

## **LRU Cross Country Regionally Ranked**

Written by LRU Sports Information  
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The Lenoir-Rhyne Men's and Women's Cross Country Teams are ranked seventh and fourth, respectively, in the 2011 NCAA Division II USTFCCA Southeast Region Preseason Polls.

USTFCCA is the United States Track and Field and Cross Country Coaches Association. Queens is ranked first in both the men's and women's rankings.

The L-R men's squad is coming off a second-place finish in last year's South Atlantic Conference Championship and is picked third in this season's conference preseason poll.

Three Bears earned all-league preseason honors including senior Jakob Maidens (Lebanon, Va.), who is a two-time All-SAC First-Team runner (2008 and 2010).

The Lenoir-Rhyne Women's Cross Country Team also finished second in last season's league race after winning back-to-back conference titles in 2008 and 2009. L-R was picked second in the league preseason poll behind Anderson.

Four runners earned all-league preseason accolades for the Bears highlighted by senior Kate Griewisch (Banner Elk, N.C.).

Griewisch, a 2009 and 2010 NCAA Division II Women's Cross Country All-American, finished second in the SAC Championship last fall after winning the race in 2009.

Griewisch is also a three-time All-SAC First-Team honoree (2008-10) and is the two-time defending Southeast Regional Champion.

Both squads open the season on Friday, September 2, at the Eye Opener Invitational in Spartanburg, S.C., beginning at 7 p.m. The Bears will host the Lenoir-Rhyne Invitational the following Saturday, September 10, at Southside Park in Newton, N.C., at 9 a.m.

## **2011 USTFCCA NCAA Division II**

### **Southeast Region Preseason Polls**

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### **MEN**

1. Queens
2. King
3. UNC Pembroke
4. Columbus State
5. Mars Hill
6. Mount Olive
- 7. Lenoir-Rhyne**
8. Clayton State
9. Georgia College & State
10. Anderson

### **WOMEN**

1. Queens
2. King
3. Anderson
- 4. Lenoir-Rhyne**
5. Augusta State
6. Clayton State
7. UNC Pembroke
8. Georgia College & State
9. Mount Olive
10. Wingate