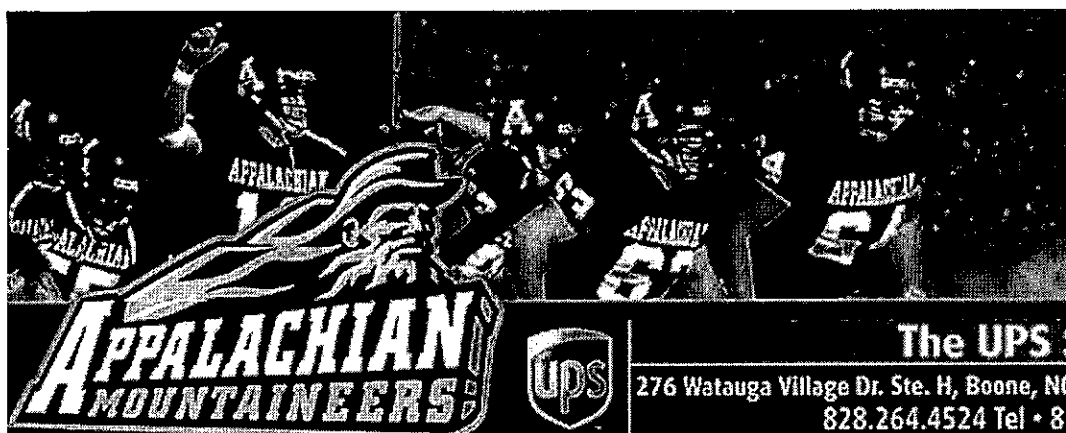


**IN THE SPOTLIGHT**

See various projects involved with the Campaign for Athletics by viewing GoASU.com's Kidd Brewer Stadium webcam.

[Click here for live webcam](#)

**The UPS Store™**

276 Watauga Village Dr. Ste. H, Boone, NC 28607 • Wal-Mart Shopping
828.264.4524 Tel • 828.262.5210 Fax

[Print](#)

SEARCH

What are you looking for?

FEATURED LINKS

[Athletics Facilities](#)
[Enhancement Campaign](#)
[Audio & Video](#)
[Ticket Office](#)
[Yosef Club](#)
[Webcam](#)

MEN'S SPORTS

[Baseball](#)
[Basketball](#)
[Cross Country](#)
[Football](#)
[Golf](#)
[Soccer](#)
[Tennis](#)
[Track & Field](#)
[Wrestling](#)

WOMEN'S SPORTS

[Basketball](#)
[Cross Country](#)
[Field Hockey](#)
[Golf](#)
[Soccer](#)
[Softball](#)
[Tennis](#)
[Track & Field](#)
[Volleyball](#)

ASU ATHLETICS

[Academics](#)
[Appalachian Sports Network](#)
[Camps](#)
[Cheerleading](#)
[Corporate Partners](#)
[Directory](#)
[Facilities](#)
[NCAA Compliance](#)
[Promotions](#)
[Sports Medicine](#)
[Student-Athlete Handbook](#)
[Marketing Opportunities](#)

GOASU FAN STORE

[Short Sleeve T-Shirts](#)
[Long Sleeve T-Shirts](#)
[Crew Neck Sweatshirts](#)
[Hooded Sweatshirts](#)
[Stadium Blanket](#)



Runners start the Covered Bridge Open.

Mountaineer Cross Country Places We Covered Bridge Open

by *Appalachian Sports Information*
September 3, 2004

BOONE, N.C. — Appalachian State University hosted Covered Bridge Open placing first among Southern Cross opponents. A second place finish for the Appalachian led by senior **Kate Sujkowski** who finished fourth with 18:45.40. Senior **Joe Halin** led the ASU men with a six finish in a time of 25:32.90 as the Mountaineers finish nine points behind second place Clemson.

Florida State finished in first place in both the men's and women's events. Luke Beevor, Sean Burris and Rodriguez crossed the line as a trio (25:14.10) to win the men's meet. Natalie Hughes (18:18.20) from FSU crossed the line first for the women immediately followed by teammates Laura Bowerman and Kirsten Halin.

Appalachian placed three runners in the top 15, following Halin were **Keith Kimmons** in ninth and **Carso Blackwelder** in 14th position. Rounding out the top five point scorers for Appalachian, **Mark Maddox** in 11th, **Brian Deal** in 21st, **Brendon Helms**, **Asermorn Desta**, **Daniel Eggers**, **Paul Stoltzfus**, **Sam Lev** and **E Dodson** rounded out the finishers for the Mountaineers men.

Jennifer Kelley finished in fifth place with the pair **Casey Smith** and **Meghan Gaffney** placing eighth and tenth respectively. Appalachian placed all five point scorers in the top 15, as **Kelly Rosborough**, 11th, and **Eh 13th** crossed the line for ASU. **Kristen Trexler**, **Cailin Lynch**, **Carla Bowlin**, **Anna Baker**, **Lindsay Lan Noel Smith**, **Heather Needham**, **Olivia Simeone** and **Emily Hoyt** rounded out the ASU finishers.

On the men's side, Clemson placed second with a pair of runners in the top ten. Following ASU in the overall finish are UNC Greensboro, Lees-McRae, Winthrop, Elon, Lenoir Rhyne, Carson-Newman, and King College. Appalachian in the women's competition. UNC Greensboro, Winthrop, Lees-McRae, and Carson-Newman rounded out the seven teams.

Appalachian Track Hy-Tek's MEET MANAGER
09/03/04 7:10 PM Covered Bridge Cross Country Open Page 1
Appalachian State
Boone, NC - Friday 09/03/04

Event 2 Men's 8,000 Meter Run
MEN'S TEAM SCORES

Rank School Total 1 2 3 4 5 *6 *7 *8 *9

=====

1 Florida State 21 1 2 3 5 10 11 13

Total time: 2:06:56.2

Average: 25:23.2

2 Clemson 55 4 7 12 15 17 18

Total time: 2:09:00.8

Average: 25:48.1

3 Appalachian 64 6 9 14 16 19 20 22

Total time: 2:09:40.1

Average: 25:56.0

4 UNC Greensboro 109 8 21 24 27 29 32 35

Total time: 2:12:50.4

Average: 26:34.0

5 Lees-McRae 178 23 25 33 43 54 57 61

Total time: 2:19:30.8

Average: 27:54.1

6 Winthrop 181 26 30 36 38 51 53

Total time: 2:19:15.1

Average: 27:51.0

7 Elon 182 28 31 37 39 47 48 52

Total time: 2:19:10.5

Average: 27:50.1

8 Lenoir Rhyne 217 40 42 44 45 46 49 50

Total time: 2:22:15.7

Average: 28:27.1

9 Carson-Newman 244 34 41 55 56 58 62 64

Total time: 2:27:57.1

Average: 29:35.4

10 King College 313 59 60 63 65 66 67 68

Total time: 2:50:12.5

Average: 34:02.5

□Appalachian Track Hy-Tek's MEET MANAGER

09/03/04 7:07 PM Covered Bridge Cross Country Open Page 1

Appalachian State

Boone, NC - Friday 09/03/04

Event 2 Men's 8,000 Meter Run

Results by Order of Finish - Friday 09/03/04

State Farm Flat: 24:25.70 Karl Savage - Zap Fitness - 2003

RANK COMP# ATHLETE NAME YR SCHOOL AVG MILE TIME SCORE

1	400	Luke Beevor	Florida State	5:04	25:14.10	1
2	401	Sean Burris	Florida State	5:04	25:14.30	2
3	409	Eddie Rodriguez	Florida State	5:04	25:14.50	3
4	369	Derrick Wyatt	Clemson	5:06	25:21.90	4
5	406	Tom Lancashire	Florida State	5:07	25:28.20	5
6	676	Joe Halin	SR Appalachian	5:08	25:32.90	6
7	366	Matt Pimentel	Clemson	5:09	25:36.30	7
8	466	Joe Jacobs	JR Unc Greensboro	5:10	25:42.40	8
9	679	Keith Kimmons	SR Appalachian	5:10	25:42.90	9
10	403	Kevin Cook	Florida State	5:10	25:45.10	10
11	404	Justin Cross	Florida State	5:12	25:51.30	11
12	368	Jim Wahl	Clemson	5:12	25:54.80	12
13	405	Ian Hornabrook	Florida State	5:13	25:57.30	13
14	670	Carson Blackwelder	SR Appalachian	5:13	25:57.50	14
15	365	Clay Pendleton	Clemson	5:13	26:00.50	15
16	681	Mark Maddox	SO Appalachian	5:13	26:00.70	16
17	408	Chris Nickinson	Florida State	5:14	26:01.70	17
18	367	Brian Soder	Clemson	5:15	26:07.30	17
19	364	Greg Isaacs	Clemson	5:15	26:09.40	18
20	705	Eric Soder	Unattached	5:17	26:16.00	
21	672	Brian Deal	SO Appalachian	5:19	26:26.10	19
22	703	John Palumbo	Unattached	5:19	26:30.50	
23	682	Mike Mitchell	JR Appalachian	5:20	26:32.80	20
24	469	CR Thomas	SO Unc Greensboro	5:20	26:33.30	21
25	677	Brendon Helms	SO Appalachian	5:22	26:41.20	22
26	402	JP Cook	Florida State	5:22	26:42.40	
27	695	Jason Dalrymple	Unattached	5:22	26:43.20	
28	694	Mat Cote	Unattached	5:22	26:43.60	
29	704	Sean Reilly	Unattached	5:22	26:44.40	
30	435	Brian Knapp	Lees-McRae	5:22	26:45.00	23
31	465	Charles Gibson	FR Unc Greensboro	5:23	26:47.10	24
32	436	Lewis Martin	Lees-McRae	5:23	26:47.60	25
33	483	Trevor Beasley	FR Winthrop	5:24	26:50.60	26
34	463	Chad Carpenter	SO Unc Greensboro	5:24	26:51.60	27
35	386	John Tumbleston	JR Elon	5:24	26:53.00	28
36	410	AJ Wilson	Florida State	5:25	26:55.60	
37	471	Nick Vaccaro	SO Unc Greensboro	5:25	26:56.00	29
38	487	Brad Orr	FR Winthrop	5:25	26:57.30	30
39	699	Jay Lumpkins	Unattached	5:25	26:59.50	
40	673	Asmeron Desta	FR Appalachian	5:29	27:19.10	
41	675	Daniel Eggers	JR Appalachian	5:30	27:22.00	
42	380	Eric Garren	FR Elon	5:30	27:22.60	31
43	468	Xavier Rutz	FR Unc Greensboro	5:31	27:26.30	32
44	683	Paul Stoltzfus	SO Appalachian	5:32	27:32.80	
45	680	Sam Lev	SO Appalachian	5:34	27:44.60	
46	438	Andrew Walton	Lees-McRae	5:35	27:46.00	33
47	698	Paul Longoria	Unattached	5:35	27:46.50	
48	359	Eric Malkowski	SR Carson-Newman	5:36	27:51.30	34

Appalachian Track Hy-Tek's MEET MANAGER

09/03/04 7:07 PM Covered Bridge Cross Country Open Page 2

Appalachian State

Boone, NC - Friday 09/03/04

Event 2 Men's 8,000 Meter Run
Results by Order of Finish - Friday 09/03/04

RANK COMP# ATHLETE NAME YR SCHOOL AVG MILE TIME SCORE

49	470	Paul Travers	FR	Unc Greensboro	5:36	27:53.10	35
50	696	Nate Davis	Unattached		5:37	27:57.60	
51	490	Derrick Zinneman	SO	Winthrop	5:37	28:00.00	36
52	382	Adam Lindsey	SO	Elon	5:38	28:04.00	37
53	488	Peter Raines	JR	Winthrop	5:39	28:05.30	38
54	464	David Fulp	SO	Unc Greensboro	5:39	28:08.30	
55	674	Ethan Dodson	SR	Appalachian	5:40	28:10.80	
56	383	Scott McNelis	FR	Elon	5:40	28:11.70	39
57	448	Douglas Marion	FR	Lenoir Rhyne	5:40	28:13.20	40
58	353	Ryan Althaus	JR	Carson-Newman	5:41	28:17.10	41
59	446	Perrell Bess	JR	Lenoir Rhyne	5:42	28:22.20	42
60	437	Jeffrey Swicegood	Lees-McRae	5:43	28:26.10	43	
61	454	Nolan Winters	JR	Lenoir Rhyne	5:44	28:30.40	44
62	455	Jose Zavala	JR	Lenoir Rhyne	5:44	28:33.30	45
63	447	Andy Haines	SO	Lenoir Rhyne	5:45	28:36.60	46
64	385	Marc Therrien	FR	Elon	5:45	28:39.20	47
65	384	Dan Quinn	JR	Elon	5:46	28:44.70	48
66	450	Jon Sharp	SO	Lenoir Rhyne	5:47	28:48.10	49
67	452	Adam Stewart	JR	Lenoir Rhyne	5:49	28:55.00	50
68	467	Steve Lyons	FR	Unc Greensboro	5:51	29:06.90	
69	472	Jeff Williams	SO	Unc Greensboro	5:53	29:15.10	
70	423	Derek Webb	SR	Unattached	5:54	29:20.80	
71	486	Justin Meade	FR	Winthrop	5:54	29:21.90	51
72	378	Adam Clontz	JR	Elon	5:56	29:29.80	52
73	485	Mike Laughlin	JR	Winthrop	5:56	29:33.90	53
74	433	Nick Holton	Lees-McRae	5:59	29:46.10	54	
75	451	Matt Smith	FR	Lenoir Rhyne	6:00	29:52.80	
76	706	Russell Warriner	Unattached		6:02	30:01.00	
77	360	Eric McAnty	SO	Carson-Newman	6:04	30:10.80	55
78	387	Malcolm White	SO	Elon	6:04	30:11.10	
79	453	Joshua Stuckey	FR	Lenoir Rhyne	6:07	30:24.40	
80	363	Brian Wetherington	SO	Carson-Newman	6:08	30:30.80	56
81	434	Doug Ianuario	Lees-McRae	6:11	30:44.30	57	
82	361	Jon Riley	SR	Carson-Newman	6:15	31:07.10	58
83	418	Trevor Howarter	FR	King College	6:16	31:09.60	59
84	417	Chris Headrick	FR	King College	6:25	31:55.60	60
85	432	Josh Blanc	Lees-McRae	6:32	32:31.10	61	
86	693	Jeff Clark	Unattached		6:37	32:53.70	
87	356	Josh Durham	SR	Carson-Newman	6:41	33:14.60	62
88	422	Andrew Stuart	FR	King College	6:44	33:30.80	63
89	362	Mark Robinson	SO	Carson-Newman	7:02	34:59.40	64
90	420	Dustin Pierce	FR	King College	7:16	36:10.30	65
91	419	Nathan McClure	JR	King College	7:31	37:26.20	66
92	415	Jamin Fagan	JR	King College	7:32	37:28.50	67
93	416	Andrew Greene	JR	King College	7:36	37:47.30	68

Appalachian Track Hy-Tek's MEET MANAGER
09/03/04 7:10 PM Covered Bridge Cross Country Open Page 1
Appalachian State
Boone, NC - Friday 09/03/04

Event 1 Women's 5,000 Meter Run
WOMEN'S TEAM SCORES

Rank School Total 1 2 3 4 5 *6 *7 *8 *9

1	Florida State	19.1	2.3	6.7	10.1	14.3				
	Total time:	1:33:44.6								
	Average:	18:44.9								
2	Appalachian	37.4	5.8	9.1	13.1	18				
	Total time:	1:36:11.0								
	Average:	19:14.2								
3	Elon	113.16	17.25	27.28	30					
	Total time:	1:44:31.3								
	Average:	20:54.2								
4	Unc Greensboro	124.19	20.21	29.35	40					
	Total time:	1:47:00.3								
	Average:	21:24.0								
5	Winthrop	127.12	15.31	33.36	42					
	Total time:	1:46:30.7								
	Average:	21:18.1								
6	Lees-McRae	153.23	26.32	34.38	43	45				
	Total time:	1:50:07.4								
	Average:	22:01.4								

7 Carson-Newman 163 22 24 37 39 41 44
Total time: 1:51:45.8
Average: 22:21.1

□Appalachian Track Hy-Tek's MEET MANAGER
09/03/04 7:06 PM Covered Bridge Cross Country Open Page 1
Appalachian State
Boone, NC - Friday 09/03/04

Event 1 Women's 5,000 Meter Run
Results by Order of Finish - Friday 09/03/04

State Farm Flat: 16:58.20 Ann McGranahan - Zap Fitness - 2003
RANK COMP# ATHLETE NAME YR SCHOOL AVG MILE TIME SCORE

1	394	Natalie Hughes	Florida State	5:53	18:18.20	1
2	390	Laura Bowerman	Florida State	5:56	18:27.90	2
3	392	Kirsten Hagen	Florida State	5:58	18:34.40	3
4	668	Katie Sujkowski	SR Appalachian	6:02	18:45.40	4
5	660	Jennifer Kelley	JR Appalachian	6:06	18:57.20	5
6	398	Meredith Urban	Florida State	6:09	19:07.80	6
7	395	Cristen Litz	Florida State	6:12	19:16.30	7
8	666	Kasey Smith	SO Appalachian	6:14	19:24.60	8
9	657	Meghan Gaffney	FR Appalachian	6:16	19:30.00	9
10	391	Jenny Gomez	Florida State	6:17	19:32.50	10
11	664	Kelly Rosborough	SR Appalachian	6:17	19:33.80	11
12	480	Carrie Selmer	JR Winthrop	6:18	19:35.00	12
13	659	Ehrin Irvin	SR Appalachian	6:18	19:36.20	13
14	397	Kara Newell	Florida State	6:20	19:41.70	14
15	478	Jennifer Povick	FR Winthrop	6:25	19:57.50	15
16	399	Cathleen Willy	Florida State	6:25	19:58.00	16
17	370	Alana Black	JR Elon	6:26	20:01.10	17
18	686	Lindy Drugatz	Unattached	6:30	20:13.90	18
19	375	Tara Mulcahy	FR Elon	6:30	20:14.60	19
20	669	Kristen Trexler	SR Appalachian	6:32	20:19.80	20
21	662	Cailin Lynch	SR Appalachian	6:33	20:23.20	21
22	656	Carla Bowlin	JR Appalachian	6:35	20:28.90	22
23	655	Anna Baker	FR Appalachian	6:37	20:33.70	23
24	396	Sydney Mondragon	Florida State	6:39	20:40.80	24
25	393	Audrey Hand	Florida State	6:39	20:41.90	25
26	661	Lindsay Lancaster	SR Appalachian	6:40	20:44.70	26
27	456	Takeesha Carter	SO Unc Greensboro	6:41	20:46.00	27
28	460	Tricia O'Connell	JR Unc Greensboro	6:41	20:47.50	28
29	667	Noel Smith	JR Appalachian	6:42	20:51.90	29
30	461	Laura Saffer	FR Unc Greensboro	6:43	20:54.80	30
31	345	Margoux Cowan-Banker	JR Carson-Newman	6:45	21:00.00	31
32	389	Stefanie Bechler	Florida State	6:47	21:04.60	32
33	424	Angela Chappell	Lees-McRae	6:48	21:08.30	33
34	346	Vanessa Gibson	SO Carson-Newman	6:49	21:12.10	34
35	377	Amy Sulser	SO Elon	6:50	21:15.20	35
36	426	Rebecca Johnson	Lees-McRae	6:51	21:19.50	36
37	371	Kari Burger	SR Elon	6:52	21:21.00	37
38	663	Heather Needham	SO Appalachian	6:52	21:21.90	38
39	372	Kelly Chencharik	FR Elon	6:58	21:39.40	39
40	665	Olivia Simeone	SO Appalachian	6:58	21:39.70	40
41	440	Whitney Heavner	JR Lenoir Rhyne	6:59	21:41.80	41
42	690	Christine Post	Unattached	7:02	21:52.40	42
43	458	Erin Lord	JR Unc Greensboro	7:03	21:55.70	43
44	373	Caroline Corbyons	SO Elon	7:03	21:56.10	44
45	481	Sara Wengrynuik	SO Winthrop	7:05	22:02.10	45
46	692	Laura Tierney	Unattached	7:05	22:03.50	46
47	431	Casey Willis	Lees-McRae	7:06	22:05.60	47
48	479	Breeze Ross	JR Winthrop	7:08	22:12.80	48

Appalachian Track Hy-Tek's MEET MANAGER
09/03/04 7:06 PM Covered Bridge Cross Country Open Page 2
Appalachian State
Boone, NC - Friday 09/03/04

Event 1 Women's 5,000 Meter Run
Results by Order of Finish - Friday 09/03/04

RANK COMP# ATHLETE NAME YR SCHOOL AVG MILE TIME SCORE

49	425	Janine Donnelly	Lees-McRae	7:12	22:25.00	34
50	685	Demarea Colson	Unattached	7:14	22:31.30	35
51	459	Stephanie Maltais	FR Unc Greensboro	7:16	22:36.30	36
52	475	Alison Kenny	SR Winthrop	7:18	22:43.30	37
53	351	Tori Stanfield	JR Carson-Newman	7:21	22:51.20	38
54	658	Emily Hoyt	FR Appalachian	7:21	22:51.70	39

55 691 Ginny Price Unattached 7:24 22:59.90
56 427 Leslie Thurman Lees-McRae 7:27 23:09.00 38
57 349 Lisa Massey SO Carson-Newman 7:29 23:15.30 39
58 457 Naomi D'Armours JR Unc Greensboro 7:31 23:23.80 40
59 347 Sarah Beth Henderson SR Carson-Newman 7:32 23:27.20 41
60 476 Gabrielle Lee SR Winthrop 7:36 23:39.20 42
61 430 Claire Weeks Lees-McRae 7:37 23:40.10 43
62 414 Melinda Wenk JR King College 7:38 23:43.40
63 413 Rebecca Webb SR Unattached 7:42 23:57.70
64 348 Heather Koehler JR Carson-Newman 7:45 24:07.70 44
65 443 Elisabeth West FR Lenoir Rhyne 7:54 24:35.30
66 689 Macon Lowman Unattached 7:59 24:49.70
67 428 Kathryn Trexler Lees-McRae 8:05 25:09.30 45
68 412 Lindsey Muir JR King College 8:16 25:41.80
69 442 Karen Reames SR Lenoir Rhyne 8:27 26:15.50
70 439 Kristin Duvall JR Lenoir Rhyne 8:53 27:36.40

□

□

[<< BACK](#)



Copyright © 2003 Appalachian State University. The team names, logos and uniform designs are registered trademarks of the teams indicated. No logos, photographs or graphics on this site may be reproduced without written permission. All rights reserved.

