

Minnesota Intercollegiate Athletic Conference



2023 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 2023 season.

The new season officially begins for many MIAC squads on Friday evening with St. Olaf's Ole Opener. Four more meets are also scheduled for Saturday. The last regular season events of the season are set for Saturday, October 14, allowing teams an extra week of rest before the MIAC Championships on Saturday, October 28.

The conference championship races return to Carleton College this fall. The [Bill Huyck Championship Course](#) will host the men's 8K race at 11:00 a.m. on October 28, followed by the women's 6K race at noon. MIAC teams will get a chance to compete on the championship course early on in the regular season at the annual Running of the Cows event on Saturday, September 16.

Following the MIAC Championships in October, teams will head to Whitetail Golf Course in Colfax, Wis. for the NCAA Men's and Women's North Regionals on Saturday, November 11. The 2023 NCAA Men's and Women's NCAA Championships are scheduled for Saturday, November 18 at Big Spring High School in Newville, Pa.

2022 CHAMPIONSHIP STANDINGS

MIAC Men's Cross Country

St. Olaf (32)*%
Saint John's (59)
Carleton (78)
Macalester (152)
Concordia (175)
St. Scholastica (177)
Gustavus (182)
Bethel (187)
Augsburg (200)
Saint Mary's (294)
Hamline (327)

MIAC Women's Cross Country

Carleton (27)*%
St. Olaf (42)%
Saint Benedict (88)
Macalester (141)
Gustavus (146)
Bethel (159)
Concordia (203)
St. Scholastica (207)
Hamline (259)
Saint Mary's (326)
Augsburg (335)
St. Catherine (341)

*MIAC Champion

%NCAA Championship Participant

MIAC APP

The MIAC debuted its refreshed [mobile app](#) last summer in partnership with SIDEARM Sports. The app is free to fans and can be downloaded on both the [Apple App Store](#) and the [Google Play Store](#) for Android devices.

AWARD WATCH

All-Conference honorees for men's and women's cross country will be determined at the 2023 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. 13 St. Olaf

[USTFCCCA Men's Preseason Regional Rankings](#): No. 3 St. Olaf, No. 5 Saint John's, No. 7 Carleton

[USTFCCCA Women's Preseason National Rankings](#): No. 5 Carleton, No. 9 St. Olaf, No. 24 Saint Benedict

[USTFCCCA Women's Preseason Regional Rankings](#): No. 1 Carleton, No. 2 St. Olaf, No. 4 Saint Benedict, No. 9 Bethel

First Race Date: Friday, September 1

MIAC Championships: Saturday, October 28

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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