



# 2017 CROSS COUNTRY

#ACCXC | @ACCTRACKFIELD



Thursday, September 7, 2017

## Atlantic Coast Conference

Cross Country Contact: Steve Phillips  
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### HEAD COACHES

Boston College.....	Men's - Matt Kerr
	Women's - Randy Thomas
Clemson.....	Mark Elliott
Duke.....	Men's - Norm Ogilvie
	Women's - Rhonda Riley
Florida State.....	Men's - Bob Braman
	Women's - Kelly Phillips
Georgia Tech.....	Alan Drosky
Louisville.....	Dale Cowper
Miami.....	Amy Deem
North Carolina.....	Mark VanAlstyne
NC State.....	Men's - Rolлие Geiger
	Women's - Laurie Henes
Notre Dame.....	Alan Turner
Pittsburgh.....	Alonzo Webb
Syracuse.....	Chris Fox
Virginia.....	Men's - Pete Watson
	Women's - Todd Morgan
Virginia Tech.....	Ben Thomas
Wake Forest.....	Men's - John Hayes
	Women's - Michelle Chewins

### SPORT CONTACTS

Boston College.....	Emily Iannaconi iannacone@bc.edu
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Louisville.....	Kim Pemberton kimp@gocards.com
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Syracuse.....	Tyler Cady tpcady@syr.edu
Virginia.....	Stephanie Withey withey@virginia.edu
Virginia Tech.....	Jimmy Robertson jrob@vt.edu
Wake Forest.....	Erin Meyer meyerek@wfu.edu

## Men's Performers of the Week Nahom Solomon, Georgia Tech Yared Nuguse, Notre Dame

Solomon earned ACC Men's Performer of the Week accolades after he helped Georgia Tech to a sweeping victory at the Jacksonville State Opener by leading the 5K pack – of other Yellow Jackets – by 22 seconds, finishing in first with a 4:49.1 average mile pace for a 14:58.10 finish. Georgia Tech finished with an impressive 15 points to take first place overall – a full 28 points lower than the next school.

Nuguse, the ACC Men's Freshman of the Week, led Notre Dame in his collegiate debut, racing to first place (18:09.3) in the 6K at the Crusader Open on Friday. The Fighting Irish recorded their second straight perfect score at the Crusader Open.

## Women's Performers of the Week Militsa Mircheva, Florida State Michaela Reinhart, Duke

ACC Women's Performer of the Week Mircheva was a winner in her Florida State cross country debut, racing to a 31-second margin of victory at the Covered Bridge Open 5K in 16:53.29. Mircheva led the Seminole women to a runaway victory as FSU placed seven runners in the top 15 to easily defeat host Appalachian State (68 pts), the 2016 Sun Belt Conference champions. The junior from Dobrich, Bulgaria, was also named the USTFCCCA Division I National Women's Athlete of the Week.

Duke's Reinhart was named the ACC Freshman of the Week after she finished in second place at the Bull City classic with a time of 13:47 in the 4K race.



## Men's Upcoming Schedule

- Friday, Sept. 8**  
 Harry Groves Spiked Shoe Invitational (Syracuse, Pittsburgh)  
 Miami Duals - canceled
- Saturday, Sept. 9**  
 John McNichols Invitational (Louisville)  
 UGA Invitational (Georgia Tech)  
 Furman Invitational (Clemson)

## Women's Upcoming Schedule

- Friday, Sept. 8**  
 Harry Groves Spiked Shoe Invitational (Syracuse, Pittsburgh)  
 Miami Duals - canceled
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## ACC Men's Performers of the Week

September 6 Nahom Solomon, Georgia Tech

## ACC Women's Performers of the Week

September 6 Militsa Mircheva, Florida State

## ACC Freshman of the Week - Men's

September 6 Yared Nuguse, Notre Dame

## ACC Women's Performers of the Week

September 6 Michaela Reinhart, Duke

## USTFCCCA National Athletes of the Week

WOMEN  
September 5 Militsa Mircheva, Florida State

## ACC Men's Individual Champions

<b>CJ Ambrosio, Duke</b> Bull City Classic (6k)	S1
<b>Kevin James, Syracuse</b> Harry Lang Invitational (6.4k)	S2
<b>Andrew Goldman, Virginia Tech</b> Hokie Invite (6k)	S1
<b>Ari Klau, Virginia</b> Virginia Duals (4k)	S1
<b>Albert Kosgei, Louisville</b> Tennessee Duals (6.4k)	S1
<b>Nathan Kuck, Miami</b> FAU Invitational (5k)	S1
<b>Jackson Morton, Pitt</b> Duchesne Duals (8k)	S2
<b>Yared Nuguse, Notre Dame</b> Crusader Open (6k)	S2
<b>Nahom Solomon, Georgia Tech</b> Jacksonville State Invitational (5k)	S2

## ACC Women's Individual Champions

<b>Amanda Beach, Duke</b> Bull City Classic (4k)	S1
<b>Elizabeth Dawson, Clemson</b> Carolina Challenge (5k)	S2
<b>Ashbrook Gwinn, Boston College</b> Harvard Duals (3k)	S1
<b>Kelly Hayes, Pitt</b> Duchesne Duals (5k)	S2
<b>Katie Kennedy, Virginia Tech</b> Hokie Invite (4k)	S1
<b>Militsa Mircheva, Florida State</b> Covered Bridge Invitational (5k)	S1
<b>Amy Ruiz, Georgia Tech</b> Jacksonville State Open (4k)	S1
<b>Frances Schmiede, Virginia</b> Virginia Duals (4k)	S1
<b>Dorcas Wasike, Louisville</b> Tennessee Duals (5k)	S1

## USTFCCCA National Rankings (8.29.17)

### MEN

1	Northern Arizona (7)
2	Stanford (3)
3	<b>Syracuse (1)</b>
4	Arkansas
5	Colorado (1)
6	BYU
7	Wisconsin
8	Iona
9	Oregon
10	Oklahoma State
11	Washington State
12	Iowa State
13	<b>Virginia</b>
14	Portland
15	Southern Utah
16	Georgetown
17	Furman
18	Colorado State
18	Ole Miss
20	Tulsa
21	Middle Tennessee
22	Eastern Michigan
23	Michigan State
24	Boise State
25	UCLA
26	<b>Virginia Tech</b>
27	Illinois
28	<b>NC State</b>
29	Columbia
30	Texas

### WOMEN

1	Colorado (8)
2	Oregon (2)
3	Michigan (2)
4	New Mexico
5	Stanford
6	<b>NC State</b>
7	Providence
8	<b>Notre Dame</b>
9	BYU
10	San Francisco
11	Penn State
12	Arkansas
13	Washington
14	Wisconsin
15	Missouri
16	Michigan State
17	Eastern Michigan
18	Ole Miss
19	Boise State
20	Villanova
21	Oklahoma State
22	Utah
23	Mississippi State
24	Minnesota
25	Harvard
26	Georgetown
26	Iowa State
28	<b>Louisville</b>
29	Air Force
30	Yale

*First-place votes in parenthesis*

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## Men's Results & Schedule

<b>Boston College</b>		<b>Finish</b>	<b>Opp Ranked</b>	<b>Team Champ</b>	<b>BC Total</b>	<b>Lead</b>	<b>Distance &amp; Top Time</b>	<b>BC Individuals</b>
Sept. 1	BC Dual	2nd of 2	-	Harvard	31	(7)	6k (15:54) 3- Ben Ruffing (15:88)	4-Kyle Faddis (16:05)
<b>Clemson</b>		<b>Finish</b>	<b>Opp Ranked</b>	<b>Team Champ</b>	<b>CU Total</b>	<b>Lead</b>	<b>Distance &amp; Top Time</b>	<b>CU Individuals</b>
Sept. 2	Carolina Challenge	1st of 10	-	Clemson	20	(53)	5k (15:22) 3-Andrew Emery (15:57)	4-John Ward (15:59)
<b>Duke</b>		<b>Finish</b>	<b>Opp Ranked</b>	<b>Team Champ</b>	<b>DU Total</b>	<b>Lead</b>	<b>Distance &amp; Top Time</b>	<b>DU Individuals</b>
Sept. 1	Bull City Classic	1st of 3	-	Duke	15	(50)	6k (18:07) 1-CJ Ambosio (18:07)	2-Paul Dellinger (18:10)
<b>Florida State</b>		<b>Finish</b>	<b>Opp Ranked</b>	<b>Team Champ</b>	<b>FSU Total</b>	<b>Lead</b>	<b>Distance &amp; Top Time</b>	<b>FSU Individuals</b>
Sept. 2	Covered Bridge Open	1st of 11	-	Florida State	43	+4	8K (25:52) 2-David Barney (26:02)	5-Bryson Kelley (26:14)
<b>Georgia Tech</b>		<b>Finish</b>	<b>Opp Ranked</b>	<b>Team Champ</b>	<b>GT Total</b>	<b>Lead</b>	<b>Distance &amp; Top Time</b>	<b>GT Individuals</b>
Sept. 1	Jacksonville State Open	1st of 7	-	Georgia Tech	15	+38	5k (14:58) 1-Nahom Solomon (14:58)	2-Matthew Munns (15:20)

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## Men's Results & Schedule

<b>Louisville</b> Sept. 2	Tennessee Dual	Finish 2nd of 2	Opp Ranked -	Team Champ Tennessee	UL Total 35	Lead (13)	Distance & Top Time 6.4K (20:17)	1-Albert Kosgei (20:17)	UL Individuals 7-Daniel Fleace (20:54)
<b>Miami</b> Sept. 1	FAU Invitational	Finish 1st of 5	Opp Ranked -	Team Champ Miami	UM Total 37	Lead +10	Distance & Top Time 5k (15:18)	1-Nathan Kuck (15:18)	UM Individuals 2-Sean Grossman (15:39)
<b>North Carolina</b> Sept. 2	Elon Opener	Finish 2nd of 10	Opp Ranked -	Team Champ Campbell	UNC Total 44	Lead (22)	Distance & Top Time 6k (18:03)	5-Mitch Resor (18:30)	UNC Individuals 7-Logan Carroll (18:45)
<b>NC State</b> Sept. 15	Adidas XC Challenge	Finish	Opp Ranked	Team Champ	NCS Total	Lead	Distance & Top Time		NCS Individuals
<b>Notre Dame</b> Sept. 1	Crusader Open	Finish 1st of 4	Opp Ranked -	Team Champ Notre Dame	ND Total 15	Lead +32	Distance & Top Time 6k (18:09)	1-Yared Nuguse (18:09)	ND Individuals 2-Ryan Schweizer (18:14)

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## Men's Results & Schedule

<b>Pittsburgh</b>											
Sept. 2	Duquesne Duals	Finish 2nd of 5	Opp Ranked -	Team Champ Duquesne	Pitt Total 35	Lead (1)	Distance & Top Time 8k (26:09)	1-Jackson Morton (26:09)	2-Sebastian Curtin (26:12)	<b>Pitt Individuals</b>	
<b>Syracuse</b>											
Sept. 2	Harry Lang Invitational	Finish 1st of 3	Opp Ranked -	Team Champ Syracuse	SU Total 16	Lead +25	Distance & Top Time 6.4K (20:35)	1-Kevin James (20:35)	2-Dominic Hockenbury (20:36)	<b>SU Individuals</b>	
<b>Virginia</b>											
Sept. 1	Virginia Duals	Finish 1st of 3	Opp Ranked -	Team Champ Virginia (2-0)	UVa Total duals	Lead -	Distance & Top Time 4k (12:20)	1-Ari Klau (12:20)	2-Matthew Novak (12:21)	<b>UVA Individuals</b>	
<b>Virginia Tech</b>											
Sept. 2	Hokie Invite	Finish 1st of 6	Opp Ranked -	Team Champ Concord	VT Total N/A	Lead N/A	Distance & Top Time 6k (18:31)	1-Andrew Goldman (18:31)	2-Andrew Eason (18:33)	<b>VT Individuals</b>	
<b>Wake Forest</b>											
Sept. 1	Bull City Classic	Finish 2nd of 3	Opp Ranked -	Team Champ Duke	WF Total 50	Lead (35)	Distance & Top Time 6k (18:07)	10-John Archie (19:54)	11-Robbie Barr (19:54)	<b>WF Individuals</b>	

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## Women's Results & Schedule

<b>Boston College</b>		<b>Finish</b>	<b>Opp Ranked</b>	<b>Team Champ</b>	<b>BC Total</b>	<b>Lead</b>	<b>Distance &amp; Top Time</b>	<b>BC Individuals</b>
Sept. 1	BC Duals	1st of 2	-	Boston College-15	15	(+35)	3k (10:23) 1-Ashbrook Gwinn (10:23)	2-Lauren White (10:26)
<b>Clemson</b>		<b>Finish</b>	<b>Opp Ranked</b>	<b>Team Champ</b>	<b>CU Total</b>	<b>Lead</b>	<b>Distance &amp; Top Time</b>	<b>CU Individuals</b>
Sept. 2	Carolina Challenge	2nd of 10	-	South Carolina	42	(13)	5k (18:25) 1-Elizabeth Dawson (18:25)	2-Marketa Marcanikova (18:31)
<b>Duke</b>		<b>Finish</b>	<b>Opp Ranked</b>	<b>Team Champ</b>	<b>DU Total</b>	<b>Lead</b>	<b>Distance &amp; Top Time</b>	<b>DU Individuals</b>
Sept. 1	Bull City Classic	1st of 3	-	Duke	15	(37)	4k (13:47) 1-Amanda Beach (13:47)	2-Micahela Reinhart (13:47)
<b>Florida State</b>		<b>Finish</b>	<b>Opp Ranked</b>	<b>Team Champ</b>	<b>FSU Total</b>	<b>Lead</b>	<b>Distance &amp; Top Time</b>	<b>FSU Individuals</b>
Sept. 2	Covered Bridge Open	1st of 12	-	Florida State	25	+43	5k (16:53) 1-Militsa Mircheva (16:53)	3-Megan Mooney (17:32)
<b>Georgia Tech</b>		<b>Finish</b>	<b>Opp Ranked</b>	<b>Team Champ</b>	<b>GT Total</b>	<b>Lead</b>	<b>Distance &amp; Top Time</b>	<b>GT Individuals</b>
Sept. 1	Jacksonville State Open	1st of 9	-	Georgia Tech	+34	-	4k (14:20) 1-Amy Ruiz (14:20)	2-Haley Anderson (14:40)

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## Women's Results & Schedule

<b>Louisville</b>		<b>Finish</b>	<b>Opp</b>	<b>Team Champ</b>	<b>UL Total</b>	<b>Lead</b>	<b>Distance &amp; Top Time</b>	<b>UL Individuals</b>
Sept. 2	Tennessee Dual	1st of 2	-	Louisville	18	+23	5k (17:26) 1-Dorcas Wasike (17:26)	2-Aurilla Wilson (17:31)

<b>Miami</b>		<b>Finish</b>	<b>Opp</b>	<b>Team Champ</b>	<b>UM Total</b>	<b>Lead</b>	<b>Distance &amp; Top Time</b>	<b>UM Individuals</b>
Sept. 2	FAU Invitational	2nd of 6	-	FAU	35	(15)	5k (17:49) 2-Maryam Jawid (18:08)	4-Anne Den Otter (18:46)

<b>North Carolina</b>		<b>Finish</b>	<b>Opp</b>	<b>Team Champ</b>	<b>NC Total</b>	<b>Lead</b>	<b>Distance &amp; Top Time</b>	<b>UNC Individuals</b>
Sept. 2	Elon Opener	2nd of 12	-	Elon	62	(22)	4k (14:19) 5-Mady Clahane (14:47)	10-Erin Edmundson (14:52)

<b>NC State</b>		<b>Finish</b>	<b>Opp</b>	<b>Team Champ</b>	<b>NCS Total</b>	<b>Lead</b>	<b>Distance &amp; Top Time</b>	<b>NCS Individuals</b>
Sept. 15	Adidas XC Challenge							

<b>Notre Dame</b>		<b>Finish</b>	<b>Opp</b>	<b>Team Champ</b>	<b>ND Total</b>	<b>Lead</b>	<b>Distance &amp; Top Time</b>	<b>ND Individuals</b>
Sept. 1	Crusader Open	2nd of 4	-	Purdue	40	(7)	5k (16:47) 2-Annasophia Keller (17:14)	5-Kaitlin Frei (17:37)

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## Women's Results & Schedule

<b>Pittsburgh</b>		<b>Finish</b>	<b>Opp Ranked</b>	<b>Team Champ</b>	<b>Pitt Total</b>	<b>Lead</b>	<b>Distance &amp; Top Time</b>	<b>Pitt Individuals</b>
Sept. 2	Duquesne Duals	1st of 6	-	Pitt	24	+8	5k (17:59) 1-Kelly Hayes (17:59)	2-Miranda Salvo (18:24)
<b>Syracuse</b>		<b>Finish</b>	<b>Opp Ranked</b>	<b>Team Champ</b>	<b>SU Total</b>	<b>Lead</b>	<b>Distance &amp; Top Time</b>	<b>SU Individuals</b>
Sept. 2	Harry Lang Invitational	1st of 3	-	Syracuse	25	+25	4.8K (16:56) 2-Madeleine Davison (17:07)	4-Rachel Bonner (17:33)
<b>Virginia</b>		<b>Finish</b>	<b>Opp Ranked</b>	<b>Team Champ</b>	<b>UVa Total</b>	<b>Lead</b>	<b>Distance &amp; Top Time</b>	<b>UVA Individuals</b>
Sept. 1	Virginia Duals	2nd of 4	-	Virginia (2-1)	duals	-	4k (14:19) 1-Frances Schmiede (14:19)	3-Beth Hawling (14:29)
<b>Virginia Tech</b>		<b>Finish</b>	<b>Opp Ranked</b>	<b>Team Champ</b>	<b>VT Total</b>	<b>Lead</b>	<b>Distance &amp; Top Time</b>	<b>VT Individuals</b>
Sept. 2	Hokie Invite	1st of 5	-	Virginia Tech-15	15	+65	4k (14:53) 1-Katie Kennedy (14:53)	2-Kayla Richardson (14:54)
<b>Wake Forest</b>		<b>Finish</b>	<b>Opp Ranked</b>	<b>Team Champ</b>	<b>WF Total</b>	<b>Lead</b>	<b>Distance &amp; Top Time</b>	<b>WF Individuals</b>
Sept. 2	Bull City Classic	2nd of 3	-	Duke	52	(37)	4k (13:47) 8-Kathryn Kenwood (14:21)	13-Jenna Truedson (14:31)