

Minnesota Intercollegiate Athletic Conference



2025 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 2025 season.

The new season officially begins on Friday evening with St. Olaf's Ole Opener, though several teams won't get underway with the fall campaign until the following weekend. MIAC teams will have an opportunity to visit the conference championship site early in the year on September 12 when Hamline hosts its annual invitational at the Highland 9 Cross Country Trailhead in St. Paul.

The last regular season events of the season are currently scheduled for Saturday, October 18, allowing teams an extra week of rest before the [2025 MIAC Cross Country Championships](#) on Saturday, November 1.

The conference championship meet will return to the Highland 9 for the first time since 2022 in November. The men's 8K race will begin at 11:00 a.m. with the women's 6K race to follow at noon. Two weeks after the MIAC Championships, teams will head to Colfax, Wisconsin, for the NCAA Men's and Women's North Regionals hosted this year by the University of Wisconsin-Eau Claire. The 2025 NCAA Men's and Women's NCAA Championships are scheduled for Saturday, November 22, at Milliken Research Park in Spartanburg, South Carolina.

2024 MIAC CHAMPIONSHIP RESULTS

MIAC Men's Cross Country

St. Olaf (23)*%
Saint John's (96)
Macalester (104)
Carleton (106)
Bethel (155)
Gustavus (171)
St. Scholastica (184)
Concordia (194)
Augsburg (272)
Saint Mary's (277)
Hamline (286)

MIAC Women's Cross Country

St. Olaf (34)*%
Carleton (54)%
St. Scholastica (99)
Gustavus (108)
Bethel (120)
Macalester (156)
Saint Benedict (166)
Concordia (192)
Hamline (257)
Saint Mary's (272)
St. Catherine (325)
Augsburg (380)

*MIAC Champion

%NCAA Championship Participant

MIAC APP

The MIAC [mobile 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 2025 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 fall 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. 6 St. Olaf

[USTFCCCA Men's Preseason Regional Rankings](#): No. 2 St. Olaf, No. 6 Carleton, No. 8 Saint John's

[USTFCCCA Women's Preseason National Rankings](#): No. 17 St. Olaf, No. 21 Carleton

[USTFCCCA Women's Preseason Regional Rankings](#): No. 2 St. Olaf, No. 3 Carleton, No. 7 Gustavus, No. 8 St. Scholastica

First Race Date: Friday, August 29

MIAC Championships: Saturday, November 1

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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