



Cross Country - 2013

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Cascade Collegiate Conference Cross Country Notes

LA GRANDE, Ore. - With Northwest making its season debut this weekend at the Sundodger Invitational, all of the Cascade Conference will be in season after this weekend.

Oregon Tech travels to Northwest Christian on Thursday for a rare all-CCC dual meet in Eugene. On Friday, Corban, Warner Pacific and Southern Oregon will all be at the Ash Creek Invitational on Friday while Northwest and Evergreen head to West Seattle on Saturday for the Sundodger Invitational at Bush Park.

Upcoming Schedule

Thursday, September 12

Oregon Tech at Northwest Christian

Friday, September 13

Corban, Warner Pacific, Southern Oregon at Ash Creek Invitational

Saturday, September 14

Northwest, Evergreen at Sundodger 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									
CU	11									
CRB	-									
EOU	13									
ESC	-									
NU	-									
NCU	RV									
OIT	19									
SOU	2									
WPC	-									
WPC	-									



Red Lion Runners of the Week

Red Lion is the official hospitality sponsor of the CCC

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Date **Men (School)**
 Sep. 9 Paul Adams (OIT)

Women (School)
 Hillary Holt (CI)

CCC Women in NAIA Top 25

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CI	2									
CU	20									
CRB	-									
EOU	RV									
ESC	-									
NU	-									
NCU	13									
OIT	-									
SOU	16									
WPC	-									





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Around The Cascade Conference

College of Idaho - None Provided

Concordia - The Cavaliers opened their seasons last week at the PSU Viking Classic where true freshman Eric Alldritt posted the top performance after taking tenth place overall against primarily NCAA DI competition. Alldritt covered the four-mile course in 20:30. Newcomer Cia Bywater paced the CU women's team with a 27th-place result. The Cavs will return to action at the CCC preview meet hosted by College of Idaho on Sept. 21.

Corban - Coming off its season-opening performance at the Clark College XC Preview Saturday that saw the women's team post a runner-up showing and the men's squad finish fifth overall, Corban will take a break this weekend before taking part in the Coyote Twilight/CCC Preview on Saturday, September 21st, beginning at 6:00 p.m. (MST) at Brothers Park in Caldwell, Idaho.

Eastern Oregon - Kody Shriver and Isaac Updike finished first and second in the first race of the year for EOU at the Whitman College Invitational. Sasha Gonzalez led EOU's women team with a second place finish at the Whitman College Invitational.

Evergreen - The Geoduck men will run for the second-straight week when they head to West Seattle for the Sundodger Invitational, hosted by University of Washington.

Northwest - Coach Mark Mandi's harriers have yet to compete in a meet yet this season but are getting ready for the University of Washington's Sundodger Invitational on Saturday, Sept. 14 in Seattle's Lincoln Park.

Northwest Christian - The Beacon women had a strong showing at the Viking Classic this weekend in Portland. NCU unofficially took fourth place in the event, topping Concordia as well as NCAA Division I Portland State. The NCU men jumped into the national picture in a big way this week, taking an unofficial third-place finish. With a 1-through-5 pack time of just 17 seconds, the Beacons were easily ahead of NAIA no. 11 Concordia.

Oregon Tech - None Provided

Southern Oregon - Trevor Lynn paced second-ranked Southern Oregon at the Humboldt Invitational with a fifth-place finish. Though the Raiders left most of their top runners behind for the season-opening meet, Lynn, a sophomore, clocked a time of 26 minutes, 20 seconds on the 8,000-meter course. Aaron Brenton was 24 seconds off Lynn's pace, taking 12th overall, and Luisa Westley captured 16th (24:44) to lead the Raiders in the 6,000-meter women's race. SOU will compete Saturday at the Ash Creek Invitational in Monmouth, its final tuneup for the Stanford Invitational on Sept. 28.

Warner Pacific - The Knight XC teams debuted at the Clark College XC Classic last Saturday. The women placed 7th overall, with Matice Dameron as the top WP finisher (21st overall in a time of 21:43). The men did not enter a complete team for this race, but were paced by Ephram Mamo in 54th place with a time of 29:43.