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Midwest Conference Volleyball

St. Norbert Set to Defend Title, Beloit Equipped For Battle

RIPON, WIS. -- In her inaugural season with St. Norbert, 2008 co-coach of the year **Bethani Thibodeau** swept the MWC en route to a conference and tournament title. However, this season does not look to be as easy for the Green Knights as coaches are up in arms as to how the conference will finish, leaving the top four tournament seeds up for grabs.

Nothing is certain this year as the 2009 Preseason Coaches Poll tabbed 2008 co-coach of the year **Dawn Kelly's** Buccaneers and Thibodeau's defending champions, the Green Knights, to both take home a share of the 2009 MWC title. Both teams split the ten first-place votes evenly, receiving five a piece as they both took top honors in this year's poll.

Monmouth is predicted to finish third and first-year head coach **Becca Carstensen** and her Ripon Red Hawk's tied for fourth alongside Carroll with only a five point difference between those two squads and the Scots. Carroll earned a couple third place votes and one second place nod, while Ripon garnered several fourth place finishes and one third.

Illinois College and Lake Forest finished sixth and seventh, respectively. Grinnell is seeded eighth, while Lawrence and Knox rounded out the 2009 Preseason Coaches Poll in that order.

With nine All-MWC players lost to graduation, including two-time Player of the year **Joanna Mamayek**, it is no surprise that this year's poll was so close, leaving both the MWC title and Player of the Year award up for the taking.

Beloit returns the most 1st Team All-MWC selections from a year ago in outside hitters **Mary Parker** and **Tess Jacquez**. St. Norbert will also have an experienced attack in All-MWC outside and middle hitters **Sam Jungbluth**, **Danielle DeGroot**, and **Sarah Sulentic**, while Grinnell returns 1st Team All-MWC middle blocker **Claire Redder**. Other All-MWC offensive threats will be seen in Carroll's line up with 2nd Team All-MWC selections **Heather Kulibert** and **Jessica Fleck** and Lawrence returns 2nd Team pick **Melissa Schnettler**.

The top two setters in the league return to lead their offenses into battle. St. Norbert has senior **Laura Ayello** (8.13 apg), while Beloit will use junior **Caitlin O'Leary**, the only setter on last year's All-MWC Team.

With the loss of 1st Team All-MWC liberos **Lisa Sturgill** and **Crystal Myers** to graduation, Ripon's **Sara Heim** returns as the league's top defender.

SEASON PREVIEWS:

1. Beloit Buccaneers **2008 Record:** 18-13 (8-1 MWC)
Returning All-MWC 1st Team: 2 **2nd Team:** 2

2008 co-coach of the year **Dawn Kelly** enters the 2009 season with a team poised to take the conference title. She returns three All-MWC selections willing and able to help the Buccaneers accomplish the feat. All MWC teams will be preparing their defenders for the outside hitting tandem of senior **Mary Parker** and sophomore **Tess Jacquez**. The two 1st Team All-MWC selections paced the Bucs in kills and digs. Parker led the team in kills with 257 and digs with 388. Her kill total of 2.52 per set was sixth in the conference and her digs seventh. Jacquez was second on the team in kills with 227 and she finished fifth in the league in aces. She also had 301 digs. Junior setter **Caitlin O'Leary** was the only setter named to the 2008 All-MWC Team. She garnered 2nd Team All-MWC honors after leading the team and the conference with 872 set assists, an average of 8.54 per set. Senior libero **Esther Chiu** (378 digs, 3.82 digs per set) and junior middle blocker **Laura Toth** (197 kills, 95 blocks) also return to the court for the Buccaneers.

1. St. Norbert Green Knights **2008 Record:** 30-4 (9-0 MWC)
Returning All-MWC 1st Team: 1 **2nd Team:** 2

The defending MWC champions may have lost two-time Player of the Year **Joanna Mamayek** to graduation, but back-to-back titles are still in sight as the Green Knights return three out of their five All-MWC selections from a year ago. Outside hitters **Sam Jungbluth** (1st Team) and **Danielle DeGroot** (2nd Team) return to the net for their senior season and junior middle hitter **Sarah Sulentic** is back for her third. Jungbluth recorded 275 kills while hitting .318 percent, good enough for third in the conference in hitting percentage. DeGroot put down 197 kills and had 275 digs and Sulentic returns as the team's leading blocker after forcing 125 blocks and chipping in 212 kills last season. This decorated trio will give senior setter **Laura Ayello** (943 assists, digs) plenty of offensive options. Junior **Kim Angst** will protect the back half of the court as she returns to the libero position with experience and depth.

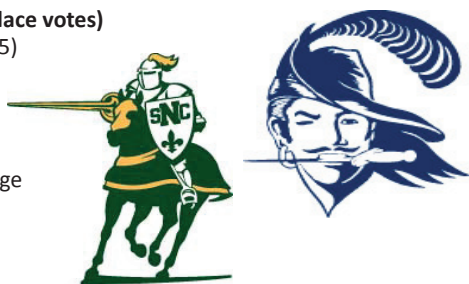
3. Monmouth Fighting Scots **2008 Record:** 12-18 (5-4 MWC)
Returning All-MWC 1st Team: --- **2nd Team:** 1

Monmouth graduated nearly half of their roster from 2008, including 1st Team All-MWC picks **Samantha Robinson** and **Crystal Myers**, meaning coach **Kari Shimmin** enters the 2009 campaign with plenty of question marks. One of those question marks could become an exclamation point with the return of 6-foot junior outside hitter **Alyson Schroeter** (2.18 kpg). The 2nd Team All-MWC selection is expected to be joined in the front row by a pair of sophomores- middle hitter **Kendra Newlon** (80 kills, 52 blocks) and outside hitter **Megan Creen** (62 kills, 61 digs).

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--2009 MWC VOLLEYBALL PRESEASON COACHES POLL--

Rnk	Team (1st place votes)
1. (tie)	St. Norbert(5)
1. (tie)	Beloit (5)
3.	Monmouth
4. (tie)	Ripon
4. (tie)	Carroll
6.	Illinois College
7.	Lake Forest
8.	Grinnell
9.	Lawrence
10.	Knox



Monmouth Fighting Scots Continued...

Shimmin employed a 6-2 offense last season and could use that approach again, giving junior setter **Laura Anton** shared time with senior setter **Alexis Keller** (267 assists, 153 digs). Defensive specialist **Sara Schoon** (63 digs) is the only other senior on the roster in addition to Keller.

4. Ripon Red Hawks **2008 Record: 10-17 (6-3 MWC)** **Returning All-MWC 1st Team: --- 2nd Team: 1**

Experience is a definite plus this season as head coach **Becca Carstensen** takes the reigns of the Ripon program in 2009. She will use her team's experience to her advantage as they aim for their third consecutive trip to the MWC tournament, which has been anchored behind the play of senior libero **Sara Heim** and junior middle hitter **Anna Alvin**. Last season, Heim led the Red Hawks with 513 digs (4.93digs/set), third among all players in the MWC, en route to being named 2nd Team All-MWC. Meanwhile, Alvin is coming off a season that saw her record a team-high 228 kills, while also ranking second on the team in total blocks with 70. Junior setter **Alison Ernst** will be feeding Alvin and the Red Hawk offense this season. She led the team with 454 assists last season and was third in service aces (23) and fourth in digs (220). Senior outside hitter **Christy Looker** (120 kills, 100 digs) has also been a key part of the team since her freshmen year and will be looked at to fill the void left by 1st Team All-MWC outside hitter **Jeni Yaeger**, who graduated.

4. Carroll Pioneers **2008 Record: 12-19 (3-6 MWC)** **Returning All-MWC 1st Team: --- 2nd Team: 2**

Two 2nd Team All-MWC picks highlight a young Pioneer roster that is predicted to qualify for the MWC Tournament this season after finishing sixth a year ago and claiming the championship in 2007. Senior outside hitter **Jessica Fleck** (210 kills, 81 blocks) was a member of that 2007 MWC Championship Team and coach **Annie Gliber** will look to her and fellow seniors **Justine Martin** (177 digs) and **Nikole Bohn** (369 assists) for all around leadership. After making her mark in the MWC as a freshman, sophomore outside hitter **Heather Kulibert** is back for more. She led the Pioneers in kills (214) and digs (348) and was second on the team in service aces (26). Two other sophomores also stand out on Carroll's roster and they will likely see their roles expand in 2009. Setter **Melanie Schloesser** lead the team in assists with 508 and outside hitter/defensive specialist **Megan Falk** was second on the team in digs with 216.

6. Illinois College Lady Blues **2008 Record: 12-16 (5-4 MWC)** **Returning All-MWC 1st Team: --- 2nd Team: ---**

Illinois College returns to the court with a clean slate and lineup in 2009. After finishing fifth in the MWC a year ago, just missing qualification for the MWC Tournament, coach **Chad Nelson's** squad enters this season without two All-MWC performers, lost to graduation. Coach Nelson will look to replace middle and outside hitters **Angela Siebers** and **Katie Miller** with junior middle blocker **Taylor McDermott** (70 kills, 102 blocks). He will also expect big things from junior outside hitter Courtney Sweatman (112 kills) in the front row. Junior setters **Kelly VanGennip** and **Courtney O'Connor** will see a lot of playing time this season as Nelson will count on them to run an efficient offense. The Lady Blues will have senior libero **Eileen Hickey** (376 digs) and senior defensive specialist **Janice Johnson** to back them up on defense.

7. Lake Forest Foresters **2008 Record: 8-19 (4-5 MWC)** **Returning All-MWC 1st Team: --- 2nd Team: ---**

Junior middle hitter **Mandi Mulliner** (187 kills, 78 blocks) returns to the court to lead the way for Lake Forest in 2009. Assisting her will be junior setter **Deena Blanchard**, who led the team in assists (323) and aces (32), a year ago. 1st Team All-MWC libero **Lisa Sturgill** paced the

(Continued in next column)...

Lake Forest Foresters continued...

conference with 671 digs and was ranked fourth in the nation in digs per set in 2008. However, she is gone to graduation leaving coach **Jennifer Saylor** a hole to fill on defense. Luckily for her and the Foresters senior outside hitter **Nicole Leonard** and sophomore defensive specialist **Theresa Converse** are back and recorded 215 and 116 digs, respectively, last season. Leonard will also get a chance to step in and fill the void left by 2nd Team All-MWC outside hitter **Ashley Cretacci**, also lost to graduation.

8. Grinnell Pioneers **2008 Record: 7-21 (2-7 MWC)** **Returning All-MWC 1st Team: 1 2nd Team: ---**

Former assistant coach **Jackie Hutchison** becomes the interim head volleyball coach as the Pioneers take to the court in 2009. The Pioneers return a large, experienced roster highlighted by 1st Team All-MWC junior middle blocker **Claire Redder** (272 kills, 73 blocks, 143 digs). She returns as the team's kills and blocks leader. Junior outside hitter **Elizabeth Davis** will be in the lineup with Reeder. Davis finished second on the team in both kills (150) and digs (187). After a successful collegiate debut, sophomore setter **Olivia Wilks** (723 assists, 183 digs) is back to run the Pioneer offense, while senior libero **Caroline Bailey** (263 digs) returns to quarterback the defense.

9. Lawrence Vikings **2008 Record: 3-27 (1-8 MWC)** **Returning All-MWC 1st Team: --- 2nd Team: 1**

The return of 2nd Team All-MWC senior outside hitter **Melissa Schnetler** (284 kills, 253 digs) will help the Vikings to rise above last year's tenth-place finish. Additionally, the Vikings return all but one player on their roster from a year ago and will look to add six more incoming recruits. Junior setter **Farrell Tremble** (305 assists) and senior setter **Laura Aerts** (448 assists) could split setting duties again after running a 6-2 offense last season. Sophomore middle blocker **Claire Bohrer** (239 kills, 75 blocks) and sophomore libero **Samantha Nimmer** (281 digs) both gained valuable experience a year ago for the Vikings and will look to contribute even more this season.

10. Knox Prairie Fire **2008 Record: 2-7 (4-15 MWC)** **Returning All-MWC 1st Team: - 2nd Team: ---**

Kim Schrader's Prairie Fire will look to pick up from where they left off a season ago and build on the successes of last year's squad. With only five returning players from their 2008 roster, a young and talented incoming class will get a chance to play right away and make their marks in the MWC. Looking to guide those youth will be senior setter **Karen Frost**, who is one of three seniors to return for their final season. Frost led the team in assists last season with 337 and also put up 121 digs. Sophomore libero **Lisa Blagg** will take root in the back row again after finishing fourth in the MWC in digs per game (4.06) last season. Offensive spark and 1st Team All-MWC outside hitter **Katharina Schulte** will not return, leaving the position up for grabs by the Prairie Fire's lone returning outside/middle hitter senior **Christina Davis** and sophomore transfer **Kelly Ricketts**.

2008 STANDINGS

Team	MWC W - L	Overall W - L
St. Norbert#*	9-0	30-4
Beloit*	8-1	18-13
Ripon*	6-3	10-17
Monmouth*	5-4	12-18
Illinois College	5-4	12-16
Lake Forest	4-5	8-19
Carroll	3-6	12-19
Grinnell	2-7	7-21
Knox	2-7	4-15
Lawrence	1-8	3-27
#MWC Champion	*Qualified for MWC Tournament	



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2009 MIDWEST CONFERENCE VOLLEYBALL SCHEDULE

Date	Opponent	MWCTV	Time/Result
Sept. 25	Beloit at Monmouth		7 p.m.
	Lake Forest at Illinois College		7 p.m.
Sept. 26	Carroll at Lawrence		11 a.m.
	Beloit at Illinois College		1 p.m.
	Lake Forest at Monmouth		1 p.m.
Sept. 29	Illinois College at Knox		7 p.m.
Oct. 2	Illinois College at Carroll		6 p.m.
	Grinnell at Lawrence		7 p.m.
	Knox at St. Norbert		7 p.m.
	Monmouth at Ripon		7 p.m.
Oct. 3	Knox at Lawrence		11 a.m.
	Grinnell at St. Norbert		1 p.m.
	Illinois College at Ripon		1 p.m.
	Monmouth at Carroll		1 p.m.
Oct. 6	Monmouth at Grinnell		7 p.m.
Oct. 7	Carroll at St. Norbert		7 p.m.
Oct. 9	Carroll at Knox		7 p.m.
	Lawrence at Monmouth		7 p.m.
	Ripon at Grinnell		7 p.m.
	St. Norbert at Illinois College		7 p.m.
Oct. 10	Lawrence at Illinois College		11 a.m.
	Carroll at Grinnell		1 p.m.
	Ripon at Knox		1 p.m.
	St. Norbert at Monmouth		1 p.m.
Oct. 13	Beloit at Carroll		7 p.m.
	Knox at Lake Forest		7 p.m.
Oct. 14	Ripon at Lawrence		7 p.m.
	Grinnell at Beloit		7:30 p.m.
Oct. 15	Monmouth at Knox		7 p.m.
Oct. 16	Beloit at Ripon		7 p.m.
Oct. 17	Illinois College at Grinnell		1 p.m.
	St. Norbert at Lake Forest		3 p.m.
Oct. 20	Lake Forest at Ripon		7 p.m.
	St. Norbert at Lawrence		7 p.m.
Oct. 23	Lake Forest at Beloit		6:30 p.m.
Oct. 24	Grinnell at Lake Forest		11 a.m.
	Knox at Beloit		1 p.m.
Oct. 27	Monmouth at Illinois College		7 p.m.
Oct. 28	Knox at Grinnell		7 p.m.
	Lake Forest at Carroll		7 p.m.
	Lawrence at Beloit		7 p.m.
	Ripon at St. Norbert		7 p.m.
Oct. 30	St. Norbert at Beloit		7 p.m.
Oct. 31	Lawrence at Lake Forest		11 a.m.
	Ripon at Carroll		1 p.m.
2009 MWC Tournament (at MWC Champion)			
Nov. 6	#3 Seed vs. #2 Seed		4:30 p.m.
	#4 Seed at #1 Seed		7 p.m.
Nov. 7	Final		1 p.m.

2009 NON-CONFERENCE VOLLEYBALL SCHEDULE

Date	Opponent	Time/Result	Date	Opponent	Time/Result
Sept. 1	Knox vs. Rose-Hulman (at Eureka)	3 p.m.	Sept. 18-19	Aurora Tournament (St. Norbert)	TBA
	Knox at Eureka	7 p.m.		Beloit Buc Blast Tournament	TBA
	Ripon Quad (Carroll, Ripon)		Sept. 19	Lake Forest vs. Benedictine (at Naperville, Ill.)	Noon
	Carroll vs. MSOE	5:15 p.m.		Greenville at Knox	1 p.m.
	Edgewood at Ripon	5:15 p.m.		Lake Forest at North Central (Ill.)	2 p.m.
	Carroll vs. Edgewood	7:15 p.m.		Macalester Tournament (Grinnell)	
	MSOE at Ripon	7:15 p.m.		Grinnell at Macalester	2 p.m.
	North Central (Ill.) Triangular (Beloit)			Grinnell vs. Dubuque	10 a.m.
	Beloit vs. Concordia (Ill.)	6 p.m.		Ripon Invite (Carroll, Lawrence, Ripon)	
	Beloit at North Central (Ill.)	8 p.m.		Lawrence vs. Augsburg	10 a.m.
	Lawrence at Mt. Mary	7 p.m.		Martin Luther at Ripon	10 a.m.
Sept. 2	Cornell at Monmouth	7:30 p.m.		Carroll at Ripon	Noon
Sept. 3	Beloit at Marian	7 p.m.		Carroll vs. Augsburg	2 p.m.
Sept. 4	Beloit at Clarke	7 p.m.		Lawrence vs. Maranatha Baptist	2 p.m.
	Wisconsin Lutheran Invite (Carroll, Lawrence)			Wheaton Quad (Monmouth)	TBA
	Carroll vs. North Central (Ill.)	3 p.m.	Sept. 22	Aurora at Beloit	7 p.m.
	Lawrence at Wisconsin Lutheran	3 p.m.		Illinois College at Lincoln Christian	7 p.m.
	Lawrence vs. North Central (Minn.)	5 p.m.	Sept. 24	Lawrence at MSOE	7 p.m.
	Carroll vs. Minnesota-Morris	7 p.m.		Wisconsin Lutheran at Carroll	7 p.m.
	Illinois College Blue Brawl (Grinnell, Illinois College, Knox)		Sept. 25	Maranatha Baptist at Ripon	7 p.m.
	Knox vs. Westminster	5 p.m.		Grinnell Tournament	
	Knox vs. Greenville	7 p.m.		William Penn at Grinnell	TBA
	Grinnell vs. Greenville	10 a.m.		Augustana at Grinnell	TBA
	Grinnell vs. Dubuque	2 p.m.		Coe Tournament (Knox)	
	Grinnell vs. Westminster	4 p.m.		Knox vs. Coe	4 p.m.
	Elmhurst Invitational (Lake Forest)			Knox vs. Fairth Baptist Bible College	6 p.m.
	Lake Forest vs. Nebraska Wesleyan	6 p.m.		UW-Platteville Tournament (St. Norbert)	TBA
	Lake Forest vs. John Carroll	8 p.m.	Sept. 26	Carroll vs. Marian (at Appleton, Wis.)	1 p.m.
Sept. 4-5	Lakeland Tournament (Ripon, St. Norbert)	TBA		Marian at Lawrence	3 p.m.
Sept. 5	Wisconsin Lutheran Invite (Carroll, Lawrence)			Grinnell Tournament	
	Carroll vs. North Central (MN)	10 a.m.		Augustana at Grinnell	TBA
	Lawrence at Minnesota-Morris	Noon		William Penn at Grinnell	TBA
	Carroll at Wisconsin Lutheran	2 p.m.		Coe Tournament (Knox)	
	Lawrence vs. North Central (IL)	2 p.m.		Knox vs. UW-Stevens Point	10 a.m.
	Illinois College Blue Brawl (Grinnell, Illinois College, Knox)			Knox vs. Coe	Noon
	Knox vs. Dubuque	8 a.m.	Sept. 29	Mt. Mary at Lake Forest	7 p.m.
	Knox vs. Cornell	2 p.m.		UW-Platteville at Beloit	7 p.m.
	Grinnell vs. Bethany Lutheran	10 a.m.	Sept. 30	Iowa Wesleyan at Grinnell	7:30 p.m.
	Grinnell vs. Cornell	Noon	Oct. 1	Elmhurst at Lake Forest	7 p.m.
	Monmouth Invite (Beloit, Monmouth)	TBA	Oct. 2	Beloit Triangular	
	Elmhurst Invitational (Lake Forest)			Wheaton (Ill.) at Beloit	4 p.m.
	Lake Forest vs. Trine	Noon		Judson at Beloit	8 p.m.
	Lake Forest vs. Illinois Wesleyan	2 p.m.	Oct. 3	Knox vs. Lawrence	11 a.m.
Sept. 5-6	Pacific University Tournament (Grinnell)	TBA		Knox vs. UW-Eau Claire	1 p.m.
Sept. 8	Knox Triangular			Lawrence vs. UW-Eau Claire	3 p.m.
	MacMurray at Knox	5:30 p.m.	Oct. 5	MSOE at Lake Forest	7 p.m.
	Lincoln Christian at Knox	7:30 p.m.	Oct. 7	Beloit at Mt. Mary	7 p.m.
	Wheaton (IL) at Lake Forest	7 p.m.		Knox at Lincoln Christian	7 p.m.
Sept. 9	Lawrence vs. Mt. Mary (at Milwaukee, Wis.)	5 p.m.	Oct. 10	MSOE Triangular (Beloit)	
	Lawrence at Alverno	7 p.m.		Beloit vs. Rockford	Noon
	Ripon at Marian	7 p.m.		Beloit at MSOE	2 p.m.
Sept. 10	Carroll at MSOE	5 p.m.		Lawrence vs. TBA (at Jacksonville, Ill.)	1 p.m.
	Carroll vs. Concordia (WI) (at Milwaukee, Wis.)	7 p.m.	Oct. 13	Maryville at Illinois College	7 p.m.
Sept. 11	Grinnell Invitational Tournament (Grinnell, Monmouth)		Oct. 17-18	Monmouth at Rhodes	TBA
	Rockford at Grinnell	4 p.m.	Oct. 21	Eureka at Knox	7 p.m.
	St. Vincent at Grinnell	8 p.m.		Illinois College at Illinois-Springfield	7 p.m.
Sept. 11-12	Augsburg Invite (Lawrence)	TBA	Oct. 23	UW-Eau Claire Invite (Lawrence)	
	Illinois Wesleyan Tournament (Beloit)	TBA		Lawrence vs. UW-River Falls	5:15 p.m.
	North Park Tournament (Illinois College, Ripon)	TBA		Lawrence vs. UW-Stevens Point	7:30 p.m.
	UW-Oshkosh Pizza Hut Classic (Carroll, Lake Forest, St. Norbert)		Oct. 23-24	UW-Whitewater Tournament (Carroll, St. Norbert)	TBA
Sept. 12	Clarke Triangular (Knox)		Oct. 24	UW-Eau Claire Invite (Lawrence)	
	Knox at Clarke	1 p.m.		Lawrence at UW-Eau Claire	10 a.m.
	Knox vs. Edgewood	3 p.m.		Lawrence vs. UW-Stout	12:15 p.m.
	Grinnell Invitational Tournament (Grinnell, Monmouth)			Grinnell vs. Trinity International (at Lake Forest, Ill.)	1 p.m.
	Monmouth at Grinnell	11 a.m.		Ripon vs. Concordia (Ill.) (at Milwaukee, Wis.)	1 p.m.
	William Penn at Grinnell	3 p.m.		Ripon at Wisconsin Lutheran	3 p.m.
Sept. 15	Illinois College at Webster	7 p.m.		Trinity International at Lake Forest	1 p.m.
	Monmouth at Lincoln Christian	7 p.m.		Illinois College at Fontbonne	TBA
	UW-Oshkosh Quad (Ripon, St. Norbert)	TBA		Monmouth Quad	TBA
Sept. 16	Lake Forest at Chicago	7 p.m.	Oct. 30	Benedictine Tournament (Grinnell, Monmouth)	
Sept. 17	Principia at Knox	7 p.m.		Grinnell vs. Monmouth	5 p.m.
Sept. 18	Macalester Tournament (Grinnell)			Grinnell vs. Wheaton	7 p.m.
	Grinnell vs. Carleton	5 p.m.		Lawrence vs. Wisconsin Lutheran (at Lake Forest, Ill.)	1 p.m.
	Grinnell vs. Oklahoma Wesleyan	7 p.m.		Wisconsin Lutheran at Lake Forest	3 p.m.
	Ripon Invite (Carroll, Lawrence, Ripon)			Illinois College at Rose-Hulman	TBA
	Carroll vs. Lawrence	4 p.m.	Oct. 31	Knox at Dubuque	1 p.m.
	Maranatha Baptist at Ripon	4 p.m.		Benedictine Tournament (Grinnell, Monmouth)	
	Augsburg at Ripon	6 p.m.		Grinnell vs. Benedictine	10 a.m.
	Lawrence vs. Martin Luther	6 p.m.		Grinnell vs. North Central	Noon
	Carroll vs. Martin Luther	8 p.m.	Nov. 19-21	2009 NCAA Tournament - First Round at Cleveland, Ohio (John Carroll)	