

# 2014 KIAC CROSS COUNTRY CHAMPIONSHIPS





















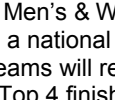
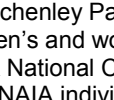
**Official Meet Program**  
**Nov. 8, 2014 / Pittsburgh, Pa. / Schenley Park**



**1:30 P.M. — WOMEN'S 5K**  
**2:30 P.M. — MEN'S 8K**

On Behalf of the Kentucky Intercollegiate Athletic Conference and host institution Point Park University,  
Welcome to Pittsburgh, Pa., and Schenley Park for the 2014 KIAC Men's & Women's Cross Country Championships!

## PARTICIPATING SCHOOLS

	<b>Alice Lloyd (Ky.) College Eagles</b>	
	<b>Asbury (Ky.) University Eagles</b>	
	<b>Brescia (Ky.) University Bearcats</b>	
	<b>Carlow (Pa.) University Celtics</b>	
	<b>Cincinnati Christian University Eagles</b>	
	<b>Indiana University East Red Wolves</b>	
	<b>Indiana University Kokomo Cougars</b>	
	<b>Midway (Ky.) College Eagles</b>	
	<b>Point Park (Pa.) University Pioneers</b>	
	<b>Univ. of Rio Grande RedStorm</b>	

## **KIAC CROSS COUNTRY CHAMPIONSHIP PREVIEW**

The 2014 KIAC Men's & Women's Cross Country Championships are being hosted by Point Park University at Schenley Park in Pittsburgh, Pa. Today's meet is a national qualifier for the NAIA National Championship Nov. 22 in Lawrence, Kan. The KIAC men's and women's cross country championship teams will receive an automatic bid to the NAIA national meet. Individual qualification for the NAIA National Championship will be awarded to the Top 4 finishers in the men's and women's races who are not from the KIAC championship team. NAIA individual qualifiers must place in the Top 15 in the KIAC championship.

## **KIAC ALL-CONFERENCE TEAMS**

The Top 7 runners in the men's and women's races at the KIAC Cross Country Championships will be named All-KIAC First Team. Finishers 8 through 14 will be designated All-KIAC Second Team. There will also awards for KIAC Coach of the Year, KIAC Men's & Women's Runner of the Year, KIAC Men's & Women's Newcomer of the Year and KIAC Men's & Women's Comeback Runner of the Year. An awards ceremony will be held after the conclusion of the men's race.

## **FOLLOW THE KIAC CROSS COUNTRY CHAMPIONSHIPS**

Live Coverage of the 2014 KIAC Men's & Women's Cross Country Championships will be provided by Point Park University. Watch Live on the Point Park Sports Network on [Team1Sports.com/PointParkSportsNetwork](http://Team1Sports.com/PointParkSportsNetwork) for streaming video of the start and finish lines. Follow the races on Twitter with Hashtag #KIACXC, @KIACSports, @PointParkSports. Results will be posted at [www.pointpark.edu/athletics](http://www.pointpark.edu/athletics) after the races.

# WOMEN'S 5K MEET — 2014 KIAC CROSS COUNTRY CHAMPIONSHIP



## ALICE LLOYD COLLEGE EAGLES

Allison Boling Fr.  
Allison Holbrook Jr.  
Katie Hylton So.  
Head Coach: Gary Stepp  
Location: Pippa Passe, Ky.  
School Colors: Blue & White

## ASBURY UNIVERSITY EAGLES

Alexis Allen Fr.  
Halee Beazley Jr.  
Julia Chin Jr.  
Carlie Core So.  
Katy Falkenberg So.  
Madison Gaither Jr.  
Erin Garmany Fr.  
Kim Miller Jr.  
Sabrina Salvacion Fr.  
Kayla Sheeran So.  
Kajsa Swanson Sr.  
Rachel Terry So.  
Justine Vonderheide Sr.  
Christina Williams Sr.  
Devon Zweifel Jr.  
Head Coach: Randy Crist  
Assistant Coach: Tyler Zweifel  
Location: Wilmore, Ky.  
School Colors: Purple & White

## BRESCIA UNIVERSITY BEARCATS

Embra Hawkins Sr.  
Cassandra King Sr.  
Courtney Naas So.  
Samantha Walker Sr.  
Olivia Warren Sr.  
Head Coach: Alan Schulze  
Assistant Coach: Kenneth Vanover  
Location: Owensboro, Ky.  
School Colors: Blue & White

## 2014 KIAC TOP 10 PERFORMERS — WOMEN'S 5K

1.	Kelsey Wilkins	PPU	So.	19:31
2.	Katy Falkenberg	AU	So.	19:37
3.	Justine Vonderheide	AU	Sr.	19:45
4.	Katie Guarnaccia	PPU	Fr.	19:47
5.	Grace Yeaton	IUE	Fr.	19:58
6.	Courtney Naas	BU	So.	20:11
7.	Stephanie Gruenberg	RIO	So.	20:12
8.	Brittany Piccone	RIO	Sr.	20:14
9.	Rachel Ball	RIO	Fr.	20:22
10.	Olivia Warren	BU	Sr.	20:25

Note: Each runner in 2014 KIAC Top 10 listed only once with top 5K time in 2014

## KIAC WOMEN'S XC CHAMPIONSHIPS LAST 4 YEARS

Year	Champion	Runner-up	Host
2013	Brescia (Ky.)	Asbury (Ky.)	Midway (Ky.)
2012	Brescia (Ky.)	Asbury (Ky.)	Indiana East
2011	Brescia (Ky.)	Asbury (Ky.)	Brescia (Ky.)
2010	Berea (Ky.)	Brescia (Ky.)	Asbury (Ky.)



## CARLOW UNIVERSITY CELTICS

Mara Carson Jr.  
Margo Dolgos Fr.  
Beth Holmes So.  
Alyssa Ignat Jr.  
Jillian Porter So.  
Allisandra Supinski Sr.  
Olivia Sweigol Jr.  
Head Coach: Andrew Rowland  
Assistant Coach: Deborah Wilson  
Location: Pittsburgh, Pa.  
School Colors: Purple & Gold

## CINCINNATI CHRISTIAN EAGLES

Alivea Cline So.  
Rebecca Deacon So.  
Hannah Moniger Jr.  
Holly Ricks So.  
Dai Zhang Jr.  
Head Coach: Matthew Van Doren  
Assistant Coach: Cara Van Doren  
Location: Cincinnati, Ohio  
School Colors: Purple & Gold

## INDIANA EAST REDWOLVES

Alexis Brasier Jr.  
Kelsey Buehner Fr.  
Teresa Huelsman Jr.  
Riley Johnson So.  
Hayley Rogers Fr.  
Morgan Stanley So.  
Grace Yeaton Fr.  
Head Coach: Brett Crowley  
Assistant Coach: Tyler Rigby,  
Assistant Coach: David Sanders  
Location: Richmond, Ind.  
School Colors: Crimson & Gray

## INDIANA KOKOMO COUGARS

Hannah High Fr.  
Lauren Lane Fr.  
Breanne Robertson So.  
Brooke Runyon Fr.  
Karly Sprouse So.  
Head Coach: Jason Van Alstine  
Location: Kokomo, Ind.  
School Colors: Crimson & Cream

## MIDWAY COLLEGE EAGLES

Melliah Carrel So.  
Lauren Jones Fr.  
Brooke Lawson Fr.  
Ayla Robinson Fr.  
Eden Wimpsett Jr.  
Head Coach: Allison Morgan  
Location: Midway, Ky.  
School Colors: Blue & White

## POINT PARK UNIV. PIONEERS

Ashley Czerniewski-Hagan Jr.  
Katie Guarnaccia Fr.  
Hanka Jiraskova Sr.  
Katie Johnston Sr.  
Emily Maxwell So.  
Bryn McClay Jr.  
Lindsey Palmer Sr.  
Alexis Sherman Fr.  
Kelsey Wilkins So.  
McKenzie Wilson Fr.  
Christina Wisniewski Sr.  
Head Coach: Jim Irvin  
Assistant Coach: Tim Lyman  
Assistant Coach: Kelly Parsley (Meet Director)  
Location: Pittsburgh, Pa.  
School Colors: Green & Gold

## UNIV. OF RIO GRANDE REDSTORM

Rachel Ball Fr.  
Aubrey Dunfee Fr.  
Alex Ellis So.  
Katie Glover So.  
Stephanie Gruenberg So.  
Keri Lawrence Fr.  
Brittany Piccone Sr.  
Emili Sannes Fr.  
Head Coach: Bob Wiley  
Assistant Coach: Steve Gruenberg  
Assistant Coach: Nick Wilson  
Location: Rio Grande, Ohio  
School Colors: Red & White

**@KIACSports #KIACXC**

## 2013 KIAC WOMEN'S CROSS COUNTRY MEET RESULTS

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Brescia	41	2	3	6	14	16	17	
2	Asbury	50	4	8	11	12	15	22	26
3	Point Park	70	5	9	10	18	28	31	38
4	St. Louis Pharmacy	112	1	13	23	33	42	43	49
5	Berea	116	7	19	21	34	35	45	47
6	Indiana East	152	20	27	29	37	39		
7	Carlow	187	24	25	40	44	54	60	
8	Indiana Kokomo	209	30	36	41	46	56	57	
9	Alice Lloyd	246	32	48	53	55	58		
10	Midway	273	50	51	52	59	61	62	

1	Pollmann, Sarah	SO St. Louis Pharmacy	20:11.30	1
2	Pulliam, Jasmine	SR Brescia	20:27.70	2
3	Hawkins, Embra	JR Brescia	20:28.40	3
4	Falkenberg, Katy	FR Asbury	20:32.40	4
5	Jiraskova, Hanka	SO Point Park	20:40.40	5
6	Warren, Olivia	JR Brescia	20:40.90	6
7	Kershner, Mercy	NA Berea	20:47.90	7
8	Vonderheide, Justine	JR Asbury	20:51.00	8
9	Czerniewski-Hagan, Ashley	FR Point Park	21:03.00	9
10	Buchheit, Marissa	SO Point Park	21:06.70	10
11	Zweifel, Devon	JR Asbury	21:12.30	11
12	Miller, Kim	SO Asbury	21:13.50	12
13	Patel, Janki	FR St. Louis Pharmacy	21:23.30	13
14	Naas, Courtney	FR Brescia	21:34.70	14
15	Williams, Christina	JR Asbury	21:43.90	15

# MEN'S 8K MEET — 2014 KIAC CROSS COUNTRY CHAMPIONSHIP



## ALICE LLOYD COLLEGE EAGLES

Chris Baker Fr.  
Clay Montgomery Jr.  
Head Coach: Gary Stepp  
Location: Pippa Passe, Ky.  
School Colors: Blue & White

## ASBURY UNIVERSITY EAGLES

Kale Bandy Sr.  
Taylor Diehl Sr.  
Lucas Karnes So.  
Mason Lambert So.  
Austin Reid Jr.  
David Smith Jr.  
Caleb Woodard So.  
Todd Yoder Jr.  
Head Coach: Randy Crist  
Assistant Coach: Tyler Zweifel  
Location: Wilmore, Ky.  
School Colors: Purple & White

## BRESCIA UNIVERSITY BEARCATS

Drew Atkins Jr.  
Trey Drury Jr.  
Tristan Durbin Fr.  
Denis Koske Fr.  
Dylan Massey So.  
Chase McCauley Fr.  
Head Coach: Alan Schulze  
Assistant Coach: Kenneth Vanover  
Location: Owensboro, Ky.

## CARLOW UNIVERSITY CELTICS

Vincent Buccì So.  
Joshua Doose Jr.  
Cory Hanlon Jr.  
Justin Harshbarger So.  
Malachy McKenna So.  
Thomas Messina Fr.  
Tyler Trombley So.  
Head Coach: Andrew Rowland  
Assistant Coach: Deborah Wilson  
Location: Pittsburgh, Pa.  
School Colors: Purple & Gold

## CINCINNATI CHRISTIAN EAGLES

Blake Ford Jr.  
Micah Frazee So.  
William Grover Fr.  
Michael Hartman So.  
David Henry-Kimble Jr.  
Jordan Pelphrey So.  
Derrick Shotwell Jr.  
Head Coach: Matthew Van Doren  
Assistant Coach: Cara Van Doren  
Location: Cincinnati, Ohio  
School Colors: Purple & Gold

## INDIANA EAST REDWOLVES

Collin Burris So.  
Dylan Cope So.  
Mahto Fast-Horse Fr.  
Pedro Feliciano So.  
Taylor Gray Sr.  
Kyle Hall Jr.  
Adam Klipstine Fr.  
Anthony Mills Fr.  
Seth Prince Sr.  
Head Coach: Brett Crowley  
Assistant Coach: Tyler Rigby,  
Assistant Coach: David Sanders  
Location: Richmond, Ind.  
School Colors: Crimson & Gray

## INDIANA KOKOMO COUGARS

Zach Duranto Fr.  
Jon Flory Jr.  
Bradley Jakes So.  
Shad Jakes Fr.  
Tyler Lucas So.  
Mitch Padfield Sr.  
Javier Vasquez Jr.  
Ben Willis Fr.  
Head Coach: Jason Van Alstine  
Location: Kokomo, Ind.  
School Colors: Crimson & Cream

## POINT PARK UNIV. PIONEERS

Eric Engel Jr.  
Heath Hougas So.  
Zane Kravec Jr.  
Paul McCloud Fr.  
Eric Torres Fr.  
Marvin Walker Fr.  
John Wiley Fr.  
Head Coach: Jim Irvin  
Assistant Coach: Tim Lyman  
Assistant Coach: Kelly Parsley (Meet Director)  
Location: Pittsburgh, Pa.  
School Colors: Green & Gold

## UNIV. OF RIO GRANDE REDSTORM

Matt Engstrom Jr.  
Blake Freed So.  
Nate Goodhart So.  
Dallas Guy So.  
Lane Hagar So.  
Marcus Meyers Fr.  
Layne Pickerill Fr.  
Kyle Sanborn Jr.  
Todd Tolliver Fr.  
Head Coach: Bob Wiley  
Assistant Coach: Steve Gruenberg  
Assistant Coach: Nick Wilson  
Location: Rio Grande, Ohio  
School Colors: Red & White

**Follow the KIAC Cross Country Championships on Twitter! @KIACSports #KIACXC**

## 2014 KIAC TOP 10 PERFORMERS — MEN'S 8K

1.	Eric Torres	PPU	Fr.	26:02
2.	Dallas Guy	RIO	So.	26:05
3.	Kyle Sanborn	RIO	Jr.	26:30
4.	Lake Hagar	RIO	So.	26:40
5.	Heath Hougas	PPU	So.	26:40
6.	Tristan Durbin	BU	Fr.	26:47
7.	Seth Prince	IUE	Sr.	26:55
8.	Matt Engstrom	RIO	Jr.	26:57
9.	Blake Freed	RIO	So.	27:02
10.	Dylan Cope	IUE	So.	27:03

Note: Each runner in 2014 KIAC Top 10 listed only once with top 8K time in 2014

## 2013 KIAC MEN'S CROSS COUNTRY MEET RESULTS

Rank	Team	Total	1	2	3	4	5	*6	*7
1	Berea	22	1	2	3	5	11	20	25
2	Indiana East	74	4	6	17	18	29	37	
3	Asbury	86	9	13	14	19	31	35	40
4	Brescia	106	10	12	24	28	32	43	
5	Indiana Kokomo	123	7	15	30	33	38	39	45
6	Point Park	131	8	22	23	36	42	44	50
7	St. Louis Pharmacy	144	16	26	27	34	41	47	48
8	Cincinnati Christian	219	21	46	49	51	52		

## KIAC MEN'S XC CHAMPIONSHIPS LAST 4 YEARS

Year	Champion	Runner-up	Host
2013	Berea (Ky.)	Indiana East	Midway (Ky.)
2012	Berea (Ky.)	Asbury (Ky.)	Indiana East
2011	Berea (Ky.)	Brescia (Ky.)	Brescia (Ky.)
2010	Berea (Ky.)	Brescia (Ky.)	Asbury (Ky.)



1	Johnson, Jeremy	Berea	26:46.90	1
2	Oconnor, Tarrance	SR Berea	27:34.40	2
3	Wallace, Allexander	SR Berea	27:45.80	3
4	Prince, Seth	JR Indiana East	27:52.10	4
5	Raab, Zachary	SO Berea	27:55.70	5
6	Burris, Collin	FR Indiana East	28:21.00	6
7	Vasquez, Javier	JR Indiana Kokomo	28:25.60	7
8	Mulvaney, Connor	JR Point Park	28:26.50	8
9	Diehl, Taylor	JR Asbury	28:31.50	9
10	Dowell, Micheal	SO Brescia	28:36.50	10
11	Carrick, Joseph	JR Berea	28:41.40	11
12	Beams, Andrew	SR Brescia	28:52.70	12
13	Woodard, Caleb	FR Asbury	28:56.40	13
14	Lambert, Mason	FR Asbury	28:57.00	14
15	Flory, Jon	SO Indiana Kokomo	29:07.40	15

# COURSE MAPS — 2014 KIAC CROSS COUNTRY CHAMPIONSHIP

Map Key:

Starting Line



Finish Line



Mile Marker

