



Cross Country 2014

www.cascadeconference.org www.Facebook.com/CascadeCollegiateConference

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CCC Preseason Poll-Women

1.	<i>Northwest Christian (8)</i>	80
2.	<i>Southern Oregon</i>	65
3.	<i>College of Idaho (1)</i>	57
4.	<i>Concordia</i>	54
5.	<i>Corban</i>	46
6.	<i>Oregon Tech</i>	39
7.	<i>Northwest</i>	28
8.	<i>Eastern Oregon</i>	25
9.	<i>Warner Pacific</i>	11

First place votes in parentheses

CCC Preseason Poll-Men

1.	<i>Southern Oregon (9)</i>	81
2.	<i>Eastern Oregon</i>	69
3.	<i>Concordia</i>	56
4.	<i>College of Idaho</i>	51
5.	<i>Oregon Tech</i>	48
6.	<i>Northwest Christian</i>	45
7.	<i>Corban</i>	26
8.	<i>Northwest</i>	16
9.	<i>Warner Pacific</i>	13

First place votes in parentheses

Upcoming Schedule

Saturday, Nov. 8

COI @ CCC Championships
CU @ CCC Championships
CRB @ CCC Championships
EOU @ CCC Championships
NCU @ CCC Championships
NU @ CCC Championships
OIT @ CCC Championships
SOU @ CCC Championships
WPC @ CCC Championships

The Cascade Collegiate Conference Championships

November 8th- Fernhill Park- Portland, Oregon

11:00 a.m. - Men's 8K
12:00 p.m. - Women's 5K
30 min. following Completion of 5k- Awards Ceremony

National Meet Automatic Qualifications Teams

For each gender, conferences will receive one automatic berth per six teams participating in postseason. The winning team in the CCC meet will receive the AQ.

If there is a tie for first place at conference qualifying meet, then the tied first place teams qualify for the national championships.

Individuals

Conference with 6-11 teams

- Top 4 finishers not on a qualifying team (automatic or at-large)
- Individual overall finish must be 15th



2014 Cascade Collegiate Conference Cross Country



RED LION[®]
HOTELS

Red Lion Runners of the Week

Red Lion Hotels is the official hospitality sponsor of the CCC

Date Men

S8 Lucas Updike, EOU
S15 Max Hampton, COI
S22 Matthew Clowes, CU
O6 Matthew Clowes, CU
O13 Jared Hixon, SOU
O20 Damion Flores, EOU
O27 Matthew Clowes, CU
N03

Women

Rachel Roelle, EOU
Sierra Brown, NCU
Shea Vallaire, NCU
Alyssa Harmon, NCU
Cassidy Brown, NU
Lila Klopfenstein, COI
Summer Cano, SOU

Red Lion Runners of the Week are announced on cascadeconference.org every Monday.

NAIA Championships

59th Annual Men's Cross Country National Championships

Nov. 22-Rim Rock Farm
Lawrence, KS

35th Annual Women's Cross Country National Championships

Nov. 22-Rim Rock Farm
Lawrence, KS

CCC Teams in NAIA Top 25 Poll

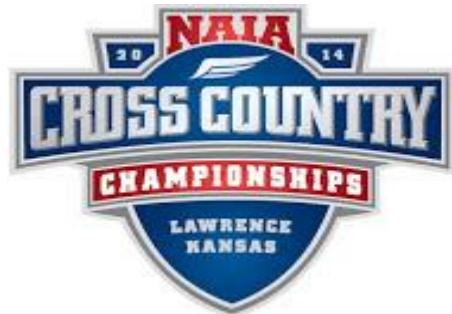
Following is the weekly look at CCC teams listed in the NAIA Top 25 poll (preseason poll listed first, followed by the 8regular season polls). For complete polls, visit www.naia.org.

Women

	Pre	#1	#2	#3	#4	#5	#6	#7	Post	Final
NCU	5	6	4	4	4	3	3	4		
SOU	13	15	25	RV	24	23	23	23		
COI	23	16	15	15	15	15	14	14		
CU	17	24	RV	RV	RV	RV	RV	RV		
OIT	RV	-	20	21	21	20	20	20		
CRB	RV	-	-	-	-	-	RV	-		

Men

	Pre	#1	#2	#3	#4	#5	#6	#7	Post	Final
SOU	2	2	2	2	2	2	2	2		
CU	8	RV	RV	25	RV	RV	RV	RV		
EOU	12	11	12	12	11	11	9	9		
COI	18	18	18	18	17	14	16	16		
OIT	25	RV	RV	RV	20	19	19	RV		
NCU	-	-	-	-	24	23	21	20		



CCC Cross Country Contact Information

Institution	Head Coach	Office Phone	SID	SID Phone	Web Site
College of Idaho	Pat McCurry	208-459-5085	Mike Safford	208-459-5681	yotesathletics.com
Concordia	Jerret Mantalas	503-280-8159	Jason Dormeyer	503-280-8506	gocugo.com
Corban	Norm Berney	503-375-7021	Danny Day	503-589-8121	corbanwarriors.com
Eastern Oregon	Ben Welch	541-962-3851	Travis Rae	541-962-3946	eousports.com
Northwest	Mark Mandi	425-889-7785	Al Kawashima	425-889-7806	nueagles.com
Northwest Christian	Heike McNeil	541-684-7285	Nick Askew	541-349-7485	GoBeacons.com
Oregon Tech	Jack Kegg	541-885-1399	Mike Garrard	541-885-1851	oit.edu/athletics
Southern Oregon	Grier Gatlin	541-552-6500	Josh McDermott	541-552-6801	souraiders.com
Warner Pacific	David Kilian	503-517-1030	Cody Harrod	503-517-1064	wpcknights.com

For complete team and individual statistics, updated standings, and team-by-team schedules, visit www.cascadeconference.org

Notes From Around The Cascade Conference

College of Idaho - C of I teams are idle in preparation for the CCC Championships, set for Nov. 8

Concordia – None submitted

Corban - Corban has the week off from competition while preparing for the CCC Championships.

Eastern Oregon - EOU returns to the course on Nov. 8th when they compete at the Cascade Collegiate Conference Championships. EOU has not competed since Oct. 18.

Northwest Christian - The NCU men are ranked No. 20 in the latest NAIA poll, released Wednesday. Wednesday marked the 20th time NCU has received votes in the NAIA coaches poll, dating back to 2012. The Beacons are also ranked in the top-25 for the 15th time. They reached as high as No. 15 in four separate polls. The women dropped one spot to No. 4. NCU has received votes in 49 consecutive polls, dating back to August 25, 2010. The Beacons have been in the top-25 in 38 consecutive polls and have been ranked in the top-ten 32 times.

Northwest – NU is idle now and will train and prepare for the CCC Championships in Portland on November 8th having just competed in the Western Washington Invitational over the weekend.

Oregon Tech – None submitted

Southern Oregon - The second-ranked Raider men go into next week's Cascade Conference Championships having won all four of the races they've entered. Last week at the Beaver Classic, freshman Max Runia became the first Raider other than Jared Hixon to pace the squad. The 23rd-ranked SOU women finished fourth of 10 in the 6K, led by Summer Cano, who finished 10th overall (first among NAIA runners).

Warner Pacific - None submitted