

Minnesota Intercollegiate Athletic Conference



2022 MIAC Cross Country Season Preview

Cross Country

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BLOOMINGTON, Minn. – Minnesota Intercollegiate Athletic Conference (MIAC) cross country runners will be back on course this weekend for the start of the 2022 season.

Teams will be close to home to begin the year with four meets on the schedule this Friday and Saturday. Bethel will hold the Twin Cities Twilight while St. Olaf hosts the Ole Opener on Friday. The following morning, more teams will be in action in St. Bonifacius and Collegeville, as Crown and Saint John's/Saint Benedict host their respective opening weekend meets.

The last regular season meets of the season are currently scheduled for Saturday, October 15 before teams rest up for the MIAC Championships on Saturday, October 29. The conference meet has a new home this season, as Hamline University will host at [Highland National Golf Complex](#) in St. Paul. The women's 6k race is scheduled for 11 a.m. on October 29, followed by the men's 8k race at noon. MIAC teams will get a chance to compete on the championship course early on in the regular season at Hamline's MIAC Preview meet on Friday, September 9.

Following the MIAC Championships, St. Olaf will host the NCAA Men's and Women's North Regionals on Saturday, November 12. The 2022 NCAA Men's and Women's NCAA Championships are scheduled for Saturday, November 19 at Forest Akers Golf Course in Lansing, Mich.

2021 CHAMPIONSHIP RESULTS

MIAC Men's Cross Country

*%Carleton (50)
St. Olaf (59)
Saint John's (86)
Gustavus (98)
Concordia (100)
St. Scholastica (160)
Bethel (198)
Macalester (224)
Augsburg (252)
Hamline (300)
Saint Mary's (INC)

*MIAC Champion

%NCAA Championship Participant

MIAC Women's Cross Country

*%St. Olaf (37)
%Carleton (43)
Gustavus (97)
Bethel (123)
Saint Benedict (127)
Macalester (153)
Concordia (197)
St. Scholastica (201)
Hamline (228)
St. Catherine (309)
Saint Mary's (330)
Augsburg (INC)

RULE CHANGES

The NCAA has not issued any major rule changes or clarifications for cross country ahead of the 2022 season. However, the Men's and Women's Track & Field Rules Committee did review the most recent injury data for men's and women's cross country and track & field at its June meeting and noted that overall injury rates for men's and women's cross country have decreased since 2018, a positive trend for the sport and its athletes.

NEW MIAC WEBSITE & APP

The MIAC launched a [refreshed website](#) and new [mobile app](#) over the summer through a new multi-year partnership with SIDEARM Sports. The updated website design is intended to be more user-friendly and interactive for student-athletes, parents, alumni, and fans, featuring easy access to stories, schedules, results, standings, and championship information. The new mobile app is free to fans and can be downloaded on both the [Apple App Store](#) and the [Google Play Store](#) for Android devices. The MIAC's previous "Front Row" app will be retired and no longer update as of the 2022-23 academic year.

AWARD WATCH

All-Conference honorees for men's and women's cross country will be determined at the 2022 MIAC Cross Country Championships. The top 15 finishers in each race will be named All-Conference while finishers 16-25 will receive honorable mention distinction. The individual winner of the men's and women's races will automatically earn MIAC Cross Country Athlete of the Year honors. In the week following the conference championships, MIAC cross country coaches will also vote for individual recipients of the Rookie and Coach of the Year awards. To be eligible for Rookie of the Year honors, a student-athlete must be a true college first-year student (not a transfer from another institution or an academic sophomore/junior/senior who has not used eligibility).

Throughout the regular season, the MIAC will recognize top individual performances with the MIAC Cross Country Athlete of the Week awards. Cross Country Athlete of the Week awards will be issued throughout the academic year when at least three MIAC teams have competed in a given week and nominations for outstanding performances have been submitted.

LOOKING AHEAD

USTFCCCA Men's Preseason National Rankings: No. 15 St. Olaf

USTFCCCA Men's Preseason Regional Rankings: No. 3 St. Olaf, No. 6 Saint John's, No. 7 Carleton

USTFCCCA Women's Preseason National Rankings: No. 14 Carleton, No. 16 St. Olaf

USTFCCCA Women's Preseason Regional Rankings: No. 2 Carleton, No. 3 St. Olaf, No. 6 Saint Benedict, No. 9 Gustavus

First Race Date: Friday, September 2

MIAC Championships: Saturday, October 29

Men's Season Links: [Schedule](#) | [News](#) | [Top Times](#) | [Athletes of the Week](#) | [Championships](#) | [Record Book](#)

Women's Season Links: [Schedule](#) | [News](#) | [Top Times](#) | [Athletes of the Week](#) | [Championships](#) | [Record Book](#)

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