



PROFILES



Becky Prial, 5-4, Senior
Warwick, N.Y./Warwick Valley

Three-year letter-winner...has competed in 21 career meets...three-time all-Middle Atlantic Conference and two-time NCAA Mideast regional selection who is looking to become the second harrier in Royals' women's cross-country history to qualify for the NCAA

Division III championships...will attempt to join Anna Maria Rigolio (1994-1997) and Erin Kilker (1997-2000) as the only runners in Scranton women's cross-country history to earn all-conference honors four consecutive years...has established herself as one of the top runners in the program's history; comes into her senior year with nine top 10 and five top 25 career finishes...gritty, determined runner who never gives up and battles the entire race...hard worker...majoring in biology and philosophy...**2006**

(Junior Year): Held down the number one spot in the Scranton lineup for the third straight year...became only the fourth runner in Royals' women's cross-country history to earn all-Middle

Atlantic Conference honors for the third straight year by finishing fourth in the league's championship meet in a time of 25:55 over a muddy and rain-soaked 6000 meter course at DeSales University on October 28...opened the season by capturing the Marywood Labor Day Invitational individual title in a time of 19:50 over a 3.2-mile course on September 2...recorded a personal-best time of 23:47.11 for 6000 meters and finished 13th overall at the Dickinson Invitational on October 7...posted back-to-back 5th-place finishes in 24:56 and 24:12 over 6000-meter courses at the Kutztown and Husky (Bloomsburg University) invitationals on September 9 and September 16, respectively...**2005 (Sophomore Year):** earned all-Middle Atlantic Conference and NCAA Mid-East regional honors for the second straight season by finishing seventh and 35th in 24:01.54 and 23:59.1, respectively, for 6000 meters...was the first Royal harrier across the finish line in all seven meets for the second consecutive season...placed third over a hilly 5000-meter course in 21:47 at McDade Park, the site of the Marywood Invitational on September 3...picked up valuable experience by competing in the Spiked Shoe Invitational (The Pennsylvania State University) on September 24; in that race, which featured several prominent Division I, II and III runners, she finished 86th in a time of 25:10 for 6000 meters...moved up 10 spaces from the previous season by finishing 12th in a time of 26:13.91 over a 6000-meter course at the DeSales

Invitational...**2004 (Freshman Year):** came out the gates quickly and established herself as the Royals' number one runner with an impressive second-place finish in a time of 20:26 over a 5000-meter course at the Marywood Invitational on September 4...her other top 10 finish was a seventh-place showing in 20:24.2 at the New York University Invitational at Van Cortlandt Park in the Bronx, New York, on September 18...earned all-Middle Atlantic Conference honors with an 11th-place finish in a time of 24:20 for 6000 meters at the league's championship meet on October 30 at the Belmont Plateau in Philadelphia...also earned all-regional honors with a 33rd-place finish at the NCAA Mid-East regional at

Allegheny College in Meadville, Pennsylvania, on Saturday, November 13; earlier in the season, ran a 23:53 on the same course to finish 26th at the Allegheny Classic.

Awards & Honors

Cross Country Coaches Association all-Academic (2004, 2005)
Middle Atlantic Conference 1st-team selection (2005, 2006)
Middle Atlantic Conference 2nd-team selection (2004)
Middle Atlantic Conference Academic Honor Roll (2005, 2006)
NCAA Mid-East all-regional (2004, 2005)
University of Scranton Athlete of the Week (Oct. 24-30, 2005; Oct. 9-15, 2006)

Career Highlights

Top 50 Finishes

26th (23:53, 6000 meters, Allegheny Classic, Sept. 25, 2004)
31st (26:43, 6000 meters, Kutztown Invitational, Sept. 10, 2005)
33rd (23:47, 6000 meters, NCAA Mid-East regional, Allegheny College, Meadville, Pa., Nov. 13, 2004)
35th (23:59.1, 6000 meters, NCAA Mid-East regional, Dickinson College, Carlisle, Pa., Nov. 12, 2005)

Top 25 Finishes

11th (24:20, 6000 meters, Middle Atlantic Conference championships, Belmont Plateau, Philadelphia, Pa. Oct. 30, 2004)
12th (26:13.91, 6000 meters, DeSales Invitational, Oct. 15, 2005)
13th (23:47.11, 6000 meters, Dickinson Invitational, Oct. 7, 2006)
17th (20:04.50, 5000 meters, LaSalle Invitational, Oct. 2, 2004)
22nd (25:17.51, 6000 meters, DeSales Invitational, Oct. 16, 2004)

Top 10 Finishes

1st (19:50, 3.2 miles, Marywood Labor Day Invitational, Sept. 2, 2006)
2nd (20:26, 5000 meters, Marywood Invitational, Sept. 4, 2004)
3rd (21:47, 5000 meters, Marywood Invitational, McDade Park, Scranton, Pa., Sept. 3, 2005)
4th (25:55, 6000 meters, Middle Atlantic Conference championships, DeSales University, Center Valley, Pa., Oct. 28, 2006)
5th (24:56, 6000 meters, Kutztown Invitational, Sept. 9, 2006)
5th (24:12, 6000 meters, Husky Invitational, Bloomsburg Invitational, Sept. 16, 2006)
7th (20:24.2, 5000 meters, New York University Invitational, Sept. 18, 2004)
7th (24:01.54, 6000 meters, Middle Atlantic Conference championships, Juniata College, Huntingdon, Pa., Oct. 29, 2005)
9th (24:52.06, 6000 meters, DeSales Invitational, Oct. 14, 2006)

Conference Championship Finishes

4th (25:55, 6000 meters, Middle Atlantic Conference championships, DeSales University, Center Valley, Pa., Oct. 28, 2006)
7th (24:01.54, 6000 meters, Middle Atlantic Conference championships, Juniata College, Huntingdon, Pa., Oct. 29, 2005)
11th (24:20, 6000 meters, Middle Atlantic Conference championships, Belmont Plateau, Philadelphia, Pa. Oct. 30, 2004)

NCAA Mideast Regional Finishes

33rd (23:47, 6000 meters, Allegheny College, Meadville, Pa., Nov. 13, 2004)
35th (23:59.1, 6000 meters, Carlisle High School, Carlisle, Pa., Host: Dickinson College, Nov. 12, 2005)
52nd (25:29, 6000 meters, Greene County Airport, Waynesburg, Pa., Host: Waynesburg College, Nov. 11, 2006)