



Tuesday, November 18, 2003

OU runner selected to compete in NCAA Championship

Oakland University's Kristie Kieffer (Sterling Heights, Mich.) has been selected to participate in the NCAA Division I Cross Country Championships to be held Monday, Nov. 24, at the University of Northern Iowa in Waterloo, Iowa.

Kieffer, a senior and the top runner for the Golden Grizzlies, was given an at-large bid by the NCAA Cross Country Championship Committee. She was selected after her performance at the NCAA Great Lakes Regional Championships on Nov. 15 at the LaVern Gibson Championship Course in Terre Haute, Ind. She finished 13 in a field of 214 with a 6 km season-best time of 21:10.7.

To be eligible to participate in the NCAA Division I Cross Country Championships, teams and individuals must qualify in their respective NCAA regions. Thirty-one teams were selected to participate in the championship. The top two, seven-person teams automatically qualified from each of the nine regions, for a total of 18 teams. Thirteen additional teams then were selected at-large.

Thirty-eight individuals, the first four from each region whose teams did not advance to the championships race and two additional qualifiers, also were selected to participate in each championship. All individual qualifiers must finish in the top 25 in their region.

Both Oakland University's men's and women's cross country teams had a good showing at the NCAA Great Lakes Regional Championships with the men's team placing 18th with 532 points and the women's team finishing 20th with 492 points. On the men's side, Jason Bruscha was the top finisher in the 10,000-meter event, recording a time of 32:40.9 to finish 90th in a field of 217.

Finishing second to Bruscha for the Golden Grizzlies was Adam Frezza in a time of 32:56.8. Also placing in the top five for Oakland were John Cook (33:00.5), Luke Williams (33:05.8) and Brandon Frisk (33:17.7).

For the women, finishing behind Kieffer was Melissa Nasers in a time of 22:02.3. Also scoring for the Golden Grizzlies were Kim Schultz (23:34.4), Laura Fisher (23:51.5) and Sarah Kane (24:01.2).

Wisconsin took the men's title with 72 points while Notre Dame captured the women's championship by having all five scorers finish in the top five to earn a score of 43.

For more information on OU's cross country teams, visit the [OU Athletics](#) site.

SUMMARY

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