

Griewisch Named Southeast Region Women's Athlete Of Year AGAIN!

Written by Staff Reports

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Lenoir-Rhyne's Kate Griewisch has been named the USTFCCA NCAA Division II Indoor Track and Field Women's Athlete Of The Year for the Southeast Region. USTFCCA is the United States Track and Field and

Cross Country Coaches Association. Griewisch, a senior from Banner Elk, N.C., wins the award for the second consecutive year.

Griewisch will run in the women's 5,000-meter finals race this weekend at the 2012 NCAA Division II Indoor Track and Field National Championships in Mankota, Minnesota at the Myers Field House. The race is scheduled to start at 6:05 p.m., local time on Saturday.

Griewisch is competing in the finals in the indoor 5K for the second straight year. In 2011, Griewisch finished ninth overall and was one place away from earning All-American honors. This indoor season, Griewisch broke the school record in both the 5,000-meter run (16:44) and the one-mile run (5:03.20). Griewisch's mile run is also the top time in the Southeast Region this season.

Griewisch has earned NCAA Division II All-American honors three times in women's cross country (2009-11) and once in outdoor track and field (2011).

Griewisch finished fourth out of 186 competitors at this year's women's cross country national championship race in Spokane, Wash., and sixth in the 10,000-meter women's finals at the 2011 D-II Outdoor Track and Field National Championships in Turlock, Calif., with a school-record 34:21.

In addition, Griewisch was named the USTFCCA Southeast Region Women's Athlete Of The Year for D-II Outdoor Track and Field for her efforts as well last spring.

Photo Courtesy: Kate Griewisch, LRu Athletics