



## This Week's Schedule:

Wis. adidas Invitational - 6K  
 Thomas Zimmer Course - Madison, Wis.  
 Fri., Oct. 16 - 11:00 a.m.

## Next Up:

SEC Championships - 6K  
 Watts XC Course - College Station, Texas  
 Fri., Oct. 30 - 10:00 a.m.

## Chile Pepper Festival

Dominique Scott opened up her final cross country season in front of her home crowd finishing first in 16:07.18. It was the first race for Scott since her program record setting performance in the 1500-meter run at the Lignano Meeting International which took place in mid-July.

Freshman Devin Clark was the next finisher to cross for the Razorbacks, clocking 16:28.56 to finish second overall. Clark has yet to finish below the top-two in competition this season.

## SEC Notes

Arkansas women have five runners with top-10 6K times so far this season.

Freshman Devin Clark has the top 6K time for the Razorbacks and is currently fourth in the SEC with 20:39.00 from UC Riverside. The performance earned her SEC Runner of the week on Sept. 15.

Regan Ward (5th), Valerie Reina (7th), Kelsey Schrader (8th) and Kaitlin Flattmann (9th) round out the top 10 with their times from UC Riverside. Freshman Safee Belbina also made the list

## 2015 Roster

Katie Adams	So.	Marengo, Ill. (Marengo HS/Oregon)
Safee Belbina	Fr.	Flower Mound, Texas (Flower Mound HS)
Logan Bishop	Jr.	Batesville, Ark. (Batesville HS)
Sydney Brown	R-Fr.	Double Oak, Texas (Marcus HS)
Devin Clark	Fr.	Spring Branch, Texas (Smithson Valley HS)
Sara Claycomb	Fr.	Warren, Ark. (Monticello HS)
Chandler Crumblish	So.	Fort Worth, Texas (Nolan Catholic HS)
Kaitlin Flattmann	R-Sr.	Benton, La. (Benton HS)
Therese Haiss	R-So.	Solon, Ohio (Solon HS/Oregon)
Gina Hauptman	R-So.	Colorado Springs, Colo. (Liberty HS)
Sabrina Herrmann	Fr.	Rancho Santa Margarita, Calif. (Trabuco Hills HS)
Nikki Hiltz	R-So.	Santa Cruz, Calif. (Aptos HS/Oregon)
Micah Huckabee	Fr.	Cabot, Ark. (Cabot HS)
Emily Jeacock	Fr.	Northampton, England (Marcus HS)
Kara Kalisz	R-So.	Oswego, Ill. (Rosary HS)
Grace Klausen	Fr.	Lee's Summit, Mo. (Blue Springs South HS)
Kristen Larkan	Fr.	Greenland, Ark. (Greenland HS)
Samantha Mohler	R-Jr.	Mountain Home, Ark. (Mountain Home HS)
Rachel Nichwitz	Fr.	Fishers, Ind. (Hamilton Southeastern HS)
Valerie Reina	R-Jr.	Tontitown, Ark. (Springdale Har-Ber HS)
Kailee Sawyer	Fr.	Ontario, Canada (Bluevale Collegiate Institute)
Kelsey Schrader	So.	Dekalb, Ill. (Dekalb HS)
Dominique Scott	R-Sr.	Capetown, South Africa (Rhenish Girls HS)
Autumn Sehy	Jr.	Texarkana, Texas (Texas HS)
Annika Sisson	R-Fr.	Kansas City, Mo. (Lee's Summit West HS)
Braelyn Smith	Fr.	Rogers, Ark. (Rogers HS)
Katie Tarver	R-Fr.	Germantown, Tenn. (Houston HS)
Grace Taylor	R-Fr.	Canton, Ohio (Jackson HS)
Abby Tedford	R-Fr.	Fairview, Texas (Lovejoy HS)
Claudia Verstraten	Fr.	Geelong Australia (Sacred Heart College)
Regan Ward	Jr.	Okmulgee, Okla. (Beggs HS)

## 2015 Schedule and Results:

9.1.15 Cowboy Preview Stillwater, Okla. 3K  
 Team Finish: **2nd of 4**  
 Top UA Finisher: **Kelsey Schrader (5th overall)**

9.12.15 UC Riverside Invitational Riverside, Calif. 6K  
 | 5K  
 Team Finish: **1st of 15 | 1st of 17**  
 Top UA Finisher: **Devin Clark (2nd - 6K) Claudia Verstraten (1st - 5K)**

9.19.15 MSSU Stampede Joplin, Mo. 5K  
 Team Finish: **1st of 25**  
 Top UA Finisher: **Sydney Brown (3rd overall)**

10.3.15 Chile Pepper Festival Fayetteville, Ark. 5K  
 Team Finish: **1st of 17**  
 Top UA Finisher: **Dominique Scott (1st overall)**

10.16.15 Wis. adidas Invitational Madison, Wis. 6K  
 Team Finish:  
 Top UA Finisher:

10.30.15 SEC Championships College Station, Texas 6K  
 Team Finish:  
 Top UA Finisher:

11.13.15 NCAA Reg. Champ. College Station, Texas 6K  
 Team Finish:  
 Top UA Finisher:

11.21.15 NCAA Championship Louisville, Ky. 6K  
 Team Finish:  
 Top UA Finisher:

## Cross Country Quick Facts

Head Coach..... Lance Harter  
 Athletic Trainer..... Mark Hinton  
 Office Phone..... 479-575-6384  
 Office Fax..... 479-575-3716  
 Mailing Address..... 10 S. Razorback Road  
 John McDonnell Field  
 Fayetteville, AR 72701

Facility..... Razorback Cross Country Course  
 2014 SEC Finish..... 1st  
 2014 NCAA Regional Finish..... 1st  
 2014 NCAA Finish..... 5th

## Athletic Media Relations

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coming in at No. 12.

10 Razorbacks are represented on the top times list in the 5K with Dominique Scott leading the way with the overall top time in the SEC following a first place finish in the Chile Pepper Festival. Arkansas controls the top six times in the SEC after a dominating performance at their home course. Safee Belbina continues to impress in her freshman campaign as she holds the 10th best 5K time ranking as the third best freshman in the SEC at that distance.

#### Wisconsin Adidas Invitational Past and Present

The Razorbacks have posted back-to-back second place finishes at the Wisconsin Adidas Invitational in 2013 and 2014. This year Arkansas faces stiff competition as they battle 19 of the top 25 teams in the nation. Last year's Wisconsin Invitational champion, 13th ranked Michigan State, is returning to defend their title but the number one team in the nation New Mexico also returns boasting the second and third best runners in the nation Rhona Auckland and Courtney Frerichs.

The Razorbacks return two runners from last year's Wisconsin Invitational Dominique Scott and Regan Ward. Two-time cross country All-American Scott is the top runner in the country. Scott is competing in her first 6K of the year. She holds a personal record of 19:22.74 in the 6K. Last year Scott placed eighth overall with a time of 19:54 behind top finisher Crystal Nelson of eighth ranked Iowa State who crossed the line in 19:35.

Regan Ward was Arkansas' sixth finisher at last year's race with a time of 21:28. She has since eclipsed that time running 20:40.3 at the UC Riverside Invitational which would place her in the top 40 if last year's results hold true to form for this year.

Devin Clark with only one 6K race under her belt has emerged as one of the freshman to watch among the SEC programs. She set a personal record in her 6K debut finishing in a time of 20:39 at the UC Riverside Invitational grabbing second place overall and first for Arkansas.

21st ranked Vanderbilt will accompany the Razorbacks as the only teams representing the SEC in the Wisconsin Adidas Invitational. The ACC is the most well represented conference with 7 teams participating. 12th ranked NC State is highest ranked ACC

team and includes Ryen Frazier who topped the podium at the Notre Dame Invitational and has a resume of upsets beating Auckland, Frerichs, and Michigan State's Rachele Schulist this year.

#### 6K Competition Entries: (order based on Chile Pepper finish)

1. Dominique Scott
2. Devin Clark
3. Kaitlin Flattmann
4. Regan Ward
5. Kelsey Schrader
6. Valerie Reina
7. Safee Belbina

#### On Tap

The team will travel to Madison, Wis. for the Wisconsin Adidas Invitational Oct. 16 for their last regular season challenge taking on the top schools from across the nation.

Championship season begins with SECs in College Station, Texas Oct. 30, followed by the NCAA South Central Regional Championships in College Station, Texas Nov. 13. It all culminates with the NCAA Championships Nov. 21 in Louisville, Ky.



#### SEC Championship Results Since 1991

Year (Site)	Team Champion	Pts.	Runner-up	Pts.	Individual Champion	Distance	Time
1991 (Athens, Ga.)	Arkansas	30	Georgia	80	Deena Drossin, AR	5K	17:40.00
1992 (Lexington, Ky.)	Arkansas	52	Alabama	80	Deena Drossin, AR	5K	18:06.80
1993 (Baton Rouge, La.)	Arkansas	37	Alabama	83	Becki Wells, UA	5K	16:54.00
1994 (Fayetteville, Ark.)	Arkansas	31	Alabama	80	Megan Flowers, AR	5K	17:01.30
1995 (Starkville, Miss.)	Arkansas	40	Auburn	46	Becki Wells, UF	5K	17:16.00
1996 (Oxford, Miss.)	Florida	52	Arkansas	77	Becki Wells, UF	5K	17:04.70
1997 (Columbia, S.C.)	Florida	37	Arkansas	68	Amy Yoder, AR	5K	16:56.80
1998 (Maryville, Tenn.)	Arkansas	25	Florida	48	Amy Yoder, AR	5K	16:52.22
1999 (Nashville, Tenn.)	Arkansas	15	Florida	96	Amy Yoder, AR	5K	16:54.00
2000 (Tuscaloosa, Ala.)	Arkansas	43	Georgia	74	Lilli Kleinmann, AR	6K	20:11.08
2001 (Auburn, Ala.)	Arkansas	35	Tennessee	71	Andreina Byrd, AR	6K	19:07.29
2002 (Gainesville, Fla.)	Arkansas	39	Kentucky	78	Christin Wurth, AR	6K	21:04.87
2003 (Athens, Ga.)	Tennessee	57	Georgia	95	Angela Homan, AU	6K	21:49.76
2004 (Fayetteville, Ark.)	Tennessee	55	Arkansas	57	Angela Homan, AU	6K	20:25.92
2005 (Columbia, S.C.)	Tennessee	48	Arkansas	51	Angela Homan, AU	6K	19:40.00
2006 (Baton Rouge, La.)	Arkansas	17	Georgia	64	Brooke Upshaw, AR	6K	20:14.90
2007 (Lexington, Ky.)	Arkansas	39	Tennessee	84	Sarah Madebach, UG	6K	20:49.11
2008 (Starkville, Miss.)	Arkansas	46	Florida	53	Catherine White, AR	6K	20:07.26
2009 (Oxford, Miss.)	Florida	24	Tennessee	80	Rebecca Lowe, UF	6K	20:57.35
2010 (Columbia, S.C.)	Florida	61	Arkansas	61	Kristie Krueger, UG	6K	20:41.25
2011 (Maryville, Tenn.)	Vanderbilt	30	Arkansas	61	Kristen Gillespie, AR	6K	20:19.84
2012 (Nashville, Tenn.)	Florida	61	Arkansas	70	Cally Macumber, UK	6K	20:23.29
2013 (Gainesville, Fla.)	Arkansas	32	Texas A&M	123	Dominique Scott, AR	6K	20:02.81
2014 (Tuscaloosa, Ala.)	Arkansas	32	Vanderbilt	85	Dominique Scott, AR	6K	19:22.74



## TOP TIMES OF 2015

**3,000-Meter Run**

Name	Class	Date	Site	Time
Kelsey Schrader	So.	09/01/15	Cowboy Preview - Stillwater, Okla.	10:36.70
Safee Belbina	Fr.	09/01/15	Cowboy Preview - Stillwater, Okla.	10:39.10
Sydney Brown	R-Fr.	09/01/15	Cowboy Preview - Stillwater, Okla.	10:40.10
Rachel Nichwitz	Fr.	09/01/15	Cowboy Preview - Stillwater, Okla.	10:44.10
Samantha Mohler	R-Jr.	09/01/15	Cowboy Preview - Stillwater, Okla.	11:00.30
Sabrina Herrmann	Fr.	09/01/15	Cowboy Preview - Stillwater, Okla.	11:06.50
Logan Bishop	Jr.	09/01/15	Cowboy Preview - Stillwater, Okla.	11:24.40
Grace Taylor	R-Fr.	09/01/15	Cowboy Preview - Stillwater, Okla.	11:34.40

**5,000-Meter Run**

Name	Class	Date	Site	Time
Dominique Scott	Sr.	10/03/15	Chile Pepper Festival - Fayetteville, Ark.	16:07.18
Devin Clark	Fr.	10/03/15	Chile Pepper Festival - Fayetteville, Ark.	16:28.56
Kaitlin Flattmann	Sr.	10/03/15	Chile Pepper Festival - Fayetteville, Ark.	16:38.81
Regan Ward	Jr.	10/03/15	Chile Pepper Festival - Fayetteville, Ark.	16:39.98
Kelsey Schrader	So.	10/03/15	Chile Pepper Festival - Fayetteville, Ark.	16:45.20
Valerie Reina	Jr.	10/03/15	Chile Pepper Festival - Fayetteville, Ark.	16:54.59
Safee Belbina	Fr.	10/03/15	Chile Pepper Festival - Fayetteville, Ark.	17:01.53
Nikki Hiltz	R-So.	10/03/15	Chile Pepper Festival - Fayetteville, Ark.	17:04.48
Sydney Brown	R-Fr.	10/03/15	Chile Pepper Festival - Fayetteville, Ark.	17:06.16
Claudia Verstraten	Fr.	09/19/15	Missouri Southern Stampede - Joplin, Mo.	17:10.33

**6,000-Meter Run**

Name	Class	Date	Site	Time
Devin Clark	Fr.	09/12/15	UC Riverside Invitational - Riverside, Calif.	20:39.0
Regan Ward	Jr.	09/12/15	UC Riverside Invitational - Riverside, Calif.	20:40.3
Valerie Reina	R-Jr.	09/12/15	UC Riverside Invitational - Riverside, Calif.	20:49.10
Kelsey Schrader	So.	09/12/15	UC Riverside Invitational - Riverside, Calif.	20:55.3
Kaitlin Flattmann	R-Sr.	09/12/15	UC Riverside Invitational - Riverside, Calif.	20:57.3
Safee Belbina	Fr.	09/12/15	UC Riverside Invitational - Riverside, Calif.	21:03.00
Samantha Mohler	R-Jr.	09/12/15	UC Riverside Invitational - Riverside, Calif.	21:42.50







## COACHES/SUPPORT STAFF



**HEAD COACH - 26th Season**  
LANCE HARTER

**SEC XC COACH OF THE YEAR**

1991, 1992, 1993, 1994, 1995  
1998, 1999, 2000, 2001, 2002  
2006, 2007, 2008  
2013, 2014

**NCAA TOP 10 FINISHES:**

1991 - 2ND  
1992 - 2ND  
1993 - 2ND  
1994 - 3RD  
1998 - 6TH  
1999 - 2ND  
2002 - 7TH  
2006 - 5TH  
2014 - 5TH

The most successful coach in University of Arkansas and Southeastern Conference women's cross country and track and field history, Lance Harter is in his 26th year at the helm of the Razorback program. Harter's individual honors include four-time National Coach of the Year and 24-time SEC Coach of the Year accolades. His Razorbacks have racked up 18 NCAA event titles, 149 SEC event titles and 395 All-America certificates through the 2015 outdoor season.

In recognition of his standout career and accomplishments, Harter was inducted into the USTFCCCA Coaches Hall of Fame on December 15, 2014, at the organization's convention in Phoenix. He is also a member of the Arkansas Sports Hall of Honor, Mt. SAC Relays Hall of Fame and Cal Poly Hall of Fame.

During his tenure, Arkansas has collected 11 NCAA podium (top four) finishes including the 2015 NCAA Indoor Championships team title and four national runner-up performances in cross country. Harter has also guided his team to 25 SEC titles (15 cross country, five indoor track and five outdoor track) including six of the last eight conference championships dating back to the 2013 SEC indoor meet. His title haul at Arkansas also includes 19 NCAA Regional Championships in cross country.

In winning the 2015 NCAA indoor team crown, Harter and the Razorbacks secured the first-ever national title by any women's program at the University of Arkansas. With its 63 points, Arkansas scored the third-highest team total in meet history and scored in each of the 15 events it had entries. The 2015 indoor season marked another first for the Razorback women when the program received its first-ever No. 1 ranking when the USTFCCCA released the Feb. 16 national poll.

Overall, Harter has guided Arkansas to 29 top-10 NCAA finishes (10 cross country, 12 indoor track and seven outdoor) in his tenure including 16 top-five performances. Through the 2015 outdoor season, the Razorbacks have finished third or better in 78 percent (56 of 72) of SEC Championship meets under his watch. Arkansas has never finished lower than third at an SEC cross country meet.

Former Razorback track All-American Megan (Jackson) Elliott re-joined the Arkansas cross country/track coaching staff as Director of Operations in August 2014 after a brief one-year stint as an assistant coach at IUPUI. The Middlebury, Ind., native will assist Head Coach Lance Harter in all facets of leading the program, including training, recruiting, fund raising and academic oversight.

Elliott earned her B.S.E. in Kinesiology in 2010, majoring in P-12 Teaching Physical Education from the University of Arkansas and also completed her Master's degree in Kinesiology/Exercise Science from the U of A in 2013 after serving as a graduate assistant. As a GA with the Hogs, Elliott was involved in practice structuring, individual workouts and on-campus recruiting. She was also heavily involved with the University of Arkansas Track Camps.

She earned All-American honors in the steeplechase in 2008 and was an Academic All-American throughout her college career. She also served on the Arkansas Student-Athlete Advisory Committee (SAAC) and was a two-time team captain for both the cross country and track programs.

She earned SEC All-Academic First Team accolades every year of her collegiate career as well as being named to the Athletic Director's Honor Roll all four years. She was also involved in the Fayetteville community, participating with the Arkansas Athletes Outreach (AAO) and Sweat Haws program. She also took part in the Lee Spencer Cup, given annually to the Arkansas team which demonstrates the strongest commitment to life skills initiatives, academic success and athletic excellence.



**DIRECTOR OF OPERATIONS**  
**2nd Season**  
MEGAN ELLIOTT