

2023 NCAA Division I Cross Country

Mid-Atlantic Regional Championships Starting Box Assignments

WOMEN		MEN	
School	Starting Box	School	Starting Box
Delaware State	1 (Shared)	Penn State	1
Maryland-Eastern Shore	1 (Shared)	Rider	2
Maryland	2	Navy	3
Georgetown	3	American	4
Robert Morris	4	Lafayette	5
Loyola (Md.)	5	Delaware State	6
Villanova	6	Georgetown	7
Rutgers	7	La Salle	8
Temple	8	NJIT	9
West Virginia	9	Mount St. Mary's	10
Bucknell	10	Lehigh	11
Penn	11	Saint Francis	12
UMBC	12	UMBC	13
Lehigh	13	Seton Hall	14
Lafayette	14	Marshall	15
Penn State	15	Robert Morris	16
Seton Hall	16	Pittsburgh	17
Monmouth	17	Villanova	18
Marshall	18	Bucknell	19
NJIT	19	Maryland-Eastern Shore	20
American	20	Duquesne	21
Pittsburgh	21	Monmouth	22
La Salle	22	Rutgers	23
Rider	23	Loyola (Md.)	24
Navy	24	St. Joseph's (Pa.)	25
Delaware	25	Temple	26
Saint Francis	26	George Washington	27
Duquesne	27	Princeton	28
St. Joseph's (Pa.)	28	Penn	29
George Washington	29		
Princeton	30		