

ALABAMA



Josh
SHORT



Caroline
BARLOW

**2017
CROSS COUNTRY**
Media Guide





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RINGLE



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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.

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UNIVERSITY INFORMATION

Location: Tuscaloosa, Ala.
 Enrollment: 38,563
 Founded: April 12, 1831
 Nickname: Crimson Tide
 Colors: Crimson and White
 Conference: Southeastern

President: Dr. Stuart R. Bell
 Director of Athletics: Greg Byrne
 Associate Athletics Director/SWA: Marie Robbins
 Faculty Athletics Representative: Dr. James King
 Facility: Harry Pritchett Running Park

THE PROGRAM

TEAM QUICK FACTS

2016 SEC Finish: Men - 5th/Women - 6th
 2016 NCAA Regional: Men - 4th/Women - 4th
 2016 NCAA Finish: Men - N/A/Women - DNC
 Returning Runners: Men - 12/Women - 21
 Newcomers: Men - 9/Women - 9

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: Seventh
 Assistant Coach: Adam Tribble
 Alma Mater: Georgia, 2002
 Season at Alabama: Seventh

SUPPORT STAFF

Athletic Trainer
 Men: Bernard Burroughs
 Women: Darah McInturf
 Strength & Conditioning: Jason Poeth
 Director of Operations: Melissa Beasley
 Administrative Assistant: Angie Pugh

ATHLETICS COMMUNICATIONS

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 Tuscaloosa, AL 35487

HARRY PRITCHETT RUNNING PARK

All University of Alabama home meets will be staged at the Harry Pritchett Running Park. Media requiring parking to cover an event at the facility should 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.

CREDITS

The 2017 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 Roots Woodruff. Photography by UA Athletics Photography Department. Special thanks to the Crimson Tide coaching staff and Brent Hollingsworth for the cover designs. Copyright 2017 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.



**ALABAMA
PRESIDENT
DR. STUART
R. BELL**

ON YOUR CAMPUS...



Dr. Stuart R. Bell became the 29th president of The University of Alabama in July 2015, bringing with him 30 years of experience in higher education. He had previously served at the Capstone for 16 years as a faculty member and department head of mechanical engineering. During this time, he also founded and directed an interdisciplinary research center, the Center for Advanced Vehicle Technologies, which continues to thrive today.

Since his return to the Capstone, Dr. Bell has led the University to develop a strategic plan that maps out the aspirations of the campus for the next five years and beyond. Renewing UA's commitment to its students and the campus community, and with a focus on significantly increasing investments in faculty and research, the plan promises to improve the quality of life for citizens across our state, nation and world. Already, several of the plan's initiatives are underway, with multiple research institutes formed on campus, creating an interdisciplinary approach to address national and worldwide challenges in the areas of water, transportation and lifespan research.

Prior to returning to UA as president, Dr. Bell was executive vice president and provost at Louisiana State University. Before his time at LSU, he served the University of Kansas as dean of the School of Engineering. Under his leadership, both institutions opened new facilities and saw great success in student recruitment and retention.

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

It was also at Texas A&M that he met and fell in love with his wife, Susan. They have three adult children, Stuart, Stacy and Stephen, and they are the proud grandparents to one granddaughter.



ON YOUR CAMPUS...

- Enrollment at The University of Alabama reached a record high of 38,563 for fall 2017. More than 40 percent of UA's 7,407-member freshman class scored 30 or higher on the ACT and 38 percent were in the top 10 percent of their high school graduating class. The entering class carries an average high school grade-point average of 3.72, with 34 percent having a high school GPA of 4.0 or higher.
- The University of Alabama is a leader among public universities nationwide in the enrollment of National Merit Scholars, with more than 500 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 46th among public universities in the 2016 rankings. UA's latest college rankings include:
 - The School of Law is ranked 26th among all law schools in the nation (9th among public universities), spring 2017.
 - The School of Library and Information Studies is ranked 28th nationally in the latest rankings for library schools, spring 2017.
- University of Alabama students continue to win prestigious national awards. Fifty-one UA students have been named Goldwater Scholars, including four in 2017. The University of Alabama has produced a total of 15 Rhodes Scholars, 16 Truman Scholars, 32 Hollings Scholars and 11 Boren Scholars.
- Thirty UA faculty have received National Science Foundation CAREER Awards, the nation's most prestigious recognition of top-performing young scientists, in disciplines ranging from nanoscience and engineering to biological sciences.
- Dr. Yang-Ki Hong, a professor of electrical and computer engineering, leads UA research to help electric vehicles become more efficient, cheaper and to rely on more sustainable materials. The National Science Foundation selected UA and three other universities in 2017 to team with government agencies and private companies to pursue technological advancements with automobiles.
- Fourteen University of Alabama graduates have accepted Fulbright awards to study and teach abroad during 2017-2018.
- *U.S. News and World Report* ranks The University of Alabama's Manderson Online Business Master's programs 14th 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 2016 rankings place UA's Culverhouse School of Accountancy's undergraduate and master's programs eighth in the nation and the doctoral program ninth.
- *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 seven times.



GREG BYRNE

DIRECTOR OF ATHLETICS



One of the most acclaimed and respected administrators in collegiate athletics, Greg Byrne was formally introduced as The University of Alabama's Director of Athletics on January 19, 2017, and officially began his tenure leading the department on March 1.

Byrne's role at Alabama is his third venture at the helm of a major collegiate athletics program. Prior to coming to Alabama, Byrne was Vice President for Athletics at the University of Arizona from 2010-17 and was Director of Athletics at Mississippi State University from 2008-10. With more than 20 years of experience as an athletics administrator, Byrne has fashioned an impressive administrative career highlighted by consistent success in fundraising, innovative strategies and competitive success with a strong emphasis on academic excellence.

Throughout his career, Byrne has been consistently more impactful and successful with each step up the administrative ladder. As a fundraiser, he has been directly involved in raising more than \$200 million in gifts during his career. As a leader of competitive athletics programs, he has fostered major improvements across the spectrum of sports at both programs he has led. A proponent of developing student-athletes into productive people after college, Byrne has led programs that have attained academic success at levels not reached prior to his tenure.

He also has deep experience working in the Southeastern Conference (SEC), having spent 2002 to 2005 at the University of Kentucky as Associate Athletics Director for Development and

Fundraising before a four-year stint at Mississippi State (2006-10). From 2006-08, Byrne served as Associate Athletics Director for External Affairs at MSU before becoming Director of Athletics.

Under Byrne's leadership, Arizona Athletics underwent more than \$140 million in construction and renovation of athletics facilities. That work was highlighted by the \$72 million Lowell-Stevens Football Facility, the addition of two video boards in Arizona Stadium (football), and a new scoreboard in the McKale Center (basketball). Additionally, Byrne oversaw a \$30 million renovation of the McKale Center, a project that included upgraded locker rooms, seating, restrooms, concessions, enhanced lighting and a new playing floor.

At Mississippi State, where he was the youngest athletics director in the SEC and the youngest to lead an athletic program at the NCAA Division I-A level, Byrne oversaw the hiring of head football coach Dan Mullen and former head baseball coach and current Director of Athletics John Cohen.

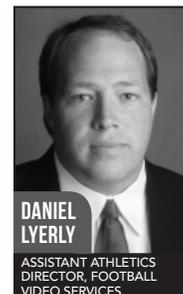
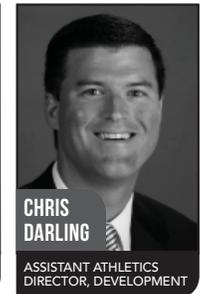
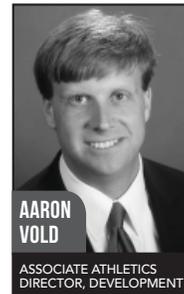
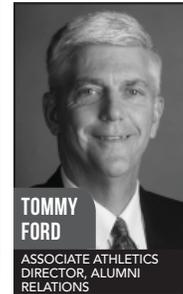
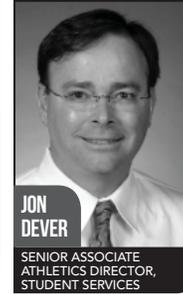
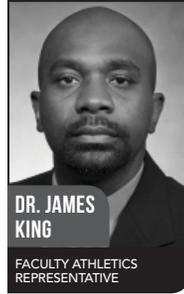
As the son of veteran athletics administrator Bill Byrne, one of the nation's most prominent college sports administrators with 30 years of experience as an Athletics Director, Greg Byrne has been around the enterprise of running successful athletic programs for most of his life.

A native of Pocatello, Idaho, Byrne earned his bachelor's degree from Arizona State University in 1994 and his master's degree from Mississippi State University in 2009. Byrne is married to the former Regina Misa of Junction City, Ore., and the couple has two sons, Nick and Davis.



Greg and his wife, Regina, with sons Nick and Davis.

ATHLETICS LEADERSHIP



2017 OUTLOOK

MEN'S ROSTER

2017 OUTLOOK



Sophomore
CLAY AUSTELL
Collierville, Tenn.
(Briarcrest Christian)



Freshman
HAYDEN BLALOCK
Charlotte, N.C.
(Providence)



Sophomore
J.P. BRINYARK
Berry, Ala.
(Northside)



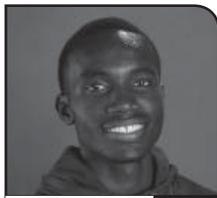
Freshman
CHASE BUCKELEW
Arab, Ala.
(Arab)



Senior
ANDREW BULL
Nashville, Tenn.
(Brentwood Academy)



Senior
GARRETT BULL
Nashville, Tenn.
(Brentwood Academy)



Junior
ALFRED CHELANGA
Nairobi, Kenya
(Tenges/Shorter University)



Junior
CONNOR FERRENTINO
Orlando, Fla.
(Freedom)



Freshman
NATHAN GAMBLE
Raleigh, N.C.
(Leesville Road)



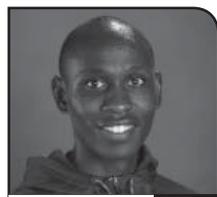
Sophomore
PATRICK GRANT
Southampton, Pa.
(LaSalle)



R-Freshman
NOAH KARR
Tuscaloosa, Ala.
(American Christian Academy)



Junior
GILBERT KIGEN
Kipkabus, Kenya
(Eldoret/Central Arizona)



Junior
VINCENT KIPROP
Kericho, Kenya
(Londiani Boys/Missouri Southern)



Sophomore
ELLIOTT MILLER
Cheyenne, Wyo.
(Cheyenne Central)



R-Freshman
ANDREW POWELL
Brentwood, Tenn.
(Brentwood Academy/Texas)



Senior
EVAN PRIZY
Schaumburg, Ill.
(Schaumburg)



Freshman
JACKSON REED
Summersville, W. Va.
(Nicholas County)



Sophomore
OLIVER RIGG
Zionsville, Ind.
(Zionsville)



Freshman
PAUL SELDEN
Homewood, Ala.
(Homewood)



Junior
JOSH SHORT
Cedarburg, Wis.
(Cedarburg)



Freshman
COLTON SMITH
Scottsboro, Ala.
(Scottsboro)



Senior
CONNOR THOMPSON
Murfreesboro, Tenn.
(Oakland)



R-Freshman
DREW WILLIAMS
Mountain Brook, Ala.
(Mountain Brook)



Senior
ALEX WIND
North Canton, Ohio
(Jackson/Ohio University)

WOMEN'S ROSTER

2017 OUTLOOK



Senior
CAROLINE BARLOW
Naples, Fla.
(Gulf Coast)



Freshman
AMEENA BENSELLOUM
Herndon, Va.
(Westfield)



Sophomore
CAROLINE BROOKS
Plano, Texas
(Plano)



Sophomore
REBECCA BUTEAU
Madison, Miss.
(Madison Central)



Freshman
ISABEL CADDO
Hoover, Ala.
(Spain Park)



R-Freshman
DALEY CLINE
Esteros, Fla.
(Esteros)



Junior
CALLI COGGINS
Franklin, Tenn.
(Independence)



Sophomore
ALEXA CRUZ
Miami, Fla.
(St. Thomas Aquinas)



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



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



Freshman
MADDIE DEARBORN
Yorkville, Ill.
(Yorkville)



Freshman
MARGOT DOOLEY
Evanston, Ill.
(Loyola Academy)



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



Freshman
ASHLEY EAVENSON
Northport, Ala.
(Tuscaloosa County)



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



Junior
NICOLE GARDNER
Murfreesboro, Tenn.
(Siegel)



Junior
JESSICA GRAY
Manassas, Va.
(Osborn Park)



Sophomore
MAYA HALPRIN-ADAMS
Cambridge, Mass.
(Rindge & Latin/South Carolina)



Junior
BRIANNA KOSHY
Brentwood, Tenn.
(Brentwood)



R-Freshman
SHANNON MARSH
Duluth, Ga.
(Northview)



Junior
SARAH MOHAN
Huntsville, Ala.
(Huntsville)



R-Freshman
GABBY PRIZIO
Derby, Conn.
(Derby)



Junior
RACHAEL REDDY
Mountain Brook, Ala.
(Mountain Brook/Texas)



Senior
ALISON RINGLE
Bossier City, La.
(Parkway)



Freshman
EMMA SIDMAN
Atlanta, Ga.
(Lovett)



Sophomore
BRITTANY TOLSON
Powell, Tenn.
(Powell)



Freshman
ELIZA WITHERSPOON
Brevard, N.C.
(Brevard)



Sophomore
HALEY WRIGHT
Boonsboro, Md.
(Boonsboro)



Sophomore
McKENZIE YANEK
Bettendorf, Iowa
(Pleasant Valley)



Junior
KAITLIN YORK
Tuscaloosa, Ala.
(American Christian Academy)

SEASON PREVIEW

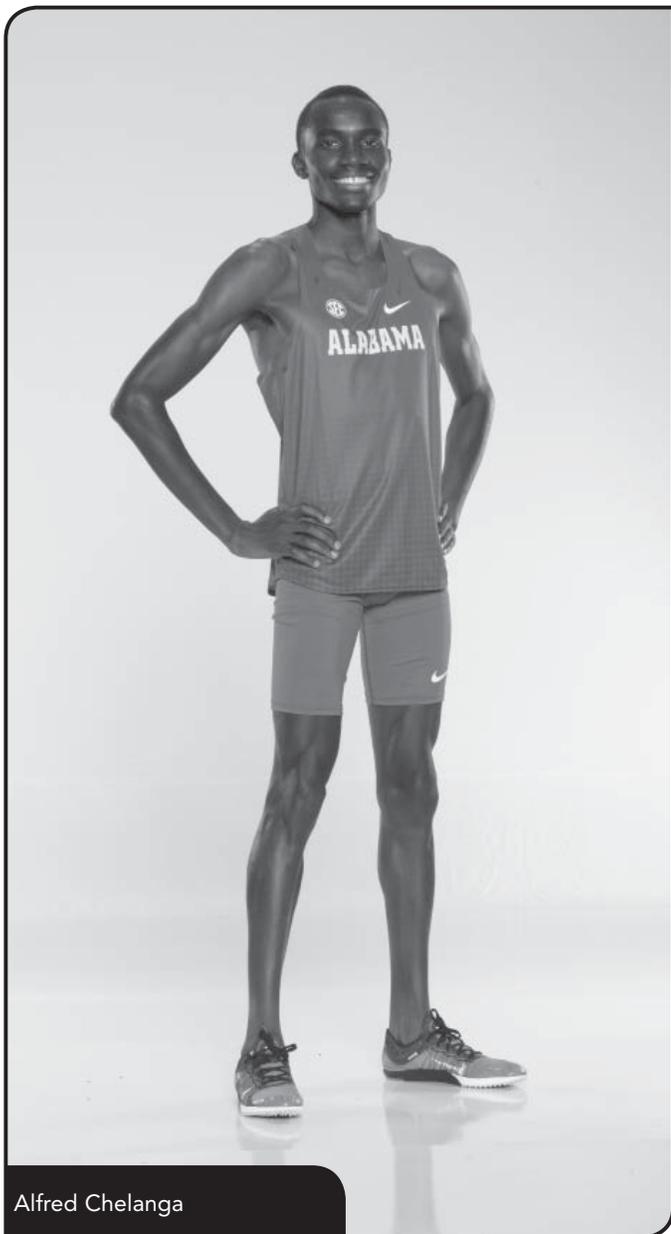
Men's Cross Country

On the men's side Alabama returns 12 lettermen in 2017, but must replace 2016 NCAA qualifiers Antibahs Kosgei and Robbie Farnham-Rose this season.

As a junior in 2015, Kosgei became the Tide's first conference champion since Emmanuel Bor in 2007 and went on to win the NCAA South Regional that season as well to earn the first of two trips to the NCAA Championships. He was joined at the NCAA meet by Farnham-Rose in 2016 as the duo gave UA its first multiple All-Region finishers since 2010.

Three newcomers who are expected to have an immediate impact are Alfred Chelanga, Gilbert Kigen and Vincent Kiprop.

2017 OUTLOOK



Alfred Chelanga

2017 SCHEDULE

Date	Event	Site
September 1	Struts Season Opener	Oxford, Ala.
September 16	UC Riverside Invitational	Riverside, Calif.
September 29	Joe Piane Invitational	South Bend, Ind.
October 13	Crimson Classic	Tuscaloosa, Ala.
October 27	SEC Championships	Athens, Ga..
November 10	NCAA South Regional	Tuscaloosa, Ala..
November 18	NCAA Championships	Louisville, Ky.

Chelanga, who transferred to Alabama from Division II Shorter University in January, finished second to Kiprop at the 2016 Division II Cross Country Championships and bested Kosgei for 10,000-meter crown at the 2017 SEC Outdoor Track & Field Championships.

In addition to winning the Division II cross country title running for Missouri Southern, Kiprop also won back-to-back national championships at 10,000 meters outdoors and the 2017 Division II indoor title at 5,000 meters.

Kigen comes to Alabama by way of Central Arizona College where he was the two-time NJCAA cross country championship and won back-to-back titles on the track at 5,000 and 10,000 meters outdoors and 3,000 and 5,000 meters indoors in 2016 and 2017 as well as the indoor mile title in 2017.

Returnees expected to contribute in 2017 include seniors Andrew Bull, Garrett Bull, Evan Prizy and Josh Short as well as sophomore J.P. Brinyark.

"We have some newcomers who can challenge up front but we've also been able to develop some talent in guys who have made big commitments and have improved year in and year out," head coach Dan Waters said. "Now it's their time to shine and be leaders on this team and they're primed and ready to do that. We're in a good spot."

Women's Cross Country

The Crimson Tide women are coming off a 2016 season that saw them record their fourth consecutive top-six finish at the SEC Cross Country Championships and a top-four finish at the NCAA South Regional for the fourth campaign in a row.

The Tide said good-bye to two-time NCAA All-South Region honoree Hannah Waggoner but returns 21 runners from a season ago, including nine of 12 runners who competed in the SEC championships and four of seven who ran at the NCAA regional.

SEASON PREVIEW



The Tide women return nine of 12 runners who competed at the 2016 SEC Championships

The returnees are led by SEC All-Freshman honoree McKenzie Yanek, who finished as one of the Tide's top-three runners in all five meets she competed in as a freshman and was Alabama's No. 1 runner at the 2016 SEC Cross Country Championships. She was also the UA's top finisher at the Crimson Classic.

Other returnees expected to contribute include senior Caroline Barlow, juniors Nicole Gardner and Rachael Reddy and sophomores Rebecca Buteau and Elisabeth Danis. Barlow and Danis were among Alabama's scoring runners at both the SEC Championship and the NCAA South Regional a season ago while Reddy earned SEC All-Freshman honors in 2015.

Newcomers who could make an impact in 2017 include freshmen Maddie Dearborn and Margot Dooley.

"We have a solid core returning to the women's team this season," assistant coach Adam Tribble said. "But we also have some newcomers who could challenge for spots as well. The commitment to excel is there with this group."

Alabama will open the season at Jacksonville State's Struts Season Opener on Sept. 1 and will also compete in meets at UC-Riverside and Notre Dame before capping off the regular season at home, hosting the Crimson Classic on Friday, Oct. 13. The Tide will compete in the SEC Championships at the University of Georgia on Oct. 27 and will host the NCAA South Regional at the Harry Pritchett Running Park on Nov. 10. The NCAA Cross Country Championships will be held in Louisville, Ky. on Nov. 18.



McKenzie Yanek

COACHES & STAFF



DAN
WATERS

Head Coach

SEVENTH SEASON

In his seventh season at the helm of The University of Alabama men's and women's cross country and track and field programs, 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 track & field and cross country programs.

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 & Field Complex 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 six years with Waters as head coach, Alabama has developed into a complete program featuring top student-athletes in all disciplines.

The 2016 cross county season saw the Alabama men recorded fifth- and fourth-place finishes at the SEC Championships and NCAA South Regional while the women finished sixth and fourth at the SEC meet and the South Regional. The women's squad has now earned four consecutive top-four regional finishes, while the men's fourth place regional placing is the team's best since finishing first in 2010. Individually, seniors Robbie Farnham-Rose and Antibahs Kosgei earned trips to the NCAA Cross Country Championships with third- and sixth place finishes, respectively, in the men's NCAA South Regional race while newcomers J.P. Brinyark and McKenzie Yanek earned men's & women's SEC All-Freshman honors at the Southeastern Conference Cross Country Championships.

Last season's performance was another step in Alabama's cross country resurgence under Waters. In 2013, the Tide 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 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, Antibahs Kosgei won both the SEC and South Region championships on his way to an appearance at the NCAA Championships.

For his efforts, Kosgei was named the 2015 SEC Cross Country Runner of the Year and 2015 South Region Athlete of the Year.

Waters' goal of building a complete track & field program is also coming to fruition as the Crimson Tide posted top-10 men's and women's finishes at the NCAA Indoor Track & Field Championships in the same season for the first time in program history in 2017. The Tide women finished third at NCAA meet as senior Lakan Taylor won the program's first women's NCAA pole vault title. The Alabama men finished eighth at the NCAA championships as junior Jereem Richards finished second in the 200 meters in a school-record 20.31.

The Tide men finished second at the 2017 SEC Indoor Championships, their best finish since 1984, while the women earned a sixth-place finish for their best finish since 2006.

The 2017 outdoor season saw the Alabama men record a second consecutive top-three finish at the SEC Championships, marking the first time the Tide has finished among the top three in back-to-back years since posting five top-three placings from 1980-84. The men also earned their first top-10 finish at the NCAA Outdoor Track & Field Championships since 2001 with a 10th-place finish at the 2017 NCAA meet.

The foundation for 2017's success was laid in 2016 as Alabama recorded its best finishes to that point under Waters at the SEC Outdoor Track & Field Championships as the women finished sixth and the men finished third at the meet, which was held at the Sam Bailey Track Stadium. The finishes were the best since 1989 for the men and since 2006 for the women.

Waters led the Crimson Tide to its highest NCAA indoor and outdoor track & field team finishes in the previous 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.

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 who helped reshape Crimson Tide cross country

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

- In 2017, Alabama posted top-10 men's and women's finishes at the NCAA Indoor Championships for the first time in school history
- Alabama's second-place finish in the men's team standings at the 2017 SEC Indoor Championships was the best by a UA team since 1984
- 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

and track & field 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.

Changing the culture brought renewed energy and excitement to the program and results followed on the track in 2012 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



COACHES & STAFF

at A&M, including the 2009 and 2011 NCAA 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 18 individuals for the NCAA Cross Country Championships over the past 17 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 an earlier five years at TCU 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.

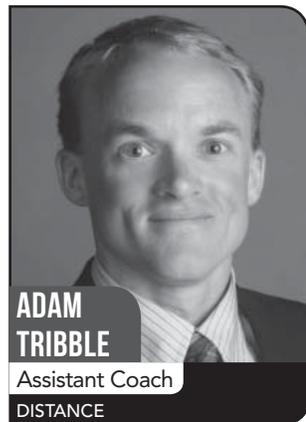
At TCU, Waters helped the Horned Frogs win four Western Athletic Conference team championships - two in indoor track and field, one in outdoor track and field and one in cross country. The 2000 WAC cross country and indoor track crowns were the first team conference titles in TCU history. During his 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 earned 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. They have two children, Alexis and Charlie.

COACHES & STAFF



Adam Tribble is in his seventh 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.

Over the last four seasons at Alabama, Tribble has developed the young Tide distance corps into a competitive unit on the conference level. In 2013, the 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 has gone on to finish third (2014 and 2015) and fourth (2016) at the last three regional meets, producing three more All-Region performers in Greenleaf (2014, 2015) and Hannah Waggoner (2014, 2016).

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 freshmen squad, but the unit showed promise as the year progressed. 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. The couple have two children, a son, Ben, and a daughter, Georgia.

ALABAMA TRACK & FIELD STAFF

COACHING STAFF

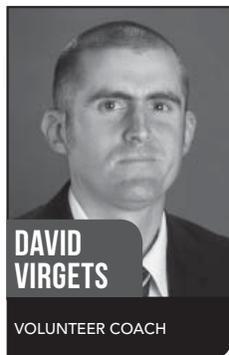
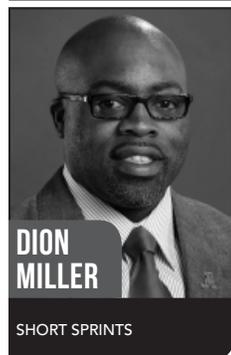
- Dan Waters, Head Coach
- Miguel Pate, Jumps
- Adam Tribble, Distance
- Dion Miller, Short Sprints
- Blaine Wiley, Long Sprints
- Mike Bartolina, Volunteer Coach
- Conner Mahoney-Ashberry Volunteer Coach
- David Virgets, Volunteer Coach

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- Melissa Beasley, Director of Operations
- Todd Bell, Athletics Communications
- Bernard Burroughs, Athletic Training
- Eric Cookmeyer, Equipment
- Jonathan Dewitt, Athletics Grounds
- Alanna Gray, Manager
- Alandrea Harris, Manager
- Brad Ledford, Senior Associate A.D.
- Darah McInturf, Athletic Training
- David Neder, Event Management
- Frank Newell, Nutritionist
- Jason Poeth, Strength & Conditioning
- Angie Pugh, Administrative Assistant
- Wesley Shupe, Manager

COACHES & STAFF

TRACK & FIELD COACHING STAFF



SUPPORT STAFF



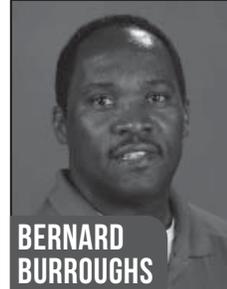
HEATHER ANDERS
ACADEMIC ADVISOR



MELISSA BEASLEY
DIRECTOR OF OPERATIONS



TODD BELL
ATHLETICS COMMUNICATIONS



BERNARD BURROUGHS
ATHLETIC TRAINER



ERIC COOKMEYER
ATHLETICS EQUIPMENT



ALANNA GRAY
MANAGER



ALANDREA HARRIS
MANAGER



DARAH McINTURF
ATHLETIC TRAINER



DAVID NEDER
DIRECTOR OF EVENT MANAGEMENT



FRANK NEWELL
NUTRITIONIST



JASON POETH
STRENGTH & CONDITIONING COACH



ANGIE PUGH
ADMINISTRATIVE ASSISTANT



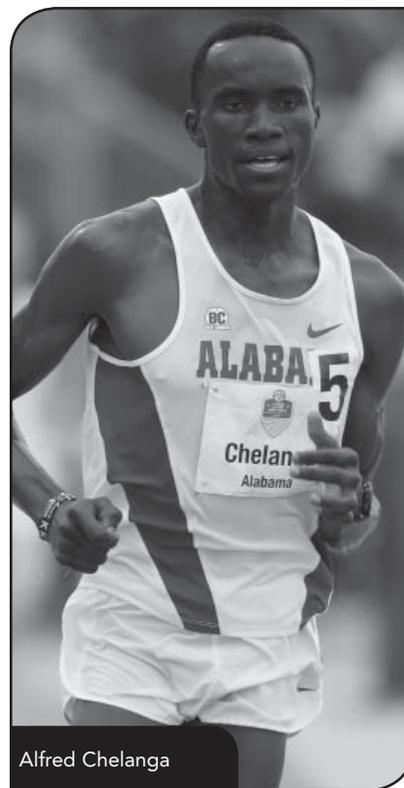
WESLEY SHUPE
MANAGER

COACHES & STAFF

2017 CRIMSON TIDE

2017 ALABAMA MEN'S CROSS COUNTRY/DISTANCE ROSTER

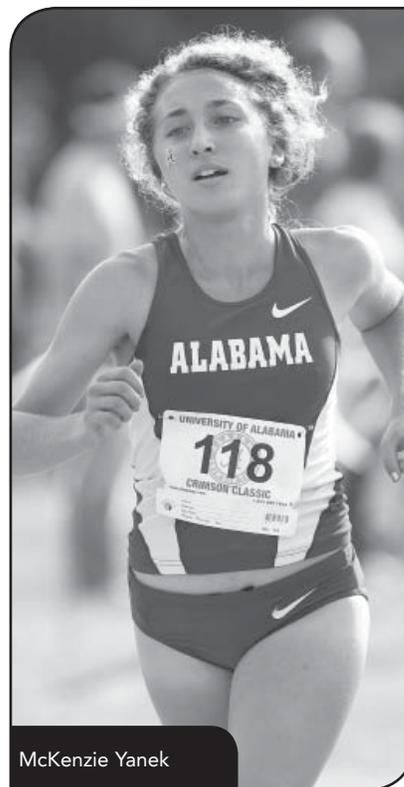
Name	Class	Hometown (Last School)
Clay Austell	So.	Collierville, Tenn. (Briarcrest Christian)
Hayden Blalock	Fr.	Charlotte, N.C. (Providence)
J.P. Brinyark	So.	Berry, Ala. (Northside)
Chase Buckelew	Fr.	Arab, Ala. (Arab)
Andrew Bull	Sr.	Nashville, Tenn. (Brentwood Academy)
Garrett Bull	Sr.	Nashville, Tenn. (Brentwood Academy)
Alfred Chelanga	Jr.	Nairobi, Kenya (Tenges/Shorter <Ga.>)
Connor Ferrentino	Jr.	Orlando, Fla. (Freedom)
Nathan Gamble	Fr.	Raleigh, N.C. (Leesville Road)
Patrick Grant	So.	Southampton, Pa. (LaSalle)
Noah Karr	R-Fr.	Tuscaloosa, Ala. (American Christian Academy)
Gilbert Kigen	Jr.	Kipkabus, Kenya (Eldoret/Central Arizona College)
Vincent Kiproop	Jr.	Kericho, Kenya (Londiani Boys High School/Missouri Southern)
Elliott Miller	So.	Cheyenne, Wyo. (Cheyenne Central)
Andrew Powell	R-Fr.	Brentwood, Tenn. (Brentwood Academy/Texas)
Evan Prizy	Sr.	Schaumburg, Ill. (Schaumburg)
Jackson Reed	Fr.	Summersville, WVa. (Nicholas County)
Oliver Rigg	So.	Zionsville, Ind. (Zionsville)
Paul Selden	Fr.	Homewood, Ala. (Homewood)
Josh Short	Jr.	Cedarburg, Wis. (Cedarburg)
Colton Smith	Fr.	Scottsboro, Ala. (Scottsboro)
Conner Thompson	Sr.	Murfreesboro, Tenn. (Oakland)
Drew Williams	R-Fr.	Mountain Brook, Ala. (Mountain Brook)
Alex Wind	Sr.	North Canton, Ohio (Jackson/Ohio University)



Alfred Chelanga

2017 ALABAMA WOMEN'S CROSS COUNTRY/DISTANCE ROSTER

Name	Class	Hometown (Last School)
Caroline Barlow	Sr.	Naples, Fla. (Gulf Coast)
Ameena Benselloum	Fr.	Herndon, Va. (Westfield)
Caroline Brooks	So.	Plano, Texas (Plano)
Rebecca Buteau	So.	Madison, Miss. (Madison Central)
Isabel Caddo	Fr.	Hoover, Ala. (Spain Park)
Daley Cline	R-Fr.	Esteros, Fla. (Esteros)
Calli Coggins	Jr.	Franklin, Tenn. (Independence)
Alexa Cruz	So.	Miami, Fla. (St. Thomas Aquinas)
Caroline Cumbest	R-Fr.	Mobile, Ala. (Cottage Hill Christian Academy)
Elisabeth Danis	So.	Nottingham, N.H. (Coe-Brown Northwood Academy)
Maddie Dearborn	Fr.	Yorkville, Ill. (Yorkville)
Margot Dooley	Fr.	Evanston, Ill. (Loyola Academy)
Ebie Douglas	So.	Mobile, Ala. (McGill-Toolen)
Ashley Eavenson	Fr.	Northport, Ala. (Tuscaloosa County)
Savannah Fraleigh	R-Fr.	Raleigh, N.C. (Leesville Road)
Nicole Gardner	Jr.	Murfreesboro, Tenn. (Siegel)
Jessica Gray	Jr.	Manassas, Va. (Osborn Park)
Maya Halprin-Adams	So.	Cambridge, Mass. (Cambridge Rindge & Latin/South Carolina)
Brianna Koshy	Jr.	Brentwood, Tenn. (Brentwood)
Shannon Marsh	R-Fr.	John's Creek, Ga. (Northview)
Sarah Mohan	Jr.	Huntsville, Ala. (Huntsville)
Gabby Prizio	R-Fr.	Derby, Conn. (Derby)
Rachael Reddy	Jr.	Mountain Brook, Ala. (Mountain Brook/Texas)
Alison Ringle	Sr.	Bossier City, La. (Parkway)
Emma Sidman	Fr.	Atlanta, Ga. (Lovett)
Brittany Tolson	So.	Powell, Tenn. (Powell)
Eliza Witherspoon	Fr.	Brevard, N.C. (Brevard)
Haley Wright	So.	Boonsboro, Md. (Boonsboro)
McKenzie Yanek	So.	Bettendorf, Iowa (Pleasant Valley)
Kaitlin York	Jr.	Tuscaloosa, Ala. (American Christian Academy)



McKenzie Yanek

2017 CRIMSON TIDE



**CLAY
AUSTELL**

Distance

Sophomore

Collierville, Tenn.
(Briarcrest Christian)

2016-17

2017 Outdoor Season

Finished 13th in the 1,500 meters at the SEC Relays on April 29 in 4:18.59 ... ran the anchor leg on Alabama's 4x800-meter relay that finished fifth at the SEC Relays on April 28 in 7:51.98 ... finished 12th in the 800 meters at the Crimson Tide Invitational on April 8 in a personal-best 1:54.50 ... and ran the anchor leg on Alabama's "B" 4x400-meter relay that finished eighth in 3:25.45 ... finished eighth in the 1,500 meters at the Florida State Relays on March 24 in a personal-best 3:57.23 in his first outdoor outing of the season.

2017 Indoor Season

Finished 11th in the mile in a personal-best time of 4:19.75 at the Tiger Paw Invitational on Feb. 10 ... finished sixth in the mile in 4:13.61 in his collegiate indoor debut at the Auburn Invitational on Jan. 21.

2016 Cross Country

Finished 93rd at the SEC Championships in a time of 27:12.6 ... finished as Alabama's No. 5 runner at the Crimson Classic with a personal-best time of 27:021.8 on the 8k course ... finished 29th in a time of 16:26.06 in the 5k Chattanooga Powerade Invitational on Sept. 9 ... opened the season with a time of 21:20.11 at the four-mile Brooks Memphis Twilight Classic.

2015-16

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 ... set 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, 2012-16) ... son of Steve and Carole Austell ... born Sept. 16, 1996 in Germantown, Tenn.



**HAYDEN
BLALOCK**

Distance

Freshman

Charlotte, N.C.
(Providence)

Prep and Personal

Coached by Steve Touranjoe at Providence High School ... member of three conference and regional cross country championship teams at Providence ... conference cross country champion and team MVP as a senior in 2016 ... All-State in the indoor 1,600 meters as a senior in 2017 ... school record-holder in the indoor 3,200 meters ... also played club soccer in high school ... son of Brian and Carolyn Blalock ... mother was a swimmer at Arkansas ... father was a member of the track team at Georgia ... born Nov. 30, 1998.



**J.P.
BRINYARK**

Distance

Sophomore

Berry, Ala.
(Northside)

2016-17

2017 Outdoor Season

Finished fourth in the 3,000-meter steeplechase at the SEC Relays on April 28 in 9:41.40 in his first collegiate outing in the event ... finished eighth in the invitational 1500 meters at the War Eagle Invitational on April 21 in a personal-best 3:59.55 ... finished seventh in the 5,000 meters at the Crimson Tide Invitational on April 7 in a personal-best 14:52.49 ... anchored Alabama's distance medley relay at the Florida Relays on April 1 that finished third in 10:03.98 ... finished third in the 2,000-meter steeplechase at the Florida State Relays on March 24 in 6:11.18 in his collegiate outdoor debut.

2017 Indoor Season

Finished third in the 3,000 meters at the Tiger Paw Invitational on Feb. 11 in a time of 8:40.40 ... made his collegiate track & field debut at the Auburn Invitational, finishing fifth in the 3,000 meters in 8:39.19.

2016 Cross Country

Finished 76th at the SEC Championships in a time of 26:30.3 ... ran the five-mile course at the Joe Piane Notre Dame Invitational in a time of 26:06.9 ... finished ninth and was the Crimson Tide's third finisher in a time of 15:45.97 at the 5k Chattanooga Powerade Invitational on Sept. 9 ... made his college debut at the Brooks Memphis Twilight Classic and covered the four-mile course in 20:34.11 to finish 28th and come in as Alabama's fifth runner.

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 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.



**CHASE
BUCKELEW**

Distance

Freshman

Arab, Ala.
(Arab)

Prep and Personal

Coached by Trent Martin and Russ Polheimus at Arab High School ... 2017 Alabama Class 5A state champion at 1,600 and 3,200 meters indoors and 800 meters, 1,600 meters and 3,200 meters outdoors ... indoor state 3,200 meters record-holder ... school-record holder in the 800 meters, 1,600 meters, 3,200 meters, two-mile and 4x800-meter relay ... son of Jerry Bucklew and Doris Swann ... born Sept. 14, 1998.



**ANDREW
BULL**

Distance

Senior

Nashville, Tenn.
(Brentwood)

2016-17

2017 Outdoor Season

Competed in the 10,000 meters at the SEC Outdoor Track & Field Championships on May 11 but did not finish ... finished sixth in the invitational 5,000 meters at the War Eagle Invitational on April 21 in a time of 14:48.85 ... finished 15th in the 1,500 meters at the Crimson Tide Invitational in a personal-best 3:58.15 ... opened the outdoor season with a 12th-place finish in the 5,000 meters at the Florida Relays on March 30 in a personal-best time of 14:45.49.

2017 Indoor Season

Finished fifth in the 5,000 meters at the Tiger Paw Invitational on Feb. 10 in a personal-best time of 15:04.22 ... made his 2017 debut at the Auburn Invitational, finishing sixth in the 5,000 meters in a time of 15:16.87.

2016 Cross Country

Finished 101st at the NCAA South Regional in a time of 33:04.3 ... finished 75th at the SEC Championships in a time of 25:25.2 ... posted a time of 26:09.8 at the five-mile Joe Piane Notre Dame Invitational on Sept. 30 ... finished 16th in a personal-best time of 15:57.50 at the 5k Chattanooga Powerade Invitational on Sept. 9 ... opened the season with a time of 20:39.44 at the four-mile Brooks Memphis Twilight Classic.

2015-16

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

2017 CRIMSON TIDE

2017 CRIMSON TIDE

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.

2014-15

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 on the team by his twin brother, Garrett, at The University of Alabama ... son of Donald and Kathryn Bull ... born Aug. 2, 1995, in Nashville, Tenn.



GARRETT BULL

Distance

Senior

Nashville, Tenn.
(Brentwood)

2016-17

2017 Outdoor Season

Finished seventh in the invitational 5,000 meters at the War Eagle Invitational on April 21 in a personal-best 14:50.54 ... finished 20th in the 1,500 meters at the Crimson Tide Invitational on April 8 in a personal-best 4:00.80 ... opened the outdoor season with a 22nd-place finish in the 5,000 meters at the Florida Relays on March 30 in a personal-best time of 14:51.41.

2017 Indoor Season

Finished fourth in the 5,000 meters at the Tiger Paw Invitational on Feb. 10 in a personal-best time of 15:00.12 ... opened the 2017 season at the Auburn Invitational, finishing seventh in the 5,000 meters in a time of 15:20.82.

2016 Cross Country

Finished 73rd at the NCAA South Regional in a personal-best time of 32:32.0 ... finished 41st and was Alabama's No. 4 runner in a personal-best time of 25:45.2 at the 8k Crimson Classic ... posted a time of 25:31.7 at the Joe Piane Notre Dame Invitational to finish as Alabama's No. 4

runner over the five-mile course ... finished 14th in a personal-best time of 15:56.63 at the 5k Chattanooga Powerade Invitational on Sept. 9 ... finished 24th and was Alabama's fourth runner at the season-opening Brooks Memphis Twilight Classic with a time of 20:31.71 over the four-mile course.

2015-16

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.

2014-15

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.



ALFRED CHELANGA

Distance

Junior

Nairobi, Kenya
(Tenges/Shorter University)

Accolades

- School record-holder, 10,000 meters (2017)
- Second Team All-American, 10,000 meters (2017)
- First Team All-American, indoor 5,000 meters (2017)
- SEC Champion, 10,000 meters (2017)
- Second Team All-SEC, 3,000 meters (2017)
- Second Team All-SEC, indoor 5,000 meters (2017)

2016-17

2017 Outdoor Season

School-record holder in the 10,000 meters (28:04.98) ... finished 11th in the 10,000 meters at the NCAA Championships on June 7 in 29:12.34 ... the time is the 10th-fastest in school history ... finished eighth in the 10,000 meters in 29:59.98 at the NCAA East Regional on May 25 to qualify for the NCAA Track & Field Championships ... won the 10,000 meters at the SEC Outdoor Track & Field Championships on May 11 in a time of 30:24.27, edging out teammate Antibahs Kosgei for the victory ... finished sixth in the 5,000 meters at the SEC Championships on May 13 in 13:57.79 ... finished second in the 1,500 meters at the SEC Relays on April 29 in 3:49.11 in his first outdoor appearance in the event at Alabama ... finished second in the invitational 5,000 meters at the War Eagle Invitational on April 21 in a personal-best 13:53.07, the sixth-fastest time in school history ... finished second in the 10,000 meters and was the first collegiate finisher at the Stanford Invitational on March 31 in a school-record time of 28:04.98.

2017 Indoor Season

Alabama's high point scorer at the SEC Indoor Track & Field Championships with 14 points ... finished fifth in the 5,000 meters at the NCAA Indoor Track & Field Championships on March 10 in 3:48.56, the fifth-fastest time in school history ... finished second in the 5,000 meters at the SEC Indoor Track & Field Championships on Feb. 25 in 13:58.61 ... finished third in the 3,000 meters at the SEC Indoor Track & Field Championships on Feb. 24 in a personal-best 8:02.30, the seventh-fastest time in school history ... finished sixth in the invitational 5,000 meters at the Iowa State Classic in a personal-best 13:48.12, the fourth-fastest time in Alabama history ... made his Alabama debut at the Bob Pollock Invitational on Jan. 28 ... won the 3,000 meters in a time of 8:06.79, the 10th-fastest time in school history.

Shorter University (Ga.)

2015-16

Runner-up at the 2016 NCAA Division II Cross Country Championships, covering the 10k course in 29:36.3 ... won the Division II South Region Cross Country Championships with a 10k time of 31:23.3 ... won the 2016 Gulf South Cross Country Championships in a time of 24:54.5 over the 8k course ... won the college division of the Crimson Classic ... finished sixth in the 5,000 meters and 10,000 meters at the 2016 NCAA Division II Outdoor Track & Field Championships ... won the 5,000 meters at the 2016 Florida Relays ... fifth in the 3,000 meters and sixth in the 5,000 meters at the 2016 NCAA Division II Indoor Track & Field Championships ... NCAA Division II national and South region cross country champion in 2015 ...

2017 CRIMSON TIDE



fourth in the 3,000 meters at the 2015 NCAA Division II Indoor Track & Field Championships.

Prep and Personal

Son of Joshua and Lorah Chelanga ... born April 2, 1994 in Baringo, Kenya.



CONNOR FERRENTINO
 Distance
 Junior
 Orlando, Fla. (Freedom)

2016-17

2017 Outdoor Season

Made his season debut at the War Eagle Invitational on April 21 and finished 10th in the invitational 1,500 meters in 4:10.05.

2017 Indoor Season

Did not compete.

2016 Cross Country

Did not compete.

2015-16

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.

2014-15

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) ... was third at the Mountain Dew Cross Country Invitational (5k - 15:46.57) ... 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.



NATHAN GAMBLE
 Distance
 Freshman
 Raleigh, N.C. (Leesville Road)

Prep and Personal

Coached by Brent Hale and his father, Eric Gamble, at Leesville Road High School ... indoor all-state selection in the 3,200 meters in 2016 and 2017 ... cross country all-state honoree as a senior in 2016 ... school record holder in the 3,200 meters indoors and outdoors ... five-time team MVP in track and field and two-time team MVP in cross country ... Cap-8 Conference champion in the outdoor 3,200 meters in 2017

2017 CRIMSON TIDE

2017 CRIMSON TIDE

... Cap-8 cross country champion as a senior in 2016 ... ran his first full marathon as a 13-year-old ... member of the National Honor Society ... son of Eric and Becky Gamble ... born Dec. 15, 1998.



PATRICK GRANT

Distance

Sophomore

Southampton, Pa. (LaSalle)

2016-17

2017 Outdoor Season

Ran the third leg on Alabama's 4x800-meter relay that finished fifth at the SEC Relays on April 28 in 7:51.98 ... finished sixth in the 1,500 meters at the Jim Bush Collegiate on April 15 in a personal-best 3:53.79 ... finished 13th in the 800 meters at the Crimson Tide Invitational on April 8 in a personal-best 1:54.58 ... ran the lead leg on Alabama's distance medley relay that finished third at the Florida Relays on April 1 in 10:03.98 ... finished 10th in the 1,500 meters at the Florida State Relays on March 24 in 4:00.18 in his collegiate outdoor debut.

2017 Indoor Season

Ran the lead leg on Alabama's distance medley relay that finished fifth at the SEC Indoor Track & Field Championships on Feb. 25 in 9:46.81 ... finished fourth in the mile at the Tiger Paw Invitational on Feb. 10 in a personal-best 4:12.25 ... finished 10th in 4:21.69 in the first collegiate mile race of his career on Jan. 27 at the Bob Pollock Invitational on Jan. 27 and ran the anchor leg on the Tide's 4x400-meter relay "B" squad that finished ninth in 3:26.16 ... anchored Alabama's distance medley relay that finished second at the Auburn Invitational in 10:37.33 ... made his collegiate track & field debut at the Commodore Invitational on Jan. 13-14 as a member of the Tide's distance medley relay and 4x400-meter "C" relay teams ... the DMR squad finished seventh in 10:20.08 while the 4x400 unit finished 12th in 3:29.03.

2016 Cross Country

Finished 78th at the SEC Championships in a time of 26:38.4 ... made his collegiate debut at the Chattanooga Powerade Invitational and posted a time of 16:20.22 over the 5k course to finish 27th.

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.



NOAH KARR

Distance

Redshirt Freshman

Tuscaloosa, Ala. (American Christian Academy)

2016-17

2017 Outdoor Season

Ran the second leg on Alabama's 4x800-meter relay (7:51.98) and 4x400-meter relay (3:28.68) that finished fifth and seventh, respectively, at the SEC Relays on April 28 and 29 ... finished 17th in the 800 meters at the Crimson Tide Invitational on April 8 in a time of 1:57.90 ... also ran the third leg on the Alabama "B" 4x400-meter relay team that finished eighth at the CTI in 3:25.45 ... ran the second leg of Alabama's distance medley relay that finished third at the Florida Relays on April 1 in a time of 10:03.98 ... posted a time of 1:58.50 in the 800 meters at the Florida Relays ... finished 14th in the 800 meters at the Florida State Relays on March 24 in 1:56.77 in his collegiate outdoor debut.

2017 Indoor Season

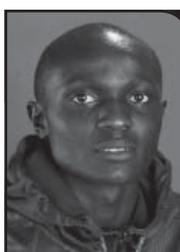
Finished 28th in the 800 meters at the Tiger Paw Invitational on Feb. 11 in a time of 2:00.79 ... ran the anchor leg on the Tide's 4x400-meter "B" relay that finished 11th at the Tiger Paw Invitational in 3:18.94 ... ran his first collegiate individual event at the Auburn Invitational, finishing 10th in the 800 meters in 1:54.63 ... made his collegiate track & field debut at the Commodore Invitational on Jan. 13-14 as a member of the Tide's Distance Medley Relay and 4x400-meter "B" relay teams ... the DMR squad finished seventh in 10:20.08 while the 4x400 unit finished seventh in 3:18.16.

2016 Cross Country

Did not compete.

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, was a shot putter for the Crimson Tide from 2014-17 ... son of Chuck and Jodie Karr ... born April 8, 1997 in Tuscaloosa, Ala.



GILBERT KIGEN

Distance

Junior

Kipkabus, Kenya (Eldoret/Central Arizona)

Transfer from Central Arizona College who has two seasons of eligibility remaining.

Central Arizona College 2015-2017

The most decorated junior college runner in NJCAA history ... won nine individual NJCAA track and field championships – back-to-back titles in 2016 and 2017 in the 5,000 and 10,000 outdoors and the 5,000 and 3,000 indoors as well

as the indoor mile championship in 2017 - and two individual NJCAA cross country championships running for Central Arizona College.

Prep and Personal

Son of Simeon and Susan Bartilol Kigen ... born December 23, 1994.



VINCENT KIPROP

Distance

Junior

Kericho, Kenya (Londiani/Missouri Southern)

Transfer from Missouri Southern State University who has two seasons of eligibility remaining.

Missouri Southern State University

2015-17

Won back-to-back Division II 10,000 meters titles and the 2017 Division II indoor 5,000 meters championships ... also won the 2016 Division II Cross Country crown ... two-time USTFCCA Outdoor Regional Track & Field Athlete of the Year and 2017 USTFCCA Indoor Regional Athlete of the Year at MSSU ... earned 2016 USTFCCA National Division II Cross Country Athlete of the Year honors ... two-time USTFCCA National Scholar-Athlete of the Year ... holds MSSU school records in the 3,000 meters and 5,000 meters indoors and the 1,500 meters, 5,000 meters and 10,000 meters outdoors.

Prep and Personal

Son of Samwel and Selly Koskei ... born April 28, 1995.



ELLIOTT MILLER

Distance

Sophomore

Cheyenne, Wyo. (Cheyenne Central)

2016-17

2017 Outdoor Season

Did not compete.

2017 Indoor Season

Finished sixth in the mile at the Tiger Paw Invitational on Feb. 11 in a personal-best time of 4:15.74 ... finished 12th in the 800 meters in 1:58.66 in the first individual event of his college career at the Auburn Invitational ... also ran the second leg on the Tide's distance medley relay that finished second at the Auburn meet in 10:37.33 ... made his collegiate track & field debut at the Commodore Invitational on Jan. 13-14 as a member of the Tide's distance medley relay and 4x400-meter "C" relay teams ... the DMR squad finished seventh in 10:20.08 while the 4x400 unit finished 12th in 3:29.03.

2016 Cross Country

Finished 26th at the Chattanooga Powerade Invitational with a time of 16:18.15 over the 5k course ... made his debut at the four-mile Brooks Memphis Twilight Classic and circled the course

in a time of 21:21.17.

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.



ANDREW POWELL

Distance

Redshirt Freshman

Brentwood, Tenn.
(Brentwood Acad./Texas)

Transfer from the University of Texas who has four seasons of eligibility remaining.

University of Texas 2016-2017

Did not compete.

Prep and Personal

Tennessee state champion in 800 meters as a senior ... helped lead Brentwood Academy to Tennessee state championships in cross country and track & field as a junior and senior ... member of the Brentwood Academy squad that set the Tennessee state championship meet record for points scored ... led Brentwood Academy to runner-up finishes at state championship as a sophomore in cross country and track & field ... all-state in both cross country and track & field as a junior and senior ... school-record holder in 800m at 1:53.21 ... son of John and Christine Powell ... born Feb. 10, 1998.



EVAN PRIZY

Distance

Senior

Schaumburg, Ill.
(Schaumburg)

2016-17

2017 Outdoor Season

Finished 15th in the invitational 5,000 meters at the War Eagle Invitational on April 21 in 15:28.51 ... made his 2017 outdoor season debut at the Crimson Tide Invitational on April 7, finishing 19th in the 5,000 meters at 15:29.71.

2017 Indoor Season

Opened the 2017 season at the Auburn Invitational, finishing eighth in the 5,000 meters in a time of 16:02.16.

2016 Cross Country

Finished 55th at the NCAA South Regional, and was Alabama's No. 5 runner, in a personal-best 10k time of 32:11.0 ... finished 53rd at the SEC Championships and was Alabama's No. 5 runner in a time of 25:51.0 ... finished 32nd and was

Alabama's No. 3 runner, in a personal-best time of 25:40.4 over the 8k course ... clocked a time of 25:32.3 in the Joe Piane Notre Dame Invitational to finish as the Tide's No. 5 runner on the five-mile course ... finished 13th and was Alabama's fifth finisher at the 5k Chattanooga Powerade Invitational in a personal-best of 15:54.17 ... opened the season with a time of 20:50.81 at the four-mile Brooks Memphis Twilight Classic.

2015-16

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 ... 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.

2014-15

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.

2013-14

2014 Outdoor Season

Did not compete.

2014 Indoor Season

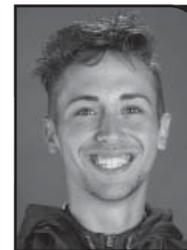
Did not compete.

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 a 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.



JACKSON REED

Distance

Freshman

Summersville, W. Va.
(Nicholas County)

Prep and Personal

Coached by Allen Stump at Nicholas County High School ... West Virginia Class A-AA state cross country champion as a senior in 2016 ... Class AA state champion in the 800 meters and 3,200 meters and runner-up in the 1,600 meters as a junior in 2016 ... member of Nicholas County's state championship 4x400-meter relay team in 2015 and 2016 ... finished fourth in the 1,600 meters and sixth in the 3,200 meters at the 2017 state championships ... son of Brad & Glen Reed ... born March 2, 1999.



OLIVER RIGG

Distance

Sophomore

Zionsville, Ind.
(Zionsville)

2016-17

2017 Outdoor Season

Ran the anchor leg on Alabama's 4x400-meter relay team that finished seventh at the SEC Relays on April 29 in 3:28.68 ... finished seventh in the invitational 1,500 meters at the War Eagle Invitational on April 21 in a personal-best 3:53.66 ... finished ninth in the 800 meters at the Jim Bush Collegiate on April 15 in a time of 1:54.81 ... finished seventh in the 800 meters at the Crimson Tide Invitational on April 8 in a personal-best 1:53.67 ... also ran the lead leg on the Alabama "B" 4x400-meter relay that finished eighth at the CTI in 3:25.45 ... finished 10th in the 800 meters at the Florida State Relays on March 24 in 1:54.74 in his collegiate outdoor debut.

2017 Indoor Season

Finished 20th in the 800 meters at the Tiger Paw Invitational in 1:54.34 ... finished eighth in a personal-best 1:54.30 in the 800 meters at the Bob Pollock Invitational on Jan. 28 ... also ran the third leg on the Tide's 4x400-meter relay "B" squad that finished ninth in 3:25.16 ... clocked a 1:55.21 for 800 meters to finish 11th in the first individual race of his college career at the Auburn Invitational ... also ran the second leg on the Tide's distance medley relay that finished second at the Auburn meet in 10:37.33 ... made his collegiate track & field debut at the Commodore Invitational on Jan. 13-14 as a member of the Tide's distance medley relay and 4x400-meter "C" relay teams ... the DMR squad finished seventh in 10:20.08 while the 4x400 unit finished 12th in 3:29.03.

2016 Cross Country

Made his collegiate debut at the Chattanooga Powerade Invitational on Sept. 9, finishing 22nd in a time of 16:11.09 over the 5k course.

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

2017 CRIMSON TIDE

2017 CRIMSON TIDE

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.



PAUL SELDEN

Distance

Freshman

Homewood, Ala.
(Homewood)

Prep and Personal

Coached by Lars Porter at Homewood High School ... member of four state championship cross country teams in high school ... three-time all-state selection in cross country ... finished third at the Alabama state cross country championships as a senior in 2016 ... son of Tom and Kristi Selden ... father was a member of the cross country and track & field teams at Sewanee ... born July 1, 1998.



JOSH SHORT

Distance

Junior

Cedarburg, Wisc.
(Cedarburg)

2016-17

2017 Outdoor Season

Competed in the 3,000-meter steeplechase at the NCAA East Regional on May 26 but did not finish ... competed in the 3,000-meter steeplechase at the SEC Outdoor Track & Field Championships on May 12 but did not finish ... finished 14th in the 3,000-meter steeplechase at the Mount SAC Relays on April 13 in a personal-best time of 9:04.71 ... finished sixth in the 800 meters at the Crimson Tide Invitational on April 8 in a personal-best 1:53.02 ... finished 19th in the 1,500 meters at the Florida Relays on March 31 in a time of 3:51.01 ... finished second in the 2,000-meter steeplechase at the Florida State Relays on March 24 in 5:58.13 in his first outdoor outing of the season.

2017 Indoor Season

Competed in the 5,000 meters at the 2017 SEC Indoor Track & Field Championships on Feb. 25 but did not finish ... finished 21st in the 3,000 meters at the SEC Indoor Track & Field Championships on Feb. 24 in a time of 8:56.92 ... finished fourth in the 3,000 meters at the Tiger Paw Invitational on Feb. 11 in a time of 8:41.78 ... competed in the 3,000 meters at the Bob Pollock Invitational on Jan. 28 but did not finish the race ... finished 14th in the 800 meters in a personal-best of 1:54.85 at the season-opening Commodore Invitational on Jan. 14 ... also anchored the Tide's 4x400-meter relay "C" squad that finished 12th in 3:29.03.

2016 Cross Country

Finished 42nd at the NCAA South Regional, and was Alabama's No. 4 runner, at the NCAA South

Regional in a personal-best time of 31:47.4 ... finished 43rd at the SEC Championships, and was Alabama's No. 3 runner, in a personal-best time of 25:32.8 ... competed in the Joe Plane Notre Dame Invitational and posted a time of 25:59.3 over the five-mile course ... finished 15th in a time of 15:56.80 at the 5k Chattanooga Powerade Invitational on Sept. 9 ... finished ninth with a time of 20:02.83 at the four-mile Brooks Memphis Twilight Classic to finish as Alabama's No. 2 runner.

2015-16

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

2014-15

2015 Outdoor Season

Did not compete.

2015 Indoor Season

Did not compete.

2014 Cross Country

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.



COLTON SMITH

Distance

Freshman

Scottsboro, Ala.
(Scottsboro)

Prep and Personal

Alabama Class 5A state cross country champion in 2016 ... four-time all-state selection in cross country ... Scottsboro High School track & field record-holder in the mile and two-mile ... member of Scottsboro's 2016 state cross country championship team and 2017 indoor and outdoor track & field state championship teams ... son of Glenn and Karen Smith ... born June 21, 1999.



CONNER THOMPSON

Distance

Senior

Murfreesboro, Tenn.
(Oakland)

2016-17

2017 Outdoor Season

Finished 41st in the 10,000 meters at the NCAA East Regional on May 25 in 31:34.63 ... finished ninth in the 10,000 meters at the SEC Outdoor Track & Field Championships on May 11 in 31:10.30 ... competed in the 5,000 meters at the SEC Championships on May 13 but did not finish ... finished 14th in the 10,000 meters at the Mount SAC Relays on April 13 in a personal-best 29:26.50 ... made his outdoor season debut at the Stanford Invitational on March 31 and finished seventh in the 5,000 meters in a personal-best 14:19.39.

2017 Indoor Season

Finished seventh in the 5,000 meters at the 2017 SEC Indoor Track & Field Championships in a personal-best 14:12.72 ... finished ninth in the 5,000 meters at the Iowa State Classic on Feb. 10 in 14:31.30, the second-fastest time of his career ... finished fourth in the 3,000 meters at the Bob Pollock Invitational in a personal-best time of 8:15.09 ... opened the season at the Auburn Invitational with a victory in the 5,000 meters in a personal-best time of 14:30.50.

2016 Cross Country

Finished 22nd at the NCAA South Regional as Alabama's No. 3 runner in a time of 31:11.4 ... finished 44th at the SEC Championships and was Alabama's No. 4 runner, in a time of 25:34.2 ... competed in the Joe Plane Notre Dame Invitational, finishing as the Tide's No. 3 runner with a time of 24:58.4 over the five-mile course ... Alabama's No. 4 runner at the 5k Chattanooga Powerade Invitational, finishing 10th in a personal-best time of 15:47.46 ... finished 11th in a time of 20:04.56 at the four-mile Brooks Memphis Twilight Classic to come in as Alabama's No. 3 runner.

2015-16

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.

2014-15

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

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.

2013-14

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.



DREW WILLIAMS

Distance

Redshirt Freshman

Mountain Brook, Ala.
(Mountain Brook)

2016-17

2017 Outdoor Season

Did not compete.

2017 Indoor Season

Did not compete.

2016 Cross Country

Did not compete.

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.



ALEX WIND

Distance

Senior

North Canton, Ohio
(Jackson/Ohio University)

Graduate transfer from Ohio University who has one season of eligibility remaining.

Ohio University

2013-16

Finished eighth at the 2016 MAC Cross Country Championships in 25:37.80 ... was Ohio's top finisher at the 2016 NCAA Great Lakes Regional, completing the 10,000-meter course in 32:10.20 ... finished 15th at the 2015 MAC Cross Country Championships in a season-best 25:37.80 ... posted a top-75 finish at the 2015 NCAA Great Lakes Regional in 32:30.30 ... earned a top-40 finish at the 2014 MAC Cross Country Championships with a time of 25:29.00.

Prep and Personal

Son of Brian and Lisa Wind ... born May 17, 1995.

2017 CRIMSON TIDE



CAROLINE BARLOW

Distance

Senior

Naples, Fla.
(Gulf Coast)

2016-17

2017 Outdoor Season

Made her outdoor season debut at the Florida Relays on March 31 and finished 42nd in the 1,500 meters in a time of 4:41.70.

2017 Indoor Season

Ran the lead leg on Alabama's distance medley relay that finished 11th at the 2017 SEC Indoor Track & Field Championships on Feb. 25 in 11:50.15, the ninth-fastest time in school history ... finished 21st in the prelims of the mile at the SEC Indoor Track & Field Championships in 5:04.55 ... competed in the invitational mile at the Iowa State Classic on Feb. 10 but did not finish ... finished 12th in the 800 meters in a personal-best 2:16.00 and sixth in the mile in 4:57.29 at the Bob Pollock Invitational ... finished 10th in the 800 meters at the Auburn Invitational in a time of 2:16.84 ... also anchored the Tide's Distance Medley Relay squad that finished second at the Auburn meet in 12:13.49 ... opened the season with a ninth-place finish in the mile in a time of 4:58.56 at the Commodore Invitational on Jan. 14.

2016 Cross Country

Finished 45th at the NCAA South Regional and was Alabama's No. 4 runner in a personal-best time of 21:23.6 ... finished 55th at the SEC Championships and was Alabama's No. 5 runner in a time of 22:00.6 ... finished 22nd at the Crimson Classic in a personal-best time of 21:32.3 and was Alabama's No. 4 finisher ... clocked a personal-best time of 17:54.0 at the 5k Joe Piane Notre Dame Invitational ... finished 12th in the season-opening Brooks Memphis Twilight Classic ... covered the 5k course in a time of 17:57.48 to finish as Alabama's No. 3 runner.

2015-16

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.

2014-15

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

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



Caroline Barlow

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 ... named 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.



AMEENA BENSELLLOUM

Distance

Freshman

Herndon, Va.
(Westfield)

Prep and Personal

Third in the 1,000 meters at the 2017 VHSL Group 6A Indoor State Championships ... district champion in the 800 meters and member of the all-state 4x800 relay quartet at Westfield High School as a junior in 2016 ... personal bests of 2:14.22 in the 800 meters, 5:11.01 in the 1,600 meters and 18:55 in the 5,000 meters ... daughter of Hicham Benselloum and Marisa Besselievre ... born July 24, 2000.



CAROLINE BROOKS

Distance

Sophomore

Plano, Texas
(Plano)

2016-17

2017 Outdoor Season

Finished 10th in the invitational 1,500 meters at the War Eagle Invitational on April 21 in a personal-best 4:49.59 ... finished sixth in the 3,000-meter steeplechase at the Crimson Tide Invitational on April 8 in a personal-best 11:23.37 ... also ran the third leg on the Alabama "C" 4x400-meter relay that finished 12th at the CTI in 3:57.60 ... finished second in the 2,000-meter steeplechase at the Florida State Relays on March 24 in 7:21.98 in her outdoor collegiate debut.

2017 Indoor Season

Finished 17th in the 800 meters at the Tiger Paw Invitational on Feb. 11 in a time of 2:17.63 ... finished 19th in the 800 meters in a personal-best

2:17.79 at the Bob Pollock Invitational on Jan. 28 ... in her first individual event as a collegiate runner, finished 15th in the 800 meters in 2:20.35 at the Auburn Invitational ... also ran the second leg on the Tide's Distance Medley Relay squad that finished second in 12:13.49 at the Auburn meet ... made her collegiate track & field debut at the Commodore Invitational on Jan. 13 as a member of the Tide's distance medley relay squad.

2016 Cross Country

Posted a time of 23:36.6 at the Crimson Classic, her first 6k outing as a collegiate runner ... made her collegiate debut at the Chattanooga Powerade Invitational, finishing 22nd in a time of 12:15.97 over the two-mile course.

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.



REBECCA BUTEAU
Distance
Sophomore
Madison, Miss.
(Madison Central)

2016-17

2017 Outdoor Season

Finished 23rd in the 5,000 meters at the SEC Outdoor Track & Field Championships on May 13 in a personal-best 17:00.99 ... finished 20th in the prelims of the 1,500 meters at the SEC Championships on May 12 in 4:38.16 ... finished 14th in the 1,500 meters at the SEC Relays on April 29 in 4:36.75 ... finished fourth in the 1,500 meters at the Jim Bush Collegiate in a personal best 4:32.45 ... finished 14th in the 5,000 meters at the Crimson Tide Invitational on April 8 in a personal-best 17:35.52 ... finished 31st in the 1,500 meters at the Florida Relays on March 31 in a time of 4:36.52 ... finished seventh in the 1,500 meters at the Florida State Relays on March 24 in 4:33.10 in her outdoor collegiate debut.

2017 Indoor Season

Finished 27th in the 5,000 meters at the 2017 SEC Indoor Track & Field Championships on Feb. 25 in a personal-best 17:38.17 ... finished 21st in the 3,000 meters at the SEC Indoor Track & Field Championships on Feb. 24 in a time of 10:08.02 ... recorded her third top-10 finish in the mile in as a many meets with a 10th-place finish in a personal-best 5:00.89 at the Bob Pollock Invitational on Jan. 27 ... followed up that performance the next day with a sixth-place finish in the 3,000 meters in a time of 9:49.98 ... finished ninth in the mile at the Auburn Invitational in 5:03.41 ... also ran the third leg on the Tide's Distance Medley Relay squad that finished second at the Auburn meet in 12:13.49 ... made her collegiate track & field debut at the Commodore Invitational on Jan. 14 ... finished 10th in the mile in a time of 5:00.91.

2016 Cross Country

Finished 99th at the NCAA South Regional in

a time of 22:22.9 ... finished 71st at the SEC Championships in a time of 22:17.5 ... finished 26th and was Alabama's No. 5 runner at the 6k Crimson Classic, posting a time of 21:37.3 ... competed in the Joe Plane Notre Dame Invitational and finished as the Tide's No. 4 runner with a time of 17:50.5 in the 5K race ... made her collegiate debut at the Brooks Memphis Twilight Classic and finished 18th in a time of 18:07.23.

Prep and Personal

Coached by Geary Howell at Madison Central High School ... broke all distance records at Madison Central High School ... 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 ... competed on the high school cross country team since she was a middle schooler ... 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.



ISABEL CADDO
Distance
Freshman
Hoover, Ala.
(Spain Park)

Prep and Personal

State qualifier at Spain Park in the indoor and outdoor 1,600 meters as a junior and senior in 2016 and 2017 ... state qualifier in the indoor and outdoor 800 meters as a junior and outdoor 800 meters as a junior ... state qualifier in cross country as a junior and senior in 2015 and 2016 ... ran a personal-best 2:25.39 in the 800 meters at the 2016 state sectional meet ... ran a personal best of 5:26.57 in the 1,600 meters at the 2016 state championships ... daughter of Matthew Caddo and Rachael Jostsons ... born July 16, 1999.



DALEY CLINE
Distance
Redshirt Freshman
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.



CALLI COGGINS
Distance
Junior
Franklin, Tenn.
(Independence)

2016-17

2017 Outdoor Season

Finished 11th in the 1,500 meters at the Jim Bush Collegiate on April 15 in 4:42.32 ... finished 14th in the 1,500 meters at the Crimson Tide Invitational on April 8 in a personal-best 4:42.31 ... finished third in the 2,000-meter steeplechase at the Florida State Relays on March 24 in 7:26.87 in her first outing of the outdoor season.

2017 Indoor Season

Did not compete.

2016 Cross Country

Finished 93rd at the SEC Championships in a time of 22:51.2 ... finished 54th at the Crimson Classic in a personal-best time of 22:02.6 ... posted a time of 18:12.6 at the 5k Joe Plane Notre Dame Invitational ... finished 15th in the season-opening Brooks Memphis Twilight Classic ... covered the 5k course in a time of 18:01.84 to finish as Alabama's No. 4 runner.

2015-16

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



Rebecca Buteau

2017 CRIMSON TIDE

2017 CRIMSON TIDE

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.

2016 Indoor Season

Did not compete.

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 Willco 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.



CAROLINE CUMBEST

Distance

Redshirt Freshman

Mobile, Ala.
(Cottage Hill Christian Academy)

2016-17

2017 Outdoor Season

Finished 29th in the 5,000 meters at the Crimson Tide Invitational on April 7 in a personal-best 18:21.50 ... finished 19th in the 5,000 meters at the Florida State Relays on March 24 in 18:38.78 in her outdoor collegiate debut.

2017 Indoor Season

Finished 13th in her first collegiate 5,000-meter race in a time of 19:03.08 ... made her collegiate debut at the Auburn Invitational on Jan. 21 ... finished fifth in the 3,000 meters in 10:52.13 and 16th in the mile in 5:38.65.

2016 Cross Country

Did not compete.

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.



ELISABETH DANIS

Distance

Sophomore

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

2016-17

2017 Outdoor Season

Competed in the 10,000 meters at the SEC Outdoor Track & Field Championships on May 11 but did not finish ... finished 12th in her first collegiate outdoor 1,500 meter race at the SEC Relays on April 29 in 4:35.25 ... finished fourth in the 5,000 meters at the Crimson Tide Invitational on April 7 in a personal-best 16:56.51 ... finished fourth in the 5,000 meters at the Florida State Relays on March 24 in 17:35.36 in her outdoor collegiate debut.

2017 Indoor Season

Finished 24th in the 5,000 meters at the 2017 SEC Indoor Track & Field Championships on Feb. 25 in a personal-best 17:19.47 ... finished eighth in her first collegiate 5,000 meter competition at the Tiger Paw Invitational on Feb. 10 in a time of 17:30.34 ... finished 10th in the 3,000 meters in a time of 10:09.51 at the Bob Pollock Invitational on Jan. 28 ... finished second in the 3,000 meters in a personal-best 9:56.77 and 11th in the mile in 5:09.48 at the Auburn Invitational ... made her collegiate track & field debut at the Commodore Invitational on Jan. 14, finishing 12th in the mile in a time of 5:02.64.

2016 Cross Country

Finished 53rd at the NCAA South Regional and was Alabama's No. 5 runner in a time of 21:31.7 ... finished 47th at the SEC Championships and was Alabama's No. 4 runner in a time of 21:55.6 ... finished 13th in a time of 21:14.3, and was Alabama's No. 3 runner, at the 6k Crimson Classic ... posted a time of 18:12.1 at the 5k Joe Plane Notre Dame Invitational ... was Alabama's No. 4 runner in her collegiate debut at the 5k Brooks Memphis Twilight Classic where she finished 16th in a time of 18:05.16.

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 Country 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.



MADDIE DEARBORN

Distance

Freshman

Yorkville, Ill.
(Yorkville)

Prep and Personal

Coached by Chris Muth at Yorkville High School ... member of two state championship cross country squad and one state cross country runner-up at Yorkville High School ... earned cross country all-state honors in 2015 ... three-time state qualifier



Elisabeth Danis

2017 CRIMSON TIDE



ALEXA CRUZ

Distance

Sophomore

Miami, Fla.
(St. Thomas Aquinas)

2016-17

2017 Outdoor Season

Did not compete.

2017 Indoor Season

Did not compete.

2016 Cross Country

Clocked a personal best time of 18:27.2 at the 5k Joe Plane Notre Dame Invitational ... made her collegiate debut at the 5k Brooks Memphis Twilight Classic and finished 44th in a time of 18:39.77.

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 track and field for three consecutive years ... helped the St. Thomas Aquinas track team become three-time district, regional and state champions ... member of the National Honor Society and National Spanish Honor Society ... daughter of Antonio and Eva Cruz ... born April 24, 1998.

in track & field ... member of the National Honor Society ... daughter of Derek and Jackie Dearborn ... born April 15, 1999.



MARGOT DOOLEY

Distance

Freshman

Evanston, Ill.
(Loyola Academy)

Prep and Personal

Coached by C.J. Simon at Loyola Academy ... holds school records at 600 meters, 800 meters and as a member of the 4x800-meter relay at Loyola Academy ... finished third in the 800 meters at the 2017 IHSA 3A state championships, the best finish in any event at the state championships in school history ... team MVP as a junior in 2016 ... member of the National Honor Society and French Honor Society ... daughter of Larry and Mary Dooley ... born May 31, 1999.



EBIE DOUGLAS

Distance

Sophomore

Mobile, Ala.
(McGill-Toolen)

2016-17

2017 Outdoor Season

Finished 23rd in the 1,500 meters at the Crimson Tide Invitational on April 8 in a personal-best 4:49.89 ... finished 25th in the 1,500 meters at the Florida State Relays on March 24 in 5:01.63 in her outdoor season debut.

2017 Indoor Season

Finished 25th in the mile at the Tiger Paw Invitational on Feb. 10 in a personal-best time of 5:22.44 ... made her 2017 debut at the Auburn Invitational on Jan. 21, finishing 17th in the 800 meters in 2:26.92 and 15th in the mile in 5:32.52.

2016 Cross Country

Made her collegiate cross country debut at the Chattanooga Powerade Invitational on Sept. 9, finishing 52nd in a time of 14:00.03.

2015-16

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.

2016 Indoor Season

Did not compete.

2015 Cross Country

Did not compete.

Prep and Personal

Coached by Drew Bentley at McGill-Toolen High School ... 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 ... awarded Mobile County's 6A Cross Country Runner of the Year in 2013 ... earned All-County cross country and track & 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 ... set the McGill-Toolen school record in the 4x800 and 4x1600-meter relay ... earned cross country All-State honors in 2013 ... 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 and Servants of the Poor Club ... daughter of Boyd and Largay Douglas ... born May 5, 1997.



ASHLEY EAVENSON

Distance

Freshman

Northport, Ala.
(Tuscaloosa County)

Prep and Personal

Finished 10th at the AHSAA 7A state cross country championships as a senior in 2016 ... two-time outdoor state qualifier in the 1,600 meters and 3,200 meters ... three-time indoor state qualifier in the 1,600 meters and two-time indoor qualifier in the 800 meters and 3,200 meters ... set school records at 800 meters, 1,600 meters, mile, 3,200 meters, 2-mile and 5,000 meters ... daughter of Charles and Tanya Eavenson ... born Dec. 5, 1998.



SAVANNAH FRALEIGH

Distance

Redshirt Freshman

Raleigh, N.C.
(Leesville Road)

2016-17

2017 Outdoor Season

Did not compete.

2017 Indoor Season

Did not compete.

2016 Cross Country

Did not compete.

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.



NICOLE GARDNER

Distance

Junior

Murfreesboro, Tenn.
(Siegel)

2016-17

2017 Outdoor Season

Finished 13th in the final of the 1,500 meters SEC Outdoor Track & Field Championships on May 13 in 4:43.01 ... advanced to the final with a personal-best time of 4:24.46 in the prelims ... finished fifth in the 1,500 meters at the SEC Relays on April 29 in 4:31.45 ... finished 12th in the invitational 5,000 meters at the Mount SAC Relays on April 14 in a personal-best 16:46.08 ... finished second in the 1,500 meters in a personal-best 4:25.53 at the Crimson Tide Invitational on April 8 ... finished fourth in the 1,500 meters at the Florida State Relays on March 24 in a personal-best 4:30.22 in her first outdoor outing of the season.

2017 Indoor Season

Finished 15th in the 3,000 meters at the 2017 SEC Indoor Track & Field Championships on Feb. 24 in a personal-best 9:40.33 ... finished 36th in the invitational 3,000 meters at the Iowa State Classic on Feb. 10 in 9:52.57, her second-fastest time of the season ... ran a personal-best 9:45.08 to finish fifth in the 3,000 meters at the Bob Pollock Invitational on Jan. 28 ... finished third in the 5,000 meters in 17:42.00 and fourth in the mile in 4:55.60 at the Auburn Invitational ... posted a personal-best time of 9:54.55 in the 3,000 meters at the season-opening Commodore Invitational on Jan. 14.

2016 Cross Country

Finished 79th at the SEC Championships in a time of 22:26.8 ... finished 57th at the 6k Crimson Classic in a personal-best time of 22:05.2 ... finished 28th in the season-opening Brooks Memphis Twilight Classic ... covered the 5k course in a time of 18:23.72.

2015-16

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 3,000-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.

2017 CRIMSON TIDE

2017 CRIMSON TIDE

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.



JESSICA GRAY

Distance

Junior

Manassas, Va.
(Osborn Park)

2016-17

2017 Outdoor Season

Finished fifth in the 3,000-meter steeplechase at the SEC Relays on April 28 in 11:26.24 ... finished eighth in the 1,500 meters at the Jim Bush Collegiate on April 15 in a personal-best 4:36.43 ... finished 11th in the 1,500 meters at the Crimson Tide Invitational on April 8 in 4:40.81 ... finished 11th in her first collegiate 3,000-meter steeplechase at the Florida Relays on March 31 in a time of 11:01.51 ... won the 2,000-meter steeplechase at the Florida State Relays on March 24 in a personal-best 7:07.53 in her first outdoor outing of the season.

2017 Indoor Season

Finished ninth in the mile at the Tiger Paw Invitational on Feb. 10 in a time of 4:59.86 ... finished 11th in the 3,000 meters in a personal-best time of 10:10.90 in her season debut at the Bob Pollock Invitational on Jan. 28.

2016 Cross Country

Finished 73rd at the SEC Championships in a time of 22:18.2 ... posted a time of 22:22.3 at the 6k Crimson Classic on Oct. 14 ... made her season debut at the Chattanooga Powerade Invitational, finishing seventh in a time of 11:30.71 over the two-mile course and crossing the finish line as Alabama's No. 2 runner.

2015-16

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.

2014-15

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.

2014 Cross Country

Did not compete.

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 North Regional Championship ... named Most Valuable Player 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 Osborn Park High School in Manassas, Va. ... daughter of Walter Donald Gray III and Susan Gray ... born May 5, 1996.



MAYA HALPRIN-ADAMS

Distance

Sophomore

Cambridge, Mass.
(Rindge & Latin/South Carolina)

Transfer from the University of South Carolina who has three seasons of eligibility remaining.

University of South Carolina

2016-2017

Did not compete.

Prep and Personal

Competed in cross country, indoor and outdoor track at Cambridge Rindge and Latin School ... helped the school claim its first all-state outdoor track & field championship in 2015 ... finished eighth as a senior in the 400 meters at the Massachusetts Interscholastic Athletic Association Outdoor Championships ... won the Dual County League 400 meters title with a personal-best time of 57.76 ... finished second in the 400-meter hurdles at the same meet ... Ranked third and fifth, respectively, in the 800 meters at the 2013 and 2014 MIAA Outdoor Championships ... runner-up in the 1,000 meters at the 2014 MIAA Auerbach All-State Meet ... finished fourth in the 1,500 meters at the 2014 USATF National Junior Olympics ... ran a top 5K cross country time of 19:45.20 in the 2013 MIAA Eastern State Championship, finishing 26th ... daughter of Ronald Adams and Julia Halprin.



BRIANNA KOSHY

Distance

Junior

Brentwood, Tenn.
(Brentwood)

2016-17

2017 Outdoor Season

Finished eighth in the invitational 5,000 meters at the War Eagle Invitational on April 21 in 18:26.74 ... finished 25th in the 5,000 meters at the Crimson Tide Invitational on April 7 in a personal-best 18:04.91 ... finished 17th in the 5,000 meters at the Florida State Relays on March 24 in 18:33.71 in her first outdoor outing of the season.

2017 Indoor Season

Finished 12th in the 5,000 meters at the Tiger Paw Invitational on Feb. 10 in a time of 18:48.74 ... made her season debut at the Auburn Invitational on Jan. 21, finishing sixth in the 5,000 meters in a time of 18:31.64.

2016 Cross Country

Posted a personal-best time of 23:22.0 at the 6k Crimson Classic on Oct. 14 ... made her season debut at the Chattanooga Powerade Invitational, finishing 16th in a time of 12:08.34 over the two-mile course.

2015-16

2016 Outdoor Season

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

2016 Indoor Season

Did not compete.

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.



SHANNON MARSH

Distance

Redshirt Freshman

John's Creek, Ga.
(Northview)

2016-17

2017 Outdoor Season

Did not compete.

2017 Indoor Season

Did not compete.

2016 Cross Country

Did not compete.

Prep and Personal

Coached by Mike Morris and Bill Hedgecock at Northview ... member of two state champion cross country teams (2013, 2014) and two regional champion cross country teams (2012, 2013) at Northview ... team also finished third in the state in 2015 ... two-time cross country and track & field scholar-athlete of the year at Northview ... cross country and track & field captain as a junior and senior ... member of the National Honor Society and National Spanish Honor Society ... daughter of Dwight and Susan Marsh ... born Dec. 29, 1997.



SARAH MOHAN

Distance

Junior

Huntsville, Ala.
(Huntsville)

2016-17

2017 Outdoor Season

Finished 15th in the 1,500 meters at the Jim Bush Collegiate on April 15 in a time of 4:51.49 ... finished 12th in the 1,500 meters at the Crimson Tide Invitational on April 8 in 4:41.38 ... also ran the lead leg on the Alabama "C" 4x400-meter relay that finished 12th at the CTI in 3:57.60 ... finished 40th in the 800 meters at the Florida Relays on March 31 in a time of 2:15.00 ... finished seventh in the 800 meters at the Florida State Relays on March 24 in 2:14.50 in her first outdoor outing of the season.

2017 Indoor Season

Ran the third leg on Alabama's distance medley relay that finished 11th at the 2017 SEC Indoor Track & Field Championships on Feb. 25 in 11:50.15, the ninth-fastest time in school history ... finished 11th in the 800 meters at the Tiger Paw Invitational on Feb. 11 in a time of 2:15.63 ... finished third in the 600 meters at the Bob Pollock Invitational on Jan. 28 in a time of 1:36.33 ... finished 11th in the 800 meters at the Auburn Invitational in a time of 2:17.73 ... also ran the lead leg on the Tide's distance medley relay squad that finished second at the Auburn meet in 12:13.49 ... finished 14th in the 800 meters in a time of 2:15.55 at the Commodore Invitational on Jan. 14 ... was also a member of the Tide's distance medley relay squad.

2016-17

2016 Cross Country

Finished 104th at the SEC Championships in a time of 23:06.6 ... posted a personal-best time of 22:45.3 at the 6k Crimson Classic on Oct. 14 ... finished 39th in the season-opening Brooks Memphis Twilight Classic ... covered the 5k course in a time of 18:34.71.

2015-16

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

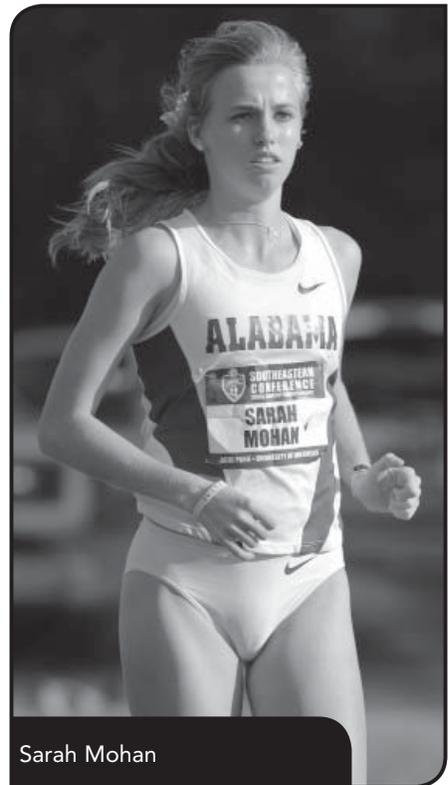
Crossed the 800-meter finish line in a time of 2:20.04 and ran the mile in 5:18.68 at the Indiana Relays ... clocked a mile time of 5:04.36 to finish 25th at the Conference Clash ... ran 5:13.91 in the mile to finish 22nd at the Commodore Indoor Invitational.

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

Coached by Lea Bryant at Huntsville High School ... a part of the 2014 Alabama state champion 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



Sarah Mohan

Society, Mu Alpha Theta, Delta Tri Sigma, and FCA ... daughter of Chris and Cindy Mohan ... born July 20, 1997.



GABBY PRIZIO

Distance

Redshirt Freshman

Derby, Conn.
(Derby)

2016-17

2017 Outdoor Season

Finished 11th in the invitational 1,500 meters at the War Eagle Invitational on April 21 4:50.28 ... finished 22nd in the 1,500 meters at the Crimson Tide Invitational on April 8 in 4:48.22 ... finished 13th in the 1,500 meters at the Florida State Relays on March 24 in 4:44.67 in her outdoor collegiate debut.

2017 Indoor Season

Finished 21st in the mile at the Tiger Paw Invitational on Feb. 10 in a personal-best 5:18.36 ... made her collegiate debut at the Auburn Invitational on Jan. 21, finishing 16th in the 800 meters in 2:26.37 and 14th in the mile in 5:26.77.

2016 Cross Country

Did not compete.

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 outstanding senior runner for cross country and track and field in 2015-2016 ... conference outstanding female distance runner in track as a sophomore ... set conference record in the 800 meters as a senior ... set eight school records ... member of two state runner-up teams in cross country ... member of the National Honor Society ... daughter of Tony and Annette Prizio ... born Nov. 8, 1997.



RACHAEL REDDY

Distance

Junior

Mountain Brook, Ala.
(Mountain Brook/Texas)

Accolades

- SEC All-Freshman Team, 2016 indoor 5,000 meters
- SEC All-Freshman Team, 2015 cross country

2016-17

2017 Outdoor Season

Competed in the 10,000 meters at the SEC Outdoor Track & Field Championships on May 11 but did not finish ... finished ninth in the 5,000 meters at the SEC Relays on April 28 in 18:07.07 ... made her 2017 season debut at the Crimson

2017 CRIMSON TIDE

2017 CRIMSON TIDE

Tide Invitational on April 7 and finished 22nd in the 5,000 meters in 17:46.86.

2017 Indoor Season

Did not compete.

2016 Cross Country

Made her season debut at the Joe Piane Notre Dame Invitational and finished as the Tide's No. 3 runner in a time of 17:27.3 over the 5K course.

2015-16

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

Redshirted and did not officially compete for the Longhorns ... 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.



ALISON RINGLE
Distance
Senior
Bossier City, La. (Parkway)

2016-17

2017 Outdoor Season

Finished seventh in the invitational 5,000 meters at the War Eagle Invitational on April 21 in a time of 18:07.06 ... made her outdoor season debut at the Crimson Tide Invitational on April 7 and finished 24th in the 5,000 meters in 17:57.39.

2017 Indoor Season

Made her 2017 season debut at the Tiger Paw Invitational on Feb. 10 and finished 10th in the 5,000 meters in a time of 18:06.22.

2016 Cross Country

Posted a time of 22:58.2 at the 6k Crimson Classic on Oct. 14 ... made her season debut at the Chattanooga Powerade Invitational on Sept. 9, finishing 13th in a time of 11:55.94, coming in as Alabama's No. 4 runner.

2015-16

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 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.

2014-15

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 Samford 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.



EMMA SIDMAN
Distance
Freshman
Atlanta, Ga. (The Lovett School)

Prep and Personal

Coached by Chris Mayer at The Lovett School ... two-time first-team all-state in cross country ... first-team track all-state in the 800 meters, 1,600 meters, 3,200 meters and 4x400-meter relay ... cross country team MVP as a senior in 2016 ... member of school-record setting distance medley relay, 4x800-meter relay and 4x1,600-meter relay ... member of two state cross country championship teams (2015, 2016) and two track & field state championship teams (2014, 2015) ... Lovett also finished as the state runner-up in 2016 ... member of the National Honor Society ... father was a soccer player at Colgate ... daughter of Steve and Lauren Sidman ... born March 1, 1999.



BRITTANY TOLSON
Distance
Sophomore
Powell, Tenn. (Powell)

2016-17

2017 Outdoor Season

Did not compete.

2017 Indoor Season

Made her collegiate track & field debut at the Auburn Invitational on Jan. 21 ... finished sixth in the 3,000 meters in 10:52.64.

2016 Cross Country

Finished 94th at the SEC Championships in a time of 22:51.7 ... posted time of 22:34.8 at the 6k Crimson Classic on Oct. 14 ... made her collegiate debut at the Chattanooga Powerade Invitational on Sept. 9 and finishing 15th in a time of 12:07.64, coming in as Alabama's No. 5 runner.

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

2017 CRIMSON TIDE

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.



ELIZA WITHERSPOON

Distance

Freshman

Brevard, N.C. (Brevard)

Prep and Personal

Coached by Phillip Latter at Brevard High School ... three-time conference champion and runner of the year at Brevard ... 2016 state cross country runner-up ... four-time all-state selection ... member of Brevard's 2015 and 2016 NCHSAA Class 2A state championship teams ... two-time indoor track & field all-state selection ... daughter of John and Jackie Witherspoon ... mother ran track and cross country at Alabama ... born May 27, 1999 in Brevard, N.C.



HALEY WRIGHT

Distance

Sophomore

Boonsboro, Md. (Boonsboro)

2016-17

2017 Outdoor Season

Finished fourth in the 2,000-meter steeplechase at the Florida State Relays on March 24 in 7:36.08 in her outdoor collegiate debut.

2017 Indoor Season

Finished 13th in the mile in 5:20.30 and 18th in the 800 meters in a time of 2:33.32 at the Auburn Invitational ... made her collegiate track & field debut at the Commodore Invitational on Jan. 14 and finished 34th in the 3,000 meters in 10:46.65.

2016 Cross Country

Posted a time of 22:51.8 at the 6k Crimson Classic on Oct. 14 ... finished 42nd in her collegiate debut at the Brooks Memphis Twilight Classic ... covered the 5k course in a time of 18:38.32.

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.



MCKENZIE YANEK

Distance

Sophomore

Bettendorf, Iowa (Pleasant Valley)

Accolades

- SEC All-Freshman Team, cross country (2016)

2016-17

2017 Outdoor Season

Did not compete.

2017 Indoor Season

Did not compete.

2016 Cross Country

Earned 2016 SEC All-Freshman honors ... finished 36th at the NCAA South Regional and was Alabama's No. 3 runner in a time of 21:12.2 ... finished 22nd at the SEC Championships and was Alabama's No. 1 runner in a time of 21:13.2 ... Alabama's No. 1 runner at the Crimson Classic, finishing sixth in a time of 21:00.1 over the 6k course ... posted a personal best of 17:21.2 to finish as Alabama's No. 2 runner at the 5k Joe Plane Notre Dame Invitational on Sept. 30 ... finished ninth and was Alabama's No. 2 runner in her collegiate debut at the Brooks Memphis Twilight Classic, covering the 5k course in a time of 17:43.43.

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 IGHSAA 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 IGHSAA 4A state championships ... competed as a member of the Pleasant Valley High School team that won the 2015 IGHSAA 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.



KAITLIN YORK

Distance

Junior

Tuscaloosa, Ala. (American Christian Academy)

2016-17

2017 Outdoor Season

Finished sixth in the invitational 5,000 meters at the War Eagle Invitational on April 21 in a personal-best 17:21.06 ... finished 18th in the 5,000 meters at the Crimson Tide Invitational on April 8 in a personal-best 17:41.57 ... finished 11th in the 5,000 meters at the Florida State Relays on March 24 in 18:11.30 in her first

outdoor outing of the season.

2017 Indoor Season

Competed in the 5,000 meters at the 2017 SEC Indoor Track & Field Championships on Feb. 25 but did not finish ... competed in the 5,000 meters at the Iowa State Classic on Feb. 10 but did not finish ... competed in the 3,000 meters at the Bob Pollock Invitational on Jan. 28 but did not finish ... won the 5,000 meters in a personal-best 17:18.73 and finished fifth in the mile in 4:58.00 at the Auburn Invitational ... finished ninth in the 3,000 meters in a personal-best 9:54.14 at the season-opening Commodore Invitational on Jan. 14.

2016 Cross Country

Posted a personal-best time of 23:56.3 at the 6k Crimson Classic ... finished 27th in the season-opening Brooks Memphis Twilight Classic ... covered the 5k course in a time of 18:22.99.

2015-16

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.

2017 CRIMSON TIDE



2017 CRIMSON TIDE

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. In November of 2003, 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.

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).

The Harry Pritchett Running Park has hosted the NCAA Regional in 2001, 2004, 2009, 2013 and 2015. The Alabama men won the regional title in 2001 and 2009, finishing eighth in 2004, 16th in 2011, 13th in 2013 and sixth in 2015. 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. 23:47.40	Alfred Chelanga	Shorter (Ga.)	2016 Crimson Classic
4. 23:48.10	Barnabus Kirui	Mississippi	2010 Crimson Classic
5. 23:54	German Beltran	Alabama	1988 SEC Championships
6. 23:55.00	Ben Cheruiyot	Auburn	2010 Crimson Classic
8. 23:57	German Beltran	Alabama	1990 Crimson Classic
8. 24:01	Sean Dollman	Western Kentucky	1990 Crimson Classic
9. 24:02	German Beltran	Alabama	1989 Crimson Classic
10. 24:04.30	Carison Kemei	Alabama	2010 Crimson Classic
11. 24:06	Emmanuel Bor	Alabama	2006 Crimson Classic
12. 24:09	Barnabus Kirui	Mississippi	2006 Crimson Classic
13. 24:11	Benny McIntosh	Kentucky	1988 SEC Championships
14. 24:14.10	Antibahs Kosgei	Alabama	2016 Crimson Classic
15. 24:15	James B. Kaiser	Kentucky	1988 SEC Championships
16. 24:16	Emmanuel Bor	Alabama	2007 Crimson Classic
17. 24:17	Augustus Maiyo	Alabama	2007 Crimson Classic
18. 24:17.47	Antibahs Kosgei	Alabama	2015 Crimson Classic
19. 24:18	Todd Williams	Tennessee	1988 SEC Championships
20. 24:18.3	Jacob Thomson	Kentucky	2016 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

2016 MEN'S SCHEDULE/RESULTS

Date	Event	Location	Distance	Team Finish	Top Individual	Finish	Time
Sept. 3	Brooks Twilight Classic	Memphis, Tenn.	4 miles	2nd	Antibahs Kosgei	1st	19:11.13
Sept. 9	Chattanooga Powerade Invitational	Chattanooga, Tenn.	5k	2nd	Antibahs Kosgei	4th	14:57.13
Sept. 30	Joe Piane Notre Dame Invitational	South Bend, Ind.	5 miles	17th	Antibahs Kosgei	6th	23:53.4
Oct. 14	Crimson Classic	Tuscaloosa, Ala.	8k	7th	Antibahs Kosgei	1st	24:14.10
Oct. 28	SEC Championships	Fayetteville, Ark.	8k	5th	Antibahs Kosgei	8th	24:06.40
Nov. 11	NCAA South Regional	Tallahassee, Fla.	10k	4th	Robbie Farnham-Rose	3rd	30:24.1
Nov. 19	NCAA Championships	Terre Haute, Ind.	10k	N/A	Antibahs Kosgei	43rd	30:29.4

2016 WOMEN'S SCHEDULE/RESULTS

Date	Event	Location	Distance	Team Finish	Top Individual	Finish	Time
Sept. 3	Brooks Twilight Classic	Memphis, Tenn.	5k	1st	Hannah Waggoner	2nd	17:17.72
Sept. 9	Chattanooga Powerade Invitational	Chattanooga, Tenn.	2 miles	2nd	Emily Edwards	6th	11:28.54
Sept. 30	Joe Piane Notre Dame Invitational	South Bend, Ind.	5k	15th	Hannah Waggoner	47th	17:06.7
Oct. 14	Crimson Classic	Tuscaloosa, Ala.	6k	1st	McKenzie Yanek	6th	21:00.10
Oct. 28	SEC Championships	Fayetteville, Ark.	6k	6th	McKenzie Yanek	22nd	21:13.20
Nov. 11	NCAA South Regional	Tallahassee, Fla.	6k	4th	Hannah Waggoner	26th	20:54.7

2016 REVIEW

Brooks Memphis Twilight Classic September 3, 2016 Memphis, Tenn. • Mike Rose Soccer Complex

Men's Race
4 miles
25 teams • 226 runners
Second Place • 66 points

Men's Team Results

Team	Pts.
1. Middle Tennessee	47
2. Alabama	66
3. Ole Miss	112
4. Mississippi State	127
5. Central Arkansas	160

Alabama Men's Individual Results

Name	Time
1. Antibahs Kosgei	19:11.13
9. Josh Short	20:02.83
11. Conner Thompson	20:04.56
24. Garrett Bull	20:31.71
28. J.P. Brinyark	20:34.11
34. Andrew Bull	20:39.44
44. Evan Prizy	20:50.81
66. Clay Austell	21:20.11
67. Elliott Miller	21:21.17

Women's Race
5 kilometers
25 Teams • 229 runners
First Place • 54 points

Women's Team Results

Team	Pts.
1. Alabama	54
2. Mississippi State	69
3. Ole Miss	103
4. Memphis	112
5. Middle Tennessee	133

Alabama Women's Individual Results

Name	Time
2. Hannah Waggoner	17:17.72
9. McKenzie Yanek	17:43.43
12. Caroline Barlow	17:57.48
15. Calli Coggins	18:01.84
16. Elisabeth Danis	18:05.16
18. Rebecca Buteau	18:07.23
27. Kaitlin York	18:22.99
28. Nicole Gardner	18:23.72
39. Sarah Mohan	18:34.71
42. Haley Wright	18:38.32
44. Alexa Cruz	18:39.77

Chattanooga Powerade Invitational September 9, 2016 Chattanooga, Tenn. • Moccasin Bend

Men's Race
5 kilometers
Eight teams • 69 runners
Second Place • 42 points

Men's Team Results

Team	Pts.
1. Middle Tennessee	19
2. Alabama	42
3. Chattanooga	66
4. Austin Peay	115
5. Samford	120

Alabama Men's Individual Results

Name	Time
4. Antibahs Kosgei	14:57.13
6. Robbie Farnham-Rose	15:33.74
9. J.P. Brinyark	15:45.97
10. Conner Thompson	15:47.46
13. Evan Prizy	15:54.17
14. Garrett Bull	15:56.63
15. Josh Short	15:56.80
16. Andrew Bull	15:57.50
22. Oliver Rigg	16:11.09
26. Elliott Miller	16:18.15
27. Patrick Grant	16:20.22
29. Clay Austell	16:26.06

Women's Race
2 miles
Nine Teams • 76 runners
Second Place • 50 points

Women's Team Results

Team	Pts.
1. Middle Tennessee	15
2. Alabama	50
3. Chattanooga	69
4. Samford	127
5. Mercer	136

Alabama Women's Individual Results

Name	Time
6. Emily Edwards	11:28.54
7. Jessica Gray	11:30.71
9. Veronica Lyle	11:42.54
13. Alison Ringle	11:55.94
15. Brittany Tolson	12:07.64
16. Brianna Koshy	12:08.34
22. Caroline Brooks	12:15.97
52. Ebie Douglals	14:00.03

Joe Piane Notre Dame Invitational September 30, 2016 South Bend, Ind. • Burke Golf Course

Men's Race
5 miles
25 teams • 202 runners
17th Place • 475 points

Men's Team Results

Team	Pts.
1. Ole Miss	83
2. UTEP	99
3. Eastern Kentucky	168
4. Providence	182
5. Illinois	183
17. Alabama	475

Alabama Men's Individual Results

Name	Time
6. Antibahs Kosgei	23:53.4
87. Robbie Farnham-Rose	24:49.0
107. Conner Thompson	24:58.4
149. Garrett Bull	25:31.7
150. Evan Prizy	25:32.3
176. Josh Short	25:59.3
181. J.P. Brinyark	26:06.9
185. Andrew Bull	26:09.8
DNF Payton Ballard	

Women's Race
5 kilometers
23 Teams • 184 runners
15th Place • 402 points

Women's Team Results

Team	Pts.
1. Providence	117
2. North Carolina	149
3. Eastern Michigan	159
4. New Mexico	166
5. Baylor	169
15. Alabama	402

Alabama Women's Individual Results

Name	Time
47. Hannah Waggoner	17:06.7
69. McKenzie Yanek	17:21.2
76. Rachael Reddy	17:27.3
109. Rebecca Buteau	17:50.5
111. Emily Edwards	17:51.0
114. Caroline Barlow	17:54.0
144. Elisabeth Danis	18:12.1
145. Calli Coggins	18:12.6
160. Alexa Cruz	18:27.5

Crimson Classic

October 14, 2016

Tuscaloosa, Ala. • Harry Pritchett Running Park

Men's Race
8 kilometers
24 teams • 217 runners
7th Place • 193 points

Men's Team Results

Team	Pts.
1. Kentucky	70
2. Georgia	83
3. UT-Arlington	147
4. Samford	148
5. Auburn	153
6. Georgia Tech	163
7. Alabama	193

Alabama Men's Individual Results

Name	Time
1. Antibahs Kosgei	24:14.1
5. Robbie Farnham-Rose	24:39.6
32. Evan Prizy	25:40.4
41. Garrett Bull	25:45.2
135. Clay Austell	27:01.8

Women's Race
6 kilometers
25 Teams • 251 runners
1st Place • 76 points

Women's Team Results

Team	Pts.
1. Alabama	76
2. Kentucky	96
3. Lipscomb	127
4. Georgia	139
5. Auburn	149

Alabama Women's Individual Results

Name	Time
6. McKenzie Yanek	21:00.1
11. Hannah Capek	21:08.9
13. Elisabeth Danis	21:14.3
22. Caroline Barlow	21:32.3
26. Rebecca Buteau	21:37.3
42. Emily Edwards	21:49.9
54. Calli Coggins	22:02.6
57. Nicole Gardner	22:05.2
68. Jessica Gray	22:22.3
82. Brittany Tolson	22:34.8
96. Sarah Mohan	22:45.3
107. Haley Wright	22:51.8
113. Alison Ringle	22:58.2
136. Brianna Koshy	23:22.0
150. Caroline Brooks	23:36.6
171. Kaitlin York	23:56.3

Southeastern Conference Championships

October 28, 2016

Fayetteville, Ark. • Agri Park

Men's Race
8 kilometers
12 teams • 107 runners
5th Place • 152 points

Men's Team Results

Team	Pts.
1. Arkansas	25
2. Ole Miss	38
3. Kentucky	100
4. Georgia	149
5. Alabama	152

Alabama Men's Individual Results

Name	Time
8. Antibahs Kosgei	24:06.4
20. Robbie Farnham-Rose	24:54.8
43. Josh Short	25:32.8
44. Conner Thompson	25:34.2
53. Evan Prizy	25:51.0
75. Andrew Bull	25:25.2
76. J.P. Brinyark	26:30.3
78. Patrick Grant	26:38.4
93. Clay Austell	27:12.6
DNF Garrett Bull	

Women's Race
6 kilometers
14 Teams • 136 runners
6th Place • 170 points

Women's Team Results

Team	Pts.
1. Arkansas	46
2. Ole Miss	76
3. Missouri	125
4. Mississippi State	138
5. Vanderbilt	170
6. Alabama	170*

*- Vanderbilt wins tie-breaker

Alabama Women's Individual Results

Name	Time
22. McKenzie Yanek	21:13.2
27. Hannah Waggoner	21:22.7
34. Hannah Capek	21:28.0
47. Elisabeth Danis	21:55.6
55. Caroline Barlow	22:00.6
58. Emily Edwards	22:05.7
71. Rebecca Buteau	22:17.5
73. Jessica Gray	22:18.2
79. Nicole Gardner	22:26.8
93. Calli Coggins	22:51.2
94. Brittany Tolson	22:51.7
104. Sarah Mohan	23:06.6

NCAA South Regional

November 11, 2016

Tallahassee, Fla. • Apalachee Regional Park

Men's Race
10 kilometers
21 teams • 157 runners
4th Place • 122 points

Men's Team Results

Team	Pts.
1. Ole Miss	46
2. Middle Tennessee	61
3. Georgia	105
4. Alabama	122
5. Florida State	127

Alabama Men's Individual Results

Name	Time
3. Robbie Farnham-Rose	30:24.1
6. Antibahs Kosgei	30:33.1
22. Conner Thompson	31:11.4
42. Josh Short	31:47.4
55. Evan Prizy	32:11.0
73. Garrett Bull	32:32.0
101. Andrew Bull	33:04.3

Women's Race
6 kilometers
30 Teams • 212 runners
4th Place • 177 points

Women's Team Results

Team	Pts.
1. Mississippi State	66
2. Ole Miss	67
3. Vanderbilt	138
4. Alabama	177
5. Georgia	195

Alabama Women's Individual Results

Name	Time
26. Hannah Waggoner	20:54.7
30. Hannah Capek	21:01.5
36. McKenzie Yanek	21:12.2
45. Caroline Barlow	21:23.6
53. Elisabeth Danis	21:31.7
85. Emily Edwards	22:11.3
99. Rebecca Buteau	22:22.9

NCAA Championships

November 19, 2016

Terre Haute, Ind. • LaVern Gibson XC Course

Men's Race
10 kilometers

Alabama Men's Individual Results

Name	Time
43. Antibahs Kosgei	30:29.4
123. Robbie Farnham-Rose	31:04.3

2016 REVIEW

2016 MEN'S OVERALL TOP TIMES BY DISTANCE

5 Kilometers

Time	Name	Event	Date	Finish
1. 14:57.13	Anitbahs Kosgei	Chattanooga Powerade Inv.	Sept. 9, 2016	4
2. 15:33.74	Robbie Farnham-Rose	Chattanooga Powerade Inv.	Sept. 9, 2016	6
3. 15:45.97	J.P. Brinyark	Chattanooga Powerade Inv.	Sept. 9, 2016	9
4. 15:47.46	Conner Thompson	Chattanooga Powerade Inv.	Sept. 9, 2016	10
5. 15:54.17	Evan Prizy	Chattanooga Powerade Inv.	Sept. 9, 2016	13
6. 15:56.63	Garrett Bull	Chattanooga Powerade Inv.	Sept. 9, 2016	14
7. 15:56.80	Josh Short	Chattanooga Powerade Inv.	Sept. 9, 2016	15
8. 15:57.50	Andrew Bull	Chattanooga Powerade Inv.	Sept. 9, 2016	16
9. 16:11.09	Oliver Rigg	Chattanooga Powerade Inv.	Sept. 9, 2016	22
10. 16:18.15	Elliott Miller	Chattanooga Powerade Inv.	Sept. 9, 2016	26
11. 16:20.22	Patrick Grant	Chattanooga Powerade Inv.	Sept. 9, 2016	27
12. 16:26.06	Clay Austell	Chattanooga Powerade Inv.	Sept. 9, 2016	29

4 Miles

Time	Name	Event	Date	Finish
1. 19:11.13	Anitbahs Kosgei	Brooks Memphis Twilight	Sept. 3, 2016	1
2. 20:02.83	Josh Short	Brooks Memphis Twilight	Sept. 3, 2016	9
3. 20:04.56	Conner Thompson	Brooks Memphis Twilight	Sept. 3, 2016	11
4. 20:31.71	Garrett Bull	Brooks Memphis Twilight	Sept. 3, 2016	24
5. 20:34.11	J.P. Brinyark	Brooks Memphis Twilight	Sept. 3, 2016	28
6. 20:39.44	Andrew Bull	Brooks Memphis Twilight	Sept. 3, 2016	34
7. 20:50.81	Evan Prizy	Brooks Memphis Twilight	Sept. 3, 2016	44
8. 21:20.11	Clay Austell	Brooks Memphis Twilight	Sept. 3, 2016	66
9. 21:21.17	Elliott Miller	Brooks Memphis Twilight	Sept. 3, 2016	67

5 Miles

Time	Name	Event	Date	Finish
1. 23:53.4	Anitbahs Kosgei	Joe Plane Notre Dame Inv.	Sept. 30, 2016	6
2. 25:49.0	Robbie Farnham-Rose	Joe Plane Notre Dame Inv.	Sept. 30, 2016	87
3. 24:58.4	Conner Thompson	Joe Plane Notre Dame Inv.	Sept. 30, 2016	107
4. 25:41.7	Garrett Bull	Joe Plane Notre Dame Inv.	Sept. 30, 2016	149
5. 25:32.3	Evan Prizy	Joe Plane Notre Dame Inv.	Sept. 30, 2016	150
6. 25:59.3	Josh Short	Joe Plane Notre Dame Inv.	Sept. 30, 2016	176
7. 26:06.9	J.P. Brinyark	Joe Plane Notre Dame Inv.	Sept. 30, 2016	181
8. 26:09.8	Andrew Bull	Joe Plane Notre Dame Inv.	Sept. 30, 2016	185

8 Kilometers

Time	Name	Event	Date	Finish
1. 24:06.4	Anitbahs Kosgei	SEC Championships	Oct. 28, 2016	8
2. 24:14.1	Anitbahs Kosgei	Crimson Classic	Oct. 14, 2016	1
3. 24:39.6	Robbie Farnham-Rose	Crimson Classic	Oct. 14, 2016	5
4. 24:54.8	Robbie Farnham-Rose	SEC Championships	Oct. 28, 2016	20
5. 25:32.8	Josh Short	SEC Championships	Oct. 28, 2016	43
6. 25:34.2	Conner Thompson	SEC Championships	Oct. 28, 2016	44
7. 25:40.4	Evan Prizy	Crimson Classic	Oct. 14, 2016	32
8. 25:45.2	Garrett Bull	Crimson Classic	Oct. 14, 2016	41
9. 25:51.0	Evan Prizy	SEC Championships	Oct. 28, 2016	53
10. 26:25.2	Andrew Bull	SEC Championships	Oct. 28, 2016	75
11. 26:30.3	J.P. Brinyark	SEC Championships	Oct. 28, 2016	76
12. 26:38.4	Patrick Grant	SEC Championships	Oct. 28, 2016	78
13. 27:01.8	Clay Austell	Crimson Classic	Oct. 14, 2016	135
14. 27:12.6	Clay Austell	SEC Championships	Oct. 28, 2016	93

10 Kilometers

Time	Name	Event	Date	Finish
1. 30:24.1	Robbie Farnham-Rose	NCAA South Regional	Nov. 11, 2016	3
2. 30:29.4	Antibahs Kosgei	NCAA Championships	Nov. 19, 2016	43
3. 30:33.1	Anitbahs Kosgei	NCAA South Regional	Nov. 11, 2016	6
4. 31:04.3	Robbie Farnham-Rose	NCAA Championships	Nov. 19, 2016	123
5. 31:11.4	Conner Thompson	NCAA South Regional	Nov. 11, 2016	22
6. 31:47.4	Josh Short	NCAA South Regional	Nov. 11, 2016	42
7. 32:11.0	Evan Prizy	NCAA South Regional	Nov. 11, 2016	55
8. 32:32.0	Garrett Bull	NCAA South Regional	Nov. 11, 2016	73
9. 33:04.3	Andrew Bull	NCAA South Regional	Nov. 11, 2016	101

2016 WOMEN'S OVERALL TOP TIMES BY DISTANCE

2 Miles

Time	Name	Event	Date	Finish
1. 11:28.54	Emily Edwards	Chattanooga Powerade Inv.	Sept. 9, 2016	6
2. 11:30.71	Jessica Gray	Chattanooga Powerade Inv.	Sept. 9, 2016	7
3. 11:42.54	Veronica Lyle	Chattanooga Powerade Inv.	Sept. 9, 2016	9
4. 11:55.94	Alison Ringle	Chattanooga Powerade Inv.	Sept. 9, 2016	13
5. 12:07.64	Brittany Tolson	Chattanooga Powerade Inv.	Sept. 9, 2016	15
6. 12:08.34	Brianna Koshy	Chattanooga Powerade Inv.	Sept. 9, 2016	16
7. 12:15.97	Carolina Brooks	Chattanooga Powerade Inv.	Sept. 9, 2016	22
8. 14:00.03	Ebie Douglas	Chattanooga Powerade Inv.	Sept. 9, 2016	52

5 Kilometers

Time	Name	Event	Date	Finish
1. 17:06.7	Hannah Waggoner	Joe Plane Notre Dame Inv.	Sept. 30, 2016	47
2. 17:17.72	Hannah Waggoner	Brooks Memphis Twilight	Sept. 3, 2016	2
3. 17:21.2	McKenzie Yanek	Joe Plane Notre Dame Inv.	Sept. 30, 2016	69
4. 17:27.3	Rachael Reddy	Joe Plane Notre Dame Inv.	Sept. 30, 2016	76
5. 17:43.43	McKenzie Yanek	Brooks Memphis Twilight	Sept. 3, 2016	9
6. 17:50.5	Rebecca Buteau	Joe Plane Notre Dame Inv.	Sept. 30, 2016	109
7. 17:51.00	Emily Edwards	Joe Plane Notre Dame Inv.	Sept. 30, 2016	111
8. 17:54.00	Caroline Barlow	Joe Plane Notre Dame Inv.	Sept. 30, 2016	114
9. 17:57.48	Caroline Barlow	Brooks Memphis Twilight	Sept. 3, 2016	12
10. 18:01.84	Calli Coggins	Brooks Memphis Twilight	Sept. 3, 2016	15
11. 18:05.16	Elisabeth Danis	Brooks Memphis Twilight	Sept. 3, 2016	16
12. 18:07.23	Rebecca Buteau	Brooks Memphis Twilight	Sept. 3, 2016	18
13. 18:12.1	Elisabeth Danis	Joe Plane Notre Dame Inv.	Sept. 30, 2016	144
14. 18:12.6	Calli Coggins	Joe Plane Notre Dame Inv.	Sept. 30, 2016	145
15. 18:22.99	Kaitlin York	Brooks Memphis Twilight	Sept. 3, 2016	27
16. 18:23.72	Nicole Gardner	Brooks Memphis Twilight	Sept. 3, 2016	28
17. 18:27.5	Alexa Cruz	Joe Plane Notre Dame Inv.	Sept. 30, 2016	160
18. 18:34.71	Sarah Mohan	Brooks Memphis Twilight	Sept. 3, 2016	39
19. 18:38.32	Haley Wright	Brooks Memphis Twilight	Sept. 3, 2016	42
20. 18:39.77	Alexa Cruz	Brooks Memphis Twilight	Sept. 3, 2016	44

6 Kilometers

Time	Name	Event	Date	Finish
1. 20:54.7	Hannah Waggoner	NCAA South Regional	Nov. 11, 2016	26
2. 21:00.1	McKenzie Yanek	Crimson Classic	Oct. 14, 2016	6
3. 21:01.5	Hannah Capek	NCAA South Regional	Nov. 11, 2016	30
4. 21:08.9	Hannah Capek	Crimson Classic	Oct. 14, 2016	11
5. 21:12.2	McKenzie Yanek	NCAA South Regional	Nov. 11, 2016	36
6. 21:13.2	McKenzie Yanek	SEC Championships	Oct. 28, 2016	22
7. 21:14.3	Elisabeth Danis	Crimson Classic	Oct. 14, 2016	13
8. 21:22.7	Hannah Waggoner	SEC Championships	Oct. 28, 2016	27
9. 21:23.6	Caroline Barlow	NCAA South Regional	Nov. 11, 2016	45
10. 21:28.0	Hannah Capek	SEC Championships	Oct. 28, 2016	34
11. 21:31.7	Elisabeth Danis	NCAA South Regional	Nov. 11, 2016	53
12. 21:32.3	Caroline Barlow	Crimson Classic	Oct. 14, 2016	22
13. 21:37.3	Rebecca Buteau	Crimson Classic	Oct. 14, 2016	26
14. 21:49.9	Emily Edwards	Crimson Classic	Oct. 14, 2016	42
15. 21:55.6	Elisabeth Danis	SEC Championships	Oct. 28, 2016	47
16. 22:00.6	Caroline Barlow	SEC Championships	Oct. 28, 2016	55
17. 22:02.6	Calli Coggins	Crimson Classic	Oct. 14, 2016	54
18. 22:05.2	Nicole Gardner	Crimson Classic	Oct. 14, 2016	57
19. 22:05.7	Emily Edwards	SEC Championships	Oct. 28, 2016	58
20. 22:17.5	Rebecca Buteau	SEC Championships	Oct. 28, 2016	71
21. 22:18.2	Jessica Gray	SEC Championships	Oct. 28, 2016	73
22. 22:22.3	Jessica Gray	Crimson Classic	Oct. 14, 2016	68
23. 22:22.9	Rebecca Buteau	NCAA South Regional	Nov. 11, 2016	99
24. 22:26.8	Nicole Gardner	SEC Championships	Oct. 28, 2016	79
25. 22:34.8	Brittany Tolson	Crimson Classic	Oct. 14, 2016	82
26. 22:45.3	Sarah Mohan	Crimson Classic	Oct. 14, 2016	96
27. 22:51.2	Calli Coggins	SEC Championships	Oct. 28, 2016	93
28. 22:51.7	Brittany Tolson	SEC Championships	Oct. 28, 2016	94
29. 22:51.8	Haley Wright	Crimson Classic	Oct. 14, 2016	107
30. 22:58.2	Alison Ringle	Crimson Classic	Oct. 14, 2016	113
31. 23:06.6	Sarah Mohan	SEC Championships	Oct. 28, 2016	104
32. 23:22.0	Brianna Koshy	Crimson Classic	Oct. 14, 2016	136
33. 23:36.6	Caroline Brooks	Crimson Classic	Oct. 14, 2016	150
34. 23:56.3	Kaitlin York	Crimson Classic	Oct. 14, 2016	171

ACADEMICS

2017 SEC ACADEMIC HONOR ROLL



Clay Austell



Payton Ballard



Caroline Barlow



Calli Coggins



Ebie Douglas



Conner Ferrentino



Nicole Gardner



Jessica Gray



Brianna Koshy



Sarah Mohan



Rachael Reddy



Alison Ringle



Josh Short



Conner Thompson



Hannah Waggoner



Kaitlin York

ACADEMIC ALL-AMERICANS

Alabama track and field and cross country has been a fixture in the yearly CoSIDA Academic All-America awards with 10 student-athletes garnering a total of 17 All-America honors.



Quanesha Burks
2016



Alex Gholston
2017, 2016



Nia Barnes
2014, 2015



Alexis Paine
2013, 2014



Leigh Gilmore
2012



Nathan Corder
2010, 2011, 2012



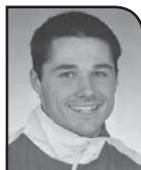
Beth Mallory
2006



Brian Rohrer
2002, 2003, 2004



Troy Henderson
2002



Joakim Nilsson
1995

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.

Men
2016
2015
2014
2011
2009
2008
2007
2006
2004
2003
2002
2001
1996
1995

Women
2016
2015
2014
2011
2010
2009
2008
2006
2005
2002
2001

2017 SEC FIRST-YEAR HONOR ROLL



J.P. Brinyark



Caroline Brooks



Rebecca Buteau



Hannah Capek



Daley Cline



Alexa Cruz



Caroline Cumbest



Elisabeth Danis



Savannah Fraleigh



Patrick Grant



Gabby Prizio



Oliver Rigg



Britany Tolson



Drew Williams



Haley Wright



McKenzie Yanek

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.

2016 SEC CROSS COUNTRY

Men
The SEC sent two teams to compete in the NCAA Championships with Ole Miss finishing fourth and Arkansas finishing fifth.

SEC Champion: Arkansas
Coach of the Year: Chris Bucknam, Arkansas
Runner of the Year: Alex George, Arkansas
Freshman Runner of the Year: Carter Persy, Arkansas

Women

Four SEC teams advanced to the NCAA Championships with Mississippi State finishing 15th, Missouri 16th, Arkansas 19th and Ole Miss 23rd. Missouri's Karissa Schweizer won the individual championship.

SEC Champion: Arkansas
Coach of the Year: Lance Harter, Arkansas
Runner of the Year: Karissa Schweizer, Missouri
Freshman Runner of the Year: Abby Gray, Arkansas

SEC CROSS COUNTRY HISTORY

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

Women
*One team championship (1988)
*One individual championship (2016)
*87 All-Americans since 1981
*58 teams have finished among the top 25 at the NCAA Championships since 1982

THE SOUTHEASTERN CONFERENCE



OCTOBER 27, 2017
Athens, Ga.

Venue: Georgia Cross Country Course
Host: University of Georgia
Women's 6-Kilometer Race: 9 a.m. CT*
Men's 8-Kilometer Race: 10 a.m. CT*
*Start times tentative

ALABAMA Tuscaloosa, Ala. Crimson Tide RollTide.com	Men Coach <u>Dan Waters</u> 2016 SEC Finish <u>5th</u> 2016 NCAA Finish <u>n/a</u> SEC Championships <u>3</u>	Women Coach <u>Dan Waters</u> 2016 SEC Finish <u>6th</u> 2016 NCAA Finish <u>n/a</u> SEC Championships <u>2</u>
ARKANSAS Fayetteville, Ark. Razorbacks ArkansasRazorbacks.com	Men Coach <u>Chris Bucknam</u> 2016 SEC Finish <u>1st</u> 2016 NCAA Finish <u>5th</u> SEC Championships <u>24</u>	Women Coach <u>Lance Harter</u> 2016 SEC Finish <u>1st</u> 2016 NCAA Finish <u>19th</u> SEC Championships <u>17</u>
AUBURN Auburn, Ala. Tigers AuburnTigers.com	Men Coach <u>David Barnett</u> 2016 SEC Finish <u>10th</u> 2016 NCAA Finish <u>n/a</u> SEC Championships <u>6</u>	Women Coach <u>David Barnett</u> 2016 SEC Finish <u>9th</u> 2016 NCAA Finish <u>n/a</u> SEC Championships <u>0</u>
FLORIDA Gainesville, Fla. Gators GatorZone.com	Men Coach <u>Paul Spangler</u> 2016 SEC Finish <u>8th</u> 2016 NCAA Finish <u>n/a</u> SEC Championships <u>3</u>	Women Coach <u>Paul Spangler</u> 2016 SEC Finish <u>8th</u> 2016 NCAA Finish <u>n/a</u> SEC Championships <u>6</u>
GEORGIA Athens, Ga. Bulldogs GeorgiaDogs.com	Men Coach <u>Patrick Cunniff</u> 2016 SEC Finish <u>4th</u> 2016 NCAA Finish <u>n/a</u> SEC Championships <u>0</u>	Women Coach <u>Patrick Cunniff</u> 2016 SEC Finish <u>10th</u> 2016 NCAA Finish <u>n/a</u> SEC Championships <u>0</u>
KENTUCKY Lexington, Ky. Wildcats UKAthletics.com	Men Coach <u>Edrick Floreal</u> 2016 SEC Finish <u>3rd</u> 2016 NCAA Finish <u>n/a</u> SEC Championships <u>4</u>	Women Coach <u>Edrick Floreal</u> 2016 SEC Finish <u>7th</u> 2016 NCAA Finish <u>n/a</u> SEC Championships <u>3</u>
LSU Baton Rouge, La. Tigers LSUSports.net	Men Coach <u>Mark Rinker</u> 2016 SEC Finish <u>11th</u> 2016 NCAA Finish <u>n/a</u> SEC Championships <u>0</u>	Women Coach <u>Mark Rinker</u> 2016 SEC Finish <u>12th</u> 2016 NCAA Finish <u>n/a</u> SEC Championships <u>0</u>
MISSISSIPPI Oxford, Miss. Rebels OleMissSports.com	Men Coach <u>Ryan Vanhoy</u> 2016 SEC Finish <u>2nd</u> 2016 NCAA Finish <u>4th</u> SEC Championships <u>0</u>	Women Coach <u>Ryan Vanhoy</u> 2016 SEC Finish <u>2nd</u> 2016 NCAA Finish <u>23rd</u> SEC Championships <u>0</u>
MISS. STATE Starkville, Miss. Bulldogs HailState.com	Men <u>No men's program</u>	Women Coach <u>Houston Franks</u> 2016 SEC Finish <u>4th</u> 2016 NCAA Finish <u>15th</u> SEC Championships <u>0</u>
MISSOURI Columbia, Mo. Tigers MUTigers.com	Men Coach <u>Marc Burns</u> 2016 SEC Finish <u>6th</u> 2016 NCAA Finish <u>n/a</u> SEC Championships <u>0</u>	Women Coach <u>Marc Burns</u> 2016 SEC Finish <u>3rd</u> 2016 NCAA Finish <u>n/a</u> SEC Championships <u>0</u>
SOUTH CAROLINA Columbia, S.C. Gamecocks GamecocksOnline.com	Men <u>No men's program</u>	Women Coach <u>Andrew Allden</u> 2016 SEC Finish <u>13th</u> 2016 NCAA Finish <u>n/a</u> SEC Championships <u>0</u>
TENNESSEE Knoxville, Tenn. Volunteers UTSports.com	Men Coach <u>Beth Alford-Sullivan</u> 2016 SEC Finish <u>9th</u> 2016 NCAA Finish <u>n/a</u> SEC Championships <u>25</u>	Women Coach <u>Beth Alford-Sullivan</u> 2016 SEC Finish <u>14th</u> 2016 NCAA Finish <u>n/a</u> SEC Championships <u>5</u>
TEXAS A&M College Station, Texas Aggies 12thman.com	Men Coach <u>Wendel McRaven</u> 2016 SEC Finish <u>7th</u> 2016 NCAA Finish <u>n/a</u> SEC Championships <u>0</u>	Women Coach <u>Wendel McRaven</u> 2016 SEC Finish <u>11th</u> 2016 NCAA Finish <u>n/a</u> SEC Championships <u>0</u>
VANDERBILT Nashville, Tenn. Commodores VUCommodores.com	Men Coach <u>Steve Keith</u> 2016 SEC Finish <u>12th</u> 2016 NCAA Finish <u>n/a</u> SEC Championships <u>0</u>	Women Coach <u>Steve Keith</u> 2016 SEC Finish <u>5th</u> 2016 NCAA Finish <u>n/a</u> SEC Championships <u>1</u>

RECORDS & HISTORY

SEC MEN'S CHAMPIONSHIPS

Year	Champion (Pts.)	Site	Alabama Finish (Pts.)
1935	Georgia Tech (32)	Atlanta, Ga.	2 (46)
1936	Georgia Tech (15)	Atlanta, Ga.	DNC
1937	Georgia Tech (19)	Atlanta, Ga.	DNC
1938	Georgia Tech (24)	Atlanta, Ga.	2t (59)
1939	Georgia Tech (29)	Atlanta, Ga.	2 (36)
1940	Georgia Tech (31)	Atlanta, Ga.	5 (99)
1941	Mississippi State (34)	Atlanta, Ga.	3 (68)
1942	Georgia Tech (23)	Atlanta, Ga.	DNC
1943	No Competition		
1944	No Competition		
1945	No Competition		
1946	Auburn (40)	Atlanta, Ga.	DNC
1947	Georgia Tech (51)	Atlanta, Ga.	DNC
1948	Auburn (54)	Atlanta, Ga.	DNC
1949	Tennessee (48)	Atlanta, Ga.	DNC
1950	Tennessee (30)	Atlanta, Ga.	2 (50)
1951	Tennessee (18)	Atlanta, Ga.	2 (62)
1952	Tennessee (30)	Atlanta, Ga.	DNC
1953	Georgia Tech (51)	Atlanta, Ga.	4 (79)
1954	Georgia Tech (38)	Atlanta, Ga.	DNC
1955	Auburn & Florida (46)	Atlanta, Ga.	DNC
1956	Tennessee (26)	Atlanta, Ga.	DNC
1957	Mississippi State (35)	Atlanta, Ga.	DNC
1958	Kentucky (47.5)	Atlanta, Ga.	DNC
1959	Kentucky (59)	Atlanta, Ga.	DNC
1960	Mississippi State (38)	Atlanta, Ga.	DNC
1961	Mississippi State (33)	Atlanta, Ga.	DNC
1962	Mississippi State (37)	Atlanta, Ga.	DNC
1963	Tennessee (15)	Atlanta, Ga.	DNC
1964	Auburn (23)	Pine Mountain, Ga.	DNC
1965	Tennessee (15)	Birmingham, Ala.	4 (105)
1966	Tennessee (39)	Birmingham, Ala.	6 (112)
1967	Tennessee (28)	Birmingham, Ala.	3 (90)
1968	Tennessee (30)	Birmingham, Ala.	6 (137)
1969	Tennessee (34)	Birmingham, Ala.	7 (149)
1970	Kentucky (41)	Birmingham, Ala.	2 (44)
1971	Tennessee (48)	Birmingham, Ala.	2t (51)
1972	Tennessee (35)	Tuscaloosa, Ala.	2 (48)
1973	Alabama (41)	Gainesville, Fla.	1 (41)
1974	Tennessee (44)	Lexington, Ky.	6 (169)
1975	Tennessee (38)	Baton Rouge, La.	5 (112)
1976	Tennessee (32)	Starkville, Miss.	2 (38)
1977	Tennessee (23)	Knoxville, Tenn.	4 (93)
1978	Tennessee (24)	Nashville, Tenn.	6 (158)
1979	Auburn (73)	Tuscaloosa, Ala.	5 (121)
1980	Auburn (35)	Auburn, Ala.	4 (117)
1981	Tennessee (38)	Gainesville, Fla.	9 (238)
1982	Tennessee (47)	Athens, Ga.	9 (231)
1983	Tennessee (31)	Lexington, Ky.	8 (229)
1984	Tennessee (38)	Clinton, La.	6 (151)
1985	Tennessee (31)	Oxford, Miss.	9 (216)
1986	Florida (38)	Knoxville, Tenn.	5 (169)
1987	Florida (45)	Nashville, Tenn.	5 (145)
1988	Kentucky (37)	Tuscaloosa, Ala.	4 (89)
1989	Tennessee (57)	Auburn, Ala.	5 (90)
1990	Tennessee (52)	Gainesville, Fla.	4 (90)
1991	Arkansas (15)	Athens, Ga.	8 (217)
1992	Arkansas (23)	Lexington, Ky.	8 (180)
1993	Arkansas (18)	Baton Rouge, La.	5 (152)
1994	Arkansas (38)	Fayetteville, Ark.	3 (99)
1995	Arkansas (32)	Starkville, Miss.	3 (90)
1996	Arkansas (15)	Oxford, Miss.	2 (64)
1997	Arkansas (16)	Columbia, S.C.	2 (66)
1998	Arkansas (19)	Maryville, Tenn.	9 (262)
1999	Arkansas (17)	Nashville, Tenn.	4 (73)
2000	Arkansas (27)	Tuscaloosa, Ala.	2 (43)
2001	Arkansas (24)	Auburn, Ala.	2 (85)
2002	Arkansas (31)	Gainesville, Fla.	2 (52)
2003	Arkansas (33)	Athens, Ga.	4 (97)
2004	Arkansas (23)	Fayetteville, Ark.	7 (184)
2005	Arkansas (23)	Columbia, S.C.	2 (73)
2006	Arkansas (21)	Baton Rouge, La.	3 (75)
2007	Arkansas (36)	Lexington, Ky.	3 (82)
2008	Alabama (32)	Starkville, Miss.	1 (32)
2009	Alabama (56)	Oxford, Miss.	1 (56)
2010	Arkansas (34)	Columbia, S.C.	2 (62)
2011	Arkansas (33)	Maryville, Tenn.	5t (169)
2012	Arkansas (35)	Nashville, Tenn.	11 (309)
2013	Arkansas (31)	Gainesville, Fla.	11 (251)
2014	Arkansas (54)	Tuscaloosa, Ala.	6 (195)
2015	Arkansas (25)	College Station, Texas	9 (203)
2016	Arkansas (25)	Fayetteville, Ark.	5 (152)

SEC WOMEN'S CHAMPIONSHIPS

Year	Champion (Pts.)	Site	Alabama Finish (Pts.)
1983	Tennessee (24)	Lexington, Ky.	3 (78)
1984	Florida (41)	Clinton, La.	2 (54)
1985	Kentucky (84)	Oxford, Miss.	2 (93)
1986	Alabama (30)	Knoxville, Tenn.	1 (30)
1987	Alabama (20)	Nashville, Tenn.	1 (20)
1988	Kentucky (22)	Tuscaloosa, Ala.	2 (68)
1989	Kentucky (39)	Auburn, Ala.	4t (98)
1990	Tennessee (41)s	Gainesville, Fla.	3 (88)
1991	Arkansas (30)	Athens, Ga.	4 (111)
1992	Arkansas (52)	Lexington, Ky.	2 (80)
1993	Arkansas (37)	Baton Rouge, La.	2 (83)
1994	Arkansas (31)	Fayetteville, Ark.	2 (80)
1995	Arkansas (40)	Starkville, Miss.	4 (107)
1996	Florida (52)	Oxford, Miss.	7 (198)
1997	Florida (37)	Columbia, S.C.	5 (124)
1998	Arkansas (25)	Maryville, Tenn.	4 (147)
1999	Arkansas (15)	Nashville, Tenn.	6 (169)
2000	Arkansas (43)	Tuscaloosa, Ala.	5 (153)
2001	Arkansas (35)	Auburn, Ala.	11 (235)
2002	Arkansas (39)	Gainesville, Fla.	10 (291)
2003	Tennessee (57)	Athens, Ga.	9 (230)
2004	Tennessee (55)	Fayetteville, Ark.	10 (257)
2005	Tennessee (48)	Columbia, S.C.	8 (190)
2006	Arkansas (17)	Baton Rouge, La.	8 (240)
2007	Arkansas (39)	Lexington, Ky.	10 (275)
2008	Arkansas (46)	Starkville, Miss.	7 (170)
2009	Florida (24)	Oxford, Miss.	5 (141)
2010	Florida (60)	Columbia, S.C.	6 (177)
2011	Vanderbilt (30)	Maryville, Tenn.	6 (181)
2012	Florida (61)	Nashville, Tenn.	11 (268)
2013	Arkansas (32)	Gainesville, Fla.	6 (174)
2014	Arkansas (32)	Tuscaloosa, Ala.	3 (140)
2015	Arkansas (38)	College Station, Texas	4 (143)
2016	Arkansas (46)	Fayetteville, Ark.	6 (170)

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
J.P. Brinyark	2016

Women's Freshman All-SEC

Haley Moody	2007
Kelsey Johnson	2008
Sara Vaughn	2008
Rachael Reddy	2015
McKenzie Yanek	2016

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 Koeh, 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 Samoei
2010	Julius Bor, Carison Kemei, Joel Rop
2011	Carison Kemei
2015	Antibahs Kosgei
2016	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 Koeh	2005
Alex Korir	2005
Antibahs Kosgei	2015, 2016
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 Samoei	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

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.
2016	4th	122	Tallahassee, Fla.

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
2016	Robbie Farnham-Rose, 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, 2016
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, 2016
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.
2016	4th	177	Tallahassee, Fla.

* 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
2016	Hannah Waggoner

Women's NCAA All-South Regional Finishers (by athlete)

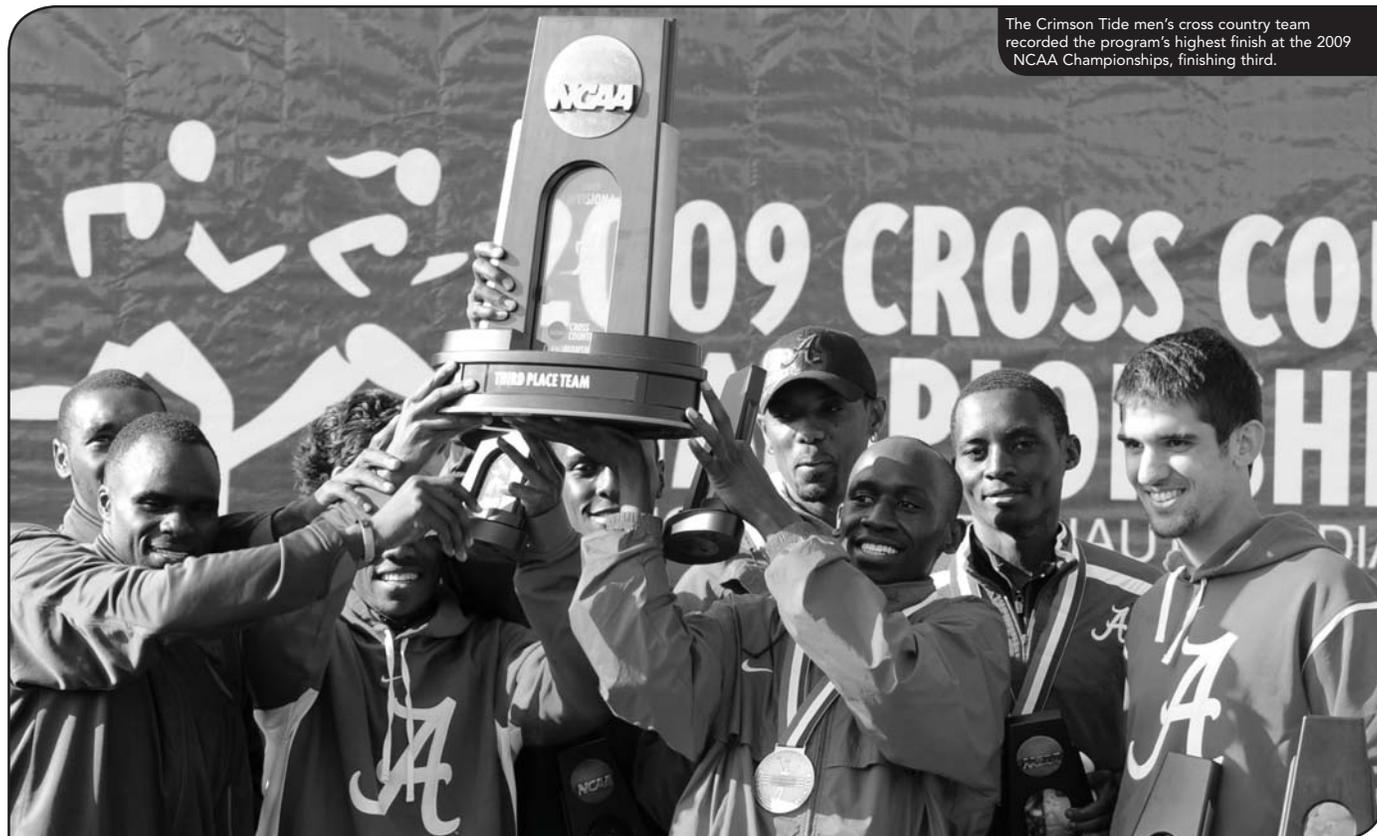
Dawn Boggs	1999
Katelyn Greenleaf	2013, 2014, 2015
Amanda Grout	1999
Julia Hicks	2005, 2006
Kelsey Johnson	2008, 2009
Ashley LaBudde	1998, 1999, 2000
Aly Mills	1998
Haley Moody	2007
Meropi Panagiotou	2013
Sara Vaughn	2008
Hannah Waggoner	2014, 2016

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

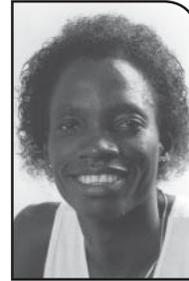
2002

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



1995

JESSICA FRY

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

WHY ALABAMA?

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 standout Conner Thompson was among the 97 men in Division I who earned United States Track & Field and Cross Country Coaches Association (USTFCCCA) All-Academic honors for the 2016 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, Thompson finished among the top 10 percent of competitors at the 2016 NCAA South Region meet.

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

Men's honorees include 2017 seniors Klyvens Delaunay (3.66/Graduate Studies), Jacopo Lahbi (3.31/Management), McLean Lipschutz (3.39/Physical Education), Hayden Reed (3.34/Geography), junior Conner Thompson (3.64/Mechanical Engineering) and sophomore Josh Short (4.00/Political Science).

Women's selections are 2017 seniors Quanesha Burks (3.32/Elementary Education), Alex Gholston (3.97/English) and Hannah Waggoner (3.63/Mechanical Engineering), juniors Danielle McConnell (3.90/General Studies) and Haley Teel (3.46/Marketing) and freshmen Hannah Capek (4.00/Mechanical Engineering) and Samantha Zelden (4.00/Exercise Science).

To qualify for USTFCCCA honors, a student-athlete must have a cumulative GPA of 3.25 with an indoor season rank among the top 96

in an individual event or top 48 in a relay or have participated in either the NCAA Outdoor Track & Field Championships or NCAA East or West regionals.

In addition to the individual honors, the Crimson Tide women's program was among the 218 women's teams named to the association's All-Academic team list. The Tide women posted a team GPA of 3.37 during the 2016-17 academic year. The Tide women have now earned USTFCCCA academic team honors in all six seasons of head coach Dan Waters' tenure at Alabama.

Alabama track & field was recognized on the CoSIDA Academic All-America Team in 2017 by senior Alex Gholston and in 2016 by Gholston and teammate Quanesha Burks. The Tide women have now had at least one Academic All-American in each of the last five seasons.

Twenty-five members of the Tide track & field team were among the 127 Alabama student-athletes to land spots on the 2017 Southeastern Conference Spring Academic Honor Roll. They joined 18 members of the men's and women's cross country teams who were named to the 2016 SEC Fall Academic Honor Roll.

Alabama cross country (16) and track & field (10) were also well-represented among the UA's SEC-leading 102 student-athletes named to the 2016-17 First-Year Academic Honor Roll.

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 Merilyn 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 2016-17, 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 2016-17, Alabama led the nation with seven first-team Academic All-Americans among its 10 total honorees. The 10 total selections gave the Tide double-digit honorees for the fourth year in a row.

The Tide had more student-athletes earn first-team recognition than all but three other NCAA Division I schools had total honors and was one of only two schools to earn double-digit Academic All-America honors in 2016-17.

Alabama has earned Academic All-America honors a Division I-best 77 times over the last eight seasons and an extraordinary 45 times over the last four.

Alabama also led the nation in overall at-large honors with six when gymnasts Mackenzie Brannan and Keely McNeer earned the accolade on the women's side of the slate. Both women earned first-team honors as well. It was Brannan's second Academic All-American nod and McNeer's first.

Swimmer Anton McKee also extended Alabama's streak of Academic All-Americans of the Year when he earned his second-consecutive honor in 2017, marking the eighth year in a row that a Crimson Tide student-athlete has earned that designation for their respective sport. Overall, an Alabama student-athlete has been named Academic All-American of the Year 11 times since 2004.

Alabama leads the Southeastern Conference with a total of 159 Academic All-American honors, and is ranked fifth among NCAA Division I schools. The Tide is ranked first among Division I schools since 2010 with 77 and third since 2000 with 123.

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 six years (Brooke Pancake of women's golf in 2012; Barrett Jones of football in 2013; Kim Jacob of gymnastics in 2014).

Alabama has made a big jump in the national rankings over the last four 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 159 honors following the 2016-17 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 123, closely behind second-place Notre Dame. Since 2010, the Crimson Tide ranks first nationally with 77 honors.

After a school-record seven student-athletes earned NCAA Postgraduate Scholarships in 2014, Alabama has added five more over the last three 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, McKee earned the league's top honor, taking home the 2016-17 Southeastern Conference H. Boyd McWhorter Scholar-Athlete of the Year award, earning a \$15,000 postgraduate scholarship in the process. With McKee's honor, Alabama has the most in the award's 32-year history with 11. The Crimson Tide has earned eight honors since 2000, the most in the SEC over that span. McKee's win also puts Alabama in first place when it comes to the men's side of the slate with six.

McKee joins Julie Estin (1987, gymnastics), Jeff Laubenthal (1992, baseball), Meredith Willard (1997, gymnastics), Kristin Sterner (2003, gymnastics), Lauren Imwalle (2004, soccer), Emeel Salem (2007, baseball), Joseph Sykora (2008, golf), Barrett Jones (2013, football), Cory Whitsett (2014, golf) and Haylie McCleney (2016, softball) among the Tide's SEC Scholar-Athletes of the Year.

Alabama was also prolific when it came to the SEC Academic Honor Roll, earning the accolade 372 times during the 2016-17 academic year. The Crimson Tide had 270 student-athletes named to the SEC Fall, Winter and Spring Academic Honor Rolls and 102 named to the First-Year Academic Honor Roll.

On a department-wide basis, Alabama's more than 500 student-athletes averaged over a 3.25 grade point average, including 61 who maintain a career GPA of 4.0. Seven UA teams posted cumulative GPAs above 3.5 for the year, marking the seventh year in a row that at least five teams have met that standard, while 14 of 17 programs earned GPAs over 3.0 for the academic year.

More than 120 student-athletes earned their degrees during the 2016-17 academic year, including the winter, spring and summer graduations. The latest numbers reveal that Alabama graduates 71 percent of its student-athletes while the general student population graduates at a rate of 67 percent.

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 2016-17, UA student-athletes averaged a 3.25 grade point average, including 61 who maintain a career GPA of 4.0. More than 120 student-athletes earned degrees during the 2016-17 academic year. The latest numbers find that Alabama graduates 71 percent of its student-athletes while the general student population graduates at a rate of 67 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 2017-18 academic year, Alabama athletics teams have won 26 national team championships, 97 individual national titles and 103 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 26 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 at least one 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 2016-17 athletics year, student-athletes participated in more than 1,600 interviews with news media.

COACHING STAFF

In just seven 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 and has produced eight individual NCAA titles (by five student-athletes). The Alabama men's and women's teams both finished in the top-10 at the NCAA Indoor Championships for the first time in school history in 2017 with the women posting a best-ever third-place finish. The men's team posted its first top-10 finish at the NCAA Outdoor Championships in 16 years in 2017 and recorded consecutive top-20 finishes at the 2013 and 2014 NCAA Outdoor Championships. The Alabama women's team posted its highest team finish in 20 years at the 2014 NCAA Outdoor Championships; 14 members of the men's team and 10 from the women's squad earned All-America honors for their performances during the 2017 outdoor championships by the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA); 19 student-athletes who competed at the 2017 NCAA Indoor Track & Field Championships earned All-America honors; 41 school records have been set and more than 200 performances that rank in Alabama's all-time top-10 performances have been achieved. In cross country, the 2016 season was highlighted by Robbie Farnham-Rose and Antibahs Kosgei qualifying for the NCAA Championships with top-six finishes at the NCAA South Regional while the women and men produced fourth-place finishes at the NCAA South Region Championships. It was the fourth season in a row the Crimson Tide women finished in the top four 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) and will be held there again in 2017..





CROSS COUNTRY SCHEDULE

9.1.17 STRUTS SEASON OPENER
OXFORD, ALA.

6 PM

10.27.17 SEC CROSS COUNTRY CHAMPIONSHIPS
ATHENS, GA.

TBD

9.16.17 UC RIVERSIDE INVITATIONAL
RIVERSIDE, CALIF.

9:30 AM

**11.10.17 NCAA SOUTH REGIONAL
TUSCALOOSA, ALA.**

10 AM

9.29.17 JOE PIANE NOTRE DAME
SOUTH BEND, IND.

1 PM

11.18.17 NCAA CHAMPIONSHIPS
LOUISVILLE, KY.

TBD

**10.13.17 CRIMSON CLASSIC
TUSCALOOSA, ALA.**

9 AM

HOME MEETS IN BOLD



ALABAMA

ALABAMA

ALABAMA

Andrew
BULL

Jessica
GRAY

Garrett
BULL

**CROSS
COUNTRY**