



Cross Country - 2013

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Cascade Collegiate Conference Cross Country Notes

LA GRANDE, Ore. - It's championship time for harriers in the CCC as the 2013 Cascade Conference Cross Country Championships presented by U.S. Bank take place on Saturday at Brothers Park in Caldwell, Idaho.

The women's 5,000-meters will begin at 10:30 a.m., with the men's 8,000-meters set for 11:15 a.m. with an award presentation ceremony taking place after the men's race. A pair of nationally-ranked teams look to battle for the men's title, as five-time defending champion, Southern Oregon, along with a Top-10 ranked Eastern Oregon squad look to be the top squads. The C of I is the odds-on favorite to claim their fifth CCC crown in the last six year – bringing a No. 2 national ranking to the meet.

Upcoming Schedule

Saturday, November 9

2013 Cascade Conference Champions presented by U.S. Bank



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	8		
ESC	-	-	-	-	-	-	-	-		
NU	-	-	-	-	-	-	-	-		
NCU	RV	22	15	15	15	19	RV	RV		
OIT	19	15	21	20	19	21	19	RV		
SOU	2	2	2	2	2	2	2	2		
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)
Oct. 21	Isaac Updike (EOU)	Hillary Holt (CI)
Oct. 28	Eric Avila (SOU)	Emily McLean (NCU)

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





CCC Cross Country - 2013

Around The Cascade Conference

College of Idaho - C of I set to host the CCC Championships, presented by U.S. Bank on Saturday morning at Brothers Park...temperatures at race time are expected to be in the upper 30s to low 40s with sunny skies...C of I last hosted the event in 2007...Lady Yotes will be looking for their fifth championship in the last six years

Concordia- The Concordia men's and women's cross country teams have not placed lower than fourth place at the CCC Championships over the past four years. Both programs have one title to their credit with the men winning the conference crown in 2006 and the women in 2010.

Corban - After a two-week break from competition, Corban returns to action this weekend at the Cascade Collegiate Conference Championships presented by U.S. Bank in Caldwell, Idaho. The Warrior women's team will be looking to move up in the NAIA rankings and potentially secure an at-large berth to the 2013 NAIA Cross Country Championships at Rim Rock Farm in Kansas. Junior Justin Holden and sophomore Alexis Mitzel lead Corban's teams this weekend, as the duo has been the top finishing Warrior in each race this season.

Eastern Oregon - Cross Country returns to action for the first time since Oct. 19, when they ran at the LCSC Empire Inland Championships.

Evergreen - The Geoducks have chosen not to travel to Caldwell for the CCC Championships and instead turn their focus towards the Indoor Track and Field season.

Northwest - NU coach Mark Mandi is optimistic about his women's team's chances at the CCC Championships in Caldwell even though they are without their #1 runner, Meagan Governor, who is redshirting this season recovering from injury. Both the men and women are young and look to have a bright future.

Northwest Christian - The NCU women head into the CCC Championship with high expectations as they fight for their highest finish ever. Ranked #9 in the NAIA, NCU will be aiming for a top-two finish. The Beacon men are part of a group of teams that all have a shot to claim a spot anywhere from 3rd through 5th place.

Oregon Tech - None Provided

Southern Oregon - After a week off, the second-ranked SOU men will look to win their sixth straight conference championship this weekend. Eric Avila, a two-time NAIA runner of the week, leads the way along with Tyler VanDyke and Jared Hixon, who will try to repeat as all-conference runners. Summer Cano leads the Raider women as they try to improve on last year's sixth-place finish.

Warner Pacific - The Knights head to Caldwell hoping to exceed expectations. Chad Smurthwaite has been the top runner for the WPC men all year, while Matice Dameron and Jessica Kepfer have alternated at the #1 spot on the ladies team.