

2004-05 Southland Conference Men's All-Sports Standings

	Cross Country	I-AA Football	Indoor Track	Basketball	Golf	Tennis	Baseball	Outdoor Track	Total
Texas-Arlington	7	---	9	4	11	10	7.5	7	55.5
Sam Houston State	10	10.5	5	9	4	---	5.5	11	55.0
Texas-San Antonio	3	---	10	8	5	9	7.5	9	51.5
Stephen F. Austin	11	6.5	11	3	8	---	---	10	49.5
Lamar	9	---	3	7	9	7	10	3	48.0
Northwestern State	2	10.5	6	10.5	---	---	11	8	48.0
Texas State	8	9	7.5	5.5	3	---	9	6	48.0
Southeastern La.	6	---	4	10.5	7	8	5.5	4	45.0
McNeese State	5	6.5	7.5	5.5	6	---	4	5	39.5
Louisiana-Monroe	4	---	2	2	10	---	3	2	23.0
Nicholls State	1	8	---	1	2	5	2	---	19.0

The Southland Conference Men's All-Sports Trophy shall be awarded annually for men's competition based on an eleven (11) point system for all Conference sports. Point values shall be 11, 10, 9, 8, 7, 6, 5, 4, 3, 2 and 1 pending place of finish. Points shall be awarded regardless of the number of teams competing in the championship.

2004-05 Southland Conference Women's All-Sports Standings

	Cross Country	Soccer	Volleyball	Indoor Track	Basketball	Golf	Tennis	Softball	Outdoor Track	Total
Texas State	5	9.5	10.5	9	8.5	7	4.5	9	10	73.0
Sam Houston State	8	4	5.5	10	2.5	8.5	6.5	10	11	66.0
Stephen F. Austin	10	11	10.5	11	5	---	2	3	9	61.5
Texas-Arlington	7	---	9	7	10.5	---	11	7	7	58.5
Texas-San Antonio	9	---	7.5	8	7	---	4.5	11	8	55.0
McNeese State	3	5	7.5	2	6	10	9	5.5	2	50.0
Northwestern State	6	9.5	4	4	8.5	---	3	8	4	47.0
Lamar	11	---	2	6	1	11	8	---	6	45.0
Southeastern La.	4	7	3	5	2.5	---	10	5.5	3	40.0
Louisiana-Monroe	1	8	1	3	10.5	---	6.5	2	5	37.0
Nicholls State	2	6	5.5	1	4	8.5	1	4	1	33.0

The Southland Conference Women's All-Sports Trophy shall be awarded annually for women's competition based on an eleven (11) point system for all Conference sports. Point values shall be 11, 10, 9, 8, 7, 6, 5, 4, 3, 2 and 1 pending place of finish. Points shall be awarded regardless of the number of teams competing in the championship.

Commissioner's Cup

	Men	Women	Total
Sam Houston State	55.0	66.0	121.0
Texas State	48.0	73.0	121.0
Texas-Arlington	55.5	58.5	114.0
Stephen F. Austin	49.5	61.5	111.0
Texas-San Antonio	51.5	55.0	106.5
Northwestern State	48.0	47.0	95.0
Lamar	48.0	45.0	93.0
McNeese State	39.5	50.0	89.5
Southeastern Louisiana	45.0	40.0	85.0
Louisiana-Monroe	23.0	37.0	60.0
Nicholls State	19.0	33.0	52.0



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