

## **NWAACC Women's Cross Country Championships 11/14/2009**

- 1 Everett 23
- 2 Spokane 55
- 3 Lane 76
- 4 Clackamas 128
- 5 Clark 133
- 6 Mt Hood 140
- 7 Highline 157

## **NWAACC Men's Cross Country Championships 11/14/2009**

- 1 Spokane 24
- 2 Everett 52
- 3 Lane 95
- 4 Treasure Valley 129
- 5 Clark 131
- 6 Highline 174
- 7 Clackamas 194
- 8 Skagit Valley 201
- 9 Mt Hood 231
- 10 SWOCC 255

## **Combined Results 11/14/2009**

- 1 Everett 75
- 2 Spokane 79
- 3 Lane 171
- 4 Clark 264
- 5 Clackamas 322
- 6 Highline 331
- 7 Mt Hood 371

**Women's Coach of the Year: Matt Koeings & Sean McLachlan**  
**Men's Coach of the Year: Sean McLachlan**