



2013 MEAC CROSS COUNTRY

MEAC Cross Country Notes • October 9, 2013 • Week 6

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

Mid-Eastern Athletic Conference
2730 Ellsmere Avenue
Norfolk, Virginia 23513
Phone: 757-951-2055
Fax: 757-951-2077

Upcoming Schedule

Friday, October 11

Savannah State at Royals Challenge	3 p.m.
Coppin State at Delaware State Classic	4 p.m.
Delaware State at Delaware State Classic	4 p.m.
Morgan State at Delaware State Classic	4 p.m.
Florida A&M at Florida State Invitational	5 p.m.

Saturday, October 12

Bethune-Cookman at Disney Classic	7:45 a.m.
North Carolina Central at NCCU Eagle Classic	9 a.m.
Coppin State (W) at Goucher Invitational	11:15 a.m.
Howard at Delaware Invitational	TBA
Maryland Eastern Shore at Delaware Invitational	TBA

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. Kevin Marindich, FAMU	25:07.07
2. Elias Chesire, FAMU	25:08.59
3. Geoffrey Sambu, FAMU	25:22.13
4. Elisha Metto, Howard	25:53.20
5. Daniel Cheruiyot, FAMU	25:57.85

Women's 5K

1. Ashley Seymour, MSU	18:21.64
2. Effiey Kosgei, FAMU	18:31.31
3. Nichelle Harris, Hampton	18:38.10
4. Cynthia Chelego, FAMU	19:04.78
5. QuanDra Shanks, FAMU	19:06.72

Last Week's Results

Friday, October 4

Coppin State (W) at Delaware State Hornet Invitational	4th place
Coppin State (M) at Delaware State Hornet Invitational	4th place
Delaware State (W) at Delaware State Hornet Invitational	3rd place
Delaware State (M) at Delaware State Hornet Invitational	3rd place
Maryland Eastern Shore (W) at Delaware State Hornet Invitational	2nd place
Maryland Eastern Shore (M) at Delaware State Hornet Invitational	1st place
Morgan State (W) at Delaware State Invitational	1st place
Morgan State (M) at Delaware State Invitational	2nd place

Saturday, October 5

Florida A&M (W) at Greater Louisville Classic	8th place
Florida A&M (M) at Greater Louisville Classic	5th place
Norfolk State (W) at George Mason Invitational	3rd place
Norfolk State (M) at George Mason Invitational	4th place
Hampton (W) at Robert Shumake HBCU Challenge	1st place
Hampton (M) at Robert Shumake HBCU Challenge	3rd place
Howard (W) at Robert Shumake HBCU Challenge	2nd place
Howard (M) at Robert Shumake HBCU Challenge	2nd place
North Carolina A&T (W) at Robert Shumake HBCU Challenge	3rd place
North Carolina A&T (M) at Robert Shumake HBCU Challenge	1st place
North Carolina Central (W) at Robert Shumake HBCU Challenge	4th place
North Carolina Central (M) at Robert Shumake HBCU Challenge	4th place
South Carolina State (W) at Robert Shumake HBCU Challenge	5th place
South Carolina State (M) at Robert Shumake HBCU Challenge	5th place

Follow Us...



www.facebook.com/MEACSports



www.twitter.com/MEAC1970



www.youtube.com/MEACSports



MEACSports

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

MEAC Cross Country Contacts

MEAC-MEACsports.com

Brian Howard 757-951-2055 (O)
brian.howard@themeac.com 757-951-2077 (F)

Bethune-Cookman-bcuathletics.com

Michael Stambaugh 386-481-2278 (O)
stambaughm@cookman.edu 386-481-2238 (F)

Coppin State-coppinstatesports.com

Roger McAfee 410-951-3729 (O)
rmcafee@coppin.edu 410-951-3718 (F)

Delaware State-dsuhornets.com

Ben Bullock 302-857-6239 (O)
bbullock@desu.edu 302-857-6069 (F)

Florida A&M-famuathletics.com

Ronnie Johnson 850-561-2701 (O)
ronjon_2001@yahoo.com 850-599-3206 (F)

Hampton-hamptonpirates.com

Jeffrey Cunningham 757-727-5757 (O)
Jeff.cunningham@hamptonu.edu 757-727-5813 (F)

Howard-howard-hubisons.com

Ed Hill 202-806-7184 (O)
ehill@howard.edu 202-806-9595 (F)

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

Maryland Eastern Shore-umeshawks.com

G. Stan Bradley 410-651-6499(O)
gsbradley@umes.edu 410-651-7514 (F)

Morgan State-morganstatebears.com

Kevin Paige 443-885-3009 (O)
ravenspr26@aol.com 443-885-8308 (F)

Norfolk State-www.nsuspartans.com

Mike Bello 757-823-2628 (O)
mjbello@nsu.edu 757-823-8218 (F)

North Carolina A&T-ncataggies.com

Brian Holloway 336-334-7141 (O)
bmhollow@ncat.edu 336-334-7181 (F)

North Carolina Central-nccueaglepride.com

Kyle Serba 919-530-7054 (O)
kserba@nccu.edu 919-530-5426 (F)

Savannah State -ssuathletics.com

Josh Peacock 912-358-3430 (O)
peacockj@savannahstate.edu 912-353-5287 (F)

South Carolina State-scsuathletics.com

Kendrick Lewis 803-536-8227 (O)
kdlLewis19@scsu.edu 803-536-8622 (F)

U.S. Track & Field and Cross Country Coaches Association Poll as of 10.8.13

Men

1. Oklahoma State (12)	360
2. Colorado	341
3. Northern Arizona	335
4. Oregon	326
5. BYU	308
6. Arkansas	295
7. Portland	280
8. Columbia	267
9. Tulsa	260
10. Princeton	233
11. Syracuse	229
12. Indiana	203
13. North Carolina	198
14. Texas	166
15. Colorado State	154
16. Eastern Kentucky	153
17. Providence	145
18. Iona	143
19. Boise State	140
20. Wisconsin	130
21. UCLA	113
22. Minnesota	110
23. Villanova	106
24. Georgetown	100
25. New Mexico	99
26. Florida	80
27. Dartmouth	72
28. Notre Dame	56
29. Stanford	41
30. Arizona State	32

Women

1. Providence (11)	359
2. Florida State	342
3. Arizona (1)	340
4. Washington	315
5. Georgetown	313
6. Oregon	299
7. New Mexico	275
8. Arkansas	272
9. Michigan State	243
10. San Francisco	224
11. Stanford	223
12. Colorado	206
13. Dartmouth	200
14. Michigan	184
15. Cornell	178
16. Virginia	171
17. Duke	166
18. Villanova	161
19. Oklahoma State	144
20. Butler	135
21. William and Mary	128
22. Minnesota	104
23. Princeton	80
24. Boston College	75
25. Vanderbilt	59
26. BYU	57
27. Penn State	55
28. Iowa State	48
29. Texas	39
30. Notre Dame	37



MEAC Honors

MEAC Weekly Honors

MEAC Men's Cross Country Athlete of the Week

Kevin Marindich, Florida A&M

So., Nairobi, Kenya

Kevin Marindich crossed the finish line seventh with a time of 25:07.07 on the Greater Louisville Cross Country Classic 8K course, leading the Rattlers to a fifth-place finish out of 19 teams. The Rattlers finished eight points ahead of Texas A&M.

MEAC Women's Cross Country Athlete of the Week

Ashley Seymour

Graduate Student, Washington, D.C.

Ashley Seymour aided the Lady Bears to a first-place finish at the Delaware State Hornet Invitational with a time of 17:53.27. The time matched her season-best performance, set on September 14th, at the Delaware State Invitational.

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	Kevin Marindich	Florida A&M
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	Ashley Seymour	Morgan State
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. Giovani 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. Dashera 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 Lehhardt, 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	Annette Williams, Coppin State	Courtney Bennett, Coppin State
1992	Diana Pitts, Coppin State	Nicholes Egene, 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 Vilakzi, 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. 4	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. 4	Delaware State Hornet Invitational	4th place
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
Oct. 4	Delaware State Hornet Invitational	3rd place
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
Oct. 4	Delaware State Hornet Invitational	3rd place
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	5th place
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. 5	at Greater Louisville Classic	8th 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	3rd place
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	1st place
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 Robert Shumake HBCU Challenge	2nd place
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 Robert Shumake HBCU Challenge	2nd place
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. 4	at Delaware State Farm Run Invitational	1st place
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. 4	at Delaware State Farm Run Invitational	2nd place
Oct. 12	at Delaware Blue and Gold Invitational	TBA
Oct. 26	at MEAC Cross Country Championships	TBA

Home meets in **Bold**



TM

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
Oct. 4	at Delaware State Invitational	2nd place
Oct. 5	at George 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
Oct. 4	at Delaware State Invitational	1st place
Oct. 5	at George 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	4th place
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	3rd place
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	1st place
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	3rd place
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 Robert Shumake HBCU Challenge	4th place
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 Robert Shumake HBCU Challenge	4th place
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 Robert Shumake HBCU Challenge	5th place
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 Robert Shumake HBCU Challenge	5th place
Oct. 26	at MEAC Cross Country Championship	9 a.m.

Home meets in **Bold**

