

RAZORBACKS

RAZORBACKS IN SEC CHAMPIONSHIPS



SEC TEAM TITLES
 Having claimed 20 SEC titles over the past 29 conference meets, the Razorbacks have the most conference championships by a wide margin. Florida follows with six.
 Arkansas has won the past seven SEC Championships in cross country, its longest stretch after winning five straight twice (91-95 & 98-02).



SEC INDIVIDUAL TITLES
 In 2019 Katie Izzo became the 11th Razorback to claim an SEC title, improving Arkansas' total to 16 overall.
 Lauren Gregory, a SEC bronze medalist in 2018, has led the Razorbacks twice this season, placing second in Missouri and fourth in Birmingham. She has placed in the top 10 at SEC three consecutive years.

NATIONAL POLLS

BOOST TREADMILL | POLL #3

1. ARKANSAS
2. BRIGHAM YOUNG
3. NC STATE
4. DUKE
5. TEXAS
6. NOTRE DAME
7. GEORGIA TECH

8. FLORIDA STATE

9. MISSISSIPPI
10. ALABAMA
11. IOWA STATE
12. TENNESSEE
13. KENTUCKY
14. SOUTHERN UTAH
15. NORTH CAROLINA

USTFCCCA | POLL #1

1. ARKANSAS
2. NEW MEXICO
3. BRIGHAM YOUNG
4. NC STATE
5. STANFORD
6. MICHIGAN
7. COLORADO

8. WASHINGTON

9. MICHIGAN STATE
10. FURMAN
11. WISCONSIN
12. NOTRE DAME
13. MINNESOTA
14. BOISE STATE
15. PENN STATE

NO. 1 ARKANSAS FAVORED FOR 8TH CONSECUTIVE SEC TITLE

The No. 1 ranked Razorback women's team will contend for an eighth consecutive cross country league team title when they compete in the SEC Championships this Friday.

The 6,000m race for the women will start at 9:05 a.m. on Friday, Oct. 30, at the University Club in Baton Rouge, La. Live coverage of the meet will be available on the SEC Network while live results will be available at PrimeTime Timing.

Arkansas won all three of its meets this fall convincingly, even producing a perfect score of 15 points to open its campaign, extending its unbeaten streak to nine consecutive meets after a perfect run through six meets during the 2019 season.

"Considering the improvised schedule we all inherited due to the Covid-19 scenario, at least we have an opportunity to compete," said Arkansas women's head coach Lance Harter, who has collected 20 SEC cross country titles. "We definitely made the best of it thus far. The competitions we've been able to use as our springboard into the actual championship meet have gone absolutely flawless.

"We are in good health, our kids are putting out great workouts, and now we're enjoying that subtle taper as we get ready for the actual championship race this week."

Leading the Razorback crew are two members of last year's championship squad – Lauren Gregory and Abby Gray – who were part of multiple SEC titles as well as the program's first national championship.

"What has been a blessing for the coaching staff is that Lauren and Abby were a distinct part of SEC titles in years past, and also the NCAA Championship last year," noted Harter. "They bring that history and experience which has rubbed off on our newcomers very, very much."

Gregory and Gray have both been among Arkansas' top five in each of the three meets contested this fall. Gregory, a SEC bronze medalist in 2018, has placed among the top 10 in the conference meet three consecutive years.

"We've been very, very fortunate that our culture we've established over the many years I've been here continues to affect our newcomers in a very positive way," stated Harter. "So, their adjustment to the training program, their teammates and to the competitive spirit at competitions has been absolutely to perfection.

"In summary that has given us a very positive outlook for this week in going for

CHAMPIONSHIP SEASON



ARKANSAS RAZORBACKS

our eighth consecutive SEC Championship title."

Having five seniors who were part of the Razorbacks' top six in the NCAA Championships from last year's team wrap up their cross country eligibility, Arkansas added a crew of transfers and some precocious freshmen to shore up the squad along with the Razorbacks who were returning.

"So, I think a lot of people left us for dead," quipped Harter. "But, I think, thus far this season, that combination of the people who returned from last year's team along with newcomers, led by Taylor Ewert and Cori Smith, and then our transfers have just done a fantastic job. We have a lot of positive momentum and we really look forward to a great competition in Baton Rouge.

"We have other runners, such as Megan Underwood and Isabel Van Camp, who were on the periphery of the team last year, have now stepped up to fill those voids of the five seniors from last year's team."

The transfers now calling Arkansas home – which include Krissy Gear, Logan Morris, Kennedy Thomson, and Gracie Hyde – each bring previous conference racing experience with them and they have been tested versus numerous SEC schools this season.

Meanwhile, the tandem of Ewert and Smith have consistently been in the Razorback top five and produced the top pair of times over the 6,000m distance among freshmen this season.

"Experience is definitely a beneficial factor, especially at the collegiate level, and to have two freshmen walk in and contribute into our top five immediately is pretty special," noted Harter. "That doesn't happen very often. Especially when you have the likes of Abby and Lauren returning, but also some transfers like Krissy Gear, Kennedy Thomson and Logan Morris who stepped up to this level of competition."

While the Razorbacks are favored for an eighth consecutive title, Harter's experience in the league over the past 30 years keeps him on the lookout for unexpected challengers.

"The SEC meet is unique, people have a tendency to rise out of the woodwork that you least expect," said Harter. "We are always wary of the caliber of talent that's out there at other SEC schools."

ARKANSAS

HOG FACTS

RAZORBACK SEC CHAMPIONS

16 titles by 11 individuals

2 triple champions, 1 double

2019	Katie Izzo
2015	Dominique Scott
2014	Dominique Scott
2013	Dominique Scott
2011	Kristen Gillespie
2008	Catherine White
2006	Brooke Upshaw
2002	Christin Wurth
2001	Andreina Byrd
2000	Lilli Kleinmann
1999	Amy Yoder
1998	Amy Yoder
1997	Amy Yoder
1994	Megan Flowers
1992	Deena Drossin
1991	Deena Drossin

- Ranked No. 1 in the nation, Arkansas is undefeated through three meets in 2020 and have a current winning streak of nine meets dating back to a perfect 2019 campaign.
- Among its 20 SEC titles in cross country over the past 29 editions of the conference meet, the Razorbacks currently have won seven consecutive titles, the longest established by a women's team in SEC history. Previously, Arkansas put together a streak of five titles, twice, in 1991-1995 and 1998-2002.
- SEC success for the Razorbacks has included a total of 38 conference titles among the three seasons (20 cross country, 10 indoor, 8 outdoor).
- In 2019, the Razorbacks totaled 21 points in claiming the SEC title, placing five runners among the top 10 for the second consecutive year. It was Arkansas' lowest score in the SEC since 2006 when they totaled 17. The 1999 Razorbacks produced a perfect score of 15 points, sweeping places first through fifth.
- The 2019 Arkansas squad went on to claim the NCAA South Central title with a perfect score of 15 points and claimed its first women's national championship in cross country, defeating BYU by six points.
- Winning the 2019 NCAA Cross Country Championship, Arkansas completed a sweep of three NCAA titles after claiming the 2019 NCAA Indoor and NCAA Outdoor Championships. The Razorbacks joined Texas (1986) as the only programs to win three NCAA titles in the same year, while Oregon (2016-17) accomplished three NCAA titles in an academic year.

SEC CHAMPIONSHIPS | RECENT TOP 3 TEAM FINISH & POINTS

2019	Arkansas	21	Ole Miss	93	Missouri	159
2018	Arkansas	24	Florida	69	Ole Miss	116
2017	Arkansas	35	Georgia	88	Ole Miss	103
2016	Arkansas	46	Ole Miss	76	Missouri	125
2015	Arkansas	38	Miss State	95	Vanderbilt	112
2014	Arkansas	32	Vanderbilt	85	Alabama	140
2013	Arkansas	32	Texas A&M	123	Kentucky	134
2012	Florida	61	Arkansas	70	Vanderbilt	119

RAZORBACK NOTES

Lauren Gregory, 2018 SEC bronze medalist, has finished among the top 10 in the SEC Cross Country Championships three consecutive years. Gregory was the fifth scorer on the team when the Razorbacks captured the 2019 NCAA title.

Gregory has led Arkansas in its past two meets, placing second at Missouri's Gans Creek Classic and fourth in UAB's Blazer Classic.

Abby Gray finished as the seventh runner for the Razorbacks at the 2019 SEC Championship as well as the NCAA Championships. Gray has been in the top five for Arkansas in each of the three meets contested this fall.

Gray placed ninth in the 2016 SEC meet, finishing as the top freshman in the field.

New Razorbacks with previous conference experience includes **Logan Morris**, **Krissy Gear**, **Kennedy Thomson**, and **Gracie Hyde**.

Morris: Competed in three ACC Championships ... 19th in 2016, 27th in 2018 and 24th in 2019. **Gear**: Competed in three Southern Confer-

ence meets ... 13th in 2017, 9th in 2018 and 4th in 2019. **Thomson**: Competed in three Southern Conference meets ... 19th in 2016, 61st in 2017 and 18th in 2018. **Hyde**: Competed in two Southland Conference meets ... 7th in 2018, and 8th in 2019.

Arkansas freshmen who have had an impact this season include **Taylor Ewert** and **Corie Smith**, who have been among the Razorbacks top seven in each race so far.

Ewert won the SEC Preview 5k and was named co-SEC Runner of the Week. She earned SEC Freshman of the Week after placing fourth over 6k at Missouri's Gans Creek Classic. **Smith** finished as the fifth Razorback in the first two meets of the season and the sixth finisher in the most recent meet, UAB's Blazer Classic.

If either Ewert or Smith are the top freshman finisher in the SEC meet, it would mark the fourth time over the past five seasons a Razorback has achieved that feat. Previous Arkansas runners who were the top freshman finisher at the SEC Championships include Katrina Robinson (2nd, 2018), Gregory (8th, 2017) and Gray (9th, 2016).

ARKANSAS TOP 7 FINISHERS | RECENT SEC CHAMPIONSHIPS

Athletes in bold are on the Razorback 2020 roster

2019	1) Katie Izzo	2) Taylor Werner	4) Carina Viljoen	5) Devin Clark	9) Lauren Gregory	13) Maddy Reed	36) Abby Gray
2018	2) K. Robinson	3) Lauren Gregory	4) Carina Viljoen	6) Taylor Werner	9) Sydney Brown	10) Maddy Reed	16) Micah Huckabee
2017	2) Taylor Werner	6) Carina Viljoen	7) Therese Haiss	8) Lauren Gregory	12) Nikki Hiltz	13) Ashton Endsley	16) Sydney Brown

Razorback Top 7 Finishers in 2020 Season

Sept. 19	1) Taylor Ewert	2) Abby Gray	3) Logan Morris	4) Lauren Gregory	5) Corie Smith	9) Isabel Van Camp	13) Kennedy Thomson
Oct. 3	2) Lauren Gregory	3) Krissy Gear	4) Taylor Ewert	5) Abby Gray	6) Corie Smith	7) Isabel Van Camp	8) Kennedy Thomson
Oct. 16	4) Lauren Gregory	7) Logan Morris	9) Abby Gray	10) Taylor Ewert	12) Krissy Gear	17) Corie Smith	18) Meghan Underwood

ARKANSAS RAZORBACKS

WOMEN'S CROSS COUNTRY

2020 TEAM RESULTS

DATE	EVENT	SITE	DISTANCE	FINISH
Sept. 19, 2020	LSU SEC Preview	Baton Rouge, La.	5 kilometers	1st of 5
Oct. 3, 2020	Missouri Gans Creek Classic	Columbia, Mo.	6 kilometers	1st of 4
Oct. 16, 2020	UAB Blazer Classic	Birmingham, Ala.	6 kilometers	1st of 10
Oct. 30, 2020	SEC Championships	Baton Rouge, La.	6 kilometers	

SEC PREVIEW (5K)

Saturday, Sept. 19, 2020

Baton Rouge, La.

University Club

GANS CREEK CLASSIC (6K)

Saturday, Oct. 3, 2020

Columbia, Mo.

Gans Creek Recreation Area

TEAM SCORES

1. Arkansas	15 (1-2-3-4-5)
2. Mississippi	46 (6-7-10-11-12)
3. LSU	96 (15-17-19-21-24)
4. Mississippi St.	103 (8-20-23-25-27)
5. Texas A&M	126 (16-18-29-31-32)

TEAM SCORES

1. Arkansas	20 (2-3-4-5-6)
2. Missouri	61 (1-9-11-19-21)
3. Vanderbilt	72 (10-13-14-17-18)
4. Texas A&M	93 (12-15-16-24-26)

ARKANSAS RESULTS

Finish Points	Team Place	Time
1 1	1. Taylor Ewert	PR 16:53.7
2 2	2. Abby Gray	PR 16:55.2
3 3	3. Logan Morris	17:02.8
4 4	4. Lauren Gregory	17:07.6
5 5	5. Corie Smith	17:13.3
9 9	6. Isabel Van Camp	PR 17:31.7
13 13	7. Kennedy Thomson	PR 17:47.0
15	8. Julia Paternain	PR 17:49.7
17	9. Meghan Underwood	PR 17:57.2
21	10. Quinn Owen	PR 18:08.1
32	11. Josie Carson	18:45.8
33	12. Lainey Quandt	18:53.7
38	13. Alex Ritchey	19:09.6
46	14. Tori Willis	19:55.2

ARKANSAS RESULTS

Finish Points	Team Place	Time
2 2	1. Lauren Gregory	20:06.2
3 3	2. Krissy Gear	PR 20:07.1
4 4	3. Taylor Ewert	DEBUT 20:15.1
5 5	4. Abby Gray	PR 20:20.5
6 6	5. Corie Smith	DEBUT 20:25.1
7 7	6. Isabel Van Camp	PR 20:32.8
8 8	7. Kennedy Thomson	PR 20:40.5
9	8. Logan Morris	20:41.7
11	9. Meghan Underwood	PR 20:50.2
12	10. Julia Paternain	20:53.6
13	11. Quinn Owen	PR 20:54.9
19	12. Gracie Hyde	PR 21:36.0
23	13. Alex Ritchey	21:41.7
28	14. Lainey Quandt	DEBUT 22:00.7
30	15. Josie Carson	DEBUT 22:05.1
32	16. McKenzie Wilks	22:16.4
33	17. Tori Willis	DEBUT 22:18.9



ARKANSAS RAZORBACKS

WOMEN'S CROSS COUNTRY

UAB BLAZER CLASSIC (6K)

Friday, Oct. 16, 2020
Birmingham, Alabama
Veterans Park

SEC CHAMPIONSHIPS (6K)

Friday, Oct. 30, 2020
Baton Rouge, La.
University Club of Baton Rouge

TEAM SCORES

1. Arkansas	42	(4-7-9-10-12)
2. Georgia Tech	104	(6-21-22-24-31)
3. Florida State	115	(5-15-28-33-34)
4. Mississippi	118	(11-16-29-30-32)
5. Tennessee	121	(1-3-26-45-46)
6. Kentucky	126	(2-20-23-40-41)

TEAM SCORES

ARKANSAS RESULTS

Finish Points	Team Place	Time
4 4	1. Lauren Gregory	20:22.5
7 7	2. Logan Morris	20:25.1
9 9	3. Abby Gray	20:30.5
10 10	4. Taylor Ewert	20:31.5
12 12	5. Krissy Gear	20:34.0
17 17	6. Corie Smith	20:41.6
18 18	7. Meghan Underwood	PR 20:49.7
22	8. Quinn Owen	20:58.3
34	9. Isabel Van Camp	21:15.6
66	10. Gracie Hyde	22:03.9
67	11. Alex Ritchey	22:04.2
74	12. Josie Carson	22:09.6
96	13. Lainey Quandt	22:51.1
dnf	Kennedy Thomson	

Open Race

13	Tori Willis	22:21.9
16	McKenzie Wilks	22:55.0

ARKANSAS RESULTS

Finish | Points Team Place Time



ARKANSAS RAZORBACKS

WOMEN'S CROSS COUNTRY

Athlete	Height	Year	Hometown	High School / College	Best Times
Taylor Ewert	5-10	Freshman	Beavercreek, Ohio	Beavercreek HS	HS 16:57.9 5k College 16:53.7 5k, 20:15.1 6k
<ul style="list-style-type: none">• Honors: 2019-20 National Gatorade Track & Field Athlete of the Year; Holds seven national junior and HS records in racewalk• Honors: 2x Gatorade Ohio Cross Country Athlete of the Year, 1x Gatorade Ohio Track & Field Athlete of the Year• o First female top 10 finisher at Nike Nationals and Foot Locker Nationals in consecutive years• 2019: 1) State, 3) Nike Midwest, 3) FL Midwest, 2) Nike Nationals, 6) Foot Locker Nationals• 2018: 1) State, 3) Nike Midwest, 2) FL Midwest, 3) Nike Nationals, 4) Foot Locker Nationals• 2017: 3) State, 4) Nike Midwest, 18) Nike Nationals; 2016: 13) State, 39) Nike Midwest					
Krissy Gear	5-4	Senior	Fort Myers, Fla.	Fort Myers HS / Furman	17:28.8 5k, 20:07.1 6k
<ul style="list-style-type: none">• Honors: at Furman – 2019 All-Region, 3x All-Southern Conference, 2017 SoConf All-Freshman; 2019: 4) Southern Conf, 12) Southeast, 78) NCAA• 2018: 9) Southern Conf, 27) Southeast, 237) NCAA; 2017: 13) Southern Conf, 104) Southeast, 239) NCAA• HS Honors: 6x Florida state champion on the track, 3rd in mile at 2017 New Balance Nationals; 2016: 4) State					
Abby Gray	5-5	RS Senior	San Antonio, Texas	Alamo Heights HS	16:55.2 5k, 20:20.5 6k
<ul style="list-style-type: none">• Honors: Member of 2019 NCAA Champion team, All-Region, USTFCCCA All-Academic• 2019: 36) SEC, 179) NCAA; 2018: 42) SEC; 2017: did not compete; 2016: 9) SEC [top freshman], 16) South Central, 168) NCAA• HS Honors: 2016 Gatorade Texas Runner of the Year; 2015: 1) State 5A, 2) Nike South, 6) FL South, 21) Nike Nationals, 18) Foot Locker Nationals• 2014: 12) State 5A, 4) Nike South, 10) FL South, 83) Nike Nationals, 36) Foot Locker Nationals					
Lauren Gregory	5-5	Senior	Fort Collins, Colo.	Fort Collins HS	16:49.8 5k, 19:07.9 6k
<ul style="list-style-type: none">• Honors: Member of 2019 NCAA Champion team, 2x All-Region, USTFCCCA All-Academic• 2019: 9) SEC, 72) NCAA; 2018: 3) SEC, 3) South Central, dnf) NCAA; 2017: 8) SEC, 14) South Central, 252) NCAA• HS Honors: 7x Colorado state champion and 12x medalist, earned three titles in cross country• 2016: 2) State, 3) Nike Southwest, 3) Nike Nationals; 2015: 1) State, 2) Nike Southwest, 8) Foot Locker Midwest• 2014: 1) State, 2) Nike Southwest, 2) FL Midwest, 11) Foot Locker Nationals; 2013: 1) State, 6) Nike Southwest, 7) Nike Nationals					
Gracie Hyde	5-7	Junior	Jonesboro, Ark.	Benton HS / Central Arkansas	17:58.3 5k, 21:36.0 6k
<ul style="list-style-type: none">• Honors: UCA Freshman of the Year, 2019 Southland Runner of the Year, won Steeplechase and 5,000m at Southland Outdoor• 2019: 8) Southland; 39) South Central; 2018: 7) Southland; 44) South Central• 2017: 2) State 6A with Benton HS; 2016: 1) State 4A with Lonoke HS					
Logan Morris	5-5	Senior	Inman, SC	Spartanburg Christian Academy / Clemson	16:49.5 5k, 20:01.4 6k
<ul style="list-style-type: none">• Honors: 2020 Cum Laude graduate of Clemson with degree in Industrial Engineering, Member of US team at 2017 IAAF World Junior Cross Country• 2019: 24) ACC, 17) Southeast; 2018: 27) ACC, 6) Southeast; 222) NCAA; 2017: did not compete; 2016: 19) ACC, 32) Southeast• HS Honors: 3x South Carolina Gatorade Cross Country Runner of the Year, totaled 31 State titles over seven years• 2015: 9) Foot Locker Nationals; 2014: 32) Foot Locker Nationals					
Quinn Owen	5-7	RS Sophomore	Double Oaks, Texas	Marcus HS	18:08.1 5k, 20:54.9 6k
<ul style="list-style-type: none">• Honors: All-Region, 2019 SEC All-Freshman; 2019: 40) SEC [6th freshman], 13) South Central; 2018: Redshirt• HS Honors: 2x State champion 1,600m; 2017: 10) State 6A, 3) Nike South, 45) Nike Nationals; 2016: 19) State 6A, 10) Nike South• 2015: 6) State 6A, 13) Nike South; 2014: 13) State 6A, 17) Nike South, 106) Nike Nationals					
Alex Ritchey	5-5	RS Junior	Little Rock, Ark.	Mount St. Mary Academy	17:28.4 5k, 21:15.2 6k
<ul style="list-style-type: none">• 2019: did not compete; 2018: 87) SEC; 2017: 39) SEC; 2016: redshirt• HS 2015: 2) State 7A, 88) Foot Locker South; 2013: 3) State 7A					
Corie Smith	5-8	Freshman	Clovis, Calif.	Buchanan HS	HS 16:53.9 5k College 17:13.3 5k, 20:25.1
<ul style="list-style-type: none">• Honors: Established CIF Central Section and school record of 16:53.9 for cross country 5k• 2019: 1) Central Section; 2) State; 12) Nike Nationals; 2018: 1) Central Section• 2017: 2) Central Section; 1) State; 21) Nike Nationals; 2016: 1) Central Section; 4) State					
Kennedy Thomson	5-9	RS Senior	Thorold, Canada	Churchill Secondary / Tennessee-Chattanooga	17:47.0 5k, 20:40.5 6k
<ul style="list-style-type: none">• 2019: at Arkansas, did not compete; 2018: 18) Southern Conf, 111) South; 2017: 61) Southern Conf, 151) South; 2016: 19) Southern Conf, 104) South					
Meghan Underwood	5-7	Junior	Cordova, Tenn.	Briarcrest HS	17:57.2 5k, 20:49.7 6k
<ul style="list-style-type: none">• 2019: no postseason; 2018: 68) SEC• HS Honors: 2x State Champion in 800m, 3x All-Metro in cross country, track and field; 2017: 3) State; 2015: 5) State; 2014: 14) State					
Isabel Van Camp	5-8	Sophomore	Keller, Texas	Keller HS	17:31.7 5k, 20:32.8 6k
<ul style="list-style-type: none">• 2019: 66) SEC• HS Honors: 3x State medalist in 800m; 2018: 15) State 6A; 2017: 9) State 6A, 7) Nike South, 41) Nike Nationals;• 2016: 11) State 6A, 16) Nike South, 90) Nike Nationals; 2015: 15) State 6A, 23) Nike South					

