



# Cross Country - 2013

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## Cascade Collegiate Conference Cross Country Notes

LA GRANDE, Ore. - Cascade Conference harriers take to the course for the first time this fall as nine of 10 schools begin their cross country season.

Northwest Christian and Concordia open up the action when they travel to Portland State on Friday. Saturday will find CCC schools competing in California, Idaho, Oregon and Washington.

Northwest is the lone school not running this weekend but the Eagles will be in action the following weekend when they open the season at the Sundodger Invitational in West Seattle, Wash.

### Upcoming Schedule

#### Friday, September 6

Northwest Christian, Concordia at Viking Classic

#### Saturday, September 7

Oregon Tech at Hornet Jamboree  
 College of Idaho at Idaho State Invitational  
 Corban at Clark College XC Classic  
 Southern Oregon at Humboldt State Invitational  
 Eastern Oregon at Whitman Invitational  
 Evergreen at CWU Apple Ridge Run

### 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

RED LION  
HOTELS

Date      Men (School)      Women (School)

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





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## Around The Cascade Conference

**College of Idaho** - C of I opens the season with a dual at Idaho State - women running 4K, men 6K...Hillary Holt set the course record at ISU last season.

**Concordia**- Both Concordia cross country teams cracked the top 20 in the NAIA Coaches' Preseason Poll released last week. The CU men will enter their first competition ranked No. 11 in the NAIA while the Cavalier women will carry a No. 20 ranking in their 2013 debut scheduled to take place on Sept. 6 at the Portland State Viking Classic at Westmoreland Park.

**Corban** - None Provided

**Eastern Oregon** - Opens its season on Sept. 7th with a dual against Whitman College. EOU Men's Cross Country team opens the season as the 13th ranked team in the nation.

**Evergreen** - The up-and-coming Geoducks will open up the season on Saturday amongst the apple orchards in Yakima, Wash. as part of the CWU Apple Ridge Run. Evergreen will only be sending their men's squad, with the women expected to open the season next week at the Sundodger Invitational in West Seattle.

**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 NCU men begin the season just outside of the top-25. It is the first time that the Beacons have received votes during a pre-season national coaches poll. For the women, NCU is ranked 13th in the pre-season NAIA coaches poll. The Beacons have now been included in the Top-25 or receiving votes in 32 consecutive polls.

**Oregon Tech** - None Provided

**Southern Oregon** - None Provided

**Warner Pacific** - The Knight XC team begins their season at the Clark College Classic this Saturday.