



2013 MEAC CROSS COUNTRY

Mid-Eastern Athletic Conference
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MEAC Cross Country Notes • September 25, 2013 • Week 4
Contact: Brian Howard, Assistant Director of Media Relations (brian.howard@themeac.com)

Upcoming Schedule

Friday, September 27

Savannah State at UNC Charlotte Invitational 5 p.m.
Bethune-Cookman at FL Runners Invitational 6 p.m.

Saturday, September 28

Florida A&M (M) at HBCU Challenge 9 a.m.
North Carolina Central at Greensboro Invitational 9 a.m.
Norfolk State at Great American XC Festival (HBCU Challenge) 9:30 a.m.
Delaware State at Towson University Invitational 10 a.m.
Morgan State at Mason Invitational 10 a.m.
North Carolina A&T at UNC Charlotte XC Invitational TBA
Howard at Belmont Classic 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

Thursday, September 19

Hampton (M) at Virginia Union Invitational 2nd place

Friday, September 20

Bethune-Cookman (W) vs. B-CU Beach Invitational 2nd place
Bethune-Cookman (M) vs. B-CU Beach Invitational 1st place
Florida A&M (W) at B-CU Beach Invitational 1st place
Florida A&M (M) at B-CU Beach Invitational 4th place
Savannah State (W) at B-CU Beach Invitational 3rd place
Savannah State (M) at B-CU Beach Invitational 3rd place

Saturday, September 21

South Carolina State (W) at Winthrop Invitational 6th place
South Carolina State (M) at Winthrop Invitational 7th place
Coppin State (W) at UMES Cappy Anderson Invitational 6th place
Coppin State (M) at Towson Invitational 6th place
Delaware State (W) at UMES Invitational 5th place
Delaware State (M) at UMES Invitational 5th place
Norfolk State (W) at UMES Cappy Anderson Invitational 1st place
Norfolk State (M) at UMES Cappy Anderson Invitational 1st place
Maryland Eastern Shore (W) at UMES Cappy Anderson Invitational 4th place
Maryland Eastern Shore (M) at UMES Cappy Anderson Invitational 4th place
Hampton (W) at William & Mary Invitational 3rd place
Howard (W) at Towson Invitational 3rd place
Howard (M) at Towson Invitational 3rd place
Morgan State (W) at Towson Invitational 6th place
Morgan State (M) at Towson Invitational 5th place

Last Week's Top Five Times

Men's 8K

1. Geoffrey Sambu, Florida A&M 25:43.56
2. Danny Cheruiyot, Florida A&M 25:52.25
3. Adnew Damtew, Norfolk State 26:18.14
4. Elisha Metto, Howard 26:36.14
5. Kevin Marindich, Florida A&M 26:39.56

Women's 5K

1. Ishakeema Swain, Morgan State 18:55.12
2. Faith Summey, Norfolk State 19:00.90
3. Masai Fiona, Norfolk State 19:08.40
4. Nichelle Harris, Hampton 19:11.70
5. Nynneya Columbus, Morgan State 19:50.61

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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 9/24/13

Men	Women
1. Oklahoma State (11) 359	1. Providence (11) 359
2. Northern Arizona (1) ... 348	2. Florida State (1) 345
3. Colorado 336	3. Oregon 332
4. BYU 314	4. Duke 328
5. Arkansas 292	5. Arizona 310
6. Tulsa 288	6. Georgetown 298
7. Portland 280	7. Washington 280
8. Wisconsin 267	8. Stanford 274
9. Syracuse 266	9. Cornell 257
10. Princeton 252	10. Arkansas 247
11. Eastern Kentucky 228	11. Villanova 222
12. Oregon 224	12. Michigan State 217
13. UCLA 208	13. Penn State 216
14. Iona 198	14. William and Mary 205
15. Texas 180	15. Colorado 200
16. Virginia 162	16. New Mexico 198
17. New Mexico 150	17. Michigan 182
18. Indiana 145	18. Notre Dame 150
19. Georgetown 138	19. Minnesota 138
20. Stanford 129	20. Vanderbilt 128
21. Notre Dame 119	21. N.C. State 117
22. Florida State 114	22. Oklahoma State 108
23. Florida 110	23. San Francisco 99
24. N.C. State 89	24. Boston College 63
25. Providence 79	25. Texas 59
26. Villanova 76	26. Iowa State 52
27. Columbia 51	27. BYU 42
28. Michigan 47	28. Princeton 36
29. Arizona State 35	29. Butler 35
30. Illinois 22	30. West Virginia 31



MEAC Honors

MEAC Weekly Honors

MEAC Men's Cross Country Athlete of the Week

Damtew Adnew, Norfolk State
Sr., Springfield, Va.

Damtew Adnew captured the individual title with a time of 26:18.14 at the Cappy Anderson Invitational 8K meet, as he helped guide the Spartans to a first-place finish.

MEAC Women's Cross Country Athlete of the Week

Faith Summey, Norfolk State
So., Eldoret, Kenya

Faith Summey won the Cappy Anderson Invitational with a time of 19:00.90 as she helped the Spartans to a first-place finish.

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. Dasheria 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

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		
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		
O9		
O16		

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	Annete 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 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	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	2nd place
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	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
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	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
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. 7	at Catholic University Invitational	No Team Results
Sept. 21	at UMES Invitational	3rd place
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	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
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	1st place
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	3rd 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 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	4th place
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	4th place
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. 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
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	4th place
Sept. 13	at Coastal Carolina Invitational	4th place
Sept. 21	at Winthrop Invitational	6th 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**

