

2015 Men's Cross Country Results

Covered Bridge Open - 6,400m, 8 Teams, Meet Record 5-1

Individual Results - Michael Ellis, RJr. (2) 20:02.28 ... Kyle McFoy, Sr. (11) 20:41.43 ... Andrew Vandenberg, Jr. (13) 20:45.52 ... Ian Milder, RFr. (16) 20:48.44 ... Cade Zimmerman, So. (18) 20:51.04 ... Evan Georges, RFr. (19) 20:52.80 ... Chris Anderson, Jr. (23) 21:02.50 ... Ryan Shannon, So. (24) 21:04.23 ... Evan Laratta, Jr. (30) 21:18.51 ... Collin Loy, Fr. (38) 21:36.70 ... Tyler Sink, Jr. (43) 21:44.75

Team Results - Florida (1) 32 points ... *Appalachian State* (T-2) 60 points ... Florida State (T-2) 60 points ... VMI (4) 100 points ... Mars Hill (5) 130 points ... King (6) 176 points ... East Carolina (7) 179 points ... Lees-McRae (8) 216 points

Winthrop/Adidas Invitational - 8,000m, Team Record 19-1

Individual Results - Michael Ellis, RJr. (1) 25:01.3 ... Andrew Vandenberg, Jr. (2) 25:14.6 ... Ian Milder, RFr. (3) 25:41.7 ... Evan Laratta, Jr. (4) 25:42.7 ... Kyle McFoy, Sr. (5) 25:47.3 ... Ryan Shannon, So. (6) 25:47.7 ... Cade Zimmerman, So. (9) 26:16.3 ... Chris Anderson, Jr. (10) 26:18.0 ... Evan Georges, RFr. (11) 26:29.3 ... Tyler Sink, Jr. (17) 27:36.9

Team Results - *Appalachian State* (1) 15 points ... USC Upstate (2) 57 points ... Winthrop (3) 66 points ... Charleston Southern (4) 117 points

USC Upstate Invitational - 8,000m, 13 Teams, Team Record 30-2

Individual Results - Michael Ellis, RJr. (4) 25:40.89 ... Kyle McFoy, Sr. (8) 26:03.02 ... Andrew Vandenberg, Jr. (13) 26:19.83 ... Chris Anderson, Jr. (14) 26:22.85 ... Evan Laratta, Jr. (17) 26:27.61 ... Ryan Shannon, So. (22) 26:40.20 ... Cade Zimmerman, So. (23) 26:44.80 ... Ian Milder, RFr. (24) 26:46.60 ... Evan Georges, RFr. (38) 27:30.97 ... Tyler Sink, Jr. (58) 28:34.45

Team Results - High Point (1) 28 points ... *Appalachian State* (2) 52 points ... Liberty (3) 75 points ... USC Upstate (4) 118 points ... Florida Gulf Coast (5) 136 points ... Western Carolina (6) 161 points ... Citadel (7) 200 points ... Wofford (8) 216 points ... Presbyterian (9) 288 points ... Limestone (10) 305 points ... Gardner-Webb (11) 317 points ... Columbia International (12) 356 points ... Erskine (13) 379 points

Wake Forest Invitational - 8,000m, 18 Teams, Team Record 45-4

Individual Results - Andrew Vandenberg, Jr. (9) 25:19.19 ... Michael Ellis, RJr. (15) 25:22.01 ... Kyle McFoy, Sr. (33) 25:48.16 ... Cade Zimmerman, So. (37) 25:51.29 ... Evan Laratta, Jr. (51) 26:05.99 ... Evan Georges, RFr. (85) 26:47.75 ... Ian Milder, RFr. (113) 27:40.85 ... Tyler Sink, Jr. (115) 27:43.11

Team Results - George Mason (1) 68 points ... Charlotte (2) 87 points ... *Appalachian State* (3) 94 points ... Wake Forest (4) 112 points ... Furman B (5) 135 points ... VMI (6) 141 points ... East Tennessee State (7) 187 points ... Davidson (8) 201 points ... Elon (9) 219 points ... East Carolina (10) 242 points ... USC Upstate (11) 260 points ... UNC-Wilmington (12) 301 points ... Radford (13) 338 points ... Coastal Carolina (14) 402 points ... North Carolina Central (15) 483 points ... Charleston (16) 496 points ... Shaw (17) 537 points ... Winston-Salem State (18) 550 points

Sun Belt Conference Championships - 8,000m, 9 Teams, Team Record 52-5

Individual Results - Michael Ellis, RJr. (4) 25:40.6 ... Andrew Vandenberg, Jr. (6) 25:52.6 ... Kyle McFoy, Sr. (13) 26:14.6 ... Ian Milder, RFr. (21) 26:39.4 ... Chris Anderson, Jr. (22) 26:41.6 ... Evan Laratta, Jr. (27) 26:51.0 ... Cade Zimmerman, So. (43) 27:47.9

Team Results - UT-Arlington (1) 52 points ... *Appalachian State* (2) 66 points ... South Alabama (3) 80 points ... UL-Lafayette (4) 101 points ... Texas State (5) 111 points ... Arkansas State (6) 113 points ... Arkansas-Little Rock (7) 165 points ... UL-Monroe (8) 204 points ... Troy (9) 255 points

Three Stripe Invitational - 5,000m, 3 Teams, Team Record 52-5

Individual Results - Evan Georges, RFr. (26) 16:30.39 ... Tyler Sink, Jr. (34) 16:57.40

Team Results - Duke (1) 15 points ... Longwood (2) 62 points ... North Carolina (3) 63 points ... *Appalachian State* No Team Score

NCAA Southeast Regional Championships - 10,000m, 32 Teams, Team Record 67-21

Individual Results - Michael Ellis, RJr. (31) 30:25.9 ... Andrew Vandenberg, Jr. (42) 30:49.7 ... Kyle McFoy, Sr. (119) 32:14.2 ... Cade Zimmerman, So. (121) 32:19.4 ... Ian Milder, RFr. (132) 32:27.7 ... Ryan Shannon, So. (135) 32:32.8 ... Evan Laratta, Jr. (153) 32:56.1

Team Results - Louisville (1) 77 points ... Virginia (2) 96 points ... Eastern Kentucky (3) 113 points ... Furman (4) 133 points ... N.C. State (5) 148 points ... Virginia Tech (6) 160 points ... North Carolina (7) 190 points ... Duke (8) 210 points ... Kentucky (9) 224 points ... Campbell (10) 343 points ... William & Mary (11) 350 points ... George Mason (12) 366 points ... Davidson (13) 379 points ... Liberty (14) 380 points ... High Point (15) 431 points ... *Appalachian State* (16) 433 points ... Clemson (17) 440 points ... Richmond (18) 470 points ... VMI (19) 515 points ... Charlotte (20) 530 points ... Elon (21) 569 points ... Morehead State (22) 602 points ... Wake Forest (23) 634 points ... East Carolina (24) 658 points ... USC Upstate (25) 706 points ... UNCG (26) 749 points ... Murray State (27) 754 points ... UNCW (28) 778 points ... Radford (29) 811 points ... College of Charleston (30) 844 points ... Longwood (31) 982 points ... Presbyterian (32) 1000 points