



AT



November 15 10:30 a.m. (W 6k) 11:30 a.m. (M 10k) N/A

#### NOTABLE OPPS. (M)

- [5] WAKE FOREST
- [11] NORTH CAROLINA
- [13] VIRGINIA
- [22] FURMAN
- [24] EASTERN KENTUCKY
- NC STATE
- VIRGINIA TECH

#### NOTABLE OPPS. (W)

- [13] NORTH CAROLINA
- [15] VIRGINIA
- [17] NC STATE
- [22] FURMAN
- LIBERTY
- WAKE FOREST
- LOUISVILLE

HOST:



TFRRS XC  
Kentucky  
TFRRS  
Link



## MEET SIX: NCAA SOUTHEAST REGIONALS

#### LOGISTICS

DATE..... FRIDAY, NOVEMBER 15  
WOMEN'S 6K..... 10:30 A.M. ET  
MEN'S 8K..... 11:30 A.M. ET

#### LOCATION

VENUE..... WINTHROP FARM COURSE  
SITE..... ROCK HILL, SOUTH CAROLINA  
HOST..... WINTHROP

#### BROADCAST

TV/STREAM..... N/A

#### RESULTS

LIVE TIMING..... FLASH RESULTS

#### SOCIAL MEDIA

..... @KENTUCKYTRACK  
 ..... @KENTUCKYTRACK  
 ..... KENTUCKY TRACK

## 2024 SCHEDULE

### AUGUST

30 ECU Triangular  
(Richmond, Ky.)

### SEPTEMBER

13 Southern Showcase  
(Huntsville, Ala.)  
M: 4th, 142 | W: 6th, 185

27 Gans Creek Classic  
(Columbia, Mo.)  
M: 5th, 185 | W: 9th, 243

### OCTOBER

18 Bradley Pink Classic  
(Peoria, Ill.)  
M: 2nd, 160; W: 8th, 230

### NOVEMBER

1 SEC Championships  
(Bryan-College Station, Texas)  
M: 10th, 230; W: 15th, 318

15 NCAA Southeast Regional  
(Rock Hill, S.C.)

23 NCAA Championships  
(Madison, Wis.)

## KENTUCKY RACE NOTES

### Southeast Regional

- The Southeast Regional is made up of all Division I schools in Kentucky, Virginia, North Carolina, and South Carolina. It is one of nine regionals that serve as qualifiers to the NCAA Championships. The top-two teams in each race, along with the next four fastest individuals, qualify. 13 at-large teams are also selected from around the country.

### Men's Team

- The Kentucky men are coming off a tenth place finish at the SEC Championships. Ed Bird and Collins Kiprop Kipngok each finished in the top 25, earning All-SEC honors.
- Freshman **Collins Kiprop Kipngok** won his first collegiate title at the Bradley Pink Classic Red Invite, taking first in the 8k in a personal best--and meet record-- time of 23:32.7. He is the fourth fastest freshman in the SEC this season.
- Sophomore **Ed Bird** won the Gans Creek Classic 8k in a personal best time of 23:07.6. The win was the first of his collegiate career in his only start this season. His time was a course and meet record.
- The Wildcats finished 14th at the Southeast Regional in 2023.

### Women's Team

- Junior **Ally Kruger** has led the Wildcats in scoring at every meet this season, finishing in the top 25 at all four races. She ran a personal best 6k at the SEC Championships in 19:57.5.
- Sophomore **Lyric Olson** and senior **Mollie Roden** have closed the season strong, recording personal best times and finishes at the Bradley Pink Classic. Roden continued her fine form with another PB at SEC Championships, acting as the second-leading scorer for Kentucky.
- The Wildcats finished 17th at the Southeast Regional in 2023.

## PROJECTED RUNNERS

### Men's Team:

- Alex Alston, Ed Bird, Miles Brush, Alex Justus, Collins Kiprop Kipngok, Jack Pendergast, Jackson Watts

### Women's Team

- Jayla Atkinson, Ally Kruger, Phoebe McCowan, Lyric Olson, Mollie Roden, Jenna Schwinghamer, Julz Williams

## MEN'S CROSS COUNTRY



## WOMEN'S CROSS COUNTRY



2024

# KENTUCKY<sup>®</sup>

## CROSS COUNTRY

### Roster

<u>Men</u>			<u>Women</u>		
Name	Year	Hometown (Previous School)	Name	Year	Hometown (Previous School)
Alex Alston	So.	Bedford, England	Jayla Atkinson	Fr.	Munroe Falls, Ohio
Theo Bachmann	So.	Crestwood, Ky.	Noel Barlette	Fr.	Orchard Park, N.Y.
Ed Bird	So.	Dorchester, England	Brooke Berber	So.	Elmurst, Ill.
Miles Brush	So.	Chelsea, Ala.	Logan Brennan	So.	Naperville, Ill.
Cade Byer	Jr.	Corvallis, Ore.	Morgan Dick	Fr.	Aurora, Ill.
Sami Hattab	So.	Louisville, Ky.	Ainsley Edwards	Jr.	Winston-Salem, N.C.
Alex Justus	Sr.	Maineville, Ohio	Aubree Hay	So.	Ashland, Ky.
Collins Kiprop Kipngok	Fr.	Nakuru, Kenya	Elly Heine	Jr.	Medina, Ohio (Walsh)
Max Liao	Fr.	Mason, Ohio	Ava Hendren	Fr.	Naperville, Ill.
Caden Miracle	So.	Pineville, Ky.	Clara Heppner	So.	Marietta, Ga. (Florida State)
Liam Naughton	Fr.	Mt. Prospect, Ill.	Ally Kruger	Jr.	St. Louis, Mo.
Jack Pendergast	Sr.	Cedar Rapids, Iowa (Iowa)	Elaina Lahmers	So.	Marysville, Ohio
William Russell	So.	Columbus, Ind. (Xavier)	Phoebe McCowan	Sr.	London, Ky.
Jackson Watts	Sr.	Slaughters, Ky.	Chesney McPherson	Fr.	Flippin, Ky.
Caden Weber	Fr.	Downers Grove, Ill.	Lyric Olson	So.	Savannah, Ga.
			Mollie Roden	Sr.	Colorado Springs, Colo.
			Jenna Schwinghammer	Sr.	Springboro, Ohio
			Julz Williams	Sr.	Beavercreek, Ohio
			Baylor Wolfe	Fr.	Denver, Colo.

### Pronunciation

<u>Men</u>		<u>Women</u>	
Theo BACHMANN	BAAK-man	Noel BARLETTE	BAR-let
Sami HATTAB	Ha-TAAB	Brooke BERGER	BUR-GER
Alex JUSTUS	JUST-us	Elly HEINE	High-KNEE
Collins KIPROP KIPNGOK	Kip-ROP Kip-GAWK	Ally KRUGER	crew-GER
		Chesney MCPHERSON	mick-FER-son
		Jenna SCHWINGHAMER	Sw-ING-ham-mer

### By State/Country

<u>Men</u>		<u>Women</u>	
Kentucky	4	Ohio	5
Ohio	2	Illinois	4
Illinois	2	Kentucky	3
England	2	Colorado	2
Alabama	1	Georgia	1
Iowa	1	Missouri	1
Indiana	1	North Carolina	1
Oregon	1	New York	1
Kenya	1		



**2024**

# KENTUCKY<sup>®</sup>

## CROSS COUNTRY

## MEDIA INFORMATION

### CREDENTIALS

All media credential requests should be submitted at least 24 hours prior to home meets. Credentials can be picked up on site on the day of a meet. Requests should be made through the Communications & Public Relations Office by contacting **Ben Slack**.

### MEDIA SERVICES

During meets, media will be provided with notes and updated results. Final results will be available shortly following each meet.

### POST-MEET INTERVIEWS

Interviews with athletes and coaches are done in an informal manner on track following each meet. For assistance in locating any member of the Kentucky team, find Ben Slack for help. For assistance with opposing athletes and coaches, please see the opposing SIDs.

### PRACTICE/INTERVIEWS

Players are available for interviews upon request. All practices take place at the Jim Green Indoor Track & Field Center and the UK Track and Field Complex, depending on season and weather, and are subject to change based on class schedules of the athletes and travel as well as meet schedules. Interviews with coaches and/or athletes are after practice and phone interviews may be arranged. Advance notice is requested for all interviews. Please arrange all interviews through the Kentucky ACPR Office and track and field contact Ben Slack.

### PHOTOS

The UK ACPR office sometimes provides media with high-resolution digital images for use upon request. Please contact Ben Slack to request photos of UK Cross Country runner and/or coaches.

### INTERNET

The official website for UK athletics, [www.UKathletics.com](http://www.UKathletics.com) is the place to find updated rosters, schedules, results and statistics.

### SOCIAL MEDIA

The Kentucky Cross Country and Track & Field program's story is told primarily through its social media accounts. Be that via facebook, twitter or Instagram, the best way to get to know the Wildcats and follow the season in-depth is by following @KentuckyTrack.

## The Week Ahead

October 30 -- Travel to SEC Championships in Bryan-College Station, Texas  
October 31 -- Practice in Bryan-College Station  
November 1 -- SEC Championships  
November 1 -- Return travel

## QUICK FACTS

### UNIVERSITY

Location: Lexington, Ky.

Founded: 1865

Enrollment: 34,000

Nickname: Wildcats

Colors: Blue (PMS 286) and White

Conference: Southeastern Conference

Stadium: UK Track & Field Complex (Outdoor)

President: Dr. Eli Capilouto (Alabama, 1971)

Athletics Director: Mitch Barnhart (Ottawa, 1981)

### CROSS COUNTRY STAFF

Head Coach: Lonnie Greene (7th Year)

Alma Mater: Murray State (1990)

Assistant Coach (Distance/XC): Hakon DeVries

Director of Operations: Pristina Jones

Sport Administrator: Jason Schlafer

### CROSS COUNTRY HISTORY

#### Best SEC Finishes

Women's - Champions (1985, 1988, 1989)

Men's - Champions (1958, 1959, 1970, 1988)

#### Best NCAA Finishes

Women's - Champions (1988)

Men's - Eighth (1988)

#### SEC Individual Champions

Women - Two (Last: 2012)

Men - Nine (Last: 2003)

#### All-Americans

Women - 13 (Last: 2021)

Men - Seven (Last: 1995)

### 2023 RECAP

#### SEC Finish

Women's - 12th (292 points)

Men's - 8th (197 points)

#### NCAA Southeast Regional Finish

Women's - 17th (463 points)

Men's - 14th (369 points)

### COMMUNICATIONS & PUBLIC RELATIONS

Cross Country/Track and Field Contact: Ben Slack

CPR Office: 859-257-3838

CPR Fax: 859-257-4310

Slack Cell: 270-893-4546

Slack E-Mail: [bslack012@uky.edu](mailto:bslack012@uky.edu)

Website: [www.UKathletics.com](http://www.UKathletics.com)

Twitter/Instagram: @KentuckyTrack



BACK2BACK

In each of Kentucky's last two regular season meets, a Wildcat runner won the Men's 8k individual title. Ed Bird took home the Gans Creek Classic crown in a course--and meet--record time of 23:07.6. Collins Kiprop Kipngok followed that performance up with a win at the Bradley Pink Classic in a meet record time of 23:32.7. Both runners picked up their first collegiate win in the process.

MS. CONSISTENT

Ally Kruger has been a model of consistency for the Cats this season, leading her team in scoring at all three regular season meets. Additionally, she has finished within the top 20 in all three races.

FIRST OF MANY

Collins Kiprop Kipngok picked up his first career SEC honor on October 1, as he was named the SEC Freshman of the Week for his performance at the Gans Creek Classic. The Nakuru, Kenya native improved his collegiate debut time by some 12 seconds, running 23:33.0. While only placing 15th, the time was better than the previous course and meet record.

BIRD IS THE WORD

Sophomore Ed Bird ran the race of his life at the Gans Creek Classic, storming down the stretch to earn the first individual win of his career. His only race of the 2024 season to date, Bird ran the second fastest time in the SEC in September. The 2023 SEC All-Freshman Team member smashed his previous personal best as well, besting his mark from 2023 by over a minute. Bird also won the bronze medal in the 3000m at the World Athletics U20 Championships in August.

LAST ONE, BEST ONE

Senior Phoebe McCowan is enjoying a breakout season campaign for the Cats. In both of the regular season races in which she has ran, she has bettered her personal best by 15 seconds (one in the 5k, one in the 6k) and served as the team's No. 2 scorer.

FAST GREENS

At the Gans Creek Classic, 19 Wildcats ran personal best times. All 10 men in the Kentucky lineup set new personal standards while 9 of the 10 women also clocked their lifetime best.

JACK ATTACK

Graduate transfer Jack Pendergast has enjoyed a breakout final season in his only year in Lexington. Transferring in from Iowa, he has lowered his personal best in each of his three races this year. Most recently, he earned his first career top ten finish, placing 8th at the Bradley Pink Classic.

A DEBUT FOR THE AGES

Collins Kiprop Kipngok kicked off his collegiate career in style, placing fifth at the Southern Showcase in a time of 23:45.9. His run was the fastest 8k collegiate debut by a Kentucky runner since AT LEAST 2012 and was the fastest 8k season opener by a Wildcat runner since 2017. He has since gone on to become the fastest freshman in the tenure of Coach Hakon DeVries.

2024 SEASON HONORS

Collins Kiprop Kipngok ..... All-SEC Freshman Team  
..... SEC Freshman of the Week (10/1)  
..... Bradley Pink Classic Champion (Meet Record)

Ed Bird ..... All-SEC Third Team  
..... Gans Creek Classic Champion  
..... (Course and Meet Record)

TOP 25 FINISHES  
2024 SEASON

MEN

SOUTHERN SHOWCASE

Collins Kiprop Kipngok..... 5th  
Jackson Watts ..... 24th

GANS CREEK CLASSIC

Ed Bird ..... 1st  
Collins Kiprop Kipngok..... 15th

BRADLEY PINK CLASSIC

Collins Kiprop Kipngok..... 1st  
Jack Pendergast ..... 8th

SEC CHAMPIONSHIPS

Ed Bird ..... 18th  
Collins Kiprop Kipngok..... 24th

WOMEN

SOUTHERN SHOWCASE

Ally Kruger ..... 19th

GANS CREEK CLASSIC

Ally Kruger ..... 17th

BRADLEY PINK CLASSIC

Ally Kruger ..... 14th  
Lyric Olson ..... 21st

SEC CHAMPIONSHIPS

Ally Kruger ..... 25th

MEN'S

SCORING CHART

	SOUTHERN SHOWCASE	GANS CREEK CLASSIC	BRADLEY PINK CLASSIC	SEC CHAMPIONSHIPS
Collins Kiprop Kipngok	1	2	1	2
Jackson Watts	2	3	3	3
Alex Alston	3	5	-	-
Jack Pendergast	4	4	2	-
Caden Miracle	5	-	-	-
Ed Bird	-	1	-	1
Miles Brush	-	-	4	4
Sami Hattab	-	-	5	-
Alex Justus	-	-	-	5

WOMEN'S

SCORING CHART

	SOUTHERN SHOWCASE	GANS CREEK CLASSIC	BRADLEY PINK CLASSIC	SEC CHAMPIONSHIPS
Ally Kruger	1	1	1	1
Phoebe McCowan	2	2	-	5
Chesney McPherson	3	-	4	-
Ava Hendren	4	-	-	-
Jenna Schwinghamer	5	3	5	3
Lyric Olson	-	4	2	4
Mollie Roden	-	5	3	2



2024

# KENTUCKY

## CROSS COUNTRY

### 2024 Regular Season Results

#### MEN

##### Southern Showcase

September 13  
8k Race

John Hunt Park - Huntsville Alabama

Place	Runner	Time	Points
5.	Collins Kiprop Kipngok	23:45.9	5 pts
24.	Jackson Watts	24:36.2	24 pts
28.	Alex Alston	24:39.1	28 pts
39.	Jack Pendergast	24:49.2	37 pts
51.	Caden Miracle	24:57.5	48 pts
71.	Max Liao	25:18.4	--
78.	William Russell	25:23.2	--
100.	Sami Hattab	25:36.7	--
127.	Caden Weber	25:48.0	--
133.	Theo Bachmann	25:52.6	--
168.	Cade Byer	26:14.9	--

##### TEAM FINISH

1.	[9] Alabama	41
2.	Belmont	107
3.	Georgia Tech	126
4.	<b>KENTUCKY</b>	<b>142</b>
5.	Georgia	153
6.	Louisville	164
7.	Lee (TN)	205
8.	Anderson (SC)	264
9.	Vanderbilt	291
10.	Middle Tennessee	309

##### Gans Creek Classic

September 27  
8k D1 Race

Gans Creek XC Course - Columbia, Missouri

Place	Runner	Time	Points
1.	Ed Bird	23:07.6	1 pt
15.	Collins Kiprop Kipngok	23:33.0	15 pts
38.	Jackson Watts	23:58.2	37 pts
50.	Jack Pendergast	24:07.4	48 pts
87.	Alex Alston	24:31.4	84 pts
111.	Caden Miracle	24:41.6	--
133.	Sami Hattab	24:49.2	--
146.	Caden Weber	24:56.8	--
169.	Max Liao	25:08.8	--
175.	William Russell	25:10.5	--

##### TEAM FINISH

1.	[10] Stanford	31
2.	Tennessee	163
3.	Auburn	167
4.	Missouri	180
5.	<b>KENTUCKY</b>	<b>185</b>
6.	Lipscomb	164
7.	[28] Ole Miss	238
8.	North Florida	271
9.	Illinois State	280
10.	Florida	291

##### Bradley Pink Classic

October 18

8k Red Invitational

Newman Golf Course - Peoria, Illinois

Place	Runner	Time	Points
1.	Collins Kiprop Kipngok	23:32.7	1 pt
8.	Jack Pendergast	24:01.9	5 pts
37.	Jackson Watts	24:27.5	28 pts
65.	Miles Brush	24:41.9	52 pts
94.	Sami Hattab	24:57.8	74 pts
96.	Alex Alston	24:58.7	--
152.	Max Liao	25:29.0	--

##### TEAM FINISH

1.	North Dakota St.	139
2.	<b>KENTUCKY</b>	<b>160</b>
3.	Iowa	165
4.	[14] Michigan	165
5.	Wichita St.	177
6.	Drake	178
7.	Illinois-Chicago	203
8.	Bradley	207
9.	Cincinnati	219
10.	IU Indianapolis	248

#### WOMEN

##### Southern Showcase

September 13  
5k Race

John Hunt Park - Huntsville Alabama

Place	Runner	Time	Points
19.	Ally Kruger	17:14.0	18 pts
29.	Phoebe McCowan	17:20.0	28 pts
33.	Chesney McPherson	17:28.6	32 pts
54.	Ava Hendren	17:50.2	49 pts
65.	Jenna Schwinghamer	17:57.2	58 pts
67.	Jayla Atkinson	17:58.2	--
68.	Julz Williams	17:58.7	--
75.	Lyric Olson	18:02.8	--
96.	Morgan Dick	18:16.7	--
101.	Mollie Roden	18:19.23	--

##### TEAM FINISH

1.	[12] Alabama	52
2.	Louisville	68
3.	Georgia Tech	86
4.	Belmont	116
5.	Vanderbilt	125
6.	<b>KENTUCKY</b>	<b>185</b>
7.	Samford	225
8.	Mississippi State	235
9.	Lee (TN)	272
10.	Chattanooga	331

##### Gans Creek Classic

September 27  
6k D1 Race

Gans Creek XC Course - Columbia, Missouri

Place	Runner	Time	Points
17.	Ally Kruger	20:25.6	17 pts
38.	Phoebe McCowan	20:52.9	38 pts
57.	Jenna Schwinghamer	21:11.7	54 pts
60.	Lyric Olson	21:14.2	57 pts
83.	Mollie Roden	21:28.1	77 pts
87.	Chesney McPherson	21:30.8	--
95.	Jayla Atkinson	21:33.7	--
112.	Julz Williams	21:43.0	--
155.	Ava Hendren	22:05.3	--
175.	Morgan Dick	22:21.0	--

##### TEAM FINISH

1.	[8] Stanford	44
2.	[9] Tennessee	91
3.	[26] Ole Miss	120
4.	[6] Florida	131
5.	Georgia Tech	164
6.	Auburn	182
7.	Air Force	189
8.	Tulsa	214
9.	<b>KENTUCKY</b>	<b>243</b>
10.	Missouri	336

##### Bradley Pink Classic

October 18

6k Red Invitational

Newman Golf Course - Peoria, Illinois

Place	Runner	Time	Points
14.	Ally Kruger	20:41.0	14 pts
21.	Lyric Olson	20:59.4	21 pts
31.	Mollie Roden	21:06.2	31 pts
75.	Chesney McPherson	21:42.8	73 pts
95.	Jenna Schwinghamer	21:56.2	91 pts
126.	Jayla Atkinson	22:13.3	--
134.	Ava Hendren	22:21.0	--

##### TEAM FINISH

1.	[rv] Northwestern	44
2.	Loyola (Chicago)	123
3.	Bradley	151
4.	Indiana State	192
5.	Ohio	194
6.	Butler	200
7.	Tulsa	208
8.	<b>KENTUCKY</b>	<b>230</b>
9.	North Dakota St.	246
10.	Iowa	275



2024

# KENTUCKY<sup>®</sup>

## CROSS COUNTRY

### 2024 Postseason Results

#### MEN

##### SEC Championships

November 1

8k Race

Watts XC Course- Bryan-College Station, Texas

Place	Runner	Time	Points
18.	Ed Bird	23:07.7	18 pts
24.	Collins Kiprop Kipngok	23:19.4	23 pts
53.	Jackson Watts	23:53.1	51 pts
65.	Miles Brush	24:12.6	63 pts
83.	Alex Justus	24:30.3	75 pts
86.	Alex Alston	24:36.6	--
92.	Sami Hattab	24:47.8	--
103.	Theo Bachmann	24:59.9	--

##### TEAM FINISH

1.	[3] Arkansas	38
2.	[9] Alabama	52
3.	Ole Miss	122
4.	[rv] Texas	152
5.	Missouri	163
6.	Tennessee	169
7.	Auburn	175
8.	Texas A&M	207
9.	Oklahoma	221
10.	<b>KENTUCKY</b>	<b>230</b>

#### WOMEN

##### SEC Championships

November 1

8k Race

Watts XC Course- Bryan-College Station, Texas

Place	Runner	Time	Points
25.	Ally Kruger	19:57.5	25 pts
68.	Mollie Roden	20:37.8	65 pts
74.	Jenna Schwinghamer	20:40.2	71 pts
77.	Lytic Olson	20:41.1	73 pts
90.	Phoebe McCowan	20:51.9	84 pts
126.	Jayla Atkinson	21:24.3	--
127.	Julz Williams	21:24.9	--
135.	Ava Hendren	21:29.4	--
147.	Noel Barlette	21:43.7	--
147.	Chesney McPherson	21:45.8	--

##### TEAM FINISH

1.	[7] Alabama	72 pts
2.	[rv] Tennessee	103 pts
3.	[14] Florida	122 pts
4.	[rv] Arkansas	132 pts
5.	[28] Texas	150 pts
6.	Ole Miss	155 pts
7.	LSU	213 pts
8.	Auburn	223 pts
10.	Texas A&M	269 pts
15.	<b>KENTUCKY</b>	<b>318 pts</b>



2024

# KENTUCKY®

## CROSS COUNTRY

### CROSS COUNTRY AWARDS

#### Collins Kiprop Kipngok

All-SEC Freshman Team

SEC Freshman of the Week (Oct. 1)

Bradley Pink Classic Champion (Meet Record)

#### Ed Bird

All-SEC Third Team

Gans Creek Classic Champion

Gans Creek Course/Meet Record

### SEC PRESEASON POLLS

#### Men's

1	Arkansas
2	Alabama
3	Texas
4	Ole Miss
5	Texas A&M
6	Auburn
7	Tennessee
8	Florida
9	Missouri
10	<b>Kentucky</b>
11	Oklahoma
12	Georgia
13	LSU
14	Vanderbilt

#### Women's

1	Florida
2	Alabama
3	Arkansas
4	Tennessee
5	Ole Miss
6	Texas A&M
7	LSU
8	Texas
9	Auburn
10	Vanderbilt
11	Missouri
12	South Carolina
13	<b>Kentucky</b>
14	Oklahoma
15	Mississippi State
16	Georgia

### USTFCCCA COACHES' TOP-30 (NOVEMBER 5, 2024)

#### Men's

1	BYU
2	Oklahoma State
3	Arkansas
4	Iowa State
5	Wake Forest
6	New Mexico
7	Stanford
8	Northern Arizona
9	Wisconsin
10	Alabama
11	North Carolina
12	Washington
13	Virginia
14	Villanova
15	Oregon
16	Cal Baptist
17	Syracuse
18	Princeton
19	Notre Dame
20	Harvard
21	Butler
22	Furman
23	Colorado State
24	Eastern Kentucky
25	Portland
26	Wyoming
T27	Michigan State
T27	Texas Tech
T29	Georgetown
T29	Iona

#### Women's

1	BYU
2	Oregon
3	Washington
4	Northern Arizona
5	West Virginia
6	Notre Dame
7	Alabama
8	Georgetown
9	Utah
10	New Mexico
11	Providence
12	Stanford
13	North Carolina
14	Wisconsin
15	Virginia
16	Tennessee
17	NC State
18	Florida
19	Oklahoma State
20	Penn State
21	Gonzaga
22	Furman
23	Minnesota
24	Florida State
25	Boston College
26	Arkansas
27	Lipscomb
28	Syracuse
29	Michigan State
30	Utah Valley

### USTFCCCA SOUTHEAST REGIONAL RANKINGS (NOV. 4, 2024)

#### Men's

1	Wake Forest
2	North Carolina
3	Virginia
4	Furman
5	Eastern Kentucky
6	NC State
7	Virginia Tech
8	Liberty
9	Duke
10	<b>Kentucky</b>
11	Appalachian State
12	Louisville
13	Norfolk State
14	William & Mary
15	Charlotte

#### Women's

1	North Carolina
2	Virginia
3	NC State
4	Furman
5	Liberty
6	Wake Forest
7	Louisville
8	Clemson
9	Virginia Tech
10	Charlotte
11	High Point
12	William & Mary
13	Elon
14	South Carolina
15	<b>Kentucky</b>





2024

# KENTUCKY<sup>®</sup>

## CROSS COUNTRY

### TV Chart

#### MEN

							
<b>ALEX ALSTON</b>	<b>THEO BACHMANN</b>	<b>ED BIRD</b>	<b>MILES BRUSH</b>	<b>CADE BYER</b>	<b>SAMI HATTAB</b>	<b>ALEX JUSTUS</b>	<b>COLLINS KIPROP KIPNGOK</b>
Sophomore	Sophomore	Sophomore	Sophomore	Junior	Sophomore	Senior	Freshman

  

						
<b>MAX LIAO</b>	<b>CADEN MIRACLE</b>	<b>LIAM NAUGHTON</b>	<b>JACK PENDERGAST</b>	<b>WILLIAM RUSSELL</b>	<b>JACKSON WATTS</b>	<b>CADEN WEBER</b>
Freshman	Sophomore	Freshman	Graduate	Sophomore	Senior	Freshman

#### WOMEN

							
<b>JAYLA ATKINSON</b>	<b>NOEL BARLETTE</b>	<b>BROOKE BERGER</b>	<b>LOGAN BRENNAN</b>	<b>MORGAN DICK</b>	<b>AINSLEY EDWARDS</b>	<b>AUBREE HAY</b>	<b>ELLY HEINE</b>
Freshman	Freshman	Sophomore	Sophomore	Freshman	Junior	Sophomore	Junior

  

							
<b>AVA HENDREN</b>	<b>CLARA HEPPNER</b>	<b>ALLY KRUGER</b>	<b>ELAINA LAHMERS</b>	<b>PHOEBE MCCOWAN</b>	<b>CHESNEY MCPHERSON</b>	<b>LYRIC OLSON</b>	<b>MOLLIE RODEN</b>
Freshman	Sophomore	Junior	Sophomore	Senior	Freshman	Sophomore	Senior

  

		
<b>JENNA SCHWINGHAMER</b>	<b>JULZ WILLIAMS</b>	<b>BAYLOR WOLFE</b>
Graduate	Senior	Freshman

