



Cross Country - 2013

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Cascade Collegiate Conference Cross Country Notes

LA GRANDE, Ore. - With the 2013 Cascade Conference Championship set for Nov. 9 in Caldwell, Idaho, a quartet of schools will take to the course for the final time in the regular season.

Southern Oregon, Warner Pacific and Northwest Christian will all run at the Beaver Classic, hosted by Oregon State University. Oregon Tech heads down to Southern California to run in the Biola Invitational on Saturday in Orange, Calif.

Upcoming Schedule

Friday, October 25

Southern Oregon, Warner Pacific, Northwest Christian at Beaver Classic

Saturday, October 26

Oregon Tech at Biola 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	22			
CU	11	RV	-	-	RV	RV	-			
CRB	-	-	-	-	-	-	-			
EOU	13	13	12	12	7	8	8			
ESC	-	-	-	-	-	-	-			
NU	-	-	-	-	-	-	-			
NCU	RV	22	15	15	15	19	RV			
OIT	19	15	21	20	19	21	19			
SOU	2	2	2	2	2	2	2			
WPC	-	-	-	-	-	-	-			



RED LION
HOTELS

Red Lion Runners of the Week

Red Lion is the official hospitality sponsor of the CCC

Date	Men (School)
Sep. 9	Paul Adams (OIT)
Sep. 16	Eric Ghelfi (SOU)
Sep. 23	Paul Adams (OIT)
Sep. 30	Eric Avila (SOU)
Oct. 7	Paul Adams (OIT)
Oct. 14	Paul Adams (OIT)
Oct. 21	Isaac Updike (EOU)

Women (School)
Hillary Holt (CI)
Aspen Abbott (SOU)
Hillary Holt (CI)
Summer Cano (SOU)
Hilary Holt (CI)
Allison Duvenez (NCU)
Hillary Holt (CI)

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	2			
CU	20	RV	-	-	-	-	-			
CRB	-	-	RV	-	RV	RV	RV			
EOU	RV	-	-	-	RV	RV	-			
ESC	-	-	-	-	-	-	-			
NU	-	-	-	-	-	-	RV			
NCU	13	11	10	9	8	8	8			
OIT	-	-	-	-	-	-	-			
SOU	16	20	25	24	23	23	22			
WPC	-	-	-	-	-	-	-			





CCC Cross Country - 2013

Around The Cascade Conference

College of Idaho - Both C of I teams ran extremely well at the Inland Empire Classic - Lady Yotes winning title, Coyote men taking third...Hillary Holt led the women with an outstanding performance, as C of I runners took six of the Top-15 positions among non-Division I runners and improved their 1-5 gap...men's team had a minimal gap between 1-4 (with normal #4 runner not in action).

Concordia - None Provided

Corban - After competing in the Lewis & Clark Invitational over the weekend at McIver State Park in Portland, Corban will be idle for the next two weeks in preparation for the Cascade Collegiate Conference Championships at Brothers Park in Caldwell, Idaho.

Eastern Oregon - Men's Cross Country took second at the LCSC Inland Empire Championships, finishing behind LCSC by five points. Isaac Updike was selected as the Red Lion Men's Cross Country Runner of the Week. He finished third at the event with a time of 24:10, which is the third fastest time in school history. The Women's team finished 8th in the LCSC Inland Empire Championships.

Evergreen - The Geoducks concluded the 2013 cross country season last weekend at the Lewis & Clark Invitational as Evergreen will not compete in the CCC Championships this season.

Northwest - The Eagle XC teams are now done with the regular season schedule and will continue to train for the CCC Championships in November.

Northwest Christian - None Provided

Oregon Tech - No. 19 Oregon Tech Men are at the NAIA West Jamboree against; #9 Cal St. San Marcos, # 17 The Masters, #23 Biola, RV Vanguard, RV Westmont, RV Arizona Christian. Women will run against #3 Cal St. San Marcos, #4 Biola, #7 The Masters, #13 Westmont, RV Concordia (CA)

Southern Oregon - The second-ranked Raider men picked up a team win at the Lewis & Clark Invitational on Saturday. Eric Avila paced Southern Oregon, clearing the rest of the field by an entire 30 seconds for first place, and even Raiders were in the top 14. The 23rd-ranked Raider women took fourth overall behind Summer Cano's third-place effort. Both teams will compete this weekend in Corvallis at the Beaver Classic.

Warner Pacific - None Provided