2003-04 Southland Conference Men's All-Sports Standings

	Cross Country	I-AA Football	Indoor Track	Basketball	Golf	Tennis	Baseball	Outdoor Track	Total
Texas-Arlington	7		8	20	7.5	10	16	9	77.5
Texas State	4	7	11	11	7.5		18	11	69.5
Texas-San Antonio	5		6	20	6	8	13	8	66.0
Stephen F. Austin	11	10	10	16	4			10	61.0
Sam Houston State	10	7	9	11	5		10	4	56.0
Southeastern La.	2		3	20	9	9	7	6	56.0
Northwestern State	3	7	7	11			20	7	55.0
Lamar	6		2	4	10	6	22	3	53.0
Louisiana-Monroe	8		4	11	11		13	2	49.0
McNeese State	9	11	5	6	3		7	5	46.0
Nicholls State	1	9		2	2		4		18.0

The Southland Conference Men's All-Sports Trophy is awarded on a point system based on 22, 20, 18, 16, 14, 12, 10, 8, 6, 4 and 2 points for first through 11th place in the sports of basketball and baseball. In the sports of indoor track, outdoor track, I-AA football, cross country, golf and tennis, the point value shall be 11, 10, 9, 8, 7, 6, 5, 4, 3, 2 and 1 point. Points are awarded regardless of the number of teams competing in the sport. **Note:** The sport of men's tennis has two affiliate members which finished first and fifth in the standings.

2003-04 Southland Conference Women's All-Sports Standings										
	Cross Country	Soccer	Volleyball	Indoor Track	Basketball	Golf	Tennis	Softball	Outdoor Track	Total
Texas State	6	9	22	11	10	10	7	20	11	106.0
Texas-Arlington	10		18	7	18		11	16	8	88.0
Stephen F. Austin	11	10	20	10	13		4	9	10	87.0
Texas-San Antonio	5		14	9	16		8	22	7	81.0
Sam Houston State	7	4	10	8	8	11	4	18	9	79.0
McNeese State	8	6	14	6	13	9	9	6	5	76.0
Northwestern State	4	8	6	5	22		10	14	2	71.0
Southeastern La.	3	11	8	2	6		6	9	3	48.0
Louisiana-Monroe	2	7	2	3	20		2	4	6	46.0
Nicholls State	1	5	14	1	3	7	1	12	1	45.0
Lamar	9		4	4	3	8	4		4	36.0

The Southland Conference Women's All-Sports Trophy is awarded on a point system based on 22, 20, 18, 16, 14, 12, 10, 8, 6, 4 and 2 points for first through 11th place in the sports of volleyball, basketball and softball. In the sports of indoor track, outdoor track, soccer, cross country, golf and tennis, the point value shall be 11, 10, 9, 8, 7, 6, 5, 4, 3, 2 and 1 point. Points are awarded regardless of the number of teams competing in the sport.

Commissioner's Cup								
	Men	Women	Total					
Texas State	69.5	106.0	175.5					
Texas-Arlington	77.5	88.0	165.5					
Stephen F. Austin	61.0	87.0	148.0					
Texas-San Antonio	66.0	81.0	147.0					
Sam Houston State	56.0	79.0	135.0					
Northwestern State	55.0	71.0	126.0					
McNeese State	46.0	76.0	122.0					
Southeastern Louisiana	56.0	48.0	104.0					
Louisiana-Monroe	49.0	46.0	95.0					
Lamar	53.0	36.0	89.0					
Nicholls State	18.0	45.0	63.0					



The Commissioner's Cup is awarded to the university compiling the highest combined total of men's and women's all-sports points.