



CRIMSON TIDE

CROSS COUNTRY



MEET 2



ALABAMA *at* SEC PREVIEW MEET

SEPT. 7, 2018 / 8:30 A.M. CT/9 A.M. CT / AUBURN, ALA.
INDIAN PINES GOLF COURSE

Meet Notes: The Crimson Tide cross country teams travel to Auburn, Ala., for the SEC Preview Meet on Friday morning at Indian Pines Golf Course. The men will run a 6,000-meter race at 8:30 a.m. CT, followed by the women's 4,000-meter race at 9 a.m. CT. The Tide will face host Auburn, Ole Miss, Tennessee and Vanderbilt in this weekend's meet. Alabama is scheduled to run five men and 14 women on Friday.

Next Meet: The Crimson Tide will be off the next two weeks to prep for its next outing at the Nuttycombe Invitational on Sept. 28 in Madison, Wis. Considered one of the premier meets on the cross country circuit over the past decade, the 2018 Nuttycombe will once again feature a stacked field. The sixth-ranked Crimson Tide is one of 19 preseason top-30 men's teams scheduled to compete, including top-20 programs Northern Arizona (1), Portland (3), Iowa State (5), Colorado (7), Colorado State (9), Wisconsin (11), Washington State (13), Southern Utah (14), Air Force (16) and Iona (17). The women's field features 16 preseason top-30 programs, including top-20 New Mexico (1), Colorado (2), Boise State (5), North Carolina State (6), Wisconsin (7), Villanova (8), Arkansas (9), Providence (11), Penn State (12), Michigan State (15) and Iowa State (17).

ALABAMA MEN

Payton Ash Fr./Flower Mound, Texas.
Connor Ferrentino Sr./Orlando, Fla.
Noah Karr So./Tuscaloosa, Ala.
Oliver Rigg Jr./Zionsville, Ind.
Paul Selden So./Homewood, Ala.

ALABAMA WOMEN

Lauren Brackin Fr./Muscle Shoals, Ala.
Caroline Brooks Jr./Plano, Texas
Rebecca Buteau Jr./Madison, Miss.
Maddie Dearborn So./Yorkville, Ill.
Margot Dooley So./Evanston, Ill.
Nicole Gardner Sr./Murfreesboro, Tenn.
Brianna Koshy Sr./Brentwood, Tenn.
Savannah Noethlich Fr./Winnetka, Ill.
Megan Patton Fr./Naperville, Ill.
Riley Schelp Fr./St. Louis, Mo.
Brittany Tolson Jr./Powell, Tenn.
Eliza Witherspoon So./Brevard, N.C.
Haley Wright Jr./Boonsboro, Md.
McKenzie Yanek Jr./Bettendorf, Iowa

2018 SCHEDULE

Meet	Date	Location
CROSS COUNTRY		
Miss. College Season Opener	Aug. 31	Clinton, Miss.
SEC Preview Meet	Sept. 7	Auburn, Ala.
Nuttycombe Invitational	Sept. 28	Madison, Wis.
Watson Ford Invitational	Oct. 6	Clinton, Miss.
Florida State Invitational	Oct. 11	Tallahassee, Fla.
SEC Championships	Oct. 26	Auburn, Ala.
NCAA South Regional	Nov. 9	Tallahassee, Fla.
NCAA Championships	Nov. 17	Madison, Wis.

QUICK HITS

Men Second, Women Third in Season Opener

The Alabama men's and women's cross country teams opened the 2018 season with second and third place finishes, respectively, at the Mississippi College Season Opener in Clinton, Miss. Junior Elliott Miller was the top finisher for the Alabama men, placing third in 15:15.84 over the 5,000-meter course at Choctaw Trails. Freshman Megan Patton led the Tide women with an eight-place finish in 19:06.07 in the women's 5,000-meter race.

Alabama Adds Fifth Regular Season Meet

Alabama has added a fifth regular season meet to the 2018 cross country schedule. The Crimson Tide will now compete in the Watson Ford Invitational, Oct. 6 at Mississippi College in Clinton, Miss. The meet will take place one week before the Tide's final regular season outing at the Florida State Invitational on Oct. 11.

Head Coach Dan Waters' Outlook

"I thought we did some good things in last week's meet. We had several freshmen who got their first taste of college cross country and I felt they handled it well. It gives us a base to build off of as we move through our schedule. This weekend will give us an opportunity to get a look at the course we'll run on at the SEC Championships next month as well as see how we stack up against several of our conference opponents."

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QUICK FACTS

UNIVERSITY

Location	Tuscaloosa, Ala.
Founded	April 12, 1831
Enrollment	38,563 (Fall 2017)
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	Eighth Season
Assistant Coach	Will Palmer
Alma Mater	Williams (Mass.), 2011
Years at Alabama	First Season

TEAM INFORMATION

2017 SEC Finish	Men-2nd/Women- 7th
2017 South Region Finish	Men- 3rd/Women 9th
2017 NCAA Finish	Men- 14th/Women N/A
Returnees	Men- 14/Women- 16
Newcomers	Men- 4/Women- 8

OUTDOOR PROGRAM HISTORY

Men's SEC Championships	3 (1973, 2008, 09)
Women's SEC Championships	2 (1986, 87)
Men's Regional Championships ..	7 (1999, 2000, 01, 05, 07, 08, 09)
Women's Regional Championships	3 (1978, 79, 86)
Men's NCAA Top 25 Finishes	14
..... (1973, 76, 89, 94, 96, 97, 99, 2005, 06, 07, 08, 09, 10, 17)	
Women's NCAA Top 25 Finishes	4 (1984, 87, 93, 94)
Men's All-Americans	15
Women's All-Americans	10

ATHLETICS COMMUNICATIONS

Track & Field Contact	Todd Bell
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ROSTERS

2018 MEN'S ROSTER

Name	Class	Hometown (Last School)
Payton Ash	Fr.	Flower Mound, Texas (Flower Mound)
Clay Austell	Jr.	Collierville, Tenn. (Briarcrest Christian)
Hayden Blalock	So.	Charlotte, N.C. (Providence)
J.P. Brinyark	Jr.	Berry, Ala. (Northside)
Alfred Chelanga	Sr.	Nairobi, Kenya (Tenges/Shorter <Ga.>)
Connor Ferrentino	Sr.	Orlando, Fla. (Freedom)
Nathan Gamble	So.	Raleigh, N.C. (Leesville Road)
Noah Karr	So.	Tuscaloosa, Ala. (American Christian Academy)
Gilbert Kigen	Sr.	Kipkabus, Kenya (Eldoret/Central Arizona College)
Vincent Kiprop	Sr.	Kericho, Kenya (Londiani Boys/Missouri Southern)
Elliott Miller	Jr.	Cheyenne, Wyo. (Cheyenne Central)
Kwemoi Ndiwa	Fr.	Eldoret, Kenya (Goseta Boys)
Andrew Powell	So.	Brentwood, Tenn. (Brentwood Academy/Texas)
Oliver Rigg	Jr.	Zionsville, Ind. (Zionsville)
Noel Rotich	Fr.	Kapenguria, Kenya (Chewoyet)
Paul Selden	So.	Homewood, Ala. (Homewood)
Sam Thornton	Fr.	Raleigh, N.C. (Cardinal Gibbons)
Drew Williams	So.	Mountain Brook, Ala. (Mountain Brook)

2018 WOMEN'S ROSTER

Name	Class	Hometown (Last School)
Ameena Benselloum	So.	Herndon, Va. (Westfield)
Rebecca Billman	Fr.	Tuscaloosa, Ala. (American Christian Academy)
Lauren Brackin	Fr.	Muscle Shoals, Ala. (Muscle Shoals)
Caroline Brooks	Jr.	Plano, Texas (Plano)
Rebecca Buteau	Jr.	Madison, Miss. (Madison Central)
Alexa Cruz	Jr.	Miami, Fla. (St. Thomas Aquinas)
Maddie Dearborn	So.	Yorkville, Ill. (Yorkville)
Margot Dooley	So.	Evanston, Ill. (Loyola Academy)
Ashley Eavenson	So.	Northport, Ala. (Tuscaloosa County)
Erika Feurtado	R.-Fr.	Elmont, N.Y. (Elmont Memorial/Troy)
Nicole Gardner	Sr.	Murfreesboro, Tenn. (Siegel)
Esther Gitahi	Jr.	Nakuru, Kenya (Mona/New Mexico Junior College)
Brianna Koshy	Sr.	Brentwood, Tenn. (Brentwood)
Leahrose Mami	Fr.	Cullman, Ala. (St. Bernard)
Shannon Marsh	So.	John's Creek, Ga. (Northview)
Savannah Noethlich	Fr.	Winnetka, Ill. (New Trier)
Megan Patton	Fr.	Naperville, Ill. (Plainfield North)
Riley Schelp	Fr.	St. Louis, Mo. (Lutheran South)
Emma Sidman	So.	Atlanta, Ga. (Lovett)
Brittany Tolson	Jr.	Powell, Tenn. (Powell)
Eliza Witherspoon	So.	Brevard, N.C. (Brevard)
Haley Wright	Jr.	Boonsboro, Md. (Boonsboro)
McKenzie Yanek	Jr.	Bettendorf, Iowa (Pleasant Valley)
Kaitlin York	Sr.	Tuscaloosa, Ala. (American Christian Academy)

2018 COACHING STAFF

Dan Waters	Head Coach
Will Palmer	Assistant Coach

2018 RESULTS

MEN'S RESULTS

Date	Event	Location	Time (CT)	Distance	Team Finish	Top Individual	Finish	Time
Aug. 31	Mississippi College Opener	Clinton, Miss.	5 p.m.	5k	2nd	Miller	3rd	15:51.84
Sept. 7	SEC Preview Meet	Auburn, Ala.	8:30 p.m.	6k				
Sept. 28	Nuttycombe Invitational	Madison, Wis.	1 p.m.	8k				
Oct. 11	Florida State Invitational	Tallahassee, Fla.	6:40 a.m.	8k				
Oct. 26	SEC Championships	Auburn, Ala.	TBD	8k				
Nov. 9	NCAA South Regional	Tallahassee, Fla.	TBD	10k				
Nov. 17	NCAA Championships	Auburn, Ala.	TBD	10k				

WOMEN'S RESULTS

Date	Event	Location	Time (CT)	Distance	Team Finish	Top Individual	Finish	Time
Aug. 31	Mississippi College Opener	Clinton, Miss.	5:30 p.m.	5k	3rd	Patton	8th	19:06.07
Sept. 7	SEC Preview Meet	Auburn, Ala.	9 a.m.	4k				
Sept. 28	Nuttycombe Invitational	Madison, Wis.	12:20 p.m.	6k				
Oct. 11	Florida State Invitational	Tallahassee, Fla.	7:20 a.m.	5k				
Oct. 26	SEC Championships	Auburn, Ala.	TBD	6k				
Nov. 9	NCAA South Regional	Tallahassee, Fla.	TBD	8k				
Nov. 17	NCAA Championships	Auburn, Ala.	TBD	8k				

USTFCCA RANKINGS

Latest rankings as of 8/28/18

MEN'S NATIONAL

Rank	School (1st votes)	Conference	Pts.	2017 Final
1	Northern Arizona (11)	Big Sky	330	1
2	BYU	WCC	312	3
3	Portland	WCC	301	2
4	Stanford	PAC-12	292	4
5	Iowa State	Big 12	280	7
6	ALABAMA	SEC	277	14
7	Colorado	PAC-12	270	8
8	Oregon	PAC-12	240	6
9	Colorado State	MWC	222	9
10	Syracuse	ACC	212	13
11	Wisconsin	Big Ten	195	--
12	Campbell	Big South	194	--
13	Washington State	PAC-12	175	24
14	Southern Utah	Big Sky	163	11
15	Arkansas	SEC	159	5
16	Air Force	MWC	155	15
17	Virginia	ACC	127	16
	Iona	MAAC	127	12
19	Middle Tennessee	C-USA	118	23
20	UCLA	PAC-12	105	21
21	N.C. State	ACC	94	17
22	Michigan State	Big Ten	91	25
23	Princeton	Ivy	89	28
24	Boise State	MWC	86	19
25	Oklahoma State	Big 12	73	29
26	Michigan	Big Ten	70	10
27	Washington	PAC-12	65	22
29	Villanova	Big East	61	--
29	Ole Miss	SEC	45	18
30	Furman	SoCon	24	26
	Georgetown	Big East	24	--

Latest rankings as of 8/27/18

MEN'S SOUTH REGIONAL

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

WOMEN'S SOUTH REGIONAL

Rank	School	Conference	Previous
1	Georgia	SEC	--
2	Florida State	ACC	--
3	Auburn	SEC	--
8	Georgia Tech	ACC	--
5	Mississippi State	SEC	--
6	Ole Miss	SEC	--
7	ALABAMA	SEC	--
8	Vanderbilt	SEC	--
9	Tennessee	SEC	--
10	Southern Miss	C-USA	--

2018 MEET RECAPS

MISSISSIPPI COLLEGE SEASON OPENER- AUG. 31

The Alabama men's and women's cross country teams opened the 2018 season with second and third place finishes, respectively, at the Mississippi College Season Opener in Clinton, Miss.

Junior Elliott Miller was the top finisher for the Alabama men, placing third in 15:15.84 over the 5,000-meter course at Choctaw Trails. Freshman Megan Patton led the Tide women with an eight-place finish in 19:06.07 in the women's 5,000-meter race.

Also scoring for the Crimson Tide men were sophomore Hayden Blalock, who finished seventh in 15:58.12; freshman Payton Ash, who finished ninth in 16:03.57; junior Oliver Rigg, who was 14th in 16:15.79 and junior Clay Austell, who finished 18th in 16:28.20.

Samford won the men's race with 27 points, followed by Alabama (48) and Mississippi College (57).

Other scorers for the Alabama women were freshman Riley Schelp, who covered the 5,000-meter course in 19:26.73 to finish 12th; junior Brittany Tolson, who finished 17th in 19:42.63; freshman Lauren Brackin, who was 21st in 19:48.77 and freshman Savannah Noethlich, who finished 22nd in 19:55.18.

Southern Miss won the women's race with 22 points, followed by Samford (39) and Alabama (75).



2018 TEAM/INDIVIDUAL MEET RESULTS

MISSISSIPPI COLLEGE SEASON OPENER

August 31, 2018

Clinton, Miss. • Choctaw Trails

Men's Race

5,000 Meters

13 teams • 88 runners

Second Place • 45 points

Men's Team Results

	Team	Pts.
1.	Samford	27
2.	ALABAMA	48
3.	Mississippi College	57
4.	Grambling	137
5.	Jackson State	155

Alabama Men's Individual Results

Place	Name	Time
3.	Elliott Miller	15:51.84
7.	Hayden Blalock	15:58.12
9.	Payton Ash	16:03.57
14.	Oliver Rigg	16:15.79
18.	Clay Austell	16:28.20
22.	Paul Selden	16:47.92

Women's Race

5,000 Meters

11 teams • 92 runners

Third Place • 57 points

Women's Team Results

	Team	Pts.
1.	Southern Miss	22
2.	Samford	39
3.	ALABAMA	75
4.	Blue Mountain (Miss.)	135
5.	Mississippi College	170

Alabama Women's Individual Results

Place	Name	Time
8.	Megan Patton	19:06.07
12.	Riley Schelp	19:26.73
17.	Brittany Tolson	19:42.63
21.	Lauren Brackin	19:48.77
23.	Savannah Noethlich	19:55.18
24.	Eliza Witherspoon	19:55.36
25.	Margot Dooley	20:02.10
27.	Alexa Cruz	20:19.89
29.	Emma Sidman	20:31.12
32.	Rebecca Billman	20:50.77
35.	Leahrose Mami	21:04.76
44.	Ashley Eavenson	22:02.63

2018 MEN'S TOP TIMES BY DISTANCE

5 KILOMETERS

Time	Name	Event	Date	Finish
1 15:51.84	Elliott Miller	Mississippi College Season Opener	Aug. 31	3
2 15:58.12	Hayden Blalock	Mississippi College Season Opener	Aug. 31	7
3 16:03.57	Payton Ash	Mississippi College Season Opener	Aug. 31	9
4 16:16.79	Oliver Rigg	Mississippi College Season Opener	Aug. 31	14
5 16:28.20	Clay Austell	Mississippi College Season Opener	Aug. 31	18
6 16:47.92	Paul Selden	Mississippi College Season Opener	Aug. 31	22

2018 WOMEN'S TOP TIMES BY DISTANCE

5 KILOMETERS

Time	Name	Event	Date	Finish
1 19:06.07	Megan Patton	Mississippi College Season Opener	Aug. 31	8
2 19:26.73	Riley Schelp	Mississippi College Season Opener	Aug. 31	12
3 19:42.63	Brittany Tolson	Mississippi College Season Opener	Aug. 31	17
4 19:48.77	Lauren Brackin	Mississippi College Season Opener	Aug. 31	21
5 19:55.18	Savannah Noethlich	Mississippi College Season Opener	Aug. 31	23
6 19:55.36	Eliza Witherspoon	Mississippi College Season Opener	Aug. 31	24
7 20:02.10	Margot Dooley	Mississippi College Season Opener	Aug. 31	25
6 20:19.89	Alexa Cruz	Mississippi College Season Opener	Aug. 31	27
9 20:31.12	Emma Sidman	Mississippi College Season Opener	Aug. 31	29
10 20:50.77	Rebecca Billman	Mississippi College Season Opener	Aug. 31	32
11 21:04.76	Leahrose Mami	Mississippi College Season Opener	Aug. 31	35
12 22:02.63	Ashley Eavenson	Mississippi College Season Opener	Aug. 31	44

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

8 KILOMETERS

Time	Name	Event	Date	Finish
1. 23:01.18	Augustus Maiyo	SEC Championships	Oct. 29, 2005	2
2. 23:15.4	Vincent Kiprop	SEC Championships	Oct. 27, 2017	1
3. 23:18.8	Gilbert Kigen	SEC Championships	Oct. 27, 2017	2
4. 23:19	Emmanuel Bor	NCAA Pre-Nationals	Oct. 13, 2007	3
5. 23:23.4	Alfred Chelanga	SEC Championships	Oct. 27, 2017	3
6. 23:24.20	Antibahs Kosgei	SEC Championships	Oct. 30, 2015	1
7. 23:26	Emmanuel Bor	Bill Dellinger Invitational	Sept. 29, 2007	3
8. 23:26.4	Vincent Kiprop	Crimson Classic	Oct. 13, 2017	2
9. 23:30	Augustus Maiyo	Bill Dellinger Invitational	Sept. 29, 2007	4
10. 23:30.10	Tyson David	NCAA Pre-Nationals	Oct. 18, 2008	1

5 MILES

Time	Name	Event	Date	Finish
1. 23:23.7	Gilbert Kigen	Joe Piane Notre Dame Invitational	Sept. 29, 2017	1
2. 23:24.2	Vincent Kiprop	Joe Piane Notre Dame Invitational	Sept. 29, 2017	2
3. 23:26.9	Alfred Chelanga	Joe Piane Notre Dame Invitational	Sept. 29, 2017	3
4. 23:53.4	Anitbahs Kosgei	Joe Piane Notre Dame Invitational	Sept. 30, 2016	6
5. 24:55.3	Josh Short	Joe Piane Notre Dame Invitational	Sept. 29, 2017	75
6. 24:58.4	Conner Thompson	Joe Piane Notre Dame Invitational	Sept. 30, 2016	107
7. 25:32.3	Evan Prizy	Joe Piane Notre Dame Invitational	Sept. 30, 2016	150
7. 25:41.7	Garrett Bull	Joe Piane Notre Dame Invitational	Sept. 30, 2016	149
8. 25:45.9	Garrett Bull	Joe Piane Notre Dame Invitational	Sept. 29, 2017	131
9. 25:49.0	Robbie Farnham-Rose	Joe Piane Notre Dame Invitational	Sept. 30, 2016	87
10. 25:59.3	Josh Short	Joe Piane Notre Dame Invitational	Sept. 30, 2016	176

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. 29:11.90	Gilbert Kigen	NCAA Championships	Nov. 18, 2017	4
4. 29:18.6	Augustus Maiyo	Chile Pepper Festival	Oct. 14, 2006	15
5. 29:20.6	Emmanuel Bor	Chile Pepper Festival	Oct. 14, 2006	17
6. 29:24.50	Abraham Kutingala	Chile Pepper Festival	Oct. 15, 2005	13
7. 29:27.13	Vincent Kiprop	NCAA Championships	Nov. 18, 2017	7
8. 29:39.50	Alex Korir	Chile Pepper Festival	Oct. 15, 2005	18
9. 29:44.5	Gilbert Kigen	NCAA South Regional	Nov. 10, 2017	1
10. 29:47.1	Alfred Chelanga	NCAA South Regional	Nov. 10, 2017	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 Ficenc	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. 20:37.30	McKenzie Yanek	UC Riverside Invitational	Sept. 16, 2017	14
10. 20:37.50	Katelyn Greenleaf	NCAA Championships	Nov. 21, 2015	63

2018 MEN'S INDIVIDUAL TIMES

PAYTON ASH

5-kilometer • PR - 16:03.57 • Sept. 16, 2017

Time	Event	Date	Finish
16:03.57	Mississippi College Season Opener	Aug. 31	9

CLAY AUSTELL

5-kilometer • PR - 16:28.20 • Aug. 31, 2018

Time	Event	Date	Finish
16:28.30	Mississippi College Season Opener	Aug. 31	18

HAYDEN BLALOCK

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

Time	Event	Date	Finish
15:58.12	Mississippi College Season Opener	Aug. 31	7

ELLIOTT MILLER

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

Time	Event	Date	Finish
15:51.84	Mississippi College Season Opener	Aug. 31	3

OLIVER RIGG

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

Time	Event	Date	Finish
16:15.79	Mississippi College Season Opener	Aug. 31	14

PAUL SELDEN

5-kilometer • PR - 16:47.92 • Aug. 31, 2018

Time	Event	Date	Finish
16:47.92	Mississippi College Season Opener	Aug. 31	22

2018 WOMEN'S INDIVIDUAL TIMES

REBECCA BILLMAN

5-kilometer • PR - 20:50.77 • Aug. 31, 2018

Time	Event	Date	Finish
20:50.77	Mississippi College Season Opener	Aug. 31	

LAUREN BRACKIN

5-kilometer • PR - 19:48.77 • Aug. 31, 2018

Time	Event	Date	Finish
19:48.77	Mississippi College Season Opener	Aug. 31	21

ALEXA CRUZ

5-kilometer • PR - 20:19.89 • Aug. 31, 2018

Time	Event	Date	Finish
20:19.89	Mississippi College Season Opener	Aug. 31	27

MARGOT DOOLEY

5-kilometer • PR - 18:51.0 • Sept. 16, 2017

Time	Event	Date	Finish
20:02.10	Mississippi College Season Opener	Aug. 31	25

ASHLEY EAVENSON

5-kilometer • PR - 22:02.63 • Aug. 31, 2018

Time	Event	Date	Finish
22:02.63	Mississippi College Season Opener	Aug. 31	44

LEAHROSE MAMI

5-kilometer • PR - 21:04.76 • Aug. 31, 2018

Time	Event	Date	Finish
21:04.76	Mississippi College Season Opener	Aug. 31	35

SAVANNAH NOETHLICH

5-kilometer • PR - 19:55.18 • Aug. 31, 2018

Time	Event	Date	Finish
19:55.18	Mississippi College Season Opener	Aug. 31	23

MEGAN PATTON

5-kilometer • PR - 19:06.07 • Aug. 31, 2018

Time	Event	Date	Finish
19:06.07	Mississippi College Season Opener	Aug. 31	8

RILEY SCHELP

5-kilometer • PR - 19:26.73 • Aug. 31, 2018

Time	Event	Date	Finish
19:26.73	Mississippi College Season Opener	Aug. 31	8

EMMA SIDMAN

5-kilometer • PR - 20:31.12 • Aug. 31, 2018

Time	Event	Date	Finish
20:31.12	Mississippi College Season Opener	Aug. 31	29

BRITTANY TOLSON

5-kilometer • PR - 19:42.63 • Aug. 31, 2018

Time	Event	Date	Finish
19:42.63	Mississippi College Season Opener	Aug. 31	17

ELIZA WITHERSPOON

5-kilometer • PR - 19:55.36 • Aug. 31, 2018

Time	Event	Date	Finish
19:55.36	Mississippi College Season Opener	Aug. 31	24



**PAYTON
ASH**

DISTANCE

Freshman

Flower Mound, Texas/
Flower Mound



2017 Cross Country

- Finished 74th at the SEC Championships with a time of 25:47.2 over the 8k course.
- Finished 55th in his season debut at the UC Riverside Invitational with a personal-best time of 25:35.5 over the 8k course.

2016-17

2017 Outdoor Season

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

2017 Indoor Season

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

2016 Cross Country

- Finished 93rd at the SEC Championships in a time of 27:12.6
- Finished as Alabama's No. 5 runner at the Crimson Classic with a personal-best time of 27:021.8 on the 8k course.

2015-16

2016 Outdoor Season

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

2016 Indoor Season

- Did not compete.

2015 Cross Country

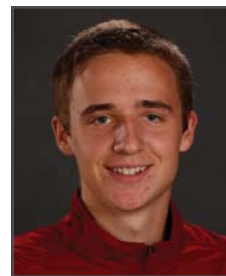
- Did not compete.

PREP HIGHLIGHTS

- Four-time TSSAA state medalist at Briarcrest Christian School.
- Set the school record for the 5k in cross country and the 4x800 relay.
- Two-time all-metro selection in cross country and track & field.
- 2015 indoor all-state selection.
- Two-time cross country team MVP and three-time track & field team MVP.
- Freshman county champion in the 800 meters and 1,600 meters.

PERSONAL INFORMATION

- Son of Steve and Carole Austell.
- Three older brothers competed collegiately in track & field – Kent (Arkansas, 2004-08), Drew (Chattanooga, 2010-13; Memphis, 2013-14), and Lane (Arkansas, 2012-16).
- Born Sept. 16, 1996.
- Majoring in civil engineering.



**HAYDEN
BLALOCK**

DISTANCE

Sophomore

Charlotte, N.C./
Providence



ACCOLADES

- SEC First-Year Academic Honor Roll (2017-18)

2018-19

2018 Cross Country

- Finished seventh, and was Alabama's No. 2 runner, at the Mississippi College Season Opener. Covered the 5k course in 15:58.12.

2017-18

2018 Outdoor Season

- Did not compete.

2018 Indoor Season

- Did not compete.

2017 Cross Country

- Finished the SEC Championships on Oct. 27 with a time of 26:43.9 over the 8k course.
- Finished the Crimson Classic on Oct. 13 with a time of 226:18.8 over the 8k course.
- Made his collegiate debut at the Struts Season Opener, finished 18th overall and was the Tide's No. 2 runner with a time of 15:38.90 over the 5k course.

PREP HIGHLIGHTS

- 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.
- Coached by Steve Touranjoe at Providence High School.

PERSONAL INFORMATION

- Son of Brian and Carolyn Blalock
- Mother, Carolyn, was a swimmer at Arkansas
- Father, Brian, was a member of the track team at Georgia
- Born Nov. 30, 1998.
- Majoring in exercise science.

2018-19

2018 Cross Country

- Finished ninth, and was Alabama's No. 3 runner, in his collegiate debut at the Mississippi College Season Opener. Covered the 5k course in 16:03.57.

PREP HIGHLIGHTS

- Competed in the Texas University Interscholastic League state cross country championships in 2015 and 2016 for a pair of third-place finishing teams at Flower Mound.
- Finished 15th at the state meet as a sophomore and 27th as a junior.
- Coached by Andrew Cook at Flower Mound High School.

PERSONAL INFORMATION

- Son of Carter and Sarah Ash.
- Father, Carter, played soccer at Wheaton College.
- Born April 18, 1999.
- Majoring in engineering.



**CLAY
AUSTELL**

DISTANCE

Junior

Collierville, Tenn./
Briarcrest Christian



ACCOLADES

- SEC Spring Academic Honor Roll (2017, 2018)
- SEC Fall Academic Honor Roll (2016, 2017)
- SEC First-Year Academic Honor Roll (2015-16)

2018-19

2018 Cross Country

- Finished 18th, and was Alabama's No. 5 runner, at the Mississippi College Season Opener. Completed the 5k course in 16:28.20.

2017-18

2018 Outdoor Season

- Did not compete.

2018 Indoor Season

- Ran the anchor leg of the Alabama "A" distance medley relay which finished second at the Bob Pollock Invitational with a time of 9:59.08.
- Finished 22nd in the 3,000 meters at the Vanderbilt Invitational in a personal-best 8:37.37.
- Ran the lead leg on the Tide's "A" distance medley relay that finished second at the UAB Blazer Invitational in 10:19.29.



CONNOR FERRENTINO

DISTANCE

Senior

Orlando, Fla./
Freedom



ACCOLADES

- SEC Spring Academic Honor Roll (2016, 2017, 2018)
- SEC Fall Academic Honor Roll (2016, 2017)

2017-18

2018 Outdoor Season

- Finished 14th in the 1,500 meters at the SEC Outdoor Track & Field Championships with a time of 3:53.46.
- Finished seventh in the 800 meters at the LSU Invitational with a personal best time of 1:50.97.
- Won the 1,500 meters at the Cardinal Classic with a personal best time of 3:47.48.
- Finished fifth in the 800 meters at the Tom Jones Invitational with a time of 1:52.35.
- Finished second in Section A of the 1,500 meters in his outdoor season debut at the Crimson Tide Invitational with a time of 3:51.24.

2018 Indoor Season

- Ran the third leg of the Tide's distance medley relay which finished 10th at the SEC Championships with a time of 10:09.71.
- Made his season debut in the 800 meters at the Music City Challenge where he finished 10th with a time of 1:52.43.

2017 Cross Country

- Did not compete.

2016-17

2017 Outdoor Season

- Made his season debut at the War Eagle Invitational 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
- 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

- Clocked a time of 26:13.55 over the 8k course at the Crimson Classic.

2014-15

2015 Outdoor Season

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

2015 Indoor Season

- Finished 24th in the mile at the Vanderbilt Invitational in 4:25.78.

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 finish second in his collegiate debut at the Samford Dual Meet.

PREP HIGHLIGHTS

- Earned first team All-State honors in track and cross country in 2012 and 2013.
- Finished second at the 2013 Florida Class 4A Region 1 Cross Country Championships, covering the 5k course in 16:04.00.
- Runner-up at the 2013 Florida Class 4A District 4 Cross Country Championships in 16:01.20 over the 5k course.
- Finished eighth at the 2013 Florida High School Athletic Association Cross Country Championships.
- Competed at the 2013 Foot Locker South Regional Cross Country Championships.
- Finished sixth at the 2012 Florida Class 4A Cross Country Championships and was fourth at the Class 4A Region 1 Championships.
- Placed 11th in the 1,500 meters at the 2012 AAU National Junior Olympics.
- Finished third in the 1,600 (4:21.64) at the 2012 Florida 4A Outdoor Track & Field Championships.
- Set Freedom High School records in six events (1,500; 1,600; 3,200; 2-mile; 5,000; 4x800-meter relay).
- 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.
- Coached by Leonard Malach at Freedom High School.

PERSONAL INFORMATION

- Son of Robert and Erin Ferrentino.
- Born Dec. 31, 1995.
- Earned his undergraduate degree in accounting and finance in 2018. Currently working on a graduate degree in accounting.



NOAH KARR

DISTANCE

Sophomore

Tuscaloosa, Ala./
American Christian
Academy



2017-18

2018 Outdoor Season

- Finished 15th in the 800 meters at the LSU Invitational in a personal best 1:54.70 and ran the third leg on the Tide's "B" 4x400-meter relay which finished fourth in 3:18.22.
- Finished 14th in the 800 meters at the War Eagle Invitational with a time of 1:57.87.
- Finished 16th in the 800 meters at the Tom Jones Invitational with a time of 1:57.08.
- Finished sixth in the 800 meters at the Crimson Tide Invitational with a then-personal best time of 1:55.63 and ran the second leg of the Tide's 4x400-meter relay which finished sixth with a time of 3:21.88.

2018 Indoor Season

- Finished 12th in the 800 meters at the Music City Challenge with a personal best time of 1:52.99.
- Finished 12th in the 800 meters at the Bob Pollock Invitational with a time of 1:55.45 and ran the lead leg on the Alabama "B" 4x400 meter relay which finished 11th with a time of 3:27.48.
- Ran the lead leg of the Alabama "B" 4x400-meter relay which placed 15th at the in a time of 3:25.13 and the lead

leg of the distance medley relay which placed third in a time of 10:21.57 at the Vanderbilt Invitational.

- Ran the lead leg on the Tide's "C" 4x400-meter relay that finished 14th at the season-opening UAB Blazer Invitational in 3:29.57.

2017 Cross Country

Did not compete.

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.
- Finished 17th in the 800 meters at the Crimson Tide Invitational in a time of 1:57.90 and ran the third leg on the Alabama "B" 4x400-meter relay team that finished eighth in 3:25.45.
- Ran the second leg of Alabama's distance medley relay that finished third in a time of 10:03.98 and 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 in 1:56.77 in his collegiate outdoor debut.

2017 Indoor Season

- Finished 28th in the 800 meters in a time of 2:00.79 and ran the anchor leg on the Tide's 4x400-meter "B" relay that finished 11th at the Tiger Paw Invitational in 3:18.94.
- Ran his first collegiate individual event at the Auburn Invitational, finishing 10th in the 800 meters in 1:54.63.
- Made his collegiate track & field debut at the Commodore Invitational 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 HIGHLIGHTS

- Won state outdoor titles in the 800 meters and mile in 2015 and indoor 800 meter state titles in 2014 and 2015.
- Coached by Charles Tiller at American Christian Academy in Tuscaloosa, Ala.

PERSONAL INFORMATION

- Son of Chuck and Jodie Karr
- Older brother, Nathan, was a shot putter for the Crimson Tide
- Born April 8, 1997.
- Majoring in news media.



ELLIOTT MILLER

DISTANCE

Junior

Cheyenne, Wyo./
Cheyenne Central



ACCOLADES

- SEC Spring Academic Honor Roll (2018)
- SEC Fall Academic Honor Roll (2017)

2018-19

2018 Cross Country

- Finished third, and was Alabama's top runner, at the Mississippi College Season Opener. Finished the 5k course in 15:51.84.

2017-18

2018 Outdoor Season

- Finished 11th in the steeplechase at the SEC Outdoor Track & Field Championships in a personal best time of 9:20.70.
- Finished sixth in the 3,000-meter steeplechase at the LSU Invitational with a time of 9:32.40.
- Won the 3,000-meter steeplechase at the Tom Jones Invitational with a personal best time of 9:24.53.
- Ran the anchor leg of the Tide's 4x400-meter relay which finished sixth at the Crimson Tide Invitational with a time of 3:21.88.
- Finished first in the 3,000-meter steeplechase at the season-opening UTSA Invitational with a time of 9:53.89.

2018 Indoor Season

- Finished 20th in the mile at the Music City Challenge with a personal best time of 4:15.23.
- Finished 17th in the mile at the Bob Pollock Invitational with a time of 4:16.81.
- Ran the lead leg on the Tide's "B" distance medley relay that finished third at the season-opening UAB Blazer Invitational in a time of 10:27.10.

2017 Cross Country

- Finished the Joe Plane Notre Dame Invitational with a time of 26:05.3 over the five-mile course.
- Finished 51st at the UC Riverside Invitational with a personal-best time of 25:30.4 over the 8k course.
- Finished 19th at the Struts Season Opener 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 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 in 10:37.33.
- Made his collegiate track & field debut at the Commodore Invitational as a member of the Tide's distance medley relay and 4x400-meter "C" relay teams.

2016 Cross Country

- Finished 26th at the Chattanooga Powerade Invitational with a time of 16:18.15 over the 5k course.
- Made his collegiate debut at the four-mile Brooks Memphis Twilight Classic and circled the course in a time of 21:21.17.

PREP HIGHLIGHTS

- 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 & field championships.
- Runner-up at the 2015 state cross country championships.
- All-state selection as a junior and senior in outdoor track & field and as a senior in indoor track & field.
- Coached by Sean Wilde and Bruce Mowry at Cheyenne Central.

PERSONAL INFORMATION

- Son of Kirk and Cheryl Miller.
- Born February 14, 1998.
- Majoring in environmental engineering.



OLIVER RIGG

DISTANCE

Junior

Zionsville, Ind./
Zionsville

ACCOLADES

- SEC Spring Academic Honor Roll (2018)
- SEC Fall Academic Honor Roll (2017)
- SEC First-Year Academic Honor Roll (2016-17)

2018-19

2018 Cross Country

- Finished 14th, and was Alabama's No. 4 runner, at the Mississippi College Season Opener. Covered the 5k course in 16:15.79.

2017-18

2018 Outdoor Season

- Finished 25th in the prelims of the 1,500 meters at the SEC Outdoor Track & Field Championships in 3:58.78.
- Finished 12th in the 800 meters at the LSU Invitational in a personal best time of 1:52.94.
- Finished fifth in Section 3 of the 1,500 meters at the Cardinal Classic with a personal best time of 3:51.65.
- Finished eighth in the 800 meters at the Tom Jones Invitational with a time of 1:53.68.
- Finished sixth in Section A of the 1,500 meters at the Crimson Tide Invitational with a time of 3:54.94.

2018 Indoor Season

- Finished 15th in the 800 meters at the Music City Challenge with a personal best time of 1:53.53.
- Ran the lead leg of the Alabama "A" distance medley relay which placed second at the Bob Pollock Invitational with a time of 9:59.08. Also ran the third leg of the Alabama "B" 4x400 meter relay which placed 11th with a time of 3:27.48.
- Ran the third leg of the Alabama "B" 4x400-meter relay which placed 15th at the Vanderbilt Invitational in a time of 3:25.13. Also finished 24th in the 800 meters in a time of 1:56.73.
- Ran the second leg on the Tide's "C" 4x400-meter relay that finished 14th at the season-opening UAB Blazer Invitational in 3:29.57.

2017 Cross Country

- Ran 27:11.0 over the 8k course at the Crimson Classic.
- Finished 87th at the UC Riverside Invitational with a personal-best time of 26:41.0 over the 8k course.
- Finished 9th at the Struts Season Opener 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 in 3:28.68.
- Finished seventh in the invitational 1,500 meters at the War Eagle Invitational in a personal-best 3:53.66.
- Finished ninth in the 800 meters at the Jim Bush Collegiate in a time of 1:54.81.
- Finished seventh in the 800 meters at the Crimson Tide Invitational 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 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. 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 as a member of the Tide's distance medley relay and 4x400-meter "C" relay teams.

2016 Cross Country

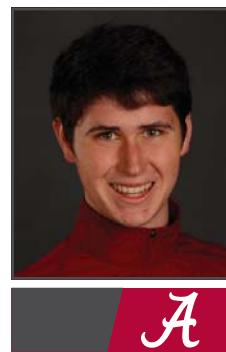
- Made his collegiate debut at the Chattanooga Powerade Invitational, finishing 22nd in a time of 16:11.09 over the 5k course.

PREP HIGHLIGHTS

- Won the 2015 IHSAA Sectional Cross Country Championship with 5k time of 16:01.
- Runner-up at the 2015 IHSAA Regional Cross Country Championship 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.
- Coached by Gabe Porras at Zionsville High School.

PERSONAL INFORMATION

- Son of John and Suzanne Rigg
- Both parents were members of the track team at Iowa State/
- Born February 10, 1998.
- Majoring in operations management.



PAUL SELDEN

DISTANCE

Sophomore

Homewood, Ala./
Homewood

ACCOLADES

- SEC First-Year Academic Honor Roll (2017-18)

2018-19

2018 Cross Country

- Finished 22nd in his season debut at the Mississippi College Season Opener in a time of 16:47.92.

2017-18

2018 Outdoor Season

- Finished sixth in the 5,000 meters at the LSU Invitational in a personal best 15:37.76.
- Finished 21st in the 5,000 meters at the Crimson Tide Invitational with a personal best time of 15:50.24.
- Finished second in the 3,000 meters at the Samford Alabama Track Challenge with a personal best time of 8:57.29 in his outdoor debut.

2018 Indoor Season

- Finished 46th in the 3,000 meters at the Music City Challenge with a time of 9:00.26

- Finished seventh in the 3,000 meters in his collegiate track & field debut at the UAB Blazer Invitational in a time of 8:58.80.

2017 Cross Country

- Ran a time of 27:15.2 over the 8k course at the Crimson Classic.
- Made his collegiate debut at the Struts Season Opener, finishing 43rd and was the Tide's No. 5 runner with a time of 16:53.20 over the 5k course.

PREP HIGHLIGHTS

- 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.
- Coached by Lars Porter at Homewood High School.

PERSONAL INFORMATION

- Son of Tom and Kristi Selden.
- Father was a member of the cross country and track & field teams at Sewanee.
- Born July 1, 1998.
- Majoring in chemical engineering.



REBECCA BILLMAN

DISTANCE

Freshman

Tuscaloosa, Ala./
American Christian
Academy



2018-19

2018 Cross Country

- Finished 32nd in her collegiate debut at the Mississippi College Season Opener. Covered the 5k course in 20:50.77.

PREP HIGHLIGHTS

- Alabama 1A-3A indoor state champion in the 3,200 meters as a junior in 2017
- Class 3A runner-up in the 3,200 meters at the 2017 and 2016 state outdoor championships.
- Finished fourth in the 1,600 meters at the 2017 state meet.
- Two-time runner-up in the Alabama 3A state cross country championships.
- Member of five state outdoor track & field state championship teams and one state cross country championship squad.
- Coached by Charles Tiller at American Christian Academy.

PERSONAL INFORMATION

- Daughter of Gregory and Jennifer Billman
- Born Aug. 1, 2000.
- Pre-med major.



LAUREN BRACKIN

DISTANCE

Freshman

Muscle Shoals, Ala./
Muscle Shoals



2018-19

2018 Cross Country

- Finished 21st, and was Alabama's No. 4 runner, in her collegiate debut at the Mississippi College Season Opener. Covered the 5k course in 19:48.77.

PREP HIGHLIGHTS

- Two-time all-state selection in cross country and track & field
- Finished fifth at the AHSAA 6A cross country championships as a senior in 2017.
- Top-five finisher in the 1,600 meters and 800 meters at the 2018 AHSAA 6A track & field championships.
- Finished third in the 3,200 meters at the 2017 state meet.
- Member of one sectional cross country championship team (2014) and three sectional runner-up squads (2015-17) at Muscle Shoals.
- Five-time USATF Alabama Junior Olympic champion in the 3,000 meters (2016, 2017), 1,500 meters (2016, 2017) and 800 meters (2016).
- Also played tennis in high school
- Coached by Lisa Schafer at Muscle Shoals High School.

PERSONAL INFORMATION

- Daughter of Richard and Amy Brackin
- Great uncle, James Outlaw, played in the 1945 World Series with the Detroit Tigers.
- Born Aug. 8, 2000.
- Majoring in electrical engineering.



ALEXA CRUZ

DISTANCE

Junior

Miami, Fla./
St. Thomas Aquinas



ACCOLADES

- SEC Spring Academic Honor Roll (2018)
- SEC Fall Academic Honor Roll (2017)
- SEC First-Year Academic Honor Roll (2016-17)

2018-19

2018 Cross Country

- Finished 27th at the Mississippi College Season Opener, covering the 5k course in 20:19.89.

2017-18

2018 Outdoor Season

- Did not compete.

2018 Indoor Season

- Did not compete.

2017 Cross Country

- Ran a time of 23:12.2 over the 6k course in her season debut at the Crimson Classic on Oct. 13.

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 Piane 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 HIGHLIGHTS

- 2013 Florida state cross country champion.
- Won the 2014 Florida State Championship in the 3,200 meters.
- 2014 state runner-up in cross country.
- Three-time all-county team in cross country and track and field.
- Helped lead St. Thomas Aquinas three district, regional and state championships.
- Member of National Honor Society and National Spanish Honor Society.
- Coached by Trish Butler at St. Thomas Aquinas High School.

PERSONAL INFORMATION

- Daughter of Antonio and Eva Cruz.
- Born April 24, 1998.
- Majoring in psychology.



CAROLINE BROOKS

DISTANCE

Junior

Plano, Texas/
Plano



ACCOLADES

- SEC Spring Academic Honor Roll (2018)
- SEC Fall Academic Honor Roll (2017)
- SEC First-Year Academic Honor Roll (2016-17)

2017-18

2018 Outdoor Season

- Finished 13th in the steeplechase at the SEC Outdoor Track & Field Championships in 11:11.06. Also competed in the 5,000 meters at the SEC meet.
- Finished second in the 3,000-meter steeplechase at the LSU Invitational in a personal-best 10:54.69.
- Finished fourth in the 3,000-meter steeplechase at the Tom Jones Invitational with a time of 11:27.07.
- Finished fourth in Section B of the 1,500 meters at the Crimson Tide Invitational with a personal best time of 4:41.31.
- Finished 14th the 400 meters at the season-opening UTSA Invitational with a time of 1:00.26.

2018 Indoor Season

- Finished 29th in the mile at the Music City Challenge with a time of 5:08.28.
- Finished seventh in the 600 meters at the Bob Pollock Invitational with a personal best time of 1:36.92 and finished 14th in the mile with a time of 5:05.36
- also ran the anchor leg of the Alabama "B" 4x400 meter relay which finished 12th in 3:53.04
- finished 23rd in the 800 meters at the Vanderbilt Invitational in 2:17.48
- also ran the anchor leg on the distance medley relay which placed second in a time of 11:59.50
- finished 11th in the 1,000 meters at the season-opening UAB Blazer Invitational in a time of 3:01.73
- also ran the lead leg on the Tide's "C" 4x400-meter relay that finished 18th in 4:12.69.

2017 Cross Country

- Finished the Crimson Classic with a time of 22:41.6 over the 6k course.
- Finished 16th at the UC Riverside Invitational and was Alabama's No. 4 runner with a time of 18:40.7 over the 5k course.
- Finished 13th at the Struts Season Opener 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 in a personal-best 4:49.59.
- Finished sixth in the 3,000-meter steeplechase at the Crimson Tide Invitational in a personal-best 11:23.37. Also ran the third leg on the Alabama "C" 4x400-meter relay that finished 12th in 3:57.60.
- Finished second in the 2,000-meter steeplechase at the Florida State Relays in 7:21.98 in her outdoor collegiate debut.

2017 Indoor Season

- Finished 17th in the 800 meters at the Tiger Paw Invitational 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.
- 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.
- Made her collegiate track & field debut at the Commodore Invitational as a member of the Tide's distance medley relay squad.

2016 Cross Country

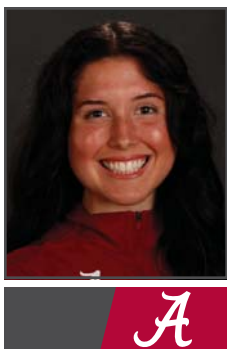
- Posted a time of 23:36.6 over the 6k course at the Crimson Classic.
- Made her collegiate debut at the Chattanooga Powerade Invitational, finishing 22nd in a time of 12:15.97 over the two-mile course.

PREP HIGHLIGHTS

- 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.
- Coached by Amy Dehdari at Plano High School.

PERSONAL INFORMATION

- Daughter of David and Stephanie Brooks.
- Born May 18, 1998 in Birmingham, Ala.
- Majoring in mechanical engineering.



REBECCA BUTEAU

DISTANCE

Junior

Madison, Miss./
Madison Central



ACCOLADES

- SEC Spring Academic Honor Roll (2018)
- SEC Fall Academic Honor Roll (2017)
- SEC First-Year Academic Honor Roll (2016-17)

2017-18

2018 Outdoor Season

Did not compete.

2018 Indoor Season

Did not compete.

2017 Cross Country

- Finished 40th at the NCAA South Regional Championships with a time of 21:06.4 over the 6k course.
- Finished 38th at the SEC Championships and was the Tide's No. 3 runner with a time of 21:41.0 over the 6k course.
- Finished 20th at the Crimson Classic on Oct. 13 and was the Tide's No. 2 runner with a time of 21:15.3 over the 8k course.
- Finished as the Tide's No. 3 runner at the Joe Plane Notre Dame Invitational on Sept. 29 with a time of 17:51.9 over the 5k course.
- Finished 17th in her season debut at the UC Riverside Invitational on Sept. 16 and was the Tide's No. 3 runner with a time of 20:47.0 over the 6k course.

2016-17

2017 Outdoor Season

- Finished 23rd in the 5,000 meters at the SEC Outdoor Track & Field Championships in a personal-best 17:00.99.
- Finished 14th in the 1,500 meters at the SEC Relays 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 in a time of 4:36.52.
- Finished seventh in the 1,500 meters at the Florida State Relays 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 in a personal-best 17:38.17. Ainished 21st in the 3,000 meters in 10:08.02
- Finished 10th in the mile in a personal-best 5:00.89 at the Bob Pollock Invitational. 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 in 12:13.49
- Made her collegiate track & field debut at the Commodore Invitational and finished 10th in the mile in a time of 5:00.91.

2016 Cross Country

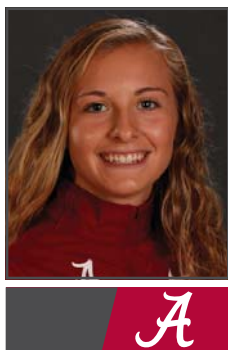
- Finished 99th at the NCAA South Regional in a time of 22:22.9.
- Finished 71st at the SEC Championships in a time of 22:17.5.
- Finished 26th and was Alabama's No. 5 runner at the 6k Crimson Classic, posting a time of 21:37.3.
- Competed in the Joe Plane Notre Dame Invitational and finished as the 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 HIGHLIGHTS

- Held all distance records at Madison Central High School at the end of her prep career.
- Won multiple state championships in cross country, 3,200 meters, 1,600 meters, and the 800 meters.
- Began competing for her high school cross country team as a middle schooler.
- Five-time MHSAA all-state performer in cross country and a four-time MHSAA all-state performer in track and field
- Coached by Geary Howell at Madison Central High School.

PERSONAL INFORMATION

- Daughter of Phil and Patty Carol Buteau
- Born July 18, 1998.
- Majoring in communications studies.



MADDIE DEARBORN

DISTANCE

Sophomore

Yorkville, Ill./
Yorkville



ACCOLADES

- SEC First-Year Academic Honor Roll (2017-18)

2017-18

2018 Outdoor Season

- Finished eighth in the 5,000 meters at the War Eagle Invitational with a personal best time of 17:30.40.
- Finished 14th in the 5,000 meters at the Crimson Tide Invitational with a time of 17:59.88.

2018 Indoor Season

- Finished 30th in the 5,000 meters at the Music City Challenge with a time of 17:47.13.
- Finished 17th in the 3,000 meters at the Bob Pollock Invitational with a time of 10:17.24.
- Finished 38th in the 3,000 meters at the Vanderbilt Invitational with a time of 10:19.72.
- Finished eighth in the mile in her collegiate track & field debut at the UAB Blazer Invitational in a time of 5:14.33.

2017 Cross Country

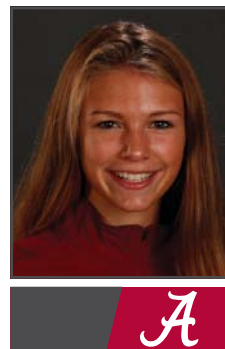
- Finished 85th at the SEC Championships with a time of 22:42.4 over the 6k course.
- Finished 40th, and was the Tide's No. 4 runner, at the Crimson Classic with a time of 21:39.9 over the 6k course.
- Finished the Joe Plane Notre Dame Invitational with a time of 18:06.7 over the 5k course.
- Made her collegiate debut at the UC Riverside Invitational. Finished fifth and was the Tide's No. 1 runner with a time of 17:45.5 over the 5k course.

PREP HIGHLIGHTS

- 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.
- Coached by Chris Muth at Yorkville High School.

PERSONAL INFORMATION

- Daughter of Derek and Jackie Dearborn.
- Born April 15, 1999.
- Majoring in civil engineering.



MARGOT DOOLEY

DISTANCE

Sophomore

Evanston, Ill./
Loyola Academy



ACCOLADES

- SEC First-Year Academic Honor Roll (2017-18)

2018-19

2018 Cross Country

- Opened the season with a 25th place finish at the Mississippi College Season Opener with a time of 20:02.10.

2017-18

2018 Outdoor Season

- Finished 10th in the 1,500 meters at the LSU Invitational with a personal best time of 4:40.38. Also ran the anchor leg on the Alabama "B" 4x400-meter relay that finished sixth in 3:46.97.
- Finished ninth in the 1,500 meters at the War Eagle Invitational with a time of 4:43.01.
- Finished 16th in the 400 meters at the season-opening UTSA Invitational with a time of 1:02.35.

2018 Indoor Season

- Finished 26th in the mile at the Music City Challenge with a time of 5:05.20.
- Finished ninth in the 600 meters at the Bob Pollock Invitational with a personal best time of 1:41.87. Also finished 15th in the mile with a time of 5:05.52.
- Finished 20th in the 800 meters at the Vanderbilt Invitational with a time of 2:16.52. Also ran the lead leg on the distance medley relay which placed second in a time of 11:59.50.

- Finished second in the 1,000 meters in her collegiate track & field debut at the UAB Blazer Invitational in a time of 2:58.95. Also ran the second leg on the Tide's "C" 4x400-meter relay that finished 18th in 4:12.69.

2017 Cross Country

- Ran a time of 23:37.6 over the 6k course at the Crimson Classic.
- Finished 18th at the UC Riverside Invitational and was the Tide's No. 5 finisher with a time of 18:51.0 over the 5k course.
- Made her collegiate debut at the Struts Season Opener. Finished seventh and was the Tide's No. 2 runner with a time of 15:00.50 over the 4k course.

PREP HIGHLIGHTS

- 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.
- Coached by C.J. Simon at Loyola Academy.

PERSONAL INFORMATION

- Daughter of Larry and Mary Dooley.
- Born May 31, 1999.
- Majoring in finance.



**ASHLEY
EAVENSON**

DISTANCE

Sophomore

Northport, Ala./
Tuscaloosa County



ACCOLADES

- SEC First-Year Academic Honor Roll (2017-18)

2018-19

2018 Cross Country

- Finished 44th at the Mississippi College Season Opener. Covered the 5k course in 22:02.63.

2017-18

2018 Outdoor Season

- Finished 19th in Section B of the 1,500 meters at the Crimson Tide Invitational with a personal best time of 5:04.42.

2018 Indoor Season

- Finished 13th in the mile in her collegiate track & field debut at the UAB Blazer Invitational in a time of 5:20.77.

2017 Cross Country

- Made her collegiate debut at the Crimson Classic and posted a time of 23:58.2 over the 6k course.

PREP HIGHLIGHTS

- 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.

PERSONAL INFORMATION

- Daughter of Charles and Tanya Eavenson.
- Born Dec. 5, 1998.
- Majoring in secondary education - language arts.



**NICOLE
GARDNER**

DISTANCE

Senior

Murfreesboro, Tenn./
Siegel



ACCOLADES

- SEC Spring Academic Honor Roll (2017, 2018)
- SEC Fall Academic Honor Roll (2016, 2017)
- SEC First-Year Academic Honor Roll (2015-16)

2017-18

2018 Outdoor Season

- Finished eighth in the 1,500 meters at the SEC Outdoor Track & Field Championships in 4:29.91.
- Finished third in the 1,500 meters in 4:27.13 and fifth in the 800 meters in 2:13.95 at the LSU Invitational.
- Finished 10th in section 2 of the 5,000 meters at the Cardinal Classic with a personal best time of 16:44.71.
- Finished third in Section A of the 1,500 meters at the Crimson Tide Invitational with a personal best time of 4:24.19.

2018 Indoor Season

- Finished ninth in the mile at the SEC Championships with a time of 4:55.05. Also ran the lead leg of the Tide's distance medley relay which finished tenth with a time of 11:49.28.
- Finished 12th in the mile at the Music City Challenge with a personal best time of 4:52.97.
- Finished ninth in the mile at the Bob Pollock Invitational with a time of 5:00.35. Also finished tenth in the 3,000 meters with a time of 10:00.46.
- Made her season debut at the Vanderbilt Invitational and finished 27th in the mile with a time of 5:07.62.

2017 Cross Country

- Finished 38th and was the Tide's No. 1 runner at the NCAA South Regional Championships with a time of 21:04.5 over the 6k course.
- Finished 49th at the SEC Championships and was the Tide's No. 5 runner with a time of 21:54.2 over the 6k course.
- Finished 18th at the Crimson Classic and was the Tide's No. 1 runner with a time of 21:13.8 over the 6k course.
- Finished as the Tide's No. 4 runner at the Joe Piane Notre Dame Invitational with a time of 18:00.2 over the 5k course.
- Finished 31st in her season debut at the UC Riverside Invitational and was the Tide's No. 5 runner with a time of 21:17.0 over the 6k course.

2016-17

2017 Outdoor Season

- Finished 13th in the final of the 1,500 meters at the SEC Outdoor Track & Field Championships 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 in 4:31.45.
- Finished 12th in the invitational 5,000 meters at the Mount SAC Relays 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.
- Finished fourth in the 1,500 meters at the Florida State Relays 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 in a personal-best 9:40.33.
- Finished 36th in the invitational 3,000 meters at the Iowa State Classic 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.
- 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 Commodore Invitational.

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 Florida State 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 HIGHLIGHTS

- Member of Siegel High School's 2012 Tennessee state championship team.
- Three-time 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.
- Coached by Phil Young at Siegel High School

PERSONAL INFORMATION

- Daughter of Brent and Nancy Gardner
- Born Feb. 2, 1997.
- Majoring in biology



**BRIANNA
KOSHY**

DISTANCE

Senior

Brentwood, Tenn./
Brentwood



PREP HIGHLIGHTS

- 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.
- Participated in the 2014 Nike Cross Nationals Southeast Regional
- Also lettered in tennis as a freshman
- Member of FCA, NHS, and volunteered with Habitat for Humanity
- Coached by Guy Avery and Lara Whitaker.

PERSONAL INFORMATION

- Daughter of Sunny Koshy and Tina Tsui
- Born April 17, 1997.
- Majoring in exercise science.



**SAVANNAH
NOETHLICH**

DISTANCE

Freshman

Winnetka, Ill./
New Trier



2018-19

2018 Cross Country

- Finished 23rd, and was Alabama's No. 5 runner in her collegiate debut at the Mississippi College Season Opener. Covered the 5k course in 19:55.18.

PREP HIGHLIGHTS

- Won the 800 meters at the 2017 Midwest Distance Classic in a personal-best time of 2:13.74.
- Member of three league championship teams in track & field at New Trier.
- Two-time Illinois class 3A state championships qualifier in the 800 meters.
- Four-time 3A state championship qualifier in cross country.
- Four-time all-conference selection in cross country and track & field.
- Also played soccer in high school.
- Coached by John Burnside at New Trier High School.

PERSONAL INFORMATION

- Daughter of Greg and Ronnica Noethlich.
- Born Nov. 4, 1999.
- Majoring in marketing.

ACCOLADES

- SEC Spring Academic Honor Roll (2017, 2018)
- SEC Fall Academic Honor Roll (2016, 2017)
- SEC First-Year Academic Honor Roll (2015-16)

2017-18

2018 Outdoor Season

- Finished 15th in the 5,000 meters at the War Eagle Invitational with a personal best time of 17:59.36.
- Finished 25th in the 5,000 meters at the Crimson Tide Invitational with a time of 18:33.52.

2018 Indoor Season

- Finished 39th in the 5,000 meters at the Music City Challenge with a personal best time of 18:23.70.
- Finished 45th in the 3,000 meters at the Vanderbilt Invitational in a personal-best 10:31.69
- Finished eighth in the 3,000 meters at the season-opening UAB Blazer Invitational in a time of 10:42.46.

2017 Cross Country

- Finished the SEC Championships with a time of 23:33.3 over the 6k course.
- Finished 94th at the Crimson Classic on Oct. 13 with a time of 22:28.5 over the 6k course.
- Finished 26th at the Struts Season Opener 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 in 18:26.74.
- Finished 25th in the 5,000 meters at the Crimson Tide Invitational in a personal-best 18:04.91.
- Finished 17th in the 5,000 meters at the Florida State Relays 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 in a time of 18:48.74.
- Made her season debut at the Auburn Invitational. 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

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

2016 Indoor Season

- Did not compete.

2015 Cross Country

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



**LEAHROSE
MAMI**

DISTANCE

Freshman

Cullman, Ala./
Cullman



2018-19

2018 Cross Country

- Made her collegiate debut at the Mississippi College Season Opener and finished 35th in 21:04.76.

PREP HIGHLIGHTS

- AHSAA 1A-2A state cross country champion in 2017 and runner-up in 2015 and 2016
- Three-time AHSAA 2A outdoor champion in the 1,600 meters (2016, 2017, 2018) and the 2016 1,600 meters 1A-3A indoor champion also won state 800-meter and 3,200-meter titles at the 2018 state meet.
- Four-time all-state selection in cross country.
- Member of two state championship cross country teams at St. Bernard
- Competed in her first state cross country championship as a seventh-grader in 2012 and was a member of six state-qualifying teams.
- Also competed in basketball and bowling as a prep.
- Coached by William Calvert at St. Bernard Prep.

PERSONAL INFORMATION

- Daughter of Anthony and Dorothea Mami.
- Born June 14, 2000.
- Majoring in geology.



**MEGAN
PATTON**

DISTANCE

Freshman

Naperville, Ill./
Plainfield North



2018-19

2018 Cross Country

- Finished eighth, and was Alabama's No. 1 runner, in her collegiate debut at the Mississippi College Season Opener. Covered the 5k course in 19:06.07.

PREP HIGHLIGHTS

- Three-time all-conference selection in cross country (2016-17-18).
- Four-time all-conference honoree in track & field (2015-16-17-18).
- Cross country all-region in 2016 and all-sectional in 2016 and 2017.
- School 1,600 meters record holder.
- Member of school indoor and outdoor record holding 4x800-meter relay.
- Two-year cross country captain (2016-17)
- 2018 track team captain.
- 2018 IHSA Academic All-State nominee.
- Coached by Tammy Gummerson at Plainfield High School.

PERSONAL INFORMATION

- Daughter of Scott and Sandy Patton.
- Born July 17, 2000.
- Majoring in chemistry.



RILEY SCHELP

DISTANCE

Freshman

St. Louis, Mo./
Lutheran South



2018-19

2018 Cross Country

- Finished 12th, and was Alabama's No. 2 runner, in her collegiate debut at the Mississippi College Season Opener. Covered the 5k course in 19:26.73.

PREP HIGHLIGHTS

- Three-time all-state selection in cross country.
- Nine-time all-state selection in track in the 800 meters (three times), 1,600 meters (four times) and 3,200 meters (two times).
- School record holder at 1,600 meters and 3,200 meters.
- Team captain as a junior and senior.
- Four-time cross country team MVP.
- 2018 St. Louis Post-Dispatch Scholar Athlete of the Year.
- Also a member of the Lutheran South swim team.
- Coached by Scott DeNoyer, Joel Gilbert and Eric Glessner at Lutheran South High School.

PERSONAL INFORMATION

- Daughter of Matthew Schelp and Kimberly Sanchez.
- Born Dec. 24, 1999.
- Majoring in Spanish.



EMMA SIDMAN

DISTANCE

Sophomore

Atlanta, Ga./
Lovett



ACCOLADES

- SEC First-Year Academic Honor Roll (2017-18)

2018-19

2018 Cross Country

- Finished 29th in her season debut at the Mississippi College Season Opener, covering the 5k course in 20:31.12.

2017-18

2018 Outdoor Season

Did not compete.

2018 Indoor Season

Did not compete.

2017 Cross Country

- Made her collegiate debut at the Crimson Classic on Oct. 13 and finished with a time of 24:09.3 over the 6k course.

PREP HIGHLIGHTS

- 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).
- Member of the National Honor Society.
- Coached by Chris Mayer at The Lovett School.

PERSONAL INFORMATION

- Daughter of Steve and Lauren Sidman.
- Father, Steve, was a soccer player at Colgate.
- Born March 1, 1999.
- Majoring in finance.



BRITTANY TOLSON

DISTANCE

Junior

Powell, Tenn./
Powell



ACCOLADES

- SEC Spring Academic Honor Roll (2018)
- SEC Fall Academic Honor Roll (2017)
- SEC First-Year Academic Honor Roll (2016-17)

2018-19

2018 Cross Country

- Finished 17th, and was Alabama's No. 3 runner, at the Mississippi College Season Opener. Covered the 5k course in 19:42.63.

2017-18

2018 Outdoor Season

- Finished 11th in the 5,000 meters at the War Eagle Invitational with a personal best time of 17:51.07.
- Finished 18th in the 5,000 meters at the Crimson Tide Invitational with a personal best time of 18:11.76.

2018 Indoor Season

- Finished 33rd in the 5,000 meters at the Music City Challenge with a time of 17:55.2.
- Finished 13th in the 3,000 meters at the Bob Pollock Invitational with a personal best time of 10:06.04.
- Finished 35th in the 3,000 meters at the Vanderbilt Invitational with a personal-best time of 10:18.19.
- Finished 11th in the mile at the season-opening UAB Blazer Invitational in a time of 5:18.21.

2017 Cross Country

- Finished the Crimson Classic with a time of 22:46.8 over the 6k course.
- Finished 20th at the Struts Season Opener 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 and finished sixth in the 3,000 meters in 10:52.64.

2016 Cross Country

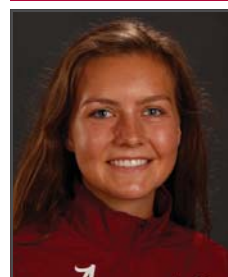
- Finished 94th at the SEC Championships in a time of 22:51.7.
- Posted a time of 22:34.8 at the 6k Crimson Classic.
- Made her collegiate debut at the Chattanooga Powerade Invitational and finishing 15th in a time of 12:07.64, coming in as Alabama's No. 5 runner.

PREP HIGHLIGHTS

- 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.
- Coached by her father, Doug Tolson, and Scott Clark at Powell High School.

PERSONAL INFORMATION

- 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.
- Majoring in general business.



ELIZA WITHERSPOON

DISTANCE

Sophomore

Brevard, N.C./
Brevard



ACCOLADES

- SEC First-Year Academic Honor Roll (2017-18)

2018-19

2018 Cross Country

- Finished 26th at the Mississippi College Season Opener. Covered the 5k course in 19:55.36.

2017-18

2018 Outdoor Season

Did not compete.

2018 Indoor Season

Did not compete.

2017 Cross Country

- Made her collegiate debut at the Crimson Classic on Oct. 13 and finished with a time of 23:34.6 over the 6k course.

PREP HIGHLIGHTS

- 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.
- Coached by Phillip Latter at Brevard High School.

PERSONAL INFORMATION

Daughter of John and Jackie Witherspoon.

- Mother, Jackie, ran track and cross country at Alabama.
- Born May 27, 1999.
- Majoring in environmental engineering.



HALEY WRIGHT

DISTANCE

Junior

Boonsboro, Md./
Boonsboro



ACCOLADES

- SEC Spring Academic Honor Roll (2018)
- SEC Fall Academic Honor Roll (2017)
- SEC First-Year Academic Honor Roll (2016-17)

2017-18

2018 Outdoor Season

- Finished 13th in the 1,500 meters at the LSU Invitational with a personal best time of 4:45.27
- Finished fifth in the 3,000-meter steeplechase at the War Eagle Invitational with a time of 11:42.01
- Finished seventh in the 3,000-meter steeplechase in her outdoor season debut at the Crimson Tide Invitational with a personal best time of 11:36.47.

2018 Indoor Season

- Finished 17th in the mile at the season-opening UAB Blazer Invitational in a time of 5:28.26.

2017 Cross Country

- Finished the Crimson Classic with a time of 22:44.0 over the 6k course.
- Finished 18th and was the Tide's No. 5 runner at the Struts Season Opener, covering 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 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 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.
- Finished 42nd in her collegiate debut at the Brooks Memphis Twilight Classic. Covered the 5k course in a time of 18:38.32.

PREP HIGHLIGHTS

- 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 & 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.
- Coached by Becky Walter at Boonsboro High School.

PERSONAL INFORMATION

- Daughter of Jeff and Carol Wright.
- Born June 29, 1998.
- Majoring in criminal justice with a minor in computing technologies and applications.



MCKENZIE YANEK

DISTANCE

Junior

Bettendorf, Iowa./
Pleasant Valley



ACCOLADES

- First Team All-SEC, cross country (2017)
- Second Team All-SEC, 10,000 meters (2018)
- SEC All-Freshman Team, cross country (2016)
- SEC Spring Academic Honor Roll (2018)
- SEC Fall Academic Honor Roll (2017)
- SEC First-Year Academic Honor Roll (2016-17)

2017-18

2018 Outdoor Season

- Finished 30th in the 10,000 meters at the NCAA East Preliminary with a time of 35:52.43.
- Earned all-conference honors with a second place finish in the 10,000 meters at the SEC Outdoor Track & Field Championships with a time of 35:03.33.
- Also finished 18th in the 5,000 meters at the SEC meet with a time of 17:08.55.
- Won the 10,000 meters at the Cardinal Classic with a personal best time of 33:58.14 that ranks No. 4 all-time at Alabama.
- Finished 21st in the 10,000 meters at the Stanford Invitational on March 30 in 35:12.89 in her first collegiate outing at that distance.
- Finished second in the 5,000 meters at the UTSA Invitational with a time of 17:23.88.

2018 Indoor Season

- Finished ninth in the 5,000 meters at the SEC Championships with a time of 16:50.23.
- Finished 16th in the 5,000 meters at the Music City Challenge with a time of 16:51.26.
- Finished ninth in the 3,000 meters at the Bob Pollock Invitational with a time of 9:56.57.
- Finished eighth in the 3,000 meters in her collegiate track & field debut at the Vanderbilt Invitational with a time of 9:48.29.

2017 Cross Country

- Finished 53rd at the NCAA South Regional Championships with a time of 21:18.9 over the 6k course.
- Finished 14th at the SEC Championships and was the Tide's No. 1 runner with a time of 20:52.1 over the 6k course.
- Finished 24th at the Crimson Classic and was the Tide's No. 3 runner with a time of 21:20.5 over the 8k course.
- Finished 112th at the Joe Plane Notre Dame Invitational with a time of 18:08.5 over the 5k course.
- Finished 14th in her season debut at the UC Riverside Invitational and was the Tide's No. 1 runner with a time of 20:37.3 over the 6k course.

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 HIGHLIGHTS

- Won the 2015 Iowa Girls High School Athletic Union 4A cross country state championship with a 5k time of 17:55.
- Won the 2013 IGHSU 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 IGHSU 4A state championships.
- Competed as a member of the Pleasant Valley High School team that won the 2015 IGHSU 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).
- Coached by Jane Wheeler at Pleasant Valley High School.

PERSONAL INFORMATION

- Daughter of Jeremy and Toni Yanek.
- born May 22, 1998.
- Majoring in exercise science.