



WOMEN'S CROSS COUNTRY CHAMPIONSHIPS

FRIDAY, OCT. 30

SPARTANBURG, S.C.

HOSTED BY USC UPSTATE

COURSE MAP: [HERE](#)

BIG SOUTH WEBSITE: [HERE](#)

The 2026 Big South Conference Women's Cross Country Championship will be hosted by USC Upstate on Friday, Oct. 30 at Milliken Research Park in Spartanburg, S.C. All nine Big South members will compete in the Women's 5K race. The top 14 individual finishers will receive All-Conference medals -- the top seven will be recognized as First-Team honorees, with the remaining seven earning Second-Team distinction.

Admission is free, though spectators are NOT allowed to enter the start/finish areas and must avoid going into team camp spaces.

EVENT LOCATION & SCHEDULE

Milliken Research Park
920 Milliken Rd.
Spartanburg SC 29303

9:00am - Women's 5K race

10:45am - Awards Ceremony

Times are subject to change



MEN'S CROSS COUNTRY CHAMPIONSHIPS

FRIDAY, OCT. 30

SPARTANBURG, S.C.

HOSTED BY USC UPSTATE

COURSE MAP: [HERE](#)

BIG SOUTH WEBSITE: [HERE](#)

The 2026 Big South Conference Men's Cross Country Championship will be hosted by USC Upstate on Friday, Oct. 30 at Milliken Research Park in Spartanburg, S.C. All nine Big South members will compete in the Men's 8K race. The top 14 individual finishers will receive All-Conference medals -- the top seven will be recognized as First-Team honorees, with the remaining seven earning Second-Team distinction.

Admission is free, though spectators are NOT allowed to enter the start/finish areas and must avoid going into team camp spaces.

EVENT LOCATION & SCHEDULE

Milliken Research Park
920 Milliken Rd.
Spartanburg SC 29303

9:45am - Men's 8K race

10:45am - Awards Ceremony

Times are subject to change