



Cross Country - 2013

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Cascade Collegiate Conference Cross Country Notes

LA GRANDE, Ore. - Eight of 10 schools will be in action this weekend as just Oregon Tech and Warner Pacific sit idle. College of Idaho and Eastern Oregon will meet up in Lewiston, Idaho as they take part in the Inland Empire Championships, hosted by Lewis-Clark State College.

The remaining schools in action will be in Estacada, Ore. as competitors in the Lewis & Clark Invitational. In addition to the six CCC schools, there will be five schools from the NCAA DIII Northwest Conference.

Upcoming Schedule

Saturday, October 19

College of Idaho, Eastern Oregon at Lewis-Clark State Inland Empire Championships

Corban, Concordia, Evergreen, Northwest, Northwest Christian, Southern Oregon at Lewis & Clark Invitational

CCC Men in NAIA Top 25

Following is the weekly look at CCC teams listed in the NAIA Top 25 poll (preseason poll listed first, followed by the 7 regular season polls). Visit www.naia.org for complete polls.

	A28	S18	S25	O2	O9	O16	O23	O30	N10	N28
TM	Pre	#1	#2	#3	#4	#5	#6	#7	FIN	POST
CI	RV	RV	RV	RV	RV	RV				
CU	11	RV	-	-	RV	RV				
CRB	-	-	-	-	-	-				
EOU	13	13	12	12	7	8				
ESC	-	-	-	-	-	-				
NU	-	-	-	-	-	-				
NCU	RV	22	15	15	15	19				
OIT	19	15	21	20	19	21				
SOU	2	2	2	2	2	2				
WPC	-	-	-	-	-	-				

CCC Women in NAIA Top 25

Following is the weekly look at CCC teams listed in the NAIA Top 25 poll (preseason poll listed first, followed by the 7 regular season polls). Visit www.naia.org for complete polls.

	A28	S18	S25	O2	O9	O16	O23	O30	N10	N28
TM	Pre	#1	#2	#3	#4	#5	#6	#7	FIN	POST
CI	2	2	2	2	2	2				
CU	20	RV	-	-	-	-				
CRB	-	-	RV	-	RV	RV				
EOU	RV	-	-	-	RV	RV				
ESC	-	-	-	-	-	-				
NU	-	-	-	-	-	-				
NCU	13	11	10	9	8	8				
OIT	-	-	-	-	-	-				
SOU	16	20	25	24	23	23				
WPC	-	-	-	-	-	-				



Red Lion Runners of the Week

Red Lion is the official hospitality sponsor of the CCC

RED LION
HOTELS

Date	Men (School)	Women (School)
Sep. 9	Paul Adams (OIT)	Hillary Holt (CI)
Sep. 16	Eric Ghelfi (SOU)	Aspen Abbott (SOU)
Sep. 23	Paul Adams (OIT)	Hillary Holt (CI)
Sep. 30	Eric Avila (SOU)	Summer Cano (SOU)
Oct. 7	Paul Adams (OIT)	Hilary Holt (CI)
Oct. 14	Paul Adams (OIT)	Allison Duvenez (NCU)





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Around The Cascade Conference

College of Idaho - C of I teams head to Inland Empire Classic in Lewiston, competing against Washington State, Gonzaga, Eastern Oregon, Lewis-Clark State, Carroll, and Rocky Mountain.

Concordia- Concordia will compete in its final race of the season prior to the CCC championships when it enters the Lewis & Clark Invitational held at McIver Park in Estacada, Ore., on Saturday. Senior Sarah Whybark is the lone Cavalier to race at McIver Park as Concordia last competed at the Lewis & Clark event on Sept. 10, 2011.

Corban - None Provided

Eastern Oregon - After a bye week, EOU Cross Country returns to action this weekend when they head to Lewiston, Idaho to run in the LCSC Inland Empire Championships.

Evergreen - The Geoducks head down to Estacada, Ore. this weekend to take part in the Lewis & Clark Invitational. It marks the final regular-season race for Evergreen before the CCC Championships on Nov. 9 in Caldwell, Idaho.

Northwest - None Provided

Northwest Christian - None Provided

Oregon Tech - Coming off a third Cascade Conference Athlete of the Week award, which included NAIA National Athlete of the Week honors just last week, Oregon Tech's Paul Adams was named the CCC's Cross Country Men's Athlete of the Week, his fourth of the season.

Southern Oregon - The Raiders were off for the second straight week, but the second-ranked men and 24th-ranked women will be back in action Saturday at the Lewis and Clark Invitational in Estacada.

Warner Pacific - None Provided