

## Seven SoCon Teams Regionally Ranked

Written by Staff Reports

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Seven Southern Conference cross country teams are ranked in this week's 2010 United States Track & Field and Cross Country Coaches Association region rankings, the association office announced Monday.

Chattanooga, Davidson and Appalachian State are among the men's teams and Samford, Appalachian State, Western Carolina and Chattanooga are among the women's teams ranked. Chattanooga men's team dropped one spot to No. 10 in the South regional despite finishing second overall at the Commodore Classic this past weekend in Nashville, Tenn. Davidson men's cross country entered the Southeast regional rankings at No. 11 after winning the Clemson Invitational. Appalachian State is the final SoCon men's team ranked, as they jumped two spots to No. 13 in the Southeast region. The Mountaineers are coming off a first place finish at the Asics-Winthrop Invitational in Rock Hill, S.C.

The defending SoCon champions Samford Bulldogs lead the women with the conference's highest ranking. The Bulldogs moved up five spots in the South region to No. 10. Last weekend, the Samford women finished third out of 18 teams at the Crimson Classic behind Texas A&M and Alabama who are ranked, sixth in the South Central Region and fifth in the South Region, respectively, this week. The Bulldogs also finished ahead of Auburn who is ranked 11th in the South Region and Tulane who is ranked 13th in the South Central Region. The Lady Mocs dropped one spot in the South region to No. 15 after a third place finish at the Commodore Classic.

Two SoCon women's teams making its first appearance of the season into the rankings are Appalachian State (No. 12) and Western Carolina (No. 13) in the Southeast region. Both the Mountaineers and the Catamounts competed at the Asics-Winthrop Invitational this past weekend as the teams finished third and fifth, respectively.

NCAA Southeast Regional Championships will take place in Louisville, Ky., and the South Regional Championship will take place in Birmingham, Ala., on Nov. 13. The top two teams in each region earn automatic berths to the national NCAA Championships and will be joined by 13 at-large squads - a format that has been in place since 1998. The NCAA Division I Cross Country Championships will be held on Monday, Nov. 22 in Terre Haute, Ind.