

# HOW TO WATCH

## 2021 Pac-12 Men's and Women's Cross Country Championships

**FRIDAY, OCTOBER 29**

Time (PT)	Event	How to Watch
9 a.m.	Men's Cross Country Championship	Pac-12 Network, Pac-12 Now app, Pac-12.com
10 a.m.	Women's Cross Country Championship	Pac-12 Network, Pac-12 Now app, Pac-12.com

### PAST PAC-12 CHAMPIONS

Year	Men's Champion	Women's Champion
2020	Stanford	Stanford
2019	Colorado	Stanford
2018	Stanford	Oregon
2017	Stanford	Colorado
2016	Colorado	Colorado
2015	Colorado	Colorado

### HOW TO WATCH PAC-12 NETWORKS



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### PAC-12 NOW APP + PAC-12.COM



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[Pac-12.com](http://Pac-12.com) is your home for all Pac-12 news, scores, schedules and access to Pac-12 Networks, Pac-12 Insider, videos on demand and much more.



### HIGHLIGHTS, RECAPS AND ADDITIONAL COVERAGE



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YouTube.com/Pac12