

2010 Men's and Women's Cross Country Championships

October 30, 2010

Men: 2:15 p.m.

Women: 3:15 p.m.

Como Golf Course - St. Paul, Minn.

Host: St. Catherine University



2010 MIAC Men's Championship	2010 MIAC Women's Championship
Race Results	Race Results
Championship Recap	Championship Recap
Championship Video Action Photos	Championship Video Awards Photos
Championship Preview	Championship Preview
Course Map	Course Map

Men's Cross Country History	Women's Cross Country History
Recordbook	Recordbook
Archives	Archives
2009 Race Results	2009 Race Results
2009 Championship Recap	2009 Championship Recap
2009 MIAC Awards	2009 MIAC Awards

Como Golf Course: | [Map to Course](#) |

MIAC Men's Cross Country | [Website](#) | [Composite Schedule](#) | [Team Pages](#) |

MIAC Women's Cross Country | [Website](#) | [Composite Schedule](#) | [Team Pages](#) |