



2013 MEAC CROSS COUNTRY

Mid-Eastern Athletic Conference
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MEAC Cross Country Notes • September 11, 2013 • Week 2

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

Upcoming Schedule

Saturday, September 14

Florida A&M at Mountain Dew Invitational	8 a.m.
North Carolina A&T at Elon Invitational	9 a.m.
North Carolina Central at Elon Invitational	9 a.m.
Coppin State at Delaware State Invitational	10 a.m.
Delaware State at Delaware State Invitational	10 a.m.
Maryland Eastern Shore at Delaware State Invitational	10 a.m.
Morgan State at Delaware State Invitational	10 a.m.
Howard at Cappy Anderson 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, September 6

Hampton (M) at Spider Alumni Open	6th place
Hampton (W) at Spider Alumni Open	5th place

Saturday, September 7

Bethune-Cookman (M) at Bobby Lang Invitational	2nd place
Bethune-Cookman (W) at Bobby Lang Invitational	3rd place
Florida A&M (W) at Bobby Lang Invitational	1st place
Florida A&M (M) at Bobby Lang Invitational	1st place
North Carolina A&T (M) at Eagle/Aggie Relay	1st place
North Carolina A&T (W) at Eagle/Aggie Relay	2nd place
North Carolina Central (M) at Eagle/Aggie Relay	2nd place
North Carolina Central (W) at Eagle/Aggie Relay	1st place
Coppin State (M) at UMES Lid-Lifter Invitational	5th place
Coppin State (W) at Wilmington Invitational	8th place
Delaware State (M) at UMES Lid-Lifter Invitational	4th place
Delaware State (W) at UMES Lid-Lifter Invitational	4th place
Maryland Eastern Shore (M) at UMES Lid-Lifter Invitational	2nd place
Maryland Eastern Shore (W) at UMES Lid-Lifter Invitational	3rd place
Morgan State (M) at UMES Lid-Lifter Invitational	3rd place
Morgan State (W) at UMES Lid-Lifter Invitational	1st place
Norfolk State (M) at UMES Lid-Lifter Invitational	1st place
Norfolk State (W) at UMES Lid-Lifter Invitational	2nd place
Howard (M) at Catholic University Invitational	4th place

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. Ashley Seymour, Morgan State 18:42.55
2. Ishakeema Swain, Morgan State 19:12.91
3. Effiey Kosgel, Florida A&M 19:22.07
4. Cynthia Chelego, Florida A&M 19:31.81
5. Kali Kendall, Morgan State 19:45.98

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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

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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 9/4/13

Men

Women

1. Oklahoma State (10) ... 358	1. Providence (11) 359
2. Northern Arizona (2) ... 349	2. Florida State 343
3. Colorado 337	3. Oregon (1) 334
4. BYU 307	4. Duke 321
5. Arkansas 284	5. Washington 317
5. Tulsa 284	6. Georgetown 283
7. Wisconsin 279	7. Arizona 278
8. Portland 269	8. Stanford 276
9. Syracuse 266	9. Arkansas 238
10. Princeton 254	10. Cornell 234
11. Eastern Kentucky 219	11. Penn State 223
12. Oregon 203	12. Villanova 221
13. UCLA 197	13. Michigan State 219
14. Iona 193	14. Colorado 196
15. Texas 172	15. New Mexico 195
16. Stanford 167	16. William and Mary 188
17. Virginia 163	17. Michigan 184
18. Columbia 132	18. Notre Dame 143
19. New Mexico 127	19. Minnesota 129
20. Indiana 126	20. Vanderbilt 123
21. Florida State 125	21. Oklahoma State 112
22. Notre Dame 116	22. N.C. State 109
23. Florida 112	23. San Francisco 95
24. Georgetown 110	24. Weber State 69
25. N.C. State 91	25. Boston College 68
26. Michigan 72	26. Iowa State 56
27. Villanova 65	27. Texas 54
28. Duke 41	28. Princeton 48
29. Dartmouth 28	29. West Virginia 47
30. Michigan State 24	30. Butler 23



MEAC Honors

MEAC Weekly Honors

MEAC Men's Cross Country Athlete of the Week

David Kibet, Norfolk State
Fr., Iten, Kenya

David Kibet was the individual winner at the UMES Lid-Lifter Invitational with a time of 15:46.02. Kibet's time guided Norfolk State to a first-place finish, out of five teams, on the 5K course.

MEAC Women's Cross Country Athlete of the Week

Ashley Seymour, Morgan State
Grad., Washington, D.C.

Ashley Seymour improved her time this season by nearly a minute in winning the UMES Lid-Lifter Invitational with a time of 18:42.55. She helped lead Morgan State to a first-place finish, out of four teams.

2013 MEAC Weekly Honors

Date ----- Male Athlete ----- School
S4 ----- Christian Smooth ----- Morgan State
S11 ----- David Kibet ----- Norfolk State
S18 -----
S25 -----
O2 -----
O9 -----
O16 -----

Date ----- Female Athlete ----- School
S4 ----- Effiey Kosgei ----- Florida A&M
S11 ----- Ashley Seymour ----- Morgan State
S18 -----
S25 -----
O2 -----
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. Chandellic 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	2 p.m.
Sept. 27	at FL Runners Invitational	6 p.m.
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	2 p.m.
Sept. 27	at FL Runners Invitational	6 p.m.
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	TBA
Sept. 21	at Towson Invitational	TBA
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	10 a.m.
Sept. 21	at UMES Invitational	10 a.m.
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	10 a.m.
Sept. 21	at UMES Invitational	10 a.m.
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	10 a.m.
Sept. 21	at UMES Invitational	10 a.m.
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	8:30 a.m.
Sept. 20	at Bethune-Cookman Invitational	2 p.m.
Sept. 28	at HBCU Challenge	9 a.m.
Oct. 5	at Chili Pepper Invitational	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	8 a.m.
Sept. 20	at B-CU Beach Invitational	2 p.m.
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	TBA
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	TBA
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 UMES Cappy Anderson Invitational	TBA
Sept. 21	at Towson Invitational	TBA
Sept. 28	at Belmont Classic	TBA
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. 14	at UMES Cappy Anderson Invitational	TBA
Sept. 21	at Towson Invitational	TBA
Sept. 28	at Belmont Classic	TBA
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	TBA
Sept. 21	UMES Cappy Anderson Invitational	TBA
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	TBA
Sept. 21	UMES Cappy Anderson Invitational	TBA
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	TBA
Sept. 21	at Towson Invitational	TBA
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	TBA
Sept. 21	at Towson Invitational	TBA
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	10:30 a.m.
Sept. 28	at Great American (HBCU Challenge)	9:30 a.m.
Oct. 5	at George Mason Invitational	10:45 a.m.
Oct. 19	at Christopher Newport Invitational	TBA
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	11:15 a.m.
Sept. 28	at Great American (HBCU Challenge)	10:05 a.m.
Oct. 5	at George Mason Invitational	10 a.m.
Oct. 19	at Christopher Newport Invitational	TBA
Oct. 19	at NCAA Pre-National Meet	11 a.m.
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. 28	at UNC Charlotte Invitational	TBA
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	9 a.m.
Sept. 28	at UNC Charlotte Invitational	TBA
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	9 a.m.
Sept. 28	at Greensboro XC Invitational	9 a.m.
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	9 a.m.
Sept. 28	at Greensboro XC Invitational	9 a.m.
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. 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. 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 Gamecock Invitational	8th place
Sept. 6	at Savannah Duals	4 p.m.
Sept. 21	at Winthrop Invitational	8 a.m.
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

South Carolina State Lady Bulldogs Women's Cross Country

Date	Event	Time/Result
Aug. 30	at Gamecock Invitational	11th place
Sept. 6	at Savannah Duals	4 p.m.
Sept. 21	at Winthrop Invitational	8 a.m.
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

