

# ALABAMA

ANTIBAHS **KOSGEI**

ALABAMA

ALABAMA

HANNAH **WAGGONER**

**2016 CROSS COUNTRY**



**MEDIA SERVICES**

**MEDIA SERVICES/CREDENTIALS**

Up-to-date release packages containing statistics, season results, performance lists and notes are provided to the media as requested. Those wishing to cover Alabama cross country should contact via e-mail Todd Bell (tbell@ia.ua.edu) to request credentials and/or available parking for home meets. Head coach Dan Waters and select student-athletes typically are available 10 minutes after the conclusion of their respective races.

**INTERNET**

Information about University of Alabama athletics can be found online at RollTide.com. For information about the Crimson Tide cross country program, select track & field/cross country under the sports drop-down menu on the home page.

**INTERVIEWS**

Interviews with head coach Dan Waters and all student-athletes should be arranged through Todd Bell. Availability for Waters and student-athletes varies due to training and travel schedules. However, Monday through Wednesday typically are the best days to speak with them during the week.

**UA ATHLETICS FTP**

Links to download footage for broadcast television use only will be emailed when footage is made available. Throughout the season, video features on the cross country team will be made available on RollTide.com. For questions, please contact Christopher England by e-mail at cengland@ia.ua.edu.

**CREDITS**

The 2016 University of Alabama Cross Country Media Guide was produced by the staff of the UA Athletics Communications Office. The publication was written and edited by Todd Bell with editorial assistance from Douglas Walker and Nate Sheehan. Photography by UA Athletics Photography Department. Special thanks to the Crimson Tide coaching staff and Erin Hill for the cover designs. Copyright 2016 by the Board of Trustees of The University of Alabama. "Roll Tide", "Crimson Tide", "Bama" and the primary and secondary logos are registered trademarks of The University of Alabama.

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**UNIVERSITY INFORMATION**

Location: Tuscaloosa, Ala.  
 Enrollment: 37,100  
 Founded: April 12, 1831  
 Nickname: Crimson Tide  
 Colors: Crimson and White  
 Conference: Southeastern

President: Dr. Stuart R. Bell  
 Athletic Director: Bill Battle  
 Associate Athletics Director/SWA: Marie Robbins  
 Faculty Representative: Dr. James King  
 Facility: Harry Pritchett Running Course

**THE PROGRAM**

**TEAM QUICK FACTS**

2015 SEC Finish: Men - 9th/Women - 4th  
 2015 NCAA Regional: Men - 6th/Women - 3rd  
 2015 NCAA Finish: Men - DNC/Women - DNC  
 Returning Runners: Men - 10/Women - 13  
 Newcomers: Men - 6/Women - 12

**HISTORY**

Men's SEC Championships: 3 - 1973, 2008, 2009  
 Women's SEC Championships: 2 - 1986, 1987  
 Men's NCAA Regional Championships:  
 7 - 1999, 2000, 2001, 2005, 2007, 2008, 2009  
 Women's NCAA Regional Championships:  
 3 - 1978, 1979, 1986

**COACHING STAFF**

Head Coach: Dan Waters  
 Alma Mater: Kansas, 1995  
 Season at Alabama: Sixth Season  
 Assistant Coach: Adam Tribble  
 Alma Mater: Georgia, 2002  
 Season at Alabama: Sixth Season

**SUPPORT STAFF**

Athletic Trainer  
 Men: Bernard Burroughs  
 Women: Darah McInturf  
 Strength & Conditioning: Rocky Colburn  
 Director of Operations: Bobbie Simon  
 Administrative Assistant: Angie Pugh

**ATHLETICS COMMUNICATIONS**

Cross Country Contact: Todd Bell  
 E-Mail: tbell@ia.ua.edu  
 Mobile Phone: 972-825-6686  
 Fax: 205-348-8841  
 Website: RollTide.com  
 Twitter: @AlabamaTrack

**Mailing Address:**

Box 870391  
 Tuscaloosa, AL 35487

**Shipping Address:**

323 Bryant Drive  
 Coleman Coliseum, Room 170  
 Tuscaloosa, AL 35487

**HARRY PRITCHETT RUNNING PARK**

All University of Alabama home meets will be staged at the Harry Pritchett Running Park. If you require parking to cover an event at the facility, please contact Todd Bell at least a week in advance.

**DIRECTIONS TO HARRY PRITCHETT RUNNING PARK**

**From The University of Alabama campus:** Take Paul Bryant Drive east to Route 82. Go east on Route 82 and make a left on 15th street. Proceed east on 15th street and continue until exiting to the right at the University Arboretum exit. Go straight off the exit and follow the

road as it curves down the hill. When the road splits at the bottom of the hill, go right into the course entrance.

**From east and west of Tuscaloosa:** Take I-20/59 to Exit 73 for Route 82. Go west on Route 82 through several traffic lights to 15th Street. Make a right on 15th Street and continue until exiting to the right at the University Arboretum exit. Go straight off the exit and follow the road as it curves down the hill. When the road splits at the bottom of the hill, turn right into the course entrance.

# ALABAMA PRESIDENT DR. STUART R. BELL

Dr. Stuart R. Bell is entering his second year as president of The University of Alabama. Founded in 1831, the University is the state's flagship and a student-centered, comprehensive research university.

Dr. Bell has broad administrative experience and is a 30-year veteran of higher education. He previously served at UA for 16 years where he founded and directed an interdisciplinary research center.

"Our students continue to excel and represent the Capstone in the classroom, as well as in the laboratory, on the stage and on the field in ways that make us proud," Bell said near the end of the spring 2016 semester. "This is certainly an exciting time to be here at The University of Alabama."

Immediately prior to becoming UA's president, Dr. Bell was executive vice president and provost at Louisiana State University. During Dr. Bell's tenure there and earlier at the University of Kansas where he served as dean of its College of Engineering, those institutions opened new facilities, and student recruitment, retention and success were emphasized.

First joining UA in 1986 as an assistant professor in the UA College of Engineering's department of mechanical engineering, Dr. Bell was named department head nine years later.

With research interest in combustion engines, Dr. Bell has expertise in alternative fuels for engines, innovative engine designs and modeling of engine and engine processes. He directed UA's Center for Advanced Vehicle Technologies.

Dr. Bell was awarded the Society of Automotive Engineers' Ralph Teetor Award for Outstanding Contributions to Research and Teaching in 1988. He was presented the T. Morris Hackney Faculty Leadership Award for the UA College of Engineering in 2001, and, in 2005, he received the Richard S. Woodbury Award from the American Society of Mechanical Engineers.

An Abilene, Texas, native, Dr. Bell earned a nuclear engineering degree from Texas A&M University in 1979. He earned his master's and doctorate degrees in mechanical engineering from Texas A&M in 1981 and 1986, respectively.

He and his wife, Susan, have three adult children, Stuart, Stacy and Stephen, and one granddaughter.

# ON YOUR CAMPUS...



- Enrollment at The University of Alabama reached a record high of 37,100 for fall 2015. The entering freshman class, at 7,211 students, was the largest and best qualified in UA history. More than 2,100 freshmen (36 percent of the freshman class) scored 30 or higher on the ACT, placing them in the top five percent of students taking the ACT.
- The University of Alabama is a leader among public universities nationwide in the enrollment of National Merit Scholars with more than 600 currently enrolled.
- Ranked among the top 50 public universities in the nation in U.S. News and World Report's annual college rankings for more than a decade, UA ranked 43rd among public universities in the 2016 rankings. UA's latest college rankings include:
- The School of Law is ranked 28th among all law schools in the nation (10th among public universities), spring 2016.
- The School of Library and Information Studies is ranked 18th nationally in the latest rankings for library schools, spring 2013.
- University of Alabama students continue to win prestigious national awards. Forty-seven UA students have been named Goldwater Scholars, including two in 2016. The University of Alabama has produced a total of 15 Rhodes Scholars, 16 Truman Scholars, 32 Hollings Scholars and six Boren Scholars.
- Thirty UA faculty have received NSF CAREER Awards, the nation's most prestigious recognition of top-performing young scientists, in disciplines ranging from nanoscience and engineering to biological sciences.
- Dr. Samantha Hansen, UA assistant professor of geological sciences, is one of many faculty recognized nationally for research. Hansen is one of 102 scientists who received the 2014 Presidential Early Career Award for Scientists and Engineers, the highest honor bestowed by the U.S. government on science and engineering professionals in the early stages of their independent research careers.
- Seven University of Alabama graduates have accepted Fulbright awards to study and teach abroad during 2016-2017.
- U.S. News and World Report ranks The University of Alabama's Manderson Online Business Master's programs 12th in the nation, up from 75th the previous year. The rankings are based on level of accreditation, faculty credentials, admissions selectivity, reputation for excellence among peer institutions and academic and career support services offered to students.
- Public Accounting Report's 2014 rankings place UA's Culverhouse School of Accountancy's undergraduate and master's programs eighth in the nation and the doctoral program 12th.
- PRWeek Magazine has recognized the public relations program in The University of Alabama's College of Communication and Information Sciences as one of the top five programs in the nation six times.

# TOP RANKED ON YOUR CAMPUS...



# BILL BATTLE

## DIRECTOR OF ATHLETICS



William R. "Bill" Battle is in his fourth year as Director of Athletics at The University of Alabama. Since taking the job on March 22, 2013, (succeeding the late Mal Moore), Battle has not only maintained Alabama's unparalleled athletics success, but also has placed increased focus on the

primary mission of Alabama Athletics: to recruit and develop student-athletes to compete at the highest levels in intercollegiate athletics, to educate and prepare student-athletes to compete at the highest levels in life after graduation, and to accomplish both with honor and integrity.

Battle took the job as Director of Athletics at Alabama after a career as a college football coach and entrepreneur that was consistently hallmarked by innovation and foresight. During Battle's tenure, Alabama has produced two NCAA team national championships (men's golf in 2014 and football in 2015); 10 SEC team championships in six different sports (two in football, two in gymnastics, one in men's golf, women's golf, softball and women's tennis); 16 NCAA individual champions; 27 NCAA Elite Award winners; 34 Academic All-Americans (leading the nation in that category in both 2013-14 and 2014-15); and 16 NCAA Postgraduate Scholarship awardees.

Battle's vision has impacted the Alabama Athletics Department in numerous ways, particularly in revitalized fundraising efforts that directly enhance the daily experience of every Crimson Tide student-athlete. Battle spearheaded the redevelopment of Alabama's historic baseball facility, Sewell-Thomas Stadium, which opened in February, 2016. He also has led the drive for numerous other facility and departmental improvements, including a new rowing facility and plans for a new aquatics facility.

A native of Birmingham, Ala., Battle attended The University of Alabama on a football scholarship and enjoyed a successful playing career as a three-year starter at end for the Crimson Tide under legendary head coach Paul "Bear" Bryant from 1960-62. Battle was a member of Bryant's first national championship team at Alabama in 1961, and was a three-year starter. Generally regarded as the team's best end throughout his playing career, Battle came to Tuscaloosa after starring in three sports at

Birmingham's West End High School.

An excellent student, Battle earned a bachelor's degree in Biology (minor in Psychology) from The University of Alabama in 1963 and a master's degree in Education from The University of Oklahoma in 1964. He was an Academic All-SEC selection as a senior in 1962 and was selected to play in the Senior Bowl all-star game in Mobile, Ala., in January of 1963. He was named first team tight end and second team defensive end on The University of Alabama All-Decade Team of the 1960s. Alabama won three national championships in the decade (1961, 1964 and 1965).

Battle entered the coaching profession as a graduate assistant at The University of Oklahoma in 1963 under famed head coach Bud Wilkinson. In 1964 and 1965, he served as an assistant coach at the United States Military Academy while serving a two-year military tour. In 1966, he moved on to the University of Tennessee, where he served as an assistant coach under head coach Doug Dickey for four seasons (1966-69) until he was named head coach of the Volunteers in 1970. When he was named head coach, Battle was the youngest head coach in college football at the age of 28.

During his seven-year tenure as head coach (1970-76), Battle's teams went 59-22-2, finished three seasons ranked in the nation's top 10 among five top-20 finishes and won four out of five bowl games. Battle's Tennessee teams won 11 games once (1970) and at least 10 games in three different seasons (1970, 1971 and 1972). His first Tennessee team finished the season ranked fourth in both national polls. His 1971 team finished ranked ninth in both national polls and the 1972 Tennessee squad finished ranked eighth by the Associated Press and 11th in the coaches' poll.

Battle embarked on a career in the private sector after his coaching career ended. He held various positions within Circle S Industries in Selma, Ala., and served as president of two different companies, as well as vice chairman of the Circle S Holding Company Board. During his six years at Circle S, the organization grew from two companies earning \$12 million in annual sales to 10 companies earning \$60 million.

Battle founded The Collegiate Licensing Company (CLC) in 1981, and served as president and Chief Executive Officer (CEO) until 2002. He also served as chairman of the board of Licensing Partners International (LPI), which was created in 2001 to represent the licensing interests of non-collegiate sports properties, as well as corporate and entertainment properties. The companies were sold

to IMG in 2007, but he continued as chairman of CLC and consultant to IMG until March of 2013 when he was called back to Alabama.

A 1981 inductee into the Alabama Sports Hall of Fame, Battle was inducted as the first member of the charter class of the National Collegiate Licensing Association Hall of Fame in 2000. He was the recipient of the 2005 Paul W. Bryant Alumni Athlete Award at The University of Alabama and was inducted into the International Licensing Industry Merchandisers' Association (LIMA) Hall of Fame in 2008.

Battle received a National Football Foundation award in December 2008 for Outstanding Contributions to Amateur Football. In June 2010, Bill was inducted into the National Association of Collegiate Marketing Administrators' (NACMA) Hall of Fame. He was inducted into the Tennessee Sports Hall of Fame, receiving its Lifetime Achievement Award in 2011. He is slated to be inducted into the Sporting Goods Industry Hall of Fame in May of 2016. He currently serves on the boards of the Bryant-Jordan Student-Athlete Foundation, The University of Alabama A-Club Educational & Charitable Foundation, the Crimson Tide Foundation, and the National Football Foundation.

Battle's wife, Mary, is a summa cum laude graduate of the University of Texas' School of Nursing with a Bachelor of Science degree in nursing. She earned a Master of Science in healthcare administration from the University of Alabama-Birmingham. For many years Mary worked in the healthcare industry both in the clinical setting and for healthcare corporations that developed and managed physician provider networks including the development of strategically significant relationships with payors and business and industry.

Mary currently serves on the Arthritis Foundation National Board of Directors and is the chairperson of the Arthritis Foundation Leadership Council for the Birmingham market. She is also a member of the Volunteer Engagement Task Team for the Arthritis Foundation. In addition, Mary is an inaugural member of the UAB School of Medicine Board of Visitors and is active in fundraising activities for UAB that support research projects targeting more effective treatment for rheumatoid arthritis.

The Battles are part of UAB's Stem Cell Institute Board and are both active in their support of UAB's Department of Rheumatology. In their leisure time, the Battles enjoy life on their ranch in Georgia. Mary is an avid equestrian while Bill enjoys working on various projects around the ranch.



**FINUS GASTON**  
SENIOR EXECUTIVE ASSOCIATE A.D.  
CHIEF FINANCIAL OFFICER

**KEVIN ALMOND**  
EXECUTIVE ASSOCIATE A.D.  
SUPPORT SERVICES

**MARIE ROBBINS**  
SENIOR ASSOCIATE A.D.  
SENIOR WOMAN ADMINISTRATOR

**SAM BRANCH**  
SENIOR ASSOCIATE A.D.  
DEVELOPMENT

**JEFF PURINTON**  
SENIOR ASSOCIATE A.D.  
MARKETING & COMMUNICATIONS

**DOUGLAS WALKER**  
SENIOR ASSOCIATE A.D.  
COMMUNICATIONS

**KOBIE BAKER**  
ASSOCIATE A.D.  
BASKETBALL

**CHRIS BESANCENY**  
ASSOCIATE A.D.  
TICKETING / TIDE PRIDE



**JON DEVER**  
ASSOCIATE A.D.  
STUDENT SERVICES



**BRAD LEDFORD**  
ASSOCIATE A.D.  
STRATEGIC MARKETING



**ED MARYNOWITZ**  
ASSOCIATE A.D.  
FOOTBALL



**CAROL PARK**  
ASSOCIATE A.D.  
BUSINESS



**AARON VOLD**  
ASSOCIATE A.D.  
MAJOR GIFTS



**TOMMY FORD**  
ASSISTANT A.D.  
DONOR PROGRAMS



**DR. JAMES KING**  
FACULTY ATHLETIC  
REPRESENTATIVE

From the architecture to the landscaping, The University of Alabama campus is one of the most beautiful places in the state of Alabama. With more than 200 academic majors, outstanding honors programs and a championship athletic tradition, UA offers a complete educational, cultural and social experience. Our undergraduate, graduate and professional programs give students the opportunity to interact with nationally ranked faculty and our distance learning programs offer learning that fits your life.

Life on the UA campus is defined by opportunities. Students who want to get involved can join one of more than 500 student organizations, help plan concerts and speaker series, volunteer in the community, participate in intramural teams or run for student government.

Students, faculty, staff and visitors can take advantage of a rich and varied schedule of musical, dance and theatre performances, art galleries and exhibitions, lectures and readings by writers, poets and experts on every topic imaginable. UA's fine museums house countless historical artifacts and offer hands-on exploration opportunities.

The Ferguson Center, UA's student union, was renovated and expanded in 2014, providing more space for student activities and a larger food court and Supply Store. The new Fresh Food Company as well as Lakeside and Burke dining halls offer a wide variety of food service options.

The Student Recreation Center offers first-class recreation facilities to students, faculty and staff. It includes two multi-use gyms, nine multi-purpose courts, weight machines, 1/8-mile jogging track, extensive cardio area, locker rooms, indoor swimming pool, dry and steam saunas, 12 lighted tennis courts, four aerobics rooms, eight racquetball courts and a squash court—together encompassing more than 200,000 square feet. The facility's outdoor aquatic area features a lazy river, lap swim, large water-park-type slide and lots of deck space. An additional recreation and student center is conveniently located for residential students between the Presidential 1 and II residence halls.

Whatever your interests, you will find a group, an organization, an activity or a program that will appeal to you at UA.

# ON YOUR CAMPUS...



# 2016 OUTLOOK

2016 OUTLOOK

## MEN'S ROSTER



Sophomore

**CLAY AUSTELL**

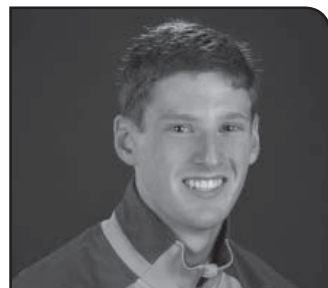
Collierville, Tenn.  
(Briarcrest Christian)



Senior

**PAYTON BALLARD**

Mountain Brook, Ala.  
(Mountain Brook)



Freshman

**JAMES BRINYARK**

Northport, Ala.  
(Northside)



Junior

**ANDREW BULL**

Nashville, Tenn.  
(Brentwood Academy)



Junior

**GARRETT BULL**

Nashville, Tenn.  
(Brentwood Academy)



Senior

**ROBBIE FARNHAM-ROSE**

Borough Green, England  
(Wrotham)



Junior

**CONNOR FERRENTINO**

Orlando, Fla.  
(Freedom)



Freshman

**PATRICK GRANT**

Southampton, Pa.  
(LaSalle)



Freshman

**NOAH KARR**

Tuscaloosa, Ala.  
(American Christian Academy)



Freshman

**ELLIOTT MILLER**

Cheyenne, Wyo.  
(Cheyenne Central)



Senior

**ANTIBAHS KOSGEI**

Eldoret, Kenya  
(James Moiben School)



Senior

**EVAN PRIZY**

Schaumburg, Ill.  
(Schaumburg)



Freshman

**OLIVER RIGG**

Zionsville, Ind.  
(Zionsville)



Junior

**JOSH SHORT**

Cedarburg, Wis.  
(Cedarburg)



Senior

**CONNER THOMPSON**

Murfreesboro, Tenn.  
(Oakland)



Freshman

**DREW WILLIAMS**

Mountain Brook, Ala.  
(Mountain Brook)

WOMEN'S ROSTER

2016 OUTLOOK



Junior  
**CAROLINE BARLOW**  
Naples, Fla.  
(Gulf Coast)



Freshman  
**CAROLINE BROOKS**  
Plano, Texas  
(Plano)



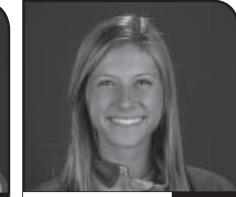
Freshman  
**REBECCA BUTEAU**  
Madison, Miss.  
(Madison Central)



Freshman  
**HANNAH CAPEK**  
Monument, Colo.  
(Palmer Ridge)



Freshman  
**DALEY CLINE**  
Esteros, Fla.  
(Esteros)



Sophomore  
**CALLI COGGINS**  
Franklin, Tenn.  
(Independence)



Freshman  
**ALEXA CRUZ**  
Fort Lauderdale, Fla.  
(St. Thomas Aquinas)



Freshman  
**CAROLINE CUMBEST**  
Mobile, Ala.  
(Cottage Hill Christian)



Freshman  
**ELISABETH DANIS**  
Nottingham, N.H.  
(Coe-Brown Nottingham)



Sophomore  
**EBIE DOUGLAS**  
Mobile, Ala.  
(McGill-Toolen)



Junior  
**EMILY EDWARDS**  
Fort Myers, Fla.  
(Fort Myers)



Freshman  
**SAVANNAH FRALEIGH**  
Raleigh, N.C.  
(Leesville Road)



Sophomore  
**NICOLE GARDNER**  
Murfreesboro, Tenn.  
(Siegel)



Junior  
**JESSICA GRAY**  
Mannassas, Va.  
(Osborn Park)



Sophomore  
**BRIANNA KOSHY**  
Sandersville, Ga.  
(Brentwood)



Junior  
**VERONICA LYLE**  
Trussville, Ala.  
(Hewitt-Trussville)



Sophomore  
**SARAH MOHAN**  
Huntsville, Ala.  
(Huntsville)



Freshman  
**GABBY PRIZIO**  
Derby, Conn.  
(Derby)



Sophomore  
**RACHAEL REDDY**  
Mountain Brook, Ala.  
(Mountain Brook/Texas)



Junior  
**ALISON RINGLE**  
Bossier City, La.  
(Parkway)



Freshman  
**BRITTANY TOLSON**  
Powell, Tenn.  
(Powell)



Senior  
**HANNAH WAGGONER**  
Murfreesboro, Tenn.  
(Oakland)



Freshman  
**HALEY WRIGHT**  
Boonsboro, Md.  
(Boonsboro)



Freshman  
**McKENZIE YANEK**  
Pleasant Valley, Iowa  
(Pleasant Valley)



Sophomore  
**KAITLIN YORK**  
Tuscaloosa, Ala.  
(American Christian Academy)

## CROSS COUNTRY PREVIEW

If someone could use one word to describe the key to the University of Alabama's 2016 season in cross country, it would almost have to be camaraderie.

It's more important than most people would believe.

"You have to mix it up when you're running this far, it's so many miles," senior Conner Thompson said. "You have to have some personalities in there. But also in training. The more depth you have, maybe one guy will have a great day and push the other guys up, bring the whole level of the team up. I think we have that this year."

However, the reasons why camaraderie is so crucial to the Crimson Tide this season are about as different as the men's and women's teams themselves.

2016 OUTLOOK



Rachael Reddy

**Men's Cross Country**

On the men's side Alabama returns 10 lettermen, including a few who were limited by injuries in 2015, but still headlining the team is reigning Southeastern Conference champion Antibaahs Kosgei.

The senior from Eldoret, Kenya, who transferred in a year ago from South Plains College in Texas, ran the SEC course at Texas A&M in 23:24.10 seconds, the fifth-fastest winning time at the meet since it became an 8K race in 1986.

Kosgei also became the first conference champion in Crimson Tide history since fellow Eldoret native Emmanuel Bor in 2007.

Robbie Farnham-Rose of England is also back for his final year of eligibility, and with the three seniors leading the way, Alabama likes its chances of significantly improving on last year's ninth-place team finish at the SEC Championships.

Kosgei, Thompson and Farnham-Rose are joined by fellow seniors Payton Ballard and Evan Prizy on the 2016 squad and will be counted on to provide valuable experience this season.

Also returning in 2016 are juniors Andrew and Garrett Bull, Connor Ferrentino and Josh Short an sophomore Clay Austell.

"We have a bunch of more experienced guys now who have run a lot of miles, built big engines and we're ready to put those big trucks on a cross country course and go for the long haul," sixth-year head coach Dan Waters said.

"That's a huge advantage. I try to explain that as like having a veteran offensive line, knowing that you have seniors in that position who know how to pace, know how to attack courses and conserve energy, burn an even fuse, all those things that are highly important to being successful as you break down a race. We have guys who know how to do that."

**Women's Cross Country**

Meanwhile, the women's team is coming off an impressive fourth-place SEC showing, but returns just one of its top four finishers from that meet, Rachael Reddy, who was 16th individually.

"She made some real good progress last year," distance coach Adam Tribble said about the in-state product from Mountain Brook High School who transferred from the University of Texas last year.

Among those who have moved on include program staples Meropi Panagiotou, Rebecca Stover and Katelyn Greenleaf. Like Kosgei, Greenleaf qualified for the NCAA Championships a season ago.

"We have really big shoes to fill, but training with her all three years to get to this position, she's really helped me a lot," said Hannah Waggoner, the only senior on this year's women's roster.

In addition to Waggoner, Alabama will also rely heavily on Reddy — the sophomore who won her first career cross country race at the Brooks Twilight Classic (17:06:26) and claimed the Cowboy Jamboree 6k title last season.

## 2016 SCHEDULE

Date	Event	Site
September 3	Memphis Twilight	Memphis, Tenn.
September 9	Chattanooga PowerAde Invitational	Chattanooga, Tenn.
September 30	Joe Piane Notre Dame Invitational	South Bend, Ind.
<b>October 14</b>	<b>Crimson Classic</b>	<b>Tuscaloosa, Ala.</b>
October 28	SEC Championships	Fayetteville, Ark.
November 11	NCAA South Regional Championships	Tallahassee, Fla.
November 19	NCAA Championships	Terre Haute, Ind.

Alabama also returns five juniors from a season ago — Caroline Barlow, Emily Edwards, Jessica Gray, Veronica Lyle and Allison Ringle — who will add some veteran presence as well.

Sophomores Calli Coggins, Ebie Douglas, Nicole Gardner, Brianna Koshy, Sarah Mohan and Kaitlin York also gained valuable experience as freshmen in 2015.

But what really has the coaching staff encouraged was the addition of 12 freshmen to the women's roster (along with six more on the men's side). It wasn't that long ago that the Crimson Tide didn't have that many names on its entire roster.

"One of the things that's exciting when you get this many as a group together, especially in women's distance, people are always going to make huge jumps," Tribble said. "When you have this kind of group you have more opportunities for that.

"We're excited about seeing who's going to be the next Hannah Waggoner of this group."

Tribble was referring in part to the fact that while Waggoner ran track at Oakland High School in Murfreesboro, Tenn., she also led the tennis team, played a district-winning soccer team and has a black belt in karate. Having previously never focused on one sport before isn't uncommon.

Moreover, because women's cross-country races at the collegiate level aren't much longer than in high school, it's often an easier adjustment. Factor in the tougher training regimen and breakout seasons are more common than with the men.

"That's going to really be the story with the women's cross country team," Waters said about the major influx of runners. "We did graduate a couple of girls on our team from last year, but we brought in some girls with some amazing high school credentials who have done some really great things.

"Which one of those girls isn't afraid to go out and compete against some of the best runners in the nation and don't get a little sticker shock when they see the names on the jerseys — just go out and compete like they're capable of."

Perhaps it'll be McKenzie Yanek from Iowa, or Elisabeth Danis from New Hampshire who will be the first to contribute. Coaches hope to have a better feel for the team's depth by the time the Crimson Tide competes in the Joe Piane Notre Dame Invitational on Sept. 30.

It'll feature many of the nation's top programs and runners, thus serving as a good barometer for both Alabama teams.

"That will be big-time for us," Thompson said.

"Every course is different and every course sort of plays well to one team or another," Waters said. "The Notre Dame course is a very flat and fast course, so you go there during years you have teams geared in that direction — and we are this year.

"It's a good field."

Thus, with all the new faces and the new challenge of competing in a premier event just before hosting the annual Crimson Classic on Oct. 14, there will be a much bigger buildup to the SEC Cross Country Championships on Oct. 28 at Arkansas. From there, Alabama hopes to have more than just two individuals compete at the NCAAs, but the whole team.

Thus, the emphasis on camaraderie.

"It's not the same as [a sport like] soccer, where you have to communicate a lot and that kind of thing, but definitely be motivating, day-in, day-out, because it is so demanding physically and mentally," Waggoner said. "We go through rough periods. Being there for each other is huge."



Antibahs Kosgei

## COACHES & STAFF



COACHES & STAFF

In his sixth season at the helm of The University of Alabama cross country and track and field program, head coach Dan Waters has made an undeniable impact on the Crimson Tide. Waters has unified and transformed the program and made it one of the nation's most improved overall teams.

Since taking over the program in June of 2011, Waters has completely remade the Alabama program. A multi-million dollar facelift of the Sam Bailey Track Stadium dramatically changed the functionality and capabilities of the facility. Those improvements are an outward reflection of the overhaul that has occurred within the team. In five years with Waters as head coach of the Crimson Tide, Alabama has developed into a complete program featuring top student-athletes in all disciplines.

In 2013, the Crimson Tide cross country team produced its highest finish in the women's NCAA South Region Championships since 1987, a third-place finish largely on the efforts of all-Region performers Katelyn Greenleaf and Meropi Panagiotou. That outing was repeated in 2014, as the women took third at both the NCAA South Region and SEC Championships, with Greenleaf once again earning all-Region honors, along with Hannah Waggoner. In 2015, Alabama continued its top five finish streak at both meets as the women finished fourth in the SEC and third at the South Regional.

The Crimson Tide men have continued to progress, posting competitive finishes at the SEC and region meets while building a more experienced and veteran roster. In 2015, junior Antibahs Kosgei won both the SEC and South Region championships on his way to an appearance at the NCAA meet. For his efforts, Kosgei was named the 2015 SEC Cross Country Runner of the Year and 2015 South Region Athlete of the Year.

Alabama would go on to record its best finishes in several years at the SEC Outdoor Track & Field Championships in 2016 as the women finished sixth and the men finished third at the meet, which was held at the Sam Bailey Track Stadium.

Waters led the Crimson Tide to its highest NCAA indoor and outdoor track & field team finishes in the past 30 years in 2014. The Alabama men's team posted consecutive top-20 finishes at the NCAA Outdoor Championships in 2013 and 2014, with the women's team posting its highest team finishes in 20 years at the 2014 NCAA indoor and outdoor championships.

Nine members of the men's team and eight from the women's squad earned All-America honors by the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) for their performances during the 2015 outdoor season.

Perhaps the finest honor in the Waters era was earned when the men's track & field squad was named the 2014 Indoor Scholar Team of the Year by the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA).

As the highest-placing team with at least a 3.00 cumulative team grade point average at the 2014 NCAA Division I Indoor Championships, Alabama stood out among 116 men's programs that combined academic and athletic achievement to earn All-Academic Team honors.

The Crimson Tide was the highest-finishing men's team at the NCAA Indoor Championships to earn All-Academic Team honors that year, finishing sixth overall with a 3.14 cumulative team GPA. It marked the first time the Crimson Tide men have earned Scholar Team of the Year honors. The Tide men also finished 15th at the NCAA Outdoor Championships.

The Tide women produced a breakout year on the track and in the classroom in 2015, posting a 3.48 cumulative team grade point average to earn All-Academic Team status from the USTFCCCA. They were also the only team in the country to finish the year with a grade point average better than a 3.40 while also finishing in the top 20 at both the NCAA Indoor and Outdoor Championships.

Waters was named the head track & field and cross country coach at Alabama on May 11, 2011, after seven extremely successful seasons as an assistant at Texas A&M. He immediately embarked on hiring an all-star staff of assistant coaches – renowned, well-respected coaches with proven records of developing good athletes into world-class contenders: jumps coach Dick Booth, throws coach Doug Reynolds, sprints/hurdles coach Matt Kane, distance coach Adam Tribble and jumps coach Miguel Pate. During their first season at the Capstone, this core staff of assistants successfully merged the men's and women's teams into a single, unified program that helped forge a new team environment and identity for the Crimson Tide. The majority of Waters' staff has remained in place during this program overhaul. The sprinters will be under new direction in 2015, as coaches Dion Miller (short sprints) and Blaine Wiley (long sprints) take over that portion of the squad. Dick Booth has also transitioned to a new role, as he is now the Director of Operations and Special Events for the program.

Changing that long-established culture brought renewed energy and excitement to the program and results followed on the track

## THE DAN WATERS FILE

### PERSONAL INFORMATION

Birthdate: October 25, 1971  
Hometown: Prairie Village, Kansas  
High School: Bishop Miege High School  
College: University of Kansas – Bachelor's Degree (Secondary Education), 1995

### COACHING CAREER

2011-Present: Head Coach, Alabama  
2004-11: Assistant Coach, Texas A&M  
2001-04: Assistant Coach, Georgia  
1996-2001: Assistant Coach, TCU  
1995-96: Volunteer Assistant Coach, Texas

### ACHIEVEMENTS

- Alabama's third-place finish in the men's team standings at the 2016 SEC Outdoor Championships was the best by a UA team since 1989
- Alabama's sixth-place finish in the women's team standings at the 2016 SEC Outdoor Championships was the best by a UA team since 2006
- In 2014, Alabama produced top-20 team finishes by both the men's and women's teams at the NCAA Indoor and NCAA Outdoor meets for the first time since 1984
- Alabama's men's team finished 11th in the team standings at the 2013 NCAA Outdoor Championships, the highest UA team finish in 11 years
- First-year Crimson Tide athletes scored 45 of Alabama's 52 men's team points at the 2013 SEC Outdoor Championships
- Alabama's 2013 recruiting class was ranked No. 3 nationally by *Track & Field News* magazine
- Has recruited national top-10 recruiting classes in 1998, 1999, 2000, 2006, 2007, 2008, 2009, 2010 and 2013 (by *Track and Field News*)
- Member of coaching staffs that have produced 19 NCAA top-10 team finishes
- Member of the Texas A&M coaching staff of the 2009 and 2010 men's and women's NCAA national outdoor championship teams
- Coached the 2008 Texas A&M men's cross country team that won the NCAA South Central Regional championship, breaking a 19-year winning streak held by the University of Arkansas
- Member of the Texas A&M coaching staff of the 2007, 2008, 2009 and 2010 women's indoor and outdoor Big 12 Conference championship teams
- Coached the 2003 Georgia men's team to NCAA Cross Country Championship appearance (first in school history)
- Coached the 2003 Georgia men's team to an NCAA South Regional Cross Country Championship appearance
- Coached the Georgia men's and women's team that was runner-up at the 2003 SEC Cross Country Championship (highest finish ever for the men; equaled the highest finish for the women)
- Assistant coach of the 2000 and 2001 WAC indoor men's team champions at TCU (the first conference title in program history)
- Coached the 2000 WAC cross country women's team champions at TCU (the first conference title in program history)
- Member of the 1996 Texas staff for the team that won the Southwest Conference Outdoor Track and Field Championships

with three Alabama competitors earning All-America honors during the indoor season, including Krystle Schade finishing as the runner-up in the women's high jump. In the outdoor season, the Tide sent five student-athletes to the NCAA Championships with four coming home as All-Americans and Alexis Paine setting a school record in the pole vault (13-5 1/4).

In 2013, the track and field season saw marked improvement for the Tide as the men's team finished 11th in the team standings at the NCAA Outdoor Championships, the program's highest team finish in 11 years. Alabama's sixth-place finish in the men's team standings at the 2013 SEC Outdoor Championships was the best by a Tide team since 2006. First-year Crimson Tide athletes scored 45 of Alabama's 52 men's team points at that 2013 SEC Outdoor event. Off the track, Alabama's 2013 recruiting class was ranked No. 3 nationally by *Track & Field News* magazine.

Alabama produced nine All-Americans in the 2013 outdoor season, after qualifying 18 athletes for the NCAA Outdoor Championships. Sprinter Diondre Batson led the way by finishing fourth in the men's 100-meter dash and running a leg on the Tide's second-place 4x100-meter relay unit that shattered the school record. Other standouts included Paine's fourth-place finish in the women's pole vault, Imani Brown's sixth-place in the men's triple jump and Kamal Fuller taking sixth in the men's long jump.

While serving as recruiting coordinator and distance coach at Texas A&M under the tutelage of legendary A&M head coach Pat Henry, Waters was a key contributor to a coaching staff that led the Aggies to unprecedented success on the national scene. The Aggies won six NCAA national championships, including back-to-back-to-back men's and women's outdoor titles, the first program to accomplish that feat.

The Aggie women won eight consecutive Big 12 titles (four indoor, four outdoor) in a four-year span. One of the nation's top distance coaches, Waters also served as the recruiting coordinator at A&M and assisted the process of upgrading the program's talent level to be consistently competitive on the national level. His recruiting and coaching efforts were vital to the men and women each winning three consecutive NCAA Outdoor Championships in 2009, 2010 and 2011 – becoming the second school to achieve the NCAA Championship double-double (LSU 1989-90) and the first to have both programs win three in a row.

Recruiting classes coordinated by Waters at A&M earned No. 1 rankings by *Track & Field News*. The 2009 men's and women's recruiting classes were chosen the top recruiting classes in the nation by the monthly magazine, with A&M becoming the second school to earn that acclaim in the 15-year history of *Track & Field News* ranking collegiate classes. The Aggie women also enjoyed a three-year run as the No. 1 class, from 2007-09, becoming the first women's program to achieve that distinction.

Known for his strong administrative and organizational skills, Waters directed event management at several championship events at A&M, including the 2009 and 2011 NCAA



COACHES &amp; STAFF

Indoor Championships, 2009 Big 12 Indoor Championships, and 2003 SEC Cross Country Championships. Waters and former A&M assistant coach Brian Bancroft developed a national reputation for organizing and managing remarkably efficient meets during Waters' time in College Station, as A&M became a destination for nationally elite programs to compete.

In cross country, Waters earned the South Central Region Men's Coach of the Year honor in 2008 when A&M won the team title during the regional meet and qualified for the NCAAs. It was the first time in 18 years that a team defeated powerhouse Arkansas for the region title. Waters also has qualified 16 individuals for the NCAA Cross Country Championships over the past 16 years. The regional team title the Aggie men claimed in 2008 was the school's first since 2003 and only the sixth overall. It also marked the first time that a distance coach on Henry's staff had qualified a cross country team for the NCAAs.

Waters came to A&M in August 2004, after serving a three-year stint overseeing the distance program at the University of Georgia and earlier five years at Texas Christian in a similar capacity.

During his stay in Athens, Ga., Waters led the Bulldogs men's team to the program's first appearance in the NCAA Cross Country Championship, as well as a team victory at the NCAA South Regional Championships. At the conference level, the Georgia men placed

second (highest in school history), while the women's team matched its highest finish with an SEC runner-up effort. On the track, his distance runners broke seven school records.

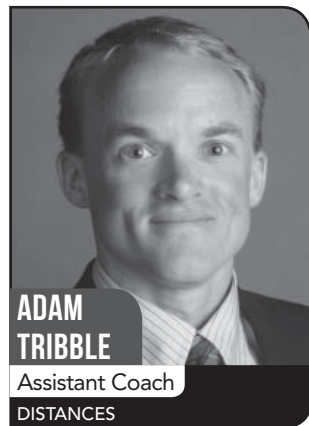
At TCU, Waters helped the Horned Frogs win four Western Athletic Conference team championships - two in indoor track and field, one in outdoor track and field and one in cross country. The 2000 WAC cross country and indoor track crowns were the first team conference titles in TCU history. During his stay in Fort Worth, the Horned Frogs notched four top-four NCAA team finishes and TCU was ranked No. 1 nationally by *Trackwire.com* in 2001. Athletes at TCU during Waters' tenure included Khadevis Robinson, who won the 1998 NCAA 800 meter crown. Robinson is a two-time U.S. Champion who competed in the 800 at the 2004 and 2012 Olympic Games.

Waters began his coaching career as a volunteer assistant coach at the University of Texas from 1995-96.

He received his bachelor's degree in secondary education from the University of Kansas in 1995. A standout runner for the Jayhawks, he was the 1992 Big Eight champion in the 800 meters and ran a leg on KU's 1992 All-America indoor 3,200-meter relay. He was elected the Jayhawks' team captain in 1993 and 1995, and was named a CoSIDA Academic All-American in 1995.

Waters is married to the former Jennifer Miller. The couple have a daughter, Alexis, born in June of 2014.

## COACHES & STAFF



**ADAM  
TRIBBLE**

Assistant Coach  
DISTANCES

Adam Tribble is in his sixth season on The University of Alabama track and field coaching staff, as an assistant coach overseeing the Crimson Tide's distance runners. A veteran coach and a former standout athlete, Tribble has developed a strong reputation as one of the nation's top coaches in his specialty.

In his three most recent season at Alabama, Tribble developed the young Tide distance corps into a competitive unit on the conference level. In 2013, Tribble's women's team posted the highest Alabama team finish at the NCAA South Region meet since 1987, placing third in the team standings behind All-Region performances by Katelyn Greenleaf and Meropi Panagiotou. Alabama went on to finish third in the 2014 and 2015 regional meets as well, producing three more All-Region performers in Greenleaf (2014-15) and Hannah Waggoner (2014). The Crimson Tide men have continued to put together competitive finishes at both the conference and regional level, heading into 2016 with another experienced roster.

With one of the nation's youngest teams in 2012, Tribble led the Tide women to a solid season highlighted by the development of freshman Katelyn Greenleaf into one of the top runners in the Southeastern Conference and the NCAA South Region. The 2012 Tide men were a predominantly all-freshmen squad, but the unit showed promise as the year progressed and Tribble's recruiting efforts could begin to reap dividends this season. In his first season at Alabama, Tribble coached the 2011 women's cross country squad to its highest finish at the NCAA Regional Championships since 1988.

Prior to Tuscaloosa, Tribble spent two seasons in the same role at Oregon State University following stints at Arkansas and his alma mater, Georgia, where he was coached by current Alabama head coach Dan Waters.

"I've always recognized Adam's deep passion for the sport," Waters said. "He's educated himself in the sport as well as anyone. He has a fantastic relationship with distance runners and knows how to relate to them. Adam also brings a great level of organization and energy to our staff."

During his five seasons at Arkansas, Tribble helped coach the Razorbacks women's team that won three straight SEC cross country championships and posted a pair of runner-up finishes. The Arkansas women never finished outside of the top 20 at the NCAA Championships under his watch and finished as high as fifth in 2006.

"When coach Waters talked to me about this position, it was obviously an incredible opportunity," Tribble said. "I think Alabama is a great situation. There is a commitment to track and cross country that is very exciting and a great thing to be a part of. The opportunity to be able to come back into the SEC is something I wanted to do, especially to a program like Alabama."

While at Georgia under Waters, Tribble was a two-year captain of the Bulldogs track and field team and earned All-Region honors in cross country. He finished 46th at the 2008 U.S. Olympic Trials in the marathon.

A 2002 graduate of the University of Georgia with a bachelor's degree in health and physical education, Tribble also received a master's degree from Georgia in movement studies. In May of 2012, he married Meredith Crane, a former cross country and distance coach at the University of Mississippi. Meredith is a volunteer assistant coach at Alabama, working with the distance runners. The couple have two children, a son, Ben, and a daughter, Georgia.

COACHES & STAFF

## TRACK & FIELD COACHING STAFF



**DION  
MILLER**

Assistant Coach  
SHORT SPRINTS



**MIGUEL  
PATE**

Assistant Coach  
JUMPS



**DOUG  
REYNOLDS**

Assistant Coach  
THROWS



**BLAINE  
WILEY**

Assistant Coach  
LONG SPRINTS



**MIKE  
BARTOLINA**

Volunteer Assistant  
MULTI-EVENTS/POLE VAULT

## SUPPORT STAFF



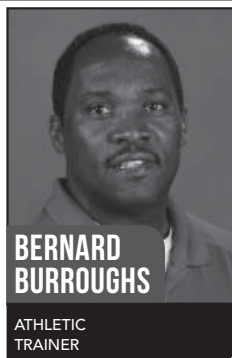
**HEATHER  
ANDERS**

ACADEMIC  
ADVISOR



**TODD  
BELL**

ATHLETICS  
COMMUNICATIONS



**BERNARD  
BURROUGHS**

ATHLETIC  
TRAINER



**DARAH  
McINTURF**

ATHLETIC  
TRAINER



**DAVID  
NEDER**

DIRECTOR OF EVENT  
MANAGEMENT



**JASON  
POETH**

STRENGTH &  
CONDITIONING COACH



**ANGIE  
PUGH**

ADMINISTRATIVE  
ASSISTANT



**BOBBIE  
SIMON**

DIRECTOR OF  
OPERATIONS



**2016 ALABAMA MEN'S CROSS COUNTRY ROSTER**

Name	Class	Hometown (Last School)
Clay Austell	So.	Collierville, Tenn. (Briarcrest Christian)
Payton Ballard	Sr.	Mountain Brook, Ala. (Mountain Brook)
James Brinyark	Fr.	Berry, Ala. (Northside)
Andrew Bull	Jr.	Nashville, Tenn. (Brentwood Academy)
Garrett Bull	Jr.	Nashville, Tenn. (Brentwood Academy)
Robbie Farnham-Rose	Sr.	Borough Green, England (Wrotham)
Connor Ferrentino	Jr.	Orlando, Fla. (Freedom)
Patrick Grant	Fr.	Southampton, Pa. (LaSalle)
Noah Karr	Fr.	Tuscaloosa, Ala. (American Christian Academy)
Antibahs Kosgei	Sr.	Eldoret, Kenya (James Moiben School/South Plains College)
Elliott Miller	Fr.	Cheyenne, Wyo. (Cheyenne Central)
Evan Prizy	Sr.	Schaumburg, Ill. (Schaumburg)
Oliver Rigg	Fr.	Zionsville, Ind. (Zionsville)
Josh Short	Jr.	Cedarburg, Wis. (Cedarburg)
Conner Thompson	Sr.	Murfreesboro, Tenn. (Oakland)
Drew Williams	Fr.	Mountain Brook, Ala. (Mountain Brook)

**2016 ALABAMA WOMEN'S CROSS COUNTRY ROSTER**

Name	Class	Hometown (Last School)
Caroline Barlow	Jr.	Naples, Fla. (Gulf Coast)
Caroline Brooks	Fr.	Plano, Texas (Plano)
Rebecca Buteau	Fr.	Madison, Miss. (Madison Central)
Hannah Capek	Fr.	Monument, Colo. (Palmer Ridge)
Daley Cline	Fr.	Estero, Fla. (Estero)
Calli Coggins	So.	Franklin, Tenn. (Independence)
Alexa Cruz	Fr.	Miami, Fla. (St. Thomas Aquinas)
Caroline Cumbest	Fr.	Mobile, Ala. (Cottage Hill Christian Academy)
Elisabeth Danis	Fr.	Nottingham, N.H. (Coe-Brown Northwood Academy)
Ebie Douglas	So.	Mobile, Ala. (McGill-Toolen)
Emily Edwards	Jr.	Fort Myers, Fla. (Fort Myers)
Savannah Fraleigh	Fr.	Raleigh, N.C. (Leesville Road)
Nicole Gardner	So.	Murfreesboro, Tenn. (Siegel)
Jessica Gray	Jr.	Mannassas, Va. (Osborn Park)
Brianna Koshy	So.	Brentwood, Tenn. (Brentwood)
Veronica Lyle	Jr.	Trussville, Ala. (Hewitt-Trussville)
Sarah Mohan	So.	Huntsville, Ala. (Huntsville)
Gabby Prizio	Fr.	Derby, Conn. (Derby)
Rachael Reddy	So.	Mountain Brook, Ala. (Mountain Brook/Texas)
Alison Ringle	Jr.	Bossier City, La. (Parkway)
Brittany Tolson	Fr.	Powell, Tenn. (Powell)
Hannah Waggoner	Sr.	Murfreesboro, Tenn. (Oakland)
Haley Wright	Fr.	Boonsboro, Md. (Boonsboro)
McKenzie Yanek	Fr.	Bettendorf, Iowa (Pleasant Valley)
Kaitlin York	So.	Tuscaloosa, Ala. (American Christian Academy)

**ALABAMA TRACK & FIELD STAFF**

**COACHING STAFF**

- Dan Waters, Head Coach
- Miguel Pate, Assistant Coach - Jumps
- Doug Reynolds, Assistant Coach - Throws
- Adam Tribble, Assistant Coach - Distance
- Dion Miller, Assistant Coach - Short Sprints
- Blaine Wiley, Assistant Coach - Long Sprints
- Mike Bartolina, Vol. Ass't - Multis & Pole Vault
- Meredith Tribble, Volunteer Assistant
- Rondell Bartholomew, Volunteer Assistant
- Janiel Bellille, Volunteer Assistant

**SUPPORT STAFF**

- Heather Anders, Academic Advisor
- Todd Bell, Athletics Communications
- Bernard Burroughs, Athletic Training
- Jeff Edmonson, Manager
- Alandrea Harris, Manager
- Darah McInturf, Athletic Training
- David Neder, Event Management
- Frank Newell, Nutritionist
- Jason Poeth, Strength & Conditioning
- Angie Pugh, Administrative Assistant
- Wesley Shupe, Manager
- Bobbie Simon, Director of Operations
- Jonathan Dewitt, Athletics Grounds
- Garrett Walker, Equipment

2016 CRIMSON TIDE

## 2016 CRIMSON TIDE



Sophomore

**CLAY AUSTELL**

Collierville, Tenn.  
(Briarcrest Christian School)

### FRESHMAN

#### 2016 Outdoor Season

Clocked a 1,500-meter time of 4:03.49 to finish eighth in the event at the War Eagle Invitational.

#### 2016 Indoor Season

Did not compete.

#### 2015 Cross Country

Did not compete.

### PREP AND PERSONAL

A four-time TSSAA state medalist at Briarcrest Christian School ... holds the school record for the 5k in cross country and the 4x800 relay ... all-metro selection twice for both cross country and track & field ... a 2015 Indoor Tennessee Track All-State selection ... named the 2012 and 2014 Briarcrest Most Valuable Runner for Cross Country ... also a three-time Briarcrest Most Valuable Runner for Track ... Freshman County Champion in the 800 and 1,600 meters ... has three older brothers who all competed collegiately in track & field – Kent (University of Arkansas, 2004-08), Drew (Chattanooga, 2010-13; Memphis, 2013-14), and Lane (University of Arkansas, 2012-present) ... son of Steve and Carole Austell ... born Sept. 16, 1996 in Germantown, Tenn.



Senior

**PAYTON BALLARD**

Mountain Brook, Ala.  
(Mountain Brook)

### JUNIOR

#### Outdoor Season

Clocked a time of 3:50.58 in the 1,500-meter prelims to finish sixth in

the first heat of the event at the SEC Championships ... registered a time of 1:51.34 in the 800 meters to finish 15th at the LSU Invitational ... ran 3:47.09 in the 1,500 meters to finish eighth in the invitational section of the event at the War Eagle Invitational ... registered an 800-meter time of 1:51.43 to finish 12th in the event at the Battle on the Bayou ... clocked a time of 3:57.35 in the 1,500 meters to finish eighth in the event at the FSU Relays.

#### Indoor Season

Assisted in the distance medley relay that took second place in 9:38.28 at the SEC Championships ... ran 4:22.34 to finish 16th in the mile at the Samford Elite Team Invite ... finished the 800 meters in a time of 1:54.43 to place ninth at the Indiana Relays ... clocked an 800-meter time of 1:54.37 at the Conference Clash ... finished sixth in the 800 meters with a time of 1:54.35 at the Commodore Indoor Invitational.

#### 2015 Cross Country

Finished the Crimson Classic 8k in 26:22.79 ... clocked a time of 21:44.45 in the 4-mile race at the Brooks Twilight Classic ... ran 16:29.55 in the Samford Cross Country Opener 5k.

### SOPHOMORE

#### 2015 Outdoor Season

Registered a time of 3:52.73 in the 1,500 meters to finish third at the LSU Invitational ... finished the 1,500 meters in 3:53.64 to finish 11th at the Border Clash ... clocked a time of 3:55.61 in the 1,500 meters at the Crimson Tide Invitational, finishing eighth ... finished the 1,500 meters in 3:54.21 to place 17th at the Alabama Relays.

#### 2015 Indoor Season

Clocked a mile time of 4:12.70 at the Vanderbilt Invitational to finish 13th.

#### 2014 Cross Country

Ran a 32:28.8 10k at the NCAA South Regional to finish as Alabama's fifth scorer ... scored for Alabama in the SEC Championships 8k behind a time of 26:02.66 and a 58th-place finish ... clocked a time of 26:41.69 in the Crimson Classic 8k ... finished the Paul Short Invitational 8k in 25:39 ... opened the season with a time of 25:30.26 in the 8k at the Asheville Cross Country Carnival, setting a new personal best.

### FRESHMAN

#### 2014 Indoor Season

Ran a personal best 4:17.84 in the mile at the Tyson Invitational ... clocked a 4:21.39 at the Indiana Relays ... placed 22nd at the Auburn Invitational in the mile with a time of 4:21.94.

#### 2013 Cross Country

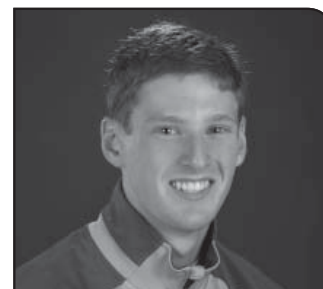
Clocked at 32:40.11 and counted towards the Crimson Tide's score at the NCAA South Region with a 10k time of 32:40.11 ... ran 75th at the SEC

Championships with a time of 26:02.68 ... placed 26th with a 6k time of 19:47.26 at the Iowa Invitational ... ran a 5-kilometer time of 16:47.17 to open the season at the Samford Dual meet and finished 10th.

### PREP AND PERSONAL

The 2013 AHSAA state indoor champion in the 1,600 meters (4:24.32) and the 3,200 meters (in a personal-best time of 9:27.95), while running for Mountain Brook High School ... runner-up in the 800 meters at the 2013 state indoor championships (1:57.11) ... set a personal best of 4:19.98 in the 1,600 meters at the Ice Breaker Invitational on Dec. 29, 2012 ... achieved a personal best of 1:53.44 in the 800 meters at the Indoor Alumni Group Invitational (Dec. 15, 2012) ... runner-up in the 5,000 meters at the 2012 AHSAA State Cross Country Championships (5k - 15:44.98) ... won the 2012 Sectional Cross Country Championships (5k - 15:55.64) and the 2012 Walt Disney World Cross Country Classic (5k - 16:24.59) ... placed third in the 800 (1:56.22) and second in the 1,600 (4:23.87) at the 2012 AHSAA Outdoor Championships ... posted a time of 4:20.35 in the 1,600 at the 2012 Volunteer Track Classic ... won 2012 state indoor title in the 800 meters

(1:54.84) while finishing as runner-up in the 1,600 (4:21.36) ... placed third in the 2011 state cross country meet (5k - 16:08.05) ... coached by Greg Echols at Mountain Brook ... son of Rob and Sandy Ballard ... born Nov. 15, 1994, in Birmingham, Ala.



Freshman

**JAMES BRINYARK**

Berry, Ala.  
(Northside)

### PREP AND PERSONAL

Coached by Sue Robertson at Northside High School ... runner-up at the 2015 Alabama 4A state cross country championships with a personal-best 5k time of 16:18 ... state champion in the 1,600 and 3,200 meters and



Payton Ballard

runner-up in the 800 meters at the Alabama indoor state championships in 2015 ... member of Northside's 2014 Alabama Class 4A state cross country championship team and 2015 4A/5A state indoor championship team ... also played baseball and basketball at Northside ... born October 13, 1997 in Birmingham, Ala.



Junior  
**ANDREW BULL**  
Nashville, Tenn.  
(Brentwood Academy)

**SOPHOMORE**

**2016 Outdoor Season**  
Registered a 5,000-meter time of 15:12.97 to finish 11th in the invitational section of the event at the War Eagle Invitational.

**2016 Indoor Season**  
Did not compete.

**2015 Cross Country**  
Ran a time of 32:48.50 to place 76th at the NCAA South Regional meet ... finished the Crimson Classic 8k in 26:15.49 ... clocked an 8k time of 27:11.8 at the Cowboy Jamboree ... ran the Brooks Twilight Classic 4-mile course in a time of 21:15.44 ... crossed the 5k finish line in 16:44.02 at the Samford Cross Country Opener.

**FRESHMAN**  
**2015 Outdoor Season**  
Did not compete.

**2015 Indoor Season**  
Did not compete.

**2014 Cross Country**  
Clocked an 8k time of 26:43.61 at the SEC Championships ... ran a 26:56.78 8k at the Crimson Classic... finished the Paul Short Invitational 8k with a time of 26:06 ... clocked an 8k time of 25:57.08 at the Asheville Cross Country Carnival ... ran a 5k time of 16:31.87 to open the season at the Samford Dual meet, finishing fourth.

**PREP AND PERSONAL**  
Coached by Marshal Smith at Brentwood Academy in Nashville, Tenn. ... finished as the runner-up in the 3,200 meters with a time of 9:39.43 at the Tennessee Secondary School Athletic Association Division II State Championships ... set a personal best of 9:20.74 in the 3,200

meters at the 2014 Eastern Relays ... finished fifth in the 1,600 meters with a time of 4:26.29 at the TSSAA Division II State Championships in 2014 ... set a personal best of 4:21.34 in the 1,600 meters while finishing third at the TSSAA Middle Sub-Sectional Meet in 2014 ... helped the Brentwood Academy Eagles in winning the TSSAA Division II State Championships in 2011, 2012 and 2013 ... member of 4x800 relay unit that set a Brentwood Academy school record in 2014 ... held the position of cross country team captain for the Eagles in the fall of 2013 ... joined by his twin brother, Garrett, at The University of Alabama ... son of Donald and Kathryn Bull ... born Aug. 2, 1995, in Nashville, Tenn.



Junior  
**GARRETT BULL**  
Nashville, Tenn.  
(Brentwood Academy)

**SOPHOMORE**

**2016 Outdoor Season**  
Clocked a 5,000-meter time of 14:57.88 to finish seventh in the invitational section of the event at the War Eagle Invitational ... opened the track and field season at the Alabama Relays, running 4:08.81 in the 1,500 meters.

**2016 Indoor Season**  
Did not compete.

**2015 Cross Country**  
Ran a time of 32:36.43 to place 64th at the NCAA South Regional meet ... crossed the finish line in 75th place and scored 70 points at the SEC Cross Country Championships with a time of 25:25.00 ... finished the Crimson Classic 8k in 26:12.20 ... clocked an 8k time of 26:45.5 to finish 34th at the Cowboy Jamboree ... ran 21:27.16 in the Brooks Twilight Classic 4-mile race ... opened the season with a 16:23.07 5k-finish at the Samford Cross Country Opener.

**FRESHMAN**  
**2015 Outdoor Season**  
Crossed the finish line in the 5,000 meters with a time of 15:11.53 to finish seventh at the Border Clash ... finished the 5,000 meters in 15:29.13 at the Alabama Relays.

**2015 Indoor Season**  
Did not compete.

**2014 Cross Country**

Ran the SEC championship 8k in 26:58.14 ... finished the Crimson Classic 8k in a time of 26:53.95... Clocked an 8k time of 25:42 at the Paul Short Invitational ... ran the Asheville Cross Country Carnival 8k in a time of 25:53.24 ... opened the season with a 5k time of 16:32 at the Samford Dual and finished fifth.

**PREP AND PERSONAL**

Coached by Marshal Smith at Brentwood Academy in Nashville, Tenn. ... set a personal best of 4:22.60 in the 1,600 meters and finished fourth at the Tennessee Secondary School Athletic Association Division II Middle Sub-Sectional Meet ... finished fourth in the 1,600 meters at the TSSAA Division II State Championships in 2014 with a time of 4:23.40 ... recorded a personal best of 9:27.33 in the 3,200 meters at the 2014 Eastern Relays ... was a member of the Brentwood Academy track and field team that won the TSSAA Division II State Championships in 2011, 2012 and 2013 ... aided his high school's cross country team to a state championship in 2011 ... running alongside his twin brother, Andrew, for the Crimson Tide ... son of Donald and

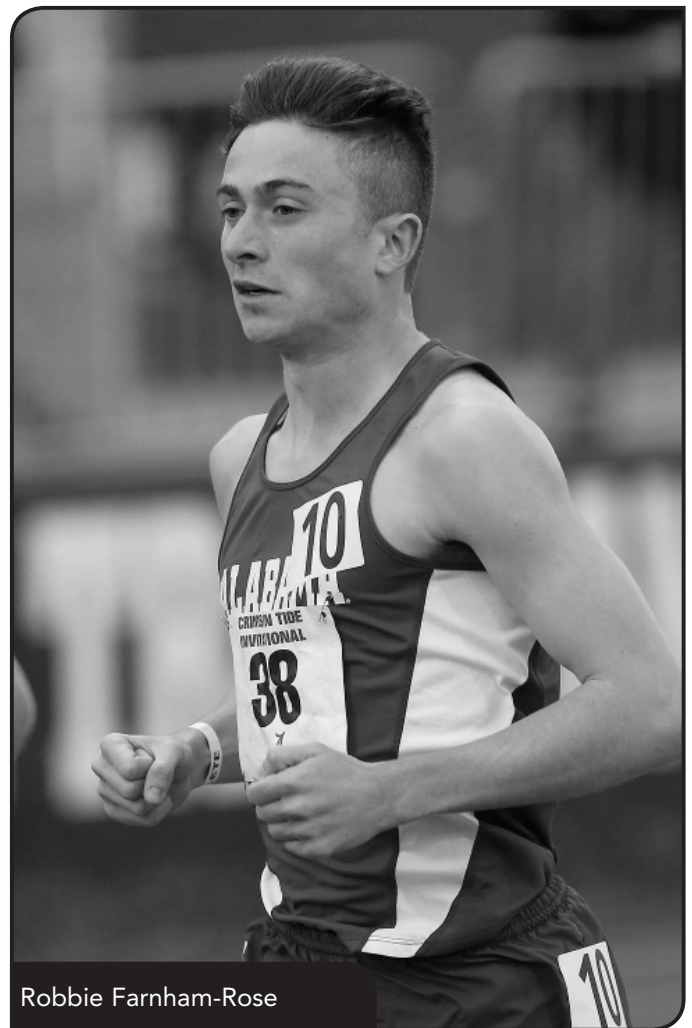
Kathryn Bull ... born Aug. 2, 1995, in Nashville, Tenn.



Senior  
**ROBBIE FARNHAM-ROSE**  
Borough Green, England  
(Wrotham)

**ACCOLADES**

- Second Team All-SEC, indoor DMR (2016)
- NCAA All-South Region, 2014 cross country
- SEC All-Freshman Team, 2013 indoor (Mile)
- SEC All-Freshman Team, 2013 outdoor (1,500 meters)



Robbie Farnham-Rose

2016 CRIMSON TIDE

# 2016 CRIMSON TIDE

## JUNIOR

### 2016 Outdoor Season

Ran a time of 3:51.96 in the 1,500 meters at the NCAA East Regional meet ... registered a 1,500-meter preliminary time of 3:46.64 to qualify for the finals in the event where he ran 3:51.11 to finish fourth at the SEC Championships ... finished third in the invitational section of the 1,500 meters at the War Eagle Invitational, clocking a personal-best time of 3:44.39 ... posted a time of 1:51.13 in the 800 meters at the Battle on the Bayou to finish 10th in the event ... ran a time of 3:46.22 in section one of the 1,500 meters at the Stanford Invitational.

### 2016 Indoor Season

Registered a mile-prelim time of 4:07.82 to finish 11th in the event and ran a leg of the distance medley relay that finished second in 9:38.28 at the SEC Championships ... clocked a time of 4:00.92 in the mile to finish fifth at the Iowa State Classic ... finished the mile in a time of 4:07.65 to place seventh at the Conference Clash ... ran the 3,000 meters in 8:08.77 to finish fifth in the event at the Commodore Indoor Invitational.

### 2015 Cross Country

Ran a top-25 time of 31:27.01 to place 19th at the NCAA South Regional meet ... crossed the finish line in 43rd place and scored 42 points at the SEC Cross Country Championships with a time of 24:48.60 ... finished the Crimson Classic 8k with a time of 25:45.01 ... finished 20th at the Cowboy Jamboree, recording an 8k time of 26:00.8 ... ran a 4-mile time of 20:07.89 at the Brooks Twilight Classic ... crossed the 5k finish line in a time of 15:56.53 at the Samford Cross Country Opener

## SOPHOMORE

### 2015 Outdoor Season

Posted a time of 1:50.50 in the 800 meters to finish eighth at the LSU Invitational ... won the 1,500 meters at the Border Clash with a time of 3:44.72 ... won the 1,500 meters at the Crimson Tide Invitational with a time of 3:46.58.

### 2015 Indoor Season

Crossed the mile finish line in 4:03.87 to place third in the mile at the SEC championships after finishing third (4:06.48) in the second heat of the semifinals ... recorded a personal-best mile time of 4:01.34 to win the Frank Sevigne Husker Invitational ... won the men's mile at the Auburn Invitational with a time of 4:03.75.

### 2014 Cross Country

Led the Alabama men's team across the finish line at the NCAA South Regional 10k, recording an 18th place finish and a personal best of 30.58 ... finished with a time of 25:50.60 in the Crimson Classic 8k ... clocked an 8k time of 25:06

at the Paul Short Invitational ... won the Asheville Cross Country Carnival with a 25:04.98 8k.

## 2013-14

Did not compete.

## FRESHMAN

### 2013 Outdoor Season

Finished 4th at the SEC Outdoor Championships with a 1,500 meter time of 3:51.46 ... ran on the 4x800-meter relay team at the Drake Relays that came in 6th with a time of 7:33.83 ... won his second event of the outdoor season with a 3:47.55 1,500 meter time at the Crimson Tide Invitational ... won the 1,500 meter race at the Yellow Jacket Invitational, timed at 3:45.47, a new PR ... anchor leg on the winning distance medley relay (1st in 9:51.62) unit at the John Mitchell Alabama Relays.

### 2013 Indoor Season

Ran best time of the year at the SEC Championships and placed third in the mile with a time of 4:02.34 ... ran in the mile at the Mark Colligan with a time of 4:07.81 and a second-place finish ... added another top-10 finish at the Indiana Relays with a time of 1:53.55 in the 800 meter invitational ... ran a 4:08.04 at the Indiana Relays in the mile invitational, good enough for ninth ... finished third in the mile with a time of 4:11.63 in first collegiate meet of his career at the Auburn Invitational.

## PREP AND PERSONAL

Competed for the Tonbridge Athletic Club in his native England ... ran a personal best of 1:49.61 in the 800 meters to win the BMC Regional Races ... was second in the U20 section of the 1,500 meters at the Aviva England Athletics Championships & World Trials ... was third at the English Schools' Cross Country Championships ... finished 23rd at the English Junior Cross Country Championships ... is the son of Robert Farnham and Eileen Rose.



Junior

**CONNOR FERRENTINO**

Orlando, Fla.  
(Freedom)

## SOPHOMORE

### 2016 Outdoor Season

Clocked a time of 3:53.22 in the 1,500-meter prelims to finish eighth

in the second heat of the event at the SEC Championships ... finished ninth in the 800 meters with a time of 1:49.69 at the LSU Invitational ... ran 3:48.83 in the 1,500 meters to finish 11th in the invitational section of the event at the War Eagle Invitational ... registered a time of 3:53.88 in the 1,500 meters at the Florida Relays ... clocked a time of 3:52.42 in the 1,500 meters to finish fifth in the event at the FSU Relays.

### 2016 Indoor Season

Ran a mile-time of 4:18.17 at the Conference Clash.

### 2015 Cross Country

Crossed the finish line in 67th place and scored 63 points at the SEC Cross Country Championships with a time of 25:10.40 ... Clocked a time of 26:13.55 in the Crimson Classic 8k ... finished the Brooks Twilight Classic 4-mile race in a time of 21:04.82 ... ran 16:28.92 in the Samford Cross Country Opener 5k.

## FRESHMAN

### 2015 Outdoor Season

Ran the 1,500 meters in 3:53.81 to finish 16th at the Alabama Relays.

### 2015 Indoor Season

Ran the mile in 4:25.78 to finish 24th at the Vanderbilt Invitational.

### 2014 Cross Country

Clocked an 8k time of 26:35.47 at the Asheville Cross Country Carnival ... ran a time of 16:31.87 to open the season at the Samford Dual meet and finish second.

## PREP AND PERSONAL

Coached by Leonard Malach at Freedom High School in Orlando, Fla. ... one of the top cross country runners in the Florida prep ranks ... earned first team All-State honors in track and cross country in 2012 and 2013 ... won the 2013 Metro East Cross Country Championships (5k - 16:05.36) and the 2013 Astronaut Cross Country Invitational (5k - 16:18.60) ... was second at the 2013 Florida Class 4A Region 1 Cross Country Championships (5k - 16:04.00) ... was runner-up at the 2013 Florida Class 4A District 4 Cross Country Championships (5k - 16:01.20) ... placed eighth (5k - 15:54.21) at the 2013 Florida High School Athletic Association (FHSAA) Cross Country Championships ... competed at the 2013 Foot Locker South Regional Cross Country Championships (5k - 15:45.00) ... as a sophomore in 2012, placed sixth at the Florida Class 4A Cross Country Championships (5k - 15:52.00) and was fourth at the Class 4A Region 1 Championships (5k - 15:50.55) ... won two cross country races in 2012, the Gibson Summertime Run (5k - 16:24.90) and the Edgewater Invitational (5k -

16:29.00) ... on the track, he placed 11th in the 1,500 at the 2012 AAU National Junior Olympics (4:08.69) ... placed third in the 1,600 (4:21.64) at the 2012 Florida Class 4A Outdoor State Finals ... holds Freedom High School records in six events (1,500; 1,600; 3,200; 2-mile; 5,000; 4x800-meter relay) ... named the team's MVP in 2012 and 2013 ... the 2013 Metro Conference cross country champion ... also played soccer in high school, earning team offensive MVP honors as a sophomore when he scored 17 goals for the season ... son of Robert and Erin Ferrentino ... born Dec. 31, 1995 in Buffalo, N.Y.



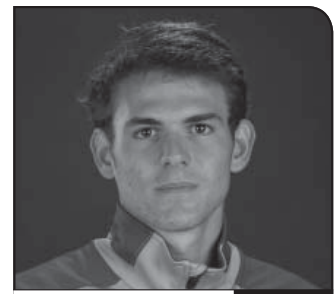
Freshman

**PATRICK GRANT**

Southampton, Pa.  
(LaSalle)

## PREP AND PERSONAL

Coached by Greg Bielecki at LaSalle High School ... Philadelphia Catholic League indoor and outdoor champion in the mile run ... 4x800-meter relay and distance medley relay state medalist ... second team all-state as a senior ... personal best of 4:15.56 in the 1,600 meters and 1:54.85 in the 800 meters ... member of three Philadelphia Catholic League indoor and outdoor championship teams (2013, 2015, 2016) and the 2015 PCL cross country championship team ... son of Christopher and Mary Grant ... born June 16, 1997 in Southampton, Pa.



Freshman

**NOAH KARR**

Tuscaloosa, Ala.  
(American Christian Academy)

## PREP AND PERSONAL

Coached by Charles Tiller at American Christian Academy in Tuscaloosa, Ala. ... one of the top distance runners in

Alabama ... Won state outdoor titles in the 800 meters and mile in 2015 and indoor 800 meter state titles in 2014 and 2015 ... holds personal bests of 1:56.00 in the 800 meters and 4:30.00 in the mile ... older brother, Nathan, is a shot putter for the Crimson Tide ... son of Chuck and Jodie Karr born April 8, 1997 in Tuscaloosa, Ala.



Senior  
**ANTIBAHS KOSGEI**

Eldoret, Kenya  
(South Plains College)

**ACCOLADES**

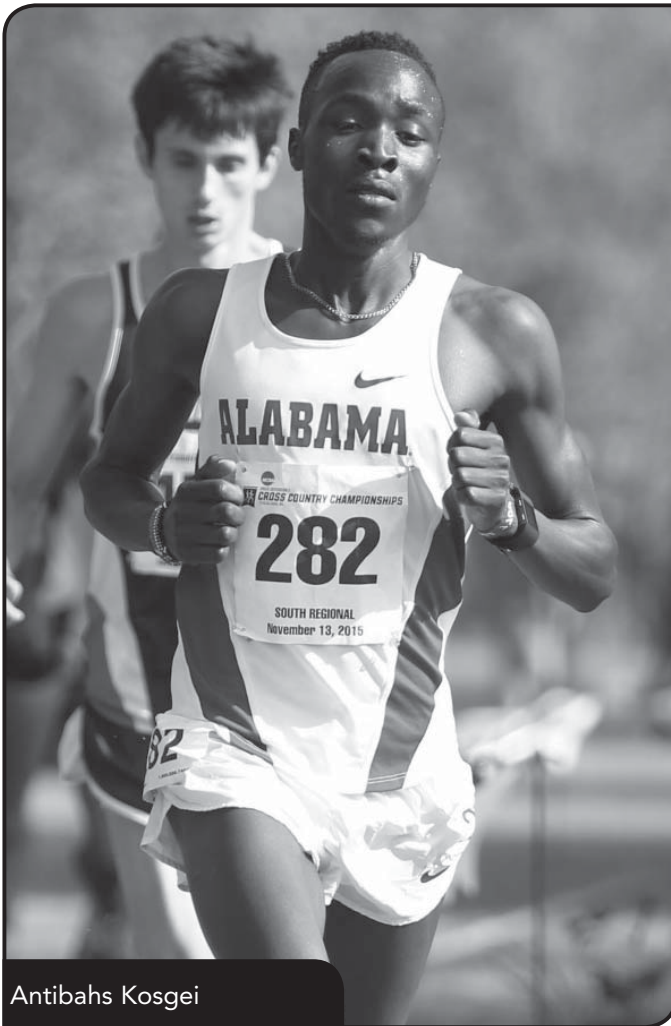
- SEC Cross Country Champion, 8k (2015)
- SEC Men's Runner of the Year, cross country (2015)

- First Team All-SEC, cross country (2015)
- Honorable Mention All-American, outdoor 10,000 meters (2016)
- Second Team All-SEC, 10,000 meters (2016)
- NCAA South Region Champion, 10k (2015)
- South Region Athlete of the Year (2015)
- All-NCAA South Region, cross country (2015)

**JUNIOR**

**2016 Outdoor Season**

Crossed the finish line with a time of 29:42.89 in the 10,000 meters to place 18th at the NCAA Championships ... finished second in the 10,000 meters at the NCAA East Regional meet, clocking a time of 30:03.59 ... competed in three events at the SEC Championships, finishing as the runner-up in the 10,000 meters (29:49.16), 10th in the 3,000-meter steeplechase (9:00.53), and fifth in the 5,000 meters (14:08.08) ... finished eighth in the 1,500 meters with a time of 3:54.11 at the LSU Invitational ... won the invitational section of the 5,000 meters at the War Eagle Invitational with a time of 14:38.68 ... finished the 10,000 meters in 29:19.63 at the Stanford Invitational.



Antibaahs Kosgei

**2016 Indoor Season**

Registered a 5,000-meter time of 14:10.62 to finish 6th in the event at the SEC Championships ... ran the 3,000 meters in a time of 8:13.39 to finish as the runner-up at the Indiana Relays ... clocked a 3,000-meter time of 8:19.56 to finish sixth at the Conference Clash ... finished eighth in the mile with a time of 4:10.07 at the Commodore Indoor Invitational.

**2015 Cross Country**

Competed at the 2015 NCAA Cross Country Championships with a time of 30:59.30 ... won the NCAA South Regional 10k race with a time of 30:25.66 ... winner of the SEC Cross Country Championships crossing the finish line with a time of 23:24.10 ... clocked a time of 24:17.47 at the Crimson Classic to finish as the runner-up ... ran 25:08.9 to win the Cowboy Jamboree 8k ... won the Brooks Twilight Classic 4-mile race in his Crimson Tide debut, running 19:49.75.

**PREP AND PERSONAL**

Placed in the top six in three events at the 2015 National Junior College Athletic Association (NJCAA) Indoor Championships (5,000 – 2nd, 15:01.23; 3,000 – third, 8:47.20; Mile – sixth, 4:22.28) ... fifth in the 5,000 at the 2014 NJCAA Outdoor Championships in 14:57.92 ... second at the 2014 NJCAA Cross Country Championships (8k) in 24:25.00 ... led South Plains to a third-place team finish at the 2014 NJCAA Cross Country Championships ... won the NJCAA Region 5 meet in the 8k with a time of 23:49.00, leading South Plains to a team title ... helped lead South Plains to a third-place team finish at the 2013 NJCAA Cross Country Championships with a sixth-place finish in 25:33.5 (8k) ... was the 2013 NJCAA Region 5 champion in the 8k running a time of 25:15.61 ... placed sixth at the 2013 NJCAA Half-Marathon Championships ... has personal bests of 3:53.01 in the 1,500 meters, 4:19.43 in the Mile, 9:09.78 in the 3,000 meter steeplechase, 14:51.27 in the 5,000 meters, and 32:40.99 in the 10,000 meters ... Born in Eldoret, Kenya.



Freshman  
**ELLIOTT MILLER**

Cheyenne, Wyo.  
(Cheyenne Central)

**PREP AND PERSONAL**

Coached by Sean Wilde and Bruce Mowry at Cheyenne Central ... three-time all-state selection in cross country ... outdoor state champion in the 800 meters and 1,600 meters and indoor 800 meters as a senior in 2016 ... high-point scorer at 2016 state outdoor track championships ... runner-up at the 2015 state cross country championships ... all-state selection as a junior and senior in outdoor track and as a senior in indoor track ... 5k cross country personal best of 15:57 ... personal bests of 4:21.80 in the 1,600 meters and 1:55.76 in the 800 meters ... son of Kirk and Cheryl Miller ... born February 14, 1998.



Senior  
**EVAN PRIZY**

Schaumburg, Ill.  
(Schaumburg)

**JUNIOR**

**2016 Outdoor Season**

Finished fourth in the 5,000 meters with a time of 15:15.95 at the LSU Invitational ... clocked a time of 14:53.41 in the 5,000 meters to finish fifth in the invitational section of the meet at the War Eagle Invitational ... won the 5,000 meters with a time of 15:07.62 at the FSU Relays.

**2016 Indoor Season**

Did not compete.

**2015 Cross Country**

Crossed the finish line with a time of 25:50.20 at the SEC Cross Country Championships ... finished the Crimson Classic 8k in a time of 26:16.18 ...

2016 CRIMSON TIDE



2016 CRIMSON TIDE

clocked a time of 28:17.7 in the Cowboy Jamboree 8k ... ran 20:37.77 in the Brooks Twilight Classic 4-mile race ... opened the season at the Samford Cross Country Opener, finishing the 5k in 16:26.93.

#### SOPHOMORE

**2015 Outdoor Season**  
Did not compete.

**2015 Indoor Season**  
Did not compete.

**2014 Cross Country**  
Clocked a time of 16:31.91 to open the season at the Samford Dual meet and finished third.

#### FRESHMAN

**2014 Outdoor Season**  
Did not compete.

**2014 Indoor Season**  
Did not compete.

**2013 Cross Country**  
Competed at the SEC Championships, posting an 8k time of 27:58.00 ... in his first collegiate meet, finished 24th in the 6k run at the Iowa Invitational with a time of 19:34.23.

#### PREP AND PERSONAL

Coached by Jam Macnider (2009-10) and Scott Lilley (2011-13) at Schaumburg High School in Schaumburg, Ill. ... helped his team qualify for the Illinois state cross country championships as a freshman and sophomore in 2009 and 2010 ... qualified for the state meet in the 3,200 meters for three consecutive

years from his sophomore through senior seasons (2011-13) ... a two-time Sectional Track champion (2011, 2013) ... set the freshman indoor school record for the 1,600 with a 4:43.4 in 2010 ... the 2013 Daily Herald Prep Sports Excellence Athlete ... Most Valuable Player for his cross country team as a junior and senior (2011 and 2012) ... Schaumburg's cross country team captain as a junior and senior (2011 and 2012) ... named Schaumburg's Track Distance Captain as a junior and senior (2012 and 2013) ... began competing in track at the age of 13 ... son of Mike and Sandy Prizy ... the youngest of three children ... his father ran track and cross country at Eastern Illinois ... born September 9, 1994, in Schaumburg, Ill.



Freshman

**OLIVER RIGG**

Zionsville, Ind.  
(Zionsville)

#### PREP AND PERSONAL

Coached by Gabe Porras at Zionsville High School ... won the 2015 IHSAA Sectional Cross Country race with 5k

time of 16:01 ... claimed the runner-up position at the 2015 IHSAA Regional Cross Country race with a personal-record 5k time of 15:47 ... finished as the runner-up in the 2015 IHSAA Boys Sectional in the 800 meters and the 2014 IHSAA Sectional 1,600 meters ... named a New Balance Nationals All-American for his performance in the freshman mile in 2013 ... son of John and Suzanne Rigg ... both parents were members of the track team at Iowa State ... born February 10, 1998 in Zionsville, Ind.



Junior

**JOSH SHORT**

Cedarburg, Wis.  
(Cedarburg)

#### SOPHOMORE

**2016 Outdoor Season**  
Clocked a 3,000-meter steeplechase time of 9:27.76 to finish 15th in the event at the SEC Championships ... competed in the 1,500-meter race at the LSU Invitational ... registered a 1,500-meter time of 3:50.18 to finish

12th in the invitational section of the event at the War Eagle Invitational ... clocked a time of 5:56.43 in the 2,000-meter steeplechase to finish fourth in the event at the FSU Relays.

#### 2016 Indoor Season

Clocked a time of 8:24.85 in the 3,000 meters at the SEC Championships to finish 12th in the event ... registered a time of 8:28.84 in the 3,000 meters to finish seventh at the Samford Elite Team Invite ... finished 11th in the 3,000 meters at the Indiana Relays, clocking a time 8:36.80 ... clocked a mile-time of 4:13.36 at the Conference Clash ... ran the mile in 4:11.07 at the Commodore Indoor Invitational to finish 10th.

#### 2015 Cross Country

Clocked an 8k time of 26:53.4 to finish 37th at the Cowboy Jamboree ... crossed the Brooks Twilight Classic 4-mile finish as the Tide's third runner, clocking a time of 20:22.71 ... ran 16:12.50 in the Samford Cross Country Opener 5k

#### FRESHMAN

**2015 Outdoor Season**  
Did not compete.

**2015 Indoor Season**  
Did not compete.

#### PREP AND PERSONAL

Coached by Mark Allen at Cedarburg High School in Cedarburg, Wis. ... one of the top distance and cross country runners in the state of Wisconsin high school ranks ... won conference, regional and sectional championships in

the 1,600 and 3,200 outdoors in 2013 ... voted Cedarburg's Cross Country MVP in 2012 ... qualified for the state meet at 1,600 and 3,200 in 2013 ... first-team all-conference in cross country in 2012 ... ran his cross country personal best 5k of 16:05.20 while finishing fourth at the 2012 Cudahy Purgolder Invitational ... finished third at the 2012 Port Washington Cross Country Invitational (5k - 16:28.69) ... placed 32nd at the 2012 Wisconsin Division I State Championships (5k - 16:18.58) ... finished fifth in the 3,200 at the 2013 Myrhum Invitational (9:37.23) ... ran his 3,200 personal best of 9:29.70 on the way to a ninth-place finish at the 2013 Wisconsin Division I Outdoor State Championships ... also lettered in soccer ... began competing in track at age 13 ... son of Brad and Colleen Short ... his mother, Colleen (Wisner) Short competed in cross country and track at the University of Wisconsin-Parkside from 1984-88 ... born April 16, 1996 in McHenry, Ill.



Senior  
**CONNER THOMPSON**  
Murfreesboro, Tenn.  
(Oakland)

**JUNIOR**

**2016 Outdoor Season**

Clocked a time of 14:46.78 in 5,000 meters to finish as the runner-up in the invitational section of the event at the War Eagle Invitational ... ran to a sixth-place finish in the 1,500 meters with a time of 3:52.76 at the Battle on the Bayou.

**2016 Indoor Season**

Clocked a time of 14:41.10 in the 5,000 meters to finish 13th in the event at the SEC Championships ... finished ninth in the 3,000 meters at the Conference Clash, recording a time of 8:25.85.

**2015 Cross Country**

Finished in 27th place at the NCAA South Regional meet with a time of 31:45.31 ... crossed the finish line in 27th place at the SEC Cross Country Championships with a time of 24:21.50 ... Ran 25:04.75 to finished 19th in the Crimson Classic 8k ... clocked an 8k time of 27:09.4 at the Cowboy Jamboree ... ran 20:30.42 in the 4-mile at the Brooks Twilight Classic ... completed the Samford Cross Country Opener 5k in 16:12.50.

**SOPHOMORE**

**2015 Outdoor Season**

Posted a 1,500-meter time of 3:57.01 to finish eighth in the event at the LSU Invitational ... ran the 5,000 meters in 14:42.88 at the Florida Relays to finish 17th overall.

**2015 Indoor Season**

Did not compete.

**2014 Cross Country Season**

Was Alabama's third finisher at the NCAA South Regional 10k, posting a 72nd-place finish and a time of 32:03.8 ... ran a 26:03.23 at the Crimson Classic 8k ... finished the Paul Short Invitational 8k in 25:17, a new personal best ... finished fifth in the Asheville Cross Country Carnival 8k with a time of 25:30.53.

**FRESHMAN**

**2014 Outdoor Season**

Ran the 5,000 meters in a time of 14:54.51 at the Alabama Relays.

**2014 Indoor Season**

Clocked a time of 15:19.63 in the 5,000 meters at the SEC Championships.

**2013 Cross Country**

Placed 73rd at the NCAA South Region and ran a 10k of 31:45.37 ... was the Tide's top freshman finisher at the SEC Championships, placing 59th and recording an 8k time of 25:41.40 ... finished as the second UA athlete at the Paul Short Invitational with a time of 25:37 in the 8k, finishing 127th overall ... placed 17th at the Iowa Invitational with a 6k time of 19:14.04 ... was the top freshman finisher at the Samford Dual meet to open the season where he clocked a 5k time of 16:31.83 and finished sixth overall.

**PREP AND PERSONAL**

One of the region's top cross country runners during his prep career ... placed 13th at the 2012 Foot Locker South Regional Cross Country Championships (5k - 15:15.00) while setting a personal best ... finished sixth at the 2012 Tennessee TSSAA State Cross Country Meet in a time of 16:09.81 (5k), while running for Oakland High School ... won the 2012 state cross country title in a time of 16:00.87 (5k) ... runner-up at the 2012 MSCCA High School Championships in a 5k time of 15:49.41 ... finished third at the 2012 Tennessee Classic in a 5k time of 16:27.51 ... placed 15th on the track in the 3,200 meters at the 2012 New Balance Outdoor Nationals, with a personal-best time of 9:33.36 ... posted a personal best in the mile (4:24.81) at the 2012 Music City Distance Carnival ... placed fifth in the 3,200 meters at the 2012 Tennessee TSSAA State Outdoor Track and Field Championships in a time of 9:26.99, setting a personal best in the process ... won the 3,200 meters at the 2012 Wildcat Classic in 9:57.80 ... placed eighth in the 3,200 meters at

the 2011 state outdoor meet (9:30.96) ... finished seventh at the 2010 state cross country meet in a time of 16:19.28 (5k) ... coached by Jason Wooten at Oakland High School ... son of Bret and Robyn Thompson ... born Sept. 6, 1994, in Fort Smith, Ark.



Freshman  
**DREW WILLIAMS**  
Mountain Brook, Ala.  
(Mountain Brook)

**PREP AND PERSONAL**

Placed in the top five for the 800 meters, 1600 meters, and high jump at the 2014 AHSAA 6A Section 3 meet ... finished in sixth in the 800 meters at the 2014 AHSAA 6A State Championships with a time of 2:00.24 ... was voted MVP for the 2015 indoor and outdoor seasons at Mountain Brook High School ... high school teammate of current Crimson Tide runner Payton Ballard ... son of Walt and Valerie Williams ... born November 30, 1997.

2016 CRIMSON TIDE

# 2016 CRIMSON TIDE



Junior

**CAROLINE BARLOW**

Naples, Fla.  
(Gulf Coast)

## SOPHOMORE

### 2016 Outdoor Season

Clocked a 1,500-meter prelim time of 4:37.92 to finish 10th in heat one of the event at the SEC Championships ... also ran the 5,000 meters in a time of 17:02.52 to finish 20th at the SEC Championships ... posted a 1,500-meter time of 4:29.84 to finish fifth in the event at the LSU Invitational

... recorded a time of 17:13.53 in the invitational section of the 5,000 meters at the War Eagle Invitational to finish 10th ... registered an 800-meter time of 2:15.92 to finish 22nd and ran 4:33.19 in the 1,500 meters to finish 10th at the Battle on the Bayou ... ran 4:26.57 in the 1,500 meters at the Alabama Relays to finish sixth.

### 2016 Indoor Season

Registered a personal record time of 4:46.95 in the mile prelims at the SEC Championships to clock the 11th-best time of the day in the event and ran a leg of the distance medley relay that finished fifth with a time of 11:23.59 ... clocked a time of 4:55.78 in the mile to finish fifth at the Samford Elite Team Invite ... finished 16th in the Indiana Relays 800-meter race (2:17.37) and 12th in the mile (5:02.91) ... ran the 800 meters in a time of 1:16.59 and the mile in a time of 5:00.19 to finish 17th at the Conference Clash ... clocked a time of 4:59.72 in the mile at the Commodore Indoor Invitational.

### 2015 Cross Country

Finished in 49th place with a time of 21:33.05 at the NCAA South Regional meet ... Crossed the finish line in 44th place and scored 41 points with a time of 21:11.70 at the SEC Cross Country Championships ... Clocked a 6k time of 22:18.9 at the Cowboy Jamboree ... ran 18:44.58 in the Brooks Twilight Classic 5k to open her season... finished the Crimson Classic 5k in 18:14.57.

## FRESHMAN

### 2015 Outdoor Season

Registered a time of 4:33.20 in the LSU Invitational 1,500 meters to finish eighth in the event ... ran 17:21.52 and finished 14th in the 5,000 meters at the Florida Relays ... crossed the 1,500-meter finish line in 4:34.65 at the Crimson Tide Invitational to finish third ... ran the 5,000 meters in a personal record time of 17:34.77 to finish 22nd at the Alabama Relays.

### 2015 Indoor Season

Finished 12th in the 3,000 meters with a time of 10:16.39 at the Frank Sevigne Husker Invitational ... competed in the mile race with a time of 5:07.34 at the Auburn Invitational.

### 2014 Cross Country

Ran her fastest 6k of the year at the NCAA South Regional, posting a time of 21:33.3 ... finished 65th at the SEC Championships 6k with a time of 21:43.3 ... ran the Crimson Classic 5k in 19:08.37 ... finished her first career 6k in 22:07 at the Paul Short Invitational ... ran 19:02.77 in the 5k at the Asheville Cross Country Carnival ... clocked a 3k time of 12:12.40 to finish eighth at the Samford Dual.

## PREP AND PERSONAL

One of Florida's top prep distance and cross country runners ... coached by Paul Barlow at Gulf Coast High School in Naples, Fla. ... finished among the top 10 at the Florida Class 3A Cross Country Championships all four years of her prep career, earning all-state honors each time ... set school and conference records in the 1,600 meters, 3,200 meters and 5k ... the 2013 Runner of the Year by the *Naples Daily News* ... runner-up at the 2013 Florida Class 3A Cross Country Championships (5k - 18:15.19) ... the 2013 Class 3A District 12 cross country champion (5k - 18:22.58) ... placed third at the 2013 Class 3A Region 3 cross country championships (5k - 19:18.60) ... was third in the 3,200 meters (11:17.15) at the 2013 Class 3A Outdoor Championships ... finished second (11:14.33) in the 3,200 at the 2013 Class 3A Region 3 Outdoor Championships ... won the Elite Division race at the 2013 Florida State Cross Country Invitational (5k - 17:53.99) ... as a junior, placed fourth at the 2012 Class 3A Cross Country Championships (5k - 18:12.91) ... won the 1,600 at the 2012 Florida Relays (5:03.79) ... placed second in the

1,600 (4:58.91) and second in the 3,200 (10:55.82) at the 2012 Class 3A Region 3 meet ... was fifth in the 1,600 (5:00.36) and fourth in the 3,200 (10:51.22) at the 2012 Class 3A Outdoor Championships ... as a sophomore, finished 16th (5k - 19:04.96) at the 2011 Class 3A Cross Country Championships ... ran a 2011 seasonal best of 18:46.99 for 5k at the Little Everglades Ranch Pre-State cross country meet ... daughter of Paul and Julie Barlow ... born Nov. 6, 1995 in Littleton, Colo.



Freshman

**CAROLINE BROOKS**

Plano, Texas  
(Plano)

## PREP AND PERSONAL

Coached by Amy Dehdari at Plano High School ... track & field team MVP as a senior in 2016 ... qualified for the UIL 6A regional meet in the 800 meters and 4x400-meter relay ... member of school record-setting 4x400-meter relay team ... also played club soccer in high school ... personal best times/marks of 2:16 in the 800 meters, 59.3 in the 400 meters and 34-1 in the triple jump ... personal best cross country time of 21:12 ... daughter of David and Stephanie Brooks ... born May 18, 1998 in Birmingham, Ala.



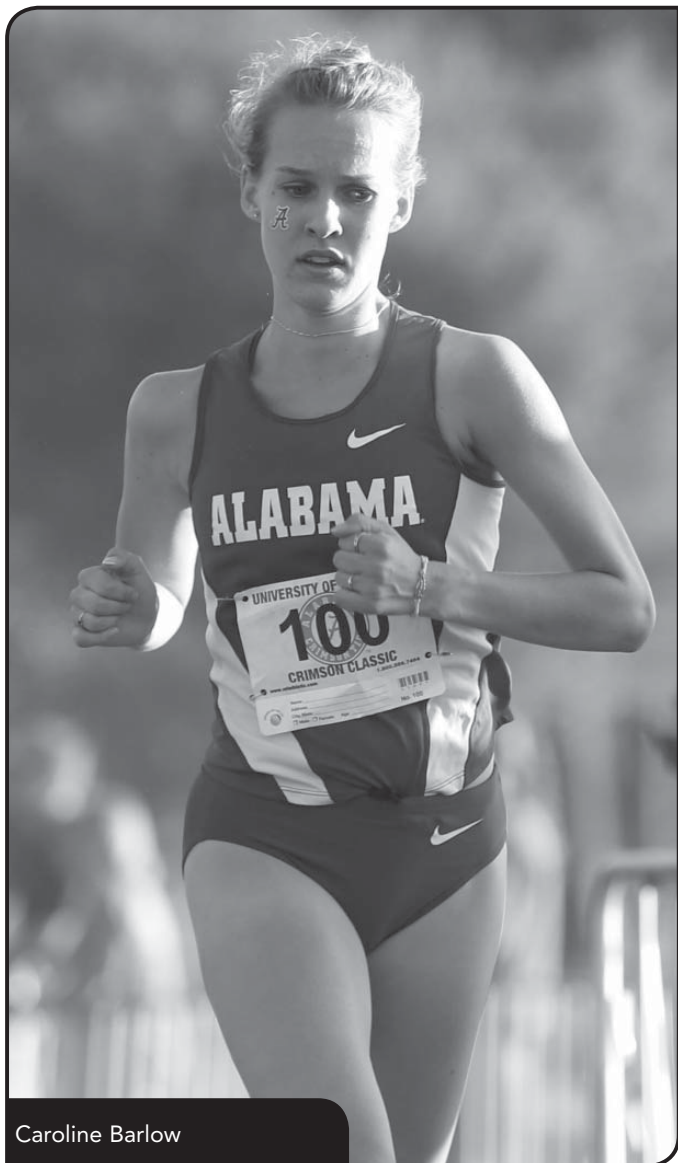
Freshman

**REBECCA BUTEAU**

Madison, Miss.  
(Madison Central)

## PREP AND PERSONAL

Coached by Geary Howell at Madison Central High School ... holds all distance records at Madison Central High School ... has won multiple state championships in cross country, 3,200 meters, 1,600 meters, and the 800 meters including placing second at the MHSAA State Cross Country Championships in 2014



Caroline Barlow

2016 CRIMSON TIDE

... has competed on the high school cross country team since she was a middle schooler ... is a five-time MHSAA all-state performer in cross country and a four-time MHSAA all-state performer in track and field ... daughter of Phil and Patty Carol Buteau ... born July 18, 1998 in Flowood, Mississippi.



Freshman

**HANNAH CAPEK**

Monument, Colo.  
(Palmer Ridge)

**PREP AND PERSONAL**

Coached by Kelly Christensen at Palmer Ridge High School ... earned all-state honors in track & field as a senior in 2016... two-time all-conference selection and team MVP in both cross country and track and field as a junior and senior ... school record-holder at 3,200 meters ... also captain of her high school basketball team ... member of National Honor Society ... daughter of Charlie and Ellie Capek ... born Nov. 15, 1997 in Colorado Springs, Colo.



Freshman

**DALEY CLINE**

Estero, Fla.  
(Estero)

**PREP AND PERSONAL**

Coached by Jeff Sommer at Estero High School ... placed 11th in the 2014 FHSAA 3A cross country championship with a 5,000 meter time of 19:03.10 ... ran the 14th-fastest 1,600-meter time in the state of Florida in 2014 as a sophomore (5:06.51) ... finished second in District 11, third in Region 3 and 10th at the 3A State Championships in the 1,600 meters in 2015 ... member of two state championship cross country teams and two 4x800 relay championship squads at Estero ... 5k personal best time of 18:38 ... 1,600 meters personal best of 5:06 ... Member of National

Honor Society ... daughter of Brad and Anne Cline ... born August 12, 1998 in Estero, Fla.



Sophomore

**CALLI COGGINS**

Franklin, Tenn.  
(Independence)

**FRESHMAN**

**2016 Outdoor Season**

Clocked a time of 10:37.78 (11th) in the 3,000-meter steeplechase and ran 17:31.70 (31st) in the 5,000 meters at the SEC Championships ... registered a time of 11:30.67 in the 3,000-meter steeplechase to win the event at the LSU Invitational ... clocked a 5,000-meter time of 17:48.73 to finish 15th in the invitational section of the event at the War Eagle Invitational ... ran 7:24.39 in the 2,000-meter steeplechase to win the event at the FSU Relays.

**2015 Cross Country**

Ran a time of 19:29.34 in the Crimson Classic 5k ... finished as the top Alabama runner at the Samford Cross Country Opener, completing the two-mile course in 11:29.55.

**PREP AND PERSONAL**

A standout in both cross country and track for coach Luke Finley at Independence High School in Thompsons Station, Tenn. ... won the indoor 800 meters as a senior, becoming the first state champion in Independence High School program history ... helped the 4x800 relay team set a school record at the track state championships in 2014 ... was named team MVP for cross country in 2014 after earning all-Mid-state honor ... placed fourth at the state cross country as a sophomore ... received the Wilco Award for cross country as a senior along with the Student-Athlete Award for all of Williamson County ... earned the 2015 DAR Good Citizen Award ... also lettered in softball in 2012 ... member of National Honor Society, Mu Alpha Theta, and volunteered with Habitat for Humanity ... daughter of Jon, who played basketball at Georgia State University and Pam Coggins ... born Oct. 4, 1996 in Nashville, Tenn.



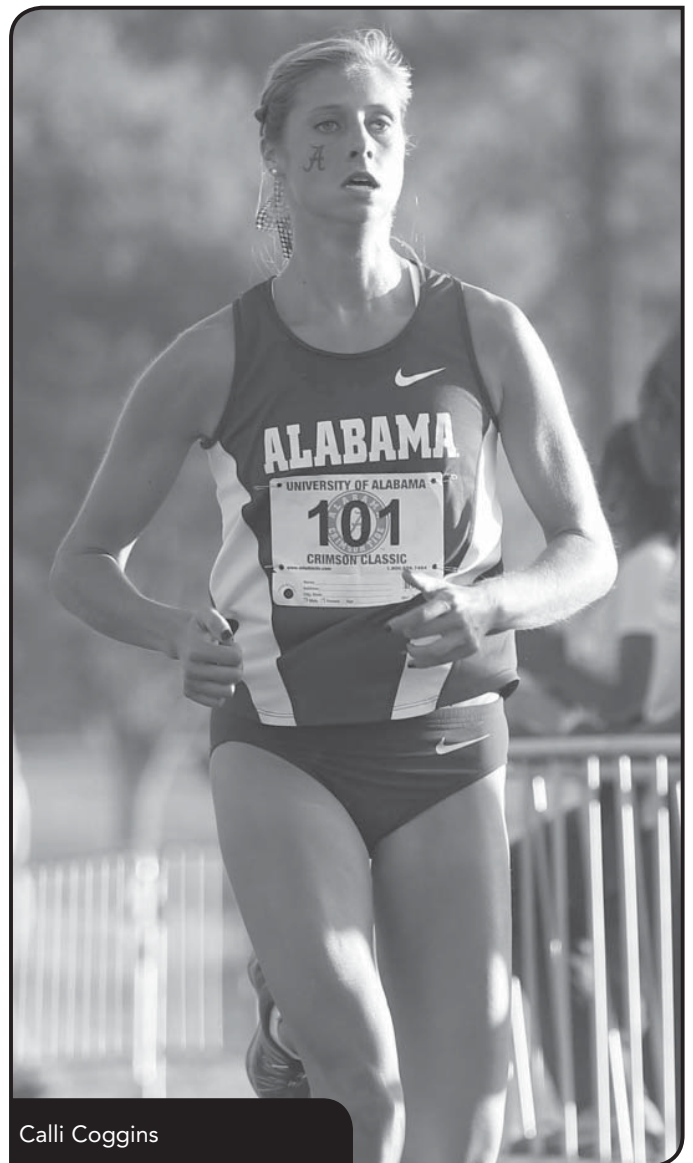
Freshman

**ALEXA CRUZ**

Miami, Fla.  
(St. Thomas Aquinas)

**PREP AND PERSONAL**

Coached by Trish Butler at St. Thomas Aquinas High School ... 2013 Florida state cross country champion ... won the 2014 Florida State Championship in the 3,200 meters ... 2014 state runner-up in cross country ... selected to the all-county team for cross country and



Calli Coggins

2016 CRIMSON TIDE

# 2016 CRIMSON TIDE



Freshman

**CAROLINE CUMBEST**

Mobile, Ala.  
(Cottage Hill Christian Academy)

### PREP AND PERSONAL

Coached by Chris Brazell at Cottage Hill Christian Academy ... won the bronze division of the 2014 Jesse Owens Classic cross country race ... holds the school records in the 5,000 meters, 3,000 meters, and the 1,600 meters ... named to the all-state cross country team in 2013 and 2014 ... named to the all-state indoor and outdoor track and field team in 2015 ... member of National Honor Society and Mu Alpha Theta Math Honor Society ... daughter

of Brent and Patti Cumbest ... born January 16, 1998 in Mobile, Ala.



Freshman

**ELISABETH DANIS**

Nottingham, N.H.  
(Coe-Brown Northwood)

### PREP AND PERSONAL

Coached by Tim Cox and Brent Tkaczyk at Coe-Brown Northwood ... the 2013 New England champion in the 3,200 meters ... placed second at the 2015 New Balance outdoor meet in the 2-mile race ... two-time Nike Cross Nationals qualifier ... was the 2014 and 2015 New Hampshire state champion in the 3,200 meters ... daughter of Eric and Donna Danis ... born March 26, 1998.



Sophomore

**EBIE DOUGLAS**

Mobile, Ala.  
(McGill-Toolen)

### FRESHMAN

#### 2016 Outdoor Season

Registered a 1,500-meter time of 4:51.91 to finish ninth at the War Eagle Invitational ... ran the 1,500 meters in a time of 4:55.44 at the Battle on the Bayou ... clocked a time of 4:59.58 in the 1,500 meters at the Alabama Relays.

#### 2015 Cross Country

Did not compete.

### PREP AND PERSONAL

One of the finest middle and long distance runners in Mobile ... coached by Drew Bentley at McGill-Toolen High School ... was an integral part of the 2012 Alabama State Championship 4x800-meter relay ... member of the back-to-back AHSAA 6A state runner-up cross country teams (2010 and 2011) ... member of the AHSAA 6A state runner-up Indoor track and field team in 2012 ... was awarded Mobile County's 6A Cross Country Runner of the Year in 2013 ... earned All-County Cross Country and Track and Field honors for four years ... captain of the McGill-Toolen cross country and track and field teams for three years ... lettered in cross country and track and field at McGill-Toolen for six years ... holds the McGill-Toolen school record in the 4x800 and 4x1600-meter relay ... earned cross country All-State honors in 2013 ... has personal bests of 5:20.56 in the 1,600 meters, 11:45.28 in the 3,200 meters, and 19:04.40 in the 5k coming out of high school ... member of the Key Club, Servants of the Poor Club and a homeroom representative ... daughter of Boyd and Largay Douglas ... born May 5, 1997 in Mobile, Ala.



Junior

**EMILY EDWARDS**

Fort Myers, Fla.  
(Fort Myers)

### SOPHOMORE

#### 2016 Outdoor Season

Clocked an 800-meter time of 2:15.55 to finish 11th in the event at the LSU Invitational ... ran 4:40.02 in the invitational section of the 1,500 meters at the War Eagle Invitational to finish 12th in the event ... registered a time of 2:17.35 in the 800 meters and finished the 1,500 meters in 4:38.19 to finish 15th at the Battle on the Bayou ... crossed the finish line in 4:34.96 in the 1,500 meters at the Florida Relays ... finished sixth in the 800 meters with a time of 2:13.95 at the FSU Relays ... clocked a time of 4:45.27 in the 1,500 meters at the Alabama Relays.

#### 2016 Indoor Season

Registered a mile time of 5:03.77 at the Samford Elite Team Invite to finish 11th ... clocked a time of 2:19.01 in the 800 meters and ran the mile in 5:10.20 at the Indiana Relays ... ran 2:16.65 in the 800 meters and 5:02.44 in the mile at the Conference Clash ... crossed the mile finish line in a time of 4:58.81 at the Commodore Indoor Invitational.

#### 2015 Cross Country

Ran a time of 21:38.05 at the NCAA South Regional meet ... Crossed the finish line with a time of 21:44.80 at the SEC Cross Country Championships ... Ran a time of 18:20.05 in the Crimson Classic 5k ... clocked a 6k time of 22:27.0 at the Cowboy Jamboree ... finished 10th in the Brooks Twilight Classic 5k, clocking a personal-best time of 17:47.12.

### FRESHMAN

#### 2015 Outdoor Season

Finished ninth in the 1,500 meters with a season-best time of 4:32.34 at the Border Clash ... clocked a time of 2:14.25 in the Crimson Tide Invitational 800 meters to finish 11th ... finished fifth in the 1,500 meters with a time of 4:32.72 at the Alabama Relays.

#### 2015 Indoor Season

Ran 10:29.20 to take 29th in the 3,000 meters at the SEC Championships ... clocked a time of 5:11.30 in the mile at the Vanderbilt Invitational.



Emily Edwards

2016 CRIMSON TIDE

## 2015 Cross Country

Ran a 22:52.2 6k at the SEC championship ...finished the Crimson Classic 5k in a time of 18:50.81... clocked a 19:02.04 5k at the Asheville Cross Country Carnival ... ran 11:24.14 and finished second in the Samford Dual 3k race to open up the season.

## PREP AND PERSONAL

Widely regarded as the top middle distance and cross country runner in the state of Florida out of high school ... coached by Kelly Britton at Fort Myers High School in Fort Myers, Fla. ... the 2013 Florida Class 3A cross country champion (5k - 18:09.24) ... won the 2013 Class 3A Region 3 cross country title (5k - 18:57.50) and the District 11 title (5k - 19:06.20) ... the 2012 Florida Class 3A 1,600-meter state champion (5:00.60) ... the 2013 Florida Class 3A Region 3 1,600 champion (5:05.57) ... as a junior, placed fifth at the 2012 Florida Class 3A cross country championships (5k - 18:30.30) ... won the 2012 Florida Class 3A Region 3 cross country title (5k - 18:37.30) ... as a freshman in 2011, she finished second in the 800 meters (2:18.43) at the Florida Class 1A State Outdoor Championships.



Freshman

**SAVANNAH FRALEIGH**

Raleigh, N.C.  
(Leesville Road)

## PREP AND PERSONAL

Coached by Karen Hawkins at Leesville Road High School ... captain of the cross country team as a senior ... team finished third at the 2015 state championships ... received team's Coaches Award as a junior in 2014 and Captains Award as a senior in 2015 ... personal best of 5:38 in the mile ... personal best of 20:58 for the 5k ... personal best of 2:29.5 for the 800 meters ... also an international-level karate competitor while in high school ... daughter of Stephen and Adrienne Fraleigh ... born February 8, 1998 in Raleigh, N.C.



Sophomore

**NICOLE GARDNER**

Murfreesboro, Tenn.  
(Siegel)

## FRESHMAN

### 2016 Outdoor Season

Clocked a 5,000-meter time of 18:06.35 to finish third at the LSU Invitational ... recorded a 5,000-meter time of 17:37.09 to finish 12th in the invitational section of the event at the War Eagle Invitational ... registered a 3,000-meter steeplechase time of 11:45.64 to finish fifth in the event at the Battle on the Bayou ... ran 7:33.57 in the 2,000-meter steeplechase to finish second in the event at the FSU Relays ... clocked a time of 4:52.24 in the 1,500 meters at the Alabama Relays.

### 2016 Indoor Season

Registered a time of 4:55.78 in the 3,000 meters to finish 11th at the Samford Elite Team Invite ... crossed the 3,000-meter finish line in 10:10.64 at the Conference Clash ... ran 10:07.68 in the 3,000 meters to finish 11th at the Commodore Indoor Invitational.

## 2015 Cross Country

Ran a time of 18:56.73 in the Crimson Classic 5k ... made her Crimson Tide debut at the Samford Cross Country Opener, finishing the two-mile race in 11:48.8.

## PREP AND PERSONAL

A talented long distance runner coming out of Tennessee ... coached by Phil Young at Siegel High School ... was a part of the 2012 Tennessee State Championship Team ... three-time Siegel High School girls' team MVP (2011-2013) ... three-time recipient of the Daily New Journal Cross Country Runner of the Year in Tennessee (2011-2013) ... member of the student council, Key Club, FCA, Excalibur Club and the Science Olympiad ... daughter of Brent and Nancy Gardner ... born Feb. 2, 1997 in Murfreesboro, Tenn.



Junior

**JESSICA GRAY**

Mannassas, Va.  
(Osborn Park)

## SOPHOMORE

### 2016 Outdoor Season

Ran 19:11.27 in the 5,000 meters to finish seventh in the event at the LSU Invitational ... recorded a 1,500-meter time of 4:48.27 to finish fifth in the event at the War Eagle Invitational.

### 2016 Indoor Season

Registered a time of 10:25.18 in the 3,000 meters to finish 18th at the Samford Elite Team Invite ... clocked a time of 18:12.11 in the 5,000 meters at the Conference Clash ... ran 10:21.61

in the 3,000 meters at the Commodore Indoor Invitational.

## 2015 Cross Country

Crossed the finish line with a time of 21:24.30 at the SEC Cross Country Championships ... ran a time of 18:17.79 in the Crimson Classic 5k ... finished the Samford Cross Country Opener two-mile race in a time of 11:47.84.

## FRESHMAN

### 2015 Outdoor Season

Recorded a personal-best 4:36.50 in the 1,500 meters at The Border Clash... clocked a 1,500-meter time of 4:39.74 at the Crimson Tide Invitational to finish eighth ... ran the 1,500 meters in 4:44.86, placing 33rd at the Alabama Relays

### 2015 Indoor Season

Ran the mile at the Vanderbilt Invitational, clocking a time of 5:09.32 ... competed in the mile race with a time of 5:16.8 at the Auburn Invitational.

## PREP AND PERSONAL

Won the Virginia High School League Class 6A Conference 8 indoor 1,000 meters in 2014 ... aided the 4x400 and the 4x800 teams to wins at the Class 6A



Jessica Gray

2016 CRIMSON TIDE



North Regional Championship ... named Most Valuable Player of her team for the 2013 outdoor track season ... was a member of a travel soccer team, as well as the National Honor Society, Key Club, Environmental Club and Spanish Honor Society ... received the AP Scholar Award in 2013 ... coached by Mike Schuster and Mike Feldman at Osbourn Park High School in Manassas, Va. ... daughter of Walter Donald Gray III and Susan Gray ... born May 5, 1996, in Fairfax, Va.



Sophomore  
**BRIANNA KOSHY**

Brentwood, Tenn.  
(Brentwood)

**FRESHMAN**

**2016 Outdoor Season**

Clocked a 5,000-meter time of 19:07.21 to finish eighth at the War Eagle Invitational.

**2015 Cross Country**

Ran the Crimson Classic 5k in a time of 19:19.43 ... crossed the two-mile finish line in 12:17.91 in her Crimson Tide debut at the Samford Cross Country Opener.

**PREP AND PERSONAL**

Helped Brentwood High School to state runner-up finishes in cross country

(2013) and track & field (2015) ... earned All-Mid-State honors in 2013 and 2014 ... won the Outstanding Achievement/Improvement Award in 2011 and 2014 ... earned the Coach's Award in both her junior and senior seasons at Brentwood High ... took part in the 2014 Nike Cross Nationals Southeast Regional ... member of FCA, NHS, and volunteered with Habitat for Humanity ... coached by Guy Avery and Lara Whitaker ... also lettered in tennis as a freshman ... daughter of Sunny Koshy and Tina Tsui ... born April 17, 1997 in Nashville, Tenn.



Junior  
**VERONICA LYLE**

Trussville, Ala.  
(Hewitt-Trussville)

**SOPHOMORE**

**2016 Outdoor Season**

Did not compete.

**2016 Indoor Season**

Registered a mile time of 4:59.31 to finish sixth in the event at the Samford Elite Team Invite ... crossed the 800-meter finish line 10th in a time of 2:15.32 and finished 13th in the mile in a time of 5:03.83 at the Indiana Relays ... ran 2:16.73 in the 800 meters and 5:05.15 in the mile at the Conference Clash ... clocked a time of 2:14.42 in

the 800 meters to finish eighth at the Commodore Indoor Invitational.

### 2015 Cross Country

Crossed the finish line with a time of 21:40.60 at the SEC Cross Country Championships ... finished the Crimson Classic 5k in a time of 17:52.20 ... clocked a time of 22:15.1 in the Cowboy Jamboree 6k ... ran 18:01.56 in the Brooks Twilight Classic 5k.

### FRESHMAN

#### 2015 Outdoor Season

Competed in the 1,500 meters and 5,000 meters at the SEC Championships, placing 18th in the 5,000 meters with a season-best time of 17:02.00...registered a 1,500-meter time of 4:27.43 to finish third in the event at the LSU Invitational ... clocked 4:29.84 in the 1,500 meters to obtain a seventh-place finish at the Border Clash ... posted an 800-meter time of 2:12.40 at the Florida Relays ... finished seventh in the Crimson Tide Invitational 1,500 meters, running 4:37.90 ... ran a 4:38.96 to finish 16th in the 1,500 meters at the Alabama Relays

#### 2015 Indoor Season

Took sixth in heat two of the 800-meter semifinal at the SEC Championships with a time of 2:13.91 ... ran 4:55.21 to finish seventh in the seeded section of the mile at the Tyson Invitational ... placed third in the 800-meters with a time of 2:12.09 at the Frank Sevigne Husker Invitational ... crossed the mile finish line in 4:55.19 to place seventh at the Vanderbilt Invitational ... placed fifth with a 2:12.66 800-meter dash time at the Auburn Invitational.

#### 2014 Cross Country

Finished the Crimson Classic 5k in 18:39.64 ... Clocked a 5k time of 18:10.13 to finish sixth at the Asheville Cross Country Carnival ... won her first collegiate race in 11:13.19 for 3k to open the season at the Samford Dual meet.

### PREP AND PERSONAL

The top distance runner in the state of Alabama ... coached by David Dobbs at Hewitt-Trussville High School in Trussville, Ala. ... the 2013 Alabama High School Athletic Association (AHSAA) Class 6A Cross Country champion (5k - 18:06.40) ... set a personal best in the 1,600 of 4:59.98 while winning the 2014 AHSAA Class 6A Indoor 1,600-meter title ... set a personal best in the 800 of 2:12.96 while winning the 2014 AHSAA Class 6A Indoor 800-meter title ... the 2013 Birmingham Metro Cross Country Runner of the Year ... helped lead Hewitt-Trussville to the 2013 Class 6A state team cross country title ... owns state high school records in eight events (300 meters; 400; 500; 800; 1,600; 5,000; 10,000) ... played soccer for BUSA elite club ... began competing in track at age 14 ... daughter of Rick

and Kathy Lyle ... born Jan. 21, 1996 in Birmingham, Ala.



Sophomore

**SARAH MOHAN**

Huntsville, Ala. (Huntsville)

### FRESHMAN

#### 2016 Outdoor Season

Recorded a time of 2:14.28 in the 800-meter prelims to finish seventh in the second heat of the event at the SEC Championships ... ran 2:18.14 in the 800 meters to finish 12th in the event at the LSU Invitational ... registered a time of 4:50.32 in the 1,500 meters at the Battle on the Bayou ... clocked a time of 2:13.63 in the 800 meters at the Florida Relays ... finished fifth in the 800 meters (2:13.89) and third in the 1,500 meters (4:36.05) at the FSU Relays.

#### 2016 Indoor Season

Crossed the 800-meter finish line in a time of 2:20.04 and ran the mile in 5:18.68 at the Indiana Relays ... clocked a mile time of 5:04.36 to finish 25th at the Conference Clash ... ran 5:13.91 in the mile to finish 22nd at the Commodore Indoor Invitational.

#### 2015 Cross Country

Ran the Crimson Classic 5k in a time of 19:12.00 ... ran the two-mile Samford Cross Country Opener course in 11:49.70.

### PREP AND PERSONAL

A stellar double sport athlete from Huntsville High School in cross country/track and gymnastics ... coached by Lea Bryant ... a part of the 2014 Alabama State Championship 4x800 meter relay ... member of the 2013 Alabama State Championship Sprint Medley relay ... was the 4x100 meter relay state runner-up in 2013 ... member of the 2014 Cross Country State runner-up team ... awarded MVP and Most Inspiring Athlete amongst her teammates and coaching staff ... two-time state champion in gymnastics ... member of the national honor society, Mu Alpha Theta, Delta Tri Sigma, and FCA ... daughter of Chris and Cindy Mohan ... born July 20, 1997 in Ohio.



Freshman

**GABBY PRIZIO**

Derby, Conn. (Derby)

### PREP AND PERSONAL

Coached by Nick Diluggo at Derby High School ... earned All-State honors in cross country as a senior ... Naugatuck Valley League cross country champion as a sophomore ... conference cross country runner of the year as a sophomore ... conference



Rachael Reddy

2016 CRIMSON TIDE

# 2016 CRIMSON TIDE



RS Sophomore

## RACHAEL REDDY

Mountain Brook, Ala.  
(Mountain Brook/Texas)

### ACCOLADES

- SEC All-Freshman Team, 2015 Cross Country

### REDSHIRT FRESHMAN

#### 2016 Outdoor Season

Clocked a 5,000-meter time of 16:48.06 in the invitational section of the event at the War Eagle Invitational to finish fourth ... recorded a time of 33:55.23 in the 10,000 meters at the Stanford Invitational ... ran 4:30.21 in the Alabama Relays 1,500 meters to finish seventh in the event.

#### 2016 Indoor Season

Clocked a time of 9:28.15 in the 3,000 meters to finish seventh and a time of 16:37.76 in the 5,000 meters to finish fourth at the SEC Championships ... ran 16:28.01 in the 5,000 meters to finish 15th at the Iowa State Classic ... claimed a runner-up finish in the 3,000

meters with a time of 9:30.27 at the Conference Clash ... clocked a mile time of 4:51.47 to finish third at the Commodore Indoor Invitational.

### 2015 Cross Country

Ran a time of 21:22.90 to place 36th at the NCAA South Regional meet ... crossed the finish line in 16th place and scored 16 points with a time of 20:25.20 at the SEC Cross Country Championships ... claimed the Cowboy Jamboree 6k title with a time of 21:02.3 ... won her first career cross country race, clocking a time of 17:06.26 at the Brooks Twilight Classic ... won the 5000 meters at the USATF Junior Championships to qualify for the Junior Pan American Games, where she won gold with a time of 16:23.35.

### UNIVERSITY OF TEXAS (2014-15) FRESHMAN

Did not officially compete (redshirt season), but ran unattached in the 3,000 meters at the Longhorn Invitational, winning the event with a time of 9:45.55.

### PREP AND PERSONAL

A two-sport star in high school, lettering in both soccer and cross country/track & field ... had a breakout senior year, winning the 3200-meter state championship along with finishing third in the indoor and outdoor mile and fourth in the 800 meters ... won the Colonel George V Irons Distance Trophy in 2014, which goes to Mountain Brook's top distance runner each year ... named

team MVP for both the 2014 indoor and outdoor seasons ... was also the indoor team MVP in 2012 after placing second in the mile and third in the 800 meters ... helped Mountain Brook win the 2011 AHSAA 6A outdoor track & field state title and 2013 AHSAA 6A indoor track & field state title ... won the Emerging Elite Two Mile event at the 2014 New Balance Nationals coached by Greg Echols at Mountain Brook High School ... played soccer competitively for the Birmingham United Soccer Association and the Alabama Youth Soccer Association, serving as team captain for four years ... daughter of Michael and Alyssa Reddy ... mother Alyssa competed in cross country and track & field at Boston University, along with aunts Linda Reddy and Donna Adamoli ... brother Alex Reddy played soccer for the University of Pennsylvania ... born May 15, 1996 in Birmingham, Ala.



Junior

## ALISON RINGLE

Bossier City, La.  
(Parkway)

### SOPHOMORE

#### 2016 Outdoor Season

Ran 18:40.46 in the invitational section of the 5,000 meters to finish 17th at the War Eagle Invitational ... clocked a time of 18:10.49 in the 5,000 meters at the Florida Relays to open her outdoor season.

#### 2016 Indoor Season

Clocked a time of 10:24.63 in the 3,000 meters at the Samford Elite Team Invite ... crossed the 5,000-meter finish line in a time of 18:24.90 at the Conference Clash ... ran 10:30.42 in the 3,000 meters at the Commodore Indoor Invitational.

### 2015 Cross Country

Crossed the finish line with a time 22:11.20 at the SEC Cross Country

2016 CRIMSON TIDE



Championships ... finished the Crimson Classic 5k in a time of 18:08.16 ... clocked a time of 22:09.8 in the Cowboy Jamboree 6k to finish 19th overall ... ran 18:07.33 in the Brooks Twilight Classic 5k.

## FRESHMAN

### 2015 Outdoor Season

Competed in both the 5,000 meters and 10,000 meters at the SEC Championships...placed fourth in the 3,000 meters at the LSU Invitational with a time of 10:12.72 in her only race at that distance on the season...finished the 5,000 meters with a personal-record time of 17:32.38 at the Alabama Relays.

### 2015 Indoor Season

Did not compete.

### 2014 Cross Country

Finished the Crimson Classic 5k in 19:31.65 ... Clocked a 5k time of 18:57.67 at the Asheville Cross Country Carnival ... opened the season 3k time of 11:48.42 and fifth-place finish at the Sanford Dual meet.

## PREP AND PERSONAL

The leading prep distance runner in the state of Louisiana ... coached by Kent Falting at Parkway High School in Bossier City, La. ... the 2013 Louisiana Class 5A outdoor state champion in the 3,200 meters (11:23.34) ... won a pair of titles at the 2013 USA Track & Field (USATF) Region 6 Junior Olympics on the same day (July 7), in the 1,500 (4:48.91) and the 3,200 (10:38.21) ... placed third in the 3,000 (10:38.05) at the 2013 USATF National Junior Olympics ... was second at the 2013 Mobile Challenge of Champions Cross Country meet (5k - 19:05.21) ... ran 18:53.39 over a 5k course to place 26th at the 2013 NXN South Regional championships ... owns the fastest indoor 1,600-meter time in Louisiana thus far in 2014 (5:14.62) set Jan. 18 at the McNeese State Indoor ... helped lead Parkway to the 2013 Louisiana Class 5A state cross country title, as well as three successive Class 5A District 1 cross country championships and the 2012 Class 5A District 1 track title ... daughter of Alan and Michele Ringle ... born Nov. 20, 1995 in Bossier City, La.



Freshman  
**BRITTANY TOLSON**  
Powell, Tenn.  
(Powell)

## PREP AND PERSONAL

Coached by Doug Tolson and Scott Clark at Powell High School ... earned all-state honors in cross country and track & field as a senior ... four-time team MVP in track & field and two-time team MVP in cross country ... school record-holder in the 1,600 meters, 3,200 meters and 5,000 meters ... member of school record-holding sprint medley relay ... set a personal best of 5:08.98 in the 1,600 meters at the Knoxville Interscholastic League Championship as a senior ... set a personal best of 11:05.48 to finish third in the 3,200 meters at the Tennessee state championship meet as a senior ... member of National Honor Society ... daughter of Doug and Pamela Tolson ... father was her high school coach and is a former All-American track and cross country athlete at Tennessee in the 1980s ... born March 11, 1998 in Knoxville, Tenn.



Senior  
**HANNAH WAGGONER**  
Murfreesboro, Tenn.  
(Oakland)

## ACCOLADES

- NCAA All-South Region, 2014 Cross Country

## JUNIOR

### 2016 Outdoor Season

Recorded a time of 10:37.46 in the 3,000-meter steeplechase at the NCAA East Regional meet ... posted a time of 10:04.69 in the 3,000-meter steeplechase to finish fourth at the SEC Championships ... also ran the 5,000 meters at the SEC Championships, clocking a time of 16:47.19 to finish

14th ... ran 4:35.54 in the 1,500 meters to finish eighth in the event at the LSU Invitational ... finished second in the invitational section of the 5,000 meters at the War Eagle Invitational with a time of 16:40.08 ... registered a 1,500-meter time of 4:29.52 to finish sixth in the event at the Battle on the Bayou ... clocked a time of 10:24.41 in the 3,000-meter steeplechase at the Stanford Invitational ... ran the 1,500 meters in 4:35.82 at the Alabama Relays to finish 12th.

### 2016 Indoor Season

Clocked a 3,000-meter time of 9:48.45 to finish 17th in the event at the SEC Championships ... registered a time of 9:30.42 in the 3,000 meters to finish 14th at the Iowa State Classic ... clocked a 3,000-meter time of 9:38.70 to finish fifth at the Conference Clash ... ran 4:59.66 in the mile at the Commodore Indoor Invitational.

## 2015 Cross Country

Ran a time of 20:50.71 to place 18th at the NCAA South Regional meet ... Competed at the SEC Cross Country Championships ... finished 13th in the Crimson Classic 5k in a time of 17:22.70 ... clocked a 6k time of 21:29.8 at the Cowboy Jamboree to finish seventh overall ... ran 17:46.68 in the Brooks Twilight Classic 5k to finish ninth.

## SOPHOMORE

### 2015 Outdoor Season

Recorded a personal-best time of 10:41.74 in the 3,000-meter Steeplechase at the SEC Championships ... placed 15th at the SEC Championships in the 5,000 meters ... recorded a time of 16:55.73 in the Open Section C of the 5,000 meters to finish 15th at the Mt. SAC Relays ... posted a personal-best 3,000-meter steeplechase time of 10:53.55 at the Florida Relays, finishing 19th overall ... ran 4:47.52 in the Crimson Tide



Hannah Waggoner

2016 CRIMSON TIDE

## 2016 CRIMSON TIDE

Invitational 1,500 meters to finish 14th ... finished ninth in the 5,000 meters with a personal-record time of 17:03.02 at the Alabama Relays.

### 2015 Indoor Season

Ran the 3,000 meters at the SEC Championships, finishing in a time of 10:12.59 to place 20th ... ran 4:57.92 in the mile to finish fourth at the Tyson Invitational ... finished fifth in the 3,000 meters with a time of 9:51.11 at the Frank Sevigne Husker Invitational ... placed 10th in the mile race with a time of 4:57.33 at the Auburn Invitational.

### 2014 Cross Country

Improved over her 2013 personal best by over a minute in the 6k and broke her personal best three times, including a time of 20:01.1 and team-best 11th-place finish at the NCAA South Regional 6k ... ran a 6k time of 20:37.45 to finish 15th at the SEC Championships and help the Tide to a third-place team finish ... also set a personal best in the

5k after finishing the Crimson Classic in 17:42.96 ... had previously shattered her personal best in the 6k with a time of 20:43 at the Paul Short Invitational ... clocked a 5K time of 17:44.68 to open the season and finish second at the Asheville Cross Country Carnival.

### FRESHMAN

#### 2014 Outdoor Season

Ran the 5,000 meters in a time of 17:36.00 at the SEC Championships ... clocked a time of 4:40.45 in the 1,500 meters at the Mt. SAC Relays ... won the 3,000-meter steeplechase in a time of 11:02.33 at the Alabama-Mississippi Border Clash ... ran the 1,500 meters in a time of 4:40.95 at the Alabama Relays ... also served on the distance medley relay team that won the event with a time of 11:47.04 at the Alabama Relays.

#### 2014 Indoor Season

Made her season debut at the SEC Championships and clocked a time of 5:05.68 in the prelims of the mile.

### 2013 Cross Country

Counted towards UA's team score at the NCAA South Region by finishing 50th with a 6k time of 21:17.46, helping lead the Tide to its highest team finish in 27 years (third) ... placed 40th at the SEC Championships (6k - 21:44.67) ... was the top freshman finisher at the 6k Paul Short Invitational and finished 54th overall with a 21:27 time ... clocked a 14:30.05 over 4k to finish 11th at the Iowa Invitational.

### PREP AND PERSONAL

Coached by Jason Wooten at Oakland High School in Murfreesboro, Tenn. ... earned a spot in the Tennessee state meet as a senior in 2013 ... named Oakland's track & field most valuable performer in 2013 ... Oakland's cross country MVP as a senior in the fall of 2012 ... valedictorian of her graduating class ... earned a spot in the International Baccalaureate program ... played on district champion soccer team at Oakland ... earned all-area honors and was named most valuable player of Oakland's tennis team ... her diverse athletic accomplishments included earning a black belt in karate ... daughter of Doug and Renee Waggoner ... youngest of five children ... born Feb. 6, 1995, in Knoxville, Tenn.



Freshman

**MCKENZIE YANEK**

Bettendorf, Iowa  
(Pleasant Valley)

### PREP AND PERSONAL

Coached by Jane Wheeler at Pleasant Valley High School ... won the 2015 Iowa Girls High School Athletic Union 4A cross country state championship with a 5k time of 17:55 ... won the 2013 IGHSAU 4A cross country state championship with a 4k time of 14:00.2 ... finished fifth in the 2015 New Balance Nationals 5k with a time of 17:01 ... claimed the runner-up title in both the 3,000 meters and the 1,500 meters at the IGHSAU 4A state championships ... competed as a member of the Pleasant Valley High School team that won the 2015 IGHSAU 4A State Team Championships ... three-time Mississippi Athletic Conference cross country champion ... three-time district cross country champion ... holds Pleasant Valley school records in the 3,000 meters (9:50.87) and the 1,500 meters (4:39.79) ... holds state record in the 5k (17:55) ... member of National Honor Society ... daughter of Jeremy and Toni Yanek ... born May 22, 1998 in Warner Robins, Ga.



Kaitlyn York

2016 CRIMSON TIDE



Freshman

**HALEY WRIGHT**

Boonsboro, Md.  
(Boonsboro)

### PREP AND PERSONAL

Coached by Becky Walter at Boonsboro High School ... won the 2015 MPSSAA 1A West Regional Cross Country Championship with a 5k time of 19:34.4 ... won the Washington County Cross Country Championship with a 5k time of 20:15.3 ... led Boonsboro High to the 2013 MPSSAA 2A Indoor and Outdoor state track and field titles ... finished third in the 2015 New Balance Nationals two-mile race ... three-time county and regional cross country champion ... three-time county champion in the 3,200 meters ... daughter of Jeff and Carol Wright ... born June 29, 1998 in Rockville, Md.



Sophomore

**KAITLIN YORK**

Tuscaloosa, Ala.  
(American Christian Academy)

### FRESHMAN

#### 2016 Outdoor Season

Ran 17:55.15 in the 5,000 meters to finish second in the event at the LSU Invitational ... registered a time of 17:48.46 in the invitational section of the 5,000 meters to finish 14th in the event at the War Eagle Invitational ... clocked a time of 17:48.40 in the 5,000



meters to finish 38th at the Florida Relays.

#### **2016 Indoor Season**

Ran 10:22.46 in the 3,000 meters to finish 10th at the Indiana Relays ... clocked a time of 17:32.53 in the 5,000 meters to finish seventh at the Conference Clash ... ran 10:08.71 in the 3,000 meters to finish 12th at the Commodore Indoor Invitational.

#### **2015 Cross Country**

Crossed the finish line with a time of 21:43.90 at the SEC Cross Country Championships ... finished the Crimson Classic 5k in a time of 18:15.39 ... ran 11:42.75 in the Samford Cross Country Opener two-mile race.

#### **PREP AND PERSONAL**

Coached by Charles Tiller at American Christian Academy ... named the 2014-15 Gatorade Alabama Girls Cross Country Runner of the Year, the first in ACA school history ... won the 3A individual cross country title (5k) as a senior after finishing second in both her sophomore and junior seasons ... guided ACA to the team cross country title as well, their sixth in eight years ... claimed a total of seven individual track

titles, four indoor and three outdoor, in her senior season while guiding ACA to both the indoor and outdoor state championships ... posted personal-best times in the 1,600 meters and 3,200 meters in 2015.



For decades, The University of Alabama men's and women's cross country teams have utilized several different practice areas - including its competition course, the Harry Pritchett Running Park. Built in 1959, and formerly known as the University Golf Course, it was named the Harry Pritchett Golf Course in 1980 and was known as such until November of 2003, when the course was converted exclusively for cross country use. In addition to playing host to the annual Crimson Classic event, the Harry Pritchett Running Park has been the venue for the SEC Cross Country Championships as well as the NCAA South Regional Championships (most recently in 2015).

The SEC Championships were most recently held at Harry Pritchett Running Park in 2014, when the women finished third and the men finished sixth. The venue also hosted the SEC meet in 1972, 1979, 1988, and 2000. The Alabama men were second in 1972, fifth in 1979, fourth in 1988, and second in 2000, while the Crimson Tide women finished second in 1988 and fifth in 2000 (women's SEC competition began in 1983).

In addition to hosting the regional meet in 2015, the Harry Pritchett Running Park also hosted in 2001, 2004, 2009 and 2013. The Alabama men won the regional title in 2001 and 2009, finishing eighth in 2004, 16th in 2011, 13th in 2013 and sixth last year. The Alabama women finished 16th in 2001, 15th in 2004, seventh in 2009, sixth in 2011, third in 2013 (Alabama's best showing since 1987) and third in 2015.

The running park is able to accommodate course lengths of 5,000, 6,000, 8,000 and 10,000 meters. The course is a flat to rolling all-grass surface with limited cart path crossings.

## MEN'S 8-KILOMETER COURSE RECORDS

Time	Name	School	Event
1. 23:40.78	Cerake Geberkidane	Oklahoma State	2015 Crimson Classic
2. 23:44.40	Meshack Koyiakai	Columbus State	2010 Crimson Classic
3. 23:48.10	Barnabus Kirui	Mississippi	2010 Crimson Classic
4. 23:54	German Beltran	Alabama	1988 SEC Championships
5. 23:55.00	Ben Cheruiyot	Auburn	2010 Crimson Classic
6. 23:57	German Beltran	Alabama	1990 Crimson Classic
7. 24:01	Sean Dollman	Western Kentucky	1990 Crimson Classic
8. 24:02	German Beltran	Alabama	1989 Crimson Classic
9. 24:04.30	Carison Kemei	Alabama	2010 Crimson Classic
10. 24:06	Emmanuel Bor	Alabama	2006 Crimson Classic
11. 24:09	Barnabus Kirui	Mississippi	2006 Crimson Classic
12. 24:11	Benny McIntosh	Kentucky	1988 SEC Championships
13. 24:15	James B. Kaiser	Kentucky	1988 SEC Championships
14. 24:16	Emmanuel Bor	Alabama	2007 Crimson Classic
15. 24:17	Augustus Maiyo	Alabama	2007 Crimson Classic
16. 24:17.47	Antibahs Kosgei	Alabama	2015 Crimson Classic
17. 24:18	Todd Williams	Tennessee	1988 SEC Championships
18. 24:19.49	Vergard Oelstad	Oklahoma State	2015 Crimson Classic
19. 24:22	Richard Ede	Kentucky	1988 SEC Championships
20. 24:22.63	Tyson David	Alabama	2008 Crimson Classic

## WOMEN'S 5-KILOMETER COURSE RECORDS

Time	Name	School	Event
1. 16:46.23	Karis Jochen	Texas A&M	2015 Crimson Classic
2. 16:46.95	Natalie Baker	Oklahoma State	2015 Crimson Classic
3. 16:47.41	Katelyn Greenleaf	Alabama	2015 Crimson Classic
4. 16:55	Carole Trepanier	Alabama	1988 SEC Championships
5. 16:58.30	Kaela Edwards	Oklahoma State	2015 Crimson Classic
6. 16:59.30	Holly Knight	Auburn	2010 Crimson Classic
7. 17:04	Lisa Breiding	Kentucky	1988 SEC Championships
17:04	Ashley LaBudde	Alabama	2000 Crimson Classic
9. 17:05	Lauren Blankenship	Samford	2005 Crimson Classic
10. 17:06	Valerie McGovern	Kentucky	1988 SEC Championships
11. 17:09	Kristy Orre	Kentucky	1988 SEC Championships
12. 17:10	Carole Trepanier	Alabama	1988 Crimson Classic
13. 17:11.30	MacKenzie Howe	Kennesaw State	2010 Crimson Classic
14. 17:11.71	Brittany Sheffey	Tennessee	2011 Crimson Classic
15. 17:15	Lisa Reed	LSU	1988 SEC Championships
16. 17:17	Lisa Reed	LSU	1988 Crimson Classic
17. 17:17.34	Lauren D'Alessio	Samford	2011 Crimson Classic
18. 17:17.95	Sara Vaughn	Alabama	2008 Crimson Classic
19. 17:22.22	Katelyn Greenleaf	Alabama	2013 Crimson Classic
20. 17:23	Karen Hoffman	Unattached	1990 Crimson Classic

## 2015 MEN'S SCHEDULE/RESULTS

Date	Event	Location	Distance	Team Finish	Top Individual	Finish	Time
Sept. 1	Samford Cross Country Opener	Hoover, Ala.	5k	2nd	Robbie Farnham-Rose	5th	15:56.53
Sept. 5	Brooks Twilight Classic	Memphis, Tenn.	6k	1st	Antibahs Kosgei	1st	19:49.75
Sept. 26	Cowboy Jamboree	Stillwater, Okla.	8k	5th	Antibahs Kosgei	1st	25:08.9
Oct. 16	Crimson Classic	Tuscaloosa, Ala.	8k	6th	Antibahs Kosgei	2nd	24:17.47
Oct. 30	SEC Championships	College Station, Texas	8k	9th	Antibahs Kosgei	1st	23:24.20
Nov. 13	NCAA South Regional	Tuscaloosa, Ala.	10k	6th	Antibahs Kosgei	1st	30:25.66
Nov. 21	NCAA Championships	Louisville, Ky.	10k	--	Antibahs Kosgei	102nd	30:59.30

## 2015 WOMEN'S SCHEDULE/RESULTS

Date	Event	Location	Distance	Team Finish	Top Individual	Finish	Time
Sept. 1	Samford Cross Country Opener	Hoover, Ala.	3k	2nd	Calli Coggins	8th	11:29.55
Sept. 5	Brooks Twilight Classic	Memphis, Tenn.	5k	1st	Rachael Reddy	1st	17:06.26
Sept. 26	Cowboy Jamboree	Stillwater, Okla.	6k	2nd	Rachael Reddy	1st	21:02.3
Oct. 16	Crimson Classic	Tuscaloosa, Ala.	5k	2nd	Katelyn Greenleaf	3rd	16:47.41
Oct. 30	SEC Championships	College Station, Texas	6k	4th	Katelyn Greenleaf	7th	20:06.90
Nov. 13	NCAA South Regional	Tuscaloosa, Ala.	6k	3rd	Katelyn Greenleaf	3rd	20:16.13
Nov. 21	NCAA Championships	Louisville, Ky.	6k	--	Katelyn Greenleaf	63rd	20:37.50

# 2015 REVIEW

## SAMFORD CROSS COUNTRY OPENER

September 1, 2015  
Hoover, Ala. • Veterans Park

Men's Race  
5 kilometers  
Three teams • 29 runners  
Second Place • 53 points

### Men's Team Results

Team	Finishes	Pts.
1. Auburn	1, 2, 3, 6, 8	20
2. Alabama	5, 10, 11, 12, 15	53
3. Samford	4, 7, 13, 16, 19	59

### Alabama Men's Individual Results

Place	Name	Time
5.	Robbie Farnham-Rose	15:56.53
10.	Conner Thompson	16:07.75
11.	Josh Short	16:12.50
12.	Eric Sivill	16:16.81
15.	Garrett Bull	16:23.07
17.	Evan Prizy	16:26.93
18.	Justin Ahalt	16:28.86
19.	Connor Ferrentino	16:28.92
21.	Payton Ballard	16:29.55
22.	Andrew Bull	16:44.02
28.	Jeff Edmondson	17:56.81

Women's Race  
2+ miles  
Three Teams • 24 runners  
Second Place • 59 points

### Women's Team Results

Team	Finishes	Pts.
1. Auburn	1, 2, 3, 4, 5	15
2. Alabama	8, 11, 12, 13, 15	59
3. Samford	6, 10, 14, 18, 19	67

### Alabama Women's Individual Results

Place	Name	Time
8.	Calli Coggins	11:29.55
11.	Abby Rentschler	11:37.46
12.	Kaitlin York	11:42.75
13.	Elizabeth Scott	11:44.00
15.	Jessica Gray	11:47.84
16.	Nicole Gardner	11:48.89
18.	Sarah Mohan	11:49.70
20.	Brianna Koshy	12:17.91
22.	Ashlin Conroy	12:26.02

## BROOKS TWILIGHT CLASSIC

September 5, 2015  
Memphis, Tenn. • Mike Rose Soccer Complex

Men's Race  
4 miles  
26 teams • 258 runners  
First Place • 37 points

### Men's Team Results

Team	Finishes	Pts.
1. Alabama	1, 2, 6, 12, 16	37
2. Central Arkansas	10, 19, 21, 23, 26	99
3. Miss. State	3, 14, 15, 37, 40	109
4. Ole Miss	5, 13, 25, 30, 69	142
5. Harding	11, 34, 39, 45, 52	181

### Alabama Men's Individual Results

Place	Name	Time
1.	Antibahs Kosgei	19:49.75
2.	Robbie Farnham-Rose	20:07.89
6.	Josh Short	20:22.71
12.	Conner Thompson	20:30.42
16.	Evan Prizy	20:37.77
25.	Eric Sivill	20:48.14
29.	Justin Ahalt	20:51.40
43.	Connor Ferrentino	21:04.82
44.	Chris Buechner	21:06.39

53.	Andrew Bull	21:15.44
64.	Garrett Bull	21:27.16
82.	Payton Ballard	21:44.45
75.	Jeff Edmondson	23:24.57

Women's Race  
5 kilometers  
26 teams • 249 runners  
First Place • 29 points

### Women's Team Results

Team	Finishes	Pts.
1. Alabama	1, 2, 7, 9, 10	29
2. Ole Miss	3, 4, 16, 17, 21	61
3. Miss. State	5, 8, 12, 20, 32	77
4. Harding	6, 28, 33, 34, 38	139
5. Arkansas State	11, 27, 35, 36, 51	160

### Alabama Women's Individual Results

Place	Name	Time
1.	Rachael Reddy	17:06.26
2.	Katelyn Greenleaf	17:13.69
7.	Rebecca Stover	17:40.27
9.	Hannah Waggoner	17:46.68
10.	Emily Edwards	17:47.12
14.	Allison Gregg	17:59.30
15.	Veronica Lyle	18:01.56
18.	Alison Ringle	18:07.33
19.	Meropi Panagiotou	18:10.51
33.	Caroline Barlow	18:44.58

## COWBOY JAMBOREE

September 26, 2015  
Stillwater, Okla. • OSU Cross Course

Men's Race  
8 kilometers  
Eight teams • 86 runners  
Fifth Place • 131 points

### Men's Team Results

Team	Finishes	Pts.
1. Oklahoma State	1, 3, 5, 14, 17	40
T2. Kentucky	2, 11, 12, 13, 23	61
T2. Northern Arizona	4, 8, 15, 16, 18	61
4. Kansas State	10, 22, 25, 29, 39	125
5. Alabama	7, 20, 33, 34, 37	131

### Alabama Men's Individual Results

Place	Name	Time
7.	Antibahs Kosgei	25:08.9
15.	Robbie Farnham-Rose	26:00.8
33.	Eric Sivill	26:37.9
34.	Garrett Bull	26:45.5
37.	Josh Short	26:53.4
40.	Justin Ahalt	26:58.6
42.	Chris Buechner	27:09.1
	Conner Thompson	27:09.4
	Evan Prizy	27:11.8
	Andrew Bull	28:17.7

Women's Race  
6 kilometers  
Eight teams • 72 runners  
Second Place • 41 points

### Women's Team Results

Team	Finishes	Pts.
1. Oklahoma State	3, 6, 8, 10, 12	39
2. Alabama	1, 2, 7, 13, 18	41
3. Northern Arizona	4, 11, 14, 16, 24	69
4. Kentucky	9, 22, 23, 25, 26	105
5. Kansas State	5, 20, 28, 31, 33	117

### Alabama Women's Individual Results

Place	Name	Time
1.	Rachael Reddy	21:02.3
2.	Katelyn Greenleaf	21:09.3
7.	Hannah Waggoner	21:29.8
13.	Rebecca Stover	21:46.3
18.	Meropi Panagiotou	22:08.2

19.	Alison Ringle	22:09.8
21.	Veronica Lyle	22:15.1
	Caroline Barlow	22:18.9
	Allison Gregg	22:21.1
	Emily Edwards	22:27.0

## CRIMSON CLASSIC

October 16, 2015  
Tuscaloosa, Ala. • Harry Pritchett Running Park

Men's Race  
8 kilometers  
23 teams • 218 runners  
Sixth Place • 182 points

### Men's Team Results

Team	Finishes	Pts.
1. Oklahoma State	1, 3, 6, 8, 9	27
2. Texas A&M	5, 15, 17, 28, 30	95
3. Lipscomb	13, 14, 22, 35, 47	131
4. Auburn	21, 24, 27, 34, 40	146
5. North Florida	16, 18, 37, 49, 50	170
6. Alabama	2, 19, 46, 57, 58	182

### Alabama Men's Individual Results

Place	Name	Time
2.	Antibahs Kosgei	24:17.47
19.	Conner Thompson	25:04.75
47.	Robbie Farnham-Rose	24:45.01
63.	Justin Ahalt	25:58.52
64.	Eric Sivill	25:58.59
77.	Garrett Bull	26:12.20
79.	Connor Ferrentino	26:13.55
81.	Andrew Bull	26:15.49
83.	Evan Prizy	26:16.18
94.	Payton Ballard	26:22.79
118.	Parker Deuel	26:42.59
140.	Chris Buechner	27:09.66

Women's Race  
5 kilometers  
26 Teams • 234 runners  
Second Place • 71 points

### Women's Team Results

Team	Finishes	Pts.
1. Oklahoma State	2, 4, 5, 9, 10	30
2. Alabama	3, 13, 15, 19, 21	71
3. Auburn	6, 7, 12, 20, 29	74
4. Ole Miss	8, 22, 27, 28, 32	117
5. Texas A&M	1, 18, 41, 50, 56	166

### Alabama Women's Individual Results

Place	Name	Time
3.	Katelyn Greenleaf	16:47.41
13.	Hannah Waggoner	17:22.70
15.	Meropi Panagiotou	17:31.87
19.	Rebecca Stover	17:37.51
21.	Allison Gregg	17:39.01
32.	Veronica Lyle	17:52.20
48.	Alison Ringle	18:08.16
58.	Caroline Barlow	18:14.57
62.	Kaitlin York	18:15.39
65.	Jessica Gray	18:17.79
67.	Emily Edwards	18:20.05
97.	Kendall Howen	18:47.54
106.	Elizabeth Scott	18:55.27
109.	Nicole Gardner	18:56.73
119.	Abby Rentschler	19:02.85
131.	Sarah Mohan	19:12.00
140.	Brianna Koshy	19:19.43
151.	Calli Coggins	19:29.34
156.	Ashlin Conroy	19:34.23

## SEC CHAMPIONSHIP

October 30, 2015  
College Station, Texas • Dale Watts Cross  
Country Course

**Men's Race**  
8 kilometers  
13 teams • 114 runners  
Ninth Place • 203 points

### Men's Team Results

Team	Finishes	Pts.
1. Arkansas	2, 3, 5, 6, 9, 10, 17	25
2. Texas A&M	8, 13, 14, 23, 41, 42, 59	98
3. Ole Miss	15, 16, 25, 28, 38, 44, 50	122
4. Kentucky	4, 18, 26, 37, 45, 47, 48	129
5. Georgia	12, 19, 21, 35, 58, 70, 74	142
6. Missouri	22, 24, 31, 33, 36, 63, 71	146
7. Florida	7, 11, 49, 52, 55, 62, 69	170
8. Auburn	20, 34, 39, 46, 64, 66, 85	198
9. Alabama	1, 27, 43, 67, 75, 89, 98	203
10. Mississippi State	29, 32, 73, 78, 92, 94, 102	280
11. Tennessee	53, 56, 60, 72, 77, 81, 84	301
12. LSU	30, 51, 86, 95, 99, 104, 111	322
13. Vanderbilt	65, 79, 97, 106, 107, 109, 110	391

### Alabama Men's Individual Results

Place	Name	Time
1.	Antibahs Kosgei	23:24.20
27.	Conner Thompson	24:21.60
43.	Robbie Farnham-Rose	24:48.70
67.	Connor Ferrentino	25:10.40
75.	Garrett Bull	25:25.10
89.	Evan Prizy	25:50.20
98.	Eric Sivill	26:07.70
101.	Parker Deuel	26:15.20
108.	Justin Ahalt	26:49.10

**Women's Race**  
6 kilometers  
14 teams • 135 runners  
Fourth Place • 143 points

### Women's Team Results

Team	Finishes	Pts.
1. Arkansas	1, 6, 8, 11, 12, 13, 20	38
2. Mississippi State	9, 17, 22, 23, 24, 32, 39	95
3. Vanderbilt	3, 19, 26, 30, 36, 38, 40	112
4. Alabama	7, 16, 41, 43, 44, 54, 62	143
5. Ole Miss	10, 27, 35, 37, 45, 52, 60	147
6. Auburn	4, 28, 31, 53, 58, 63, 87	164
7. Florida	15, 18, 21, 55, 95, 108, 123	183
8. Missouri	14, 47, 49, 67, 78, 86, 112	228
9. Texas A&M	5, 51, 70, 79, 84, 89, 90	249
10. Georgia	48, 56, 59, 64, 66, 76, 82	267
11. Tennessee	2, 65, 80, 101, 105, 113, 121	296
12. Kentucky	25, 57, 85, 88, 93, 94, 96	297
13. South Carolina	29, 92, 98, 100, 103, 106, 110	352
14. LSU	69, 118, 119, 124, 125, 131, 132	436

### Alabama Women's Individual Results

Place	Name	Time
7.	Katelyn Greenleaf	20:06.90
16.	Rachael Reddy	20:25.20
41.	Meropi Panagiotou	21:05.80
43.	Rebecca Stover	21:09.00
44.	Caroline Barlow	21:11.80
54.	Jessica Gray	21:24.40
62.	Allison Gregg	21:35.80
68.	Veronica Lyle	21:40.60
72.	Kaitlin York	21:43.90
75.	Emily Edwards	21:44.80
99.	Alison Ringle	22:11.20
DNF	Hannah Waggoner	DNF

## NCAA SOUTH REGIONAL

November 13, 2015  
Tuscaloosa, Ala. • Harry Pritchett Running  
Course

**Men's Race**  
10 kilometers  
21 teams • 150 runners  
Sixth Place • 183 points

### Men's Team Results

Team	Finishes	Pts.
1. Florida State	3, 12, 13, 14, 16	58
2. Ole Miss	6, 7, 10, 15, 24	62
3. Florida	4, 5, 21, 35, 37	102
4. Georgia	8, 17, 26, 33, 43	127
5. Auburn	11, 29, 34, 46, 54	174
6. Alabama	1, 19, 27, 62, 74	183
7. Mid. Tenn. State	9, 39, 40, 41, 67	196
8. Georgia Tech	22, 42, 47, 49, 51	211
9. Tennessee	36, 44, 66, 71, 79	296
10. Belmont	18, 28, 69, 77, 104	296
11. Lipscomb	25, 52, 64, 68, 89	298
12. North Florida	23, 48, 50, 96, 99	316
13. Mississippi State	30, 53, 75, 78, 81	317
14. South Alabama	32, 45, 57, 95, 115	344
15. Samford	2, 58, 76, 106, 111	353
16. East Tenn. State	59, 63, 90, 102, 103	417
17. South Florida	20, 83, 93, 97, 128	421
18. Florida Gulf Coast	56, 61, 84, 113, 114	428
19. Vanderbilt	60, 87, 108, 112, 117	484
20. Chattanooga	70, 109, 125, 127, 134	565
21. Memphis	82, 119, 121, 126, 135	583

### Alabama Men's Individual Results

Place	Name	Time
1.	Antibahs Kosgei	30:25.66
19.	Robbie Farnham-Rose	31:27.01
27.	Conner Thompson	31:41.78
64.	Garrett Bull	32:36.43
76.	Andrew Bull	32:48.50
105.	Justin Ahalt	33:25.49
110.	Eric Sivill	33:31.34

**Women's Race**  
6 kilometers  
30 teams • 208 runners  
Third Place • 135 points

### Women's Team Results

Team	Finishes	Pts.
1. Vanderbilt	2, 8, 11, 21, 23	65
2. Mississippi State	6, 9, 14, 16, 33	78
3. Alabama	3, 17, 32, 35, 48	135
4. Florida State	10, 18, 19, 26, 66	139
5. Auburn	5, 7, 54, 59, 61	186
6. Mid. Tenn. State	13, 20, 28, 62, 78	201
7. Ole Miss	29, 30, 42, 47, 57	205
8. Lipscomb	24, 31, 41, 50, 60	206
9. Florida	15, 25, 43, 82, 91	256
10. Georgia	52, 67, 77, 81, 87	364
11. South Alabama	22, 34, 75, 129, 141	401
12. Chattanooga	12, 63, 85, 114, 130	404
13. Florida Gulf Coast	36, 83, 89, 98, 101	407
14. Southern Miss.	39, 73, 74, 110, 123	419
15. North Florida	55, 86, 93, 106, 125	465
16. South Florida	58, 69, 76, 127, 153	483
17. Georgia Tech	70, 97, 107, 109, 112	495
18. Belmont	4, 102, 112, 120, 157	496
19. Tennessee	1, 104, 122, 142, 143	512
20. Jacksonville	49, 95, 105, 139, 145	533
21. UCF	46, 92, 108, 137, 174	557
22. Memphis	37, 100, 131, 140, 151	559
23. Florida A&M	45, 90, 121, 149, 162	567
24. Georgia State	44, 132, 134, 144, 165	619
25. UAB	40, 71, 192, 194, 195	692
26. East Tenn. State	99, 126, 155, 156, 161	697
27. Tennessee Tech	124, 136, 146, 152, 176	734
28. Alabama State	117, 147, 148, 154, 170	736
29. Mercer	115, 135, 177, 182, 187	796
30. Georgia Southern	138, 158, 160, 164, 178	798

### Alabama Women's Individual Results

Place	Name	Time
3.	Katelyn Greenleaf	20:16.13
18.	Hannah Waggoner	20:50.71
33.	Meropi Panagiotou	21:17.09
36.	Rachael Reddy	21:22.90
49.	Caroline Barlow	21:33.05
55.	Emily Edwards	21:38.05
68.	Rebecca Stover	21:51.47

## NCAA CHAMPIONSHIPS

November 21, 2015  
Louisville, Ky. • E.P. "Tom" Sawyer State Park

**Men's Race**  
10 kilometers  
31 teams • 252 runners

### Men's Team Results (Top Ten)

Team	Finishes	Pts.
1. Syracuse	3, 7, 8, 29, 35	82
2. Colorado	2, 20, 21, 23, 25	91
3. Stanford	5, 6, 14, 50, 76	151
4. Oregon	1, 34, 38, 44, 66	183
5. Iona	16, 33, 46, 48, 88	231
6. Arkansas	19, 30, 36, 69, 90	244
7. Louisville	15, 31, 41, 68, 176	331
8. Washington	22, 24, 75, 79, 145	345
9. Michigan	52, 56, 64, 72, 104	348
10. Georgetown	4, 37, 82, 103, 126	352

### Alabama Men's Individual Results

Place	Name	Time
102.	Antibahs Kosgei	30:59.30

**Women's Race**  
6 kilometers  
31 teams • 254 runners

### Women's Team Results (Top Ten)

Team	Finishes	Pts.
1. New Mexico	4, 5, 11, 12, 17	49
2. Colorado	10, 13, 30, 32, 44	129
3. Oregon	18, 19, 21, 77, 79	214
4. Providence	15, 25, 42, 68, 81	231
5. NC State	38, 40, 49, 62, 75	264
6. Michigan	14, 36, 60, 67, 87	264
7. Oklahoma State	22, 27, 48, 88, 89	274
8. Notre Dame	1, 6, 64, 101, 104	276
9. Arkansas	3, 31, 70, 78, 94	276
10. Washington	7, 53, 63, 74, 100	297

### Alabama Women's Individual Results

Place	Name	Time
63.	Katelyn Greenleaf	20:37.50

# 2015 REVIEW

## 2015 MEN'S OVERALL TOP TIMES BY DISTANCE

### 5 KILOMETER

Time	Name	Event	Date	Finish
1. 15:56.53	Robbie Farnham-Rose	Samford XC Opener	Sept. 1	5th
2. 16:07.75	Conner Thompson	Samford XC Opener	Sept. 1	10th
3. 16:12.50	Josh Short	Samford XC Opener	Sept. 1	11th
4. 16:16.81	Eric Sivill	Samford XC Opener	Sept. 1	12th
5. 16:23.07	Garrett Bull	Samford XC Opener	Sept. 1	15th
6. 16:26.07	Evan Prizy	Samford XC Opener	Sept. 1	17th
7. 16:28.86	Justin Ahalt	Samford XC Opener	Sept. 1	18th
8. 16:28.92	Connor Ferrentino	Samford XC Opener	Sept. 1	19th
9. 16:29.55	Payton Ballard	Samford XC Opener	Sept. 1	21st
10. 16:44.02	Andrew Bull	Samford XC Opener	Sept. 1	22nd

### 4 MILES

Time	Name	Event	Date	Finish
1. 19:49.75	Antibahs Kosgei	Brooks Twilight Classic	Sept. 5	1st
2. 20:07.89	Robbie Farnham-Rose	Brooks Twilight Classic	Sept. 5	2nd
3. 20:22.71	Josh Short	Brooks Twilight Classic	Sept. 5	6th
4. 20:30.42	Conner Thompson	Brooks Twilight Classic	Sept. 5	12th
5. 20:37.77	Evan Prizy	Brooks Twilight Classic	Sept. 5	16th
6. 20:48.14	Eric Sivill	Brooks Twilight Classic	Sept. 5	25th
7. 20:51.40	Justin Ahalt	Brooks Twilight Classic	Sept. 5	29th
8. 21:04.82	Connor Ferrentino	Brooks Twilight Classic	Sept. 5	43rd
9. 21:06.39	Chris Buechner	Brooks Twilight Classic	Sept. 5	44th
10. 21:15.44	Andrew Bull	Brooks Twilight Classic	Sept. 5	53rd

### 8 KILOMETER

Time	Name	Event	Date	Finish
1. 23:24.20	Antibahs Kosgei	SEC Championships	Oct. 30	1st
2. 24:17.47	Antibahs Kosgei	Crimson Classic	Oct. 16	2nd
3. 24:21.60	Conner Thompson	SEC Championships	Oct. 30	27th
4. 24:48.70	Robbie Farnham-Rose	SEC Championships	Oct. 30	43rd
5. 25:04.75	Conner Thompson	Crimson Classic	Oct. 16	19th
6. 25:08.9	Antibahs Kosgei	Cowboy Jamboree	Sept. 26	7th
7. 25:10.40	Connor Ferrentino	SEC Championships	Oct. 30	67th
8. 25:25.10	Garret Bull	SEC Championships	Oct. 30	75th
9. 25:45.01	Robbie Farnham-Rose	Crimson Classic	Oct. 16	47th
10. 25:50.20	Evan Prizy	SEC Championships	Oct. 30	89th

### 10 KILOMETER

Time	Name	Event	Date	Finish
1. 30:25.66	Antibahs Kosgei	NCAA South Regional	Nov. 13	1st
2. 30:59.30	Antibahs Kosgei	NCAA Championships	Nov. 21	102nd
3. 31:27.01	Robbie Farnham-Rose	NCAA South Regional	Nov. 13	19th
4. 31:41.78	Conner Thompson	NCAA South Regional	Nov. 13	27th
5. 32:36.43	Garrett Bull	NCAA South Regional	Nov. 13	64th
6. 32:48.50	Andrew Bull	NCAA South Regional	Nov. 13	76th
7. 33:25.49	Justin Ahalt	NCAA South Regional	Nov. 13	105th
8. 33:31.34	Eric Sivill	NCAA South Regional	Nov. 13	110th

## 2015 WOMEN'S OVERALL TOP TIMES BY DISTANCE

### 3 KILOMETER

Time	Name	Event	Date	Finish
1. 11:29.55	Calli Coggins	Samford XC Opener	Sept. 1	8th
2. 11:37.46	Abby Rentschler	Samford XC Opener	Sept. 1	11th
3. 11:42.75	Kaitlin York	Samford XC Opener	Sept. 1	12th
4. 11:44.00	Elizabeth Scott	Samford XC Opener	Sept. 1	13th
5. 11:47.84	Jessica Gray	Samford XC Opener	Sept. 1	15th
6. 11:48.89	Nicole Gardner	Samford XC Opener	Sept. 1	16th
7. 11:49.70	Sarah Mohan	Samford XC Opener	Sept. 1	18th
8. 12:17.91	Brianna Koshy	Samford XC Opener	Sept. 1	20th
9. 12:26.02	Ashlin Conroy	Samford XC Opener	Sept. 1	22nd

### 5 KILOMETER

Time	Name	Event	Date	Finish
1. 16:47.41	Katelyn Greenleaf	Crimson Classic	Oct. 16	3rd
2. 17:06.26	Rachael Reddy	Brooks Twilight Classic	Sept. 5	1st
3. 17:13.69	Katelyn Greenleaf	Brooks Twilight Classic	Sept. 5	2nd
4. 17:22.70	Hannah Waggoner	Crimson Classic	Oct. 16	13th
5. 17:31.87	Meropi Panagiotou	Crimson Classic	Oct. 16	15th
6. 17:37.51	Rebecca Stover	Crimson Classic	Oct. 16	19th
7. 17:39.01	Allison Gregg	Crimson Classic	Oct. 16	21st
8. 17:40.27	Rebecca Stover	Brooks Twilight Classic	Sept. 5	7th
9. 17:46.68	Hannah Waggoner	Brooks Twilight Classic	Sept. 5	9th
10. 17:47.12	Emily Edwards	Brooks Twilight Classic	Sept. 5	10th

### 6 KILOMETER

Time	Name	Event	Date	Finish
1. 20:06.90	Katelyn Greenleaf	SEC Championships	Oct. 30	7th
2. 20:25.20	Rachael Reddy	SEC Championships	Oct. 30	16th
3. 20:37.50	Katelyn Greenleaf	NCAA Championships	Nov. 21	63rd
4. 21:02.3	Rachael Reddy	Cowboy Jamboree	Sept. 26	1st
5. 21:05.80	Meropi Panagiotou	SEC Championships	Oct. 30	41st
6. 21:09.00	Rebecca Stover	SEC Championships	Oct. 30	43rd
7. 21:09.3	Katelyn Greenleaf	Cowboy Jamboree	Sept. 26	2nd
8. 21:11.80	Caroline Barlow	SEC Championships	Oct. 30	44th
9. 21:24.40	Jessica Gray	SEC Championships	Oct. 30	54th
10. 21:29.8	Hannah Waggoner	Cowboy Jamboree	Sept. 26	7th

## ACADEMICS

### 2016 SEC ACADEMIC HONOR ROLL



Justin Ahalt



Payton Ballard



Caroline Barlow



Jeff Edmondson



Emily Edwards



Conner Ferrentino



Jessica Gray



Katelyn Greenleaf



Allison Gregg



Kendall Howen



Meropi Panagiotou



Rachael Reddy



Alison Ringle



Elizabeth Scott



Josh Short



Eric Sivill



Rebecca Stover



Conner Thompson



Hannah Waggoner

### USTFCCCA ALL-ACADEMIC TEAM

Alabama cross country has been honored multiple times by the United States Track & Field and Cross Country Coaches Association as an All-Academic team for its endeavors in the classroom.

To be considered for the USTFCCCA-All Academic Cross Country Team, a team must have a 3.00 cumulative GPA or better and have started at least five runners at its respective NCAA regional championship.

### ACADEMIC ALL-AMERICANS

Alabama track & field and cross country has been a fixture in the yearly CoSIDA Academic All-America awards, with seven student-athletes garnering a total of 13 All-America honors, all in the past decade.



Leigh Gilmore  
2012



Nathan Corder  
2010, 2011, 2012



Beth Mallory  
2006



Brian Rohrer  
2002, 2003, 2004



Troy Henderson  
2002



Nia Barnes  
2014, 2015



Alexis Paine  
2013, 2014

### 2016 SEC FIRST-YEAR HONOR ROLL



Clay Austell



Calli Coggins



Ebie Douglas



Nicole Gardner



Brianna Koshy



Sarah Mohan



Kaitlin York

### GREENLEAF & WAGGONER EARN USTFCCCA ALL-ACADEMIC HONORS

Alabama track and field/cross country senior Katelyn Greenleaf and junior Hannah Waggoner are two of 160 women in Division I who earned United States Track & Field and Cross Country Coaches Association (USTFCCCA) All-Academic honors for the 2015 cross country season.

Individual honorees must have compiled a cumulative GPA of 3.25 or greater and must have finished as an All-American or among the 15 finishers (or 10 percent) in their regional meet. Greenleaf, a senior from St. Petersburg, Fla. (Northside Christian High School) has a 3.88 grade-point average in Nutrition at the Capstone while Waggoner, a junior from Murfreesboro, Tenn. (Oakland HS) boasts a 3.69 GPA in Mechanical Engineering.

### ALABAMA PLACES 17 ON USTFCCCA ALL-ACADEMIC TEAM

Seventeen members of Alabama's track & field team were named to the USTFCCCA's 2016 All-Academic Team.

Twelve members of the women's team were honored for academic excellence - Brittany Smith, Katelyn Greenleaf, Danielle McConnell, Kaitlin Walker, Lacey Dent, Rachael Reddy, Hannah Waggoner, Caroline Barlow, Meropi Panagiotou, Haley Teel, Anna Reed and Quanesha Burks.

On the men's side, five student-athletes were selected - Joe Williams, Payton Ballard, Kevin Shannon, Andrew Harris and Hayden Reed.

To qualify for the USTFCCCA All-Academic Team, the student-athlete must have compiled a cumulative grade point average of 3.25 and have met certain national athletic rankings.

### WOMEN'S CROSS COUNTRY IS PERENNIAL LEADER IN GPA

From three consecutive years spanning 2009-11, and again in 2014 and 2015, the Alabama women's cross country team was named a U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) All-Academic Team for its outstanding performance in the classroom and on the course.

In addition to earning the All-Academic team honor, the Crimson Tide were recognized as having the highest cumulative grade-point average among 2011 All-Academic honorees, with a 3.88 team GPA.

The Tide earlier led the nation in the classroom in 2010 and 2009, when the program reported a cumulative GPA of 3.86 after having the second-highest GPA the year before (3.75), in 2008.

To be considered for the USTFCCCA All-Academic Cross Country Team, a team must have a 3.00 cumulative GPA or better and have started at least five runners at its NCAA regional championship.

<u>Men</u>	2002	2009
	2001	2008
	1996	2006
	1995	2005
		2002
		2001
	<u>Women</u>	
	2015	
	2014	
	2011	
	2010	

# RECORDS & HISTORY

## THE SOUTHEASTERN CONFERENCE



### THE NATION'S TOP TRACK & FIELD CONFERENCE

In the ever-changing world of collegiate athletics, the tradition of excellence in the Southeastern Conference has remained constant. The SEC boasts a rich history and has dominated track and field and cross country like no other conference.

#### 2015 SEC CROSS COUNTRY

**Men**  
The SEC sent two teams to compete in the NCAA Championships with Arkansas finishing sixth and Ole Miss finishing 30th.

SEC Champion: Arkansas  
Coach of the Year: Chris Bucknam, Arkansas  
Runner of the Year: Antibahs Kosgei, Alabama  
Freshman Runner of the Year: Dajour Braxton, LSU

**Women**  
Three SEC teams advanced to the NCAA Championships with Arkansas leading the way with a 9th-place finish. Mississippi State was 17th and Vanderbilt placing 19th.

SEC Champion: Arkansas  
Coach of the Year: Lance Harter, Arkansas  
Runner of the Year: Dominique Scott, Arkansas  
Freshman Runner of the Year: Caroline Pietrzyk, Vanderbilt

#### SEC CROSS COUNTRY HISTORY

**Men**  
\*Eight team national championships  
\*Two individual titles  
\*115 All-Americans since 1984  
\*58 teams finished among the Top 25 at the NCAA Championships since 1984

**Women**  
\*One team championship (1988)  
\*83 All-Americans since 1981  
\*54 teams have finished among the top 25 at the NCAA Championships since 1982

 <b>ALABAMA</b> Tuscaloosa, Ala. Crimson Tide RollTide.com	<b>Men</b> Coach <u>Dan Waters</u> 2015 SEC Finish <u>9th</u> 2015 NCAA Finish <u>n/a</u> SEC Championships <u>3</u>	<b>Women</b> Coach <u>Dan Waters</u> 2015 SEC Finish <u>4th</u> 2015 NCAA Finish <u>n/a</u> SEC Championships <u>2</u>
 <b>ARKANSAS</b> Fayetteville, Ark. Razorbacks ArkansasRazorbacks.com	<b>Men</b> Coach <u>Chris Bucknam</u> 2015 SEC Finish <u>1st</u> 2015 NCAA Finish <u>6th</u> SEC Championships <u>23</u>	<b>Women</b> Coach <u>Lance Harter</u> 2015 SEC Finish <u>1st</u> 2015 NCAA Finish <u>9th</u> SEC Championships <u>16</u>
 <b>AUBURN</b> Auburn, Ala. Tigers AuburnTigers.com	<b>Men</b> Coach <u>Mark Carroll</u> 2015 SEC Finish <u>8th</u> 2015 NCAA Finish <u>n/a</u> SEC Championships <u>6</u>	<b>Women</b> Coach <u>Mark Carroll</u> 2015 SEC Finish <u>6th</u> 2015 NCAA Finish <u>n/a</u> SEC Championships <u>0</u>
 <b>FLORIDA</b> Gainesville, Fla. Gators GatorZone.com	<b>Men</b> Coach <u>Paul Spangler</u> 2015 SEC Finish <u>7th</u> 2015 NCAA Finish <u>n/a</u> SEC Championships <u>3</u>	<b>Women</b> Coach <u>Paul Spangler</u> 2015 SEC Finish <u>7th</u> 2015 NCAA Finish <u>n/a</u> SEC Championships <u>6</u>
 <b>GEORGIA</b> Athens, Ga. Bulldogs GeorgiaDogs.com	<b>Men</b> Coach <u>Patrick Cunniff</u> 2015 SEC Finish <u>5th</u> 2015 NCAA Finish <u>n/a</u> SEC Championships <u>0</u>	<b>Women</b> Coach <u>Patrick Cunniff</u> 2015 SEC Finish <u>10th</u> 2015 NCAA Finish <u>n/a</u> SEC Championships <u>0</u>
 <b>KENTUCKY</b> Lexington, Ky. Wildcats UKAthletics.com	<b>Men</b> Coach <u>Edrick Floreal</u> 2015 SEC Finish <u>4th</u> 2015 NCAA Finish <u>n/a</u> SEC Championships <u>4</u>	<b>Women</b> Coach <u>Edrick Floreal</u> 2015 SEC Finish <u>12th</u> 2015 NCAA Finish <u>n/a</u> SEC Championships <u>3</u>
 <b>LSU</b> Baton Rouge, La. Tigers LSUSports.net	<b>Men</b> Coach <u>Khadevis Robinson</u> 2015 SEC Finish <u>12th</u> 2015 NCAA Finish <u>n/a</u> SEC Championships <u>0</u>	<b>Women</b> Coach <u>Khadevis Robinson</u> 2015 SEC Finish <u>14th</u> 2015 NCAA Finish <u>n/a</u> SEC Championships <u>0</u>
 <b>MISSISSIPPI</b> Oxford, Miss. Rebels OleMissSports.com	<b>Men</b> Coach <u>Ryan Vanhoy</u> 2015 SEC Finish <u>3rd</u> 2015 NCAA Finish <u>30th</u> SEC Championships <u>0</u>	<b>Women</b> Coach <u>Ryan Vanhoy</u> 2015 SEC Finish <u>5th</u> 2015 NCAA Finish <u>n/a</u> SEC Championships <u>0</u>
 <b>MISS. STATE</b> Starkville, Miss. Bulldogs MStateSports.com	<b>Men</b> Coach <u>Houston Franks</u> 2015 SEC Finish <u>10th</u> 2015 NCAA Finish <u>n/a</u> SEC Championships <u>5</u>	<b>Women</b> Coach <u>Houston Franks</u> 2015 SEC Finish <u>2nd</u> 2015 NCAA Finish <u>17th</u> SEC Championships <u>0</u>
 <b>MISSOURI</b> Columbia, Mo. Tigers MUTigers.com	<b>Men</b> Coach <u>Marc Burns</u> 2015 SEC Finish <u>6th</u> 2015 NCAA Finish <u>n/a</u> SEC Championships <u>0</u>	<b>Women</b> Coach <u>Marc Burns</u> 2015 SEC Finish <u>8th</u> 2015 NCAA Finish <u>n/a</u> SEC Championships <u>0</u>
 <b>SOUTH CAROLINA</b> Columbia, S.C. Gamecocks GamecocksOnline.com	<b>Men</b> No men's program	<b>Women</b> Coach <u>Andrew Allden</u> 2015 SEC Finish <u>13th</u> 2015 NCAA Finish <u>n/a</u> SEC Championships <u>0</u>
 <b>TENNESSEE</b> Knoxville, Tenn. Volunteers UTSports.com	<b>Men</b> Coach <u>Beth Alford-Sullivan</u> 2015 SEC Finish <u>11th</u> 2015 NCAA Finish <u>n/a</u> SEC Championships <u>25</u>	<b>Women</b> Coach <u>Beth Alford-Sullivan</u> 2015 SEC Finish <u>11th</u> 2015 NCAA Finish <u>n/a</u> SEC Championships <u>5</u>
 <b>TEXAS A&amp;M</b> College Station, Texas Aggies AggieAthletics.com	<b>Men</b> Coach <u>Wendel McRaven</u> 2015 SEC Finish <u>2nd</u> 2015 NCAA Finish <u>n/a</u> SEC Championships <u>0</u>	<b>Women</b> Coach <u>Wendel McRaven</u> 2015 SEC Finish <u>9th</u> 2015 NCAA Finish <u>n/a</u> SEC Championships <u>0</u>
 <b>VANDERBILT</b> Nashville, Tenn. Commodores VUCommodores.com	<b>Men</b> Coach <u>Steve Keith</u> 2015 SEC Finish <u>13th</u> 2015 NCAA Finish <u>n/a</u> SEC Championships <u>0</u>	<b>Women</b> Coach <u>Steve Keith</u> 2014 SEC Finish <u>3rd</u> 2015 NCAA Finish <u>19th</u> SEC Championships <u>1</u>

RECORDS & HISTORY

### THE SOUTHEASTERN CONFERENCE



**OCTOBER 28, 2016**  
Fayetteville, Ark.  
Venue: Agri Park  
Host: University of Arkansas  
Women's 6-Kilometer Race: Start TBD  
Men's 8-Kilometer Race: Start TBD

## SEC MEN'S CHAMPIONSHIPS

Year	Champion	Pts.
1935	Georgia Tech	32
1936	Georgia Tech	15
1937	Georgia Tech	19
1938	Georgia Tech	24
1939	Georgia Tech	29
1940	Georgia Tech	31
1941	Mississippi State	34
1942	Georgia Tech	23
1943	No Competition	---
1944	No Competition	---
1945	No Competition	---
1946	Auburn	40
1947	Georgia Tech	51
1948	Auburn	54
1949	Tennessee	48
1950	Tennessee	30
1951	Tennessee	18
1952	Tennessee	30
1953	Georgia Tech	51
1954	Georgia Tech	38
1955	Auburn & Florida	46
1956	Tennessee	26
1957	Mississippi State	35
1958	Kentucky	47.5
1959	Kentucky	59
1960	Mississippi State	38
1961	Mississippi State	33
1962	Mississippi State	37
1963	Tennessee	15
1964	Auburn	23
1965	Tennessee	15
1966	Tennessee	39
1967	Tennessee	28
1968	Tennessee	30
1969	Tennessee	34
1970	Kentucky	41
1971	Tennessee	48
1972	Tennessee	35
1973	Alabama	41
1974	Tennessee	44
1975	Tennessee	38
1976	Tennessee	32
1977	Tennessee	23
1978	Tennessee	24
1979	Auburn	73
1980	Auburn	35
1981	Tennessee	38
1982	Tennessee	47
1983	Tennessee	31
1984	Tennessee	38
1985	Tennessee	31
1986	Florida	38
1987	Florida	45
1988	Kentucky	37
1989	Tennessee	57
1990	Tennessee	52
1991	Arkansas	15
1992	Arkansas	23
1993	Arkansas	18
1994	Arkansas	38
1995	Arkansas	32
1996	Arkansas	15
1997	Arkansas	16
1998	Arkansas	19
1999	Arkansas	17
2000	Arkansas	27
2001	Arkansas	24
2002	Arkansas	31
2003	Arkansas	33
2004	Arkansas	23
2005	Arkansas	23
2006	Arkansas	21
2007	Arkansas	36
2008	Alabama	32
2009	Alabama	56
2010	Arkansas	34
2011	Arkansas	33
2012	Arkansas	35
2013	Arkansas	31
2014	Arkansas	54
2015	Arkansas	25

### ALABAMA'S SEC TITLES

1973, 2008, 2009

### TEAM CHAMPIONSHIP TOTALS

Team	Total
Tennessee	25
(1949, 50, 51, 52, 56, 63, 65, 66, 67, 68, 69, 71, 72, 74, 75, 76, 77, 78, 81, 82, 83, 84, 85, 89, 90)	
Arkansas	24
(1991, 92, 93, 94, 95, 96, 97, 98, 99, 2000, 01, 02, 03, 04, 05, 06, 07, 10, 11, 12, 13, 14, 15)	
Georgia Tech	10
(1935, 36, 37, 38, 39, 40, 42, 47, 53, 54)	
Auburn	6
(1946, 48, 55-tie, 64, 79, 80)	
Mississippi State	5
(1941, 57, 60, 61, 62)	
Kentucky	4
(1958, 59, 70, 88)	
Alabama	3
(1973, 2008, 2009)	
Florida	3
(1955-tie, 86, 87)	

## SEC WOMEN'S CHAMPIONSHIPS

Year	Champion	Pts.
1983	Tennessee	24
1984	Florida	41
1985	Kentucky	84
1986	Alabama	30
1987	Alabama	20
1988	Kentucky	22
1989	Kentucky	39
1990	Tennessee	41
1991	Arkansas	30
1992	Arkansas	52
1993	Arkansas	37
1994	Arkansas	31
1995	Arkansas	40
1996	Florida	52
1997	Florida	37
1998	Arkansas	25
1999	Arkansas	15
2000	Arkansas	43
2001	Arkansas	35
2002	Arkansas	39
2003	Tennessee	57
2004	Tennessee	55
2005	Tennessee	48
2006	Arkansas	17
2007	Arkansas	39
2008	Arkansas	46
2009	Florida	24
2010	Florida	60
2011	Vanderbilt	30
2012	Florida	61
2013	Arkansas	32
2014	Arkansas	32
2015	Arkansas	38

### ALABAMA'S SEC TITLES

1986, 1987

### TEAM CHAMPIONSHIP TOTALS

Team	Total
Arkansas	15
(1991, 92, 93, 94, 95, 98, 99, 2000, 01, 02, 06, 07, 08, 13, 14, 15)	
Tennessee	5
(1983, 90, 2003, 04, 05)	
Florida	5
(1984, 96, 97, 2009, 12)	
Kentucky	3
(1985, 88, 89)	
Alabama	2
(1986, 87)	
Vanderbilt	1
(2011)	



# RECORDS & HISTORY

## SEC HONORS AND AWARDS

### MEN'S SEC CHAMPIONS

Robert Pette	1959, 1960
Steve Bolt	1976
German Beltran	1988
David Kimani	2000, 2001, 2002
Emmanuel Bor	2007
Antibahs Kosgei	2015

### WOMEN'S SEC CHAMPIONS

Evelyn Adiru	1985, 1987
Carole Trepanier	1988
Becki Wells	1993

### MEN'S SEC

#### ATHLETE OF THE YEAR

David Kimani	2000, 2001
Emmanuel Bor	2007
Tyson David	2008
Antibahs Kosgei	2015

### MEN'S FRESHMAN ALL-SEC

Andrew Kirwa	2007
Zac Edwards	2008

### WOMEN'S FRESHMAN ALL-SEC

Haley Moody	2007
Kelsey Johnson	2008
Sara Vaughn	2008
Rachael Reddy	2015

### MEN'S SEC

#### FRESHMAN OF THE YEAR

Peter Etoot	2002
Augustus Maiyo	2005
Andrew Kirwa	2007

### WOMEN'S SEC

#### FRESHMAN OF THE YEAR

Ashley LaBudde	1998
Dawn Boggs	1999

### MEN'S SEC

#### COACH OF THE YEAR

Joe Walker	2001, 2008, 2009
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### WOMEN'S SEC

#### COACH OF THE YEAR

David Troy	1986, 1987
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### MEN'S ALL-SEC SELECTIONS - BY YEAR

Year	Name
1959	Robert Pette
1960	Robert Pette
1965	Gary Terrell
1966	Gary Blackmon, Bill Pease
1967	Angelo Harris
1968	Angelo Harris
1970	Fred Emerling, Angelo Harris, Alton Sizemore, Gaylon Smith
1971	Fred Emerling, Alton Sizemore, Gaylon Smith
1972	Mark Brown, Herb Gibson, Robin Shipman, Bob Starling
1973	Frank Bromberg, Mark Brown, Herb Gibson, Robin Shipman
1975	Steve Bolt, Rick Bourrier
1976	Steve Bolt, Rick Bourrier, Frank Bromberg, Terry Crews, Devon Hind
1977	Rick Bishop, Rick Bourrier
1979	Rich Hanson, Scott Scheffler, Jim Wilson
1980	Jim Wilson
1984	Doug Cronkite, Peter McColgan
1985	Peter McColgan
1988	German Beltran, Guy Shultz
1990	German Beltran
1991	Cern Basher
1999	Tim Broe, Chris Mutai
2000	David Kimani, Japheth Koech, Chris Mutai
2001	David Kimani, Japheth Koech
2002	Peter Etoot, David Kimani, Peter Kiprono
2003	Josphat Waweru
2005	Titus Koech, Alex Korir, Abraham Kutingala, Augustus Maiyo
2006	Emmanuel Bor, Abraham Kutingala, Augustus Maiyo
2007	Emmanuel Bor, Andrew Kirwa, Abraham Kutingala
2008	Emmanuel Bor, Tyson David, Andrew Kirwa, Abraham Kutingala, Augustus Maiyo
2009	Julius Bor, Tyson David, Moses Kiptoo, Fred Sameoi
2010	Julius Bor, Carison Kemei, Joel Rop
2011	Carison Kemei
2015	Antibahs Kosgei

### WOMEN'S ALL-SEC SELECTIONS - BY YEAR

Year	Name
1983	Lisa Pakutka
1984	Liz Lynch, Lisa Pakutka, Heidi Olafsdottir, Gina Procaccio
1985	Evelyn Adiru, Jeni Nielson
1986	Evelyn Adiru, Susan Crawford, Jeni Nielson, Heidi Olafsdottir, Elspeth Turner
1987	Evelyn Adiru, Susan Crawford, Jeni Nielson, Heidi Olafsdottir, Kristen Seabury, Elspeth Turner
1988	Evelyn Adiru, Carole Trepanier
1989	Susan Crawford
1990	Malin Ohlund, Kristen Seabury
1991	Malin Ohlund, Sian Pilling, Heather Shutt-Warner
1992	Malin Ohlund, Heather Shutt-Warner
1993	Malin Ohlund, Becki Wells
1994	Jessica Fry
1995	Jessica Fry
1997	Amanda Grout, Liz Lopacki
1998	Ashley LaBudde
1999	Dawn Boggs, Ashley LaBudde
2000	Ashley LaBudde, Aly Mills
2005	Julia Hicks
2007	Haley Moody
2008	Kelsey Johnson, Sara Vaughn
2013	Katelyn Greenleaf
2014	Katelyn Greenleaf
2015	Katelyn Greenleaf, Rachael Reddy

### MEN'S ALL-SEC SELECTIONS

Athlete	Year
Cern Basher	1991
German Beltran	1988, 1990
Rick Bishop	1977
Gary Blackmon	1966
Steve Bolt	1975, 1976
Emmanuel Bor	2006, 2007, 2008
Julius Bor	2009, 2010
Rick Bourrier	1975, 1976, 1977
Tim Broe	1999
Frank Bromberg	1973, 1976
Mark Brown	1972, 1973
Terry Crews	1976
Doug Cronkite	1984
Tyson David	2008, 2009
Fred Emerling	1970, 1971
Peter Etoot	2002
Herb Gibson	1972, 1973
Rich Hanson	1979
Angelo Harris	1967, 1968, 1970
Devon Hind	1976
Carison Kemei	2010, 2011
David Kimani	2000, 2001, 2002
Peter Kiprono	2002
Moses Kiptoo	2009
Andrew Kirwa	2007, 2008
Japheth Koech	2000, 2001
Titus Koech	2005
Alex Korir	2005
Antibahs Kosgei	2015
Abraham Kutingala	2005, 2006, 2007, 2008
Augustus Maiyo	2005, 2006, 2008
Peter McColgan	1984, 1985
Chris Mutai	1999, 2000
Bill Pease	1966
Robert Pette	1959, 1960
Joel Rop	2010
Fred Sameoi	2009
Scott Scheffler	1979
Robin Shipman	1972, 1973
Guy Shultz	1988
Alton Sizemore	1970, 1971
Gaylon Smith	1970, 1971
Bob Starling	1972
Gary Terrell	1965
Josphat Waweru	2003
Jim Wilson	1979, 1980

### WOMEN'S ALL-SEC SELECTIONS

Athlete	Year
Evelyn Adiru	1985, 1986, 1987, 1988
Dawn Boggs	1999
Susan Crawford	1986, 1987, 1989
Jessica Fry	1994, 1995
Katelyn Greenleaf	2013, 2014, 2015
Amanda Grout	1997
Julia Hicks	2005
Kelsey Johnson	2008
Ashley LaBudde	1998, 1999, 2000
Liz Lopacki	1997
Liz Lynch	1984
Aly Mills	2000
Haley Moody	2007
Jeni Nielson	1985, 1986, 1987
Malin Ohlund	1990, 1991, 1992, 1993
Heidi Olafsdottir	1984, 1986, 1987
Lisa Pakutka	1983, 1984
Sian Pilling	1991
Gina Procaccio	1984
Rachael Reddy	2015
Kristen Seabury	1987, 1990
Heather Shutt-Warner	1991, 1992
Carole Trepanier	1988
Elspeth Turner	1986, 1987
Sara Vaughn	2008
Becki Wells	1993

RECORDS & HISTORY

## NCAA SOUTH REGION CHAMPIONSHIPS

### MEN'S NCAA SOUTH REGION TEAM TITLES

2010, 2009, 2008, 2007, 2001, 2000, 1999

### MEN'S SOUTH REGIONAL TOP 10 FINISHES

Year	Place	Points	Location
1973	6th		
1988	8th		
1999	1st	69	Auburn, Ala.
2000	1st	47	Tuscaloosa, Ala.
2001	1st	55	Birmingham, Ala.
2002	2nd	79	Maryville, Tenn.
2003	5th	132	Auburn, Ala.
2004	8th	241	Tuscaloosa, Ala.
2005	1st	40	Gainesville, Fla.
2006	2nd	88	Maryville, Tenn.
2007	1st	28	Gainesville, Fla.
2008	1st	49	Knoxville, Tenn.
2009	1st	45	Tuscaloosa, Ala.
2010	1st	30	Birmingham, Ala.
2015	6th	183	Tuscaloosa, Ala.

### MEN'S NCAA SOUTH REGIONAL INDIVIDUAL TITLES(10K)

Year	Name	Time	Location
2000	David Kimani	30:25.15	Tuscaloosa, Ala.
2001	David Kimani	30:06.43	Birmingham, Ala.
2002	David Kimani	32:09.91	Maryville, Tenn.
2015	Antibahs Kosgei	30:25.66	Tuscaloosa, Ala.

### MEN'S NCAA ALL-SOUTH REGIONAL FINISHERS (BY YEAR)

2000	David Kimani, Japheth Koech, Frank Rono, Chris Mutai
2001	David Kimani, Peter Kiprono, Japheth Koech, Matt Legrand
2002	David Kimani, Peter Kiprono, Tyler Stanfield
2003	Kevin McDonough, Josphat Waweru
2004	Alex Korir
2005	Peter Etoot, Titus Koeh, Alex Korir, Abraham Kutingala, Augustus Maiyo
2006	Emmanuel Bor, Abraham Kutingala, Augustus Maiyo
2007	Emmanuel Bor, Andrew Kirwa, Titus Koeh, Abraham Kutingala, Augustus Maiyo
2008	Emmanuel Bor, Tyson David, Andrew Kirwa, Abraham Kutingala, Augustus Maiyo
2009	Emmanuel Bor, Julius Bor, Tyson David, Andrew Kirwa, Fred Samoei
2010	Julius Bor, Carison Kemei, Moses Kiptoo, Andrew Kirwa, Joel Rop
2014	Robbie Farnham-Rose
2015	Antibahs Kosgei

### MEN'S NCAA ALL-SOUTH REGIONAL FINISHERS (BY ATHLETE)

Emmanuel Bor	2006, 2007, 2008, 2009
Julius Bor	2009, 2010
Tyson David	2008, 2009
Peter Etoot	2005
Robbie Farnham-Rose	2014
Carison Kemei	2010
David Kimani	2000, 2001, 2002
Peter Kiprono	2001, 2002
Moses Kiptoo	2010
Andrew Kirwa	2007, 2008, 2009, 2010
Japheth Koech	2000, 2001
Titus Koeh	2005, 2007
Alex Korir	2004, 2005
Antibahs Kosgei	2015
Abraham Kutingala	2005, 2006, 2007, 2008
Matt Legrand	2001
Augustus Maiyo	2005, 2006, 2007, 2008
Kevin McDonough	2003
Chris Mutai	2000
Frank Rono	2000
Joel Rop	2010
Fred Samoei	2009
Tyler Stanfield	2002
Josphat Waweru	2003

### MEN'S SOUTH REGION COACH OF THE YEAR

Joe Walker 2000, 2001, 2007, 2008, 2009, 2010

### WOMEN'S NCAA/AIAW SOUTH REGION TOP-10 FINISHES

Year	Place	Points	Location
1977*	2nd	-	
1978*	1st	-	
1979*	1st	-	
1980*	2nd	-	
1981*	3rd	-	
1984	3rd	-	
1985	6th	180	
1986	1st	-	
1987	3rd	-	
1988	5th	-	
1997	8th	205	
1999	7th	194	Auburn, Ala.
2000	10th	269	Tuscaloosa, Ala.
2008	8th	219	Knoxville, Tenn.
2009	7th	208	Tuscaloosa, Ala.
2010	7th	239	Birmingham, Ala.
2011	6th	217	Tuscaloosa, Ala.
2012	6th	248	Tallahassee, Fla.
2013	3rd	143	Tuscaloosa, Ala.
2014	3rd	135	Tallahassee, Fla.
2015	3rd	135	Tuscaloosa, Ala.

\* denotes AIAW

### WOMEN'S AIAW SOUTH REGION INDIVIDUAL TITLES (6K)

Year	Name
1978	Cindy Strum
1979	Cindy Strum
1980	Sue Jackson

### WOMEN'S NCAA ALL-SOUTH REGIONAL FINISHERS (BY YEAR)

1998	Ashley LaBudde, Aly Mills
1999	Dawn Boggs, Amanda Grout, Ashley LaBudde
2000	Ashley LaBudde
2005	Julia Hicks
2006	Julia Hicks
2007	Haley Moody
2008	Kelsey Johnson, Sara Vaughn
2009	Kelsey Johnson
2013	Katelyn Greenleaf, Meropi Panagiotou
2014	Katelyn Greenleaf, Hannah Waggoner
2015	Katelyn Greenleaf

### WOMEN'S NCAA ALL-SOUTH REGIONAL FINISHERS (BY ATHLETE)

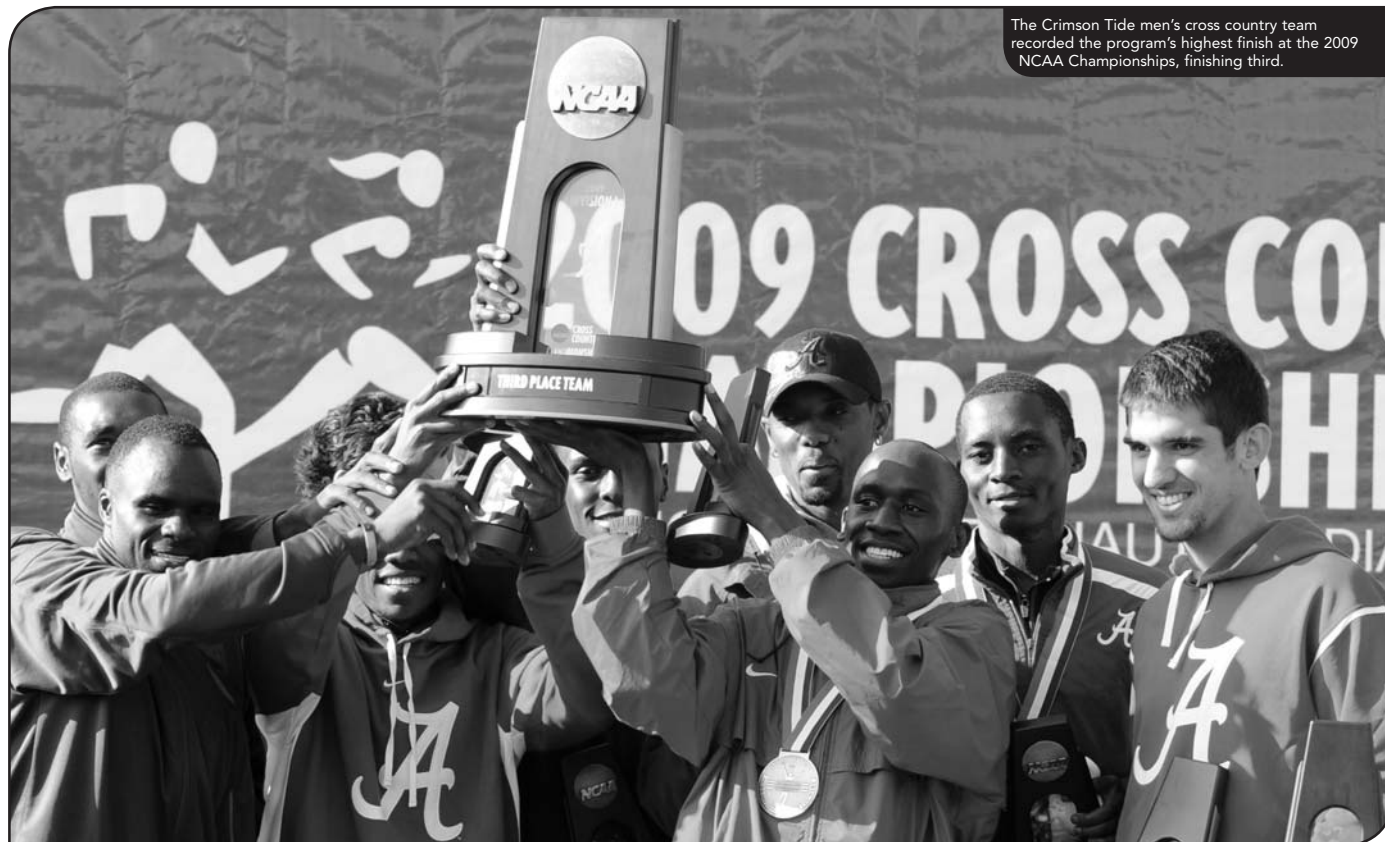
Dawn Boggs	1999
Katelyn Greenleaf	2013, 2014, 2015
Amanda Grout	1999
Julia Hicks	2005, 2006
Kelsey Johnson	2008, 2009
Ashley LaBudde	1998, 1999, 2000
Aly Mills	1998
Haley Moody	2007
Meropi Panagiotou	2013
Sara Vaughn	2008
Hannah Waggoner	2014

### WOMEN'S SOUTH REGION COACH OF THE YEAR

David Troy 1986

## RECORDS & HISTORY

The Crimson Tide men's cross country team recorded the program's highest finish at the 2009 NCAA Championships, finishing third.



### NCAA CHAMPIONSHIPS

#### MEN'S NCAA TOP-25 FINISHES

Year	Place	Points	Location
1973	16th	352	Pullman, Wash.
1976	24th	519	Denton, Texas
1989	7th	261	Annapolis, Md.
1994	20th	427	Fayetteville, Ark.
1996	13th	365	Tuscon, Ariz.
1997	19th	433	Greenville, S.C.
1999	23rd	501	Bloomington, Ind.
2005	21st	516	Terre Haute, Ind.
2006	15th	245	Terre Haute, Ind.
2007	6th	280	Terre Haute, Ind.
2008	10th	319	Terre Haute, Ind.
2009	3rd	173	Terre Haute, Ind.
2010	11th	338	Terre Haute, Ind.

#### WOMEN'S NCAA/AIAW TOP-25 FINISHES

Year	Place	Points	Location
1978*	18th	-	
1979*	18th	-	
1980*	23rd	-	
1981*	15th	-	
1984	12th	269	State College, Pa.
1987	6th	161	Charlottesville, Va.
1993	13th	367	Bethlehem, Pa.
1994	20th	427	Fayetteville, Ark.

\* denotes AIAW



CROSS COUNTRY ALL-AMERICANS



1989

GERMAN BELTRAN



1995

FAIZAL EMAMAULLEE



1980

SUE JACKSON



1986

JENI NIELSEN



1996

1999

TIM BROE



1999

CHRIS MUTAI



1986

1987

ELSPETH TURNER



1987

HEIDI OLAFSDOTTIR



2000

2002

DAVID KIMANI



2007

AUGUSTUS MAIYO



1988

EVELYN ADIRU



1988

CAROLE TREPANIER



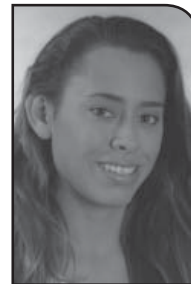
2009

EMMANUEL BOR



2009

TYSON DAVID



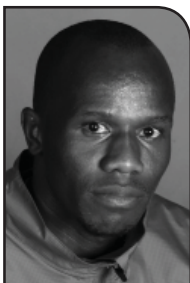
1993

BECKI WELLS



1994

MALIN OHLUND



2010

JULIUS BOR

**MEN'S ALL-AMERICANS**

1989	German Beltran
1995	Faizal Emamaullee
1996	Tim Broe
1999	Tim Broe, Chris Mutai
2000	David Kimani
2002	David Kimani
2007	Augustus Maiyo
2009	Emmanuel Bor, Tyson David
2010	Julius Bor

**WOMEN'S ALL-AMERICANS**

1980	Sue Jackson
1986	Jeni Nielsen, Elspeth Turner
1987	Heidi Olafsdottir, Elspeth Turner
1988	Evelyn Adiru, Carole Trepanier
1993	Becki Wells
1994	Malin Ohlund
1995	Jessica Fry



1995

JESSICA FRY

# ACADEMIC EXCELLENCE

## AND THE CRIMSON TIDE



At the University of Alabama, the goal for every student-athlete is to be the best they can be, both athletically and academically, which is why head coach Dan Waters is just as proud of the success that the track & field and cross country teams earn in the classroom as he is of what his student-athletes accomplish in competition.

There has been much for Waters to be proud of as the cross country team has recently reached new heights in the classroom, both individually and as a team.

Crimson Tide standouts Katelyn Greenleaf and Hannah Waggoner were two of 160 women in Division I who earned United States Track & Field and Cross Country Coaches Association (USTFCCCA) All-Academic honors for the 2015 cross country season. Honorees must have compiled a cumulative GPA of 3.25 or greater and must have finished as an All-American or among the top 15 finishers (or 10 percent) in their regional meet. To qualify for the honor, both Greenleaf and Waggoner finished among the top 10 percent of competitors at the 2015 NCAA South Region meet.

Seventeen members of the Crimson Tide's men's and women's track and field teams were named to the USTFCCCA's 2016 All-Academic Team.

"The balance between academic and athletic excellence is extremely important to us and I feel like these honors really drive that point home," head coach Dan Waters said.

Seventeen members of Alabama's track & field team were named to the USTFCCCA's 2016 All-Academic Team.

Twelve members of the women's team were honored for academic excellence - Brittany Smith, Katelyn Greenleaf, Danielle McConnell, Kaitlin Walker, Lacey Dent, Rachael Reddy, Hannah Waggoner, Caroline Barlow, Meropi Panagiotou, Haley Teel, Anna Reed and Quanesha Burks.

On the men's side, five student-athletes were selected - Joe Williams, Payton Ballard, Kevin Shannon, Andrew Harris and Hayden Reed.

To qualify for the USTFCCCA All-Academic Team, the student-athlete must have compiled a cumulative grade point average of 3.25 and have met certain national athletic rankings.

In 2015, the Alabama women were the only team to finish in the top-20 nationally both indoors and outdoors and post better than a 3.40 team grade point average. The Crimson Tide women posted a 3.48 GPA, while finishing 17th at the NCAA Indoor Championships and 20th at the NCAA Outdoor Championships. Quanesha Burks led the way for the Crimson Tide, winning the 2015 NCAA outdoor long jump championship while carrying a cumulative GPA of 3.6. The Hartselle, Ala., native was one of a dozen members of the Alabama women's team to earn the coaches' association All-Academic honor, including All-Americans Nia Barnes, Filippa Fotopoulou, Alex Gholston, Katelyn Greenleaf, Danielle McConnell and Sarah Thomas as well as Lacey Dent, Meropi Panagiotou, Anna Rawles, Haley Teel and Marilyn Uudmae.

On the men's side of the slate, 2014 NCAA discus champion Hayden Reed led the way, once again earning both All-America and All-Academic honors in 2015. He was joined on the All-Academic list by All-American Jacopo Lahbi as well as Matt Airola, Joe Williams and Jacob Zalesky.

Additionally, Alabama senior Nia Barnes was named to the 2015 Capital One/CoSIDA Academic All-America Track & Field/Cross Country First Team. A two-time Academic All-American after earning second-team honors as a junior in 2014, Barnes owned a 4.0 cumulative grade point average while studying telecommunications and film/media production.

The West Orange, N.J., native closed out her competitive career at the NCAA Outdoor Championships in Eugene, Oregon, where she earned honorable mention All-America honors in the hammer throw.

Barnes, an All-America in the hammer throw in 2014 as well, also earned a place on the coaches' association All-Academic squad.

During her UA tenure, Barnes was inducted into Alpha Lambda Delta, Kappa Tau Alpha and Phi Eta Sigma honor societies. She also earned the 2015 Telecommunication and Film Senior Academic Achievement Award.

Barnes became the fourth member of the Alabama women's track and field team to earn Academic All-America honors and just the second, joining 2014 senior Alexis Paine, to earn the honor twice during a career. Barnes and Katelyn Greenleaf both earned a place on the 2015 Capital One/CoSIDA Academic All-District IV Track & Field/Cross Country Team earlier this season.

The University of Alabama Athletics Department's tradition of excellence in the classroom - well established through the years - has exploded to amazing new heights over the past decade, highlighted by unprecedented success when it comes to the Capital One/CoSIDA Academic All-America program.

The University of Alabama Athletics Department enjoyed another record setting year in the classroom in 2015-16, enhancing the Crimson Tide's established tradition of excellence in the classroom. Nowhere was that better demonstrated than in Alabama's continued phenomenal success when it comes to the CoSIDA Academic All-America program.

There are 12 Academic All-America teams administered by the College Sports Information Directors of America, including men's and women's soccer, football, volleyball, men's and women's basketball, baseball, softball, men's and women's track and field/cross country as well as the men's and women's at-large teams, which spans 17 sports. Each of those teams names an Academic All-American of the year. In 2015-16, Alabama became the first school in the award's history to have three student-athletes earn Academic All-American of the Year honors in their respective sports.

Haylie McCleney earned Softball Academic All-American of the Year once again in 2015-16, becoming the first UA student-athlete to earn the honor twice in a career. Lauren Beers (gymnastics) and Anton McKee (swimming and diving) gave Alabama the first sweep of the at-large program's Academic All-American of the Year accolades. All three earned All-America honors in 2015-16. McCleney also earned the Senior CLASS Award for softball while Beers was named the Southeastern Conference Community Service Leader of the Year. McKee followed up his extraordinary junior year with his second trip to the Olympics in August.

In addition to earning Academic All-America honors for their respective sports at least once in each of the last seven years, Crimson Tide student-athletes have been named Academic All-American of the Year for all sports in three of the last five years (Brooke Pancake of women's golf in 2012; Barrett Jones of football in 2013; Kim Jacob of gymnastics in 2014).

For the third year in a row, Alabama tallied double-digit Academic All-American honors in 2015-16, totaling 10 accolades, giving Alabama a three-year total of 35, the most in the nation over that span. In addition to McCleney, Beers and McKee topping their respective sports, seven others earned Academic All-America status. Connor Oslin and Pavel Romanov (men's swimming and diving), who both swam legs on Alabama's NCAA champion 200 medley relay, earned a place on the men's at-large team while All-American gymnast Mackenzie Brannan joined Beers on the women's at-large squad. Sierra Wilson earned her second honor in volleyball while All-American and NCAA Champion Quanesha Burks and All-American Alex Gholston earned the honor in women's track and field/cross country. All-American Sydney Littlejohn joined McCleney in earning the honor in softball.

With huge back-to-back-to-back Academic All-America classes, Alabama has made a big jump in the national rankings over the last three years, moving from 13th all-time in NCAA Division I following the 2012-13 academic year to fifth following 2014-15. The Tide remains in fifth place all-time with 149 honors following the 2015-16 season. The Tide's all-time total is the best in the SEC. The Crimson Tide has also made a significant jump when it comes to honors since 2000 sitting in third

place with 113, closely behind second-place Notre Dame.

After a school-record seven student-athletes earned NCAA Postgraduate Scholarships in 2014, Alabama has added five more over the last two years, including three in 2015-16 with Beers, Wilson and track and field/cross country's Katelyn Greenleaf earning the prestigious scholarship. The Tide's 2015-16 tally gives UA a five-year total of 25 NCAA Postgraduate Scholarships.

Beers earned the NCAA Elite 90 Award for the third year in a row in 2016. The Elite 90 is presented to the student-athlete with the highest cumulative grade-point average

participating at the finals site for each of the NCAA's 90 championships. The Crimson Tide leads the nation in NCAA Elite 90 Awards with 15 over the seven-year history of the award. Stanford has 14 and no other school has more than nine. Alabama gymnastics is the only program in the NCAA to go a perfect 7-for-7 in the Elite 90 Award.

On a conference level, McCleney earned the league's top honor, taking home the 2015-16 Southeastern Conference H. Boyd McWhorter Scholar-Athlete of the Year award, earning a \$15,000 postgraduate scholarship in the process. McCleney is the first UA softball player, and only the second softball player in league history, to earn the conference's highest academic accolade. With McCleney's win, Alabama is now tied with Georgia for the most honors in the award's 31-year history with 10. The Tide has earned seven honors since 2000, the most in the SEC over that span.

Beers (gymnastics) was one of five Crimson Tide students named SEC Scholar-Athlete of the Year for their respective sports, giving Alabama the most honors of any school in the league. She was joined by Oslin (men's swimming and diving), Retin Obasohan (men's basketball), Ryan Kelly (football) and Abby Lutzenkirchen (soccer). Over the past five years, Alabama student-athletes have earned this award 28 times.

Alabama was also prolific when it came to the SEC Academic Honor Roll, earning the accolade 350 times during the 2015-16 academic year. The Crimson Tide had 82, 59 and 126 student-athletes named to the SEC Fall, Winter and Spring Academic Honor Rolls and 83 named to the First-Year Academic Honor Roll.

On a department-wide basis, Alabama's more than 500 student-athletes averaged over a 3.16 grade point average, including 47 who maintain a career GPA of 4.0. Six UA teams posted cumulative GPAs above 3.5 for the year, marking the sixth year in a row that at least five teams have met that standard, while 12 of 17 programs earned GPAs over 3.0 for the academic year.

More than 125 student-athletes earned their degrees during the 2015-16 academic year, including the winter, spring and summer graduations. The latest numbers reveal that Alabama graduates 72 percent of its student-athletes while the general student population graduates at a rate of 66 percent.



Hannah Waggoner was one of two Crimson Tide runners named to the 2015 USTFCCCA All-Academic Team.

## WHY ALABAMA?

At Alabama, we offer a unique approach to building the total program with an approach geared toward helping each student-athlete reach their goals academically, athletically and in life after college. This unique athlete-centered process reaps benefits during the college years and beyond. Here are a few elements of that process.

### ACADEMICS

Alabama's strong commitment to the academic success of its student-athletes is clear. The University offers a full-time Academic Advisement staff, mentoring and tutorial programs, and is a member of the NCAA CHAMPS/Life Skills Program. In 2015-16, more than 550 student-athletes averaged over a 3.1 grade point average, including 47 who maintain a career GPA of 4.0. More than 120 student-athletes earned degrees during the 2015-16 academic year. The latest numbers find that Alabama graduates 72 percent of its student-athletes while the general student population graduates at a rate of 66 percent.

### ALABAMA'S HONORS COLLEGE

Alabama's unique Honors College believes in attracting the best of the best to do some of the most important work going on in our University. What does that look like on a daily basis? Changing the course of Parkinson's research, raising the bar on cultural literacy, starting an art program in local schools—in general, supporting communities in need. Students in Honors College don't come here just to sign up with one of our outstanding faculty members' program of study – they come to discover their own path. Students partner with faculty to create something that fits, inspires and ultimately educates like nothing else. The Honors College at The University of Alabama is about getting the information and access you need to create a meaningful, purpose-filled life.

### A TRADITION OF ATHLETICS SUCCESS

Entering the 2016-17 academic year, Alabama athletics teams have won 26 national team championships, 95 individual national titles and 102 SEC team championships. Crimson Tide athletes are no stranger to world-class competition as 138 Alabama athletes have competed in the Olympic Games. Alabama has won 16 national titles and 25 SEC Championships in football, more than any other SEC school. The Alabama women's gymnastics team has won six national team championships, including consecutive titles in 2011 and 2012. Alabama had an unprecedented four teams win NCAA championships during the 2011-12 academic year (football, gymnastics, women's golf and softball), two more (football, men's golf) in 2012-13, one (men's golf) in 2013-14 and one (football) in 2015-16.

### COMPETITIVE SCHEDULE

At Alabama, not only do we compete in the nation's finest conference - the Southeastern Conference - but we also have the opportunity to run against some of the top schools in the nation every year. We host two home meets each season, in addition to competing in several top meets leading up to the SEC and NCAA Championships. Those competitions provide an excellent base of experience leading to championship-level performances.

### EXPOSURE

The interest generated by Crimson Tide athletics teams provides immeasurable exposure for The University of Alabama as a whole while serving as a symbol of excellence for the state itself. During the 2014-15 athletics year, student-athletes participated in more than 1,300 interviews with news media.

### COACHING STAFF

In just six years in charge at Alabama, Head Coach Dan Waters has led the Crimson Tide to its highest NCAA indoor and outdoor team finishes in the past 30 years; produced seven individual NCAA titles (by four student-athletes); the Alabama men's team posted consecutive top-20 finishes at the 2013 and 2014 NCAA Outdoor Championships; the Alabama women's team posted its highest team finishes in 20 years at the 2014 NCAA indoor and outdoor championships; 11 members of the men's team and four from the women's squad earned All-America honors for their performances during the 2016 outdoor championships by the U.S. Track & Field and Cross Country Coaches Association (USTFCCA); two student-athletes who competed at the 2016 NCAA Division I Indoor Track & Field Championships earned All-America honors; 11 school records have been broken and more than 200 performances that rank in Alabama's all-time top-10 performances have been achieved in 40 events. In cross country, the 2015 season was highlighted by Antihahs Kosgei winning the SEC and NCAA South Region men's individual championships while the women and men produced third- and fourth-place finishes at the NCAA South Region Championships. It was the third season in a row the Crimson Tide women took third at the regional meet.

### HARRY PRITCHETT RUNNING PARK

Alabama cross country trains on a championship-level course throughout the year, most recently hosting the 2014 SEC Championships. Prior to the 2014 season, the SEC Championships were last held at Harry Pritchett Running Park in 2000. The venue also hosted the SEC meet in 1972, 1979 and 1988. The running park can accommodate course lengths of 5,000, 6,000, 8,000 and 10,000 meters. The course is a flat to rolling all-grass surface with limited cart path crossings. The NCAA South Regional has been held at the Harry Pritchett Running Park six times (2001, 2004, 2009, 2011, 2013 and 2015).





# CROSS COUNTRY



PAYTON **BALLARD**



EVAN **PRIZY**



CONNER **THOMPSON**



ROBBIE **FARNHAM-ROSE**