



Iowa Conference Cross Country

October 7, 2009

Contact: Joshua Schroeder, Director of Information
 222 Third Street SE, Suite 423
 Cedar Rapids, IA 52401
 Phone — (319) 366-4975 ** Fax — (319) 366-4911
 e-mail — jschroeder@iowaconference.com

This Week's Schedule

Saturday, October 10

Buena Vista, Cornell, Loras, Simpson, Wartburg @
 Dan Huston Invitational
 at Max Cross Country Course, Wartburg College, Waverly
 Women (6K) – 10:45 a.m. / Men (8K) – 11:30 a.m.

Central, Coe @ Lamb-Kohawk Invitational
 at Jones Park, Cedar Rapids
 Women (6K) – 10:30 a.m. / Men (8K) – 11:15 a.m.

2009 IIAC Cross Country Championship

October 31

Men's 8K at 11 a.m.
 Women's 6K at noon

at Max Cross Country Course, Waverly
 hosted by Wartburg College

Iowa Conference Runners of the Week

Week Ending	Male	Female
Sept. 6	Ryan Edwardson, Simpson	Angie Berry, Central
Sept. 13	Andrew Tobben, Cornell	Anna Kraayenbrink, Wartburg
Sept. 20	Dain Leytem, Loras	Anna Kraayenbrink, Wartburg
Sept. 27	Chase Nowak, Cornell	Anna Kraayenbrink, Wartburg
Oct. 4	Marty Mitchell, Luther	Chelsea Lynch, Luther
Oct. 11		
Oct. 18		
Oct. 25		
Nov. 1		
Nov. 8		
Nov. 15		



**NCAA Division III
 Cross Country Championships**
 Saturday, November 21
Host: Baldwin-Wallace College
Site: Highland Hills Golf Course

**NCAA Division III
 Central Regional Championship**
 Saturday, November 14
Host: Grinnell College
Site: Oakland Acres Golf Club

Iowa Conference Runners of the Week Week 5 (September 28-October 4)



Women – Chelsea Lynch, Luther College, Waterloo, Iowa/West

Lynch, a sophomore, finished 71st of 332 runners at the Wis.-Eau Claire Blugold Invitational. She completed the 6,000-meter course in 24:22.06, 2:48 behind the meet champion. Lynch led the Norse to a ninth-place finish in a 19-team field with 248 points.



Men – Marty Mitchell, Luther College, Decorah, Iowa/Decorah

Mitchell, a freshman, finished 32nd out of 270 runners at the Wis.-Eau Claire Blugold Invitational. He completed the 8,000-meter course in 26:57, 1:30 behind the meet champion, leading the Norse to an eighth-place finish out of 18 teams with 212 points.



USTFCCCA Men's National Poll
Week 4 – October 7, 2009

Rank	Team	Pts.	LW
1	North Central College (8)	280	1
2	SUNY Cortland	269	3
3	UW La Crosse	267	2
4	Williams	253	4
5	SUNY Geneseo	248	6
6	Allegheny	243	5
7	UW Stevens Point	228	10
8	Haverford	219	21
9	UW Platteville	218	8
10	Dickinson	212	9
11	Keene State	187	12
12	Emory	178	14
13	St. Lawrence	177	11
14	UW Oshkosh	172	18
15	Willamette	163	30
15	Calvin	163	7
17	NYU	162	15
18	Augustana (Illinois)	160	13
19	Nebraska Wesleyan	140	16
20	Ohio Northern	125	18
21	Amherst	116	24
22	Southern Maine	106	17
23	Carnegie Mellon	105	20
24	Claremont-Mudd-Scripps	100	24
25	Plattsburgh State	81	28
26	Whitworth	78	27
27	Brandeis	74	22
28	Heidelberg	69	NR
29	Saint John's (Minnesota)	66	23
30	Grinnell	45	29
31	Tufts	37	31
32	UW Whitewater	30	32
33	Johns Hopkins	29	34
34	UW Eau Claire	9	RV
35	Manchester	8	RV

ORV: St. Thomas 7, Pomona-Pitzer 6, RIT 5, Gettysburg 3, and TCNJ 2.

Dropped Out: No. 26 Mount Union, No. 33 TCNJ, No. 35 St. Thomas

USTFCCCA Women's National Poll
Week 4 – October 7, 2009

Rank	Team	Pts.	LW
1	Calvin (7)	279	1
2	Johns Hopkins (1)	271	1
3	Washington (Missouri)	266	3
4	MIT	253	5
5	Williams	250	4
6	St. Lawrence	237	10
7	UW Eau Claire	230	11
7	SUNY Geneseo	220	6
9	UW La Crosse	219	6
10	Middlebury	213	8
11	Bethel	199	12
12	UW Oshkosh	189	8
13	Case Western Reserve	185	13
14	Wartburg	177	14
15	TCNJ	167	17
16	Whitworth	152	27
17	Brandeis	150	15
18	Carleton	145	16
19	Dickinson	143	28
20	Claremont-Mudd-Scripps	120	21
21	St. Thomas (Minnesota)	109	19
22	DePauw	102	21
23	Whitman	98	18
24	Plattsburgh State	96	24
24	Ithaca	96	20
26	Amherst	84	RV
27	Oberlin	78	23
28	Chicago	61	24
29	Nebraska Wesleyan	51	29
30	Emory	50	30
31	Keene State	45	26
32	Haverford	40	NR
33	Luther	28	31
34	Gettysburg	16	MR
35	SUNY Cortland	15	35

ORV: NYU 3, Grove City 2, and Baldwin-Wallace 1.

Dropped Out: No. 32 Grove City, No. 33 Messiah, No. 34 Wis.-Stevens Point

TRACKING THE IOWA CONFERENCE:

USTFCCCA

Division III Men's National Poll

Date	Poll	Team	Rank
A26	Pre	No IAC teams ranked	N/A
S9	W1	No IAC teams ranked	N/A
S23	W2	No IAC teams ranked	N/A
S30	W3	No IAC teams ranked	N/A
O7	W4	No IAC teams ranked	N/A

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Division III Women's National Poll

Date	Poll	Team	Rank
A26	Pre	Wartburg	4th (257)
		Luther	t29th (53)
S9	W1	Wartburg	4th (254)
		Luther	30th (47)
S23	W2	Wartburg	5th (244)
		Luther	25th (90)
S30	W3	Wartburg	14th (181)
		Luther	31st (50)
O7	W4	Wartburg	14th (177)
		Luther	33rd (28)

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Division III Men's Central Region Poll

Date	Poll	Team	Rank
A25	Pre	Luther	5th
		Loras	6th
		Coe	10th
S8	W1	Luther	5th
		Loras	8th
S22	W2	Luther	5th
		Cornell	8th
		Wartburg	9th
S29	W3	Cornell	7th
		Wartburg	8th
		Luther	9th
O6	W4	Cornell	7th
		Wartburg	8th
		Luther	9th

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Division III Women's Central Region Poll

Date	Poll	Team	Rank
A25	Pre	Wartburg	1st
		Luther	5th
		Loras	7th
S8	W1	Wartburg	1st
		Luther	5th
		Loras	7th
S22	W2	Wartburg	1st
		Luther	5th
		Central	8th
		Loras	10th
S29	W3	Wartburg	2nd
		Luther	6th
		Central	7th
		Loras	9th
O6	W4	Wartburg	2nd
		Luther	6th
		Central	7th
		Loras	9th
		Simpson	10th



USTFCCCA Central Region
Week 4 – October 6, 2009

Rank	Team	Previous
1	Nebraska Wesleyan	1
2	Saint John's (Minnesota)	2
3	Grinnell	3
4	St. Thomas (Minnesota)	4
5	St. Olaf	5
6	Hamline	6
7	Cornell College	7
8	Wartburg	8
9	Luther	9
10	Augsburg	10

USTFCCCA Central Region
Week 4 – October 6, 2009

Rank	Team	Previous
1	Bethel	1
2	Wartburg	2
3	Carleton	3
4	St. Thomas (Minnesota)	4
5	Nebraska Wesleyan	5
6	Luther	6
7	Central (Iowa)	7
8	St. Olaf	8
9	Loras	9
10	Simpson	NR

Women's Team-by-Team Results**Buena Vista University**

Date	Race (Distance)	Team Finish (score)	Top Individual, Finish (Time)
9/5	Central Dutch Invitational (5K)	Incomplete Team	Ali Bunde, 86th (24:14)
9/19	Iowa Intercollegiate (5K)	Incomplete Team	Ali Bunde, 82nd (25:18)
9/26	Buena Vista Open (6K)	Incomplete Team	Ali Bunde, 41st (28:53.31)
10/10	Dan Huston Invitational		
10/16	BVU Homecoming 5K		
10/24	Mount Marty Invitational		
10/31	IIAC Championships		

Central College

Date	Race (Distance)	Team Finish (score)	Top Individual, Finish (Time)
9/5	Central Dutch Invitational (5K)	1st of 6 (25)	Angie Berry, 1st (18:30)
9/19	St. Olaf Invitational (6K)	4th of 16 (140)	Angie Berry, 4th (22:42)
9/25	Brissman-Lundeen Invitational (5.42K)	3rd of 21 (111)	Angie Berry, 5th (20:15.4)
10/10	Lamb-Kohawk Invitational		
10/17	Wis.-La Crosse Tori Neubauer Invitational		
10/31	IIAC Championships		

Coe College

Date	Race (Distance)	Team Finish (score)	Top Individual, Finish (Time)
9/1	Coe-Cornell-Dubuque Triangular (3K)	NTS	Sara Heizen, 11th (12:37)
9/5	Mount Mercy Mustang Gallop (5K)	5th of 6 (114)	Sara Heizen, 11th (16:55)
9/12	Les Duke Invitational (6K)	11th of 11 (341)	Sara Heizen, 92nd (26:35)
9/26	Roy Griak Invitational (6K)	28th of 37 (878)	Heather White, 234th (26:35.4)
10/10	Lamb-Kohawk Invitational		
10/17	Wis.-Oshkosh Brooks Invitational		
10/31	IIAC Championships		

Cornell College

Date	Race (Distance)	Team Finish (score)	Top Individual, Finish (Time)
9/1	Coe-Cornell-Dubuque Triangular (3K)	NTS	Allie Jagielo, 1st (11:39)
9/12	Les Duke Invitational (6K)	9th of 11 (232)	Allie Jagielo, 23rd (24:15)
9/25	Brissman-Lundeen Invitational (5.42K)	15th of 21 (373)	Allie Jagielo, 33rd (21:26.0)
10/10	Dan Huston Invitational		
10/17	Carleton Invitational		
10/31	IIAC Championships		

University of Dubuque

Date	Race (Distance)	Team Finish (score)	Top Individual, Finish (Time)
9/1	Coe-Cornell-Dubuque Triangular (3K)	NTS	Beth Michaelis, 3rd (12:03)
9/12	Les Duke Invitational (6K)	10th of 11 (284)	Megan Michaelis, 44th (25:10)
9/19	Iowa State Intercollegiate (5K)	8th of 10 (198)	Chelsey Kemp, 41st (20:54)
10/3	Wisconsin Lutheran Invitational (6K)	6th of 15 (167)	Megan Michaelis, 7th (24:46.22)
10/17	Wis.-La Crosse Tori Neubauer Invitational		
10/31	IIAC Championships		

Loras College

Date	Race (Distance)	Team Finish (score)	Top Individual, Finish (Time)
9/12	Les Duke Invitational (6K)	6th of 11 (156)	Hannah Weiss, 20th (23:59)
9/18	National Catholic Championships (5K)	8th of 31 (281)	Tara Kilburg, 41st (19:29.6)
9/25	Brissman-Lundeen Invitational (5.42K)	16th of 21 (461)	Molly Rea, 92nd (22:20.4)
10/10	Dan Huston Invitational		
10/16	Dr. Tucker Loras Invitational		
10/31	IIAC Championships		

Luther College

Date	Race (Distance)	Team Finish (score)	Top Individual, Finish (Time)
9/5	Central Dutch Invitational (5K)	4th of 6 (80)	Katie Dolan, 15th (20:18)
9/12	Luther All-American Invitational (5K)	2nd of 8 (45)	Katie Dolan, 6th (19:24)
9/26	Roy Griak Invitational (6K)	8th of 37 (266)	Annie McKay, 44th (24:05.6)
10/2	Wis.-Eau Claire Invitational (6K)	9th of 19 (248)	Chelsea Lynch, 71st (24:22.06)
10/10	St. Catherine Invitational		
10/17	Wis.-La Crosse Tori Neubauer Invitational		
10/23	Wis.-La Crosse @ Luther (dual)		
10/31	IIAC Championships		

Simpson College

Date	Race (Distance)	Team Finish (score)	Top Individual, Finish (Time)
9/5	Central Dutch Invitational (5K)	2nd of 6 (58)	Catie Ellingson, 2nd (18:56)
9/12	Les Duke Invitational (6K)	7th of 11 (167)	Catie Ellingson, 5th (22:45)
9/26	Roy Griak Invitational (6K)	12th of 37 (374)	Catie Ellingson, 11th (23:06.0)
10/10	Dan Huston Invitational		
10/17	Wis.-La Crosse Tori Neubauer Invitational		
10/31	IIAC Championships		

Wartburg College

Date	Race (Distance)	Team Finish (score)	Top Individual, Finish (Time)
9/4	Black Hills State Invitational (4K)	W, 22-35	Anna Kraayenbrink, 1st (15:11.08)
9/12	Les Duke Invitational (6K)	3rd of 11 (75)	Anna Kraayenbrink, 4th (22:25)
9/19	Woody Greeno Invitational (6K)	3rd of 27 (140)	Anna Kraayenbrink, 5th (21:07.73)
9/26	Roy Griak Invitational (6K)	5th of 37 (154)	Anna Kraayenbrink, 4th (22:30.3)
9/26	Buena Vista Open (6K)	4th of 4 (94)	Elissa Hageman, 16th (25:57.7)
10/10	Dan Huston Invitational		
10/17	Wis.-La Crosse Tori Neubauer Invitational		
10/31	IIAC Championships		

Men's Team-by-Team Results**Buena Vista University**

Date	Race (Distance)	Team Finish (score)	Top Individual, Finish (Time)
9/5	Central Dutch Invitational (6K)	6th of 7 (169)	Jared Bruce, 36th (21:42)
9/19	Iowa State Intercollegiate (8K)	8th of 10 (234)	Jared Bruce, 44th (29:30)
9/26	Buena Vista Open (8K)	4th of 5 (109)	Jared Bruce, 8th (27:48.25)
10/10	Dan Huston Invitational		
10/16	BVU Homecoming 5K		
10/24	Mount Marty Invitational		
10/31	IIAC Championships		

Central College

Date	Race (Distance)	Team Finish (score)	Top Individual, Finish (Time)
9/5	Central Dutch Invitational (6K)	4th of 7 (85)	Teddy Clark, 6th (20:00)
9/19	St. Olaf Invitational (8K)	10th of 17 (237)	Teddy Clark, 10th (26:41)
9/25	Brissman-Lundeen Invitational (8K)	10th of 26 (337)	Teddy Clark, 27th (26:20.2)
10/10	Lamb-Kohawk Invitational		
10/17	Wis.-La Crosse Jim Drews Invitational		
10/31	IIAC Championships		

Coe College

Date	Race (Distance)	Team Finish (score)	Top Individual, Finish (Time)
9/1	Coe-Cornell-Dubuque Triangular (3K)	NTS	Lane Moser, 4th (9:37)
9/5	Mount Mercy Mustang Gallop (5K)	1st of 8 (32)	Lane Moser, 1st (16:24)
9/12	Les Duke Invitational (8K)	t-9th of 14 (218)	Lane Moser, 9th (26:20)
9/26	Roy Griak Invitational (8K)	17th of 35 (450)	Lane Moser, 29th (26:52.8)
10/10	Lamb-Kohawk Invitational		
10/17	Wis.-Oshkosh Brooks Invitational		
10/31	IIAC Championships		

Cornell College

Date	Race (Distance)	Team Finish (score)	Top Individual, Finish (Time)
9/1	Coe-Cornell-Dubuque Triangular (3K)	NTS	Chase Nowak, 1st (9:30)
9/12	Les Duke Invitational (8K)	3rd of 14 (113)	Andrew Tobben, 5th (26:13)
9/25	Brissman-Lundeen Invitational (8K)	7th of 26 (200)	Chase Nowak, 15th (25:56.8)
10/10	Dan Huston Invitational		
10/17	Carleton Invitational		
10/31	IIAC Championships		

University of Dubuque

Date	Race (Distance)	Team Finish (score)	Top Individual, Finish (Time)
9/1	Coe-Cornell-Dubuque Triangular (3K)	NTS	Adam Ahlden, 22nd (10:41)
9/12	Les Duke Invitational (8K)	15th of 17 (470)	Adam Ahlden, 112th (30:10)
9/19	Iowa State Intercollegiate (8K)	10th of 10 (285)	Adam Ahlden, 63rd (31:08)
10/3	Wisconsin Lutheran Invitational (8K)	9th of 14 (237)	Adam Ahlden, 30th (29:48.78)
10/17	Wis.-La Crosse Jim Drews Invitational		
10/31	IIAC Championships		

Loras College

Date	Race (Distance)	Team Finish (score)	Top Individual, Finish (Time)
9/12	Les Duke Invitational (8K)	t-9th of 17 (218)	Tyler Meyer, 37th (27:44)
9/18	National Catholic Championships (8K)	11th of 32 (315)	Dain Leytem, 58th (27:16.1)
9/25	Brissman-Lundeen Invitational (8K)	16th of 26 (515)	Austin Steil, 74th (27:13.3)
10/10	Dan Huston Invitational		
10/16	Dr. Tucker Loras Invitational		
10/31	IIAC Championships		

Luther College

Date	Race (Distance)	Team Finish (score)	Top Individual, Finish (Time)
9/5	Central Dutch Invitational (6K)	5th of 7 (105)	Erik Johnson, 23rd (20:59)
9/12	Luther All-American Invitational (4 mi.)	2nd of 8 (72)	Drew Burmahl, 6th (21:19)
9/26	Roy Griak Invitational (8K)	11th of 35 (351)	Karl Larson, 60th (27:18.3)
10/2	Wis.-Eau Claire Invitational (8K)	8th of 18 (212)	Marty Mitchell, 32nd (26:56.36)
10/10	St. Catherine Invitational		
10/17	Wis.-La Crosse Jim Drews Invitational		
10/23	Wis.-La Crosse @ Luther (dual)		
10/31	IIAC Championships		

Simpson College

Date	Race (Distance)	Team Finish (score)	Top Individual, Finish (Time)
9/5	Central Dutch Invitational (8K)	2nd of 7 (47)	Ryan Edwardson, 2nd (19:40)
9/12	Les Duke Invitational (8K)	7th of 17 (195)	Ryan Edwardson, 13th (26:42)
9/26	Roy Griak Invitational (8K)	20th of 35 (566)	Luke Weber, 75th (27:33.0)
10/10	Dan Huston Invitational		
10/17	Wis.-La Crosse Jim Drews Invitational		
10/31	IIAC Championships		

Wartburg College

Date	Race (Distance)	Team Finish (score)	Top Individual, Finish (Time)
9/4	Black Hills State Invitational (4K)	L, 15-48	Jon Stover, 7th (13:15.85)
9/12	Les Duke Invitational (8K)	4th of 17 (124)	Jon Stover, 14th (26:42)
9/19	Woody Greeno Invitational (8K)	16th of 26 (437)	Matt Moore, 64th (26:54.6)
9/26	Roy Griak Invitational (8K)	10th of 35 (337)	Jon Stover, 52nd (27:10.7)
9/26	Buena Vista Open (8K)	3rd of 5 (80)	Parker Comentino, 9th (27:48.60)
10/10	Dan Huston Invitational		
10/17	Wis.-La Crosse Jim Drews Invitational		
10/31	IIAC Championships		