



ATLANTIC COAST CONFERENCE

2009 Men's & Women's Cross Country

Cross Country Release No. 11

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ATLANTIC COAST CONFERENCE

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2009 NCAA CROSS COUNTRY CHAMPIONSHIPS

Terre Haute, Indiana, Monday November 23

*Four men's teams - Duke, Florida State, NC State & Virginia - and three women's teams - Duke, Florida State and Virginia earn NCAA Championship berths ...
 Blue Devil women capture Southeast Regional title*

2009 Men's NCAA Regionals Results

Southeast Regionals, Louisville, Ky.

35 Teams	R1	R2	R3	R4	R5	Tot.
1. William & Mary...	4	5	9	11	20	49
2. NC State	3	10	15	19	52	99
4. Duke	13	26	27	28	37	131
5. Virginia	7	14	21	44	47	133
6. North Carolina ..	17	22	46	50	69	204
8. Virginia Tech.....	18	30	45	62	83	238
15. Clemson	66	74	80	127	129	476
17. Wake Forest.....	72	95	105	118	123	513

Top Individuals by School: 1-Sam Chelanga, Liberty (29:31.25); 3-Ryan Hill, NCS (30:06.15); 7-Emil Heineking, UVA (30:16.55); 13-Bo Waggoner, Duke (30:30.12); 17-Adam Cunningham, UNC (30:46.85); Devin Cornwall, VT (30:49.81); 66-Chris Slate, Clem. (32:19.82); 72-Garrett Drogosch, WF (32:23.08).

South Regionals, Maryville, Tenn.

26 Teams	R1	R2	R3	R4	R5	Tot.
1. Alabama.....	6	7	9	11	12	45
2. Florida State	4	8	19	22	27	80
11. Georgia Tech	47	55	74	78	94	338
26. Miami	125	130	145	157	159	716

Top Individuals by School: 1-Felix Kibioywo, Auburn (29:35.85); 4-Matt Leeder, FSU (30:08.41); 47-Greg Johnson, GT (32:11.34); 125-Charles Michel, Miami (34:22.45).

Northeast Regionals, Boston, Mass.

35 Teams	R1	R2	R3	R4	R5	Tot.
1. Syracuse.....	5	8	12	13	17	55
27. Boston College	112	136	145	153	165	711

Top Individuals by School: 1-Ryan Sheridan, Iona, (30:06); 112-Philip Woerner, BC (34:07)

Mid-Atlantic Regionals, Princess Anne, Md.

26 Teams	R1	R2	R3	R4	R5	Tot.
1. Georgetown	1	3	5	9	20	38
2. Villanova.....	2	4	10	11	21	48
10. Maryland	32	37	62	80	95	299

Top Individuals by School: 1-Andrew Bumbalough, Georgetown (31:46.6); 32-Alex Lundy, Md. (31:49.2).

2009 Women's NCAA Regionals Results

Southeast Regionals, Louisville, Ky.

35 Teams	R1	R2	R3	R4	R5	Tot.
1. Duke	5	6	10	21	27	69
2. Virginia	1	8	18	25	61	113
3. NC State	4	7	29	35	60	135
4. William & Mary.	15	17	33	36	44	145
5. North Carolina ..	20	23	24	31	69	167
12. Clemson	11	37	87	93	111	339
15. Virginia Tech.....	54	65	102	104	149	474
19. Wake Forest.....	13	68	103	139	174	497

Top Individuals by School: 1-Catherine White, UVA (20:03.90); 4-Brittany Tinsley, NCS (20:25.76); 5-Carly Seymour, Duke (20:28.85); 11-Kim Ruck, Clem. (20:44.38); 13-Anna Nosenko, WF (20:51.78); 20-Ashley Verplank, UNC (21:14.34); 54-Dessica Trapani, VT (22:02.81).

South Regionals, Maryville, Tenn.

23 Teams	R1	R2	R3	R4	R5	Tot.
1. Florida	1	2	4	10	16	33
2. Florida State	5	6	12	14	17	54
10. Georgia Tech	20	41	73	91	98	323

Top Individuals by School: 1-Rebecca Lowe, Florida (20:03.29); 6-Pilar McShine, FSU (20:31.15); 20-Mary Kate Dubard, GT (21:01.21).

Northeast Regionals, Boston, Mass.

35 Teams	R1	R2	R3	R4	R5	Tot.
1. Syracuse.....	1	4	13	19	22	59
2. Providence.....	2	5	10	20	33	70
7. Boston College ...	7	28	42	51	210	184

Top Individuals by School: 1-Katie Hursey, Syr., (21:57); 7-Julian King, BC (22:27)

Mid-Atlantic Regionals, Princess Anne, Md.

26 Teams	R1	R2	R3	R4	R5	Tot.
1. Villanova.....	1	2	5	6	9	23
2. Princeton.....	7	10	17	20	23	77
6. Maryland	31	45	52	57	61	246

Top Individuals by School: 1-Sheila Reid, Villanova (20:23); 31-Kristin Reed, Md. (22:19).

2009 ACC Cross Country

2009 Review

CARY, N.C. - With six of the top 23 runners in the field, NC State won the 2009 Atlantic Coast Conference cross country championship, edging two-time defending champion Virginia for the men's title. Florida State, meanwhile, placed seven runners in the top 20 and rolled to the women's team title over runner-up Duke.

Virginia's Emil Heineking won the individual championship in the men's race, running the 8K course at the WakeMed Soccer and Cross Country Complex in a time of 23:15.49. Cavalier teammate Ryan Collins was second at 23:17.74. Two-time defending women's champion Susan Kuijken was an easy repeat winner, running the 6K course in a time of 19:39.3.

NC State, which won its 14th men's championship and its 11th in the last 15 years, was paced by senior John Martinez and sophomore Ryan Hill, who ran third and fourth, respectively. Redshirt-freshman Patrick Campbell placed eighth for the Wolfpack, which won the championship with a team score of 56 points.

Virginia won a three-way battle for second place with 71 points, thanks in large part to the 1-2 finish of Heineking and Collins. Florida State was third, one point behind the Cavaliers with 72 points, and Duke was fourth with 74. Virginia Tech finished fifth with 122 points, followed by North Carolina (6th, 138), Maryland (7th, 219), Georgia Tech (8th, 239), Wake Forest (9th, 281), Boston College (10th, 287), Clemson (11th, 293) and Miami (12th, 395).

In winning its third straight ACC championship, Florida State thoroughly dominated the women's race. In addition to Kuijken, junior Pilar McShine was third (20:06.4), junior Pasca Cheruiyot was sixth (20:16.6), sophomore Jennifer Dunn was 13th (20:37.8) and freshman Jessica Perry was 14th (20:40.7), giving the Seminoles five runners on the all-conference team. FSU won with a team score of 37 points, easily outdistancing runner-up Duke (71 points) and third-place Virginia (84).

NC State finished fourth in the women's race with 109 points, followed by North Carolina (5th, 137 points), Boston College (6th, 144), Maryland (7th, 192), Wake Forest (8th, 204), Clemson (9th, 221), Virginia Tech (10th, 284), Georgia Tech (11th, 312) and Miami (12th, 380).

The men's race was one of the closest in the history of the event. Heineking and Collins were well-ahead of the Wolfpack's Martinez and Hill, but the field was tightly bunched after that. NC State won thanks in large part to its fourth, fifth and sixth runners finishing ahead of Virginia's fourth-place finisher.

The biggest suspense in the women's race turned out to be Kuijken's final margin of victory. She eased across the finish line a full 16 seconds ahead of runner-up Catherine White of Virginia, who ran the course in an impressive time of 19:55.9. FSU's McShine was third at 20:06.4, 11 seconds behind White. FSU's top seven runners all finished in the top 20.

Florida State's Wes Rickman was men's ACC Rookie of the Year after running the men's race in a time of 24:16.16. He was the top true freshman in the race, finishing 24th. In the women's race, Duke's Bottorff was women's ACC Rookie of the Year.

Wolfpack, Seminoles capture ACC championships

Florida State's Susan Kuijken & Virginia's Emil Heineking claim individual titles

2009 ACC Cross Country Championships In Review

October 31, 2009, WakeMed Park, Cary, N.C.



NC State placed three runners in the top 10 and six in the top 25 en route to winning its 11 ACC men's title in the last 15 years and 14th overall, out-distancing Virginia by 15 points. The Cavaliers' Emil Heineking won the individual title, finishing the 8K course in a time of 23:15.49. Virginia teammate Ryan Collins was second at 23:17.74. Florida State's Wes Rickman earned ACC Rookie of the Year honors, finishing 24th in a time of 24:16.16.

2009 ACC Men's Team Results

Teams	R1	R2	R3	R4	R5	Tot.
1. NC State	3	4	8	19	22	56
2. Virginia	1	2	15	25	28	71
3. Florida State	5	9	10	21	27	72
4. Duke	6	14	16	18	20	74
5. Virginia Tech	7	13	30	32	40	122
6. North Carolina	11	12	36	38	41	138
7. Maryland	17	39	44	58	61	219
8. Georgia Tech	42	43	49	51	54	239
9. Wake Forest	37	56	57	64	67	281
10. Boston College	46	52	59	60	70	287
11. Clemson	34	48	65	71	75	293
12. Miami	73	79	80	81	82	395

Top 14 Men Individual Finishers

1. Emil Heineking, Jr., Virginia	23:15.5
2. Ryan Collins, So., Virginia	23:17.8
3. John Martinez, Sr., NC State	23:25.6
4. Ryan Hill, So., NC State	23:26.6
5. Matt Leeder, Jr., Florida State	23:33.7
6. Bo Waggoner, Jr., Duke	23:34.1
7. Will Mulherin, So., Virginia Tech	23:34.4
8. Patrick Campbell, r-Fr., NC State	23:35.1
9. Daniel Roberts, Sr., Florida State	23:36.4
10. Ciaran Olionaird, Jr., Florida State	23:38.8
11. Evan Watchempino, So., N. Carolina	23:40.1
12. Adam Cunningham, So., N. Carolina	23:42.1
13. Devin Cornwall, Sr., Virginia Tech	23:42.5
14. Cory Nanni, Jr., Duke	23:47.3

Florida State, led by individual tittlest Susan Kuijken, claimed its third-straight ACC women's title, out-distancing second place Duke by 34 points. In winning her third-consecutive ACC individual title, Kuijken ran the 6K course in 19:39.3 and crossed the finish line a full 16 seconds ahead of runner-up Catherine White of Virginia ... Duke's Juliet Bottorff was women's ACC Rookie of the Year, finishing 10th in a time of 20:34.6.



2009 ACC Women's Team Results

Team Finishes	R1	R2	R3	R4	R5	Tot.
1. Florida State	1	3	6	13	14	37
2. Duke	5	10	12	21	23	71
3. Virginia	2	4	17	18	43	84
4. NC State	7	15	19	31	37	109
5. North Carolina	8	28	29	33	39	137
6. Boston College	11	30	32	35	36	144
7. Maryland	26	38	40	41	47	192
8. Wake Forest	22	24	44	52	62	204
9. Clemson	9	34	51	61	66	221
10. Virginia Tech	45	55	56	63	65	284
11. Georgia Tech	42	57	67	70	76	312
12. Miami	71	75	77	78	79	380

Top 14 Women's Individual Finishers

1. Susan Kuijken, Sr., Florida State	19:39.3
2. Catherine White, Jr., Virginia	19:55.9
3. Pilar McShine, Jr., Florida State	20:06.4
4. Morgane Gay, So., Virginia	20:06.6
5. Carly Seymour, So., Duke	20:14.8
6. Pasca Cheruiyot, Jr., Florida State	20:18.6
7. Emily Pritt, So., NC State	20:22.9
8. Ashley Verplank, So., North Carolina	20:23.4
9. Kim Ruck, So., Clemson	20:26.1
10. Juliet Bottorff, Fr., Duke	20:34.6
11. Jillian King, Fr., Boston College	20:35.4
12. Kate Van Buskirk, Sr., Duke	20:35.7
13. Jennifer Dunn, So., Florida State	20:37.8
14. Jessica Parry, Fr., Florida State	20:40.7

2009 ACC Cross Country

Top Performers

- Men -

8K		
Emil Heineking, Virginia.....	031	23:15
Ryan Collins, Virginia.....	031	23:17
John Martinez, NC State.....	031	23:25
Ryan Hill, NC State.....	031	23:26
Matt Leeder, Florida State.....	031	23:33
Bo Waggoner, Duke.....	031	23:34
Will Mulherin, Virginia Tech.....	031	23:34
Patrick Campbell, NC State.....	031	23:35
Daniel Roberts, Florida State.....	031	23:36
Ciaran Olionard, Florida State.....	031	23:38

Top Performers

- Women -

6K		
Susan Kuijken, Florida State.....	031	19:39
Catherine White, Virginia.....	031	19:55
Pilar McShine, Florida State.....	031	20:06
Morgane Gay, Virginia.....	031	20:06
Anna Nosenko, Wake Forest.....	02	20:12
Carly Seymour, Duke.....	031	20:14
Pasca Cheruliyot, Florida State.....	031	20:18
Dina Nosenko, Wake Forest.....	02	20:21
Emily Pritt, NC State.....	031	20:22
Ashley Verplank, North Carolina.....	031	20:23

Performers of the Week

Men

September 7.....	Alex Lundy, Maryland
September 14.....	Bo Waggoner, Duke
September 21.....	Emil Heineking, Virginia
September 28.....	Bo Waggoner, Duke
October 5.....	Ryan Hill, NC State
October 12.....	Charles Michel, Miami
October 19.....	Ryan Hill, NC State
October 31.....	Emil Heineking, Virginia
November 9.....	Sean Keveren, Virginia

Women

September 7.....	Kelsey Armstrong, Clemson
September 14.....	Emily Schwitzer, Duke
September 21.....	Anna Nosenko, Wake Forest
September 28.....	no competition
October 5.....	Carly Seymour, Duke
October 12.....	Elizabeth Hynes, Boston College
October 19.....	Susan Kuijken, Florida State
November 9.....	Sammy Dow, Virginia Tech

Individual Champion

- Men -

Maryland		
Alex Lundy..... S5	8K	26:02
Alex Lundy..... 02	8K	23:52
North Carolina		
Evan Watchempino..... S18	8K	24:57
NC State		
Ryan Hill..... 02	8K	23:40
Virginia		
Emil Heineking..... S19	8K	24:04
Emil Heineking..... 02	8K	24:37
Emil Heineking..... 016	8K	23:16
Emil Heineking..... 031	8K	23:15
Virginia Tech		
Paul LaPenna..... 02	6K	20:26

Individual Champion

- Women -

Boston College		
Julian King..... S12	5K	20:08
Caroline King..... S19	3miles	17:19
Julian King..... 02	5K	17:09
Clemson		
Kelsey Armstrong..... S4	5K	17:51
Kim Ruck..... 02	5K	17:02
Duke		
Emily Schwitzer..... S18	5,100m	18:09
Carly Seymour..... 016	5K	17:18
Florida State		
Amanda Quick..... S4	5K	18:12
Susan Kuijken..... 031	6K	19:39
Maryland		
Kristen Reed..... S5	5K	18:20
Kristen Reed..... 02	5K	17:47
North Carolina		
Mariana Lucena..... S18	5K	17:30
NC State		
Brittany Tinsley..... S18	5K	17:30
Virginia		
Lauretta Dezubay..... S19	5K	17:42
Catherine White..... 05	5K	20:41
Catherine White..... N14	6K	20:03
Virginia Tech		
Jessica Trapani..... 03	4K	16:18
Sammy Dow..... N6	4K	14:24
Wake Forest		
Anna Nosenko..... S18	4.6K	16:09

All-ACC

2009 Men's All-Atlantic Coast Conference

Patrick Campbell, Fr.....	NC State
Ryan Collins, So.....	Virginia
Devin Cornwall, Sr.....	Virginia Tech
Adam Cunningham, So.....	North Carolina
Emil Heineking, Jr.....	Virginia
Ryan Hill, So.....	NC State
Matt Leeder, Jr.....	Florida State
John Martinez, Sr.....	NC State
Will Mulherin, So.....	Virginia Tech
Cory Nanni, Jr.....	Duke
Ciaran Olionard, Jr.....	Florida State
Daniel Roberts, Sr.....	Florida State
Bo Waggoner, Jr.....	Duke
Evan Watchempino, So.....	North Carolina

Performer of the Year.....	Emil Heineking, Virginia
Rookie of the Year.....	Wes Rickman, Florida State
Coach of the Year.....	Rollie Geiger, NC State

2009 Women's All-Atlantic Coast Conference

Juliet Bottorff, Fr.....	Duke
Pasca Cheruliyot, Jr.....	Florida State
Jennifer Dunn, So.....	Florida State
Morgane Gay, So.....	Virginia
Jillian King, Fr.....	Boston College
Susan Kuijken, Sr.....	Florida State
Pilar McShine, Jr.....	Florida State
Jessica Parry, Fr.....	Florida State
Emily Pritt, So.....	NC State
Kim Ruck, So.....	Clemson
Carly Seymour, So.....	Duke
Kate Van Buskirk, Sr.....	Duke
Ashley Verplank, So.....	North Carolina
Catherine White, Jr.....	Virginia

Performer of the Year ...	Susan Kuijken, Florida State
Rookie of the Year.....	Juliet Bottorff, Duke
Coach of the Year.....	Karen Harvey, Florida State

2009 ACC Cross Country

MEN'S RESULTS

BOSTON COLLEGE

	Dartmouth Invitational (8K: 3 of 4)	Purple Valley Classic (8K: 5 of 12)	New England Championships (8K: 10 of 47)	Princeton Invitational (8K: 9 of 13)	ACC Championship (8K: 10 of 12)	Northeast Regional (10K: 27 of 35)
Phil Woerner	17-27:12		22-25:18	28-25:45	46-25:11	112-34:07
Ted Doyle		29-26:53	90-26:08	68-26:33	60-25:33	136-34:37
Daniel Kane						145-34:46
Michael Keebler	15-26:43	12-26:18	65-25:51	51-26:08	70-26:01	153-34:54
Brian Hughes	14-26:43	24-26:47	93-26:10	90-26:52	59-25:33	165-35:05
Louis Serafini	8-26:22	18-26:37	55-25:47		52-25:26	
Jordan Hamm	19-27:22	22-26:43		76-26:29		

CLEMSON

	Gamecock Invitational (5K: 2 of 6)	Mountaineer Open (6400m: 4 of 11)	Charlotte Invitational (8K: 2 of 21)	Blue Ridge Open (8K: 7 of 19)	ACC Championship (8K: 11 of 12)	Southeast Regional (10K: 15 of 35)
Chris Slate	5-15:54	15-20:46	19-25:43	23-25:51	34-24:51	66-32:19.82
Jonathan Sunde	2-15:37	17-20:49	12-25:23	45-26:15	48-25:19	74-32:32.09
Byrce Iverson						80-32:37.17
Tyler Morey		29-21:12	21-25:49	43-26:11	65-25:49	129-33:28.56
Blake Kennedy	16-16:16				71-26:07	127-33:28.05
Chad Holt		20-20:57	16-25:36	63-33:37	75-26:26	
Blake Kennedy		37-21:25	31-26:11	83-26:56		
Chrsi Ostrochouv	14-16:15					
Jasen Turnbull	18-16:20					

DUKE

	NC Central Duals (4K: 1st)	JMU Invitational (7900m: 1 of 8)	Ray Griak Invitational (8K: 3 of 18)	Great American Festival (8K: 1 of 12)	Panorama Farms Invitational (8K: 4 of 10)	ACC Championship (8K: 4 of 12)	Southeast Regional (10K: 4 of 35)
Bo Waggoner		2-24:20	3-24:53		12-24:06	6-23:34	13-30:30.12
Josh Brewer		3-24:30	26-25:24				26-31:06.79
Josh Lund				3-24:17	22-24:23	18-24:11	27-31:11.13
James Osborne		4-24:42	28-25:27		26-24:28	16-24:08	28-31:11.59
James Kostelnik		6-24:47	24-25:22				37-31:29.40
Cory Nanni		8-24:55	13-25:08		16-24:09	14-23:47	
Stephen Clark					38-24:49	20-24:16	
Mike Moverman	1-11:56			5-24:39			
Will Smith				11-25:01			
Ken Sullivan				12-25:01			
Guillermo Echarte	4-12:06			16-25:12			
Jonathan Sanchez	2-11:57						
Dominick Robinson	3-11:58						
Jonathan Chu	5-12:12						

FLORIDA STATE

	Covered Bridge (6400m: 1 of 6)	Virginia Tech Invitational (7.6k: 1 of 8)	Notre Dame Invitational (8K: 6 of 23)	Florida State Invitational (8K: 2 of 6)	Pre-Nationals White Meet (8K: 8 of 35)	ACC Championship (8K: 3 of 12)	South Regional (10K: 2 of 26)
Matt Leeder	4-19:56		35-24:28		18-24:07	5-23:33	4-30:08.41
Daniel Roberts	5-19:56	4-23:39	16-24:13		34-24:19	9-23:36	8-30:24.56
Ciaran O'Lionaird	2-19:45	8-24:31	12-24:08		56-24:37	10-23:38	19-31:07.88
Wes Rickman		6-24:04	33-24:24		70-24:47	21-24:16	22-31:10.50
Justin Harbor							28-31:18.16
Mike Fout					110-25:13	27-24:27	
Jake Brooks				6-25:52			
Tyler Price		24-25:17		9-26:06			
Nate Duby				25-27:33			
David Huckaby				27-27:37			
Pablo Navarette				38-28:13			
Nick Maedel	13-20:29	15-24:58	91-25:13				
Jared Bell	8-20:03						

2009 ACC Cross Country

MEN'S RESULTS

GEORGIA TECH

	Georgia Duals (8000m: 2nd)	Crimson Classic (8K: 4 of 16)	Great American Festival (8K: 3 of 12)	Pre-Nationals Blue Meet (8K: 31 of 34)	ACC Championship (8K: 8 of 12)	South Regional (10K: 11 of 26)
Greg Johnson	11-26:59	40-26:44		192-26:11	43-25:09	47-32:11.34
Matt Hickey	10-26:56	36-26:31	19-25:15	209-26:41	49-25:21	55-32:30.88
Patrick Barron	9-26:29	37-26:32	24-25:21			74-32:58.08
Philip O'Brien			25-25:24		51-25:23	78-33:01.53
Kevin Arends						93-33:26.96
DJ McMillan		28-26:09	9-24:55	168-25:58	42-25:05	
Garad Soderman				210-26:42	54-25:28	
Billy Mateker	8-26:28	34-26:29	17-25:14	142-25:45		
Nicholas McNutt	12-27:01					

MARYLAND

	UMES Invitational (8K: 1 of 7)	Wolfpack Invitational (5K: 2 of 8)	Great American Festival (8K: 2 of 12)	Panorama Farms Invitational (8K: 10 of 10)	ACC Championship (8K: 7 of 12)	Northeast Regional (10K: 10 of 26)
Alex Lundy	1-26:02	8-14:54	1-23:52		17-24:11	6-31:49.2
Ben Diestel		18-14:42	14-25:06	61-25:49	44-25:10	56-33:49.4
Kevin Gahr				63-25:53		62-33:58.1
Kyle Gaffney	4-26:11	11-15:19	8-24:50	59-25:43	39-25:00	80-34:16.9
Mike Cator	15-26:42		13-25:01	65-26:01	58-25:32	95-34:34.4
Greg Jubb		17-15:37		54-25:30	61-25:38	
Dan Fishbein	16-26:45		27-25:26			
Greg Kelsey	2-26:04	2-14:40				

MIAMI

	Greentree Invitational (5K: 4 of 5)	Mountain Dew Invitational (8K: 10 of 10)	Great American Festival (8K: 11 of 12)	Disney World Classic (8K: 10 of 25)	Gulf Coast Invitational (5K: 2 of 3)	ACC Championship (8K: 12 of 12)	South Regional (10K: 26 of 26)
Charlie Michel			36-25:58	18-26:58	2-16:42	73-26:12	125-34:22.45
Greg Kaczka		28:12	60-26:36	53-28:10	4-16:58	81-27:43	130-34:22.45
Julio Bonilla	16:33	27:13	52-26:24	48-27:58	3-16:52	79-27:13	145-35:33.48
Matt Wilson	17:29		83-27:44	91-29:15	8-17:24	80-27:24	157-36:45.73
Reginald Buford				97-29:25	11-17:47		159-36:57.15
Damon Campbell	17:42					83-29:30	
Austin Rector	18:13		97-28:37				
Charles McNeil	7-16:16	26:34					

NORTH CAROLINA

	Covered Bridge (6400m: 3 of 6)	North Carolina Invitational (8K: 2 of 3)	Notre Dame Invitational (8K: 15 of 23)	Pre-Nationals White Meet (8K: 21 of 35)	ACC Championship (8K: 6 of 12)	Southeast Regional (10K: 6 of 35)
Adam Cunningham	6-19:57	4-25:22	26-24:20	65-24:40	12-23:42	17-30:46.85
Evan Watchempino		1-24:57	18-24:14	41-24:24	11-23:40	22-30:57.30
John Curtiss	23-20:54			146-25:39	36-24:54	46-31:46.43
Zach Dawson	10-20:15	5-25:45	59-24:52	119-25:19	38-25:00	50-31:55.03
Kyle Milks				175-26:00	41-25:05	69-32:22.02
Steve Blomeke	17-20:42	7-25:55	133-25:57			
Sam Pompei	27-21:01		142-26:13			
Logan Rosenberg		12-27:04				

2009 ACC Cross Country

MEN'S RESULTS

NC STATE

	Wolfpack Invitational (5K: 1 of 8)	Paul Short Invitational (8K: 3 of 42)	Pre-Nationals Blue Meet (8K: 9 of 34)	ACC Championship (8K: 1 of 12)	Southeast Regional (10K: 2 of 35)
Ryan Hill		1-23:40	9-24:02	4-23:26	3-30:06.15
John Martinez	3-14:46	11-23:54	24-24:18	3-23:25	10-30:26.53
Bobby Moldovan	6-14:53	22-24:10		22-24:16	15-30:40.01
Patrick Campbell	4-14:46	26-24:14	63-24:49	8-23:35	19-30:50.92
Andrew North	7-14:53	27-24:15	81-24:59		52-31:57.83
Greg Dame			117-25:23	19-24:14	
Geoff King	9-15:11				

VIRGINIA

	Lou Onesty Invitational (8K: 1 of 4)	George Mason Invitational (8K: 1 of 10)	Panorama Farms Invitational (8K: 1 of 10)	ACC Championship (8K: 2 of 12)	Cavalier Open (8K: no team)	Southeast Regional (10K: 5 of 35)
Emil Heineking	1-24:04	1-24:37	1-23:16	1-23:15		7-30:16.55
Ryan Collins		2-24:49	4-23:45	2-23:17		14-30:38.75
Graham Tribble		3-24:53	3-23:43	28-24:31		21-30:55.59
Trey Miller		7-25:19	9-23:57	15-23:58		44-31:42.98
Sintayehu Taye	8-25:27		13-24:06	25-24:19		47-31:50.04
Sean Keveren	4-25:13				3-25:10	
Kevin Tschirhart					4-25:15	
Andrew Mearns	10-25:43				6-25:21	
Alex Bowman					12-26:02	
Lance Roller					20-26:48	
Robbie Eckart		8-25:20				
Andrew Revelle	5-25:22					

VIRGINIA TECH

	Virginia Tech Invitational (7.6K: 1 of 8)	Dual in the Elk (6K: 1 of 2)	Chile Pepper Festival (10K: 4 of 29)	ACC Championship (8K: 5 of 12)	Hokie Open (4K: no team)	Southeast Regional (10K: 8 of 35)
Devin Cornwall		3-20:26	11-30:22	13-23:42		18-30:49.81
Matt Kroetch	7-24:10	2-20:26	25-30:53	30-24:37		30-31:21.87
Brian Welch	5-23:57	5-20:26				45-31:44.83
Michael Hammond			23-30:49			62-32:14.85
Paul LaPenna		1-20:26	27-31:01	40-25:04		83-32:43.85
Jason Cusack	9-24:33				2-18:50	
Ryan Witt					3-18:51	
Doug Fenstermacher					4-19:04	
Tihut Degfae					5-19:05	
Ryan Hagen					6-19:08	
Wil Mulherin	3-23:46	4-20:26	12-30:23	7-23:34		
Eddie Judge	10-24:38			32-24:42		

WAKE FOREST

	Virginia Tech Invitational (S26)	Blue Ridge Open (8K: 5 of 19)	ACC Championship (8K: 9 of 12)	Southeast Regional (10K: 17 of 35)
Garret Drogosch	12-24:48	20-25:47	37-24:57	72-32:23.08
Devin Huizenga		70-26:40		95-32:52.63
Keaton Morgan	40-25:43		56-25:29	106-32:59.20
Jeremy Fisico	26-25:19	26-25:53	57-25:31	119-33:11.91
Sam Foster		55-26:23	64-25:46	123-33:20.80
Marcus Dillon			67-25:52	
Paul Loeser	18-25:05	34-26:07		
Ben Morrow	44-25:48			

2009 ACC Cross Country

WOMEN'S RESULTS

BOSTON COLLEGE

	Dartmouth Invitational (5K: 1 of 3)	UMass Invitational (3 miles: 1 of 5)	Keatinge Invitational (5K: 1 of 7)	New England Championships (5K: 2 of 49)	Penn State Nationals (6K: 5 of 18)	Mayor's Cup (5K: 6 of 8)	ACC Championship (6K: 6 of 12)	Northeast Regional (6K: 7 of 35)
Jullian King	1-20:08		1-17:09		5-20:48		11-20:35	7-22:27
Grace Rodriguez	2-20:24		6-17:44		38-22:02		35-21:45	28-23:07
Adrienne McGuirk			7-17:48		31-21:54			42-23:26
Caroline King		1-17:19			27-21:48		30-21:34	51-23:38
Bridget Dahlberg	9-20:49							56-23:42
Lauren Johnston		8-17:59	9-17:49				32-21:39	
Kelly Gross		10-18:05		22-18:30			36-21:46	
Allison Stasiuk						27-19:10		
Jessica Rogers						28-19:13		
Meghan Anklin						29-19:14		
Slobhan Breagy						31-19:24		
Jean Christensen						38-19:44		
Gretchen Andrus		6-17:52	4-17:36		33-21:58			
Elizabeth Hynes				9-18:16				
Heather Gawrych				27-18:35				
Christy Titus	5-20:43	7-17:59		53-18:54				
Lauren Pischel				44-18:46				
Maira Kenny	11-20:54							

CLEMSON

	Gamecock Invitational (5K: 2 of 8)	Mountaineer Open (5K: 2 of 11)	Charlotte Invitational (5K: 2 of 23)	Blue Ridge Open (5K: 10 of 15)	ACC Championship (6K: 9 of 12)	Southeast Regional (6K: 12 of 35)
Kim Ruck		2-17:53	1-17:02		9-20:26	11-20:44.38
Lauren Reen	6-18:32		12-17:57	15-18:23	34-21:43	37-21:40.08
Sara Turman				53-19:30	66-23:00	87-22:33.61
Stephanie Buffo		23-20:06	18-17:17		51-22:22	93-22:42.13
Alyssa Kulik	10-18:52	8-19:18	22-18:23		61-22:41	111-22:58.60
Ashley Vaughn		29-20:16		82-20:00		
Candace Sapp	18-19:47			104-20:39		
Maggie Bernard				116-21:17		
Kelsey Armstrong	1-17:51	3-18:47	5-17:32			
Taylor Hughes	14-19:14					

DUKE

	NC Central Duals (4K: 1st)	JMU Invitational (5,100m: 1 of 9)	Hagan Stone Classic (5K: 1 of 5)	Wisconsin Invitational (5K: 1 of 12)	Blue Ridge Open (5K: 1 of 15)	ACC Championship (6K: 2 of 12)	Southeast Regional (6K: 1 of 35)
Carly Seymour		2-18:12		3-17:09	1-17:18	5-20:14	5-20:28.85
Kate Van Buskirk						12-20:35	6-20:34.20
Juliet Bottorff						10-20:34	10-20:43.52
Kayla Hale							21-21:20.81
Madeline Morgan				19-17:39	6-17:55		27-21:28.53
Mary Carleton Johnston		6-18:51		22-17:40	3-17:35	21-21:09	
Emily Schwitzer		1-18:09			5-17:50	28-21:23	
Esther Vermeer					7-17:56		
Suejin Ahn		4-18:41		13-17:35			
Sophia Ziemann	3-16:02	5-18:48		21-17:40			
Anna Farias-Eisner			3-18:00				
Emily Sherrard			6-18:12				
Priya Khatri			7-18:25				
Shelly Forbes			8-18:31				
Leslie Morrison			9-18:45				
Kristina Krasich	3-16:02						
Amanda Truelove	3-16:02						
Virginia Hine	3-16:02						
Katie Apibunyopas	8-17:22						

FLORIDA STATE

	Covered Bridge (5K: 1 of 6)	Virginia Tech Invitational (4.6K: 1 of 6)	Notre Dame Invitational (5K: 12 of 22)	Florida State Invitational (5K: 1 of 7)	Pre-Nationals Blue Meet (6K: 2 of 27)	ACC Championship (6K: 1 of 12)	South Regional (6K: 2 of 23)
Pilar McShine		2-16:25	19-17:10		20-21:10	3-20:06	5-20:31.15
Pasca Cheruliyot		3-16:25	32-17:22		7-20:36	6-20:18	6-20:31.28
Jennifer Dunn	2-18:12.9	8-16:45		1-17:41	40-21:30	13-20:37	13-20:46.29
Jessica Parry		6-16:43	25-17:17			14-20:40	15-20:51.62
Amanda Winslow			54-17:37		66-21:52		17-20:59.03
Susan Kuijken					2-20:20	1-19:39	
Ali Crabb				4-17:54			
Christy Woytalewicz				5-18:11			
Kacey Gibson	8-18:46			7-18:20			
Christa Washington				13-18:38			
Amanda Quick	1-18:12.3	7-16:44	49-17:34				
Andi Palen	5-18:27						
Bree McArdle	11-19:03						

2009 ACC Cross Country

WOMEN'S RESULTS

GEORGIA TECH

	Georgia Duals (5000m: 2nd)	Crimson Classic (5K: 4 of 6)	Great American Festival (5K: 2 of 12)	Pre-Nationals White Meet (6K: 36 of 37)	ACC Championship (6K: 11 of 12)	South Regional (6K: 10 of 23)
Mary Kate Dubard		12-18:08	2-18:03	84-21:58	42-21:58	20-21:01.43
Annie Martin			19-18:47		57-22:25	41-21:55.20
Betsy Kim		31-19:09	22-18:56	235-24:24		73-22:41.25
Sarah Anderson	11-20:17				76-23:57	91-23:08.96
Veronica Kinard	10-19:56	39-19:26	25-19:05	231-24:09	70-23:21	98-23:16.98
Elena Hubbard	9-19:34			232-24:10	67-23:13	
Felicity Brower	8-19:19	25-18:58		225-23:57		
Kate Borowicz		16-18:24	11-18:30			
Lauren Young	12-20:28					

MARYLAND

	UMES Invitational (5K: 1 of 6)	Wolfpack Invitational (5K: 1 of 10)	Great American Festival (5K: 1 of 12)	Panorama Farms Invitational (6K: 5 of 6)	ACC Championship (6K: 7 of 12)	Mid-Atlantic Regional (6K: 6 of 26)
Kristin Reed	1-18:20	3-17:46	1-17:47		26-21:21	31-22:19
Ashley Campbell	4-19:03	9-18:23	9-18:22	21-22:05	47-22:08	45-22:50
Ashlyn Sinclair		11-18:27		31-22:28		52-23:03
Angeli Sivaraman			8-18:20	28-22:18	40-21:51	57-23:13
Christina Nelson		7-18:19	4-18:08	26-22:14	38-21:48	61-23:16
Erin Matyus	5-19:05				41-21:55	
Julie Fricke	3-18:43	8-18:21	3-18:04	32-22:29		
Ashley Cromartie	8-19:07					

MIAMI

	Greentree Invitational (5K: 3 of 5)	Mountain Dew Invitational (5K: 10 of 10)	Great American Festival (5K: 5 of 12)	Disney World Classic (5K: 6 of 30)	Gulf Coast Invitational (2 mile: 1 of 3)	ACC Championship (6K: 12 of 12)
Katherine Woodard	20:16	20:31	30-19:20	41-20:22	2-11:52	71-23:23
Anna Bona	4-19:47		44-19:49	24-19:57	4-12:01	75-23:53
Janet Price	3-19:46		28-19:15		6-12:21	77-24:01
Emma Steppe		20:24	45-19:50	36-20:11	5-12:18	78-24:01
Kaitlyn Knapp		20:17	52-20:17	76-21:09		79-24:10
Nehali Patel	20:47				7-12:24	
Monika Freiser				80-21:11		
Jackie Sullivan			61-20:33			
Allison Ludwick	20:33					

NORTH CAROLINA

	Covered Bridge (5K: 2 of 6)	UNC Invitational (5K: 2 of 3)	Notre Dame Invitational (5K: 12 of 22)	Pre-Nationals White Meet (6K: 9 of 37)	ACC Championship (6K: 5 of 12)	Southeast Regional (6K: 5 of 35)
Ashley Verplank			38-17:25	27-21:19	8-20:23	20-21:14.34
Lauren Holesh			11-17:02	10-20:51	33-21:41	23-21:22.24
Mariana Lucena	4-18:22	1-17:30	71-17:45	79-21:53	28-21:26	24-21:24.49
Callan Fike			98-18:10	94-22:03	29-21:32	31-21:33.47
Veronica Wallington						70-22:19.02
Cara Hayes	9-19:00	5-18:07		104-22:11	39-21:49	
Michelle Lutz	17-19:15	10-18:29	109-18:22			
Nicole Suarez	15-19:13	7-18:12				
Courtney Whittington		11-18:36				
Alexa Gellman	21-19:29	13-19:19				

2009 ACC Cross Country

WOMEN'S RESULTS

NC STATE

	Wolfpack Invitational (5K: 1 of 10)	Paul Short Invitational (6K: 4 of 40)	Pre-National Blue Meet (6K: 13 of 37)	ACC Championship (6K: 4 of 12)	Southeast Regional (6K: 3 of 35)
Brittany Tinsley	1-17:30	7-20:08	47-21:33	15-20:45	4-20:25.76
Emily Pritt		6-20:07	13-20:50	7-20:22	7-20:36.65
Andre Cozzarelli				31-21:35	29-21:31.67
Jordan Jenkins	4-17:46	22-20:58	86-21:57	19-21:00	35-21:39.34
Kara McKenna					61-22:07.50
Erin Mercer		45-21:29	143-22:33	37-21:47	
Julia Kick	13-18:38	73-21:44	122-22:17		
Leah Vaughn	18-18:51				
Amanda Burger	31-19:51				

VIRGINIA

	Lou Onesty (5K: 1 of 4)	George Mason Invitational (6K: 1 of 9)	Panorama Farms Invitational (6K: 2 of 6)	ACC Championship (6K: 3 of 12)	Cavalier Open (6K no team)	Southeast Regional (6K: 2 of 35)
Catherine White		1-20:41	5-20:28	2-19:55		1-20:03.90
Morgane Gay		3-21:12	6-20:37	4-20:06		8-20:39.44
Stephanie Garcia	2-18:15	5-21:27	13-21:17	18-20:53		18-21:05.32
Lauretta Dezubay	1-17:42		12-21:10	17-20:49		25-21:25.51
Lauren MacMillan	3-18:44			43-21:58		61-22:08.66
Jennifer Hovland					2-18:41	
Megan Durkee					6-18:56	
Rosemary Barber					7-18:57	
Susan Brooks					9-19:05	
Erin Klein					11-19:08	
Barbara Strehler		8-21:46	20-22:02			
Lauren Zarger		13-22:08				
Samantha Stafford	6-19:19					
Ariane Sloan	7-19:25					

VIRGINIA TECH

	Virginia Tech Invitational (4.6K: 3 of 6)	Dual in the Elk (4K: 1 of 2)	Blue Ridge Open (5K: 2 of 15)	ACC Championship (6K: 10 of 12)	Hokie Open (4K: no team)	Southeast Regional (6K: 15 of 35)
Sammy Dow	15-17:17	3-16:23	12-18:33	55-22:24	1-14:24	65-22:16.26
Jessica Trapani	23-17:51	1-16:18	8-18:20	45-22:02	2-14:26	54-22:02.81
Lauren Pinkston	30-18:06	7-16:43		63-22:44	5-14:42	102-22:49.49
Lauren Lemieux	20-17:47	2-16:22	18-19:03	56-22:24	3-14:26	104-22:51.32
Kelly Kavanaugh		5-16:33	17-19:03	65-22:56	4-14:36	149-23:24.94
Erin Stehle			49-19:47			
Lindsey King	19-17:43					

WAKE FOREST

	Virginia Tech Invitational (4.6K: 2 of 6)	Paul Short Invitational (6K: 6 of 40)	Pre-Nationals White Meet (6K: 27 of 37)	ACC Championship (6K: 8 of 12)	Hokie Open (4K: no team)	Southeast Regional (6K: 19 of 35)
Anna Nosenko	1-16:09	8-20:12	22-21:13	24-21:15		13-20:51.78
Marley Burns	16-17:21	54-21:35	156-22:44	44-21:58		68-22:18.18
Caitlin Crawford		90-21:51	195-23:17	62-22:43		103-22:50.04
Whitney Curry			234-24:19			139-23:16.18
Allison Homer						174-23:49.54
Cate Berenato					7-15:14	
Christina Richards					10-15:36	
Katy Swain					11-15:41	
Kelly Laffey					14-16:09	
Dina Nosenko	5-16:34	9-20:21	64-21:43	22-21:10		
Casey Fowler	17-17:26	152-22:25		52-22:22		
Kim Vos	26-18:02					