Written by Megan Samassa
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Appalachian State University women's cross country team competed in its last home meet of the 2012 slate this afternoon at Don Kennedy Fields. The underclassman had a chance to lead the Mountaineers at the Blue Ridge Open this

afternoon, as the Apps upperclassman are headed to Louisville, Ky. for Pre-Nationals on Saturday, October 13.

Freshman Dana Cox led the way for the Black and Gold as she finished 21st overall with an 18:44.85 and Shelby Williams followed close behind crossing the line 23rd overall with an 18:46.71. Jenna Williamson and Meaghan McCauley brought home third and fourth place finishes for Appalachian as Williamson clocked an 18:54.28 for a 26th overall finish and McCauley crossed the line 27th overall with an 18:55.12.

Freshman Samantha Campanaro rounded out the scoring for the Mountaineers as she crossed the line with an 18:59.04 for a 32nd overall finish. Appalachian State tied for fourth with VMI as both teams scored 115 points. Wake Forest took home a first place finish behind junior Nicole Irving who led the field of 121 runners, while Belmont came in second with 78 points and High Point finished third with 94 points.

The Apps will return to action Saturday, Oct. 13 when they compete at Pre-Nationals in Louisville, Ky. The Mountaineers enter the race ranked No. 8 in the Southeast region and are off to the best start they have seen in 10 years. The meet is scheduled to start at 10 a.m.

The men's cross country team took home a fourth place finish at the Blue Ridge Open this afternoon. Senior Michael Lilley paced the Mountaineers as he finished 11th overall with a personal-best 25:00.62, while Josh Cox followed behind with a 20th overall finish crossing the line with a personal-best, 25:09.20.

Mitch McLeod took home a third place finish for the Black and Gold and a 33rd overall finish as he clocked a 25:21.72, followed closely by Brian Graves who scored his first points for the Apps this season, finishing 36th overall with a 25:26.18. James Howard-Smith notched points for Appalachian for his second straight meet as he finished 39th overall with a 25:28.54.

Appalachian State finished fourth overall in a field of 16 teams, scoring 110 points on the afternoon. Wake Forest took home the first place finish with 31 points, while George Mason came in second with 43 points and East Tennessee State finished third with a 107 points.

Appalachian Stat will be back in action on Saturday, Oct. 27 when they travel to Mt. Pleasant, S.C. to compete for its 15th Southern Conference title. The Mountaineers will look to win its first title since its six-year reign ended in 2010. The meet is slated to start at 10 a.m.

Photo Courtesy: Dana Cox, ASU Athletics