



2013 MEAC CROSS COUNTRY

Mid-Eastern Athletic Conference
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MEAC Cross Country Notes • October 2, 2013 • Week 5

Contact: Brian Howard, Assistant Director of Media Relations (brian.howard@themeac.com)

Upcoming Schedule

Saturday, October 5

Florida A&M (M) at Chili Pepper Invitational	9 a.m.
Coppin State at Delaware State Hornet Invitational	10 a.m.
Delaware State at Delaware State Hornet Invitational	10 a.m.
Maryland Eastern Shore at Delaware State Hornet Invitational	10 a.m.
Morgan State at George Mason Invitational	10 a.m.
Norfolk State at George Mason Invitational	10 a.m.
Hampton at Robert Shumake HBCU Invitational	10 a.m.
Howard at Robert Shumake HBCU Challenge	10 a.m.
North Carolina A&T at Robert Shumake HBCU Challenge	10 a.m.
North Carolina Central at Robert Shumake HBCU Challenge	10 a.m.
South Carolina State at Robert Shumake HBCU Challenge	10 a.m.

Last Week's Results

Friday, September 27

Bethune-Cookman (W) at FL Runners Invitational	6th place
Bethune-Cookman (M) at FL Runners Invitational	5th place

Saturday, September 28

North Carolina Central (W) at East Carolina Pirate Invitational	2nd place
North Carolina Central (M) at East Carolina Pirate Invitational	2nd place
North Carolina A&T (W) at Charlotte Cross Country Invitational	13th place
North Carolina A&T (M) at Charlotte Cross Country Invitational	11th place
South Carolina State (W) at Will Wilson Citadel Invitational	5th place
South Carolina State (M) at Will Wilson Citadel Invitational	6th place

Around the MEAC Cross Country Courses...



Maryland Eastern Shore will host the 2013 MEAC Men's and Women's Cross Country Championships on Saturday, October 26, 2013

Last Week's Top Five Times

Men's 8K

1. N/A
2. N/A
3. N/A
4. N/A
5. N/A

Women's 5K

1. Amber Brooks, North Carolina Central 19:00.26
2. Nyajock Pan, Bethune-Cookman 19:20.40
3. Sarai Waters, South Carolina State 19:30.30
4. Kirsten Taylor, Bethune-Cookman 20:10.90
5. Tamara Smith, South Carolina State 20:46.76

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Bethune-Cookman • Coppin State • Delaware State • Florida A&M • Hampton
Howard • Maryland Eastern Shore • Morgan State • Norfolk State
North Carolina A&T State • North Carolina Central • Savannah State
South Carolina State

MEAC Media Information

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2013 MEAC Cross Country Coaches

Name (W/M)	School	Year
Donald Cooper (M/W)	Bethune-Cookman	5th
Alecia Shields-Gadson (W)	Coppin State	10th
Carl Hicks (M)	Coppin State	15th
Duane Henry (M)	Delaware State	19th
Krystal Sheets-McKenzie (W)	Delaware State	1st
Darlene Moore (W)	Florida A&M	5th
W. Wayne Angel (M)	Florida A&M	4th
Maurice Pierce (M/W)	Hampton	12th
Marc Harrison (M/W)	Howard	1st
Ernest Barrett (M/W)	Maryland Eastern Shore	15th
Neville Hodge (M/W)	Morgan State	22nd
Ronda Berard (W)	Norfolk State	9th
Kenneth Giles (M)	Norfolk State	15th
Duane Ross (M/W)	North Carolina A&T	2nd
Michael Lawson(M/W)	North Carolina Central	24th
Ted Whitaker (M/W)	Savannah State	14th
Tim Langford (M/W)	South Carolina State	1st

U.S. Track & Field and Cross Country Coaches Association Poll as of 10.1.13

Men

1. Oklahoma State (12)	360
2. Colorado	342
3. Northern Arizona	333
4. Oregon	316
5. BYU	304
6. Arkansas	297
7. Tulsa	287
8. Portland	284
9. Princeton	256
10. Syracuse	241
11. Iona	214
12. UCLA	201
13. North Carolina	195
14. Texas	191
15. Indiana	171
16. Colorado State	163
17. Eastern Kentucky	162
18. Providence	155
19. Wisconsin	152
20. Georgetown	111
21. New Mexico	109
22. Notre Dame	98
23. Stanford	91
24. Virginia	85
24. Florida	85
26. Florida State	72
27. Villanova	58
28. Arizona State	52
29. Michigan	46
30. Columbia	35

Women

1. Providence (11)	359
2. Florida State	342
3. Arizona (1)	331
4. Duke	327
5. Oregon	318
6. Georgetown	300
7. Washington	284
8. Stanford	255
9. Arkansas	251
10. Cornell	243
11. Michigan State	237
12. Villanova	217
13. Penn State	212
14. Colorado	205
15. New Mexico	190
16. Michigan	182
17. Virginia	143
18. Oklahoma State	142
19. Notre Dame	137
20. Butler	131
21. William and Mary	118
22. Boston College	107
23. Minnesota	100
24. San Francisco	87
25. Iowa State	73
26. Vanderbilt	62
27. Texas	55
28. BYU	42
29. West Virginia	34
30. Princeton	28



MEAC Honors

MEAC Weekly Honors

MEAC Men's Cross Country Athlete of the Week

Ricy Brown, Bethune-Cookman
Jr., Clearwater, Fla.

Ricy Brown ed the Wildcats at the 14th Annual FLRunners.com Invitational with a career-best mark of 15:52.70 to finish sixth. He cut 49 seconds off last week's time as Bethune-Cookman finished the 5K race fourth.

MEAC Women's Cross Country Athlete of the Week

Nyajock Pan, Bethune-Cookman
Fr., South Portland, Maine

Nyajock Pan finished 11th at the 14th Annual FLRunners.com Invitational with a career-best time of 19:20.40. She broke the 20-minute barrier in the 5K for the first time in her career in leading the Lady Wildcats to a fifth-place finish.

2013 MEAC Weekly Honors

Date ----- Male Athlete ----- School
S4 ----- Christian Smooth ----- Morgan State
S11 ----- David Kibet ----- Norfolk State
S18 ----- Elias Chesire ----- Florida A&M
S25 ----- Damtew Adnew ----- Norfolk State
O2 ----- Ricy Brown ----- Bethune-Cookman
O9 -----
O16 -----

Date ----- Female Athlete ----- School
S4 ----- Effiey Kosgei ----- Florida A&M
S11 ----- Ashley Seymour ----- Morgan State
S18 ----- Ashley Seymour ----- Morgan State
S25 ----- Faith Summey ----- Norfolk State
O2 ----- Nyajock Pan ----- Bethune-Cookman
O9 -----
O16 -----

2012 MEAC Cross Country Championship Honors

Men's Outstanding Performer:
Elias Chesire, Florida A&M

Men's Outstanding Coach:
Wayne Angel, Florida A&M

Men's All MEAC Team:

Name	School	Time
1. Elias Chesire	Florida A&M	24:54.96
2. Shuaib Winters	Florida A&M	24:56.89
3. Elisha Metto	Howard	25:20.69
4. Vincent Rono	Norfolk State	25:28.55
5. Kevin Marindich	Florida A&M	25:35.26
6. Antony Kimaiyo	Florida A&M	25:49.77
7. Natnael Meseret	Norfolk State	25:55.52
8. Giovanni Mowatt	Howard	25:56.71
9. Kipchirchir Kiptoo	Norfolk State	26:06.17
10. Aaron Harrison	Howard	26:15.61
11. Damtew Adnew	Norfolk State	26:17.46
12. Christian Smooth	Morgan State	26:19.67
13. Elly Rono	Howard	26:25.39
14. Diemy Duclos	Florida A&M	26:29.45
15. Saeed Jones	North Carolina A&T	26:31.43

Women's Outstanding Performer:
Kadian Dunkley, Bethune-Cookman

Women's Outstanding Coach:
Darlene Moore, Florida A&M

Women's All MEAC Team:

Name	School	Time
1. Petra Kubešová	Maryland Eastern Shore	17:48.20
2. Kadian Dunkley	Bethune-Cookman	18:51.19
3. Simone Durden	Florida A&M	19:08.68
4. Kristin Rush	North Carolina A&T	19:11.60
5. Ishakeema Swain	Morgan State	19:15.08
6. Devyn Thompson	Hampton	19:18.87
7. Sherril McFarlane	South Carolina State	19:21.21
8. Ashley Armand	Hampton	19:22.07
9. Nichelle Harris	Hampton	19:25.02
10. Amber Brooks	North Carolina Central	19:26.35
11. Mariza Diaz	Howard	19:29.95
12. Dasher Richardson	Delaware State	19:35.38
13. Clarricia Golden	Florida A&M	19:38.20
14. Chandelic Jackson	Florida A&M	19:42.70
15. Ketsia Dornevil	Delaware State	19:43.36

All-Time MEAC Championship Results

All-Time Results

Year	Women	Men
2012	Florida A&M	Florida A&M
2011	Hampton	Norfolk State
2010	Hampton	Norfolk State
2009	Norfolk State	Norfolk State
2008	Maryland Eastern Shore	Norfolk State
2007	Maryland Eastern Shore	Maryland Eastern Shore
2006	Hampton	Norfolk State
2005	Howard	Norfolk State
2004	Hampton	Norfolk State
2003	Howard	Norfolk State
2002	Howard	Norfolk State
2001	Florida A&M	Norfolk State
2000	Bethune-Cookman	Norfolk State
1999	Florida A&M	Bethune-Cookman
1998	Florida A&M	Howard
1997	Florida A&M	Howard
1996	Coppin State	Hampton
1995	Bethune-Cookman	Maryland Eastern Shore
1994	Coppin State	Maryland Eastern Shore
1993	Coppin State	Coppin State
1992	Coppin State	Coppin State
1991	Coppin State	Coppin State
1990	Delaware State	Morgan State
1989	Howard	Delaware State
1988	Howard	Florida A&M
1987	Delaware State	Delaware State
1986	Delaware State	Delaware State
1985	Delaware State	Delaware State
1984	Delaware State	Delaware State
1983	Maryland Eastern Shore	North Carolina A&T State
1982	Howard	Maryland Eastern Shore
1981	Howard	Florida A&M
1980		North Carolina A&T State

MEAC Outstanding Performers

Year	Women	Men
2012	Petra Kubešová, Maryland Eastern Shore	Elias Chesire, Florida A&M
2011	Kadian Dunkley, Bethune-Cookman	Josef Tessema, Norfolk State
2010	Ashley Hodges, Howard	Shuaib Winters, Florida A&M
2009	Jahlisa Smith, Hampton	Justus David, Morgan State
2008	Naomi Tanui, Coppin State	Dominic Luka, Norfolk State
2007	Merrecia James, Maryland Eastern Shore	Dominic Luka, Norfolk State
2006	Jessica Neal, Howard	David Kemboi, Norfolk State
2005	Krystle Medlin, Hampton	David Kemboi, Norfolk State
2004	Eva Slavikova, Maryland Eastern Shore	Barnabas Togom, Maryland Eastern Shore
2003	Tasha Harris, Howard	Joseph Terer, Norfolk State
2002	Tasha Harris, Howard	Nickie Peters, Coppin State
2001	Agatha Gitundu, Norfolk State	Nickie Peters, Coppin State
2000	Wendy Augustin, Bethune-Cookman	Joseph Langat, Bethune-Cookman
1999	Eva Lustigova, Norfolk State	Joseph Langat, Bethune-Cookman
1998	Ayanna Mackins, Howard	Isaac Sugot, Howard
1997	Nicole Carty, Bethune-Cookman	Zoltan Lehardt, Bethune-Cookman
1996	Catrice Harrison, South Carolina State	Greg Brown, Bethune-Cookman
1995	Nicole Carty, Bethune-Cookman	Clayton Nicholes, Maryland Eastern Shore
1994	Catrice Harrison, South Carolina State	Clayton Nicholes, Maryland Eastern Shore
1993	Annete Williams, Coppin State	Courtney Bennett, Coppin State
1992	Diana Pitts, Coppin State	Nicholes Eugene, Coppin State
1991	Felicia Harris, Coppin State	Courtney Bennett, Coppin State
1990	Michelle Robinson, Delaware State	James Wilson, North Carolina A&T State
1989	Michelle Robinson, Delaware State	Chris Bayliss, Morgan State
1988	Nicole Toro, Delaware State	Darrin Wilson, South Carolina State
1987	Michelle Robinson, Delaware State	Caiphus Vilakzi, Delaware State
1986	Malkeyia Honesty, Delaware State	Esayas Asafou, Delaware State
1985	Kim McCollum, Delaware State	Esayas Asafou, Delaware State
1984	Karen Gascoigne, Howard	Caiphus Vilakazi, Delaware State
1983	Kim McCollum, Delaware State	Joseph Willis, North Carolina A&T State
1982	Karen Gascoigne, Howard	Ricky Meekins, Maryland Eastern Shore
1981	Wanda Watts, Howard	Anthony Huff, Florida A&M
1980	N/A	Ronnie Holt, South Carolina State

MEAC Team-By-Team Schedules/Results

Bethune-Cookman Wildcats Men's Cross Country

Date	Event	Time/Result
Aug. 30	at Jacksonville University Duals	2nd place
Sept. 7	at 5th Annual Bobby Lang Invitational	2nd place
Sept. 20	B-CU Beach Invite	1st place
Sept. 27	at FL Runners Invitational	5th place
Oct. 12	at Disney Classic	7:45 a.m.
Oct. 26	at MEAC Cross Country Championships	9:45 a.m.

Home meets in **Bold**

Bethune-Cookman Lady Wildcats Women's Cross Country

Date	Event	Time/Result
Aug. 30	at Jacksonville University Duals	3rd place
Sept. 7	at 5th Annual Bobby Lang Invitational	3rd place
Sept. 20	B-CU Beach Invite	2nd place
Sept. 27	at FL Runners Invitational	6th place
Oct. 12	at Disney Classic	7:45 a.m.
Oct. 26	at MEAC Cross Country Championships	9:45 a.m.

Home meets in **Bold**



Coppin State Eagles Men's Cross Country

Date	Event	Time/Result
Aug. 31	at Baltimore Metro Invitational	2nd place
Sept. 7	at UMES Lid-Lifter Invitational	5th place
Sept. 14	at Delaware State Invitational	4th place
Sept. 21	at Towson Invitational	6th place
Oct. 5	at Delaware State Hornet Invitational	10 a.m.
Oct. 11	at Delaware State Classic	4 p.m.
Oct. 26	at MEAC Cross Country Championship	9 a.m.

Home meets in **Bold**

Coppin State Lady Eagles Women's Cross Country

Date	Event	Time/Result
Sept. 7	at Wilmington Invitational	8th place
Sept. 14	at Delaware State Invitational	4th place
Sept. 21	at UMES Invitational	6th place
Oct. 5	Delaware State Hornet Invitational	10 a.m.
Oct. 11	at Delaware State Classic	4 p.m.
Oct. 12	at Goucher Invitational	11:15 a.m.
Oct. 26	at MEAC Cross Country Championships	9 a.m.

Home meets in **Bold**



MEAC Team-By-Team Schedules/Results

Delaware State Hornets Men's Cross Country

Date	Event	Time/Result
Sept. 7	at UMES Lid-Lifter Invitational	4th place
Sept. 14	Delaware State Invitational	3rd place
Sept. 21	at UMES Invitational	5th place
Sept. 28	at Towson Invitational	10 a.m.
Oct. 5	Delaware State Hornet Invitational	10 a.m.
Oct. 11	Delaware State Meet	4 p.m.
Oct. 26	at MEAC Cross Country Championships	9:30 a.m.

Home meets in **Bold**

Delaware State Lady Hornets Women's Cross Country

Date	Event	Time/Result
Sept. 7	at UMES Lid-Lifter Invitational	4th place
Sept. 14	Delaware State Invitational	3rd place
Sept. 21	at UMES Invitational	5th place
Sept. 28	at Towson Invitational	10 a.m.
Oct. 5	Delaware State Hornet Invitational	10 a.m.
Oct. 11	Delaware State Meet	4 p.m.
Oct. 26	at MEAC Cross Country Championships	9:30 a.m.

Home meets in **Bold**



Florida A&M Rattlers Men's Cross Country

Date	Event	Time/Result
Sept. 7	5th Annual Bobby Lang Invitational	1st place
Sept. 14	at Mountain Dew Invitational	16th place
Sept. 20	at Bethune-Cookman Invitational	4th place
Sept. 20	at Georgia State Invitational	2nd place
Oct. 5	at Greater Louisville Classic	9 a.m.
Oct. 11	at Florida State Invitational	5 p.m.
Oct. 26	at MEAC Cross Country Championships	9 a.m.

Home meets in **Bold**

Florida A&M Lady Rattlers Women's Cross Country

Date	Event	Time/Result
Aug. 31	at 110% Cross Country Invitational	2nd place
Sept. 7	5th Annual Bobby Lang Invitational	1st place
Sept. 14	at Mountain Dew Invitational	17th place
Sept. 20	at B-CU Beach Invitational	1st place
Oct. 11	at Florida State Invitational	5 p.m.
Oct. 26	at MEAC Cross Country Championships	9 a.m.

Home meets in **Bold**



MEAC Team-By-Team Schedules/Results

Hampton Pirates Men's Cross Country

Date	Event	Time/Result
Sept. 6	at Spider Alumni Open	6th place
Sept. 19	at Virginia Union Invitational	2nd place
Oct. 5	at Robert Shumake HBCU Challenge	TBA
Oct. 19	at Christopher Newport Invitational	TBA
Oct. 26	at MEAC Cross Country Championships	TBA

Home meets in **Bold**

Hampton Lady Pirates Women's Cross Country

Date	Event	Time/Result
Sept. 6	at Spider Alumni Open	5th place
Sept. 21	at William & Mary Invitational	3rd place
Oct. 5	at Robert Shumake HBCU Challenge	TBA
Oct. 19	at Christopher Newport Invitational	TBA
Oct. 26	at MEAC Cross Country Championships	TBA

Home meets in **Bold**



Howard Bison Men's Cross Country

Date	Event	Time/Result
Sept. 7	at Catholic University Invitational	4th place
Sept. 14	at Navy Invitational	5th place
Sept. 21	at UMES Invitational	3rd place
Oct. 5	at Great American XC Festival	TBA
Oct. 12	at Delaware Invitational	TBA
Oct. 26	at MEAC Cross Country Championships	9 a.m.

Home meets in **Bold**

Howard Lady Bison Women's Cross Country

Date	Event	Time/Result
Sept. 7	at Catholic University Invitational	No Team Results
Sept. 21	at UMES Invitational	3rd place
Oct. 5	at Great American XC Festival	TBA
Oct. 12	at Delaware Invitational	TBA
Oct. 26	at MEAC Cross Country Championships	9 a.m.

Home meets in **Bold**



MEAC Team-By-Team Schedules/Results

Maryland Eastern Shore Hawks Men's Cross Country

Date	Event	Time/Result
Sept. 7	UMES Lid-Lifter Invitational	2nd place
Sept. 14	at Delaware State Hornet Invitational	1st place
Sept. 21	UMES Cappy Anderson Invitational	4th place
Oct. 5	at Delaware State Farm Run Invitational	TBA
Oct. 12	at Delaware Blue and Gold Invitational	TBA
Oct. 26	at MEAC Cross Country Championships	TBA

Home meets in **Bold**

Maryland Eastern Shore Lady Hawks Cross Country

Date	Event	Time/Result
Sept. 7	UMES Lid-Lifter Invitational	3rd place
Sept. 14	at Delaware State Hornet Invitational	2nd place
Sept. 21	UMES Cappy Anderson Invitational	4th place
Oct. 5	at Delaware State Farm Run Invitational	TBA
Oct. 12	at Delaware Blue and Gold Invitational	TBA
Oct. 26	at MEAC Cross Country Championships	TBA

Home meets in **Bold**



Morgan State Bears Men's Cross Country

Date	Event	Time/Result
Aug. 31	at Baltimore Metro Invitational	1st place
Sept. 7	at UMES Lid-Lifter Invitational	3rd place
Sept. 14	at Delaware State Invitational	2nd place
Sept. 21	at Towson Invitational	5th place
Sept. 28	at Mason Invitational	10 a.m.
Oct. 11	at Delaware State Hornet Invitational	4 p.m.
Oct. 26	at MEAC Cross Country Championship	9 a.m.

Home meets in **Bold**

Morgan State Lady Bears Women's Cross Country

Date	Event	Time/Result
Aug. 31	at Baltimore Metro Invitational	3rd place
Sept. 7	at UMES Lid-Lifter Invitational	1st place
Sept. 14	at Delaware State Invitational	1st place
Sept. 21	at Towson Invitational	6th place
Sept. 28	at Mason Invitational	10 a.m.
Oct. 11	at Delaware State Hornet Invitational	4 p.m.
Oct. 26	at MEAC Cross Country Championship	9 a.m.

Home meets in **Bold**



MEAC Team-By-Team Schedules/Results

Norfolk State Spartans Men's Cross Country

Date	Event	Time/Result
Sept. 7	at UMES Lid-Lifter Invitational	1st place
Sept. 21	at UMES Cappy Anderson Invitational	1st place
Oct. 5	at George Mason Invitational	10:45 a.m.
Oct. 19	at NCAA Pre-National Meet	11 a.m.
Oct. 26	at MEAC Cross Country Championship	10:30 a.m.

Home meets in **Bold**

Norfolk State Spartans Women's Cross Country

Date	Event	Time/Result
Sept. 7	at UMES Lid-Lifter Invitational	2nd place
Sept. 21	at UMES Cappy Anderson Invitational	1st place
Oct. 5	at George Mason Invitational	10 a.m.
Oct. 19	at Christopher Newport Invitational	TBA
Oct. 26	at MEAC Cross Country Championship	9:45 a.m.

Home meets in **Bold**



North Carolina A&T State Aggies Men's Cross Country

Date	Event	Time/Result
Aug. 30	at West Carolina Cross Country Invitational	8th place
Sept. 7	Eagle/Aggie Cross Country Relay	1st place
Sept. 14	at Elon Invitational	3rd place
Sept. 28	at Charlotte Cross Country Invitational	11th place
Oct. 5	at Robert Shumake HBCU Challenge	TBA
Oct. 19	at Christopher Newport Invitational	TBA
Oct. 26	at MEAC Cross Country Championship	9 a.m.

Home meets in **Bold**

North Carolina A&T State Lady Aggies Women's Cross Country

Date	Event	Time/Result
Aug. 30	at West Carolina Cross Country Invitational	11th place
Sept. 7	Eagle/Aggie Cross Country Relay	2nd place
Sept. 14	at Elon Invitational	3rd place
Sept. 28	at Charlotte Cross Country Invitational	13th place
Oct. 5	at Robert Shumake HBCU Challenge	TBA
Oct. 19	at Christopher Newport Invitational	TBA
Oct. 26	at MEAC Cross Country Championship	9 a.m.

Home meets in **Bold**



MEAC Team-By-Team Schedules/Results

North Carolina Central Eagles Men's Cross Country

Date	Event	Time/Result
Aug. 31	at Bull City Classic	2nd place
Sept. 7	Eagle/Aggie Cross Country Relay	2nd place
Sept. 14	at Elon Invitational	4th place
Sept. 28	at East Carolina Pirate Invitational	2nd place
Oct. 5	at Great American Cross Country Classic	9:30 a.m.
Oct. 12	NCCU Eagle Classic	9 a.m.
Oct. 26	at MEAC Cross Country Championship	9 a.m.

Home meets in **Bold**

North Carolina Central Lady Eagles Women's Cross Country

Date	Event	Time/Result
Aug. 31	at Bull City Classic	2nd place
Sept. 7	Eagle/Aggie Cross Country Relay	1st place
Sept. 14	at Elon Invitational	4th place
Sept. 28	at East Carolina Pirate Invitational	2nd place
Oct. 5	at Great American Cross Country Classic	9:30 a.m.
Oct. 12	NCCU Eagle Classic	9 a.m.
Oct. 26	at MEAC Cross Country Championship	9 a.m.

Home meets in **Bold**



Savannah State Tigers Men's Cross Country

Date	Event	Time/Result
Aug. 30	at Jacksonville Duals	4 p.m.
Sept. 20	at B-CU Beach Invitational	3rd place
Sept. 27	at McAlpine Park (UNC Charlotte)	5 p.m.
Oct. 11	at Royals Challenge	3 p.m.
Oct. 19	at San Shark Cross Country Invitational	9 a.m.
Oct. 26	at MEAC Cross Country Championship	9 a.m.

Home meets in **Bold**

Savannah State Lady Tigers Women's Cross Country

Date	Event	Time/Result
Aug. 30	at Jacksonville Duals	4th place
Sept. 20	at B-CU Beach Invitational	3rd place
Sept. 27	at McAlpine Park (UNC Charlotte)	5 p.m.
Oct. 11	at Royals Challenge	3 p.m.
Oct. 19	at San Shark Cross Country Invitational	9 a.m.
Oct. 26	at MEAC Cross Country Championship	9 a.m.

Home meets in **Bold**



MEAC Team-By-Team Schedules/Results

South Carolina State Bulldogs Men's Cross Country

Date	Event	Time/Result
Aug. 30	at Carolina Challenge	4th place
Sept. 13	at Coastal Carolina Invitational	4th place
Sept. 21	at Winthrop Invitational	7th place
Sept. 28	at Will Wilson Citadel Invitational	6th place
Oct. 5	at HBCU Challenge	10 a.m.
Oct. 26	at MEAC Cross Country Championship	9 a.m.

Home meets in **Bold**

South Carolina State Lady Bulldogs Women's Cross Country

Date	Event	Time/Result
Aug. 30	at Gamecock Invitational	4th place
Sept. 13	at Coastal Carolina Invitational	4th place
Sept. 21	at Winthrop Invitational	6th place
Sept. 28	at Will Wilson Citadel Invitational	5th place
Oct. 5	at HBCU Challenge	10 a.m.
Oct. 12	at Wade Wilson Citadel Invite	8 a.m.
Oct. 26	at MEAC Cross Country Championship	9 a.m.

Home meets in **Bold**

