

## College Distance Running Guide for Nebraska High School Athletes

Updated January 30, 2021

Contact [jay@jayslaqle.com](mailto:jay@jayslaqle.com) with suggested updates.

### Key:

ECA – Estimated cost of tuition, housing, meal plan and fees before academic and athletic scholarships are considered.

ACT/GPA eligibility: General guidelines for when students may be eligible for academic scholarships. More information can be obtained by visiting each school's financial aid website.

Average scholarship per runner: Percentage of full tuition cost for each distance runner currently on scholarship

### Colleges listed in this guide:

Augustana University  
Bellevue University  
Benedictine College  
Chadron State College  
Cloud County Community College  
College of St. Mary  
Concordia University Nebraska  
Concordia University, Irvine (CA)  
Doane University  
Hastings College  
Iowa Central Community College  
Iowa Wesleyan  
Iowa Western  
Midland University  
Missouri Western State University  
Morningside College  
Mount Marty College  
Nebraska Wesleyan University  
Northwest Missouri State University  
Peru State College  
South Dakota State University  
University of Nebraska – Kearney  
University of Nebraska – Lincoln  
University of Nebraska – Omaha  
University of South Dakota  
Wayne State College  
Wichita State University  
York College

## Augustana University

[www.augie.edu](http://www.augie.edu)

Sioux Falls, SD (listing updated Dec. 2020)

2020 fall enrollment: 1,948

ECA: \$44,772

[www.goaugie.com](http://www.goaugie.com)

Division/conference: D2, Northern Sun

Sports: Men/women XC & T&F

2020 XC roster size: Men – 21, women – 23

Distance coach: Tracy Hellman since 2000

[tracy.hellman@augie.edu](mailto:tracy.hellman@augie.edu)

Lead recruiter: Scott Tanis, Asst. Coach

[Scott.tanis@augie.edu](mailto:Scott.tanis@augie.edu)

*ACT/GPA eligibility for academic aid:* Generally in the low 20's and above 3.0; a chart showing academic scholarship eligibility by ACT/GPA is available on Augustana's financial aid website. Scholarships range from \$17,000 to \$24,000.

*Recruiting and walk-on standards:* Augustana does not release standards because they feel that PRs are just one part of their evaluation. They consider prior training, academic marks and overall personality. The number of scholarships vary by year, and the coaches try to reward returning runners who have shown significant improvement.

*Overview:* Both of Augustana's XC teams qualified for nationals in 2017, with the men finishing 8<sup>th</sup> and the women 14<sup>th</sup>. They return six of seven top runners on both teams in 2018. Both teams have qualified for nationals in 9 of the last 10 years, and both teams have finished top-10 at XC nationals seven times in the last 10 years. The women won the D2 national championship in 2011, and the men have won their regional six consecutive years. In the past decade, Augustana has had 34 first-team XC All-Americans, 51 first-team T&F All-Americans, and national champions in the indoor/outdoor 800, men's indoor DMR and women's outdoor 1500.

## Bellevue University

[www.bellevue.edu](http://www.bellevue.edu)

Bellevue, NE (listing updated Dec. 2020)  
2020 fall enrollment: 750 campus (10,000 online)  
ECA: \$19,000 (\$8,800 tuition, \$10,626 board)

[www.bubruins.com](http://www.bubruins.com)

Division/conference: NAIA, North Star Ath Assn  
Sports: Men/women XC & indoor/outdoor T&F  
2020 XC roster size: 8 men, 7 women, goal is 20 total

Distance coach: Craig Christians founded 2018  
[cchristians@bellevue.edu](mailto:cchristians@bellevue.edu)

*ACT/GPA eligibility for academic aid:* Bellevue only requires high school graduation for admission; a GPA of 2.0 or higher may qualify a student for academic aid. Numerous scholarships are available to incoming students and minority students.

*Average scholarships available each year to distance runners for all grades:* Almost all athletes will receive some type of athletic scholarship, with some receiving up to the full cost of tuition of \$9,000. After first contact, Coach will provide a table sharing scholarship levels based on 5k times.

*Recruiting and walk-on standards:* There are no walk-on or recruiting standards; Coach Christians is looking for good students to build depth in his program.

*Overview:* Bellevue launched in August 2018. Coach Christians was a long-time coach at Bellevue West high school and continues to perform at a high level in the Nebraska Master's running scene. The track program is a distance-only team comprised members of the cross country team. Bellevue University has been expanding its athletic programs with great success. The baseball, men's basketball, men's and women's soccer, women's golf, softball and volleyball teams are consistent qualifiers for the NAIA national tournaments. The cross country team has made steady improvement over the first three years and has produced its first National championship qualifier.

## Benedictine College

[www.benedictine.edu](http://www.benedictine.edu)

Atchison, KS (listing updated Dec. 2020)  
2020 fall enrollment: 1,980  
ECA: \$38,380

[www.ravenathletics.com](http://www.ravenathletics.com)

Division/conference: NAIA, HAAC (Heart)  
Sports: Men/women XC & T&F  
2020 XC roster size: Men – 9, women – 13  
Distance coach: Je'Kel Smith (since 2020)

[jksmith@benedictine.edu](mailto:jksmith@benedictine.edu)

*ACT/GPA eligibility for academic aid:* Academic and athletic scholarships are available to all our athletes who meet the academic standards. Walk-ons are able to try out for the team and earn an athletic scholarship based on their dedication and performance.

Program interview: Coach Smith joins the program in 2020 after 8 years at other programs. The women's team captured the Heart of America Conference title in November 2020, with 5 finishers in the top 10. The women's team qualified for the NAIA National XC Championships to be held April 9, 2020; the team is currently ranked 14<sup>th</sup> nationally.

## Chadron State College

[www.csc.edu](http://www.csc.edu)

Chadron, NE (listing updated Dec. 2020)  
2020 fall enrollment: 3,000  
ECA: \$15,000

<http://chadron eagles.com/index.aspx?path=cross>

Division/conference: D2, RMAC  
Sports: Men/women XC & T&F  
2020 XC roster size: Men – 9, women – 7, looking to double these numbers in 2021  
Distance coach: Luke Karamitros since 2019  
[Lkaramitros@csc.edu](mailto:Lkaramitros@csc.edu)  
Recruiting/coaching asst: Derek Horton  
[Derek.horton@eagles.csc.edu](mailto:Derek.horton@eagles.csc.edu)

*ACT/GPA eligibility for academic aid:* 21, 3.0  
*Average scholarships available each year to distance runners for all grades:* 3.0 men/3.0 women  
*Average scholarship per runner:* 0.25 men/women

*2020 Men walk-on standards:* 2:10 (800), 5:20 (1600), 11:00 (3200), 18:30 (5kXC)  
*2020 Men recruiting standards:* 2:00 (800), 4:35 (1600), 10:10 (3200), varies (5kXC)  
*2020 Women walk-on standards:* 2:45 (800), 6:30 (1600), 14:00 (3200), 23:30 (5kXC)  
*2020 Women recruiting standards:* 2:25 (800), 5:40 (1600), 12:10 (3200), varies (5kXC)

*Overview:* Luke Karamitros begins his second season as the head cross country coach at Chadron State College in fall of 2020, overseeing both the men's and women's programs as well as distance athletes for indoor and outdoor track and field. He comes to Chadron by way of Adams State University, where he worked for three years as an assistant cross country coach. There he was responsible for enforcing training plans and competition strategies for cross country student-athletes as well as track and field distance runners. Karamitros also helped Adams with recruiting and he had side responsibilities such as travel planning, working camps, and strength training. During his time at ASU, the program won two NCAA Division II Men's Cross Country Championships and one Women's championship. Karamitros hopes to bring that winning Championship culture to Chadron State.

## **Cloud County Community College**

[www.cloud.edu](http://www.cloud.edu)  
Concordia, KS (listing updated Jan. 2021)  
2019 Fall Enrollment: 1,858 (673 on campus)  
ECA: \$10,530 (out of state costs)  
[www.cloudtbirds.com](http://www.cloudtbirds.com)

Division/Conference: NJCAA D1 (Juco)|, KJCCC  
Sports: Men/Women XC, T&F, ½ marathon  
2020 XC Roster Size: Men – 8, Women – 12  
XC Head Coach Drew Mahin – since 2012  
[dmahin@cloud.edu](mailto:dmahin@cloud.edu)

*Men's walk-on standards:* No minimum standards, no roster limitations.

*Men's scholarship standards:* 1:55 (800m), 4:25, (1600m), 9:40 (3200m), 16:30 (5k XC)

*Women's walk-on standards:* No minimum standards, no roster limitations.

*Women's scholarship standards:* 2:25 (800m), 5:25, (1600m), 11:50 (3200m), 19:45 (5k XC)

*Overview:* Concordia, KS is 30 miles south of Nebraska border, directly south of York. Region VI Cross Country Champions Men (2019 & 2020) Women (2020), NJCAA XC Champions Men (2019), NJCAA XC Runner-Up Women (2020), NJCAA ½ Marathon Runner-Up Men (2020). The Thunderbirds won the NJCAA Men's Outdoor Track Title in 2019 as well. Men's Head Track Coach is Harry Kitchener (45 years at Cloud - NJCAA XC/TF Hall of Fames). Women's Head Track Coach is Ted Schmitz (40 years at Cloud – NJCAA XC/TF Hall of Fame).

## **College of St. Mary**

[www.csm.edu](http://www.csm.edu)  
Omaha, NE (listing updated Dec. 2020)  
2020 fall enrollment: 700 undergraduate, 350 graduate (women only)  
2020 ECA: \$21,370  
<http://www.csmflames.com/sport/0/3.php>  
Division/conference: NAIA, GPAC  
Sports: Women XC and T&F  
2020 XC roster size: Women – 20  
Distance coach: Derek Fey since 2014  
[dfey@csm.edu](mailto:dfey@csm.edu)

*ACT/GPA eligibility for academic aid:* 18, 2.0

*Average scholarships available each year to distance runners for all grades:* The program has no limit on scholarships. Scholarships vary due to each athlete's academic and athletic profile.

*Average scholarship per runner:* CSM combines athletic and academic standards to create a financial aid package. Awards cannot exceed tuition costs (\$18,900) per GPAC guidelines.

*Women walk-on standards:* No standards, although athletes do not race until they can break 25:00 in a 5K race.

*Women recruiting standards:* No specific standards; each athlete is judged based on her combined academic and athletic abilities.

*Overview:* CSM now competes in the GPAC, which also features Concordia, Doane, Hastings and Midland. In its prior conference, CSM won the MCAC XC championship in 2013 and 2014, and Emily Weber was the individual champion in both years. CSM qualified for the 2013 and 2014 NAIA national championships. CSM will open the Wellness and Athletic Center in Fall 2021, which will feature an indoor 200-meter track, three basketball/volleyball courts, indoor batting tunnels, a golf simulator, and a large fitness area. Coach Fey was an All-American at Dana in both XC and T&F.

## **Concordia University Nebraska**

[www.cune.edu](http://www.cune.edu)

Seward, NE (listing updated December 2020)

2020 fall enrollment: 1,190 undergraduate

ECA: \$45,800 before aid/scholarships

<http://www.cune.edu/athletics/teams/cross-country/>

Division/conference: NAIA, GPAC

Sports: Men/women XC & TF

2018 XC roster size: Men – 23, women – 28

Distance coach: Matt Beisel since 2016

[Matt.beisel@cune.edu](mailto:Matt.beisel@cune.edu)

*ACT/GPA eligibility for academic aid:* all accepted applicants. ACT/SAT only required if GPA under 3.00, or if applicant is 4.00 and 31 or higher on ACT (or SAT equivalent) to receive Presidential scholarship.

*Average scholarships available each year to distance runners for all grades:* Most of their distance runners receive athletic scholarships at some level. In addition, most Concordia distance runners are receiving significant academic scholarships due to their high school GPA/ACT/SAT scores.

*Walk-on and recruiting standards:* Every athlete is evaluated on a case-by-case basis, with a focus on student-athletes who would potentially be impact at the conference and national level. However, they are open to talking with anyone who has an interest in Concordia.

*Overview:* Concordia women XC teams have qualified for nationals 18 times in last 27 years,

placing 12<sup>th</sup> in 2019, with 4 national runner-up finishes. Men XC teams have qualified 15 times in last 27 years and have had 1 national runner-up finish. Women's indoor T&F placed in top 11 at Indoor Nationals 2014-2020, including 4<sup>th</sup> in 2019; women's outdoor T&F were national champions in 2016 and placed in top 12 in 2014-2020. Men's indoor T&F were 5<sup>th</sup>, 3<sup>rd</sup> and 2<sup>nd</sup> at nationals in 2015-2017. Men's outdoor T&F were national champions in 2015, runners-up in 2016 and 5<sup>th</sup> in 2017.

## **Concordia University, Irvine, CA**

[www.cui.edu](http://www.cui.edu)

Irvine, CA (listing updated Dec. 2020)

2019 Fall enrollment: 1600 undergrad

ECA: \$49,410

[www.cuieagles.com](http://www.cuieagles.com)

Division/Conference: NCAA Division II, PacWest conference

Sports: Men's and Women's Track and Field/XC

2020 Roster: 19 women and 19 men

Distance Coach: Keegan Bloomfield since 2017

[keegan.Bloomfield@cui.edu](mailto:keegan.Bloomfield@cui.edu)

*ACT/GPA eligibility for academic aid:* 2.8/18

*Average Scholarships available each year to distance runners for all grades:* Each year distance runners will be considered for scholarships and walk-on financial aid packages. All Concordia Irvine distance runners are eligible to receive some type of financial aid.

*Walk-on and Recruiting standards:* Concordia Irvine is looking for student-athletes that can compete at the conference, regional, and national levels. Each individual is evaluated on an individual basis and considered for a spot on the team.

*Overview:* Concordia Irvine is led by Coach Keegan Bloomfield, a native of Blair, Nebraska. Bloomfield ran cross country and track and field for Blair High school under Coach Darin Harsin and Steve Callaghan for four years before attending Concordia Nebraska. While at CUNE he and his wife, Anna

(from Seward), competed under Coach Kregg Einspahr. Now in California, Bloomfield would like to give Nebraska athletes a chance to live, train, and grow on the West coast. "I want to give student-athletes from Nebraska and the Midwest a new option for school. California and Orange County offer some great advantages. The weather is exceptional and we get the chance to compete against some of the best competition in the country. Concordia Cross Country and track and field has grown steadily over the past five years and looks to make its first appearance on the NCAA stage."

## Creighton University

[www.creighton.edu](http://www.creighton.edu)

Omaha, NE (listing updated Dec. 2020)

2018 fall enrollment: 4200 undergrad

2020 ECA: \$56,660

<http://www.gocreighton.com/>

Division/conference: D1, Big East

Sports: Men/women XC

2020 XC roster size: Men – 15, women – 15

Distance coach: Chris Gannon

[ChrisGannon@creighton.edu](mailto:ChrisGannon@creighton.edu)

*ACT/SAT/GPA eligibility for academic aid:* 24, 1160, 3.5, with academic packages starting at \$14,000 and increasing upon merit.

*Average scholarship per runner:* 100% of 2018 student athletes are receiving scholarship funds in the form of an athletic and/or academic aid package.

*Walk-on and recruiting standards:* Standards are evaluated on a case-by-case basis and vary by year.

*Overview:* Coach Gannon and Asst. Coach Matthew Fayers took over the program in 2018. CU competes as a member of the Big East Conference and travels to some of the premier meets within the region. In 2017, CU had its first individual qualifier for the NCAA championships. During the spring semester, the team competes in select indoor and outdoor track meets. The XC teams have won the Big East Academic Excellence award a combined eight times

since joining the conference in 2013. In 2018 the men's and women's team posted the highest combined GPA in NCAA DI XC. The 2019 men's team was ranked the 5th most improved team in the nation by The Wood Report and the 2020 team was pre-season ranked as the most improved program in the Big East. Creighton is a nationally ranked university and also regarded as a "Best Value" school by U.S. News and World Report. The school features a business program that is ranked in the top 25 nationally and a pre-professional program that is recognized as one of the best in the country. Creighton is also ranked as one of the top 42 institutions in the nation for undergraduate research.

## Doane University

[www.doane.edu](http://www.doane.edu)

Crete, NE listing updated Dec. 2020)

2020 fall enrollment: 1000

ECA: \$47,100

<http://www.doaneathletics.com/>

Division/conference: NAIA, GPAC

Sports: Men/women XC & TF

2017 XC roster size: Men – 18, women – 17

Distance coach: Brad Jenny since 2002

[Brad.jenny@doane.edu](mailto:Brad.jenny@doane.edu)

Assistant coach: Dustin Llewellyn since 2018

[dustin.llewellyn@doane.edu](mailto:dustin.llewellyn@doane.edu)

*ACT/GPA eligibility for academic aid:* 19, 2.8

*Average scholarship per runner:* Scholarships range from \$13,000 to full tuition, which is the maximum allowed under GPAC rules. All Doane runners who compete are on scholarships.

*Walk-on standards:* No minimum standards.

*Recruiting standards:* No firm standards.

*Overview:* The Doane men XC team were GPAC runners-up in 2017 and 2019, and both the men and women have been rated in the NAIA top 25 in 2016, 2017 and 2019, with the 2019 advancing to nationals. Alex Wick won the 2019 XC conference title and Shawn Kiptoo won the title in 2020; the team finished 2<sup>nd</sup> and 3<sup>rd</sup>, respectively, in 2019 and 2020. The T&F men's team won the 2016-2020

GPAC indoor titles and the 2016-2019 GPAC outdoor titles, finishing as high as 4th at the indoor nationals. The women's team won the GPAC indoor and outdoor titles in 2016-2018, and finished 4<sup>th</sup> at the 2019 indoor nationals. Since 2016, Doane has produced 67 T&F All-Americans, 35 Scholar-Athletes and 9 individual national champions.

## Hastings College

[www.hastings.edu](http://www.hastings.edu)

Hastings, NE (listing updated Dec. 2020)

2020 fall enrollment: 1100

2020 ECA: \$41,000

<http://www.hastingsbroncos.com/index.php>

Division/conference: NAIA, GPAC

Sports: Men/women XC & T&F

2020 XC roster: Men – 8, women – 11

Distance coach: Ryan Mahoney

[rmahoney@hastings.edu](mailto:rmahoney@hastings.edu)

*ACT/GPA eligibility for academic aid:* 16, 2.0 minimum for admissions and financial aid. Typical XC runners have ACT scores in the mid-20s and GPA's of 3.0+.

*Average scholarships available each year to distance runners for all grades:* 4 full scholarships for XC for each gender, plus an unlimited number of partial scholarships.

*Average scholarship per runner:* The average on-scholarship XC/track athlete receives approximately \$17,000-\$19,000 in scholarship money each year. Hastings combines athletic (range of \$1,000 to full tuition) and academic (\$8,000 - \$18,000) scholarships to arrive at a total scholarship package.

*Men walk-on standards:* No minimum standards. Good teammates always welcome even if not fast.

*Men recruiting standards:*

Smaller scholarships: 2:10 (800), 5:00 (1600), 11:00 (3200), 18:00 (5kXC)

Moderate scholarships: 2:05 (800), 4:45 (1600), 10:30 (3200), 17:30 (5kXC)

Higher scholarships: 2:00 (800), 4:30 (1600), 10:00 (3200), 17:00 (5kXC)

*Women walk-on standards:* No minimum standards. Good teammates always welcome even if not fast.

*Women recruiting standards:*

Smaller scholarships: 2:40 (800), 6:00 (1600), 13:00 (3200), 23:00 (5kXC)

Moderate scholarships: 2:32 (800), 5:45 (1600), 12:30 (3200), 22:00 (5kXC)

Higher scholarships: 2:26 (800), 5:30 (1600), 12:00 (3200), 20:30 (5kXC)

*Overview:* Hastings T&F and XC teams have produced 407 All-Americans and 35 national champions. Four men have been GPAC XC runners of the week in the past four years, Hastings recently had its first sub-26:00 runner in a decade, and Lucas Kiefer won the GPAC indoor 5000 in 2017 and qualified for the marathon at the national meet in 2017 and 2018. The women's XC team has been consistently ranked in the top 25 coaches' poll for the past seven years, and Hastings runners have won the GPAC women's 10k title 4 of the past 6 years. In the past 4 years, 5 women who were not state medalists in high school have run under 18:00 at Hastings. The women's XC and T&F teams were ranked the 2nd overall program in the NAIA in 2016/2017 by the USTFCCCA. The women's cross country team has had national qualifiers 7 of the past 8 years and the team has qualified for nationals 3 of the last 6 years. The women's T&F team has finished in the top 8 at both indoor and outdoor nationals in both 2017 and 2018, and the men's team finished 4th at both indoor and outdoor nationals in 2018.

## Iowa Central Community College

[www.iowacentral.edu](http://www.iowacentral.edu)

Fort Dodge, IA

2018 Fall Enrollment: 5,102 (1,229 students in living in residence halls)

ECA: \$18,661, but a \$2,500 discount for border state students with 3.0 or higher high school GPA)

[www.ictritons.com](http://www.ictritons.com)

Division/Conference: NJCAA Division I, Iowa Community College Athletic Conference/NJCAA Region XI

Sports: Men/women XC, T&F, ½ marathon

XC Roster Size: Men – 37, Women – 10

XC/T&F director: Dee Brown since 2004

Brown\_dee@iowacentral.edu

XC/Asst T&F coach – Nick Ekel

[ekel@iowacentral.edu](mailto:ekel@iowacentral.edu)

*Men's walk-on standards:* No minimum standards, no roster limitations.

*Men's scholarship standards:* 1:53 (800m), 4:20 (1600m), 9:30 (3200m), 15:45 (5k XC)

*Women's walk-on standards:* No minimum standards, no roster limitations.

*Women's scholarship standards:* 2:17 (800m), 5:10 (1600m), 11:30 (3200m), 19:00 (5k XC)

*Overview:* Led by Coach Dee Brown, Iowa Central has won 31 NJCAA national championships in cross country, half marathon, indoor track & field and outdoor track & field since 2010. The Tritons have won the past two NJCAA women's cross country championships (2017, 2018) and the 2019 men's indoor T&F championship. Iowa Central has never lost a Region XI women's cross country championship in its history, and the men's team has placed first in every Region XI cross country championship the team has competed in. Located in Fort Dodge, Iowa, the Tritons will host the 2020 NJCAA Cross Country Championships.

## **Iowa Wesleyan University**

[www.iw.edu](http://www.iw.edu)

Mt. Pleasant, IA

2018 fall enrollment: 630

ECA: \$41,395

[www.iwtigers.com](http://www.iwtigers.com)

Division/conference: D3, SLIAC

Sports: Men/women XC began in 2018, T&F to begin in 2019/2020 academic year.

2018 XC roster: Men – 6, women – 6

Distance and T&F asst coach: Jared Walker  
[trackandfieldga@iw.edu](mailto:trackandfieldga@iw.edu)

*ACT/GPA eligibility for academic aid:* IW uses a sliding scale for ACT scores and GPA to determine eligibility. Interested students can receive an estimated financial aid package by completing an on-line form on the Financial Aid webpage.

*Average scholarships available each year to distance runners for all grades:* As a D3 school, IW cannot offer athletic scholarships. However, 98% of IW students receive some type of financial aid.

*Walk-on and recruiting standards:* IW is open to taking any runner who is willing to work hard at the

sport. Thus, there are no walk-on standards, and recruiting standards vary by year.

*Overview:* Mt. Pleasant is located in the southeast corner of Iowa, approximately 4 hours east of Omaha and 4 hours west of Chicago. Mt. Pleasant has a population of approximately 9,000. West Burlington, Muscatine and Iowa City are the closest larger cities. Founded in 1842, IW is a liberal arts college with a Methodist faith-based mission. IW's first season of XC produced 2-time SLIAC Runners of the Week, 2 SLIAC All-Sportsmanship athletes, and 1 1<sup>st</sup>-team All-Conference athlete. Every athlete improved their 6K/8K time by at least one minute during the season.

## **Iowa Western**

[www.iwcc.edu](http://www.iwcc.edu)

Council Bluffs, IA (listing updated Dec. 2020)

2019 fall enrollment: 5,322

ECA: \$13,500

[www.goreivers.com](http://www.goreivers.com)

Division/conference: NJCAA D1 (Juco), ICCAC

Sports: Men/women XC & T&F

2020 XC roster size: Men – 18, women – 11

Distance coach: Doug Marshall since 2018

[dmarshall@iwcc.edu](mailto:dmarshall@iwcc.edu)

*Men walk-on standards:* No minimum standards, unlimited roster spots.

*Men recruiting standards:* 4:15 (1600), 9:55 (3200), 16:30 (5kXC), 27:15 (8kXC)

*Women walk-on standards:* No minimum standards, unlimited roster spots.

*Women recruiting standards:* 5:25 (1600), 12:00 (3200), 20:00 (5kXC)

*Overview:* IWCC is one of the two junior college programs listed in this guide. While IWCC is over 50 years old, much of the Council Bluffs campus is quite new and the athletic facilities are as good as many four-year colleges. Since 2010, IWCC has earned six national championships in baseball, football, men's soccer and women's soccer. The campus is located about 20 minutes east of downtown Omaha.

## Midland University

[www.midlandu.edu](http://www.midlandu.edu)

Fremont, NE (listing updated Dec. 2020)

2020 fall enrollment: 1,572

2020 ECA: \$44,754

<http://www.midlandathletics.com/>

Division/conference: NAIA, GPAC

Sports: Men/women XC & TF

2020 XC roster size: Men – 6, women – 8

Head XC/track coach: Daniel Gerber since 2014

[gerber@midlandu.edu](mailto:gerber@midlandu.edu)

*ACT/GPA eligibility for academic aid:* Most runners will be awarded a partial scholarship. Academic scholarships begin with a minimum of a 2.0 GPA and ACT score of 20.

*Average scholarships available each year to distance runners for all grades:* Midland is limited to 12 full scholarships for its XC/T&F programs, but it can split those into smaller scholarships. Athletes are either on an athletic scholarship or an academic scholarship; Midland does not combine them.

*Walk-on and recruiting standards:* Midland is open to taking any runner who is willing to work hard and who love the sport. Thus, there are no walk-on standards, and recruiting standards vary by year.

*Overview:* Midland teams have won 16 XC conference championships, 24 T&F conference championships and 1 NAIA T&F national championship. Midland athletes include 16 XC All-Americans, 68 XC scholar-athletes, 40 T&F national champions, 201 T&F All-Americans and 108 T&F scholar-athletes.

## Missouri Western State University

[www.missouriwestern.edu](http://www.missouriwestern.edu)

St. Joseph, MO

2017 fall enrollment: 5,600

ECA: \$17,000 with out-state tuition waiver

<http://gogriffons.com/>

Division/conference: D2, MIAA

Sports: Men/women XC & TF

2017 XC roster size: Men – 16, women – 15

Distance coach: Cody Ingold since 2019

[cingold@missouriwestern.edu](mailto:cingold@missouriwestern.edu)

Asst. coach: Ben Dodson

[Bdodson1@missouriwestern.edu](mailto:Bdodson1@missouriwestern.edu)

## Morningside College

[www.morningside.edu](http://www.morningside.edu)

Sioux City, IA

2017 fall enrollment: 1,300

ECA: \$38,280

<https://www.morningside.edu/athletics/cross-country/>

Division/conference: NAIA, GPAC

Sports: Men/women XC & T&F

2017 XC roster size: Men – 13, women – 15

Distance coach: David Nash, assistant since 1995, head coach since 2003

[nash@morningside.edu](mailto:nash@morningside.edu)

*Overview:* Morningside's website reports that 100% of students receive financial aid. The liberal arts school is affiliated with the Methodist church. Coach Nash is a 1990 graduate of Morningside and was an All-American in the 800 meters; he also holds the school records for the indoor and outdoor 800-, 1500- and 4x800-meter races. Since 2009, the women's XC team have qualified for the NAIA national champions in 2009-2011 and 2015-2016, while the men's team qualified from 2012-2015. The women most recently won the GPAC XC title in 2016, while the men last won in 2013. Morningside track athletes have earned 69 All-American awards, including a total of six in the 2012 and 2013 seasons.



## Mount Marty College

[www.mtmc.edu](http://www.mtmc.edu)

Yankton, SD

Enrollment 1,100

ECA: \$36,272 (2018)

[www.mmclancers.com](http://www.mmclancers.com)

Division/Conference: NAIA/GPAC

Sports: Men/Women XC, Indoor TF, Outdoor TF

2018 XC Roster Size: Men – 14, Women – 13

Distance Coach: Randall Fisher since 2006

[randall.fischer@mountmarty.edu](mailto:randall.fischer@mountmarty.edu)

*ACT/GPA eligibility for academic aid:* 18, 2.5

*Average scholarship per runner:* Scholarships range from \$8,000 to Full Tuition which is the maximum allowed per GPAC Conference rules. Most if not all of runners are on academic and athletic scholarships.

*Walk on standards:* Amazing character, otherwise open to almost all athletes.

*Recruiting standards:* Good attitude, nothing firm beyond that.

*Overview:* Yankton, South Dakota is located right off the Missouri river and about 2.5 hours north of Omaha. The river bluffs and plains of South Dakota make for excellent cross country training. Currently Mount Marty is looking to expand the size and talent of their Cross Country teams. With the construction of their new fieldhouse that will include an indoor track and field complex, MMC is looking to challenge to be one of the best programs in the Midwest. They've had some success in the past with some All-Americans and are currently looking to the future to expand and grow their tradition in XC.

## Nebraska Wesleyan University

[www.nebrwesleyan.edu](http://www.nebrwesleyan.edu)

Lincoln, NE (listing updated Jan. 2021)

2020 fall enrollment: 2,100

ECA: \$49,404 in Fall 2021

<http://nwusports.com/>

Division/conference: NCAA III / American Rivers

Sports: Men/women XC & T&F

2020 XC roster size: Men – 24, women – 20

Distance coach: Ted Bulling since 1990

[tab@nebrwesleyan.edu](mailto:tab@nebrwesleyan.edu)

Assistant coach: Jackie McKenzie

[jmckenzi@nebrwesleyan.edu](mailto:jmckenzi@nebrwesleyan.edu)

*ACT/GPA eligibility for academic aid:* As a NCAA division III institution, Nebraska Wesleyan awards financial aid based on financial need and high school academic achievement. The average financial aid award for 2019-20 incoming freshman completing the FAFSA form was \$29,000. Go to 'Scholarships and Grants' under NWU's Financial Aid page for more info.

*Walk-on and recruiting standards:* Athletes entering program have had a wide range of high school success. NWU has had several Nebraska All-Class Gold medalists come into the program in recent years, but also welcome moderately successful high school runners who are focused on getting a great education, improving as runners and being part of a successful program.

*Overview:* Dr. Bulling has been head cross country coach for 31 years and the head track & field coach for 35 years. During that time, his teams have won 70 XC and T&F conference championships and have placed in the top 10 at NCAA championships 64 times. NWU XC and T&F athletes have earned 684 All-American awards and 49 national championships. Since 2000, NWU XC and T&F athletes have won more NCAA post-graduate scholarships than any program in the country regardless of NCAA division. The XC and T&F program also ranks 3<sup>rd</sup> all-time in Academic All-Americans behind only MIT and Nebraska-Lincoln.

## Northwest Missouri State University

[www.nwmissouri.edu](http://www.nwmissouri.edu)

Maryville, MO

2017 fall enrollment: 7,000

ECA: \$24,850

<http://bearcatsports.com/index.aspx?path=cross>

Division/conference: D2, MIAA

Sports: Men/women XC & T&F

2017 XC roster size: Men – 13, women – 17

Distance coach: Scott Lorek since 2004

[slorek@nwmissouri.edu](mailto:slorek@nwmissouri.edu)

*ACT/GPA eligibility for academic aid:* ACT scores of 21 and 23 automatically receive 1 or 2 semesters, respectively, of out-of-state tuition waivers.

*Average scholarships available each year to distance runners for all grades:* 1.0 each for distance men and women in the average recruiting class.

*Men walk-on standards:* No standards.

*Men recruiting standards:* Runners evaluated on past history and potential, but general guidelines are 2:00 (800), 4:35 (1600), 10:00 (3200).

*Women walk-on standards:* No standards.

*Women recruiting standards:* 2:26 (800), 5:35 (1600), 11:50 (3200).

*Overview:* Located less than two hours from Omaha, NWMS has a history of attracting Nebraska runners. A new athletic facility that includes a 300-meter indoor track is scheduled to open in August 2018. The men's XC team finished 19<sup>th</sup> at the 2017 NCAA D2 national championships. Top men marks in 2017 were 1:51 (800), 3:44 (1500), 9:10 (steeple), 14:25 (5000) and 30:34 (10,000). Top women marks in 2017 were 2:17 (800), 4:49 (1500), 17:27 (5,000) and 36:55 (10,000).

## Peru State College

[www.peru.edu](http://www.peru.edu)

Peru, NE (listing updated Dec. 2020)

2020 fall enrollment: 2,400

2021-2022 ECA: \$20,936

<https://pscbobcats.com/index.aspx>

Division/conference: NAIA, Heart of America

Sports: Women XC

2020 XC roster size: Men – 7, Women – 8

Head Coach: James Cole since 2020

[Jcole@peru.edu](mailto:Jcole@peru.edu)

*ACT/GPA eligibility for academic aid:* School offers both competitive and non-competitive academic scholarships. Awards are based on success in high school. Students with higher than a 2.7 GPA are eligible for a non-competitive, Invest in Success Award ranging from \$1,750 - \$2,500 per year.

*Athletic scholarship information:* PSC athletic scholarships and academic scholarships are separate so a student can receive both an academic scholarship and an athletic scholarship. Coach Cole's intent is to give 12-15 men and 12-15 women athletic scholarships to compensate them for their time; each will be \$1,000 - \$4,000 based on merit, leadership qualities and need. Athletic scholarships are determined from year to year so athletes who work hard and improve will be eligible for higher awards in following seasons.

*Overview:* In the 1980's PSC cut the XC program due to budget constraints. Coach Cole has been involved with the program since the women's team was revived in 2003 and was asked to coach when the school was adding men's cross country in 2020. Fall 2020 was a building year for the men's team and a transition year for the women's team. Coach Cole wants to give any student athlete who wants the chance to compete at the collegiate level that opportunity. If students are willing to put in the time and give their all, he wants to coach them.

## Southeast Community College

[www.southeast.edu](http://www.southeast.edu)

Beatrice, NE

2017 fall enrollment: 1,400

ECA: \$15,000

<http://sccstorm.com>

Division/conference: JUCO, NCCAA

Sports: Men/women XC

2017 XC roster size: Men – 7, women – 3

Distance coach: Vicki Wooton

[vwooton@southeast.edu](mailto:vwooton@southeast.edu)

## South Dakota State University

[www.sdstate.edu](http://www.sdstate.edu)

Brookings, SD

2017 fall enrollment: 12,500

ECA: \$16,443 (NE residents qualify for in-state tuition)

[www.gojacks.com](http://www.gojacks.com)

Division/conference: D1, Summit

Sports: Men/women XC & T&F

2017 XC roster: Men – 16, women – 22

Distance coach: Rod DeHaven since 2004

[Rod.dehaven@sdstate.edu](mailto:Rod.dehaven@sdstate.edu)

*ACT/GPA eligibility for academic aid:* ACT of 24.

*Average scholarships available each year to distance runners for all grades:* 1.0 for men and 2.0 for women in the average recruiting class

*Average scholarship per runner:* 0.15-0.25/men and .25/women. Scholarships typically improve for upperclassmen who show improvement.

*Recruiting standards:* No published standards.

*Overview:* Brookings is a 3.5-hour Interstate drive from Omaha. A number of coaches in this guide had successful running careers, but Coach DeHaven's might be the most impressive. A 16-time All-American at SDSU, he qualified for four consecutive Olympic Trials and won the 2000 Olympic Trial marathon. He had a long career, spanning from winning the D2 1500-meter national championship in 1985 to finishing 6<sup>th</sup> in Chicago marathon in 2:11:40 in 2001. The program has flourished under his leadership. The men have won 5 League titles in the last 8 years and the XC team finished 6<sup>th</sup> in the Midwest Region in 2015 and 2016. The program has produced 4 NCAA D1 XC All-Americans and 7 All-Midwest region winners since 2013. Eleven T&F distance athletes have qualified for NCAA regionals in since 2016.

## University of Nebraska-Kearney

[www.unk.edu](http://www.unk.edu)

Kearney, NE

2020 fall enrollment: 6,225

ECA: \$18,261

[www.lopers.com](http://www.lopers.com)

Division/conference: D2, MIAA

Sports: Men/women XC & T&F

2020 XC roster: Men – 23, women – 16

Distance coach: Brady Bonsall since 2007

[bonsallbi@unk.edu](mailto:bonsallbi@unk.edu)

*ACT/GPA eligibility for academic aid:* 23 and 3.2.

Full-tuition Regents' scholarships available on a slide scale ranging from a 29/3.8 to a 34/3.2.

*Average scholarships available each year to distance runners for all grades:* 1.0-1.2 each for men and women in the average recruiting class

*Average scholarship per runner:* 0.25 men/women

*Note:* Among the 2020 distance team, 84% also have an academic scholarship, 53% have academic scholarships that cover at least full tuition (or more), and many have athletic scholarships in addition to academic scholarships.

*Men walk-on standards:* 1:59 (800), 4:35 (1600), 10:00 (3200), 17:00 (5kXC at Kearney or equivalent course)

*Men recruiting standards:* 1:58 (800), 4:30 (1600), 9:50 (3200), varies (5kXC)

*Women walk-on standards:* 2:24 (800), 5:30 (1600), 12:15 (3200), 21:00 (5kXC at Kearney or equivalent)

*Women recruiting standards:* 2:21 (800), 5:25 (1600), 11:55 (3200), varies (5kXC)

*Note:* Walk-on and recruiting standards vary in part based on a runner's background and potential for future improvement.

*Overview:* In Coach Bonsall's 14 years as head distance coach, UNK has had 32 women and 27 men win USTFCCCA all-academic awards, the women's team had 5 USTFCCCA top-10 GPAs, and 7 CoSIDA Academic All-Americans. The men won the MIAA XC meet in 2015 and qualified for nationals in 2013 and 2015. A UNK team or individual has qualified for nationals in 8 of the last 10 years. UNK men twice won the RMAC T&F title. The women have finished 2<sup>nd</sup> in the conference in XC (2013) and track (4 times). Bonsall has coached 16 D2 All-American award winners, 37 national qualifiers and 16 conference champions.

## University of Nebraska-Lincoln

[www.unl.edu](http://www.unl.edu)

Lincoln, NE

2018 fall enrollment: 26,000

ECA: \$20,000-24,000 based on credits

<http://www.huskers.com/>

Division/conference: D1, Big 10

Sports: Men/women XC & T&F

2018 XC roster: Men – 18, women – 20

Distance coach: Dave Harris since 2012

[dharris@huskers.com](mailto:dharris@huskers.com)

Recruiting coordinator: Matt Wackerly

[mwackerly@huskers.com](mailto:mwackerly@huskers.com)

*Overview:* UNL places a priority on high finishes at conference and NCAA meets, so its 12.6 scholarships go to those athletes likely to do well at the Big 10 and NCAA levels. Just as with the football team, UNL's XC and T&F teams have robust walk-on programs that provide student athletes with academic counseling, access to high-level athletic training and nutritionists, and free breakfast, lunch and weekend meals to all students not living in residence halls. Distance runners often qualify for strong academic aid to in-state students with high ACT/GPA marks. Full-tuition Regents' Scholarships are usually offered for ACT scores of 32 or above. The XC/T&F program is a top-10 university for facilities featuring an adjustable banked indoor track at the Devaney Center, an outdoor track next to Memorial Stadium and multiple weight rooms.

The UNL XC men finished 8<sup>th</sup> of 12 in the 2018 Big 10, the fourth consecutive year to improve, while the women finished 11<sup>th</sup> of 14, their best finish since 2013. The 9 athletes competing in the 2018 men's Big 10 race were all underclassmen, including George Kusche (Big 10 freshman of the year) and Mark Freyhoff. Three athletes (Kusche 4<sup>th</sup>), Mark Freyhoff (10<sup>th</sup>) and Erika Freyhoff (11<sup>th</sup>) were NCAA All-Midwest Regional honorees, and the two men qualified for the NCAA nationals. The men placed 8<sup>th</sup> at regionals and women 14<sup>th</sup>. The UNL T&F men have placed in the top 3 at the Big 10 conference every year since joining in 2012; the women T&F team were 2<sup>nd</sup> in 2012, 2014 and 2015. The men T&F finished in the top 15 at nationals four times from 2012-2016. Wyatt McGuire finished 4<sup>th</sup> (5000) and 3<sup>rd</sup> (10,000) at the 2017 Big 10 meet.

## University of Nebraska-Omaha

[www.unomaha.edu](http://www.unomaha.edu)

Omaha, NE

2017 fall enrollment: 15,100

ECA: \$18,184

<http://www.omavs.com/index.aspx?path=wcross>

Division/conference: D1, Summit

Sports: Women XC & T&F

2017 XC roster: Women – 13

Distance coach: Cliff Cisar since 2015

[ccisar@omavs.com](mailto:ccisar@omavs.com)

*ACT/GPA eligibility for academic aid:* 24, 3.5. Full-tuition Regents' scholarships available with an ACT of 30 and top 25% in class or a GPA of 3.5.

*Average scholarships per year for distance runners:* UNO does not allocate scholarships by discipline, so the number of scholarships for distance runners will vary by grade. Full-tuition Regents' Scholarships are available to applicants with 30 ACT and 3.5 GPA.

*Women walk-on standards:* No set standards.

Coach Cisar evaluates each runner based on their work ethic and passion.

*Women recruiting standards:*

2:16 (800), 5:20 (1600), 11:30 (3200), 19:30 (5kXC)

*Overview:* UNO moved to Division 1 in 2012, and the team had its best finish (4<sup>th</sup>) at the Summit conference meet in 2017. The XC team has been named an USTFCCA All-Academic team in each year since 2011. On an individual basis, UNO athletes have recorded 12 of the program's top-20 XC times since 2015 and 13 top-10 times in T&F distance events since 2015.

## University of South Dakota

[www.usd.edu](http://www.usd.edu)

Vermillion, SD

2017 fall enrollment: 10,300

ECA: \$17,650 for Nebraska residents

<http://www.goyotes.com/index.aspx?path=cross>

Division/conference: D1, Summit

Sports: Men/women XC & TF

2017 XC roster size: Men – 11, women – 27

Distance coach: Dan Fitzsimmons since 2008

[Dan.fitzsimmons@usd.edu](mailto:Dan.fitzsimmons@usd.edu)

*Walk-on and recruiting standards:* No published standards. The program will review the merits of any athletes interested in competing for USD.

*Overview:* At just over two hours north of Omaha, USD is a frequent destination for Northeast Nebraskans. USD offers 206 undergraduate programs and 66 graduate programs. Coach Fitzsimmons was selected as the Summit XC women's coach of the year ('14-'17) and his teams won the conference title each year. They placed 5<sup>th</sup> at the NCAA D1 Midwest Regional in 2017. The men's XC team were Summit runner-ups in 2012 and 2013. The USD running programs feature 20 individual NCAA national champions, 435 All-Americans, 54 conference team championships and 22 NCAA postgraduate scholarship recipients. The women's XC/T&F program is fully funded, and athletic scholarships are available for both men and women.

## Wayne State College

[www.wsc.edu](http://www.wsc.edu)

Wayne, NE

2018 fall enrollment: 3,633

ECA: \$15,117

<http://www.wscwildcats.com/>

Division/conference: D2, NSIC

Sports: Men/women XC & T&F

2017 XC roster size: Men – 13, women – 11

Distance coach: Marlon Brink since 2000

[Mabrink1@wsc.edu](mailto:Mabrink1@wsc.edu)

*ACT/GPA eligibility for academic aid:* 21, 3.0 with application due by December 1<sup>st</sup> of each. In the last two years 100% of applicants received some type of academic aid, and academic and athletic scholarships can be combined.

*Walk-on and recruiting standards:* No published standards. The program will review the merits of any athletes interested in competing for WSC. Some athletes who had unremarkable high school careers have excelled at WSC.

*Overview:* In spring 2018, the average men's T&F GPA of 3.316 was 6<sup>th</sup> in NCAA D2 and women's GPA of 3.587 was 3<sup>rd</sup> in NCAA D2. WSC has both an

indoor (160-meter Mondo surface) and outdoor track on campus. Distance runners also train at least once per week at the country club adjacent to the campus.

## Wichita State University

[www.wichita.edu](http://www.wichita.edu)

Wichita, KS

2017 fall enrollment: 15,000

ECA: \$27,500 with Nebraskans receiving close to in-state tuition for meeting minimum academic standards.

<http://www.goshockers.com/>

Division/conference: D1, American

Sports: Men/women XC & T&F

2017 XC roster size: Men – 19, women – 18

Distance coach: Kirk Hunter since 2012

[khunter@goshockers.com](mailto:khunter@goshockers.com)

*ACT/GPA eligibility for academic aid:* 22, 3.25 will qualify a student for the minimum out-of-state tuition of \$12,000. Search 'Wichita State freshman merit scholarships' for more information.

*Men's walk-on standards:* While standards vary by year due to roster size, generally 1:57 (800), 4:25 (1600) and 9:35 (3200).

*Women's walk-on standards:* While standards vary by year due to roster size, generally 2:19 (800), 5:20 (1600) and 11:20 (3200).

*Overview:* Until this fall, WSU competed in the Missouri Valley Conference, with men and women finishing 2<sup>nd</sup> and 3<sup>rd</sup>, respectively, at the 2016 XC meet. The men's and women's teams swept the indoor and outdoor titles. WSW joined the American Athletic Conference in August and the teams placed 5<sup>th</sup> (men) and 6<sup>th</sup> (women). The XC/Track and field program offers scholarship to deserving student-athlete based on their abilities to contribute to the team effort at the XC, Indoor and Outdoor conference championships. In addition to athletic scholarships and possible out-of-state tuition reductions, student-athletes are also eligible to receive academic scholarship money based on their ACT/GPA scores. Student-athletes have terrific support systems in academic support services and athletic training. Wichita State University has an indoor 200m mondo track that

has been host to many indoor collegiate meets throughout the years.

## **York College**

[www.york.edu](http://www.york.edu)

York, NE

2017 fall enrollment: 500

ECA: \$25,760

<https://www.ycpanthers.com/sports/mxc/index>

Division/conference: NAIA, KCAC

Sports: Men/women XC & T&F

2017 XC roster size: Men – 16, women – 9

Distance coach: Justin Carver since 2011

[jcarver@york.edu](mailto:jcarver@york.edu)

*This guide was compiled using information from each school's website and from coach responses. Please verify all details with an institution, as the information above may be in error or outdated. Schools are responsible for maintaining updated information. Send change requests to [jay@jayslagle.com](mailto:jay@jayslagle.com).*

*Jay Slagle is a volunteer writer for the Nebraska Elite TC website. Follow @nebraskaelitetc and @preprunningnerd or visit [www.nebraskaelitetc.org](http://www.nebraskaelitetc.org) for more info on Nebraska high school running.*