

# HOW TO WATCH

## 2023 Pac-12 Men's and Women's Cross Country Championships

**FRIDAY, OCTOBER 27**

Time (PT)	Event	How to Watch
10:00 a.m.	Men's Cross Country Championship	Pac-12 Network, Pac-12 Now app, Pac-12.com
11:00 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
2022	Stanford	Colorado
2021	Colorado	Colorado
2020	Stanford	Stanford
2019	Colorado	Stanford
2018	Stanford	Oregon
2017	Stanford	Colorado
2016	Colorado	Colorado
2015	Colorado	Colorado

### HOW TO WATCH PAC-12 NETWORKS



...and many others! Visit [GetPac12Networks.com](https://GetPac12Networks.com) for more options.

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



Subscribers can login to watch all seven Pac-12 Networks channels in HD. In addition to [iOS](#) and [Android](#), the Pac-12 Now app is available on [Apple TV](#), [Amazon Fire TV](#) and [Chromecast](#).

[Pac-12.com](https://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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@Pac12Conference



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YouTube.com/Pac12