

Ruth Mick Mischler

Seneca Valley Class of 2002

Cross Country, Track & Field

SV Track & Field

4-year letter winner
4-time WPIAL Championship qualifier
WPIAL Runner-Up in 3200m relay (2001)
4-time PIAA Championship qualifier
All Time Records in 800m (2nd), 400m (4th), and 1600m (9th)
3-time Most Outstanding Athlete Award (2000-2002)
Top Freshman Athlete Award (1999)
Set school records in 800m (2002), 3200m relay (2001), and 1600m relay (2000)

SV Cross Country

4-year letter winner
4-time WPIAL finalist
4-time PIAA finalist
3-time MVP Award (1998,2000,2001)

Collegiate Career at Lipscomb University

First Lipscomb runner to qualify for NCAA Regionals
800 m conference champion in 2006
Set school records for 800m (2006) and steeplechase (2006)
2006 James R. Byers Award of Excellence in Athletics, Academics, and Christian Life
Atlantic Sun All-Academic XC Team (2003-2005)
2005 All-Academic NCAA Division I XC Team with highest national GPA