



2016 CONFERENCE USA CROSS COUNTRY CHAMPIONSHIPS FRANK LISKE PARK | CHARLOTTE, N.C.

COMPETING SCHOOLS

SCHEDULE OF EVENTS


Saturday, Oct. 29th

7:00 a.m. Competition Site Opens
8:40 a.m. National Anthem
8:45 a.m. Women Report to Starting Line
9:00 a.m. Start of Women's 5,000m Race
9:45 a.m. Men Report to Starting Line
10:00 a.m. Start of Men's 8,000m Race

*Awards Ceremony to begin at the conclusion of Men's race

TWITTER ACCOUNTS TO FOLLOW


C-USA	@Conference_USA
Charlotte	@Charlotte49erXC
Florida Atlantic	@FAU_XC_Track
FIU	@FIUAthletics
LA Tech	@LATechTandF
Marshall	@HerdTFXC
Middle Tennessee	@MTAthletics
North Texas	@MeanGreenTrack
Rice	@RiceTrackCC
Southern Miss	@SouthernMissXC
UAB	@UAB_TF_XC
UTEP	@UTEPTrack
UTSA	UTSATrackXC
WKU	@WKUTrackField



Charlotte
49ers
Charlotte, N.C.




North Texas
Mean Green
Denton, Texas



Florida Atlantic
Owls
Boca Raton, Fla.




Rice
Owls
Houston, Texas



FIU
Panthers
Miami, Fla.



Southern Miss
Golden Eagles
Hattiesburg, Miss.



Louisiana Tech
Bulldogs/Lady Techsters
Ruston, La.




UAB
Blazers
Birmingham, Ala.



Marshall
Thundering Herd
Huntington, W.Va.



UTEP
Miners
El Paso, Texas



Middle Tennessee
Blue Raiders
Murfreesboro, Tenn.



UTSA
Roadrunners
San Antonio, Texas



WKU
Hilltoppers/Lady Toppers
Bowling Green, Ky.

CONFERENCE USA MEN'S AND WOMEN'S CROSS COUNTRY FORMAT FOR 2016

Championship Format: The women compete in a 5,000-meter race, while the men run 8,000 meters.

Regular Season Awards: There will be a Male and Female Athletes of the Week chosen by the conference office. In addition there will be an All-Academic Team selected by the SIDs.

Postseason Awards: There will be three all-conference teams determined at the championship meet. The first seven (1-7) finishers will be designated as All-C-USA first team, followed by second team honors going to finishers (8-14) and runners (15-21) are third-team honorees. A male and female Cross Country Athlete of the Year shall be selected following the NCAA Championship based on nominations of coaches and coaches' vote.

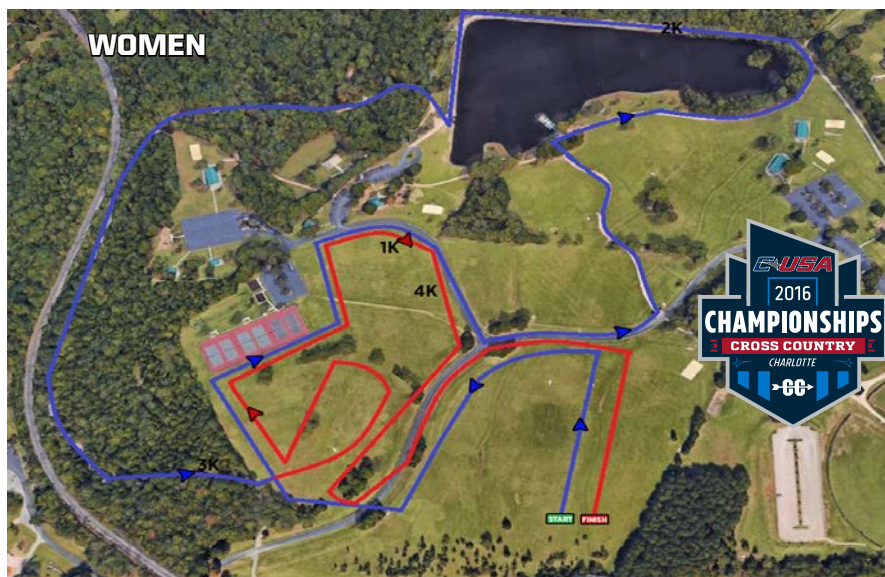
Championship Awards: The first and second place men's and women's teams will receive trophies and the first place teams will receive individual awards. A plaque will be awarded to the top individual winners, men and women. The Outstanding Senior and Freshmen of the Meet Awards will be given to the highest placing senior and freshmen, men and women, at the Championship. Also, a Coach of the Year will be voted upon at the championship meet, men and women.



2016 CONFERENCE USA CROSS COUNTRY CHAMPIONSHIPS COURSE

— KILOMETERS 1-3 (LAP 1)
 — KILOMETERS 4-6 (LAP 2)
 — KILOMETERS 7-8 (LAP 3)

START FINISH RUN DIRECTION



2016 CONFERENCE USA CROSS COUNTRY CHAMPIONSHIPS COURSE

— KILOMETERS 1-3 (LAP 1)
 — KILOMETERS 4-5 (LAP 2)

START FINISH RUN DIRECTION

PREVIOUS INDIVIDUAL WINNERS

Men's

2015 Anthony Rotich, UTEP	24:44.01
2014 Anthony Rotich, UTEP	24:04.38
2013 Anthony Rotich, UTEP	24:31.57
2012 Anthony Rotich, UTEP	23:32.20
2011 Chirchir, Justice, UTEP	23:39.00

Women's

2015 Cali Roper, Rice	17:22.6
2014 Cali Roper, Rice	16:43.64
2013 Elinor Kirk, UAB	17:09.84
2012 Risper Kimaiyo, UTEP	16:42.8
2011 Silje Fjortoft, SMU	16:06.8

PREVIOUS TEAM WINNERS

Men's

2015 UTEP	19 points
2014 North Texas	50 points
2013 Tulsa	26 points
2012 Tulsa	25 points
2011 Tulsa	34 points

Women's

2015 Rice	48 points
2014 SMU	28 points
2013 UTSA	67 points
2012 SMU	38 points
2011 SMU	57 points