



2013 MEAC CROSS COUNTRY

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

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

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

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 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 |

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 |

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)

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)
kdlewis19@scsu.edu 803-536-8622 (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 |

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. 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. Dierny 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. 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**



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**

