

THE BIG SOUTH CONFERENCE

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For more than 20 years, the Big South Conference has been a progressive, NCAA Division I athletic Conference reflecting the energy and growth of the Southeastern United States. Founded in 1983, the Big South has matured into a competitive leader in college athletics, actively pursuing excellence both on the field of play and in the classroom. Based in Charlotte, N.C., the Big South Conference's growing presence as an NCAA Division I athletic league is evident by competitive success on the national stage, innovative marketing and media partnerships, increased football and basketball television packages, the enhancement of the quality of the student-athlete experience, and strategic planning that has carried the Big South through the first decade of the 21st Century.

Now in its 23rd year of existence, the Big South Conference continues to emerge, providing quality athletic competition while intentionally fostering the academic, personal, social, athletic and leadership development of each student-athlete. The League consists of nine member institutions: Birmingham-Southern College, Charleston Southern University, Coastal Carolina University, High Point University, Liberty University, UNC Asheville, Radford University, Virginia Military Institute and Winthrop University, while its geographic breakdown features Alabama (1 member), North Carolina (2), South Carolina (3) and Virginia (3). Two new members will join the Big South footprint in 2008-09. Gardner-Webb University, an associate member in football, will become a full member, joining Presbyterian College, which is beginning its transition to Division I athletics in 2006.

In the Fall of 2002, the Big South welcomed the addition of football as a Conference sport, bringing the number of Division I championship programs the Big South sponsors to 18. The League sponsors nine championship sports for men: baseball, basketball, cross country, football, golf, soccer, indoor/outdoor track, and tennis, as well as nine for women: basketball, cross country, golf, soccer, softball, tennis, indoor/outdoor track and volleyball. Again this year, Big South champions in men's and women's basketball, men's and women's soccer, volleyball, men's and women's golf, baseball, softball, men's and women's tennis and men's and women's track & field will receive automatic bids to NCAA Championships.

ATHLETIC SUCCESS

The Big South continued its growing achievements in 2005-06, as the League experienced Top 15 rankings in the national RPI in baseball, softball and women's basketball, as well as Top 20 ranking in men's basketball and volleyball. Big South members defeated the No. 1 football and baseball team in the nation (Coastal Carolina football vs. James

Madison and Winthrop baseball vs. North Carolina); the Big South had its first-ever national finalist for NCAA Woman of the Year (Winthrop's Janiva Willis); Liberty's Josh McDougal became the first Big South athlete to receive All-America honors in the three running sports in the same season (cross country, indoor track and outdoor track); the Big South placed two teams in the NCAA Baseball Regionals for the fifth time in six seasons; the Conference went 2-1 in its first-ever participation in the ESPN BracketBusters men's basketball event; Coastal Carolina men's golf reached the NCAA Championship for the second-straight year; the Big South had more than 20 All-Americans, including six first-team selections.

SUCCESS IN THE CLASSROOM

Last year's academic success mirrored the on-field achievements. A total of 32 Big South student-athletes were named Academic All-District, four of which earned Academic All-America accolades. In football, Charleston Southern's Adam DeGraffenreid was tabbed the I-AA Athletic Directors National Scholar-Athlete of the Year, the second time in three years the award was bestowed upon a Big South football player.

CONFERENCE HONORS

In celebrating its 20th anniversary in 2003-04, the Big South inducted its inaugural Hall of Fame class, which included 11 former student-athletes and administrators who were an integral part in the Big South's early development and vitality. The Hall of Fame now stands at 25 members, as five more individuals were inducted in the Spring of 2006. In addition to the Big South's athletic accomplishments, the League also recognizes and honors academic excellence. Each year, the Presidential Honor Roll and the George A. Christenberry Awards honor student-athletes' outstanding work in the classroom. The Christenberry Award recognizes student-athletes graduating with a 4.0 grade point average. Additionally, the Conference's SID's annually select a Scholar-Athlete in each Conference sport, plus a male and female Scholar-Athlete of the Year.

The Conference was formed on August 21, 1983, when Charleston Southern (then Baptist College) Athletic Director Howard Bagwell and Augusta President George Christenberry initially began recruiting members into the Big South. The League's seven charter members were Armstrong State, Augusta, Campbell, Charleston Southern, Coastal Carolina, Radford and Winthrop.



BIG SOUTH CONFERENCE

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Charlotte, NC 28226
(704) 341-7990 / Fax: (704) 341-7991
www.BigSouthSports.com
Founded: 1983

President:

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Vice President:

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Nancy Perkins

Full-Time Member Institutions (9):

Birmingham-Southern College, Charleston Southern University, Coastal Carolina University, High Point University, Liberty University, Radford University, UNC Asheville, Virginia Military Institute, Winthrop University.

Future Members (2):

Gardner-Webb University (2008-09); Presbyterian College (2008-09)

Geographical Breakdown (4 states):

Alabama (1) – Birmingham-Southern College; North Carolina (2) – High Point University, UNC Asheville; South Carolina (3) – Charleston Southern University, Coastal Carolina University, Winthrop University; Virginia (3) – Liberty University, Radford University, VMI.

Championship Sports (18):

Baseball, Men's Basketball, Women's Basketball, Men's Cross Country, Women's Cross Country, Football, Men's Golf, Women's Golf, Men's Soccer, Women's Soccer, Softball, Men's Tennis, Women's Tennis, Men's Indoor & Outdoor Track & Field, Women's Indoor and Outdoor Track & Field, Volleyball.



Kyle Kallander
Commissioner



James Companion
Associate
Commissioner



Dawn Turner
Associate
Commissioner



Mark Simpson
Director of
Public Relations



Chad Cook
Assistant Director
of Marketing



Nic Bowman
Asst. Director of
Public Relations

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2007 CROSS COUNTRY SEASON REVIEW



KEYDET FRESHMEN LEAD THE CHARGE IN '07



The 2007 VMI men's and women's cross country teams were led by a trio of freshmen performers, as Hannah Granger, Felix Kitur and Ermin Mujezinovic led the team in all 11 of their respective races that they competed in. For the men, Kitur guided the Keydets to a fifth place finish at the 2007 Big South Cross Country Championships with his time of 27:10 at the 8k course, while Mujezinovic' team-best time of 32:36 paced VMI to a 19th place finish at the NCAA Southeast Regional Championships. For the women, Granger started her collegiate career off with a bang by setting new VMI school marks in the 4k (14:54), 5k (18:26) and 6k (21:56) courses, and leading the team in all six races.

Both teams turned in fifth place showings at the 2007 Big South Cross Country Championships in Hendersonville, N.C., for the women matching their best-ever finish at a conference championship event.

Granger placed 12th overall with a time of 18:32, just two places out of qualifying for the All-Conference team, and was followed by Junior's Ania Najda (24th-19:28), Kelsey Stafford (29th-19:41) and Christina Mowatt-Larssen (39th-20:06). Rounding out the scoring for VMI was sophomore Emily Fritts (45th-20:20) and freshman Erin Hawes (20:28). The men's team was led by Kitur (18th overall), while a tight pack of Keydets accounted for the team's next three scores: Junior Andrew Rademaker (21st-27:21), freshman Ermin Mujezinovic (22nd-27:22) and senior Ben Switzer (23rd-27:28). Rounding out the scoring was senior Kurt Able who placed 26th overall, crossing the line at 27:35.

"I thought all of our girls ran well, Hannah had to fight through the flu, but she still ended up just four seconds off of her personal best, which shows just how tough of a competitor that she is," said Head Coach Paul Spangler. "All of the girls really did an outstanding job today, I couldn't ask for much more from them. For our men, our goal was to finish fourth, and we fell ten points shy of that. In the preseason polls, we were picked sixth, so that's one good side of it. But we would like to have been fourth today. We beat Coastal Carolina, who was the runner-up last season, and I think that just shows that the Conference is really growing as a whole."

The VMI men's and women's cross country teams wrapped up its 2007 season with a good showing at this year's NCAA Regional Championships. The men's team, led by junior Andrew Rademaker, finished 19th overall in the 10k race while the women's team was paced by freshman Hannah Granger and finished in 27th place at the 6k course.

The future of the program looks very bright for VMI, with a majority of this year's team returning for next season. The men's team will lose just two of its top ten performers. Meanwhile, redshirt junior and the team's top runner Donnie Cowart will return for his final year of eligibility. For the women, five of the top six will be back for coach Spangler's team.

"With the people we have returning, it is realistic that we can be a top-15 men's team and top-20 women's team (at next year's Regional Championships)," added Spangler. "This season was also a very good stepping stone into the 2007-08 track & field season."



2007 CROSS COUNTRY SEASON REVIEW

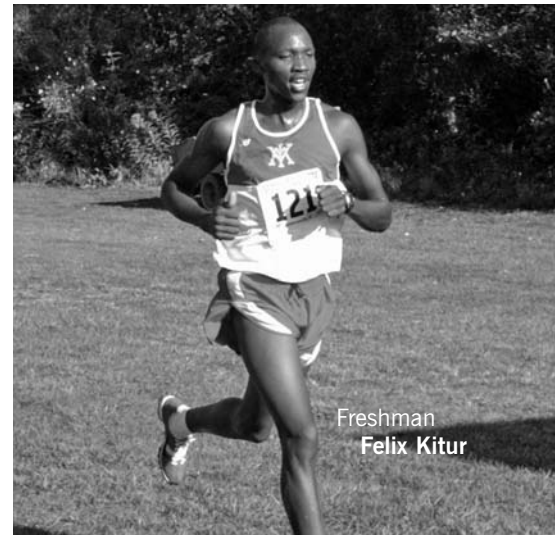
2007 RESULTS:

Day	Date	Meet	Location	Distance	Finish
Sat	9/1	VMI Season Opener	Lexington, Va.	5k	3/4
Fri	9/14	Bulldog Invitational	Asheville, N.C.	8k	3/5
Fri	9/28	Paul Short Run	Lehigh, Pa	8k	31/41
Sat	9/29	VMI Invitational	Lexington, Va.	8k	1/2
Sat	10/13	Furman Invitational	Greenville, S.C	8.3k	7/18
Sat	10/27	Big South Championships	Asheville, N.C.	8k	5/8
Sat	11/10	NCAA Regional Championships	Louisville, Ky	10k	19/29

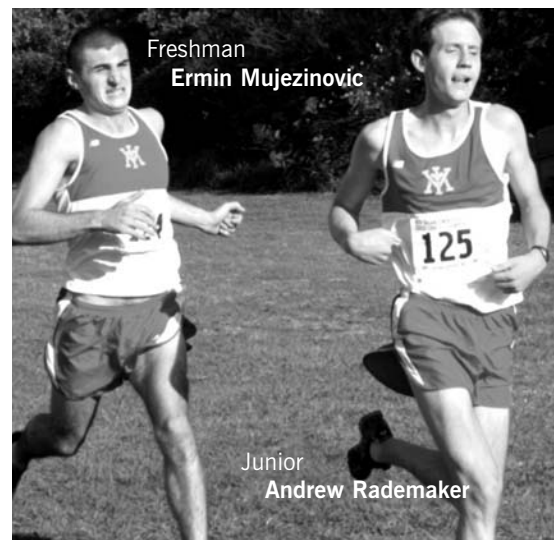
2007 SEASON ROSTER

Name	Cl.	Hometown/Previous School
Anthony Harris	Sr.	Orlando, Fla./Cypress Creek
Ben Switzer	Sr.	Rockbridge Baths, Va./Rockbridge Co.
Donnie Cowart	Sr.	Rustburg, Va./Rustburg
Kurt Able	Sr.	Wesley Chapel, Fla./Wesley Chapel
Kevin Sullivan	Sr.	Nokesville, Va./Brentsville
Corey Houck	Sr.	Columbia, S.C./Spring Valley
Andrew Rademaker	Jr.	Fork Union, Va./FUMA
Jared Klajnbart	Jr.	Colorado Springs, Colo./Cheyenne Mtn.
Garland Gray	So.	Williamsburg, Va./Wasingham Acad.
Matt Sagar	So.	Alexandria, Va./Bishop Ireton
Matt Satterwhite	So.	Charlottesville, Va./Western Albemarle
T.J. Laird	So.	Pittsburgh, Pa./Trinity Christian
Geoff Ranowsky	Fr.	Forest, Va./Jefferson Forest
Geophery Mills	Fr.	Chesapeake, Va./Oscar F. Smith
Chad Bowman	Fr.	Carmel, Ind./Carmel
Felix Kitur	Fr.	Eldoret, Kenya/Digital Advisory and Learning Centre
Leo Walker	Fr.	West Springfield, Va./West Springfield
Brian Blincoe	Fr.	Falls Church, Va./Falls Church
Ermin Mujezinovic	Fr.	Herndon, Va./Herndon
Andrew Duty	Fr.	Midlothian, Va./Manchester

Head Coach: Paul Spangler (Alabama '98), Sixth season
Assistant Coach: Jackie Tugman (VMI '02), Fourth season



Freshman
Felix Kitur



Freshman
Ermin Mujezinovic

Junior
Andrew Rademaker

2007 RESULTS & TIMES

Felix Kitur, Fr.			
VMI Opener	DNR	x	
Bulldog Invitational	DNR	x	
Paul Short Run	26:04	125th	
VMI Invitational	DNR	x	
Furman Invitational	26:50	12th	
Big South Champ.	27:10	18th	
NCAA Regionals	DNR	x	
Ermin Mujezinovic, Fr.			
VMI Opener	DNR	x	
Bulldog Invitational	27:22	6th	
Paul Short Run	26:10	138th	
VMI Invitational	DNR	x	
Furman Invit.	27:41	46th	
Big South Champ.	27:22	22nd	
NCAA Regionals	33:17	128th	
Andrew Rademaker So.			
VMI Opener	DNR	x	
Bulldog Invitational	28:24	16th	
Paul Short Run	DNR	x	
VMI Invitational	DNR	x	
Furman Invit.	27:36	41st	
Big South Champ.	27:21	21st	
NCAA Regionals	32:36	100th	
Kurt Able Sr.			
VMI Opener	16:52	11th	
Bulldog Invitational	28:58	21st	
Paul Short Run	26:38	193rd	
VMI Invitational	DNR	x	
Furman Invit.	27:06	18th	
Big South Champ.	27:35	26th	
NCAA Regionals	33:26	133rd	
Matt Sagar, So.			
VMI Opener	DNR	x	
Bulldog Invitational	28:39	18th	
Paul Short Run	26:19	154th	
VMI Invitational	DNR	DNR	
Furman Invit.	27:10	20th	
Big South Champ.	27:50	29th	
NCAA Regionals	32:46	108th	

CONFERENCE RESULTS:

MEN'S TEAM RESULTS:

1. Liberty	27
2. High Point	58
3. Winthrop	75
4. Radford	100
5. VMI	110
6. Coastal Carolina	118
7. UNC-Asheville	205
8. Charleston Southern	232

MEN'S CROSS COUNTRY NOTES:

- VMI equaled its best NCAA Regional finish this season by placing 19th in the Southeast Region.
- Freshmen Felix Kitur and Ermin Mujezinovic represented the team's top finisher in all six races they competed in.
- The annual Paul Short Run marked the first ever cross country meet for Kitur.





2007 CROSS COUNTRY SEASON REVIEW

2007 RESULTS:

Day	Date	Meet	Location	Distance	Finish
Sat	9/1	VMI Season Opener	Lexington, Va.	4k	2/5
Fri	9/14	Bulldog Invitational	Asheville, N.C.	5k	4/5
Fri	9/28	Paul Short Run	Lehigh, Pa	6k	40/47
Sat	10/13	Furman Invitational	Greenville, S.C	5k	10/19
Sat	10/27	Big South Championships	Asheville, N.C.	5k	5/8
Sat	11/10	NCAA Regional Championships	Louisville, Ky	6k	27/31

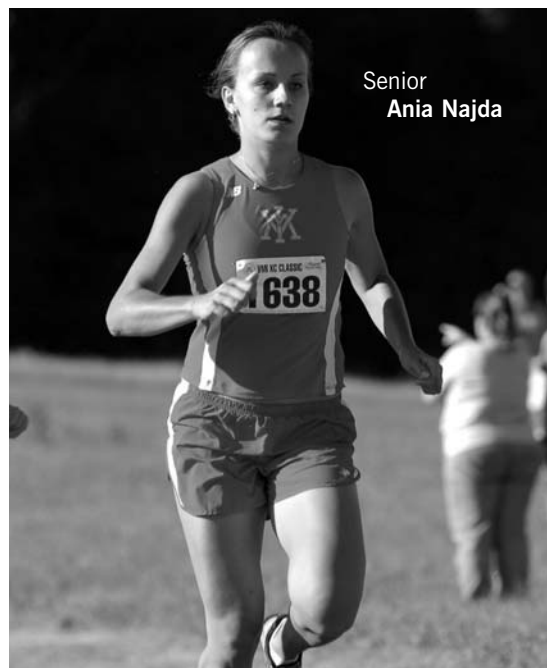
2007 SEASON ROSTER

Name	Cl.	Hometown/Previous School
Emily Fritts	So.	Fishersville, Va./Stuarts Draft
Hannah Granger	Fr.	Wayne, Pa./Radnor
Erin Hawes	Fr.	Manchester, Va./Manchester
Christina Mowatt-Larssen	Jr.	Chantilly, Va./Westfield
Ania Najda	Jr.	Olsztyn, Poland/Univ. of Warmia and Mazury
Kelsey Stafford	Jr.	Charlottesville, Va./West. Albemarle

Head Coach: Paul Spangler (Alabama '98), Sixth season
Assistant Coach: Jackie Tugman (VMI '02), Fourth season



Freshman
Hannah Granger



Senior
Ania Najda

2007 RESULTS & TIMES

Hannah Granger, Fr.		
VMI Opener	14:54	2nd
Bulldog Invitational	18:45	3rd
Paul Short Run	21:56	58th
Furman Invitational	18:26	6th
Big South Champ.	18:32	12th
NCAA Regionals	21:57	64th
Ania Najda, Sr.		
VMI Opener	15:52	5th
Bulldog Invitational	20:23	15th
Paul Short Run	24:49	268th
Furman Invitational	19:47	40th
Big South Champ.	19:28	24th
NCAA Regionals	24:40	209th
Kelsey Stafford, Jr.		
VMI Opener	15:59	6th
Bulldog Invitational	20:35	17th
Paul Short Run	23:38	194th
Furman Invitational	20:36	76th
Big South Champ.	19:41	29th
NCAA Regionals	23:46	170th
Christina Mowatt-Larssen, Jr.		
VMI Opener	17:09	14th
Bulldog Invitational	21:26	25th
Paul Short Run	24:39	261st
Furman Invitational	21:01	94th
Big South Champ.	20:06	39th
NCAA Regionals	24:08	188th
Emily Fritts, So.		
VMI Opener	18:00	17th
Bulldog Invitational		
Paul Short Run	26:53	311th
Furman Invitational	20:30	70th
Big South Champ.	20:20	45th
NCAA Regionals	23:53	176th
Erin Hawes, Fr.		
VMI Opener	18:27	19th
Bulldog Invitational	22:23	30th
Paul Short Run	25:20	288th
Furman Invitational	20:51	89th
Big South Champ.	20:28	47th
NCAA Regionals	25:08	214th

CONFERENCE RESULTS

WOMEN'S TEAM RESULTS:

1. Liberty	.36
2. Coastal Carolina	.39
3. High Point	.68
4. Radford	.127
5. VMI	.143
6. UNC-Asheville	.146
7. Winthrop	.162
8. Charleston Southern	.240

WOMEN'S CROSS COUNTRY NOTES:

- VMI equaled its best conference finish by placing fifth at the 2007 Big South Conference Championships in Hendersonville, N.C.
- Freshman Hannah Granger led the Keydets in all six meets this season, and broke three VMI cross country records: 4k - 14:54; 5k - 18:26; 6k - 21:56.

