



2009 AUBURN CROSS COUNTRY



2009 Schedule

Date	Event	Time/Result (M:W)
Sept. 5	at Troy Trojan Invitational (Montgomery, Ala.)	1st/1st
Sept. 18	Crimson Classic (Tuscaloosa, Ala.)	3rd/2nd
Oct. 3	Wisconsin adidas Invitational (Madison, Wisc.)	11 a.m./11:45 a.m.
Oct. 17	at NCAA Pre-Nationals (Terre Haute, Ind.)	TBA
Oct. 31	at SEC Championship (Starkville, Miss.)	TBA
Nov. 14	at NCAA South Regional (Tuscaloosa, Ala.)	TBA
Nov. 23	at NCAA Championships (Terre Haute, Ind.)	TBA

Cross Country Information

Head Coach Mark Carroll
 Year at Auburn First
 Alma Mater Providence, 1995
 Office Phone (334) 944-9799
 Email DMC0013@auburn.edu

2008 SEC Finish	
Men	2nd
Women	5th
2008 South Regional Finish	
Men	2nd
Women	5th
2008 NCAA Qualifiers Returning/Lost	
Men	5/1
Women	1/0
Letterwinners Returning/Lost	
Men	8/2
Women	5/2
Newcomers	
Men	1
Women	2

Media Relations

Cross Country Contact Scott Hemps
 Hemps' Office Phone (334) 844-3900
 Hemps' Cell Phone (201) 248-0816
 Hemps' Email SMH0008@auburn.edu
 Media Relations Fax (334) 844-3807
 Media Relations Address Athletic Complex
 392 S. Donahue Dr.
 Auburn, AL 36849
 Website www.auburntigers.com

At the Starting Line

► The 2009 Auburn cross country squads continue their 2009 campaign by traveling to Madison, Wisc., to take part in the third annual Wisconsin adidas Invitational on Oct. 3.

The Invitational will feature several elite cross country programs and unattached/open/club athletes. Collegiate teams scheduled to participate include: Arkansas, Auburn, Brigham Young, Duke, Georgetown, Illinois, Iowa, Lamar, Marquette, Michigan, Nebraska, Syracuse, Texas A&M, UW-La Crosse and Wisconsin.

THIS WEEK IN TIGER CROSS COUNTRY

Event: Wisconsin adidas Invitational

Date: Fri., Oct. 3

Location: Madison, Wisc.

Time: Men: 11 a.m.

Women: 11:45 a.m.

Course: Thomas Zimmer Championship

Course at University Ridge

Women: 5 kilometers

Men: 8 kilometers

Knight Named SEC Cross Country Athlete of the Week

► Junior Holly Knight was named the SEC Cross Country Athlete of the Week, the league announced Sept. 22. Knight placed second out of 92 runners at the Crimson Classic with a conference-leading 5k time of 17:16.90. Knight finished 3.5 seconds behind the race winner and 20 seconds before the race's third-place finisher in Alabama's Helsey Johnson. With the second-place finish, Knight has now finished first and second in both of her races this season after winning the two-mile Troy Trojan Invitational to open the season with a two-mile time of 10:55.46.

Tigers In National Rankings

► The Auburn cross country teams will enter meet three of the season with regional and national rankings, the United States Track and Field/Cross Country Coaches Association announced earlier this week.

The men will enter this weekend's Wisconsin adidas Invite in Madison with a No. 20 national ranking, as well as a No. 6 south region ranking behind SEC foes Alabama, Florida and Tennessee. The women enter the race with a No. 4 ranking in the south region, trailing Florida State as well as SEC opponents Florida and Alabama.

Women Second, Men Third at Crimson Classic

► In the Crimson Classic hosted by Alabama, the men were led by Ben Cheruyiot for the second time on the young season, as the junior placed second with a time of 24:29.50. Also finishing in the top-10 were All-American Felix Hiboiywo and Jean-Pierre Weerts. The 2008 NCAA South Region champ finished with a time of 24:55 and placed fifth in his first race of the season, while Weerts was the 10th place collegiate finisher with a time of 25:36.40. Fellow senior Scott Novack placed 18th with a time of 26:04.50.

Also in action for the Tigers were sophomore Jeff Sanders who took 41st after clocking a time of 26:56. Freshman Hasey Hayes, who joined the team this past week, ran a 31:27.70 to place 90th overall.

Alabama took top billings on the men's side with 34 team points, while Tennessee placed second with 55 points. The Tigers earned 76 points, while Belmont finished a distant fourth with 153 points.

All-American Holly Knight took second in the race for the women, clocking a 17:16.90 in the 5K race. Knight was followed by Laurel Pritchard with a 17:58.10 and placed eighth, while Steph Barnes placed 10th with a time of 18:04.70 for the Tigers' third top-10 finish.

Also in action were juniors Allison Smith who took 26th with a time of 19:03.50, Cathryn Albright (19:10.20, 29th) and freshman Grace Pritchard who placed 35th with a time of 19:25.40.



AUBURN WOMEN'S PROBABLES

1. Holly Knight
2. Steph Barnes
3. Laurel Pritchard
4. Grace Pritchard
5. Cathryn Albright
6. Alison Smith

AUBURN MEN'S PROBABLES

1. Felix Hiboiywo
2. Ben Cheruyiot
3. Jean-Pierre Weerts
4. Scott Novack
5. Charles Mitchell
6. Jeff Sanders



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NCAA South Region Women's Rankings

Released: 9/28

1. Florida State
2. Florida
3. Alabama
4. **Auburn**
5. Tennessee
6. Georgia
7. Vanderbilt
8. UAB
9. Georgia Tech
10. South Florida
11. Jacksonville
12. Middle Tennessee St.
13. Samford
14. UCF
15. Belmont

Week 1: 4th

NCAA South Region Men's Rankings

Released: 9/28

1. Alabama
2. Florida State
3. Florida
4. South Alabama
5. Tennessee
6. **Auburn**
7. Mississippi State
8. Georgia
9. Middle Tennessee
10. Georgia Tech
11. Belmont
12. Hennesaw St.
13. East Tennessee St.
14. Ole Miss
15. Chattanooga

Week 1: 2nd

NCAA National Rankings

Released: 9/29

1. Oregon
2. Oklahoma St.
3. Stanford
4. Wisconsin
5. NAU
6. Colorado
7. Iona
8. Portland
9. Alabama
10. Georgetown

20. **Auburn**

Week 1: 13th

The women held their own against top-national competition, placing second as a team with 75 team points, behind Alabama who won the event with 43 points. Rounding out the top five was Tennessee with 88 points, Georgia Tech with 115 points, and Samford with 137.

Men, Women Open Season With Team, Individual Titles at Troy Trojan

► Both the men and women opened the season with team victories in the meet hosted by Troy University, as the women scored 19 team points to outlast the host institution, Troy, by 37 points. On the men's side, the Tigers finished 20 points ahead of the Trojans to take the team victory.

► Juniors Holly Knight and Ben Cheruyiot earned individual wins for the Tigers, respectively. Knight, who attained All-American status a year ago, crossed the line in the two-mile women's race with a time of 10:55.46. The time was good enough to narrowly outlast teammate Steph Barnes, who finished two seconds later with a time of 10:57.46 in her first race at Auburn.

For the men, Cheruyiot turned in a time of 15:24.29 in his first cross country race since capturing the 2007 NJCAA cross country title while at Rend Lake Community College. Junior Jean-Pierre Weerts took second place in the race with a time of 15:35.75.

Men Return Eight Letterwinners, Women Bring Back Five

► Highlighting the returnees on the men's side are All-American and 2008 NCAA South Regional Champion, senior Felix Hiboiywo, as well as classmate and fellow All-American Elkanah Kibet. Three other runners, seniors Scott Novack, Jean-Pierre Weerts, and junior Joby Peake who ran at last year's NCAA Championships, return in hopes of making another trip to nationals. Joining the fold is Ben Cheruyiot, a former NJCAA champion, who could prove to be the latest standout from Rend Lake Community College that Auburn has established.

► The women return 2008 NCAA South Regional Champion and All-American Holly Knight, who has her sights set on another All-American season, as well as defeding her regional championship from a year ago. Each of Auburn's No. 2 runners from last season in senior Laurel Pritchard and junior Amber Riley also return. Pritchard, a program staple for the past three seasons, returns for her senior season after finishing as AU's No. 2 runner in four meets a year ago, and seeks to improve on her 33rd place finish at the South Regional. Riley, who also was the No. 2 runner last season in four meets, placed 28th at South Regionals in 2008. New to the fold for the women is graduate student Stephanie Barnes of Clevedon, England, as well as Grace Pritchard, an AAU National Champion and USATF All-American, making this season a family affair for the Pritchard family.

Men Ranked No. 2, Women No. 4 in SEC Preseason Poll

► Auburn's men's and women's cross country teams were picked to finish second and fourth, respectively, in the announcement of the 2009 SEC Cross Country Coaches Poll by the league office. The men received a pair of first place votes, and return seven letterwinners along with All-American and 2008 South Region Champion, senior Felix Hiboiywo. The Tigers earned 23 points for the second place preseason ranking. The ranking comes on the heels of a second place finish at last year's SEC Championship.

On the women's side, Auburn returns 2008 All-American and South Region Champion, junior Holly Knight. As a team, the women ranked fourth with 45 points after finishing fifth at last season's SEC Championship. In all, the women return five letterwinners from a year ago.

2009 SEC Cross Country Coaches' Poll

SEC Champion

Men: Alabama (9), Auburn (2)
Women: Florida (8), Arkansas (4)

- MEN
1. Alabama (9) 11
 2. Auburn (2) 23
 3. Arkansas 26
 4. Florida 37
 5. Tennessee 51
 6. Mississippi State 58
 7. Kentucky 62
 8. Georgia 64
 9. LSU 86
 10. Ole Miss 89

- WOMEN
1. Florida (8) 15
 2. Arkansas (4) 18
 3. Tennessee 38
 4. Auburn 45
 5. Georgia 56
 6. Kentucky 63
 7. Alabama 67
 8. Vanderbilt 75
 9. Mississippi State 88
 10. South Carolina 101



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2008 Season Review

► The 2008 campaign was truly a special one for the Auburn cross country team, as the men earned a program-best three All-American nods, while matching the program's best-ever finish at the NCAA Championships with a fifth-place finish. No to be outdone, the women earned their first All-American honor since the 2005 season, and improved their performances from the previous season with fifth-place finishes at both the SEC Championships as well as the NCAA Southeast Regionals.

The men were led by the trio of All-American honors, paced by freshman Girma Mecheso's 16th-place showing at the NCAA Championships, the highest finish for an Auburn harrier since 1984. Joining Mecheso as All-American's on the men's side were juniors Elkanah Ribet and Felix Hiboiywo, who placed 23rd and 28th, respectively. Rounding out the team's scorers at the National Championships were a pair of juniors in Jean-Pierre Weerts, who came in 97th, and Scott Novack who placed 110th.

Overall, the men captured team titles at the Powerade Invitational as well as the squad's host meet, the annual Tiger Invitational. Second-place finishes at the SEC Championship as well as the NCAA South Regional, along with a fifth-place finish at the NCAA Championships after entering the race-ranked 12th nationally add to the squads outstanding 2008 accolades.

The men's trip to the NCAA Championships marked the squads first appearance at the meet in 23 years, with the last trip coming in 1985. The men qualified for the meet after Hiboiywo, Ribet and Mesecho took the top-three spots at the NCAA South Regional meet, with Hiboiywo defending his Regional title from 2007 with a time of 30:45.91. All seven runners entered by the Tigers finished in the top-50 at the regional meet.

On the women's side, Holly Knight captured the first All-American honor of her cross country career after placing 11th at the NCAA Championships, and became the first Auburn woman in program history to win the NCAA South Regional title. She was the first Auburn female to qualify for the Championship since Angela Homan in 2005.

"Coming away with four All-Americans, we couldn't have asked for anything more," said then-Head Coach Peter Watson. "For the guys we felt like we finished where we should have. The NCAA Championships was a fantastic meet, and Holly hung right in there with the pack. She was impressive as a sophomore running in her first NCAA Championships."

As a team, the Tigers earned four top-five finishes on the season, led by fifth-place finishes at both the SEC and South Regional Championships.

Also playing a key role on the women's side was junior Laurel Pritchard, who was Auburn's No. 2 runner in three of the Tigers' six races, and registered a quartet of top-35 finishes overall. Not far behind Pritchard was junior Sabrina Fischer and sophomore Amber Riley. Fischer earned a trio of top-35 finishes while Riley was Auburn's No. 2 runner at the Pre-National Meet as well as the NCAA Southeast Regional Meet.



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Women's Individual Results

Cathryn Albright, Jr.

Date	Event	Finish	Time
9/5	Troy Trojan	7th	11:57.28
9/18	Crimson Classic	32nd	19:10.20

Stephanie Barnes, Grad.

Date	Event	Finish	Time
9/5	Troy Trojan	2nd	10:57.46
9/18	Crimson Classic	10th	18:04.70

Holly Knight, Jr.

Date	Event	Finish	Time
9/5	Troy Trojan	1st	10:55.46
9/18	Crimson Classic	2nd	17:16.90

Grace Pritchard, Fr.

Date	Event	Finish	Time
9/5	Troy Trojan	17th	12:56.51
9/18	Crimson Classic	38th	19:25.40

Laurel Pritchard, Sr.

Date	Event	Finish	Time
9/5	Troy Trojan	3rd	11:26.09
9/18	Crimson Classic	8th	17:58.10

Amber Riley, Jr.

Date	Event	Finish	Time
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Allison Smith, Jr.

Date	Event	Finish	Time
9/5	Troy Trojan	6th	11:56.13
9/18	Crimson Classic	28th	19:01.30

Women's Meet-By-Meet Results

Date	Event	Location	Team Finish
9/5	Troy Trojan Invitational	Troy, Ala.	1st/7 teams
9/18	Crimson Classic	Tuscaloosa, Ala.	2nd/15 teams
10/3	Wisconsin Badger Invitational	Madison, Wisc.	
10/17	NCAA Pre-Nationals	Terre Haute, Ind.	
10/31	SEC Championship	Oxford, Miss.	
11/14	NCAA South Regional	Tuscaloosa, Ala.	
11/23	NCAA Championship	Terre Haute, Ind.	

Team Results

Troy Trojan Invitational (2 miles)

Final Team Standings (points)

1. Auburn (19)
2. Troy (56)
3. Alabama State (58)
4. Spring Hill (113)
5. Albany (127)
5. Huntingdon (127)
7. Tuskegee (204)

Top 10 Finishers

Troy Trojan Invitational (2 miles)

Name	Time
1. Holly Knight, Auburn	10:55.46
2. Steph Barnes, Auburn	10:57.46
3. Laurel Pritchard, Auburn	11:26.09
4. Hesia Derilus, Alabama St.	11:46.00
5. Sylvia Chirchir, Troy	11:51.77
6. Allison Smith, Auburn	11:56.13
7. Cathryn Albright, Auburn	11:57.28
8. Raheema Hodges, Alabama St.	12:23.56
9. Kelly Harrington, Troy	12:24.07
10. Kate Imwalle, Spring Hill	12:28.88

Top Auburn Finishers

Troy Trojan Invitational (2 miles)

Pl. Name	Time
1. Holly Knight	10:55.46
2. Steph Barnes	10:57.46
3. Laurel Pritchard	11:26.09
6. Allison Smith	11:56.13
7. Cathryn Albright	11:57.28
17. Grace Pritchard	12:56.51

Team Results

Crimson Classic (5 kilometers)

Final Team Standings (points)

1. Alabama 43
2. Auburn 75
3. Tennessee 88
4. Georgia Tech 115
5. Samford 137
6. Chattanooga 153
7. Hennesaw St. 164
8. LSU 167
9. Belmont 254
10. Alabama St. 259
11. Jackson St 297
12. North Alabama 360
13. Huntingdon 374
14. Alabama A&M 389
15. Stillman 418

Top 10 Finishers

Crimson Classic (5 kilometers)

Name	Time
1. MacKenzie Howe, Hennesaw St.	17:13.40
2. Holly Knight, Auburn	17:16.90
3. Helsey Johnson, Alabama	17:37
4. Jackie Areson, Tennessee	17:42.20
5. Brittany Sheffey, Tennessee	17:44.10
6. Haley Moddy, Alabama	17:48.50
7. Katlyn Will, Alabama	17:49
8. Laurel Pritchard, Auburn	17:58.10
9. Katie Van Horn, Tennessee	18:02.90
10. Steph Barnes, Auburn	18:04.70

Top Auburn Finishers

Crimson Classic (5 kilometers)

Pl. Name	Time
2. Holly Knight	17:16.90
8. Laurel Pritchard	17:58.10
10. Steph Barnes	18:04.70
28. Allison Smith	19:01.30
32. Cathryn Albright	19:10.20
38. Grace Pritchard	19:25.40



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Men's Individual Results

Ben Cheruiyot, Jr.

Date	Event	Finish	Time
9/5	Troy Trojan	1st	15:24.29
9/18	Crimson Classic	2nd	24:29.50

Mark Fleming, Sr.

Date	Event	Finish	Time
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Hasey Hayes, Fr.

Date	Event	Finish	Time
9/18	Crimson Classic	90th	31:27

Elkanah Hibet, Sr.

Date	Event	Finish	Time
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Felix Kiboiywo, Sr.

Date	Event	Finish	Time
9/18	Crimson Classic	5th	24:55

Charles Mitchell, Jr.

Date	Event	Finish	Time
9/5	Troy Trojan	24th	18:54.67

Scott Novack, Sr.

Date	Event	Finish	Time
9/5	Troy Trojan	3rd	15:52.88
9/18	Crimson Classic	18th	26:04.50

Joby Peake, Jr.

Date	Event	Finish	Time
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Jeff Sanders, So.

Date	Event	Finish	Time
9/5	Troy Trojan	6th	16:20.37
9/18	Crimson Classic	41st	26:56

Jean-Pierre Weerts, Sr.

Date	Event	Finish	Time
9/5	Troy Trojan	2nd	15:35.75
9/18	Crimson Classic	10th	25:36.40

Men's Meet-By-Meet Results

Date	Event	Location	Team Finish
9/5	Troy Trojan Invitational	Troy, Ala.	1st/7 teams
9/18	Crimson Classic	Tuscaloosa, Ala.	3rd/16 teams
10/3	Wisconsin Badger Invitational	Madison, Wisc.	
10/17	NCAA Pre-Nationals	Terre Haute, Ind.	
10/31	SEC Championship	Oxford, Miss.	
11/14	NCAA South Regional	Tuscaloosa, Ala.	
11/23	NCAA Championship	Terre Haute, Ind.	

Team Results

Troy Trojan Invitational (5 kilometers)

Final Team Standings (points)

1. Auburn (36)
2. Troy (56)
3. Alabama State (59)
4. Spring Hill (125)
4. Albany (125)
6. Huntingdon (161)
7. Tuskegee (177)

Top 10 Finishers

Troy Trojan Invitational (5 kilometers)

Name	Time
1. Ben Cheruiyot, Auburn	15:24.29
2. Jean-Pierre Weerts, Auburn	15:35.75
3. Michael Green, UNA	15:38.71
4. Scott Novack, Auburn	15:52.88
5. Denzel Ramirez, Troy	15:57.81
6. Robert Gunn, Alabama St.	16:06.12
7. Jeff Sanders, Auburn	16:20.37
8. Shuaib Winters, UNA	16:22.08
9. Jeremy Moujoodi, Troy	16:23.83
10. Jeprah Henel, Alabama St.	16:25.04

Top Auburn Finishers

Troy Trojan Invitational (5 kilometers)

Pl. Name	Time
1. Ben Cheruiyot	15:24.29
2. Jean-Pierre Weerts	15:35.75
4. Scott Novack	15:52.88
6. Jeff Sanders	16:20.37
24. Charles Mitchell	18:54.67

Team Results

Crimson Classic (8 kilometers)

Final Team Standings (points)

1. Alabama 34
2. Tennessee 55
3. Auburn 76
4. Belmont 153
5. Georgia Tech 161
6. E. Tenn. 164
7. Hennesaw 165
8. Chattanooga 196
9. Miss. Valley St. 258
10. Alabama St. 282
11. LSU 283
12. Troy 311
13. Samford 315
14. North Alabama 356
15. Huntingdon 462
16. Shilman 490

Top 10 Finishers

Crimson Classic (8 kilometers)

Name	Time
1. David Tyson, Alabama	24:25.90
2. Ben Cheruiyot, Auburn	24:29.50
3. Fred Somoei, Alabama	24:34.50
4. Moses Hiptoo, Alabama	24:38.80
5. Felix Kiboiywo, Auburn	24:55.00
6. Andrew Hirwa, Alabama	24:59.20
7. Peter Sigilai, Tennessee	25:22.80
8. Emmanuel Hirwa, Chattanooga	25:26.70
9. Mike Brodsky, Tennessee	25:34.90
10. Jean-Pierre Weerts, Auburn	25:36.40

Top Auburn Finishers

Crimson Classic (8 kilometers)

Pl. Name	Time
2. Ben Cheruiyot	24:29.50
5. Felix Kiboiywo	24:55
10. Jean-Pierre Weerts	25:36.40
18. Scott Novack	26:04.50
41. Jeff Sanders	26:56
90. Hasey Hayes	31:27.00



MARK CARROLL
Head Cross Country Coach
First Season

Considered one of Ireland's greatest all-time athletes, first-year Head Coach Mark Carroll joined the Auburn track and field, and cross country program on August 7.

Carroll has most recently held the post of US Athlete Manager for Athletics Ireland, where he guided a trio of top Irish runners in Gareth Turnbull, Mark Christie and Liam Reale, while also training several other Irish runners stateside.

Throughout his world-class career, Carroll has competed in a variety of events, but has specialized mainly in the 3,000 and 5,000 meters. As a 19-year old, he earned the first major title of his career, capturing the 1991 European Junior Title in the 5K in Thessalonika, Greece.

Nine years later in 2000, he earned the title of European Indoor Champion in the 3K.

In Budapest in 1998, he took third in the European Track & Field Championships to earn a bronze medal. In 1999, the Cork, Ireland, native was ranked No.1 in the world indoor mile ranking list with a time of 3:57.62.

Carroll is a four-time IAAF World Track and Field member, and holds the Irish-national record in the 3K (7:30.36), which was set in 1999, as well as the 5K set in 1998 with a time of 13:03.93. He also held the national record of 27:46.42 in the 10K that was set in 2000, a record that has since been broken.

He has participated in several marathons in the later stages of his career, highlighted by a sixth-place finish in the 2002 New York Marathon. His time of 2:10.54 sits only 61 second off of the Irish national record of 2:09.17.

Carroll missed the 1996 Atlanta Olympics due to injury, but participated in the 2000 Olympics in the 5K in Sydney, Australia, missing out on the final heat by one place. Four years later he competed in the 2004 Athens games, also in the 5K.

During his collegiate days at Providence College, the Corkman earned six All-American honors as well as seven Big East titles (cross country, 1,000 meters, 1,500 meters, 3,000 meters (twice), distance medley relay, and 4 x 800 meters). His crowning achievement as a Friar came at the 1995 NCAA Indoor Championships, as he won an NCAA Championship in the 5,000 meters.

Carroll holds a Coaching Ireland level two coaching certificate that he acquired in 2008.

Carroll married the former Amy Rudolph in October of 2005. Rudolph, an accomplished runner in her own right, is a two-time Olympian, as well as a U.S. Indoor Champion in the 3,000 meters.



2009 AUBURN CROSS COUNTRY



2009 Auburn Men's Cross Country Roster

<u>Name</u>	<u>Year</u>	<u>Hometown (Previous School)</u>
Ben Cherviyot	Jr.	Eldoret, Kenya (Rend Lake, C.C.)
Mark Fleming	Sr.	Birmingham, Ala. (Oak Mountain)
Kasey Hayes	Fr.	Birmingham, Ala. (Oak Mountain)
Elkanah Hivet	Sr.	Iten, Kenya (Rend Lake C.C.)
Felix Hiboiywo	Sr.	Eldoret, Kenya (Kabernat)
Charles Mitchell	Jr.	Somerdale, N.J. (Triton)
Scott Novack	Sr*	Hoover, Ala. (Hoover)
Joby Peake	Jr.	Macon, Ga. (First Presbyterian Day)
Jeff Sanders	So.	Mandeville, La. (Fountainebleau)
Jean-Pierre Weerts	Sr.	Bastogne, Belgium (INOSE/Liege)



2009 Auburn Women's Cross Country Roster

<u>Name</u>	<u>Year</u>	<u>Hometown (Previous School)</u>
Cathryn Albright	Jr.	Birmingham, Ala. (Briarwood Christian)
Stephanie Barnes	Grad.	Clevedon, England (Gordano School)
Holly Knight	Jr.	Devon, England (Ivybridge School)
Grace Pritchard	Fr.	Vestavia Hills, Ala. (Vestavia Hills)
Laurel Pritchard	Sr.	Vestavia Hills, Ala. (Vestavia Hills)
Amber Riley	Jr.	Morgantown, W. Va. (University)
Allison Smith	Jr.	Daphne, Ala. (Daphne)

*has redshirted