



Cross Country - 2014

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Contact: Chris Thompson • thomsoc@evergreen.edu • 425-344-4992

Cascade Collegiate Conference Cross Country Notes

LA GRANDE, Ore. - After a competitive CCC Preview meet two weeks in Portland, the runners of the Cascade Conference will take a little bit of time off last week before running again this weekend.

On the men's side, the No. 2-ranked Raiders of Southern Oregon University landed six runners in the top 10 to record 28 points for the meet win. For the women, No. 6-ranked Northwest Christian University placed all five scorers inside the top 10 to score a meet-low 22 points. Oregon Tech placed second with 77 points and was followed by No. 15-ranked Southern Oregon at third with 92 points and No. 24-ranked Concordia in fourth with 94 points.

Upcoming Schedule

Saturday, October 4

Charles Bowles Willamette Invitational (CU, CRB, EOU, NU, NCU, OIT)
 Montana Invitational (C of I)
 Portland State Invitational (WPC)

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.

	A27	S17	S24	O1	O8	O15	O22	O29	N9	N27
TM	Pre	#1	#2	#3	#4	#5	#6	#7	FIN	POST
CI	18	18	18	18						
CU	8	RV	RV	25						
CRB	-	-	-	-						
EOU	12	11	12	12						
NU	-	-	-	-						
NCU	-	16	16	15						
OIT	25	RV	RV	RV						
SOU	2	2	2	2						
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. 8	Lucas Updike (EOU)
Sep. 15	Max Hampton (C of I)
Sep. 22	Matthew Clowes (CU)

Women (School)
Rachel Roelle (EOU)
Sierra Brown (NCU)
Shea Vallaire (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.

	A27	S17	S24	O1	O8	O15	O22	O29	N9	N27
TM	Pre	#1	#2	#3	#4	#5	#6	#7	FIN	POST
CI	23	16	15	15						
CU	17	24	RV	RV						
CRB	RV	-	-	-						
EOU	-	-	-	-						
NU	-	-	-	-						
NCU	5	6	4	4						
OIT	RV	RV	20	21						
SOU	13	15	25	RV						
WPC	-	-	-	-						



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Around The Cascade Conference

College of Idaho - C of I teams head to Missoula for the Montana Invitational, where they will compete against nationally ranked Carroll College.

Concordia - None Provided

Corban - The Warriors look to build on their strong performances from the CCC Preview Meet and excel at the Willamette Invite on Saturday while taking on a talented field of competitors.

Eastern Oregon - The Eastern Oregon University men's and women's cross country team returns to action on Saturday, Oct. 4th when they run at the Willamette Invitation. EOU did not run last weekend.

Northwest - Northwest U travels to Salem to take part in the Charles Bowles/Willamette Invitational this Saturday. It'll only be the second meet of the season for the Eagles.

Northwest Christian - None Provided

Oregon Tech - For the first time in school history the Oregon Tech women's cross country team was ranked in the NAIA Top 25. Oregon Tech moved to No. 20 after defeating, then ranked No. 15 Southern Oregon and No.24 Concordia, in last week's CCC Preview meet. The Oregon Tech men are currently receiving votes in the NAIA Coaches' Poll, as both the men and women head to Salem to compete in the Willamette Invitational this Saturday.

Southern Oregon - The second-ranked SOU men and the Raider women, who are among those receiving votes, are in the midst of a three-week hiatus. They'll pick back up next Friday, Oct. 10, at the San Francisco State Invitational.

Warner Pacific - None Provided