



2013 MEAC CROSS COUNTRY

Mid-Eastern Athletic Conference
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MEAC Cross Country Notes • October 23, 2013 • Week 8
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Upcoming Schedule

Saturday, October 26

MEAC Championship TBA

November 9-10

NCAA South Regional TBA

November 22-23

NCAA Championships TBA

Last Week's Results

Saturday, October 19

Hampton (M) at Christopher Newport Invitational 6th place
Norfolk State (W) at Christopher Newport Invitational 3rd place
Norfolk State (M) at Christopher Newport Invitational 3rd place
North Carolina A&T (W) at Christopher Newport Invitational 5th place
North Carolina A&T (M) at Christopher Newport Invitational 4th 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. Damtew Adnew, Norfolk State 26:10.50
2. Sammy Kiptoo, Norfolk State 26:14.50
3. Saeed Jones, North Carolina A&T 26:23.50
4. Darren White, North Carolina A&T 26:30.40
5. Kipchirchir Kiptoo, Norfolk State 26:43.90

Women's 5K

1. Fiona Masi, Norfolk State 23:02.60
2. Adugna Desalegn, Norfolk State 23:18.30
3. Faith Summey, Norfolk State 23:52.40
4. Rachel Webb, Norfolk State 23:56.50
5. Janessa Benn, North Carolina A&T 24:00.00

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