

SOUTHWESTERN COLLEGE/NAIA MID-STATES CLASSIC

Sat., Oct. 24, 2009

The SC/NAIA Mid-States Classic has become one of the biggest and best predominantly NAIA invitationals in the country, and this year's version featured 27 teams from Kansas, Oklahoma, Texas, Colorado, Missouri, and Nebraska. Several nationally ranked teams were in the field, and 215 men and 171 women finished the races. After having our best quality workout of the season earlier in the week we knew we were ready for our best performance of the year, and then the flu bug hit our team. 5 members of our men's team and 2 of our women were sick during the week, and although most lined up and raced on Saturday, they were nowhere near full strength. We now have a week off from competition in preparation for the KCAC Championships on Nov. 7, and we will need to get everyone healthy during that time in order to have a chance to be at our best in the conference championship meet.

Amy Pierson has led our women's team in every meet this season, and she continued her outstanding junior year with a 2nd place finish in 18:27, her career 2nd fastest time, 1:39 faster and 51 places higher than last year in this meet. Jennifer Hendrixson was our #2 finisher for the 2nd straight meet, running a career personal best 20:14 to place 44th. Sydnee Nelson competed very well again and finished close behind Jennifer in 46th (20:19). Alyssa Carter is coming back well from her injury, and ran a season's best 20:50 in 63rd place. Erica Dunigan, Mychala Money, and Larrissa Vasquez finished 70th, 71st, and 106th to round out our top 7, and Arely Smith struggled after having the flu earlier in the week.

Andrew Topham has been all about quality and excellence from the day he arrived on our campus, and he led our team with another great home meet last Saturday. He finished 6th in the field of 215 runners with a 25:43, his 5th fastest time in 3 seasons. Frank Adelman, Carrington Crum, Zack Conroy, and Tanner McNinch all had the flu and were not at full strength, and Conner Drendel was sick early in the week but had recovered more quickly than the others. Of those who were healthy, Andrew, Conner, and Jimmy Bryant all ran faster times than last year in this meet, and freshman Clint Kessler ran a personal best 27:09. It was unfortunate that due to the flu we were not able to perform as a team like we were ready to, but now we are looking forward to getting back on track and ready to go on Nov. 7.