



2014 SEC CROSS COUNTRY

WEEKLY NEWS RELEASE

WEEK 1: AUGUST 25, 2014

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SEC CROSS COUNTRY TEAMS OPEN THIS WEEKEND

The cross country teams of the Southeastern Conference open their 2014 seasons this weekend with 12 league teams in action in a variety of meets across the country.

Three SEC programs are ranked among the nation's top-25 in the U.S. Track and Field and Cross Country Coaches Association Preseason Cross Country National Coaches Poll.

Arkansas is ranked seventh on the women's side and 13th on the men's side. The Razorbacks swept the SEC Championships a year ago and both posted top-15 finishes at the NCAA Championships. The Vanderbilt women are ranked No. 23, as the Commodores finished among the top-30 nationally last season. SEC teams included among the others receiving votes are the Auburn men and the Texas A&M and Alabama women.

The Arkansas men were selected to repeat as the SEC Cross Country Champions after capturing their 21st SEC Cross Country Championship in the last 23 years in 2013 and finishing 12th at the NCAA Championships. Florida was predicted to finish second while Ole Miss picked up three first-place votes and was chosen to finish third.

The Arkansas women were a unanimous choice to repeat as the SEC Cross Country Champions after winning their first SEC Cross Country Championship since 2008 a year ago. The Razorbacks finished 15th at the 2013 NCAA Championships. Vanderbilt was predicted to finish second, while Texas A&M was chosen to place third.

The 2014 SEC Cross Country Championships will take place Friday, October 31 in Tuscaloosa.

UPCOMING MEETS

FRIDAY, AUGUST 29

Alabama at Samford
 (Birmingham, Ala.)

Auburn at South Alabama Opener
 (Mobile, Ala.)

Florida at Western Carolina Invitational
 (Cullowhee, N.C.)

Kentucky at Belmont Opener
 (Nashville, Tenn.)

LSU at McNeese Cross Country Relay
 (Lake Charles, La.)

Missouri at Illini Challenge
 (Champaign, Ill.)

Texas A&M hosts Texas A&M Invitational
 (College Station, Texas)

Vanderbilt at Belmont Opener
 (Nashville, Tenn.)

SATURDAY, AUGUST 30

Arkansas (M) at Hurricane XC Festival
 (Tulsa, Okla.)

Ole Miss at Brooks Memphis Twilight Classic
 (Memphis, Tenn.)

Mississippi State at Brooks Memphis Twilight Classic
 (Memphis, Tenn.)

South Carolina hosts Carolina Invitational
 (Columbia, S.C.)

LATEST RESULTS



USTFCCCA RANKINGS - MEN

1.	Colorado (12)	360
2.	Northern Arizona	339
3.	Oregon	336
4.	Oklahoma State	319
5.	Stanford	307
6.	Indiana	280
7.	Portland	276
8.	Syracuse	271
9.	BYU	250
10.	Villanova	249
11.	Wisconsin	244
12.	Iona	222
13.	Arkansas	198
14.	Virginia	183
15.	NC State	179
16.	Providence	161
17.	New Mexico	159
18.	Tulsa	149
19.	Princeton	126
20.	North Carolina	107
21.	Eastern Kentucky	106
22.	Michigan	104
23.	Texas	101
T24.	UCLA	93
T24.	Florida State	93
26.	Iowa State	90
27.	Washington	68
28.	Oklahoma	65
29.	Georgetown	35
30.	Colorado State	34

USTFCCCA RANKINGS - WOMEN

1.	Michigan (6)	342
2.	Oregon (3)	330
3.	Florida State	316
4.	Stanford (1)	314
5.	Georgetown (1)	311
6.	Michigan State	303
7.	Arkansas (1)	283
8.	Colorado	277
9.	Iowa State	264
10.	Virginia	259
11.	New Mexico	227
12.	Butler	222
13.	Syracuse	212
14.	Villanova	177
15.	Washington	166
16.	Wisconsin	142
17.	Boston College	141
18.	Providence	136
19.	Oklahoma State	125
20.	West Virginia	111
21.	Virginia Tech	106
22.	SMU	93
23.	Vanderbilt	86
24.	Dartmouth	74
T25.	Minnesota	57
T25.	William and Mary	57
27.	NC State	50
28.	Weber State	40
29.	Penn State	31
30.	Arizona State	25

SEC MEN'S TEAMS WEEK-BY-WEEK IN THE NATIONAL RANKINGS

	UA	AR	AU	UF	UG	UK	LS	UM	MS	MO	UT	AM	VU
PRE	NR	13	RV	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR
S16													
S23													
S30													
O7													
O21													
N4													
N22													

SEC WOMEN'S TEAMS WEEK-BY-WEEK IN THE NATIONAL RANKINGS

	UA	AR	AU	UF	UG	UK	LS	UM	MS	MO	SC	UT	AM	VU
PRE	RV	7	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR	RV	23
S16														
S23														
S30														
O7														
O21														
N4														
N22														

MEDIA SERVICES

COMMUNICATIONS

The SEC considers its work with the media a top priority. We look forward to working with you in your coverage of SEC Cross Country. For further information, please contact:

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INTERNET

The SEC has an extensive presence on the World Wide Web at www.SECsports.com and at www.SECsportsMedia.com. Travel to the SEC's site to find up-to-the-minute information on SEC cross country, including statistics, schedules & results and much more. For more information, please contact Sean Cartell at scartell@sec.org.

E-MAIL SERVICES

Updated information on SEC cross country is also available via e-mail to accredited members of the media. Register to receive the weekly release via e-mail by contacting Sean Cartell at scartell@sec.org.

SEC ATHLETES OF THE WEEK

Each week, the Southeastern Conference will announce four Athlete of the Week honors for the sport of cross country. The conference will honor a Runner of the Week for both men and women, and also a Freshman of the Week for both men and women. Athletes of the Week are announced each Tuesday by 12 p.m. CT from the SEC Office.

CREDENTIALS

The 2014 SEC Cross Country Championships will be held Friday, October 31 in Tuscaloosa, Ala. To request credentials to cover the event, please contact Doug Walker at the University of Alabama in writing at dwalker@ia.ua.edu.

SEC CROSS COUNTRY IN 2013

MEN

The SEC sent three teams to the 2013 NCAA Cross Country Championship, highlighted by Arkansas' 12th-place finish.

Arkansas	340	12th
Florida	654	29th
Georgia	690	31st
Alabama		South Regional - 13th
Auburn		South Regional - 4th
Kentucky		Southeast Regional - 12th
LSU		South Central Regional - 17th
Ole Miss		South Regional - 9th
Mississippi State		South Regional - 7th
Missouri		Midwest Regional - 8th
Tennessee		South Regional - 5th
Texas A&M		South Central Regional - 7th
Vanderbilt		South Regional - 21st

SEC Champion: Arkansas

Coach of the Year: Chris Bucknam, Arkansas

Runner of the Year: Kemoy Campbell, Arkansas

Freshman of the Year: T.J. Carey, Missouri

WOMEN

Two SEC teams advanced to the 2013 NCAA Cross Country Championship, with Arkansas finishing 15th.

Arkansas	340	15th
Vanderbilt	676	27th
Alabama		South Regional - 3rd
Auburn		South Regional - 10th
Florida		South Regional - 4th
Georgia		South Regional - 6th
Kentucky		Southeast Regional - 6th
LSU		South Central Regional - 17th
Ole Miss		South Regional - 5th
Mississippi State		South Regional - 7th
Missouri		Midwest Regional - 6th
South Carolina		Southeast Regional - 14th
Tennessee		South Regional - 9th
Texas A&M		South Central Regional - 3rd

SEC Champion: Arkansas

Coach of the Year: Lance Harter, Arkansas

Runner of the Year: Dominique Scott, Arkansas

Freshman of the Year: Kaitlyn Fischer, Missouri

COACHES PICK ARKANSAS TO WIN SEC TITLES

The University of Arkansas men and women have been predicted to repeat as Southeastern Conference Cross Country Champions, as decided by a vote of the league's head coaches.

Points for the men's poll were awarded on a 1-2-3-4-5-6-7-8-9-10-11-12 basis, while the women's poll was awarded on a 1-2-3-4-5-6-7-8-9-10-11-12-13 basis. Coaches were not permitted to vote for their own teams.

The Arkansas men were selected to repeat as the SEC Cross Country Champions after capturing their 21st SEC Cross Country Championship in the last 23 years in 2013 and finishing 12th at the NCAA Championships. Florida was predicted to finish second while Ole Miss picked up three first-place votes and was chosen to finish third.

The Arkansas women were a unanimous choice to repeat as the SEC Cross Country Champions after winning their first SEC Cross Country Championship since 2008 a year ago. The Razorbacks finished 15th at the 2013 NCAA Championships. Vanderbilt was predicted to finish second, while Texas A&M was chosen to place third.

MEN			WOMEN		
Rank	Team	Points	Rank	Team	Points
1	Arkansas (10)	16	1	Arkansas (13)	13
2	Florida	27	2	Vanderbilt (1)	34
3	Ole Miss (3)	42	3	Texas A&M	39
4	Missouri	51	4	Florida	58
5	Auburn	59	5	Alabama	65
6	Texas A&M	63	6	Mississippi State	72
7	Georgia	77	7	Missouri	79
8	Kentucky	79	8	Kentucky	99
9	Alabama	101	9	Georgia	104
10	Mississippi State	107	10	Tennessee	116
11	Tennessee	115	11	Ole Miss	135
12	LSU	136	12	Auburn	142
13	Vanderbilt	141	13	South Carolina	152
			14	LSU	166

2013 SEC CROSS COUNTRY CHAMPIONSHIP RESULTS

MEN		
1.	Arkansas	31
2.	Florida	96
3.	Georgia	101
4.	Missouri	107
5.	Kentucky	173
6.	Auburn	175
7.	Tennessee	187
8.	Texas A&M	187
9.	Mississippi State	229
10.	Ole Miss	242
11.	Alabama	251
12.	LSU	356
13.	Vanderbilt	369

WOMEN		
1.	Arkansas	32
2.	Texas A&M	123
3.	Kentucky	134
4.	Florida	150
5.	Vanderbilt	161
6.	Alabama	174
7.	Missouri	178
8.	Tennessee	179
9.	Ole Miss	190
10.	Mississippi State	191
11.	Georgia	224
12.	South Carolina	294
13.	Auburn	309
14.	LSU	460

SEC IN THE NCAA: CROSS COUNTRY HISTORY

- The SEC has won eight NCAA Men's Cross Country Championships, with Arkansas claiming seven and Tennessee winning one. The last SEC NCAA Championship came in 2000, with Arkansas winning its third consecutive.
- The SEC has won one NCAA Women's Cross Country Championship, with Kentucky holding the only title, which the Wildcats won in 1988.
- The SEC boasts two NCAA Cross Country individual titles, as Godfrey Siamusiye of Arkansas won back-to-back national crowns in 1995 and 1996.
- No SEC woman has ever claimed an NCAA Cross Country individual championship. Four SEC women have finished as the NCAA runner-up: Shelly Steely, Florida (1984); Valerie McGovern, Kentucky (1989); Deena Drossin, Arkansas (1992) and Amy Yoder, Arkansas (1999).

THE SEC'S NCAA CROSS COUNTRY TEAM CHAMPIONSHIPS

MEN	WOMEN
1972 - Tennessee	1988 - Kentucky
1991 - Arkansas	
1992 - Arkansas	
1993 - Arkansas	
1995 - Arkansas	
1998 - Arkansas	
1999 - Arkansas	
2000 - Arkansas	

THE SEC'S NCAA CROSS COUNTRY INDIVIDUAL CHAMPIONS

MEN
1995 - Godfrey Siamusiye, Arkansas
1996 - Godfrey Siamusiye, Arkansas

ABOUT THE SEC

• Since its formation in 1933, the SEC has directed and organized inter-scholastic athletic competitions, conducted tournaments and prescribed eligibility rules for student-athletes. The Conference also facilitates and assists its member institutions in maintaining intercollegiate athletic programs compatible with the highest standards of education and competitive sports.

• The Southeastern Conference crowns champions in 21 sports - 12 women's sports and nine men's sports. They include baseball, men's and women's basketball, men's and women's cross country, equestrian, football, men's and women's golf, gymnastics, soccer, softball, men's and women's swimming and diving, men's and women's tennis, men's and women's indoor and outdoor track and field, and volleyball.

• In the fall of 2012, the University of Missouri and Texas A&M University became the 13th and 14th members of the Southeastern Conference. It marked the first expansion for the SEC since 1991 and the second-ever increase for the league since its founding in 1933.

• The Southeastern Conference had 46 Capital One Academic All-Americans in 2013-14. The league had 17 student-athletes earn first-team honors. The Capital One Academic All-America Teams are voted on by the College Sports Information Directors of America (CoSIDA). The 46 student-athletes represent 11 of the SEC 14 schools while seven schools had at least one person on the first-team. Since 2003, the SEC has had 232 student-athletes earn first-team Capital One Academic All-America status.

• The Southeastern Conference won seven national championships in 2013-14: Baseball (Vanderbilt); Equestrian (Georgia); Men's Golf (Alabama); Gymnastics (Florida); Softball (Florida); Women's Swimming & Diving (Georgia); and Women's Outdoor Track & Field (Texas A&M).

The SEC also had a national runner-up in six sports, including: Men's Basketball (Kentucky); Equestrian (South Carolina); Football (Auburn); Softball (Alabama); Men's Indoor Track & Field (Arkansas); and Men's Outdoor Track & Field (Florida).

TEAM-BY-TEAM NOTEBOOK

ALABAMA

Alabama will kick off the season at the Alabama vs. Samford Dual in Birmingham, Ala., on Friday, August 29. The Crimson Tide will play host to the 2014 SEC Cross Country Championships at the Harry Pritchett Running Park on Friday, October 31.

ARKANSAS

Men - The University of Arkansas men's cross country team begins its 2014 season on Saturday as they compete in the 2014 Hurricane Cross Country Festival in Tulsa, Okla. ... On Tuesday the USTFCCCA announced that the Razorbacks were selected as the No. 13-ranked team in the nation ... On Monday the USTFCCCA named the Razorbacks the No. 1 team in the South Central region ... Last week Arkansas was selected by the SEC coaches to repeat as the 2015 SEC Cross Country Champion. They earned 10 of the 13 first place votes ... The Razorbacks will be led by 2013 NCAA All-American Stanley Kebenei, who finished sixth at last year's NCAA Championships and won the 2013 NCAA South Central Regional (29:41.30). **Women** - The University of Arkansas women's cross country will start its 2014 season on Sept. 6 when they travel to Irvine, Calif., for the 2014 adidas/UCI Invitational ... On Tuesday the USTFCCCA announced that the Razorbacks were selected as the No. 9-ranked team in the nation and earned a first place vote ... On Monday, the USTFCCCA named the Razorbacks No. 1 in the South Central region ... Last week, Arkansas was selected by the SEC coaches to repeat as the 2015 SEC Cross Country Champion. The team earned 13 of the 14 first place votes ... Arkansas will be led by the duo of Dominique Scott and Grace Heymsfield. Scott is the reigning SEC Runner of the Year and won last year's NCAA South Central Regional (19:40.70) and Heymsfield finished third in the SEC Championship to earn All-SEC first team honors.

AUBURN

The Auburn cross country teams return 12 runners from last season, and will look to continue to improve under sixth-year head coach Mark Carroll. The senior-laden men's squad returns its top-6 runners including seniors Niklas Buhner, Ty McCormack and Kane Grimster. McCormack, who became Auburn's first male cross country All-America selection since Felix Kiboiywo and Ben Cheruiyot in 2009, finished 40th overall at the NCAA Championships with a time of 30:45.4. Sophomores Veronica Eder and Rachel Givens will lead the way for the women's team this season, as both are coming off successful freshman campaigns. During the 2013 season, Eder claimed four top-5 finishes including a fourth-place performance at the Mountain Dew Invite, leading Auburn to its first win of the season. The duo led the way for Auburn's win at the Georgia State Invite with Givens placing second at 14:25.86 and Eder taking third with a time of 14:30.40. Joining the teams will be a group of freshman that will look to make an immediate impact. A pair of Tennessee natives - Wesley Pectol and Coleman Churitch - along with Kevin Wyss from Albuquerque, New Mexico will provide the Tigers depth on the men's side. Molly McKenna from Newport News, Va., and Kenzley Defler from Louisville, Ky., highlight the women's class. The Tigers will begin the 2014 season on Aug. 29 in Mobile, Ala., as it squares off against South Alabama.

FLORIDA

The Florida cross country teams open the season for the fourth-straight year at the Western Carolina Invite on Friday. During that time span, the Gators have swept the men's and women's team title every year. Men - In the SEC's Preseason Coaches Poll, the men ranked second. The Gators feature returning All-SEC seniors Jimmy Clark and Eddie Garcia in their top-five. Redshirt junior David Kilgore, a Colorado transfer, is expected to immediately impact the Gators. In addition, Florida's 2014 recruiting class featured two Gatorade Cross Country Runners of the Year in Thomas Howell and Mac Macoy. Women - Redshirt freshman Becky Greene makes her debut in cross country. The New Zealand native won 2014 Indoor Women's Freshman Runner of the Year and ran the fifth-fastest 3,000-meter in Florida indoor history. Newcomer Lauren Brasure is expected to make an impact as well for the Gators. The freshman competed at the 2013 Foot Locker Nationals.

GEORGIA

Men - The 2013 NCAA South Regional champion Bulldogs return to action at their one and only home meet of the year on a course that loops around the UGA Equestrian Complex in Bishop, Ga., on Sept. 6. The Georgia men and women have swept the last five consecutive Georgia Invitationals. Distance coach Patric Cuniff, who ran for Georgia from 1988-91, will be starting his third year with the program at his current post. In 2013, Georgia advanced to its school record third consecutive NCAA Championships and also registered a third-place finish at the SEC Championships. The Bulldogs return four regular scorers from last year with 2013 All-Region performer and senior Zack Sims, senior Brendan Hoban, senior Steven Spevacek and junior Sid Vaughn lining up again in red and black. Following a tune-up at the Furman Invitational on Sept. 13, Georgia travels to Louisville, Ky., to take on a nationally-ranked field at the Greater Louisville Classic on Oct. 4 and then to Madison, Wisc., for the always challenging Wisconsin adidas Invitational. While another group is planning on making the brief trip to Rome, Ga., for the Berry Invitational on Oct. 18, the Bulldogs' traveling squad competes on Halloween in Tuscaloosa, Ala., for the SEC Championships. Georgia returned to Athens with its first NCAA regional title since 2003 the last time the squad ran on Alabama's course in 2013. Two weeks later, the Bulldogs travel to Tallahassee, Fla., for this season's NCAA South Regionals and will be gunning for a bid to their sixth straight NCAA Championships (Terre Haute, Ind.) on Nov. 22. **Women** - Coach Patrick Cuniff is aiming for the Lady Bulldogs to return to the NCAA Championships for the first time since 2012 this year. Wrapping up their season with a sixth-place finish at the 2013 NCAA South Regionals, the Georgia women return a group of runners who were repeat scorers last year. 2014 NCAA First Team All-American (mile) and senior Carly Hamilton, who earned All-Region honors in cross last year, headlines this crew after leading the Lady Bulldogs in three of the 2013 races. Fellow senior Bret McDaniel topped her teammates to take 18th at the last season's SEC Championships and will be joining Hamilton as Georgia's frontrunners. As the underclassmen continue to develop and the program adds another batch of talented freshmen, the Lady Bulldogs are looking to improve on their 11th-place finish at the SEC Championships last year and gain momentum as the national postseason begins.

KENTUCKY

The UK cross country teams will begin their third season of action under the direction of head coach Edrick Floréal on Aug. 29 at the Belmont Opener in Nashville, Tenn. The Wildcats will host one meet in the fall, as the Bluegrass Cross Country on Sept. 13. The Wildcats will be led by Matt Hillenbrand on the men's side. Hillenbrand will be accompanied by Cassidy Hale and Amy Hansen on the women's side. UK was picked to finish eighth in the Southeastern Conference by the coaches in both men's and women's cross country. The UK men's cross country program made strides in 2013, notably the team improved by a spot from the previous year posting a fifth-place finish at the Southeastern Conference Championships. Matt Hillenbrand earned All-SEC honors in cross country in 2014. He is a two-time All-American in track and has won three SEC Titles on the oval. Hillenbrand has exhausted his track eligibility, and returns for a final cross country season. UK Head Coach Edrick Floréal has returned the program to prominence in two seasons. In cross country he has coached three NCAA Qualifiers, and two First-Team All-Americans in addition to the 2012 Women's SEC Champion. The Wildcats earned a total of 25 All-America honors for the 2014 season, and Floréal was named Southeast Region Indoor Coach of the year. Additionally the Wildcats turned in school-record performances in the team competition at the SEC and NCAA Track and Field Championships last year. Women's cross country coach Hakon DeVries enters his third year at UK women's cross country and distance programs back to national prominence over the past two seasons. DeVries has coached three cross country All-Americans and 11 total across all NCAA athletics disciplines in two years at UK. Additionally Cally Macumber won the 2012 SEC Cross Country Championship under his direction, and he has coached a total of four SEC Champions. Sean Graham enters his second season overseeing UK's men's cross country and distance runners. Graham enjoyed great success on the track in

TEAM-BY-TEAM NOTEBOOK

his first year in Lexington, including a NCAA Bronze Medalist, four SEC Champions, three All-America selections and the Southeast Region Indoor Runner of the Year.

LSU

The LSU cross country team opens up the 2014 season on Friday, Aug. 29, in Lake Charles, La., to compete in the McNeese XC Relay. Last season the men and women placed 17th at the 2013 NCAA South Central Regional. This season the men's team is ranked 12th in the SEC Coaches Preseason Poll, and the women's team is ranked 14th. Senior Philip Primeaux looks to lead the men's cross country team this 2014 season. Primeaux finished his junior campaign with a 49th-place finish at the 2013 regional. The Baton Rouge native was one of the top performers on the team. Jack Wilkes enters his first year for the Tigers and is poised for a successful season for the men's team. Wilkes was a standout cross country runner at Shreveport's Airline High School and placed 12th at the 2013 LHSAA Class 5A State Cross Country Championships his senior season. Andria Aguilar enters her senior season for the women's team. Aguilar was the top Lady Tiger finisher in four of six meets and placed 120th at last year's regional. At the 2013 NCAA South Central Regional, junior Morgan Schuetz posted a personal-best 23:00.2 for a 85th-place finish. Carley Boyce will be a key newcomer for the women. Boyce, the 2013 Louisiana Class 4A Cross Country Champion, was a five-time state championship qualifier during her prep career at St. Scholastica Academy in Covington, La.

OLE MISS

Men - The Ole Miss men were predicted to finish third in the Southeastern Conference Cross Country race this year in a vote by the SEC head coaches. The Rebels, who received three first-place votes in the poll, are poised for a breakout season under head coach Brian O'Neal. Picked fourth in the USTFCCCA South Region preseason rankings, they return top sophomores Robert Domanic and Trevor Gilley and welcome several highly regarded newcomers with the likes of freshman Sean Tobin, Northeastern transfer Wesley Gallagher, junior Daniel Bulmer, redshirt freshman Mark Shaw and others. Domanic was an All-Region pick last year, while Gilley earned SEC All-Freshman honors. Tobin arrived at Ole Miss in January and promptly turned in record-breaking efforts en route to SEC Men's Indoor Freshman Runner of the Year. Gallagher made the NCAA Cross Country Championships as an individual at Northeastern last season. The Rebels begin their season this Saturday at the Brooks Memphis Twilight Classic. **Women** - The Ole Miss women are ranked seventh in the USTFCCCA South Region preseason rankings and were picked to finish 11th in the SEC by the league coaches. The Rebels return seven letterwinners from last year, but welcome a big class of newcomers that should help bolster the team immediately. Sophomore Mary Alex England looks to pace the team this year after walking on to the team last fall and improving so much in the outdoor season that she shattered the 10,000 meter school record in her first ever attempt at that distance. The Rebels begin their season this Saturday at the Brooks Memphis Twilight Classic.

MISSISSIPPI STATE

Mississippi State opens its season at the Memphis Twilight on Saturday, Aug. 30 ... The men's and women's teams both took home first place in the event last year ... SEC Preseason polls predict women to finish sixth and men to finish 11th in the conference ... Flotrack ranked women's team at No. 31 ... Between the two teams MSU returns 16 veterans to the squads and welcomes eight newcomers ... Sophomore Rhianwedd Price returns after placing 12th in the NCAA South Regional Championship 6K with a time of 20:33.58 ... Senior Damian Rozsko also finished 12th in the NCAA South Regional Championship 8K with a time of 30:26.34 ... Junior Patrick Monaghan recorded a new personal best in the 2013 SEC Championship 8K with a time of 25:32.58 ... Freshman Mia Meydrich begins her Bulldog career after a standout high school career where she claimed the 2013 Louisiana District 9-5A Cross Country Championship ... The women's team finished 10th in the SEC Championship and the men's squad finished in ninth ... Both teams recorded a seventh-place finish in the NCAA South Regional Championships.

MISSOURI

The Tigers are set to kick off the 2014 season on Friday (August 29) with a dual against Illinois at their home course in Champaign, Ill. Men – The Tiger men maintained their No. 4 position in the conference after the Championship last year, and bumped up a slot in the NCAA Midwest Regional Pre-Season Rankings, coming in at No. 7. With Hayden Legg being the only graduate after the 2013 season, the Tigers are looking forward to the large group of experienced veterans to lead the exciting freshman class forward. Included among the returners is T.J. Carey, who earned the 2013 SEC Freshman of the Year honor for cross country, 2013 Second Team All-SEC finisher Sam Dickerson, and multiple All-SEC Freshman Team finishers: Dan Roe, Drew White, Tyler Schneider, and Joe McKenna. Women – The women also return an exciting group, losing no one to graduation from their 2013 post-season squad. Among the returnees is Kaitlyn Fischer, who had a stellar freshman season, which culminated in the SEC Freshman of the Year, First Team All-SEC and All-Midwest Region honors. She closed the season as the sole Tiger at the NCAA Championships. The women also retained their position in the conference after the 2013 Championships, coming in at seventh in the pre-season rankings, and moved up on spot on the Midwest Regional Rankings at No. 5.

SOUTH CAROLINA

South Carolina enters the season ranked No. 15 in the Southeast Region by the USTFCCCA. The team returns six of its seven top runners from 2013 including sophomore Mary Reiser, who became the third Gamecock to earn SEC All-Freshman Team honors in the past six years in 2013. The Annapolis, Md., native was second on the team in six of the seven races in which she competed in and finished 29th overall at the NCAA Southeast Regional at 21:21.3. The Gamecocks though will be without the services of their top runner from a season ago in a Meredith Mill, who graduated early. With no seniors on the 2014 roster, one of the Gamecocks top athletes in junior Anna Todd will be looked upon for leadership from the veterans, along with fellow junior Kayla Lampe, a former All-SEC runner, who has been hampered by injury during the summer. Joining this year's squad is a talented group of 13 freshmen highlighted by Hannah Giangaspro, one of the top 3200-meter runners in Florida, and who has been on an upward climb since last spring.

TENNESSEE

Tennessee cross country will begin the 2014 season on Friday, Sept. 5, when it takes part in the annual Powerade Invitational in Chattanooga, Tennessee. The event will usher in a new era for Volunteer cross country as it marks the first race under the leadership of new head coach Beth Alford-Sullivan. After 15 years as the head coach of Penn State, where she spent the last eight as the director of a combined men's and women's track and field program, Sullivan was named director of track and field and cross country at the University of Tennessee. A long distance specialist herself, Sullivan was the captain of the cross country team from her sophomore through her senior seasons at her alma mater, the University of Minnesota. Sullivan is assisted by Rodney Stoker, appearing in his third season with UT. Junior Chelsea Blaase is back for the women's side, coming off a season in which she won her first career race by finishing the Crimson Classic 5K in 17:21.19. She went on to earn All-SEC and All-Region honors after recording top 25 finishes in five meets and a 10th place finish at the NCAA South Regional Championships. Meanwhile, on the men's side, senior Austin Whitelaw will look to build off his own All-Region honors after putting up a PR of 30:39.39 at the NCAA South Regional Championships.

TEXAS A&M

The 2014 season for Texas A&M features a new cross country course and the Aggies will host a pair of competitions on the venue. The first meet will be held this Friday, August 29 at 6:30 p.m. as A&M hosts Lamar and Stephen F. Austin. Texas A&M will also play host to 11 schools when the course is officially dedicated on September 20. Men – The Aggies return a bulk of the young squad that competed last season and have senior leadership from Isaac Spencer, who qualified individually for the NCAA

TEAM-BY-TEAM NOTEBOOK

Championships last year. Preseason rankings have the Texas A&M men number four in the South Central region while the SEC coaches' preseason poll predicts a sixth-place finish for the Aggies in the conference meet. Women – A pair of senior leaders return in Hillary Montgomery, a NCAA individual qualifier, and Grace Fletcher along with sophomore Karis Jochen. They were the top three finishers for the Aggies when they placed second in the SEC Championships, the best finish in program history, and finished third in the South Central region in 2014. Preseason rankings have the Aggie women tabbed for third in the South Central region and the SEC coaches' preseason poll predicts the A&M women to place third in the SEC Championships.

VANDERBILT

With an abundance of optimism, excitement and experience, the Vanderbilt cross country teams are ready to embark on what could be one of the most memorable seasons in the program's history. The Commodores, who will compete in the Belmont Opener on Aug. 29, are looking to build on last fall's success, which included the women's team making the NCAA Championships for the third straight year. The two Vanderbilt rosters feature a combined total of 15 upperclassmen, with Hannah Jumper, Lily Williams and John Ewing being just a few of the key returnees. The Commodores are also expected to get a big boost from the freshman who formed last year's outstanding recruiting class. "Every year, because of recruiting, the quality and the depth of our team gets better," said head coach Steve Keith. For the VU women, the returnees (listed by class) include: seniors Claire Benjamin, Rebecca Chandler, Amira Joseph, and Grace Orders; juniors Sara Barron, Katherine Delaney, Hannah Jumper and Vanessa Valentine; sophomores Reagan Anderson, Carmen Carlos and Lily Williams. For the men, the list includes seniors Andrew Bachman, Matthew Cleveland and John Ewing; juniors Andrew Fix and Nick French; and sophomore Jake Van Geffen.