

# 2007 MEAC Composite Cross Country Schedule

Updated 9/6/07

<b>Date</b>	<b>TEAM</b>	<b>Location</b>	<b>Time</b>	<b>M / W</b>
Aug. 31	Florida A&M at Jacksonville Invitational	Jacksonville, Fl.	All-Day	M/W
Sept. 1	Coppin State at Baltimore Metro Invitational	Hunt Valley, Md.	10 a.m.	M
	Coppin State at Seagull Opener	Salisbury, Md.	10 a.m.	W
	Delaware State at UMES Lid Lifter Invitational	Princess Anne, Md.	10 a.m.	M/W
	Hampton at UMES Lid Lifter Invitational	Princess Anne, Md.	10 a.m.	M/W
	Maryland Eastern Shore hosts Lid Lifter Invitational	Princess Anne, Md.	10 a.m.	M/W
	Morgan State at Baltimore Metro Invitational	Hunt Valley, Md.	10 a.m.	M/W
	Norfolk State at UMES Lid Lifter	Princess Anne, Md.	10 a.m.	M
	Norfolk State at Virginia Wesleyan Invite	Norfolk, Va.	10 a.m.	W
	South Carolina State at South Carolina Invite	Columbia, SC	All-Day	M/W
Sept. 7	Florida A&M at Gator Invitational	Gainesville, Fl.	All-Day	M
Sept. 8	Bethune-Cookman at Florida Tech CC Invitational	Malbourne, Fl.	8 a.m.	M/W
	Coppin State at Towson Invitational	Hunt Valley, Md.	9 a.m.	M/W
	Howard at Towson Invitational	Hunt Valley, Md.	9 a.m.	M/W
	Delaware State at Towson Invitational	Hunt Valley, Md.	9 a.m.	M/W
	Maryland Eastern Shore at Towson Invitational	Hunt Valley, Md.	9 a.m.	M/W
	Morgan State at Towson Invitational	Hunt Valley, Md.	9 a.m.	M/W
	Winston-Salem State at UNC Pembroke Invitational	Lumberton, NC	9 a.m.	M/W
	Norfolk State at Lou Onesty Invitational	Charlottesville, Va.	10 a.m.	M
	Norfolk State at Towson Invitational	Hunt Valley, Md.	10 a.m.	W
	South Carolina State at Citadel-Dual Challenge	Charleston, SC	All-Day	M/W
Sept. 14	Hampton at Raleigh Invitational	Raleigh, NC	All-Day	W
	North Carolina A&T at Wolfpack Invitational	Cary, NC	4:30 p.m.	M/W
	Winston-Salem State at Wolfpack Invitational	Cary, NC	4:30 p.m.	M/W
Sept. 15	Coppin State at Delaware Invitational	Newark, Del.	10 a.m.	M/W
	Delaware State at Delaware Invitational	Newark, Del.	10 a.m.	M/W
	Morgan State at Delaware Invitational	Newark, Del.	10 a.m.	M/W
	Florida A&M at UF Gator Invitational	Gainesville, Fl.	All-Day	W
	Howard at James Madison Invite	Harrisonburg, Va.	All-Day	M/W
South Carolina State at Winthrop Invite	Rock Hill, SC	All-Day	M/W	
Sept. 22	Bethune-Cookman at Embry-Riddle Smoothie King Invite	Daytona Beach, Fl.	9 a.m.	M/W
	Coppin State at Cappy Anderson Invitational	Princess Anne, Md.	10 a.m.	M/W
	Delaware State at Cappy Anderson Invitational	Princess Anne, Md.	10 a.m.	M/W
	Hampton at Cappy Anderson Invitational	Princess Anne, Md.	10 a.m.	M/W
	Howard at Cappy Anderson Invitational	Princess Anne, Md.	10 a.m.	M/W
	Maryland Eastern Shore hosts Cappy Anderson Invitational	Princess Anne, Md.	10 a.m.	M/W
	Morgan State at Cappy Anderson Invitational	Princess Anne, Md.	10 a.m.	M/W
	Norfolk State at Cappy Anderson Invitational	Princess Anne, Md.	10 a.m.	W
	North Carolina A&T at Guilford College Old North State Championships	Greensboro, NC	10 a.m.	M/W
	Winston-Salem State at Guilford College Old North State Championships	Greensboro, NC	10 a.m.	M/W
Florida A&M at FSU Invitational	Tallahassee, Fl.	All-Day	M/W	
Sept. 28	Coppin State at George Mason Invitational	Manassas, Va.	4 p.m.	M
Sept. 29	North Carolina A&T at Greensboro Cross Country Invitational	Greensboro, NC	9 a.m.	M/W
	Winston-Salem State at Greensboro Cross Country Invitational	Greensboro, NC	9 a.m.	M/W
	Norfolk State at William & Mary Invite	Williamsburg, Va.	10 a.m.	M/W
	Florida A&M at Atlanta Classic	Atlanta, Ga.	All-Day	M/W
	Hampton at Colonial Inter-Regional Cross Country Open	Williamsburg, Va.	All-Day	M/W
	Howard at Penn State Invite	University Park, Pa.	All-Day	M/W
South Carolina State at Morehouse/Clark- Atlanta Invitational	Atlanta, Ga.	All-Day	M/W	
Oct. 5	Winston-Salem State at Walt Disney World Cross Country Invite	Kissimmee, Fl.	8:45 a.m.	M/W
Oct. 6	Coppin State at Norfolk State Invitational	Norfolk, Va.	10 a.m.	W
	Delaware State at Norfolk State Invitational	Virginia Beach, Va.	10 a.m.	M/W
	Hampton at Norfolk State Invitational	Virginia Beach, Va.	10 a.m.	W
	Maryland Eastern Shore at Norfolk State Invitational	Virginia Beach, Va.	10 a.m.	M/W
	Morgan State at Norfolk State Invitational	Virginia Beach, Va.	10 a.m.	M/W
	Norfolk State hosts Norfolk State Invitational	Virginia Beach, Va.	10 a.m.	M/W
	Bethune-Cookman at Florida Runners Invite	Titusville, Fl.	10 a.m.	M/W
	Florida A&M at Disney Classic Invitational	Orlando, Fl.	All-Day	M/W
	Hampton at Hagan Stone Park Cross Country Classic	Greensboro, NC	All-Day	M
	North Carolina A&T at Hagan Stone Park Cross Country Classic	Greensboro, NC	All-Day	M/W

Oct. 11	Winston-Salem State at Erskine Cross Country Invitational .....	Due West, SC .....	3 p.m. ....	M/W
Oct. 12	Bethune-Cookman at Stetson Invite .....	Daytona Beach, Fl. ....	4 p.m. ....	M/W
Oct. 13	Coppin State at Delaware Invitational .....	Newark, Del. ....	10 a.m. ....	M/W
	Delaware State at Delaware Invitational .....	Newark, Del. ....	10 a.m. ....	M/W
	Howard at Delaware Invitational.....	Newark, Del. ....	10 a.m. ....	M/W
	Maryland Eastern Shore at Delaware Invitational .....	Newark, Del. ....	10 a.m. ....	M/W
	Morgan State at Delaware Invitational .....	Newark, Del. ....	10 a.m. ....	M/W
	Hampton at William & Mary Tribe Invitational .....	Williamsburg, Va. ....	10 a.m. ....	M/W
	Norfolk State at William & Mary Tribe Invitational .....	Williamsburg, Va. ....	10 a.m. ....	M/W
	South Carolina State at Charleston Southern Invitational.....	Charleston, SC .....	All-Day.....	M/W
Oct. 20	Florida A&M at Troy State Invitational.....	Troy, Al. ....	All-Day.....	M/W
Oct. 27	MEAC Cross Country Championship .....	Virginia Beach, Va. ....	9:45 a.m. ....	M/W
Nov. 10	NCAA Mid-Atlantic Regional .....	Bethlehem, Pa. ....	TBA .....	M/W
	NCAA Southeast Regional .....	Louisville, Ky. ....	TBA .....	M/W
	NCAA South Regional.....	Gainesville, Fl .....	TBA .....	M/W
Nov. 17	ECAC/IC4A Championships.....	Bronx, NY .....	10 a.m. ....	M/W
Nov. 19	NCAA Championship .....	Terre Haute, Ind.....	TBA .....	M/W