



ACC CROSS COUNTRY 2000

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The Atlantic Coast Conference official web site can be found at www.theACC.com.

ACC information is updated with new material daily. Links to each ACC school's athletic department home page are also located on this site.

TheACC.com will have an updated cross country release each Tuesday afternoon. The ACC Performers of the Week will be posted on Monday afternoons.



RELEASE 9

OCTOBER 30, 2000

Teams Prepare for NCAA District Championships

All nine ACC schools will be competing on Saturday, November 11 in the NCAA District Cross Country Championships. Maryland will travel to the District II host site of University Park, Pa. while Florida State and Georgia Tech will travel to Tuscaloosa, Alabama. Clemson, Duke, North Carolina, NC State, Virginia and Wake Forest all compete in Greenville, South Carolina at the District III Championship.

2000 ACC Cross Country Championships



18th Annual ACC Women's Cross Country Championship Results

1. NC State (43)
2. North Carolina (52)
3. Wake Forest (92)
4. Duke (106)
5. Virginia (107)
6. Florida State (128)
7. Georgia Tech (143)
8. Clemson (253)
9. Maryland (263)

2000 All-Conference Team

- | | | |
|---------------------|----------------|---------|
| 1. Shalane Flanagan | North Carolina | 17:38.1 |
| 2. Sara Day | Wake Forest | 18:03.1 |
| 3. Sheela Agrawal | Duke | 18:15.5 |
| 4. Kim Timberlake | North Carolina | 18:27.5 |
| 5. Christy Nichols | NC State | 18:32.9 |
| 6. Sarah Folse | Virginia | 18:36.1 |
| 7. Katie Sabino | NC State | 18:43.3 |
| 8. Beth Fonner | NC State | 18:51.0 |
| 9. Amy Pleckaitis | Florida State | 18:52.4 |
| 10. Beth Kraft | NC State | 18:53.1 |

Freshman of the Year: Shalane Flanagan, UNC

47th Annual ACC Men's Cross Country Championship Results

1. Duke (39)
2. NC State (49)
3. Virginia (54)
4. Wake Forest (84)
5. North Carolina (163)
6. Clemson (180)
7. Florida State (188)
8. Georgia Tech (218)
9. Maryland (262)

2000 All-Conference Team

- | | | |
|-----------------------|-------------|---------|
| 1. Sean Kelly | Duke | 25:00.4 |
| 2. Bob Thiele | Virginia | 25:02.0 |
| 3. Terry Brennan | Duke | 25:06.3 |
| 4. Ted DeVos | Wake Forest | 25:16.5 |
| 5. Ryan Woods | NC State | 25:17.1 |
| 6. Andy Smith | NC State | 25:18.9 |
| 7. Justin Wood | Virginia | 25:21.2 |
| 8. Matt Ruhl | Virginia | 25:23.5 |
| 9. Brendan Fitzgibbon | Duke | 25:29.9 |
| 10. Dean Bowker | NC State | 25:34.2 |

Freshman of the Year: Andy Smith, NC State

2000 ACC PERFORMERS OF THE WEEK

September 2	David Adams, Fr., Clem	Erika van Reenen, Sr., Clem
September 11	Sean Kelly, Jr., Duke	Shalane Flanagan, Fr., UNC
September 18	David Patterson, So., NCSU	Beth Fonner, Jr., NCSU
September 25	David Patterson, So., NCSU	Sheela Agrawal, So., Duke
October 2	Bobby Thiele, Sr., UVa	Shalane Flanagan, Fr. UNC
October 9	Sean Kelly, Jr., Duke	Sheela Agrawal, So., Duke
October 16	Terry Brennan, Sr., Duke	Shalane Flanagan, Fr., UNC

2000 ACC CROSS COUNTRY SCHEDULE & RESULTS

Friday, September 1

- Appalachian State Mountaineer Invitational Boone, N.C.
M -- Florida State, 3rd of 7 teams; 66 points (8,000 M)
W -- Wake Forest, 2nd of 10 teams; 72 points (5,000 M)
Florida State, 4th of 10 teams; 81 points
INDIVIDUAL CHAMPION: Amy Pleckaitis, Florida State (18:10.3)

Saturday, September 2

- Papa's Pizza Invitational Cullowhee, N.C.
M -- Clemson, 3rd of 6 teams; 70 points (5 miles)
INDIVIDUAL CHAMPION: David Adams, Clemson (25:57)
W -- Clemson, 2nd of 7 teams; 52 points (5K)

Saturday, September 9

- Fordham Invitational Bronx, N.Y.
M -- Duke, 1st of 14 teams; 20 points (5 miles)
INDIVIDUAL CHAMPION: Sean Kelly, Duke (25:46.9)
W -- Duke, 1st of 15 teams; 22 points (5K)
INDIVIDUAL CHAMPION: Katie Atlas, Duke (18:58.8)
- Mitchell Invitational Athens, Ga.
M -- Georgia Tech, 1st of 7 teams; 39 points (5K)
INDIVIDUAL CHAMPION: Joe Stegall, GaTech (15:35.02)
W -- Georgia Tech, 3rd of 7 teams; 73 points (2 miles)
- Navy Invitational Annapolis, Md.
M -- Maryland, 5th of 6 teams; 126 points (5 miles)
W -- Maryland, 2nd of 5 teams; 61 points (5.3K)
- Lou Onesty Invitational Charlottesville, Va.
M -- Virginia, 1st of 11 teams; 38 points (8K)
W -- Virginia, 3rd of 9 teams; 83 points (5K)
- Wake Forest Invitational Winston-Salem, N.C.
M -- Wake Forest, 1st of 2 teams; 17 points (8,000 M)
North Carolina, 2nd; 47 points
INDIVIDUAL CHAMPION: Garick Hill, WFU (25:36)
W -- Wake Forest, 1st of 2 teams; 27 points (5,000 M)
North Carolina, 2nd; 28 points
INDIVIDUAL CHAMPION: Shalene Flanagan, UNC (17:13)

Saturday, September 16

- Winthrop Invitational Rock Hill, S.C.
M -- Clemson, 2nd of 9 teams; 70 points (8K)
W -- Clemson, 2nd of 9 teams; 54 points (5K)
- Crimson Classic Tuscaloosa, Ala.
M -- Florida State, 6th of 23 teams; 168 points (8K)
W -- Florida State, 2nd of 16 teams; 58 points (5K)
- Wolfpack Invitational Raleigh, N.C.
M -- NC State, 1st of 11 teams; 22 points (7,400 M)
Virginia, 2nd; 43 points
Georgia Tech, 3rd; 68 points
Maryland, 6th; 195 points
INDIVIDUAL CHAMPION: David Patterson, NC State (23:38)
W -- NC State, 1st of 14 teams; 37 points (5,224 M)
Virginia, 2nd; 40 points
Georgia Tech, 3rd; 85 points
Wake Forest (B Team), 4th; 107 points
Maryland, 7th; 186 points
INDIVIDUAL CHAMPION: Beth Fonner, NC State (18:40)

Friday, September 22

- Great American Cross Country Festival Charlotte, N.C.
M -- NC State, 2nd of 21 teams; 48 points (8K)
Duke, 4th; 72 points
W -- NC State, 2nd of 22 teams; 57 points (5K)
Duke, 5th; 119 points

Saturday, September 23

- Georgia State Invitational Atlanta, Ga.
M -- Georgia Tech, 4th of 6 teams; 91 points (8K)
W -- Georgia Tech, 1st of 5 teams; 28 points (5K)
- Maryland Invitational College Park, Md.
M -- Maryland, 4th of 5 teams; 92 points (8K)
W -- Maryland, 1st of 5 teams; 23 points (5K)
- William & Mary Invitational Williamsburg, Va.
M -- North Carolina, 3rd of 10 teams; 64 points (8K)
Virginia, 5th; 114 points
W -- North Carolina, 2nd of 10 teams; 91 points (5K)
Virginia, 10th; 288 points
INDIVIDUAL CHAMPION: Shalene Flanagan, UNC (17:18.7)
- Roy Griak Invitational, University of Minnesota St. Paul, Minn.
M -- Wake Forest, 10th of 31 teams; 322 points (8K)
W -- Wake Forest, 10th of 29 teams; 261 points (6K)

Saturday, September 30

- UNC Challenge Chapel Hill, N.C.
M -- North Carolina, 1st of 3 teams; 38 points (8K)
W -- North Carolina, 1st of 3 teams; 20 points (5K)
INDIVIDUAL CHAMPION: Shalene Flanagan, UNC (17:41)
- Greensboro Invitational Greensboro, N.C.
M -- Wake Forest, 4th of 15 teams; 322 points (8K)
W -- Clemson, 3rd of 33 teams; 78 points (5K)
- Iona Meet of Champions Bronx, N.Y.
W -- Wake Forest, 4th of 20 teams; 119 points (5K)
- George Washington University Invitational Centreville, Va.
M -- Virginia, 2nd of 19 teams; 46 points (8K)
INDIVIDUAL CHAMPION: Bobby Thiele, UVa (24:44.4)
W -- Virginia, 1st of 15 teams; 15 points (5K)
INDIVIDUAL CHAMPION: Sarah Folse, UVa (17:44.9)

Friday, October 6

- Notre Dame Invitational Notre Dame, Ind.
M -- NC State, 4th out of 22 teams; 162 points (8K)
Duke, 6th; 180 points
Florida State, 19th; 465 points
W -- Duke, 4th out of 31 teams; 185 points (5K)
NC State, tied for 5th; 186 points
Florida State, 11th; 282 points
INDIVIDUAL CHAMPION: Sheela Agrawal, Duke (17:05)

Saturday, October 7

- Citadel Invitational Charleston, S.C.
M -- Clemson, 1st of 8 teams; 35 points (8K)
INDIVIDUAL CHAMPION: David Adams, Clem (25:16)
W -- Clemson, 2nd of 8 teams; 59 points (5K)
- Georgia Collegiate Championships Atlanta, Ga.
M -- Georgia Tech, 1st out of 2 DI teams; 19 points (8K)
INDIVIDUAL DIV. I CHAMPION: Kyle Rabbit, GaT (26:04)
W -- Georgia Tech, 1st out of 2 DI teams; 17 points (5K)
INDIVIDUAL DIV. I CHAMPION: Amy Dock, GaT (18:04)
- Paul Short Invitational, Lehigh University Bethlehem, Pa.
M -- Maryland, 27th of 36 teams; 720 points (8K)
W -- Maryland, 23rd of 34 teams; 612 points (5K)

Friday, October 13

- Florida Intercollegiate Championships Tampa, Fla.
M -- Florida State, 1st of 18 teams; 28 points (8K)
W -- Florida State, 1st of 22 teams; 23 points (5K)
INDIVIDUAL CHAMPION: Amy Plakaitis, FSU (17:55)

2000 ACC CROSS COUNTRY SCHEDULE & RESULTS

Saturday, October 14

- Furman Invitational (S.C. State Collegiate) Greenville, S.C.
M -- Clemson, 2nd of 27 teams, 123 points (8K)**
** 1st of 9 teams in the S.C. State Collegiate meet (35 points)
W -- Wake Forest, 1st of 32 teams, 45 points (5K)
INDIVIDUAL COLL. CHAMPION: Sara Day, WFU (17:34; 2nd overall)
- Iowa St. Mem. Cross Country Classic (NCAA Preview) Ames, Iowa
M -- Duke, 7th of 53 teams; 339 points (10K)
Wake Forest, 32nd; 777 points
Georgia Tech, 42nd; 1,018 points
W -- Virginia, 14th of 56 teams; (6K)
Duke, 25th; 724 points
Georgia Tech, 46th; 1,069 points
- N.C. Intercollegiate Cross Country Championships Cullowhee, N.C.
M -- North Carolina, 1st of 11 teams; 40 points (8K)
- Tribe Open, William & Mary Williamsburg, Va.
M -- Virginia, 1st of 10 teams; (8K)
INDIVIDUAL CHAMPION: Justin Wood, UVA (24:52)
- Virginia Tech Hall of Fame Invitational Blacksburg, Va.
M -- Maryland, 4th of 4 teams; 82 points (5.1 miles)
W -- Maryland, 3rd of 4 teams; 69 points (5K)

Saturday, October 28

- ACC Cross Country Championships
University Club Course
NC State University
Raleigh, N.C.



Saturday, November 11

- NCAA District II Championships University Park, Pa.
ACC team: Maryland
- NCAA Southeast (Dist. III) Championships Greenville, S.C.
ACC teams: Clem, Duke, N. Carolina, NC State, Virginia, Wake Forest
- NCAA South Regional Championships Tuscaloosa, Ala.
ACC teams: Florida State, Georgia Tech

Saturday, November 18

- ECAC/IC4A Championships New York, N.Y.
Teams include Duke (M,W), Maryland (M,W)

Monday, November 20

- NCAA Championships
Iowa State University Ames, Iowa