



# News Release

Ramkota Hotel, 3200 W. Maple St., Sioux Falls, S.D. 57107  
Phone: 605.338.0907 Fax: 605.338.1889  
Jon J. Martin, Assistant Commissioner  
E-mail: [info@northcentralconference.org](mailto:info@northcentralconference.org)  
Web: [www.northcentralconference.org](http://www.northcentralconference.org)

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## **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 for the second consecutive week.

Kavan, a sophomore from Yankton, S.D., finished fourth overall and first in the college division at the Woody Greeno/University of Nebraska Invitational. Kavan, who led part of the race, posted a time of 21:38.95.

Krajsa, a junior from Moorhead, Minn., won the South Dakota State University Invitational with an 8K time of 25:05. The Mavericks won the meet in dominating fashion, scoring 24 points with five runners in the top 10. South Dakota State was second 82 points.

Others nominated: *Male*: Skip Gilson, North Dakota; Ben Wagner, St. Cloud State. *Female*: Jenny Hoese, Minnesota State; Heidi Evans, North Dakota; Emily Winans, St. Cloud State.

### **#NCC#**

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

Sept. 11 - James Krajsa, Minnesota State

Sept. 18 - James Krajsa, Minnesota State

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

Sept. 11 - Ramsey Kavan, South Dakota

Sept. 18 - Ramsey Kavan, South Dakota