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11-9-2015

2015 D-II Region Honorees

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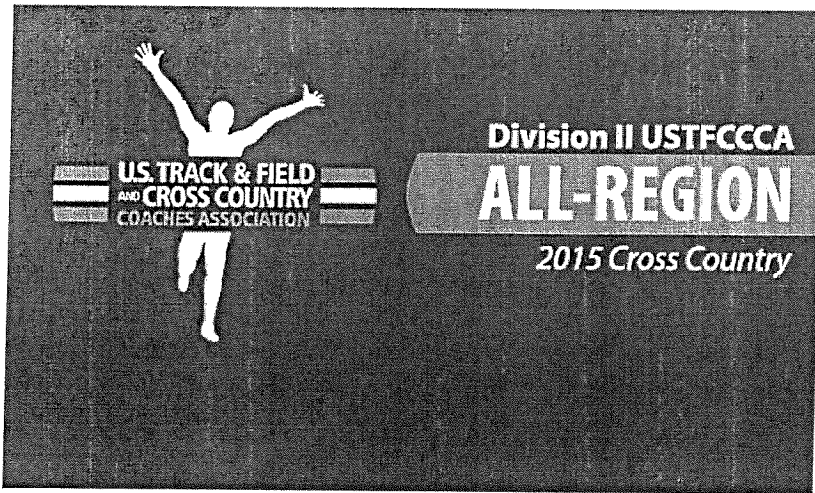
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Division II XC All-Region Honorees Announced for 2015



By Kyle Terwillegar, USTFCCCA

November 9, 2015

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NEW ORLEANS – All-Region honorees for NCAA Division II Cross Country were recognized Monday by the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) following the weekend's NCAA regional championships meets.

A total of 395 student-athletes (198 men and 197 women) from 142 schools earned the distinction by finishing among the top 25 individual finishers at one of the eight regional sites across the country.

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Three men's teams were represented on the All-Region list by their entire varsity seven-man squads: South Central champion **Adams State** and the Atlantic Region duo of champion **Shippensburg** and runner-up **Lock Haven**.

Leading the way for women's teams were five squads with six All-Region runners apiece. The South Central region accounted for two of them in champ **Adams State** and runner-up **Western State**. Midwest champion **Grand Valley State**, East champion **Stonehill** and Southeast champion **Montevallo** also earned a half-dozen All-Region certificates.

Two additional men's teams in Midwest champion **Grand Valley State** and West champion **Alaska Anchorage** also put six runners apiece through to the All-Region list.

When combining the two genders' awards, Adams State led the way with 13 total honorees between the men and women, while Grand Valley State had 12 and Shippensburg, Stonehill and **Saint Leo** checked in with nine apiece.

At the conference level, the PSAC led the way in representation with 46 of the combined 50 possible All-Region honors between men and women. The RMAC was next at 41, followed by the Northeast-10 (36), the GLIAC (28) and the Peach Belt (25)

The NCAA Division II Cross Country Championships will be held November 21 in Joplin, Missouri.

A full list of the honorees can be found below. It is sorted alphabetically by team, and then in descending order based on athletes' finishes at the regional championships.

Only athletes from USTFCCA member institutions are eligible for the award.

MEN – 2015 NCAA Division II XC All-Region Honorees (USTFCCA)

Student-Athlete	Year	Institution	Region
Valentin Pepiot	SR	Academy of Art	West
Pierre Fontanarosa	JR	Academy of Art	West
Sydney Gidabuday	FR	Adams State	South Central
Kyle Masterson	JR	Adams State	South Central
Dominic Cabada	SR	Adams State	South Central
Chad Palmer	SO	Adams State	South Central
Chandler Reid	SO	Adams State	South Central
Brian Glassey	JR	Adams State	South Central
Kristoffer Mugrage	JR	Adams State	South Central
Michael Grady	FR	Adelphi	East
Jose Velasquez	SO	Adelphi	East
Brydon Groves-Scott	FR	Alabama-Huntsville	South
Myles Scarano	SR	Alabama-Huntsville	South
Anthony Wells	SO	Alabama-Huntsville	South
Henry Cheseto	SO	Alaska Anchorage	West
Dominik Notz	SR	Alaska Anchorage	West
Edwin Kangogo	SO	Alaska Anchorage	West
Victor Samoei	JR	Alaska Anchorage	West
Nathan Kipchumba	SO	Alaska Anchorage	West
Michael Mendenhall	JR	Alaska Anchorage	West
John Chirchir	JR	American Int'l	East
Leakey Kipkosgei	FR	American Int'l	East
Mitchell Byrne	SO	American Int'l	East
Kemani Hume	SO	American Int'l	East
Siem Mehretu	FR	American Int'l	East
Mason Hazel	SO	Anderson (S.C.)	Southeast
Henning Schein	SO	Armstrong State	Southeast
David Knack	SR	Ashland	Midwest
Nick Del Guercio	JR	Augusta University	Southeast
Keegan Carda	JR	Augustana (S.D.)	Central
Glen Ellingson	JR	Augustana (S.D.)	Central
Harald Karbo	SR	Augustana (S.D.)	Central
Jeremy Porter	SO	Azusa Pacific	West
Joel Lagat	SO	Barton	Southeast
Chris Striegel	SO	Bellarmine	Midwest
Dessie Demlew	JR	Benedict	South
Haregot Gebreyesus	SO	Benedict	South
Thomas Dean	SR	Bentley	East
Ryan Cadorette	SO	Bentley	East
Nik Haas	JR	Bentley	East
Cody Murphy	FR	Bentley	East
Alec Baldwin	SR	Black Hills St.	South Central
Valentin Robert	JR	Cal Baptist	West

Mark Huizar	JR	Cal Poly Pomona	West
Ruben Dominguez	SO	Cal Poly Pomona	West
Francisco Gomez	SR	Cal Poly Pomona	West
Lachlan Dickie	SO	Cal Poly Pomona	West
Benjamin Tuttle	SR	Carson-Newman	Southeast
Michael Gawlick	SR	Cedarville	Midwest
Ty Hughes	SO	Central Missouri	Central
Giancarlo Martinez	SO	Central Missouri	Central
William Reyes	JR	Chestnut Hill	East
Steven Martinez	JR	Chico State	West
Steven Velarde	FR	Chico State	West
Aaron Mora	JR	Chico State	West
Daniel Vavrik	JR	Chico State	West
Marty Andrie	SR	Colorado Mesa	South Central
Dan Mahoney	JR	Colorado Mines	South Central
Nathanael Williams	JR	Colorado Mines	South Central
Ryan McFall	SR	Colorado Mines	South Central
Jason Weitzel	FR	Columbus St.	Southeast
Derrick Williams	SO	Concord	Atlantic
Marcelo Laguera	FR	CSU-Pueblo	South Central
Ben Vaughan	SO	CSU-Pueblo	South Central
Juan Pacheco	SR	CSU-Pueblo	South Central
Will Baldwin	SR	East Central	Central
Richard Mora	JR	East Central	Central
Bruce Bragg	JR	East Central	Central
Alec Lederer	JR	East Central	Central
Elliott Martynkiewicz	SR	East Stroudsburg	Atlantic
Corey Wefing	SO	Edinboro	Atlantic
Jon Gusew	JR	Edinboro	Atlantic
Logan Hammer	JR	Edinboro	Atlantic
Andrew Smith	JR	Ferris State	Midwest
Dillon Hodge	SR	Flagler	Southeast
Dean McGregor	FR	Flagler	Southeast
Tucker Melles	FR	Florida Southern	South
Lukas Hassler	FR	Florida Tech	South
Cory Keehn	SR	Florida Tech	South
Colton Ham	SR	Fort Hays St.	Central
Jon Holmes	JR	Franklin Pierce	East
Paul McNeil	SR	Franklin Pierce	East
Zach Panning	FR	GC&SU	Southeast
Chris May	JR	Grand Valley St.	Midwest
Wuoi Mach	SO	Grand Valley St.	Midwest
Kyle Flores	SR	Grand Valley St.	Midwest
Trevor Shamas	SO	Grand Valley St.	Midwest
Brady Selner	JR	Grand Valley St.	Midwest
Lucas Goodspeed	JR	Grand Valley St.	Midwest
Joseph Newcomb	JR	Harding	Central
Alex Hampel	SR	Hillsdale	Midwest
Raymond Ofman	SR	Indiana (Pa.)	Atlantic
Hutson Baumann	FR	Indiana (Pa.)	Atlantic
Greg Beaudette	JR	Indiana (Pa.)	Atlantic
Alex Cushman	SR	Indiana (Pa.)	Atlantic
Tanner Cook	JR	Indianapolis	Midwest
Steve Maine	SO	King	Southeast
Seth Eagleson	SO	Kutztown	Atlantic
Harold Smith	SO	Lee (Tenn.)	South
Camden Perez	SR	Lee (Tenn.)	South
Gus Whitman	FR	Lee (Tenn.)	South
Dylan Mountain	SR	Lee (Tenn.)	South
Matt Guid	SR	Lock Haven	Atlantic
Addison Monroe	SO	Lock Haven	Atlantic
Ben Robinson	SR	Lock Haven	Atlantic
Jacob Fetterman	JR	Lock Haven	Atlantic
Alex Diltz	SR	Lock Haven	Atlantic
Jereamy Hall	FR	Lock Haven	Atlantic
Ryan Roush	SR	Lock Haven	Atlantic
Luis Carbajal	SR	Malone	Midwest
Alex Griggs	SR	Malone	Midwest
David Jones	JR	Mars Hill	Southeast
Anthony Allen	SR	Mars Hill	Southeast
Nick Kadlec	SR	Maryville (Mo.)	Midwest
		Metro State	South Central

Jason Carey	JR	Metro State	South Central
Vincent Kiprof	FR	Missouri Southern	Central
Michael Darnell	SR	Molloy	East
Jonathan Dahlke	SO	Mount Olive	Southeast
Adam Craig	FR	Mount Olive	Southeast
Mike Munoz	SR	Mount Olive	Southeast
Fredric Lang	JR	Mount Olive	Southeast
Jacob Urys	JR	Mount Olive	Southeast
Robert Peterson	SR	MSU-Billings	West
Brady Speicher	JR	MSU-Moorhead	Central
Josh Young	FR	MSU-Moorhead	Central
Alex Obermier	SR	Nebraska-Kearney	Central
Cole Wellnitz	SR	Nebraska-Kearney	Central
Jahn Landrigan	JR	Nebraska-Kearney	Central
Collins Kirui	FR	New Mexico Highlands	South Central
Isaac Mitchell	SO	Northwest Nazarene	West
Christian Oppel	SR	Nova Southeastern	South
Long Tran	SR	Nova Southeastern	South
Thomas Ingalls	JR	Nova Southeastern	South
Nolan Zimmer	SR	NW Missouri	Central
Austin Bogina	SR	Pittsburg St.	Central
Ren Bean	JR	Pittsburg St.	Central
Jimmy Hollingsworth	JR	Queens (N.C.)	Southeast
Yannick Stubbe	FR	Queens (N.C.)	Southeast
Jose Rosas	FR	Queens (N.C.)	Southeast
Thomas Rodger	SR	Roberts Wesleyan	East
Justin Bender	SR	Roberts Wesleyan	East
Joey Southgate	JR	Saginaw Valley	Midwest
Tom Goforth	SO	Saginaw Valley	Midwest
Anthony Deleva	SO	Saint Leo	South
Valentin Lenz	SR	Saint Leo	South
Niclas Bez	JR	Saint Leo	South
Carl Dunne	SR	Saint Leo	South
Benjamin Kapuscinski	JR	Saint Rose	East
Benji Preciado	JR	San Francisco St.	West
Kieran Sutton	JR	Shippensburg	Atlantic
Alexander Balla	SO	Shippensburg	Atlantic
Braden Bruning	JR	Shippensburg	Atlantic
Calvin Conrad-Kline	SO	Shippensburg	Atlantic
Dominic Stroh	FR	Shippensburg	Atlantic
Austin McGinley	SR	Shippensburg	Atlantic
Cole Nissley	SO	Shippensburg	Atlantic
Alfred Chelanga	FR	Shorter	South
Oliver Jorgensen	JR	Simon Fraser	West
Marc-Antoine Rouleau	JR	Simon Fraser	West
Cameron Proceviat	SR	Simon Fraser	West
Jeremy Parsons	SO	Slippery Rock	Atlantic
Dieter Gutbrod	SR	So. Conn. St.	East
Chase Broughton	JR	Southern Indiana	Midwest
Johnnie Guy	SR	Southern Indiana	Midwest
Grayson Haws	SR	Southern Nazarene	Central
Nacho Hernandez	JR	Southern New Hampshire	East
Tyler McLaren	SO	Southern New Hampshire	East
Cody Smith	SR	Southwest Baptist	Central
Drew Cargill	SR	Southwest Baptist	Central
Justin Hays	JR	St. Joseph's (Ind.)	Midwest
Robert Massey	SR	Stonehill	East
Daniel Gordon	SR	Stonehill	East
Antonio Xelhua	JR	Stonehill	East
Luis Romero	SR	TAMU-Commerce	South Central
Tye Doty	SR	Tarleton State	South Central
Logan Rodgers	JR	Trevecca Nazarene	Midwest
David Kimaiyo	SO	UC-Colo. Spgs.	South Central
Chris Jessop	JR	U-Mary	Central
Kevin Carpenter	SO	U-Mary	Central
Tim Sigmon	JR	UNC Pembroke	Southeast
Joel Johnston	SR	UNC Pembroke	Southeast
Jacob Whitney	JR	Union (Tenn.)	South
Will Donelson	JR	Union (Tenn.)	South
Naimbai Njerakey	JR	Walsh	Midwest
Victor Onyaga	SO	West Alabama	South

Tim Wenger	JR	West Florida	South
Nick Merrett	JR	West Florida	South
Geoffrey Kipchumba	SO	West Texas A&M	South Central
Blake Whalen	JR	West Texas A&M	South Central
David Ribich	SO	Western Oregon	West
Keifer Johnson	JR	Western State	South Central
John Patterson	JR	Western State	South Central
Andrew Wise	SO	Western Washington	West
Ken Fontal	JR	Wilmington (Del.)	East
Nepolian Patel	JR	Wingate	Southeast
Jake Dubnicka	JR	Wis.-Parkside	Midwest
Armando Torres	SO	Wis.-Parkside	Midwest
Patrick Niyork	JR	Wis.-Parkside	Midwest
Mathew Biwott	SO	Young Harris	Southeast

WOMEN – 2015 NCAA Division II XC All-Region Honorees (USTFCCCA)

Student-Athlete	Year	Institution	Region
McKaela Christenson	SO	Academy of Art	West
Noel Prandoni	FR	Adams State	South Central
Jenna Thurman	JR	Adams State	South Central
Grace Tinkey	JR	Adams State	South Central
Maura O'Brien	JR	Adams State	South Central
Kelsey Corbin	SR	Adams State	South Central
Rachel Kresl	JR	Adams State	South Central
Vicky Winslow	SR	Alabama-Huntsville	South
Joyce Chelimo	JR	Alaska Anchorage	West
Caroline Kurgat	SO	Alaska Anchorage	West
Pascaline Jerotich	JR	American Int'l	East
Ivy Chepyegon	FR	American Int'l	East
Antonia Pagliuca	SO	Assumption	East
Olivia Rodriguez	JR	Augusta University	Southeast
Leah Seivert	SO	Augustana (S.D.)	Central
Annie Kruse	SO	Augustana (S.D.)	Central
Mackenzie Kelly	FR	Augustana (S.D.)	Central
Eileen Stressling	SO	Azusa Pacific	West
Lauren Harrell	FR	Azusa Pacific	West
Flannery Musk	SR	Bellarmino	Midwest
Tara Dooley	SR	Bentley	East
Julia Morena	JR	Bentley	East
Kate Dodds	SR	Bloomsburg	Atlantic
Hannah Boudreau	SO	Bloomsburg	Atlantic
Caroline Barkechir	JR	Cal Baptist	West
Marissa Nickles	SR	Cal Poly Pomona	West
Ashli Baddorf	JR	Cal Poly Pomona	West
Hannah Bell	SR	Cal St. Monterey Bay	West
Patricia Cortez	SR	Cal St. San B'dino	West
Gina Wood	SR	Cal St. Stanislaus	West
Julie Friend	JR	California (Pa.)	Atlantic
Alexandra Zanella	SR	California (Pa.)	Atlantic
Summer Hill	SO	California (Pa.)	Atlantic
Abbie Adams	FR	Catawba	Southeast
Carsyn Koch	SO	Cedarville	Midwest
Dani Eggleston	SR	Central Washington	West
Megan Rogers	SR	Central Washington	West
Nicky Applegarth	JR	Chadron State	South Central
Sadie Gastelum	JR	Chico State	West
Quetta Peinado	SR	Chico State	West
McCall Habermehl	JR	Chico State	West
Carrie Byrd	SR	Claffin	South
Maia Kuhnen	SR	Clayton State	Southeast
Taylor Galvin	SR	Clayton State	Southeast
Brooke Genovese	JR	Colo. Christian	South Central
Ann Miller	SR	Colorado Mines	South Central
Molly Reicher	SO	Colorado Mines	South Central
Rayna Green	SR	Columbus St.	Southeast

Miriam Roberts	SO	CSU-Pueblo	South Central
Bailey Hughes	JR	CSU-Pueblo	South Central
Mackenzie Donahue	JR	Daemen	East
Amy Trabert	SO	Daemen	East
Kelsey Bruce	SR	Dallas Baptist	South Central
Cashlee Rayas	JR	Dallas Baptist	South Central
Skyler Storie	JR	Dixie State	West
Allison Decker	JR	East Stroudsburg	Atlantic
Chelsea Conover	SR	East Stroudsburg	Atlantic
Amber Saiz	SR	Eastern New Mexico	South Central
Ida Narbuvooll	FR	Edinboro	Atlantic
Anna Hosl	SR	Edinboro	Atlantic
Abby Lang	FR	Edinboro	Atlantic
Emma Sullivan	JR	Edinboro	Atlantic
Kaitlin Rodriguez	JR	Flagler	Southeast
Lauren Rodriguez	SR	Flagler	Southeast
Kerstin Axelsson	FR	Florida Tech	South
Shea Bonine	SO	Fort Hays St.	Central
Courtney Moore	JR	Fresno Pacific	West
Gabrielle Kennelley	SR	Gannon	Atlantic
Katherine Yost	SO	GC&SU	Southeast
Gina Patterson	FR	Grand Valley St.	Midwest
Kendra Foley	JR	Grand Valley St.	Midwest
Jessica Janecke	SR	Grand Valley St.	Midwest
Jordan Chester	SR	Grand Valley St.	Midwest
Amy Creutz	JR	Grand Valley St.	Midwest
Kelly Haubert	SO	Grand Valley St.	Midwest
Ewa Zaborowska	SR	Harding	Central
Kelsey Taylor	SR	Harding	Central
Emily Oren	SR	Hillsdale	Midwest
Kristina Galat	SR	Hillsdale	Midwest
Molly Oren	JR	Hillsdale	Midwest
Hannah McIntyre	SO	Hillsdale	Midwest
Kori Gilley	JR	Humboldt State	West
Kieran Casey	SO	Indianapolis	Midwest
Jasmine Al-Anzi	SR	Indianapolis	Midwest
Corinne Manela	SR	Kutztown	Atlantic
Jeanette Cudney	SO	Le Moyne	East
Jessica Childers	SR	Lee (Tenn.)	South
Audrey Smith	SO	Lee (Tenn.)	South
Amy Carpenter	FR	Lee (Tenn.)	South
Amanda Farrough	JR	Lewis	Midwest
Kristen Bonsor	SR	Lewis	Midwest
Sarah Rutto	FR	Limestone	Southeast
Allyson Malone	FR	Limestone	Southeast
Whitney Elliott	JR	Lincoln Memorial	Southeast
Talya Williams	SO	LIU Post	East
Elizabeth Stirling	SR	LIU Post	East
Alexis Arnold	SO	Lock Haven	Atlantic
Hannah Campbell	SO	Malone	Midwest
Allison McCurry	JR	Mansfield	Atlantic
Elizabeth Kiblinger	SR	Maryville (Mo.)	Midwest
Lauren Silacci	SR	Metro State	South Central
Emilee Trost	SO	Minnesota-Duluth	Central
Breanna Colbenson	JR	Minnesota-Duluth	Central
Hannah Olson	SR	Minnesota-Duluth	Central
Emily Harris	JR	Missouri Southern	Central
Cynthia Torres	JR	Missouri Southern	Central
Katie Nelson	SO	Montevallo	Southeast
Sierra Millsaps	SO	Montevallo	Southeast
Anna Leinheiser	JR	Montevallo	Southeast
Cheyenne Thompson	JR	Montevallo	Southeast
Katherine Terino	JR	Montevallo	Southeast
Hannah Evans	SO	Montevallo	Southeast
Makenzie Smith	JR	MSU-Moorhead	Central
Morgan Benesch	JR	Nebraska-Kearney	Central
Brittany Truitt	SO	North Georgia	Southeast
Kameron Burmeister	SO	Northern Michigan	Midwest
Sophie McDonald	FR	Northern Michigan	Midwest
Sasha Hovind	JR	Northern State	Central
Dakotah Bullen	JR	Northern State	Central

Nicole Burlinson	JR	Notre Dame (Ohio)	Atlantic
Anabel Knoll	FR	Nova Southeastern	South
Sarah Jerotich	JR	NYIT	East
Layne Hammer	JR	Oklahoma Christian	South Central
Brianna Bartello	FR	Point Loma	West
Catie Byrd	SR	Queens (N.C.)	Southeast
Lucie Noall	FR	Queens (N.C.)	Southeast
Elizabeth Valento	JR	Roberts Wesleyan	East
April Sablan	JR	Roberts Wesleyan	East
Colett Rampf	SO	Saint Leo	South
Laura Tobin	FR	Saint Leo	South
Kari Grippo	SO	Saint Leo	South
Natalie McCormick	JR	Saint Leo	South
Alyssa Bayliff	FR	Saint Leo	South
Michelle Lujan	JR	Saint Rose	East
Anna Patti	SR	Seattle Pacific	West
Mary Charleson	SO	Seattle Pacific	West
Meagen Carter	SR	Seton Hill	Atlantic
Chelsia Poole	JR	Seton Hill	Atlantic
Casey Norton	JR	Shippensburg	Atlantic
Caitlyn Reese	SO	Shippensburg	Atlantic
Emily Buwalda	JR	Shorter	South
Leah Sikorski	JR	Shorter	South
Rebecca Bassett	JR	Simon Fraser	West
Leah Anne Wirfel	SR	Slippery Rock	Atlantic
Jenny Picot	SR	Slippery Rock	Atlantic
Caylee Richardson	SR	So. Conn. St.	East
Emily Roberts	SO	Southern Indiana	Midwest
Jessica Reeves	SR	Southern Indiana	Midwest
Laura O'Hanlon	JR	Southern New Hampshire	East
Elizabeth Luckel	SR	Southwest Baptist	Central
Katherine Sitzes	SR	Southwest Baptist	Central
Mary Carr	SO	Southwest Baptist	Central
Ashlee Hancock	FR	Southwest Baptist	Central
Shannon Conley	SO	St. Anselm	East
Meaghan Ventarola	JR	St. Thomas Aquinas	East
Kristen Borriello	SO	St. Thomas Aquinas	East
Nicole Borofski	JR	Stonehill	East
Elizabeth Hannon	FR	Stonehill	East
Mackenzie Cyr	FR	Stonehill	East
Aisha McAdams	JR	Stonehill	East
Alexandra Buonfiglio	JR	Stonehill	East
Emily Knox	SO	Stonehill	East
Hannah Palmeter	JR	SW Minnesota St.	Central
Chantell Blundell	SR	Tampa	South
Juliana Boehm	SR	Tampa	South
Claudia Canello	JR	Tampa	South
Danielle Kissel	SR	Tampa	South
Elaina Canello	JR	Tampa	South
Aly Coughlin	SR	Tarleton State	South Central
Caroline Hampton	SO	Trevecca Nazarene	Midwest
Paige Hughes	SR	UC San Diego	West
Makenzie Urban	JR	UC-Colo. Spgs.	South Central
Alexis Zeis	SO	U-Mary	Central
Kaycie Stewart	SO	U-Mary	Central
Jaiden Schuette	FR	U-Mary	Central
Katelynn Engh	JR	U-Mary	Central
Abigail Berends	SO	Union (Tenn.)	South
Janey Berends	SO	Union (Tenn.)	South
Amy McKelvey	SO	Union (Tenn.)	South
Tyra Holloway	SO	Valdosta State	South
Catie Campbell	SR	Walsh	Midwest
Cecelia David	SO	West Alabama	South
Catherine Gitahi	SO	West Alabama	South
Amanda Eisman	SR	West Chester	Atlantic
Sydney Pineault	SO	West Virginia Wesleyan	Atlantic
Georgia Porter	JR	Western State	South Central
Cali Antolini	SR	Western State	South Central
Alicja Konieczek	SO	Western State	South Central
Mackenzie Mills	SO	Western State	South Central
Sophie Seward	SO	Western State	South Central

Cassidy Ahrens	FR	Western State	South Central
Taylor Guenther	SR	Western Washington	West
Sydney Lautzenheiser	FR	Wingate	Southeast
Sam Haering	SR	Wingate	Southeast
Morgan Neher	JR	Wingate	Southeast
Jordan Paschke	SR	Winona State	Central
Domtila Kiplagat	FR	Winston-Salem St.	Atlantic
Moriah Palmer	JR	Wis.-Parkside	Midwest
Nancy Murgor	FR	Young Harris	Southeast
Nicole Smith	SR	Young Harris	Southeast



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