

2013



CROSS COUNTRY CHAMPIONSHIPS

NOVEMBER 9, 2013
SEWARD, NEBRASKA



2012 Men's Individual Champion
Colin Morrissey, Concordia



2012 Women's Individual Champion
Sarah Kortze, Concordia

2012 Men's Team Champion
Concordia University
2012 Women's Team Champion
Dordt College

2012 CONFERENCE CHAMPIONSHIP RESULTS

NAME	SCHOOL	AVG MILE	FINALS	POINTS
MEN				
1 MORRISSEY, COLIN	CONCORDIA (NEB.)	5:03.5	25:08.65	1
2 CHAPMAN, TAYLOR	MORNINGSIDE	5:04.9	25:15.41	2
3 HOHNHOLT, HAYDEN	CONCORDIA (NEB.)	5:05.1	25:16.56	3
4 RUTFORD, JOHNNY	NEBRASKA WESLEYAN	5:05.3	25:17.45	4
5 THOLEN, RYAN	DORDT	5:05.8	25:19.78	5
6 SIEVERT, BEN	CONCORDIA (NEB.)	5:06.8	25:24.77	6
7 BROWN, ZACH	NEBRASKA WESLEYAN	5:07.5	25:28.49	7
8 JACKSON, NATHAN	DORDT	5:08.0	25:31.06	8
9 HOLLIDAY, JARID	DOANE	5:08.2	25:31.99	9
10 WELP, JAY	MORNINGSIDE	5:08.9	25:35.28	10
11 PATER, JORDAN	MOUNT MARTY	5:09.0	25:36.01	1
12 EHLERS, GARRET	MORNINGSIDE	5:09.2	25:36.91	12
13 WEERS, ERIC	DOANE	5:09.9	25:40.24	13
14 ABRAMS, MARK	MORNINGSIDE	5:10.3	25:42.17	14
15 KMENT, JAKE	DOANE	5:10.6	25:43.64	15

WOMEN				
1 KORTZE, SARAH	CONCORDIA (NEB.)	5:32.0	17:11.26	1
2 SCHWALENBERG, JENA	CONCORDIA (NEB.)	5:42.9	17:45.15	2
3 OPP, LAUREN	DORDT	5:47.9	18:00.81	3
4 HARKEMA, MERISSA	DORDT	5:52.7	18:15.81	4
5 BYL, KAYLA	DORDT	5:53.3	18:17.50	5
6 DE VRIES, ABBY	DORDT	5:53.6	18:18.33	6
7 BUIKEMA, RENEE	DORDT	5:54.1	18:20.14	7
8 BONNEMA, KATIE	DORDT	5:54.4	18:20.95	8
9 FLY, KAYLEE	MOUNT MARTY	5:54.8	18:22.22	9
10 JENKINS, GABI	NEBRASKA WESLEYAN	5:54.9	18:22.65	10
11 CUNNINGHAM, JESSICA	HASTINGS	5:56.7	18:28.02	11
12 SUGHROUE, JESSA	DOANE	5:57.1	18:29.39	12
13 KAUTZ, ERIN	NEBRASKA WESLEYAN	5:59.2	18:35.87	13
14 KRAL, JENNA	MORNINGSIDE	5:59.9	18:38.04	14
15 GILDERSLEEVE, DAWN	NORTHWESTERN (IOWA)	6:00.6	18:40.32	15

MEN'S TEAM SCORES

1	CONCORDIA (NEB.)-48
	TOTAL TIME: 2:07:38.23
	AVERAGE: 25:31.65
2	MORNINGSIDE -55
	TOTAL TIME: 2:07:58.48
	AVERAGE: 25:35.70
3	NEBRASKA WESLEYAN-75
	TOTAL TIME: 2:08:53.24
	AVERAGE: 25:46.65
4	DOANE- 84
	TOTAL TIME: 2:09:06.08
	AVERAGE: 25:49.22
5	DORDT-115
	TOTAL TIME: 2:10:15.82
	AVERAGE: 26:03.17
6	NORTHWESTERN (IOWA)-163
	TOTAL TIME: 2:12:09.48
	AVERAGE: 26:25.90
7	MOUNT MARTY-198
	TOTAL TIME: 2:14:37.21
	AVERAGE: 26:55.45
8	HASTINGS-224
	TOTAL TIME: 2:15:12.73
	AVERAGE: 27:02.55
9	MIDLAND- 261
	TOTAL TIME: 2:21:15.35
	AVERAGE: 28:15.07
10	DAKOTA WESLEYAN-298
	TOTAL TIME: 2:21:26.36
	AVERAGE: 28:17.28
11	BRIAR CLIFF- 299
	TOTAL TIME: 2:22:19.82
	AVERAGE: 28:27.97

WOMEN'S TEAM SCORES

1	DORDT- 25
	TOTAL TIME: 1:31:12.59
	AVERAGE: 18:14.52
2	CONCORDIA (NEB.)- 91
	TOTAL TIME: 1:32:17.67
	AVERAGE: 18:27.54
2	NEBRASKA WESLEYAN- 91
	TOTAL TIME: 1:33:42.81
	AVERAGE: 18:44.57
4	DOANE- 99
	TOTAL TIME: 1:34:03.96
	AVERAGE: 18:48.80
5	MORNINGSIDE- 131
	TOTAL TIME: 1:34:50.59
	AVERAGE: 18:58.12
6	HASTINGS- 159
	TOTAL TIME: 1:35:30.95
	AVERAGE: 19:06.19
7	NORTHWESTERN (IOWA)- 162
	TOTAL TIME: 1:35:26.20
	AVERAGE: 19:05.24
8	MOUNT MARTY - 186
	TOTAL TIME: 1:36:50.45
	AVERAGE: 19:22.09
9	MIDLAND- 219
	TOTAL TIME: 1:38:05.44
	AVERAGE: 19:37.09
10	DAKOTA WESLEYAN- 295
	TOTAL TIME: 1:45:17.75
	AVERAGE: 21:03.55
11	BRIAR CLIFF- 34
	TOTAL TIME: 1:52:24.40
	AVERAGE: 22:28.88



ALL TIME CROSS COUNTRY CHAMPIONS

SUMMARY OF MEN'S GPAC / NIAC CHAMPIONSHIPS

<u>YEAR</u>	<u>TEAM CHAMPION</u>	<u>RUNNER-UP</u>	<u>INDIVIDUAL CHAMPION</u>
NIAC Years			
1969	Doane (17)	NWU (47)	Ron Uarich - Doane
1970	Doane (33)	Concordia (44)	Dan Cloeter - Concordia
1971	Concordia (34)	NWU (48)	Dan Cloeter - Concordia
1972	Concordia (40)	NWU (43)	Dan Cloeter - Concordia
1973	Nebraska Wesleyan (45)	Doane (48)	Dan Cloeter - Concordia
1974	Nebraska Wesleyan (31)	Concordia (45)	Cliff Karthaus - NWU
1975	Doane (25)	Concordia (57)	Dave Cloeter - Concordia
1976	Nebraska Wesleyan (26)	Doane (29)	Bob Quick - NWU
1977	Nebraska Wesleyan (25)	Doane (39)	Jon Eggers - NWU
1978	Nebraska Wesleyan (28)	Doane (34)	Dale Bradley - NWU
1979	Doane (42)	NWU (56)	Kregg Einspahr - Concordia
1980	Midland (37)	Doane (45)	Kregg Einspahr - Concordia
1981	Midland (37)	NWU (40)	Kregg Einspahr - Concordia
1982	Midland (37)	NWU (40)	Brad Nick - Midland
1983	Midland (20)	NWU (52)	Brad Nick - Midland
1984	Nebraska Wesleyan (49)	Hastings (53)	Clint Hedges - Hastings
1985	Hastings (41)	Midland (57)	Clint Hedges - Hastings
1986	Midland (37)	NWU (51)	Shawn Wheelock - Doane
1987	Doane (41)	Midland (54)	Shawn Wheelock - Doane
1988	Nebraska Wesleyan (42)	Midland (53)	Andy Rinn - Midland
1989	Doane (34)	NWU (35)	John Early - NWU
1990	Midland (35)	NWU (48)	Gary Wasserman - NWU
1991	Nebraska Wesleyan (38)	Midland (52)	Gary Wasserman - NWU
1992	Hastings (44)	NWU (62)	Gary Wasserman - NWU
1993	Hastings (30)	NWU (41)	Jeff Novotny - Hastings
1994	Nebraska Wesleyan (36)	Hastings (38)	Sage Sarchet - Hastings
1995	Nebraska Wesleyan (43)	Dana (55)	Ben Sandy - Dana
1996	Dana (26)	Doane (38)	Ben Sandy - Dana
1997	Concordia (48)	Dana (53)	Brandon Seifert - Concordia
1998	Dana (38)	NWU (49)	Brandon Seifert - Concordia
1999	Nebraska Wesleyan (32)	Dana (65)	Brandon Seifert - Concordia
GPAC Years			
2000	Nebraska Wesleyan (22)	Dana (77)	Thor Esbenson - NWU
2001	Nebraska Wesleyan (22)	Concordia (70)	Mike Morgan -
2002	Nebraska Wesleyan (22)	Concordia (72)	Derek Fey - Dana
2003	Nebraska Wesleyan (28)	Concordia (35)	Andrew Walquist - Concordia
2004	Concordia (39)	NWU (45)	Andrew Walquist - Concordia
2005	Nebraska Wesleyan (23)	Concordia (55)	Levi Ashley - Nebraska Wesleyan
2006	Nebraska Wesleyan (37)	Doane (53)	Luka Thor - Concordia
2007	Nebraska Wesleyan (29)	Concordia (49)	Chris Dunker - Nebraska Wesleyan
2008	Nebraska Wesleyan (38)	Concordia (39)	Zach Meineke - Concordia
2009	Concordia (26)	Nebraska Wesleyan (72)	Zach Meineke - Concordia
2010	Nebraska Wesleyan (48)	Concordia (52)	Dana Schmidt - Concordia
2011	Nebraska Wesleyan (24)	Dordt (80)	Edwin Ronoh - Doane
2012	Concordia (48)	Morningside (55)	Colin Morrissey - Concordia

Summary of Women's GPAC / NIAC Championships

<u>YEAR</u>	<u>TEAM CHAMPION</u>	<u>RUNNER-UP</u>	<u>INDIVIDUAL CHAMPION</u>
NIAC Years			
1979	Midland (24)	Concordia (32)	Barb Fugate - Doane
1980	Midland (39)	Concordia (39)	Sharon Holthaus - Concordia
1981	Midland (36)	Doane (46)	Lynn Mack - Doane
1982	Midland (23)	Doane (49)	Amy Doerr - Midland
1983	Midland (25)	Doane (42)	Karla Christensen - Midland
1984	Midland (18)	Hastings (56)	Karla Christensen - Midland
1985	Doane (24)	Hastings (59)	Regan TenBensel - Doane
1986	Hastings (48)	Doane (56)	Karla Christensen - Midland
1987	Doane (43)	Concordia (54)	Yvonne Hollmann - Midland
1988	Midland (33)	NWU (59)	Yvonne Hollmann - Midland
1989	Midland (25)	NWU (37)	Amber Anderson - Midland
1990	Midland (46)	NWU (49)	Amber Anderson - Midland
1991	Midland (52)	NWU (65)	Amber Anderson - Midland
1992	Doane (17)	NWU (77)	Suzanne Weeder - Doane
1993	Doane (17)	Hastings (77)	Suzanne Weeder - Doane
1994	Doane (26)	Concordia (59)	Becky Stieb - Doane
1995	Concordia / Doane (58)	TIE	Christina Barber - Doane
1996	Doane (37)	NWU (48)	Christina Barber - Doane
1997	Nebraska Wesleyan (34)	Concordia (31)	Amy Luft - Concordia
1998	Nebraska Wesleyan (30)	Concordia (51)	Stacey Hain - Concordia
1999	Concordia (39)	NWU (47)	Mary Livengood - Doane
GPAC Years			
2000	Nebraska Wesleyan (49)	Concordia (55)	Mary Livengood - Doane
2001	Nebraska Wesleyan (36)	Hastings (43)	Gina Morgan - Nebraska Wesleyan
2002	Concordia (30)	Doane (64)	Molly Engel - Concordia
2003	Nebraska Wesleyan (32)	Concordia (35)	Molly Engel - Concordia
2004	Concordia (15)	NWU (75)	Molly Engel - Concordia
2005	Concordia/Nebraska Wesleyan (31)	TIE	Brittany Hubbard - Nebraska Wesleyan
2006	Nebraska Wesleyan (23)	Concordia (76)	Brittany Hubbard - Nebraska Wesleyan
2007	Nebraska Wesleyan (45)	Concordia (77)	Olivia Johnson - Northwestern
2008	Nebraska Wesleyan (65)	Concordia (89)	Jen Kempers - Dordt
2009	Nebraska Wesleyan (29)	Concordia (64)	Jackie Spelts - Nebraska Wesleyan
2010	Nebraska Wesleyan (38)	Morningside (78)	Michelle Steiger - Dordt
2011	Nebraska Wesleyan (28)	Concordia (84)	Hannah Kinberg - Nebraska Wesleyan
2012	Dordt (25)	Concordia/NWU (91)	Sarah Kortze - Concordia