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2012 G-MAC Championship Program

Cedarville University

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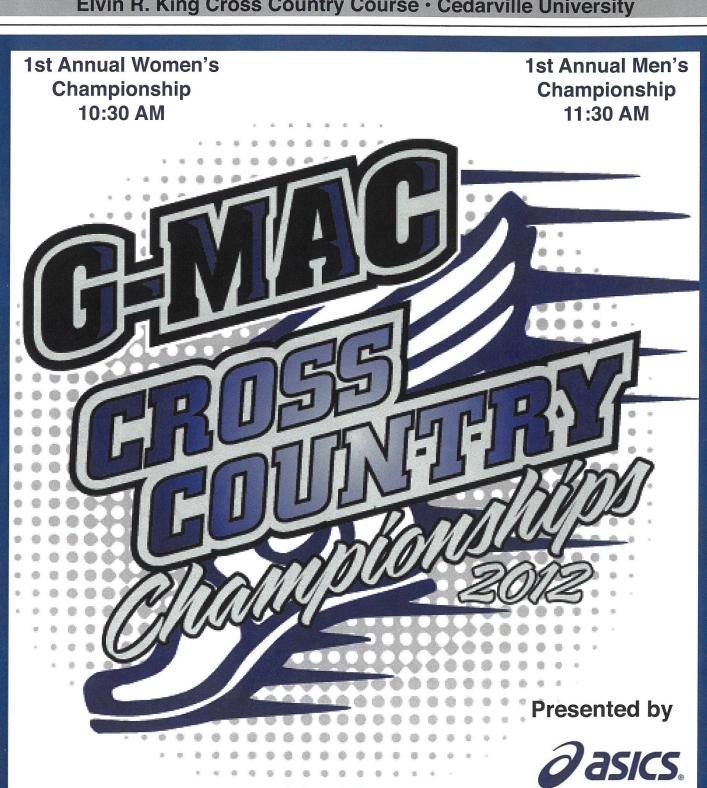
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RACEDAY

Saturday, October 20, 2012
Elvin R. King Cross Country Course • Cedarville University





sound mind, sound body



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October 20, 2012

Dear Cross Country Participant:

Welcome to Cedarville University and the first-ever Great Midwest Athletic Conference Championships at the Elvin R. King Cross Country Course. We at Cedarville are delighted to be the hosts for this wonderful event. Best wishes to each student-athlete as you participate in your respective races.

Again, we welcome each of you to Cedarville University, Greene County, and Southwestern Ohio. Have a *great* time of fellowship and competition!

Sincerely in Christ,

Bill Brown President

cg

Starting Line Instructions

- 1. Starting line All teams will be clerked at their respective starting boxes.
- 2. Twenty minutes prior to the start of the women's race, there will be a brief opening ceremony, with a welcome, a brief prayer and the National Anthem.
- **3.** Fifteen minutes prior to the start, the starter will fire the gun indicating that there are 15 minutes to start time. Athletes should start reporting to the line to be checked in.
- **4.** Clerks will be checking that uniforms are school issued with no unauthorized logos or statements, teams are in the correct starting boxes, and that the athletes are wearing bib number/chips.
- **5.** Starting commands The starter will locate himself approximately 75 meters up from the start line in the middle of the course. He will give an extended whistle blast, at which time athletes should come to the line and become motionless. After the whistle blast, the starter will raise the gun and red flag together. When he reaches the top, over his head, and all athletes are still, the gun will be fired.

Starting Boxes		
18-20	Ursuline College	
21-23	Cedarville University	
24-26	Trevecca Nazarene University	
27-29	Central State University	
30-32	Urbana University	

Great Midwest Athletic Conference



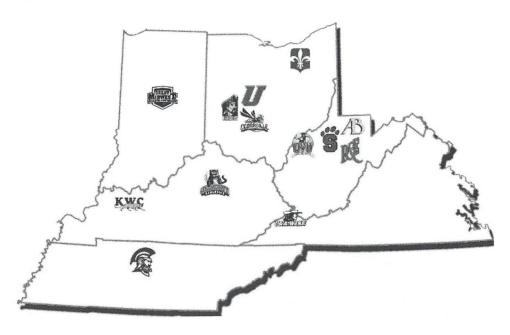
www.G-MACsports.com

The Great Midwest Athletic Conference (G-MAC), which was approved by the NCAA Division II Membership Committee in February of 2012 as a member conference effective September 1, 2012, will be working through an educational assessment program in 2012-13. Currently the conference is on schedule to begin competition as the 24th active NCAA Division II conference in 2013-14.

The G-MAC features active and reclassifying members from Ohio, Kentucky, Tennessee, Virginia, and West Virginia. Charter members of the G-MAC include Cedarville University, Central State University, Kentucky Wesleyan College, Trevecca Nazarene University, Urbana University and Ursuline College. The G-MAC expanded with the inclusion of Alderson-Broaddus College, Davis & Elkins College, Ohio Valley University, and Salem International University as active DII members in 2012.

The University of Virginia's College at Wise was approved as a Full Member, while Georgetown College was added as a Provisional Member in 2012 as well.

The G-MAC, headquartered in the Indianapolis metro area, will sponsor 12 championships in 2012-13 as a NCAA Division II member conference.





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The Elvin R. King Cross Country Course

new era began in Cedarville University cross country with the opening of the Elvin R. King Cross Country Course. The venue was dedicated and named in honor of CU's Hall of Fame coach during Homecoming Weekend on Oct. 7, 2006.

The new home site, located at the north end of the campus just east of State Route 72, was constructed on 150 acres of property and was designed and built under the direction of former athletic director Pete Reese and King. Athletes run entirely on a grass course that includes rolling hills.

This unique venue, which meets all of the NCAA requirements for a cross country course, hosted its first meet on Sept. 16, 2006 with the 16th Annual Cedarville Invitational. Nearly 1,000 runners participated in eight races and both Yellow Jacket teams won the first-ever college races on the course.

The site annually hosts the Friendship Invitational and continues to be the setting for the National Christian College Athletic Association Championships each November. Besides the high school and junior high competitions in the Friendship Invitational, the Ohio Heritage Conference has staged its championship meets on the course.

The primary cross country courses are the 5,000 meter layout for women and the 8,000 meter course for men. There is also a 3,200-meter course for junior high competition.

The Yellow Jackets called John Bryan State Park as its cross country home for the better part of four decades. The beautiful site served as host of the NCCAA Championships from 1978 through 1992 and again from 1995 through 2005. It also hosted the annual Cedarville Invitational, the NAIA District 22 Championship, the Mid-Ohio Conference Championship, the American Mideast Conference Championship, and a number of high school meets.

The Elvin R. King Cross Country Course - All-Time Top 25

COLLEGE WOMEN 5K - ALL-TIME TOP 25

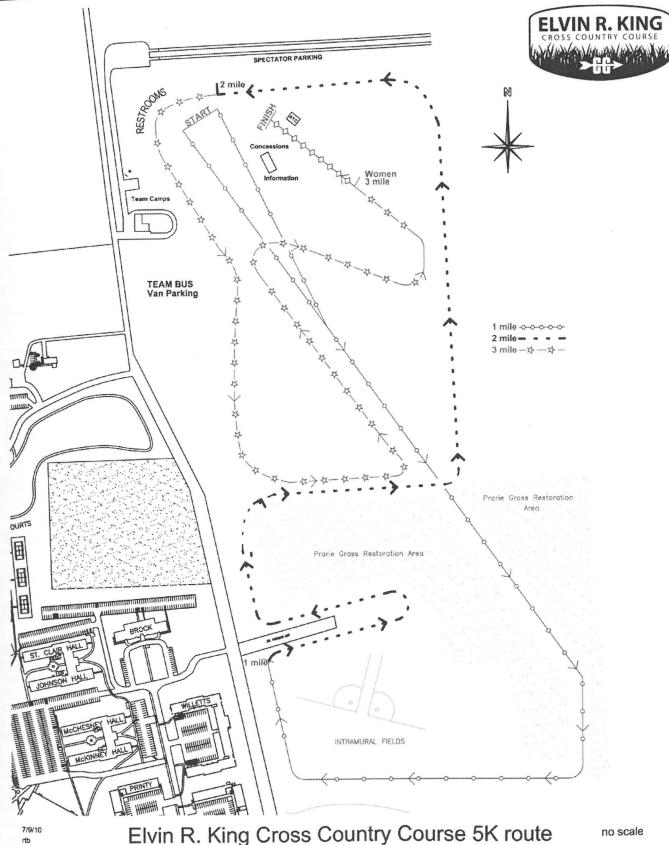
(thru 9/29/12)

Name	School	Time	Date
Rachel Patterson	Miami University	17:12.3	10/1/2010
Maura Bulgrin	Univ. of Dayton	17:19.0	10/1/2010
Annie Beecham	Ohio University	17:21.5	10/1/2010
Sarah Foster	Ohio State University	17:24.0	9/19/2009
Kari Summers	Ohio University	17:29.9	10/1/2010
Kim Lorentz	Univ. of Akron	17:32.5	10/1/2010
Meghan Gilmore	Palm Beach Atlantic	17:33.6	11/13/2010
Katie Gillespie	Cedarville University	17:34.0	9/19/2009
Katie Gillespie	Cedarville University	17:39.0	11/14/2009
Amanda Mirochna	Miami University	17:42.2	10/1/2010
Liz Coorey	Univ. of Dayton	17:46.6	10/1/2010
Miesha Marzell	Unattached	17:52.0	9/15/2007
Lizzie Gleason	Univ. of Dayton	17:52.1	9/29/2012
Michele McKenney	Univ. of Cincinnati	17:53.0	10/1/2010
Allison Steinbrunner	Ohio Northern Univ.	17:53.5	9/29/2012
Kate Carter	Miami University	17:53.5	10/1/2010
Claire Fischer	Xavier University	17:53.9	9/29/2012
Kelley Miller	Miami University	17:54.4	10/1/2010
Juli Accurso	Ohio University	17:55.4	9/30/2011
Margaret Bingham	Miami University	17:55.4	9/30/2011
Emily LaSala	Ind. Wes. University	17:59.0	11/10/2007
Elissa Mason	Univ. of Dayton	18:01.7	9/30/2011
Margaret Bingham	Miami University	18:02.2	10/1/2010
Katie Lenahan	Miami University	18:02.2	10/1/2010
Elissa Mason	Univ. of Dayton	18:05.1	10/1/2010
Emily Pifer	Ohio University	18:05.1	10/1/2010
Devyn Ramsay	Univ. of Toledo	18:06.0	10/1/2010

COLLEGE MEN 8K - ALL-TIME TOP 25

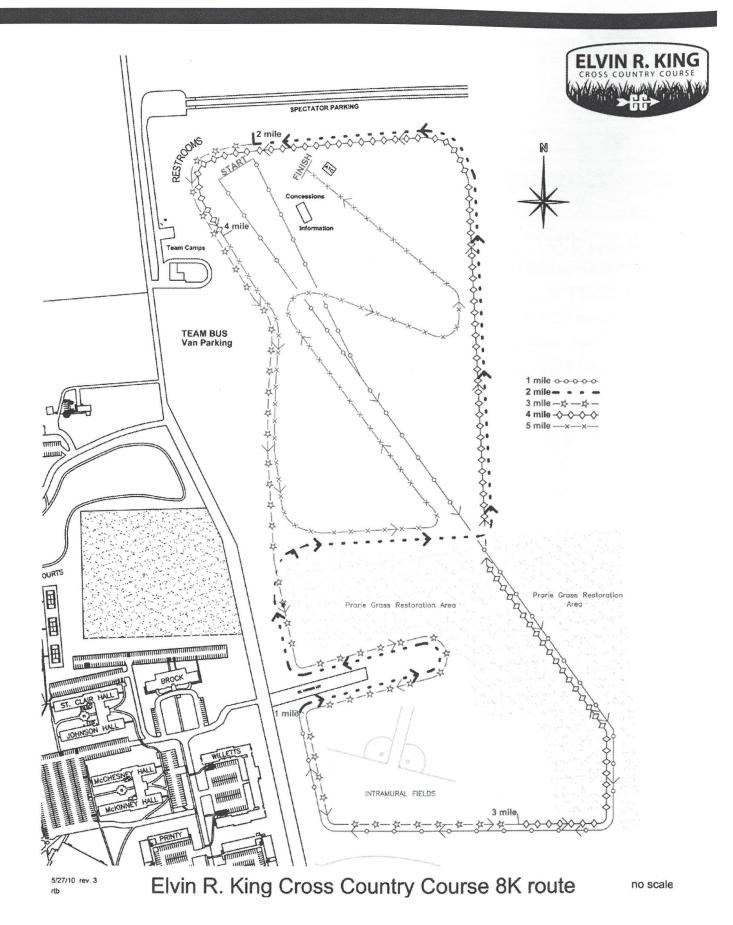
(thru 9/29/12)

Name	School	Time	Date
Chris Lemon	Univ. of Dayton	24:11.8	10/1/2010
Eric Finan	Univ. of Cincinnati	24:20.6	10/1/2010
Ridge Robinson	Ohio University	24:26.2	10/1/2010
Matt Lemon	Univ. of Dayton	24:28.8	10/1/2010
William Jones	Franciscan Univ.	24:34.2	9/29/2012
Andy Morgan	Univ. of Akron	24:35.1	10/1/2010
Michael Heller	Kent State Univ.	24:37.2	9/29/2012
Matt Brooker	Cedarville University	24:38.9	9/15/2012
Colin Cotton	Univ. of Cincinnati	24:40.1	9/29/2012
Matt Brooker	Cedarville University	24:42.8	9/29/2012
Michael Owen	Shawnee St. Univ.	24:42.8	10/1/2010
Tommy Kauffmann	Xavier University	24:43.6	10/1/2010
Eric Finan	Univ. of Cincinnati	24:44.5	9/30/2011
Noah Too	MidAmerica Naz. Univ.	24:45.0	11/10/2007
Thomas Ohlman	Xavier University	24:45.8	9/29/2012
Hank Geer	Xavier University	24:46.9	9/29/2012
Dee Salukombo	Denison University	24:47.2	10/1/2010
Scott Myers	Ohio University	24:47.5	10/1/2010
Jonathan Dewitt	Univ. of Toledo	24:48.1	10/1/2010
Oliver Book	Univ. of Cincinnati	24:48.9	10/1/2010
Caleb Muller	Marietta University	24:49.5	9/29/2012
David Kawa	Berry College	24:50.0	9/16/2006
David Wing	Miami University	24:52.8	9/29/2012
Robbie Fisher	Miami University	24:54.5	10/1/2010
Greg Roeth	Univ. of Dayton	24:55.0	10/1/2010



Elvin R. King Cross Country Course 5K route

no scale





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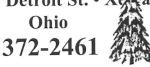
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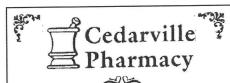
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1st Annual Women's Championship 10:30 AM





Cedarville University Women's Cross Country Head Coach: Jeff Bolender

Archambault, Alex	1416	FR
Banachowski, Jasmin	1417	JR
Callahan, Lauren	1418	SO
Campbell, Grace	1419	JR
Case, Carolyn	1420	SR
Cherry, Elisa	1421	JR
DeHart, Tabitha	1422	SO
Johnson, Krista	1423	SR
Lamaan, Kristin	1424	FR
Lamos, Hannah	1425	SR
Logan, Ali	1426	FR
Mattes, Gina	1427	JR
McKinley, Rachel	1428	FR
Moore, Tabitha	1429	SR
Putnam, Neola	1430	SR
Redfield, Melanie	1431	SO
Sill, Kathryn	1432	FR
Terrell, Meghan	1433	SR
Van Matre, Louise	1434	SO
Watson, Margo	1435	FR
Wheatley, Joanna	1436	JR
Wong, Abby	1437	SR



Central State University Women's Cross Country Head Coach: James Daniels

Blunt, Lexxus	1438	SR
Hayes, LaKeitra	1439	SR
Thomas, Karynn	1440	SO
Tucker, Zoey	1441	SO
Walker, Shatasia	1442	SO
Washington, Tranette	1443	SO



Trevecca Nazarene University Women's Cross Country Head Coach: Brad Peterson

Carmody, Katherine	1444	FR
Corzine, Christina	1445	FR
Dykes, Morgan	1446	FR
Fudge, Holly	1447	FR
Fullen, Audra	1448	SO
Mercer, Caitlin	1449	SO
Mudd, Rachel	1450	SO
Sendewicz, Jackie	1451	FR



Urbana University Women's Cross Country Head Coach: Kevin Horne

Bell, Melissa	1452	SO
Roark, Jade	1453	FR
Smith, Jackie	1454	FR
Thomas, Jessica	1455	SR
White, Sara	1456	SR



Ursuline College Women's Cross Country Head Coach: Ralph White

Brobst, Katie	1457	SR
Burlinson, Nicole	1458	FR
Dingman, Erica	1459	SO
Dunn, Madgie	1460	SO
Manley, Elisha	1461	FR
Roberts, Diona	1462	FR
Simpkins, Dawnyae	1463	FR



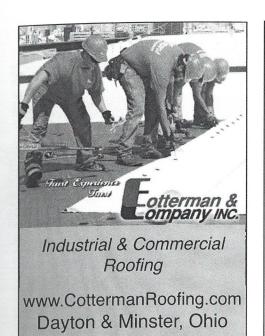


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1st Annual Men's Championship 11:30 AM





Cedarville University Men's Cross Country Head Coach: Paul Orchard

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Central State University Men's Cross Country Head Coach: James Daniels

Hunt, Richard	1484	SO
Israel, Ezekiel	1485	JR
Laki, Lemi	1486	JR
Pascual, Delroy	1487	SR
Vinson, John	1488	SO
Yelverton, Tracy	1489	SO



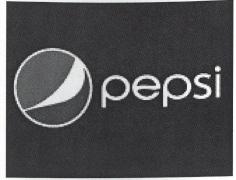
Trevecca Nazarene University Men's Cross Country Head Coach: Brad Peterson

1490	JR
1491	FR
1492	SO
1493	FR
1494	SO
1495	FR
	1491 1492 1493 1494



Urbana University Men's Cross Country Head Coach: Kevin Horne

Brown, Josh	1496	JR
Castle, Ryan	1497	JR
Malloy, Patrick	1498	JR
McCubbin, Dylan	1499	JR





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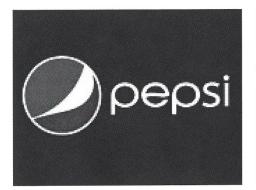
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Country Inn & Suites	1-800-456-4000
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Holiday Inn	1-800-465-4329
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Holiday Inn	1-800-465-4329
Red Roof Inn	1-800-843-7663

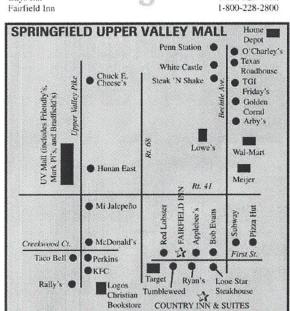
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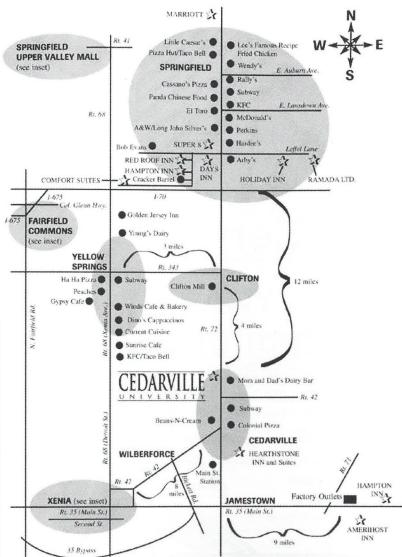
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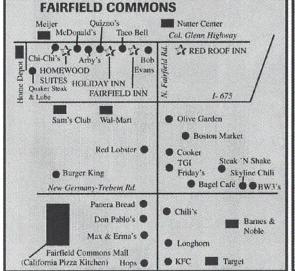
Days Inn

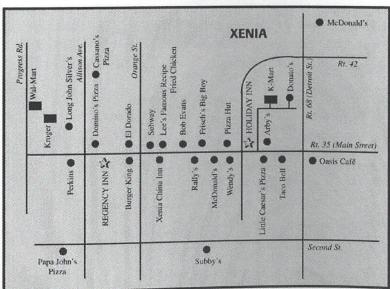


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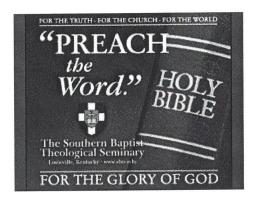


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