

## Griewisch Earns All-Region In Three Events

Written by Staff Reports  
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Eight members of the Lenoir-Rhyne University Men's and Women's Indoor Track and Field Teams have earned 2011-12 USTFCCCA NCAA Division II All-Southeast Region honors. USTFCCCA is the

United States Track and Field and Cross Country Coaches Association.

Four student-athletes on the men's side for the Bears earned all-region accolades while the women's team placed four on the All-Southeast Region squad as well.

Senior James Pone (Wilson, N.C.) and freshman Jarrod Spears (Bunnlevel, N.C.) were named to the all-region team in the men's 60-meter dash while freshman Daryel Morris (Rome, Ga.) and sophomore Aaron Nelson (Mayodan, N.C.) earned the honor in the men's 200-meter dash and men's pole vault, respectively.

For the Lenoir-Rhyne women, sophomores Alyse Childress (Brevard, N.C.) and Elizabeth Chaffee (Winston-Salem, N.C.), freshman Alyson Brenner (Lexington, N.C.) and senior Kate Griewisch (Banner Elk, N.C.) were all part of the distance medley relay team that picked up all-region laurels.

Griewisch also earned all-region accolades in two other events: the women's one-mile run and the women's 5,000-meter run.

Griewisch holds the school record in both events and will compete in the women's 5K at the 2012 NCAA Division II Indoor Track and Field National Championships on March 9-10 in Mankato, Minn., at the Myers Fieldhouse.

Griewisch will be competing in the finals for the second straight year. Last season, Griewisch finished ninth nationally in the women's 5,000-meter race.

Lenoir-Rhyne opens the outdoor portion of its track and field schedule when it hosts the PowerSox Invitational on Saturday at the Irwin Belk Track as part of the Moretz Sports - Athletic Complex.

Photo Courtesy: Kate Griewisch, LRU Athletics