

## **Griewisch Earns Academic All-District Honors**

Written by LRU Sports Information  
Saturday, 04 June 2011 15:56

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Lenoir-Rhyne University's Kate Griewisch has been named to the 2011 Capital One Academic All-District III College Division First Team for Women's Track and Field & Cross Country as selected by CoSIDA (College Sports Information Directors of America).

Griewisch, a junior from Banner Elk, N.C., is the first athlete of any gender in Lenoir-Rhyne history to earn All-American honors in two different sports (cross country & outdoor track and field).

In May, Griewisch ran a school-record 34:21 to finish sixth out of 18 runners in the women's 10,000-meter finals at the 2011 NCAA Division II Outdoor Track and Field National Championships in Turlock, Calif., en route to All-American accolades.

Griewisch holds several other school records in track and field as well - 1,500-meters (4:41), 5,000-meters (17:01) and the indoor 5K (16:45) - and was one place off of earning All-American honors in the women's 5,000-meter run at the D-II Indoor Track and Field National Championships in March in Albuquerque, N.M.

Griewisch is also a two-time All-American in women's cross country (2009 and 2010) and has won the past two NCAA Division II Women's Cross Country Southeast Regional races.

A three-time All-South Atlantic Conference Women's Cross Country First-Team honoree (2008-10), Griewisch finished first at the 2009 league championship race.

Griewisch, a biology major with a 3.81 grade point average, earned Academic All-District accolades for the second straight year and was named the 2009 and 2010 South Atlantic Conference Women's Cross Country Scholar-Athlete Of The Year.

The Academic All-District® teams include student-athletes from eight geographic districts across the United States and Canada. The University Division team includes NCAA Division I participants, while the College Division team combines NCAA Division II, NCAA Division III, NAIA, Canadian and two-year schools.

First-team Academic All-District® honorees advance to the Capital One Academic All-America® Team ballot, where first-, second- and third-team All-America honorees will be selected later this month.

2011 Capital One Academic All-District III  
College Division First Team

## **Women's Track and Field/Cross Country**

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Ashley Allen, LYNCHBURG, Sr., Richmond, Va., 3.96, Athletic training  
Whitney Bishoff, ANDERSON, Jr., Winder, Ga., 4.00, Education  
Kelly Fauth, VIRGINIA WESLEYAN, Jr., Monrovia, Md., 3.89, Sociology/Religious Studies  
Tess Gallegos, EMORY, Jr., Kennesaw, Ga., 3.80, Anthropology/Psychology  
**Kate Griewisch, LENOIR-RHYNE, Jr., Banner Elk, N.C., 3.81, Biology**  
Lindsay Lippencott, WINGATE, So., Forest Hill, Md., 4.00, Biology  
Laura McKnight, FLAGLER, Jr., Jupiter, Fla., 3.96, History/Pre-Law  
Christina Rhodes, BRIDGEWATER, Sr., Dayton, Va., 4.00, Liberal Studies  
Lauren Schultz, WASHINGTON & LEE, So., Hopkinton, Mass., 3.94, Geology  
Kristyn Zeiler, METHODIST, Sr., Lutherville, Md., 4.00, Biology