



# 2010 Outdoor, Week #7

## MEN

ATLANTIC Region				
Current	Chng	Last	School	This Week Total
1		1	Saint Augustine's	446.68
2	▲ 1	3	Shippensburg	438.70
3	▼ 1	2	Lock Haven	406.64
4		4	East Stroudsburg	343.26
5		5	Slippery Rock	213.88
6	▲ 2	8	Kutztown	169.99
7		7	Johnson C. Smith	165.50
8	▼ 2	6	Edinboro	142.08
9		9	West Virginia Wesleyan	141.09
10	▲ 3	13	Indiana (Pa.)	120.44

MIDWEST Region				
Current	Chng	Last	School	This Week Total
1		1	Ashland	588.57
2		2	Grand Valley State	531.76
3		3	Missouri S&T	344.75
4		4	Indianapolis	294.02
5		5	Findlay	261.45
6		6	Hillsdale	224.29
7		7	Tiffin	183.79
8		8	Saginaw Valley State	169.32
9		9	Northwood (Mich.)	159.78
10		10	Lake Erie	130.91

SOUTHEAST Region				
Current	Chng	Last	School	This Week Total
1		1	Lees-McRae	441.98
2		2	UNC Pembroke	370.37
3		3	Lenoir-Rhyne	359.96
4		4	Columbus State	329.57
5		5	Queens (N.C.)	287.44
6		6	Limestone	279.76
7		7	King College	248.90
8	▲ 1	9	Mars Hill	225.82
9	▼ 1	8	Mount Olive	224.36
10		10	Anderson (S.C.)	183.85

CENTRAL Region				
Current	Chng	Last	School	This Week Total
1		1	Adams State	433.45
2		2	Neb.-Kearney	375.56
3		3	Chadron State	328.95
4	▲ 2	6	Colorado Mines	268.08
5		5	Minnesota State	264.41
6	▼ 2	4	MSU Moorhead	263.90
7	▲ 2	9	Western State	229.14
8	▼ 1	7	St. Cloud State	228.19
9	▼ 1	8	Northern State	215.10
10		10	Concordia St. Paul	167.67

SOUTH Region				
Current	Chng	Last	School	This Week Total
1		1	Morehouse	568.34
2	▲ 1	3	Benedict	412.55
3	▼ 1	2	Albany State (Ga.)	409.84
4		4	Harding	320.00
5		5	Fort Valley State	265.48
6		6	Ala.-Huntsville	229.00
7		7	UPR Mayaguez	202.82
8		8	Stillman	202.31
9		9	Kentucky State	159.87
10		10	UPR Bayamon	138.26

WEST Region				
Current	Chng	Last	School	This Week Total
1		1	Chico State	645.11
2		2	Western Washington	488.57
3		3	Western Oregon	393.50
4	▲ 2	6	Central Washington	339.07
5	▼ 1	4	Cal State LA	315.05
6	▼ 1	5	UC San Diego	309.24
7		7	Alaska-Anchorage	303.38
8		8	Cal Poly Pomona	285.44
9		9	Cal State Stanislaus	179.60
10		10	Northwest Nazarene	93.41

EAST Region				
Current	Chng	Last	School	This Week Total
1		1	Southern Connecticut	650.99
2		2	American International	578.18
3		3	UMass Lowell	546.22
4		4	Stonehill	363.87
5		5	Saint Rose	308.95
6		6	Bentley	279.22
7		7	Adelphi	169.45
8		8	New Haven	144.08
9		9	Assumption	91.64
10		10	St. Thomas Aquinas	80.21

SOUTH CENTRAL Region				
Current	Chng	Last	School	This Week Total
1		1	Pittsburg State	419.69
2		2	Central Missouri	388.20
3		3	Abilene Christian	373.43
4		4	Angelo State	340.89
5		5	Emporia State	320.73
6		6	Missouri Southern	279.78
7		7	Lincoln (Mo.)	216.51
8		8	Tarleton State	208.90
9		9	Texas A&M-Kingsville	194.25
10		10	Northwest Missouri	163.11

**2010 Outdoor, Week #7****WOMEN**

ATLANTIC Region				
Current	Chng	Last	School	This Week Total
1		1	Shippensburg	486.02
2		2	Slippery Rock	440.41
3	▲ 1	4	Indiana (Pa.)	299.77
4	▲ 2	6	Kutztown	289.03
5	▼ 2	3	Saint Augustine's	273.08
6	▼ 1	5	Johnson C. Smith	256.59
7		7	East Stroudsburg	235.35
8		8	Bowie State	139.90
9		9	Wheeling Jesuit	115.09
10	▲ 1	11	California (Pa.)	113.68

MIDWEST Region				
Current	Chng	Last	School	This Week Total
1		1	Grand Valley State	922.20
2		2	Ashland	533.84
3		3	Hillsdale	347.38
4		4	Lewis	212.49
5	▲ 1	6	Findlay	210.44
6	▼ 1	5	Indianapolis	209.88
7		7	Northern Michigan	172.76
8		8	Missouri S&T	133.11
9		9	Saginaw Valley State	124.43
10		10	Southern Indiana	111.66

SOUTHEAST Region				
Current	Chng	Last	School	This Week Total
1		1	King College	421.07
2		2	Lees-McRae	374.96
3		3	UNC Pembroke	354.62
4		4	Queens (N.C.)	345.55
5		5	Limestone	326.67
6	▲ 1	7	Anderson (S.C.)	322.71
7	▼ 1	6	Columbus State	316.01
8		8	Lenoir-Rhyne	207.16
9		9	Mars Hill	170.09
10		10	Clayton State	162.60

CENTRAL Region				
Current	Chng	Last	School	This Week Total
1		1	Adams State	504.82
2		2	Winona State	373.32
3		3	U. of Mary	324.47
4		4	Neb.-Kearney	253.91
5		5	Minnesota State	233.90
6	▲ 1	7	Western State	203.68
7	▼ 1	6	Augustana (S.D.)	198.84
8	▲ 5	13	New Mexico Highlands	176.15
9	▼ 1	8	Minn.-Duluth	171.95
10	▼ 1	9	St. Cloud State	164.08

SOUTH Region				
Current	Chng	Last	School	This Week Total
1		1	Fort Valley State	442.25
2		2	Ala.-Huntsville	356.73
3		3	Albany State (Ga.)	321.62
4		4	Benedict	280.77
5	▲ 1	6	UPR Mayaguez	274.16
6	▼ 1	5	Nova Southeastern	273.57
7		7	Clafin	257.59
8		8	Tampa	254.76
9		9	Harding	243.30
10		10	Kentucky State	218.76

WEST Region				
Current	Chng	Last	School	This Week Total
1		1	UC San Diego	544.56
2	▲ 1	3	Seattle Pacific	452.78
3	▼ 1	2	Chico State	406.06
4		4	Cal State LA	310.13
5		5	Western Washington	299.74
6	▲ 3	9	Northwest Nazarene	216.37
7	▼ 1	6	Cal State Dominguez Hills	212.53
8	▼ 1	7	Alaska-Anchorage	204.15
9	▼ 1	8	San Francisco State	183.06
10	▲ 1	11	Western Oregon	175.08

EAST Region				
Current	Chng	Last	School	This Week Total
1		1	Southern Connecticut	692.68
2		2	UMass Lowell	638.21
3		3	Stonehill	505.49
4		4	Georgian Court	265.21
5		5	American International	264.27
6		6	New Haven	189.83
7		7	Bentley	174.84
8		8	Saint Rose	169.72
9		9	Adelphi	155.18
10		10	Molloy	63.22

SOUTH CENTRAL Region				
Current	Chng	Last	School	This Week Total
1		1	Angelo State	509.64
2		2	Missouri Southern	402.11
3		3	Lincoln (Mo.)	380.24
4		4	Abilene Christian	366.81
5		5	Pittsburg State	293.85
6		6	Central Missouri	270.84
7		7	Truman State	218.81
8		8	Neb.-Omaha	204.36
9		9	Northwest Missouri	196.15
10		10	Fort Hays State	131.15