

# LAKE ERIE COLLEGE

## 2009 CROSS COUNTRY RESULTS

	<b>Tiffin/Berg Invite Tiffin, Ohio Sept. 5</b>	<b>Ric Sayre Invitational Canton, Ohio Sept. 12</b>	<b>Edinboro Rag Relays Edinboro, Pa. Sept. 26</b>	<b>All-Ohio Championships Delaware, Ohio Oct. 2</b>	<b>Wilmington Fall Classic Wilmington, Ohio Oct. 16</b>	<b>Midwest Regional Parkside, Wisc. Nov. 7</b>
<b>MEN'S TEAM RESULTS</b>		<b>167 (6 of 7)</b>	<b>(4, 5 of 5)^</b>	<b>968 (33 of 38)</b>	<b>361 (13 of 26)</b>	
Kyle Griffith (Jr.)	20:00 (10)	27:06 (10)	19:37 (4)	28:55.6 (116)	26:51.81 (26)	
Zach Adams (So.)	23:10 (28)	31:57 (70)	21:42 (5)	29:36.7 (154)	30:47.11 (181)	
Craig Gerber (Fr.)	21:36 (23)	28:55 (35)	20:56 (5)	33:38.1 (247)	29:29.10 (136)	
David Gobrogge (Fr.)	22:38 (26)	31:13 (66)	21:14 (5)	32:52.3 (239)	31:17.09 (197)	
Cody Lancaster (Fr.)	20:14 (11)*	27:20 (18)*	19:22 (4)	29:36.7 (154)	27:02.25 (35)	
Devin O'Neill (Fr.)	21:10 (19)	28:34 (29)	20:13 (4)	31:44.1 (221)	28:05.40 (72)	

\* competed unattached

^ Edinboro Relay teams consisted of Griffith, Lancaster and O'Neill (60:12) and Adams, Gerber, and Gobrogge (63:52)

<b>WOMEN'S TEAM RESULTS</b>		<b>171 (7 of 8)</b>	<b>(2, 3, 4 of 4)^</b>	<b>1169 (38 of 42)</b>	<b>442 (16 of 25)</b>	
Rachel Hanzak (Jr.)	14:57 (28)	25:21 (75)	21:09 (4)	DNC	24:47.00 (204)	
Rachel Nypaver (Jr.)	11:44 (4)	21:58 (48)	20:00 (3)	24:56.3 (266)	21:42.92 (109)	
Sandi Nypaver (Jr.)	DNC	DNC	18:26 (4)	DNC	21:47.30 (115)	
Carrie Crews (So.)	12:16 (8)	21:27 (43)	18:39 (2)	22:43.2 (204)	21:24.01 (87)	
Valerie DeCassin (So.)	13:58 (25)	24:39 (70)	20:31 (4)	DNC	DNC	
Kyle Herron (So.)	13:00 (19)	22:12 (53)	19:24 (3)	24:23.1 (254)	22:38.60 (150)	
Allison Wright (So.)	12:04 (6)	21:17 (40)	18:02 (2)	23:28.6 (230)	21:03.42 (67)	
Leah Jones (Fr.)	12:15 (7)	21:33 (45)	18:46 (2)	23:07.7 (217)	22:26.42 (144)	
Ember Ryan (Fr.)	14:12 (26)	26:21 (80)	DNC	DNC	DNC	
Sammie Smith (Fr.)	12:16 (9)	DNC	18:59 (3)	25:51.4 (264)	22:07.09 (130)	

\* competed unattached

^ Edinboro Relay teams consisted of Crew, Jones and Wright (55:21); Herron, R. Nypaver, and Smith (58:26)anHanzak, S. Nypaver , and DeCassin (60:26)

**DISTANCES:** All races are 5,000 meters for women and 8,000 meters for men except Tiffin/Berg (3K women/6K men), Rag Relays (3-runner 1,500-meter team relay format) and NCAA Regional (6K women/10K men).



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