



CRIMSON TIDE

CROSS COUNTRY



MEET 2



ALABAMA *at* UC RIVERSIDE INVITATIONAL

SEPT. 16, 2017 / 9:30 A.M. CT / RIVERSIDE, CALIF.
UCR AG OPS COURSE

THIS WEEK: UC RIVERSIDE INVITATIONAL

Meet Notes: The Alabama men's and women's cross country teams will return to action this weekend at the UC Riverside Invitational. The women will run a 6k race beginning at 9:30 a.m. (CT) with the men's 8k race to follow at 10:05 a.m. (CT). The Tide will enter 12 men's runners and 12 women's runners this week.

Competing Teams: Division I teams scheduled to compete include Alabama, Arkansas, Cal State-Fullerton, Cal State-Northridge, Long Beach State, Loyola Marymount, Pacific, Pepperdine, Sacramento State, San Diego State, Southern Utah, UC Davis, UC Irvine, UC Riverside, UC Santa Barbara, USC and Utah Valley.

Next Meet: Alabama returns to action at the Joe Plane Invitational in South Bend, Ind., on Friday, Sept. 29.

ALABAMA MEN

ALABAMA WOMEN

Clay Austell So./Collierville, Tenn.	Caroline Barlow Sr./Naples, Fla.
Hayden Blalock Fr./Raleigh, N.C.	Carolina Brooks So./Plano, Texas
J.P. Brinyark So./Berry, Ala.	Rebecca Buteau So./Madison, Miss.
Chase Buckelew Fr./Arab, Ala.	Elisabeth Danis So./Nottingham, N.H.
Garrett Bull Sr./Nashville, Tenn.	Maddie Dearborn Fr./Yorkville, Ill.
Alfred Chelanga Jr./Nairobi, Kenya	Margot Dooley Fr./Evanston, Ill.
Nathan Gamble Fr./Raleigh, N.C.	Nicole Gardner Jr./Murfreesboro, Tenn.
Gilbert Kigen Jr./Kipkabus, Kenya	Jessica Gray Jr./Manassas, Va.
Vincent Kiprop Jr./Kericho, Kenya	Shannon Marsh R-Fr./John's Creek, Ga.
Elliott Miller So./Cheyenne, Wyo.	Rachael Reddy Jr./Mountain Brook, Ala.
Evan Prizy Sr./Naperville, Ill.	Alison Ringle Sr./Bossier City, La.
Oliver Rigg So./Zionsville, Ind.	McKenzie Yanek So./Bettendorf, Iowa.

2017 SCHEDULE

Meet	Date	Location
CROSS COUNTRY		
Struts Season Opener	Sept. 1	Oxford, Ala.
UC Riverside Invitational	Sept. 16	Riverside, Calif.
Joe Plane Invitational	Sept. 29	South Bend, Ind.
CRIMSON CLASSIC	OCT. 13	TUSCALOOSA, ALA.
SEC Championships	Oct. 27	Athens, Ga.
NCAA SOUTH REGIONAL	Nov. 13	TUSCALOOSA, ALA.
NCAA Championships	Nov. 18	Louisville, Ky.

QUICK HITS

In The Rankings

The Alabama men's cross country team moved up one spot to No. 3 while women's team held steady at No. 4 in the U.S. Track & Field Cross Country Coaches Association (USTFCCCA) South Region rankings released Sept. 11.

Youth Movement

Eight Tide runners made their collegiate debut in the Struts Season Opener on Sept. 1 - Hayden Blalock, Nathan Gamble, Jackson Reed, Paul Selden and Colton Smith on the men's side and Ameena Benselloum, Margot Dooley and Shannon Marsh for the women. In all, Alabama has 21 freshmen or redshirt freshmen - nine men and 12 women - on the 2017 roster.

Head Coach Dan Waters' Outlook

"The UC Riverside Invitational will be another good test for us. This will be the first outing for several of our top runners and will give us a chance to see how our newcomers handle traveling and competing in a different climate and region of the country. Those types of adjustments are part of competing at the collegiate level. This week's meet is another step in our process of developing as a team."

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QUICK FACTS

UNIVERSITY

Location Tuscaloosa, Ala.
 Founded April 12, 1831
 Enrollment 38,563
 Conference Southeastern
 Colors Crimson and White
 Nickname Crimson Tide
 President Dr. Stuart Bell
 Athletic Director Greg Byrne
 Faculty Athletics Representative Dr. James King

COACHING STAFF

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

TEAM INFORMATION

2016 SEC Finish Men-5th/Women- 6th
 2016 NCAA Regional Finish Men- 4th/Women 4th
 Returnees Men- 12/Women- 22
 Newcomers Men- 9/Women- 10
 Home Course Harry Pritchett Running Park

PROGRAM HISTORY

Men's SEC Championships 3
 (1973, 2008, 2009)
 Women's SEC Championships 2
 (1986, 87)
 Men's NCAA Regional Championships 7
 (1999, 2000, 01, 05, 07, 08, 09)
 Women's NCAA Regional Championships 3,
 (1978, 79, 86)
 Men's NCAA Top 25 Finishes 13
 (1973, 76, 89, 94, 96, 97, 99, 2005, 06, 07, 08, 09, 10)
 Women's NCAA Top 25 Finishes 4
 (1984, 87, 93, 94)
 Men's All-Americans 11
 Women's All-Americans 10

ATHLETICS COMMUNICATIONS

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USTFCCCA RANKINGS

MEN'S SOUTH REGIONAL

Rank	School	Conference	Previous
1	Middle Tennessee	C-USA	2
2	Ole Miss	SEC	1
3	ALABAMA	SEC	4
4	Florida State	ACC	5
5	Georgia Tech	ACC	7
6	Tennessee	SEC	10
7	Georgia	SEC	3
8	Samford	Southern	6
9	North Florida	A-Sun	9
10	Florida	SEC	8

WOMEN'S SOUTH REGIONAL

Rank	School	Conference	Previous
1	Ole Miss	SEC	1
2	Mississippi State	SEC	2
3	Vanderbilt	SEC	3
4	ALABAMA	SEC	4
5	Florida State	ACC	5
6	Georgia	SEC	6
7	Libscomb	A-Sun	7
8	Florida	SEC	8
9	Samford	Southern	9
10	Georgia Tech	ACC	10

2017 MEN'S 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 Kiprop	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)

2017 WOMEN'S 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.	Estero, Fla. (Estero)
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)

2017 COACHING STAFF

Dan Waters	Head Coach
Adam Tribble	Assistant Coach

2017 MEN'S CROSS COUNTRY RESULTS

Date	Event	Location	Time (CT)	Distance	Team Finish	Top Individual	Finish	Time
Sept. 1	Struts Season Opener	Oxford, Ala.	6:40 p.m.	5k	3rd	Oliver Rigg	9th	15:32.40
Sept. 16	UC Riverside Invitational	Riverside, Calif.	10:05 a.m.	8k				
Sept. 29	Joe Piane Notre Dame Invitational	South Bend, Ind.	1:45 p.m.	5 miles				
Oct. 13	Crimson Classic	Tuscaloosa, Ala.	9 a.m.	8k				
Oct. 27	SEC Championships	Athens, Ga.	TBD	8k				
Nov. 10	NCAA South Regional	Tuscaloosa, Ala.	9 a.m.	10k				
Nov. 18	NCAA Championships	Louisville, Ky.	TBD	10k				

2017 WOMEN'S CROSS COUNTRY RESULTS

Date	Event	Location	Time (CT)	Distance	Team Finish	Top Individual	Finish	Time
Sept. 1	Struts Season Opener	Oxford, Ala.	6 p.m.	4k	2nd	Shannon Marsh	5th	14:55.90
Sept. 16	UC Riverside Invitational	Riverside, Calif.	9:30 a.m.	6k				
Sept. 29	Joe Piane Notre Dame Invitational	South Bend, Ind.	1 p.m.	5k				
Oct. 13	Crimson Classic	Tuscaloosa, Ala.	9:45	6k				
Oct. 27	SEC Championships	Athens, Ga.	TBD	6k				
Nov. 10	NCAA South Regional	Tuscaloosa, Ala.	10 a.m.	6k				
Nov. 18	NCAA Championships	Louisville, Ky.	TBD	6k				

2017 MEET RECAPS

STRUTS SEASON OPENER - SEPT. 1

The Alabama women's cross country team finished second while the men's team came in third in their season-opening meet on Friday evening at the Struts Season Opener in Oxford, Ala. Georgia Tech won both the men's and women's races.

In the women's 4,000-meter race, redshirt freshman Shannon Marsh was the Tide's first finisher, coming in fifth in 14:55.90. Freshman Margot Dooley finished seventh in 15:00.50. Sophomore Caroline Brooks finished 13th in 15:14.60. Junior Sarah Mohan finished 17th in 15:18.80 and sophomore Haley Wright finished 18th in 15:27.00 to round out the scoring for Alabama. Other runners for the Tide included sophomore Brittany Tolson, who finished 20th in 15:32.80, junior Brianna Koshy, who finished 26th in 15:50.20 and freshman Ameena Benselloum who finished 31st in 16:06.40.

In the men's 5,000-meter race, sophomore Oliver Rigg the Tide's top runner, finishing ninth in a time of 15:32.40. Freshman Hayden Blalock finished 18th in 15:38.90, one spot ahead of sophomore teammate Elliott Miller who finished in 15:40.60. Freshman Nathan Gamble finished 27th in 16:13.50 while fellow freshman Paul Selden rounded out the scoring for Alabama, finishing 43rd in 16:53.20. Also competing for the Tide on Friday were freshmen Jackson Reed (51st/17:18.80) and Colton Smith (53rd/17:22.30).



2017 TEAM/INDIVIDUAL MEET RESULTS

STRUTS SEASON OPENER

September 1, 2017
Oxford, Ala. • Oxford Lakes

Men's Race
5,000 Meters
Seven teams • 71 runners
Third Place • 81 points

Men's Team Results

	Team	Pts.
1.	Georgia Tech	15
2.	Troy	53
3.	ALABAMA	81
4.	Mercer	115
5.	Samford	129
6.	Jacksonville St.	165
7.	Alabama State	200

Alabama Men's Individual Results

Place	Name	Time
9.	Oliver Rigg	15:32.40
18	Hayden Blalock	15:38.90
19	Elliott Miller	15:40.60
27	Nathan Gamble	16:13.50
43	Paul Selden	16:53.20
51	Jackson Reed	17:18.80
53	Colton Smith	17:22.30

Women's Race
4,000 Meters
Nine teams • 72 runners
Second Place • 57 points

Women's Team Results

	Team	Pts.
1.	Georgia Tech	23
2.	ALABAMA	57
3.	Troy	80
4.	Kennesaw State	106
5.	Samford	147
6.	Alabama State	147
7.	Jacksonville St.	186
8.	Mercer	214
9.	Alabama A&M	233

Alabama Women's Individual Results

Place	Name	Time
5.	Shannon Marsh	14:55.90
7	Margot Dooley	15:00.50
13	Caroline Brooks	15:14.60
15	Sarah Mohan	15:18.80
18	Haley Wright	15:27.00
20	Brittany Tolson	15:32.80
26	Brianna Koshy	15:50.20
31	Ameena Benselloum	16:06.40

2017 MEN'S TOP TIMES BY DISTANCE

5 KILOMETERS

	Time	Name	Event	Date	Finish
1.	15:32.40	Oliver Rigg	Struts Season Opener	Sept. 1, 2017	9
2.	15:38.90	Hayden Blalock	Struts Season Opener	Sept. 1, 2017	18
3.	15:40.60	Elliott Miller	Struts Season Opener	Sept. 1, 2017	19
4.	16:13.50	Nathan Gamble	Struts Season Opener	Sept. 1, 2017	27
5.	16:53.20	Paul Selden	Struts Season Opener	Sept. 1, 2017	43
6.	17:18.80	Jackson Reed	Struts Season Opener	Sept. 1, 2017	51
7.	17:22.30	Colton Smith	Struts Season Opener	Sept. 1, 2017	53

2017 WOMEN'S TOP TIMES BY DISTANCE

4 KILOMETERS

	Time	Name	Event	Date	Finish
1.	14:55.90	Shannon Marsh	Struts Season Opener	Sept. 1, 2017	5
2.	15:00.50	Margot Dooley	Struts Season Opener	Sept. 1, 2017	7
3.	15:14.60	Caroline Brooks	Struts Season Opener	Sept. 1, 2017	13
4.	15:18.80	Sarah Mohan	Struts Season opener	Sept. 1, 2017	15
5.	15:27.00	Haley Wright	Struts Season Opener	Sept. 1, 2017	18
6.	15:32.80	Brittany Tolson	Struts Season Opener	Sept. 1, 2017	20
7.	15:50.20	Brianna Koshy	Struts Season Opener	Sept. 1, 2017	26
8.	16:06.40	Ameena Benselloum	Struts Season Opener	Sept. 1, 2017	31

ALABAMA MEN'S PERFORMANCE LIST [2003-PRESENT]

5 KILOMETERS

Time	Name	Event	Date	Finish
1. 14:44.61	Josephat Waweru	Belmont Opener	Sept. 5, 2003	1
2. 14:57.13	Anitbahs Kosgei	Chattanooga Powerade	Sept. 9, 2016	4
3. 15:05	Emmanuel Bor	UTC Invitational	Sept. 6, 2006	1
4. 15:08.03	Alex Korir	MSU Short Course	Oct. 25, 2004	2
5. 15:08.59	Kevin McDonough	MSU Short Course	Oct. 25, 2004	3
6. 15:09	August Maiyo	UTC Invitational	Sept. 6, 2006	2
7. 15:10	Abraham Kutingala	UTC Invitational	Sept. 6, 2006	3
8. 15:15	Andrew Kirwa	UTC Invitational	Sept. 7, 2007	2
9. 15:19.54	Alex Korir	Belmont Opener	Sept. 4, 2004	1
10. 15:21	Abraham Kutingala	UTC Invitational	Sept. 7, 2007	3

6 KILOMETERS

Time	Name	Event	Date	Finish
1. 18:57.75	Matt Airola	Iowa Black and Gold	Sept. 13, 2013	6
2. 19:00.25	Gil Walton	Iowa Black and Gold	Sept. 13, 2013	9
3. 19:01.17	Justin Ahalt	Iowa Black and Gold	Sept. 13, 2013	10
4. 19:03.97	Parker Deuel	Iowa Black and Gold	Sept. 13, 2013	13
5. 19:14.04	Conner Thompson	Iowa Black and Gold	Sept. 13, 2013	16
6. 19:22.61	Eric Sivill	Iowa Black and Gold	Sept. 13, 2013	17
7. 19:29.37	Andrew Faris	Iowa Black and Gold	Sept. 13, 2013	21
8. 19:34.23	Evan Prizy	Iowa Black and Gold	Sept. 13, 2013	24
9. 19:47.26	Payton Ballard	Iowa Black and Gold	Sept. 13, 2013	26
10. 20:06.17	Matt Joyner	Iowa Black and Gold	Sept. 13, 2013	31

4 MILES

Time	Name	Event	Date	Finish
1. 19:09.57	Augustus Maiyo	Memphis Twilight Invitational	Sept. 10, 2005	2
2. 19:11.13	Anitbahs Kosgei	Brooks Memphis Twilight	Sept. 3, 2016	1
3. 19:25.63	Moses Kiptoo	Memphis Twilight Invitational	Sept. 5, 2009	4
4. 19:35.75	Abraham Kutingala	Memphis Twilight Invitational	Sept. 10, 2005	4
5. 19:43.64	Titus Koeh	Memphis Twilight Invitational	Sept. 10, 2005	5
6. 19:49.75	Antibahs Kosgei	Brooks Twilight Classic	Sept. 5, 2015	1
7. 19:59.45	Alex Korir	Memphis Twilight Invitational	Sept. 10, 2005	7
8. 20:02.83	Josh Short	Brooks Memphis Twilight	Sept. 3, 2016	9
9. 20:04.56	Conner Thompson	Brooks Memphis Twilight	Sept. 3, 2016	11
10. 20:07.89	Robbie Farnham-Rose	Brooks Twilight Classic	Sept. 5, 2015	2

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. 23:01.18	Augustus Maiyo	SEC Championships	Oct. 29, 2005	2
2. 23:19	Emmanuel Bor	NCAA Pre-Nationals	Oct. 13, 2007	3
3. 23:24.20	Antibahs Kosgei	SEC Championships	Oct. 30, 2015	1
4. 23:26	Emmanuel Bor	Bill Dellinger Invitational	Sept. 29, 2007	3
5. 23:30	Augustus Maiyo	Bill Dellinger Invitational	Sept. 29, 2007	4
6. 23:30.10	Tyson David	NCAA Pre-Nationals	Oct. 18, 2008	1
7. 23:31.70	Emmanuel Bor	Bill Dellinger Invitational	Sept. 29, 2006	6
8. 23:36	Augustus Maiyo	NCAA Pre-Nationals	Oct. 13, 2007	12
9. 23:36.63	Abraham Kutingala	Bill Dellinger Invitational	Sept. 29, 2006	8
10. 23:37.71	Tyson David	Bill Dellinger Invitational	Oct. 2, 2009	1

10 KILOMETERS

Time	Name	Event	Date	Finish
1. 28:53.4	Abraham Kutingala	Chile Pepper Festival	Oct. 14, 2006	12
2. 29:06.30	Augustus Maiyo	Chile Pepper Festival	Oct. 15, 2005	9
3. 29:18.6	Augustus Maiyo	Chile Pepper Festival	Oct. 14, 2006	15
4. 29:20.6	Emmanuel Bor	Chile Pepper Festival	Oct. 14, 2006	17
5. 29:24.50	Abraham Kutingala	Chile Pepper Festival	Oct. 15, 2005	13
6. 29:39.50	Alex Korir	Chile Pepper Festival	Oct. 15, 2005	18
7. 29:48.60	Titus Koeh	Chile Pepper Festival	Oct. 15, 2005	22
8. 30:01.11	Augustus Maiyo	NCAA South Regional	Nov. 12, 2005	4
9. 30:03.70	Tyson David	NCAA Championships	Nov. 23, 2009	22
10. 30:05.80	Emmanuel Bor	NCAA Championships	Nov. 23, 2009	25
30:05.80	Carison Kemei	NCAA South Regional	Nov. 13, 2010	2

ALABAMA WOMEN'S PERFORMANCE LIST [2003-PRESENT]

3 KILOMETERS

	Time	Name	Event	Date	Finish
1.	10:15	Julia Hicks	Mississippi State Invitational	Oct. 25, 2003	4
2.	10:18	Tara Enebak	Mississippi State Invitational	Oct. 25, 2003	5
3.	10:31	Elizabeth Wancowicz	Mississippi State Invitational	Oct. 25, 2003	8
4.	10:32.59	Julia Hicks	Mississippi State Invitational	Oct. 22, 2004	4
5.	10:37.96	Megan Carnes	Mississippi State Invitational	Oct. 22, 2004	6
6.	10:41	Blair Davis	Mississippi State Invitational	Oct. 25, 2003	11
7.	10:46.90	Elizabeth Wancowicz	Mississippi State Invitational	Oct. 22, 2004	7
8.	11:02	Megan Carnes	Mississippi State Invitational	Oct. 25, 2003	12
9.	11:05.31	Paylee Myrex	Crimson Tide Kick-Off	Sept. 1, 2012	3
10.	11:07.71	Katelyn Greenleaf	Crimson Tide Kick-Off	Sept. 1, 2012	4

2 MILES

	Time	Name	Event	Date	Finish
1.	11:06	Julia Hicks	Belmont Opener	Sept. 5, 2003	4
2.	11:13.19	Veronica Lyle	Samford Dual	Aug. 29, 2014	1
3.	11:18	Tara Enebak	Belmont Opener	Sept. 5, 2003	10
4.	11:22.76	Meropi Panagiotou	Samford Dual	Aug. 31, 2013	1
5.	11:22.88	Katelyn Greenleaf	Samford Dual	Aug. 31, 2013	2
6.	11:23.45	Hilary Stafford	Samford Dual	Aug. 31, 2013	3
7.	11:24.14	Emily Edwards	Samford Dual	Aug. 29, 2014	2
8.	11:27.81	Rebecca Stover	Samford Dual	Aug. 31, 2013	4
9.	11:28.62	Abigail Tankersley	Samford Dual	Aug. 31, 2013	5
10.	11:28.54	Emily Edwards	Chattanooga Powerade	Sept. 9, 2016	6

4 KILOMETERS

	Time	Name	Event	Date	Finish
1.	13:59.00	Katelyn Greenleaf	Iowa Black and Gold	Sept. 13, 2013	2
2.	13:59.52	Hilary Stafford	Iowa Black and Gold	Sept. 13, 2013	3
3.	14:14.43	Julia Hicks	Belmont Opener	Sept. 5, 2005	2
4.	14:25.61	Kelsey Johnson	Belmont/Vanderbilt Opener	Sept. 4, 2009	3
5.	14:28.36	Kimberley Ficenec	Iowa Black and Gold	Sept. 13, 2013	9
6.	14:28.81	Sara Vaughn	Belmont/Vanderbilt Opener	Sept. 5, 2008	2
7.	14:29.55	Meropi Panagiotou	Iowa Black and Gold	Sept. 13, 2013	10
8.	14:30.05	Hannah Waggoner	Iowa Black and Gold	Sept. 13, 2013	11
9.	14:32.43	Andrea Torske	Belmont-Vandy Opener	Sept. 3, 2010	5
10.	14:37.95	Susie Kemper	Iowa Black and Gold	Sept. 13, 2013	16

5 KILOMETERS

	Time	Name	Event	Date	Finish
1.	16:47.41	Katelyn Greenleaf	Crimson Classic	Oct. 16, 2015	3
2.	17:01.59	Julia Hicks	Auburn Invitational	Oct. 5, 2005	5
3.	17:06.26	Rachael Reddy	Brooks Twilight Classic	Sept. 5, 2015	1
4.	17:06.7	Hannah Waggoner	Joe Plane Notre Dame Invitational	Sept. 30, 2016	47
5.	17:13.69	Katelyn Greenleaf	Brooks Twilight Classic	Sept. 5, 2015	2
6.	17:17.72	Hannah Waggoner	Brooks Memphis Twilight	Sept. 3, 2016	2
7.	17:17.95	Sara Vaughn	Crimson Classic	Sept. 20, 2008	1
8.	17:21.2	McKenzie Yanek	Joe Plane Notre Dame Invitational	Sept. 30, 2016	69
9.	17:22.22	Katelyn Greenleaf	Crimson Classic	Oct. 18, 2013	2
10.	17:22.70	Hannah Waggoner	Crimson Classic	Oct. 16, 2015	13

6 KILOMETERS

	Time	Name	Event	Date	Finish
1.	20:01.1	Hannah Waggoner	NCAA Regionals	Nov. 14, 2014	11
2.	20:04	Katelyn Greenleaf	NCAA Regionals	Nov. 14, 2014	12
3.	20:06.90	Katelyn Greenleaf	SEC Championships	Oct. 30, 2015	7
4.	20:16.13	Katelyn Greenleaf	NCAA South Regional	Nov. 13, 2015	3
5.	20:23.62	Katelyn Greenleaf	SEC Championships	Oct. 31, 2014	11
6.	20:25.20	Rachael Reddy	SEC Championships	Oct. 30, 2015	16
7.	20:32.9	Julia Hicks	SEC Championships	Oct. 29, 2005	14
8.	20:37.45	Hannah Waggoner	SEC Championships	Oct. 31, 2014	15
9.	20:37.50	Katelyn Greenleaf	NCAA Championships	Nov. 21, 2015	63
10.	20:38	Rebecca Stover	NCAA Regionals	Nov. 14, 2014	33

2017 MEN'S INDIVIDUAL TIMES

HAYDEN BLALOCK

5-kilometer • PR - 15:38.90 • Sept. 1, 2017

Time	Event	Date	Finish
15:38.90	Struts Season Opener	Sept. 1, 2017	18

NATHAN GAMBLE

5-kilometer • PR - 16:13.50 • Sept. 1, 2017

Time	Event	Date	Finish
16:13.50	Struts Season Opener	Sept. 1, 2017	27

ELLIOTT MILLER

5-kilometer • PR - 15:40.60 • Sept. 1, 2017

Time	Event	Date	Finish
15:40.60	Struts Season Opener	Sept. 1, 2017	19

JACKSON REED

5-kilometer • PR - 17:18.80 • Sept. 1, 2017

Time	Event	Date	Finish
17:18.80	Struts Season Opener	Sept. 1, 2017	51

OLIVER RIGG

5-kilometer • PR - 15:32.40 • Sept. 1, 2017

Time	Event	Date	Finish
15:32.40	Struts Season Opener	Sept. 1, 2017	9

PAUL SELDEN

5-kilometer • PR - 16:53.20 • Sept. 1, 2017

Time	Event	Date	Finish
16:53.20	Struts Season Opener	Sept. 1, 2017	43

COLTON SMITH

5-kilometer • PR - 17:22.30 • Sept. 1, 2017

Time	Event	Date	Finish
17:22.30	Struts Season Opener	Sept. 1, 2017	53

2017 WOMEN'S INDIVIDUAL TIMES

AMEENA BENSELLOUM**4-kilometer • PR - 16:06.40 • Sept. 1, 2017**

Time	Event	Date	Finish
16:06.40	Struts Season Opener	Sept. 1, 2017	31

CAROLINE BROOKS**4-kilometer • PR - 15:14.60 • Sept. 1, 2017**

Time	Event	Date	Finish
15:14.60	Struts Season Opener	Sept. 1, 2017	13

MARGOT DOOLEY**4-kilometer • PR - 15:00.50 • Sept. 1, 2017**

Time	Event	Date	Finish
15:00.50	Struts Season Opener	Sept. 1, 2017	7

BRIANNA KOSHY**4-kilometer • PR - 15:50.20 • Sept. 1, 2017**

Time	Event	Date	Finish
15:50.20	Struts Season Opener	Sept. 1, 2017	26

SHANNON MARSH**4-kilometer • PR - 14:55.90 • Sept. 1, 2017**

Time	Event	Date	Finish
14:55.90	Struts Season Opener	Sept. 1, 2017	5

SARAH MOHAN**4-kilometer • PR - 15:18.80 • Sept. 1, 2017**

Time	Event	Date	Finish
15:18.80	Struts Season Opener	Sept. 1, 2017	15

BRITTANY TOLSON**4-kilometer • PR - 15:32.80 • Sept. 1, 2017**

Time	Event	Date	Finish
15:32.80	Struts Season Opener	Sept. 1, 2017	20

HALEY WRIGHT**4-kilometer • PR - 15:27.00 • Sept. 1, 2017**

Time	Event	Date	Finish
15:27.00	Struts Season Opener	Sept. 1, 2017	18



CLAY AUSTELL

DISTANCE

Sophomore

Collierville, Tenn./
Briarcrest Christian



2016-17

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 ... also 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.

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.

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

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

Indoor Season: Did not compete.

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



2017-18

Cross Country: Made his collegiate debut at the Struts Season Opener on Sept. 1 ... finished 18th overall and was the Tide's No. 2 runner with a time of 15:38.90 over the 5k course.

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 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 Plane Notre Dame Invitational in a time of 26:06.9 ... finished ninth and was the Crimson Tide's third runner 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 BUCKLEW

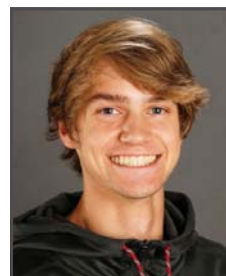
DISTANCE

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 Academy



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 Plane 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 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: Clocks 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 Academy



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: Clocks 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 ... Clocks 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)
- SEC Champion, 10,000 meters (2017)
- First Team All-American, indoor 5,000 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 to edge 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 ... 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 (FHSA) 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

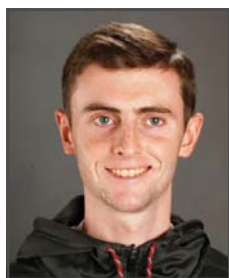
Raleigh, N.C./
Leesville Road



2017-18

Cross Country: Made his collegiate debut at the Struts Season Opener on Sept. 1 ... finished 27th overall and was the Tide's No. 4 runner with a time of 16:13.50 over the 5k course.

Prep and Personal: Coached by Brent Hale and 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 ... 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 at the Florida Relays on April 1 that finished third 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 ... also 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

Sophomore

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 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, is a shot putter for the Crimson Tide ... son of Chuck and Jodie Karr ... born April 8, 1997 in Tuscaloosa, Ala.



GILBERT KIGEN

DISTANCE

Junior

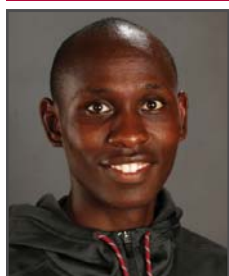
Kipkabus, Kenya/
Eldoret/
Central Arizona
College



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 Boys School/
Missouri Southern
State University



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



2017-18

Cross Country: Finished 19th at the Struts Season Opener on Sept. 1 and was the Tide's No. 3 runner with a personal-best time of 15:40.60 over the 5k course.

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 Academy/
University of Texas



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 time 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.

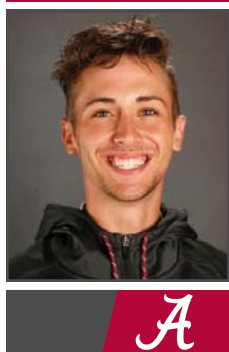
2013-14

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, WV./
Nicholas County

2017-18

Cross Country: Made his collegiate debut at the Struts Season Opener on Sept. 1 ... finished 51st with a time of 17:18.80 over the 5k course.

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, 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

2017-18

Cross Country: Finished 9th at the JSU Struts Season Opener on Sept. 1 and was the Tide's No. 1 runner with a personal-best time of 15:32.40 over the 5k course.

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 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

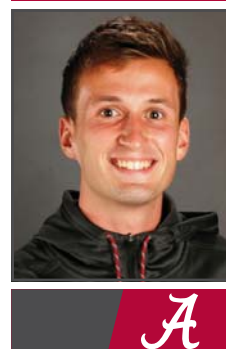
Freshman

Homewood, Ala./
Homewood

2017-18

Cross Country: Made his collegiate debut at the Struts Season Opener on Sept. 1 ... finished 43rd and was the Tide's No. 5 runner with a time of 16:53.20 over the 5k course.

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, Wis./
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 time 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

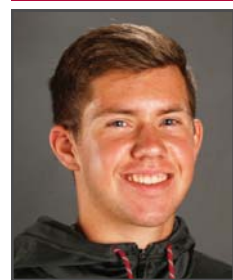
2014-15

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.



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 former Crimson Tide runner Payton Ballard ... son of Walt and Valerie Williams ... born November 30, 1997.

2017-18

Cross Country: Made his collegiate debut at the Struts Season Opener on Sept. 1 ... finished 53rd with a time of 17:22.30 over the 5k course.



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 and did not advance to the final ... 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 Plane 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: Clocks 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 ... Clocks 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: One of Florida's top prep distance and cross country runners ... coached by Paul Barlow at Gulf Coast High School in Naples, Fla. ... finished among the top 10 at the Florida Class 3A Cross Country Championships all four years of her prep career, earning all-state honors each time ... set school and conference records in the 1,600 meters, 3,200 meters and 5k ... 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 in Littleton, Colo.



AMEENA BENSELLOUM

DISTANCE

Freshman

Herndon, Va./
Westfield



2017-18

Cross Country: Made her collegiate debut at the Struts Season Opener on Sept. 1 ... finished 31st with a time of 16:06.40 over the 4k course.

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 Besselièvre ... born July 24, 2000.



CAROLINE BROOKS

DISTANCE

Sophomore

Plano, Texas/
Plano



2017-18

Cross Country: Finished 13th at the Struts Season Opener on Sept. 1 and was the Tide's No. 3 runner with a time of 15:14.60 over the 4k course.

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.

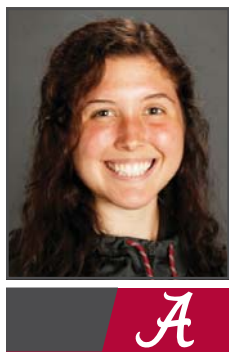
2017 Indoor Season: Finished 17th in the 800 meters at the Tiger Paw Invitational on Feb. 11 in a time of 2:17.63 ... finished 19th in the 800 meters in a personal-best 2:17.79 at the Bob Pollock Invitational on Jan. 28 ... in her first individual event as a collegiate runner, finished 15th in the 800 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 in Birmingham, Ala.



REBECCA BUTEAU

DISTANCE

Sophomore

Madison, Miss./
Madison Central

2016-17

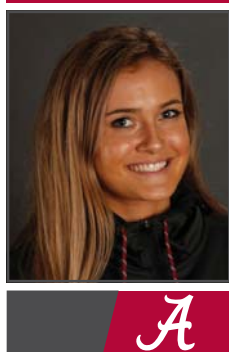
2017 Outdoor Season: Finished 23rd in the 5,000 meters at the SEC Outdoor Track & Field Championships on May 13 in a personal-best 17:00.99 ... finished 20th in the prelims of the 1,500 meters at the SEC Championships on May 12 in 4:38.16 ... finished 14th in the 1,500 meters at the SEC Relays on April 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 following 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 ... holds 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 in Flowood, Miss.



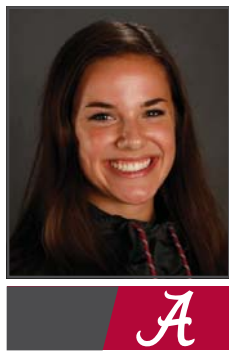
ISABEL CADDO

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

2016-17

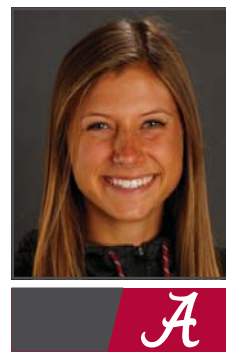
2017 Outdoor Season: Did not compete.

2017 Indoor Season: Did not compete.

2016 Cross Country: Did not compete.

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

personal best of 5:06 ... member of National Honor Society ... daughter of Brad and Anne Cline ... born August 12, 1998 in Estero, Fla.



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 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 Wilco Award for cross country as a senior along with the Student-Athlete Award for all of Williamson County ... earned the 2015 DAR Good Citizen Award ... also lettered in softball in 2012 ... member of National Honor Society, Mu Alpha Theta, and volunteered with Habitat for Humanity ... daughter of Jon, who played basketball at Georgia State University and Pam Coggins ... born Oct. 4, 1996 in Nashville, Tenn.



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 National Honor Society and National Spanish Honor Society ... daughter of Antonio and Eva Cruz ... born April 24, 1998 in Miami.



CAROLIE CUMBEST

DISTANCE

Redshirt Freshman

Mobile, Ala./
Cottage Hill
Christian Academy



2016-17

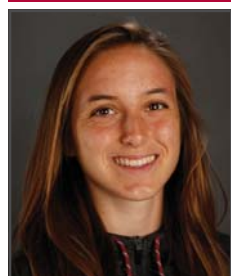
2017 Outdoor Season: Finished 29th in the 5,000 meters at the Crimson Tide Invitational on April 7 in a personal-best 18:21.50 ... finished 19th in the 5,000 meters at the Florida State Relays on March 24 in 18:38.78 in her outdoor collegiate debut.

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 in Mobile, Ala.



ELISABETH DANIS

DISTANCE

Sophomore

Nottingham, N.H./
Coe-Brown
Northwood Academy



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 ... finished 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 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 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



2017-18

Cross Country: Made her collegiate debut at the Struts Season Opener on Sept. 1 ... finished seventh and was the Tide's No. 2 runner with a time of 15:00.50 over the 4k course.

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 Honors Society ... daughter of Larry and Mary Dooley ... born May 31, 1999.



EBIE DOUGLAS

DISTANCE

Sophomore

Mobile, Ala./
McGill-Toolen



ASHLEY EAVENSON

DISTANCE

Freshman

Northport, Ala./
Tuscaloosa County



NICOLE GARDNER

DISTANCE

Junior

Murfreesboro, Tenn./
Siegel



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: One of the finest middle and long distance runners in Mobile ... 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 and Field honors for four years ... captain of the McGill-Toolen cross country and track and field teams for three years ... lettered in cross country and track and field at McGill-Toolen for six years ... 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, Servants of the Poor Club and a homeroom representative ... daughter of Boyd and Largay Douglas ... born May 5, 1997 in Mobile, Ala.

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 ... holds 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.

2016-17

2017 Outdoor Season: Finished 13th in the final of the 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.

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, in Fairfax, Va.



MAYA HALPRIN-ADAMS

DISTANCE

Sophomore

Cambridge, Mass./
Rindge & Latin/
University of South
Carolina



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 Country 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



2017-18

Cross Country: Finished 26th at the Struts Season Opener on Sept. 1 with a time of 15:50.20 over the 4k course.

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 ... finished 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: Clocks 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 in Nashville, Tenn.



SHANNON MARSH

DISTANCE

Redshirt Freshman

John's Creek, Ga./
Northview



2017-18

Cross Country: Made her collegiate debut at the Struts Season Opener on Sept. 1 ... finished fifth and was the Tide's No. 1 runner with a time of 14:55.90 over the 4k course.

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



2017-18

Cross Country: Finished 15th at the Struts Season Opener on Sept. 1 and was the Tide's No. 4 runner in a time of 15:18.80 over the 4k course.

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

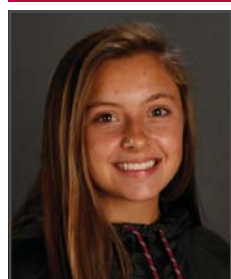
2016 Outdoor Season: Recorded a time of 2:14.28 in the 800-meter prelims to finish seventh in the second heat of the event at the SEC Championships ... ran 2:18.14 in the 800 meters to finish 12th in the event at the LSU Invitational ... registered a time of 4:50.32 in the 1,500 meters at the Battle 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: A stellar double sport athlete from Huntsville High School in cross country/track and gymnastics ... coached by Lea Bryant ... a part of the 2014 Alabama State Championship 4x800 meter relay ... member of the 2013 Alabama State Championship Sprint Medley relay ... was the 4x100 meter relay state runner-up in 2013 ... member of the 2014 Cross Country State runner-up team ... awarded MVP and Most Inspiring Athlete amongst her teammates and coaching staff ... two-time state champion in gymnastics ... member of the National Honor Society, Mu Alpha Theta, Delta Tri Sigma, and FCA ... daughter of Chris and Cindy Mohan ... born July 20, 1997 in Ohio.



GABBY PRIZIO

DISTANCE

Redshirt Freshman

Derby, Conn./
Derby



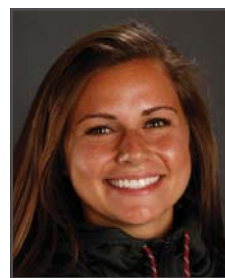
2016-17

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 in New Haven, Conn.



RACHAEL REDDY

DISTANCE

Junior

Mountain Brook, Ala./
Mountain Brook/
University of 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 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 3,200-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 and 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.

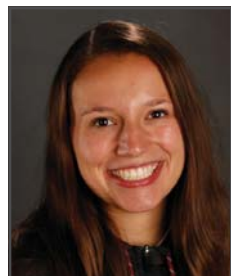
2014-15

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./
Lovett



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 holding 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



2017-18

Cross Country: Finished 20th at the Struts Season Opener on Sept. 1 in a time of 15:32.80 over the 4k course.

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 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



2017-18

Cross Country: Finished 18th and was the Tide's No. 5 runner at the Struts Season Opener on Sept. 1 ... covered the 4k course in 15:27.00.

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 YANEC

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 ... covered 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 IGHS AU 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 IGHS AU 4A state championships ... competed as a member of the Pleasant Valley High School team that won the 2015 IGHS AU 4A State Team Championships ... three-time Mississippi Athletic Conference cross country champion ... three-time district cross country champion ... holds Pleasant Valley school records in the 3,000 meters (9:50.87) and the 1,500 meters (4:39.79) ... holds state record in the 5k (17:55) ... member of National Honor Society ... daughter of Jeremy and Toni Yanek ... born May 22, 1998 in Warner Robins, Ga.



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 the race ... competed in the 3,000 meters at the Bob Pollock Invitational on Jan. 28 but did not finish the race ... 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.