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Capital One Academic All-District ® Men's Track/Cross Country Teams Released

The 2013 Capital One Academic All-District ® Men's Track / Cross Country Teams, selected by the College Sports Information Directors of America, have been released to recognize the nation's top student-athletes for their combined performances athletically and in the classroom. Capital One has been the entitlement rights holder to CoSIDA's Academic All-America teams programs since 2011.

The Academic All-District ® teams include the student-athletes listed on the following pages and are divided into eight geographic districts across the United States and Canada. This is the second year of the expanded Academic All-America® program as CoSIDA moved from recognizing a University Division (Division I) and a College Division (all non Division I) and has doubled the number of scholar-athletes honored. The expanded teams include NCAA Division I, NCAA Division II and NCAA Division III participants, while the College Division team combines NAIA, Canadian and two-year schools.

The Capital One Division II and III Academic All-America® program is being financially supported by the NCAA Division II and III national governance structures, to assist CoSIDA with handling the awards fulfillment aspects for the 2012-13 DII and DIII Academic All-America® teams program.

First-team Academic All-District ® honorees advance to the Capital One Academic All-America® Team ballot, where first-, second- and third-team All-America honorees will be selected in June.

About Capital One

Capital One Financial Corporation (www.capitalone.com) is a financial holding company whose subsidiaries, which include Capital One, N.A. and Capital One Bank (USA), N. A., had \$216.5 billion in deposits and \$294.5 billion in total assets outstanding as of March 31, 2012. Headquartered in McLean, Virginia, Capital One and ING Direct offer a broad spectrum of financial products and services to consumers, small businesses and commercial clients through a variety of channels. Capital One, N.A. has approximately 1,000 branch locations primarily in New York, New Jersey, Texas, Louisiana, Maryland, Virginia and the District of Columbia. A Fortune 500 company, Capital One trades on the New York Stock Exchange under the symbol "COF" and is included in the S&P 100 index.

Capital One, an NCAA Corporate Champion, began its affiliation with college sports with the sponsorship of the 2001 Capital One Florida Citrus Bowl (now the Capital One Bowl) and ESPN's Capital One Bowl Week. In addition, Capital One sponsors the ABC College Football Halftime Report, Capital One All-America Mascot team, Capital One Academic All-America ® Program, and supports all 89 NCAA Championships including the Division I Men's and Women's Basketball Championships, and numerous other collegiate athletics programs.

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2013 Academic All-District Men's Track / Cross Country Team District 1

NCAA DIVISION I (CT, MA, ME, NH, NY, RI, VT)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
John DeLallo	ALBANY	So.	Marietta, N.Y.	3.81	Physics
Martin Hehir	SYRACUSE	So.	Washingtonville, N.Y.	3.88	Biology
William Janes	RHODE ISLAND	Sr.	Newport, R.I.	3.65	Kinesiology
Reed Kamyszek	SYRACUSE	Jr.	Grand Rapids, Mich.	4.00	Biochemistry
Joel Moss	MARIST COLLEGE	Sr.	Baldwinsville, N.Y.	3.95	Information technology & systems
Austin Price	BUFFALO	So.	Lockport, N.Y.	3.61	Biomedical science
Eric Speakman	STONY BROOK	So.	Napier, New Zealand	3.94	Business management / economics
Zachary Spector	WAGNER COLLEGE	Gr.	Yaphank, N.Y.	3.81	Accounting / MBA
Matthew Thwaites	YALE	Sr.	Burlington, Vt.	3.84	Economics / political science
Chris Vanzetta	MARIST	Sr.	Latham, N.Y.	3.93	Business administration

NCAA DIVISION II (Central Athletic, East Coast, Northeast 10)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Rob Albano	FELICIAN	Sr.	Pompton Plains, N.J.	3.74	Elementary education
Scott Boiko	MASSACHUSETTS LOWELL	Jr.	Chelmsford, Mass.	3.38	Biology
Daniel Cormier	STONEHILL	So.	Methuen, Mass.	3.47	Business
John Drago	BENTLEY	Sr.	Avon, Conn.	3.81	Corp. finance / acct., liberal studies
Paul Fort	AMERICAN INTERNATIONAL	So.	St. Doulchard, France	3.86	Business management
George Georgaklis	STONEHILL	Jr.	Westwood, Mass.	3.67	Computer engineering
A.J. Guerra	S. CONNECTICUT STATE	Jr.	Stafford Springs, Conn.	3.41	Physics
Stephen Leonard	STONEHILL	Jr.	Chatham, N.J.	3.52	Biology
Sean Maguire	BENTLEY	Sr.	Essex, Vt.	3.71	Corporate finance & accounting
David Thomas	NEW HAVEN	Gr.	Taneytown, Md.	3.32	Criminal justice
Bryan Wilcox	STONEHILL	So.	Plantsville, Conn.	3.61	Business

NCAA DIVISION III (MA, ME, NH, VT)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Wesley DeChristofaro	WORCESTER POLYTECHNIC	Jr.	Woonsocket, R.I.	3.54	Electrical & computer engineering
Brian Desmond	COLBY	Sr.	Ann Arbor, Mich.	4.02	English
Andrew Erskine	AMHERST	Sr.	Stamford, Conn.	3.98	Computer science / mathematics
John Gilboy	COLBY	Sr.	Saco, Maine	3.70	Chemistry / biochemistry
Joshua Grant	LYNDON STATE	Sr.	Nashua, N.H.	3.76	Environmental science
Kyle Hannon	MASS INST. OF TECH.	Sr.	Park Ridge, Ill.	3.92	Computer science
Stephen Kocienski	WORCESTER POLYTECHNIC	Sr.	Schaghticoke, N.Y.	3.85	Mechanical engineering
Matt Melton	AMHERST	Jr.	Wall Township, N.J.	3.67	Anthropology / architectural studies
Dan Regino	CASTLETON STATE	Sr.	Pine Bush, N.Y.	4.00	Biology / health science
Tyler Singer-Clark	MASS INST. OF TECH.	Jr.	Falmouth, Mass.	3.76	Computer science & engineering
Cyrus Vafadari	MASS INST. OF TECH.	Sr.	Columbus, Ga.	3.60	Nuclear engineering
Stephen Wahome	BRIDGEWATER STATE	Sr.	Lowell, Mass.	3.59	Management

COLLEGE DIVISION (CT, DC, DE, MA, MD, ME, NC, NH, NJ, NY, OH, PA, RI, VA, VT, WV)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Francisco Escobar	MONROE	So.	Call, Colombia	3.85	Business management
Patrick Gonzalez	SOUTHERN VIRGINIA	So.	Riverside, Calif.	3.35	Spanish
Dylan Grunn	POINT PARK	Sr.	Honesdale, Pa.	3.31	Broadcasting
Casey Orndorff	W. VIRGINIA U. INST. TECH.	Sr.	High View, W.Va.	4.00	Mathematics



2013 Academic All-District Men's Track / Cross Country Team District 2

NCAA DIVISION I (DC, DE, KY, MD, NJ, PA, WV)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Benjamin Beauchamp	LEHIGH	Jr.	Spencer, N.Y.	3.88	Electrical engineering
Sam Bombaugh	LOUISVILLE	Jr.	Falmouth, Mass.	3.88	Political science
Benjamin Boyd	MONMOUTH (NJ)	So.	Port Murray, N.J.	4.00	Business economics
Peter Callahan	PRINCETON	Sr.	Evanston, Ill.	3.40	History
Robby Creese	PENN STATE	So.	Mount Airy, Md.	3.59	Mathematics
Christopher Galvin	U.S. NAVAL ACADEMY	Sr.	Austin, Texas	4.00	Mechanical engineering
Leonard Joseph	BUCKNELL	Sr.	Whitesboro, N.Y.	3.49	Psychology
Nick Orzol	LAFAYETTE	Sr.	Mercerville, N.J.	3.94	Electrical & chemical engineering
John Pope	AMERICAN	Jr.	Carlisle, Pa.	3.85	International studies
Alex Tully	VILLANOVA	Sr.	Little Rock, Ark.	3.96	Mechanical engineering
Luke Webster	BUCKNELL	Sr.	Pataskala, Ohio	3.70	Chemical engineering

NCAA DIVISION II (Central Intercollegiate, Pennsylvania State, W. Va. Intercollegiate)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Bryan Deibel	EDINBORO	Jr.	Albion, N.Y.	3.66	Comm. / broadcast journalism
Aaron Dinzeo	CALIFORNIA (PA)	Jr.	Sidney, Ohio	3.90	Anthropology
Jeff Fertig	CONCORD (WV)	Sr.	Pocahontas, W. Va.	3.58	Health education
Joel Flott	SHIPPENSBURG	Sr.	Phoenixville, Pa.	3.57	Marketing
Jacob Griffin	MERCYHURST	Jr.	Danville, Iowa	3.96	Forensic anthropology
Kevin Jewel	SLIPPERY ROCK	Sr.	North Versailles, Pa.	3.63	Health & physical education
Aron Kurzinski	SETON HILL	Gr.	Greensburg, Pa.	3.50	Business marketing / MBA
Kori Meshaw	KUTZTOWN	Sr.	Lancaster, Pa.	3.36	Business administration
Robby Peters	CONCORD (WV)	Sr.	Dawson, W. Va.	3.64	Health education
Ryan Spangler	SHIPPENSBURG	So.	Westminster, Md.	3.83	Biology
Matt Tholis	EAST STROUDSBURG	Sr.	Belle Mead, N.J.	3.90	Exercise science

NCAA DIVISION III (CT, DC, DE, KY, MD, NJ, RI, WV)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Joshua Baker	JOHNS HOPKINS	Sr.	Chatham, N.J.	3.88	Chemical / biomolecular engineering
Shawn Brubaker	CATHOLIC	Sr.	Lancaster, Pa.	3.88	Politics
Thomas Cunningham	STEVENS TECH	So.	Colonial, N.J.	3.90	Chemical engineering
Colin English	RAMAPO	Jr.	Spring Lake Hts., N.J.	3.82	Environmental studies
Kevin Keenahan	JOHNS HOPKINS	Sr.	Rochester, N.Y.	3.58	Biomedical engineering
Michael LeDuc	CONNECTICUT COLLEGE	Jr.	Canton, Conn.	3.77	Botany
Taylor Purdue	ROWAN	Sr.	Highland Lakes, N.J.	3.77	Mechanical engineering
Collin Rozanski	JOHNS HOPKINS	Jr.	Canton, Mass.	3.80	Cognitive science
Dan Swain	ST. MARY'S (MD)	Sr.	Baltimore, Md.	3.94	Mathematics / economics
Tim VanLiew	RUTGERS-CAMDEN	Sr.	Deptford, N.J.	3.46	Psychology

COLLEGE DIVISION (AL, FL, GA, MS, PR, SC)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Alex Emrich	SOUTHEASTERN (FL)	Sr.	Minerva, Ohio	3.59	Interdisciplinary studies
Zach Gaines	MOBILE	Sr.	Anniston, Ala.	3.37	Athletic training
Alec Hernandez	EMBRY-RIDDLE (FL)	So.	North Canton, Ohio	3.78	Aerospace engineering
Andrew Herzog	SAVANNAH A&D	Gr.	Pomeroy, Pa.	3.83	Graphic design
Josh Hughes	BREWTON-PARKER	So.	Albany, Ga.	3.50	Pre-dentistry/biology
Zachary Kraus	EMBRY-RIDDLE (FL)	Jr.	New Milford, Conn.	3.81	Aerospace engineering
John Stanas	USC-BEAUFORT	Sr.	Bluffton, S.C.	3.69	Biology / English (pre-med)
Byron Thomas	USC-BEAUFORT	So.	North Augusta, S.C.	3.64	Undeclared
Zane Zeigler	EMBRY-RIDDLE (FL)	So.	Pittsburgh, Pa.	4.00	Aerospace engineering



2013 Academic All-District Men's Track / Cross Country Team District 3

NCAA DIVISION I (NC, TN, VA)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Mark Amirault	VIRGINIA	Gr.	Walpole, Mass.	3.57	Public Health
Thomas Bojanowski	WAKE FOREST	Jr.	Neuhausen, Germany	3.87	Communication
Adam Chase	EAST TENNESSEE STATE	So.	Kingsport, Tenn.	4.00	Mathematics
Paul Chelimo	UNC-GREENSBORO	Jr.	Eldoret, Ken	3.68	Nursing
Sean Keveren	VIRGINIA	Sr.	Brentwood, Tenn.	3.94	Kinesiology
Alex McGrath	WILLIAM & MARY	Sr.	Marlborough, N.H.	3.42	International relations
Adam McLeod	TENNESSEE TECH	Sr.	Kingsport, Tenn.	3.94	Chemical engineering
Demetrios Pagonis	DAVIDSON	Sr.	Westminster, Md.	3.89	Chemistry
Elias Still	CHARLOTTE	Jr.	Harrisburg, N.C.	4.00	History
Cabell Willis	VIRGINIA MILITARY INST.	Jr.	Richmond, Va.	3.99	History
Alexander Ziegler	VIRGINIA TECH	Gr.	Dischingen, Germany	3.53	MBA (G) / management (UG)

NCAA DIVISION II (Conference Carolinas, Peach Belt, South Atlantic)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Luke Beasley	LIMESTONE	Sr.	Gaston, S.C.	4.00	Strength & conditioning
Binyam Ateka Belachew	WINGATE	Jr.	Addis Ababa, Ethiopia	4.00	Pre-medicine
Eric Blackburn	MARS HILL	Sr.	State Road, N.C.	3.70	Biology
David Cooper	TUSCULUM	So.	Greeneville, Tenn.	4.00	Business administration
Christian Crifasi	CATAWBA	Sr.	Ramseur, N.C.	3.65	Business administration
Steve Hammond	WINGATE	Jr.	Warsaw, Ohio	3.64	Sport management
Philip Laskey	GEORGIA COLLEGE	Jr.	Marietta, Ga.	3.65	Physics
Nick Mac Adam	MOUNT OLIVE	Jr.	Halifax, Nova Scotia	3.79	Business management / accounting
Bradley Maldonado	LINCOLN MEMORIAL	Jr.	Spring Hill, Tenn.	3.69	Biology / pre-medicine
Corey Mundy	FLAGLER	So.	Green Cove, Fla.	3.94	English
Pardon Ndhlovu	N. CAROLINA PEMBROKE	Sr.	Harare, Zimbabwe	3.43	Business

NCAA DIVISION III (NY)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
John Bernstein	ROCHESTER	Jr.	Lexington, Mass.	3.46	Psychology / brain & cognitive sci.
Nathan Bickell	ITHACA	Sr.	Annapolis, Md.	3.37	Documentary studies & production
Patrick Cavanaugh	RENSSELAER POLYTECHNIC	Sr.	Cheshire, Conn.	3.78	Computer engineering / comp. sci.
Samuel Cohen	YESHIVA	Sr.	Thornhill, Ontario	3.90	Mathematics / pre-engineering
David Geary	ITHACA	Sr.	Rochester, N.Y.	3.89	Music education
Dylan Karten	NEW YORK UNIVERSITY	Sr.	Millbrook, N.Y.	3.60	Economics / mathematics
Spencer Lefort	FREDONIA STATE	Sr.	Java Center, N.Y.	3.65	Accounting / economics / finance
Adam Pacheck	ROCHESTER	Jr.	Baldwinsville, N.Y.	3.93	Biomedical engineering / physics
Jonathan Richardson	ROCHESTER	Sr.	Syracuse, N.Y.	3.70	Religion / linguistics
Hasham Zikry	HAMILTON	Sr.	New York, N.Y.	3.67	Government

COLLEGE DIVISION (IL, IN, MI)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Danny Bahret	ST. FRANCIS (IL)	So.	Channahon, Ill.	3.91	Mathematics / secondary education
Aaron Belcher	INDIANA TECH	Jr.	Mooreville, Ind.	3.86	Accounting
Mike Blaszczyk	ST. FRANCIS (IL)	Jr.	Novi, Mich.	3.71	Marketing
Alex Blehm	DAVENPORT	Jr.	Caledonia, Mich.	3.45	Marketing
Tim Boes	MADONNA	Sr.	Westland, Mich.	3.83	Social work
Mitchell Brickson	GOSHEN	So.	Enon, Ohio	3.94	Physics
Doug Dawson	SIENA HEIGHTS	Sr.	Roseville, Mich.	3.70	Criminal justice
James Fisher	OLIVET NAZARENE	Jr.	Wales, Mich.	3.94	Geological engineering
Andy Reidsma	TRINITY CHRISTIAN	Jr.	Wyoming, Mich.	3.90	Business mgmt. / marketing
Phil Rizzo	ST. FRANCIS (IL)	Sr.	Evergreen Park, Ill.	3.88	History / political science



2013 Academic All-District Men's Track / Cross Country Team District 4

NCAA DIVISION I (AL, FL, GA, PR, SC)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Stefan Brits	FLORIDA STATE	So.	Cape Town, S. Africa	3.94	Chemical science
Austin Duckworth	ALABAMA	Gr.	Vestavia Hills, Ala.	3.93	History
Bassim El-Sabawi	MIAMI (FL)	Jr.	San Diego, Calif.	3.95	Biology
Michael Fout	FLORIDA STATE	Sr.	La Porte, Ind.	3.45	Psychology
Gilbert Kemboi	SOUTH CAROLINA UPSTATE	Sr.	Eldoret, Kenya	3.58	Sociology
Brandon Lasater	GEORGIA TECH	So.	Perry, Ga.	3.87	Electrical engineering
Brandon Lord	GEORGIA	Jr.	Chattanooga, Tenn.	3.55	Applied biotechnology
Ty McCormack	CLEMSON	Jr.	Gainesville, Ga.	3.76	Language & international trade
Marcus Popenfoose	AUBURN	Jr.	Huntley, Ill.	3.80	Human development & family stud.
Eric Powers	GEORGIA TECH	Sr.	Mt. Pleasant, S.C.	4.00	Chemical & biomolecular engineering
Robert Razick	SOUTH CAROLINA	Sr.	Florence, S.C.	3.90	Biological sciences
David Triassi	FLORIDA	Gr.	Jacksonville, Fla.	3.88	Entrepreneurship (masters)
Aaron Unterberger	GEORGIA TECH	Sr.	Snellville, Ga.	3.36	Industrial engineering

NCAA DIVISION II (Great Lakes Intercollegiate, Great Lakes Valley)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Ryan Chute	FERRIS STATE	Sr.	Waterford, Mich.	3.79	Pharmacy
Garrett Grey	ASHLAND	Sr.	Grahamsville, N.Y.	3.59	Sport management
Adriel Hawkins	MISSOURI SCIENCE & TECH	Jr.	Jefferson City, Mo.	3.49	Engineering management
Jake Isaacson	GRAND VALLEY STATE	Sr.	Menominee, Mich.	3.55	Music / physical education
Doug Mack	WAYNE STATE	Sr.	Lake Orion, Mich.	3.88	Biochemistry / chemical biology
Andrew McLain	LEWIS	Jr.	Fort Wayne, Ind.	3.84	Sports management
Tyler Pence	SOUTHERN INDIANA	So.	Springfield, Ill.	3.34	Pre-elementary education
Nathan Saliga	MICHIGAN TECH	Sr.	Leonard, Mich.	3.88	Mechanical engineering
Robert Sandlin, Jr.	BELLARMINE	Sr.	Frankfort, Ky.	3.93	Exercise science
Adam Saintz	NOTRE DAME (OH)	Sr.	Brookpark, Ohio	3.80	Accounting
Scott Tanis	LEWIS	Sr.	Yorkville, Ill.	3.90	Sports management
Scott Whitaker	MALONE	So.	Pittsburgh, Pa.	3.84	Communication arts

NCAA DIVISION III (PA)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Tyler Bauer	MUHLENBERG	So.	Northampton, Pa.	3.94	Biology / music
George Degen	CARNEGIE MELLON	So.	Madison, Wis.	4.00	Chemical engineering
Dillon Farrell	MORAVIAN	So.	North Wales, Pa.	3.42	Nursing
Neal Fox	DE SALES	Sr.	Adamstown, Pa.	3.87	Sports & exercise science
Evan Gates	CARNEGIE MELLON	Sr.	Pittsburgh, Pa.	4.00	Mechanical & biomedical engineering
Tim Hartung	YORK (PA)	Jr.	Mohnton, Pa.	3.68	Nursing
Nils Michaelis	FRANKLIN & MARSHALL	Sr.	Hilden, Germany	3.51	Business, organizations & society
Josh Newby	CARNEGIE MELLON	Jr.	Palo Alto, Calif.	3.47	Industrial design
Jacob Phillips	SWARTHMORE	Sr.	Fort Wayne, Ind.	3.91	Linguistics
Scott Ryan	WASHINGTON & JEFFERSON	Sr.	Williamsville, N.Y.	3.40	Business administration
Bradley Wiseman	GETTYSBURG	Sr.	Newtown Square, Pa.	4.00	Economics

COLLEGE DIVISION (AR, KY, LA, TN)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Michael Corso	LOYOLA (LA)	So.	Youngstown, Ohio	3.78	Biology
Paul Freese	LOYOLA (LA)	So.	Metairie, La.	3.66	History
Bernard Graham	LINDSEY WILSON	Jr.	Cumberland, Ky.	3.63	Psychology
Jeffery Johnson	BEREA	Sr.	Austin, Ind.	3.52	Physical edu. (K-12 certificate)
William Maye	LOYOLA (LA)	So.	Andover, Mass.	3.98	Economics
Javon Mead	XAVIER (LA)	Jr.	Baton Rouge, La.	3.69	Accounting
Charlie Mullenex	LINDSEY WILSON	Sr.	Louisville, Ky.	3.84	Physical education & health
Matt Pieri	XAVIER (LA)	Sr.	New Orleans, La.	3.62	Pharmacy
Kenny Tsao	LOYOLA (LA)	Sr.	Silver Spring, Md.	3.56	Music education



2013 Academic All-District Men's Track / Cross Country Team District 5

NCAA DIVISION I (IL, IN, MI, OH)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Andy Bayer	INDIANA	Sr.	Leo, Ind.	3.60	Biology
Matt Bova	CINCINNATI	Jr.	Kettering, Ohio	4.00	Mathematics
Brian Dixon	SOUTHERN ILLINOIS	Jr.	Springfield, Ill.	3.96	Accounting
Jack Greenlee	MICHIGAN	Sr.	Cincinnati, Ohio	3.80	Business administration
Stephen Mackell	DAYTON	Sr.	Findlay, Ohio	3.99	Economics / philosophy
Declan Murray	LOYOLA (IL)	Sr.	Strongsville, Ohio	3.47	Psychology / economics
Logan Renwick	NOTRE DAME	Jr.	Butler, Pa.	3.89	Mechanical engineering
John Seaver	YOUNGSTOWN STATE	Sr.	Canfield, Ohio	3.62	Integrated social studies education
Brandon Stryganek	ILLINOIS	So.	Hawthorn Woods, Ill.	3.49	Recreation, sport & tourism
Mick Viken	EASTERN ILLINOIS	Jr.	Rolling Meadows, Ill.	3.30	Kinesiology

NCAA DIVISION II (Gulf South, Southern Intercollegiate, Sunshine State)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Timo Kilp	NOVA SOUTHEASTERN	Jr.	Talinn, Estonia	3.74	Finance
Mike Leone	TAMPA	Sr.	Simsbury, Conn.	3.76	Sport management
Kevin Meagher	NOVA SOUTHEASTERN	Sr.	Mansfield, Mass.	3.46	Criminal justice
Brandon Nelson	WEST ALABAMA	Jr.	Brewton, Ala.	3.60	Pre-med
Lewis Price	TAMPA	Sr.	Miami, Fla.	3.41	History
Alex Shipp	CHRISTIAN BROTHERS	Sr.	Collierville, Tenn.	3.70	Business administration
Nate Spears	CHRISTIAN BROTHERS	Sr.	Dayton, Ohio	3.37	Mechanical engineering
David Tomchinsky	FLORIDA SOUTHERN	Jr.	Englewood, Fla.	3.53	Communications
Chris Yanichko	FLORIDA SOUTHERN	Jr.	Grove City, Ohio	3.94	Biochemistry / molecular biology
Mike Zwijacz	TAMPA	Jr.	Valrico, Fla.	3.40	Sport management

NCAA DIVISION III (AL, AR, FL, GA, MO, MS, NC, OR, SC, TN, VA)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
David Cason	GUILFORD	Jr.	Clemmons, N.C.	3.70	Biology / health sciences
Isaac Chambers	EMORY	Sr.	Champaign, Ill.	4.00	Business
Kyle Chowhan	VIRGINIA WESLEYAN	Sr.	Flanders, N.J.	3.95	History & social sciences
Andrew Clack	BIRMINGHAM-SOUTHERN	Sr.	Albany, Ga.	3.97	Religion
Darren Driscoll	VIRGINIA WESLEYAN	Jr.	Haymarket, Va.	3.96	Chemistry
Stephen Ellwood	EMORY	Sr.	Princeton Junction, N.J.	3.90	Biology
David Hamm	WASHINGTON (MO)	Sr.	Louisville, Ky.	3.97	Architecture
Ryan James	BERRY	Jr.	Belfast, Maine	3.54	History
Griffin Metcalf	MISSISSIPPI COLLEGE	So.	Anquilla, Miss.	4.00	Biology / pre-med
Mike Moserowitz	EMORY	Jr.	Succasunna, N.J.	3.51	Accounting / psychology
Drew Padgett	WASHINGTON (MO)	So.	St. Louis, Mo.	3.74	Psychology
Kevin Sparks	WASHINGTON (MO)	Jr.	Geneva, Ill.	3.48	Political science
Ryan Speray	BRIDGEWATER	Sr.	Gloucester, Va.	3.97	History / political science
Tim Wisniewski	BRIDGEWATER	Sr.	Fredericksburg, Va.	3.88	English

COLLEGE DIVISION (IA, MN, MO, ND, WI)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Taylor Bodin	NORTHWESTERN (IA)	So.	Clara City, Minn.	3.41	Elementary education
Ryan Buchanan	SAINT AMBROSE	Sr.	Charles City, Iowa	3.65	Math education
John Darmody	SAINT AMBROSE	Gr.	Everett, Wash.	3.86	Master's of organizational leadership
Jeriah Dunk	NORTHWESTERN (IA)	Jr.	Whittier, Calif.	3.36	Graphic design
Garret Ehlers	MORNINGSIDE	Jr.	Ida Grove, Iowa	3.61	Religious studies
John Harris	MORNINGSIDE	Sr.	Holstein, Iowa	4.00	Engineering physics / mathematics
Logan Hovland	NORTHWESTERN (IA)	So.	Thompson, Iowa	3.31	Biology / health professions
Matt Huseman	NORTHWESTERN (IA)	Jr.	Sac City, Iowa	3.41	Elementary education
Colby Lapresi	CENTRAL METHODIST	Sr.	Geneva, N.Y.	3.71	Biology
Monte Larsen	MORNINGSIDE	Gr.	Neola, Iowa	4.00	Master of arts in teaching
Tyler Norby	SAINT AMBROSE	Gr.	Dubuque, Iowa	3.94	Master's of accounting
Doug Powers	ASHFORD	Sr.	Greenup, Ill.	3.31	Physical education
Trent Roemmich	JAMESTOWN	Jr.	Linton, N.D.	3.65	Math (education)
Reid Schmit	WILLIAM WOODS	So.	Noel, Mo.	3.40	Exercise science
Jay Whitmore	SAINT AMBROSE	Sr.	Donahue, Iowa	3.64	Industrial engineering
Zach Wittenberg	NORTHWESTERN (IA)	Jr.	Pella, Iowa	3.73	Biology / health professions
Nick Zink	WILLIAM WOODS	So.	Iberia, Mo.	3.40	Biology education



2013 Academic All-District Men's Track / Cross Country Team District 6

NCAA DIVISION I (AR, IA, LA, MN, MO, MS, ND, SD, WI)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Kevin Farley	SE MISSOURI STATE	So.	Springfield, Ill.	3.81	Pre-medicine / general studies
Nathanael Franks	ARKANSAS	So.	Damascus, Ore.	3.93	Chemistry / physics
Anton Kokorin	ARKANSAS	Sr.	Leningradskaya, Russia	3.78	Supply chain management
Elliot Krause	WISCONSIN	Sr.	Appleton, Wis.	3.72	Mathematics / philosophy
Joel Krause	SE MISSOURI STATE	Gr.	Knob Noster, Mo.	3.97	Business / MBA
Charlie Lapham	DRAKE	Sr.	Golden Valley, Minn.	4.00	Public administration
Quentin Mege	MINNESOTA	Gr.	Chelles, France	3.92	Mechanical engineering
Jeff Mettler	SOUTH DAKOTA	Jr.	Eureka, S.D.	4.00	Kinesiology & sports science
Max Storms	MISSOURI	Sr.	Kansas City, Mo.	3.76	Civil engineering
Alex Zisser	SE MISSOURI STATE	Sr.	St. Louis, Mo.	4.00	History / psychology

NCAA DIVISION II (Heartland, Lone Star, Rocky Mountain)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Brayden Barrientez	OKLAHOMA CHRISTIAN	Sr.	Wichita, Kan.	3.85	Biology
Christopher DeWitt	INCARNATE WORD	So.	San Antonio, Texas	3.83	Business administration
Dylan Doss	WEST TEXAS A&M	So.	Carlsbad, Texas	3.93	Business management
Russell Drummond	COLORADO SCH. OF MINES	Sr.	Eugene, Ore.	3.76	Civil engineering
Gary Duncan	ABILENE CHRISTIAN	Jr.	Longview, Texas	4.00	Biochemistry
Alan Ford	COLORADO, COL. SPRINGS	Sr.	Colorado Springs, Colo.	3.56	Game design & development
Erik Forrister	ABILENE CHRISTIAN	Jr.	Llano, Texas	3.73	Physics
Kirk Harvey	METROPOLITAN STATE	Jr.	Lafayette, Colo.	3.84	Biology
Tracy Marshall	OKLAHOMA CHRISTIAN	Sr.	Hutchinson, Kan.	3.97	Electrical engineering
David McWilliams	OKLAHOMA CHRISTIAN	Sr.	Naperville, Ill.	4.00	Bible
Vegard Olstad	WESTERN STATE (CO)	So.	Gjovik, Norway	3.86	Business administration
Phil Schneider	COLORADO SCH. OF MINES	So.	The Woodlands, Texas	3.46	Chemical & biological engineering
Jarrod Sparks	COLORADO SCH. OF MINES	Sr.	Dallas, Texas	3.81	Petroleum engineering
Kelly Troester	CHADRON STATE	Sr.	Marsland, Neb.	3.98	Rangeland management

NCAA DIVISION III (MI, MN, WI)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Job Christiansen	CALVIN	Sr.	New Ipswich, N.H.	3.71	History
Josh Dederig	WISCONSIN-LA CROSSE	Jr.	Neenah, Wis.	3.73	Sport management
Jared Denu	WISCONSIN-WHITEWATER	So.	Waunakee, Wis.	3.86	Accounting
John Dewitt	WISCONSIN-OSHKOSH	Sr.	Oshkosh, Wis.	4.00	Mathematics secondary education
Eyo Ekpo	ST. THOMAS (MN)	Sr.	Andover, Minn.	3.63	Business & entrepreneurship
Andy Keefe	MACALESTER	Sr.	Minneapolis, Minn.	4.00	Linguistics / media & cultural studies
Dan Kerr	CALVIN	Sr.	Petoskey, Mich.	3.74	Exercise science / pre-phys. ther.
Jeremy Kieser	WISCONSIN-EAU CLAIRE	Sr.	Verona, Wis.	3.94	Engineering / physics
Grant Mickesh	EDGEWOOD	Sr.	Chippewa Falls, Wis.	3.66	Biology (pre-dental)
Tim Nelson	WISCONSIN-STOUT	Sr.	Augusta, Wis.	3.70	Business administration
Chris Reisdorfer	HAMLIN	Sr.	Adrian, Minn.	3.94	Legal studies
Mark Volker	HAMLIN	So.	Cambridge, Minn.	4.00	Chemistry
Greg Whittle	CALVIN	Sr.	Galesburg, Ill.	3.69	Civil & environmental engineering
Paul Yerhot	WISCONSIN-LA CROSSE	Gr.	Chaska, Minn.	3.90	Biology / biomedical-pre-phys. ther.

COLLEGE DIVISION (KS, MT, NE, SD)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Frank Adelman	SOUTHWESTERN (KS)	Sr.	Yukon, Okla.	3.41	Psychology / biology
Aaron Caldwell	BAKER	Sr.	Overland Park, Kan.	3.74	Exercise science
Andy Coy	DAKOTA STATE	Sr.	Hill City, S.D.	3.97	Biology
Conner Drendel	SOUTHWESTERN (KS)	Sr.	Haviland, Kan.	3.98	Elementary education
Josh Dunback	MCPHERSON	Jr.	Wamego, Kan.	3.64	Finance & accounting
Zach Ely	DAKOTA STATE	So.	Colton, S.D.	3.48	Exercise science
Ryan Gimbel	DAKOTA STATE	Jr.	Hill City, S.D.	3.38	Business education
Benjamin Hinckfoot	CONCORDIA (NE)	Jr.	Colorado Springs, Colo.	3.91	Secondary education / history & ESL
Brad Higgins	DOANE	Sr.	Norfolk, Neb.	3.67	Math / physics
Vincent Krejci	DOANE	Sr.	Crete, Neb.	3.70	Biochemistry
Cody Martus	KANSAS WESLEYAN	Sr.	Erie, Colo.	3.33	Athletic training
Colton McNinch	SOUTHWESTERN (KS)	Jr.	Utica, Kan.	4.00	Chemistry / biology
Colin Morrissey	CONCORDIA (NE)	Sr.	Omaha, Neb.	3.82	Secondary education
Christopher Paddock	SOUTHWESTERN (KS)	Jr.	Rose Hill, Kan.	3.47	Mathematics, philosophy & religion
Johannes Riemann	BETHANY (KS)	So.	Osnabrueck, Germany	3.48	International business
Chase Wiedel	KANSAS WESLEYAN	Sr.	Hebron, Neb.	3.28	Exercise science / pre-physical ther.



2013 Academic All-District Men's Track / Cross Country Team District 7

NCAA DIVISION I (CO, ID, KS, MT, NE, NM, OK, TX, WY)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Gabriel Aragon	NEW MEXICO	Sr.	Albuquerque, N.M.	3.97	Business administration
Bjorn Barrefors	NEBRASKA	Sr.	Stockholm, Sweden	3.75	Computer science
Matthew Bell	U.S. AIR FORCE ACADEMY	Sr.	Denver, Colo.	3.54	Environmental engineering
Matt Carey	RICE	Sr.	San Antonio, Texas	4.24	MBA
Brandon Douglass	WYOMING	Sr.	Casper, Wyo.	3.97	Physiology
Jeremy Drenckhahn	U.S. AIR FORCE ACADEMY	Sr.	Plymouth, Minn.	3.80	Biology
Taylor Jackson	BAYLOR	Sr.	El Paso, Texas	3.95	Biology / pre-health care
Stephen Michel	WYOMING	Sr.	Laramie, Wyo.	3.93	Molecular biology
Blake Niccum	BAYLOR	Sr.	Houston, Texas	4.00	Engineering
Thomas Trujillo	NEW MEXICO	Sr.	Rio Rancho, N.M.	4.07	Business administration

NCAA DIVISION II (Great American, Mid-America, Northern Sun)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Ben Barrows	CENTRAL MISSOURI	Jr.	Smithville, Mo.	4.00	Math education
Derek Base	PITTSBURG STATE	Sr.	Andover, Kan.	3.87	Chemistry
Jake Benton	MISSOURI SOUTHERN STATE	Jr.	Wentzville, Mo.	4.00	Biology
William Brockmueller	SIOUX FALLS	So.	Brandon, S.D.	4.00	Applied mathematics
Nic Cass	CONCORDIA-ST. PAUL	Jr.	Hortonville, Wis.	3.71	Theology
Nathan Cole	MINNESOTA ST., MOORHEAD	So.	Fergus Falls, Minn.	3.97	Business management
Mickey Doerr	WAYNE STATE	Jr.	Bloomfield, Neb.	4.00	History & science education
Cale Eidson	EAST CENTRAL	Jr.	Calera, Okla.	3.58	History education
Clayton Foster	MINNESOTA ST., MOORHEAD	Sr.	Pequot Lakes, Minn.	3.33	Exercise science
Jeff Fraley	MISSOURI SOUTHERN STATE	So.	St. Robert, Mo.	3.62	Biology
Tanner Fruit	NEBRASKA-KEARNEY	Gr.	Ogallala, Neb.	3.69	Exercise science
Dalton Moberly	CENTRAL MISSOURI	Gr.	Kearney, Mo.	3.94	Kinesiology (MS)
Spencer Ruebke	MINNESOTA ST., MOORHEAD	Jr.	Ada, Minn.	3.65	Elementary inclusive education
Dillon Schrodt	NEBRASKA-KEARNEY	So.	Lincoln, Neb.	3.88	Math education
William Shell	SOUTHWEST BAPTIST	Jr.	Cape Girardeau, Mo.	4.00	Athletic training
John Talbert	PITTSBURG STATE	Sr.	Newton, Kan.	3.36	Manufacturing engineering tech.
Brent Vogel	CENTRAL MISSOURI	Sr.	Jefferson City, Mo.	3.74	Biology
Donald Wilcox	EMPORIA STATE	Jr.	Lee's Summit, Mo.	3.82	Biology

NCAA DIVISION III (IL, IN, OH)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Josh Eisenberg	AUGUSTANA (IL)	Jr.	Spring Grove, Ill.	3.97	Biology & pre-medicine
Zach Heerspink	NORTH CENTRAL	Sr.	Holland, Mich.	3.66	Exercise science
Kenny Janosko	BALDWIN WALLACE	Sr.	Mentor, Ohio	3.70	Master's of accounting
Daniel Kerley	NORTH CENTRAL	Sr.	Vienna, Ill.	3.96	Psychology
Chad Kosanovich	DENISON	Sr.	Sewickley, Pa.	3.81	Biochemistry
Gregory Larmore	ROSE-HULMAN	Sr.	Deerfield, Ill.	3.87	Electrical engineering
Matt Martin	OHIO WESLEYAN	Sr.	New Brighton, Pa.	3.70	Politics & government
Greg Patton	AUGUSTANA (IL)	Sr.	Bloomington, Ill.	3.56	Accounting & political science
Jonathan Smith	AUGUSTANA (IL)	Sr.	Moline, Ill.	3.69	Biology
David Voland	AUGUSTANA (IL)	So.	Batavia, Ill.	3.81	Mathematics

COLLEGE DIVISION (AZ, CO, ID, NM, NV, OK, TX, UT, WY)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Cordell Baker	OKLAHOMA BAPTIST	Sr.	Sapulpa, Okla.	3.95	Biology
Austin Basterrechea	COLLEGE OF IDAHO	Jr.	Gooding, Idaho	3.77	Biology
Hildon Boen	WAYLAND BAPTIST	Sr.	Eldoret, Kenya	3.30	Accounting
Nick Bonfiglio	OKLAHOMA CITY	Sr.	Oklahoma City, Okla.	3.70	Economics
Conner Carpenter	WAYLAND BAPTIST	So.	Farwell, Texas	3.96	Religion
Luke Keogh	ST. GREGORY'S	Sr.	Dublin, Ireland	3.97	Criminal justice
Kyle Marshall	ARIZONA CHRISTIAN	Jr.	Phoenix, Ariz.	4.00	Secondary education / social studies
Isaias Miranda	LUBBOCK CHRISTIAN	Sr.	Clovis, N.M.	3.49	Youth and family ministry
Carsten Russell	LUBBOCK CHRISTIAN	So.	Lemora, Texas	3.41	Secondary education
Brooks Swigart	ARIZONA CHRISTIAN	Sr.	Phoenix, Ariz.	3.82	Elementary education / English



2013 Academic All-District Men's Track / Cross Country Team District 8

NCAA DIVISION I (AK, AZ, CA, HI, NV, OR, UT, WA, Canada)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Erik Barkhaus	SEATTLE	Sr.	Whitefish Bay, Wis.	3.50	Business administration / finance
Jordan Benesh	ARIZONA STATE	Jr.	Mankato, Minn.	4.00	Accountancy
Ben DeJarnette	OREGON	Jr.	Mechanicsville, Va.	4.00	Journalism
Garrett Baker-Slama	ARIZONA STATE	So.	Tempe, Ariz.	4.00	Kinesiology
Nick Happe	ARIZONA STATE	Sr.	St. Charles, Mo.	4.00	Finance / accountancy
Trevor Halsted	CALIFORNIA DAVIS	So.	Davis, Calif.	4.00	Mechanical engineering
Kyle McKenna	UTAH STATE	Jr.	Farmington, Utah	3.97	Music
Kevin Oliver	SANTA CLARA	Sr.	Tualatin, Ore.	3.98	Economics & political science
Michael Perry	UCLA	Jr.	Altadena, Calif.	3.96	Music
Edgar Rivera-Morales	ARIZONA	Sr.	Agua Prieta, Mexico	3.58	Industrial engineering
Jeremy Taiwo	WASHINGTON	Sr.	Renton, Wash.	3.54	International studies
Stephen Wickhamshire	UTAH VALLEY	Sr.	Salt Lake City, Utah	3.99	Political science

NCAA DIVISION II (California Collegiate, Great Northwest, Pacific West)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Carraig Colahan	WESTERN OREGON	Jr.	Burns, Ore.	3.94	Criminal justice
Ramon Cooper	GRAND CANYON	Sr.	Kingston, Jamaica	3.64	Business administration
Justin Ellerbee	CAL POLY POMONA	So.	Rocklin, Calif.	3.85	Aerospace engineering
Alfred Kangogo	ALASKA ANCHORAGE	Sr.	Eldoret, Kenya	3.37	Nursing
Kellen Levy	CALIFORNIA, SAN DIEGO	Jr.	Fresno, Calif.	3.72	Literature / writing
Dallas Nord	FRESNO PACIFIC	So.	Kerman, Calif.	3.97	Intercultural studies
Chris Olsen	WESTERN OREGON	Sr.	Milwaukie, Ore.	3.41	Interdisciplinary studies
Erik Piedad	ACADEMY OF ART	Sr.	San Jose, Calif.	3.43	Interior architecture & design
Lewis Polkow	MONTANA STATE-BILLINGS	Jr.	Billings, Mont.	3.88	History
Clint Rosser	CALIFORNIA, SAN DIEGO	Jr.	Westchester, Calif.	3.97	Environmental engineering
Tyson Vanderby	MONTANA STATE-BILLINGS	Sr.	Manhattan, Mont.	3.33	HHP-performance
Dawson Vorderbruegge	CAL STATE STANISLAUS	Gr.	Honolulu, Hawaii	4.00	English

NCAA DIVISION III (AK, AZ, CA, CO, HI, IA, ID, KS, LA, MT, ND, NE) (NM, NV, OK, OR, SD, TX, UT, WA, WY, Canada)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Colton Berry	WHITWORTH	So.	Nine Mile Falls, Wash.	4.00	Chemistry
Daniel Bonthius	WARTBURG	So.	Iowa City, Iowa	4.00	Biology
Justin Campbell	TRINITY (TX)	Sr.	Victoria, Texas	3.79	Business adm. / int'l studies (Chinese)
Alan DenAdel	PACIFIC LUTHERAN	Jr.	Bow, Wash.	3.91	Mathematics
Tyler Dobratz	DUBUQUE	So.	Edgerton, Wis.	3.83	Health, wellness & recreation
Ryan Eberly	BUENA VISTA	Jr.	Manning, Iowa	3.91	Elementary edu. / exercise science
Matt Edwards	WHITWORTH	So.	Kettle Falls, Wash.	3.86	Computer science
Colt Feltes	WARTBURG	So.	Delhi, Iowa	3.60	Accounting
Joe Gladow	LINFIELD	Jr.	Shoreline, Wash.	3.93	Economics / international relations
Jonathan Hoff	WHITWORTH	Jr.	Napa, Calif.	3.92	Engineering physics (electrical track)
Eric Larson	CENTRAL	So.	Waverly, Iowa	3.34	Economics
Jeff Macdonald	CLAREMONT-MUDD-SCRIPPS	Sr.	Arcadia, Calif.	3.89	Philosophy, politics & econ. / Spanish
Joseph Pia	GEORGE FOX	Jr.	Newberg, Ore.	3.99	Engineering
Johnny Rutford	NEBRASKA WESLEYAN	Sr.	Lincoln, Neb.	3.95	Accounting
Brock Taute	NEBRASKA WESLEYAN	So.	Bertrand, Neb.	3.97	Physics & business administration
Evan Zurbuchen	DUBUQUE	Jr.	Hollandale, Wis.	3.57	Aviation management

COLLEGE DIVISION (AK, CA, HI, OR, WA, Canada)

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Michael Bellamy	NORTHWEST CHRISTIAN	Sr.	Eugene, Ore.	4.00	Exercise science
Andrew Daedler	BIOLA	So.	Brea, Calif.	3.75	BioChem
Andrew Edmondson	BIOLA	Jr.	Des Moines, Wash.	3.78	Anthropology
Luke Fischer	NORTHWEST (WA)	Gr.	Kalispell, Mont.	3.75	Business administration
Eric Ghelfi	SOUTHERN OREGON	So.	Redding, Calif.	3.87	Psychology
Bo Johnson	CONCORDIA (OR)	Sr.	Toledo, Ore.	3.82	Exercise & sports science
Danny Ledesma	BIOLA	Jr.	Anaheim Hills, Calif.	3.46	Business administration
Josh Muswieck	SOUTHERN OREGON	So.	Medford, Ore.	3.89	Environmental studies
Jordan Reeher	CONCORDIA (OR)	So.	Prineville, Ore.	3.51	Business
Peter Stacy	BIOLA	Sr.	Issaquah, Wash.	3.70	BioChem