



## News Release

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For Immediate Release: September 11, 2007

### **Kavan and Krajsa Named Cross Country Athletes of the Week**

Ramsey Kavan of South Dakota and James Krajsa of Minnesota State have been named the North Central Conference Cross Country Athletes of the Week by the conference office.

Kavan, a sophomore from Yankton, S.D., won her first competition in a Coyote uniform. Kavan cruised to a title at the Don Baker Invitational in Vermillion by covering the 5K course in 18:21.99.

Krajsa, a junior from Moorhead, Minn., finished second at the St. John's Invitational with a time of 25:38 for the 8K. The Mavericks tied for the team title at the meet.

Others nominated: *Male*: Rob Gregoire, South Dakota. *Female*: Liz Palke, Minnesota Duluth; Jenny Hoese, Minnesota State.

**#NCC#**

#### **2007 Male Cross Country Honor Roll**

Sept. 11 - James Krajsa, Minnesota State

#### **2007 Female Cross Country Honor Roll**

Sept. 11 - Ramsey Kavan, South Dakota