



Cross Country - 2014

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Cascade Collegiate Conference Cross Country Notes

LA GRANDE, Ore. - After a competitive CCC Preview meet last Friday in Portland, the runners of the Cascade Conference will take a little bit of time off before running again on Oct. 4.

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							
CU	8	RV	RV							
CRB	-	-	-							
EOU	12	11	12							
NU	-	-	-							
NCU	-	16	16							
OIT	25	RV	RV							
SOU	2	2	2							
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)
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							
CU	17	24	RV							
CRB	RV	-	-							
EOU	-	-	-							
NU	-	-	-							
NCU	5	6	4							
OIT	RV	RV	20							
SOU	13	15	25							
WPC	-	-	-							





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Around The Cascade Conference

College of Idaho - None Provided

Concordia - None Provided

Corban - None Provided

Eastern Oregon - The Mountaineers Cross Country teams returned to action on Friday, Sept. 19th when they competed in the CCC Preview. The Men's Cross Country team finished second place with 66 points. Damion Flores led the Mountaineers with a third place finish with a time of 25:15. On the Women's side, EOU finished seventh place, being led by Rachel Roelle, who finished 14th overall, with a time of 19:13.

Northwest - None Provided

Northwest Christian - The NCU women continue to establish themselves as the frontrunners in the CCC and one of the more dominant squads in the NAIA, moving up to fourth in the Top 25, after owning the field at the CCC Preview Meet last Friday. The Beacons claimed four of the top-five finishes and had six runners place in the top-11. Shea Vallaire led the way with a victory and was named CCC Runner of the Week for her efforts.

Oregon Tech - Men's and women's cross country are idle this weekend.

Southern Oregon - The second-ranked Raider men put five runners among the top-10 finishers Friday at the CCC Preview meet to easily beat out second-place EOU as a team. Jared Hixon (second), Max Runia (fourth) and Zach Boyd-Helm (fifth) led the way. Summer Cano placed seventh to pace the SOU women, who were third as a team. The Raiders are off until the Oct. 11 San Francisco State Invite.

Warner Pacific - Running against most of the CCC teams, Ahmed Ibrahim cracked the top 10 at the conference preview. The freshman placed 9th in a time of 26:07.