

**2010 Indoor, Week #1****MEN****ATLANTIC Region**

Current	Change	Last	School	This Week Total	Week Change
1			<b>Saint Augustine's</b>	<b>461.95</b>	
2			<b>Shippensburg</b>	<b>293.54</b>	
3			<b>Lock Haven</b>	<b>289.48</b>	
4			<b>East Stroudsburg</b>	<b>185.55</b>	
5			<b>Indiana (Pa.)</b>	<b>173.83</b>	

**CENTRAL Region**

Current	Change	Last	School	This Week Total	Week Change
1			<b>Minnesota State</b>	<b>290.17</b>	
2			<b>Neb.-Kearney</b>	<b>270.57</b>	
3			<b>MSU Moorhead</b>	<b>250.65</b>	
4			<b>Adams State</b>	<b>206.41</b>	
5			<b>Chadron State</b>	<b>172.71</b>	

**EAST Region**

Current	Change	Last	School	This Week Total	Week Change
1			<b>Southern Connecticut St</b>	<b>601.72</b>	
2			<b>American International</b>	<b>520.59</b>	
3			<b>UMass Lowell</b>	<b>258.88</b>	
4			<b>Stonehill</b>	<b>201.16</b>	
5			<b>Saint Rose</b>	<b>165.45</b>	

**MIDWEST Region**

Current	Change	Last	School	This Week Total	Week Change
1			<b>Grand Valley State</b>	<b>322.30</b>	
2			<b>Ashland</b>	<b>279.30</b>	
3			<b>Tiffin</b>	<b>264.36</b>	
4			<b>Missouri S&amp;T</b>	<b>247.48</b>	
5			<b>Saginaw Valley State</b>	<b>244.59</b>	

**SOUTH Region**

Current	Change	Last	School	This Week Total	Week Change
1			<b>Claflin</b>	<b>503.98</b>	
2			<b>Kentucky State</b>	<b>399.09</b>	
3			<b>Ala.-Huntsville</b>	<b>303.19</b>	
4			<b>Harding</b>	<b>283.44</b>	

**SOUTH CENTRAL Region**

Current	Change	Last	School	This Week Total	Week Change
1			<b>Central Missouri</b>	<b>346.40</b>	
2			<b>Emporia State</b>	<b>301.34</b>	
3			<b>Lincoln (Mo.)</b>	<b>282.44</b>	
4			<b>Abilene Christian</b>	<b>280.24</b>	
5			<b>Missouri Southern</b>	<b>245.59</b>	

**SOUTHEAST Region**

Current	Change	Last	School	This Week Total	Week Change
1			<b>Lees-McRae</b>	<b>615.86</b>	
2			<b>Limestone</b>	<b>538.64</b>	
3			<b>King College</b>	<b>261.46</b>	
4			<b>Anderson (S.C.)</b>	<b>166.12</b>	
5			<b>Queens (N.C.)</b>	<b>32.52</b>	

**WEST Region**

Current	Change	Last	School	This Week Total	Week Change
1			<b>Western Washington</b>	<b>529.15</b>	
2			<b>Western Oregon</b>	<b>520.03</b>	
3			<b>Central Washington</b>	<b>306.49</b>	
4			<b>Northwest Nazarene</b>	<b>276.13</b>	
5			<b>Montana St.-Billings</b>	<b>166.64</b>	

**2010 Indoor, Week #1****WOMEN****ATLANTIC Region**

Current	Change	Last	School	This Week Total	Week Change
1			<b>Shippensburg</b>	<b>431.25</b>	
2			<b>Saint Augustine's</b>	<b>273.22</b>	
3			<b>Johnson C. Smith</b>	<b>239.64</b>	
4			<b>Slippery Rock</b>	<b>217.63</b>	
5			<b>Kutztown</b>	<b>174.97</b>	

**CENTRAL Region**

Current	Change	Last	School	This Week Total	Week Change
1			<b>Minnesota State</b>	<b>286.45</b>	
2			<b>Adams State</b>	<b>262.32</b>	
3			<b>U. of Mary</b>	<b>242.12</b>	
4			<b>Winona State</b>	<b>221.63</b>	
5			<b>Neb.-Kearney</b>	<b>202.82</b>	

**EAST Region**

Current	Change	Last	School	This Week Total	Week Change
1			<b>Southern Connecticut St</b>	<b>514.64</b>	
2			<b>UMass Lowell</b>	<b>482.12</b>	
3			<b>Stonehill</b>	<b>282.50</b>	
4			<b>New Haven</b>	<b>224.63</b>	
5			<b>American International</b>	<b>209.90</b>	

**MIDWEST Region**

Current	Change	Last	School	This Week Total	Week Change
1			<b>Grand Valley State</b>	<b>737.38</b>	
2			<b>Ashland</b>	<b>346.48</b>	
3			<b>Hillsdale</b>	<b>294.43</b>	
4			<b>Lewis</b>	<b>213.88</b>	
5			<b>Findlay</b>	<b>127.10</b>	

**SOUTH Region**

Current	Change	Last	School	This Week Total	Week Change
1			<b>Claflin</b>	<b>452.83</b>	
2			<b>Ala.-Huntsville</b>	<b>281.43</b>	
3			<b>Kentucky State</b>	<b>268.97</b>	
4			<b>Harding</b>	<b>184.78</b>	

**SOUTH CENTRAL Region**

Current	Change	Last	School	This Week Total	Week Change
1			<b>Lincoln (Mo.)</b>	<b>431.87</b>	
2			<b>Missouri Southern</b>	<b>279.98</b>	
3			<b>Central Missouri</b>	<b>273.05</b>	
4			<b>Northwest Missouri</b>	<b>220.81</b>	
5			<b>Neb.-Omaha</b>	<b>194.72</b>	

**SOUTHEAST Region**

Current	Change	Last	School	This Week Total	Week Change
1			<b>Limestone</b>	<b>490.56</b>	
2			<b>Lees-McRae</b>	<b>369.87</b>	
3			<b>Anderson (S.C.)</b>	<b>284.47</b>	
4			<b>King College</b>	<b>213.75</b>	
5			<b>Queens (N.C.)</b>	<b>139.74</b>	

**WEST Region**

Current	Change	Last	School	This Week Total	Week Change
1			<b>Cal State LA</b>	<b>409.64</b>	
2			<b>Seattle Pacific</b>	<b>408.27</b>	
3			<b>Western Washington</b>	<b>353.71</b>	
4			<b>Northwest Nazarene</b>	<b>267.50</b>	
5			<b>San Francisco State</b>	<b>185.63</b>	