

College Distance Running Guide for Nebraska High School Athletes

Updated August 28, 2019

Please contact Jay Slagle at jay@jayslagle.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
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

Sioux Falls, SD

2018 fall enrollment: 2,118

ECA: \$40,954

www.goaugie.com

Division/conference: D2, Northern Sun

Sports: Men/women XC & T&F

2018 XC roster size: Men – 26, women – 20

Distance coach: Tracy Hellman since 2000

tracy.hellman@augie.edu

Lead recruiter: Scott Tanis, Asst. Coach

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.

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 8th and the women 14th. 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

Bellevue, NE

2017 fall enrollment: 750 campus (10,000 online)

ECA: \$19,000

www.bubruins.com

Division/conference: NAIA, North Star Ath Assn

Sports: Men/women XC & outdoor T&F

2017 XC roster size: New in 2018 – goal is 20 total

Distance coach: Craig Christians founded 2018

cchristians@bellevue.edu

ACT/GPA eligibility for academic aid: Bellevue only requires high school graduation for admission; a GPA of 2.5 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.

Recruiting and walk-on standards: Since Bellevue is a new program, there are no walk-on or recruiting standards; Coach Christians is looking for good students to form the foundation of his program.

Overview: Bellevue is the newest XC program in Nebraska and will launch 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 will be distance-focused, with the team initially consisting of cross country runners as well as walk-ons in other disciplines. 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 combination of this pedigree and Coach Christians makes it likely that the cross country program will ramp up quickly.

Benedictine College

www.benedictine.edu

Atchison, KS

2018 fall enrollment: 1,950

ECA: \$38,380

<http://www.ravenathletics.com/sport/0/4.php>

Division/conference: NAIA, HAAC (Heart)

Sports: Men/women XC & T&F

2018 XC roster size: Men – 13, women – 12

Distance coach: Phil Davis since 2018

pdavis@benedictine.edu

Chadron State College

www.csc.edu

Chadron, NE

2017 fall enrollment: 3,000

ECA: \$15,000

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

Division/conference: D2, RMAC

Sports: Men/women XC & T&F

2017 XC roster size: Men – 12, women – 11

Distance coach: Scott Foley since 2018

sfoley@csc.edu

Recruiting/coaching asst: Charles Pruitt

charles.pruitt@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

2017 Men walk-on standards: 2:10 (800), 5:20 (1600), 11:00 (3200), 18:30 (5kXC)

2017 Men recruiting standards: 2:00 (800), 4:35 (1600), 10:10 (3200), varies (5kXC)

2017 Women walk-on standards: 2:45 (800), 6:30 (1600), 14:00 (3200), 23:30 (5kXC)

2017 Women recruiting standards: 2:25 (800), 5:40 (1600), 12:10 (3200), varies (5kXC)

Overview: XC team first fielded in 2012, with one national qualifier (Alejandro Garcia) in 2016. RMAC is arguably the most competitive conference in D2, with RMAC men's teams placing 1st, 3rd, 4th and 7th at the 2017 D2 XC NCAAs. Three RMAC women's teams placed in the top 11 at the NCAAs. CSC's best conference finish was 5th (men) in 2016 and 6th

(women) in 2015. The men's best regional finish was 11th in 2016; the women placed 9th in 2017. Scott Foley took over the program in 2018 after successful coaching stints Black Hills State and in high school. He was an accomplished runner at Boise State

College of St. Mary

www.csm.edu

Omaha, NE

2018 fall enrollment: 1,175 (women only)

ECA: \$28,000

<http://www.csmflames.com/sport/0/3.php>

Division/conference: NAIA, GPAC

Sports: Women XC (current) and T&F (Spring 2019)

2018 XC roster size: Women – 12

Distance coach: Derek Fey since 2014

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 recently moved to 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. Coach Fey is also the distance coach at Omaha Westside and was an All-American at Dana in both XC and T&F.

Concordia University Nebraska

www.cune.edu

Seward, NE

2018 fall enrollment: 1242 undergraduate

ECA: \$42,000

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

Division/conference: NAIA, GPAC

Sports: Men/women XC & TF

2018 XC roster size: Men – 19, women – 28

Distance coach: Matt Beisel since 2016

Matt.beisel@cune.edu

ACT/GPA eligibility for academic aid: 18, 3.0

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 17 times in last 25 years and have 4 national runner-up finishes. Men XC teams have qualified 15 times in last 25 years and have had 1 national runner-up finish. Women's indoor T&F has placed in top 11 at Indoor Nationals 2014-2018, women's outdoor T&F were national champions in 2016 and placed in top 12 in 2014-2018. Men's indoor T&F were 5th, 3rd and 2nd at nationals in 2015-2017. Men's outdoor T&F were national champions in 2015, runners-up in 2016 and 5th in 2017.

Concordia University, Irvine, CA

www.cui.edu

Irvine, CA

2019 Fall enrollment: 1600 undergrad

ECA: \$49,410 www.cuieagles.com

Division/Conference: NCAA Division II, PacWest conference

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

2020 Roster: 20 women and 20 men

Distance Coach: Keegan Bloomfield since 2017

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 Gregg 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

Omaha, NE

2018 fall enrollment: 4200 undergrad

ECA: \$50,652

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

Division/conference: D1, Big East

Sports: Men/women XC

2018 XC roster size: Men – 10, women – 10

Distance coach: Chris Gannon

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: 2018 marked the first season at CU for Coach Gannon and Asst. Coach Matthew Fayers. 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 team has won the Big East Academic Excellence award five times since joining the conference in 2013. CU has been rated the top regional university in the region for 16 straight years by US News & 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

Crete, NE

2017 fall enrollment: 1000

ECA: \$41,340

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

Division/conference: NAIA, GPAC

Sports: Men/women XC & TF

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

Distance coach: Brad Jenny since 2002

Brad.jenny@doane.edu

ACT/GPA eligibility for academic aid: 19, 2.9

Average scholarship per runner: Scholarships range from \$12,000 to full tuition, which is the maximum allowed under GPAC rules. Most, if not all, of Doane's runners 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 both the men and women have been rated in the NAIA top 25 during the last two years. Doane featured 5 all-conference SC runners in 2017 as well as 2 All-Americans in the last three years. The T&F team won the 2016 and 2017 GPAC titles and has recorded 5 top-10 finishes at the NAIA championships. Doane has produced 67 T&F All-Americans, 35 Scholar-Athletes and 8 individual national champions.

Hastings College

www.hastings.edu

Hastings, NE

2018 fall enrollment: 1200

ECA: \$41000

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

Division/conference: NAIA, GPAC

Sports: Men/women XC & T&F

2018 XC roster: Men – 10, women – 17

Distance coach: Ryan Mahoney

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 386 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 nationally for the past five years, and Hastings runners have won the GPAC women's 10k title 4 of the past 5 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 each of the past 6 years and the team has qualified 3 of the last

4 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 and both indoor and outdoor nationals in 2018.

Iowa Central Community College

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

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

Sports: Men/women XC, half marathon, indoor & outdoor T&F

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

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

Mt. Pleasant, IA

2018 fall enrollment: 630

ECA: \$41,395

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 coach: Chris Creal founded 2018

Chris.creal@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 1st-team All-Conference athlete. Every athlete improved their 6K/8K time by at least one minute during the season.

Iowa Western

www.iwcc.edu

Council Bluffs, IA

2017 fall enrollment: 5,500

ECA: \$13,500

www.goreivers.com

Division/conference: NJCAA D1 (Juco), ICCAC

Sports: Men/women XC & T&F

2017 XC roster size: Men – 13, women – 8

Distance coach: Doug Marshall since 2018

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

Fremont, NE

2018 fall enrollment: 1,400

ECA: \$43,600

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

Division/conference: NAIA, GPAC

Sports: Men/women XC & TF

2017 XC roster size: Men – 7, women – 8

Distance coach: Erich Whitmore since 2012

whitmore@midlandu.edu

Head track coach: Daniel Gerber since 2014

gerber@midlandu.edu

ACT/GPA eligibility for academic aid: Most runners will be awarded a partial scholarship. Minimum awards include:

30 & 3.75 - \$25,000

27 & 3.5 - \$23,000

25 & 3.25 - \$21,000

23 & 3.0 - \$19,000

21 & 2.75 - \$17,000

20 & 2.0 - \$14,000

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. Midland competes in the same conference, GPAC, as College of St. Mary, Concordia, Doane and Hastings.

Missouri Western State University

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: Yuriy Litvinski since 2018

yilitvinski@missouriwestern.edu

Morningside College

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

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

Yankton, SD

Enrollment 1,100

ECA: \$36,272 (2018)

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.fisher@mtmc.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

Lincoln, NE

2017 fall enrollment: 2,100

ECA: \$42,026

<http://nwusports.com/>

Division/conference: D3, IIAC

Sports: Men/women XC & T&F

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

Distance coach: Ted Bulling since 1990

tab@nebrwesleyan.edu

Assistance coach: Jackie McKenzie

jmckenzi@nebrwesleyan.edu

ACT/GPA eligibility for academic aid: As a D3 institution, NWU cannot offer athletic scholarships. However, NWU has a sliding scale for scholarships based on ACT and GPA, and additional aid based on financial need. Go to 'Scholarships and Grants' under NWU's Financial Aid page for more info. Avg. financial aid award for 2017 incoming freshman completing FAFSA form was \$25,775. Aid awards to 2017 runners ranged from \$20,000 to \$35,000.

Walk-on and recruiting standards: Athletes entering program have had a wide range of success. NWU has had several Nebraska All-Class Gold medalists come into the program, but they 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 coach for 28 years. During that time, the men's and women's XC teams have qualified for D3 nationals 17 and 14 times, respectively. His teams have won 68 XC and T&F conference championships and have placed in the top 4 at NAAs 18 times. NWU XC and T&F athletes have earned 626 All-American awards and 41 national championships. Since 2000, NWU XC and T&F athletes have won 23 post-graduate scholarships, the most of any program in the country regardless of NCAA division. The XC and T&F program had 6 Academic All-Americans, the second most (after MIT) among all NCAA divisions.

Northwest Missouri State University

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

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 19th 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

Peru, NE

2017 fall enrollment: 2,400

ECA: \$15,702

<http://pscbobcats.com/?path=wcross>

Division/conference: NAIA, Heart of America

Sports: Women XC

2017 XC roster size: Women – 10

Distance coach: Katy Billings since 2017

kbillings@peru.edu

Southeast Community College

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

South Dakota State University

www.sdstate.edu

Brookings, SD

2017 fall enrollment: 12,500

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

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

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 6th 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 6th 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

Kearney, NE

2018 fall enrollment: 6,327

ECA: \$17,390

www.lopers.com

Division/conference: D2, MIAA

Sports: Men/women XC & T&F

2018 XC roster: Men – 25, women – 17

Distance coach: Brady Bonsall since 2007

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 2018 distance team, 85% also have an academic scholarship, 50% 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 12 years as head distance coach, UNK has had 27 women and 21 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 have qualified for nationals in 2013 and 2015. UNK men twice won the RMAC T&F title. The women have finished 2nd in the conference in XC (2013) and track (4 times). Bonsall has coached 15 D2 All-American award winners, 36 national qualifiers and 15 conference champions. Recent UNK alumni have competed in the Olympic Trials marathon, the Pan Am Games and won the Western States 100-mile race.

University of Nebraska-Lincoln

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

Recruiting coordinator: Matt Wackerly

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 8th of 12 in the 2018 Big 10, the fourth consecutive year to improve, while the women finished 11th 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 4th), Mark Freyhoff (10th) and Erika Freyhoff (11th) were NCAA All-Midwest Regional honorees, and the two men qualified for the NCAA nationals. The men placed 8th at regionals and women 14th. 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 2nd in 2012, 2014 and 2015. The men

T&F finished in the top 15 at nationals four times from 2012-2016. Wyatt McGuire finished 4th (5000) and 3rd (10,000) at the 2017 Big 10 meet.

University of Nebraska-Omaha

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

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 (4th) at the Summit conference meet in 2017. The XC team has been named an USTFCCCA 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

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

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 5th 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

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

ACT/GPA eligibility for academic aid: 21, 3.0 with application due by December 1st 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 6th in NCAA D2 and women's GPA of 3.587 was 3rd 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

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

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 2nd and 3rd, 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 5th (men) and 6th (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

York, NE

2017 fall enrollment: 500

ECA: \$25,760

<http://www.ycpanters.com/sport/0/4.php>

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

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.

Jay Slagle is a volunteer writer for the Nebraska Elite TC website. Follow @nebraskaelitetc and @preprunningnerd or visit www.nebraskaelitetc.org for more info on Nebraska high school running.