

## Griewisch Qualifies for Nationals

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Kate Griewisch of Banner Elk (and Avery High School), and currently a junior at Lenior Rhyne University (a Division II school in Hickory, NC), has qualified for the Division II National Championships in Albuquerque, New Mexico. Griewisch earned her trip to New Mexico by winning the 5,000-meter run at the Tyson Indoor Invitational Friday night at the University of Arkansas in Fayetteville. She finished the race in 16:45, besting the field by six seconds. Terry Phillips of Missouri State finished second in 16:51.

Griewisch is a two-time All-America in women's cross country (2009 and 2010), and she qualified for the outdoor track and field championships in the 10,000-meter run last spring. She is also a two-time Southeast Regional Champion. She has won the NCAA Division II Cross Country Southeast Regional race the last two years (2009-10). She has also won the South Atlantic Conference Championship.

She is a three-time First-Team All-SAC honoree (2008-10), and she has been named a two-time South Atlantic Conference Women's Cross Country Scholar-Athlete Of The Year (2009 and 2010).. The national championships in Albuquerque will be held March 11-12.