - Friday 09/01/00

RANK	COMP#	ATHLETE NAME	YR	SCHOOL	AVG MILE	TIME	SCORE
49	622	Jordan, David		Unattached	5:36	27:53.30	
50	702	Bunge, Dave		FR Davidson	5:38	28:03.40	38
51	522	Evans, Shawn		JR Appalachian	5:39	28:08.00	
52	535	Vasser, Scott		FR Appalachian	5:39	28:09.10	
53	621	Hipp, Greg		Unattached	5:40	28:11.10	
54	618	Whaley, Mike		South Florida	5:40	28:12.00	
55	711	Schmader, Chris		FR Davidson	5:41	28:18.00	39
56	525	Holland, Shawn		FR Appalachian	5:42	28:23.70	
57	657	Jaquins, Michael		Unc Greensboro	5:43	28:25.90	40
58	637	Latter, Phil		Unc Asheville	5:44	28:33.00	41
59	700	Becken, Brad		SO Davidson	5:48	28:51.00	42
60	703	Chapman, Keith		SR Davidson	5:48	28:54.10	
61	704	Curley, Jeff		FR Davidson	5:49	28:56.90	
62	656	Cooks, Josh		Unc Greensboro	5:51	29:04.90	43
63	571	Dymke, Chuck		High Country Runne	5:51	29:08.50	
64	658	Kwankam, Patrick		Unc Greensboro	5:52	29:13.00	44
65	639	Phillips, Jim		Unc Asheville	5:53	29:16.70	45
66	712	Scott, Greg		FR Davidson	5:53	29:17.50	
67	705	Gaspar, Ben		FR Davidson	5:53	29:19.60	
68	684	Lang, Brad		SR Winthrop	5:54	29:23.60	46
69	519	Blackwelder, Carson		FR Appalachian	5:56	29:33.00	
70	661	Sullivan, Kevin		Unc Greensboro	5:57	29:36.70	
71	520	Brin, Mike		FR Appalachian	5:59	29:44.90	

72	713 Seeley, Palmer	SO Davidson	5:59	29:45.30	
73	708 McClean, Jacob	JR Davidson	5:59	29:47.60	
74	655 Bennett, Chase	Unc Greensboro	5:59	29:48.90	
75	530 Richardson, Evan	FR Appalachian	6:01	29:56.20	
76	707 Harmon, Mile	SO Davidson	6:07	30:26.60	
77	686 Rankins, Jared	FR Winthrop	6:09	30:37.10	47
78	710 Rouisse, Chris	FR Davidson	6:11	30:47.00	
79	709 Oyler, David	FR Davidson	6:22	31:42.80	
80	625 Spicuzza, Robert	Unattached	6:26	31:59.90	
81	575 Utter, Alan	High Country Runne	6:29	32:14.00	
82	574 Trone, Greg	High Country Runne	7:05	35:16.30	

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Division I Cross Country
Boone, North Carolina - Friday 09/01/00

Event 1 Men's 8,000 Meter Run
MEN'S TEAM SCORES

Rank	School	Total	1	2	3	4	5	*6	*7	*8	*9								
1	South Florida	30	1	4	6	8	11	24	33										
	Total time:	2:10:08.3																	
	Average:	26:01.6																	
2	Appalachian	61	3	10	13	16	19	21	22										
	Total time:	2:12:31.3																	
	Average:	26:30.2																	
3	Florida State	66	5	7	12	17	25	26	28										
	Total time:	2:12:29.3																	
	Average:	26:29.8																	
4	Winthrop	106	2	15	27	30	32	46	47										
	Total time:	2:14:30.6																	
	Average:	26:54.1																	
5	Unc Greensboro	141	14	23	29	35	40	43	44										
	Total time:	2:17:09.4																	
	Average:	27:25.8																	
6	Unc Asheville	144	9	18	31	41	45												
	Total time:	2:18:26.2																	
	Average:	27:41.2																	
7	Davidson	165	20	34	36	37	38	39	42										
	Total time:	2:18:20.3																	
	Average:	27:40.0																	

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Division I Cross Country
Boone, North Carolina - Friday 09/01/00

Event 2 Women's 5,000 Meter Run
Results by Order of Finish - Friday 09/01/00

Meet: 17:17.00 Mary Jayne Harrelson - Appalachian -99

RANK COMP# ATHLETE NAME YR SCHOOL AVG MILE TIME SCORE

*1	547	Pleckaitis, Amy	FR Florida State	5:50	18:10.30	1
*2	537	Bastien, Brooke	JR Florida State	5:53	18:18.70	2
3	578	Foon, Melissa	SR Navy	5:54	18:22.10	3
4	594	Budija, Tamara	FR South Carolina	5:57	18:31.60	4
5	605	Kill, Cori	South Florida	5:58	18:33.90	5
6	663	Hefferin, Denise	FR Wake Forest	5:58	18:35.00	6
7	606	McCarthy, Nicole	South Florida	5:59	18:38.00	7
8	510	Needham, Heather	JR Appalachian	6:00	18:38.80	8
9	609	Quinn, Tiffany	South Florida	6:00	18:39.40	9
10	608	Quinn, Tara	South Florida	6:00	18:40.30	10
11	603	Arndt, Rita	South Florida	6:00	18:41.20	11
12	668	Veenstra, Becca	FR Wake Forest	6:01	18:43.10	12
13	718	Dorna, Jennifer	JR South Florida	6:04	18:51.20	13
14	604	Fuller, Kristy	South Florida	6:05	18:56.60	14
15	586	Stock, Melanie	JR Navy	6:07	19:01.20	15
16	576	Baxter, Amy	SR Navy	6:07	19:02.80	16
17	664	Kalogeropoulos, Nicole	FR Wake Forest	6:08	19:03.40	17
18	666	May, Lauren	JR Wake Forest	6:08	19:06.30	18
19	665	Kunhert, Kathleen	SR Wake Forest	6:09	19:06.80	19
20	662	Haugh, Erin	SR Wake Forest	6:09	19:07.40	20
21	582	Patterson, Stephanie	FR Navy	6:09	19:07.80	21
22	629	Davis, Zola	Unc Asheville	6:09	19:08.40	22
*23	549	Winn, Kim	SO Florida State	6:10	19:10.70	23
*24	539	Campbell, Cynthia	SR Florida State	6:10	19:11.40	24
25	583	Prococcini, Lisa	SO Navy	6:10	19:12.10	25
26	647	Lee, Christy	Unc Greensboro	6:11	19:13.40	26
27	672	deVaux, Jenny	SO Winthrop	6:11	19:14.90	27
28	650	O'Connell, Brigid	Unc Greensboro	6:12	19:16.80	28
29	635	Wicke, Birka	Unc Asheville	6:14	19:24.00	29
30	511	Primeau, Sarah	SO Appalachian	6:15	19:26.30	30
*31	545	Lukens, Beth	FR Florida State	6:15	19:27.90	31
32	669	Wendel, Adryaly	SO Wake Forest	6:16	19:28.50	32
*33	541	Dulmage, Andrea	SO Florida State	6:16	19:28.90	33
34	610	Walczuk, Jennifer	South Florida	6:16	19:30.40	
35	585	Smith, Sondra	SR Navy	6:17	19:33.10	34
36	589	Wilder, Abby	FR Navy	6:18	19:34.90	35
*37	543	Jeffrey, Katie	SO Florida State	6:21	19:44.70	36
38	507	Harris, Michelle	SO Appalachian	6:22	19:47.50	37
39	688	Bitter, Smyth	JR Davidson	6:22	19:48.50	38
*40	538	Beaulieu, Lauren	JR Florida State	6:22	19:49.30	
41	607	McComas, Ashley	South Florida	6:23	19:50.20	
42	667	Stachouse, Britton	SR Wake Forest	6:23	19:50.80	
43	509	Jacobs, Chelsea	FR Appalachian	6:24	19:55.70	39
44	644	Furr, Emily	Unc Greensboro	6:25	19:56.30	40
45	633	Stanford, Dawn	Unc Asheville	6:25	19:58.50	41
46	627	Becker, Mandy	Unc Asheville	6:26	20:00.20	42
47	567	Janes, Zika	High Country Runne	6:26	20:01.50	
48	600	Smith, Rachel	JR South Carolina	6:27	20:02.90	43

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Division I Cross Country
Boone, North Carolina - Friday 09/01/00

Event 2 Women's 5,000 Meter Run
Results by Order of Finish - Friday 09/01/00

RANK	COMP#	ATHLETE NAME	YR	SCHOOL	AVG MILE	TIME	SCORE
49	631	Louge, Micki		Unc Asheville	6:27	20:04.00	44
50	634	Todd, Laura		Unc Asheville	6:27	20:04.90	45
51	691	Faes, Colleen	FR	Davidson	6:28	20:08.20	46
52	588	Waters, Sara	FR	Navy	6:29	20:10.00	
53	601	Sox, Abby	SO	South Carolina	6:30	20:12.90	47
54	595	Davis, Sarah	SR	South Carolina	6:30	20:14.00	48
55	646	Hollingsworth, Jamie		Unc Greensboro	6:31	20:15.00	49
*56	542	Harper, Misty	SO	Florida State	6:31	20:15.70	
57	501	Allen, Johanna	FR	Appalachian	6:31	20:16.80	50
58	508	Honeycutt, Jenny	JR	Appalachian	6:31	20:17.60	51
59	503	Deleo, Elise	FR	Appalachian	6:32	20:18.90	52
60	643	English, Kelly		Unc Greensboro	6:33	20:22.10	53
*61	544	Lazarus, Erica	JR	Florida State	6:33	20:23.10	
62	649	Nero, Mary		Unc Greensboro	6:34	20:26.60	54
63	599	Orr, Katie	JR	South Carolina	6:35	20:27.70	55
64	517	Unger, Allie	SO	Appalachian	6:35	20:28.20	
65	590	Ayscue, Dee	FR	South Carolina	6:37	20:34.80	56
66	628	Chapman, Jennifer		Unc Asheville	6:38	20:38.20	57
67	581	Maloney, Colleen	FR	Navy	6:38	20:39.20	
68	645	Hernandez-Adams, Niki		Unc Greensboro	6:39	20:42.60	58
69	504	Dock, Missy	FR	Appalachian	6:40	20:45.10	
70	502	Billington, Kathleen	SO	Appalachian	6:40	20:45.70	
71	695	Kruppa, Jenna	FR	Davidson	6:41	20:47.60	59
72	579	Hemler, Joslyn	FR	Navy	6:42	20:50.10	
73	580	Heutel, Jen	FR	Navy	6:42	20:51.50	
74	619	Cole, Morgan		Unattached	6:43	20:53.70	
75	694	Kittinger, Brooke	SO	Davidson	6:44	20:55.20	60
76	513	Silverman, Janelle	FR	Appalachian	6:44	20:55.90	
77	717	McCormick, Mia	SO	South Florida	6:45	21:00.70	
78	620	Vollendorf, Kristen	SO	Appalachian	6:46	21:03.40	
79	697	Puckett, Laura	FR	Davidson	6:48	21:09.90	61
80	577	Clay, Katy	SO	Navy	6:49	21:12.30	
81	674	Milbury, Kathrin	SR	Winthrop	6:50	21:15.30	62
82	690	Einstein, Emily	FR	Davidson	6:50	21:16.90	63
83	514	Smith, Stephanie	FR	Appalachian	6:51	21:18.00	
84	512	Silsbee, Tiffany	FR	Appalachian	6:52	21:22.10	
85	692	Gross, Liz	SO	Davidson	6:54	21:28.50	64
86	584	Root, Jen	FR	Navy	6:57	21:38.40	
87	568	Johnson, Mary		High Country Runne	7:01	21:48.30	
88	651	Tilson, Misty		Unc Greensboro	7:01	21:48.70	
89	677	Thomas, Lauren	SO	Winthrop	7:01	21:50.20	65
90	671	Clifford, Mary	JR	Winthrop	7:02	21:51.70	66
91	699	Yee, Janna	SO	Davidson	7:02	21:52.70	
92	689	Chiang, Casey	SO	Davidson	7:04	21:57.70	
93	693	Hipsher, Shaw	SO	Davidson	7:05	22:01.40	

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 Division I Cross Country
 Boone, North Carolina - Friday 09/01/00

Appalachian Track Hy-Tek's MEET MANAGER
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 Division I Cross Country
 Boone, North Carolina - Friday 09/01/00

Rank	School	Total	*1	*2	*3	*4	*5	*6	*7	*8	*9
1	South Florida Total time: 1:33:12.8 Average: 18:38.5	42	5	7	9	10	11	13	14		
2	Wake Forest Total time: 1:34:34.6 Average: 18:54.9	72	6	12	17	18	19	20	32		
3	Navy Total time: 1:34:46.0 Average: 18:57.2	80	3	15	16	21	25	34	35		
X 4	Florida State Total time: 1:34:19.0 Average: 18:51.8	81	1	2	23	24	31	33	36		
5	Appalachian Total time: 1:38:05.1 Average: 19:37.0	164	8	30	37	39	50	51	52		
6	Unc Asheville Total time: 1:38:35.1	178	22	29	41	42	44	45	57		

Average: 19:43.0											
7	Unc Greensboro	196	26	28	40	49	53	54	58		
Total time: 1:39:03.6											
Average: 19:48.7											
8	South Carolina	197	4	43	47	48	55	56	68		
Total time: 1:39:29.1											
Average: 19:53.8											
9	Davidson	264	38	46	59	60	61	63	64		
Total time: 1:42:49.4											
Average: 20:33.8											
10	Winthrop	287	27	62	65	66	67	69	70		
Total time: 1:46:20.1											
Average: 21:16.0											

Labor Day weekend is almost here and in the collegiate cross-country world that also means the season is about to begin. Things are no different at Appalachian as the annual Mountaineer Open will kick off the season for most of the women's cross-country team. The Mountaineer harriers will host ten schools from across the southeast Friday at State Farm Fields and it's connecting greenway trails. State Farm will also be host to the 2000 Southern Conference Championships on Halloween weekend.

As Appalachian's cross-country program begins to make a mark on the nation more teams are choosing to make Boone to compete. Making the trip up the mountain this weekend will be a host of schools from the across the region. Headlining the meet will be the men's and women's teams from the University of South Florida, a team qualified for the NCAA championships for the last two seasons as well as held a national ranking. Their men's back a squad led by Russ Gerbers that just may be their best yet as they look to improve upon their past record. This is USF's second year competing in the Mountaineer Open.

Florida State will also be making their first trip to the Mountaineer Open but new coach Bob Braman is no stranger to Boone. Coach Braiman, formerly of USF, has been to Boone before and knows that the competition will be tough this weekend. Another Atlantic Coast Conference (ACC) school competing this weekend will be the women of Wake Forest. The Wake program has traditionally been a successful team and will challenge for the win this weekend. South Carolina will also be competing this weekend as they represent the Southeastern Conference (SEC). The USC women will have a mini camp during labor day weekend in Boone after the meet. From Annapolis, Maryland the Naval Academy has a tough team that placed seventh in the NCAA D-I district II meet last year. They are building a quality program and moving up.

Other schools competing this weekend include Southern Conference schools Davidson College and University of North Carolina at Greensboro. This will give them a sneak peak at the conference championship course here in Boone. Other schools University of North Carolina at Asheville and Winthrop will also compete.

This looks to be one of the strongest home meets in recent memory for the Mountaineers. Appalachian will be looking to see how the young teams on the men's and women's side. Though despite their lack of years they are deep squads that will be able to win the top spots at the Open. Leading the men this weekend will be three time all-conference runner Ben Bissette, the lone senior on the men's team and will challenge for the individual win. On the women's side team leader Lisa Harrelson will sit out this meet as she is just off two great performances this summer in the Olympic Trials. She will return to the line up later in the season in time to help the lady Mountaineers challenge for the conference championships. Needham will be the top runner coming into the meet this weekend for Appalachian. She has proven that she is capable of competing with anyone and will represent ASU well this weekend.

Start time for the races this weekend are as follows:

Women's 5,000 meters ... 5:45pm

Men's 8,000 meters 6:15pm

All races begin at State Farm Fields.

Directions From Campus: From the Main campus entrance on Rivers street (next to the Homes Convocation Center) right off of Rivers Street driving south away from downtown Boone. The Home Convocation Center will be on the right hand side. Drive approximately 1.5 miles south and turn left onto Shadowline Dr (There is a Honda Dealership on the right hand side).

At the top of the hill drive straight through the light and follow the driveway to the parking area on the right hand side. The start is in the large field adjacent to the parking lot.

>> [Links to directions to campus and Boone, NC](#) >>