



CAPITAL ONE ACADEMIC ALL-AMERICA® TEAM
SELECTED BY CoSIDA

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BRENT VOGEL OF CENTRAL MISSOURI AND KRISTEN HIXSON OF
GRAND VALLEY LEAD CAPITAL ONE ACADEMIC ALL-AMERICA®
DIVISION II TRACK & FIELD/CROSS COUNTRY TEAMS

TOWSON, Md. – National champions **Brent Vogel** of the University of Central Missouri and **Kristen Hixson** of Grand Valley State University headline the 2013 Capital One Academic All-America® Division II Men's and Women's Track/Cross Country Teams as selected by the College Sports Information Directors of America (CoSIDA).

The Capital One Division II Academic All-America® program is being financially supported by the NCAA Division II national governance structure to assist CoSIDA with handling the awards fulfillment aspects for the 2012-13 Division II Academic All-America® teams program.

Vogel, a senior biology major with a 3.74 G.P.A., has been named as the Capital One Academic All-America® of the Year for the Division II Men's Track/Cross Country program. Hixson, a junior finance major with a 3.96 G.P.A., has been named as the Capital One Academic All-America® of the Year for the Division II Women's Track/Cross Country program.

A native of Jefferson City, Mo., Vogel won a national championship in the indoor heptathlon with an NCAA Division II record of 5,760 points in 2013. Vogel finished third at the outdoor national championships in the decathlon and was the MIAA champion in the heptathlon and the decathlon. He was awarded the Vernon Kennedy Award as the top senior athlete at UCM among all sports.

Vogel finished his career as an eight-time All-American, earning three honors in the heptathlon, three in the decathlon and two in the 4x400 relay. He was the outdoor decathlon national champion in 2011 and never finished lower than fourth in either multi-event at the national championships. The Ken B. Jones Award winner as the MIAA's top student-athlete, Vogel is an eight-time conference champion. He was named the U.S. Track & Field and Cross Country Coaches Association (USTFCCA) Central Region Field Athlete and National Field Athlete of the Year.

Hixson, a first team Capital One Academic All-America® Division II Women's Track/Cross Country selection for the second time, has been a part of four NCAA Division II National Championship teams at Grand Valley State. A native of Remus, Mich., she won the indoor and outdoor national championships in the pole vault in 2012 and has been a six-time All-American in the event.

Hixson was the national runner-up in the pole vault during the 2013 indoor season and finished in third during the outdoor season. She has finished no worse than fourth in each of her six possible appearances at the national meet and has finished first or second at every GLIAC Championship meet, including championships at the 2011 and 2012 outdoor championships.

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CAPITAL ONE ACADEMIC ALL-AMERICA® DIVISION II MEN'S TEAM

The 2013 Capital One Academic All-America® Division II Men's Track/Cross Country first team has six members who received Academic All-America® honors in 2012. Five of those individuals were first team selections.

Russell Drummond of Colorado School of Mines and **Dalton Moberly** of the University of Central Missouri are repeat Division II first team selections. Teammates **Brayden Barrientez**, **Tracy Marshall** and **David McWilliams** of Oklahoma Christian University were each College Division first team honorees in 2012.

Drummond, the 2012 RMAC Men's Cross Country Academic Runner of the Year and 2012-13 RMAC Men's Indoor Track & Field Academic Athlete of the Year, capped his noteworthy career as runner-up and an All-American in the 1500 at the NCAA Division II Outdoor Track & Field Championships. A three-time All-American in the event – he finished fourth in 2011 and 2012 – Drummond ranks third at Mines with nine collegiate All-American awards (cross country/track and field), including three in 2013 after placing fifth in the mile and eighth with the distance medley relay at indoor nationals. The senior is a civil engineering major with a 3.76 G.P.A. and has been voted RMAC first team All-Academic nine times and USTFCCCA All-Academic on three occasions.

A kinesiology major with a 3.94 undergraduate G.P.A. and a 4.0 graduate school G.P.A., Moberly won his first MIAA title in 2013 with a championship in the 5,000 meters. He won the NCAA Elite 89 Award at the 2011 NCAA Division II Cross Country championships. He is a nine-time All-MIAA performer in track and cross country and has earned five USTFCCCA All-Academic honors in his career.

Barrientez, a biology major from Wichita, Kan., has a 3.85 G.P.A. He was the No. 3 runner on the Oklahoma Christian team that won the NCCAA Cross Country title in 2012 and the NAIA championship in 2011. He finished fifth individually at last November's NCCAA Championship. He accounted for 30 points at the NCCAA Indoor Track Championships as the Eagles finished fourth and he was a member of the national champion distance medley relay team. He is an eight-time NAIA or NCCAA All-American.

An electrical engineering major with a 3.97 G.P.A., Marshall earned three NCCAA All-America honors this year in the jumping events. He scored in both the long jump and triple jump at the indoor championships to help the Eagles finish fourth. He also scored in the long jump at the outdoor championships where OCU finished sixth. He is a three-time NAIA/NCCAA Scholar-Athlete.

A senior Bible major, McWilliams has a perfect 4.00 G.P.A. He capped off his career with a third place finish at the NCCAA Outdoor Championship to earn his sixth track and cross country All-America award. He finished 10th at the 2012 NCCAA Cross Country Champion to lead the Eagles to a national championship. He also played a key role on OCU's NAIA cross country title in 2011 finishing 19th and making the All-America list. The Naperville, Ill. native is a five-time NAIA/NCCAA Scholar-Athlete pick.

Vogel, Hixson Lead Capital One Academic All-America Division II Teams – page 3

John Drago, a third team Capital One Academic All-America® distance runner in 2012, is a senior corporate finance and accounting and liberal studies double major. The Avon, Conn. native has a 3.81 G.P.A. and graduated from Bentley Summa Cum Laude. He was the recipient of the 2012 Northeast-10 Sport Excellence Award for men's cross country and is a five-time Academic All-Conference selection. He finished second in the 3,000 in the 2013 NE-10 indoor championship with a time of 8:37.91 and was fifth in the NE-10 outdoor championships in the 5,000. During the cross country season, the two-time All-East Region selection earned third team all-conference honors and placed ninth in the NCAA Division II East Regional.

Of the remaining Capital One Academic All-America® first team members, there are five seniors, three juniors and one graduate student. **Garrett Grey** of Ashland University, **Kevin Jewel** of Slippery Rock University, **Robert Sandlin, Jr.** of Bellarmine University, **John Talbert** of Pittsburg State and **Matt Tholis** of East Stroudsburg University are all seniors. **Aaron Dinzeo** of California University of Pennsylvania, **Clint Rosser** of University of California, San Diego and **William Shell** of Southwest Baptist are juniors while **Dawson Vorderbruegge** of California State University Stanislaus is the lone graduate student.

A sports management major with a 3.59 G.P.A., Grey dominated the NCAA Division II National Championship in the hammer throw with a toss of 231-3, winning by over 13 feet. A native of Grahamsville, N.Y., he is a six-time All-American after placing third in the nation in the weight throw at the indoor championships. He helped the Eagles to national runner-up finishes as a team at both the indoor and outdoor championships. He was the GLIAC champion in the hammer throw and weight throw this year and is a member of the GLIAC All-Academic Excellence Team.

Jewel, a health and physical education major with minors in coaching and biology, has a 3.63 G.P.A. The North Versailles, Pa. native won his third individual PSAC title in the 800 meters and was the national runner-up in the event after running a school record time of 1:49.09 in 2013. He broke the school record in the 800 meters three times during the season and has a total of five PSAC titles to his name. He was recently awarded the PSAC Top 10 award and is a finalist for the PSAC Pete Nevins Scholar Athlete of the Year honor.

An exercise science major with a 3.93 G.P.A., Sandlin earned his first Capital One Academic All-America® award, but he was a repeat winner of the GLVC Scholar-Athlete of the Year in 2013. The Frankfort, Ky. native placed fourth in the 1,500 meters at the NCAA Division II Outdoor Championships and was part of a sixth place distance medley relay team at the indoor championships to earn All-America honors in each. Sandlin earned All-GLVC honors for indoor and outdoor track and was 13th at the Midwest Regional during cross country season.

A two-time All-American and a 2013 national champion for Pittsburg State, Talbert is a manufacturing engineering technology major with a 3.36 G.P.A. The Newton, Kan. native broke his own school record en route to winning the national title in the discus with a toss of 196-7 despite finishing as the runner-up at the MIAA meet. He finished his career with three MIAA titles in the throws.

Tholis, a native of Belle Mead, N.J., capped off an impressive career with a national runner-up finish in the javelin with a toss of 232-0, the #12 mark in NCAA Division II history at the 2013 outdoor championships. An exercise science major with a 3.90 G.P.A., he was named as the PSAC Field Athlete of the Meet, PSAC Field Athlete of the Year and USTFCCCA Atlantic Region Field Athlete of the Year in 2013. A two-time All-American, he is also a member of the PSAC Top 10 and was named as the winner of the PSAC Pete Nevins Scholar Athlete of the Year award earlier this week.

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Vogel, Hixson Lead Capital One Academic All-America Division II Teams – page 4

An anthropology major with a 3.90 G.P.A., Dinzeo earned All-America honors in the 5,000 meters at the NCAA Division II Indoor and Outdoor Championships. The Sydney, Ohio native is a five-time USTFCCCA All-Region performer in the distance track events. He was named a PSAC Top 10 award winner during the winter and fall. He is a three-time All-PSAC selection at 5,000 meters and had the fastest times in the PSAC in the 5,000 and 10,000 meters in 2013. He was an All-American in cross country following the 2011 season and redshirted in 2012.

The Elite 89 Award winner at the 2013 NCAA Division II Outdoor Championships, Rosser has a 3.97 G.P.A. in environmental engineering. He finished third in the pole vault at the 2013 CCAA Championships and just missed All-America status with a ninth place finish at the outdoor national championships. He was named to the CCAA All-Academic Team in 2011 and is a two-time UCSD All-Academic Team member.

Shell owns a perfect 4.00 G.P.A. in athletic training. He was the Elite 89 Award winner at the 2013 NCAA Division II Indoor Championships. The Cape Girardeau, Mo. native earned All-America honors and was the MIAA champion in the 400 meters during the indoor and outdoor seasons. He broke five school records during the season while earning the MIAA Academic Excellence Award, Scholar-Athlete Award and Academic Honor Roll. He is a four-time All-MIAA performer and three-time All-Region selection in his career.

An English major with a 4.00 undergraduate and graduate G.P.A., Vorderbruegge was the 2012 Elite 89 Winner at the outdoor championship meet. The Honolulu, Hawaii native is a two-time All-American in the 1500 meters. He was the CCAA champion in the same event. During the cross country season he earned All-Region honors and was a national championship qualifier. He finished his career as a four-time All-CCAA Academic award winner.

The 16 members of the 2013 Capital One Academic All-America® Division II Men's Track/Cross Country first team have an average G.P.A. of 3.83.

CAPITAL ONE ACADEMIC ALL-AMERICA® DIVISION II WOMEN'S TEAM

The 2013 Capital One Academic All-America® Division II Women's Track/Cross Country first team is loaded with ten former Academic All-America® selections. There are four individuals, including Hixson, who were named to the first team in 2012. Four others were named to the second team and two were on the third team last year.

Seniors **Rose Mascoli** of East Stroudsburg University, **Milika Tuivanuavou** of Fresno Pacific University and **Amy Varsell** of Bentley University are all repeat selections to the Capital One Academic All-America® Division II Women's Track/Cross Country first team.

Mascoli, a native of Lebanon, Pa. is the only three-time Academic All-America® choice on the team, earning third team honors in 2011 and first team honors in 2012. An exercise science major with a 3.98 G.P.A., she has earned All-America honors in track and cross country and holds school records in the outdoor 3000, 5000 and 10,000 meters. She is a three-time PSAC Top 10 honoree, the ESU Senior Athlete of Year and the ESU co-Senior Scholar-Athlete of the Year. She is a three-time All-PSAC and two-time all-region selection in cross country.

Vogel, Hixson Lead Capital One Academic All-America Division II Teams – page 5

Tuivanuavou was the 2012 College Division Academic All-America® of the Year award winner. The Suva, Fiji native owns the Fiji national records in the triple jump and shot put. In 2013, she was the NCCAA national champion in the triple jump and the PacWest champion in the javelin. At the PacWest championships she accumulated a meet-high 39 points in seven events and was named the Field Athlete of the Year for the conference. A kinesiology major with a 3.72 G.P.A., she is a two-time NAIA national champion and a seven-time All-American.

A corporate finance and accounting major with a minor in Spanish, Varsell has a 3.84 G.P.A. The five-time All-American is from Burlington, Conn. and owns school records in four events. She finished seventh in the 1500 meters at the NCAA Division II Outdoor Championships in 2013 after earning her previous All-America citations in the 800 meters. She was the 2012 Northeast-10 Women's Outdoor Track Athlete of the Year and the 2012 East Region Indoor and Outdoor Women's Athlete of the Year. She is also a five-time conference champion.

Juniors **Tabitha Bemis** of Edinboro University and **Makayla McPhail** of Fort Hays State University join seniors **Corinne Fitzgerald** of East Stroudsburg University and **Erin Kling** of California as members of the Capital One Academic All-America® Division II Women's Track/Cross Country second team in 2012.

A native of Fair Oaks, Pa., Bemis recently earned PSAC Top 10 honors for the fourth time in her career. The health and physical education major has a 3.90 G.P.A. and is a two-time PSAC Indoor Track and Field Athlete of the Year and the Outdoor Track and Field Overall and Field MVP the last two years. She was an All-American during the 2012 indoor season in the long jump and triple jump and was an indoor national qualifier in three events in 2013. She is a two-time USTFCCCA Indoor Atlantic Region Track Athlete of the Year. She won a combined total of five conference titles and had four second place showings at the 2013 PSAC Indoor and Outdoor Championships.

The Elite 89 Award winner for the 2013 NCAA Division II Outdoor Championships, McPhail has a 4.00 G.P.A. in health and human performance. The Liberal, Kan. native has been the national runner-up in the javelin each of the past two years. She is a two-time MIAA champion in the javelin and was the runner-up as a freshman. She is a two-time all-region selection in the event and earned the MIAA Scholar-Athlete Award.

Fitzgerald and Mascoli are one of two pairs of teammates on the Capital One Academic All-America® Division II Women's Track/Cross Country first team. Fitzgerald is a psychology major with a 3.89 G.P.A. The Rockaway, N.J. native has competed in the 3,000-meter steeplechase at three NCAA Division II Outdoor Championship meets in her career for East Stroudsburg. She was a provisional qualifier in three different events in 2013 after finishing third in the PSAC and seventh in the region during the 2012 cross country season. She is a three-time all-region and All-PSAC cross country runner and participated at the 2011 national championship.

Kling, a biology major with a perfect 4.00 G.P.A., set a combined five school records as a senior during the track season and broke three records that stood since 1984. She is a two-time PSAC Champion Scholar Award winner and was recently named to the PSAC Top 10. She was the Vulcans' top cross country runner in the fall and is a three-time USTFCCCA All-Academic selection.

Seniors **Jenny Grant** of Tusculum College and **Katy Gross** of Seattle Pacific University were members of the Capital One Academic All-America® Division II Women's Track/Cross Country third team in 2012.

Vogel, Hixson Lead Capital One Academic All-America Division II Teams – page 6

Grant is a psychology major with a perfect 4.00 G.P.A. who hails from Franklin, Tenn. She was the 2012 South Atlantic Conference Women's Cross Country Scholar Athlete of the Year and is a three-time Duffield Award winner for the top G.P.A. among TC student-athletes. She presented her research findings at the 2012 Southeastern Psychology Association national conference and was involved on campus as a peer tutor, Resident Hall Association president, vice president of the Student-Athlete Advisory Council and on the Tusculum Student Government Judicial Board. Her community service activities include: work with Voices Against Violence, Psychology Club, International & Multicultural Club, Plaza Towers Retirement Home volunteer, New Hope Cemetery volunteer and the Southeastern Guide Dogs Association.

A general engineering major with a 3.92 G.P.A., Gross earned All-America honors in the heptathlon at the 2013 NCAA Division II Outdoor Championships. The Everett, Wash. native also participated in the javelin. She scored points in five events at the GNAC Outdoor Championships and was the GNAC Indoor pentathlon champion. She is a three-time USTFCCCA All-Region performer and has been on three GNAC All-Academic teams.

The remaining Capital One Academic All-America® Division II Women's Track/Cross Country first team members include juniors **Erin Alewine** of the University of Central Missouri, **Lisa Galasso** of Grand Valley State University and **Anna Rudd** of Ferris State University and seniors **Emily Ballock** of Pittsburg State University and **Monica Kinney** of Grand Valley State University.

Along with Academic All-American of the Year Kristen Hixson, Galasso and Kinney give Grand Valley State a total of three student-athletes on the Capital One Academic All-America® Division II Women's Track/Cross Country first team.

Galasso, a biomedical science major with a minor in chemistry and a 3.97 G.P.A., is a four-time indoor All-American and was a 2011 outdoor All-American. She helped the distance medley relay team win a 2012 indoor national title and has qualified for NCAA Division II National Championships eight times in three different events. She has been part of four NCAA Division II National Championship teams. The Orion, Mich. native is a three-time GLIAC individual champion.

Kinney is a nursing major with a 3.76 G.P.A. who was the individual national champion at the 2011 NCAA Division II Indoor Championships in the mile and 5,000 meters. A native of Walker, Mich., she has been a part of six NCAA Division II National Championship Laker teams. She is a nine-time All-American earning six indoor honors and three outdoor honors. She is a five-time indoor GLIAC champion and was the 2011 GLIAC outdoor champion in the 1500 meters.

A national champion in the indoor pentathlon in 2013, Alewine is a dietetics major with a 3.50 G.P.A. A native of Jefferson City, Mo., she is an eight-time All-America and seven-time All-MIAA performer. She was the MIAA indoor champion in the high jump and was ranked in the top five in both the high jump and long jump during the 2013 indoor season. As a sophomore she was the national runner-up in both the indoor pentathlon and outdoor heptathlon.

A native of Leslie, Mich., Rudd won the 2013 NCAA Division II National Championship in the indoor 5,000 meters and was the runner-up in the 3,000 meters before taking a redshirt for the outdoor season. She was named the GLIAC Women's Indoor Track Athlete of the Year after taking individual titles in both events. She earned all-region honors in three indoor events and was the Midwest Region Women's Indoor Track Athlete of the Year. She was an All-American during the 2012 cross country season and during the 2012 outdoor track season. She led FSU to top 15 overall finishes in both cross country and indoor track in 2012-13.

Vogel, Hixson Lead Capital One Academic All-America Division II Teams – page 7

Ballock rounds out the Capital One Academic All-America® Division II Women's Track/Cross Country first team. She is a recreation major with a 3.94 G.P.A. and earned All-America honors during the outdoor season in the 400 hurdles with a school-record time of 59.68. During the indoor season she was a national qualifier in the 800 meters and was the MIAA runner-up in the 600 yards. She also earned All-MIAA honors in two events in 2013. The Eudora, Kan. native was previously a five-time All-Missouri Valley Conference competitor at Wichita State before transferring to PSU.

The 15 members of the 2013 Capital One Academic All-America® Division II Women's Track/Cross Country first team have an average G.P.A. of 3.88.

About Capital One

Capital One Financial Corporation (www.capitalone.com) is a financial holding company whose subsidiaries, which include Capital One, N.A. and Capital One Bank (USA), N. A., had \$216.5 billion in deposits and \$294.5 billion in total assets outstanding as of March 31, 2012. Headquartered in McLean, Virginia, Capital One and ING Direct offer a broad spectrum of financial products and services to consumers, small businesses and commercial clients through a variety of channels. Capital One, N.A. has approximately 1,000 branch locations primarily in New York, New Jersey, Texas, Louisiana, Maryland, Virginia and the District of Columbia.

A Fortune 500 company, Capital One trades on the New York Stock Exchange under the symbol "COF" and is included in the S&P 100 index.

Capital One, an NCAA Corporate Champion, began its affiliation with college sports with the sponsorship of the 2001 Capital One Florida Citrus Bowl (now the Capital One Bowl) and ESPN's Capital One Bowl Week. In addition, Capital One sponsors the ABC College Football Halftime Report, Capital One All-America Mascot team, Capital One Academic All-America® Program, and supports all 89 NCAA Championships including the Division I Men's and Women's Basketball Championships, and numerous other collegiate athletics programs.

About the Capital One Academic All-America® Program

To be eligible for Academic All-America® consideration, a student-athlete must be a varsity starter or key reserve, maintain a cumulative G.P.A. of 3.30 on a scale of 4.00, have reached sophomore athletic and academic standings at his/her current institution and be nominated by his/her sports information director.

Since the program's inception in 1952, CoSIDA has bestowed Academic All-America honors on more than 19,000 student-athletes in Divisions I, II, III and NAIA, covering all NCAA championship sports.

For more information about the Academic All-America® Teams program, please visit www.cosida.com.

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2013 Capital One Academic All-America® Division II Men's Track / Cross Country Team

Academic All-American of the Year: Brent Vogel, Central Missouri

FIRST TEAM				
Name	School	Yr.	Hometown	G.P.A. Major
Brayden Barrientez *	Oklahoma Christian	Sr.	Wichita, Kan.	3.85 Biology
Aaron Dinzeo	California (Pa.)	Jr.	Sidney, Ohio	3.90 Anthropology
John Drago (3)	Bentley	Sr.	Avon, Conn.	3.81 Corp. finance & acct., liberal studies
Russell Drummond (1)	Colorado School of Mines	Sr.	Eugene, Ore.	3.76 Civil Engineering
Garrett Grey	Ashland	Sr.	Grahamsville, N.Y.	3.59 Sport Management
Kevin Jewel	Slippery Rock	Sr.	North Versailles, Pa.	3.66 Health & Physical Education
Tracy Marshall *	Oklahoma Christian	Sr.	Hutchinson, Kan.	3.97 Electrical Engineering
David McWilliams *	Oklahoma Christian	Sr.	Naperville, Ill.	4.00 Bible
Dalton Moberly (1)	Central Missouri	Gr.	Kearney, Mo.	3.94 Kinesiology (MS)
Clint Rosser	California, San Diego	Jr.	Westchester, Calif.	3.97 Environmental Engineering
Robert Sandlin, Jr.	Bellarmine	Sr.	Frankfort, Ky.	3.93 Exercise Science
William Shell	Southwest Baptist	Jr.	Cape Girardeau, Mo.	4.00 Athletic Training
John Talbert	Pittsburg State	Sr.	Newton, Kan.	3.36 Manufacturing Engineering Tech.
Matt Tholis	East Stroudsburg	Sr.	Belle Mead, N.J.	3.90 Exercise Science
Brent Vogel	Central Missouri	Sr.	Jefferson City, Mo.	3.74 Biology
Dawson Vorderbruegge	Cal State Stanislaus	Gr.	Honolulu, Hawaii	4.00 English

SECOND TEAM				
Name	School	Yr.	Hometown	G.P.A. Major
Rob Albano (3)	Felician	Sr.	Pompton Plains, N.J.	3.74 Elementary Education
Luke Beasley	Limestone	Sr.	Gaston, S.C.	4.00 Strength & Conditioning
Binyam Ateka Belachew	Wingate University	Jr.	Addis Ababa, Ethiopia	4.00 Pre-Medicine
William Brockmueller	Sioux Falls	So.	Brandon, S.D.	4.00 Applied Mathematics
David Cooper	Tusculum	So.	Greeneville, Tenn.	4.00 Biology
Ramon Cooper	Grand Canyon	Sr.	Kingston, Jamaica	3.64 Business Administration
Mickey Doerr (3)	Wayne State (Neb.)	Jr.	Bloomfield, Neb.	4.00 History & Science Education
Joel Flott	Shippensburg	Sr.	Phoenixville, Pa.	3.57 Marketing
Kirk Harvey (3)	Metropolitan State	Jr.	Lafayette, Colo.	3.84 Biology
Alfred Kangogo	Alaska Anchorage	Sr.	Eldoret, Kenya	3.37 Nursing
Aron Kurzinski	Seton Hill	Gr.	Greensburg, Pa.	3.50 Business Marketing / MBA
Vegard Olstad	Western State (Col.)	So.	Gjovik, Norway	3.86 Business Administration
Nathan Saliga	Michigan Tech	Sr.	Leonard, Mich.	3.88 Mechanical Engineering
Scott Tanis (3)	Lewis	Sr.	Yorkville, IL	3.90 Sports Management

THIRD TEAM				
Name	School	Yr.	Hometown	G.P.A. Major
Ben Barrows	Central Missouri	Jr.	Smithville, Mo.	4.00 Math Education
Jake Benton	Missouri Southern State	Jr.	Wentzville, Mo.	4.00 Biology
Scott Boiko (3)	Massachusetts Lowell	Jr.	Chelmsford, Mass.	3.38 Biology
Bryan Deibel	Edinboro	Jr.	Albion, N.Y.	3.66 Communications, Broadcast Journalism
Paul Fort	American International	So.	St. Doulichard, France	3.86 Business Management
Tanner Fruit	Nebraska-Kearney	Gr.	Ogallala, Neb.	3.69 Exercise Science
Jacob Griffin	Mercyhurst	Jr.	Danville, Iowa	3.96 Forensic Anthropology
Kellen Levy	California, San Diego	Jr.	Fresno, Calif.	3.72 Literature, Writing
Doug Mack	Wayne State (Mich.)	Sr.	Lake Orion, Mich.	3.88 Biochemistry & Chemical Biology
Sean Maguire	Bentley	Sr.	Essex, Vt.	3.71 Corporate Finance & Accounting
Andrew McLain	Lewis	Jr.	Fort Wayne, Ind.	3.84 Sports Management
Kori Meshaw	Kutztown	Sr.	Lancaster, Pa.	3.36 Business Administration
Pardon Ndhlovu	UNC-Pembroke	Sr.	Harare, Zimbabwe	3.43 Business
Phil Schneider	Colorado School of Mines	So.	The Woodlands, Texas	3.46 Chemical & Biological Engineering
Kelly Troester	Chadron State	Sr.	Marsland, Neb.	3.98 Rangeland Management
Chris Yanichko	Florida Southern	Jr.	Grove City, Ohio	3.94 Biochemistry, Molecular Biology

- (1) Capital One Academic All-America® Division II 1st team in 2012
 (2) Capital One Academic All-America® Division II 2nd team in 2012
 (3) Capital One Academic All-America® Division II 3rd team in 2012
 (*) Capital One Academic All-America® College Division 1st team in 2012





2013 Capital One Academic All-America® Division II Women's Track / Cross Country Team

Academic All-American of the Year: Kristen Hixson, Grand Valley State

FIRST TEAM					
Name	School	Yr.	Hometown	G.P.A.	Major
Erin Alewine	Central Missouri	Jr.	Jefferson City, Mo.	3.50	Dietetics
Emily Ballock	Pittsburg State	Sr.	Eudora, Kan.	3.94	Recreation
Tabitha Bemis (2)	Edinboro	Jr.	Fair Oaks, Pa.	3.90	Health & Physical Education
Corinne Fitzgerald (2)	East Stroudsburg	Sr.	Rockaway, N.J.	3.89	Psychology
Lisa Galasso	Grand Valley State	Jr.	Orion, Mich.	3.97	Biomedical Science
Jenny Grant (3)	Tusculum	Sr.	Franklin, Tenn.	4.00	Psychology
Katy Gross (3)	Seattle Pacific	Sr.	Everett, Wash.	3.92	General Engineering
Kristen Hixson (1)	Grand Valley State	Jr.	Remus, Mich.	3.96	Finance
Monica Kinney	Grand Valley State	Sr.	Walker, Mich.	3.76	Nursing
Erin Kling (2)	California (Pa.)	Sr.	Jamestown, N.Y.	4.00	Biology
Rose Mascoli (1) #	East Stroudsburg	Sr.	Lebanon, Pa.	3.98	Exercise Science
Makayla McPhail (2)	Fort Hays State	Jr.	Liberal, Kan.	4.00	Health & Human Performance
Anna Rudd	Ferris State	Jr.	Leslie, Mich.	3.86	Nursing (B.S.N.)
Milika Tuivanuavou	Fresno Pacific	Sr.	Suva, Fiji	3.72	Kinesiology
Amy Varsell (1)	Bentley	Sr.	Burlington, Conn.	3.84	Corporate Finance & Accounting

SECOND TEAM					
Name	School	Yr.	Hometown	G.P.A.	Major
Mikayla Barondeau (3)	Northern State	Sr.	Frederick, S.D.	4.00	English
Deborah Boedeker	Truman State	Sr.	Florissant, Mo.	4.00	Mathematics
Stephanie Case (2)	Slippery Rock	Sr.	Columbiana, Ohio	3.81	Biology
Vicki Davis	Bloomsburg	Sr.	New Ringgold, Pa.	3.74	Secondary Education, History
Lauryn Falcone	Rollins	Sr.	Somers, Conn.	4.00	Biology / pre-med
Melanie Hoffman	Michigan Tech	Sr.	Pulaski, Wis.	4.00	Exercise science / biology
Angela Musk	Bellarmino	Sr.	New Hope, Ky.	3.66	Psychology & art
Starr Nathan	American International	Sr.	Randolph, Mass.	3.90	Communications
Madison Pines	Northwood (Mich.)	Jr.	Troy, Mich.	4.00	Accounting
Tara Richardson	Western State (Col.)	Jr.	Wiggins, Colo.	3.96	Biology, Exer. & Sport Science
Katie Spratford	Shippensburg	Sr.	Califon, N.J.	3.56	Exercise Science
Kara Styles	Slippery Rock	Gr.	Windber, Pa.	4.00	Doctor of Physical Therapy
Alison Worthen (3)	Seattle Pacific	Sr.	Coos Bay, Ore.	3.52	Exercise Science, Education
Monica Wuertz	Pittsburg State	Sr.	Richmond, Kan.	4.00	Construction Engineering Tech.
Ewa Zaborowska	Harding	So.	Wejherowo, Poland	4.00	Accounting

THIRD TEAM					
Name	School	Yr.	Hometown	G.P.A.	Major
Jenny Altieri	Limestone	Sr.	Stevensville, Md.	4.00	Athletic Training
Jessie Baldwin	Newberry (S.C.)	Sr.	Camden, S.C.	4.00	Biology
Alex Colvin	Colorado, Col. Springs	Sr.	Monument, Colo.	3.86	Human Biology
Emeline Crutcher	Angelo State	Sr.	Wellman, Texas	3.81	Biochemistry
Michelle Cumberbatch	Lincoln (Mo.)	Jr.	Nassau, Bahamas	3.58	Business Administration
Caitlin Fahey	Bentley	Sr.	Bridgewater, Mass.	3.64	Corporate Finance & Accounting
Emily Frith	Bellarmino	Jr.	Crab Orchard, Ky.	3.98	Exercise Science
Shavine Hodges (3)	Grand Canyon	Jr.	Montego Bay, Jamaica	3.48	Biology (pre-med emphasis)
Ruth Keino	Alaska Anchorage	Sr.	Kapcheno, Kenya	3.34	Nursing
Rachel McCarroll	Truman State	Sr.	Lawson, Mo.	3.59	Physics
Sophie McNeely	Western State (Col.)	Sr.	Littleton, Colo.	3.77	Exercise & Sport Science
Lisa Ohberg	Cal State Los Angeles	Sr.	Uddevalla, Sweden	3.66	Business Administration
Larissa Richards	Pittsburg State	Sr.	Great Bend, Kan.	3.35	Health, Human Perf. & Recreation
Stephanie Smigiera	Edinboro	Sr.	West Seneca, N.Y.	3.93	Human Performance
Hannah Witt	King (Tenn.)	Sr.	Mountain City, Tenn.	3.94	Human Biology

- (1) Capital One Academic All-America® Division II 1st team in 2012
 (2) Capital One Academic All-America® Division II 2nd team in 2012
 (3) Capital One Academic All-America® Division II 3rd team in 2012
 (#) Capital One Academic All-America® College Division 3rd team in 2011

