

2004 CROSS COUNTRY MEN'S ROSTER

R - roster
B - Bio
P - Picture

Name	Yr.	R	B	P	Hometown	Previous School
Luke Beevor	So.	✓	✓	✓	Luton, England	Icknield
Sean Burris	Jr.	✓	✓	✓	Rockledge, FL	USF
JP Cook	R-Fr.	✓	✓	✓	Stuart, FL	Martin County
Kevin Cook	Jr.	✓	✓	✓	Fern Park, FL	Lyman
Justin Cross	R-Fr.	✓	✓	✓	St. Augustine, FL	Nease
Javier Cruz	Fr.	✓	✓	✓	Miami, FL	Belén Jesuit
Nate Davis	R-Sr.	✓	✓	✓	Largo, FL	Largo
Steve DiBari	R-So.	✓	✓	✓	Palm City, FL	Martin County
Ian Hornabrook	Sr.	✓	✓	✓	Queensland, Australia	Reid Lake College
Kenny Jesensky	R-So.	✓	✓	✓	Orlando, FL	Coastal Carolina
Matt Kalinski	Sr.	✓	✓	✓	Greenwich, CT	Central Connecticut State
Tom Lancashire	So.	✓	✓	✓	Bolton, England	Tunton
Andrew Lemoncello	Jr.	✓	✓	✓	St. Andrews, England	Stirling
Alex Miletich	Fr.	✓	✓	✓	Tallahassee, FL	Lawton Chiles
Chris Nickinson	R-Fr.	✓	✓	✓	Pensacola, FL	Booker T. Washington
Tommy Noyes	R-Fr.	✓	✓	✓	North Canton, Ohio	Hoover
Eddy Rodriguez	Sr.	✓	✓	✓	Miami, FL	FIU
Herbie Thiele	R-Fr.	✓	✓	✓	Tallahassee, FL	Lawton Chiles
Michael Walsh	So.	✓	✓	✓	Bradenton, FL	Lakewood Ranch
A.J. Wilson	R-So.	✓	✓	✓	Pensacola, FL	Pine Forest

Head Coach: Bob Braman (Florida '80)

Assistant Coache: Jackie Richards (New Mexico '98)

Graduate Assistant: Althea Belgrave (Idaho '97), Keith Batten (USF '94)

Volunteer Assistant: Peter Ormsby (Elon '98)

Administrative Assistant: Vicky Gill (FSU '04)



2004 CROSS COUNTRY WOMEN'S ROSTER

R-roster
B-Bio

P-Pick

	R	B	P		
Stefanie Bechler	✓		✓	Libertyville, IL	Libertyville
Tina Bidenham	✓		✓	Orange Park, FL	Ridgeview
Christina Boekhout	✓			Merritt Island, FL	Merritt Island
Laura Bowerman	✓		✓	Tampa, FL	King
Anne Clinton	✓		✓	Richmond, IN	Richmond
Shannon Coates	✓			Boca Raton, FL	Spanish River
Abbie Day	✓		✓	Winter Park, FL	Lake Howell
Claudia Dorvillus	✓		✓	Naples, FL	Naples
Tracy Friedlander	✓			Miami, FL	Ransom Everglades
Jenny Gómez	✓		✓	Miami, FL	Lourdes Academy
Kirsten Hagan	✓		✓	Blacksburg, VA	Christiansburg
Amanda Hahn	✓			Gainesville, FL	Gainesville
Audrey Hand	✓		✓	Virginia Beach, VA	Kellam
Janet Howard	✓			Clearwater, FL	Clearwater Central Catholic
Natalie Hughes	✓		✓	Grand Junction, CO	Palisade
Marla Jackson	✓		✓	Jacksonville, FL	Stanton College Prep
Mari Leitner	✓		✓	Pensacola, FL	Washington
Kristen Litz	✓		✓	Sarasota, FL	Sarasota
Meghan Logue	✓		✓	Orlando, FL	Valencia Community
Adrienne Lufkin	✓		✓	St. Petersburg, FL	Lakewood
Sydney Mondragon	✓		✓	Pueblo, CO	South
Kara Newell	✓		✓	Tallahassee, FL	Maday
Jennifer Patterson	✓		✓	Valparaiso, FL	Niceville
India Pettus	✓		✓	Cleveland, OH	Trinity
Katie Puckett	✓		✓	Pensacola, FL	East Hill Christian
Angelina Ramos	✓		✓	New Fairfield, CT	New Fairfield
Gina Riano	✓		✓	Miami, FL	Arch Bishop Curley ND
Meghan Rogers	✓		✓	Wellington, FL	Cardinal Newman
Amanda Schramski	✓		✓	Troy, MI	Avondale
Suzanne Shepherd	✓		✓	Ellis, OK	Ellis
Audrey Snider	✓		✓	Gainesville, FL	Gainesville
Sara Swanson	✓		✓	Denver, CO	Tampa Prep
Meredith Urban	✓		✓	Raleigh, NC	Green Hope
Candace Walls	✓		✓	Boynton Beach, FL	Atlantic
Kristine Walls	✓		✓	Boynton Beach, FL	Atlantic
Cathleen Willy	✓		✓	Pembroke Pines, FL	Flanagan

Head Coach: Bob Braman (Florida '80) ✓

Assistant Coach: Jackie Richards (New Mexico '98) ✓

Graduate Assistant: Althea Belgrave (Idaho '97)

Keith Batten (USF '94)

Volunteer Assistant: Peter Ormsby (Elon '98)

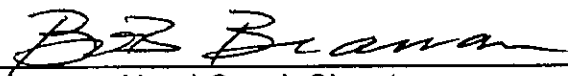
Administrative Assistant: Vicky Gill (FSU '04)

Sample and Instructions for Completing Sport Schedule Form

2004
(year)

Men's and Women's Cross Country Schedule
(sport)

<u>Day/Date</u>	<u>Opponent</u>	<u>Site</u>	<u>Time</u>	<u>Notes</u>
	HOME EVENTS should be in all caps and bold	If neutral, note as such	If not EST, note	TV, special events
	Away Events should be @ Team in Upper and Lower Case			
Sept. 3	Appalachian State	Boone, N.C	TBD	
Sept. 11	FLORIDA INTETRCOLLEGIATES/FSU INV.	TALLAHASSEE, FL	TBD	
Sept. 18	Across the State Relay	Daytona Beach, FL	TBD	
Sept. 24	Flrunners Invite(B-Team)	Tampa, Fl.	TBD	
Oct. 1	Notre Dame Invitational	South Bend, IN	TBD	
Oct. 9	Disney Invitational	Orlando, Fl.	TBD	
Oct. 16	NCAA Pre-National Meet	Terre Haute, IN.	TBD	
Oct. 30	ACC Championships	College Park, MD.	TBD	
Nov. 13	NCAA South Region Championship	Tuscaloosa, AL	TBD	
Nov. 22	NCAA National Championship	Terre Haute, IN	TBD	



Head Coach Signature

8-4-04

Date Submitted

Sport Oversight Signature

Date Approved

Florida State Men

Luke Beevor

Race	Time	Place
Mountaineer Open (8K)	25:14.10	1*

Sean Burris

Race	Time	Place
Mountaineer Open (8K)	25:14.30	2
Notre Dame Invite (8K)	24:19	29
NCAA Pre-Nationals (8K)	24:44.5	38
ACC Championships (8K)	26:03.6	29
NCAA South Regional(10K)	30:55.01	27
NCAA Nationals (10K)	33:24.3	177

I.P. Cook

Race	Time	Place
Mountaineer Open (8K)	26:42.40	26
Florida Intercollegiates (5K)	25:57.31	2
ACC Championships (8K)	26:01.0	27

Kevin Cook

Race	Time	Place
Mountaineer Open (8K)	25:45.10	10
Notre Dame Invite (8K)	25:04	85
NCAA Pre-Nationals (8K)	25:20	104
ACC Championships (8K)	25:24.2	17

Justin Cross

Race	Time	Place
Mountaineer Open (8K)	25:51.30	11
Florida Intercollegiates (5K)	26:25.66	4
Notre Dame Invite	24:40	130

Javier Cruz

Race	Time	Place
Florida Intercollegiates (5K)	27:38.96	6

Nate Davis

Race	Time	Place
Florida Intercollegiates (5K)	27:47.02	8

Steve Dibari

Race	Time	Place
Florida Intercollegiates (5K)	28:09.28	9

Ian Hornabrook

Race	Time	Place
Notre Dame Invite (8K)	24:46	61
NCAA Pre-Nationals (8K)	25:06.6	73
ACC Championships(8K)	24:56.9	7
NCAA South Regional(10K)	30:14.04	13
NCAA Nationals (10K)	33:08.4	154

Matt Kalinski

Race	Time	Place
Florida Intercollegiates (5K)	26:12.50	3
Notre Dame Invite (8K)	26:03	155

Tom Lancashire

Race	Time	Place
Mountaineer Open (8K)	25:28.20	5
Notre Dame Invite (8K)	24:16	25
NCAA Pre-Nationals (8K)	24:50.6	46
ACC Championships(8K)	25:01.0	11
NCAA South Regional(10K)	30:11.99	12
NCAA Nationals (10K)	32:17.7	72

Andrew Lemoncello

Race	Time	Place
Florida Intercollegiates (5K)	25:35.20	1*
Notre Dame Invite (8K)	23:48	4
NCAA Pre-Nationals (8K)	24:03.9	6
ACC Championships (8k)	24:29.6	1*
NCAA South Regional(10K)	29:47.69	5
NCAA Nationals (10K)	32:00	50

Chris Nickinson

Race	Time	Place
Mountaineer Open (8K)	26:01.70	17

Eddy Rodriguez

Race	Time	Place
Mountaineer Open (8K)	25:14.50	3
Norte Dame Invite (8K)	24:17	26
NCAA Pre-Nationals (8K)	24:45.8	40
ACC Championships (8K)	25:01.3	12
NCAA South Regional(10K)	29:47.69	8
NCAA Nationals (10K)	32:52.2	125

Mike Walsh

Race	Time	Place
NCAA Pre-Nationals	25:49.6	149
ACC Championships (8k)	26:17.0	37
NCAA South Regional(10K)	32:04.62	56

A.J. Wilson

Race	Time	Place
Mountaineer Open (8K)	26:55.60	

* - Denotes meet win.

Florida State Men

Mountaineer Open

September 3, 2004

Booone, N.C.

1st place - 21 points

Name	Time	Place
Luke Beevor	25:14.30	1
Sean Burris	25:14.30	2
Eddy Rodriguez	25:14.50	3
Tom Lancashire	25:28.20	5
Kevin Cook	25:45.10	10
Justin Cross	25:51.30	11
Chris Nickinson	26:01.70	17

Atlantic Conference Championships

October 30, 2004

College Park, MD

2nd place - 48 points

Name	Time	Place
Andrew Lemoncello	24:29.6	1
Ian Hornabrook	24:56.9	7
Tom Lancashire	25:01.0	11
Eddy Rodriguez	25:01.3	12
Kevin Cook	25:24.2	17
James Cook	26:01	27
Sean Burris	26:01.40	29
Mike Walsh	26:17.0	37

Florida Intercollegiate Championships

September 11, 2004

Tallahassee, FL

1st place - 30 points

Name	Time	Place
Andrew Lemoncello	25:35.20	1
J.P. Cook	25:57.31	2
Matt Kalinski	26:12.50	3
Justin Cross	26:25.66	4
Javier Cruz	27:38.96	6
Nate Davis	27:47.02	8
Steve Dibari	28:09.28	9

NCAA South Regional Championships

November 13, 2004

Tuscaloosa, AL

1st place - 59 points

Name	Time	Place
Andrew Lemoncello	29:47.69	5
Eddie Rodriguez	30:05.38	8
Tom Lancashire	30:11.99	12
Ian Hornabrook	30:14.04	13
Sean Burris	30:55.01	27
Mike Walsh	32:04.62	56

Notre Dame Invitational

October 1, 2004

Notre Dame, IN

6th place - 143 points

Name	Time	Place
Andrew Lemoncello	23:48	4
Tom Lancashire	24:16	25
Eddy Rodriguez	24:17	26
Sean Burris	24:19	29
Ian Hornabrook	24:46	61
Kevin Cook	25:04	85
Justin Cross	25:40	130

NCAA National Championships

November 22, 2004

Terre Haute, IN

17th place - 438 points

Name	Time	Place
Andrew Lemoncello	32:00	50
Tom Lancashire	32:17.7	72
Eddie Rodriguez	32:52.2	125
Ian Hornabrook	33:08.4	154
Sean Burris	33:24.3	177

NCAA Pre-Nationals

October 16, 2004

Terre Haute, IN

5th place - 203 points

Name	Time	Place
Andrew Lemoncello	24:03.09	6
Sean Burris	24:44.5	38
Eddy Rodriguez	24:45.9	40
Tom Lancashire	24:50.6	46
Ian Hornabrook	25:06.6	73
Kevin Cook	25:20	104
Mike Walsh	25:49.6	149

Florida State Women

Mountaineer Open

September 3, 2005

Booone, N.C.

Name	Time	Place
Natalie Hughes	18:18.20	1
Laura Bowerman	18:27.90	2
Kristen Hagen	18:34.40	3
Meredith Urban	19:07.80	6
Cristen Litz	19:16.30	7
Jenny Gomez	19:32.50	10
Kara Newell	19:41.70	14

NCAA Pre-National Meet

October 16, 2004

Terre Haute, IN

Name	Time	Place
Natalie Hughes	21:15.9	30
Laura Bowerman	21:22.5	37
Kristen Hagen	21:44.1	60
Meredith Urban	22:26.9	130
Jenny Gomez	22:54.6	167
Cristen Litz	24:05.2	239

Florida Intercollegiate Championships

September 11, 2004

Tallahassee, FL

Name	Time	Place
Natalie Hughes	17:44.46	1
Laura Bowerman	17:56.72	2
Meredith Urban	18:53.41	4
Cristen Litz	18:54.86	5
Jenny Gomez	19:12.44	6
Cathleen Willy	19:42.49	8
Audrey Hand	20:09.81	9

2004 ACC Cross Country Championships

October 30, 2004

College Park, MD

Name	Time	Place
Laura Bowerman	22:52.2	19
Kristen Hagen	23:09.4	26
Natalie Hughes	23:25.8	33
Meredith Urban	24:03.4	46
Jenny Gomez	24:11.8	48
Anne Clinton	24:45.26	59
Cristen Litz	25:18.5	65
Kara Newell	25:26.9	68

Runners.com Invitational

September 24, 2004

Tampa, FL

Name	Time	Place
Cathleen Willy	19:46.35	9
Sydney Modragon	19:57.48	12
Audrey Hand	20:07.65	14
Suzanne Shepard	20:39.56	21
Lauren Kolakowski	20:48.92	28
Stefanie Belcher	21:12.33	37
Kristen Walls	21:43.27	48

NCAA South Regional Championships

November 13, 2004

Tuscaloosa, AL

Name	Time	Place
Laura Bowerman	21:19.71	9
Natalie Hughes	21:29.33	12
Kristen Hagen	22:00.58	27
Meredith Urban	22:26.89	46
Jenny Gomez	23:14.58	88
Kara Newell	23:46.03	105
Cristen Litz	24:19.13	127

Notre Dame Invitational

October 1, 2004

Notre Dame, IN

Name	Time	Place
Natalie Hughes	17:20	27
Kristen Hagen	17:42	41
Laura Bowerman	17:42	42
Meredith Urban	18:27	106
Cristen Litz	18:27	109
Kara Newell	18:59	161
Jenny Gomez	19:05	167

Florida State Women

Ashley Andress

Race	Time	Place
Florida Intercollegiates (5K)	21:24.45	16
FLrunners.com (5K)	21:52.35	55

Stefanie Bechler

Race	Time	Place
Mountaineer Open (5K)	21:04.6	32
Florida Intercollegiates (5K)	20:51.69	11
FLrunners.com (5K)	21:12.33	37

Tina Bindenharn

Race	Time	Place
Florida Intercollegiates (5K)	23:18.33	20
FLrunners.com (5K)	21:48.41	53

Laura Bowerman

Race	Time	Place
Mountaineer Open (5K)	18:27.90	2
Florida Intercollegiates (5K)	17:56.72	2
Notre Dame Invite (5K)	17:42	42
NCAA Pre-Nationals (6K)	21:22:5	37
ACC Championships (6K)	22:52.2	19
NCAA South Regional(6K)	21:19.71	8

Jenny Gomez

Race	Time	Place
Mountaineer Open (5K)	19:32.50	10
Florida Intercollegiates (5K)	19:12.44	6
Notre Dame Invite (5K)	19:05	167
NCAA Pre-Nationals (6K)	22:54.6	167
ACC Championships (6K)	24:15.2	48
NCAA South Regional(6K)	23:14.58	88

Audrey Hand

Race	Time	Place
Mountaineer Open (5K)	20:41.90	25
Florida Intercollegiates (5K)	20:09.81	9
FLrunners.com (5K)	20:07.65	14

Kirsten Hagen

Race	Time	Place
Mountaineer Open (5K)	18:34.40	3
Florida Intercollegiates (5K)	18:15.21	3
Notre Dame Invite (5K)	17:42	41
NCAA Pre-Nationals (6K)	21:44.1	60
ACC Championships (6K)	23:09.4	26
NCAA South DI Regional(6K)	22:00.58	27

Natalie Hughes

Race	Time	Place
Mountaineer Open (5K)	18:18.20	1*
Florida Intercollegiates (5K)	17:44.46	1
Notre Dame Invite	17:20	27
NCAA Pre-Nationals (6K)	21:15.9	30
ACC Championships (6K)	23:25.8	33
NCAA South Regional(6K)	21:29.33	12

Lauren Kolakowski

Race	Time	Place
Florida Intercollegiates (5K)	21:21.58	14
FLrunners.com (5K)	20:48.92	28

Deanna Lane

Race	Time	Place
Florida Intercollegiates (5K)	25:58.48	25

Cristen Litz

Race	Time	Place
Mountaineer Open (5K)	19:16.30	7
Florida Intercollegiates (5K)	18:54.86	5
Notre Dame Invite (5K)	18:27	109
NCAA Pre-Nationals (6K)	24:05.2	239
ACC Championships (6K)	25:18.5	65
NCAA South Regional(6K)	24:19.13	127

Meghan Lougue

Race	Time	Place
Florida Intercollegiates (5K)	23:23.55	22
FLrunners.com (5K)	22:41.62	71

Andrienne Lufkin

Race	Time	Place
Florida Intercollegiates (5K)	22:41.02	18
FLrunners.com (5K)	21:46.66	52

Sydney Mondragon

Race	Time	Place
Mountaineer Open (5K)	20:40.80	24
Florida Intercollegiates (5K)	20:45.25	10
FLrunners.com (5K)	19:57.48	12

Kara Newell

Race	Time	Place
Mountaineer Open (5K)	19:41.70	14
Florida Intercollegiates (5K)	19:15.16	7
Notre Dame Invite (5K)	18:59	161
ACC Championships (6K)	25:26.9	68
NCAA South Regional(6K)	23:46.03	100

Florida State Women

Jennifer Patterson

Race	Time	Place
Florida Intercollegiates (5K)	26:10.00	26
FLrunners.com (5K)	25:52.26	105

Katherine Puckett

Race	Time	Place
Florida Intercollegiates (5K)	23:21.44	21
FLrunners.com (5K)	23:33.56	80

Katherine Purcell

Race	Time	Place
Florida Intercollegiates (5K)	25:47.80	24

Suzanne Shepard

Race	Time	Place
Florida Intercollegiates (5K)	20:56.08	12
FLrunners.com (5K)	20:39.56	21

Meredith Urban

Race	Time	Place
Mountaineer Open (5K)	19:07.80	6
Florida Intercollegiates (5K)	18:53.41	4
Notre Dame Invite (5K)	18.27	106
NCAA Pre-Nationals (6K)	22:26.9	130
ACC Championships (6K)	24:03.4	46
NCAA South Regional (6K)	22:26.89	46

Kristen Walls

Race	Time	Place
Florida Intercollegiates (5K)	21:16.11	13
FLrunners.com (5K)	21:43.27	48

Cathleen Willy

Race	Time	Place
Mountaineer Open (5K)	19:58.00	16
Florida Intercollegiates (5K)	19:42.49	8
FLrunners.com (5K)	19:46.35	9



2004 ACC Cross Country

ACC Coaches

CLEMSON Bob Pollock (M)
..... Marcia Fletcher-Noad (W)
DUKE Norm Ogilvie (M)
..... Kevin Jermyn (W)
FLORIDA STATE Bob Braman
GEORGIA TECH Alan Drosky
MARYLAND Andrew Valmon
MIAMI Michael Ward (M)
..... Amy Deem (W)
NORTH CAROLINA Dennis Craddock
NC STATE Rollie Geiger
VIRGINIA Jason Dunn
VIRGINIA TECH Dave Cianelli
WAKE FOREST Annie Bennett (W)
..... Dr. Scott Hall (M)

ACC Cross Country Contacts

ACC Barb Dery
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GEORGIA TECH Chris Whitehead
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MARYLAND Dustin Hockensmith
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MIAMI Sam Henderson
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NC STATE Brandon Yopp
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VIRGINIA Wyatt Beyer
(434) 982-5500 wkb6u@virginia.edu
VIRGINIA TECH Laura Culbertson
(540) 231-6726 lkc@vt.edu
WAKE FOREST Courtney Tysinger
(336) 758-6099 tysimco@wfu.edu

FINAL RELEASE

November 23, 2004

September 1

Duke, Wake Forest at Wake Forest Relay Race Winston-Salem, N.C.
M Duke, 1 of 3 teams (7.4K, No points)
Wake Forest, 2 of 3 teams (7.4K, No points)
W Wake Forest, 1 of 3 teams (5.1K, No points)
Duke, 2 of 3 teams (5.1K, No points)

September 3

Clemson at Gamecock Invitational Columbia, S.C.
W Clemson, 1 of 7 teams (5K, 32 points)
Clemson, Florida State at Covered Bridge Open (Appalachian State) Boone, N.C.
M Florida State, 1 of 10 teams (8K, 21 points)
W Florida State, 1 of 7 teams (5K, 19 points)
M Clemson, 2 of 10 teams (8K, 55 points)

September 4

Maryland at Mount St. Mary's Invitational Emmitsburg, Md.
M Dual Meet Format, 4 teams (5K, No points)
W Dual Meet Format, 5 teams (5K, No points)
Virginia Tech at Festival in the Fields Blacksburg, Va.
M Virginia Tech, 1 of 9 teams (6K, 37 points)
W Virginia Tech, 1 of 10 teams (4K, 34 points)
Miami at Palm Beach Atlantic Sailfish Invitational, West Palm Beach, Fla.
(Cancelled due to Hurricane Frances)

September 10

Virginia at William & Mary Invitational Williamsburg, Va.
M Virginia, 4 teams (4 miles, No points)
W Virginia, 2 of 5 teams (2.89 miles, 66 points)

September 11

Duke at Georgetown Invitational Great Meadows, Va.
M Duke, 1 of 4 teams (4.1 miles, 27 points)
W Duke, 1 of 3 teams (5K, 20 points)
Florida State at Florida Intercollegiate Tallahassee, Fla.
M Florida State, 1 of 8 teams (8K, 30 points)
W Florida State, 1 of 5 teams (5K, 15 points)
Georgia Tech at Georgia State Invitational Panthersville, Ga.
M Georgia Tech, 2 of 16 teams (8K, 63 points)
W Georgia Tech, 2 of 15 teams (5K, 50 points)
North Carolina, Wake Forest at Wake Forest Winston-Salem, N.C.
M North Carolina, 1 of 5 teams (5K, 27 points)
Wake Forest, 2 of 5 teams (5K, 34 points)
W North Carolina, 1 of 6 teams (5K, 37 points)
Wake Forest, 2 of 6 teams (5K, 42 points)
Miami at FIU Invitational Miami, Fla.
M Miami, 1 of 4 teams (5K, 15 points)
W Miami, 2 of 4 teams (2 miles, 44 points)

September 17

Georgia Tech at Crimson Classic Tuscaloosa, Ala.
(Postponed due to Hurricane Ivan)

September 18

Clemson at Clemson Invitational Clemson, S.C.
M Clemson, 1 of 10 teams (8K, 17 points)
W Clemson, 3 of 11 teams (5K, 58 points)
Duke at Aztec Invitational San Diego, Calif.
W Duke, 1 of 15 teams (5K, 18 points)

Mondo National Poll (Men)

	S	S	O	O	O	N	Final
	20	28	5	12	19	2	Poll
Wisconsin	1	1	1	1	1	1	1
Arkansas	4	4	3	3	4	3	2
Stanford	2	2	2	2	2	2	3
Colorado	5	5	6	6	3	4	4
Notre Dame	-	-	9	9	5	5	5
Georgetown	7	7	7	7	17	7	6
Arizona State	-	14	15	15	9	8	7
BYU	9	9	14	14	10	9	8
Cal Poly SLO	10	10	12	11	6	6	9
Butler	25	11	10	10	14	13	10
Providence	14	17	16	t16	22	16	11
NCSTATE	8	8	8	8	16	11	12
Michigan	6	6	5	5	17	23	13
Air Force	11	13	13	13	12	14	14
Minnesota	16	16	17	t16	19	22	15
Iona	3	3	4	4	15	15	16
Indiana	12	15	19	20	13	10	17
FLORIDA STATE	26	28	18	18	11	12	18
New Mexico	-	-	-	-	23	20	19
Texas	-	-	-	-	-	19	20
American	-	-	-	-	-	-	21
Oklahoma State	18	22	20	19	21	25	22
Ohio State	t22	21	24	25	-	-	23
Colorado State	-	20	21	21	17	24	24
Iowa	-	-	-	-	-	17	25
Villanova	13	12	11	12	18	18	-
Florida	-	-	-	-	20	21	-
DUKE	-	-	-	-	26	-	-
Northern Arizona ...	15	t23	-	-	24	-	-
Central Michigan ...	19	18	-	-	25	-	-
William & Mary	-	-	t22	22	-	-	-
Miami, Ohio	20	19	t22	23	-	-	-
Oregon	21	25	25	24	-	-	-
Georgia	t22	t23	-	-	-	-	-
Arizona	17	-	-	-	-	-	-
Washington	25	-	-	-	-	-	-

FinishLynx National Poll (Women)

	PS	S	S	O	O	O	N	N
	20	27	4	11	18	2	15	
Stanford	1	1	1	1	1	1	1	1
Providence	2	2	2	2	2	2	2	2
Colorado	6	6	7	4	4	3	3	3
Michigan	7	7	6	3	3	4	4	4
DUKE	20	17	18	6	5	5	5	5
Notre Dame	4	4	4	5	6	6	6	6
Arizona State	19	22	8	7	7	8	7	7
NCSTATE	5	5	5	20	20	10	10	8
Missouri	12	14	23	10	10	9	9	9
NORTH CAROLINA ..	14	11	9	8	8	7	8	10
BYU	3	3	3	17	13	12	11	11
Southern Methodist ...	-	-	16	13	11	13	12	12
Mich. State	24	23	22	18	17	11	13	13
Tennessee	22	t19	10	9	9	14	15	14
West Virginia	-	-	21	24	24	22	-	15
Columbia	13	13	15	16	18	-	19	16
UC Santa Barbara	-	-	14	14	15	16	17	17
Villanova	10	10	11	11	12	15	14	18
Arkansas	18	16	19	21	21	20	18	19
Georgia	-	-	-	15	19	17	22	20
Illinois	-	-	-	-	-	-	16	21
Princeton	t8	8	-	-	-	19	20	22
WAKE FOREST	11	12	13	12	14	18	21	23
Indiana	-	-	-	-	-	21	-	24
Idaho	-	t19	25	25	23	23	-	25
Colorado State	-	-	-	-	-	24	23	-
Georgetown	t16	15	-	-	-	-	24	-
Washington	t16	25	-	-	-	-	25	-
Boston College	-	-	-	-	-	25	-	-
Baylor	25	-	17	19	16	-	-	-
William & Mary	-	-	24	22	22	-	-	-
UCLA	t8	9	12	25	25	-	-	-
Butler	-	-	20	-	-	-	-	-
Marquette	21	18	-	-	-	-	-	-
Penn State	23	21	-	-	-	-	-	-
Texas Tech	-	24	-	-	-	-	-	-
Northern Arizona ...	15	-	-	-	-	-	-	-

ACC Performers of the Week

Men

(S7)	Luke Beevor	Florida State
(S14)	Andrew Lemoncello	Florida State
(S20)	Itay Magidi	Clemson
(S27)	Matt Clark	Clemson
(O4)	Andrew Lemoncello	Florida State
(O11)	No selection	
(O18)	Andrew Lemoncello	Florida State

Women

(S7)	Anne Bersagel	Wake Forest
(S14)	Meghan Owen	North Carolina
(S20)	Shannon Rowbury	Duke
(S27)	Selina Sekulic	Wake Forest
(O4)	Shannon Rowbury	Duke
(O11)	Melanie Schultz	Miami
(O18)	Carol Henry	North Carolina

All-Conference Team

1. Sally Meyerhoff, Duke	21:34.2
2. Carol Henry, North Carolina	21:46.5
3. Erin Donohue, North Carolina	21:51.5
4. Shannon Rowbury, Duke	21:52.4
5. Julia Lucas, NC State	21:59.6
6. Natasha Roetter, Duke	22:08.1
7. Selina Sekulic, Wake Forest	22:11.0
8. Tiare Ferguson, Duke	22:14.9
9. Emily Harrison, Virginia	22:17.2
10. Phebe Ko, Duke	22:30.9
11. Alice Schmidt, North Carolina	22:34.4
12. Michelle Sikes, Wake Forest	22:37.6
13. Jessica Fanning, Virginia Tech	22:38.9
14. Kristina Roth, NC State	22:40.1
Coach of the Year	Kevin Jermyn, Duke
Freshman of the Year	Tiare Ferguson, Duke

November 6

Cavalier Open	Charlottesville, Va.
M	Duke (B Team), 2 of 5 teams (8K, 49 points) Virginia (B Team), 4 of 5 teams (8K, 67 points)

November 13

NCAA Southeast Regional Championships	Greenville, N.C.
M	NC State, 1 of 29 teams (10K, 81 points) Clemson, 3 of 29 teams (10K, 103 points) Virginia, 4 of 29 teams (10K, 118 points) Duke, 5 of 29 teams (10K, 129 points) Wake Forest, 9 of 29 teams (10K, 243 points) Virginia Tech, T14 of 29 teams (10K, 386 points) North Carolina, T14 of 29 teams (10K, 386 points)
W	Duke, 1 of 25 teams (6K, 71 points) NC State, 2 of 25 teams (6K, 75 points) North Carolina, 3 of 25 teams (6K, 80 points) Wake Forest, 4 of 25 teams (6K, 130 points) Virginia, 5 of 25 teams (6K, 155 points) Virginia Tech, 10 of 25 teams (6K, 287 points) Clemson, 17 of 25 teams (6K, 431 points)

ALL-SOUTHEAST REGION (MEN)

2. Itay Magidi	Clemson
3. Andy Smith	NC State
4. Bobby Mack	NC State
5. Derrick Wyatt	Clemson
8. Nick Schneider	Duke
9. Soeren Linder	Virginia
10. Will Christian	Virginia
13. Michael Hatch	Duke
14. Matt Clark	Clemson
16. Shane Ahlers	Wake Forest
17. Ryan Foster	Virginia
18. Wesley Smith	NC State
20. Keith Krieger	Duke

ALL-SOUTHEAST REGION (WOMEN)

1. Carol Henry	North Carolina
2. Erin Donohue	North Carolina
3. Julie Lucas	NC State
5. Clara Horowitz	Duke
6. Emily Harrison	Virginia
7. Selina Sekulic	Wake Forest
9. Kristina Roth	NC State
11. Natasha Roetter	Duke
12. Tiare Ferguson	Duke
13. Alice Schmidt	North Carolina
14. Jess Fanning	Virginia Tech
15. Angelina Blackmon	NC State
16. Michelle Sikes	Wake Forest
17. Meaghan Leon	Duke
21. Erin Swain	NC State
24. Hanna Bremier	Wake Forest
25. Shannon Hawrylo	Virginia

ALL-SOUTHEAST REGION COACH OF THE YEAR

Kevin Jermyn	Duke
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NCAA South Regional Championships Tuscaloosa, Ala.

M	Florida State, 1 of 20 teams (10K, 59 points) Georgia Tech, T10 of 20 teams (10K, 316 points) Miami, 13 of 20 teams (10K, 345 points)
W	Florida State, 4 of 23 teams (6K, 176 points) Georgia Tech, 17 of 23 teams (6K, 397 points) Miami, 19 of 23 points (6K, 498 points)

ALL-SOUTH REGION (MEN)

5. Andrew Lemoncello	Florida State
8. Eddie Rodriguez	Florida State
12. Tom Lancashire	Florida State
13. Ian Hornabrook	Florida State

ALL-SOUTH REGION (WOMEN)

9. Laura Bowerman	Florida State
12. Natalie Hughes	Florida State
22. Melanie Schultz	Miami

NCAA Mid-Atlantic Regional State College, Pa.

M	Maryland, 12 of 23 teams (10K, 283 points)
W	Maryland, 11 of 24 teams (6K, 306 points)

ALL-MID-ATLANTIC REGION (MEN)

23. Pete Hess	Maryland
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November 20

ECAC/IC4A Championships Bronx, N.Y.

M	Maryland, 12 of 20 teams (5 miles, 295 points) Duke, 14 of 20 teams (5 miles, 365 points)
W	Maryland, 11 of 15 teams (5K, 290 points)

November 22

NCAA Championships Terre Haute, Ind. (Indiana State University)

NCAA MEN'S RESULTS (10K)

16. NC State	430 points
17. Florida State	438 points
35. Bobby Mack, NC State	
50. Andrew Lemoncello, Florida State	
58. Itay Magidi, Clemson	
72. Tom Lancashire, Florida State	
79. Gavin Coombs, NC State	
99. Nick Schnieder, Duke	
123. Andy Smith, NC State	
125. Eddie Rodriguez, Florida State	
130. Derrick Wyatt, Clemson	
144. John Henderson, NC State	
154. Ian Hornabrook, Florida State	
177. Sean Burris, Florida State	
186. Wesley Smith, NC State	
201. Soeren Linder, Virginia	
205. John Crews, NC State	
232. Bryce Ruiz, NC State	
238. Kevin Cook, Florida State	

NCAA WOMEN'S RESULTS (6K)

2. Duke	144 points
10. North Carolina	336 points
12. NC State	364 points
19. Wake Forest	434 points
7. Carol Henry, North Carolina	
16. Sally Meyerhoff, Duke	
27. Shannon Rowbury, Duke	
29. Clara Horowitz, Duke	
39. Selina Sekulic, Wake Forest	
44. Erin Donohue, North Carolina	
45. Natasha Roetter, Duke	
55. Julia Lucas, NC State	
76. Kristina Roth, NC State	
89. Meaghan Leon, Duke	
95. Amy Kelly, NC State	
101. Michelle Sikes, Wake Forest	
107. Hanna Bremier, Wake Forest	
109. Emily Harrison, Virginia	
114. Phebe Ko, Duke	
116. Tiare Ferguson, Duke	
118. Josi Lauber, NC State	
122. Alice Schmidt, North Carolina	
128. Jessica Perry, North Carolina	
147. Meghan Owen, North Carolina	
155. Erin Swain, NC State	
163. Caitlin Chrisman, Wake Forest	
165. Jill Miller, Wake Forest	
172. Nicole Boykin, North Carolina	
185. Magin Kebert, NC State	
208. Angelina Blackmon, NC State	
218. Jennie Sucher, North Carolina	
222. Liz Hankinson, Wake Forest	
232. Staci Honeyman, Wake Forest	

(Bold Denotes All-American)

North Carolina at Carolina Challenge Chapel Hill, N.C.
M North Carolina, 1 of 3 teams (8K, 29 points)
W North Carolina, 1 of 3 teams (5K, 21 points)
NC State at Raleigh Invitational Cary, N.C.
M NC State, 1 of 9 teams (6,400M, 15 points)
W NC State, 1 of 11 teams (5,000M, 20 points)
Virginia, Virginia Tech at Lou Onesty Invitational Charlottesville, Va.
M Virginia, 3 of 12 teams (8K, 62 points)
Virginia Tech, 4 of 12 teams (8K, 121 points)
W Virginia, 1 of 8 teams (5K, 33 points)
Virginia Tech, 2 of 8 teams (5K, 56 points)
Miami at Florida Invitational Gainesville, Fla.
M Miami, 4 of 22 teams (135 points)
W Miami, 11 of 22 teams (291 points)
Maryland at James Madison Invitational Harrisonburg, Va.
M Maryland, 2 of 9 teams (8K, 39 points)
W Maryland, 2 of 8 teams (5K, 32 points)

September 25

Clemson at Winthrop Invitational Rock Hill, S.C.
M Clemson, 2 of 9 teams (8K, 55 points)
Duke at Roy Griak Invitational Minneapolis, Minn.
M Duke, 9 of 26 teams (8K, 241 points)
Md, Miami, Clemson at ACC Pre-Meet College Park, Md.
M Maryland, 1 of 6 teams (8K, 17 points)
Miami, 2 of 6 teams (8K, 47 points)
W Maryland, 1 of 5 teams (6.3K, 27 points)
Clemson, 2 of 5 teams (6.3K, 48 points)
Wake Forest at Meet of Champions New York, N.Y.
M Wake Forest, 4 of 13 teams (8K, 101 points)
W Wake Forest, 1 of 13 teams (6K, 50 points)

October 1

DU, UNC, NCSU, UVa at Great American XC Festival Cary, N.C.
M Duke (B team), 18 of 19 teams (8K, 435 points)
North Carolina, 11 of 19 teams (8K, 313 points)
NC State, 2 of 19 teams (8K, 97 points)
Virginia, 8 of 19 teams (8K, 228 points)
W Duke, 1 of 20 teams (6K, 56 points)
North Carolina, 2 of 20 teams (6K, 85 points)
NC State (B team), 1 of 20 teams (6K, 27 points)
NC State, 6 of 20 teams (6K, 142 points)
Virginia, 7 of 20 teams (6K, 204 points)
FSU, GaT at Notre Dame Invitational Notre Dame, Ind.
M Florida State, 6 of 24 teams (8K, 143 points)
Georgia Tech, 21 of 24 teams (8K, 539 points)
W Florida State, 9 of 24 teams (5K, 311 points)
Georgia Tech, 24 of 24 teams (5K, 605 points)

October 2

Virginia Tech at Bob Cat Invitational Lenoir, N.C.
M Virginia Tech, 1 of 4 teams (3.5 miles, 23 points)
W Virginia Tech, 1 of 4 teams (4 miles, 21 points)
Wake Forest at East Carolina Meet Greenville, S.C.
M Wake Forest, 1 of 8 teams (8K, 22 points)

October 9

Clemson at Furman Invitational Greenville, S.C.
W Clemson, 6 of 27 teams (5K, 146 points)
Miami at Disney Invitational Orlando, Fla.
M Miami, 3 of 31 teams (8K, 127 points)
W Miami, 12 of 32 teams (5K, 334 points)
Virginia Tech at VT Invitational Blacksburg, Va.
M Virginia Tech, 6 teams (7.8K, No team score)
W Virginia Tech, 5 teams (4.7K, No team score)

October 11

Georgia Tech at Auburn Invitational Auburn, Ala.
M Georgia Tech, 15 of 21 teams (8K, 438 points)
W Georgia Tech, 14 of 20 teams (5K, 424 points)

October 15

Miami, Florida International Meet Miami, Fla.

M Miami, 1 of 3 teams (4 miles, 15 points)
W Miami, 2 of 3 teams (5K, 29 points)

October 16

Pre-NCAA Nationals Terre Haute, Ind.

M Clemson, 13 of 37 teams (8K, 378 points)
Duke, 10 of 35 teams (8K, 356 points)
Florida State, 5 of 35 teams (8K, 203 points)
North Carolina, 35 of 37 teams (8K, 890 points)
NC State, 6 of 35 teams (8K, 263 points)
Virginia, 22 of 35 teams (8K, 508 points)
Wake Forest, 23 of 37 teams (8K, 651 points)
W Florida State, 13 of 36 teams (6K, 424 points)
North Carolina, 3 of 37 teams (6K, 129 points)
NC State, 4 of 36 teams (6K, 207 points)
Virginia, 20 of 37 teams (6K, 529 points)
Wake Forest, 9 of 36 teams (6K, 280 points)

Duke, Maryland at Penn State Invitational State College, PA

M Maryland, 7 of 38 teams (5.2 miles, 272 points)
W Duke, 2 of 42 teams (6K, 60 points)
Maryland, 11 of 41 teams (6K, 371 points)

Ga Tech, Va Tech at Chile Pepper Invit Fayetteville, Ark.

M Georgia Tech, 14 of 35 teams (10K, 379 points)
Virginia Tech, 10 of 31 teams (10K, 328 points)
W Georgia Tech, 13 of 34 teams (6K, 340 points)
Virginia Tech, 6 of 31 teams (6K, 216 points)

October 30

ACC Championships College Park, Md.
MENS (8K)

1. NC State 47 points
2. Florida State 48 points
3. Virginia 85 points
4. Clemson 87 points
5. Duke 99 points
6. Wake Forest 172 points
7. Maryland 198 points
8. Georgia Tech 227 points
9. Virginia Tech 249 points
10. North Carolina 295 points
11. Miami 313 points

All-Conference Team

1. Andrew Lemongello, Florida State 24:29.6
2. Bobby Mack, NC State 24:31.4
3. Andy Smith, NC State 24:38.3
4. Itay Magidi, Clemson 24:44.5
5. Will Christian, Virginia 24:48.2
6. Nick Schneider, Duke 24:53.3
7. Ian Hornabrook, Florida State 24:56.9
8. Wesley Smith, NC State 24:57.6
9. Michael Hatch, Duke 24:58.6
10. Derrick Wyatt, Clemson 24:59.6
11. Tom Lancashire, Florida State 25:01.0
12. Eddie Rodriguez, Florida State 25:01.3
13. Gavin Coombs, NC State 25:02.7
14. Kyle Rabbitt, Georgia Tech 25:07.5
Coach of the Year Rollie Geiger, NC State
Freshman of the Year Gavin Coombs, NC State

WOMENS (6K)

1. Duke 29 points
2. North Carolina 56 points
3. NC State 71 points
4. Wake Forest 94 points
5. Virginia 163 points
6. Florida State 168 points
7. Virginia Tech 197 points
8. Maryland 205 points
9. Clemson 270 points
10. Georgia Tech 272 points
11. Miami 305 points