



2023-24 MEDIA GUIDE

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2023 SCHEDULE

Fri.	Sep. 2	Charlotte Opener Concord, N.C. / Frank Liske Park
Sat.	Sep. 16	Furman Invitational Greenville, S.C. / Furman University
Sat.	Sep. 23	Virginia Invitational Earlsville, Va. / Panorama Farms
Fri.	Sep. 29	Joe Piane Notre Dame Invitational South Bend, Ind. / Burke Golf Course
Fri.	Oct. 6	Royals Challenge Charlotte, N.C. / McAlpine Creek Park
Sat.	Oct. 14	XC-23 Pre-Nationals Earlsville, Va. / Panorama Farms
Sat.	Oct. 28	American Athletic Conference Championship Greenville, N.C. / Lake Chrisi
Fri.	Nov. 10	NCAA Southeast Regional Championship Spartanburg, S.C. / Roder Millikan Center
Sat.	Nov. 18	NCAA Championship Earlsville, Va. / Panorama Farms

CREDITS AND ACKNOWLEDGEMENTS

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CHARLOTTE49ERS.COM

Media and fans can follow the Charlotte track and field teams from anywhere in the world on the official home of Charlotte athletics. Schedules, rosters, results, features, podcasts, game notes and much more is available for all 18 of Charlotte's varsity sports.

QUICK FACTS

GENERAL INFORMATION

Location	Charlotte, N.C.
Founded	1946
Enrollment	29,341
Nickname	49ers
Colors.....	Green and White
Conference	American Athletic Conference
Affiliation.....	NCAA Division I
Chancellor	Dr. Sharon Gaber
Athletics Director	Mike Hill
Executive Associate Athletic Director / SWA.....	Ragean Hill
Ticket Office	(704) 687-4949

CROSS COUNTRY INFORMATION

Director of XC/T&F	Robert Olesen (23rd season)
Head Coach	Joe Lynn (6th season)
Assistant Coach	Loren Donohue (2nd season)
Athletic Trainer	Gloria Krestan
Fax Number	(704) 687-5318

CHARLOTTE MEDIA RELATIONS

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2023 American Athletic Conference Championships



2023 NCAA Southeast Regional

2023 MEN'S CROSS COUNTRY ROSTER

NAME	CLASS	HOMETOWN (HIGH SCHOOL/PREVIOUS SCHOOL)
Bryce Anderson	R-So.	Harrisburg, N.C. (Hickory Ridge HS)
Keaton Anderson	R-Sr.	Harrisburg, N.C. (Hickory Ridge HS)
Luke Armentrout	Fr.	Winston-Salem, N.C. (Mount Tabor HS)
Andrew Burrell	Fr.	Kernersville, N.C. (Mount Tabor HS)
Harper Clark	Fr.	Garner, N.C. (West Johnston HS)
Alec Esposito	R-Sr.	Houston, Texas (Cypress Woods HS/North Texas)
Alex Fernandez	Fr.	Cary, N.C. (Green Level HS)
Stephen Ferneti	Fr.	Maiden, N.C. (North Lincoln HS)
Jacob Gallant	Jr.	Walkertown, N.C. (Mount Tabor HS)
Jackson O'Hara	R-Sr.	Matthews, N.C. (Weddington HS)
Cruz Hesling	Fr.	High Point, N.C. (Westchester Country Day)
Gunner Hogston	Jr.	Shelby, N.C. (Marvin Ridge HS/UNC Asheville)
Elijah Jones	Fr.	Swannanoa, N.C. (Charles D. Owen HS)
Braden Lange	Sr.	Fort Worth, Texas (Timbercreek HS/North Texas)
Maddon Muhammad	R-So.	Charlotte, N.C. (Myers Park HS)
Caleb Roesch	Fr.	Charlotte, N.C. (South Mecklenburg HS)
Ian Rouse	Fr.	Durham, N.C. (Jordan HS)
Nick Scudder	Sr.	Raleigh, N.C. (Millbrook HS)
Henry Stubenrauch	Fr.	Golden, Colo. (Golden HS)
Hunter White	R-Jr.	Fletcher, N.C. (North Henderson)

PRONUNCIATION GUIDE

Luke Armentrout	ARM-en-trout
Stephen Ferneti	Fer-NET-e
Jacob Gallant	Guh-LAHNT
Gunner Hogston	HOG-ston
Braden Lange	LANG-e
Caleb Roesch	ROW-sh
Nick Scudder	SCUD-der
Henry Stubenrauch	STOO-ben-rock

COACHING STAFF

Head coach	Joseph Lynn, 6th season (Aquinas College '04)
Assistant coach	Loren Donohue, 2nd season (UMass '05)
Director of T&F/XC	Bob Olesen, 23rd season (Illinois '90)



The Charlotte men's team won the 2023 American Athletic Conference Championship.



Nick Scudder, NCAA All-American

2023 WOMEN'S CROSS COUNTRY ROSTER

NAME	CLASS	HOMETOWN (HIGH SCHOOL/PREVIOUS SCHOOL)
Kelly Bradle	Fr.	Charlotte, N.C. (Providence HS)
Cali Coffin	R-So.	Nashua, N.H. (Nashua HS)
Jessie Connick	Jr.	Charlotte, N.C. (Cox Mill HS)
Alex Cotugno	R-Jr.	Melrosa, Mass. (Melrose HS)
Karina Coulter	Jr.	Hickory, N.C. (Fred T. Foard HS)
Karoline Daland	R-Sr.	Grimstad, Norway (Dahlske Secondary School/UTEP)
Kate DeFilippis	So.	New Market, Md. (Linganore HS/Saint Joseph's (PA))
Tatum Dermatas	Fr.	Kill Devil Hills, N.C. (First Flight HS)
Olivia Fischlein	So.	Wake Forest, N.C. (Wake Forest HS)
Jenna Franklin	Fr.	Arkport, N.Y. (Arkport HS)
Emma Fredericks	Jr.	Greensboro, N.C. (Northern Guilford HS)
Lori Glavan	So.	Lincolnton, N.C. (North Lincoln HS)
Austin Heft	So.	Virginia Beach, Va. (Ocean Lakes HS)
Lauren Johnston	Jr.	Cary, N.C. (Middle Creek HS)
Olivia Kaisin	Fr.	Guilford, Conn. (Guilford HS)
Emily Karmanocky	Fr.	Kannapolis, N.C. (A.L. Brown HS)
Kiersten Kohler	Fr.	Greensboro, N.C. (Northern Guilford HS)
Jade Martin	Sr.	Apex, N.C. (Apex Friendship HS)
Natalia Martin	Fr.	Charlotte, N.C. (Olympic HS)
Jenna Newman	Fr.	Sayville, N.Y. (Sayville HS)
Cici Perrone	So.	New Market, Md. (Linganore HS/Saint Joseph's (PA))
Nadia Phillips	Fr.	Wauwatosa, Wis. (Wauwatosa HS)
Aislynn Reagle	Jr.	Spring Hill, Tenn. (Summit HS/Catawba College)
Lily Rogers	Fr.	Apex, N.C. (Middlecreek HS)
Stuti Vyas	R-Sr.	Iselin, N.J. (John F. Kennedy Memorial HS/NJIT)
Allie Wardle	Fr.	Snellville, Ga. (Brookwood HS)
Anna Wells	Fr.	Charlotte, N.C. (Ardrey Kell HS)
Lauren Wimberly	Fr.	West End, N.C. (Pinecrest HS)

PRONUNCIATION GUIDE

Alex Cotugno	Co-TOON-oh
Karoline Daland	Duh-LAND
Kate DeFilippis	De-FIL-uh-pis
Tatum Dermatas	Der-MAH-tas
Olivia Fischlein	FISH-line
Lori Glavan	GLA-vin
Olivia Kaisin	KAY-sin
Emily Karmanocky	Kar-ma-NOCK-e
Cici Perrone	Per-OWN
Aislynn Reagle	AZE-linn
Stuti Vyas	STOOT-e VYE-as

COACHING STAFF

Head coach	Joseph Lynn, 6th season (Aquinas College '04)
Assistant coach	Loren Donohue, 2nd season (UMass '05)
Director of T&F/XC	Bob Olesen, 23rd season (Illinois '90)



Nadia Phillips, 2023 American Athletic Conference Women's Freshman of the Year



Lauren Johnston, 2023 American Athletic All-Conference



2023 CROSS COUNTRY INDIVIDUAL RESULTS

MEN	9/1 CHARLOTTE OPENER (M-5K; W-4K)	9/16 FURMAN INVITATIONAL (M-6K; W-6K)	9/23 VIRGINIA INVITATIONAL (M-8K; W-5K)	9/29 JOE PIANE ND INVITATIONAL (M-5MI; W-5K)	10/6 ROYALS XC CHALLENGE (M-8K; W-5K)	10/14 PANORAMA FARMS XC23 PRE-NATIONALS (M-8K; W-6K)	10/28 AAC CHAMPIONSHIPS (M-8K; W-6K)	11/10 NCAA SOUTHEAST REGIONALS (M-10K; W-6K)
Bryce Anderson	13th 15:02.8	DNC	188th 5:06.4	105th 5:03.8	DNC	125th 5:07.9	26th 23:50.5	DNC
Keaton Anderson	14th 15:03.7	DNC	168th 5:02.8	98th 4:57.2	DNC	55th 4:53.9	17th 23:41.7	DNC
Luke Armentrout	38th 16:01.3	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Zachary Beale	DNC	DNC	DNC	DNC	DNC	121st 5:06.6	DNC	DNC
Andrew Burrell	40th 16:07.3	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Harper Clark	33rd 15:53.0	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Alec Esposito	DNC	DNC	132nd 4:57.8	55th 4:54.1	DNC	24th 4:48.1	11th 23:15.4	DNC
Alex Fernandez	35th 15:56.5	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Stephen Ferneti	31st 15:47.3	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Jacob Gallant	12th 15:02.2	DNC	DNC	DNC	DNC	158th 5:17.1	DNC	DNC
Justin Hayes	20th 15:15.1	38th 5:14.8	DNC	DNC	DNC	DNC	DNC	DNC
Cruz Hesling	DNC	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Gunner Hogston	29th 15:46.0	27th 5:08.0	DNC	142nd 5:15.9	DNC	103rd 5:03.7	DNC	DNC
Elijah Jones	41st 16:07.9	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Braden Lange	11th 14:59.1	DNC	167th 5:02.4	76th 4:57.1	DNC	119th 5:06.2	13th 23:20.8	DNC
Maddon Muhammad	19th 15:13.6	DNC	147th 4:59.5	41st 4:50.6	DNC	36th 4:50.5	3rd 22:56.7	DNC
Jackson O'Hara	DNC	DNC	153rd 5:00.1	64th 4:54.8	DNC	DNC	33rd 24:07.4	DNC
Caleb Roesch	28th 15:45.6	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Ian Rouse	36th 15:57.1	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Aaron Rovnak	8th 14:51.5	DNC	70th 4:51.9	32nd 4:49.4	DNC	34th 4:50.0	38th 24:22.1	DNC
Nick Scudder	1st 14:42.7	DNC	16th 4:45.8	8th 4:42.3	DNC	1st 4:37.6	1st 22:33.4	4th 28:55.3
Henry Stubenrauch	30th 15:46.7	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Hunter White	7th 14:50.9	DNC	131st 4:57.8	51st 4:53.6	DNC	28th 4:48.6	16th 23:34.5	DNC
TEAM	2nd of 3	DNQ	20th of 23	6th of 18	DNQ	DNQ	2nd of 12	6th of 33

WOMEN

	9/1 CHARLOTTE OPENER (M-5K; W-4K)	9/16 FURMAN INVITATIONAL (M-6K; W-6K)	9/23 VIRGINIA INVITATIONAL (M-8K; W-5K)	9/29 JOE PIANE ND INVITATIONAL (M-5MI; W-5K)	10/6 ROYALS XC CHALLENGE (M-8K; W-5K)	10/14 PANORAMA FARMS XC23 PRE-NATIONALS (M-8K; W-6K)	10/28 AAC CHAMPIONSHIPS (M-8K; W-6K)	11/10 NCAA SOUTHEAST REGIONALS (M-10K; W-6K)
Keely Bradle	23rd 15:02.1	49th 6:23.8	DNC	48th 3:43.7	22nd 5:56.1	DNC	DNC	DNC
Cali Coffin	7th 14:15.8	DNC	151st 5:51.5	54th 5:40.4	DNC	87th 5:54.8	12nd 21:24.7	DNC
Jessie Connick	6th 14:13.2	DNC	127th 5:46.0	71st 5:46.6	DNC	93rd 5:56.9	DNC	DNC
Alex Cotugno	24th 15:07.2	36th 6:12.0	DNC	32nd 3:42.9	DNC	135th 6:09.7	DNC	DNC
Karina Coulter	15th 14:35.9	DNC	192nd 6:18.2	55th 3:49.3	32nd 6:00.6	119th 6:04.2	DNC	DNC
Karoline Daland	8th 14:17.6	DNC	167th 5:56.3	21st 3:38.2	DNC	DNC	19th 21:35.5	DNC
Kate DeFilippis	38th 18:06.9	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Tatum Dermatas	14th 14:35.2	DNC	156th 5:52.2	62nd 5:43.4	DNC	DNC	DNC	DNC
Olivia Fischlein	21st 14:45.7	30th 6:04.3	DNC	15th 3:35.9	DNC	92nd 5:56.6	36th 22:07.7	DNC
Jenna Franklin	29th 15:42.7	55th 6:34.1	DNC	59th 3:49.7	60th 6:10.9	DNC	DNC	DNC
Emma Fredericks	18th 14:41.5	35th 6:11.3	DNC	10th 3:34.9	DNC	64th 5:47.4	20th 21:37.9	DNC
Lori Glavan	28th 15:31.6	54th 6:32.0	DNC	DNC	DNC	144th 6:13.9	DNC	DNC
Austin Heft	25th 15:12.6	53rd 6:31.7	DNC	56th 3:49.4	54th 6:08.1	157th 6:26.0	DNC	DNC
Lauren Johnston	5th 14:06.4	DNC	75th 5:36.4	32nd 5:34.9	DNC	DNC	6th 21:05.1	DNC
Olivia Kaisin	31st 16:15.5	74th 6:54.1	DNC	DNC	103rd 6:24.3	DNC	DNC	DNC
Emily Karmanocky	37th 16:41.8	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Kiersten Kohler	30th 16:07.9	68th 6:47.2	DNC	DNC	59th 6:10.8	DNC	DNC	DNC
Jade Martin	9th 14:18.4	DNC	108th 5:42.1	42nd 5:36.8	DNC	55th 5:45.0	DNC	DNC
Natalia Martin	17th 14:40.7	DNC	DNC	75th 5:47.8	DNC	DNC	45th 22:23.6	DNC
Jenna Newman	12th 14:32.4	DNC	161st 5:53.0	61st 5:43.0	DNC	78th 5:51.9	13th 21:25.8	DNC
Cici Perrone	27th 15:25.0	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Nadia Phillips	11th 14:25.7	DNC	160th 5:52.9	59th 5:42.6	DNC	DNC	8th 5:41.5	DNC
Aislynn Reagle	10th 14:24.0	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Lily Rogers	26th 15:21.9	44th 6:19.3	DNC	37th 3:45.0	DNC	DNC	DNC	DNC
Stuti Vyas	DNC	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Allie Wardle	13th 14:33.3	DNC	184th 6:07.4	114th 5:57.6	DNC	DNC	DNC	DNC
Anna Wells	22nd 14:57.1	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Lauren Wimberly	DNC	DNC	DNC	DNC	DNC	DNC	DNC	DNC
TEAM	2nd of 3	5th of 10	21st of 23	11th of 16	5th of 29	11th of 15	2nd of 14	10th of 34

2023 CROSS COUNTRY PREVIEW

The 49ers begin the season as the reigning Conference USA champions and are set to begin their first year in the American Athletic Conference. Below is a preview of the team's 2023 campaign.

MEN'S PREVIEW

Two years removed from their NCAA Championship berth in the spring of 2021, the Charlotte men will look to return to the postseason as a team this fall. While the past two seasons have seen the men come up just short of a team berth, 2022 graduate Paul Arredondo and senior Nick Scudder have represented the 49ers as individuals. Scudder returns this fall to defend his NCAA Southeast Regional title and will look to add an American Athletic Conference individual title to go along with his two titles from Conference USA.

The men return a load of talent to join Scudder. Seniors Keaton Anderson, Alec Esposito, Braden Lange, along with juniors Hunter White, Jacob Gallant, Aaron Rovnak, and sophomore Maddon Muhammad are all back with All-CUSA accolades to their name. Expected to join them are junior C-USA track medalist Gunner Hogston and sophomore Bryce Anderson. Justin Hayes, a mid-year transfer from last January, should also look to be in the mix as a valuable contributor to the team this fall.

Adding to the depth will be a very strong freshman class, with nine of the 10 incomers hailing from the state of North Carolina.

WOMEN'S PREVIEW

The 2023 Charlotte Women's Cross Country team will look to build off an incredible run at the 2022 C-USA Cross Country Championships where they dominated the meet, scoring an all-time conference low point total of 26 en route to the team title.

Returning to lead the team will be a large group of past All-CUSA performers. Seniors Karoline Daland, Jade Martin, and Jenna Newman all bring valuable leadership and championship experience. Joining this trio will be junior Jessie Connick, Karina Coulter, Emma Fredericks, and Lauren Johnston. Johnston had a breakout fall in 2022, placing third at the C-USA Championships individually.

Joining the seven all conference returners will be sophomore Cali Coffin, who had a very successful 2023 outdoor track season. Along with Coffin, junior Alex Cotugno and sophomores Olivia Fischlein, Lori Glavan, and Austin Heft will provide valuable depth and experience to the group.

Much like the men, the women will boast a large group of transfers and freshman who will look to make an immediate impact with the team. The strong transfer group includes senior Stuti Vyas, junior Aislynn Reagle, and sophomores Cici Perrone and Kate DePhilippis. Thirteen incoming freshman women will not only provide depth for this fall, but also help keep the future looking very bright.



The Charlotte men and women's teams swept the 2022 Conference USA Cross Country Championships.



ALL-TIME RECORDS

ALL-TIME MEN'S TOP TIMES (THROUGH 2023)

8,000-METER COURSE

NAME	YEAR	MEET	TIME
1. Nick Scudder	2023	American Conf. Championships	22:33
2. Maddon Muhammad	2023	American Conf. Championships	22:57
3. Nick Scudder	2022	XC23 Invitational	23:00
4. Alec Esposito	2023	American Conf. Championships	23:15
5. Braden Lange	2023	American Conf. Championships	23:21
6. Paul Arredondo	2020	Live in Lou Classic	23:30
7. Tom Nobles	2017	Pre-National Invite	23:31
T-8. Hunter White	2023	American Conf. Championships	23:35
T-8. Mihret Coulter	2017	Pre-National Invite	23:35
10. Nick Scudder	2023	Virginia Invitational	23:41
11. Keaton Anderson	2023	American Conf. Championships	23:42
T-12. Bryce Anderson	2023	American Conf. Championships	23:51
T-12. Hunter White	2022	ND Invitational	23:51
14. Alec Esposito	2022	XC23 Invitational	23:52
15. Aaron Rovnak	2022	ND Invitational	23:53

10,000-METER COURSE

NAME	YEAR	MEET	TIME
1. Nick Scudder	2023	NCAA SE Regional	28:55
2. Paul Arrendondo	2021	NCAA SE Regional	29:26
3. Tom Nobles	2017	NCAA SE Regional	29:34
4. Mihret Coulter	2017	NCAA SE Regional	29:35
5. Nick Scudder	2021	NCAA SE Regional	29:40
6. Nick Scudder	2022	NCAA SE Regional	28:55
7. Maddon Muhammad	2023	NCAA SE Regional	29:43
8. Hunter White	2023	NCAA SE Regional	29:56
9. Kenneth Svendsen	1999	NCAA SE Regional	30:02
10. Alex Cornwell	2019	NCAA SE Regional	30:12
11. Vince Sherry	1999	NCAA SE Regional	30:19
12. Jackson O'Hara	2023	NCAA SE Regional	30:21
13. Alec Esposito	2023	NCAA SE Regional	30:23
14. Zach Marchinko	2017	NCAA SE Regional	30:25
15. Josh Baker	2002	NCAA SE Regional	30:27

ALL-TIME WOMEN'S TOP TIMES (THROUGH 2023)

5,000-METER COURSE

NAME	YEAR	MEET	TIME
1. Caroline Sang	2017	C-USA Championships	16:27
2. Louise Lounes	2022	Joe Plane Invitational	16:48
3. Amanda Goetschius	2011	Charlotte Invitational	16:57
4. Kelly Travis	1999	C-USA Championship	17:07
5. Sophia Ritter	2022	Joe Plane Invitational	17:08
6. Molly Kerin	1995	N.C. Collegiate	17:15
7. Chandler Horton	2019	C-USA Championship	17:16
8. Lauren Johnston	2023	Joe Plane Invitational	17:20
T-9. Lauren Johnston	2023	Virginia Invitational	17:25
T-9. Lauren Johnston	2022	Joe Plane Invitational	17:25
11. Jada Martin	2023	Joe Plane Invitational	17:27
12. Brittany Stanley	2017	C-USA Championships	17:28
13. Renee White	1994	Metro Championships	17:31
14. Keara Thomas	2009	Charlotte Invitational	17:32
15. Cassie Ficken	2005	Clemson Invitational	17:36

6,000-METER COURSE

NAME	YEAR	MEET	TIME
1. Caroline Sang	2017	NCAA Championship	19:35
2. Cassie Ficken	2005	NCAA SE Regional	20:28
3. Louise Lounes	2021	NCAA Championship	20:31
4. Amanda Goetschius	2011	NCAA SE Regional	20:40
5. Lauren Johnston	2023	NCAA SE Regional	20:57
6. Lauren Johnston	2023	American Conf. Championships	21:05
T-7. Chandler Horton	2019	NCAA SE Regional	21:10
T-7. Bridget Abbatiello	2019	UAB Blazer Invite	21:10
9. Nadia Phillips	2023	American Conf. Championships	21:13
10. Cali Coffin	2023	NCAA SE Regional	21:15
11. Tsehaye Dagnachew	2006	NCAA Pre-Nationals	21:16
T-12. Nadia Phillips	2023	NCAA SE Regional	21:18
T-12. Hana Sutchar	2011	NCAA SE Regional	21:18
T-12. Sophia Ritter	2022	C-USA Championship	21:18
15. Lauren Johnston	2022	C-USA Championship	21:21



2023 Charlotte Cross Country



ALL-TIME TEAM FINISHES AND MVPs

Head Coaches: Wayne Bowman (1978), George Antonelli (1979-80), David Hall (1981-2000), Terence Fagan (2001), Brad Herbster (2002-08), Ed Schlichter (2009-13), Alex Gibby (2014-2016), Joseph Lynn (2017-pres.)

YEAR	CONF.	MEN CONF./REG.	MVP	WOMEN CONF./REG.	MVP
1978	Sun Belt	4th/-	Dean Presson	-/-	N/A
1979	Sun Belt	3rd/-	Dave Clark	-/-	N/A
1980	Sun Belt	6th/-	Dave Clark	-/-	N/A
1981	Sun Belt	3rd/-	Dave Clark	-/-	N/A
1982	Sun Belt	5th/-	David Peterson	-/-	N/A
1983	Sun Belt	4th/-	Todd Thompson	-/-	N/A
1984	Sun Belt	5th/-	David Maroukis	-/-	N/A
1985	Sun Belt	5th/-	John Fillyaw	5th/-	Libby Wilmoth
1986	Sun Belt	6th/-	Mike Wirth	7th/-	Janet Rumpf
1987	Sun Belt	7th/-	Barry Hopper	8th/-	Julie Young
1988	Sun Belt	5th/-	Kevin Waldo	3rd/-	Charlotte Carlson
1989	Sun Belt	4th/-	Seamus Donohoe	4th/-	Julie Young
1990	Sun Belt	4th/-	Seamus Donohoe	2nd/-	Katie Kerin
1991	Sun Belt	3rd/12th	John Sink	3rd/17th	Renee White
1992	Metro	6th/29th	Jason Lawrence	1st/10th	Katie Kerin
1993	Metro	3rd/20th	Shawn Morgan	1st/9th	Celena Illuzzi
1994	Metro	4th/35th	Andy Tucker	1st/9th	Molly Kerin
1995	Conference USA	5th/32nd	Walt Kuhn	3rd/-	Molly Kerin
1996	Conference USA	4th/16th	Walt Kuhn	6th/-	Tanya Sotillo
1997	Conference USA	7th/24th	Brent Foster	4th/13th	Stefanie Burklow
1998	Conference USA	2nd/8th	Kenneth Svendsen	5th/12th	Abby Ames
1999	Conference USA	3rd/12th	Kenneth Svendsen	5th/10th	Kelly Travis
2000	Conference USA	4th/7th	Ian Dickinson	7th/17th	Jen Taylor
2001	Conference USA	4th/11th	Kenneth Svendsen	11th/24th	Cassie Ficken
2002	Conference USA	1st/9th	Vince Sherry	6th/16th	Cassie Ficken
2003	Conference USA	12th/-	Jamil Muhaimin	4th/13th	Cassie Ficken
2004	Conference USA	2nd/8th	Ed Schlichter	7th/13th	Tsehaye Dagnachew
2005	Atlantic 10	3rd/16th	Jamil Muhaimin	2nd/10th	Cassie Ficken
2006	Atlantic 10	5th/13th	Adu Dentamo	3rd/13th	Tsehaye Dagnachew
2007	Atlantic 10	9th/18th	Chase Eckard	4th/17th	Aja Jackson
2008	Atlantic 10	4th/12th	Adu Dentamo	2nd/9th	Amanda Goetschius
2009	Atlantic 10	7th/14th	Adu Dentamo	2nd/13th	Amanda Goetschius
2010	Atlantic 10	10th/25th	Dawee Dagnachew	t5th/20th	Laura McCary
2011	Atlantic 10	9th/21st	Dawee Dagnachew	3rd/10th	Amanda Goetschius
2012	Atlantic 10	14th/26th	Zach Greth	9th/19th	Hana Satcher
2013	Conference USA	6th/24th	Zach Greth	5th/20th	Maraya Slatter
2014	Conference USA	6th/21st	Getisso Dentamo	8th/22nd	Jen Molke
2015	Conference USA	5th/20th	Michael Tamayo	5th/18th	Carolina Casin-Silva
2016	Conference USA	3rd/10th	Tom Nobles	5th/16th	Caroline Sang
2017	Conference USA	2nd/6th	Tom Nobles	1st/14th	Caroline Sang
2018	Conference USA	2nd/7th	Tom Nobles	5th/20th	Bridget Abbatiello
2019	Conference USA	2nd/5th	Alex Cornwell	5th/14th	Chandler Horton
2020	Conference USA	1st/-	Nick Scudder	2nd/-	Chandler Horton
2021	Conference USA	2nd/5th	Paul Arrendondo	2nd/10th	Louise Lounes
2022	Conference USA	1st/-	Nick Scudder	1st/-	Sophia Ritter
2023	American Athletic	1st/-	-	2nd/-	-

AWARD WINNERS

CONFERENCE USA

ATHLETE OF THE YEAR

Molly Kerin, 1995
Ed Schlichter, 2004
Caroline Sang, 2017
Tom Nobles, 2018
Nick Scudder, 2020
Paul Arrendondo, 2021

FRESHMAN OF THE YEAR

Ian Dickinson, 2000
Avery Cannon, 2020

COACH OF THE YEAR

David Hall, 1998
Brad Herbster, 2002
Joseph Lynn, 2017, 2020, 2022

GTE ACADEMIC ALL-DISTRICT TEAM

Abby Ames, 1999

ATLANTIC 10

PERFORMER OF THE YEAR

Amanda Goetschius, 2008
Adu Dentamo, 2008

STUDENT-ATHLETE OF THE YEAR

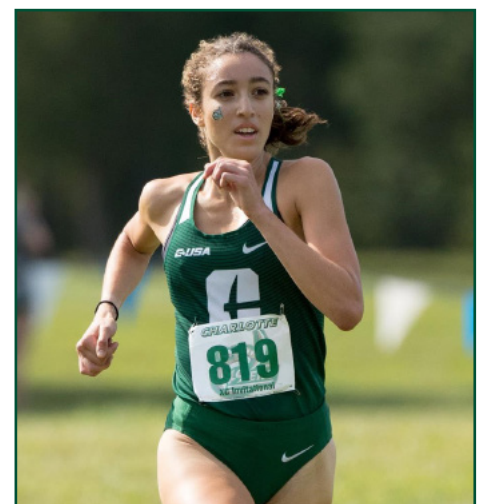
Jane Daniels, 2006

ROOKIE OF THE YEAR

Aja Jackson, 2005

ACADEMIC ALL-CONFERENCE

Laura McCary, 2010
Ryan Jank, 2005, 2008
Liana Blue, 2008
Cassie Ficken, 2005
Russell Slade, 2005



Louise Lounes



ALL-TIME CONFERENCE SELECTIONS

*(Finish at conference championship, which determines all-conference team placement)***MEN****All-Sun Belt**

1984 Dave Maroukis (7th)
1990 Seamus Donohue (5th)

All-Metro

1991 John Kaneer (8th)
John Sink (10th)
Seamus Donohue (11th)
1994 Andy Tucker (10th)

All-Conference USA

1996 Walt Kuhn (9th)
John Skotcher (11th)
1998 Terence Fagan (5th)
Vince Sherry (10th)
John Skotcher (9th)
Kenneth Svendsen (2nd)
1999 Lorin McAllister (12th)
Vince Sherry (4th)
Kenneth Svendsen (3rd)
2000 Josh Baker (9th)
Ian Dickinson (7th)
2001 Kenneth Svendsen (5th)
Vince Sherry (6th)
2002 Vince Sherry (3rd)
Ed Schlichter (5th)
Josh Baker (6th)
Jared Kessen (11th)
2004 Ed Schlichter (9th)
Nick Sunseri (13th)
Jamil Muhaimin (15th)

All-Atlantic 10

2005 Nick Sunseri (6th)
Adu Dentamo (13th)
2006 Adu Dentamo (4th)
2007 Chase Eckard (14th)
2008 Adu Dentamo (1st)
Ryan Jank (13th)
2009 Adu Dentamo (4th)

All-Conference USA

2014 Getisso Dentamo (17th)
2015 Michael Tamayo (19th)
Daniel Beamer (20th)
2016 Tom Nobles (9th)
Aaron Gebhart (11th)
Zach Marchinko (13th)

2017 Mihret Coulter (3rd)
Tom Nobles (4th)
Zach Marchinko (6th)
Alex Cornwell (7th)
Todd Gunzenhauser (18th)

2018 Tom Nobles (1st)
Paul Arredondo (6th)
Zach Marchinko (8th)
Alex Cornwell (16th)
Matt Bomkamp (19th)

2019 Alex Cornwell (4th)
Paul Arredondo (5th)
Zach Marchinko (12th)
Nick Scudder (13th)
Brian Picone (14th)
Daniel Vo (18th)

2020 Nick Scudder (1st)
Paul Arredondo (2nd)
Brian Picone (7th)
Michael Durkin (10th)
Avery Cannon (11th)
Jacob Gallant (12th)
Finn McBride (16th)

2021 Paul Arredondo (1st)
Nick Scudder (2nd)
Hunter White (7th)
2022 Nick Scudder (1st)
Hunter White (4th)
Gavin Prior (7th)
Keaton Anderson (9th)
Aaron Rovnak (10th)
Maddon Muhammad (12th)
Brian Picone (13th)
Alec Esposito (14th)
Braden Lange (17th)

All-American Athletic

2023 Nick Scudder (1st)
Maddon Muhammad (3rd)
Alec Esposito (11th)
Braden Lange (13th)

WOMEN**All-Sun Belt**

1988 Charlotte Carlson (4th)
Katie Kerin (7th)
1989 Julie Young (3rd)
1990 Katie Kerin (2nd)
Cynthia Higgins (5th)
Terri Faust (6th)

All-Metro

1991 Renee White (6th)
Celena Illuzzi (10th)
1992 Katie Kerin (2nd)
Renee White (3rd)
Celena Illuzzi (10th)
1993 Molly Kerin (2nd)
Renee White (3rd)
Celena Illuzzi (4th)
Diana Gilliam (8th)
Leigh Backhaus (9th)
1994 Renee White (3rd)
Molly Kerin (4th)
Celena Illuzzi (5th)
Leigh Backhaus (6th)

All-Conference USA

1995 Molly Kerin (1st)
Leigh Backhaus (10th)
1996 Tanya Sotillo (14th)
1997 Stefanie Burklow (10th)
Stacey Strothmann (12th)
1998 Abby Ames (12th)
1999 Kelly Travis (2nd)
2000 Jen Taylor (6th)
Naomi Wendland (13th)
2002 Cassie Ficken (12th)
2003 Cassie Ficken (9th)
2004 Tsehaye Dagnachew (10th)
Jane Daniels (15th)

All-Atlantic 10

2005 Cassie Ficken (3rd)
Tsehaye Dagnachew (5th)
Aja Jackson (7th)
2006 Tsehaye Dagnachew (2nd)
Jane Daniels (8th)
Aja Jackson (15th)
2007 Amanda Goetschius (7th)
Aja Jackson (15th)

2008 Amanda Goetschius (1st)
Keara Thomas (4th)
Aja Jackson (4th)
2009 Amanda Goetschius (2nd)
2010 Laura McCary (8th)
2011 Amanda Goetschius (3rd)
Hana Sutchar (14th)

All-Conference USA

2013 Maraya Slatter (19th)
2014 Jen Molke (21st)
2017 Caroline Sang (1st)
Brittany Stanley (7th)
Katie Tomasi (15th)
Bridget Abbatiello (18th)
2018 Bridget Abbatiello (14th)
Katie Tomasi (16th)
Chandler Horton (21st)
2019 Chandler Horton (6th)
Bridget Abbatiello (17th)
Jade Martin (21st)
2020 Chandler Horton (8th)
Louise Lounes (10th)
Alina Rovnak (16th)
Jade Martin (19th)
2021 Louise Lounes (2nd)
Alina Rovnak (12th)
Sophia Ritter (13th)
Emma Fredericks (17th)
Karina Coulter (20th)
2022 Sophia Ritter (2nd)
Lauren Johnston (3rd)
Alina Rovnak (6th)
Jenna Newman (7th)
Chandler Horton (8th)
Jessie Connick (16th)
Louise Lounes (18th)
Jade Martin (19th)

All-American Athletic

2023 Lauren Johnston (6th)
Nadia Phillips (8th)
Cali Coffin (12th)
Jenna Newman (13th)



ALL-REGION AND ALL-AMERICAN SELECTIONS

ALL-REGION

MEN

1998	Terence Fagan	11th
1999	Kenneth Svendsen	9th
1999	Vince Sherry	11th
2002	Josh Baker	10th
2004	Ed Schlichter	21st
2008	Adu Dentamo (1)	14th
2009	Adu Dentamo (2)	25th
2016	Tom Nobles (1)	13th
2017	Tom Nobles (2)	14th
2017	Mihret Coulter	16th
2018	Tom Nobles (3)	17th
2018	Zach Marchinko	22nd
2021	Paul Arredondo	7th
2021	Nick Scudder (1)	11th
2022	Nick Scudder (2)	1st
2023	Nick Scudder (3)	4th

WOMEN

1994	Molly Kerin (1)	9th
1994	Celena Illuzzi	18th
1999	Kelly Travis	6th
1995	Molly Kerin (2)	6th
2005	Cassie Ficken	9th
2008	Amanda Goetschius (1)	8th
2009	Amanda Goetschius (2)	14th
2016	Caroline Sang (1)	9th
2017	Caroline Sang (2)	1st
2021	Louise Lounes	12th

BOLD - Regional champion

ALL-AMERICAN

MEN

1992	Kenneth Svendsen	25th
2023	Nick Scudder	30th

WOMEN

1994	Molly Kerin (1)	27th
1995	Molly Kerin (2)	18th
1999	Travis Kelly	30th
2017	Caroline Sang	6th



PAUL ARREDONDO

- All-Region selection in 2021
- Four-time First Team All-Conference runner
- 2021 C-USA XC individual champion
- 2021 C-USA Male Cross Country Athlete of the Year



ALEX CORNWELL

- All-Region selection in 2019 after finishing 10th at NCAA SE Regionals.
- Three-time all-conference runner
- Finished fourth at the 2019 C-USA XC Championships
- Helped the men's team to their highest NCAA SE Regionals finish (5th)



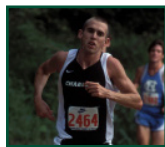
MIHRET COULTER

- Took 16th at NCAA SE Regional to be named All-Region
- All-Conference in 2017
- Took third at the C-USA XC Championships in 2017
- All-American in steeplechase in 2018



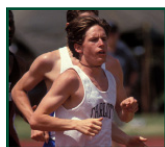
ADU DENTAMO

- Two-time All-Region runner
- Finished 14th at 2008 NCAA SE Regional
- Placed 25th at 2009 NCAA SE Regional
- Four-time All-Atlantic 10 selection
- 2008 Atlantic 10 XC Champion



IAN DICKINSON

- 23rd-place finish at 2000 District III meet garnered All-Region honors
- All-Conference in 2000
- 2000 C-USA Freshman of the Year



TERRENCE FAGAN

- Earned District III All-Region honors in 1998
- Finished 11th at the 1998 District III meet
- Placed fifth at the 1998 C-USA XC Championships
- Won three individual championships in track and field



CASSIE FICKEN

- Finished ninth at 2005 SE Regional for All-Region nod
- Three-time All-Conference selection
- Became Charlotte's first women's distance All-American in track in 2005
- Honored jersey



AMANDA GOETSCHSIUS

- Two-time All-Region selection
- Competed at 2008 NCAA XC Championships
- Took 12th at 2001 NCAA SE Regional
- Finished in eight at 2008 NCAA SE Regional
- All-American in indoor T&F 5000m in 2010
- Honored jersey



CELENA ILLUZZI

- Garnered All-Region status at 1994 District III Championships
- Charlotte's first All-Region runner
- Four-time All-Conference selection



MOLLY KERIN

- Two-time cross country All-American in 1994-95
- Won District III All-Region accolades in 1994-95
- 49ers' first individual XC conference champion
- Earned All-American honors in outdoor 5K
- Three time All-Conference selection
- Honored Jersey



LOUISE LOUNES

- All-Region selection in 2021 after finishing 12th at the NCAA SE Regionals
- First-Team All Conference runner in 2021
- Two-Time Prelim Qualifier in Outdoor Track
- Competed at 2021 NCAA Outdoor T&F Championships



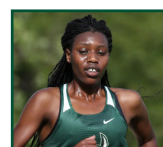
ZACH MARCHINKO

- All-Region selection in 2018
- Four-time All-Conference selection
- NCAA Prelim Qualifier in Outdoor track



TOM NOBLES

- Charlotte's only three-time All-Region runner in program history
- Three-time All-Conference selection
- C-USA XC Champion in 2018
- Honorable mention All-American in the steeplechase in 2018 outdoor T&F



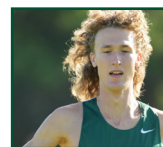
CAROLINE SANG

- All-American in 2017, finished sixth at NCAA Championships
- Two-time All-Region runner
- Won the NCAA SE Region in 2017, ninth in 2018
- C-USA XC Champion in 2017
- Helped women's program win first C-USA XC Championship
- Two-Time NCAA All-American in Outdoor Track



ED SCHLICHTER

- Claimed All-Region honors at 2004 NCAA SE Regional
- 2004 C-USA XC Male Athlete of the Year
- Took fifth at 2002 C-USA Championships
- Two-time All-Conference selection
- Helped Charlotte win first XC Conference Championship



NICK SCUDDER

- 2022 NCAA SE Regional Individual Champion
- Three-time All-Region Selection
- Three-Time First Team All-Conference Runner
- Individual Champion at 2020 C-USA XC Championships



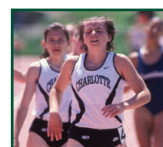
VINCE SHERRY

- All-Region in 1999 with 11th-place finish
- Named All-Conference all four years
- Took third at the 2002 C-USA Championships
- Helped team win first XC Conference Championship
- Won 10,000m title in track in 2001



KENNETH SVENDSEN

- Charlotte's first men's XC All-American
- Finished 25th at the 1999 NCAA XC Championships
- Member of C-USA All-Decade team
- Three-time All-Conference selection
- C-USA Indoor T&F Athlete of the Year in 2001
- Honored Jersey



KELLY TRAVIS

- All-American in 1999
- Earned All-Region honors at the 1999 SE Regional
- Finished sixth at regionals, then highest for a woman in program history
- Finished second in the conference in 1999



2023 CROSS COUNTRY PERSONAL RECORDS

MEN'S PERSONAL RECORDS

NAME	8K	10K
Bryce Anderson	23:50.5 (American Conference Championships, 10/28/23)	-
Keaton Anderson	24:21.2 (Panorama Farms Invitational, 10/15/22)	31:03.5 (NCAA SE Regional, 11/11/22)
Luke Armentrout	-	-
Andrew Burrell	-	-
Harper Clark	-	-
Alec Esposito	23:15.4 (American Conference Championships, 10/28/23)	30:22.6 (NCAA SE Regional, 11/10/23)
Alex Fernandez	-	-
Stephen Ferneti	-	-
Jacob Gallant	24:22.9 (Live in Lou Classic, 10/3/20)	31:11.8 (NCAA SE Regional, 11/12/21)
Cruz Hesling	-	-
Gunner Hogston	25:06.4 (XC23 College & Open, 10/14/23)	-
Elijah Jones	-	-
Braden Lange	23:20.8 (American Conference Championships, 10/28/23)	31:23.6 (NCAA SE Regional, 11/10/23)
Maddon Muhammad	22:56.7 (American Conference Championships, 10/28/23)	29:43.3 (NCAA SE Regional, 11/10/23)
Caleb Roesch	-	-
Ian Rouse	-	-
Nick Scudder	22:33.4 (American Conference Championships, 10/28/23)	28:55.3 (NCAA SE Regional, 11/10/23)
Henry Stubenrauch	-	-
Hunter White	23:34.5 (American Conference Championships, 10/28/23)	29:55.6 (NCAA SE Regional, 11/10/23)

WOMEN'S PERSONAL RECORDS

NAME	5K	6K
Keely Bradle	18:26.5 (Royals Challenge, 10/6/23)	22:35.1 (XC23 College & Open, 10/14/23)
Cali Coffin	17:37.7 (Joe Piane Invitational, 9/29/23)	21:15.3 (NCAA SE Regional, 11/10/23)
Jessie Connick	17:54.2 (Firetower Project, 9/16/22)	21:59.7 (C-USA Championship, 10/29/22)
Alex Cotugno	18:34.2 (Joe Piane Invitational, 9/29/23)	22:47.2 (XC23 College & Open, 10/14/23)
Karina Coulter	18:34.2 (Firetower Project, 9/17/21)	21:58.5 (C-USA Championship, 10/30/21)
Karoline Daland	17:36.7 (Live in Lou Classic, 10/2/21)	21:21.5 (NCAA SE Regional, 11/10/23)
Kate DeFilippis	-	-
Tatum Dermatas	17:47.1 (Joe Piane Invitational, 9/29/23)	-
Olivia Fischlein	17:59.4 (Joe Piane Invitational, 9/29/23)	21:55.7 (XC23 College & Open, 10/14/23)
Jenna Franklin	19:08.2 (Joe Piane Invitational, 9/29/23)	24:29.3 (Furman Invitational, 9/16/23)
Emma Fredericks	17:54.3 (Joe Piane Invitational, 9/29/23)	21:34.0 (NCAA SE Regional, 11/10/23)
Lori Glavan	18:56.5 (Firetower Project, 9/16/22)	24:21.6 (Furman Invitational, 9/16/23)
Austin Heft	19:03.9 (Royals Challenge, 10/6/23)	24:20.7 (Furman Invitational, 9/16/23)
Lauren Johnston	17:20.6 (Joe Piane Invitational, 9/29/23)	20:56.8 (NCAA SE Regional, 11/10/23)
Olivia Kaisin	19:54.0 (Royals Challenge, 10/6/23)	25:44.0 (Furman Invitational, 9/16/23)
Emily Karmanocky	-	-
Kiersten Kohler	19:12.3 (Royals Challenge, 10/6/23)	25:18.2 (Furman Invitational, 9/16/23)
Jade Martin	17:26.6 (Joe Piane Invitational, 9/29/23)	21:48.5 (Blazer Classic, 10/18/19)
Natalia Martin	18:00.7 (Joe Piane Invitational, 9/29/23)	22:10.3 (XC23 College & Open, 10/14/23)
Jenna Newman	17:45.7 (Joe Piane Invitational, 9/29/23)	21:25.8 (American Conference Championships, 10/28/23)
Cici Perrone	-	-
Nadia Phillips	17:44.5 (Joe Piane Invitational, 9/29/23)	21:13.2 (American Conference Championships, 10/28/23)
Aislynn Reagle	-	-
Lily Rogers	18:44.9 (Joe Piane Invitational, 9/29/23)	22:52.4 (XC23 College & Open, 10/14/23)
Allie Wardle	18:31.2 (Joe Piane Invitational, 9/29/23)	23:16.0 (XC23 College & Open, 10/14/23)
Anna Wells	-	-
Lauren Wimberly	-	-

AMERICAN ATHLETIC CONFERENCE



FORMED: May 31, 1979 (Big East Conference)

REBRANDED: July 1, 2013

COMMISSIONER: Mike Aresco

HEADQUARTERS: Irving, Texas

The American Athletic Conference, which has established itself as a preeminent NCAA Division I Football Bowl Subdivision conference, enters its second decade poised to continue its remarkable ascension to national prominence.

As of July 1, 2023, The American consists of 15 prestigious institutions: the University of Alabama at Birmingham, the University of North Carolina Charlotte, East Carolina University, Florida Atlantic University, the University of Memphis, the United States Naval Academy (in football only), the University of North Texas, Rice University, the University of South Florida, Southern Methodist University, Temple University, the University of Texas at San Antonio, Tulane University, the University of Tulsa, and Wichita State University (in basketball and Olympic sports).

Under the leadership of commissioner Mike Aresco, The American has fashioned an impressive list of accomplishments in the competitive arena, in the classroom and in support of student-athlete welfare. The American is firmly entrenched among the elite conference thanks to its collection of national team and individual championships, its football and basketball postseason victories, its expansive media rights contract with ESPN, and its commitment to providing the highest levels of support for student-athletes.

LEAGUE FORMATS

No regular-season format.

All teams participate in championship.

SMU and UAB do not participate in cross country.

2023 American Athletic Conference Cross Country Championships

Oct. 28, 2023 | Overton's Lake Christi (Greenville, N.C.)



UAB



EAST CAROLINA



FLORIDA ATLANTIC



MEMPHIS



CHARLOTTE



NORTH TEXAS



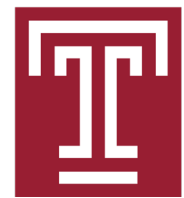
RICE



SOUTH FLORIDA



SMU



TEMPLE



UTSA



TULANE



TULSA



WICHITA STATE