



TRACK AND XC

**CLICK TO SEE THE RANKINGS FOR THE TOP 50 TEAMS**



ESPN RISE DYESTAT REGIONAL TOP 10 BOYS



Christian Brothers Academy (Lincroft N.J.), pictured here in 2009 winning their 300th-straight dual meet, are Preseason FAB 50 US#7 and ranked #1 in the highly competitive Northeast Region. Photo By: John Nepolitan

**CLICK TO SEE THE RANKINGS FOR THE TOP 50 TEAMS**



NOW PLAYING



SEASON 2010 | **PRESEASON** | Preseason

**Boys Cross Country**

Longtime message board poster and DyeStat contributor Rob "Watchout" Monroe expands on his FAB 50 rankings with an early look at the regional team rankings. Look for updates every other week from now through the end of the cross country season.



[BOYS POWERADE FAB 50](#) | [GIRLS REGIONAL TOP 10](#)

*Note: Preseason Rankings were finalized 8/29/10. California and NY Regions coming.*

**Boys Northeast Rankings**

1. Christian Brothers Academy NJ
2. West Windsor-Plainsboro North NJ
3. Pembroke MA
4. La Salle Academy RI
5. Brookline MA
6. Altoona Area PA
7. Haddonfield Memorial NJ
8. Baldwin PA
9. West Chester Henderson PA
10. Don Bosco NJ

**Bubble Teams:** Bishop Guertin NH, Bishop Hendricken RI, Danbury CT, La Salle College PA, Lowell MA, Oliver Ames MA, Pinkerton NH, Ridge NJ, Ridgewood NJ, Southern Regional NJ, Tolland CT, Westfield NJ

**Boys Southeast Rankings**

1. Trinity Prep FL
2. Midlothian VA

UPCOMING EVENTS

- 09/10/10 **Mobile Challenge of Champions**
- 09/18/10 **Nike Holly Invitational**
- 12/27/10 **Seminole Track and Field Camp**

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3. Blacksburg VA
4. Parkview GA
5. Miami Columbus FL
6. Belen Jesuit FL
7. Churchill MD
8. Montgomery Bell Academy TN
9. St. Xavier KY
10. Brookwood GA

**Bubble Teams:** Cabell Midland WV, Chapel Hill NC, Charlotte FL, Colonial Forge VA, Gonzaga Prep DC, Hilton Head SC, Holy Trinity FL, Leon FL, Peachtree Ridge GA, Tatnall DE, West Potomac VA

### Boys Midwest Rankings

1. Columbus North IN
2. York IL
3. Belvidere North IL
4. Oak Park River Forest IL
5. Neuqua Valley IL
6. Noblesville IN
7. Palatine IL
8. Terre Haute North IN
9. Lee's Summit North MO
10. Sandburg IL

**Bubble Teams:** Carmel IN, Grand Blanc MI, Hamilton Southeastern IN, Lockport Township IL, New Trier IL, Normal University IL, North Central IN, North Harrison IN, Novi Catholic Central MI, O'Fallon IL, Peninsula Woodridge OH, Pinckney MI, Rock Bridge MO, Saline MI

### Boys Heartland Rankings

1. Wayzata MN
2. Burnsville MN
3. Eden Prairie MN
4. Edina MN
5. Moorhead MN
6. Shawnee Mission NW KS
7. Bismarck ND
8. Cedar Rapids Prairie IA
9. Sioux Falls Roosevelt SD
10. Stillwater MN

**Bubble Teams:** Arrowhead WI, Brandon Valley SD, Lawrence KS, Madison West WI, Marquette University WI, Milwaukee King WI, Owatonna MN, Perham MN, Plainview-Elgin-Millville MN, Totino Grace MN, Wamego KS, White Bear Lake MN

### Boys South Rankings

1. The Woodlands TX
2. Marcus TX
3. Strake Jesuit TX
4. Kingwood TX
5. El Paso Austin TX
6. Flower Mound TX
7. Georgetown TX
8. Southlake Carroll TX
9. McKinney Boyd TX
10. Episcopal LA

**Bubble Teams:** College Park TX, Cypress Woods TX, El Paso Montwood TX, Episcopal LA, Killeen Ellison TX, Vista Ridge TX

### Boys Southwest Rankings



1. American Fork UT
2. Albuquerque Academy NM
3. Alhambra AZ
4. Davis UT
5. Catalina Foothills AZ
6. Pine View UT
7. Los Alamos NM
8. Mountain View UT
9. Dakota Ridge CO
10. Fort Collins CO

**Bubble Teams:** Bingham UT, Brophy Prep AZ, Cibola AZ, Galena NV, La Cueva NM, Pleasant Grove UT, Rincon University AZ, Rio Rancho NM

### Boys Northwest Rankings

1. North Central WA
2. Eisenhower WA
3. Crater OR
4. Henry Jackson WA
5. West Linn OR
6. Auburn Riverside WA
7. Eagle ID
8. Joel Ferris WA
9. University WA
10. Service AK

**Bubble Teams:** Bellevue WA, Bozeman MT, Central Catholic OR, Coeur d'Alene ID, Gig Harbor WA, Highland ID, Jesuit OR, Juneau-Douglas AK, Lewis & Clark WA, Mount Spokane WA, Mountain View ID, Reynolds OR, Seattle Prep WA, Twin Falls ID

WHERE HIGH SCHOOL ATHLETES REACH HIGHER

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