

AMERICAN MIDWEST CONFERENCE

Men's and Women's Cross Country

ACADEMIC YEAR:	Fall 2006
CONFERENCE LIAISON:	Jason Nichols – Assistant Athletic Director Hannibal-LaGrange College
CONFERENCE SPORTS CHAIR:	Jamie Moreno - William Woods University (2005-07)
CONFERENCE RATER:	None
AMC CHAMPIONSHIP MEET:	Saturday – October 21, 2006
AMC CHAMPIONSHIP SITE:	Williams Woods University – Fulton, Mo. (Host)
TIME:	10 a.m. CDT
<u>NAIA REGION V --</u> NAIA REGION V MEET:	Saturday – Nov. 4, 2006
REGIONAL TOURNAMENT SITE:	Baker University – Baldwin City, Kan. (Host)
TIME:	11 a.m. CST (Women) 11:45 a.m. CST (Men)
<u>NAIA NATIONAL CHAMPIONSHIP --</u> NAIA NATIONAL TOURNAMENT:	Saturday, Nov. 18, 2006 – Louisville, Ky.
TIME:	WOMEN: 10:30 a.m. EST MEN: 11:30 a.m. EST
AMC AWARDS:	Runner of the Week (On website)

PLAQUES

- Conference Championship Team
- Coach of the Year
- Individual Champions (Men and Women)
 - Runner of the Year
- Newcomer of the Year
- Freshman of the Year
- All-Conference Team – Top 10 finishers

CERTIFICATES

- Academic All-Conference