



Cross Country - 2014

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Cascade Collegiate Conference Cross Country Notes

LA GRANDE, Ore. - The harriers of the Cascade Conference will get their first true chance to scope out the course for the 2014 Cascade Conference Championships, as well as their competition, this Friday night at Fernhill Park in Portland, Ore. The Championship meet is set for Nov. 8 and will be hosted by Concordia University.

College of Idaho is the only school with another meet scheduled as they are expected to send runners to Pocatello on Saturday for the Idaho State Open.

Upcoming Schedule

Friday, September 19

CCC Preview Meet (Fernhill Park; Portland, Ore.)

Saturday, September 20

College of Idaho at Idaho State Open

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								
CU	8	RV								
CRB	-	-								
EOU	12	11								
NU	-	-								
NCU	-	16								
OIT	25	RV								
SOU	2	2								
WPC	-	-								

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.

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TM	Pre	#1	#2	#3	#4	#5	#6	#7	FIN	POST
CI	23	16								
CU	17	24								
CRB	RV									
EOU	-									
NU	-									
NCU	5	6								
OIT	RV									
SOU	13	15								
WPC	-									



Red Lion Runners of the Week

Red Lion is the official hospitality sponsor of the CCC

RED LION
HOTELS

Date	Men (School)
Sep. 8	Lucas Updike (EOU)
Sep. 15	Max Hampton (C of I)

Women (School)
Rachel Roelle (EOU)
Sierra Brown (NCU)





CCC Cross Country - 2014

Around The Cascade Conference

College of Idaho - C of I teams swept the team titles at the Roger Curran Invitational, hosted by NW Nazarene, with Lila Klopfenstein and Max Hampton earning the individual titles...Yotes head Saturday to Pocatello for a head-to-head dual with Idaho State.

Concordia - Concordia opened its 2014 season last week at the WOU Ash Creek Reserve. With 92 points, the Concordia women placed third overall behind Northwest Christian (27) and Simon Fraser (35). Roman Kirkov led the CU men in 23rd place.

Corban - None Provided

Eastern Oregon - EOU returns to action this week as they travel to Portland, Ore. on Friday, Sept. 19 to compete in the CCC Preview. Eastern Oregon has compete in one race this season, a dual with Whitman.

Northwest - The Eagle cross country team finally gets into action at the CCC Preview meet this Friday in Portland. Coach Mark Mandi has a solid core of women runners returning this season with some youth coming in to help out the men's team.

Northwest Christian - The NCU men's cross country team returns to the NAIA top-25 this week for the first time since October 16, 2013. The women (No. 6) have been ranked in the top-25 for 32 consecutive polls.

Oregon Tech - None Provided

Southern Oregon - Jared Hixon finished third to lead the SOU men to a win and Summer Cano was fourth in leading the Raider women to second last Saturday in the debuts for both teams at the Humboldt Invite. Nine Raider men were in the top 18, and just behind Cano were Rebecca Lupescu (sixth) and Jessa Perkinson (seventh).

Warner Pacific - None Provided